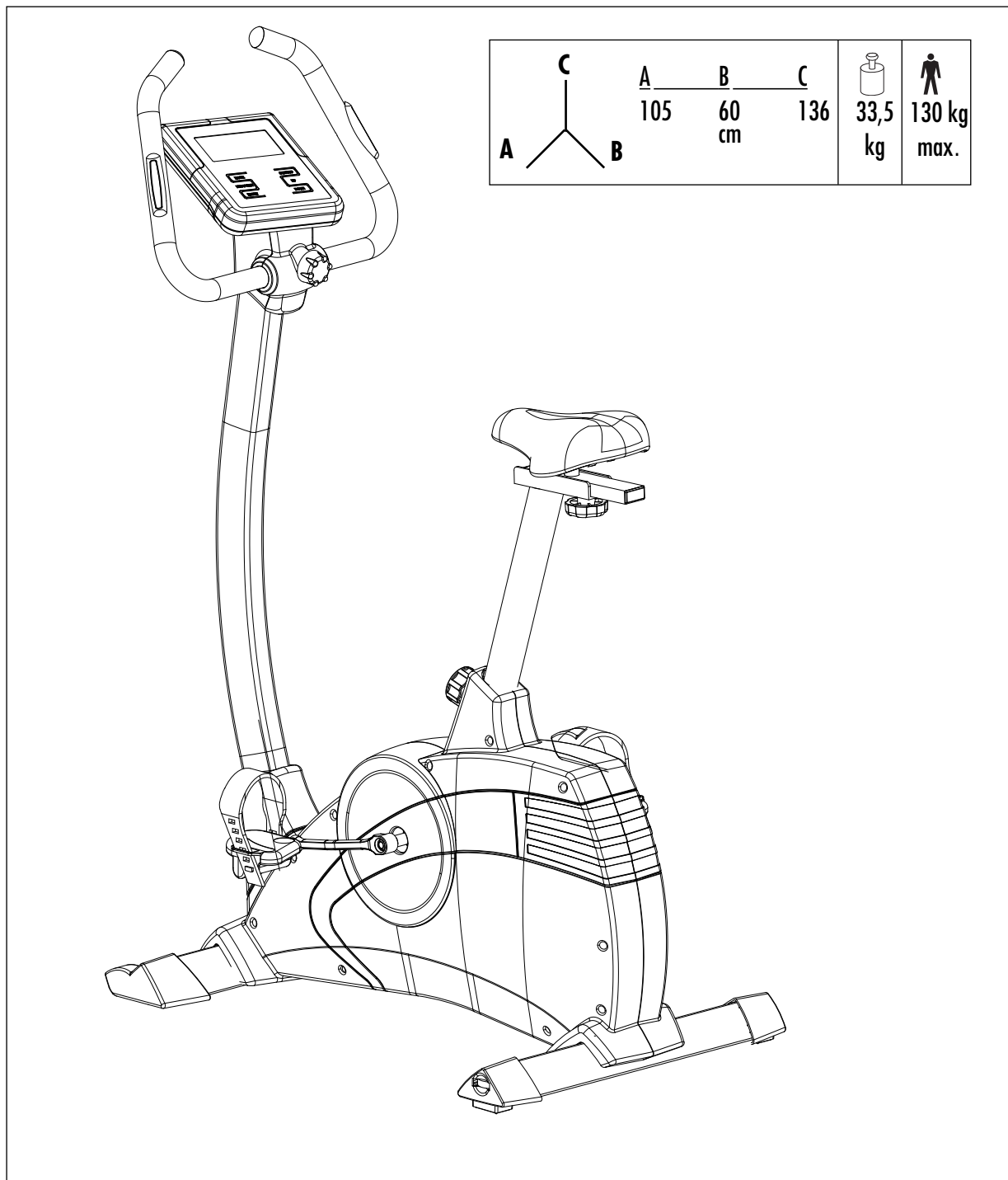


KETTLER

Montageanleitung „PASO 309“

Art.-Nr. 07626-900



D

GB

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NL

E

I

PL

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DK



FREIZEIT MARKE KETTLER

Before assembling or using the exercise cycle, 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

- ⚠ ATTENTION! The crosstrainer should be used only for its intended purpose, i.e. for physical exercise by adult people.
- ⚠ ATTENTION! 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.
- The crosstrainer 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.
- The training device corresponds with DIN EN 957 -1/-5, class HB. It is therefore unsuitable for therapeutic use.
- 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.
- In case of enquiry, please contact your KETTLER dealer.
- **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.**
- ⚠ ATTENTION! Instruct people using the equipment (in particular children) on possible sources of danger during exercising.
- 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.**
- 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.
- Before use, always check all screws and plug-in connections as well as respective safety devices fit correctly.
- ⚠ ATTENTION! While assembly of the product keep off children's reach (Choking hazard - contains small parts).
- Always wear suitable shoes when using.
- ⚠ ATTENTION! Before beginning your program of training, study the instructions for training carefully.
- Our products are subject to a constant innovative quality assurance. We reserve the right to perform technical modifications.
- 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).
- Always observe the general safety rules and precautions for working with electrical equipment.
- 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 control system as otherwise values displayed might be distorted (e.g. pulse measurement).
- The device requires a supply voltage of 230V, 50 Hz. Connect the power cord with a protective contact socket.
- ⚠ **IMPORTANT!** Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician.
- ⚠ **IMPORTANT!** disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.
- 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.
- Ensure that the power cable is not pinched and that no-one can trip over it.
- ⚠ **WARNING! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.**
- The product is not suitable for use by persons weighing over 130 kg.
- Nobody may be in the moving range of a training person during training
- For a comfortable training position please adjust the handlebar and saddle position to your body height.
- Pay attention to the fact that the quickly rotating disk flywheel strongly heats during operation.
- This exercise machine may only be used for exercises indicated in the training instructions.

Handling the equipment

- Before using the equipment for exercise, check carefully to ensure that it has been correctly assembled.
- 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.
- 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.
- 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.
- Please ensure that liquids or perspiration never enter the machine or the electronics.
- The equipment is dependent of revolutions per minute.
- 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 crosstrainer has a magnetic brake system.
- Before beginning your first training session, familiarize yourself thoroughly with all the functions and settings of the unit.
- The surface on which the unit is placed must be firm and even. Place rubber or straw mats under it to deaden any noise or impacts. Only for appliances with weights. Avoid powerful oscillations of the dumbbells!

Instructions for Assembly

- 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.
- 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.
- 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!
- 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.
- The fastening material required for each assembly step is shown in the diagram inset. Use the fastening material exactly as instructed. The required tools are supplied with the equipment.
- 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 26-27

- 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. 7625-900 / spare-part no. 68003705 / 1 pieces / 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).

KETTLER GB Ltd. · KETTLER House, Merse Road · North Moons Moat · Redditch, Worcestershire B98 9HL

<http://www.kettler.co.uk>

KETTLER International Inc. · 1355 London Bridge Road · Virginia Beach, VA 23453

<http://www.kettlerusa.com>

<http://www.kettler.ch>

Checkliste (Packungsinhalt)

(GB) Checklist (contents of packaging)

(F) Liste de vérification (contenu de l'emballage)

(NL) Checklijst (verpakkinginhoud)

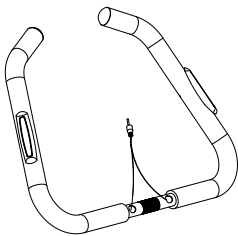
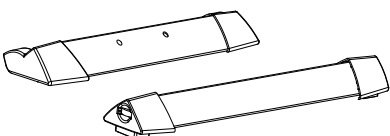
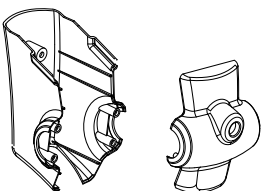
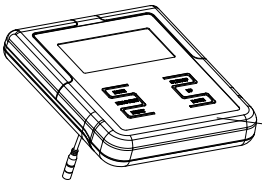
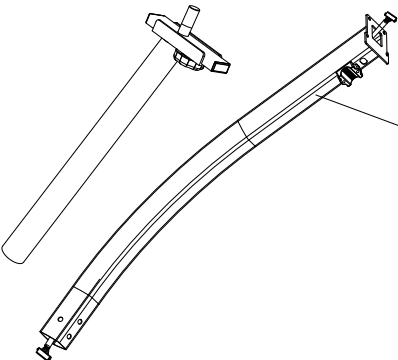
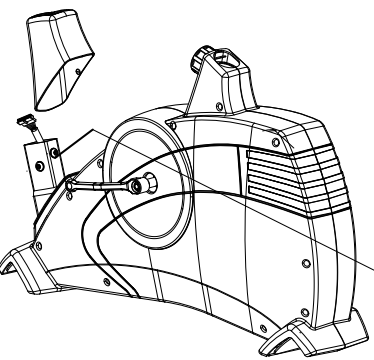
(E) Lista de control (contenido del paquete)


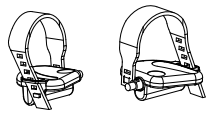

(I) Lista di controllo (contenuto del pacco)

(PL) Lista kontrolna (zawartość opakowania)

(P) Lista de verificação do conteúdo da embalagem

(DK) pakkens indhold





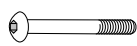




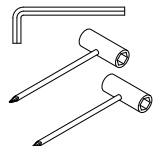
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	1

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	1
	1

27






Pos. 32

		1
		1
	ø 7	2
	ø 7	2
	M 8x60	4
	ø 7x25	1
	M 7x30	1
	ø 8x19	4
	3x25	4
		1

27



Pos. 33

	M 5x10	4
	M 5x14	2
	M 8x16	4

Messhilfe für Verschraubungsmaterial

(GB) Measuring help for screw connections

(F) Gabarit pour système de serrage

(NL) Meethulp voor schroefmateriaal

(E) Referencia de medición para el material de atornilladura

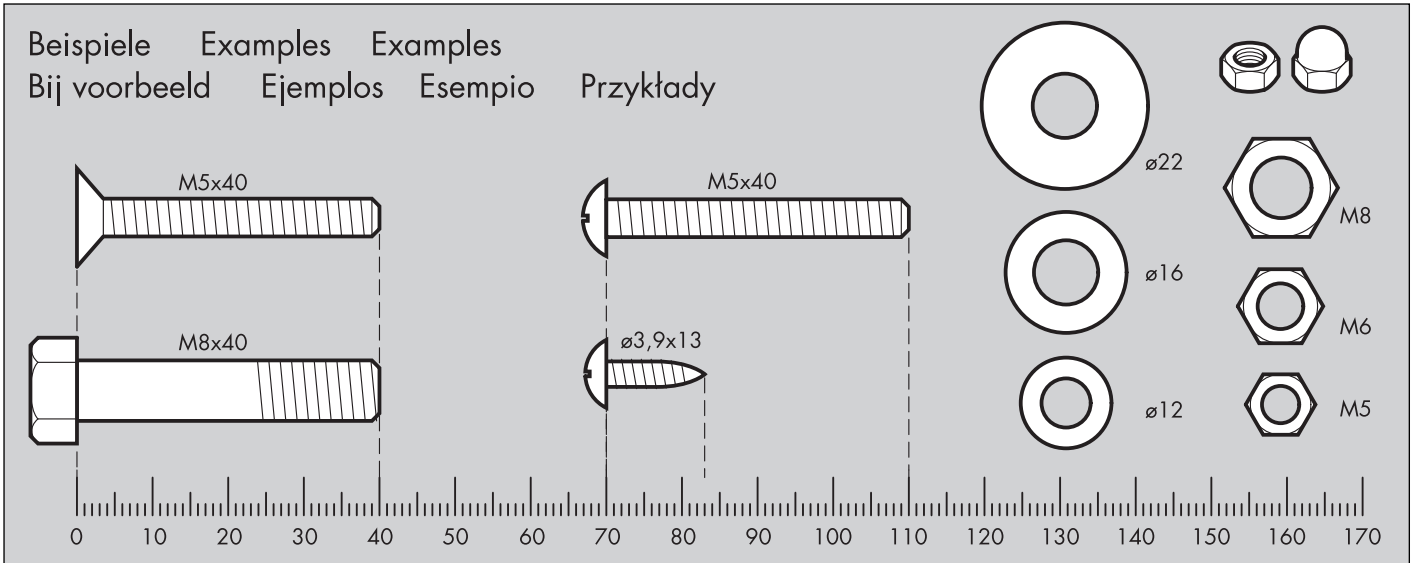
(I) Misura per il materiale di avvitamento

(PL) Wzornik do połączeń śrubowych

(P) Auxiliar de medição para materiais de aparafusamento

(DK) Hjælp til måling af skruer

Beispiele Exemples Exemples
Bij voorbeeld Ejemplos Esempio Przykłady



Schraubverbindung regelmäßig kontrollieren

(GB) The screwed connections must be controled 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.

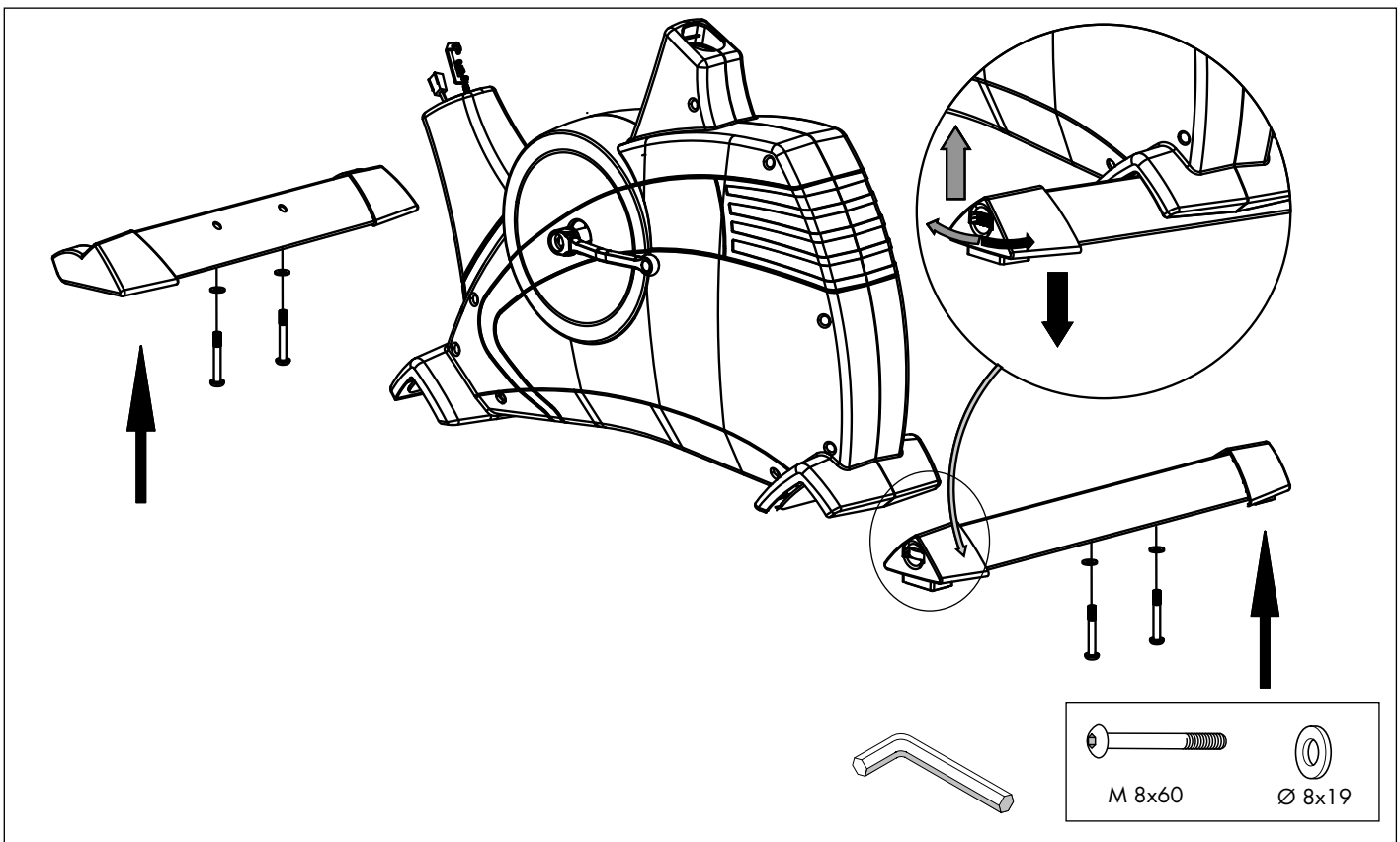
(I) Il collegamento a vite va riserrato ad intervalli regolari.

(PL) Połączenie śrubowe musi być regularnie dokręcane.

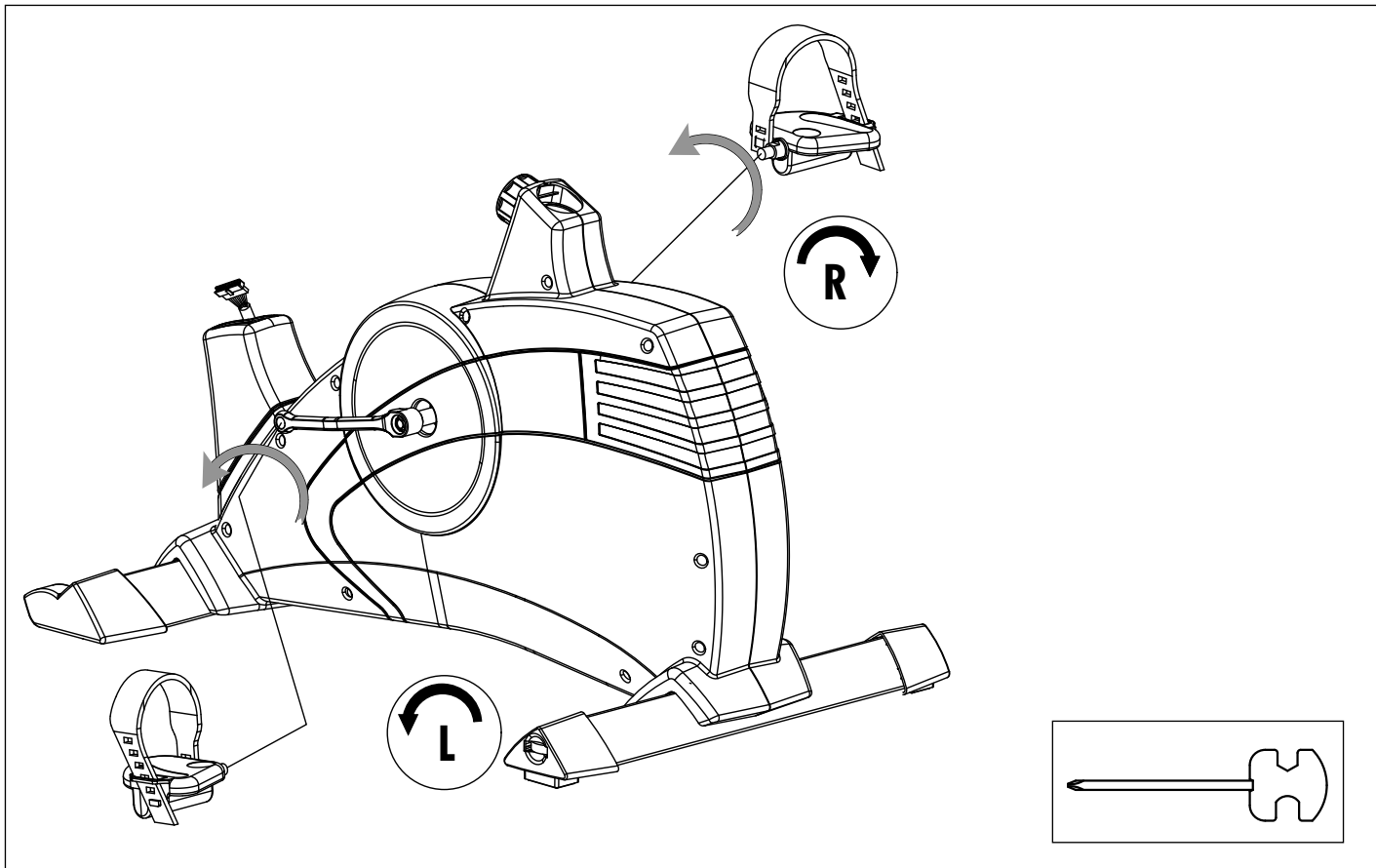
(P) Verificação regular das uniões roscada

(DK) Kontrollér skrueforbindelsen regelmæssigt.

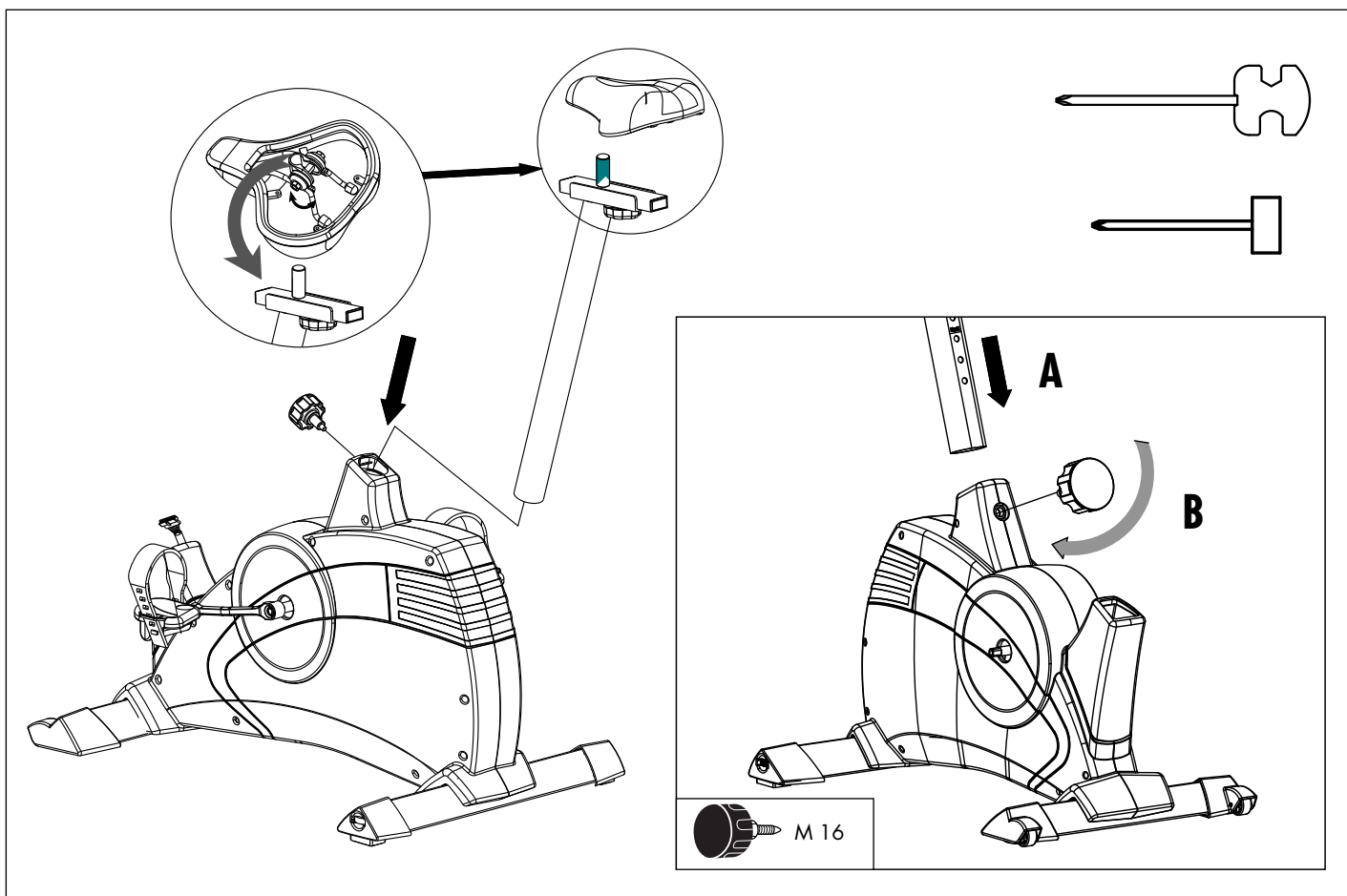
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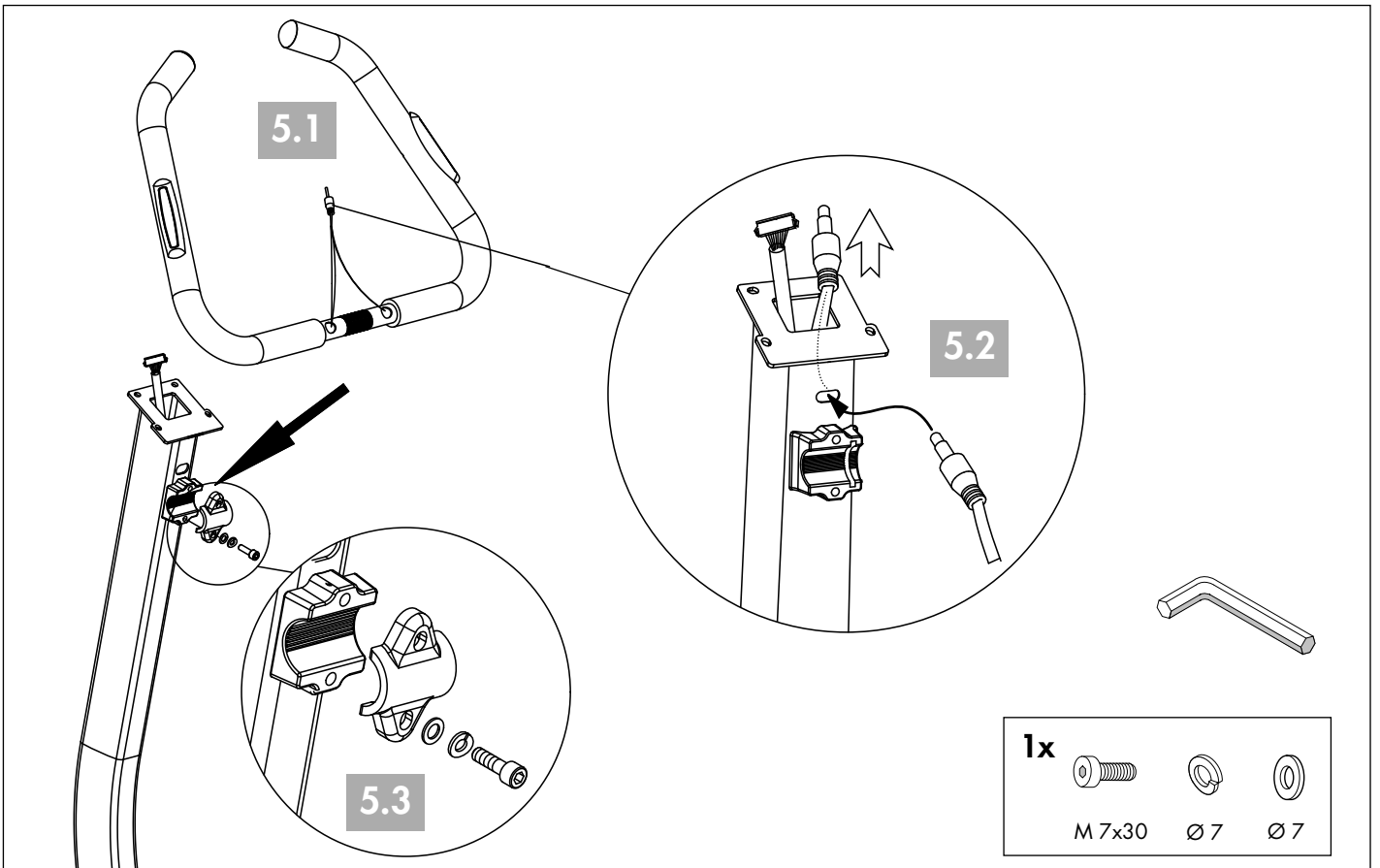
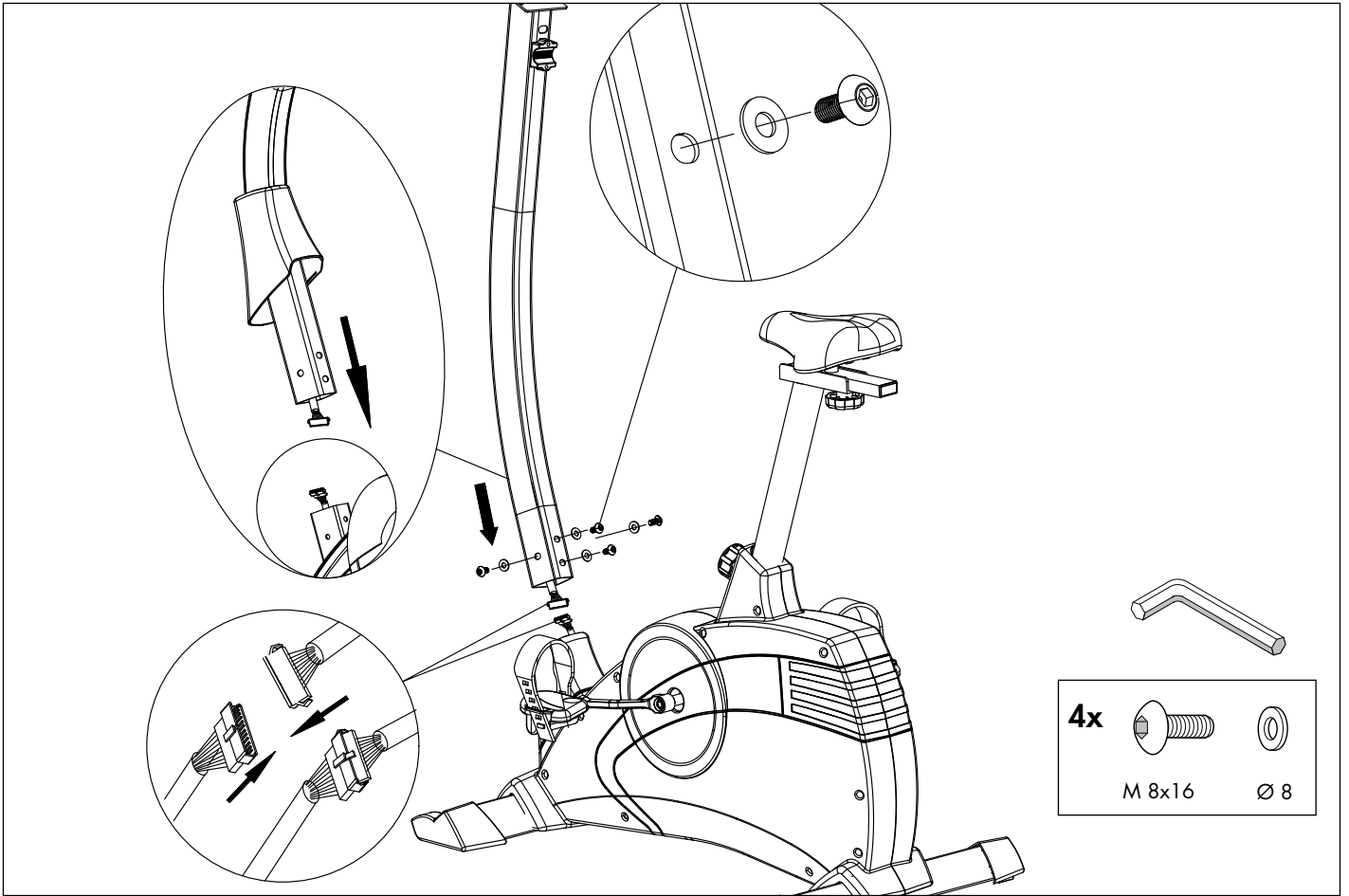


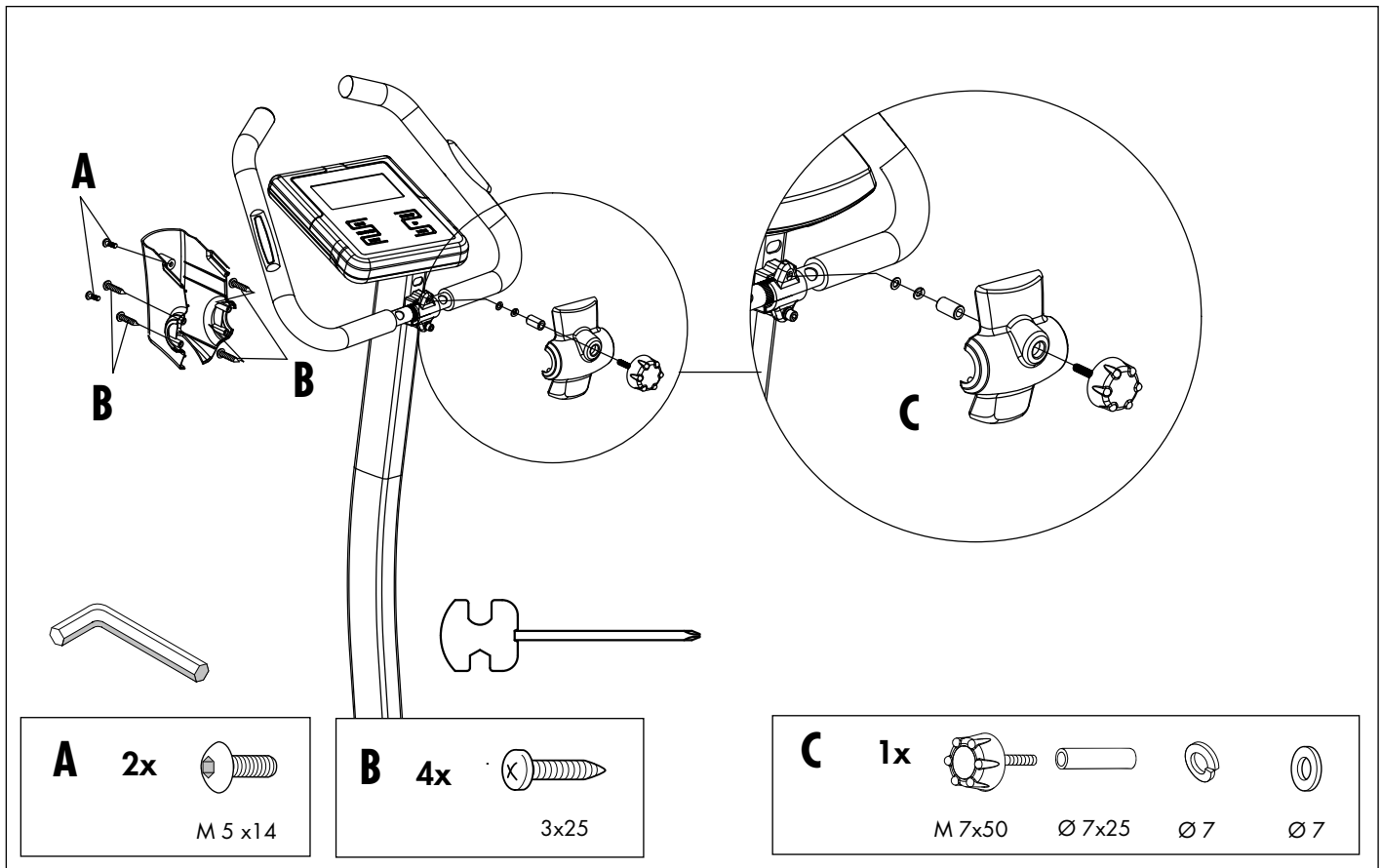
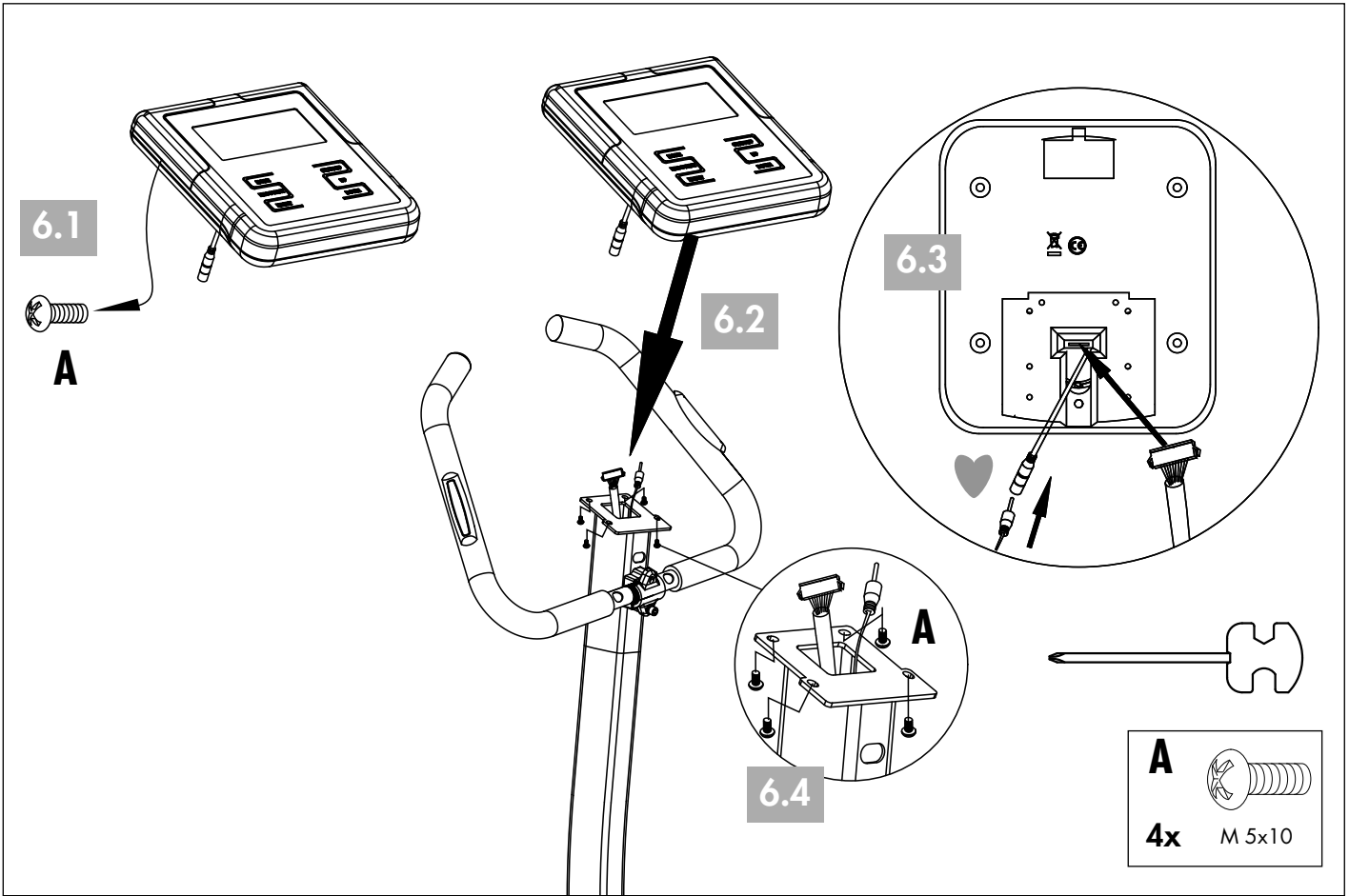
2



3







Handhabungshinweis

(GB) Handling

(F) Indication relative à la manipulation

(NL) Bedieningsinstructie

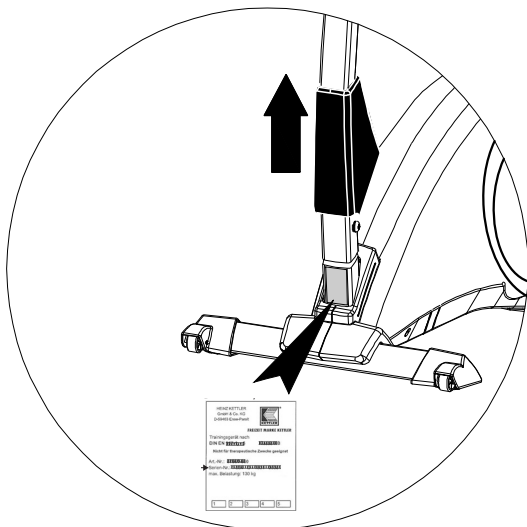
(E) Instrucciones de manejo

(I) Avvertenze per il maneggio

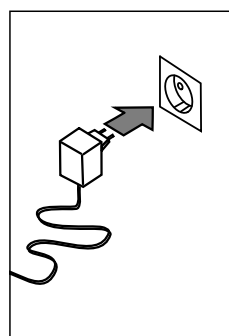
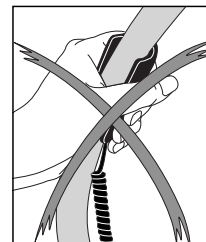
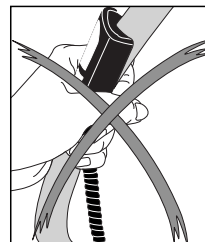
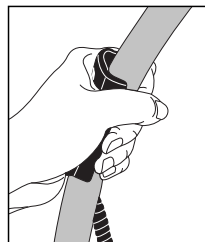
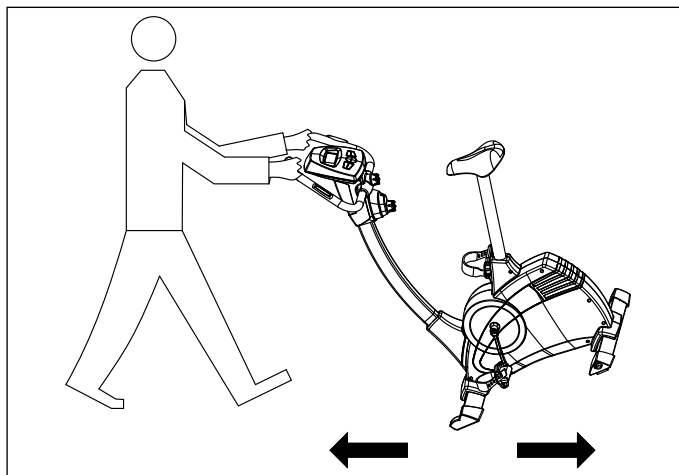
(PL) Wskazówki obsługi

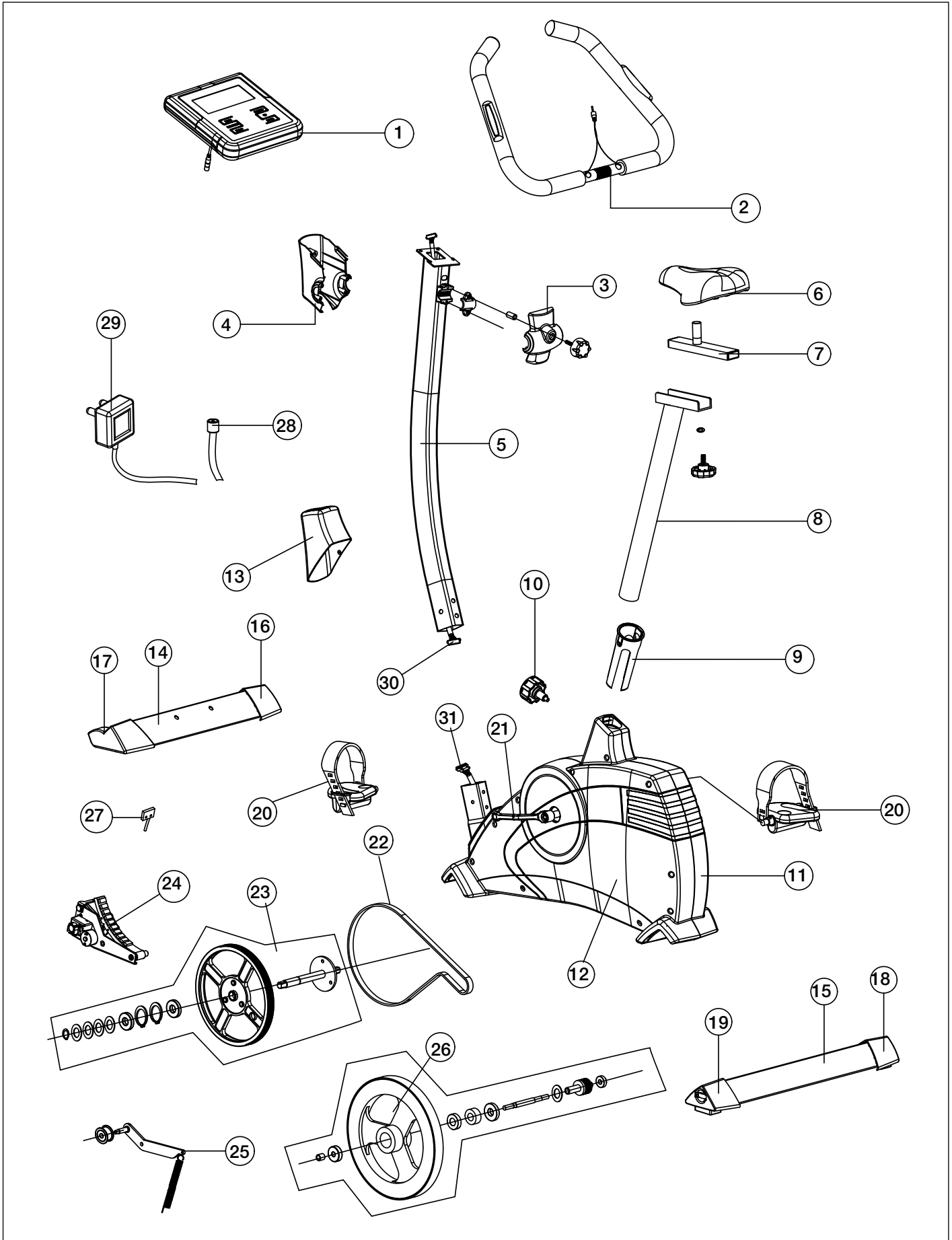
(P) Nota sobre o manuseamento

(DK) Håndtering



- 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





Ersatzteilliste Heimtrainer „PASO-309“ 07626-900

Teil-Nr.	Bezeichnung	Stück	Ersatzteil-Nr 07626-900 PASO 309
1	Cockpit mit Computer	1	68003687
2	Lenker komplett	1	68003701
3	Bügelverkleidung vorne	1	68003791
4	Bügelverkleidung hinten	1	68003792
5	Lenkerschaftrohr	1	68003885
6	Sattel	1	68003705
7	horizontale Stattelverstellung	1	68003764
8	Sattelstütze	1	68003765
9	Sattelrohrführung	1	68003707
10	Verriegelungsschraube	1	68003517
11	Seitenverkleidung rechts	1	68003886
12	Seitenverkleidung links	1	68003887
13	Lenkerrohrabdeckung	1	68003888
14	Bodenrohr vorne	1	68003696
15	Bodenrohr hinten	1	68003697
16	Bodenschoner vorne rechts	1	68003713
17	Bodenschoner vorne links	1	68003714
18	Bodenschoner hinten rechts	1	68003715
19	Bodenschoner hinten links	1	68003716
20	Pedalsatz	1	68003504
21	Tretkurbelsatz	1	68003525
22	Antriebsriemen	1	68003717
23	Riemenscheibe mit Achse und Lagern	1	68003526
24	Bremseinheit mit Motor	1	68003172
25	Riemenspanner komplett	1	68003524
26	Schwungmasse komplett	1	68003682
27	Readschalter	1	68003771
28	Stromzuführung	1	68003772
29	Netzteil 220 V	1	68003170
30	Kabel oberes Teil	1	69003773
31	Kabel unteres Teile	1	68003774
32	Schraubenbeutel A ohne Abb.	1	68003775
33	Schraubenbeutel B ohne Abb.	1	68003776



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