



[Home](#) » [KETTLER](#) » **KETTLER HT1004 Avior R Exercise Machine Instruction Manual** 

Contents [[hide](#)]

- [1 KETTLER HT1004 Avior R Exercise Machine](#)
- [2 Product Information](#)
- [3 Product Usage Instructions](#)
- [4 FOR YOUR SAFETY](#)
- [5 HANDLING THE EQUIPMENT](#)
- [6 INSTRUCTIONS FOR ASSEMBLY](#)
- [7 LIST OF SPARE PARTS](#)
- [8 Measuring help for screw connections](#)
- [9 Checklist \(contents of packaging\)](#)
- [10 ASSEMBLY INSTRUCTION](#)
- [11 Handling](#)
- [12 EXPLODED VIEW](#)
- [13 ABOUT COMPANY](#)
- [14 FAQ \(Frequently Asked Questions\)](#)
- [15 Documents / Resources](#)
 - [15.1 References](#)

KETTLER

KETTLER HT1004 Avior R Exercise Machine



Product Information

Specifications:

- **Model:** HOMETRAINER AVIOR R
- **Art.-No.:** HT1004-100
- **Maximum Weight Capacity:** 130 kg
- **Dimensions:**
 - **A:** 165 cm
 - **B:** 63 cm
 - **C:** 109 cm
- **Weight:** 50.5 kg

Product Usage Instructions

Important Safety Instructions:

Before assembling or using the exercise cycle, read all instructions carefully for your safety and proper equipment maintenance.

Assembly Instructions:

Follow the step-by-step assembly instructions provided in the manual. Keep small parts away from children to avoid choking hazards.

Training and Maintenance:

Ensure the equipment is used for its intended purpose by adults only. Regularly check and tighten bolts and nuts every 1-2 months to maintain stability.

Safety Precautions:

Keep a safe distance from obstacles and main passageways. Do not place electromagnetic radiation-emitting devices near the equipment to avoid interference.

Spare Parts and Service:

For any spare parts or technical modifications, contact KETTLER service staff or qualified personnel trained by KETTLER.

FOR YOUR SAFETY

- **RISK!** Instruct people using the equipment (in particular children) on possible sources of danger during exercise.
- **RISK!** While assembly of the product keeps off children's reach (Choking hazard – contains small parts).
- **RISK!** Heart rate monitoring systems can be imprecise. Excessive training may lead to serious health damage or death. If you feel giddy or weak, please stop the training immediately.
- **WARNING!** The training device should be used only for its intended purpose, i.e., for physical exercise by adult people.
- **WARNING!** Any other use of the equipment is prohibited and may be dangerous. The manufacturer cannot be held liable for damage or injury caused by improper use of the equipment.
- **WARNING!** Before beginning your program of training, study the instructions for training carefully.
- **WARNING!** All electric appliances emit electromagnetic radiation when in operation. Please do not leave especially radiation-intensive appliances (e.g. mobile telephones) directly next to the cockpit or the electronic control system as otherwise values displayed might be distorted (e.g. pulse measurement).
 - Exercise has been designed in accordance with the latest standards of safety. Any features which may have been a possible cause of injury have been avoided or made as safe as possible.
 - Incorrect repairs and structural modifications (e.g. removal or replacement of

original parts) may endanger the safety of the user.

- Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately, and the equipment taken out of use until this has been done. Use only original KETTLER spare parts.
- If the equipment is in regular use, check all its components thoroughly every 1 -2 months. Pay particular attention to the tightness of bolts and nuts. This applies especially to the securing bolts for the saddle and handlebars
- 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.
- Before beginning your program of exercise, consult your doctor to ensure that you are fit enough to use the equipment. Base your program of exercise on the advice given by your doctor. Incorrect or excessive exercise may damage your health!
- Any interference with parts of the product that are not described within the manual may cause damage, or endanger the person using this machine. Extensive repairs must only be carried out by KETTLER service staff or qualified personnel trained by KETTLER.
- Our products are subject to a constant innovative quality assurance. We reserve the right to perform technical modifications.
- In case of enquiry, please contact your KETTLER dealer.
- In choosing the location of the apparatus, ensure a sufficient safety distance from any obstacles. The apparatus must not be mounted in the immediate vicinity of main passageways (paths, doorways, corridors). The safety distance surrounding must extend at least 1 meter further than the practice area.
- The training machine must be positioned on a horizontal, stable surface.
- For a comfortable training position, please adjust the handlebar and saddle position to your body height.
- When mounting the product, please take the recommended torque information into account (= xx Nm).
- The exercise cycle complies with the DIN EN 20957-1/EN 957-5, class HB. Accordingly, it is not suitable for high accuracy.
- This appliance can be used by children aged from 14 years and above and

persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

HANDLING THE EQUIPMENT

ATTENTION! It is not recommended to use or store the apparatus in a damp room as this may cause it to rust. Please ensure that no part of the machine comes in contact with liquids (drinks, perspiration etc.). This may cause corrosion.

- Before using the equipment for exercise, check carefully to ensure that it has been correctly assembled.
- Before beginning your first training session, familiarize yourself thoroughly with all the functions and settings of the unit.
- The machine is designed for use by adults, and children should not be allowed to play with it. Children at play behave unpredictably, and dangerous situations may occur for which the manufacturer cannot be held liable. If, despite this, children are allowed to use the equipment, ensure that they are instructed in its proper use and supervised accordingly.
- A slight production of noise at the bearing of the centrifugal mass is due to the construction and has no negative effect upon operation. Possibly occurring noise during reverse pedalling results from engineering and is safe.
- The exercise cycle has a magnetic brake system.
- The equipment is dependent on one revolution per minute.
- Please ensure that liquids or perspiration never enter the machine or the electronics.
- Before use, always check all screws and plug-in connections as well as respective safety devices fit correctly.
- Always wear suitable shoes when using.
- Nobody may be in the moving range of a training person during training.

INSTRUCTIONS FOR ASSEMBLY

RISK! 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 does 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 check list) and that they are undamaged. Should you have any cause for complaint, please contact your KETTLER dealer.
- 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.
- Please note that there is always a danger of injury when working with tools or doing manual work. Therefore, please be careful when assembling this machine.
- The fastening material required for each assembly step is shown in the diagram inset. Use the fastening material exactly as instructed.
- Bolt all the parts together loosely at first, and check that they have been assembled correctly. Tighten the locknuts by hand until resistance is felt, then use spanner to finally tighten nuts completely against resistance (locking device). Then check that all screw connections have been tightened firmly. Attention: once locknuts have been unscrewed they no longer function correctly (the locking device is de-stroyed), and must be replaced.
- For technical reasons, we reserve the right to carry out preliminary assembly work (e.g. addition of tubing plugs).

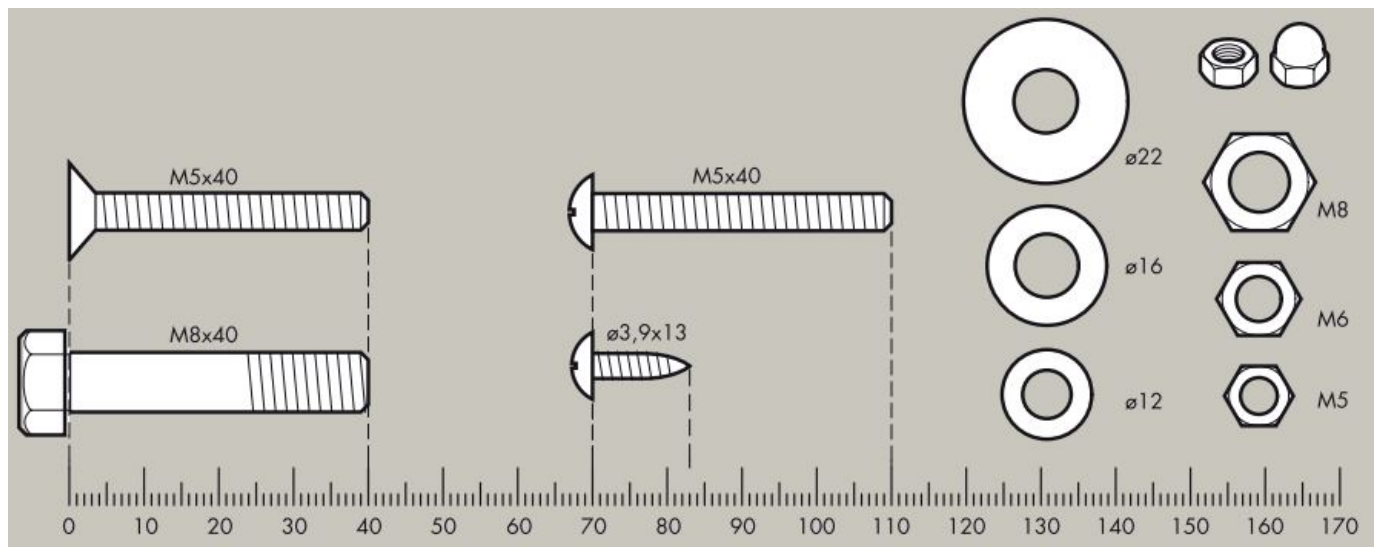
LIST OF SPARE PARTS

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. HT10002-.... / spare-part no. 68009040 / 1 pieces / S/N

Waste Disposal

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

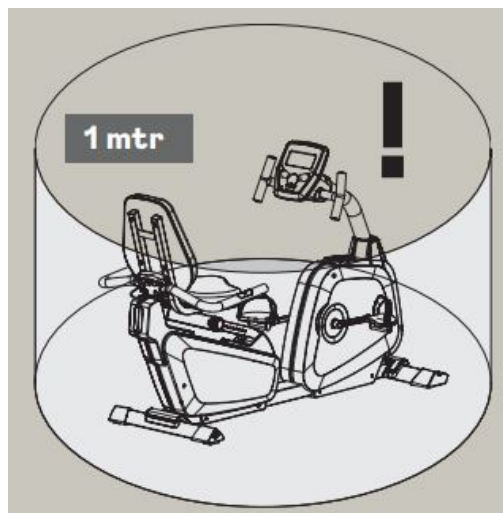
Measuring help for screw connections



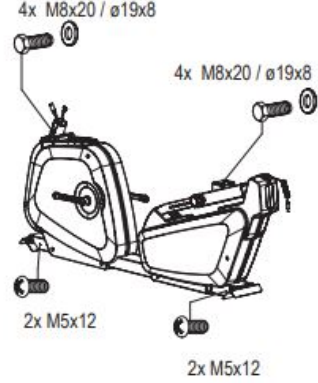
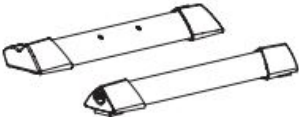



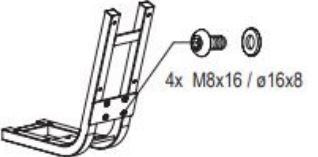
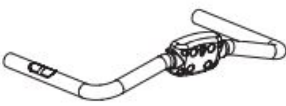
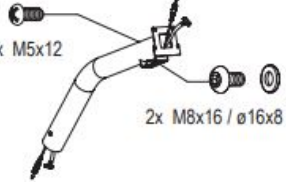
Tools required – Not included.


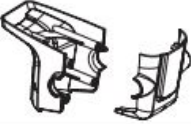





DISTANCE



Checklist (contents of packaging)





	<p>4x M8x20 / ø19x8</p> <p>4x M8x20 / ø19x8</p> <p>2x M5x12</p> <p>2x M5x12</p>	<p>Stck.</p> <p>1</p>
		1
		1
		1
		1
	<p>4x M8x16 / ø16x8</p>	1
		1
	<p>2x M5x12</p> <p>2x M8x16 / ø16x8</p>	1

	1
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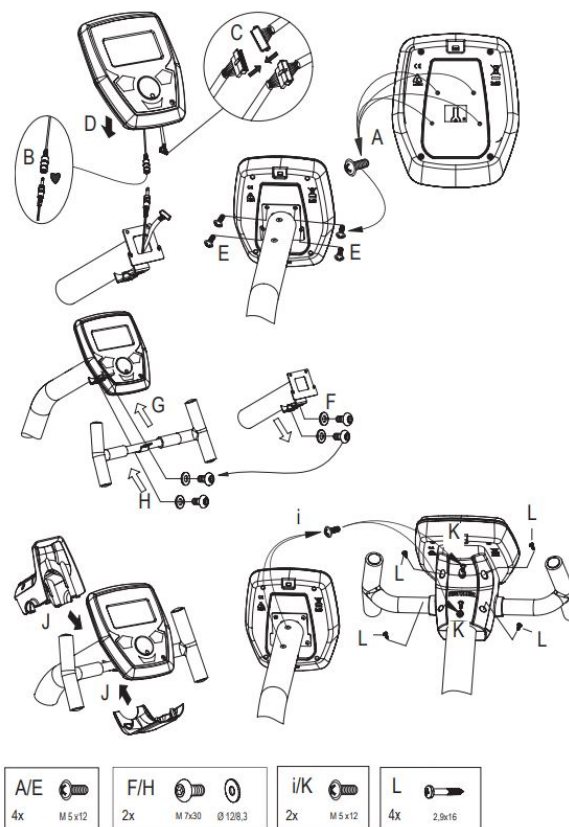
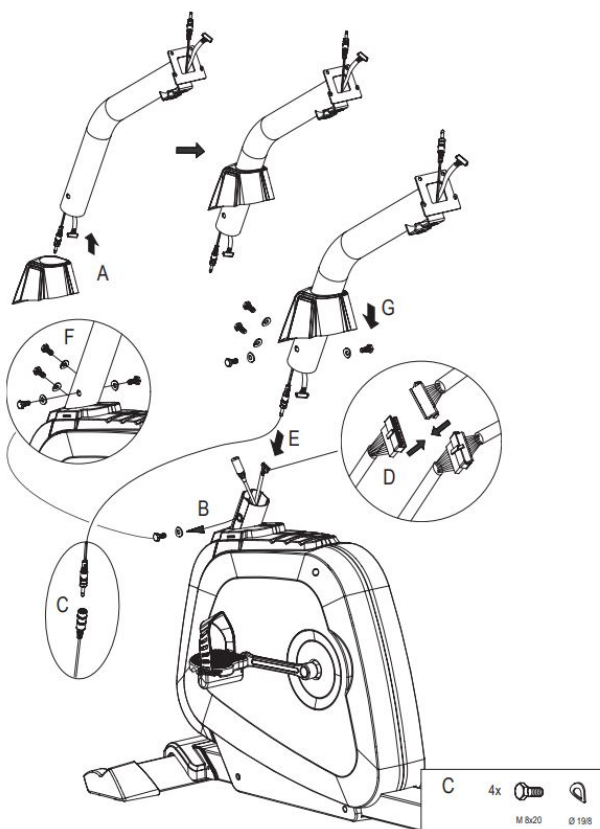
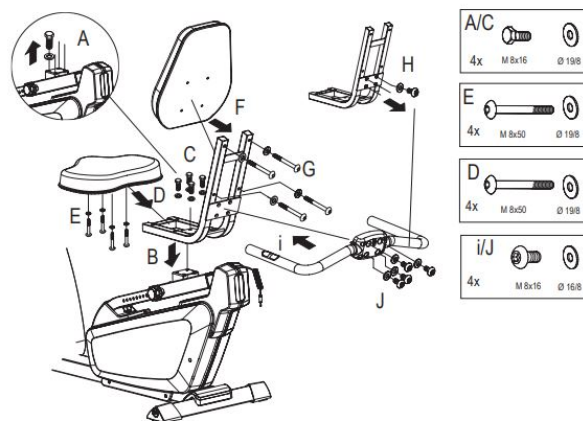
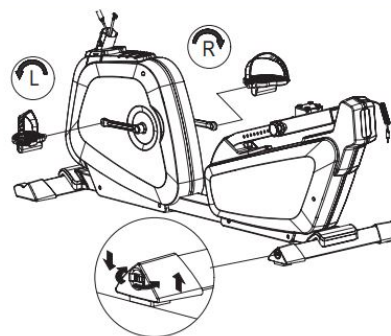
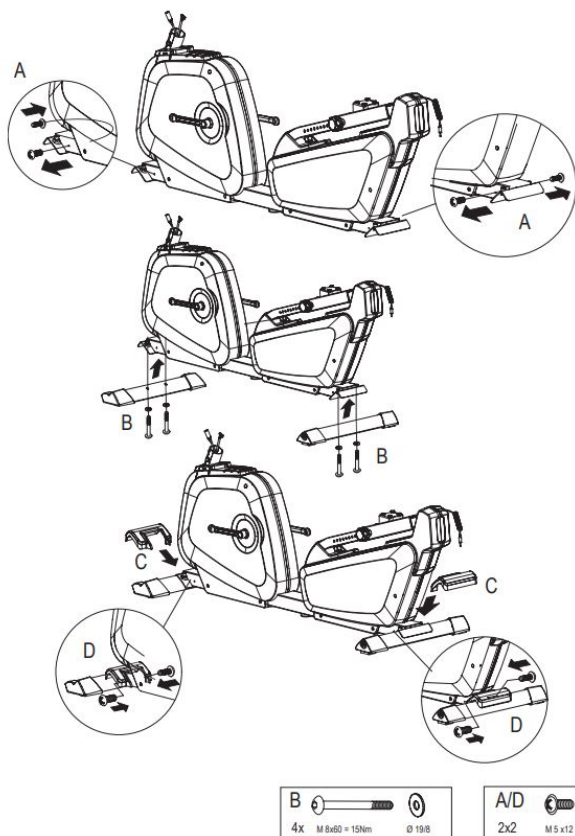
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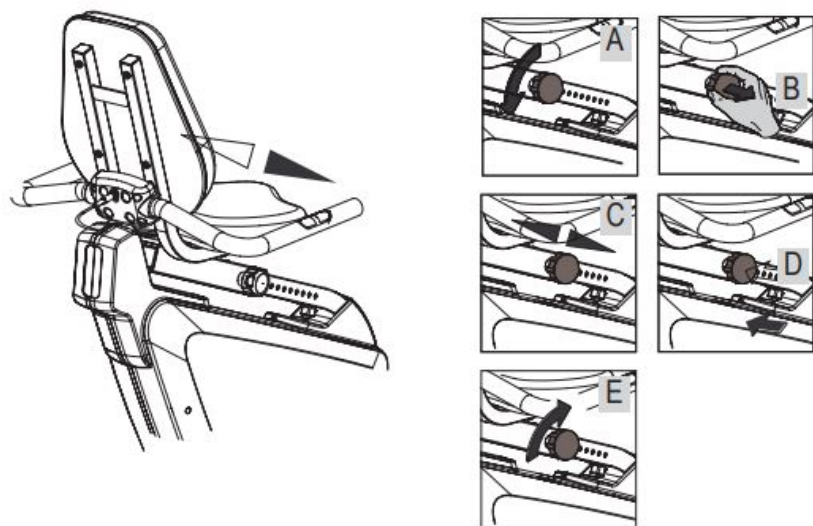
Pos. 43

	M 8 x 60	4
	M 8x50	8
	ø 19/8	12
	2,9x16	4

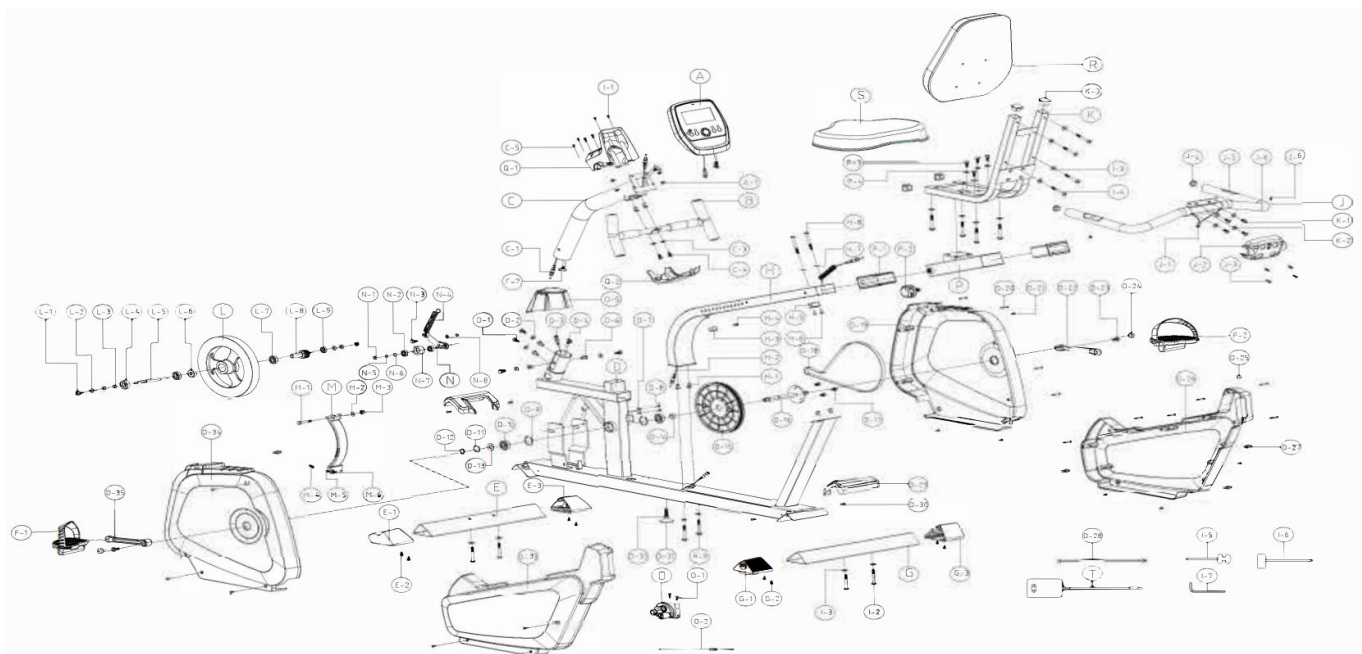
ASSEMBLY INSTRUCTION



Handling



EXPLODED VIEW



PART NO.	DESCRIPTION	QTY
A	COMPUTER Cycle R with backlight	1PCS
A-1	Computer Cover with SCREWS FOR FIXING COMPUTER	1 PCS / 4PCS
B	FRONT HANDLEBAR	1PCS
C	HANDLEBAR POST	1PCS
C-3	Flat washer	2PCS
C-4	SCREWS	2PCS
C-5	SCREWS	2PCS
C-1	PULSE WIRE (UPPER)	1PCS
C-2	CABLE UPPER	1PCS
D	MAIN FRAME	1PCS
D-6	M8 Ravi nut	6PCS

D-1	Screw	4PCS
D-2	CURVED WASHER	4PCS
D-3	PULSE WIRE (LOWER)	1PCS
D-5	COVER FOR HANDLEBAR POST	1PCS
D-7	SENSOR BOX	1PCS
D-8	Screw	2PCS
D-9	C-clip	2PCS
D-10	BEARING	2PCS
D-11	CURVED WASHER	1PCS
D-12	C-TYPE RING	1PCS
D-13	FLAT WAHSER	1PCS
D-14	Bushing	1PCS
D-15	DRIVING PULLEY	1PCS
D-16	AXLE SET	1PCS
D-17	HEXAGONAL SCREW	3PCS
D-18	DRIVING BELT	1PCS
D-19	CHAIN COVER RIGHT	1PCS
D-20	SELF-TAPPING SCREW	10PCS
D-21	SCREW	12PCS

D-22 / D24	RIGHT CRANK	1PCS
D-35 / D24	LIFT CRANK	1PCS
D-23	HEXAGONAL SCREW	2PCS
D-25	END CAP FOR CABLE	1PCS
D-26	REAR COVER RIGHT	1PCS
D-27	PLASTIC CONNECTOR	4PCS
D-28	DC CABLE	1PCS
D-29	STABILIZER COVER and screws	2PCS
D-30		4PCS
D-31	ADJUST END CAP	1PCS
D-32	HEX NUT	1PCS
D-33	REAR COVER LEFT	1PCS
D-34	MAIN COVER LEFT	1PCS
E	FRONT STABILIZER	1PCS
E-1	TRANSPORTATION WHEEL LEFT	1PCS
E-3	TRANSPORTATION WHEEL RIGHT	1PCS
E-2	SCREW	4PCS
F-1	PEDAL	1PCS

F-2		
G	REAR STABILIZER TUBE	1PCS
G-1	REAR STABILIZER END CAP LEFT	1PCS
G-3	REAR STABILIZER END CAP RIGHT	1PCS
G-2	SCREW	4PCS
H	SEAT SLIDER	1PCS
H-1	M8	2PCS
H-2	PULSE WIRE	1PCS
H-3	STOPPER	1PCS

H-4	SCREWS	1PCS
H-5	STOPPER	1PCS
H-6	SCREW	2PCS
H-7	Flat washer	2PCS
H-8	SCREW	2PCS
H-9	SCREW	2PCS
L-1	SELF-TAPPING SCREW	4PCS
L-2	SCREW	4PCS
L-3	Flat washer	12PCS
L-4	SCREW	8PCS

L-5	WRENCH	1PCS
L-6	SOCKET WRENCH	1PCS
L-7	ALLEN KEY	1PCS
J	HANDLEBAR POST	1PCS
J-1	CONNECTION WIRE	1PCS
J-2	SEAT HANDLEBAR COVER	1PCS
J-3	SCREW	4PCS
J-4	END CAP FOR HANDLEBAR	2PCS
J-5	HAND PULSE	2PCS
J-6	FOAM GRIP	2PCS
J-7	SCREW	2PCS
K	BRACKET FOR SEAT	1SET
K-1	SCREW	4PCS

K-2	FLAT WAHSE	4PCS
K-3	INNER SLEEVE	4PCS
L	FLYWHEEL	1PCS
L-1	NUT	1PCS
L-2	HEX NUT	4PCS
L-3	BUSHING	1PCS
L-4	BEARING	1PCS
L-5	ALXE FOR FLYEHEEL	1PCS
L-6	ONE WAY BEARING	1PCS
L-7	BEARING	2PCS
L-8	SMALL PULLEY	1PCS
L-9	BEARING	1PCS
M	MAGENTIC	1PCS
M-1	SCREW	1PCS
M-2	FLAT WASHER	1PCS
M-3	NYLON NUT	1PCS
M-4	SPRING	1PCS

M-5	HEX SCREW	1PCS
M-6	HEX NUT	1PCS
N	IDLER WHEEL BRACKET	1PCS
N-1	NYLON NUT	1PCS
N-2	BEARING	2PCS
N-3	HEX SCREW	1PCS
N-4	SPRING	1PCS
N-5	CURVED WASHER	1PCS
N-6	FLAT WASHER	1PCS
N-7	IDLER WHEEL	1PCS
N-8	FLAT WASHER	1PCS
O	SERVO MOTOR	1PCS
D-4	CABLE LOWER	1PCS
O-1	SCREWS	2PCS
O-2	LOWER TENSION CABLE	1PCS

P	SEAT FIX BRACKET	1PCS
P-1	SLIDER SLEEVE	1PCS
P-2	SPRING KNOB	1SET
P-3	HEX SCREW	4PCS
P-4	FLAT WAHSER	4PCS
Q-1	ER MAST COVE	1PCS
Q-2	PUTER MAST B	1PCS
R	BACK SEAT	1PCS
S	SADDLE	1PCS
T	AC ADAPTOR	1PCS
u	Hardware Kit	1PCS

ABOUT COMPANY

Legal Notice

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 - Local Court Flensburg

- European VAT Number: DE813211547

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- The product and manual are subject to change. Technical data can be changed without advance notice.

FAQ (Frequently Asked Questions)

- **How often should I check the equipment for maintenance?**

It is recommended to check and tighten bolts and nuts every 1-2 months to ensure stability and safety.


- **Can children use this equipment?**

The training device should be used only by adults for its intended purpose. Children should not play with the appliance to avoid accidents.

- **Where can I find spare parts for the HOMETRAINER AVIOR R?**

Contact KETTLER service staff or visit www.kettlersport.com for spare part ordering and technical assistance.

Documents / Resources

	<p>KETTLER HT1004 Avior R Exercise Machine [pdf] Instruction Manual</p> <p>HT1004-100, HT1004 Avior R Exercise Machine, Avior R Exercise Machine, Exercise Machine</p>
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References

- [User Manual](#)

🔍 Avior R Exercise Machine, Exercise Machine, HT1004 Avior R Exercise Machine, HT1004-100,

📁 KETTLER KETTLER

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