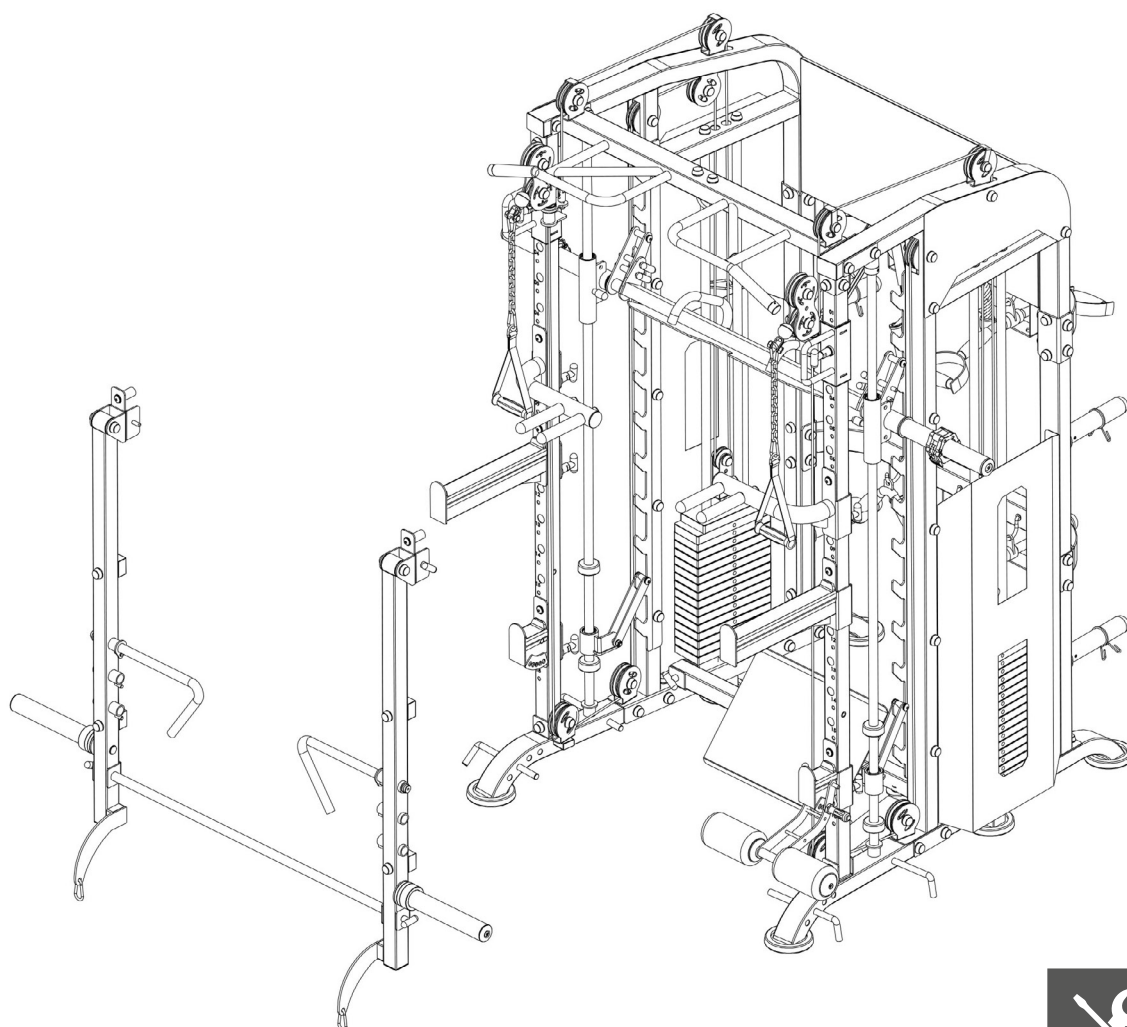


TAURUS®

Assembly and Operating Instructions



~ 330 Min.



445 kg

L 147 | W 188 | H 219

Art. No. TF-MS50

FSTFMS50.01.02

Taurus MS50 Pro

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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.

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

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Disclaimer

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

FITSHOP

Europe's No.1 for Home Fitness

ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.

Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.



This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to carefully follow the instructions and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

The use classes explain the intended use of the training device.

Use classes

Class S (studio): professional and/or commercial use.

These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

Class H (home use): use at home.

These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The following safety instructions may appear in this manual:

► **ATTENTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

⚠ **CAUTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

⚠ **WARNING**

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

⚠ **DANGER**

This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

ⓘ **NOTICE**

This notice indicates further useful information.

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

1.1 Technical Data

Weight and Dimensions:

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

Box 1:	212 cm x 105 cm x 36 cm	309.38 kg
Box 2:	62 cm x 51 cm x 22 cm	210 kg

Article weight (net, without packaging): 445 kg

Set up dimensions (L x W x H) approx.: 147 cm x 188 cm x 219 cm
 Inner dimensions (L x W) approx.: 107 cm x 140 cm

Quantity of weight stacks: 2
 Total weight: 100 kg per weight stack
 Cable length: 7920 cm
 Cable material: Steel
 Cover material: Nylon
 Pulley diameter: 60 mm, 95 mm
 Transmission ratio: 1:2

Use class: S

1.2 Personal Safety

DANGER

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

WARNING

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

CAUTION

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

ATTENTION

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

1.3 Set-Up Place



WARNING

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



CAUTION

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



ATTENTION

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

2.1 General Instructions



DANGER

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



WARNING

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



CAUTION

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



ATTENTION

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



NOTICE

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

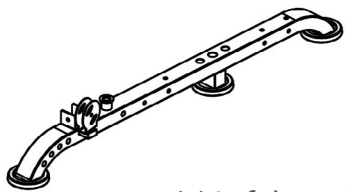
2.2 Scope of Delivery

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

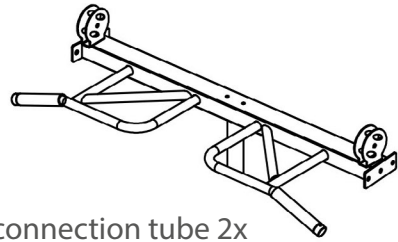


CAUTION

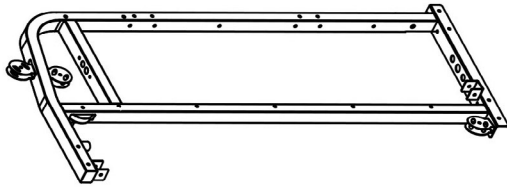
- If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.



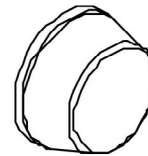
(1) Left base frame 1x



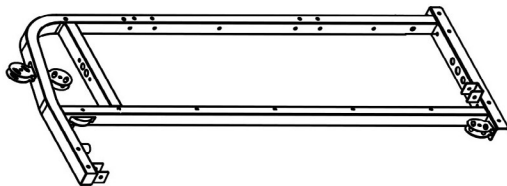
(8) Front connection tube 2x



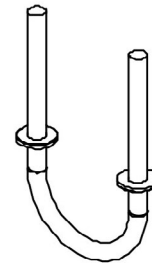
(2) Right frame 1x



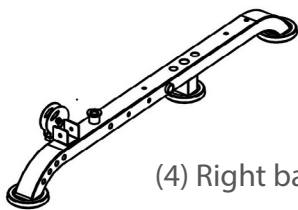
(14) Plastic cover 160x



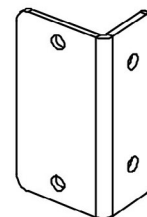
(3) Left frame 1x



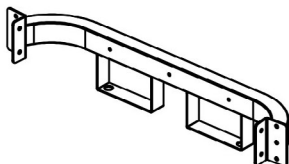
(15) Hanging ring 1x



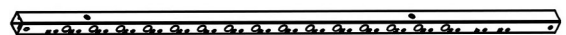
(4) Right base frame 1x



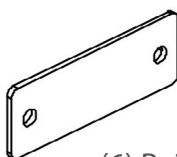
(18) L shape plate 2x



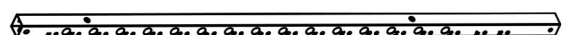
(5) Back connection tube 2x



(21) Left upright frame 1x



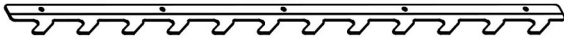
(6) Reinforcing plate (big) 6x



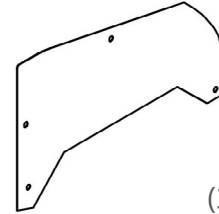
(22) Right upright frame 1x



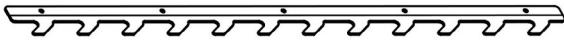
(7) Reinforcing plate (small) 2x



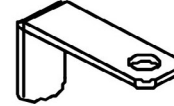
(23) Left upright board 1x



(31) cover 2x



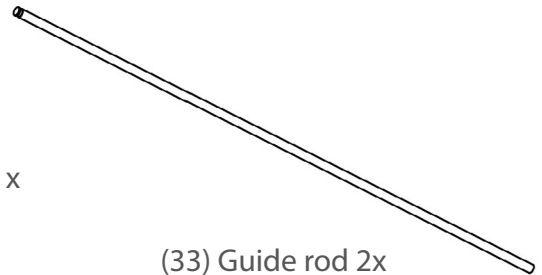
(24) Right upright board 1x



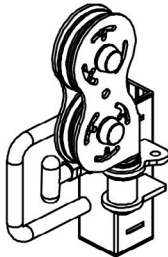
(32) Pulley catch plate 4x



(25) Right bearing frame 1x



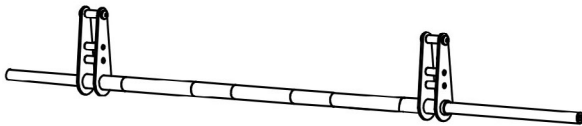
(33) Guide rod 2x



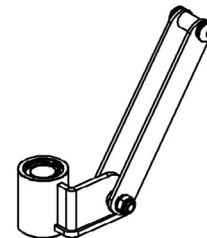
(26) Left bearing frame 1x



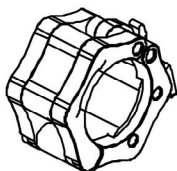
(34) Guide rod lock sleeve 2x



(27) Barbell rod 1x



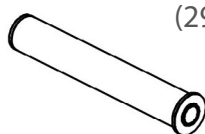
(35) Safety hook left 1x



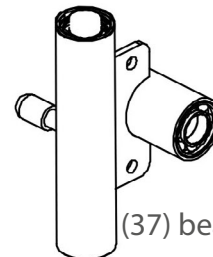
(28) Barbell rod ring 2x



(36) Safety hook right 1x



(29) Barbell rod end tube 2x



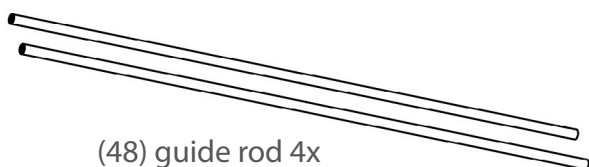
(37) bearing frame 2x



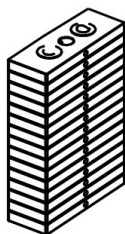
(44) Rubber cushion 4x



(47) Rubber cushion 4x



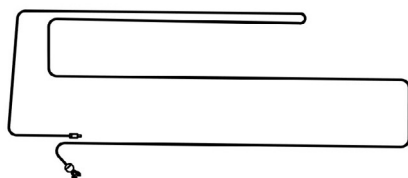
(48) guide rod 4x



(45) weight plate 28x



(45+46+49) top weight plate pre-assembled with weight plate and selector rod 2x



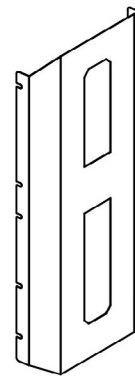
(52) Cable 2x



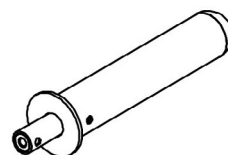
(54) Pulley (big) 12x



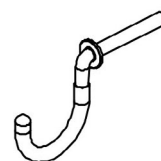
(55) Pulley (small) 2x



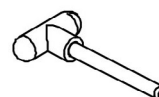
(58) Shield 2x



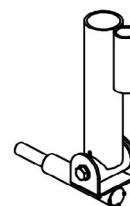
(59) Barbell plate holder 4x



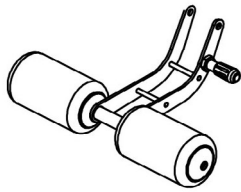
(60) Hook 6x



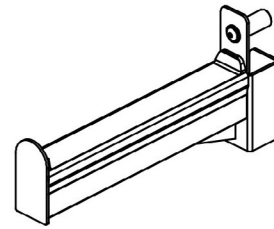
(62) T shape pin 10x



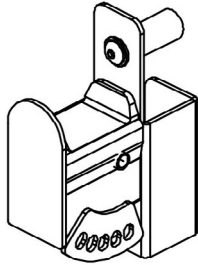
(63) core trainer 1x



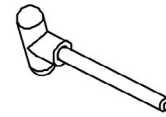
(64) Lat pull down roller 1x



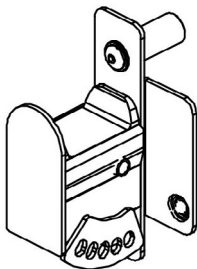
(69) Spotting arm right 1x



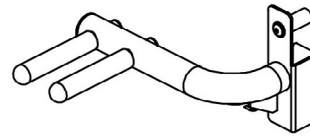
(65) J hook right 1x



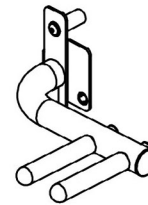
(70) T shape pin 1x



(66) J hook left 1x



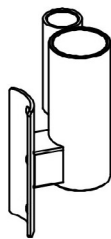
(71) Dip bar right 1x



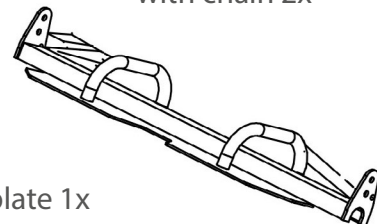
(72) Dip bar left 1x



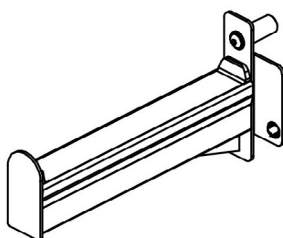
(73 & 99) Pulley handle with chain 2x



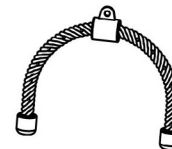
(67) Barbell rod storage 1x



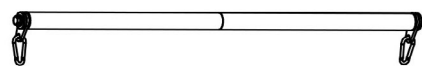
(74) Footplate 1x



(68) Spotting arm left 1x



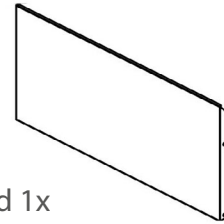
(75) Triceps rope handle 1x



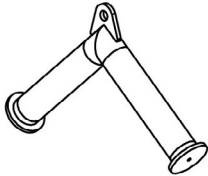
(76) Function training bar 1x



(77) Ankle cuff 1x



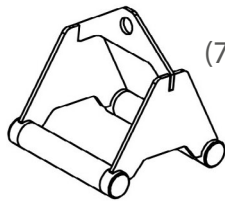
(85) Board 1x



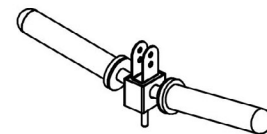
(78) V bar 1x



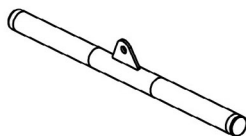
(87) Spring collar 8x



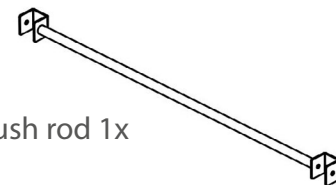
(79) Close grip rowing handle 1x



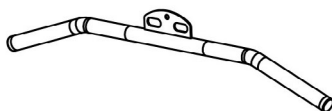
(88) Selector rod with barbell holder 2x



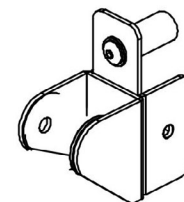
(80) Straight bar 1x



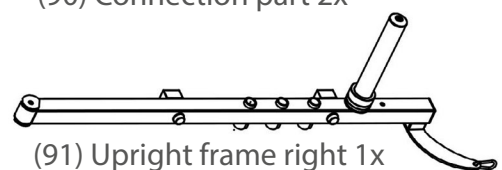
(89) Push rod 1x



(81) Lat pull bar 2x



(90) Connection part 2x



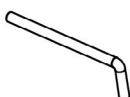
(91) Upright frame right 1x



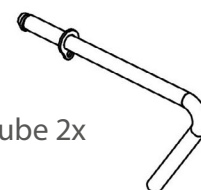
(82) Abdominal harness 1x



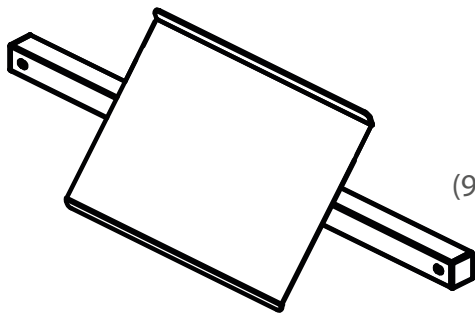
(92) Upright frame left 1x



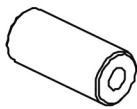
(83) L shape pin 4x



(93) Handle tube 2x



(94) Footplate small 1x



(95) Shaft 2x



(98) Iron handle 2x



(100) Pulley bracket 2x



(101) Weight stack pin 2x

2.3 Assembly

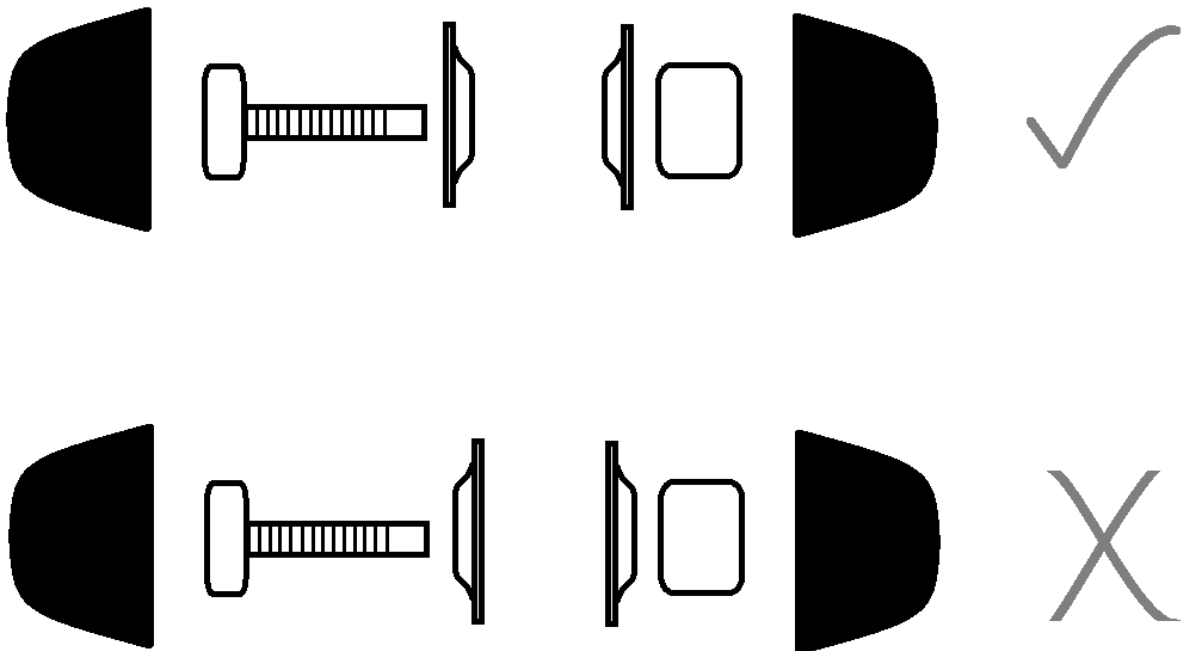
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

NOTICE

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

ATTENTION

Make sure to align all washers used throughout the entire assembly the correct way. Otherwise it is not possible to attach the protecting plastic covers. Please refer to the drawings below.

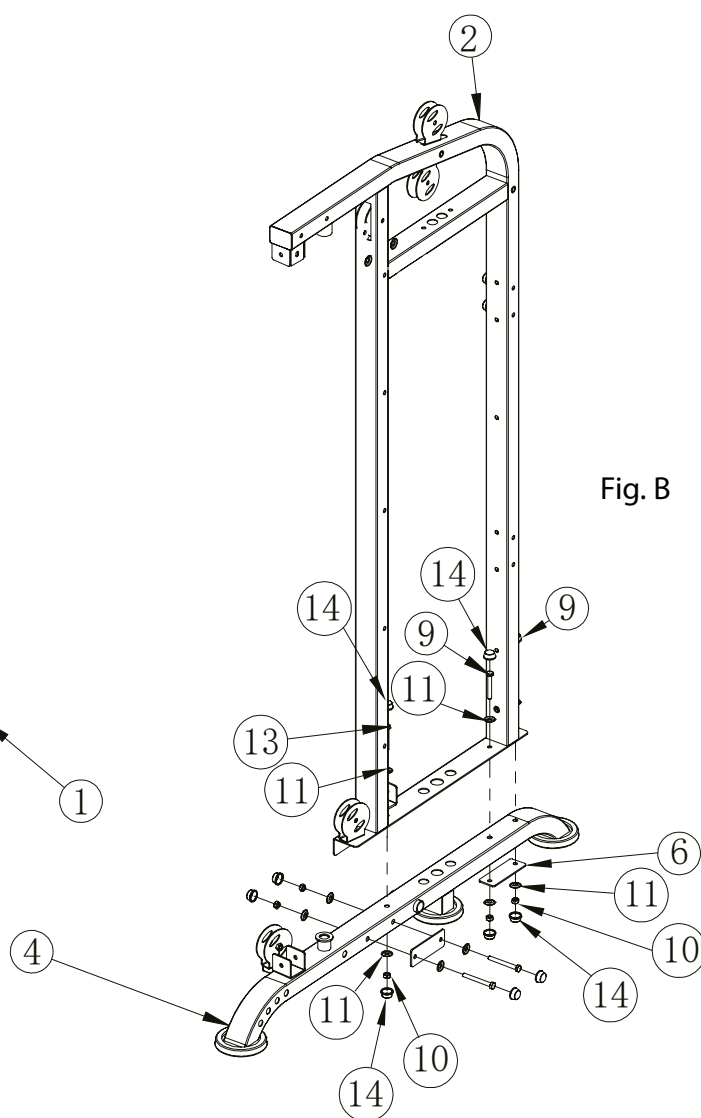
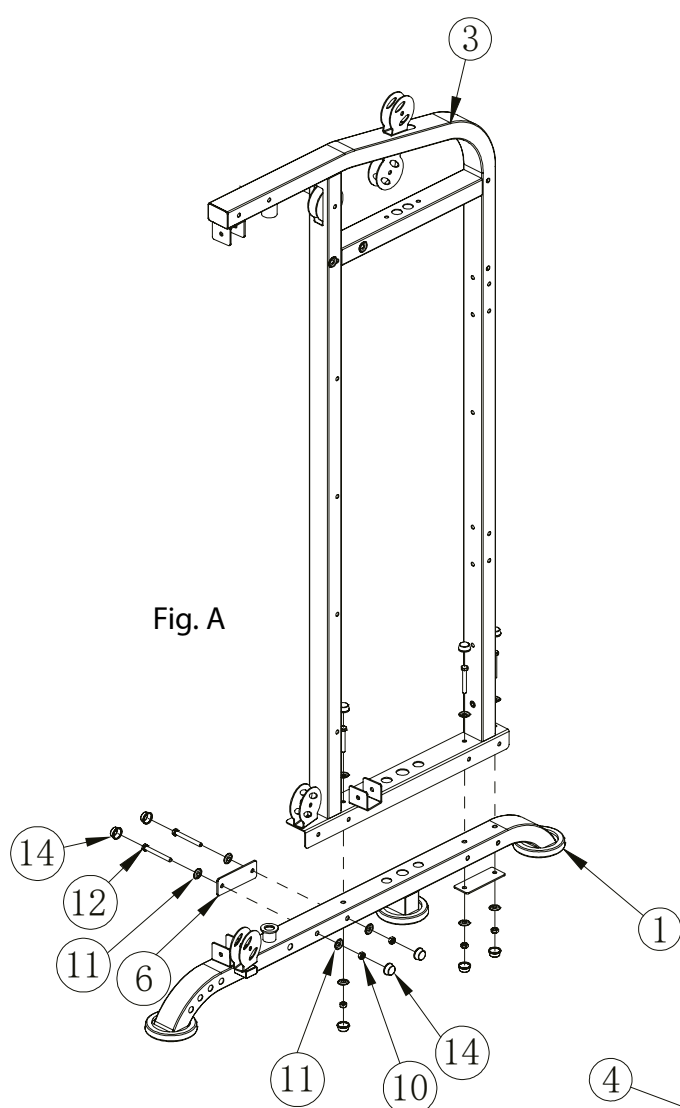


Step 1: Assembly of the Main Frame, Part 1

① NOTICE

- + Do not tighten the bolts and nuts yet. Otherwise the components might not fit.
- + Once tightened, each bolt connection must be capped with plastic covers (14) like shown.

1. Attach the left and right frames (3 & 2) to the left and right base frame (1 & 4):
 - 1.1. Vertically, towards the back: with two bolts (9), four washers (11), one big reinforcing plate (6), two nuts (10) and four plastic covers (14) each [fig. B].
 - 1.2. Vertically, towards the front: with one bolt (13), two washers (11), one nut (10) and two plastic covers (14) each [fig. B].
 - 1.3. Horizontally: with two bolts (12), four washers (11), one big reinforcing plate (6), two nuts (10) and four plastic covers (14) each [fig. A].

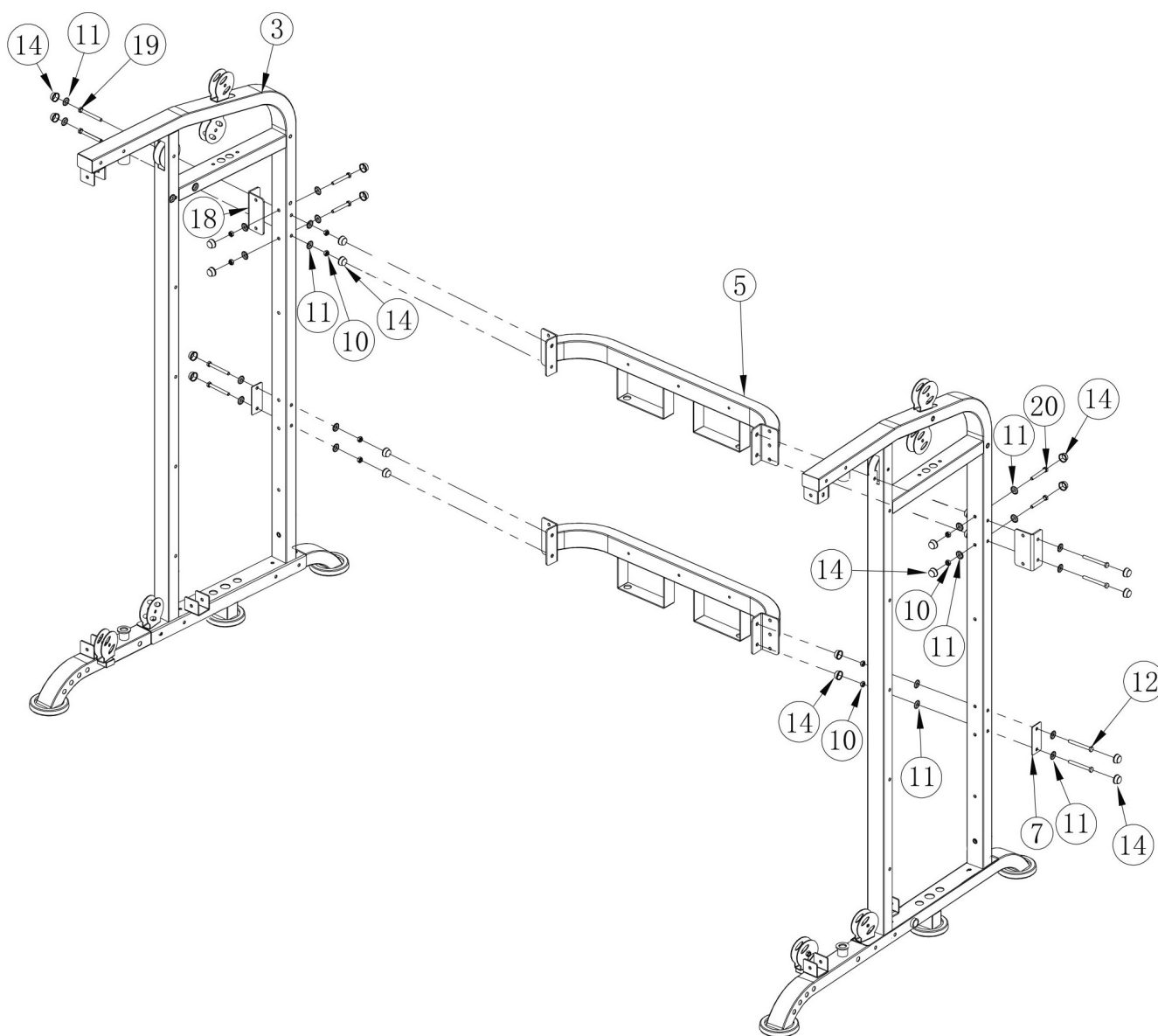


Step 2: Assembly of the Main Frame, Part 2

① NOTICE

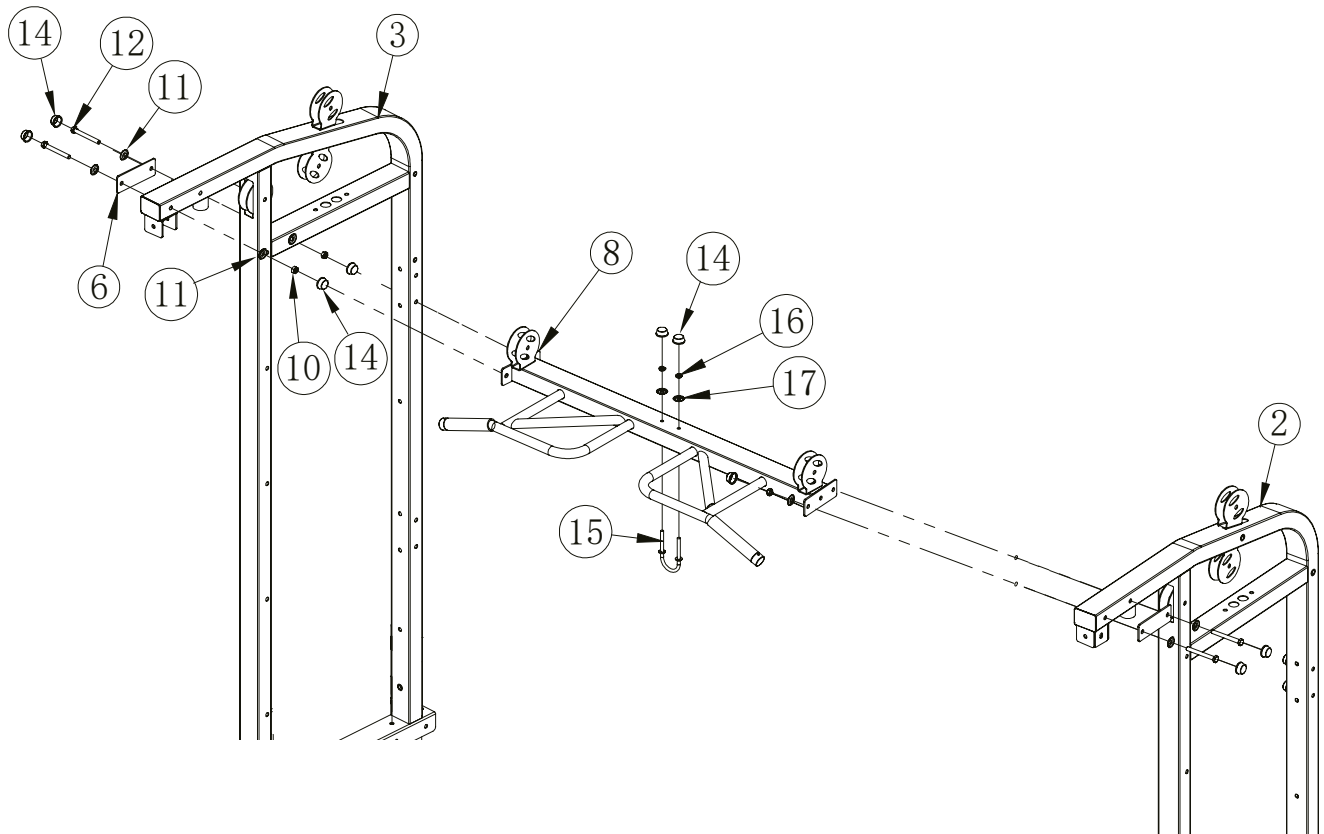
- + Do not tighten the bolts and nuts yet. Otherwise the components might not fit.
- + Once tightened, each bolt connection must be capped with plastic covers (14) like shown.

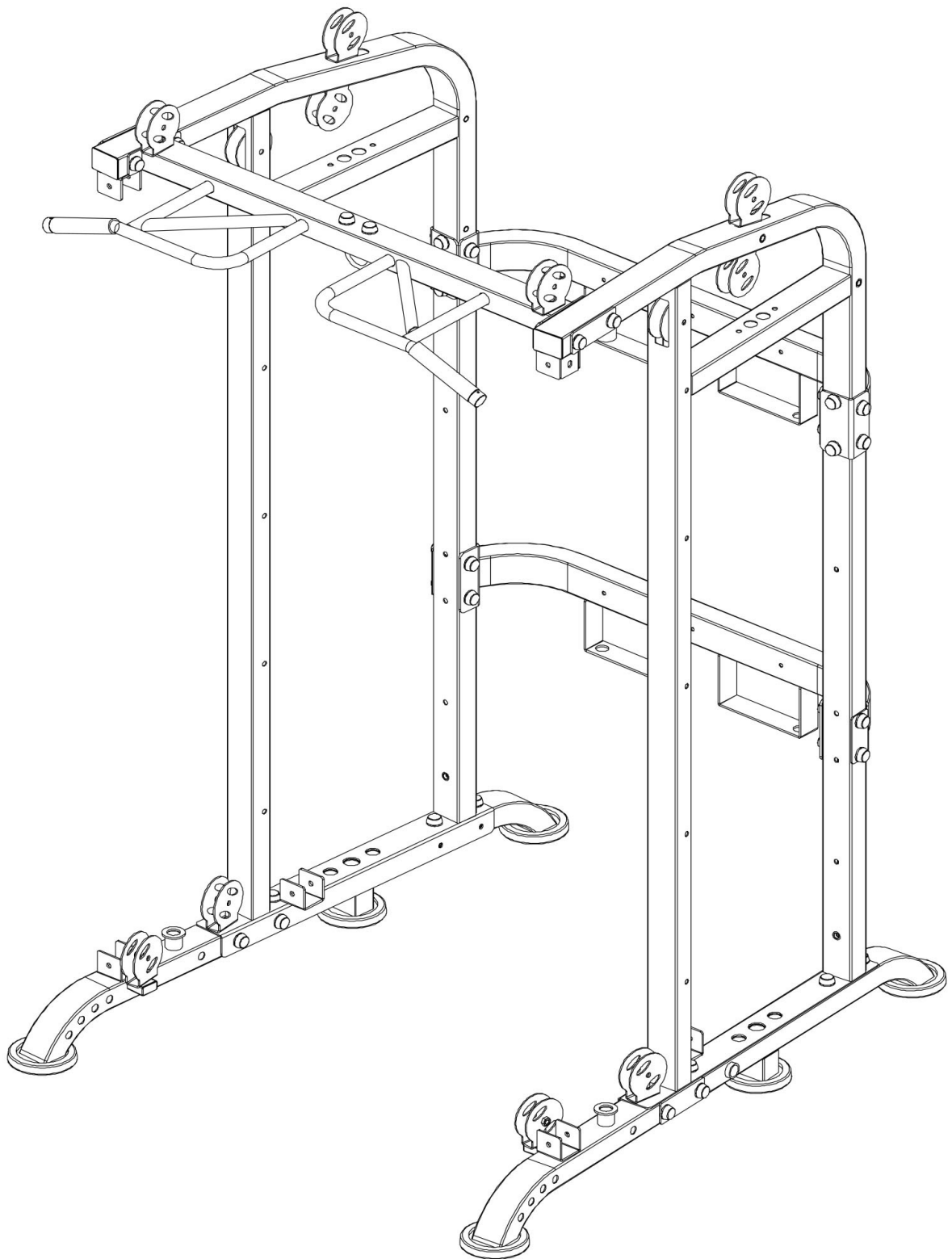
1. Attach the upper back link tube (5) to the rear struts of the left and right frames (3 & 2):
 - 1.1. From the side: with two bolts (19), four washers (11), one L-shaped plate (18), two nuts (10) and four plastic covers (14) on each frame.
 - 1.2. From the back: with two bolts (20), four washers (11), two nuts (10) and four plastic covers (14) on each frame.
2. Attach the lower back link tube (5) to the rear struts of the left and right frames (3 & 2) with two bolts (12), four washers (11), one small reinforcing plate (7), two nuts (10) and four plastic covers (14) on each frame.



Step 3: Assembly of the Main Frame, Part 3

1. Attach the front link tube (8) to the left and right frame (3 & 2) with two bolts (12), one big reinforcing plate (6), four washers (11), two nuts (10) and four plastic covers (14) on each frame.
2. Attach the hanging ring (15) to the front link tube (8) with two washers (17), two nuts (16) and two plastic covers (14).
3. Now tighten all bolts and nuts from the assembly steps 1, 2 and 3 and cap each connection with one plastic cover (14) like shown in the drawings.





Step 4: Assembly of the Upright Frames, Bearing Frames and Upright Boards

NOTICE

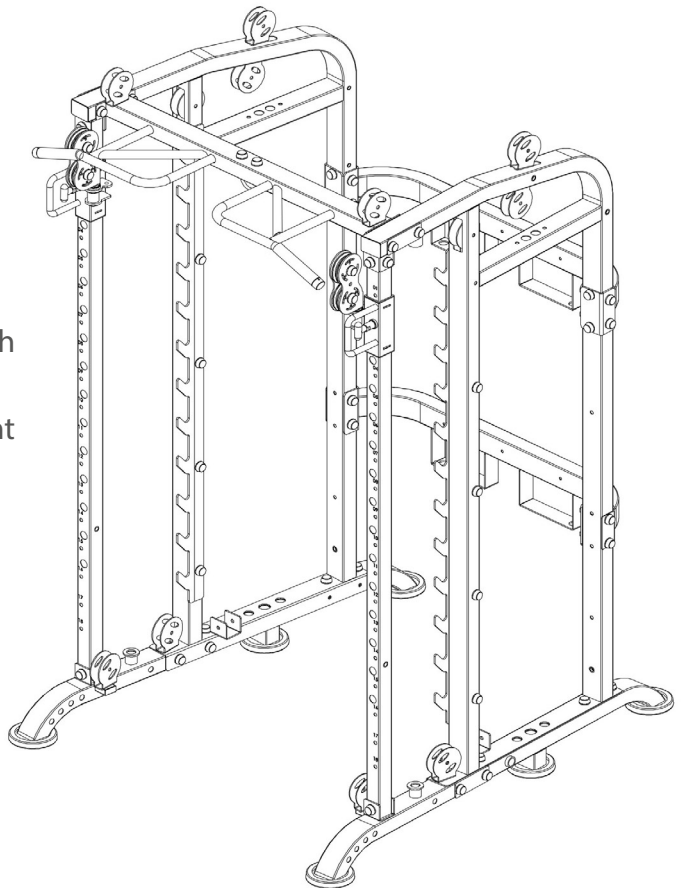
- + The pulleys on the bearing frames (25 & 26) should be oriented inwards.
- + The scales on the upright frames (21 & 22) should be oriented forwards and outwards.
- + Connect the components loosely first and tighten bolts and nuts only when all components are connected. Then attach the plastic covers.

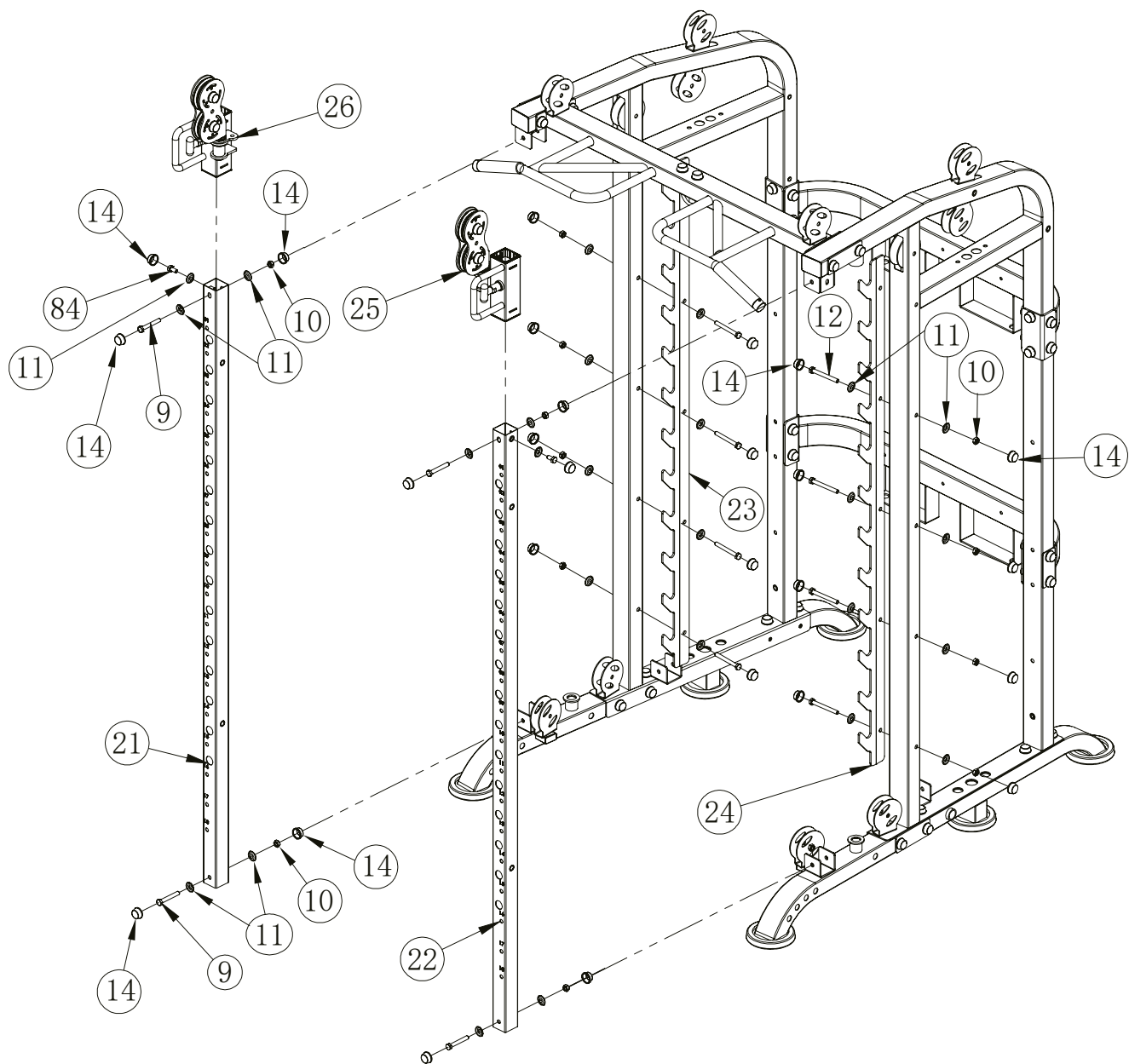
1. Slide the left bearing frame (26) onto the left upright frame (21) by pulling the T-pin and engaging it in one of the adjustment holes.
2. Attach the left upright frame (21) to the top of the left frame (3):
 - 2.1. From the side: With one bolt (84), one washer (11) and one plastic cover (14).
 - 2.2. From the front: With one bolt (9), two washers (11), one nut (10) and two plastic covers (14).
3. Attach the left upright frame (21) to the left base frame (1) with one bolt (9), two washers (11), one nut (10) and two plastic covers (14).
4. Repeat the steps 1 to 3 with the right upright frame (22) and right bearing frame (25).
5. Tighten all bolts and nuts and attach the plastic covers (14) like shown.

NOTICE

Use only the bottom four holes for the following step. The top hole must remain free.

6. Attach the left upright board (23) to the front strut of the left frame (3) with a total of four bolts (12), eight washers (11), four nuts (10) and eight plastic covers (14).
7. Tighten the bolts (12) and nuts (10) and attach the plastic covers (14).
8. Repeat the steps 6 and 7 with the right upright board (24).





Step 5: Assembly of the Guide Rods and Barbell Rod



CAUTION

The rods (33 & 27) are lubricated.

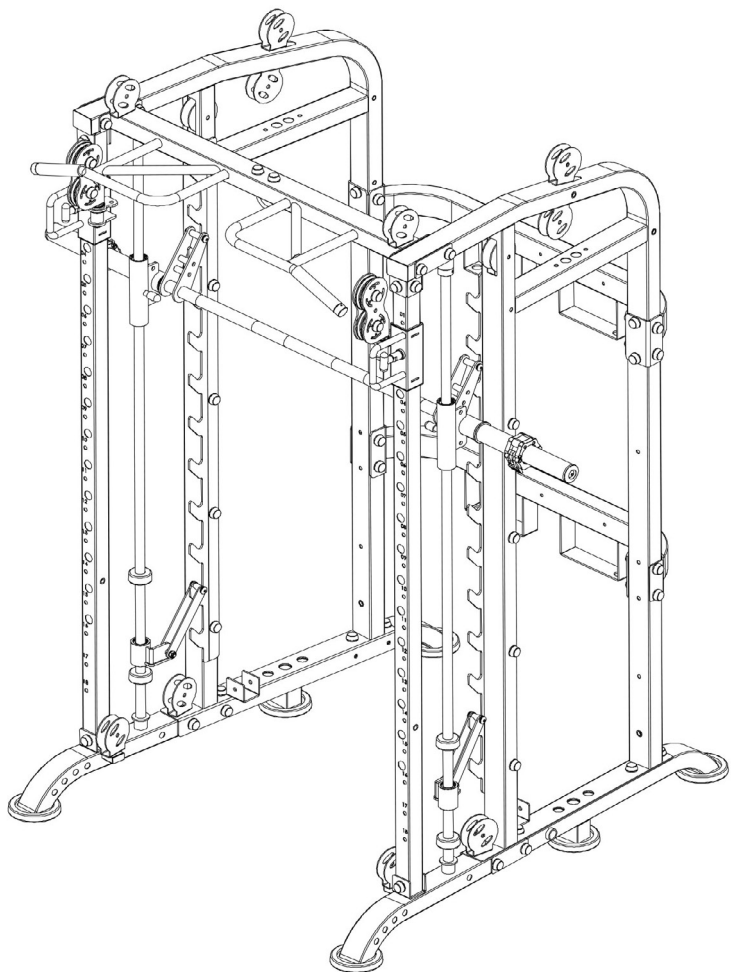


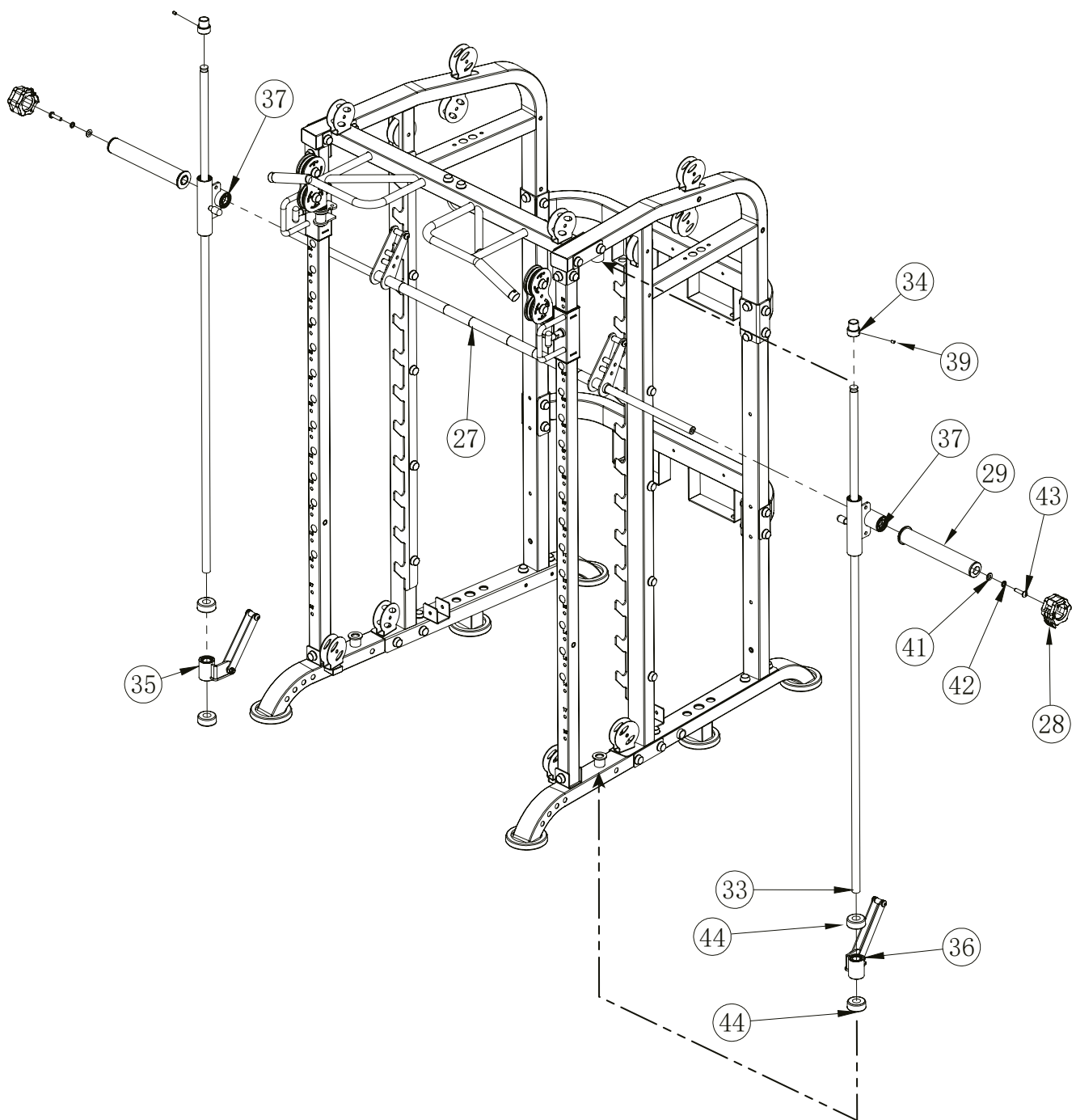
ATTENTION

The required rubber cushions (44) are slightly tapered and must be aligned according to the following drawing:



1. Slide the components onto both guide rods (33) in the following order (33): rubber cushion (44), safety hook (35 - left; 36 - right), rubber cushion (44) and bearing frame (37). Place the guide rod lock sleeves (34) to the top of the guide rods (33).
2. Insert the left guide rod (33) and the respective components into the left base frame (1) and left frame (3).
3. Attach the left guide rod (33) to the left frame (3) with one bolt (39).
4. First, slide the barbell rod (27) through the left sided bearing frame (37) on the left guide rod (33), then hang the barbell rod (27) at any height in the upright boards (23 & 24).
5. While holding the right guide rod and its components, first slide the right sided bearing frame (37) onto the right side of the barbell rod (27), then insert the right guide rod (33) into the right base frame (4) and right frame (2).
6. Attach the right guide rod (33) to the right frame (2) with one bolt (39).
7. Slide the rod end tubes (29) onto each end of the barbell rod (27) and secure with one bolt (43), one spring washer (42) and one washer (41) each.
8. Attach the barbell rod rings (28) to the rod end tubes (29).





Step 6: Assembly of the Weight Stacks

1. Slide one rubber cushion (47) over each of the four guide rods (48).
2. Insert the guide rods (48) into the left and right base frames (1 & 4).



CAUTION

Guide only one weight plate at a time over the guide rods.



NOTICE

Begin with the weight plate with the highest number and continue accordingly. Make sure the numbers on the weight plates are oriented inwards.

3. Lightly tilt the guide rods (48) at an angle and guide the weight plates (45) over the guide rods (48).
4. Guide the top weight plate (46) with the pre-assembled selector rod (49) over the guide rods (48) and guide the selector rod (49) through the centre hole of the weight stack.
5. Secure the guide rods (48) to the frames (2 & 3) from the top with one bolt (50) and one washer (11) each. Tighten the bolts (50) and cap with one plastic cover (14) each.
6. Insert one weight stack pin (101) into each weight stack and place the ring of the weight stack pin (101) around the thread of the selector rod (49) protruding from the top weight plate.



ATTENTION

Each weight stack has a total weight of 100 kg. You have the option of increasing this additionally with weight plates. For this, the selector rod with barbell holders (88) must be installed instead. If you wish to do this, skip step 7 and continue with step 8 instead. Please note that you will not be able to install the shields (58).

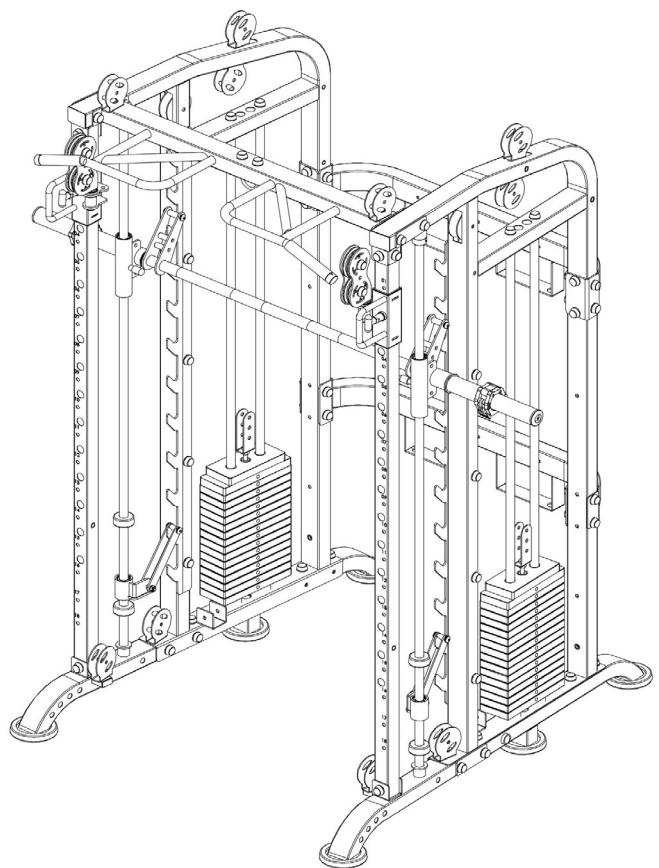
7. Screw the pulley bracket (100) into the thread of the selector rod (49).

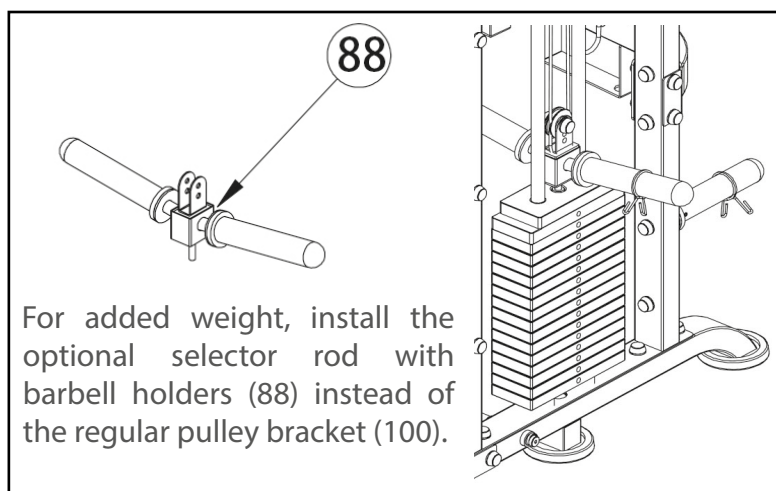
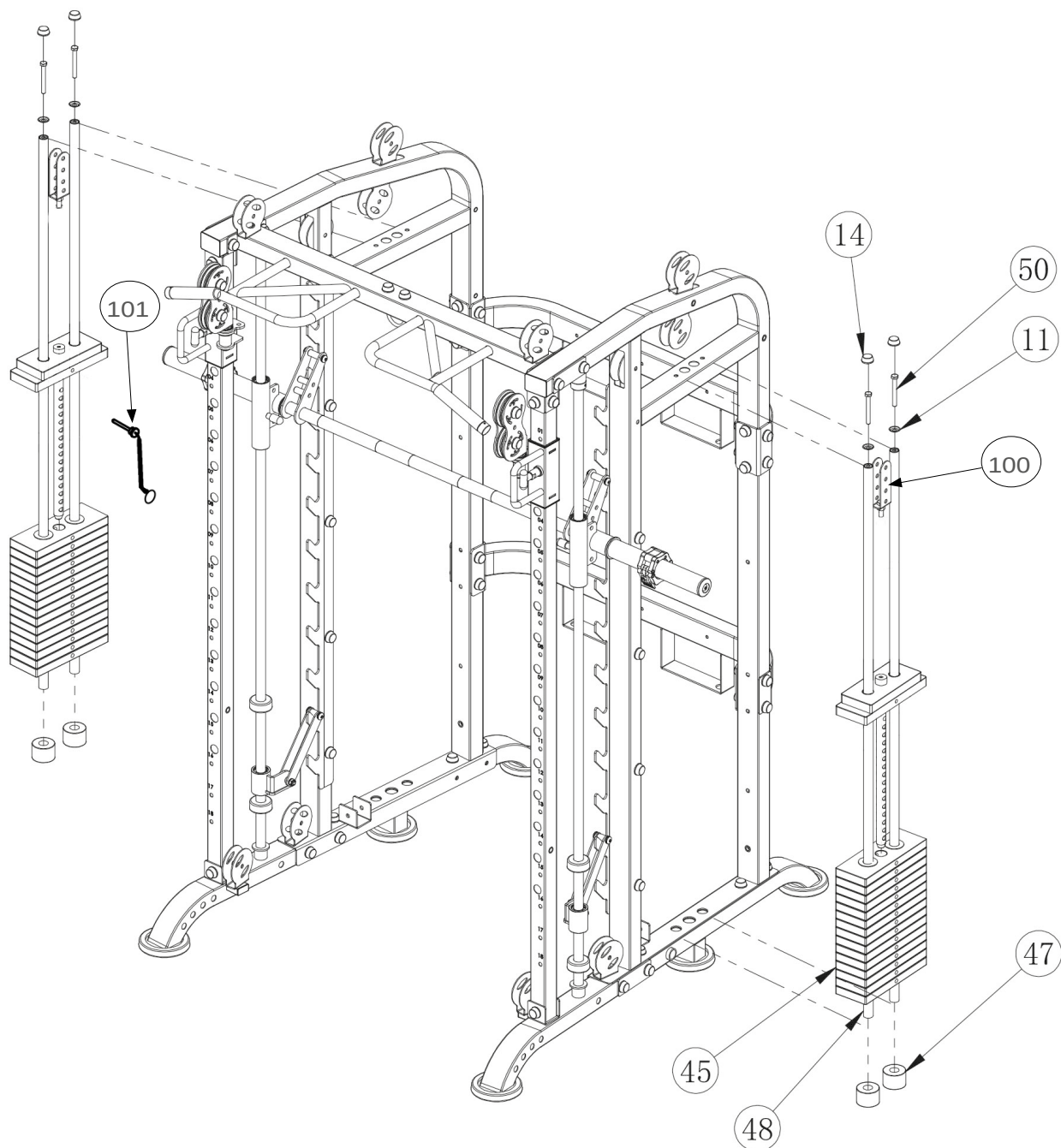


NOTICE

The pulley bracket (100) serves as a cable adjustment point. The pulley bracket (100) does not have to be completely screwed in, but always at least 1/3.

8. Screw the selector rod with barbell holders (88) into the thread of the selector rod (49).





For added weight, install the optional selector rod with barbell holders (88) instead of the regular pulley bracket (100).

Step 7: Assembly of the Cables and Pulleys

① NOTICE

- + The cable routing must be performed while simultaneously attaching the pulleys.
- + The following steps show the assembly and cable routing on the right side of the machine. The procedure must be repeated on the left side as well.
- + The following steps show the assembly with the regular pulley holder (F). The selector rod with barbell holders (88) has a pre-assembled pulley.

1. **[A]:** Detach the components of the ball end of the cable (52) [A-1].
2. **[A]:** Detach the pre-assembled lower pulley in the double pulley bracket by removing the plastic covers, bolt, washers and nut. Route the cable up through the compartment on the bearing frame and reattach and tighten the pulley with the same bolt, washers, nut and plastic covers. Make sure the cable lays on top of the lower pulley. Reattach the ball components to the cable end [A-2].
3. **[B]:** Route the cable (52) under one 95mm pulley (54) and attach and tighten the pulley (54) with one bolt (56) and one washer (11). Cap the bolt connection with one plastic cover (14).
4. **[C]:** Route the cable (52) under one 95mm pulley (54) and attach and tighten the pulley (54) with one bolt (56), two washers (11) and one nut (10). Cap the bolt connection with two plastic covers (14).
5. **[D & E]:** Route the cable (52) over two 95mm pulleys (54) and attach and tighten the [E] pulley (54) with one bolt (56), two washers (11) and one nut (10). Cap the bolt connection with two plastic covers (14). Attach the [D] pulley (54) together with the cover (31) with one bolt (50), two washers (11) and one nut (10). Do not tighten yet.
6. Attach the cover (31) to the right frame (2) with one bolt (12), two washers (11) and one nut (10) as well as two bolts (84) and two washers (11). Tighten the D pulley, bolts and nuts and cap the 12 and 50-bolt connection with two plastic covers (14) and each 84-bolt connection with one plastic cover (14).
7. **[F]:** Route the cable (52) under one 60mm pulley (55) and attach the pulley (55) to the upper hole of the pulley bracket (100) with one bolt (56), two washers (11), one nut (10) and two plastic covers (14).

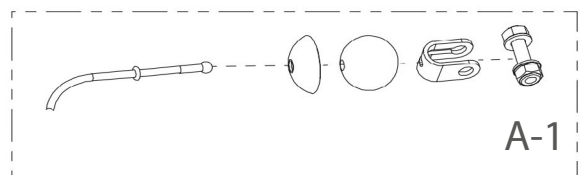
① NOTICE

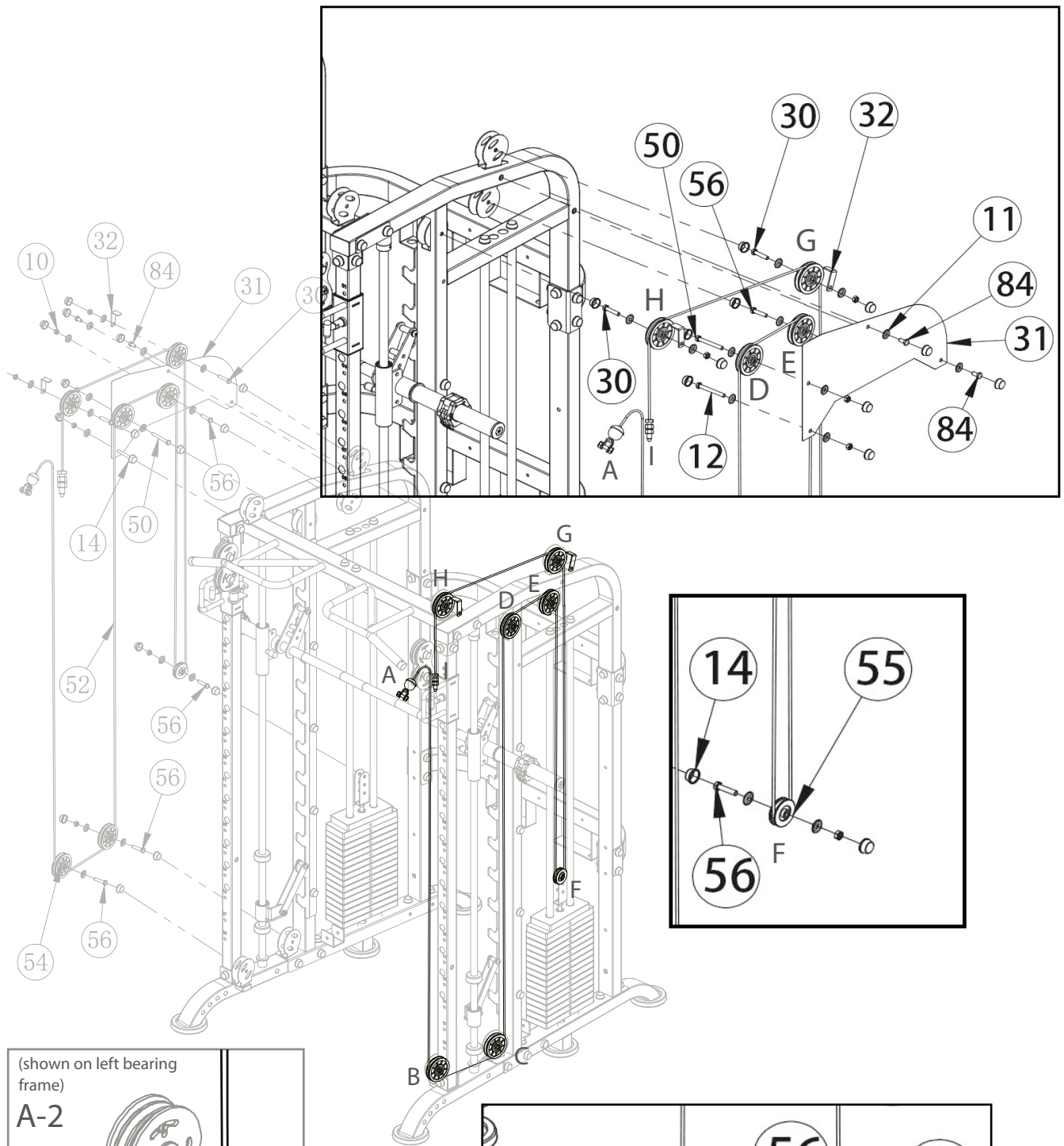
It is recommended not to tighten this pulley (55) yet as this is an adjustment point for the cable length.

8. **[G & H]:** Route the cable (52) over two 95mm pulleys (54) and attach and tighten the pulleys (54) with one bolt (30), two washers (11), one pulley catch plate (32) and one nut (10) each. Cap each bolt connection with two plastic covers (14).
9. **[I]:** Attach the bolt end of the cable (52) to the right bearing frame (26).
10. Repeat the steps 1 to 9 on the left side.

① NOTICE

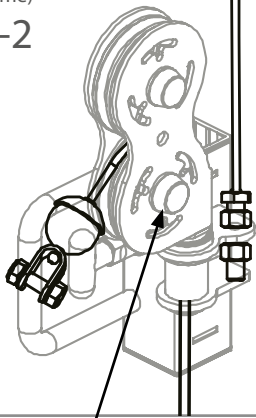
If the cable is too tight or too loose, it needs adjustment. There are several points at which the cable length can be adjusted. Please refer to the next step for further instructions.



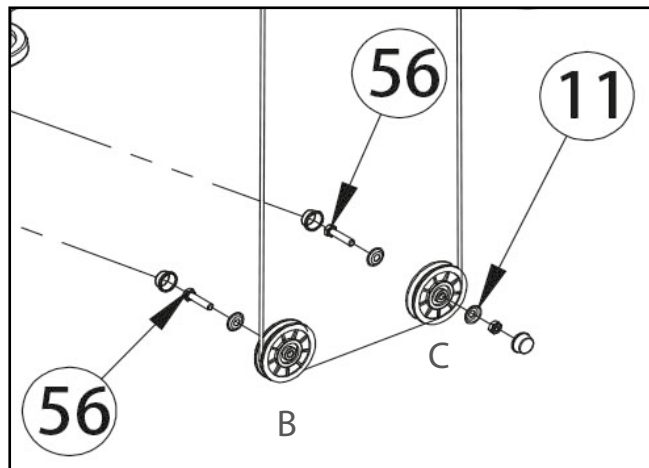


(shown on left bearing frame)

A-2



Remove the plastic covers, bolt, nut and washers.



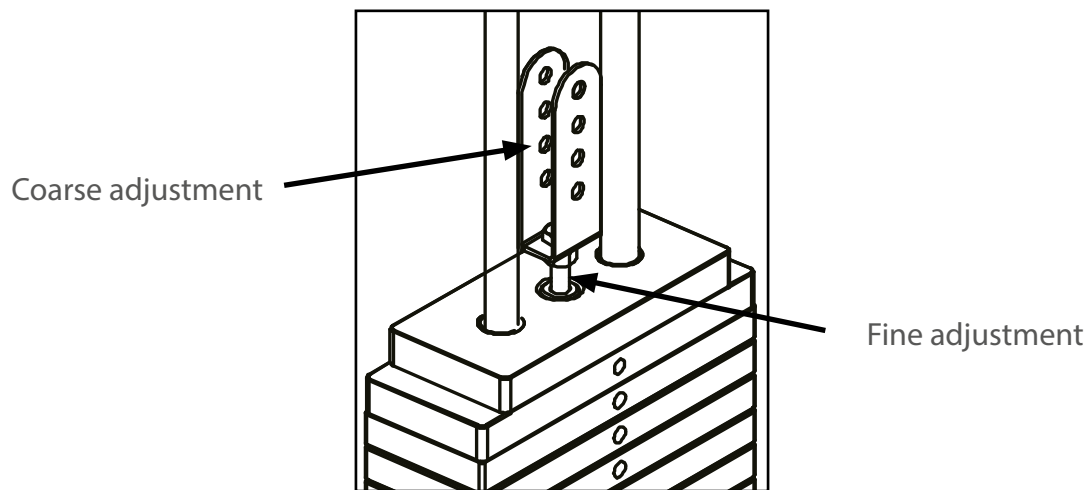
Step 8: Cable Adjustment

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 are three points at which the cable can be adjusted. There is one adjustment point for coarser adjustments and two adjustment points for finer adjustments.

Coarse Adjustment

Coarser adjustments can be made on the pulley bracket that is connected to the weight stack. There are four adjustment holes on the regular pulley bracket and two on the pulley bracket with added weight.

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



Fine Adjustment

In some cases, only finer adjustments are needed. There are two ways to do so.

- + bolt end of the pulley bracket
- + bolt end of the cable



WARNING

Both bolt ends must always be screwed in at least 1/3.

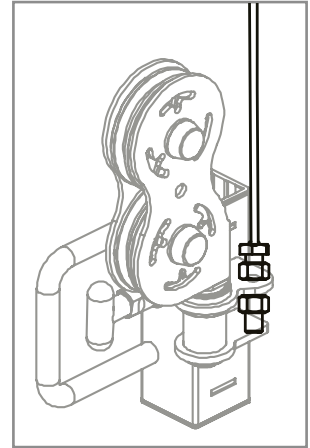
Option 1: Bolt End of the Pulley Bracket

If already attached, first remove the pulley as it will otherwise rotate when adjusting.

1. To loosen the cable, turn counterclockwise.
2. To tighten the cable, turn clockwise.

Option 2: Bolt End of the Cable

1. Loosen the nuts.
2. Screw or unscrew the bolt end to the desired length.
3. Tighten the nuts.



Once the cable tension is correctly adjusted, make sure to tighten the pulley in the pulley bracket (100 or 88).

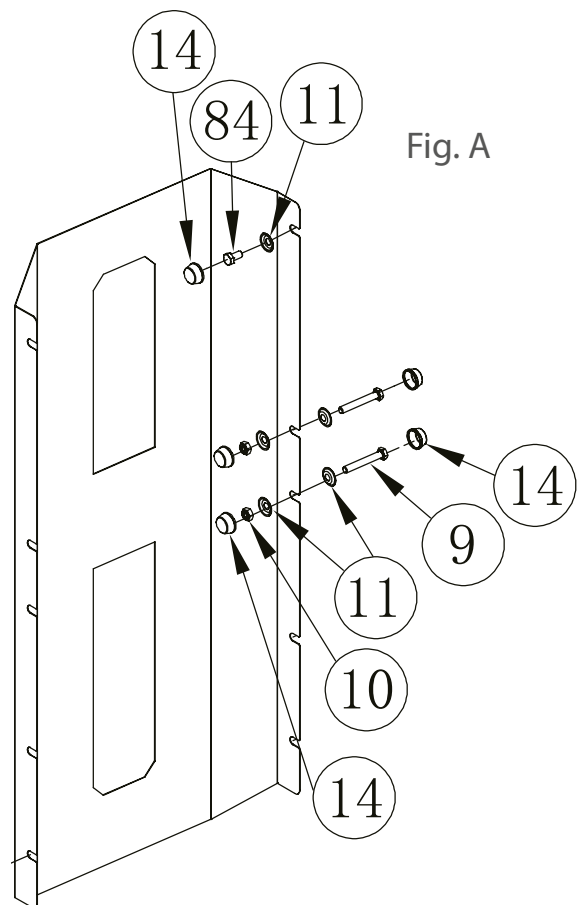
Step 9: Assembly of the Shields, Part 1

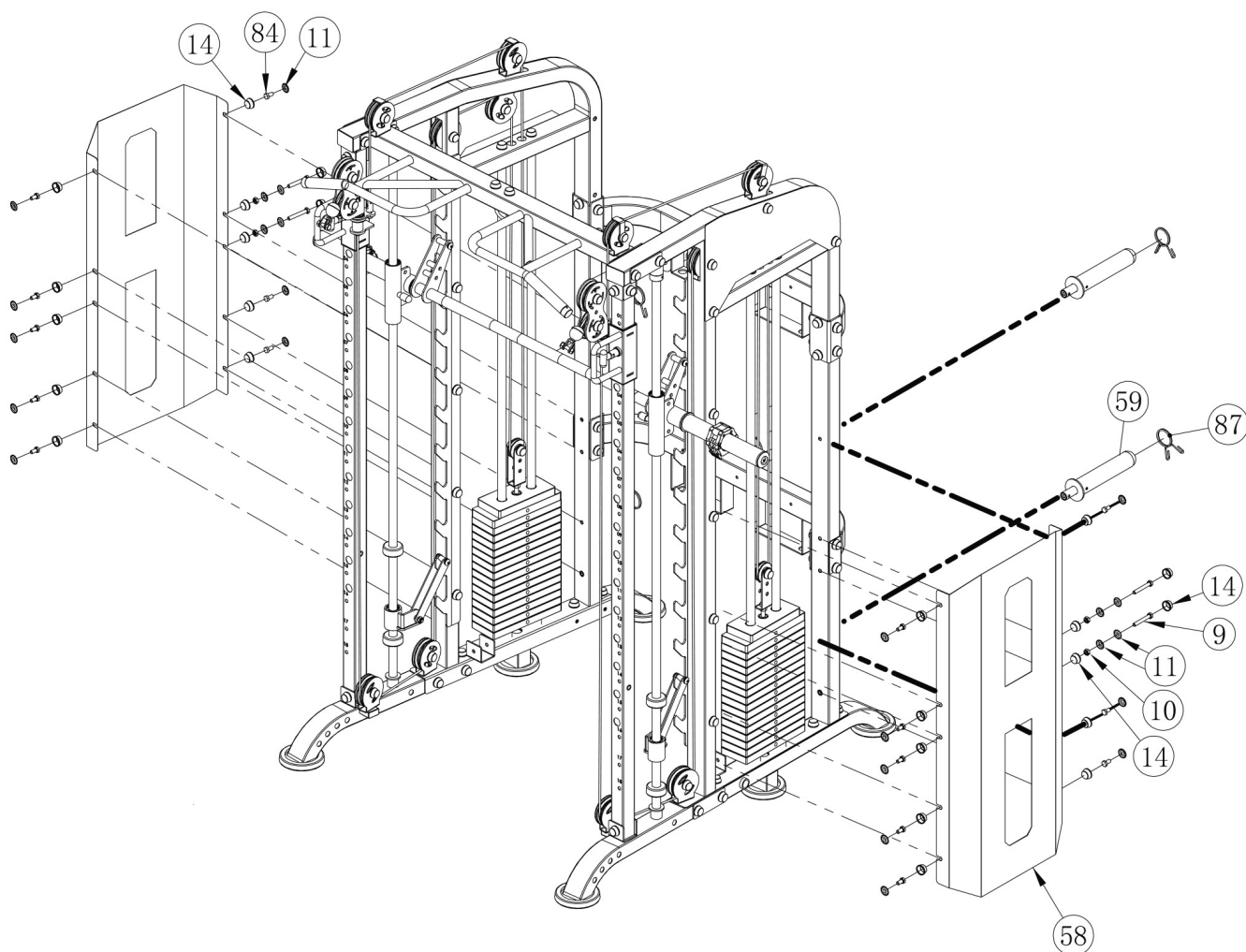
► ATTENTION

- + If you have installed the selector rod with barbell holders (88), the shields (58) cannot be installed.
 - + The shields (58) must partly be attached from the inside of the shields (58). Please refer to figure A for a more detailed overview and order of the components.
 - + The barbell plate holders (59) must be attached together with the shields (58) in the first and fourth hole from the top.
 - + Loosely attach the shields (58). Tighten only when all bolt connections are attached, then cap with plastic covers (14).
1. Insert two barbell plate holders (59) into the rear strut of the right frame (2).
 2. Attach one shield (58) to the front and rear struts of the right frame (2) with two types of bolt connection:
 - + Eight bolts (84), eight washers (11) and eight plastic covers (14). Make sure that the barbell plate holders (59) are connected with the bolt connection in the first and fourth hole.
 - + Two bolts (9), four washers (11), two nuts (10) and four plastic covers (14). Make sure to use these bolt connections in the second and third hole.
 3. Slide one spring collar (87) onto each barbell plate holder (59).
 4. Repeat the process on the left side.

Instructions for Selector Rod with Barbell Holders

1. Insert the barbell plate holders (59) into the rear struts of the left and right frame (3 & 2).
2. Attach the barbell plate holders (59) to the left and right frame (3 & 2) with one bolt (9), two washers (11) and one nut (10) each. Tighten and cap with two plastic covers (14) each.
3. Slide one spring collar (87) onto each barbell plate holder (59).





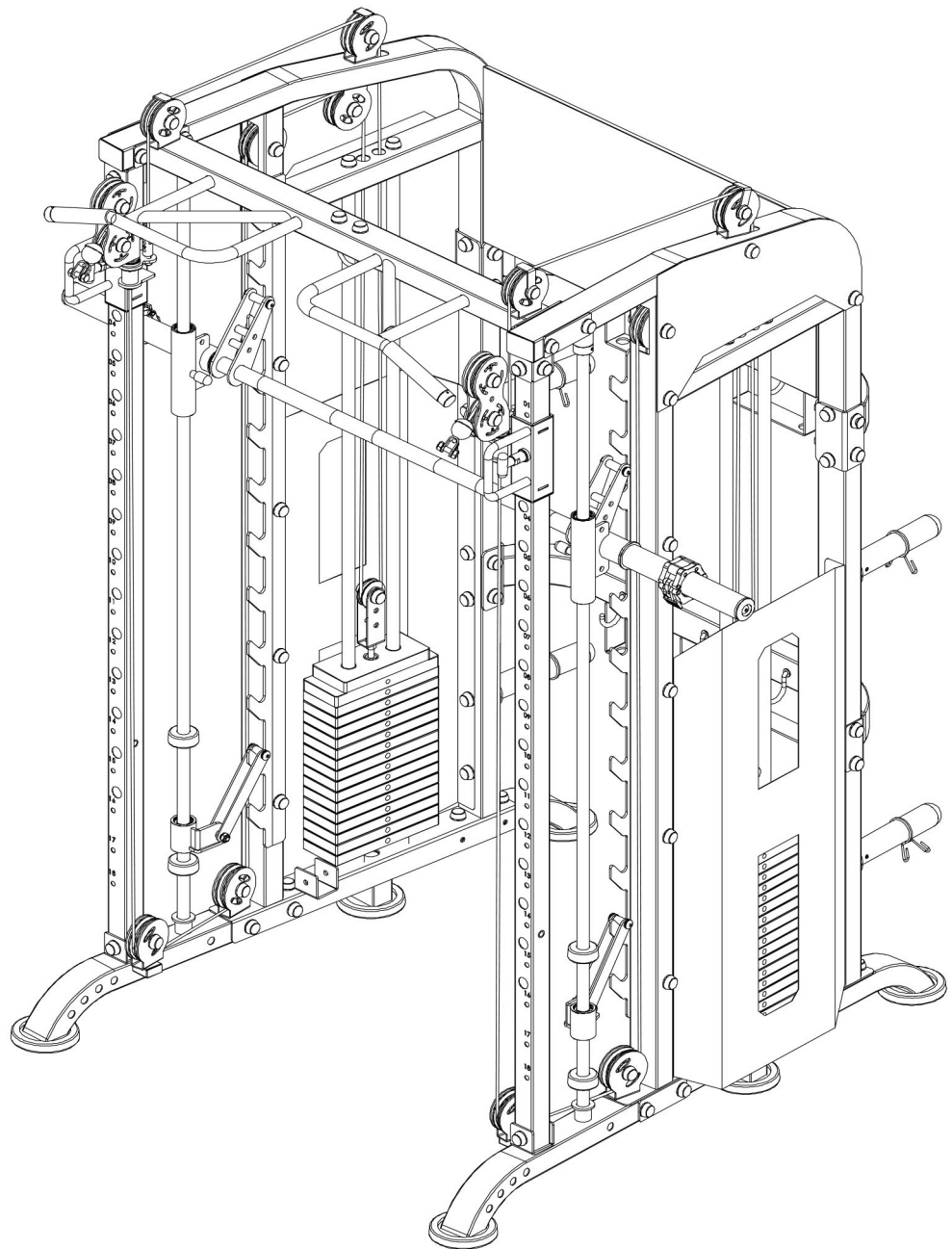
Step 10: Assembly of the Shields, Part 2

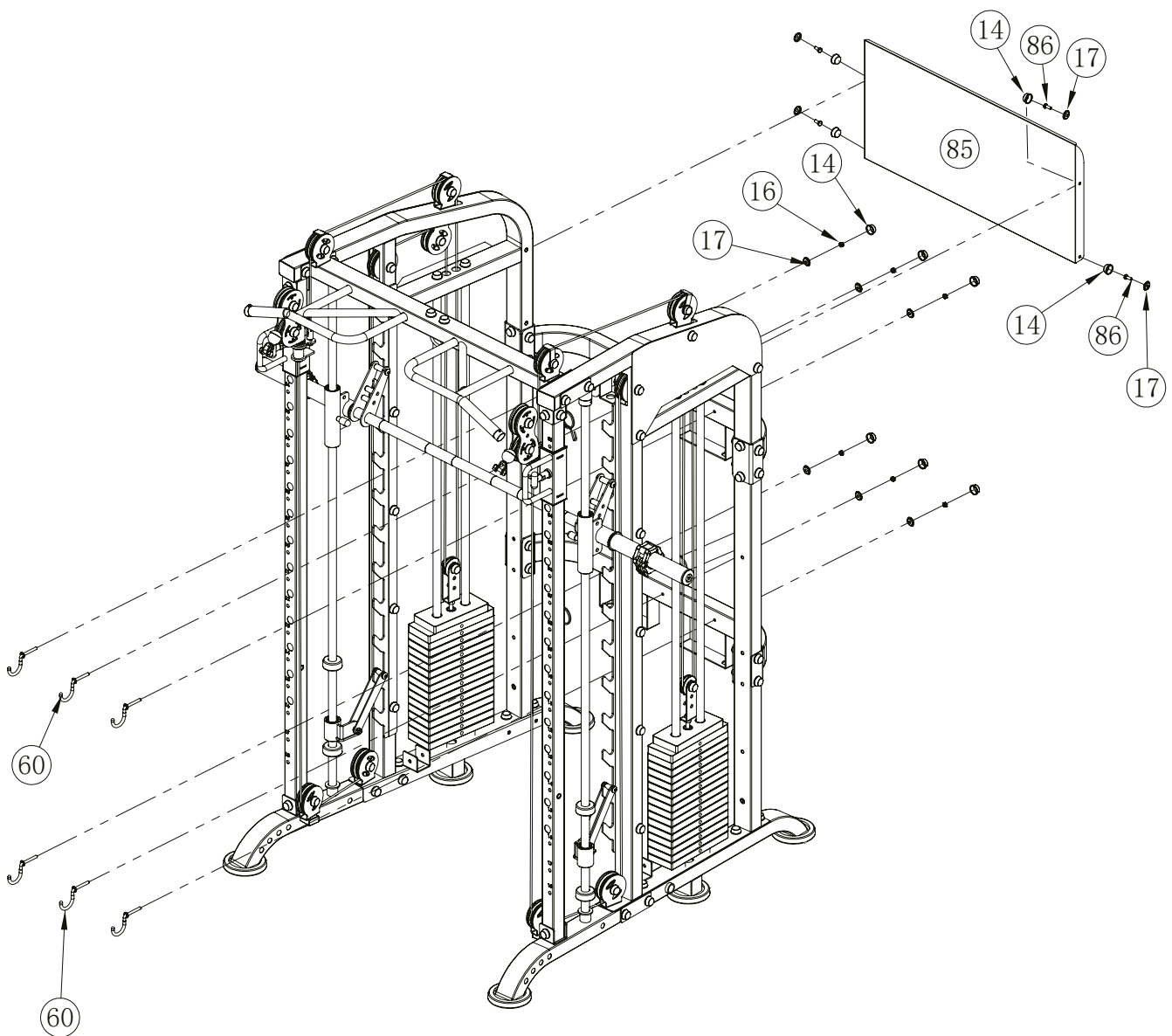
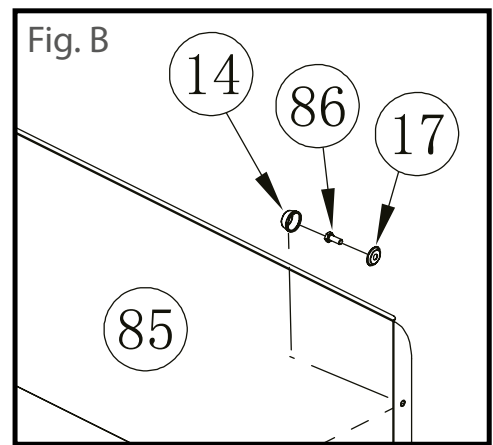
1. Attach six hooks (60) to the back link tubes (5) with one washer (17) and one nut (16) each. Tighten the nuts and cap with one plastic cover (14) each.

NOTICE

The board (85) must be attached from the inside. Please refer to figure B for a more detailed overview and order of the components.

2. First attach the board (85) loosely to the rear struts of the left and right frames (3 & 2) with a total of four bolts (86) and four washers (17). Then tighten and cap each bolt connection with one plastic cover (14).





Step 11: Assembly of the Accessories, Part 1

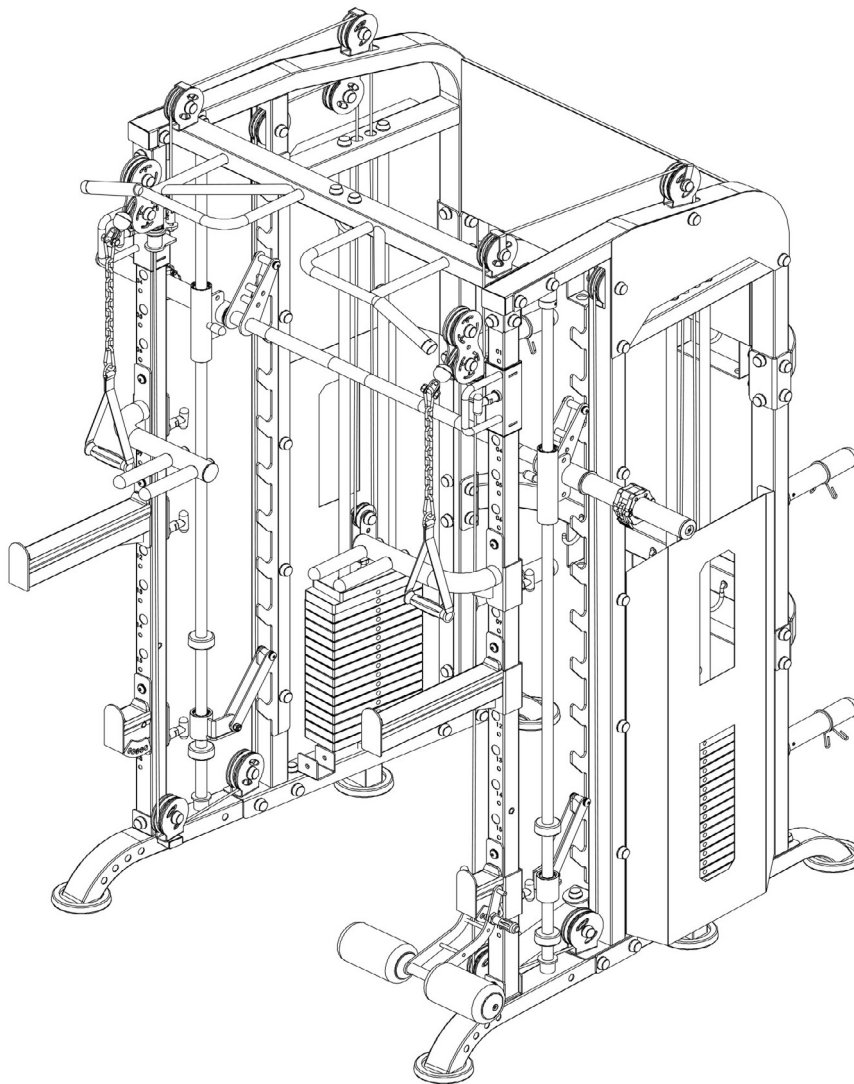
This Universal Smith Machine offers a wide variety of accessories for an ambitious training. The accessories can be used interchangeable and as required.

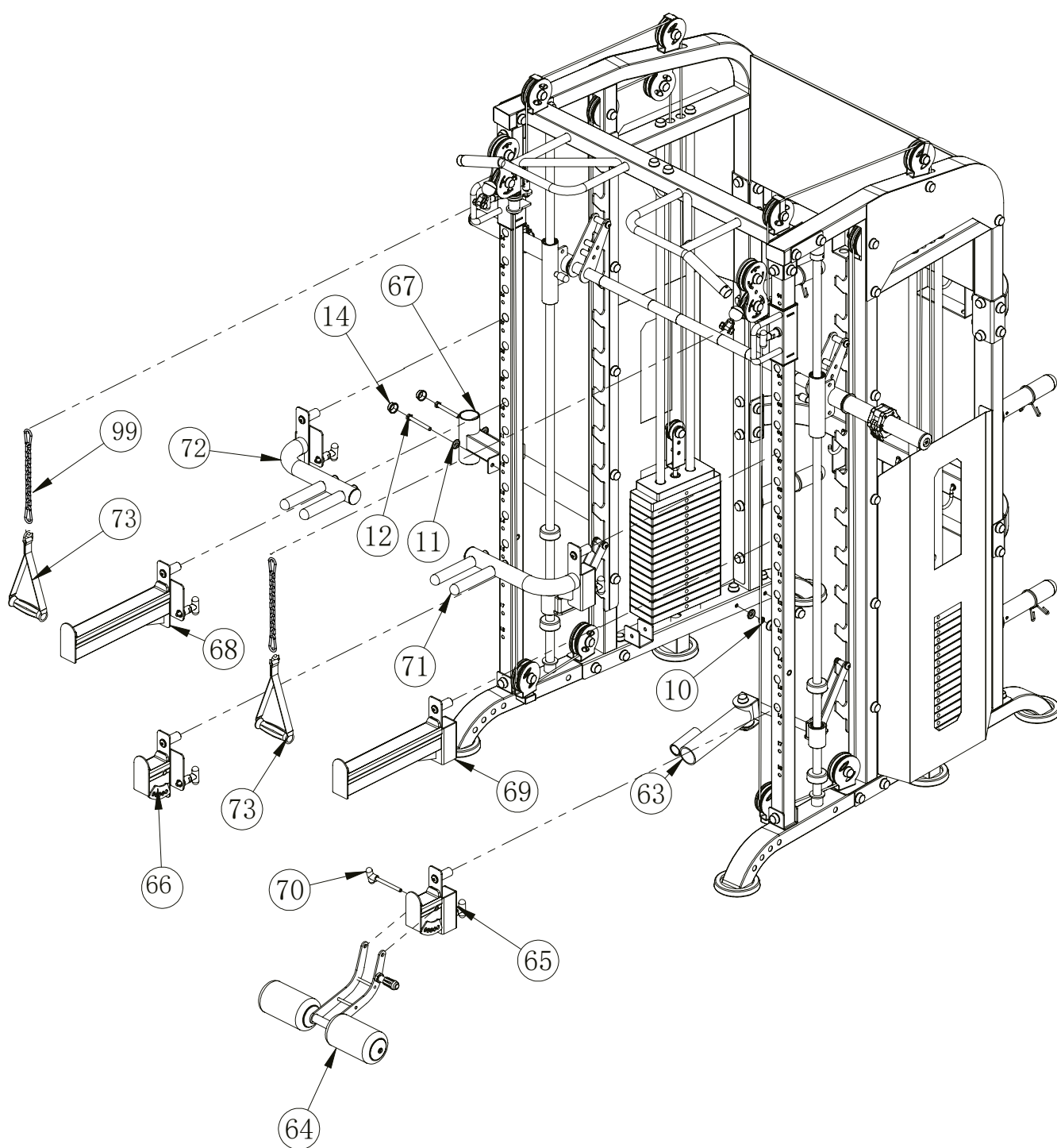
1. Attach the barbell rod storage (67) to the left base frame (1) in the rearmost two holes with two bolts (12), four washers (11) and two nuts (10).
2. Tighten the bolt connections and cap with two plastic covers (14) each.

① NOTICE

When required, the lat pull down roller (64) can be attached to the right J-hook (65).

3. Attach the lat pull down roller (64) to the right J-hook (65) with the pre-assembled T-shaped pin (70).
4. Attach the following accessories to the upright frames and cable ends according to preference:
 - + landmine (63, to the base frame near the weight stack), J-hooks (65 & 66), spotting arms (68 & 69), dip bars (71 & 72), pulley handles (73) and chains (99).

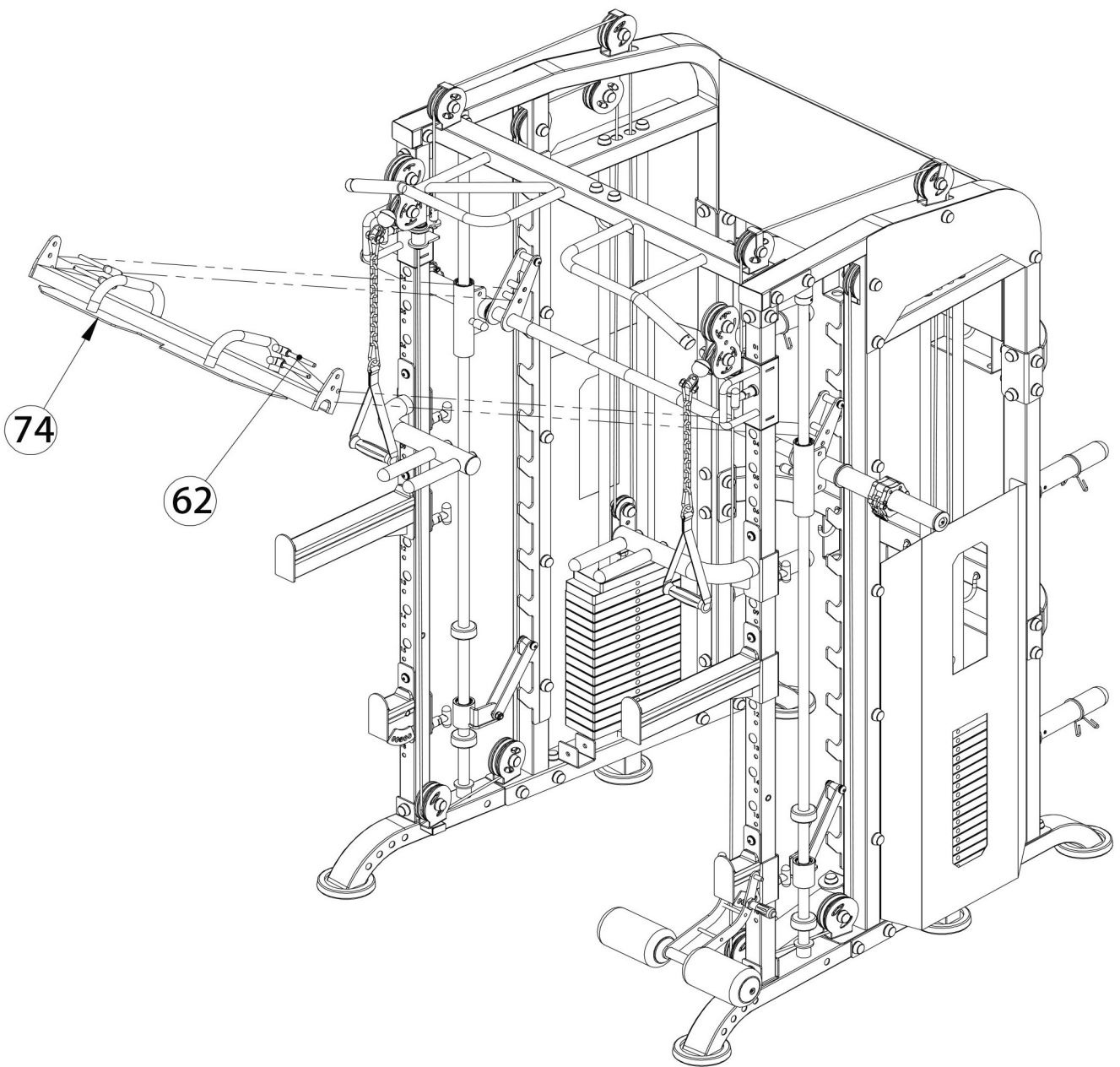




Step 12: Assembly of the Accessories, Part 2

NOTICE

The footplate (74) has a recess on the bottom side. This is intended for the barbell rod. Attach the footplate (74) to the barbell rod (27) with a total of four T-shaped pins (62).

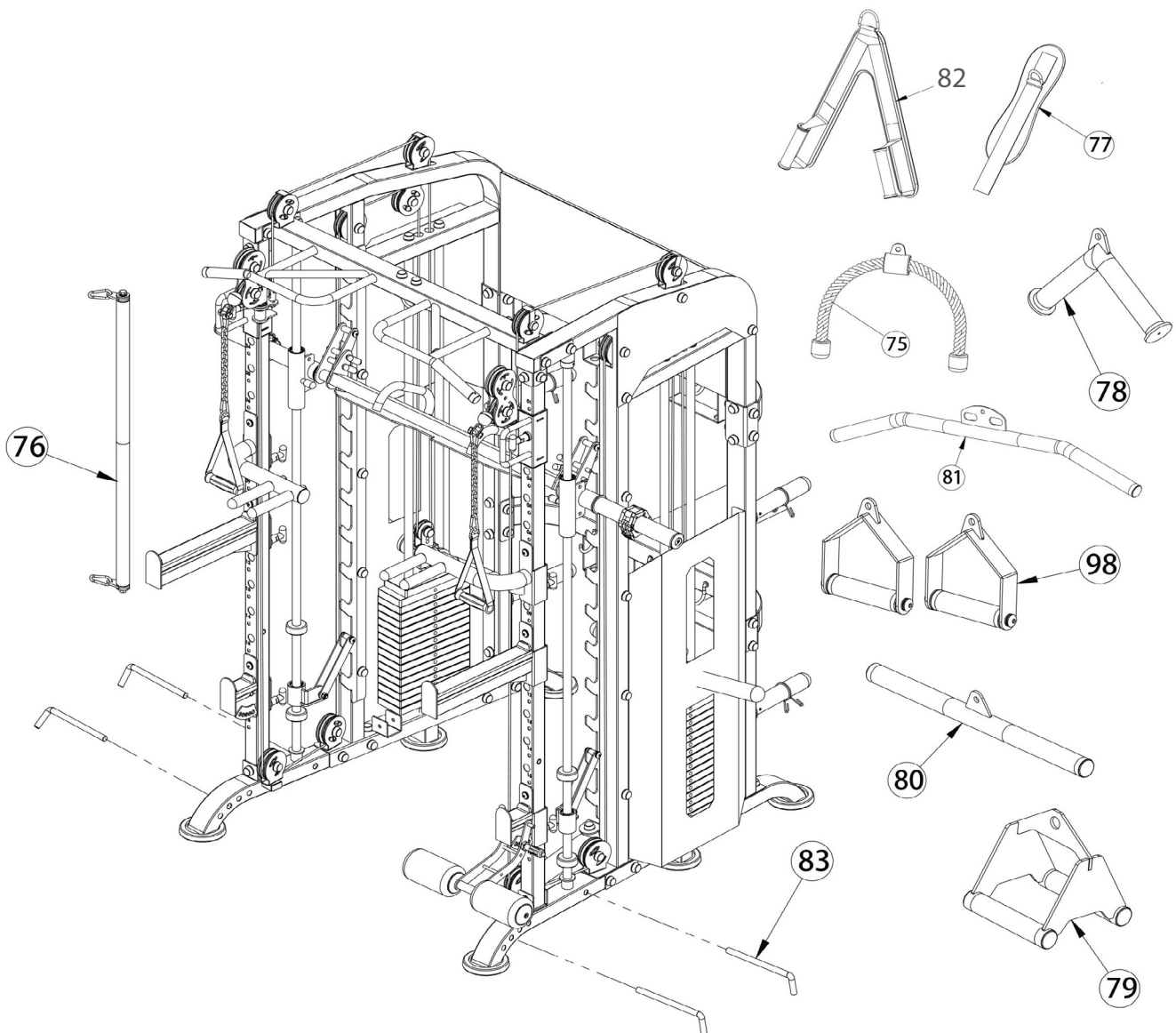


Step 13: Assembly of the Accessories, Part 3

Insert the four L-shaped pins (83) into the holes on the base frames (1 & 4).

The following accessories can either be attached to the cable end with snap hooks when training or hung from the hooks for space-saving storage:

- + 75: triceps rope
- + 76: function training bar
- + 77: ankle cuff
- + 78: v-bar
- + 79: close grip rowing handle
- + 80: straight bar
- + 81: lat pull bar
- + 82: abdominal harness
- + 98: iron handle



Step 14: Assembly of the Accessories, Part 4

1. Attach the small footplate (94) to the base frames (1 & 4) with two T-shaped pins (62).

► ATTENTION

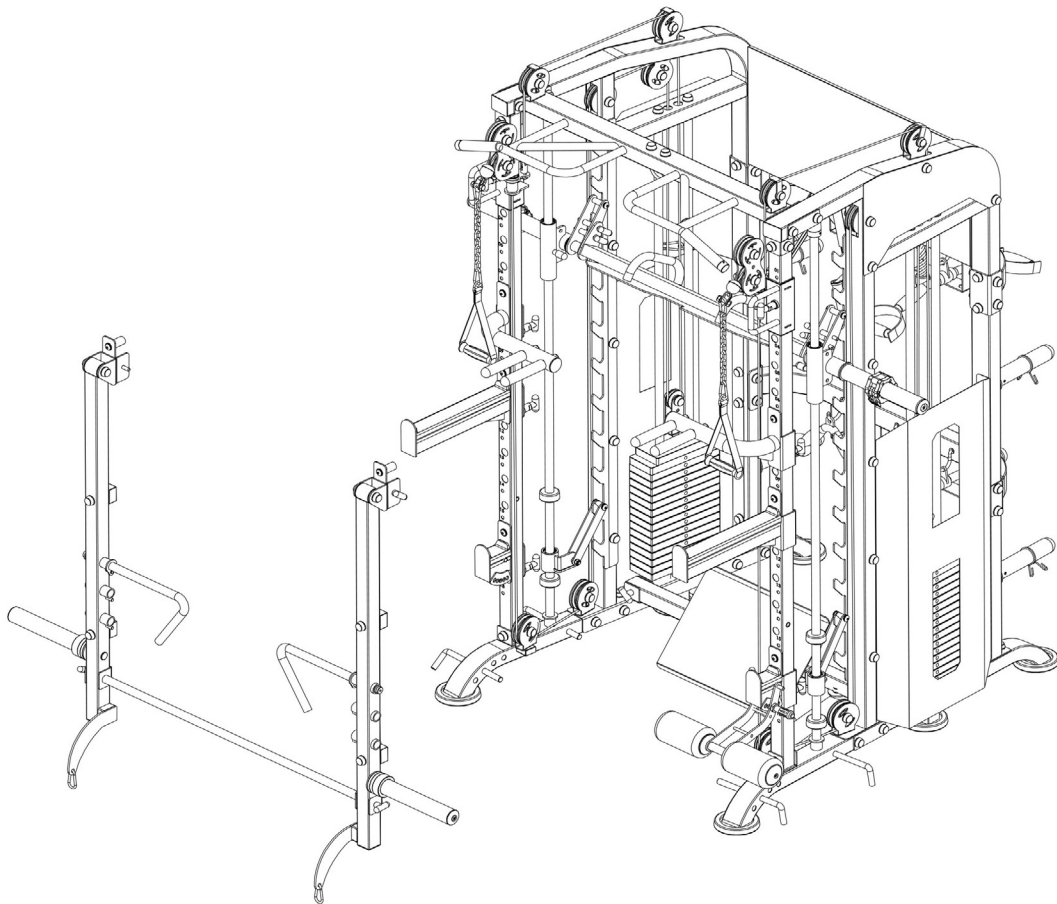
Before using the jammer arms, the bearing frames must be pushed to the lowest position.

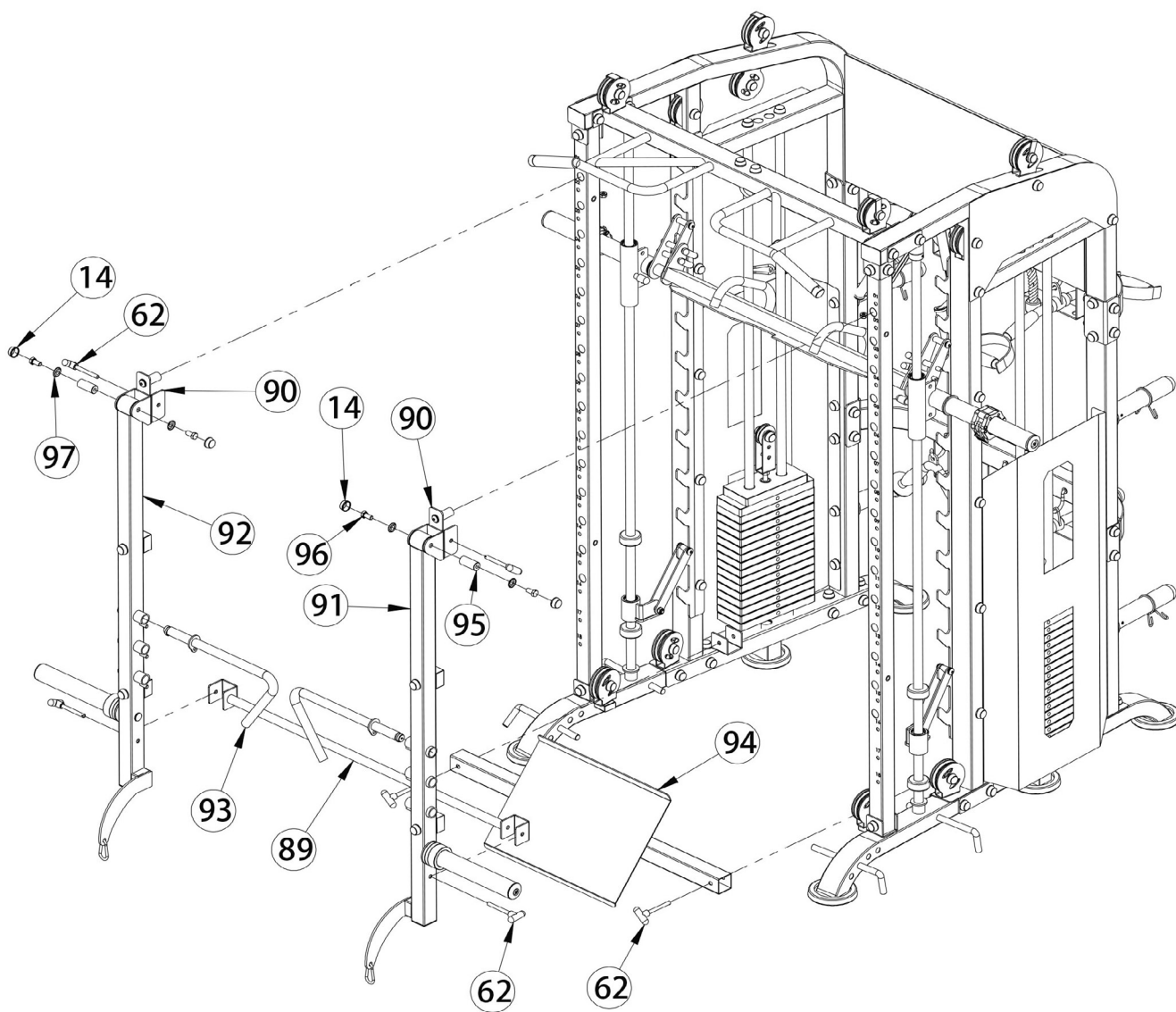
2. Insert the link parts (90) into the uppermost hole of the upright frames (21 & 22) and secure with one T-shaped pin (62) each.
3. Attach the upright frames (91 & 92) to the link parts (90) with one shaft (95), two bolts (96) and two washers (97) each. Tighten the bolts and cap each bolt with one plastic cover (14).
4. Attach one handle tube (93) to each upright frame (91 & 92) by pushing them through one of the adjustment holes.

⚠ CAUTION

Make sure the handle tube (93) leads completely through the hole and engages with the small pin.

5. Attach the pushing rod (89) to the lowest holes of the upright frames (91 & 92) with two T-shaped pins (62).





Step 15: Subsequent Replacement of the Pulley Holders

It is possible to replace the pulley holders connected to the weight stacks at a later stage.

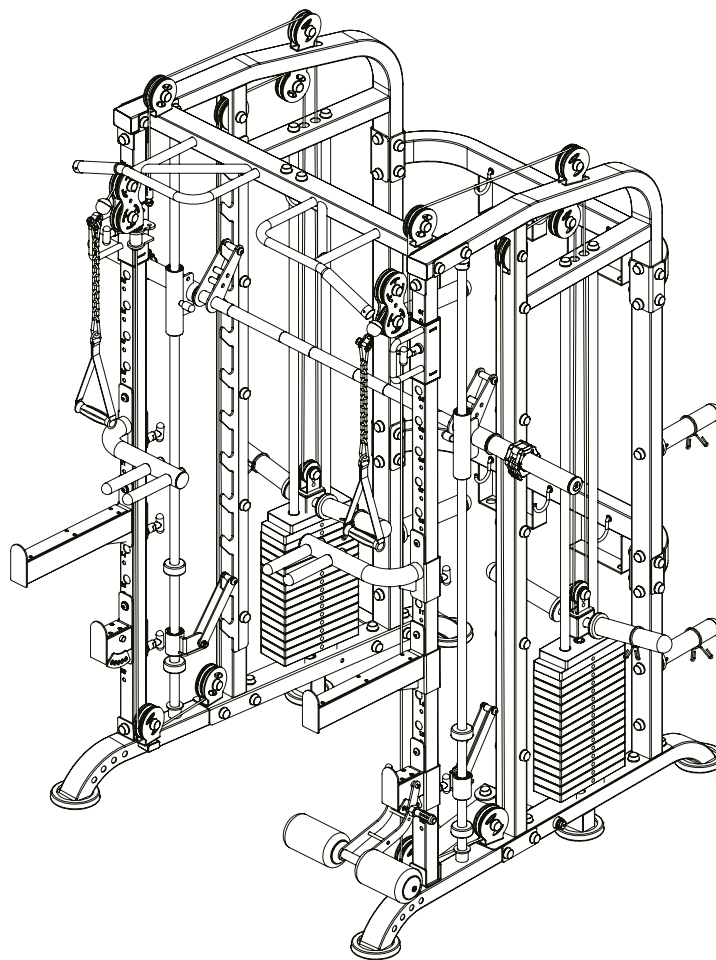
1. If already attached, first remove the shields (58) by loosening all bolts, washers and nuts.

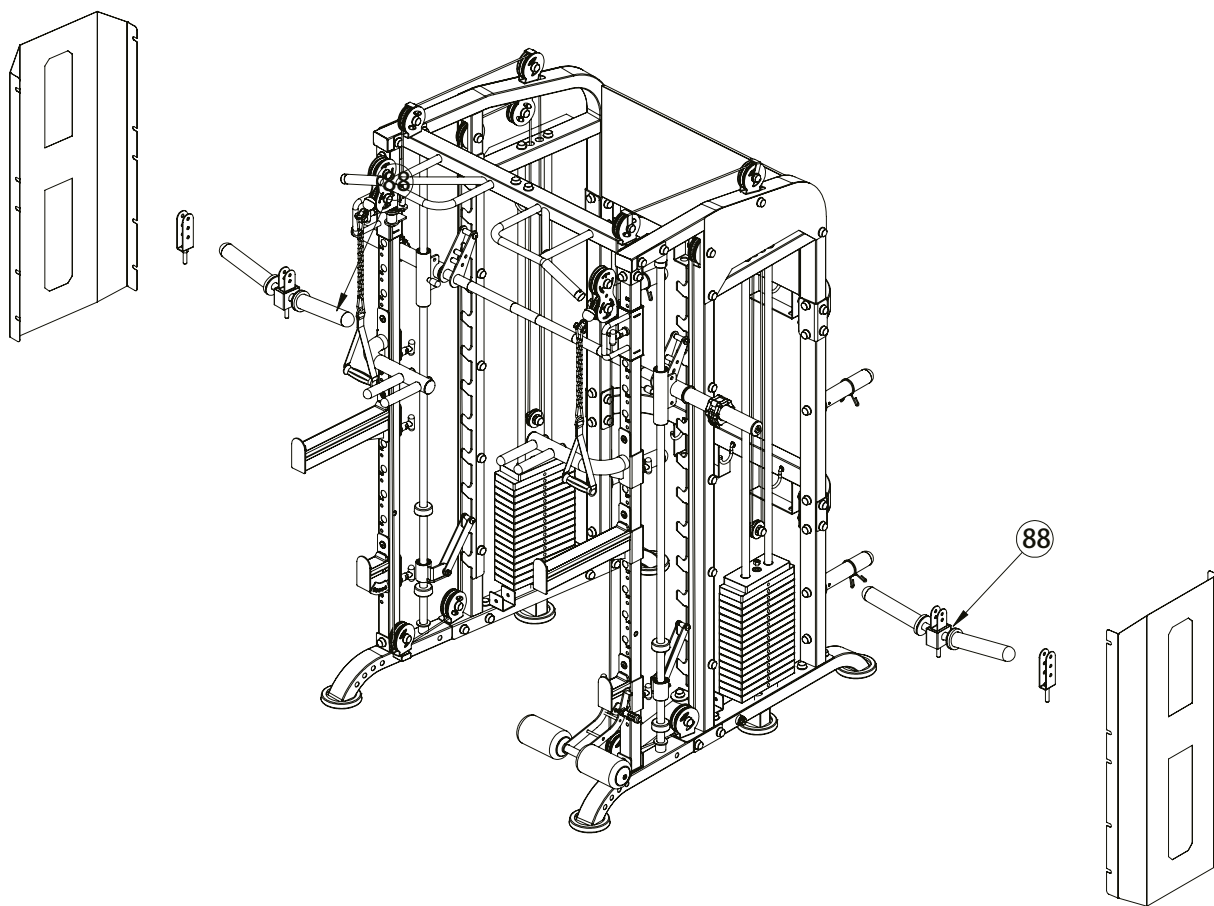


CAUTION

Make sure to have a second person holding the cable while performing the next steps.

2. Remove the pulley attached to the pulley holder that you want to exchange by loosening the bolts, washers and nuts.
3. Unscrew the pulley holder from the threaded end of the selector rod.
4. Screw the desired pulley holder into the threaded end of the selector rod.
5. Place the cable under the previously removed pulley and attach the pulley to the pulley holder with the same bolts, washers and nuts.
6. If needed, adjust the cable.
7. If you have installed the regular pulley holder, you can now attach the shields (58), see assembly step 9 for further instructions.





Step 16: Lubricating the Guide Rods

Before you start exercising, you must lubricate the guide rods for the weight stacks. You can use a grease-free silicone spray.

1. Take a lint-free cloth such as kitchen paper and hold it in your hand behind the guide rods.
2. Spray silicone spray on the spot.
3. Spread the silicone spray along the guide rods with the kitchen paper.

NOTICE

The guide rods do not need to be lubricated with a thick layer, but they do need to be completely lubricated.

4. If necessary, repeat the procedure if the guide rod is not completely lubricated.
5. Repeat the procedure with the remaining guide rods for the weight stacks.

ATTENTION

The barbell and guide rods of the Smith bar are lubricated by the bearing frames and do not need to be further lubricated.

3.1 General Instructions

When training, it is important to perform the exercises correctly in order to avoid injuries and achieve the desired training effect. Make sure you use the correct technique and train at an appropriate intensity level. Always consult an expert such as a trainer or doctor if you are unsure or have health problems. Always start your training with a low load and increase it evenly and gently.

End your training with a cool-down phase. If you have any questions or uncertainties, contact your doctor.

3.1.1 Training clothes

During training, wear appropriate sports clothing that is comfortable and breathable. Avoid clothing that restricts you or is uncomfortable. Make sure that your shoes are suitable and offer you sufficient support. In addition, always carry a towel with you to wipe away sweat and keep the equipment clean.

3.1.2 Warming up and stretching

It is important to warm up and stretch properly before training to avoid injury and improve performance. Stretching helps to loosen muscles and improve flexibility. Be sure to incorporate a short stretching routine before each workout.

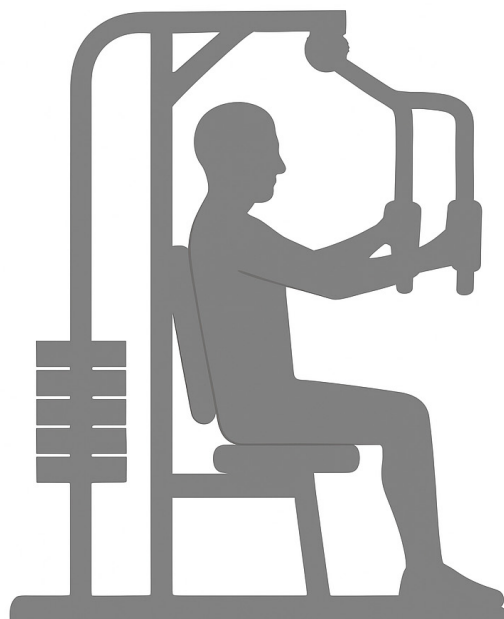
Warm-up exercise:

1. Stand upright with your feet about shoulder-width apart.
2. Start with gentle arm circles by slowly moving your arms forwards in small circles in a controlled manner.
3. Perform arm circles backwards to loosen your shoulders and arms.
4. Do squats by slowly squatting down and then straightening up again. Make sure that your knees do not extend beyond your toes.



CAUTION

Do not exercise with sore muscles or take it easy on the affected muscles, as this can lead to injuries.



3.1.3 Medication

If you regularly take medication and want to exercise, it is important to be aware of possible side effects. Ask your doctor whether your medication affects your workout.

3.1.4 Used muscle groups

This training uses the following muscle groups:

- + Gluteal muscle
- + Leg muscles
- + Arm muscles
- + Pectoral muscles
- + Back muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back. Do not fully extend your legs, but keep a slight bend in the backwards movement.

3.1.5 Exercise frequency

Regular exercise is crucial to making progress and staying healthy in the long term. Continuous exercise can strengthen muscles, improve endurance and enhance overall well-being. Remember that even small workouts can be done regularly to achieve long-term results.

Training with heart rate orientation

Heart rate orientation guarantees an extremely effective and healthy training. Through your age and the following table, you can quickly and easily read and determine the optimal pulse for your training. An acoustic alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

Fat burning (weight management): The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

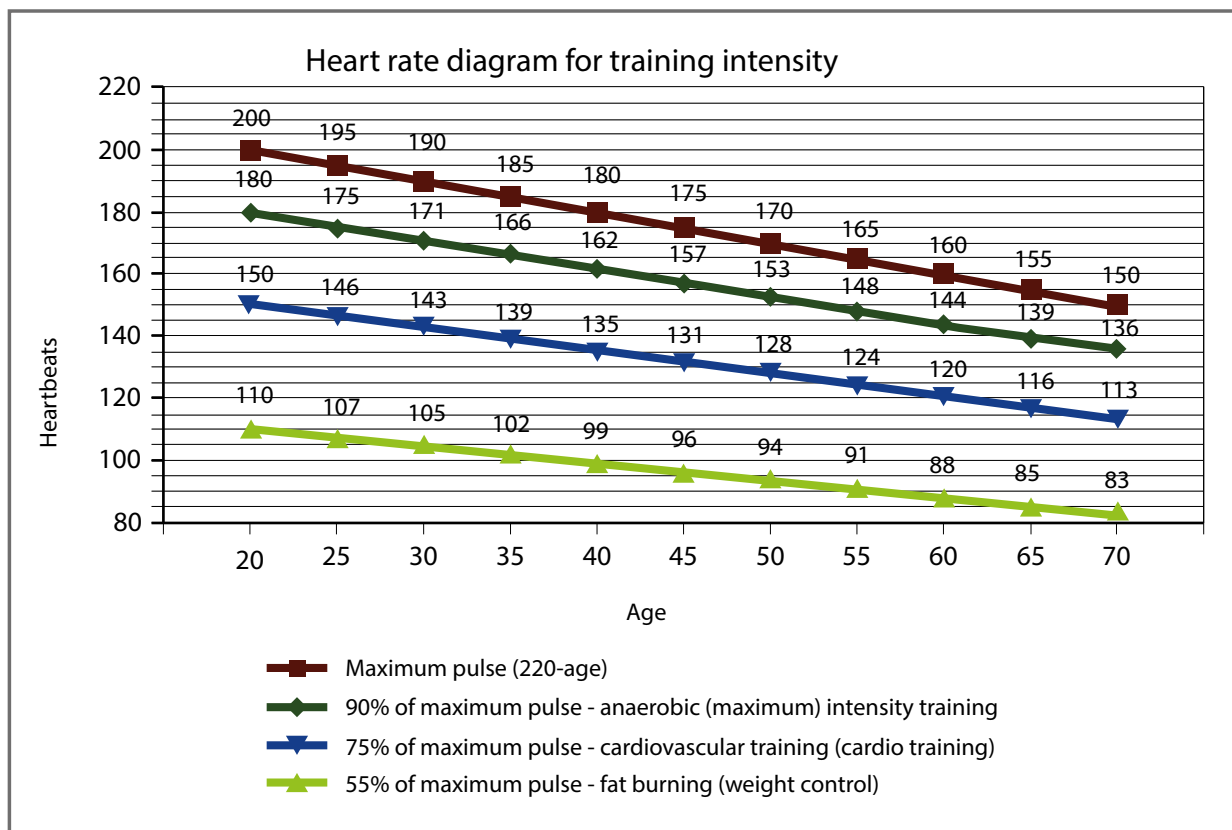
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

Anaerobic (maximum) load training: The main goal of maximum load training is to improve recovery after short, intense loads in order to be able to quickly return to the aerobic zone. In order to achieve this training goal, a high intensity (approximately 90% of the maximum heart rate) with short, intense load is required, which is followed by a recovery phase in order to prevent muscle fatigue.

Example:

For a 45-year-old man, the maximum heart rate is 175 ($220 - 45 = 175$).

- + The fat burning target zone (55%) is at approximately 96 beats/min. = $(220 - \text{age}) \times 0.55$.
- + The cardio target zone (75%) is at approximately 131 beats/min. = $(220 - \text{age}) \times 0.75$.
- + The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. = $(220 - \text{age}) \times 0.9$.



3.2 Workout journal

[illegible]

Date _____



Distance



Time (min.)



Resistance level



Training weight



Ø Pulse



Calories burnt



I feel ...



Body weight

Load and Unload Weight Plates



CAUTION

- + Make sure to always use some sort of weight collar when exercising with external weights.
- + Never store unused weight plates on the floor.
- + Store unused weight plates on a weight rack or respective storage horns.

4

EXERCISE INSTRUCTIONS

The following QR code (<https://www.youtube.com/watch?v=rLDZzcm2h-g>) shows exercises to help you get the most out of your multi gym.



5

STORAGE AND TRANSPORT

5.1 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.

6.1 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.

6.2 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	<ul style="list-style-type: none"> + 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	<ul style="list-style-type: none"> + Check cable routing + Readjust cable tension
Squeaking & cracking noises	Screw connections loosened or too tight	<ul style="list-style-type: none"> + Check or lubricate screw connections* + Check cable routing
Unit wobbles	<ul style="list-style-type: none"> + Uneven ground + Loose screw connections 	<ul style="list-style-type: none"> + Align unit + Tighten screw connections
Heavy draught	<ul style="list-style-type: none"> + Weight holders/guide rods too dry + Faulty cable routing 	<ul style="list-style-type: none"> + Lubricate guide rods* + Check cable routing

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

6.3 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			

7 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.

8 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.

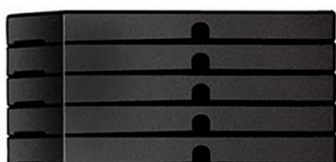
Our range of accessories offers the highest quality and makes training ever better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Alternatively, you can use the QR-code provided. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you



floor mat



chest strap



weight block extension



triceps rope

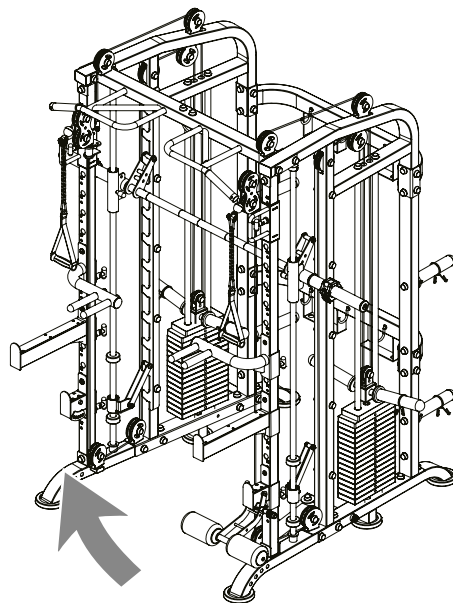
9.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 10 of this operating manual.

NOTICE

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

Enter the serial number in the appropriate field.



Serial number:

Brand / Category:

Model Name:

Article Number:

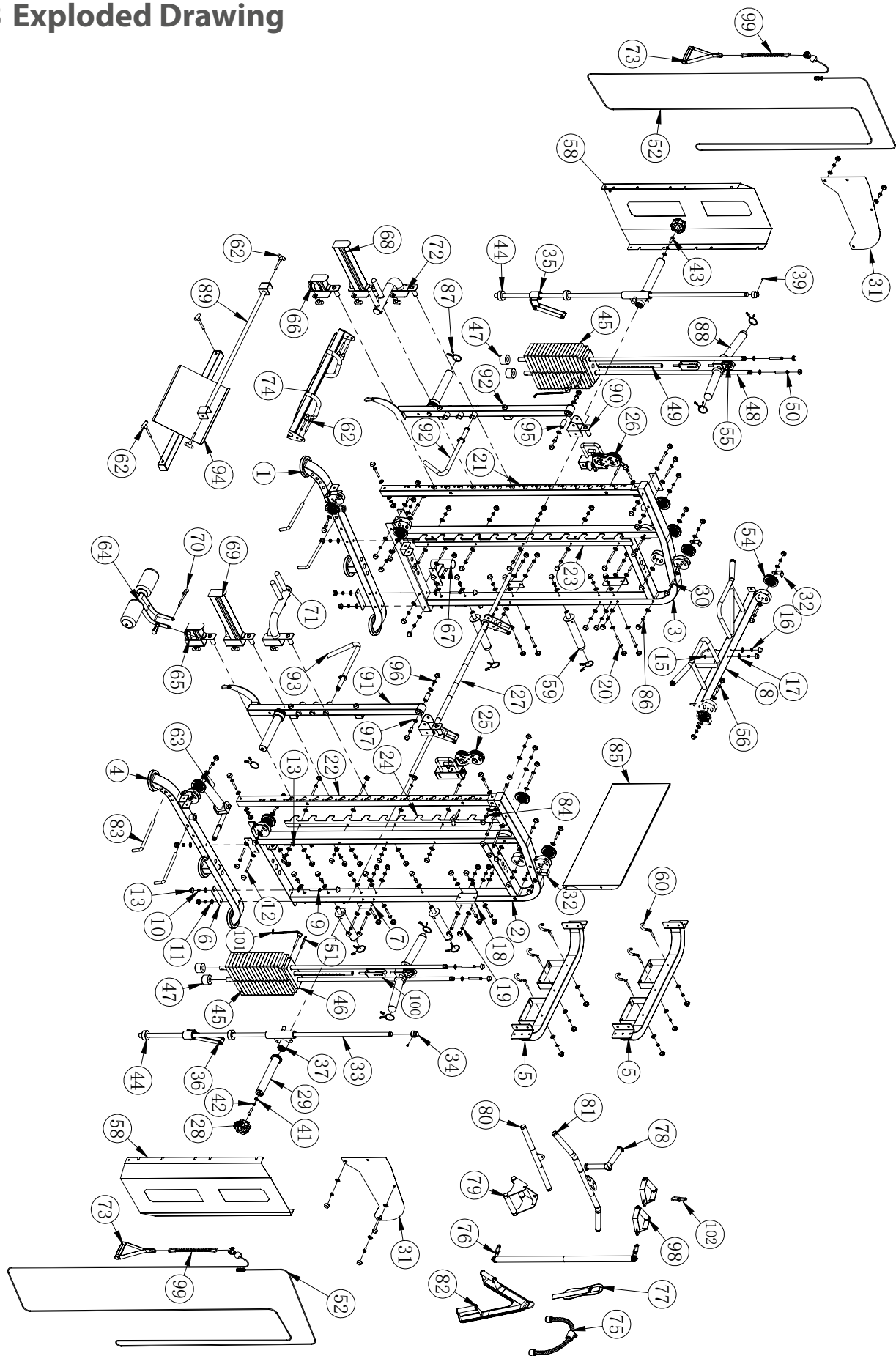
9.2 Parts List

No.	Name	Specification	Qty.
1	left base frame		1
2	right frame		1
3	left frame		1
4	right base frame		1
5	back connection tube		2
6	reinforcing plate	t4.0*50*140	6
7	reinforcing plate	t3.0*50*110	2
8	front connection tube		1
9	hexagon bolt	M10*70	12
10	lock nut	M10	58
11	big gasket	Φ10	144
12	hexagon bolt	M10*90	24
13	hexagon bolt	M10*65	2
14	plastic cover		160
15	hanging ring		1
16	lock nut	M8	8
17	gasket	Φ8	12
18	L shape plate		2
19	hexagon bolt	M10*95	4
20	hexagon bolt	M10*75	4
21	left upright frame		1
22	right upright frame		1
23	left upright board		1
24	right upright board		1
25	right bearing frame		1
26	left bearing frame		1
27	barbell rod		1
28	barbell rod ring		2
29	barbell rod end tube		2
30	hexagon bolt	M10*50	4
31	cover		2

32	pulley catch plate	20*96*T3	4
33	guide rod	Φ25*1850	2
34	guide rod lock sleeve		2
35	safety hook left		1
36	safety hook right		1
37	bearing frame		2
39	screw	M8*10	2
41	gasket	Φ12	2
42	spring gasket	Φ12	2
43	allen bolt	M12*40	2
44	rubber cushion	Φ60*Φ58*Φ26*25	4
45	weight plate	6 kg	30
46	top weight plate		2
47	rubber cushion	Φ60*Φ26*42	4
48	guide rod	Φ25*1660	4
49	selector rod		2
50	hexagon bolt	M10*85	6
51	weight pin		2
52	cable	Φ5*7920mm	2
54	pulley	Φ95	12
55	pulley	Φ60	2
56	hexagon bolt	M10*45	8
58	shield		2
59	barbell plate holder		4
60	hook		6
62	T shape pin	Φ10*85	10
63	core trainer		1
64	lat pull down roller		1
65	J hook right		1
66	J hook left		1
67	barbell rod storage		1
68	spotting arm left		1
69	spotting arm right		1
70	T shape pin	Φ10*100	1

71	dip bar right		1
72	dip bar left		1
73	pulley handle		2
74	footplate		1
75	triceps rope handle		1
76	function training bar		1
77	ankle cuff		1
78	v bar		1
79	close grip rowing handle		1
80	straight bar		1
81	lat pull bar		1
82	abdominal harness		1
83	L shape pin		4
84	hexagon bolt	M10*20	22
85	board		1
86	hexagon bolt	M8*20	4
87	spring collar		4
88	selector rod with barbell holder		2
89	push rod		1
90	connection part		2
91	upright frame right		1
92	upright frame left		1
93	handle tube		2
94	footplate small		1
95	shaft	Φ25*56	2
96	hexagon bolt	M12*25	4
97	big gasket	Φ12	4
98	iron handle		2
99	9 hook chain		2
100	Pulley bracket		2
101	Weight stack pin		2
102	Hook		2

9.3 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.

DE	DK	UK
TECHNIK  +49 4621 4210-900  +49 4621 4210-698  technik@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage.	TEKNIK OG SERVICE  80 90 16 50 +49 4621 4210-945  info@fitshop.dk  Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7	CUSTOMER SUPPORT  00800 2020 2772 +494621 4210 944  info@fitshop.co.uk  You can find the opening hours on our homepage: https://stg.fit/statitc
SERVICE	FR	BE
	TECHNIQUE & SERVICE  +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	TECHNIQUE & SERVICE  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
ES	NL	INT
TECNOLOGÍA Y SERVICIOS  911 238 029  info@fitshop.es  Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5	TECHNISCHE DIENST & SERVICE  +31 172 619961  service@fitshop.nl  De openingstijden vindt u op onze homepage: https://stg.fit/statit3	TECHNICAL SUPPORT & SERVICE  +49 4621 4210-944  service-int@fitshop.de  You can find the opening hours on our homepage: https://stg.fit/statita
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DZIAŁ TECHNICZNY I SERWIS  22 307 43 21 +49 4621 42 10-948  info@fitshop.pl  Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6	TECHNIK & SERVICE  0800 20 20277 (Freecall) +49 4621 42 10-0  info@fitshop.at  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb	TECHNIK & SERVICE  0800 202 027 +49 4621 42 10-0  info@fitshop.ch  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9

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

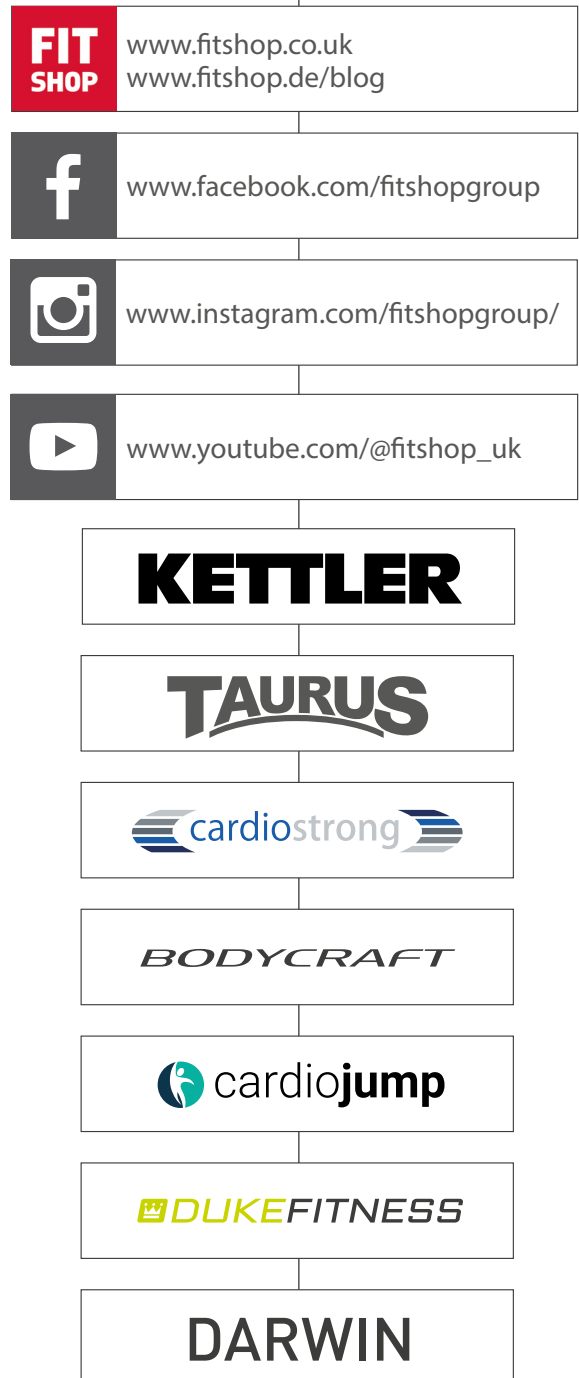
WE LIVE FITNESS

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!



Notes

TAURUS®

Taurus MS50 Pro