

KETTLER

- DE -

- EN -

- FR -



Montageanleitung Crosstrainer „OMNIUM 500“

Art.-Nr. CT1027-400;

– EN – Important Instructions

Please read these instructions carefully prior to carrying out assembly and using for the first time. They contain information which is important for your safety as well as for the use and maintenance of the appliance. Keep these instructions in a safe place for reference purposes, maintenance work and to assist you when ordering spare parts.

For Your Safety

- ⚠ **RISK!** While assembly of the product keep off children's reach (Choking hazard - contains small parts).
- ⚠ **RISK!** 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.
- ⚠ **RISK!** You must remove the mains adapter when performing all repair, maintenance and cleaning work.
- ⚠ **RISK!** Instruct people using the equipment (in particular children) on possible sources of danger during exercising.
- ⚠ **RISK!** Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- ⚠ **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!** Before beginning your program of training, study the instructions for training carefully.
- ⚠ **WARNING!** 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 qualified staff.
- ⚠ **WARNING!** You must ensure that the connection line is not jammed and does not pose a tripping hazard.
- ⚠ **WARNING!** This training device is for home use only.
 - 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.
 - This training machine is in accordance with DIN EN 20957 -1/ DIN EN 20957-9 class HA
It is therefore unsuitable for therapeutic use.
 - 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 is particularly true for the attachment of grip strap, running plate and fastening of the handlebar and front tube.
 - 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!
 - Before use, always check all screws and plug-in connections as well as respective safety devices fit correctly.
 - Always wear suitable shoes when using.
 - Our products are subject to a constant innovative quality assurance. We reserve the right to perform technical modifications.
 - Always observe the general safety rules and precautions for working with electrical equipment.
 - The mains adapter requires a mains voltage of 230 V, 50 Hz. – Connect the connection to with an earthing-type plug featuring protective earthing.
 - The training appliance must only be used with the appropriate Kettler-made power-pack.
- Do not use any multiple sockets for connection purposes! If using an extension line, this must satisfy the VDE guidelines
- If not being used for a longer period of time, remove the device's mains adapter from the socket.
- 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).
- 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
- This exercise machine may only be used for exercises indicated in the training instructions.
- The training machine must be positioned on a horizontal, stable surface. Place suitable cushioning material underneath it for shock absorption and to stop it from slipping (rubber mats or similar).
- When mounting the product please take the recommended torque information into account ($M = xx \text{ Nm}$).
- This training device has to be set up on a horizontal surface under all circumstances.
- 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).
- The safety distance surrounding must extend at least 1 meter further than the practice area.
- This appliance can be used by children aged from 14 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- This manual can be downloaded from www.kettlersport.com.

– EN –

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!

⚠ WARNING! 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 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.
- 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).

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.
- This 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 training device has a magnetic brake system. The braking system is adjustable
- To operate correctly, the pulse function requires a minimum voltage of 2,7 volts (only for computers working with batteries).
- Before beginning your first training session, familiarize yourself thoroughly with all the functions and settings of the unit.

Care and maintenance

- 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.
- 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.
- Please ensure that liquids or perspiration never enter the machine or the electronics.

List of spare parts page 21-22

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. CT1027-400 / spare-part no. 68009960/ 1 pieces / S/N

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www.kettlersport.com



Waste Disposal

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

DE Checkliste (Packungsinhalt)

- EN - Checklist (contents of packaging)
- FR - Checklist (verpakking inhoud)

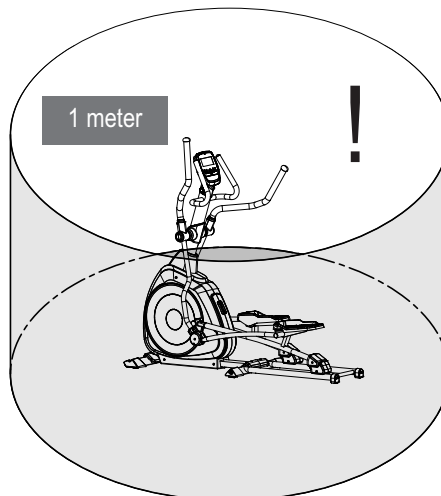
	Stck.
	1
 YM6723L-11-E-S	1
	1
 4x M8x16	1
	1
 6x M8x20 6x 2x M4x16	1
	1
	1
 2/2x M5x14	1
	1
	1
	1

43



Pos. 51

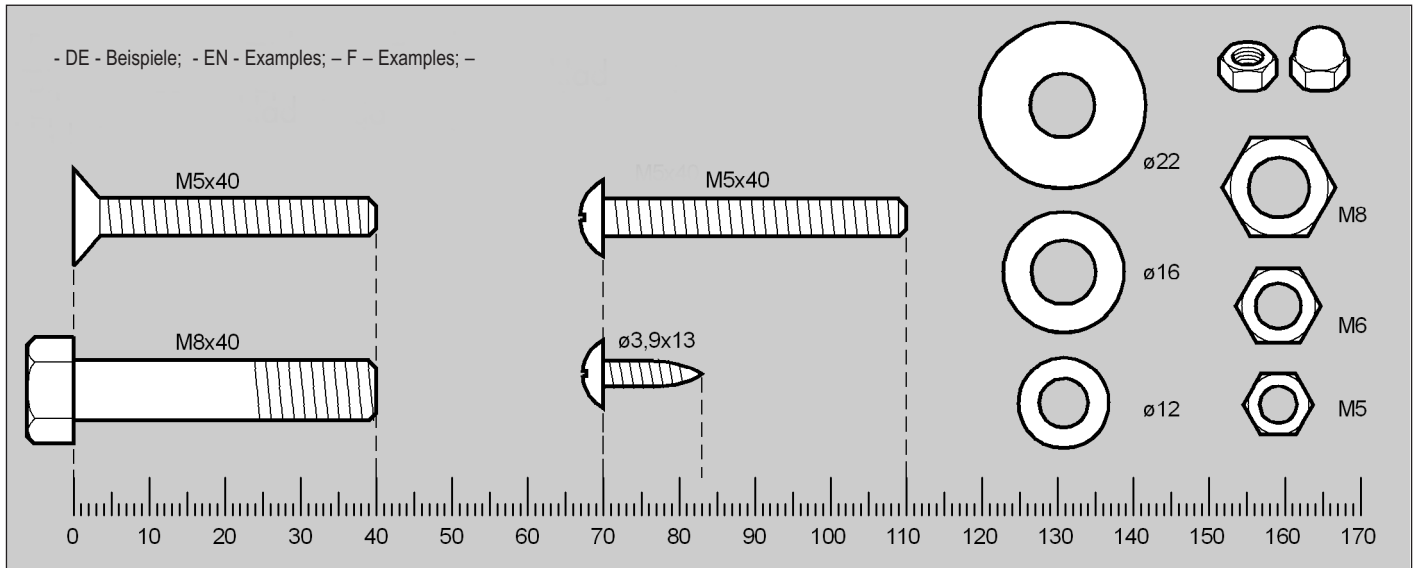
		2
	M8x655	4
	M8x45	2
	M8x40	4
	M8x16	6
	M8x20	4
	ø 8,5x19	12
	ø 8x25	4
	ø 8,5x19	4
	ø 8	4
	ø 17,5x25	4
		2
	M 8	4
	3x16	15
	3x25	4



Abstand
distance
distance

DE Messhilfe für Verschraubungsmaterial

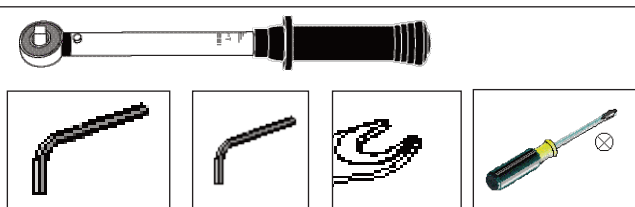
- EN - Measuring help for screw connections
- FR - Gabarit pour système de serrage



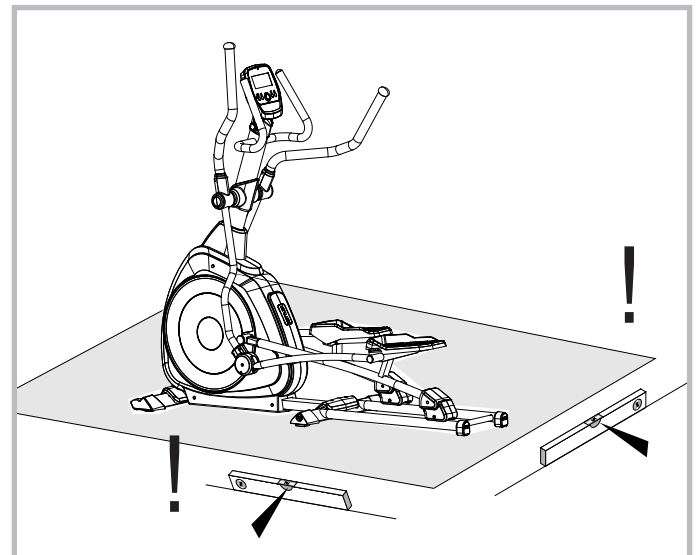
Schraubverbindung regelmäßig kontrollieren



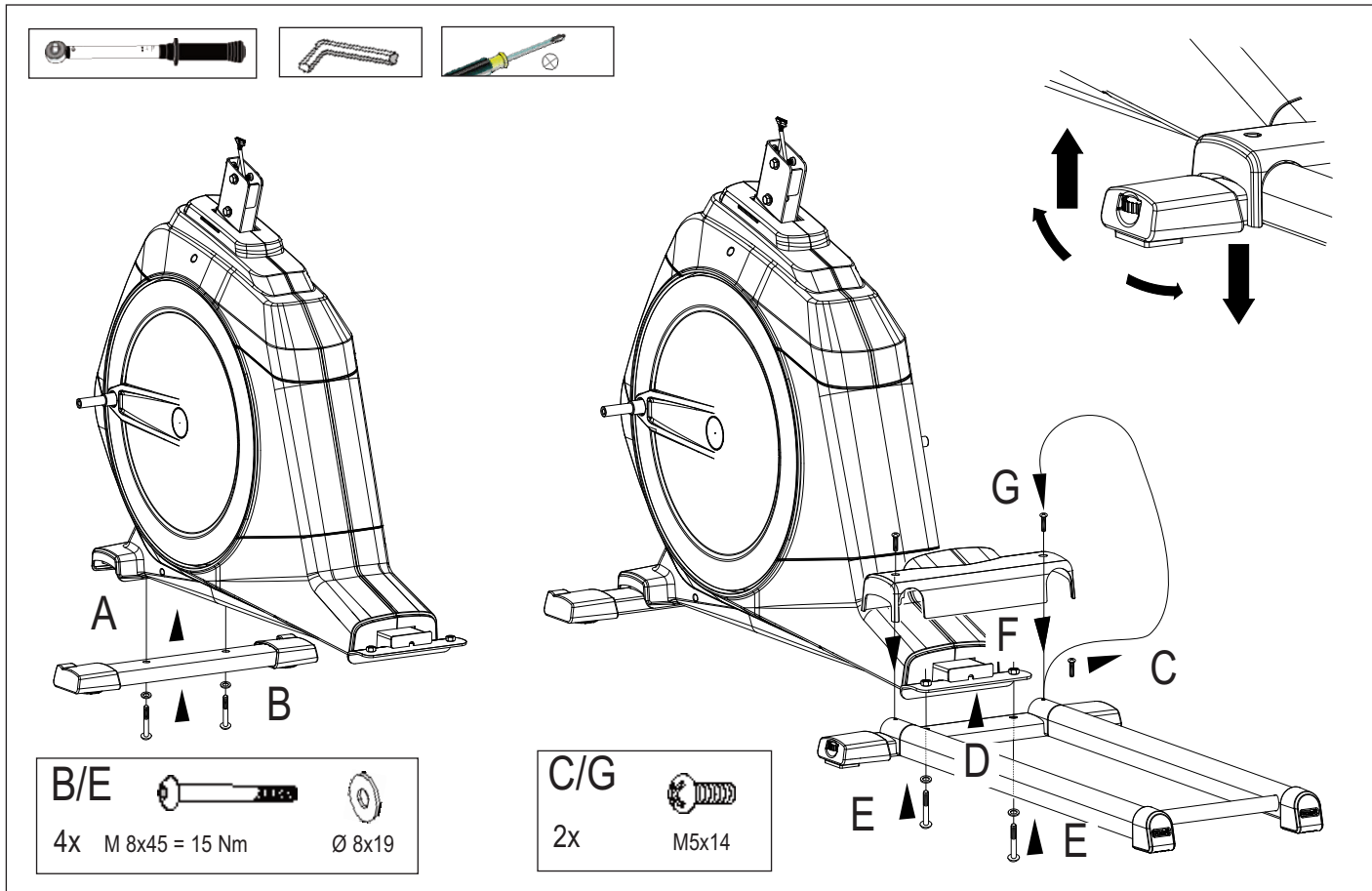
- EN - The screwed connections must be controlled at regular intervals.
- FR - Resserrer le raccord à vis à intervalles réguliers.



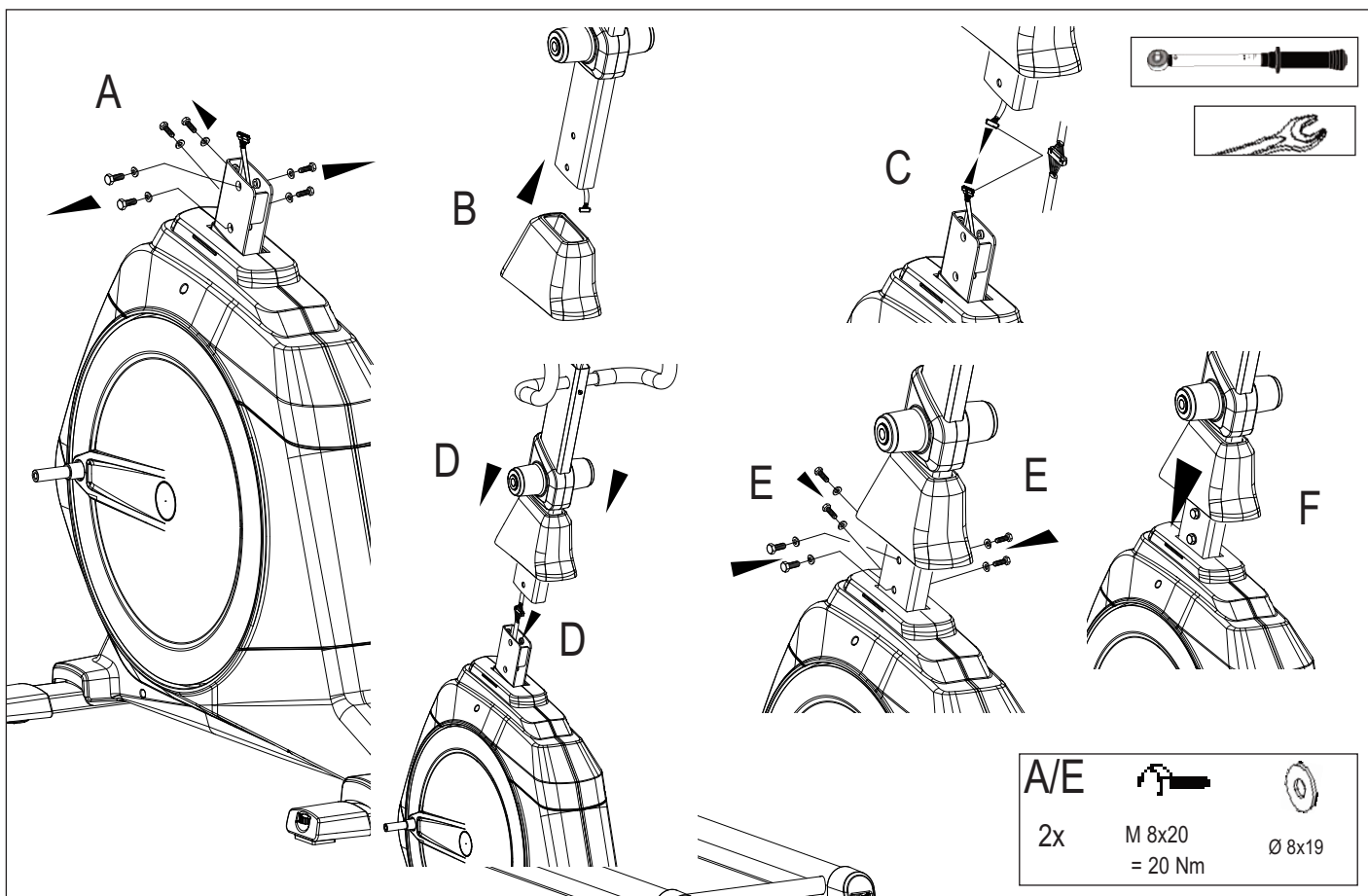
- DE - Benötigtes Werkzeug – Gehört nicht zum Lieferumfang.
- EN - Tools required – Not included.
- FR - Outils nécessaires – Ne fait pas partie du domaine

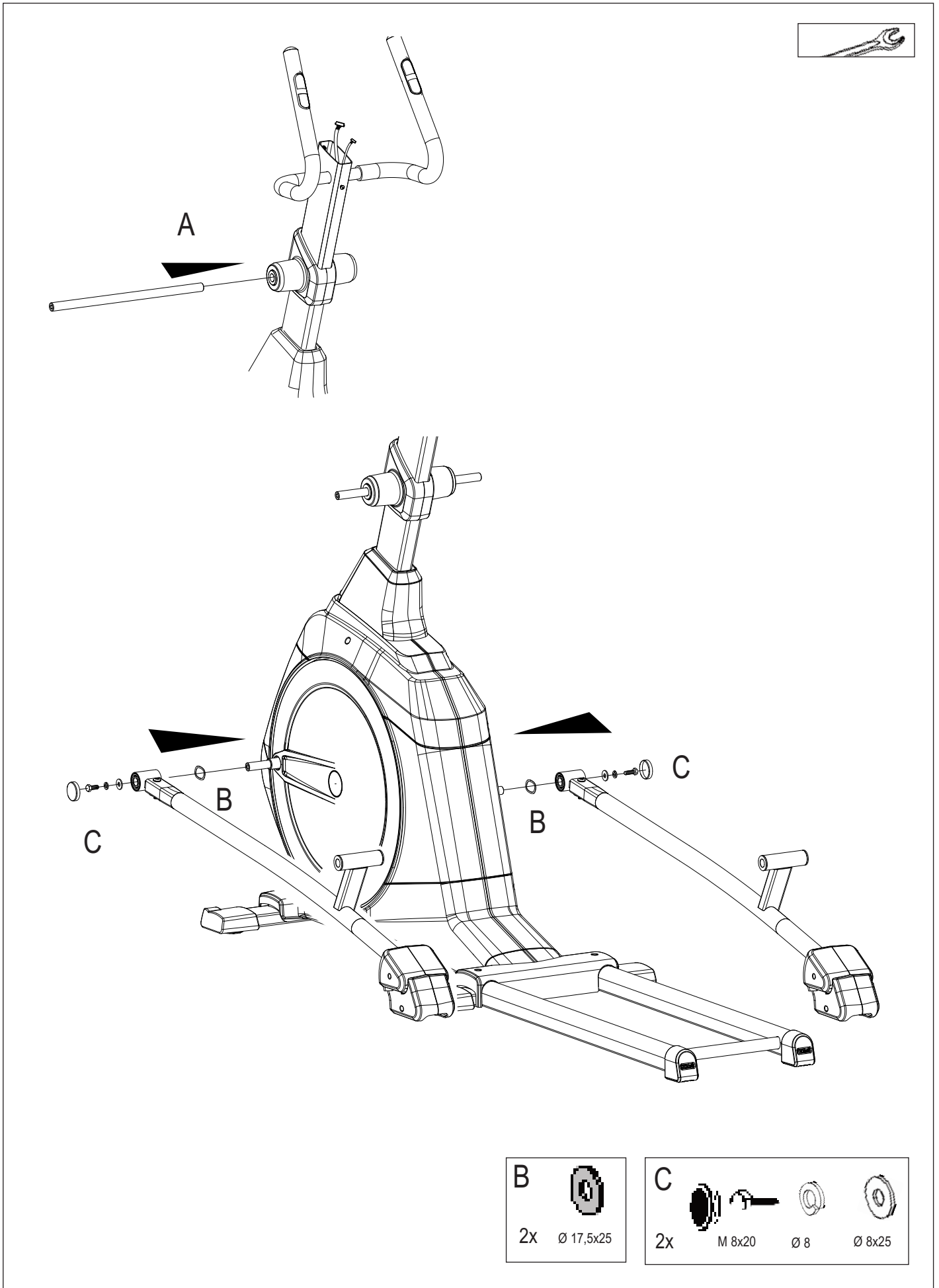



1




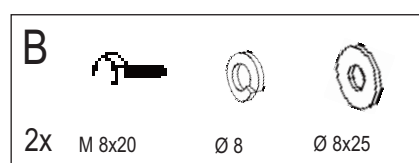
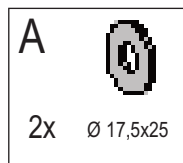
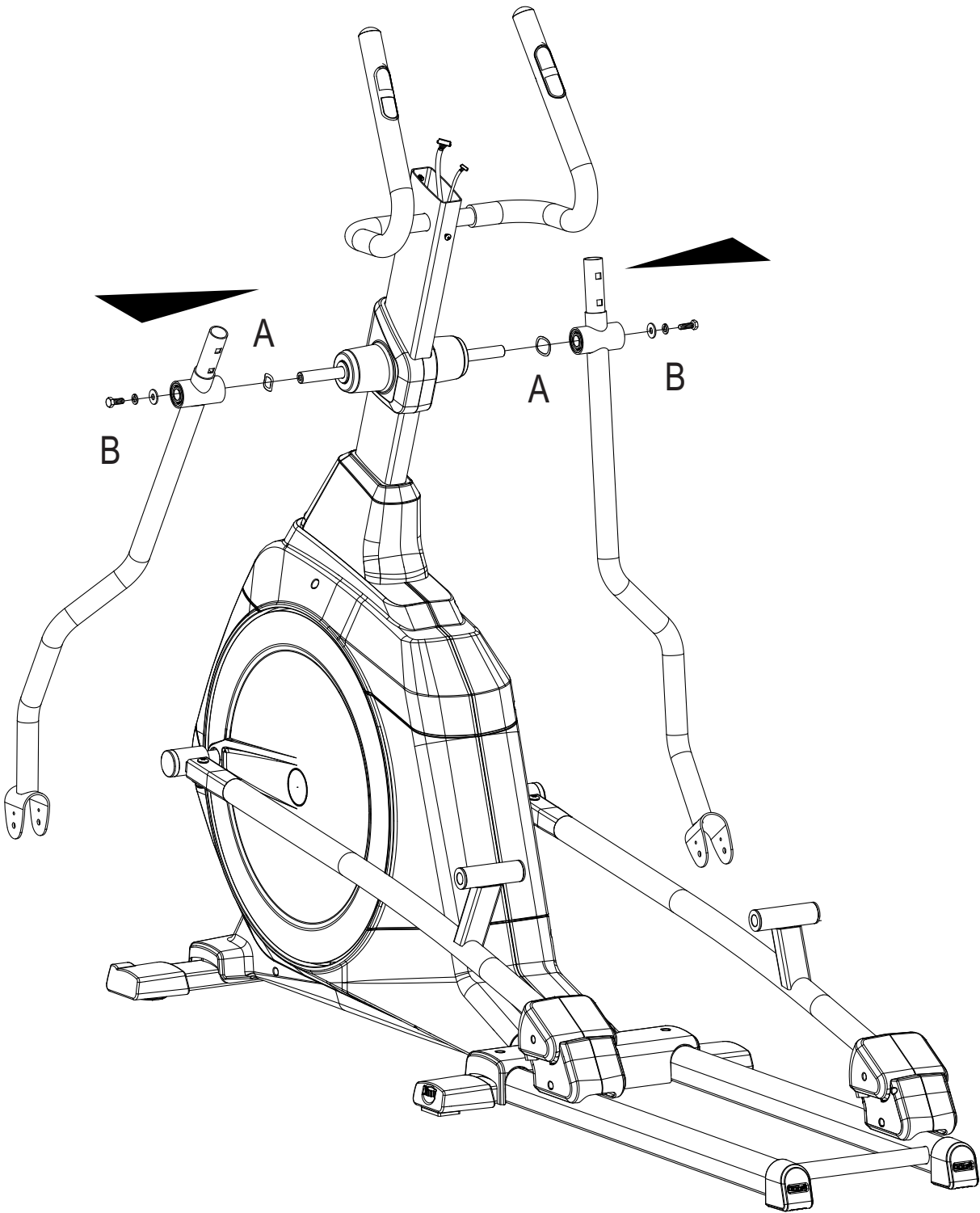
2

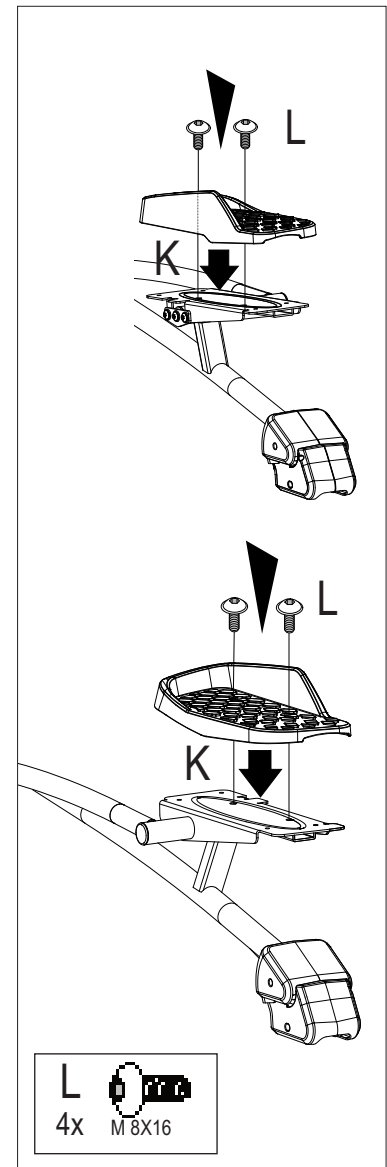
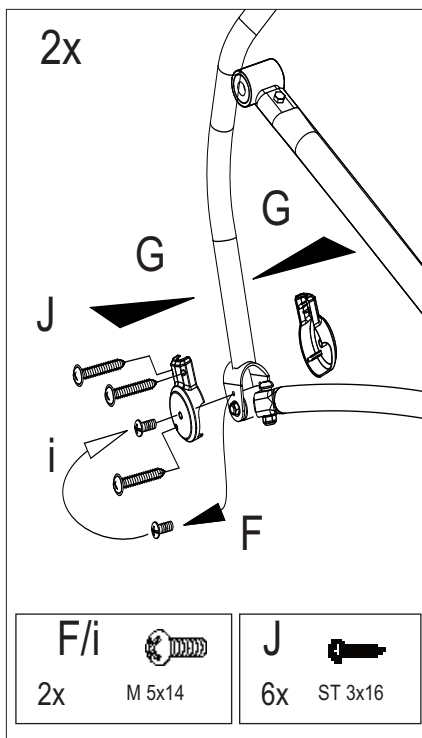
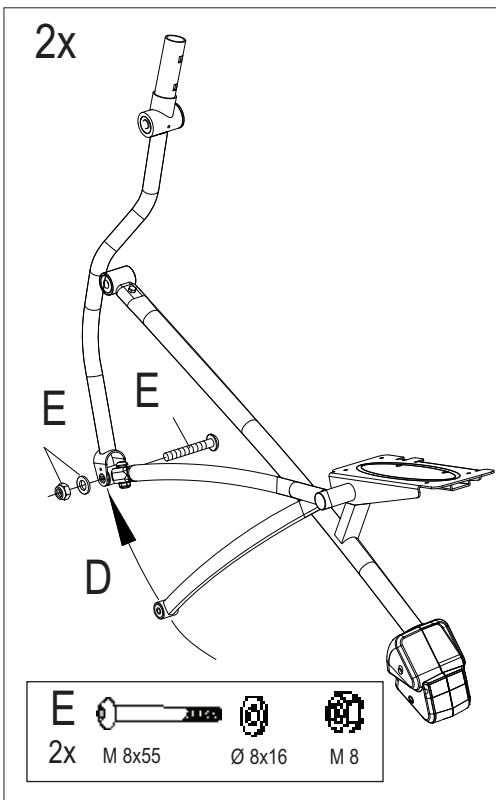
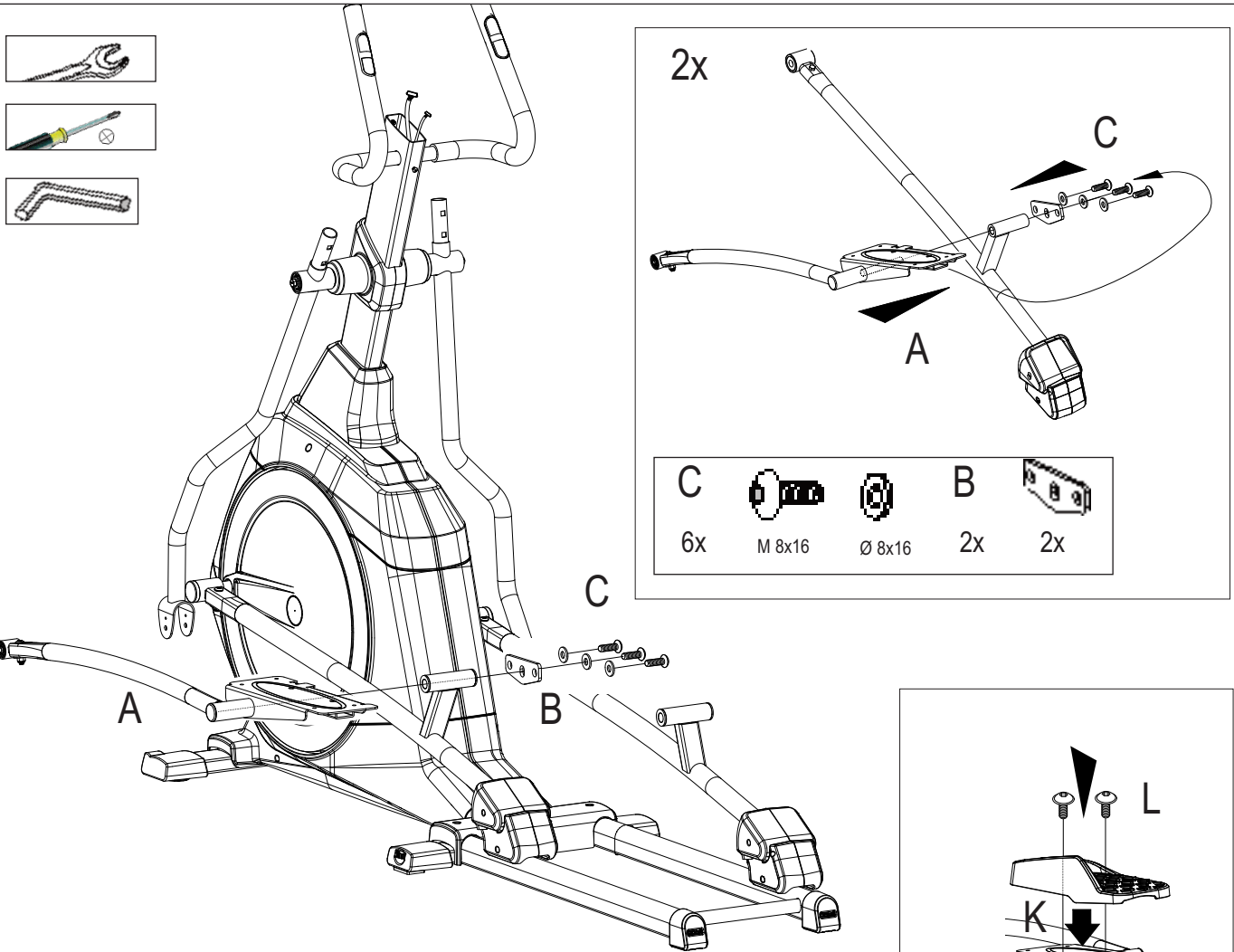


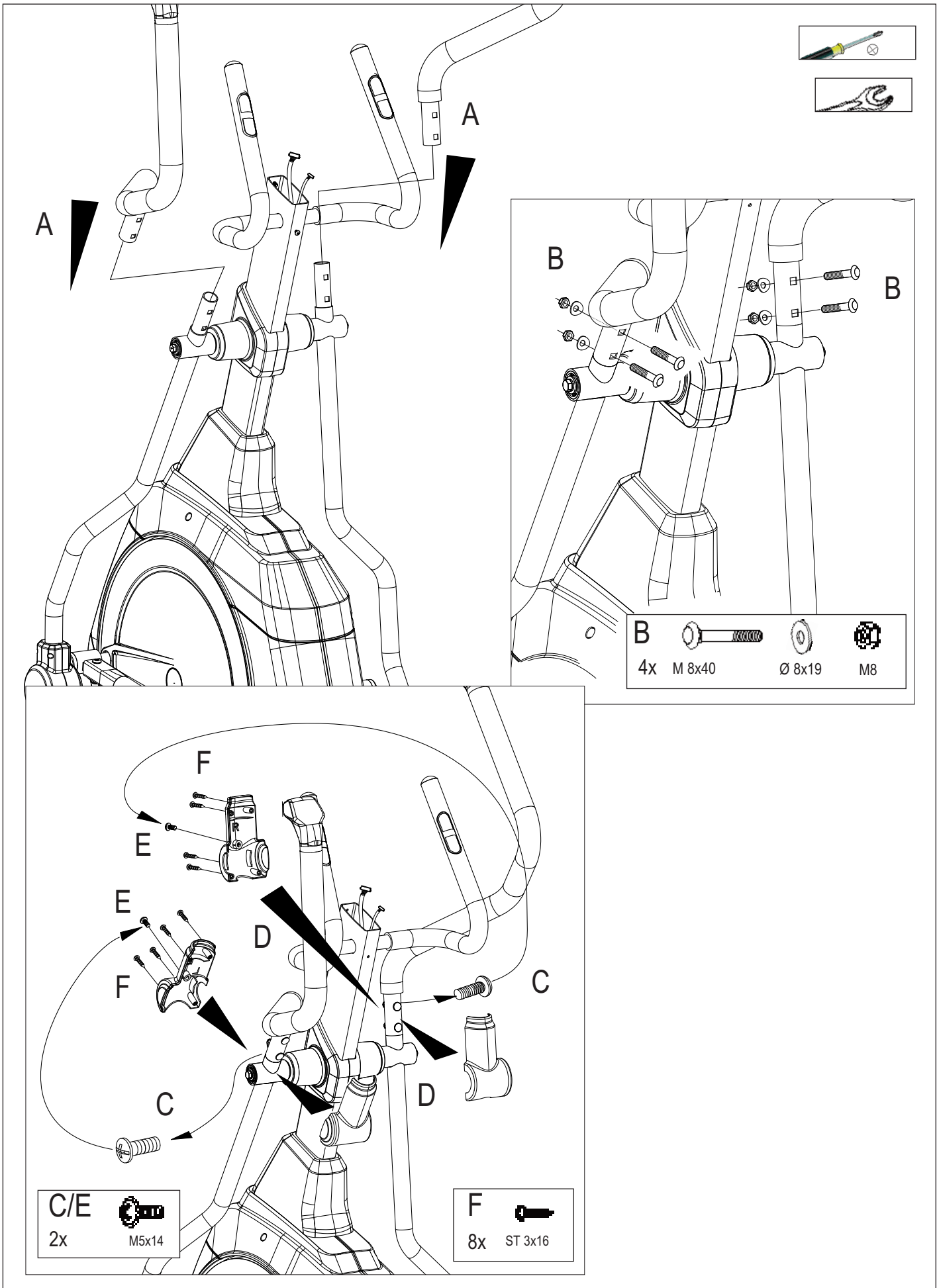


B 
2x Ø 17,5x25

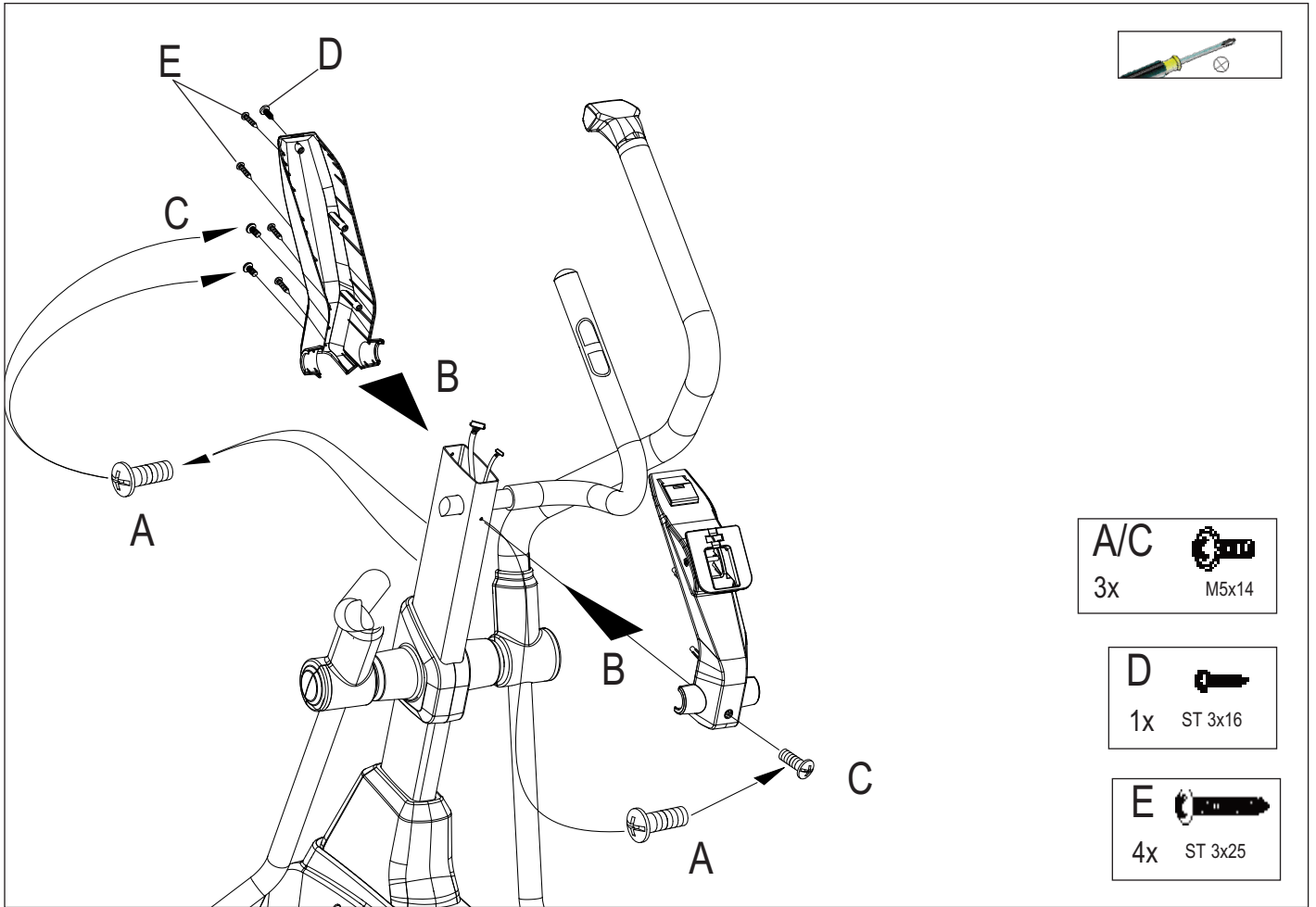
C 
2x M 8x20 Ø 8 Ø 8x25



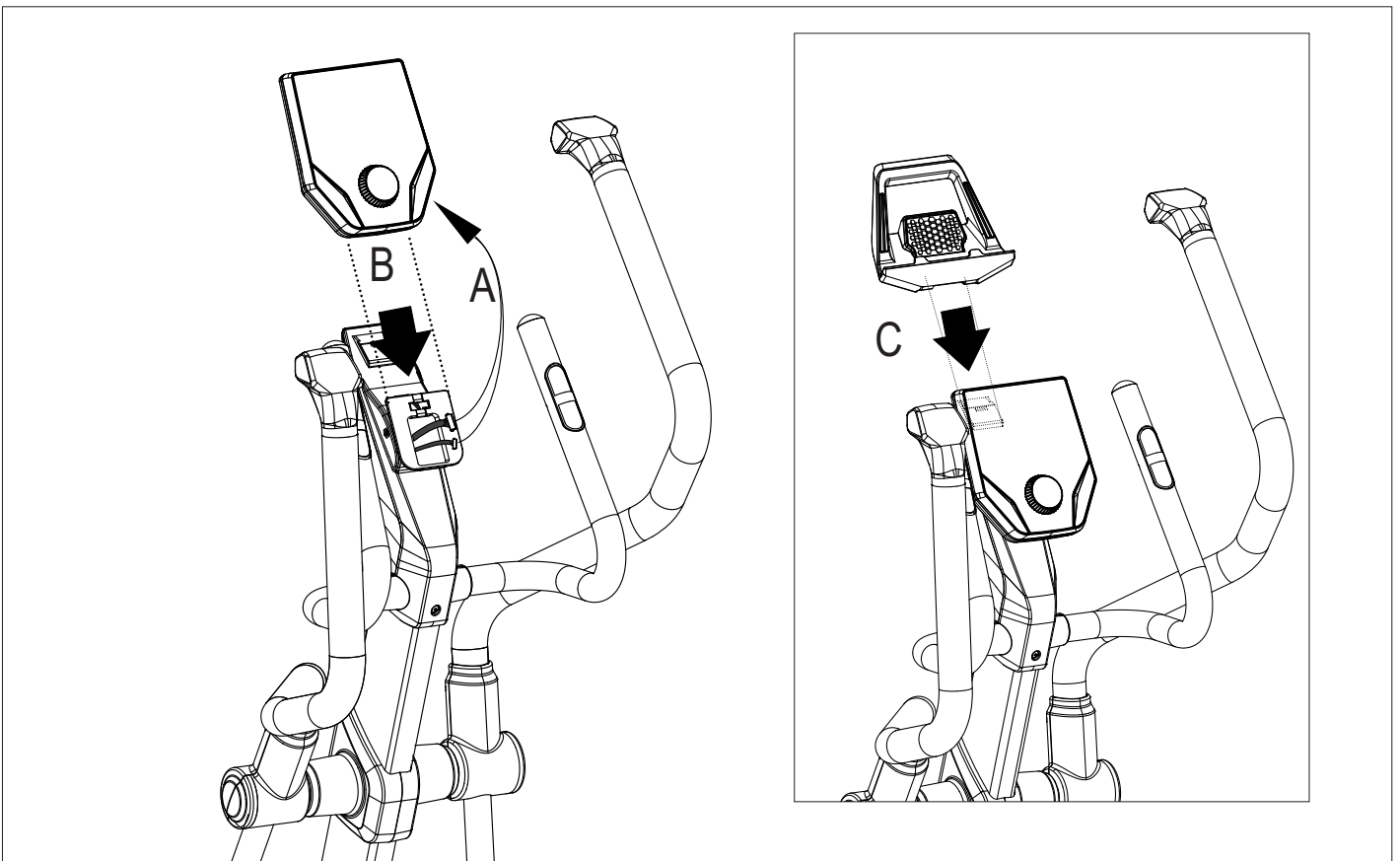




7

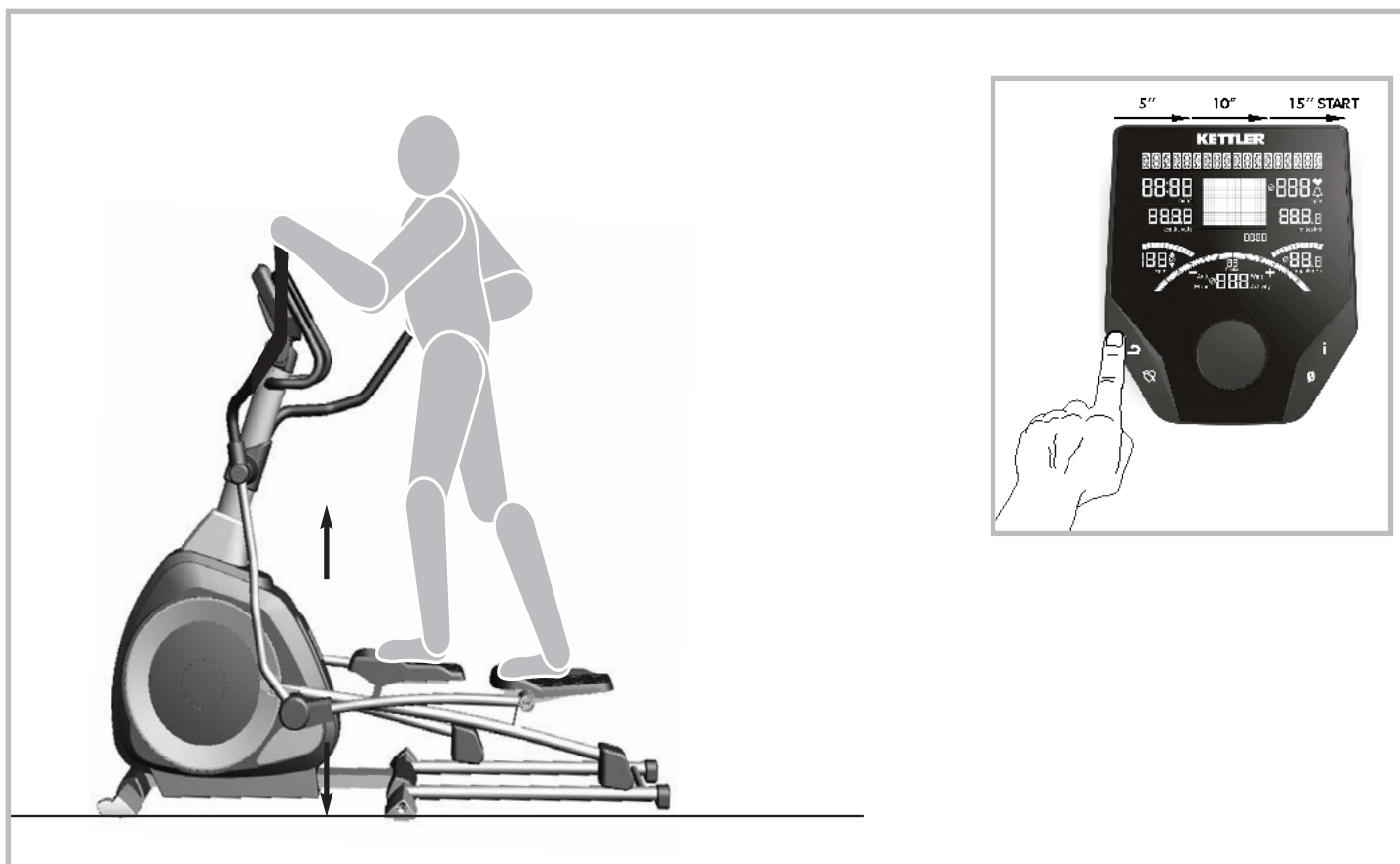
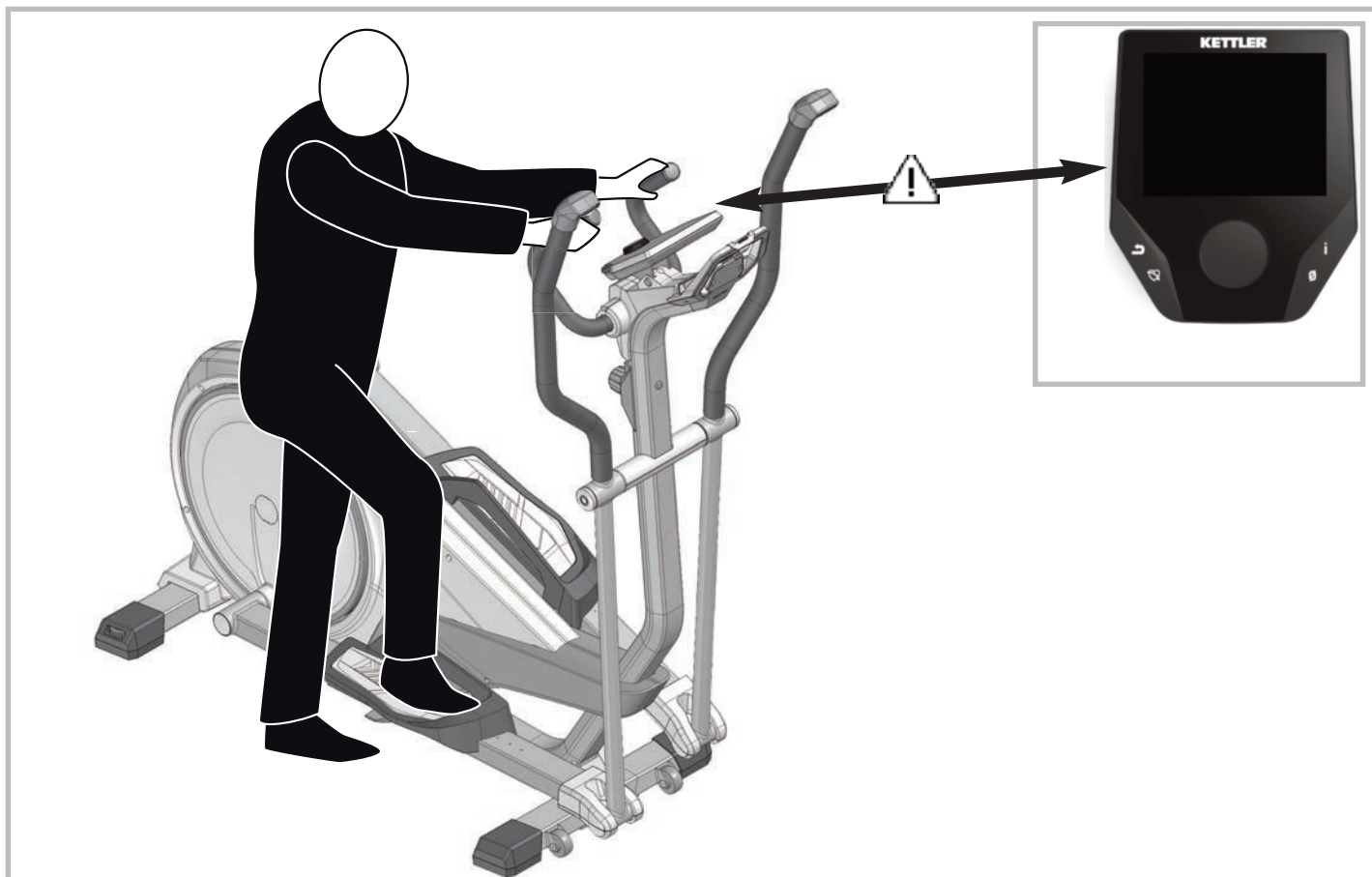


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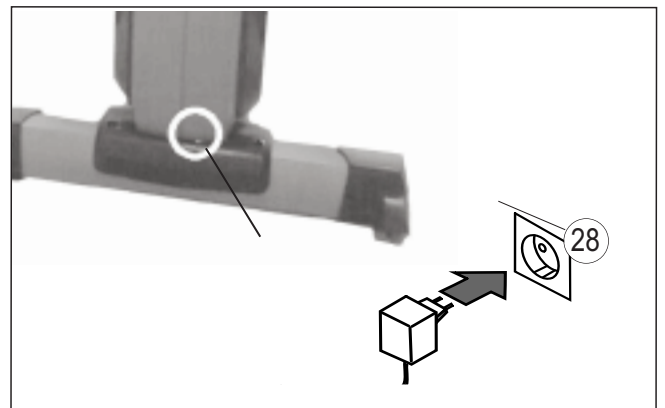
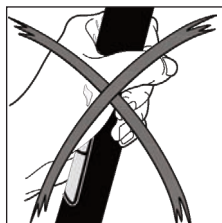
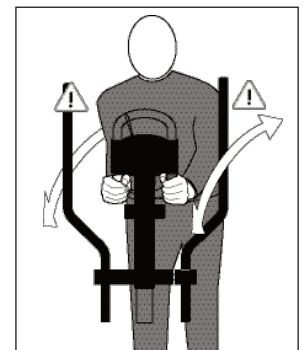
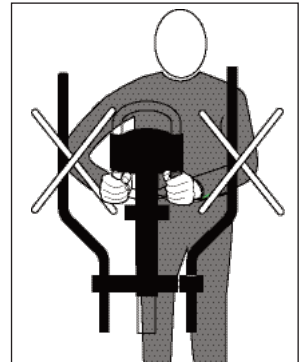
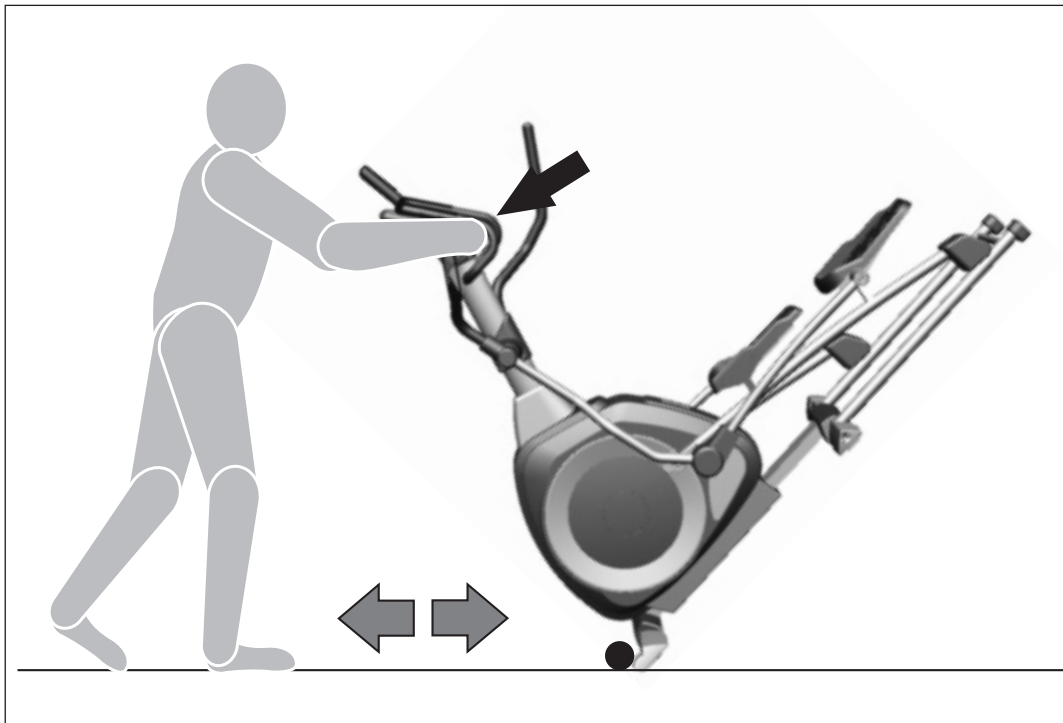
DE Handhabungshinweise

- EN - Handling
- FR - Indication relative à la manipulation



DE Handhabungshinweise

- EN - Handling
- FR - Indication relative à la manipulation



– EN – Exercising instructions

Cross trainers

Ideal for training major muscle groups like the legs, arms, torso and shoulders. The workout is particularly easy on the joints thanks to the elliptical movement. Cross training is particularly suitable for people whose job involves a lot of sitting. When you are working out on the cross trainer you are in an upright position. There is therefore no pressure on the back and spine. Different training intensities are possible: just a leg workout – your hands then stay on the fixed handle, full body workout with passive use of the arms, full body workout with active use of the arms. Combining an arm and leg workout provides an effective full body workout using all the important muscle groups.

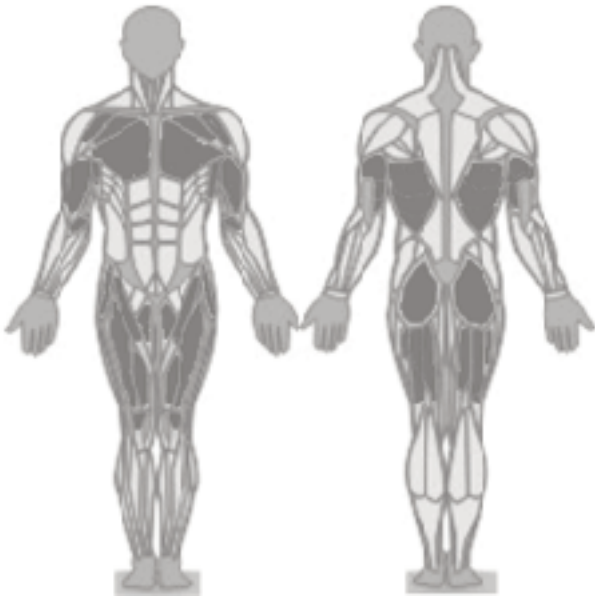
Upper body training on the handlebars also works out the arm, shoulder and back muscles.

The advantages:

- Elliptical movement that is easy on the joints.
- Effective full body workout using all the important muscle groups.
- A varied workout with forwards and backwards movement.
- Ideal for health based fitness training.

Calories burned (kcal): approx. 700 per hour

Fat burned: approx. 55-59 g per hour



Posture and how to work out correctly



Make sure you are standing firmly and securely on the footboards.

The sole of the shoe may meet the front end of the footboard (especially with small people).

The hands grip the handlebars at chest height and the elbows are slightly bent. The upper body is in an upright position. Make sure that your knees and elbows always remain slightly bent during the workout.

During the forward movement, make sure that you lift your heels off the floor, similar to normal running, to ensure that you work out your calf muscles and improve circulation to the feet.

Workout options

Your cross trainer provides you with a number of workout options. You can determine the intensity of your upper body workout yourself by actively and passively moving the handlebars. For example, you can increase the intensity on the leg and gluteal muscles simply by moving the handlebars in a more passive and relaxed way.

To intensify the upper body workout move the handlebars more dynamically using your arms.

On the whole though, it is still a full body workout, where besides the gluteal and leg muscles, the shoulder, arm and back muscles are also worked out.

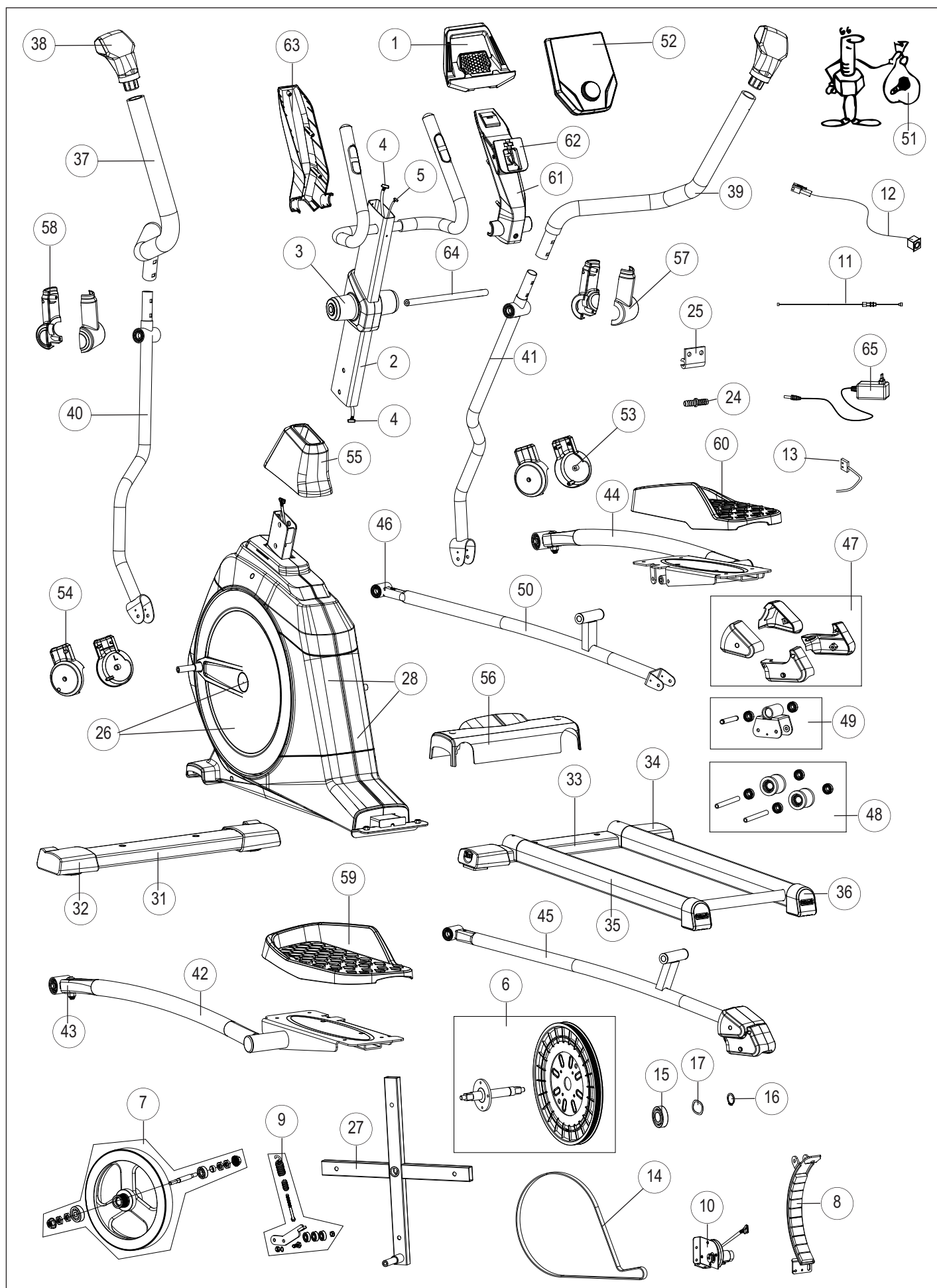
Your cross trainer also offers you the chance to leave out the arms completely. For this, grip the fixed handle with your hands. In doing so, keep your elbows relaxed next to your upper body so that the handlebars can continue to swing freely. In this position you are only working out your leg and gluteal muscles.

Vélo elliptique

Idéal pour l'entraînement des grands groupes de muscles tels que les jambes, les bras, le tronc et les épaules.

Le déroulement elliptique du mouvement permet un entraînement ménageant les articulations. Le cross-training convient particulièrement aux personnes qui sont souvent assises pendant leur travail. Lors de l'entraînement sur le vélo elliptique, vous avez le dos droit. Cela soulage le dos et la colonne vertébrale. Différentes possibilités d'entraînement vous sont offertes : seulement l'entraî-

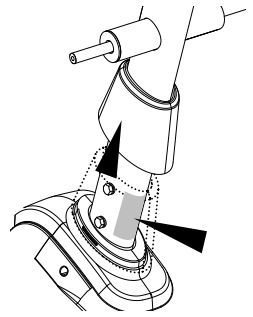
Ersatz / Bauteilzeichnung



Ersatz / Bauteilbestellung

- EN - List of spare parts/ components page
 - FR - Liste des pièces de rechange / éléments de construction page

OMNIUM 500			CT1027-400			OMNIUM 500			CT1027-400		
X	①	1x	68009961	③⑨	1x	68001628					
	②	1x	68001601	④⑩	1x	68001629					
	③	1x	68001602	④①	1x	68001630					
	④	1x	68001603	④②	1x	68001631					
X	⑤	1x	68001604	④③	1x	68001632					
X	⑥	1x	68001605	④④	1x	68001633					
X	⑦	1x	68001606	④⑤	1x	68001634					
	⑧	1x	68001607	④⑥	2x	68001635					
	⑨	1x	68001608	④⑦	2x	68001636					
X	⑩	1x	68001609	X ④⑧	2x	68001637					
	⑪	1x	68001610	X ④⑨	2x	68001638					
X	⑫	1x	68001611	⑤⑩	1x	68001639					
X	⑬	1x	68001612	X ⑤①	1x	68001640					
X	⑭	1x	68001613	⑤②	1x	69050060					
	⑮	2x	68001614	⑤③	1x	68001641					
	⑯	2x	68001614	⑤④	1x	68001642					
	⑰	1x	68001614	⑤⑤	2x	68001643					
	⑳	1x	68001615	⑤⑥	1x	68001644					
	㉑	1x	68001616	⑤⑦	1x	68001645					
	㉒	1x	68001617	⑤⑧	1x	68001646					
	㉓	2x	68001618	X ⑤⑨	1x	68001647					
	㉔	1x	68001619	X ⑥⑩	1x	68001648					
	㉕	1x	68001620	⑥①	1x	68001649					
X	32	2x	68001621	⑥②	1x	68001650					
	㉖	1x	68001622	⑥③	1x	68001651					
X	34	2x	68001623	X ⑥④	1x	68001652					
	㉗	1x	68001624	X ⑥⑤	1x	68009376					
X	36	2x	68001625								
	㉘	1x	68001626								
	㉙	2x	68001627								



- DE - Beispiel Typenschild - Seriennummer
 - EN - Example Type label - Serial number
 - FR - Exemple Plaque signalétique - Numéro de serie

- DE - Farbliche Abweichungen bei Nachbestellungen sind möglich und stellen keinen Reklamationsgrund dar.
 Die mit X gekennzeichneten Bauteile sind als Ersatzteile lagermässig verfügbar
- EN - Colours may vary with repeat orders and this does not constitute grounds for complaint. The components marked with X are available from stock as spare parts
- FR - Des écarts de coloris sont possibles lors de commandes ultérieures et ne sont pas motif à réclamation. Composants marqués d'un X sont disponibles en pièces détachées sur stock.



KETTLER



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