

HOI
HOI CROSS
plus Exercise
Bike



HOI CROSS plus Exercise Bike Instruction Manual

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HOI

HOI CROSS plus Exercise Bike



Specifications:

- Model: CROSS+
- Article Number: CT1062-400 US / -900 US:
- Assembly Time: ~45 – 60 minutes
- Maximum Weight Capacity: 286 lbs
- Dimensions:
 - A: 61 cm
 - B: 134 cm
 - C: 170 cm
- Weight: 64 kg

Product Usage Instructions

• Important Safety Instructions:

Persons with reduced physical, sensory, or mental abilities should avoid using the equipment. Ensure proper setup of handlebars, saddle, and foot positioning.

• Pre-Training Preparation:

Prior to training, familiarize yourself with all equipment functions. Verify that all connections and safety mechanisms are in place and secure. Regularly inspect screws, bolts, and safety features for proper functionality.

• Maintenance and Service:

Perform annual maintenance checks to ensure safe operation. Refer to the maintenance section of the manual for detailed instructions on servicing, replacement parts, and ordering spare parts.

FAQ:

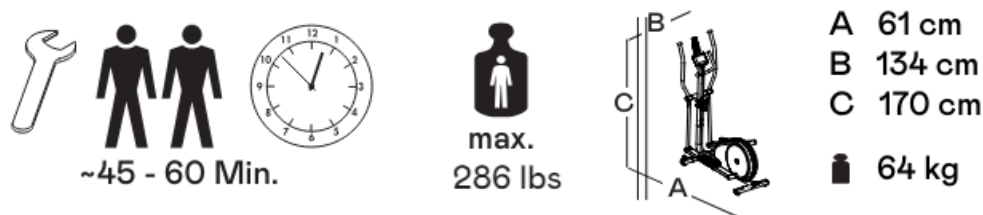
- **Q: Can children use this equipment?**

A: The device is suitable for individuals aged 14 and above. Children should not operate or play with the equipment unsupervised.

- **Q: How do I ensure accurate heart rate monitoring?**

A: Use a recommended chest strap for heart rate monitoring during exercise for better accuracy. If the pulse signal is lost, stop exercising immediately and check the heart rate measurement system.

ART.-NR. CT1062-400 US/-900 US



IMPORTANT INSTRUCTIONS

- Please read these instructions carefully prior to carrying out assembly and using for the first time. They contain information which is important for your safety as well as for the use and maintenance of the device. Keep these instructions in a safe place for reference purposes, maintenance work and to assist you when ordering spare parts.

The training device is intended for home use as well as for commercial use and be operated in dry rooms. For commercial use, the stationary training device must be operated in a supervised room.

FOR YOUR SAFETY

- This device can be used by people 14 years of age and older, as well as those with reduced physical, sensory or mental abilities or lack of experience and knowledge when supervised or have been instructed on the safe use of the device and understand the resulting dangers.
- Children are not allowed to play with the device. Cleaning and user maintenance must not be carried out by children without supervision.
- **DANGER!** During assembly of the product, keep children away (Swallow small parts).
- **DANGER!** The device requires a mains voltage of 230V, 50Hz.
- Connect the power cord to a properly grounded socket. Do not use multiple sockets for connection! If an extension cable is used, it must comply with VDE guidelines. The device may only be used with the originally supplied power adapter. Never intervene in the main power supplying the product yourself, if necessary, hire qualified personnel. Make sure that the electrical cable does not become trapped or becomes a "trip hazard".
- **WARNING!** This device is designed exclusively for home use and may only be used in dry interior areas.
- Any other use is prohibited and potentially dangerous. The manufacturer cannot be held responsible for damage caused by improper use.
- The device may only be used for its intended purpose (i.e. for the physical training of adults).
- **DANGER!** Inform people present (especially children) of possible dangers during the exercise.

- **DANGER!** Always pull the mains plug before any repair, maintenance, and before cleaning.
- **DANGER!** Improper repairs and structural changes (disassembly or original parts, attachment of non-approved parts, etc.) may pose a risk to the user.
- **DANGER!** All electrical devices emit electromagnetic signals when they are in operation. Be careful not to use particularly high radiation devices in the vicinity of the cockpit or control electronics, otherwise the displayed values could be falsified (i.e. heart rate measurement).
- **WARNING!** Please also pay attention to the instructions for training in the training instructions.
- **WARNING!** All interventions/manipulations of the device not described here can cause damage or endanger the user. Further interventions are only permitted by specially trained personnel.
- **WARNING!** The training device is intended exclusively for home use. You train with a device that has been designed according to the latest safety standards. Possible danger points that can cause injuries are avoided and secured in the best possible way. In case of doubt and if you have any questions, please contact your dealer or HOI BY KETTLER Service. Carry out a check of all equipment parts, especially the screws and nuts, approximately every 1 to 2 months. Before starting your training, have your family doctor clarify whether your health is suitable for training with this device. The medical findings should be the basis for the construction of your training program. Incorrect or excessive training can lead to damage to your health.
- Before each use, always check all screw and plug connections as well as respective safety devices for their correct fit.
- Our products are subject to constant, innovative quality assurance. We reserve the right to make technical changes resulting from this.
- The location of the device must be chosen in such a way that sufficient safety distances to obstacles are ensured. The free area around the machine must be at least 1 meter larger than the training area. Make sure that no one else is in the free area while the device is in use.
- Observe the general safety regulations and precautions for handling electrical equipment.
- When not in use for a long period of time, unplug the product from the power outlet.
- Only exercises from the training instructions may be carried out on this training device.
- The training device must be setup on a level surface. Place suitable cushioning material underneath (rubber mats or similar) to absorb shock. Only for devices with weights: avoid hard impact of the weights.
- When assembling the product, pay attention to the recommended rotational dimensions (= xx Nm).
- The actual human performance performed may differ from the mechanical performance displayed.
- For devices without a freewheel, note that the moving parts cannot be stopped immediately.
- The training device complies with DIN EN ISO 20957-1:2014-05/ DIN EN ISO 20957-5:2017-04, class SA.
- Class B and C devices are not suitable for high accuracy.
- The product is not suitable for persons with a body weight of more than 130 kg/286 lbs
- The device has an electromagnetic braking system. This is a speed-dependent/speed-independent depending on the computer setting.
- **HEART RATE MONITORING / HRC TRAINING DANGER!** Heart rate monitoring systems may be inaccurate. Excessive exercise can result in serious injury or death. Stop exercising immediately if you feel dizzy or weak.
- **WARNING!** If the pulse signal is lost, the power from the device will stay constant for 60 seconds and then slowly ramp down. Please check your heart rate measurement system (e.g. heart rate chest strap) so that the signal can be picked up again by the electronics. For heart rate training (HRC) a chest strap is recommended for better accuracy.
- This manual can also be downloaded from www.hoi-fitness.com

ASSEMBLY INSTRUCTIONS

DANGER! Ensure that your working area is free of possible sources of danger, for example don't leave any tools lying around. Always dispose packaging material in such a way that it may not cause any danger. There is always a risk of suffocation if children play with plastic bags!

- Ensure that you have received all the parts required (see checklist) and that they are undamaged. Should you have any cause for complaint, please contact your HOI dealer or HOI service.
- Before assembling the equipment, study the drawings carefully and carry out the operations in the order shown by the diagrams. The correct sequence is given in capital letters.
- The equipment must be assembled with due care by an adult person. If in doubt call upon the help of a second person, if possible, technically talented.
- The fastening material required for each assembly step is shown in the diagram inset. Use the fastening material exactly as instructed.
- Please note that there is always a possible risk of injury with every use of tools and with manual activities. Therefore, proceed carefully and prudently when assembling the device!
- Bolt all the parts together loosely at first, and check that they have been assembled correctly. Tighten the bolts by hand until resistance is felt, then use the indicated tool to finally tighten completely. Then check that all screw connections have been tightened firmly.
- For technical reasons, we reserve the right to pre-assemble components (e.g. addition of tubing plugs).

HANDLING THE EQUIPMENT

CAUTION! We do not recommend using the device in the immediate vicinity of damp rooms due to the associated formation of rust.

- Before using the equipment for exercise, carefully check to ensure that it has been correctly assembled.
- Familiarize yourself thoroughly with all the functions and settings of the unit prior to beginning your first training session.
- Any slight, design related noise that may occur when the flywheel rotates has no effect on the function of the device. Any noises that occur during reverse pedalling result from technical reasons and are absolutely harmless.
- The training device has an electromagnetic brake system.
- Before each use, always check all screws and plug connections as well as the respective safety devices to ensure their proper function.
- Wear suitable footwear (i.e. sports shoes) when using the equipment.
- If available, please adjust the handlebars and saddle so that you can find the most comfortable training position for you individual body size.
- **WARNING!** Protruding adjustment devices can endanger the movement of the user.
- To ensure that the safety level is kept to the highest possible standard, determined by its construction, this product should be serviced regularly (once a year) by specialist retailers.
- Please ensure that liquids or perspiration never enter the machine or the electronics.

MAINTENANCE – SERVICE – SPARE PARTS

- Damaged components may endanger your safety or reduce the lifetime of the equipment.
- Therefore, replace damaged or worn components immediately and remove the device until it has been repaired. Only use original HOI spare parts.

SPARE PARTS ORDER PAGE 33

- When ordering spare parts, always state the full article number, spare part number, the quantity required and the S/N of the product (see handling).

Example order: Art. no.BK1055-XXX/ spare part no. 7000XXXX/ 1 pieces / S/N Please keep original packaging of this article, so that it may be used for transport at a later date, if necessary. Goods may only be returned after prior arrangement and in (internal) packaging, which is safe for transportation, in the original box if possible. It is important to provide a detailed defect description / damage report!

- **Important:** spare part prices do not include fastening material if fastening material (bolts, nuts, washers etc.) is required, this should be clearly stated on the order by adding the words “with fastening material”.


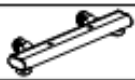

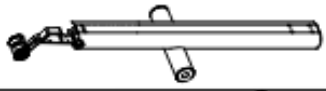
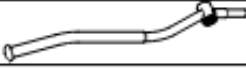

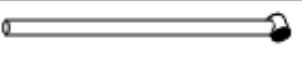
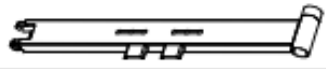










DISPOSAL INSTRUCTIONS



















- HOI products are recyclable.
- At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

VALID ONLY FOR GERMANY






CHECKLIST (CONTENTS OF PACKAGING)

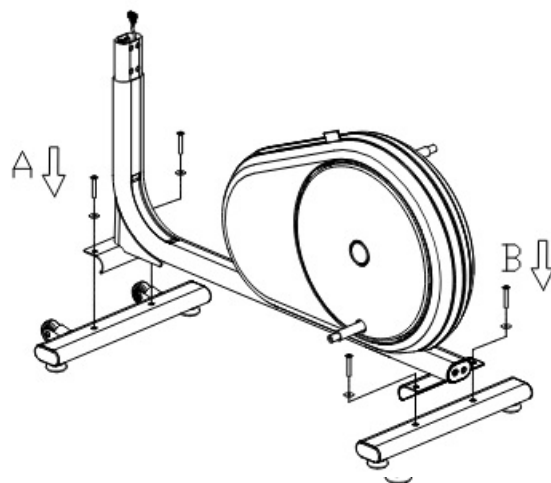
	Stck 1
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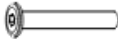





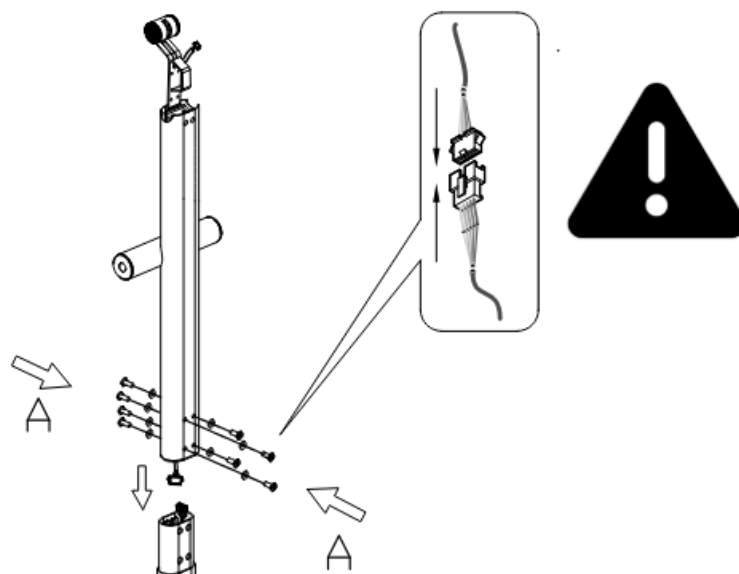
	M8x20	12
	ø8	6
	ø8x22	8
	ø22*ø17*10L	2
	M8*25L	2
	M8x20	2
	ø8x16	14
	ø17.5x25	2
	ø8*ø16*1T	1
	M8	1
	M8*50L*S20	4
	M6*12L	4
	M4*8L	4
	M8*40L*S15	2
	M8*65L*S20	1
	M10*16L	4

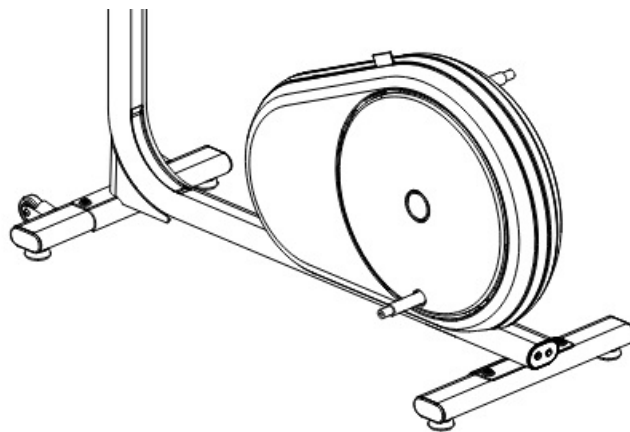


		2
		2
		2
		2
		2



B		
2x	M8x50=15 Nm	Φ 8x22
A		
2x	M8x50=15 Nm	Φ 8x22





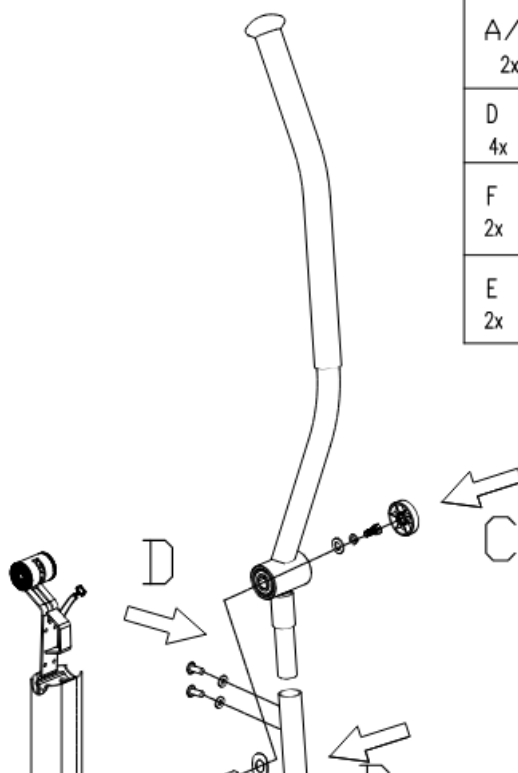
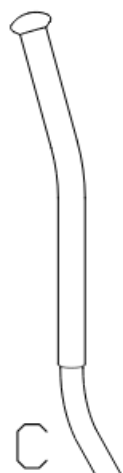
A



8x

M8x20=15 Nm

Φ8x16x2T



A/C



2x

M8x20=15 Nm

Φ8

Φ8x22

Φ17x22

D



4x

M8x20=15 Nm

Φ8x16x2T

F



2x

M10x8

M10x16

E



2x

Φ22=Φ17

Φ8x22

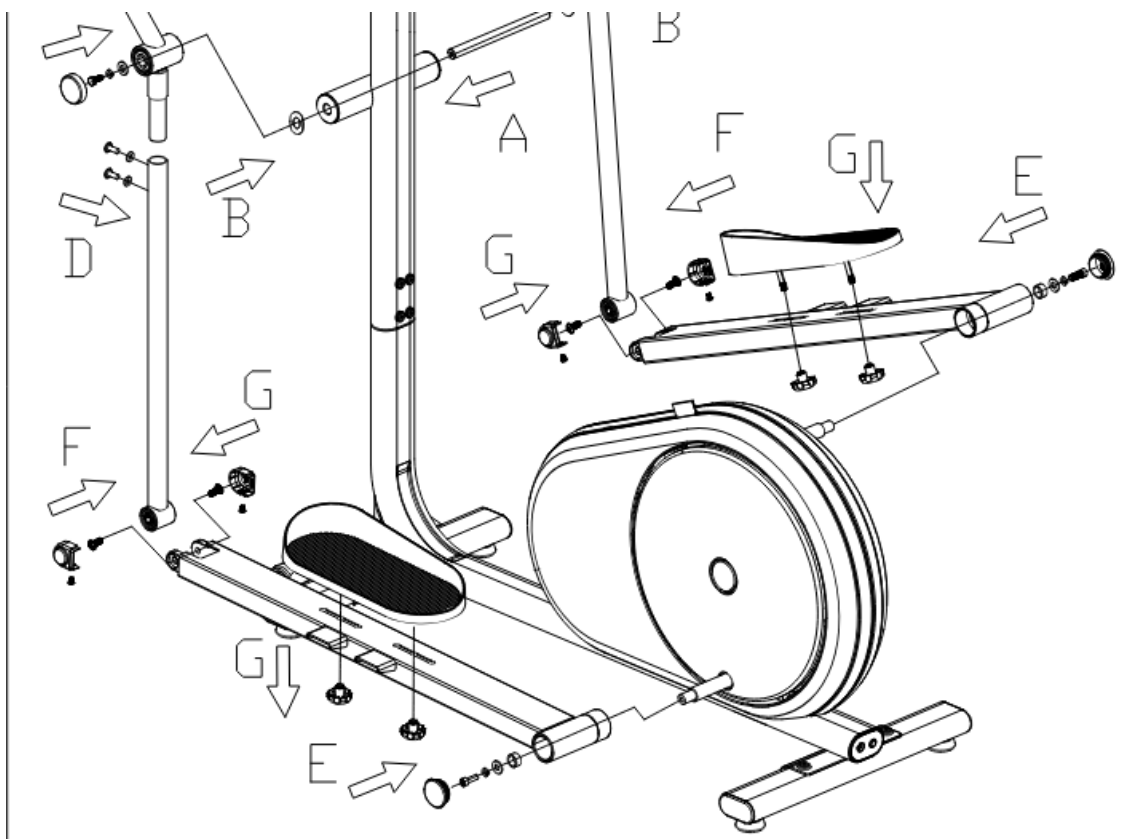
Ø8

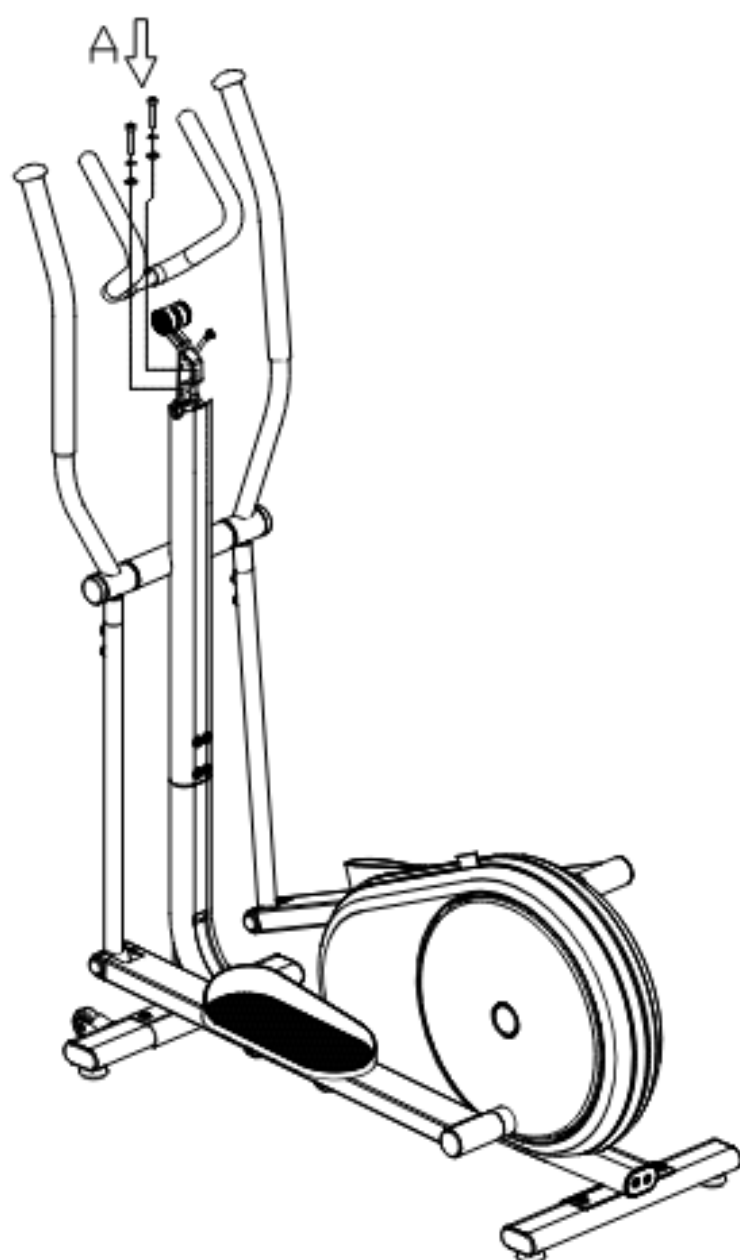
M8x25=15NmL

G

4x







A

2X



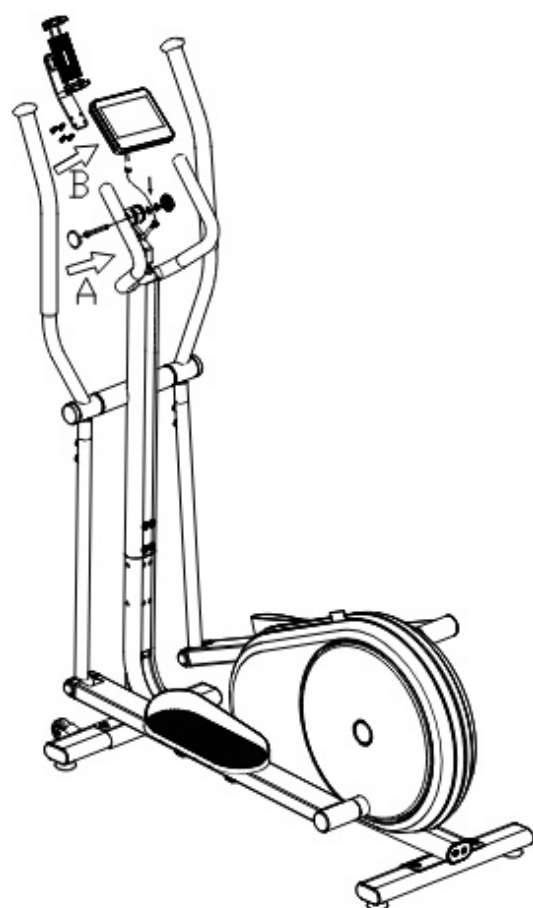
M8X40=15Nm



Φ8.1



Φ8*Φ19



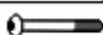
B
4x



M5x11

A

1x



M6x5-15 Nm



Ø12xØ16x17



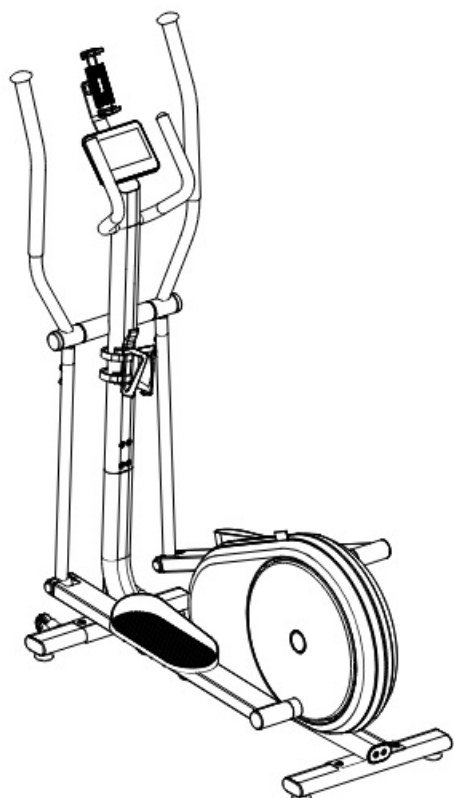
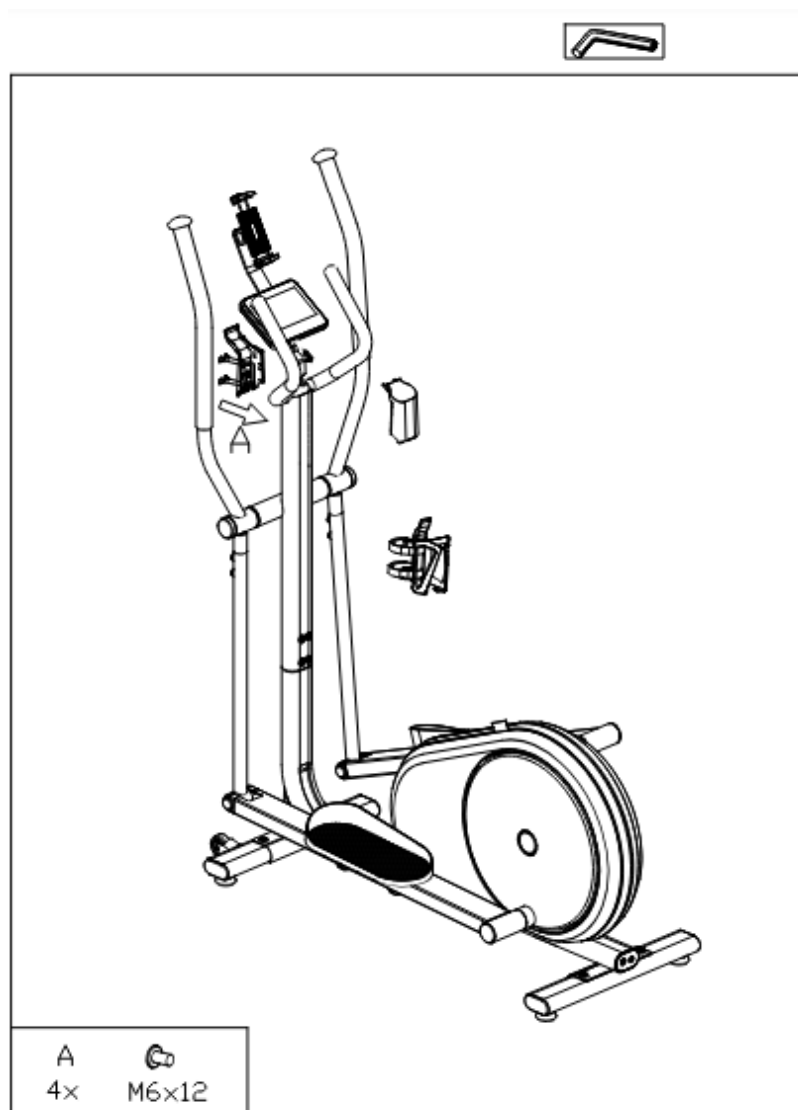
M5



M5



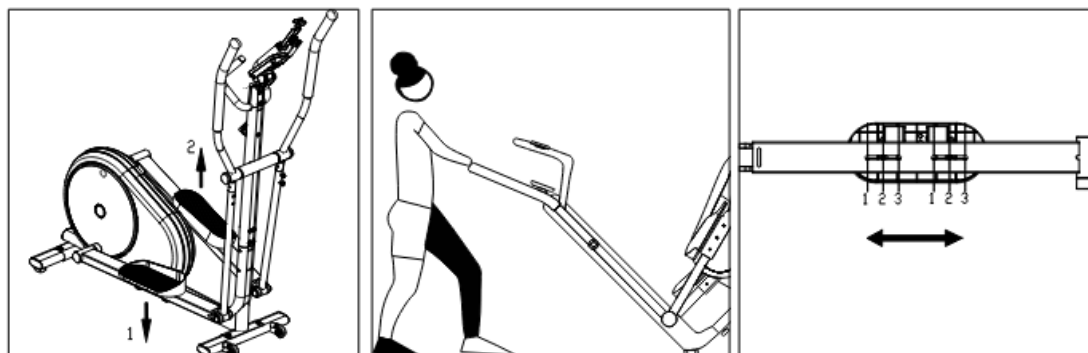
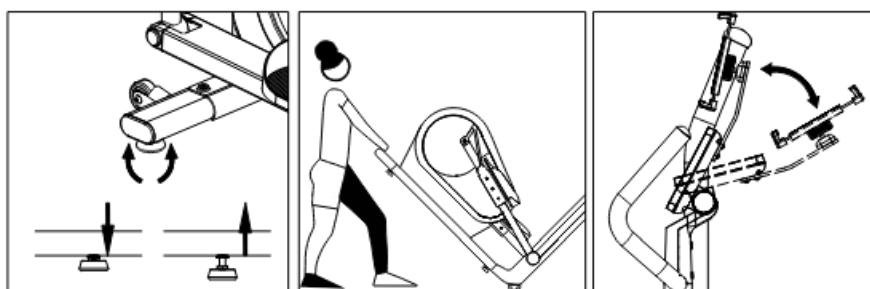
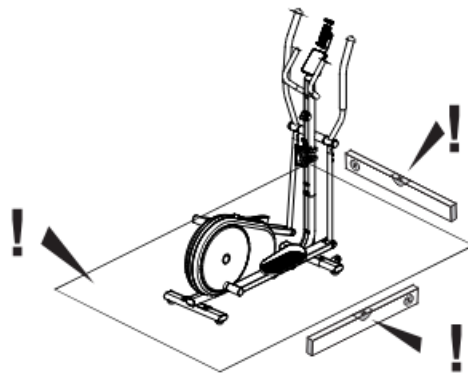
M5



CAUTION! The training machine must be positioned on a horizontal, stable surface. Place suitable cushioning material underneath it for shock absorption and to stop it from slipping (rubber mats or similar). The safety

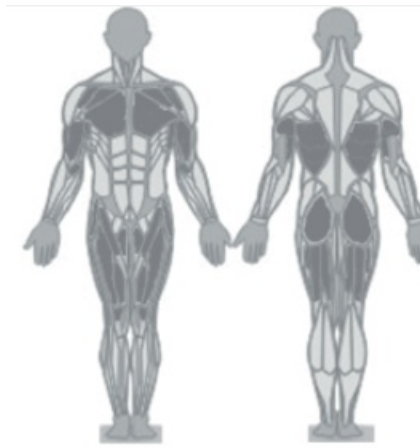
distance around the bike must be at least 1 metre larger than the area in which you are exercising.

HANDLING



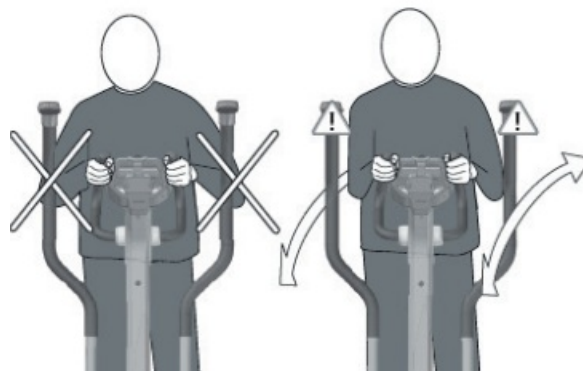
BIOMETRY

- Ideal for training the large muscle groups such as legs, arms, trunk and shoulders.
- Due to the elliptical motion sequence, the training is particularly easy on the joints. Crosstraining is particularly suitable for people who sit a lot at work. When training on the crosstrainer you have an upright training position. The backbone and the spinal column are relieved thereby. Different training loads are possible: training of the legs only with the hands on the fixed handlebar, whole body training with passive use of the arms, whole body training with active use of the arms. The coupling of leg and arm training produces an effective whole-body workout and thus stresses all important muscle groups.
- The upper body workout on the arm bars additionally works arm, shoulder and back muscles.



The advantages:

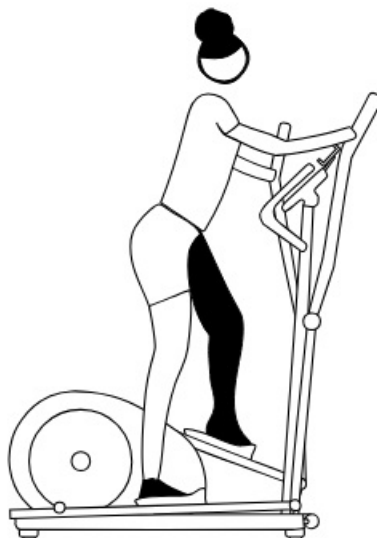
- Elliptical movement that is easy on the joints.
- Effective whole-body training and use of all important muscle groups.
- Varied training in forward and backward movement. Ideal for health-oriented fitness training.
- Energy consumption (kcal): approx. 700 per hour
- Fat consumption: approx. 55-59 gr. per hour

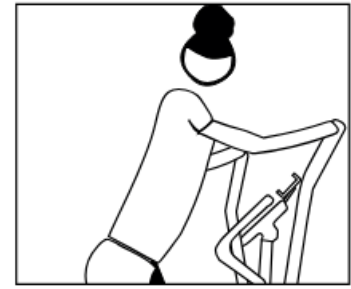
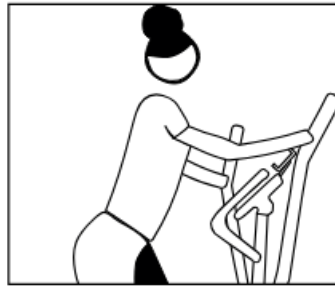
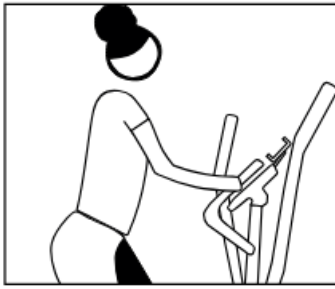


Posture and movement execution

Make sure you have a firm, secure footing on the treads. The sole of the shoe may bump against the front edge of the tread surface (especially for short people).

The hands grip the arm bar at chest height and the elbows are slightly bent. The upper body assumes an upright position. Make sure that the knees and elbows always remain slightly bent during the movement. During the forward movement, make sure to lift the heel off the ground, similar to normal running, to ensure training of the calf muscles and blood circulation to the feet.





Training variations

- Your cross-trainer offers you a variety of workout variations. By actively and passively moving the handle bars, you can determine the intensity of your upper body workout. For example, you can place the load more on the leg and gluteal muscles by simply moving the handle bars more passively and loosely.
To intensify the upper body workout, move the grip bars more dynamically with your arms.
On the whole, however, it remains a full-body workout in which you train the shoulder, arm, and back muscles in addition to the gluteal and leg muscles.
- Your cross-trainer also gives you the option of leaving your arms out entirely. To do this, grasp the firm handlebars with your hands. The elbows remain loose on the upper body so that the arm levers can continue to swing freely. In this position, you train only the leg and gluteal muscles.

	1st week	2nd week	3rd week	4th week
Monday	15 minutes at low impact stage 1 -3	20 minutes at low impact stage 1 -3	30 minutes at low impact stage 1 -3	30 minutes at medium impact stage 4-6
Tuesday	Break	Break	30 minutes at low impact stage 1 -3	30 minutes at medium impact stage 4-6
Wednesday	15 minutes at low impact stage 1 -3	20 minutes at low impact stage 1 -3	Break	Break
Thursday	Break	Break	30 minutes at low impact stage 1 -3	30 minutes at medium impact stage 4-6
Friday	15 minutes at low impact stage 1 -3	20 minutes at low impact stage 1 -3	Break	Break
Saturday	Break	Break	30 minutes at low impact stage 1 -3	30 minutes at medium impact stage 4-6
Sunday	Break	Break	Break	Break

Training recommendation

- Always remember to stretch afterwards to prevent injury and muscle soreness.
- 4-week training plan for beginners on the cross trainer.
- **Note:** From the 5th week, increase the duration of the training session, e.g. to 40 minutes. In the 6th week you

can start with a light interval training. Note that during the first 8 weeks your training pulse rate should be approx. 60 – 65% of your max. pulse rate and should not exceed 75%.

TRAINING INSTRUCTIONS

In sports medicine and exercise science, cross-trainer training is used, among other things, to check the functioning of the heart, circulatory and respiratory systems. You can determine whether your training has achieved the desired effects after a few weeks as follows:

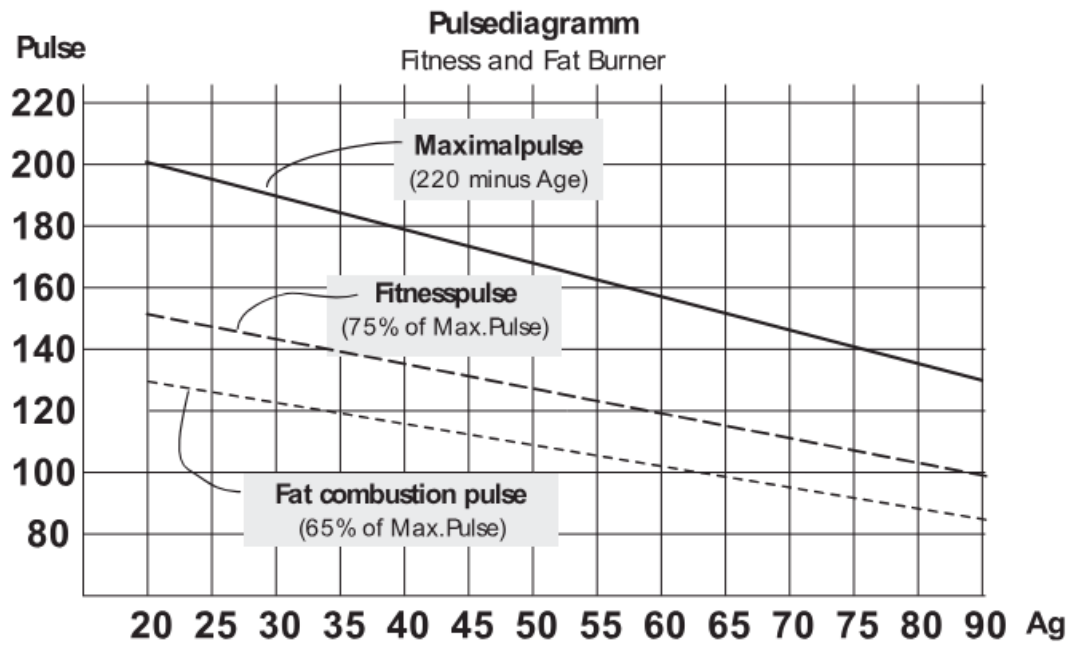
1. You manage a certain endurance performance with less strain on the heart and circulatory system than before.
2. You sustain a certain endurance performance with the same cardiovascular load for a longer period of time.
3. You recover faster after a certain cardiovascular performance than before.

The training sessions are based on an intensive cross-trainer workout with varying degrees of difficulty. The different training elements simulate an individual terrain and stretching situation.

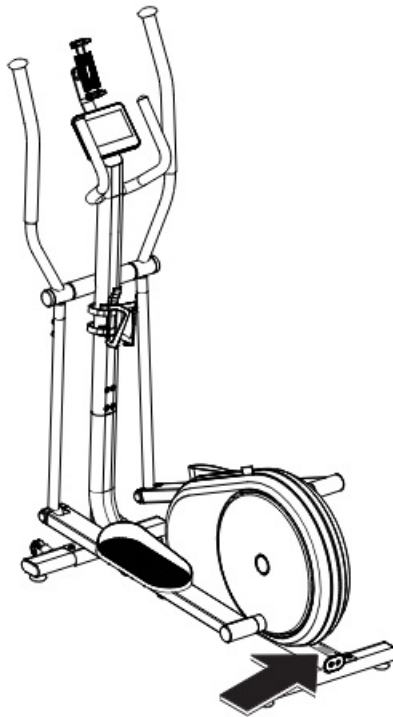
PULSE ZONES

- **Heart rate monitor:**

- The crosstrainer has a heart rate monitor. A chest strap for heart rate measurement is not included.
- If you use the heart rate monitor during your training sessions, the following instructions must be observed:
Maximum heart rate: the maximum achievable heart rate depends on age.
- The maximum heart rate per minute is equal to 220 pulse beats minus age. Example: Age 50 years > $220 - 50 = 170$ pulse/min.
- The load levels are given as a percentage (%) of this calculated value. Ex: Age 50 years: 100 % = 170 pulses/min; 70 % = 119 pulses/min, etc.
 - Recovery > 50 – 65 %
 - Endurance > 65 – 80
 - Strength > 75 – 85 %.
 - interval > 65 – 92 %
 - Race mode > 80 – 92 %
- The race mode > 92 % should only be run for a short time!
- The combination of the different training elements allows an individual training design.
- Duration and frequency of training units per week:
- The optimal load level is given when 65 – 75 % of the individual cardiovascular performance is reached over a longer period of time. Rule of thumb: Beginners should start with short training sessions of about 20 to 30 minutes.
- Beginners' training can be designed as follows during the first four weeks: Before and after each training session, an approx. 5-minutes gymnastics session serves as a warm-up and cooldown, respectively. Between two training units there should be a day without training, if in the later course of the 3 training units per week to a duration of 30 to 60 minutes each. Otherwise, there is nothing to be said against daily training.

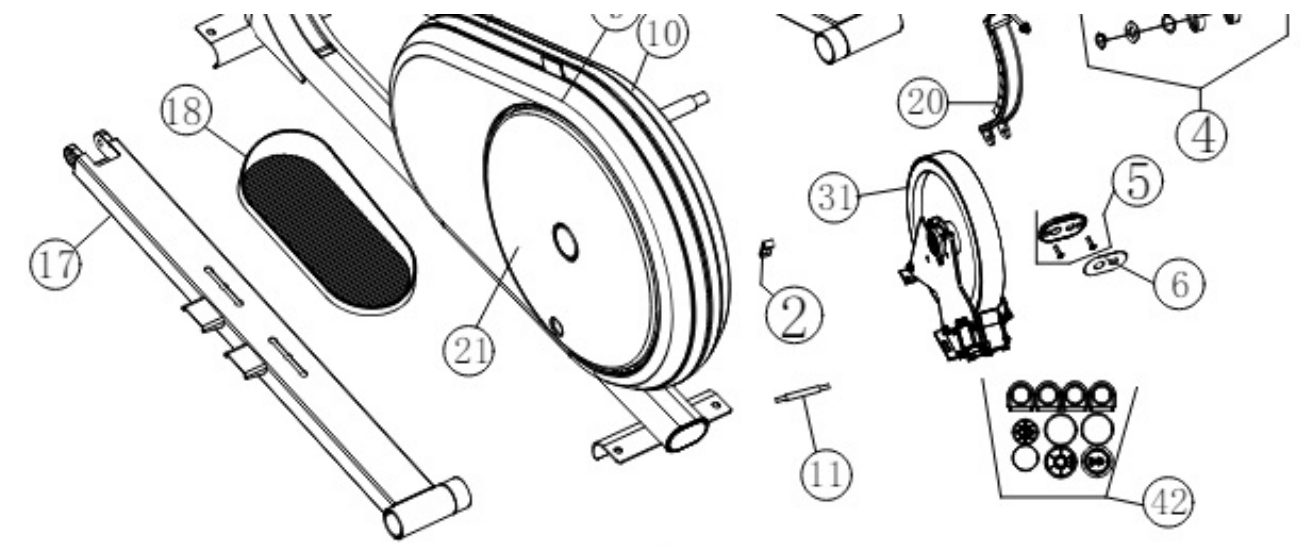


SPARE PARTS ORDER



When ordering spare parts, always state the full article number, spare-part number, the quantity required and the S/N of the product.

Example Type label – Serial number



Explo No	HOI CROSS+ Stone CT1062-400 Trisport Article No.	HOI CROSS+ Blueberry-Green CT1062-900 Trisport Article No
1	70001452	70001452
2	70001574	70001574
3	70001630	70001630
4	70001576	70001576
5	70001577	70001610
6	70001631	70001660
7	70001578	70001612
8	70001579	70001613
9	70001580	70001614
10	70001581	70001615
11	70001582	70001582
12	70001632	70001616
13	70001434	70001434
14	70001633	70001443
15	70001634	70001399
16	70001635	70001621
17	70001636	70001622
18	70001543	70001545
19	70001637	70001623
20	70001544	70001546
21	70001638	70001638
22	70001639	70001639

23	70001640	70001640
24	70001641	70001661
25	70001642	70001662
26	70001643	70001663
27	70001644	70001644
28	70001645	70001645
29	70001646	70001624
30	70001433	70001433
31	70001647	70001647
32	70001648	70001648
33	70001649	70001649
34	70001650	70001650
35	70001651	70001651
36	70001652	70001652
37	70001535	70001535
38	70001536	70001536
39	70001451	70001451
40	70001436	70001436
41	70001599	70001599
42	70001653	70001625
43	70001428	70001428
44	70001429	70001429

FCC RF STATEMENT

NOTE:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

- If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
 - Reorient or relocate the receiving antenna.
 - Increase the separation between the equipment and receiver.
 - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

- Consult the dealer or an experienced radio/TV technician for help. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC RF Exposure Warning Statements

- This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.
- This equipment shall be installed and operated with minimum distance 20cm between the radiator & body.

TRISPORT AG BOESCH 67
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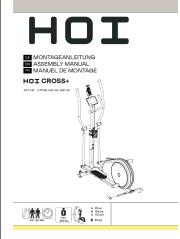
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Documents / Resources

	<p>HOI CROSS plus Exercise Bike [pdf] Instruction Manual CT1062-400US, CT1062-900US, CROSS plus Exercise Bike, CROSS plus, CROSS plus Bike, Exercise Bike, Bike</p>
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References

- [ear stiftung elektro-altgeräte register](#)
- [User Manual](#)

Manuals+, Privacy Policy

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