



● SYSTEM

● POWER

CARDIO LINE 400 HOME

● TORSO

● CONCEPTS

CARDIO LINE 400 HOME

Our know-how for health and well-being

Regular exercise is your guarantee for fitness, health and well-being. And this is our valuable contribution: **CARDIO LINE 400 HOME** is our prime-quality cardio machine series for healthy cardio-vascular workout in your home:

- simple handling with only 4 keys
- heart rate controlled exercise
- extra large access
- high stability and weight capacity up to 180 kg
- horizontal and vertical saddle adjustment
- PC software for individual workout schedules and documentation as well as tests (optional)
- **CYCLE 450**: programmable user profiles (Performance profiles, gradient profiles or heart rate profiles)



Exact adjustment and thus exact control of the workout with the right stress intensity go without saying. Furthermore, it is the low noise production and the ease of use that characterise the **CARDIO LINE 400 HOME** series.

MADE IN GERMANY

Michael Resch
 Michael Resch
 Managing Director
 of ERGO-FIT

Exhaustive quality management system
 Medical products EN ISO 13485
 Guideline 93/42/EEC, Annex II



The comfort of professional workout scheduling and documentation with your PC

Our cardio machines of the **CARDIO LINE 400 HOME** series are made for demanding users and exhibit **ERGO-FIT's** typical virtues combined with very useful innovations like our new flywheel that allows for optimal rotation. Another example is the software for individual training schedules of your personal health oriented fitness workout, including training evaluation and documentation at home.



All data at a glance: performance overview and control of your personal training target



A wide range: a maximum of 12 users may be set.



Simple handling with only 4 keys

Your advantage: Find out about your personal fitness level, document your training progress and set different individual training profiles and this for up to 12 persons.





Quality and perfection for your fitness

For almost four decades, **ERGO-FIT products** are part of the basic equipment of rehabilitation hospitals, physio and medic practices. And this is for a good reason: They are the equivalent of highest reliability, first class quality and precise measuring technology.



Pirmasens / Rhineland-Palatinate: production on more than 9.000 m²



Perfection in manufacture and technology

To ensure it stays this way, we invest in the Pirmasens plant – which we are loyal to for more than 60 years – as well as in the people who work for you at **ERGO-FIT**. As an example, the training of young people in our company is an important component of our internal quality management.



ERGO-FIT machines are used in rehabilitation hospitals and gyms: right there where professional quality is needed.



Exhaustive quality management system
Medical products EN ISO 13485
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	CYCLE 400	CYCLE 450
Display parameters	WATT, PULSE, TIME, KM/H, DIST., I/MIN, KCAL	WATT, PULSE, TIME, KM/H, DIST., I/MIN, KCAL, GEAR, GRADIENT
Test programmes	via software (optional)	PWC TEST 130,150, 170 via software (optional)
Training programmes	MANUAL, CARDIO, PROFILES (5 preset), GEAR CHANGE	MANUAL, CARDIO, PROFILES (5 fixed), USER PROFILES (PERFORMANCE-, GRADIENT- and HEART RATE PROFILES), GEARSHIFT, TEST
Interfaces	RS 232	RS 232
Adjustment	horizontal saddle adjustment vertical saddle adjustment	horizontal saddle adjustment vertical saddle adjustment (by pneumatic spring)
Colours	papyrus white, signal black	papyrus white, signal black
Control	dependent/independent from rotational speed	dependent/independent from rotational speed
Standard and guidelines	EN 957 HA; DIN EN 60335-I, protection class II; 2004/108/EG; DIN EN 62304; low voltage guideline 2006/95/EG	EN 957 HA; DIN EN 60335-I, protection class II; 2004/108/EG; DIN EN 62304; low voltage guideline 2006/95/EG
Steps	5W	5W
Supply voltage	220 – 240 V~	220 – 240 V~
Declaration	Home use	Home use
Braking System	Eddy current brake	Eddy current brake
Moment of inertia	11 +/- 2 kg/m ²	11 +/- 2 kg/m ²
Dimensions (l/w/h cm)	120/60/140	120/60/140
Weight	Approx. 45 kg	Approx. 45 kg
Speed range	20 – 120 rpm	20 – 120 rpm
Power range	15 – 400 W	15 – 400 W
Accuracy	10%, EN 957 HA	10%, EN 957 HA
Max. user's weight	180 kg	180 kg
Heart rate measurement	POLAR transmitter (1 channel, ECG accuracy)* handlebar heart rate measuring *not included in delivery	POLAR transmitter (1 channel, ECG accuracy)* handlebar heart rate measuring *not included in delivery



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