

# TAURUS®

## Assembly and Operating Instructions



max. 120 kg



~ 80 Min. 



 33 kg

L 166 | W 56 | H 163

TFX71.02.03

Art. No. TF-X71-2

**Elliptical trainer X7.1**



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**Dear customer,**

Thank you for choosing a high-quality equipment of the brand TAURUS®. TAURUS® offers sports and fitness equipment for the sophisticated home sport and the equipment of fitness studios and business customers. With TAURUS® 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.fitshop.com](http://www.fitshop.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**

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

**FITSHOP**

Europe's No.1 for Home Fitness

## 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.

Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.



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.

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

### Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

The use classes explain the intended use of the training device.

### Use classes

**Class S** (studio): professional and/or commercial use.

These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

**Class H** (home use): use at home.

These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).

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

### LED display of

- + speed in km/h
- + cadence (rotations per minute)
- + training time in min
- + training distance in km
- + calories burnt in kcal
- + heart rate (when using the hand sensors or a chest strap)
- + Watts/Resistance level

Resistance system:	Electronic magnet brake system
Resistance levels:	24
Watt:	10 - 350 Watt

Total number of training programmes:	25
Quick start programmes:	1
Default programmes:	12
Manual programme:	5
User defined programmes:	5
Heart rate controlled programmes:	4
Watt-controlled programme:	1

Flywheel weight:	6 kg
Running wheel weight:	3.5 kg
Handlebars weight:	4.5 kg
Cross weight:	3 kg
Pedal arms weight:	6 kg

Stride length:	45.5 cm
Stride height:	13.7 cm
Stride width:	27 cm

### Weight and dimensions:

Article weight (gross, including packaging):	78 kg
Article weight (net, without packaging):	68 kg
Packaging dimensions (L x W x H):	approx. 147.6 cm x 56.4 cm x 75.4 cm
Set-up dimensions (L x W x H):	approx. 166 cm x 56 cm x 163 cm

Maximum user weight:	120 kg/264 lbs
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## 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.
- + The owner must communicate all warnings and instructions to the user.

### **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.
- + Remember that your device does not have a freewheel function. Therefore moving parts cannot be stopped immediately.
- + Note that the individual physical power required to perform an exercise may differ from the displayed mechanical power.
- + When ascending and descending, make sure that one of the treads is in the lowest position.
- + 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.

### **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.
- + Do not insert any objects of any kind into the openings of the device.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

## 1.3 Electrical Safety

### **DANGER**

- + In order to reduce the risk of an electric shock, always unplug the equipment from the mains socket immediately after your workout, before assembly or dismantling, and before maintenance or cleaning. Do not pull on the cable.

### **WARNING**

- + Do not leave the equipment unattended while the mains cable is plugged into the mains socket. During your absence, the mains cable must be removed from the mains socket to prevent improper use by third parties or children.
- + If the mains cable or plug is damaged or defective, contact your contract partner. Until repair, the equipment must not be used.

### **ATTENTION**

- + The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.
- + The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.
- + The socket must be protected by a fuse with a minimum fuse rating of "16 A, slow blow".
- + Do not make any changes to the mains cable or the mains plug.
- + Keep the mains cable away from water, heat, oil and sharp edges. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.
- + If your purchased item is equipped with a TFT console, software updates must be carried out regularly. Follow the instructions on the console to perform the update(s).
- + The software systems on gym equipment with TFT consoles are set up only for the pre-installed apps. Do not install any additional apps.

### **NOTICE**

- + The pre-installed apps on TFT consoles are produced and provided by external manufacturers. Fitshop does not take any responsibility for the availability, functionality or contents of these apps.

## 1.4 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.
- + 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 free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
- + 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.
- + For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.

### 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**

- + 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**

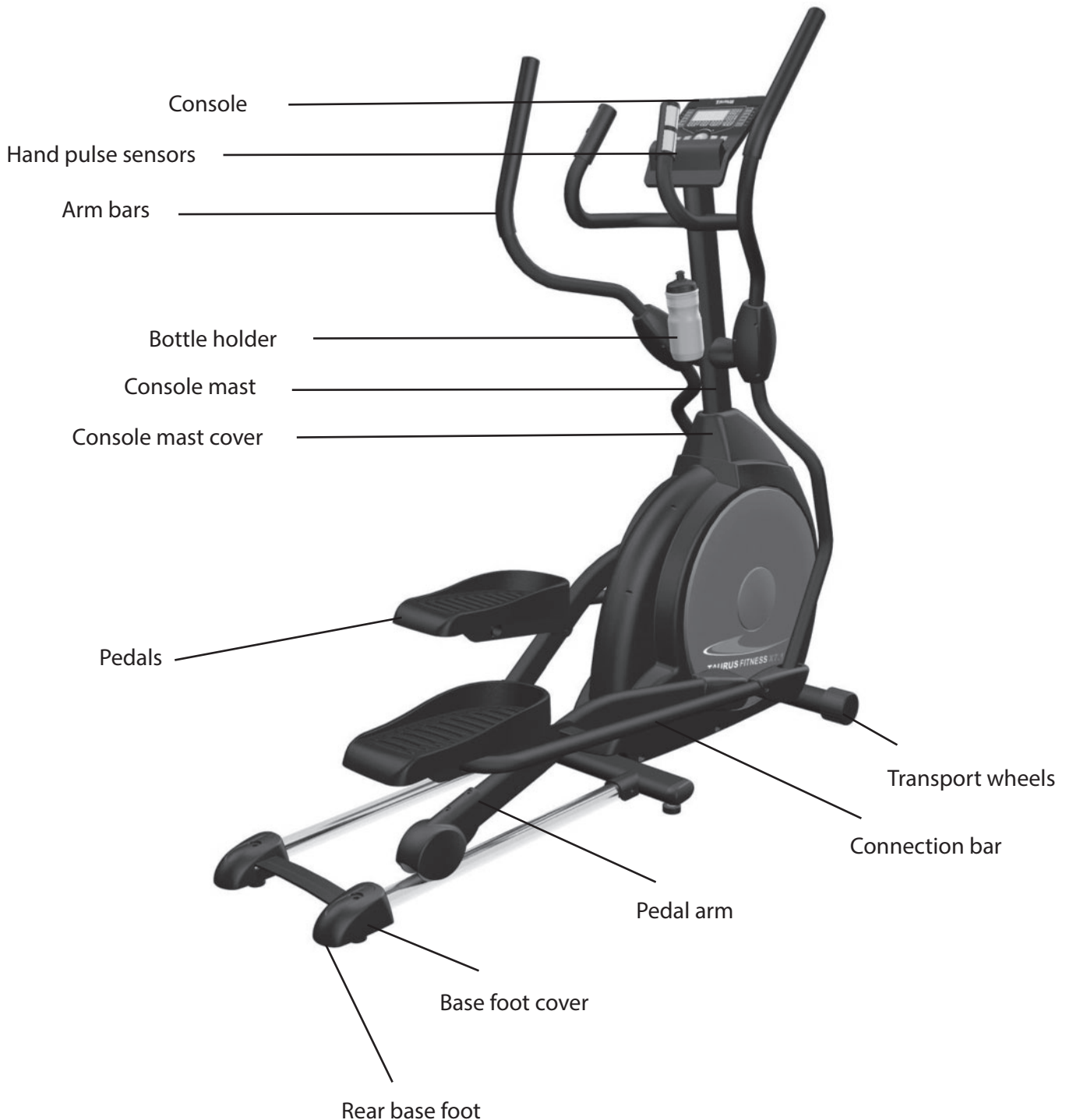
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

## 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.

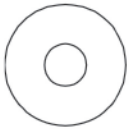
### CAUTION

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

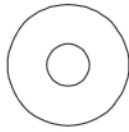


## Screws and tools

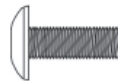
### Step 1:



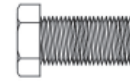
5/16" x 23 x 1.5T washer (97) 4x



5/16" x 23 x 2T curved washer (102) 2x



M5 x 10mm screw (78) 4x  
(pre-mounted on the back of the console)

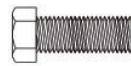


5/16" x 15mm screw (70) 6x

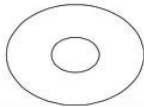
### Step 2:



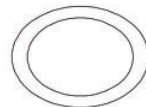
5/16" x 15mm screw (75) 6x



5/16" x 15mm hexagon screw (70) 2x

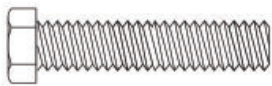


5/16" x 23 x 1.5T washer (97) 2x



Ø 17 wavy washer (101) 2x

### Step 3:



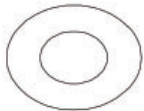
5/16" x 32mm hexagon screw (71) 2x



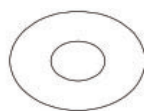
5/16" x 7T nylon nut (105) 2x



3/8" x 7T nylon nut (89) 2x



3/8" x 19 x 1.5T washer (94) 2x



5/16" x 20 x 1.5T washer (98) 4x

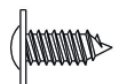


3/8 x 2-1/4" screw (77) 2x

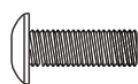


5/16 x 3/4" screw (76) 2x

### Step 4:

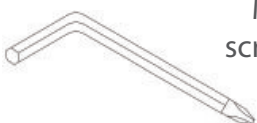


Ø3.5 x 12mm screw (84) 8x

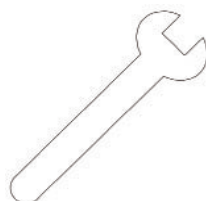


M5 x 15mm screw (79) 8x

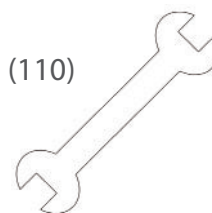
### Tools



M5 Allen key/screwdriver (108) 1x



12mm wrench (110) 1x



13/14 mm wrench (111) 2x

## 2.3 Assembly

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

### ① 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.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.
- + The assembly can also be found as a video under the following link: <https://www.sport-tiedje.co.uk/taurus-elliptical-cross-trainer-x7.1-tf-x7.1#product-assembly>. To go directly to the assembly video, you can alternatively scan the QR code. (The video shows the X7.1, which assembly is identical to the X71-2)



### Step 1: Unpacking

1. Cut the box with a box cutter along the dotted line.
2. Remove the box.
3. Carefully remove all parts from the box and check for damaged or missing parts.

### ① NOTICE

If damaged parts are found or parts are missing: contact your dealer immediately.

4. Remove the tools first. Remove only the parts for each step as needed.

## Step 2: Assembly of the console mast

1. Move the console mast cover (41) as far as possible on the console mast (10).

**NOTICE**

Make sure that the console mast cover (41) points in the correct direction.

2. On the upper opening of the frame (1), you will find a console cable (32). Unwind the console cable (32) and smooth it out in order to then thread it from the bottom to the top through the console mast (10).
3. Assemble the console mast (10) on the designated bracket on the frame (1) with four hexagon bolts (70), four washers (97), two hexagon bolts (70) and two spring washers (102).

**ATTENTION**

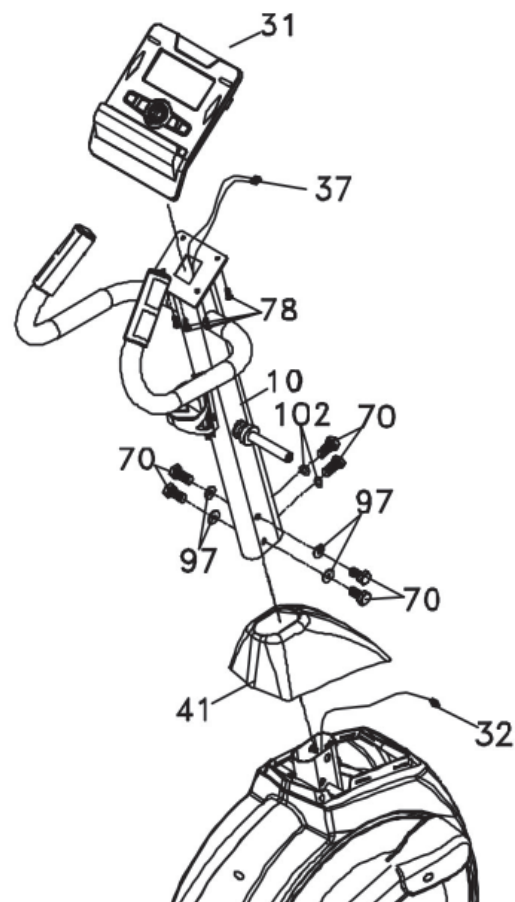
Be careful not to pinch the cables in the following step.

4. Mount the console (31) on the console mast (10) with the four screws (78) pre-mounted on the bracket.
5. On the upper opening of the console mast (10), there are three cables, two hand pulse cables (37) and a console cable (32). Connect this cable with the corresponding cables on the backside of the console (31).

**NOTICE**

The plugs are arranged so that they cannot be incorrectly inserted in each other.

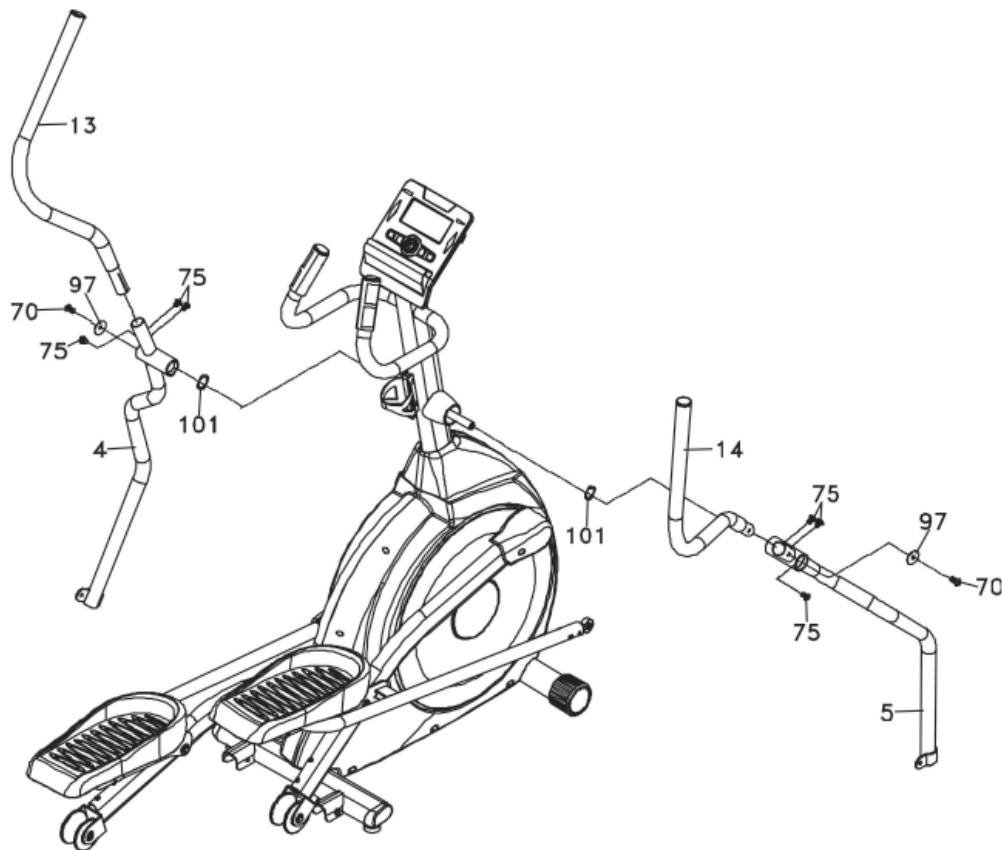
6. First store the excess cable in the console mast (10). Then fasten the console (31) on the console mast (10) with four M5 x 10mm screws (78).
7. Tighten all screws with the tool.





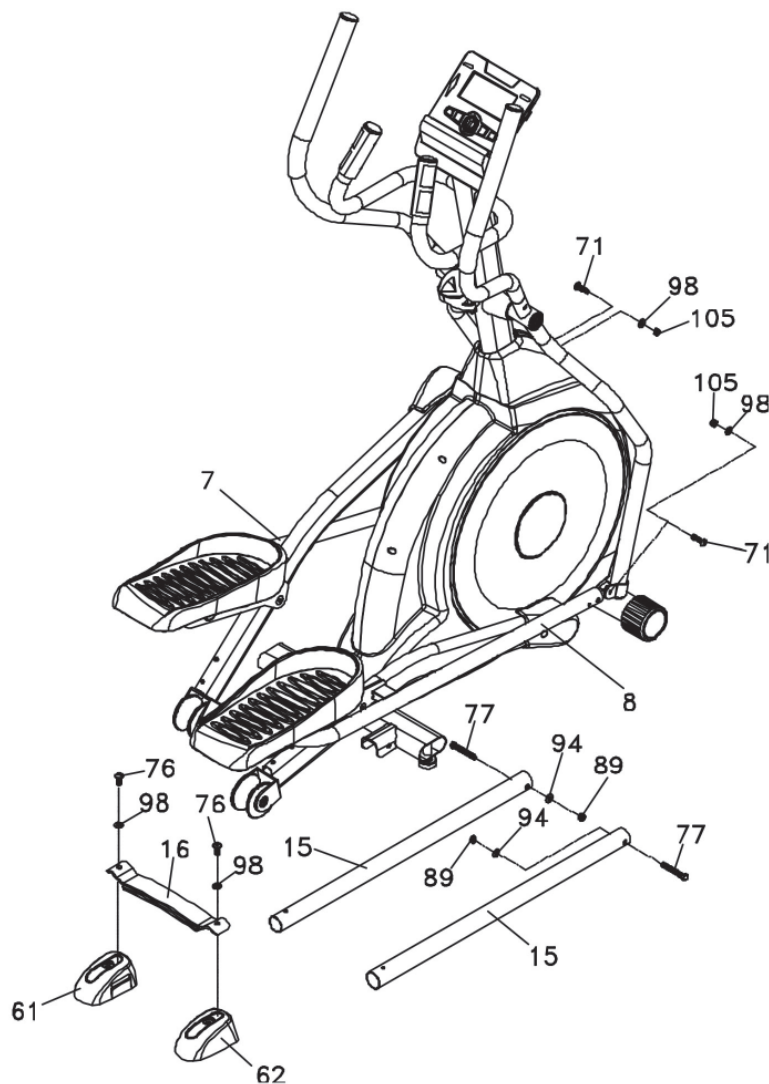
### Step 3: Assembly of the handles

1. Fasten the two washers (101) on the right and left side of the handle axles.
2. Slide the lower left and right side of the handles (4 and 5) on the corresponding side of the axle.
3. Place the two flat washers (97) on the two hexagonal screws (70) and fasten them on the thread holes on the end of the axle.
4. Fasten the left and right handles (13 and 14) on the lower left and right handles (4 and 5) with six screws (75).
5. Tighten all screws with the tool.



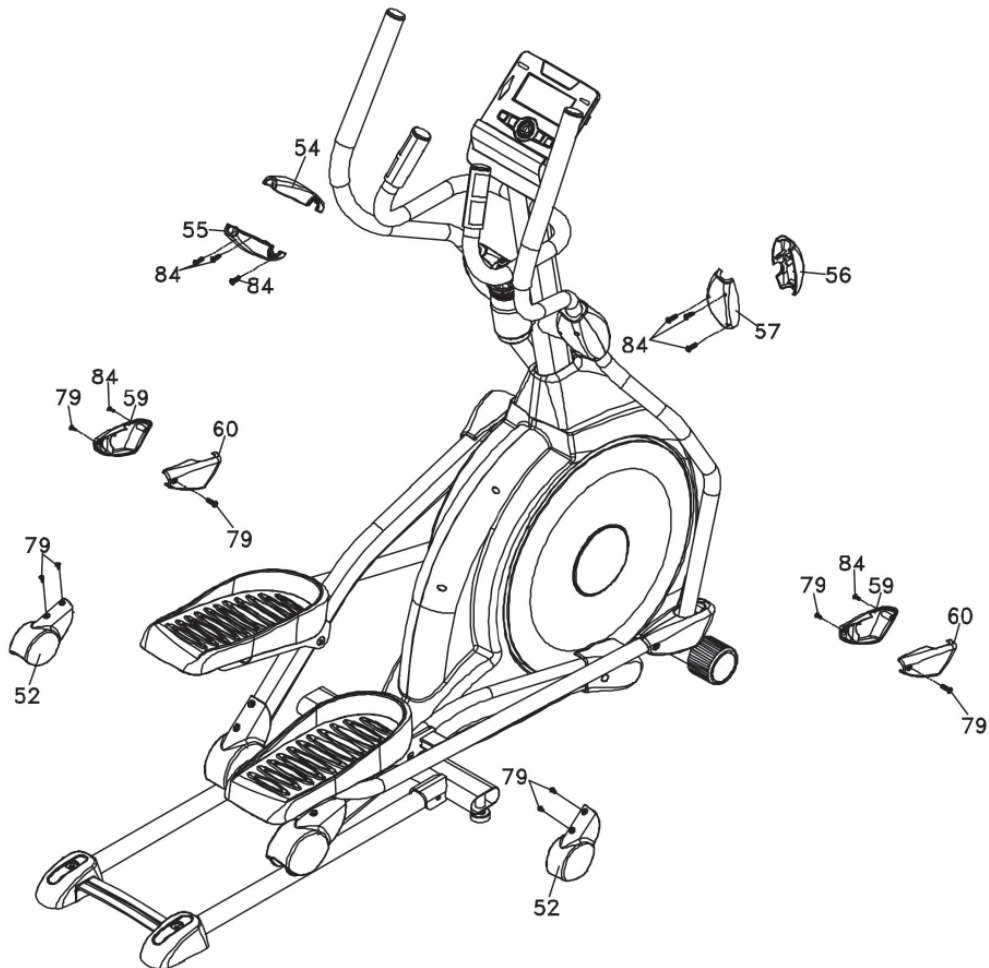
#### Step 4: Assembly of the connecting arms

1. Align the hole on the end of the connecting arm (L (7) and R (8)) with the hole in the bracket for the lower handles (L (4) and R (5)). The end of the bar should be in the bracket from the lower handles (L (4) R (5)).
2. Fasten the parts with two hexagonal screws (71), two washers (98) and two nylon nuts (105).
3. Mount the two rails (15) on the bracket on the end of the frame (1) with two screws (77), two washers (94) and two nylon nuts (89).
4. Assemble the base covers (L (61) and R (62)) on the iron plate (16).
5. Mount the rails (15) with two screws (76) and two washers (98).
6. Tighten all screws with the tool.



## Step 5: Assembly of the covers

1. Mount the covers for the connection arms (L (59) and R (60)) through the connection between the end of the bar and the lower handles (L (4) and R (5)) with four screws (79) and two screws (84).
2. Mount the two wheel covers (52) with four screws (79).
3. Mount the front handle covers (L (54) and R (56)) and the rear handle covers (L (55) and R (57)) through the handle axle connections with six screws (84).
4. Check that all previous screws are tightened and re-tighten them with the tool if necessary.



### **Step 6: Alignment of the feet**

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

1. Lift the equipment on the desired side and rotate the setting screws under the main frame.
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.

### **Step 7: Connecting the equipment to the mains supply**

► **ATTENTION**

The equipment must not be connected to a multiple socket, otherwise it cannot be guaranteed that the equipment will be supplied with sufficient power. Technical errors can result.

Plug the power plug into a wall outlet that complies with the instructions in the chapter on electrical safety.

### **Correctly Getting On and Off**

1. To get on, grip the handles with both hands and first step onto the left pedal with your left foot or onto the right pedal with your right foot and then place your foot onto the other pedal.
2. To get off, grip the handles with both hands and place one foot next to the equipment and then the other foot.

## 3 OPERATING INSTRUCTIONS

### ① 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.
- + Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.

### 3.1 Console Display



<b>CALORIES</b>	Display of the calories burned (0-999)
<b>TIME</b>	Display of training time in minutes (00:00–99:59)
<b>SPEED</b>	Display of the current speed (00.0–99.9)
<b>RPM</b>	Display of rotations per minute (0-999)
<b>RESISTANCE LEVEL</b>	Display of resistance levels (1-24)
<b>DISTANCE</b>	Display of distance in km (0.00–99.99)
<b>WATT</b>	Display of the Watt value (0-999)
<b>PULSE</b>	Display of heart rate (40–220)
<b>P1 - P12</b>	12 preset profile programmes to choose from

### 3.2 Button Functions

<b>ENCODER (+/-)</b>	+ Increasing the setting value + Decreasing the setting value + Select programmes
<b>MODE</b>	Button to confirm settings
<b>RECOVERY</b>	Heart rate test on your recovery condition
<b>RESET</b>	Resets all values
<b>START/STOP</b>	Starts and stops your training

### 3.3 Turning On and Setting the Equipment

1. Plug the adapter into the socket.

*The console beeps and turns on. All segments on the LCD screen are displayed for two seconds (fig. 1).*

2. Select between U1 to U4 with the encoder (fig.2).
3. Enter gender, age, height and the weight.
4. Confirm the settings with the MODE button.

*When you have entered the profile of the user data, the console switches to the main menu.*

5. Press START/STOP button to start your workout.



Fig. 1



Fig. 2



Fig.3



Fig. 4



Fig. 5



Fig.6

## 3.4 Programmes

In the main menu you can choose from the different programmes:

- + MANUAL (Target programmes)
- + PROGRAM (Profile programmes)
- + PERSONAL (User defined programme)
- + H.R.C (Heart rate controlled programmes)
- + WATT (Watt programme)

Use the encoder to select one of the programmes: Manual, Program, Fitness, Watt, Personal or H.R.C. Confirm the programme with the MODE button.

### **ⓘ NOTICE**

For the Quick start programme you can skip setting the parameters by pressing START/STOP to begin the workout.

### 3.4.1 Manual Programme (MANUAL)

1. In the main menu select MANUAL and confirm the selection by pressing the MODE button.

### **ⓘ NOTICE**

To skip setting the parameters, press START to directly begin the workout.

2. Press MODE to set the parameters.
3. Set the resistance level, time, distance, calories and/or pulse with the encoder. Confirm each setting with MODE.
4. Press START/STOP to begin the workout.

*During the training, the resistance level can be adjusted with the encoder.*

5. Press START/STOP to pause the training.
6. Press START/STOP to continue the training.
7. Press RESET, to end the training and return to the main menu.

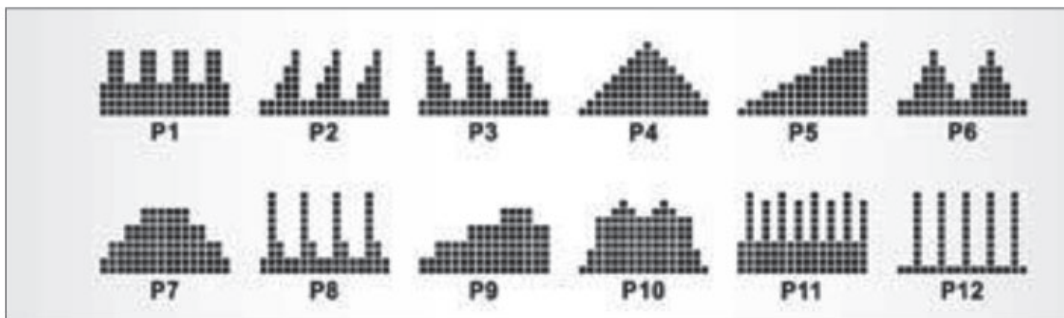
### 3.4.2 Pre-Set Profile Programmes (PROGRAM)

You have 12 default programmes to choose from (P1-P12).

1. In the main menu select PROGRAM and confirm the selection by pressing the MODE button.
2. Select one of the programmes P1-P12 with the encoder and press MODE to confirm.
3. Set the resistance level, time, distance, calories and/or pulse with the encoder. Confirm each setting with MODE.
4. Press START/STOP to begin the workout.

*During the training, the resistance level can be adjusted with the encoder.*

5. Press START/STOP to pause the training.
6. Press START/STOP to continue the training.
7. Press RESET, to end the training and return to the main menu.



### 3.4.3 Watt-controlled Programmes (WATT)

1. In the main menu select WATT and confirm the selection by pressing the MODE button.

**ⓘ NOTICE**

To skip setting the parameters, press START to directly begin the workout.

2. Press MODE to set the parameters.
3. Set watt, time, distance, calories and/or pulse with the encoder. Confirm each setting with MODE.
4. Press START/STOP to begin the workout.

*During the training, the value for watt can be adjusted with the encoder.*

5. Press START/STOP to pause the training.
6. Press START/STOP to continue the training.
7. Press RESET, to end the training and return to the main menu.



### 3.4.4 User-defined Programme (PERSONAL)

1. In the main menu select PERSONAL and confirm the selection by pressing the MODE button.

**ⓘ NOTICE**

There are 16 segments available in user defined programmes.

2. Set a resistance level for each segment and press MODE to confirm.
3. Press START/STOP to begin the workout

*During the training, the resistance level can be adjusted with the encoder.*

4. Press START/STOP to pause the training.
5. Press START/STOP to continue the training.
6. Press RESET, to end the training and return to the main menu.

### 3.4.5 Heart rate oriented Programmes (HRC)

**⚠ WARNING**

Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.

You have four heart rate programmes to choose from. Either select one of the three target heart rates (55%, 75% or 90% of your maximum heart rate) or select "TAG" and enter a target heart rate. The console determines your maximum heart rate based on your age. For these programmes we recommend a chest strap.

1. In the main menu select H.R.C. and confirm the selection by pressing the MODE button.
2. To select one of the programmes (55%, 75%, 90% or TAG), press the Encoder

*The PULSE window will show the corresponding target H.R. value.*

3. Confirm the selection by pressing the MODE button.

**ⓘ NOTICE**

If TAG is selected, the next setting will be the H.R. value.

4. Set, time, distance and/or calories with the encoder. Confirm each setting with MODE.
5. To begin the workout, press START/STOP.
6. Press START/STOP to pause the training.
7. Press START/STOP to continue the training.
8. Press RESET, to end the training and return to the main menu.

### 3.5 RECOVERY - Recovery Frequency

This function measures how fast your heart rate recovers after a training session. The faster your heart rate recovers, the better your fitness level. A 60 second countdown will start when you press the recovery button. Hold the hand pulse sensors with both hands and do not train as long as the countdown is running. At the end of the 60 seconds, a fitness grade between F1 and F6 will be displayed.

F1	Very good
F2	Good
F3	Average
F4	Adequate
F5	Bad
F6	Very bad

## 4 STORAGE AND TRANSPORT

### 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 10°C and 35°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 of this manual.

## 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
Drive disks wobble/ make noises	Drive disk loose	Tighten nut (pay attention to left-hand / right-hand thread)
Display is blank/is not working	Loose cable connections	Check cable connections
Equipment wobbles	Equipment is not level	Align the feet
Creaking noises on the stepping area	Loose screws on stepping area	Tighten the screws on the stepping area
Creaking noises	Screw connections loosened or too tight	Check screw connections
Squeaking noises on the guide rails	Guide rails or rollers dirty or guide rails dry	Clean the guide rails and then lubricate them with a suitable lubricant

No pulse display	+ Sources of interference in the room	+ Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...)
	+ unsuitable chest strap	+ Use a suitable chest strap (see RECOMMENDED ACCESSORIES).
	+ Wrong position of chest strap	+ Reposition chest strap and/or moisten electrodes
	+ Chest strap defective or battery empty	+ Changing batteries
	+ Pulse display defective	+ Check if pulse display by hand pulse possible

### 5.3 Error Codes and Troubleshooting

The electronics of the equipment continuously carries out tests. In case of deviations, an error code appears on the display and normal operation is stopped for your safety.

**Please contact the contract partner for technical support.**

### 5.4 Maintenance and Inspection Calendar

To avoid damage from 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
Display console	C	I	
Slide rails*		C	
Lubrication of slide rails and moving parts*			I
Plastic covers	C	I	
Screws and cable connections		I	
Legend: C = clean; I = inspect			

\*Make sure to always clean the slide rails and moving parts before re-lubricating.

By scanning the QR-code with the camera function or QR-code scanner app of your smartphone/tablet, a video on general maintenance of a crosstrainer opens on YouTube. The video serves to illustrate the maintenance points described in this manual.

Please note that the video may not be available in your language or with appropriate subtitles.

If you cannot scan QR-codes, you can access all Fitshop videos on YouTube by first opening YouTube and entering "Fitshop" in the search field.



## 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.

## 7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For elliptical cross trainers this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat 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.

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!



## 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 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:**

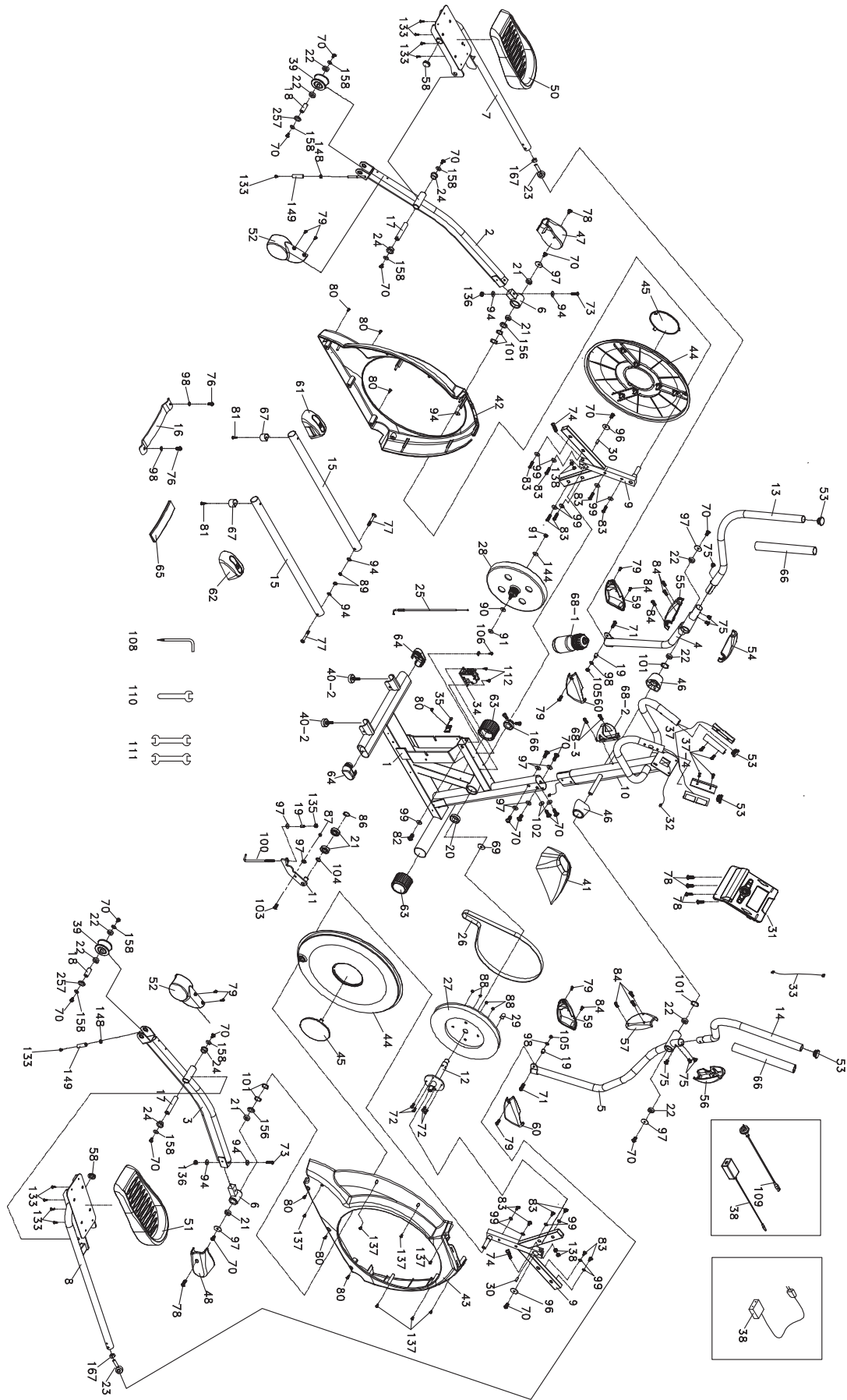
## 8.2 Parts List

No.	Name	No.	Qty.	Name	Qty.
1	Main Frame	1	33	600m/m_DC Power Cable	1
2	Pedal Arm (L)	1	34	Gear Motor	1
3	Pedal Arm (R)	1	35	350m/m_Sensor W/Cable	1
4	Lower Handle Bar (L)	1	37	850m/m_Handpulse W/Cable Assembly	2
5	Lower Handle Bar (R)	1			
6	Bushing Housing, Pedal Arm	2	37~4	Ø3 × 20m/m_Tapping Screw	4
7	Connecting Arm (L)	1	38	Power Adaptor	1
8	Connecting Arm (R)	1	39	Slide Wheel , Urethane	2
9	Cross Bar	2	40~2	Rubber Foot	2
10	Console Mast	1	41	Console Mast Cover	1
11	Idler Wheel Assembly	1	42	Side Case(L)	1
12	Crank Axle	1	43	Side Case(R)	1
13	Swing Arm (L)	1	44	Round Disk	2
14	Swing Arm (R)	1	45	Round Disk Cover	2
15	Rail Tube	2	46	Cover Swing Arm Axle	2
16	Rail Strap	1	47	Pedal Arm Cover (L)	1
17	Blacking Arbor for Pedal	2	48	Pedal Arm Cover (R)	1
18	Axle for Slide Wheel	2	50	Pedal (L)	1
19	Rod End Sleeve	3	51	Pedal (R)	1
20	6005_Bearing	1	52	Slide Wheel Cover	2
21	6203_Bearing	6	53	Button Head Plug	4
22	6003_Bearing	8	54	Front Handle Bar Cover (L)	1
23	Rod End Bearing	2	55	Rear Handle Bar Cover (L)	1
24	Ø31 × Ø25.5 × Ø19 × 16+3T_Bushing	4	56	Front Handle Bar Cover (R)	1
			57	Rear Handle Bar Cover (R)	1
25	Steel Cable	1	58	Round Cap	2
26	Drive Belt	1	59	Connecting Arm Cover (L)	2
27	Ø330_Drive Pulley	1	60	Connecting Arm Cover (R)	2
28	Flywheel	1	61	Lug Cover (L)	1
29	Magnet	1	62	Lug Cover (R)	1
30	25 × 7 × 7m/m_Woodruff Key	2	63	Transportation Wheel	2
31	Console Assembly	1	64	Oval End Cap	2
32	1050m/m_Computer Cable	1	65	EVA Foam for Rail Strap	1

66	Handgrip Foam	2	94	3/8" × 19 × 1.5T_Flat Washer	7
67	Rubber Foot	2	96	5/16" × 35 × 1.5T_Flat Washer	2
68~1	Drink Bottle (Optional)	1	97	5/16" × 23 × 1.5T_Flat Washer	10
68~2	Drink Bottle Holder	1	98	5/16" × 20 × 1.5T_Flat Washer	4
68~3	M5 × 12m/m_Phillips Head Screw	2	99	1/4" × 19m/m_Flat Washer	13
69	35 × 25.5 × 5T_Bushing	1	100	J Bolt	1
70	5/16" × 15m/m_Hex Head Bolt	20	101	Ø17_Wave Washer	6
71	5/16" × 32m/m_Hex Head Bolt	2	102	5/16" × 23 × 2T_Curved Washer	2
72	1/4" × 3/4" _Hex Head Bolt	4	103	M8 × 20m/m_Carriage Bolt	1
73	3/8" × 2-1/4" _Socket Head Cap Bolt	2	104	Ø17 × Ø23.5 × 1T_Flat Washer	1
			105	5/16" × 7T_Nyloc Nut	2
74	M8 × 40L_Socket Head Cap Bolt	2	106	3.5 × 16m/m_Tapping Screw	1
75	5/16" × 15m/m_Button Head Socket Bolt	6	108	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
76	5/16" × 3/4" _Button Head Socket Bolt	2	109	1100m/m_Adaptor Power Cord	1
			110	12m/m_Wrench	1
77	3/8" × 2-1/4" _Button Head Socket Bolt	2	111	13.14m/m_Wrench	2
			112	5 × 19m/m_Tapping Screw	2
78	M5 × 10m/m_Phillips Head Screw	6	133	M5 × 10m/m_Phillips Head Screw	10
79	M5 × 15m/m_Phillips Head Screw	8	135	M8 × 9T_Nyloc Nut	1
80	5 × 16m/m_Tapping Screw	7	136	3/8" × 11T_Nyloc Nut	2
81	5 × 25m/m_Tapping Screw	2	137	3.5 × 16m/m_Sheet Metal Screw	7
82	4.8 × 38m/m_Sheet Metal Screw	1	138	M8 × 6.3T_Nut	4
83	5 × 16m/m_Tapping Screw	12	144	3/8" -UNF26 × 6T_Nut	1
			148	E-Clip	2
84	Ø3.5 × 12m/m_Sheet Metal Screw	8	149	Ø15 × Ø8,5 × 50L_Sleeve	2
86	Ø17_C Ring	1	156	Spacer Bushing	2
87	M8 × 7T_Nyloc Nut	1	158	5/16" × 23 × 3.0T_Flat Washer	8
88	1/4" _Nyloc Nut	4	166	6005-2RSB10_Bearing	1
89	3/8" × 7T_Nyloc Nut	2	167	M12 × P1.75 × 10T_Nut	2
90	3/8" -UNF26 × 4T_Nut	1	257	Spacer Bushing	2
91	3/8" -UNF26 × 11T_Nut	2			



# 8.3 Exploded Drawing



Products from TAURUS® are 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, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

### **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	UK
<p><b>TECHNIK</b></p> <p>☎ +49 4621 4210-900 ☎ +49 4621 4210-698 ✉ technik@fitshop.de 🕒 Öffnungszeiten entnehmen Sie unserer Homepage.</p> <p><b>SERVICE</b></p> <p>☎ 0800 20 20277 (kostenlos) ☎ 04621 4210 - 0 ✉ info@fitshop.de 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a></p>	<p><b>TEKNIK OG SERVICE</b></p> <p>☎ 80 90 16 50 ☎ +49 4621 4210-945 ✉ info@fitshop.dk 🕒 Åbningstider kan findes på hjemmesiden: <a href="https://stg.fit/statit7">https://stg.fit/statit7</a></p>	<p><b>CUSTOMER SUPPORT</b></p> <p>☎ 00800 2020 2772 ☎ +494621 4210 944 ✉ info@fitshop.co.uk 🕒 You can find the opening hours on our homepage: <a href="https://stg.fit/statitic">https://stg.fit/statitic</a></p>
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	<p><b>TECHNIQUE &amp; SERVICE</b></p> <p>☎ +33 (0) 189 530984 ☎ +49 4621 42 10 933 ✉ info@fitshop.fr 🕒 Vous trouverez les heures d'ouverture sur notre site Internet: <a href="https://stg.fit/statit4">https://stg.fit/statit4</a></p>	<p><b>TECHNIQUE &amp; SERVICE</b></p> <p>☎ 02 732 46 77 ☎ +49 4621 4210 933 ✉ info@fitshop.be 🕒 Vous trouverez les heures d'ouverture sur notre site Internet: <a href="https://stg.fit/statit8">https://stg.fit/statit8</a></p>
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<p><b>TECNOLOGÍA Y SERVICIOS</b></p> <p>☎ 911 238 029 ✉ info@fitshop.es 🕒 Consulta nuestro horario de apertura en la página web: <a href="https://stg.fit/statit5">https://stg.fit/statit5</a></p>	<p><b>TECHNISCHE DIENST &amp; SERVICE</b></p> <p>☎ +31 172 619961 ✉ service@fitshop.nl 🕒 De openingstijden vindt u op onze homepage: <a href="https://stg.fit/statit3">https://stg.fit/statit3</a></p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ +49 4621 4210-944 ✉ service-int@fitshop.de 🕒 You can find the opening hours on our homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a></p>
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<p><b>DZIAŁ TECHNICZNY I SERWIS</b></p> <p>☎ 22 307 43 21 ☎ +49 4621 42 10-948 ✉ info@fitshop.pl 🕒 Godziny otwarcia można znaleźć na stronie głównej: <a href="https://stg.fit/statit6">https://stg.fit/statit6</a></p>	<p><b>TECHNIK &amp; SERVICE</b></p> <p>☎ 0800 20 20277 (Freecall) ☎ +49 4621 42 10-0 ✉ info@fitshop.at 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statitb">https://stg.fit/statitb</a></p>	<p><b>TECHNIK &amp; SERVICE</b></p> <p>☎ 0800 202 027 ☎ +49 4621 42 10-0 ✉ info@fitshop.ch 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statit9">https://stg.fit/statit9</a></p>

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

[www.fitshop.com/en/stores](http://www.fitshop.com/en/stores)

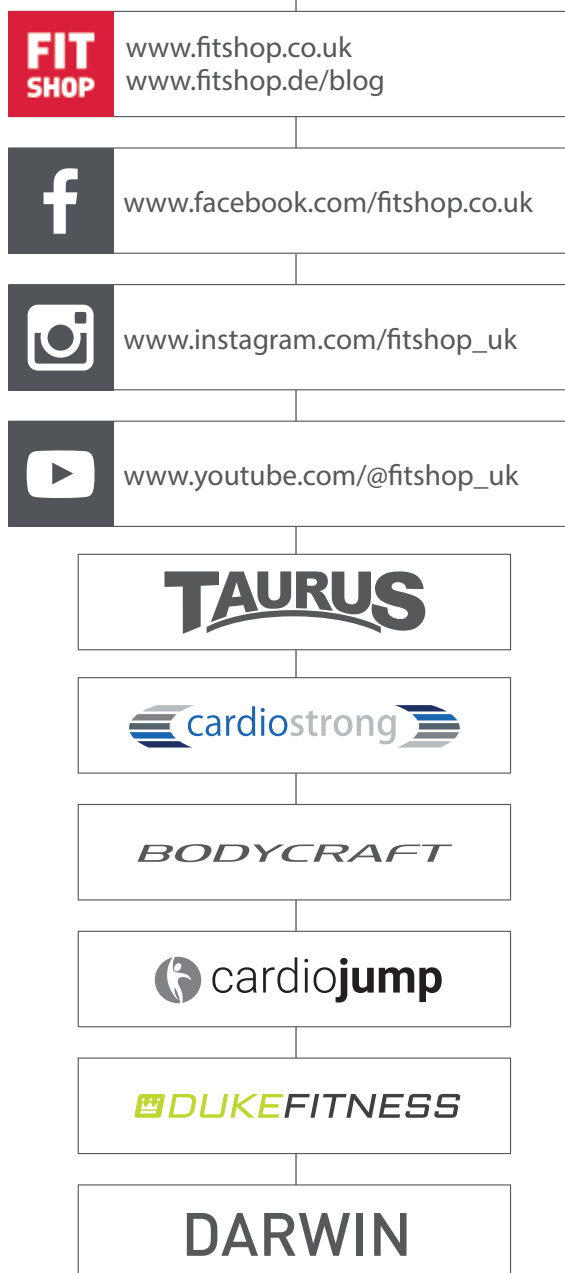
# WE LIVE FITNESS

## WEBSHOP AND SOCIAL MEDIA

Fitshop is Europe's largest specialist store for home fitness equipment with currently over 70 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.

Fitshop 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



# **TAURUS®**

**Elliptical trainer X7.1**