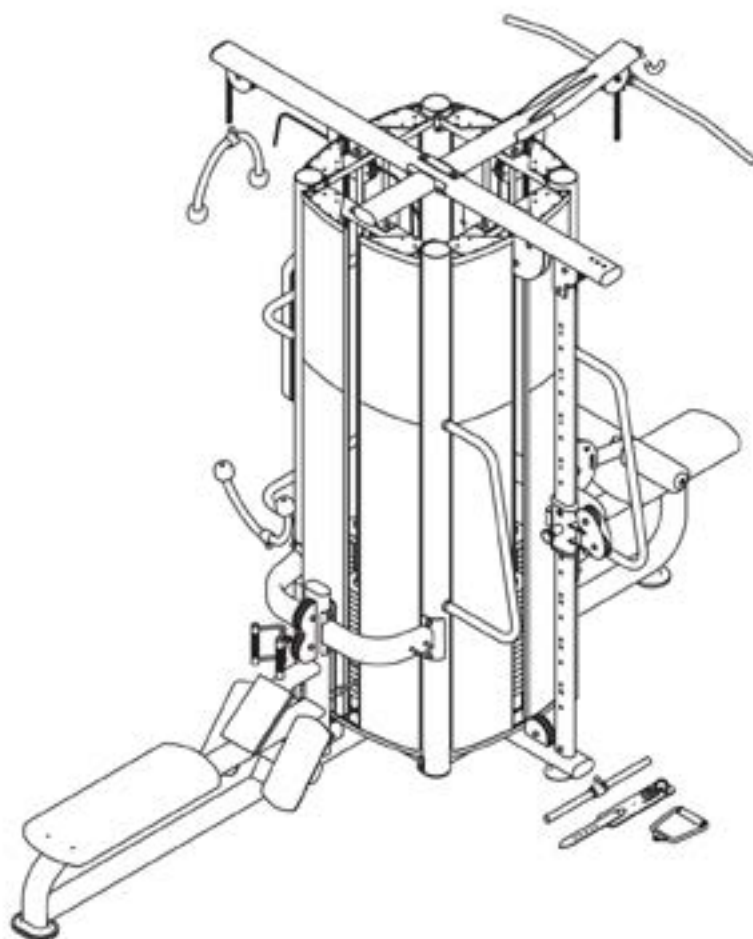


TAURUS®

Assembly and Operating Instructions



max. 180 kg



~ 180 Min.



737 kg

L 342 | W 192 | H 229

FSTFEG4S.01.01

Art. No. TF-EG-4S

Taurus 4-Station Elite Gym

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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.

Intended Use

The equipment may only be used for its intended purpose.

This fitness equipment is suitable for home use, semi-professional use and commercial or professional use. The semi-professional sector includes, for example, institutional facilities such as hospitals, schools, hotels and associations. Professional use refers to commercial use, e.g. in a fitness studio.

Legal Notice

Fitshop GmbH
Europe's No. 1 for home fitness

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Disclaimer

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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

Weight and Dimensions:

Article weight (gross, incl. packaging):	
Parcel 1:	423 kg/ 882 lbs
Parcel 2:	182 kg/ 397 lbs
Parcel 3:	182 kg/ 397 lbs
Article weight (net, excl. packaging):	737 kg
Package dimensions (L x W x H) approx.:	
Parcel 1:	228 cm x 112 cm x 83 cm
Parcel 2:	50 cm x 47 cm x 41.5 cm
Parcel 3:	50 cm x 47 cm x 41.5 cm
Set-up dimensions (L x W x H) approx.:	342 cm x 192 cm x 229 cm
Maximum user weight:	180 kg

Cables and Pulleys:

Cable length:	
Cable 1:	220 cm
Cable 2:	807 cm
Cable 3:	230 cm
Cable 4:	470 cm
Diameter pulleys:	89/114 mm
Transmission ratio:	2:1

Weight Block:

Quantity:	2
Total weight:	335 kg/ 740 lbs
Quantity of weight plates:	54 + 10
Weight of a single weight plate:	5kg/ 10 kg (10/20 lbs)
Use class:	S

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.
- + 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.
- + Always start each workout with a light warm-up and end with a cool-down phase.
- + Using the machine as a support during stretching exercises or attaching resistance bands, ropes or other accessories to it, may cause injuries.

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.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.
- + The weights should remain in the user's field of vision during the entire exercise to prevent danger to third parties.

ATTENTION

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

1.3 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.
- + If your device is to be mounted on the wall/ceiling, make sure that you use the appropriate assembly material to avoid possible damages or personal injuries. The contractual partner accepts no liability for this.

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.

Required tools (not included in the scope of delivery): Wrench (size 16 and 18), hex wrench (M6 and M8), cross screwdriver, hammer



Carton 1

ITEM NO.	NAME.	DESCRIPTION.	QTY.
43	Top Weight		4
31	Left Shroud Set		4
32	Right Shroud Set		4
33	Under Shroud Set 1		2
34	Under Shroud Set 2		2
10&9	Support Frame		4
4	Pedal Frame		2
21	Shroud Connection Part1		4
22	Connection Part 2		4
3	Main Frame		1
7	Tower Connection Frame		2
13	Short Floor Frame		2
8	Top Connection Frame		2



5	Pull Frame		1
6	Connection Frame		1
16	Back Pad Round Frame		2
19	Back Pad Frame		1
39	Rotating Frame		1
14	Top Pulley Frame		1
2	Floor Frame		1
18	Adjustment Frame		1
2	Floor Frame		1
23	Guide Rod		4
17	Moving Pully Frame		1
15	Handle Frame		2
107	Limit Plate 1		2
108	Limit Plate 2		1

62	Double Handles		1
64	Guide Rod End Cap		8
75	Rubber Load-Bearing Cover		4
35	Cable 1		1
36	Cable 2		1
37	Cable 3		1
38	Cable 4		1
56	Back Pull Rope		1
1	Tower Frame		2
	Hardware Board		1

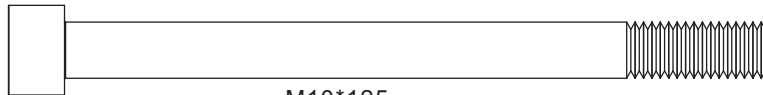
Carton 2

ITEM NO.	NAME.	DESCRIPTION.	QTY.
42	10lb weight stack plate		27
46	20lb weight stack plate		5

Carton 3

ITEM NO.	NAME.	DESCRIPTION.	QTY.
42	10lb weight stack plate		27
46	20lb weight stack plate		5

Hardware Pack



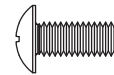
M10*125
Socket Head Bolt (85) -4



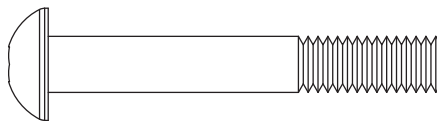
M10*120
Socket Head Bolt (84) -2



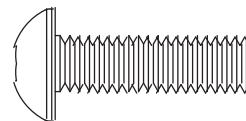
M12*90
Button Bolt (86) -1



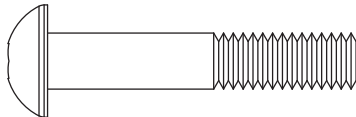
M6*15
Cross Flat Head Bolt (92) -40



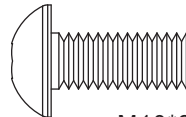
M10*70
Button Bolt (83) -2



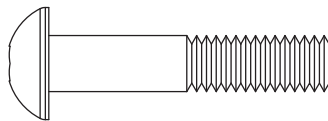
M10*35
Button Bolt (80) -8



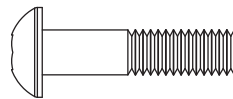
M10*55
Button Bolt (82) -1



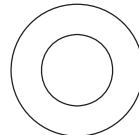
M10*25
Button Bolt (79) -64



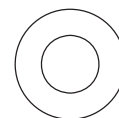
M10*50
Button Bolt (81) -22



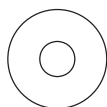
M8*35
Button Bolt (87) -22



M12
Flat Washer (97) -2



M10
Flat Washer (94) -134



M6
Flat Washer (102) -40



M8
Flat Washer (95) -22



M10
Spring Washer (98) -2



M12
Nut (101) -1



M10
Nut (100) -30



M8
Spring Washer (99) -22

2.3 Assembly

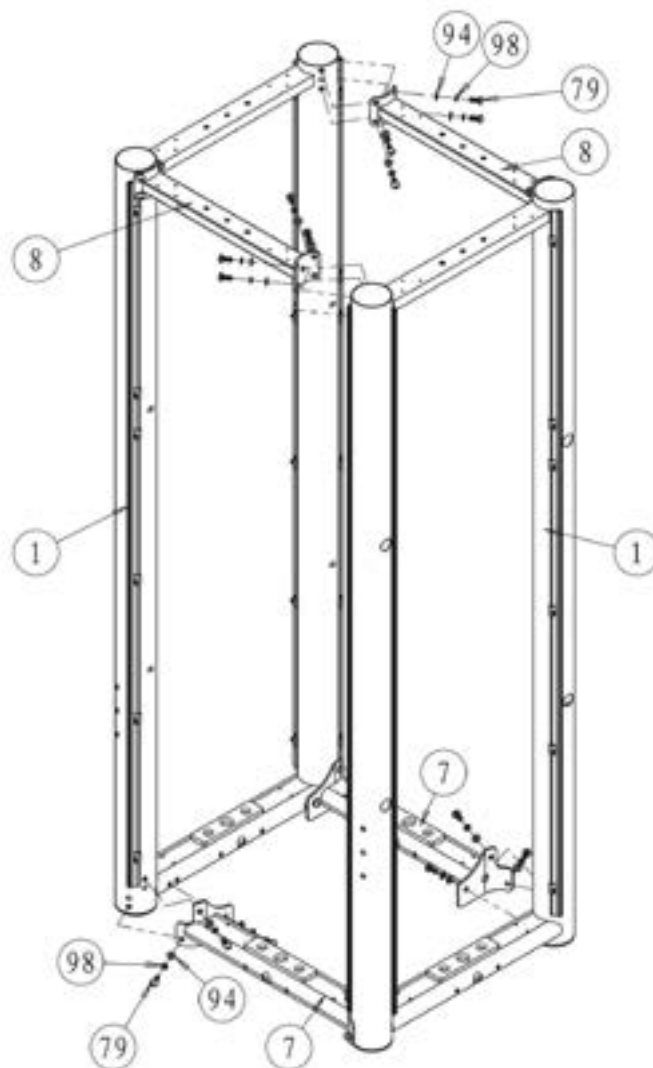
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

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.
- + Some parts are already preassembled and were not listed in the scope of delivery.

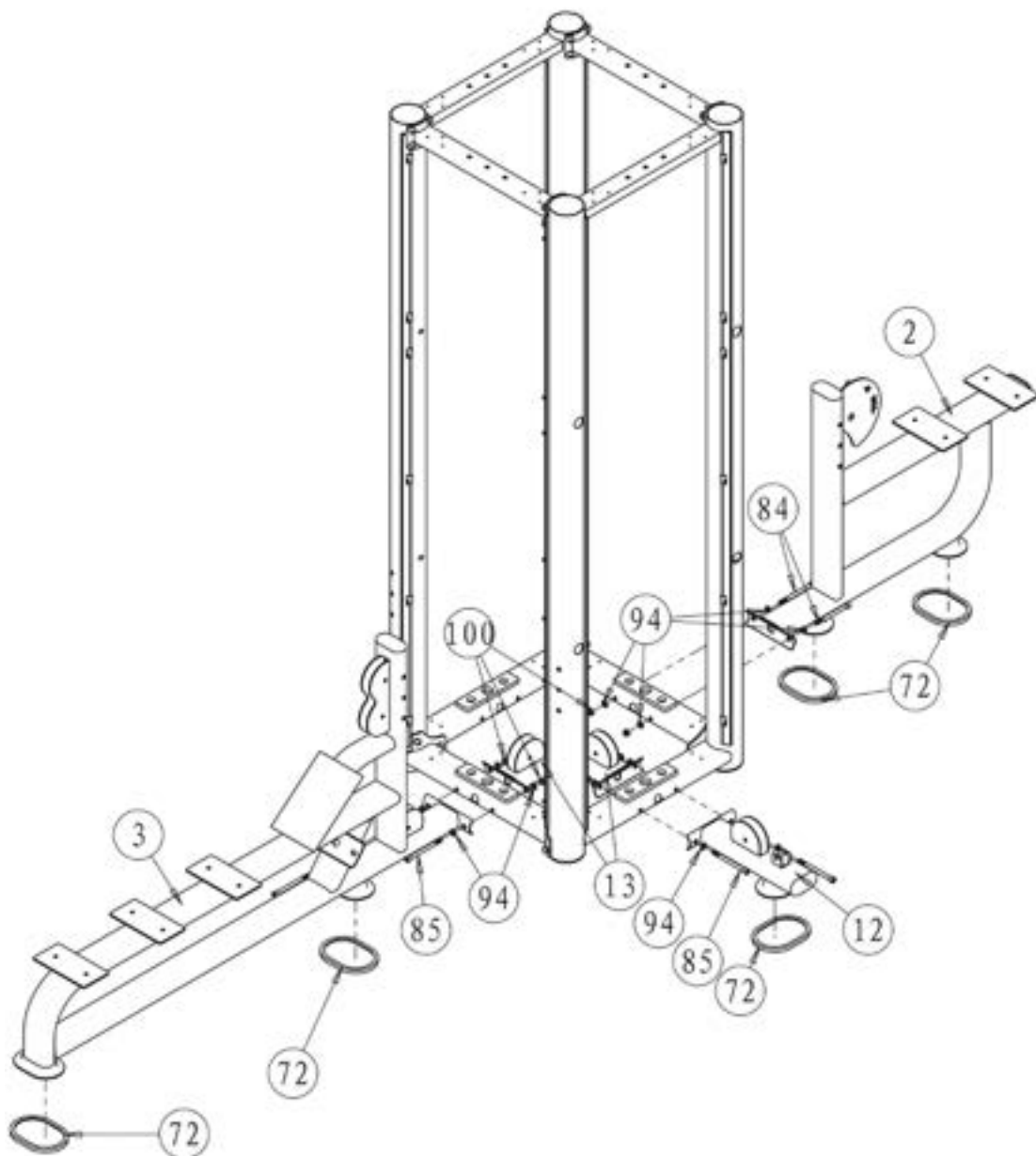
Step 1: Assembly of the Tower Frame

1. Assemble both tower frames (1), tower connection frames (7) and top connection frames (8) with 14 bolts (79), 28 spring washers (98) and 28 flat washers (94).



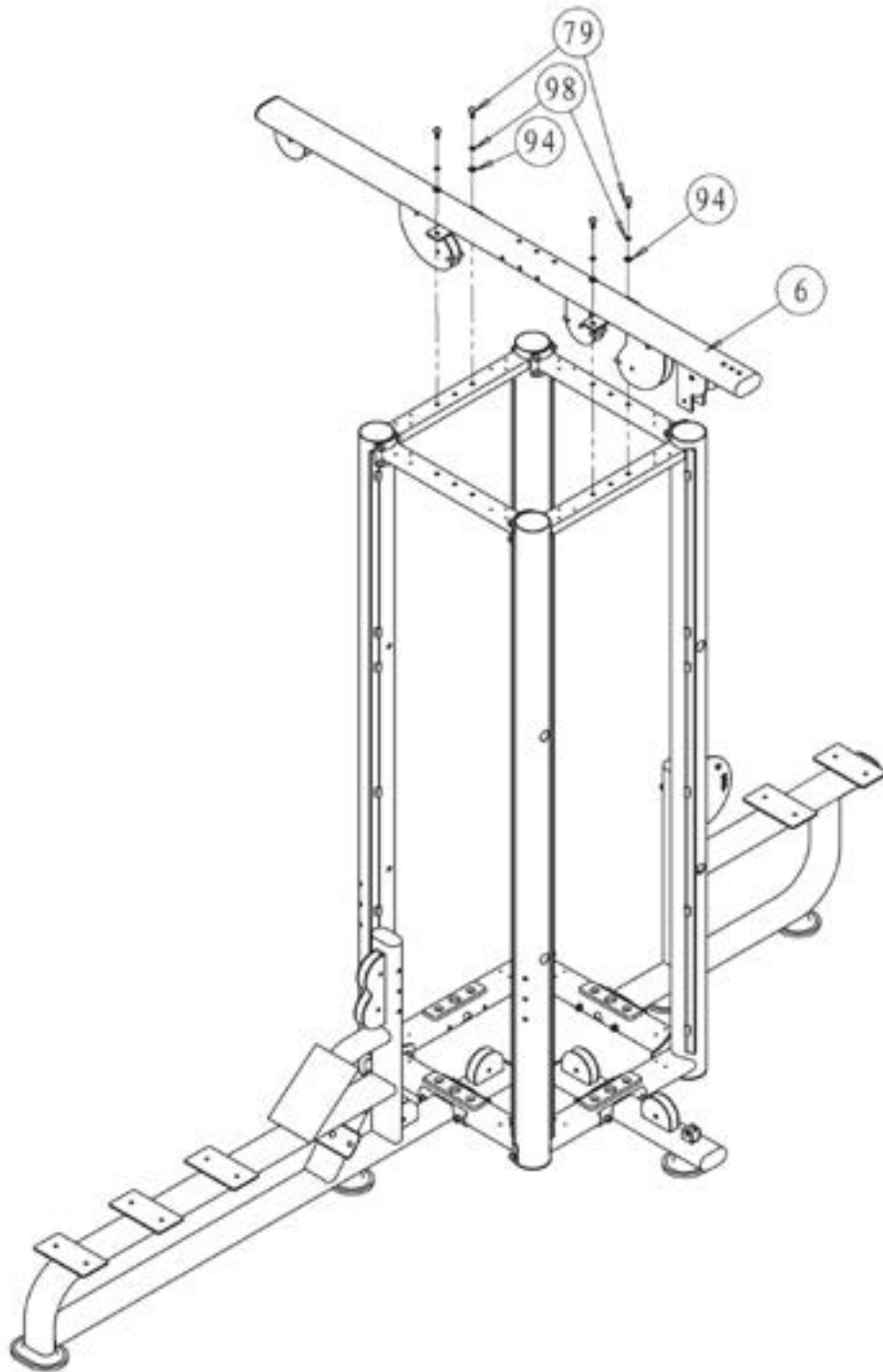
Step 2: Assembly of the Main Frame and Floor Frames

1. Attach the five rubber floor mats (72) to the main frame (3), floor frame (2) and floor frame (12).
2. Assemble the main frame (3) and one short floor frame (13) to the tower connection frame (7) with two bolts (85), four flat washers (94) and two nuts (100).
3. Assemble the floor frame (2) to the tower connection frame (7) with two bolts (84), four flat washers (94) and two nuts (100).
4. Assemble the floor frame (12) and one short floor frame (13) to the tower connection frame (7) with two bolts (85), four flat washers (94) and two nuts (100).



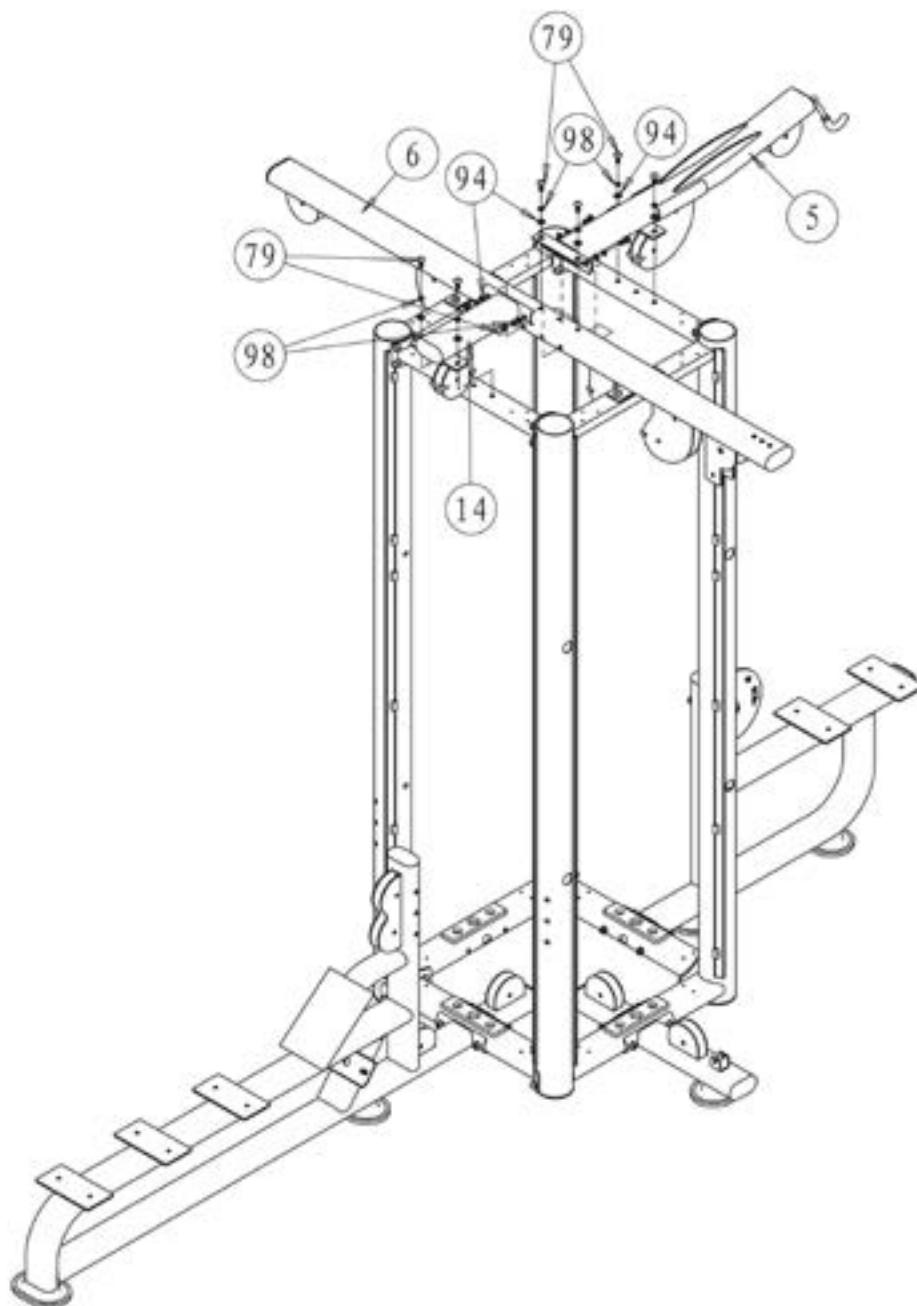
Step 3: Assembly of the Connection Frames

1. Assemble the connection frame (6) to the tower frames (1) with four bolts (79), four spring washers (98) and four flat washers (94).



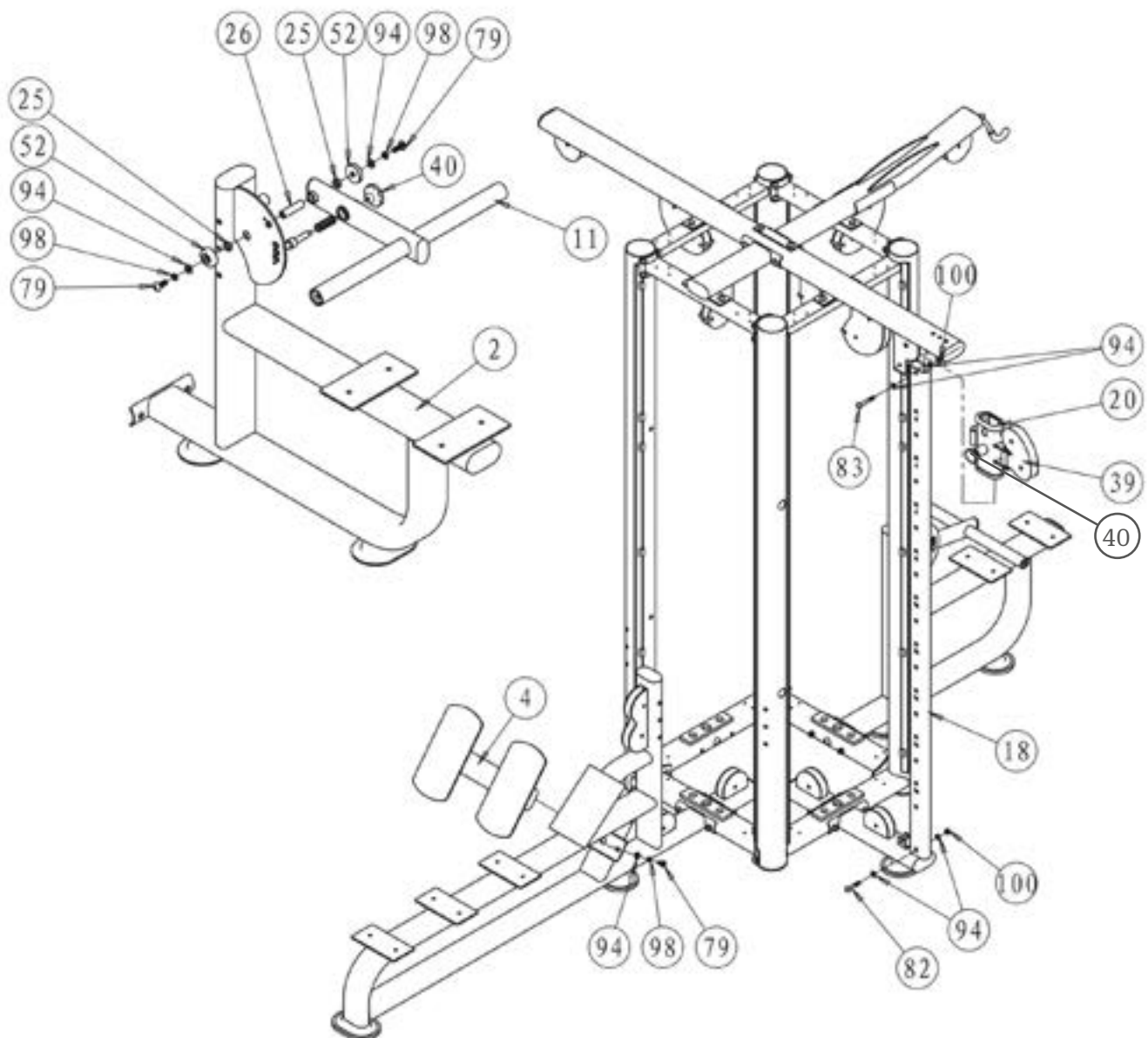
Step 4: Assembly of the Pull Frame

1. Assemble the pull frame (5) and top pulley frame (14) to the tower frames (1) and connection frame (6) with ten bolts (79), ten spring washers (98) and ten flat washers (94).



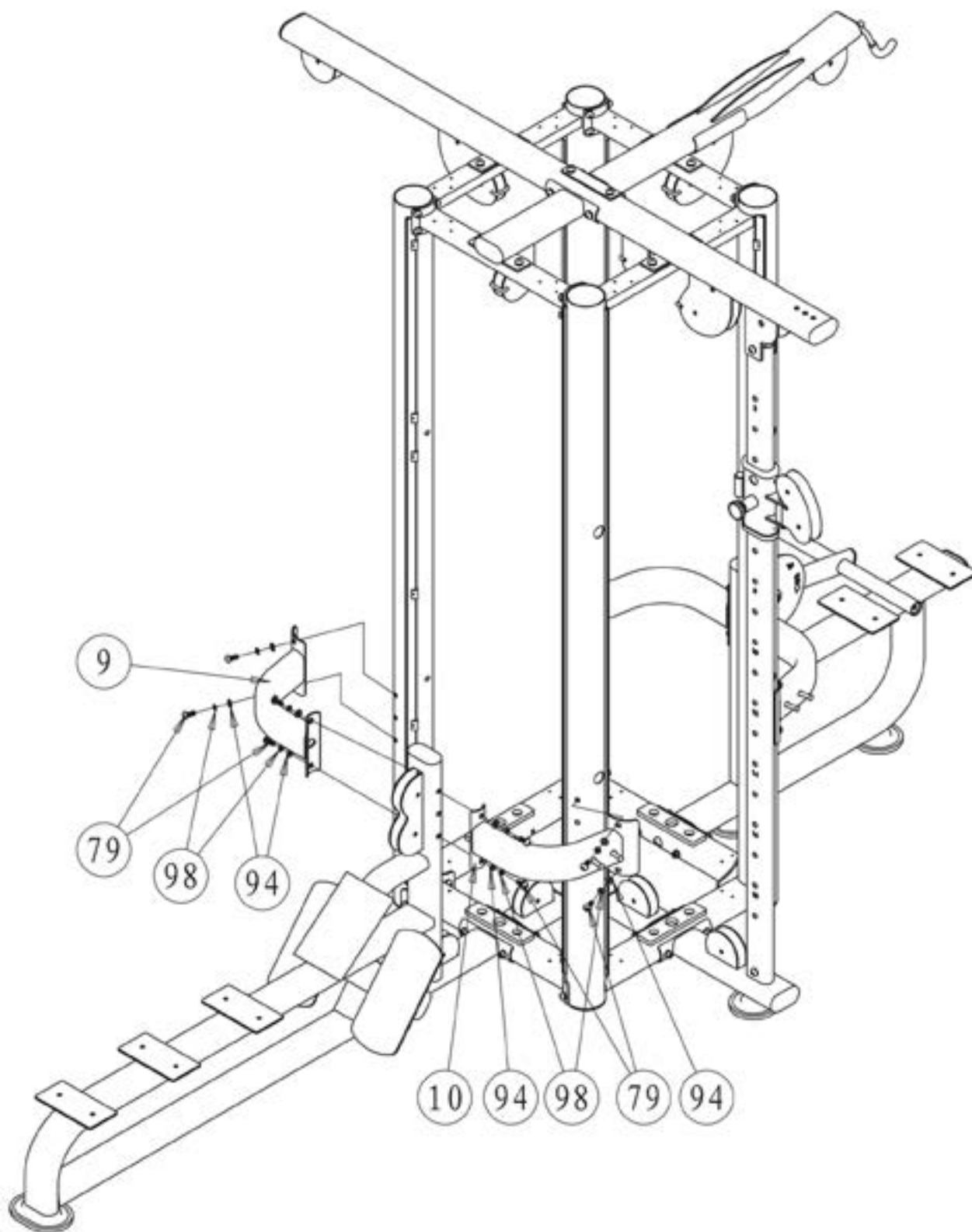
Step 5: Assembly of the Pedal Frame, Adjustment Frame and rotating Frame

1. Assemble the pedal frame (4) to the main frame (3) with two bolts (79), two spring washers (98) and two flat washers (94).
2. Assemble the adjustment frame (18), sliding frame (20) and rotating frame (39) to the floor frame (12) and connection frame (6) with one bolt (82), one bolt (83), four flat washers (94) and two nuts (100).
3. Assemble the rotating frame (11) to the floor frame (2) with one axis (26) by using two bolts (79), two spring washers (98), two flat washers (94), two end caps (52) and two rotating bushings (25).
4. Assemble the adjustment pins (40) to the rotating frame (39) and rotating frame (11).



Step 6: Assembly of the Support Frames

1. Attach the support frames (9 & 10) to the tower frames (1) and floor frame (2) with four bolts (79), four spring washers (98) and four flat washers (94).
2. Repeat this step on the other side.

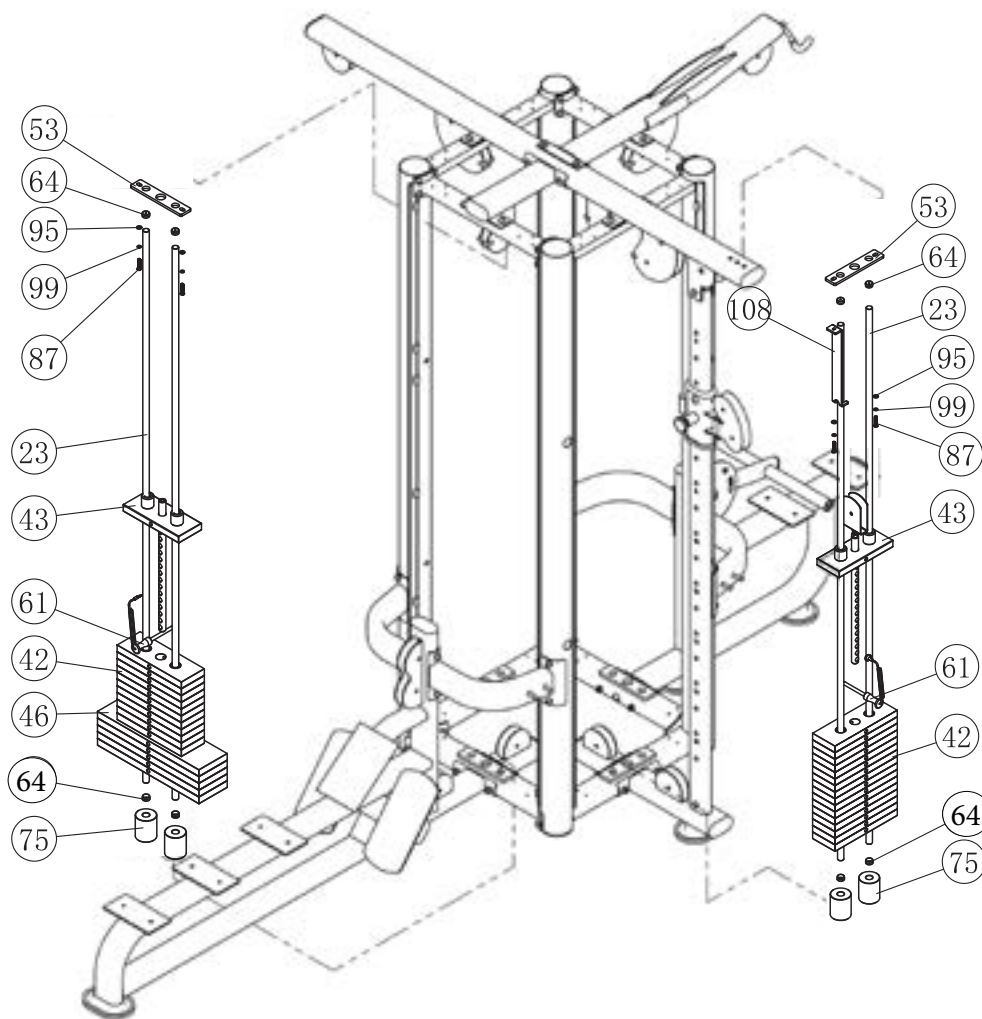


Step 7: Assembly of the Weights

① NOTICE

- + The guide rods are pre-assembled to the frame.
- + In order to make the assembly easier, first assemble the weight stack with only 10-pound weights (42).

1. Disassemble one guide rod fixing plate (53) from the top connection frame (8) by removing two bolts (87), two spring washers (99) and two flat washers (95).
2. Remove the 10-pound top weight (43).
3. Insert one guide rod end cap (64) each into the guide rod ends (23).
4. Slide one rubber load-bearing cover (75) each onto the guide rod ends (23).
5. Assemble the four guide rods (23) to the tower connection frame (7).
6. Slide the 10-pound weight (42) to the guide rods (23).
7. Slide the 10-pound top weight (43) to the guide rods (23).
8. Assemble the guide rod fixing plate (53) to the top connection frame (8) with two bolts (87), two spring washers (99) and two flat washers (95).
9. Attach one weight pin (61) into the weight plates (42).
10. Repeat the previous steps for the other 10-pound weights (42) and 20-pound weight (46).



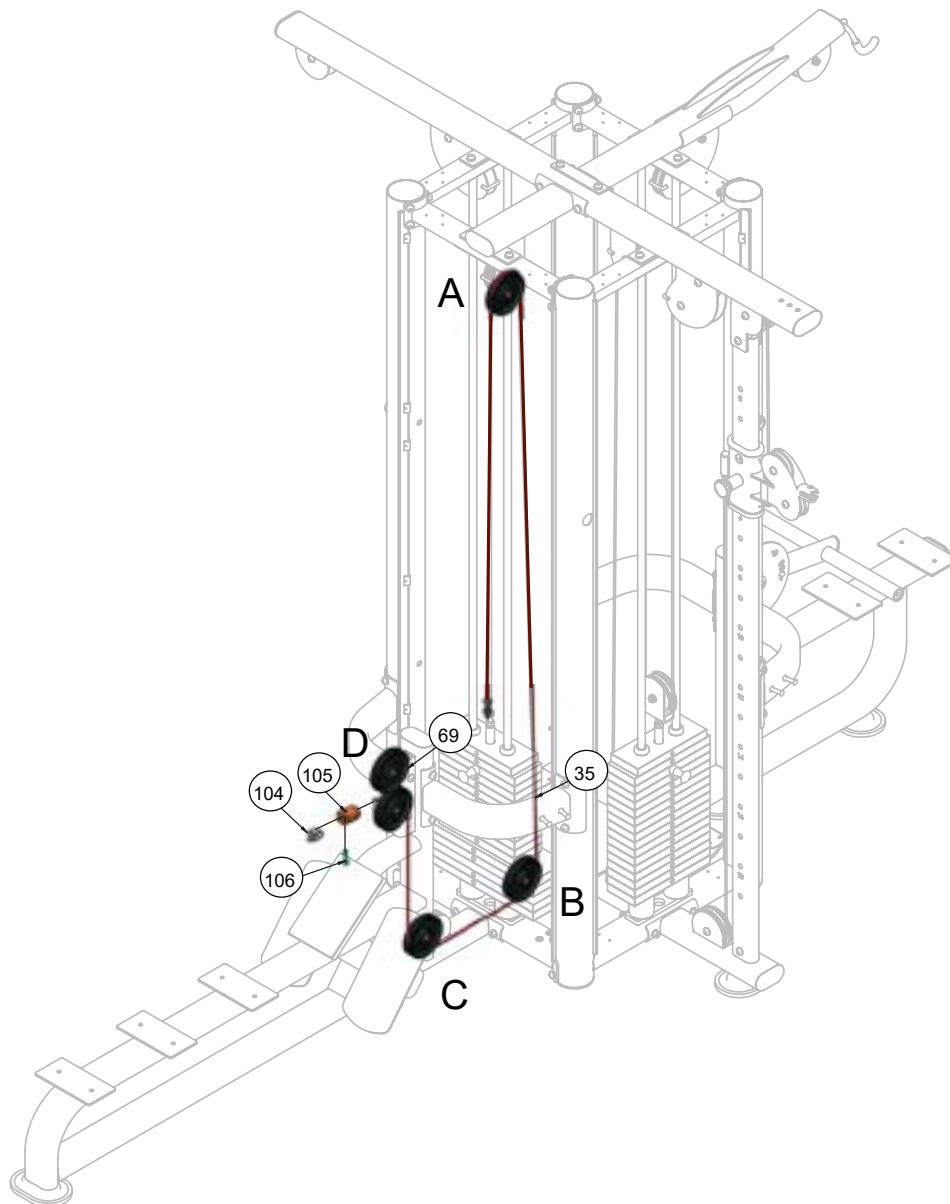
Step 8: Assembly of Cable 35

1. Attach the end of the cable (35) to the 10-pound top weight (43).

① NOTICE

The pulleys are preassembled.

2. Route the cable (35) to pulley (69) in location A.
3. Route the cable (35) to pulley (69) in location B.
4. Route the cable (35) to pulley (69) in location C.
5. Route the cable (35) to the pulleys (69) in location D one by one.
6. Assemble the cable end (35) with one bracket (104), one cover (105) and one bolt (106).



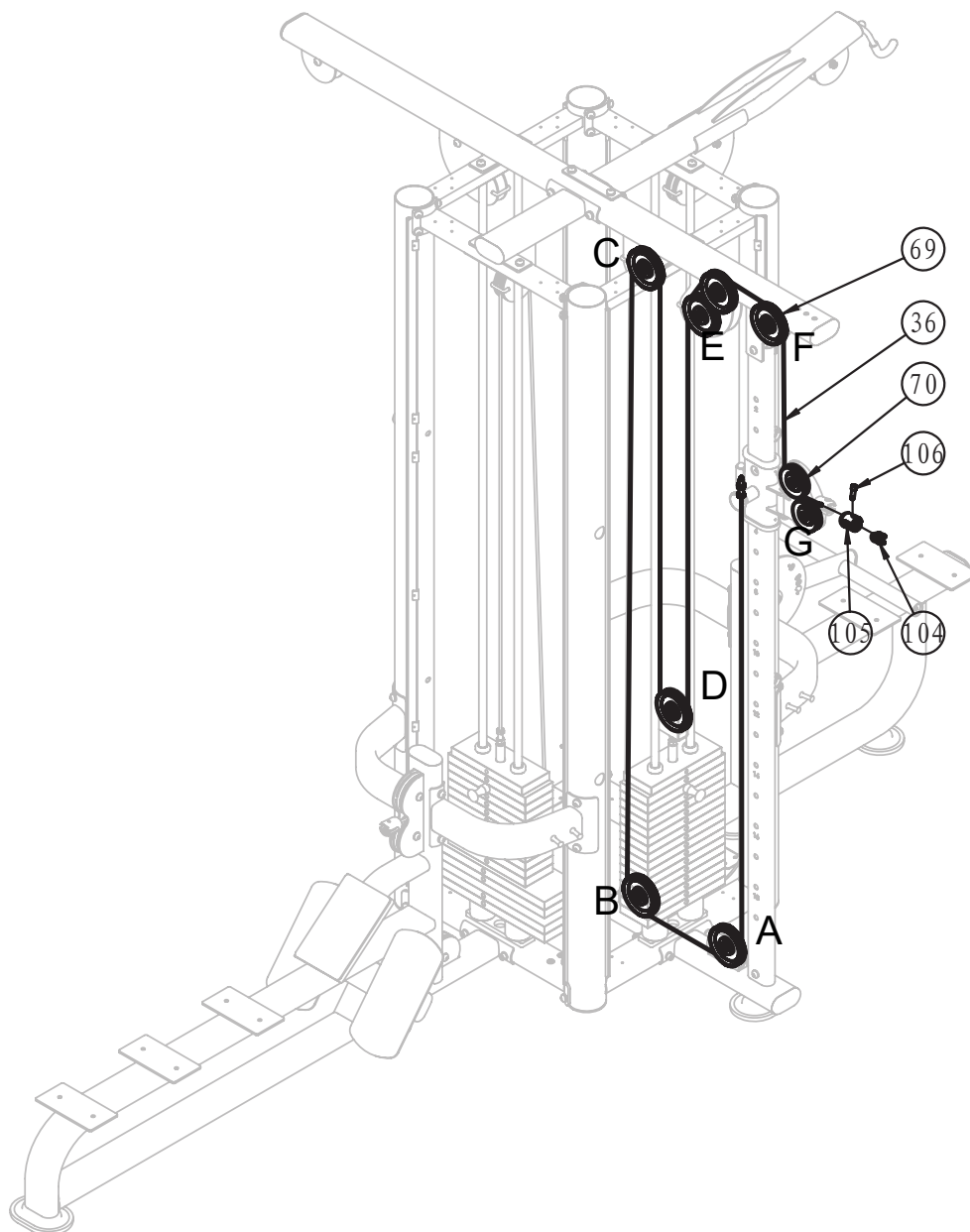
Step 9: Assembly of Cable 36

1. Attach the end of the cable (36) to the sliding frame (20).

NOTICE

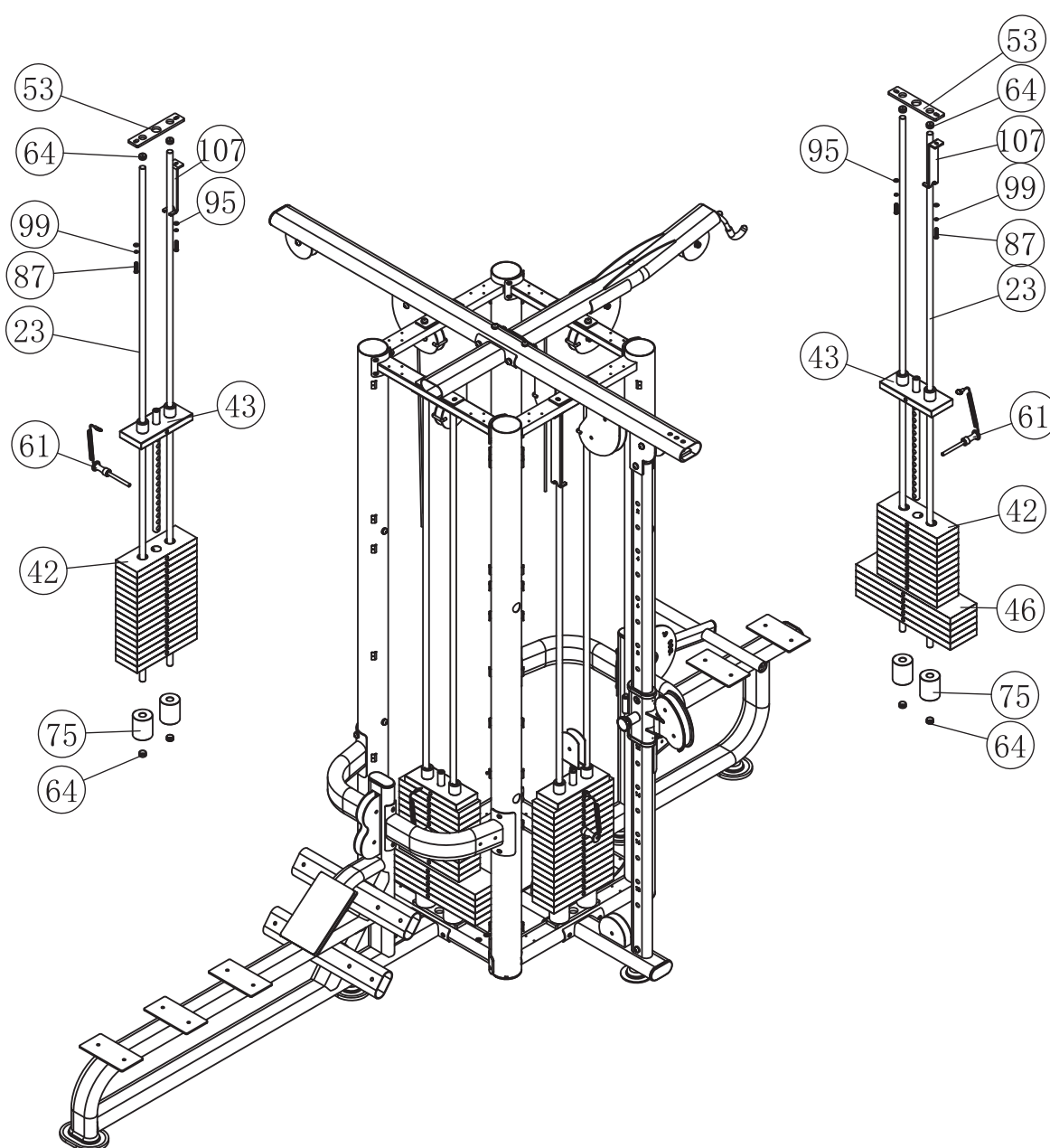
The pulleys are preassembled.

2. Route the cable (36) to pulley (69) in location A.
3. Route the cable (36) to pulley (69) in location B.
4. Route the cable (36) to pulley (69) in location C.
5. Route the cable (36) to pulley (69) in location D.
6. Route the cable (36) to pulley (69) in location E one by one.
7. Route the cable (36) to pulley (69) in location F.
8. Route the cable (36) to pulley (70) in location G one by one.
9. Assemble the end of the cable (36) with one bracket (104), one cover (105) and one bolt (106).



Step 10: Assembly of the Weights

1. Insert four guide rod end caps (64) into the four guide rods (23).
2. Attach the four guide rods (23) to the tower connection frames (7).
3. Slide the four rubber load-bearing covers (75) onto the guide rods (23).
4. Slide the 20-pound weight (46) to only two guide rods (23).
5. Slide the 10-pound weight (42) to the guide rods (23).
6. Slide two sets of the 10-pound top weight (43) to the guide rods (23).
7. Attach the guide rods (23) along with four guide rod end caps (64) to the guide rod fixing plates (53).
8. Assemble two guide rod fixing plates (53) to the top connection frames (8) with four bolts (87), four spring washers (99) and four flat washers (95).
9. Attach two weight pins (61) into the weight plates.



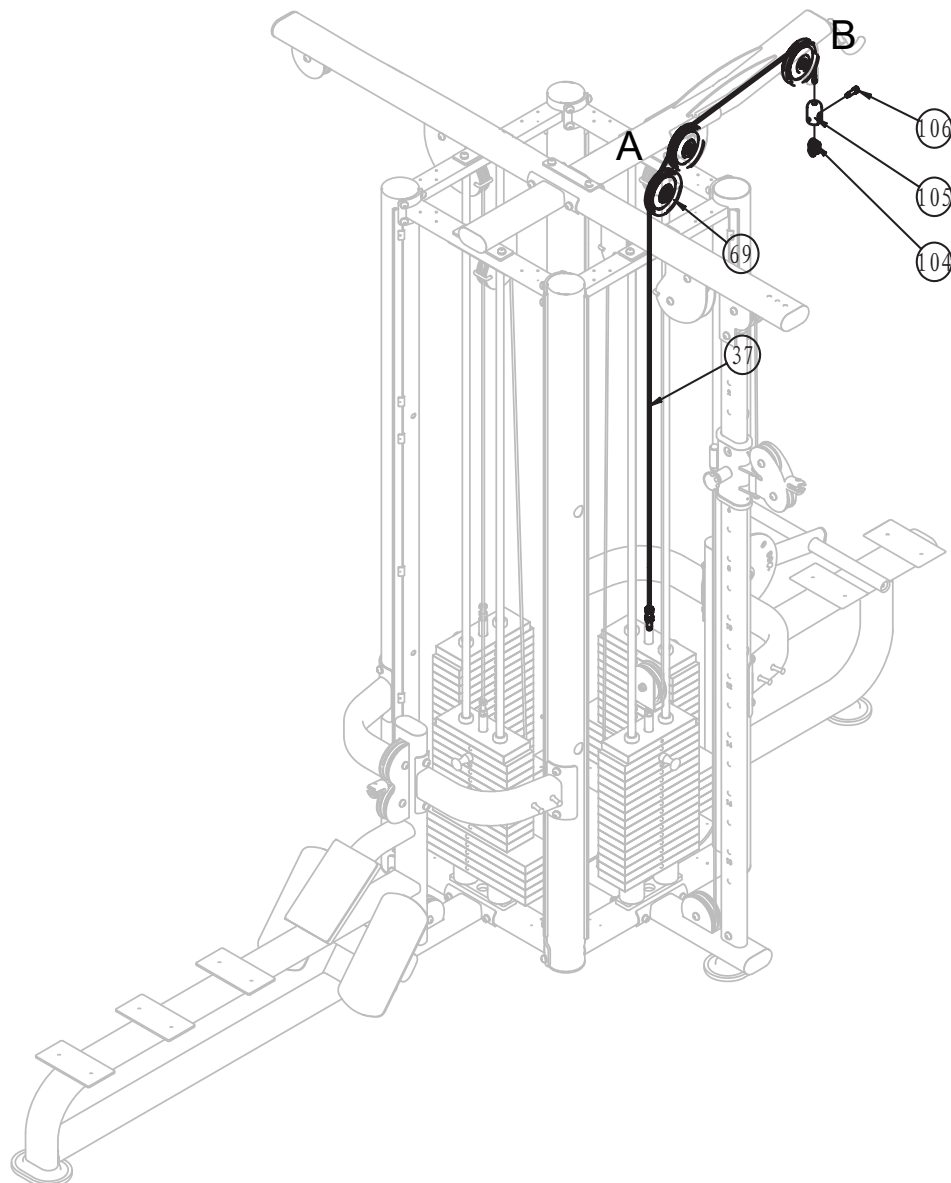
Step 11: Assembly of Cable 37

1. Attach the end of the cable (37) to the 10-pound top weight (43).

NOTICE

The pulleys are preassembled.

2. Route the cable (37) to pulley (69) in location A one by one.
3. Route the cable (37) to pulley (69) in location B.
4. Assemble the end of the cable (37) with one bracket (104), one cover (105) and one bolt (106).



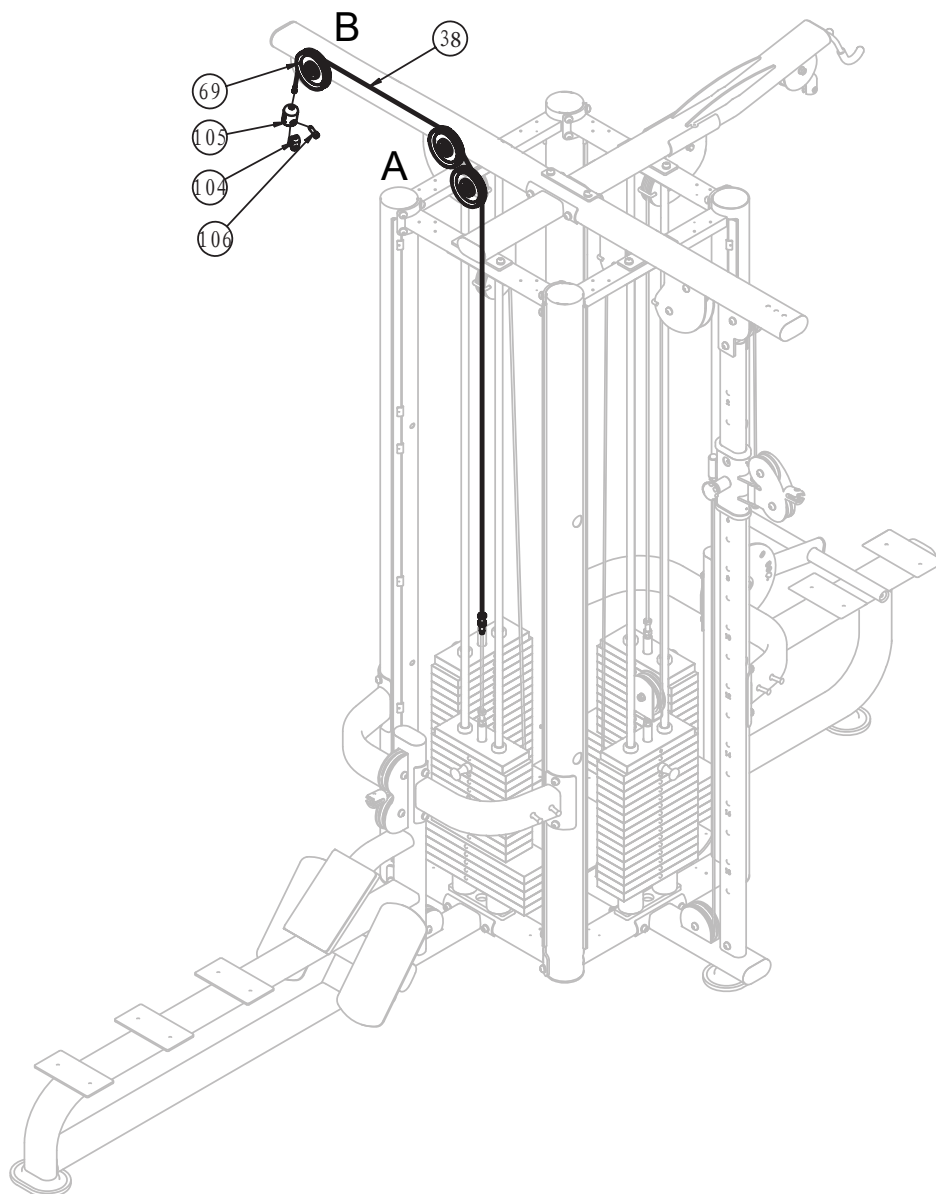
Step 12: Assembly of Cable 38

1. Attach the end of the cable(38) to the 10-pound top weight (43).

NOTICE

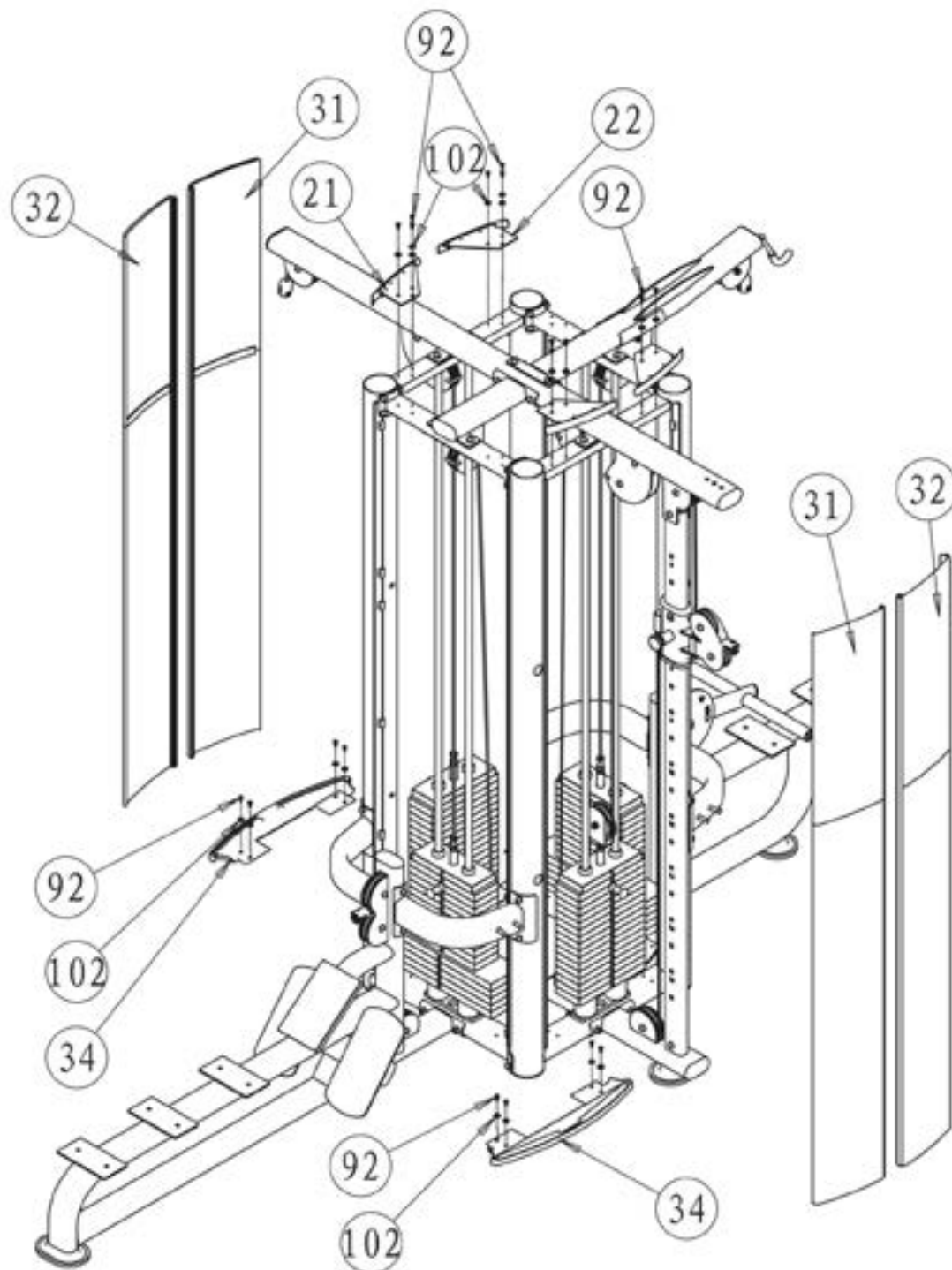
The pulleys are preassembled.

2. Route the cable (38) to pulley (69) in location A one by one.
3. Route the cable (38) to pulley (69) in location B.
4. Assemble the end of the cable (38) with one bracket (104), one cover (105) and one bolt (106).



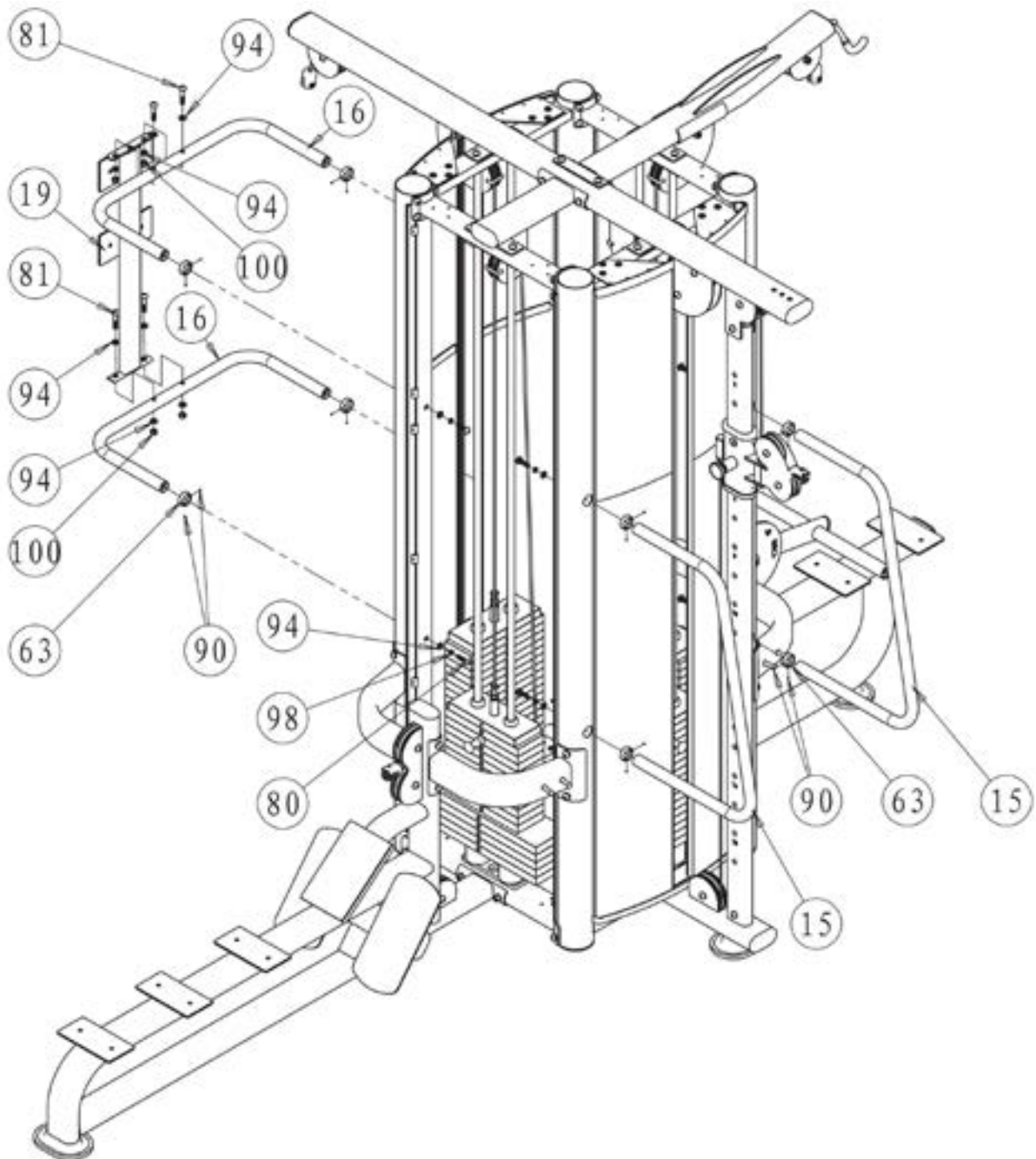
Step 13: Assembly of the Shroud Set

1. Assemble two under shroud sets (34) to the tower frames (1) with eight bolts (92) and eight flat washers (102).
2. Assemble the shroud connection parts 1 (21) and connection parts 2 (22) to the tower frame (1) with twelve bolts (92) and twelve flat washers (102).
3. Attach two left shroud sets (31) and two right shroud sets (32) between the under shrouds (34) and shroud connection parts (21 & 22).



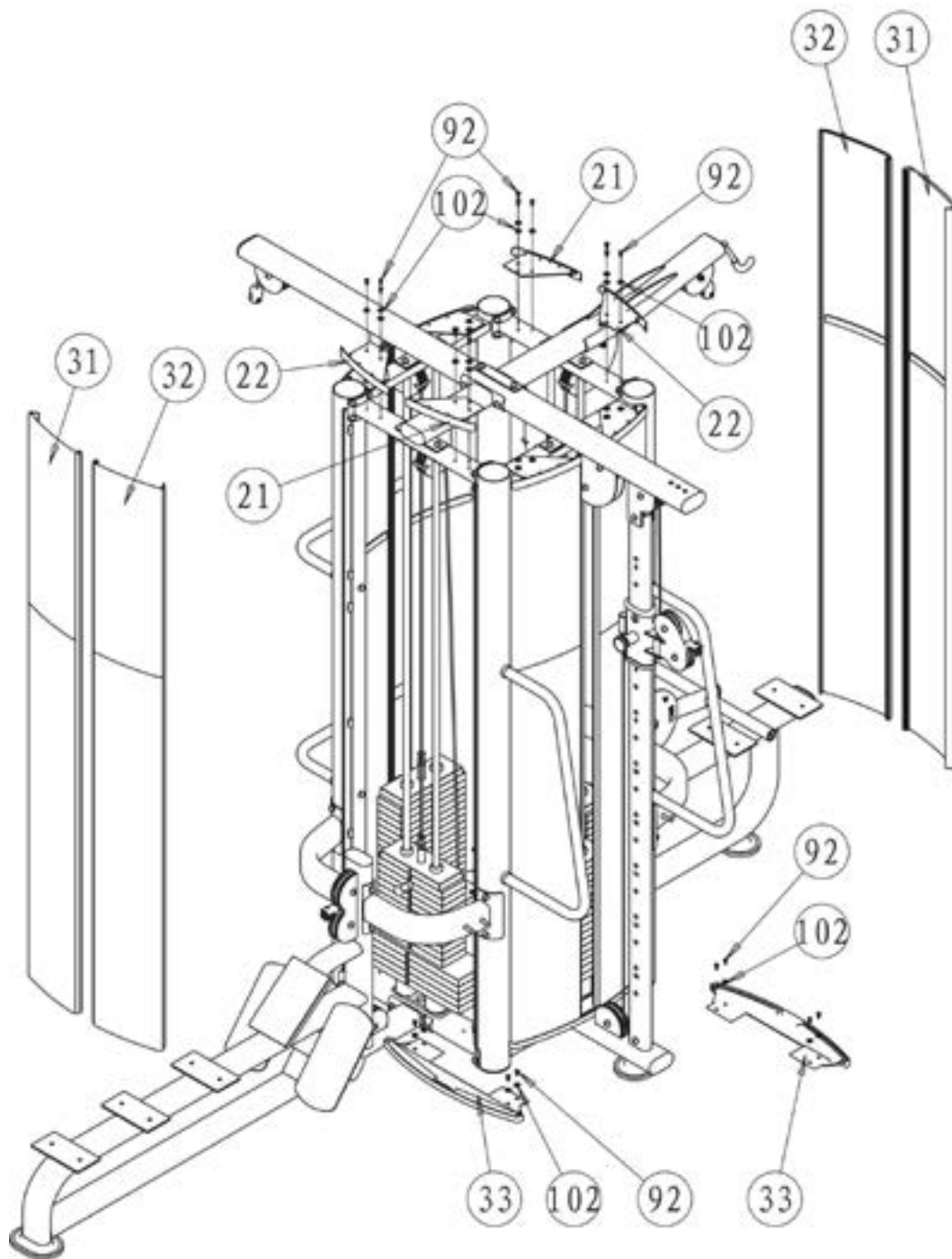
Step 14: Assembly of the Handle Frames and Back Pad Frames

1. Assemble two handle frames (15) and two back pad round frames (16) to the tower frame (1) with eight bolts (80), eight spring washers (98), eight flat washers (94), 16 socket sets (90) and eight collars (63).
2. Assemble the back pad frame (19) to the back pad round frame (16) with four bolts (81), eight flat washers (94) and four nuts (100).



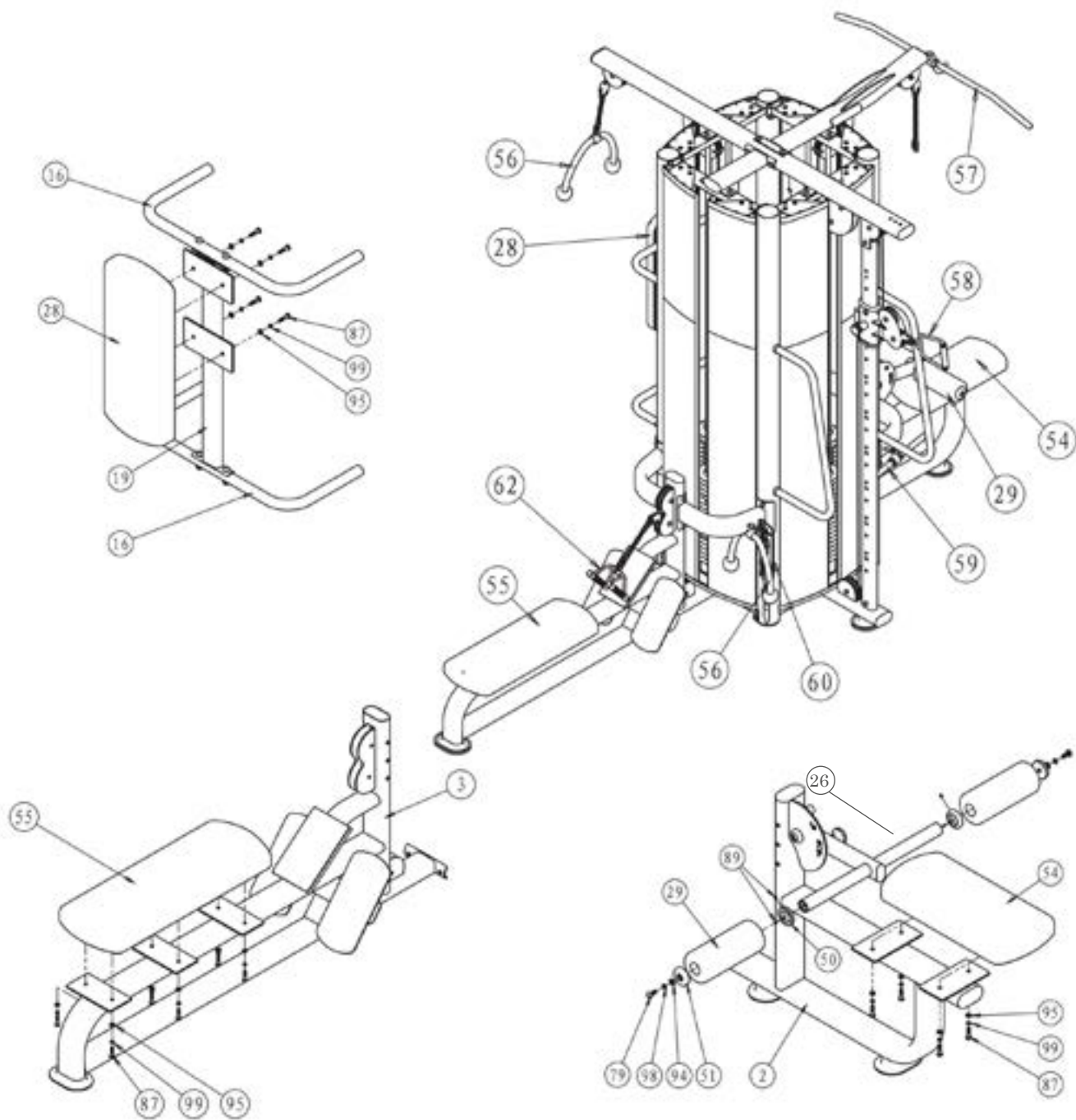
Step 15: Assembly of the Shroud Set

1. Assemble two under shroud sets (33) to the tower connection frame (7) with eight bolts (92) and eight flat washers (102).
2. Assemble the shroud connection part 1 (21) and connection part 2 (22) to the top connection frame (8) with twelve bolts (92) and twelve flat washers (102).
3. Attach two left shroud sets (31) and two right shroud sets (32) between the under shrouds (33) and shroud connection parts (21 & 22).



Step 16: Assembly of the Pads and Handles

1. Assemble one back pad (28) and two seat pads (54 & 55) to the floor frame (2), main frame (3) and back pad frame (19) with 14 bolts (87), 14 spring washers (99) and 14 flat washers (95).
2. Assemble two round pads (29) to the axis (26) with two bolts (79), two spring washers (98), two flat washers (94), two end caps (51), two inner end caps (50) and four bolts (89).
3. Attach two back pull ropes (56), one long handle (57), one ring handle (58), one short handle (59), one leg band (60) and one double handle (62) to the machine.
4. Tighten all bolts, flat washers, nuts and spring washers.



3.1 General Instructions

When training, it is important to perform the exercises correctly in order to avoid injuries and achieve the desired training effect. Make sure you use the correct technique and train at an appropriate intensity level. Always consult an expert such as a trainer or doctor if you are unsure or have health problems. Always start your training with a low load and increase it evenly and gently.

End your training with a cool-down phase. If you have any questions or uncertainties, contact your doctor.

3.1.1 Training clothes

During training, wear appropriate sports clothing that is comfortable and breathable. Avoid clothing that restricts you or is uncomfortable. Make sure that your shoes are suitable and offer you sufficient support. In addition, always carry a towel with you to wipe away sweat and keep the equipment clean.

3.1.2 Warming up and stretching

It is important to warm up and stretch properly before training to avoid injury and improve performance. Stretching helps to loosen muscles and improve flexibility. Be sure to incorporate a short stretching routine before each workout.

Warm-up exercise:

1. Stand upright with your feet about shoulder-width apart.
2. Start with gentle arm circles by slowly moving your arms forwards in small circles in a controlled manner.
3. Perform arm circles backwards to loosen your shoulders and arms.
4. Do squats by slowly squatting down and then straightening up again. Make sure that your knees do not extend beyond your toes.



CAUTION

Do not exercise with sore muscles or take it easy on the affected muscles, as this can lead to injuries.

3.1.3 Medication

If you regularly take medication and want to exercise, it is important to be aware of possible side effects. Ask your doctor whether your medication affects your workout.

3.1.4 Used muscle groups

The training uses the following muscle groups:

- + Gluteal muscle
- + Leg muscles
- + Arm muscles
- + Pectoral muscles
- + Back muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back. Do not fully extend your legs, but keep a slight bend in the backwards movement.

3.1.5 Exercise frequency

Regular exercise is crucial to making progress and staying healthy in the long term. Continuous exercise can strengthen muscles, improve endurance and enhance overall well-being. Remember that even small workouts can be done regularly to achieve long-term results.

Training with heart rate orientation

Heart rate orientation guarantees an extremely effective and healthy training. Through your age and the following table, you can quickly and easily read and determine the optimal pulse for your training. An acoustic alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

Fat burning (weight management): The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

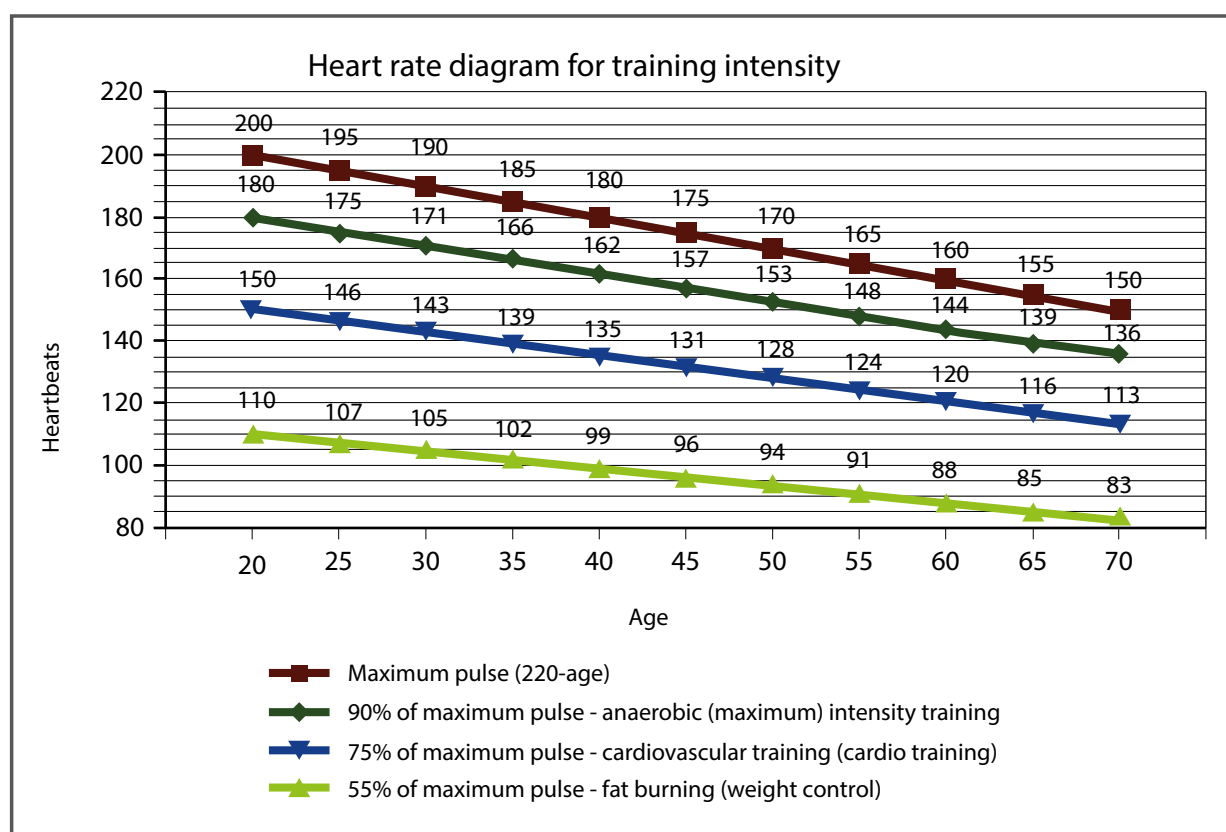
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period is required.

Anaerobic (maximum) load training: The main goal of maximum load training is to improve recovery after short, intense loads in order to be able to quickly return to the aerobic zone. In order to achieve this training goal, a high intensity (approximately 90% of the maximum heart rate) with short, intense load is required, which is followed by a recovery phase in order to prevent muscle fatigue.

Example:

For a 45-year-old man or woman, the maximum heart rate is 175 ($220 - 45 = 175$).

- + The fat burning target zone (55%) is at approximately 96 beats/min. = $(220 - \text{age}) \times 0.55$.
- + The cardio target zone (75%) is at approximately 131 beats/min. = $(220 - \text{age}) \times 0.75$.
- + The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. = $(220 - \text{age}) \times 0.9$.



3.2 Workout journal

[illegible]

Date _____



Distance



Time (min.)



Resistance level



Training weight



Ø Pulse



Calories burnt



I feel ...



Body weight

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.

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
Grinding noises	Cables or pulleys do not run smoothly or are damaged	+ Visual inspection of the cable routing or the pulley guide + If damaged, replace the defective part
Weight hanging in the air	Cable tensioned too tight	Readjust cable tension
Cable without tension	Cable too loose	+ Check cable routing + Readjust cable tension
Squeaking & cracking noises	Screw connections loosened or too tight	+ Check or lubricate screw connections* + Check cable routing
Unit wobbles	+ Uneven ground + Loose screw connections	+ Align unit + Tighten screw connections
Heavy draught	+ Weight holders/guide rods too dry + Faulty cable routing	+ Lubricate guide rods* + Check cable routing

* With a grease-free silicone oil or silicone spray.

5.3 Maintenance and Inspection Calendar

To avoid damage from body 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
Cables	C	I	
Screw connections		I	
Pulleys and cable routing		I	
Slide rails/Guide rods		I	
Cushions	C		
Legend: C = clean; I = inspect			

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 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 training equipment like smith machines, weight benches or racks this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat but it could be also **additional weights, handles, foot straps** for leg exercises or **triceps ropes**. For some smith machines, there are also optional add-ons such as **leg presses** that make your workout even more intense and comprehensive.

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. Alternatively, you can use the QR-code provided. 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!



floor mat



chest strap



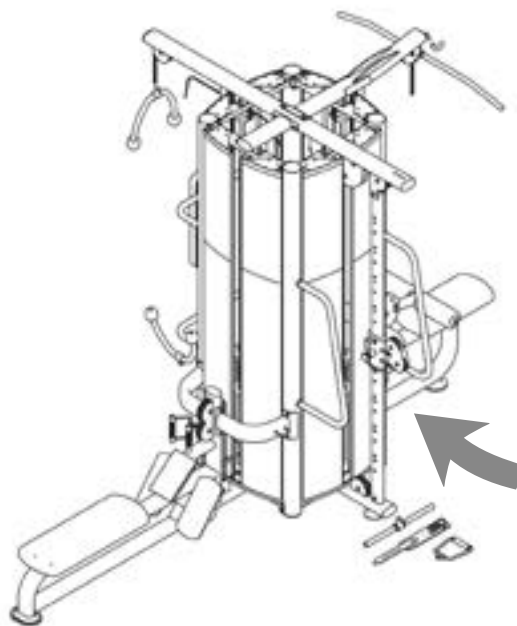
triceps rope

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 10 of this operating manual.

① 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:

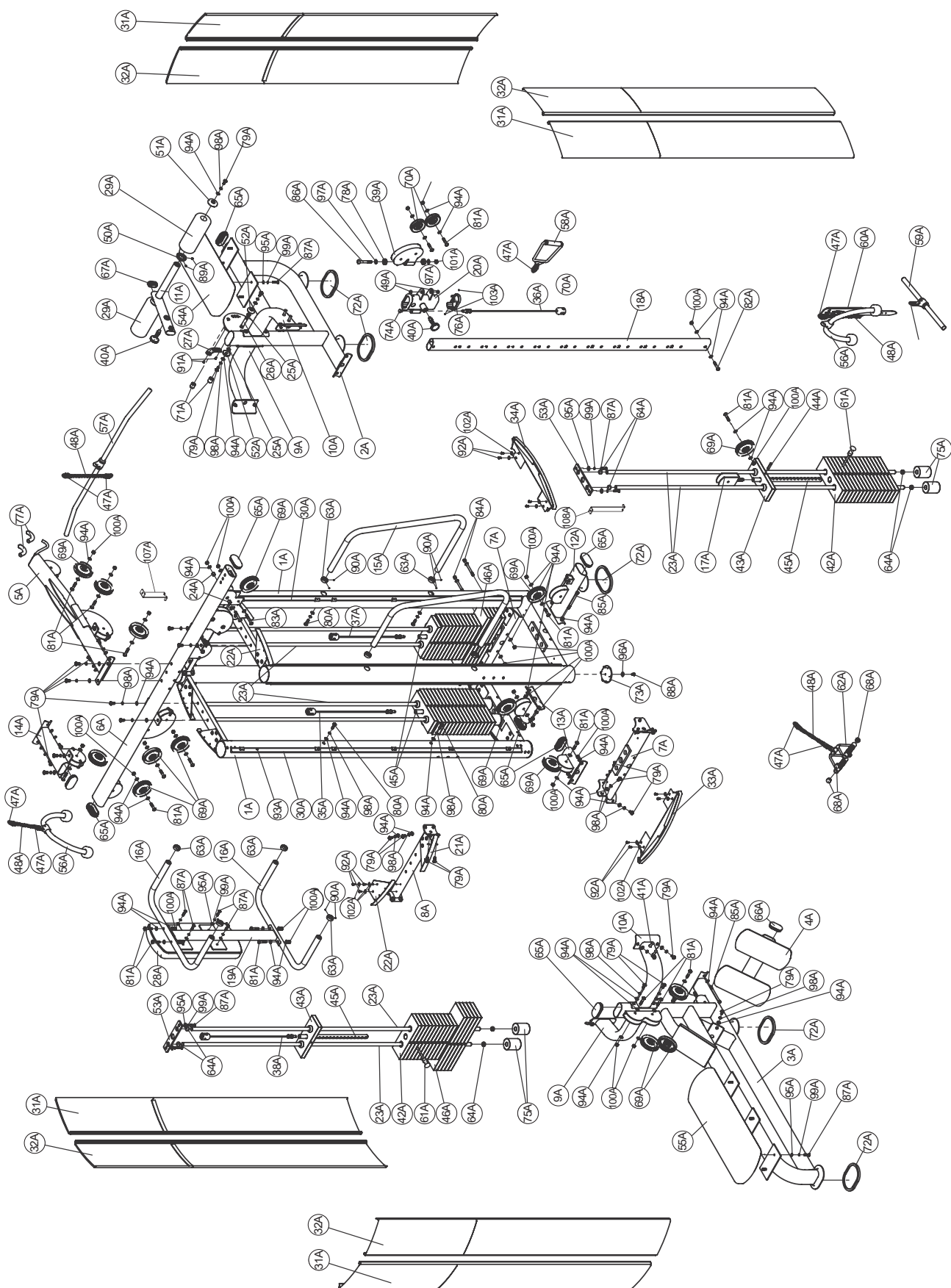
Article Number:

8.2 Parts List

No.	Name	Qty.	No.	Name	Qty.
1	Tower Frame	2	31	Left Shroud Set	4
2	Floor Frame	1	32	Right Shroud Set	4
3	Main Frame	1	33	Under Shroud Set 1	2
4	Pedal Frame	1	34	Under Shroud Set 2	2
5	Pull Frame	1	35	Cable 1	1
6	Connection Frame	1	36	Cable 2	1
7	Tower Connection Frame	2	37	Cable 3	1
8	Top Connection Frame	2	38	Cable 4	1
9	Support Frame	2	39	Rotating Frame	1
10	Support Frame	2	40	Adjustment Pin	2
11	Rotating Frame	1	41	Hanging Shaft	4
12	Floor Frame	1	42	10-pound Weight	54
13	Short Floor Frame	2	43	10-pound Top Weight	4
14	Top Pulley Frame	1	44	Spring Pin	4
15	Handle Frame	2	45	17-hole Weight Selector	4
16	Back Pad Round Frame	2	46	20-pound Weight	10
17	Moving Pully Frame	1	47	C Bracket	8
18	Adjustment Frame	1	48	Chain	4
19	Back Pad Frame	1	49	Ring	2
20	Sliding Frame	1	50	Inner End Cap	2
21	Shroud Connection Part1	4	51	End Cap	2
22	Connection Part 2	4	52	End Cap	2
23	Guide Rod	8	53	Guide Rod Fixing Plate	4
24	Pully Spacer	2	54	Seat Pad	1
25	Rotating Bushing	2	55	Seat Pad	1
26	Axis	1	56	Back Pull Rope	2
27	Adjustment Plate	1	57	Long Handle	1
28	Back Pad	1	58	Ring Handle	1
29	Round Pad	2	59	Short Handle	1
30	Tower Trim	8	60	Leg Band	1

61	Weight Pin	4	87	Button Bolt M8*35	22
62	Double Handles	1	88	Button Bolt M8*15	4
63	Aluminium Collar	8	89	Inner Hexagon Sunk Head Bolt	4
64	Guide Rod End Cap	16			
65	Elliptical Tube Plug	9	90	Hexagon Socket Set S with Cone	16
66	Elliptical Tube Plug	2			
67	Elliptical Tube Plug	1	91	Countersunk Head Self-tapping Screws	2
68	Round Tube Plug	4			
69	Pulley Set	18	92	Cross Flat Head Bolt	40
70	Pulley Set	2	93	Cross Pan Head Screw	48
71	Locating Bush	2	94	Flat Washer	134
72	Rubber Floor Mat	5	95	Flat Washer	14
73	Floor Tube Plug	4	96	Flat Washer	12
74	Endcap	1	97	Flat Washer	2
75	Rubber Load-Bearing Cover	8	98	Spring Washer	72
76	Tube Coupler Cover	2	99	Spring Washer	22
77	Small Handle Cover	2	100	Nut	30
78	Roll Bearing	2	101	Nut	1
79	Button Bolt M10*25	64	102	Flat Washer	40
80	Button Bolt M10*35	8	103	Hexagon Socket Set S with Cone	4
81	Button Bolt M10*50	22			
82	Button Bolt M10*55	1	104	"U" bracket	3
83	Button Bolt M10*70	2	105	Nylon Cover	4
84	Socket Head Bolt M10*120	2	106	Shoulder Bolt	4
85	Socket Head Bolt M10*125	4	107	Limit plate 1	2
86	Button Bolt M12*90	1	108	Limit plate 2	1

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.

Warranty

The warranty 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 warranty holder 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
TECHNIK  +49 4621 4210-900  +49 4621 4210-698  technik@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage.	TEKNIK OG SERVICE  80 90 16 50 +49 4621 4210-945  info@fitshop.dk  Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7	CUSTOMER SUPPORT  00800 2020 2772 +494621 4210 944  info@fitshop.co.uk  You can find the opening hours on our homepage: https://stg.fit/statitc
	FR	BE
SERVICE  0800 20 20277 (kostenlos)  04621 4210 - 0  info@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statita	TECHNIQUE & SERVICE  +33 (0) 189 530984 +49 4621 42 10 933  info@fitshop.fr  Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit4	TECHNIQUE & SERVICE  02 732 46 77 +49 4621 4210 933  info@fitshop.be  Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit8
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DZIAŁ TECHNICZNY I SERWIS  22 307 43 21 +49 4621 42 10-948  info@fitshop.pl  Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6	TECHNIK & SERVICE  0800 20 20277 (Freecall) +49 4621 42 10-0  info@fitshop.at  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb	TECHNIK & SERVICE  0800 202 027 +49 4621 42 10-0  info@fitshop.ch  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9

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












WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Fitshop is Europe's largest specialist store for home fitness equipment with currently over 65 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!

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	www.instagram.com/fitshopgroup/
	www.youtube.com/@fitshop_uk
	
	
	
	
	
	
	

Notes

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