



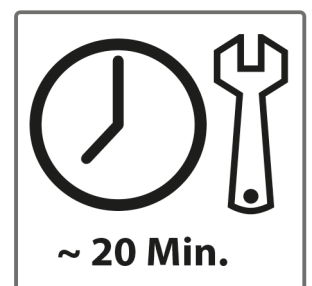
## Assembly and Operating Instructions



Art. No. CJ-FT-100/112/125



Art. No. CJ-FT-HB



CJFT100/112/125.01.02



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## Dear customer,

Thank you for choosing a high-quality equipment of the brand cardiojump®. cardiojump® offers sports and fitness equipment for the sophisticated home sport and the equipment of fitness studios and business customers. With cardiojump® fitness equipment, the focus is on what sport is all about: maximum performance! Therefore, the equipment is developed in close consultation with athletes and sports scientists. Because athletes know best what makes perfect fitness equipment.

Further information can be found at [www.sport-tiedje.com](http://www.sport-tiedje.com).

### Intended Use

The equipment may only be used for its intended purpose.

The equipment is only suitable for home use. The equipment is not suitable for semi-professional (e.g. hospitals, associations, hotels, schools, etc.) and commercial or professional use (e.g. fitness studios).

## Legal Notice

Sport-Tiedje GmbH  
Europe's No. 1 for home fitness

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## Disclaimer



©2018 cardiojump® is a registered brand of the company SportTiedje GmbH. All rights reserved. Any use of this trademark without the explicit written permission of Sport-Tiedje is prohibited.

Product and manual are subject to change. Technical data can be changed without advance notice.

## ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.



This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to carefully follow the instructions and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The following safety instructions may appear in this manual:

- **ATTENTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.



- **CAUTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!



- **WARNING**

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!



- **DANGER**

This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!



- **NOTICE**

This notice indicates further useful information.

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

## 1.1 Technical Data

### Weight and dimensions (Trampoline):

CJ-FT-100

Set-up dimensions (Trampoline): 1130 mm x 1130 mm x 340 mm

Set-up dimensions (with handlebar): 1130 mm x 1130 mm x 1390 mm

Packaging dimensions: 1120 mm x 1120 mm x 100 mm

Article weight (net, without packaging): 5.8 kg

Article weight (gross, including packaging): 6.9 kg

CJ-FT-112

Set-up dimensions (Trampoline): 1320 mm x 1320 mm x 340 mm

Set-up dimensions (with handlebar): 1320 mm x 1320 mm x 1390 mm

Packaging dimensions: 1150 mm x 1150 mm x 100 mm

Article weight (net, without packaging): 6 kg

Article weight (gross, including packaging): 7.1 kg

CJ-FT-125

Set-up dimensions (Trampoline): 1450 mm x 1450 mm x 340 mm

Set-up dimensions (with handlebar): 1450 mm x 1450 mm x 1390 mm

Packaging dimensions: 1285 mm x 1285 mm x 100 mm

Article weight (net, without packaging): 7 kg

Article weight (gross, including packaging): 8.2 kg

Maximum user weight: 125 kg

### Weight and dimensions (Handlebar):

Packaging dimensions: 670 mm x 195 mm x 45 mm

Article weight (net, without packaging): 2.5 kg

Article weight (gross, including packaging): 3 kg

## 1.2 Personal Safety

### **DANGER**

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.
- + Do not perform saltos on the trampoline.

### **WARNING**

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.
- + The trampoline must not be used when the jumping sheet is wet.
- + It is not allowed to eat or drink during the training.
- + The equipment may only be used for its intended purpose.
- + Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.

### **CAUTION**

- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.

### • **ATTENTION**

- + Do not insert any objects of any kind into the openings of the device.

## 1.3 Set-Up Place



### **WARNING**

- + Do not place the equipment in main corridors or escape routes.



### **CAUTION**

- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.

### **ATTENTION**

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
- + A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.



### 2.1 General Instructions



#### **DANGER**

+ Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.



#### **WARNING**

+ Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



#### **CAUTION**

+ Do not open the packaging when it is lying on its side.  
+ Ensure to have sufficient room for movement in each direction during assembly.

- **ATTENTION**

+ To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.



#### **NOTICE**

+ In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.

## 2.2 Scope of Delivery

The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

 **CAUTION**

If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

H1



H2



H3



H4



H1	Top rail
H2	Jumping mat
H3	Leg
H4	Bungee cords

## 2.3 Assembly Trampoline

Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

1. Hold one leg (H3) of the trampoline at the foot end and pull the folded leg (H3) downwards (see fig. 1 and fig. 2).

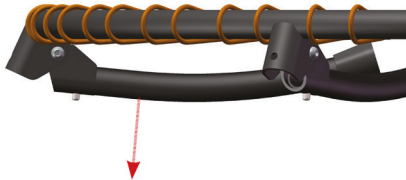


Fig. 1



Fig. 2

As soon as the leg (H3) is folded out in the correct position, the spring pin should pop out of the locking hole (see fig. 3 and fig. 4).

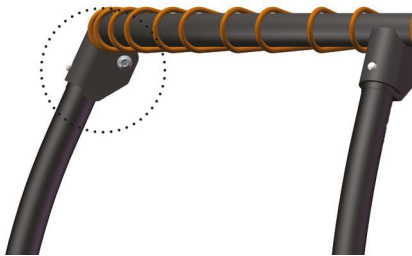


Fig. 3

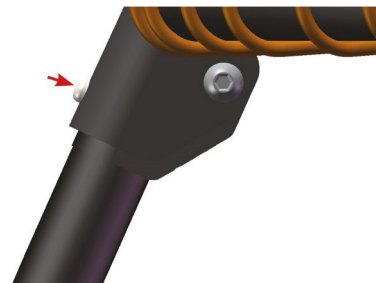


Fig. 4

2. For the other legs, proceed as described in step 1.

→ *The trampoline is now assembled.*

## 2.4 Scope of Delivery

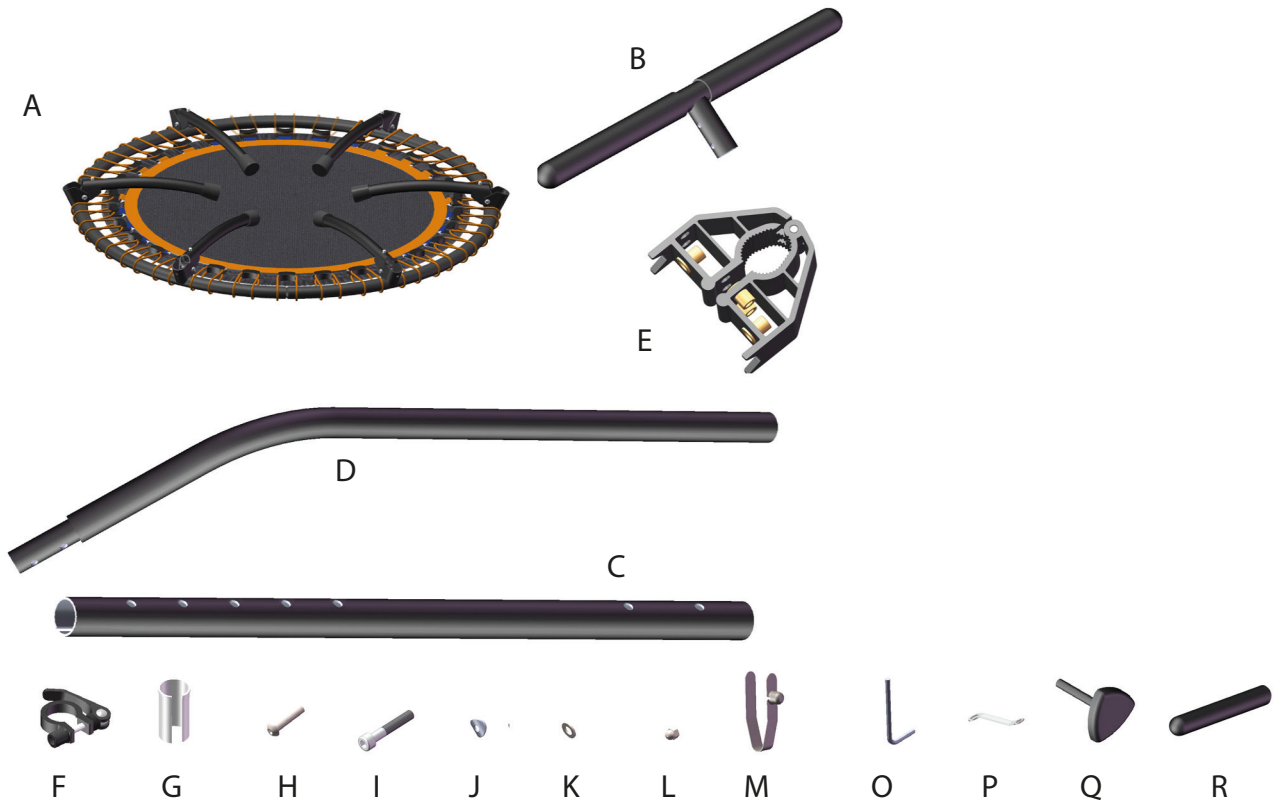
The handlebar is an optionally available accessory for the fitness trampoline from the cardiojump® brand. The trampoline is not included and must be purchased separately.

The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.



### CAUTION

If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.



A	Assembled trampoline (not included)	J	Curved washer
B	Bar	K	Washer
C	Handlebar support tube	L	Safety nut
D	Adjustable tube	M	Spring button
E	Handlebar clamber	O	Allen key
F	Quick release clamp	P	Ring spanner
G	Plastic spacer	Q	Knobs
H	Socket head bolts	R	Hand grips
I	Cylinder head bolts		

## 2.5 Assembly

Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### NOTICE

First loosely screw all parts together and check that they fit properly. Then tighten the screws using the tool only when you are instructed to do so.

### Step 1: Mounting the clamp

1. Place the clamp (E) between two legs on the frame of the trampoline (see fig. 5 and fig. 6).

### CAUTION

Ensure that the stopper is located on the frame between the clamp.

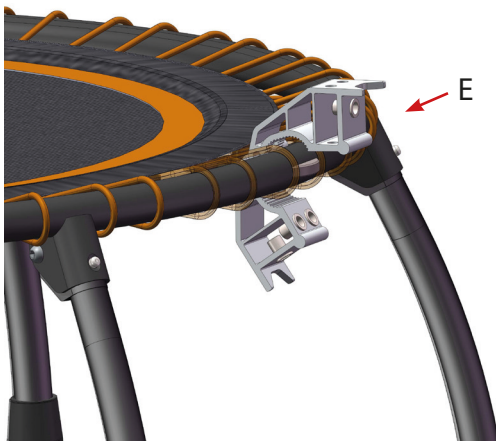


Fig. 5

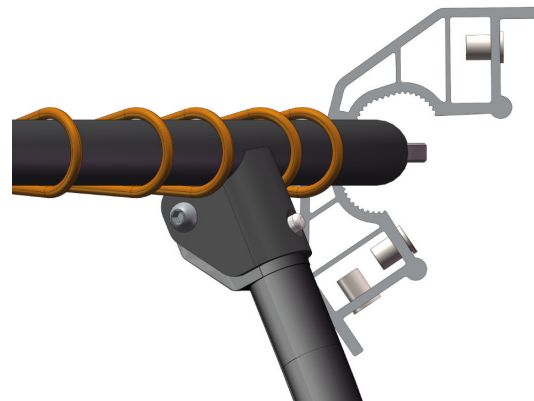


Fig. 6

2. Press the clamp on the frame together (see fig. 7) and fasten the clamp with two Allen screws (H) and washers (K) each (see fig. 8).
3. Tighten the bolts using the Allen key (O).

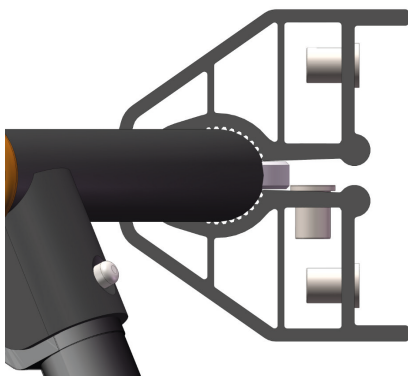


Fig. 7

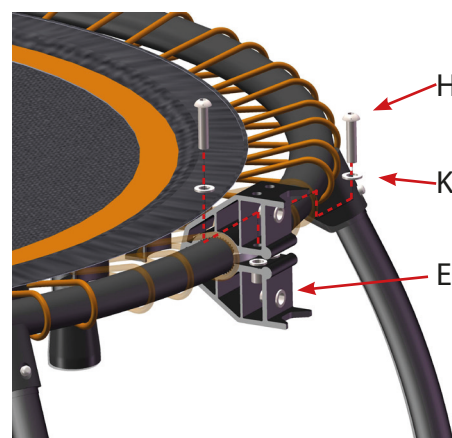


Fig. 8

### Step 2: Preparing the support tube

Insert the plastic spacer (G) in the support tube (C) and mount the quick release clamp (F) on the support tube (C) (see fig. 9).

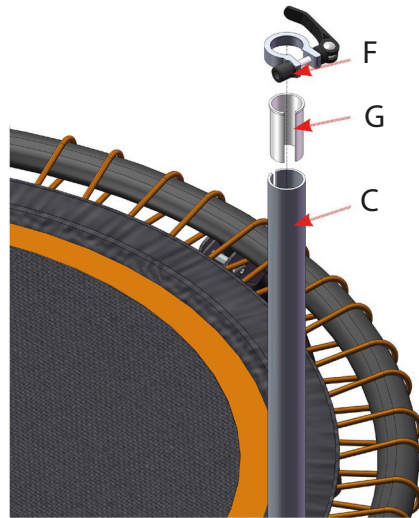


Fig. 9

### Step 3: Mounting the support tube

Use the knobs (Q) to mount the support tube (C) to the clamp (E) (fig. 10).

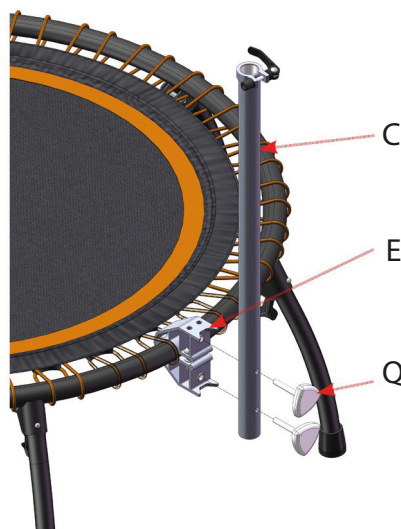


Fig. 10

#### Step 4: Connecting the bar to the adjustable tube

To mount the bar (B) to the adjustable tube (D) use four curved washers (J), two cylinder head bolts (I) and two safety nuts (L) (fig. 11)

Tighten them by using the Allen key (O) and the ring spanner (P).

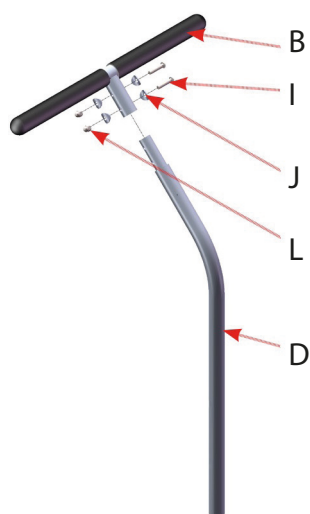


Fig. 11

#### Step 5: Connecting the adjustable tube to the support tube

① **NOTICE**

The spring button (M) is already inserted in the adjustable tube (D).

Insert the adjustable tube (D) into the support tube (C) (see fig. 12).

① **NOTICE**

Pay attention that while inserting the adjustable tube (D) the spring button (M) is pointing towards the holes of the support tube (C).

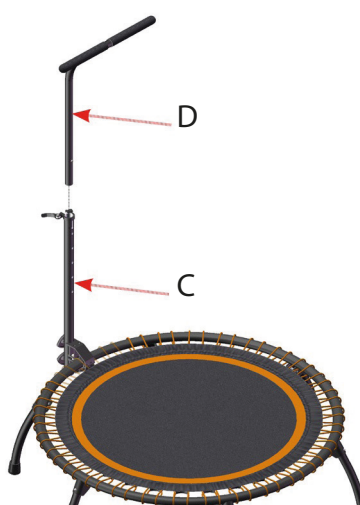


Fig. 12

### Step 6: Adjusting the height of the handlebar

1. To adjust the height of the handlebar to a comfortable height, press the spring button (M) and let it snap in at the wanted position.
2. To fasten the set height, tighten the quick release clamp (F) (see fig. 13 and fig. 14).



Fig. 13



Fig. 14



→ *The handlebar is now assembled.*



### 3.1 General Instructions

- **ATTENTION**

- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 5°C and 45°C.

- **WARNING**

- + The storage location should be chosen so that improper use by third parties or children can be prevented.

### 3.2 Dismounting the Handlebar

Dismount the handlebar by unscrewing the knobs (Q) (see fig. 15).



Fig. 15

→ *The handlebar is now removed.*

→ *The trampoline can now be folded and store*

### 3.3 Folding-Up the Trampoline

1. To fold away the legs of the trampoline, press and hold the spring pin (M) in (see fig. 16).



Fig. 16

2. Push the leg in towards the jumping mat and let go of the spring pin (M) as soon as the leg is folded (see fig. 17, fig. 18 and fig. 19).



Fig. 17

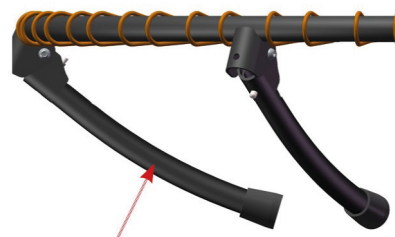
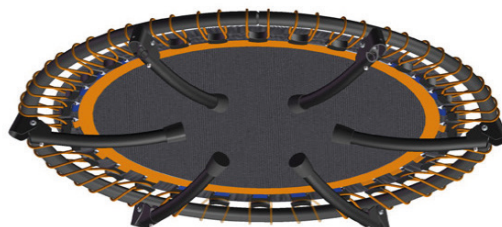


Fig. 18



Fig. 19

3. Repeat steps 1 and 2 for the rest of the legs.



→ *The trampoline is now folded.*

### 3.4 Mounting Bungee Cords

As time goes by it can happen that individual bungee cords need to be replaced because of their wear and tear. To mount new bungee cords on your trampoline follow the next steps.

**NOTICE**

To make sure that the jumping mat is evenly tensioned please follow the exact sequence and position of mounting the bungee cords. Ignoring this instruction will lead to a shorter life span of the elastic components and will negatively impact the function of the trampoline.

1. Choose a point where you wish to begin mounting the bungee cords (H4).
2. Hook one end of the bungee cord (H4) onto the jumping mat (H2) and pull the other end around the frame (H1) (see fig. 20). Hook the other end of the bungee cord (H4) onto the same place on the jumping mat (H2) (see fig. 21).

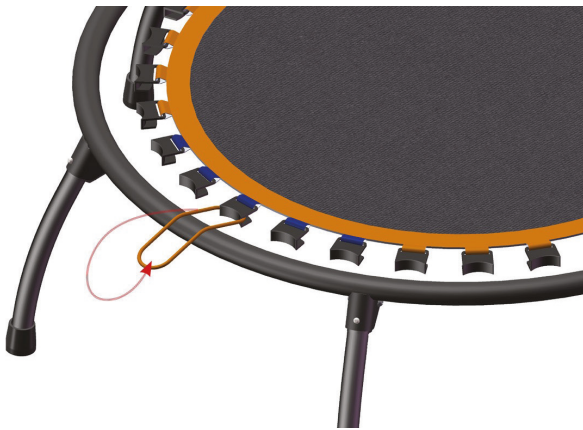


Fig. 20



Fig. 21

3. To tension the jumping mat (H2) mount a bungee cord (H4) on the opposite side to where you mounted the first bungee cord (H4) (see fig. 22) using the same procedure as described in step 2 and step 3.



Fig. 22

4. Position and mount the next four bungee cords (H4) in the sequence shown in fig. 23.



Fig. 23

5. To mount the rest of the bungee cords (H4) use the same procedure as described in steps 2 to 4.



## 4.1 General Instructions



### WARNING

+ Do not make any improper changes to the equipment.



### CAUTION

+ Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

- **ATTENTION**

+ In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

## 4.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Unequal tension of the jumping sheet	Worn out bungee cords	Replace the bungee cords
Wobbling handlebar	Loosened screw connections	Check the tightness of the screws and tighten them if necessary.
	The holding bar is not in the correct position	Remove the holding bar and the clamp and attach the clamp to the stopper position on the trampoline frame

### 4.3 Maintenance and Inspection Calendar

To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly	Half-yearly	Yearly
Jumping sheet and rubber strings					
Frame					
Screw connections					
Clamped joint connections					
Legend: C = clean; I = inspect					

## 5 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.



The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

## 6 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. This could be a floor mat, for example, which makes your fitness equipment stand more securely and also protects the floor from falling sweat, but it could also be additional handrails on some treadmills or silicone spray to keep moving parts in good shape.

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible chest strap, as this ensures optimum transmission of the heart rate. You may want to buy additional grips or weights for multi gyms.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



floor mat



chest strap



chest strap contact gel



silicone spray



towels

## 7.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 9 of this operating manual.

**NOTICE**

The serial number of your equipment is unique. It's located on a white sticker.

Enter the serial number in the appropriate field.

**Serial number:**

**Brand / Category:**

**Model Name:**

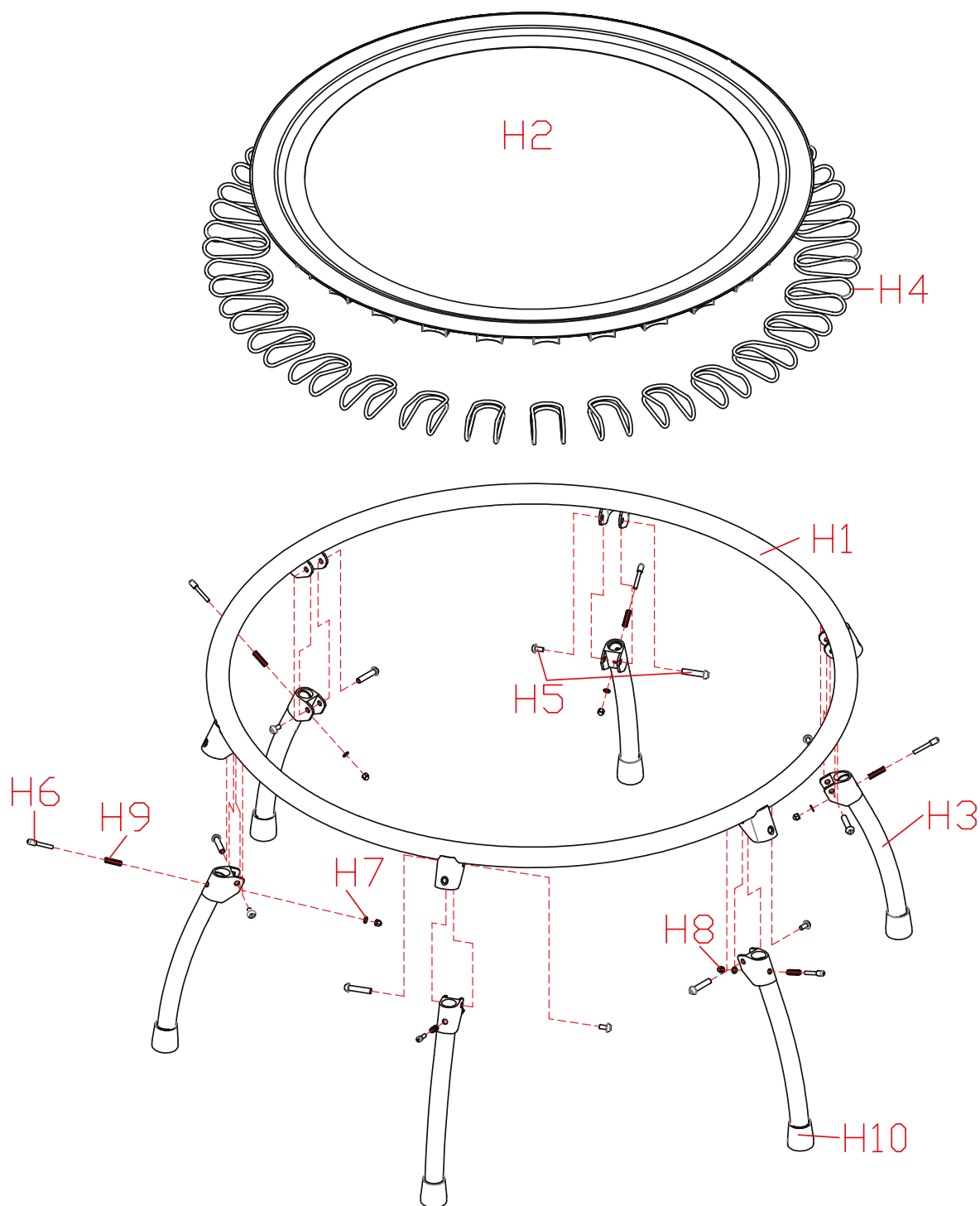
**Article Number:**



## 7.2 Parts List Trampoline

No.	Name	Qty.	100cm	112cm	125cm
H1	Top rail	Pcs	1	1	1
H2	Jumping mat	Pcs	1	1	1
H3	Leg	Pcs	6	6	6
H4	Bungee cord	Pcs	30	36	42
H5	M8X35 lock screw set	Pcs	6	6	6
H6	Pop pin M5X45	Pcs	6	6	6
H7	5mm Washer	Pcs	6	6	6
H8	M5 Nylon Lock Nut	Pcs	6	6	6
H9	Spring	Pcs	6	6	6
H10	Round foot cap	Pcs	6	6	6

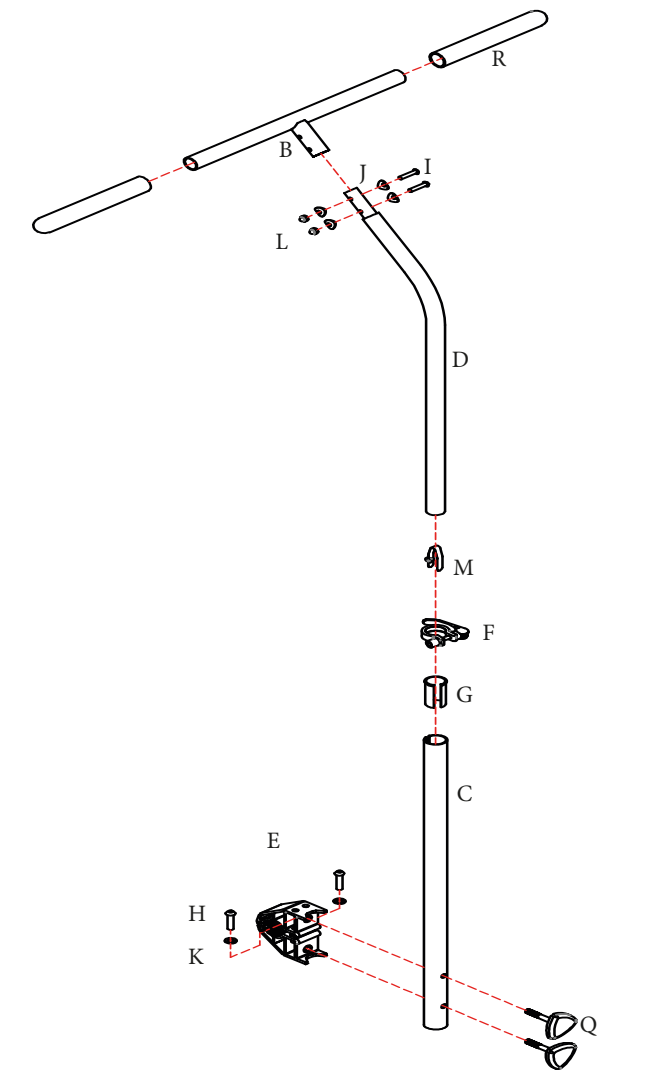
## 7.3 Exploded Drawing Trampoline



## 7.4 Parts List

No.	Name	Qty.	No.	Name	Qty.
A	Pre-Assembled trampoline set	1	J	6mm Curved washer	4
B	Armrest	1	K	8mm Washer	2
C	Handle bar support tube	1	L	M6 Safety nut	2
D	Adjustable tube	1	M	Spring botton	1
E	Handle bar clumper	1	O	6mm Allen key	1
F	Quick release clip	1	P	Spanner	1
G	Plastic spacer	1	Q	M8x55 Knob	2
H	M8x30 Socket head bolt	2	R	Hand grip	2
I	M6x35 Cylinder head bolt	2			

## 7.5 Exploded Drawing



Training equipment from cardiojump® is subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

### Error Descriptions

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

### Your statutory rights are not affected.

### Warranty

The warranty is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

### Warranty periods

The following warranty periods begin on delivery of the fitness equipment.

Model	Usage	Full Warranty
FT-100/112/125	Home use	24 Months
FT-HB		

### Repair Costs

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warranty personally and are not a part of repair. After the expiration of the warranty period for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

### The terms of use are defined as follows:

- + Home use: solely for private use in private households up to 3 hours per day
- + Semi-professional use: up to 6 hours per day (e. g. rehabilitation centres, hotels, clubs, company gyms)
- + Professional use: more than 6 hours per day (e. g. commercial gyms)

## **Warranty Service**

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

## **Warranty Conditions**

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

## **Warranty claims are invalid in case of damage resulting from:**

- + misuse or improper handling
- + environmental influences (moisture, heat, electrical surge, dust, etc.)
- + failure to follow the current safety measures for the equipment
- + failure to follow the operating instructions
- + use of force (e. g. hitting, kicking, falling)
- + interventions which were not carried out by one of our authorized service centres
- + unauthorised repair attempts

## **Proof of Purchase and Serial Number**

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.

## **Service outside of the Warranty Period**

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

## **Communication**

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

DE	DK	FR
<p><b>TECHNICAL SUPPORT</b></p> <p>☎ +49 4621 4210-900 ☎ +49 4621 4210-698 ✉ technik@sport-tiedje.de 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> <p><b>SERVICE</b></p> <p>☎ 0800 20 20277 (Freecall) ✉ info@sport-tiedje.de 🕒 Mo - Fr 08:00 - 21:00 Sa 09:00 - 21:00 So 10:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 80 90 16 50 +49 4621 4210-945 ✉ info@fitshop.dk 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ +33 (0) 172 770033 +49 4621 4210-933 ✉ service-france@fitshop.fr 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>
	PL	BE
	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 22 307 43 21 +49 4621 42 10-948 ✉ info@fitshop.pl 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 02 732 46 77 +49 4621 42 10-932 ✉ info@fitshop.be 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>

UK	NL	INT
<p><b>TECHNICAL SUPPORT</b></p> <p>☎ +44 141 876 3986 ✉ support@powerhousefitness.co.uk</p> <p><b>SERVICE</b></p> <p>☎ +44 141 876 3972 🕒 Mo - Fr 9am - 5pm</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ +31 172 619961 ✉ info@fitshop.nl 🕒 Ma - Do 09:00 - 17:00 Vr 09:00 - 21:00 Za 10:00 - 17:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ +49 4621 4210-944 ✉ service-int@sport-tiedje.de 🕒 Mo - Fr 8am - 6pm Sat 9am - 6pm</p>
	AT	CH
	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 0800 20 20277 (Freecall) +49 4621 42 10-0 ✉ info@sport-tiedje.at 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 0800 202 027 +49 4621 42 10-0 ✉ info@sport-tiedje.ch 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>

Please find a detailed overview including address and opening hours for all stores of the Sport-Tiedje Group in Germany and abroad on the following website:

[www.sport-tiedje.com/en/stores](http://www.sport-tiedje.com/en/stores)

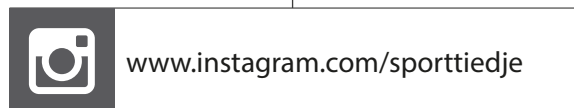
# WE LIVE FITNESS

## WEBSHOP AND SOCIAL MEDIA

Sport-Tiedje is Europe's largest specialist store for home fitness equipment with currently 80 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

Sport-Tiedje offers a wide range of fitness equipment from renowned manufacturers, high-quality in-house developments and comprehensive services, such as a build-up service and sports scientific advice before and after the purchase. The company employs numerous sports scientists, fitness trainers and competitive athletes.

Visit us also on our social media platforms or our blog!



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