

# TAURUS®

## Operating Instructions



Art. No. TB-BSH-002

FSTBBSH002.01.01

## 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.

## Technical data

Article weight (gross, incl. packaging): 0.42 kg

Article weight (net, without packaging): 0.35 kg

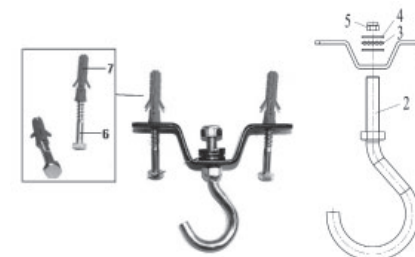
Packaging dimensions (L x W x H): 16 cm x 5 cm x 7 cm

Chrome-plated steel hook: 10mm in diameter

Fixation plate: 4mm

## Parts List

No.	Name	Qty.
1	MAIN FRAME	1
2	HOOK	1
3	BALL-BEARING	1
4	BALL-BEARING END CAP	2
5	LOCK NUT M8	1
6	TAPPING SCREW M8*60	2
7	NYLON TUBE	2



## Assembly

### ▶ ATTENTION

The supplied assembly material for wall mounting is not suitable for every wall. Pay attention to the condition of your wall to determine which assembly material is suitable for your wall.

The contractual partner accepts no liability for any damage to the wall. Make sure that there are no cables or wires running in the wall where you attach the training equipment.

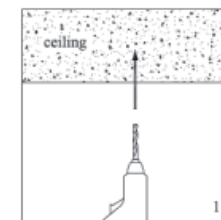
### ⓘ NOTICE

The supplied assembly material is not suitable for every wall, so you may need to get assembly material that is suitable for your wall.

1. Drill two holes with a diameter of 11mm and a depth of 55mm into the ceiling.

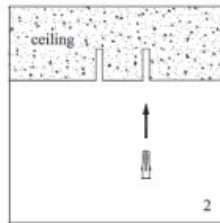
### ⓘ NOTICE

The distance between the two holes is the same as the main frame (1).

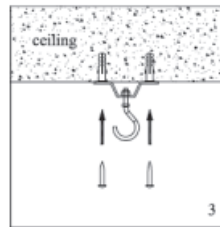


# Ceiling fixation for punching bags

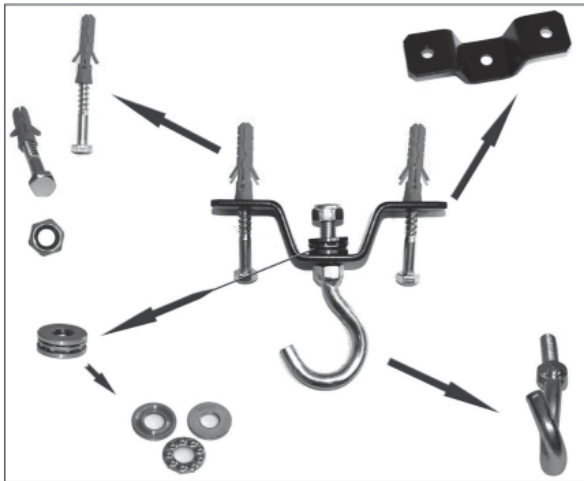
2. Insert the nylon tubes into the holes.



3. Assemble the ceiling fixation for punching bag with two tapping screws (6).



## Exploded Drawing



## 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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