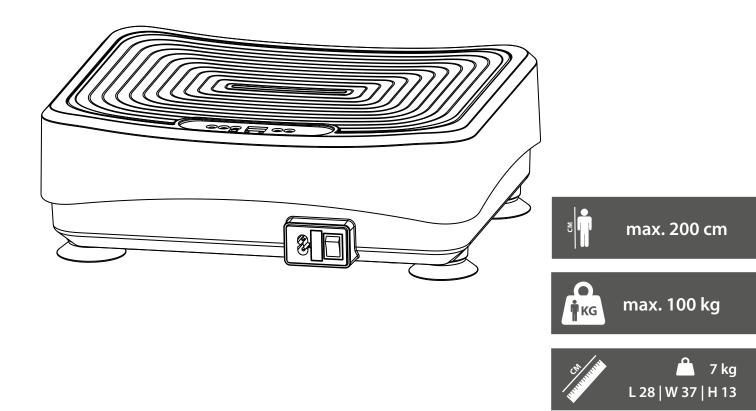


Assembly and Operating Instructions



FSTFVT1.01.02

Art. No. TF-VT1

Taurus Vibration Plate VT1

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Dear customer,

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

Further information can be found at www.fitshop.com.

Intended Use

The equipment may only be used for its intended purpose.

The equipment is only suitable for home use. The equipment is not suitable for semi-professional (e.g. hospitals, associations, hotels, schools, etc.) and commercial or professional use (e.g. fitness studios).

Legal Notice

Fitshop GmbH Europe's No. 1 for home fitness

International Headquarters Flensburger Straße 55 24837 Schleswig Germany Management: Christian Grau Sebastian Campmann Dr. Bernhard Schenkel No. HRB 1000 SL Local Court Flensburg European VAT Number: DE813211547

Disclaimer

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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.

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.

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!

i 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

Display of

 + Time + Speed + Auto programmes 	
Programmes in total:	4
Manual programmes:	1
Automatic programmes:	3
Speed levels:	30
Motor:	200 W
Frequency range:	50 - 60 Hz
Weight and dimensons:	
Article weight (gross, including packaging):	7.5 kg
Article weight (net, without packaging):	6.5 kg
Packaging dimensions (L x W x H):	41 cm x 32 cm x 18.5 cm
Set-up dimensions (L x W x H):	28.2 cm x 36.7 cm x 12.7 cm
Maximum user weight:	100 kg
Maximum user height:	200 cm
Use class:	н

1.2 Personal Safety

- + 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.

MARNING

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. This applies in particular to:
 - + People with pacemakers or other medical devices that can cause electromagnetic interference.
 - + People with cardiovascular diseases.
 - + Pregnant women, sick persons or persons in poor physical condition.
 - + People who are advised against massages due to pre-existing conditions (e.g. vascular diseases or dermatitis).
 - + People suffering from osteoporosis, a vertebral fracture or other acute illnesses.
 - + People with an irregular curvature of the spine.
 - + People who suffer from impaired perception due to a peripheral circulatory disorder (e.g. diabetes).
- + 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.

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

ATTENTION

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

1.3 Electrical Safety

+ 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.

MARNING

- + 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

MARNING

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

- + 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.

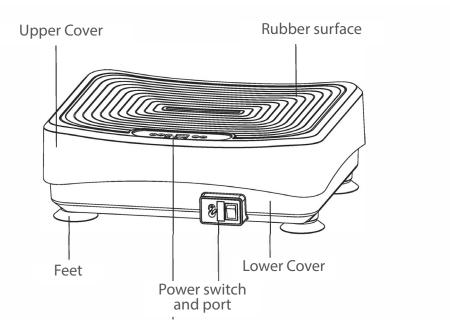
► ATTENTION

- + 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.

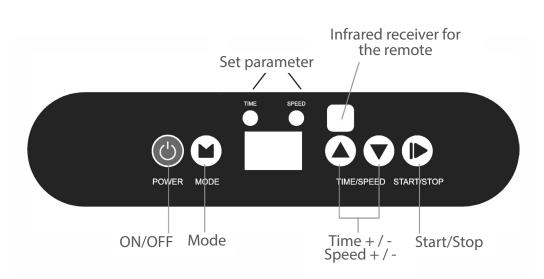
i NOTICE

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

2.1 Equipment Overview and Scope of delivery

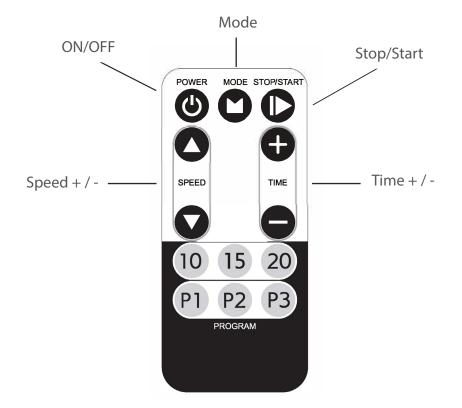


2.1.1 Control Bar



VT1

2.1.2 Remote Control



i NOTICE

When using the remote control, keep it a maximum of 2.5 metres away from the infrared receiver on the control panel.

Button	Function
Power	Switches device on and off.
Mode	Switches between the automatic programmes (P1, P2, P3) and the manual
Mode	programme.
Stop/Start	Starts and pauses the training.
	Increases and decreases the training time in the manual programme.
Time +/-	 NOTICE + The maximum training time is 10 minutes.
	 The training time cannot be changed while the device is in motion. Adjust the training time ahead of the training.
	Increases and decreases the speed in the manual programme (speed levels 1-30).
Speed ▲/ ▼	NOTICE The speed can only be adjusted while training.
10/15/20	Hot keys for the speed levels 10, 15 and 20.
P1/P2/P3	Automatic programmes.

2.2 Switching the Device on and off

i NOTICE

The buttons on the control bar and the remote control have the same functions.

- 1. Insert the power cord plug and switch on the power switch.
- 2. Press POWER.

i NOTICE

"88" appears on the display

The device is now in standby mode.

3. Press POWER.

(i) NOTICE

"--" appears on the display.

4. Switch off the power switch and remove the power cord plug.

 \rightarrow The device is switched off.

2.3 Training Programmes

You have the option between three automatic programmes and one manual programme.

i NOTICE

The device switches automatically into standby mode after 10 minutes of inactivity.

2.3.1 Manual Programme

With the manual programme you can adjust the training time and speed.

i NOTICE

The set parameter lights up on the control bar.

Training time

- 1. Press MODE until "88" appears on the display.
- 2. Set your training time with TIME +/- or \blacktriangle / \checkmark .

i NOTICE

- + The maximum training time is 10 minutes.
- + The training time can only be set when the device is not in motion.

VT1

3. Press START/STOP.

The device is set into motion.

The training time is set.



Speed

Set the speed with SPEED \blacktriangle / \blacktriangledown or \bigstar / \blacktriangledown .

i NOTICE

- + With the hot keys 10, 15 and 20 you can increase the speed to these levels.
- + The speed can only be adjusted while training.

2.3.2 Automatic Programmes

The training time and speed are predetermined in the automatic programmes. They cannot be altered to your preference.

i NOTICE

The automatic programme cannot be changed while training. Pause the training.

1. Press START/STOP.

The training pauses.

- 2. Press MODE or P1, P2 or P3 to choose an automatic programme.
- 3. Press START/STOP.

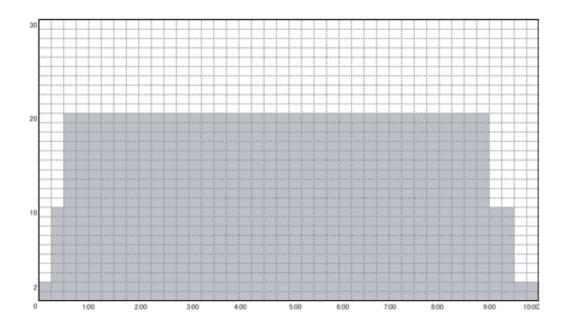
\rightarrow The training starts and ends after 10 minutes.

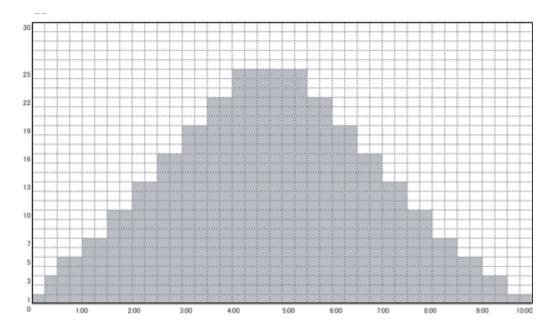
i NOTICE

To switch to a different automatic programme, repeat the previous three steps.

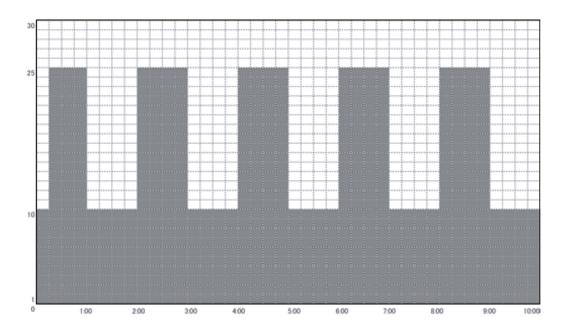
Automatic programmes: Sequence diagrams

Programme 1





Programme 3



VT1

2.4 Battery Compartment

The remote control is powered by a CR2025 lithium button cell battery. If the remote control is not working properly, the battery might be running low. Follow the instructions to exchange the battery.

- 1. Push the indentation inwards.
- 2. Pull the battery compartment out of the remote.
- 3. Remove the used battery and insert a new one.
- 4. Push the battery compartment back into the remote.







2.5 Workout tips

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

2.5.1 Training clothes

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

2.5.2 Warming up and stretching

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

Warm-up exercise:

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

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

2.5.3 Medication

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

2.5.4 Used muscle groups

Training with the virbration plate uses the following muscle groups:

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

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

2.5.5 Exercise frequency

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

Training with heart rate orientation

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

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

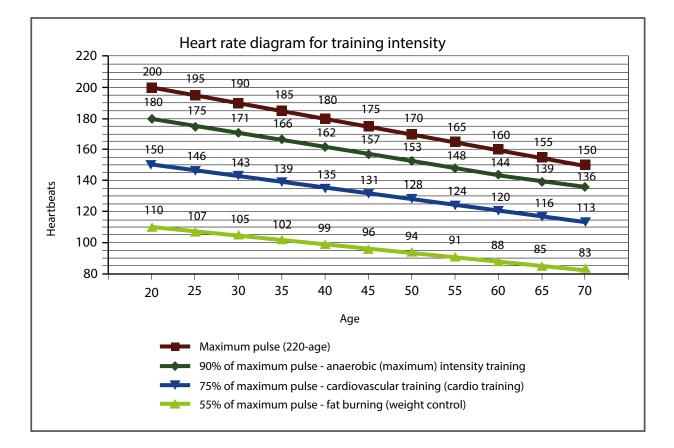
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

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

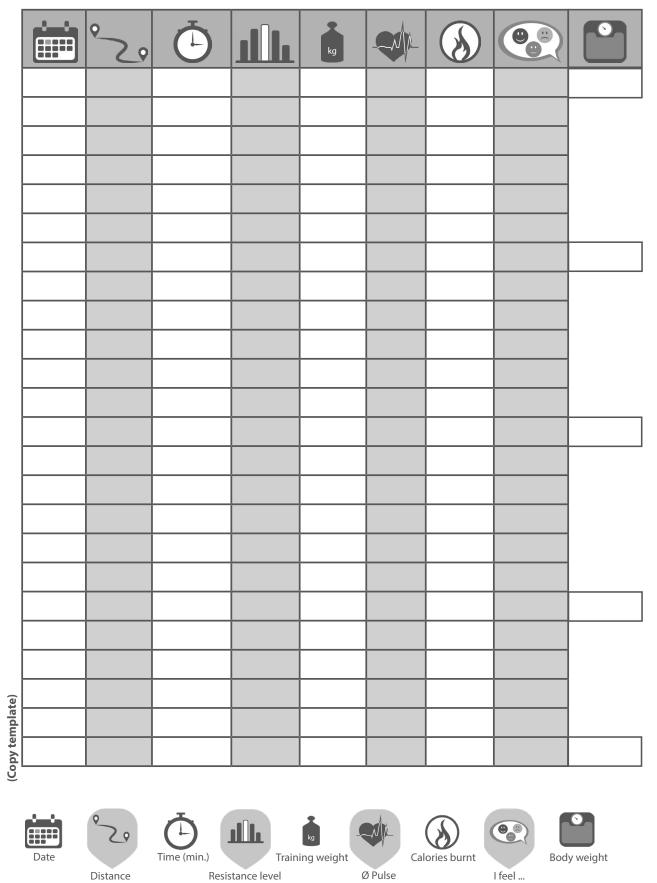
Example:

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

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



2.6 Workout journal



2.7 Training Positions

Training on a vibration plate offers many health benefits. You can increase your fitness, muscle condition and even improve your metabolism.

Please sufficiently stretch and warm-up before using the vibration plate to prevent muscle cramps and injuries. Do not overstrain yourself! Stop training before you do.

Figure	Description
	 While on the vibration plate, stand on the tips of your toes and hold your back straight. Your abs should be tensed and you should be able feel your calves working. To relax your waist and hips, bend your knees to 90°.
	Stand on the vibration plate. Hold your back straight and bend your knees, slowly activating the leg muscles. To intensify the exercise, go into a deeper squat as far as possible. You should feel the muscles in your thighs, hips and back working together. This exercise trains the thigh muscles, reduces pain and muscle soreness, promotes blood circulation and burns fat.
	Kneel on the floor and place your hands shoulder width apart on the vibration plate. Hold your body bent forwards. This posture trains your shoulder joints and arms.
	Sit in front of the vibration plate. Keep your back straight and support yourself with your hands. Place your calves on the vibrating plate and your feet pointed upwards. This posture is used for relaxing during a strong calf massage.
	Sit in front of the vibration plate. Place your feet on the plate. This position supports relaxing in back, gluteus and thighs through the vibration.

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.

4.1 General Instructions

MARNING

+ Do not make any improper changes to the equipment.

+ 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.

Error	Cause	Solution
	Power cable is not properly inserted.	Insert power cable.
The plate does not start	Power switch isn't switched on.	Flip power switch to on.
	A fuse is blown out.	Contact your contract partner.
The plate has stopped moving	The standard training time of the plate has elapsed.	Re-start the plate after 10 minutes.
The plate is not reacting to the remote control	The remote control is too far away from the plate.	Shorten the distance between the remote control and the plate.
The plate fails to operate properly	The plate software crashes when receives too many commands.	Turn of the plate at the power switch and re-start the plate.

4.3 Error Codes and Troubleshooting

The electronics of the equipment continuously carries out tests. In case of deviations, an error code appears on the display and normal operation is stopped for your safety.

Please contact the contract partner for technical support.

4.4 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
Display console	С	I
Plastic covers	С	I
Screws and cable connections		I
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 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.

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 exercise bikes this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat or **silicone spray** to keep moving parts in good shape. For many exercise bikes it is possible to replace the **saddle** or **pedals**, as these are usually the same mounts used on bicycles.

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

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. 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!



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.

i 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:

Taurus / Vibration plate

Model Name:

VT1

Article Number:

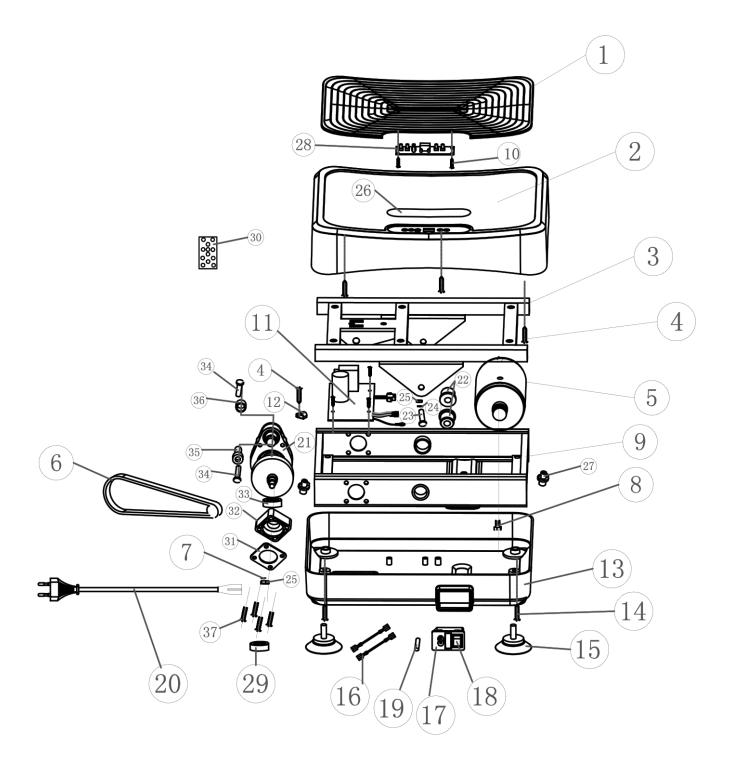
TF-VT1

7.2 Parts List

No.	Name	Qty.
1	surface mount	1
2	upper cover	1
3	steel frame	1
4	Cross recessed large flat head tapping screw ST4*12	9
5	motor	1
б	belt	1
7	spring washer	2
8	Outer hexagon bolt assembly M8*10	2
9	main frame	1
10	Cross pan head tapping screw ST3*10	8
11	lower controller board	1
12	4R clamp	3
13	lower cover	1
14	Cross recessed large flat head tapping screw ST4*16	2
15	foot cushion	4
16	power connection cable	3
17	socket	1
18	power switch	1
19	3.15A fuse	1
20	Power cord	1
21	Shaft	1
22	support sleeve	2
23	Support pin	2
24	flat gasket	2
25	M8 lock nut	4
26	Console panel	1
27	insulated column	2
28	Console board	1
29	6201 bearing sleeve	2
30	Remote controller	1
31	drive shaft adapter plate	2

32	shaft seat	2
33	6201 bearing	2
34	Outer hexagon bolt assembly M8*20	2
35	tie rod shaft pin	2
36	tie rod lining sleeve	1
37	Outer hexagon bolt assembly M5*25	8

7.3 Exploded Drawing



VT1

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.

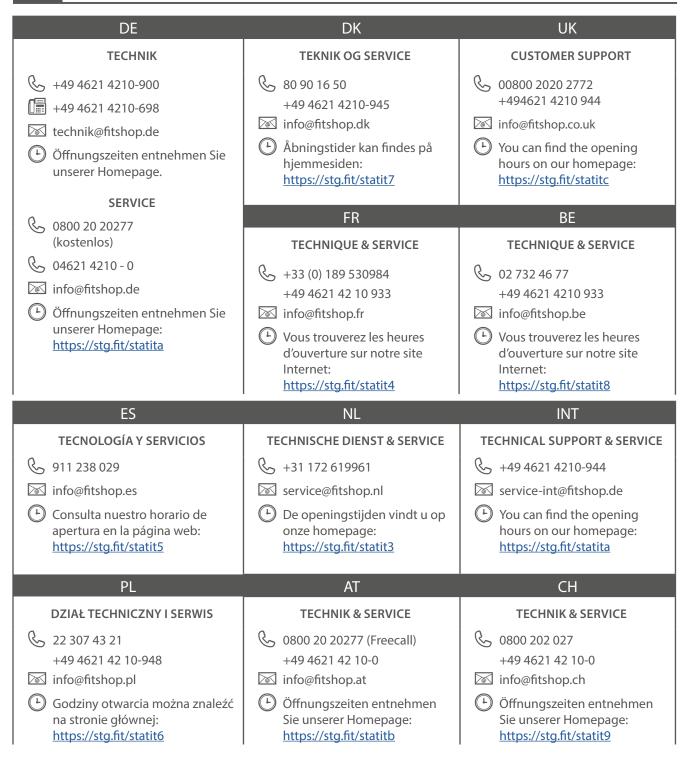
Service outside of the Warranty Period

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.





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

www.fitshop.com/en/stores

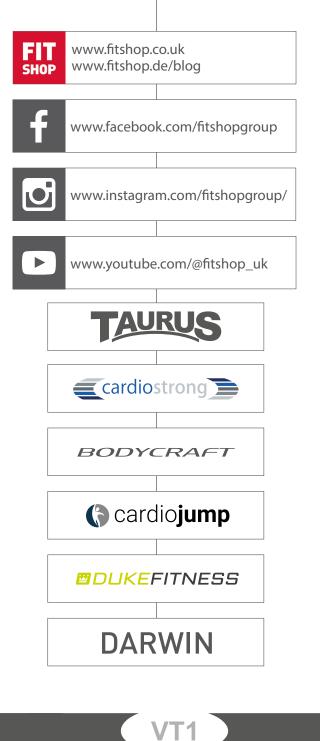
WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

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

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

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





Taurus Vibration Plate VT1