

KETTLER

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Montageanleitung Heimtrainer „AVIOR R”

Art.-Nr. HT1004-300

EN 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!** You must remove the mains adapter when performing all repair, maintenance and 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 control system as otherwise values displayed might be distorted (e.g. pulse measurement).
- ⚠ **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.
 - 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 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.
- 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 qualified personnel trained by staff.
- 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.
- 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.
- Adjust the seat so that you find the training position which suits your body size.
- When mounting the product please take the recommended torque information into account ($M = xx \text{ Nm}$).
- The training device corresponds with DIN EN 20957 –1/-5, class HB. It is therefore unsuitable for therapeutic use

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.
 - The Hometrainer simulates bicycle training.
 - 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

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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.
- This device is an RPM-independent training device.
- 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.
- 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 14-15

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. HT1004-300 / spare-part no. 68003517/ 1 piece / S/N

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www.kettlersport.com

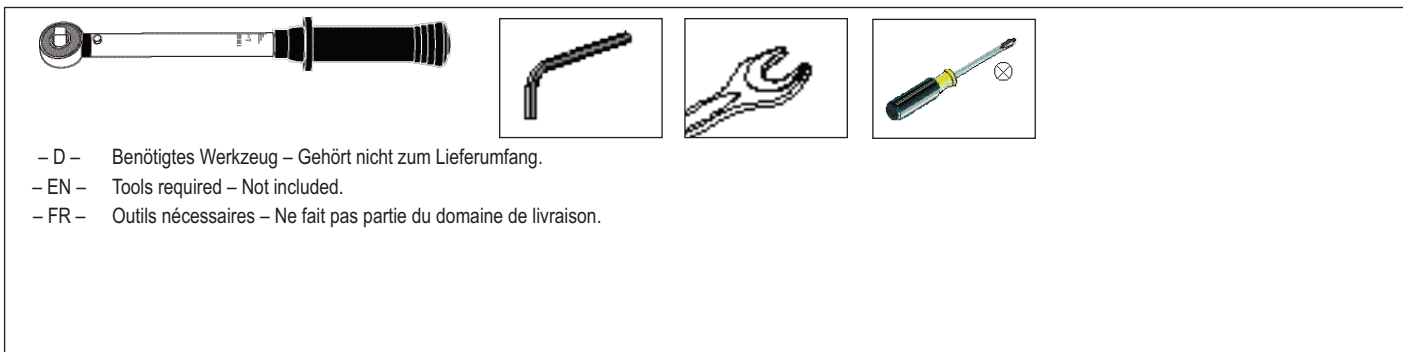
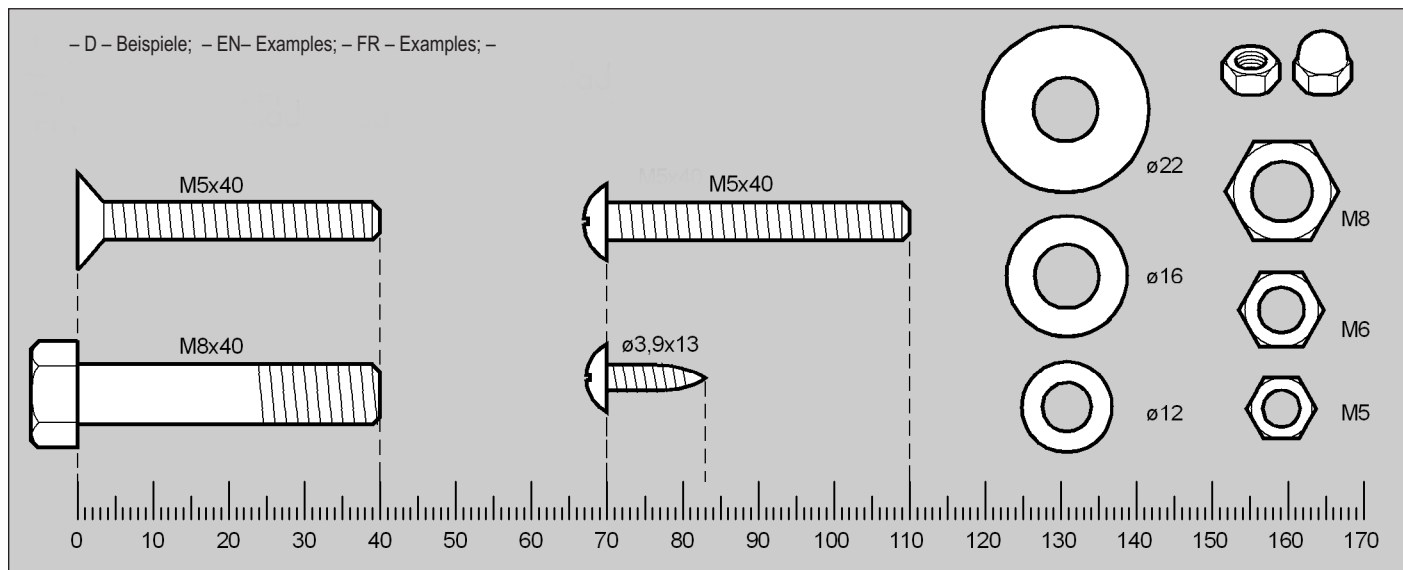
Waste Disposal



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

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.

Checkliste (Packungsinhalt)

- EN - Checklist (contents of packaging)
- FR - Checklist (verpakingsinhoud)

<p>4x M8x20 / ø19x8</p> <p>4x M8x20 / ø19x8</p> <p>2x M5x12</p> <p>2x M5x12</p>	<p>Stck.</p> <p>1</p>
	<p>1</p>
	<p>1</p>
	<p>1</p>
<p>4x M8x16 / ø16x8</p>	<p>1</p>
	<p>1</p>
<p>2x M5x12</p> <p>2x M8x16 / ø16x8</p>	<p>1</p>

	<p>1</p>
	<p>1</p>
	<p>1</p>
	<p>1</p>
<p>4x M5x12</p>	<p>1</p>

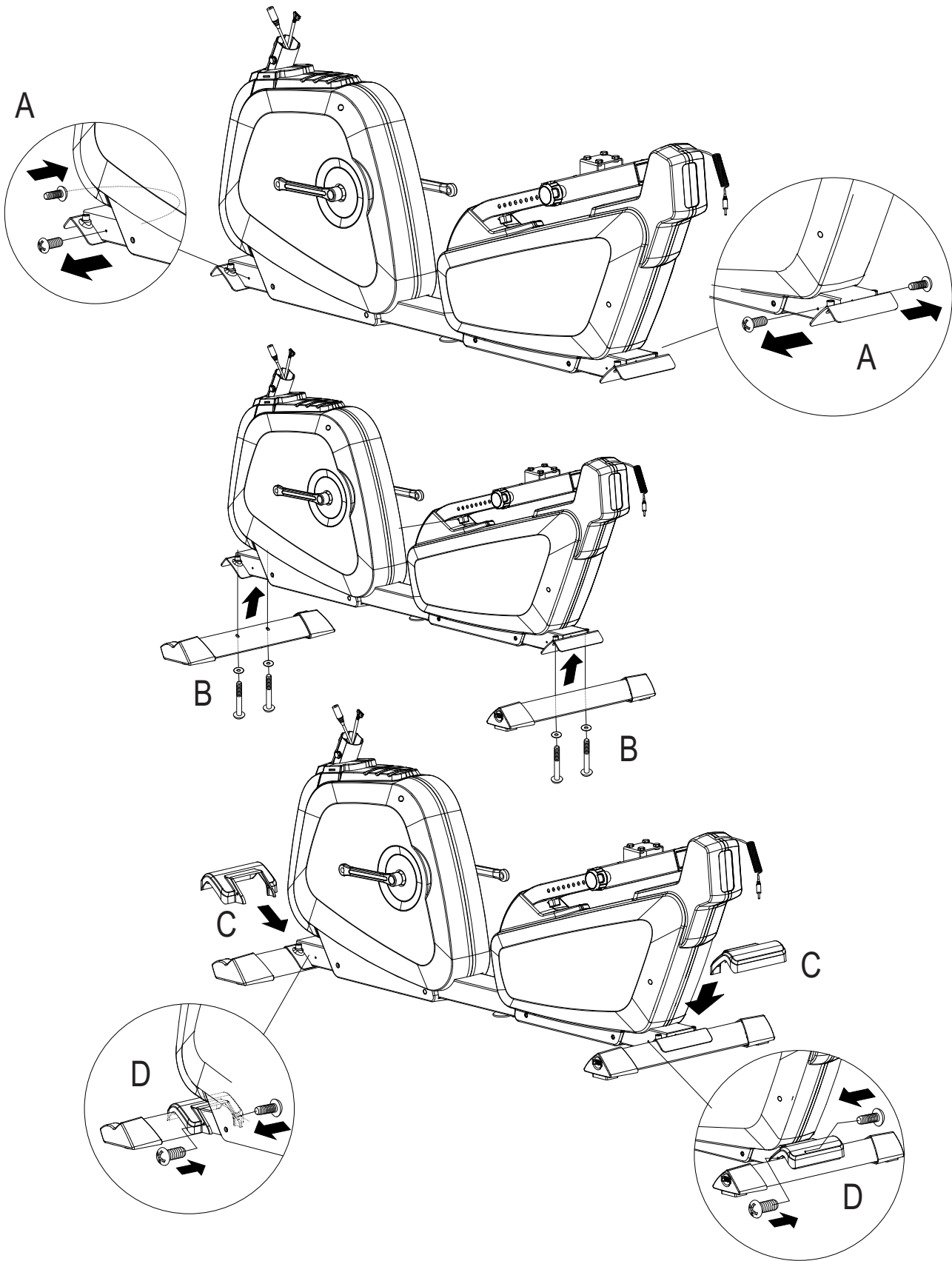
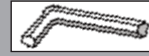
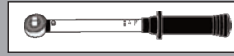
29



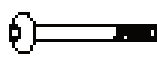

Pos. 43

	<p>M 8 x 60</p>	<p>4</p>
	<p>M 8x50</p>	<p>8</p>
	<p>ø 19/8</p>	<p>12</p>
	<p>2,9x16</p>	<p>4</p>

1



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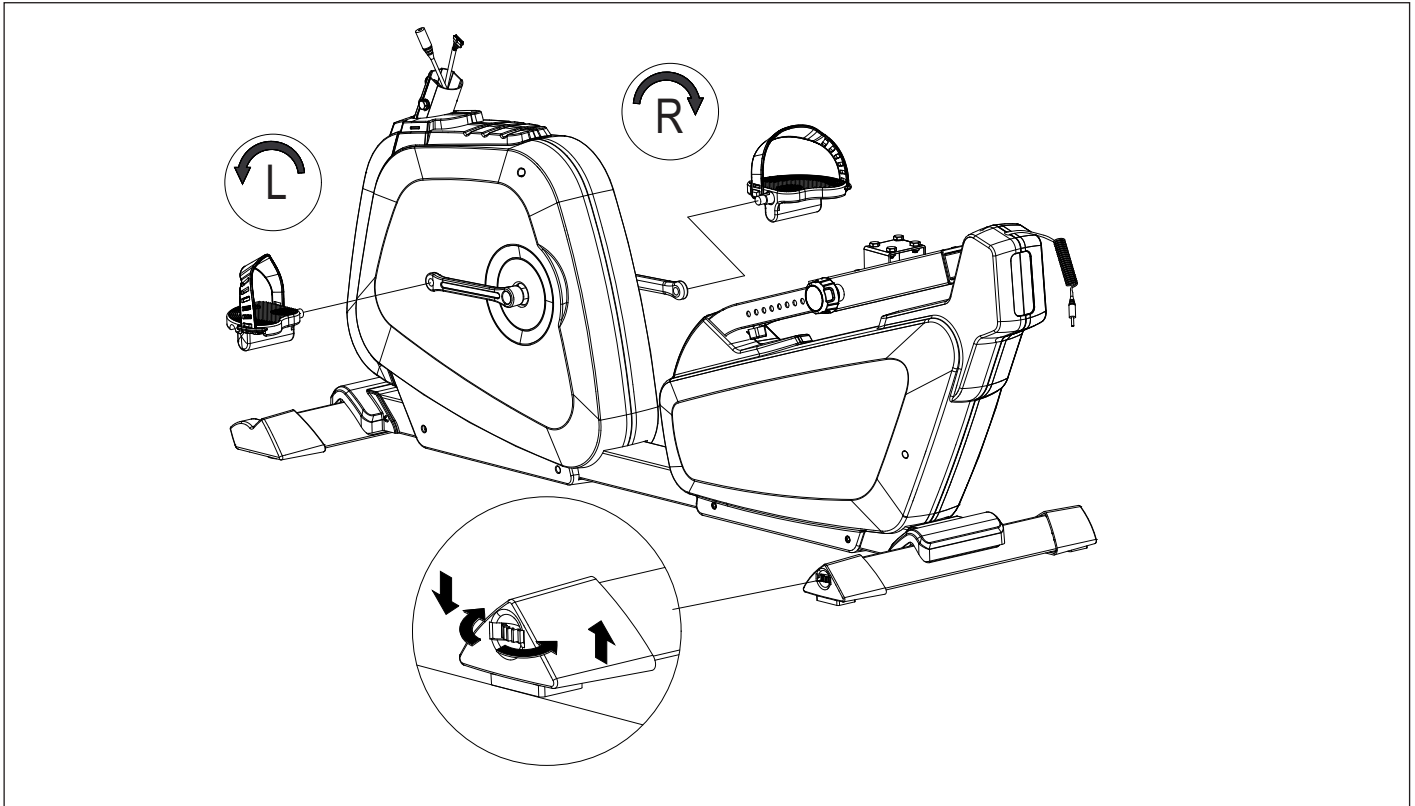
4X M 8x60 = 15Nm Ø 19/8

A/D

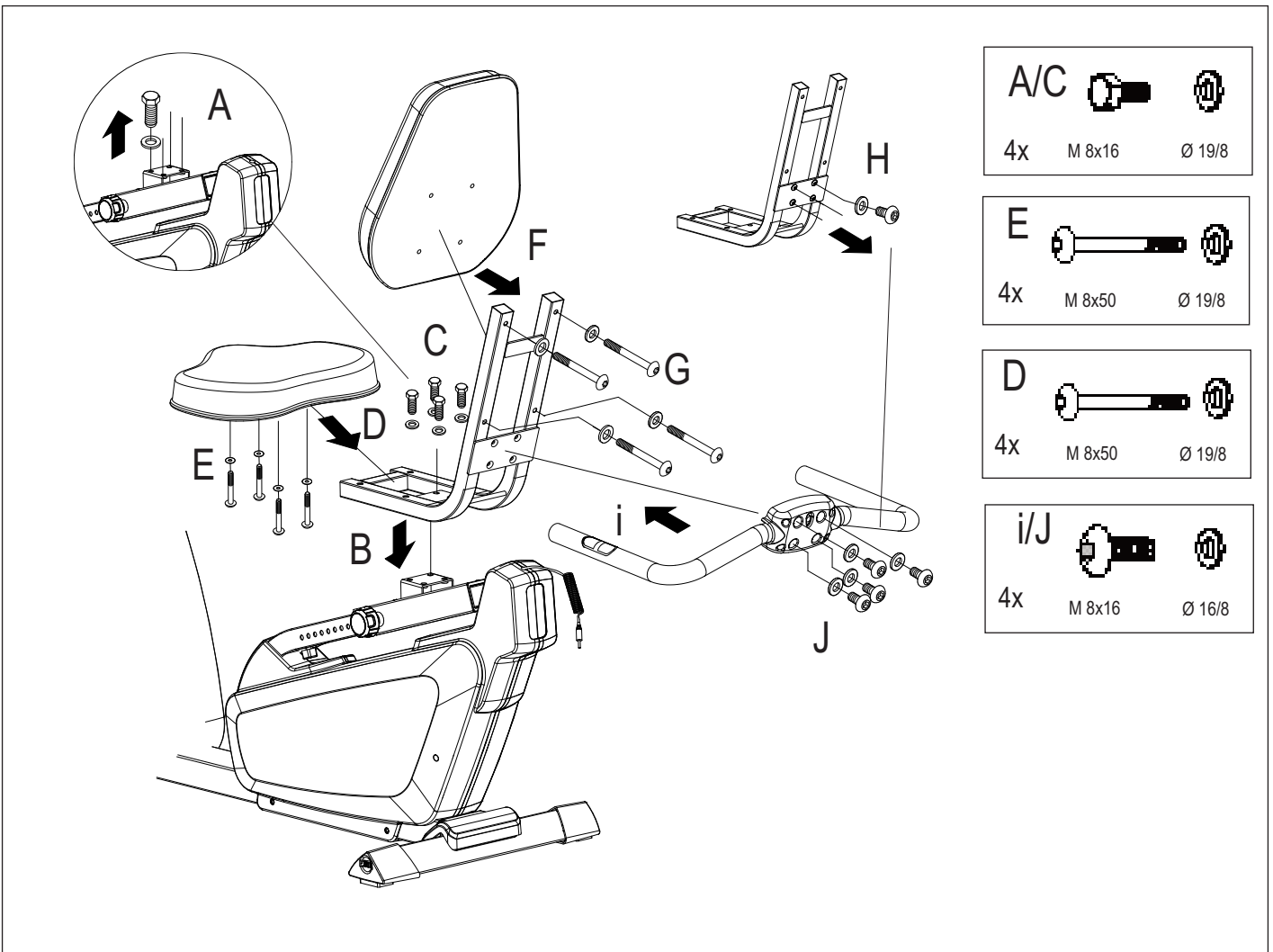
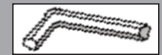


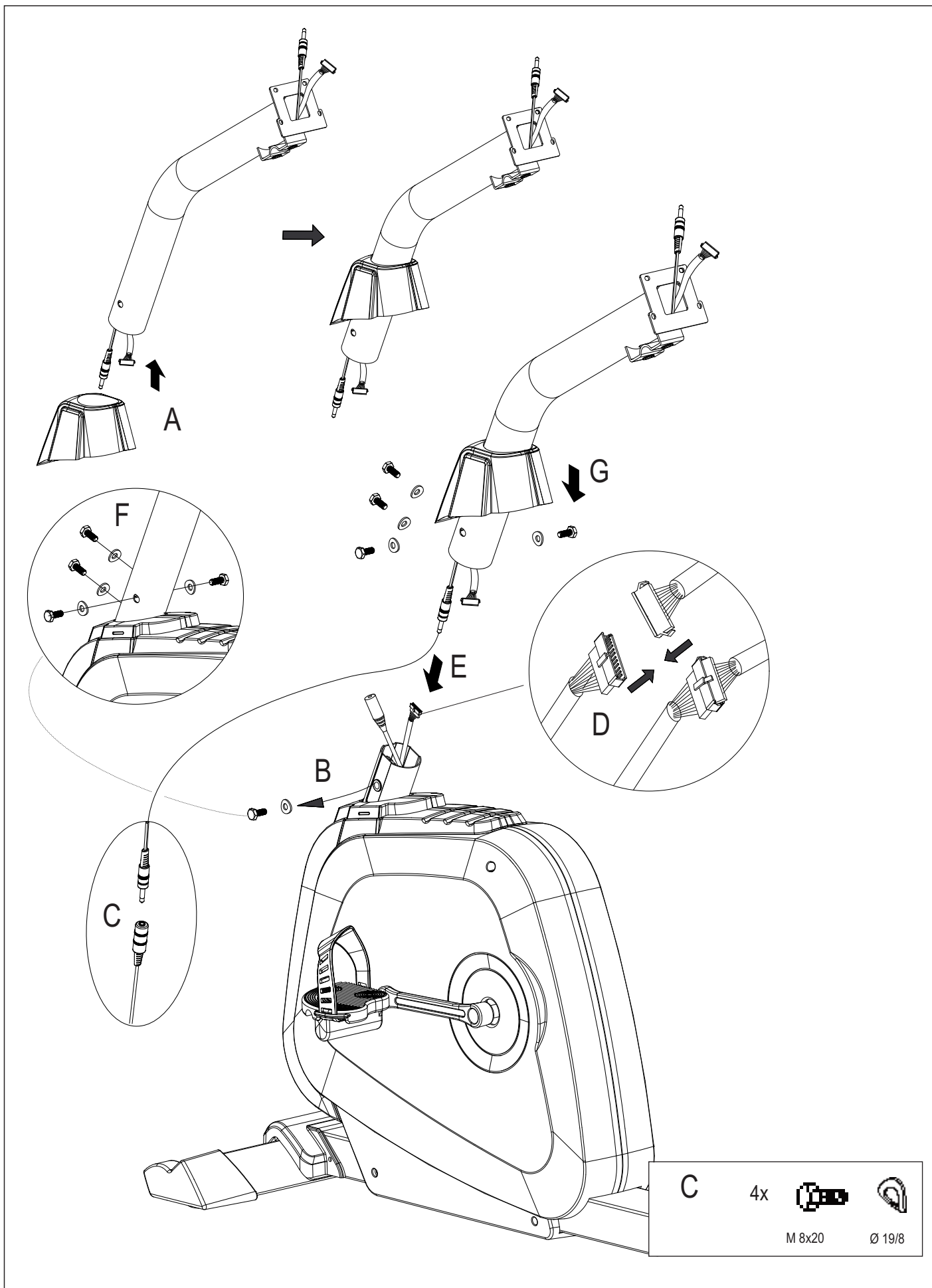
2x2 M 5 x12

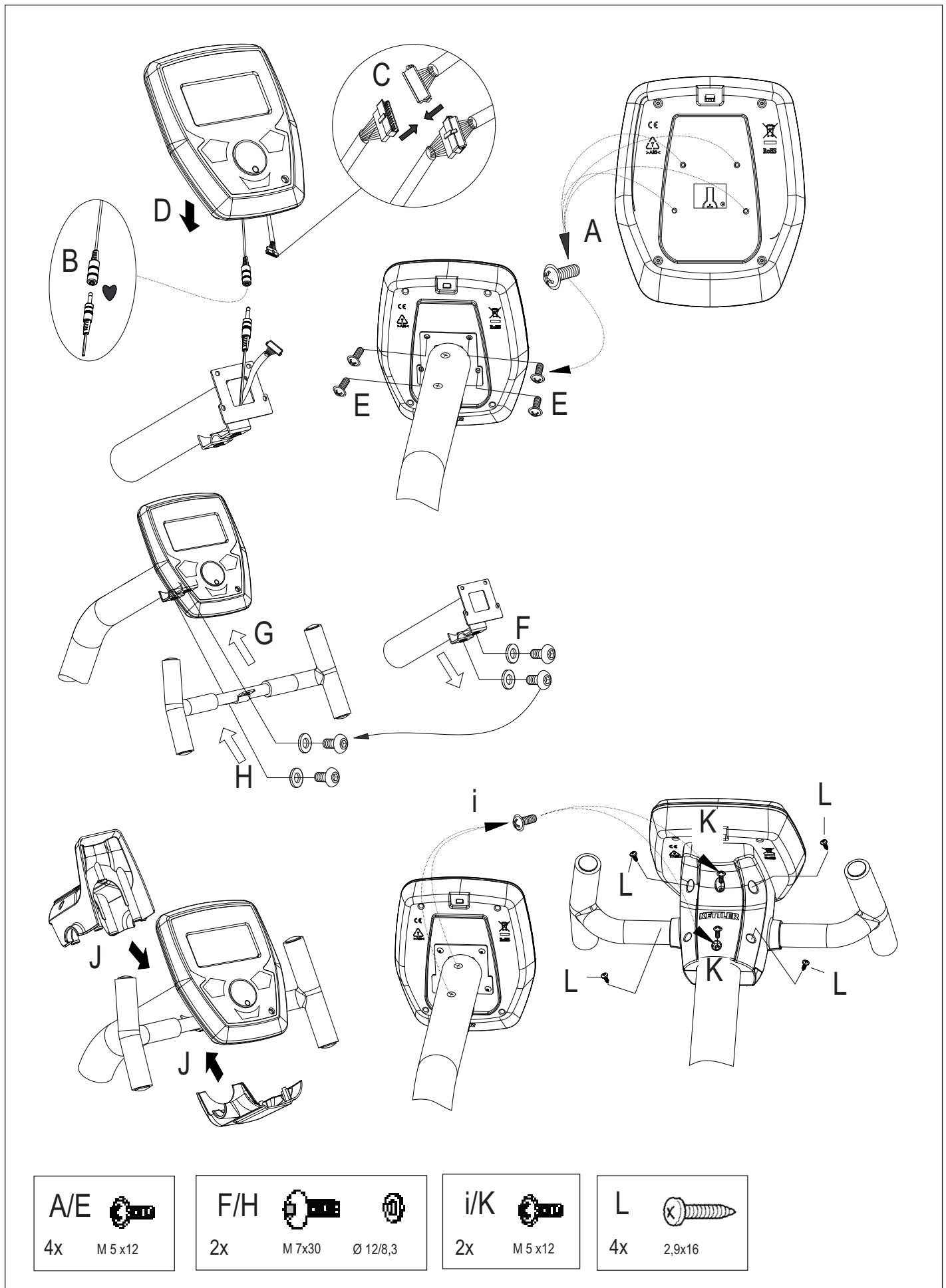
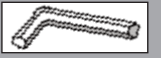
2





3








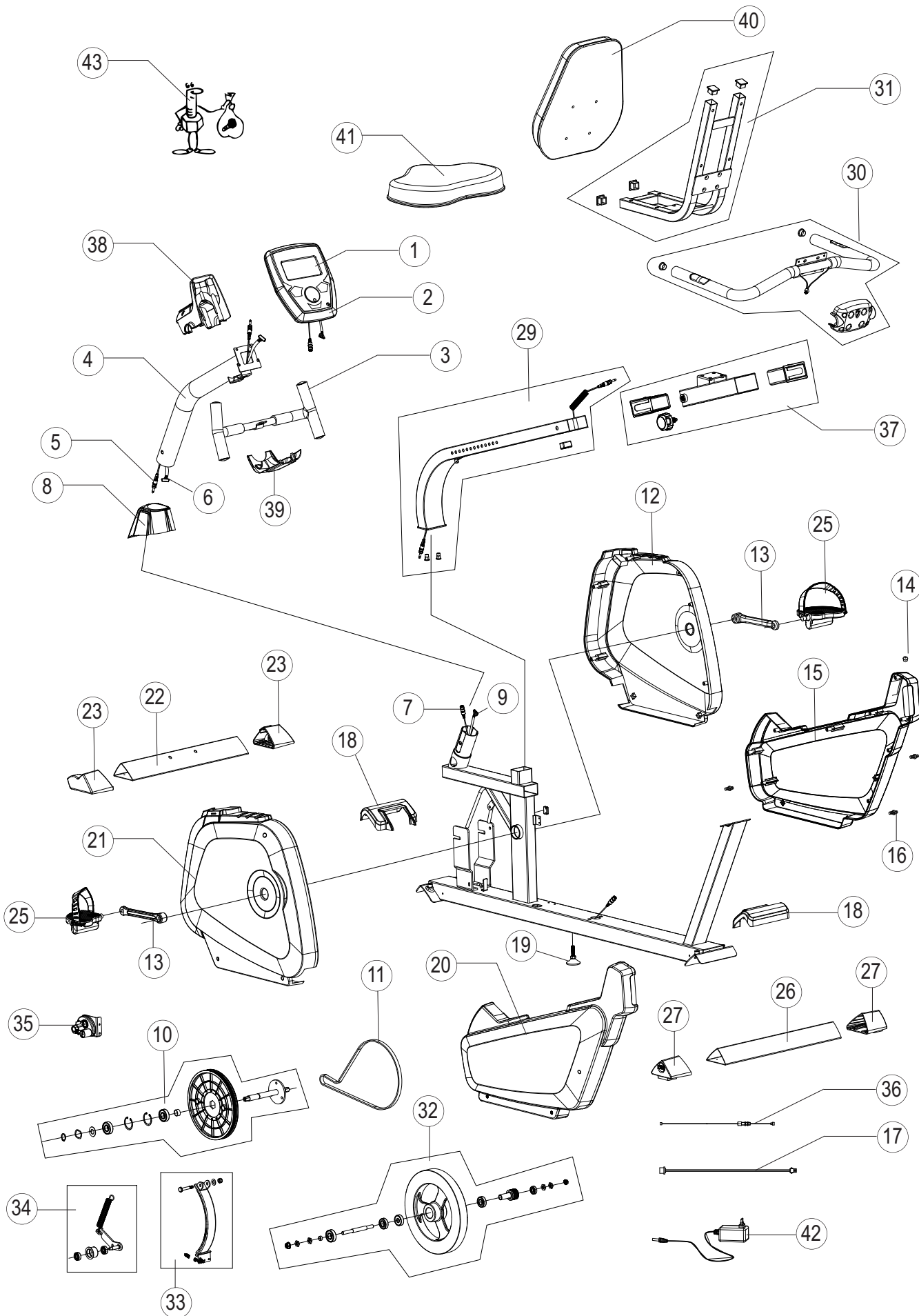
A/E 
4x M 5 x12

F/H  
2x M 7x30 Ø 12/8,3

i/K 
2x M 5 x12

L 
4x 2,9x16

Ersatz / Bauteilzeichnung



Ersatz / Bauteilbestellung

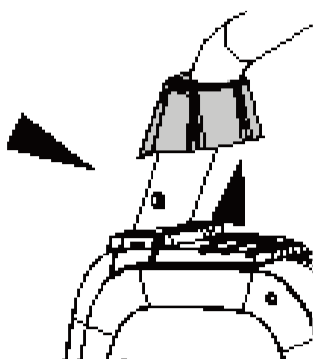
- EN - Spare parts order
- FR - Commande de pièces de rechange

AVIOR R HT1004-300

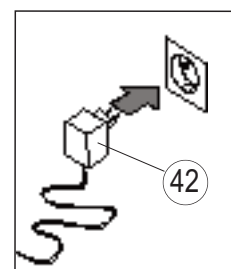
①	1x	68009360	X
②	1x	68009361	
③	1x	68009200	
④	1x	68009450	
⑤	1x	68009202	
⑥	1x	68009203	
⑦	1x	68009204	
⑧	1x	68009451	
⑨	1x	68009206	
⑩	1x	68009016	
⑪	1x	68009207	X
⑫	1x	68009452	
⑬	1x	68009369	X
⑭	1x	68009209	
⑮	1x	68009453	
⑯	4x	68009211	
⑰	1x	68009212	X
⑱	1x	68009454	
⑲	1x	68009226	
⑳	1x	68009455	
㉑	1x	68009456	
㉒	1x	68009366	

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㉓	1x	68009018	X
㉔	1x	68009371	X
㉕	1x	68009372	
㉖	1x	68009021	X
㉗	1x	68009213	
㉘	1x	68009457	
㉙	1x	68009458	
㉚	1x	68009058	
㉛	1x	68009139	
㉜	1x	68009216	
㉝	1x	68009217	X
㉞	1x	68009218	X
㉟	1x	68009459	
㊱	1x	68009460	
㊲	1x	68009461	
㊳	1x	68009222	
㊴	1x	68009223	
㊵	1x	68009376	X
㊶	1x	68009462	X
○			



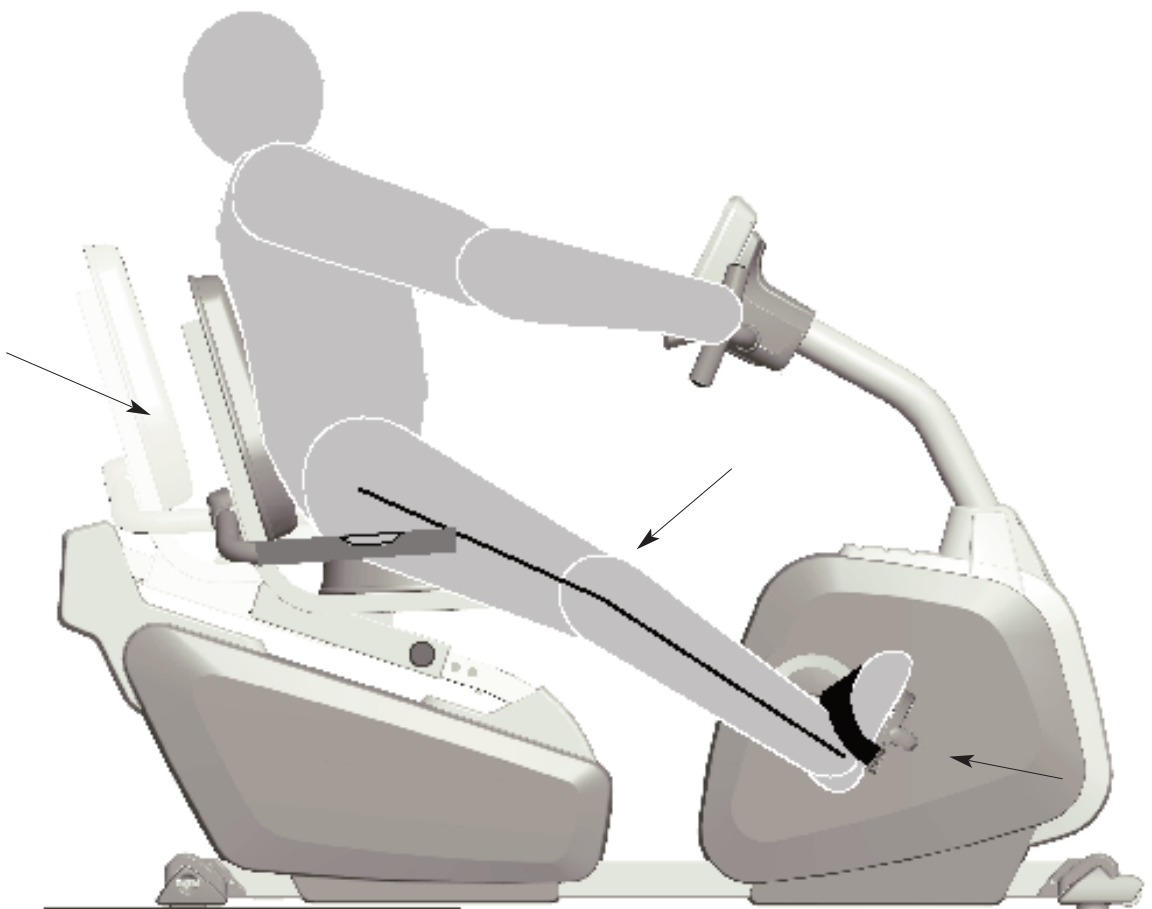
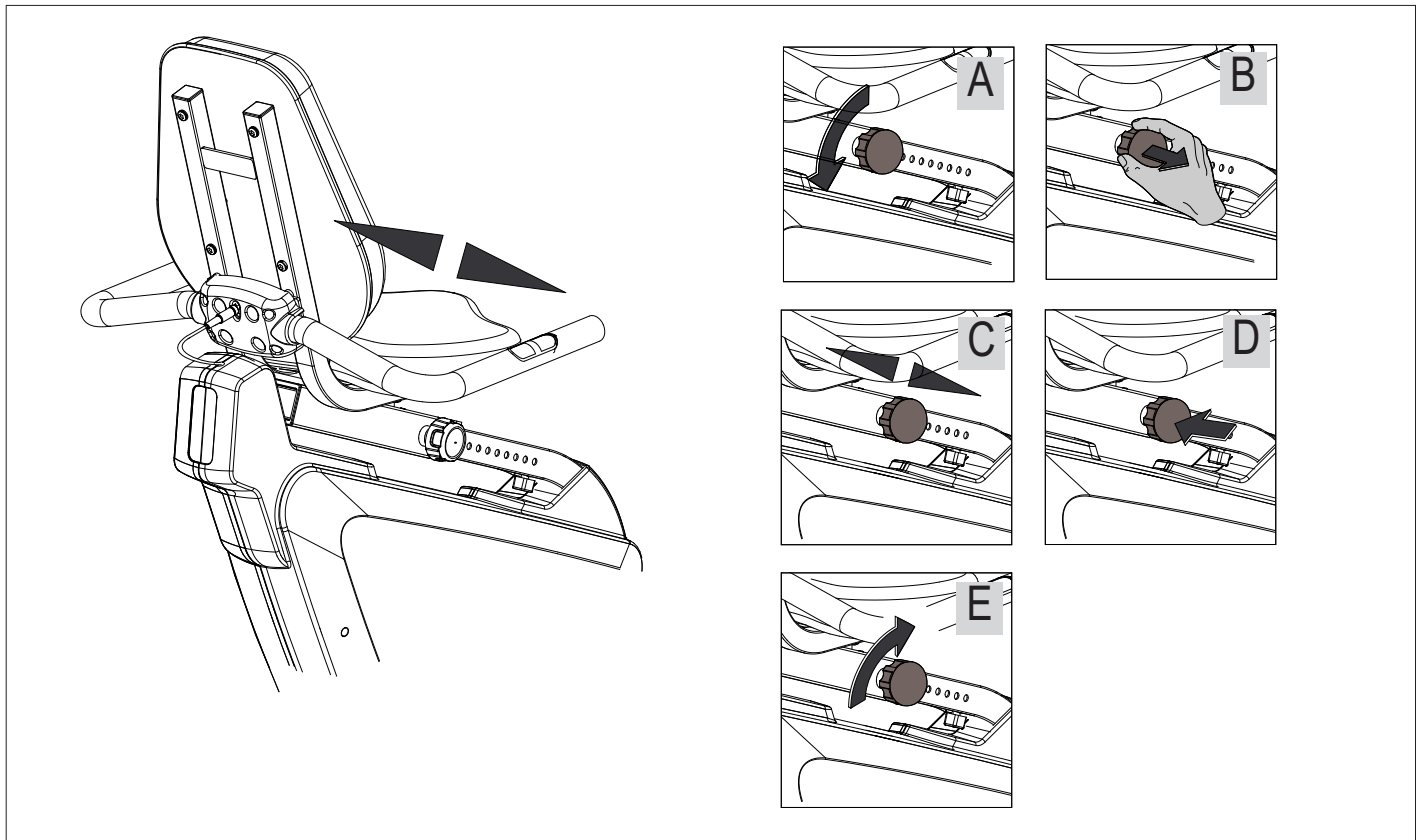
- D - Beispiel Typenschild - Seriennummer
- EN - Example Type label - Serial number
- FR - Exemple Plaque signalétique - Numéro de serie

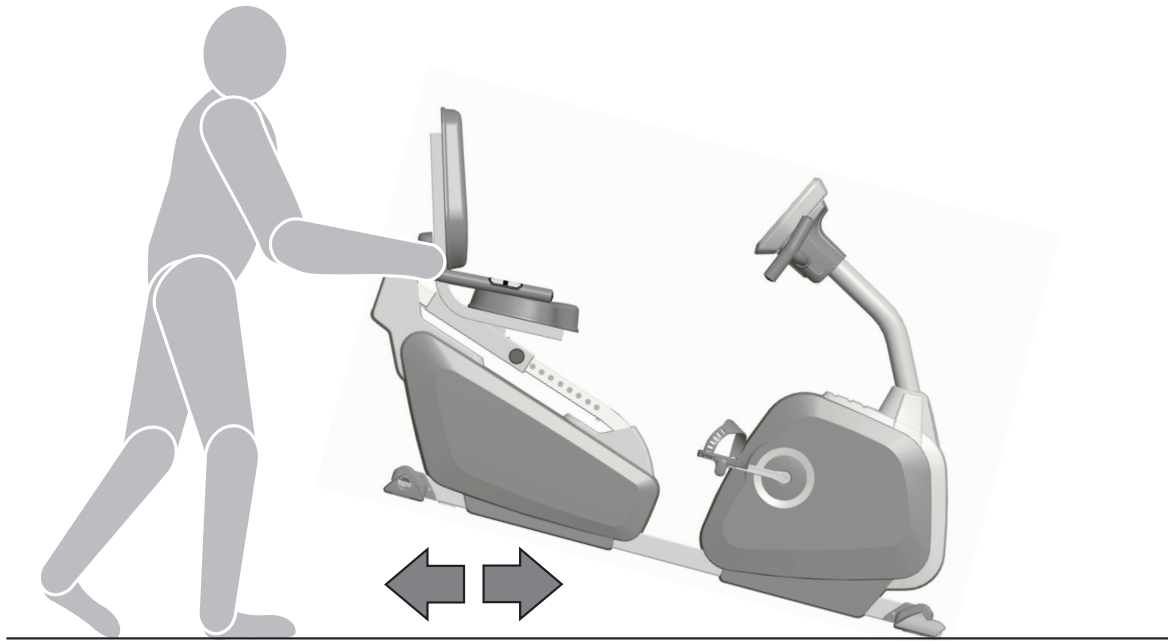


- DE - Farbliche Abweichungen bei Nachbestellungen sind möglich und stellen keinen Reklamationsgrund dar.
Die mit X gekennzeichneten Bauteile sind als Ersatzteile lagermässig verfügbar
- EN - Colours may vary with repeat orders and this does not constitute grounds for complaint. The components marked 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.

Handhabungshinweise

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





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