

# TAURUS®

## Operating Instructions



Art. No. TB-9350

FSTB9350.01.01

## 1 GENERAL SAFETY INSTRUCTIONS

### 1.1 Personal Safety

#### ⚠ WARNING

- + Before you start using the device, you should check with your general physician whether it is suitable for you.
- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + People 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.
- + If you experience any unusual discomfort during use, turn the device off and do not use it any further. Contact your general physician.

#### ⚠ CAUTION

- + This device is not a medical device. This device should never replace medical treatment.

#### ▶ ATTENTION

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

### 1.2 Set-Up Place

#### ⚠ WARNING

- + Do not place the equipment in main corridors or escape routes.
- + To prevent fire, do not place the device near or in areas with high heat (e.g. near a heater).

#### ▶ 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.

## 2 TECHNICAL DATA

Product weight (incl. packaging):	0.605 kg
Packaging dimensions (LxWxH) approx.:	35 cm x 18 cm x 7 cm

## 3 CARE, MAINTENANCE AND STORAGE

#### ⚠ WARNING

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

1. Clean the device with a dry soft cloth.
2. Store the device in the supplied carton in a dry environment.

## 4 WARRANTY INFORMATION

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.

#### 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.

Please refer to the website of your TAURUS® device for the exact warranty conditions.

# Taurus abdominal trainer Wheel Exerciser

## 5 EXERCISES

### Start

Kneel down and place your toes on the floor. Grasp the handles and straighten your arms with the grips parallel to the floor. Raise and expand your chest, align your hips with the shoulders and push your hips slightly back. Keep the lower back stable. Focus your eyes down to the floor. Inhale deeply through your nose and exhale gently. Contract your stomach muscles (lower abdomen). Keep your stomach pulled in throughout the roll out and back movement.



### End

Hold your breath and push forward while simultaneously moving your hips forward and slightly downwards. Roll forward (only as far as the lower back can be kept straight).

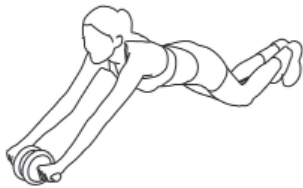
### ⚠ CAUTION

- + The lower back should not be bended any further because this could cause pain in the abdominal or low back area.
- + Decrease the amount of forward motion if any of these signs occur.

Hold this position for 2-3 seconds, roll back to the starting position and exhale when the hips move towards the ankles. Repeat the exercise until muscular failure. The goal is to do 30 repetitions.

### 📌 NOTICE

For more challenge: hold the extended position.



### Right Roll

Push forward with your hands at a slight angle between 12 o'clock and 2 o'clock while simultaneously moving your hips forward and slightly downwards.

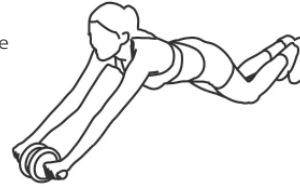
### ▶ ATTENTION

Make sure to keep your pelvis level without touching the floor while rolling forwards.

Hold this position for 2-3 seconds and roll back to the starting position. Repeat in an alternating right to left pattern for the desired number of repetitions until muscular failure. The goal is to do 30 repetitions.

### 📌 NOTICE

For more challenge: hold the extended position.



### Left Roll

Push forward with your hands at a slight angle between 10 o'clock and 12 o'clock while simultaneously moving your hips forward and slightly downwards.

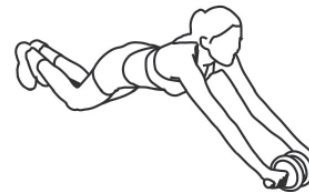
### ▶ ATTENTION

Make sure to keep your pelvis level without touching the floor while rolling forwards.

Hold this position for 2-3 seconds and roll back to the starting position. Repeat in an alternating right to left pattern for the desired number of repetitions until muscular failure. The goal is to do 30 repetitions.

### 📌 NOTICE

For more challenge: hold the extended position.



## Contact

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