



- D
- GB
- F
- NL
- E
- I
- PL
- CZ
- P
- DK
- RUS
- SLO



Auf 100% Altpapier gedruckt!

Abb. ähnlich

	A	206cm
	B	52cm
	C	67cm
		47 kg

	~ 30 Min.	

max. 130 kg

Montageanleitung für Rudermaschine „COACH E”

Art.-Nr. 07975-160

MADE IN GERMANY

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!** The device requires a supply voltage of 230V, 50 Hz.
– Connect the power cord with a protective contact socket.
- ⚠ **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!** 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!** disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.
- ⚠ **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.
- ⚠ **RISK!** 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).
- ⚠ **RISK!** Ensure that the power cable is not pinched and that no one can trip over it.
- ⚠ **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 KETTLER service staff or qualified personnel trained by KETTLER.
- ⚠ **WARNING!** This training device is for home use only.
- ⚠ **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.
- 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.
- The training device corresponds with DIN EN 957 -1/-7, 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.
- 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.
- Always observe the general safety rules and precautions for working with electrical equipment.
- 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.
- Unplug the power cord of the device from the socket if not used for a longer period.
- 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.
- This training device has to be set up on a horizontal surface under all circumstances. Place rubber or straw mats under it to deaden any noise or impacts. Only for appliances with weights. Avoid powerful oscillations of the dumbbells!
- When mounting the product please take the recommended torque information into account ($M = xx \text{ Nm}$).

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 pos-

sible technically talented.

- 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

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 Rowing machine is an exercise machine that works dependent from stroke sequence (speed).
- The training device has a magnetic brake system.
- To operate correctly, the pulse function requires a minimum voltage of 2,7 volts (only for computers working with batteries).

List of spare parts page 34-36

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. 07975-160 / spare-part no. 94317661 / 2 pieces / S/N Please keep original packaging of this article, so that it may be used for transport at a later date, if necessary.

Goods may **only** be returned after prior arrangement and in (internal) packaging, which is safe for transportation, in the original box if possible. It is important to provide a detailed defect description / damage report!

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“.

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).

Care and Maintenance

- Before beginning your first training session, familiarize yourself thoroughly with all the functions and settings of the unit.
- 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.
- Use for your regular cleaning, maintenance and care our appliance maintenance set (Article no. 07921-000) specifically licensed for KETTLER Sports apparatus and available from the Sport specialized trade.
- Please ensure that liquids or perspiration never enter the machine or the electronics.

Waste Disposal



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

GB KETTLER GB Ltd.

Kettler House, Merse Road
North Moons Moat
Redditch, Worcestershire B98 9HL

www.kettler.co.uk

☎ +44 1527 591901

📠 +44 1527 62423

e-mail: sales@kettler.co.uk

USA KETTLER International Inc.

1355 London Bridge Road
Virginia Beach, VA 23453

www.kettlerusa.com

☎ +1 888 253 8853

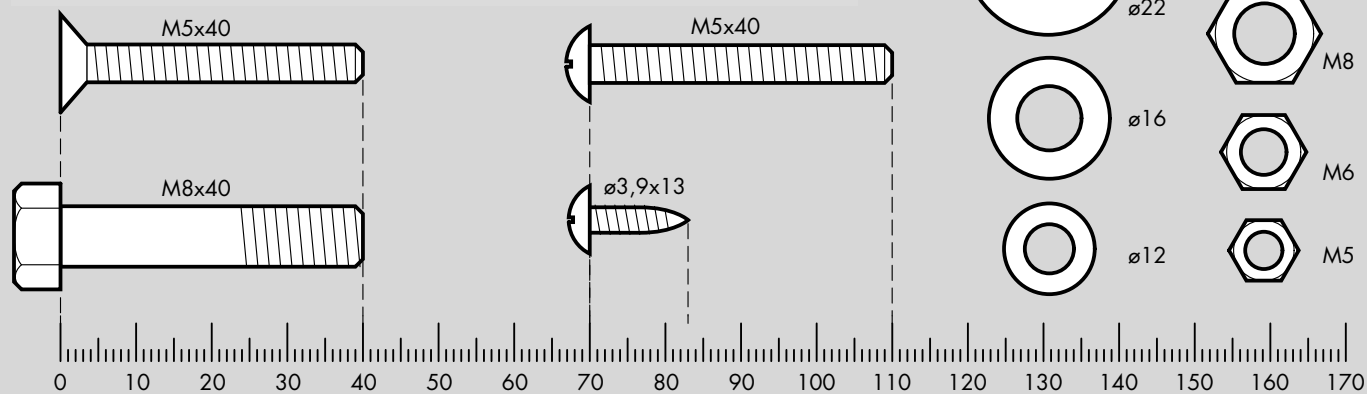
📠 +1 888 222 9333

e-mail: sales@kettler.co.uk

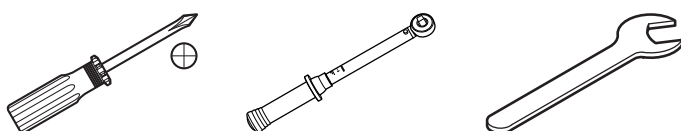
Messhilfe für Verschraubungsmaterial

- GB - Measuring help for screw connections
- F - Gabarit pour système de serrae
- NL - Meethulp voor schroefmateriaal
- E - Ayuda para la medición del material de atornilladura
- I - Misura per materiale di avvimento
- PL - Wzornik do połączeń śrubowych
- CZ - Měřicí pomůcka pro materiál k přišroubování
- P - Auxiliar de medição para materiais de aparafusamento
- DK - Hjælp til måling af skruer
- RUS - Справка по определению размеров крепежных материалов
- SLO - Merilni pripomoček za vijajni material

Beispiel Exemples Exemples Voorbeeld Ejemplos
 Esempio Przykład Příklad Exemplo Eksempel
 Примеры Primer


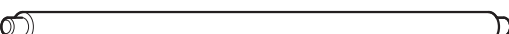




- D - Benötigtes Werkzeug - Gehört nicht zum Lieferumfang.
- GB - Tools required - Not included.
- F - Outils nécessaires - Ne fait pas partie du domaine de livraison.
- NL - Benodigd gereedschap - Is niet bij de levering inbegrepen.
- E - Herramientas necesarias - No forma parte del volumen de entrega.
- I - Strumenti necessari - Non in dotazione alla fornitura.
- PL - Narzędzi - Nie należy do zakresu dostawy.
- CZ - Nářadí potřebné - Nepatří do rozsahu dodávky
- P - Ferramentas necessárias - Não está incluído nas peças fornecidas
- DK - Værktøjer kræves - Er ikke inkluderet i leveringsomfanget.
- RUS - Необходимый инструмент - не включены.
- SLO - Potrebna orodja - niso vključeni.

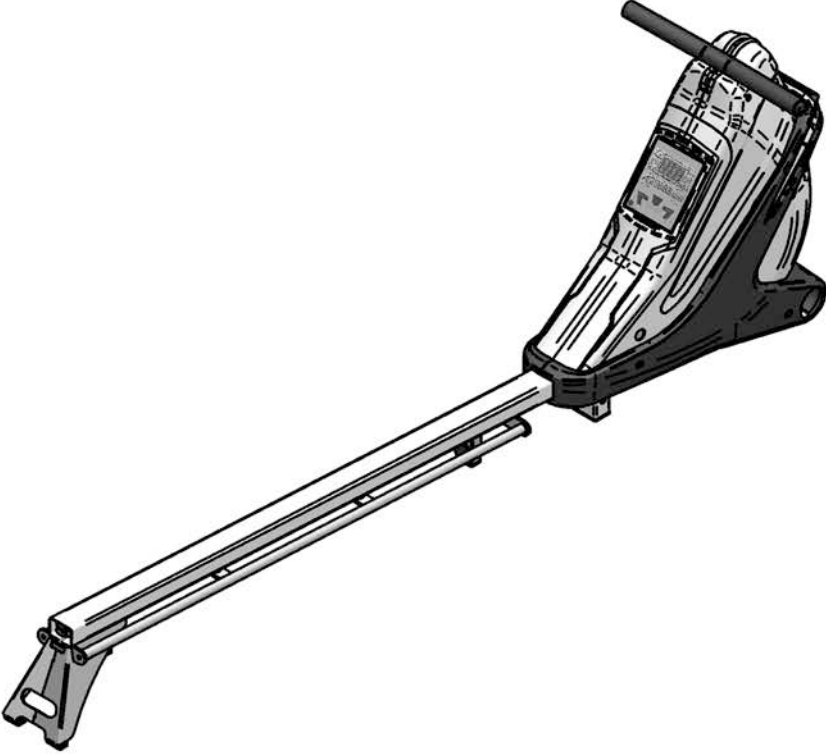






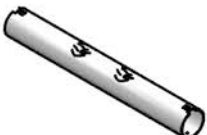
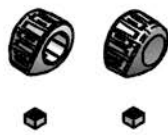
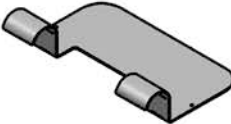



Checkliste (Packungsinhalt)







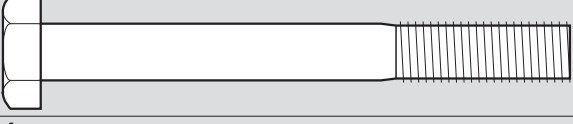
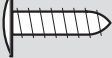

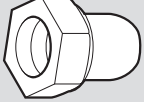

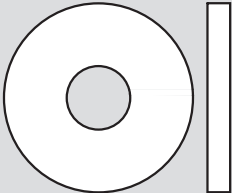
- GB - Checklist (contents of packaging)
- F - Liste de vérification (contenu de l'emballage)
- NL - Checklijst (verpakkinginhoud)
- E - Lista de control (contenido del paquete)
- I - Lista di controllo (contenuto del pacco)
- PL - Lista kontrolna (zawartość opakowania)
- CZ - Kontrolní seznam (obsah balení)
- P - Lista de verificação (conteúdo da embalagem)
- DK - Checkliste (pakkens indhold)
- RUS - Контрольный список
- SLO - Kontrolni seznam (vsebina embalaže)

	ø13x410 mm	1	
	ø13x308 mm	1	
		1	
	ø46 mm	2	

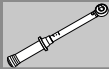
Checkliste (Packungsinhalt)

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		<p>1x</p>		<p>1x</p>
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		<p>1x</p>		<p>1x 1x</p>
		<p>1x</p>		<p>1x</p>

Checkliste (Packungsinhalt)

		Actual Size		
			ø16x9 mm	2
			ø16x40 mm	2
			ø16x115 mm	2
			ø16x122,5 mm	1
				1
			M8x140	1
			M8x70	2
			3,9x13	2
			3,9x16	2
			M8	5
			ø16x8,3x2	3
			ø25x8,4x3	4

1



2x

M8x70 mm $\varnothing 25 \times 8,4$ mm
M = 10 Nm

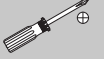
2



2x

3,9x16

3

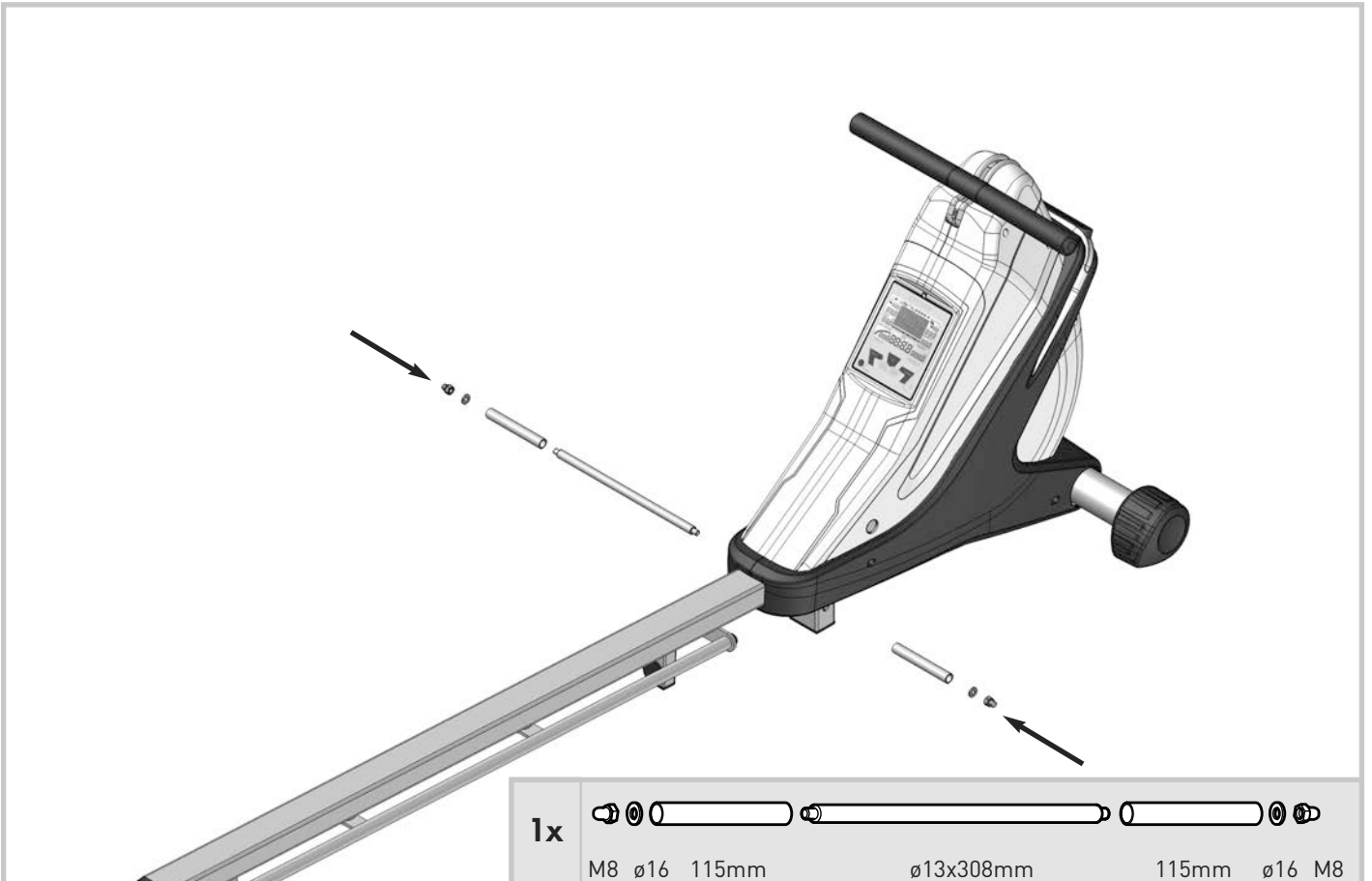
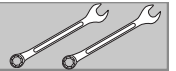


2x

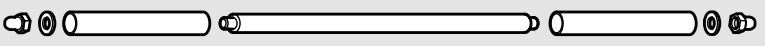


3,9x13

4



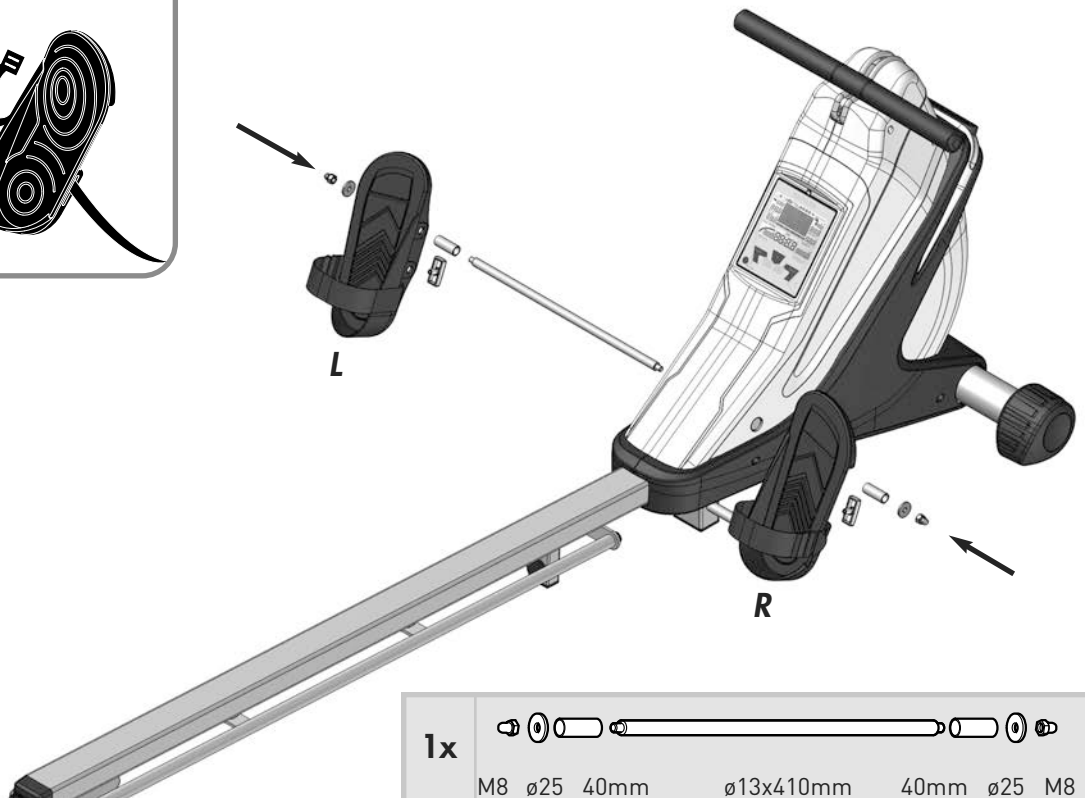
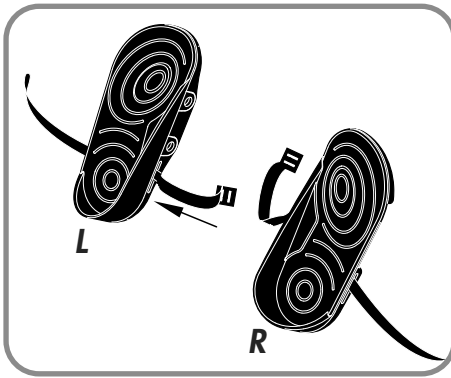
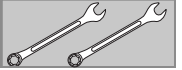
1x

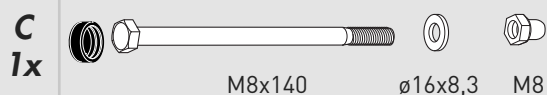
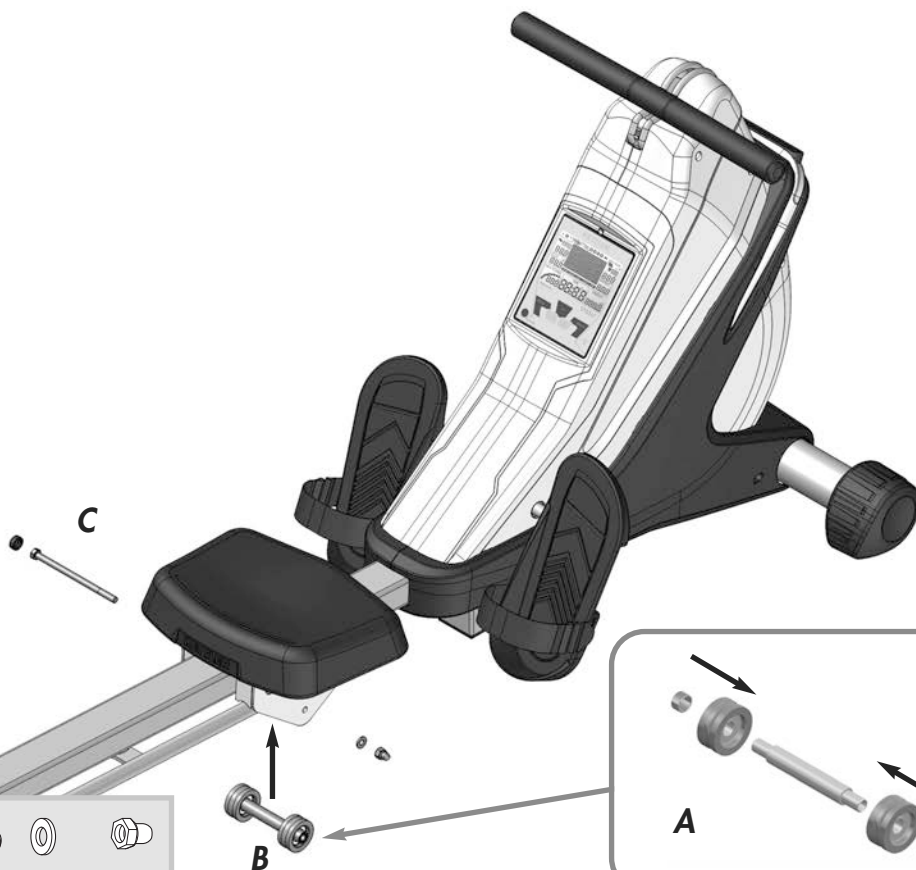
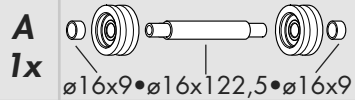


M8 ϕ 16 115mm

ϕ 13x308mm

115mm ϕ 16 M8





Handhabungshinweise

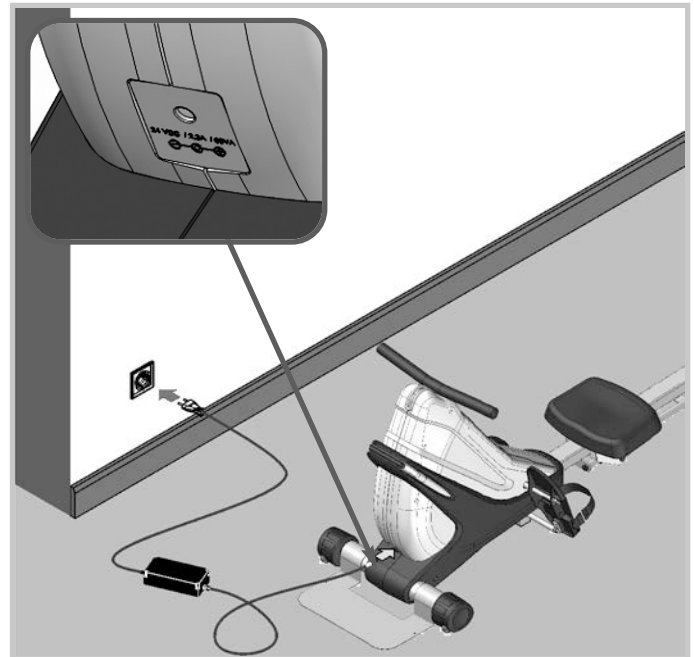
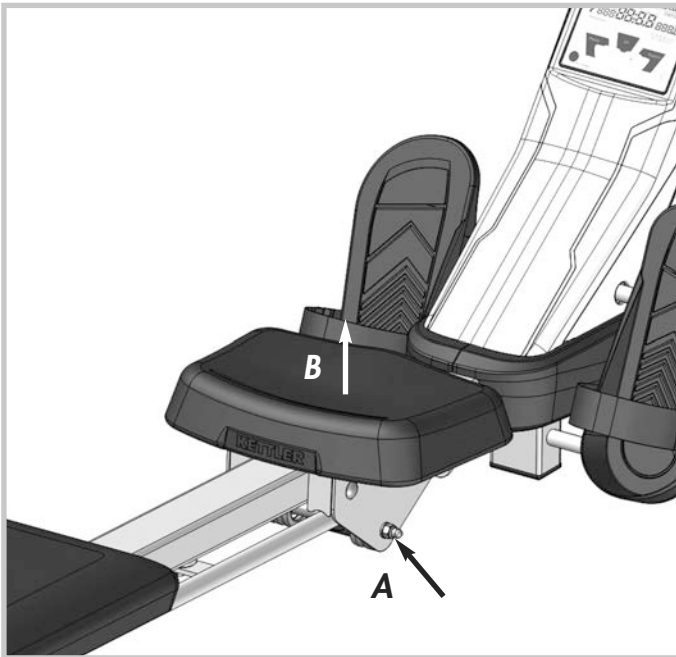
- GB - Handling
- E - Aplicación
- CZ - Pokyny k manipulaci
- RUS - Указания по обращению

- F - Utilisation
- I - Utilizzo
- P - Notas sobre o manuseamento
- SLO - Napotki za ravnanje

- NL - Handleiding
- PL - Zastosowanie
- DK - Håndtering



Handhabungshinweise



- D - Achtung! Falls der Sitz des Rudergerätes schwergängig ist, bitte Schraube (A) etwas lösen, Sitz etwas nach oben ziehen (B) und dabei Schraube (A) wieder fest anziehen.
- GB - Caution! If the seat of the rowing machine is stiff, please loosen the screw (A) slightly, pull the seat a little upwards (B) and, while doing so, tighten the screw (A) again.
- F - Attention! Si la siége du rameur se déplace difficilement, desserrez la vis (A) légèrement, tirez la siége un peu vers le haut (B) et resserrez la vis (A).
- NL - Opgelet! Indien de zitting van het roeiapparaat stroef is, draait u schroef (A) los, trekt de zitting iets naar boven (B) en draait vervolgens schroef (A) weer stevig vast.
- E - ¡Atención! Si el asiento de la máquina de remar demasiado duro, suelte levemente el tornillo (A), tire el asiento un poco hacia arriba (B) y al mismo tiempo apriete de nuevo el tornillo (A).
- I - Attenzione! Se la sede del timone è rigida, allentare leggermente la vite (A), sollevare leggermente la sede verso l'alto (B) e poi serrare di nuovo la vite (A).
- PL - Uwaga! Jeżeli siedzenie urządzenia do wiosłowania porusza się zbyt ciężko, proszę poluzować co nieco śrubę (A), pociągnąć siedzenie trochę do góry (B) i przy tym ponownie mocno dokręcić śrubę (A).
- CZ - Pozor! Jestliže sedadlo veslovacího trenážeru funguje ztuhla, prosím povolte trochu šroub (A), povytáhněte sedadlo trochu směrem nahoru (B) a přitom opět pevně dotáhněte šroub (A).
- P - Atenção! Se o banco da máquina de remar tiver pouca mobilidade, solte um pouco o parafuso (A), puxe o banco ligeiramente para cima (B) apertando novamente o parafuso (A).
- DK - OBS! Løsn skruen (A) lidt, hvis romaskinen går trægt, træk sadlen lidt opad (B) og spænd skruen (A) igen.
- RUS - Внимание! Если сиденье гребного тренажера двигается с трудом, ослабьте немного болт (A), приподнимите сиденье (B) и при этом закрепите болт (A) снова.
- SLO - Pozor! Če se sedež vadbene naprave za veslanje težko premika, rahlo odvijte vijak (A), povlecite sedež malce navzgor (B) in nato vijak (A) ponovno pritegnite.
- 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.
- P - 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.
- CZ - U přístroji se síťovým zdrojem: Pozor! Provoz je přípustný pouze s originálním síťovým zdrojem obsaženým v dodávce nebo originálním náhradním dílem od firmy KETTLER (viz seznam náhradních dílů). Jinak vzniká nebezpečí poškození.
- P - Em aparelhos com cabo: Atenção! O funcionamento só é permitido com o cabo original fornecido ou com a peça sobressalente original KETTLER (ver lista de peças sobressalentes). Caso contrário, perigo de danos.
- DK - Maskiner med netdel: OBS! Det er kun tilladt at bruge den medleverede originale netdel eller den originale reservedel fra KETTLER (se reservedelslisten). I modsat fald kan maskinen beskadiges.
- RUS - Для устройств с блоком питания: ВНИМАНИЕ! Разрешается эксплуатация только с использованием оригинального блока питания, входящего в комплект поставки, или оригинальной запасной части KETTLER (см. список запчастей). В противном случае существует опасность повреждения.
- SLO - Pri napravah z električnim napajalnikom: POZOR! Obratovanje je dovoljeno le s priloženim originalnim električnim napajalnikom ali originalnim nadomestnim delom KETTLER (glejte seznam nadomestnih delov). V nasprotnem obstaja nevarnost poškodb.

Ersatzteilbestellung

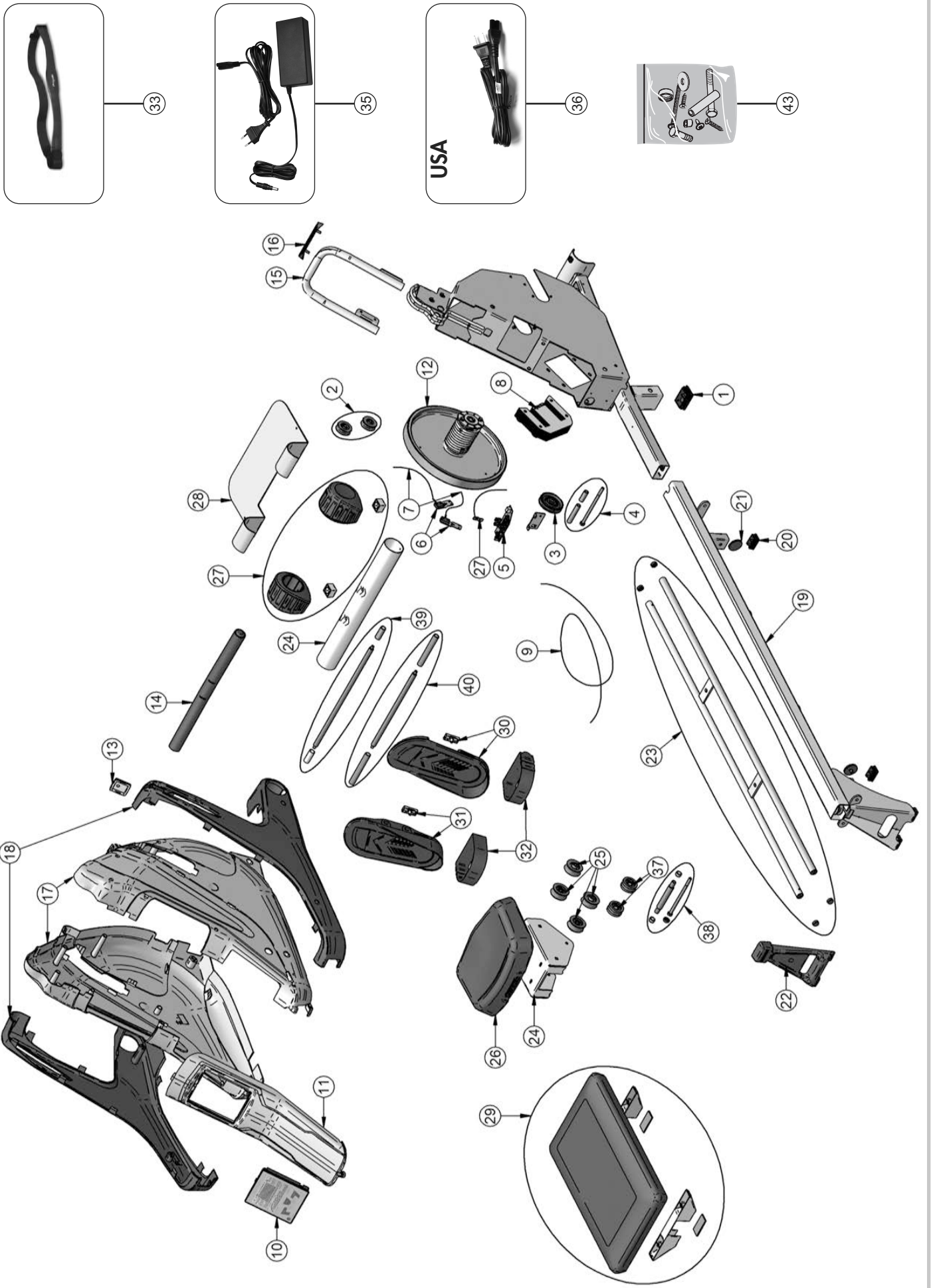
- GB - Spare parts order
- F - Commande de pièces de rechange
- NL - Bestelling van reserveonderdelen
- E - Pedido de recambios
- I - Ordine di pezzi di ricambio

- PL - Zamówione części zamiennych
- CZ - Objednání náhradních dílů
- P - Encomenda de peças sobressalentes
- DK - Bestilling af reservedele
- RUS - Заказ запчастей
- SLO - Načrt nadomestnih delov

07975-160 RUDERMASCHINE COACH E		
①	1x	10100092
②	2x	98585016
③	1x	98585018
④	1x	94602281
⑤	1x	42860019
⑥	2x	91170742
⑦	2x	67000670
⑧	1x	94318507
⑨	1x	67001002
⑩	1x	94317665
⑪	1x	10121163
⑫	1x	94602285
⑬	1x	70121663
⑭	1x	94602270
⑮	1x	94317497
⑯	1x	70125960
⑰	1x	94602296
⑱	1x	94602295
⑲	1x	94317500
⑳	2x	10100009
㉑	2x	10122073
㉒	1x	70125961

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㉓	1x	94602275
㉔	1x	94318045
㉕	4x	94317389
㉖	1x	72591160
㉗	1x	94602294
㉘	1x	94317660
㉙	1x	94602271
㉚	1x	94602292
㉛	1x	94602293
㉜	2x	42108006
㉝	1x	67002000
㉞	1x	94317666
㉟	1x	42860015
㊱	1x	-
㊲	2x	98585083
㊳	1x	94602279
㊴	1x	94602282
㊵	1x	94602283
㊶	1x	13300034
㊷	1x	10123059
㊸	1x	94317668
㊹	1x	94317661

Ersatzteilbestellung



Ersatzteilbestellung

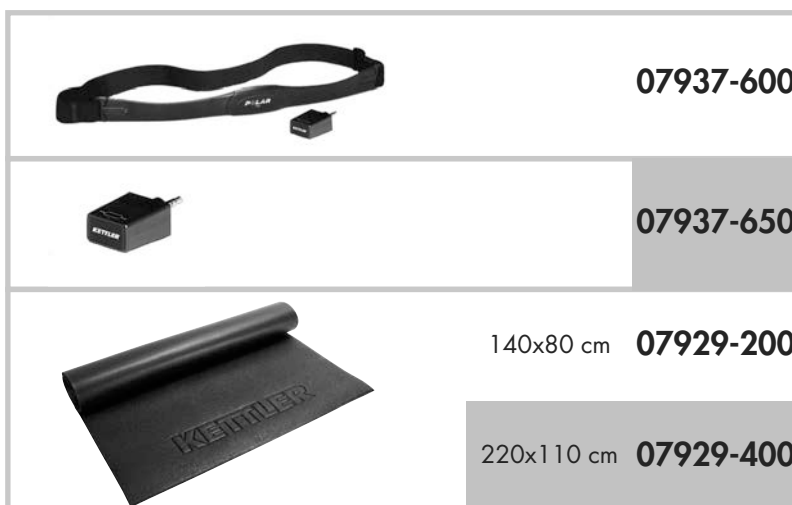


- D - Beispiel Typenschild - Seriennummer
- GB - Example Type label - Serial number
- F - Example Plaque signalétique - Numéro de serie
- NL - Bij voorbeeld Typeplaatje - Seriennummer
- E - Ejemplo Placa identificativa - Número de serie
- I - Esempio Targhetta tecnica - Numero di serie
- PL - Przykłady Tabliczka identyfikacyjna - Numer serii
- CZ - Příklad typového štítku - sériové číslo
- P - Exemplo placa de características - número de série
- DK - Eksempel type label - serienummer
- RUS - Пример заводской таблички с серийным номером
- SLO - Primer tipske ploščice - serijske številke

- D - Geben Sie bei Ersatzteilbestellungen bitte die vollständige Artikelnummer, die Ersatzteilnummer, die benötigte Stückzahl und die Seriennummer des Gerätes an.
- GB - When ordering spare parts, always state the full article number, spare-part number, the quantity required and the S/N of the product.
- F - En cas de commande de pièces de rechange, nous vous prions de mentionner la référence article, le numéro de pièce de rechange, la quantité demandée et le numéro de série de l'appareil.
- NL - Vermeld bij de onderdelenbestellingen a.u.b. het volledige artikelnummer, het onderdeelnummer, het benodigde aantal en het serienummer van het apparaat.
- E - Indicar con los pedidos de piezas de repuesto el número completo del artículo, el número de la pieza de repuesto, las unidades solicitadas y el número de serie del aparato.
- I - Per l'ordinazione di parti di ricambio indicate il completo numero di articolo, della parte di ricambio, il numero di unit necessario nonchè il numero di serie dell'apparecchio.
- PL - Przy zamawianiu części zamiennych proszę podawać kompletny numer artykułu, numer części zamiennnej i numer serii urzqdzenia.
- CZ - Při objednání náhradních dílů prosím udejte úplné číslo zboží, číslo náhradního dílu, potřebný počet kusů a sériové číslo přístroje.
- P - Ao encomendar peças sobressalentes, por favor indique o número completo do artigo, o número da peça sobressalente, o número de unidades necessárias e o número de série do aparelho.
- DK - Ved bestilling af reservedele skal du altid opgive det fuldstændige artikelnummer, nummeret på reservedelen, det ønskede antal og maskinens serienummer (se Håndtering).
- RUS - Оформляя заказ на запчасти, указывайте полный артикульный номер, номер запасной детали, необходимое количество и серийный номер устройства.
- SLO - Pri naročanju nadomestnih delov Vas prosimo, da navedete popolno številko artikla, številko nadomestnega dela, potrebno količino nadomestnih delov in serijsko številko naprave (glej ravnanje z napravo).

Zubehörbestellung

- GB - Accessories ordering
- F - La commande d'accessoires
- NL - Accessoires bestellen
- E - Para pedidos de accesorios
- I - L'ordine di accessori
- PL - Akcesoria zamawiania
- CZ - Příslušenství k objednání
- P - Acessórios ordenação
- DK - Tilbehør bestilling
- RUS - Заказ аксессуаров
- SLO - Dodatki naročanje



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