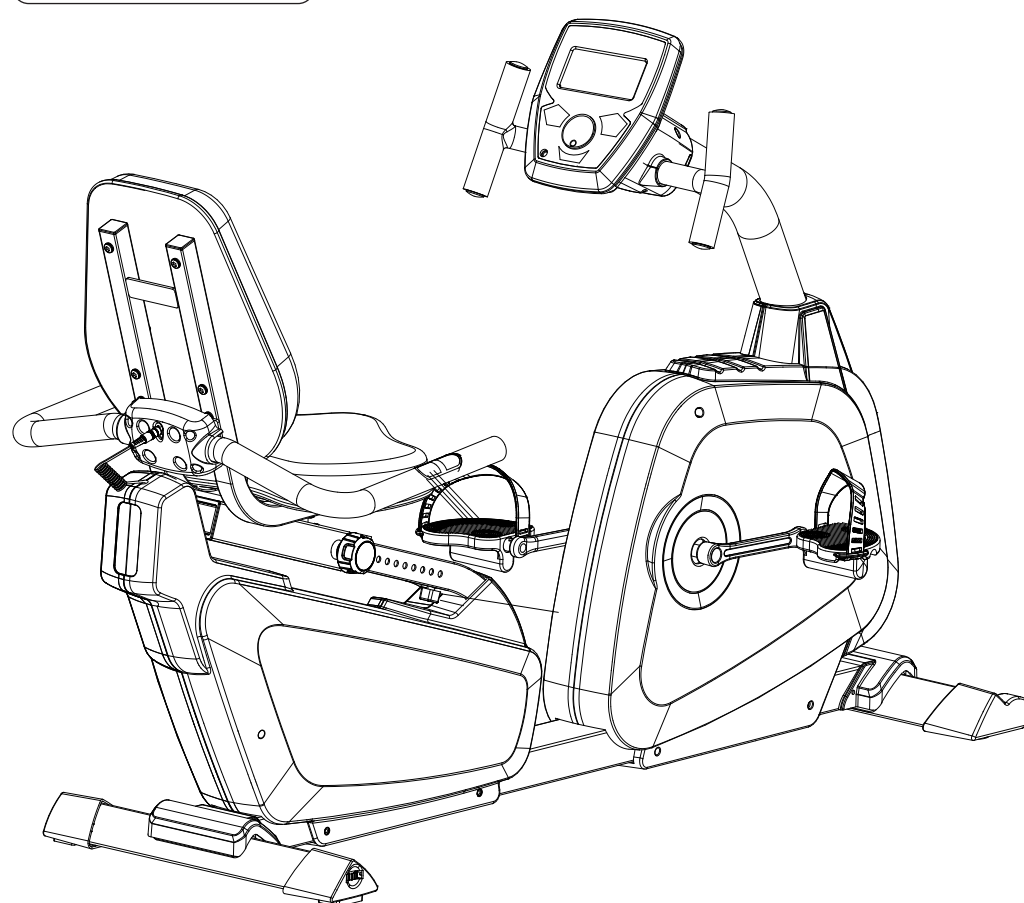
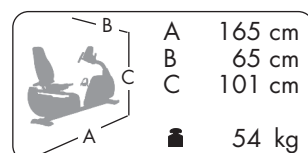




D
GB
F
NL
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Auf 100% Altpapier gedruckt!

Abb. ähnlich

Montageanleitung Heimtrainer „CYCLE R”

Art.-Nr. 07986-896

GB Assembly Instructions

Before assembling or using the unit, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.

For Your Safety

RISK! Instruct people using the equipment (in particular children) on possible sources of danger during exercising.

RISK! Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician.

RISK! Disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.

RISK! While assembly of the product keep off children's reach (Choking hazard - contains small parts).

RISK! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

WARNING! The training device should be used only for its intended purpose, i.e. for physical exercise by adult people.

WARNING! Any other use of the equipment is prohibited and may be dangerous. The manufacturer cannot be held liable for damage or injury caused by improper use of the equipment.

WARNING! Before beginning your program of training, study the instructions for training carefully.

WARNING! If you lose the pulse signal, the performance of the device will remain constant for approx. 60 seconds and is then slowly adjusted downwards. Please check your pulse measuring system (ear clip, hand pulse or chest belt) so that the pulse signal of the electronics can be entered again.

WARNING! All electric appliances emit electromagnetic radiation when in operation. Please do not leave especially radiation-intensive appliances (e.g. mobile telephones) directly next to the cockpit or the electronic controlsystem as otherwise values displayed might be distorted (e.g. pulse measurement).

WARNING! Ensure that the power cable is not pinched and that no-one can trip over it.

- The training device has been designed in accordance with the latest standards of safety. Any features which may have been a possible cause of injury have been avoided or made as safe as possible.
- Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out

of use until this has been done. Use only original KETTLER spare parts.

- If the equipment is in regular use, check all its components thoroughly every 1 -2 months. Pay particular attention to the tightness of bolts and nuts. This applies especially to the securing bolts for saddle and handlebars.
- To ensure that the safety level is kept to the highest possible standard, determined by its construction, this product should be serviced regularly (once a year) by specialist retailers.
- The device requires a supply voltage of **110-230V** – Connect the power cord with a protective contact socket.
- Do not use a multiple power socket for the running belt. If an extension cable is being used, ensure that it complies with the VDE regulations.
- Unplug the power cord of the device from the socket if not used for a longer period.
- **Before beginning your program of exercise, consult your doctor to ensure that you are fit enough to use the equipment. Base your program of exercise on the advice given by your doctor. Incorrect or excessive exercise may damage your health!**
- **Any interference with parts of the product that are not described within the manual may cause damage, or endanger the person using this machine. Extensive repairs must only be carried out by KETTLER service staff or qualified personnel trained by KETTLER.**
- Always observe the general safety rules and precautions for working with electrical equipment.
- Our products are subject to a constant innovative quality assurance. We reserve the right to perform technical modifications.
- In case of enquiry, please contact your KETTLER dealer.
- In choosing the location of the apparatus, ensure a sufficient safety distance from any obstacles. The apparatus must not be mounted in the immediate vicinity of main passageways (paths, doorways, corridors).
- For a comfortable training position please adjust the handlebar and saddle position to your body height.
- When mounting the product please take the recommended torque information into account ($M = xx \text{ Nm}$).
- The exercise cycle complies with the DIN EN 957-1/5, class HB.

Handling the equipment

CAUTION! It is not recommended to use or store the apparatus in a damp room as this may cause it to rust. **Please ensure that no part of the machine comes in contact with liquids (drinks, perspiration etc.). This may cause corrosion.**

- Before using the equipment for exercise, check carefully to ensure that it has been correctly assembled.

- The machine is designed for use by adults and children should not be allowed to play with it. Children at play behave unpredictably and dangerous situations may occur for which the manufacturer cannot be held liable. If, in spite of this, children are allowed to use the equipment, ensure that they are instructed in its proper use and supervised accordingly.



- Before beginning your first training session, familiarize yourself thoroughly with all the functions and settings of the unit.
- A slight production of noise at the bearing of the centrifugal mass is due to the construction and has no negative effect upon operation. Possibly occurring noise during reverse pedalling result from engineering and are absolutely safe.
- The training device has a magnetic brake system.
- The equipment is independent of revolutions per minute.
- **Please ensure that liquids or perspiration never enter the machine or the electronics.**
- Before use, always check all screws and plug-in connections as well as respective safety devices fit correctly.
- Always wear suitable shoes when using.
- Use for your regular cleaning, maintenance and care our appliance maintenance set (Article no. 07921-000) specifically licensed for KETTLER Sports apparatus and available from the Sport specialized trade.
- Nobody may be in the moving range of a training person during training.

Instructions for Assembly

RISK! Ensure that your working area is free of possible sources of danger, for example don't leave any tools lying around. Always dispose packaging material in such a way that it may not cause any danger. There is always a risk of **suffocation** if children play with plastic bags!

- Ensure that you have received all the parts required (see check list) and that they are undamaged. Should you have any cause for complaint, please contact your KETTLER dealer.
- Before assembling the equipment, study the drawings carefully and carry out the operations in the order shown by the diagrams. The correct sequence is given in capital letters.
- The equipment must be assembled with due care by an adult person. If in doubt call upon the help of a second person, if possible technically talented.
- Please note that there is always a danger of injury when working with tools or doing manual work. Therefore please be careful when assembling this machine.
- The fastening material required for each assembly step is shown in the diagram inset. Use the fastening material exactly as instructed.
- Bolt all the parts together loosely at first, and check that they have been assembled correctly. Tighten the locknuts by hand until resistance is felt, **then use spanner to finally tighten nuts completely against resistance (locking device)**. Then check that all screw connections have been tightened firmly. **Attention:** once locknuts have been unscrewed they no longer function correctly (the locking device is destroyed), and must be replaced.
- For technical reasons, we reserve the right to carry out preliminary assembly work (e.g. addition of tubing plugs).

List of spare parts page 28- 29

When ordering spare parts, always state the full article number, spare-partnumber, the quantity required and the S/N of the product (see handling).

Example order: Art. no. 07986-896 / spare-part no. 68003517/ 1 piece / S/N Please keep original packaging of this article, so that it may be used for transport at a later date, if necessary.

Goods may **only** be returned after prior arrangement and in (internal) packaging, which is safe for transportation, in the original box if possible. It is important to provide a detailed defect description / damage report!

Important: spare part prices do not include fastening material; if fastening material (bolts, nuts, washers etc.) is required, this should be clearly stated on the order by adding the words „**with fastening material**“.

Waste Disposal



KETTLER products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).



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e-mail: sales@kettler.co.uk



KETTLER International Inc.

1355 London Bridge Road

Virginia Beach, VA 23453

www.kettlerusa.com

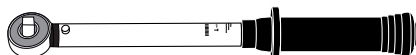
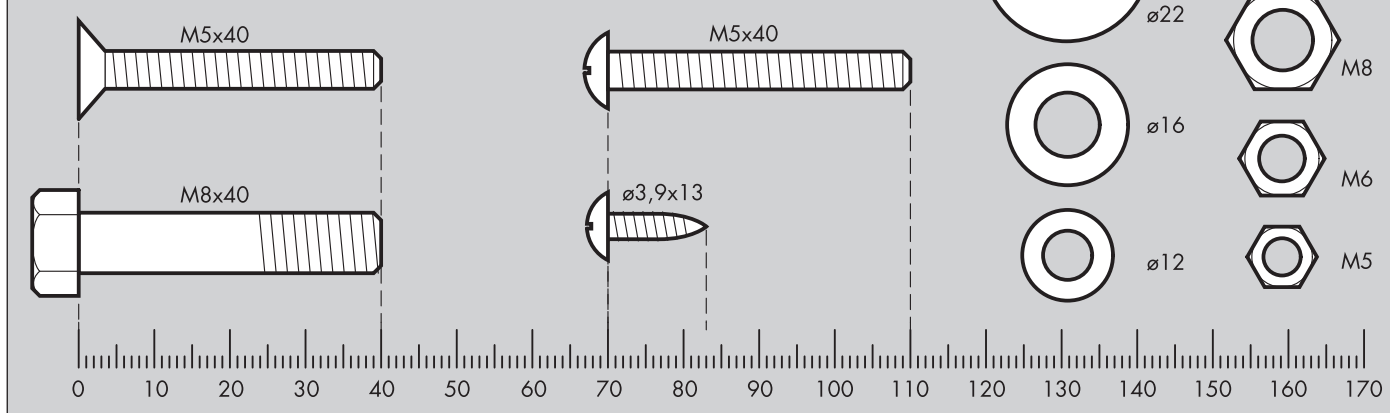
☎ +1 888 253 8853

☎ +1 888 222 9333

Messhilfe für Verschraubungsmaterial

- GB - Measuring help for screw connections
- F - Gabarit pour système de serrage
- NL - Meethulp voor schroefmateriaal
- E - Ayuda para la medición del material de atornilladura
- I - Misura per materiale di avvitamento
- PL - Wzornik do połączeń śrubowych
- P - Auxiliar de medição para materiais de aparafusamento
- DK - Hjælp til måling af skruer
- CZ - Měřicí pomůcka pro materiál k přišroubování

- D - Beispiele; - GB - Examples; - F - Exemples; - NL - Bij voorbeeld; - E - Ejemplos;
- I - Esempio; - PL - Przykłady; - P - Exemplo; - DK - Eksempel; - CZ - Příklad



- D - Gehört nicht zum Lieferumfang.
- GB - Not included.
- F - Ne fait pas partie du domaine de livraison.
- NL - Is niet bij de levering inbegrepen.
- E - No forma parte del volumen de entrega.
- I - Non in dotazione alla fornitura.
- PL - Nie należy do zakresu dostawy.
- P - Não está incluído nas peças fornecidas
- DK - Er ikke inkluderet i leveringsomfanget.
- CZ - Nepatří do rozsahu dodávky

Schraubverbindung regelmäßig kontrollieren

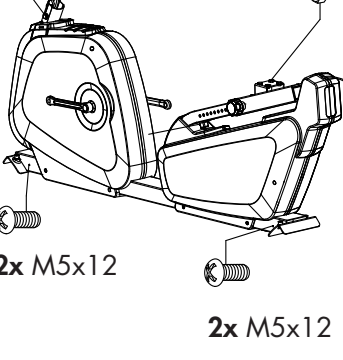
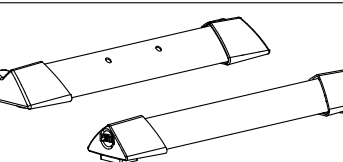
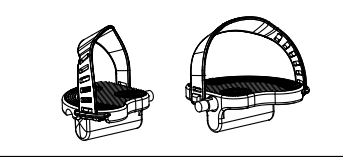
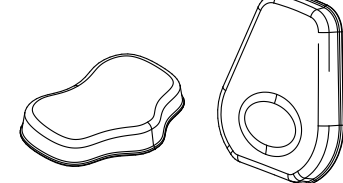
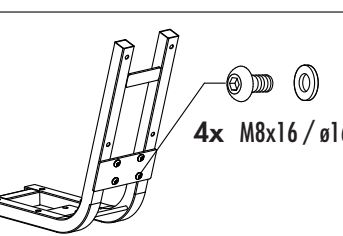
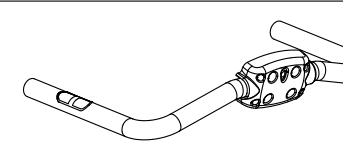
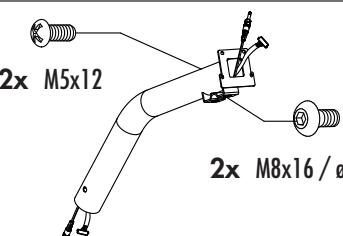
- GB - The screwed connections must be controlled at regular intervals.
- F - Resserrer le raccord à vis à intervalles réguliers.
- NL - Schroefverbinding moet regelmatig opnieuw vastgedraaid worden.
- E - La atornilladura debe ser apretada con regularidad.
- I - Il collegamento a vite va riserrato ad intervalli regolari.
- PL - Połączenie śrubowe musi być regularnie dokręcane.
- P - Verificação regular das uniões roscada
- DK - Kontrollér skrueforbindelsen regelmæssigt.
- CZ - Šroubové spojení pravidelně kontrolujte.

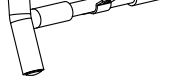
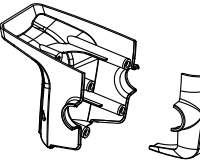
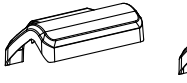
Checkliste (Packingseinhalt)

- GB – Checklist (contents of packaging)
- F – Checklist (verpakkingsinhoud)
- NL – Checklist (verpakkingsinhoud)

- E - Lista de control (contenido del paquete)
- I - Lista di controllo (contenuto del pacco)
- PL - Lista kontrolna (zawartość opakowania)

- P – Lista de verificação (conteúdo da embalagem)
- DK – Checkliste (pakkens indhold)
- CZ – Kontrolní seznam (obsah balení)

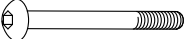
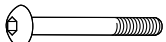
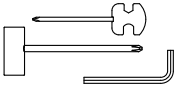
	Stück.
 4x M8x20 / ø19x8 4x M8x20 / ø19x8 2x M5x12 2x M5x12	1
	1
	1
	1
 4x M8x16 / ø16x8	1
	1
 2x M5x12 2x M8x16 / ø16x8	1

	1
	1
	1
	1
 4x M5x12	1
	1

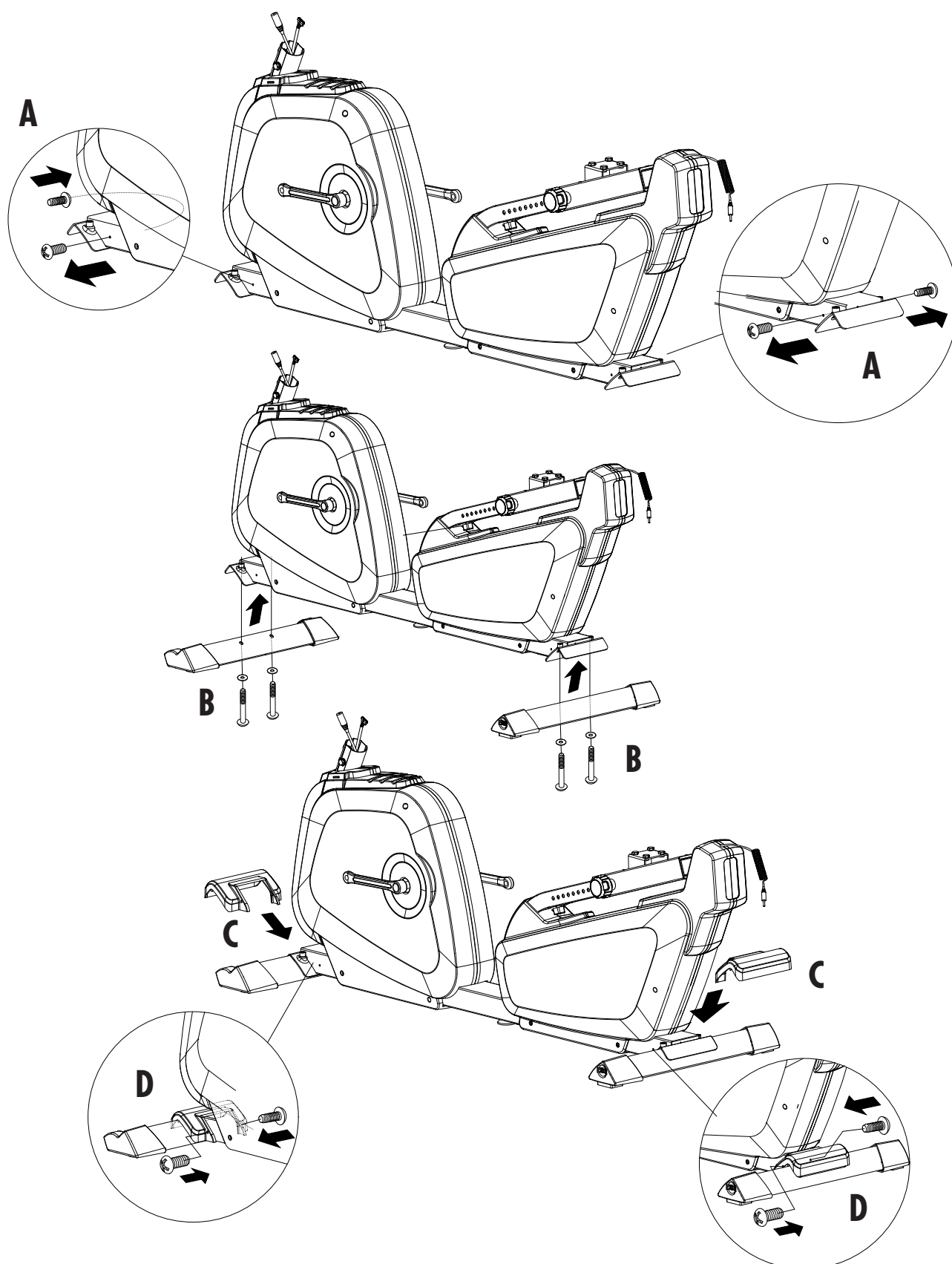
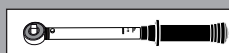
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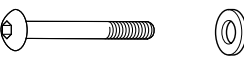


Pos. 43

	M 8 x 60	4
	M 8x50	8
	ø 19/8	12
	2,9x16	4
		1

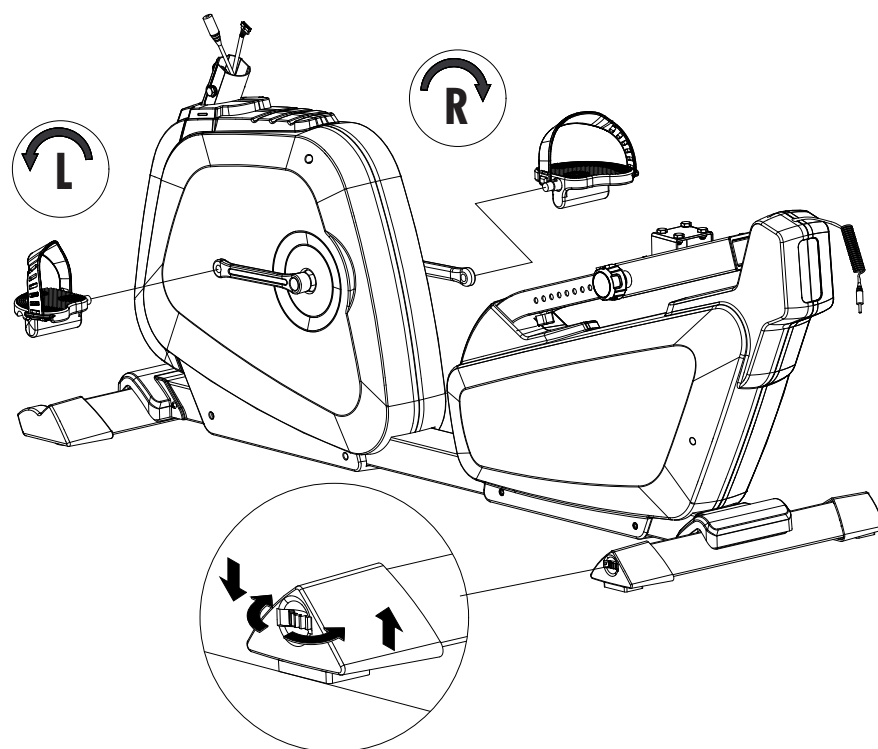
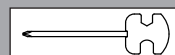
1



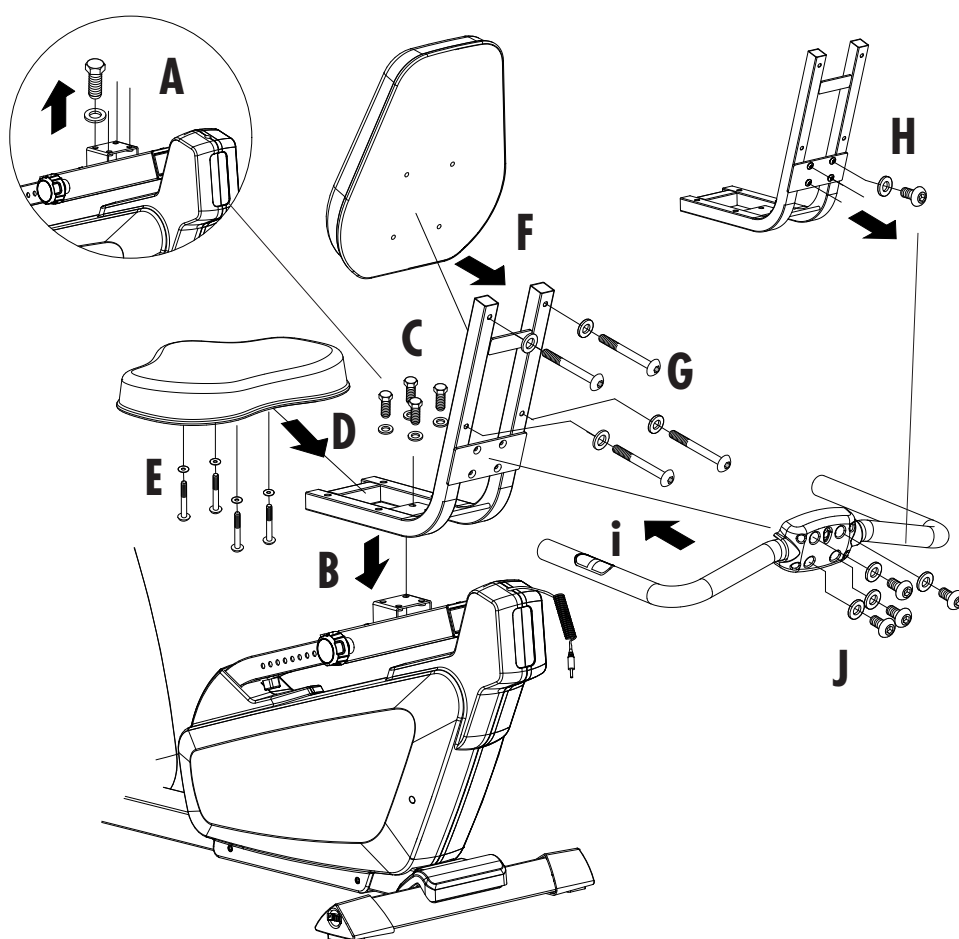
B 
4x M 8x60 = 15Nm Ø 19/8

A/D 
2x2 M 5 x12

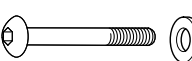
2

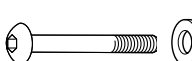


3



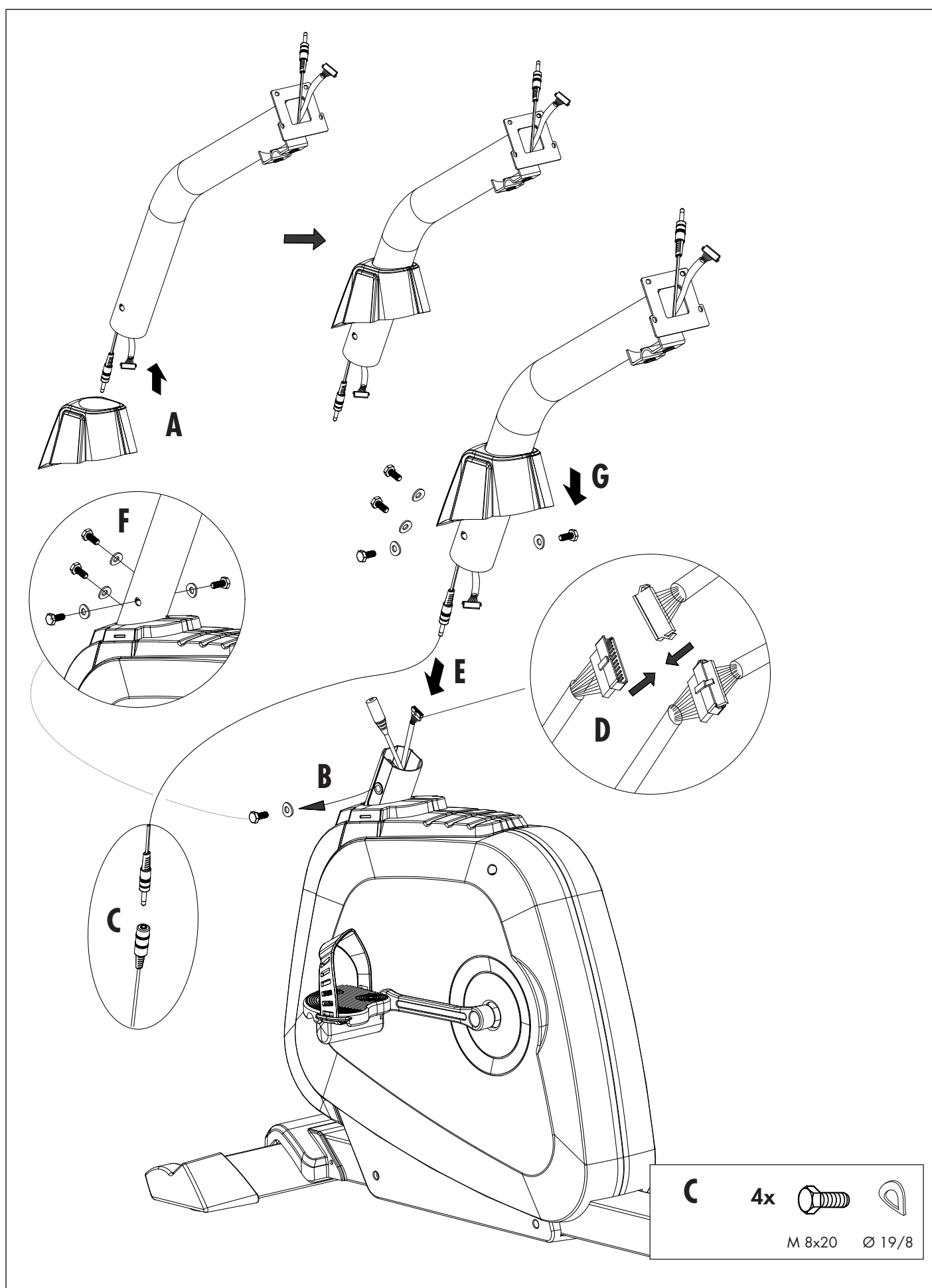
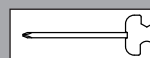
A/C 
4x M 8x16 Ø 19/8

E 
4x M 8x50 Ø 19/8

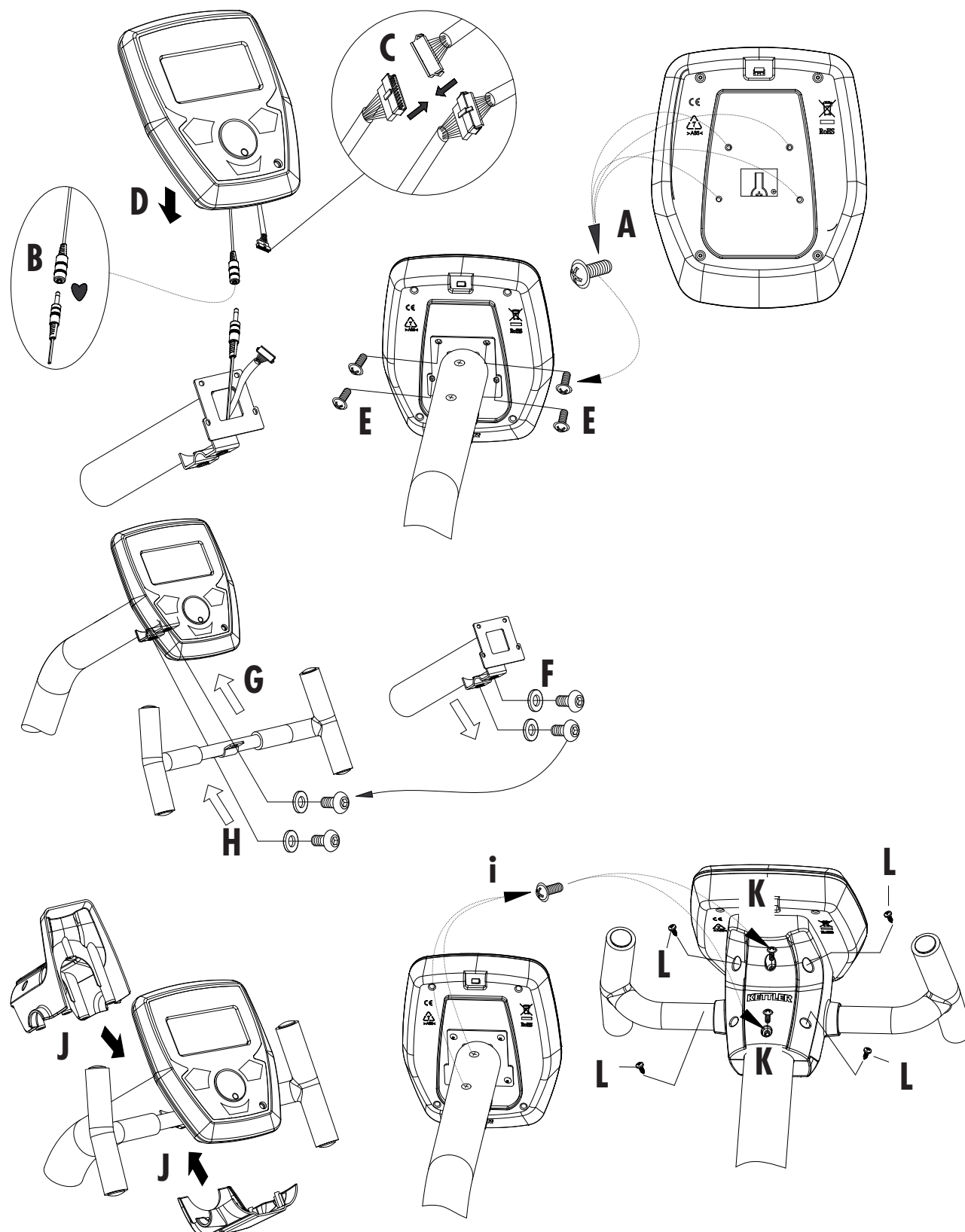
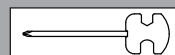
D 
4x M 8x50 Ø 19/8

i/J 
4x M 8x16 Ø 16/8

4



5



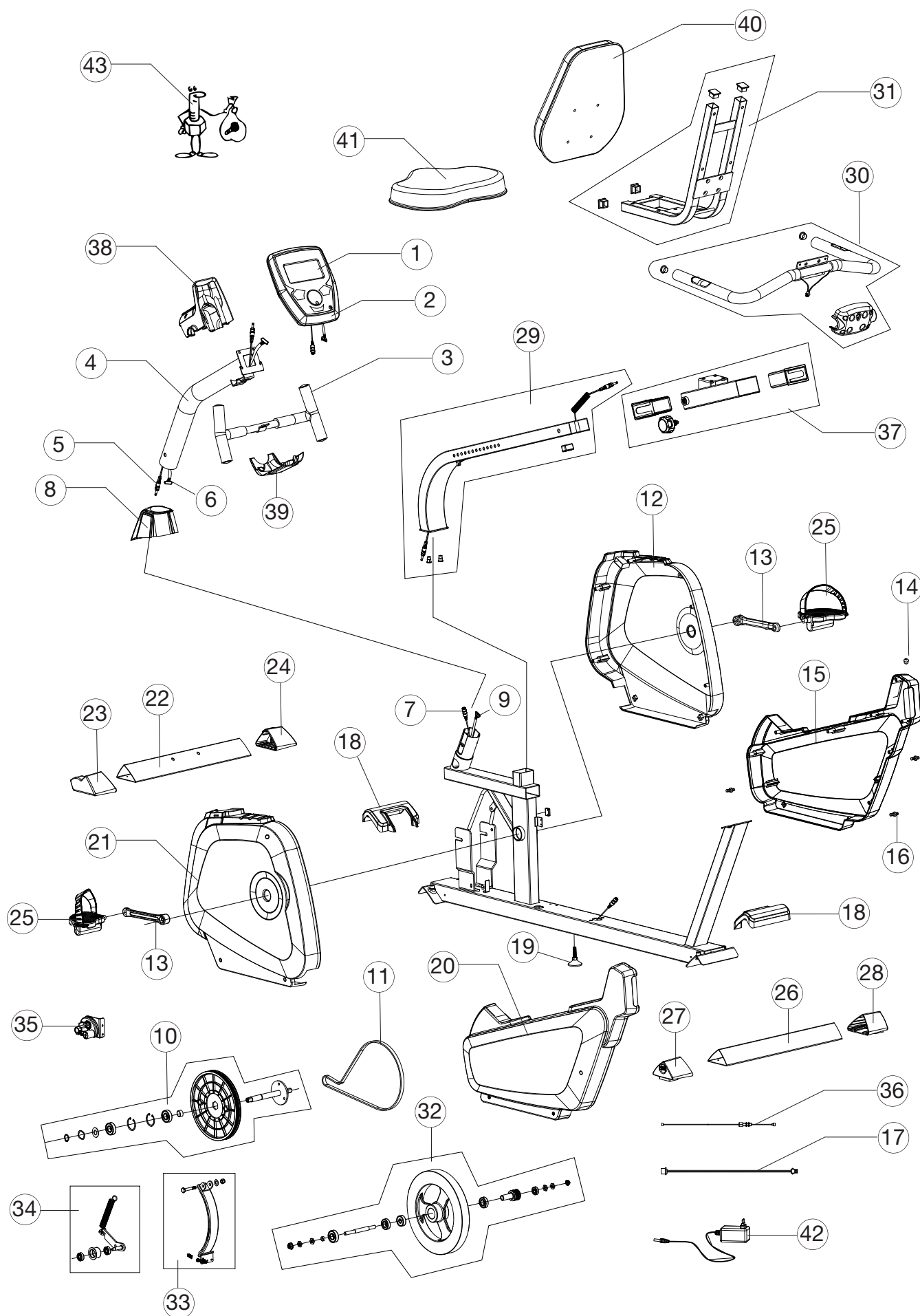
A/E
 4x M 5 x 12

F/H
 2x M 7 x 30 Ø 12/8,3

i/K
 2x M 5 x 12

L
 4x 2,9 x 16

Ersatzteilzeichnung



Ersatzteilbestellung

- GB - Spare parts order
- F - Commande de pièces de rechange
- NL - Bestelling van reserveonderdelen
- E - Pedido de recambios
- I - Ordine di pezzi di ricambio

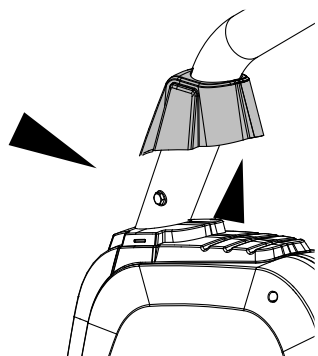
- PL - Zamówienie części zamiennych
- P - Encomenda de peças sobressalentes
- DK - Bestilling af reservedele
- CZ - Objednání náhradních dílů

07986-896

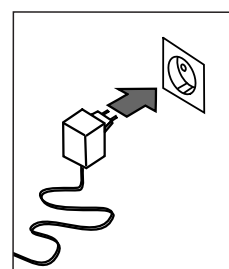
①	1x	68009040
②	1x	68009041
③	1x	68009200
④	1x	68009201
⑤	1x	68009202
⑥	1x	68009203
⑦	1x	68009204
⑧	1x	68009205
⑨	1x	68009206
⑩	1x	68009016
⑪	1x	68009207
⑫	1x	68009208
⑬	1x	68009014
⑭	1x	68009209
⑮	1x	68009210
⑯	4x	68009211
⑰	1x	68009212
⑱	1x	68009225
⑲	1x	68009226
⑳	1x	68009227
㉑	1x	68009228
㉒	1x	68009017

07986-896

㉓	1x	68009018
㉔	1x	68009019
㉕	1x	68009015
㉖	1x	68009020
㉗	1x	68009021
㉘	1x	68009022
㉙	1x	68009213
㉚	1x	68009214
㉛	1x	68009215
㉜	1x	68009058
㉝	1x	68009139
㉞	1x	68009216
㉟	1x	68009217
㊱	1x	68009218
㊲	1x	68009219
㊳	1x	68009220
㊴	1x	68009221
㊵	1x	68009222
㊶	1x	68009223
㊷	1x	68009059
㊸	1x	68009224

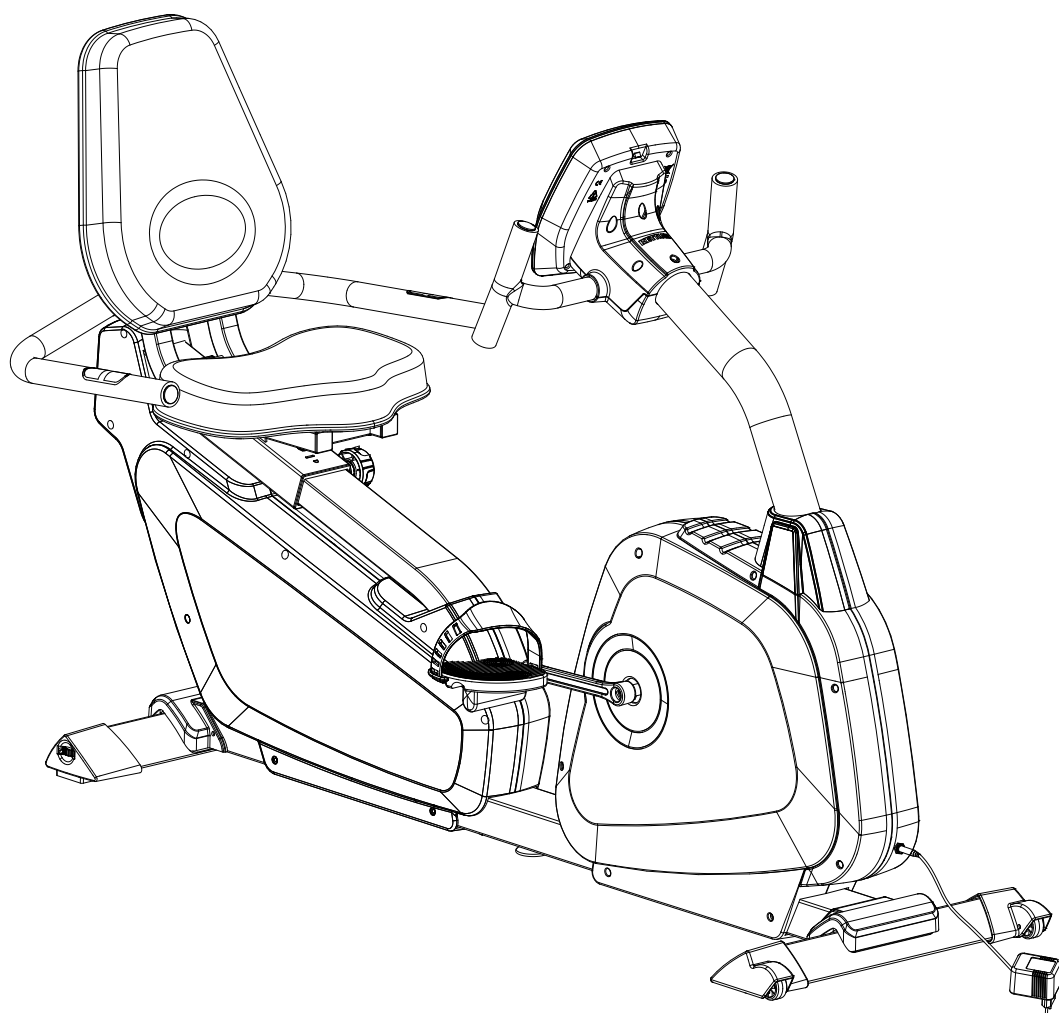
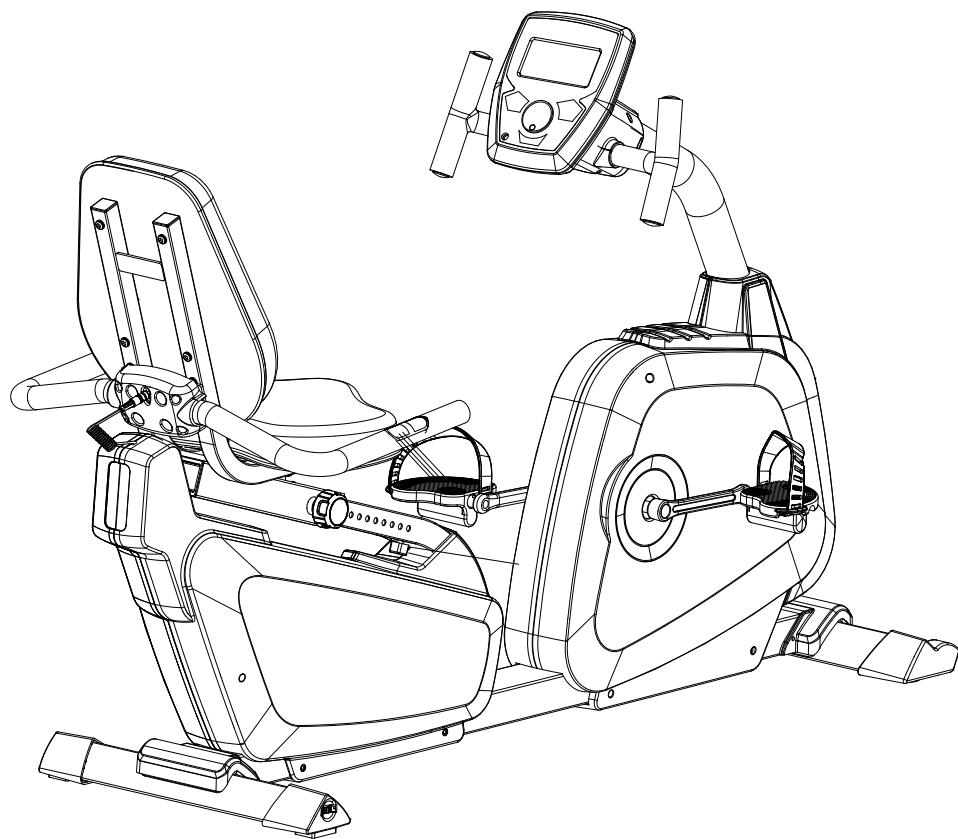


- D - Beispiel Typenschild - Seriennummer
- GB - Example Type label - Serial number
- F - Exemple Plaque signalétique - Numéro de série
- NL - Bij voorbeeld Typeplaatje - Seriennummer
- E - Ejemplo Placa identificativa - Número de serie
- I - Esempio Targhetta tecnica - Numero di serie
- PL - Przykłady Tabliczka identyfikacyjna - Numer serii
- P - Exemplo placa de características - número de série
- DK - Eksempel type label - serienummer
- CZ - Primer tipske plošče - serijske številke



- D - Farbliche Abweichungen bei Ersatzteilen sind möglich.
- GB - Colours may vary with replacement parts.
- F - Des écarts de couleur sont possibles pour les pièces de rechange.
- NL - Afwijkingen in kleur bij reserveonderdelen zijn mogelijk.
- E - Es posible que los recambios presenten diferencias en el color
- I - Per le parti di ricambio sono possibili differenze di colore.

- PL - W przypadku części zamiennych kolor może się różnić od koloru oryginalnego.
- P - Existe a possibilidade de existirem desvios nas cores das peças sobressalentes.
- DK - Farveafvigelser på reservedele kan forekomme.
- CZ - Barevné odchylky u náhradních dílů možné.







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