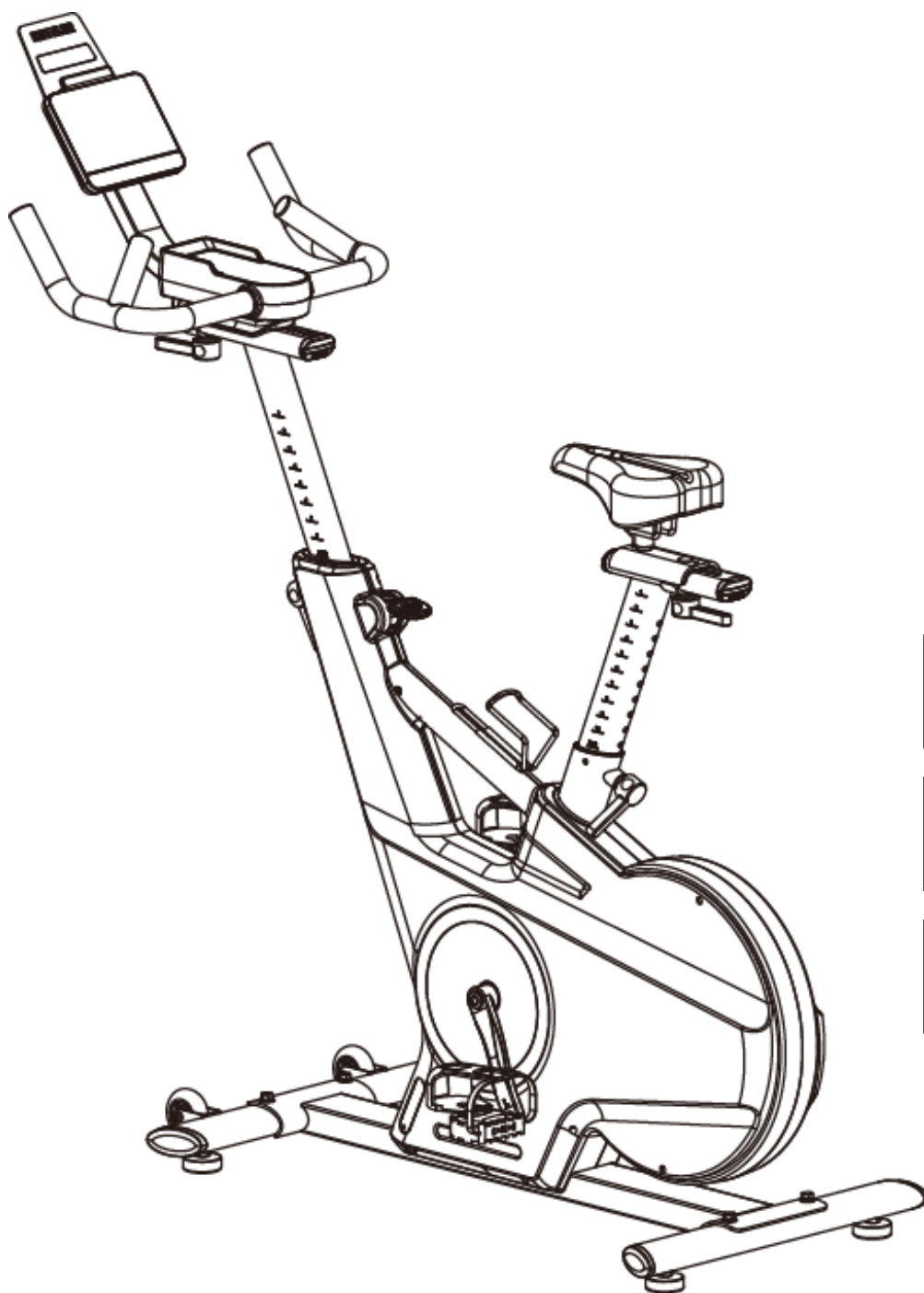


KETTLER

ASSEMBLY AND OPERATING INSTRUCTIONS



max. 135 kg



~ 45 Min. 



 46 kg

L 128 | W 55 | H 114

FSKBK2001100.01.01

Art. No. K-BK2001-100

RACER 400

Content

1	GENERAL INFORMATION	8
1.1	Technical Data	8
1.2	Technical Drawings	9
1.3	Personal Safety	10
1.4	Electrical Safety	11
1.5	Set-Up Place	12
2	ASSEMBLY	13
2.1	General Instructions	13
2.2	Scope of Delivery	14
2.3	Assembly	16
3	OPERATING INSTRUCTIONS	22
3.1	Console Overview	22
3.2	Button Functions	23
3.3	Display Modes	24
3.4	Displayed Values	25
3.5	Training Programmes	25
3.5.1	Quick Start	26
3.5.2	Preset Programmes	26
3.5.3	Target Programmes	28
3.5.4	Target-Watt Programme	30
3.5.5	Heart Rate Controlled Programmes	32
3.5.6	User-Defined Programmes	34
3.6	Training Overview	36
3.7	USB-C Connection	36
3.8	Watt-Table	37
4	WORKOUT TIPS	38
4.1	General Instructions	38
4.1.1	Training clothes	38
4.1.2	Warming up and stretching	38
4.1.3	Medication	39
4.1.4	Used muscle groups	39
4.1.5	Exercise frequency	39
4.2	Workout journal	41
4.3	Wireless Connection and Fitness Apps	42
5	STORAGE AND TRANSPORT	43

5.1	General Instructions	43
5.2	Transportation Wheels	43
6	TROUBLESHOOTING, CARE AND MAINTENANCE	44
6.1	General Instructions	44
6.2	Faults and Fault Diagnosis	44
6.3	Error Codes and Troubleshooting	45
6.4	Maintenance and Inspection Calendar	46
7	DISPOSAL	46
8	RECOMMENDED ACCESSORIES	47
9	ORDERING SPARE PARTS	48
9.1	Serial Number and Model Name	48
9.2	Parts List	49
9.3	Exploded Drawing	53
10	WARRANTY	54
11	CONTACT	56

Dear customer,

Thank you for choosing a Kettler fitness device. Kettler Sport represents tradition, durability, and quality like no other home fitness brand. Classic home trainers such as the Golf have accompanied users for decades. At the same time, Kettler stands for innovation and continuously develops thoughtful solutions, particularly in usability and training comfort. Kettler Sport provides everything you need for successful training at home: cardio and strength equipment, as well as a wide range of fitness accessories.

Further information can be found at www.fitshop.com/kettler.

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

Fitshop GmbH
Europe's No. 1 for home fitness

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Disclaimer

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

FITSHOP

Europe's No.1 for Home Fitness

ABOUT THIS MANUAL

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

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



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

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

Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

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

Use classes

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

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

Class H (home use): use at home.

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

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

The following safety instructions may appear in this manual:

► **ATTENTION**

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



CAUTION

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



WARNING

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



DANGER

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



NOTICE

This notice indicates further useful information.

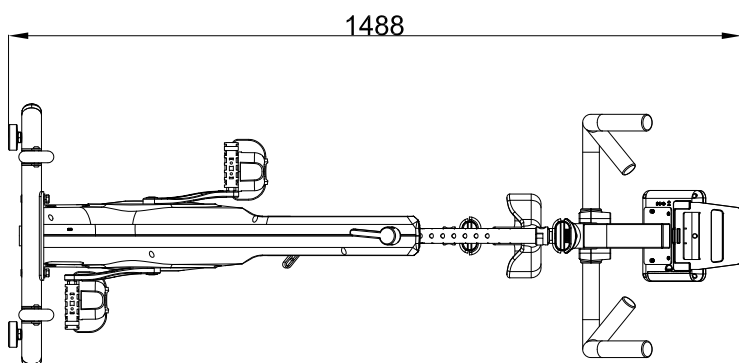
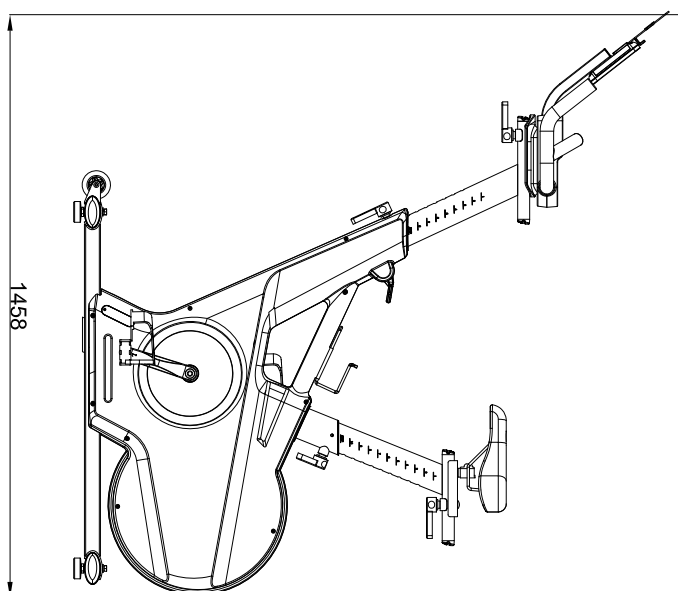
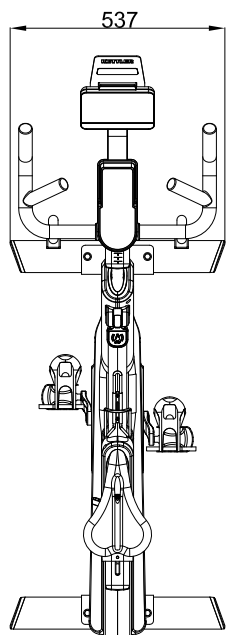
Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

1.1 Technical Data

Weight and Dimensions	
Gross weight (including packaging)	53.6 kg
Net weight (excluding packaging)	45.6 kg
Packaging dimensions (L x W x H)	108 cm x 25.5 cm x 89 cm
Setup dimensions (L x W x H)	128 cm x 55 cm x 114 cm
Additional Dimension Data	
Q-factor	18.5 cm
Gear ratio	1:7
Crank arm length	6.5
Maximum Load	
Maximum user weight	135 kg
Technical Specifications	
Flywheel mass	10 kg
Resistance system	Electronic magnetic braking system
Resistance levels	32
Console Data	
Display values:	Pulse
	Speed
	Distance
	Calories
	Time
	Watt
Display size	5.5 Inch
Display type	LCD
Watt Information	
Min. and max. watt at 60 RPM	35–400 Watt
Programme Overview	
Quick Start	1
Target Programmes	3
Heart Rate Controlled Programmes	3

Preset Programmes	30
Target Watt Programme	1
User Programmes	2
Other Data	
Menu language	English
Wireless connection	Yes
Heart rate monitoring	Optional chest strap
Use class	H

1.2 Technical Drawings



1.3 Personal Safety

DANGER

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

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + There is a risk of injury from spinning pedals and/or an exposed flywheel in the absence of a freewheel. Never get on or off the equipment when the pedals or the flywheel are still moving. Always make sure that the pedals and the flywheel have come to a complete stop.
- + Support yourself with at least one hand on the handlebar when getting on and off the equipment. Only dismount from the equipment when the pedals have come to a complete stop.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

CAUTION

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

 CAUTION

- + The safety level of the appliance can only be maintained if it is regularly checked for damage and wear.

► **ATTENTION**

- + Do not insert any objects of any kind into the openings of the device.
- + To protect the equipment from use by unauthorised third parties, always remove the power cable (if existing) when not in use and store it in a safe place that is inaccessible to unauthorised persons (e.g. children).
- + Class B and C crank training equipment is not suitable for high accuracy purposes.

1.4 Electrical Safety

 DANGER

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

 WARNING

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

► **ATTENTION**

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

 NOTICE

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

1.5 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.



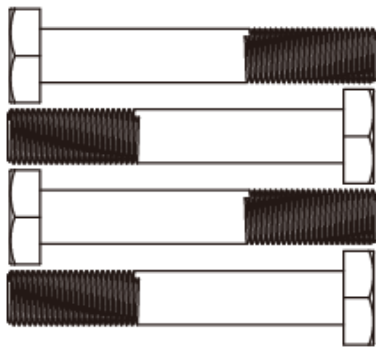
CAUTION

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



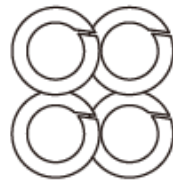
NOTICE

Required tools (included in delivery): Phillips screwdriver, Allen key, spanner



#15 M8*50 4PCS

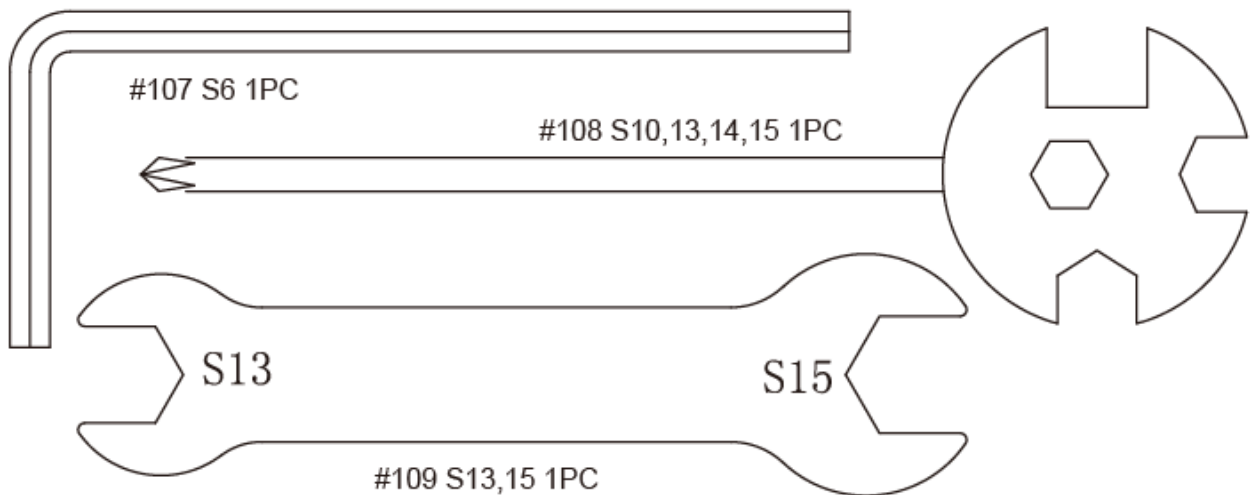
STEP 2

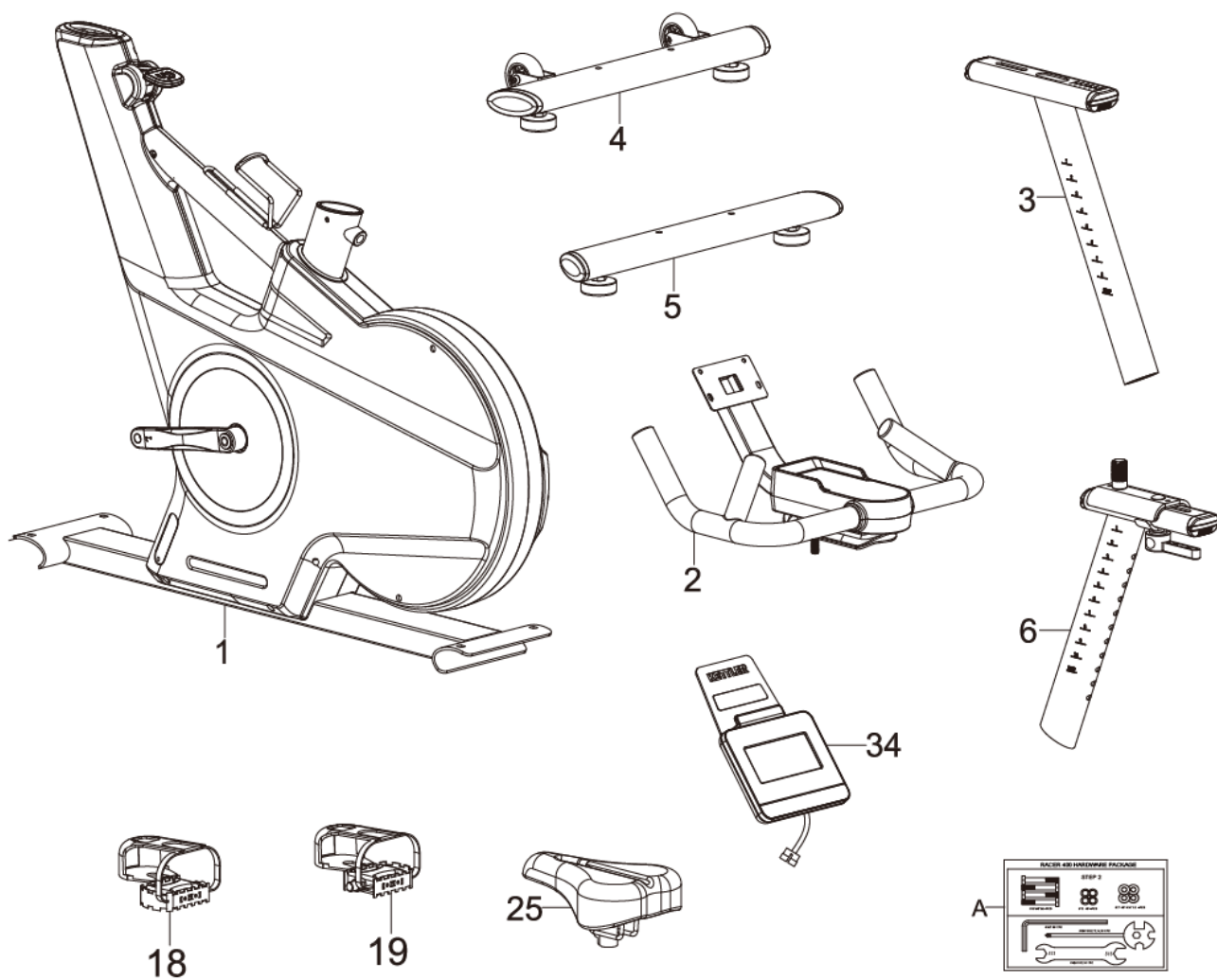


#16 $\Phi 8$ 4PCS



#17 $\Phi 8 * \Phi 16 * 1.5$ 4PCS





NO.	NAME	QTY.
1	Main Frame	1
2	Handlebar	1
3	Handlebar Post	1
4	Front Stabilizer	1
5	Rear Stabilizer	1
6	Seat Post	1
18	Left Pedal	1
19	Right Pedal	2
25	Seat	1
34	Computer	1
A	Hardware Package	1

2.3 Assembly

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

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 a PDF Reader programme must be installed on your end device in order to open the file.

Step 1: Install handlebar post and seat post & remove shipping tubes

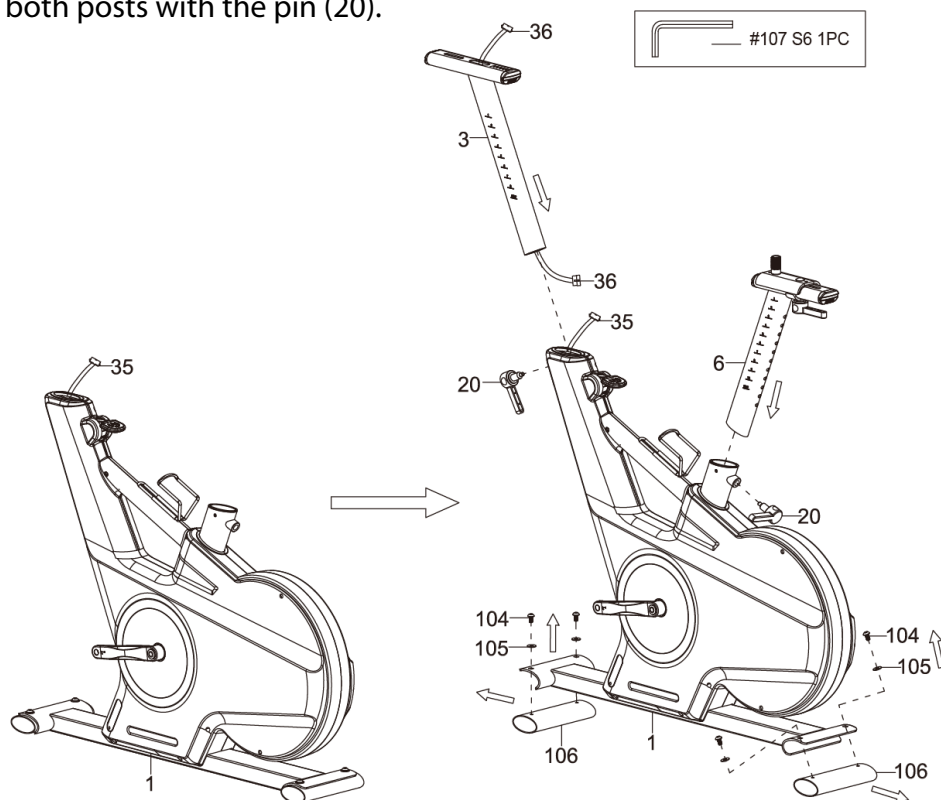
Tool: Allen wrench

1. Remove the four bolts (104) and four plastic washers (105) from the main frame (1).
2. Remove the shipping tubes (106).



CAUTION

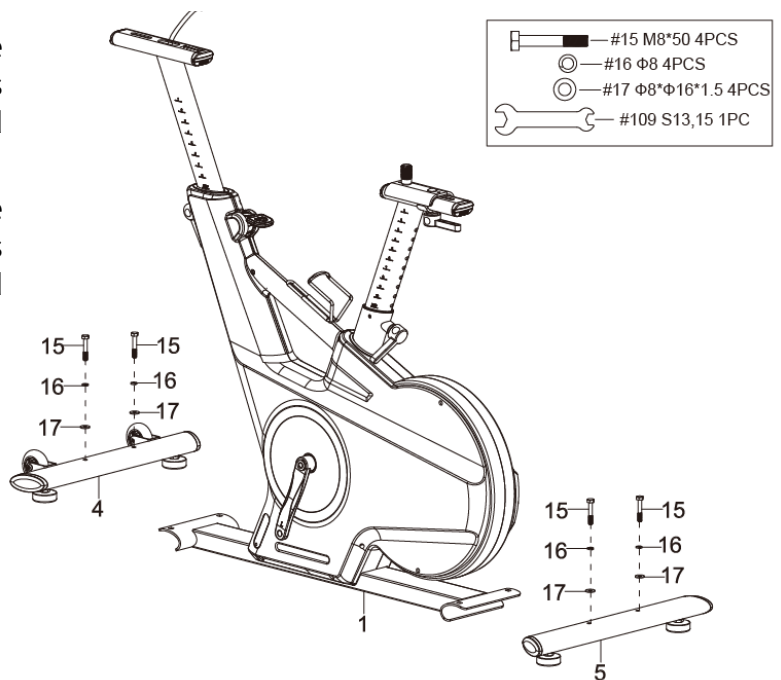
- + Make sure not to pinch the cables.
 - + Ensure that the connections are properly seated.
3. Connect the extension sensor wire (35) to the flexible wire (36).
 4. Insert the handlebar post (3) into the main frame (1).
 5. Insert the seat post (6) into the main frame (1).
 6. Secure the positions of both posts with the pin (20).



Step 2: Install stabilizers

Tool: spanner

1. Attach the front stabilizer (4) to the main frame (1) using two washers (17), two spring washers (16), and two bolts (15).
2. Attach the rear stabilizer (5) to the main frame (1) using two washers (17), two spring washers (16), and two bolts (15).



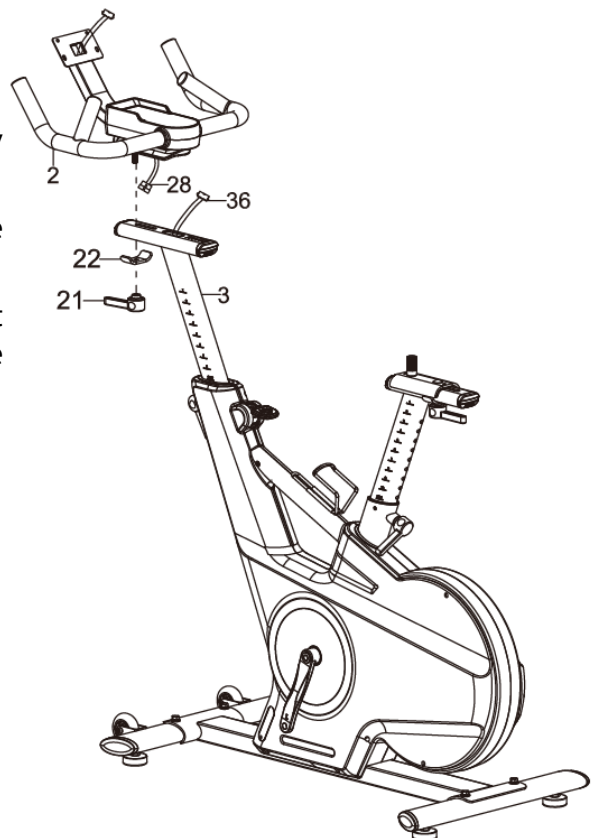
Step 3: Install handlebar



CAUTION

- + Make sure not to pinch the cables.
- + Ensure that the connections are properly seated.

1. Connect the extension sensor wire II (28) to the flexible wire (36)
2. Secure the handlebar (2) to the handlebar post (3) using the sliding connection plate (22) and the quick-release nut (21).



Step 4: Install pedals

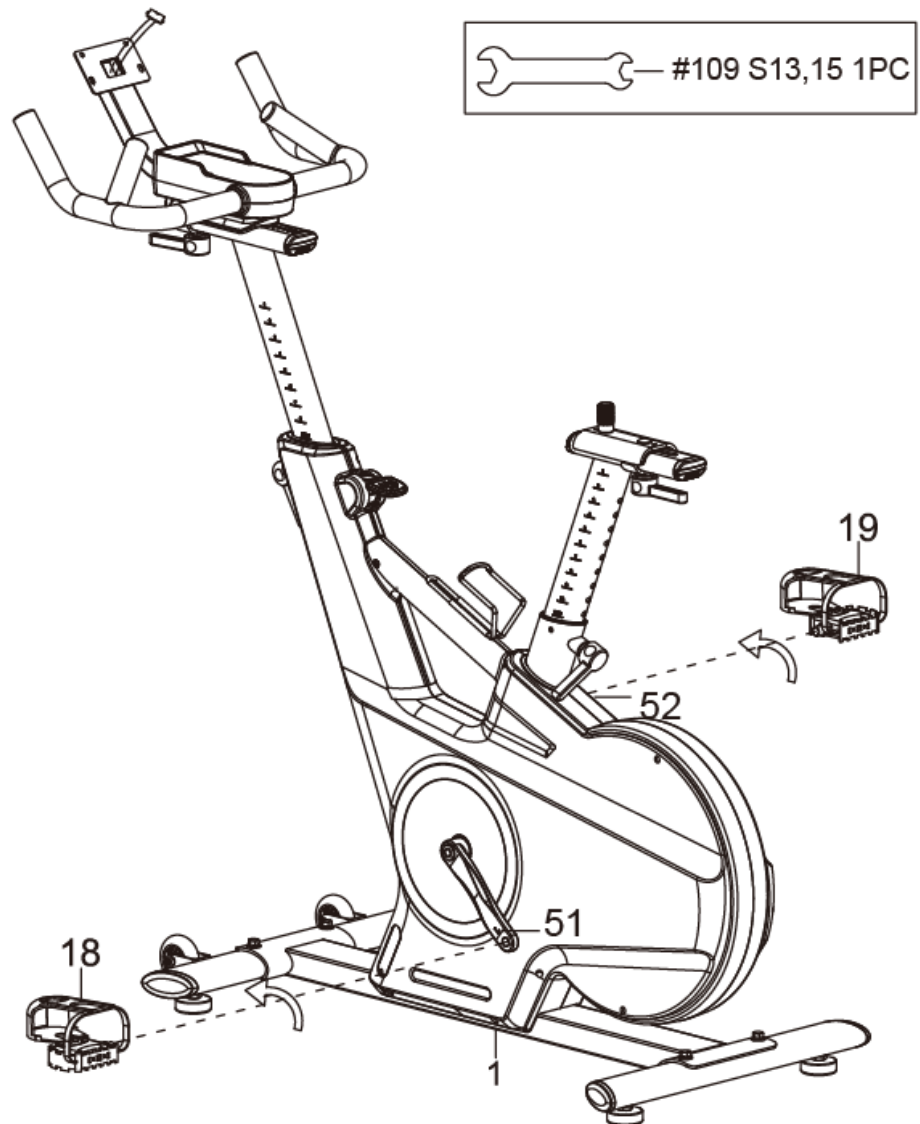


CAUTION

Make sure to fully tighten the pedals.

Tool: spanner

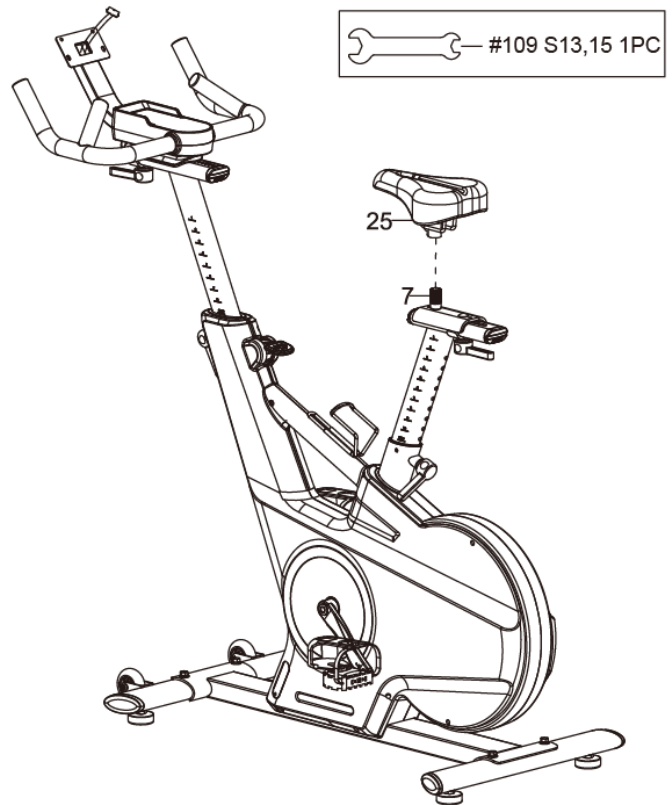
1. Attach the left pedal (18) to the left crank (51).
2. Attach the right pedal (19) to the right crank (52).



Step 5: Install seat

Tool: spanner

1. Attach the seat (25) to the seat slide tube (7).



Step 6: Install computer

Tool: Phillips screwdriver



CAUTION

- + Make sure not to pinch the cables.
- + Ensure that the connections are properly seated.

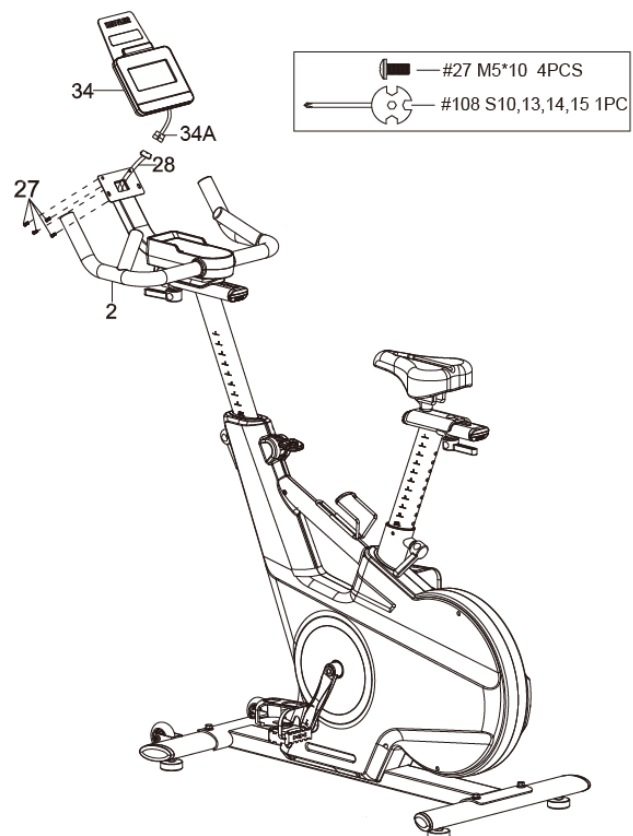


NOTICE

The screws on the computer are pre-installed.

1. Connect the extension sensor wire II (28) to the computer wire (34A).
2. Attach the computer (34) to the handlebar (2) using four screws (27).

→ *Assembly is complete.*



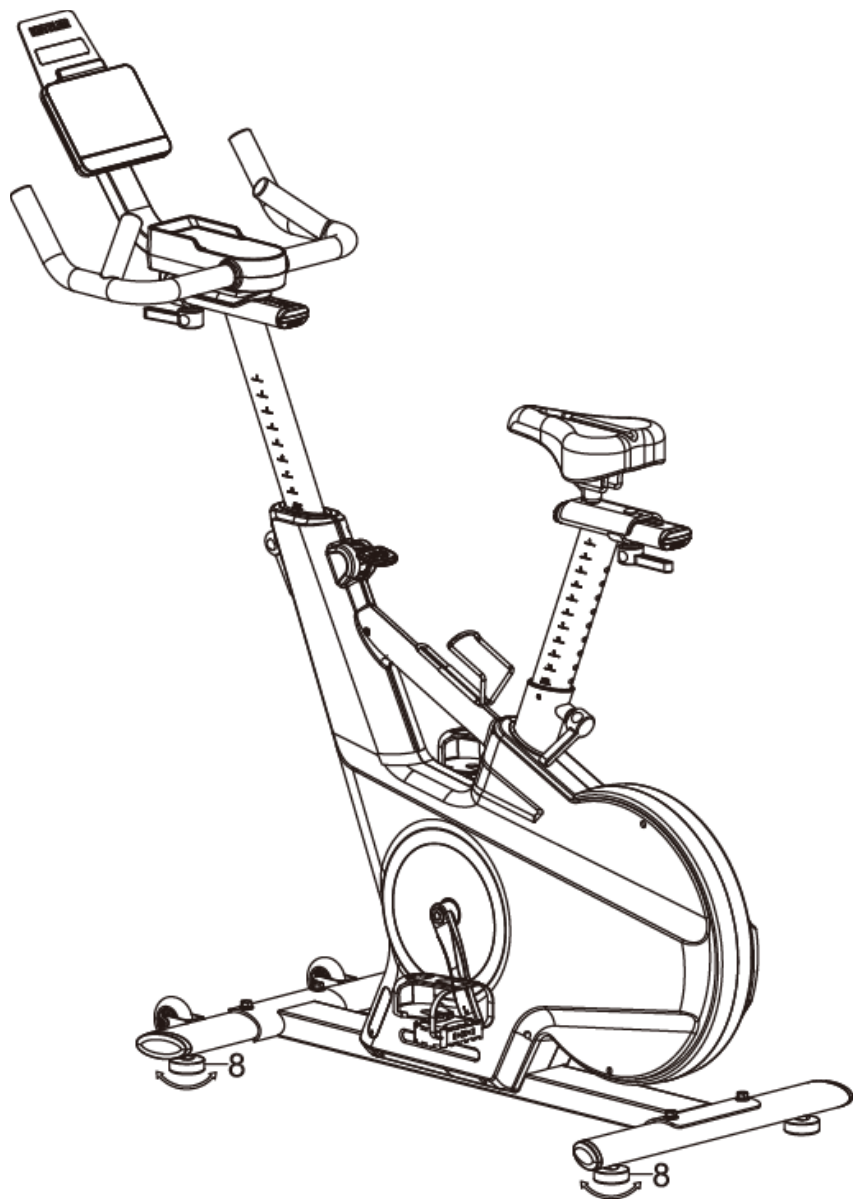
Mounting and dismounting correctly

1. To mount the machine, hold both handles firmly with both hands. Step onto the left pedal with your left foot or onto the right pedal with your right foot, then bring the other foot onto the opposite pedal.
2. To dismount, hold both handles firmly with both hands, place one foot on the floor beside the machine, then bring the other foot down.

Adjusting the levelers

If the machine wobbles during use, you can adjust the position using the adjustable levelers:

1. Turn clockwise to raise the position.
2. Turn counterclockwise to lower the position.



Step 7: Adjust seat position and handlebar



CAUTION

+ When adjusting, make sure not to exceed the minimum insertion depth.

1. Loosen the lock knob (20) on the main frame (1).
2. Adjust the seat to the desired position.
3. Secure the position using the lock knob (20).

Charging the device



NOTICE

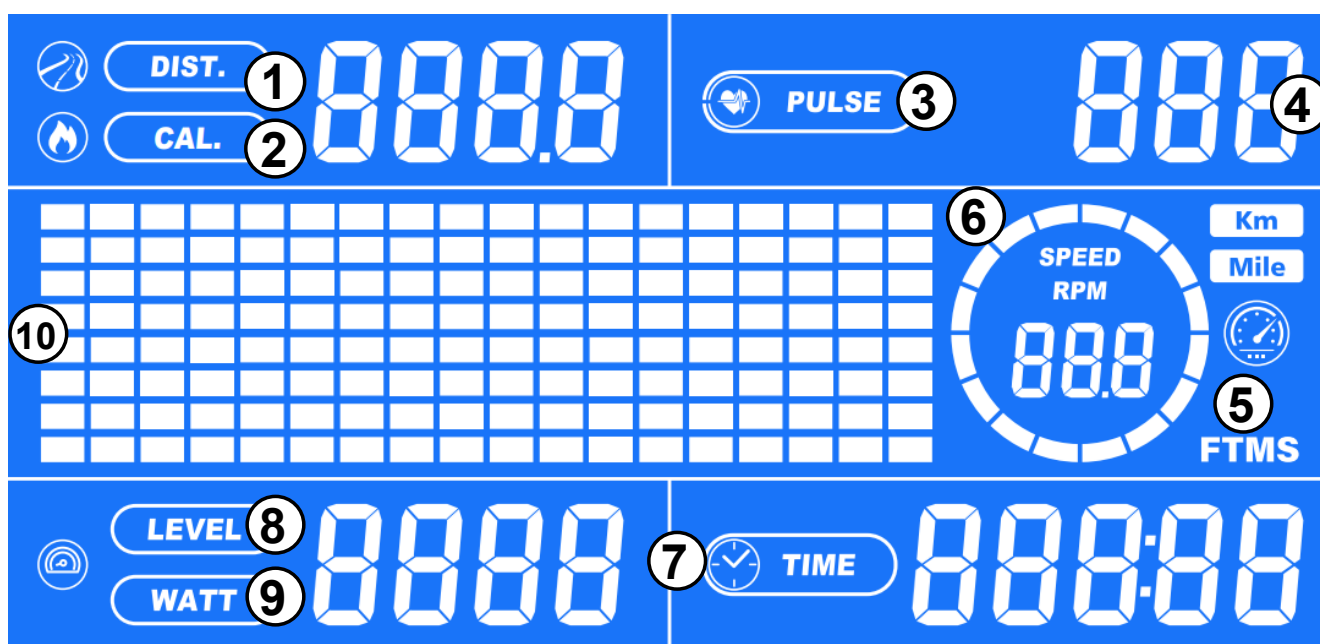
The device can be charged using a USB-C cable. This is necessary if the device has not been used for an extended period.

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.

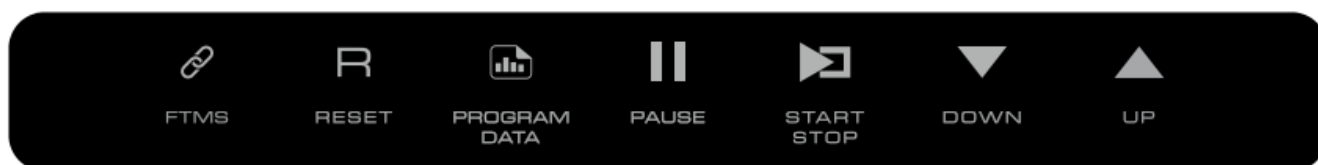
3.1 Console Overview



NO.	DISPLAY	NAME	FUNCTION
1	DIST.	Distance	+ Displays the training distance. + Display range: 0.0–999.9 + Setting range: 0.0–999.9 + Counts down in the target programme.
2	CAL.	Calories	+ Displays the burned calories. + Display range: 0.0–9999 + Setting range: 10.0–9990 + Counts down in the target programme.
3	PULSE	Pulse	Displays your pulse if the hand pulse sensors or the chest strap are in use. (Chest strap not included)
4	KM/MILE	Kilometers/Miles	Displays the measurement unit.

5	FTMS	FTMS	Displays whether a wireless connection is established.
6	SPEED/ RPM	Speed/RPM	Displays the speed in RPM and km/h. + Display range: 0.0–99.9 km/h + Display range: 0–999 RPM
7	TIME	Time	+ Displays the training time. + Display range: 0:00–999:59 + Setting range: 10:00–999:00 + Counts down in the target programme.
8	LEVEL	Level	+ Displays the resistance level. + Level: 1–32
9	WATT	Watt	Displays how many watts are being generated.
10	MATRIX	Message window/ Performance profile	Displays messages, programme parameters, and performance profiles.

3.2 Button Functions



DISPLAY	BUTTON	FUNCTION
 FTMS	FTMS	Establish an FTMS or a wireless connection with your mobile device.
 RESET	RESET	+ Reset the entered value. + Return to standby when you are in the training overview.
 PROGRAM DATA	PROGRAM DATA	+ Select a training programme. + Switch the displayed data during training.
 PAUSE	PAUSE	Pause the training session.
 START STOP	START/STOP	+ Start a training session. + Stop the active training session.

	DOWN	+ Navigate down in a selection. + Decrease the level during training. + Decrease a value.
	UP	+ Navigate up in a selection. + Increase the level during training. + Increase a value.

3.3 Display Modes

The following table provides an overview of the various display modes of the console.

MODE	FUNCTION
STANDBY MODE	+ No training programme is in use. All values display 0. + After 5 minutes of inactivity in training mode, the console enters standby mode. + Choose a training programme.
SLEEP MODE	+ This is the sleep mode that the console enters after 5 minutes of inactivity in standby mode. + The console is not lit up and no data is displayed. + To exit sleep mode, press any button on the device.
TRAINING MODE	+ This display appears during the training session. + Your training data is displayed in training mode. + The displayed data switches every 5 seconds. + Complete/Stop the training session to enter standby mode.
PAUSE MODE	+ This display appears in pause mode. + To exit pause mode, continue your training.
TRAINING OVERVIEW	+ Displays an overview of your training data. + After 5 minutes of inactivity in training mode, the console enters standby mode.

3.4 Displayed Values

This chapter provides a description of the displayed values on the console.

VALUE	DESCRIPTION
WATT	+ Displays the current power output. + Displays the training intensity – regardless of the cadence or resistance combination.
RPM	RPM (revolutions per minute) indicates the cadence – the number of pedal revolutions completed per minute.

Alternating the displayed values:

NOTICE

The following data is displayed in training mode:

- + **DIST./LEVEL/SPEED & CAL./WATT/RPM**
- + To switch the display, press PROGRAM DATA.

3.5 Training Programmes

Your device offers a selection of training programmes to help you achieve your training goals. The following training programmes can be accessed:

PROGRAMME	DESCRIPTION	QUANTITY
QUICK START	Manual training without preset settings.	1
TARGET PROGRAMMES	Set a target value for your training session. The selected value starts to count down.	3
HEART RATE CONTROLLED PROGRAMMES	The level is set according to your target heart rate.	3
PRESET PROGRAMMES	Training with preset profiles. Adjust the training data in advance, if desired.	30
TARGET-WATT PROGRAMME	The level is set automatically based on your cadence, so a certain watt value can be reached.	1
USER-DEFINED PROGRAMMES	Create a personal training programme.	2

In the following subchapters you will find detailed descriptions of the training programmes.

3.5.1 Quick Start

To start a training session without preset settings, select quick start.

Starting the programme:

1. Press START/STOP in standby mode.

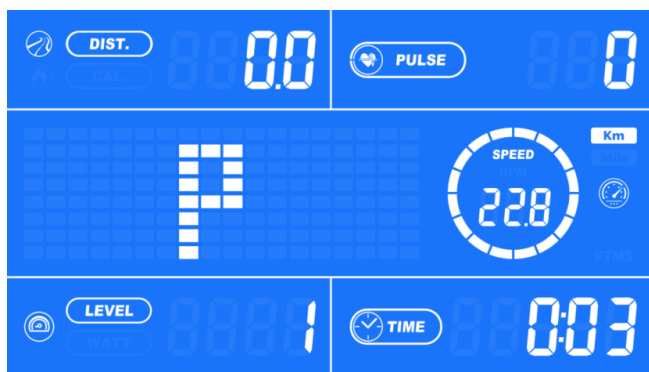
Time counts up.

2. Set your desired level with $\wedge/v$.

❗ NOTICE

Switch the displayed data with PROGRAM DATA.

3. To pause the training session, press PAUSE.



4. To continue the training session, press START/STOP.
5. To end the training session, press START/STOP in training mode.

→ *The console has entered standby mode.*

3.5.2 Preset Programmes

To start a training session with presets, select one of the 30 preset programmes. Without a set training time, each training segment lasts one minute. If you set the time, it is divided by 18 and displayed by the segments.

Starting the programme:

1. Press PROGRAM DATA in standby mode.
2. Select one of the programmes P01–P30 with $\wedge/v$.



① NOTICE

- + To exit the programme setting and return to standby mode, you can press RESET at any given moment.
- + Skip the programme setting or values by pressing PROGRAM DATA.
- + To start the programme immediately, press START/STOP.

1. To enter the programme settings, press PROGRAM DATA.

AGE appears in the message window.

2. To set your age, press ^/v.
3. To confirm your setting, press PROGRAM DATA.

WEIGHT appears in the message window.

4. To set your weight, press ^/v.
5. To confirm your setting, press PROGRAM DATA.

TIME appears in the message window.

6. To set your training time, press ^/v.

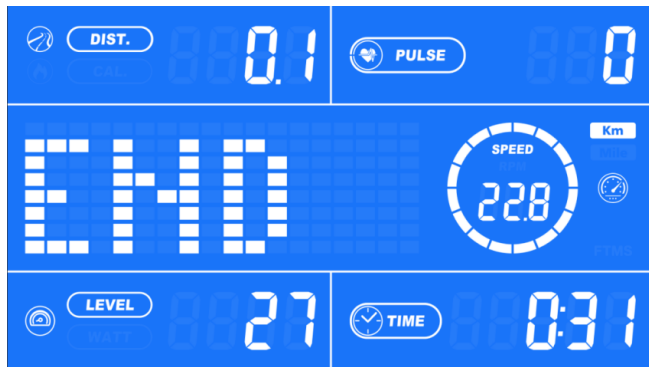


7. To confirm your setting and start the programme, press START/STOP or to edit the programme settings, press PROGRAM DATA.

The programme starts.

8. To pause the training session, press PAUSE.
9. To continue the training session, press START/STOP.
10. To end the training session, press START/STOP in training mode.
11. If the set time has been reached, a signal sounds.

END appears in the message window.



→ *The training overview displays your training data.*

3.5.3 Target Programmes

To start a training session with target values, select one of the three target programmes.

Starting the programme:

1. Press PROGRAM DATA in standby mode.
2. Select the programme P00 with ^/v.

① NOTICE

- + To exit the programme setting and return to standby mode, you can press RESET at any given moment.
 - + Skip the programme setting or values by pressing PROGRAM DATA.
 - + To start the programme immediately, press START/STOP.
3. To enter the programme settings, press PROGRAM DATA.

AGE appears in the message window.

4. To set your age, press ^/v.
5. To confirm your setting, press PROGRAM DATA.

WEIGHT appears in the message window.

6. To set your weight, press ^/v.
7. To confirm your setting, press PROGRAM DATA.

TIME appears in the message window.

8. To set your training time, press ^/v.
- 8.1. If you do not want to set a target time, set the value to 0 and press PROGRAM DATA.



DISTANCE appears in the message window.

1. To set your target distance, press $\wedge/v$.
- 1.1. If you do not want to set a target distance, set the value to 0 and press PROGRAM DATA.

CALORIE appears in the message window.

2. To set your calorie target, press $\wedge/v$.
- 2.1. If you do not want to set a calorie target, set the value to 0.

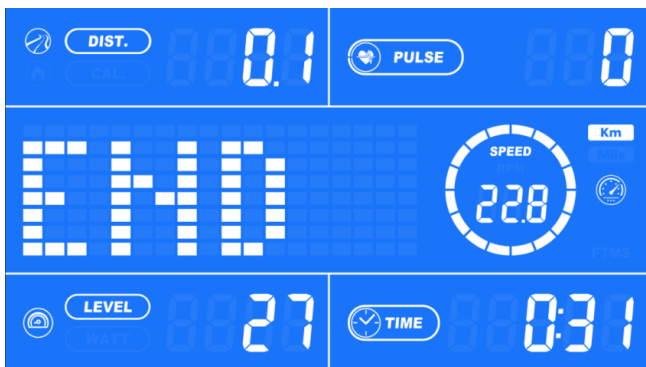


3. To confirm your setting and start the programme, press START/STOP or to edit the programme settings, press PROGRAM DATA.

The programme starts.

4. Set your training resistance.
5. To pause the training session, press PAUSE.
6. To continue the training session, press START/STOP.
7. To end the training session, press START/STOP in training mode.
8. If the set time has been reached, a signal sounds.

END appears in the message window.



→ *The training overview displays your training data.*

3.5.4 Target-Watt Programme

In the target-watt programme you train with a constant power output. The device automatically adjusts the resistance to keep the set watt target as constant as possible, regardless of cadence.

Starting the programme:

1. Press PROGRAM DATA in standby mode.
2. Select the programme WATT with $\wedge/\vee$.



① NOTICE

- + To exit the programme setting and return to standby mode, you can press RESET at any given moment.
 - + Skip the programme setting or values by pressing PROGRAM DATA.
 - + To start the programme immediately, press START/STOP.
3. To enter the programme settings, press PROGRAM DATA.

MALE/FEMALE appears in the message window.

4. To set your gender, press $\wedge/\vee$.
5. To confirm your setting, press PROGRAM DATA.



AGE appears in the message window.

6. To set your age, press $\wedge/\vee$.
7. To confirm your setting, press PROGRAM DATA.

WEIGHT appears in the message window.

8. To set your weight, press $\wedge/\vee$.
9. To confirm your setting, press PROGRAM DATA.

TIME appears in the message window.

10. To set your training time, press ^/v.

10.1. If you do not want to set a target time, set the value to 0 and press PROGRAM DATA.



TARGET WATT appears in the message window.

11. To set your target watt, press ^/v.

12. To confirm your setting and start the programme, press START/STOP or to edit the programme settings, press PROGRAM DATA.

The programme starts.

NOTICE

The device automatically adjusts the resistance to achieve the set target watt and maintain it as consistently as possible.

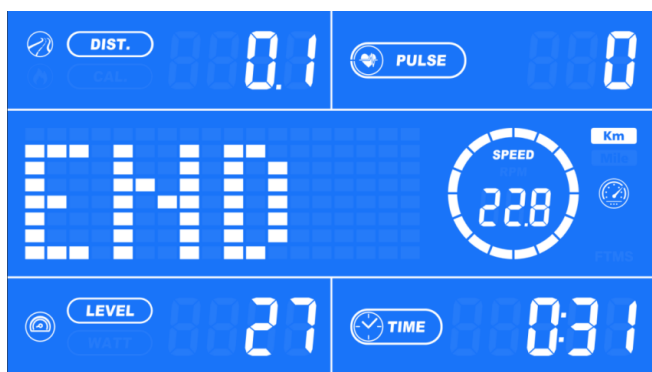
13. To pause the training session, press PAUSE.

14. To continue the training session, press START/STOP.

15. To end the training session, press START/STOP in training mode.

16. If the set time is reached, a signal sounds.

END appears in the message window.



→ *The training overview displays your training data.*

3.5.5 Heart Rate Controlled Programmes

WARNING

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

With the heart rate programmes, you train based on your heart rate. The level is automatically adjusted to maintain the target heart rate. You can choose between three programmes:

- + HRC1: 60 % of the target pulse
- + HRC2: 75 % of the target pulse
- + HRC3: 85 % of the target pulse

Starting the programme:

1. Press PROGRAM DATA in standby mode.
2. To select between the programmes H01-H03, press ^/v.



NOTICE

- + To exit the programme setting and return to standby mode, you can press RESET at any given moment.
 - + Skip the programme setting or values by pressing PROGRAM DATA.
 - + To start the programme immediately, press START/STOP.
3. To enter the programme settings, press PROGRAM DATA.

AGE appears in the message window.

4. To set your age, press ^/v.
5. To confirm your setting, press PROGRAM DATA.

WEIGHT appears in the message window.

6. To set your weight, press ^/v.
7. To confirm your setting, press PROGRAM DATA.

TIME appears in the message window.

8. To set your training time, press ^/v.
- 8.1. If you do not want to set a target time, set the value to 0 and press PROGRAM DATA.



THR appears in the message window.



1. To set your target heart rate, press $\wedge/v$.
2. To start the programme, press START/STOP or press PROGRAM DATA to set the settings again.

The training session starts with the lowest resistance.

The resistance is automatically adjusted throughout the training session to ensure that the set target heart rate is maintained.

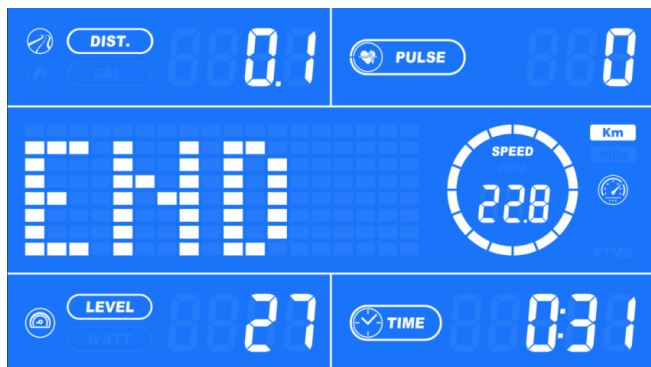
3. To adjust the target heart rate during the training session, press $\wedge/v$.

① NOTICE

The heart rate controlled programme can be started without a heart rate signal. If no heart rate signal is detected within a short time, the device automatically ends the training session.

4. To pause the training session, press PAUSE.
5. To continue the training session, press START/STOP.
6. To end the training session, press START/STOP in training mode.
7. If the set time has been reached, a signal sounds.

END appears in the message window.



→ The training overview displays your training data.

3.5.6 User-Defined Programmes

The user-programmes allow you to create and save individual training profiles. The device offers two user-programmes.

Starting the programme:

1. Press PROGRAM DATA in standby mode.
2. To select between the programmes U01-U02, press ^/v.

① NOTICE

- + To exit the programme setting and return to standby mode, you can press RESET at any given moment.
 - + Skip the programme setting or values by pressing PROGRAM DATA.
 - + To start the programme immediately, press START/STOP.
3. To enter the programme settings, press PROGRAM DATA.

AGE appears in the message window.

4. To set your age, press ^/v.
5. To confirm your setting, press PROGRAM DATA.

WEIGHT appears in the message window.

6. To set your weight, press ^/v.
7. To confirm your setting, press PROGRAM DATA.

TIME appears in the message window.

8. To set your training time, press ^/v.
- 8.1. If you do not want to set a target time, set the value to 0 and press PROGRAM DATA.



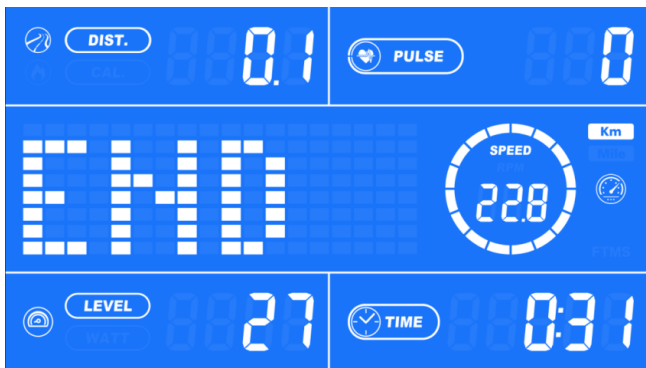
LEVEL appears in the message window.

1. Set the resistance for each segment with $\wedge/v$.
2. Confirm the segment with PROGRAM DATA.
3. To confirm your setting and start the programme, press START/STOP or to edit the programme settings, press PROGRAM DATA.

① NOTICE

- + The set resistance profile is saved and remains stored until it is changed again.
 - + The training session consists of multiple consecutive segments using the resistance levels you set.
4. To adjust the resistance during the training session, press $\wedge/v$.
 5. To pause the training session, press PAUSE.
 6. To continue the training session, press START/STOP.
 7. To end the training session, press START/STOP in training mode.

END appears in the message window.



→ *The training overview displays your training data.*

3.6 Training Overview

The following data is displayed in the training overview:

① NOTICE

- + The training overview is displayed only after a programme has reached a target value or the set time. If a programme is stopped prior to reaching one of the values, you will be redirected to standby mode.
- + To exit the training overview, press RESET.

DISPLAY	DESCRIPTION	FUNCTION
DIST.	Distance	Displays the training distance.
PULSE	Pulse	Displays the average pulse.
SPEED	Speed	Displays the average speed.
WATT	Watt	Displays your generated watt input.
TIME	Time	Displays the trained time.
LEVEL	Level	Displays the average resistance level.
CAL.	Calories	Displays the burned calories.

3.7 USB-C Connection

① NOTICE

- + You can plug your mobile device into the console to charge it.
- + You need a USB-C cable. (Not included)

3.8 Watt Table

RPM	10	20	30	40	50	60	70	80	90	100	110	120	130	140	150	160	170	180
Level																		
Level 1	5	10	15	23	25	35	42	53	54	60	66	72	78	84	90	96	102	108
Level 2	6	12	18	27	35	46	56	68	72	80	88	96	104	112	120	128	136	144
Level 3	8	16	24	32	45	58	70	81	90	100	110	120	130	140	150	160	170	180
Level 4	9	18	27	39	55	70	91	106	117	130	143	156	169	182	195	208	221	234
Level 5	10	20	30	43	65	82	105	122	135	150	165	180	195	210	225	240	255	270
Level 6	12	24	36	49	75	93	119	140	153	170	187	204	221	238	255	272	289	306
Level 7	13	26	39	55	85	105	133	157	171	190	209	228	247	266	285	304	323	342
Level 8	15	30	45	60	95	117	154	177	198	220	242	264	286	308	330	352	374	396
Level 9	16	32	48	67	105	129	168	199	216	240	264	288	312	336	360	384	408	432
Level 10	18	36	54	73	115	140	189	217	243	270	297	324	351	378	405	432	459	486
Level 11	19	38	57	76	125	152	196	230	252	280	308	336	364	392	420	448	476	504
Level 12	20	40	60	81	135	164	217	249	279	310	341	372	403	434	465	496	527	558
Level 13	23	46	69	93	145	176	231	271	297	330	363	396	429	462	495	528	561	594
Level 14	25	50	75	100	155	188	252	292	324	360	396	432	468	504	540	576	612	648
Level 15	26	52	78	104	165	199	273	319	351	390	429	468	507	546	585	624	663	702
Level 16	26	52	78	105	175	211	287	335	369	410	451	492	533	574	615	656	697	738
Level 17	29	58	87	119	185	223	308	354	396	440	484	528	572	616	660	704	748	792
Level 18	30	60	90	120	195	235	322	372	414	460	506	552	598	644	690	736	782	828
Level 19	32	64	96	128	205	246	329	379	423	470	517	564	611	658	705	752	799	846
Level 20	34	68	102	136	215	258	357	412	459	510	561	612	663	714	765	816	867	918
Level 21	34	68	102	137	225	270	364	423	468	520	572	624	676	728	780	832	884	936
Level 22	35	70	105	142	235	282	392	451	504	560	616	672	728	784	840	896	952	1008
Level 23	38	76	114	154	245	294	406	466	522	580	638	696	754	812	870	928	986	1044
Level 24	40	80	120	160	250	305	420	482	540	600	660	720	780	840	900	960	1020	1080
Level 25	41	82	123	166	260	317	434	503	558	620	682	744	806	868	930	992	1054	1116
Level 26	43	86	129	174	270	329	462	532	594	660	726	792	858	924	990	1056	1122	1188
Level 27	45	90	135	180	280	341	483	556	621	690	759	828	897	966	1035	1104	1173	1242
Level 28	46	92	138	184	290	352	497	570	639	710	781	852	923	994	1065	1136	1207	1278
Level 29	46	92	138	187	300	364	504	578	648	720	792	864	936	1008	1080	1152	1224	1296
Level 30	48	96	144	192	310	376	511	591	657	730	803	876	949	1022	1095	1168	1241	1314
Level 31	48	96	144	195	320	388	539	617	693	770	847	924	1001	1078	1155	1232	1309	1386
Level 32	49	98	147	198	330	400	553	635	711	790	869	948	1027	1106	1185	1264	1343	1422

4.1 General Instructions

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

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

4.1.1 Training clothes

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

4.1.2 Warming up and stretching

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

Warm-up exercise:

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



CAUTION

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



4.1.3 Medication

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

4.1.4 Used muscle groups

This training uses the following muscle groups:

- + Gluteal muscle
- + Leg muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back.

4.1.5 Exercise frequency

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

Training with heart rate orientation

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

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

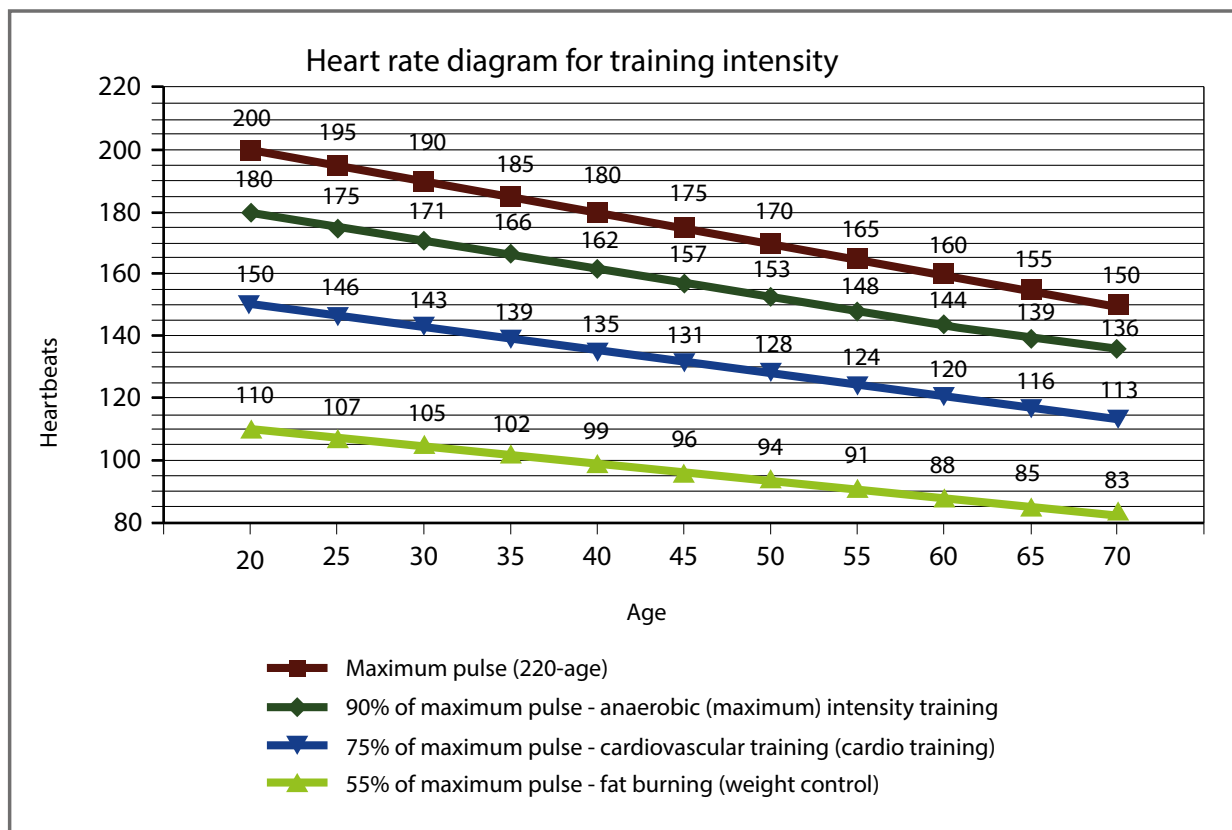
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

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

Example:

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

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



4.2 Workout journal

[illegible]

Date _____



Distance



Time (min.)



Resistance level



Training weight



Ø Pulse



Calories burnt



I feel ...



Body weight

4.3 Wireless Connection and Fitness Apps

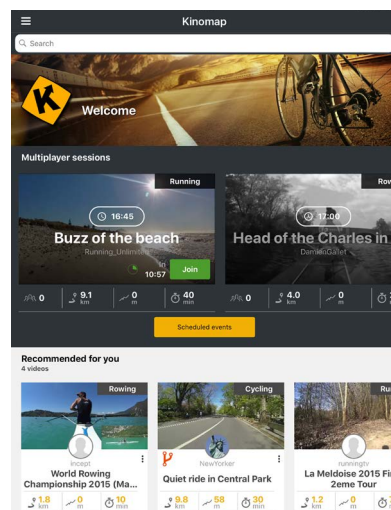
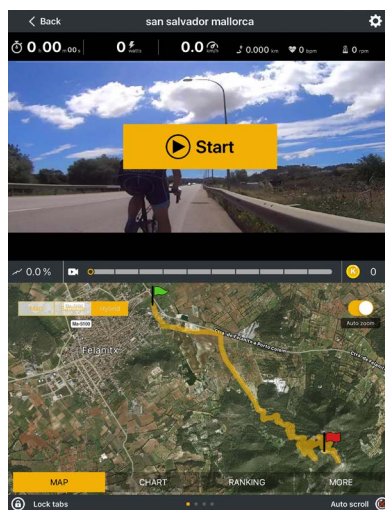
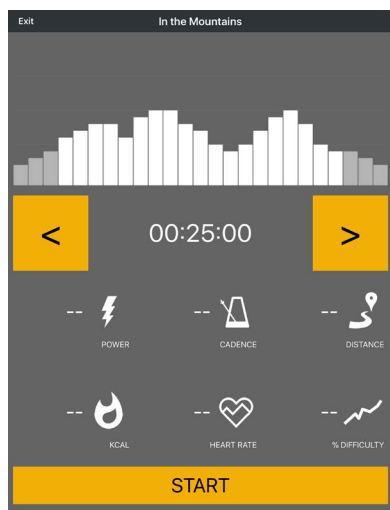
This console is equipped with a wireless interface. Please take note that your mobile device needs to be compatible with the wireless interface of the treadmill.

To use training apps you will have to activate the wireless connection function on your mobile device (tablet or smart phone) and start the fitness app. Select your fitness equipment. Please follow the instructions given in the app. You will find the name of your fitness equipment on a small sticker on the back of the console.

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

IMPORTANT NOTE

Some entertainment apps are provided and maintained by third-party providers. Pre-installed apps may change, be updated, or be removed over time. These changes are normal and do not affect your statutory warranty rights. To make sure the pre-installed apps are working correctly, they must be updated regularly. If needed, the respective app will notify you to do so. To update the app, you need a google account. A google email is sufficient. Just follow the instructions on the screen to perform the update. Please note: The system is set up only for the pre-installed apps. Do not install any additional apps as their proper functionality can not be guaranteed. The installation of other apps might cause technical issues.



Example: Kinomap

5.1 General Instructions

⚠ WARNING

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

► ATTENTION

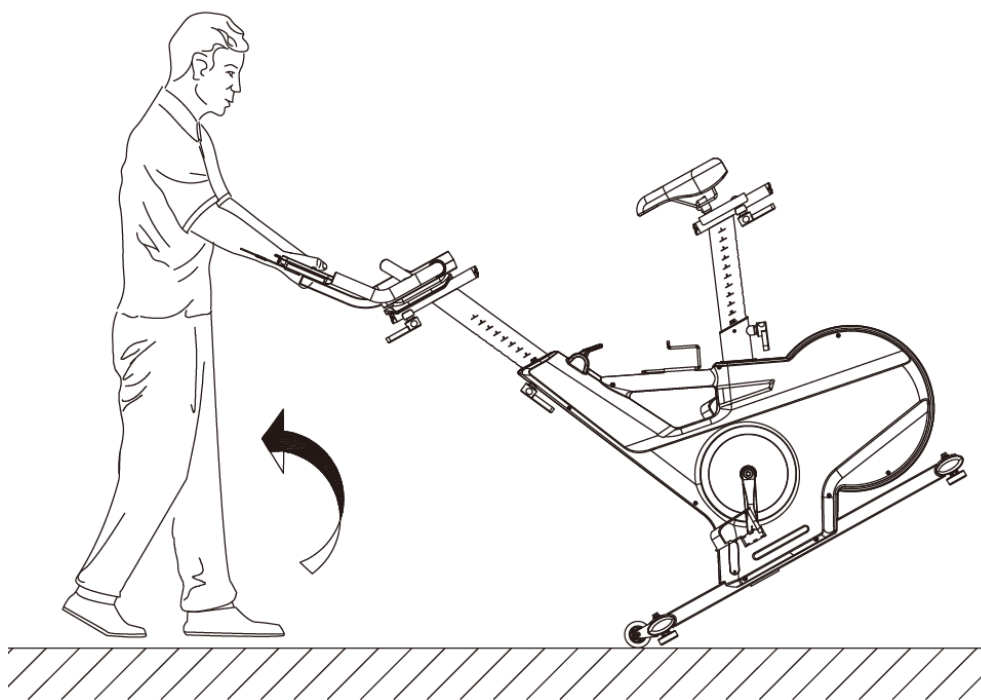
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

5.2 Transportation Wheels

► ATTENTION

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

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions in the section 1.5 of this manual.



6.1 General Instructions



WARNING

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



CAUTION

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

► ATTENTION

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

6.2 Faults and Fault Diagnosis

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

Fault	Cause	Solution
Cracking in the pedal area	Pedals loose	Tighten the pedals
Equipment wobbles	Equipment is not level	Align the feet
Handlebar/saddle wobbles	Loose screws	Tighten screws firmly
Display is blank/is not working	Batteries empty or loose cable connection	Replace batteries or check cable connections

No pulse display	+ Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective	+ Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...) + Use a suitable chest strap (see RECOMMENDED ACCESSORIES). + Reposition chest strap and/or moisten electrodes + Changing batteries + Check if pulse display by hand pulse possible
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6.3 Error Codes and Troubleshooting

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

Please contact the contract partner for technical support.

6.4 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
Display console	C	I
Plastic covers	C	I
Screws and cable connections		I
Check pedals for tightness		I
Legend: C = clean; I = inspect		

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 indoor cycles 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. For many indoor bikes it is possible to replace the **saddle** or **pedals**, as these are usually the same mounts used on bicycles.

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

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



floor mat



chest strap



chest strap contact gel



pedals



saddle cover



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 11 of this operating manual.

 NOTICE

The serial number of your equipment is unique. It's located on a white sticker.

Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:

Article Number:

9.2 Parts List

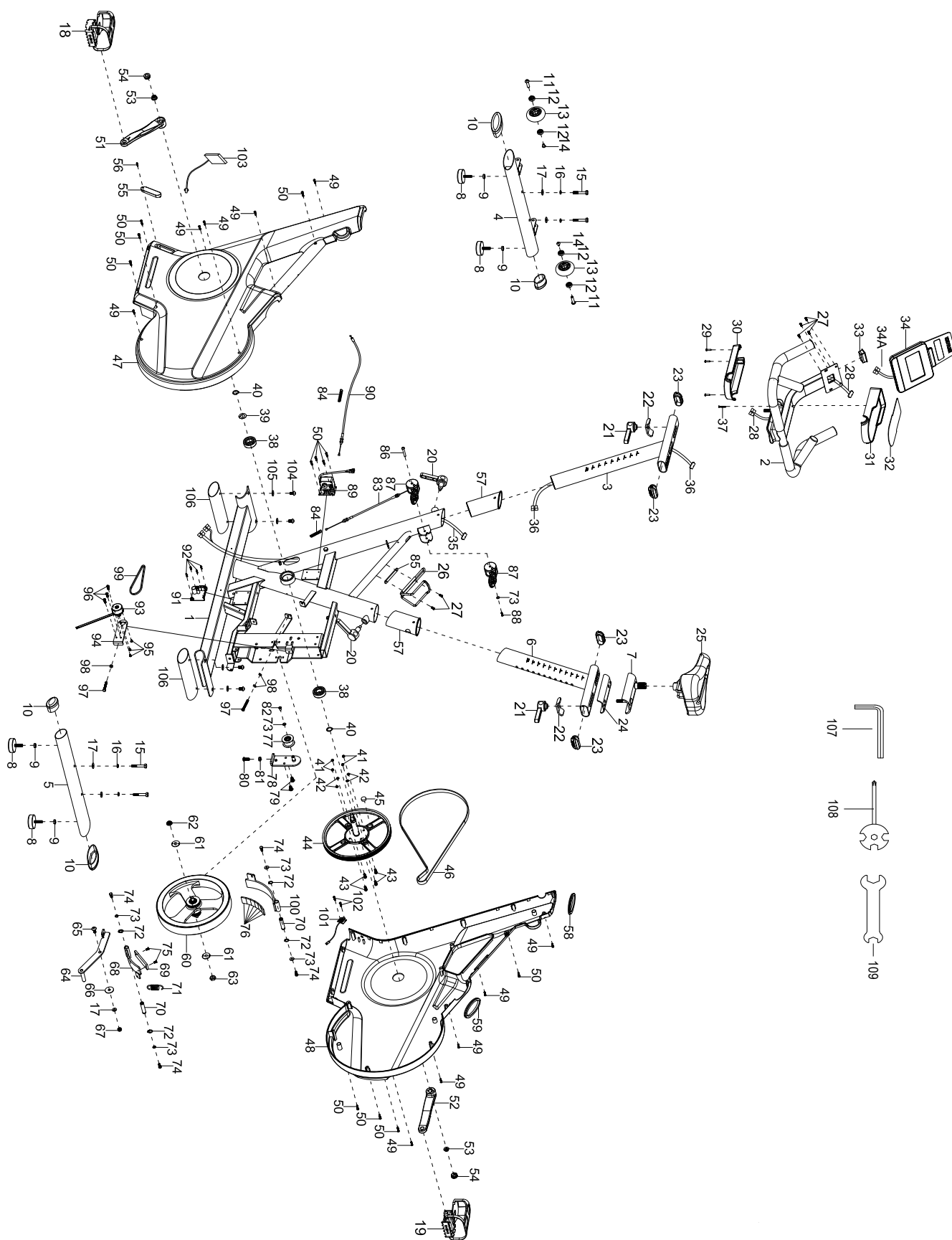
No.	Name	Specification	Supplier Parts No.	Qty.
1	Main Frame		K-BK2001-100-1	1
2	Handlebar		K-BK2001-100-2	1
3	Handlebar Post		K-BK2001-100-3	1
4	Front Stabilizer		K-BK2001-100-4	1
5	Rear Stabilizer		K-BK2001-100-5	1
6	Seat Post		K-BK2001-100-6	1
7	Seat Slide Tube		K-BK2001-100-7	1
8	Adjustable Leveler	M10*30	K-BK2001-100-8	4
9	Nut	M10	K-BK2001-100-9	4
10	End Cap For Stabilizer		K-BK2001-100-10	4
11	Bolt	M6*15	K-BK2001-100-11	2
12	Bearing	608	K-BK2001-100-12	4
13	Transport Wheel	Φ71*24	K-BK2001-100-13	2
14	Bolt	M6*12	K-BK2001-100-14	2
15	Bolt	M8*50	K-BK2001-100-15	4
16	Spring Washer	Φ8	K-BK2001-100-16	4
17	Washer	Φ8*Φ16*1.5	K-BK2001-100-17	5
18	Left Pedal		K-BK2001-100-18	1
19	Right Pedal		K-BK2001-100-19	1
20	Lock Knob	M16*1.5	K-BK2001-100-20	2
21	Quick-Release Nut	M10	K-BK2001-100-21	2
22	Sliding Connection Plate		K-BK2001-100-22	1
23	End Cap		K-BK2001-100-23	4
24	Sliding Tube Pad		K-BK2001-100-24	1
25	Seat		K-BK2001-100-25	1
26	Bottle Holder		K-BK2001-100-26	1
27	Screw	M5*10	K-BK2001-100-27	6
28	Extension Sensor Wire II	L=500mm	K-BK2001-100-28	1
29	Screw	ST4.2*20	K-BK2001-100-29	3
30	Handlebar Cover A		K-BK2001-100-30	1
31	Handlebar Cover B		K-BK2001-100-31	1

32	Silicone Pad		K-BK2001-100-32	1
33	Square End Cap		K-BK2001-100-33	1
34	Computer		K-BK2001-100-34	1
34A	Computer Wire		K-BK2001-100-34A	1
35	Extension Sensor Wire	L=800mm	K-BK2001-100-35	1
36	Flexible Wire	L=450mm	K-BK2001-100-36	1
37	Screw	ST4.2*30	K-BK2001-100-37	1
38	Bearing	6004-2Z	K-BK2001-100-38	2
39	Wave Washer	Φ24*Φ20*0.3	K-BK2001-100-39	1
40	Shaft snap ring	Φ20*1.0	K-BK2001-100-40	2
41	Nut	M6	K-BK2001-100-41	4
42	Spring Washer	Φ6	K-BK2001-100-42	4
43	Bolt	M6*15	K-BK2001-100-43	4
44	Belt Pulley	Φ260*Φ20.2	K-BK2001-100-44	1
45	Magnet		K-BK2001-100-45	1
46	Belt	PJ470	K-BK2001-100-46	1
47	Left Cover		K-BK2001-100-47	1
48	Right Cover		K-BK2001-100-48	1
49	Screw	ST4.2*25	K-BK2001-100-49	10
50	Screw	ST4.2*20	K-BK2001-100-50	12
51	Left Crank	6.7"	K-BK2001-100-51	1
52	Right Crank	6.7"	K-BK2001-100-52	1
53	Nut	M10*1.25	K-BK2001-100-53	2
54	Crank Cover		K-BK2001-100-54	2
55	Battery Cover		K-BK2001-100-55	1
56	Screw	ST2.9*16	K-BK2001-100-56	1
57	Bushing		K-BK2001-100-57	2
58	Handlebar Post Ring		K-BK2001-100-58	1
59	Seat Post Ring		K-BK2001-100-59	1
60	Flywheel	Φ280	K-BK2001-100-60	1
61	Washer		K-BK2001-100-61	2
62	Nut	M12*1.0	K-BK2001-100-62	1
63	Nut	M12*1.0	K-BK2001-100-63	1
64	Brake Band Plate		K-BK2001-100-64	1

65	Bolt		K-BK2001-100-65	1
66	PC Pad		K-BK2001-100-66	1
67	Nut	M8	K-BK2001-100-67	1
68	New Magnetic Plate		K-BK2001-100-68	1
69	Brake Leather		K-BK2001-100-69	1
70	Magnetic Axis		K-BK2001-100-70	2
71	Sleeve	Φ15*50*Φ1.5	K-BK2001-100-71	1
72	Shaft snap ring		K-BK2001-100-72	4
73	Washer	Φ6*Φ12*1.0	K-BK2001-100-73	6
74	Bolt	M6*15	K-BK2001-100-74	4
75	Screw	M5*10	K-BK2001-100-75	2
76	Magnet		K-BK2001-100-76	3
77	Idler Wheel		K-BK2001-100-77	1
78	Idler Wheel Shaft		K-BK2001-100-78	1
79	Bolt	M8*15	K-BK2001-100-79	2
80	Bolt	M8*30	K-BK2001-100-80	1
81	Nut	M8	K-BK2001-100-81	1
82	Bolt	M6*12	K-BK2001-100-82	1
83	Brake Cable	L=1100mm	K-BK2001-100-83	1
84	Spring	Φ0.8*Φ10*53	K-BK2001-100-84	1
85	Fixing Plate		K-BK2001-100-85	1
86	Bolt	M6*41	K-BK2001-100-86	1
87	Brake Knob		K-BK2001-100-87	1
88	Bolt	M4*15	K-BK2001-100-88	1
89	Motor		K-BK2001-100-89	1
90	Motor Tension Wire	L=300mm	K-BK2001-100-90	1
91	Control Panel		K-BK2001-100-91	
92	Plastic Buckle		K-BK2001-100-92	4
93	Generator		K-BK2001-100-93	1
94	Generator Mounting Plate		K-BK2001-100-94	1
95	Screw	M4*8	K-BK2001-100-95	3
96	Bolt	M6*15	K-BK2001-100-96	3
97	Bolt	M6*45 S6 L45	K-BK2001-100-97	2
98	Nut	M6	K-BK2001-100-98	3

99	Belt	PJ120	K-BK2001-100-99	1
100	Magnetic Board		K-BK2001-100-100	1
101	Type-C Adapter Board		K-BK2001-100-101	1
102	Screw	ST3.2*10	K-BK2001-100-102	1
103	Lithium Battery		K-BK2001-100-103	1
104	Bolt	M8*15	K-BK2001-100-104	4
105	Plastic Washer	φ8.5*φ24*2.0	K-BK2001-100-105	4
106	Shipping Tubes		K-BK2001-100-106	2
107	Allen Wrench	S6	K-BK2001-100-107	1
108	Spanner	S10,13,14,15	K-BK2001-100-108	1
109	Spanner	S13,15	K-BK2001-100-109	1
HW	Hardware package		K-BK2001-100-HW	1

9.3 Exploded Drawing



Products from Kettler® 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.

Warranty

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

Warranty period

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

Repair Costs

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warranty holder 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	EN
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  service@fitshop.com  You can find the opening hours on our homepage: https://fsg.fit/en
	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
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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

KETTLER

WEBSHOP AND SOCIAL MEDIA

Since 2024 Kettler sports equipment is part of the Fitshop brand family, Europe's largest specialist retailer for home fitness equipment. Kettler equipment such as treadmills, cross trainers, and rowing machines have always played an important role in Fitshop's more than 40-year history. Kettler stands for the highest product quality, reliability, and tradition. Kettler sports equipment helps you lead an active and healthy life. They make exercise fun for young and old. As part of the Fitshop Group, Kettler Sport remains true to these values.

Visit us also on our social media platforms or our online shop!



www.fitshop.com/kettler
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Notes

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