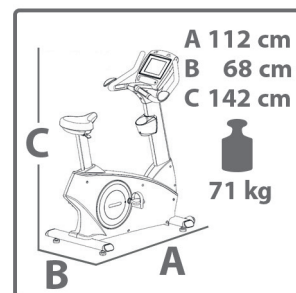


TAURUS®

Assembly and Operating Instructions



TFUB10.05.03

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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.sport-tiedje.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

Sport-Tiedje GmbH
Europe's No. 1 for home fitness

International Headquarters
Flensburger Straße 55
24837 Schleswig
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European VAT Number: DE813211547

Disclaimer



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

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.



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.

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

TFT display of

- + speed in km/h
- + training time in min
- + training distance in km
- + cadence (rotations per minute)
- + calories burnt in kcal
- + heart rate (when using the hand sensors or a chest strap)
- + heart rate trend
- + Watt
- + resistance level
- + METs

Brake system:	electronic magnetic induction brake system
Resistance levels:	16
Power:	45 - 300 Watt (adjustable in 5-Watt increments)
Operation:	Generator

Total number of programs:	20
Quick-Start Programmes:	1
Heart-rate controlled programs:	7
Basic programs:	6
Advanced programs:	6

Balance mass:	10 kg
Translation:	1 : 12.3
Saddle distance:	67-99 cm
Pedal arm length:	17 cm
Bottom bracket width:	16 cm

Weight and dimensions:

Package dimensions (L x W x H): approximately 131 cm x 33 cm x 78 cm
Set-up dimensions (L x W x H): approximately 112 cm x 68 cm x 142 cm
Article weight (gross, including packaging): 78.7 kg
Article weight (net, without packaging): 70.8 kg

Maximum user weight: 181kg / 399 lbs

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.

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.

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.

ATTENTION

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

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.

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

- + Do not open the packaging when it is lying on its side.
- + 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

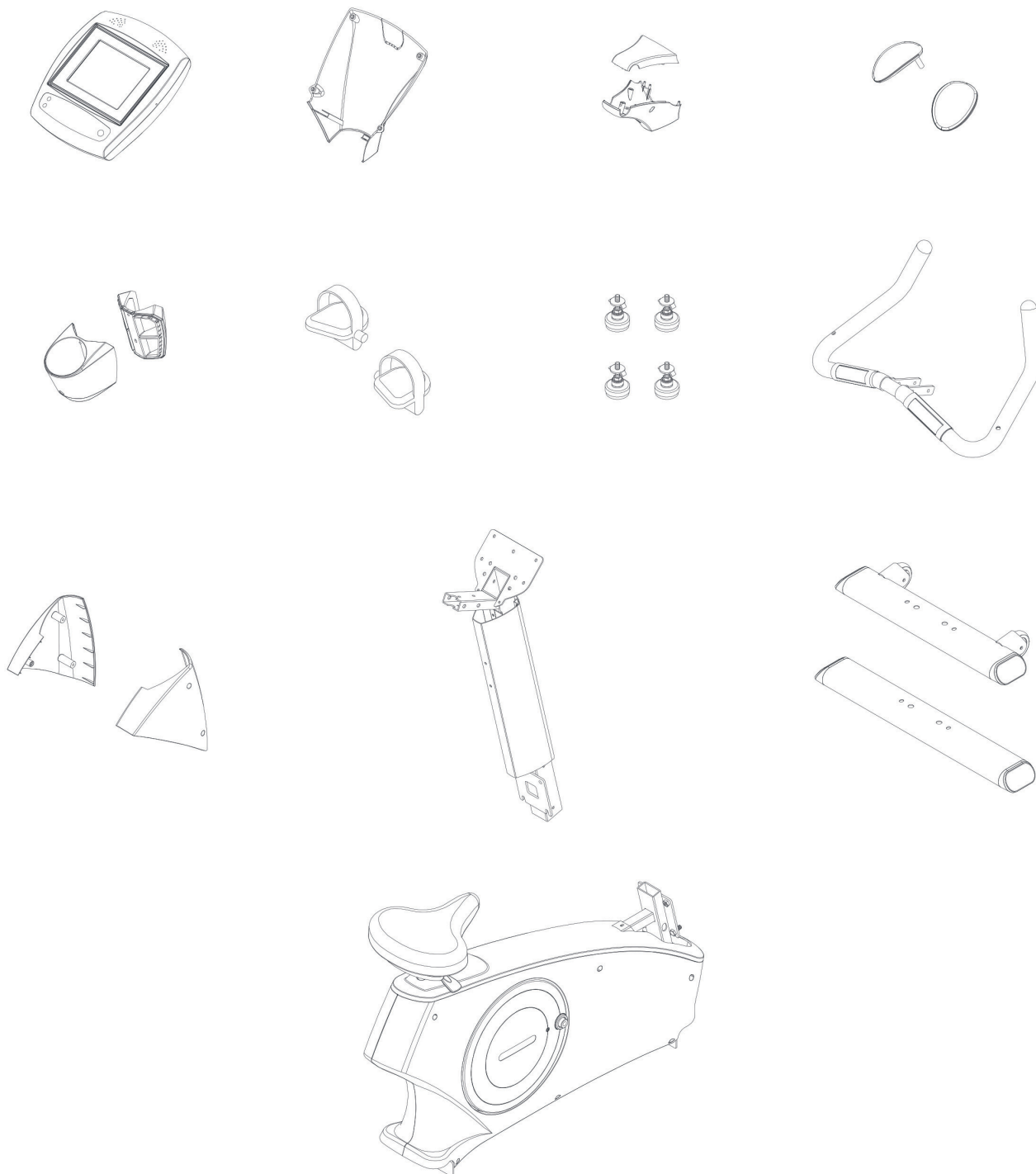
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.


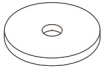

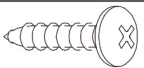
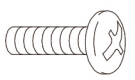

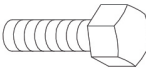




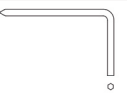

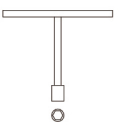
2.2 Scope of Delivery

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.



	74) Spring washer (M8)	4
	76) Washer (8x38x2.0t)	4
	81) Washer (6x13x1.0t)	2
	85) Screw (M4x20mm)	4
	87) Bolt (M5xp0.8x15mm)	14
	99) Bolt (M8xp1.25x65mm)	4
	101) Bolt (M10xp1.5x25mm)	2
	115) Spring washer (M6)	2
	116) Bolt (M6xp1.0x12mm)	2
	Wrench (65mm)	1
	Allen wrench (5mm)	1
	Phillips wrench (6mm)	1
	Socket wrench (13mm)	1
	T-hand socket wrench (17mm)	1

2.3 Assembly

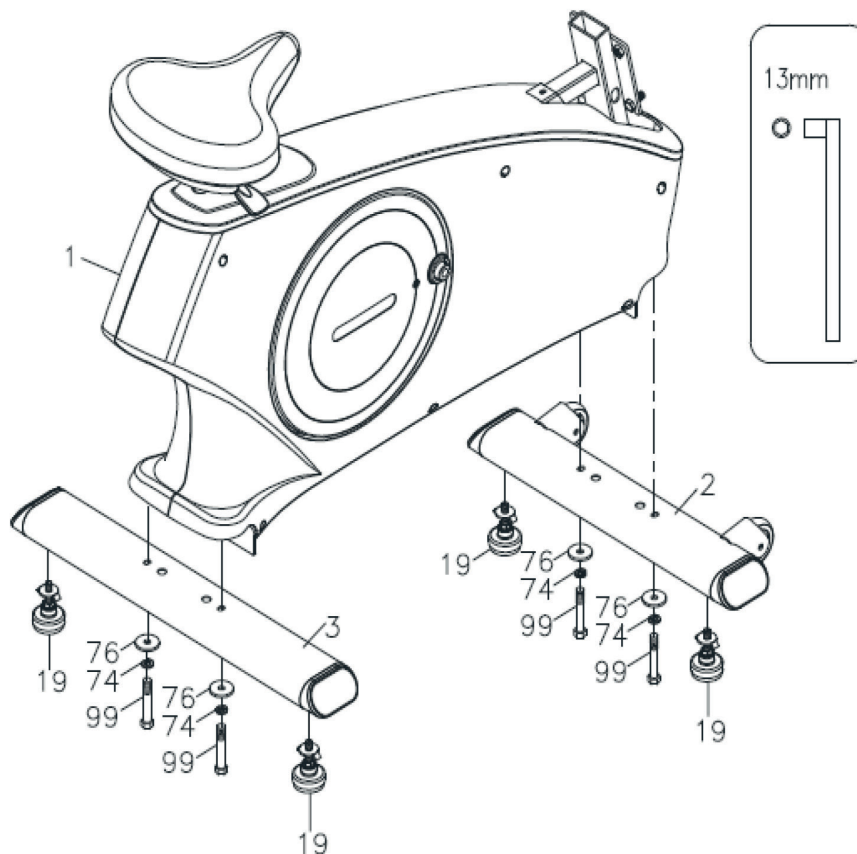
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

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.

Step 1: Assemble Base Feet

1. Mount four adjusting screws (19) each on the front base foot (2) and rear base foot (3).
2. Make sure that the adjusting screws (19) are tightly attached to the base feet.
3. In order to be able to mount the base feet easier, we recommend placing one of the pieces of Styrofoam under the frame (1).
4. Mount the front base foot (2) on the frame (1) with two washers (76), two spring washers (74) and two screws (99).
5. Mount the rear base foot (3) on the frame (1) with two washers (76), two spring washers (74) and two screws (99).



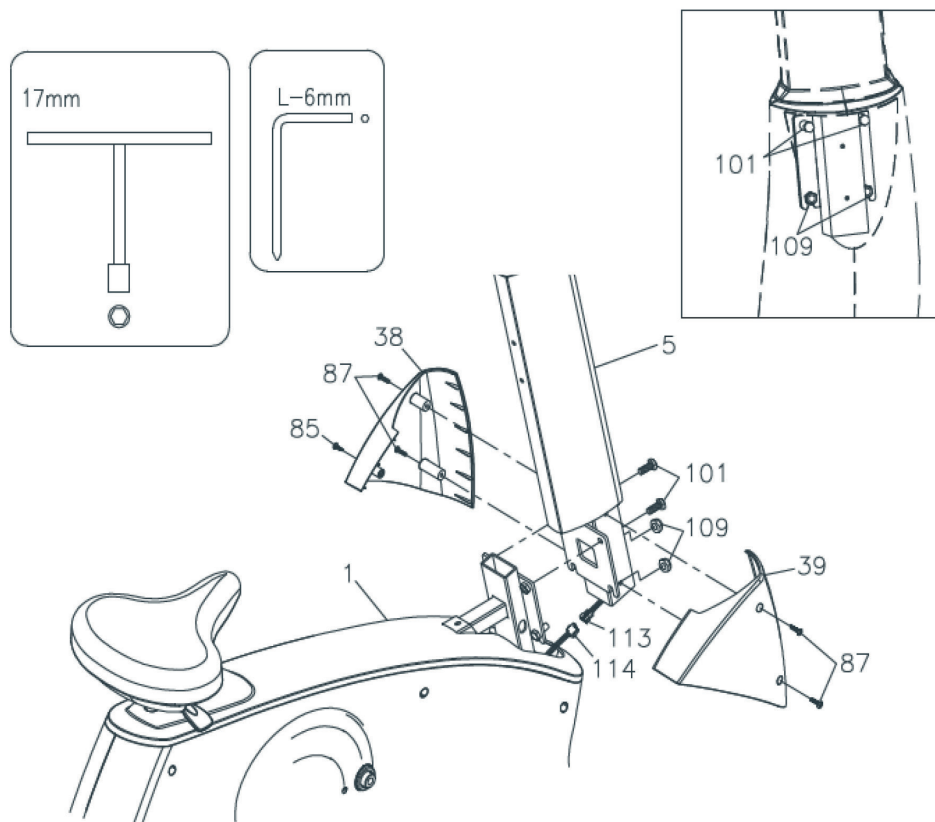
Step 2: Assemble Console Mast

1. Connect the lower connection cable (114) with the middle connection cable (113).

► ATTENTION

In the following step, make sure that the cable is not pinched.

2. Insert the console mast (5) in the main frame (1) and mount it with two screws (101) and two pre-assembled nuts (109).
3. Tighten the nuts with the tool.
4. Mount the right console mast cover (39) on the console mast (5) with two screws (87).
5. Mount the left console mast cover (38) on the console mast (5) with two screws (87) and another screw (85).



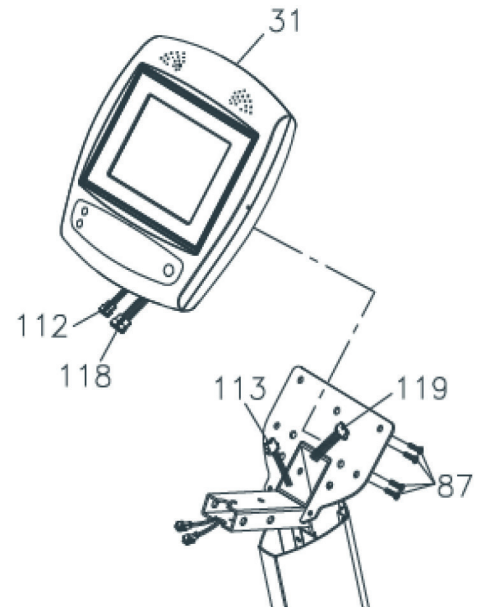
Step 3: Assemble Console

1. Connect the middle connection cable (113) to the upper connection cable (112) and the middle pulse sensor cable (119) to the upper pulse sensor cable (118).

► **ATTENTION**

In the following step, make sure that the cable is not pinched.

2. Secure the console (31) to the console mast (5) with four screws (87).
3. Tighten the screws with the tool.



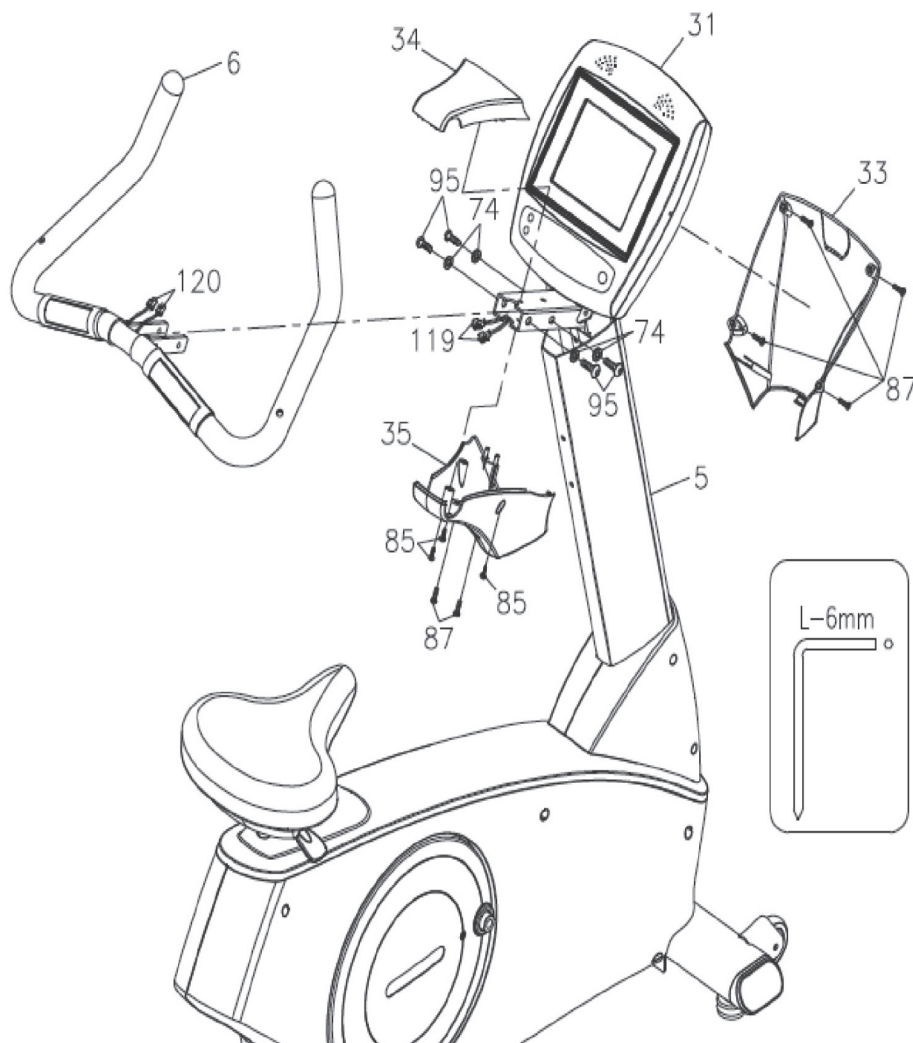
Step 4: Assemble Handle and Covers

1. Connect the middle pulse sensor cable (119) to the lower pulse sensor cable (120).

► **ATTENTION**

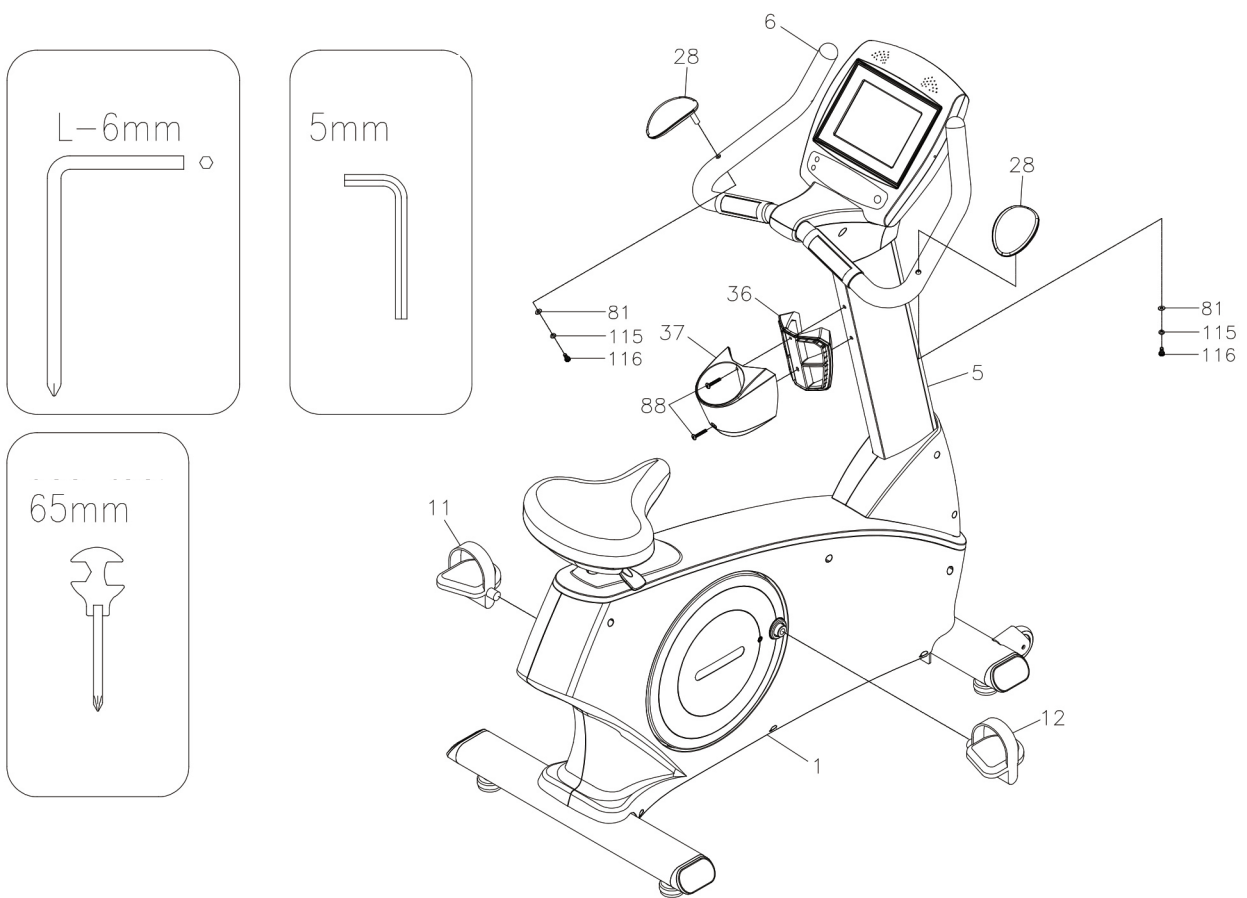
In the following step, make sure that the cable is not pinched..

2. Secure the handle (6) to the console mast (5) with four spring washers (74) and four screws (95).
3. Secure console cover (33) to console (31) with four screws (87).
4. Secure the upper and lower handle covers (34&35) to the console mast with three screws (85) and two screws (87).
5. Tighten the screws with the tool.



Step 5: Assemble Arm Rests, Bottle Holder and Pedals

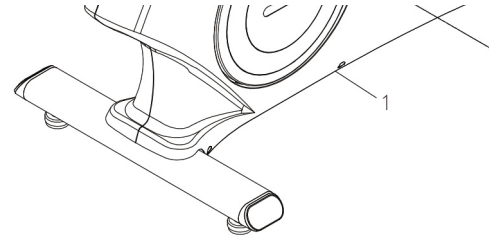
1. Secure the arm rests (28) to the handle (6) with two washers (81), two spring washers (115) and two screws (116).
2. Secure the two parts of the bottle holder (36&37) to the console mast (5) with the two pre-assembled screws (88).
3. Screw tight the right pedal (12) clockwise on the right pedal crank. Screw tight the left pedal (11) counter-clockwise on the left pedal crank.
4. Tighten all screws and nuts with the tool.



Step 6: Alignment of the feet

If the floor is uneven, you can stabilize the equipment by turning the two setting screws under the main frame.

1. Lift the equipment on the desired side and rotate the setting screws under the main frame.
2. Rotate the screws clockwise in order to remove them and to raise the equipment.
3. Rotate them counterclockwise in order to lower the equipment.



Step 7: Connecting the equipment to the mains supply

ⓘ NOTICE

The equipment can be used without an adapter and is equipped with a 12V rechargeable battery. The battery charges when pedalling constantly at more than 35 RPM (revolutions per minute). An optional adapter (18V, 1000mA) can be used as a charging aid.

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

2.4 Adjustments

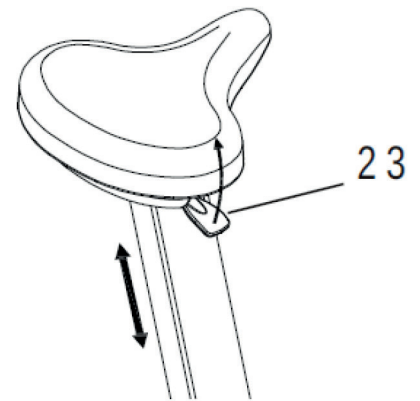
Angle adjustment of the console

Adjust the angle of the console by pressing lightly on the upper or lower end of the console.



Seat adjustment

In order to adjust the height of the seat: press the lever underneath the seat slightly upwards. As soon as you have reached the desired height, release the lever again.



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.

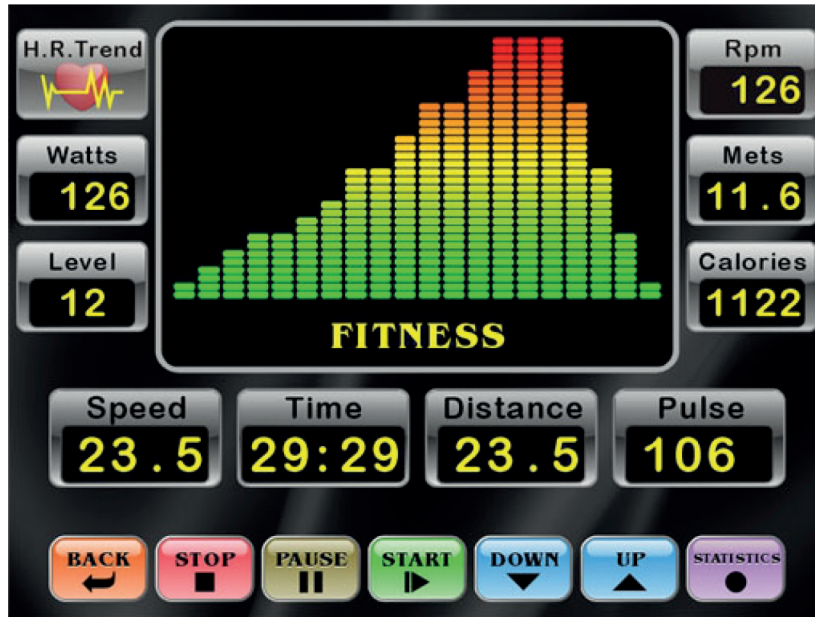
3.1 Console display



Pulse	Wear a chest strap or grab the hand pulse sensors with both hands. The heart symbol will appear a few seconds later and your heart rate will be displayed. If you do not grab the hand pulse sensors correctly with your hands and it does not receive a heart rate, the HR display will turn off after a few seconds. As soon as your hands grab the sensors again correctly, the heart rate will be displayed again.
Watt	Indicates Watt in the range from 0 - 999 Watts.
Level	Indicates the resistance level between 1 - 16.

Speed	Indicates the speed between 0.0 - 99.9 km/h.
Time	Ascending: If no target value is set, the time will run ascending from 0:00 to 99:59 minutes.
Distance	Indicates the distance covered between 0.0 - 99.9 km.
RPM	Indicates the rotations per minute between 0 - 255.
Calories	Indicates the calories burnt between 0 – 9999.
METS	<p>Indicates the metabolic equivalent.</p> <p>ⓘ NOTICE MET or metabolic equivalent is used to measure the average metabolic rate for a person. MET describes the quantity of oxygen that an average person needs when in rest.</p> <p>1 MET = 3.5 ml/kg/min (The body consumes 3.5 milliliters of oxygen per kilogram per minute) is the amount of oxygen that the body needs when in rest. The more intensively the body works, the more oxygen is consumed and the higher the MET level. If you train at a level of seven METS, then you are working approximately 7 times harder than when in rest.</p> <p>Furthermore, you need 7 times as much oxygen than when in rest.</p> <ul style="list-style-type: none"> + Training between three to six METs is seen as moderate physical activity.. + Training at more than six METs is seen as strong physical activity.
Media	<ul style="list-style-type: none"> + Loudspeaker + MP3/CD player connection + Earphones connection + Mute button

3.2 Button functions



START	Press START to start the training.
PAUSE	Press PAUSE to pause the training.
STOP	Press STOP to end the training. All values are reset to zero.
UP	Press UP to increase resistance during training.
DOWN	Press DOWN to lower the resistance during training.
BACK	Press BACK to return to the previous screen.
STATISTICS	Press STATISTICS to display your training values.
H.R. Trend	<p>Press H.R. Trend to display your heart rate diagram. If the console receives your heart rate, it will be recorded automatically every 60 seconds.</p> <p>NOTICE Make sure that you wear a chest strap or hold the pulse sensors with both hands so that the console can receive your heart rate.</p> <p>Press H.R. Trend again to return to the training program.</p>

3.3 Turning on and setting the equipment

The console turns on automatically if you pedal with more than 25 RPM.
The console will turn off automatically after 60 seconds of inactivity.

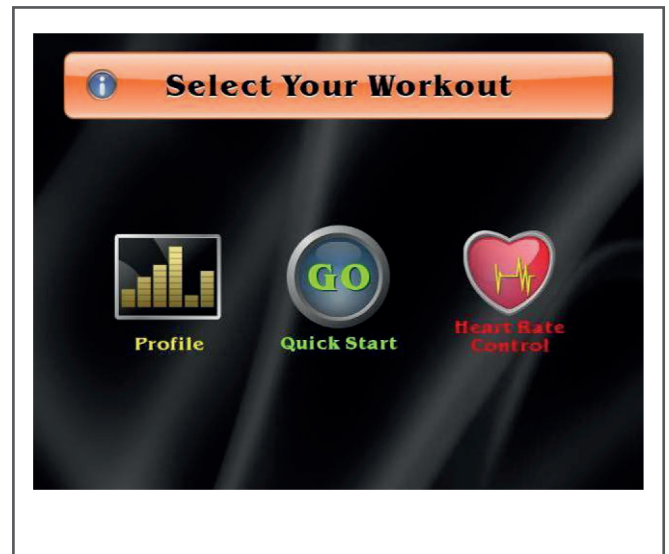
NOTICE

The console contains rechargeable batteries. The console turns off if the batteries are empty. The batteries are charged with rotations of more than 35 RPM.

3.4 Programs

You have three options on the start screen:

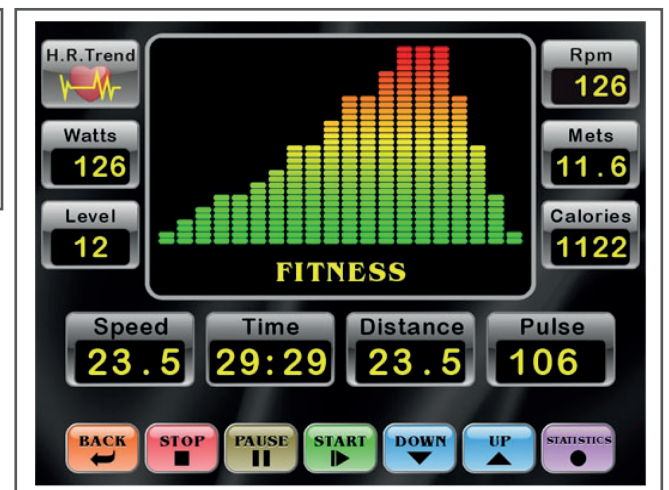
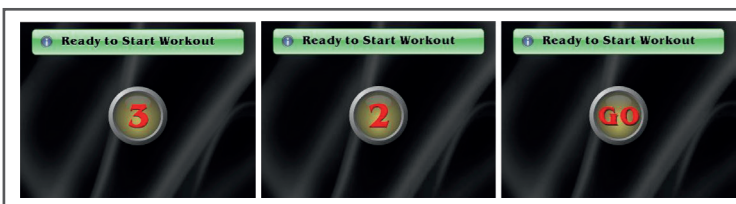
1. Quick Start. Select Quick Start if you would like to start directly in the manual program without settings.
2. Profile: Here you can choose between Basic profiles and Advanced profiles.
3. Heart rate controlled training (H.R.C.) (60%, 65%, 70%, 75%, 80%, 85%)



3.4.1 Quick Start

Press Quick Start on the start screen.

Once you have selected Quick Start, you will see the following displays (count-down) one after the other.



3.4.2 Profiles

Press **Profile** on the start screen.

Then select between **Basic** and **Advanced**.

Basic Profile: You can choose between six basic programs.

Advanced Profile: You can choose between six advanced programs.



3.4.2.1 Basic profiles

Select **Basic Profile**.

Now you can select from the following six programs:

Manual, Fitness, Random, Rolling, Fat Burn, Ascent.

Press **Back** to return to the previous screen.

Press **Next** to continue with the weight setting.

Press **Quick Start** to immediately begin the training.



Now you can set your weight between 30 - 181 kg (66 - 399 lbs).

Press **Back** to return to the previous screen.

Press **Next** to continue with the time setting.

Press **Quick Start** to immediately begin the training..



Now you can set your desired training time between 5:00 - 99:00 minutes.

Press **Back** to return to the previous screen.

Press **Next** to start training.

Press **Quick Start** to immediately begin the training.



H.R. Trend

WARNING

Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.

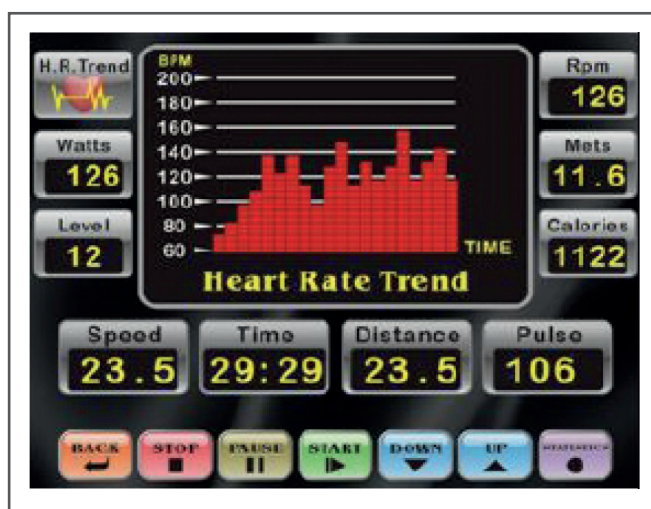
NOTICE

Make sure that you wear a chest strap or hold the pulse sensors with both hands so that the console can receive your heart rate.

Press **H.R. Trend** to display your heart rate diagram.

If the console receives your heart rate, it will be recorded automatically every 60 seconds.

Press **H.R. Trend** again to return to the training program.



Press **STATISTICS** to display your training values.

NOTICE

You can press this button at any time while training in order to display the statistics. Press the **Back** button to return to the training screen.



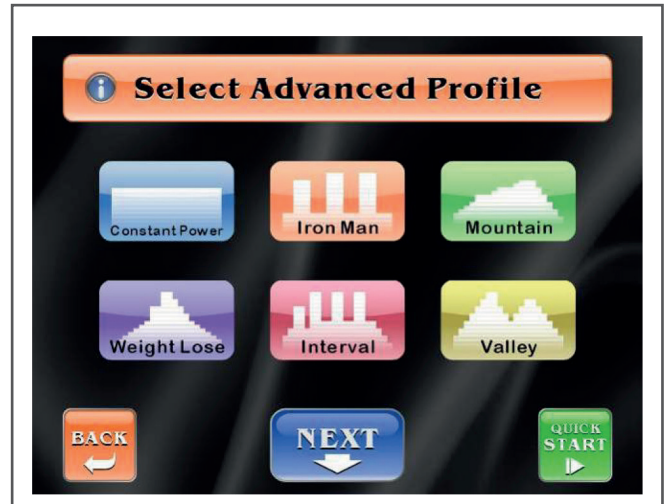
3.4.2.2 Advanced profiles

Select **Advanced Profile**.

Now you can select from the following six programs:

Constant Power, Iron Man, Mountain, Weight Loss, Interval, Valley.

Before you select the **Constant Power** program, you should get to know the difference between **constant power** and **constant resistance**.



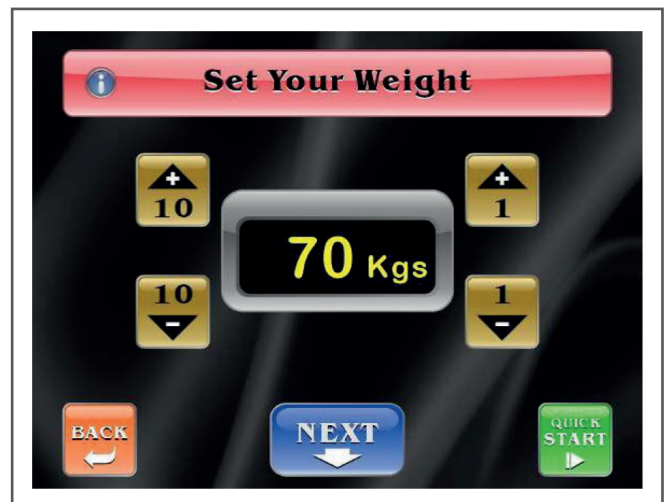
Constant resistance (in most training programs)	Resistance remains the same independent of the speed.
Watt control (constant wattage) (in the Constant Power program)	Resistance depends on the speed. The console examines the cadence (RPM) of the user in order to guarantee a constant wattage during training. If the speed increases, the resistance decreases. If the speed decreases, the resistance increases.

Now you can set your weight between 30 - 181 kg (66 - 399 lbs).

Press **Back** to return to the previous screen.

Press **Next** to continue with the time setting.

Press **Quick Start** to immediately begin the training.



Now you can set your desired training time between 5:00 - 99:00 minutes.

Press **Back** to return to the previous screen.

Press **Next** to start training.

Press **Quick Start** to immediately begin the training.



H.R. Trend

WARNING

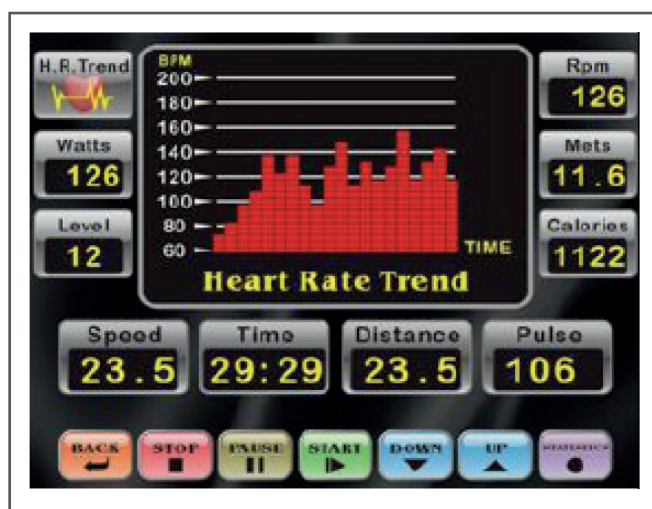
Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.

NOTICE

Make sure that you wear a chest strap or hold the pulse sensors with both hands so that the console can receive your heart rate.

Press **H.R. Trend** to display your heart rate diagram. If the console receives your heart rate, it will be recorded automatically every 60 seconds.

Press **H.R. Trend** again to return to the training program.



Press **STATISTICS** to display your training values.



NOTICE

You can press this button at any time while training in order to display the statistics. Press the **Back** button to return to the training screen.

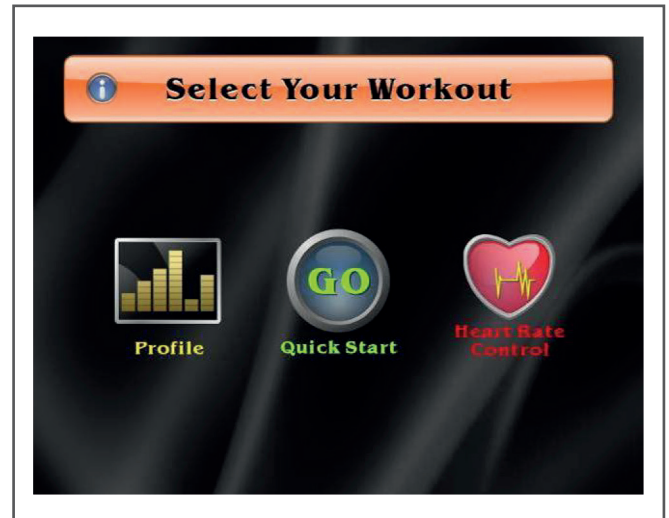


3.4.3 Heart rate control

⚠ WARNING

Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.

Select "Heart Rate Control" on the start screen.



Now you can set your weight between 30 - 181 kg (66 - 399 lbs).

Press **Back** to return to the previous screen.
Press **Next** to continue with the time setting.
Press **Quick Start** to immediately begin the training.



Now you can set your desired training time between 5:00 - 99:00 minutes.

Press **Back** to return to the previous screen.
Press **Next** to start training.
Press **Quick Start** to immediately begin the training.



Now you can set your age between 5 - 99 years.

Press **Back** to return to the previous screen.

Press **Next** to continue with the gender setting.

Press **Quick Start** to immediately begin the training.



Now you can select your gender.

Press **Back** to return to the previous screen.

Press **Next** to continue with the target heart rate setting.

Press **Quick Start** to immediately begin the training.

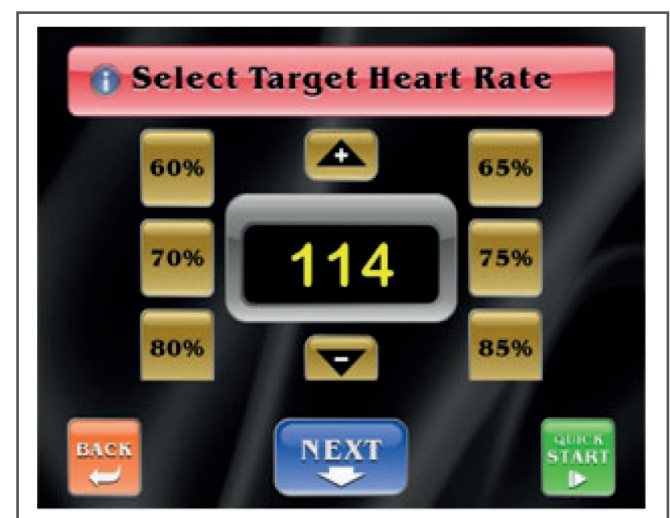


Now you can select your target heart rate (60%, 65%, 70%, 75%, 80%, 85% of the maximum heart rate)

Press **Back** to return to the previous screen.

Press **Next** to start training.

Press **Quick Start** to immediately begin the training.



H.R. Trend

WARNING

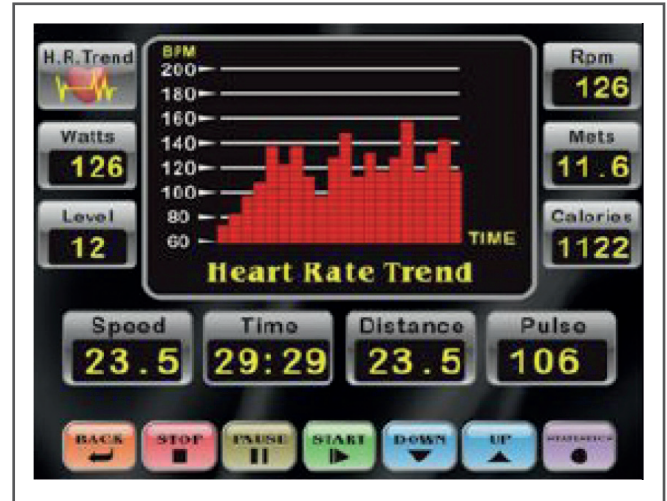
Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.

NOTICE

Make sure that you wear a chest strap or hold the pulse sensors with both hands so that the console can receive your heart rate.

Press **H.R. Trend** to display your heart rate diagram. If the console receives your heart rate, it will be recorded automatically every 60 seconds.

Press **H.R. Trend** again to return to the training program.

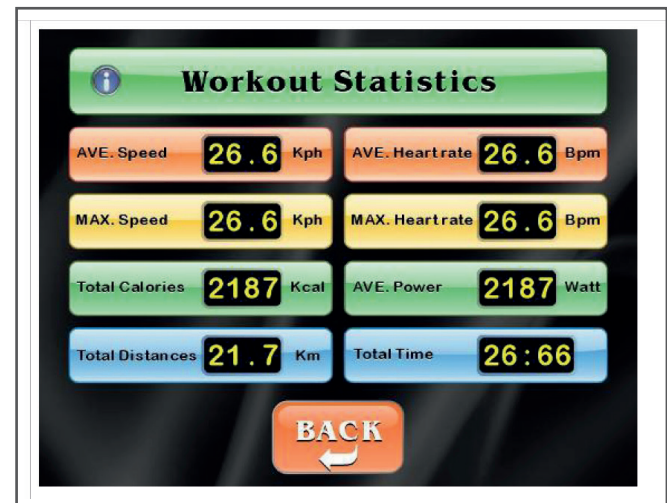


Press **STATISTICS** to display your training values.



NOTICE

You can press this button at any time while training in order to display the statistics. Press the **Back** button to return to the training screen.



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

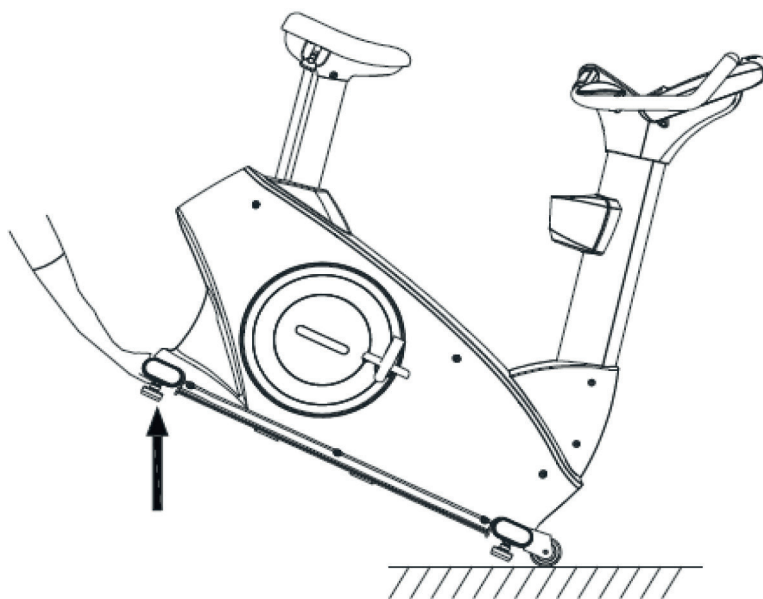
- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

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.



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
Crackling noise in pedal area	Loose pedals	Tighten the pedals
Equipment wobbles	Equipment is not level	Adjust the supporting feet
Handlebar/saddle wobbles	Screws are loose	Tighten screws
Display does not turn on	Power is disconnected	Check all plug connections and see if the plug is plugged in
No pulse reading	<ul style="list-style-type: none"> + Sources of interference in the room + Unsuitable chest strap + Chest strap is incorrectly positioned + Chest strap defective + Batteries are empty + Not enough contact with the hand pulse sensors 	<ul style="list-style-type: none"> + Eliminate sources of interference (e. g. mobile phone, loudspeaker, etc.) + Use a suitable chest strap (see recommended accessories) + Reposition the chest strap and/or moisten the electrodes + Replace batteries + Place hands completely on the hand pulse sensors

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			
Plastic covers	C	I			
Screws and cable connections		I			
Legend: C = clean; I = inspect					

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. This could be a floor mat, for example, which makes your fitness equipment stand more securely and also protects the floor from falling sweat, but it could also be additional handrails on some treadmills or silicone spray to keep moving parts in good shape.

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. You may want to buy additional grips or weights for multi gyms.

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



towels



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:

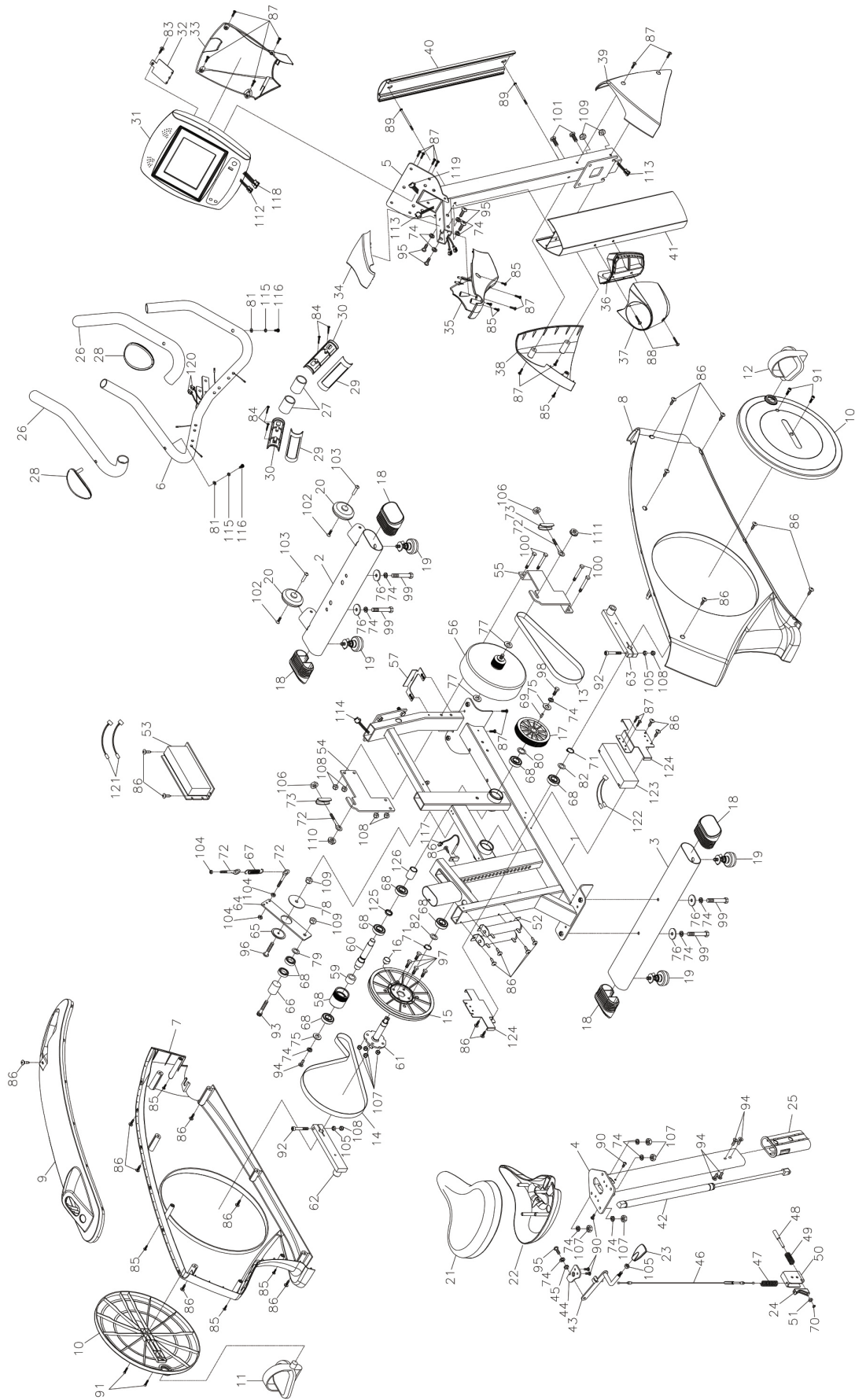
Article Number:

8.2 Parts List

No.	Name	Supplier Parts No.		Specification	Qty.
1	Main Frame	1	33	Console Bracket	1
2	Front Stabilizer	1	34	Upper Handlebar Decoration Cover	1
3	Rear Stabilizer	1	35	Lower Handlebar Decoration Cover	1
4	Seat Post	1	36	Accessory Tray Support Pad	1
5	Upright Post	1	37	Accessory Tray	1
6	Handlebar	1	38	Left Upright Post Sleeve	1
7	Left Cover	1	39	Right Upright Post Sleeve	1
8	Right Cover	1	40	Front Aluminum Upright Cover	1
9	Upper Chain Cover	1	41	Rear Aluminum Upright Cover	1
10	Crank Cover	2	42	Air Pressure Bar	1
11	Left Pedal	1	43	Seat Adjustment Lever	1
12	Right Pedal	1	44	Fixed Stand	1
13	Belt (762J8)	1	45	Spacer	1
14	Belt (1092J8)	1	46	Cable	1
15	Pulley (235)	1	47	Cable Spring	1
16	Magnet	1	48	Roller Axle	1
17	Pulley (120)	1	49	Stand Spring	1
18	EndCaps	4	50	Spacer Stand	1
19	Leveler	4	51	Arc Washer	1
20	Transportation Wheels	2	52	Resistor	1
21	Seat	1	53	Controller	1
22	Seat Lower Case	1	54	Right Mounting Plate	1
23	Adjustment Bar	1	55	Left Mounting Plate	1
24	Slider	1	56	Generator	1
25	Seat Post Sleeve	1	57	Adaptor Bracket	1
26	Upper Foam Grip	2	58	One Way Pulley (51)	1
27	Foam Grip	2	59	One Way Bearing(2520)	1
28	Hand Wrist Pad	2	60	Axle	1
29	Pulse Sensor Top Housing	2	61	Crank Shaft	1
30	Pulse Sensor Bottom Housing	2	62	Left Crank	1
31	Console	1	63	Right Crank	1
32	Battery Door	1	64	Idler Arm	1

65	Axle Connection Cap	1	96	Bolt (M10xp1.5x45mm)	1
66	Idler Wheel Spacer	1	97	Bolt (M8xp1.25x15mm)	4
67	Idler Spring	1	98	Bolt (M8xp1.25x15mm)	1
68	Bearing (6004)	8	99	Bolt (M8xp1.25x65mm)	4
69	Square Key (6x6x15mm)	1	100	Bolt (M8xp1.25x80mm)	4
70	E-Ring	1	101	Bolt (M10xp1.5x25mm)	2
71	C-Ring	2	102	Bolt (M6xp1.0x12mm)	4
72	Eye Bolt	4	103	Bolt (L=35mm)	2
73	Tension Bracket	2	104	Nut (M6xp1.0)	3
74	Lock Washer (M8)	15	105	Nut (M8xp1.25)	3
75	Washer (8x23x2.0t)	2	106	Nylon Nut (M6xp1.0)	2
76	Washer (8x38x2.0t)	4	107	Thin Nylon Nut (M8xp1.25)	8
77	Washer (10x23x2.0t)	2	108	Nylon Nut (M8xp1.25)	6
78	Washer (10.6x60x2.0t)	1	109	Nylon Nut (M10xp1.5)	4
79	Washer (17x25x1.0t)	1	110	Flange Nut (M10xp1.25)	1
80	Washer (18.3x25x1.0t)	1	111	Nut (M10xp1.25)	1
81	Washer (6x13x1.0t)	2	112	Upper Connection Wire	1
82	Washer (21x30x1.0t)	2	113	Middle Connection Wire	1
83	Screw (M3x10mm)	1	114	Lower Connection Wire	1
84	Screw (M3x25mm)	4	115	Lock washer (M6)	2
85	Screw (M4x20mm)	8	116	Bolt (M6xp1.0x12mm)	2
86	Screw (M5x18mm)	24	117	Sensor Wire & Stand	1
87	Bolt (M5xp0.8x15mm)	18	118	Upper Pulse Sensor Wire	1
88	Bolt (M5xp0.8x30mm)	2	119	Middle Pulse Sensor Wire	1
89	Bolt (M5xp0.8x75mm)	2	120	Lower Pulse Sensor Wire	2
90	Bolt (M6xp1.0x10mm)	4	121	Generator Connection Wire	2
91	Bolt (M6xp1.0x20mm)	4	122	TFT Battery Connection Wire	1
92	Bolt (M8xp1.25x55mm)	2	123	TFT Battery	1
93	Bolt (M10xp1.5x30mm)	1	124	TFT Battery Bracket	2
94	Bolt (M8xp1.25x10mm)	5	125	Spacer (4.6mm)	1
95	Bolt (M8xp1.25x16mm)	5	126	Spacer (36mm)	1

8.3 Exploded Drawing



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.

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 for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

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	FR
TECHNICAL SUPPORT +49 4621 4210-900 +49 4621 4210-698 technik@sport-tiedje.de Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00		TECHNICAL SUPPORT & SERVICE 80 90 16 50 +49 4621 4210-945 info@fitshop.dk Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00	TECHNICAL SUPPORT & SERVICE +33 (0) 172 770033 +49 4621 4210-933 service-france@fitshop.fr Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00
SERVICE 0800 20 20277 (Freecall) info@sport-tiedje.de Mo - Fr 08:00 - 21:00 Sa 09:00 - 21:00 So 10:00 - 18:00		PL	BE
		TECHNICAL SUPPORT & SERVICE 22 307 43 21 +49 4621 42 10-948 info@fitshop.pl Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00	TECHNICAL SUPPORT & SERVICE 02 732 46 77 +49 4621 42 10-932 info@fitshop.be Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00

UK	NL	INT
TECHNICAL SUPPORT +44 141 876 3986 support@powerhousefitness.co.uk SERVICE +44 141 876 3972 Mo - Fr 9am - 5pm	TECHNICAL SUPPORT & SERVICE +31 172 619961 info@fitshop.nl Ma - Do 09:00 - 17:00 Vr 09:00 - 21:00 Za 10:00 - 17:00	TECHNICAL SUPPORT & SERVICE +49 4621 4210-944 service-int@sport-tiedje.de Mo - Fr 8am - 6pm Sat 9am - 6pm
	AT	CH
	TECHNICAL SUPPORT & SERVICE 0800 20 20277 (Freecall) +49 4621 42 10-0 info@sport-tiedje.at Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00	TECHNICAL SUPPORT & SERVICE 0800 202 027 +49 4621 42 10-0 info@sport-tiedje.ch Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00

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

www.sport-tiedje.com/en/stores

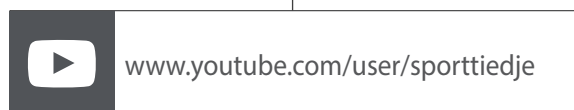
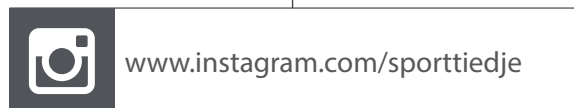
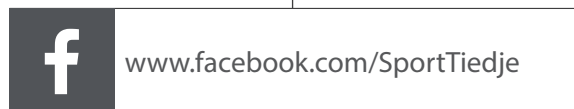
WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Sport-Tiedje is Europe's largest specialist store for home fitness equipment with currently 80 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.

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

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



Notes

Notes

TAURUS®