

KETTLER

EDITION

Montageanleitung für Rudergerät „ERGO COACH“

Art.-Nr. 07985-800

- D
- GB
- F
- NL
- E
- I
- PL

Der Umwelt zuliebe: Wir drucken auf 100% Altpapier!



Abb. ähnlich



FREIZEIT MARKE KETTLER



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

- The unit should be used only for its intended purpose, i.e. for physical exercise by adult persons.
- 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.
- This unit 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.
- Instruct persons using the equipment (in particular children) on possible sources of danger during exercising.
- The unit requires a power supply of 220-230 V/50 Hz. It should be connected only to a safety socket with a single 10-A fuse. Before commissioning the appliance pay attention to the fact that the correct plug-in power supply unit (observe marking) has been connected properly.
- **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.
- When the unit is not in use, unplug it from the power supply.
- Ensure that the power cable is not pinched and that no-one can trip over it.
- **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).
- **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.
- 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 case of enquiry, please contact your KETTLER dealer.
- Attention! The unit should be positioned in such a way that there is a space of 100 cm on both sides and 150 cm behind it.

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.
- The unit complies with the EN 975-1 +A1:1998; EN 975-7:1998, class SA.
- The appliance has undergone Class S (= studio) testing. If the appliance is not intended for domestic use, please note that the onus is on the owner to ensure that the appropriate measures are put in place with respect to accessibility and supervision. The appliance may only be operated in public places under qualified supervision. The scope of such supervision shall depend on who the users are: their degree of reliability, age, experience, etc.
- 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.
- The unit 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.
- Do not use corrosive or abrasive materials to clean the equipment. Ensure that such materials are not allowed to pollute the environment.
- The product is not suitable for use by persons weighing over 130 kg.

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.

GB Assembly Instructions

- 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.
- 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 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).
- Please keep original packaging of this article, so that it may be used for transport at a later date, if necessary.

List of spare parts

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

Example order: Art. no. 07985-800 / spare-part no. 10100016 / 2 pieces / S/N.....

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**“.

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

USA **KETTLER International Inc.** · P.O. Box 2747 · Virginia Beach, VA 23450-2747

<http://www.kettler.net>

Waste Disposal



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

Checkliste (Packungsinhalt)

GB Checklist (contents of packaging)

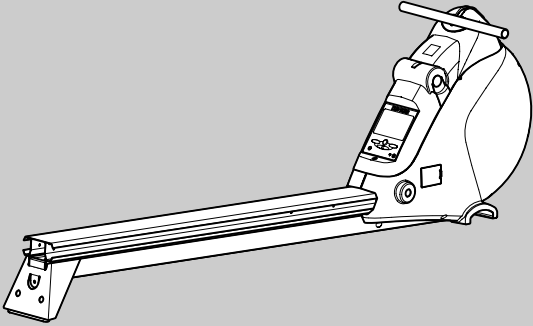










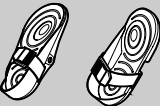





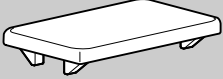





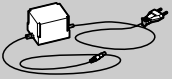
F Liste de vérification (contenu de l'emballage)

NL Checklijst (verpakkinginhoud)

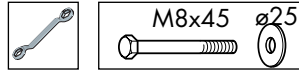
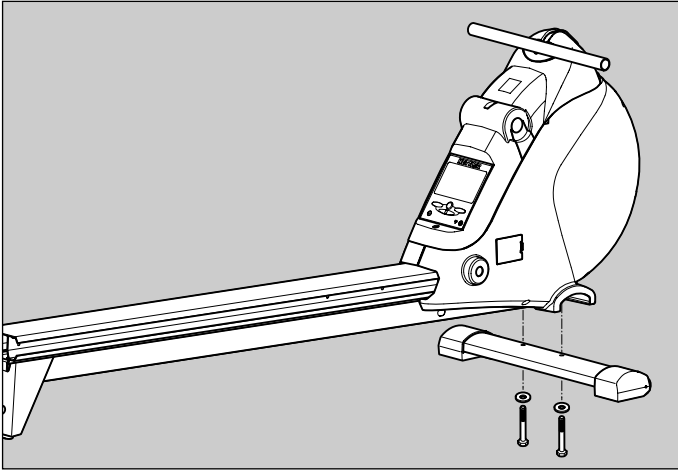
E Lista de control (contenido del paquete)

I Lista di controllo (contenuto del pacco)

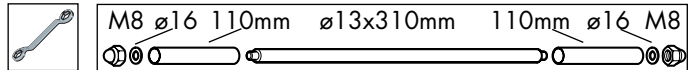
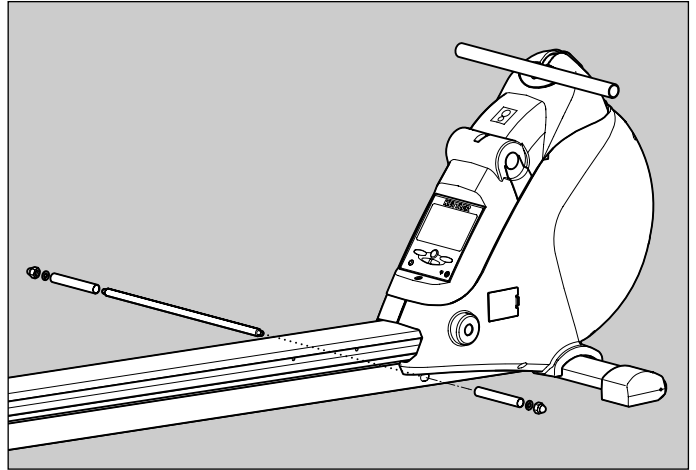
PL Lista kontrolna (zawartość opakowania)

	1			1	
				13x410mm	1
				13x310mm	1
				M6x90	1
	1			M8x45	2
				M5x40	1
	1			ø12	1
				ø16 (M6)	2
	1			ø16 (M8)	2
				ø25	4
	1			110mm	2
				40mm	2
	1			ø20x10mm	2
				M8	4
	1			M5	1
				M6	1
	1				

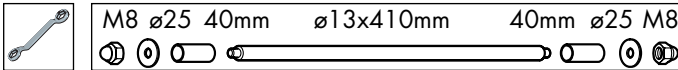
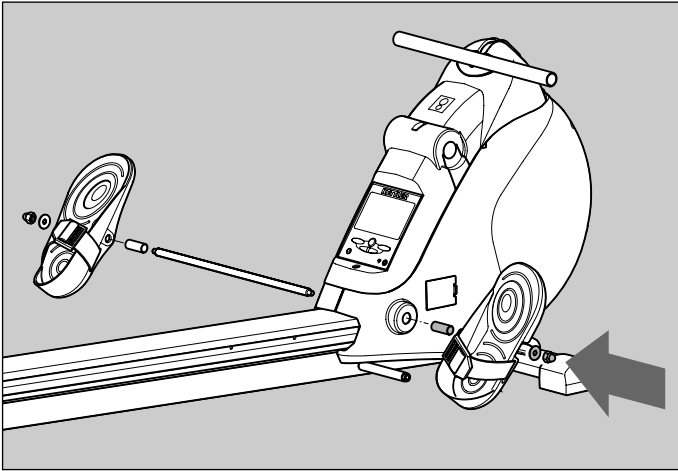
1



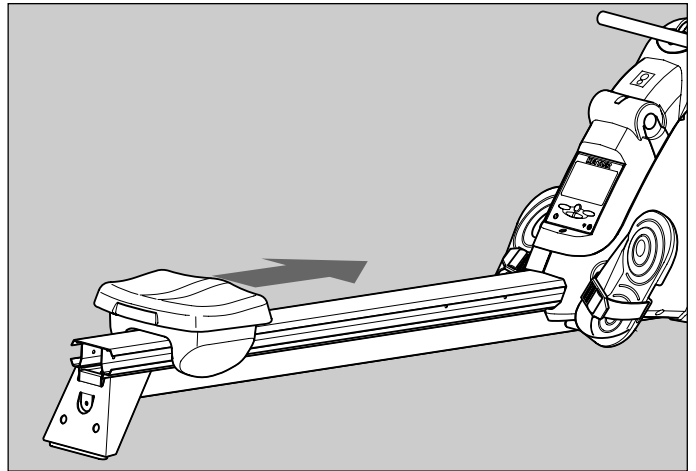
2



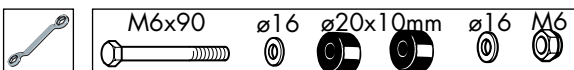
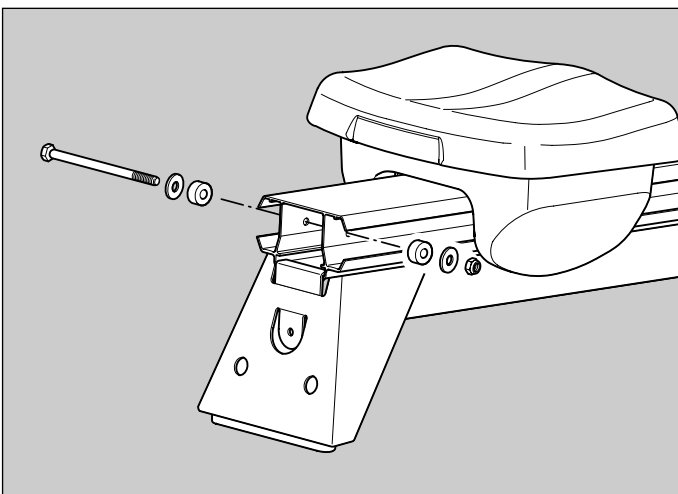
3



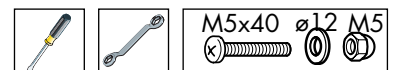
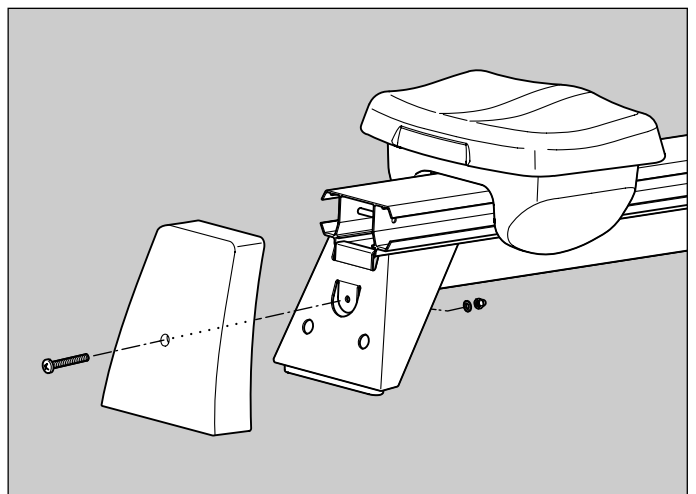
4



5



6



Handhabungshinweis

GB Handling

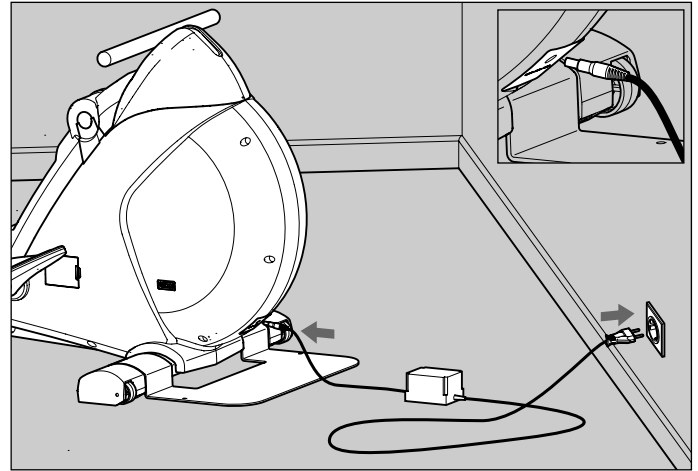
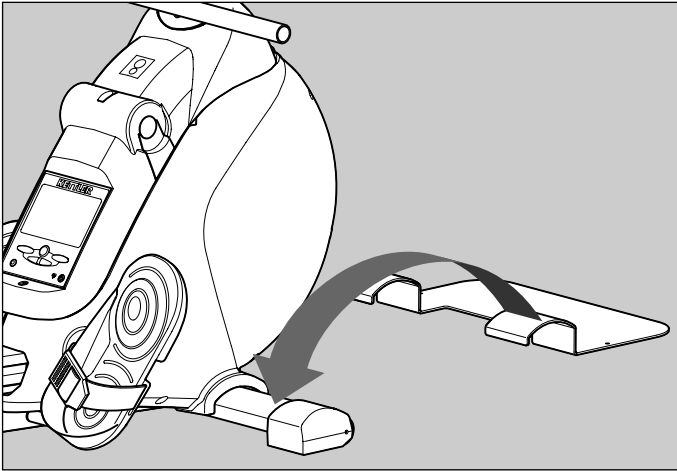
F Indication relative à la manipulation

NL Bedieningsinstructie

E Instrucciones de manejo

I Avvertenze per il maneggio

PL Wskazówki obsługowe



D **Achtung!** Betrieb nur mit mitgeliefertem Original-Netzteil oder Original-KETTLER-Ersatzteil (siehe Ersatzteilliste) zulässig. **Ansonsten Gefahr der Beschädigung.**

GB **Attention!** Only use with original power unit as supplied, or with original KETTLER spare part (see spare part list). **Otherwise this may result in damage.**

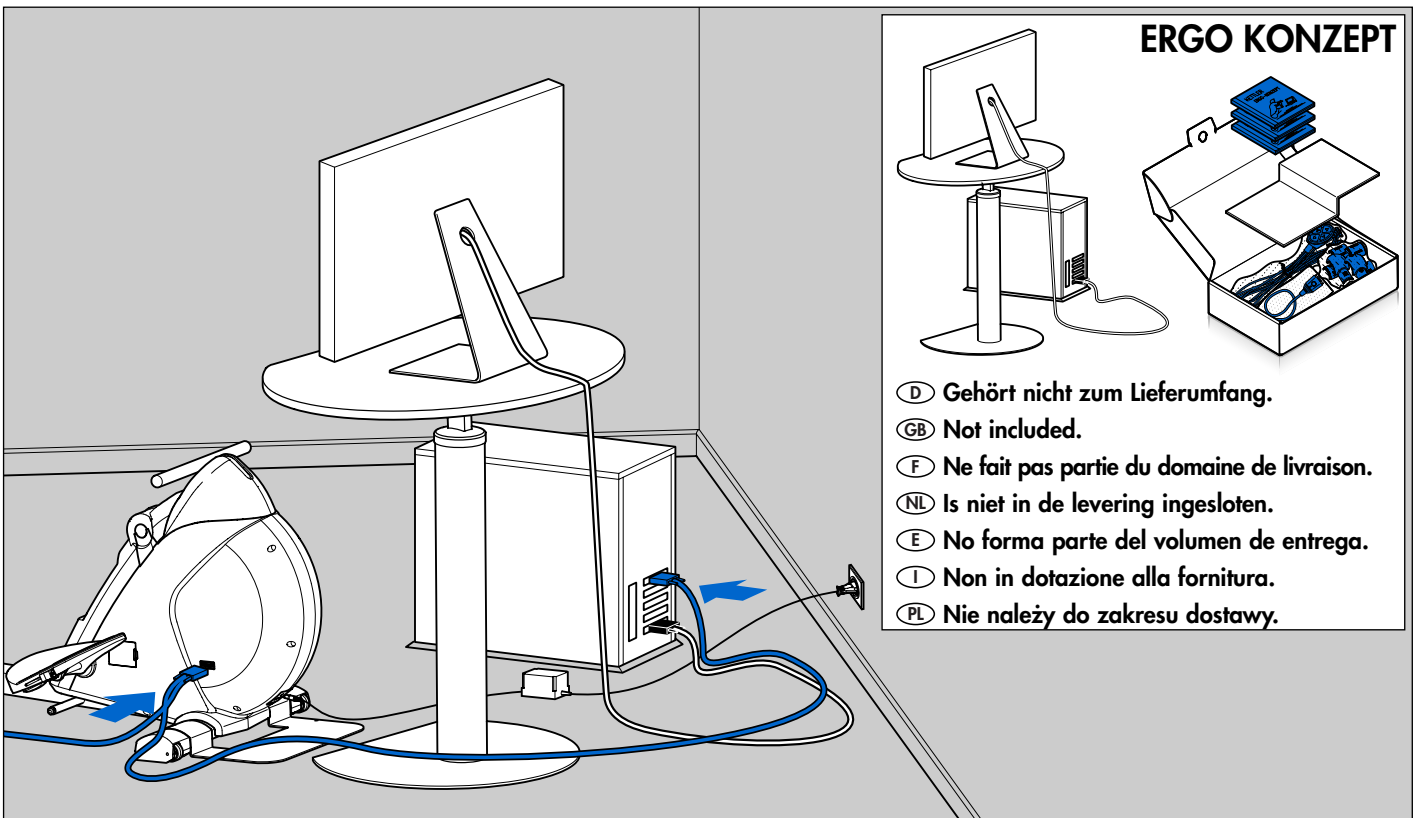
F **Attention!** Exploiter uniquement l'appareil avec son bloc secteur original qui fait partie de la fourniture ou une pièce de rechange originale de KETTLER (voir liste des pièces de rechange). **Sinon risque de détérioration.**

NL **Let op!** Gebruik alleen toegestaan met de bijgeleverde originele transformator of origineel KETTLER-onderdeel (zie onderdelenlijst). **Anders gevaar voor beschadiging.**

E **¡Atención!** Funcionamiento solamente autorizado con la fuente de alimentación original suministrada o con pieza de recambio original de KETTLER (ver lista de piezas de recambio). **De lo contrario podría ocasionar daños.**

I **Attenzione!** L'utilizzo è consentito soltanto con l'alimentatore originale fornito in dotazione oppure con parte di ricambio originale della KETTLER (vedasi lista delle parti di ricambio). **Altrimenti sussiste il rischio di danneggiamenti.**

PL **Uwaga!** Eksploatacja urządzenia jest możliwa tylko z dostarczonym oryginalnym zasilaczem lub z oryginalnym urządzeniem zastępczym marki KETTLER (patrz ? Lista części zamiennych). **W przeciwnym razie istnieje ryzyko uszkodzenia.**



ERGO KONZEPT

D Gehört nicht zum Lieferumfang.

GB Not included.

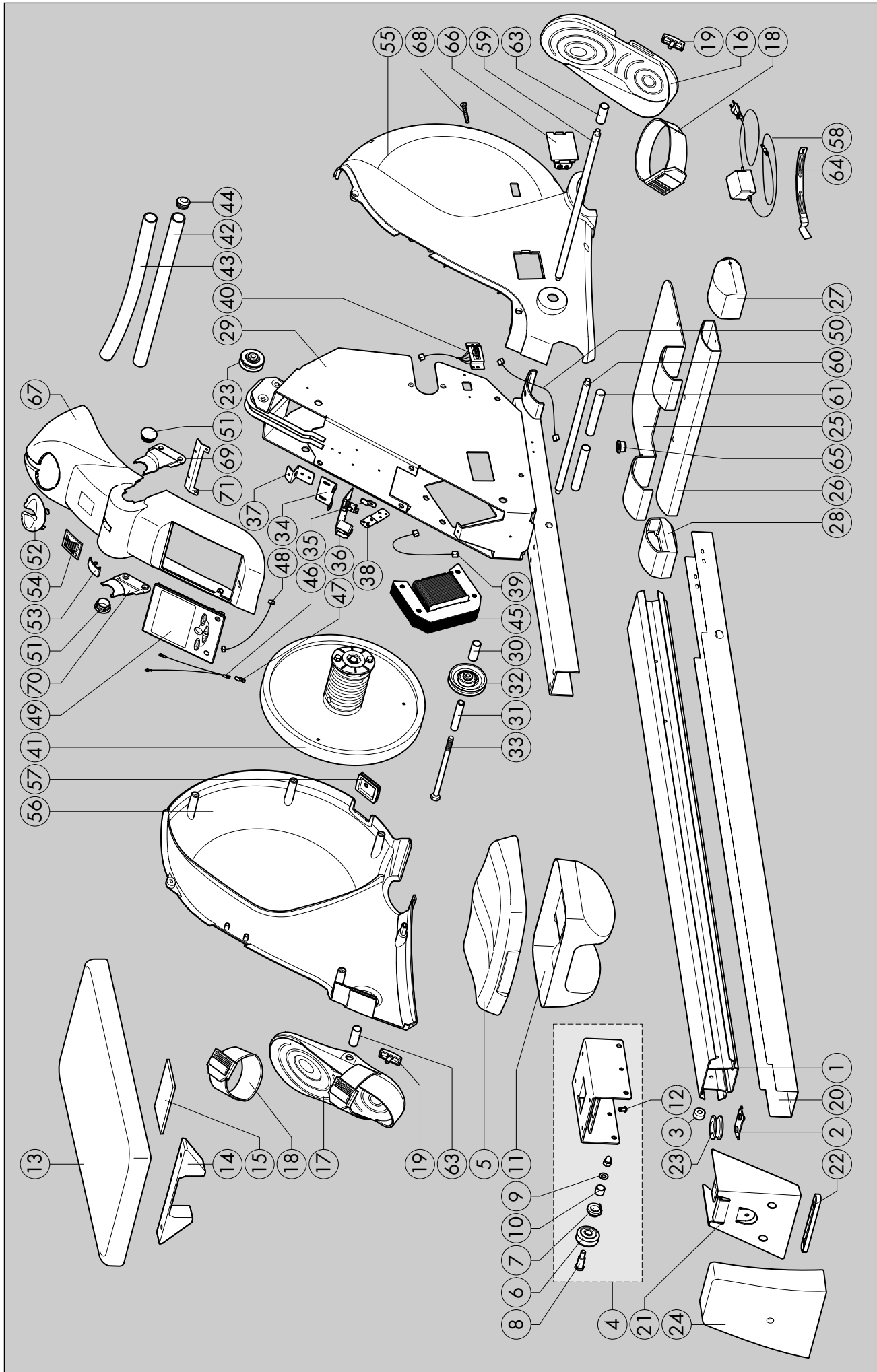
F Ne fait pas partie du domaine de livraison.

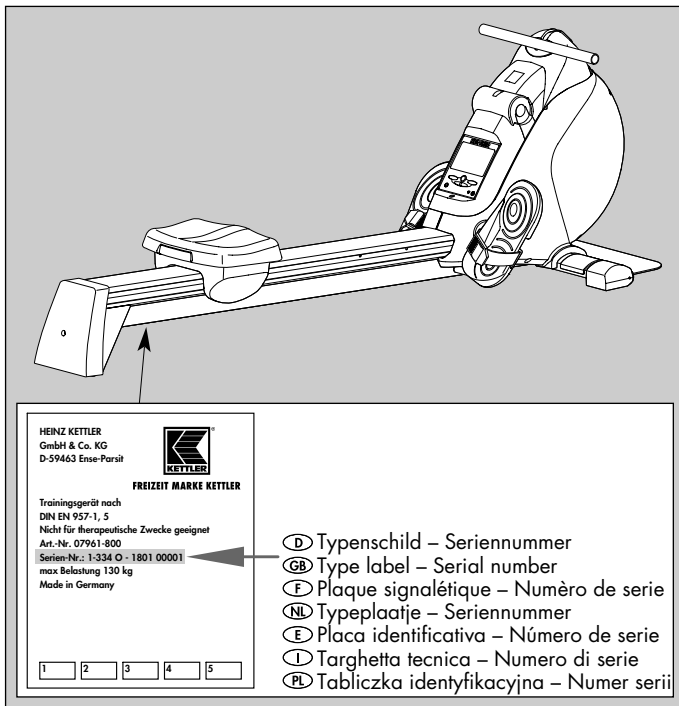
NL Is niet in de levering ingesloten.

E No forma parte del volumen de entrega.

I Non in dotazione alla fornitura.

PL Nie należy do zakresu dostawy.





Ersatzteilzeichnung und -liste

② Spare parts drawing and list

③ Dessin et liste des pièces de rechange

④ Reserveonderdeeltkening en -lijst

⑤ Designación y lista de las piezas de recambio

⑥ Disegno ed elenco dei pezzi di ricambio

⑦ Rysunek i lista części zamiennych

Teil Nr.	Bezeichnung	Stück	Ersatzteil-Nr. für 07985-800
1	Tragbalken 1260 mm	1	94314240
2	Einschubblech	3	97200160
3	HD-PE Distanzröllchen 20x6.4x10 mm	4	10108032
4	Fahrwagen	1	94316773
5	Sitz	1	72591160
6	Laufrolle	4	94313784
7	Gleitbuchse 3476	4	70132682
8	Bolzen M8x42 mm	4	11300087
9	Paßscheibe 12x18x1 DIN988	4	10500077
10	Hülse 16x1.5x12.5 A652	4	97200579
11	Rollsitzunterverkleidung 3588	1	70132176
12	Spreizniet 6x9,5	4	10418503
13	Polsterplatte	1	94316200
14	Aufnahme für Polsterplatte	2	70132681
15	Filzplatte	2	12510006
16	Fußabstützung rechts 3594	1	70132177
17	Fußabstützung links 3595	1	70132178
18	Gurtband mit Schnalle	2	91270014
19	Bodenschoner 1696	2	70127930
20	Seilabdeckung	1	94314238
21	Standfuß	1	94316772
22	Bodenschoner 0738	1	70132175
23	Seilrolle Nr. 4	3	98585016
24	Abschlusskappe 2402	1	70132157
25	Trittplatte	1	94314110
26	Bodenrohr	1	91111287-40
27	Fuß rechts (mit Rolle und Schoner, kpl. montiert)	1	91170387
28	Fuß links (mit Rolle und Schoner, kpl. montiert)	1	91170388
29	Gehäuseeinheit	1	94316771
30	Distanzrohr 13x2.4x33.5 A687	1	97200589
31	Distanzrohr 13x2.4x70.5 A909	1	97201475
32	Seilrolle Nr. 1	1	98585018
33	SKT-Schraube M8x140	1	10206086

Teil Nr.	Bezeichnung	Stück	Ersatzteil-Nr. für 07985-800
34	Aufnahmeblech für Platine	1	97201959
35	Aufnahmewinkel Bd 1303	1	97200243
36	Steuerung für Magnetspule	1	42860011
37	Befestigungswinkel Gehäuseeinheit	1	97003141
38	Kontakthalteblech Bd795	1	97200127
39	Geschwindigkeitsabnehmer S-20/ 500 (SPU)	1	67000670
40	Schnittstelle 750 mm	1	67000860
41	Schwungrad montiert (kpl. mit Seilen)	1	94316206
42	Griffrohr	1	91210359-40
43	Soft-Grip	1	10118117
44	Lamellenstopfen ø 30 mm schwarz	2	10100149
45	Spulenkörper	1	91140276
46	Erdungskabel	1	67000805
47	Schraubterminal (Flachstecker)	1	67000699
48	Stromkabel 500 mm	1	67000849
49	Computer SD3R	1	94316786
50	Leitung mit Buchse, 700 mm	1	42860007
51	Lamellenstopfen ø 30 mm blau	2	10100189
52	Ablageeinsatz 3625	1	70132656
53	Deckel 4377	1	70128902
54	Aufkleber K-Zeichen	1	33907022
55	Verkleidung rechts 4364	1	70128837
56	Verkleidung links 4365	1	70128838
57	Aufnahme Netzstecker 4196	1	70128803
58	Netztrafo	1	42860006
59	Pedalachse 13x410	1	97201560
60	Pedalanschlag 13x310	1	97201561
61	Distanzrohr 16x1,2x110 A793	2	97201455
62	Schraubenbeutel	1	94314207
63	Distanzrohr 16x1,2x40 A589	2	97200558
64	Cardio-Puls-Set	1	67002000
65	Buchse 2763	1	70132695
66	Deckel	1	70126676
67	Elektronikaufsatz	1	70132653
68	Mitto Plastikschraube 4x35	4	10224072
69	Einschubteil rechts	1	70132654
70	Einschubteil links	1	70132655
71	Befestigungswinkel	1	97201827

Demontage des Computers im Reparaturfall

GB Detaching computer for repairs

F Démontage de l'ordinateur pour réparation

NL Demontage van de computer voor reparatie

E Desmontaje de la computadora en casa de la reparación

I Smontaggio del computer nel caso di riparazioni

PL Demontaż komputera w przypadku naprawy

