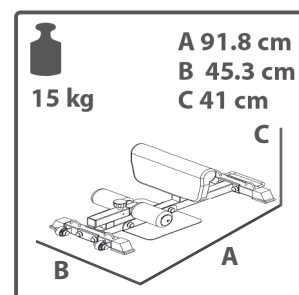
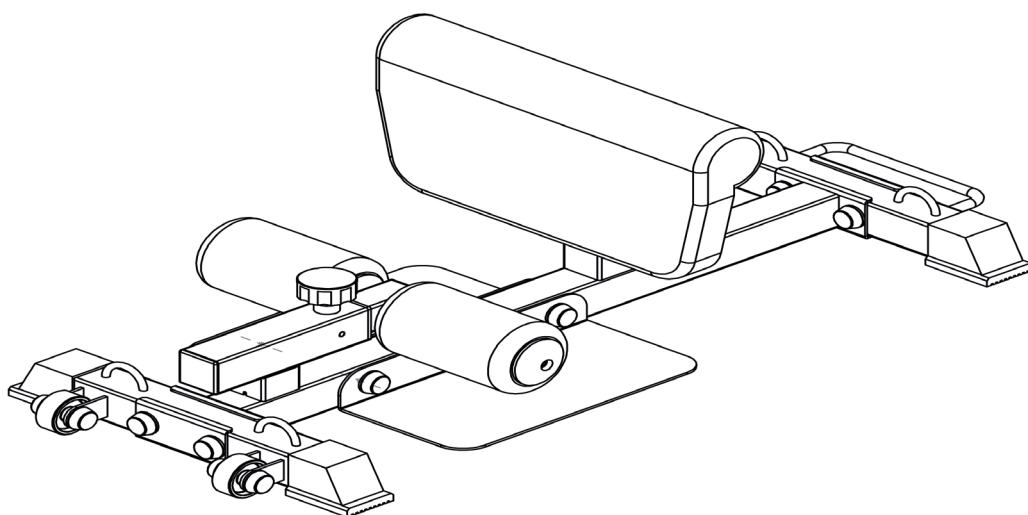


TAURUS[®]

Assembly and Operating Instructions



TFM805.01.01

Dear Customer,

Thank you for deciding for a high-quality training equipment of the brand Taurus®, the brand that makes athlete's hearts beat faster. Taurus® offers a wide range of home fitness equipment like elliptical cross trainers, ergometers, treadmills and rowing machines. Taurus® equipment is the optimal equipment for all those who want to train at home independent of goals and fitness level. For further information please visit www.sport-tiedje.com or www.taurus-fitness.de.

SAFETY NOTICE

Please read all of the instructions carefully before assembly and first use. These instructions are intended to ensure speedy assembly and explain safe usage. Make sure that all people exercising with the equipment (in particular children and persons with limited physical, sensory, mental or motor capabilities) are informed about these instructions and its content in advance. In case of doubt, a responsible person must supervise the use of the equipment.

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 follow the instructions carefully and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

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

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

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1.1 Technical data

Weight and dimensions:

Article weight (gross, including packaging): 20kg
Article weight (net, without packaging): 15kg

Package dimensions (L x W x H): 90 cm x 35 cm x 18 cm
Set-up dimensions (L x W x H): 91.8 cm x 45.3 cm x 41 cm

1.2 Personal safety

- + 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.
- + Please note that working out excessively can seriously damage your health.
- + The equipment may only be used for its intended purpose; that means for training by adults.
- + Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
- + The equipment is strictly for use by one person at a time.
- + Children should not be allowed unsupervised access to the equipment.
- + Before starting your training, make yourself familiar with all of the equipment's functions and setting options.
- + Make sure that nobody is in the range of motion of the equipment while exercising.
- + Keep your hands, feet and other body parts, hair, clothing, jewelry and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable. Never work out in bare feet.
- + At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.

1.3 Set-up place

- + The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + 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 (at least 1.50 m). Furthermore, the equipment should not be set up in main entrances or on escape routes.
- + No objects of any type should be inserted into the openings of the equipment.
- + The equipment should be placed on a level and solid surface, any unevenness in the floor should be leveled out.
- + 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

2.1 General instructions

- + Please check if all parts belonging to the equipment are included in the delivery and if there is any transport damage. If there are any complaints, please contact your contract partner directly.
- + The equipment must be assembled by adults. In case of doubt, ask for assistance from another person with technical skills.
- + Keep children away from the equipment during assembly, because small parts are included in the delivery and may be swallowed.
- + Make sure that you have enough space (at least 1.50 m) in every direction during assembly.
- + Do not leave any tools and packaging materials like plastic sheeting laying around to avoid danger of suffocation for children.
- + Assemble the equipment on an underlay mat or on the cardboard packaging in order to avoid damage to the equipment and to the floor (scratches).
- + Before starting assembly, all individual parts should be placed on the floor next to each other.
- + Read the assembly instructions carefully and assemble the equipment according to the illustrations. Proceed carefully and cautiously.
- + First loosen all parts and check for their correct fitting. Then tighten the screws using a tool.
- + Modifications to the design or improper repairs may pose a hazard to the user and should not be carried out. The product warranty may be void as a result.
- + Only authorized service technicians are permitted to carry out all servicing and/or repairs – it excludes maintenance and care.
- + Damaged or worn components may impair your safety and the lifespan of the equipment. You should therefore immediately replace damaged or worn components. Please contact your contract partner in such a case. The equipment should no longer be used until it has been repaired. When needed, only use original cardiostrong® spare parts.
- + Check the tightness of all screw connections once a month.
- + The equipment may be cleaned of dust, dirt and sweat using a damp cloth. The use of solvents should be strictly avoided.

2.2 Faults and troubleshooting

The equipment runs through regular quality controls during production. Nevertheless, errors or malfunctions on the equipment may occur. Individual parts are often the cause of faults and replacement is usually sufficient. Please use the following overview to see the most common errors and how to repair them. If the equipment still does not work properly, please contact your contract partner.

Problem	Cause	Solution
Squeaking & cracking noises	Loose or too tight screw connection	Check or lubricate screw connection

2.3 Maintenance and service calendar

The following routine work must be done in the specified time intervals:

Part	Weekly	Monthly	Twice a year	Once a year
Screw connections		I		
Legends: I = inspect				

3 ASSEMBLY

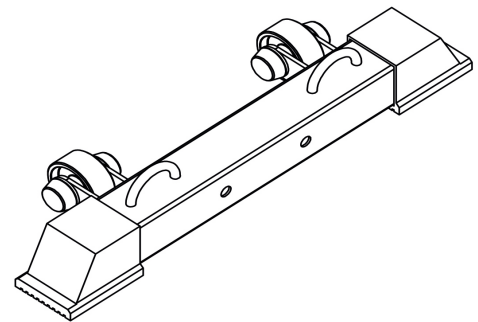
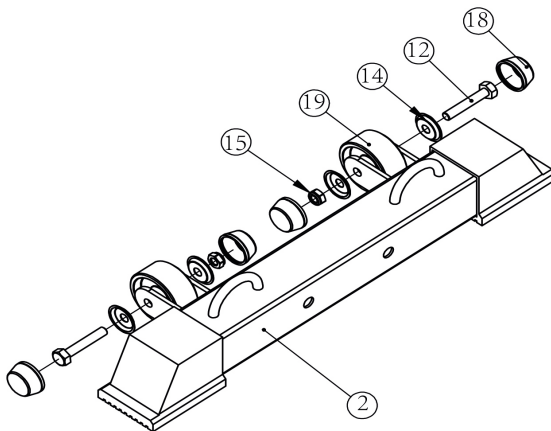
Note:

We recommend you to not fully tighten the screws and bolts until the assembly is completed.

Step 1

Assemble the two wheels (19) on the front base frame (2) using two hexagon bolts (12), four big washers (14) and two lock nuts (15). Now attach the four plastic covers (18).

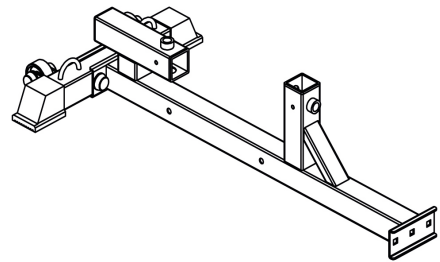
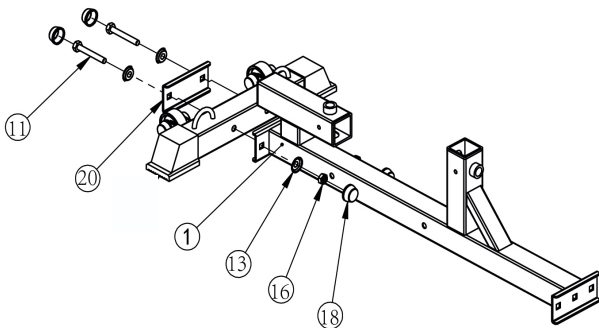
No.	Description	Specification	Qty.
2	front base frame		1
19	wheel	Ø54xØ8.5x26	2
18	plastic cover		4
14	big washer	Ø8	4
12	hexagon bolt	M8x45	2
15	lock nut	M8	2



Step 2

Assemble the front base frame (2) on the main frame (1) using two hexagon bolts (11), four big washers (13), two lock nuts (16) and one reinforcing plate (20). Now attach the four plastic covers (18).

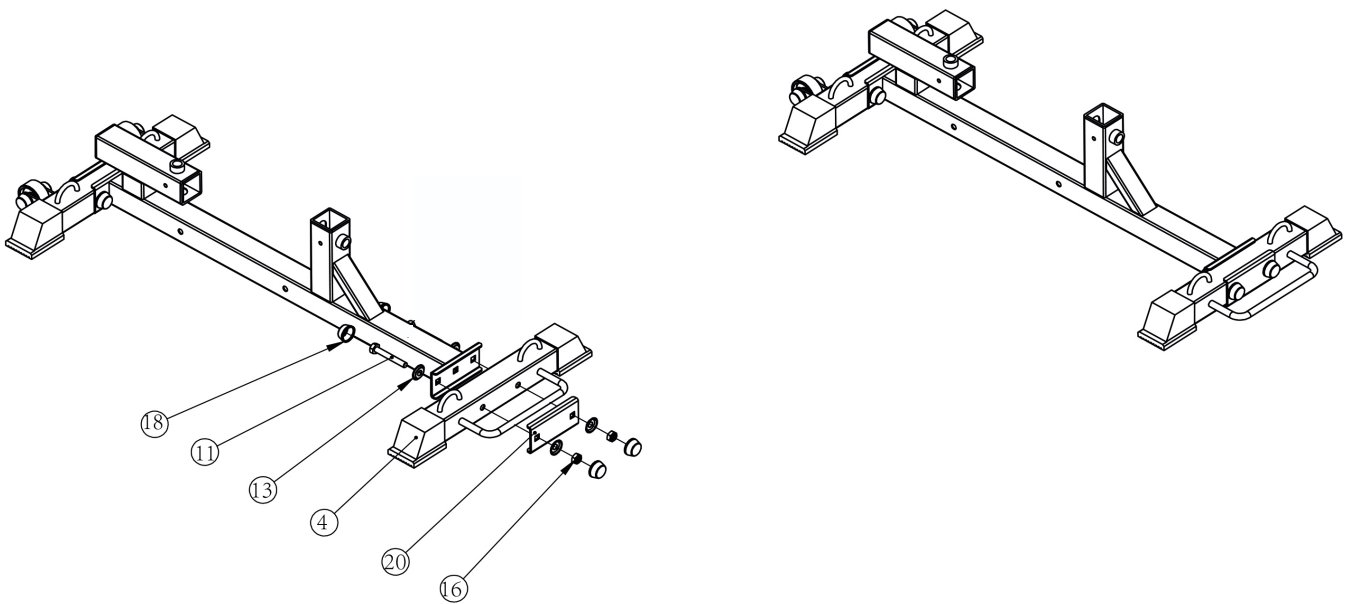
No.	Description	Specification	Qty.
1	main frame		1
20	reinforcing plate	T3x120x73	1
11	hexagon bolt	M10x70	2
16	lock nut	M10	2
13	big washer	Φ10	4
18	plastic cover		4



Step 3

Assemble the back base frame (4) on the main frame (1) using two hexagon bolts (11), four big washers (13), two lock nuts (16) and one reinforcing plate (20). Now attach the four plastic covers (18)

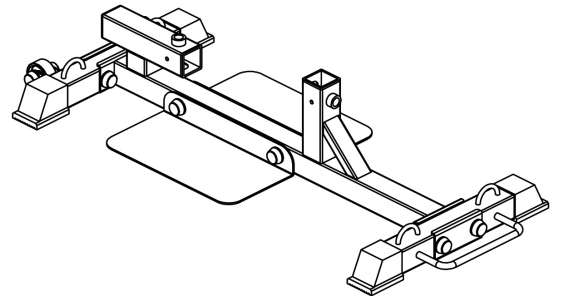
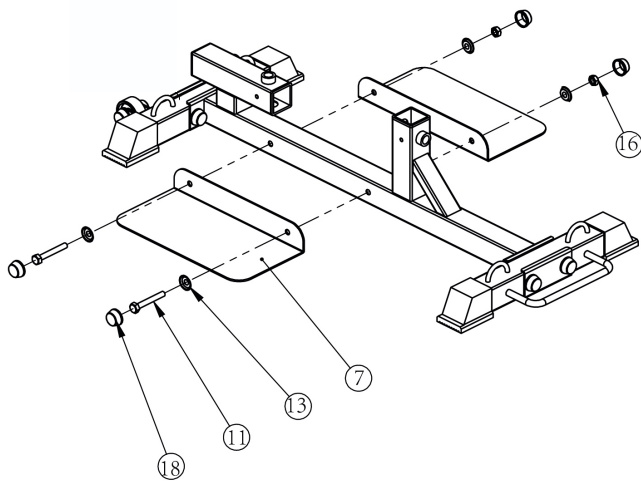
No.	Description	Specification	Qty.
4	back base frame		1
20	reinforcing plate	T3x120x73	1
18	plastic cover		4
11	hexagon bolt	M10x70	2
16	lock nut	M10	2
13	big washer	Φ10	4



Step 4

Assemble the two footplates (7) on the main frame (1) using two hexagon bolts (11), four big washers (13) and two lock nuts (16). Now attach the four plastic covers (18).

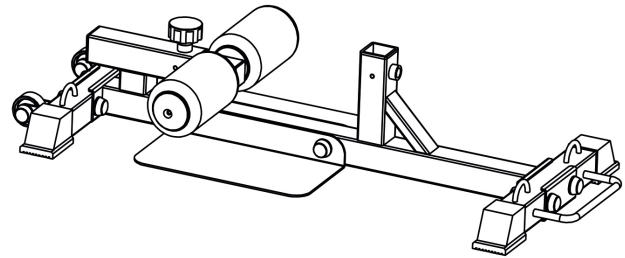
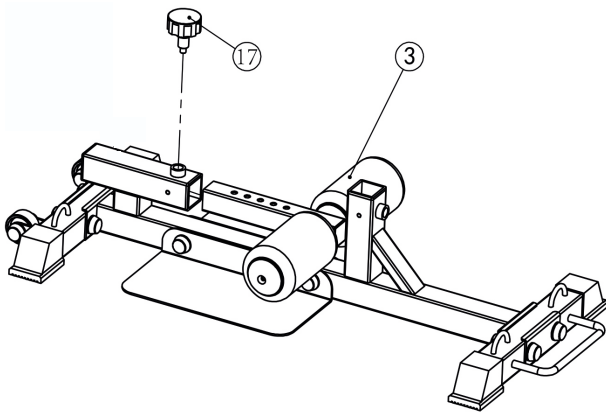
No.	Description	Specification	Qty.
7	footplate		2
11	hexagon bolt	M10x70	2
13	big washer	Φ10	4
16	lock nut	M10	2
18	plastic cover		4



Step 5

Insert the adjustment tube (3) into the main frame (1) and assemble it using the locking spring knob (17).

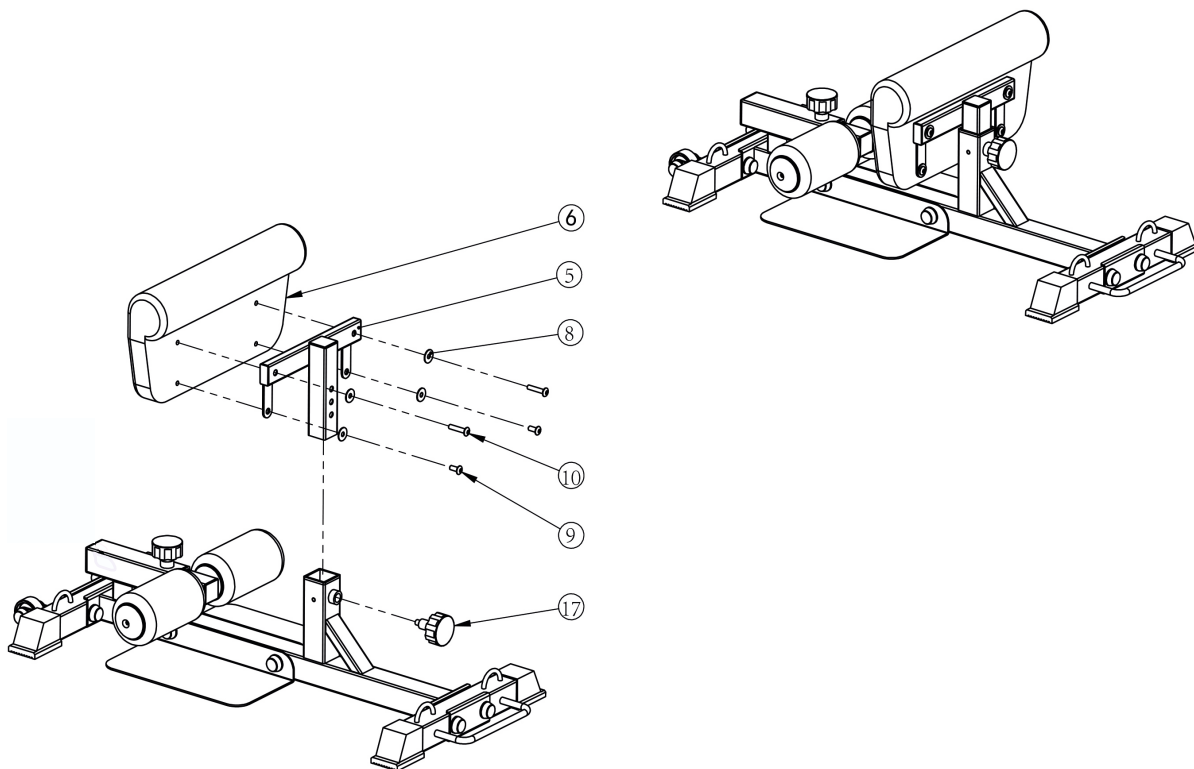
No.	Description	Specification	Qty.
3	adjustment tube		1
17	locking spring knob	M18x1.5	1



Step 6

Assemble the leg cushion support tube (5) on the leg cushion (6) using two hexagon socket button head bolts (9), two hexagon socket button head bolts (10) and four big washers (8). Now insert the leg cushion support tube into the main frame (1) and assemble it using the locking spring knob (17).

No.	Description	Specification	Qty.
5	leg cushion support tube		1
6	leg cushion		1
8	big washer	Φ25xΦ8.2x1.5	4
9	hexagon socket button head bolt	M8x20	2
17	locking spring knob	M18x1.5	1
10	hexagon socket button head bolt	M8x40	2



4 WARRANTY INFORMATION

Taurus® training fitness equipment is subject to strict quality controls. 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 periods

The following warranty periods begin on delivery of the fitness equipment.

Model	Use	Full warranty
Sissy Squat	Home use	24 months

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 for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

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 centers, 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 centers
- unauthorized 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 have trouble finding the serial number on your fitness equipment, our service team is at your disposal to offer further information.

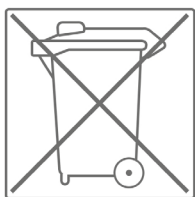
Service outside the warranty period

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 contract partner. 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.

5 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 electricals 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.

6 ORDERING ACCESSORIES

	Barbell bar
	Floor mat set ArtNr. TF-FMS-B

7.1 Service hotline

So that we can give you the best possible service, please have your **model name, part number, serial number, exploded drawing and parts list** ready.

SERVICE-HOTLINE

DE	DK	FR
<p>☎ +49 4621 4210-0</p> <p>☎ +49 4621 4210-699</p> <p>✉ service@sport-tiedje.de</p> <p>Mo. - Fr. 8:00 - 18:00</p> <p>Sa. 9:00 - 18:00</p>	<p>☎ 80 90 16 50</p> <p>☎ +49 4621 4210-945</p> <p>✉ info@t-fitness.dk</p> <p>Ma. - Fr. 8:00 - 18:00</p> <p>Lø. 9:00 - 18:00</p>	<p>☎ +33 (0) 172 770033</p> <p>☎ +49 4621 4210-933</p> <p>✉ service-france@sport-tiedje.fr</p> <p>Lun. - Ven. 8:00 - 18:00</p> <p>Sam. 9:00 - 18:00</p>
NL	UK	INT
<p>☎ +31 172 619961</p> <p>✉ info@fitshop.nl</p> <p>Ma. - Do. 9:00 - 17:00</p> <p>Vr. 9:00 - 21:00</p> <p>Za. 10:00 - 17:00</p>	<p>☎ +44 141 876 3972</p> <p>✉ orders@powerhousefitness.co.uk</p> <p>Mon. - Fri. 9:00 - 17:00</p>	<p>☎ +49 4621 4210-0</p> <p>✉ service-int@sport-tiedje.de</p> <p>Mon - Fri 8:00 - 18:00</p> <p>Sat 9:00 - 18:00</p>

7.2 Serial number and model name

Before assembling your equipment, find the serial number on the white sticker and enter it in the appropriate space.

Serial number:

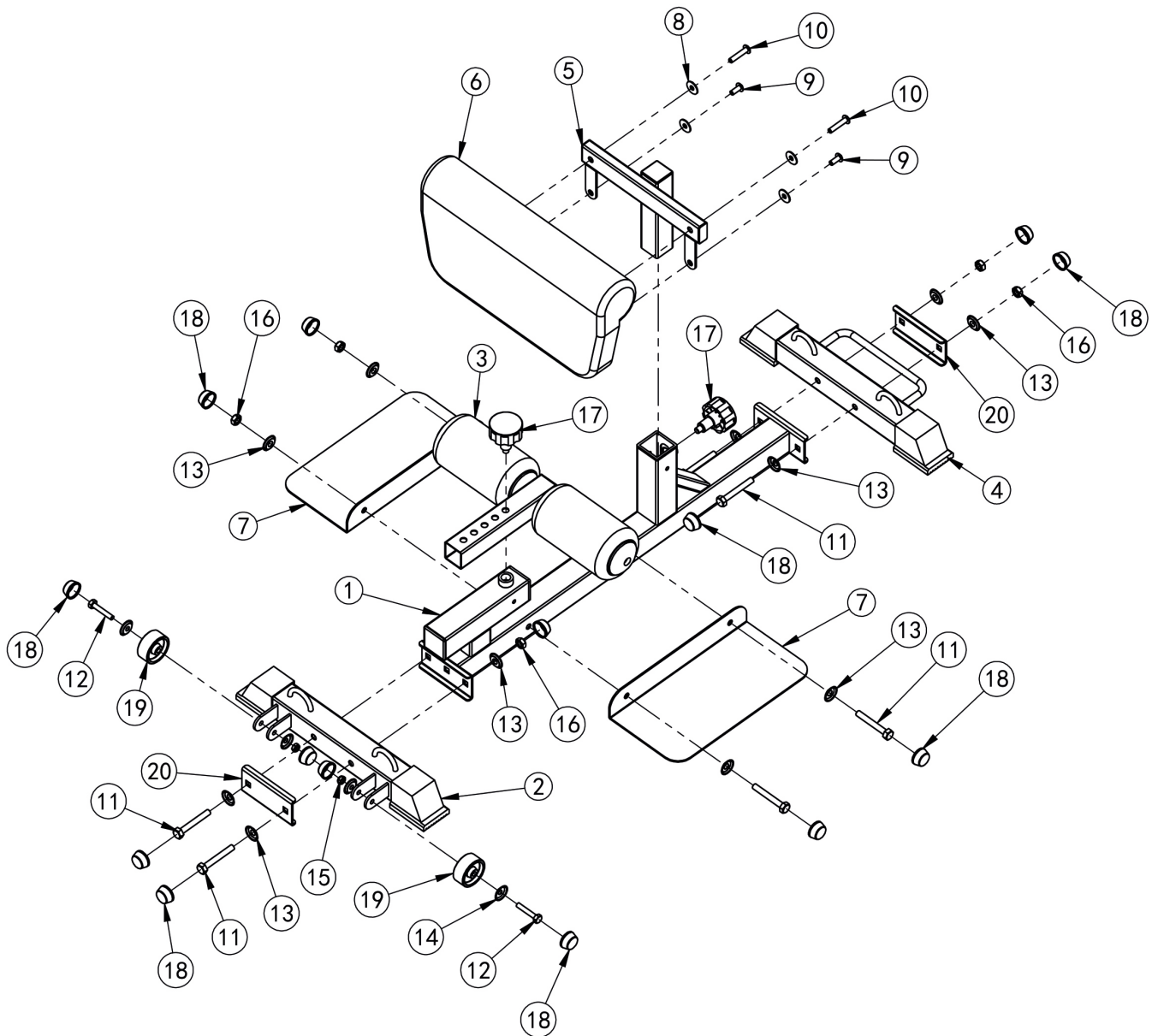
Brand / category:

Model name:

7.3 Parts list

No.	Description	Specification	Qty.
1	main frame		1
2	front base frame		1
3	adjustment tube		1
4	back base frame		1
5	leg cushion support tube		1
6	leg cushion		1
7	footplate		2
8	big washer	Φ25xΦ8.2x1.5	2
9	hexagon socket button head bolt	M8x20	2
10	hexagon socket button head bolt	M8x40	2
11	hexagon bolt	M10x70	6
12	hexagon bolt	M8x45	2
13	big washer	Φ10	12
14	big washer	Φ8	4
15	lock nut	M8	2
16	lock nut	M10	6
17	locking spring knob	M18x1.5	2
18	plastic cover		16
19	wheel	Φ54xΦ8.5x26	2
20	reinforcing plate	T3x120x73	2
21	solid spanner	14-17	2
22	inner hexagon spanner	5mm	1

7.4 Exploded drawing



CONTACT

Company head office

Sport-Tiedje GmbH
Flensburger Str. 55
24837 Schleswig
Germany

Hotline for Technical Information

DE

☎ +49 4621 4210-0
☎ +49 4621 4210-698
✉ technik@sport-tiedje.de

DK

☎ 80 90 16 50
☎ +49 4621 4210-945
✉ info@t-fitness.dk

FR

☎ +33 (0) 172 770033
☎ +49 4621 4210-933
✉ service-france@sport-tiedje.fr

NL

☎ +31 172 619961
✉ info@fitshop.nl

UK

☎ +44 141 876 3986
✉ support@powerhousefitness.co.uk

INT

☎ +49 4621 4210-0
✉ service-int@sport-tiedje.de

www.sport-tiedje.com
www.taurus-fitness.de

DISCLAIMER



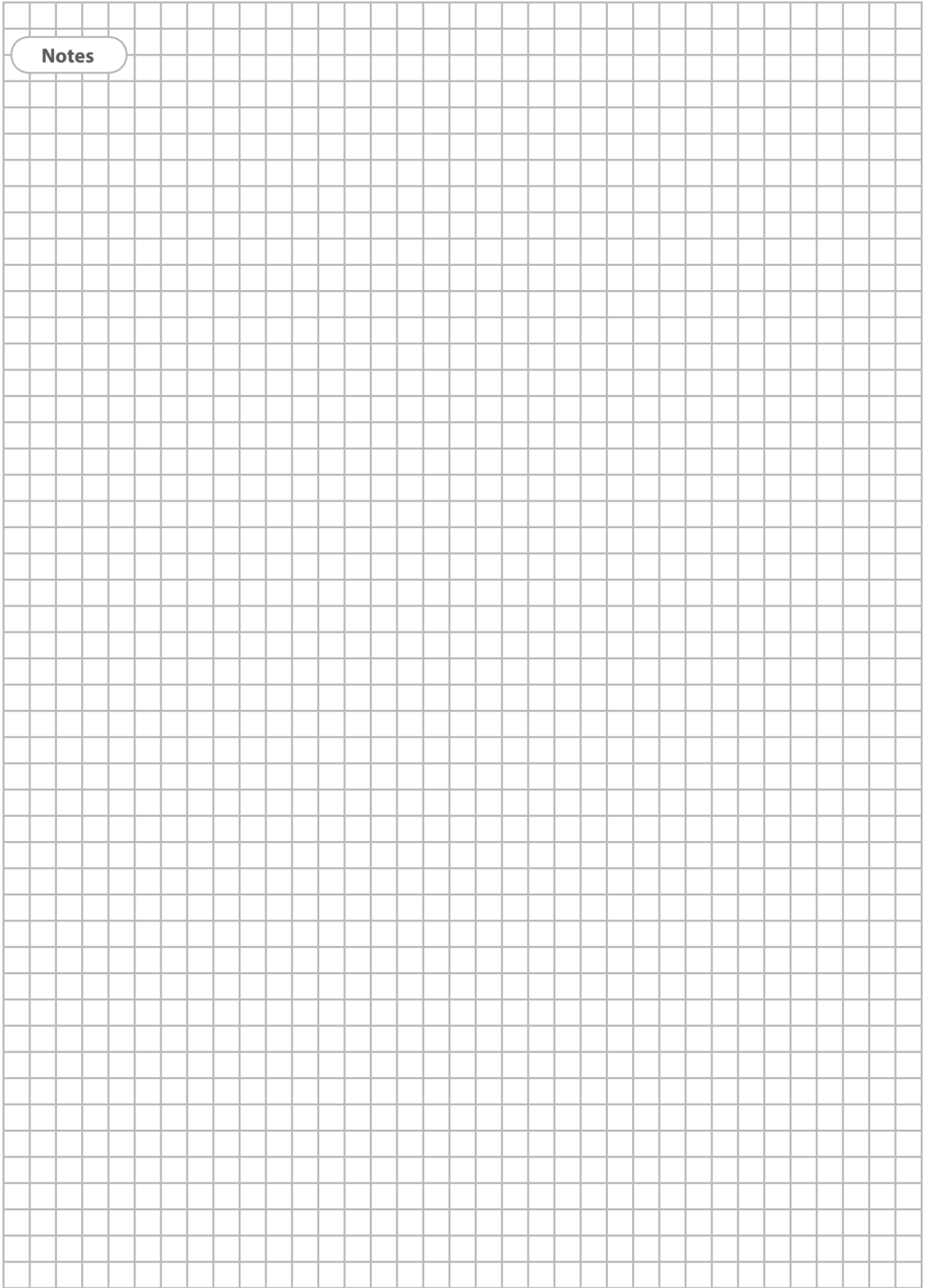
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Product and instructions are subject to change. Technical data can be changed without advance notice.

Please find a detailed overview including address and opening hours for all specialist fitness stores of the Sport-Tiedje Group in Germany and abroad on the following website.

www.sport-tiedje.com/en/stores

Notes



TAURUS®