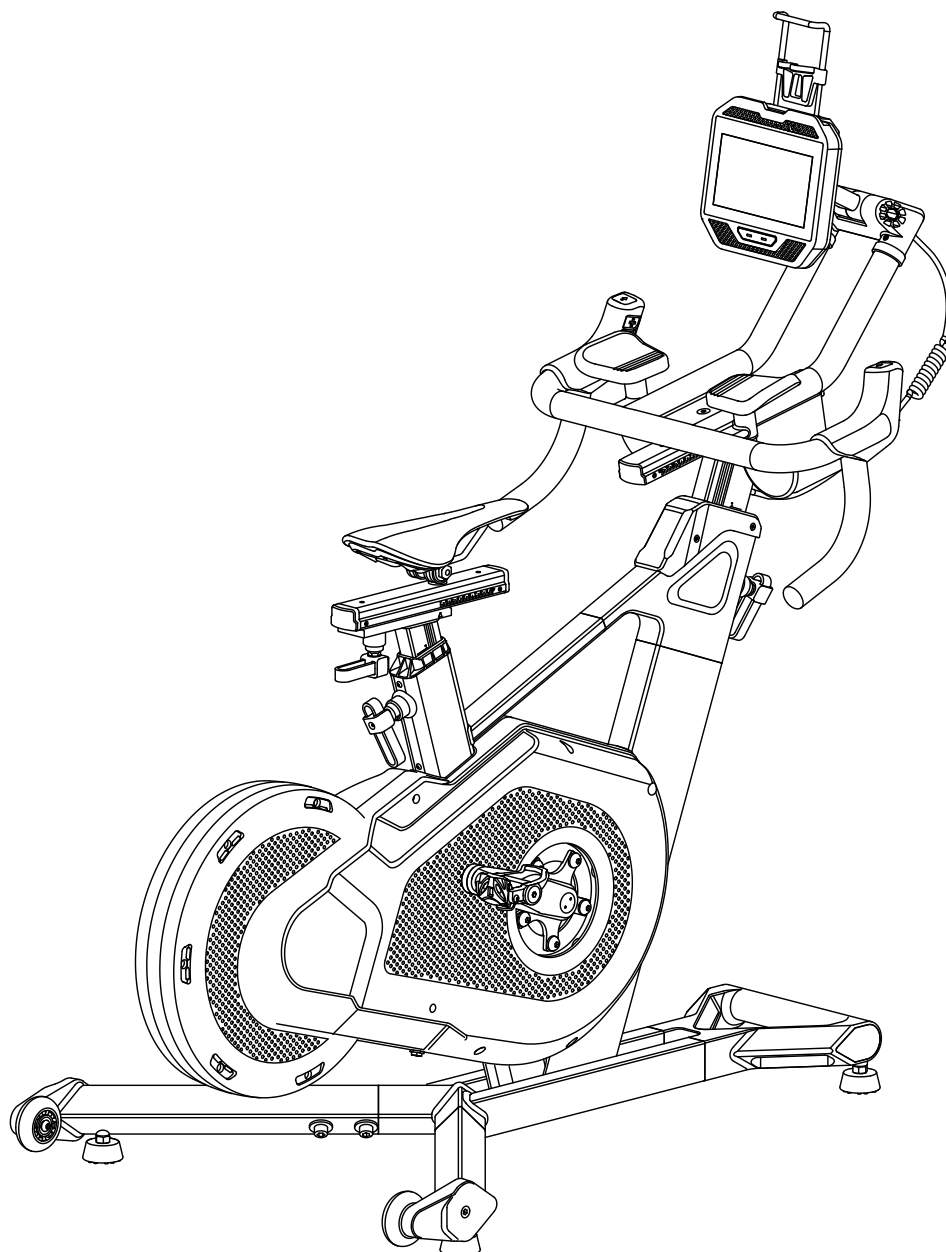


KETTTLER

ASSEMBLY AND OPERATING INSTRUCTIONS



max. 150 kg



~ 30 Min.



69 kg

L 148 | B 71 | H 165

FSKBK1021100.01.01

Art. No. K-BK1021-100

ERGORACER RS

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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

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Europe's No. 1 for home fitness

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Disclaimer

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

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.

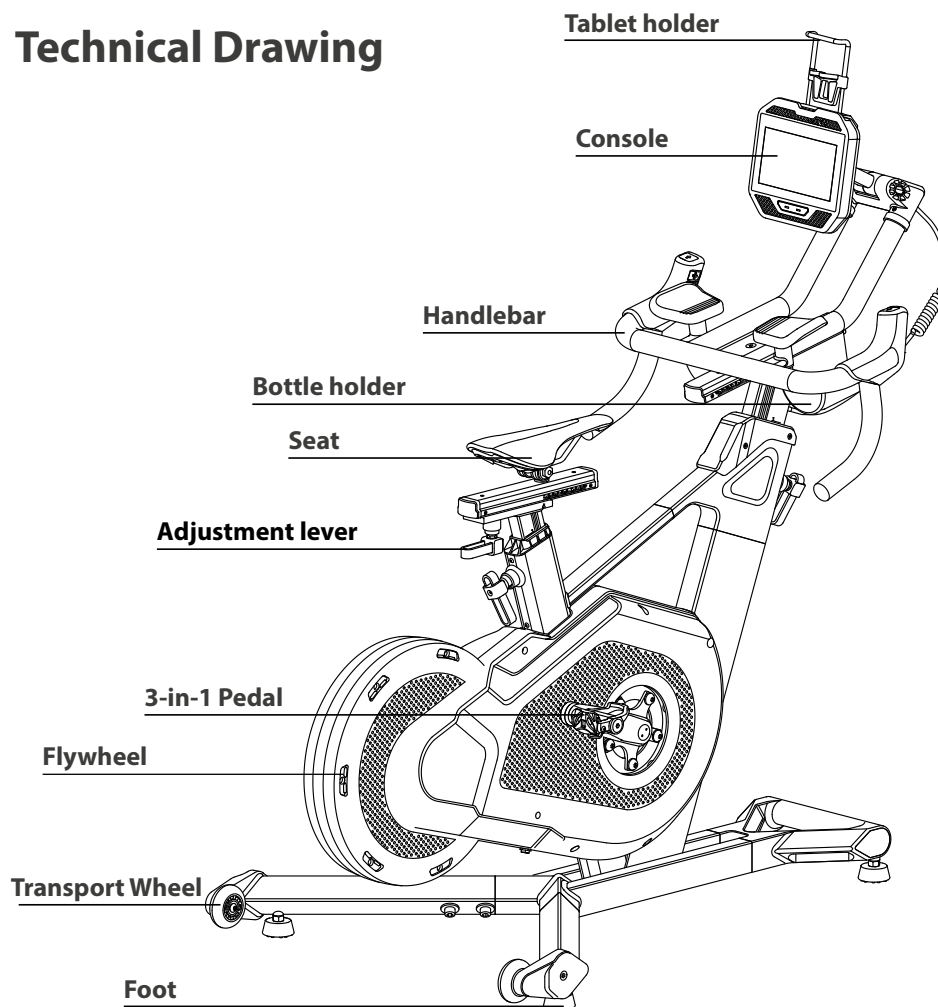
Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

1.1 Technical Data

Weight and dimensions	
Article weight (gross, including packaging)	76.6 kg
Article weight (net, without packaging)	69 kg
Packaging dimensions (L x W x H)	146 cm x 28.5 cm x 95 cm
Set-up dimensions (L x W x H)	148 cm x 71 cm x 125 cm - 165 cm
Seat height	81 cm - 115 cm
Additional dimensions	
Q-Factor	17 cm
Crank length	170 mm
Maximum load	
Maximum user weight	150 kg
Technical specifications	
Flywheel	10 kg
Resistance system	Induction
Resistance levels	80
Power supply	Mains supply
Console data	
Display	Time
	Speed
	Distance
	Calories
	Incline
	Pulse
	Watt
Display Size	7 inches
Display Input	Touch Display
User profiles	4
Watt-Data	
Min. and max. Watt at 60 RPM	20 - 730 Watt

Min. and max. Watt at 100 RPM	38 - 1360 Watt
Adjustable Range in Watt Mode	25 - 600 Watt (in 5-Watt steps)
Programme overview	
Heart rate programmes	4
Preset programmes	59
FTP-Test	1
User defined programmes	1
Watt programmes	1
Miscellaneous	
Menu language	English
Transmission ratio	1:6,86
Wireless connection	Ja
Pedal type	3-in-1 (Basket, SPD, Look)
Pulse reading	Optional: Ches belt (Not in the scope of delivery)
Use class	S

1.2 Technical Drawing



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

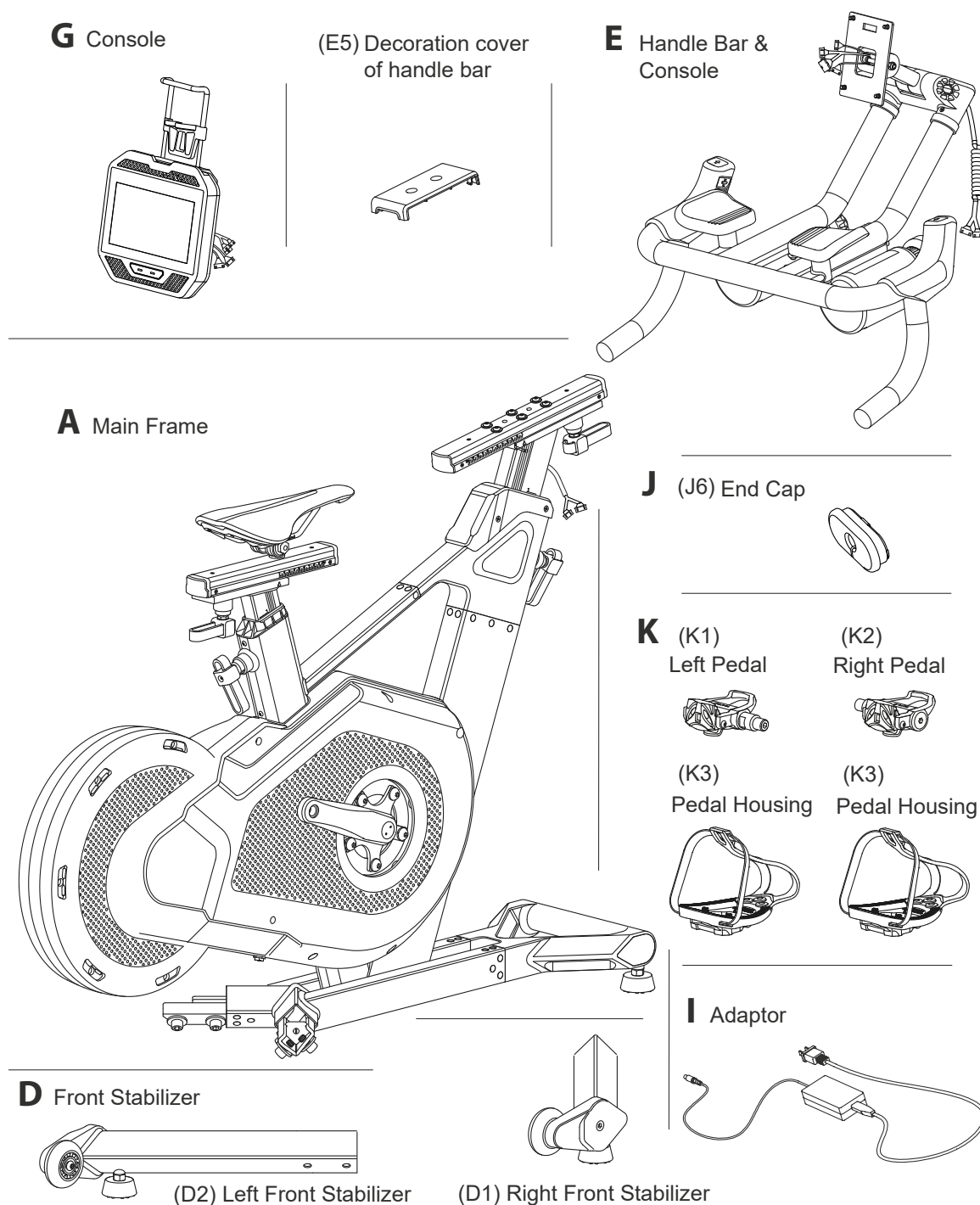
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

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): Allen Wrench, Wrench, Screw driver

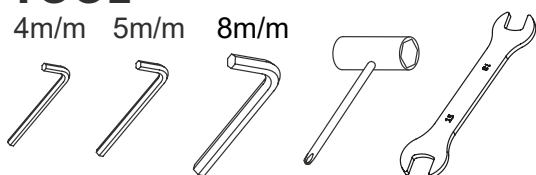


TOOL

4m/m

5m/m

8m/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.

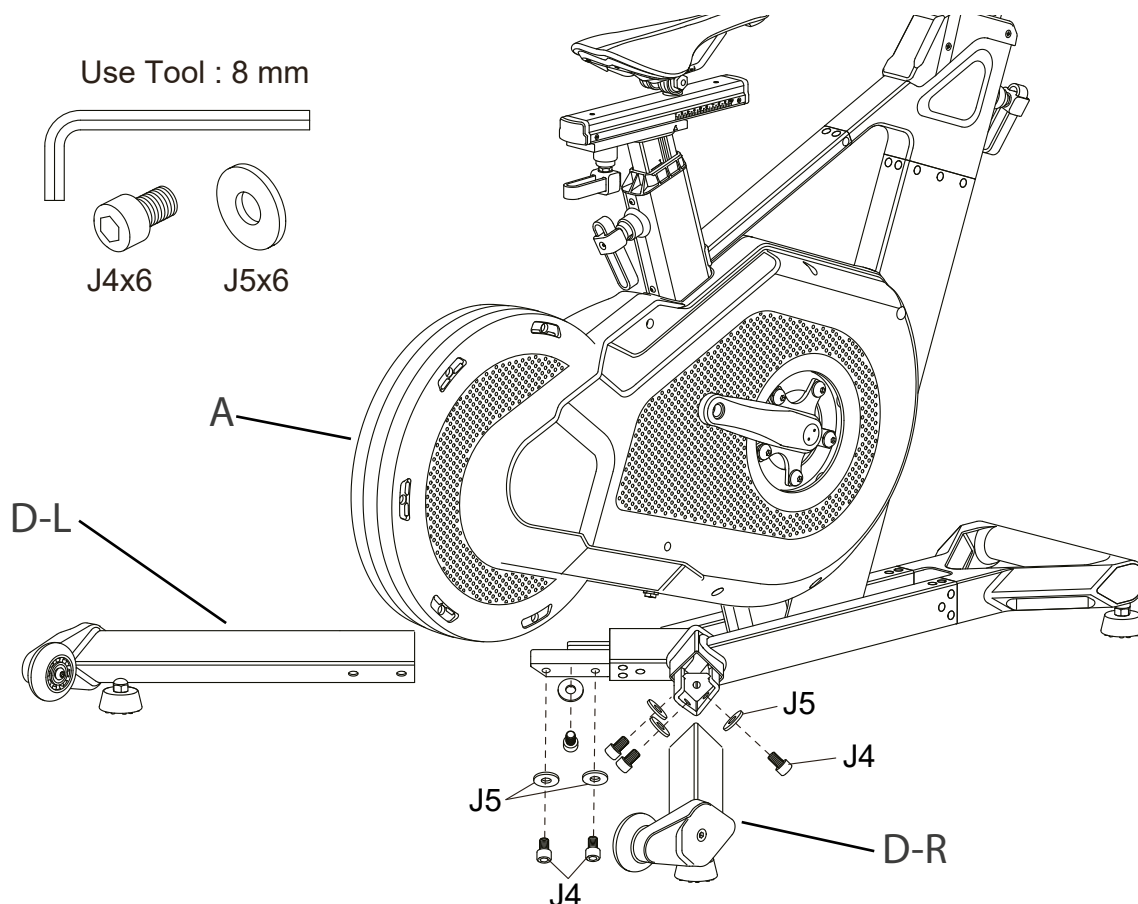
NOTICE

- + 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: Assembling the Base Feet

1. Remove the pre-installed bolts (J4) and washers (J5) from the main frame (A).
2. Attach the left base foot (D-L) to the main frame (A) using three bolts (J4) and three washers (J5).
3. Attach the right base foot (D-R) to the main frame (A) using three bolts (J4) and three washers (J5).

Use the Allen key (8 mm) for this assembly.

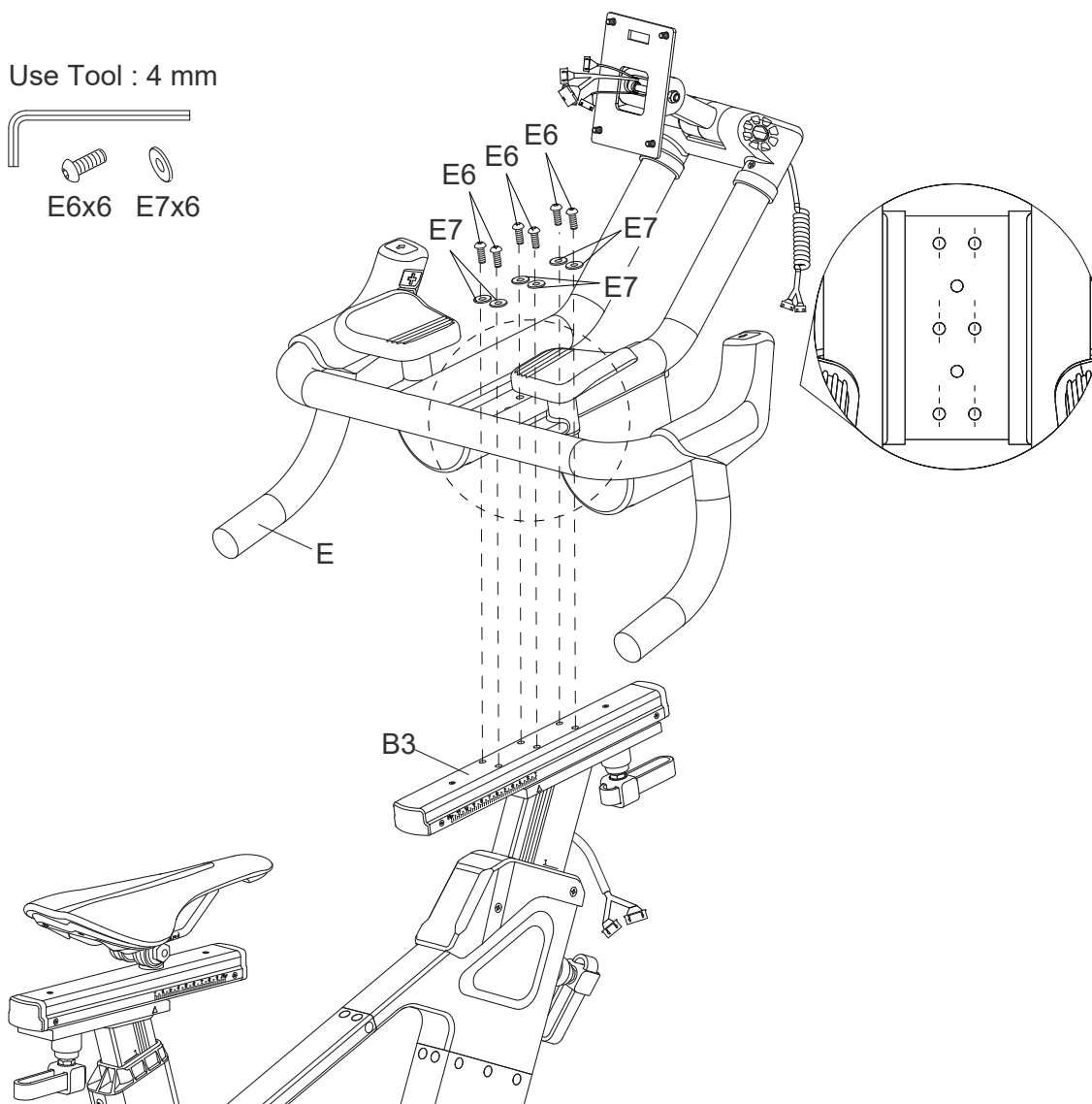
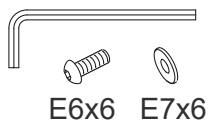


Step 2: Assembling the Handlebar

1. Remove the pre-installed screws (E6) and washers (E7) from the handlebar mount (B3).
2. Attach the handlebar (E) to the handlebar mount (B3) using six screws (E6) and six washers (E7).

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

Use Tool : 4 mm



Step 3: Attaching the Cover

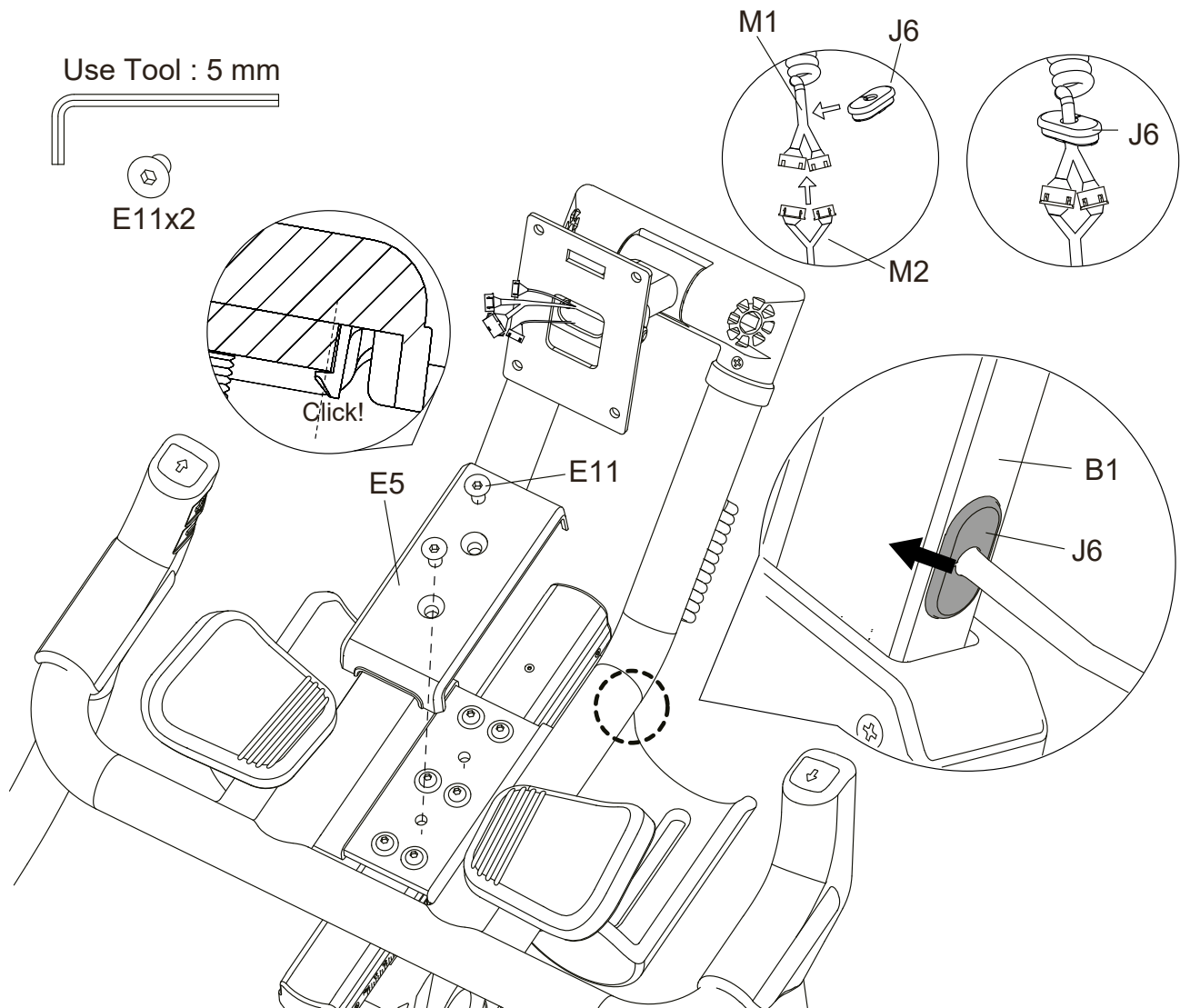
1. Remove the pre-installed screws (E11) from the handle bar (E).
2. Snap the screw cover (E5) onto the handlebar (E).
3. Secure the screw cover (E5) with two screws (E11).



CAUTION

- + Make sure the cable connectors are properly connected.
 - + Ensure that the cables are not pinched.
4. Connect cable (M1) to cable (M2).
 5. Place the cable cover (J6) over cable (M1).
 6. Insert the cable cover (J6) into the main frame (A).

Use the Allen key (5 mm) for this.



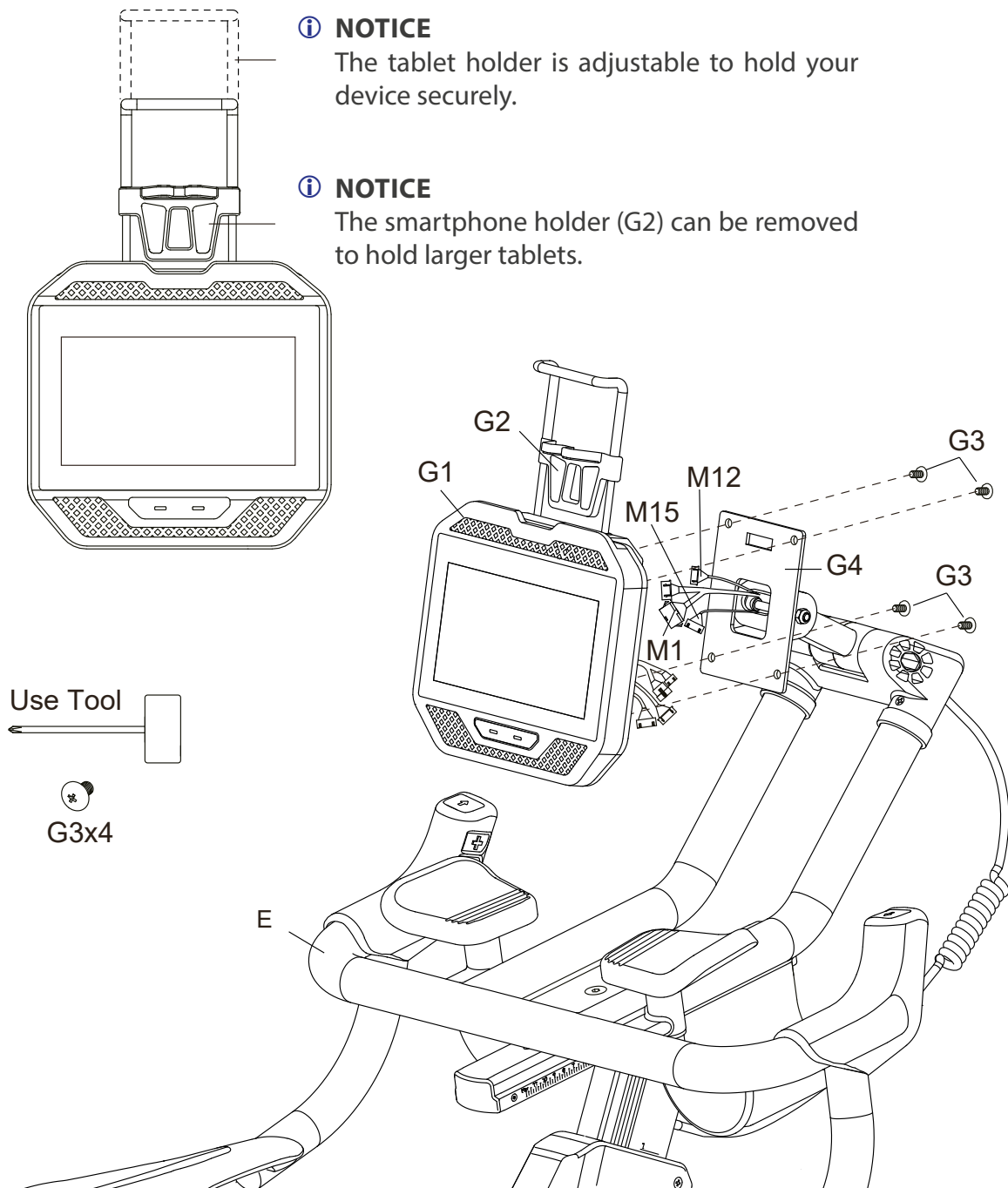
Step 4: Installing the Console

► CAUTION

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

1. Connect the console cables (G1) to the main frame cables (M1, M12, M15).
2. Attach the console (G1) to the console bracket (G4) using four screws (G3).

Use a screwdriver for this assembly.



Step 5: Attaching 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.



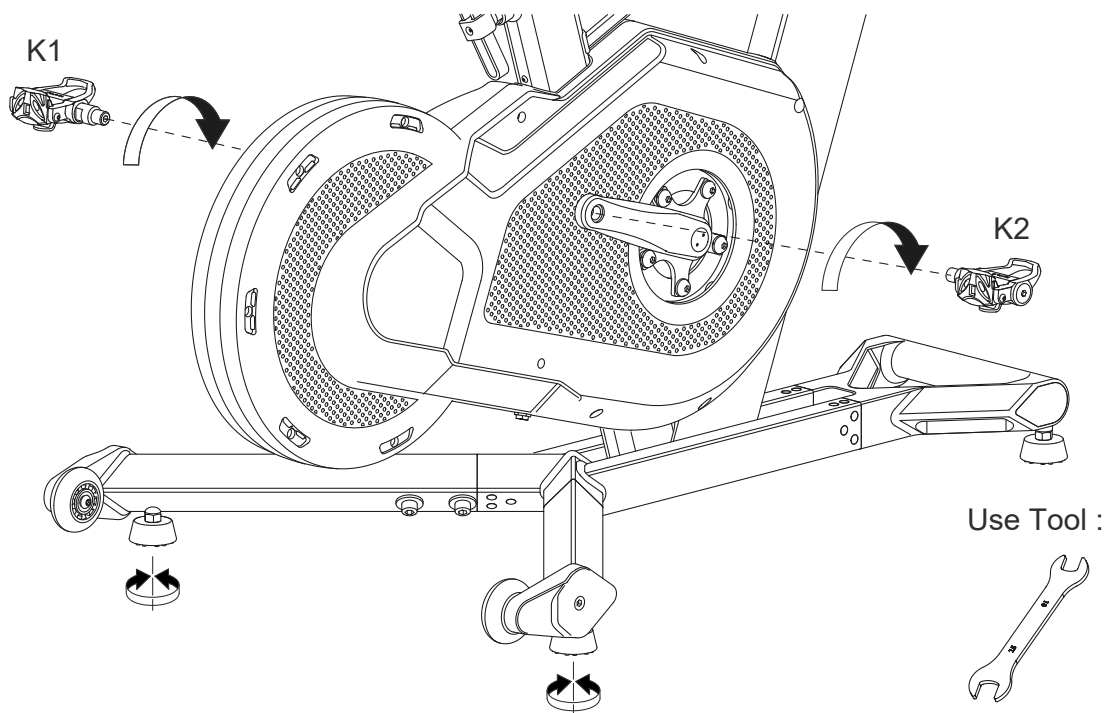
NOTE

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

Step 6: Aligning the feet

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

1. Lift the device on the desired side and turn the adjusting screw under the main frame.
2. Turn the screw clockwise to loosen it and raise the device.
3. Turn counterclockwise to lower the device.



2.3.1 Using the 3-in-1 Pedals

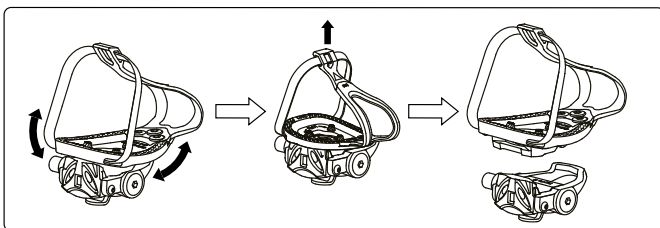
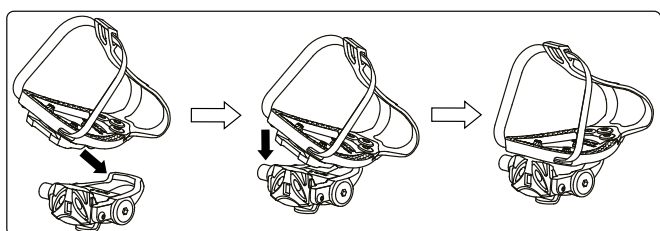
With the Ergoracer RS, you can adjust the pedals to your individual training needs. Please observe the following instructions:

► **WARNING**

Ensure that the pedal cage is properly locked in place.

❗ **NOTICE**

The strap should lie loosely over the ball of the foot and must not cause any pressure.



CYCLING SHOES	PEDAL
LOOK	
SPD	

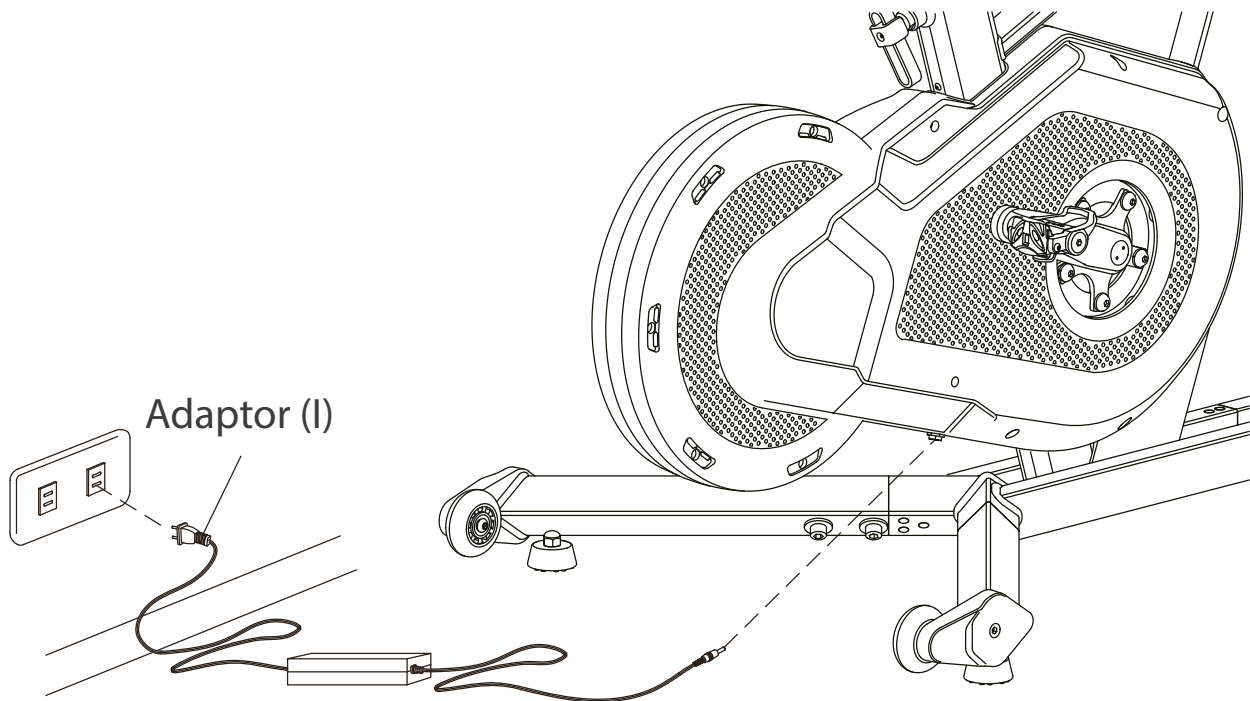
Step 7: Connecting the Equipment to the Mains Power Supply

► WARNING

Do not connect the equipment to a power strip, as this may prevent sufficient power supply. Technical malfunctions may occur as a result.

Insert the power plug into a socket that complies with the requirements specified in the chapter on electrical safety.

→ *The equipment is now ready for use.*



Correct Mounting and Dismounting

1. To mount, grasp the handlebars with both hands and place either your left foot on the left pedal or your right foot on the right pedal first, then step up with the other foot.
2. To dismount, grasp the handlebars with both hands and place one foot beside the equipment, then the other.

Adjusting the Seat and Handlebar Height

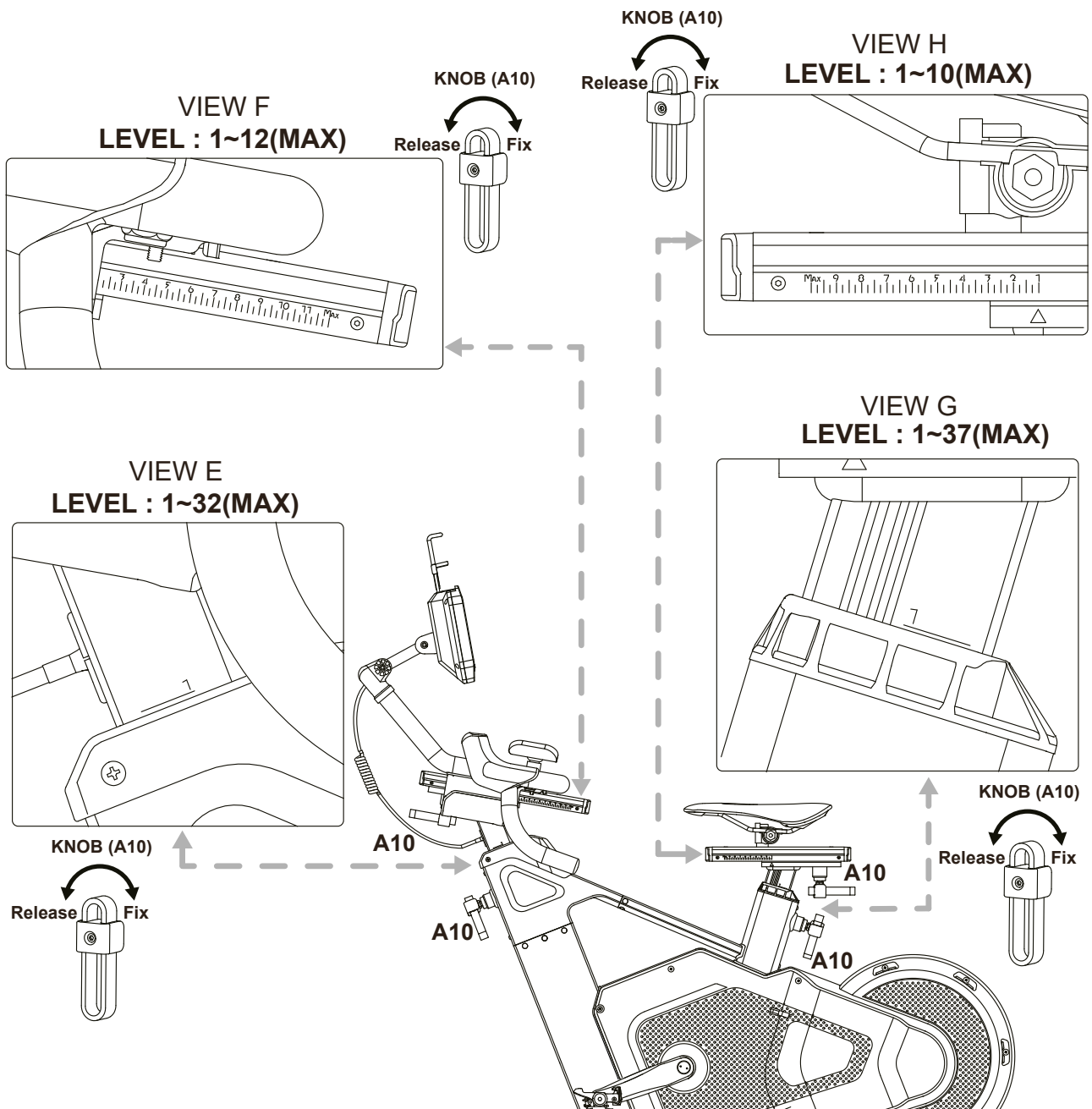
You can adjust the position precisely to suit your needs.



CAUTION

When adjusting, ensure that the minimum insertion depth is not exceeded.

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



2.4 Basics and Background Knowledge

With the Ergoracer RS, you are using an indoor bike that not only offers a wide range of training programs but also a variety of settings, allowing you to tailor your workout to your individual needs. Below is an overview of the most important terms and mechanisms to help you quickly start your personalized training.

Gear Ratio

This is the ratio between the number of teeth on the chainring (front) and the sprocket (rear). It describes how many times the rear wheel rotates for one full pedal revolution.

Crank

The crank transfers pedaling force via the pedals to the chain. Note the typical crank configurations:

Compact Crank: 50/34 teeth (most common standard)

Semi-Compact: 52/36 teeth

Standard: 53/39 teeth (classic in racing)

Cassette/Gears

The cassette is, along with the crank, the most important component of a road bike drivetrain. The cassette consists of multiple sprockets of different sizes that control the gear ratio of the crank rotation depending on the gear selected.

Typical sprocket configurations are:

11–28 teeth (classic all-round)

11–30 or 32 teeth (mountain-oriented)

11–25 teeth (race track, close ratios)



Wheel Size

700C wheels with tire widths between 23 and 30 mm.

The larger the “virtual wheel” or flywheel mass, the more realistic the riding experience.

Cadence

Typical road bike cadence: 80–100 rpm.

Pedal System

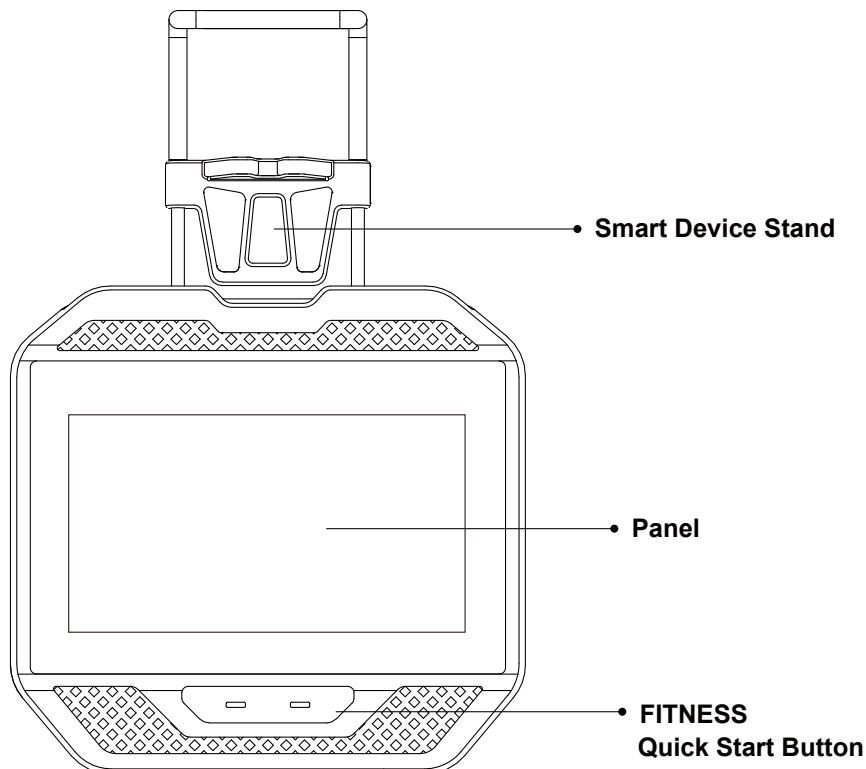
Road bikes use clip-in systems (e.g., SPD, Look).

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



3.1.1 Console display

① NOTICE

The following table provides an overview of the displayed parameters and training data. References for where to find or adjust these can be found in the notes.

Display	Function	Adjustment/Display Range	Notes
Date	Date of entry	+ The training date is displayed according to the following format: DD/MM/YYYY	+ First enter the year, then the month, and finally the day. + See 3.3.1.
Name	Name	Enter a name with up to twelve characters.	See 3.2.

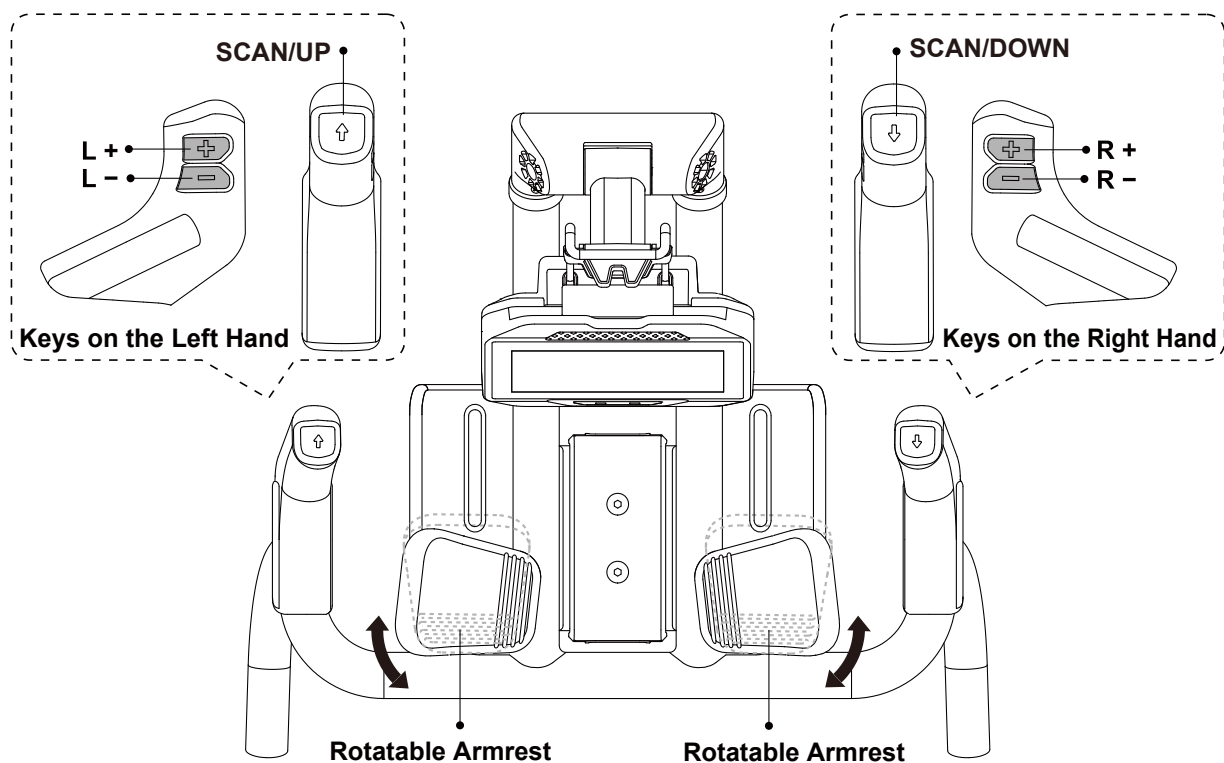
Age	Age	Enter your age (1-99).	See 3.2.
Weight	Weight	Enter your weight (50-120).	See 3.2.
FTP	Functional Threshold Power	+ Depending on the result, 1-999. + Preset default value: 121	This value is determined by the FPT test. See 3.4.6.
Time	Time	Display range: 00:00:00 - 09:59:59	
RPM	Revolution per minute	Display range: 0-999 rpm	
Speed	Speed	Display range: 0-99.9 km/h	
Distance	Distance	Display range: 0-99.9 km	In race mode 100 m - 1200 m. See 3.4.3.
Calories	Calories	Display range: 0-9999	
Watt	Watt	Display range: 0 - 9999 Adjustment range: 25 - 600	
HR	Heart rate	Display range: 0 - 230 Adjustment range: 30 - 230	See 3.5.7 and 3.4.5.
Crank	Crank set	Depending on the wheel setting.	See 3.2.
Cassette	Cassette	Depending on the wheel setting.	See 3.2.
Gradient	Virtual Incline	Display range: 0.0 - 20 % Adjustment range: 0,0 - 20 %	See 3.2.

3.1.2 Handlebar and button functions

Depending on the mode, the buttons on the handlebar have several functions. Please refer to 3.3.

In BIKE mode:

- + Use the L+/L- buttons to adjust the crank and the right R+/R- buttons to adjust the cassette.
- + Use the SCAN UP/DOWN buttons to change the training display during training.



In FITNESS mode:

- + Use the L+/L- buttons to increase the resistance in increments of 1.
- + Use the R+/R- buttons to increase the resistance in increments of 5.
- + Use the SCAN UP/DOWN buttons to change the workout display during your workout.

3.2 Training Presets

With the Erogracer RS, you can adjust your bike data to meet your personal requirements. Possible adjustments include the crank set, wheel size, and cassette set. For an explanation of the adjustable parameters, refer to 2.4.

NOTICE

When you start the console, the home screen is displayed.

3.2.1 Change Unit System

You can choose between two unit systems: metric and imperial.

How to set the unit system:

Requirement: You are on the home screen.

1. To change the unit system, tap the gear icon on the home screen.
2. Select either Metric or Imperial.
3. To return to the home screen, tap EXIT.

You are now on the home screen.

3.2.2 Open User Menu

You can customize your virtual bike and enter or modify your user data.

NOTICE

Bike settings are only active in BIKE mode.

How to set your user data:

Requirement: You are on the home screen.

1. Tap USER.

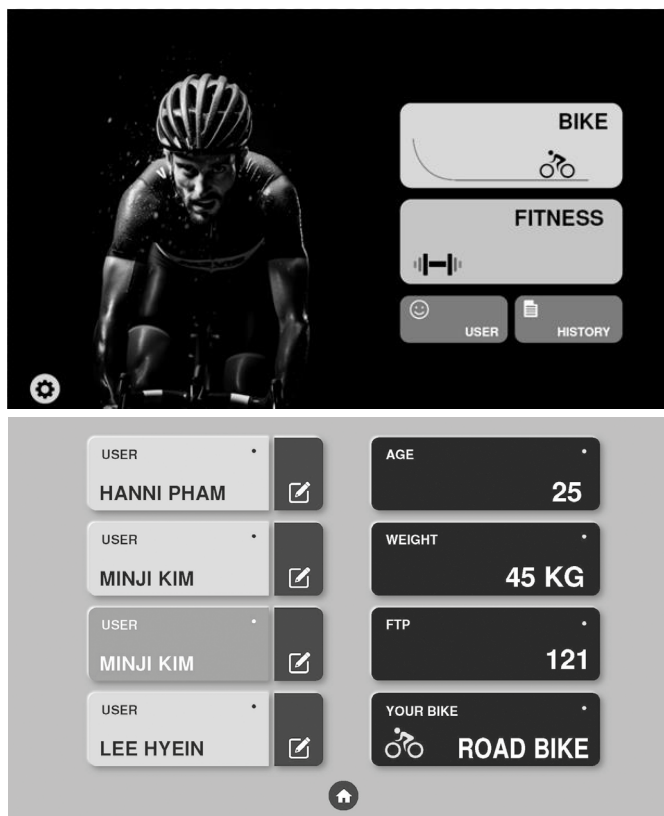
You are now in the user menu.

3.2.3 Change Name

Requirement: You are in the user menu.

1. Tap the user you want to edit.
 2. Tap the arrow.
- A text field will appear.
3. Enter a name with up to twelve characters.
 4. Confirm by pressing the Enter key.

→ The name is saved.



3.2.4 Change/Set Age

Requirement: You are in the user menu.

1. Tap the user you want to edit.
2. Tap the AGE button.

A text field will appear.

3. Enter an age between 1 and 99.
4. Confirm by pressing the Enter key.

→ The age is saved.

3.2.5 Change/Set Weight

The higher the weight setting, the higher the base resistance in bike mode.

Requirement: You are in the user menu.

1. Tap the user you want to edit.
2. Tap the WEIGHT button.

A text field will appear.

3. Enter a weight between 50 and 120 kg.
4. Confirm by pressing the Enter key.

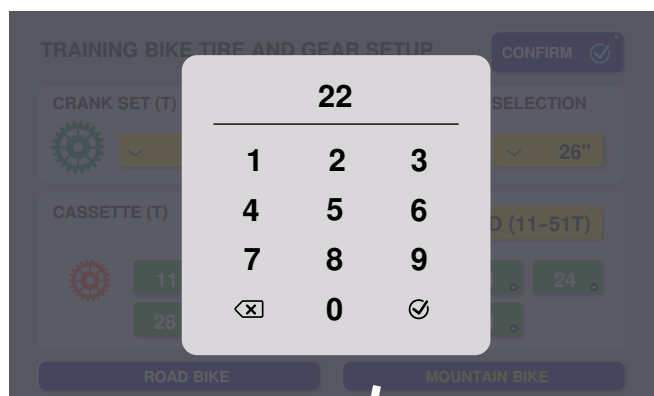
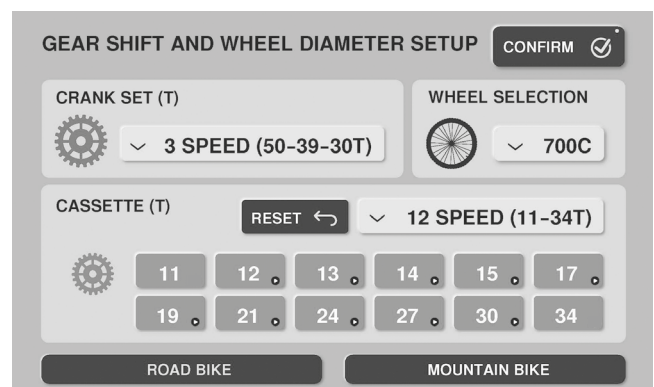
→ The weight is saved.

3.2.6 Change/Set Bike Settings

Requirement: You are in the user menu.

1. Tap the user you want to edit.
2. Tap the YOUR BIKE button.

The bike settings menu will open.



Select Bike:

1. Choose either Road Bike or Mountain Bike.

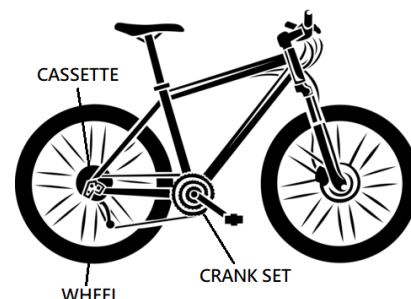
① NOTICE

Depending on your selection, the specific values of the adjustable settings may differ.

Select Crank Set:

2. Tap the arrow on the CRANK SET button to expand the options.
3. Select the appropriate configuration.
4. Tap CONFIRM.

→ The value is confirmed.



Select Wheel Size:

1. Tap the arrow on the WHEEL SELECTION button to expand the options.
2. Select the appropriate configuration.
3. Tap CONFIRM.

→ The value is confirmed.

Select and Set Cassette Set

1. Tap the arrow on the CASSETTE (T) button to expand the options.
2. Select the appropriate configuration.
- 2.1. Optional: Adjust the individual gear teeth values.

① NOTICE

- + The number of teeth set cannot be smaller than the previous gear or larger than the next gear.
- + The first and last gear cannot be changed.

- 2.2. Tap a gear you want to modify.

A text field will appear.

- 2.3. Enter your desired value.
- 2.4. Confirm by pressing the Enter key.
- 2.5. Adjust the other values as needed.

① NOTICE

Tap RESET to restore the default values.

3. Tap CONFIRM.

→ The value is confirmed.

3.3 Training Modes

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

- + **BIKE:** Simulates riding a road bike or mountain bike. Adjust the parameters to your needs and train with a resistance and gear profile that mimics the real riding experience.
- + **FITNESS:** Start classic ergometer programs and select the appropriate training from preset, custom, and many other available programs.

3.3.1 Save Training Results

You can save the results of each program to track your progress.

How to save your results:

1. After completing a workout, tap END to finish the training.
2. To save the training, tap SAVE.

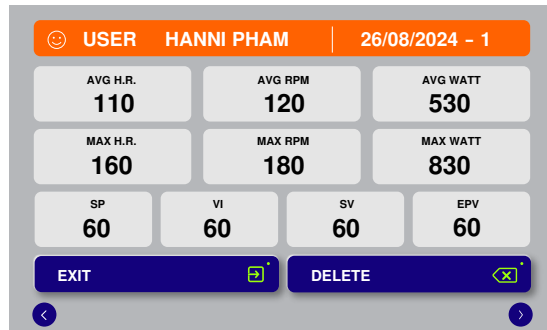
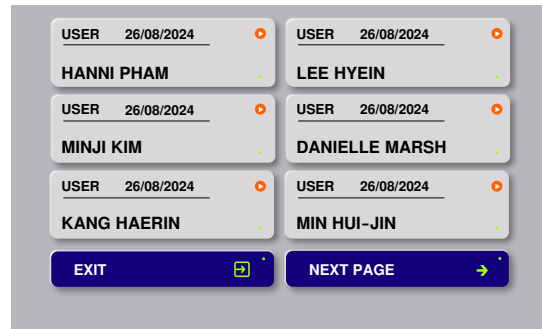
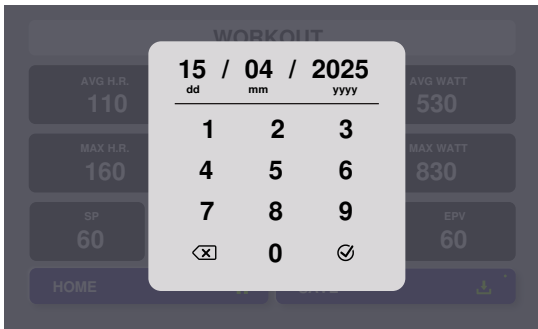
A text field will appear.

3. Enter the current date.
4. Confirm the date by pressing the Enter key.
5. To exit the menu, tap HOME.

① NOTICE

Saved training results can be found under HISTORY on the home screen.

→ *The training has been saved.*



3.3.2 Training display

During training, you can customize the displayed data. The following table provides an explanation of the available options:

Display	Description	Function
INST	Instant	Displays the current values. This is the default view.
AVG	Average	Displays the average value from the last 3 seconds.
MAX	Maximum	Displays the maximum values of the training.
PCT	Percentage	The percentage comparison value relative to the average performance.
ZONE	Training Zone	Displays the training zone you are currently in.
Pedal Balance		Displays the power distribution between the left and right leg.

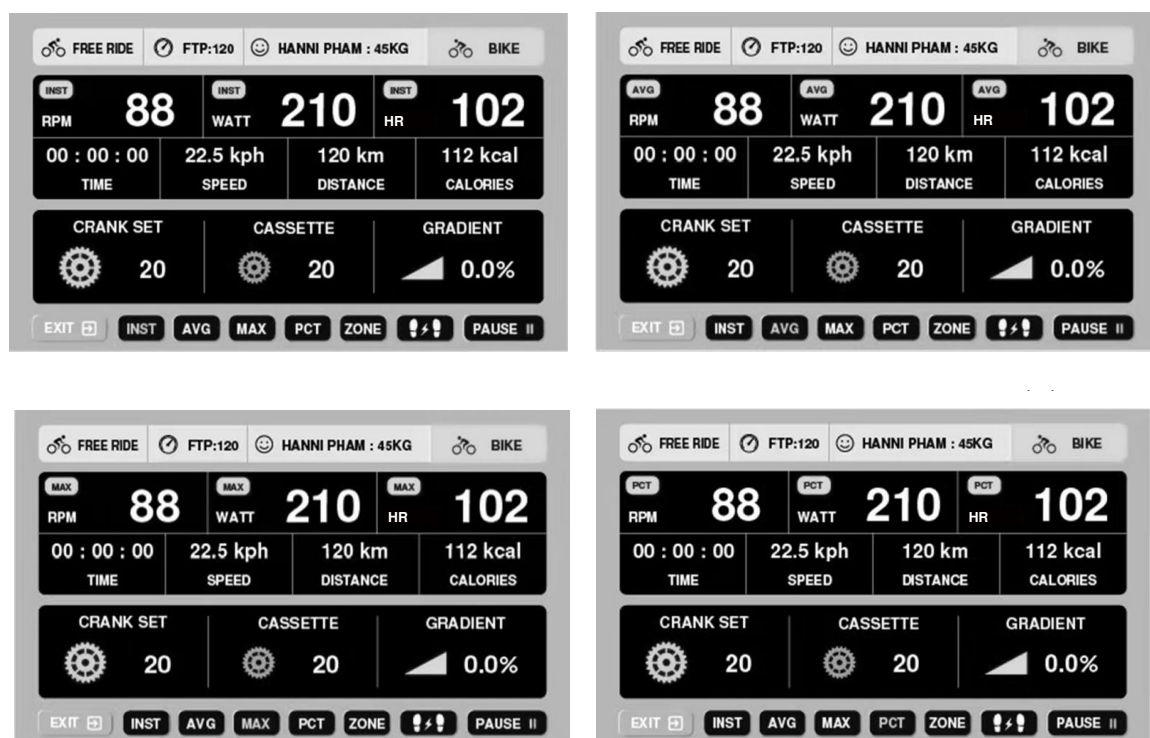
How to Select the Training Display:

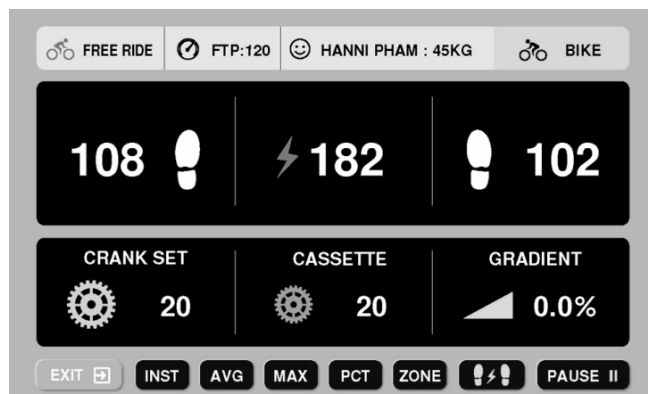
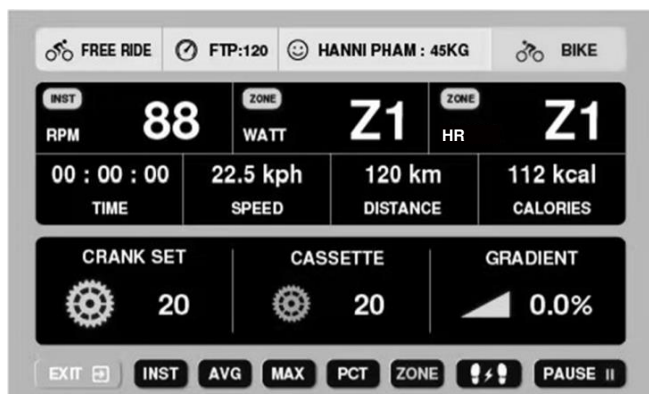
- To select a display, tap the corresponding button during training.

① NOTICE

In FITNESS mode, you can use the SCAN buttons to switch between displays.

The data will be shown.





3.3.3 Training Zones

Depending on the training intensity, you are in different training zones, each serving a specific purpose. The training zones are displayed during your workout based on your selection. For more information, refer to 3.3.3.

The following table shows the watt zones:

Zone	Training type	Intensity Comparison with Your FTP Value
ZONE 1	Recreation	Light training with low intensity for active recovery between intense sessions.
ZONE 2	Endurance	Moderate training to improve endurance.
ZONE 3	Velocity	Training at medium to high intensity.
ZONE 4	Performance limit	Exercise close to your threshold performance level to increase your endurance performance.
ZONE 5	VO2 MAX – Maximum oxygen uptake	Intensive training to increase maximum oxygen uptake and aerobic performance.
ZONE 6	Anaerobic	Short-term, very intense exertion without oxygen supply, e.g., sprints or high-intensity intervals.

The following table shows the heart rate zones:

Zone	Training type	Heart rate comparison to recommended maximum heart rate
ZONE 1	Warm up	Light exercise to prepare the heart and muscles for training.
ZONE 2	Easy	Low intensity for gentle endurance training and recovery.
ZONE 3	Aerobic	Moderate exercise to improve aerobic endurance and fat burning.

ZONE 4	Performance limit	Exercise close to your individual threshold to increase endurance performance.
ZONE 5	Maximum	Very high intensity to reach maximum heart rate – only suitable for short intervals.

3.4 Training Programs in BIKE Mode

The following chapters cover all available training programs in BIKE mode.

① NOTICE

- + In BIKE mode, unlike FITNESS mode, you do not set the resistance directly; instead, you specify a virtual gradient.
- + To simulate a realistic riding experience, use the virtual gear system. For more information, see 3.5.1.

How to access the program selection for BIKE mode:

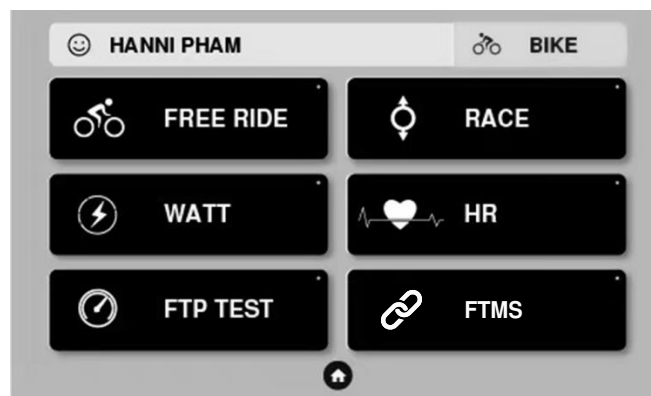
Requirement: You are on the home screen.

1. To access the program selection, tap BIKE.

You are now in the program selection.

① NOTICE

At the end of most training sessions, a training summary will be displayed. For more information, see 3.6.

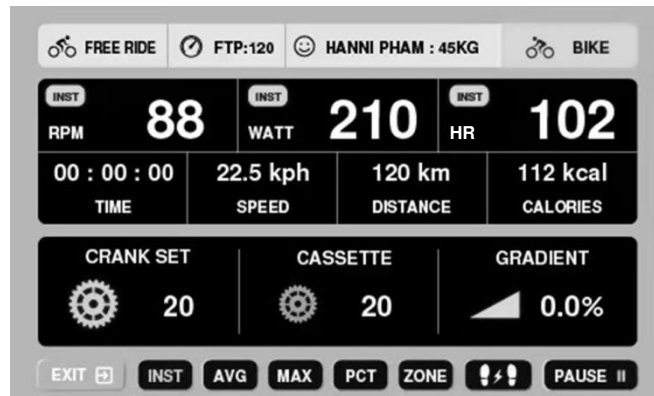


3.4.1 Virtual Gear System

In BIKE mode, you use the virtual gear system, which simulates a standard road bike drivetrain. You have control over the cassette and the crankset. For more information, see 3.1.2.

① NOTICE

- + Use L+/L- to adjust the crankset and R+/R- to adjust the cassette.
- + You can customize the gear configuration to your needs. For more information, see 3.2.6.



3.4.2 Free Mode – BIKE

In Free Mode, you train without target values and can adjust the gradient freely during your workout.

How to start Free Mode:

Requirement: You are in the program selection.

1. Tap FREE RIDE.

The program window will open.

2. To start the workout, tap START.
- 2.1. To pause the workout, tap PAUSE.

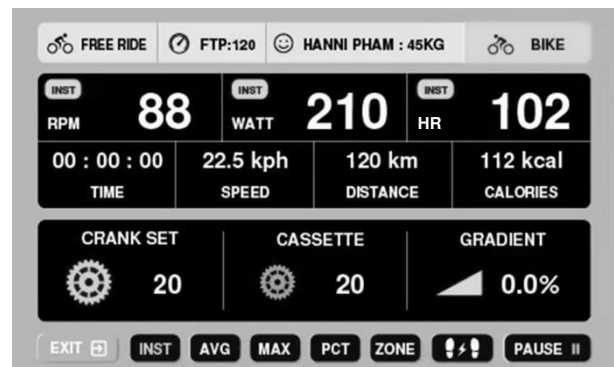
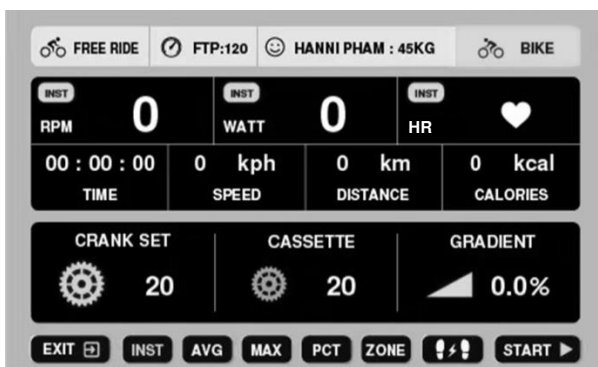
The program is paused.

- 2.2. To resume the workout, tap CONTINUE.
- 2.3. To end the workout, tap END.

NOTICE

To save your workout, see 3.3.1.

→ *The workout is finished.*



3.4.3 Race Mode – BIKE

In Race Mode, you ride a distance you set yourself. This allows you to train your best times.

How to start Race Mode:

Requirement: You are in the program selection.

1. Tap RACE.

A text field will appear.

2. Enter the desired distance (100 m – 1200 m).

The program window will open.

3. To start the workout, tap START.

- 3.1. To pause the workout, tap PAUSE.

The program is paused.

- 3.2. To resume the workout, tap CONTINUE.

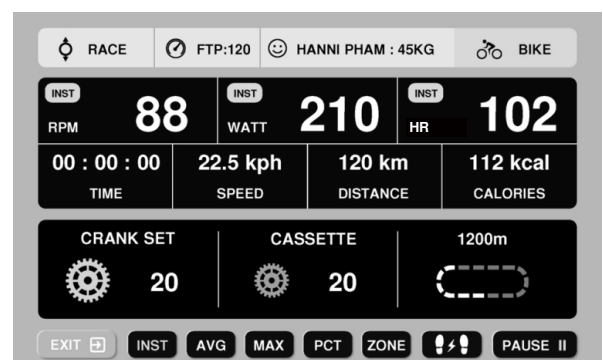
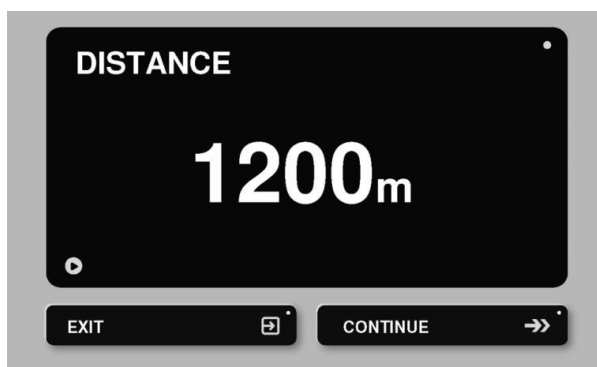
- 3.3. To end the workout, tap END.

When you have completed the distance, the workout ends automatically.

① NOTICE

To save your workout, see 3.3.1.

→ *The workout is finished.*



3.4.4 Watt Mode – BIKE

In Watt Mode, you set a power value between 25 W and 600 W.

How to start Watt Mode:

Requirement: You are in the program selection.

1. Tap WATT.

The watt input window will open.

2. Select a watt value between 25 W and 600 W.
3. To start the workout, tap START.
4. Use the left and right SCAN buttons to adjust the watt value.

① NOTICE

In this program, your gear settings are not applied. The resistance is based on the set watt value.

- 4.1. To pause the workout, tap PAUSE.

The program is paused.

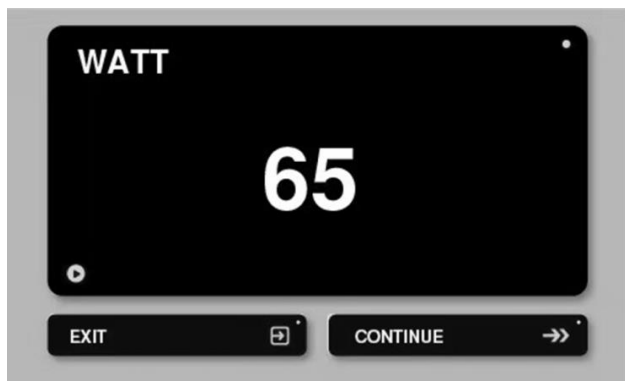
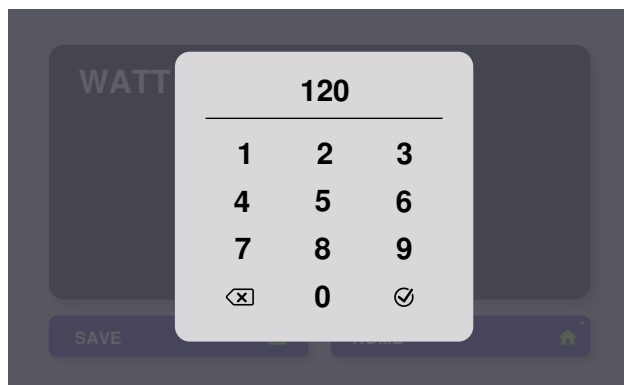
- 4.2. To resume the workout, tap CONTINUE.

- 4.3. To end the workout, tap END.

① NOTICE

To save your workout, see 3.3.1.

→ *The workout is finished.*



3.4.5 Target Heart Rate Mode – BIKE



WARNING

Your training device is not a medical device. The heart rate measurement may be inaccurate. Various factors can affect the accuracy of the heart rate display. The heart rate display is intended for training guidance only.

In Target Heart Rate Mode, you set a target heart rate. The resistance adjusts according to your performance: if you are below the target, the resistance increases; if you are above, the resistance decreases.

Choose from: 55%, 75%, 90%, or TARGET (custom).

NOTICE

- + Resistance cannot be adjusted in this program.
- + A chest strap is required to use this program (not included).

How to start Target Heart Rate Mode:

Requirement: You are in the program selection.

1. Tap HR.

The heart rate selection will open.

2. Select a target heart rate.
3. To start the workout, tap START.
- 3.1. To pause the workout, tap PAUSE.

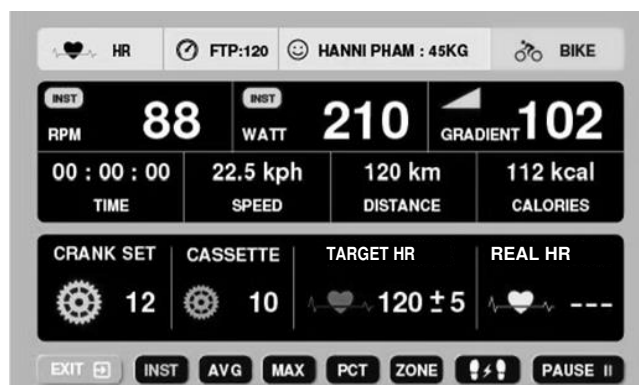
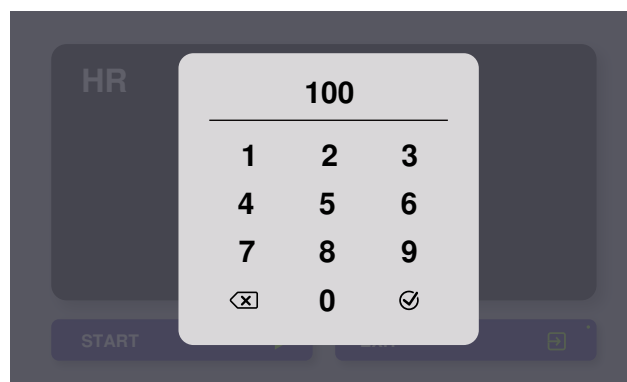
The program is paused.

- 3.2. To resume the workout, tap CONTINUE.
- 3.3. To end the workout, tap END.

NOTICE

To save your workout, see 3.3.1.

→ *The workout is finished.*



3.4.6 FTP Test – BIKE

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 the 20-minute test. During the 20 minutes, try to train as intensely as possible.

NOTICE

The value is calculated for a full 20 minutes.

How to start the FTP Test:

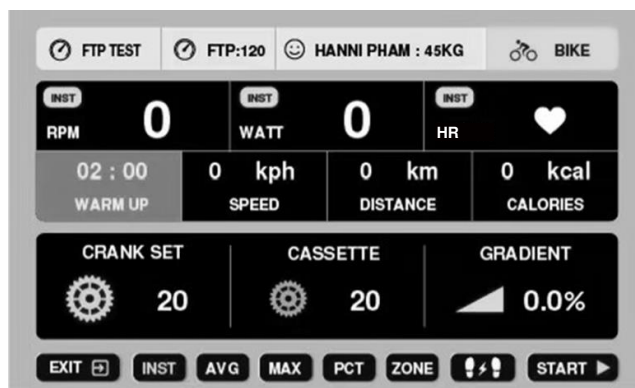
Requirement: You are in the program selection.

1. Tap FTP.
2. To start the workout, tap START.
- 2.1. To pause the workout, tap PAUSE.

The program is paused.

- 2.2. To resume the workout, tap CONTINUE.
- 2.3. To end the workout, tap END.

→ *The value will be saved in your user data.*



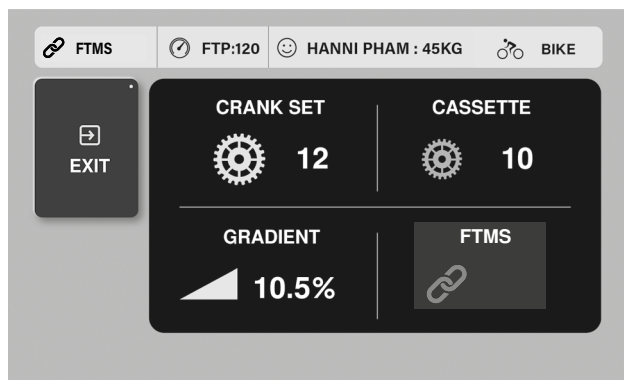
3.4.7 Wireless Connection – BIKE

You can connect the console to your preferred training app.

How to set up a wireless connection:

Requirement: You are in the program selection.

1. Tap Wireless Connection.
2. Connect your device.



3.5 Training Programs – FITNESS Mode

The following chapters cover all available training programs in FITNESS mode.

① NOTICE

- + In FITNESS mode, unlike BIKE mode, you set the resistance directly. There is no virtual gear system in this mode.
- + The maximum resistance is 80.

How to access the program selection for FITNESS mode:

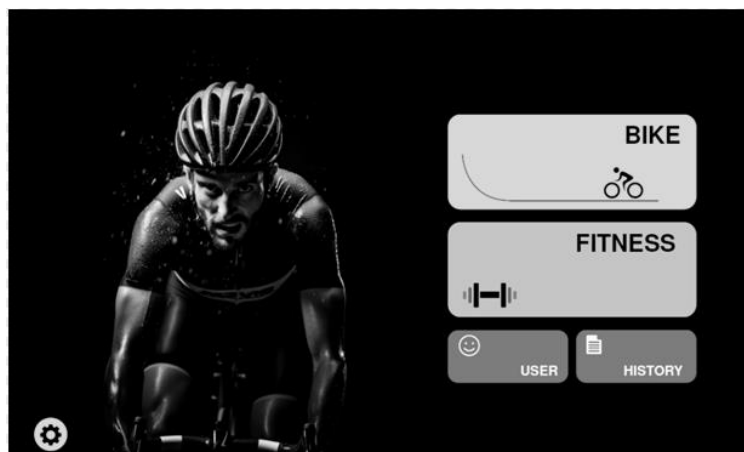
Requirement: You are on the home screen.

1. To access the program selection, tap FITNESS.

You are now in the program selection.

① NOTICE

At the end of most training sessions, a training summary will be displayed. For more information, see 3.6.

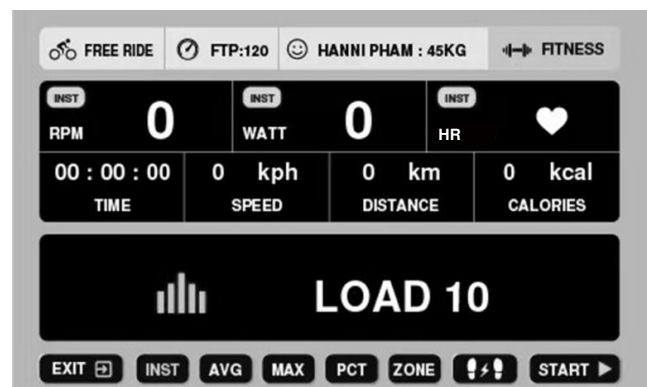
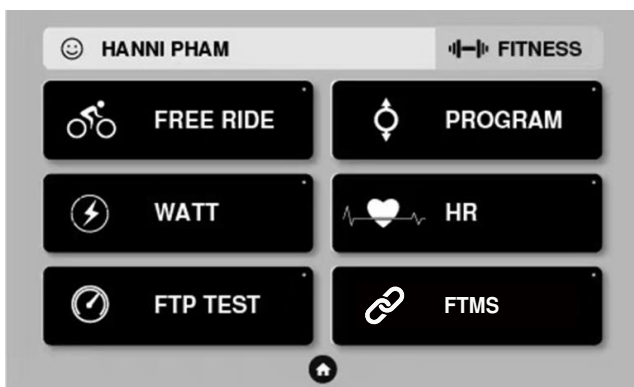


3.5.1 Resistance Setting – FITNESS Mode

In FITNESS mode, use the L/R buttons to adjust the resistance.

① NOTICE

Use L+/L- to adjust the resistance in steps of 5 and R+/R- to adjust in steps of 1. For more information, see 3.1.2.



3.5.2 Quick Start – FITNESS

You can start Free Mode directly without navigating through the menu.

How to start Quick Start:

① NOTICE

You can adjust the resistance at any time during the workout.

1. Press the button on the console.
2. To start the workout, tap START.
- 2.1. To pause the workout, tap PAUSE.

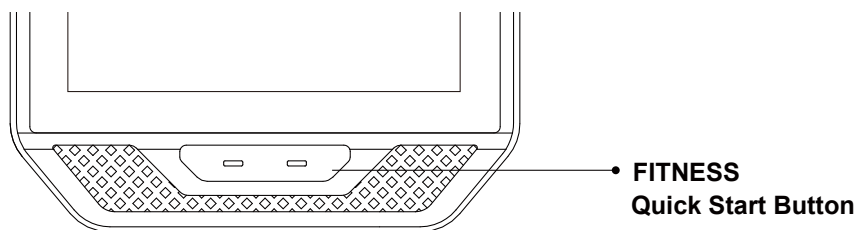
The program is paused.

- 2.2. To resume the workout, tap CONTINUE.
- 2.3. To end the workout, tap END.

① NOTICE

To save your workout, see 3.3.1.

→ *The workout is finished.*



3.5.3 Free Mode – FITNESS

In Free Mode, you train without target values and can adjust the resistance freely during your workout.

How to start Free Mode:

① NOTICE

You can adjust the resistance at any time during the workout.

Requirement: *You are in the program selection.*

1. Tap FREE RIDE.

The program window will open.

2. To start the workout, tap START.
- 2.1. To pause the workout, tap PAUSE.

The program is paused.

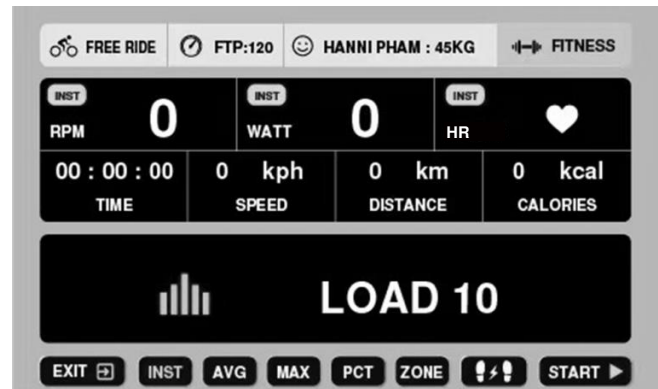
- 2.2. To resume the workout, tap CONTINUE.

2.3. To end the workout, tap END.

NOTICE

To save your workout, see 3.3.1.

→ *The workout is finished.*



3.5.4 Program Mode – FITNESS

In Program Mode, you can choose from 59 preset programs.

How to start Program Mode:

NOTICE

You can adjust the resistance at any time during the workout.

Requirement: You are in the program selection.

1. Tap PROGRAM.

The training display will open.

2. Tap the black field.

The program selection will open.

3. Navigate the pages using the black arrow buttons.

4. Select a suitable training program.

5. To start the workout, tap START.

5.1. To pause the workout, tap PAUSE.

The program is paused.

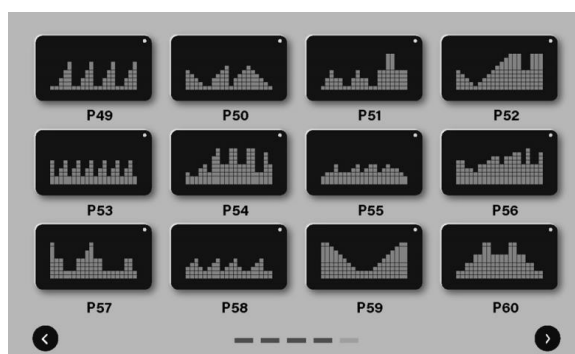
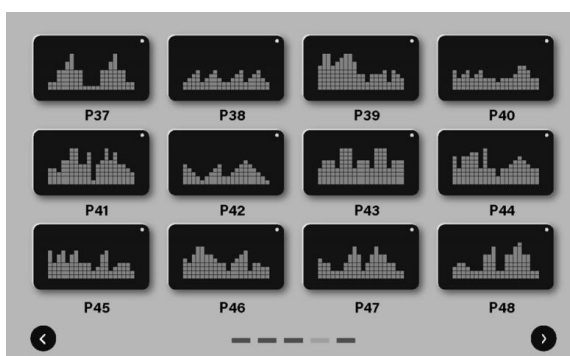
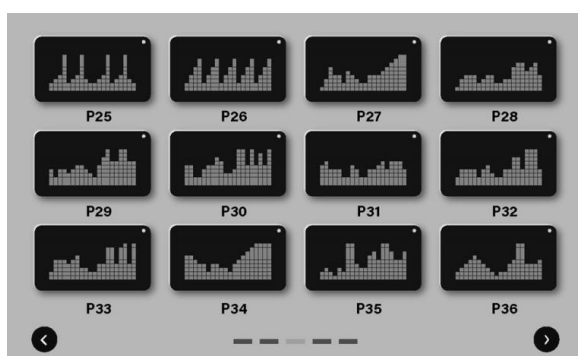
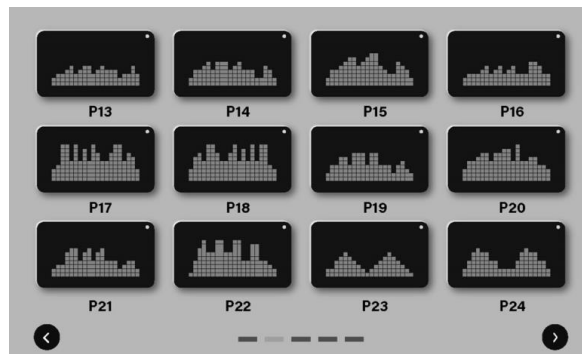
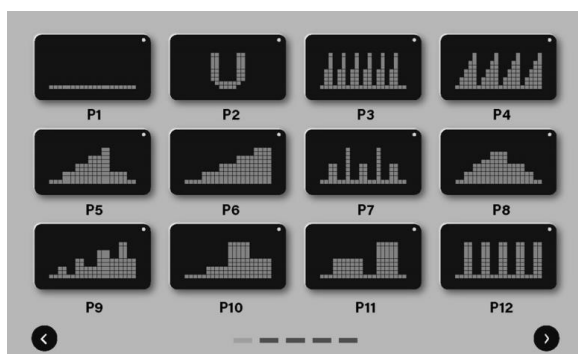
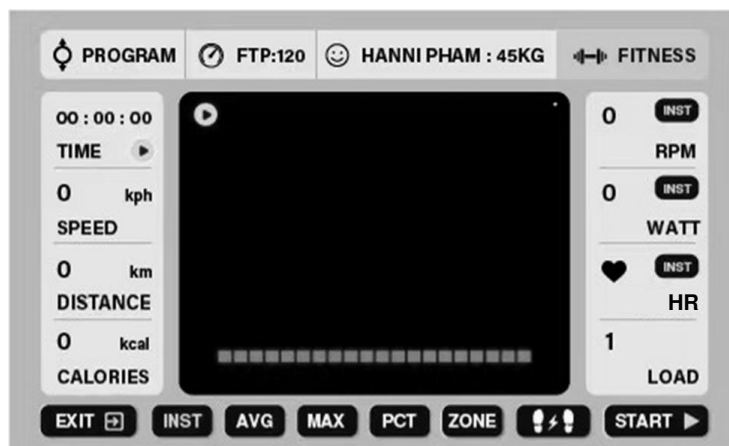
5.2. To resume the workout, tap CONTINUE.

5.3. To end the workout, tap END.

NOTICE

To save your workout, see 3.3.1.

→ *The workout is finished.*



3.5.5 Custom Program – FITNESS

In the Program Mode, you can create a custom training program.

How to start the Program Mode:

NOTICE

You can adjust the resistance at any time during the workout.

Requirement: You are in the program selection.

1. Tap on PROGRAM.

The training display opens.

2. Tap on the black field.

The program selection opens.

3. Select P2.
4. Set the resistance for each segment using the arrow buttons or the +/- buttons.
5. Switch the segment using SCAN.
6. To confirm your workout, tap SAVE.
7. To start the workout, tap START.
- 7.1. To pause the workout, tap PAUSE.

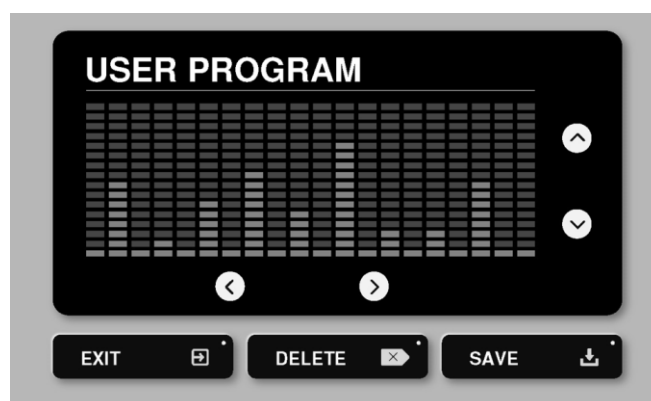
The program pauses.

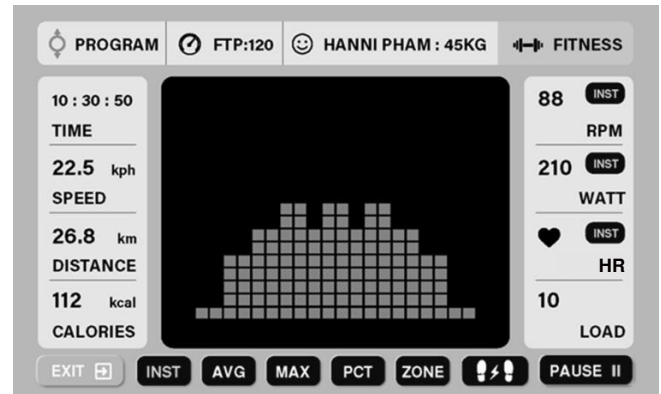
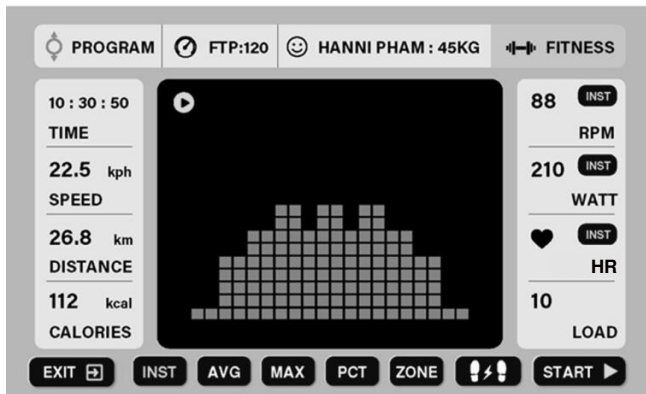
- 7.2. To continue the workout, tap CONTINUE.
- 7.3. To end the workout, tap END.

NOTICE

To save the workout, refer to 3.3.1.

→ *The workout is finished.*





3.5.6 Watt Mode – FITNESS

In Watt Mode, you set a power level between 25 W – 600 W.

How to start Watt Mode:

① NOTICE

You can adjust the resistance at any time during the workout.

Requirement: You are in the program selection.

1. Tap on WATT.

The watt input window opens.

2. Select a power level between 25 W – 600 W.
3. To start the workout, tap START.
4. Adjust the watt value using the upper left and upper right buttons.

① NOTICE

- + In this program, your gear shifting settings are not applied
- + The resistance is controlled by the selected watt value.

- 4.1. To pause the workout, tap PAUSE.

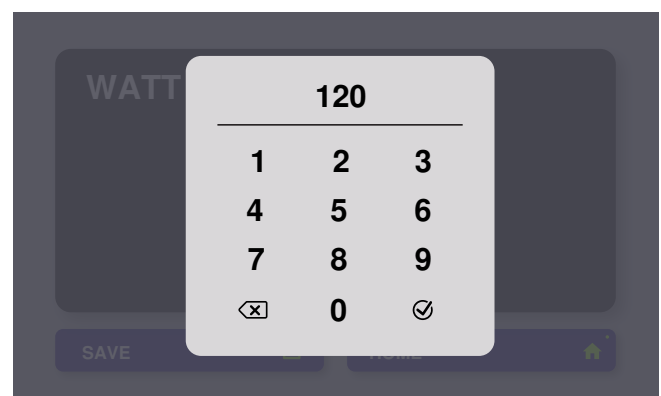
The program pauses.

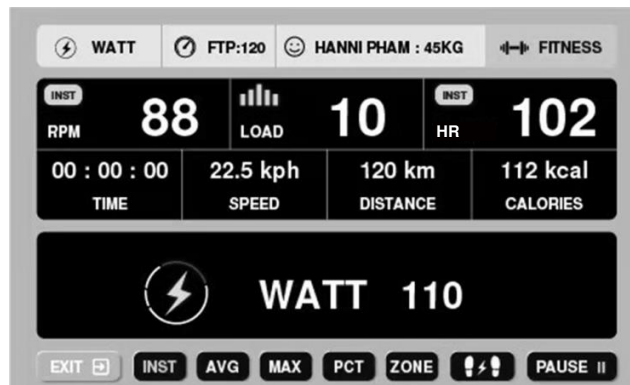
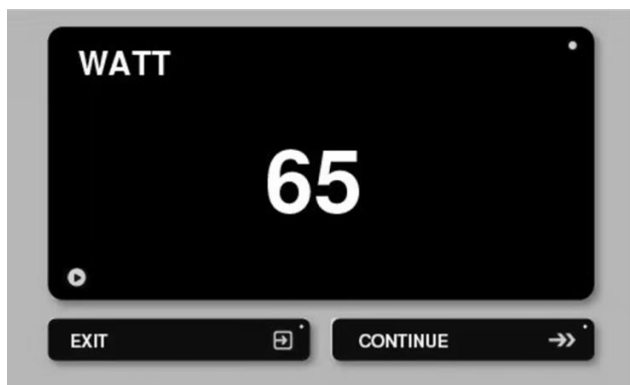
- 4.2. To continue the workout, tap CONTINUE.
- 4.3. To end the workout, tap END.

① NOTICE

To save the workout, refer to 3.3.1.

→ *The workout is finished.*





3.5.7 Target Heart Rate Mode – FITNESS

WARNING

This exercise machine is not a medical device. The heart rate measurement provided by this device may be inaccurate. Various factors can affect the accuracy of the heart rate display. The heart rate display is intended only as a training aid.

In Target Heart Rate Mode, you set a target heart rate. The resistance adjusts based on your performance. If you are below the target value, the resistance increases; if you are above the target value, the resistance decreases.

Choose from: 55%, 75%, 90%, or TARGET (custom).

NOTICE

- + Resistance adjustment is not possible in this program.
- + A chest strap is required to use this program (not included).

How to start Target Heart Rate Mode:

Requirement: You are in the program selection.

1. Tap HR.

The heart rate selection opens.

2. Select a target heart rate.
3. To start the workout, tap START.
- 3.1. To pause the workout, tap PAUSE.

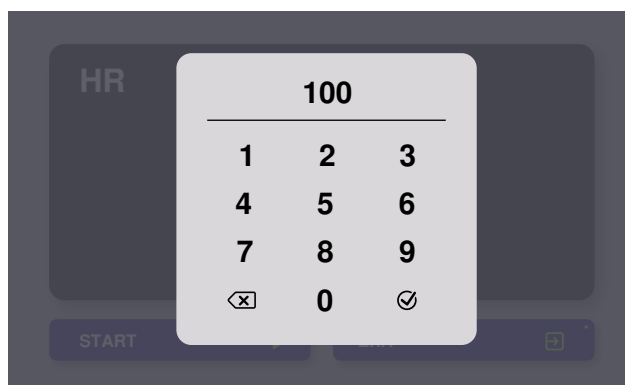
The program pauses.

- 3.2. To continue the workout, tap CONTINUE.
- 3.3. To end the workout, tap END.

NOTICE

To save the workout, refer to 3.3.1.

→ *The workout is finished.*





3.5.8 FTP TEST – FITNESS

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

① NOTICE

The value will be calculated for a full 20 minutes.

How to start the FTP Test:

Requirement: You are in the program selection.

1. Tap FTP.
2. To start the workout, tap START.
- 2.1. To pause the workout, tap PAUSE.

The program pauses.

- 2.2. To continue the workout, tap CONTINUE.
- 2.3. To end the workout, tap END.

→ *The value will be saved to your user data.*



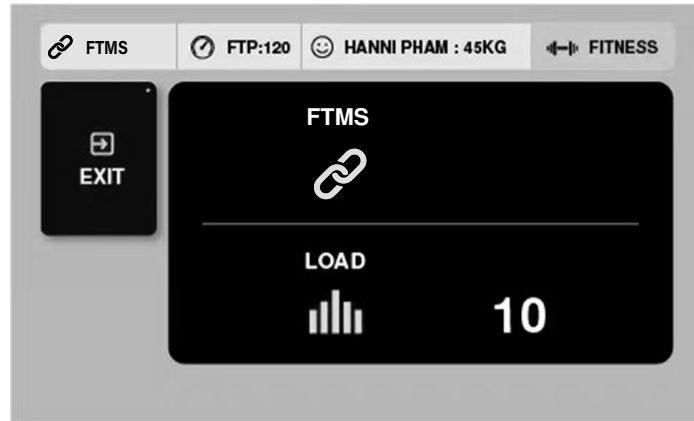
3.5.9 Wireless Connection – FITNESS

You can connect the console to your preferred training app.

How to set up a wireless connection:

Requirement: You are in the program selection.

1. Tap Wireless Connection.
2. Connect your device.



3.6 Training Summary

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

NOTICE

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

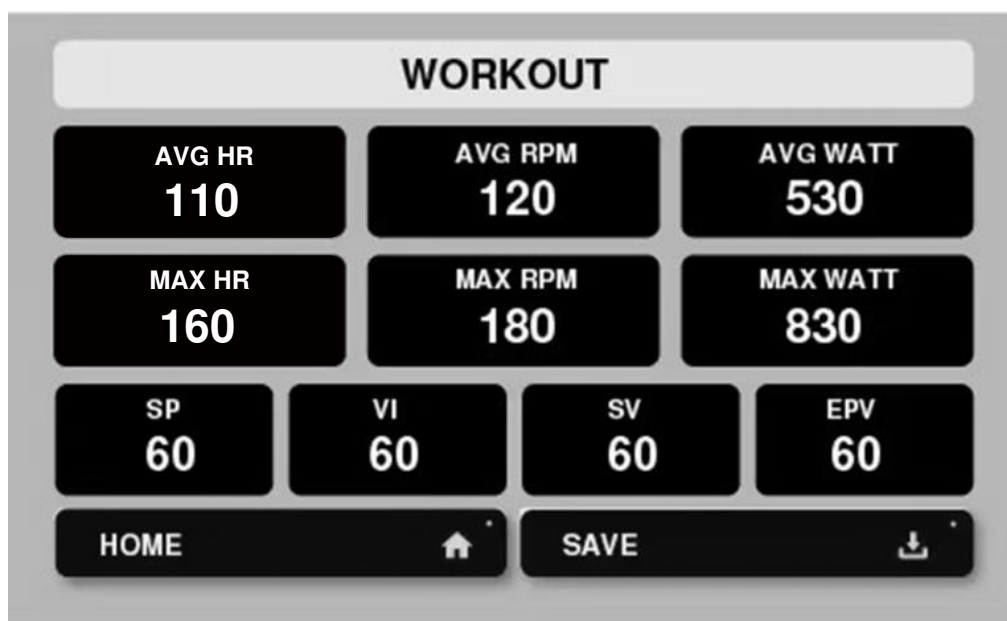
Display	Description	Function
AVG HR	Average heart rate	+ Displays the average heart rate during the workout. + Please note that a chest strap is required for this.
AVG RPM	Average revolutions per minute	Displays the average revolutions per minute achieved during the workout.
AVG WATT	Average Wattage	Displays the average power output in watts achieved during the workout.
MAX HR	Maximum heart rate	+ Displays the maximum heart rate during the workout. + Please note that a chest strap is required for this.
MAX RPM	Maximum revolutions per minute	Displays the maximum revolutions per minute achieved during the workout.
MAX WATT	Maximum Wattage	Displays the maximum power output in watts achieved during the workout.

3.6.1 Training Metrics

The following table provides an overview of the training metrics.

Display	Description	Function
SP	Standardized Power	The SP value calculates an average load value, taking fluctuations in training intensity into account – it measures perceived exertion.
VI	Varying Index	+ Compares the average power output with the perceived exertion (SP). If there are little or no intensity fluctuations, the value approaches 1.0. + During interval or sprint training, the value will be higher. + Formula: $VI = SP / AP$ (Average power output)

SV	Strength Value	+ The SV value indicates how intense the workout was in relation to your FTP value. + The higher the SV value, the more intense the workout. Formula: $SV = SP / FTP$
EPV	Exercising Pressure Value	+ The EPV value measures the perceived fatigue after a workout. + The higher the EPV value, the greater the fatigue.



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.

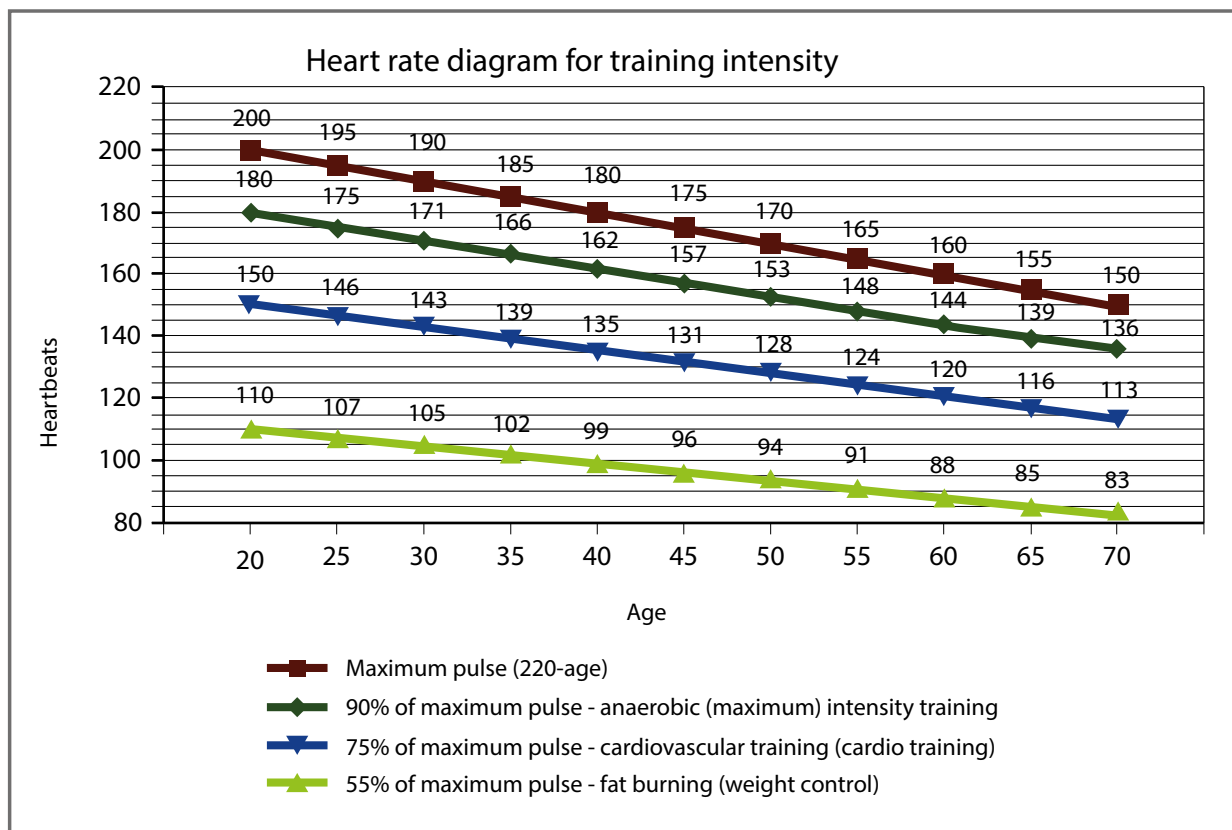
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

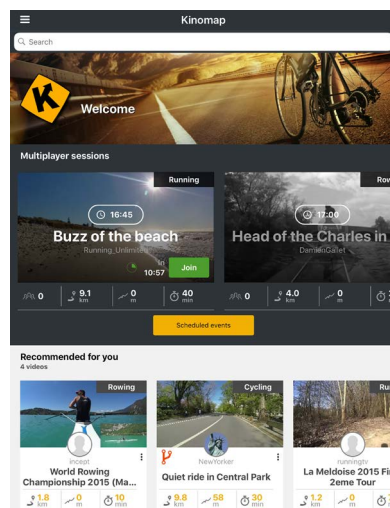
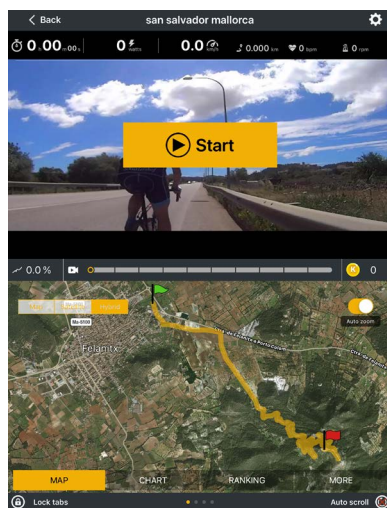
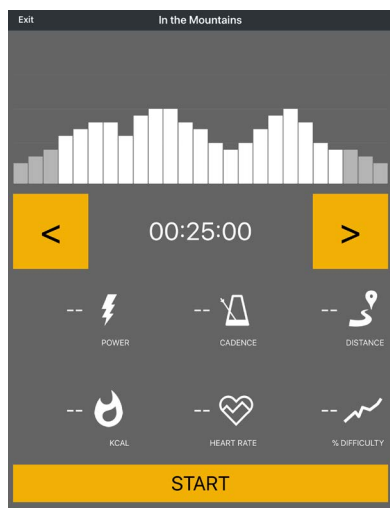
This console is equipped with a wireless interface. Please take note that your mobile device needs to be compatible with the wireless interface of the treadmill.

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

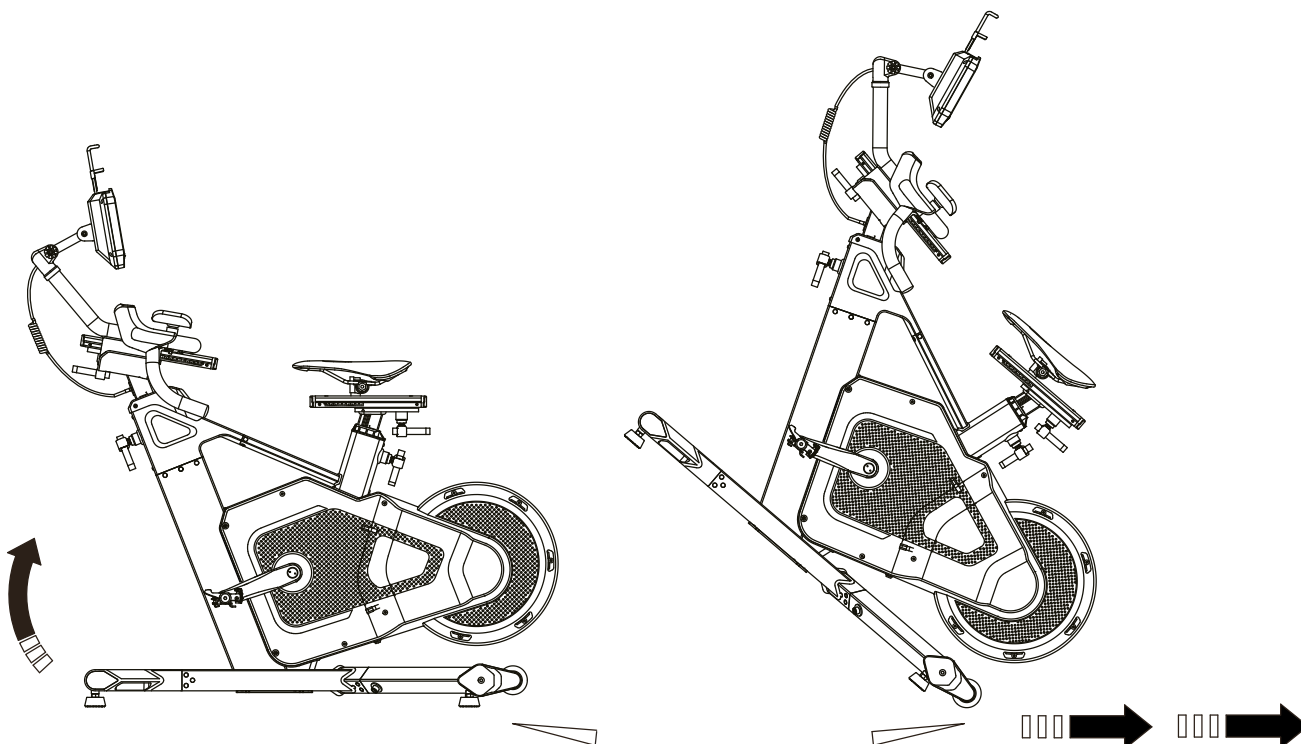
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

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 1.4 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
App cannot be updated	+ Outdated version + Other Error	+ Uninstall and reinstall the app.

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

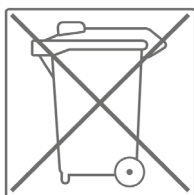
To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

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.

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



saddle cover



silicone spray

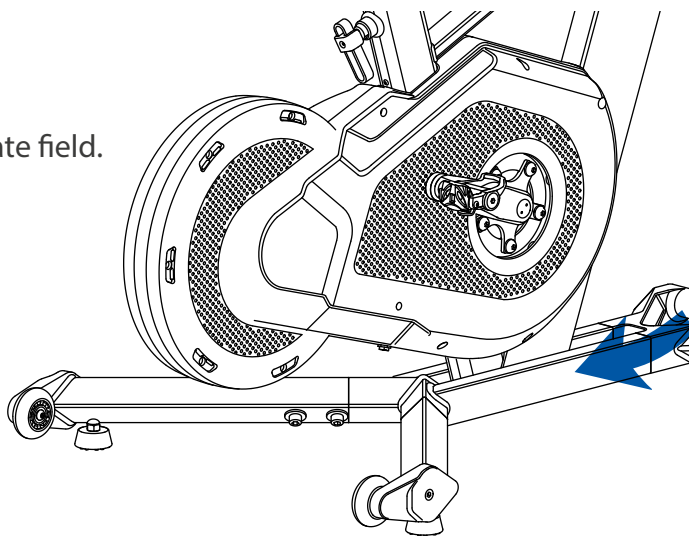
8.1 Serial Number and Model Name

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

9.1 Parts List

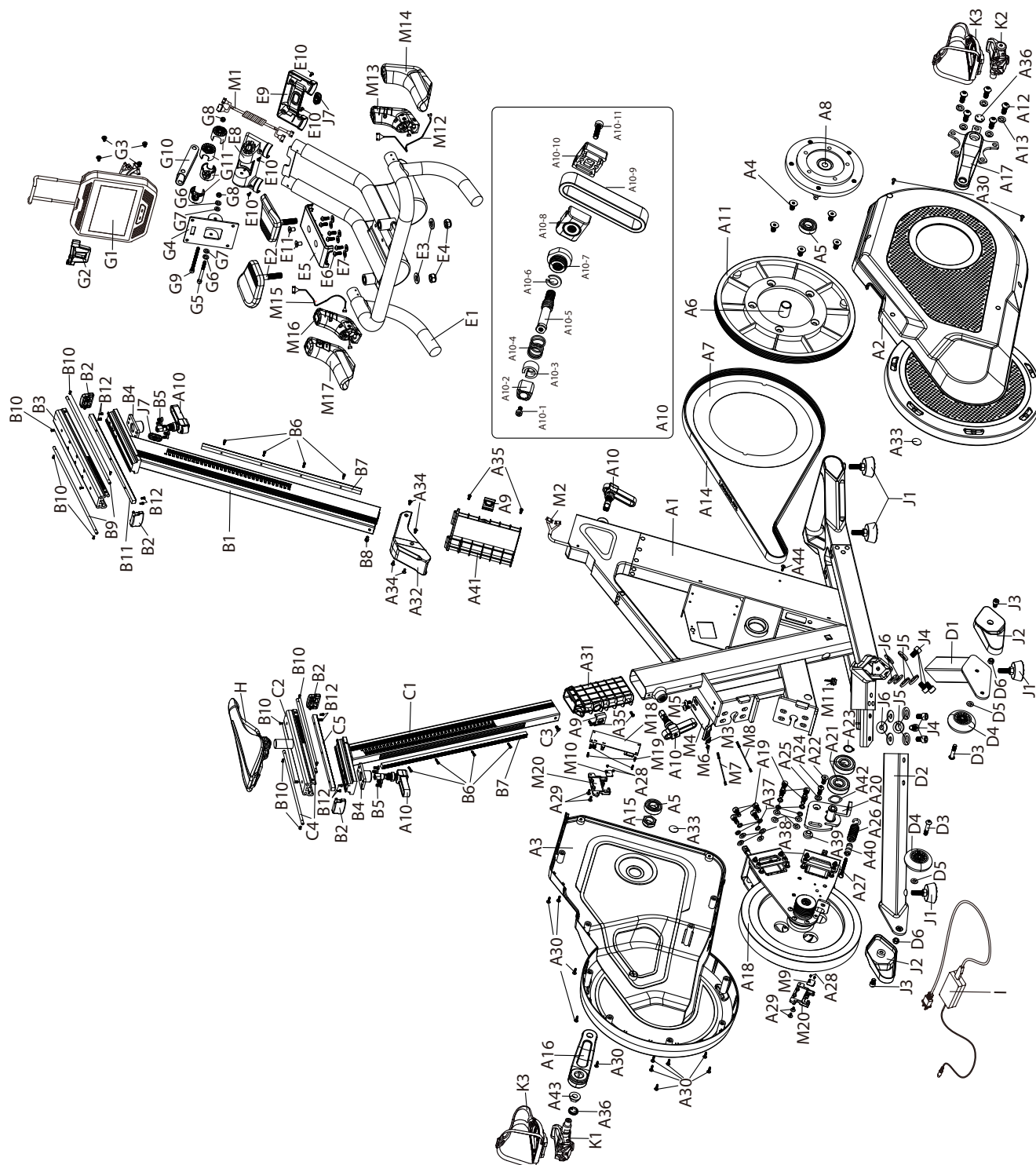
No.	Name	Qty.
A1	MAIN FRAME	1
A2	CHAIN COVER-R	1
A3	CHAIN COVER-L	1
A4	SCREW M10	5
A5	BEARING(6004)	2
A6	SLEEVE	1
A7	OPTICAL COUPLER INDUCTION STICKE	1
A8	BELT PULLY- WELDED SET	1
A9	PRESS PLATE COVER OF SADDLE POST SLEEVE	2
A10	KNOB	4
A10-1	SCREW M3	1
A10-2	QUICK PRESS FOR PRESS RACK	1
A10-3	QUICK PRESS SPRING COVER	1
A10-4	SPRING	1
A10-5	QUICK PRESS AXLE	1
A10-6	QUICK PRESS NYLON SPACER	1
A10-7	NUT M10	1
A10-8	QUICK RELEASE BAR UPPER HOUSING	1
A10-9	QUICK RELEASE BAR	1
A10-10	QUICK RELEASE BAR DOWN HOUSING	1
A10-11	SCREW M4	1
A11	BELT PULLEY	1
A12	SCREW M10	5
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(6304ZZ)	2
A22	SCREW M8	1
A23	RING	1
A24	SCREW M8	1
A25	WASHER M8	1
A26	SPRING	1
A27	SCREW M6	1
A28	SCREW M2	4
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 M8	2
G1	CONSOLE	1
G2	PHONE HOLDER	1
G3	SCREW M5	4
G4	CONSOLE HOISING- WELDED	1
G5	SCREW M6*65mm	1
G6	SPRING LOCK WASHER M6	2
G7	WASHER M6	2
G8	NUT M6	2
G9	SCREW M6*75mm	1
G10	CONSOLE POST SET	1
G11	END CAP	4
H	SADDLE	1
I	ADAPTER	1
J1	ADJUSTED END	4

J2	REAR STABILIZER COVER	2
J3	SCREW M8	2
A29	SCREW M4	4
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	IDLER SPACER	1
A40	NUT	1
A41	PLASTIC PIPE	1
A42	WASHER	1
A43	NUT	1
A44	SCREW M4	1
B1	SUPPORTING TUBE OF HANDLE BAR	1
B2	Aluminum chute cover	4
B3	Chute for handlebar	1
B4	PRESSING PLATE - WELDING	2
B5	SCREW M5	8
B6	SCREW M3	8
B7	RACK	2
B8	SCREW M5	1
B9	HANDLE BAR SLIDING PILLAR	2
B10	SCREW M3	12
B11	HANDLE BAR SLIDING RACK	1
B12	SCREW M3	8
C1	SADDLE POST	1
C2	Chute for saddle	1
C3	SCREW M5	1
C4	SADDEL SLIDING PILLAR	2

C5	SADDLE SLIDING RACK	1
D1	REAR STABILIZER	1
D2	REAR STABILIZER	1
D3	SCREW M8X40mm	2
D4	TRANSPORTATION WHEEL	2
D5	WASHER M8	2
D6	NUT M8	2
J4	SCREW M10	6
J5	SPRING LOCK WASHER M10	6
J6	WASHER M10	6
J7	END CAP	2
K1	PEDAL (L)	1
K2	PEDAL (R)	1
K3	PEDAL HOUSING	2
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	2
M7	SENSOR WIRE 550mm	1
M8	SENSOR WIRE 500mm	1
M9	SENSOR WIRE 700mm	2
M10	SENSOR WIRE 150mm	1
M11	SENSOR WIRE 600mm	1
M12	SENSOR WIRE 1000mm	1
M13	TOGGLE-R	1
M14	RUBBER COVER-R	1
M15	SENSOR WIRE 1000mm	1
M16	TOGGLE-L	1
M17	RUBBER COVER-L	1
M18	ELECTRIC CONTROL BOARD	1
M19	POSITIONING COLUMN	4
M20	SENSOR WIRE HOUSING	2

9.2 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.

11 CONTACT

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
ES	NL	INT
TECNOLOGÍA Y SERVICIOS  911 238 029  info@fitshop.es  Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5	TECHNISCHE DIENST & SERVICE  +31 172 619961  service@fitshop.nl  De openingstijden vindt u op onze homepage: https://stg.fit/statit3	TECHNICAL SUPPORT & SERVICE  +49 4621 4210-944  service-int@fitshop.de  You can find the opening hours on our homepage: https://stg.fit/statita
PL	AT	CH
DZIAŁ TECHNICZNY I SERWIS  22 307 43 21 +49 4621 42 10-948  info@fitshop.pl  Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6	TECHNIK & SERVICE  0800 20 20277 (Freecall) +49 4621 42 10-0  info@fitshop.at  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb	TECHNIK & SERVICE  0800 202 027 +49 4621 42 10-0  info@fitshop.ch  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9

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

www.fitshop.com/en/stores

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

Kettler is part of the Fitshop Group.

Notes

Notes

Notes

KETTLER

ERGORACER RS