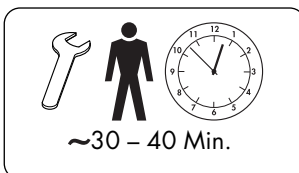
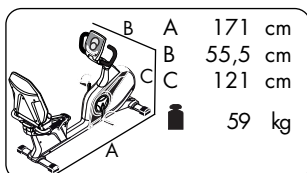


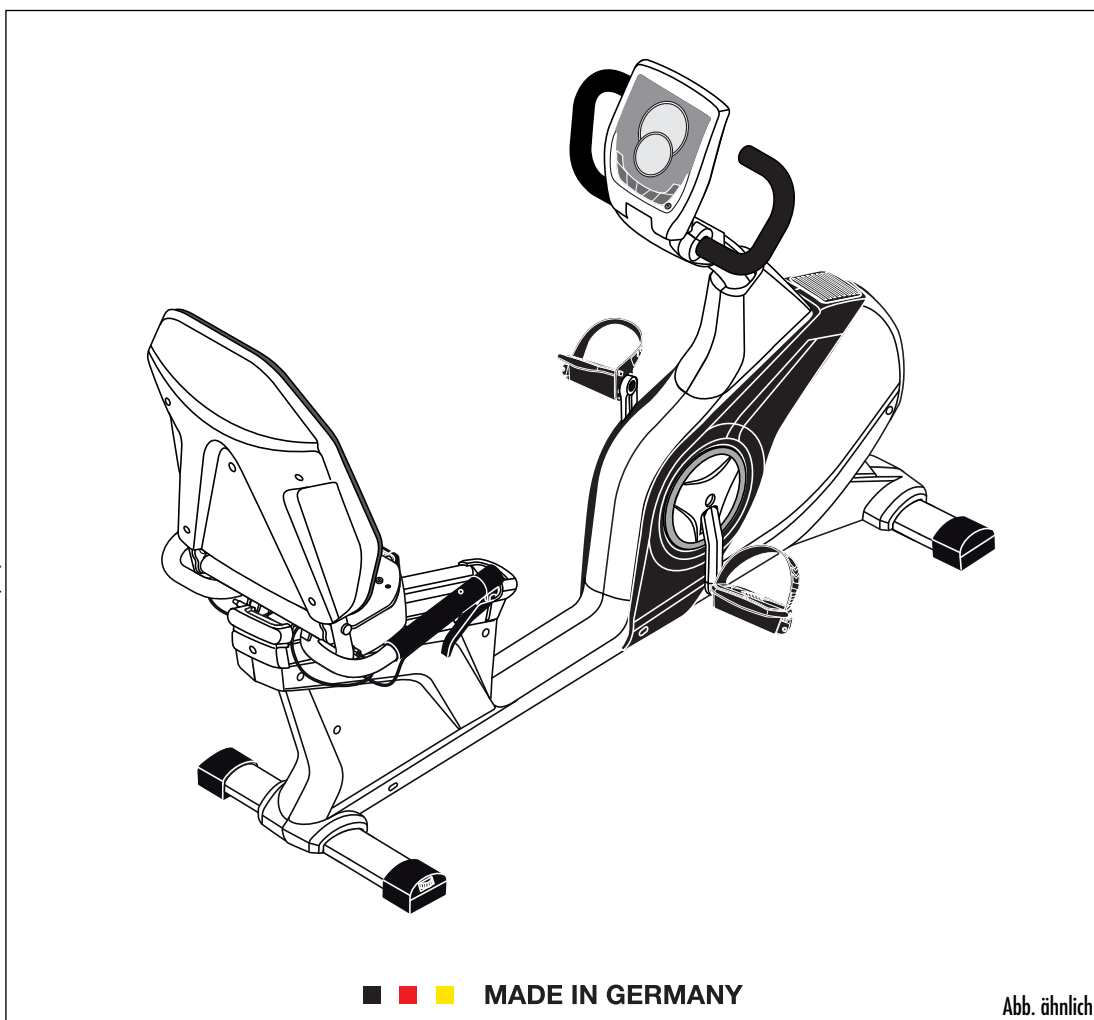
# KETTLER

## Montageanleitung für „Golf R“

Art.-Nr. 07688-600



Der Umwelt zuliebe: wir drucken auf 100% Altpapier!



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



**Before assembling or using the exercise cycle, 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!** While assembly of the product keep off children's reach (Choking hazard - contains small parts).
- ⚠ **RISK!** **Heart rate monitoring systems can be imprecise. Excessive training may lead to serious health damage or death. If you feel giddy or weak, please stop the training 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!** 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!** Ensure that the power cable is not pinched and that no-one can trip over it.
- Exercise 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.
- 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 KETTLER service staff or qualified personnel trained by KETTLER.**
- 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.
- 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).
- For a comfortable training position please adjust the handlebar and saddle position to your body height.
- 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.
- When mounting the product please take the recommended torque information into account ( $M = xx \text{ Nm}$ ).
- The exercise cycle complies with the DIN EN 957 - 1/5, class HB. It is therefore unsuitable for therapeutic use.

## Handling the equipment

- ⚠ **ATTENTION!** 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.**
- Before using the equipment for exercise, check carefully to ensure that it has been correctly assembled.
- Before beginning your first training session, familiarize yourself thoroughly with all the functions and settings of the unit.
- 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.
- 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.
- 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.

- The exercise cycle has a magnetic brake system.
- The equipment is dependent of revolutions per minute.
- **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 36-37

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. 07688-600 / spare-part no. 10100030 / 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**“.


## Waste Disposal


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

### KETTLER GB Ltd.

Kettler House, Merse Road  
North Moons Moat

Redditch, Worcestershire B98 9HL

 +44 1527 591901


 +44 1527 62423


[www.kettler.co.uk](http://www.kettler.co.uk)

Mail: [sales@kettler.co.uk](mailto:sales@kettler.co.uk)

### KETTLER International Inc.

1355 London Bridge Road  
Virginia Beach, VA 23453

 +1 888 253 8853

 +1 888 222 9333

[www.kettlerusa.com](http://www.kettlerusa.com)

# Messhilfe für Verschraubungsmaterial

**GB** Measuring help for screw connections

**F** Gabarit pour système de serrage

**NL** Meethulp voor schroefmateriaal

**E** Referencia de medición para el material de atornilladura

**I** Misura per il materiale di avvitamento

**PL** Wzornik do połączeń śrubowych

**CZ** Měřicí pomůcka pro materiál k přišroubování

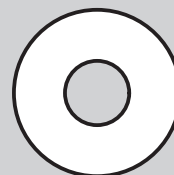
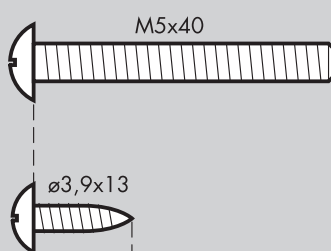
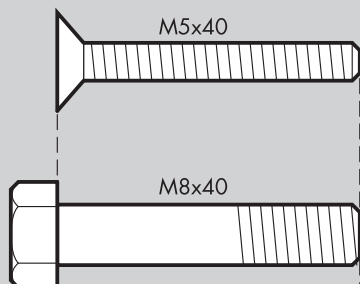
**DK** Hjælp til måling af skruer

**P** Auxiliar de medição para materiais de aparafusamento

**RUS** Справка по определению размеров крепежных материалов

## Beispiele Examples Exemples Bij voorbeeld Ejemplos

## Esempio Przykłady Příklad Eksempel Примеры



ø22



ø16



ø12



M8



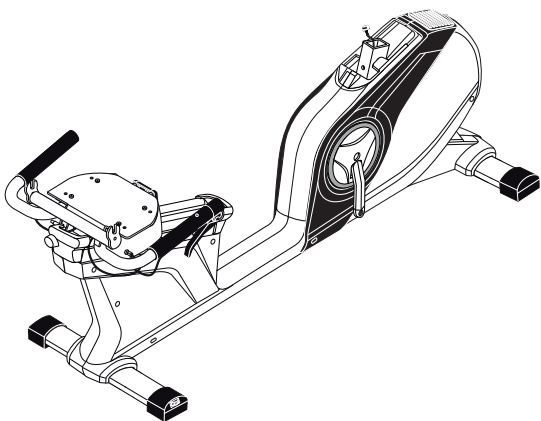
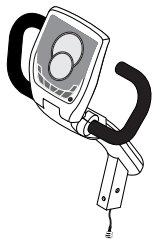


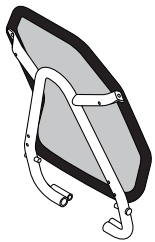
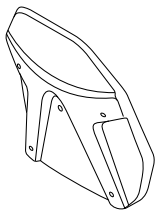







M6












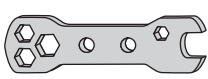


M5

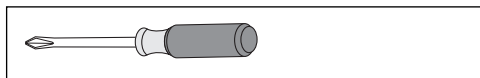
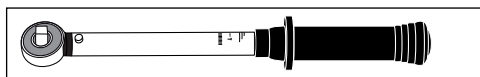


# Checkliste

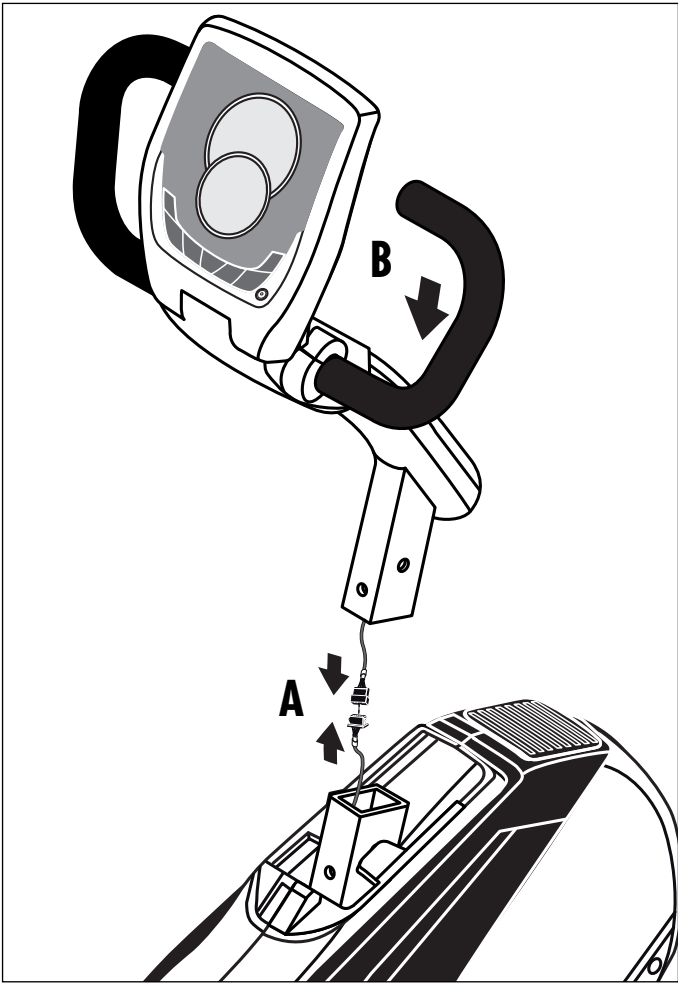
	<b>Stck.</b>	
	1	✓
	1	
	1/1	
	1	
	1	
	1	
	1	
	2	
	1	
	1	
	1/1	
	Pulsmesser	1
	1	

	M 8 x 20	2	
	ø 25/8	2	
	M 5 x 25	4	
	4 x 35	1	
	4,8 x 19	4	
	4,8 x 22	1	
	M 8	2	
	ø 8,4x16x1	2	
		2	
		2	
		1	
		1	

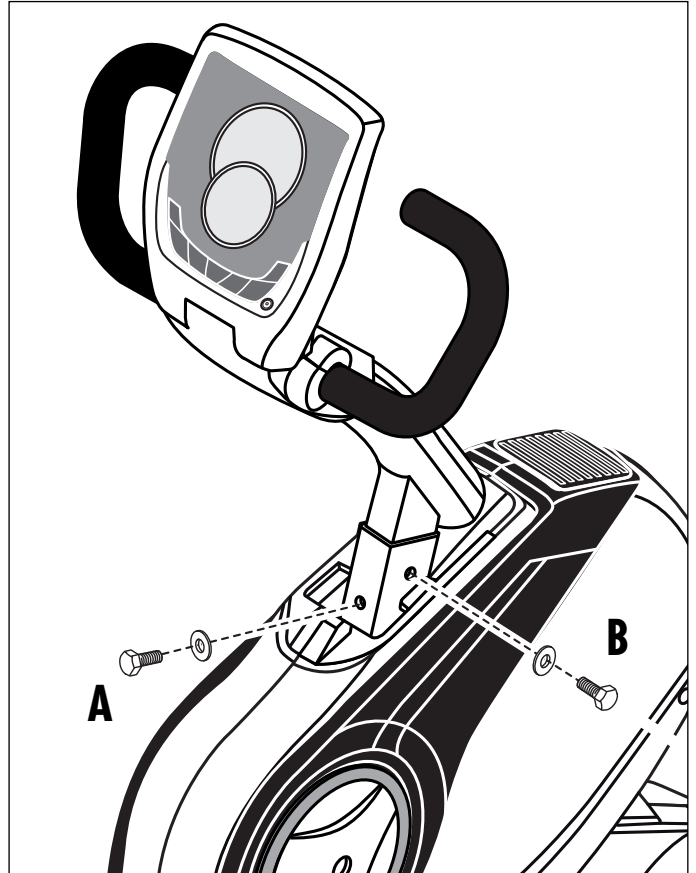
- D - Gehört nicht zum Lieferumfang.
- GB - Not included.
- F - Ne fait pas partie du domaine de livraison.
- NL - Is niet bij de levering inbegrepen.
- E - No forma parte del volumen de entrega.
- I - Non in dotazione alla fornitura.
- PL - Nie należy do zakresu dostawy.
- CZ - Nepatří do rozsahu dodávky
- P - Não está incluído nas peças fornecidas
- DK - Er ikke inkluderet i leveringsomfanget.
- RUS - Необходимые инструменты - не включены



1

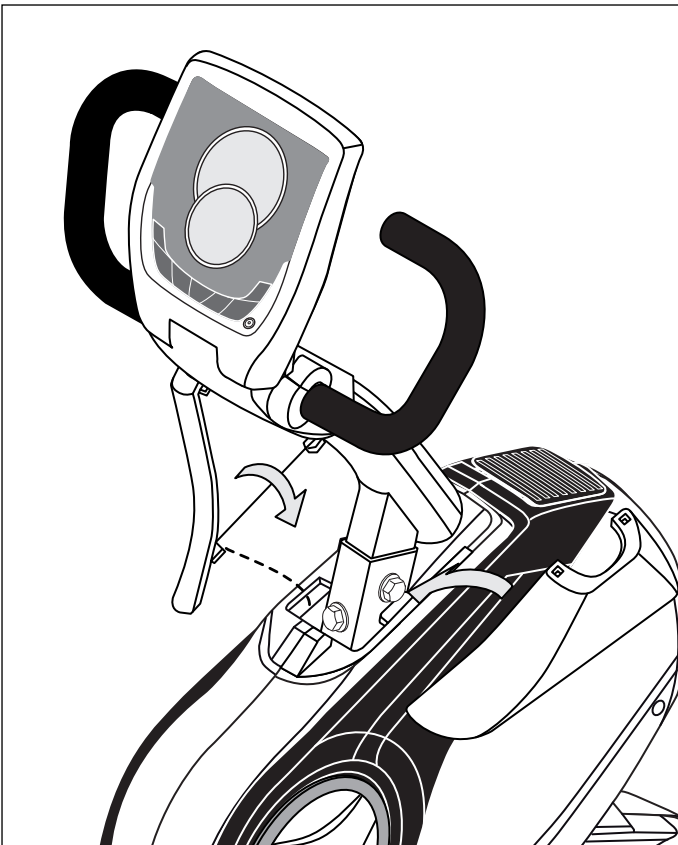


2

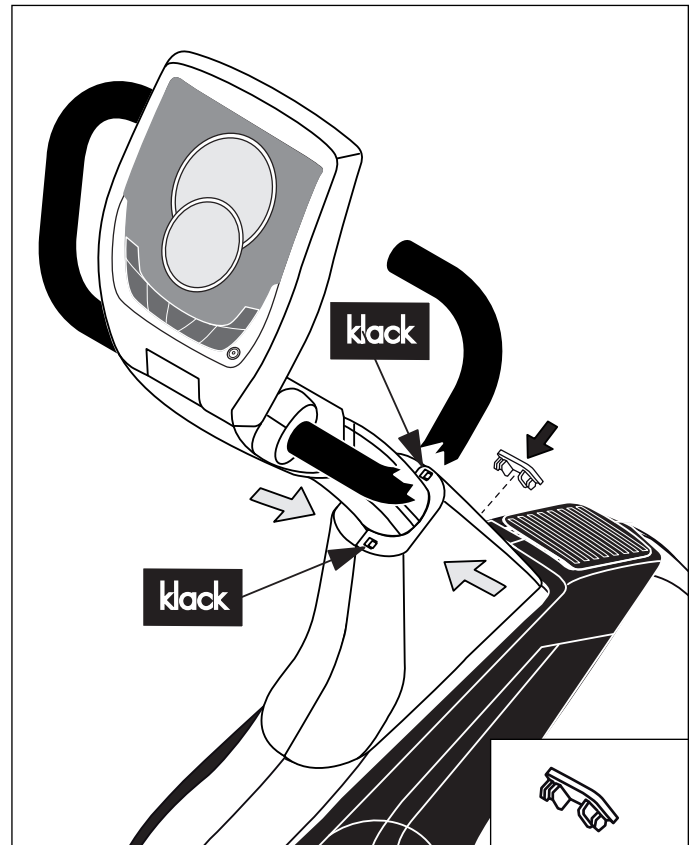


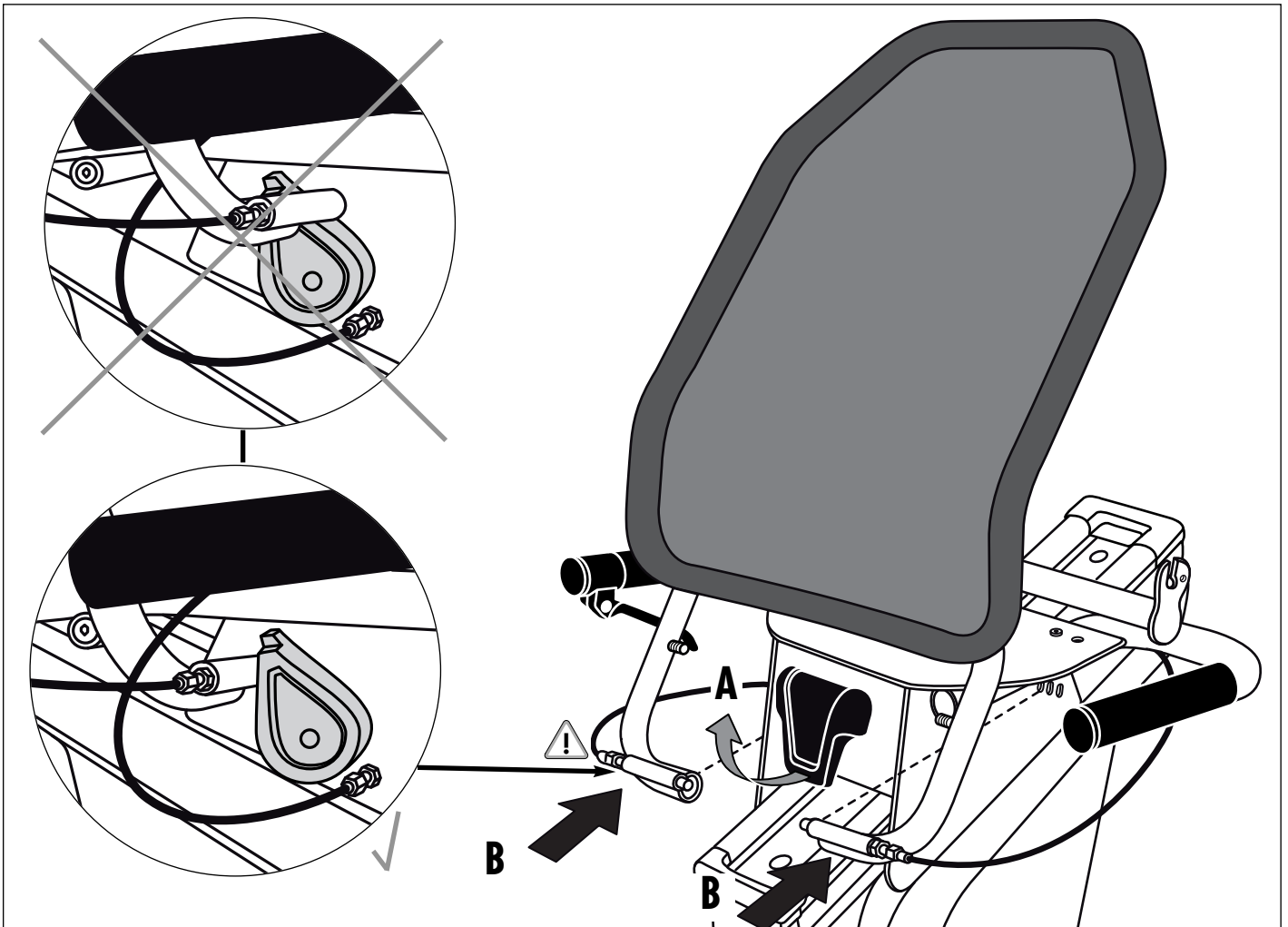
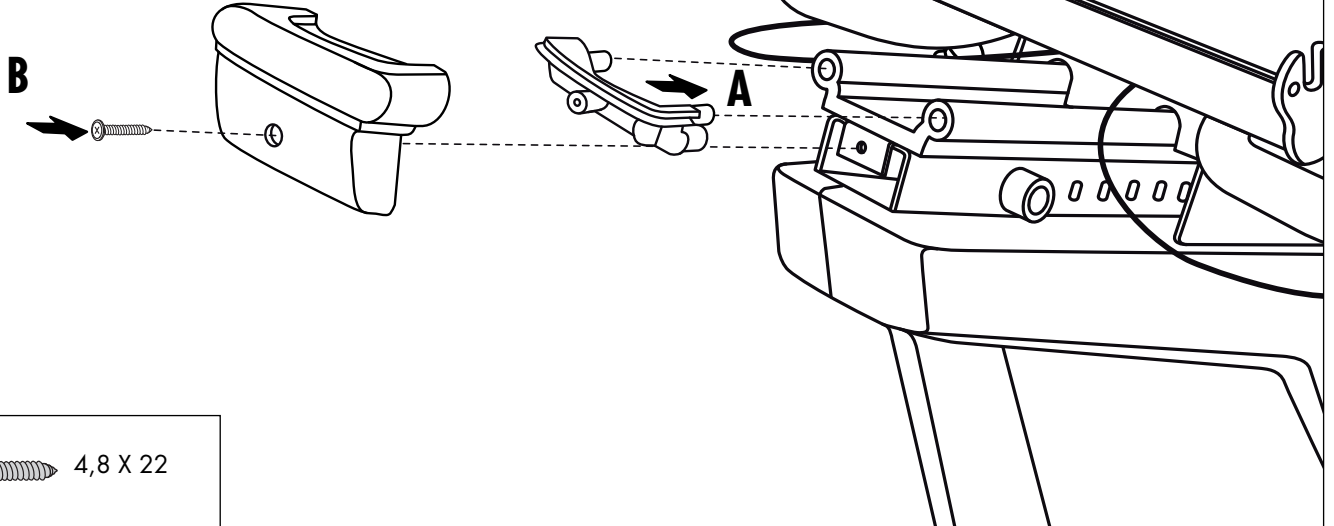
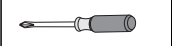
M 8x20 = 20 Nm  M 8 x 20  ø 25/8

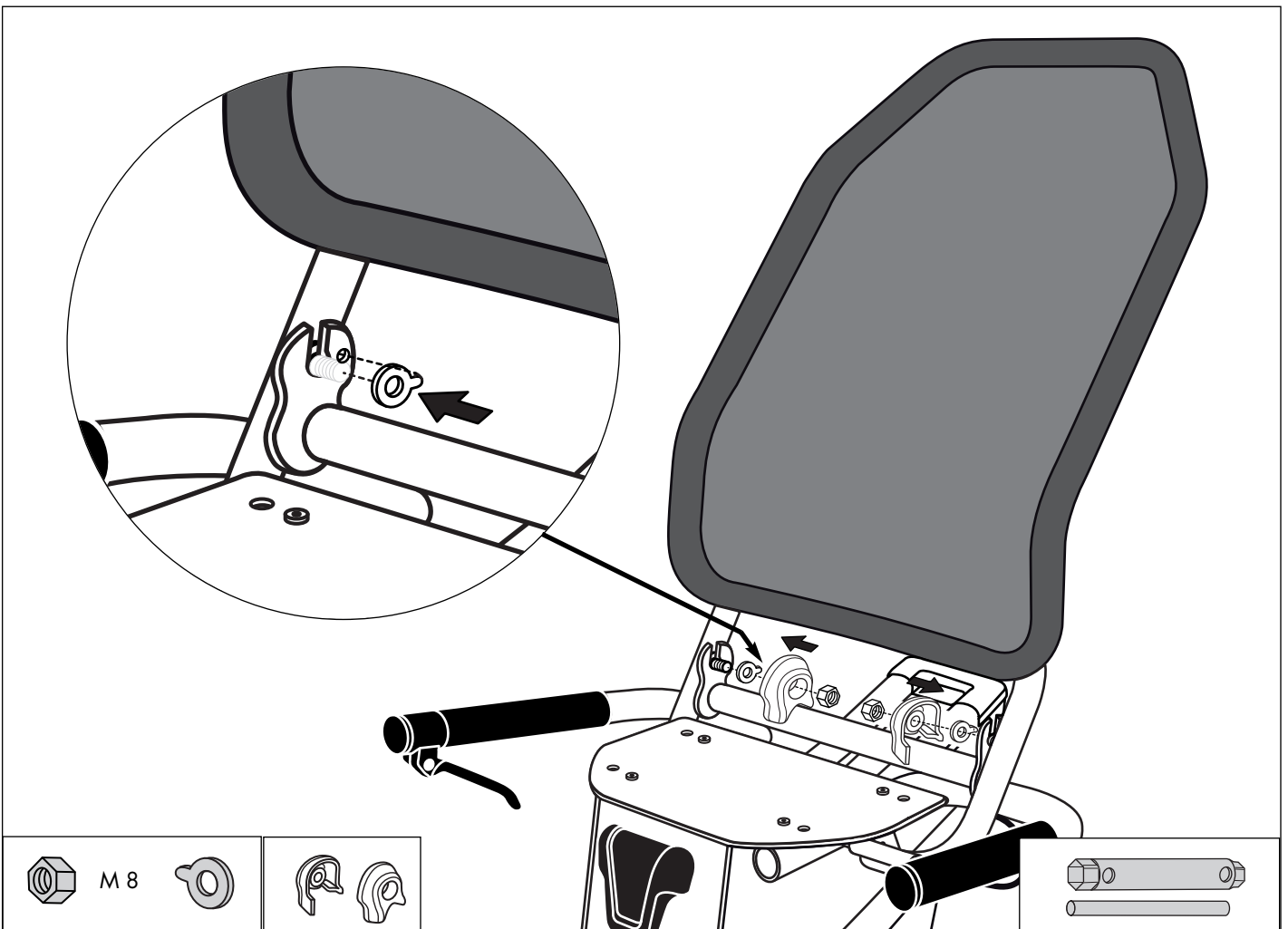
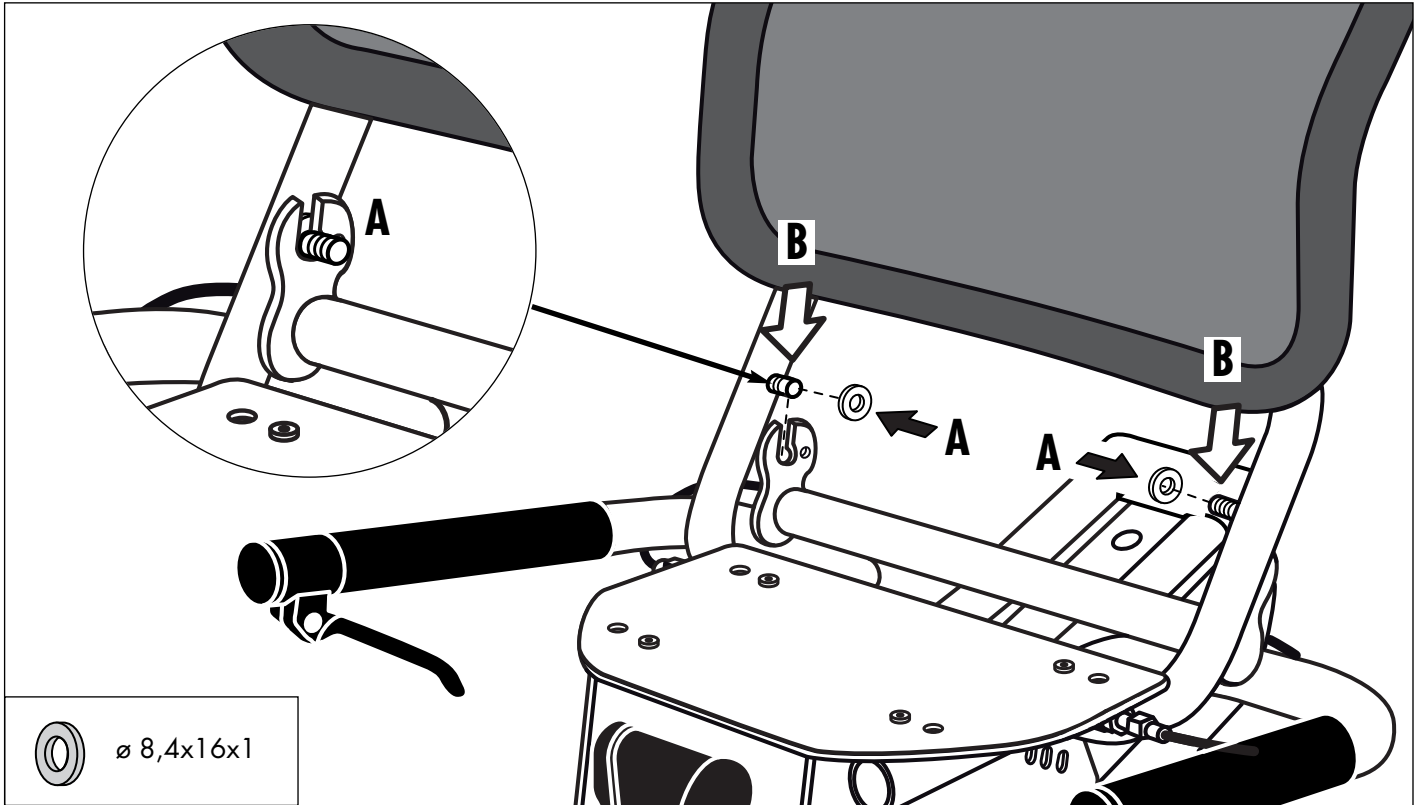
3a



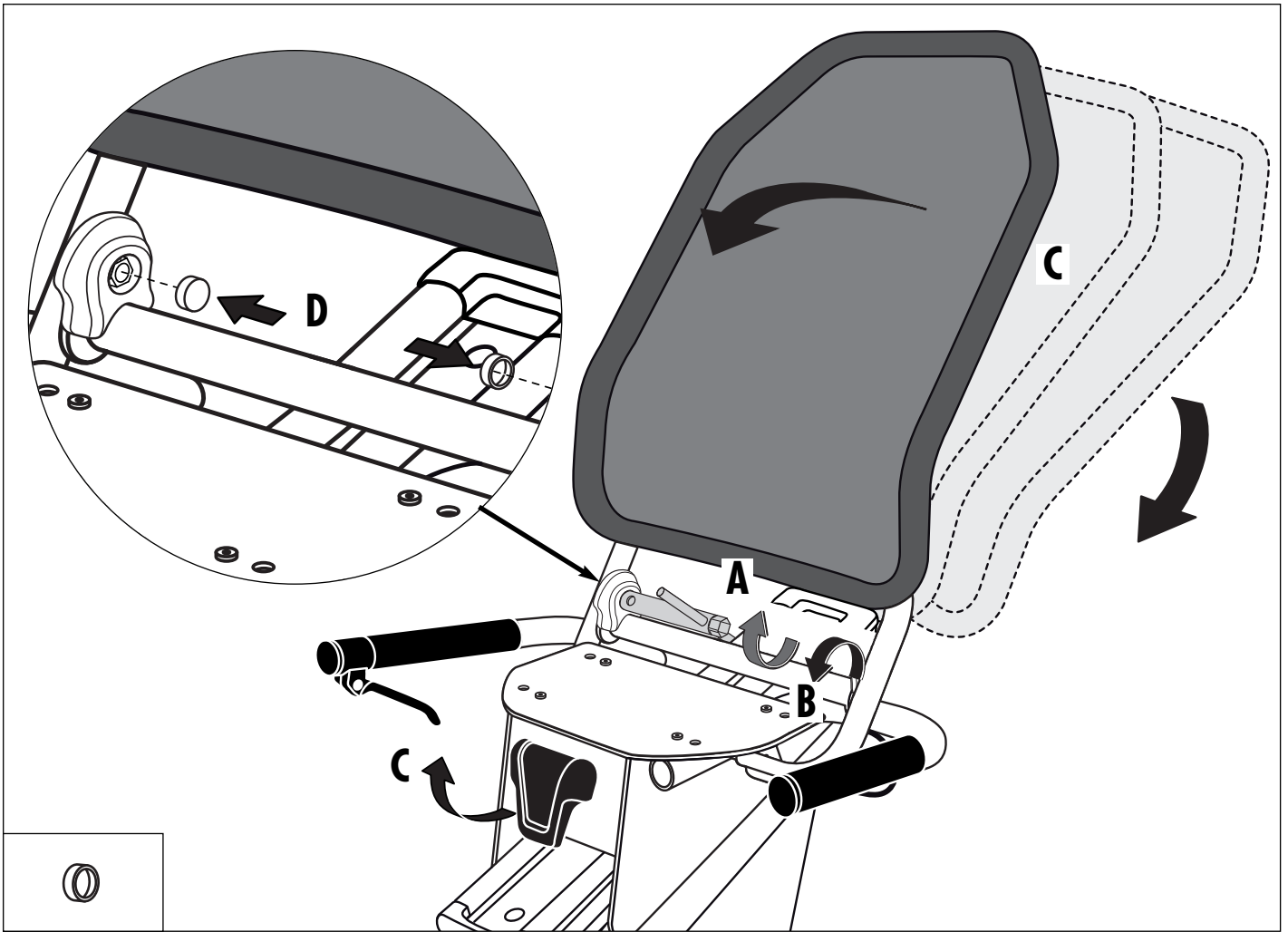
3b



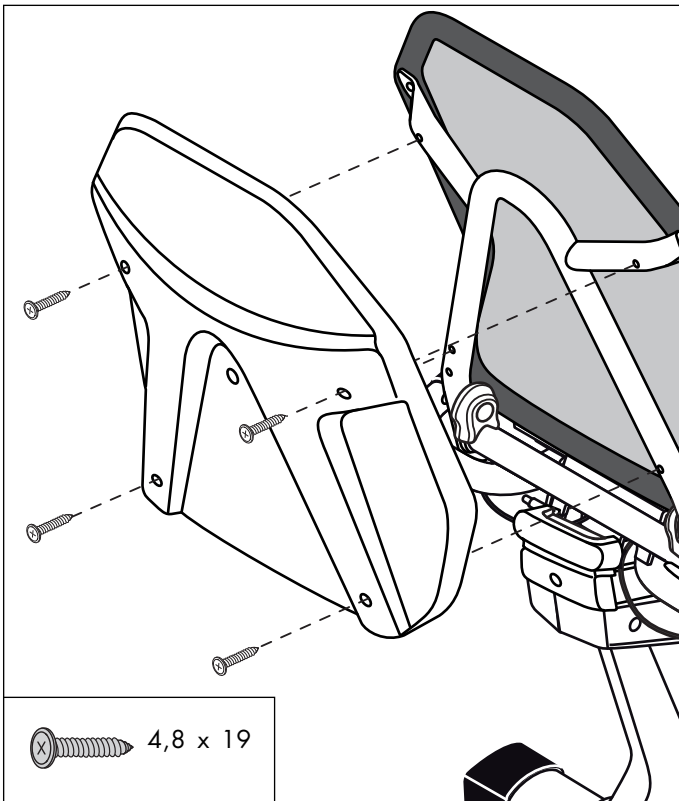
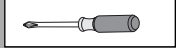




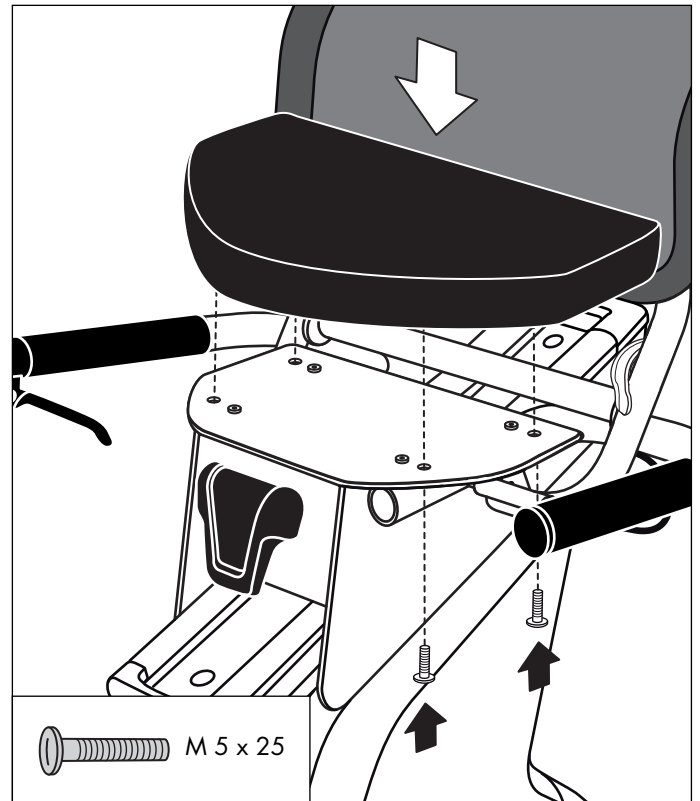
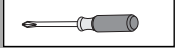


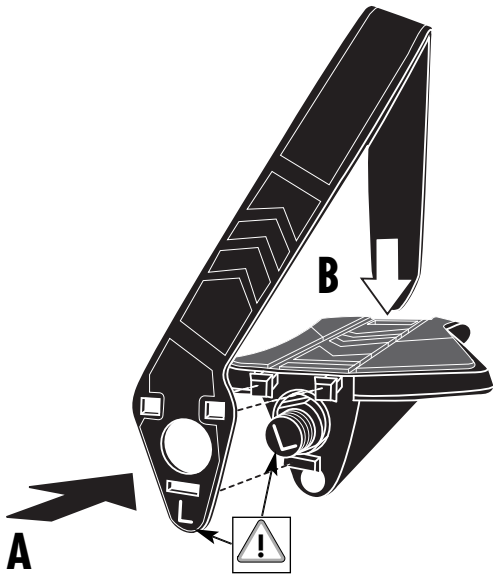


8



9





**D** Zur Montageerleichterung die Zehriemen im warmen Wasser erwärmen.

**GB** In order to make installation easier, gently warm the foot strap in warm water

**F** Pour faciliter le montage, réchauffer les sangles des pédales dans de l'eau chaude.

**NL** Om de montage te vergemakkelijken de voetriemen in warm water verwarmen.

**E** Para facilitar el montaje témpense las correas de fijación de los pedales en agua caliente.

**I** Per facilitare il montaggio, riscaldare le cinghie dei pedali in acqua calda

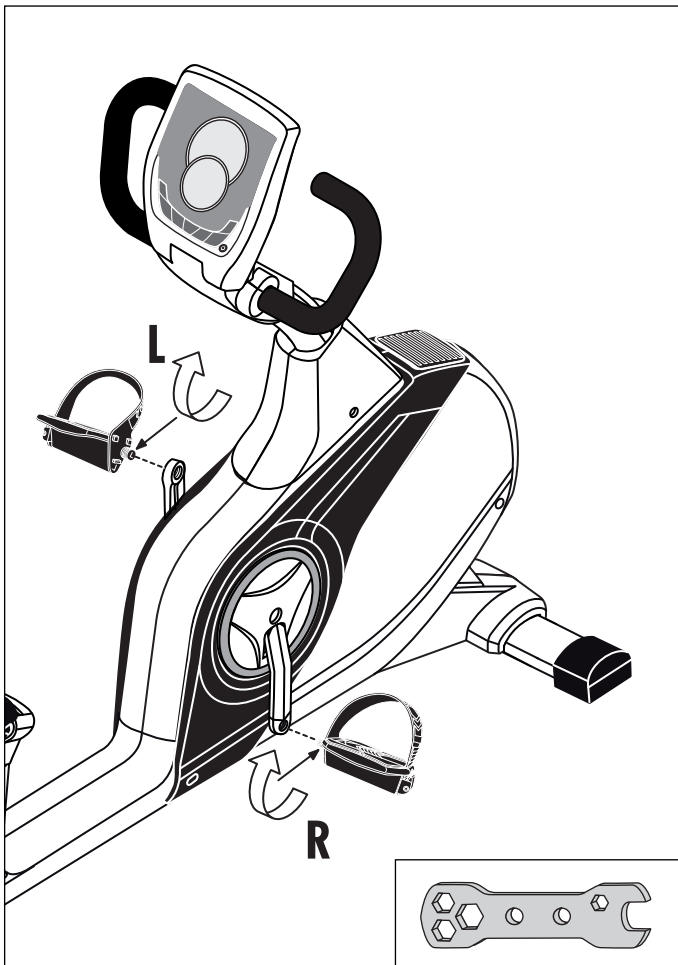
**PL** W celu ułatwienia montażu pasek pedału podgrzać w ciepłej wodzie.

**CZ** Za účelem usnadnění montáže nahřejte třmen v teplé vodě.

**DK** Opvarm pedalstropperne i varmt vand så de er nemmere at montere.

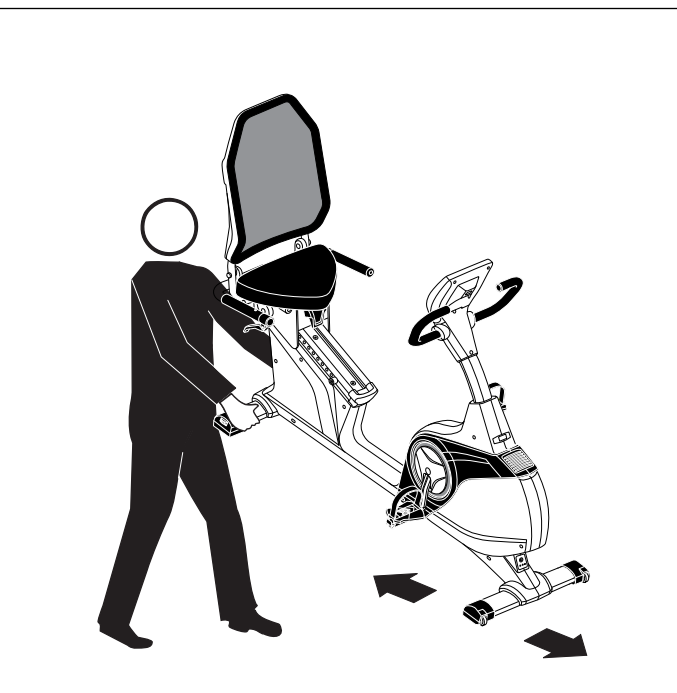
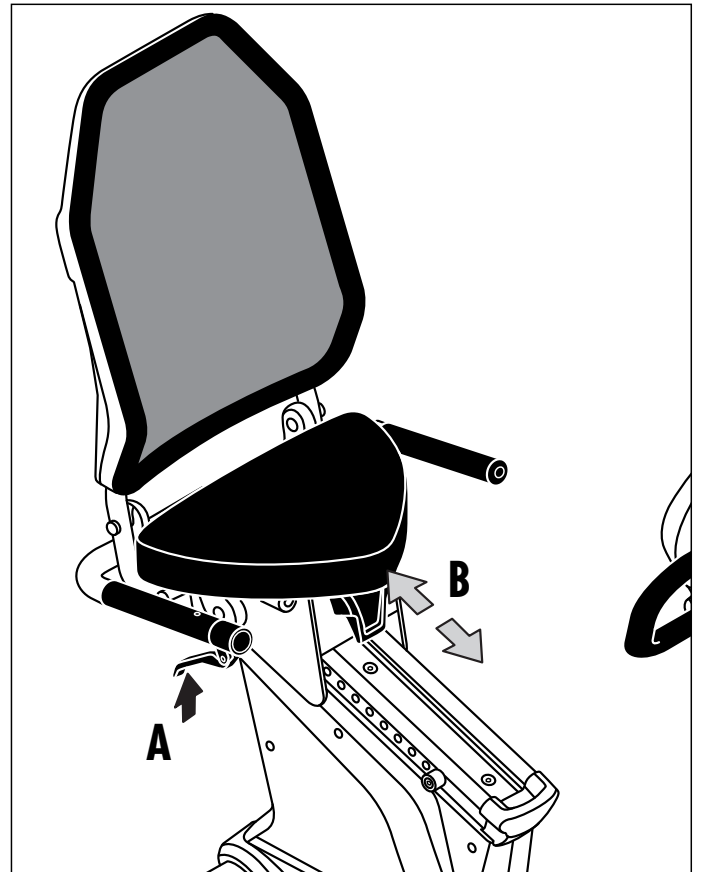
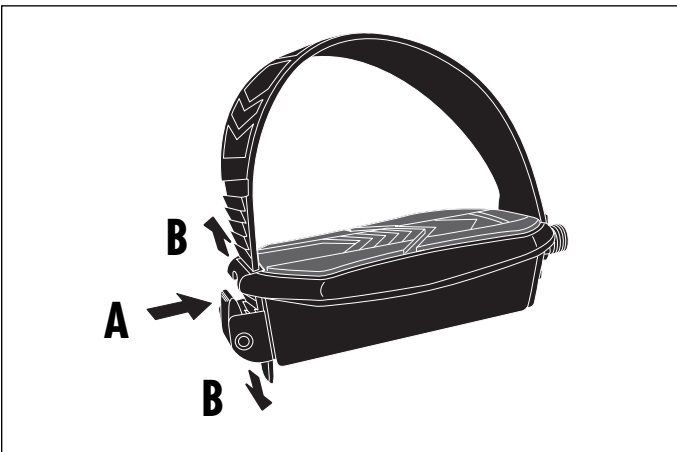
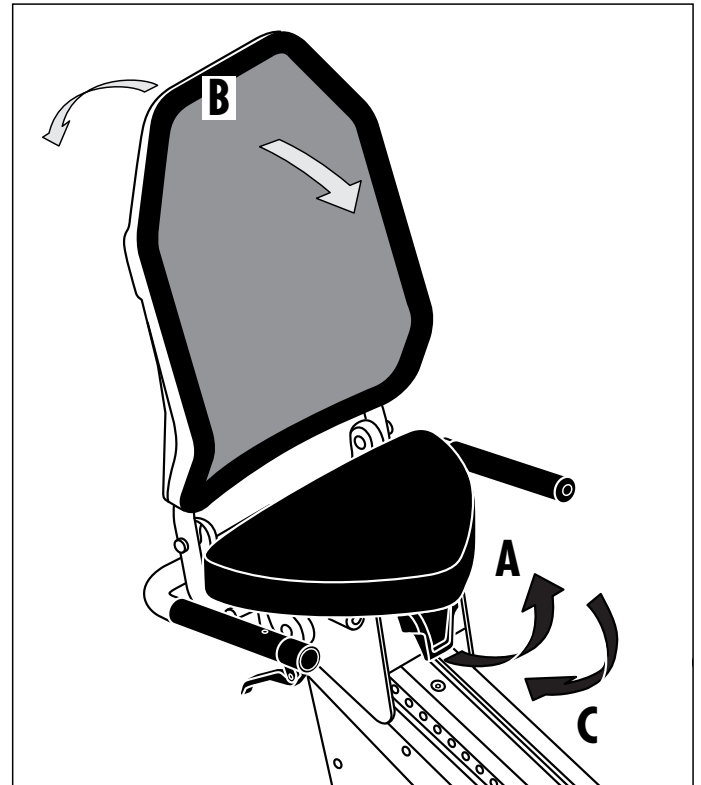
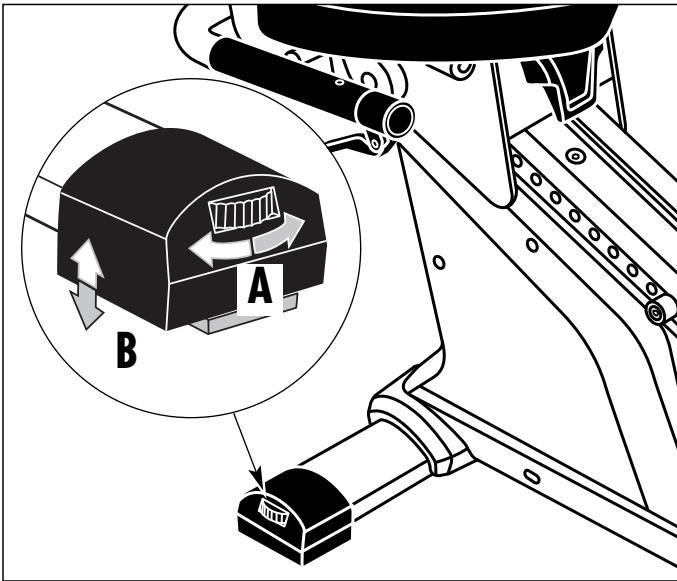
**P** Para facilitar a montagem, é conveniente aquecer previamente as fivelas de fixação do pé em água quente.

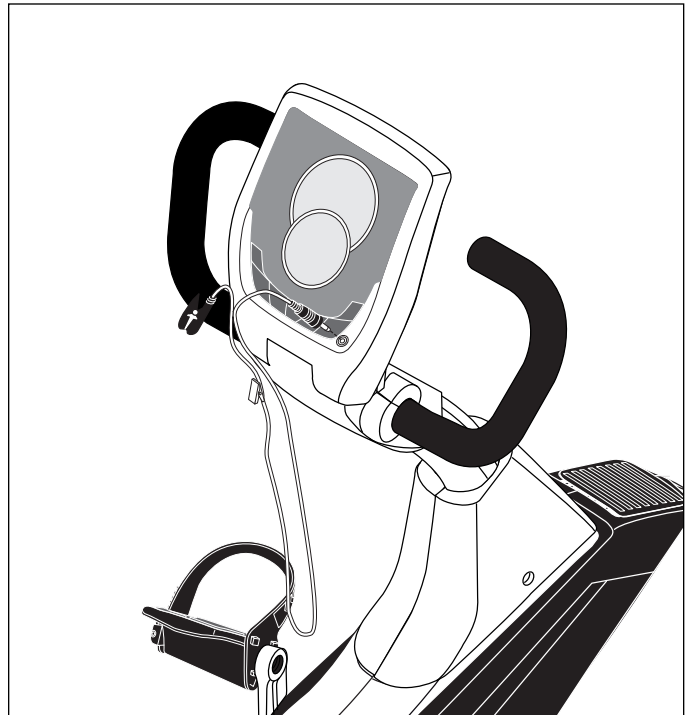
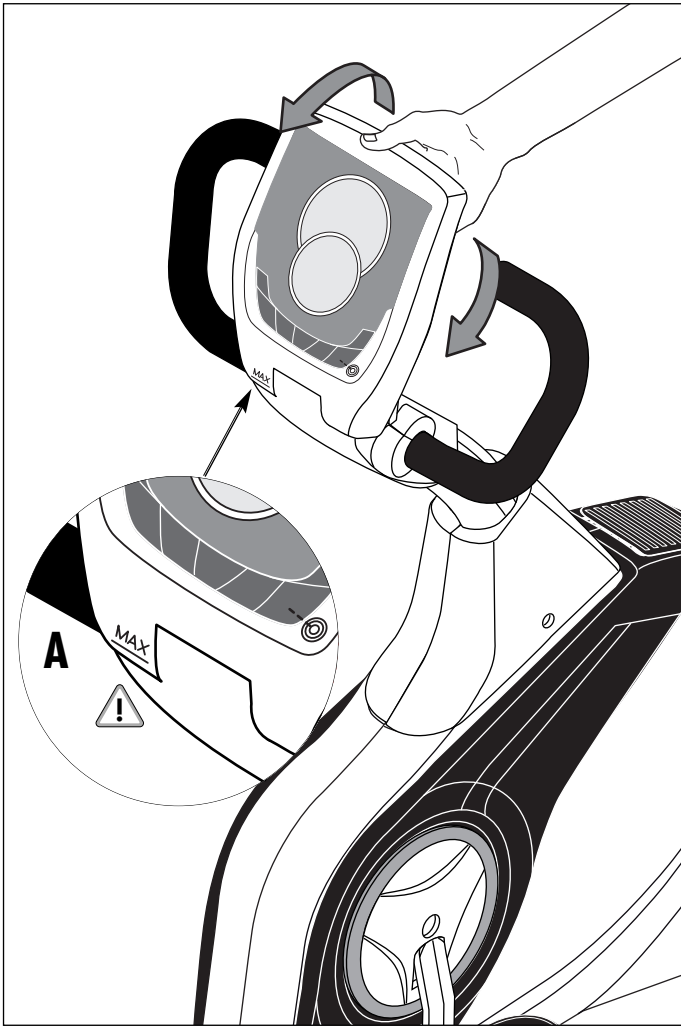
**RUS** Чтобы облегчить монтаж, подогрейте ремни в теплой воде.



# Handhabungshinweise

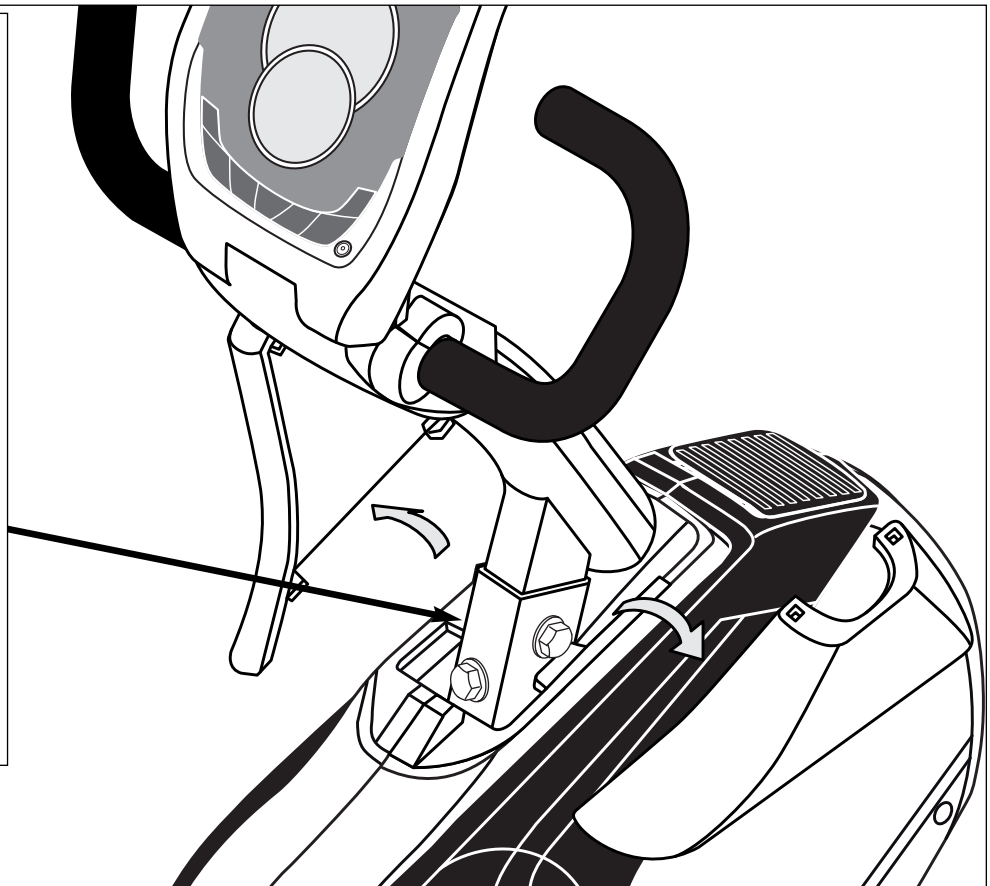
- GB** Handling    **F** Indications relatives à la manipulation    **NL** Bedieningsinstructies    **E** Instrucciones de manejo  
**I** Avvertenze per il maneggio    **PL** Wskazówki obsługowe    **CZ** Pokyny k manipulaci    **DK** Håndtering  
**P** Notas sobre o manuseamento    **RUS** Указания по обращению

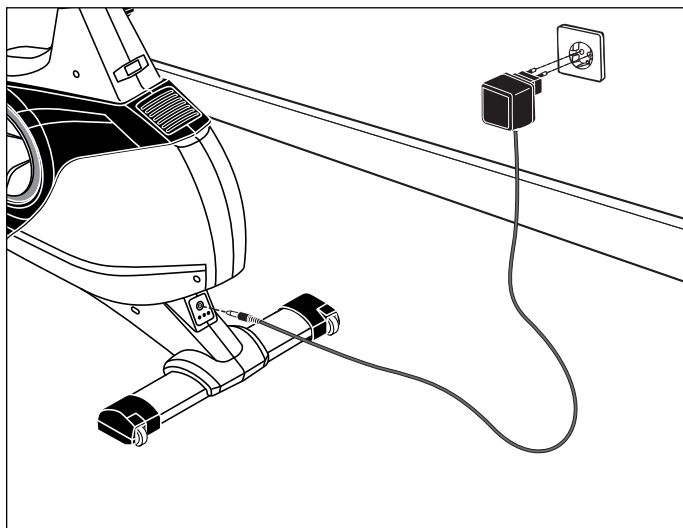




- D** Beispiel Typenschild - Seriennummer
- GB** Example Type label - Serial number
- F** Exemple Plaque signalétique - Numéro de série
- NL** Bij voorbeeld Typeplaatje - Seriennummer
- E** Ejemplo Placa identificativa - Número de serie
- I** Esempio Targhetta tecnica - Numero di serie
- PL** Przykłady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

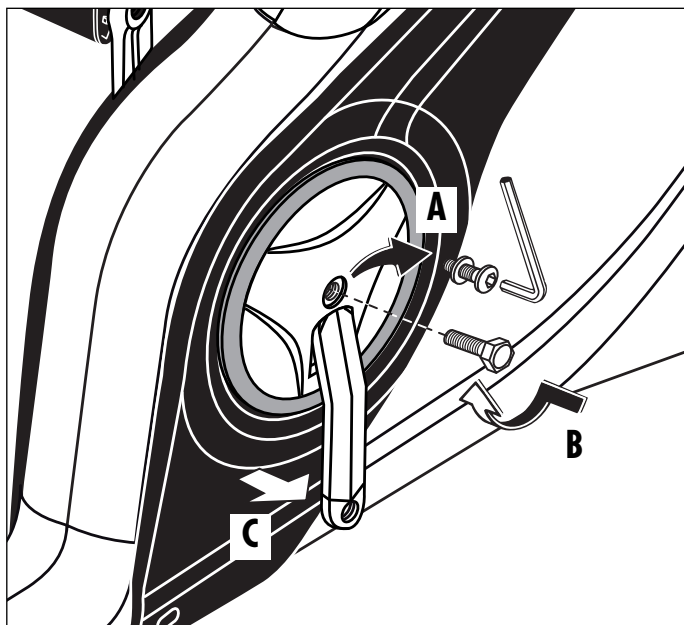
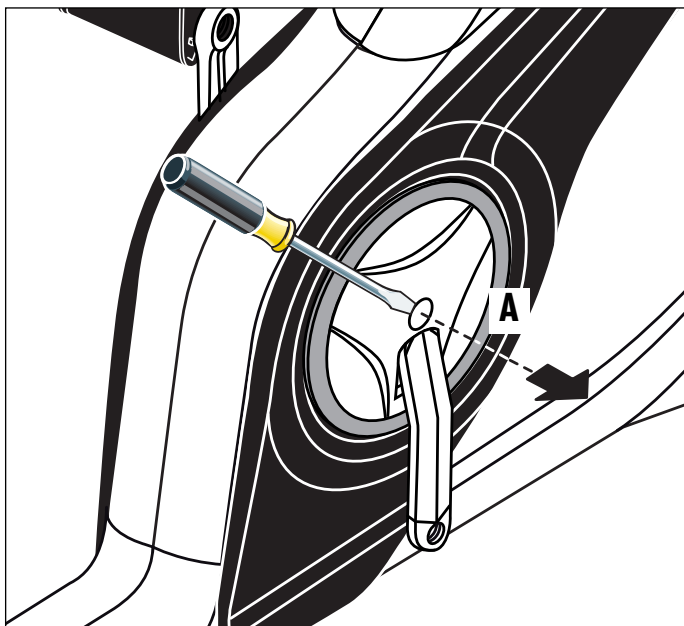
HEINZ KETTLER GmbH & Co. KG D-59463 Ense-Parsit	
<b>FREIZEIT MARKE KETTLER</b>	
Trainingsgerät nach <b>DIN EN 957-1, - 5</b> Klasse HB	
Nicht für therapeutische Zwecke geeignet	
Art.-Nr.: 07961-800 Serien-Nr.: 1-334 O - 1801 00001 max. Belastung: 130 kg	
Made in Germany	
1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> 4 <input type="text"/> 5 <input type="text"/>	



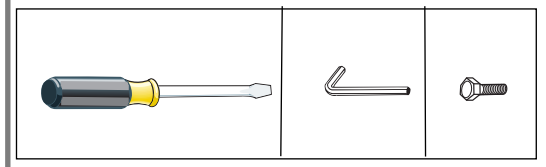


- D** Bei Geräten mit Netzteil: **Achtung!** Betrieb nur mit mitgeliefertem Original-Netzteil oder Original-KETTLER-Ersatzteil (siehe Ersatzteilliste) zulässig. **Ansonsten Gefahr der Beschädigung.**
- GB** For products with power supply: **Attention!** Only use with original power unit as supplied, or with original KETTLER spare part (see spare part list). **Otherwis this may result in damage.**
- F** Pour les appareils avec bloc secteur: **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** Bij apparaten met transformator: **Let op!** Gebruik alleen toegestaan met de bijgeleverde originele transformator of origineel KETTLER-onderdeel (zie onderdelenlijst). **Anders gevaar voor beschadiging.**
- E** En aparatos con fuente de alimentación: **¡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** Apparecchi con alimentatore: **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.**
- PL** Dotyczy urządzeń z zasilaczem: **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 přístrojů 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.**
- 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.**
- 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.**
- 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.

## Demontage der Pedalarms



- D - Gehört nicht zum Lieferumfang.
- GB - Not included.
- F - Ne fait pas partie du domaine de livraison.
- NL - Is niet bij de levering inbegrepen.
- E - No forma parte del volumen de entrega.
- I - Non in dotazione alla fornitura.
- PL - Nie należy do zakresu dostawy.
- CZ - Nepatří do rozsahu dodávky
- P - Não está incluído nas peças fornecidas
- DK - Er ikke inkluderet i leveringsomfanget.
- RUS - Необходимые инструменты - не включены



Zum Abziehen des Pedalarms entfernen Sie zuerst die Schutzkappe und Schraube (A). Halten Sie den Pedalarm fest und drehen Sie eine Schraube M12 (gehört nicht zum Lieferumfang) in die Gewindeöffnung (B). Nach einigen Umdrehungen können Sie den Pedalarm abnehmen (C).

### GB Removal of pedal arms

To pull off the pedal arms remove cap and screw (A). Grip the pedal arm tightly, and screw in an M12 bolt (not supplied) into the thread (B). After a few turns you may take off the pedal arm (C)

### F Démontage de la manivelle

Enlevez d'abord le capot de protection ainsi que la vis (A) avant de retirer le bras de la pédale. Tenez le bras de la pédale et vissez une vis M12 (ne fait pas partie de la gamme de livraison) dans l'ouverture de filetage (B). Vous pouvez retirer le bras de la pédale (C) après plusieurs tours.

### NL Demontage van de krenk

Voor het losmaken van de cranks, verwijdert u eerst het bescherm-dopje en schroef (A). Houd de crank vast en draai e g van de schroefdraad (B). Na enkele omwentelingen kunt u de crank verwijderen (C).

### E Desmontaje de las manivelas de pedal

Para quitar la manivela de pedal hay que quitar primero la tapa protectora y el tornillo (A). Retenga la manivela de pedal y apriete un tornillo M12 (no forma parte del volumen de suministro) en la rosca (B). Después de haber efectuado algunas vueltas podrá quitar la manivela de pedal (C).

### I Smontaggio dell'attacco del pedale

Per togliere l'attacco del pedale togliete prima il coperchietto protettivo e la vite (A). Tenete fermo l'attacco del pedale e girate una vite M12 (non compresa nella fornitura) nella filettatura (B). Dopo aver effettuato alcuni giri, potete togliere l'attacco del pedale (C).

### PL Demontaż ramion pedału

W celu zdjęcia ramienia pedału należy najpierw usunąć osłonę i wykręcić śrubę. (A). Przytrzymując ramię pedału wkręć śrubę M12 (nie należy do zakresu dostawy) w gwintowany otwór (B). Po kilku obrotach możesz zdjąć ramię pedału (C).

### CZ Demontáž kliky pedálu

Pro sejmutí kliky pedálu nejprve odejměte ochrannou čepičku a šroub (A). Pevně přidržte kliku pedálu a do závitového otvoru (B) zašroubujte šroub M12 (nepatří do rozsahu dodávky). Po několika otočeních lze kliku pedálu odebrat (C).

### DK Afmontering af pedalarms

Fjern først beskyttelseskappen og skruen (A) inden pedalarmsen tages af. Tag fat i pedalarmsen og skru en M 12 bolt (er ikke inkluderet i leveringsomfanget) i gevindåbningen (B). Efter nogle få omdrejninger kan pedalarmsen tages af (C).

### P Desmontagem dos braços do pedal



Para retirar o braço do pedal, remova primeiro a capa de protecção e o parafuso (A). Segure bem o braço do pedal e aparafuse um parafuso M12 (não está incluído nas peças fornecidas) no furo da rosca (B). Depois de dar algumas voltas, pode levantar o braço do pedal (C).

### RUS Демонтаж рычагов педалей

Для снятия рычага педали сначала удалите защитный колпачок и винт (A). Удерживая рычаг педали, вкрутите винт M12 (не входит в комплект поставки) в резьбовое отверстие (B). Сделав несколько оборотов, можно снять рычаг педали (C).

## 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 objednávání
- P - Acessórios ordenação
- DK - Tilbehør bestilling
- RO - Accesorii de comanda
- H - Tartozékok rendelési
- RUS - Заказ аксессуаров

		<b>07937-600</b>
		<b>07937-650</b>
		<b>07937-700</b>
	100x 75 cm	<b>07937-100</b>
	140x 80 cm	<b>07937-200</b>
	250 x 70 cm	<b>07929-300</b>
	220x110 cm	<b>07929-400</b>

# Ersatzteilbestellung

- GB - Spare parts order

- E - Pedido de recambios

- CZ - Objednání náhradních dílů

- RUS - Заказ запчастей

- F - Commande de pièces de rechange

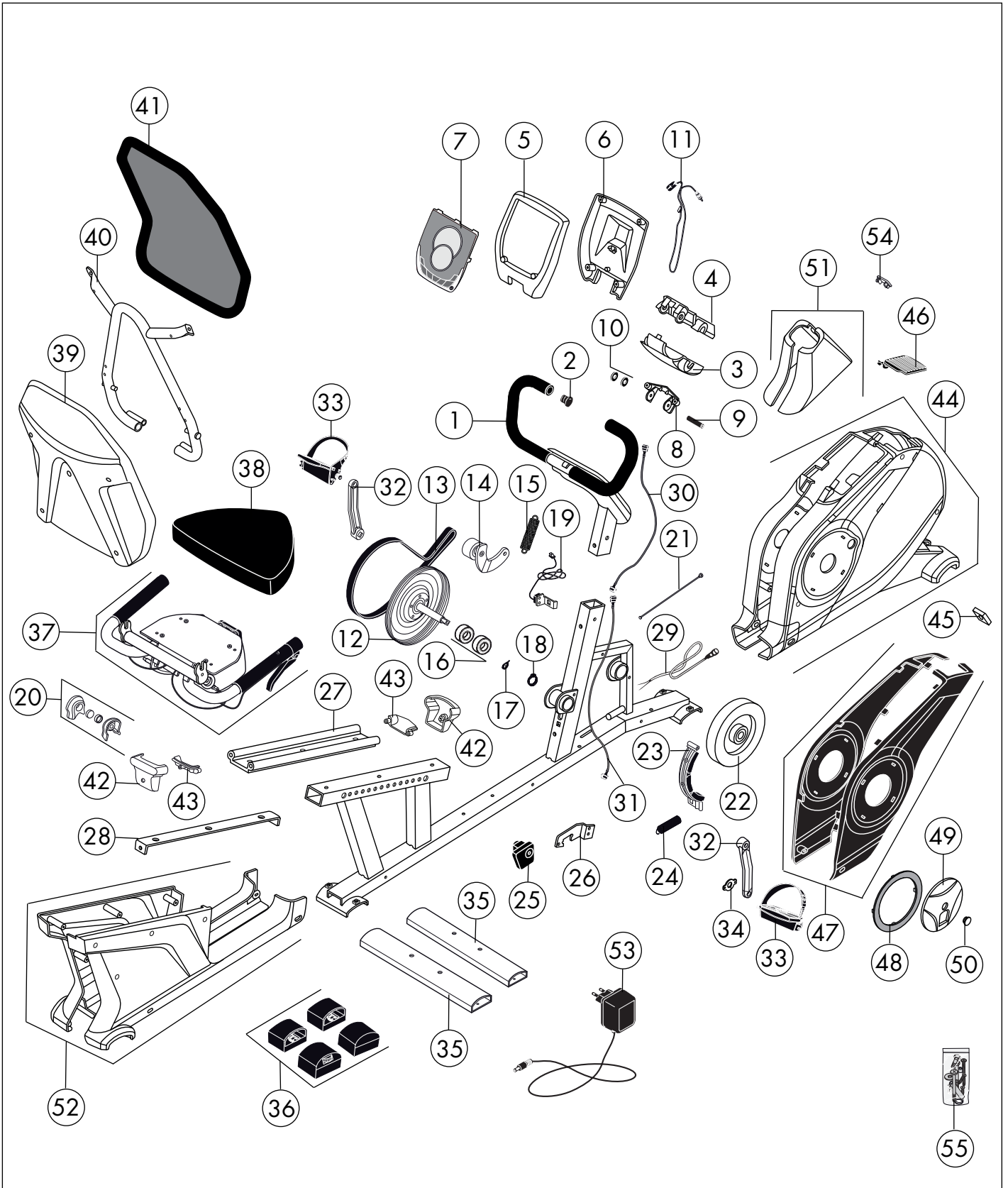
- I - Ordine di pezzi di ricambio

- DK - Bestilling af reservedele

- NL - Bestelling van reserveonderdelen

- PL - Zamówienie części zamiennych

- P - Encomenda de peças sobressalentes





# Ersatzteilbestellung

- GB - Spare parts order
- E - Pedido de recambios
- CZ - Objednání náhradních dílů
- RUS - Заказ запчастей

- F - Commande de pièces de rechange
- I - Ordine di pezzi di ricambio
- DK - Bestilling af reservedele

- NL - Bestelling van reserveonderdelen
- PL - Zamówienie części zamiennych
- P - Encomenda de peças sobressalentes

- D -	Positionsnummer	Stück	Bestellnummer
- GB -	Item number	Piece	Order
- F -	Numéro de l'objet	Piece	Commandez
- NL -	Itemnummer	Stuk	Bestel
- E -	Número del artículo	Pieza	Orden
- I -	Luogo in cui il numero	Pezzo	Ordine
- PL -	Numer przedmiotu	Kawałek	Zamówienie
- CZ -	Bod číslo	Kus	Objednat
- P -	Número do item	Piece	Ordem
- DK -	Varenummer	Piece	Bestil
- RUS -	Номер позиции	Количество	Артикул

Positionsnummer	Stück	Bestellnummer
Item number	Piece	Order
Numéro de l'objet	Piece	Commandez
Itemnummer	Stuk	Bestel
Número del artículo	Pieza	Orden
Luogo in cui il numero	Pezzo	Ordine
Numer przedmiotu	Kawałek	Zamówienie
Bod číslo	Kus	Objednat
Número do item	Piece	Ordem
Varenummer	Piece	Bestil
Номер позиции	Количество	Артикул

1	1	94600754
2	2	10100030
3	1	70133578
4	1	10101063
5	1	70133522
6	1	70133523
7	1	67000993
8	1	70127839
9	1	10111043
10	2	70103228
11	1	67000653
12	1	91130135
13	1	67005134
14	1	91140411-40
15	1	25616646
16	2	33100023
17	2	10601003
18	1	10709021
19	1	91170646
20	1	94600766
21	1	43009338
22	1	91140420
23	1	91140409-40
24	1	25509257
25	1	67000821
26	1	97202045
27	1	91112059
28	1	97201998
29	1	67000863
30	1	67000979
31	1	67000831
32	1	33001024
33	1	33300020
34	2	18008680
35	2	91111951-40
36	1	91180488
37	1	94600756

38	1	72592683
39	1	70129685
40	1	91112100
41	1	94600757
42	2	70133720
43	2	70129557
44	1	94600758
45	1	70127881
46	1	70129680
47	1	94600759
48	2	70129664
49	2	70129673
50	2	70127816
51	1	94600760
52	1	97600761
53	1	67000943
54	1	70129558
55	1	91180539



HEINZ KETTLER GmbH & Co. KG · Postfach 1020 · D-59463 Ense-Parsit  
[www.kettler.de](http://www.kettler.de)