

# KETTLE



cross!me

Trainingsanleitung

Training instructions

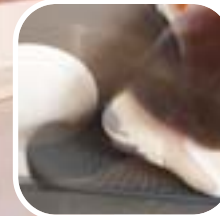
Instructions pour l'entraînement

Trainingshandleiding

Instrucciones para el entrenamiento

Istruzioni di allenamento

Instrukcja treningu



## Trainingsanleitung

Für das gesundheitsorientierte Fitnessstraining der Frau

# Crosstrainer Workout



# Be happier

by doing more exercise!



Thank you very much for purchasing a **!me** device from Kettler. **cross!me** enables you to carry out an individual and health-oriented fitness training. These training instructions are intended to facilitate you the start into a more active life and to explain you the mode of operation and the control of your new cross trainer.

## **Health-oriented fitness training – a benefit for your body and your soul**

There are a large number of positive effects of regular fitness training to the human body. Physical efforts increase your self-confidence, improve your body awareness, help to reduce stress, strengthen the immune system and protect the cardiovascular system. Studies have shown that people need to do exercises for the maintenance of their bodily health as well as for their mental balance. Especially for women who have the double burden of family and career, sports is an important factor in order to maintain their inner balance and vitality.



The body will change in various ways due to regular physical exercises and these changes can be felt already after a few training sessions:

- low relaxation and stress pulse
- better blood circulation and metabolism
- increasing the heart and lung volume
- improved oxygen uptake and increased blood amount
- decreasing blood-fat levels and improving the blood levels
- reducing the body fat content
- low release of stress hormones

Before starting with your training, you should determine your current level of fitness. That is the only way to monitor the training effects and your training success.

### Health check with your doctor

Before starting with your training, check with your doctor to make sure that you are healthy enough to exercise with fitness devices. The medical finding should be the basis for your training target and the design of your training programme. Wrong or excessive training can damage your health.

### Determining your body mass index (BMI)

The relation of your height to your weight gives the first clues on your fitness. First, you must determine your weight. The BMI puts the height and the weight into a relation and is calculated as follows:

$$\text{BMI} = \frac{\text{Weight in kg}}{\text{Height in m} \times \text{height in m}}$$

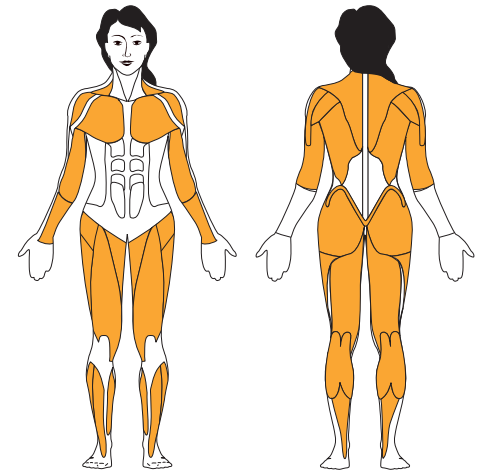
Age in years	Under-weight	Normal weight	Over-weight
19-24	BMI <19	BMI 19-24	BMI >24
25-34	BMI <20	BMI 20-25	BMI >25
35-44	BMI <21	BMI 21-26	BMI >26
45-54	BMI <22	BMI 22-27	BMI >27
55-64	BMI <23	BMI 23-28	BMI >28
>64	BMI <24	BMI 24-29	BMI >29

### Define your targets in order to improve your general fitness

After determining your BMI, you should ask yourself what personal targets you have in order to improve your fitness. Would you like to remove existing fat pads, increase your stamina, would you like a firm musculature or do you have medical and/or therapeutic reasons for your training? When you have defined your primary target, please keep in mind that you cannot expect miracles during the first days of training.

### With the cross trainer, you can train all large muscle groups – effectively and easy on the joints

The cross trainer is one of the most popular home trainers and is ideal for an effective and joint-friendly endurance training. **cross!me** is ideal for people who sit a lot during their work. When exercising with the **cross!me**, you have an upright body position. Your back and your spine are relieved. The connection between leg and arm training will create an effective whole body training and therefore, you will train all important muscle groups.

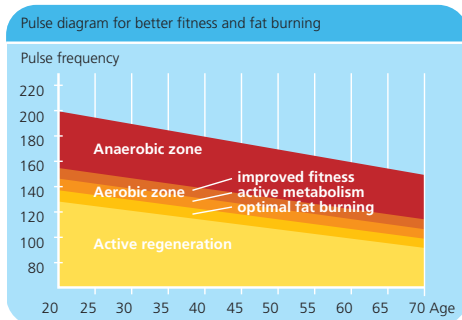


# Basic principles

of training for a successful endurance training



Before starting with your training, you should do intense stretching, no matter if you are a beginner or if you have exercised for years. By doing so, you can prevent muscular injuries and ensure better training effects after the training and better recovery without unwanted muscle ache.



## Pulse measuring – better training in your own rhythm

The pulse frequency is the ideal measuring instrument of health-oriented fitness training. There are different pulse frequencies which are measured during various conditions. Normally, a healthy heart in resting state (resting pulse frequency) beats approx. 60 – 80 times per minute. The maximum pulse frequency (PFmax) is the measuring unit for determining the correct training range and the individual classification.

This frequency is calculated with the help of a general formula:

**Maximum pulse frequency = 220 – Age in years**

The **training pulse frequency** during physical stress serves as an ideal control of the current physical stress and tells you if you are within the desired training pulse range. The frequency always depends on the training target, i.e. the intensity and length of the stress and your personal performance level. The training pulse ranges are ideal for determining the stress intensity with regard to your training target and tell you if you are in the optimal fat burning range or if you increasingly train your endurance.

The **recovery pulse frequency** serves for the measuring of your recovery ability and determines your state of fitness. It is recorded directly after the training stress by measuring how quick your



### Fat burning – stimulate your metabolism and burn fat pads

In case of low stress (60 to 75% of your maximum pulse frequency), the share of the fats for the energy provision will increase. Since the provision of the fats is only achieved after a certain period of time, your training period should last at least 30 minutes. We therefore recommend you to train according to the continuous method, i.e. keep the same intensity during the whole period of your training session. Repeat this training session two or three times a week. The energy provision is only effected "aerobic", i.e. the oxygen requirement is solely covered by the respiration. The cardiovascular system and the fat metabolism are stimulated.

pulse slows down within a defined period of time after the physical stress. The speed of the slow-down depends on the intensity and the length of the training session and your fitness.



During the training, the pulse frequency is measured by means of the hand pulse sensors or the ear clip on your **Ime** training device.

With the Recovery button, you can actuate the recovery pulse measuring and receive information if your fitness has improved.

### Improvement of your general fitness

If you train with a higher training intensity, namely between 70 and 80% of your maximum pulse frequency, the energy is provided solely aerobic from fats and carbohydrates, but the share of the carbohydrates is higher. You should be able to make a conversation during your training.

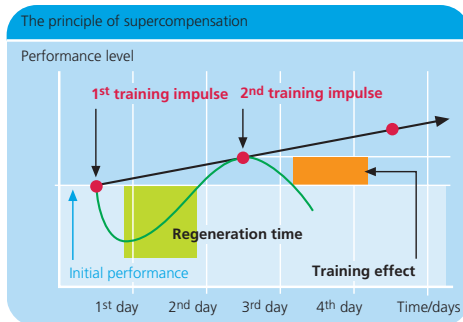
The training according to the **interval method** is the most effective way to increase your fitness. During the interval training, you will alternate between short, intense stress phases and longer active recovery phases. The length of the stress phases is normally between 1 and 3 minutes. Select the time period for your individual stress

phase and increase it little by little. During the stress phase, the pulse should be approx. 80% of your maximum pulse frequency. In general, the following **recovery phase** lasts until the pulse has reached its initial level again. The overall stress length is determined by the sum of the stress and recovery phases and should not exceed 30 minutes for a start. Here you have also the possibility to increase the length after several training sessions.

This diagram shows the training effect:  
Performance increase by continuous  
training and recovery phases!  
If the recovery phases are too long, the  
training effect will be lost.

# How to train correctly

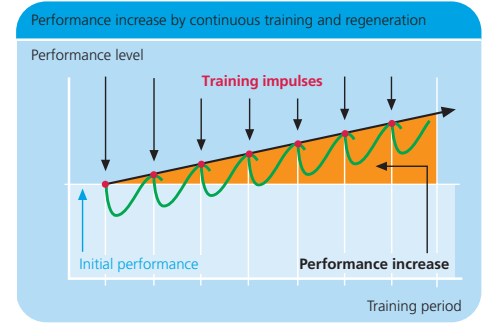
and how to recover correctly



## Please ensure the correct relation between training and recovery

Effective endurance training needs a balanced relation between stress and recovery. After an exhausting training session, the body needs a pause in order to be able to cope with new stress. The optimal harmonisation of stress and recovery is the most important precondition for the increase of your fitness level.

The body reacts with fatigue to training impulses, depending on the intensity of the stress. According to the level of stress, this phase can be shorter or longer and the performance ability is limited at first.



If you train again during this phase, the body cannot recover and does not increase its performance ability. During the recovery phase, the body copes with this stress, i.e. the water and electrolyte supply will regenerate and the energy stores of the musculature are refilled again. The principle of **supercompensation** is a simple explanation of this process: If the recovery time is long enough, the performance ability exceeds the initial level. This is the so-called training effect. If the relation between stress and recovery is correct, i.e. if the training impulse is always effected at the right time, the body will increase its performance ability.



### Recommendation

In general, a training pause of 24 - 48 hours after intense fitness training is recommended. The length of the pause always depends on the intensity of the training session and your fitness and/or recovery ability.

### Active measures

- Cool Down phases – after the physical stress, use the pedal platforms for 3 to 4 minutes at low intensity
- Stretching (see DVD)

### Passive measures

- Massages, relaxation baths and/or contrast showers, sauna
- Healthy, fitness-related diet for filling up the energy stores
- Restoring the liquid balance

	1 <sup>st</sup> week	2 <sup>nd</sup> week	3 <sup>rd</sup> week	4 <sup>th</sup> week
Monday	15 minutes at low stress Level 1-3	20 minutes at low stress Level 1-3	30 minutes at low stress Level 1-3	30 minutes at medium stress Level 4-6
Tuesday	Pause	Pause	30 minutes at low stress Level 1-3	30 minutes at medium stress Level 4-6
Wednesday	15 minutes at low stress Level 1-3	20 minutes at low stress Level 1-3	Pause	Pause
Thursday	Pause	Pause	30 minutes at low stress Level 1-3	30 minutes at medium stress Level 4-6
Friday	15 minutes at low stress Level 1-3	20 minutes at low stress Level 1-3	Pause	Pause
Saturday	Pause	Pause	30 minutes at low stress Level 1-3	30 minutes at medium stress Level 4-6
Sunday	Pause	Pause	Pause	Pause

### 4-week training plan for beginners on cross!me

Do not forget your stretching after the training in order to prevent injuries and muscle ache.

**Note:** You can increase the length of the training session e.g. to 40 minutes as of the 5th week of your training. In the 6th week, you can start with slight interval training. Please make sure that your training pulse is approx. 60 - 65% of your maximum pulse frequency and does not exceed 75% in the first 8 weeks.

In order to achieve optimal training results, the correct training position is crucial. Here we will inform you on how you can make an optimal use of the complex movement process of your cross trainer and do varied endurance training.

# Your new trainer –

that's the way to do it

Your **cross!me** from Kettler is the ideal training device for your daily workout. The special frame construction is ergonomically adjusted to the female body measurements. **cross!me** offers you a joint-friendly whole body training that stimulates the fat metabolism, increases your stamina and helps you reduce your weight.



## Position of the pedal platforms

Adjust the position of the pedal platforms of your **cross!me** individually to your height. The taller you are, the more in the rear you should position the pedal platforms. The sole of the shoe may be in contact with the front edge of the pedal.

Please make sure that you lift off the heel from the pedal platform during your forward motion (as you would do during normal running) in order to ensure training of the calf muscles and the blood circulation in your feet.



### Posture and movements

Grab the arm lever with your hands on the height of your chest. The elbows must be slightly bent. Your upper body must be in an upright position. Please make sure that your knees and elbows are always slightly bent during your movements.



### Training variations

Your **cross!me** offers you a large number of training variations. By actively or passively moving the handle bars you can determine the intensity of your upper body training. For example, you can put more stress on the leg and buttock muscles by simply moving the handle bars more passively and more slightly. In order to intensify the upper body training, move the handle bars more dynamically with your hands. On the whole, it is a whole body training with the help of which you can train your buttock and leg muscles as well as your shoulder, arm and back muscles.



### Additional exercises with your cross trainer

Your **cross!me** offers you the possibility of training without using your arms. Grab the fixed handle with your hands. Position your elbows loosely at the height of your upper body so that the arm levers can move freely. In this position, only the leg and buttock muscles are trained. Some muscle groups are more stressed than others during your training with the cross trainer. You will find the 12 most effective strengthening and stretching exercises on your DVD, so you can prepare your optimal training programme at home. KETTLER wishes you a lot of fun with your training.

# Computer-

Instructions



## Computer instructions for cross trainer



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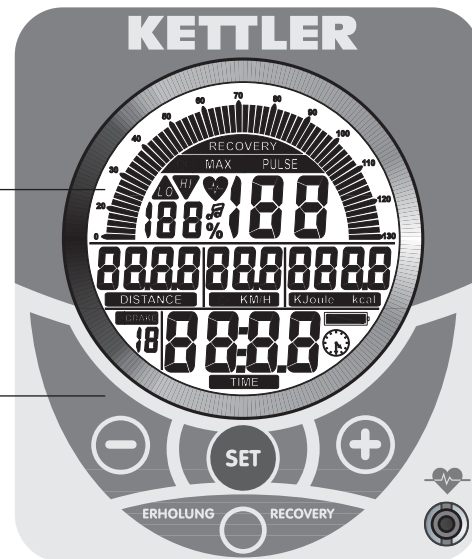
This sign in the instructions refers to the glossary, where the respective term will be explained.

## Short description

The electronics assembly is equipped with functions with keys and a display range (display) with variable symbols and graphics.

display range = display

functions = keys



## Quick reference guide

### Functions

The four keys will be described in short below. A detailed application description can be found in the respective chapters. The names of the function keys in the chapters correspond to the names used in this quick reference guide.

#### SET (press shortly)

Input data are accessed with this function key. The set data are accepted.



## Quick reference guide

### Reset (press SET longer)

The current display is deleted for a reset.



### Minus – / Plus +

With these function keys, you can change the values in the different input data before the start of the training.

- press longer > fast run through the values
- press “Plus” and “Minus” together: value input skips to OFF



### RECOVERY

You can start the recovery pulse function with this function key.



### Pulse measurement

Pulse measurement can be achieved via three sources:

1. ear clip – optional  
connect the plug with the plug socket
2. hand pulse – optional  
the connection is situated at the back of the display
3. breast belt (accessories) – please observe the corresponding instructions



### Clock (symbol)



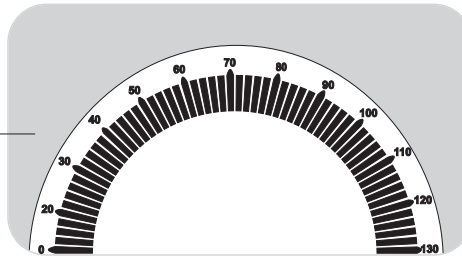
## Quick reference guide

**Display range/display**  
The display range (display) informs you about the different functions.

GB

### Pedal frequency (RPM)

Scale 14-130 [1/min]  
1 segment = 2 [1/min]  
Pedal revolutions



### Puls (PULSE)



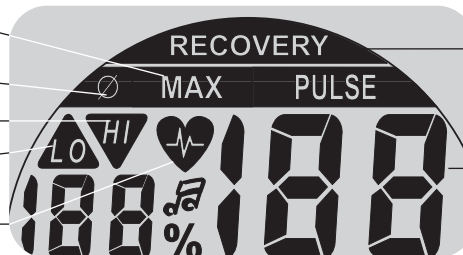
maximum pulse  
warning (blinks) max. pulse +1

display of average value

target pulse limit exceeded +11

target pulse limit undershot -11

heart symbol (blinks)



recovery function

pulse display  
40 – 199 [1/min]

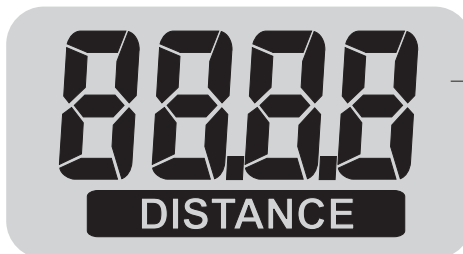
## Quick reference guide



### Percentage pulse

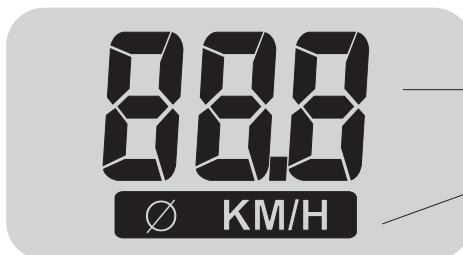
warning signal ON/OFF

percentage value  
comparison actual pulse/  
max pulse



### Distance (DISTANCE)

value 0.00 – 99.99



### Speed

value 0 – 99.9

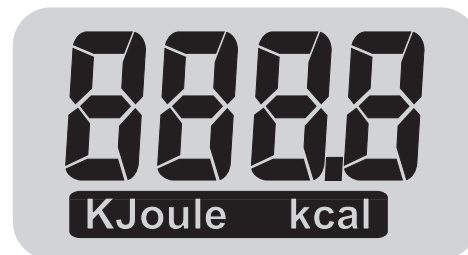
display of average values

## Quick reference guide

GB

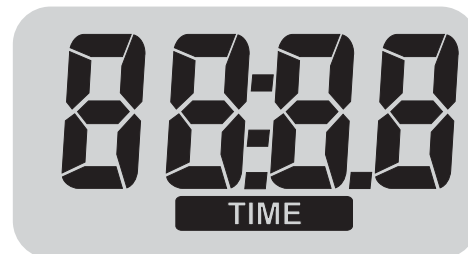
### Energy consumption

value: 0 – 9999  
odometer value > total km



### Time (TIME)

value 0:00 – 99:59



### Brake level (BRAKE)

display of average value  
level 1 - 10



### Battery charge

Battery charge sufficient for pulse measurement.



Battery charge not sufficient anymore for pulse measurement, change battery.



## Quick start

For introduction

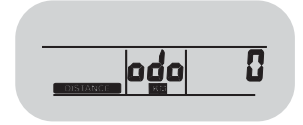
### Without special settings

- press a key

### Display

- All segments are shortly displayed (segment test).
- The total kilometres are shortly displayed.

Subsequently change to the display “Reading for training”.

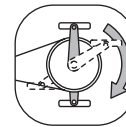


### Ready for training

### Display

- All segments display “Zero”, except for pulse (if activated) and brake level.

Start training by pedalling



## Quick start

GB

### Display values

The illustrations show the operation as exercise bike. If the rotation speed corresponds to the example values on the display, the values for speed and distance at the crosstrainers are lower. At a pedal rate of  $60 \text{ min}^{-1}$ :  
exercise bike = 21.3 km/h  
Crosstrainer = 9.5 km/h

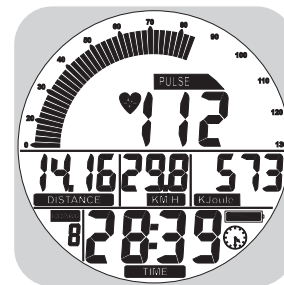
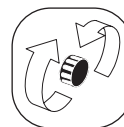
### Start of training

#### Display

- Pedal rotation segments, distance, speed, energy and time increase.
- Pulse (if activated).

#### Brake setting levels 1-10

- Turn hand wheel to the right to increase the brake level; turn hand wheel to the left to decrease the brake level.

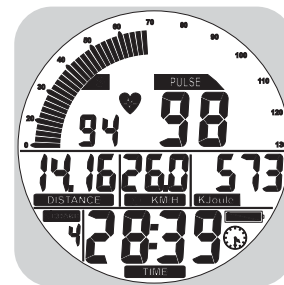


### Training interruption / end of training

If you interrupt or complete your training, average values of the last training unit are displayed with the  $\emptyset$  symbol.

#### Display

- **Average values  $\emptyset$ :**  
pedal rotation segments, speed, brake level and pulse (if activated).
- **Total values:**  
distance, energy and time.



### Sleep mode

Four minutes after the end of training, the device switches into the sleep mode. If you press a key, the display starts again with the segment test, odometer and ready for training.

## Training

### Training without presetting

- Press a key.
- and / or
- Start pedalling (as in "Quick start").

### Training with presetting

**Display:** "Ready for training".

- Press "SET": presetting segment

### Time setting (TIME)

- Enter values using "Plus" or "Minus" (e.g. 30:00),
- Confirm with "SET".

**Display:** next menu "DISTANCE".

### Distance setting (DISTANCE)

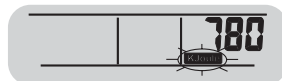
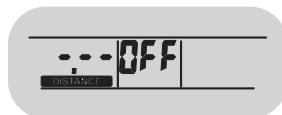
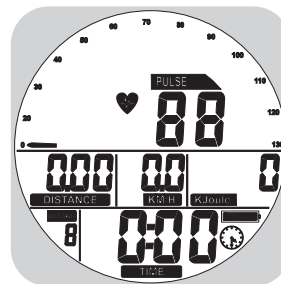
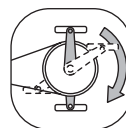
- Enter values using "Plus" or "Minus" (e.g. 7.50),
- Confirm with "SET".

**Display:** next menu "ENERGY".

### Energy setting (KJoule/kcal)

- Enter values using "Plus" or "Minus" (e.g. 780), confirm
- with "SET".
- Select unit KJoule or kcal using "Plus" or "Minus"
- Confirm with "SET".

**Display :** next menu "Age input".



## Training

### Age input (AGE)

The input of the age serves for the calculation and the monitoring of the maximum pulse (symbol HI; warning signal, if activated).

- Enter values using "Plus" or "Minus" (e.g. 50). Upon input, the maximum pulse is calculated with the formula  $(220 - \text{age})$ , here: maximum pulse of 170.
- Confirm with "SET".

**Display:** next menu "Alarm signal".

### Alarm signal, if maximum pulse is exceeded

- Select function using "Plus" or "Minus"
- Confirm with "SET".

**Display:** next menu target pulse selection "FA 65%"

### Target pulse monitoring FA 65%/FI 75%

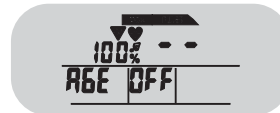
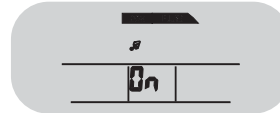
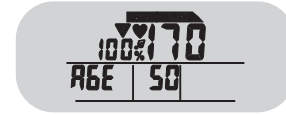
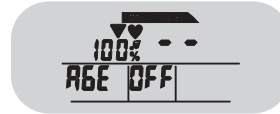
- Make your choice using "Plus" or "Minus".
- Fat burning 65%, fitness 75% of maximum pulse
- Confirm with "SET" (presetting mode completed).

**Display:** ready for training with the presetting.

### Or target pulse input

The input 40 – 199 serves for the determination and monitoring of a training pulse independent of the age (symbol HI; warning signal, if activated; no maximum pulse monitoring). Note that that the age input has to be set to "OFF".

- Switch off maximum pulse monitoring using "Plus" and "Minus". **Display: "AGE OFF"**
- Confirm with "SET".



## Training

**Display:** next presetting "Target pulse" (pulse).

- Enter values using "Plus" or "Minus" (e.g. 130)
- Confirm with "SET" (presetting mode completed)

**Display:** ready for training with the presetting.

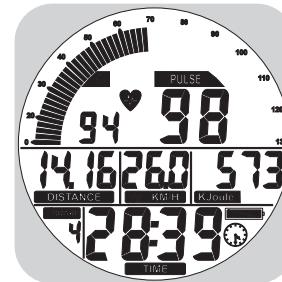
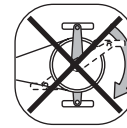
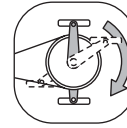
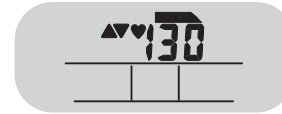
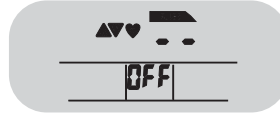
- Pedalling  
Decreases with presetting.
- The presetting entries are lost with a "Reset".

### Training interruption / end of training

With less than 14 pedal rotations per minute, the electronics assembly of the device identifies a training interruption. The achieved training data are displayed. Rotations, pulse, speed and brake level are displayed as average values with the symbol Ø.

**You can switch to the current display using "Plus" or "Minus".**

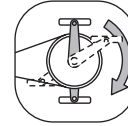
The training data are displayed for four minutes. If you do not press any key nor train during this period of time, the electronics assembly of the device switches to sleep mode.



## Training

### Resumption of training

If you resume training within four minutes, the last values continue to be increased or decreased.



### RECOVERY function

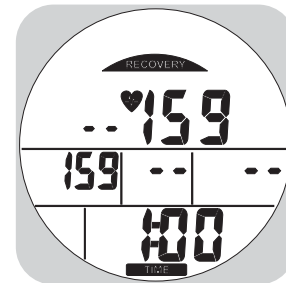
#### Recovery pulse measurement

Press "RECOVERY" at the end of training.

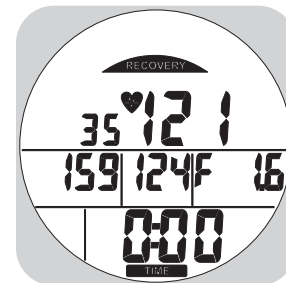
#### Display

RECOVERY

The electronics assembly of the device measures your pulse 60 seconds in reverse.



The current pulse value is saved under "DISTANCE"; the pulse value after 60 seconds is saved under "KM/H". Next to "% Puls", the difference between the two values is displayed. From this difference, a fitness mark (in this example F 1.6) is calculated. The display switches off after 20 seconds.



"RECOVERY" interrupts the recovery pulse function or the fitness mark display.

If no pulse is measured in the beginning or at the end of the reverse counting, the error message "E" is displayed



## Glossar

### **Age**

Input for the calculation of the maximum pulse.

### **Dimension**

Units for the display of km/h or mph, KJoule or kcal.

### **Fat burning pulse**

Calculated value of: 65% maximum pulse.

### **Fitness pulse**

Calculated value of: 75% maximum pulse.

### **Glossary**

An accumulation of attempts at explanation.

### **HI symbol**

If "HI" is displayed, the target pulse is too high by 11 beats. If "HI" blinks, the maximum pulse is exceeded. "HI" monitoring is always activated.

### **LO symbol**

If "LO" is displayed, the target pulse is too low by 11 beats. "LO" monitoring is activated, if the target pulse is reached during training.

### **Maximum pulse(s)**

Value calculated from 220 minus age.

### **Menu**

Display, in which values can be entered or selected.

### **Pulse**

Registration of the heart beat per minute.

### **Recovery**

Recovery pulse measurement at the end of training. The difference between start pulse and end pulse of a minute is calculated. With the help of this difference, a fitness mark is determined. Under the same measurement conditions and the same prerequisites, the improvement of this mark is an indication for an increased fitness.

### **Reset**

Deletes the display contents and resets the display.

### **Target pulse**

Input of a particular pulse value, which is be monitored

## General instructions

### System signals

#### Activation of the device

If you activate the device, a signal is emitted during the segment test.

#### Presetting

A short signal is emitted, if you reach a preset-like time, distance and KJoule/kcal.

#### Exceeding of maximum pulse

If the set maximum pulse is exceeded by one pulse beat, two short signals are emitted for the time of exceedance.

#### Recovery

Calculation of the fitness mark (F):  

$$\text{mark (F)} = 6.0 - \left( \frac{10 \times (P1 - P2)}{P1} \right)^2$$

P1 = stress pulse, P2 = recovery pulse  
 F1.0 = very good, F6.0 = insufficient

#### Calculation of average value

The calculations of the average values refer to training units in the past until a reset or the sleep mode.

#### Instructions for pulse measurement

The pulse measurement starts as soon as the heart in the display blinks in time with your pulse beat.

##### With ear clip

The pulse sensor works with infrared light and measures the variations in translucence in your skin, which are produced by your pulse beat. Rub your ear ten times strongly to activate the blood circulation before attaching the pulse sensor to your earlobe. Avoid disturbing pulses.

- Attach the ear clip properly to your earlobe and look for the best point for the measurement (heart symbol blinks without interruption).
- Do not train directly under strong incidence of light, e.g. neon light, halogen light, spot light, sun light.
- Completely eliminate any shocks or bounces of the ear sensor and the cable. Always attach the cable with a clip at your clothing or, even better, at your headband.

##### With breast clip

Please observe the corresponding instructions.

##### With hand pulse

An extra-low voltage caused by the contractions of your heart is registered by the hand sensors and evaluated by the electronics assembly of the device.

- Always grab the contact faces with both hands.
- Avoid jerky grasping.
- Hold your hands calmly and avoid contractions and rubbing on the contact faces.

##### Comment

Only one way of pulse measurement is possible:

either with ear clip or with hand pulse or with breast belt. If no ear clip or plug recipient is located in the pulse plug, hand pulse measurement is activated. If you insert an ear clip or a plug recipient in the pulse plug, hand pulse measurement is automatically deactivated. It is not necessary to disconnect the plug of the hand pulse measurement.

#### Failures with the training computer

Press the "SET" key for a longer period of time (reset).

#### Brake level display

The brake setting is divided into levels 1-10. If this division is deranged or lost, you can reset it in the following way:

- Insert batteries and press the "SET" key until the segment test is completed.
- Turn hand wheel back to the minimum setting and press the
- "SET" key when "LO" 0%, BRAKE 0 is displayed.
- Turn hand wheel forward to the maximum setting and press the "SET" key when "HI" 100%, BRAKE 10 is displayed.

Process completed.

## Safety instructions

### Please observe the following instructions for your own safety:

- The training device must be set up on an appropriate and firm surface.
- Inspect the connections for firm fitting before initial operation and additionally after approximately six operation days.
- In order to prevent injuries caused by wrong stress or overstress, the training device may only be used in accordance with the instructions.
- It is not recommended to permanently set up the device in humid rooms due to the resulting corrosion development.
- Assure yourself regularly that the training device functions properly and that it is in duly condition.
- The operator is responsible for the safety controls, which have to be carried out on a regular and proper basis.
- Defective or damaged parts must be exchanged immediately. Only use original KETTLER spare parts.
- The device may not be used until after repairs are completed.
- The safety level of the device can only be maintained provided that it is regularly inspected for damage and wear and tear.

### For your safety:

- **Please clarify with your general practitioner before you start with the training, whether or not your health condition allows you to train with this device. The diagnostic findings should be the basis for the determination of your training programme. Wrong or excessive training can cause damage to your health.**

## run!me

Laufband  
Treatmill  
Tapis de marche  
Loopband  
Cinta de andar-correr  
Tappeto elettrico  
Bieżnia treningowa



## bike!me

Heimtrainer  
Exercice bike  
Vélo intérieur  
Hometrainer  
Bicicleta estatica  
Biciclette da camera  
Rower stacyjny



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# KETTLE