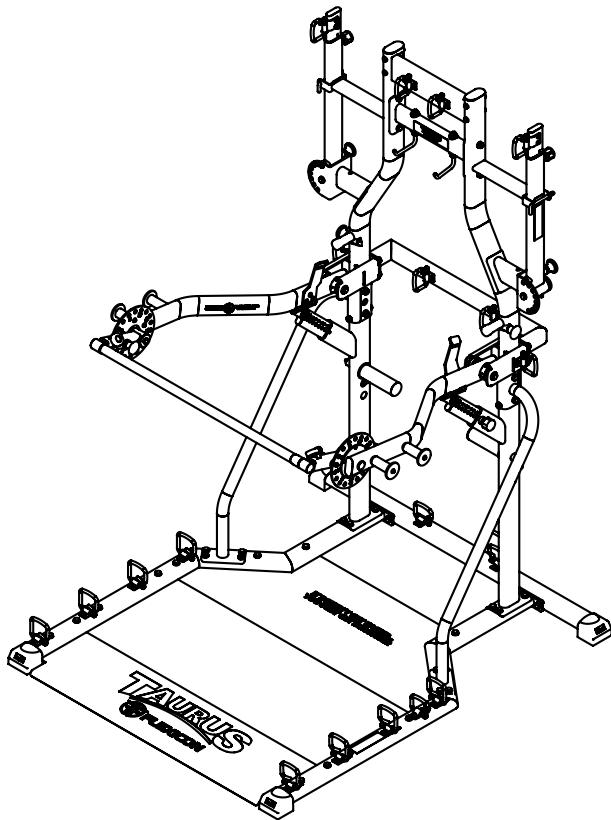
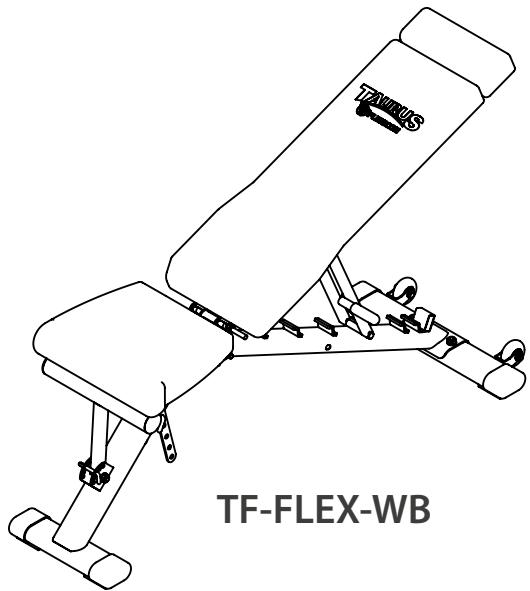




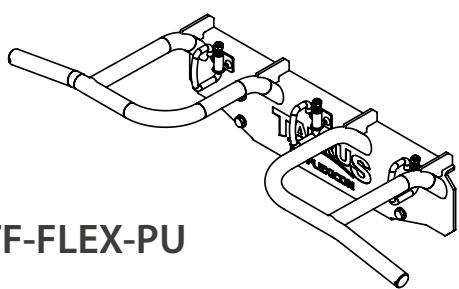
## Assembly and Operating Instructions



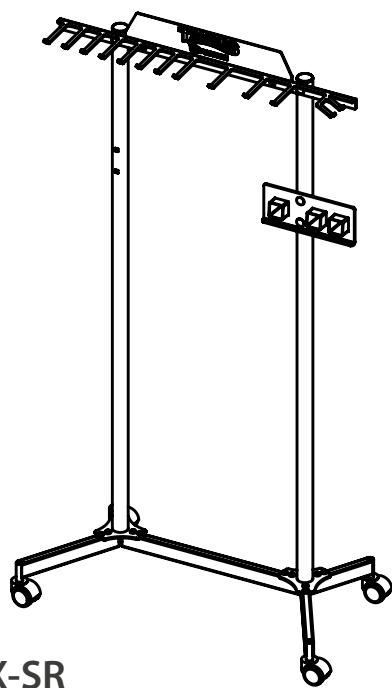
TF-FLEX



TF-FLEX-WB



TF-FLEX-PU



TF-FLEX-SR

144 kg  
L 154 | W 134 | H 206

FSTFFLEX.01.01  
FSTFFLEXPU.01.01  
FSTFFLEXSR.01.01  
FSTFFLEXWB.01.01



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**Dear customer,**

Thank you for choosing quality training equipment from the TAURUS® brand. Taurus offers sports and fitness equipment for home users with high demands on quality, functionality and longevity. Also, Taurus is a well-known and experienced brand for equipping professional rooms for fitness studios and business customers. The focus of Taurus fitness equipment is on what matters most in sports: maximum performance! Therefore, the devices are 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/taurus](http://www.fitshop.com/taurus).

**Intended Use**

The equipment may only be used for its intended purpose.

The equipment is only suitable for home use. The equipment is not suitable for semi-professional (e.g. hospitals, associations, hotels, schools, etc.) and commercial or professional use (e.g. fitness studios).

**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 TF-FLEX:

Item weight (gross, incl. packaging):	Box 1: 40 kg Box 2: 45 kg Box 3: 33 kg Box 4: 35 kg
Item weight (net, without packaging):	144 kg
Package dimensions (L x W x H):	Box 1: 125 cm x 49.5 cm x 10 cm Box 2: 158.5 cm x 44 cm x 15 cm Box 3: 117 cm x 53 cm x 25 cm Box 4: 117 cm x 53 cm x 25 cm
Assembled dimensions (L x W x H):	154 cm x 134 cm x 206 cm
Maximum user weight:	150 kg

### Weight and Dimensions TF-FLEX-PU:

Item weight (gross, incl. packaging):	13 kg
Item weight (net, without packaging):	12 kg
Package dimensions (L x W x H):	98 cm x 42 cm x 20 cm
Assembled dimensions (L x W x H):	31 cm x 94 cm x 20 cm
Maximum user weight:	150 kg

**Weight and Dimensions TF-FLEX-SR:**

Item weight (gross, incl. packaging):	12 kg
Item weight (net, without packaging):	11 kg
Package dimensions (L x W x H):	148 cm x 32 cm x 13 cm
Assembled dimensions (L x W x H):	47 cm x 85 cm x 158 cm
Maximum load:	30 kg

**Weight and Dimensions TF-FLEX-WB:**

Item weight (gross, incl. packaging):	22 kg
Package dimensions (L x W x H):	97 cm x 46 cm x 39 cm
Assembled dimensions, flat (L x W x H):	143 cm x 51 cm x 51 cm
Assembled dimensions, upright (L x W x H):	130 cm x 51 cm x 131 cm
Footprint (L x W):	143 cm x 51 cm
Number of adjustment positions:	6
Maximum user weight:	150 kg

**Use class:****H**

## 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.
- + The safety level of the appliance can only be maintained if it is regularly checked for damage and wear.

### 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: TF-FLEX

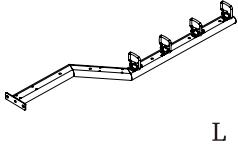
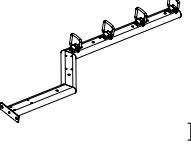
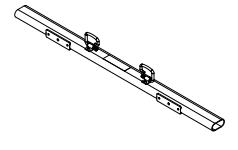
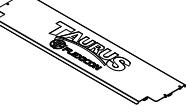
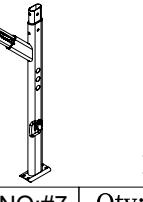
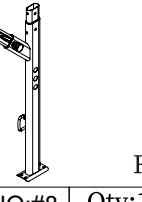
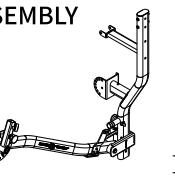
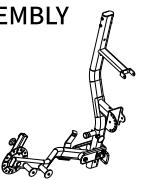
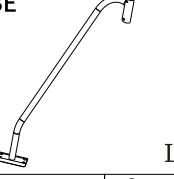
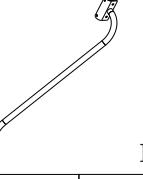
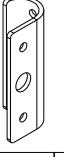
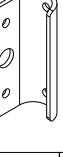
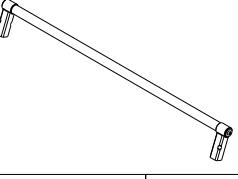
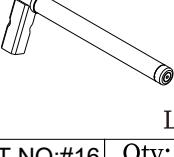
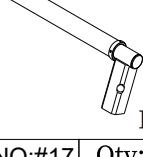
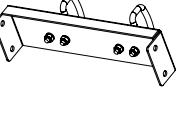
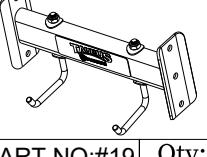
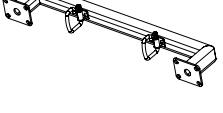
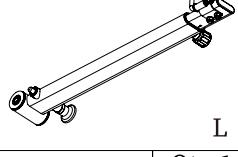
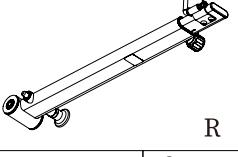
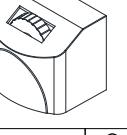
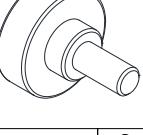
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

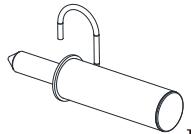
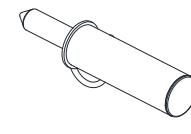
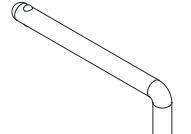
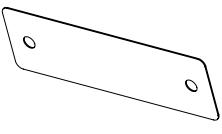
### ⚠ CAUTION

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

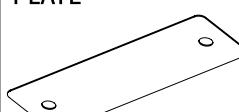
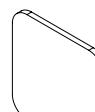
### ⓘ NOTICE

Required tools: Ratchet Wrench, Torx Socket, Socket Adapter, L-Wrench, Allen Wrench

LEFT BASE FRAME TUBE	RIGHT BASE FRAME TUBE	REAR BASE FRAME TUBE	REAR PLATFORM	MIDDLE PLATFORM
 L	 R			
PART NO:#1 Qty:1	PART NO:#2 Qty:1	PART NO:#3 Qty:1	PART NO:#4 Qty:1	PART NO:#5 Qty:1
FRONT PLATFORM	LEFT UPRIGHT	RIGHT UPRIGHT	LEFT MAIN ARM ASSEMBLY	RIGHT MAIN ARM ASSEMBLY
	 L	 R	 L	 R
PART NO:#6 Qty:1	PART NO:#7 Qty:1	PART NO:#8 Qty:1	PART NO:#9 Qty:1	PART NO:#10 Qty:1
LEFT SUPPORT TUBE	RIGHT SUPPORT TUBE	LEFT CONNECTOR BRACKET	RIGHT CONNECTOR BRACKET	STRAIGHT BAR
 L	 R			
PART NO:#11 Qty:1	PART NO:#12 Qty:1	PART NO:#13 Qty:1	PART NO:#14 Qty:1	PART NO:#15 Qty:1
LEFT HANDLE	RIGHT HANDLE	UPPER CROSS MEMBER	BENCH STORAGE BAR	MIDDLE CROSS MEMBER
 L	 R			
PART NO:#16 Qty:1	PART NO:#17 Qty:1	PART NO:#18 Qty:1	PART NO:#19 Qty:1	PART NO:#20 Qty:1
LEFT UPPER ARM ASSEMBLY	RIGHT UPPER ARM ASSEMBLY	BASE FRAME TUBE LEVELER	CUSHIONING	PLUM SHAPED SCREW
 L	 R			
PART NO:#21 Qty:1	PART NO:#22 Qty:1	PART NO:#23 Qty:4	PART NO:#24 Qty:2	PART NO:#25 Qty:2

LEFT PEG	RIGHT PEG		L PIN	THICK LEVELING PLATE
 L	 R			

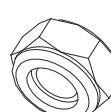
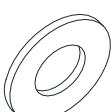
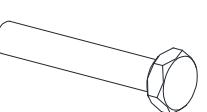
PART NO:#26 Qty:1 PART NO:#27 Qty:1 PART NO:#29 Qty:2 PART NO:#30 Qty:2

THIN LEVELING PLATE	MAT	 		
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PART NO:#31 Qty:2 PART NO:#32 Qty:4 Accessories Tool Box Qty:1

A#	B#	C#	D#	E#
----	----	----	----	----

M10×55 BOLT Qty:14 M10×16 BOLT Qty:32 M10×60 BOLT Qty:4 M10×105 BOLT Qty:4 M10×120 BOLT Qty:2

F#	G#	H#	I#	Z#
 M10 NUT Qty:14	 M10 FLAT WASHER Qty:70	 ø10R23 CURVED WASHER Qty:8	 M10×65 BOLT Qty:4	 Collapsible Storage Bin Qty:1

Accessories	(J)Yellow 3-10LB resistance band*2pcs (K)Green 5-20LB resistance band*2pcs (L)Red 8-30LB resistance band*2pcs (M)Blue 13-50LB resistance band*2pcs (N)Black 19-80LB resistance band*2pcs (O)Purple 23-90LB resistance band*2pcs (P)Resistance Bands Handles*2pcs (Q)Resistance Bands Ankle Straps*2pcs (R)Door Anchor*1pc (S)Carry Bag*1pc (28) Sleeve *6pcs	Tool Box	(T) Ratchet Wrench 13mm*1pcs (U) Torx Socket 17mm *1pcs (V) Socket Adapter 13mm*1pcs (W) L-Wrench 14-17mm *1pcs (X) Allen Wrench 3mm*1pcs (Y) Allen Wrench 4mm*1pcs
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## 2.3 Assembly: TF-FLEX

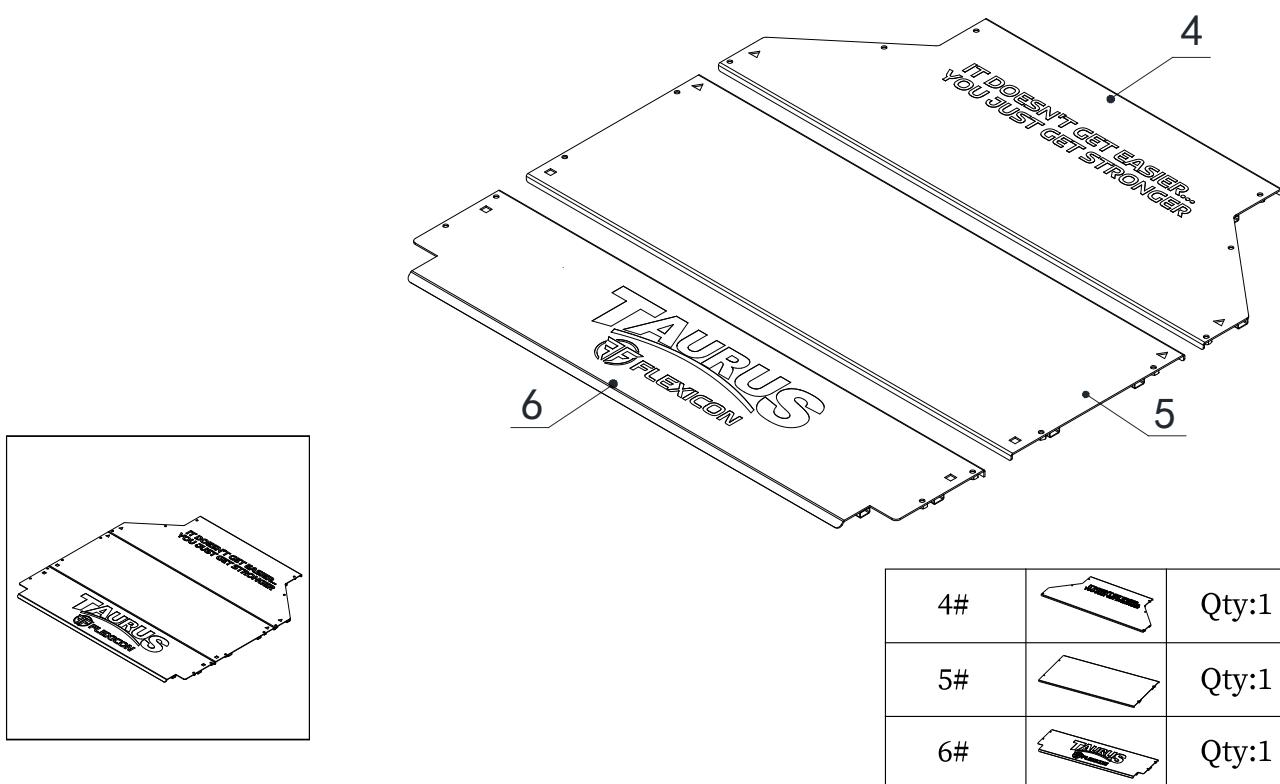
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### **① 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.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + 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.

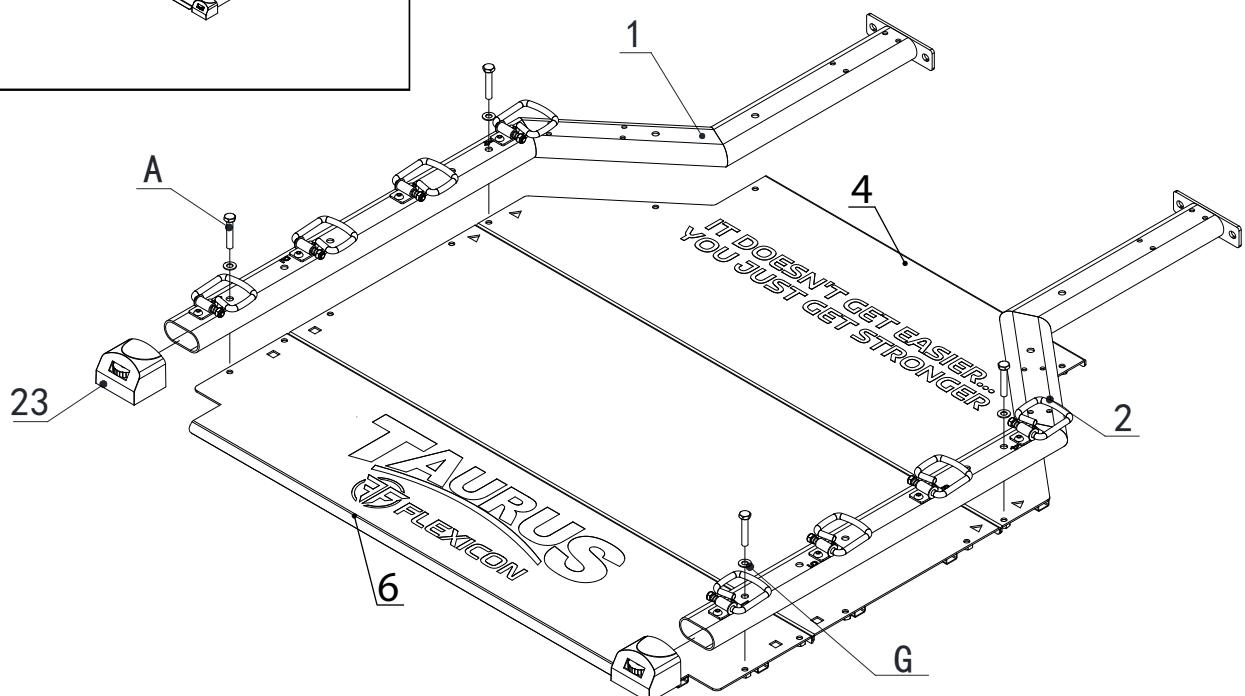
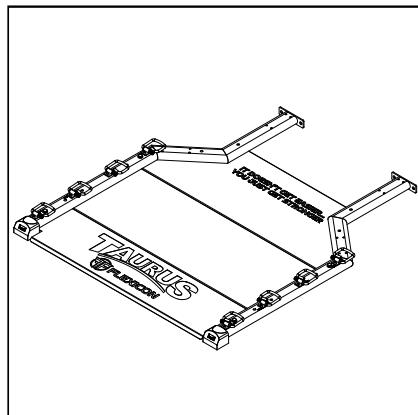
### Step 1: Aligning the platforms

1. Lay the platforms (4, 5, 6) on even ground.
2. Place the platforms (4, 5, 6) close to each other.



## Step 2: Assembly of the Base Frame Tubes

1. Fix the left base frame tube (1) to the platforms (4 and 6) with two bolts (A) and two washers (G).
2. Fix the right base frame tube (2) to the platforms (4 and 6) with two bolts (A) and two washers (G).
3. Fix two base frame tube levellers (23) to the left (1) and right base frame tubes (2).

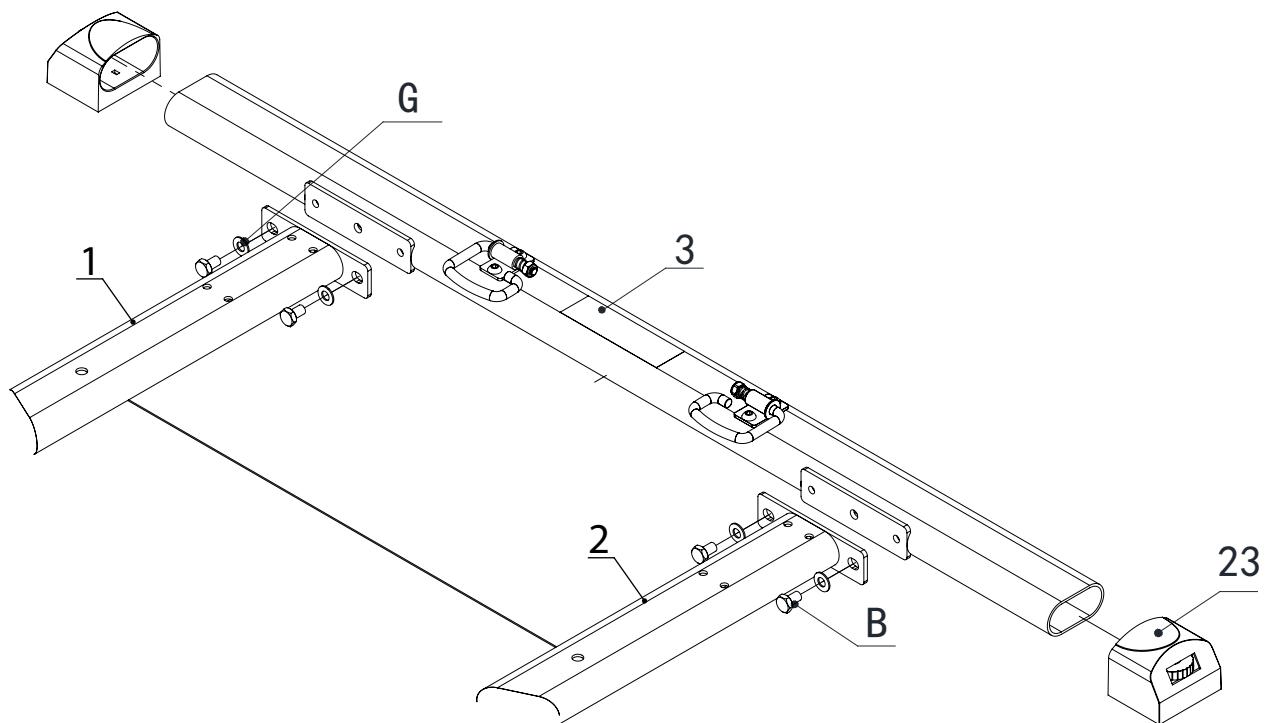
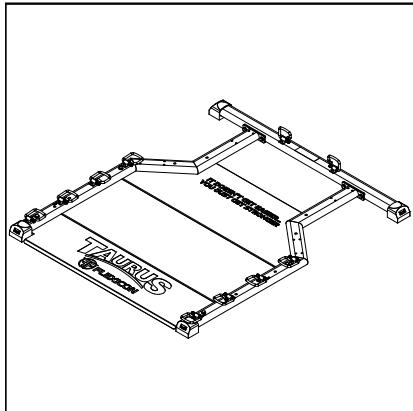


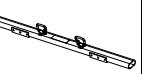
1#		Qty:1
2#		Qty:1
23#		Qty:2

A#		M10×55	Qty:4
G#		10	Qty:4

### Step 3: Assembly of the rear base frame tube

1. Fix two base frame tube levellers (23) to the rear base frame tube (3).
2. Fix the rear base frame tube (3) to the left (1) and right base frame tube (2) with four bolts (B) and four washers (G).



3#		Qty:1
23#		Qty:2

B#		M10×16	Qty:4
G#		10	Qty:4

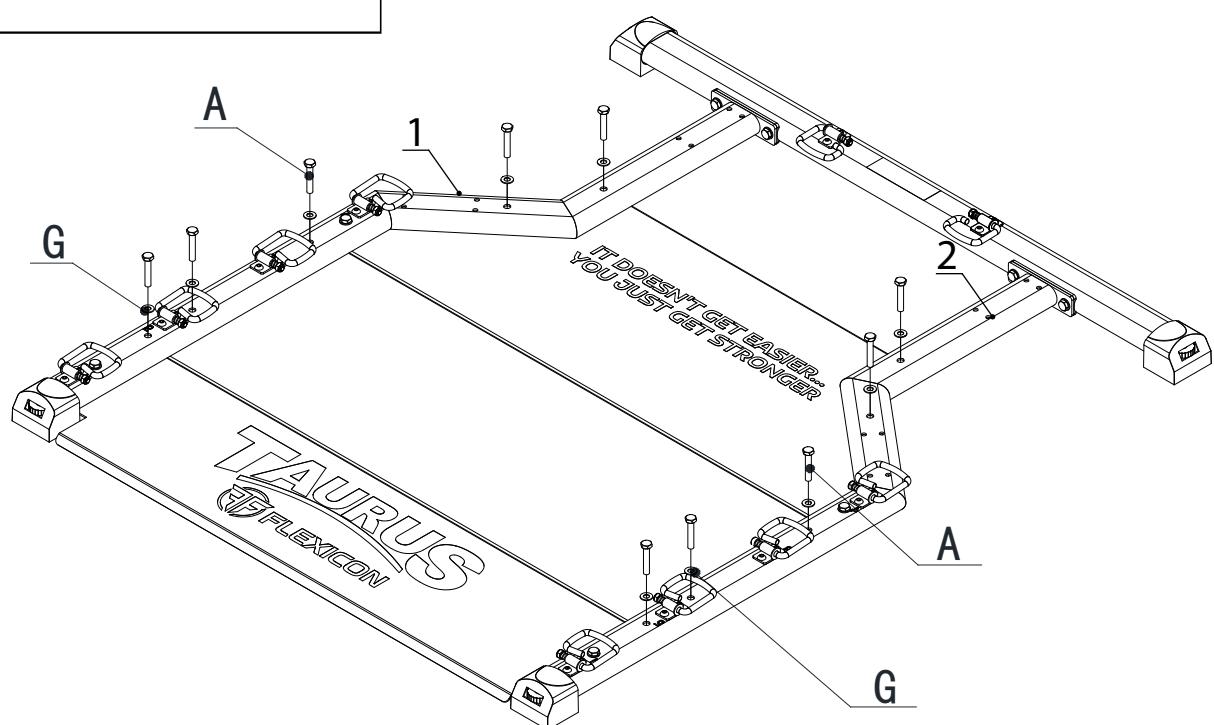
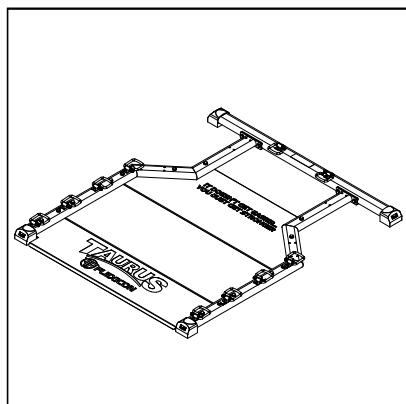
## Step 4: Connecting The Base Frame Tubes and Platforms

1. Place five bolts (A) and five washers (G) into the holes of the left base frame tube (1).
2. Place five bolts (A) and five washers (G) into the holes of the right base frame tube (2).

### **NOTICE**

The next step includes all bolts and washers from this and the previous assembly steps.

3. Tighten all 18 bolts (A) and washers (G) with the ratchet wrench (T).

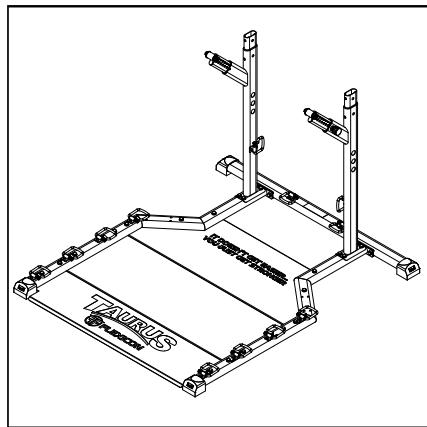


A#		M10×55	Qty:10
G#		10	Qty:10

T#		Ratchet Wrench 1/2	Qty:1
U#		Torx Socket 17mm	Qty:1

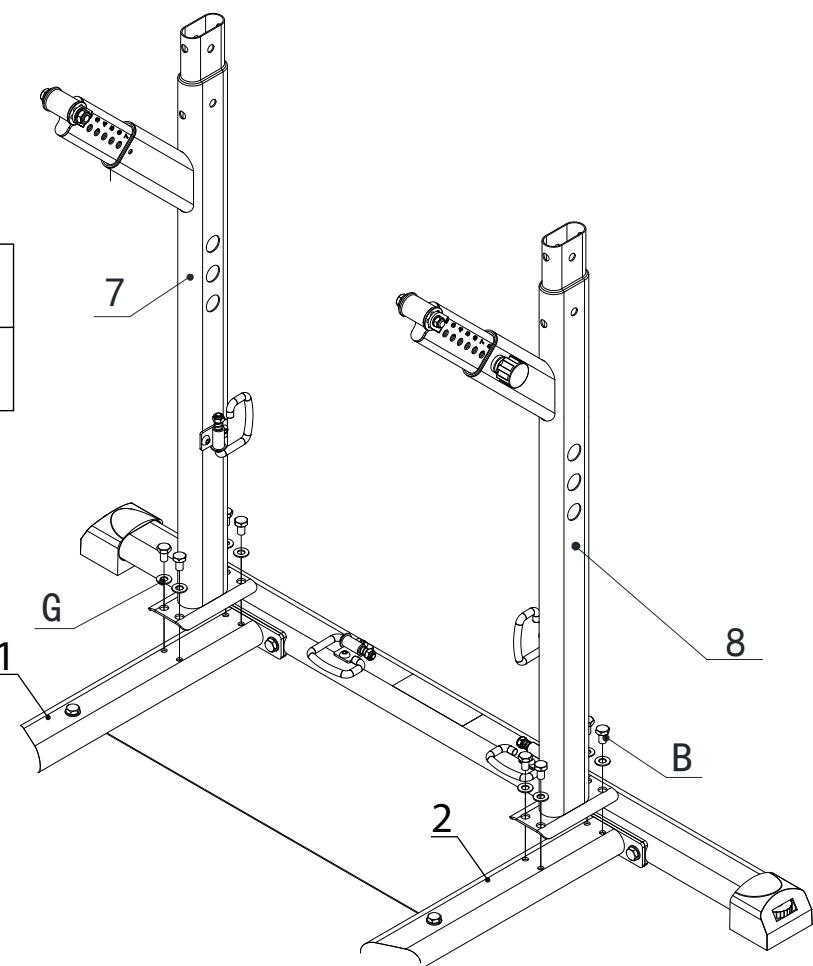
## Step 5: Assembly of the uprights

1. Fix the left upright (7) to the left base frame tube (1) with four bolts (B) and four washers (G).
2. Fix the right upright (8) to the right base frame tube (2) with four bolts (B) and four washers (G).



B#		M10×16	Qty:8
G#		10	Qty:8

7#		Qty:1
8#		Qty:1

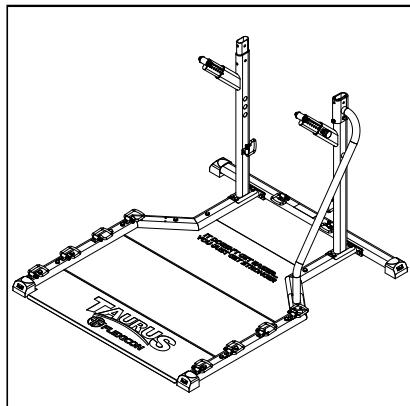


## Step 6: Assembly of the right support tube

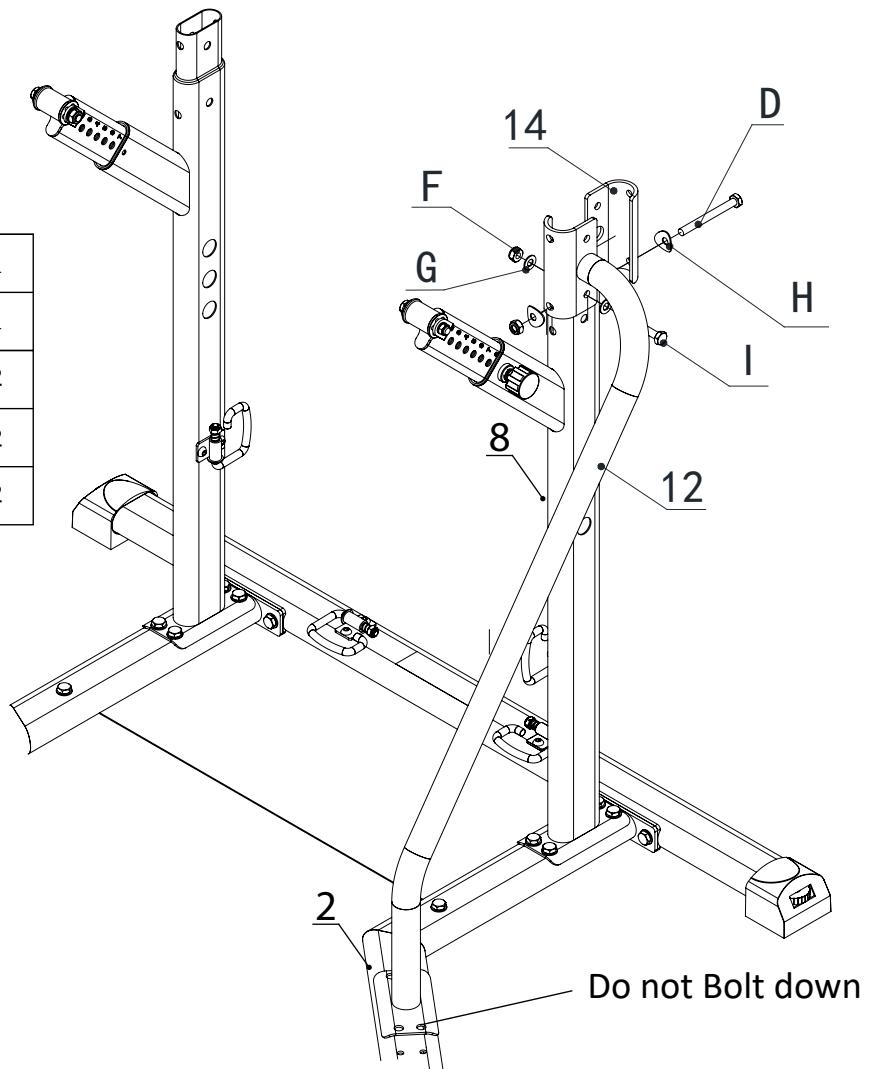
1. Place the right support tube (12) onto the right base frame tube (2) and the right upright (8).
2. Place the right connector bracket (14) onto the right upright (8).
3. Fix the upper part of the right support tube (12) and the lower part of the right connector bracket (14) to the right upright (8) with one bolt (D), two curved washers (H), one nut (F), one bolt (I), two washers (G), and one nut (F).

### **NOTICE**

Do not fix the lower part of the right support tube (12) to the right base frame tube (2) yet.



I#		M10×65	Qty:1
D#		M10×105	Qty:1
F#		M10	Qty:2
G#		10	Qty:2
H#		ø10R23	Qty:2



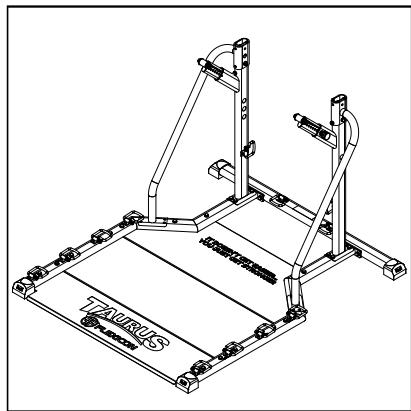
12#		Qty:1
14#		Qty:1

## Step 7: Assembly of the left support tube

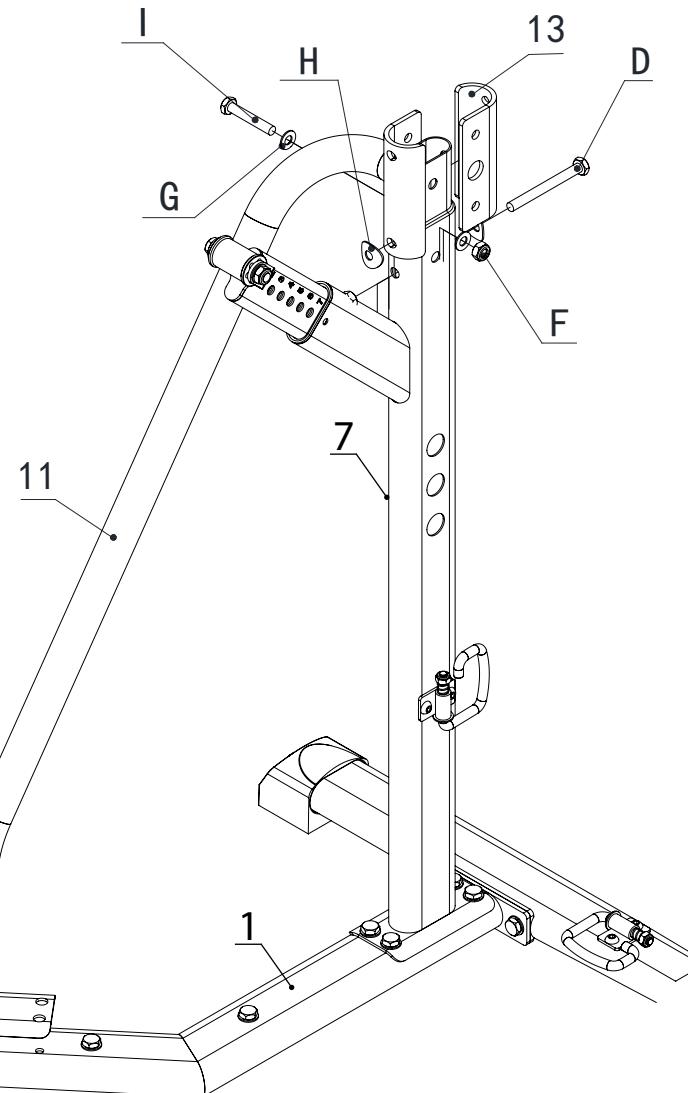
1. Place the left support tube (11) onto the left base frame tube (1) and the left upright (7).
2. Place the left connector bracket (13) onto the left upright (7).
3. Fix the upper part of the left support tube (11) and the lower part of the left connector bracket (13) to the left upright (7) with one bolt (D), two curved washers (H), one nut (F), one bolt (I), two washers (G), and one nut (F).

### **NOTICE**

Do not fix the lower part of the left support tube (11) to the left base frame tube (1) yet.



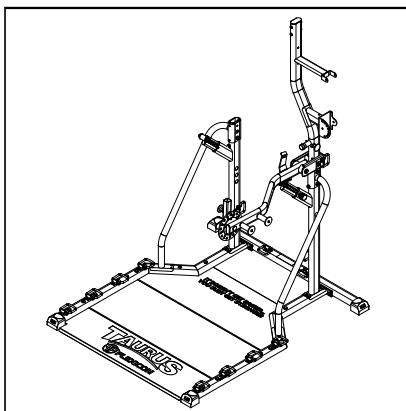
I#		M10×65	Qty:1
D#		M10×105	Qty:1
F#		M10	Qty:2
G#		10	Qty:2
H#		ø10R23	Qty:2



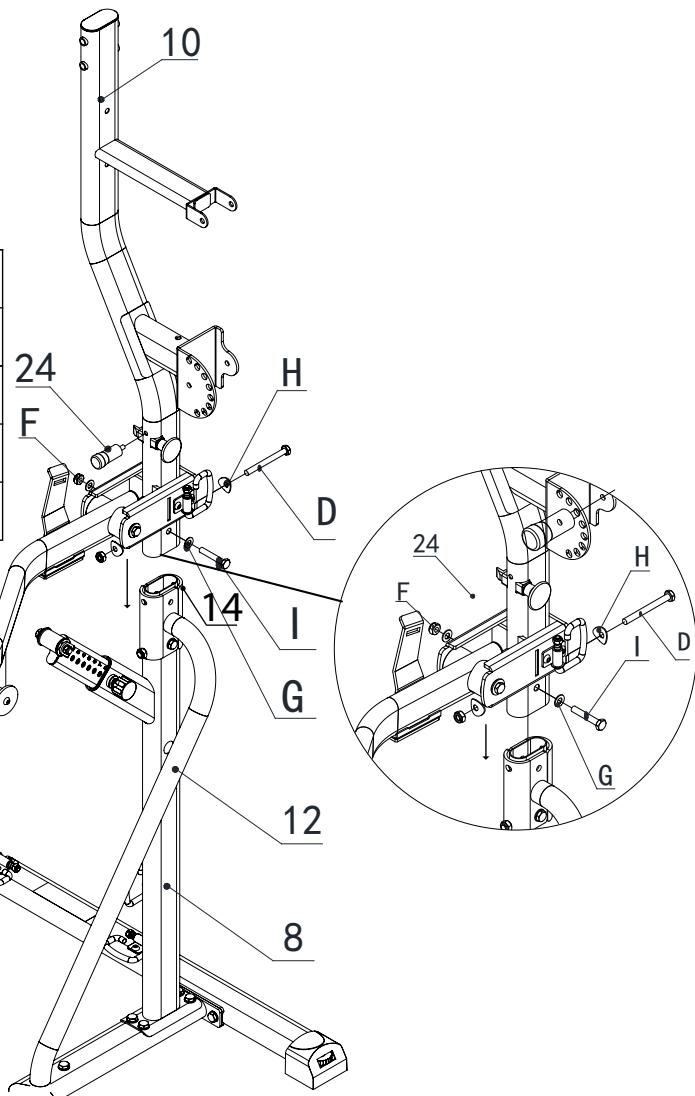
11#		Qty:1
13#		Qty:1

## Step 8: Assembly of the right main arm

1. Place the right main arm (10) into the opening between the right support tube (12), the right connector bracket (14), and the right upright (8).
2. Fix the right main arm (10) with one bolt (D), two curved washers (H), one nut (F), one bolt (I), two washers (G), and one nut (F).
3. Fix the cushioning (24) to the right main arm (10).



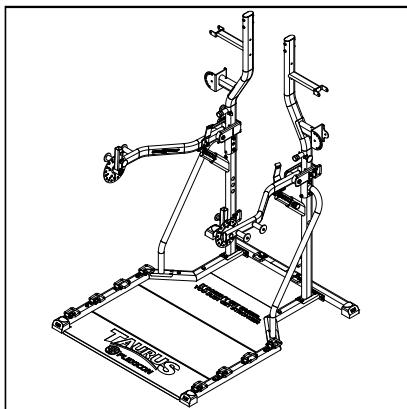
I#		M10×65	Qty:1
D#		M10×105	Qty:1
F#		M10	Qty:2
G#		10	Qty:2
H#		ø10R23	Qty:2



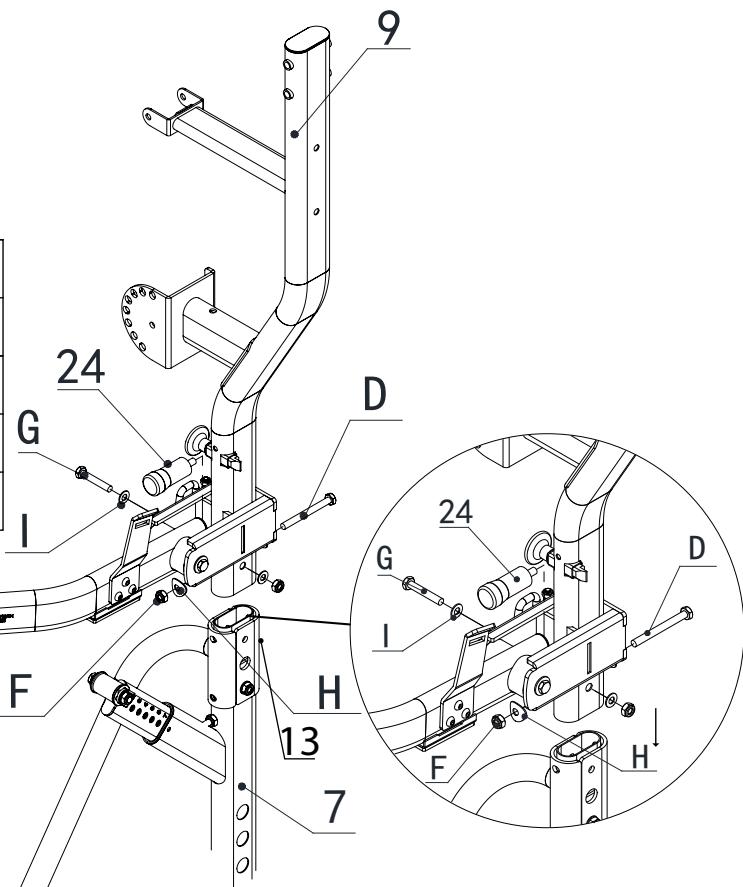
10#		Qty:1
24#		Qty:1

## Step 9: Assembly of the left main arm

1. Place the left main arm (9) into the opening between the left support tube (11), the left connector bracket (13), and the left upright (7).
2. Fix the left main arm (9) with one bolt (D), two curved washers (H), one nut (F), one bolt (I), two washers (G), and one nut (F).
3. Fix the cushioning (24) to the left main arm (9).



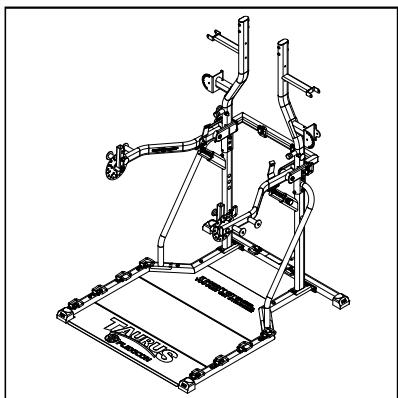
I#		M10×65	Qty:1
D#		M10×105	Qty:1
F#		M10	Qty:2
G#		10	Qty:2
H#		ø10R23	Qty:2



9#		Qty:1
24#		Qty:1

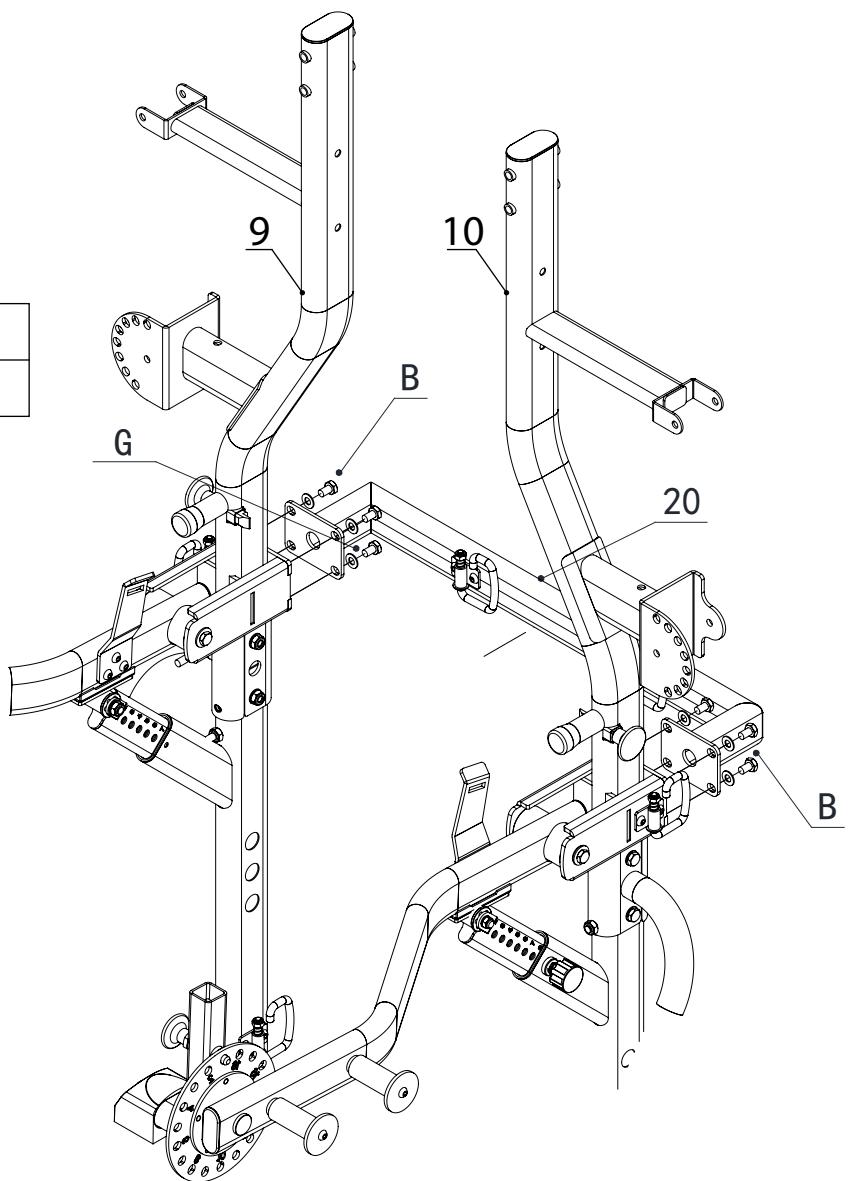
## Step 10: Assembly of the middle cross member

1. Fix the middle cross member (20) to the left (9) and right main arm (10) with eight bolts (B) and eight washers (G).



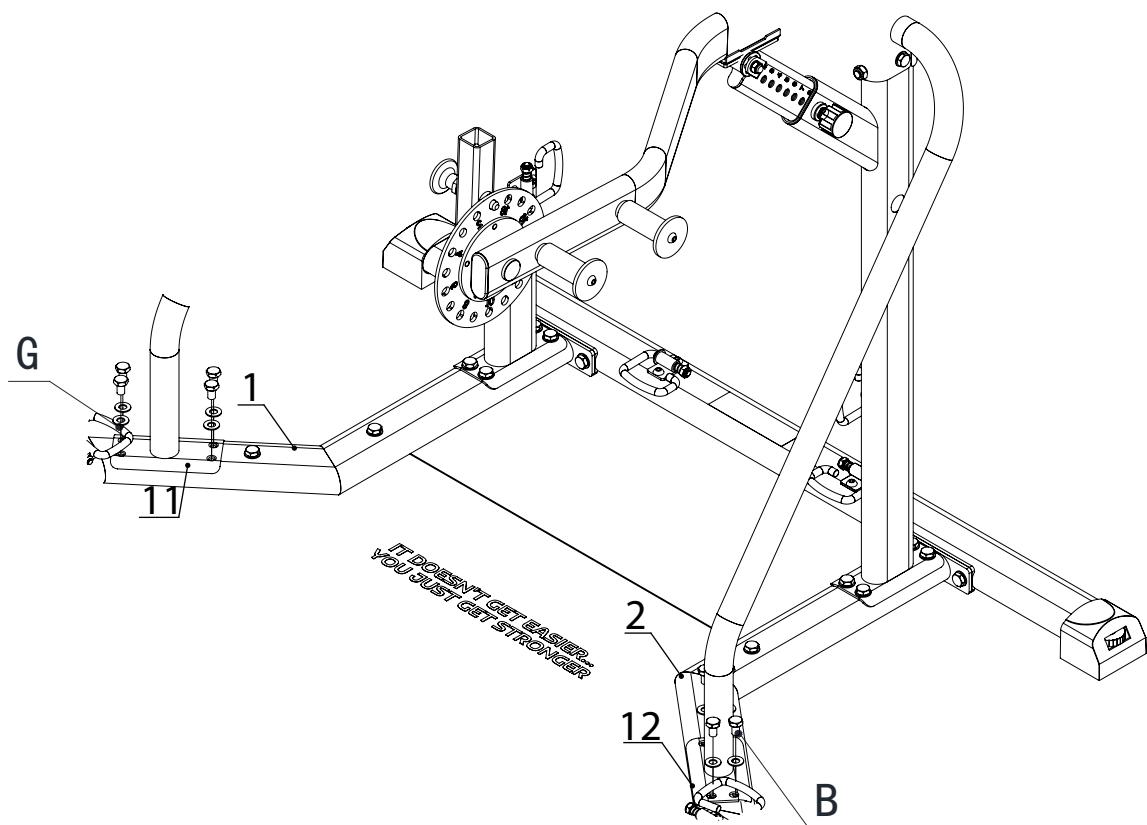
B#		M10×16	Qty:8
G#		10	Qty:8

20#		Qty:1
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### Step 11: Tightening the support tubes

1. Fix the lower part of the left support tube (11) to the left base frame tube (1) with four bolts (B) and four washers (G).
2. Fix the lower part of the right support tube (12) to the right base frame tube (2) with four bolts (B) and four washers (G).



B#		M10×16	Qty:8
G#		10	Qty:8

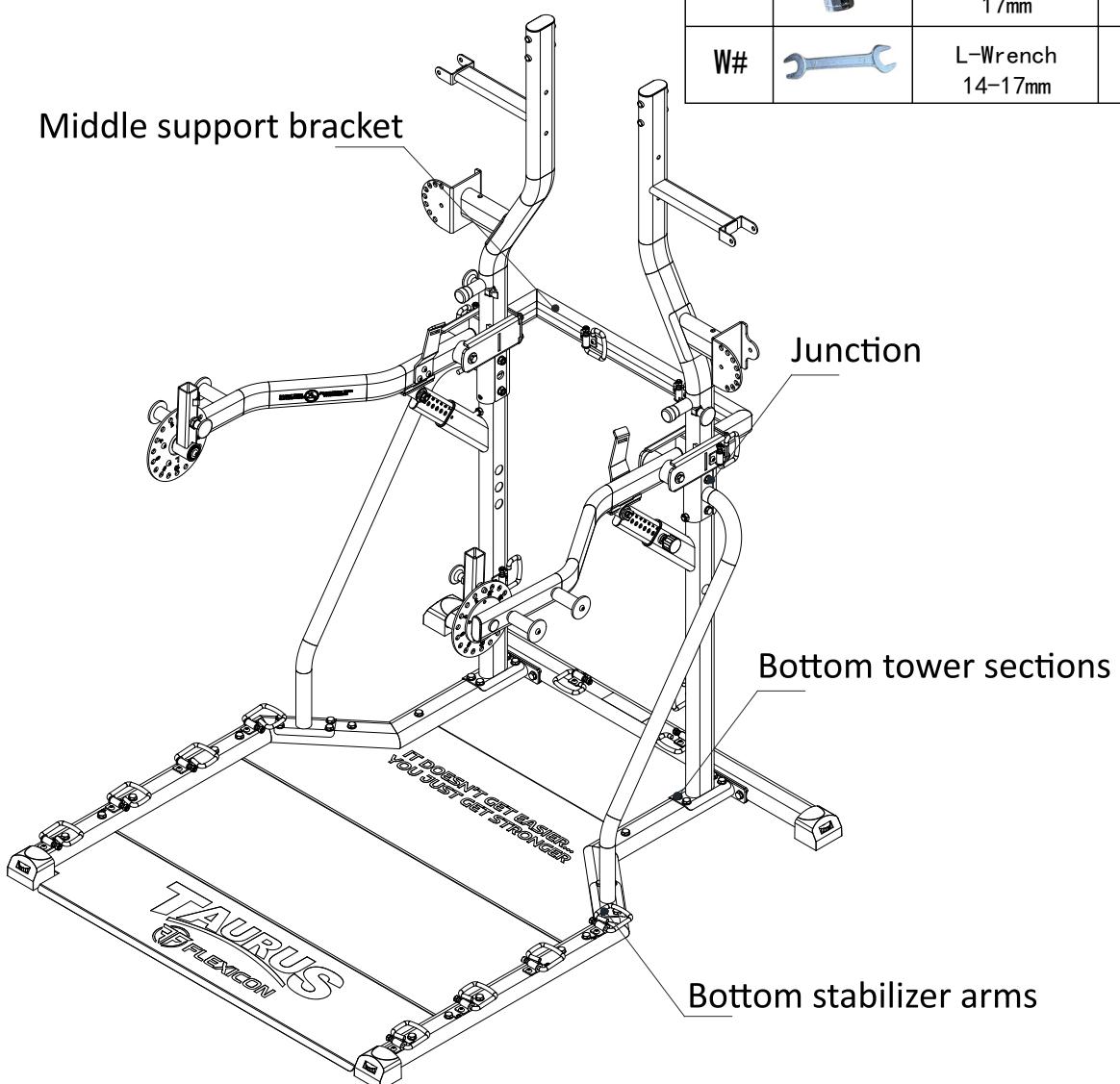
## Step 12: Tightening the bolts

### ⓘ NOTICE

Start from the bottom and work your way up.

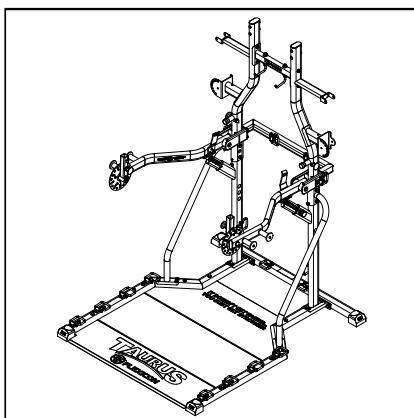
1. Tighten all bolts with the ratchet wrench (T) and the L-wrench (W).

T#		Ratchet Wrench 1/2	Qty:1
U#		Torx Socket 17mm	Qty:1
W#		L-Wrench 14-17mm	Qty:1

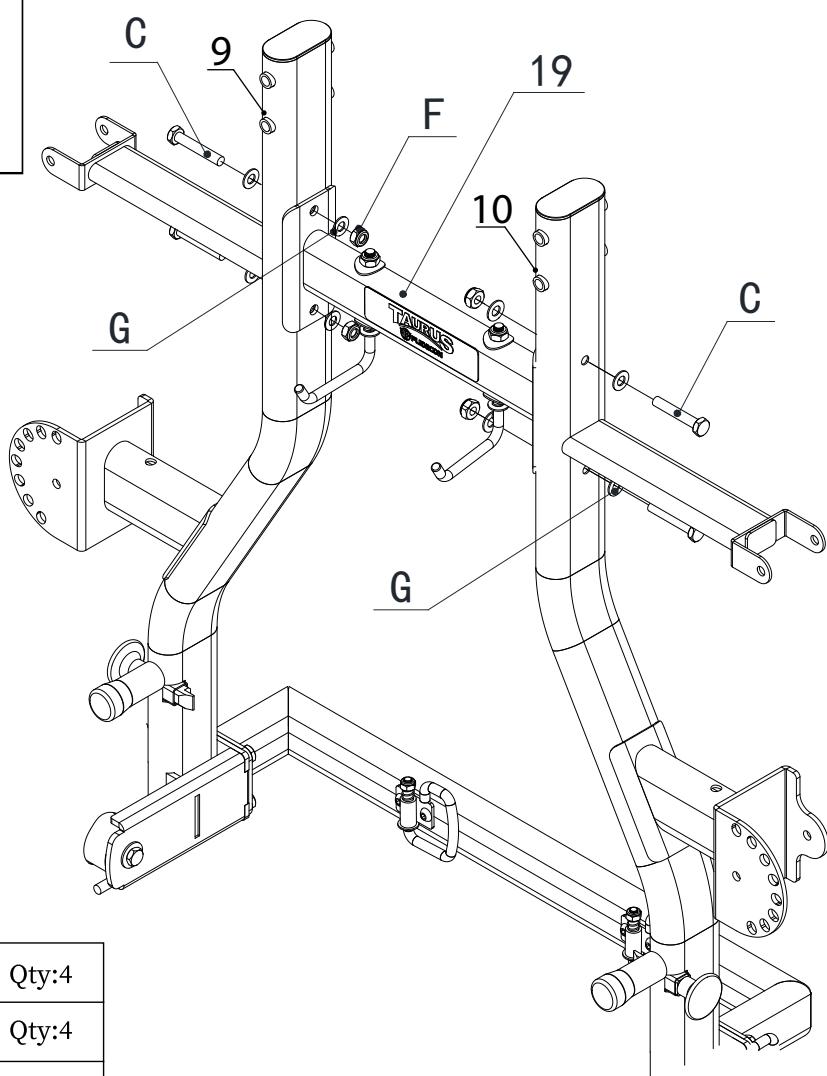


### Step 13: Assembly of the bench storage bar

1. Fix the bench storage bar (19) to the left (9) and right main arm (10) with four bolts (C), eight washers (G) and four nuts (F).
2. Tighten all bolts with the ratchet wrench (T).



19#		Qty:1
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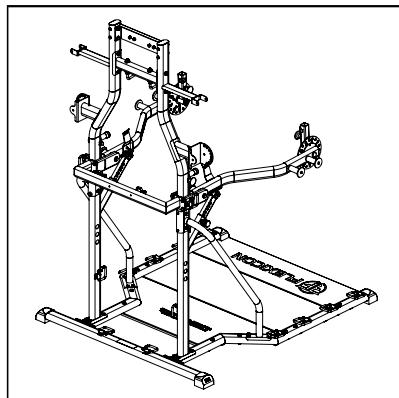
C#		M10×60	Qty:4
F#		M10	Qty:4
G#		10	Qty:8

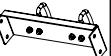
## Step 14: Assembly of the upper cross member

### ⓘ NOTICE

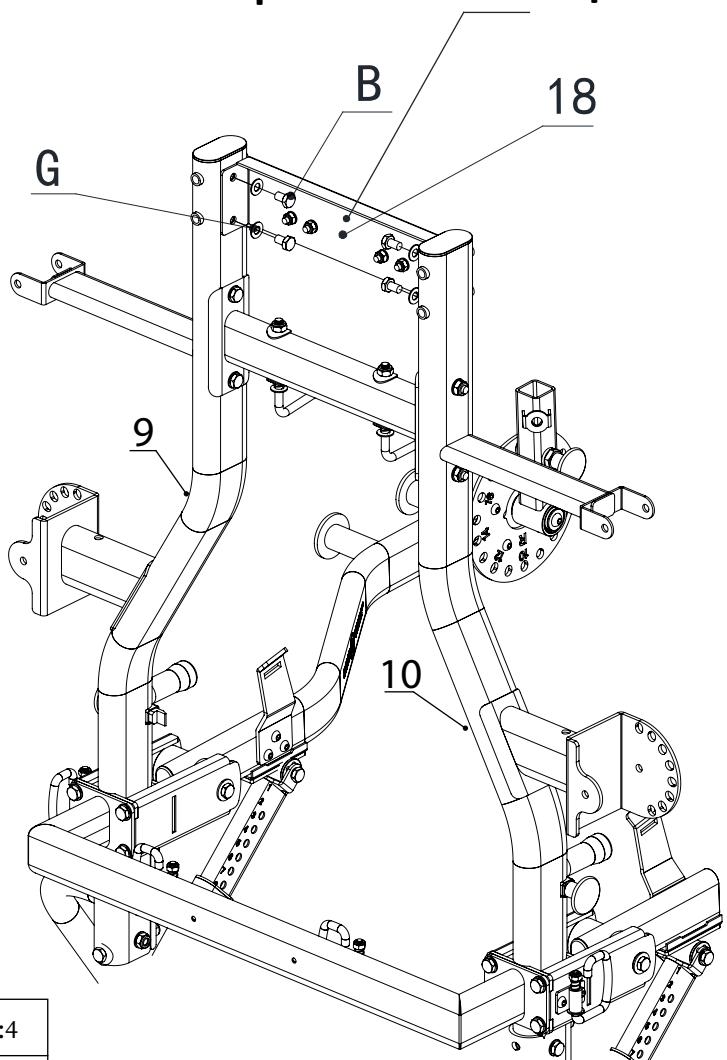
Do not assemble the upper cross member if you want to assemble the pull up accessory.

1. Fix the upper cross member (18) to the left (9) and right main arm (10) with four bolts (B) and four washers (G).
2. Tighten all bolts with the ratchet wrench (T).



18#		Qty:1
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**Do not install if  
purchased Pull Up Accessory**



B#		M10×16	Qty:4
G#		10	Qty:4

## Step 15: Assembly of the upper arms

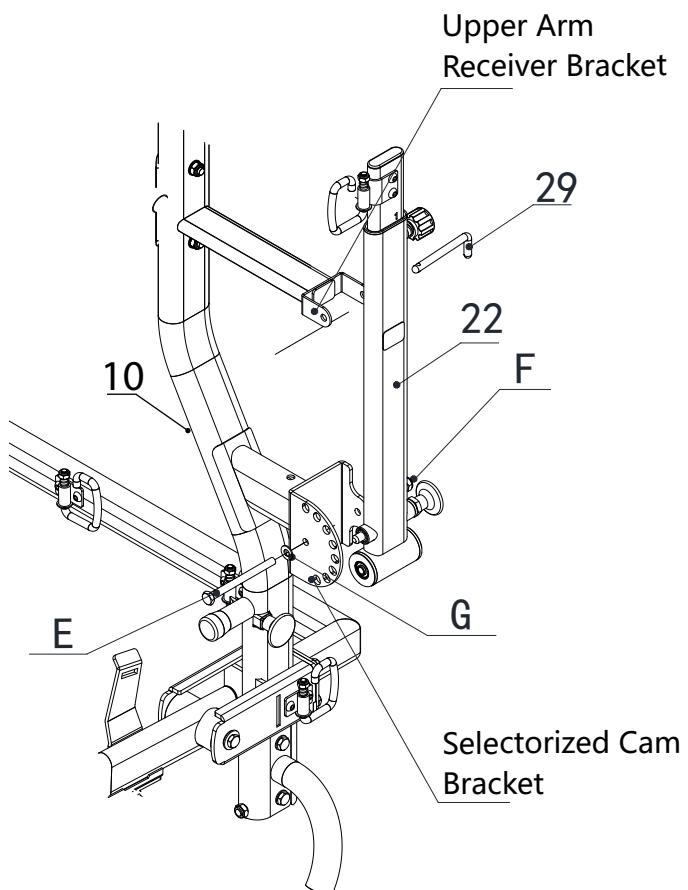
1. Pull the lower pop pin of the right upper arm (22) and tighten the pop pin in one of the holes of the selectorized cam bracket.
2. Fix the right upper arm (22) between the selectorized cam bracket with one bolt (E), two washers (G), and one nut (F).
3. Pull the lower pop pin of the right upper arm (22) and align the right upper arm (22) vertically.
4. Secure the right upper arm (22) between the upper arm receiver bracket with a L pin (29).
5. Repeat the steps on the other side.
6. Tighten all bolts with the ratchet wrench (T).

### **NOTICE**

- + Do not overtighten the bolts on the upper arms, as the arms should not feel stiff when adjusting them to different angles.
- + To adjust the upper arms, first remove the L pin from the upper arm receiver bracket.

22#		Qty:1
29#		Qty:1

E#		M10×120	Qty:1
F#		M10	Qty:1
G#		10	Qty:2



## Step 16: Assembly of the handles/straight bar

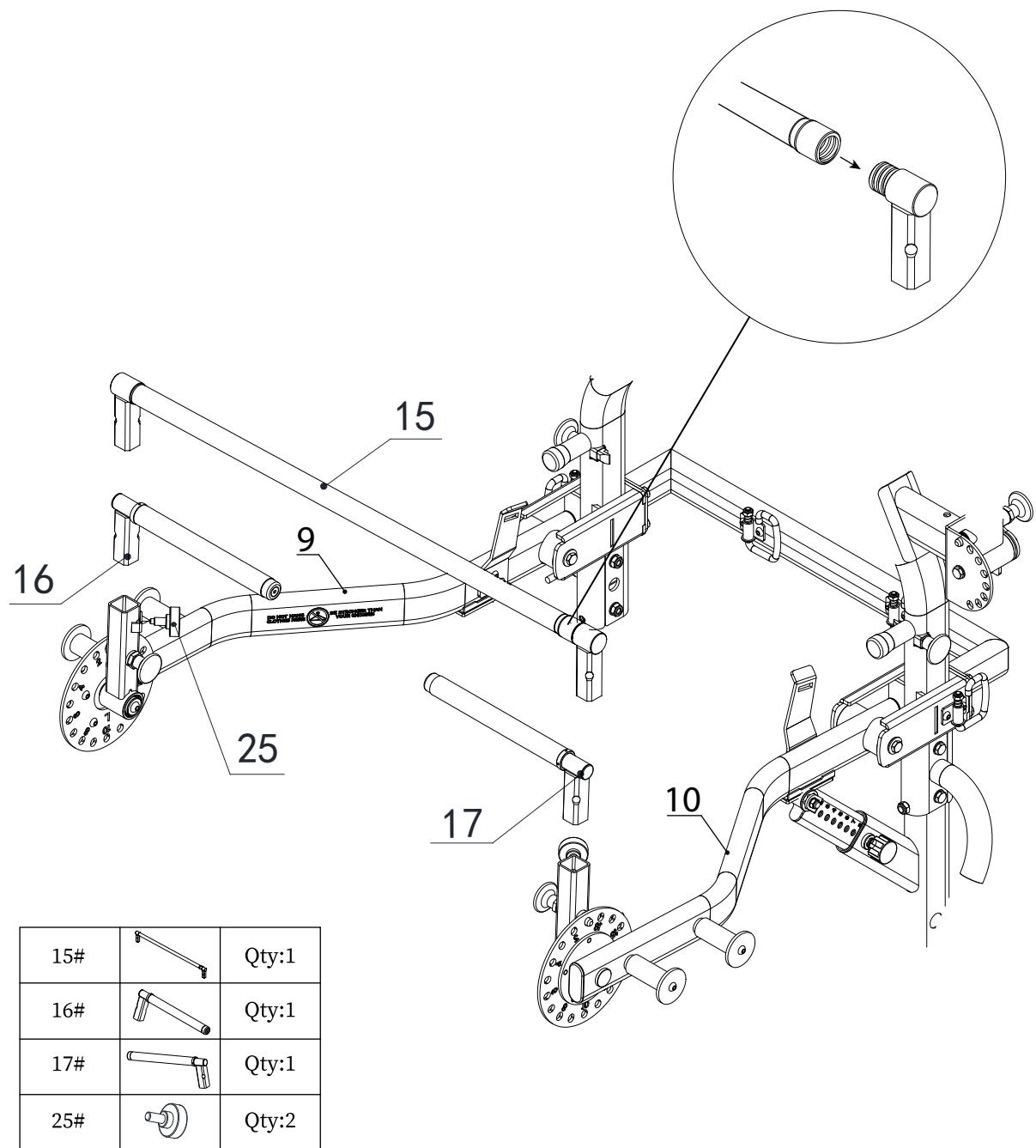
### ⓘ NOTICE

Assemble the handles or the straight bar based on the workout you intend to carry out.

1. Fix the left (16) and right handles (17) to the left (9) and right main arms (10) with two plum shaped screws (25).

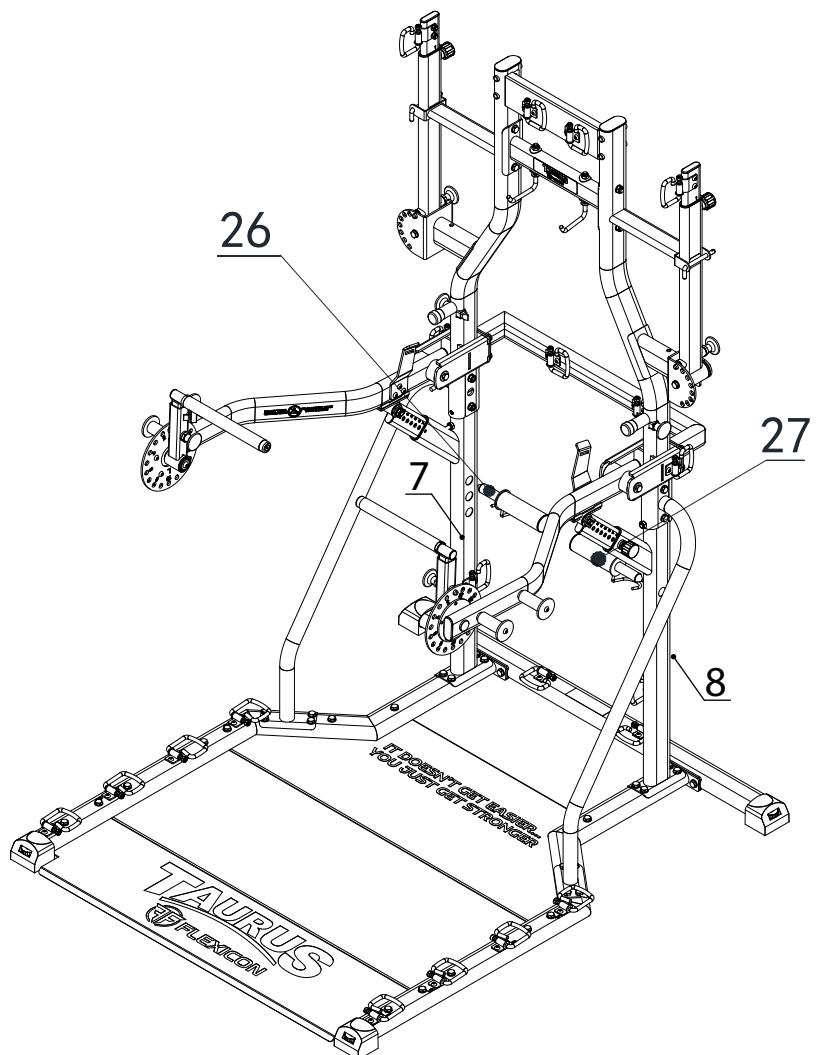
Or:

2. Fix the straight bar (15) to the left (9) and right main arms (10) with two plum shaped screws (25).



## Step 17: Assembly of the pegs

1. Insert the left (26) and right pegs (27) in the middle holes of the left (7) and right uprights (8).
2. To secure the pegs, rotate the pegs to the back.



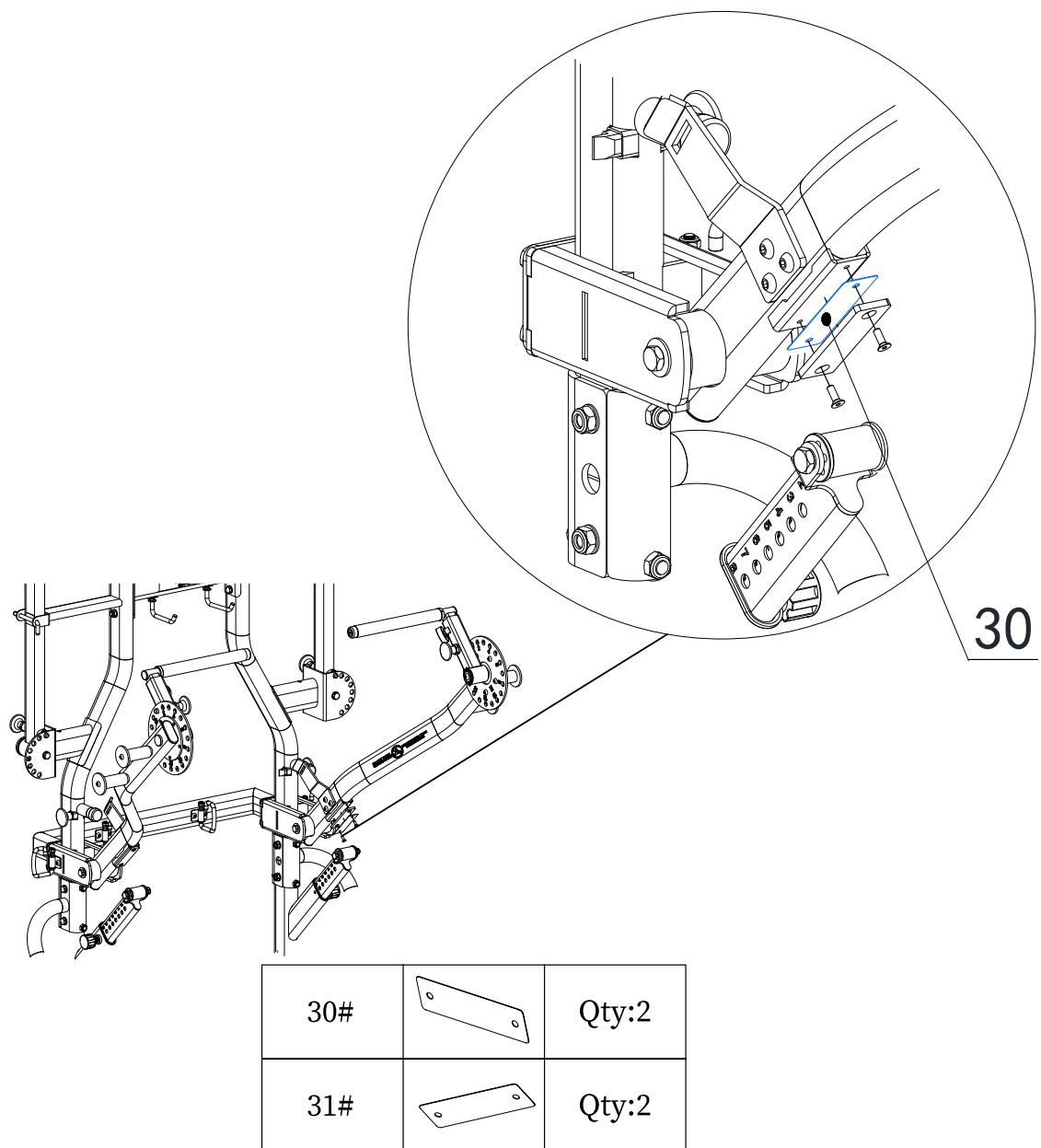
26#		Qty:1
27#		Qty:1

## Step 18: Assembly of the leveling plates

### **NOTICE**

Only install the plates if the main arms are not at the same height

1. Fix the thick (30) or thin leveling plates (31) to the main arms (9 and 10) with two bolts each.
2. Tighten all bolts with the ratchet wrench (T).



### **Step 19: Alignment of the feet**

If the floor is uneven, you can stabilize the equipment by turning the four setting screws in the base frame tubeleveler (23).

1. Rotate the screws clockwise in order to raise them and to raise the equipment.
2. Rotate them counterclockwise in order to lower the equipment.

## 2.4 Scope of Delivery: TF-FLEX-PU

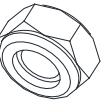
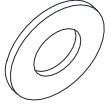
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

### ⚠ CAUTION

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

### ⓘ NOTICE

Required tools: Ratchet Wrench, Torx Socket, Socket Adapter, L-Wrench, Allen Wrench

33#	a#	b#	c#
			
Qty:1	M10×105 BOLT	Qty: 4	M10 NUT
		Qty: 4	M10 FLATWASHER
			Qty:8

## 2.5 Assembly: TF-FLEX- PU

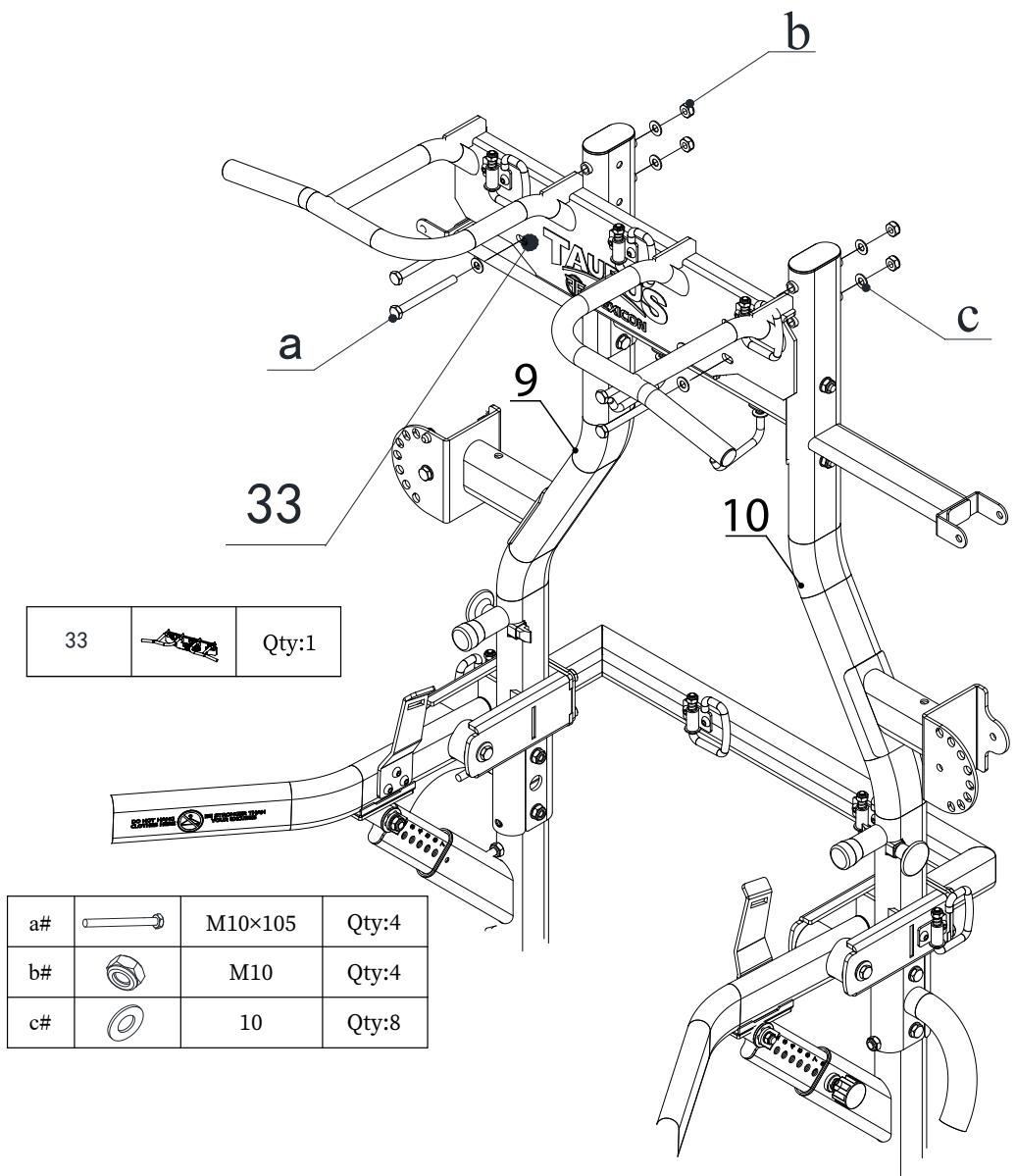
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### ⓘ 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.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + 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: Assembly of the pull up accessory

1. Remove the upper cross member (18).
2. Fix the pull up accessory (33) to the left (9) and right main arm (10) with four bolts (A), eight washers (C), and four nuts (B).
3. Tighten all bolts with the ratchet wrench (T).



## 2.6 Scope of Delivery: TF-FLEX-SR

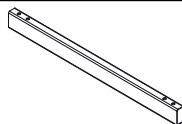
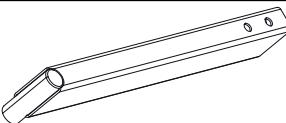
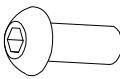
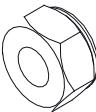
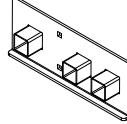
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

### **CAUTION**

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

### **NOTICE**

Required tools: Ratchet Wrench, Torx Socket, Socket Adapter, L-Wrench, Allen Wrench

NUMBER	DESCRIPTION	QUANTITY
1#	 Mount	1
2#	 Column	2
3#	 Center Connection	1
4#	 Front Feet	2
5#	 Back Feet	2
6#	 Wheel	4
7#	 Cup Head Square Neck Bolts	4
8#	 Round-headed socket bolts	14
9#	 Lock nut	6
10#	 Washer	6
11#	 Handle Storage	1
12#	 LOGO Brand	1

## 2.7 Assembly: TF-FLEX-SR

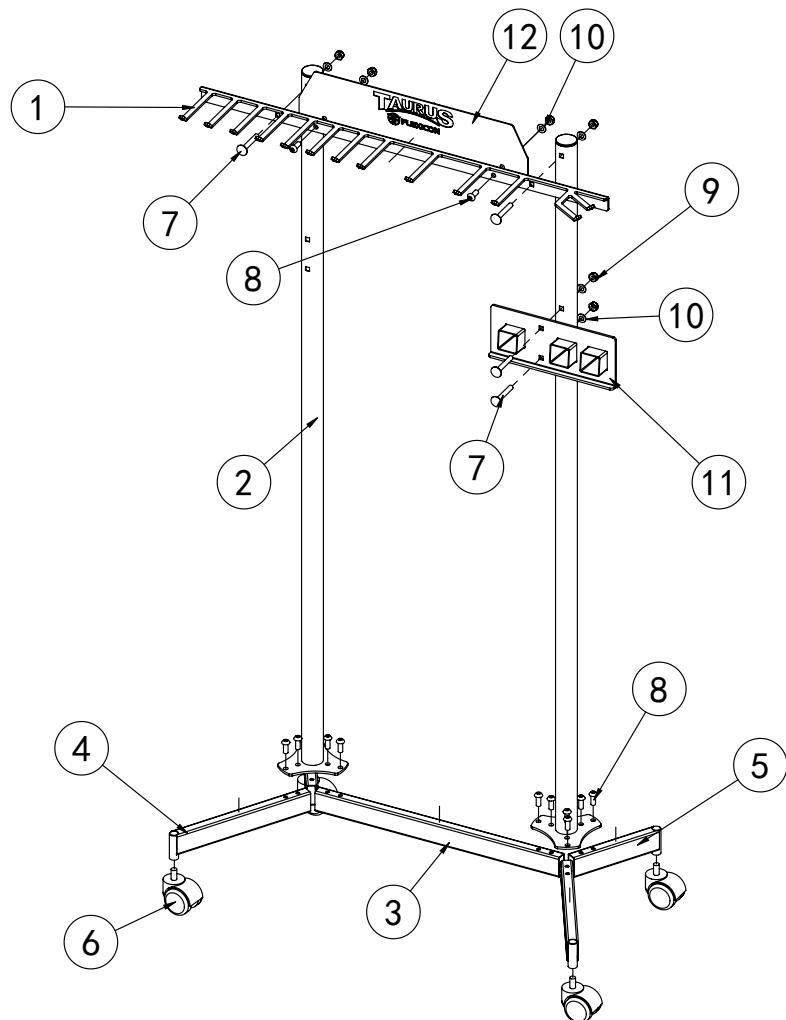
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### **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.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + 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: Assembly of the rack

1. Fix two wheels (6) to the two front feet (4).
2. Fix two wheels (6) to the two back feet (5).
3. Fix the two columns to the two front feet (4), two back feet (5), and the center connection (3) with six bolts each (8).
4. Fix the logo brand (12) and the mount (1) to the two columns (2) with two bolts (7), two bolts (8), four washers (10), and four lock nuts (9).
5. Fix the handle storage (11) to a column (2) with two bolts (7), two washers (10), and two lock nuts (9).
6. Tighten all bolts with the ratchet wrench (T).



7#		M8*55	Qty:4
8#		M8*20	Qty:14
9#		M8	Qty:6
10#		8	Qty:6

## 2.8 Scope of Delivery: TF-FLEX-WB

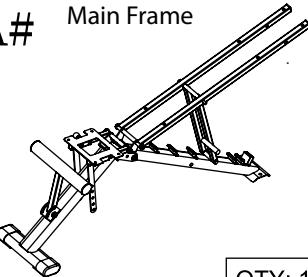
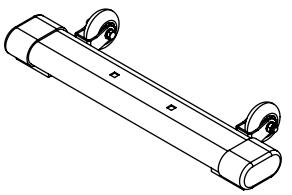
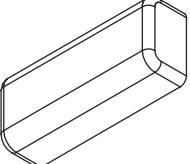
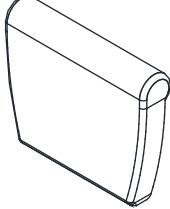
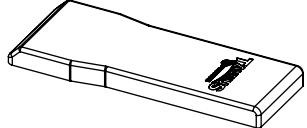
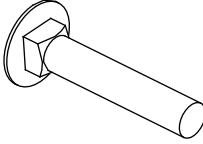
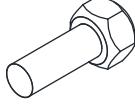
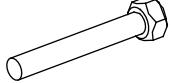
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

### ⚠ CAUTION

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

### ⓘ NOTICE

Required tools: Ratchet Wrench, Torx Socket, Socket Adapter, L-Wrench, Allen Wrench

<b>A#</b> Main Frame  QTY: 1PC	<b>B#</b> Bottom Pipe  QTY: 1PC	<b>C#</b> Head Cushion  QTY: 1PC
<b>D#</b> Seat Cushion  QTY: 1PC	<b>E#</b> Back Cushion  QTY: 1PC	
<b>1#</b> Cup Head Square Neck Bolts  M10×55 QTY: 2PCS	<b>2#</b> Washer  10 QTY:12PCS	<b>3#</b> Lock Nut  M10 QTY: 2PCS
<b>4#</b> Hexagon Head Bolt  M10×16 QTY:4PCS	<b>5#</b> Hexagon Head Bolt  M10×40 QTY:6PCS	

## 2.9 Assembly: TF-FLEX-WB

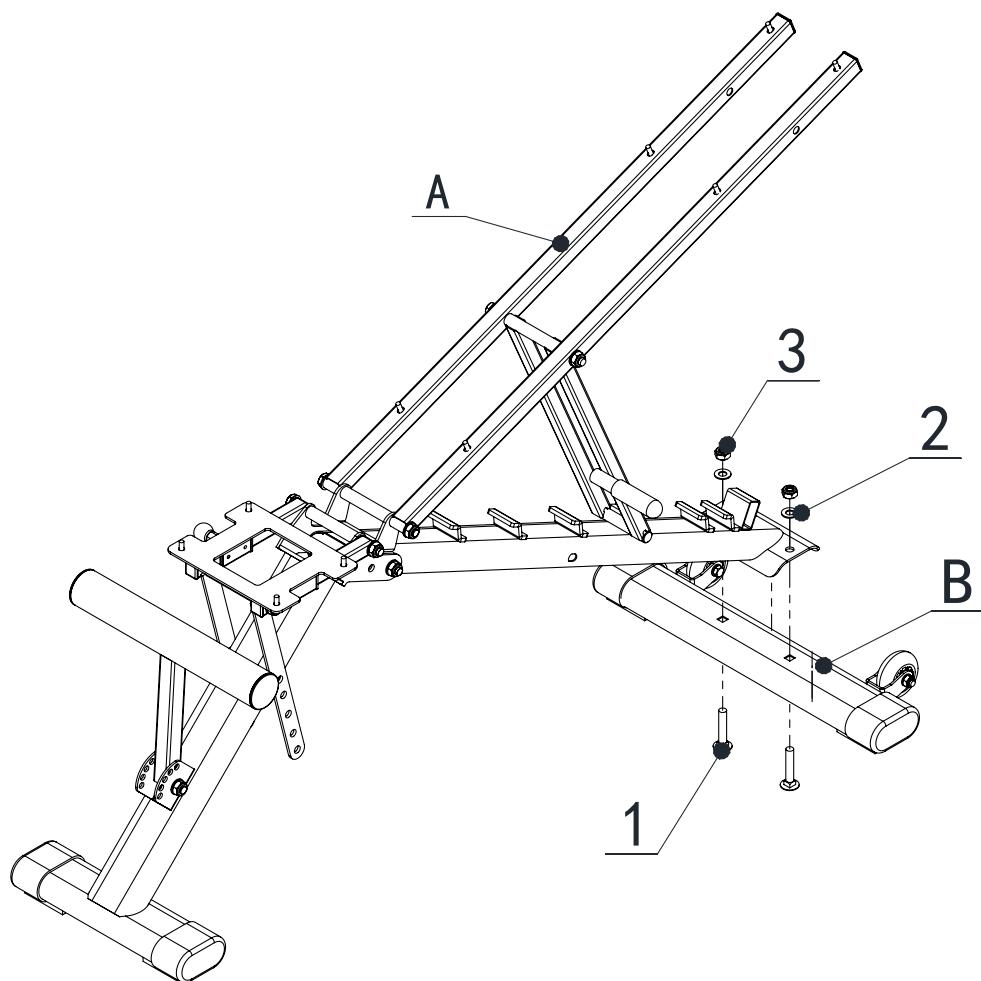
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

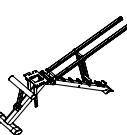
### **i** NOTICE

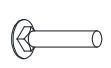
- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + If you have difficulty recognising the graphics, we recommend 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: Assembly of the mainframe

1. Fix the bottom pipe (B) to the mainframe (A) with two bolts (1), two washers (2), and two lock nuts (3).

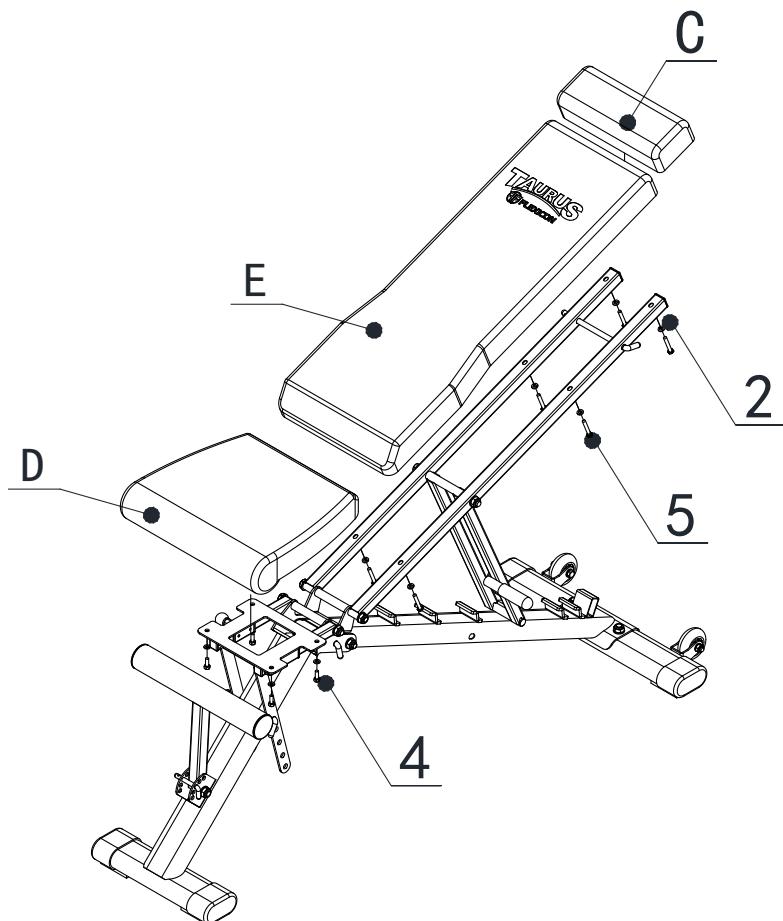


A#		Qty:1
B#		Qty:1

1#		M10×55	Qty:2
2#		10	Qty:2
3#		M10	Qty:2

## Step 2: Assembly of the back and seat cushion

1. Fix the seat cushion (D) to the mainframe (A) with four bolts (4) and four washers (2).
2. Fix the back cushion (E) to the mainframe (A) with four bolts (5) and four washers (2).
3. Fix the head cushion (C) to the mainframe (A) with two bolts (5) and two washers (2).
4. Tighten all bolts with the ratchet wrench (T).



C#		Qty:1	4#		M10×16	Qty:4
D#		Qty:1	5#		M10×40	Qty:6
E#		Qty:1	2#		10	Qty:10

### Step 3: Folding the bench

1. Remove the L-pin from behind the back cushion (E) (Fig. 1).
2. Fold the back cushion (E) back (Fig. 2).
3. Insert the L-pin behind the back cushion (E) (Fig. 2).

#### ► ATTENTION

Make sure that the L-pin is secured and the back cushion does not move.

4. Remove the L-pin from the foot rest (Fig. 3).
5. Lower the foot rest (Fig. 3).
6. Insert the L-pin into the lowest hole (Fig. 3).
7. Remove the L-pin from underneath the seat cushion (D) (Fig. 4).
8. Lower the seat cushion (D) (Fig. 4).
9. Insert the L-pin underneath the seat cushion (D) (Fig. 4).
10. Remove the L-pin from between the seat cushion (D) and the back cushion (E) (Fig. 5).
11. Fold the bench (Fig. 5).
12. Insert the L-pin between the seat cushion (D) and the back cushion (E) (Fig. 5).

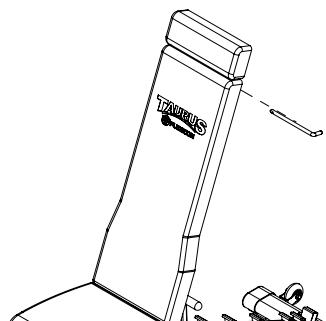


Fig. 1

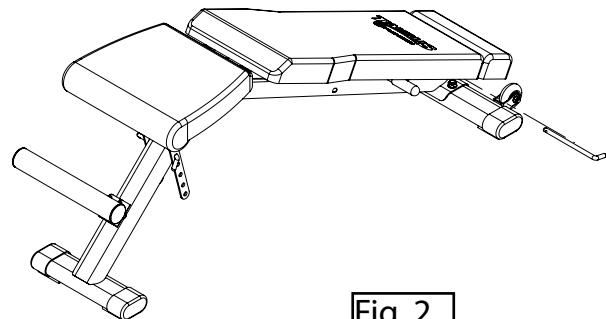


Fig. 2

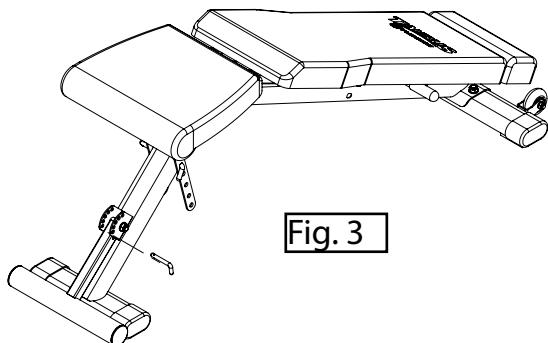


Fig. 3

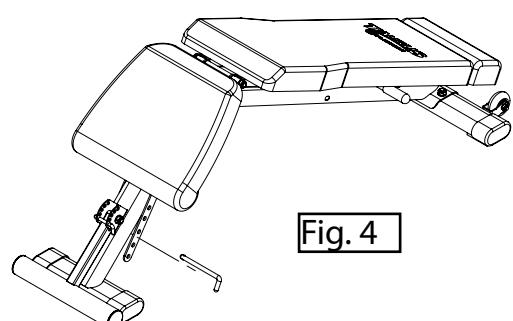


Fig. 4

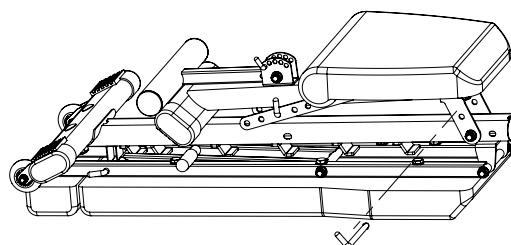
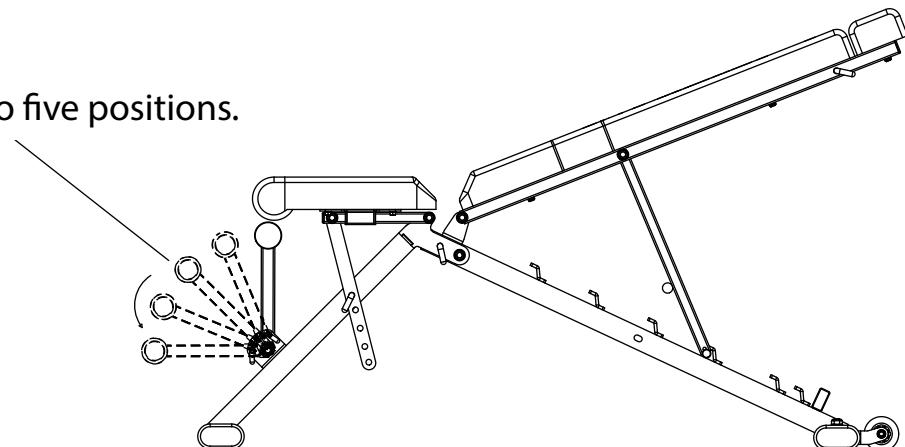


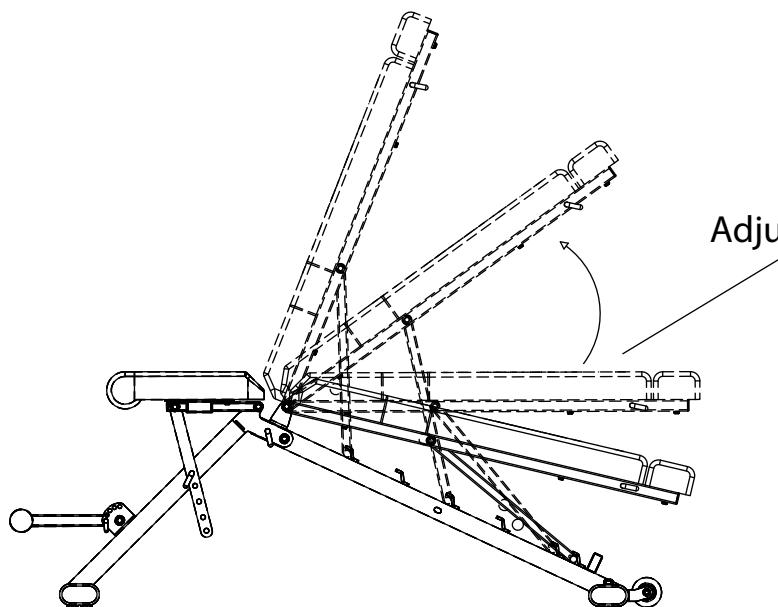
Fig. 5

## Adjustments of the TF-FLEX-WB

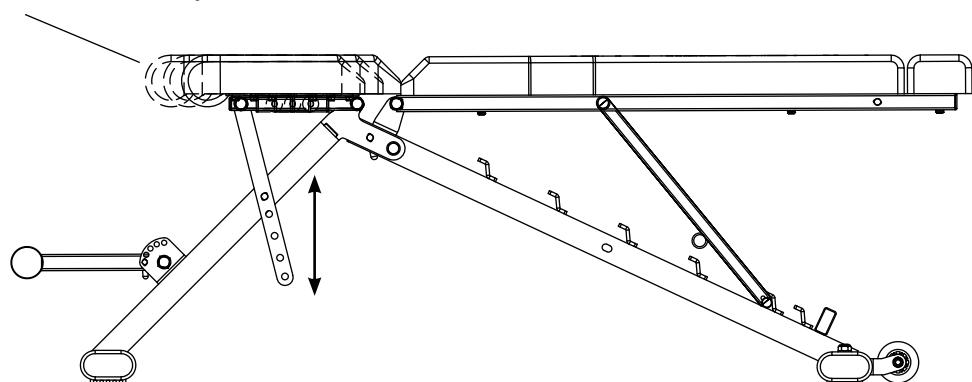
Adjustable into five positions.



Adjustable into six positions.



Adjustable into five positions.



### 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

This 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.

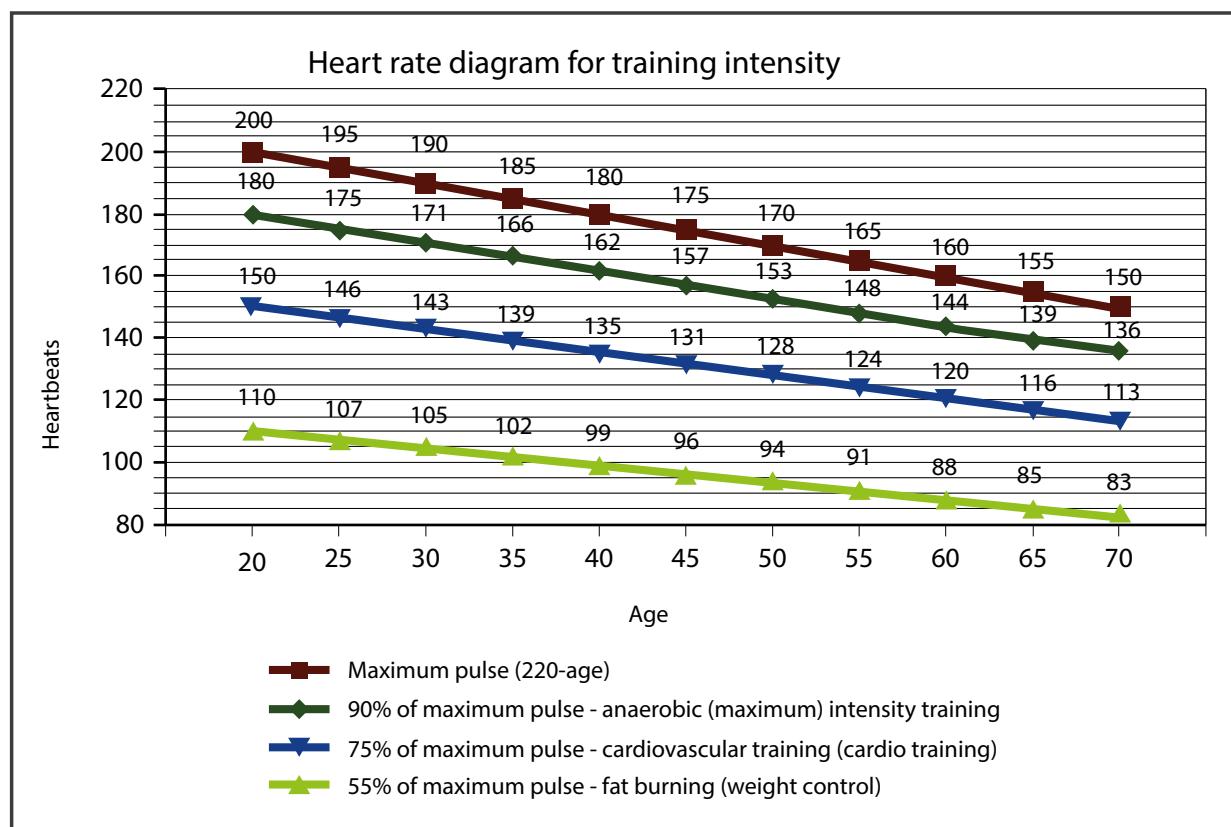
**Cardiovascular training (cardio training):** The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

								
<p>(Copy template)</p>								



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.

## **4.2 Transportation Wheels**

### **► ATTENTION**

If you want to transport your equipment over particularly sensitive and soft floor coverings, such as parquet, planks or laminate, lay out the transport route with cardboard or similar to avoid possible floor damage.

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions in the section 1.3 of this manual.

## 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
Squeaking & cracking noises	Screw connections loosened or too tight	<ul style="list-style-type: none"><li>+ Check or lubricate screw connections*</li></ul>
Unit wobbles	<ul style="list-style-type: none"><li>+ Uneven ground</li><li>+ Loose screw connections</li></ul>	<ul style="list-style-type: none"><li>+ Align unit</li><li>+ Tighten screw connections</li></ul>

\* 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
Screw connections		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. 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!



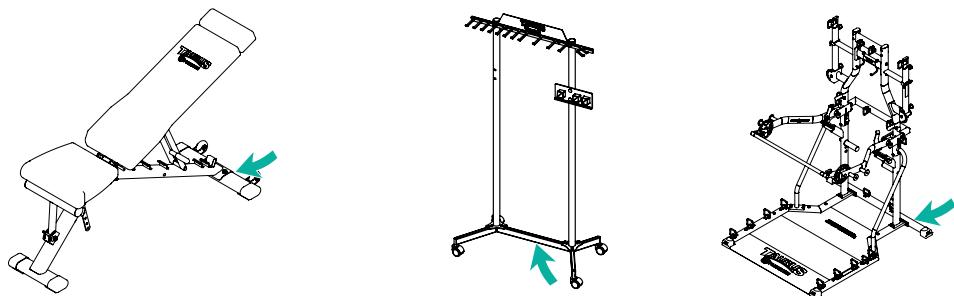
floor mat

## 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:**

Resistance Trainer Flexicon
Flexicon Pull Up Handle
Flexicon Storage Rack
Flexicon Bench

**Article Number:**

TF-FLEX
TF-FLEX-PU
TF-FLEX-SR
TF-FLEX-WB

## 8.2 Parts List: TF-FLEX

No.	Name	Specification	Qty.
1	LEFT BASE FRAME TUBE		1
2	RIGHT BASE FRAME TUBE		1
3	REAR BASE FRAME TUBE		1
4	REAR PLATFORM		1
5	MIDDLE PLATFORM		1
6	FRONT PLATFORM		1
7	LEFT UPRIGHT		1
8	RIGHT UPRIGHT		1
9	LEFT MAIN ARM ASSEMBLY		1
10	RIGHT MAIN ARM ASSEMBLY		1
11	LEFT SUPPORT TUBE		1
12	RIGHT SUPPORT TUBE		1
13	LEFT CONNECTOR BRACKET		1
14	RIGHT CONNECTOR BRACKET		1
15	STRAIGHT BAR		1
16	LEFT HANDLE		1
17	RIGHT HANDLE		1
18	UPPER CROSS MEMBER		1
19	BENCH STORAGE BAR		1
20	MIDDLE CROSS MEMBER		1
21	LEFT UPPER ARM ASSEMBLY		1
22	RIGHT UPPER ARM ASSEMBLY		1
23	BASE FRAME TUBELEVELER		4
24	CUSHIONING		2
25	PLUM SHAPED SCREW		2
26	LEFT PEG		1
27	RIGHT PEG		1
28	SLEEVE		6
29	L PIN		2
30	THICK LEVELING PLATE		2
31	THIN LEVELING PLATE		2

32	MAT		4
33	PULL UP ACCESSORY		1
A	BOLT	M10*55	14
B	BOLT	M10*16	32
C	BOLT	M10*60	4
D	BOLT	M10*105	4
E	BOLT	M10*120	2
F	NUT	M10	14
G	FLAT WHAHER	10	70
H	CURVED WASHER	Φ10R23	8
I	BOLT	M10*65	4
J	BAND SET	Yellow 3-10LB resistance band	2
K		Green 5-20LB resistance band	2
L		Red 8-30LB resistance band	2
M		Blue 13-50LB resistance band	2
N		Black 19-80LB resistance band	2
O		Purple 23-90LB resistance band	2
P		Resistance Bands Handles	2
Q		Resistance Bands Ankle Straps	2
R		Door Anchor	1
S		Carry Bag	1
T	TOOL BOX	Ratchet Wrench 1/2	1
U		Torx Socket 17mm	1
V		Socket Adapter 1/2	1
W		L-Wrench 14-17mm	1
X		Allen Wrench 3mm	1
Y		Allen Wrench 4mm	1
Z	Collapsible Storage Bin		1

## 8.3 Parts List: TF-FLEX-PU

No.	Name	Specification	Qty.
33	Pull up		1
a	Hexagon head bolts	M10*105	4
b	Lock nut	M10	4
c	Washer	10	8

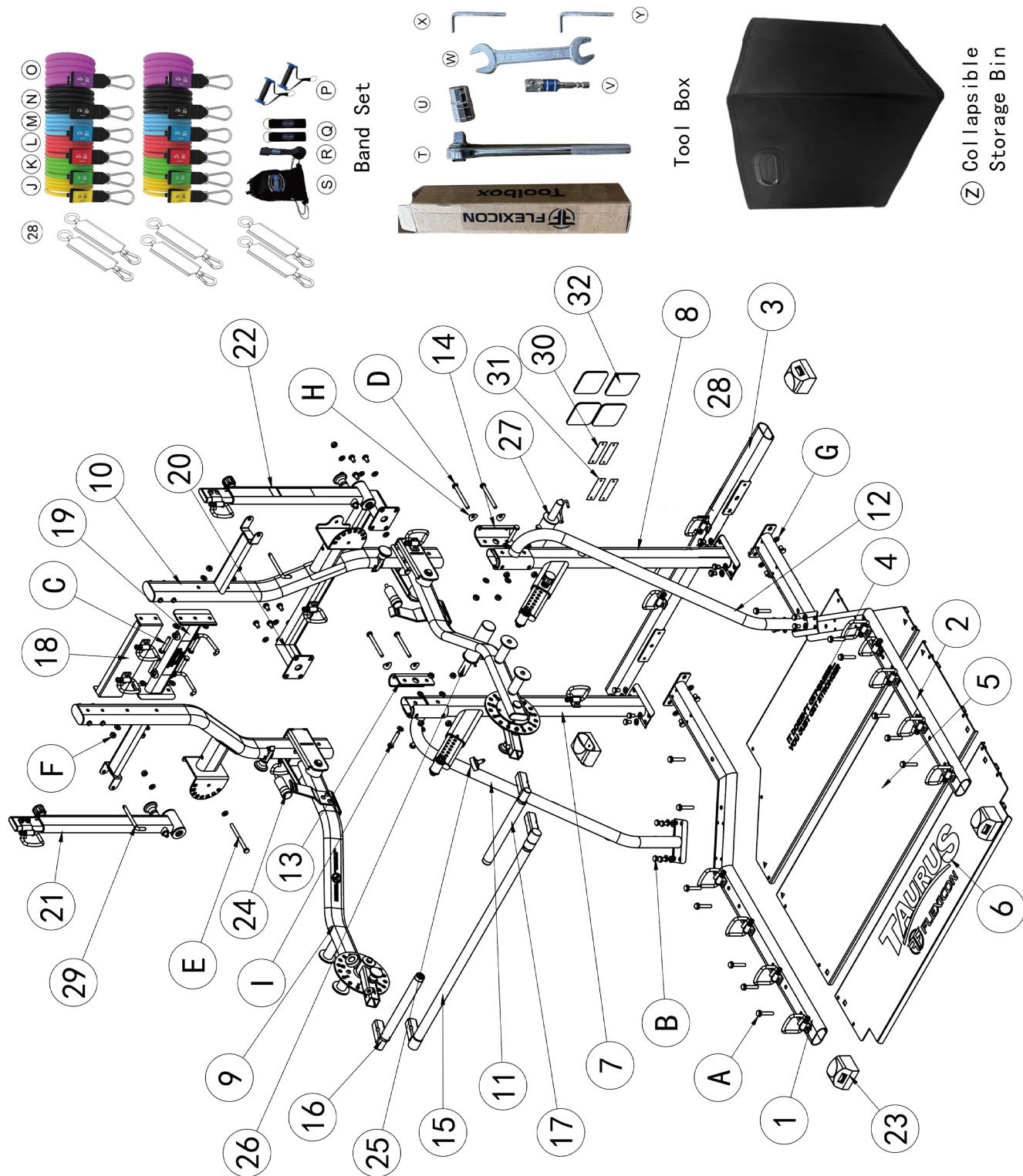
## 8.4 Parts List: TF-FLEX-SR

No.	Name	Specification	Qty.
1	Mount		1
2	Column		2
3	Center connection		1
4	Front feet		2
5	Back feet		2
6	Wheel		4
7	Cup head square neck bolts	M8*55	4
8	Round-headed socket bolt	M8*20	14
9	Lock nut	M8	6
10	Washer	8	6
11	Handle storage		1
12	LOGO brand		1

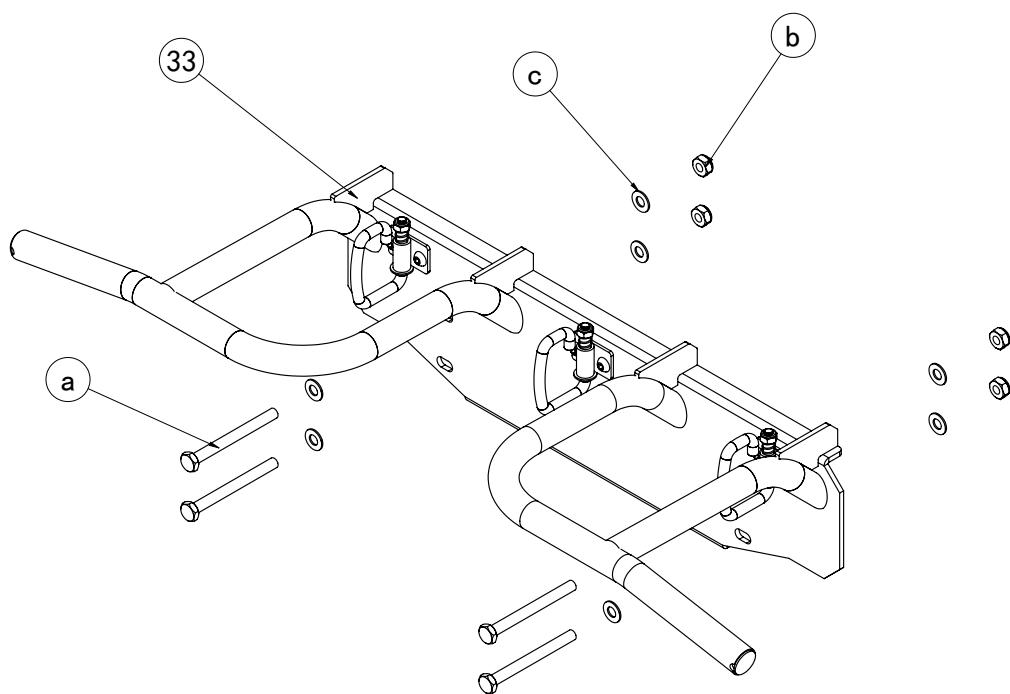
## 8.5 Parts List: TF-FLEX-WB

No.	Name	Specification	Qty.
A	Mainframe		1
B	Bottom pipe		1
C	Head cushion		1
D	Seat cushion		1
E	Back cushion		1
1	Cup head square neck bolts	M10*55	2
2	Washer	10	12
3	Lock nut	M10	2
4	Hexagon head bolts	M10*16	4
5	Hexagon head bolts	M10*40	6

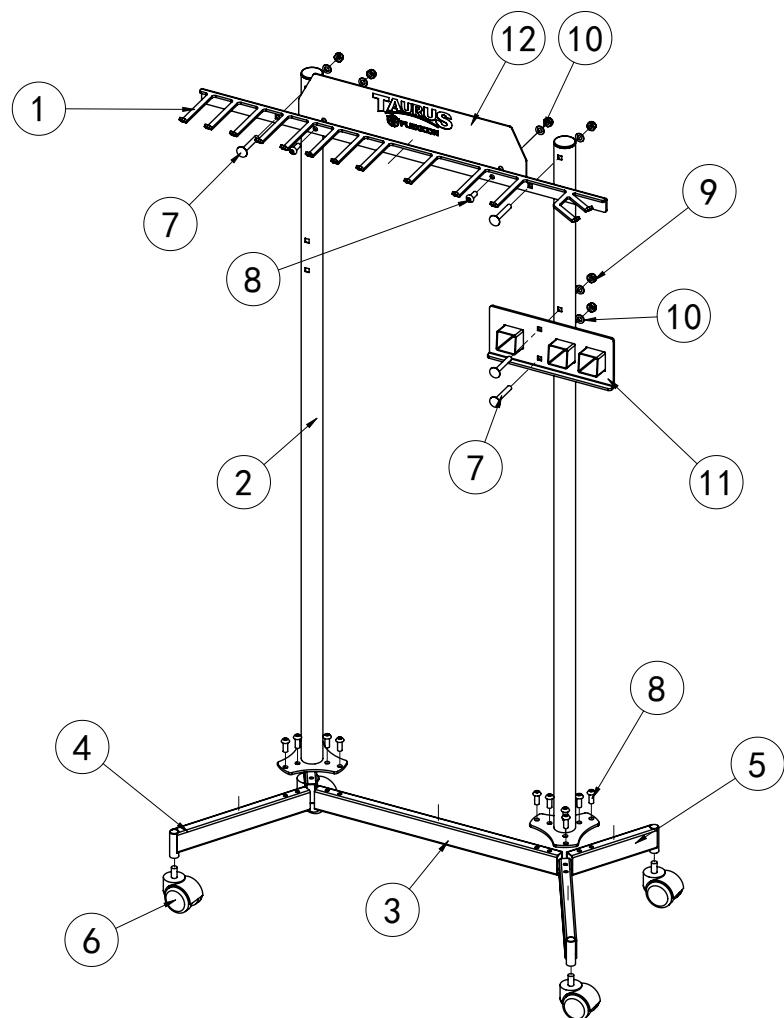
## 8.6 Exploded Drawing: TF-FLEX



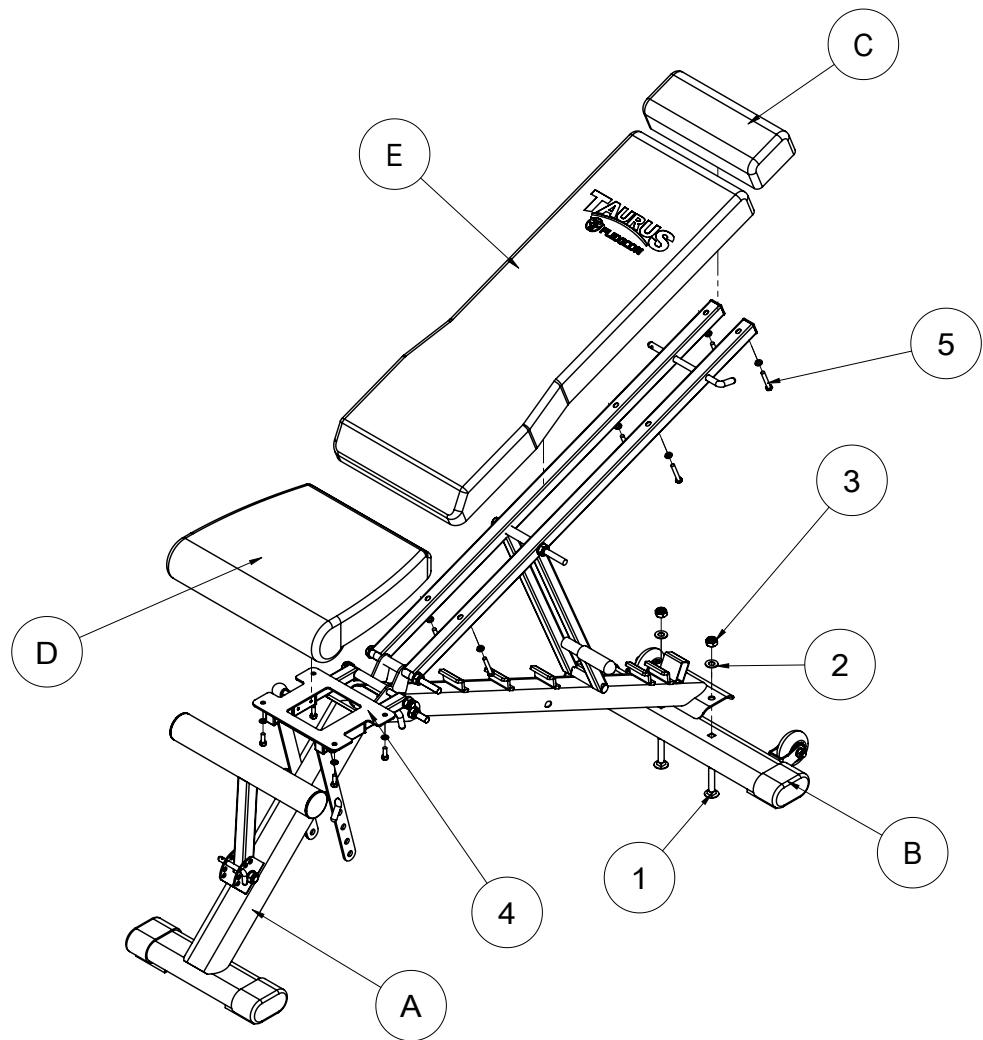
## 8.7 Exploded Drawing: TF-FLEX-PU



## 8.8 Exploded Drawing: TF-FLEX-SR



## 8.9 Exploded Drawing: TF-FLEX-WB



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.

### Warrantee

The warrantee 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 warrantee 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.

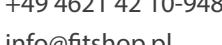
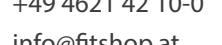
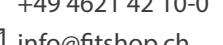
### **Service outside of the Warranty Period**

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.

## 10 CONTACT

DE	DK	EN
<b>TECHNIK</b>  +49 4621 4210-900  +49 4621 4210-698  technik@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statit7">https://stg.fit/statit7</a>	<b>TEKNIK OG SERVICE</b>  80 90 16 50  +49 4621 4210-945  info@fitshop.dk  Åbningstider kan findes på hjemmesiden: <a href="https://stg.fit/statit7">https://stg.fit/statit7</a>	<b>CUSTOMER SUPPORT</b>  00800 2020 2772  +494621 4210 944  service@fitshop.com  You can find the opening hours on our homepage: <a href="https://fsg.fit/en">https://fsg.fit/en</a>
<b>SERVICE</b>  0800 20 20277 (kostenlos)  04621 4210 - 0  info@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a>	<b>FR</b> <b>TECHNIQUE &amp; SERVICE</b>  +33 (0) 189 530984  +49 4621 42 10 933  info@fitshop.fr  Vous trouverez les heures d'ouverture sur notre site Internet: <a href="https://stg.fit/statit4">https://stg.fit/statit4</a>	<b>BE</b> <b>TECHNIQUE &amp; SERVICE</b>  02 732 46 77  +49 4621 4210 933  info@fitshop.be  Vous trouverez les heures d'ouverture sur notre site Internet: <a href="https://stg.fit/statit8">https://stg.fit/statit8</a>
<b>ES</b> <b>TECNOLOGÍA Y SERVICIOS</b>  911 238 029  info@fitshop.es  Consulta nuestro horario de apertura en la página web: <a href="https://stg.fit/statit5">https://stg.fit/statit5</a>	<b>TECHNISCHE DIENST &amp; SERVICE</b>  +31 172 619961  service@fitshop.nl  De openingstijden vindt u op onze homepage: <a href="https://stg.fit/statit3">https://stg.fit/statit3</a>	<b>INT</b> <b>TECHNICAL SUPPORT &amp; SERVICE</b>  +49 4621 4210-944  service-int@fitshop.de  You can find the opening hours on our homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a>
<b>PL</b> <b>DZIAŁ TECHNICZNY I SERWIS</b>  22 307 43 21  +49 4621 42 10-948  info@fitshop.pl  Godziny otwarcia można znaleźć na stronie głównej: <a href="https://stg.fit/statit6">https://stg.fit/statit6</a>	<b>TECHNIK &amp; SERVICE</b>  0800 20 20277 (Freecall)  +49 4621 42 10-0  info@fitshop.at  Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statitb">https://stg.fit/statitb</a>	<b>CH</b> <b>TECHNIK &amp; SERVICE</b>  0800 202 027  +49 4621 42 10-0  info@fitshop.ch  Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statit9">https://stg.fit/statit9</a>

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](http://www.fitshop.com/en/stores)

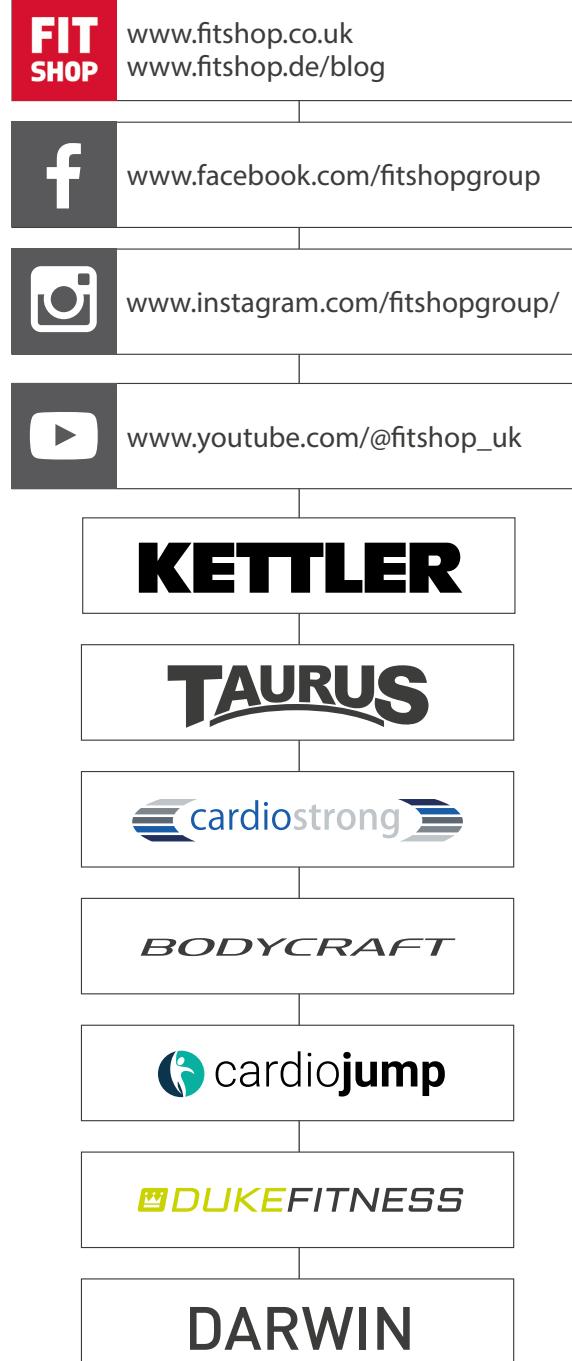
# WE LIVE FITNESS

## WEBSHOP AND SOCIAL MEDIA

Fitshop is Europe's largest specialist store for home fitness equipment with currently over 70 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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