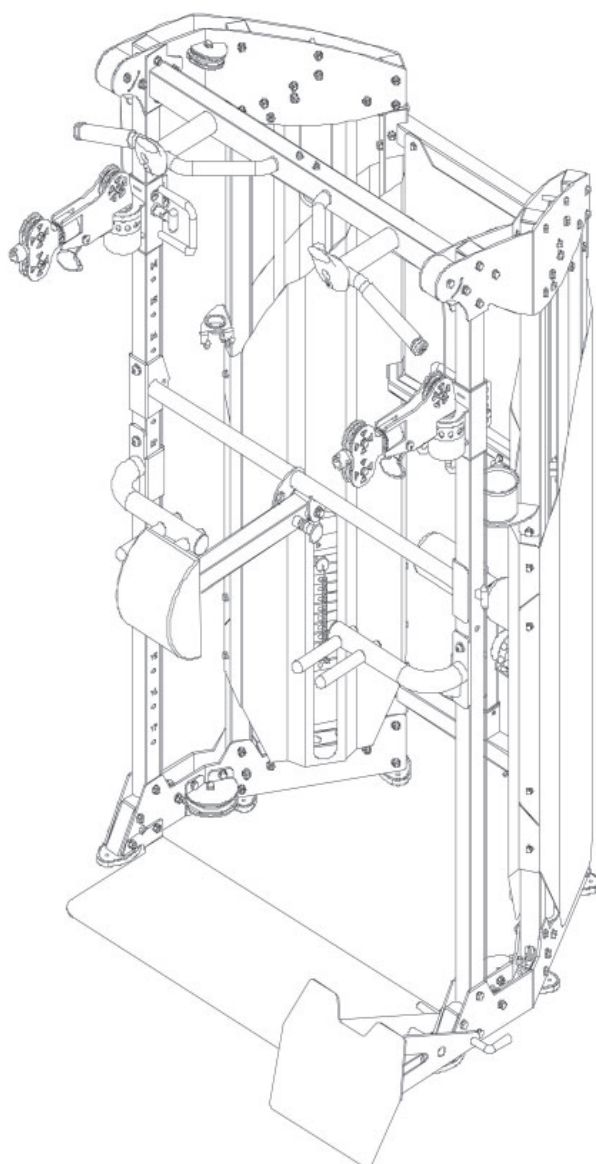


TAURUS®

Assembly and Operating Instructions



~ 270 Min.



298/358 kg

L 124 | W 143 | H 214

FSTFMS25.01.01

Art. No. TF-MS25

Taurus MS25 Pro

Content

1	GENERAL INFORMATION	8
1.1	Technical Data	8
1.2	Personal Safety	9
1.3	Set-Up Place	10
2	ASSEMBLY	11
2.1	General Instructions	11
2.2	Scope of Delivery	11
2.3	Assembly	16
3	STORAGE AND TRANSPORT	39
3.1	General Instructions	39
4	TROUBLESHOOTING, CARE AND MAINTENANCE	40
4.1	General Instructions	40
4.2	Faults and Fault Diagnosis	40
4.3	Maintenance and Inspection Calendar	41
5	DISPOSAL	41
6	RECOMMENDED ACCESSORIES	42
7	ORDERING SPARE PARTS	43
7.1	Serial Number and Model Name	43
7.2	Parts List	44
7.3	Exploded Drawing	47
8	WARRANTY	48
9	CONTACT	50

Dear customer,

Thank you for choosing a high-quality equipment of the brand TAURUS®. TAURUS® offers sports and fitness equipment for the sophisticated home sport and the equipment of fitness studios and business customers. With TAURUS® fitness equipment, the focus is on what sport is all about: maximum performance! Therefore, the equipment is developed in close consultation with athletes and sports scientists. Because athletes know best what makes perfect fitness equipment.

Further information can be found at www.fitshop.com.

Intended Use

The equipment may only be used for its intended purpose.

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

Legal Notice

Fitshop GmbH
Europe's No. 1 for home fitness

International Headquarters
Flensburger Straße 55
24837 Schleswig
Germany

Management:
Christian Grau
Sebastian Campmann
Dr. Bernhard Schenkel
No. HRB 1000 SL
Local Court Flensburg
European VAT Number: DE813211547

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

Packaging dimensions (L x W x H) and article weight (gross, incl. packaging):

Box 1:	227 cm x 94 cm x 35 cm	215 kg (wooden box)
Box 2:	28 cm x 20 cm x 12 cm	14 kg
Box 3:	28 cm x 20 cm x 12 cm	22.5 kg
Box 4:	28 cm x 20 cm x 12 cm	22.5 kg
Box 6:	28 cm x 20 cm x 12 cm	14 kg
Box 7:	28 cm x 20 cm x 12 cm	22.5 kg
Box 8:	28 cm x 20 cm x 12 cm	22.5 kg

Additional boxes for optional 90 kg weight stack:

Box 5:	28 cm x 20 cm x 12 cm	31.5 kg
Box 9:	28 cm x 20 cm x 12 cm	31.5 kg

Set-up dimensions (L x W x H):

124 cm x 143 cm x 214 cm

Article weight (net, excl. packaging):

178 kg excl. weight stacks

298 kg / 358 kg incl. weight stacks

Quantity of weight stacks:

2

Quantity of weight plates:

12 + 1 / 19 + 1

Weight of one weight plate:

4.5 kg

Cable length:

733 cm

Pulley diameter:

50 mm, 92 mm, 127 mm

Transmission ratio:

1:2

Maximum user weight (dip bar, chin-up bar):

150 kg

Use class:

S

1.2 Personal Safety

DANGER

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.
- + The owner must communicate all warnings and instructions to the user.

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.
- + Always start each workout with a light warm-up and end with a cool-down phase.
- + Using the machine as a support during stretching exercises or attaching resistance bands, ropes or other accessories to it, may cause injuries.

CAUTION

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

ATTENTION

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

1.3 Set-Up Place

WARNING

- + Do not place the equipment in main corridors or escape routes.

CAUTION

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.
- + If your device is to be mounted on the wall/ceiling, make sure that you use the appropriate assembly material to avoid possible damages or personal injuries. The contractual partner accepts no liability for this.

ATTENTION

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
- + A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.
- + For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.

2.1 General Instructions



DANGER

- + Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.



WARNING

- + Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



CAUTION

- + Ensure to have sufficient room for movement in each direction during assembly.
- + The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.



ATTENTION

- + To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.



NOTICE

- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

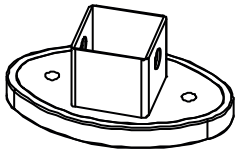
2.2 Scope of Delivery

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

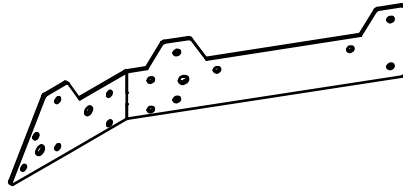


CAUTION

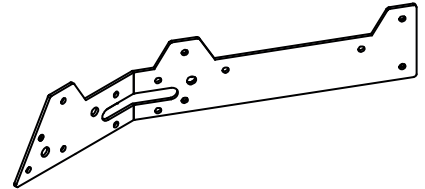
- If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.



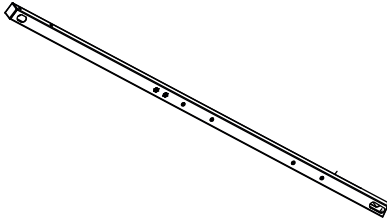
1 - Foot tube (4x)



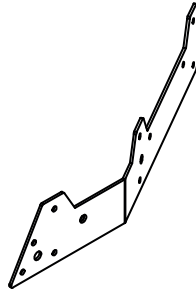
2 - Bottom outer plate left



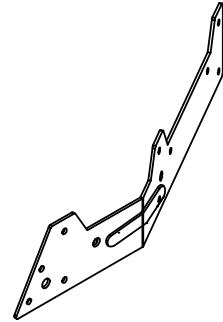
3 - Bottom inner plate left



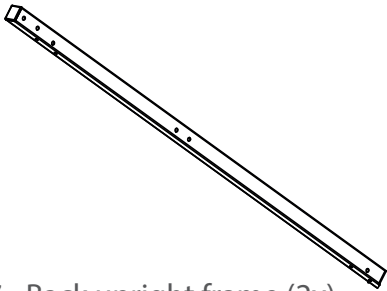
4 - Middle upright frame (2x)



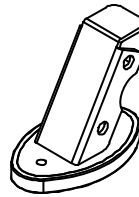
5 - Bottom outer plate right



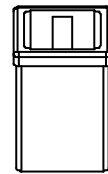
6 - Bottom inner plate right



7 - Back upright frame (2x)



8 - Foot tube front (2x)



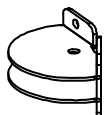
12 - Lower link part



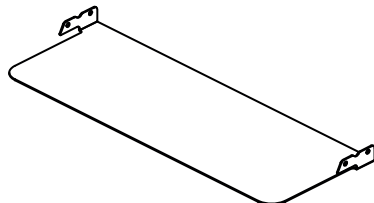
13 - Middle link part



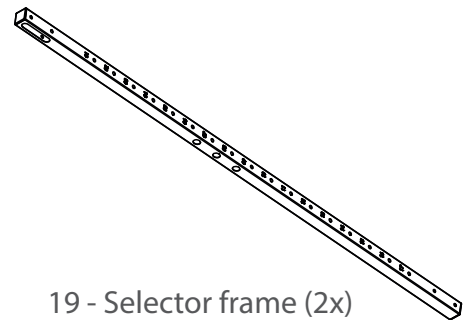
14 - Upper link part



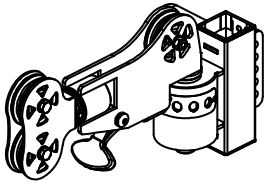
15 - Pulley bracket (4x)



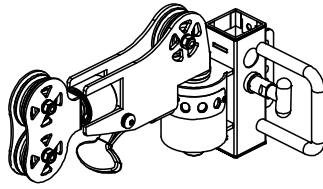
18 - Ground plate



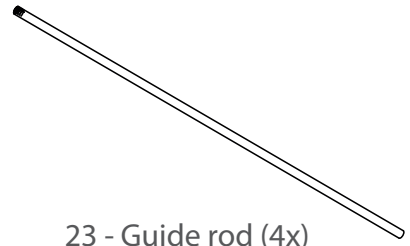
19 - Selector frame (2x)



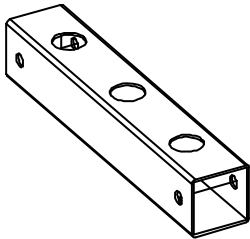
20 - Sliding frame right



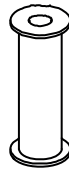
21 - Sliding frame left



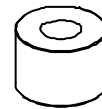
23 - Guide rod (4x)



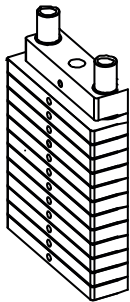
24 - Fixed pedestal, lower (2x)



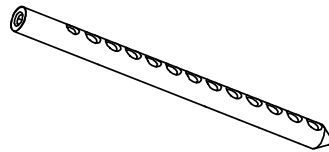
26 - Support tube (4x)



27 - Rubber block (4x)



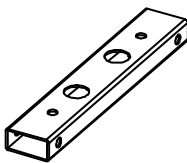
28 - Weight plates and top weight plate (12/19x +1)



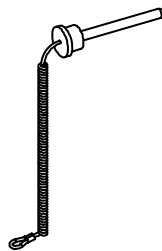
29 - Selector rod (2x)



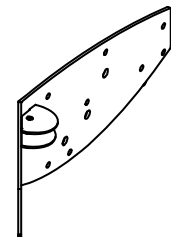
30 - Pin (2x)



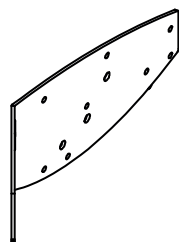
31 - Fixed pedestal, upper (2x)



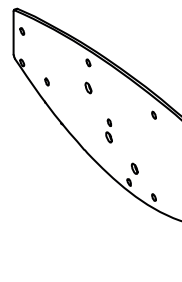
56 - Magnetic pin (2x)



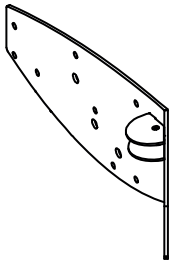
32 - Upper inner plate left



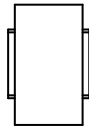
33 - Upper outer plate left



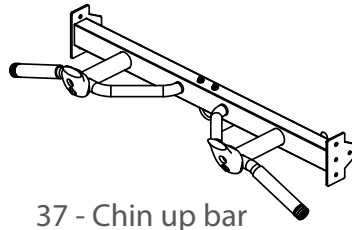
34 - Upper outer plate right



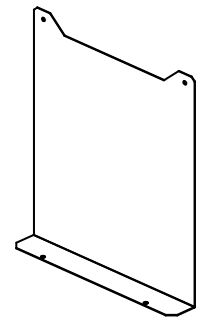
35 - Upper inner plate right



36 - Cover tube (2x)



37 - Chin up bar



38 - Board



41 - Pulley
50mm (8x)



42 - Pulley
92mm (6x)



43 - Powder metallurgy sleeve
(24x)



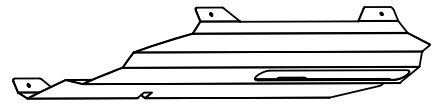
44 - Pulley
127mm (2x)



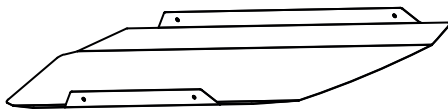
45 - Pulley with bracket (2x)



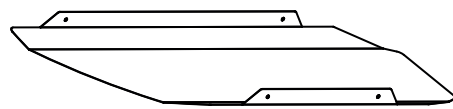
48 - Cable (2x)



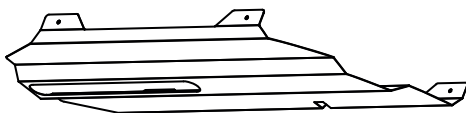
49 - Weight plate cover inner right



50 - Weight plate cover outer right



51 - Weight plate cover outer left



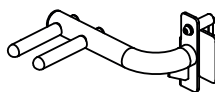
52 - Weight plate cover inner left



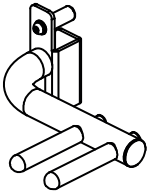
55 - Hook (4x)



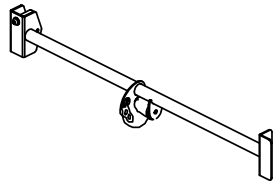
57 - Short bar holder



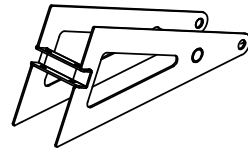
59 - Dip bar left



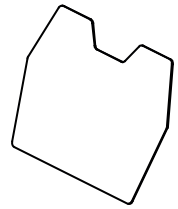
60 - Dip bar right



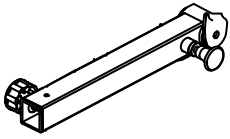
61 - Waist support frame



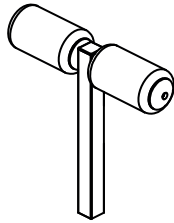
62 - Footplate super frame



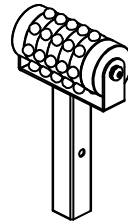
63 - Footplate



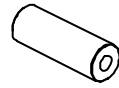
64 - Waist support frame main tube



65 - Leg press frame



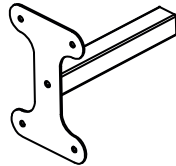
66 - Massage roller frame



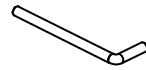
67 - Internal thread shaft



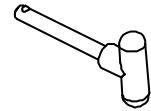
68 - Waist cushion



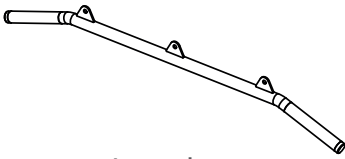
69 - Waist cushion connection frame



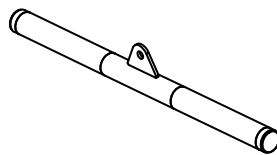
71 - L shaped pin



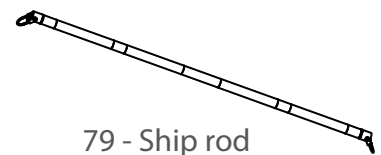
76 - T shaped pin



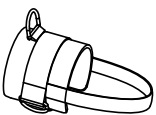
77 - Long bar



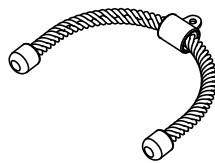
78 - Short bar



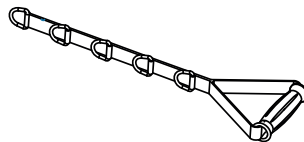
79 - Ship rod



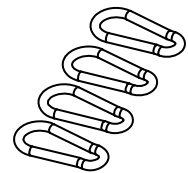
80 - Ankle cuff



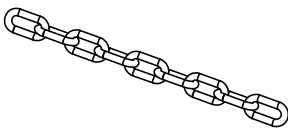
81 - Triceps rope



82 - Hand holder (2x)



83 - Snap hook (4x)



84 - Chain (2x)



85 - Belt



86 - Sling trainer



87 - Cup holder

2.3 Assembly

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

① NOTICE

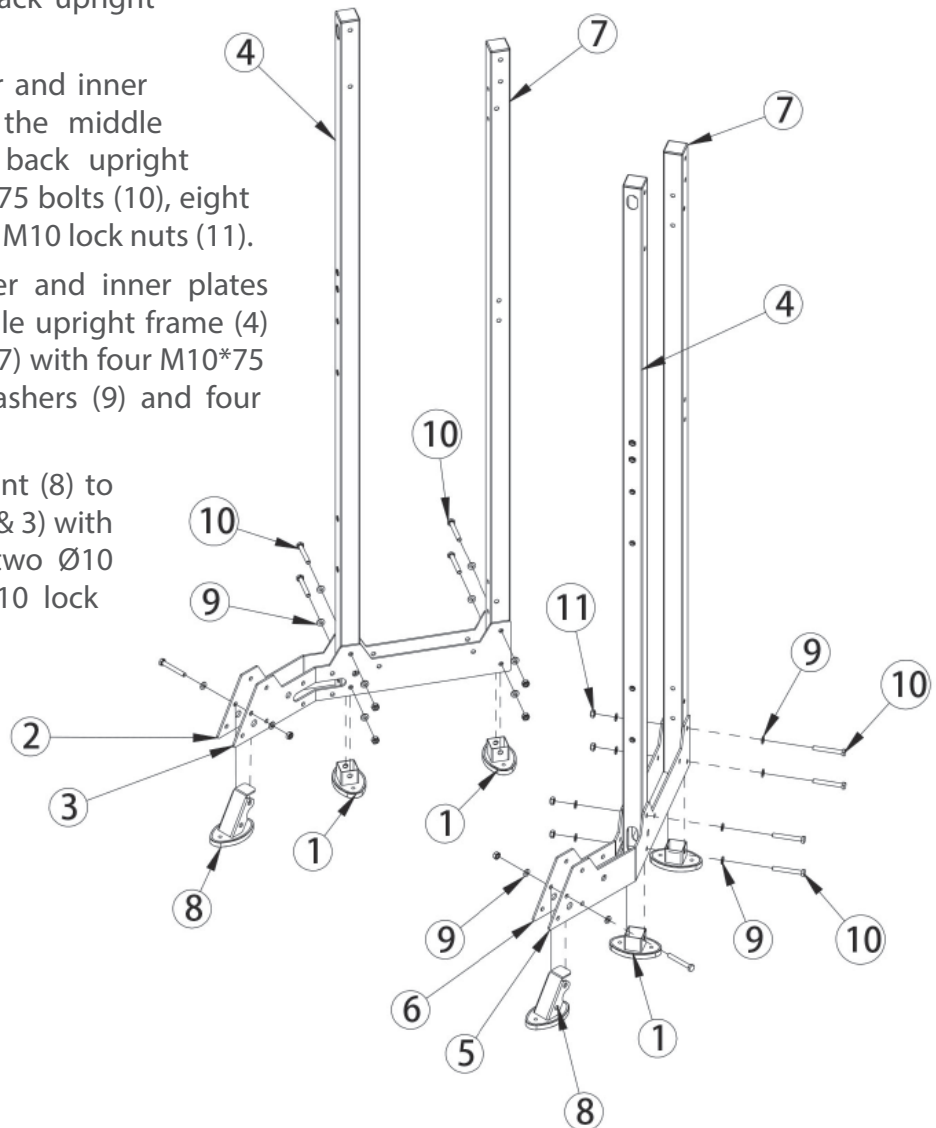
- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end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

① NOTICE

- + Make sure the middle upright frames (4) and back upright frames (7) are correctly aligned according to the drawing.

1. Attach one foot tube (1) to each middle upright frame (4) and back upright frame (7).
2. Attach the bottom outer and inner plates left (2 & 3) to the middle upright frame (4) and back upright frame (7) with four M10*75 bolts (10), eight Ø10 washers (9) and four M10 lock nuts (11).
3. Attach the bottom outer and inner plates right (5 & 6) to the middle upright frame (4) and back upright frame (7) with four M10*75 bolts (10), eight Ø10 washers (9) and four M10 lock nuts (11).
4. Attach one foot tube front (8) to the left bottom plates (2 & 3) with one M10*75 bolt (10), two Ø10 washers (9) and one M10 lock nut (11).
5. Attach one foot tube front (8) to the right bottom plates (5 & 6) with one M10*75 bolt (10), two Ø10 washers (9) and one M10 lock nut (11).



Step 2: Assembly of the Link Parts and Pulley Brackets

① NOTICE

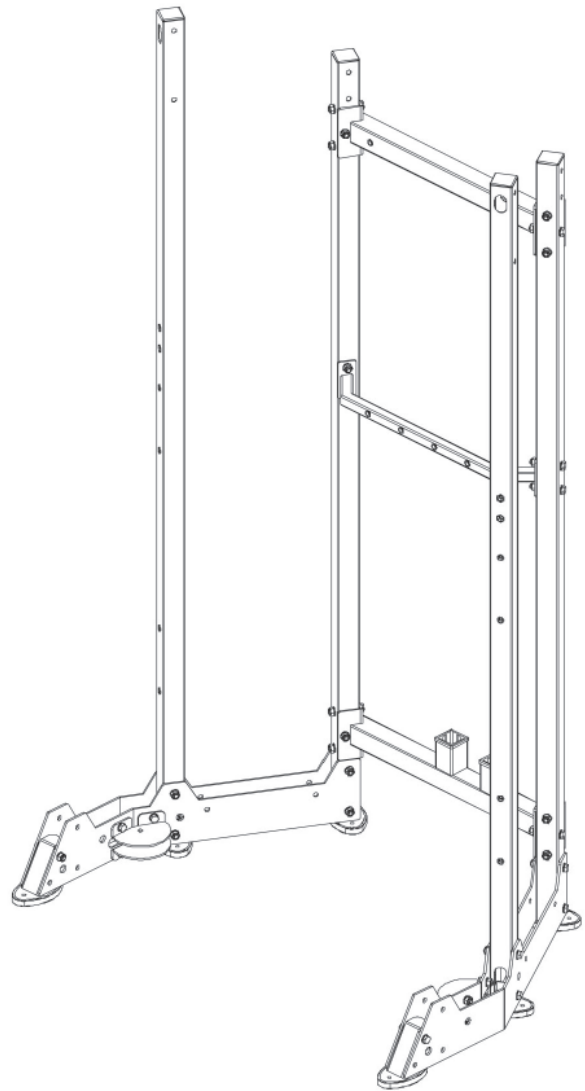
Do not tighten bolts and nuts completely yet.

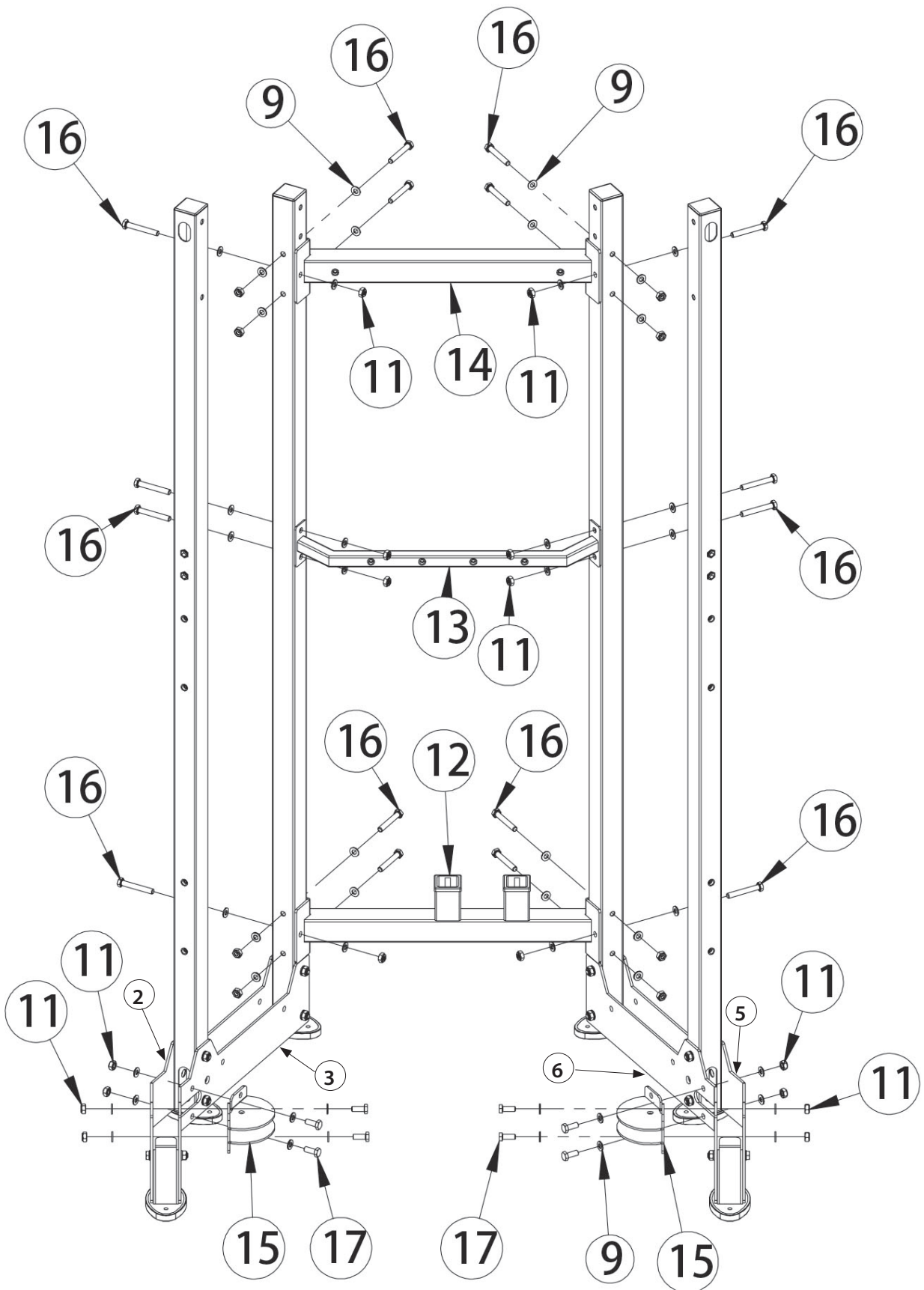
1. Attach the lower link part (12) to the back upright frames (7) with a total of six M10*70 bolts (16), twelve Ø10 washers (9) and six M10 lock nuts (11).

① NOTICE

Make sure the side of the middle link part with two threaded holes is facing downwards.

2. Attach the middle link part (13) to the back upright frames (7) with a total of four M10*70 bolts (16), eight Ø10 washers (9) and four M10 lock nuts (11).
3. Attach the upper link part (14) to the back upright frames (7) with a total of six M10*70 bolts (16), twelve Ø10 washers (9) and six M10 lock nuts (11).
4. Attach two pulley brackets (15) to the left bottom plates (2 & 3) with a total of four M10*25 bolts (17), eight Ø10 washers (9) and four M10 lock nuts (11).
5. Attach two pulley brackets (15) to the right bottom plates (5 & 6) with a total of four M10*25 bolts (17), eight Ø10 washers (9) and four M10 lock nuts (11).

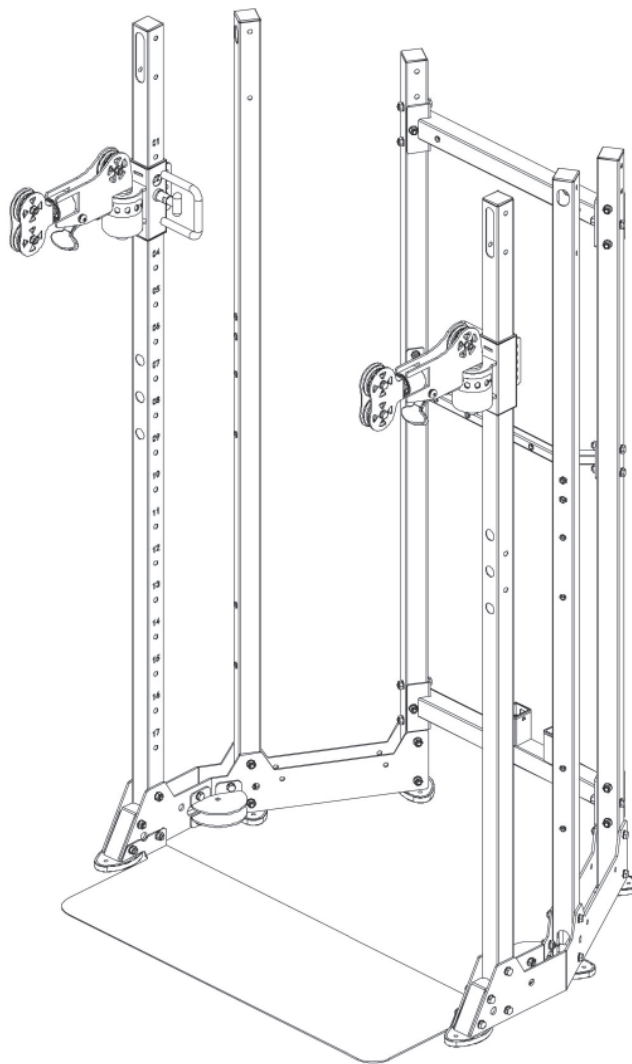


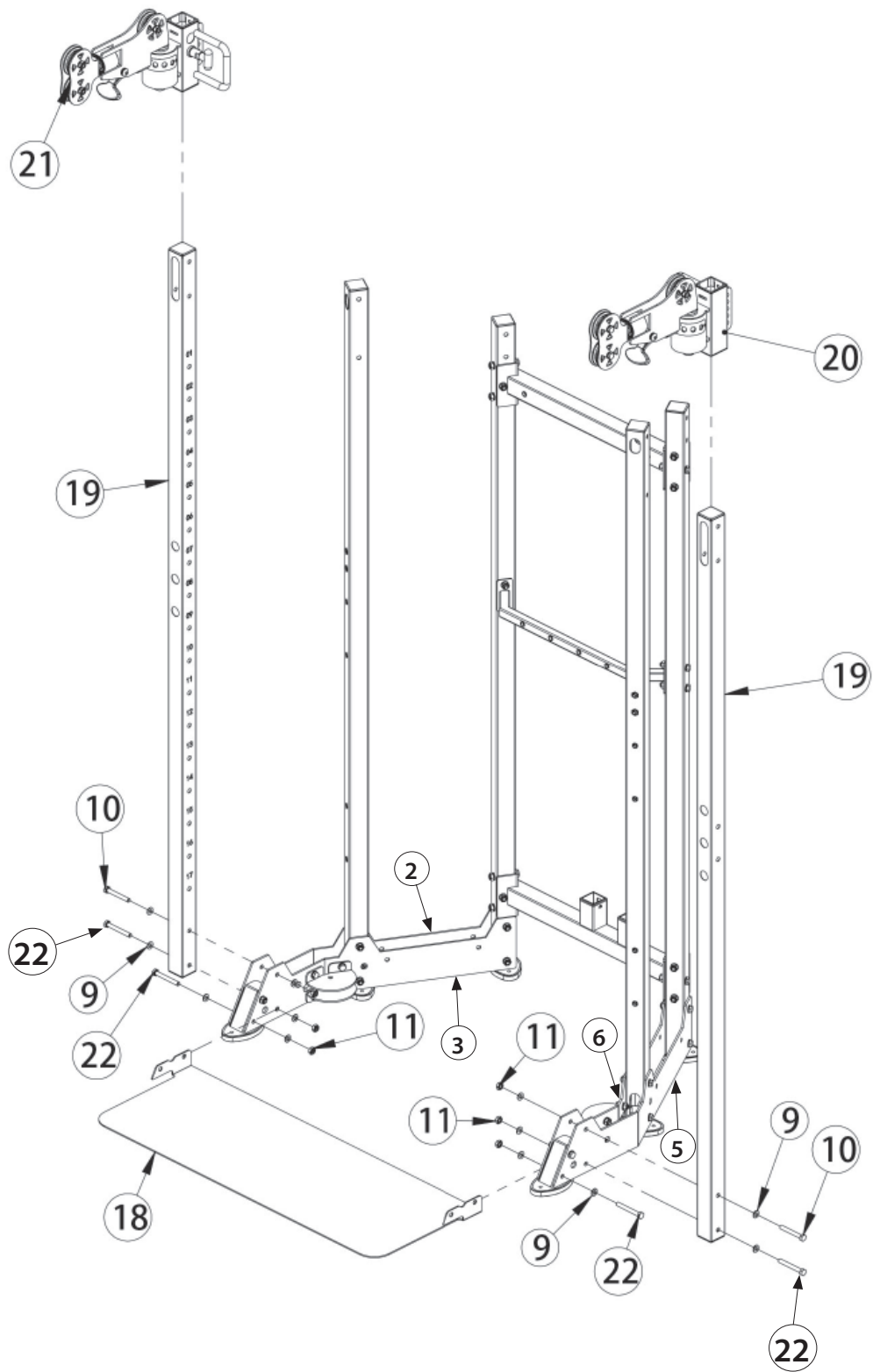


Step 3: Assembly of the Selector Frames and Sliding Frames

NOTICE

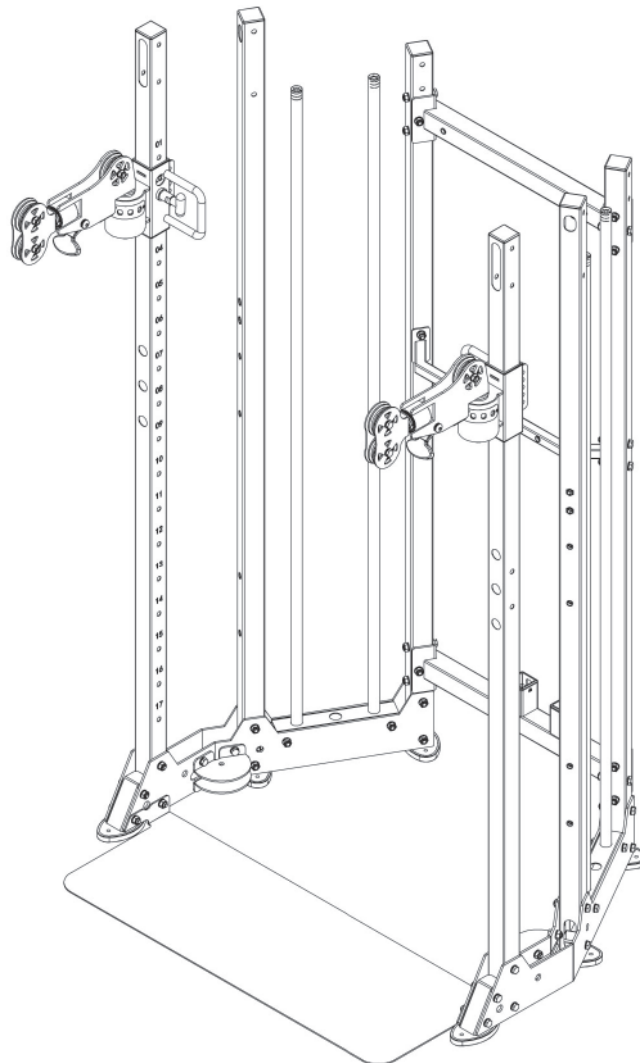
- + Make sure the sliding frames and selector frames are correctly aligned according to the drawings. The scales on the selector frames must face inwards.
 - + Do not tighten bolts and nuts yet.
1. Slide the right and left sliding frames (20 & 21) onto the selector frames (19).
 2. Attach the selector frame (19) with the left sliding frame (21) to the left bottom plates (2 & 3) with one M10*75 bolt (10), two Ø10 washers (9) and one M10 lock nut (11) [upper hole].
 3. Attach the ground plate (18) to the selector frame (19) [lower hole] and left bottom plates (2 & 3) with a total of two M10*80 bolts (22), four Ø10 washers (9) and two M10 lock nuts (11).
 4. Attach the second selector frame (19) with the right sliding frame (20) to the right bottom plates (5 & 6) with one M10*75 bolt (10), two Ø10 washers (9) and one M10 lock nut (11) [upper hole].
 5. Attach the ground plate (18) to the selector frame (19) [lower hole] and right bottom plates (5 & 6) with a total of two M10*80 bolts (22), four Ø10 washers (9) and two M10 lock nuts (11).

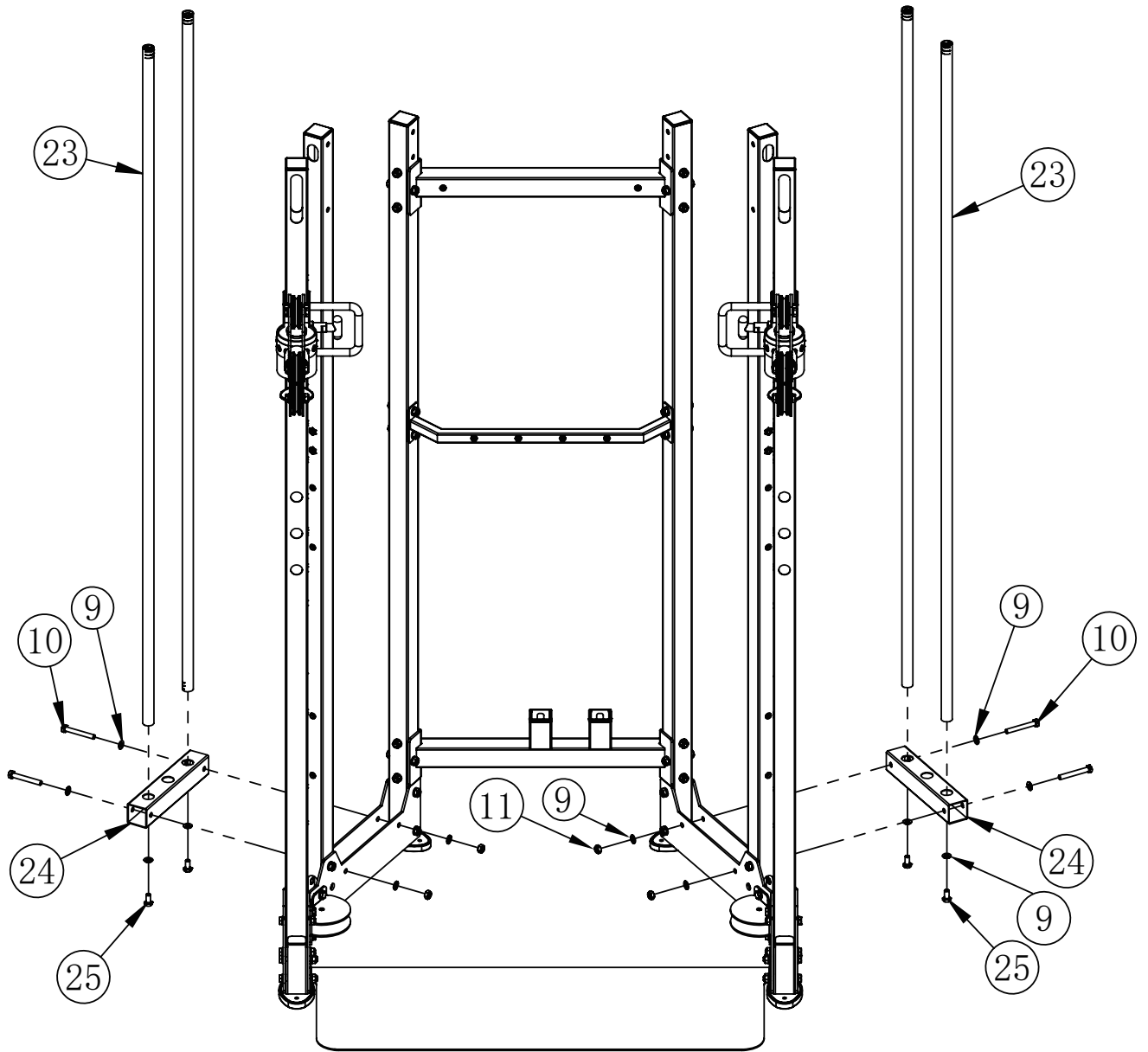




Step 4: Assembly of the Guide Rods

1. Attach two guide rods (23) to each fixed lower pedestal (24) with two M10*20 bolts (25) and two Ø10 washers (9). Tighten these bolts firmly.
2. Attach one fixed lower pedestal (24) to the left bottom plates (2 & 3) with two M10*75 bolts (10), four Ø10 washers (9) and two M10 lock nuts (11).
3. Attach the second fixed lower pedestal (24) to the right bottom plates (5 & 6) with two M10*75 bolts (10), four Ø10 washers (9) and two M10 lock nuts (11).





Step 5: Assembly of the Weight Stacks

NOTICE

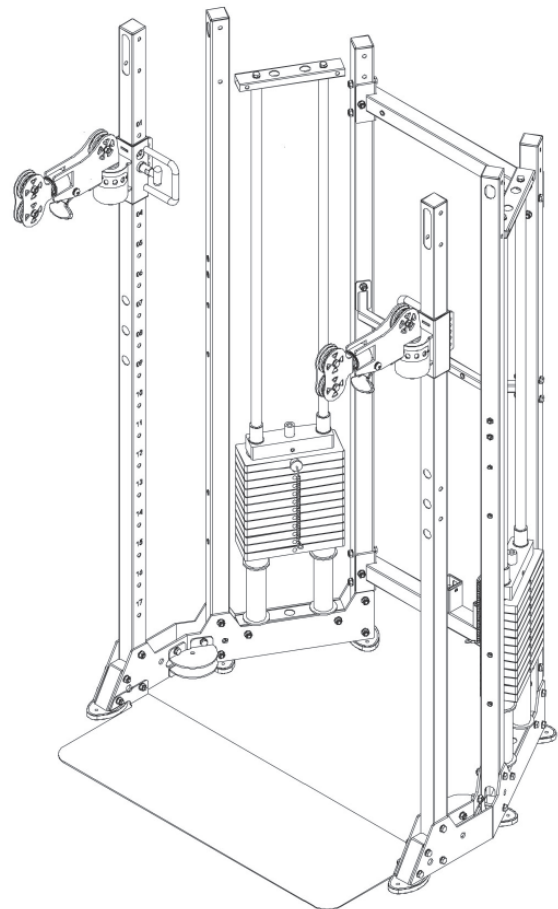
- + It is recommended to assemble one weight stack at a time.
- + This machine is available with a lighter and a heavier weight stack. If you have purchased the heavier weight stack (19 + 1 weight plates), do not install the support tubes (26).

1. Lighter weight stack: Slide one support tube (26) and one rubber block (27) over each guide rod (23) [fig. A].
- 1.1. Heavier weight stack: Slide one rubber block (27) over each guide rod (23) [fig. B].

NOTICE

Make sure the numbers on the weight plates are facing inwards when assembling.

2. Carefully slide each of the weight plates (28) over the guide rods (23) one by one. Begin with the weight plate with the highest number (from 59 kg/131 lbs or 90.5 kg/201 lbs to 9.5 kg/21 lbs).
3. Attach the selector rod (29) to the top weight plate (28) with one pin (30) with a rubber mallet.
4. Now slide the top weight plate (28) with the selector rod (29) over the guide rods (23).
5. Insert one magnetic pin (56) into one of the weight plates (28) and place the ring around the top of the selector rod (29).
6. Attach the fixed upper pedestal (31) to the guide rods (23) with two M10*20 bolts (25) and two Ø10 washers (9). Tighten these bolts firmly.
7. Repeat the steps 1 to 6 on the other side.



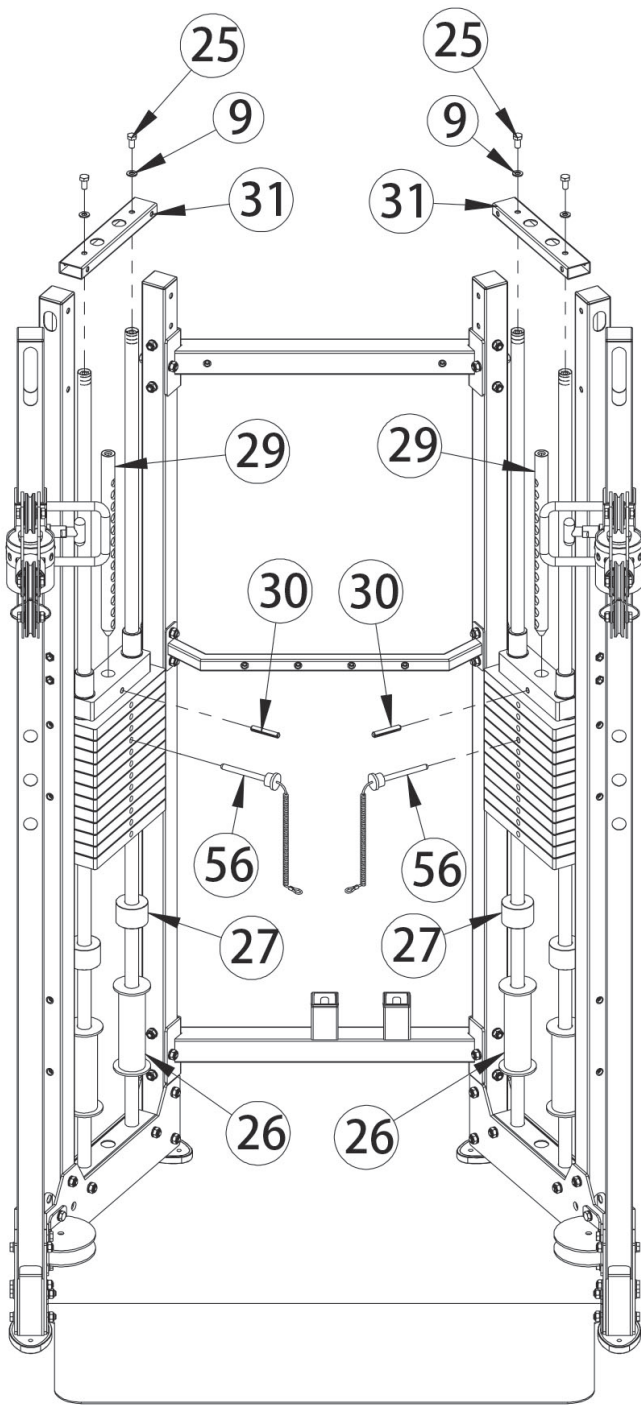


Fig. A: Assembly of lighter weight stack with support tubes (26).

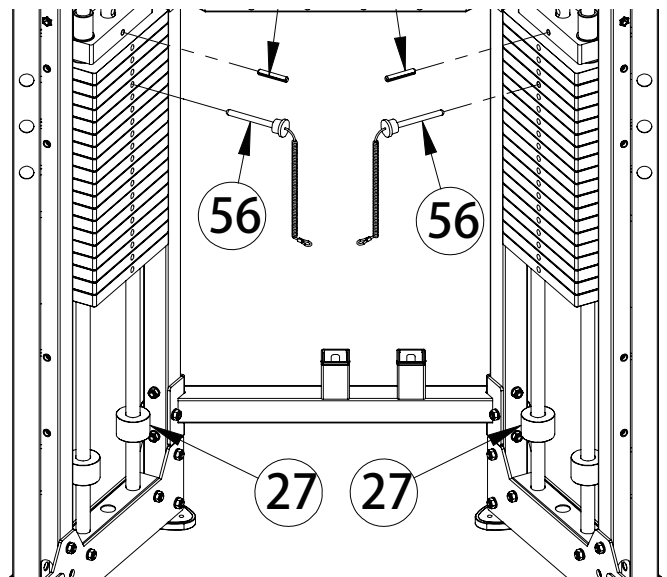
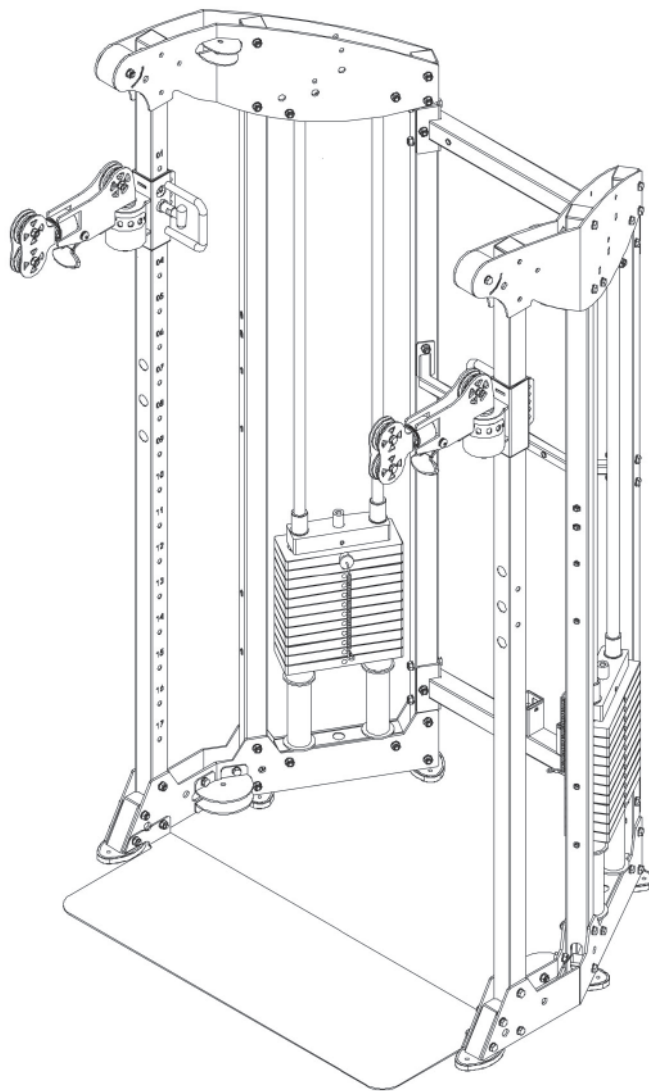
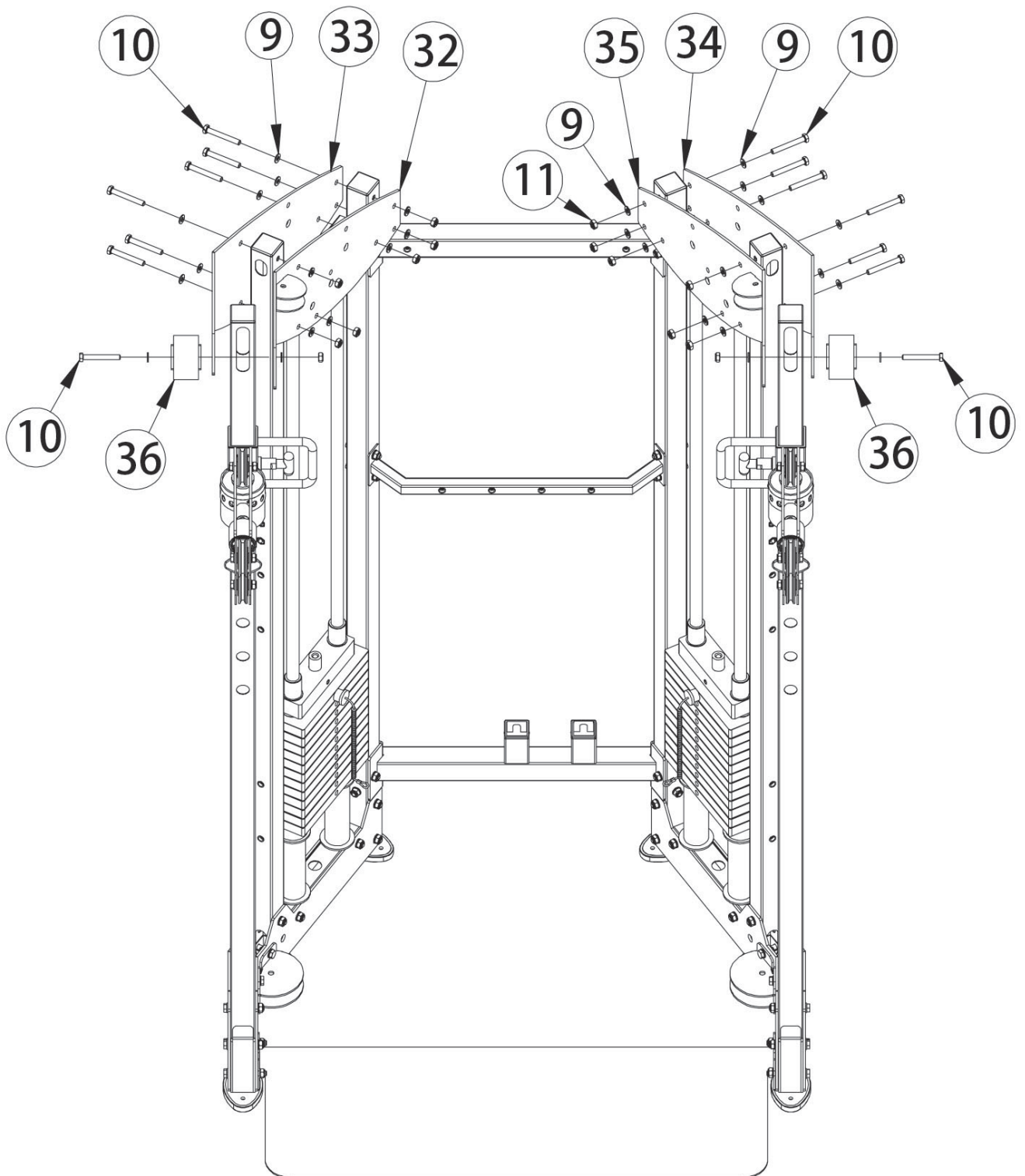


Fig. B: Lower assembly of heavier weight stack without support tubes (26).

Step 6: Assembly of the Upper Plates

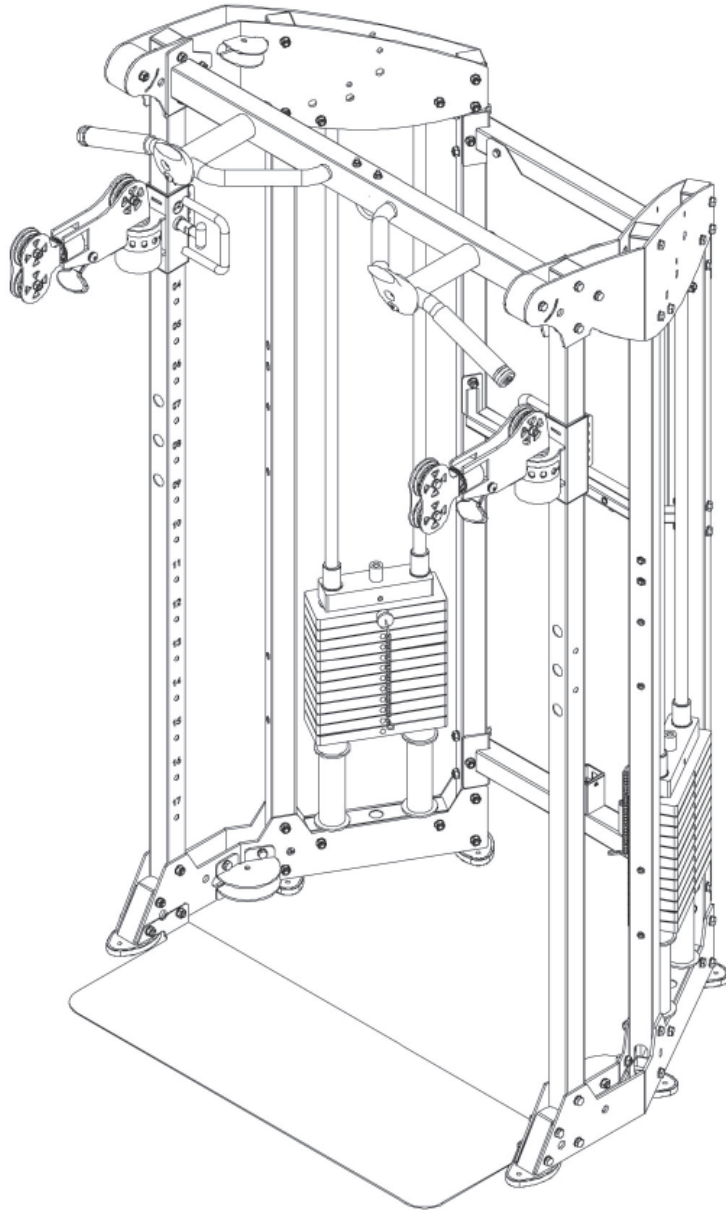
1. Attach the upper inner plate left (32) and upper outer plate left (33) to the middle upright frame (4) and back upright frame (7) with a total of six M10*75 bolts (10), twelve Ø10 washers (9) and six M10 lock nuts (11).
2. Attach the upper inner plate right (35) and upper outer plate right (34) to the middle upright frame (4) and back upright frame (7) with a total of six M10*75 bolts (10), twelve Ø10 washers (9) and six M10 lock nuts (11).
3. Attach one cover tube (36) to the left upper plates (32 & 33) with one M10*75 bolt (10), two Ø10 washers (9) and one M10 lock nut (11).
4. Attach a second cover tube (36) to the right upper plates (35 & 34) with one M10*75 bolt (10), two Ø10 washers (9) and one M10 lock nut (11).

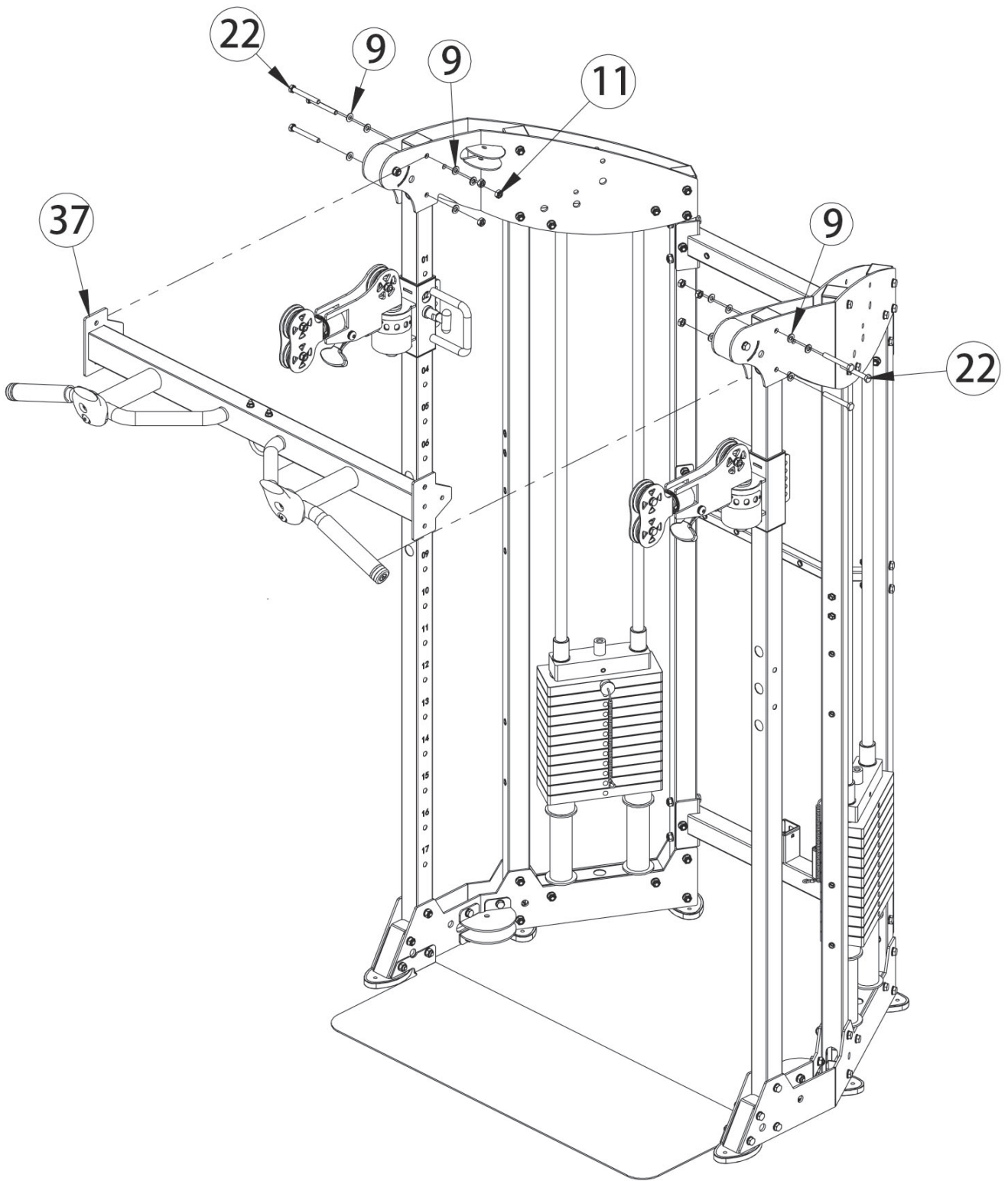




Step 7: Assembly of the Chin Up Bar

Attach the chin up bar (37) to the left upper plates (32 & 33) and right upper plates (34 & 35) with a total of six M10*80 bolts (22), twelve Ø10 washers (9) and six M10 lock nuts (11).





Step 8: Assembly of the Pulleys

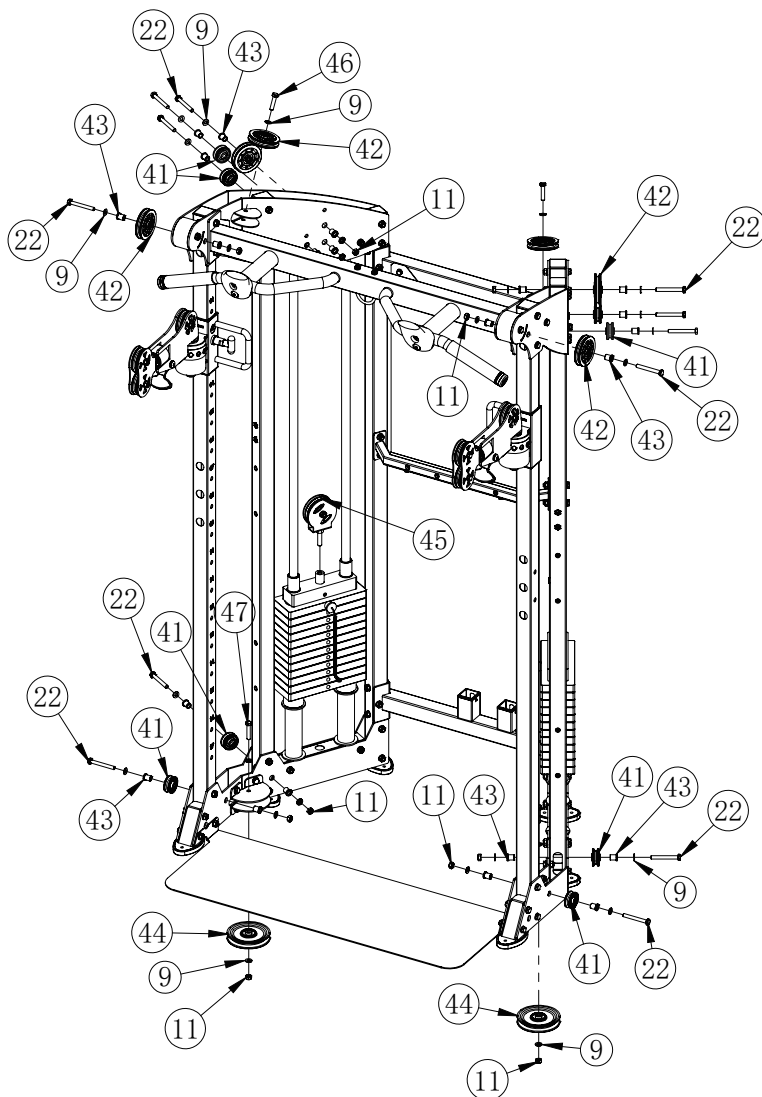
1. Attach one pulley (42) to the front of the left upper plates (32 & 33) with one M10*80 bolt (22), two sleeves (43), two Ø10 washers (9) and one M10 lock nut (11) [fig. A].
2. Attach two pulleys (41) and one pulley (42) to the left upper plates (32 & 33) with a total of three M10*80 bolts (22), six sleeves (43), six Ø10 washers (9) and three M10 lock nuts (11) [fig. A].
3. Attach one pulley (42) to the left upper plates (32 & 33) with one M10*45 bolt (46) and one Ø10 washer (9) [fig. A].
4. Repeat the steps 1 to 3 on the right side [fig. B].
5. Attach one pulley (44) to the pulley brackets (15) with one M10*50 bolt (47), two Ø10 washers (9) and one M10 lock nut (11) [fig. C].
6. Attach two pulleys (41) to the left bottom plates (2 & 3) with one M10*80 bolt (22), two sleeves (43), two Ø10 washers (9) and one M10 lock nut (11) each [fig. C].



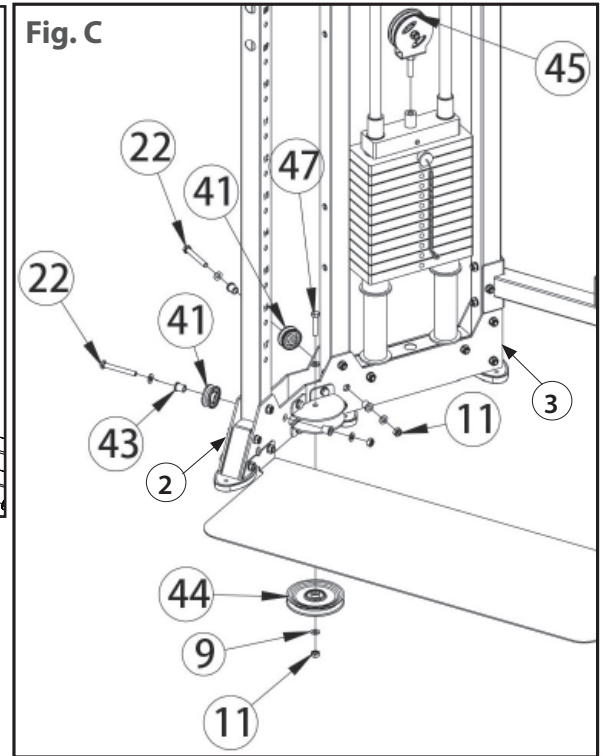
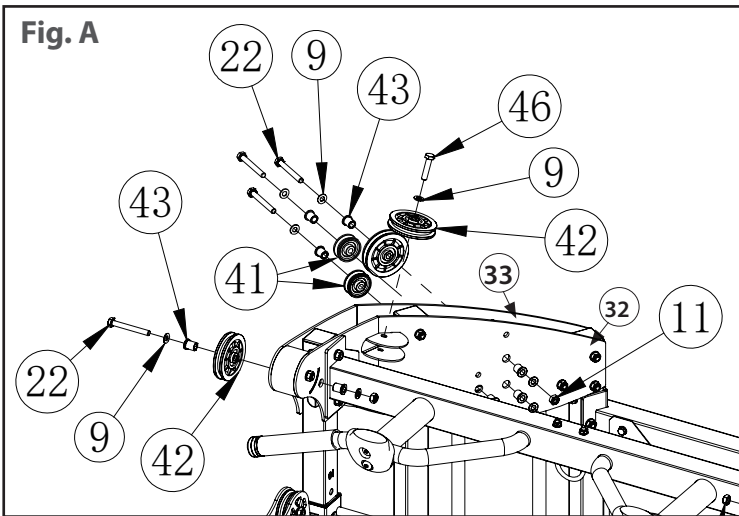
CAUTION

The pulley with bracket (45) is a cable adjustment point. It must be screwed in at least 1/3 of its threaded length.

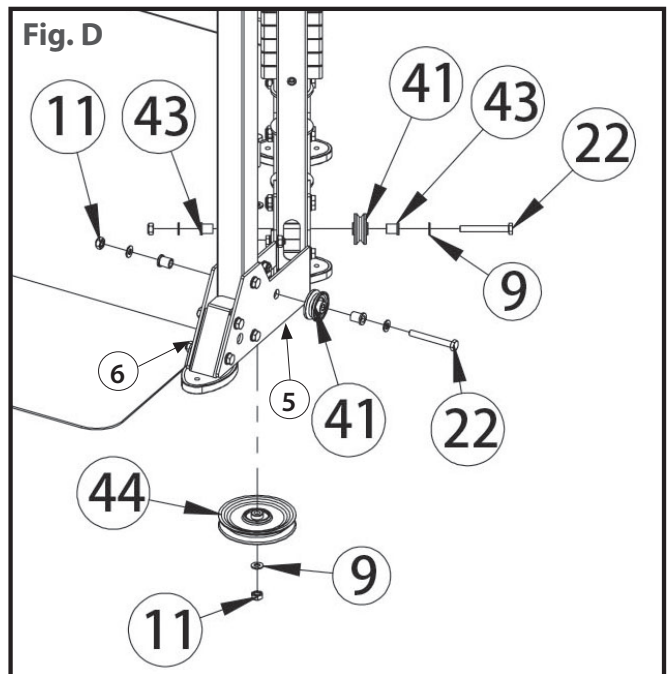
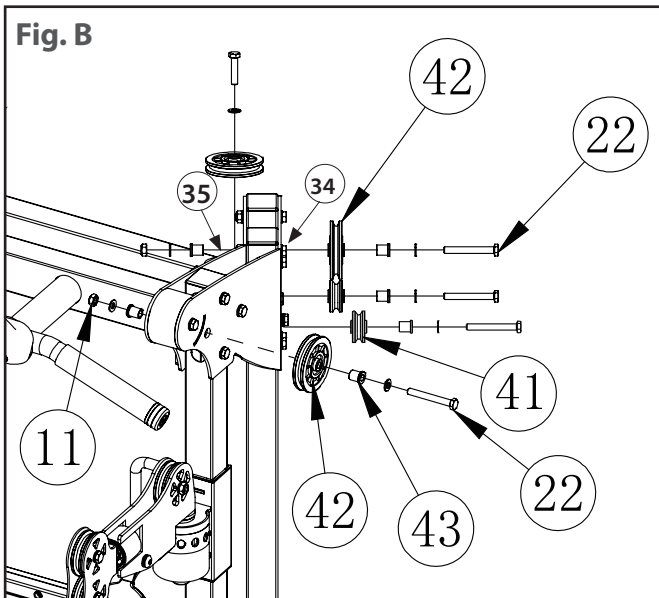
7. Attach one pulley with bracket (45) to the top plate (28) [fig. C].
8. Repeat the steps 5 to 7 on the right side [fig. D].



Left Side



Right Side



Step 9: Assembly of the Cables and Cable Adjustment

NOTICE

It may be necessary to loosen some pulleys in order to route the cables properly.

1. Detach the components of the ball end of the cable (48).
2. Begin the cable routing by placing the ball end of the cable (48) between the two pre-installed pulleys in the pulley bracket [A].
3. Reattach the components of the ball end of the cable (48).
4. Route the cable (48) further under B, over C, around D, over E, under F, over G and H, under I, around J, under K and up to L.
5. Attach the cable end (48) to the left sliding frame (20) with one M10*25 bolt (17), two Ø10 washers (9) and one M10 lock nut (11).
6. Repeat the steps 1 to 5 on the right side with the second cable (48).

Cable Adjustment

► ATTENTION

It is important that you make sure the cables are properly tightened before proceeding to the next assembly step.

You can recognize the correct cable tension when the top weight plate rests very lightly on the weight stack. If the top weight plate is hanging in the air, the cable is too tight. If the cable is visibly slacking, it is too loose. If the cable is slacking or too tight, it needs adjustment. There is one adjustment point for coarser adjustments and one for finer adjustments.

Coarse Adjustment

Coarser adjustments can be made on the brackets on the sliding frames where the loop end of the cable is attached (L).

1. To tighten the cable, attach the loop end to a higher hole.
2. To loosen the cable, attach the loop end to a lower hole.

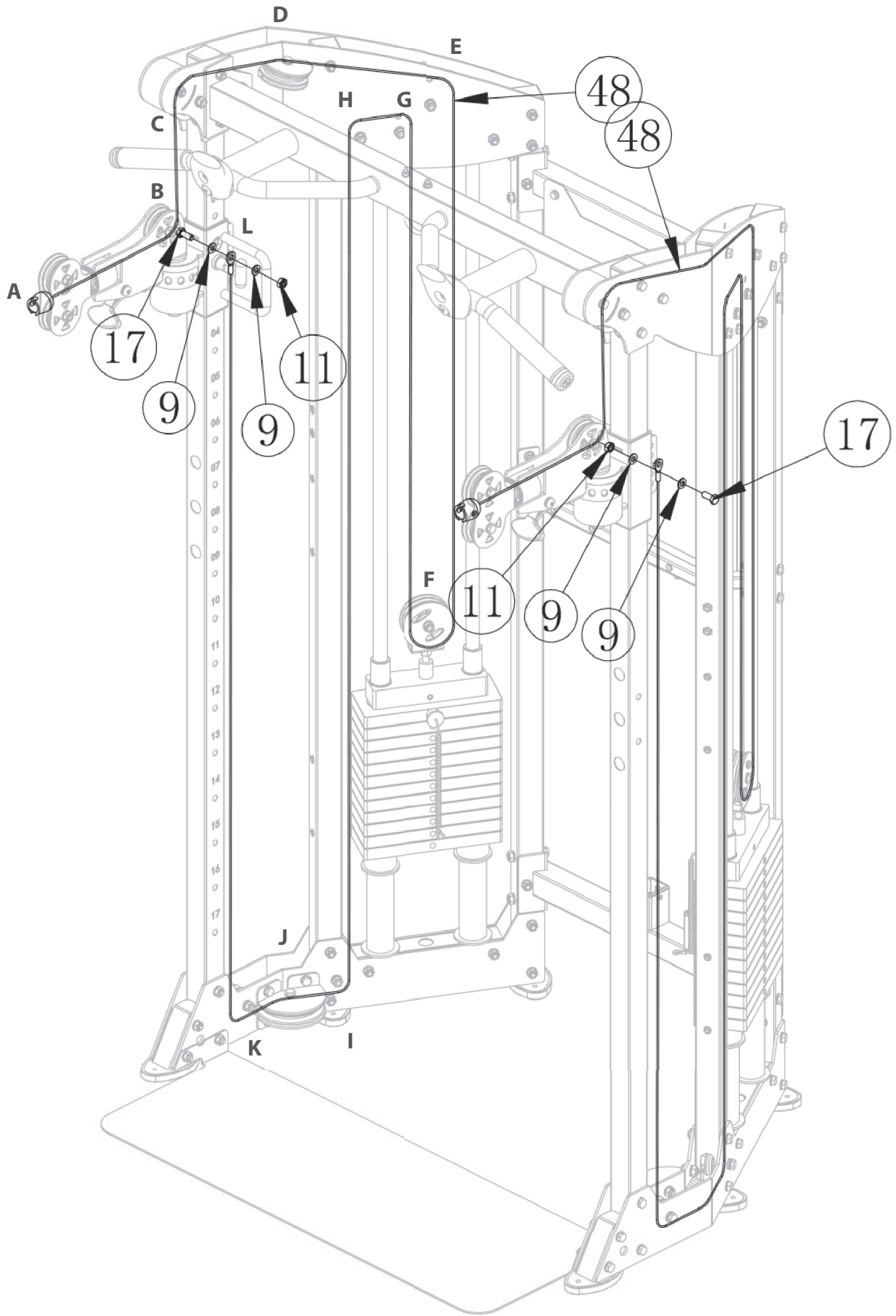
Fine Adjustment

In some cases, only finer adjustments are needed. Finer adjustments can be made on the pulley with bracket which is attached to the top weight plate (F).

WARNING

The threaded end must always be screwed in at least 1/3 of its length.

1. To loosen the cable, turn counterclockwise.
2. To tighten the cable, turn clockwise.
3. Secure with the pre-installed nut.

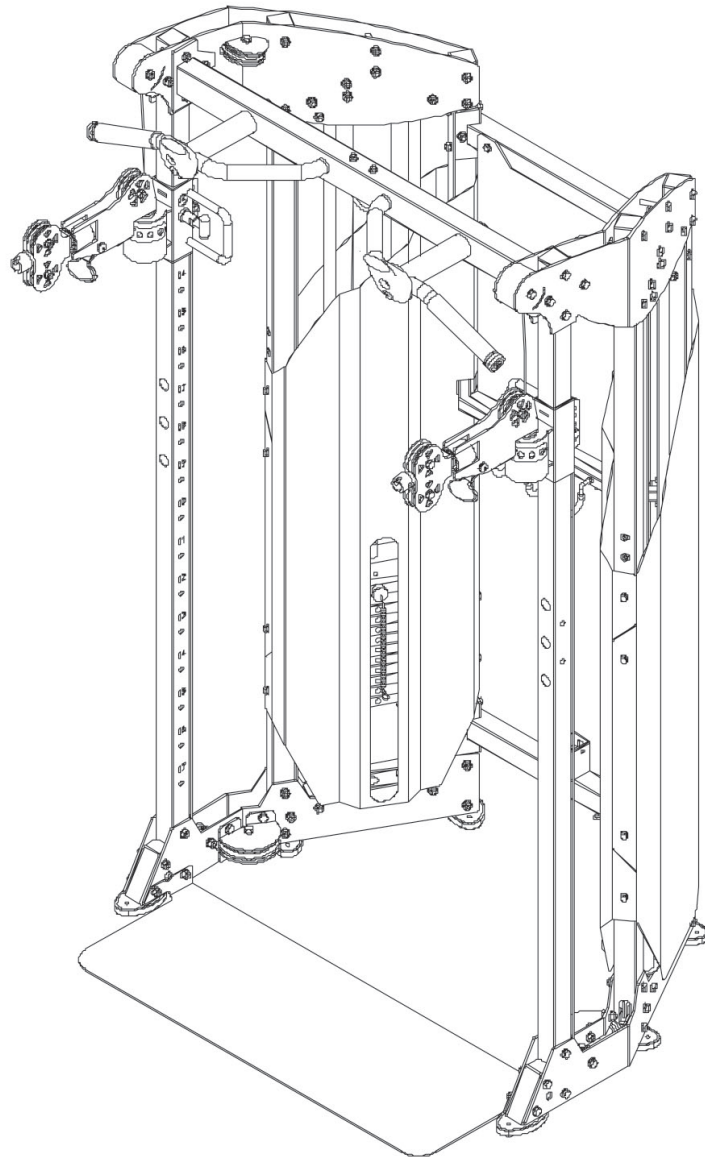


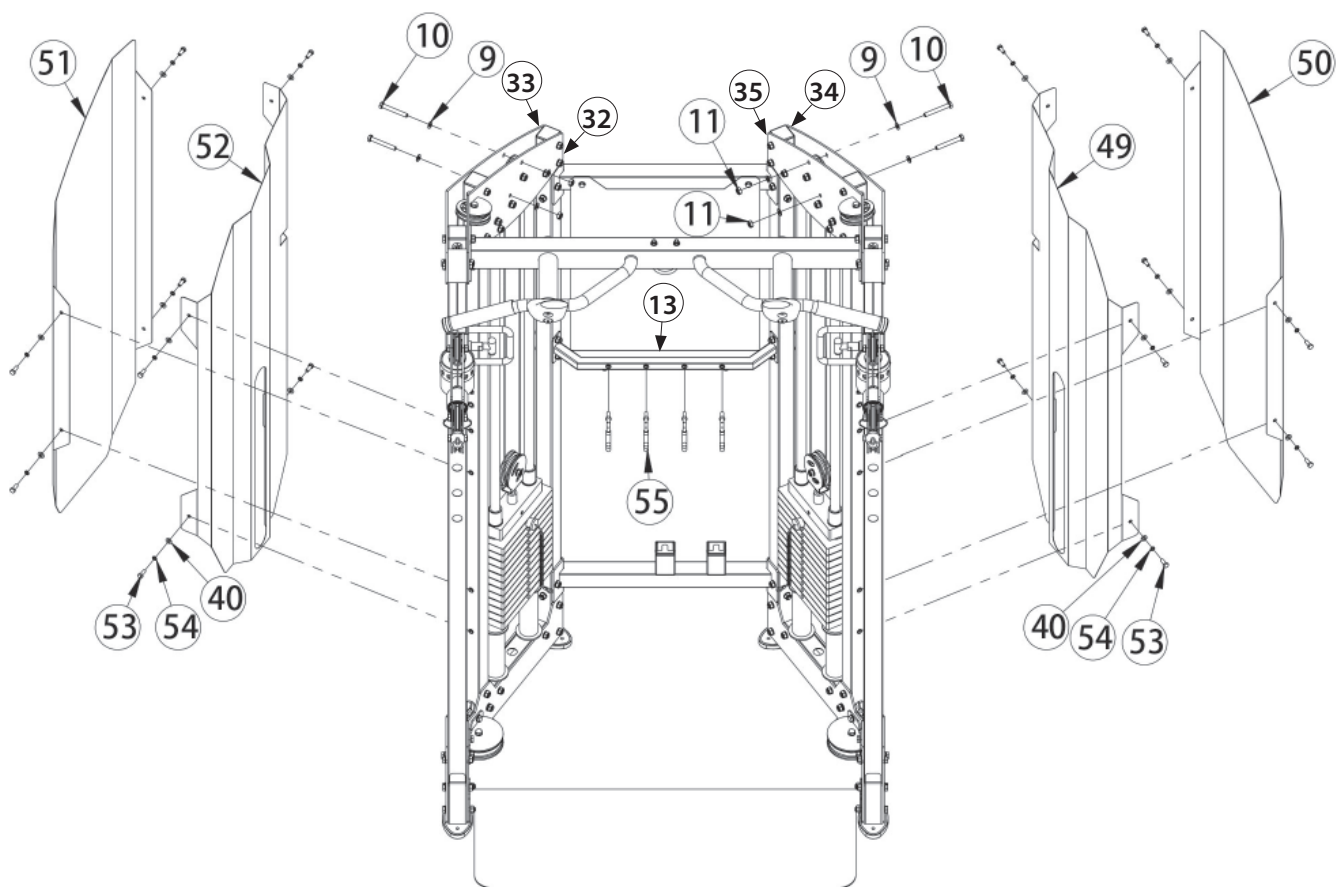
Step 10: Assembly of the Weight Plate Covers

NOTICE

Loosely attach the weight plate covers to ensure they fit properly, then tighten the bolts.

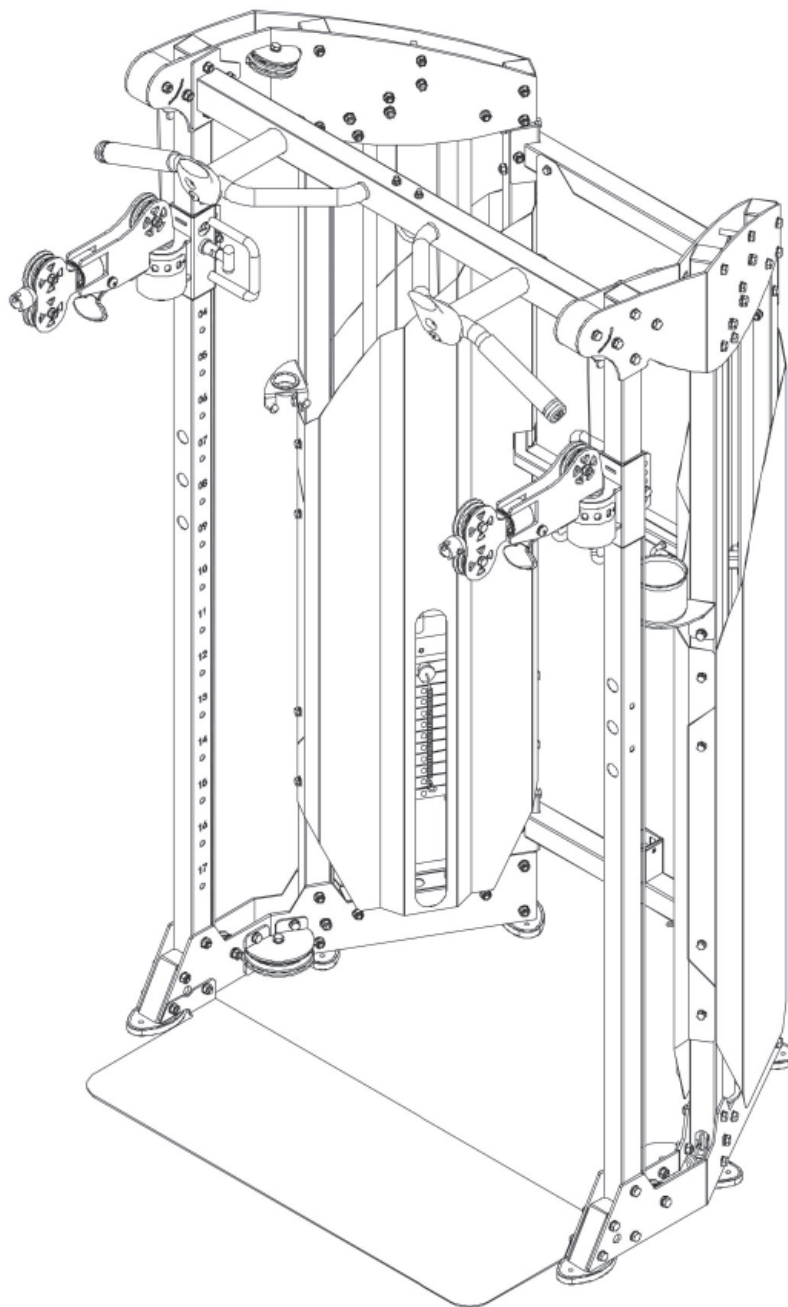
1. Attach the left outer and inner weight plate covers (51 & 52) with a total of eight M8*20 bolts (53), eight Ø8 spring washers (54) and eight Ø8 washers (40).
2. Attach the right outer and inner weight plate covers (49 & 50) with a total of eight M8*20 bolts (53), eight Ø8 spring washers (54) and eight Ø8 washers (40).
3. To prevent the cable from slipping through, attach two bolts (10), four Ø10 washers (9) and two M10 lock nuts (11) to the left upper plates (32 & 33).
4. Repeat step 3 on the right side.
5. Attach four hooks (55) to the middle link part (13).

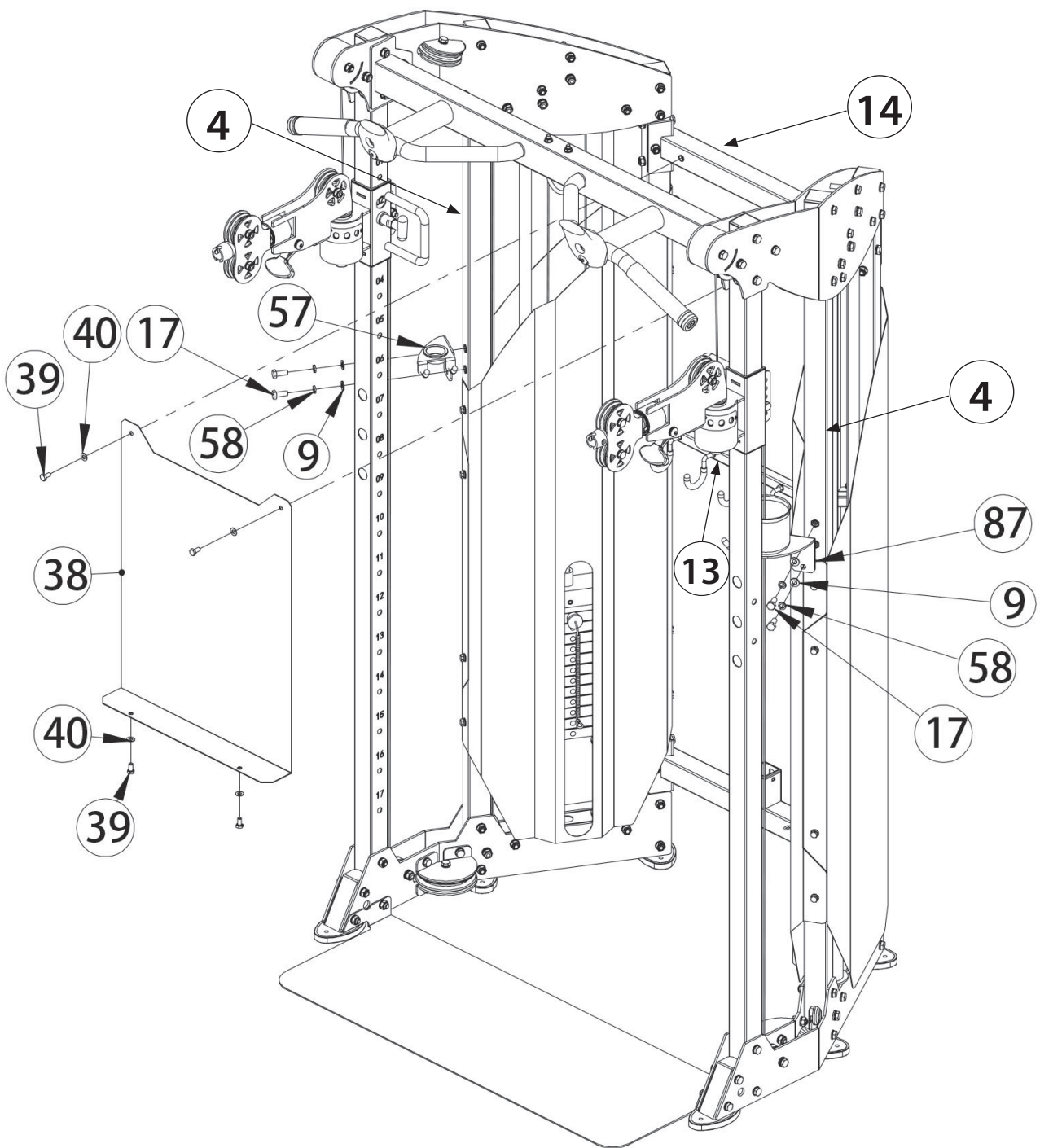




Step 11: Assembly of the Board, Short Bar Holder and Cup Holder

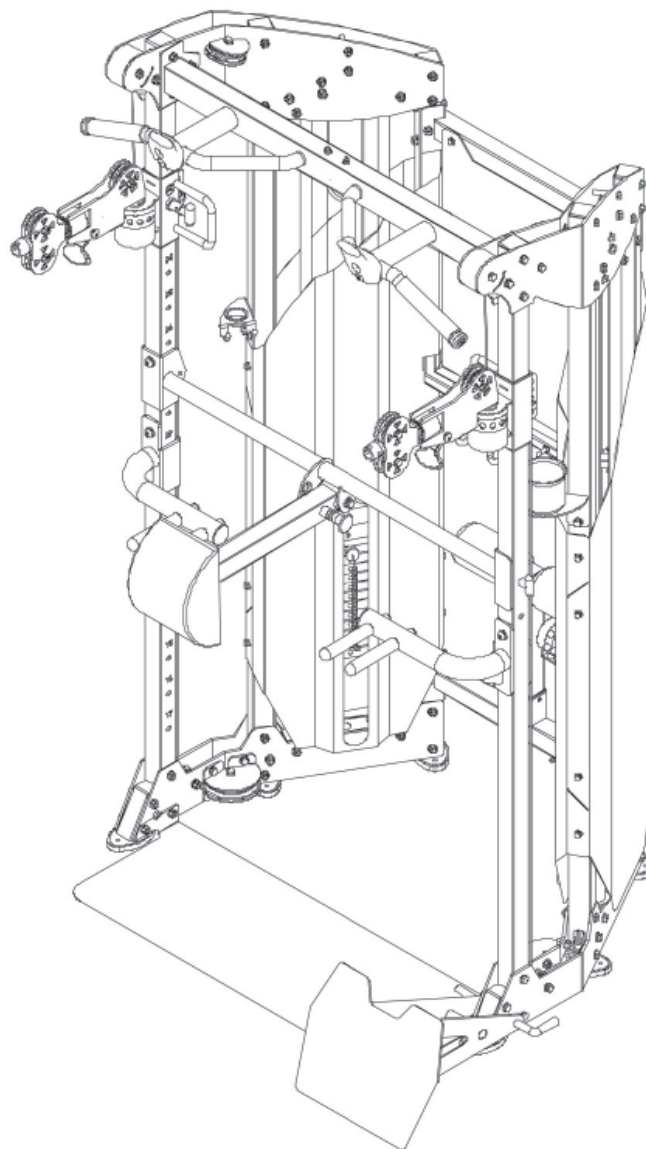
1. Attach the board (38) to the upper link part (14) and middle link part (13) with four M8*16 bolts (39) and four Ø8 washers (40).
2. Attach the short bar holder (57) to one middle upright frame (4) with two M10*25 bolts (17), two Ø10 spring washers (58) and two Ø10 washers (9).
3. Attach the cup holder (87) to the second middle upright frame (4) with two M10*25 bolts (17), two Ø10 spring washers (58) and two Ø10 washers (9).

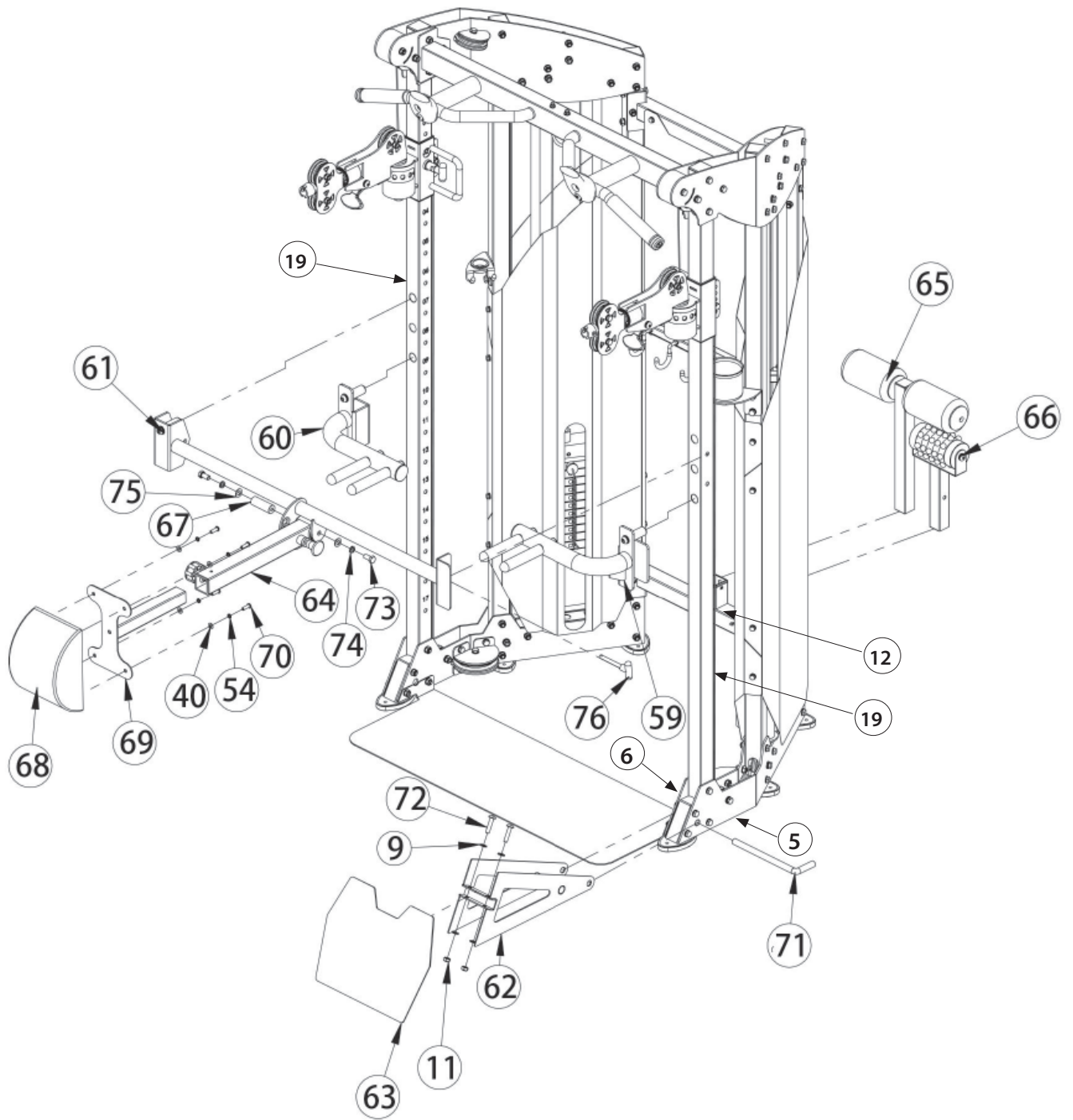




Step 12: Assembly of the Foot Plate, Cushion and Accessories

1. Attach the footplate (63) to the footplate frame (62) with two M10*45 bolts (72), four Ø10 washers (9) and two M10 lock nuts (11).
2. Attach the footplate frame (62) to the right bottom plates (5 & 6) with the L-shaped pin (71).
3. Attach the left and right dip bars (59 & 60) to the selector frames (19).
4. Attach the leg press frame (65) and massage roller frame (66) to the lower link part (12).
5. Attach the waist support frame main tube (64) to the waist support frame (61) with two M12*25 bolts (73), two Ø12 spring washers (74), two Ø12 washers (75) and one internal thread shaft (67).
6. Attach the waist cushion (68) to the waist cushion connection frame (69) with four M8*25 bolts (70), four Ø8 spring washers (54) and four Ø8 washers (40).
7. Insert the waist cushion connection frame (69) into the waist support frame main tube (64).
8. Attach the waist support frame (61) to the selector frames (19) with the T-shaped pin (76).





3.1 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.

4.1 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.

4.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

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

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

4.3 Maintenance and Inspection Calendar

To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly
Cables	C	I	
Screw connections		I	
Pulleys and cable routing		I	
Slide rails/Guide rods		I	
Cushions	C		
Legend: C = clean; I = inspect			

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 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 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



chest strap



triceps rope



weight block extension

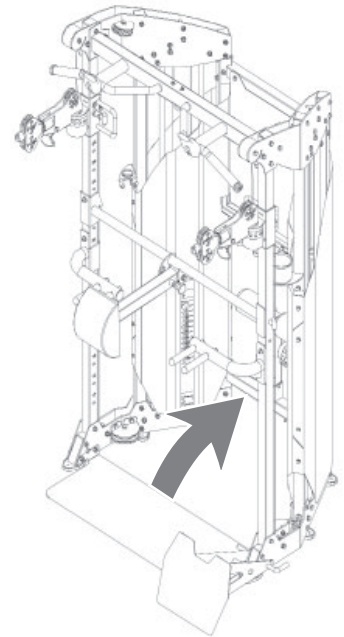
7.1 Serial Number and Model Name

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 9 of this operating manual.

NOTICE

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.

Enter the serial number in the appropriate field.



Serial number:

Brand / Category:

Model Name:

Article Number:

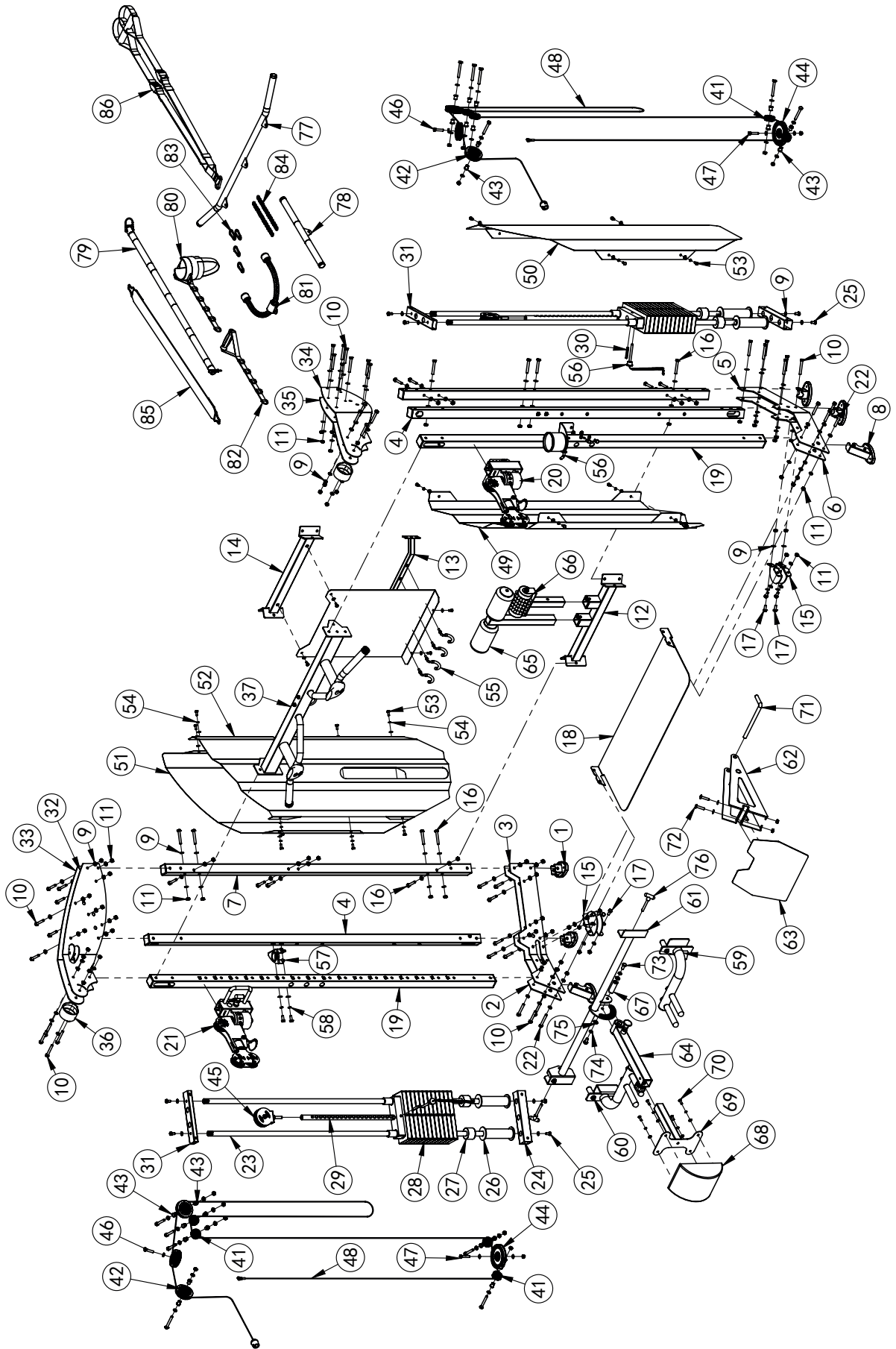
7.2 Parts List

No.	Name	Specification	Qty.
1	foot tube		4
2	bottom outer plate left		1
3	bottom inner plate left		1
4	middle upright frame		2
5	bottom outer plate right		1
6	bottom inner plate right		1
7	back upright frame		2
8	foot tube front		2
9	washer	Φ10	182
10	hexagon bolt	M10*75	34
11	lock nut	M10	84
12	lower link part		1
13	middle link part		1
14	upper link part		1
15	pulley bracket		4
16	hexagon bolt	M10*70	16
17	hexagon bolt	M10*25	14
18	ground plate		1
19	selector frame		2
20	sliding frame right		1
21	sliding frame left		1
22	hexagon bolt	M10*80	22
23	guide rod		4
24	fixed pedestal lower		2
25	hexagon bolt	M10*20	8
26	support tube		4
27	rubber block		4
28	weight plate	4.5 kg	12/19+1 (2x)
29	selector rod		2
30	pin		2

31	fixed pedestal upper		2
32	upper inner plate left		1
33	upper outer plate left		1
34	upper outer plate right		1
35	upper inner plate right		1
36	cover tube		2
37	chin up bar		1
38	board		1
39	hexagon bolt	M8*16	4
40	washer	Φ8	24
41	pulley	Φ50	8
42	pulley	Φ92	6
43	powder metallurgy sleeve		24
44	pulley	Φ127	2
45	pulley with bracket		2
46	hexagon bolt	M10*45	2
47	hexagon bolt	M10*50	2
48	cable		2
49	weight plate cover inner right		1
50	weight plate cover outer right		1
51	weight plate cover outer left		1
52	weight plate cover inner left		1
53	hexagon bolt	M8*20	16
54	spring washer	Φ8	20
55	hook		4
56	magnetic pin		2
57	short bar holder		1
58	spring washer	Φ10	4
59	dip bar left		1
60	dip bar right		1
61	waist support frame		1
62	footplate supper frame		1
63	footplate		1
64	waist support frame main tube		1

65	leg press frame		1
66	massage roller frame		1
67	internal thread shaft		1
68	waist cushion		1
69	waist cushion connection frame		1
70	screw	M8*25	4
71	L shape pin		1
72	screw	M10*45	2
73	screw	M12*25	2
74	spring washer	Φ12	2
75	washer	Φ12	2
76	T shape pin	Φ10*85	1
77	long bar		1
78	short bar		1
79	ship rod		1
80	ankle cuff		1
81	triceps rope		1
82	hand holder		2
83	snap hook		4
84	chain		2
85	belt		1
86	sling trainer		1
87	cup holder		1

7.3 Exploded Drawing



Products from TAURUS® are subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

Error Descriptions

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

Your statutory rights are not affected.

Warranty

The warranty is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

Warranty period

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

Repair Costs

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warranty holder personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

The terms of use are defined as follows:

- + Home use: solely for private use in private households up to 3 hours per day
- + Semi-professional use: up to 6 hours per day (e. g. rehabilitation centres, hotels, clubs, company gyms)
- + Professional use: more than 6 hours per day (e. g. commercial gyms)

Warranty Service

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

Warranty Conditions

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

- + misuse or improper handling
- + environmental influences (moisture, heat, electrical surge, dust, etc.)
- + failure to follow the current safety measures for the equipment
- + failure to follow the operating instructions
- + use of force (e. g. hitting, kicking, falling)
- + interventions which were not carried out by one of our authorized service centres
- + unauthorised repair attempts

Proof of Purchase and Serial Number

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.

Service outside of the Warranty Period

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

Communication

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

9 CONTACT

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

Please find a detailed overview including address and opening hours for all stores of the Fitshop Group in Germany and abroad on the following website:

www.Fitshop.com/en/stores

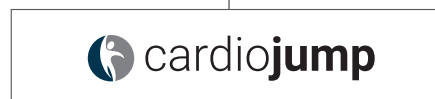
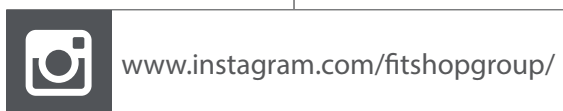
WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

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

Visit us also on our social media platforms or our blog!



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