

HAMMER 4107

HAMMER Speed-Motion BT Crosstrainer with iConsole User Manual

Model: 4107

[Safety
Instructions](#)

[Setup](#)

[Operating
Instructions
Specifications](#)

[Maintenance](#)

[Troubleshooting](#)

INTRODUCTION

Thank you for choosing the HAMMER Speed-Motion BT Crosstrainer. This manual provides essential information for the safe and effective use of your fitness equipment. Please read it thoroughly before assembly and operation, and keep it for future reference.

The Speed-Motion BT Crosstrainer is designed for a joint-friendly, full-body workout, featuring an elliptical front-drive system for a realistic running motion. It includes an iConsole-compatible training computer for diverse workout programs and app connectivity.

IMPORTANT SAFETY INSTRUCTIONS

- Consult a physician before starting any new exercise program.
- Ensure all parts are correctly assembled and tightened before use.
- Place the crosstrainer on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum user weight of 130 kg.
- Wear appropriate athletic footwear and clothing.

- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Perform regular checks for wear and tear on all components.

SETUP AND ASSEMBLY

Unpack all components and verify against the parts list. Assembly typically requires two people. Follow the step-by-step instructions provided in the separate assembly guide.

Key Assembly Steps:

1. Attach the front and rear stabilizers to the main frame.
2. Mount the main upright post and connect internal wiring.
3. Install the pedal arms and handlebars.
4. Secure the console to the upright post and connect its wiring.
5. Adjust the floor levelers for stability.



ON-DEMAND TRAINING.
Dein Trainer ist 24/7 für dich da



Motivierende Trainingsvideos
findest Du bei uns
kostenfrei auf 

Image: The HAMMER Speed-Motion BT Crosstrainer fully assembled, ready for use. This image shows the overall structure including the console, handlebars, and pedals.



JETZT FIGUR VERBESSERN & GESUNDHEIT TRAINIEREN.

Watt-Messung wie im Sportstudio

10-350 Watt, perfekte Leistungsmessung

Herzschlag immer unter Kontrolle

Bei erhöhtem Puls wird der Widerstand automatisch nach unten korrigiert

Ergoneck

Nackenschonend

Kalorienkiller

Effektives Ganzkörpertraining lässt die Pfunde purzeln

Image: A close-up view of the console and handlebars of the HAMMER Speed-Motion BT Crosstrainer, highlighting the ergonomic design and display.

OPERATING INSTRUCTIONS

Console Overview:

The user-friendly LCD display provides real-time feedback on your workout. It can connect to your smartphone or tablet via Bluetooth for app-based training experiences.



PUSH DICH ZUM LIMIT.

Die Trainingsampeln links & rechts zeigen dir deine Trittfrequenz und deinen Puls an.

Je höher die Trittfrequenz/Puls, desto höher steigen die Balken in der Ampel an.

Pulsampel:

- Rot:** Maximale Ausdauer/Fitness
- Gelb/Rot:** Intensive Ausdauer/Fitness
- Gelb:** Normale Ausdauer/Fitness
- Blau/Gelb:** Fettverbrennung
- Blau:** Aufwärmen/Fettverbrennung

Image: A detailed view of the crosstrainer's LCD console, showing workout data such as time, distance, calories, level, and pulse. It also illustrates the "Push Yourself To The Limit" feature with training traffic lights indicating intensity.

Starting a Workout:

1. Step onto the pedals, ensuring your feet are securely placed.
2. Grasp the moving handlebars or the stationary pulse sensors.
3. Press the **START** button to begin a quick start workout, or select a program.

Workout Programs:

The crosstrainer offers 22 training programs, including 12 mountain and valley programs and 4 heart rate-controlled programs. A manual program option is also available.

- **Manual Program:** Adjust resistance levels manually using the console controls.
- **Pre-set Programs:** Select from various intensity profiles.
- **Heart Rate Programs:** Maintain a target heart rate zone for cardiovascular training. The system automatically adjusts resistance if your pulse is too high.

iConsole and App Connectivity:

Connect your smartphone or tablet via Bluetooth to access interactive training experiences through compatible fitness apps like Kinomap. This allows for live route experiences, automatic resistance adjustments, and multiplayer challenges.

FITNESS-APPS MIT LIVE-STRECKEN.

Interaktives und effizientes Training mit Kinomap

Automatische Widerstands- und Steigungseinstellung in Echtzeit

Multiplayer-Challenges

TV-Streaming-Funktion

Live-Workouts

Kinomap

JETZT BEI Google Play

Laden im App Store

Image: A user demonstrating the use of fitness apps with live routes on the HAMMER Speed-Motion BT Crosstrainer, showing a tablet connected to the console for interactive training.



Image: The HAMMER Speed-Motion BT Crosstrainer with annotations highlighting "Ingenious Extras" such as low pedal plate distance, high-quality rollers, neck-friendly grip distance, self-explanatory computer, natural and joint-friendly running motion, and transport rollers with floor leveling.

MAINTENANCE AND CARE

Regular maintenance ensures the longevity and safe operation of your crosstrainer.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use. Avoid abrasive cleaners.
- **Lubrication:** Periodically check and lubricate moving parts as specified in the assembly guide.
- **Inspection:** Regularly inspect all bolts, nuts, and connections for tightness. Check for any signs of wear or damage on cables, pedals, and handlebars.
- **Storage:** Store the crosstrainer in a dry, clean environment away from direct sunlight and extreme temperatures. The integrated transport wheels allow for easy relocation.

FLÜSTERLEISE QUALITÄTSKUGELLAGER.

Für ein besonders geräuscharmes Training



Image: A close-up of a quality ball bearing, illustrating the "Whisper-quiet quality ball bearings" feature, which ensures a particularly quiet training experience.

TROUBLESHOOTING GUIDE

| Problem | Possible Cause | Solution |
|--------------------------------|--|--|
| No display on console | Power adapter not connected or faulty; loose cable connection. | Check power connection. Ensure all console cables are securely plugged in. |
| Unusual noise during operation | Loose bolts; worn bearings; parts rubbing. | Tighten all visible bolts and nuts. Inspect moving parts for friction or wear. Lubricate if necessary. |
| Resistance not changing | Magnetic brake system malfunction; console connection issue. | Check console wiring. If problem persists, contact customer support. |

| Problem | Possible Cause | Solution |
|-------------------------------|--|---|
| Inaccurate heart rate reading | Hands not firmly on sensors; dry hands; faulty sensor. | Ensure firm, consistent contact with pulse sensors. Moisten hands slightly if dry. |

PRODUCT SPECIFICATIONS

Model: HAMMER Speed-Motion BT Crosstrainer (Model 4107)

Brand: HAMMER

Product Dimensions (L x W x H): 164D x 53B x 164H cm

Item Weight: 55.3 kg

Maximum User Weight: 130 kg

Flywheel Mass: 12 kg

Resistance Mechanism: Magnetic

Number of Resistance Levels: 16

Stride Length: 43 cm

Hub Height: 14 cm

Pedal Plate Distance: 30 cm

Color: Anthracite/Silver

Programs: 22 (including 12 mountain/valley, 4 heart rate, manual)

Connectivity: Bluetooth (iConsole compatible for apps like Kinomap)



**120 JAHRE
HAMMER-QUALITÄT.**

**3,2
Mio.**

zufriedene
Kunden

Handelsblatt

Deutschlands
**BESTE
Händler**

1. Platz

2023

HAMMER SPORT

Branchenvergleich:
3 Händler für Fitnessgeräte
Partner: ServiceValue GmbH
Handelsblatt • 25.05.2023

Image: An infographic detailing key specifications and features of the crosstrainer, including joint-friendly training, natural running motion, 43 cm stride length, 14 cm stroke height, 30 cm pedal plate distance, 12 kg flywheel mass, and 130 kg max body weight.

WARRANTY INFORMATION

HAMMER products are manufactured to high-quality standards. For specific warranty terms and conditions, please refer to the warranty card included with your product or visit the official HAMMER website. Keep your proof of purchase for warranty claims.

CUSTOMER SUPPORT

If you have any questions, require assistance with assembly, operation, or maintenance, or need to report a problem, please contact HAMMER customer support.

Manufacturer: HAMMER

Website: www.hammer.de (or local HAMMER website)

Model Number: 4107

Please have your model number and purchase date ready when contacting support.



© 2023 HAMMER. All rights reserved.