

STIL-FIT^{INT.}

Instruction Manual

ERGOMETER SFE-009/2



Fitness | Design | Interior

Assembling the Cockpit

The STIL-FIT ergometer is delivered almost fully assembled. You only have to connect one cable, tighten one screw at the front post and insert the seat post.

Step 1

Connect the cable at the front tube. The easiest way is to place the cockpit at the floor (see picture)



Step 2

Insert the cockpit into the front tube (pay attention not to jam the cable) and tighten the screw with the socket wrench. Pay attention that the handle bar is aligned straight.

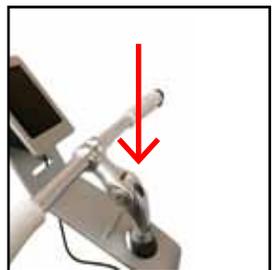
Height adjustment of the handle bar

Loose the screw at the top until the handle bar can be turned. Adjust the height max. 40 mm. Tighten the screw very well after adjustment.



Angle adjustment of the stem

Loose the screw at the right side until the toothed ring snaps outside. Adjust the angle and tighten the screw again very well.



Adjustment of the quick release

To adjust the quick release, open the lever and tighten the screw until the desired result is achieved. When the quick release is fastened the saddle should not turn. Attention: The saddle tube has a mark -max-. This indicates the maximum possible height of the saddle.



Adjustment of the saddle

The saddle can be adjusted horizontally and vertically. To adjust the saddle, loose the screw at the bottom and adjust the angle. Fix the saddle at the desired position and tighten the screw again very strong.



Assembling of the transportation wheels

The transportation wheels can be mounted optionally at the back of the frame.

Adjustable feet

The STIL-FIT ergometer comes with four adjustable feet to guarantee a firm stand.

Special equipment

You can equip the Ergometer with different accessories. These components can be purchased from the bicycle retail market. Please note the following specifications.

Pedals

all types with standard thread

Handle bar

tube size 25,4 mm

Stem

tube size 25,4 mm

Hand grips

all standard types

Seat

all standard types

Seat tube

tube size 31,8 mm

TRAININGS COMPUTER:

The Ergometer is controlled by a 4,3" touch screen monitor. The operation is very easy and self-explanatory. Start immediately with the quick start or register a user and select a program.

By starting to pedal the trainings computer is activated. It turns off automatically after your workout.

PROGRAMS:

Quick Start | 1-32 resistance levels

Manuel | 1-32 resistance level with pre-selection of time

Beginner 1 | 15 minutes, level 6-10

Beginner 2 | 30 minutes, level 6-10

Advanced 1 | 20 minutes, level 8-14

Advanced 2 | 30 minutes, level 10-14

Advanced 3 | 45 minutes, level 10-16

Watt Constant | Adjustable in steps of 5 Watt

Cardio Fitness | 75% of the maximum pulse

Cardio Fatburner | 65% of the maximum pulse

Data storage:

The trainings computer stores data for up to five people.

Chest Belt

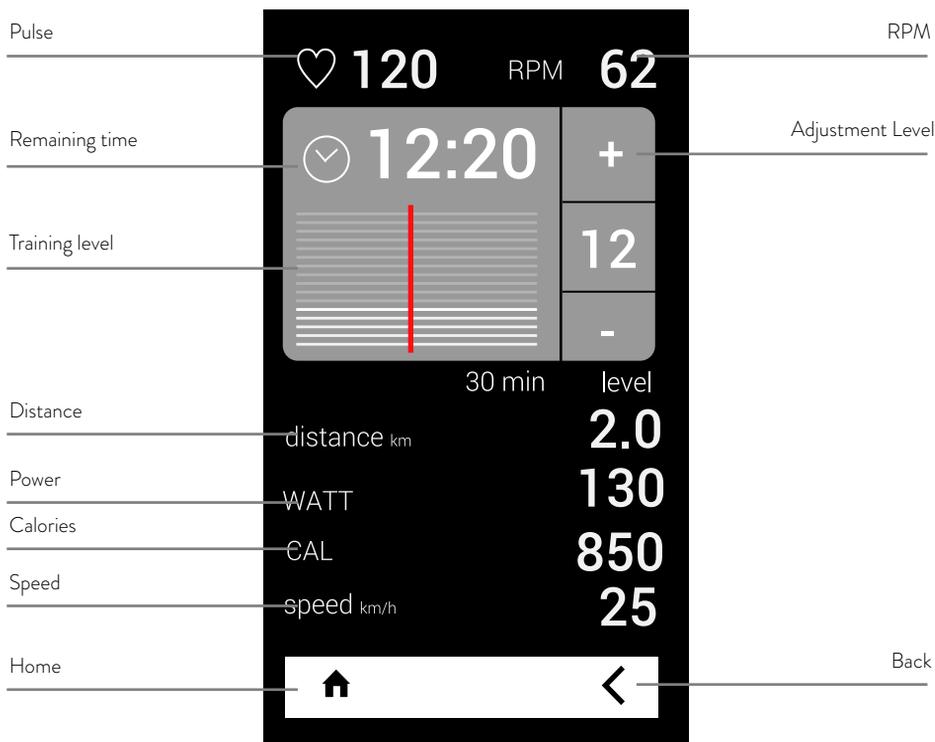
The chest belt is connected automatically. You can use any chest belt that works with 5KHz.

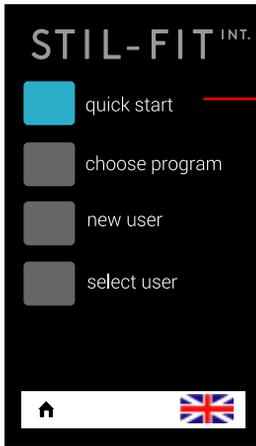
Language

German and English are available.

Trainings Screen

The user interface is self-explanatory and easy to use with a clearly arranged operator guidance system. Using the "Quick start" you start immediately with your workout. You can find our other preselected programs in the 'program selection'. The trainings computer gives you the opportunity to store the training-data for up to four users.

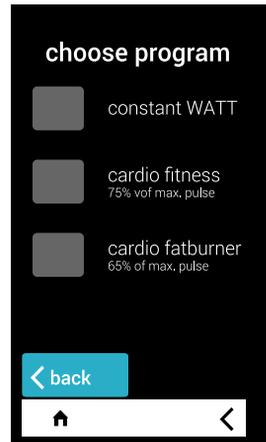
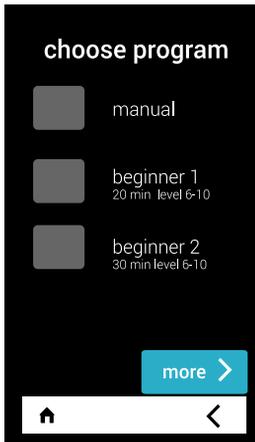




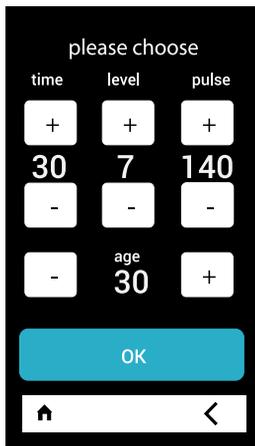
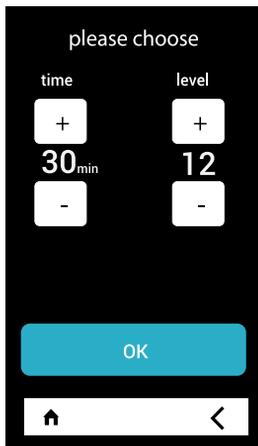
Start Screen



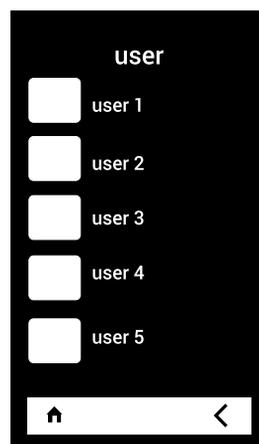
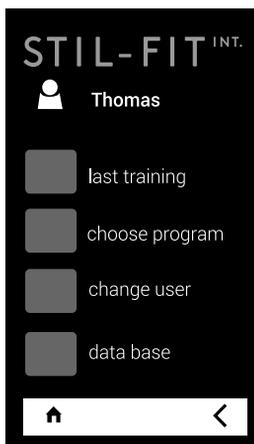
Quick Start allows you to start immediately with program Manual



Screen: Program selection



Screen: Pre-selection



Screen: Data Base

Technical Data

The ergometer has an induction brake system with a built in generator. There is no external power supply necessary. At the bottom of the housing there is a battery rack for 10 Mignon AA rechargeable cells. They keep the trainings computer activated in case you stop pedaling.

If you should not be using the Ergometer for a longer period of time the battery might be discharged. Please use the enclosed power supply in order to recharge the battery. You will find the socket at the backside of the housing. If the batteries are defect they can be replaced. Unscrew the battery rack and replace the batteries.

Ergometer SFE-009/2

Commercial induction brake system with built-in generator

50 - 400 watt

4,3" touch screen monitor

2 cardio programs

Manual mode - adjustable in 32 levels

Watt program - adjustable in steps of 5 watt

5 hill programs

POLAR pulse receiver

Data storage for 5 users

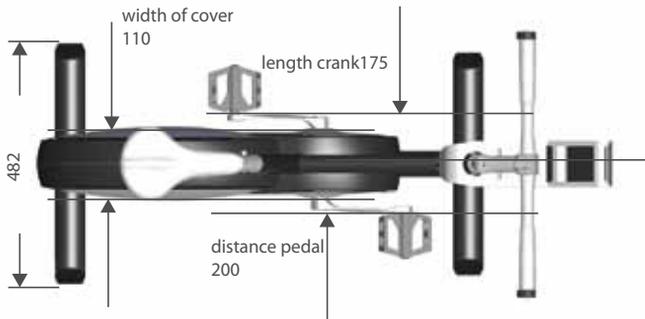
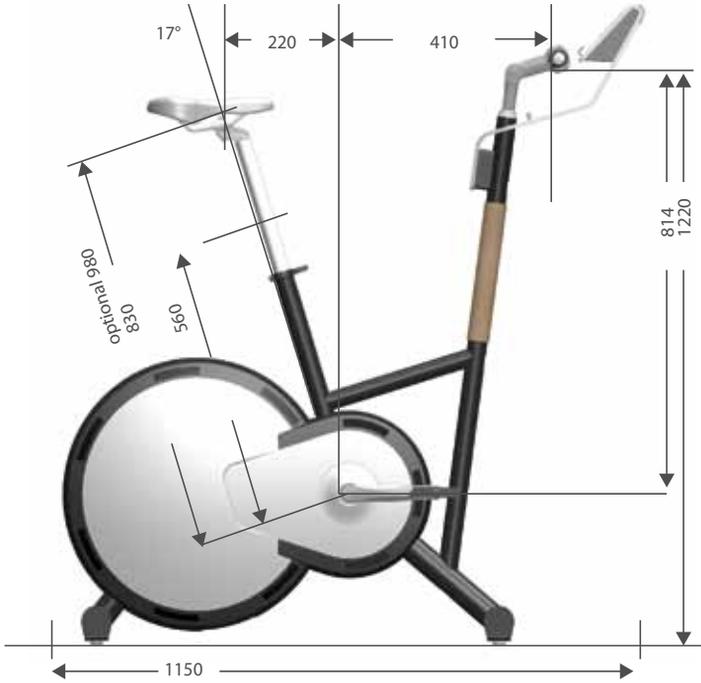
Languages: German, English

No external power supply necessary

Weight 38 kg

Transportation rollers - optional installation

L/W/H: 115 x 50 x 120 cm



STIL-FIT Produkte



RowerSFR-015

Fluid Technology from FirstDegreeFitness
Adjustable resistance by patented two-chamber tank system
Watertank 9 - 17 liter
Suitable for commercial use
4,3" TFT touch screen monitor
Manual mode
Heart rate control
Pace Race program
Data storage
No external power
Pull bar, foot rest and seat made from wood
Soft seat cushion made from Neoprene is included
Foot plate according to original rowing technology
Delivered fully assembled

L/W/H: 196 x 60 x 69 cm - seat height 51 cm



AB Trainer

Molded wood 15 mm
Maple (coloured black) or walnut
Brown leather cushion with decorative stitching

L/W/H: 65 x 72 x 59 cm



BACK Stretch

Molded wood 15 mm
Maple (coloured black) or walnut

L/W/H: 50 x 30 x 8,5 cm



SLING Trainer

Steel construction 8 mm, paint: anodized aluminum
No visible screws
Roll up mechanics from GYMBOX
Foot loops: leather
Front plate: wood or mirror
Other sizes and materials optional

H/W: 180 x 36 cm

STIL-FIT International GmbH
Friedenstrasse 16A
81671 München
Germany

Tel: +49.89.13 93 60 40
Fax: +49.89.13 93 60 43
info@stil-fit.com
www.stil-fit.com