

# STIL-FIT<sup>INT.</sup>

Instruction Manual

ERGOMETER NERO



we refine fitness

# 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 assemble the handle bar.



Slip the wooden tube onto the front tube.

Connect both plugs.

The plug in the frametube comes with a hook.

The plug in the front unit comes with a rocker switch.

The plugs can be connected easily without force.

Pay attention to the color marks.

Check if the rocker switch is locked well.

Then stick the front unit into the base frame.



Move the wooden tube upwards.

At the front side you will see a hole.

There you will find a headless screw.

Take the wrench allen key and tighten the screw clockwise very strong. So you fix the front unit inside the frame.

Never remove the screw.

Pay attention that the front unit is well aligned.



Assemble the handle bar in a final step.  
In case the handlebar is not aligned, lose the screw under the wooden tube again and turn the unit into the right position.

Take the rubber grommet and stick it into the hole.

Move the wooden tube downwards.

The rubber grommet keeps the tube in position.

## 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 screws at the bottom and adjust the angle. Fix the saddle at the desired position and tighten the screws 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

### **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 training computer is activated. It turns off automatically after your workout.

## PROGRAMS:

<b>Quick Start</b>	1-32 resistance levels
<b>Manuel</b>	1-32 resistance level with pre selection of time
<b>Beginner 1</b>	15 minutes, level 6-10
<b>Beginner 2</b>	30 minutes, level 6-10
<b>Advanced 1</b>	20 minutes, level 8-14
<b>Advanced 2</b>	30 minutes, level 10-14
<b>Advanced 3</b>	45 minutes, level 10-16
<b>Watt Constant</b>	Adjustable in steps of 5 Watt
<b>Cardio Fitness</b>	75% of the maximum pulse
<b>Cardio Fatburner</b>	65% of the maximum pulse

### Data storage:

The training computer stores data for up to five people.

### Pulse control

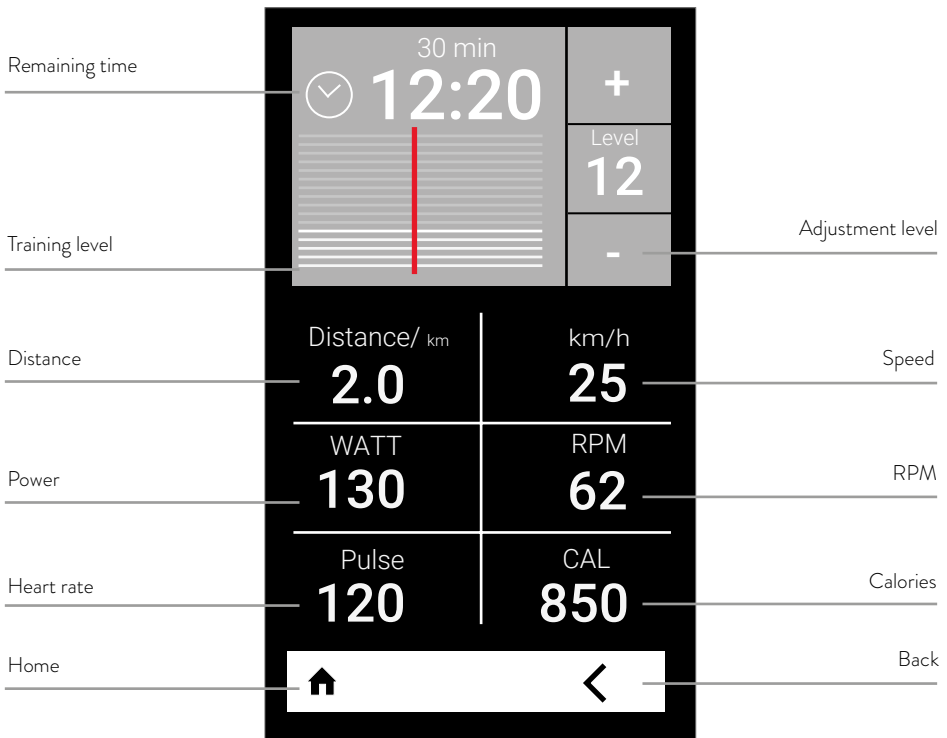
The pulse signal is transferred via BLuetooth smart. We recommend the heart rate sensor Verity Sense from Polar.

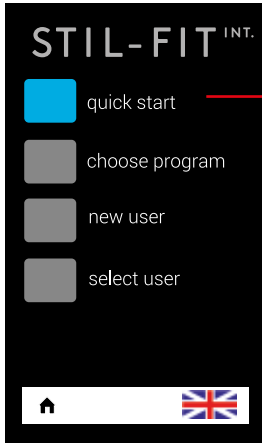
### Language

German, English, Spain and Frech are available.

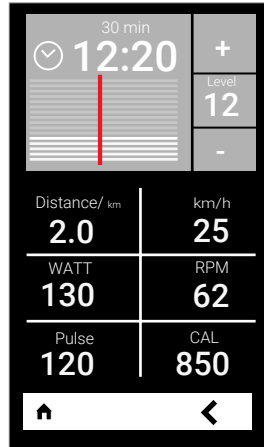
# Training Screen

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.

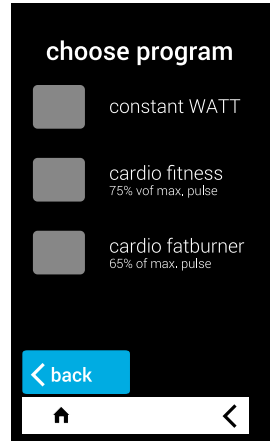
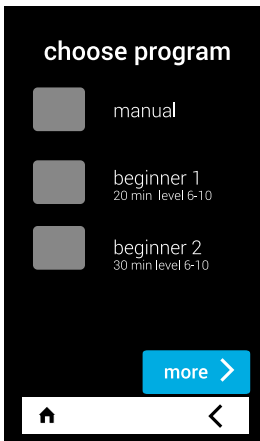




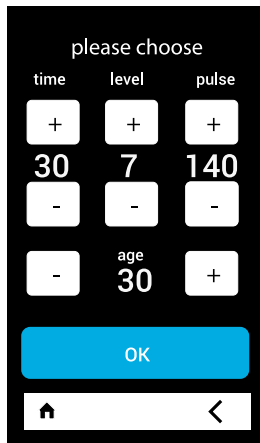
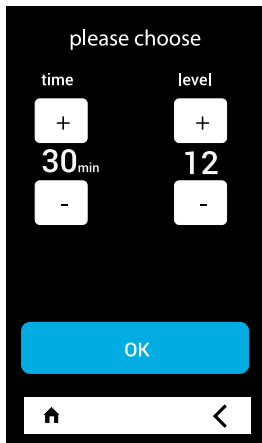
Start Screen



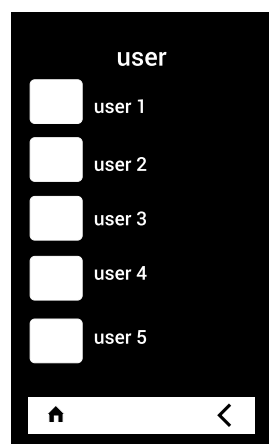
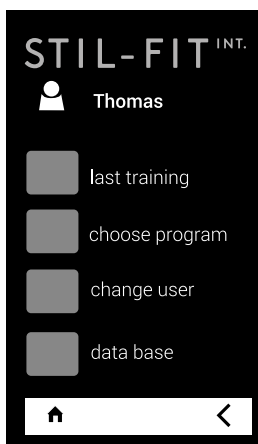
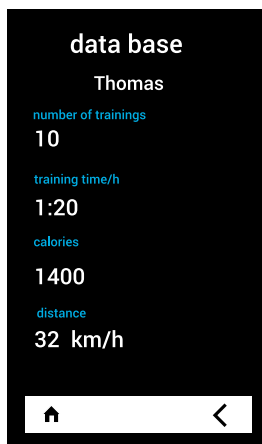
Quick Start allows you to start immediately with program Manual



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 training 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 NERO**

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 Bluetooth smart

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

## Make the most out of your training - the STIL-FIT App

### STIL-FIT APP

- set weekly goals and stay motivated
- benefit from our varied training programs
- track your performance development
- use your Apple Watch as a pulse sensor
- export your workout data to Apple Health and Google Fit



### Compatibility with other training apps

Our STIL-FIT Ergometer NERO is fully compatible with the training apps from Kinomap, Zwift, Rouvy and BKool.

Take advantage of the additional training options and enjoy a ride on Mallorca's coastal roads or compete in global races with thousands of other users. Thanks to the dynamic resistance adjustment, the resistance automatically adapts to the track.



The extended tablet holder can be ordered additionally and offers you the possibility to use the console as a gearshift.



## Warranty Guarantee

STIL-FIT international GmbH grants a 2-year guarantee on the ergometer for home use. If your ergometer is defective, please contact us or your dealer directly. We repair the device in an on-site service at your home through our service partners within Germany and Austria.

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