

Safety information

CARDIO LINE 400/400 MED

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Safety information

Before starting to use your new ERGO-FIT equipment, please read the following chapter carefully and respect all safety regulations.

Please keep this manual in a safe place in order to be able to provide it to future owners if you sell your training machine.

For evidence of ownership, please fill in the following data:





Model/product line: _____

Serial number: _____

Date of purchase _____

You will also need these data in case of guarantee claims.

The following symbols designate important information

	Caution!	It is absolutely necessary to observe this warning in order to avert any danger to your life or health.
	Danger!	It is absolutely necessary to observe this warning in order to avoid any material damage.
	Danger!	Danger: It is imperative to switch off and disconnect the training machine.
	Hint!	Important information and hints are displayed here to improve operations.

What you need to know when using your training machine?

- ⊗ Please read the owner's manual carefully before starting to use your new ERGOFIT equipment.
- ⊗ Familiarise yourself with the machine before you start it (only CARDIO LINE 400 MED, MPBetriebV).
- ⊗ It's the owner's responsibility to inform the users of all warnings and instructions provided with the equipment.
- ⊗ Only use the machine after a proper function test (get more information on this in Owner's manual, chapter 6.3). For your own safety and before every use, please check the machine for damage (loose screws, worn parts, cords etc). If the machine is damaged, do not use it until it is repaired.
- ⊗ Before using the machine please check that the saddle is firmly seated by fixing the horizontal and vertical saddle adjustment. Make sure that the stop bolt is underneath the seat post and that it is screwed in tightly. Otherwise there is a risk of injury.

- ⊗ In order to reduce any risk during training, please put on sportswear and appropriate footwear.
- ⊗ In case of nausea, dizziness, pain in the chest, limbs or joints, stop training immediately and see a doctor.
- ⊗ If you have a cardiac pace maker or a health condition, please see your doctor before using the training machine. If this is the case, you should discuss the training programme with him. In addition, you should only train in MANUAL mode.
- ⊗ Your training machine is not a toy! Never leave children unattended with the machine. Children cannot always assess possible danger. Parents or other supervisors should always be aware of their responsibility because children dispose of a natural play instinct and eagerness to experiment that may produce situations and behaviour the training machine is not designed for.
- ⊗ The machine should only be used after consulting a doctor and / or a supervisor. The machine must not be used without the presence of a supervisor.
- ⊗ Make sure that persons who stand close to the machine are not hit by moving parts.
- ⊗ Danger! The user's maximum body weight is 180 kg. Make sure not to overload the machine.
- ⊗ Do not place any beverages or food on your training machine.
- ⊗ Do not stand on the casing of the machine and do not lean on the control panel.
- ⊗ Once per week, inspect the seat, the handlebar, the pedals, and the casing for damage. If the machine is damaged, get it repaired immediately.
- ⊗ Tighten the pedals and the pedal arms after 3 to 5 operating hours. Otherwise, there is a risk of damage, which can be a risk of injury to the user. Note that the left pedal has a left-handed thread and the right pedal has a right handed thread. See supplement sheet „Warranty clauses“ for a more detailed description.
- ⊗ Make sure to tighten the seat clamp after adjusting the seat. Otherwise, there is a risk of injury.
- ⊗ Warm up thoroughly before training. Start the training slowly and gradually increase the intensity until you reach the desired degree of difficulty within your range of control.
- ⊗ Do not lean over the handlebar and do not shift your body weight over the side of the machine. There is a danger of falling over.
- ⊗ Do not take your feet off the pedals during training.
- ⊗ Do not jump from the training machine during your workout.
- ⊗ Do not touch the USB port, RS232 port or audio port during the training.
- ⊗ CAUTION! The heart rate control system may be faulty. Excessive training may cause dangerous injury or even lead to death. Immediately stop training in case of an unusually strong reduction of your physical performance.
- ⊗ Please review the additional safety and operational instructions in this manual.

SPO₂-module:

- ⊗ Do not use this module near any MRT or X-ray devices.
- ⊗ Keep the SPO₂ module away from flammable gases.
- ⊗ Check all components of the SPO₂ module (finger clip, cables etc.) for damages. In case of damages do not use the device until it is repaired.

- ⊗ Keep the SPO₂ module away from any liquid as well as any condensations.
- ⊗ Nail polish or artificial nails can influence the SPO₂ measurement. Remove nail polish or artificial nails before using the sensors.
- ⊗ Taking medicine that changes the blood color, the administration of intravascular dyes or a high concentration of dysfunctional hemoglobin can lead to incorrect results.
- ⊗ Intense light such as OP lamps, bilirubin lighting, fluorescent lamps, infrared heat lamps and direct sun light can lead to incorrect SPO₂ results.
- ⊗ Using third-party parts can cause malfunction and loss of biocompatibility. Only use original parts and sensors.
- ⊗ Do not use the device if you suffer from edemas, skin irritations or have an open wound.
- ⊗ Do not attach the SPO₂ sensor to limbs with blood pressure cuff.

All safety instructions in this manual are based on many years of experience and selfconception.

Operational safety - what needs to be done

- ⊗ After delivery, make sure that the machine has not been damaged during transport. In case of doubt, contact our customer service and do not start the machine.
- ⊗ Slots and openings on the machine serve as ventilation. Do not cover these openings, because this can cause the elements to overheat.
- ⊗ Check if the power connection cords are damaged before starting the machine.
- ⊗ Switch off the machine after training and disconnect it from the grid.
- ⊗ Set up the training machine so that there is sufficient open space around it (at least 1 m) to avoid any danger for the user or others. The user will not collide and in addition, this prevents interferences in heart rate measuring.
- ⊗ The provisions EN 60601-1-1:2001 (medical electrical equipment) are valid for machines of the series CARDIO LINE 400 MED.

Caution: Risk of electric shock

- ⊗ Only connect your machine to an appropriate mains supply (see Owner's manual, chapter 4.4.1).
- ⊗ Make sure to have the right climate conditions (see Owner's manual, chapter 4.3).
- ⊗ Do not use damaged power cords.
- ⊗ To unplug the cord, grasp the plug and not the cord. Do not unplug by pulling on the cord.
- ⊗ The machine must not be opened before it is switched off and unplugged.
- ⊗ If liquid gets inside the machine, disconnect the plug immediately and call the customer service.

- ⊗ Do not put any objects through the ventilation slots into the machine. This may cause a short circuit.

Choosing the right place of installation?

- ⊗ The machine can be set up on any level and stable floor. Make sure that it stands firmly on the floor.
- ⊗ Never put wood, cardboard or similar materials underneath the machine to compensate for surface unevenness. This increases the risk of an accident.

What needs to be considered in case of repair

- ⊗ Electric parts may only be replaced by original equipment.
- ⊗ Repairs must be carried out by a qualified technician only. If you do not have the necessary qualifications, contact the ERGO-FIT Service Centre. Electrical or mechanical modifications or alterations performed by unauthorizes personnel may void the warranty.

What should be avoided

- ⊗ Only use the machine for the purposes it is designed for. If you use the ERGO-FIT machine improperly, you will be charged for all damages resulting from this. Any guarantee claim will be excluded!
- ⊗ Never use the machine in any way other than for those purposes described in this manual. Improper use can damage the machine and be hazardous to your health.
- ⊗ You should never exercise on a damaged machine.
- ⊗ The machine must not be used without electric current.
- ⊗ When exercising, you should never try to exceed your current performance level. This may seriously damage your health.
- ⊗ You should never prop up your body on the machine and make improper movements. This increases the risk of falling.

A summary of the most important safety precautions can be found in the appendix of this manual. You should remove this summary and display it near the machine where it is clearly visible. All users of the machine must familiarise themselves with the dangers and safety regulations. The manufacturer will not be liable for personal injury or material damage.

Contraindications

Please note:

To avoid overstress of the athlete and subsequent serious diseases of the cardiovascular system the following contraindications must be observed during performance of an endurance training, i.e. if one of the following symptoms is already known before the training is started in no case an endurance training may be performed on a machine of the CL 400:

Absolute contraindications:

- ⊗ angina pectoris
- ⊗ cardiac arrhythmia and/or decompensated heart failure
- ⊗ distress respiratory, sense of oppression
- ⊗ circulatory disorder with rest pain in affected extremities
- ⊗ hypertonia (constantly raised blood pressure) (in this case, please contact your doctor)
- ⊗ coronarsklerosis
- ⊗ stress pain in your legs when walking less than 100 m
- ⊗ Acute respiratory infections
- ⊗ Feverish infections
- ⊗ circulatory problems, feeling of dizziness
- ⊗ nausea, Vomiting
- ⊗ Acute coronary syndrome
- ⊗ Acute myocardial infarction
- ⊗ symptomatic severe aortic stenosis
- ⊗ decompensated cardiac insufficiency
- ⊗ acute pulmonary embolism
- ⊗ acute carditis (Myo-, Endo-, Pericarditis)
- ⊗ acute phlebothrombosis of the upper extremities
- ⊗ acute aortic dissection

If the following symptoms occur the training must immediately be stopped to avoid an overstress of the human organism!

- ⊗ distress respiratory, sense of oppression
- ⊗ angina pectoris (chestpain in sudden attacks)
- ⊗ maximum heart rate > 200-age
- ⊗ nausea, emesis
- ⊗ circulatory problems
- ⊗ illness (heavily tiredness, lassitude, feeling of dizziness)
- ⊗ rapidly decreasing heart rate
- ⊗ rapidly decreasing/increasing blood pressure
- ⊗ main artery disease
- ⊗ moderate cardiac valve diseases
- ⊗ electrolyte imbalance
- ⊗ arterial hypertension (RR > 200/110mmHg)
- ⊗ Tachyarrhythmie oder Bradyarrhythmie
- ⊗ hypertrophic-obstructive cardiomyopathy and other forms of outflow tract obstruction
- ⊗ advanced AV-blockages
- ⊗ anemia
- ⊗ physical and/or mental health problems
- ⊗ arrhythmias

Specific safety indications CARDIO LINE 400

- ⊗ Do not start the machine before carefully reading the owner's manual.
- ⊗ Check the power connection before training.
- ⊗ Never use the device without current and only use after a proper functional test.
- ⊗ Switch off the machine after training and disconnect it from the grid.
- ⊗ Wear only appropriate sportswear and footwear during training.
- ⊗ Never lean on the control panel or the casing and make improper movements.
- ⊗ Never start training with the maximum strain. Increase its intensity slowly.
- ⊗ Check if the seat is secured in position before getting on the machine.
- ⊗ Do not lean over the handlebar and do not shift your body weight over the side of the machine. There is a danger of falling over.
- ⊗ Children must not use the machine unsupervised and must stay away from the machine and moving parts.
- ⊗ In case of nausea or dizziness, you should stop training immediately, inform the fitness coach and / or see a doctor.
- ⊗ If you have a cardiac pace maker or a health condition, see your doctor before using the training machine.
- ⊗ Do not jump from the training machine during your workout.
- ⊗ Do not take your feet off the pedals during training.
- ⊗ Once per week, check the moving parts and the casing for damage. If the machine is damaged, have it repaired immediately.
- ⊗ The ventilation slots must not be covered. This can cause the machine to overheat.
- ⊗ Only use the machine for the purposes it is designed for.
- ⊗ Please consider further safety and operational notices in the manual.

All safety instructions in this manual are based on many years of experience and selfconception.

These safety precautions must be displayed where they are visible from the exercise machine! If users of the machine must inform themselves of the dangers and safety regulations. The manufacturer will not be liable for personal injury or material damage.

Specific safety indications CARDIO LINE 400 MED

- ⊗ Do not start the machine before carefully reading the owner's manual.
- ⊗ Check the power connection before training.
- ⊗ Never use the device without current and use only after a proper functional test.
- ⊗ The machine is only to be used after consulting a doctor and / or a supervisor. The machine must not be used without the presence of a supervisor.
- ⊗ Switch off the machine after training and disconnect it from the grid.
- ⊗ Wear only appropriate sportswear and footwear during training.
- ⊗ Never lean on the control panel or the casing and make improper movements.
- ⊗ Never start training with the maximum strain. Increase its intensity slowly.
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