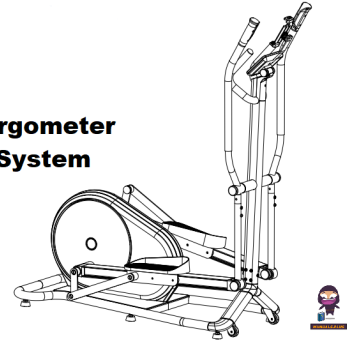


**HOI**  
**CT1063-400US Ergometer**  
**Induction Brake System**



# HOI CT1063-400US Ergometer Induction Brake System Instruction Manual

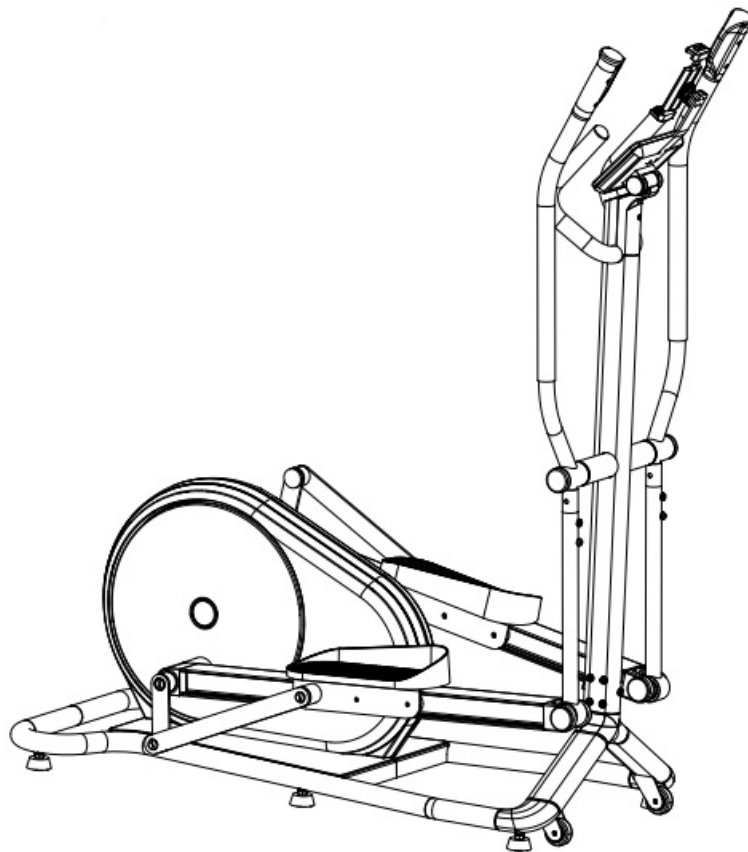
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**HOI**

**HOI CT1063-400US Ergometer Induction Brake System**



## IMPORTANT INSTRUCTIONS

Please read these instructions carefully before carrying out assembly and using them for the first time. They contain information that 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 is 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 become 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, or 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 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, 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 set up on a level surface. Place suitable cushioning material underneath (rubber mats or similar) to absorb shock. Only for devices with weights: avoid the 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.
- B C-class devices are not suitable for high accuracy.
- The product is not suitable for a body weight of more than 150kg / 331 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.

## **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 of 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 near 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 before beginning your first training session.
- Any slight, design-related noise that may occur when the flywheel rotates does not affect the function of the device. Any noises that occur during reverse pedaling result from technical reasons and are harmless. The training device has an electromagnet 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 your
- **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 the 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!

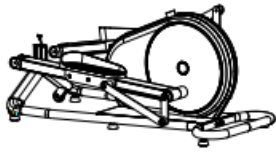
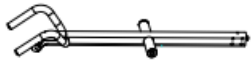






**Important:** spare part prices do not include fastening material if fastening material (bolts, nuts, washers, etc.) is required, this should be clearly stated on the order by adding the words “with fastening material”.

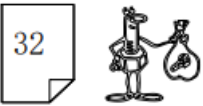
## **DISPOSAL INSTRUCTIONS**










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)**

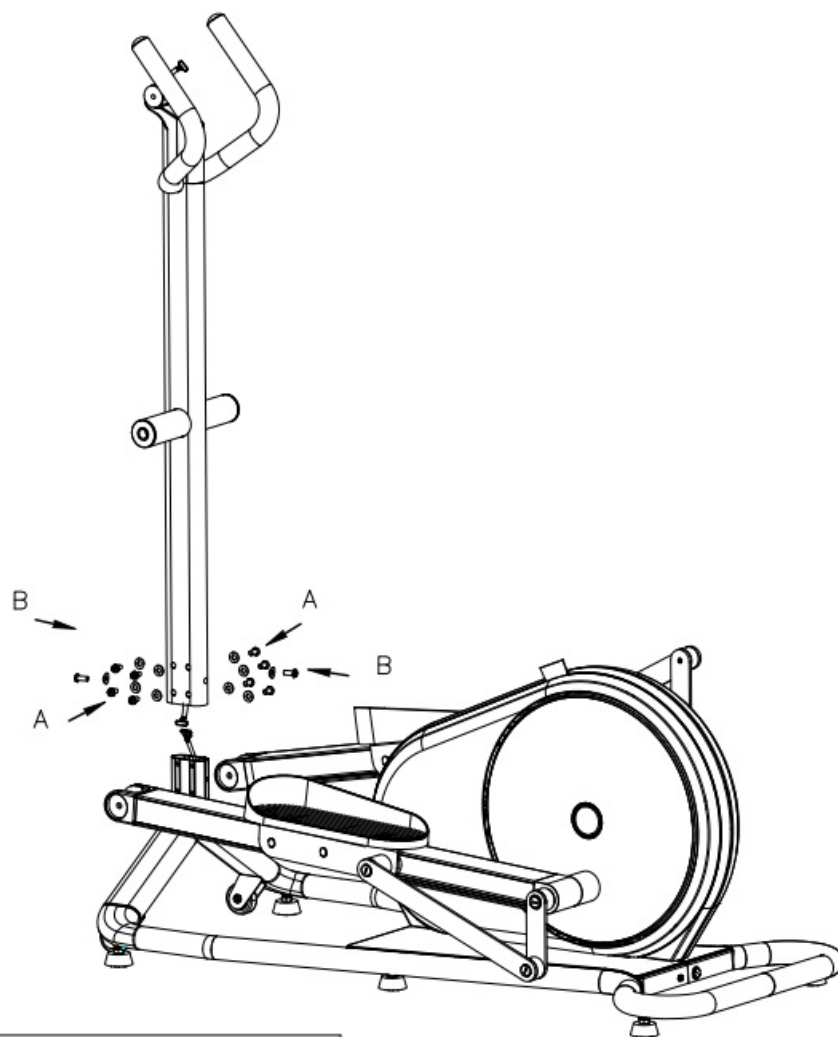
|   |            |
|---|------------|
|    | Stck.<br>1 |
|    | 1          |
|    | 2          |
|    | 1          |
|    | 1          |
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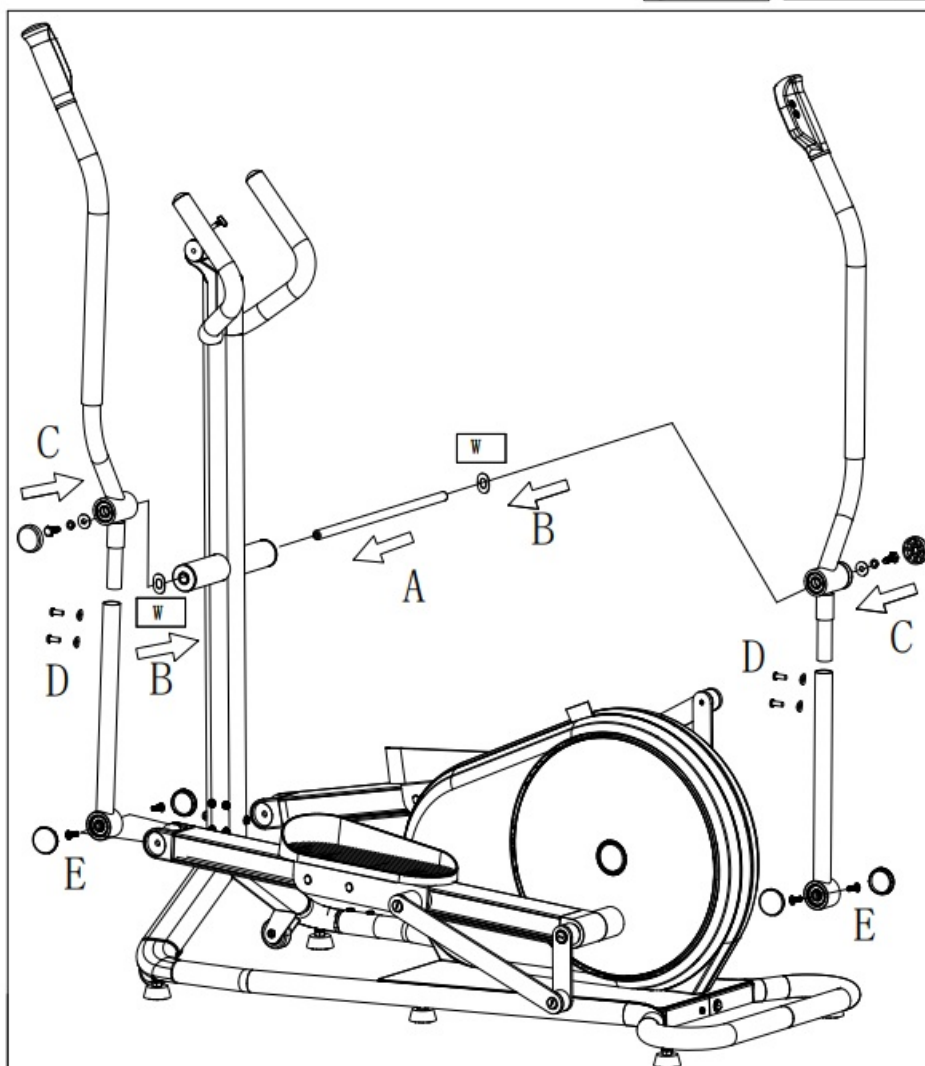
|   |        |    |
|---|--------|----|
|    | M8x20  | 14 |
|    | ø8     | 2  |
|    | ø8x16  | 14 |
|    | M8x20  | 2  |
|    | ø8x22  | 2  |
|    | ø17x25 | 2  |
|    | M10x16 | 4  |
|    | M 8    | 1  |
|  | M8x65  | 1  |









|   |  |   |
|---|--|---|
|  |  | 2 |
|  |  | 2 |
|  |  | 4 |

# ASSEMBLY

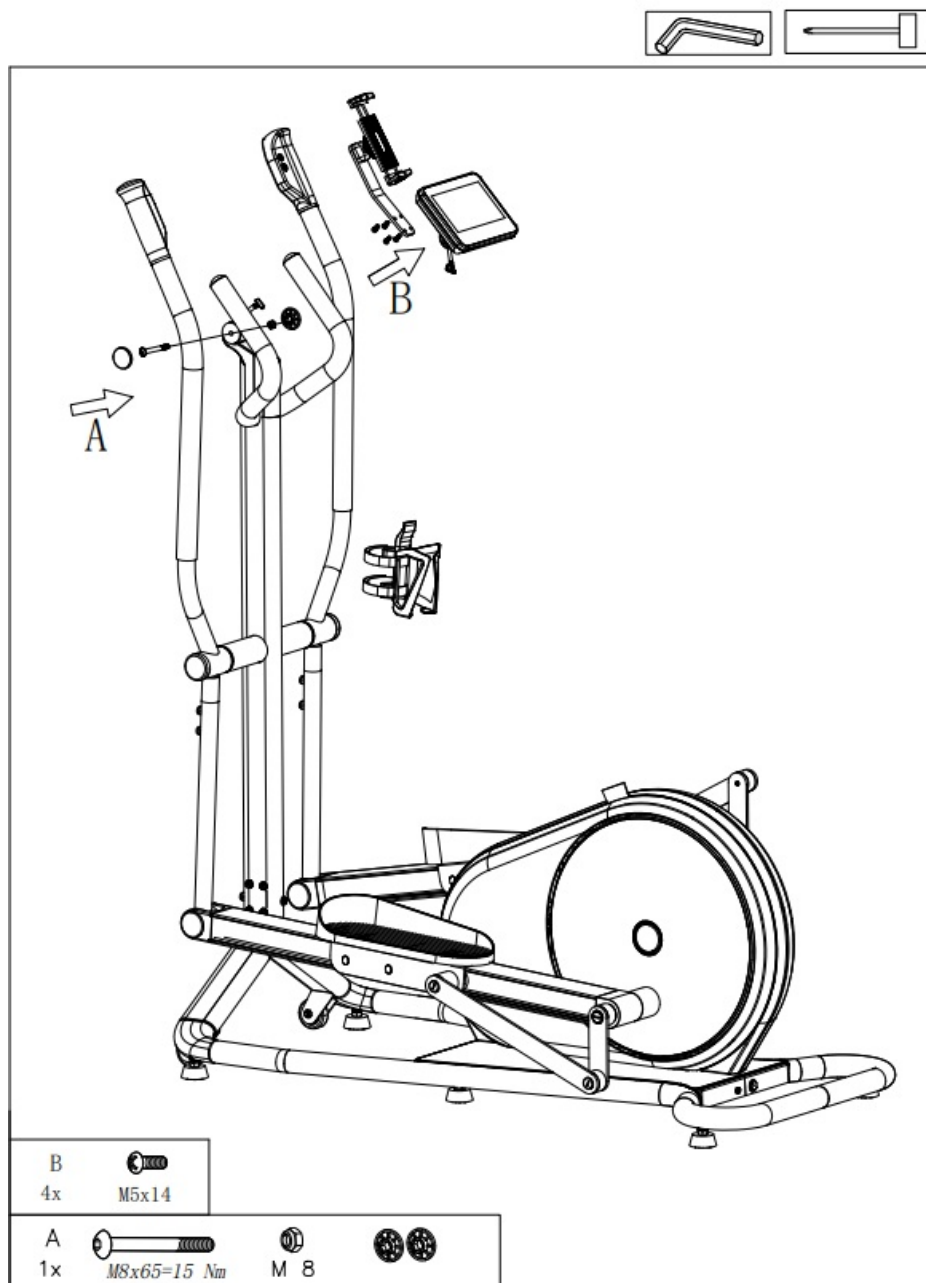


|    |   |   |
|----|---|---|
| B  |  |  |
| 2x | M8x20=15 Nm   | ø8x16   |
| A  |  |  |
| 8x | M8x20=15 Nm   | ø8x16   |



|   |   |   |  |   |
|---|---|---|--|---|
| D<br>4x<br><br>M8x20=15 Nm   | <br>ø 8x16 |   |  |   |
| A/C<br>2x<br><br>M8x20=15 Nm | <br>ø 8    | <br>ø 8x22 | <br>ø 17x25 |  |
| E<br>4x<br><br>M10x16      |   |   |  |   |



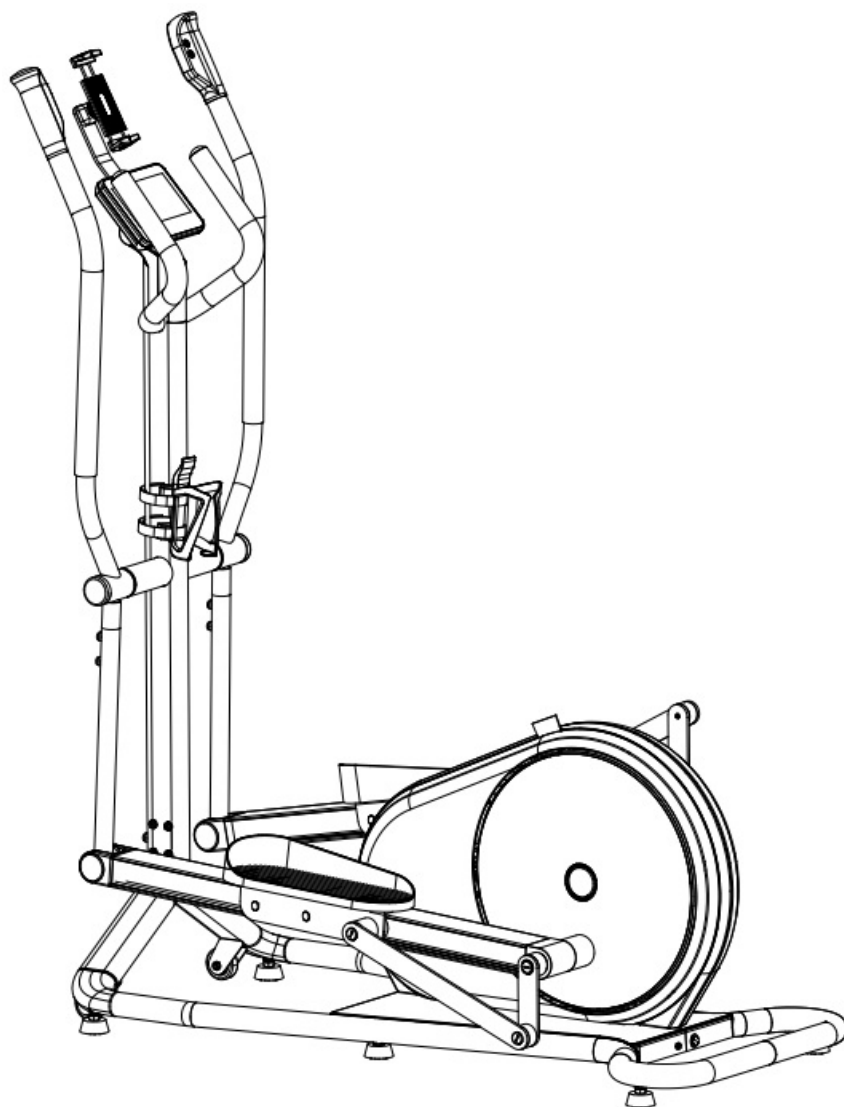


### Initial setup: Connecting the handset

For the first use, you have to connect the hand control to the display. Press „Device data“ in the display of the device, then press and hold the +/- button for 5 seconds. Now the hand control is connected to the display.

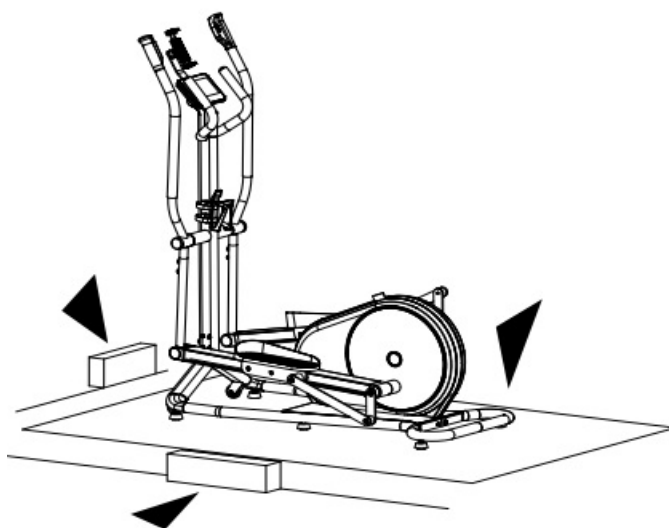
### REMOTE CONTROL

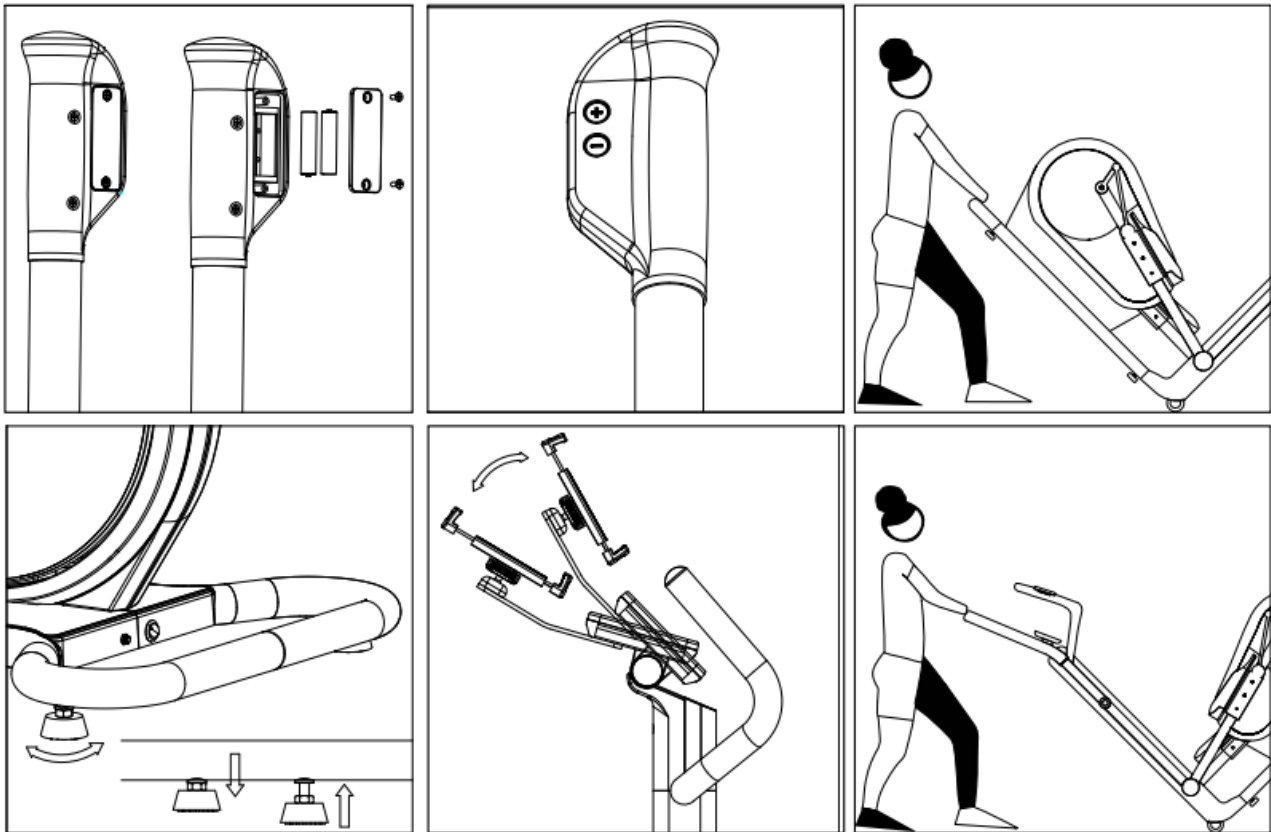
The status of the connection of the control buttons (+/-) on the handlebar. (Paired or Pairing).



## HANDLING

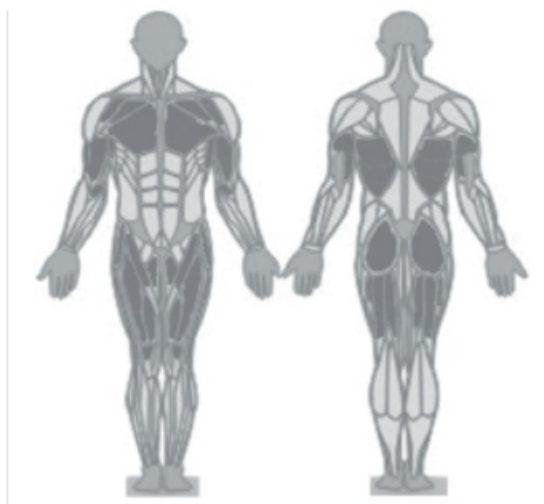
**CAUTION!** The training machine must be positioned on a horizontal, stable surface. Place suitable cushioning material underneath it for shock absorption and to stop it from slipping (rubber mats or similar). The safety distance around the bike must be at least 1 meter larger than the area in which you are exercising.





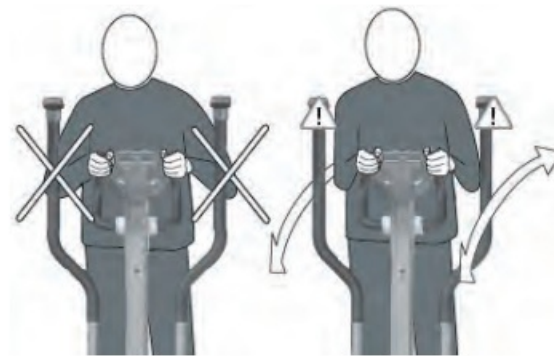
## BIOMETRY

- Ideal for training 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 cross-trainer 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, and 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.



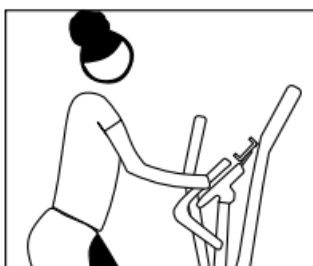
**The advantages:**

- An 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 armbar 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 handlebars, 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 handlebars 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 afterward 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 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.
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.

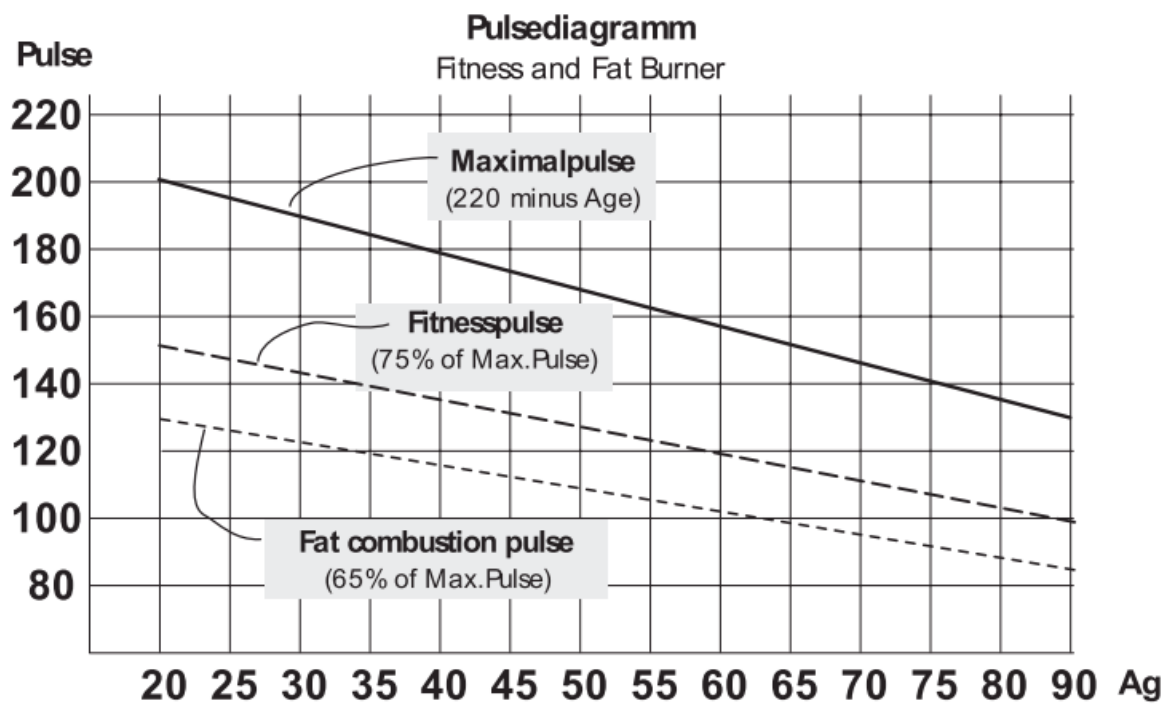
## **PULSE ZONES**

Heart rate monitor:

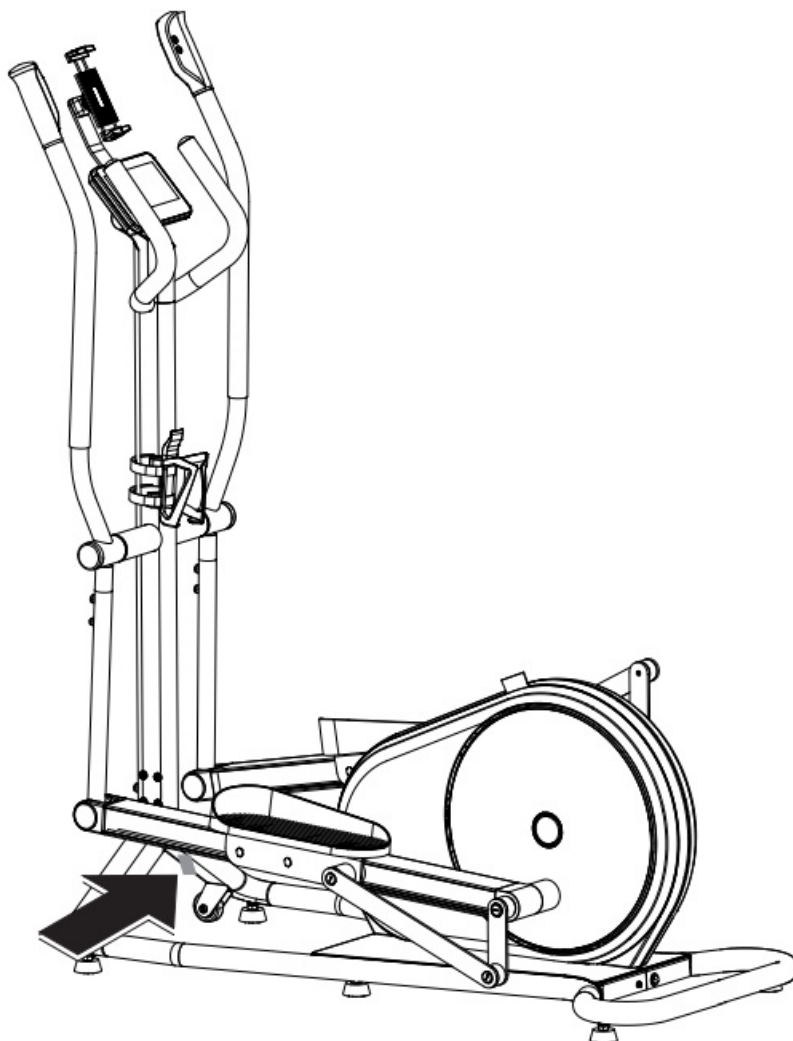
- The cross-trainer has a heart rate monitor. A chest strap for heart rate measurement is not included.
- If you use the heart rate monitor during your training sessions, the following instructions must be observed:  
Maximum heart rate: the maximum achievable heart rate depends on age.
- The maximum 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 plus/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:**

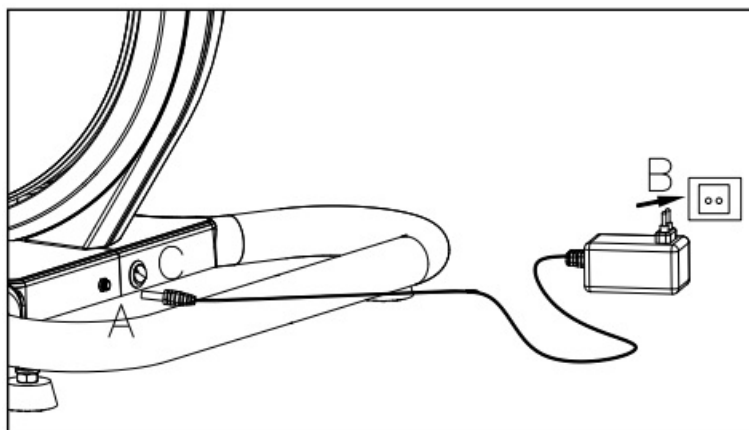
The optimal load level is given when 65 – 75 % of the individual cardiovascular performance is reached over a longer period. Rule of thumb: Beginners should start with short training sessions of about 20 to 30 minutes. Beginners' training can be designed as follows during the first four weeks: Before and after each training session, an approx. 5-minute gymnastics session serves as a warm-up and cool-down, 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 about 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.

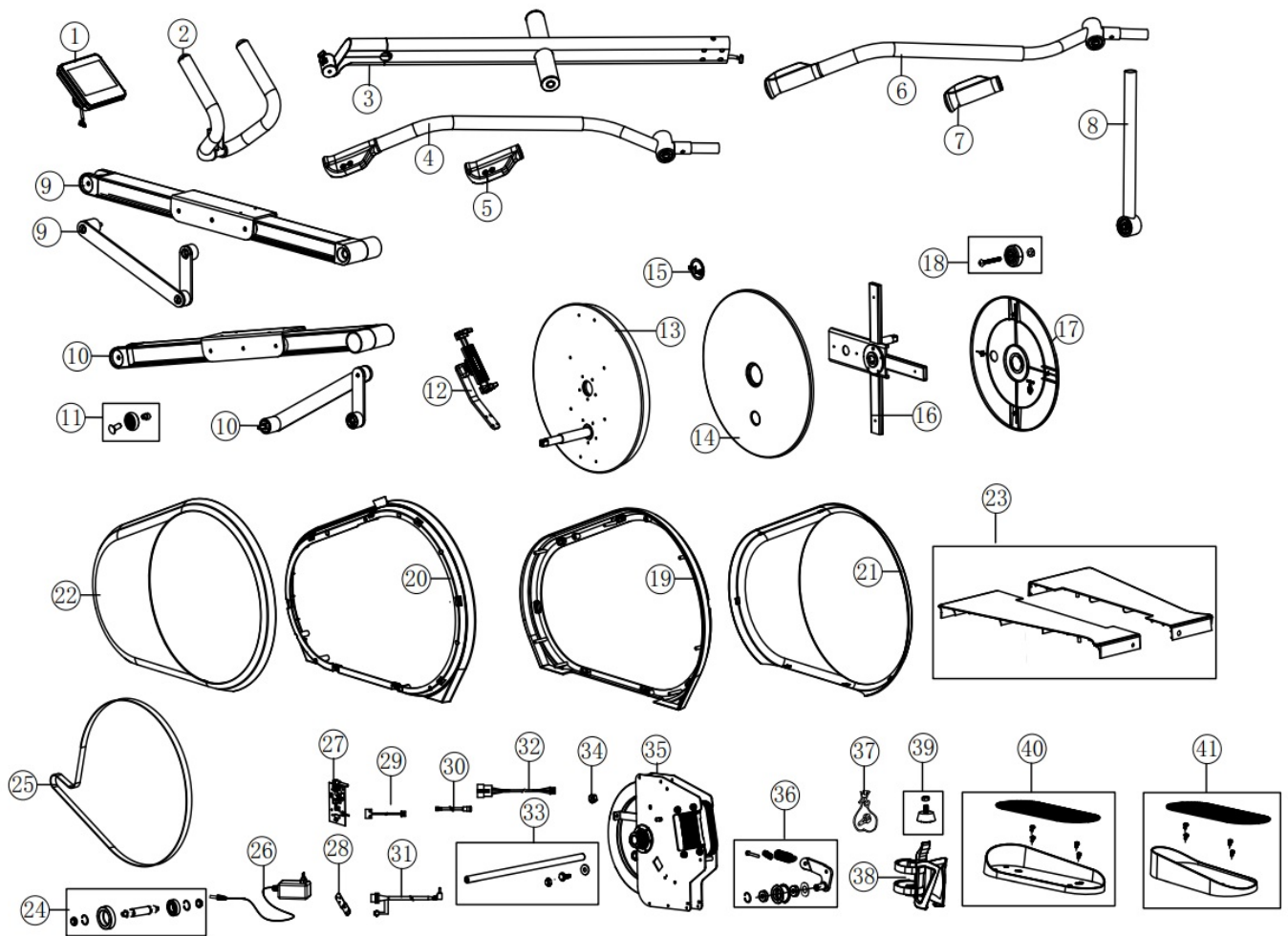


Example Type label – Serial number



SPARE PARTS ORDER





| Explo No. | HOI CROSS PRO Stone CT1063-400<br>Trisport Article No. | HOI CROSS PRO<br>Blueberry-Green CT1063-900 Trisport Article No |
|-----------|--|---|
| 1         | 70001492   | 70001492  |
| 2         | 70001510   | 70001510  |
| 3         | 70001511   | 70001550  |
| 4         | 70001512   | 70001551  |
| 5         | 70001513   | 70001513  |
| 6         | 70001514   | 70001552  |
| 7         | 70001515   | 70001515  |
| 8         | 70001516   | 70001553  |
| 9         | 70001517   | 70001554  |
| 10        | 70001518   | 70001555  |
| 11        | 70001519   | 70001519  |
| 12        | 70001434   | 70001434  |
| 13        | 70001520   | 70001556  |

|    |          |          |
|----|----------|----------|
| 14 | 70001521 | 70001557 |
| 15 | 70001522 | 70001558 |
| 16 | 70001523 | 70001559 |
| 17 | 70001524 | 70001560 |
| 18 | 70001428 | 70001428 |
| 19 | 70001525 | 70001561 |
| 20 | 70001526 | 70001562 |
| 21 | 70001527 | 70001563 |
| 22 | 70001528 | 70001564 |
| 23 | 70001529 | 70001565 |
| 24 | 70001530 | 70001530 |
| 25 | 70001531 | 70001531 |
| 26 | 70001451 | 70001451 |
| 27 | 70001532 | 70001532 |
| 28 | 70001533 | 70001533 |
| 29 | 70001534 | 70001534 |
| 30 | 70001535 | 70001535 |
| 31 | 70001536 | 70001536 |
| 32 | 70001537 | 70001537 |
| 33 | 70001538 | 70001538 |
| 34 | 70001539 | 70001566 |
| 35 | 70001540 | 70001540 |
| 36 | 70001541 | 70001541 |
| 37 | 70001542 | 70001542 |
| 38 | 70001436 | 70001436 |
| 39 | 70001429 | 70001429 |
| 40 | 70001543 | 70001545 |
| 41 | 70001544 | 70001546 |

## FCC RF STATEMENT

### NOTE:

This equipment has been tested and found to comply with the limits for a Class B digital device, under 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 by 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 the receiver.
- Connect the equipment to 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 a minimum distance of 10cm between the radiator & body. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment Pules.


**Operation is subject to the followina two conditions:**

1. This device may not cause harmful interference, and
2. this device must accept any interference received, including interference that may cause undesired operation.

**TRANSPORT AG BOESCH 67 CH-6331 HUENENBERG SWITZERLAND**

- T: +41(0)41 785 81 15
- [www.hoi-fitness.com](http://www.hoi-fitness.com)

## Documents / Resources

|   |   |
|---|---|
|  | <p><a href="#">HOI CT1063-400US Ergometer Induction Brake System</a> [pdf] Instruction Manual<br/>CT1063-400US, CT1063-400US Ergometer Induction Brake System, Ergometer Induction Brake System, Induction Brake System, Brake System, System</p> |
|---|---|

## References

- [User Manual](#)

### Manuals+. Privacy Policy

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