

h/p/cosmos®



product family: motion cardio line 900 (med)

h/p/cosmos® torqualizer® ef med 900 and  
h/p/cosmos® torqualizer® ef 900

# original instructions for use

**IMPORTANT! READ CAREFULLY BEFORE USE! KEEP FOR FUTURE REFERENCE!**



emotion fitness GmbH & Co KG  
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ahead of time®

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# 1. General information



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# 2. Classification of the devices

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### 3. Safety instructions

#### Safe installation of the devices

**h/p/cosmos® torqualizer® ef 900**  
**h/p/cosmos® torqualizer® ef 900 med**

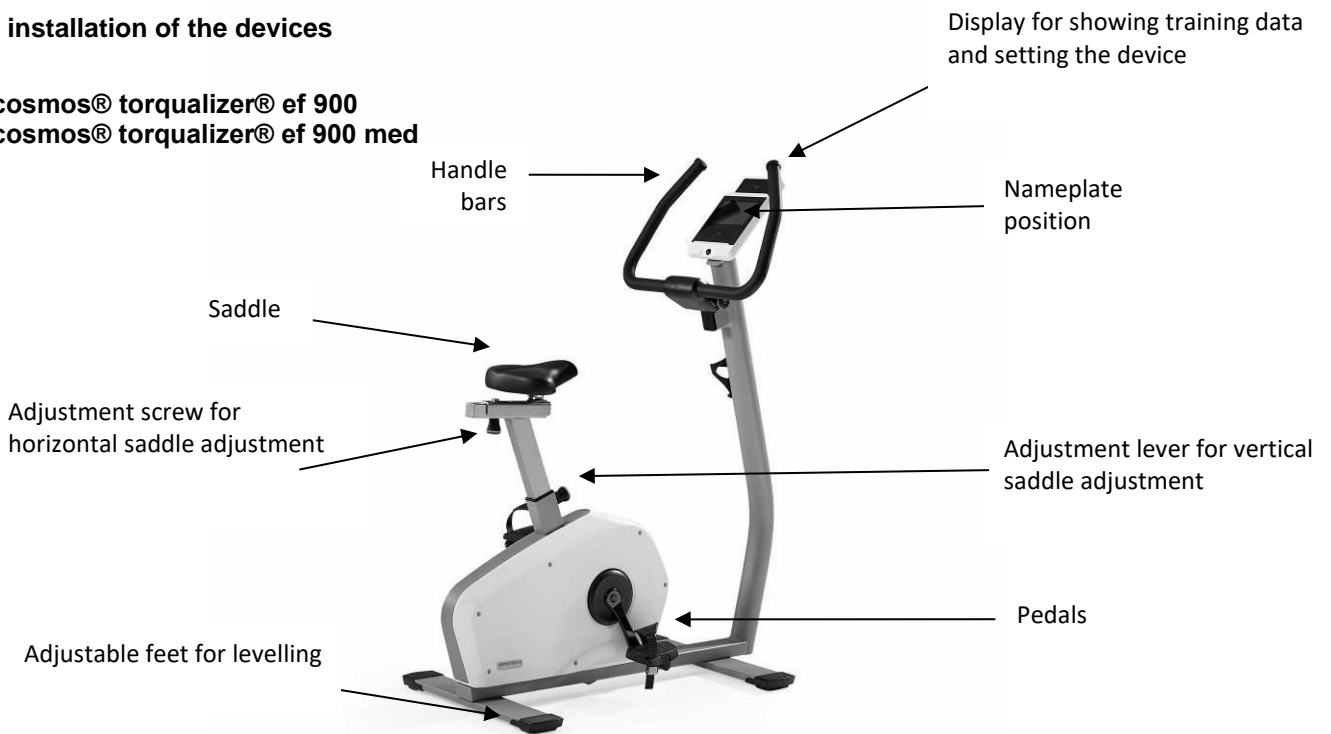


Fig.1: Device view h/p/cosmos® torqualizer® ef 900 & h/p/cosmos® torqualizer® ef 900 med with designation of the main elements and application parts

**h/p/cosmos® torqualizer® recumbent ef 900**  
**h/p/cosmos® torqualizer® recumbent ef 900 med**



Fig.2: Device view h/p/cosmos® torqualizer® recumbent ef 900 & h/p/cosmos® torqualizer® recumbent ef 900 med with designation of the main elements and application parts

**torqualizer® arm ef 900**  
**torqualizer® arm ef 900 med**

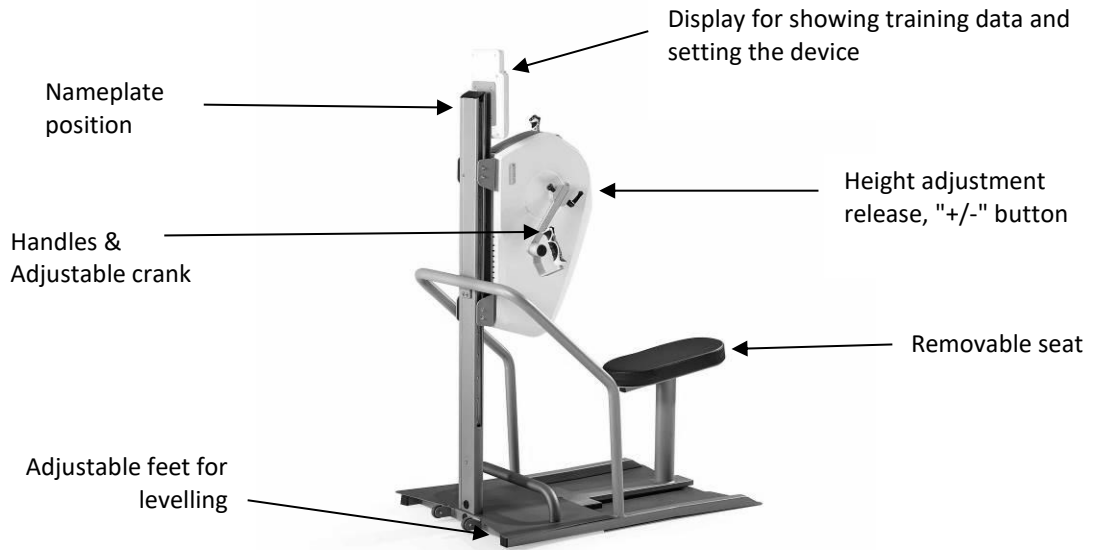


Fig.3: Device view torqualizer® arm ef 900 & torqualizer® arm ef 900 med with designation of the main elements and application parts

**torqualizer® arm ef 900 WM**  
**torqualizer® arm ef 900 med WM**

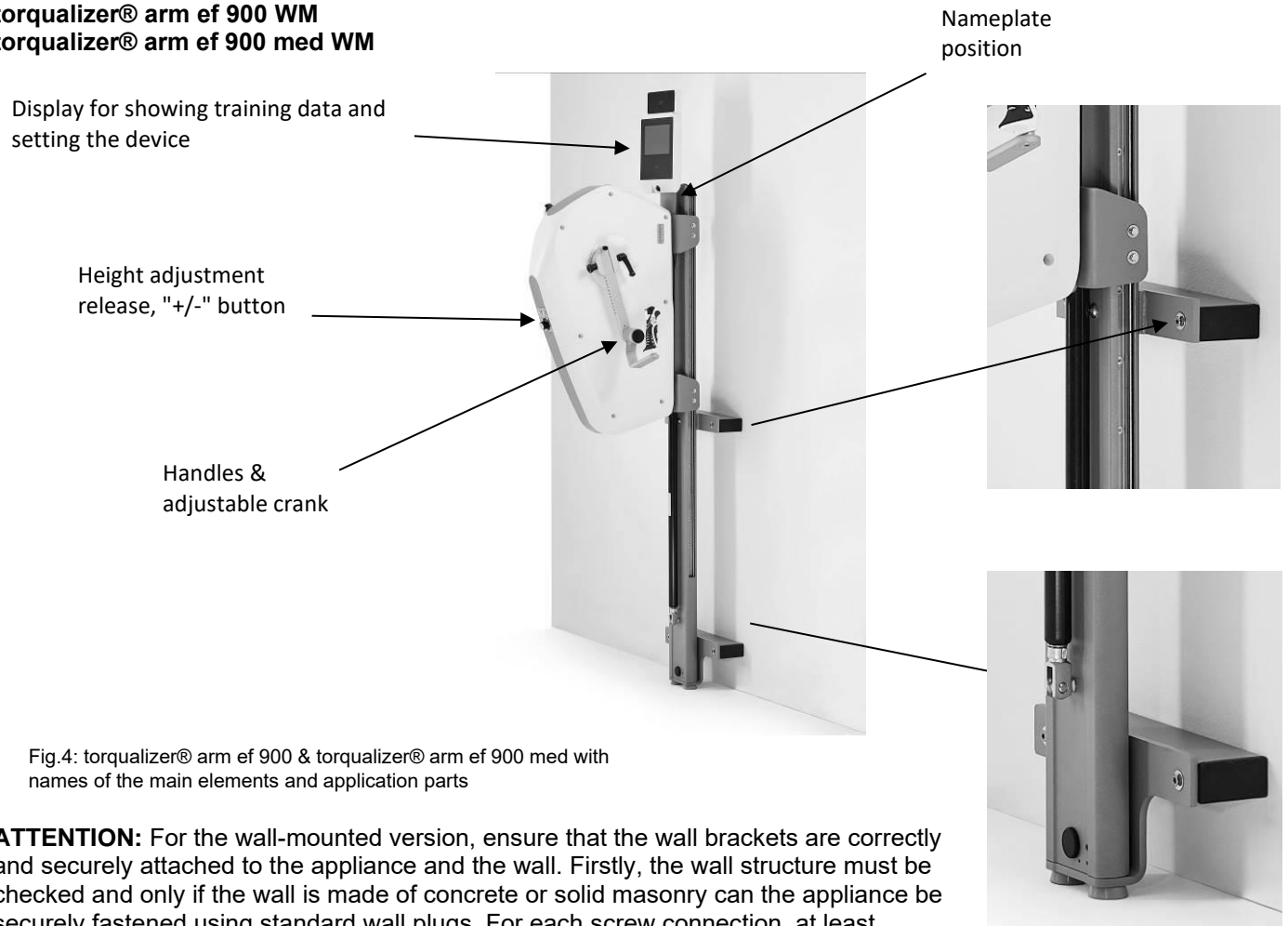
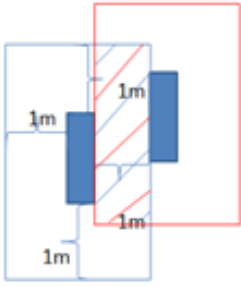
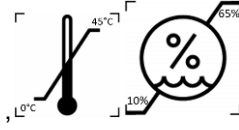


Fig.4: torqualizer® arm ef 900 & torqualizer® arm ef 900 med with names of the main elements and application parts

**ATTENTION:** For the wall-mounted version, ensure that the wall brackets are correctly and securely attached to the appliance and the wall. Firstly, the wall structure must be checked and only if the wall is made of concrete or solid masonry can the appliance be securely fastened using standard wall plugs. For each screw connection, at least 1000 N horizontal tensile load must be guaranteed to ensure that the device remains permanently stable under all conditions. Fastening must be carried out by a specialist company that also provides a guarantee for its work; the fastening material should also be procured from the specialist company and adapted to the wall properties. As an example, we recommend using Fischer SXRL 14x80 mm long-shafted dowels and coordinated FUS 10 mm Ø screws.



- Place the appliance on a firm, horizontal, level and non-slip surface and level the appliance with the adjusting screws so that it does not wobble.
- The free area around the appliance must be at least 1 metre larger than the movement area of the appliance to ensure safe access and egress from the appliance, even in emergencies. However, the safety clearances may overlap (see illustration).



- Only place the appliance in dry rooms at 10°C.
- Make sure that there is no electromagnetic radiation, e.g. from radio antennas, radiating fluorescent lamps, etc., as these can affect the pulse measurement.
- The underside of the frame must always be clear to ensure adequate ventilation.
- All pedal ergometers mentioned here are mains-independent. They generate their own power during operation or are supplied with power during programming by the capacitor installed as standard. The capacitor is charged during training and has a service life of > 20000 cycles.
- Attention: Please always observe the care, maintenance and servicing instructions in chapter 5 of this manual.

### Safe training

- Before starting training, the fitness for training should be checked by an authorised person, e.g. a doctor. Please refer to the section "Indications and contraindications".
- Please note that excessive training can be harmful.
- If you experience nausea or dizziness, stop training immediately and consult a doctor.
- Training on the equipment is only permitted with undamaged skin.
- When training, it is advisable to wear tight-fitting, lightweight sports clothing that cannot get caught in parts of the device during training. Always wear suitable sports shoes to ensure a secure footing on the pedals.
- Before starting training, check the device for stability, defective parts or possible manipulation. If you have discovered any defects or are unsure, ask the supervisor before you start training.
- Before starting training, it must be ensured that nobody is in the vicinity of the moving parts in order to avoid endangering third parties. In particular, unsupervised children must be kept away from the equipment.
- **torqualizer ef (med)/torqualizer recumbent ef (med):** In order to train biomechanically correctly, the knee should never be fully extended; adjust the seat of the device accordingly. With the cycle 900 / 900 med, both the horizontal and vertical sitting positions can be changed. For the vertical seat position, pull the locking bolt at the front of the seat post and adjust the height manually. To raise the seat position more easily, the seat post can be pulled upwards without unlocking the locking bolt. The locking bolt automatically engages in the nearest lower hole. The seat post can be adjusted further downwards by pulling the locking bolt. **Safety:** Ensure that the locking bolt engages firmly and audibly before the saddle is loaded. The saddle position is indicated by a scale on the side of the seat post, making it easier to find your personal saddle height during repeated training. This should be selected so that there is still a knee bend of around 10° in the lowest pedal position.



Fig.5: Horizontal and vertical adjustment of the seat position on the torqualizer 900 & torqualizer 900 med

- For horizontal positioning on the **cycle**, the yellow rubberised clamping handle behind the saddle must be released. The saddle can then be moved forwards or backwards. The horizontal position of the saddle affects the inclination of the upper body and the load that rests on the arms during training.



Fig.6: Handlebar adjustment on the **torqualizer ef 900** & **torqualizer ef 900 med**

- With the optional handlebar adjustment, care must be taken to ensure that the yellow rubberised clamping handle is tightened again after adjustment and before training.







Fig.7: Horizontal and backrest adjustment of the seat position on the **torqualizer recumbant ef 900** & **torqualizer recumbant ef 900 med**

- For horizontal positioning on the **torqualizer recumbant ef (med)**, the yellow release lever must be pulled upwards. The seat unit can then be moved to the desired position. Make sure that the seat unit engages firmly again. Adjust the backrest to the desired position. Ensure that it engages in the holes provided.



Fig.8: Vertical adjustment of the drive unit and the adjustable crank on the **torqualizer arm ef 900** **torqualizer arm ef 900 med** or **torqualizer arm ef 900 WM** and **torqualizer arm ef 900 med WM**

- **torqualizer arm ef 900:** In order to train biomechanically correctly with the body, move the drive unit so that the crank holder on the device is positioned approximately at shoulder joint height. Then set the crank length on the adjustable cranks accordingly. The locking bolt of the adjustable crank must be re-engaged after adjustment and the clamping lever must then be tightened.

-  **Warning:** The heart rate monitoring system is prone to malfunctions. Excessive training can lead to dangerous injuries or death. If you feel unwell, stop training immediately and consult your doctor or therapist.
-  **Warning:** The appliance may only be operated with the housing and in dry rooms.
-  **Warning for optional power connection:** Only use approved power supply units that have been tested in accordance with IEC 60601-1 and approved by the appliance manufacturer. Ensure that the plug is installed in such a way that it is difficult to disconnect it (e.g. through floor boxes, installation under the appliance or cable ducts, position of the power supply unit in areas that are difficult to access).
-  **Warning:** If the medical device is modified, suitable tests and inspections must be carried out to ensure continued safe use. The device must not be modified without the manufacturer's authorisation.

### **Indications and contraindications**

Before starting training, please consult a doctor or therapist to ensure that you are fit to train.

#### **Exemplary indications**

- Mobility of the musculoskeletal system
- Strengthening the muscles
- Strengthening the cardiovascular system

#### **Examples of contraindications**

- Cardiovascular diseases
- Pain of the musculoskeletal system
- During training:
  - Pain in the chest area
  - Discomfort
  - Nausea
  - Dizziness
  - Shortness of breath

**Ask your doctor if you are taking medication.**



## 4. Operating the display

Various training and test programmes enable individual and varied training with the motion cardio line 900 and motion cardio line 900 med machines.

	arm 900 / 900 med	recumbent 900 / 900 med	torqualizer ef 900 / 900 med
<b>Basic equipment</b>	Quickstart, time training, pulse training		
<b>incl. programme package</b>	Quickstart Qualifying Pulse training + 7 further programmes	Quickstart Qualifying Pulse training + 7 further programmes + 4 motion balance programmes	Quickstart Qualifying Pulse training + 7 further programmes + 4 motion balance programmes + 6 test programmes

### Overview of display/button functions

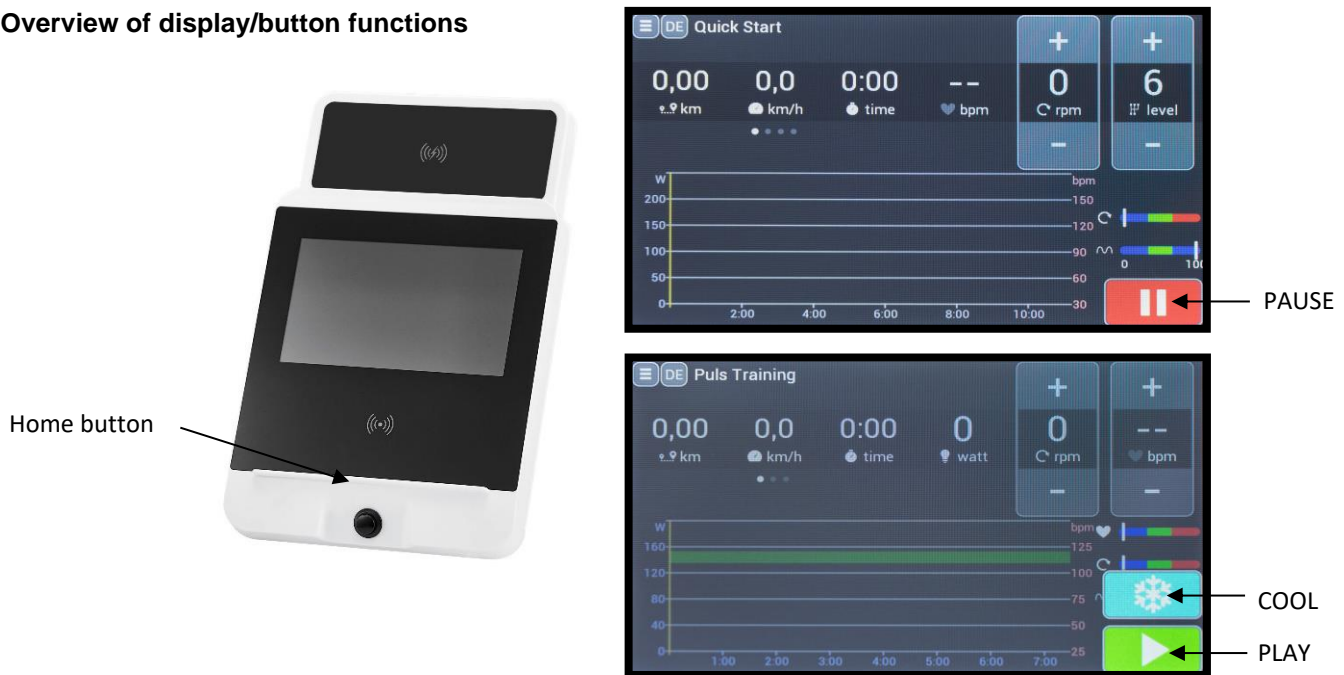


Fig. 9: Monitor view, to explain the button functions, actual view may vary in colour, button assignment is the same.

#### Explanation of the buttons:

- The **home button** is a physical button below the display glass. It is pressed to access the main menu. A long press (at least 6 seconds) on the HOME button resets the monitor electronics.
- Press the **PAUSE** button (⏸) to pause the training session.
- Training can be started or resumed by pressing the **PLAY** button (▶).
- The **COOL** button (❄) ends the training session immediately. A summary of the training results is immediately created, displayed and, if necessary, sent to compatible training control software.
- Use the **"+" button or "-" button** to increase or decrease the parameters or power values to be set.
- Use the **arrow buttons** to navigate through the corresponding menus and confirm values or settings.
- You can navigate through the programme selection by swiping/swiping gestures.

Depending on the programme, some of the following parameters are displayed:

- Programme name.
- Time: Training time completed or remaining.
- Heart rate: Heart rate display when using a compatible heart rate transmitter belt. The heart rate indicator shows the current heart rate range for programmes with a target or maximum heart rate. The profile indicator in the display shows the progression of the intensity range during training.
- Watt: Power is displayed in watts. At the same time, the intensity is shown graphically in the profile.
- km/h: Fictitious speed is displayed in km/h.
- Speed: Pedal revolutions per minute.
- L/R (not for arm 900/900 med): The force ratio of the left and right leg is displayed here in %.
- HRV: Heart rate variability is displayed via the RMSSD value (requires **POLAR** H10 sensor).

- resp: Respiratory rate (requires **POLAR** H10 sensor)
- km: Added or remaining distance. The display is in metres; from 1000 m in 10 m increments (1.00 km).
- K-Cal: Added or remaining calorie consumption.
- Level: Intensity level 1 - 21.
- ∅ If the parameters are supplemented with this symbol, these are average values.

## Results

After completing a training programme or by prematurely cancelling it via COOL (☼), the results are displayed in the monitor and a 3-minute cool-down is performed. This can be cancelled using the HOME button.

Some of the values are averaged (watts, km/h, speed, heart rate, altitude metres/min), others are cumulated (km, K-Cal, time, altitude metres). The average values are marked with the symbol ∅.

These results make it possible to monitor personal performance development and thus serve as motivation.

## Programme selection

The desired training programme can be selected in the main menu by tapping the corresponding icon. You will then be taken to the configuration page where you can set the relevant training parameters. Press the **PLAY** button (▶) to confirm your entry and start the training programme. You can return to the main menu via the home icon or the home button.

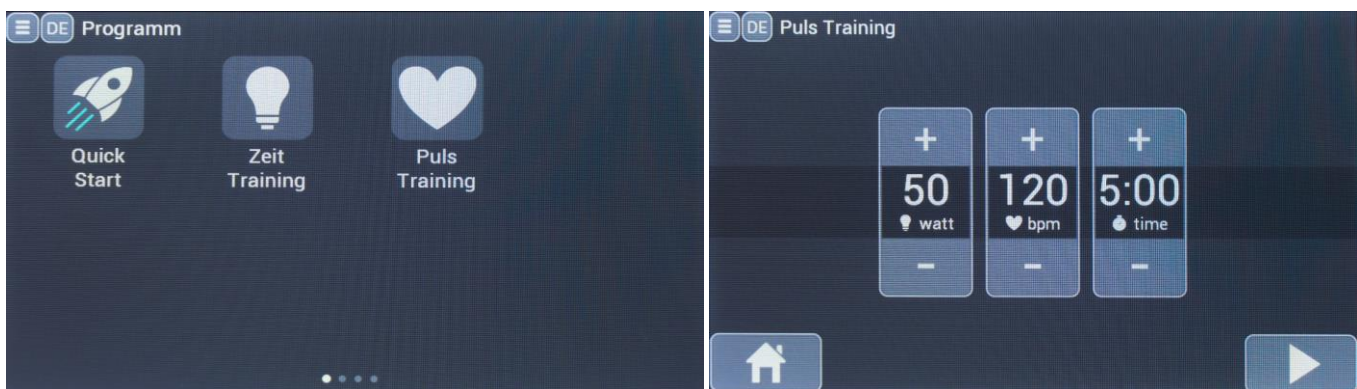



Fig. 10: Programme selection and configuration for manual training.

## Pulse systems



The motion cardio line 900 and motion cardio line 900 med devices are equipped with the original **POLAR** pulse system, which uses a chest strap to record signals as standard. This enables individual training in various programmes. The wireless data transmission to the display electronics is coded (either via 5kHz or **Bluetooth**). The new **POLAR** "auto-pairing" technology is based on secure and interference-free data transmission via Bluetooth. This technology requires the use of the H10 or H9 transmitters. Other parameters, such as HRV and respiratory rate, are also transmitted to the monitor via the **Bluetooth** connection.

If the old transmitters, e.g. T31 coded, are used, there is downward compatibility. However, it should be noted that there may be interference during signal transmission via 5 kHz technology.

The colour of the flashing heart symbol indicates the technology used.

light blue=**Bluetooth** green=5kHz dark blue= (optional see below)

## ANT+

The motion cardio line 900 and motion cardio line 900 med devices enable optional data transmission via  in addition to heart rate transmission via 5kHz/ Bluetooth<sup>®</sup>. The performance package is required for this. The motion cardio line 900 and motion cardio line 900 med devices automatically recognise a

Polar 5kHz/ Bluetooth<sup>®</sup> signal or  signal. To pair a  sensor, the user must already be in the desired training programme and the corresponding sensor must be presented near the integrated radio antenna in the monitor.

A dark blue flashing heart symbol confirms the heart rate transmission via .




Fig. 11: Pairing an ANT+ sensor for heart rate transmission

### Safety instructions in accordance with DIN EN ISO

Warning! Heart rate monitoring systems can be inaccurate. Excessive training can lead to serious damage to health or death. Stop exercising immediately if you feel dizzy or faint.

## Inductive charging (optional)






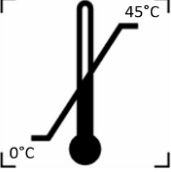


An optional inductive charging module can be activated on all motion cardio line 900 and motion cardio line 900 med devices via the "connect package". This enables contactless charging of mobile devices that fulfil the Qi standard (). Wearers of pacemakers or implanted defibrillators (ICDs) are recommended to keep a minimum distance of 10 cm from the charging coil.




## 5. Care, maintenance and servicing

All cardio equipment from emotion fitness is durable and requires little maintenance to function as training equipment for a long time. However, the necessary care must be carried out conscientiously.

**⚠ Warning:** The device may only be opened by an authorised specialist

### Symbols and meaning

Safety sign	Reference	Title
	ISO 7010-P017	Pushing prohibited
	ISO 7010-W012	Warning, electricity
	ISO 7000-1641	Instructions for use
<p>Sicherheitshinweis gemäß DIN EN ISO 20957</p> <p>Warnung! Systeme der Herzfrequenzüberwachung können ungenau sein. Übermäßiges Trainieren kann zu ernsthaftem gesundheitlichem Schaden oder zum Tod führen. Bei Schwindel- Schwächegefühl sofort das Training beenden.</p>	DIN EN ISO 20957	Safety instructions for heart rate monitoring
	ISO 7000-3082	Manufacturer
	ISO 7000-2497	Date of manufacture
	ISO 7000-0632	Temperature limitation
	ISO 7000-2620	Humidity, limitation
	ISO 7010-W001	General warning sign

	<b>ISO 7010-M002</b>	<b>Follow the instructions for use</b>
	<b>IEC 60417-5840</b>	<b>Type B application part (applies to saddle, pedals and handlebars)</b>
	<b>ISO 15233</b>	<b>Medical device</b>

The safety level of the appliances can only be maintained if the appliances are regularly checked for damage and wear. Defective parts must be replaced immediately and the appliance must be shut down until it has been repaired.

## Fault diagnosis

The following error messages may occur. If the error is displayed repeatedly, the measures listed below can provide a remedy. If these do not lead to success, the manufacturer/dealer and, if necessary, the software manufacturer should be contacted.

Error message	Measure/s	Device types affected
"check heart sensor?"	The monitor wants to start a programme that requires a heart rate sensor to be worn. If no sensor is found, this message is displayed. → Check the pulse sensor.	All motion cardio line 900 devices
"FBB:Incomplete frame"	FBB (Fly-By-Bluetooth®) error; when the end of a message to be transmitted is reached but it is not yet complete. → Contact the software manufacturer or device manufacturer.	All motion cardio line 900 devices → only occurs with system integration
"FBB:Bad packet type"	FBB error; unknown message type was sent by the PC software. → Contact the software manufacturer or device manufacturer.	All motion cardio line 900 devices → only occurs with system integration
"FBB:Bad block check"	FBB error; block check (generated checksum) does not match the expected block check. → Contact the software manufacturer or device manufacturer.	All motion cardio line 900 devices → only occurs with system integration
"FBB:Missing ETX"	FBB error; the end of the message does not correspond to the "End of message" character. → Contact the software manufacturer or device manufacturer.	All motion cardio line 900 devices → only occurs with system integration
"FBB:Parser failed"	FBB error; message from PC does not correspond to a defined message format. → Contact the software manufacturer or device manufacturer.	All motion cardio line 900 devices → only occurs with system integration
"FBB:UID mismatch"	FBB error; the user ID sent in the login message does not match the user ID from the programme message. → Contact the software manufacturer or device manufacturer.	All motion cardio line 900 devices → only occurs with system integration
"Program not allowed"	FBB error; the software has sent a programme that is not enabled in the device. → Select a different programme in the PC or Contact the device manufacturer to purchase this.	All motion cardio line 900 devices → only occurs with system integration
"FBB:Missing input: ###"	FBB error, parameter ## is missing in the programme message, but is required (programme is not started). → Contact the software manufacturer or device manufacturer.	All motion cardio line 900 devices → only occurs with system integration
"Par ## out of range: ###<###<###"	A required setting parameter was sent to the device by the PC software outside the permissible range. → Contact the software manufacturer.	All motion cardio line 900 devices → only occurs with system integration
"Profile> 50 steps"	Error message if a profile with too many steps is to be played. → Reduce the number of interval steps in the PC programme (only for interval programme) or contact the software manufacturer or device manufacturer.	All motion cardio line 900 devices → Only occurs with system integration and selected interval programme
"Infocode: ### (sometimes with additional text)"	Error number of the MCU6 motor control unit is displayed. → Contact the device manufacturer.	h/p/Cosmos treadmill
"Sprintex Err: A##:###"	Error number of the Sprintex controller is displayed. → Contact the device manufacturer.	Sprintex treadmill
"Sprintex Err: \$-\$"	Error number of the Sprintex controller is displayed.	Sprintex treadmill

	→ Contact the device manufacturer.	
"Sprintex Err: no reply"	The monitor receives no response from the Sprintex controller. → Contact the device manufacturer.	Sprintex treadmill

### **Instructions for fault status detection (fault)**

If errors occur on the devices that you cannot categorise, please contact emotion fitness GmbH & Co KG. For each error message, you should have the serial number and model type of the defective device ready, as this could be important in order to be able to make the correct diagnosis and, above all, to provide you with the right spare parts!

### **Maintenance instructions for the operator**

Ideally, visually inspect the appliance before each use, but at least daily, and pay particular attention to defective parts, loose connections and atypical noises.

The following checks must be carried out at least every 6 months:

- Visually check all visible connections and weld seams.
- Clean the appliance thoroughly.
- Check all screw connections for tightness.
- Check the integrity of the saddle and seat post and ensure that the saddle is replaced after 2 years to prevent material fatigue.
- Check the integrity and strength of the pedals and cranks.

In general:

- Clean the plastic panelling and frame parts regularly as required with a damp cloth and mild soap, then wipe dry again.
- The use of spray bottles with cleaning agents is not permitted; it has been shown that the appliances never become dry in inaccessible places. Rust infestation cannot be ruled out with this procedure.
- Make sure that no liquid gets into the monitor housing
- Only clean the monitor display with recommended display cleaners (<https://www.schupp.shop/therapie-praxisbedarf/praxisbedarf/reinigung-hygiene/displayreiniger?number=3912>)
- Please only use mikroqid® sensitive wipes disinfectant wipes (<http://www.schuelke.com/>) for any necessary disinfection of the devices.
- The monitor display may indicate that the capacitor voltage is too low, at which point it cannot be guaranteed that the device will function without braking current. You can recharge the capacitor by pedalling with a higher load or by using a power supply unit approved by the device manufacturer.
- Check that the housing fastenings are tight.
- Check the function of the locking bolts regularly.
- We recommend a regular visual inspection of all appliance parts, in particular screws, bolts, weld seams and other fastenings.
- Check that the appliance feet are firmly seated.
- Check whether the cranks are still firmly connected to the axle. You will need a 14 mm socket spanner for this.
- Important: Retighten after the first 10 hours of use! Damaged cranks and axles due to loosening of the cranks are not covered by the warranty!
- Check the seat post for damage caused by overloading.
- Clean the extension parts of the seat post and the seat slide, then spray with silicone spray and rub dry again.
- Check the pedal loops for damage.
- Only use original spare parts - please contact us for this.

### **Attention: Retighten the cranks**

The cranks must be retightened after the first 10 hours of operation.

If the cranks are not retightened, irreparable damage may occur to the axle or the cranks, in which case the warranty will no longer apply.

### **Maintenance by authorised specialist**

In the event of device problems that you cannot easily solve yourself, always contact the emotion fitness service centre. The authorised service team will help you quickly and competently or provide you with instructions.



## Calibration/maintenance

All medical pedal ergometers are **subject to an MTK obligation** (MPBetreibV, §14) and must be checked **every 24 months**.

In addition, we recommend that the safety-relevant components are **serviced** and checked by authorised employees/partners **every 12 months**.

This section refers to the legal situation in Germany. Please check the applicable laws on the operation of medical devices in your country.

Devices with the suffix "med" are in accordance with the Medical Devices Directive EU 2017/745. They are therefore labelled with the CE mark and the number of the notified body.

The distributor/operator is responsible for carrying out maintenance, servicing and calibration, as well as possible inspections in accordance with applicable regional laws and regulations at the location of the devices!

Further information can also be obtained from your local authorised dealer.

## 6. Technical data\*

Device type	Dimensions (L/W/H)	Weight	max. user weight	Safe workload
torqualizer® ef 900 torqualizer® ef 900 med	119 cm x 65 cm x 145 cm	58 kg	150 kg; boosted: 200 kg	208 kg; boosted:258 kg
motion relax 900 motion relax 900 med	173 cm x 65 cm x 133 cm	80 kg	150 kg; boosted: 200 kg;	230 kg; boosted: 280 kg;
motion relax 900 boosted 250kg motion relax 900 med boosted 250kg	173 cm x 78 cm x 133 cm	104 kg	boosted:250 kg	boosted: 354 kg
torqualizer® ef 900 torqualizer® arm ef med 900	116 cm x 78 cm x 155 cm	98 kg	150 kg; boosted: 200 kg	248 kg; boosted: 298 kg
torqualizer® arm ef 900 WM torqualizer® arm ef med 900 WM	63 cm x 56 cm x 155 cm	48 kg	150 kg; boosted: 200 kg	198 kg; boosted: 248 kg

Resistance system: Mains-independent braking system

Performance range:

cycle/relax: speed-independent: 15-500 watts (optional 7-950 watts); speed-dependent: 15-1,000 watts

body: speed-independent: 15-500 watts (optional 7-550 watts); speed-dependent: 15- 750 watts

Freewheel: available for cycle and relax

The following EU directives are fulfilled:

2001/95/EC General Product Safety Directive

EU2017/745 Art. 120 Medical Devices Directive Class IIa (only fulfilled for devices with the suffix med)

2014/30EU EMC Directive

The following standards were used:

DIN EN ISO 20957-1 Accuracy class A, utilisation class S; DIN EN ISO 20957-5;

DIN EN 60601-1:2013; DIN EN 60601-1-2

\* The values may vary due to device modifications and options.

Subject to technical and visual changes and printing errors.

## 7. Waste disposal

With the conclusion of the purchase contract, it is agreed that business customers are responsible for the disposal of the WEEE Directive 2012/19/EU on waste electrical and electronic equipment themselves.

## 8. Guarantee

This is based on the statutory warranty.

emotion fitness GmbH & Co. KG, as the manufacturer of this product, will replace defective parts for professional users free of charge for 24 months from the date of invoicing if the proper use and care specified in these operating instructions can be proven.

As a rule, the cost of labour for a warranty service during the first 12 months is covered by the respective dealer in your country. Please contact your dealer if you have any questions.

The warranty claim expires if the product has been serviced or repaired by unauthorised persons. As soon as a warranty claim occurs, you should inform emotion fitness GmbH & Co KG or your dealer immediately in writing or by e-mail. Information about the serial number of the device, the time of purchase, a detailed description of the fault and the source of supply must be provided by the owner of the device.

emotion fitness GmbH & Co KG or your distributor will arrange a service, but reserves the right to decide on the type of service.

The following procedures are conceivable:

1. the service will be carried out on site by an authorised service technician.
2. we send the required spare part
3. we send a replacement device.

The defective parts are returned to us by the customer without delay and free of charge. Otherwise the customer will be charged

for the spare parts supplied.

If the causes lie outside the scope of the warranty, emotion fitness GmbH & Co. KG reserves the right to charge all repair costs.

Some wearing parts are not covered by the warranty. These are in particular saddle, cranks and crank attachment, pedals, pedal loops, upholstery materials and the rubber grip on the handlebars. The **POLAR** Pulse systems are covered by the statutory warranty.

These warranty provisions shall in no way affect general statutory claims.

The current version of our general export conditions can be viewed and downloaded from our website [www.emotion-fitness.de](http://www.emotion-fitness.de) and downloaded.

CE 0633

**Thank you for your trust!**

**emotion**  
FITNESS

**h/p/cosmos®**

### Manufacturer

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