

Kettler 07862-900

Kettler CTR 4 Crosstrainer User Manual

Model: 07862-900

1. INTRODUCTION

The Kettler CTR 4 Crosstrainer is a high-quality fitness device designed for effective cardiovascular training and muscle strengthening. It is suitable for individuals of all age groups aiming to maintain fitness and improve endurance performance. This manual provides essential information for the safe and efficient use of your crosstrainer, including assembly, operation, maintenance, and troubleshooting.

The CTR 4 Crosstrainer offers joint-friendly training, making it an excellent choice for various fitness levels.

2. SAFETY INSTRUCTIONS

Please read all safety instructions carefully before assembling or operating the Kettler CTR 4 Crosstrainer. Failure to follow these instructions may result in injury or damage to the equipment.

- Always consult a physician before starting any new exercise program.
- Ensure the crosstrainer is placed on a stable, level surface. Use a protective mat to prevent damage to flooring, especially wooden floors.
- Keep children and pets away from the equipment during operation.
- Wear appropriate athletic footwear and clothing.
- Inspect the equipment for loose or damaged parts before each use. Do not use if any components are compromised.
- Do not exceed the maximum user weight capacity of 150 kg.
- Perform exercises smoothly and controlled. Avoid sudden movements.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.

3. SETUP AND ASSEMBLY

The Kettler CTR 4 Crosstrainer requires assembly. It is recommended that two people perform the assembly, which typically takes approximately 35 minutes. Follow the detailed instructions provided in the separate assembly guide included with your product.

Important Assembly Notes:

- Ensure all components are present before beginning assembly.
- During assembly, pay close attention to the drive belt and tension spring mechanism. In some cases, the drive belt may become dislodged during transport. If the induction brake is not engaging or RPM is not detected after assembly, it may be necessary to re-seat the belt and tighten the tension spring screw. This typically involves disassembling the rear cover (usually 6 screws) to access the mechanism.
- Tighten all bolts and nuts securely, but do not overtighten.



Figure 1: Fully assembled Kettler CTR 4 Crosstrainer, showcasing its robust design and ergonomic handles.

4. OPERATING INSTRUCTIONS

The Kettler CTR 4 Crosstrainer features an advanced training computer with various functions to enhance your workout experience.

4.1 Training Computer



Figure 2: Close-up of the Kettler CTR 4 Crosstrainer's backlit display and control panel, showing various workout metrics and program selection buttons.

The backlit display provides clear visibility of your workout data. The control panel includes buttons for program selection, user memory, and resistance adjustment.

- **Programs:** The computer offers 8 pre-set training programs to vary your workouts. Refer to the computer manual for detailed descriptions of each program.

- **User Memory:** Store data for up to 4 individual users, allowing personalized tracking of progress.
- **USB Port:** A front USB port is available for data transfer or connectivity.
- **Profile Load Graph:** Visualize your workout intensity profile directly on the display.
- **Heart Rate Monitoring:** The integrated heart rate receiver enables pulse-controlled training. Use a compatible chest strap (not included) for accurate heart rate measurement.

4.2 Resistance System

The CTR 4 features an induction braking system, providing precise and speed-independent resistance from 25 to 400 watts. Adjust the resistance level using the control panel to match your desired intensity.

4.3 Kettler World Tours 2.0 Compatibility

This crosstrainer is compatible with Kettler World Tours 2.0 software, allowing you to experience virtual training routes and enhance your motivation. Refer to the Kettler World Tours 2.0 documentation for setup and usage instructions.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Kettler CTR 4 Crosstrainer.

- **Cleaning:** Wipe down the crosstrainer with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Moving joints may require occasional lubrication. Refer to the detailed maintenance section in your product manual for specific lubrication points and recommended lubricants.
- **Floor Protection:** Always use a protective mat underneath the crosstrainer to prevent scratches or damage to your flooring, especially when moving the unit using its transport rollers.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your Kettler CTR 4 Crosstrainer.

6.1 No RPM Reading or Induction Brake Not Engaging

If the training computer does not display RPM or the induction brake does not provide resistance, check the following:

- **Drive Belt:** The drive belt may have become dislodged during transport or assembly. You may need to remove the rear cover (typically secured by 6 screws) to inspect and re-seat the belt onto the flywheel.
- **Tension Spring:** Ensure the screw for the tension spring is properly tightened. A loose spring can cause the belt to slip or detach.
- **Cables:** Check all cable connections to the training computer and the resistance unit for secure attachment.

6.2 Unusual Noises During Operation

- **Loose Parts:** Inspect all bolts and nuts. Tighten any loose fasteners.
- **Lubrication:** Apply lubricant to moving joints as per the maintenance instructions.
- **Level Surface:** Ensure the crosstrainer is on a stable and level surface. Adjust the leveling feet if

necessary.

For persistent issues, please contact Kettler customer support.

7. SPECIFICATIONS



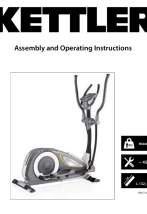



Feature	Specification
Brand	Kettler
Model Name	CTR 4
Item Model Number	07862-900
Color	Black
Material	Metal
Resistance Mechanism	Magnetic (Induction Braking System)
Resistance Range	25 - 400 Watts (Speed-independent)
Maximum Weight Capacity	150 Kilograms
Product Dimensions (L x W x H)	145 x 53 x 152 cm
Item Weight	70.5 Kilograms
Training Programs	8
User Memory	4 users
Display	Backlit
Connectivity	USB (front), Kettler World Tours 2.0 ready
Heart Rate Monitoring	Integrated receiver for pulse-controlled training

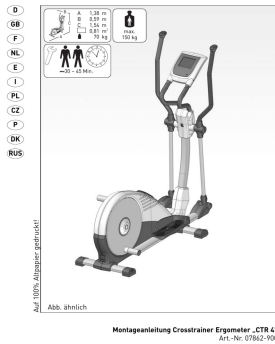
8. WARRANTY AND SUPPORT

For warranty information, please refer to the warranty card included with your Kettler CTR 4 Crosstrainer or visit the official Kettler website. If you require technical assistance or have questions regarding your product, please contact Kettler customer support through their official channels.

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Related Documents - 07862-900

	<p>KETTLER OMNIUM 500 Crosstrainer: Assembly, User, and Training Manual</p> <p>Comprehensive guide for assembling, using, and maintaining the KETTLER OMNIUM 500 Crosstrainer. Includes detailed safety instructions, step-by-step assembly, handling tips, care guidelines, and training advice for optimal fitness.</p>
	<p>Kettler Nova M Montage- und Bedienungsanleitung</p> <p>Umfassende Montage- und Bedienungsanleitung für das Kettler Nova M Elliptical Trainer. Enthält Anleitungen zu Aufbau, sicherer Nutzung, Wartung und Fehlerbehebung.</p>
	<p>Kettler Nova P Elliptical Cross Trainer Assembly and Operating Instructions</p> <p>Comprehensive assembly and operating instructions for the Kettler Nova P elliptical cross trainer. Includes setup, usage, maintenance, troubleshooting, and warranty information.</p>
	<p>KETTLER Golf P Exercise Cycle Assembly Instructions and User Guide</p> <p>Comprehensive assembly instructions, safety guidelines, and handling information for the KETTLER Golf P exercise cycle (Art.-Nr. 07663-100). Includes parts list, accessory ordering, and spare parts information.</p>
	<p>Kettler Elyx 1 Elliptical Trainer Assembly and User Manual</p> <p>Comprehensive assembly instructions and safety guidelines for the Kettler Elyx 1 elliptical trainer. Learn how to safely assemble, use, and maintain your Kettler fitness equipment.</p>
	<p>Kettler AVIOR M Exercise Bike Assembly and Operating Instructions</p> <p>Comprehensive assembly and operating instructions for the Kettler AVIOR M exercise bike (Art. No. K-HT1002-100). This manual covers setup, safe usage, maintenance, troubleshooting, and warranty for home fitness enthusiasts. Find detailed guidance from Kettler and Fitshop.</p>



Montageanleitung Crosstrainer Ergometer „CTR 4“
Art.-Nr. 07862-900

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