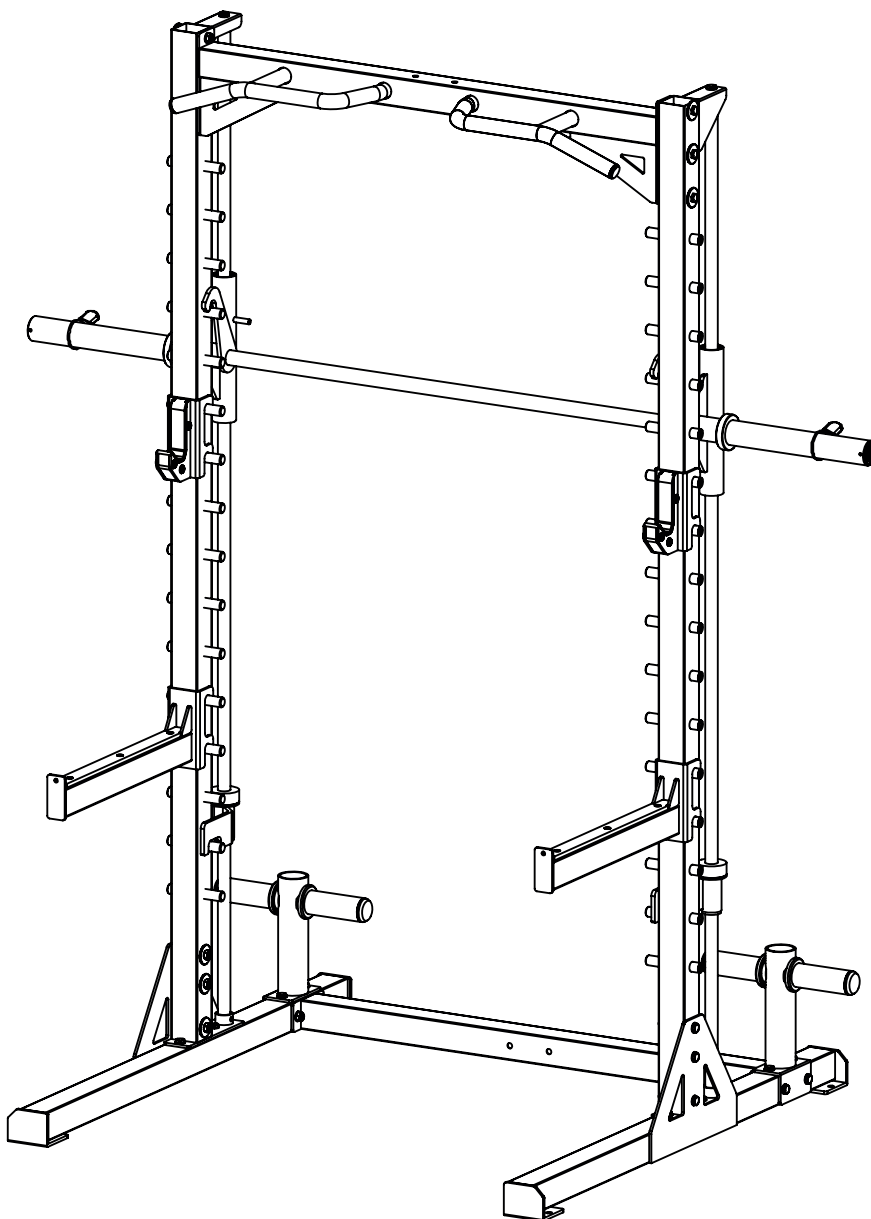


# TAURUS®

## Assembly and Operating Instructions



max. 272 kg



~ 120 Min. 



 112 kg

L 121 | W 197 | H 215

FSTFMS3.02.02

Art. No. TF-MS3 + TF-HR-LR01 + TF-HA3743 + TF-HA3716

**Taurus MS3 Smith Machine**



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**Dear customer,**

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

Further information can be found at [www.fitshop.com](http://www.fitshop.com).

**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

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 Taurus MS3 Smith Machine (TF-MS3):

|  |   |
|--|---|
| Article weight (gross, including packaging): | Box 1: 53 kg<br>Box 2: 63 kg                                  |
| Article weight (net, without packaging):     | 112 kg  |
| Packaging dimensions (L x W x H):            | Box 1: 133 cm x 47 cm x 16 cm<br>Box 2: 215 cm x 41 cm x 9 cm |
| Set-up dimensions (L x W x H):               | 121 cm x 197 cm x 215 cm                                      |
| Maximum load weight:                         | 272 kg  |

### Weight and dimensions Taurus MS3 Lat/Low Row Attachement (TF-HR-LR01):

|  |   |
|--|---|
| Article weight (gross, including packaging): | Box 1: 14 kg<br>Box 2: 24 kg                                  |
| Article weight (net, without packaging):     | 35 kg   |
| Packaging dimensions (L x W x H):            | Box 1: 221 cm x 17 cm x 8 cm<br>Box 2: 110 cm x 42 cm x 11 cm |
| Set-up dimensions (L x W x H):               | 73 cm x 103 cm x 213 cm                                       |
| Maximum load weight:                         | 272 kg  |

### Weight and dimensions Taurus MS3 Pull-Up Attachment (TF-HA3743):

|  |                               |
|--|-------------------------------|
| Article weight (gross, including packaging): | 5,5 kg                        |
| Article weight (net, without packaging):     | 4 kg                          |
| Packaging dimensions (L x W x H):            | Box 1: 107 cm x 38 cm x 12 cm |
| Set-up dimensions (L x W x H):               | 35 cm x 103 cm x 11 cm        |
| Maximum load weight:                         | 120 kg                        |



**Weight and dimensions Taurus MS3 Dip Attachment (TF-HA3716):**

|  |                             |
|--|-----------------------------|
| Article weight (gross, including packaging): | 9 kg                        |
| Article weight (net, without packaging):     | 7 kg                        |
| Packaging dimensions (L x W x H):            | Box 1: 69 cm x 71 cm x 8 cm |
| Set-up dimensions (L x W x H):               | 63 cm x 65 cm x 25 cm       |
| Maximum load weight:                         | 120 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.

### **ATTENTION**

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

## 1.3 Set-Up Place

### ⚠ WARNING

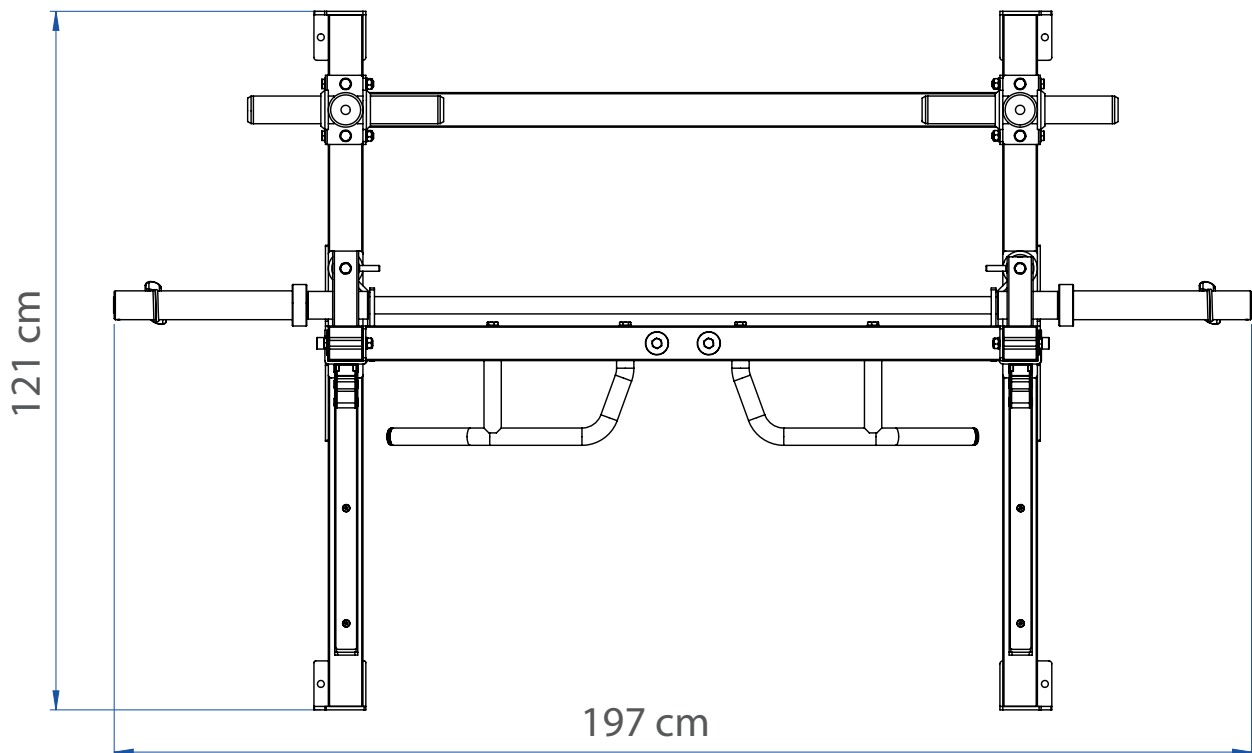
- + Do not place the equipment in main corridors or escape routes.

### ⚠ 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**

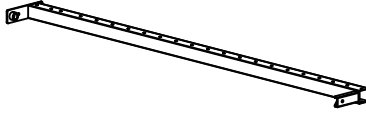




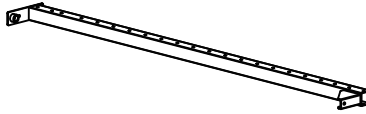
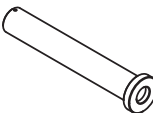

- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

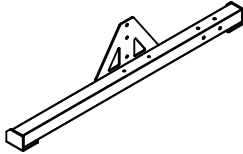

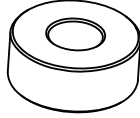
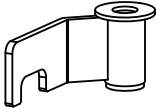
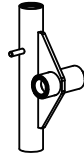
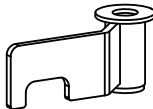
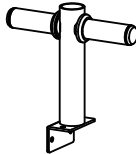
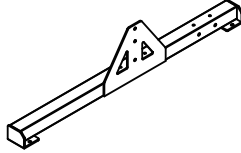
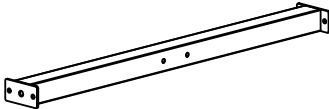
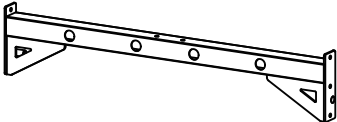
## 2.2 Scope of Delivery: Taurus MS3 Smith Machine

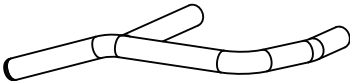
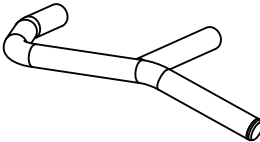
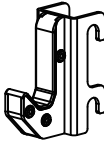
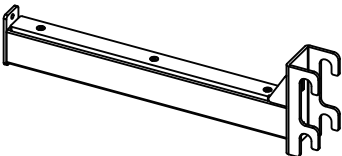

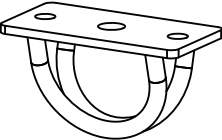
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

**⚠ CAUTION**

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

| NUMBER | DESCRIPTION               |  | QUANTITY |
|--------|---------------------------|--|----------|
| 1      | Right Front Upright Frame |    | 1        |
| 3      | Front Guide Rod           |    | 2        |
| 11     | Short Axis                |    | 32       |
| 12     | Long Axis                 |  | 32       |
| 13     | Weight Bar                |  | 1        |
| 14     | Left Front Upright Frame  |  | 1        |
| 16     | Weight Bar Sleeve         |  | 2        |
| 17     | Pan Washer                |  | 2        |

|    |                                 |  |   |
|----|---------------------------------|--|---|
| 2  | Right Bottom Frame              |    | 1 |
| 5  | Right Bearing Housing           |   | 1 |
| 8  | Rubber Bumper                   |    | 2 |
| 9  | Right Weight Bar Safety Support |    | 1 |
| 15 | Left Bearing Housing            |  | 1 |
| 18 | Left Weight Bar Safety Support  |  | 1 |
| 19 | Bar Holder                      |  | 2 |
| 22 | Left Bottom Frame               |  | 1 |
| 23 | Bottom Cross Frame              |  | 1 |
| 24 | Top Cross Frame                 |  | 1 |

|    |                 |  |   |
|----|-----------------|--|---|
| 25 | Right Handle    |    | 1 |
| 26 | Left Handle     |    | 1 |
| 28 | J-Hook          |    | 2 |
| 30 | Spotting Arm    |    | 2 |
| 32 | Spring Clip     |  | 2 |
| 33 | Upper beam hook |  | 1 |

## 2.3 Assembly: Taurus MS3 Smith Machine

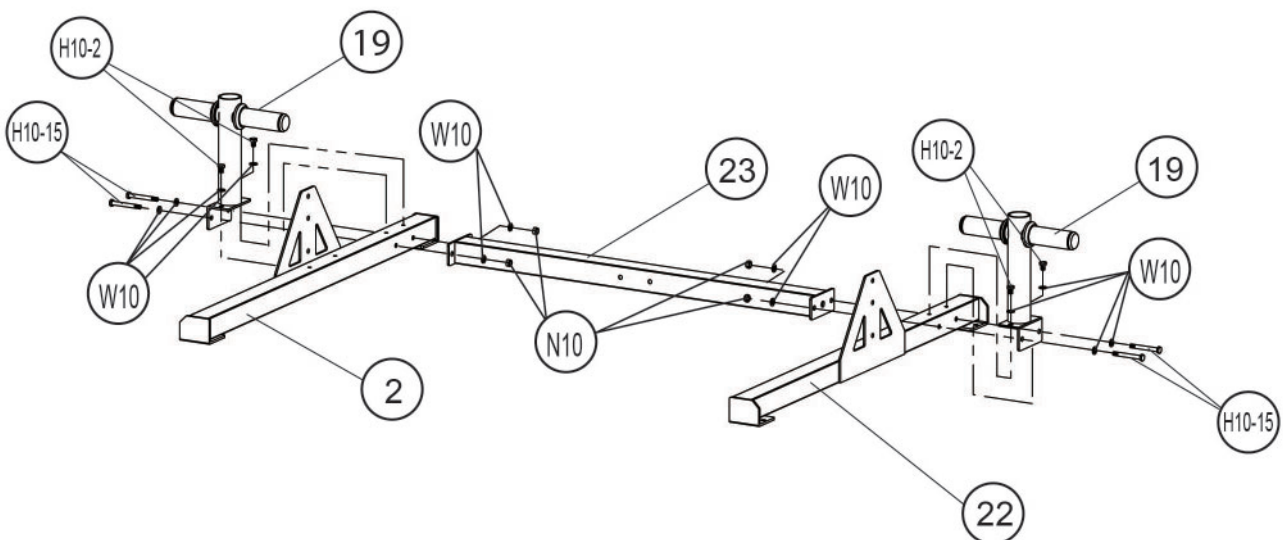
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### 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: Assembling the base frame

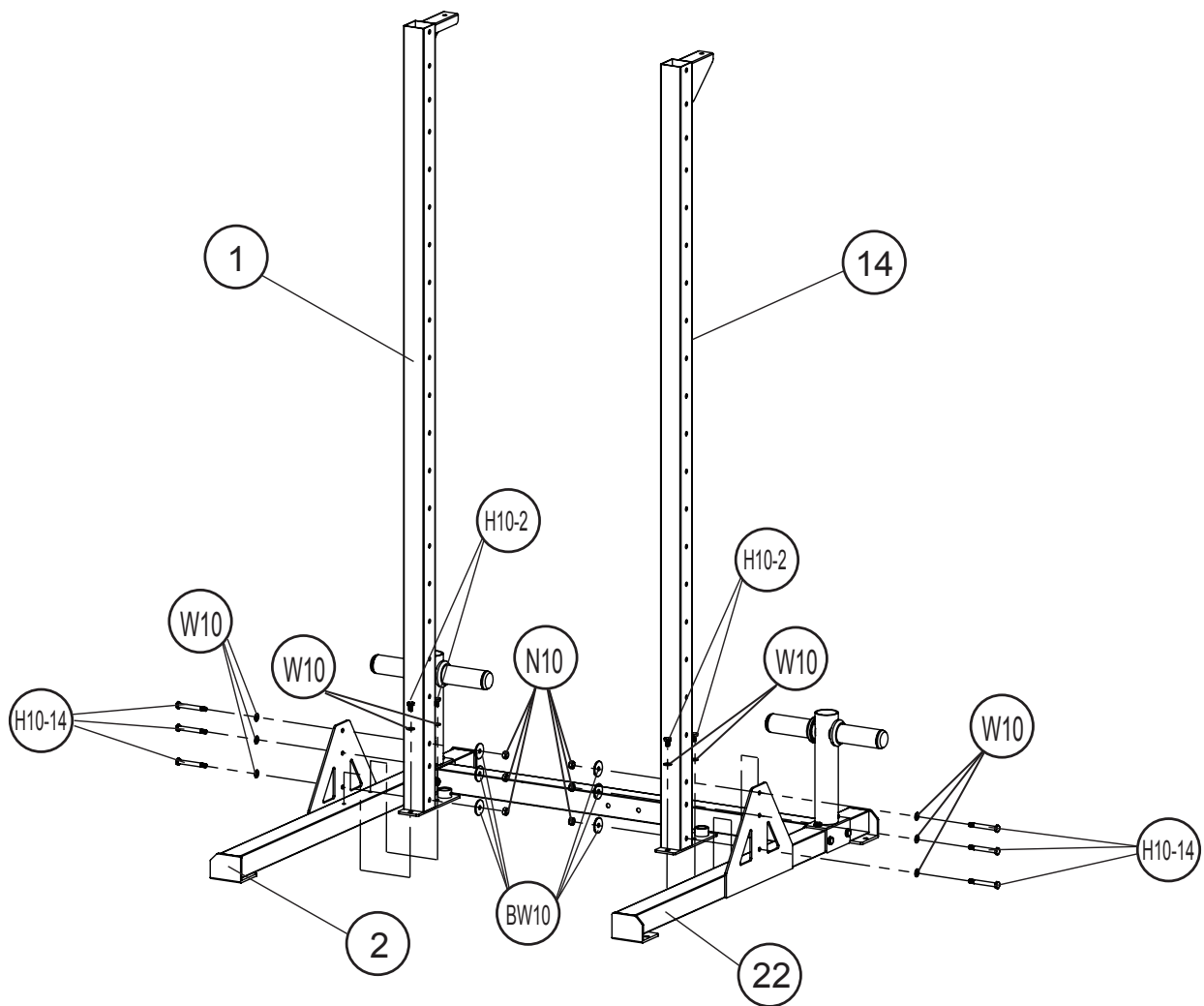
1. Connect the bar holder (19) to the right front upright frame (2) using two screws (H10-15), four washers (W10) and two nuts (N10).
2. Connect the bar holder (19) and the right front upright frame (2) to the bottom cross frame (23) using two screws (H10-2) and two washers (W10).
3. Repeat steps 1-2 for the left bottom frame (22).





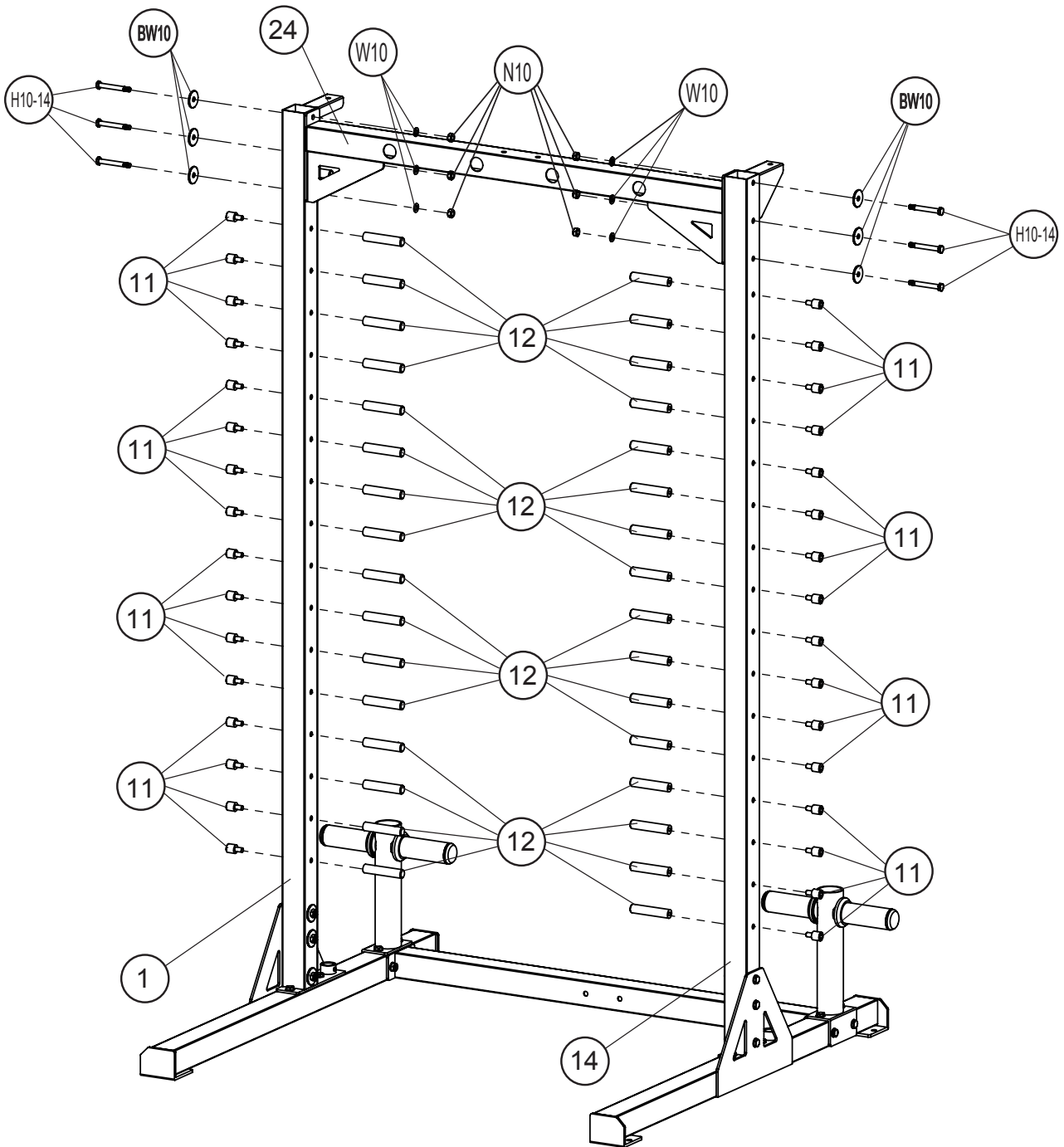
## Step 2: Assembly of the Frame

1. Fasten the right front upright frame (1) to the right bottom frame (2) with three screws (H10-14), three washers (W10), three large washers (BW10) and three nuts (N10) in horizontal alignment.
2. Fasten the right front upright frame (1) to the lower right upright frame (2) with two hexagon head screw (H10-2) and two washers (W10) in vertical alignment.
3. Repeat steps 1 to 2 for the left front upright frame (14).
4. Fasten the left front upright frame (14) to the left bottom frame (22) with three screws (H10-14), three washers (W10), three large washers (BW10) and three nuts (N10) in horizontal alignment.
5. Fasten the left front upright frame (14) to the left bottom frame (22) with two screws (H10-2) and two washers (W10) in vertical alignment.



### Step 3: Assembly of the Cross Frame

1. Connect the top cross frame (24) to the right front upright frame (1) and the left front upright frame (14) using three screws (H12-14), three large washers (BW10), three washers (W10) and three nuts (N10).
2. Attach 16 long axis' (12) to the right front upright frame (1) with 16 short axis' (11).
3. Repeat the second step for the left front upright frame (14).

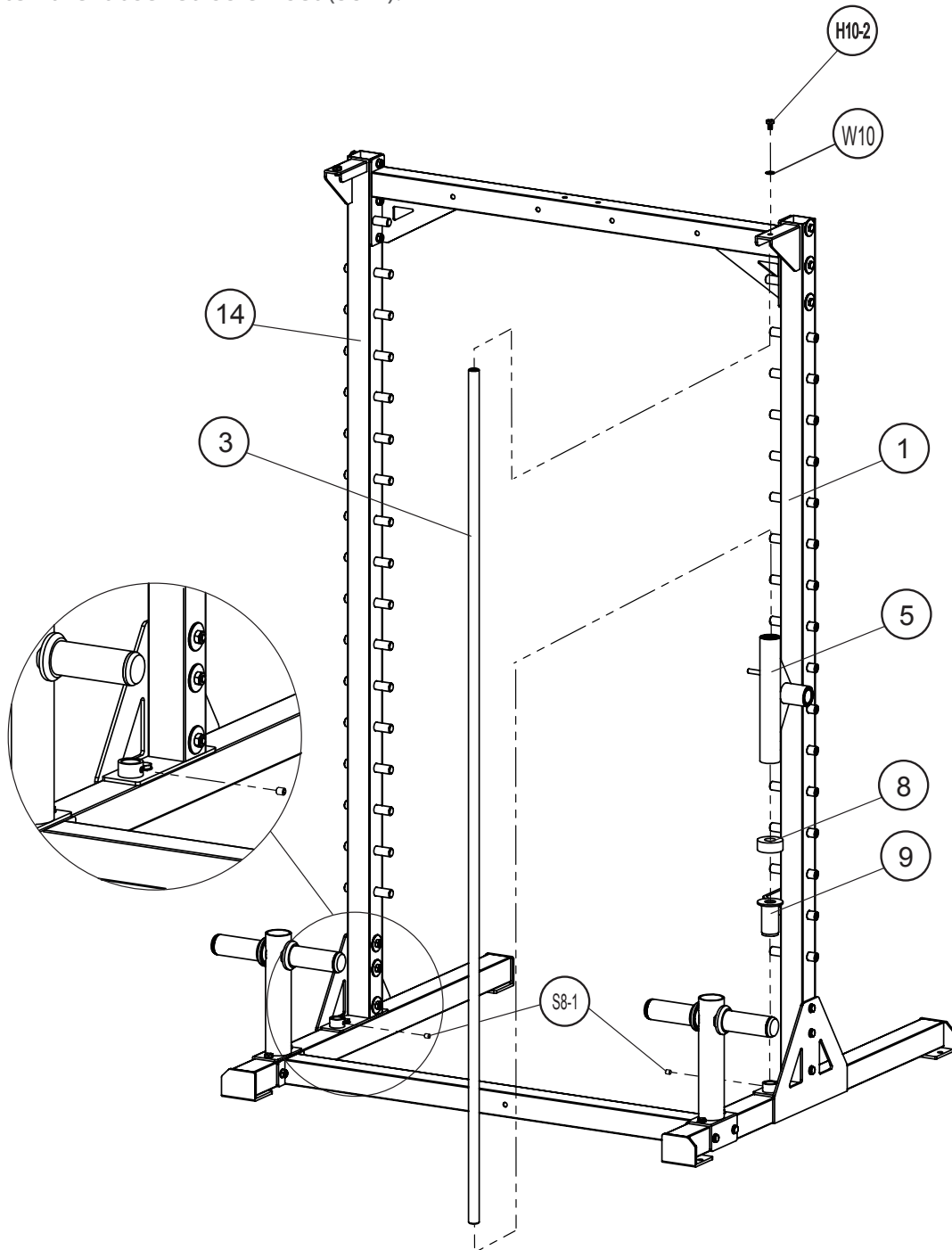


## Step 4: Assembly of the Right Guide Rod

### **NOTICE**

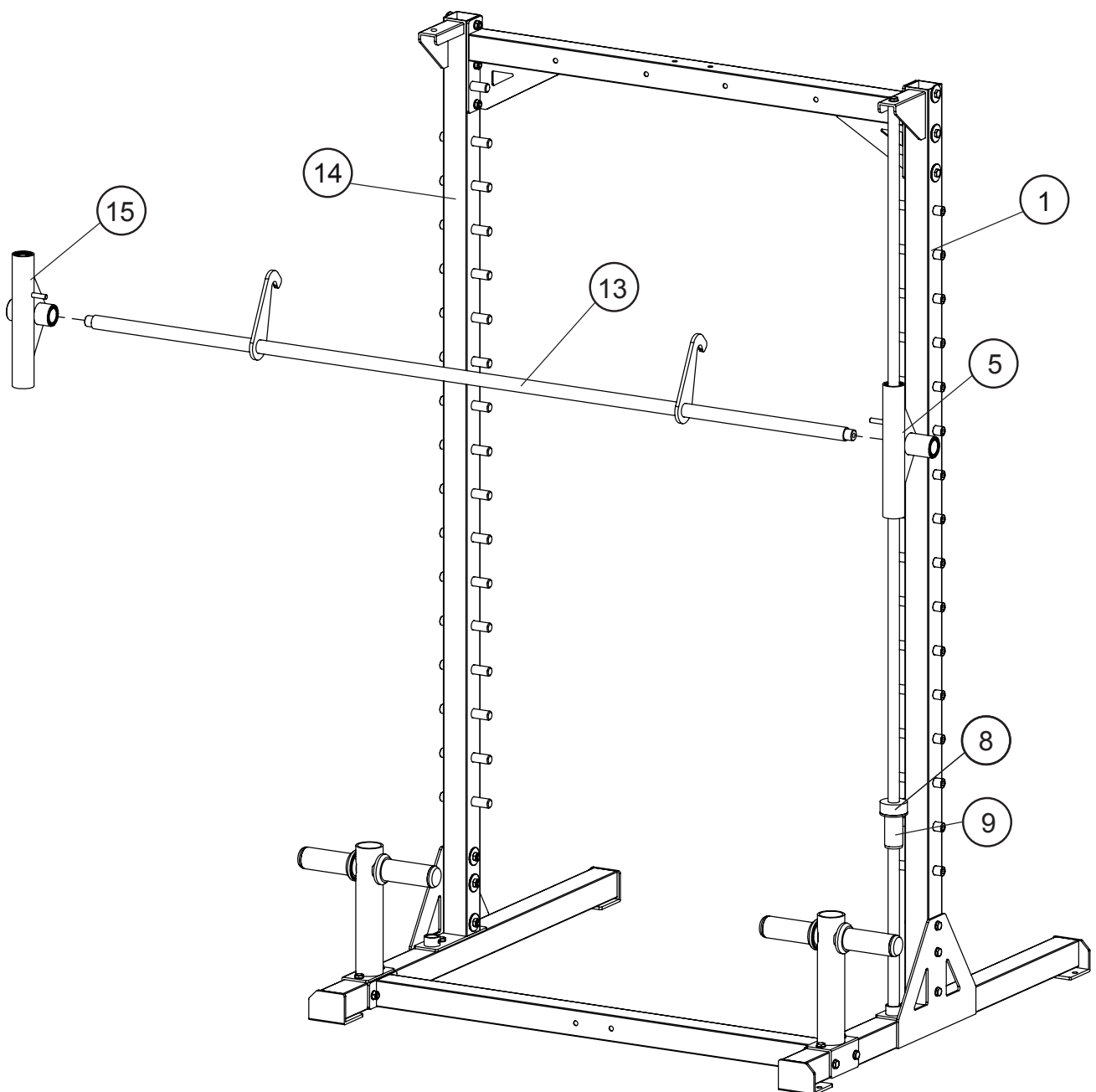
Ensure that the internal thread of the guide rod (3) is facing upwards.

1. Loosen the screw set (S8-1) from the holder for the guide rod (3), which can be found on the lower side of the right front upright frame (1).
2. Insert the front guide rod (3) into the right bearing housing (5), the rubber bumper (8) and the right weight bar safety support (9).
3. Insert the guide rod (3) into the bracket on the right front upright frame (1) with a screw (H10-2) and a washer (W10) at the upper end.
4. Tighten the loosened screw set (S8-1).



### Step 5: Assembly of the Barbell

1. Insert the weight bar (13) into the openings in the right bearing housing (5) and the left bearing housing (15).
2. Hook in the weight bar (13) and the right weight bar safety support (9).

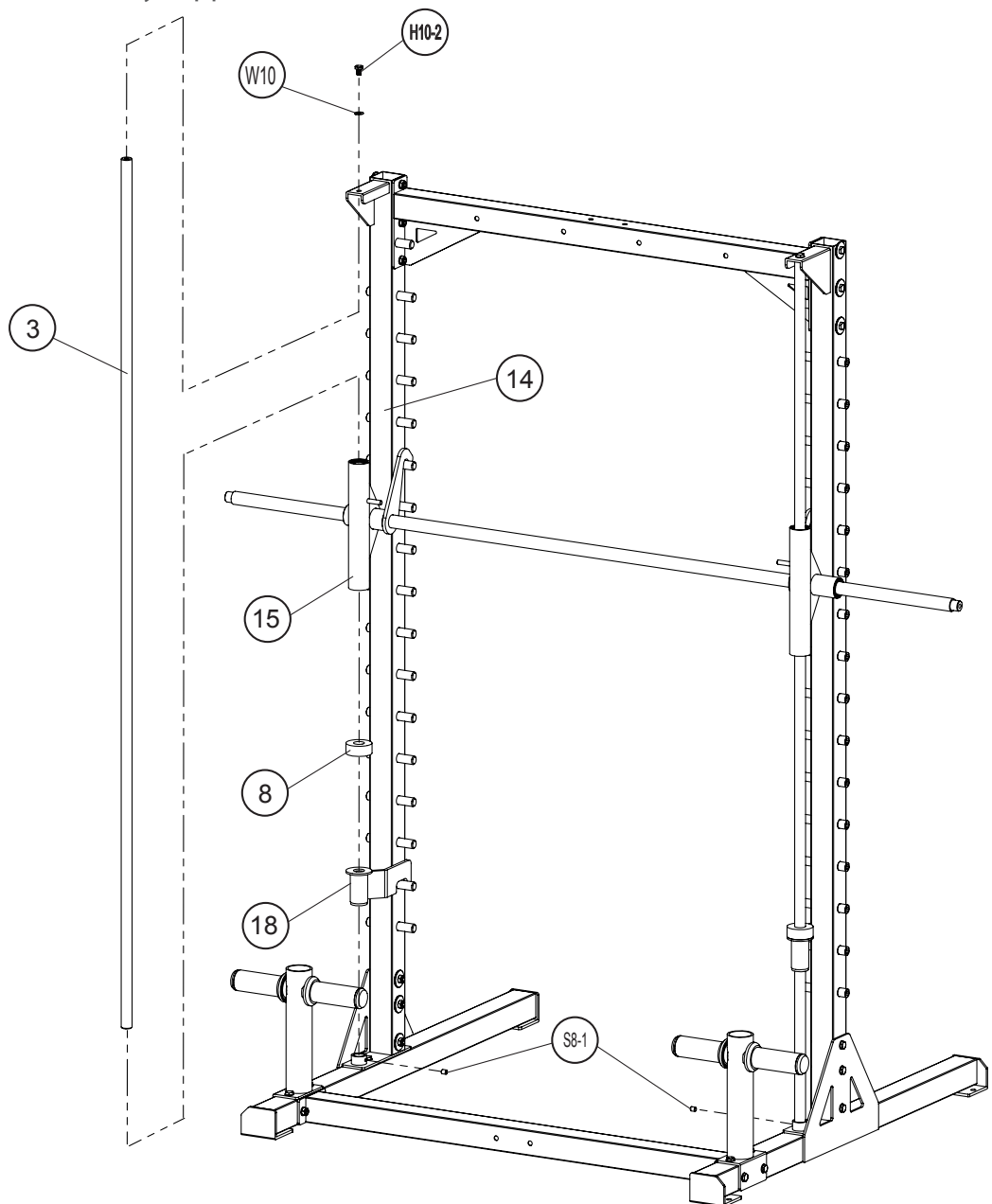


## Step 6: Assembly of the Left Guide Rod

### ① NOTICE

Ensure that the internal thread of the guide rod (3) is pointing upwards.

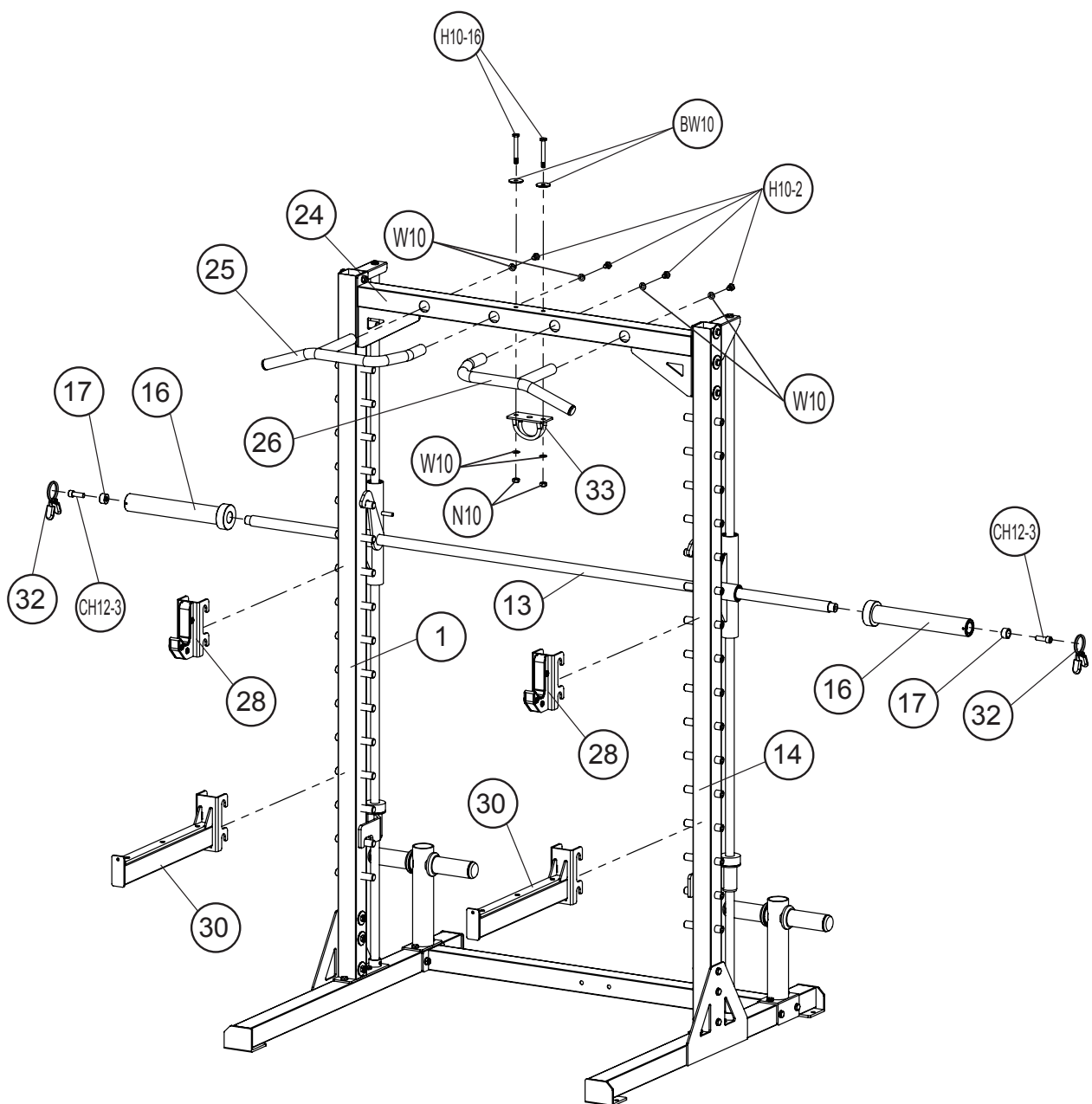
1. Ensure that the internal thread of the guide rod (3) is pointing upwards. Loosen the screw set (S8-1) from the holder for the guide rod (3), which can be found on the lower side of the right front upright frame (1).
2. Insert the front guide rod (3) into the left-bearing housing (15), the rubber bumper (8) and the left weight bar safety support (18).
3. Insert the guide rod (3) into the opening on the left front upright frame (14), secure the guide rod (3) to the left front upright frame (14) with a screw (H10-2) and a washer (W10) on the top.
4. Tighten the loosened screw set (S8-1).
5. Hook the weightbar (13) and the left weight bar safety support (18) into the same position as the right weight bar safety support (9).



## Step 7: Fitting the Barbell Sleeve and Accessories

1. Attach the weight bar sleeve (16) to the weight bar (13) with one washer (17) and one screw (CH12-3) on each side.
2. Attach the spring clip (32) to both weight bar sleeves (16).
3. Fasten the right handle (25) and the left handle (26) to the top cross frame (24) with two screws (H10-2) and two washers (W10) each.
4. Attach the upper beam hook (33) to the top cross frame (24) using two screws (H10-16), two large washers (BW10), two washers (W10) and two nuts (N10).
5. Attach the J-hook (28) and the spotting bar (30) to the upright frames (1) and (14) in the positions provided.
6. Tighten all the screws firmly.

→ *The machine is fully assembled.*



## 2.4 Set-Up Place

### ⚠ WARNING

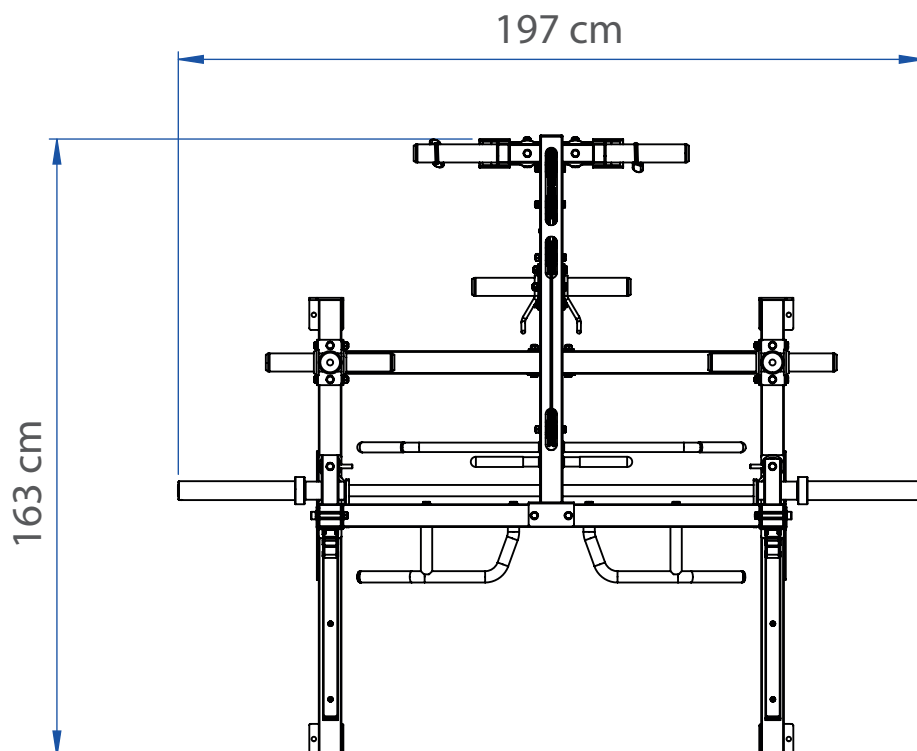
- + Do not place the equipment in main corridors or escape routes.

### ⚠ 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.

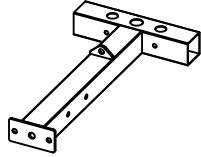
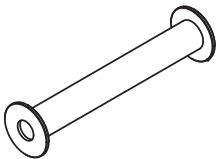
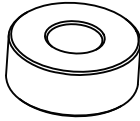
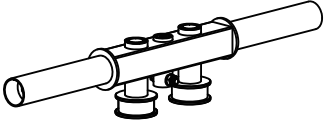

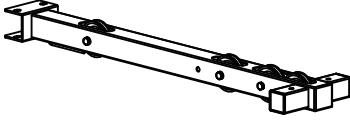
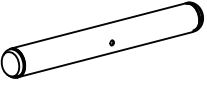



## 2.5 Scope of Delivery: Taurus MS3 Lat/Row Attachment



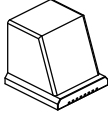
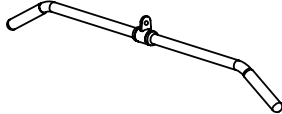


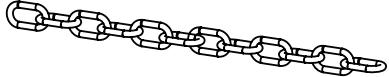
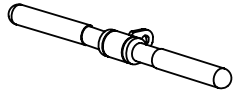
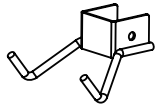


The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

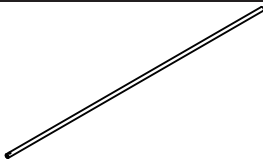

**⚠ CAUTION**

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

| NUMBER | DESCRIPTION         |   | QUANTITY |
|--------|---------------------|---|----------|
| 1      | Weight Base Tube    |     | 1        |
| 2      | Safety Stop Frame   |     | 2        |
| 3      | Sliding Sleeve      |    | 2        |
| 4      | Sliding Weight Post |   | 1        |
| 6      | Spring Clip         |  | 2        |
| 11     | Middle Upper Frame  |   | 1        |
| 13     | Foot Tube           |   | 1        |
| 14     | Dia48 mm Inner Cap  |  | 2        |



|    |                    |  |   |
|----|--------------------|--|---|
| 15 | Bracket            |   | 2 |
| 16 | Pulley             |    | 6 |
| 17 | F60x60mm Outer Cap |    | 2 |
| 18 | Lat Bar            |    | 1 |
| 19 | Clip               |   | 6 |
| 20 | Chain              |  | 2 |
| 21 | Long Chain         |  | 1 |
| 22 | Low Row Bar        |  | 1 |
| 24 | Lat Bar Hook       |  | 1 |
| 27 | Upper Cable        |  | 1 |
| 28 | Lower Cable        |  | 1 |

|    |               |  |   |
|----|---------------|--|---|
| 8  | Guide Rod     |  | 2 |
| 12 | Front Upright |  | 1 |

## 2.6 Assembly: Taurus MS3 Lat/Row Attachment

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

### ⓘ NOTICE

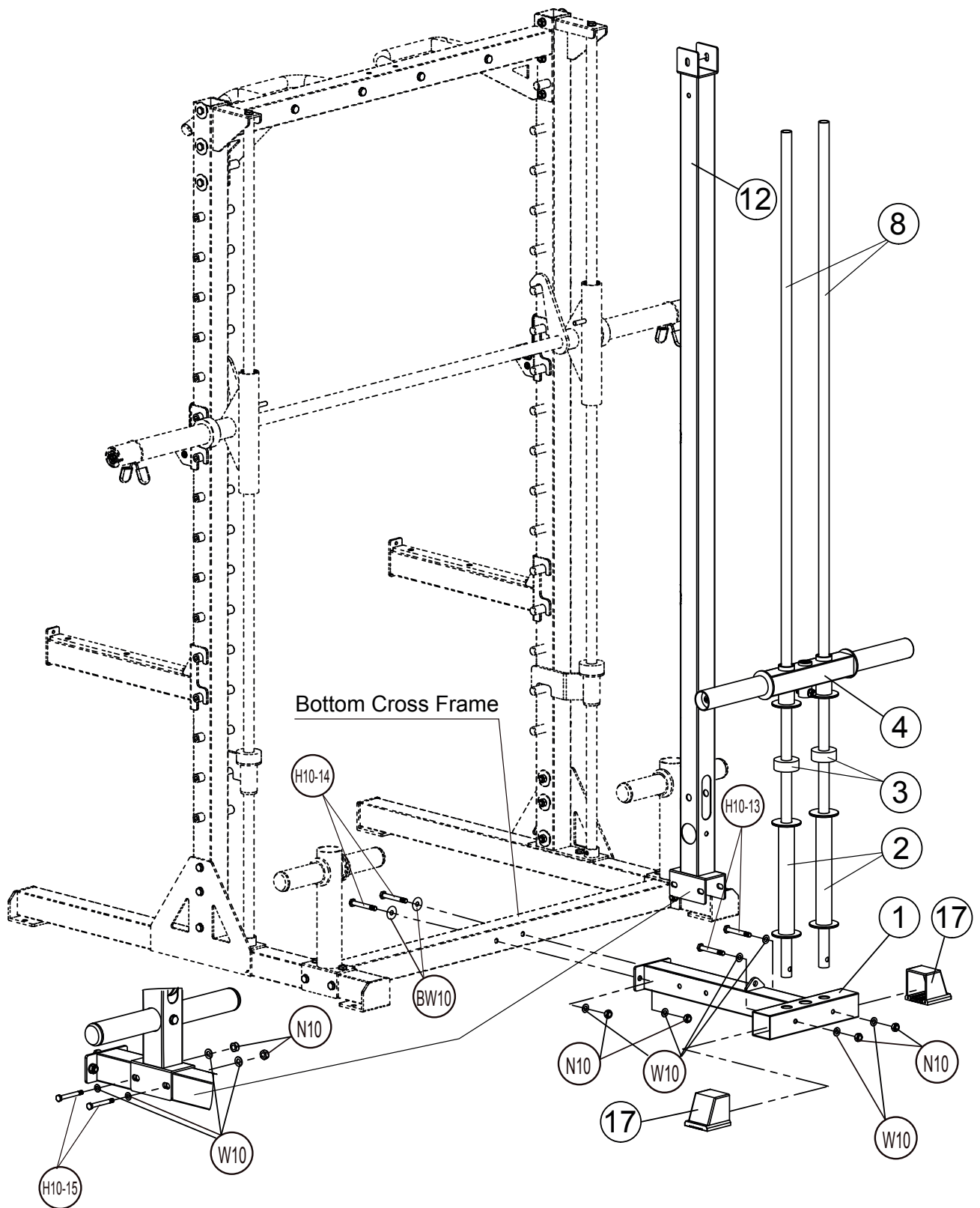
- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.

### Step 1: Mounting the Frame

### ⓘ NOTICE

Ensure that the internal thread of the guide rod (8) is facing upwards.

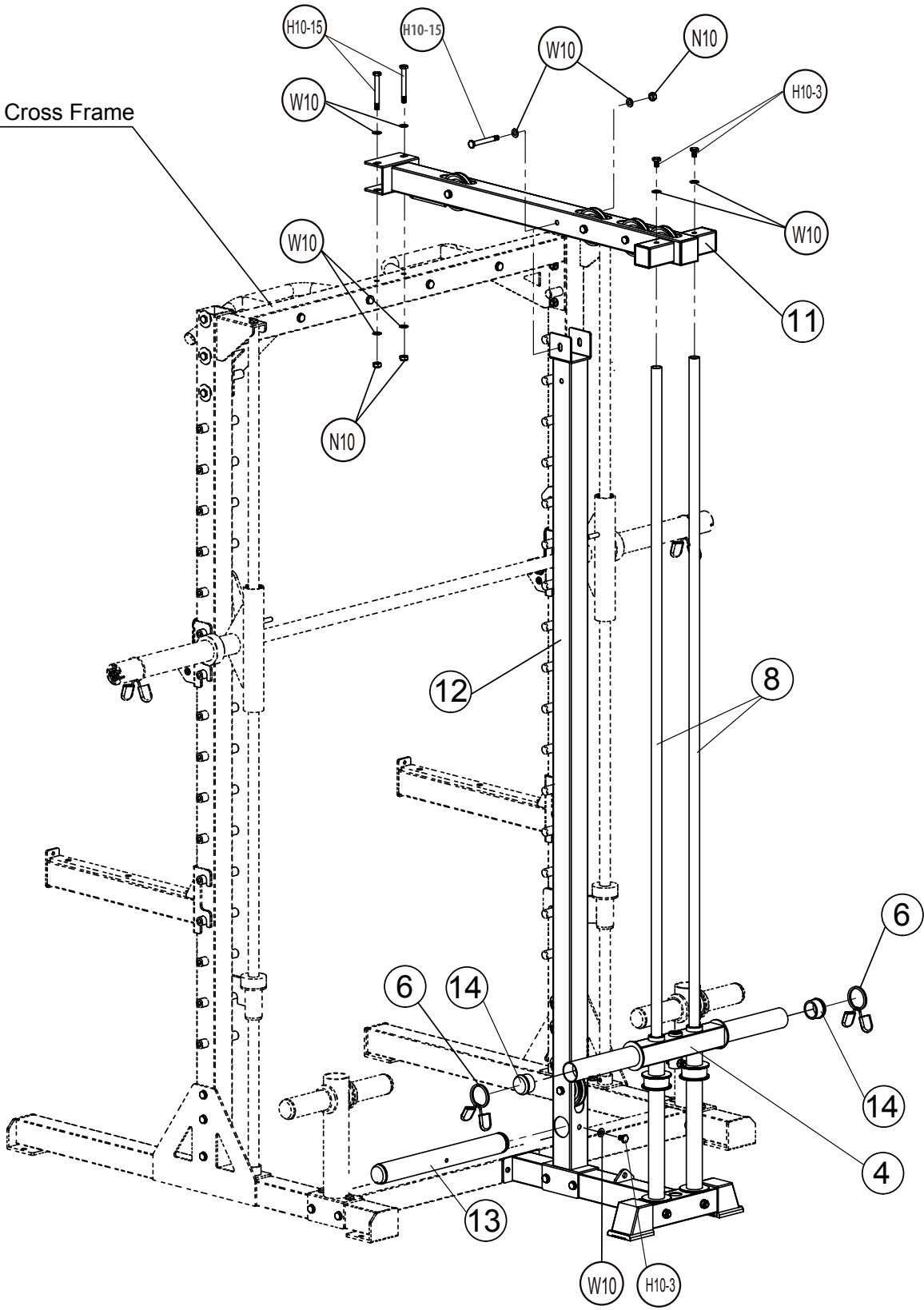
1. Attach the outer cap (17) to the weight base tube (1). Connect the weight base tube (1) to the lower cross frame (see illustration) using two screws (H10-14), two bolts (BW10), two washers (W10) and two nuts (N10).
2. Fasten the two guide rods (8) in the holes provided in the weight base tube (1) using two screws (H10-13), four washers (W10) and two nuts (N10).
3. Place the stop frame (2), the sliding sleeve (3) and the sliding weight post (4) on the two guide rods (8) in this order.
4. Place the safety stop frame (2), the sliding sleeve (3) and the sliding weight post (4) on the two guide rods (8) in this order.
5. Attach the front upright (12) to the weight base tube (1) using two screws (H10-15), four washers (W10) and two nuts (N10).



## Step 2: Mounting the Upper Frame

1. Attach the middle upper frame (11) to the guide rod (8) with two screws (H10-3) and two washers (W10)
2. Fasten the middle upper frame (11) to the front upright (12) with a screw (H10-15), two washers (W10) and a nut (N10).
3. Fasten the middle upper frame (11) to the upper cross frame (see illustration) with two screws (H10-15), four washers (W10) and two nuts (N10).
4. Attach the foot tube (13) to the front upright (12) with one screw (H10-3) and one washer (W10).
5. Attach the Dia48 mm inner caps (14) to the end of the sliding weight holders (4).
6. Clamp the spring clips onto the sliding weight post (4).

Top Cross Frame

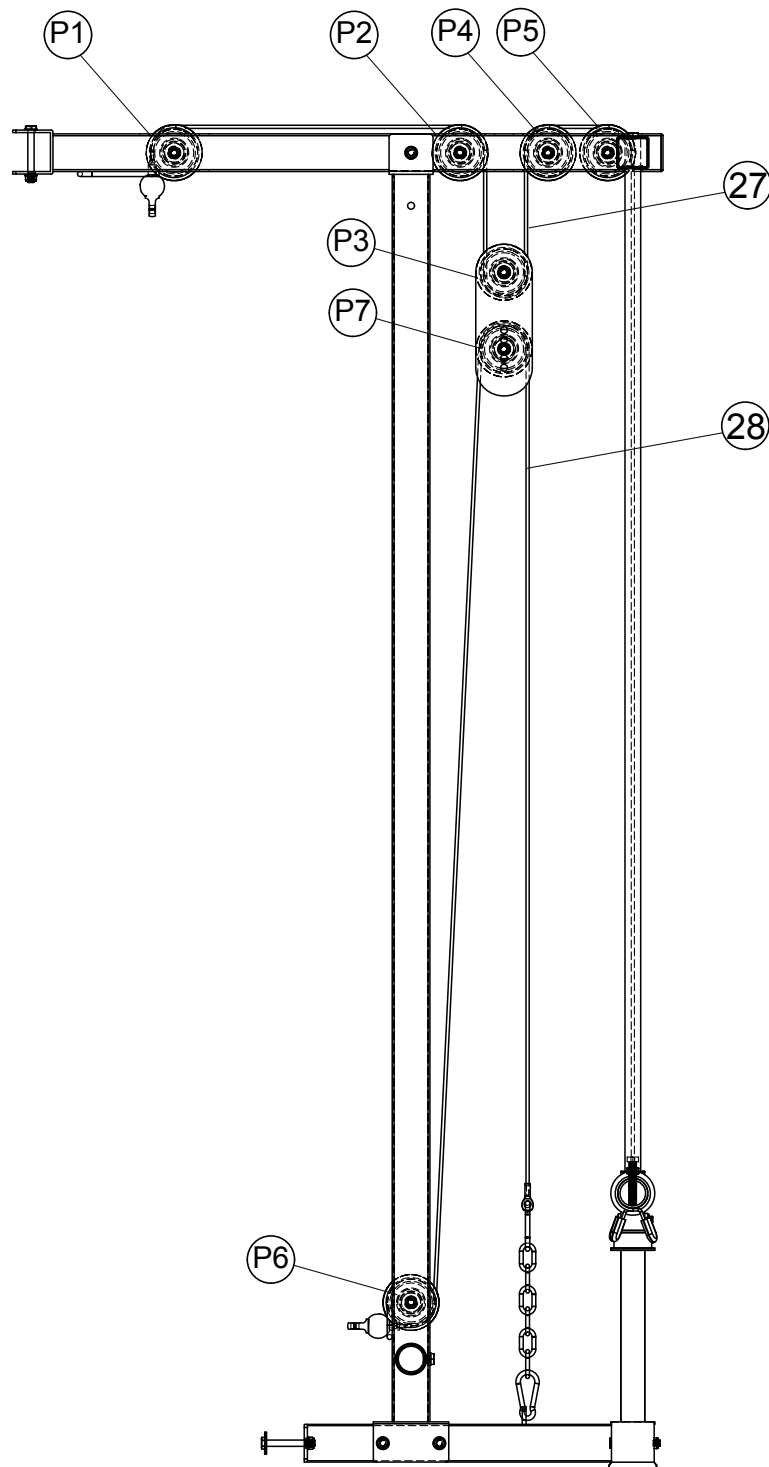


### Step 3: Fitting the Cables and Pulleys

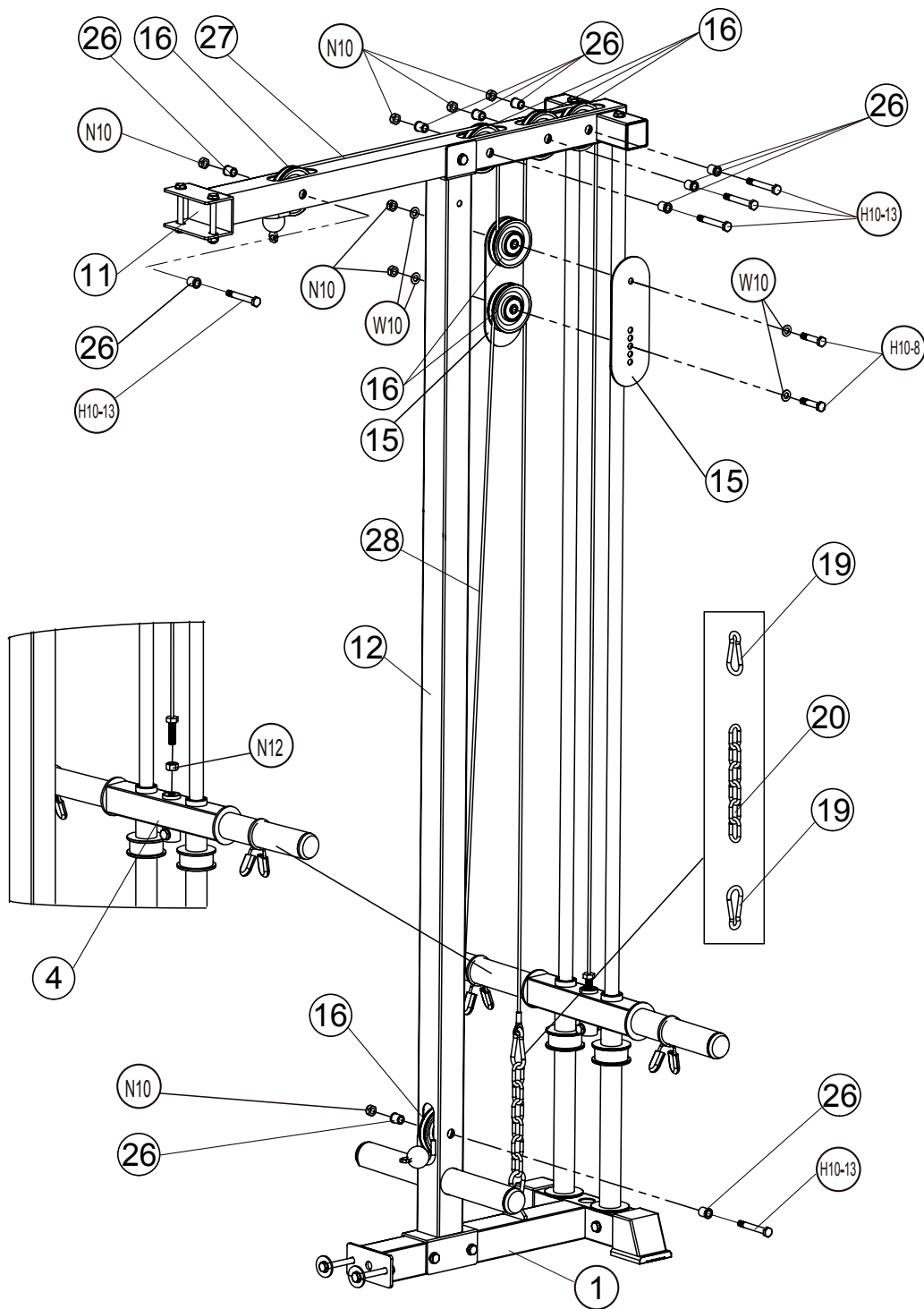
**NOTICE**

Make sure to install the cables and deflection pulleys at the same time.

1. Guide the bolt end of the upper cable (27) over the deflection pulley P1 (16) and the pulley P2 (16) (see illustration).
2. Fasten the pulleys P1 and P2 each with a bolt (10-13), two deflection pulley bushes (26) and a nut (N10).



3. Guide the upper cable (27) over the pulley P3 (16) between two brackets (15) using a screw (H10-8), two washers (W10) and a nut (N10).
4. Guide the upper cable (27) over the pulley P4 (16) and the pulley P5 (16).
5. Fasten the deflection pulley P4 (16) and pulley P5 (16) to the middle upper frame (11) with one bolt (H10-13), two pulley bushes (26) and one nut (N10).
6. Guide the upper cable (27) downwards and screw the end of the bolt at least 1/3 into the screw base of the sliding weight post (4) using a nut (N12).



7. Connect the clips (19) to the ends of the short chain (20) and hook the clip onto the weight base tube (1).
8. Guide the end of the lower cable (28) over the pulley P6 (16) and fasten the pulley P6 (16) to the front upright (12) with a screw (H10-13), two deflection pulley bushes (26) and a nut (N10).
9. Guide the lower cable (28) over the pulley P7 (16) and fasten it with a screw (H10-8), two washers (W10) and a nut (N10).
10. Guide the lower cable (28) downwards and hook it onto the other clip (19).

**ⓘ NOTICE**

Adjust the tension of the lower cable (27) using the sliding weight post (4).

Adjust the tension of the lower cable (27) by changing the position of the pulley P7 (16) on the bracket (15).

Ensure that the cables (27 and 28) are correctly positioned on the pulleys (16).

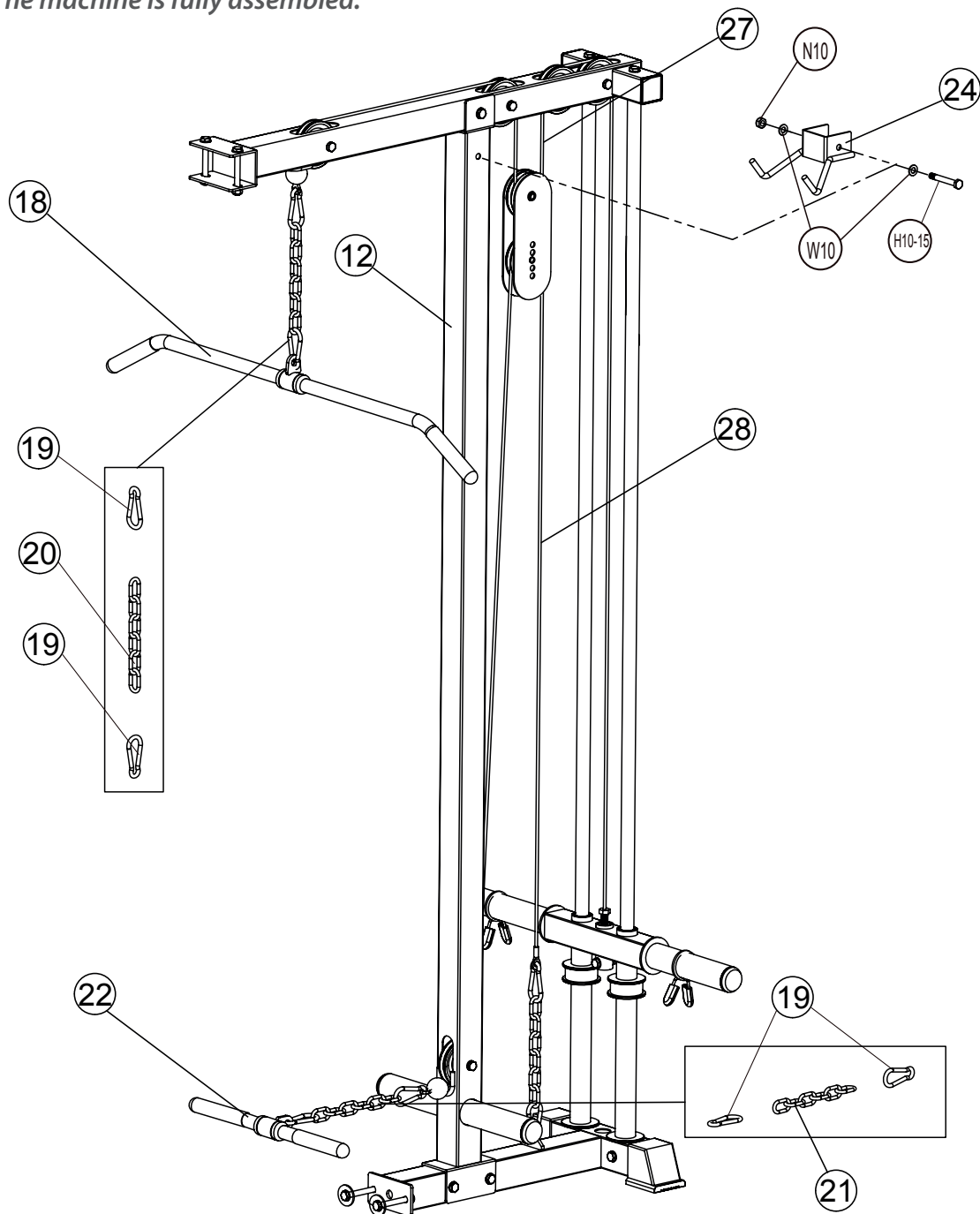
11. Tighten all the screws firmly.



#### Step 4: Fitting the Accessories

1. Attach the lat bar hook (24) to the front upright (12) using a bolt (H10-15), two washers (W10) and a nut (N10).
2. Connect the clip (19) to both ends of the chain (20).
3. Hook a clip (19) onto the end of the upper cable (27).
4. Hook the lat bar (18) into the clip (19).
5. Connect a clips (19) to the ends of the chain (21).
6. Hook a clip (19) onto the end of the lower cable (28) and hook the low row bar (22) onto the clips (19).

→ *The machine is fully assembled.*



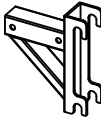
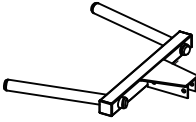

## 2.7 Scope of Delivery: Taurus MS3 Dip Attachment

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.

| NUMBER | DESCRIPTION    |  | QUANTITY |
|--------|----------------|--|----------|
| 1      | Mounting Frame |   | 1        |
| 2      | Handle Frame   |    | 1        |
|        | Hardware Bag   |  | 1        |

## 2.8 Assembly: Taurus MS3 Dip Attachment

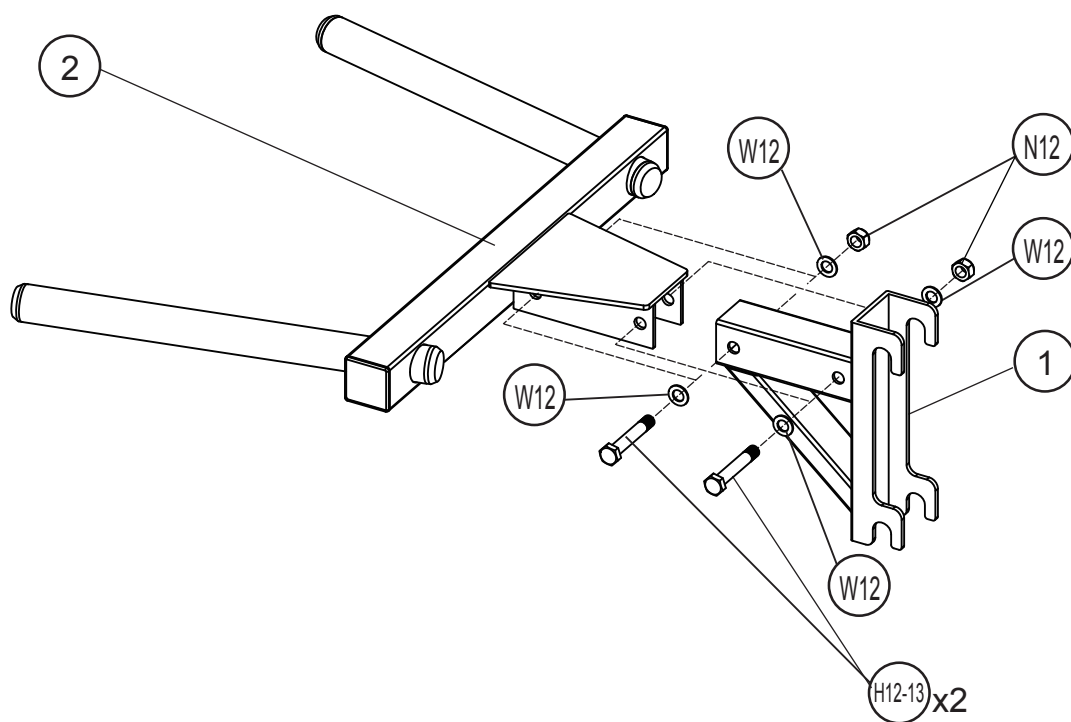
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### **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.

### Step 1: Mounting the Dip Attachment

Attach the mounting frame (1) to the handle frame (2) using two screws (H12-13), four washers (W12) and two nuts (N12).



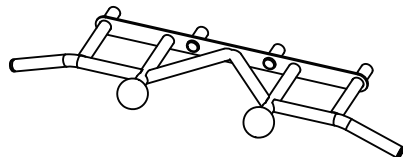
## 2.9 Scope of Delivery: Taurus MS3 Pull-Up Attachment

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.

| NUMBER | DESCRIPTION        |  | QUANTITY |
|--------|--------------------|--|----------|
| 1      | Pull-Up Attachment |  | 1        |

## 2.10 Assembly: Taurus MS3 Pull-Up Attachment

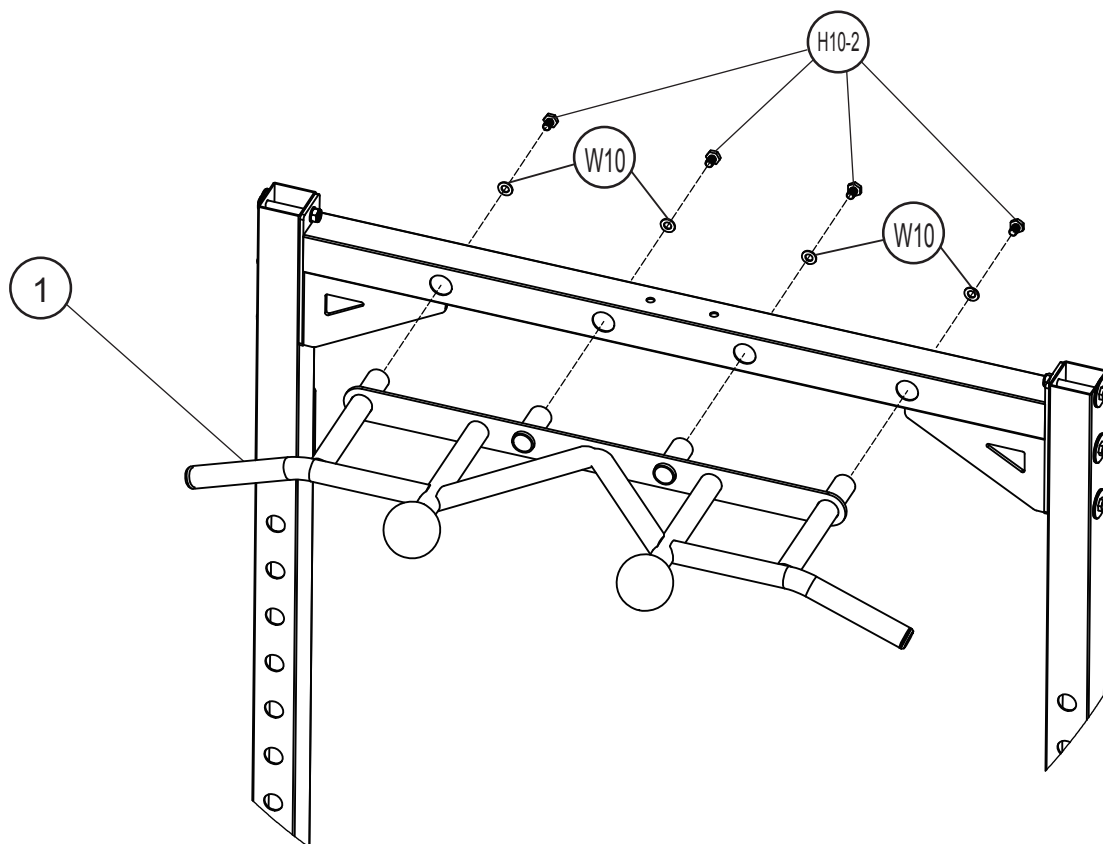
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### **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.

### Step 1: Mounting the Pull-Up Attachment

Attach the pull-up attachment (1) to the upper cross frame (see illustration) using four screws (H10-2) and four washers (W10).



### 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<br>+ 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<br>+ Readjust cable tension  |
| Squeaking & cracking noises | Screw connections loosened or too tight                       | + Check or lubricate screw connections*<br>+ Check cable routing   |
| Unit wobbles                | + Uneven ground<br>+ Loose screw connections                  | + Align unit<br>+ Tighten screw connections  |
| Heavy draught               | + Weight holders/guide rods too dry<br>+ Faulty cable routing | + Lubricate guide rods*<br>+ 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       |           |
| 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

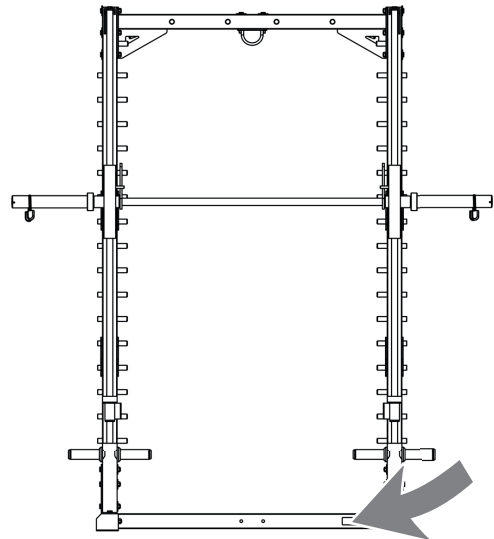
## 7.1 Serial Number and Model Name

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:**

|            |
|------------|
| TF-MS3     |
| TF-HR-LR01 |
| TF-HA3743  |
| TF-HA3716  |

## 7.2 Parts List: Taurus MS3 Smith Machine

| No. | Name                            | Qty. |
|-----|---------------------------------|------|
| 1   | Right Front Upright Frame       | 1    |
| 2   | Right Bottom Frame              | 1    |
| 3   | Front Guide Rod                 | 2    |
| 4   | Retaining Ring                  | 4    |
| 5   | Right Bearing Housing           | 1    |
| 6   | Copper Cover                    | 4    |
| 7   | Linear Bearing                  | 4    |
| 8   | Rubber Bumper                   | 2    |
| 9   | Right Weight Bar Safety Support | 1    |
| 10  | Bar Safety Support Sleeve       | 2    |
| 11  | Short Axis                      | 32   |
| 12  | Long Axis                       | 32   |
| 13  | Weight Bar                      | 1    |
| 14  | Left Front Upright Frame        | 1    |
| 15  | Left Bearing Housing            | 1    |
| 16  | Weight Bar Sleeve               | 2    |
| 17  | Pan Washer                      | 2    |
| 18  | Left Weight Bar Safety Support  | 1    |
| 19  | Bar Holder                      | 2    |
| 20  | Rubber Bumper                   | 4    |
| 21  | Dia48 mm Inner Cap              | 4    |
| 22  | Left Bottom Frame               | 1    |
| 23  | Bottom Cross Frame              | 1    |
| 24  | Top Cross Frame                 | 1    |
| 25  | Right Handle                    | 1    |
| 26  | Left Handle                     | 1    |
| 27  | Dia30 mm Inner Cap              | 2    |
| 28  | J-Hook                          | 2    |
| 29  | Holder                          | 2    |
| 30  | Spotting Arm                    | 2    |
| 31  | Big Rubber Pad                  | 2    |
| 32  | Spring Clip                     | 2    |

|        |                         |    |
|--------|-------------------------|----|
| 33     | Upper beam hook         | 1  |
| A6-1   | Allen Bolt M6x10        | 6  |
| F6-1   | Flat Head Bolt M6x10    | 6  |
| S8-1   | Screw Set M8x10         | 2  |
| P10-5  | Positioning Bolt M10x35 | 6  |
| H10-2  | Hex Head Bolt M10x20    | 14 |
| H10-14 | Hex Head Bolt M10x80    | 12 |
| H10-15 | Hex Head Bolt M10x85    | 4  |
| H10-16 | Hex Head Bolt M10x90    | 2  |
| CH12-3 | Cheese Head Bolt M12x25 | 2  |
| BW10   | Big M10 Washer          | 14 |
| W10    | M10 Washer              | 36 |
| N10    | M10 Nut                 | 18 |

### 7.3 Parts List: Taurus MS3 Lat/Row Attachment (TF-HR-LR01)

| No. | Name                 | Qty. |
|-----|----------------------|------|
| 1   | Weight Base Tube     | 1    |
| 2   | Safety Stop Frame    | 2    |
| 3   | Sliding Sleeve       | 2    |
| 4   | Sliding Weight Post  | 1    |
| 5   | Dia33-25mm Sleeve    | 4    |
| 6   | Spring Clip          | 2    |
| 7   | Weight Holder        | 2    |
| 8   | Guide Rod            | 2    |
| 9   | 60x60 Inner Cap      | 1    |
| 10  | 50x50 Inner Cap      | 2    |
| 11  | Middle Upper Frame   | 2    |
| 12  | Front Upright        | 1    |
| 13  | Foot Tube            | 1    |
| 14  | Dia48 mm Inner Cap   | 4    |
| 15  | Bracket              | 2    |
| 16  | Pulley               | 7    |
| 17  | F60x60mm Outer Cap   | 2    |
| 18  | Lat Bar              | 1    |
| 19  | Clip                 | 6    |
| 20  | Chain                | 2    |
| 21  | Long Chain           | 1    |
| 22  | Low Row Bar          | 1    |
| 23  | Low Bar Grip         | 4    |
| 24  | Lat Bar Hook         | 1    |
| 25  | Weight Carriage Axle | 1    |
| 26  | Pulley Bushing       | 10   |
| 27  | Upper Cable          | 1    |
| 28  | Lower Cable          | 1    |
| 29  | Ball                 | 2    |
| 30  | Protective sleeve    | 2    |
| 31  | Core                 | 2    |

|        |                        |    |
|--------|------------------------|----|
| A10-2  | Allen Bolt M10x20      | 2  |
| H10-3  | Hex Head Bolt M10x25   | 3  |
| H10-8  | Hex Head Bolt M10x50   | 3  |
| CH5-1  | Cheese Head Bolt M5-10 | 2  |
| H10-13 | Hex Head Bolt M10x75   | 7  |
| H10-14 | Hex Head Bolt M10x80   | 2  |
| H10-15 | Hex Head Bolt M10x85   | 6  |
| BW10   | M10 Big Washer         | 2  |
| W10    | M10 Washer             | 29 |
| N10    | M10 Nut                | 18 |
| N12    | M12 Nut                | 1  |

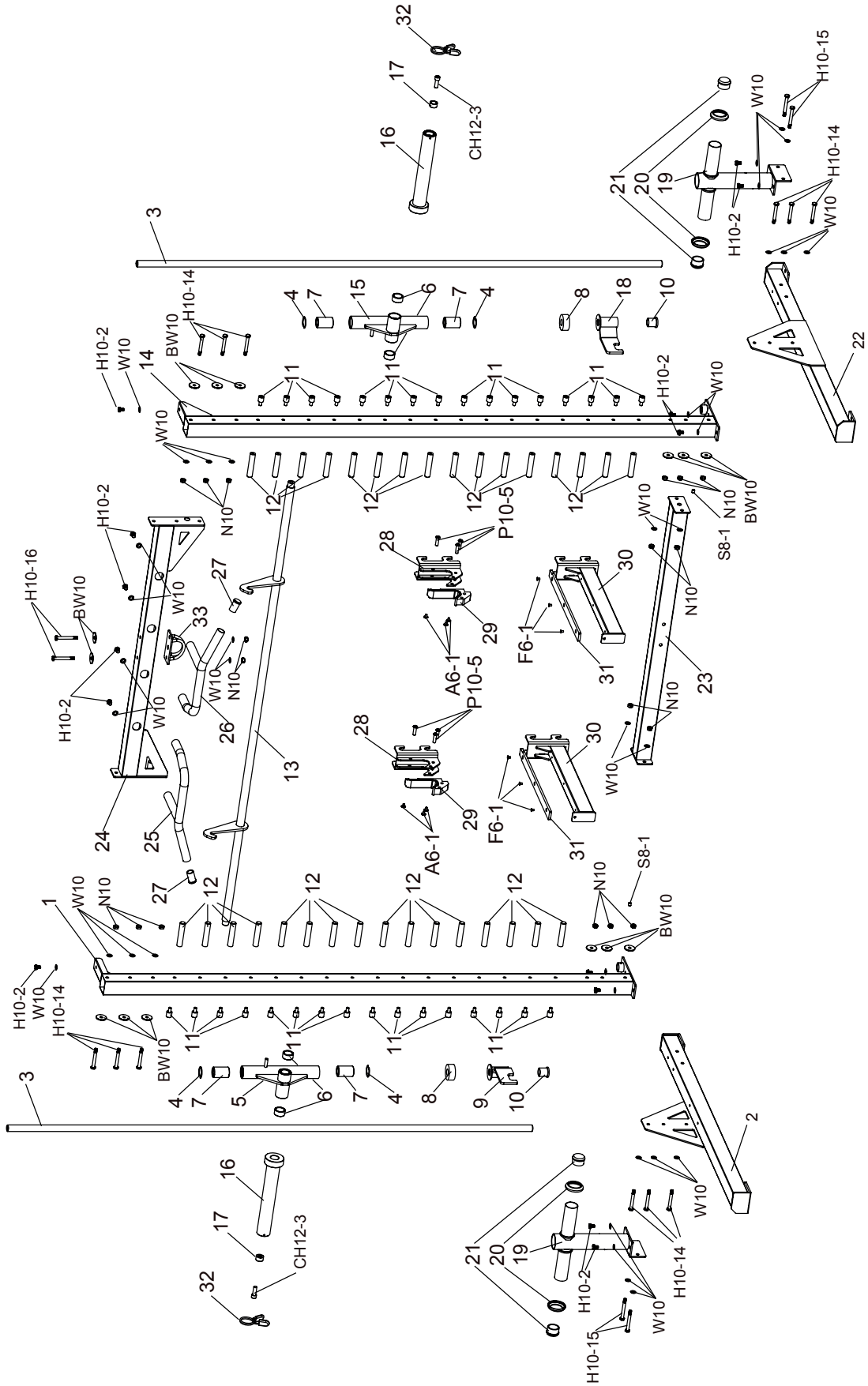
#### 7.4 Parts List: Taurus MS3 Pull-Up Attachment (TF-HA3743)

| No.   | Name                 | Qty. |
|-------|----------------------|------|
| 1     | Pull Up Bar          | 1    |
| 2     | Dia30 mm Inner Cap   | 4    |
| H10-2 | Hex Head Bolt M10x20 | 4    |
| W10   | M10 Washer           | 4    |

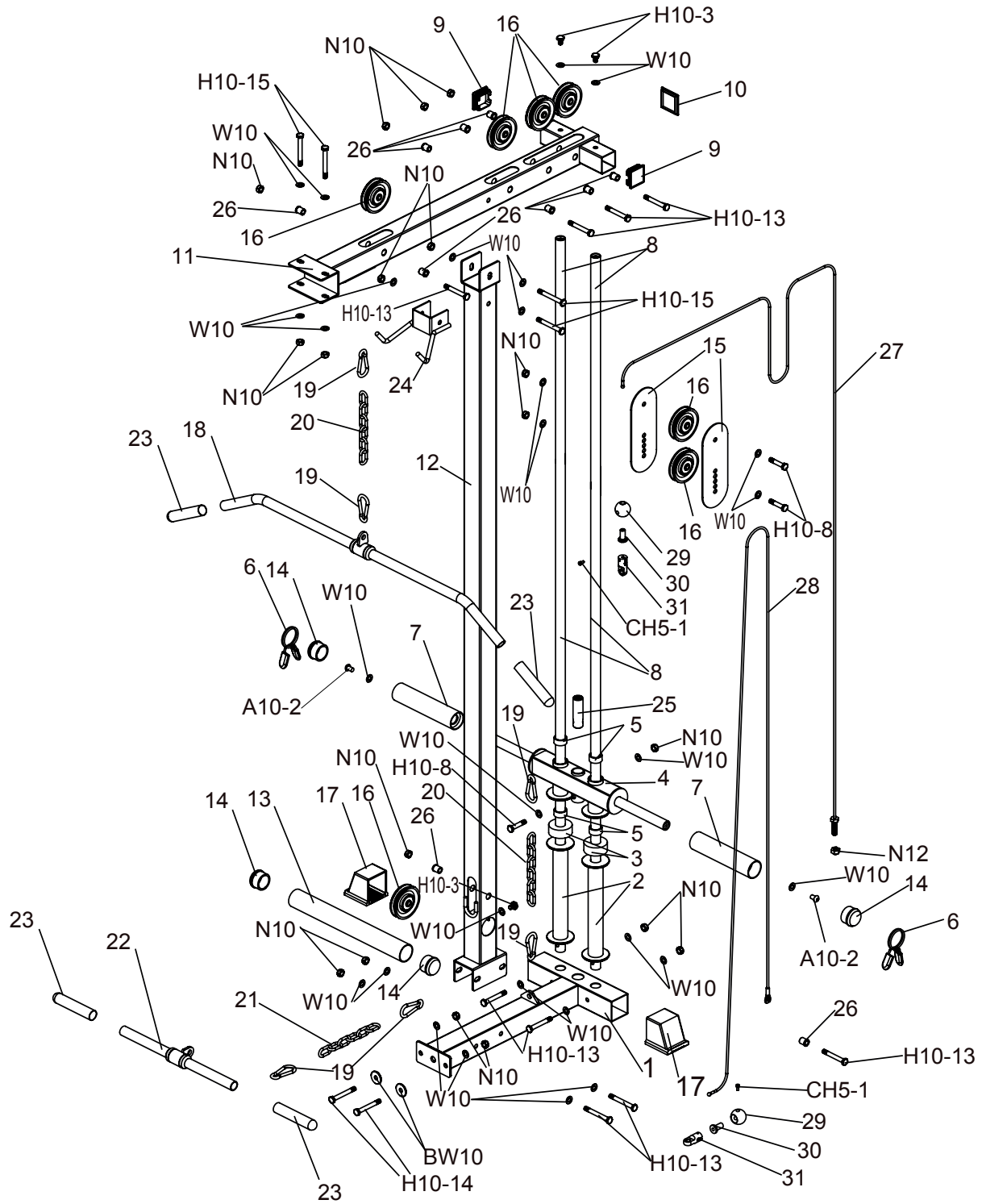
#### 7.5 Parts List: Taurus MS3 Dip Attachment (TF-HA3716)

| No.    | Name                 | Qty. |
|--------|----------------------|------|
| 1      | Mounting Frame       | 1    |
| 2      | Handle Frame         | 2    |
| 3      | Dia48 mm Inner Cap   | 4    |
| 4      | 50x50 Inner Cap      | 2    |
| H12-13 | Hex Head Bolt M12x75 | 2    |
| W12    | M12 Washer           | 4    |
| N12    | M12 Nut              | 2    |

# 7.6 Exploded Drawing: Taurus MS3 Smith Machine



## 7.7 Exploded Drawing: Taurus MS3 Lat/Row Attachment





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.

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

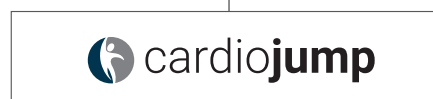
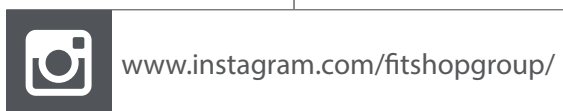
# WE LIVE FITNESS

## 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.

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



Notes

Notes



# **TAURUS<sup>®</sup>**

**Taurus MS3 Smith Machine**