YOUR TRAINING COMMUNITY

KETTFIT

YOUR TRAINING SOFTWARE

KETTLER **WORLD TOURS 2.0**

WORLD TOURS 2.0

KETTLER

TRAININGSSOFTWARE
TRAINING SOFTWARE
LOGICIEL D´ENTRAÎNEMENT

docu 3724/10.14

MANUAL

KETTLER

MADE IN GERMANY

ERGO S
UNIX S
SKYLON S
RECUMBENT S
TOUR EDITION

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CONGRATULATIONS

Welcome to the first exercise equipment that really under-stands you. With the KETTLER ERGO S / UNIX S / SKYLON S / RECUMBENT S / TOUR EDITION you have purchased one of the most modern training systems, which combines training ex-pertise with ground-breaking ease of use. It's so simple that you actually don't really need these operating instructions for your workout. We do recommend, however, that you take a few minutes for these short instructions, if only to find out more about the possibilities of the new S-FIT technology and our KETTFIT training community.

And when you connect your new KETTLER ERGO S / UNIX S / SKYLON S / RECUMBENT S / TOUR EDITION to your smart-phone for the first time, you enter a whole new world of home fitness – **smart training, simply fit.**

SAFETY GUIDELINES

Please adhere to the following for your own safety:

The exercise equipment must be set up on a firm, level surface.

Before being used for the first time and then after approx. 6 days of operation the connections should be checked to ensure they are secure.

When using the equipment, always follow these instructions to avoid injury through incorrect or excessive usage.

The installation of the equipment in humid environments for long periods of time is not recommended, due to the build-up of rust which could result from this.

Check regularly that the equipment is functioning properly and that it is in good condition.

The user is responsible for carrying out correct and regular safety checks on the equipment.

Defective or damaged parts must be replaced immediately.

Only use parts that are manufactured and supplied by KETTLER.

For your safety:

Before beginning any exercise programme, check with your doctor if your health will allow you to exercise using this machine. The doctor's findings should be the basis for your exercise programme. Overexertion or the wrong kind of exercise can lead to health problems.

THE NEW COCKPIT

Ingeniously simple! Thanks to the new glass display with innovative touch-screen, the control is totally intuitive and ingeniously simple.

Display explanation

INFORMATION | DISPLAYS

125 Twin display for performance (watts) and step frequency (rpm)

122 Twin display for heart rate (when wearing chest strap) and workout time (display in minutes)

Eco mode (standby mode after 10 minutes)

Standby mode

OK Training mode

OK Training interruption

Training without smartphone control

Training via smartphone control or WORLD TOURS training software

KETTLER

Rest for smartphone

125 PULSEHOLD 122

WATT   RPM   TIME   PULSE

—   OK   +

CONTROL UNIT | KEY FUNCTIONS

PULSEHOLD
Setting the target heart rate before training and establishing the actual heart rate (equipment automatically controls the resistance for training within the chosen heart rate range)
(not available = not visible)
(setting/accepted = lights up + is flashing)
(active = lights up red)

TIME
Time display selected (active = lights up)

PULSE
Heart rate display selected (active = lights up)
(not available = not visible)

WATT
Selection output display (active = lights up + is flashing)
Selection Step „L" (active = lights up)

RPM
Step frequency display selected (active = lights up)

—
Reduces selected targets in small steps

+
Increases selected targets in small steps

OK
Dial control for increasing or reducing targets in small steps

STARTING UP THE EQUIPMENT

STANDBY MODE

PUSH ➔ ACTIVE DISPLAY
(Training standby with 25 watts minimum capacity.
You can now begin training (start riding) or enter targets beforehand
(training default settings).

SETTING TARGETS

OUTPUT (rpm-independent training)

or — + in 5 watt steps

WATT

STEPS (rpm-dependent training)

WATT 2 sec. ➔ L 1 or — +

NOTE: During training, the output is displayed after changing step "L".
Under 25 watts only the step is displayed. It is possible to change from
steps to output by pressing the WATT button again.

TRAINING TIME (COUNT DOWN)

TIME ➔ Time display selected

or — + in minute steps
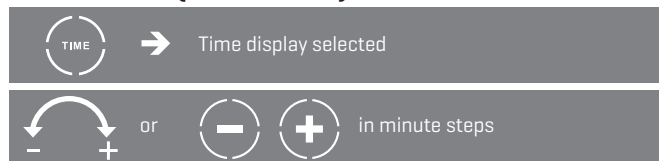
Note: When training without time default settings, the time display runs in count up mode!

TRAINING HEART RATE

Pulse signal (Chest strap) ➔ PULSE lights up

PULSE Heart rate display selected + PULSEHOLD (lights up brightly
+ is flashing)

or — + in single steps

TRAINING

START / CONTINUE

ADJUST PERFORMANCE / STEP

or — +

CHANGE DISPLAY EVERY 5 SECONDS

WATT + RPM (at the same time)

PULSEHOLD MODE

PULSEHOLD ➔ PULSEHOLD
(lights up brightly + is flashing)

Heart rate is held by adjusting performance.

STOP / INTERRUPTION

➔ OK

TIME STOPS

PULSE CONTROL (only in rpm-independent training)
If there is no pulse signal, the system cancels pulse control and the output is down-regulated. Pressing the adjustment buttons stops the down regulation.

END

OK   3 sec. ➔ OK   3 sec. ➔ ( )   [STANDBY]

BLUETOOTH CONNECTION

( )   5 sec. ➔ *425* *E 71* ( ) ➔ 📱 ➔ OK

When the BT name is displayed and the outer ring changes colour the device is ready for Bluetooth connection to a smartphone or PC/laptop for 2 minutes.

After this, it must be restarted.

USB TYPE A CHARGING SOCKET

5V output voltage / 1000 mA max.

S-FIT TECHNOLOGY

S-FIT technology connects the ERGO S / UNIX S / SKYLON S / RECUMBENT S / TOUR EDITION to your smartphone. Simply load the free KETTLER S-FIT APP and off you go. Take part in races, workout based on a programme or simply work off your last burger. We offer you training documentation and coaching on our training and health website www.kettfit.com

Smartphone

KETTLER S-FIT APP

The KETTLER S-FIT APP is suitable for:
· Samsung Galaxy S2 | Samsung Galaxy S3

The KETTLER S-FIT APP is suitable for:
· iPhone 5S/C, iPhone 5, iPhone 4S, iPhone 4, iPhone 3GS

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"Made for iPhone" mean that an electronic accessory has been designed to connect specifically to iPhone, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPhone may affect wireless performance.

Challenge
In the CHALLENGE mode, there are realistic training routes with different terrain profiles. As an additional feature, committed athletes can use the Ghost function to compete on three different difficulty levels of virtual routes, experiencing a realistic competitive atmosphere in their own living room.

Expert
The EXPERT mode provides a detailed record of all important training data. As a result, competitive athletes can always keep an eye on their pedal, pulse and heart rate, the distance covered and their exact speed, and they can complete the predefined programme more professionally. The evaluation occurs via the KETTFIT online training community.

Fun
In the FUN mode, burgers, pizza and cola don't stand a chance. In particular, fitness-oriented athletes who want to quickly complete an effective workout have the chance in this mode to exercise away calories from various foods. Fun with training is a clear priority. You can not only synchronise your performance with your own KETTFIT account, but you can also share the results with friends on Facebook.

PRINCIPLES FOR EFFECTIVE TRAINING

The exercise bike uses sports medicine and exercise science amongst other things to check the functional ability of the heart, circulation and breathing systems.
To check if, after several weeks of training, you have achieved the desired effects you can observe the following:
1. You are able to complete a predetermined endurance session at a lower heart rate than before.
2. You are able to maintain a predetermined endurance session at the same heart rate for a longer time.
3. You recover from a predetermined endurance session more quickly than before.

CORRECT VALUES FOR ENDURANCE TRAINING
Maximum heart rate: Maximum effort is understood to mean achieving the individual maximum heart rate. The maximum achievable heart frequency is dependent on age.
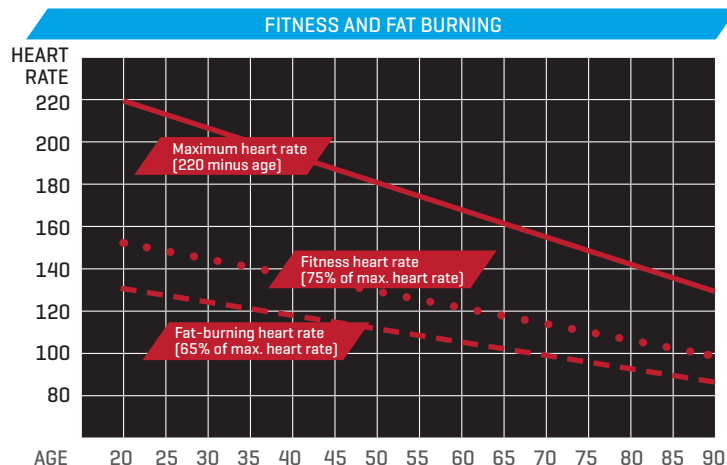The following rule of thumb applies here: the maximum heart rate per minute corresponds to 220 heartbeats minus age.

FOR EXAMPLE: at 50 years old > 220 - 50 = 170 bpm.

EXERCISE INTENSITY
Aerobic heart rate: the optimum exercise intensity is when 65-75% [see diagram] of the individual heart / circulation power is reached. This value changes according to age.

HEART RATE DIAGRAM

FITNESS AND FAT BURNING

HEART RATE

Maximum heart rate
(220 minus age)

Fitness heart rate
(75% of max. heart rate)

Fat-burning heart rate
(65% of max. heart rate)

AGE 20 25 30 35 40 45 50 55 60 65 70 75 80 85 90

220 200 180 160 140 120 100 80

AMOUNT OF EXERCISE
As a rule of thumb, your endurance training should be increased through the
scope of exertion, e.g. instead of doing 10 minutes per day, you should do 20,
or instead of training weekly you should train 2 or 3 times per week.

You should select a watt power level that lets you train your muscles over
an extended period of time.
Pedalling frequencies between 60 and 80 rpm are recommended.

WARM-UP
At the beginning of each workout, you should warm up with 3-5 minutes of
slowly increasing exercise in order to stimulate circulation and your muscles.

COOL-DOWN
This is just as important as the so-called warm up. After each session
you should spend approx. 2-3 minutes pedalling in the opposite direction.

For detailed training programmes and entertainment we recommend:
kettfit.com
KETTLER S-FIT APP
KETTLER World Tours 2.0 Training software