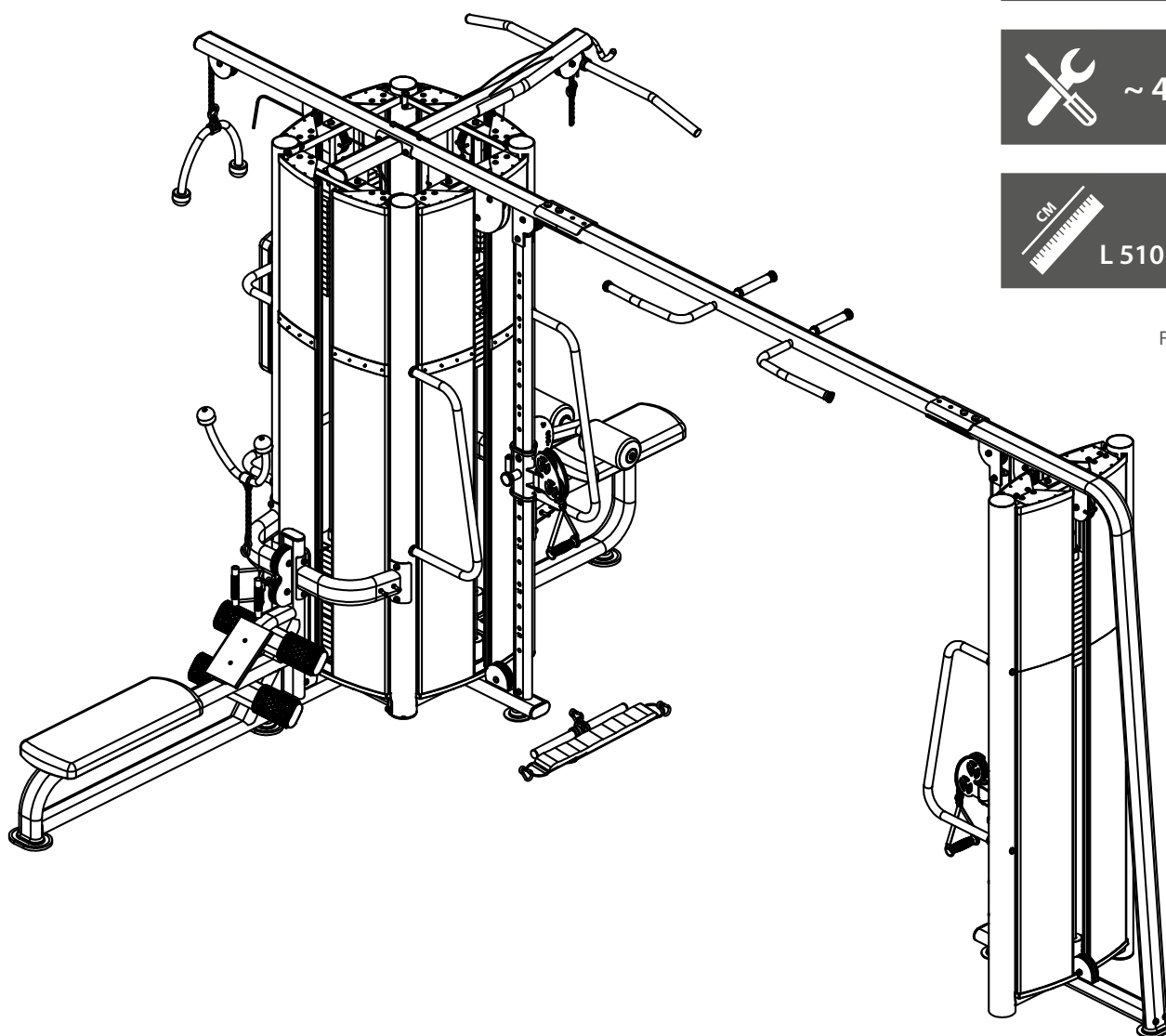


TAURUS®

Assembly and Operating Instructions



max. 180 kg



~ 420 Min.



1020 kg

L 510 | W 345 | H 230

FSTFEG5S.01.01

Art. No. TF-EG-5S

Taurus 5-Station Elite Gym

Content

1	GENERAL INFORMATION	8
1.1	Technical Data	8
1.2	Personal Safety	9
1.3	Set-Up Place	10
2	ASSEMBLY	11
2.1	General Instructions	11
2.2	Scope of Delivery	12
2.3	Assembly PC1001A	19
2.4	Assembly PC1001B	36
2.5	Assembly PC1001C	42
3	WORKOUT TIPS	43
3.1	General Instructions	43
3.1.1	Training clothes	43
3.1.2	Warming up and stretching	43
3.1.3	Medication	44
3.1.4	Used muscle groups	44
3.1.5	Exercise frequency	44
3.2	Workout journal	46
4	STORAGE AND TRANSPORT	47
4.1	General Instructions	47
5	TROUBLESHOOTING, CARE AND MAINTENANCE	47
5.1	General Instructions	47
5.2	Faults and Fault Diagnosis	48
5.3	Maintenance and Inspection Calendar	49
6	DISPOSAL	49
7	RECOMMENDED ACCESSORIES	50
8	ORDERING SPARE PARTS	51
8.1	Serial Number and Model Name	51
8.2	Parts List PC1001A	52
8.3	Parts List PC1001B	54
8.4	Parts List PC1001C	55

8.5	Exploded Drawing PC1001A	56
8.6	Exploded Drawing PC1001B	57
8.7	Exploded Drawing PC1001C	58
9	WARRANTY	59
10	CONTACT	61

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 dimensions and weight (gross, incl. packaging):

Package 1:	228 cm x 112 cm x 83 cm	423 kg/ 932.5 lbs
Package 2:	50 cm x 47 cm x 41.5 cm	364 kg/ 802.5 lbs
Package 3:	233.5 cm x 52 cm x 102 cm	225.5kg/ 497 lbs
Package 4:	50 cm x 47 cm x 41.5 cm	78 kg/ 171.9 lbs
Package 5:	233 cm x 57 cm x 10 cm	29 kg/ 63.9 lbs

Article weight (net, excl. packaging):	1019.5 kg/2247.6 lbs
Set-up dimensions (L x W x H) approx.:	510 cm x 345 cm x 230 cm

Maximum user weight:	180 kg/ 397 lbs
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Cable lenght and Pulleys:

Cable 1:	220 cm
Cable 2:	807 cm
Cable 3:	230 cm
Cable 4:	470 cm
Cable 5:	807 cm
Cable material:	Steel
Cover material:	Nylon
Radius pulleys:	4.8 cm

Transmission ratio:

PC1001A:	1:1
PC1001B:	1:2

Weight Block:

70x 4.5 kg/ 10 lbs weight plates:	315 kg/ 700 lbs
4x 4.5 kg/ 10 lbs weight plate (top):	18 kg / 40 lbs

10x 9 kg/ 20 lbs weight plates:	90 kg/ 200 lbs
1x 9 kg/ 20 lbs weight plate (top):	9 kg/ 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.


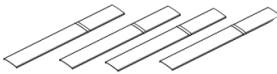
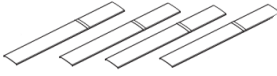




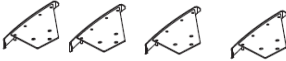

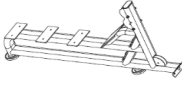





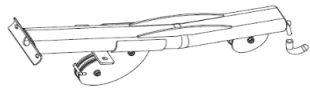

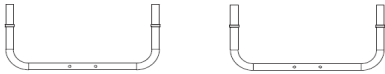
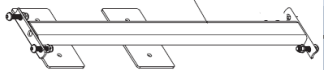
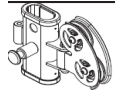
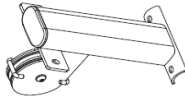
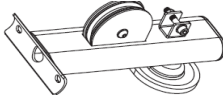
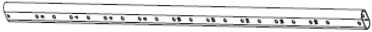
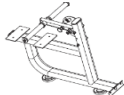



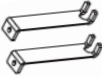
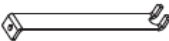
CAUTION



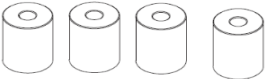






If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

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


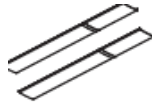
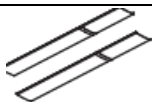



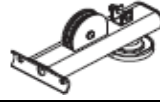

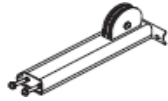





Carton 1 (PC1001A)

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

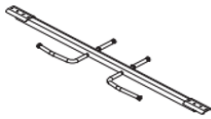




5	Pull Frame		1
6	Connection Frame		1
16	Back Pad Round Frame		2
19	Back Pad Frame		1
39	Rotating Frame		1
14	Top Pulley Frame		1
2	Floor Frame		1
18	Adjustment Frame		1
2	Floor Frame		1
23	Guide Rod		4
17	Moving Pully Frame		1
15	Handle Frame		2
107	Limit Plate 1		2
108	Limit Plate 2		1

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 (PC1001B)

ITEM NO.	NAME.	DESCRIPTION.	QTY.
36	Top Weight		1
39	Left Shroud Set		2
40	Right Shroud Set		2
4	Connection Part		2
5&16	Bottom & Under Shroud Set		2
20	Rotating Frame		1
2	Ground frame 2		1
7	Handle Frame		2
6	Ground frame 1		1
9	Adjustment Frame		1
1	Fringe frame		1
24	Handle		1
13	Cable		1
3	Tower Frame		1



Carton 3 (PC1001C)

ITEM NO.	NAME.	DESCRIPTION.	QTY.
1	Top connection frame		1
2	Four holes connection board		2
7	Inner Hexagon Mushroom Head Bolt		12
9	Flat Washer		12
10	Spring Washer		12


Carton 4

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

Carton 5

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

Carton 6

ITEM NO.	NAME.	DESCRIPTION.	QTY.
	10lb weight stack plate		15

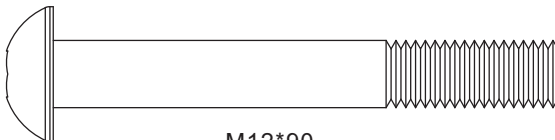
Hardware Pack (PC1001A)



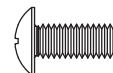
M10*125
Socket Head Bolt (85) -4



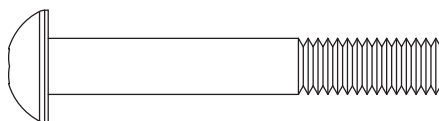
M10*120
Socket Head Bolt (84) -2



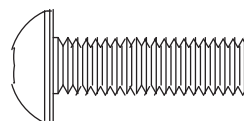
M12*90
Button Bolt (86) -1



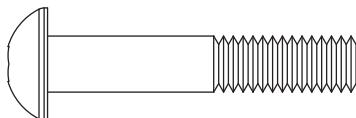
M6*15
Cross Flat Head Bolt (92) -40



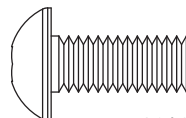
M10*70
Button Bolt (83) -2



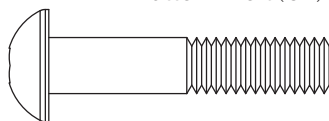
M10*35
Button Bolt (80) -8



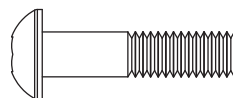
M10*55
Button Bolt (82) -1



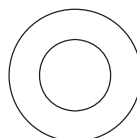
M10*25
Button Bolt (79) -64



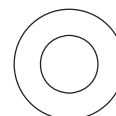
M10*50
Button Bolt (81) -22



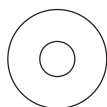
M8*35
Button Bolt (87) -22



M12
Flat Washer (97) -2



M10
Flat Washer (94) -134



M6
Flat Washer (102) -40



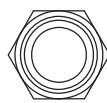
M8
Flat Washer (95) -22



M10
Spring Washer (98) -2



M12
Nut (101) -1



M10
Nut (100) -30



M8
Spring Washer (99) -22

2.3 Assembly PC1001A

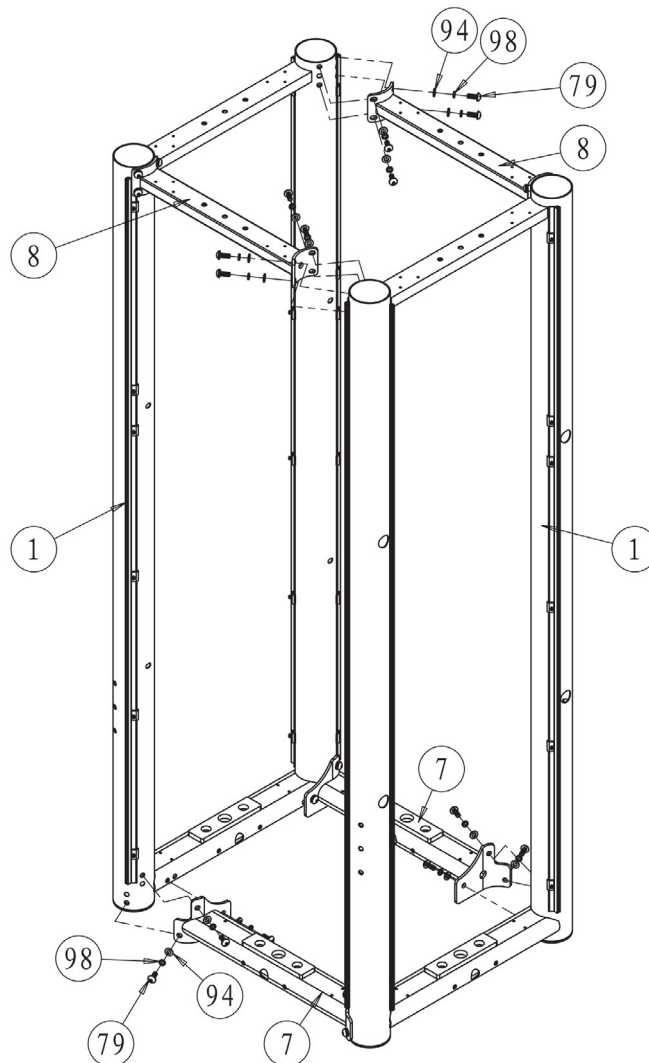
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

i 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.

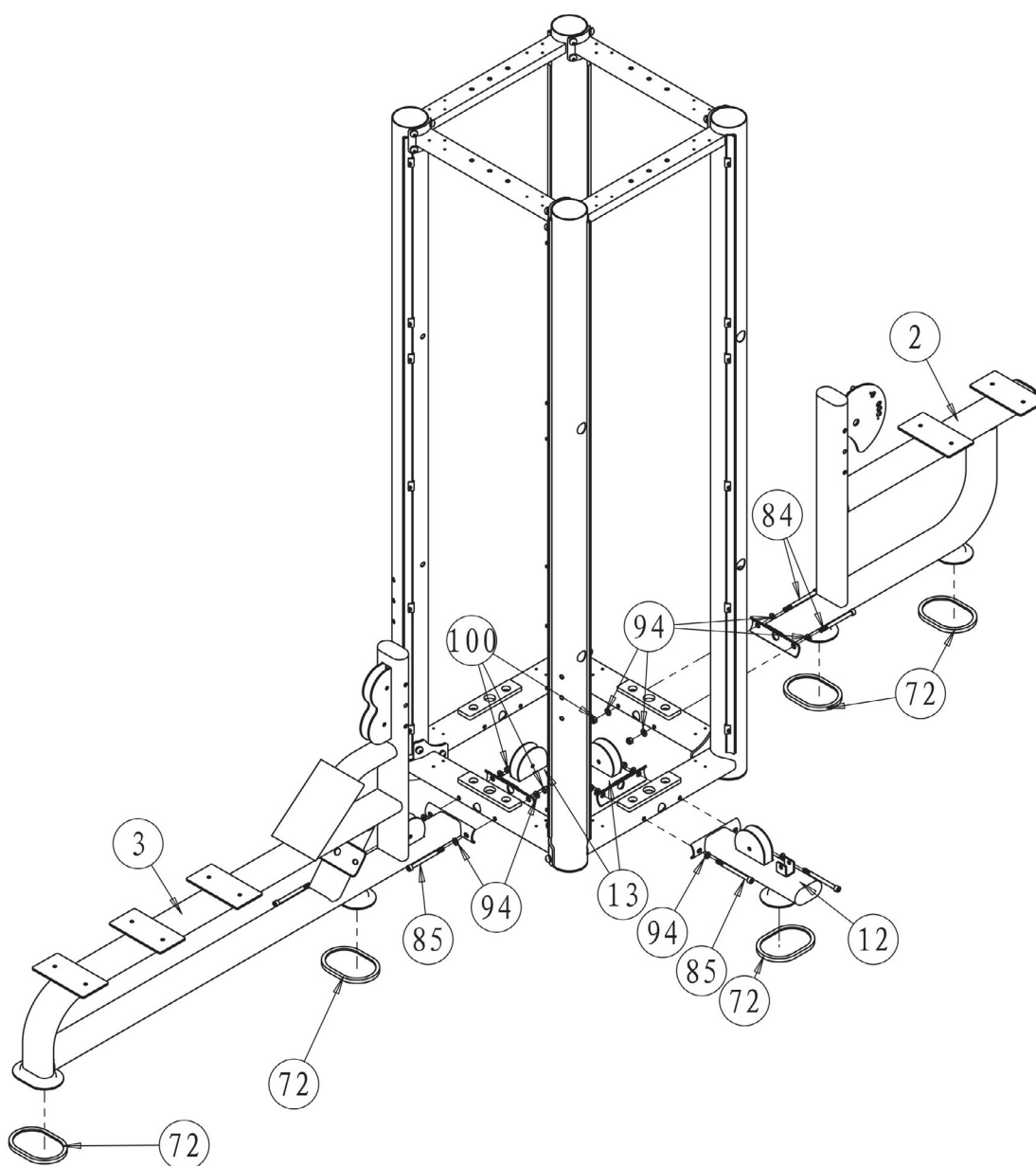
Step 1: Assembly of the Tower Frame

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).



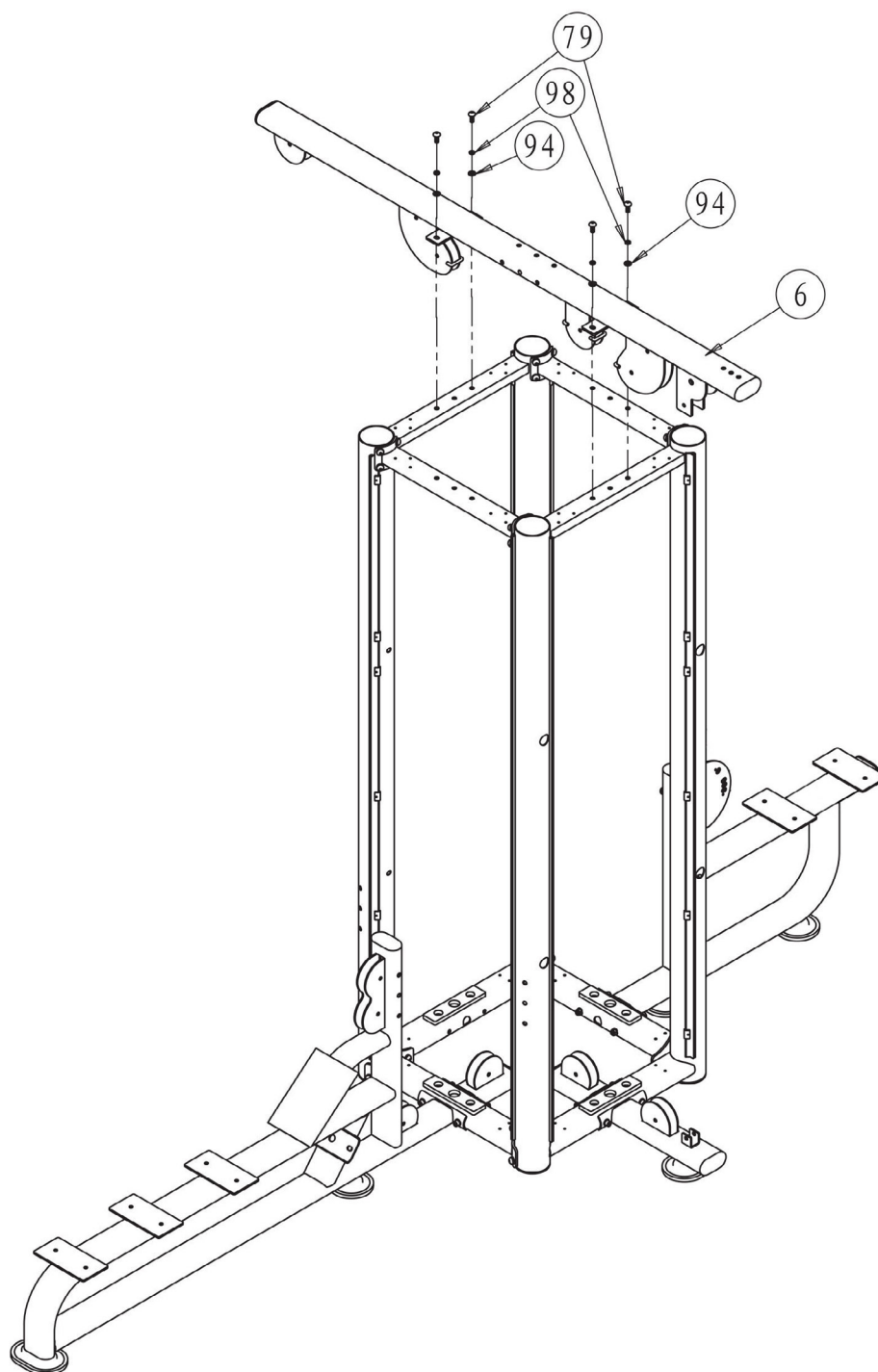
Step 2: Assembly of the Main Frame and Floor Frames

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).



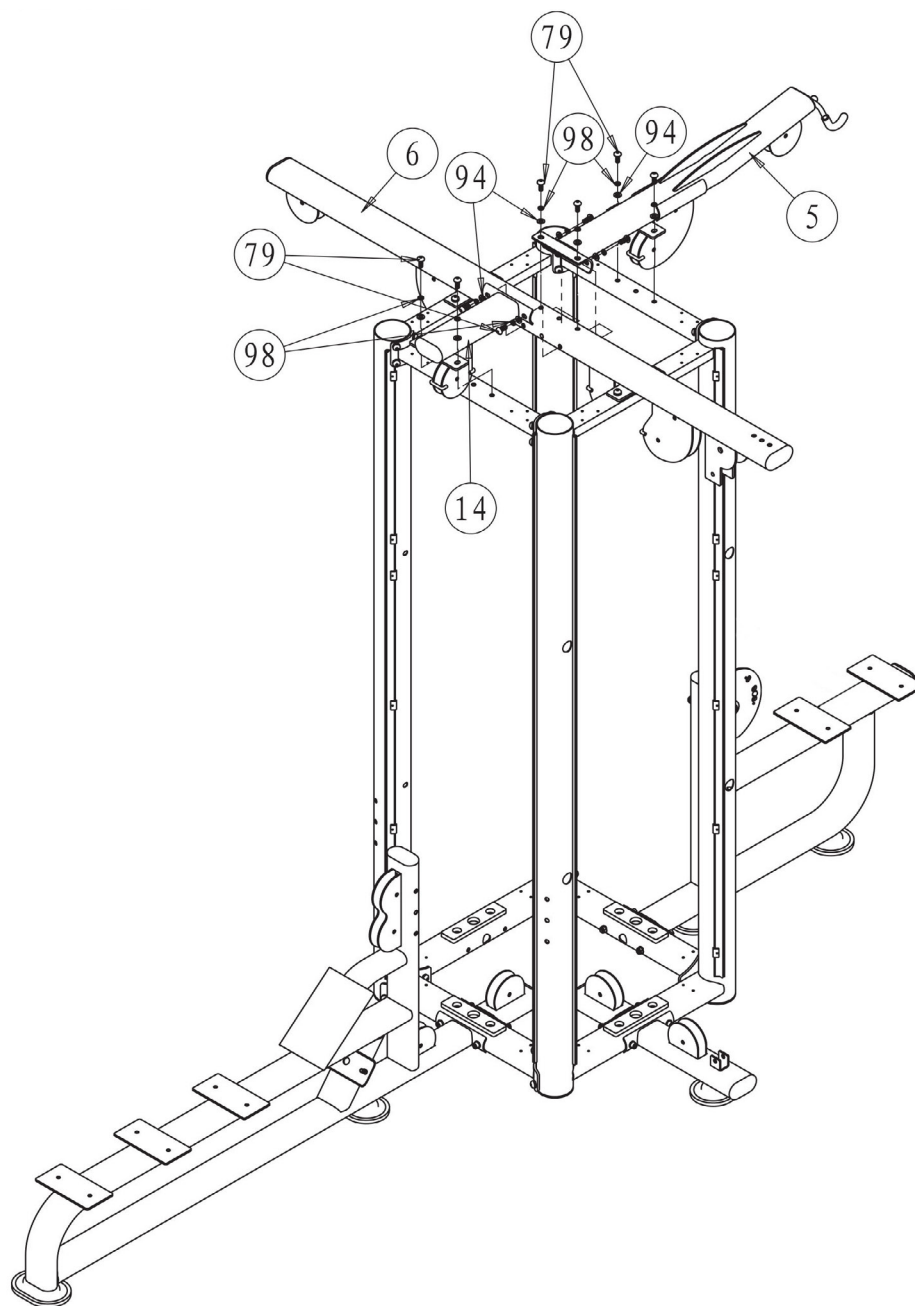
Step 3: Assembly of the Connection Frames

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



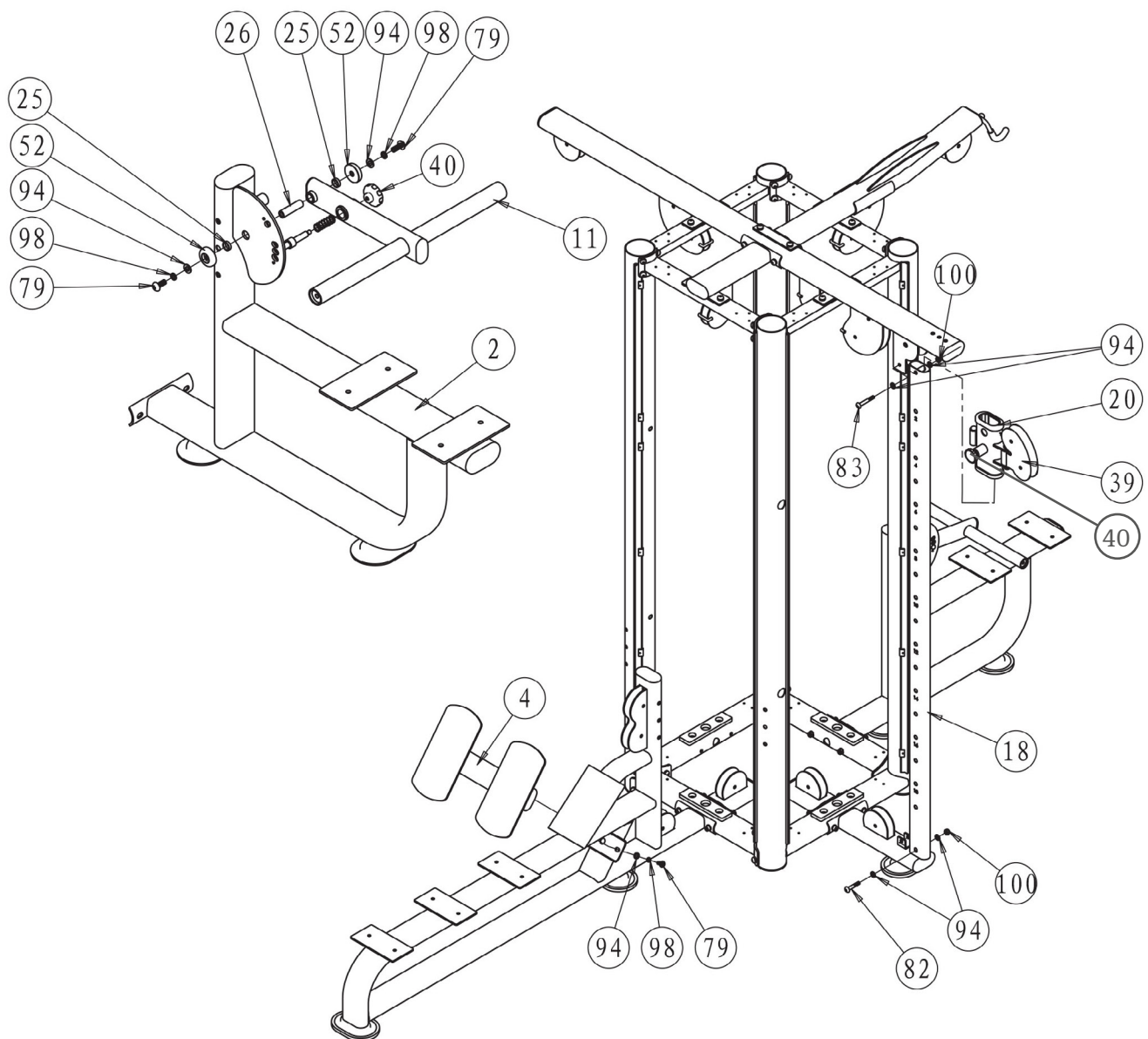
Step 4: Assembly of the Pull Frame

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).



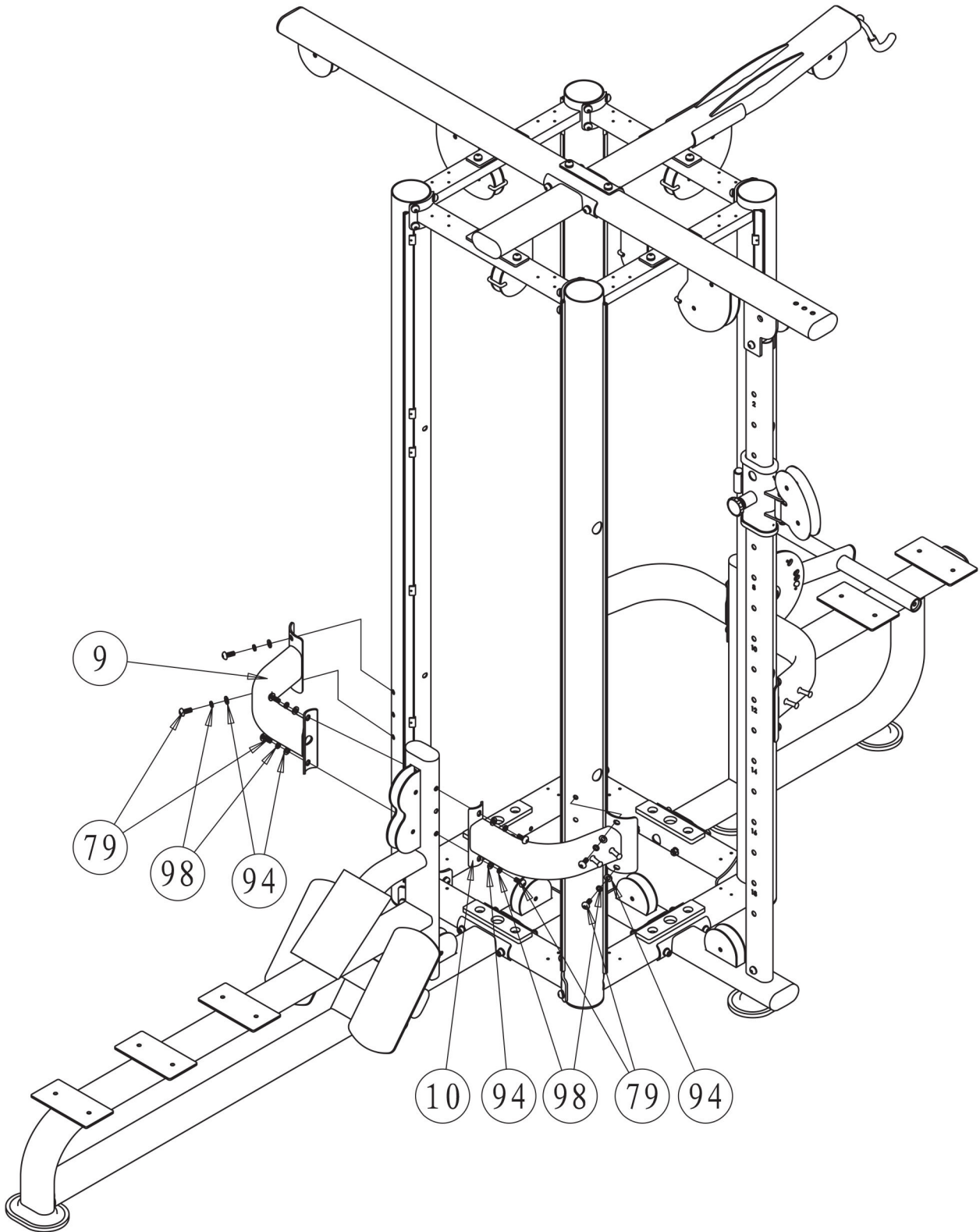
Step 5: Assembly of the Pedal Frame, Adjustment Frame and rotating Frame

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.

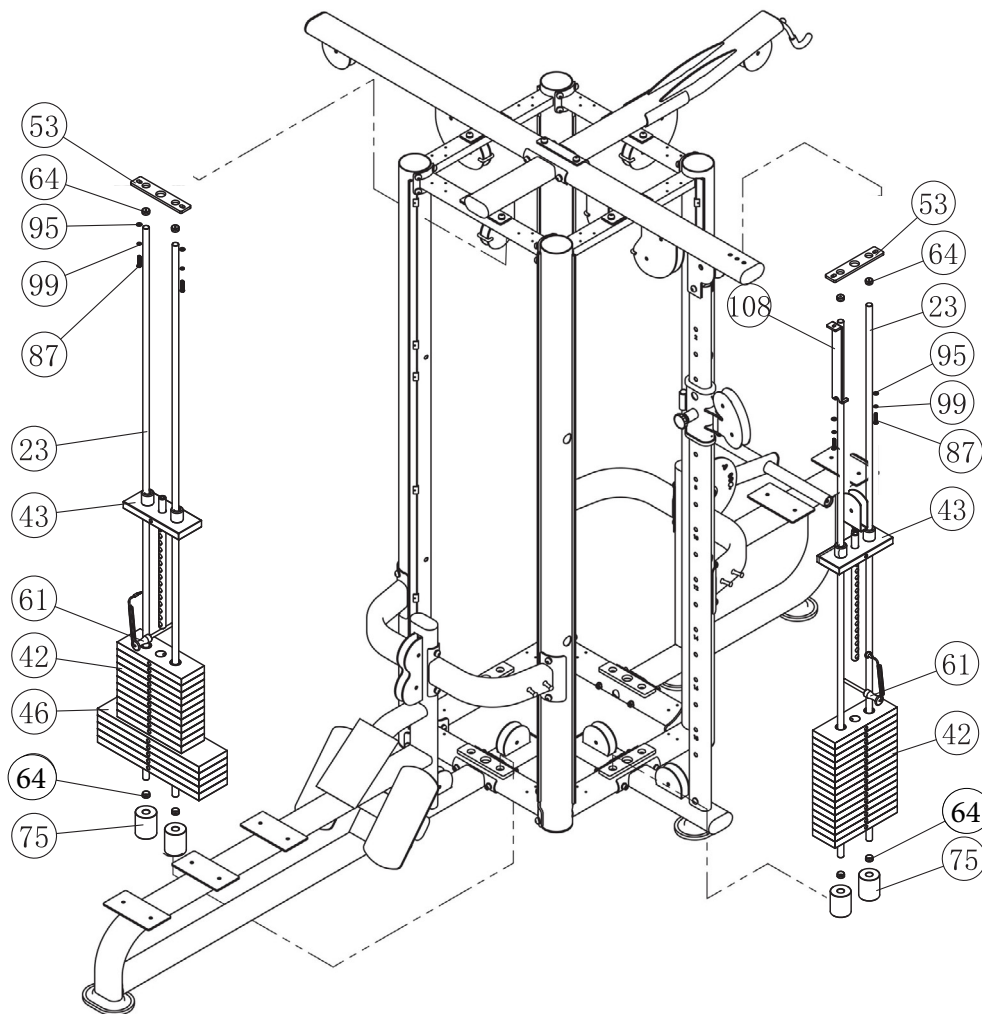


Step 7: Assembly of the Weights

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).



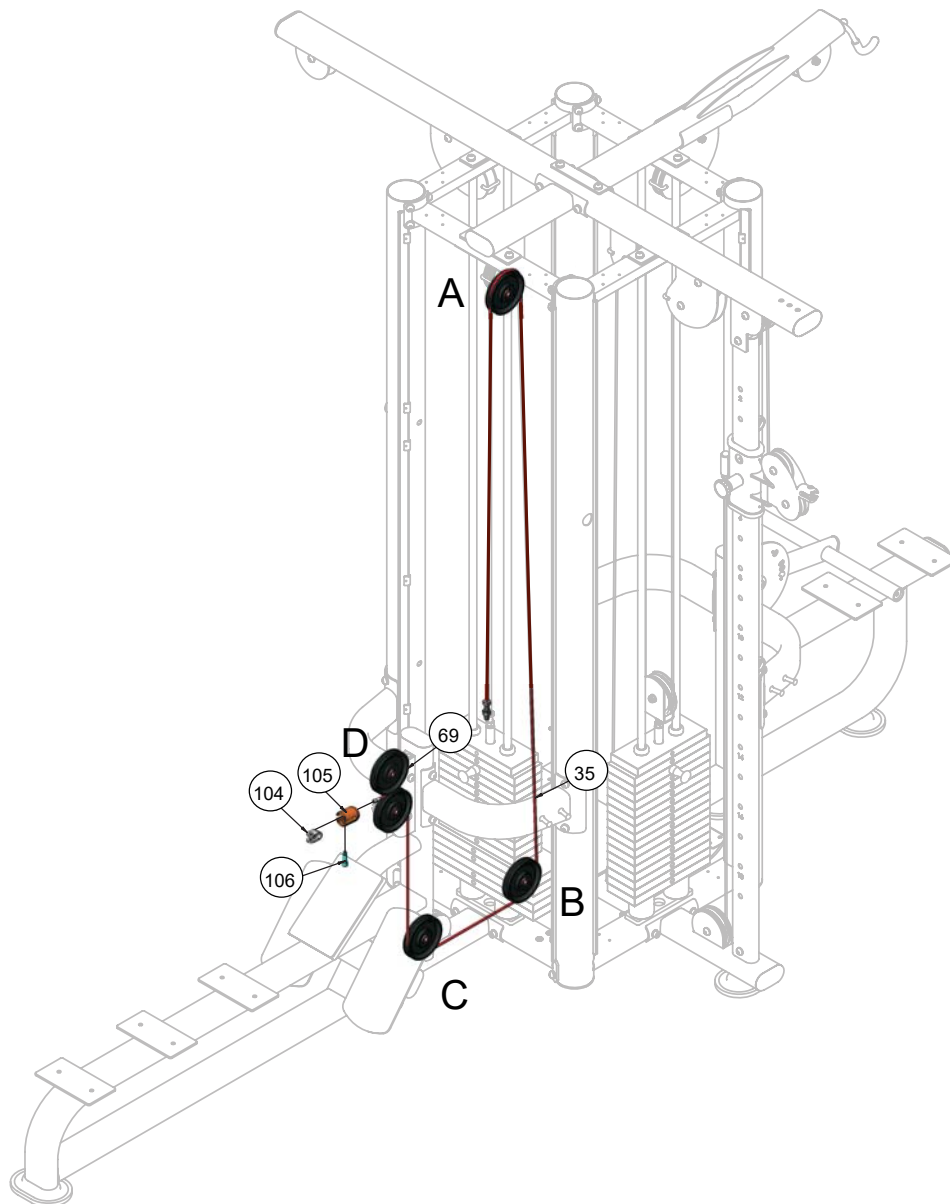
Step 8: Assembly of Cable 35

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).



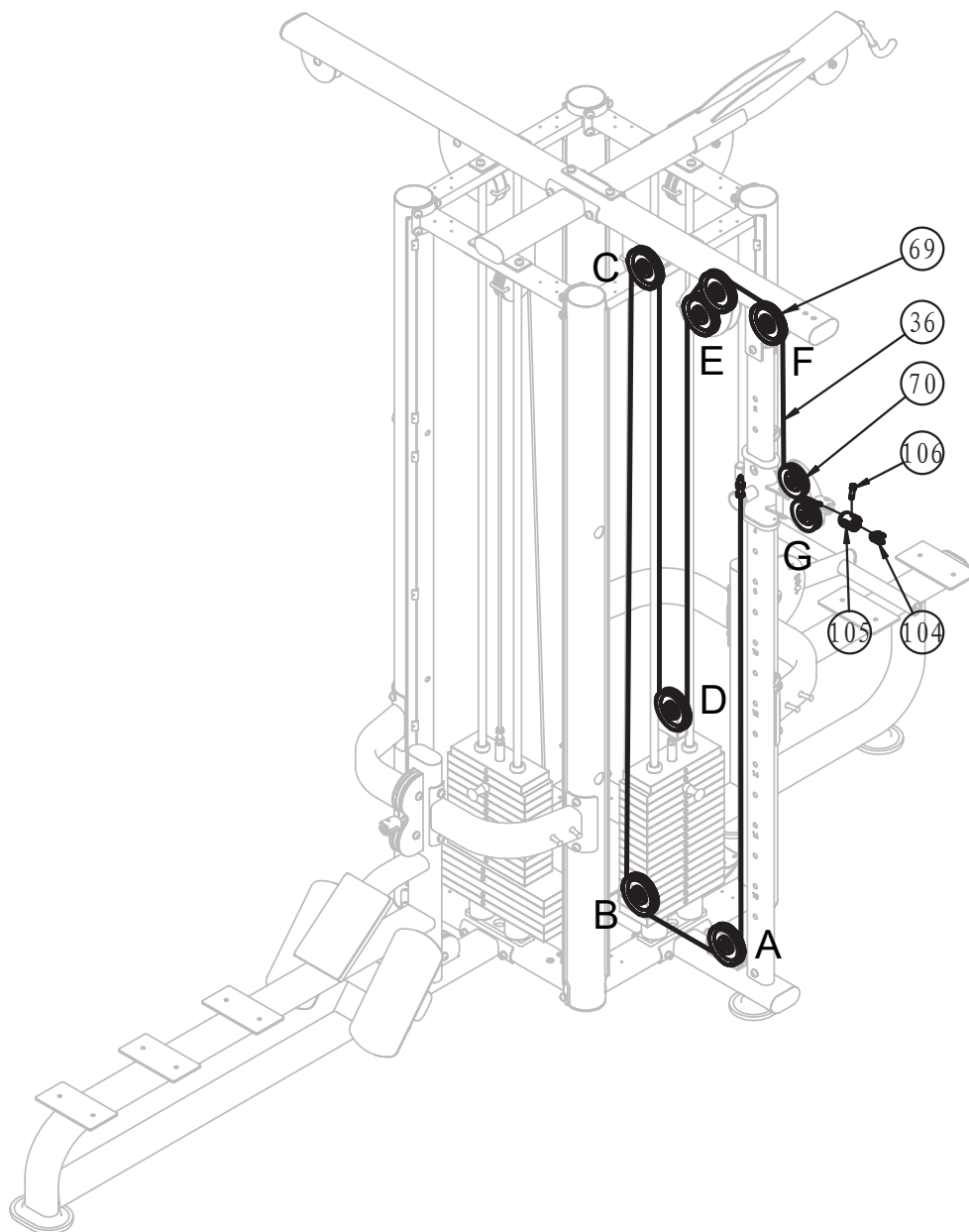
Step 9: Assembly of Cable 36

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

NOTICE

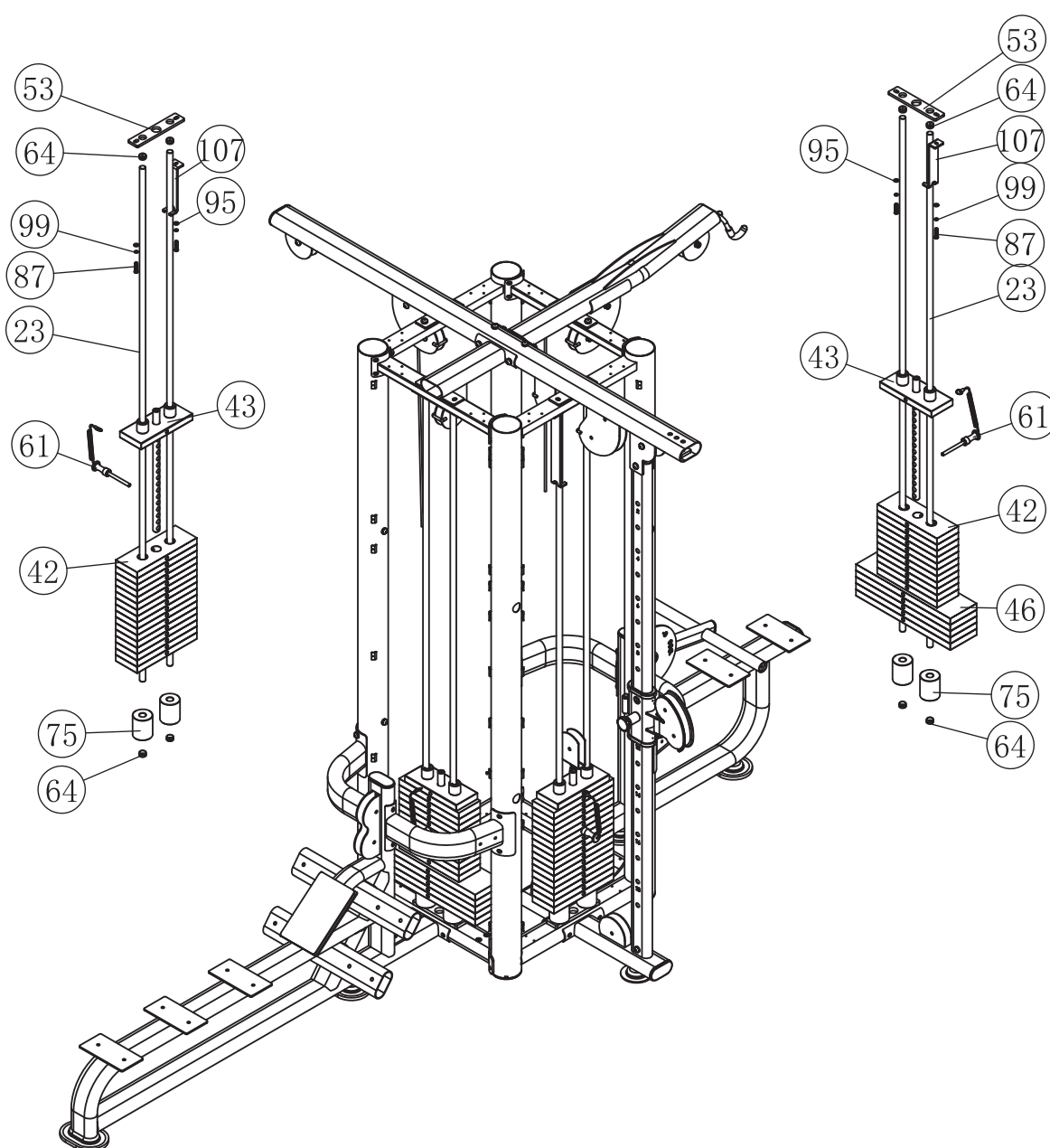
The pulleys are preassembled.

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.



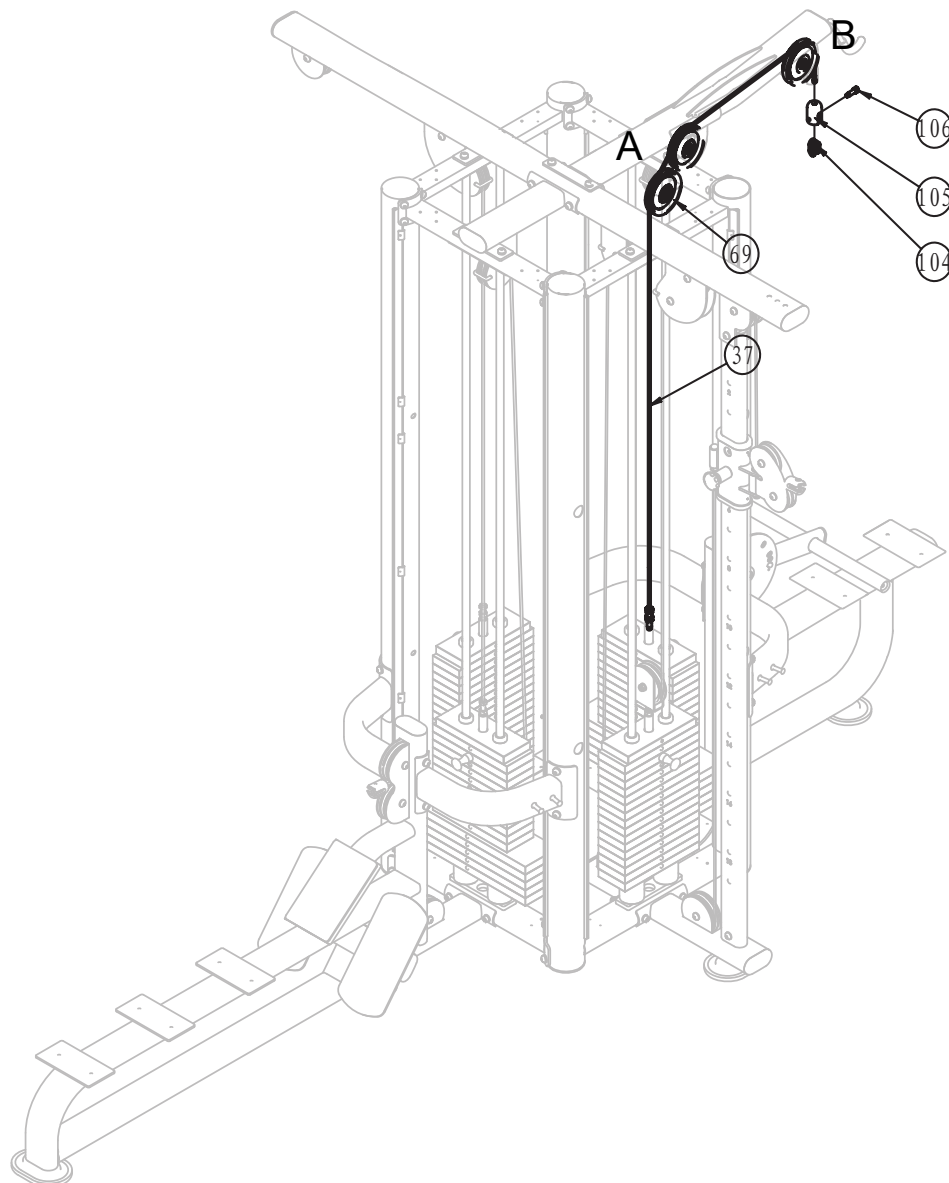
Step 11: Assembly of Cable 37

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).



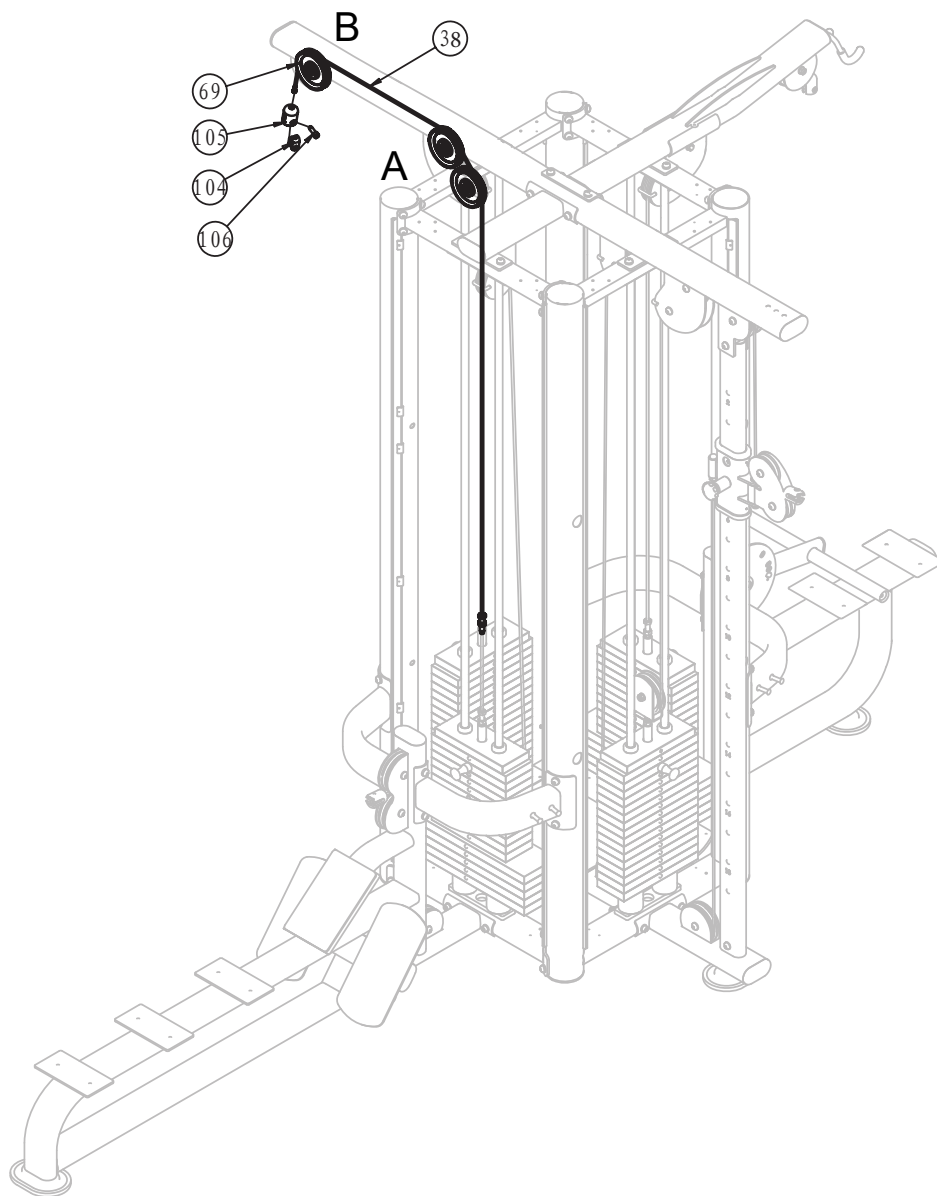
Step 12: Assembly of Cable 38

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

① NOTICE

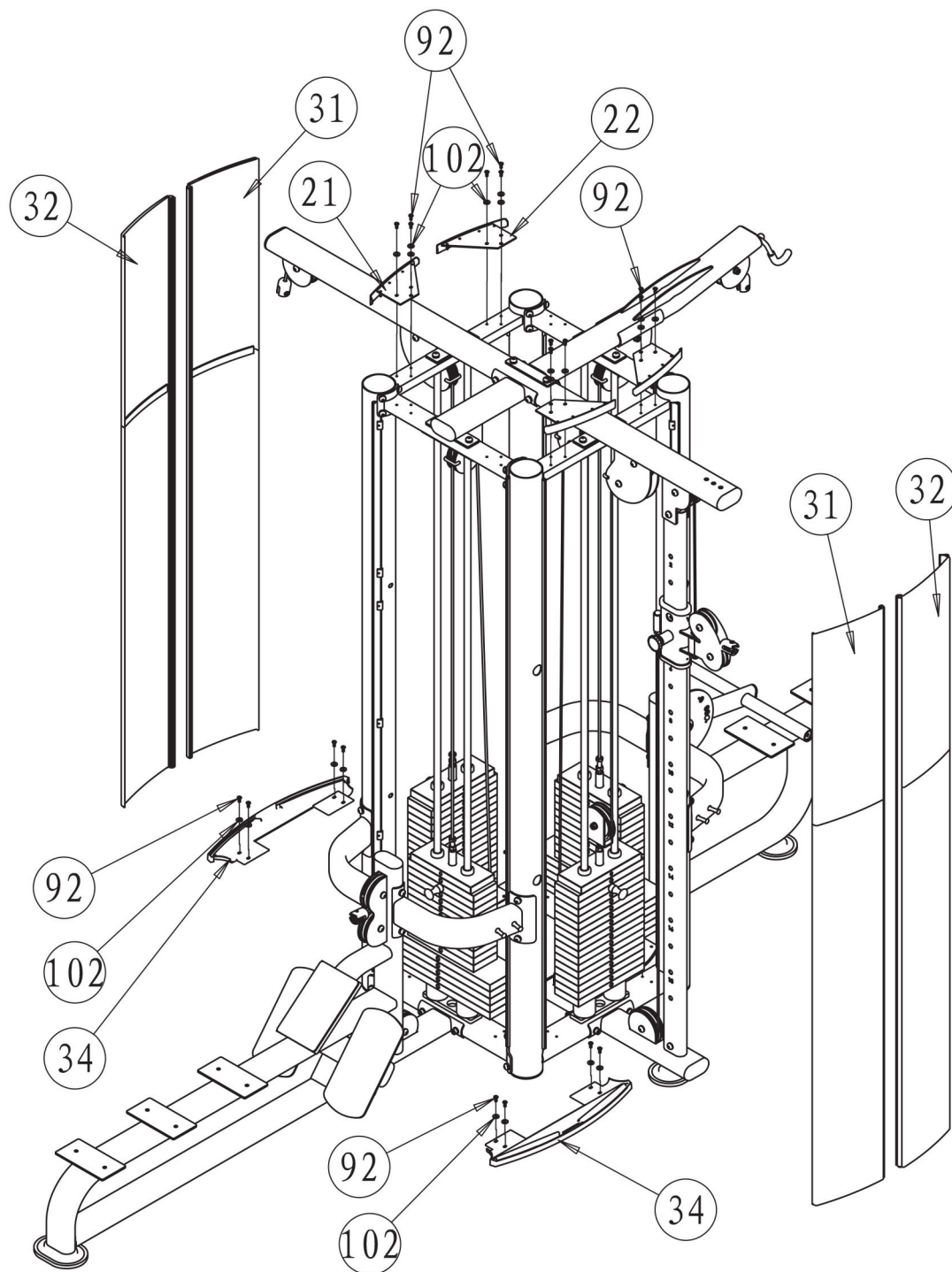
The pulleys are preassembled.

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).



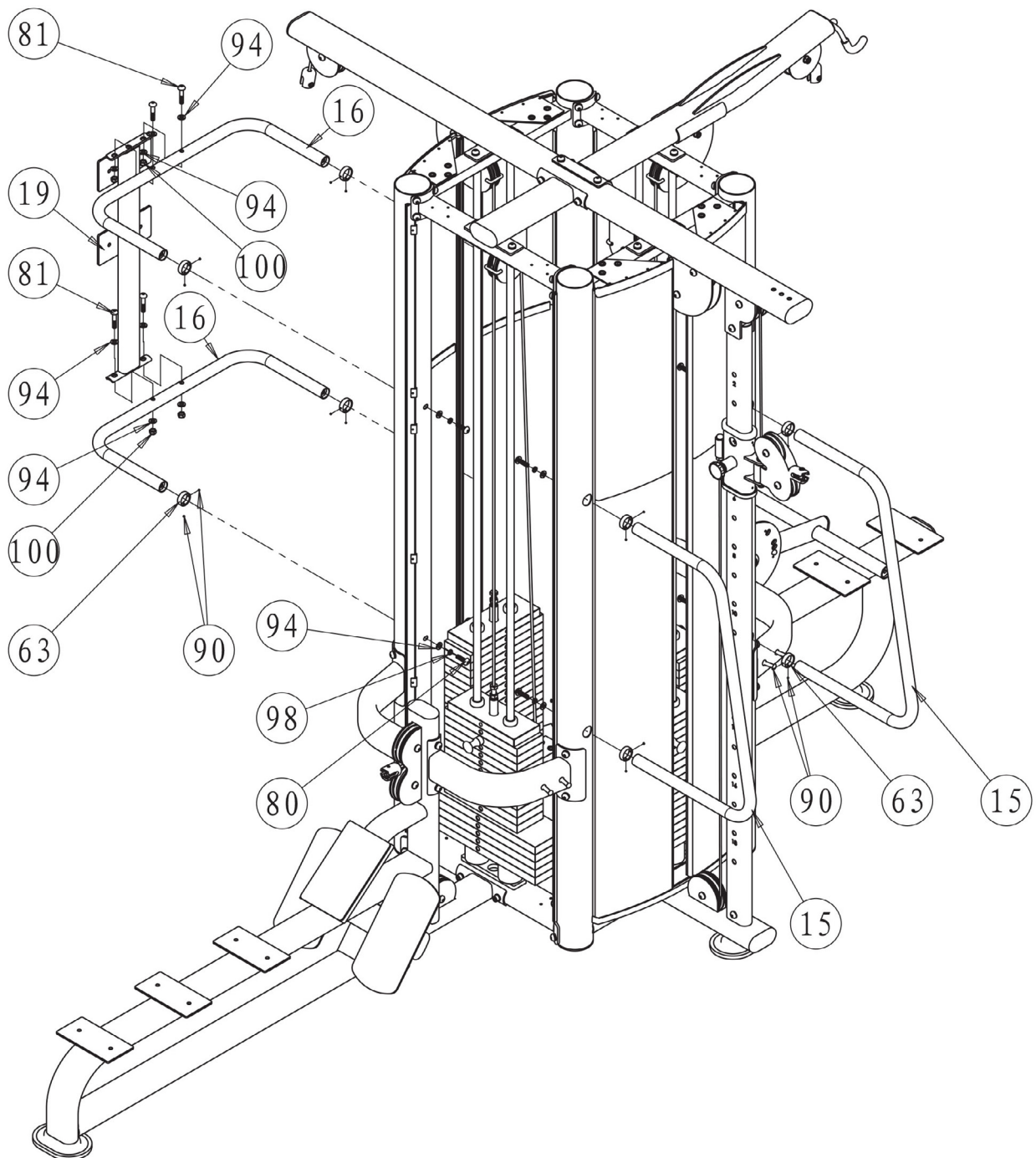
Step 13: Assembly of the Shroud Set

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).



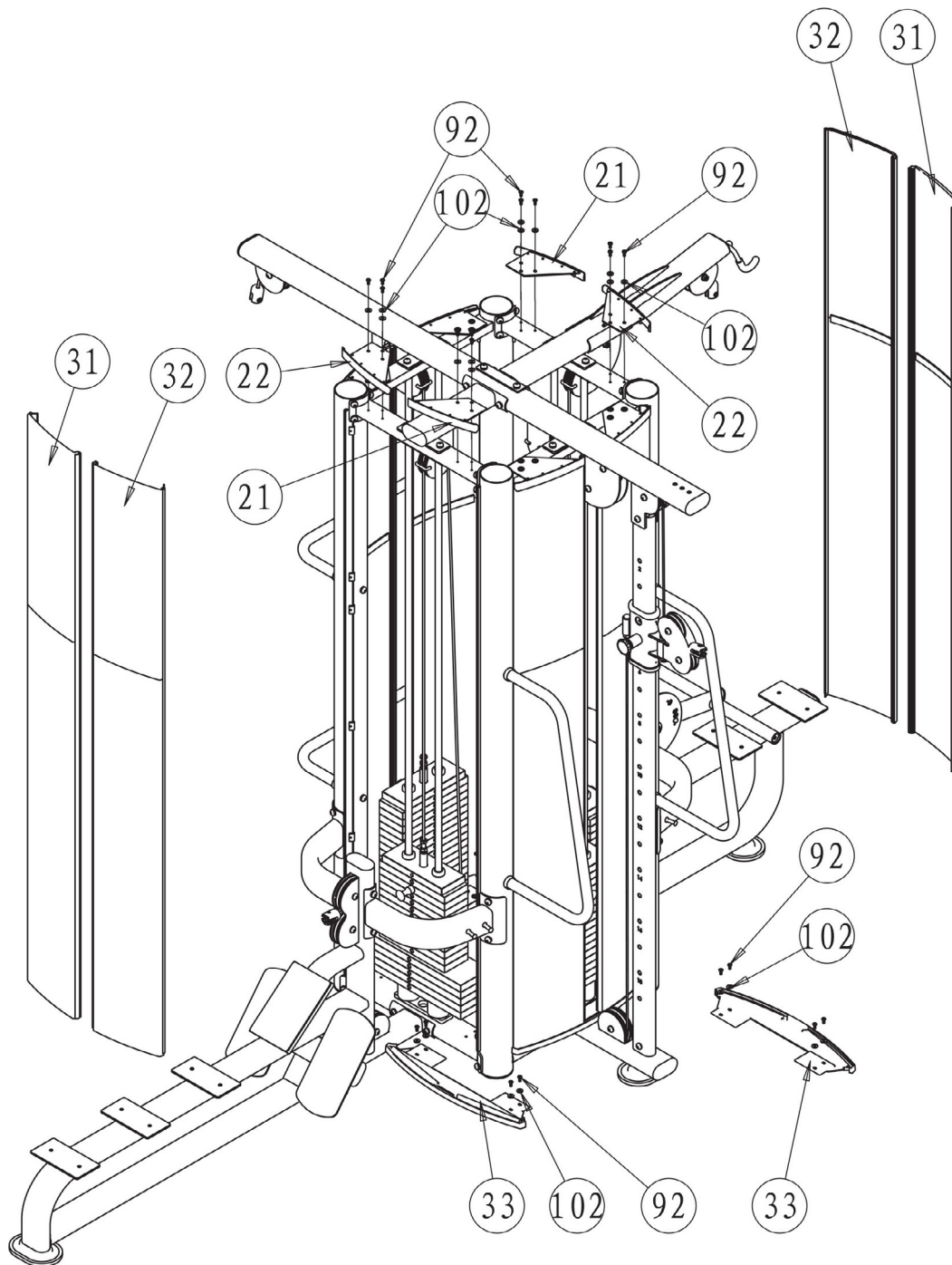
Step 14: Assembly of the Handle Frames and Back Pad Frames

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).



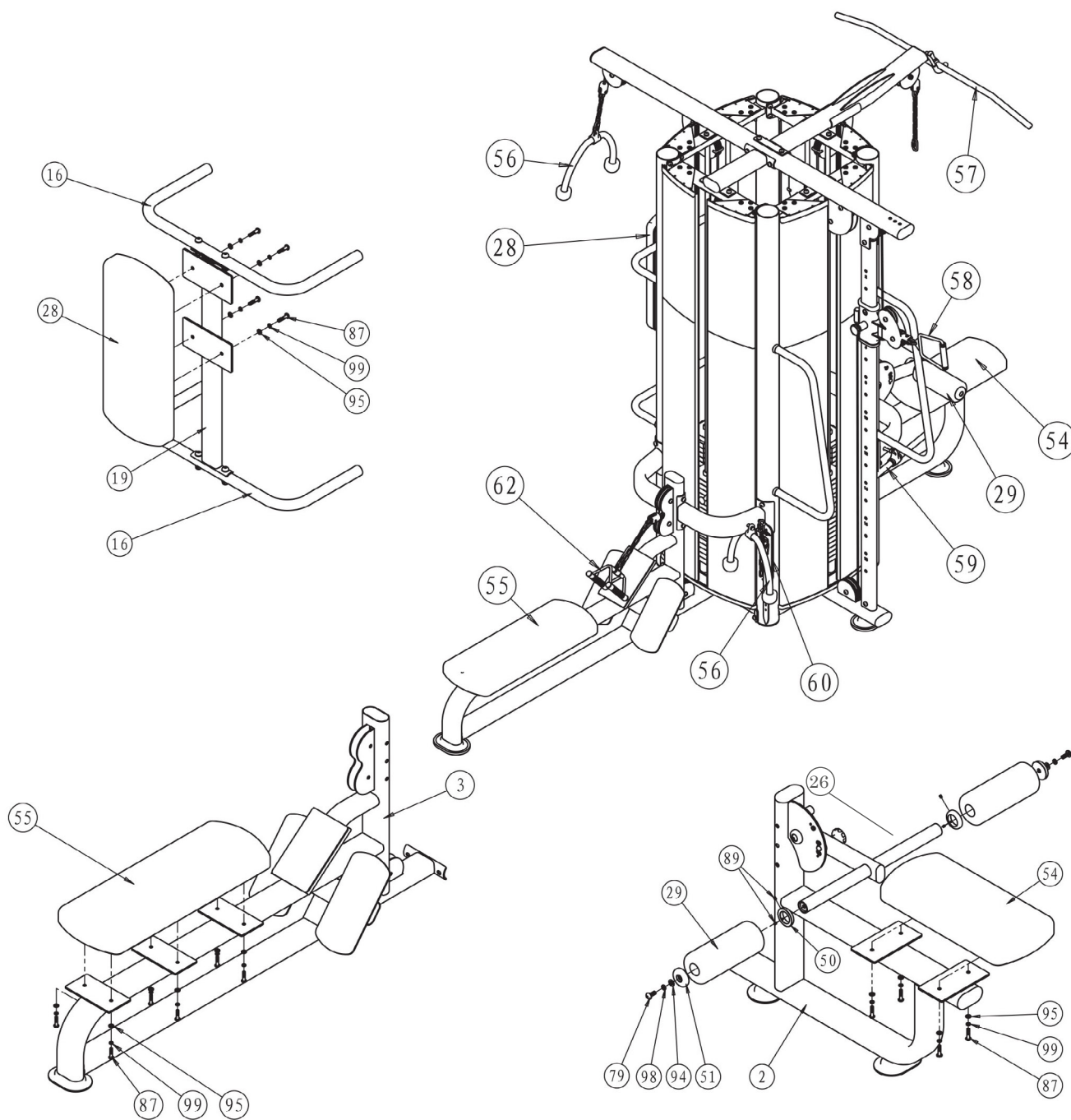
Step 15: Assembly of the Shroud Set

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.



2.4 Assembly PC1001B

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

NOTICE

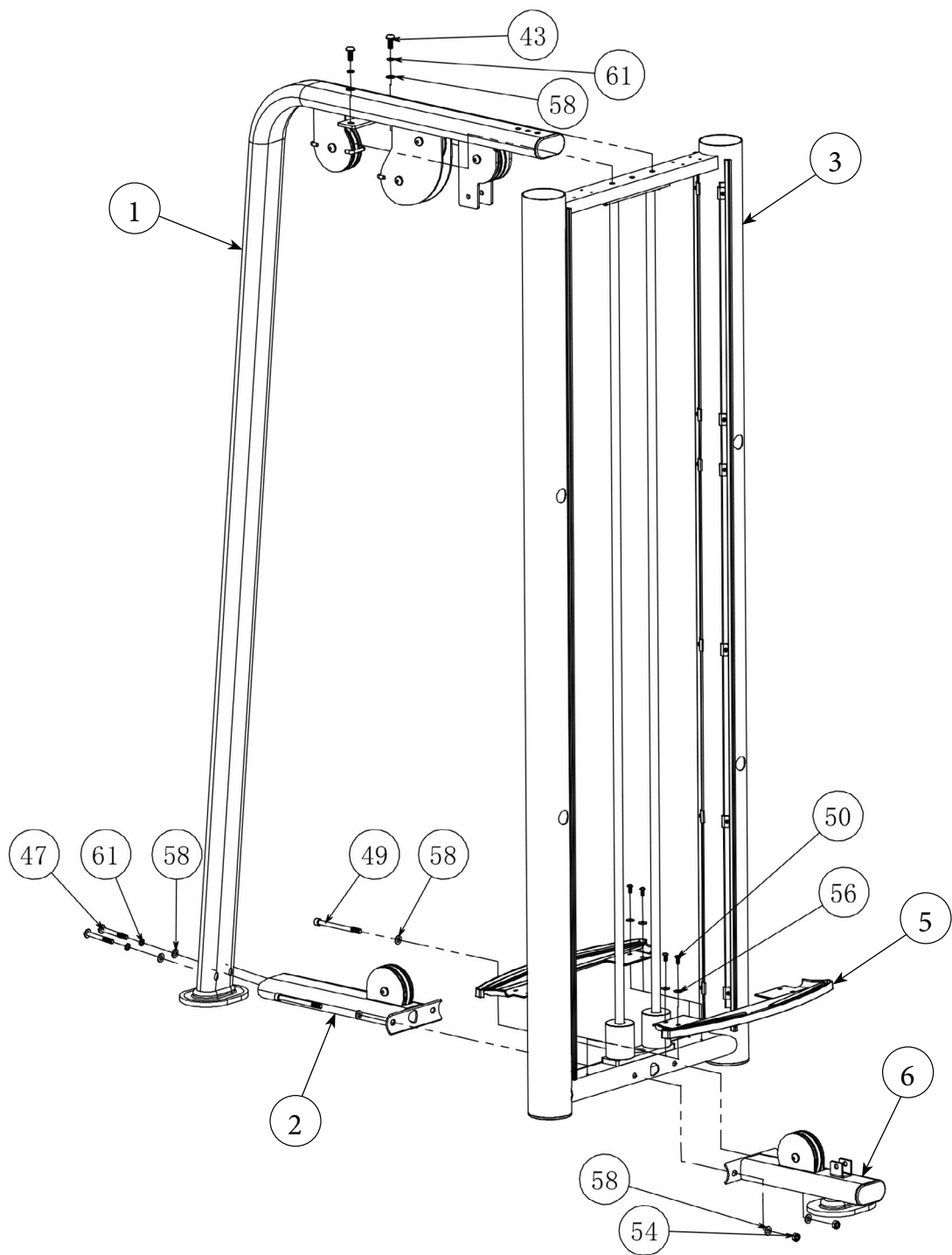
- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end 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.
- + The bolts, spring washers and flat washers are preassembled.

Step 1: Assembly of the Ground Frame and Bottom Guards

NOTICE

Remove the preassembled bolts, spring washers, nuts and flat washers.

1. Assemble the ground frame 1 (6) and the ground frame 2 (2) to the tower frame (3) with two bolts (47), two bolts (49), four flat washers (58) and two nuts (54).
2. Assemble the fringe frame (1) to the tower frame (3) and the ground frame 2 (2) with four bolts (43), four spring washers (61) and four flat washers (58).
3. Assemble both bottom guards (5) to the tower frame (3) with eight bolts (50) and eight flat washers (56).

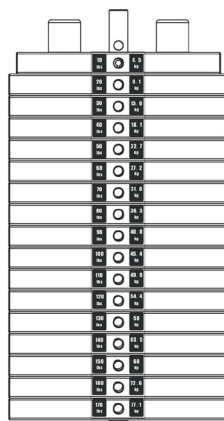


Step 2: Assembly of the Weight Stack, Adjustment Frame and Cable Routing

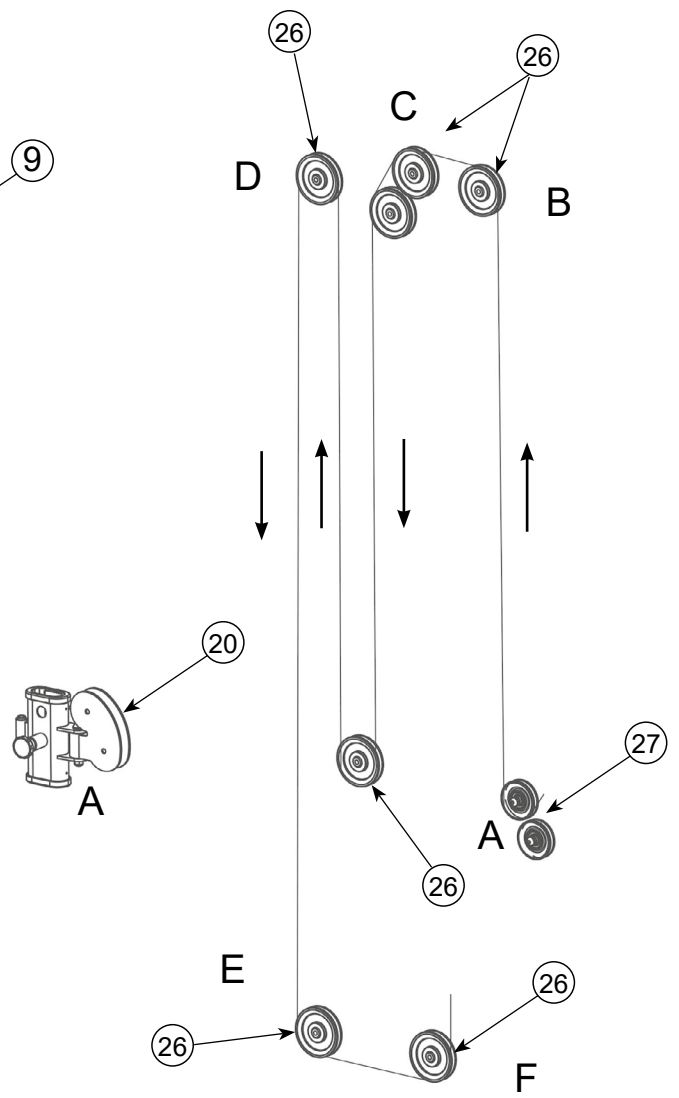
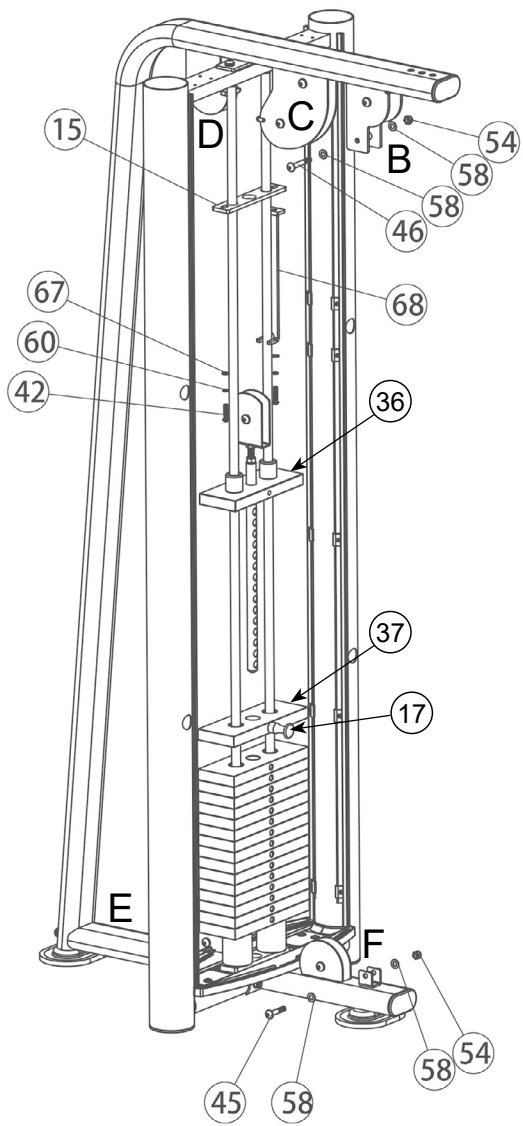
① NOTICE

- + The guide rods are pre-assembled to the frame.
- + Remove the preassembled bolts, spring washers, nuts and flat washers.
- + The pulleys are preassembled.

1. Disassemble the upper part of the guide rods (11).
2. Slide the 16 weight plates (37) onto the guide rods (11).
3. Slide the top weight (36) onto the guide rods (11).
4. Assemble the fixed guide iron chip (15) and the limit plate (68) to the tower frame (3) with two bolts (42), two spring washers (60) and two flat washers (67).
5. Insert the select pin (17) into any desired hole of the weight plates (37).
6. Slide the rotating frame (20) over the adjustment frame (9).
7. Assemble the adjustment frame (9) to the ground frame 1 (6) and fringe frame (1) with one bolt (45), one bolt (46), four flat washers (58) and two nuts (54).
8. Wipe the front surface of the weight stack.
9. Peel off the adhesive back sheet from the label and make sure the label remains attached to the application tape.
10. Align the center hole of the label with the weight stack center hole.
11. Line up the first label to the hole of the top plate.
12. Make sure the label is straight, then slowly press into place.
13. Gently remove the application tape and rub each label firmly against the weight stack.
14. Allow the labels to stand for at least 24 hours.
15. Assemble both pulley sets (27) in location A.
16. Route the cable to location B and assemble the pulley set (26) in location B.
17. Route the cable to location C and assemble both pulley sets (26) in location C.
18. Route the cable to location D and assemble the pulley set (28) in location D.
19. Route the cable to location E and assemble the pulley set (26) in location E.
20. Route the cable to location F and assemble the pulley set (26) in location F.

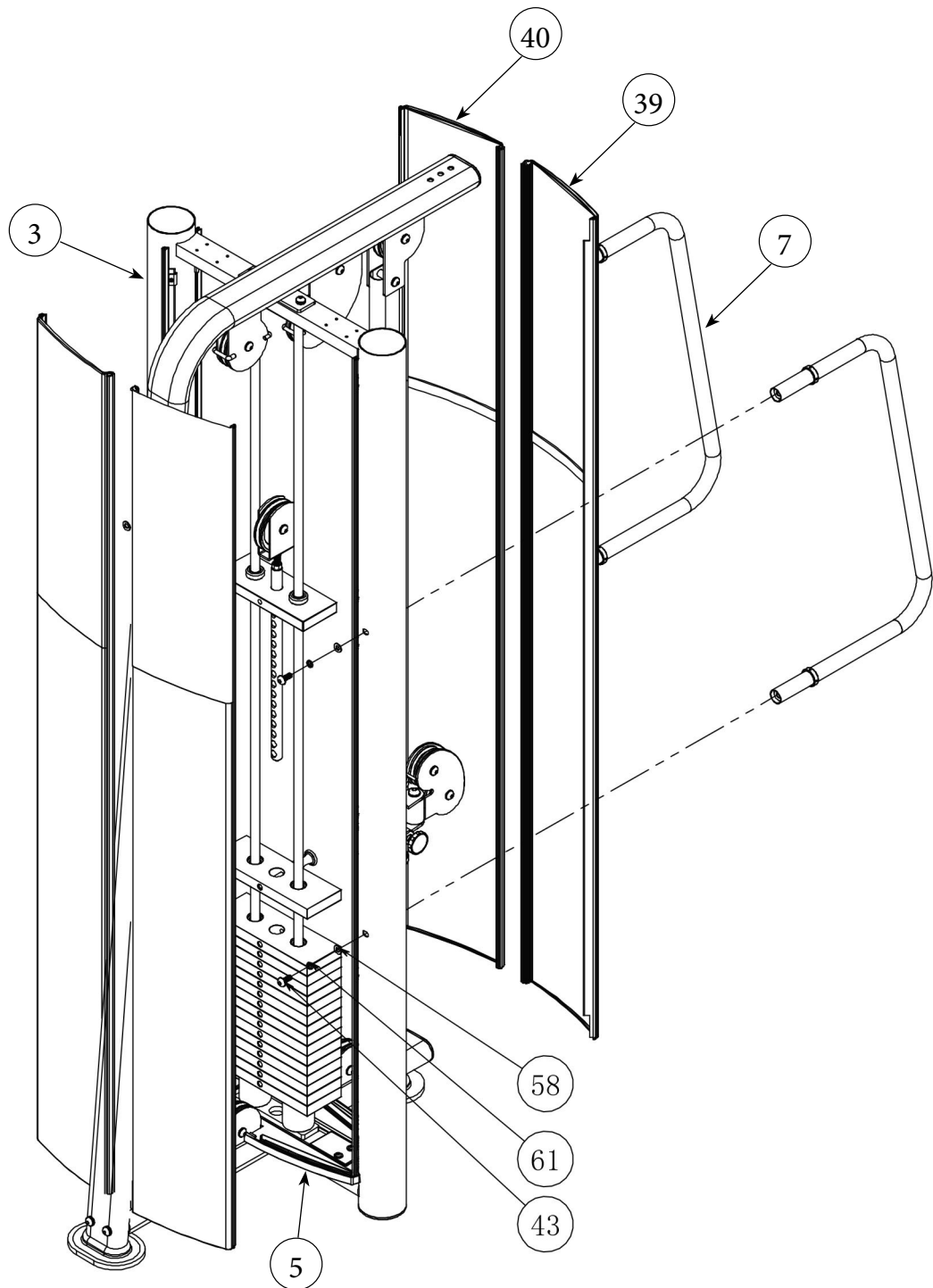


10 lbs	○	4.5 kg
20 lbs	○	9.1 kg
30 lbs	○	13.6 kg
40 lbs	○	18.1 kg
50 lbs	○	22.7 kg
60 lbs	○	27.2 kg
70 lbs	○	31.8 kg
80 lbs	○	36.3 kg
90 lbs	○	40.8 kg
100 lbs	○	45.4 kg
110 lbs	○	49.9 kg
120 lbs	○	54.4 kg
130 lbs	○	58 kg
140 lbs	○	63.5 kg
150 lbs	○	68 kg
160 lbs	○	72.6 kg
170 lbs	○	77.1 kg



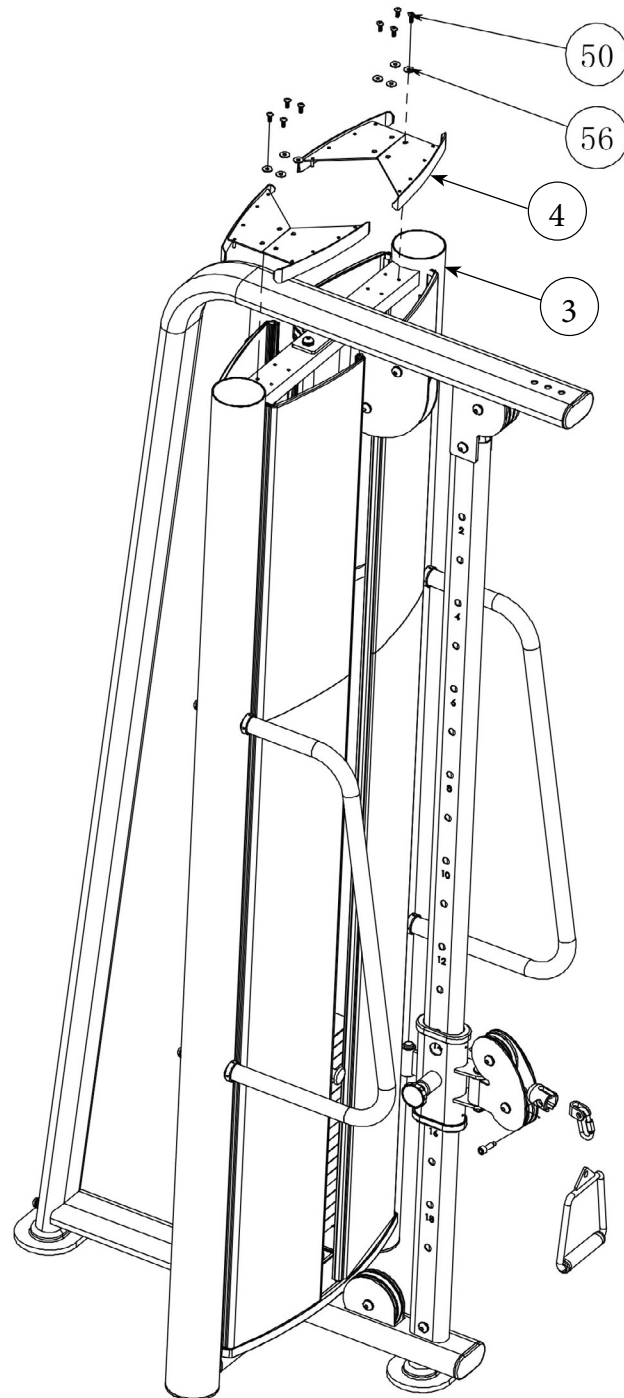
Step 3: Assembly of the Shroud Sets and Handle Frames

1. Attach the left and right shroud sets (39 & 40) to the bottom guards (5).
2. Remove the preassembled four bolts (43), four spring washers (61) and four flat washers (58).
3. Assemble both handle frames (7) to the tower frame (3) with four bolts (43), four spring washers (61) and four flat washers (58).



Step 4: Assembly of Connection Parts

1. Remove the preassembled eight bolts (50) and eight flat washers (56).
2. Assemble both connection parts (4) to the tower frame (3) with eight bolts (50) and eight flat washers (56).



2.5 Assembly PC1001C

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

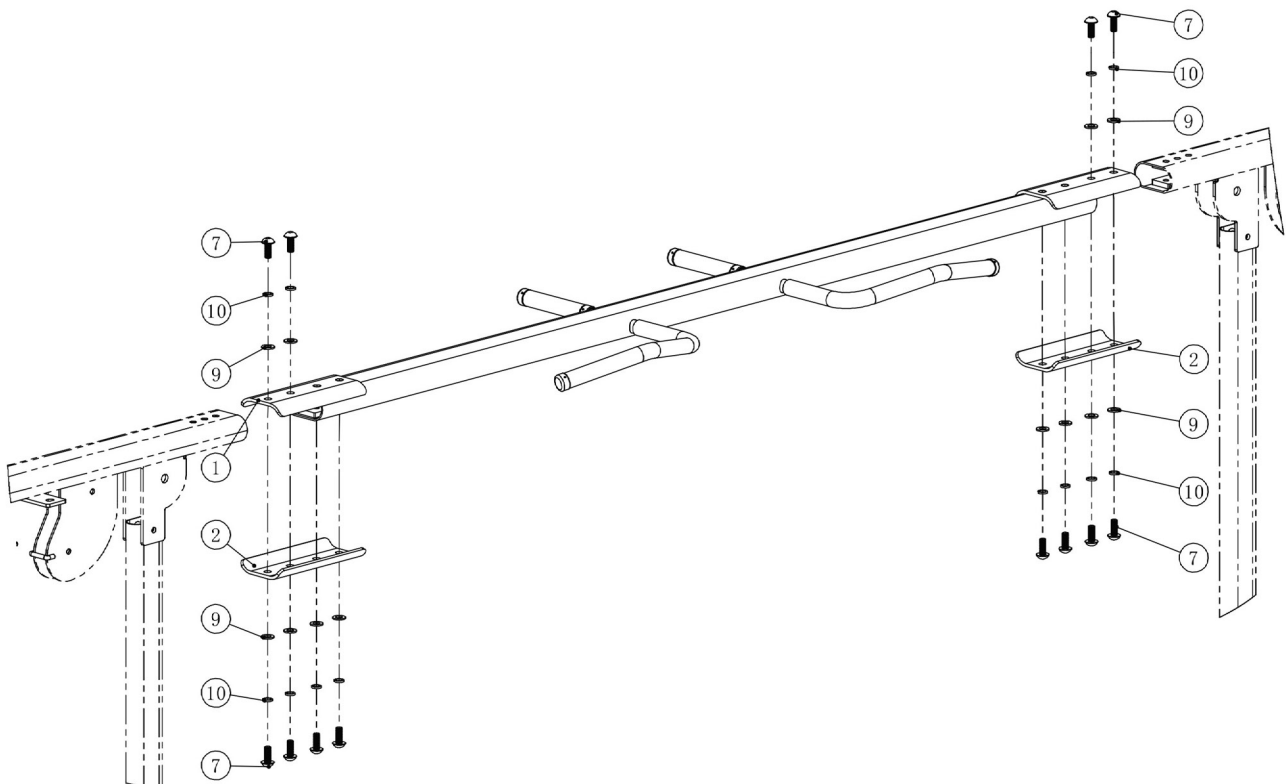
i NOTICE

- + 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.

Step 1: Connection of the PC1001C

i NOTICE

- + PC1001C will be assembled to PC1001A and PC1001B.
 - + The bolts, spring washers and flat washers are preassembled.
1. Remove the preassembled twelve bolts (7), twelve spring washers (10) and twelve flat washers (9)
 2. Connect the top connection frame (1) between PC1001A and PC1001B with two connection boards (2) with twelve bolts (7), twelve spring washers (10) and twelve flat washers (9).



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.

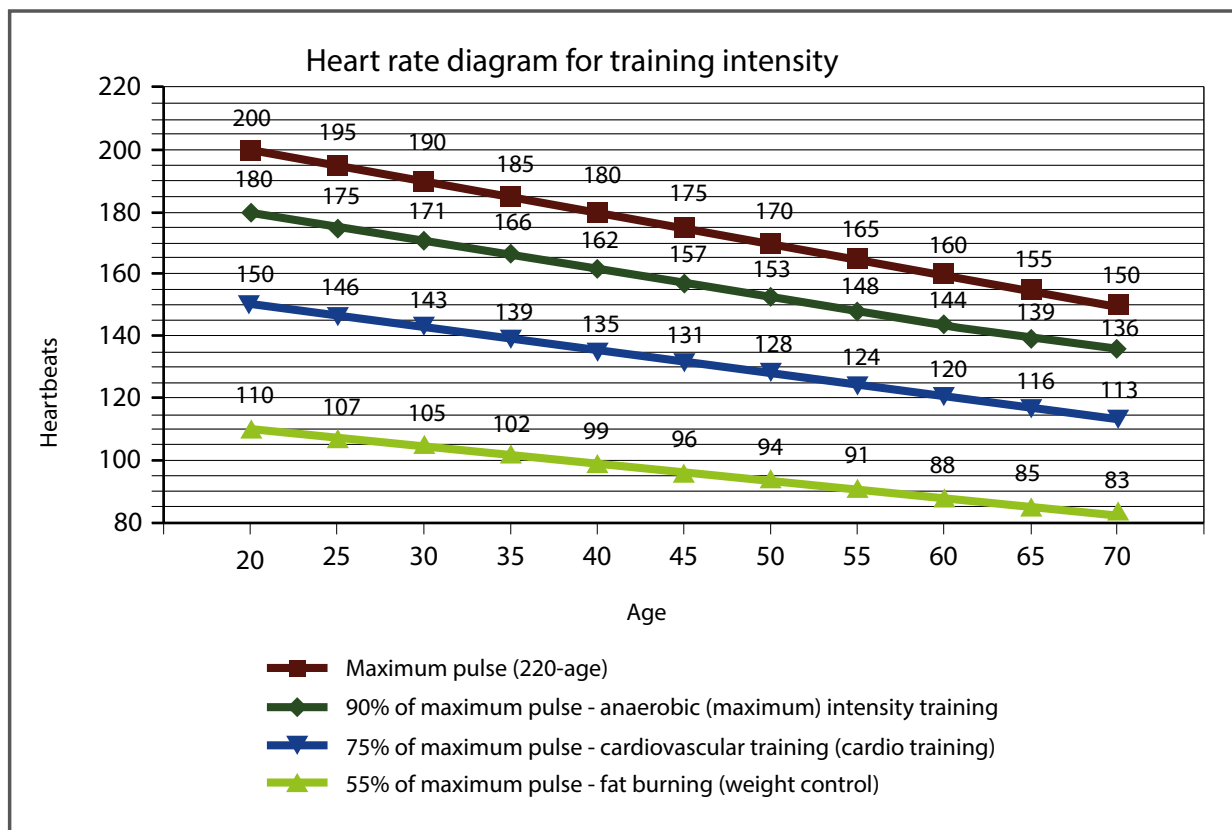
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

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 PC1001A

No.	Name	Qty.	No.	Name	Qty.
1A	Tower Frame	2	32A	Right Shroud Set	4
2A	Floor Frame	1	33A	Under Shroud Set 1	2
3A	Main Frame	1	34A	Under Shroud Set 2	2
4A	Pedal Frame	1	35A	Cable 1	1
5A	Pull Frame	1	36A	Cable 2	1
6A	Connection Frame	1	37A	Cable 3	1
7A	Tower Connection Frame	2	38A	Cable 4	1
8A	Top Connection Frame	2	39A	Rotating Frame	1
9A	Support Frame	2	40A	Adjustment Pin	2
10A	Support Frame	2	41A	Hanging Shaft	4
11A	Rotating Frame	1	42A	10-pound Weight	54
12A	Floor Frame	1	43A	10-pound Top Weight	4
13A	Short Floor Frame	2	44A	Spring Pin	4
14A	Top Pulley Frame	1	45A	17-hole Weight Selector	4
15A	Handle Frame	2	46A	20-pound Weight	10
16A	Back Pad Round Frame	2	47A	C Bracket	8
17A	Moving Pulley Frame	1	48A	Chain	4
18A	Adjustment Frame	1	49A	Ring	2
19A	Back Pad Frame	1	50A	Inner End Cap	2
20A	Sliding Frame	1	51A	End Cap	2
21A	Shroud Connection Part1	4	52A	End Cap	2
22A	Connection Part 2	4	53A	Guide Rod Fixing Plate	4
23A	Guide Rod	8	54A	Seat Pad	1
24A	Pulley Spacer	2	55A	Seat Pad	1
25A	Rotating Bushing	2	56A	Back Pull Rope	2
26A	Axis	1	57A	Long Handle	1
27A	Adjustment Plate	1	58A	Ring Handle	1
28A	Back Pad	1	59A	Short Handle	1
29A	Round Pad	2	60A	Leg Band	1
30A	TowerTrim	8	61A	Weight Pin	4
31A	Left Shroud Set	4	62A	Double Handles	
			63A	Aluminium Collar	8

64A	Guide Rod End Gap	16
65A	Elliptical Tube Plug	9
66A	Elliptical Tube Plug	2
67A	Elliptical Tube Plug	1
68A	Round Tube Plug	4
69A	Pulley Set	18
70A	Pulley Set	2
71A	Locating Bush	2
72A	Rubber Floor Mat	5
73A	Floor Tube Plug	4
74A	Endcap	1
75A	Rubber Load-Bearing Cover	8
76A	Tube Coupler Cover	2
77A	Small Handle Cover	2
78A	Roll Bearing	2
79A	Button Bolt M10*25	64
80A	Button Bolt M10*35	8
81A	Button Bolt M10*50	22
82A	Button Bolt M10*55	1
83A	Button Bolt M10*70	2
84A	Socket Head Bolt M10*120	2
85A	Socket Head Bolt M10*125	4
86A	Button Bolt M12*90	1
87A	Button Bolt M8*35	22
88A	Button Bolt M8*15	4
89A	Inner Hexagon Sunk Head Bolt	4
90A	Hexagon Socket Set S with Gone	16
91A	Countersunk Head Self-tapping Screws	2
92A	Cross Flat Head Bolt	40
93A	Cross Pan Head Screw	48

94A	Flat Washer	134
95A	Flat Washer	22
96A	Flat Washer	4
97A	Flat Washer	2
98A	Spring Washer	72
99A	Spring Washer	22
100A	Nut	30
101A	Nut	1
102A	Flat Washer	40
103A	Hexagon Socket Set S with Gone	4
104A	"U" bracket	3
105A	Nylon Cover	4
107A	Limit plate 1	2
108A	Limit plate 2	1

8.3 Parts List PC1001B

No.	Name	Qty.
1B	Fringe Frame	1
2B	Ground frame	1
3B	door frame	1
4B	coverlink	2
5B	bottom guard	1
6B	Ground frame	1
7B	handle	2
8B	pulley-yoke	1
9B	adjustable frame	1
10B	Sliding frame	1
11B	guidebar	2
12B	pulley Spacer	2
13B	cable set2	1
14B	regulator	1
15B	fixed guide iron chip	1
16B	bottom guard	1
17B	plug kit	1
18B	end-cap	4
19B	tuber plug	2
20B	rotary frame	1
21B	lantern ring	2
22B	plug	1
23B	C-type	1
24B	annular handle	1
25B	ellipse plug	2
26B	pulley set	7
27B	pulley set	2
28B	spring	1
29B	blocking ring	4
30B	rubber floor mat	2
31B	tube cover	2
32B	knob set	1

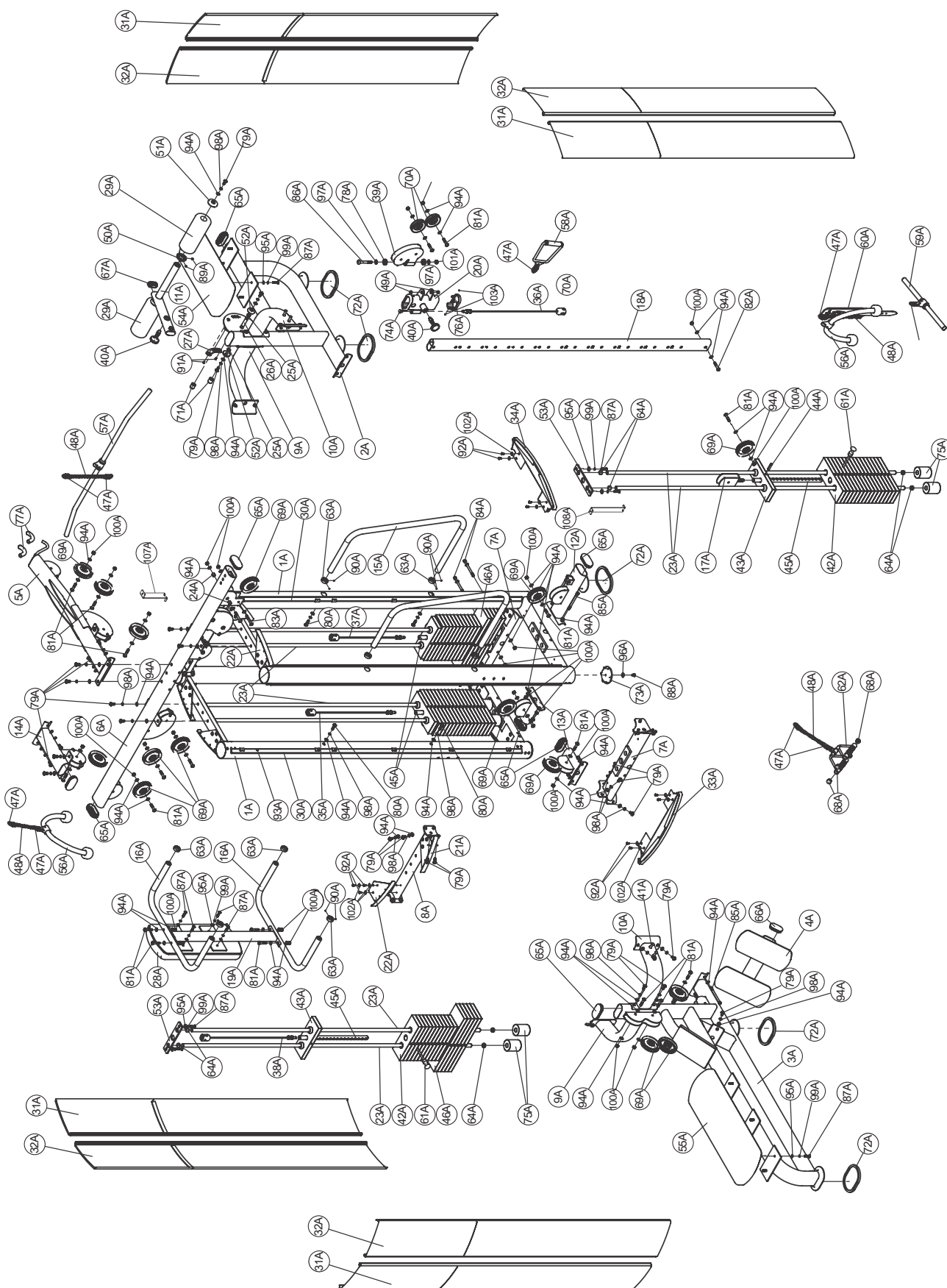
No.	Name	Qty.
33B	bearing rubber cover	2
34B	rolling bearing	2
35B	17 holes knob	1
36B	10-pound weight	1
37B	10-pound top weight	16
38B	spring pin	1
39B	left protecting cover	2
40B	right protecting cover	2
41B	Inner Hexagon Mushroom Head Bolt	2
42B	Inner Hexagon Mushroom Head Bolt	2
43B	Inner Hexagon Mushroom Head Bolt	6
44B	Inner Hexagon Mushroom Head Bolt	8
45B	Inner Hexagon Mushroom Head Bolt	1
46B	Inner Hexagon Mushroom Head Bolt	2
47B	Inner Hexagon Mushroom Head Bolt	2
48B	Inner Hexagon Mushroom Head Bolt	1
49B	Inner Hexagon Socket Head Bolt	2
50B	Cross Sunk Head Bolt	12
51B	Cross Sunk Head Bolt	24
52B	Inner Hexagon Sunk Head Bolt	8
53B	Inner Hexagon Sunk Head Bolt	4
54B	nut	13
55B	nut	1
56B	flat washer	12
57B	flat washer	2
58B	flat washer	34

59B	flat washer	2
60B	spring washer	2
61B	spring washer	8
62B	nut	2
63B	hexagonal nut	1

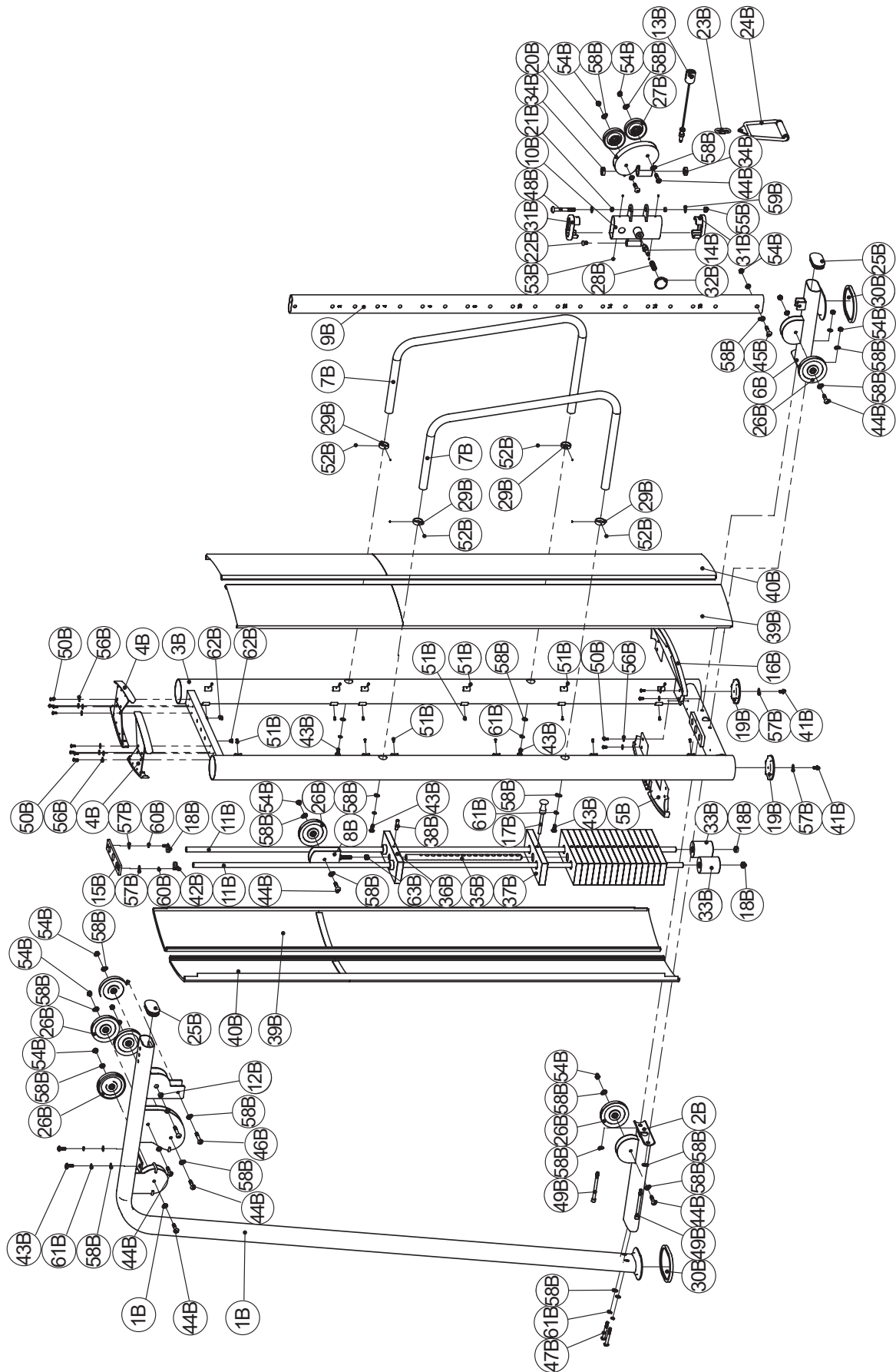
8.4 Parts List PC1001C

No.	Name	Qty.
1C	top connection frame	1
2C	four holes connection board	2
3C	handle cover	2
4C	handle cover	2
7C	aluminium endcap	12
9C	aluminium collar	12
10C	Inner Hexagon Mushroom Head Bolt	12

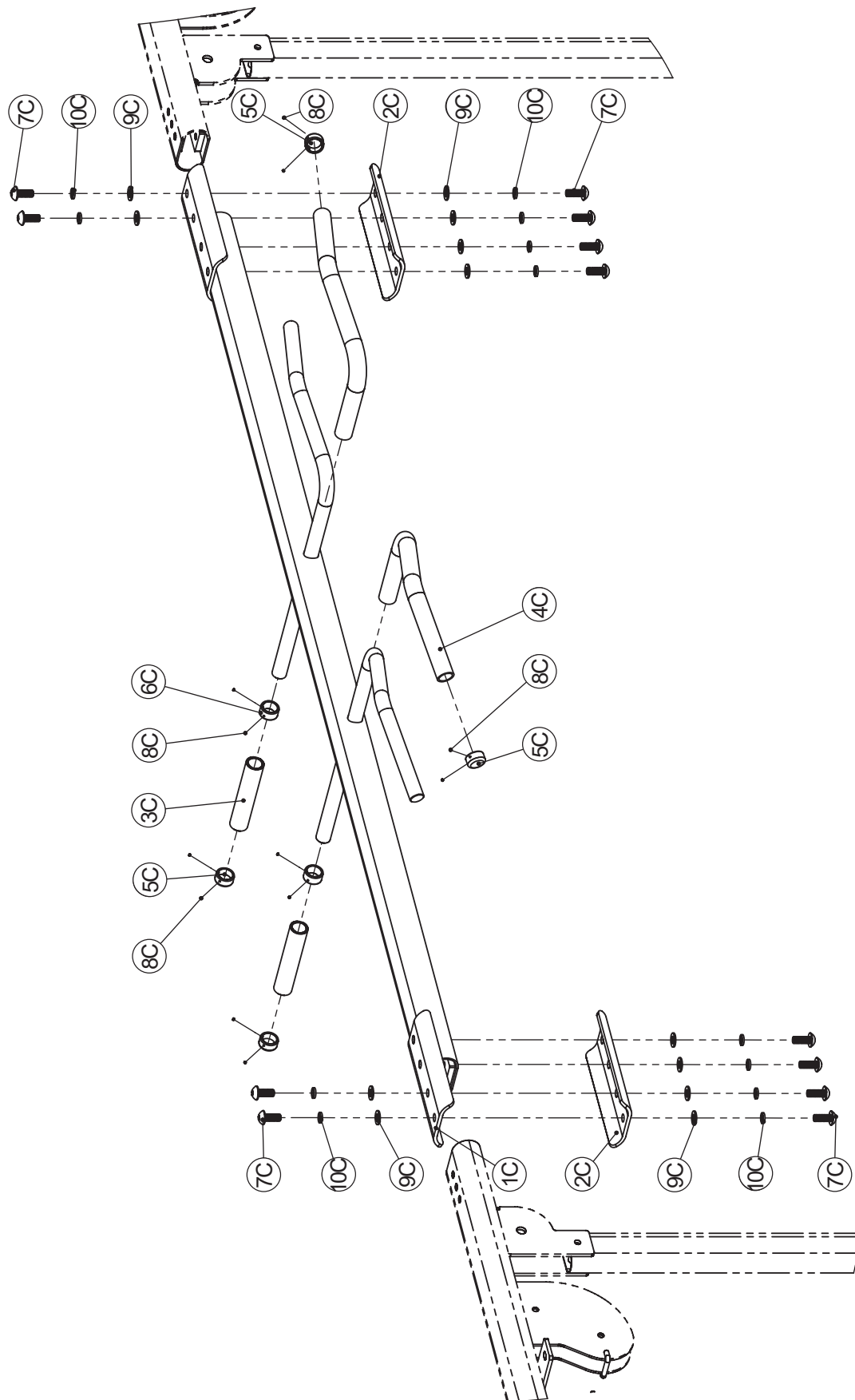
8.5 Exploded Drawing PC1001A



8.6 Exploded Drawing PC1001B



8.7 Exploded Drawing PC1001C



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.

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
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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.

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