



Assembly and Operating Instructions



max. 150 kg



~ 90 Min. 



 69 kg

L 134 | W 63 | H 158

FSCSTEX40.02.01

Art. No. CST-EX40-2

Elliptical Crosstrainer **EX40**

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Dear customer,

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

Further information can be found at www.fitshop.com 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

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

FITSHOP

Europe's No.1 for Home Fitness

ABOUT THIS MANUAL

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



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

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

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

Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

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

Use classes

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

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

Class H (home use): use at home.

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

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

The following safety instructions may appear in this manual:

► **ATTENTION**

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



CAUTION

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



WARNING

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



DANGER

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



NOTICE

This notice indicates further useful information.

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

1.1 Technical Data

LED display

- + speed in km/h
- + cadence (rotations per minute)
- + training time in min
- + training distance in km
- + calorie consumption in kcal
- + heart rate (when using the hand pulse sensors or a chest strap)
- + Watt / resistance level

Resistance system: electronic magnetic brake system
Resistance levels: 16
Watt: 10 - 350 Watt (adjustable in 5-Watt increments)

User memory: 4
Total number of training programs: 19
Manual programs: 1
Pre-set programs: 12
Watt-controlled program: 1
Heart rate controlled programs: 4
User defined program: 1

Balance mass: 28 kg
Gear ratio: 1: 8,75
Stride length: 40 cm
Step width: 17 cm
Step-up height: 31 cm
Adjustable pedal positions: 3
Stride-length options: 4

Weight and dimensions

Item weight (gross, incl. packaging): 75 kg
Item weight (net, without packaging): 69 kg
Package dimensions (height x width x depth): approx. 1270 mm x 420 mm x 620 mm
Set-up dimensions (height x width x depth): approx. 1450 mm x 630 mm x 1560 mm

Maximum user weight: 150 kg (330 lbs)

Use class: H

1.2 Personal Safety

DANGER

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

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + Remember that your device does not have a freewheel function. Therefore moving parts cannot be stopped immediately.
- + Note that the individual physical power required to perform an exercise may differ from the displayed mechanical power.
- + When ascending and descending, make sure that one of the treads is in the lowest position.
- + The equipment is strictly for use by one person at a time.
- + 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.
- + Do not insert any objects of any kind into the openings of the device.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

1.3 Electrical Safety

DANGER

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

WARNING

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

ATTENTION

- + The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.
- + The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.
- + The socket must be protected by a fuse with a minimum fuse rating of "16 A, slow blow".
- + Do not make any changes to the mains cable or the mains plug.
- + Keep the mains cable away from water, heat, oil and sharp edges. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.
- + If your purchased item is equipped with a TFT console, software updates must be carried out regularly. Follow the instructions on the console to perform the update(s).
- + The software systems on gym equipment with TFT consoles are set up only for the pre-installed apps. Do not install any additional apps.

NOTICE

- + The pre-installed apps on TFT consoles are produced and provided by external manufacturers. Fitshop does not take any responsibility for the availability, functionality or contents of these apps.

1.4 Set-Up Place



WARNING

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



CAUTION

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.



ATTENTION

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
- + A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.
- + For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.

2.1 General Instructions



DANGER

+ Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.



WARNING

+ Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



CAUTION

+ Ensure to have sufficient room for movement in each direction during assembly.
+ The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.



ATTENTION

+ To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.



NOTICE

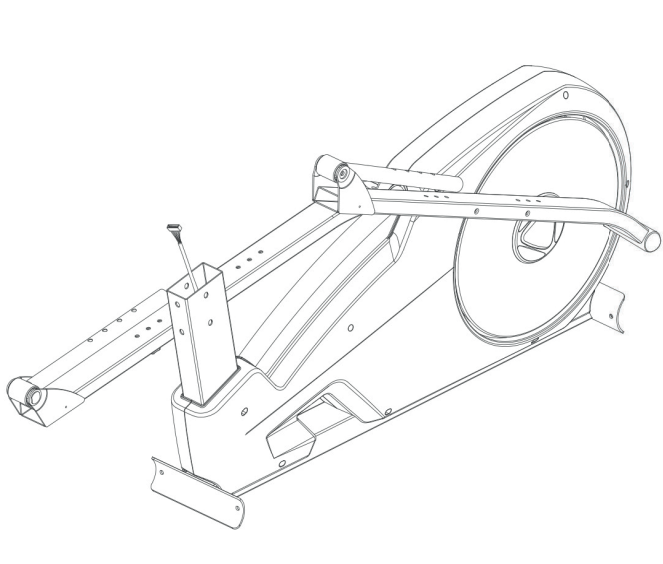
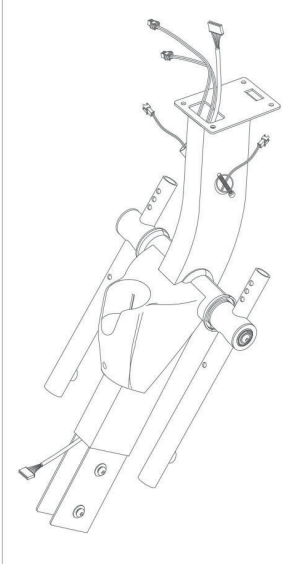
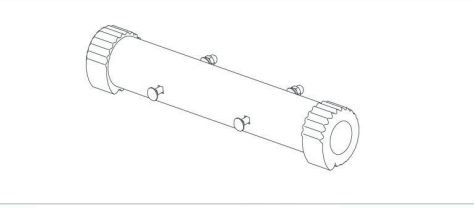
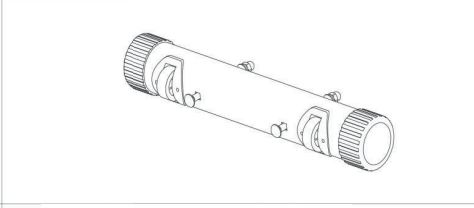
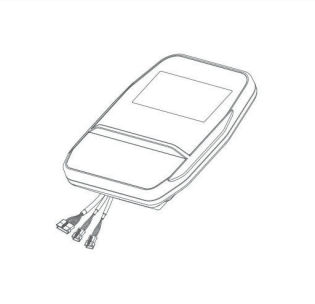


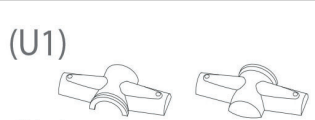


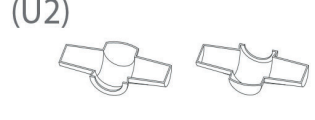

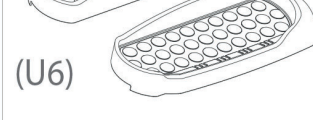
+ In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
+ Ideally, assemble the equipment at its later set-up place.






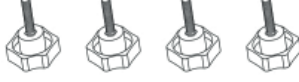
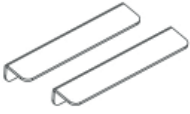

2.2 Scope of Delivery

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.

| | | |
|---|---|--|
|  | |  |
| N-Frame | | O-Console mast |
|  |  | |
| P-Rear supporting foot | | Q-Front supporting foot |
|  |  |  |
| R-Console | S-Handles | T-Handlebars |
| (U1)  | (U3)  | (U5)  |
| (U2)  | (U4)  | (U6)  |
| U-Covers for handlebars | U-Covers for pedal bars | U-Pedals |

| | | |
|--|---|---|
|  x 2pcs |  |  |
| W1-Turning knobs | W2-Screws M5*12L | W3-Screws M5*8L |
|  |  |  |
| W4-Washer_M6 | W5-Spring washers M6 | W6-Turning knob |
|  |  | |
| W10-Holders | Tools | |

2.3 Assembly

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

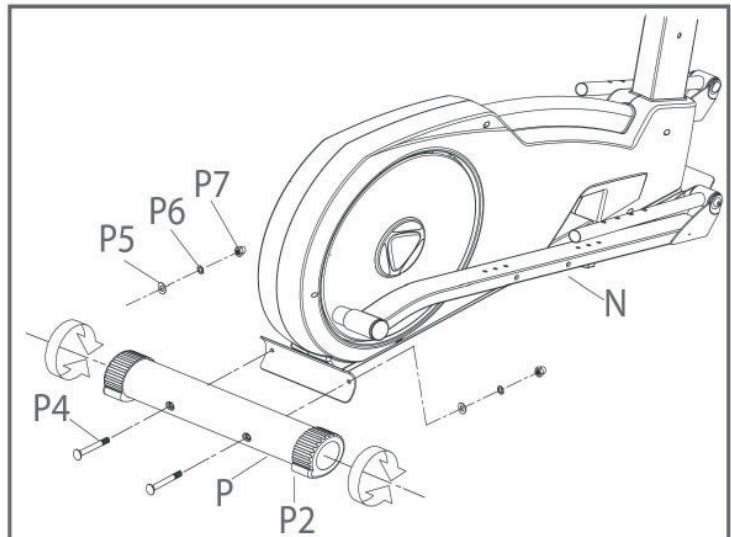
① NOTICE

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.
- + The assembly can also be found as a video under the following link: <https://www.sport-tiedje.co.uk/cardiostrong-elliptical-cross-trainer-ex40-cst-ex40-2#product-assembly>. To go directly to the assembly video, you can alternatively scan the QR code.



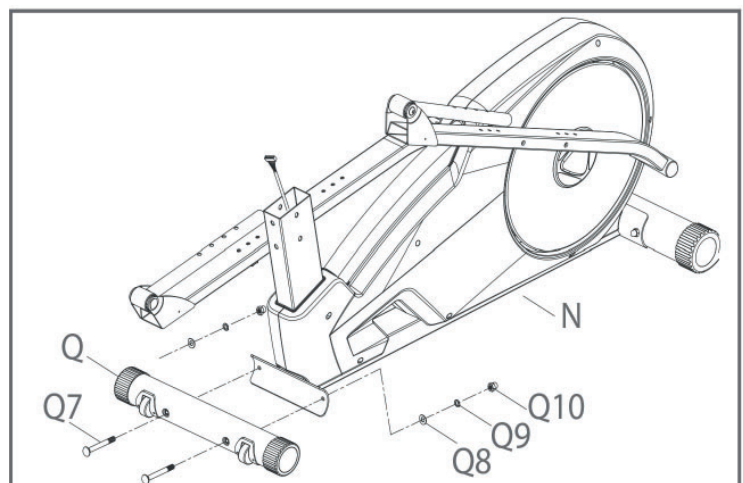
Step 1: Assembly of the rear supporting foot

1. Remove the screws (P4), washers (P5), spring washers (P6) and nuts (P7) from the rear supporting foot (P).
2. Put the screws (P4) through the rear supporting foot (P) and the bracket on the frame (N).
3. Secure the supporting foot with two washers (P5), two spring washers (P6) and two nuts (P7) and tighten the screws with the tool.



Step 2: Assembly of the front supporting foot

1. Remove the screws (Q7), washers (Q8), spring washers (Q9) and nuts (Q10) from the rear supporting foot (Q).
2. Put the screws (Q7) through the front supporting foot (Q) and the bracket on the frame (N).
3. Secure the supporting foot with two washers (Q8), two spring washers (Q9) and two nuts (Q10) and tighten the screws with the tool.



NOTICE

If the equipment is not stable after **Step 2**, make adjustments to the adjusting screws underneath the supporting foot (P2) accordingly.

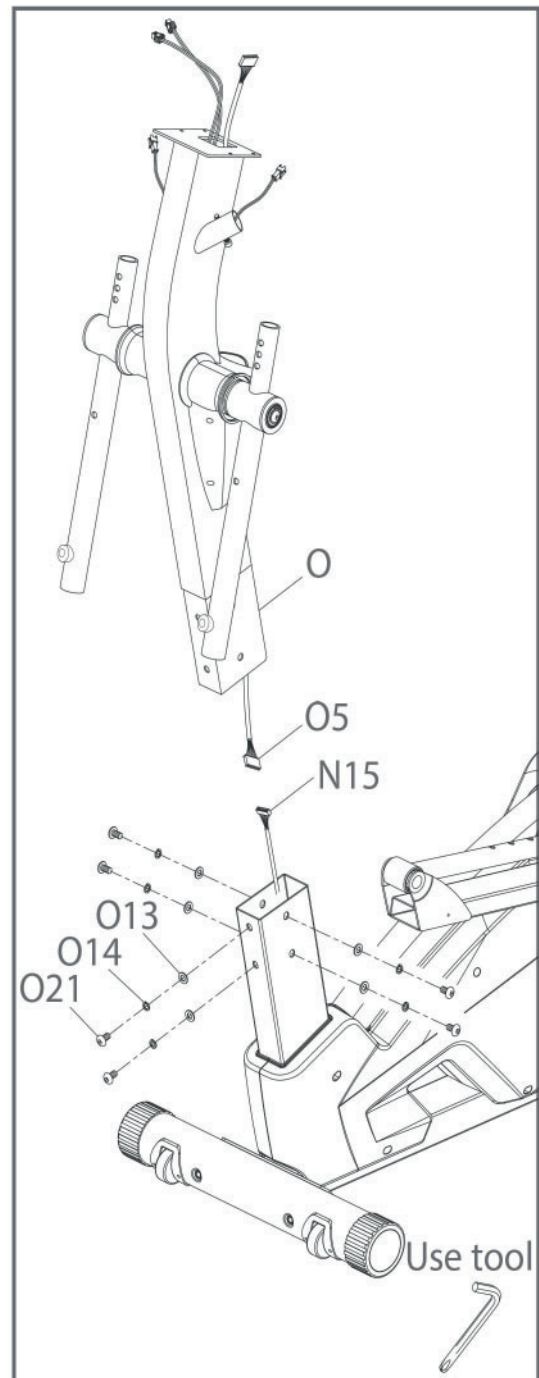
Step 3: Assembly of the console mast

1. Lift up the main frame (N) with two persons and remove the polystyrene.
2. Remove the bolts (O21), spring washers (O14) and washer (O13) from the central support tube.

ATTENTION

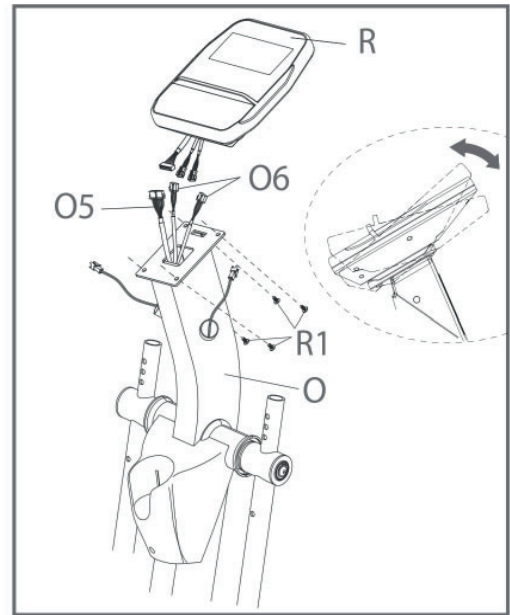
Take care to not pinch the cable during the next step.

3. Connect the cable (O5) & (N15).
4. Assemble the central support tube (O) onto the main frame (N) with six bolts (O21), spring washer (O14) and washer (O13).
5. Tighten all screws with the tool.



Step 4: Assembly of the console

Connect the sensor cables (O5 and O6) to the console cables and mount the console on the console mast plate.

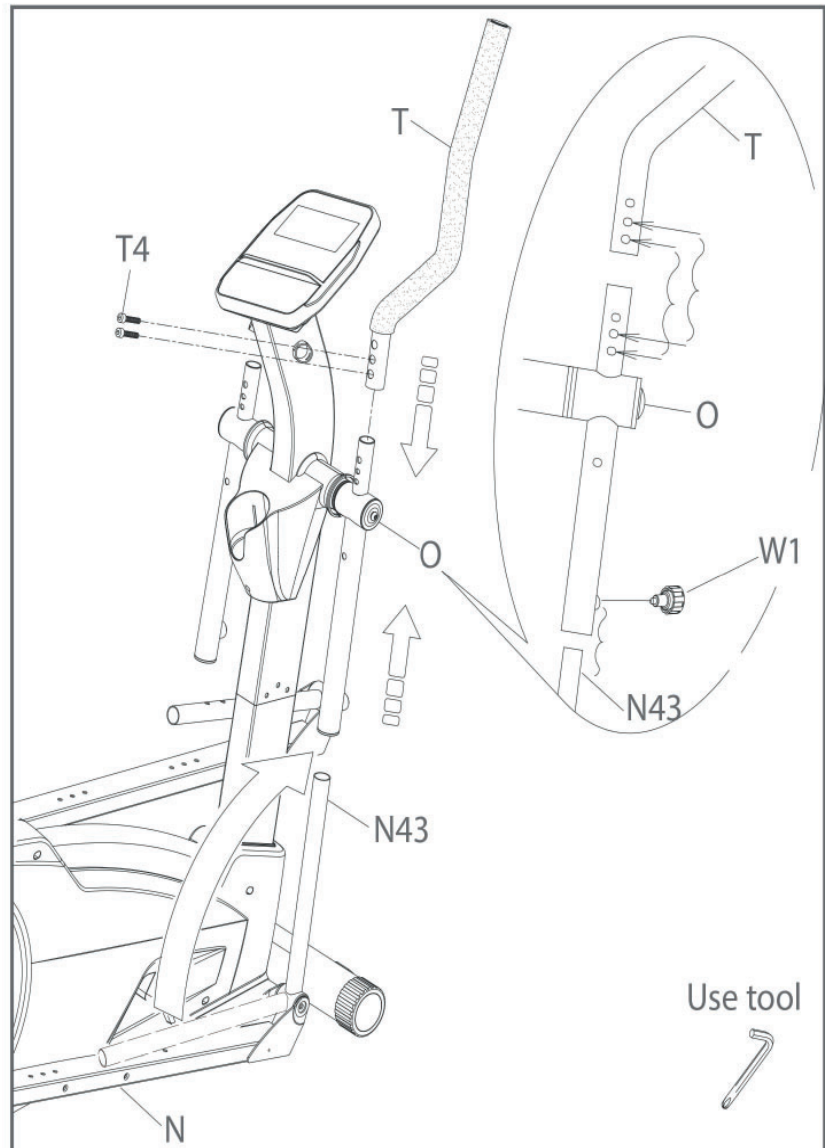


Step 5: Assembly of the handle bars

1. Lift the right pedal bar desired position on the connection tube (O) using the adjusting screw.
2. Remove the screws (T4) from the handlebar (T).
3. Push the handlebar (T) onto the connection tube and secure it with the screws (T4).
4. Repeat this process for the left side.

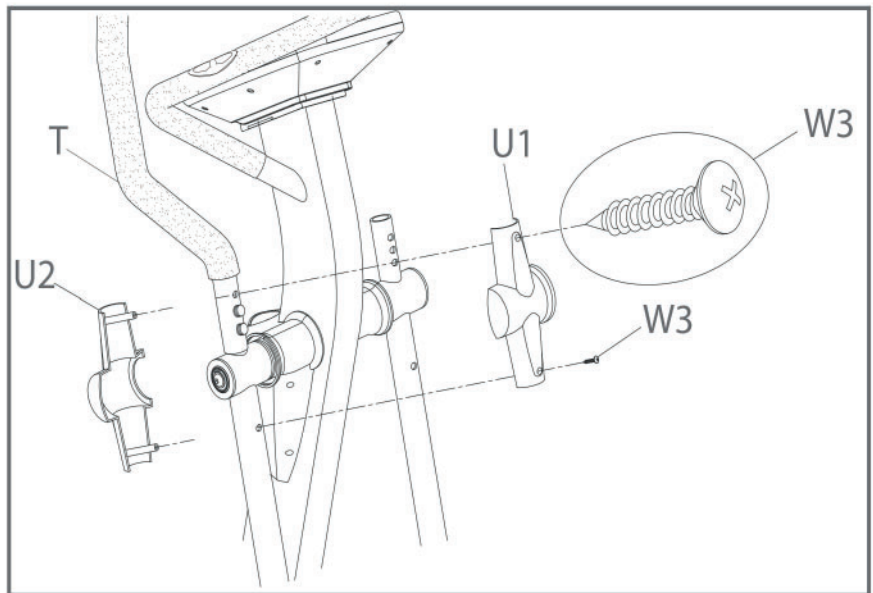
► **ATTENTION**

When assembling the handlebars, it is important to use the holes as per the illustration.



Step 6: Assembly of the handlebar covers

Secure the covers (U1 and U2) to the handlebar (T) with two screws (W3). Repeat this process for the other side.



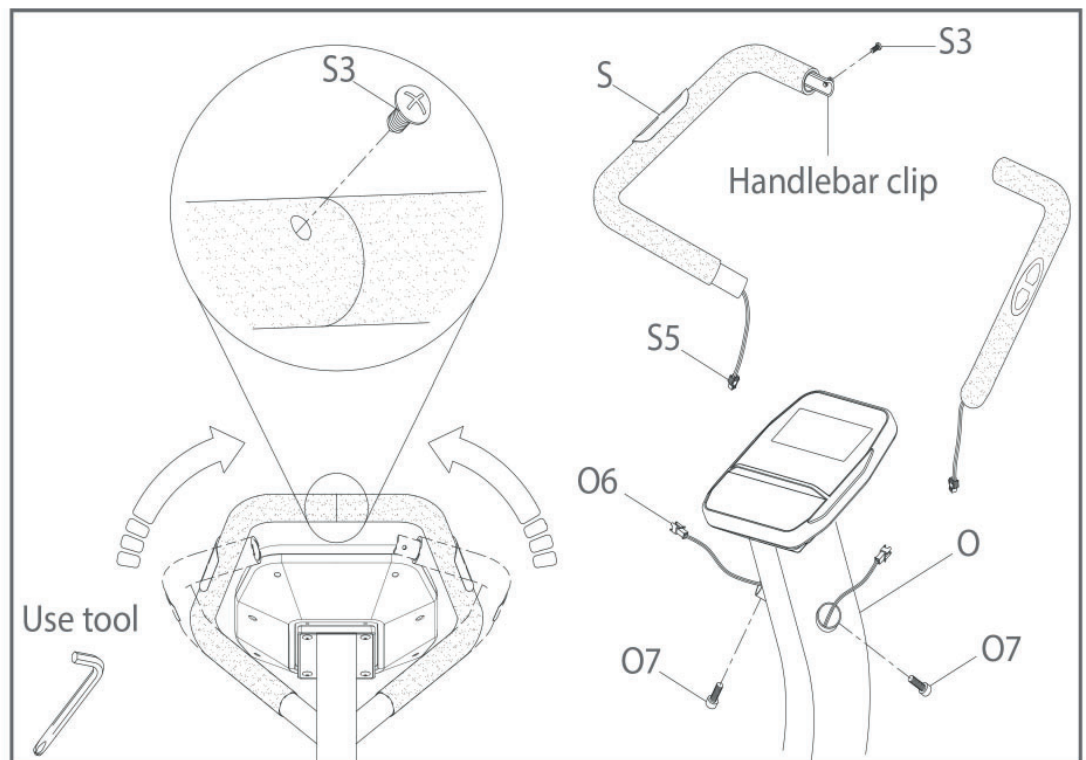
Step 7: Assembly of the hand grips

1. Remove the screws (O7) from the console mast (O) and the screw (S3) from the hand grip (S).
2. Connect the cable from the hand grip (S5) to the sensor cable (O6).

► **ATTENTION**

Take care to not pinch the cable during the next step.

3. Insert the hand grips (S) into the console mast (O) and twist the grips together.
4. Secure the hand grips with two screws (O7) and one screw (S3) and tighten the screws with the tool.

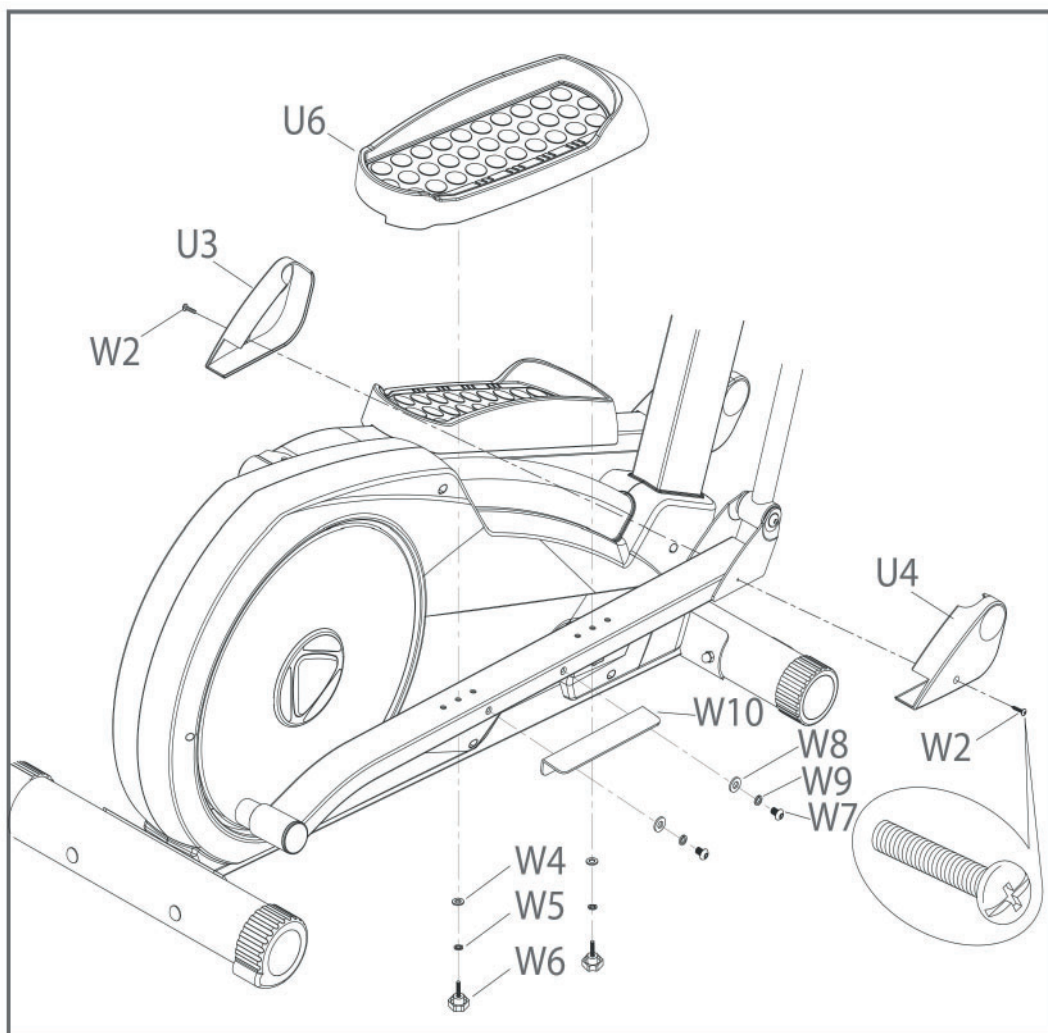


Step 8: Assembly of the pedal-arm covers

Mount the covers (U3 and U4) on the pedal arms using screw (W2). Repeat this process for the other side.

Step 9: Assembly of the pedals

1. Fix the bracket (W10) to the pedal rod using screw (W7), spring washer (W9) and washers (W8). Repeat the process on the other side.
2. Install the right pedal (U6) using washers (W4), spring washers (W5) and adjusting knobs (W6).
3. The pedals can be mounted in any of the three positions. Repeat this process for the left pedal (U5).
4. Tighten all screws with the tool.

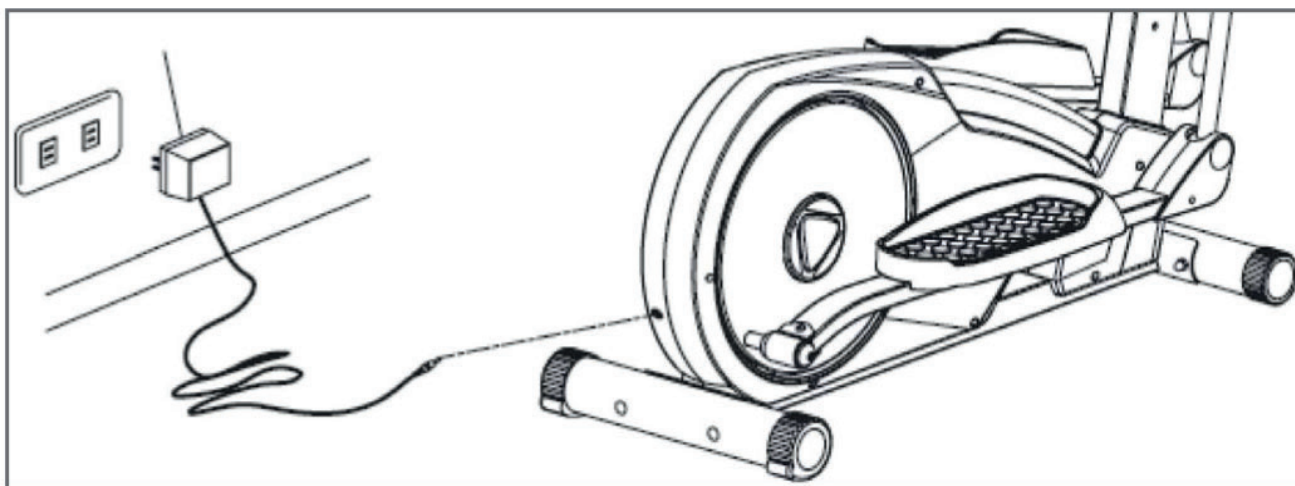


Step 10: Connecting the equipment to the mains supply

► 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.

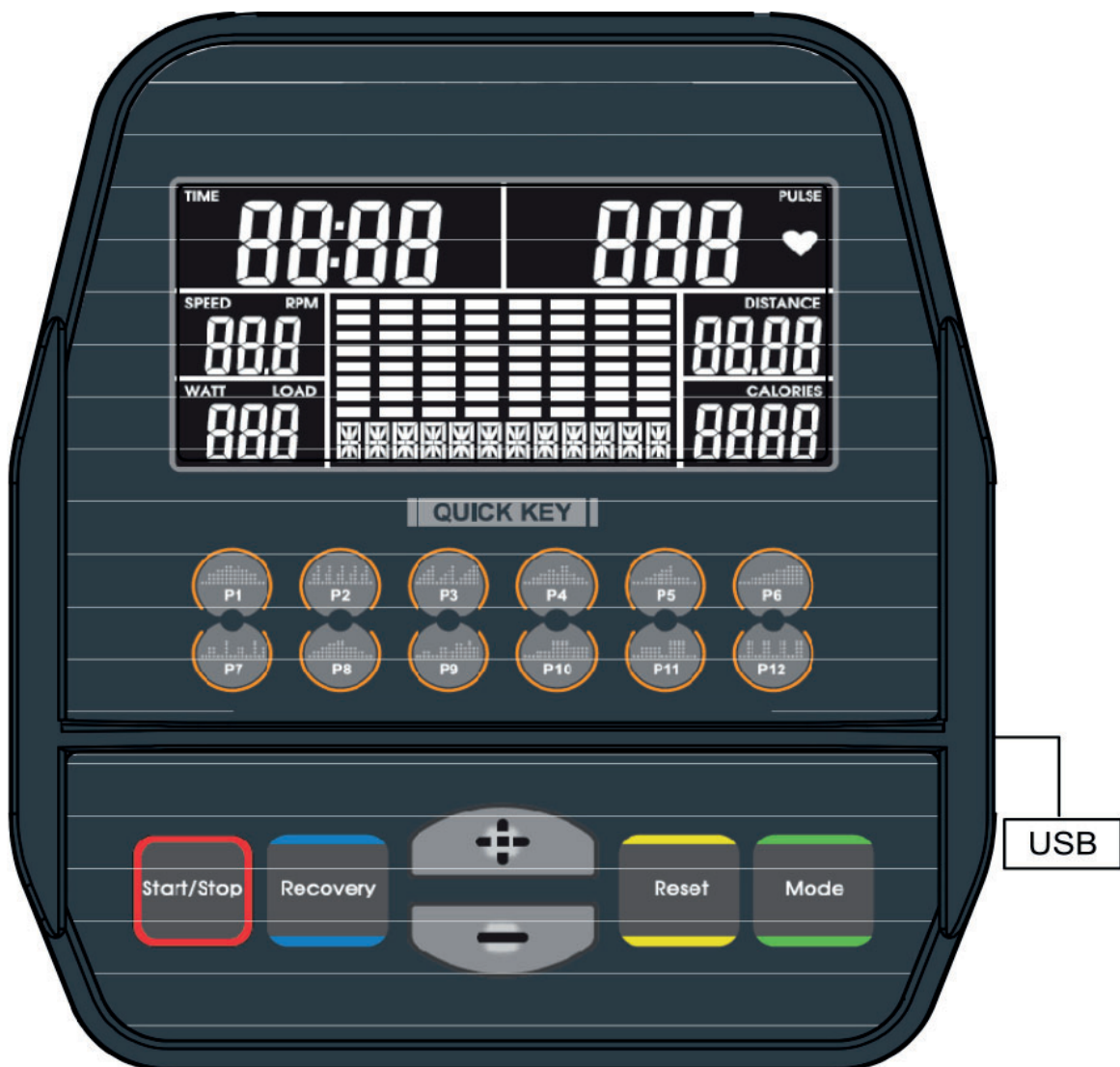


3 OPERATING INSTRUCTIONS

① NOTICE






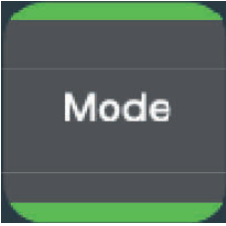
- + Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.
- + Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase.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

3.1 Console Display



| | |
|---|--|
| Time | 0:00 - 99:00 minutes |
| Speed | 0.0 - 99.9 km/h |
| RPM (cadence; rotations per minute) | 15 - 999 RPM |
| Distance | 0.0 - 99.95 km |
| Calories | 0 - 990 Cal |
| Sex | Male/Female (m/f) |
| Pulse (heart rate; beats per minute) | 60 - 220 BPM |
| Heart rate symbol | on/off - blinking |
| Programs | P1 - P12 |
| User data | U1 - U4 |
| Watt/load (output/resistance) | 0 - 999 Watt; Watt control: 10 - 350 Watt |
| Level (resistance) | 1 - 16 |
| H.R.C. (heart rate control) | 55 / 75 / 90% of the max. heart rate; manual target heart rate (TAG) |
| Age | 10 - 99 years |
| Height | 100 - 200 cm (default value: 160 cm) |
| Weight | 20 - 150 kg (default value: 50 kg) / 44 - 330 lbs (default value: 121 lbs) |

3.2 Button Functions

| | | |
|---|-------------------------------|---|
|  | <p>START STOP</p> | <p>You can start and stop the training with this button</p> |
|  | <p>RECOVERY</p> | <p>Check state of recovery of heart rate</p> |
|  | <p>PLUS</p> | <p>Select training mode or increase functional value</p> |
| | <p>MINUS</p> | <p>Select training mode or lower functional value</p> |
|  | <p>RESET</p> | <p>Press the button in the stop mode to return to the main menu</p> |
|  | <p>QUICK KEY P1 - P12</p> | <p>Quick selection of the pre-set programs (12 programs)</p> |
|  | <p>MODE</p> | <p>Confirm setting</p> |

3.3 Turning On and Setting the Equipment

1. Connect monitor to the power or press RESET for three seconds and the LCD display will show all segments with a long beep (1-second-long) and display, i. e., 78.0 (software version) (see fig. 1 and 2).
2. With the +/- buttons, the user can select the programs User 0 to 4 and confirm with MODE (see fig. 3 to 4). Then set the user data SEX, AGE, HEIGHT and WEIGHT. Press +/- to select the corresponding values (see fig. 5 to 8). Confirm the settings with MODE.

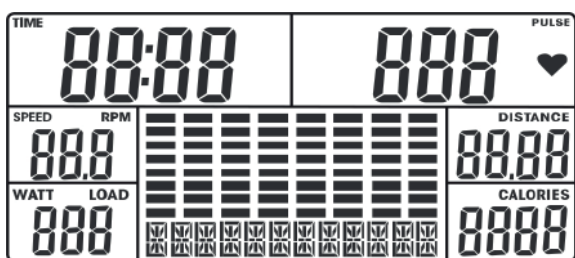


Figure 1

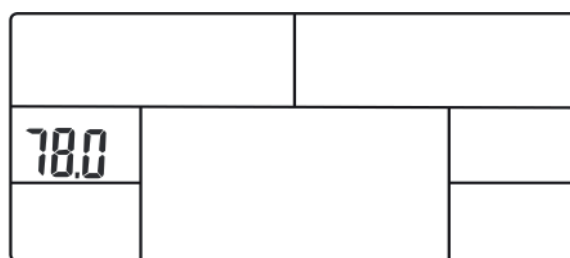


Figure 2

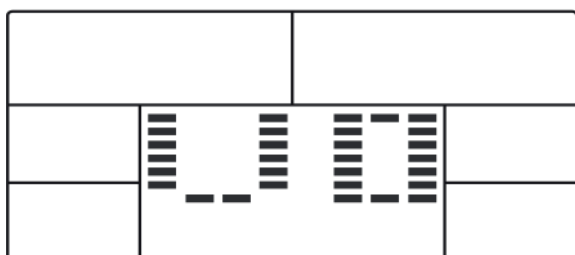


Figure 3

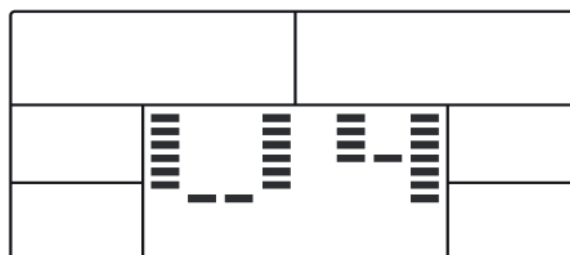


Figure 4



Figure 5



Figure 6



Figure 7



Figure 8

3.4 Programs

After the user data was entered, press MODE and press +/- in order to select the mode:

- + Manual (manual training): 1
- + Program (pre-set training programs): 12
- + User Setting (user-defined training program): 1
- + H.R.C. (heart rate controlled training programs): 4
- + Watt (Watt-controlled training program): 1
- + Recovery (fitness test)

3.4.1 MAN. - Manual Program

1. Hold RESET for 3 seconds, select user and enter data or simply press just RESET.
2. Select MANUAL mode with +/- and press MODE for the setting (see fig. 9).
3. Enter load level and confirm with MODE (see fig. 10).
4. Enter TIME, DISTANCE, CALORIES and target PULSE values (see fig. 11-14).
5. Press START to begin the training. Select load level with +/- (see fig. 15).
6. Press STOP to stop the training. Press RESET in order to return to the selected mode or press RESET for three seconds in order to return to the main menu (see fig. 16).



Figure 9



Figure 10

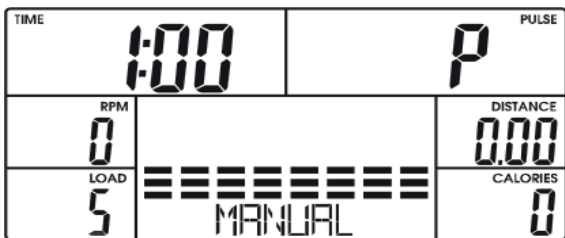


Figure 11

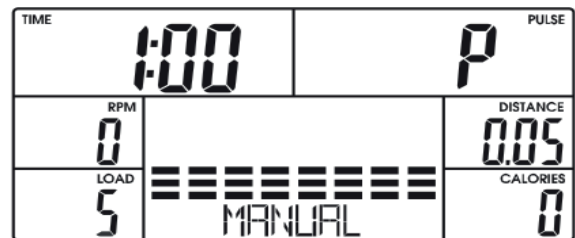


Figure 12

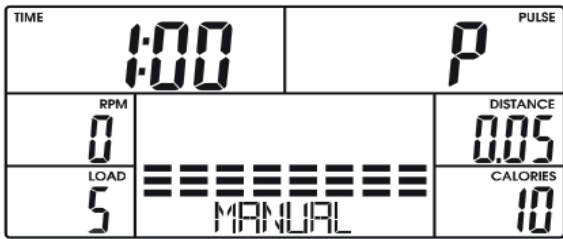


Figure 13



Figure 14

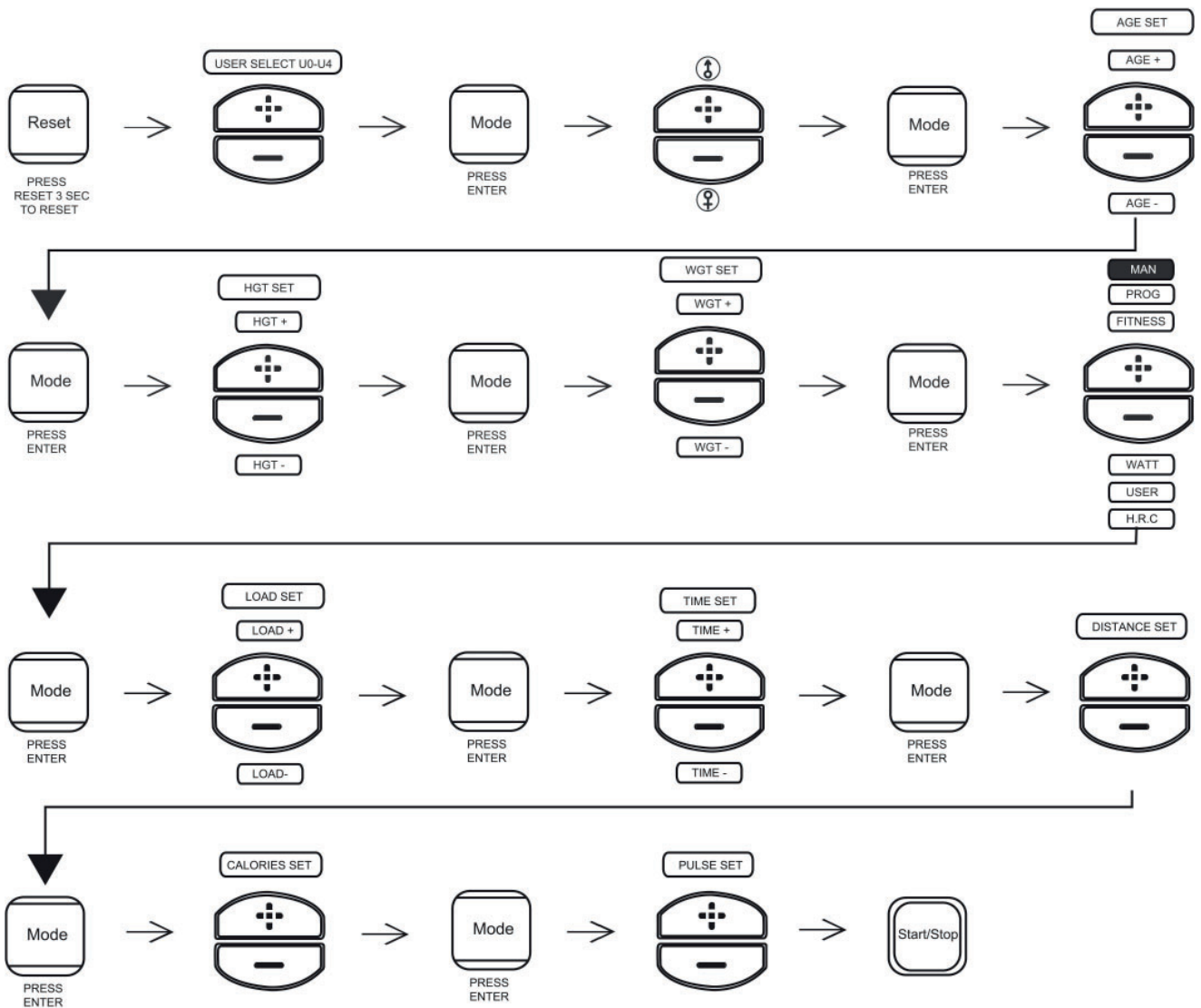


Figure 15



Figure 16

Procedure for setting the manual training programs:



3.4.2 PROG - Pre-Set Programs

1. Hold RESET for three seconds, select user and enter data. Alternatively, press RESET to get to the main menu.
2. Select the PROGRAM mode with +/- buttons and confirm with MODE (see fig. 17). Press +/- to select the programs 1 to 12 (figure 18) or use the hot keys "P1" - "P12".
3. Adjust load level with +/- buttons and confirm with MODE (see fig. 19).
4. Enter TIME, DISTANCE, CALORIES and target PULSE values. Confirm with MODE (see fig. 20).
5. Press START and begin training. Set load level with +/- buttons (see fig. 21-24).
6. Press STOP to stop the training. Press RESET to return to the main menu or hold for three seconds in order to get to the standby mode.



Figure 17



Figure 18

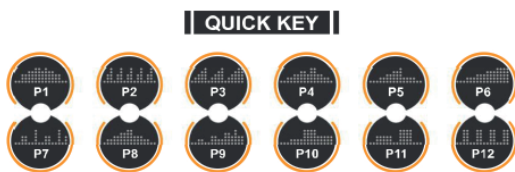


Figure 19



Figure 20



Figure 21



Figure 22



Figure 23



Figure 24

Profiles from pre-set training programs:

P1



P2



P3



P4



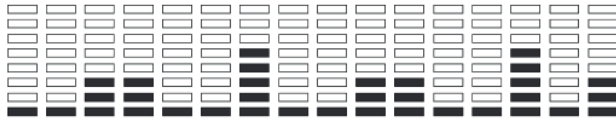
P5



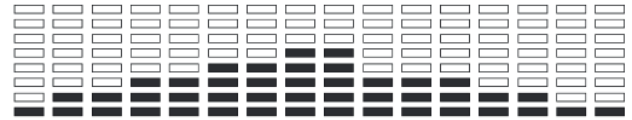
P6



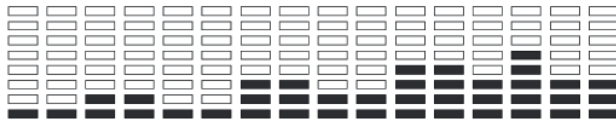
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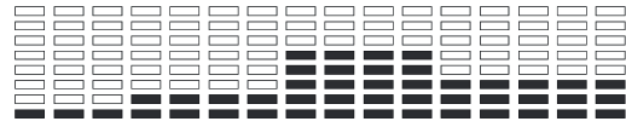
P8



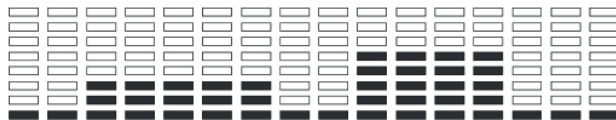
P9



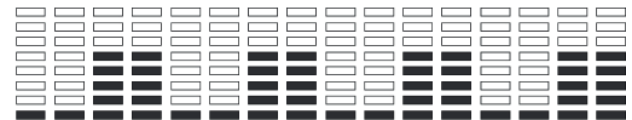
P10



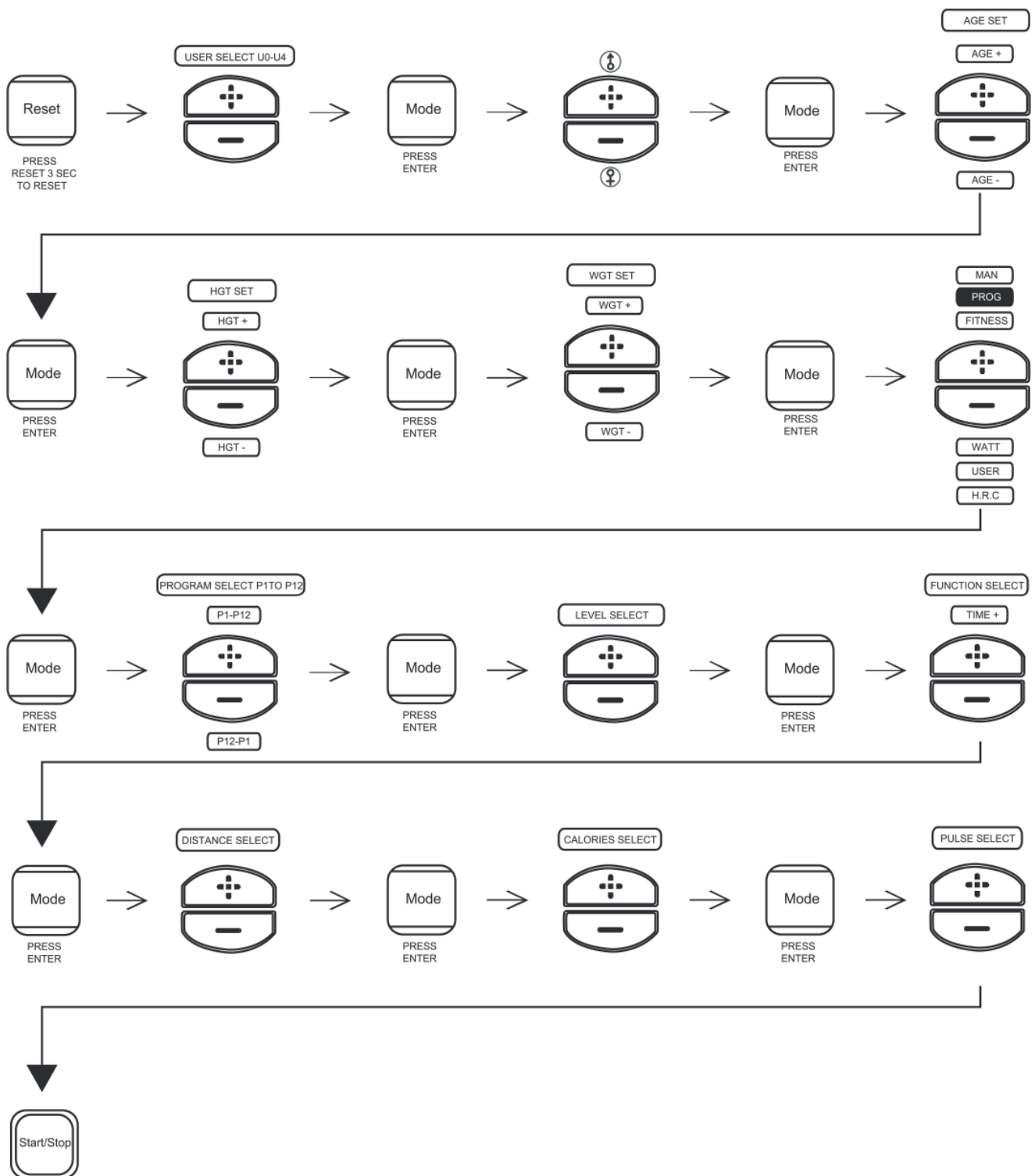
P11



P12



Procedure for setting the pre-set training programs:



3.4.3 RECOVERY - Fitness Test

1. Hold RESET for three seconds, select user and enter data. Alternatively, press RESET to return to the main menu.
2. Select the FITNESS mode with +/- buttons and confirm with MODE (see fig. 25-26).
3. Press START to begin the training. Set load level with +/- buttons.
4. After 12 minutes, the display will automatically show the training results.
5. Press STOP to stop the training. Press RESET to return to the main menu or hold for three seconds to get to the standby mode.

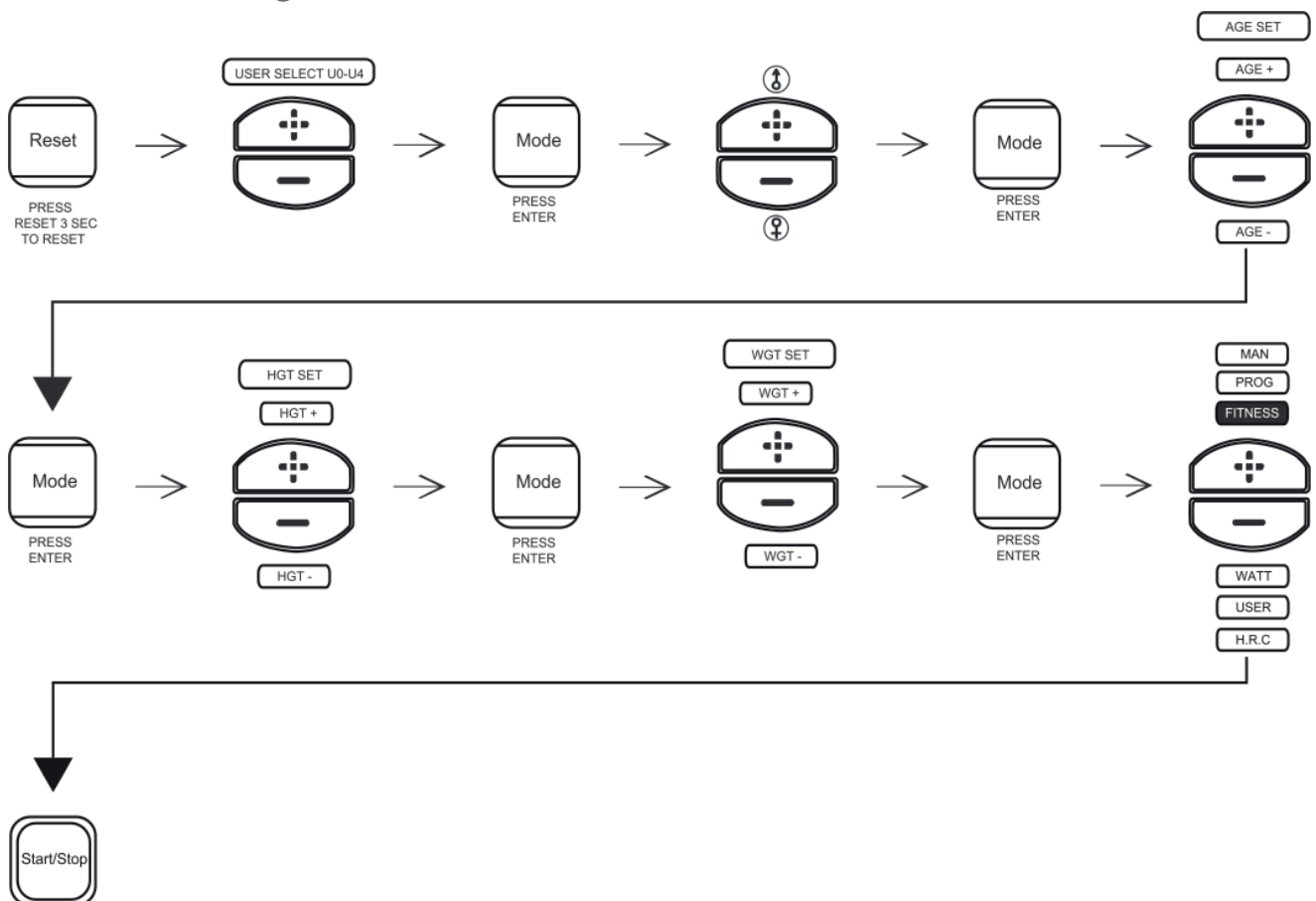


Figure 25



Figure 26

Procedure for setting the fitness test:



3.4.4 WATT - Watt Controlled Program

1. Hold RESET for three seconds, select the user and enter data. Alternatively press RESET to return to the main menu.
2. Select the WATT mode with +/- buttons and confirm with MODE (see fig. 27).
3. Enter the target value in Watt with +/- buttons and confirm with MODE (see fig. 28).
4. Enter TIME, DISTANCE, CALORIES and target PULSE values. Confirm with MODE (see fig. 29-32).
5. Press START to begin the training. Watt can be adjusted through +/- buttons.
6. Press STOP to stop the training. Press RESET to return to the main menu or hold for three seconds to get to the standby mode.

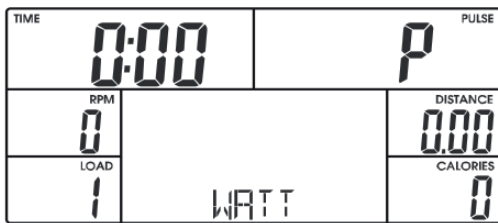


Figure 27

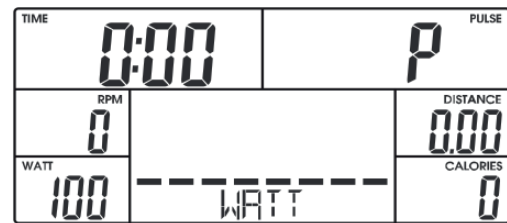


Figure 28



Figure 29

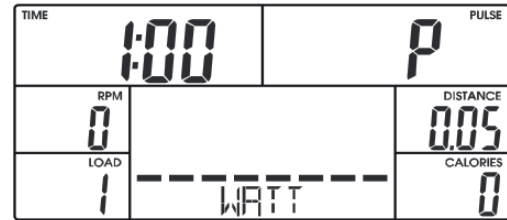


Figure 30

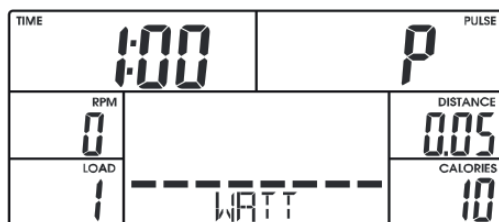


Figure 31

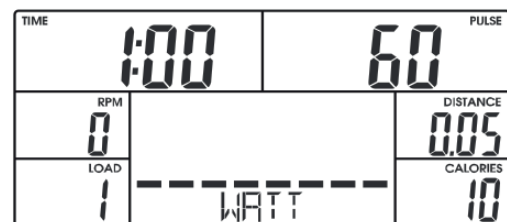
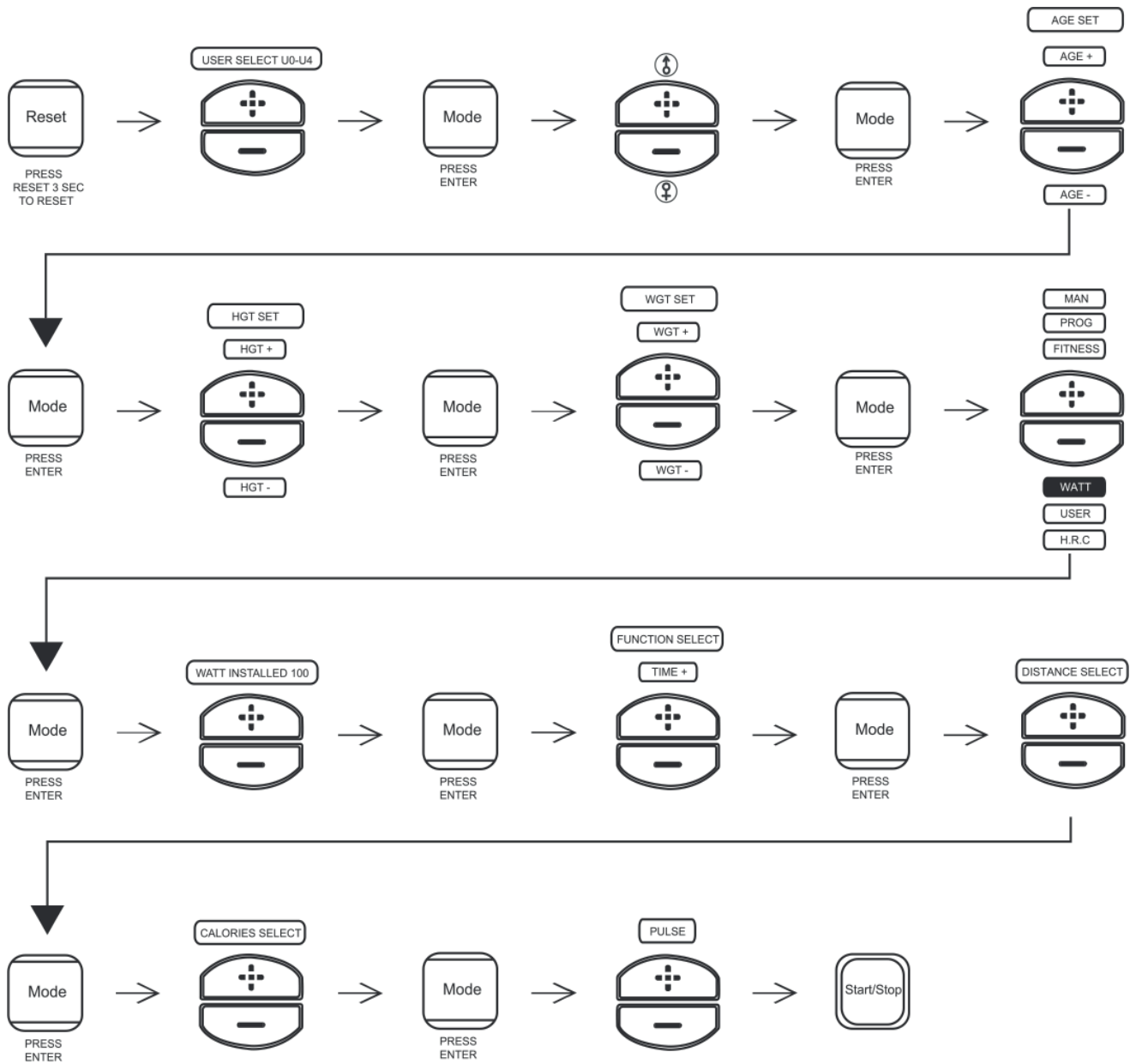


Figure 32

Procedure for setting the Watt-controlled program:



3.4.5 USER - User Defined Program

1. Hold RESET for three seconds, select the user and enter data. Alternatively press RESET to return to the main menu.
2. Select the USER mode with +/- buttons and confirm with MODE (see fig. 33).
3. Enter every load level with +/- buttons. Press MODE to get to the next column (see fig. 34). After all settings, press MODE for three seconds to confirm.
4. Enter TIME, DISTANCE, CALORIES and target PULSE values. Confirm with MODE (see fig. 35-38).
5. Press START to begin the training. Adjust load level with +/- buttons.
6. Press STOP to stop the training. Press RESET to return to the main menu or hold for three seconds to get to the standby mode.



Figure 33

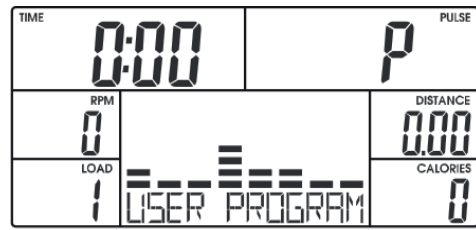


Figure 34

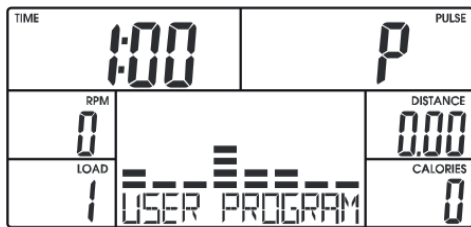


Figure 35



Figure 36

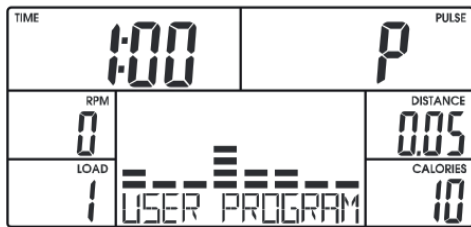
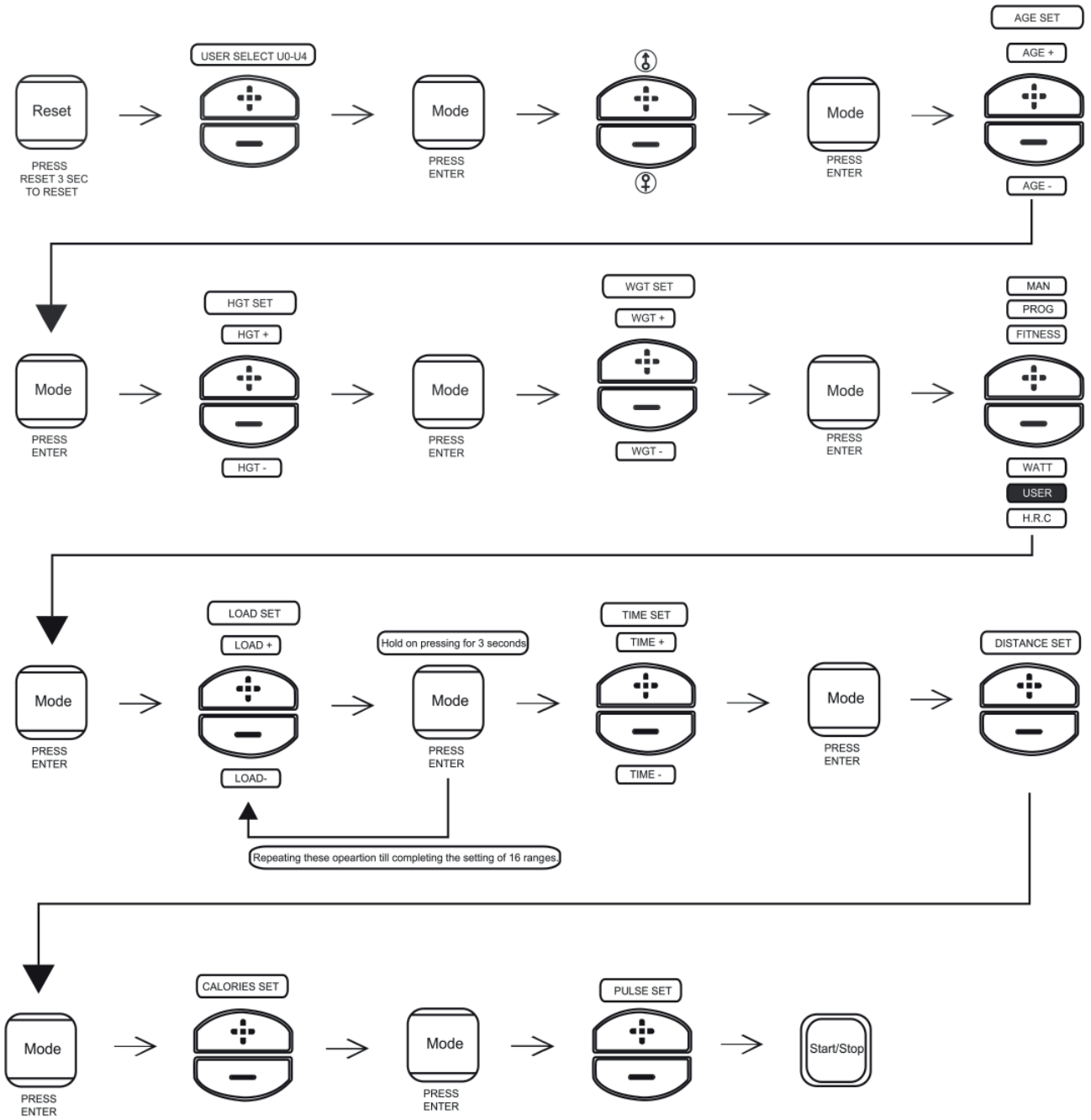


Figure 37



Figure 38

Procedure for setting the user-defined program:



3.4.6 H.R.C. - Heart Rate Controlled Programs

⚠ 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.

1. Hold RESET for three seconds, select user and enter data. Alternatively, press RESET to return to the main menu.
2. Select the HRC mode with +/- buttons and confirm with MODE (see fig. 39).
3. Select different heart rates from 55% / 75% / 90% / or target heart rate with +/- buttons (figure 40-43). The heart rate value will be different depending on the setting of age.
4. If you select target heart rate, you must enter your target heart rate with the +/- buttons.
5. Enter TIME, DISTANCE, CALORIES and target PULSE values. Confirm with MODE (see fig. 44-46).
6. Press START to begin the training. Load level adjusts to your current heart rate.
7. Press STOP to stop the training. Press RESET to return to the main menu or hold for three seconds to get to the standby mode.



Figure 39



Figure 40



Figure 41

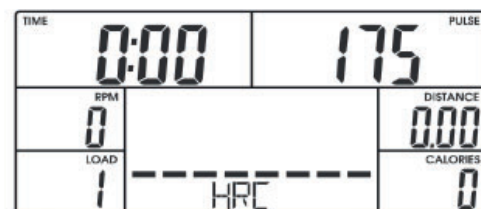


Figure 42



Figure 43



Figure 44

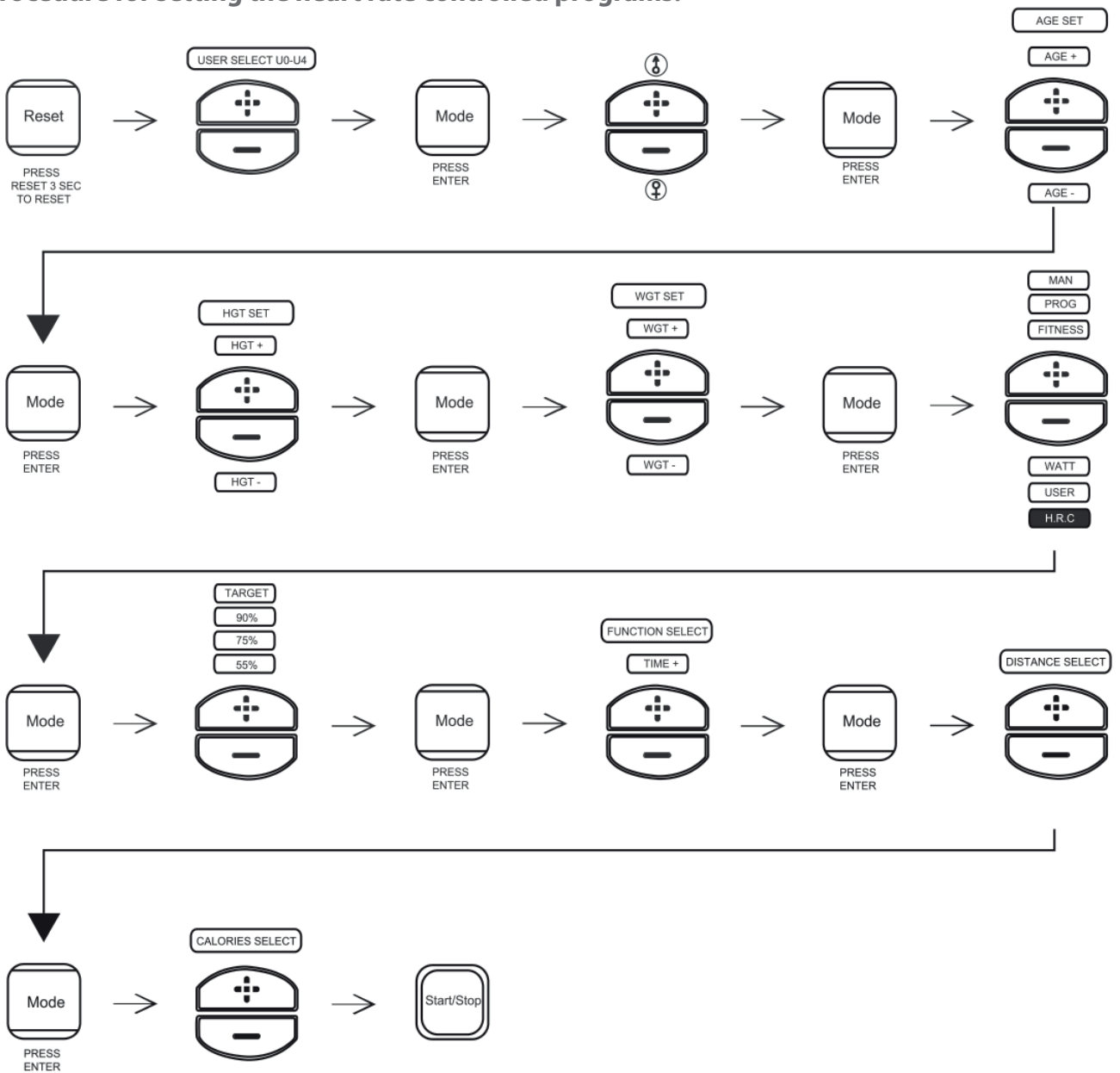


Figure 45



Figure 46

Procedure for setting the heart rate controlled programs:



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

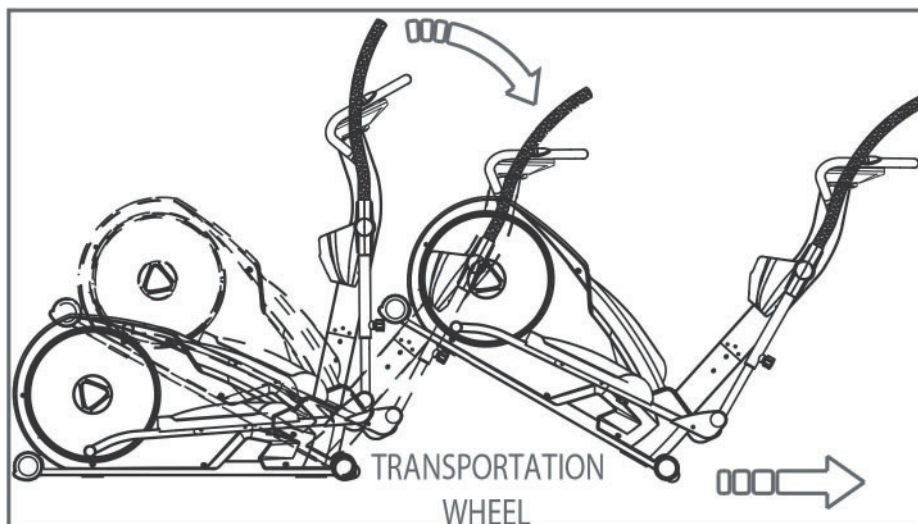
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

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.



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 |
|--------------------------------------|---|---|
| Drive disks wobble/ make noises | Drive disk loose | Tighten nut (pay attention to left-hand / right-hand thread) |
| Display is blank/is not working | Loose cable connections | Check cable connections |
| Equipment wobbles | Equipment is not level | Align the feet |
| Creaking noises on the stepping area | Loose screws on stepping area | Tighten the screws on the stepping area |
| Creaking noises | Screw connections loosened or too tight | Check screw connections |
| Squeaking noises on the guide rails | Guide rails or rollers dirty or guide rails dry | Clean the guide rails and then lubricate them with a suitable lubricant |

| | | |
|------------------|---|--|
| 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.

Please contact the contract partner for technical support.

5.4 Maintenance and Inspection Calendar

To avoid damage from 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 | |
| Slide rails* | | C | |
| Lubrication of slide rails and moving parts* | | | I |
| Plastic covers | C | I | |
| Screws and cable connections | | I | |
| Legend: C = clean; I = inspect | | | |

*Make sure to always clean the slide rails and moving parts before re-lubricating.

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 crosstrainer opens on YouTube. The video serves to illustrate the maintenance points described in this manual.

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

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



6 DISPOSAL

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



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

7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For elliptical cross trainers this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat or **silicone spray** to keep moving parts in good shape.

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible **chest strap**, as this ensures optimum transmission of the heart rate.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. 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:

cardiostrong / crosstrainer

Model Name:

EX40

Article Number:

CST-EX40-2

8.2 Parts List

| No. | Name | Supplier Parts No. | Specification | Qty. | |
|-----|------|-----------------------|---------------|------|-----------------------|
| N1 | 1 | Main Frame | N34 | 2 | Bearing |
| N2 | 1 | Magnetic Flywheel | N35 | 2 | Clip |
| N3 | 2 | Flat Washer | N36 | 2 | Screw Cover |
| N4 | 2 | Nut | N37 | 1 | Pedal Tube |
| N5 | 1 | Tension Pulley | N38 | 2 | Pedal Tube |
| N6 | 3 | Pipe | N39 | 2 | Screw |
| N7 | 3 | Flat Washer | N40 | 2 | Flat Washer |
| N8 | 3 | Screw | N42 | 3 | Screw |
| N9 | 4 | Bearing | N43 | 2 | Connect Pipe |
| N10 | 3 | Clip | N44 | 1 | Screw |
| N11 | 1 | Magnetic Housing | N45 | 1 | Sensor Wire |
| N12 | 1 | Nut | N46 | 1 | Fixing House |
| N13 | 1 | Screw | N47 | 1 | Right Cover |
| N14 | 1 | Spring | N48 | 3 | Wave Washer |
| N15 | 1 | Motor | N49 | 1 | Left Cover |
| N16 | 2 | Spring Washer | N50 | 2 | Bearing |
| N17 | 1 | Spring Fixing Housing | N51 | 1 | Clip |
| N18 | 1 | Screw | N52 | 2 | Flat Washer |
| N19 | 1 | Fixing Housing | N53 | 1 | Screw |
| N20 | 2 | Screw | N54 | 8 | Tapping Screw |
| N21 | 1 | Spring | N55 | 1 | Power Cord Sensor |
| N22 | 1 | Belt | N56 | 4 | Screw |
| N23 | 1 | Belt Pulley | N57 | 1 | Tension Cable |
| N24 | 1 | Pulley Axle | N58 | 1 | Magnetic Housing Base |
| N25 | 4 | Screw | N59 | 2 | Screw |
| N26 | 1 | Plane | N60 | 2 | Screw |
| N27 | 4 | Nut | N61 | 2 | Spring Washer |
| N28 | 1 | Magnet | N63 | 1 | End Cap |
| N29 | 2 | Turning Plate | N64 | 1 | Flat Washer |
| N30 | 2 | Nut | N65 | 1 | Wave Washer |
| N31 | 2 | Decoration Cover | N66 | 1 | Flat Washer |
| N32 | 2 | Pipe | N67 | 2 | Screw |
| N33 | 2 | Bearing | N68 | 2 | Screw |

| | | | | | |
|-----|---|------------------------------|---------|----|----------------------|
| N69 | 1 | Nut | Q6 | 2 | Transport Wheel |
| N70 | 1 | Iron Bracket | Q7 | 2 | Screw |
| N71 | 1 | Flat Washer | R1 | 1 | Monitor |
| N72 | 4 | Flat Washer | R2 | 4 | Screw |
| N73 | 1 | Nut | R3 | 1 | Adaptor |
| N74 | 1 | Flat Washer | S1 | 1 | Front Handle Bar (L) |
| O1 | 1 | Central Support Tube | S2 | 1 | Handlebar Clip |
| O5 | 1 | Sensor Wire | S4 | 2 | Foam Grip |
| O6 | 2 | Hand Pulse Sensor Wire | S5 | 2 | Sensor |
| O7 | 2 | Bolt | S6 | 2 | Screw |
| O8 | 2 | Bushing | S7 | 2 | Handle Pulse |
| O9 | 1 | Shaft | S8 | 1 | Front Handle Bar (R) |
| O10 | 4 | Bearing | T1 | 1 | Side Handle Bar (L) |
| O11 | 4 | Bushing | T2 | 2 | Foam Grip |
| O12 | 2 | Connect Tube | T3 | 2 | End Cap |
| O16 | 1 | Bottle Housing | T4 | 4 | Screw |
| O17 | 1 | Screw | T5 | 1 | Side Handle Bar (R) |
| O18 | 1 | Decoration Bottle Housing(L) | U1 & U2 | 4 | Decoration Cover |
| O19 | 1 | Decoration Bottle Housing(R) | U3 & U4 | 4 | Pedal Joint Cover |
| O20 | 4 | Screw | U5 & U6 | 1 | Pedal (L & R) |
| O22 | 4 | Flat Washer | U7 & U8 | 1 | Cushion Pad (L & R) |
| O23 | 2 | Plastic Insert | W1 | 2 | Knob |
| P1 | 1 | Rear Stabilizer | W2 | 4 | Screw |
| P2 | 1 | End cap (L) | W3 | 4 | Screw |
| P3 | 1 | End cap (R) | W4 | 4 | Flat Washer |
| P4 | 2 | Bolt | W5 | 4 | Spring Washer |
| P5 | 4 | Flat Washer | W6 | 4 | Knob |
| P7 | 4 | Nut | W7 | 8 | Screw |
| Q1 | 1 | Front Stabilizer | W8 | 14 | Washer |
| Q2 | 2 | End cap | W9 | 22 | Spring Washer |
| Q4 | 2 | Transmit Wheel Housing | W10 | 2 | Iron Bracket |
| Q5 | 4 | Screw | | | |

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

Error Descriptions

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

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

Your statutory rights are not affected.

Warrantee

The warrantee is the first/original buyer 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 warrantee personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

The terms of use are defined as follows:

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

Warranty Service

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

Warranty Conditions

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

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

Warranty claims are invalid in case of damage resulting from:

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

Proof of Purchase and Serial Number

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

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

Service outside of the Warranty Period

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

Communication

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

| DE | DK | UK |
|--|--|---|
| <p>TECHNIK</p> <p> +49 4621 4210-900 +49 4621 4210-698 technik@fitshop.de Öffnungszeiten entnehmen Sie unserer Homepage.</p> <p>SERVICE</p> <p> 0800 20 20277 (kostenlos) 04621 4210 - 0 info@fitshop.de Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statita</p> | <p>TEKNIK OG SERVICE</p> <p> 80 90 16 50 +49 4621 4210-945 info@fitshop.dk Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7</p> | <p>CUSTOMER SUPPORT</p> <p> 00800 2020 2772 +494621 4210 944 info@fitshop.co.uk You can find the opening hours on our homepage: https://stg.fit/statitc</p> |
| | FR | BE |
| | <p>TECHNIQUE & SERVICE</p> <p> +33 (0) 189 530984 +49 4621 42 10 933 info@fitshop.fr Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit4</p> | <p>TECHNIQUE & SERVICE</p> <p> 02 732 46 77 +49 4621 4210 933 info@fitshop.be Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit8</p> |
| ES | NL | INT |
| <p>TECNOLOGÍA Y SERVICIOS</p> <p> 911 238 029 info@fitshop.es Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5</p> | <p>TECHNISCHE DIENST & SERVICE</p> <p> +31 172 619961 service@fitshop.nl De openingstijden vindt u op onze homepage: https://stg.fit/statit3</p> | <p>TECHNICAL SUPPORT & SERVICE</p> <p> +49 4621 4210-944 service-int@fitshop.de You can find the opening hours on our homepage: https://stg.fit/statita</p> |
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| <p>DZIAŁ TECHNICZNY I SERWIS</p> <p> 22 307 43 21 +49 4621 42 10-948 info@fitshop.pl Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6</p> | <p>TECHNIK & SERVICE</p> <p> 0800 20 20277 (Freecall) +49 4621 42 10-0 info@fitshop.at Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb</p> | <p>TECHNIK & SERVICE</p> <p> 0800 202 027 +49 4621 42 10-0 info@fitshop.ch Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9</p> |

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

www.fitshop.com/en/stores

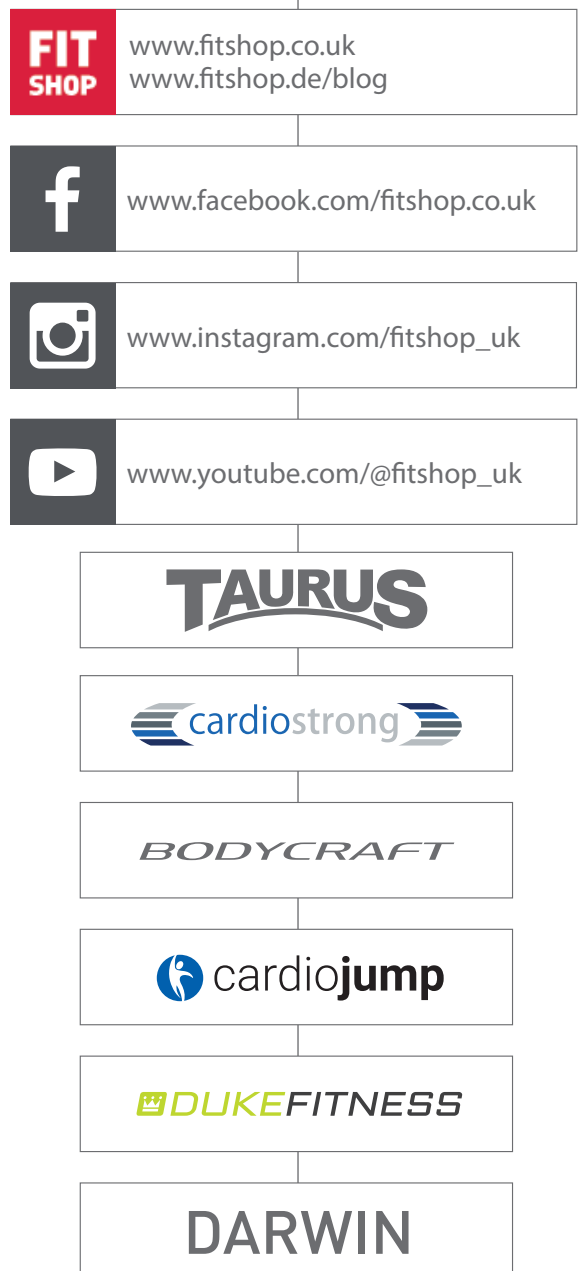
WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Fitshop 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.

Fitshop 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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Notes



Elliptical Crosstrainer **EX40**