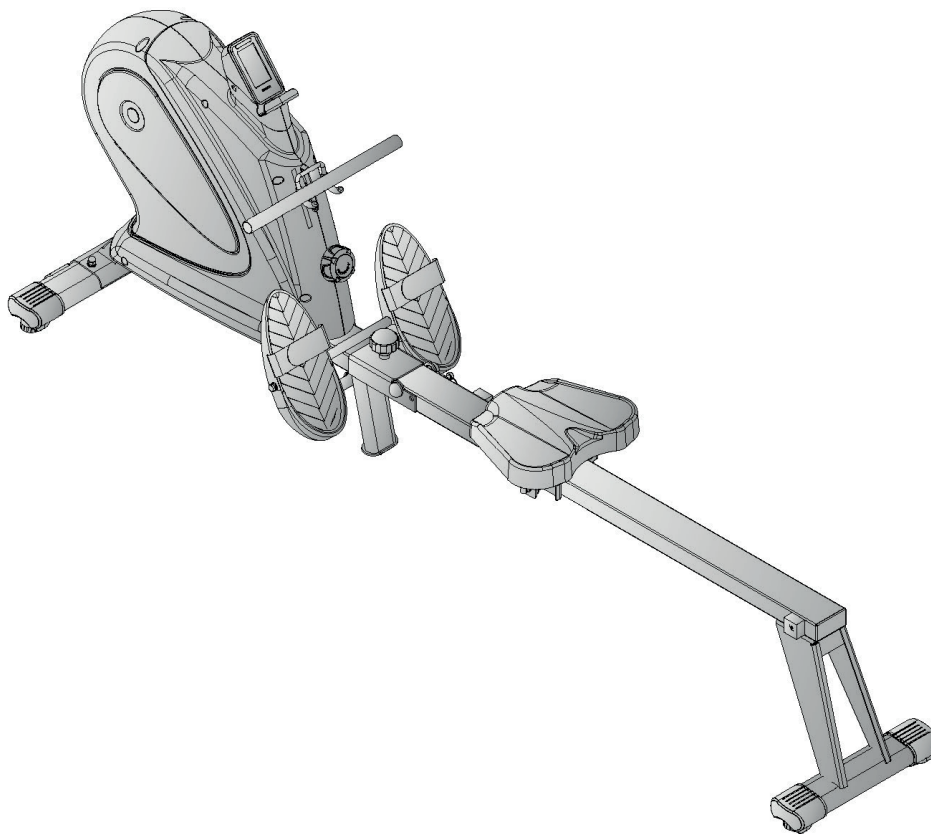


## ASSEMBLY AND OPERATING INSTRUCTIONS



max. 120 kg



~ 60 Min.



29 kg

L 204 | B 54 | H 95

DUIR40.01.01

Art. No. DU-IR40

ROWING MACHINE IR40



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## Dear customer,

Thank you for choosing a high-quality equipment of the brand Duke®. Duke® offers sports and fitness equipment for the sophisticated home sport and the equipment of fitness studios and business customers. With Duke® 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

International Headquarters  
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Management:  
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No. HRB 1000 SL  
Local Court Flensburg  
European VAT Number: DE813211547

## Disclaimer



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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

### LCD - Display of

- + Training time in min.
- + Training distance in m
- + Calorie consumption in kcal
- + Strokes per min
- + Strokes in total

Brake system:                      Magnetic brake  
Resistance levels:                8

### Weight and Dimensions

Article weight (gross, incl. packaging): 34.5 kg

Article weight (net, excl. packaging): 29 kg

Package dimensions (LxWxH): 133 cm x 23.5 cm x 69 cm

Set-up dimensions (LxWxH) approx.: 204 cm x 54 cm x 95 cm

Folding dimensions (LxWxH) approx.: 90 cm x 54 cm x 158 cm

Maximum user weight: 120 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.

### **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.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + 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.

### **CAUTION**

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + 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

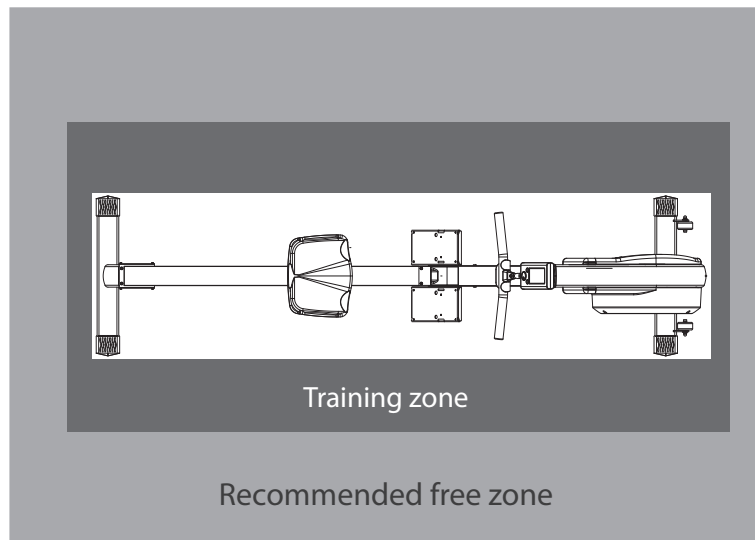
- + Do not place the equipment in main corridors or escape routes.

### CAUTION

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment. Make sure that you leave at least 30 cm on each side of the equipment and at least 15 cm in front of and behind the equipment as a training zone. This is the minimum required area in order to safely use the equipment. The recommended free zone around the equipment should be at least 60 cm on each side and 45 cm in front of and behind the equipment.
- + 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.
- + The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.



### **ATTENTION**

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



### **NOTICE**

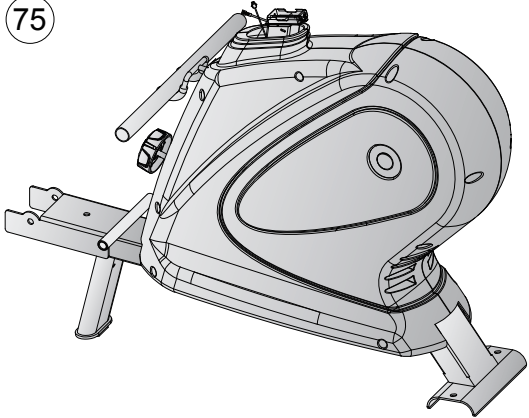
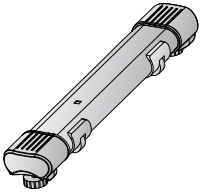

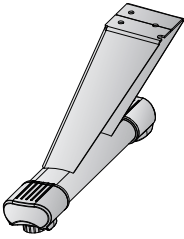
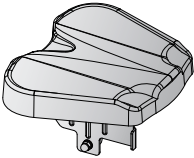
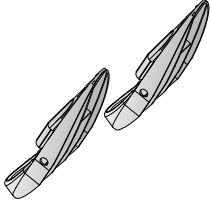
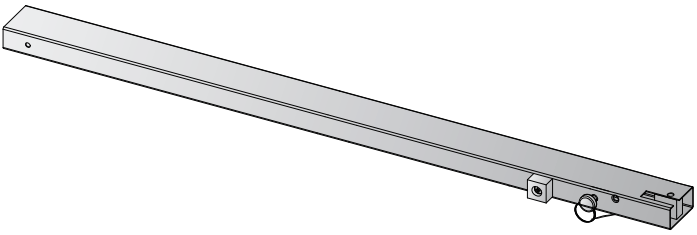


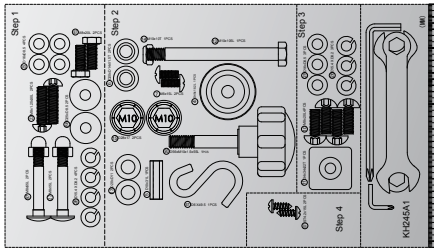
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

## 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.

 <p>75</p>	 <p>96</p> <p>x1</p>	 <p>85</p> <p>x1</p>
 <p>95</p> <p>x1</p>	 <p>16</p> <p>x1</p>	 <p>89 &amp; 88</p> <p>x2</p>
 <p>2</p> <p>x1</p>		 <p>91</p> <p>x1</p>
 <p>1 &amp; 81R&amp;L</p> <p>x1</p>	 <p>x1</p>	

## 2.3 Assembly

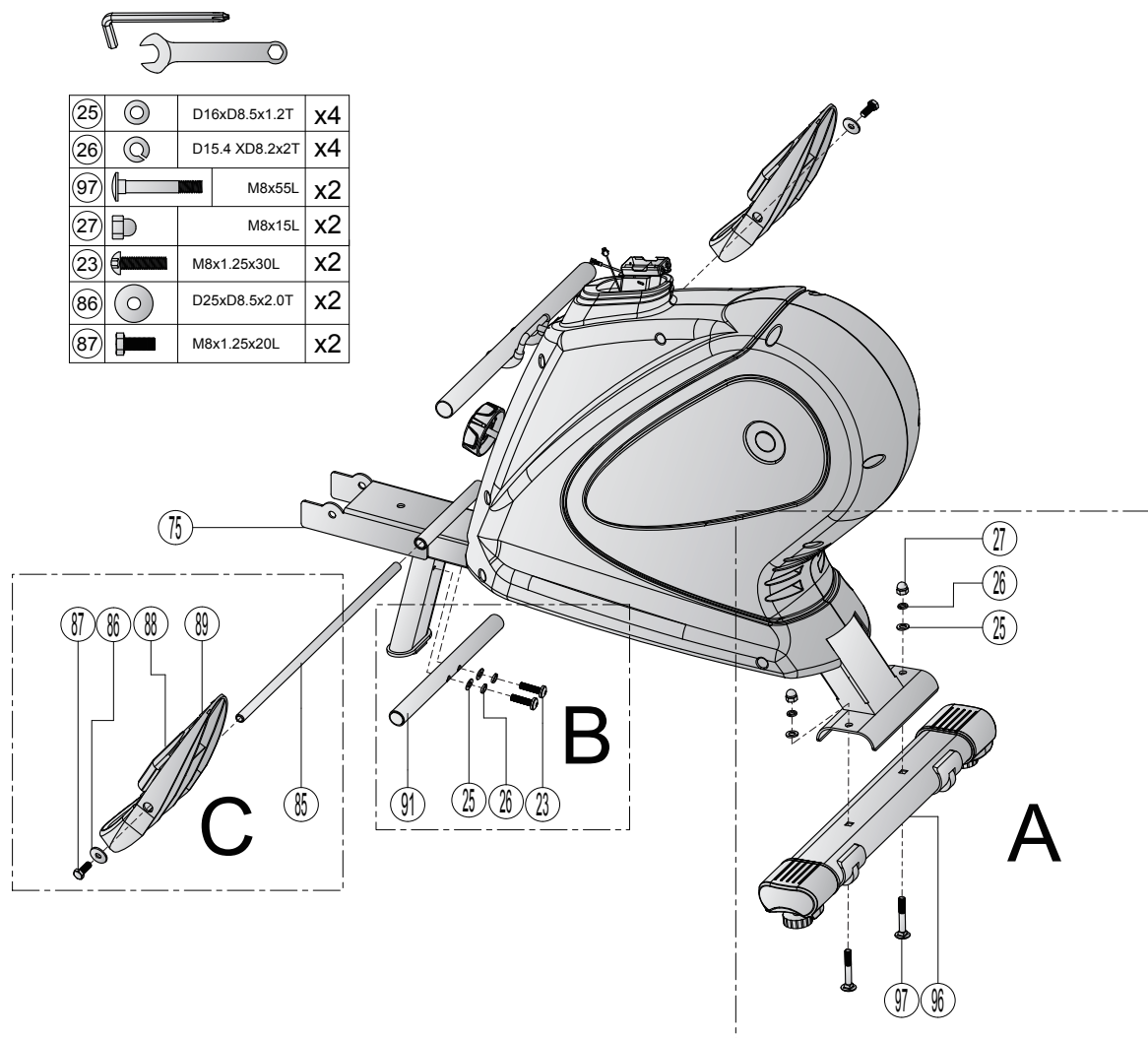
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### **i** NOTICE

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

### Step 1: Mounting the front stabiliser and pedals

1. Mount the front stabiliser (96) to the main frame (75) with two bolts (97), two washers (25), two spring washers (26) and two cap nuts (27).
2. Mount the cross bar (91) to the main frame (75) with two washers (25), two spring washers (26) and two bolts (23).
3. Insert the axis (85) into the cross bar (91) and mount a pedal (89) on each side of the axis (85) with a washer (86) and a bolt (87).
4. Hand tighten the bolts and nuts with the tools.

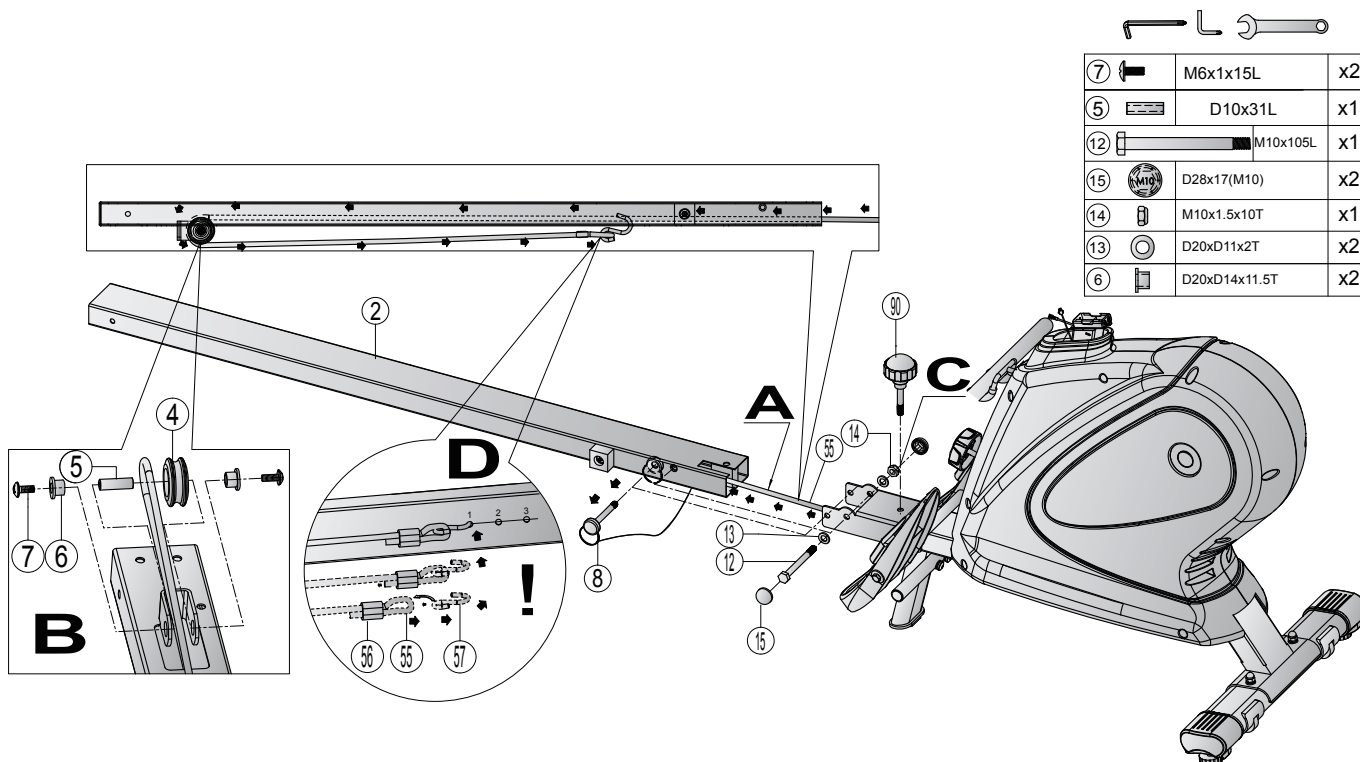


## Step 2: Mount the sliding beam and the rope

1. Pull the rope (55) out of the main frame (75) and guide it through the sliding beam (2), see A.
2. Pull the rope (55) out of the opening at the end of the sliding beam (2) and place it over the pulley (4). Mount the pulley (4) to the sliding beam (2) with one axle (5), two bushings (6) and two bolts (7), see B.
3. Slide the sliding beam (2) into the main frame (75) and mount the sliding beam (2) to the main frame (75) with a bolt (12), two washers (13), a nut (14) and two screw covers (15), see C.
4. Hand tighten the bolts and nuts with the tools.
5. Insert the pin (8) into the openings of the main frame (75) and the sliding beam (2).
6. Screw the knob (90) into into the upper opening on the main frame (75), see C.
7. Hang the narrow end of the fixing hook (57) on the rope (55) and the wide end of the hook (57) in one of the openings at the bottom on the sliding beam (2), see D.

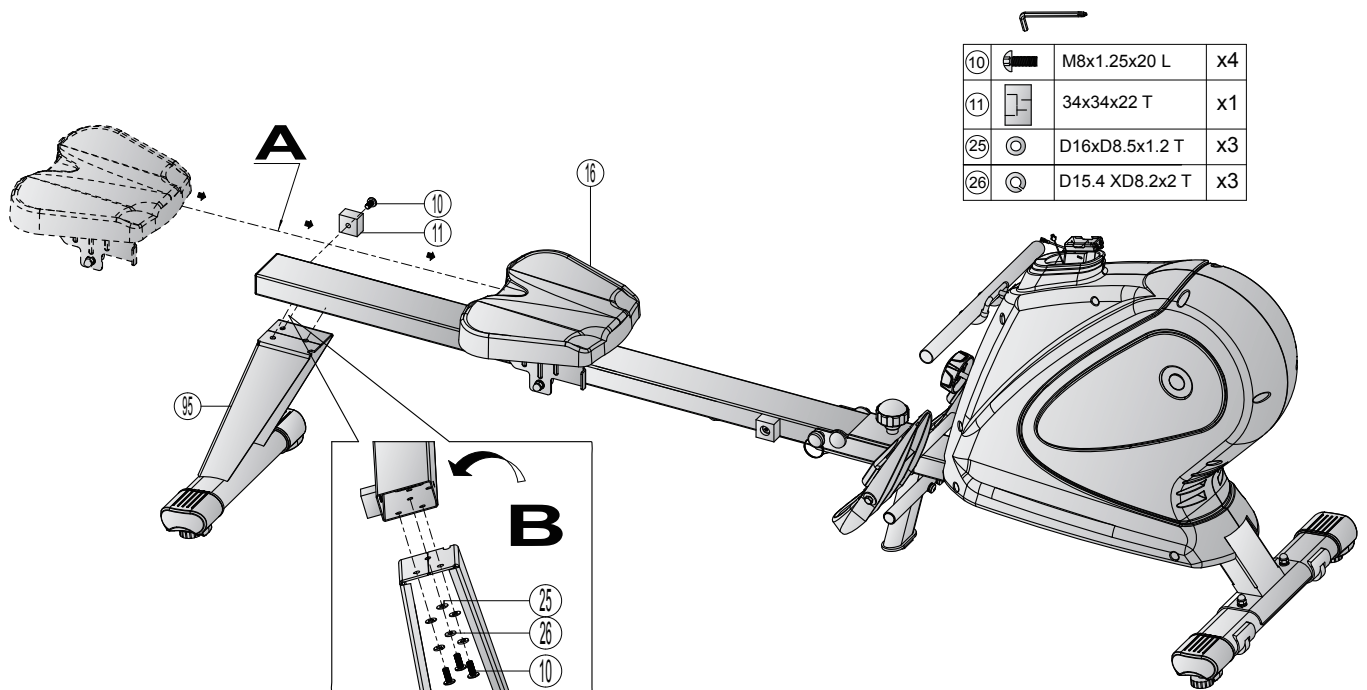
### ► ATTENTION

Make sure that the hook (57) is correctly positioned.



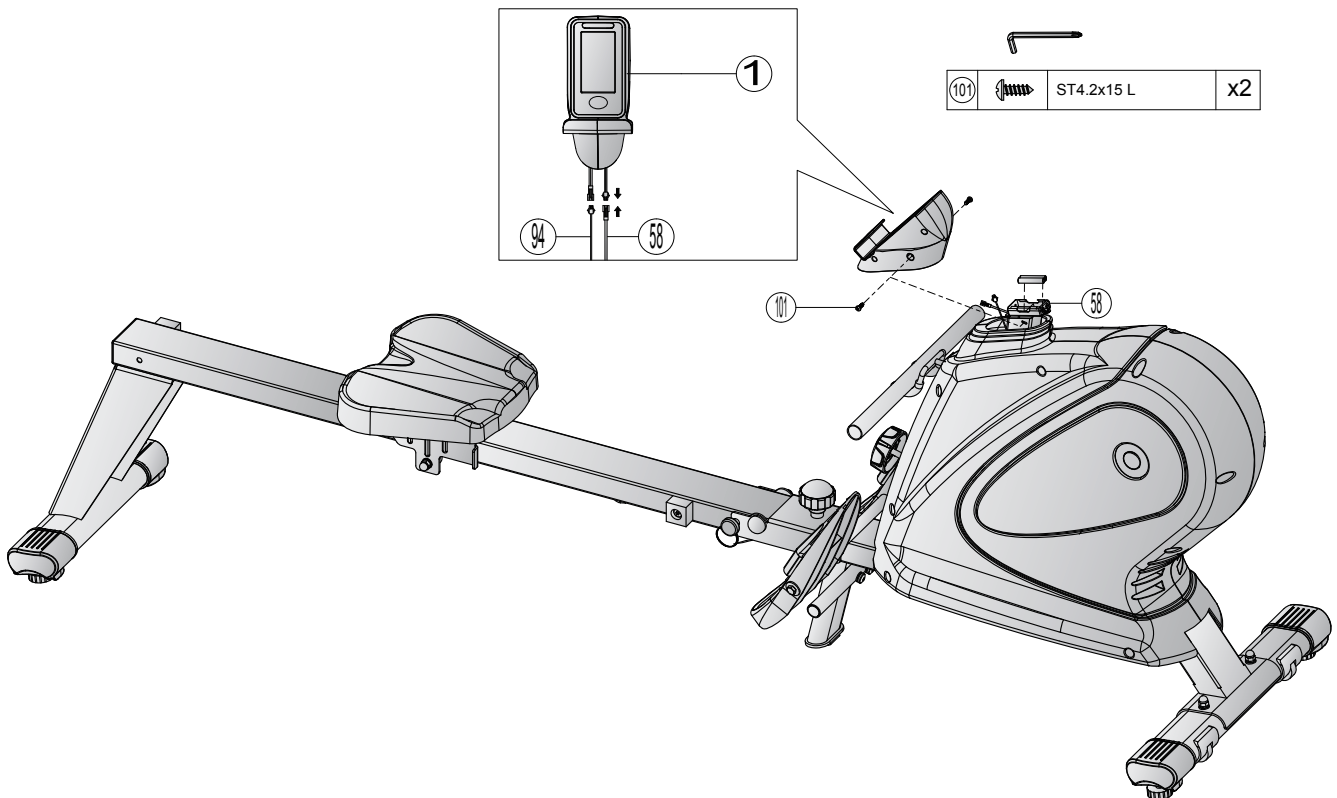
### Step 3: Mounting the seat and the rear stabiliser

1. Slide the seat (16) onto the sliding beam (2) and mount the buffer (11) at the end of the sliding beam (2) with a bolt (10), see A.
2. Align the rear stabiliser (95) with the sliding beam (2) and mount the rear stabiliser (95) to the sliding beam (2) with three bolts (10), three spring washers (26) and three washers (25), see B.
3. Hand tighten the bolts with the tool.



#### Step 4: Mounting the console

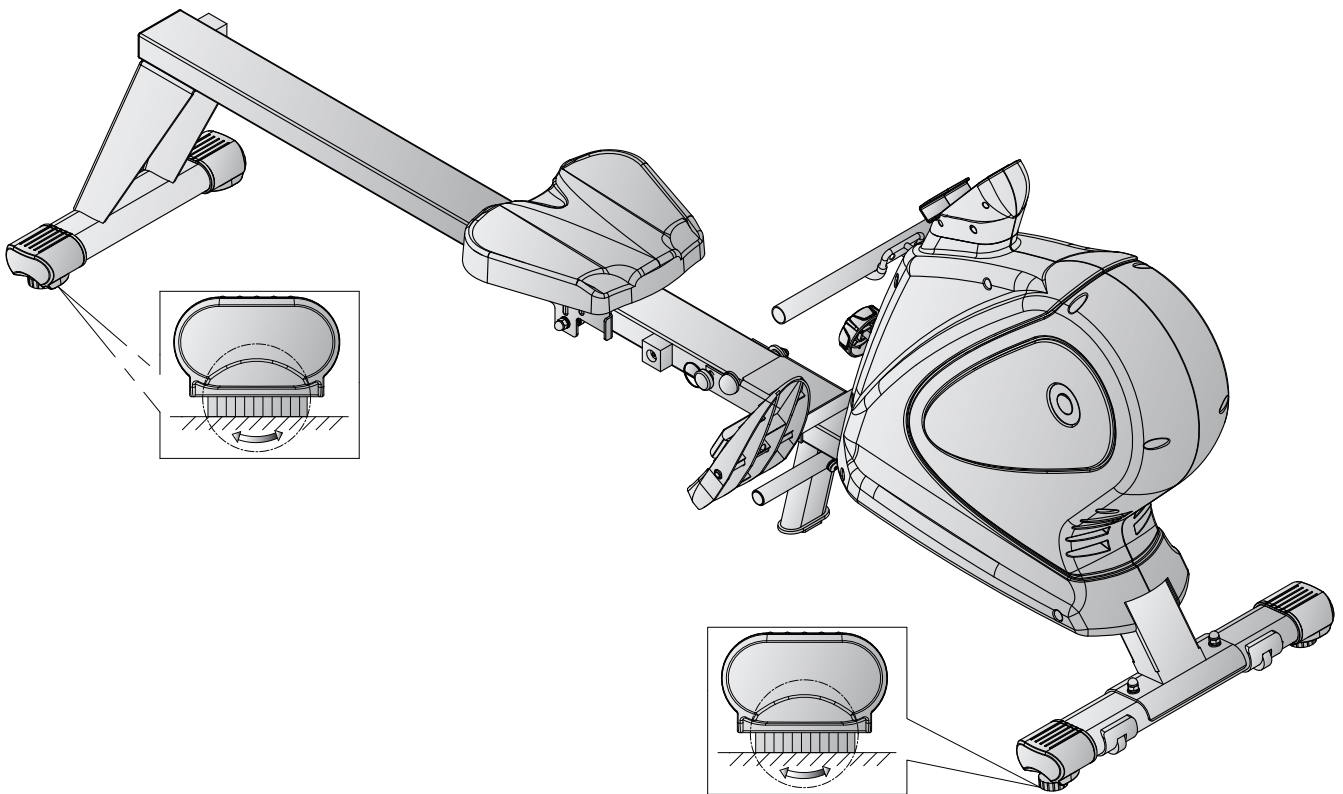
1. Place two AA batteries (1.5 V) into the battery holder (58).
2. Connect the sensor cable (94) and the battery holder (58) with the console (1).
3. Insert the cables into the opening in the main frame (75) and mount the console (1) to the main frame (75) with two screws (101).



### Step []: Alignment of the feet

If the floor is uneven, you can stabilize the equipment by turning the two setting screws under the stabilisers.

1. Lift the equipment on the desired side and rotate the setting screws under the stabilisers.
2. Rotate the screws clockwise in order to remove them and to raise the equipment.
3. Rotate them counterclockwise in order to lower the equipment.

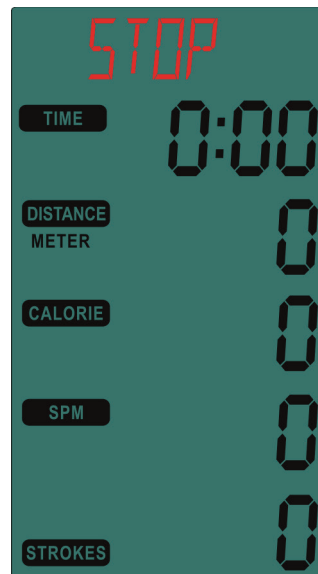




**NOTICE**

Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.

### 3.1 Console Display



<b>TIME</b>	+ Display of training time + Display range: 0:00 – 99:59
<b>DISTANCE</b>	+ Display of covered distance + Display range: 0 – 9999
<b>CALORIE</b>	+ Display of consumed calories + Display range: 0 – 9999
<b>SPM</b>	+ Display of strokes per minute + Display range: 0 – 999
<b>STROKES TOTAL STROKES</b>	+ Display of STROKES (total strokes during the training sequence) or TOTAL STROKES (total strokes of all training sequences) + Display range: 0 – 9999

## 3.2 Button Functions

<b>MODE/RESET</b>	Press the button short to pause or start the training.
	Press and hold for 3 seconds to reset all values except TOTAL STROKES. <b>ⓘ NOTICE</b> The TOTAL STROKES value is reset only when the batteries are removed.

## 3.3 Switch On the Device

To turn on the device, press and hold the MODE/RESET button for 3 seconds.

*The console will beep and the display will light for 2 seconds.*

*The console enters standby mode.*

**ⓘ NOTICE**

The console switches to sleep mode after 4 minutes without signal input.

## 3.4 Sleep Mode

After switching on the device, the console switches to standby mode. If no signal is entered within 4 minutes, the console switches to sleep mode.

To exit the sleep mode, press the MODE/RESET button.

### 3.5 Quick-Start

To start training, start rowing or shortly press the MODE/RESET button.

Once the console has received a signal, the display will show *START* and the values for *TIME*, *DISTANCE*, *CALORIE*, *SPM* and *STROKES/TOTAL STROKES* will count up according to the training sequence (see Fig. 1).

The *STROKES* and *TOTAL STROKES* display changes every 5 seconds (see Fig. 1 and Fig. 2).



Fig. 1



Fig. 2

As soon as you stop the workout, *STOP* and the values for *TIME*, *DISTANCE*, *CALORIE* flashes and the console enters pause mode (see Fig. 3).

**NOTICE**

The console switches to sleep mode after 4 minutes without signal input. Half a second before entering sleep mode, a beep sounds. To exit the sleep mode, press the MODE/RESET button.



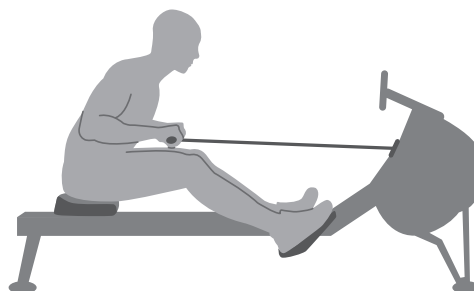
Fig. 3

## 3.6 Notes on correct rowing

### Body moves towards the handle

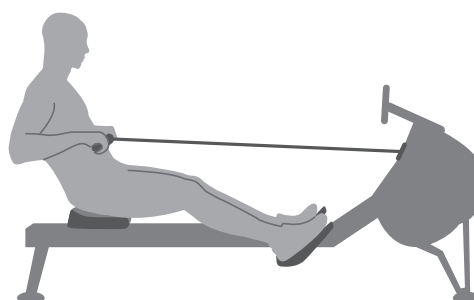
#### Wrong

At the end of the movement, the body will be pulled forwards towards the handles instead the handles to the body.



#### Right

At the end of the movement, the user slightly leans back, holds the legs down, keeps the upper body straight and pulls the handle to the body.



### Straddled elbows

#### Wrong

The user's elbows are straddled from the body at the end of the movement and the handle is at the height of the breast.



#### Right

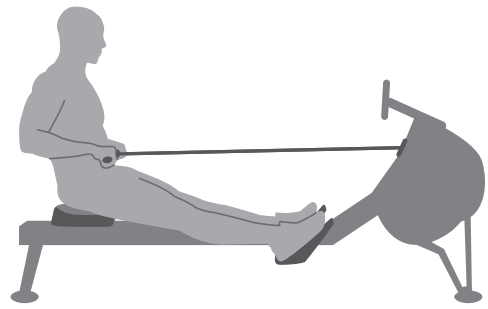
Pull the handle to the body with straight wrists and the elbows close to the body. The elbows are brought behind the head while the handle is pulled to your waist.



## Do not completely extend

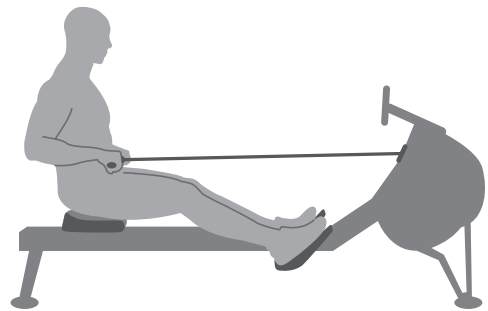
### Wrong

At the end of the movement, the user completely stretches the leg and knee.



### Right

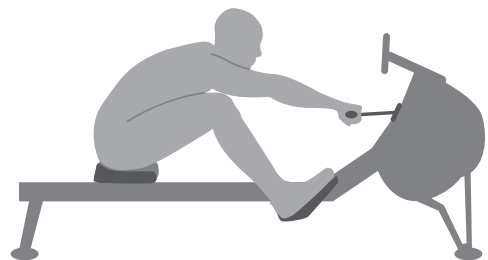
Keep your knee slightly bent at all times even at the end of the movement instead of stretching it completely.



## Leaning too far forward

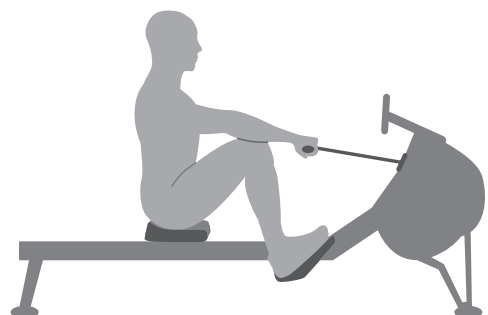
### Wrong

The body is bent too far forward. The shins are no longer vertical. The head and shoulders are facing the feet. The body is therefore in a weak position to execute the movement.



### Right

The shins are vertical. The body is pressed against the legs, the arms are completely stretched out in front and the body is slight bent forward. This position should be pleasant.



## Rowing with bent arms

### Wrong

The user begins the movement with the arms instead of first pressing with the legs.



### Right

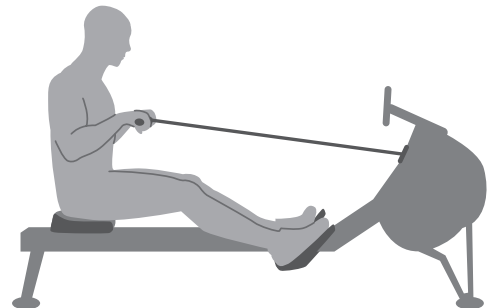
The user begins by stretching out the legs, relaxing the back and stretching the arms.



## Bent wrists

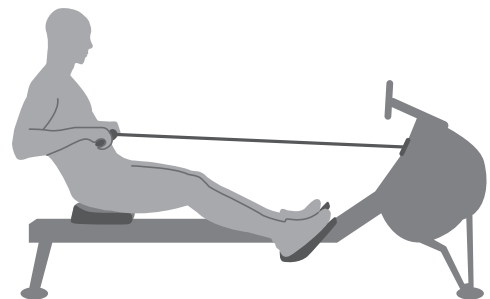
### Wrong

The user bends the wrists during the movement.



### Right

Always execute the rowing movement with straight wrists.



## 4.1 General Instructions

### WARNING

- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

### ▶ ATTENTION

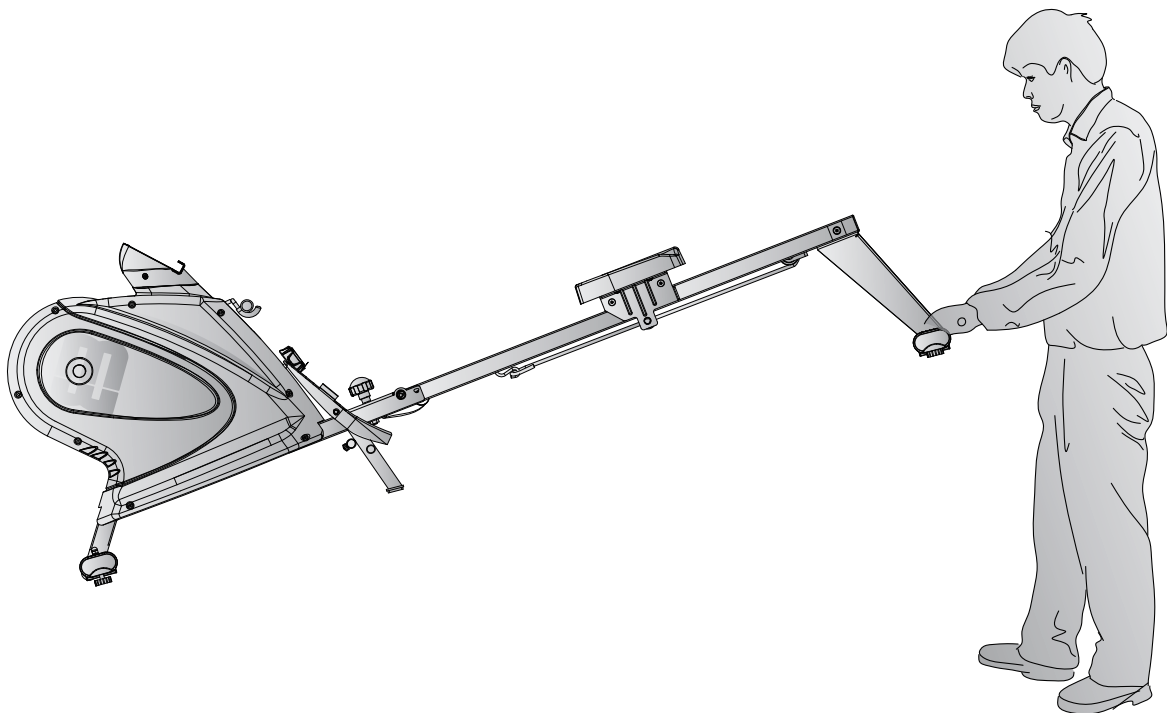
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 5°C and 45°C.

## 4.2 Transportation Wheels

### ▶ ATTENTION

If you want to transport your equipment over particularly sensitive and soft floor coverings, such as parquet, planks or laminate, lay out the transport route with cardboard or similar to avoid possible floor damage.

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions in the section 1.3 of this manual.



## 4.3 Folding Mechanism

### ① NOTICE

The equipment is foldable and thus saves space when it is stored. It also makes it easier to transport.

### 4.3.1 Folding Up the Rowing Machine

#### ⚠ WARNING

+ Try not to operate the equipment when it is folded up.

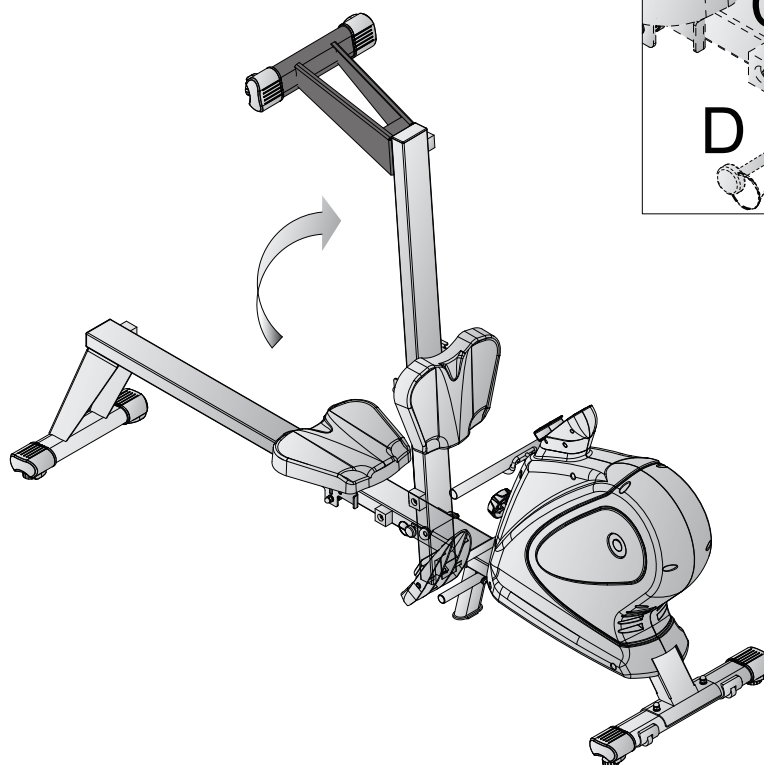
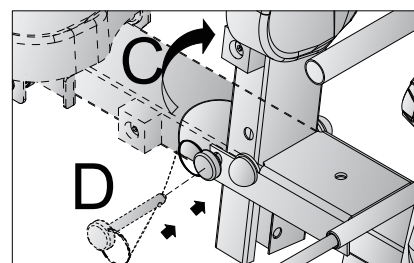
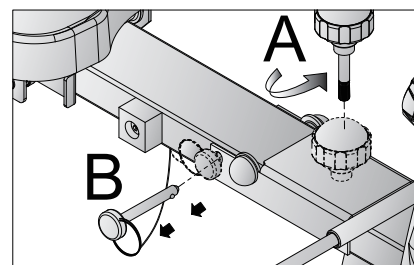
#### ⚠ CAUTION

+ Do not lean on the equipment when it is folded and do not place anything on top of it that may make the equipment unstable or fall down.

#### ▶ ATTENTION

+ Make sure that nothing is standing next to or on top of the rowing machine that can be spilled or thrown or that makes it impossible to fold the rowing machine.

1. To fold the rowing machine, remove the knob and the pin from the main frame, see A and B.
2. Fold the rowing machine with the sliding beam upwards, see C.
3. To fix, reinsert the pin in the main frame opening, see D.



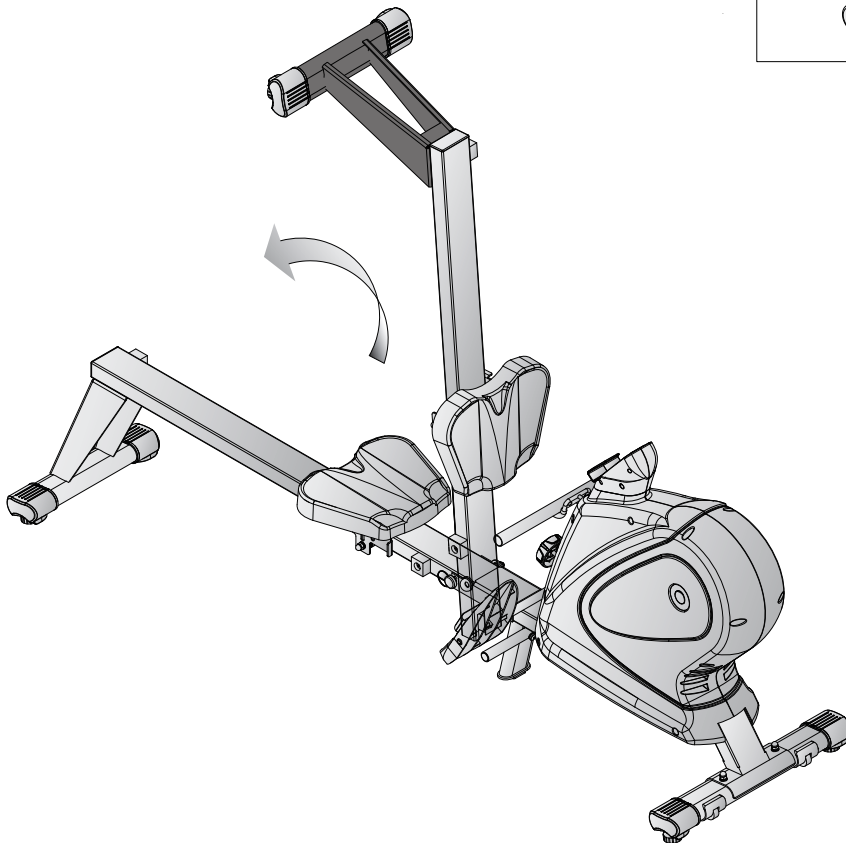
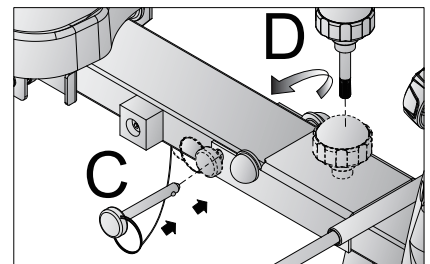
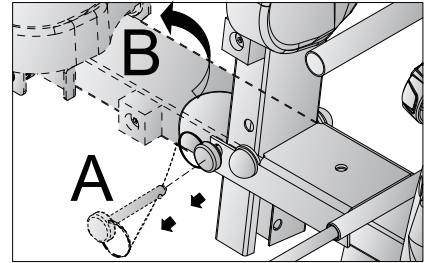


## 4.3.2 Unfolding the Rowing Machine

### ► ATTENTION

+ Make sure that nothing is standing next to or on top of the treadmill that can be spilled or thrown or that makes it impossible to unfold the rowing machine.

1. To unfold the rowing machine again, remove the pin from the opening on the main frame and fold the sliding beam downwards, see A and B.
2. To fix, reinsert the pin back into the main frame opening and turn the knob back in, see C and D.



## 5.1 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.

## 5.2 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
Display shows nothing	Battery empty or cable connection loose	<ul style="list-style-type: none"> <li>+ Disconnect and reconnect all cable connections, see assembly instructions.</li> <li>+ Replace the batteries on the console, see assembly instructions.</li> </ul>
Creaking noises	Bolted connections loosened or too tight	Check bolt connections
Grinding noises on the sliding beam	Sliding beam or rollers dirty or running rails dry	Clean the slide rail with a towel (without solvent!) and apply a small amount of suitable lubricant to the sliding beam. Remove excess residue.

### 5.3 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
Display console	C	I			
Plastic covers	C	I			
Sliding beam	C	I			
Lubrication of sliding beam		I			
Screws and cable connections		I			
Legend: C = clean; I = inspect					

## 6 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.

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



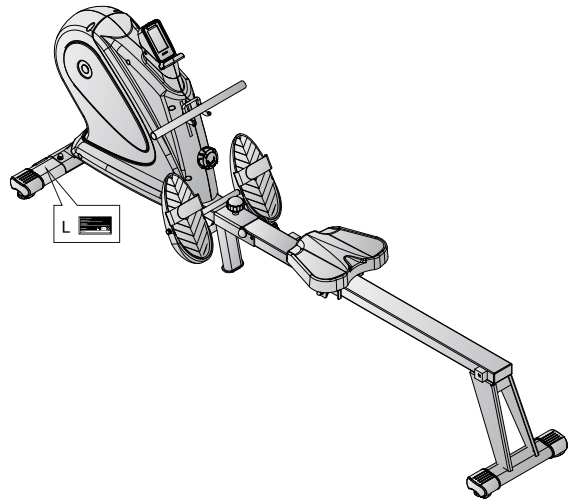
towels

## 8.1 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 10 of this operating manual.

**NOTICE**

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.



Enter the serial number in the appropriate field.

**Serial number:**

**Brand / Category:**

**Model Name:**

**Article Number:**

## 8.2 Parts List

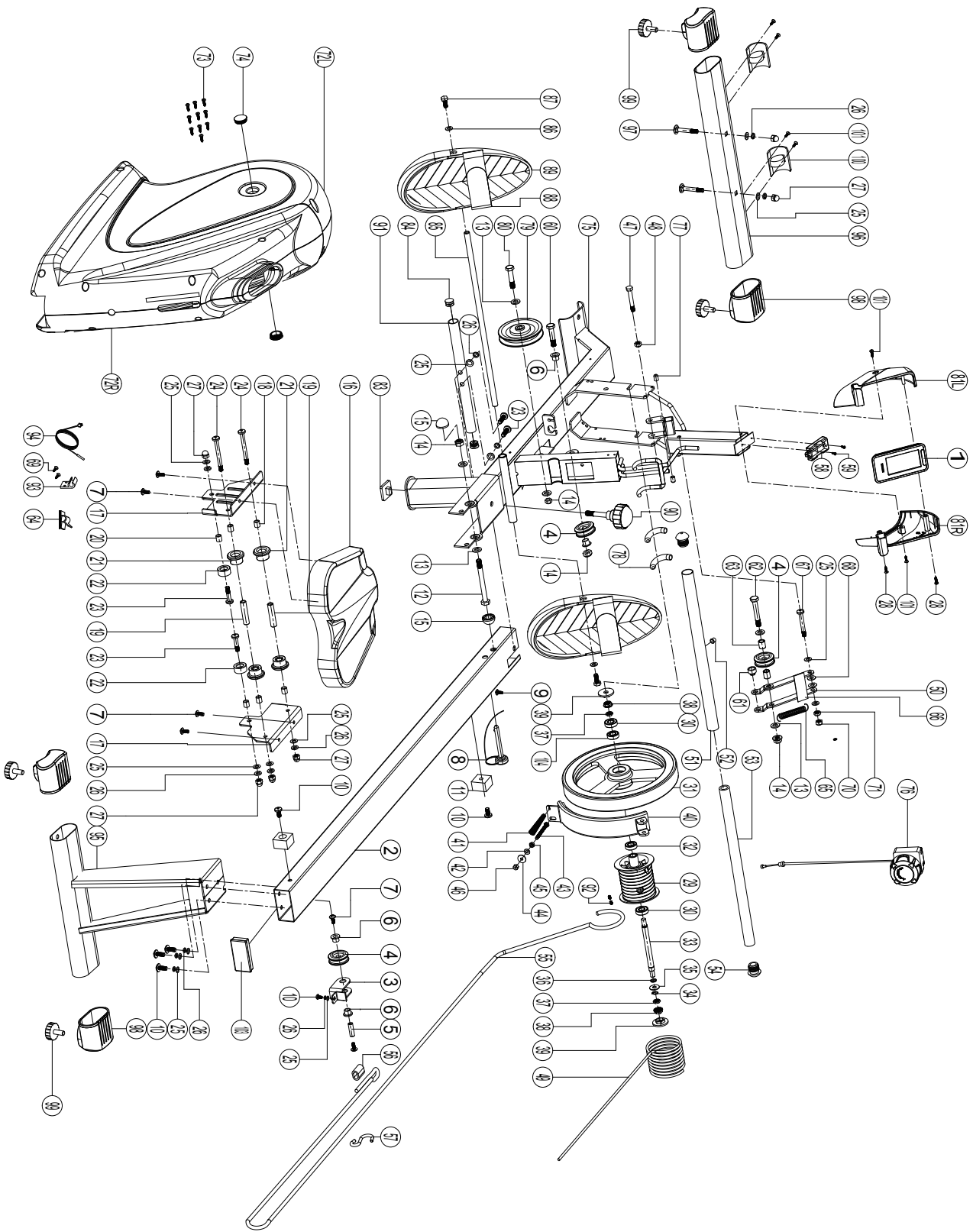
No.	Name	Supplier Parts No.	Specification	Qty.
1	Computer	245A1-6-2501-W0		1
2	Sliding beam welding set	245A1-3-1000-B70		1
4	Pulley	245A1-6-2271-B0	D45*18.2L	3
5	Pulley axle	245A1-6-1576-N0	D10*31L	1
6	Bushing	58002-6-1067-01	D20*D14*11.5T	4
7	Bolt	52606-2-0015-F0	M6*1*15L	6
8	Pin	58017-6-1046-C0	D9.5*93L	1
9	Bolt	52605-5-0010-F0	M5*0.8*10L	1
10	Allen bolt	50308-5-0020-F0	M8*1.25*20L	5
11	Buffer	25300-6-2175-B0	34*34*22T	2
12	Hex bolt	50110-2-0105-F5	M10*1.5*105L,	1
13	Flat washer	55110-1-2020-FA	D20*D11*2T	6
14	Anti-loose nut	55210-1-2010-FA	M10*1.5*10T	4
15	Screw cover	327C2-6-1075-B0	D28*17(M10)	2
16	Seat	58001-6-1387-B0	310*257,SD-700	1
17	seat cradle	245A1-6-1573-B70	164*105*2.5T	2
18	Wheel axle cover	220A0-6-1577-00	D12*D8.2*12.6L	4
19	Bushing	58002-6-1106-N0	D8.2*D12.7*55.8L	2
20	Bushing	58002-6-1077-00	D12*8.5L	2
21	Pulley(2)	245A1-6-1572-00	D38*20L	4
22	Pulley(3)	245A1-6-1578-00	D38*14L	2
23	Allen bolt	50308-5-0030-F0	M8*1.25*30L	4
24	Allen bolt	50308-5-0115-F5	M8*1.25*115L	2
25	Flat washer	55108-1-1612-FA	D16xD8.5x1.2T	13
26	Spring washer	55108-2-1520-FA	D15.4xD8.2x2T	11
27	Cup Nut	55208-6-2015-FA	M8*1.25*15T	4
28	Screw	50935-5-0015-F0	ST3.5*1.0*15L	2
29	Pulling cable wheel	245A1-3-2100-B0	D76*104L	1
30	Bearing	58006-6-1001-00	#6000 ZZ	2
31	Flywheel	245A1-6-2687-00	D260*36.5*4KG	1
32	Bearing	58006-6-1018-01	6003-2RS	1
33	Flywheel axle	245A1-6-2173-00	D10*140.5L	1
34	C-ring	55510-1-0010-00	S-10(1T)	1

35	Flat washer	55110-1-2220-NA	D22*D10*2T	1
36	Fixing ring	71600-6-3178-B0	D13*D10*1.9T	1
37	Hex nut	55295-2-3004-NA	D9.5*4T(3/8"-26UNF)*4T	2
38	Anti-slip nut	18600-6-3175-N1	3/8"-26UNFx6.5T	2
39	Screw cover	19100-6-3172-B0	D35*8	2
40	Fixing bracket for magnet	71600-3-3200-N0		1
41	Spring	58003-6-1035-01	D1.2*55L	1
42	Flat washer	55106-1-1310-NA	D13*D6.5*1.0T	1
43	Hex bolt	50106-5-0065-N0	M6*65L	1
44	Nylon washer	55106-1-1915-B1	D6*D19*1.5T	1
45	Hex nut	55206-2-2006-NA	M6*1*6T	1
46	Anti-loose nut	55206-1-2006-NA	M6*1*6T	1
47	Hex bolt	50108-5-0052-N3	M8*52L	1
48	Anti-loose nut	55208-1-2008-NA	M8*1.25*8T	1
49	Pulling rope	245A1-6-2201-B0	D5*2500L	1
50	Pulley plate welding set	245A1-3-2230-B70		1
51	Pulling tube	24600-6-2471-B71	D25.4*400*1.4T	1
52	Bushing	58002-6-1084-B1	D10.5*D7.5*9T	1
53	Foam	58015-6-1244-B0	D23x4Tx400L	1
54	Cap	553F0-1-0031-B3	D25.4*31L	2
55	Elastic rope	245A1-6-2204-B1	D7.5*2450L	1
56	Hook	245A1-6-2278-00		1
57	Fixing hook	245A1-6-2279-N0	D6*49.5	1
58	Battery holder	245A1-6-2597-W0	71.5*31.3	1
59	Screw	53329-2-0009-N0	ST2.9x9.5L	2
60	Hex bolt	50110-2-0045-F3	M10*1.5*45L	1
61	Round magnet	174R4-6-2574-00	M02	1
62	Hex bolt	50110-2-0065-F3	M10*1.5*65L	1
63	Bushing	245A1-6-1575-N0	D14*D10*16.5L	2
64	Fixing clamp	39000-6-5871-00	16*16*6.8L	1
65	Spring	58003-6-1025-N2	D0.8*D9.6*70L	1
66	Buffer	245A1-6-2175-B0	25*25*5T	1
67	Hex bolt	50108-5-0065-F3	M8*1.25*65L	1
68	Flat washer	55108-1-1810-W8	D18*D8.5*1.0T	2
69	Screw	52804-2-0015-N0	ST4*1.41*15L	2

70	Anti-loose nut	55208-1-2008-FA	M8*1.25*8T	1
71	Hex nut	55208-2-2006-FA	M8*1.25*6T	1
72L	Left chain cover	245A1-6-2426-B0		1
72R	Right chain cover	245A1-6-2427-B0		1
73	Screw	53342-2-0020-N0	ST4.2x1.4x20L	10
74	Side cover	24500-62471-B0	D29.1*13L	2
75	Main frame	245A1-3-2600-B70		1
76	Upper tension cable	245A1-6-2671-B0	220L	1
77	Buffer	55306-4-0013-B9	D9*D5.8*13	2
78	Buffer	55308-4-0020-B9	D10.5*20L	2
79	Pulley (convex)	58016-6-1022-B2	D100*D10*28.5	1
80	Hex bolt	50110-2-0050-F3	M10*1.5*50L	1
81L	Computer bracket(L)	245A1-6-2595-B0	176.8*46*103.3	1
82R	Computer bracket(R)	245A1-6-2596-B0	176.8*43.1*103.3	1
83	Buffer	25100-6-2175-B0	35*35	1
84	Tube cap	553D6-1-0017-B8	D6/8"*17(D19)	2
85	Horizontal axis	25200-6-1073-N0	D12*436L	1
86	Flat washer	55108-1-2520-FA	D25*D8.5x2.0T	2
87	Hex bolt	50108-5-0020-F0	M8*1.25*20L	2
88	Sticky strap	24500-6-1078-B0	440*50	2
89	Pedal	24600-6-1085-B0	315*137.5*67	2
90	Ball knob	52210-2-0055-B1	D56*M10*1.5*55L	1
91	Cross bar	245A1-6-2602-b0	D20*1.5T*280L	1
92	Allen screw	54605-2-0012-D0	M5*0.8*12L	2
93	Sensor bracket	71900-6-2565-B0	24*22*2.5T	1
94	Sensor bracket(1)	24900-6-2583-G0	450L	1
95	Rear stablizer	245A1-3-1950-H10		1
96	Front stablizer	245A1-6-1931-b0	40*80x1.5Tx500L	1
97	Square neck bolt	50508-5-0055-F3	M8x1.25x55L	2
98	Elliptical base	81003-6-2173-B1	73.5*88*52.5	4
99	Adjustable round wheel	26000-6-1095-B0	D38*M10*1.5	4
100	foot cap	55458-K-4080-B2	40*80*58	2
101	Screw	53342-2-0015-F0	ST4.2*15L	6
103	Sliding beam cover	55314-2-4080-B8	80*40*14.5	1
104	Single bearing	58006-6-1029-01	D35*16	1



# 8.3 Exploded Drawing



Training equipment from Taurus® 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.**

### **Warrantee**

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

#### **Warranty period**

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

### **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 warrantee 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)

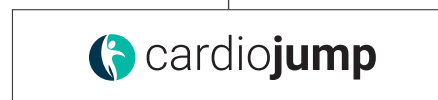
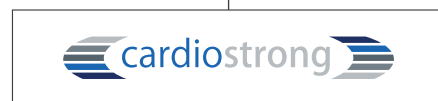
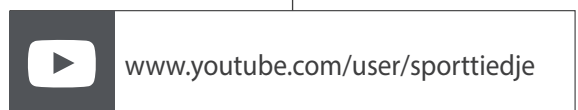
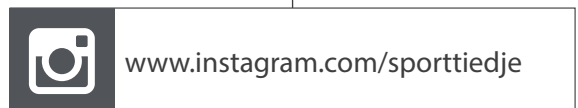
# WE LIVE FITNESS

## 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!



Notes

A large grid of graph paper for taking notes, consisting of 20 columns and 30 rows of small squares.



 **DUKEFITNESS**

**||** *ROWING MACHINE IR40* **|||**