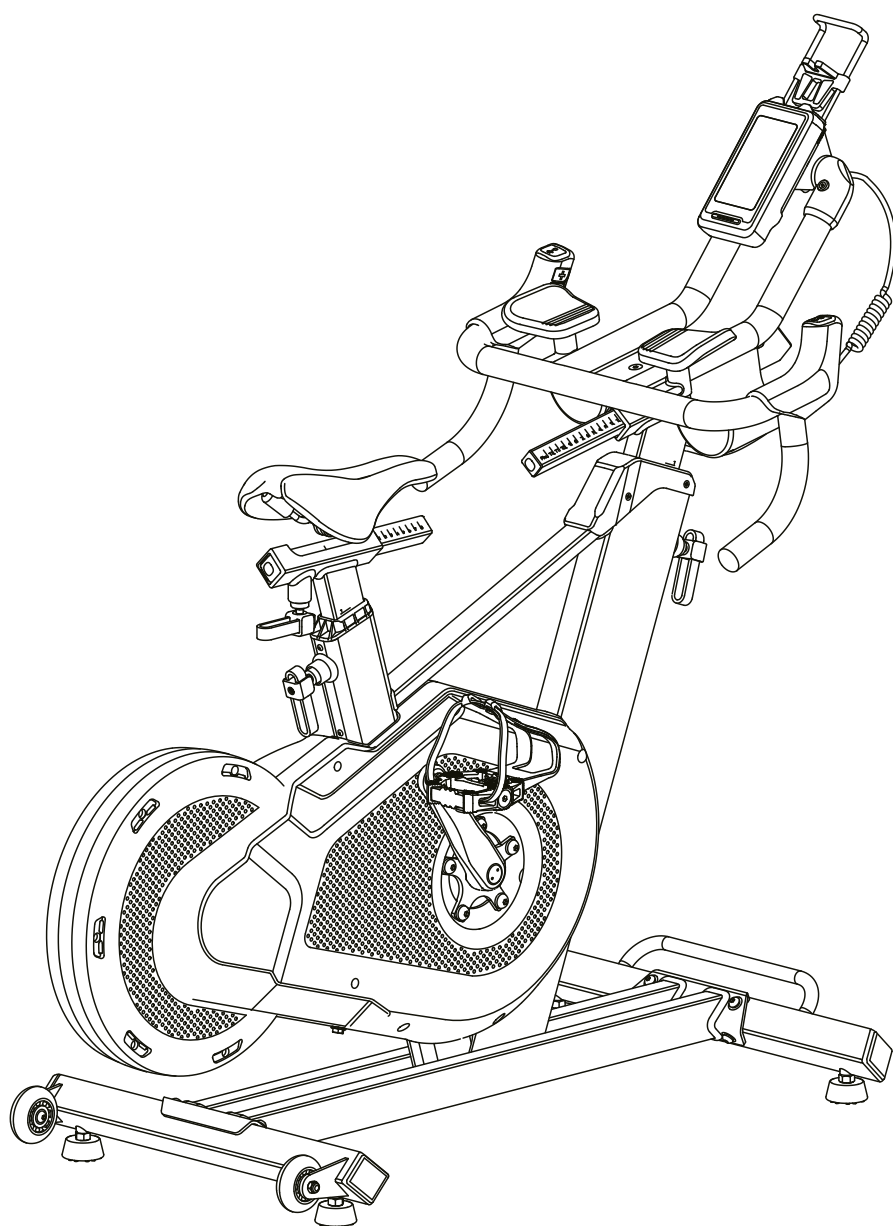


KETTTLER

ASSEMBLY AND OPERATING INSTRUCTIONS



max. 150 kg



~ 30 Min.



63 kg

L 155 | W 61 | H 165

FSKBK102010001.01

Art. No. K-BK1020-100

ERGORACER

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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.

This fitness equipment is suitable for home use, semi-professional use and commercial or professional use. The semi-professional sector includes, for example, institutional facilities such as hospitals, schools, hotels and associations. Professional use refers to commercial use, e.g. in a 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

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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	
Item weight (gross, incl. packaging)	69.5 kg
Item weight (net, excl. packaging)	62.8 kg
Packaging dimensions (L × W × H)	146 cm x 28.5 cm x 95 cm
Set-up dimensions (L × W × H)	125 cm - 155 cm × 61 cm × 123 cm – 165 cm
Maximum load	
Maximum user weight	150 kg
Technical specifications	
Brake system	Induction
Resistance levels	52
Power supply	Electrical power connection
Console specifications	
Display	Time
	Speed
	Distance
	Calories
	Incline
	Heart rate
	Watt
Display size	5 inches
Display type	LCD display
Performance data	
Min. and max. watt at 60 RPM	17 - 530 W
Min. and max. watt at 100 RPM	30 - 940 W
Adjustable range in the watt programme	25 - 400 W (watt adjustment interval: 5 W)
Other data	
Menu language	English
Wireless connection	Yes
Heart rate measurement:	Optional: chest strap (not included)
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.
- + 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.

1.3 Electrical Safety

**DANGER**

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

**WARNING**

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

► ATTENTION

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

**NOTICE**

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



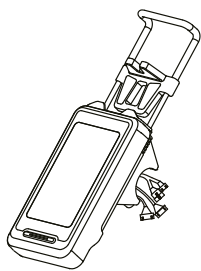
CAUTION

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



NOTICE

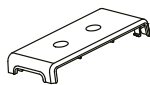
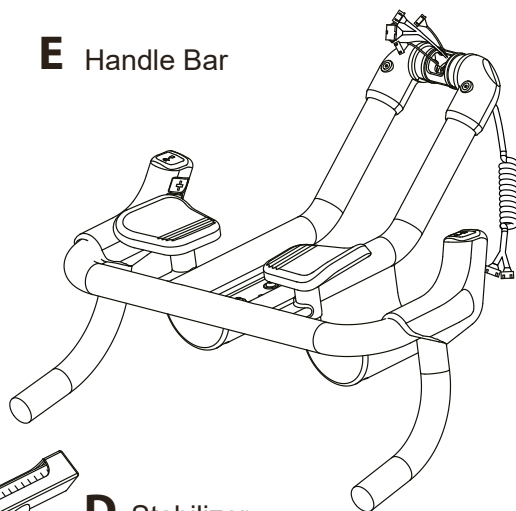
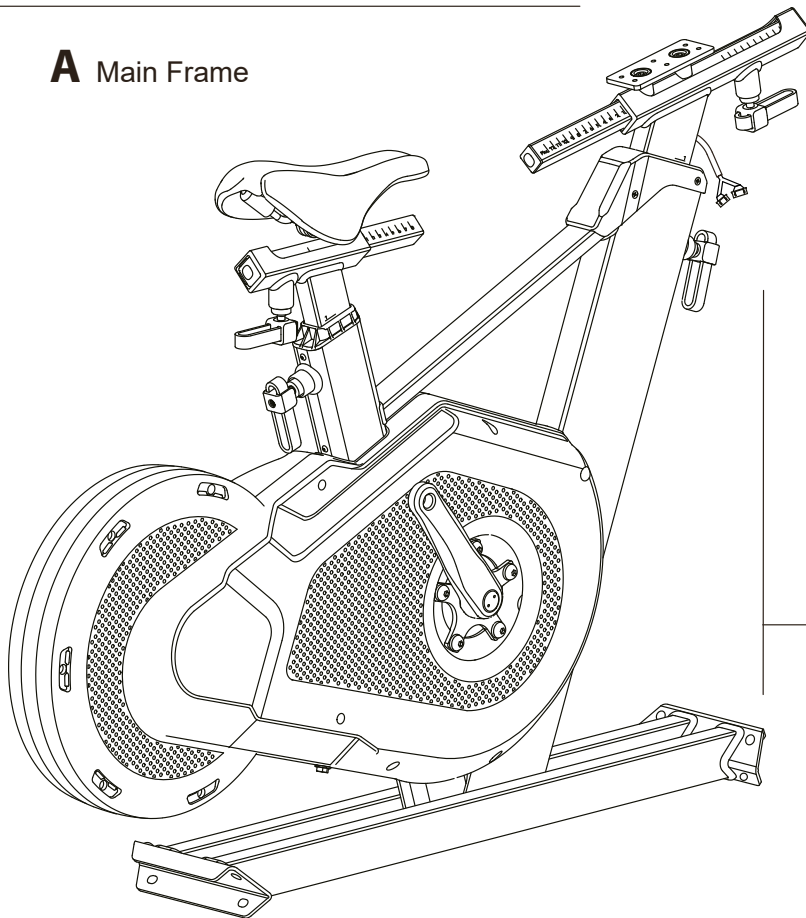
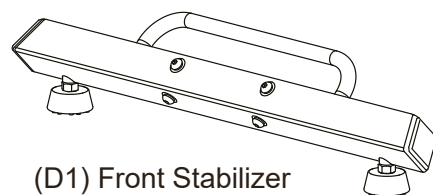
Required tools (Included in delivery): Allen Wrench, Wrench, Screw driver

G Console

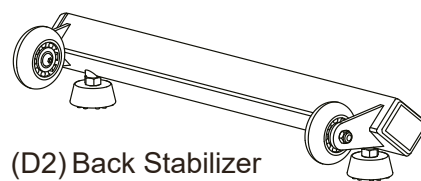
(G3) Console Supporting Tube Cover



(E5) Decoration cover of handle bar

**E** Handle Bar**A** Main Frame**D** Stabilizer

(D1) Front Stabilizer



(D2) Back Stabilizer

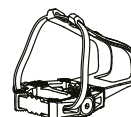
K (K1)

Left Pedal



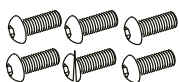
(K2)

Right Pedal

**E**

E6x6

Screw M6x16mm



E7x6

Washer M6x1.5mm



E11x2

Screw M8x14mm

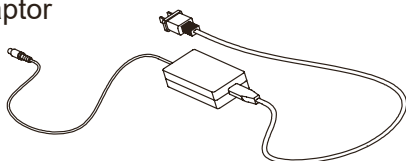


G4x4

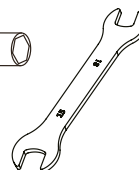
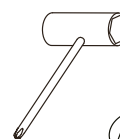
Screw ST2.9x16mm

**J**

(J6) End Cap

**I** Adaptor**TOOL**

4m/m 5m/m



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

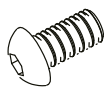
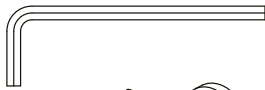
- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + If you have difficulty recognising the graphics, we recommend 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 the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

Step 1: Assembly of the Front Stabilizer & Rear Stabilizer

1. Remove the four pre-assembled screws (J3), four spring washers (J4), and four washers (J5) from the front stabilizer (D1).
2. Fix the front stabilizer (D1) to the main frame (A) with the four screws (J3), four spring washers (J4) and four washers (J5).
3. Remove the four pre-assembled screws (J3), four spring washers (J4), and four washers (J5) from the rear stabilizer (D2).
4. Fix the rear stabilizer (D2) to the main frame (A) with the four screws (J3), four spring washers (J4) and four washers (J5).

Use the Allen key (5 mm) for this assembly.

Use Tool : 5 mm



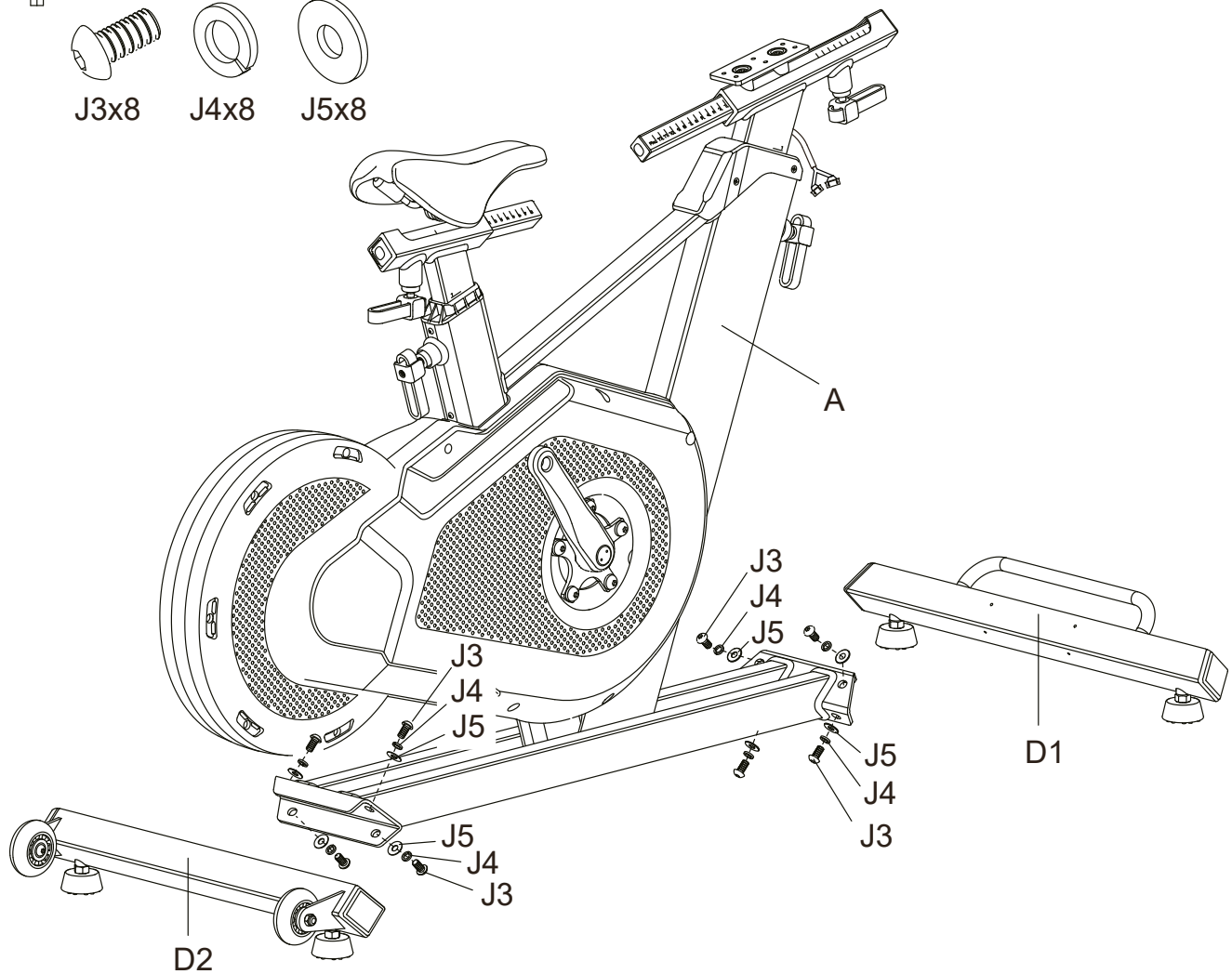
J3x8



J4x8



J5x8

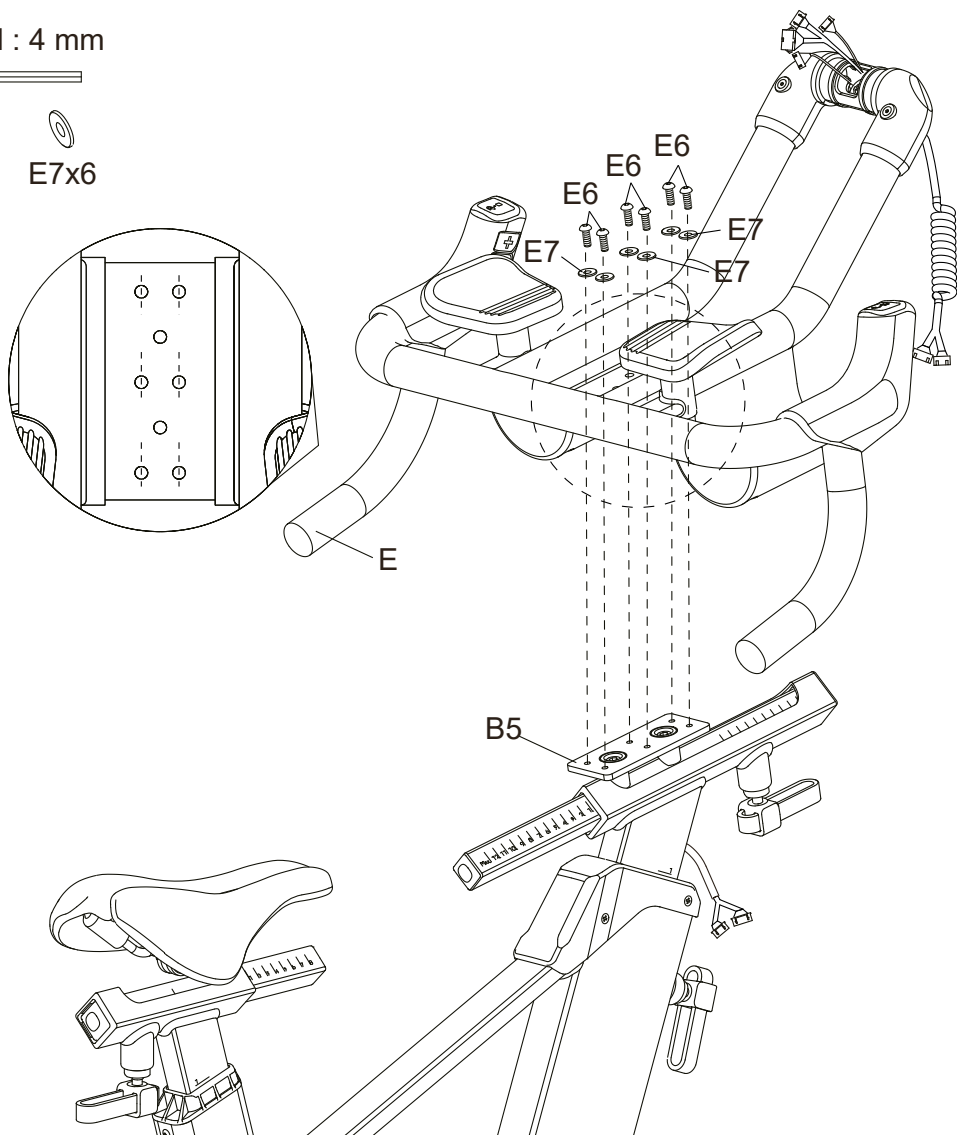
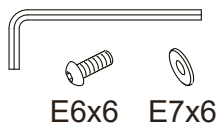


Step 2: Assembly of the Handle Bar

1. Slide the handle bar (E) onto the armrest fixing seat (B5).
2. Fix the handle bar (E) to the armrest fixing seat (B5) with six screws (E6) and six washers (E7).

Use the Allen key (4 mm) for this assembly.

Use Tool : 4 mm



Step 3: Assembly of the Cover

1. Snap the screw cover (E5) onto the handlebar (E).
2. Secure the screw cover (E5) with two screws (E11).

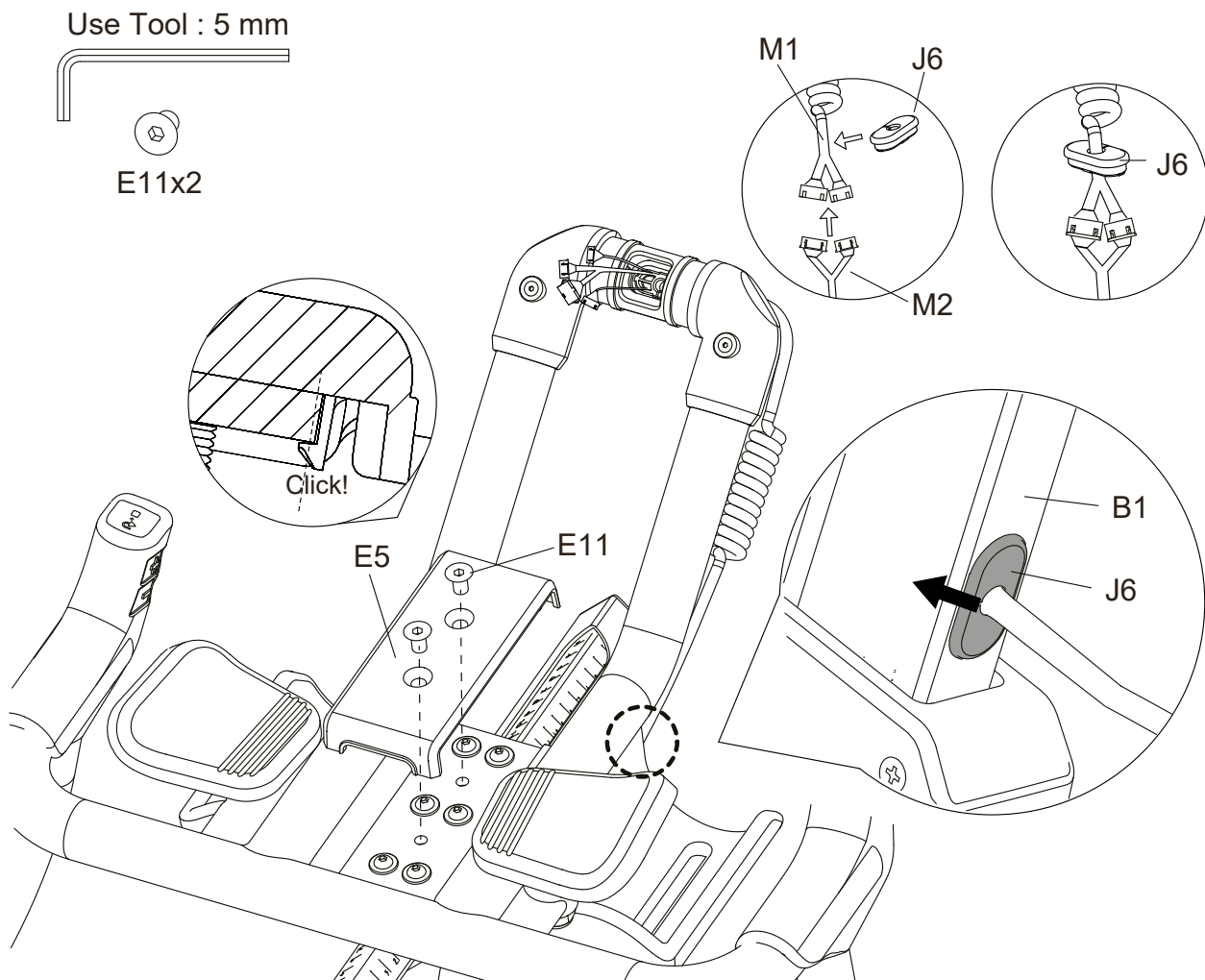


CAUTION

- + Make sure the cable connectors are properly connected.
- + Ensure that the cables are not pinched.

3. Connect cable M1 to cable M2.
4. Place the cable cover (J6) over cable M1.
5. Insert the cable cover (J6) into the main frame (A).

Use the Allen key (5 mm) for this assembly.



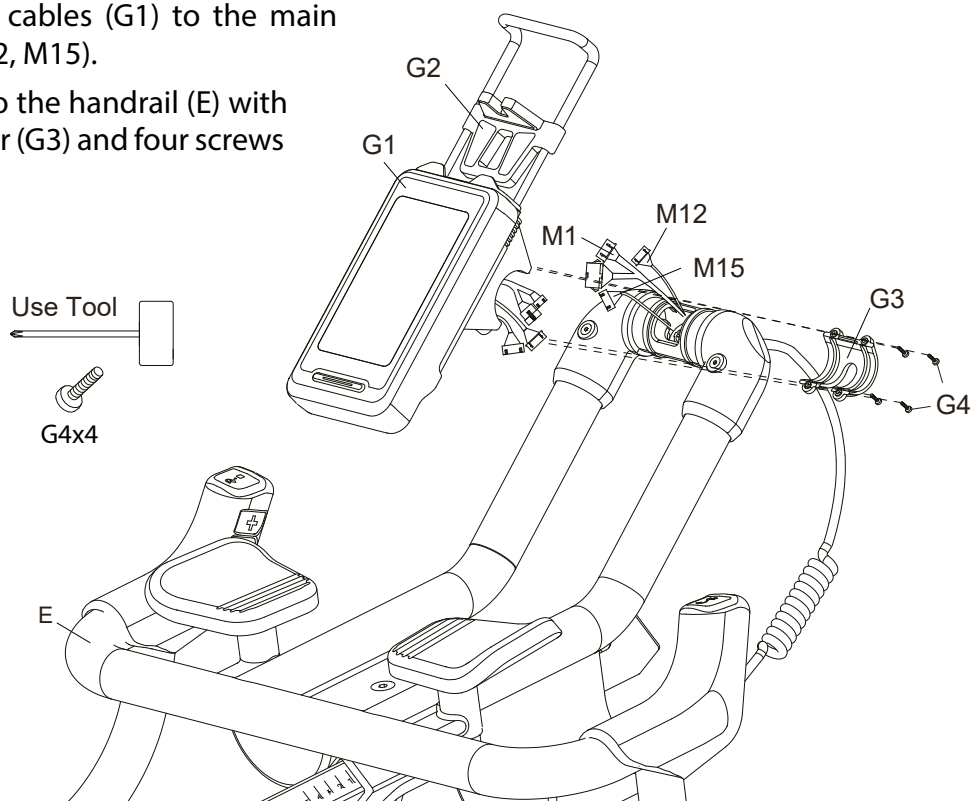
Step 4: Assembly of the Console

CAUTION

- + Make sure the cable connectors are properly connected.
- + Ensure that the cables are not pinched.

1. Connect the console cables (G1) to the main frame cables (M1, M12, M15).
2. Fix the console (G1) to the handrail (E) with the console tube cover (G3) and four screws (G4).

Use a screwdriver for this assembly.



Step 5: Adjusting the Tablet/Phone Holder

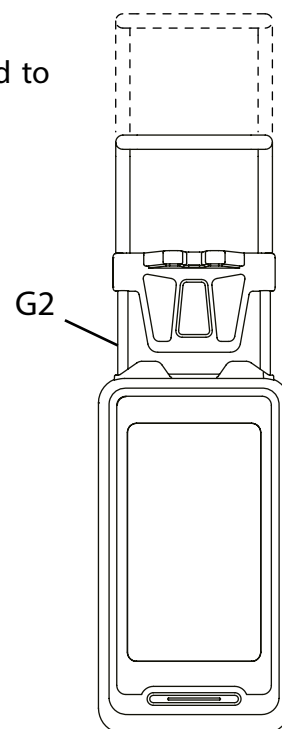
The tablet/phone holder on the console is adjustable and can be extended to securely hold the phone or tablet in place.

To secure the tablet/phone:

1. Optional: Remove the phone holder (G2).
2. Extend the handle.
3. Attach the phone.

NOTICE

The phone can be attached in a vertical or horizontal position.



Step 6: Assembly of the Pedals



CAUTION

Make sure the pedals are fully screwed in.

1. Screw the pedals into the pedal mounts.
 - 1.1. Turn the left pedal (K1) counterclockwise.
 - 1.2. Turn the right pedal (K2) clockwise.

Use the wrench for this assembly.

2. Attach the straps to the pedals.



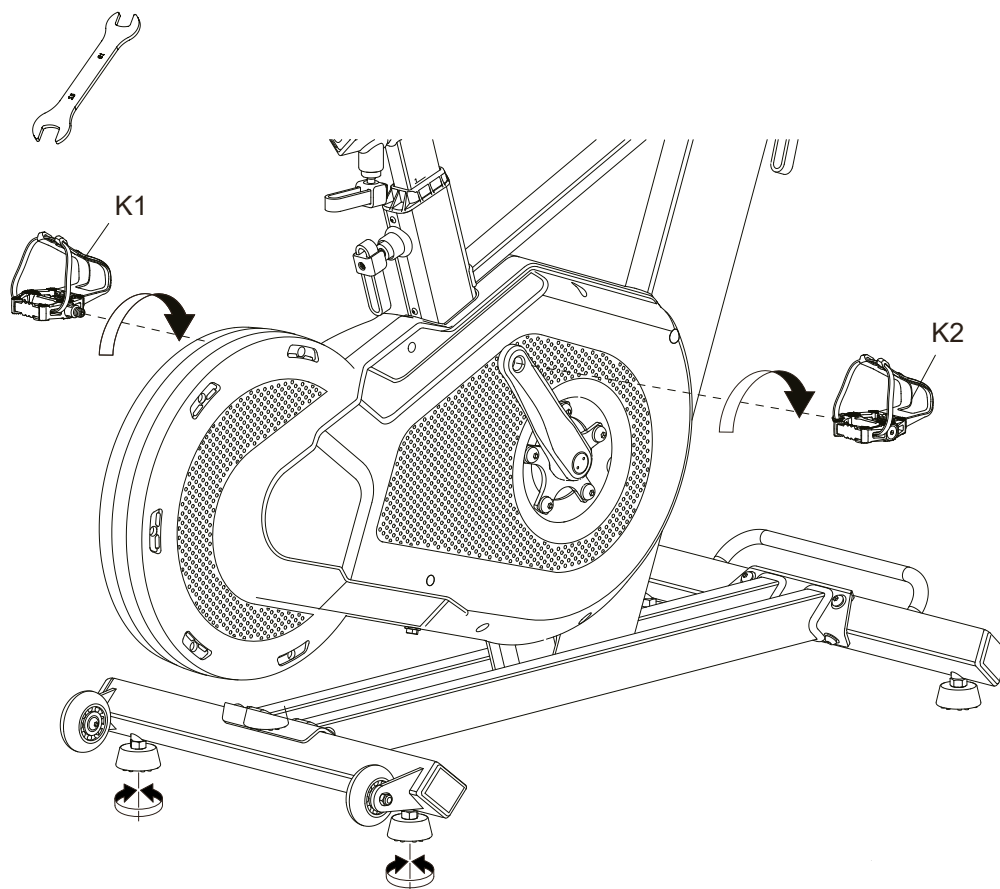
NOTE

The strap should rest loosely over the ball of the foot and must not press tightly.

Step 7: Alignment of the Feet

If the floor is uneven, you can stabilize the equipment by turning the two setting screws under the main frame.

1. Lift the equipment on the desired side and rotate the setting screws under the main frame.
2. Rotate the screws clockwise in order to remove them and to raise the equipment.
3. Rotate them counterclockwise in order to lower the equipment.



Adjusting the Seat and Handlebar Position

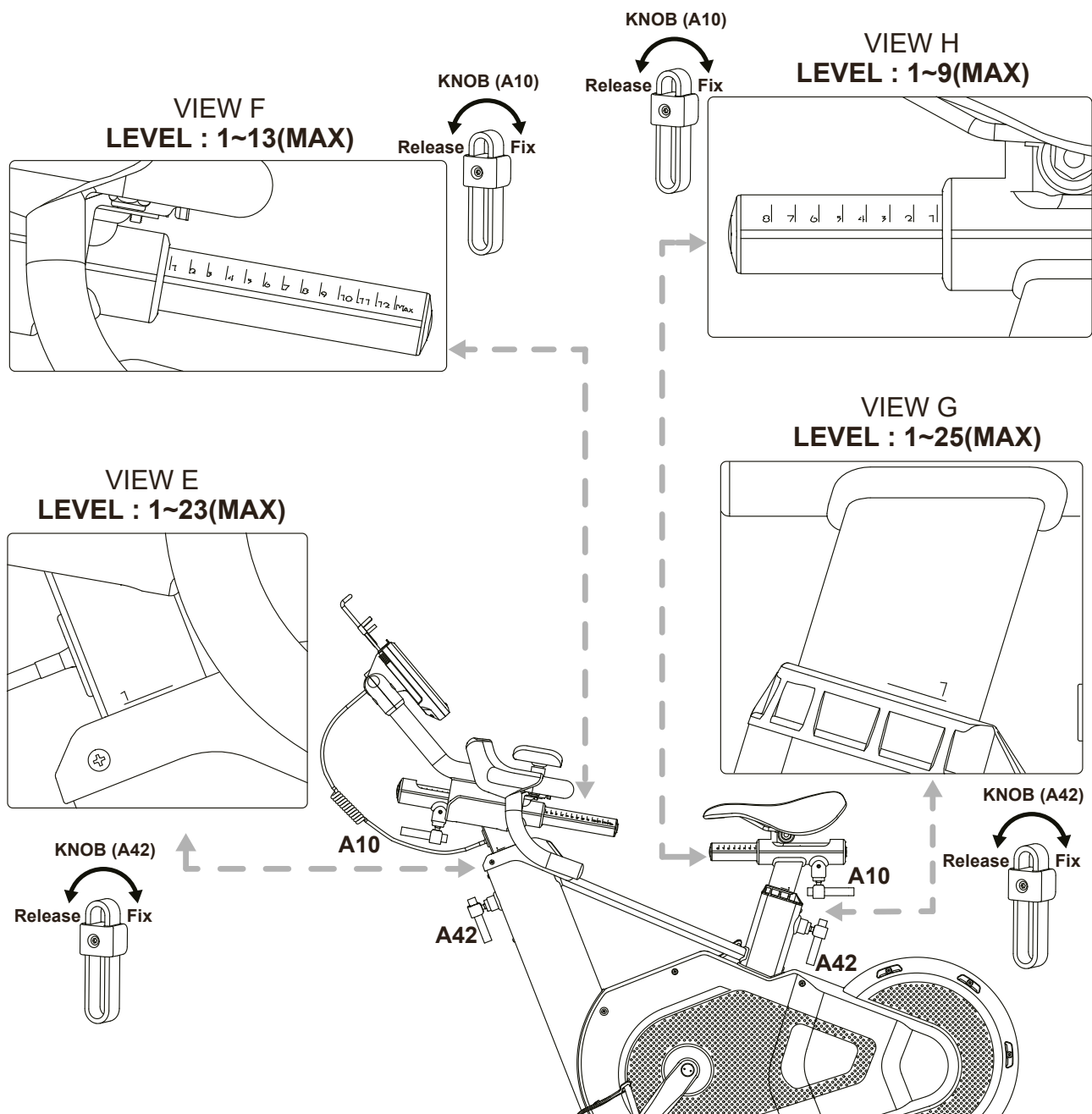
You have the option of adjusting the position precisely to your needs.



CAUTION

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

1. Loosen the knob by turning it counterclockwise.
2. Adjust the position.
3. Secure the knob by turning it clockwise.

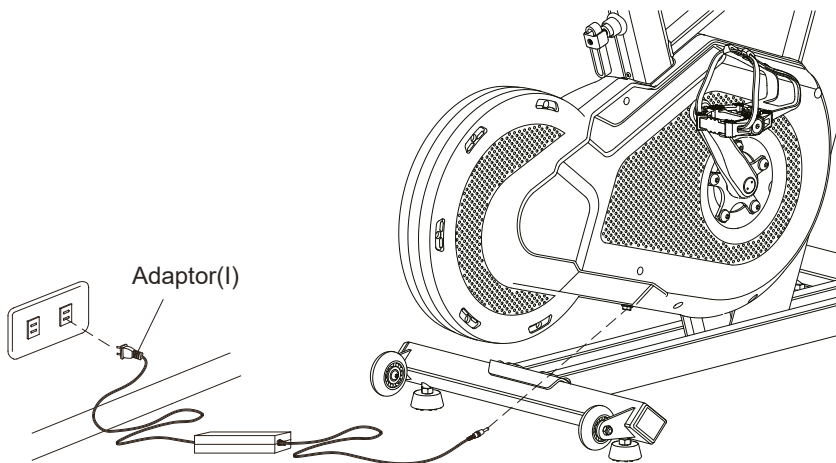


Connecting the Equipment to the Mains Supply

► ATTENTION

The equipment must not be connected to a multiple socket, otherwise it cannot be guaranteed that the equipment will be supplied with sufficient power. Technical errors can result.

Plug the power plug into a wall outlet that complies with the instructions in the chapter on electrical safety.



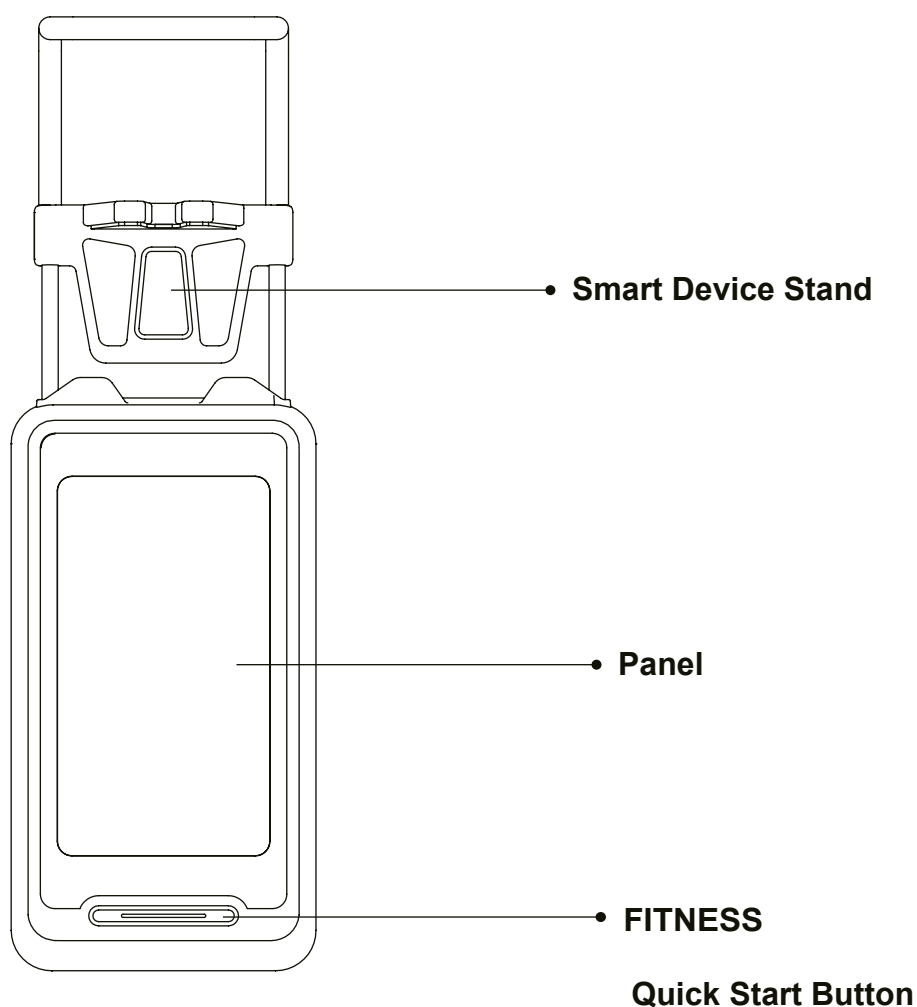
Correctly Getting On and Off

1. To get on, grip the handles with both hands and first step onto the left pedal with your left foot or onto the right pedal with your right foot and then place your foot onto the other pedal.
2. To get off, grip the handles with both hands and place one foot next to the equipment and then the other foot.

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



3.1.1 Console Display

NOTICE

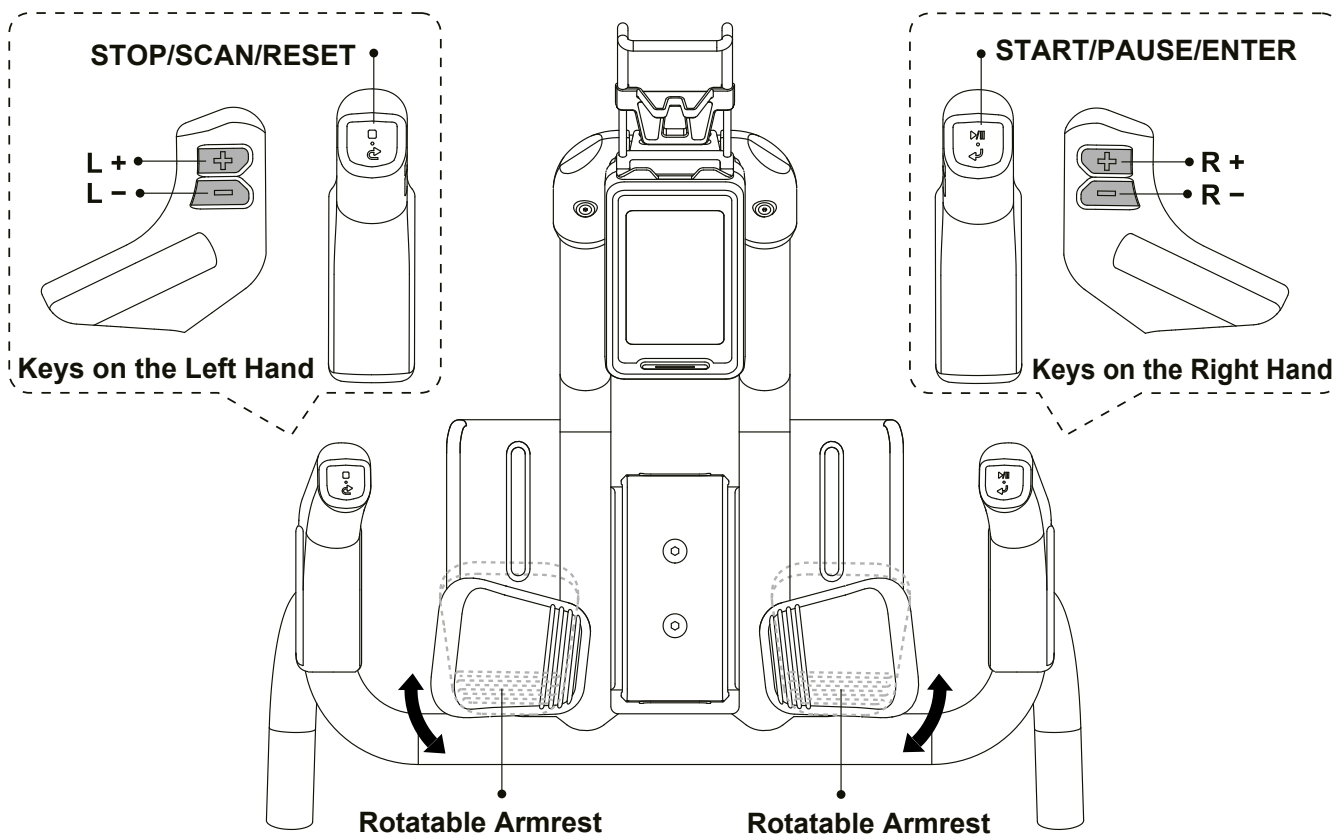
The following table provides an overview of displayed parameters and training data.

Display	Function	Setting / Display Range
FTP	Functional Threshold Power: The FTP value indicates the maximum power you can sustain for one hour.	Depending on result: 1–999 This value is determined by the FPT test (see Chapter 3.9.3) or can be entered manually.
TIME	Time	Display range: 00:00:00 – 09:59:59
RPM	Revolutions per minute	Display range: 0–999 rpm
WATT	Watt	Display range: 0–9999 Setting range: 25–400
H.RATE	Heart rate	Display range: 0–999 bpm Setting range: 30–230 bpm
SPEED	Speed	Display range: 0–99.9 km/h
DISTANCE	Distance	Display range: 0–99.9 km
CALORIES	Calories	Display range: 0–999.9 cal
HR ZONE	Heart rate zone	Display range: 1–5 See chapter 3.3
WATT ZONE	Watt zone	Display range: 1–6 See chapter 3.3.
GEAR	Gears	Display range: 1–24
GRADIENT	Virtual gradient	Display range: 0–15%
LOAD	Resistance	Display range: 1–52

3.1.2 Button Functions

Depending on the mode, the buttons on the handlebar have multiple functions.

Button	Function
	QUICK START: Press this button to start training immediately.
	START/PAUSE/ENTER: + During training: Press this button to pause or resume the workout. + In standby mode: Press this button to enter user data or select a mode.
	STOP/SCAN/RESET: + Hold this button for approx. 2 seconds to restart the console. + In standby mode: Press this button to return to the previous step. + During training: Press this button to switch between different training data for WATT, RPM, HR (PCT/AVG/MAH). + When training is paused: Press this button to end the workout and display the training summary.
	L + Press to increase values. L - Press to decrease values. ⓘ NOTICE Which values can be adjusted depends on the selected programme and is explained in the corresponding chapter.
	R + Press to increase values. R - Press to decrease values. ⓘ NOTICE Which values can be adjusted depends on the selected programme and is explained in the corresponding chapter.



3.2 Training Zones

Depending on training intensity, you will be in different training zones, each serving a different purpose.

The following table shows the watt zones:

Zone	Training type	Intensity compared to your FTP value
ZONE 1	Recovery	Light training with low intensity for active recovery between intense sessions.
ZONE 2	Endurance	Moderate training to improve endurance.
ZONE 3	Speed	Training with medium to high intensity.
ZONE 4	Threshold	Effort close to your threshold power to increase endurance performance.
ZONE 5	VO ₂ MAX – Maximum Oxygen Uptake	Intensive training to increase maximal oxygen uptake and aerobic performance.
ZONE 6	Anaerobic	Short, very intense efforts without oxygen supply, e.g. sprints or high-intensity intervals.

The following table shows the heart rate zones:

Zone	Training type	Heart Rate Compared with Recommended Maximum Heart Rate
ZONE 1	Warm-up	Light effort to prepare the heart and muscles for training.
ZONE 2	Easy	Low intensity for steady endurance training and recovery.
ZONE 3	Aerobic	Moderate effort to improve aerobic endurance and fat burning.
ZONE 4	Threshold	Effort close to your individual threshold to improve endurance performance.
ZONE 5	Maximum	Very high intensity to reach maximum heart rate – suitable only for short intervals.

3.3 Training Summary

At the end of each training session, a training summary is displayed showing all data from the completed session.

① NOTICE

Please note that the display shows maximum values and average values.

Display	Description	Function
AVG H.R	Average Heart Rate	+ Shows the average heart rate during the training session. + Please note that a chest strap is required for this.
AVG RPM	Average Revolutions per Minute	Shows the average revolutions per minute achieved during the training session.
AVG WATT	Average Watt Output	Shows the average watt output generated during the training session.
MAX H.R	Maximum Heart Rate	+ Shows the maximum heart rate reached during the training session. + Please note that a chest strap is required for this.
MAX RPM	Maximum Revolutions per Minute	Shows the maximum revolutions per minute achieved during the training session.
MAX WATT	Maximum Watt Output	Shows the maximum watt output generated during the training session.

3.3.1 Training Metrics

The following table provides an overview of the training metrics.

Display	Description	Function
SP	Standardised Power	The SP value calculates an average load value while taking fluctuations in training intensity into account – it measures perceived exertion.
VI	Variability Index	+ Compares the average power output with the perceived power output (SP). If there are no or very few intensity fluctuations, the value moves towards 1.0. + For interval or sprint training sessions, the value will be higher. + Formula: $VI = SP / AP$
SV	Strength Value	+ The SV value shows how intense the training was in relation to your FTP value. + The higher the SV value, the more intense the training. + Formula: $SV = SP / FTP$
EPV	Exercising Pressure Value	+ The EPV value measures the perceived fatigue after a training session. + The higher the EPV value, the greater the fatigue.

3.4 Switching On

After switching on the device or pressing the RESET button for 2 seconds, a signal tone sounds and USER flashes on the display.

NOTICE

- + If no signal (RPM or input) is received for approximately four minutes, the console switches to energy-saving mode.
- + To exit energy-saving mode, tap any button or start pedalling.

3.5 Quick Start

1. Press Fitness Quick Start.

The training starts in Bike Mode.

All values begin counting up.

2. Press and hold the STOP/SCAN/RESET button for approx. 2 seconds to return to standby mode.

3.6 Entering User Data

1. After switching on the console: Select the user (User 1 – User 4) using the +/- button.
2. Confirm your selection using the START/PAUSE/ENTER button.
3. Set the age using the +/- button.
4. Confirm with START/PAUSE/ENTER.
5. Set the height using the +/- button.
6. Confirm with START/PAUSE/ENTER.
7. Set the weight using the +/- button.
8. Confirm with START/PAUSE/ENTER.
9. Set the FTP value using the +/- button.
10. Confirm with START/PAUSE/ENTER.
11. Start the training either in FITNESS or BIKE mode (see chapter 3.6).

3.7 Training Modes

With the Ergoracer, you can choose between two training modes:

- + **BIKE:** Simulates riding a racing bike or mountain bike. Adjust settings such as gear or incline.
- + **FITNESS:** Start classic indoor cycling programmes and adjust the resistance or watt value.

The following programmes are available in both **BIKE Mode** and **FITNESS Mode**:

- + ERG
- + RIDE
- + FTMS
- + FTP-TEST
- + HRC

FITNESS-Mode



BIKE-Mode



3.8 Training Programmes

3.8.1 RIDE Mode (Free Training)

In RIDE Mode, you can freely adjust the resistance or gear/incline during the training session.

1. Enter the user settings (see chapter 3.5).
2. Press the +/- button to choose between FITNESS or BIKE.
3. Confirm your selection with the START/PAUSE/ENTER button.
4. Press the +/- button until RIDE is displayed.
5. Confirm your selection with the START/PAUSE/ENTER button.
6. To start the training session, press the START/PAUSE/ENTER button.

The programme begins.

7. To pause the training session, press the START/PAUSE/ENTER button.

The programme pauses.

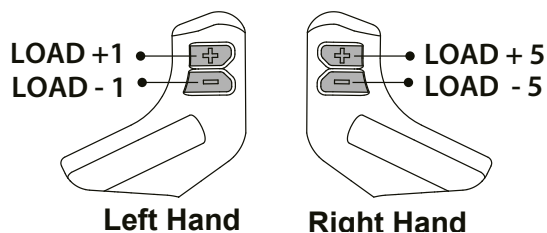
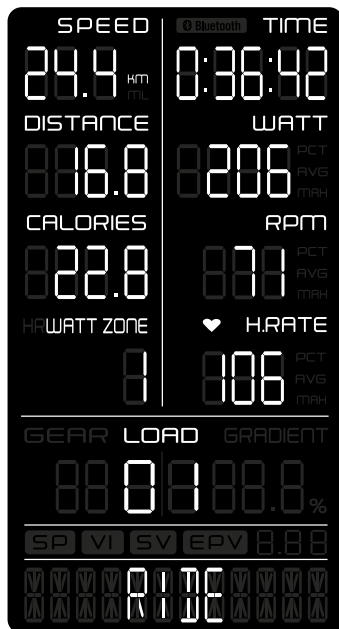
- 7.1. To continue the training session, press the START/PAUSE/ENTER button again.

- 7.2. To end the training session, press the STOP/SCAN/RESET button.

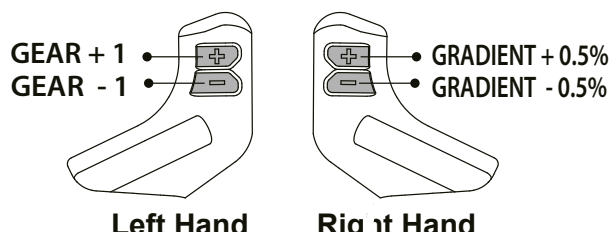
The training session ends and the training summary is displayed.

- 7.3. To return to the programme selection menu, press the STOP/SCAN/RESET button again.

FITNESS-Mode



BIKE-Mode



3.8.2 ERG Mode (Watt Programme)

In ERG Mode, you can freely adjust the target watt value or gear during the training session.

1. Enter the user settings (see chapter 3.5).
2. Press the +/- button to choose between FITNESS or BIKE.
3. Confirm your selection with the START/PAUSE/ENTER button.
4. Press the +/- button until ERG is displayed.
5. Confirm your selection with the START/PAUSE/ENTER button.
6. Set the WATT value using the +/- button.

NOTICE

The default watt value is 150 W.

7. To start the training session, press the START/PAUSE/ENTER button.

The programme begins.

NOTICE

The resistance adjusts automatically once your cadence exceeds 30 RPM.

8. To pause the training session, press the START/PAUSE/ENTER button.

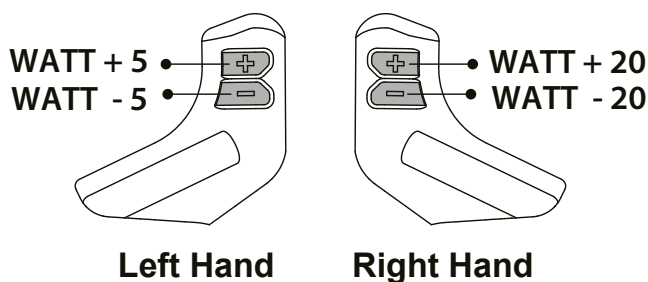
The programme pauses.

- 8.1. To continue the training session, press the START/PAUSE/ENTER button again.

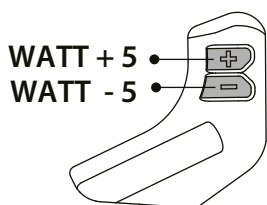
- 8.2. To end the training session, press the STOP/SCAN/RESET button.

The training session ends and the training summary is displayed.

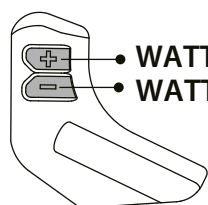
- 8.3. To return to the programme selection menu, press the STOP/SCAN/RESET button again.



FITNESS-Mode

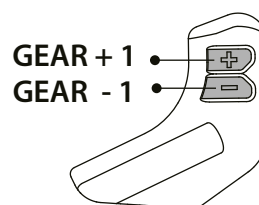


Left Hand

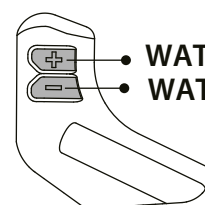


Right Hand

BIKE-Mode



Left Hand



Right Hand

3.8.3 FTP TEST Mode

In this mode, you can test your FTP value – FTP stands for Functional Threshold Power. The FTP value indicates the maximum power you can sustain for one hour. It is a commonly used metric in cycling. The test consists of a two-minute warm-up phase followed by a 20-minute test. During the 20 minutes, try to train as intensively as possible.

① NOTICE

Upon completing the 20-minute test, the FTP value is saved in your selected user profile (USER 1–4).

1. Enter the user settings (see chapter 3.5).
2. Press the +/- button to choose between FITNESS or BIKE
3. Confirm your selection with the START/PAUSE/ENTER button.
4. Press the +/- button until FTP TEST is displayed.
5. Confirm your selection with the START/PAUSE/ENTER button.
6. To start the training session, press the START/PAUSE/ENTER button.

The programme begins.

7. To pause the training session, press the START/PAUSE/ENTER button.

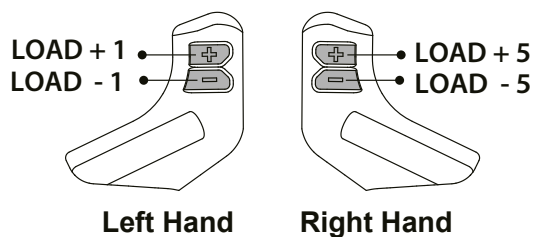
The programme pauses.

- 7.1. To continue the training session, press the START/PAUSE/ENTER button again.
- 7.2. To end the training session, press the STOP/SCAN/RESET button.

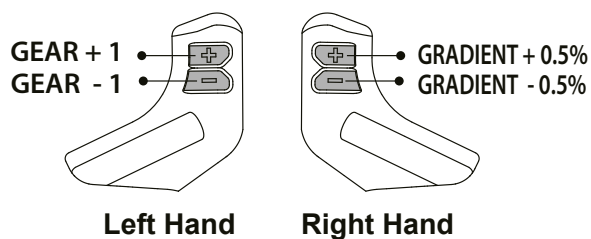
The training session ends and the training summary is displayed.

- 7.3. To return to the programme selection menu, press the STOP/SCAN/RESET button again.

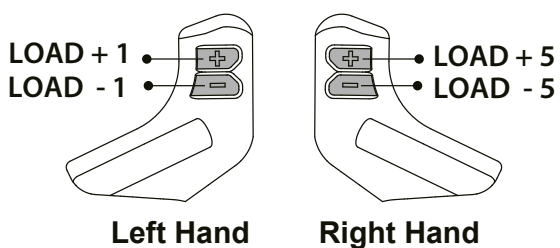
FITNESS-Mode



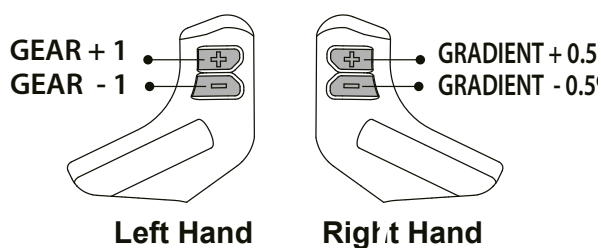
BIKE-Mode



FITNESS-Mode



BIKE-Mode



3.8.4 HRC Mode

In Heart Rate Control (HRC) mode, you set a target heart rate. The resistance adjusts based on your effort: if you are below the target, the resistance increases; if you are above the target, the resistance decreases. Choose from: 55%, 75%, 90%, or TARGET (custom).

WARNING

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

NOTICE

Die Herzfrequenzmessung ist nur mit einem optionalen Brustgurt (5.3KHz/Bluetooth/ANT+) möglich.

1. Enter the user settings (see Chapter 3.5).
2. Press the +/- button to choose between FITNESS or BIKE.
3. Confirm your selection with the START/PAUSE/ENTER button.
4. Press the +/- button until HRC is displayed.
5. Confirm your selection with the START/PAUSE/ENTER button.
6. Press the +/- button to select HRC55, HRC75, HRC90, or HRC TAG
7. Confirm your selection with the START/PAUSE/ENTER button.
- 7.1. If you select HRC55, HRC75, or HRC90, the target heart rate is automatically calculated based on your age.
- 7.2. If you select HRC TAG, adjust your target heart rate manually using the +/- button.
8. To start the training session, press the START/PAUSE/ENTER button.

NOTICE

When the chest strap is connected, PULSE INPUT is displayed on the console. Once the chest strap is paired with the console, HRC and the selected programme will be displayed.



The programme begins.

9. To pause the training session, press the START/PAUSE/ENTER button.

The programme pauses.

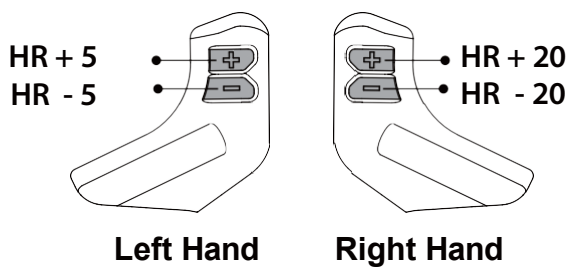
- 9.1. To continue the training session, press the START/PAUSE/ENTER button again.
- 9.2. To end the training session, press the STOP/SCAN/RESET button.

The training session ends and the training summary is displayed.

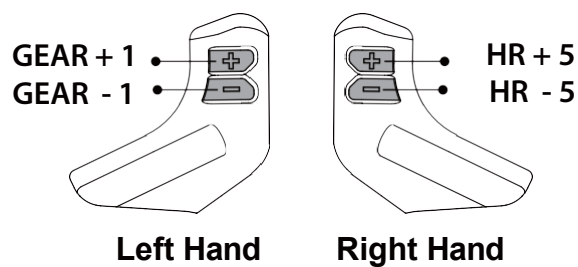
- 9.3. To return to the programme selection menu, press the STOP/SCAN/RESET button again.



FITNESS-Mode



BIKE-Mode



3.8.5 FTMS Mode

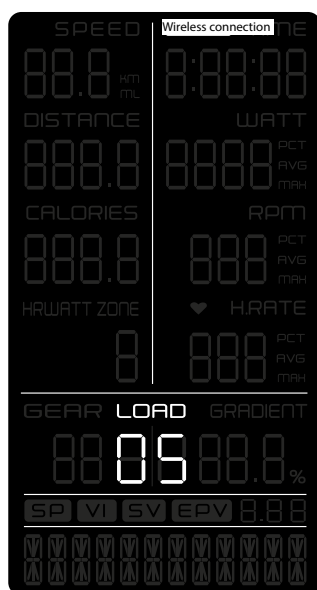
You can connect the console to your preferred training app.

1. Enter the user settings (see Chapter 3.5).
2. Press the +/- button to choose between FITNESS or BIKE.
3. Confirm your selection with the START/PAUSE/ENTER button.
4. Press the +/- button until FTMS Mode is displayed.
5. Confirm your selection with the START/PAUSE/ENTER button.
6. Connect the console to the desired app (see Chapter 3.10).

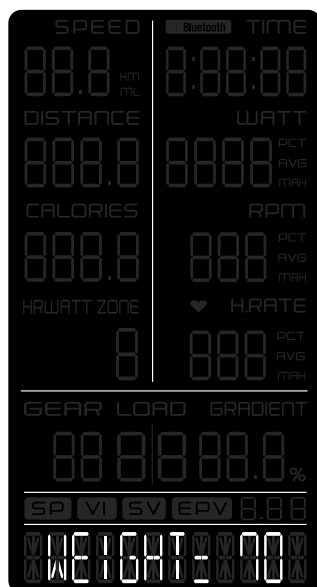
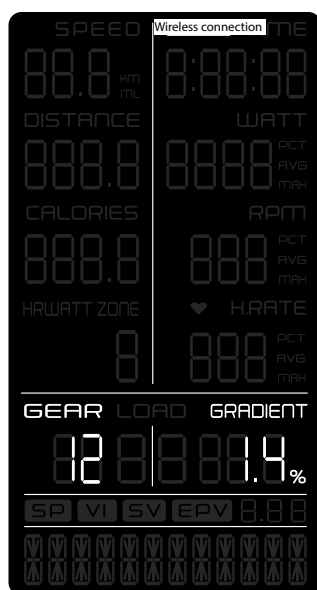
NOTICE

- + Enter the same weight in the app as you did on the console. This ensures that the data is displayed correctly.

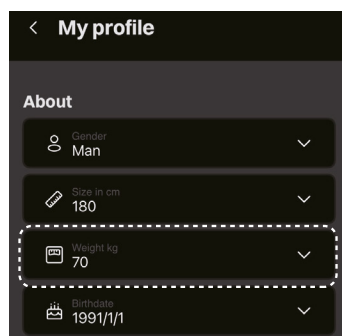
FITNESS-Mode



BIKE-Mode



WEIGHT ↑



← WEIGHT

3.9 Wireless Connection and Fitness Apps

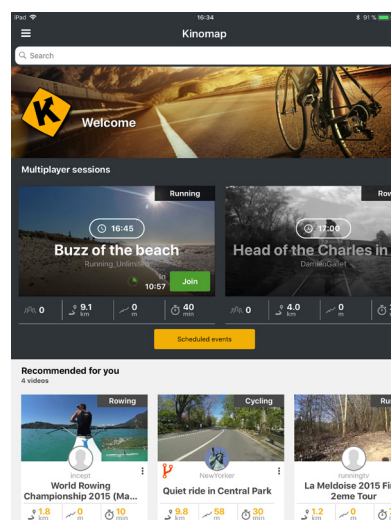
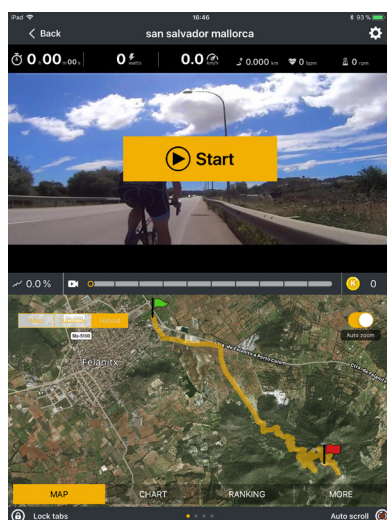
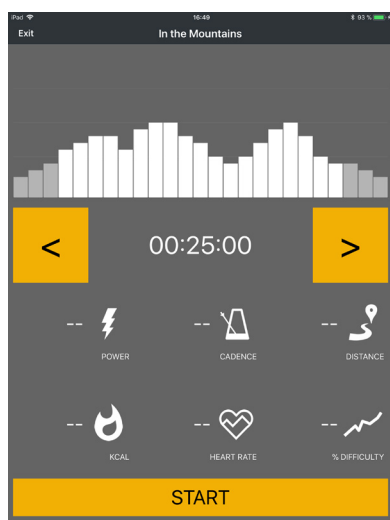
This console is equipped with a wireless interface. Please take note that your mobile device needs to be compatible with the wireless interface of the treadmill.

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

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

Rowing 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.

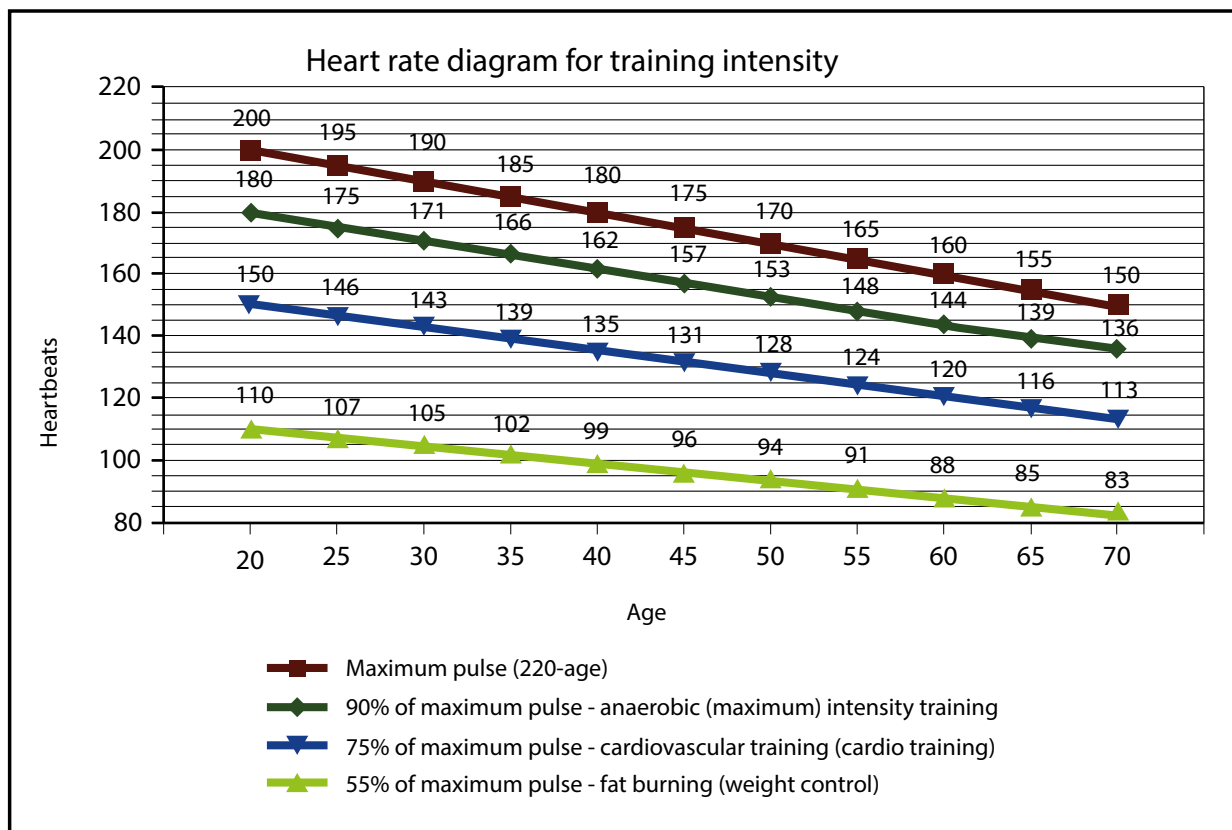
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

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

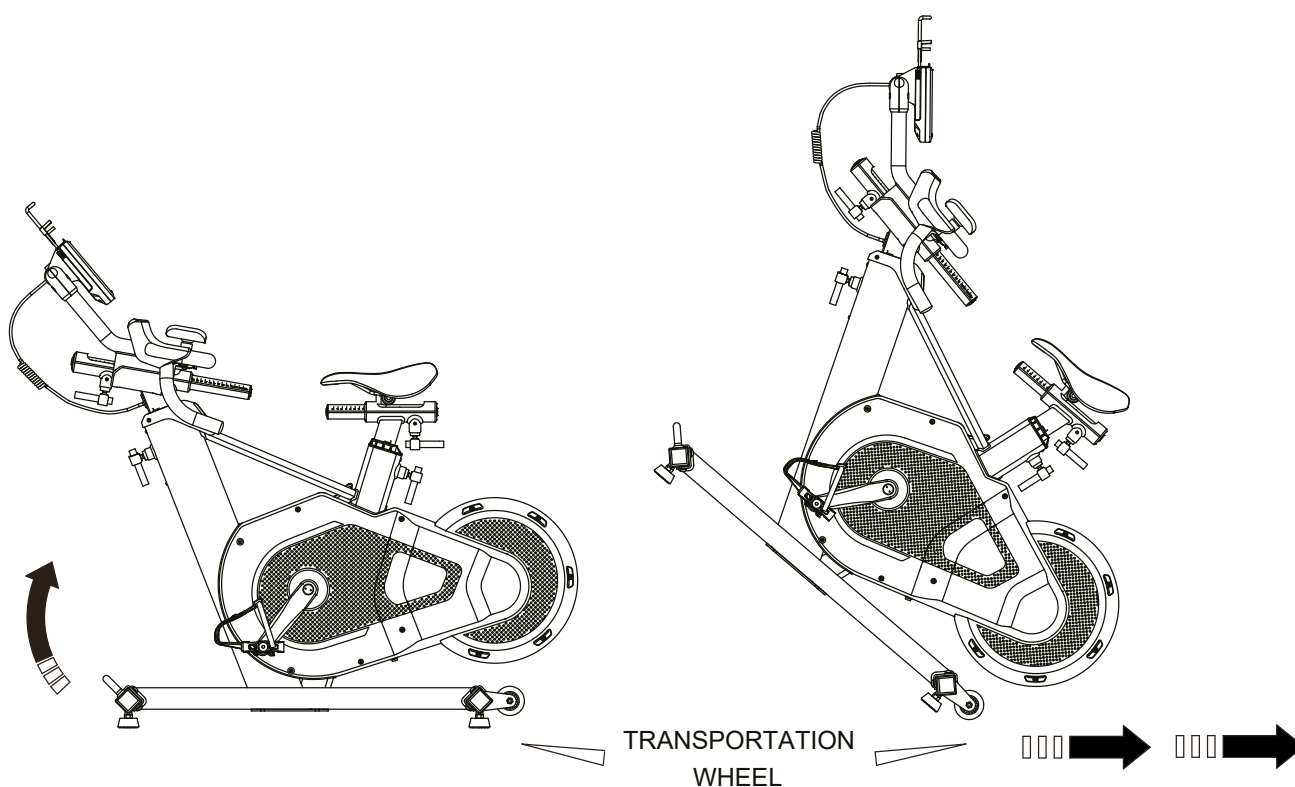
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

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 1.4 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

Wi-Fi cannot be connected	+ Incorrect password + Special characters in the password + Wi-Fi frequency not suitable	+ Change Wi-Fi password. + Establish Internet connection via a hotspot. + The date, time and time zone must be set correctly.
---------------------------	--	---

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. 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



saddle cover



silicone spray

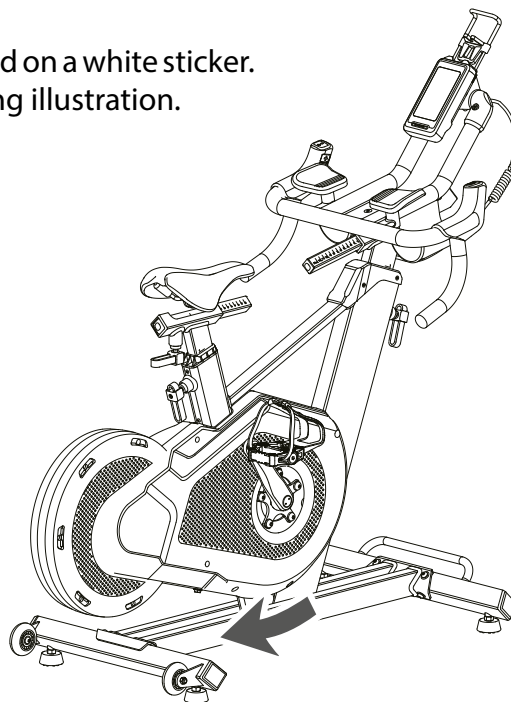
9.1 Serial Number and Model Name

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. 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

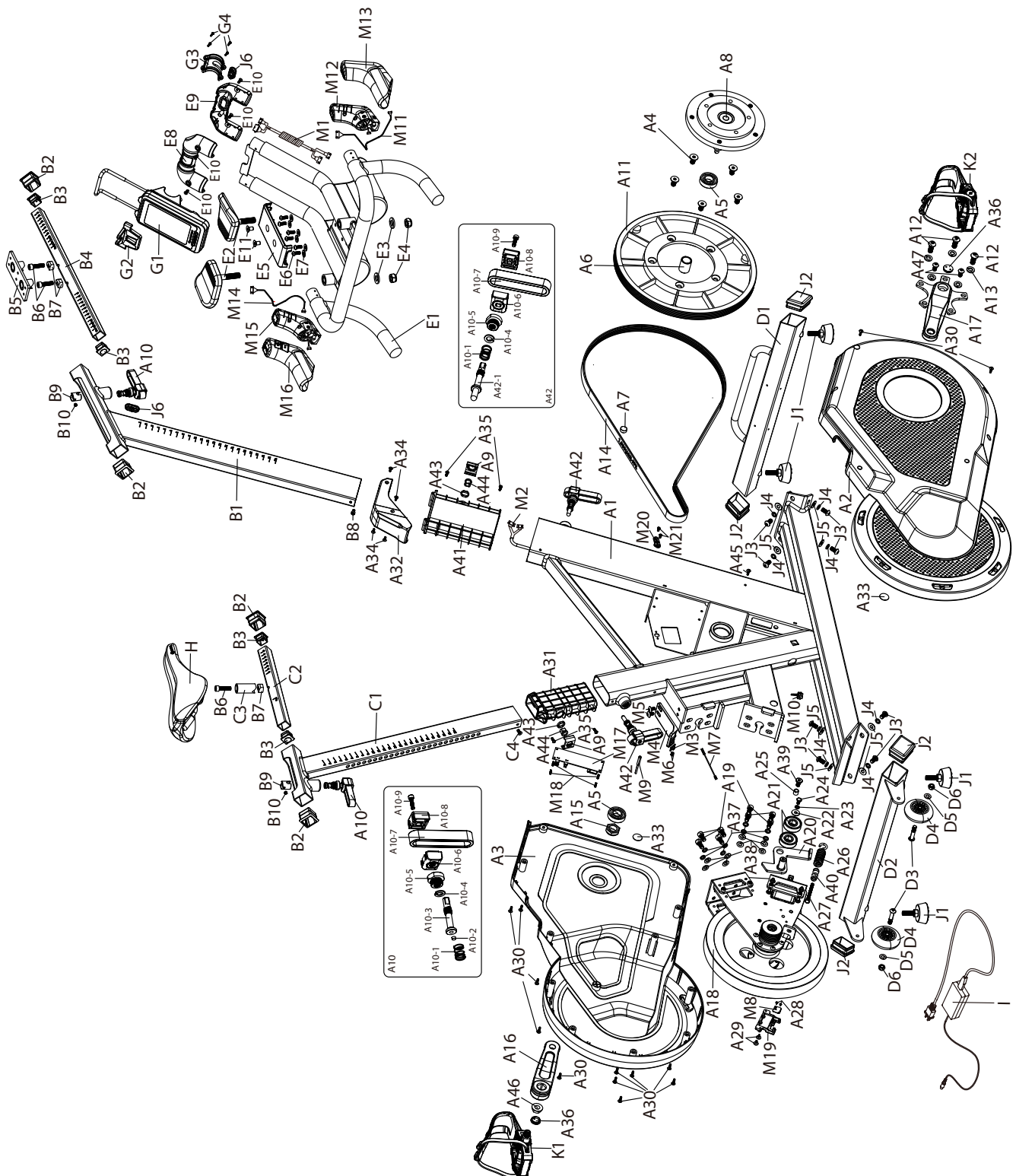
No.	Name	Qty.
A1	MAIN FRAME	1
A2	CHAIN COVER-R	1
A3	CHAIN COVER-L	1
A4	SCREW M10	5
A5	BEARING(6004)	2
A6	SLEEVE	1
A7	MAGNET Ø15*7	1
A8	BELT PULLY- WELDED SET	1
A9	PRESS PLATE COVER OF SADDLE POST SLEEVE	2
A10	KNOB	2
A10-1	SPRING	4
A10-2	MAGNET	2
A10-3	QUICK PRESS AXLE	2
A10-4	QUICK PRESS NYLON SPACER	4
A10-5	NUT M10	4
A10-6	QUICK RELEASE BAR UPPER HOUSING	4
A10-7	QUICK RELEASE BAR	4
A10-8	QUICK RELEASE BAR DOWN HOUSING	4
A10-9	SCREW M4	4
A11	BELT PULLEY	1
A12	SCREW M10	3
A13	SPRING LOCK WASHER M10	5
A14	BELT	1
A15	NUT M20	1
A16	CRANK-L	1
A17	CRANK-R	1
A18	ONE-WAY FLYWHEEL	1
A19	SCREW M8	8
A20	IDLER WHEEL FRAME	1
A21	BEARING(6302)	2
A22	WASHER	1

A23	SPRING WASHER	1
A24	SCREW	1
A25	SCREW M8	1
A26	SPRING	1
A27	SCREW M6	1
A28	SCREW M2	2
A29	SCREW M4	2
A30	SCREW M4	13
A31	PLASTIC END CAP OF SADDLE POST	1
A32	PLASTIC END CAP OF MAIN SUPPORTING TUBE	1
A33	FOAM TAPE	2
A34	SCREW M4	4
A35	SCREW M4	4
A36	CRANK CAP	2
A37	SPRING WASHER M8	8
A38	WASHER M8	8
A39	SPACE	1
A40	NUT	1
A41	PLASTIC PIPE	1
A42	KNOB	2
A42-1	QUICK PRESS AXLE	1
A43	PLASTIC END CAP OF SLEEVE	2
A44	SLEEVE	2
A45	SCREW M4	1
A46	NUT	1
A47	SCREW M8	2
B1	SUPPORTING TUBE OF HANDLE BAR	1
B2	PLASTIC PIPE	4
B3	END CAP	4
B4	Chute for handlebar	1
B5	Armrest fixing seat	1
B6	SCREW M8	3
B7	SCREW SLEEVE	3
B8	SCREW M5	1

B9	SLEEVE	2
B10	SCREW M6	2
C1	SADDLE POST	1
C2	Chute for saddle	1
C3	SEAT BASEMENT	1
C4	SCREW M5	1
D1	FORNT STABILIZER	1
D2	BACK STABILIZER	1
D3	SCREW M8X40mm	2
D4	TRANSPORTATION WHEEL	2
D5	WASHER M8	2
D6	NUT M8	2
E1	HANDLE BAR	1
E2	ELBOW REST	2
E3	WASHER M12	2
E4	NUT M12	2
E5	TUBE COVER	1
E6	SCREW M6	6
E7	WASHER M6	6
E8	CONSOLE SUPPORTING TUBE COVER	1
E9	CONSOLE SUPPORTING TUBE COVER	1
E10	SCREW M4	4
E11	SCREW M5	2
G1	CONSOLE	1
G2	PHONE HOLDER	1
G3	CONSOLE TUBE COVER	1
G4	SCREW ST2.9X16mm	4
H	SADDLE	1
I	ADAPTER	1
J1	ADJUSTED END	4
J2	REAR STABILIZER COVER	4
J3	SCREW M8	8
J4	SPRING WASHER M8	8
J5	WASHER M8	8

J6	END CAP	2
K1	PEDAL (L)	1
K2	PEDAL (R)	1
M1	SENSOR WIRE 700mm	1
M2	SENSOR WIRE 1100mm	1
M3	SENSOR WIRE 700mm	1
M4	BRACKET OF TEMPERATURE SENSOR	1
M5	SCREW M6	2
M6	SCREW M2	2
M7	SENSOR WIRE 550mm	1
M8	SENSOR WIRE 700mm	1
M9	SENSOR WIRE 150mm	1
M10	SENSOR WIRE 600mm	1
M11	SENSOR WIRE 1000mm	1
M12	TOGGLE-R	1
M13	RUBBER COVER-R	1
M14	SENSOR WIRE 1000mm	1
M15	TOGGLE-L	1
M16	RUBBER COVER-L	1
M17	ELECTRIC CONTROL BOARD	1
M18	POSITIONING COLUMN	4
M19	SENSOR WIRE HOUSING	1
M20	SENSOR WIRE HOUSING	1
M21	SCREW M4	2

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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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

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 www.kettlersport.com
	www.facebook.com/fitshopgroup/
	www.instagram.com/fitshopgroup/
	www.linkedin.com/company/fitshop-gmbh
	www.stg.fit/YouTube_DE

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