

# TAURUS®

## Assembly and Operating Instructions



max. 150 kg



~ 60 Min.



51 kg

L 250 | W 63 | H 124

FSTFROWX.01.01

Art. No. TF-ROW-X

Rowing machine ROW X

--	--

<b>Content</b>		
<b>1</b>	<b>GENERAL INFORMATION</b>	8
1.1	Technical Data	8
1.2	Personal Safety	9
1.3	Electrical Safety	10
1.4	Set-Up Place	11
<b>2</b>	<b>ASSEMBLY</b>	12
2.1	General Instructions	12
2.2	Scope of Delivery	13
2.3	Assembly	14
2.4	Settings/Adjusting the Rowing Machine	17
<b>3</b>	<b>OPERATING INSTRUCTIONS</b>	19
3.1	Console Display	19
3.2	Button Functions	20
3.3	Operations	21
3.4	Programmes	22
3.4.1	Quick Start	22
3.4.2	P1 - Manueller Modus (Manual Mode)	22
3.4.3	P2 - Zeitvorgabe (Goal Time)	22
3.4.4	P3 - Kalorienvorgabe (Goal Calorie)	22
3.4.5	P4 - Distanzvorgabe (Goal Distance)	22
3.4.6	P5 - Rennen (Race)	22
3.4.7	P6 - P9 - High Intensity Interval Training (HIIT)	23
3.5	Notes on correct rowing	26
3.6	Workout tips	29
3.6.1	Training clothes	29
3.6.2	Warming up and stretching	29
3.6.3	Medication	30
3.6.4	Used muscle groups	30
3.6.5	Exercise frequency	30
<b>4</b>	<b>STORAGE AND TRANSPORT</b>	33
4.1	General Instructions	33
4.2	Transportation Wheels	33
4.3	Disconnect and Connect the Monorail	34
4.3.1	Disconnect the Monorail from the Rowing Machine	34

4.3.2	Connect the Monorail to the Rowing Machine	35
<b>5</b>	<b>TROUBLESHOOTING, CARE AND MAINTENANCE</b>	36
5.1	General Instructions	36
5.2	Faults and Fault Diagnosis	36
5.3	Maintenance and Inspection Calendar	37
<b>6</b>	<b>DISPOSAL</b>	37
<b>7</b>	<b>RECOMMENDED ACCESSORIES</b>	38
<b>8</b>	<b>ORDERING SPARE PARTS</b>	39
8.1	Serial Number and Model Name	39
8.2	Parts List	40
8.3	Exploded Drawing	42
<b>9</b>	<b>WARRANTY</b>	43
<b>10</b>	<b>CONTACT</b>	45



**Dear customer,**

Thank you for choosing quality training equipment from the TAURUS® brand. Taurus offers sports and fitness equipment for home users with high demands on quality, functionality and longevity. Also, Taurus is a well-known and experienced brand for equipping professional rooms for fitness studios and business customers. The focus of Taurus fitness equipment is on what matters most in sports: maximum performance! Therefore, the devices are developed in close consultation with athletes and sports scientists. Because athletes know best what makes perfect fitness equipment.

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

**Intended Use**

The equipment may only be used for its intended purpose.

This fitness equipment is suitable for home use, semi-professional use and commercial or professional use. The semi-professional sector includes, for example, institutional facilities such as hospitals, schools, hotels and associations. Professional use refers to commercial use, e.g. in a fitness studio.

**Legal Notice**

Fitshop GmbH  
Europe's No. 1 for home fitness

International Headquarters  
Flensburger Straße 55  
24837 Schleswig  
Germany

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

**Disclaimer**

© TAURUS is a registered brand of the company Fitshop GmbH. All rights reserved. Any use of this trademark without the explicit written permission of Fitshop is prohibited.

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

### LCD display of

- + strokes, strokes per minute
- + training time in min
- + distance in m
- + time/500 m: average / current
- + calories burnt in kcal
- + heart rate (when using a chest strap)
- + Watt
- + resistance level

Resistance system:

combined air/magnet brake system

Resistance level:

16

Total number of training programs:

10

### Weight and dimensions:

Article weight (gross, including packaging):

53.2 kg

Article weight (net, without packaging):

44.3 kg

Packaging dimensions (L x W x H):

approx. 1245 mm x 1055 mm x 420 mm

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

approx. 2500 mm x 628 mm x 1240 mm

User weight:

150 kg/330 lbs

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.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + 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.

### CAUTION

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

### ATTENTION

- + Do not insert any objects of any kind into the openings of the device.
- + **The safety level of the equipment can only be maintained if it is regularly checked for damage and wear.**
- + To protect the equipment from use by unauthorised third parties, always remove the power cable (if existing) when not in use and store it in a safe place that is inaccessible to unauthorised persons (e.g. children).

## 1.3 Electrical Safety

### **DANGER**

- + In order to reduce the risk of an electric shock, always unplug the equipment from the mains socket immediately after your workout, before assembly or dismantling, and before maintenance or cleaning. Do not pull on the cable.

### **WARNING**

- + Do not leave the equipment unattended while the mains cable is plugged into the mains socket. During your absence, the mains cable must be removed from the mains socket to prevent improper use by third parties or children.
- + If the mains cable or plug is damaged or defective, contact your contract partner. Until repair, the equipment must not be used.

### **ATTENTION**

- + The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.
- + The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.
- + The socket must be protected by a fuse with a minimum fuse rating of "16 A, slow blow".
- + Do not make any changes to the mains cable or the mains plug.
- + Keep the mains cable away from water, heat, oil and sharp edges. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.

## 1.4 Set-Up Place

### WARNING

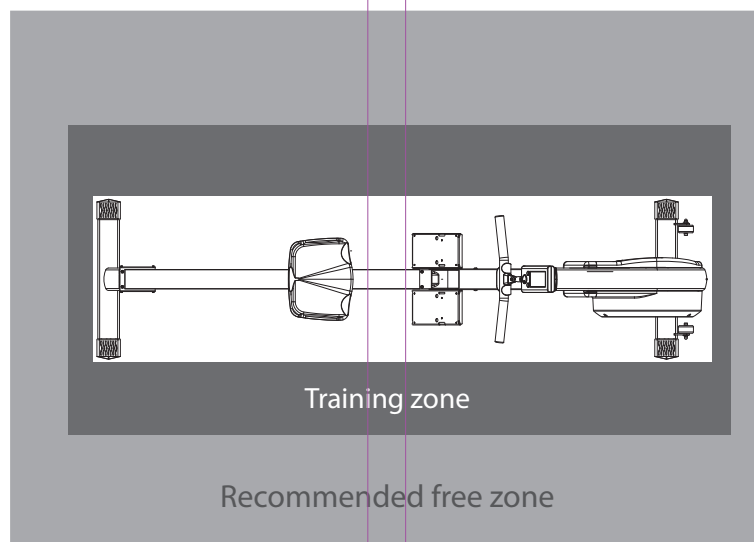
- + Do not place the equipment in main corridors or escape routes.

### 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. Make sure that you leave at least 30 cm on each side of the equipment and at least 15 cm in front of and behind the equipment as a training zone. This is the minimum required area in order to safely use the equipment. The recommended free zone around the equipment should be at least 60 cm on each side and 45 cm in front of and behind 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 set-up and mounting surface of the equipment should be flat, loadable and solid.

### 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.

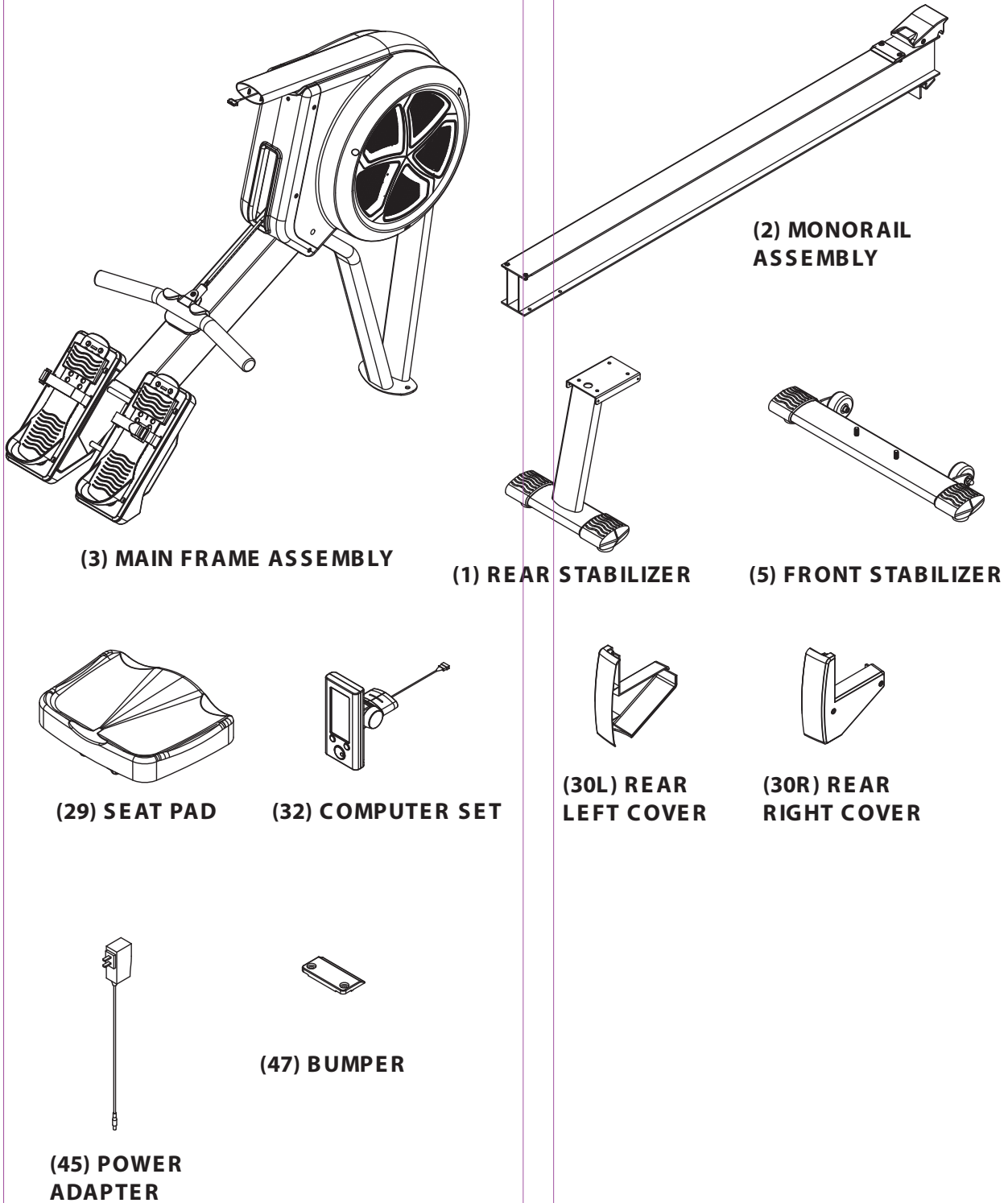


## 2.2 Scope of Delivery

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.



## 2.3 Assembly

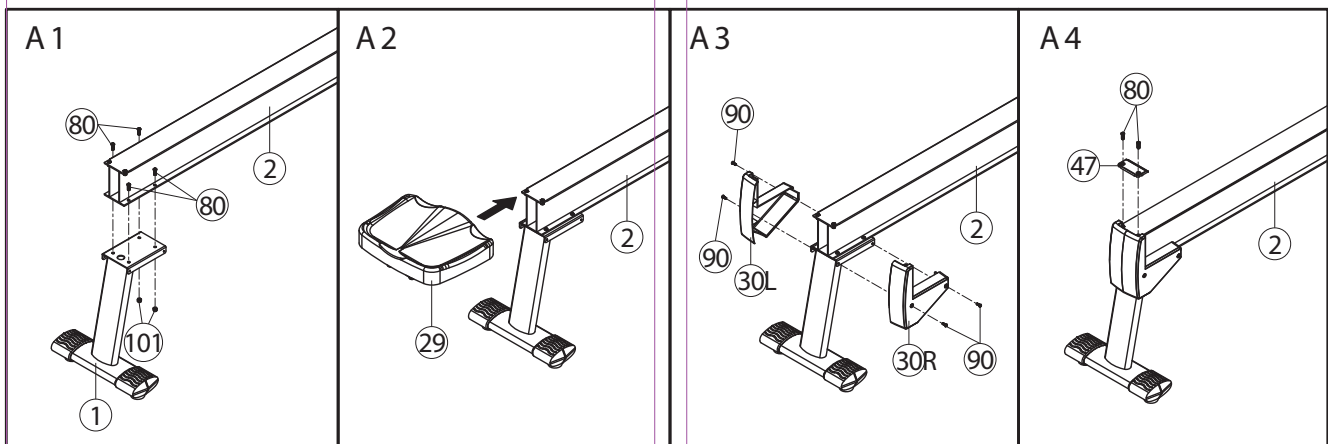
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### ① NOTICE

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

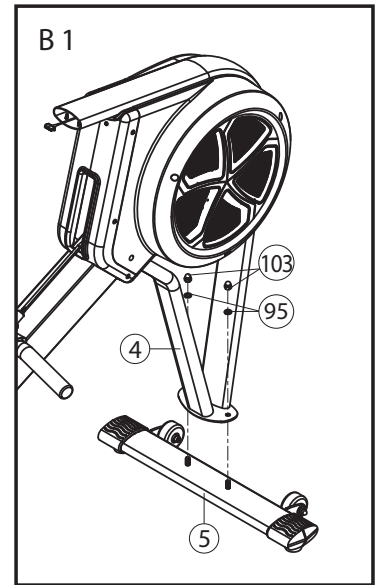
### Step 1: Assembly of rear base and monorail

1. Mount the rear base (1) on the mono rail (2) with four M6 X 16L hex socket dome bolts screws (80) and two M6 Nylon nuts (101) (see fig. A1). Tighten the screws.
2. Slide the seat pad (29) on the mono rail (2) (see fig. A2).
3. Mount the left (30L) and right rear cover (30R) with four M4 X 12L screws (90) (see fig. A3).
4. Mount the bumper (47) on the mono rail (2) with two M6 X 16L hex socket dome bolts (80). Please pay attention to that the left (30L) & right rear cover (30R) are correctly positioned (see fig. A4). Then tighten all screws.

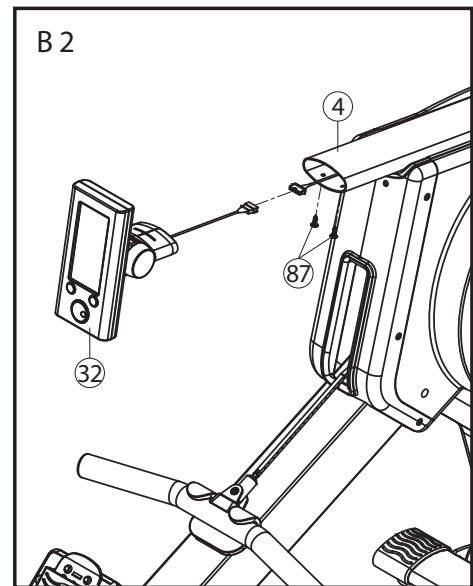


## Step 2: Assembly of front base and computer

1. Mount the front base (5) on the front frame (4) with two 3/8" spring washers (95) and two 3/8" caps for nuts (103) (see fig. B1). Tighten all screws.

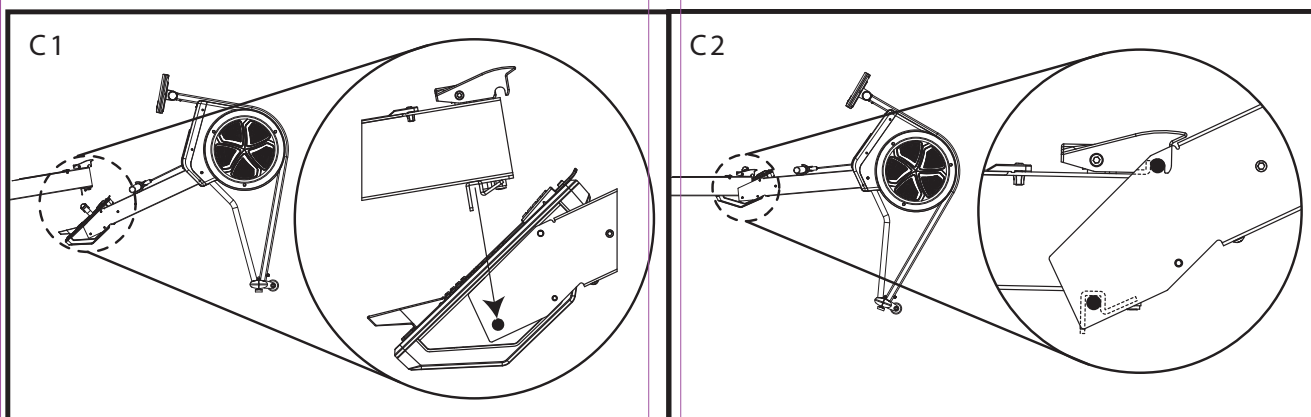
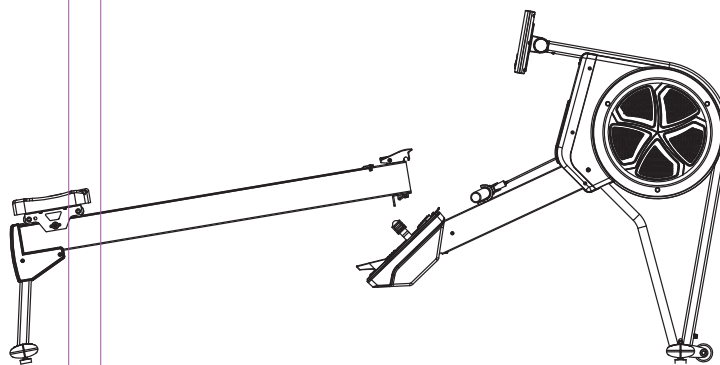


2. Mount the computer (32) on the front frame (4) with two pre-mounted 3/16" X 16L screws (87). Please pay attention to that the computer (32) is correctly aligned (see fig. B2). Then tighten the screws.



### Step 3: Connect monorail to the main frame

1. Lift the main frame on the foot straps, slide carefully the mono rail on the connector (see fig. C1).
2. Snap the connections firmly into place (see fig. C2).

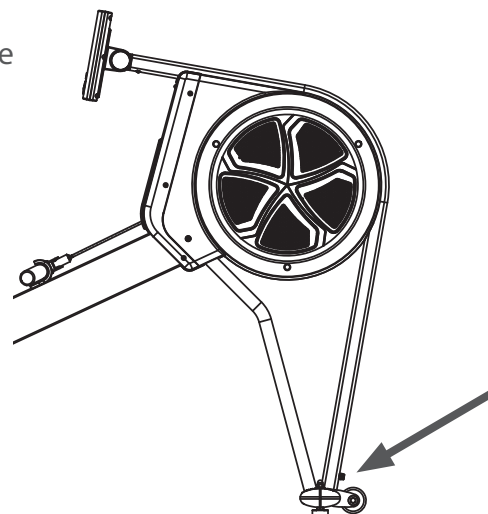


### Step 4: Connecting the equipment to the mains supply

#### ► ATTENTION

The equipment must not be connected to a multiple socket, otherwise it cannot be guaranteed that the equipment will be supplied with sufficient power. Technical errors can result.

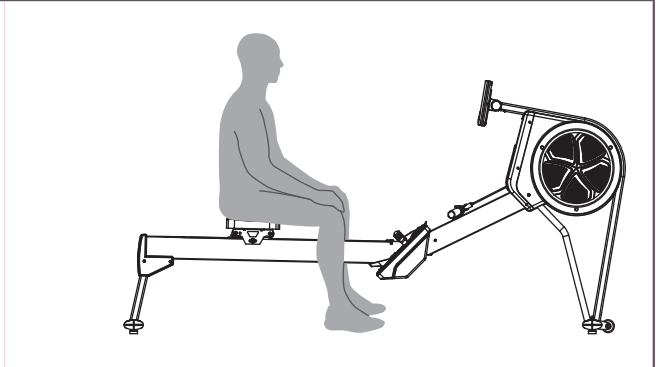
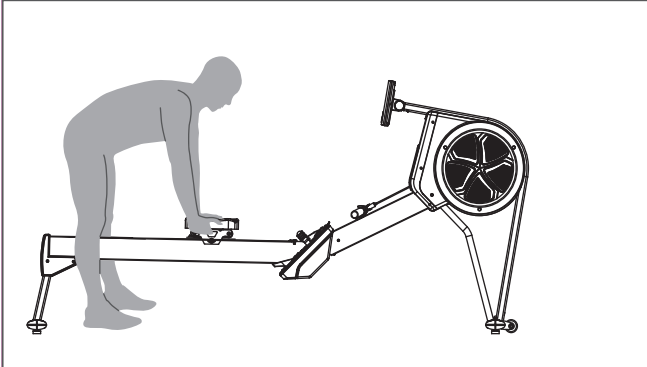
Plug the power plug into a wall outlet that complies with the instructions in the chapter on electrical safety.



## 2.4 Settings/Adjusting the Rowing Machine

### Get on safely

1. Stand centrally to the aluminium rail and position the seat.
2. Adjust the seat in a comfortable position and sit down slowly.
3. Adjust the view to the computer by moving it up or down.



## Adjusting the heel rest and the straps

There are several adjustments for the heel rest. Before you start exercising, adjust correctly the heel rest.

1. Pull the loop upwards so that your heel is supported and the foot strap is above the widest point of your foot.



2. Tighten the foot strap.
3. Loosen the foot strap by pushing the small buckle outwards.



## Adjusting the console

1. Place the seat in a distance to the console so that you can reach it by hand without having to lean forward.
2. Swivel the display up and down until you have found a good view.

## 3 OPERATING INSTRUCTIONS

### ① NOTICE

- + Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.
- + Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.

### 3.1 Console Display



<b>Stroke Rate</b>	In the HIIT programme, it shows the ideal stroke rate for the High Intensity Interval Training. In all other programmes, only the stroke rate is displayed here.
<b>Exercise (2nd big window)</b>	Different graphic illustrations of the training, i. e., strength curve or bar chart - change the views by pressing the button MODE.  It also serves the selection of the training programmes (P1– P9) by means of the control knob.
<b>Time/500m (Ø)</b>	Displays which time you would currently need for 500 m. The lower the value, the higher is your training performance.
<b>WATT (Ø)</b>	Displays the estimated performance of your stroke in Watt.
<b>PULSE</b>	Displays the current heart rate, when a compatible chest strap is used.
<b>TIME</b>	Displays the present training duration in minutes : seconds.
<b>CALORIES (kcal/h)</b>	Displays the estimated consumption of kilocalories per hour.
<b>LEVEL</b>	Displays the currently set resistance level (1–16).
<b>DISTANCE (metres or miles)</b>	Displays the distance covered throughout the training.

### 3.2 Button Functions

<b>Control Knob Enter</b>	Turn the knob to navigate through the different options or increase or reduce the intensity during the training. Press the control knob to confirm your selection.
<b>Mode button</b>	Press the button to switch the different display options during the training, in the data display, i. e., between the current and average values, in the exercise field, i. e., training -> strength curve -> bar chart, etc..
<b>Reset button</b>	Press Reset to get to the previous option or display. Hold the button pressed for three seconds to stop the training and to return to the start menu.

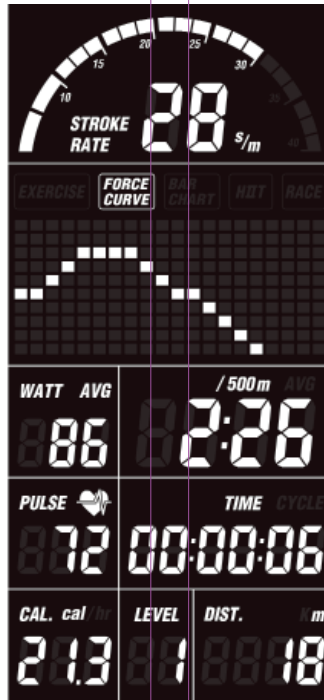


### 3.3 Operations

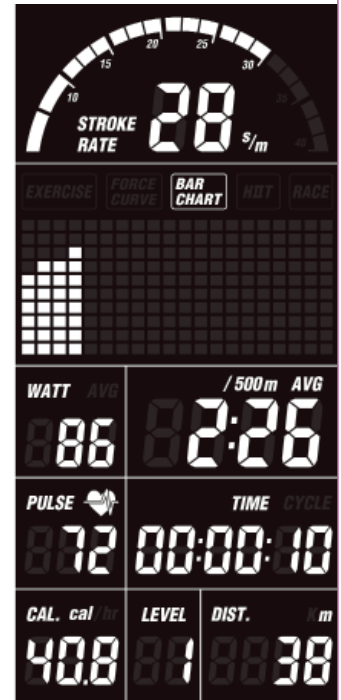
#### Display rotation



Training



Strength curve



Bar chart

The training display shows you one of four evaluations of your stroke:



No stroke



Slow stroke rate



Moderate stroke rate



High stroke rate

## 3.4 Programmes

### 3.4.1 Quick Start

When you start rowing in the start menu, the Quick Start programme starts automatically. You can change the basic resistance with the control knob throughout the training at any time. Press the button Mode to change the display options. Press RESET to return to the programme selection at any time.

### 3.4.2 P1 - Manueller Modus (Manual Mode)

When you select P1 with the control knob and press it to confirm, you get to the manual programme. Set the resistance level before the training start and confirm with ENTER. Start rowing to start the programme. Hold RESET pressed for three seconds to stop the training and to return to the programme selection.

### 3.4.3 P2 - Zeitvorgabe (Goal Time)

Select P2 with ENTER. Set time and resistance level and confirm with ENTER. Start rowing to start the programme. Hold RESET pressed for three seconds to stop the training and to return to the programme selection.

### 3.4.4 P3 - Kalorienvorgabe (Goal Calorie)

Select P3 with ENTER. Set calorie target and resistance level and confirm with ENTER. Start rowing to start the programme. Hold RESET pressed for three seconds to stop the training and to return to the programme selection.

### 3.4.5 P4 - Distanzvorgabe (Goal Distance)

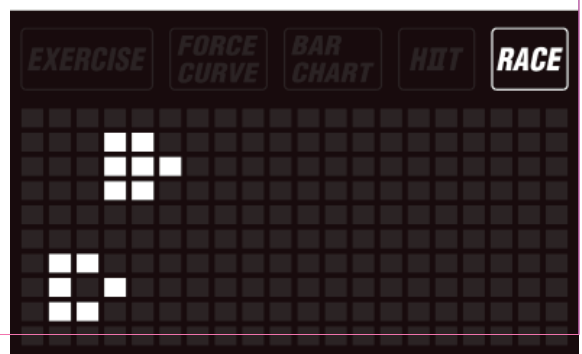
Select P4 with ENTER. Set target distance and resistance level and confirm with ENTER. Start rowing to start the programme. Hold RESET pressed for three seconds to stop the training and to return to the programme selection.

### 3.4.6 P5 - Rennen (Race)

Select P5 with ENTER. Set distance and resistance level and confirm with ENTER. Start rowing to start the programme. Hold RESET pressed for three seconds to stop the training and to return to the programme selection.

Computer boat

Your boat



### 3.4.7 P6 - P9 - High Intensity Interval Training (HIIT)

Das HIIT programme is divided into four parts:

Warm-Up: Warm up your body and set the desired resistance level.

HIIT phase: In this phase, an intensity/stroke rate as high as possible is demanded. Please mind not to exceed your fitness level.

Resting phase: Smooth stroke rate to take a breath and to get prepared for the next pace phase.

Cool-Down: The programme is finished and you can get recovered from the training.

**P6 (HIIT)** P6 is a 20 minutes programme for beginners.

**P7 (HIIT)** P7 is a 20 minutes standard programme for advanced users.

**P8 (HIIT)** P8 is a 30 minutes standard programme.

**P9 (HIIT)** P9 is a 30 minutes programme with high stroke rates during the pace phase for advanced users.

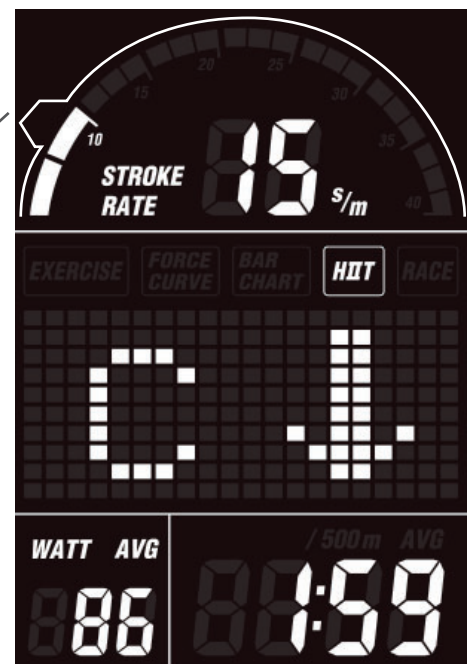


Warm-Up phase

Minimum target stroke rate

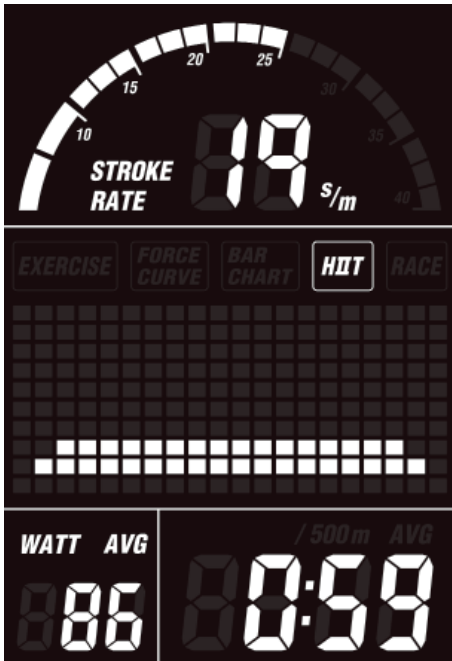
Current performance

Time: countdown



Cool-Down phase

During a one minute countdown, you row as quickly as you can in the HIIT programme, so that you achieve the top of the pyramid.



Minimum target stroke rate

Current performance

Error: Not in the target zone

Time: countdown

During the two-minute recovery phase, you reduce the stroke rate to take a breath and to get prepared for the next pace unit.

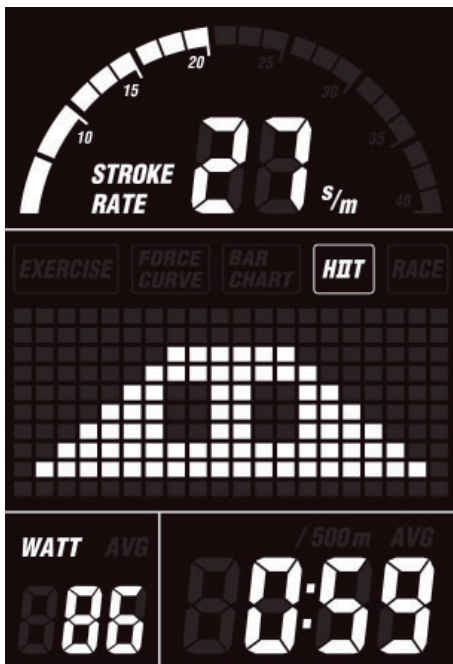
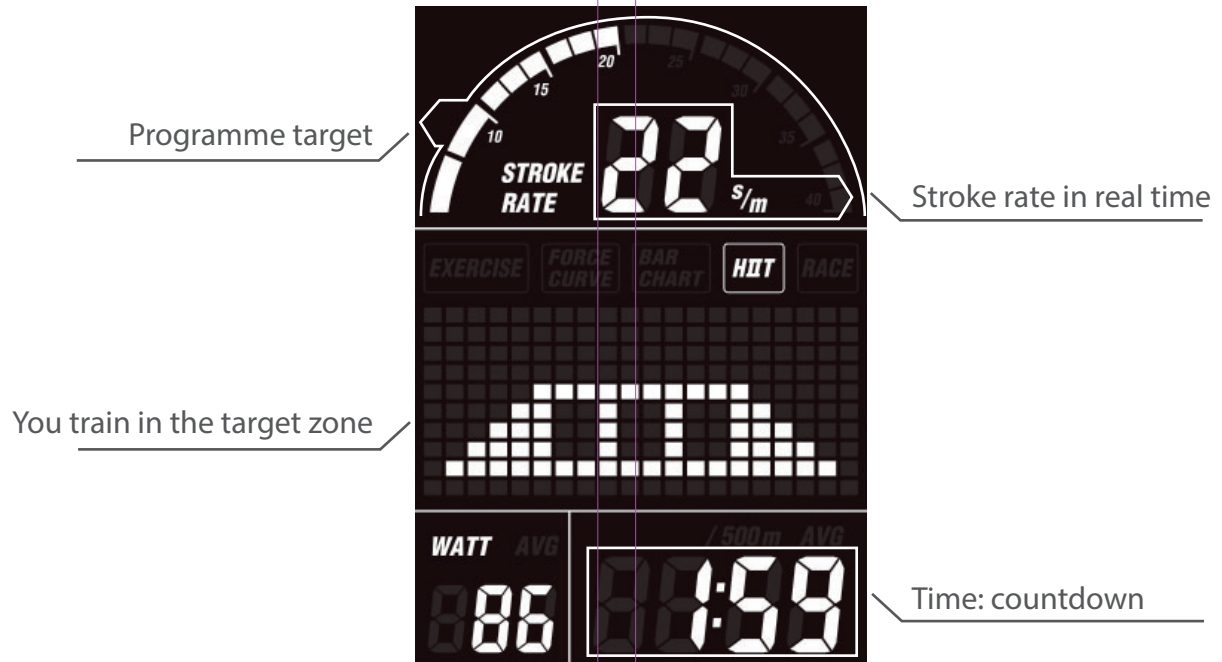


Minimum target: reduced during the resting phase

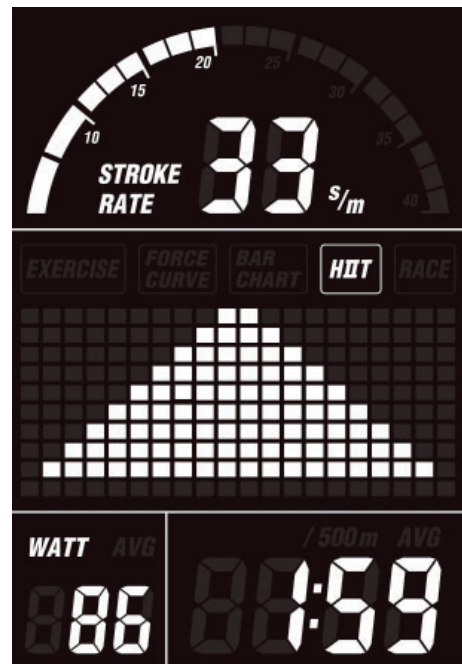
During the resting phase: countdown of two minutes

Time: countdown

## Build a pyramid



Excellent, you train at a performance above average.



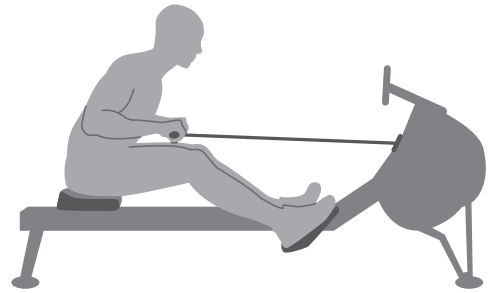
You have done the pyramid and train at a professional level.

### 3.5 Notes on correct rowing

#### Body moves towards the handle

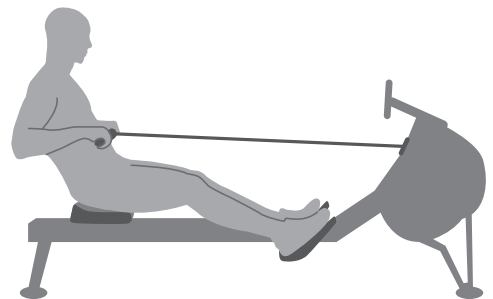
##### Wrong

At the end of the movement, the body will be pulled forwards towards the handles instead the handles to the body.



##### Right

At the end of the movement, the user slightly leans back, holds the legs down, keeps the upper body straight and pulls the handle to the body.



#### Straddled elbows

##### Wrong

The user's elbows are straddled from the body at the end of the movement and the handle is at the height of the breast.



##### Right

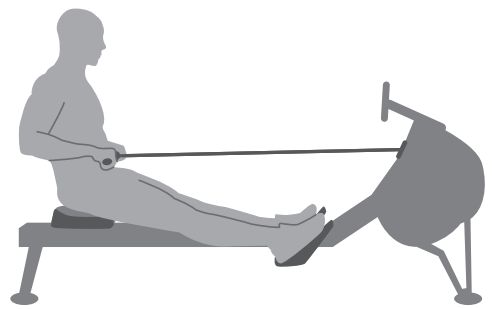
Pull the handle to the body with straight wrists and the elbows close to the body. The elbows are brought behind the head while the handle is pulled to your waist.



## Do not completely extend

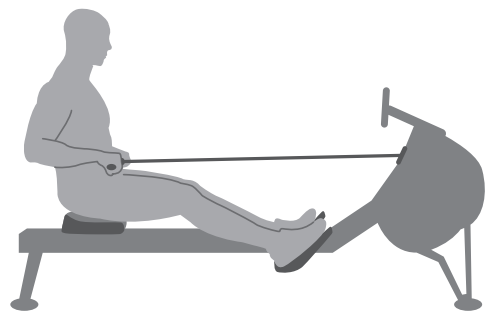
### Wrong

At the end of the movement, the user completely stretches the leg and knee.



### Right

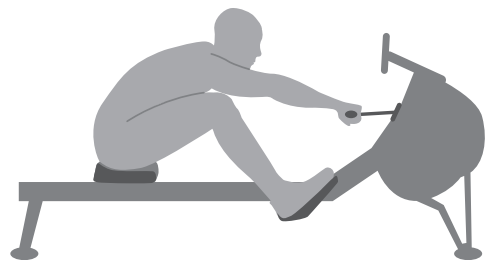
Keep your knee slightly bent at all times even at the end of the movement instead of stretching it completely.



## Leaning too far forward

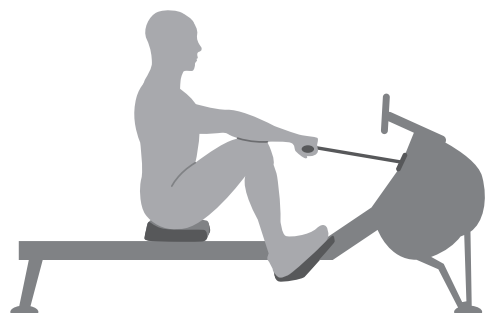
### Wrong

The body is bent too far forward. The shins are no longer vertical. The head and shoulders are facing the feet. The body is therefore in a weak position to execute the movement.



### Right

The shins are vertical. The body is pressed against the legs, the arms are completely stretched out in front and the body is slight bent forward. This position should be pleasant.



## Rowing with bent arms

### Wrong

The user begins the movement with the arms instead of first pressing with the legs.



### Right

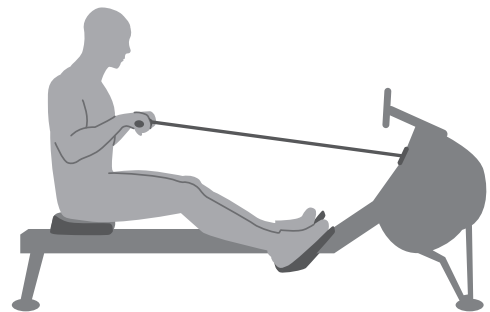
The user begins by stretching out the legs, relaxing the back and stretching the arms.



## Bent wrists

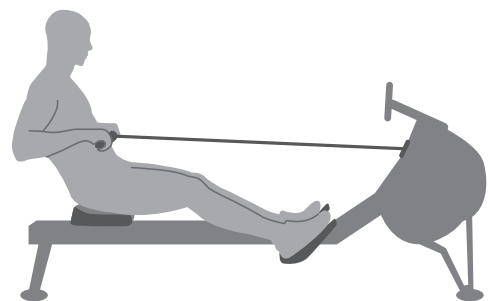
### Wrong

The user bends the wrists during the movement.



### Right

Always execute the rowing movement with straight wrists.

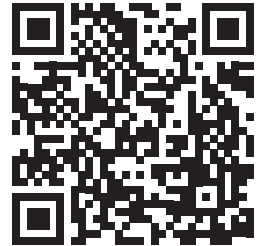




## 3.6 Workout tips

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.



### 3.6.1 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.

### 3.6.2 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.

### 3.6.3 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.

### 3.6.4 Used muscle groups

Rowing uses the following muscle groups:

- + Back muscles
- + Shoulder muscles
- + Arm muscles
- + Abdominal muscles
- + Leg 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.



### 3.6.5 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.

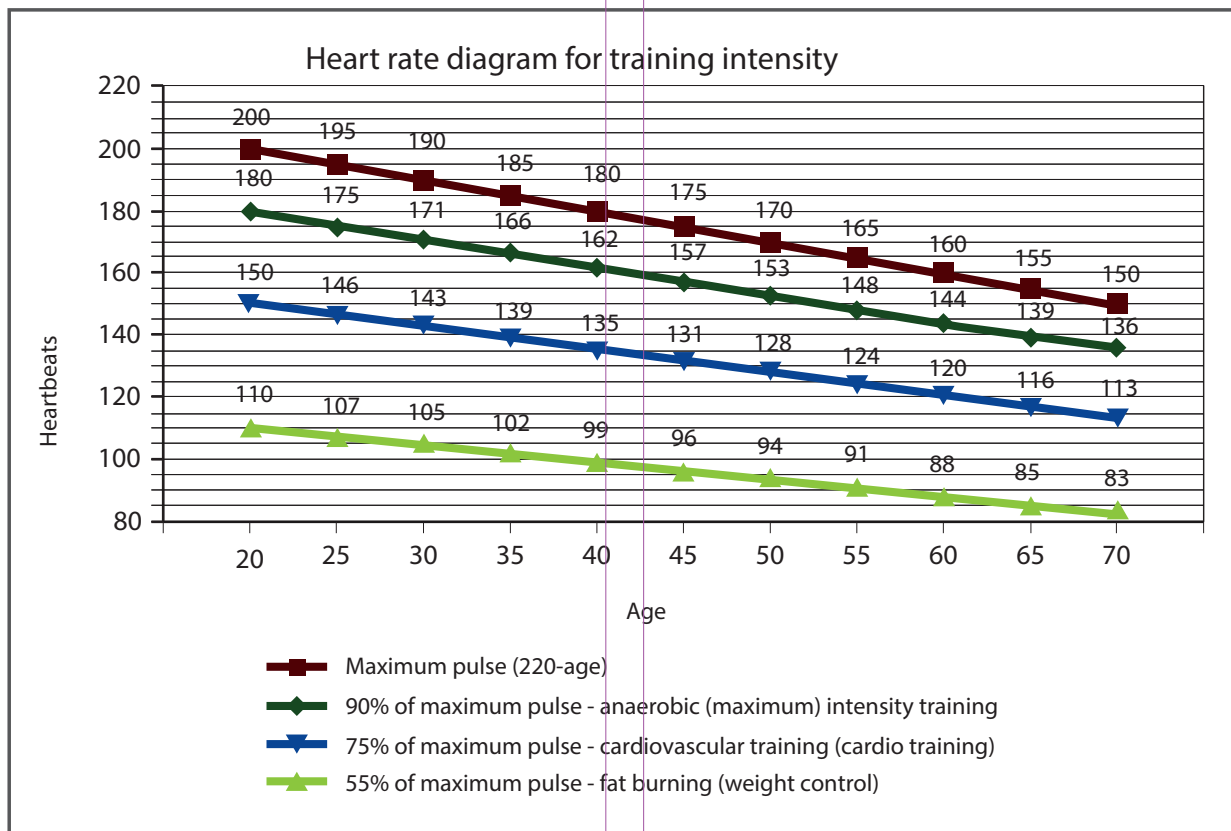
**Cardiovascular training (cardio training):** The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period 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 or woman, 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. =  $(220 - \text{age}) \times 0.9$ .



### 3.1 Workout journal

(Copy template)



Date



Distance



Time (min.)



Resistance level



Training weight



Ø Pulse



Calories burnt



I feel ...



Body weight

## 4.1 General Instructions

### ▶ 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 5°C and 45°C.

### ⚠ WARNING

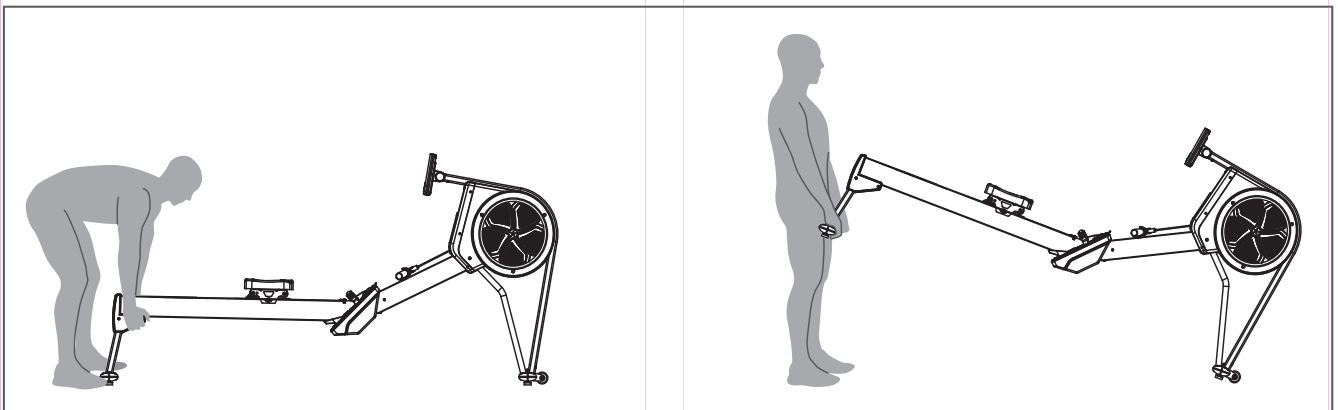
- + The storage location should be chosen so that improper use by third parties or children can be prevented.

## 4.2 Transportation Wheels

### ▶ ATTENTION

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

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions in the section 1.4 of this manual.



## 4.3 Disconnect and Connect the Monorail



### WARNING

Disconnect or connect the monorail to at least two people. Do not attempt to lift the main frame if you have limitations in the musculoskeletal system. To prevent injury, keep fingers and hands away from the folding mechanism.



### NOTICE

The rowing machine can be disassembled to save space during storage. This also facilitates transport.

### 4.3.1 Disconnect the Monorail from the Rowing Machine



### WARNING

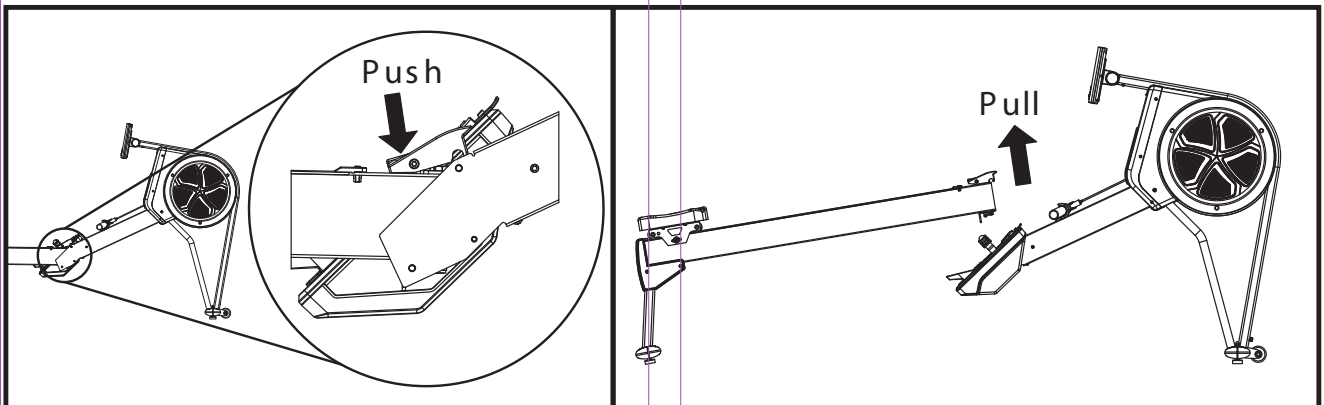
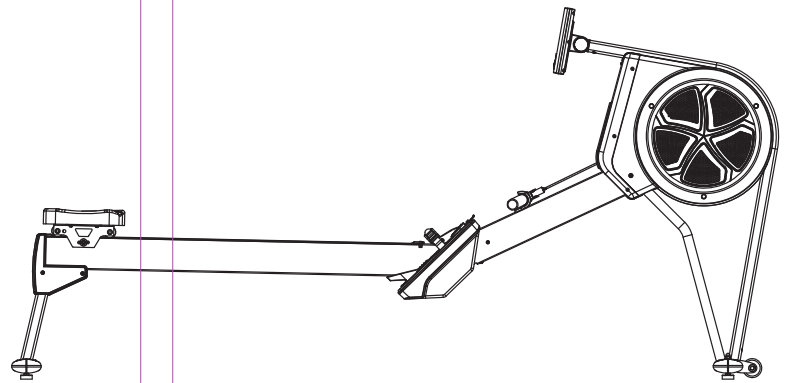
+ Do not connect the device to the power supply when it is disassembled. Do not attempt to operate the unit when it is disassembled.



### CAUTION

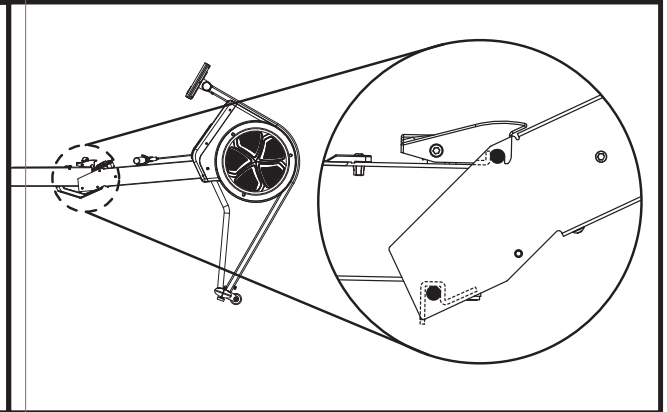
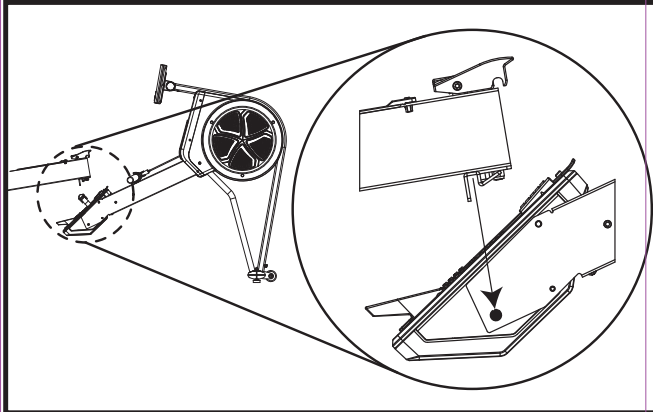
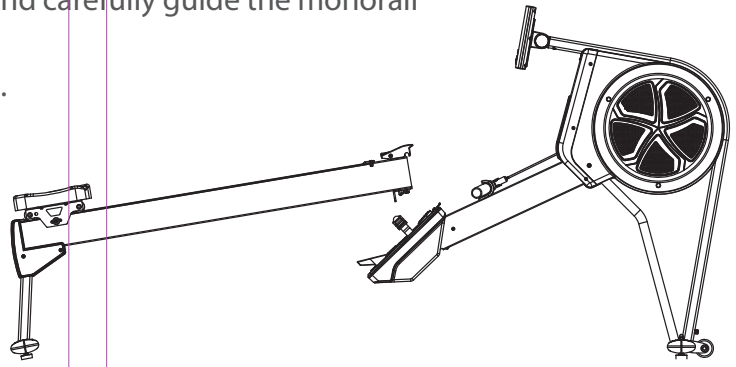
+ Do not lean on or lay anything on the product, as this may cause the product to become unstable and fall over.

1. Switch off the device and unplug the plug from the socket.
2. Hold the main frame by a foot strap, then push the large toggle switch down to release the lock.
3. Carefully lift the monorail and detach it from the main frame. Do not perform this action alone.



### 4.3.2 Connect the Monorail to the Rowing Machine

1. Lift the main frame by the foot straps and carefully guide the monorail onto the connector.
2. Snap the connections firmly into place.



## 5.1 General Instructions



### WARNING

- + Do not make any improper changes to the equipment.



### CAUTION

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

### ▶ ATTENTION

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

## 5.2 Faults and Fault Diagnosis

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

Fault	Cause	Solution
Heart rate is not received	<ul style="list-style-type: none"> <li>+ Sources of interference in the room</li> <li>+ unsuitable chest strap</li> <li>+ Wrong position of chest strap</li> <li>+ Batteries empty</li> </ul>	<ul style="list-style-type: none"> <li>+ Eliminate sources of interference (e.g. mobile phones, loudspeakers, WLAN, lawn mower and vacuum cleaner robots...)</li> <li>+ Use a suitable chest strap (see recommended accessories).</li> <li>+ Reposition chest strap and/or moisten electrodes</li> <li>+ Changing batteries</li> </ul>
LCD error – software error etc.	Console has no power supply	<ul style="list-style-type: none"> <li>+ Hold Reset to start the console again.</li> <li>+ Start the console again by disconnecting the power cable for about 15 seconds.</li> <li>+ Disconnect and connect again all cable connections, see assembly instructions.</li> <li>+ Contact a service technician of your contract partner.</li> </ul>



## 5.3 Maintenance and Inspection Calendar

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

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

Part	Weekly	Monthly	Quarterly	Half-yearly	Yearly
Display console	C	I			
Lubrication of the moving parts				I	
Plastic covers	C	I			
Screws and cable connections		I			

Legend: C = clean; I = inspect

### Lubrication of the chain

Lubricate the chain at least every six months or even better after approx. 50 operating hours. Use a non-fraying cloth as well as 20W motor or multi-purpose oil. Drop approx. one teaspoon of the oil on the cloth. Then pull out carefully the chain on the handle to the fence. Wipe along the chain with the cloth several times. Then remove the remaining oil with a dry cloth.

### Cleaning the rail

Before the training, wipe the rail with a damp cloth to remove any dust.

## 6 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.



The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

## 7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For rowing machines this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat or **silicone spray** to keep moving parts in good shape. We also recommend the use of **rowing gloves**. For rowing machines with water resistance, be sure to purchase chlorine tablets.

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible **chest strap**, as this ensures optimum transmission of the heart rate.

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. 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



chest strap contact gel



rowing gloves



silicone spray

## 8.1 Serial Number and Model Name

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

**NOTICE**

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



Enter the serial number in the appropriate field.

**Serial number:**

**Brand / Category:**

**Model Name:**

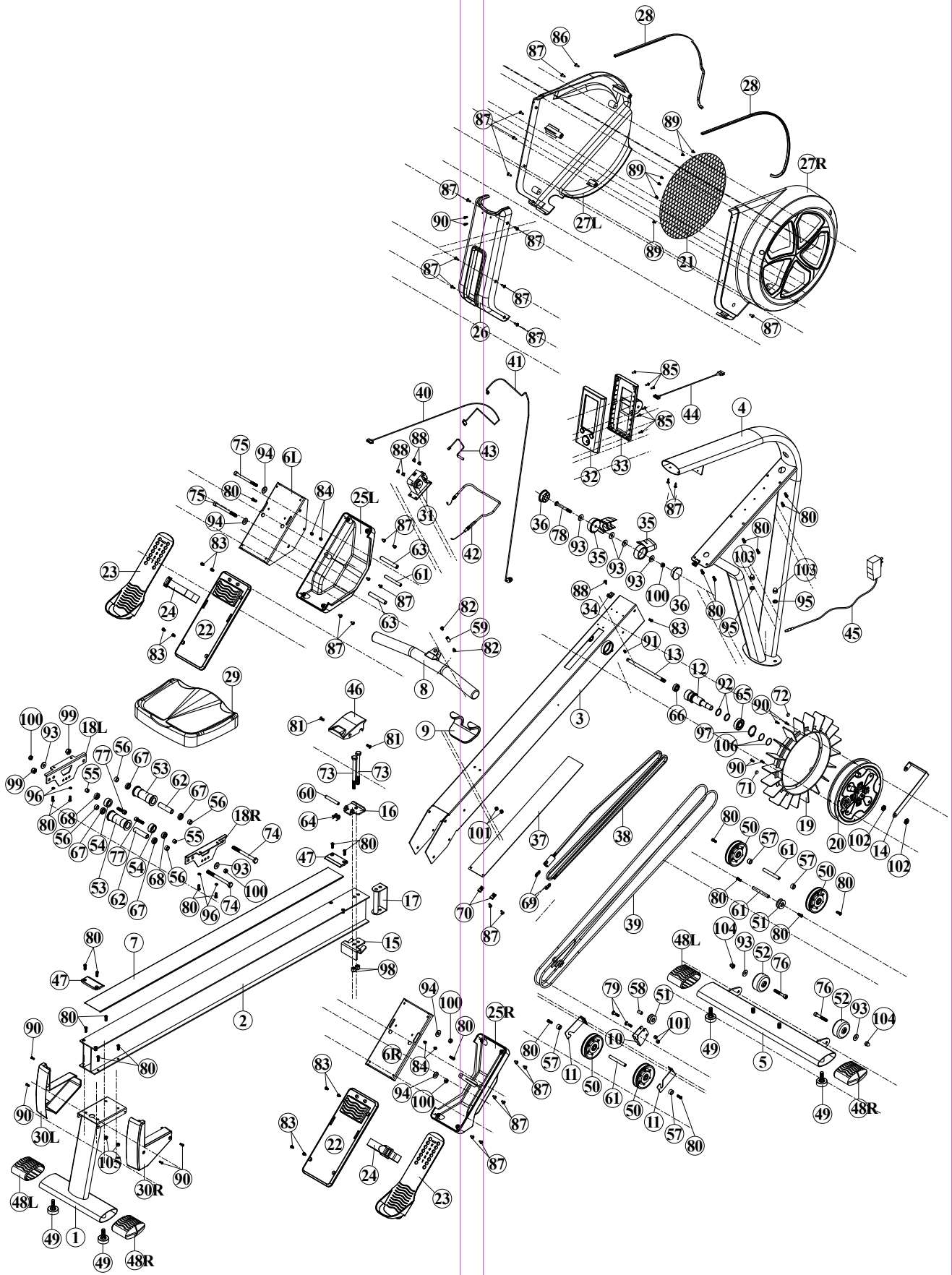
**Article Number:**

## 8.2 Parts List

No.	Qty.	Name	No.	Qty.	Name
1	1	Rear Stabilizer	28	2	Binding Of Plastic Cover
2	1	Monorail	29	1	Seat Pad
3	1	Main Frame	30L	1	Rear Left Cover
4	1	Front Frame	30R	1	Rear Right Cover
5	1	Front Stabilizer	31	1	Motor
6L	1	Left Belly Foot Stretcher	32	1	Computer (Monitor)
6R	1	Right Belly Foot Stretcher	33	1	Computer Bracket
7	1	Monorail Cover	34	1	Sensor Bracket
8	1	Handle	35	2	Computer Hinge
9	1	Handle Hook	36	2	Computer Hinge Cap
10	1	Traveling Pulley Bracket	37	1	Robber Rope Cover
11	2	Cable Retainer Plate	38	1	Chain
12	1	Belt Shaft	39	1	Robber Rope
13	1	Axle	40	1	8 Pins Upper Connector Cable
14	1	L Plate	41	1	Power Cord Connector
15	1	Lower Hanger Plate	42	1	Connecting Cable
16	1	Upper Hanger Plate	43	1	Sensor Cable
17	1	Monorail Bolt Support	44	1	8 Pins Upper Cable
18L	1	Left Seat Carriage	45	1	Power Adapter
18R	1	Right Seat Carriage	46	1	Upper Plastic Hanger
19	1	Flywheel Fan	47	2	Bumper
20	1	Flywheel	48L	2	Left Foot End Cap
21	1	Damper	48R	2	Right Foot End Cap
22	2	Pedal	49	4	Height Adjuster
23	2	Heel Rest	50	4	Pulley
24	2	Foot Strap With Buckle	51	2	Idler Pulley
25L	1	Left Foot Stretcher Cover	52	2	Front Stabilizer Wheel
25R	1	Right Foot Stretcher Cover	53	2	Seat Roller
26	1	Plastic Cover	54	2	Housing
27L	1	Left Plastic Cover	55	2	Ø8mm Spacer
27R	1	Right Plastic Cover	56	4	Ø10mm X 8.5L Spacer

No.	Qty.	Name	No.	Qty.	Name
57	4	Φ10mm X 10L Spacer	82	2	M6 X 10L Screw
58	1	Tube For Idler Pulley	83	9	M5 X 10L Screw
59	1	Axle For Handle	84	4	M5 X 8L Screw
60	1	Axle For Plastic Hanger	85	6	M4 X 12L Screw
61	4	Axle For Pulley	86	1	3/16 X 19L Screw
62	2	Axle For Seat Pad	87	27	3/16" X 16L Screw
63	2	Tube For Foot Stretcher Cover	88	5	3/16" X 12L Screw
64	1	Spring	89	6	M4 X 8L Screw
65	1	Ob6203lb Bearing	90	10	M4 X 12L Screw
66	1	Ob6000z Bearing	91	1	M6 X 10L Set Screw
67	4	Ob6900 Bearing	92	2	Ring
68	2	Ob608 Bearing	93	8	M8 Larger Washer
69	2	Chain Connector	94	4	M8 Smaller Washer
70	2	Balance Clip	95	2	3/8" Spring Washer
71	1	Magnet Blancer	96	4	M6 Spring Washer
72	1	Magnet	97	1	C-Ring
73	2	3/8" X 5" Hex Bolt	98	2	3/8" Nylon Nut
74	2	M10 X 110 Hex Bolt	99	2	M10 Nylon Nut
75	2	M8 X 100L Bolt	100	5	M8 Nylon Nut
76	2	M8 X 50L Bolt	101	4	M6 Nylon Nut (6M/M H)
77	2	M8 X 30L Round Inner Allen Bolt	102	2	3/8" Nut
78	1	M8 X 70L Hex Socken Dome Bolt	103	2	3/8" Cap For Nut
79	2	M6 X 25L Hex Socken Dome Bolt	104	2	M8 Cap For Nut
80	26	M6 X 16L Hex Socken Dome Bolt	105	2	M6 Nylon Nut (8M/M H)
81	2	M6 X 15L Screw	106	2	22Mm Od. Bumper

### 8.3 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.**

### **Warrantee**

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

### **Warranty period**

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

### **Repair Costs**

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

### **The terms of use are defined as follows:**

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

### **Warranty Service**

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

### **Warranty Conditions**

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

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

### **Warranty claims are invalid in case of damage resulting from:**

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

### **Proof of Purchase and Serial Number**

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

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

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






































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

### **Communication**

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



## 10 CONTACT

DE	DK	UK
<p><b>TECHNIK</b></p> <p> +49 4621 4210-900</p> <p> +49 4621 4210-698</p> <p> <a href="mailto:technik@fitshop.de">technik@fitshop.de</a></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> <a href="mailto:info@fitshop.de">info@fitshop.de</a></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> <a href="mailto:info@fitshop.dk">info@fitshop.dk</a></p> <p> Åbningstider kan findes på hjemmesiden: <a href="https://stg.fit/statit7">https://stg.fit/statit7</a></p> <p><b>FR</b></p> <p><b>TECHNIQUE &amp; SERVICE</b></p> <p> +33 (0) 189 530984</p> <p>+49 4621 42 10 933</p> <p> <a href="mailto:info@fitshop.fr">info@fitshop.fr</a></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>CUSTOMER SUPPORT</b></p> <p> 00800 2020 2772</p> <p>+494621 4210 944</p> <p> <a href="mailto:info@fitshop.co.uk">info@fitshop.co.uk</a></p> <p> You can find the opening hours on our homepage: <a href="https://stg.fit/statitc">https://stg.fit/statitc</a></p> <p><b>BE</b></p> <p><b>TECHNIQUE &amp; SERVICE</b></p> <p> 02 732 46 77</p> <p>+49 4621 4210 933</p> <p> <a href="mailto:info@fitshop.be">info@fitshop.be</a></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> <a href="mailto:info@fitshop.es">info@fitshop.es</a></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> <a href="mailto:service@fitshop.nl">service@fitshop.nl</a></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> <a href="mailto:service-int@fitshop.de">service-int@fitshop.de</a></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> <a href="mailto:info@fitshop.pl">info@fitshop.pl</a></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> <a href="mailto:info@fitshop.at">info@fitshop.at</a></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> <a href="mailto:info@fitshop.ch">info@fitshop.ch</a></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!



[www.fitshop.co.uk](http://www.fitshop.co.uk)  
[www.fitshop.de/blog](http://www.fitshop.de/blog)



[www.facebook.com/fitshop.co.uk](http://www.facebook.com/fitshop.co.uk)



[www.instagram.com/fitshop\\_uk](http://www.instagram.com/fitshop_uk)



[www.youtube.com/@fitshop\\_uk](http://www.youtube.com/@fitshop_uk)

**TAURUS**

 cardiostrong

*BODYCRAFT*

 cardiojump

 **DUKEFITNESS**

**DARWIN**

--	--

# TAURUS®