

TAURUS®

Operating Instructions



Art. No. TF-ASF011

FSTFASF011.01.02

GENERAL SAFETY INSTRUCTIONS

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.
- + Note that excessive training can seriously endanger your health. 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 14 years.
- + 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.

⚠ CAUTION

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

▶ ATTENTION

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

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).

⚠ CAUTION

- + Choose the set-up place so that there is sufficient space around the product.

▶ 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.

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).

Technical data

Article weight (gross, incl. packaging):	0.71 kg
Article weight (net, without packaging):	0.56 kg
Packaging dimensions (L x W x H):	34 cm x 12 cm x 12 cm
Article length:	33.5 cm
Use class:	H

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).

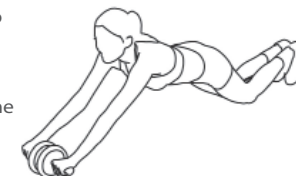
⚠ CAUTION

- + 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.



Taurus Abs Trainer Exercise Wheel

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.

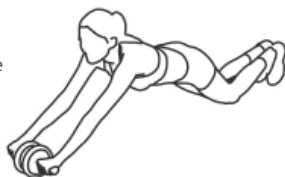
► ATTENTION

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.

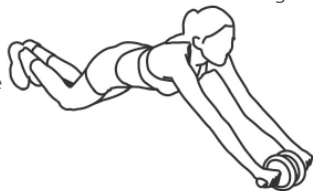
► ATTENTION

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.



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.

Care, Maintenance and Storage

⚠ WARNING

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

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

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 a recycling centre. Further information can be obtained from your local authority's recycling service.

Contact

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