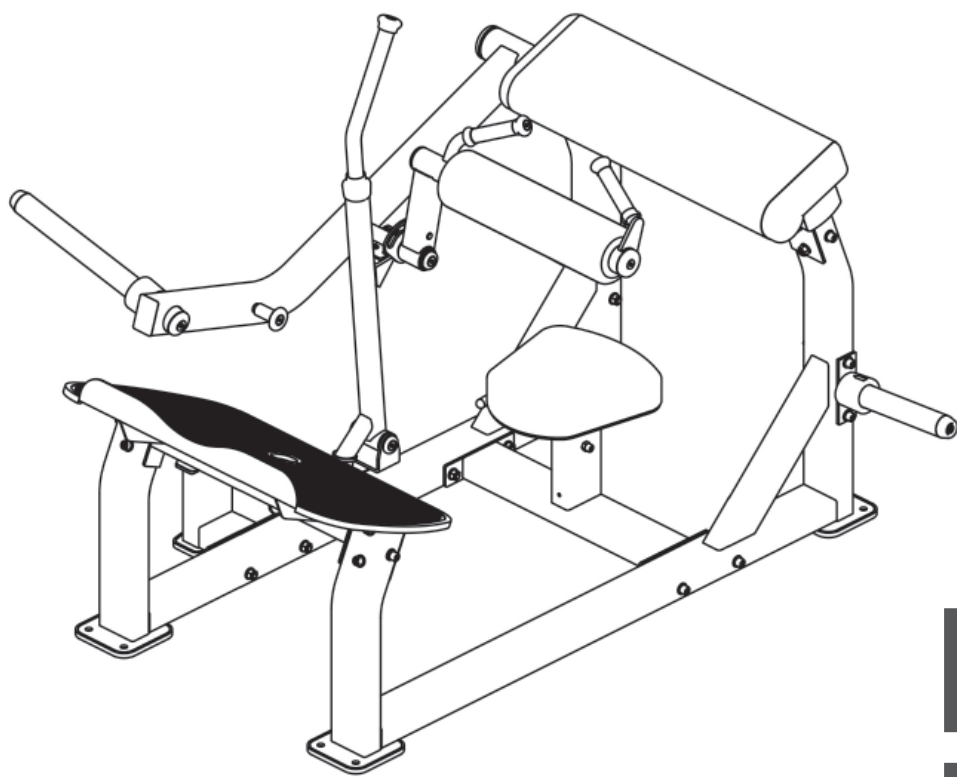


# TAURUS®

## Assembly and Operating Instructions



max. 150 kg



~ 75 Min.



115 kg

L 165 | W 162 | H 111

FSTFSL7038.01.01

Art. No. TF-SL7038

**Taurus Iso Hip Thrust**



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**Dear customer,**

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

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

**Intended Use**

The equipment may only be used for its intended purpose.

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

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Local Court Flensburg  
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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 Box 1 (L x W x H) approx.:	107.5 cm x 92.5 cm x 23 cm
Packaging dimensions Box 2 (L x W x H) approx.:	120.5 cm x 43.5 cm x 34 cm
Set-up dimensions (L x W x H) approx.:	165 cm x 161.8 cm x 110.6 cm
Article weight Box 1 (gross, incl. packaging) approx.:	94.6 kg
Article weight Box 2 (gross, incl. packaging) approx.:	33.3 kg
Article weight (net, without packaging) approx.:	114.7 kg
Maximum user weight:	150 kg
Maximum load (training weight horn):	150 kg
Maximum load (storage weight horn):	100 kg each
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

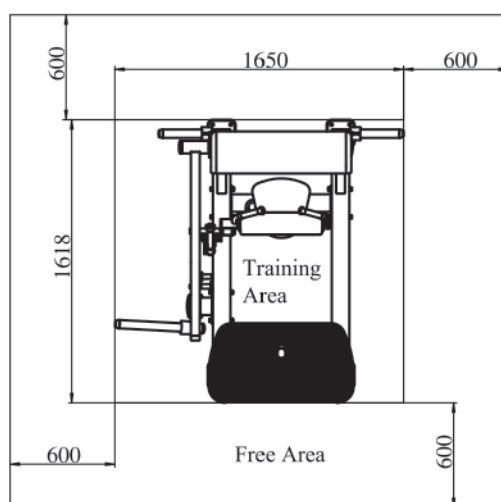
- + Do not place the equipment in main corridors or escape routes.

### ⚠ 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**

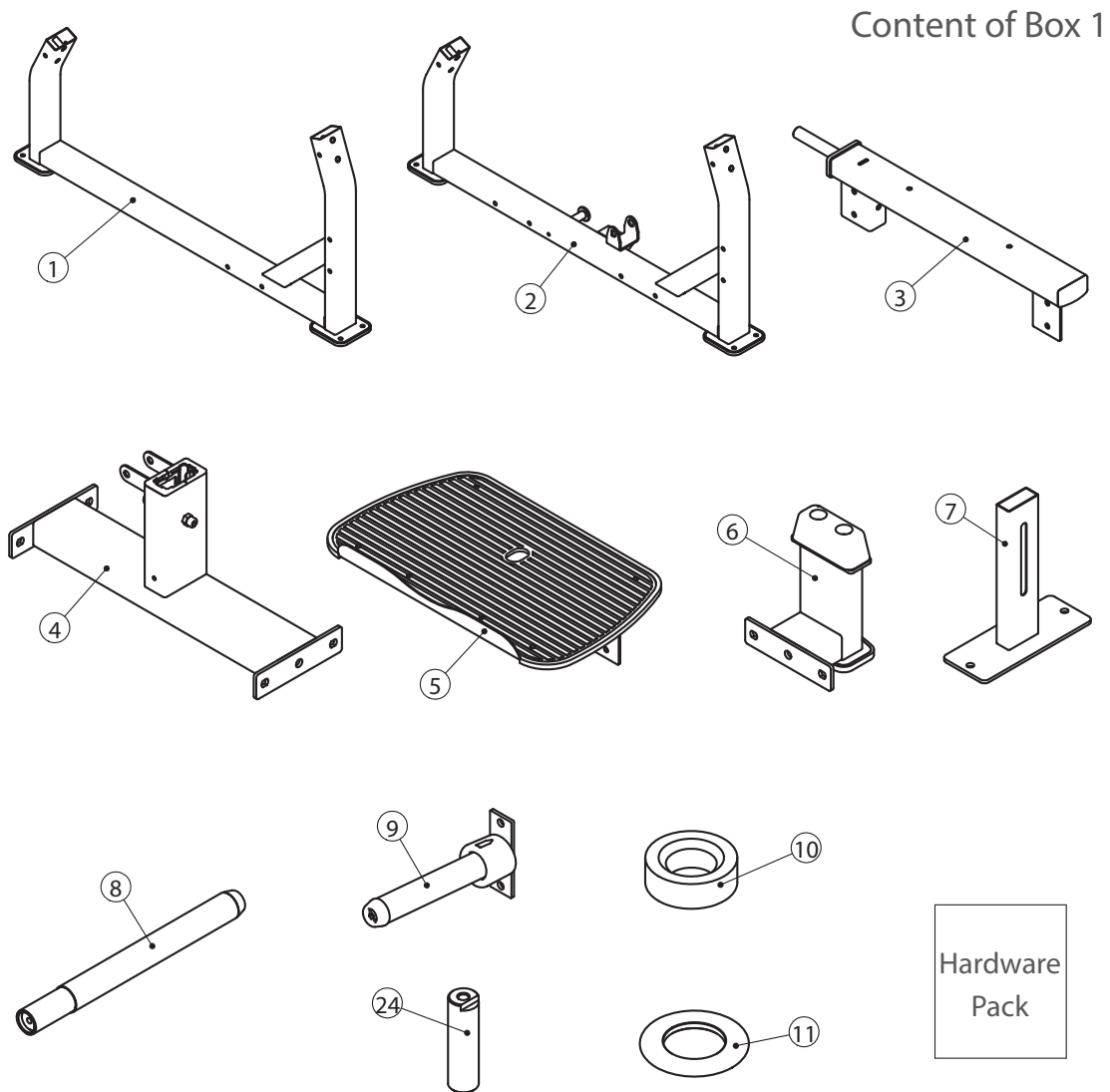
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

## 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.

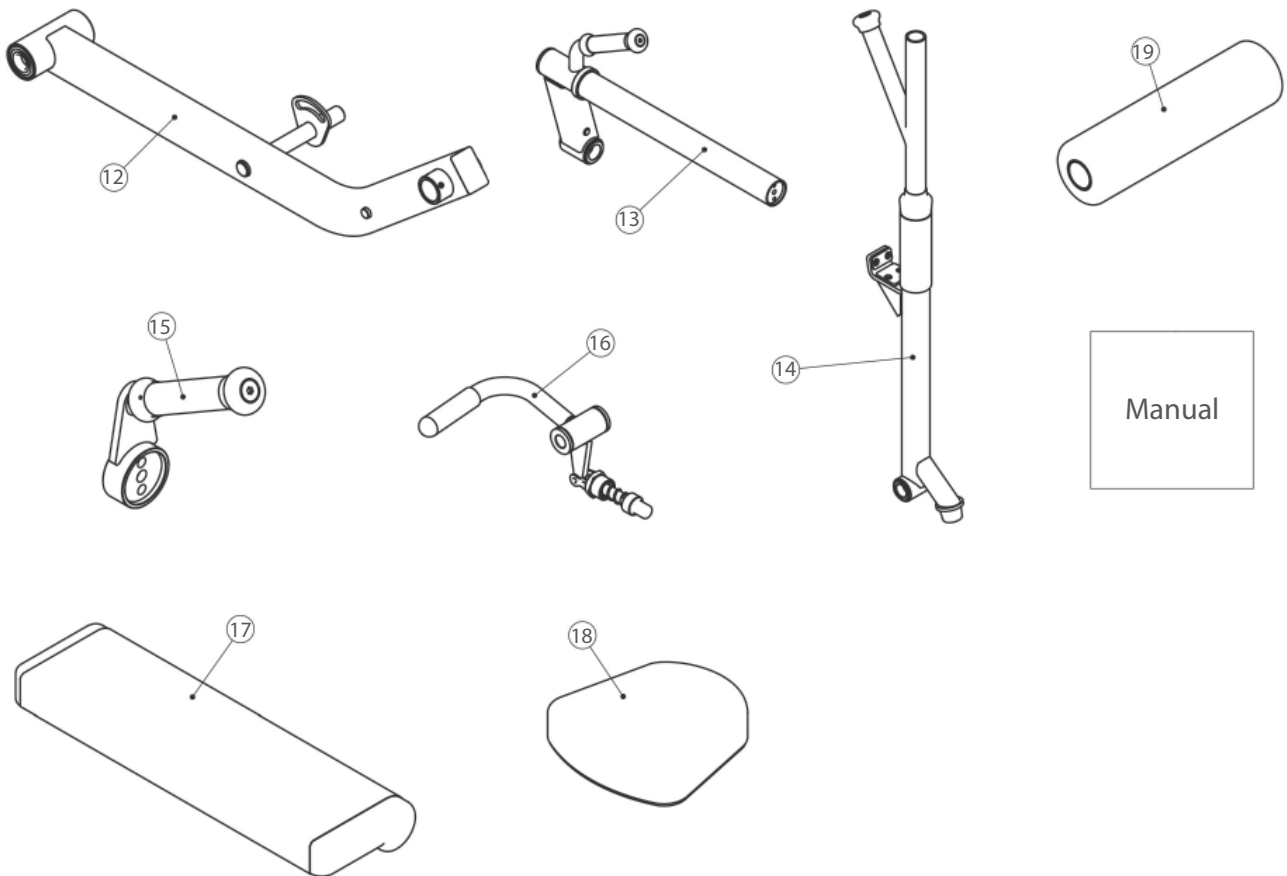
### CAUTION

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



Item No.	Description	Qty.	Item No.	Description	Qty.
1	Floor Stand Frame 1 ASSY	1	8	Long Weight Horn Frame ASSY	1
2	Floor Stand Frame 2 ASSY	1	9	Short Weight Horn Frame ASSY	2
3	Back Pad Frame ASSY	1	10	Rubber Bumper $\varnothing 76 \times \varnothing 42 \times 25$	2
4	Seat Pad Frame ASSY	1	11	Plastic Ring $\varnothing 90 \times \varnothing 51.5 \times 6$	2
5	Pedal Plate Frame ASSY	1	12	Axis $\varnothing 25.4 \times 76$	1
6	Bottom Support Frame ASSY	1		Hardware Pack	1
7	Adjustable Seat Pad Frame	1			

## Content of Box 2



Item No.	Description	Qty.
12	Swing Frame ASSY	1
13	Foam Frame ASSY	1
14	Safety Frame ASSY	1
15	Outside Handle Frame ASSY	1
16	Adjustable Handle Frame ASSY	1
17	Back Pad	1
18	Seat Pad	1
19	Foam ASSY	1
	Manual	1

## Requires tools



Ratchet Wrench  
and Socket



Hex Key Wrench Set



Adjustable Wrench



Phillips Screwdriver



Rubber Mallet

## 2.3 Assembly

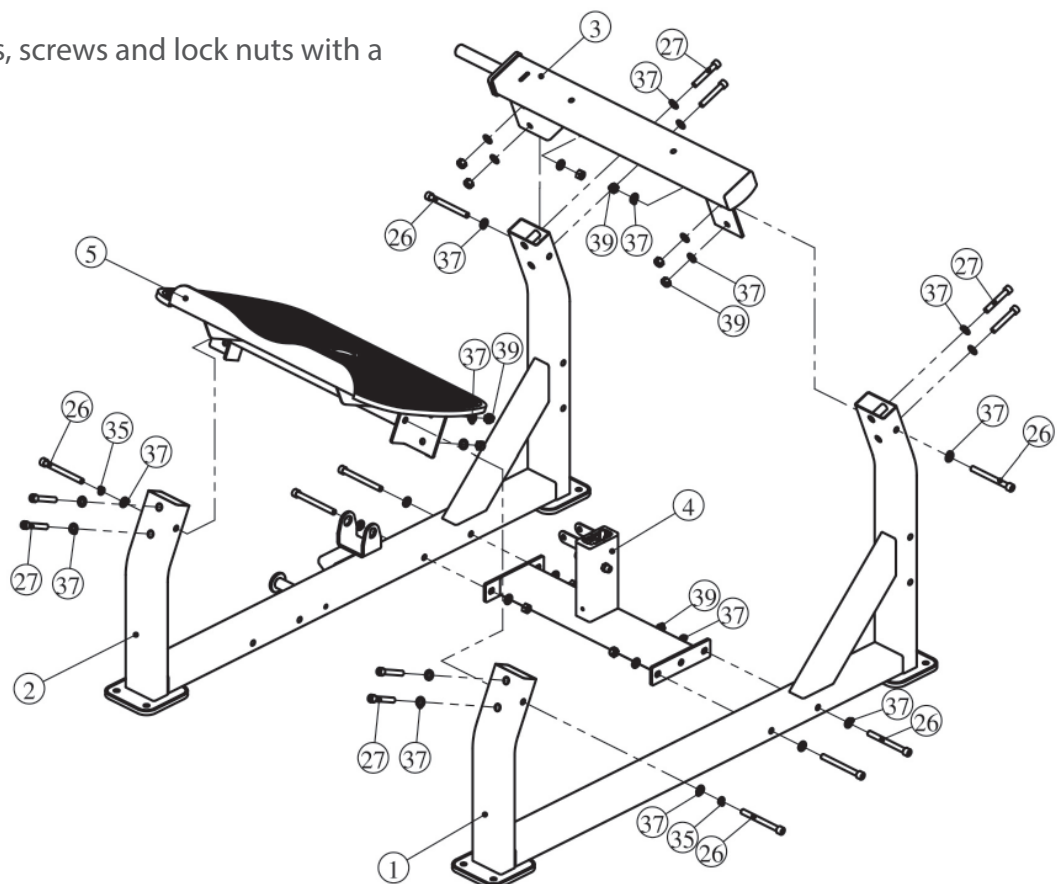
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### ⓘ 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.

### Step 1: Assembly of Seat Pad Frame, Back Pad Frame and Pedal Plate Frame

1. Assemble the seat pad frame (4) to the floor stand frame 1 (1) and the floor stand frame 2 (2) with four screws (26), eight flat washers (37) and four nylon lock nuts (39).
2. Assemble the back pad frame (3) to the floor stand frame 1 (1) and the floor stand frame 2 (2) with four screws (27), eight flat washers (37) and four nylon lock nuts (39).
3. Assemble the back pad frame (3) to the floor stand frame 1 (1) and the floor stand frame 2 (2) with two screws (26), four flat washers (37) and two nylon lock nuts (39).
4. Assemble the pedal plate frame (5) to the floor stand frame 1 (1) and the floor stand frame 2 (2) with four screws (27), eight flat washers (37) and four nylon lock nuts (39).
5. Assemble the pedal plate frame (5) to the floor stand frame 1 (1) and the floor stand frame 2 (2) with two screws (26), two flat washers (37) and two spring washers (35).
6. Tighten all bolts, screws and lock nuts with a wrench.



## Step 2: Assembly of the Safety Frame and Swing Frame

### ① NOTICE

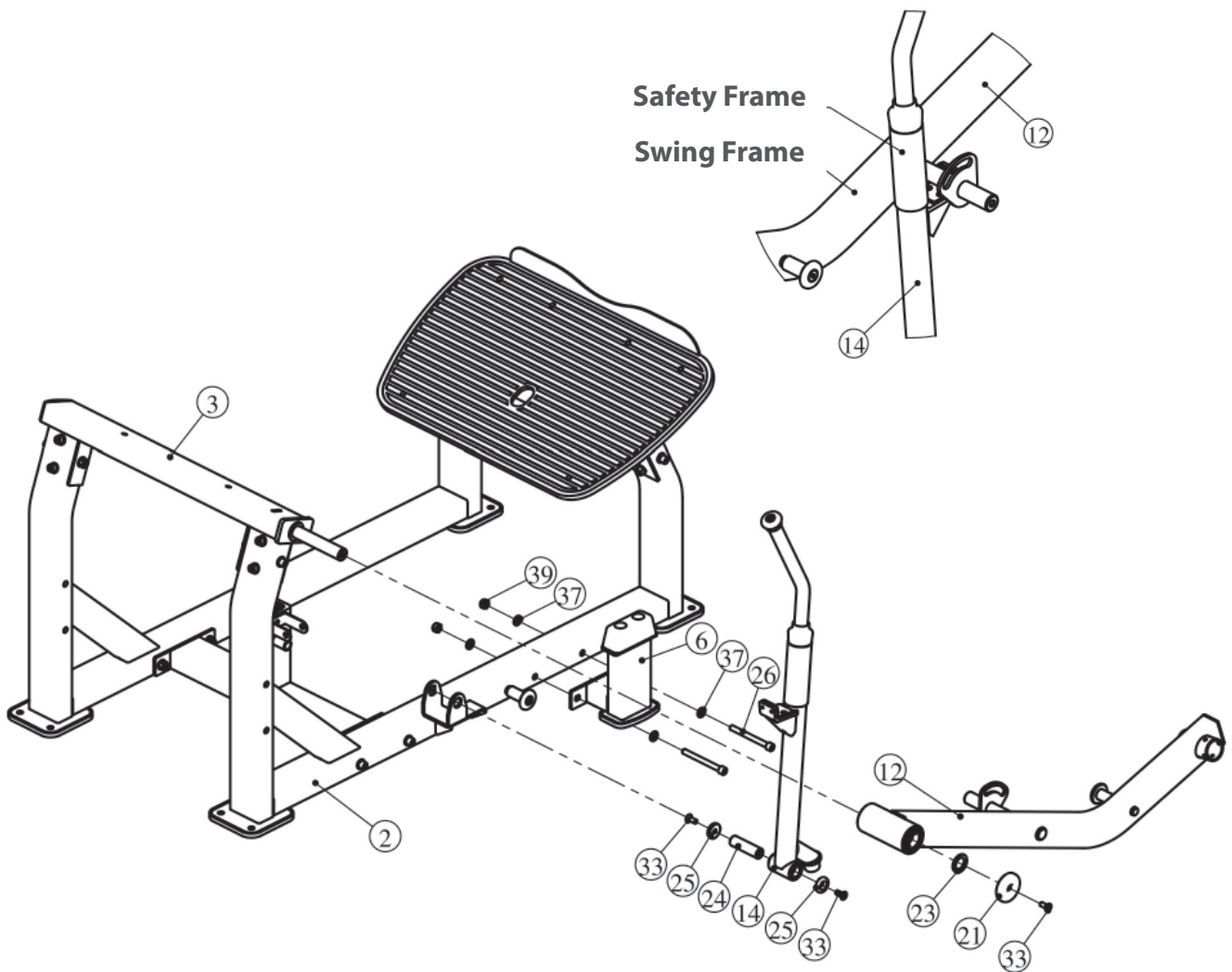
Please note that the illustration in the following assembly step has been reversed for a better view.

1. Assemble the safety frame (14) to the floor stand frame 2 (2) with one axis (24), two aluminum caps (25) and two screws (33).
2. Assemble the bottom support frame (6) to the floor stand frame 2 (2) with two screws (26), four flat washers (37) and two nylon lock nuts (39).
3. Assemble the swing frame (12) to the back pad frame (3) with one ring (23), one aluminum cap (21) and one screw (33).

### ① NOTICE

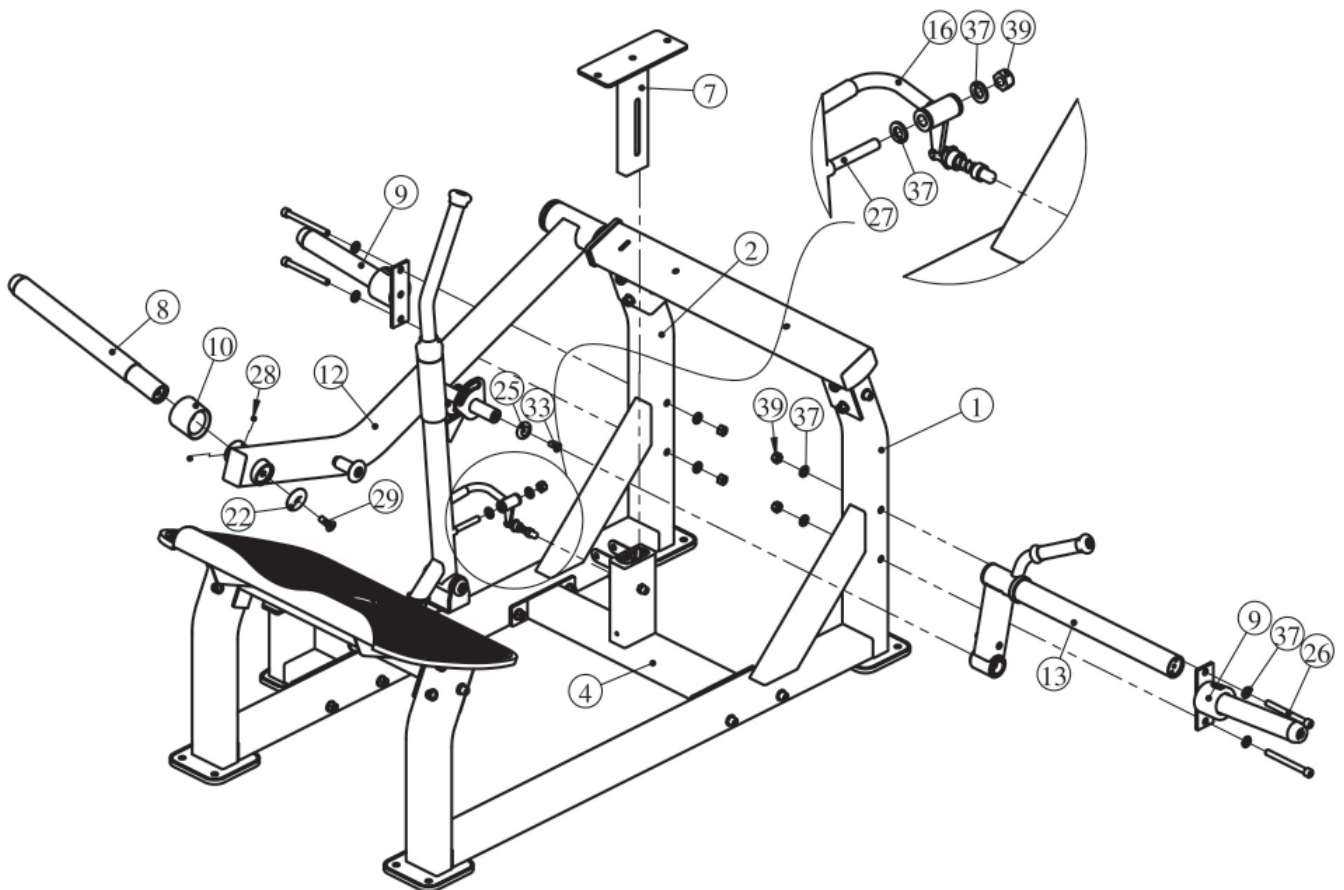
The swing frame (12) should be above the safety frame (14).

4. Tighten all bolts, screws and lock nuts with a wrench.



### Step 3: Assembly of Adjustable Handle Frame, long and short Weight Horn Frames

1. Assemble the adjustable handle frame (16) to the seat pad frame (4) with one screw (27), two flat washers (37) and one nylon lock nut (39).
2. Insert the adjustable seat pad frame (7) into the seat pad frame (4).
3. Assemble the foam frame (13) to the swing frame (12) with one aluminum cap (25) and one screw (33).
4. Assemble the long weight horn frame (8) to the swing frame (12) with one aluminum cap (22), one screw (29), two screws (28) and one bumper (10).
5. Attach two short weight horn frame (9) to the floor stand frame 1 (1) and the floor stand frame 2 (2) with four screws (26), eight flat washers (37) and four nylon lock nuts (39).
6. Tighten all bolts, screws and lock nuts with a wrench.

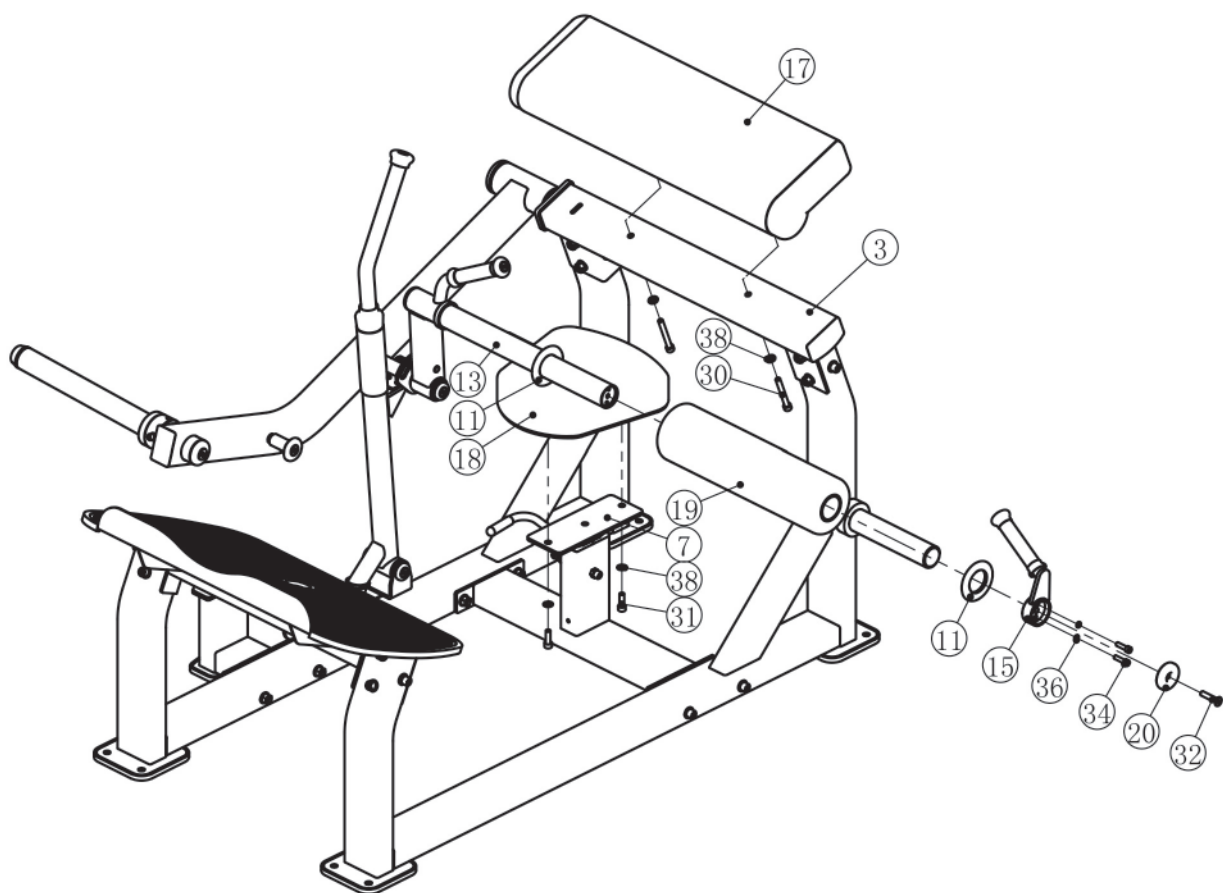




#### Step 4: Assembly of the Foam, Seat Pad and Back Pad

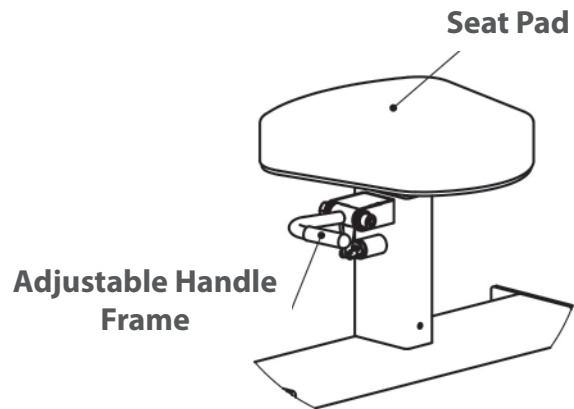
1. Assemble the foam (19) and the outside handle frame (15) to the foam frame (13) with two plastic rings (11), two spring washers (36), two screws (34), one aluminum cap (20) and one screw (32).
2. Assemble the seat pad (18) to the adjustable seat pad frame (7) with two screws (31) and two flat washers (38).
3. Assemble the back pad (17) to the back pad frame (3) with two screws (30) and two flat washers (38).
4. Tighten the screws with a wrench.
5. Check that all bolts, screws and lock nuts are properly tightened and retighten if needed.

→ *The assembly is completed.*



## Adjustment of the Seat

1. Lift the adjustable handle frame and adjust the seat pad to the desired position.
2. Let go of the adjustable handle frame and make sure the pin is completely engaged into the hole.



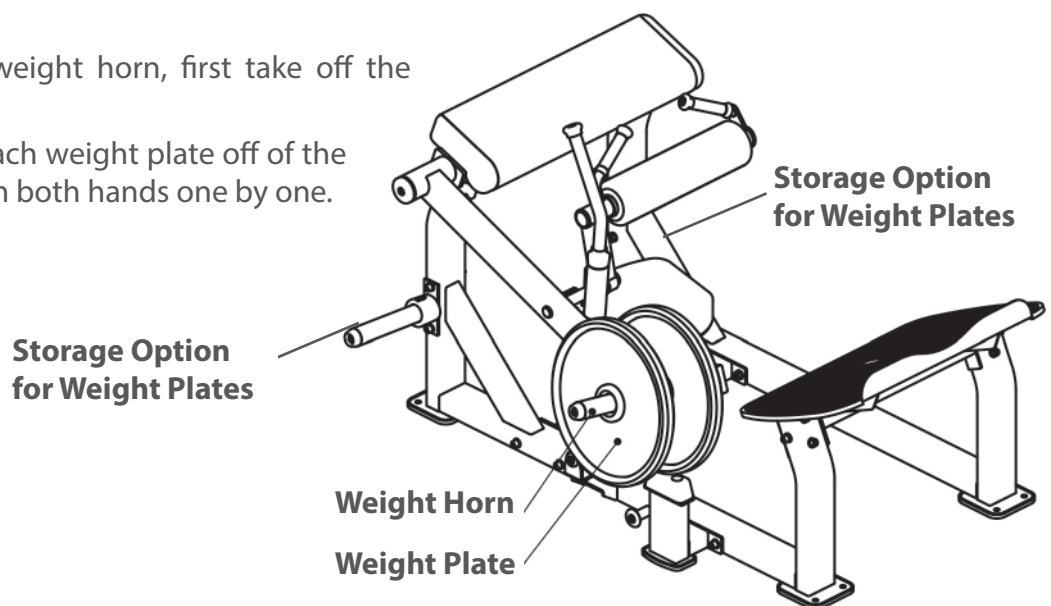
## Load and Unload Weight Plates

### CAUTION

- + Make sure to always use some sort of weight collar when exercising with external weights.
- + Store unused weight plates on a weight rack or on the integrated storage option.

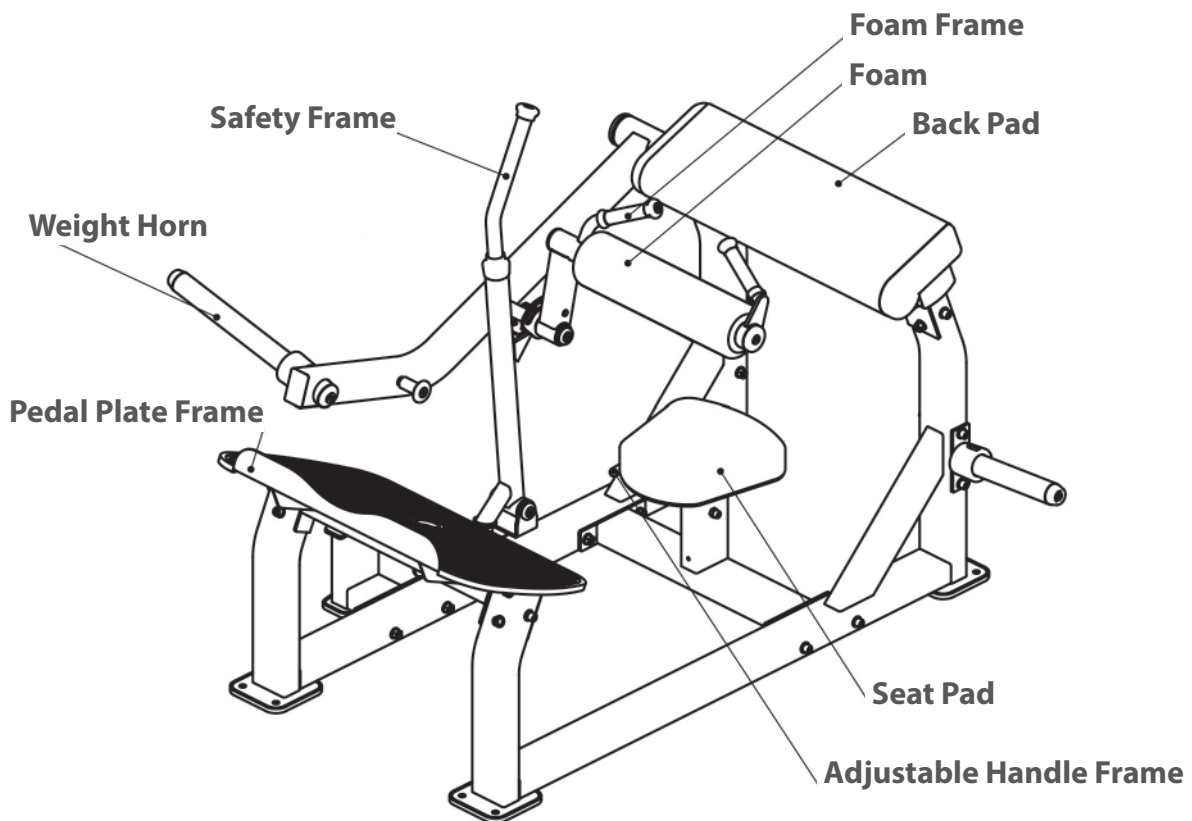
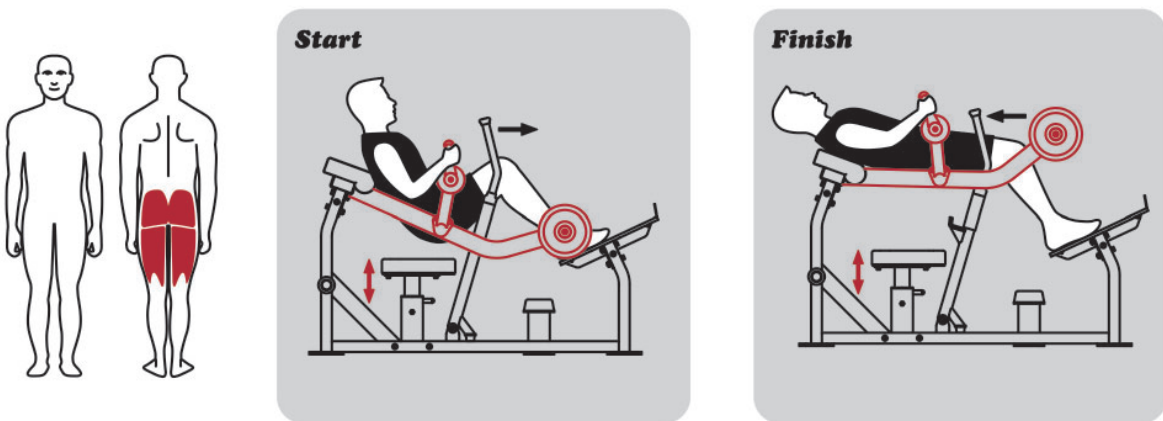
### NOTICE

- + Use weight plates with a 50 mm hole and an external diameter not larger than 450 mm.
  - + Weight plates and weight collars are not included in the scope of delivery.
  - + Do not load more than 150 kg on the weight horn.
  - + Do not load more than 100 kg on each storage weight horn.
1. To load the weight horn, carefully grab one weight plate at a time with both hands.
  2. Slide each weight plate onto the weight horn one by one until you have reached your desired training weight.
  3. Attach a weight collar to secure the weight plates from sliding off.
  4. To unload the weight horn, first take off the weight collar.
  5. Carefully slide each weight plate off of the weight horn with both hands one by one.



## Exercise Instructions

1. Set your training weight.
2. Adjust the seat pad to the desired position.
3. Place both feet at shoulder-width on the pedal plate frame, press your back and shoulders into the back pad and hold the foam frame.
4. Lift your hips up and push the safety frame away from you (start).
5. To perform the hip thrust, while exhaling, lift your hips and squeeze the glutes until your upper legs and upper body form a straight line.
6. While inhaling, slowly return to the starting point. Repeat for your desired amounts of repetitions.
7. Once you are finished, lift the foam with your hip and pull the safety frame towards you to make sure it is against the foam frame (finish).



## 3 STORAGE AND TRANSPORT

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### 3.1 General Instructions



#### **WARNING**

- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.



#### **ATTENTION**

- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

## 4 TROUBLESHOOTING, CARE AND MAINTENANCE

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### 4.1 General Instructions



#### **WARNING**

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



#### **CAUTION**

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



#### **ATTENTION**

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

## 4.2 Faults and Fault Diagnosis

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

Fault	Cause	Solution
Squeaking & cracking noises	Screw connections loosened or too tight	+ Check or lubricate screw connections*
Unit wobbles	+ Uneven ground + Loose screw connections	+ Align unit + Tighten screw connections

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

## 4.3 Maintenance and Inspection Calendar

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

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

Part	Weekly	Monthly	Quarterly
Screw connections		I	
Cushions	C		
Legend: C = clean; I = inspect			

## 5 DISPOSAL

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



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

## 6 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For training equipment like smith machines, weight benches or racks this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat but it could be also **additional weights, handles, foot straps** for leg exercises or **triceps ropes**. For some smith machines, there are also optional add-ons such as **leg presses** that make your workout even more intense and comprehensive.

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



floor mat



chest strap



triceps rope



weight block extension

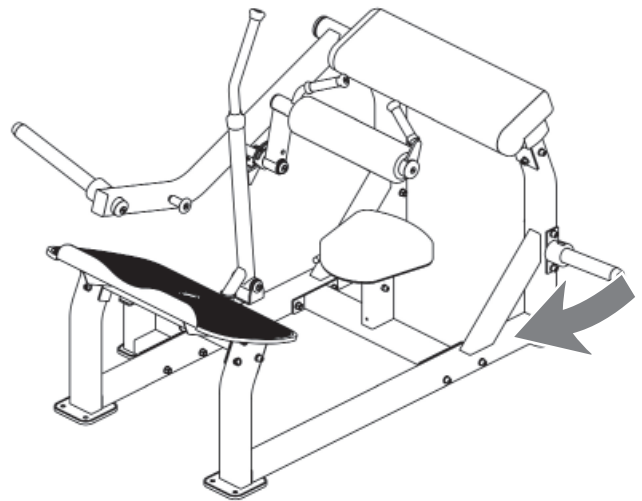
## 7.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 9 of this operating manual.

**NOTICE**

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

Enter the serial number in the appropriate field.



**Serial number:**

**Brand / Category:**

**Model Name:**

**Article Number:**

## 7.2 Parts List

### Overall

Item No.	Part no.	Description	Qty.
1	SL703801ASSY	Floor Stand Frame 1 ASSY	1
2	SL703802ASSY	Floor Stand Frame 2 ASSY	1
3	SL703804ASSY	Back Pad Frame ASSY	1
4	SL703807ASSY	Seat Pad Frame ASSY	1
5	SL703808ASSY	Pedal Plate Frame ASSY	1
6	SL703809ASSY	Bottom Support Frame ASSY	1
7	SL70381000	Adjustable Seat Pad Frame	1
8	SL704008ASSY	Long Weight Horn Frame ASSY	1
9	SL703911ASSY	Short Weight Horn Frame ASSY	2
10	PL0702900	Rubber Bumper $\Phi 76 \times 64.6$	1
11	IT80053700	Plastic Ring $\Phi 90 \times \Phi 51.5 \times 6$	2
12	SL703803ASSY	Swing Frame ASSY	1
13	SL703805ASSY	Foam Frame ASSY	1
14	SL703806ASSY	Safety Frame ASSY	1
15	SL703811ASSY	Outside Handle Frame ASSY	1
16	SL703812ASSY	Adjustable Handle Frame ASSY	1
17	SL70385100	Back Pad	1
18	SL70062600V1	Seat Pad	1
19	IF81241100V2	FOAM ASSY	1
20	IE950716500	Aluminum Cap $\Phi 60 \times 11.6$	1
21	RL81052200	Aluminum Cap $\Phi 72 \times 14.4$	1
22	SL70011700	Aluminum Cap $\Phi 54 \times \Phi 12.5 \times 10.6$	1
23	SL70022500	Ring $\Phi 46 \times \Phi 30.5 \times 3$	1
24	ST70131800	Axis $\Phi 25.4 \times 76$	1
25	IN-D21202000	Aluminum Cap $\Phi 38 \times \Phi 10.5 \times 8$	3
26	GB70M12*125DHS20	Socket Head Cap Screw M12*125	10
27	GB70M12*75DHS20	Socket Head Cap Screw M12*75	9
28	GB77M8*6DS18NL	Hexagon Socket Set Screws M8*6	2
29	CNLM12*50*50DS20NL	Flat Head Cap Screw M12*50	1
30	GB70M10*80DHS20	Socket Head Cap Screw M10*80	2
31	GB70M10*30DHS20	Socket Head Cap Screw M10*30	2



32	CNLM10*50DS20	Flat Head Cap Screw M10*50	1
33	CNLM10*25DS20	Flat Head Cap Screw M10*25	4
34	GB70M8*30DHS20	Socket Head Cap Screw M8*30	2
35	GB9312DHS12	Spring Washer $\Phi$ 12	2
36	GB938DHS12	Spring Washer $\Phi$ 8	2
37	GB9512DHS2	Flat Washer $\Phi$ 13* $\Phi$ 24*2.5	44
38	GB9510DHS2	Flat Washer $\Phi$ 11* $\Phi$ 20*2	4
39	NM12DHS2	Nylon Lock Nut M12	21
40	NBS4DHS	Hex Key S=4	1
41	NBS10DHS	Hex Key S=10	1
42	NBS8DHS	Hex Key S=8	1
43	NBS6DHS	Hex Key S=6	1
44	LW200BS	Wrench $\Phi$ 6*117	1

#### Floor Stand Frame ASSY 1 (1)

Grade No.	Part no.	Description	Qty.
1.1	SL70380100	Floor Stand Frame 1	1
1.2	CWRVL0051200	Rubber Foot	2

#### Floor Stand Frame ASSY 2 (2)

Grade No.	Part no.	Description	Qty.
2.1	SL70380200	Floor Stand Frame 2	1
2.2	SL70383100	Rotating Sleeve $\Phi$ 26*3*55	1
2.3	IN-S51102100	Aluminum Cap $\Phi$ 50* $\Phi$ 10.5*8	1
2.4	CWRVL0051200	Rubber Foot	2
2.5	CNLM10*25DS20	Flat Head Cap Screw M10*25	1

#### Back Pad Frame ASSY (3)

Grade No.	Part no.	Description	Qty.
3.1	SL70380400	Back Pad Frame	1
3.2	VLP8000	Plug 50*100	1

**Seat Pad Frame ASSY (4)**

Grade No.	Part no.	Description	Qty.
4.1	SL70380700	Seat Pad Frame	1
4.2	IF93035000	Inner Wear Sleeve	2
4.3	GB70M10*30DHS20	Socket Head Cap Screw M10*30	1

**Pedal Plate Frame ASSY (5)**

Grade No.	Part no.	Description	Qty.
5.1	SL70380800	Pedal Plate Frame	1
5.2	SL70064000	Rubber Foot Plate Cover	1
5.3	SL70064100	Plastic Pin	6
5.4	SL70064200	Plastic Cover	6

**Bottom Support Frame ASSY (6)**

Grade No.	Part no.	Description	Qty.
6.1	SL70380900	Bottom Support Frame	1
6.2	IF81162000	Rubber Foot	1
6.3	PL380800	Urethane Bumper	1
6.4	GB9512DHS2	Flat Washer $\Phi 13*\Phi 24*2.5$	2
6.5	GB70M12*35DHS20	Socket Head Cap Screw M12*35	2

**Long Weight Horn Frame ASSY (8)**

Grade No.	Part no.	Description	Qty.
8.1	SL70400800	Long Plate Support Frame	1
8.2	HSP70522000	Long Weight Horn Sleeve	1
8.3	SL70012000	Plastic Cap	1
8.4	GB70M12*30DS20NL	Socket Head Cap Screw M12*30	1

**Short Weight Horn Frame ASSY (9)**

Grade No.	Part no.	Description	Qty.
9.1	SL70391100	Short Plate Support Frame	1
9.2	PL0702800	Short Weight Horn Sleeve	1
9.3	PL0702300	Plastic Cap $\Phi 49*\Phi 12.5*25$	1
9.4	PL4003200	Rubber Bumper $\Phi 76.2*62.2$	1
9.5	GB70M12*35N19	Socket Head Cap Screw M12*35	1

**Swing Frame ASSY (12)**

Grade No.	Part no.	Description	Qty.
12.1	SL70380300	Swing Frame	1
12.2	SL70383100	Plastic Sleeve $\Phi 26 \times 3 \times 55$	1
12.3	IN-S51102100	Aluminum Cap $\Phi 50 \times \Phi 10.5 \times 8$	1
12.4	KPSFID2800	Plug 50.8*76.2	1
12.5	CNLM10*25DS20	Flat Head Cap Screw M10*25	1
12.6	GB2766206-2ZC3	Bearing 6206-2ZC3	2

**Foam Frame ASSY (13)**

Grade No.	Part no.	Description	Qty.
13.1	SL70380500	FOAM Frame	1
13.2	FS573600	Bush $\Phi 44 \times \Phi 36 \times \Phi 30 \times 19.5$	2
13.3	B10009900	Plug $\Phi 50.8$	1
13.4	026-01PL0206-5	Grip ST $\Phi 31 \times \Phi 24 \times 111$	1
13.5	IT90102100	Aluminum Grip Cap $\Phi 25$	1
13.6	IT90102200	Aluminum Grip Ring $\Phi 25$	1
13.7	IF81165000	Nut M10	1
13.8	CNLM10*35DS20	Flat Head Cap Screw M10*35	1
13.9	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	2

**Safety Frame ASSY (14)**

Grade No.	Part no.	Description	Qty.
14.1	SL70380600	Safety Frame	1
14.2	SL70383200	Plastic Board 1	1
14.3	SL70383300	Plastic Board 2	1
14.4	RL81013400	Connective Sleeve	1
14.5	026-01PL0235-11	Grip $\Phi 36 \times \Phi 29 \times 338$	1
14.6	CGH4501300	Plastic Sleeve	1
14.7	PBG10002	Rubber Bumper	1
14.8	M02502000	Bush $\Phi 38 \times \Phi 32 \times \Phi 25.4 \times 18$	2
14.9	IT90122000	Aluminum Grip Cap $\Phi 32$	1
14.10	IF81212700	Nut M10	1
14.11	GB70M10*30DHS20	Socket Head Cap Screw M10*30	1
14.12	GB819M6*12DHS2	Cross Recessed Countersunk Head Screw M6*12	4
14.13	CNLM10*35*35DS20	Flat Head Cap Screw M10*35	1

**Outside Handle Frame ASSY (15)**

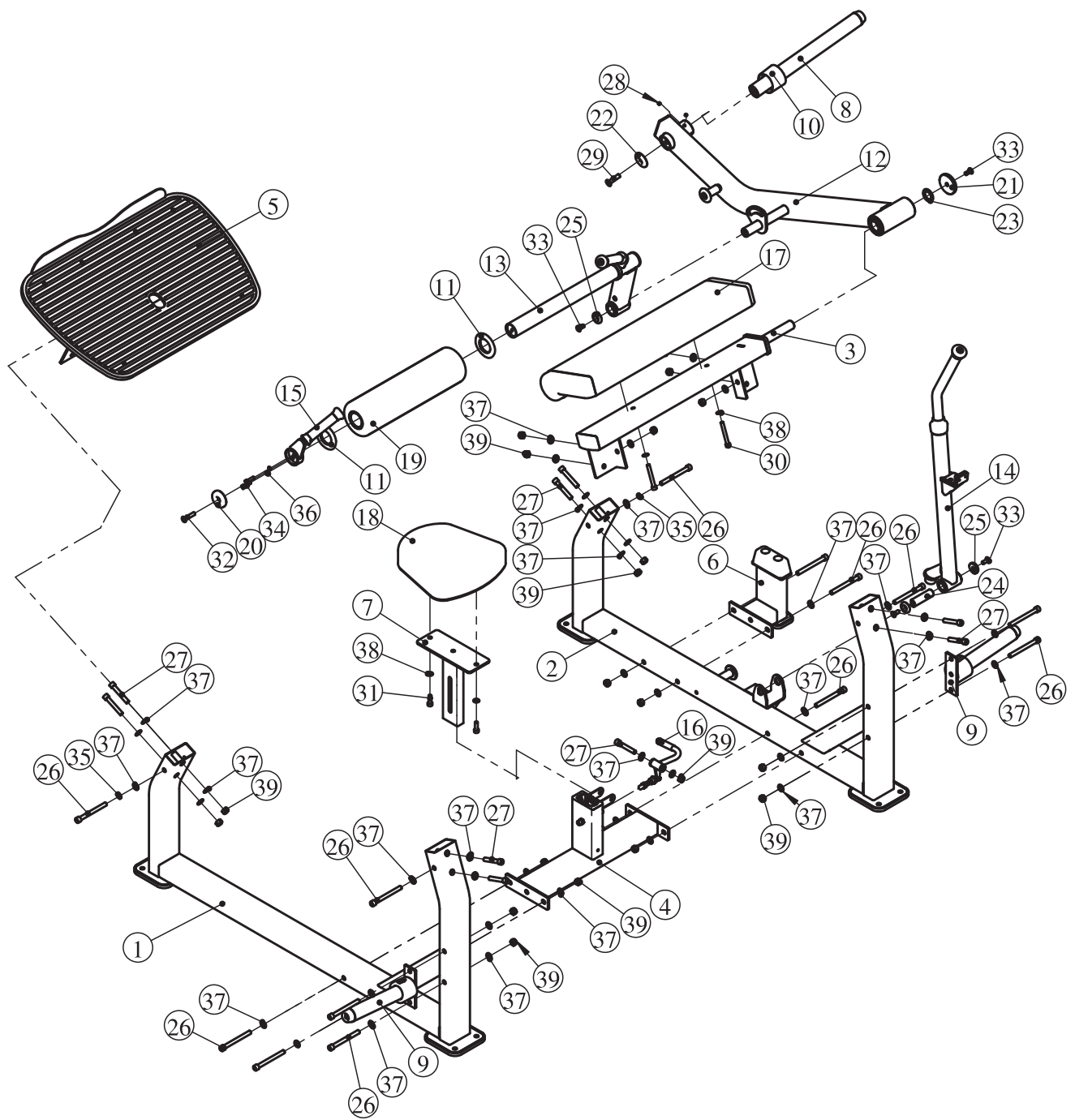
Grade No.	Part no.	Description	Qty.
15.1	SL70380600	Outside Handle Frame	1
15.2	IT90102100	Aluminum Grip Cap $\Phi$ 25	1
15.3	IT90102200	Aluminum Grip Ring $\Phi$ 25	1
15.4	026-01PL0206-5	Grip ST $\Phi$ 31* $\Phi$ 24*111	1
15.5	IF81165000	Nut M10	1
15.6	CNLM10*35*35DS20	Flat Head Cap Screw M10*35	1
15.7	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	2

**Adjustable Handle Frame ASSY (16)**

Grade No.	Part no.	Description	Qty.
16.1	SL70381200	Adjustable Handle Frame	1
16.2	M01402000	Bush $\Phi$ 25* $\Phi$ 18* $\Phi$ 12.2*13	2
16.3	CG50001700	Grip DT $\Phi$ 19* $\Phi$ 14*70	1
16.4	KPS18002701V1	Lock Nut	1
16.5	FE97161700	Roll Pin $\Phi$ 18.2*71	1
16.6	CF217903100	Spring $\Phi$ 13* $\Phi$ 1.4*38.6	1
16.7	GB/T1243-199708BN19	Connecting Shackle P=12.7	1

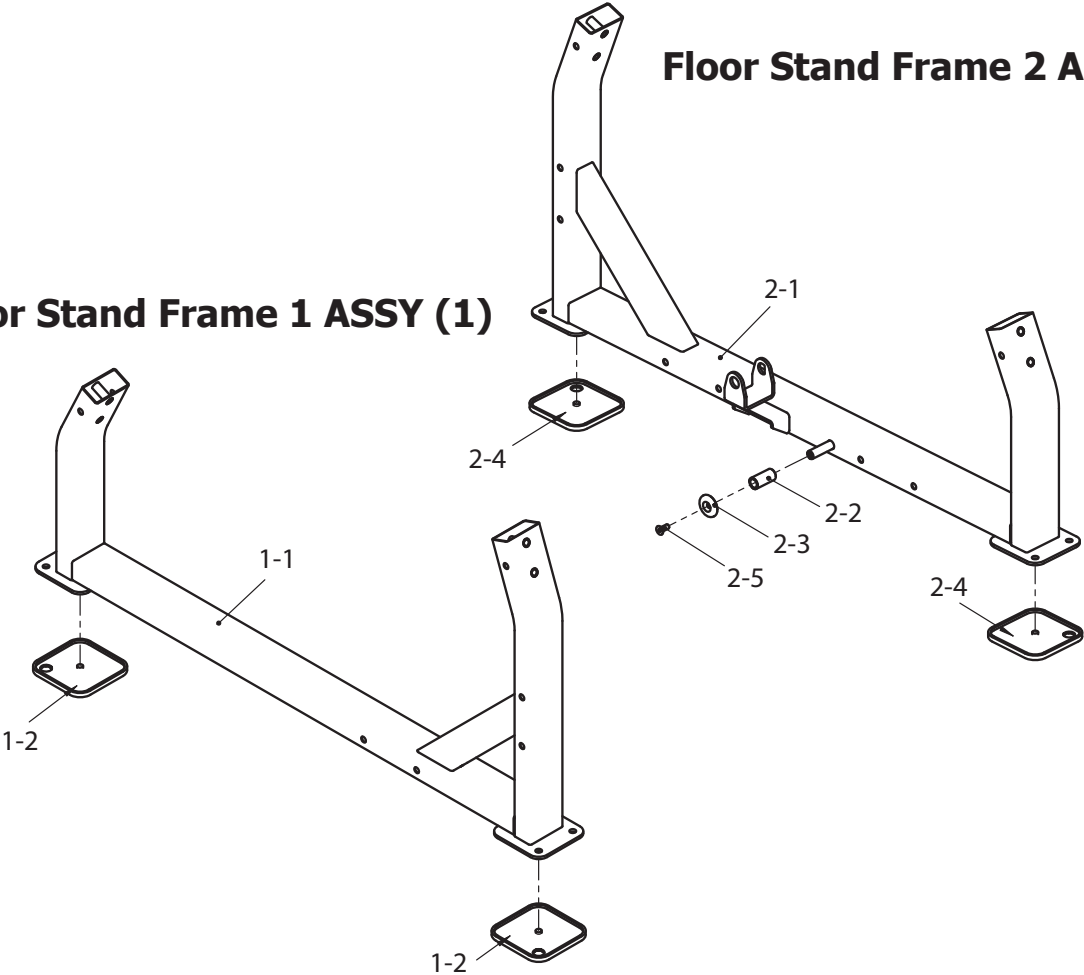
# 7.3 Exploded Drawing

## Overall



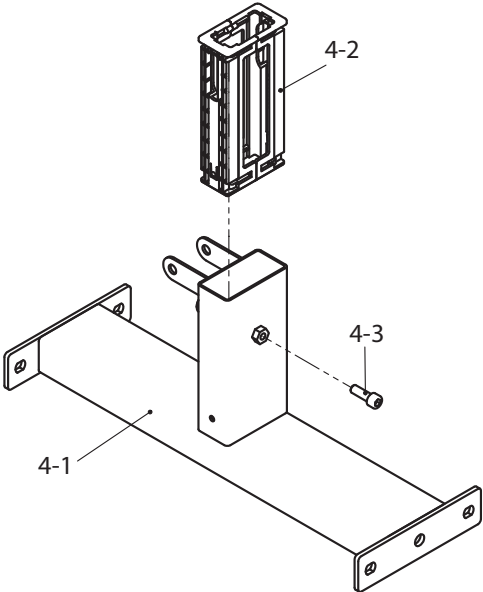
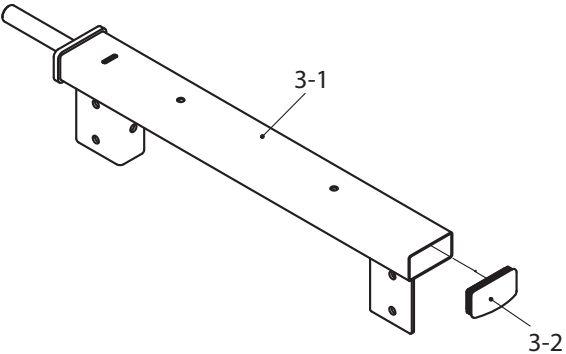
### Floor Stand Frame 2 ASSY (2)

### Floor Stand Frame 1 ASSY (1)

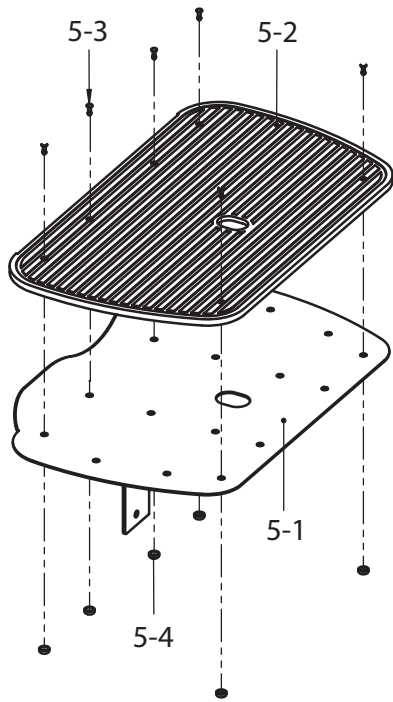


### Back Pad Frame ASSY (3)

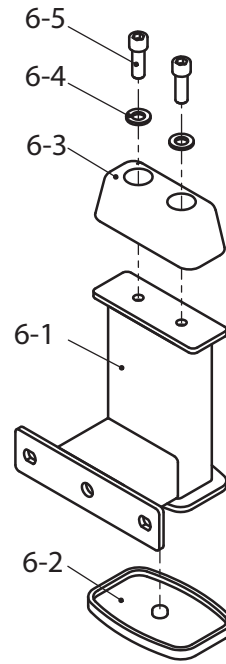
### Seat Pad Frame ASSY (4)



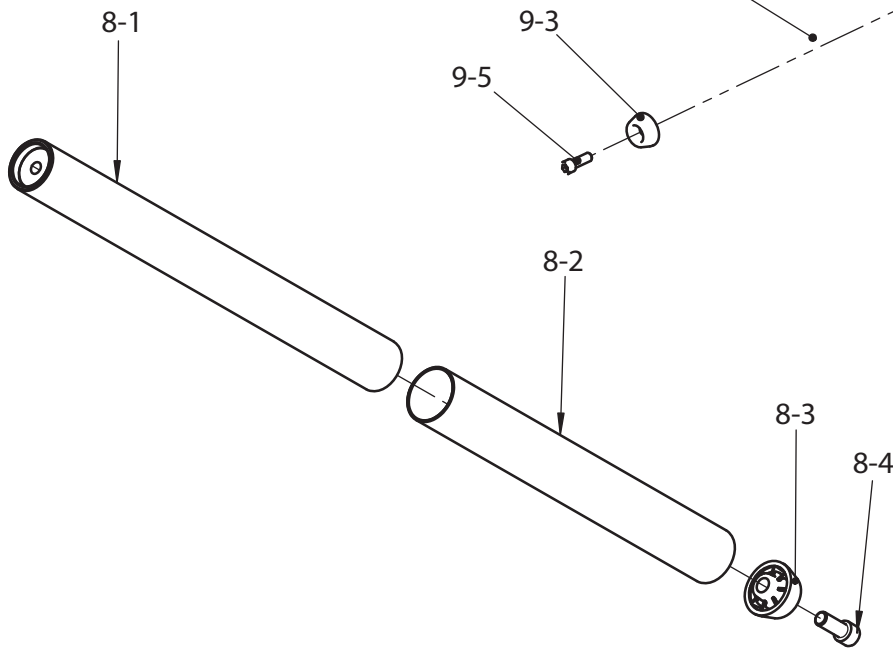
### Pedal Plate Frame ASSY (5)



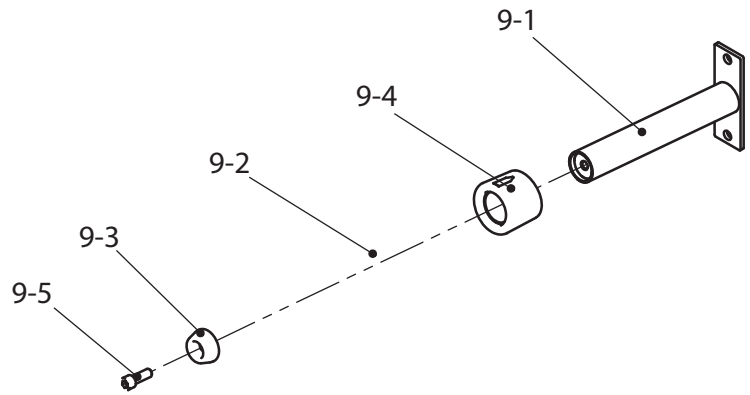
### Bottom Support Frame ASSY (6)



### Long Weight Horn Frame ASSY (8)

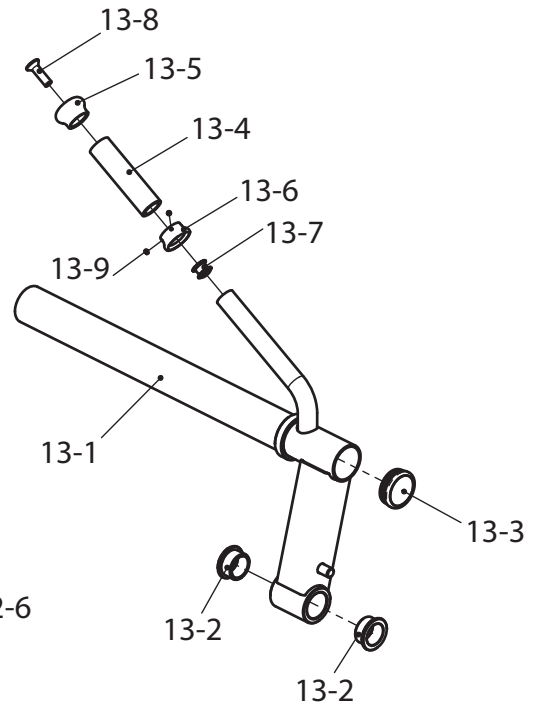
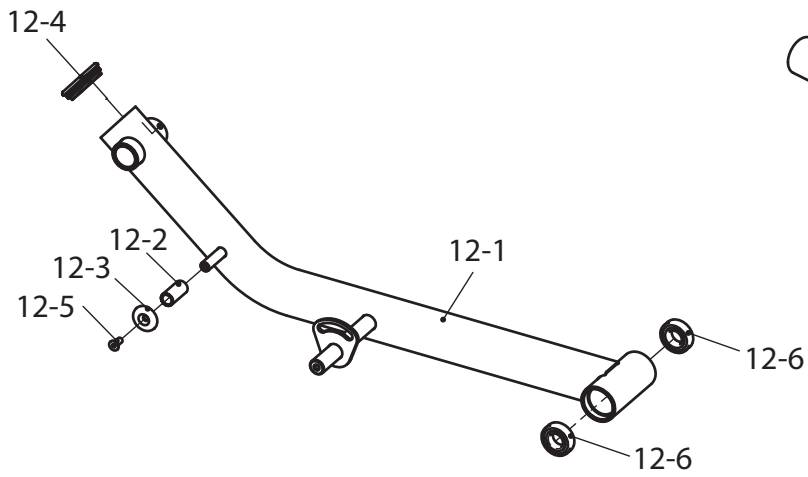


### Short Weight Horn Frame ASSY (9)

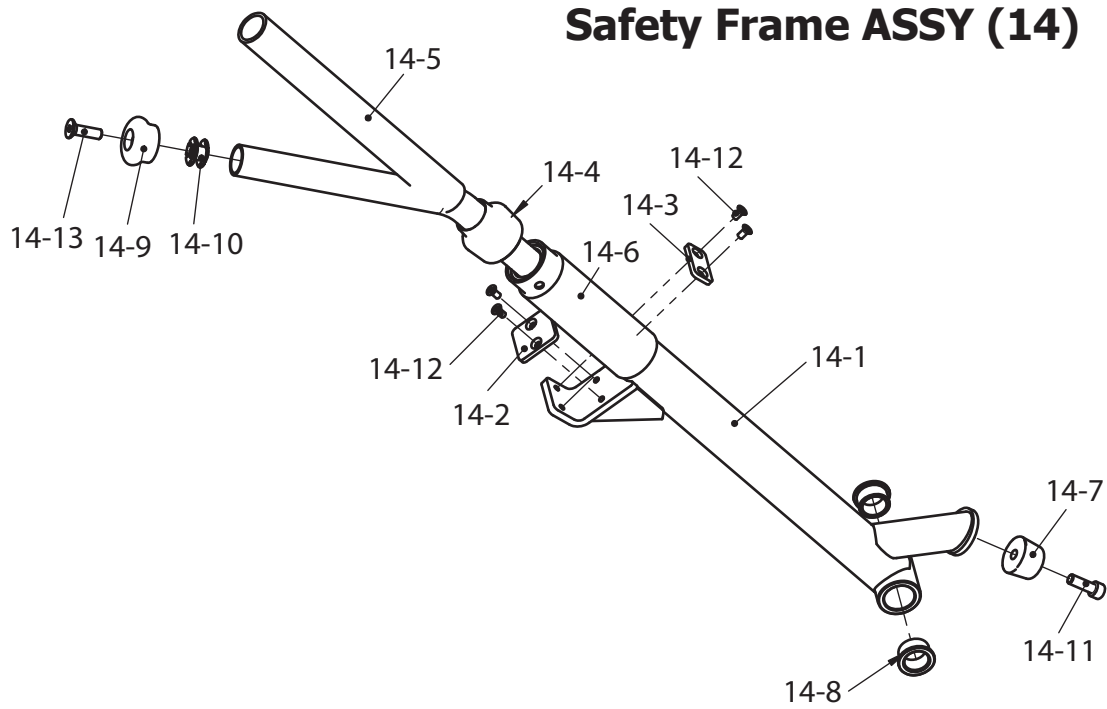


## Foam Frame ASSY (13)

## Swing Frame ASSY (12)

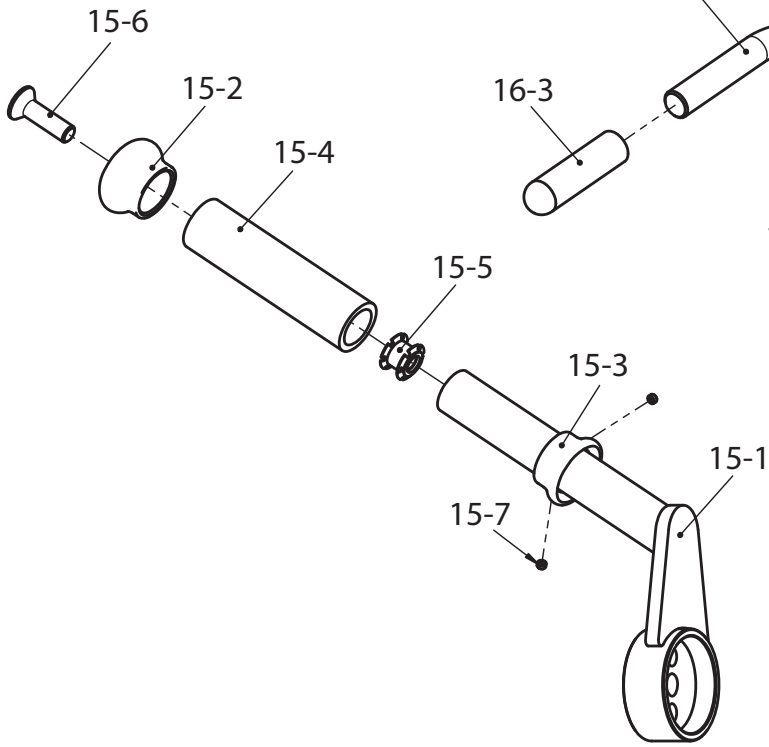


## Safety Frame ASSY (14)

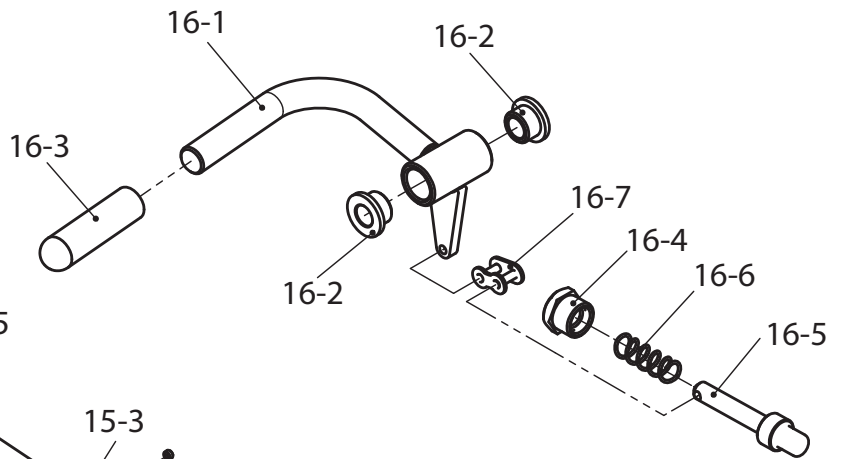




# Outside Handle Frame ASSY (15)



# Adjustable Handle Frame ASSY (16)



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

### **Error Descriptions**

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

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

**Your statutory rights are not affected.**

### **Warrantee**

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

### **Warranty period**

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

### **Repair Costs**

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

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

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

### **Warranty Service**

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

## **Warranty Conditions**

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

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

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

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

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

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







































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

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

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

### **Communication**

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

DE	DK	UK
<p><b>TECHNIK</b></p> <p> +49 4621 4210-900   +49 4621 4210-698   technik@fitshop.de   Öffnungszeiten entnehmen Sie unserer Homepage.</p> <p><b>SERVICE</b></p> <p> 0800 20 20277 (kostenlos)   04621 4210 - 0   info@fitshop.de   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  +49 4621 4210-945   info@fitshop.dk   Åbningstider kan findes på hjemmesiden:  <a href="https://stg.fit/statit7">https://stg.fit/statit7</a></p>	<p><b>CUSTOMER SUPPORT</b></p> <p> 00800 2020 2772  +494621 4210 944   info@fitshop.co.uk   You can find the opening hours on our homepage:  <a href="https://stg.fit/statitc">https://stg.fit/statitc</a></p>
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	<p><b>TECHNIQUE &amp; SERVICE</b></p> <p> +33 (0) 189 530984  +49 4621 42 10 933   info@fitshop.fr   Vous trouverez les heures d'ouverture sur notre site Internet:  <a href="https://stg.fit/statit4">https://stg.fit/statit4</a></p>	<p><b>TECHNIQUE &amp; SERVICE</b></p> <p> 02 732 46 77  +49 4621 4210 933   info@fitshop.be   Vous trouverez les heures d'ouverture sur notre site Internet:  <a href="https://stg.fit/statit8">https://stg.fit/statit8</a></p>
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<p><b>TECNOLOGÍA Y SERVICIOS</b></p> <p> 911 238 029   info@fitshop.es   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   service@fitshop.nl   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   service-int@fitshop.de   You can find the opening hours on our homepage:  <a href="https://stg.fit/statita">https://stg.fit/statita</a></p>
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<p><b>DZIAŁ TECHNICZNY I SERWIS</b></p> <p> 22 307 43 21  +49 4621 42 10-948   info@fitshop.pl   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)  +49 4621 42 10-0   info@fitshop.at   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  +49 4621 42 10-0   info@fitshop.ch   Öffnungszeiten entnehmen Sie unserer Homepage:  <a href="https://stg.fit/statit9">https://stg.fit/statit9</a></p>

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

[www.fitshop.com/en/stores](http://www.fitshop.com/en/stores)

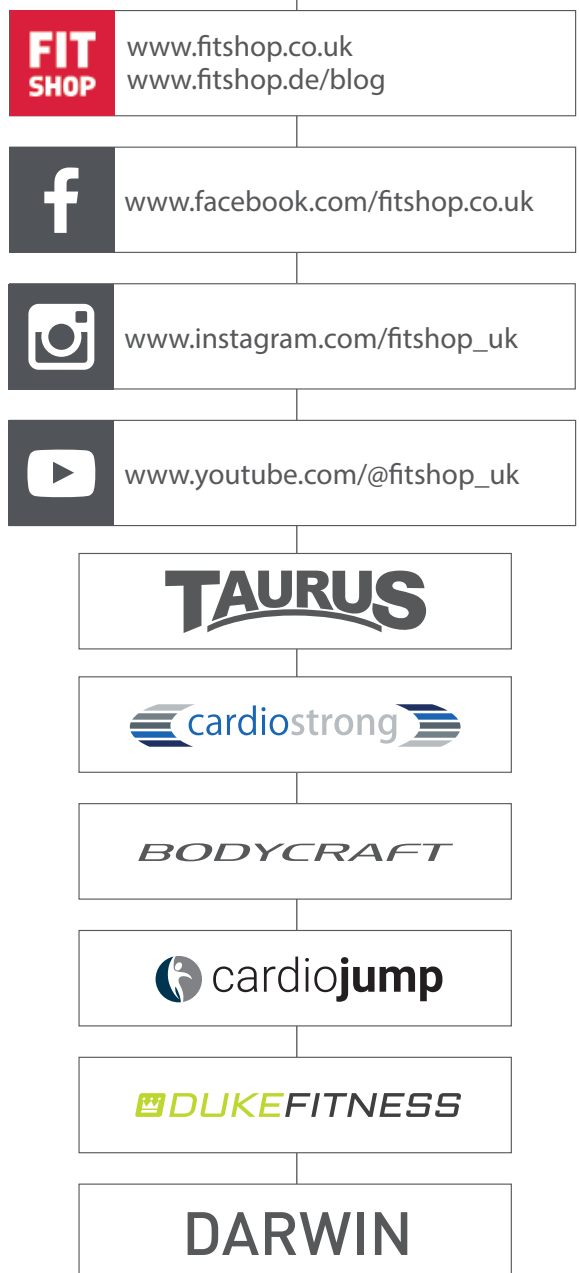
# WE LIVE FITNESS

## WEBSHOP AND SOCIAL MEDIA

Fitshop is Europe's largest specialist store for home fitness equipment with currently over 70 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

Fitshop offers a wide range of fitness equipment from renowned manufacturers, high-quality in-house developments and comprehensive services, such as a build-up service and sports scientific advice before and after the purchase. The company employs numerous sports scientists, fitness trainers and competitive athletes.

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



Notes



# TAURUS®

Taurus Iso Hip Thrust