

TAURUS®

Operating Instructions



Art. No. TF-STEPB

FSTFSTEPB.01.01

1 GENERAL SAFETY INSTRUCTIONS

1.1 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.

⚠ WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + People 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.

⚠ CAUTION

+ Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.

▶ ATTENTION

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

1.2 Set-Up Place

⚠ WARNING

- + Do not place the equipment in main corridors or escape routes.
- + To prevent fire, do not place the device near or in areas with high heat (e.g. near a heater).

⚠ CAUTION

+ Choose the set-up place so that there is sufficient space around the product. Please note that the product requires sufficient space to the rear when in the reclined position.

▶ 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
- + To avoid fading or faster wear of the cover, do not place the product in places with direct sunlight and/or high heat.

2 TECHNICAL DATA

Article weight (gross, incl. packaging): 13 kg

Article weight (net, without packaging): 12 kg

Packaging dimensions (L x W x H): 113 cm x 35 cm x 23 cm

Setup dimensions (LxWxH): 121.5 cm x 34.5 cm x 35.5 cm

Maximum load (user + weights): 250 kg

Use class: S

3 CARE, MAINTENANCE AND STORAGE

⚠ WARNING

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

1. Clean the device with a dry soft cloth.
2. Store the device in the supplied carton in a dry environment.

4 WARRANTY INFORMATION

Training equipment from TAURUS® is 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.

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.

Please refer to the website of your TAURUS® device for the exact warranty conditions.

Taurus Step Bench

5 BEFORE USE

⚠ CAUTION

Before opening the backrest, make sure the position is in "safe area" to avoid being injured when the backrest automatically raises.

1. Pull the backrest/ leg lever & adjust the backrest inclination/ leg at the same time.
2. Make sure the leg is locked in securely before workout.
3. Check that the backrest is locked properly after being folded down.



6 ADJUST THE DECK

1. Lift one side up.
2. Pull up the leg lever and fold out the leg.

The leg is engaged securely when it clicks.

3. Repeat these steps for the other leg.



4. Pull up the backrest lever to disengage the backrest from the bench.
5. Pull up the backrest lever and hold it until the backrest raises up to the highest position (85°).



7 ADJUST THE BACKREST HEIGHT

A

Lean back against the backrest of the deck after opening the backrest. Pull up the backrest lever to adjust the backrest & lean forward or backward until you have found a comfortable position. Release the lever and the backrest will engage into the desired position.



B

Pull up the backrest lever with one hand, adjust the backrest inclination with the other hand by reducing/ increasing the load against the backrest. Release the lever and the backrest will engage into the desired position.



8 FOLD UP THE DECK

1. To fold up the backrest: Pull up the backrest lever and hold it with one hand.
2. Push the backrest down with the other hand until it is completely folded together.



3. To fold up the legs: Lift one side up.
4. Pull up the leg lever and fold the leg back in to its original position.

The leg is engaged securely when it clicks.

5. Slightly shake the bench to check whether the legs are engaged.
6. Repeat these steps for the other leg.



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