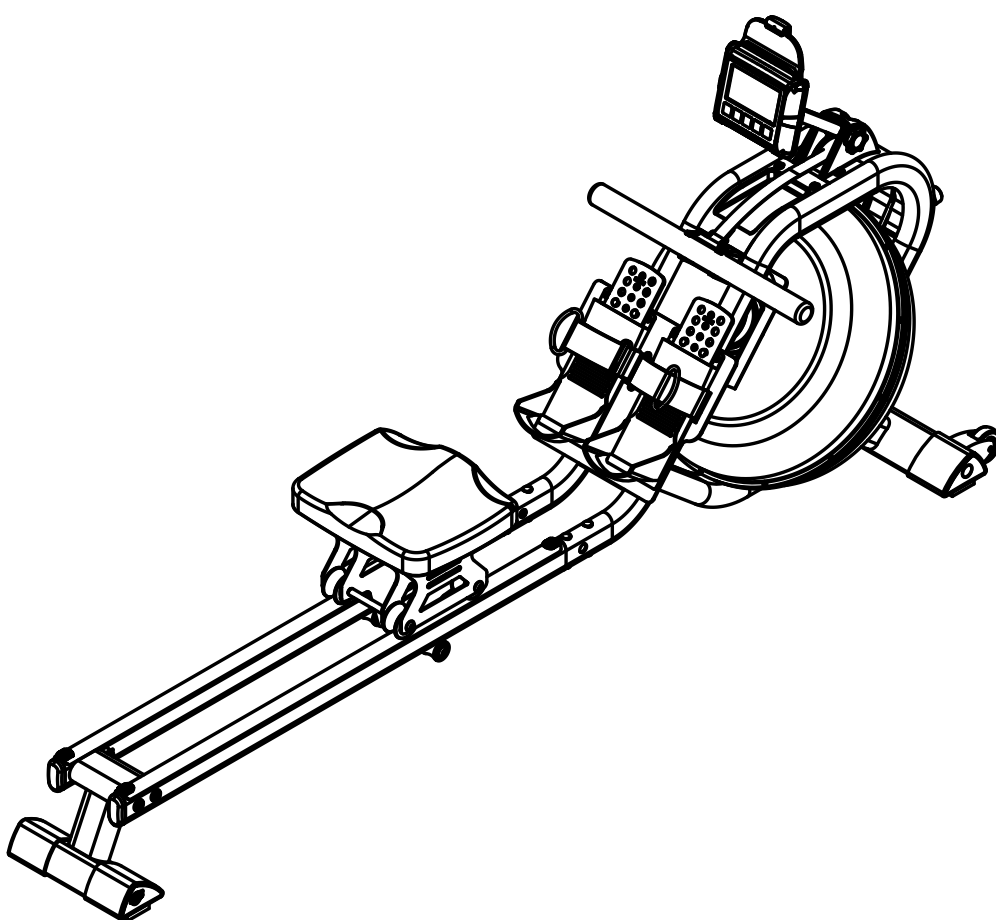




Assembly and Operating Instructions



max. 170 kg



~ 60 Min.



35 kg

L 203 | W 51 | H 99

FSCSTBRPRO.04.07

Art.-No. CST-BRPRO

Rowing machine **BALTIC PRO**

Content

1	GENERAL INFORMATION	8
1.1	Technical Data	8
1.2	Personal Safety	9
1.3	Electrical Safety	10
1.4	Set-Up Place	11
2	ASSEMBLY	12
2.1	General Instructions	12
2.2	Scope of Delivery	13
2.3	Assembly	14
2.4	Adjustment of the rowing machine	17
2.4.1	Adjustment of heel rest and strap	17
2.4.2	Fill and empty the tank	18
3	OPERATING INSTRUCTIONS	19
3.1	Console Display	19
3.2	Button Function	20
3.3	Battery Compartment	20
3.4	Switch on the Device	21
3.5	Standby Mode	22
3.6	Programmes	22
3.6.1	Manual Programme	22
3.6.2	Race Programme	23
3.7	Wireless technology and fitness apps	24
4	WORKOUT TIPS	25
4.1	General Instructions	25
4.1.1	Training clothes	25
4.1.2	Warming up and stretching	25
4.1.3	Medication	26
4.1.4	Used muscle groups	26
4.1.5	Exercise frequency	26
5	STORAGE AND TRANSPORT	29
5.1	General Instructions	29
5.2	Transportation Wheels	30

6	TROUBLESHOOTING, CARE AND MAINTENANCE	31
6.1	General Instructions	31
6.2	Faults and Fault Diagnosis	31
6.3	Maintenance and Inspection Calendar	32
7	DISPOSAL	32
8	RECOMMENDED ACCESSORIES	33
9	ORDERING SPARE PARTS	34
9.1	Serial Number and Model Name	34
9.2	Parts List	35
9.3	Exploded Drawing	38
10	WARRANTY	39
10	CONTACT	41

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

Legal Notice

Fitshop GmbH
Europe's No. 1 for home fitness

International Headquarters
Flensburger Straße 55
24837 Schleswig
Germany

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

Disclaimer

© cardiostrong is a registered brand of the company Fitshop GmbH. All rights reserved. Any use of this trademark without the explicit written permission of Fitshop is prohibited.

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

LCD - Display of:

- + Strokes, Strokes per minute
- + Training time in minutes
- + Distance in metres
- + Time/500m: average/current
- + Calorie consumption in kcal
- + Heart rate (when using a chest strap)
- + Watt

Resistance system: Water resistance

Training programmes in total: 6

Manual programme: 5

Race programme: 1

Weight and dimensions:

Article weight (gross, incl. packaging): 44.9 kg

Article weight (net, without packaging): 34.7 kg

Packaging dimensions (L x W x H):

Box 1 (L x W x H): approx. 114 cm x 56 cm x 65 cm

Box 2 (L x W x H): approx. 123 cm x 10 cm x 9 cm

Set-up dimensions (L x W x H): approx. 203 cm x 51 cm x 99 cm

Folded dimensions (L x W x H): approx. 89 cm x 51 cm x 203 cm

Maximum user weight: 170 kg

Use class: S

1.2 Personal Safety

DANGER

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

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + 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.
- + The appliance must be set up on a stable and level surface.

CAUTION

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

ATTENTION

- + Do not insert any objects of any kind into the openings of the device.
- + The safety level of the equipment can only be maintained if it is regularly checked for damage and wear.
- + To protect the equipment from use by unauthorised third parties, always remove the power cable (if existing) when not in use and store it in a safe place that is inaccessible to unauthorised persons (e.g. children).

1.3 Electrical Safety

NOTICE

Hereby, Fitshop GmbH declares that the radio equipment type Wireless Connection (2.402 – 2.480 GHz) complies with Directive 2014/53/EU. The full text of the EU Declaration of Conformity is available at the following website: www.fitshop.com.

1.4 Set-Up Place

WARNING

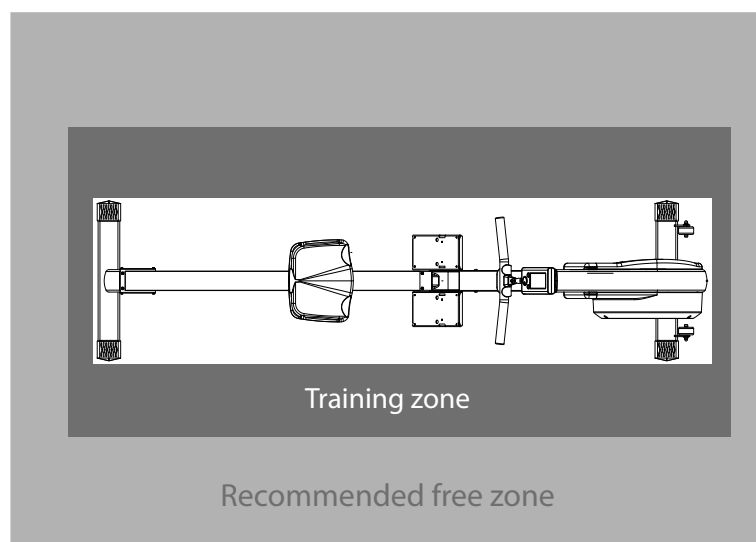
- + Do not place the equipment in main corridors or escape routes.

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. Make sure that you leave at least 30 cm on each side of the equipment and at least 15 cm in front of and behind the equipment as a training zone. This is the minimum required area in order to safely use the equipment. The recommended free zone around the equipment should be at least 60 cm on each side and 45 cm in front of and behind 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 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.



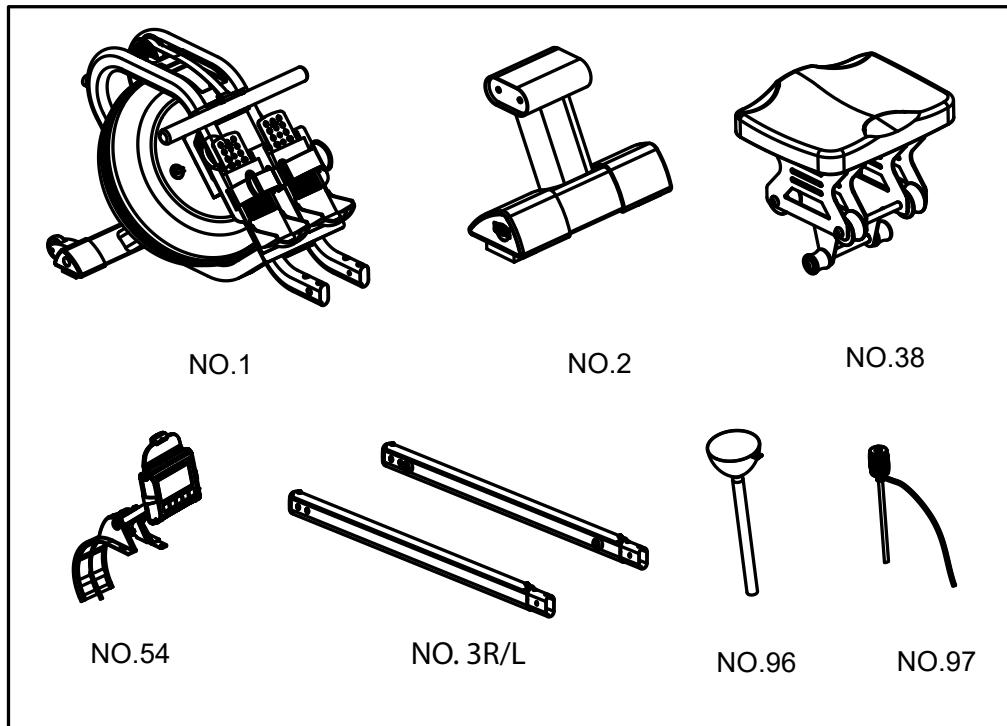
CAUTION

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



NOTICE

Batteries are not included in the scope of delivery. The following batteries are required: 4x AA



	# 63 M8*45	4pcs
	# 65 M6*15	6pcs
	#68 M8*15	4pcs
	# 99 M8*57	4pcs
	#74 OD20*ID8.5*1.5	4pcs
	# 77 M8*27	2pcs
	#98 S5	1pc
	#71 S13-17	1pc

2.3 Assembly

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

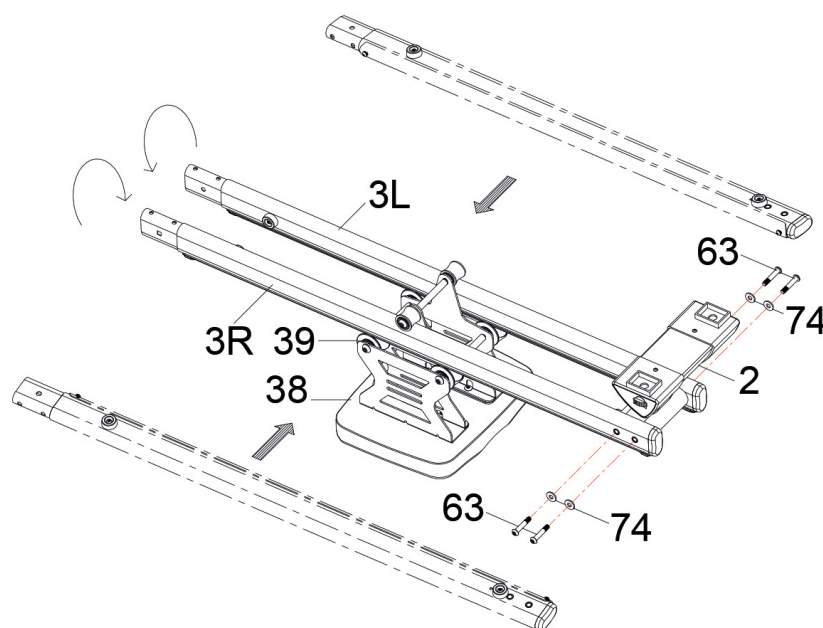
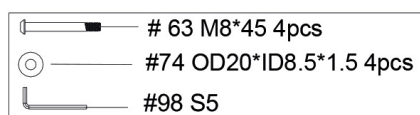
① NOTICE

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.
- + The assembly can also be found as a video under the following link: <https://www.fitshop.com/en/cardiostrong-baltic-rower-pro-rowing-machine-cst-brpro#product-assembly>. To go directly to the assembly video, you can alternatively scan the QR-code.



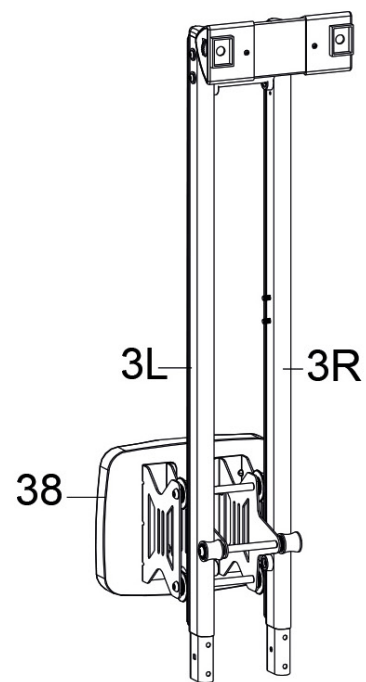
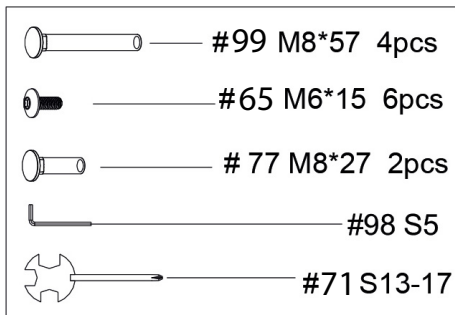
Step 1: Assemble the slide rails

1. Place the seat on the floor with the rollers pointing upwards.
2. Place the slide rails (3L/R) with the aluminium plate downwards on the rollers of the seat (39) and turn the slide rails (3L/R) in the direction of the arrow and make sure that the aluminium plates touch the rollers.
3. Mount the rear stand (2) to the slide rails (3L/R) using four washers (74) and four screws (63).
4. Tighten the screws.



Step 2: Connect the slide rails to the main frame

1. Place the main frame (1) upright.
2. Mount the slide rail (3L/R) to the frame (1) with four screws (99) on the top/seat side, two screws (77) on the outside and six screws (65) on the bottom.
3. Tighten the screws.

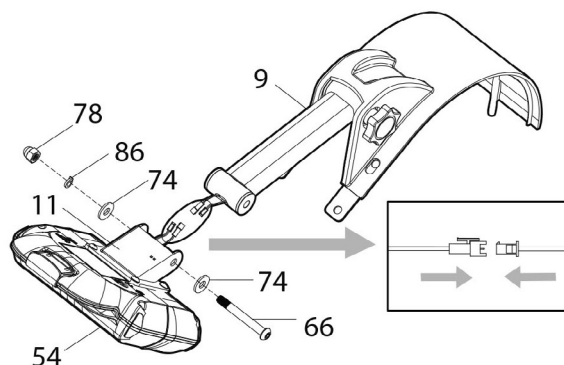
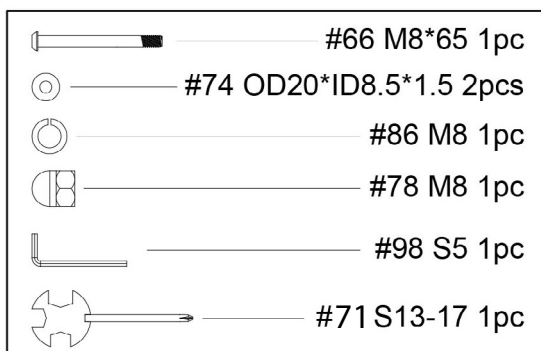
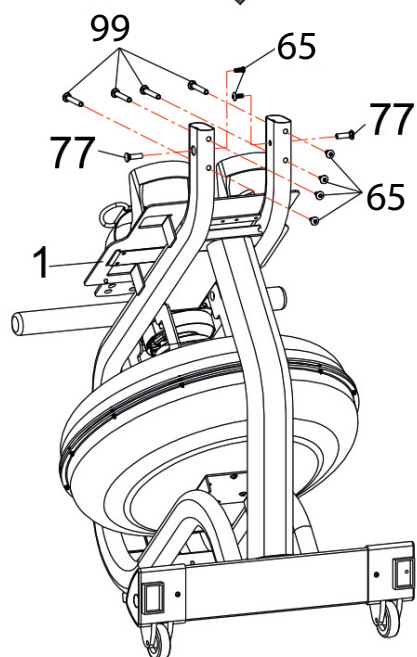


Step 3: Assembly of the console Part 1

1. Loosen and remove the bolt (66), washers (74), spring washer (86) and nut (78) pre-mounted on the console holder (9).
2. Connect the cables of the console (54) to their corresponding counterparts of the console holder (9).
3. Insert the excess cable into the console holder (9).

► ATTENTION

- + Be careful not to pinch the cables during the following step.
 - + The cables must audibly click into place.
4. Secure the console (54) to the console holder (9) with the previously loosened bolt (66), washers (74), spring washer (86) and lock nut (78).



Step 4: Assembly of the console Part 2

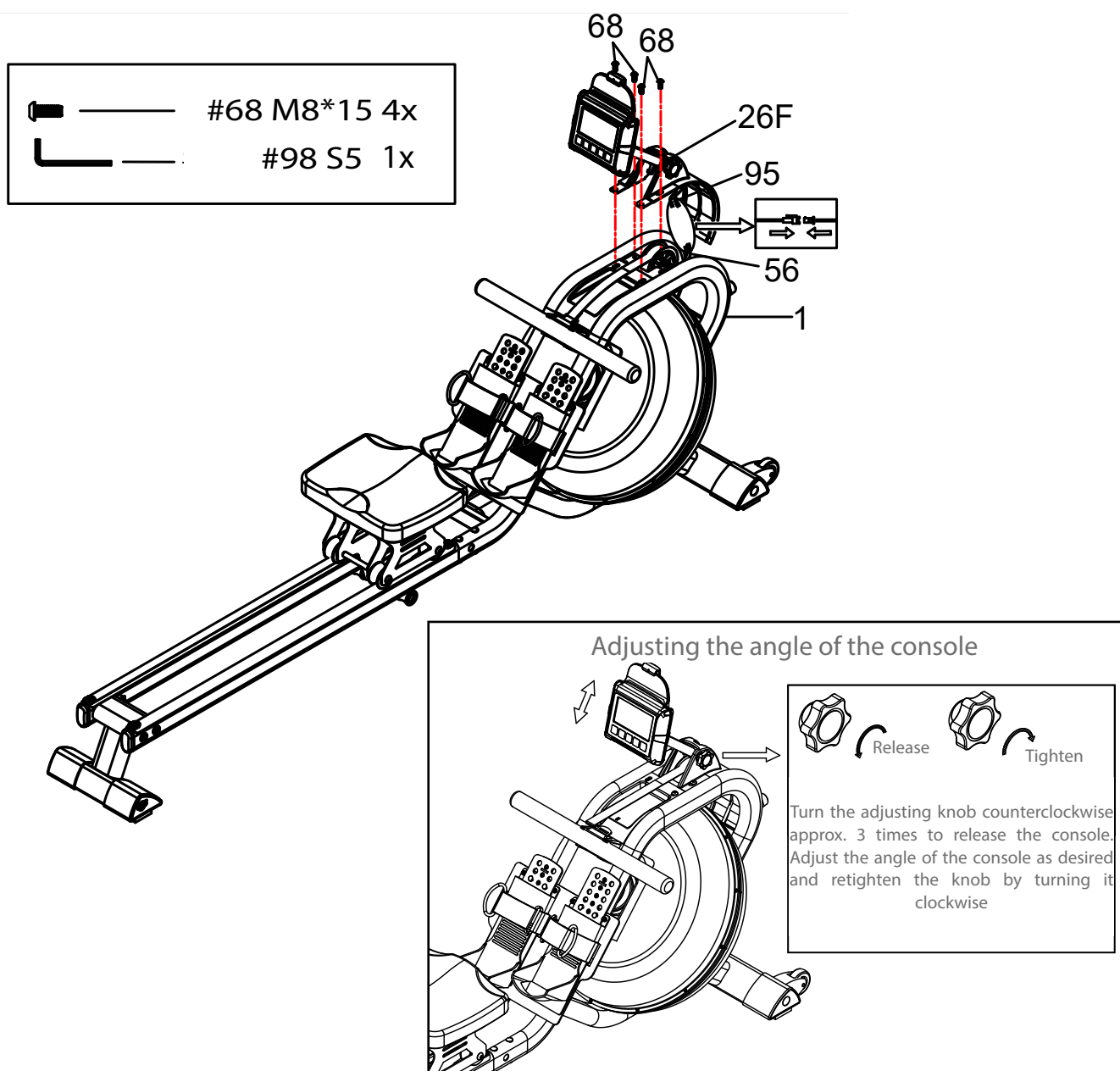
1. Insert to AA batteries (1.5V) into the battery compartment of the console (54).

① NOTICE

LCD display lights up for two seconds after the batteries are inserted. Then the intensity level (water level 1-6) must be specified (see chapter).

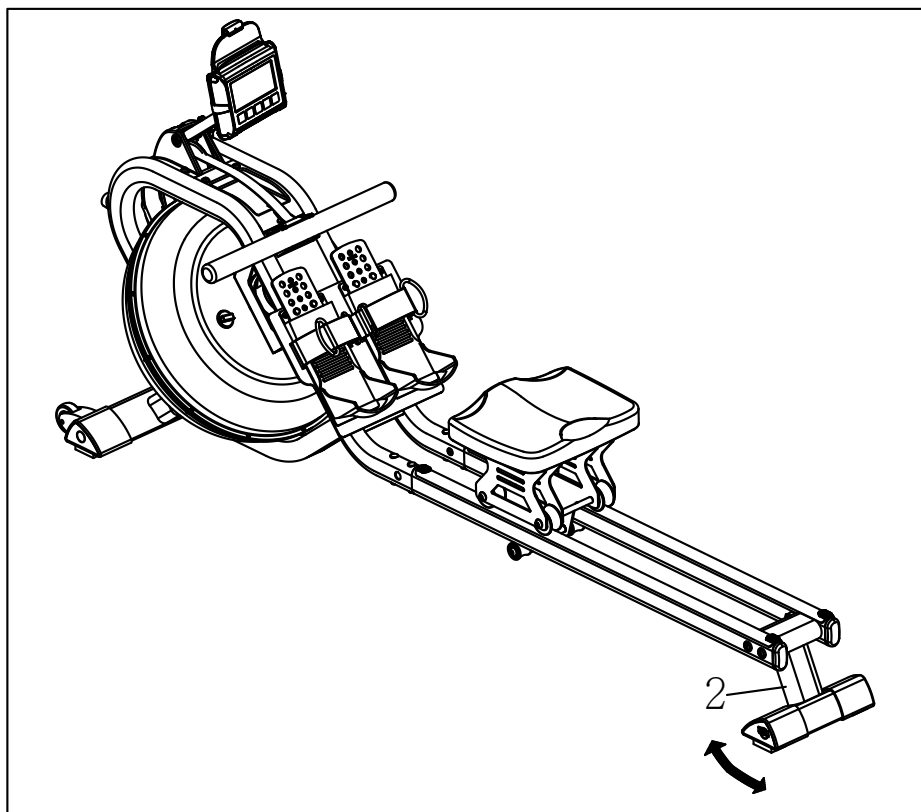
► ATTENTION

- + Make sure not to pinch the cables during the next step.
 - + The cables must audibly click into place.
2. Place the main frame (1) back down and connect the sensor wire (56) with the connection wire (95) and insert the remaining cable into the main frame (1).
 3. Place the cover (26) into the recess of the main frame (1).
 4. Mount the console (54) to the main frame (1) with four screws (68).



Step 5: Alignment of the feet

If the ground is uneven, you can stabilise the rowing machine by turning the two adjustable end caps (2) on the rear stand (2).

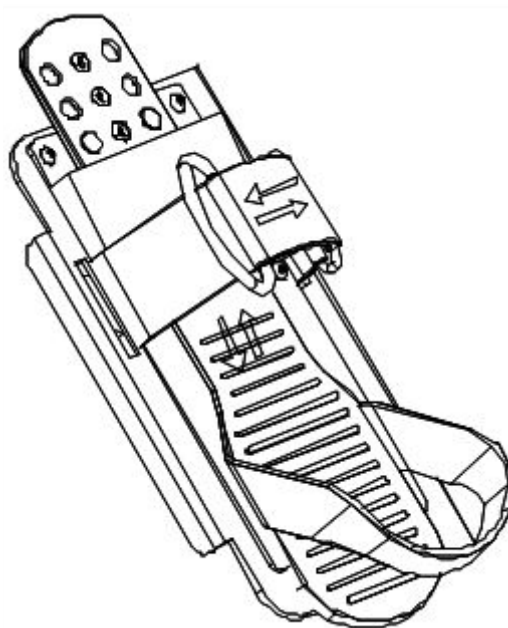


2.4 Adjustment of the rowing machine

2.4.1 Adjustment of heel rest and strap

There are several settings for the heel rest. Before you start with your training, adjust the heel rests correctly.

1. Loosen the strap by opening the Velcro fastener and place your foot on the heel rest through the strap.
2. Tighten the strap of the heel rest so far upwards that your heel is supported and the foot strap lies over the widest part of your foot.
3. Tighten the strap at the loosened end of the Velcro fastener and press the Velcro fastener back on.



2.4.2 Fill and empty the tank

⚠ CAUTION

- + The water inside the tank must not be drunk and must be disposed of after use.

► ATTENTION

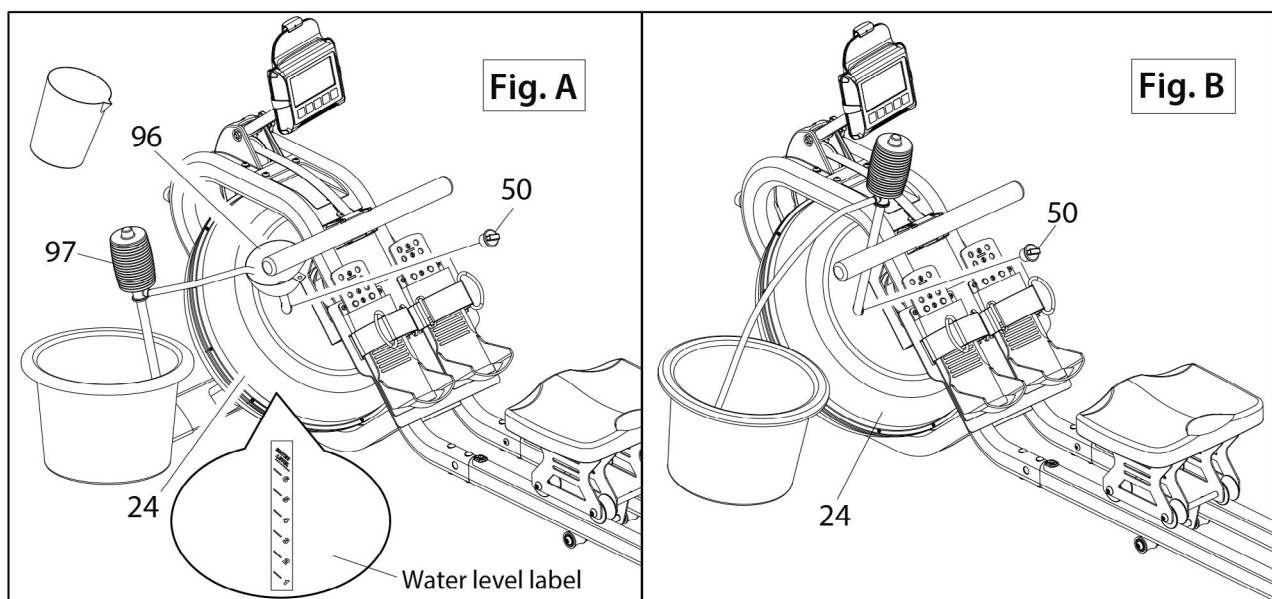
- + Fill the tank only with tap water. Do not use distilled water.
 - + Do not fill the water tank above the maximum capacity, this may void the warranty. The maximum filling quantity can be found in the section on the water level in this chapter.
 - + To prevent algae formation, limescale and possible damage to the tank, we recommend the use of chlorine tablets. Only use chlorine tablets for rowing machines.
1. Remove the fill plug (50) from the upper tank (24).
 2. Filling: Place the funnel (96) in the tank opening and fill the tank using the pumping siphon (97) or a measuring cup and a bucket (see figure A).
 3. Emptying: Place a bucket next to the rowing machine and pump the water with the pumping siphon (97) from the tank into the bucket (see fig. B).
 4. After filling or emptying the tank, insert the fill plug (50) into the tank (24) and wipe off excess water from the frame.

Water level

The water level indicator is located on the top of the tank (see Fig. A). The minimum level for filling is 1, the maximum level 6.

The resistance is determined by the amount of water in the tank.

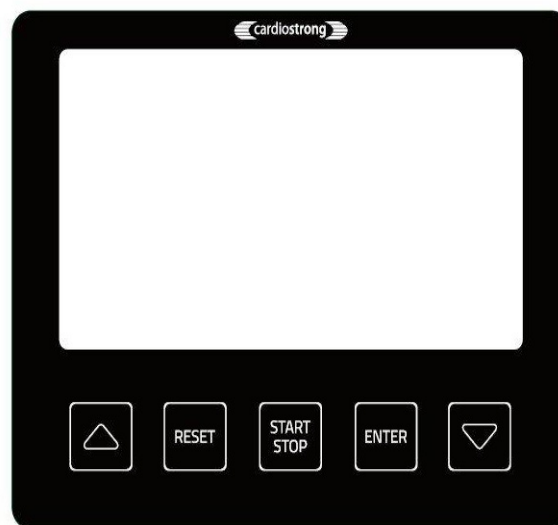
Example: level 2 for light resistance, level 6 for highest resistance.



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	+ Display of training time. + Set target time with UP and DOWN buttons (0:00 - 99:00). 1 minute steps.
TIME/500M	Your average 500 m time is automatically displayed and permanently updated.
SPM	Strokes per minute.
DISTANCE	+ Display of the Distance. + Set the target distance with the UP and DOWN buttons (0 - 99900 m). 100 metre steps.
STROKES	+ Display of current strokes. + Set the target value with the UP and DOWN buttons (0 - 9990 strokes). Steps of 10 strokes.

TOTAL STROKES	Counts total strokes.
CALORIES	+ Display of consumed calories. + Set calorie target value with the UP and DOWN buttons (0 - 9990). Steps of 10 calories.
PULSE	+ Display of heart rate. + Set target value with UP and DOWN buttons (30 - 240). Steps of 1. ⓘ NOTICE The heart rate is measured only with a chest strap.
DRAG FORCE	Display of the current drag force.
WATT	Display of the Watts.

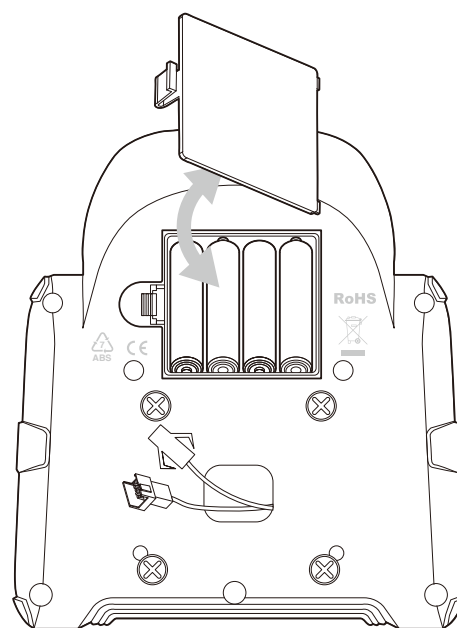
3.2 Button Function

RESET	Return to the main menu.
START / STOP	Start or interrupt the selected training programme.
ENTER	+ Confirm programme selection or setting values. + Press during the training, to switch between the displayed function values.
UP/ DOWN	+ Select settings/values. + Increase or decrease function value.

3.3 Battery Compartment

The console is powered by four AA 1.5V batteries. In case the console is not working properly, the batteries might be running low. Follow the instructions to exchange the batteries.

1. Open the battery compartment cover and remove the batteries.
2. Insert four new AA 1.5V batteries and close the cover again.



3.4 Switch on the Device

After inserting the batteries (four AA-batteries), a sound beeps for 2 seconds, the console will switch on and displays the type (Fig. 1&2). The console has now entered the intensity level selection (Fig. 3). The intensity level depends on the water level in the tank.

To set the level (L1 - L6, standard value is L1, Fig. 3&4, press the ▲ or ▼ keys and confirm the entry with the ENTER key.

The console enters the training mode (Fig. 5).

① NOTICE

This procedure must be carried out after each battery change or reset of the console.

To switch on the console in regular use, press any key or pull the handle.



Fig. 1

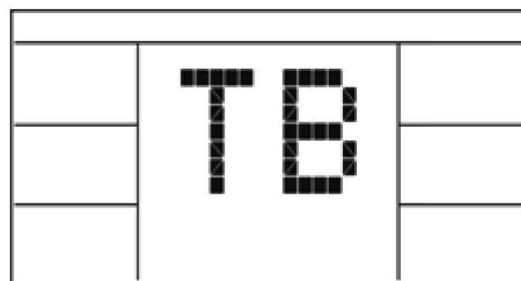


Fig. 2

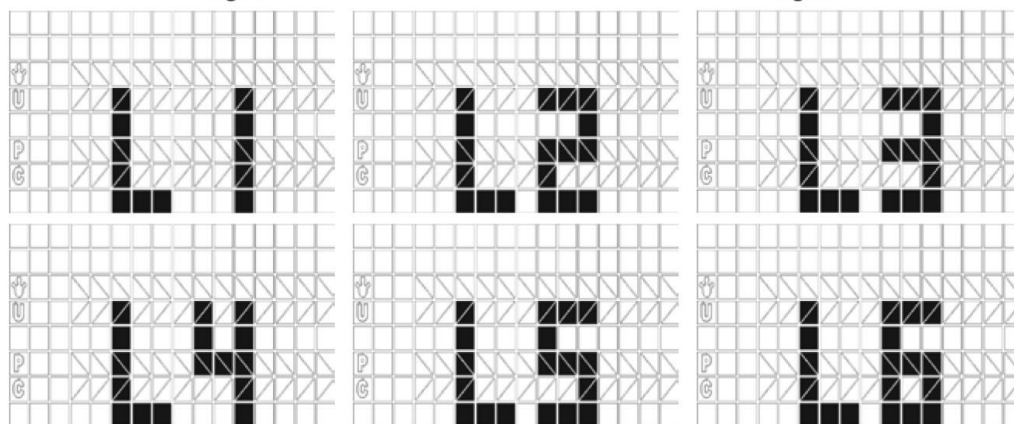


Fig. 3

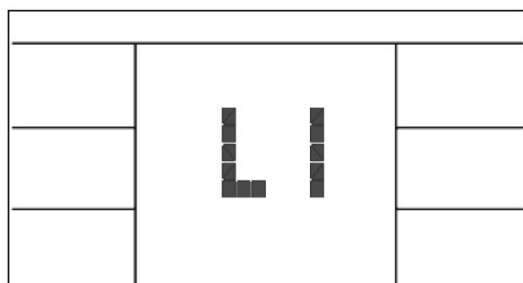


Fig. 4

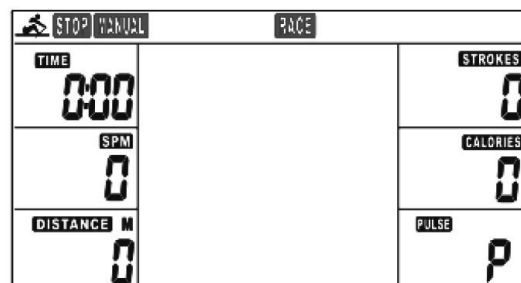


Fig. 5

3.5 Standby Mode

After four minutes of no input or training movement, the console enters the standby mode. To exit standby mode, start the training or press any key.

3.6 Programmes

The following programmes are available:

- + Manual programmes: 5
- + Race programme: 1

3.6.1 Manual Programme

In the manual mode (MANUAL) you can either start training directly by pressing the START/STOP key or set target values for distance, strokes, calories, heart rate and time.



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. Select MANUAL in the training mode (Fig. 6).
2. Press the ENTER key to confirm.
3. To set target values, press ▲ and confirm with the ENTER key.



NOTICE

If you have set a target value for time, no target value can be set for distance and vice versa.

4. To set further target values, press ▲ again and confirm the respective entries with the ENTER key.
5. To start the training, press the START/STOP key.

The programme starts.

The drag force is displayed in the matrix.

Set target values will be counted down, the remaining values will be counted up (Fig. 7).

The programme ends when you reach one of the target values or press the START/STOP key.

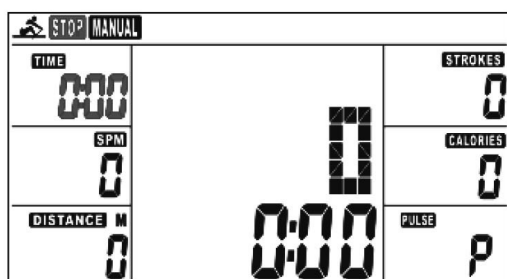


Fig. 6

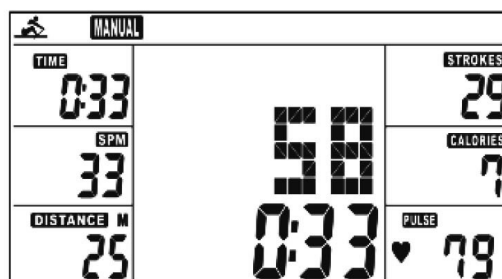


Fig. 7

3.6.2 Race Programme

1. To select the race programme, select RACE in the training mode.
2. Press the ENTER key to confirm.

You are now in the selection menu to select between the racing programmes L1 - L15.

① NOTICE

Only the distance can be set in the race programme. The time per 500m is preset. The times are given in the table below:

L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15
8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30	4:00	3:30	3:00	2:30	2:00	1:30	1:00

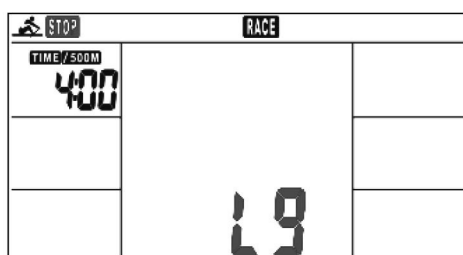


Fig. 8

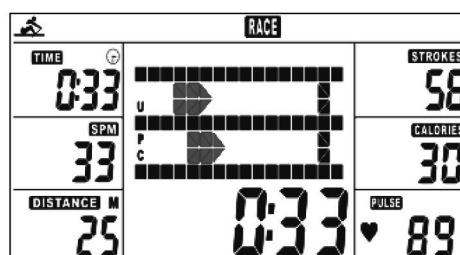


Fig. 9



Fig. 10

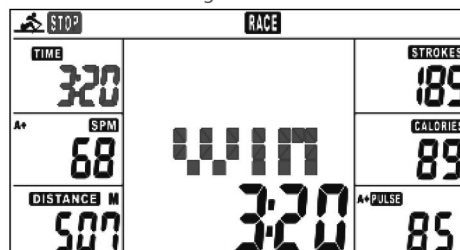


Fig. 11

3. Confirm the selection (L1 - L15) with the ENTER key (Fig. 8).

The distance value is blinking.

4. To set the distance, press ▲ or ▼ and confirm with ENTER.
5. To start the race, press the START/STOP key.

The race starts (Fig. 9).

As soon as you or the PC reaches the finish, the programme stops and displays the winner (Fig. 10&11).

① NOTICE

Press the ENTER key to change the displayed function values:

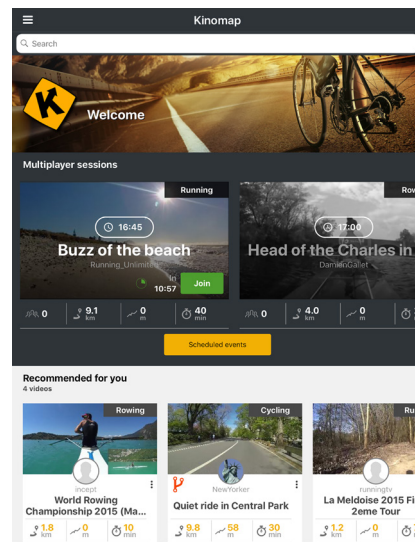
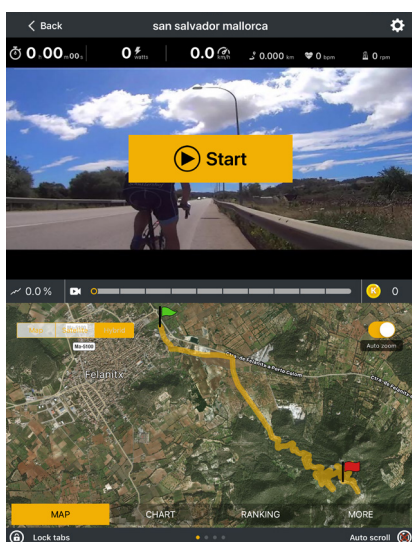
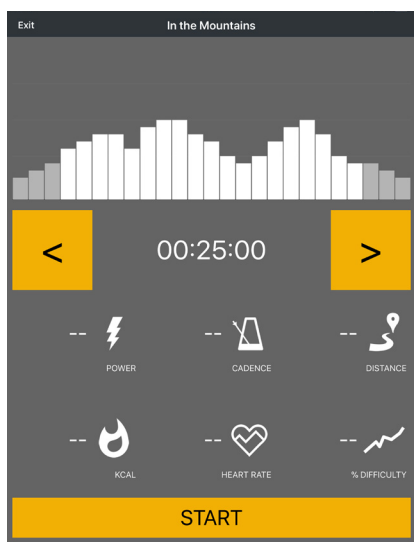
- + TIME -> TIME/500M A+
- + SPM -> SPM A+
- + TOTAL STROKES -> STROKES
- + CALORIES -> WATT A+
- + PULSE -> PULSE A+

3.7 Wireless technology and fitness apps

This console is equipped with a wireless technology interface. To use training apps you will have to connect your equipment with your mobile device (tablet or smart phone). To do this, please activate the wireless technology function on your mobile device. Now choose your equipment.

Please take note that your mobile device needs to be compatible with the wireless technology interface of the rowing machine (4.0). Now start the fitness app. It might happen that you need to connect both the app and the console additionally. To do this, please follow the instructions given in the app.

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



Example: Kinomap

4.1 General Instructions

When training, it is important to perform the exercises correctly in order to avoid injuries and achieve the desired training effect. Make sure you use the correct technique and train at an appropriate intensity level. Always consult an expert such as a trainer or doctor if you are unsure or have health problems. Always start your training with a low load and increase it evenly and gently.

End your training with a cool-down phase. If you have any questions or uncertainties, contact your doctor.

To get tips for a safe and effective training, use the QR-code provided.



4.1.1 Training clothes

During training, wear appropriate sports clothing that is comfortable and breathable. Avoid clothing that restricts you or is uncomfortable. Make sure that your shoes are suitable and offer you sufficient support. In addition, always carry a towel with you to wipe away sweat and keep the equipment clean.

4.1.2 Warming up and stretching

It is important to warm up and stretch properly before training to avoid injury and improve performance. Stretching helps to loosen muscles and improve flexibility. Be sure to incorporate a short stretching routine before each workout.

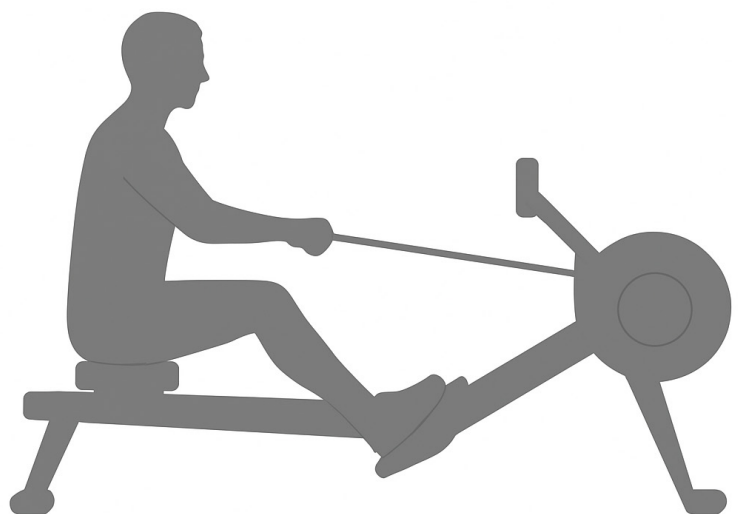
Warm-up exercise:

1. Stand upright with your feet about shoulder-width apart.
2. Start with gentle arm circles by slowly moving your arms forwards in small circles in a controlled manner.
3. Perform arm circles backwards to loosen your shoulders and arms.
4. Do squats by slowly squatting down and then straightening up again. Make sure that your knees do not extend beyond your toes.



CAUTION

Do not exercise with sore muscles or take it easy on the affected muscles, as this can lead to injuries.



4.1.3 Medication

If you regularly take medication and want to exercise, it is important to be aware of possible side effects. Ask your doctor whether your medication affects your workout.

4.1.4 Used muscle groups

Rowing uses the following muscle groups:

- + Back muscles
- + Shoulder muscles
- + Arm muscles
- + Abdominal muscles
- + Leg muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back. Do not fully extend your legs, but keep a slight bend in the backwards movement.

4.1.5 Exercise frequency

Regular exercise is crucial to making progress and staying healthy in the long term. Continuous exercise can strengthen muscles, improve endurance and enhance overall well-being. Remember that even small workouts can be done regularly to achieve long-term results.

Training with heart rate orientation

Heart rate orientation guarantees an extremely effective and healthy training. Through your age and the following table, you can quickly and easily read and determine the optimal pulse for your training. An acoustic alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

Fat burning (weight management): The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

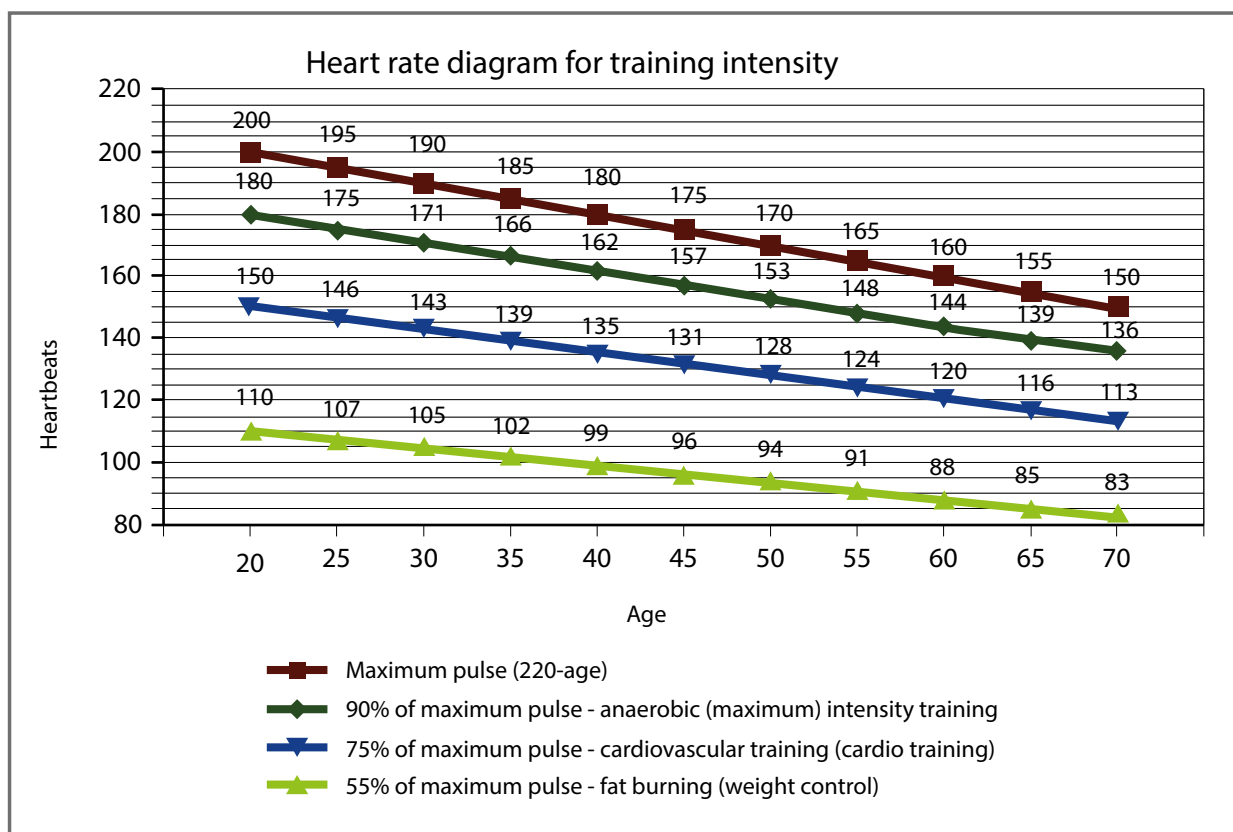
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

Anaerobic (maximum) load training: The main goal of maximum load training is to improve recovery after short, intense loads in order to be able to quickly return to the aerobic zone. In order to achieve this training goal, a high intensity (approximately 90% of the maximum heart rate) with short, intense load is required, which is followed by a recovery phase in order to prevent muscle fatigue.

Example:

For a 45-year-old man, the maximum heart rate is 175 ($220 - 45 = 175$).

- + The fat burning target zone (55%) is at approximately 96 beats/min. = $(220 - \text{age}) \times 0.55$.
- + The cardio target zone (75%) is at approximately 131 beats/min. = $(220 - \text{age}) \times 0.75$.
- + The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. = $(220 - \text{age}) \times 0.9$.



4.1 Workout journal

[illegible]

 Date
  Distance
  Time (min.)
  Resistance level
  Training weight
  Ø Pulse
  Calories burnt
  I feel ...
  Body weight

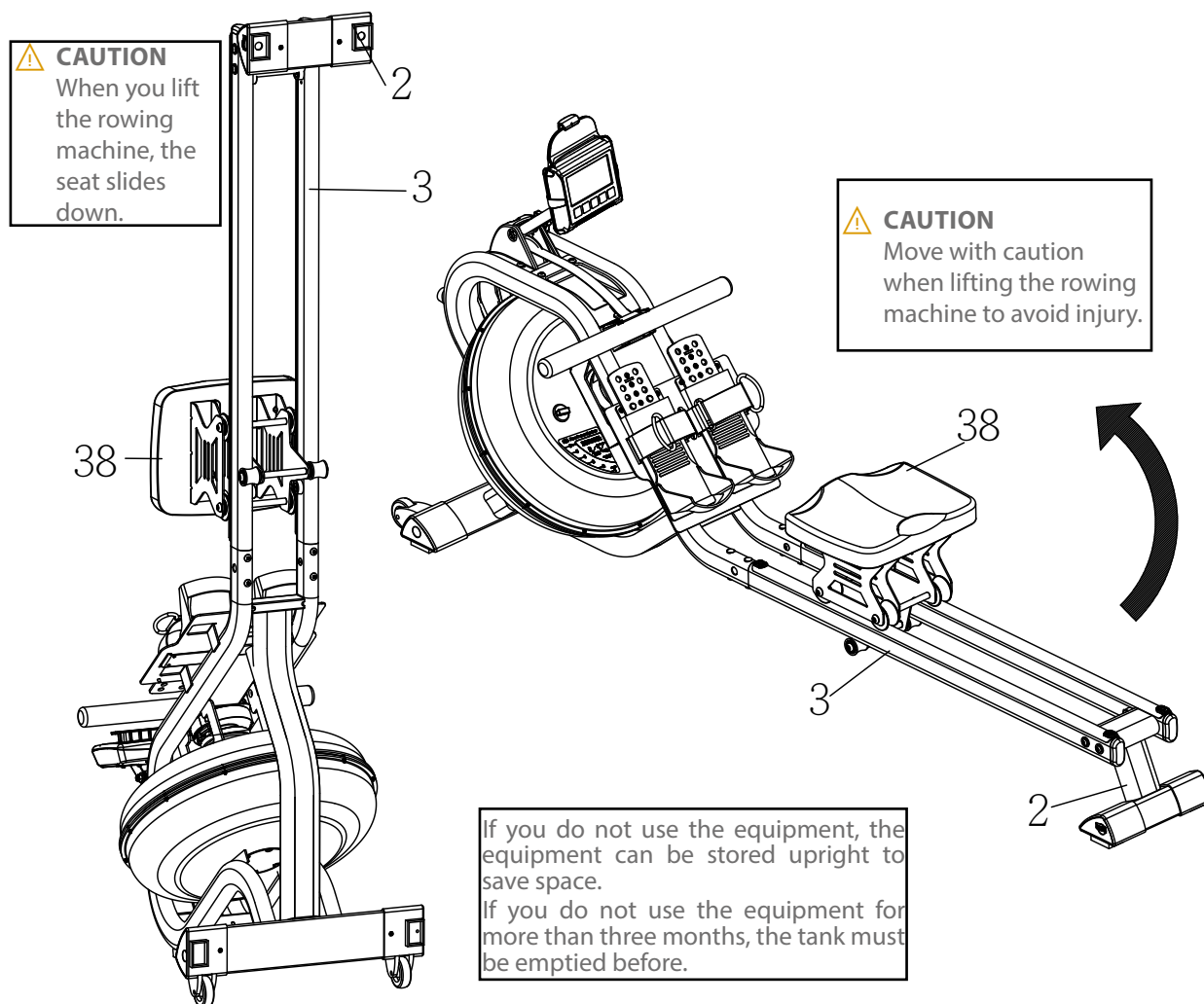
5.1 General Instructions

► 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 5°C and 45°C.

⚠ 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.

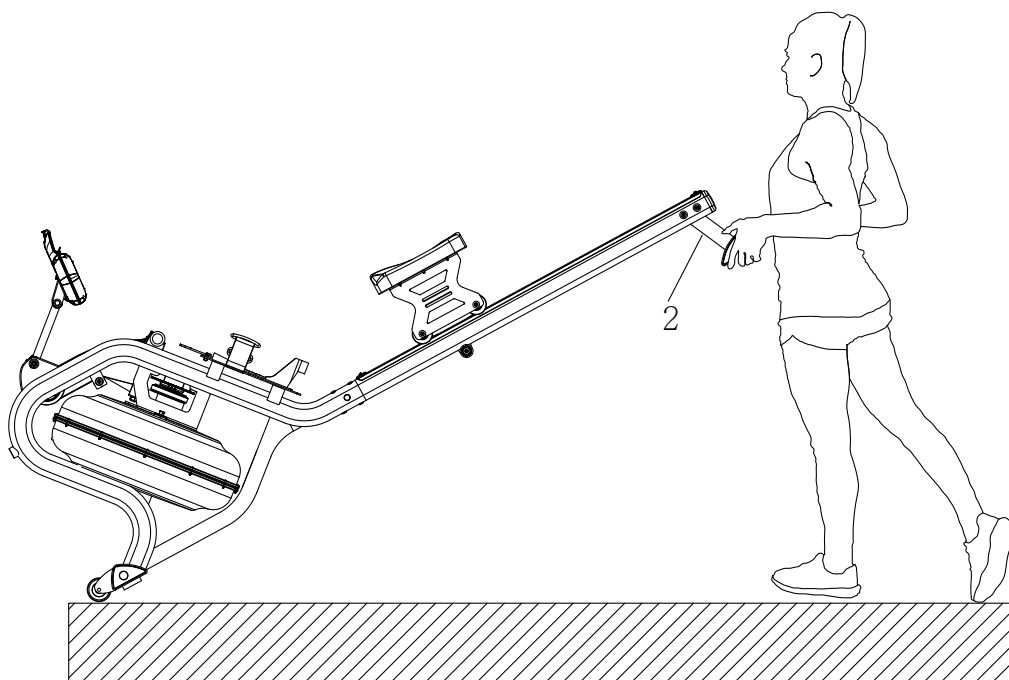


5.2 Transportation Wheels

► ATTENTION

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

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



6.1 General Instructions



WARNING

- + Do not make any improper changes to the equipment.
- + To maintain the safety level of the equipment, it must be checked regularly for damage and wear - especially on the foot straps, fasteners, handle hoses and seat.



CAUTION

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



ATTENTION

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

6.2 Faults and Fault Diagnosis

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

Fault	Cause	Solution
Display is blank/is not working	Batteries empty or loose cable connection	Replace batteries or check cable connections
Creaking noises	Screw connections loosened or too tight	Check screw connections
Grinding noises on the guide rail	Guide rail or rollers dirty or guide rail dry	Clean the guide rail and then lubricate it with a suitable lubricant
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

6.3 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	Half-yearly
Display console	C	I	
Cleaning and lubricating slide rail and moving parts*		C/I	
Plastic covers	C	I	
Screws and cable connections		I	
Water colour/Chlorine**			I
Legend: C = clean; I = inspect			

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

** To avoid algae formation and deposits in the tank, chlorine tablets must be used regularly. This should be done approx. every 3-6 months and depends, among other things, on the direct sunlight. In general, the brighter the set-up location, the more frequently you must put a chlorine tablet into the tank. The water does not need to be changed.

Water colour for rowing machines can be purchased as an optional accessory to colour the water in the water tank. Please note that the water colour already contains chlorine. Therefore, do not use water colour with additional chlorine tablets, as these neutralise the colour.

7 DISPOSAL

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



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

8 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For rowing machines 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. We also recommend the use of **rowing gloves**. For rowing machines with water resistance, be sure to purchase chlorine tablets.

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.



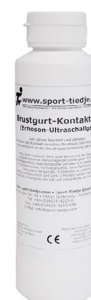
Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended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



rowing gloves



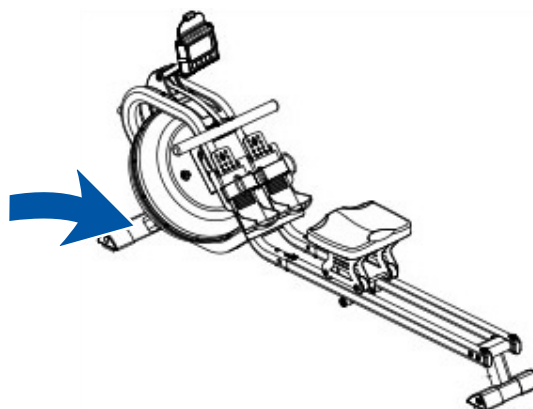
silicone spray

9.1 Serial Number and Model Name

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

① NOTICE

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



Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:

Article Number:

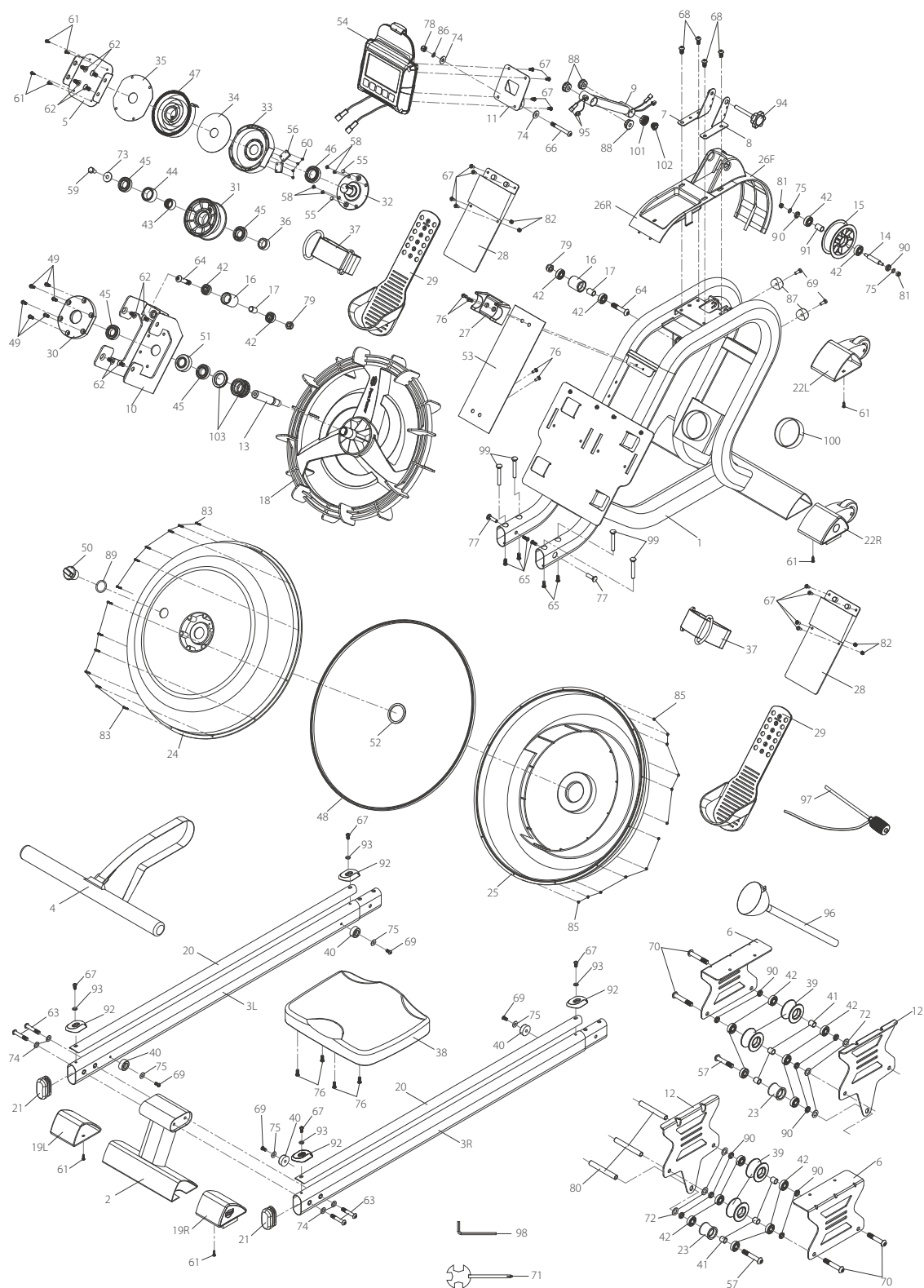
9.2 Parts List

No.	Name	Specification	Qty.
1	Main Frame		1
2	Rear Stabilizer		1
3	Slide Rail		2
4	Handlebar		1
5	Spring Fixed Plate		1
6	Seat Carriage	SPHC,T=3.0	2
7	Sensor Stand L	SPHC,T=2.0	1
8	Sensor Stand R	SPHC,T=2.0	1
9	Console holder		1
10	Tank Plate		1
11	Support Plate		1
12	Seat Carriage		2
13	Impeller Shaft	40Gr	1
14	Mesh Belt Wheel Shaft	Ø10*64*M6	1
15	Belt Wheel	POM, Black	1
16	Guide Roller	POM, Black	2
17	Spacer for Guide Roller	ABS, Black	2
18	Plastic Impeller	PA	1
19	L/R Adjustable End Cap	PP, Black	2
20	Aluminum Plate		2
21	Oval End cap	PP, Black	2
22	L/R Front End cap	PP, Black	2
23	Lower Roller for Rail	PU, Black	2
24	Upper Tank	PC	1
25	Lower Tank	PC	1
26	F/R Decorative Cover	HIPS, Black	2
27	Handlebar Seat	TPR, Black	1
28	Pedal Support	PP, Black	2
29	Pedal Cap	PP, Black	2
30	Bearing Seat	POM, Black	1
31	Mesh Belt Wheel	POM, Black	1
32	Axle for Volute Spring	POM, Black	1
33	Base of Volute Spring	POM, Black	1

34	PC Board	PC	1
35	Outer PC Board	PC	1
36	Steel Sleeve	Ø25* Ø20*13	1
37	Pedal Strap	Nylon, Black	2
38	Seat	PU, Black	1
39	Seat Roller	PU, Black	4
40	Stopper	PVC, Black	4
41	Spacer for Seat Roller	Metal Powder	6
42	Bearing	6000ZZ	18
43	One-way Bearing	HF2016	1
44	Bushing for One-way Bearing	¢35*¢26*18	1
45	Bearing	6904ZZ	4
46	Bearing	6905ZZ	1
47	Volute Spring	5M	1
48	Rubber Sealing Ring	Rubber,Black	1
49	Screw	ST5.5*20	6
50	Fill Plug	Rubber, Black	1
51	Lower Bearing base	PP	1
52	Fixed ring	PVC	1
53	Main Frame Plate		1
54	Console		1
55	Magnet	Ø10*5	2
56	Sensor Wire	Square	1
57	Bolt	M10*55	2
58	Screw	ST5.0*12	4
59	Screw	M8*15	1
60	Screw	ST3*8	4
61	Screw	ST4.2*19	8
62	Screw	M8*15	8
63	Bolt	M8*45	8
64	Bolt	M10*50	2
65	Screw	M6*15	6
66	Bolt	M8*65	2
67	Screw	M5*15	12
68	Screw	M8*15	4

69	Cross Head Screw	M6*15	6
70	Screw	M10*60	4
71	Spanner	13#-17#	1
72	Washer	OD25*ID10.5*1.5	6
73	Washer	OD25*ID8.5*1.5	1
74	Washer	OD20*ID8.5*T1.5	6
75	Washer	OD12*ID6.5*T1.5	6
76	Screw	M6*15	8
77	Round Head Carriage screw	M8*27	2
78	Acorn Nut	M8	1
79	Nylon Nut	M10	2
80	Spacer below seat	¢12*¢8.7*93	3
81	Nylon Nut	M6	2
82	Nylon Nut	M5	4
83	Screw	M4*17	12
85	Nylon Nut	M4	12
86	Spring Washer	M8	1
87	Storage Pad	PVC, Black	2
88	Plastic Bushing	PP, Black	3
89	O Shape Ring	Rubber, Black	1
90	Spacer for Seat Roller	¢14*1.5*7	12
91	Spacer for Belt Wheel	ABS, Black	1
92	Cover for Screw	ABS, Black	4
93	Washer	OD10*ID5.2*1.5	4
94	Adjustable Knob	M8*60	1
95	Connection Wire		2
96	Funnel		1
97	Pumping Siphon		1
98	Allen Wrench	S5	1
99	Carriage Bolt	M8*57	4
100	Ring	RUBBER	1
101	Computer adjusting inner bushing	¢25.4*¢11*10	1
102	Computer adjusting outer bushing	¢19*¢8.2*12	1
103	Mechanical seal set	Ø28(109-28)	1

9.3 Exploded Drawing



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

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.

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

	www.fitshop.co.uk www.fitshop.de/blog
	www.facebook.com/fitshopgroup
	www.instagram.com/fitshopgroup/
	www.youtube.com/@fitshop_uk
	
	
	
	
	
	
	



Rowing machine **BALTIC PRO**