

KETTLER E7

Kettler Vélo Ergomètre E 7 Instruction Manual

Model: E7 (07682-860)

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1. INTRODUCTION

This manual provides essential information for the safe and efficient use of your Kettler Vélo Ergomètre E 7. Please read these instructions carefully before assembly and operation. Keep this manual for future reference.

The Kettler Vélo Ergomètre E 7 is an advanced exercise bike designed for indoor use, featuring a comprehensive training computer with a graphical display, HeartRateLight, and various training programs. It offers precise resistance control and detailed performance tracking capabilities.

2. SETUP AND ASSEMBLY

2.1 Unpacking

Carefully remove all components from the packaging. Ensure all parts listed in the packing list are present. Place components on a clean, flat surface to prevent damage.

2.2 Assembly

Follow the step-by-step assembly instructions provided in the separate assembly guide (if applicable). Ensure all bolts and screws are securely tightened before use.



Figure 2.2.1: Kettler Vélo Ergomètre E 7 with dimensions. The bike measures 125 cm in length, 54 cm in width, and 125 cm in height. This image helps in planning the placement of the exercise bike.

2.3 Placement

Place the ergometer on a stable, level surface. Ensure sufficient space around the device for safe operation and maintenance. The maximum allowed user weight is 150 kg.

2.4 Power Connection

Connect the ergometer to a standard 230-volt power outlet. Ensure the power cable is not a tripping hazard.

3. OPERATING INSTRUCTIONS

3.1 Console Overview

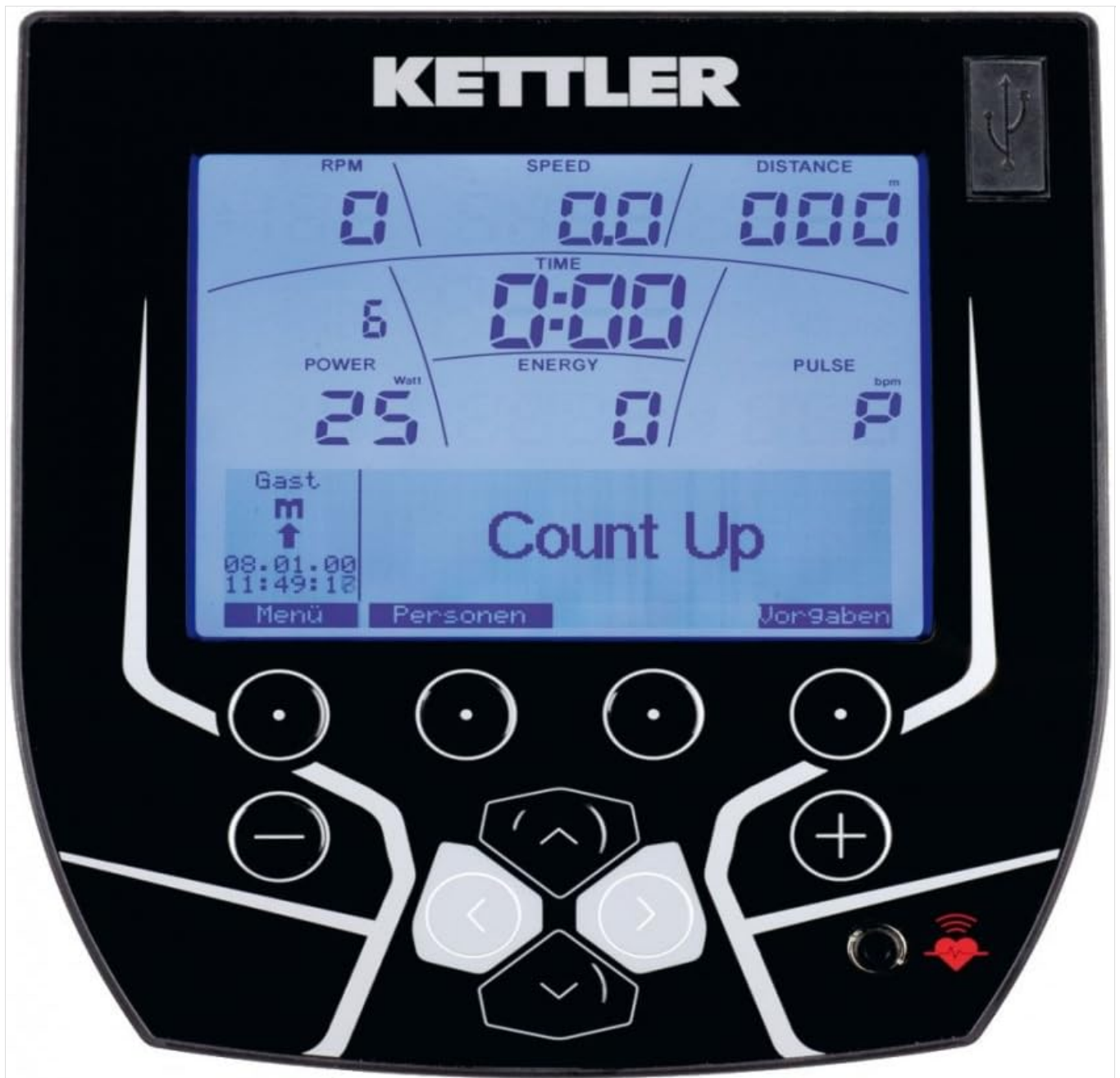


Figure 3.1.1: The Kettler Vélo Ergomètre E 7 training computer display. It shows RPM, Speed, Distance, Time, Power (Watts), Energy, and Pulse. Below the main display are control buttons for navigation and settings.

The ergometer features an LCD display with HeartRateLight and a sweat-resistant film keyboard. Key functions include:

- **RPM:** Revolutions per minute.
- **Speed:** Current speed.
- **Distance:** Distance covered.
- **Time:** Workout duration.
- **Power (Watts):** Current power output (25 - 400 Watt, in 5-watt increments).
- **Energy:** Estimated calories burned.

- **Pulse:** Heart rate (measured via ear clip or optional chest strap).
- **HeartRateLight:** Visual indicator for heart rate zones.

3.2 User Profiles and Settings

The ergometer supports storage for 4 individual users plus a guest profile and USB key data.

- **User Memory:** Store personal data and training results for up to 4 users.
- **Guest Profile:** For temporary users without saving data.
- **USB Interface:** A front USB port is available for PC interface and data transfer.



Figure 3.2.1: Close-up of the Kettler Vélo Ergomètre E 7 console, highlighting the USB port for data connectivity.

3.3 Training Programs

The E 7 offers a variety of training programs to suit different fitness goals:

- **Free Watt Profiles:** 10 freely adjustable Watt profiles.
- **Heart Rate Controlled Programs:** 5 programs based on heart rate.
- **Training Programs:** 48 pre-set training programs.
- **Individual Programs:** 20 customizable individual programs.
- **Target Zone Training:** FAT / FIT / MANUAL target zone training options.

- **Cool-down / Warm-up Function:** Integrated functions for safe exercise initiation and conclusion.
- **Count-Up / Count-Down Function:** For time or distance-based workouts.

3.4 Resistance Adjustment

The ergometer features an electromagnetic braking system with speed-independent power adjustment. Resistance can be manually controlled via the console. The power scale ranges from 25 to 400 Watts, adjustable in 5-watt increments.

3.5 Pulse Measurement

Pulse measurement is available via an included ear clip. An optional POLAR-compatible chest strap (5kHz) receiver is integrated for wireless heart rate monitoring. The console displays the maximum heart rate threshold with optical and acoustic alarm signals.

- **Recovery Pulse Measurement:** Includes a fitness score calculation.
- **IPN-Test:** Integrated IPN test for performance assessment.

4. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Kettler Vélo Ergomètre E 7.

- **Cleaning:** Wipe down the ergometer with a damp cloth after each use. Avoid abrasive cleaners. The console is sweat-resistant.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten as necessary.
- **Lubrication:** Moving parts may require occasional lubrication as specified in the full assembly manual.
- **Storage:** Store the ergometer in a dry, clean environment away from direct sunlight and extreme temperatures.

5. TROUBLESHOOTING

Problem	Possible Cause	Solution
Display not turning on	No power connection or loose cable.	Check power cable connection to the ergometer and wall outlet (230V).
Resistance not changing	Issue with electromagnetic braking system or console.	Ensure power is connected. If problem persists, contact customer support.
Inaccurate pulse reading	Ear clip not properly attached or chest strap not paired/worn correctly.	Adjust ear clip or chest strap. Ensure proper skin contact for chest strap. Check battery in chest strap if applicable.
Unusual noises during operation	Loose components or internal friction.	Check all visible bolts and connections. If noise persists, discontinue use and contact customer support.

For issues not listed here, please contact Kettler customer support.

6. SPECIFICATIONS

Feature	Detail
Model Name	E7

Model Number	07682-860
Brand	KETTLER
Dimensions (L x W x H)	125 cm x 54 cm x 125 cm
Max. User Weight	150 kg
Resistance Mechanism	Electromagnetic
Power Scale	25 - 400 Watts (in 5-watt increments)
Drive System	Longitudinal ribbed belt
Power Connection	230 Volts
Pulse Measurement	Ear clip included, POLAR-compatible chest strap (5kHz) receiver integrated
Training Programs	10 Free Watt profiles, 5 Heart Rate controlled, 48 Pre-set, 20 Individual
User Memory	4 users + guest + USB key
PC Interface	USB / Front USB
Material	Polycarbonate
Product Weight	105.82 lbs (approx. 48 kg)

7. WARRANTY AND SUPPORT

7.1 Warranty Information

For detailed warranty information, please refer to the warranty card included with your product or visit the official Kettler website. Keep your proof of purchase for warranty claims.

7.2 Customer Support

If you require assistance with assembly, operation, or troubleshooting, please contact Kettler customer support.

- **Online Support:** Visit the official Kettler website for FAQs, support documents, and contact forms.
- **Phone Support:** Refer to your product packaging or the Kettler website for regional contact numbers.

You can also visit the [KETTLER Brand Store on Amazon](#) for additional information.

