

USER'S MANUAL

Taurus Racing Bike Z9 Pro

TF-Z9-PRO



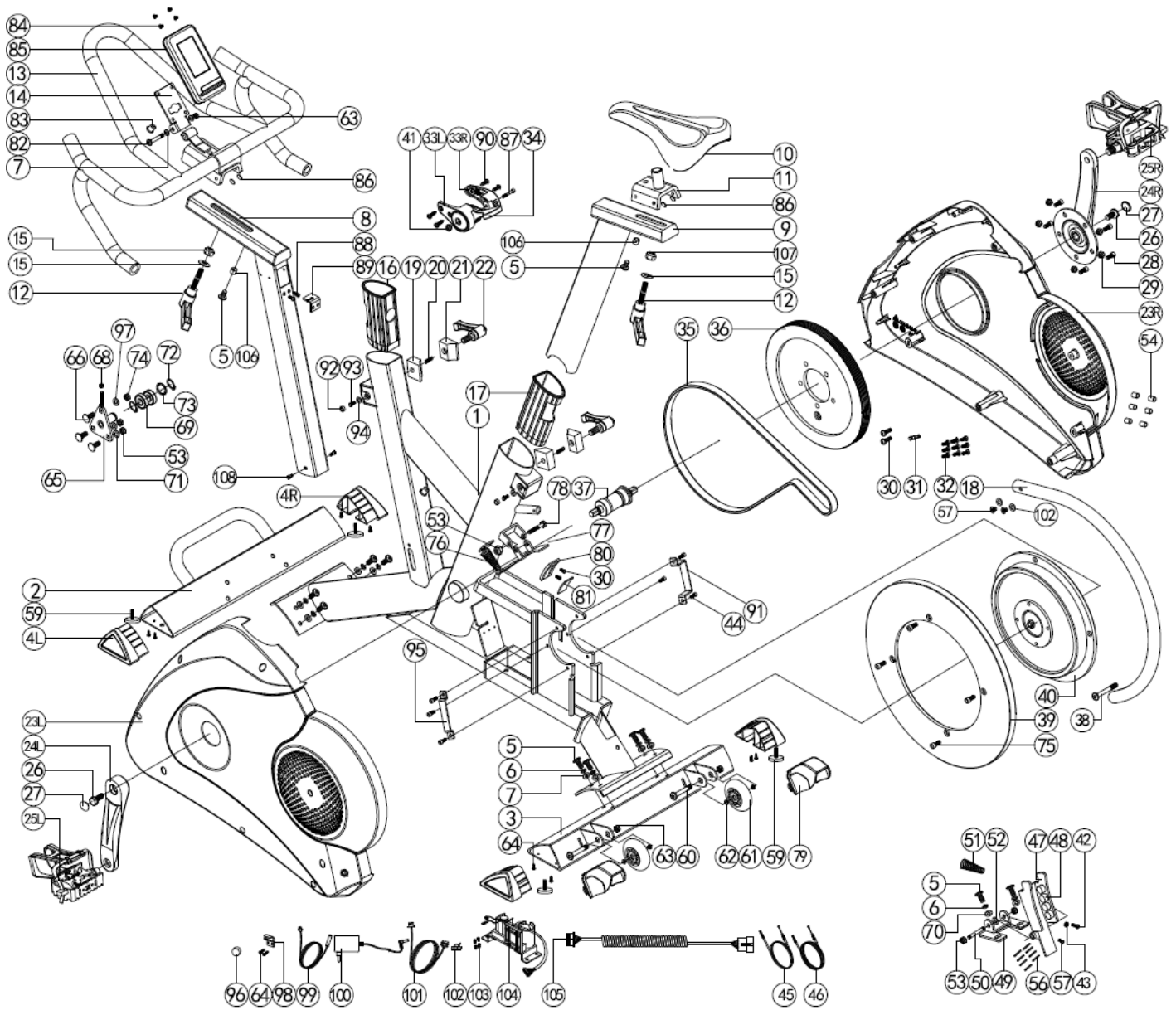
Safety Instructions



- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.
- Before you start your work-out, remove all sharp-edged objects around the exerciser.
- Only use the exercise for your work-out if it works flawlessly.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Parents and other supervisory persons should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to children's natural play instinct and interest in experimenting.
- If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development, and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- Make sure there is sufficient free space around the exerciser when you set it up.
- To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- When setting up the exerciser, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.
- Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you as well as to your work-out and sensible eating habits.

- Assemble the exerciser as per assembly instructions and be sure to only use the structural parts provided with the exerciser and designed for it. Prior to the assembly, make sure the contents of the delivery is complete by referring to the parts list of the assembly and operating instructions.
- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exercise
- The general rule is that exercisers and training devices are no toys. Therefore, they must only be used by properly informed or instructed persons.
- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
- Children, disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.
- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not work out immediately after meals!

Exploded drawing



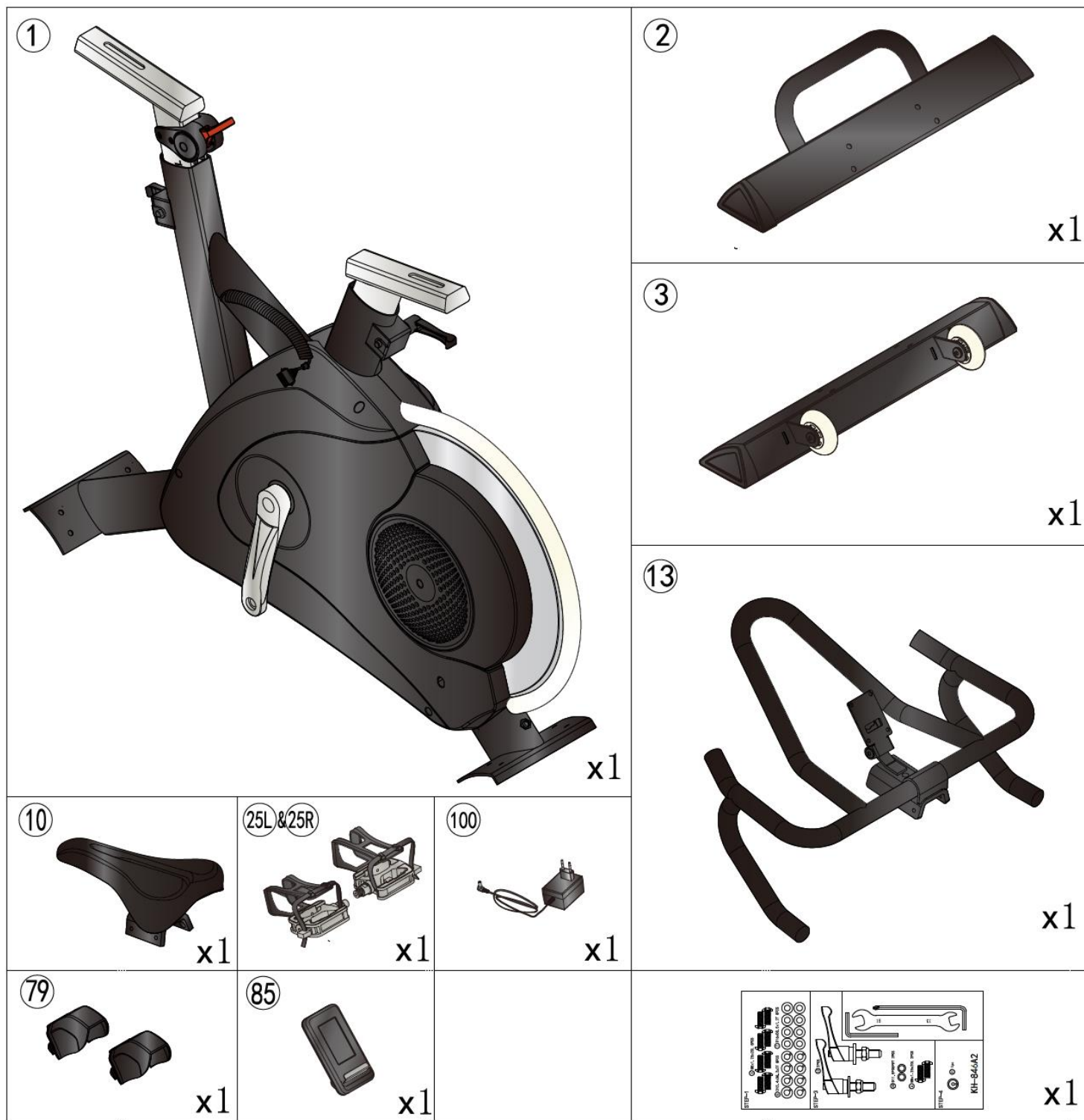
Part list

Part no.	Description	Specification	Q'ty	Part no.	Description	Specification	Q'ty
1	main frame		1	53	nylon nut	M8*1.25*8T	5
2	front stabilizer		1	54	buffer	D9*D5.8*13	6
3	rear stabilizer		1	56	magnet cell	29*3*3	6
4L	left triangle cap	95.7*57.2*51.3	2	57	cross bolt	M5*0.8*10L	3
4R	right triangle cap	95.7*57.2*51.3	2	59	adjustable round wheel	D59*M10*40L	4
5	allen bolt	M8x1.25x20L	12	60	bolt	M8*1.25*40L	2
6	spring washer	D15.4xD8.2x2T	10	61	round moving wheel	D70.5*23	2
7	flat washer	D16xD8.5x1.2T	10	62	bushing	D22.2*D8.2*7 T	4
8	front post		1	63	nylon nut	M8*1.25*8T	3
9	seat post		1	64	screw	ST4*1.41*12L	10
10	seat	DD2684	1	65	idle wheel fixing plate		1
11	seat adjustable tube		1	66	carriage bolt	M8*1.25*20L	3
12	L knob 40L	M10*40L	2	67	adjustable bolt	M6*1.0*46	1
13	handlebar		1	68	nut	M6*1*5T	1
14	computer fixing plate		1	69	bearing	6203-2RS	2
15	flat washer	D30*D10*3.0T	2	70	flat washer	D25*D8.5*2T	2
16	cover of front post	80*55*147	1	71	flat washer	D18*D8.5*1.2 T	2
17	inner insert	80*55*147	1	72	C ring	S-17(1T)	2
18	curved plate of flywheel		1	73	curved washer	D17*D22*0.3T	1
19	stop plate(1)	39*35*17	2	74	nut	M8*1.25*6T	1
20	spring	D12.7*D1.3*20.7	2	75	screw	M8*1.25*16L	4
21	stop plate(2)	38*35*17	2	76	spring	D1.4*55L	1
22	L knob 50L	M10*50L	2	77	fixing plate of brake strap	125.2*62*3.0T	1
23L	left chaincover	729.2*531.9*81. 5	1	78	bolt	M8*52L	1
23R	right chaincover	729.2*531.9*77	1	79	cover of moving wheel	93.2*64.7*62	2

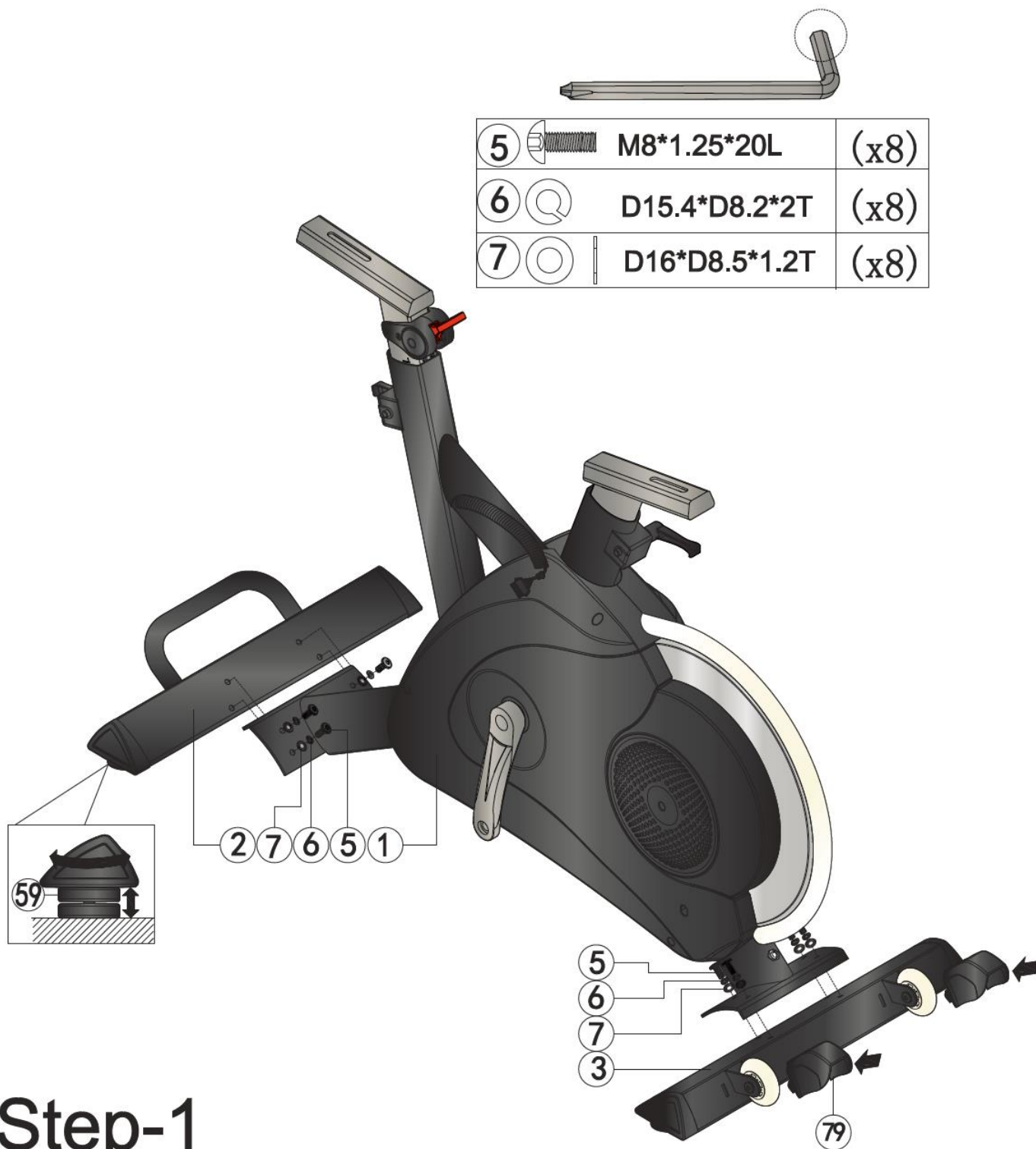
24L	left crank	170*9/16"-20BC	1	80	brake plate	54.5*37*13	1
24R	right crank	170*9/16"-20BC	1	81	cow leather	52*31*4T	1
25L&25 R	pedal	JD-012,9/16"	1	82	bolt	M8x1.25x45L	1
26	bolt	M8x1.0x16	2	83	cable plug	D4*D12*13	2
27	bolt cover	D23x6.5	2	84	cross bolt	M5*0.8*10L	4
28	screw	M10*1.5*20L	5	85	computer	SM-2534-64	1
29	nut	M10*1.5*8T	5	86	stop plug	D20*D5.7*7	8
30	round cross bolt	M5x0.8x15L	4	87	round head screw	M6*1.0*50L	1
31	pin	D6*26.5*7.7	1	88	screw	M6*1*15L	2
32	cross screw	ST4.2*1.4*20L	9	89	tension fixing plate	25*24*3T	1
33L	left cover of brake	95.4*53*33.4	1	90	screw	ST4.2*1.4*15L	4
33R	right cover of brake	95.4*53*31.2	1	91	fixing plate (1)	105.5*35*2.5T	1
34	brake handlebar	101.1*48.2*37	1	92	buffer	D10*5.5T	2
35	belt	PJ5,1253L	1	93	bolt	M5*0.8*10L	2
36	puelly	D285-,PJ6	1	94	flat washer	D15*D5.2*1.0 T	2
37	BB sets	127.5L	1	95	fixing plate (2)	105.5*10*2.5T	1
38	bolt	M8*1.25*95L	1	96	round magnet	M02	1
39	outer flywheel	D420*17	1	97	flat washer	D22*D10*2T	1
40	inner flywheel	D290*38	1	98	sensor bracket	24*22*2.5T	1
41	anti-loosen nut	M6*1.0*6T	1	99	sensor cable	250L	1
42	round cross screw	M5*0.8*35L	1	100	adaptor	output:9V.1A	1
43	nut	M5*0.8*5T	1	101	electric cable	700L	1
44	screw	M6*1*15L	8	102	flat washer	D14*D6.5*0.8 T	2
45	tension cable	230L	1	103	cross screw	ST4.2x1.4x12 L	4
46	lower tension cable	1300L	1	104	motor		1
47	magnet fixing bracket		1	105	upper computer cable	300L	1
48	magnet	D18*10T	8	106	spacer	D11.5*D8*9T	2
49	magnet fixing plate		1	107	nylon nut	M10*1.5*10T	2
50	axle of magnet fixing bracket	D8.2*65L	1	108	bolt	M6*1.0*15L	2

51	spring	D1.2*55L	1	Inner-Hex Spanner	M6	1
52	flat washer	D18*D8.5*1.0T	1	open-wrench	155*30*5T	1
				inner hex wrench	M6,8.8	1

CHECK LIST (CONTENTS OF PACKAGE)



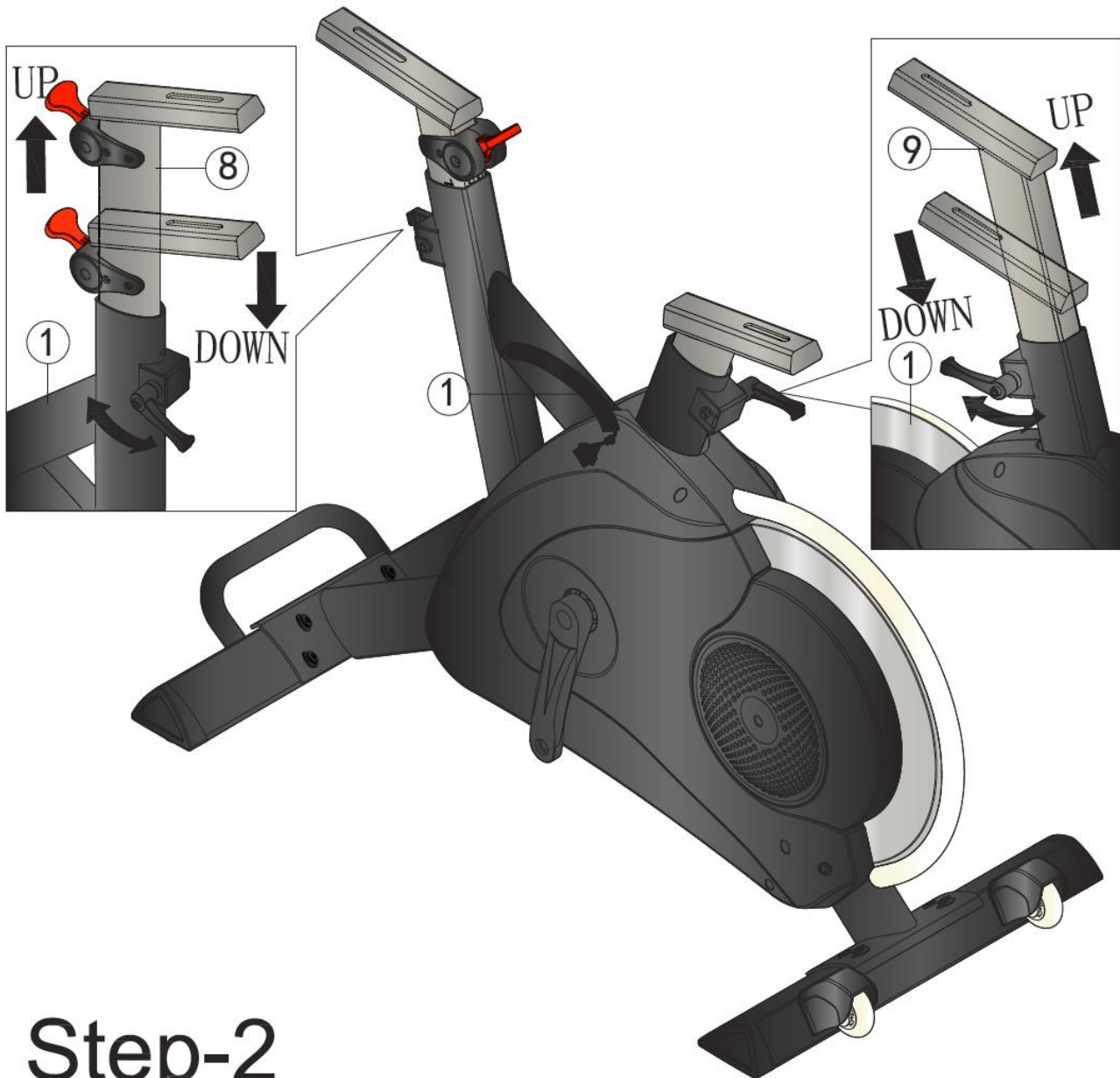
STEP 1



Step-1

- 1) Assemble the front stabilizer (2) and rear stabilizer (3) onto the main frame (1) by using the flat washer (7), spring washer (6), and Allen bolt (5).
- 2) Adjust the proper height by turning the wheel of front & rear foot cap (59).
- 3) Cover the cover of moving wheel (79)

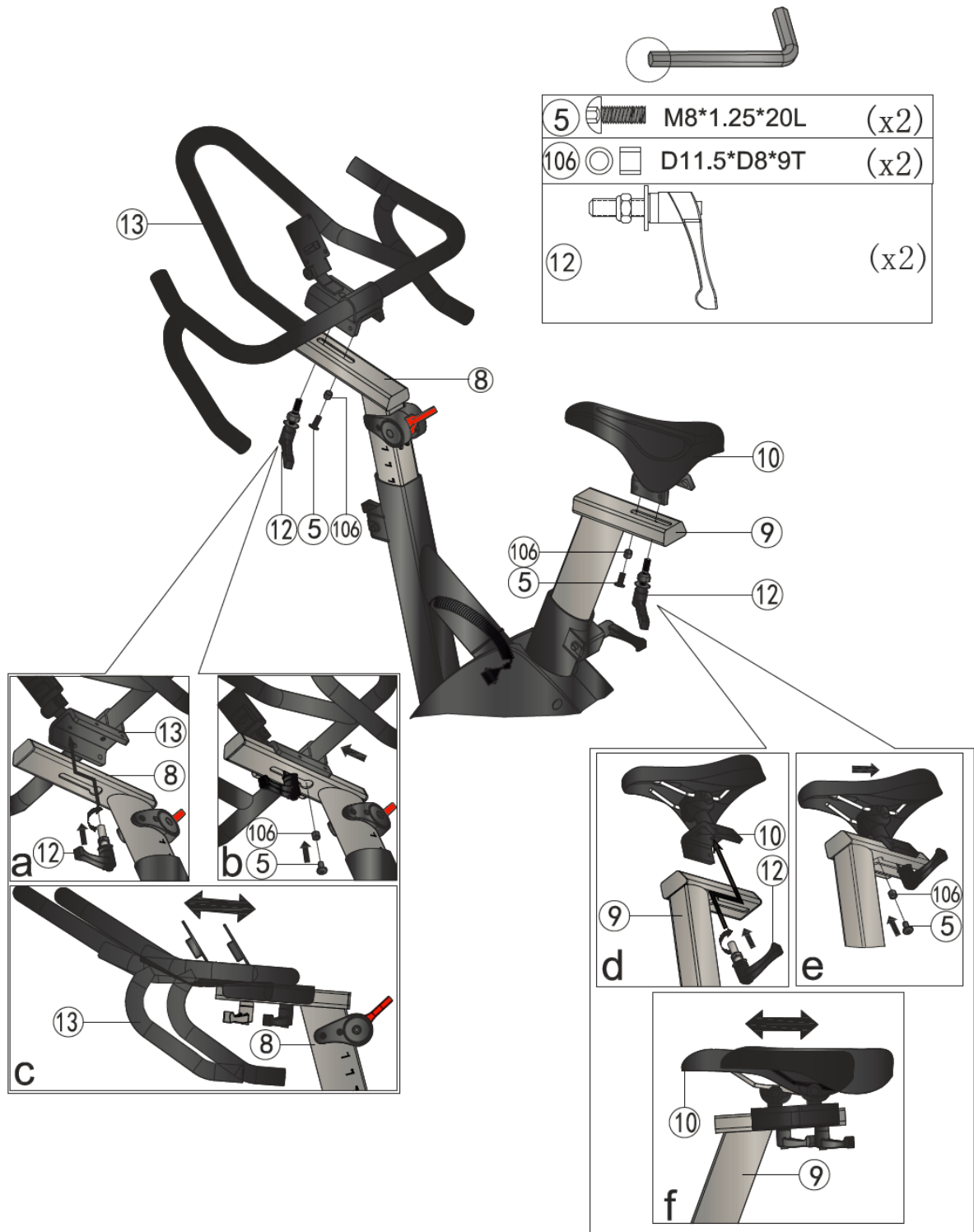
STEP 2



Step-2

- 1) front post (8) & seat post (9) already pre-assembled with main frame, Adjust the most suitable position by knob

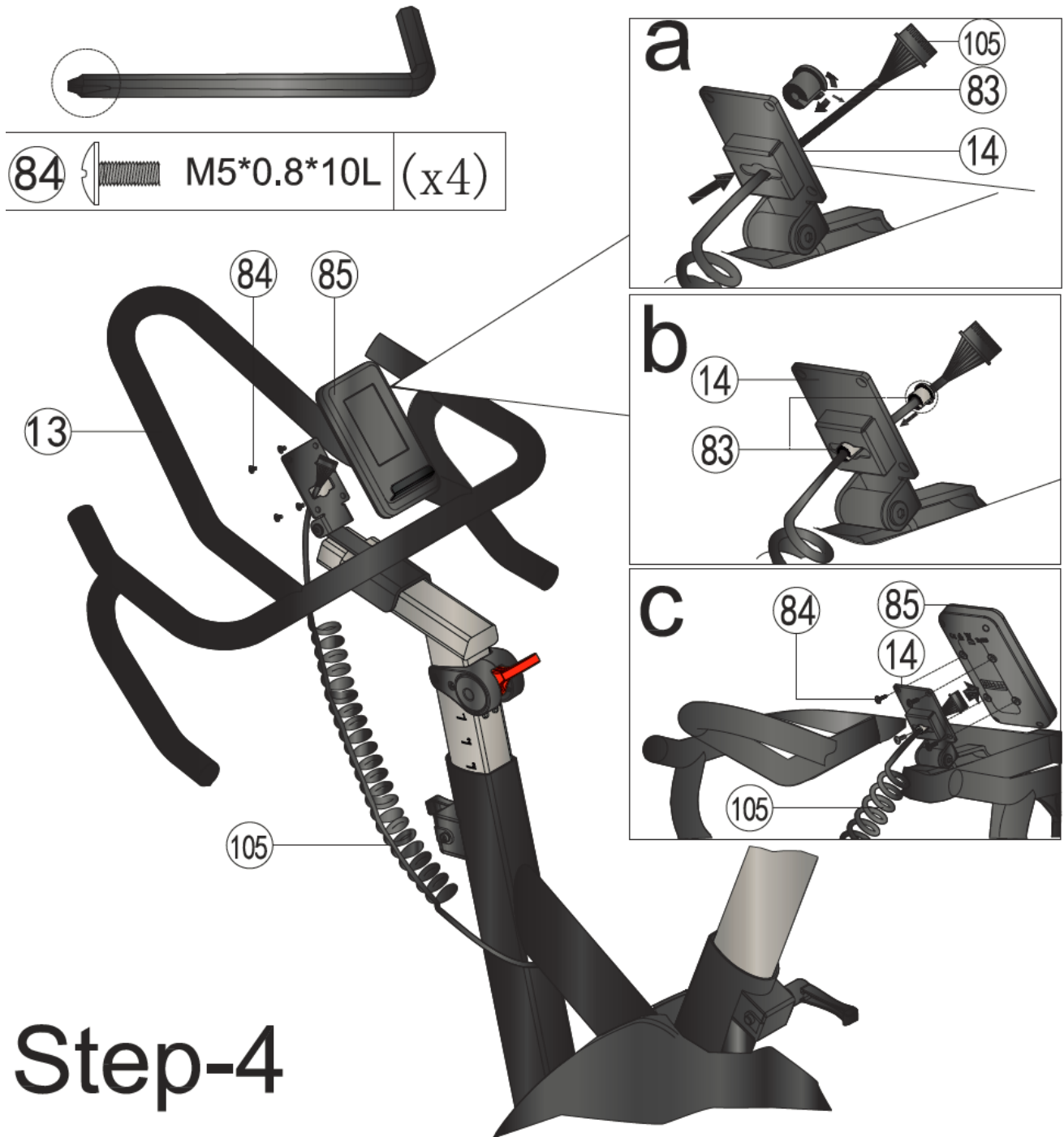
STEP 3



Step-3

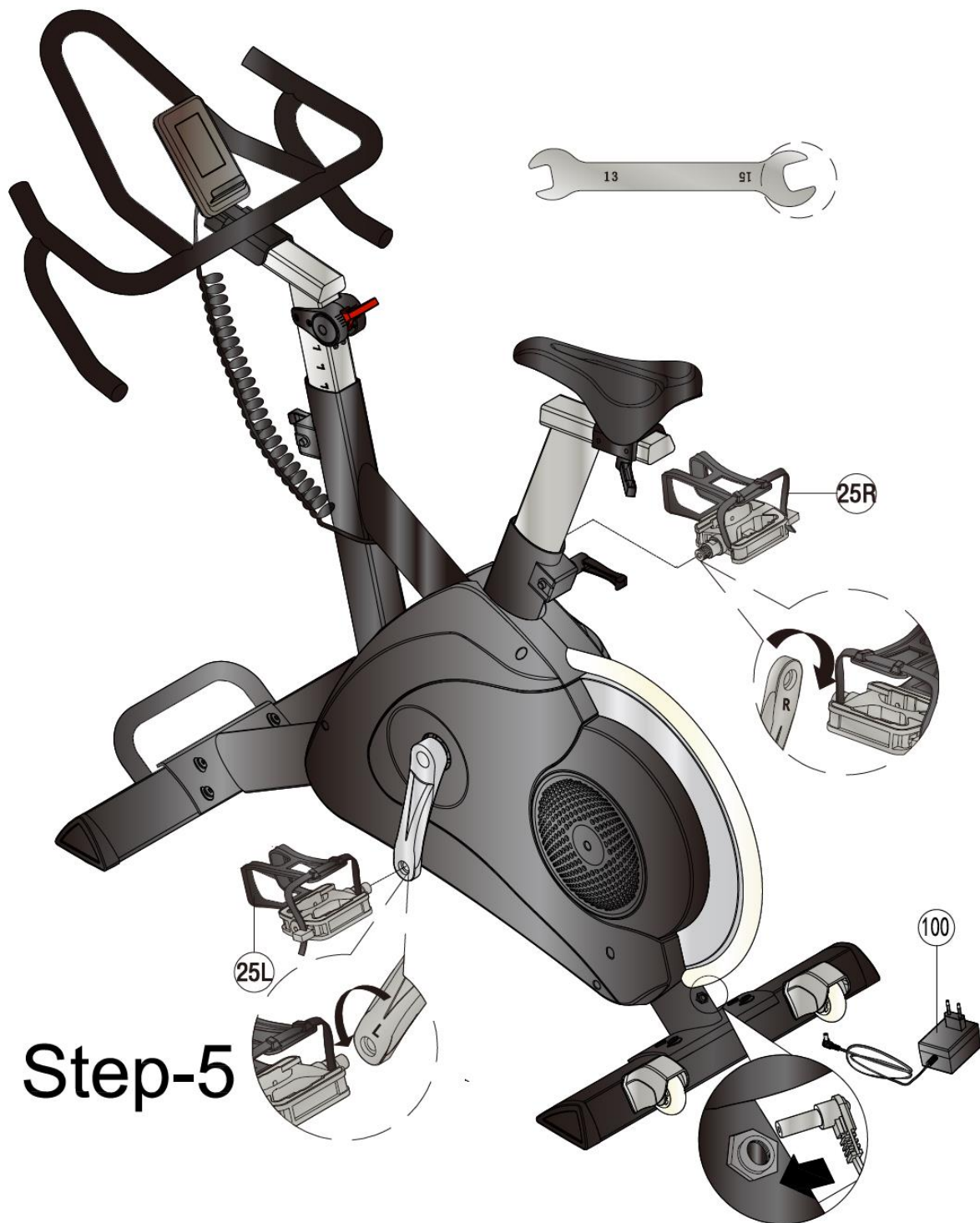
- 1) Fix handlebar (13) onto the front post (8) by L knob (12) and then fix the stop bolt (15) and spacer (106)
- 2) Assemble the saddle (10) onto the seat post (9) by L knob (12), and then fix the stop bolt (5) and spacer (106).

STEP 4



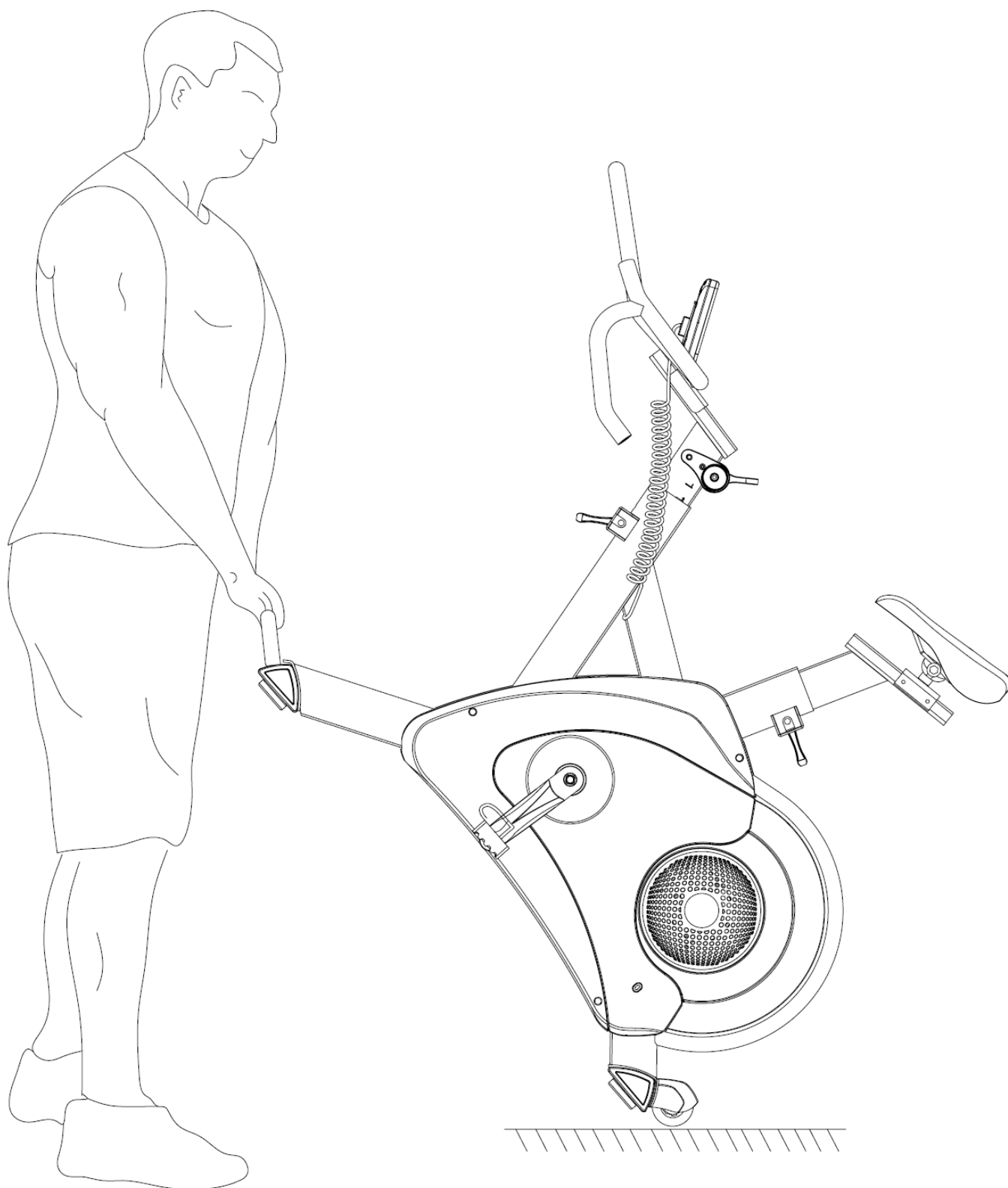
- 1) Through the computer cable(105) from the hole of computer fixing plate (fig a)
- 2) Insert the cable plug (83) (fig b)
- 3) Fix the computer (85) onto the plate(14) by screw (84)

STEP 5



- 1) Assemble the left pedal(25L) onto left crank by anti-clockwise, and fix the right pedal(25R) onto right crank by clockwise
- 2) connect the adaptor(100) with machine and electric socket

Step 6



You can move the machine easily

SM2534 INSTRUCTION MANUAL

DISPLAY FUNCTIONS

ITEM	DESCRIPTION
TIME	Workout time displayed during exercise. Range 0:00 ~ 99:59
SPEED	Workout speed displayed during exercise. Range 0.0 ~ 99.9
DISTANCE	Workout distance displayed during exercise. Range 0.0 ~ 99.9
CALORIES	Burned calories during workout display. Range 0 ~ 999
PULSE	Pulse bpm displayed during exercise. Pulse alarm when over preset target pulse.
RPM	Rotation per minute Range 0 ~ 999
WATT	Workout power consumption In Watt Program mode, computer will remain preset watt value (setting range 0~350)

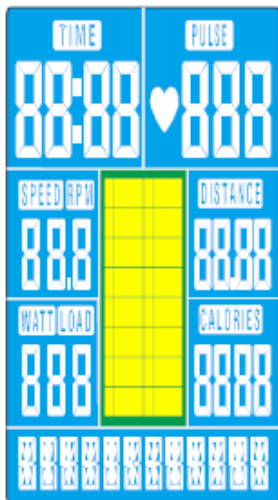
KEY FUNCTION

ITEM	DESCRIPTION
Up	Increase resistance level; Adjust function value up and setting selection.
Down	Decrease resistance level; Adjust function value down and setting selection.
Mode	Confirm/Enter setting or selection.
Reset	Hold on pressing for 2 seconds, computer will reboot and start from user setting. Reverse to main menu during presetting workout value or stop mode.
Start/ Stop	Start or Stop workout.
Recovery	Test heart rate recovery status.

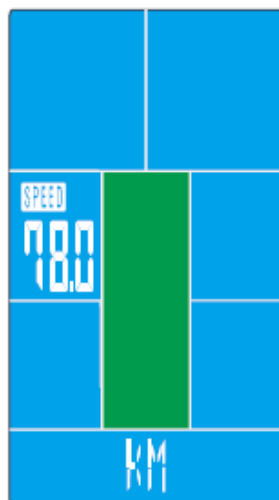
OPERATION PROCEDURE

1. POWER ON

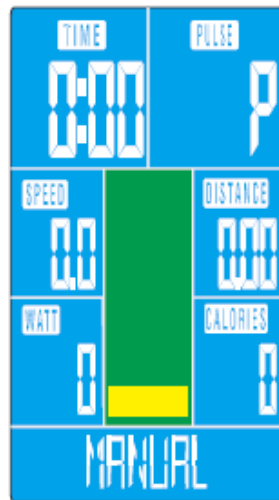
When POWER ON or hold RESET key for 2s, buzzer will sound 1s and LCD full display for 2 seconds (Picture1). Then display wheel diameter and unit (Picture2). Then go to Standby mode (Picture3).



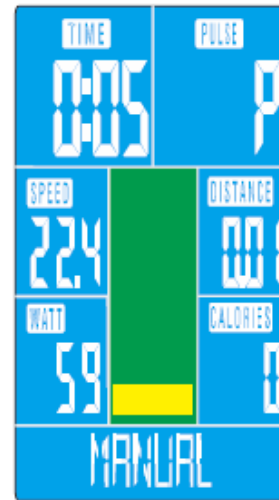
Picture1



Picture2



Picture3



Picture4

2. WORKOUT MODE SELECTION

In picture 3, user can UP and DOWN to select: Manual → Beginner → Advance → Sporty → Cardio → Watt, then press MODE to enter. If press START without any setting, console begin to run and count up directly (Picture4).

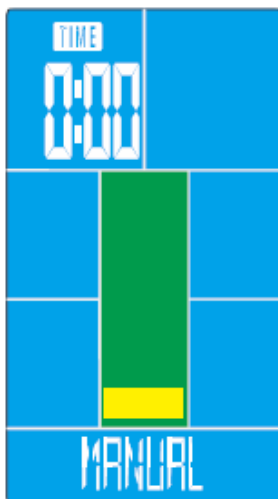
3. Manual Mode

Press UP or DOWN to select Manual workout mode, press MODE to confirm.

Press UP or DOWN to set TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm (Picture 5-8).

Press START/STOP key to start workout. Press UP or DOWN to adjust LOAD level.

Press START/STOP key to pause workout. Press RESET to reverse to main menu.



Picture5



Picture6



Picture7



Picture8

4. Beginner Mode

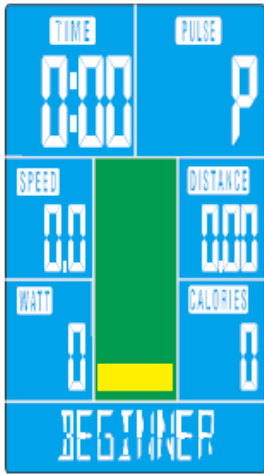
Press UP or DOWN to select Beginner mode and press MODE to confirm (Picture 9).

Press UP or DOWN to select Beginner 1~4 (Picture 10) and press MODE to confirm.

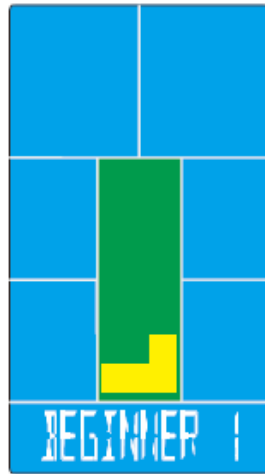
Press UP or DOWN to set TIME and press START/STOP key to start workout.

Then press UP or DOWN to adjust resistance level.

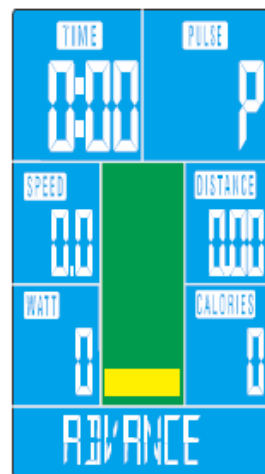
Press START/STOP key to pause workout. Press RESET to reverse to main menu.



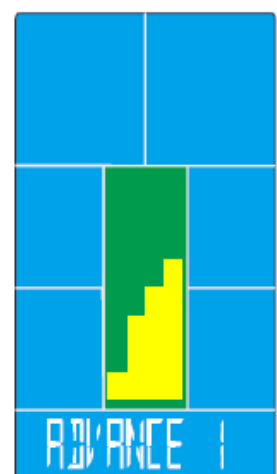
Picture 9



Picture 10



Picture 11



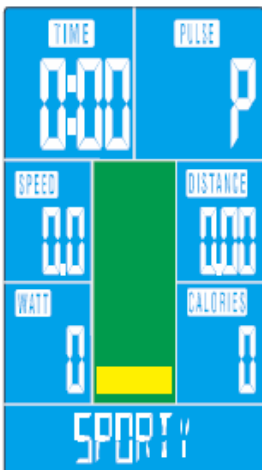
Picture 12

5. Advance Mode

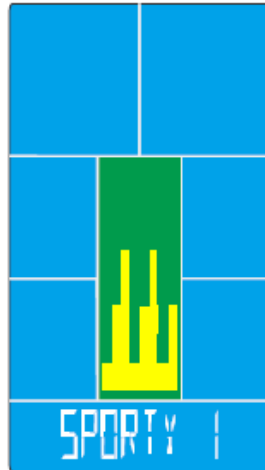
- Press UP or DOWN to select Advance mode and press MODE to enter (Picture 11).
- Press UP or DOWN to select Advance 1~4 (Picture 12) and press MODE to confirm.
- Press UP or DOWN to set TIME and press START/STOP key to start workout.
- Press UP or DOWN to adjust resistance level.
- Press START/STOP key to stop workout. Press RESET to reverse to main menu.

6. Sporty Mode

- Press UP or DOWN to select Sporty mode and press MODE to enter (Picture 13).
- Press UP or DOWN to select Sporty 1~4 (Picture 14) and press MODE to confirm.
- Press UP or DOWN to set TIME and press START/STOP key to start workout.
- Press UP or DOWN to adjust resistance level.
- Press START/STOP key to pause workout. Press RESET to reverse to main menu.



Picture 13

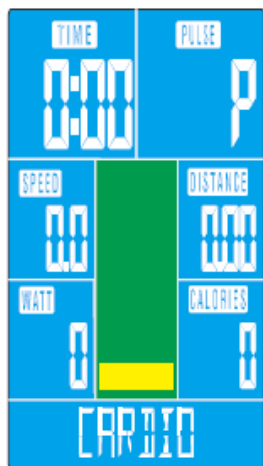


Picture 14

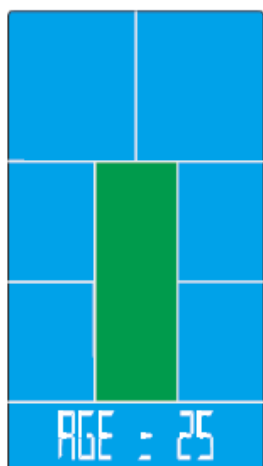
7. Cardio Mode

- Press UP or DOWN to select Cardio mode (Picture 15) and press MODE to get into (Picture 16).
- Press UP or Down to set AGE, then select 55%.75%.90% or TAG (TARGET H.R., Picture 17) and press MODE to confirm.
- Press UP or DOWN to preset workout TIME and press MODE to confirm.
- Press START/STOP key to start or stop workout. Press RESET to reverse to main menu.

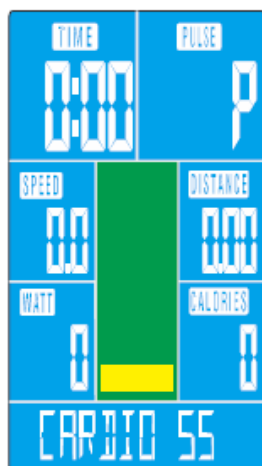
During workout, when there is no PULSE detected for 6s, then LCD will display “PULSE INPUT” to remind (Picture 18).



Picture 15



Picture 16



Picture 17



Picture 18

8. Watt Mode

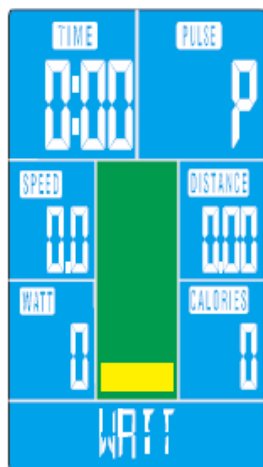
Press UP or DOWN to select WATT mode (Picture 19) and press Enter to get into.

Press UP or DOWN to adjust WATT value (10~350±5) and press MODE to confirm. (preset: 120, Picture 20).

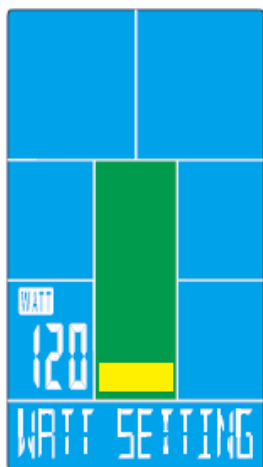
Press UP or DOWN to adjust TIME and press MODE to confirm.

Press START/STOP key to start workout. System will adjust resistance level automatically according to WATT target and RPM status (Picture 21). WATT target also can be adjusted by UP or DOWN key.

Press START/STOP key to stop workout. Press RESET to reverse to main menu.



Picture 19



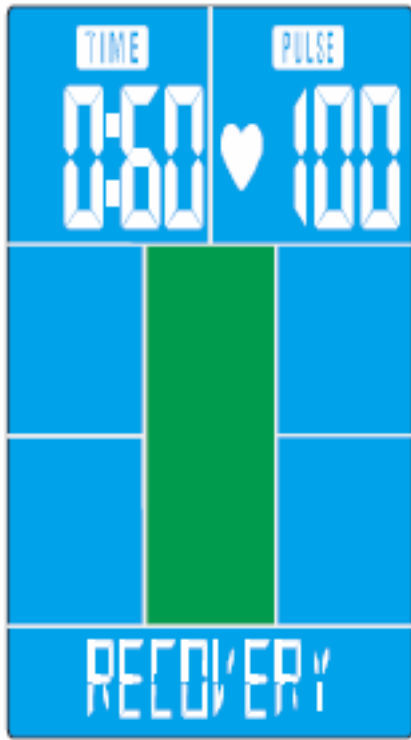
Picture 20



Picture 21

9. Recovery Mode

When there is PULSE detected, press RECOVERY key. All function display will stop except TIME that will start counting down from 00:60 to 00:00 (Picture 22). LCD will display your heart rate recovery status with the F1, F2...to F6 (Picture 23). F1 is the best, F6 is the worst. Press the RECOVERY button again to return to the main display.



Picture 22



Picture 23

Programme:

BEGINNER 1



BEGINNER 2



BEGINNER 3



BEGINNER 4



ADVANCE 1



ADVANCE 2



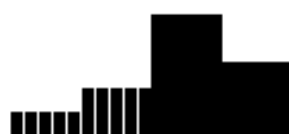
ADVANCE 3



ADVANCE 4



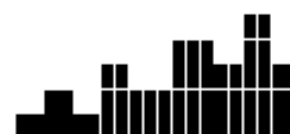
SPORTY 1



SPORTY 2



SPORTY 3



SPORTY 4

