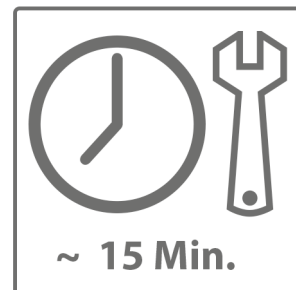
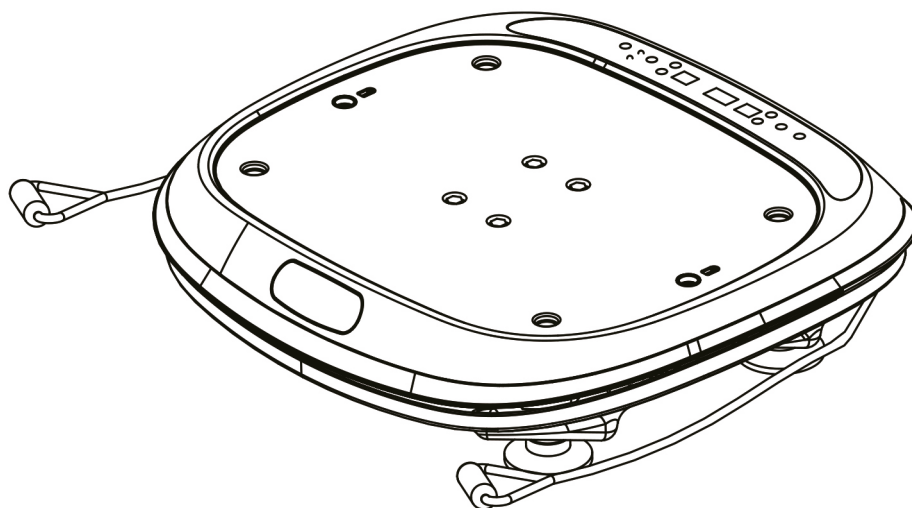


# TAURUS®

## Assembly and Operating Instructions



TFVT3.03.03



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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](http://www.sport-tiedje.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

Sport-Tiedje 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



©2010 Taurus® is a registered brand of the company SportTiedje GmbH. All rights reserved. Any use of this trademark without the explicit written permission of Sport-Tiedje is prohibited.

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

### Display

- + Time
- + Speed level
- + Calories burned in kcal
- + Mode

Programs in total:	4
Manual programs:	1
Automatic programs:	3
Speed levels:	30
Motor:	80 W
Movement direction:	vertical
Frequency range:	15 – 35Hz
Amplitude:	1 – 1.5mm (low) 1.6 – 3mm (high)

### Weight and dimensions:

Article weight (gross, incl. packaging):	18.8kg
Article weight (net, without packaging):	16.5kg
Packaging dimensions (L x B x H):	approx. 69cm x 66cm x 20cm
Set-up dimension (L x B x H):	approx. 63cm x 61cm x 15.5cm
Maximum user weight:	100kg

## 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.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

### **CAUTION**

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.

### **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**

- + 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**

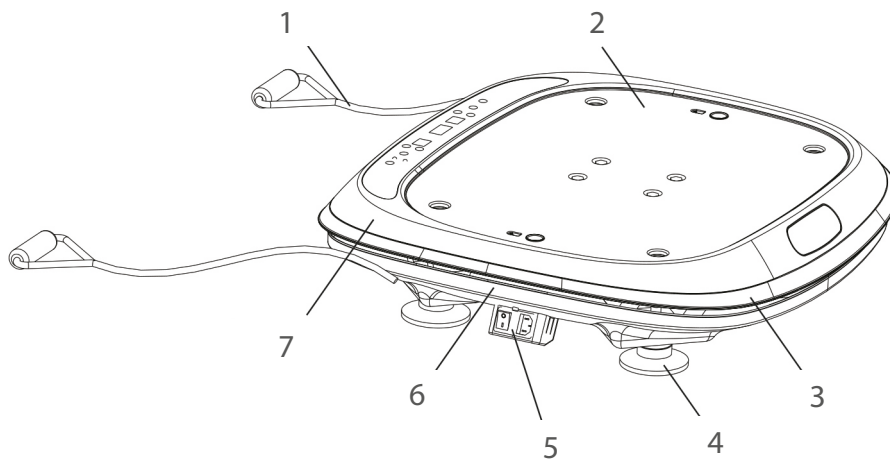
- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
- + A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

## 2 OPERATING INSTRUCTIONS

### ① NOTICE

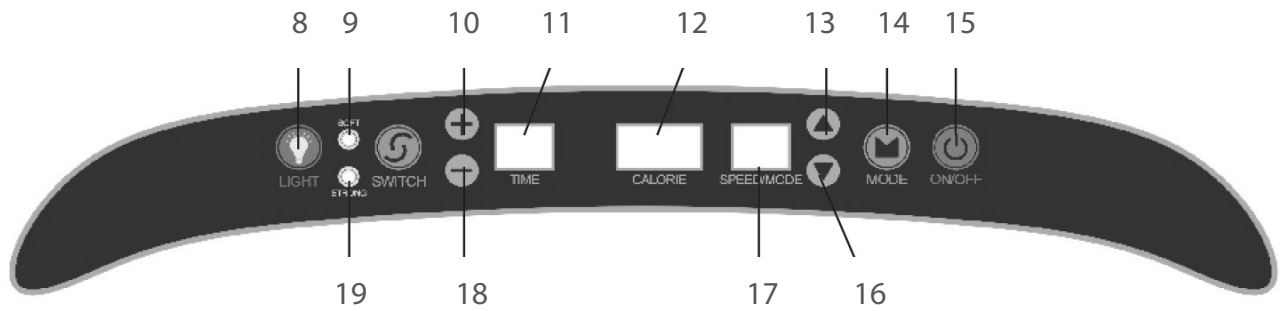
Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.

### 2.1 Equipment Overview



No.	Name	No.	Name
1	Training bands with handles	5	Power switch and port
2	Rubber surface	6	Lower cover
3	Light bar (green, blue, red)	7	Upper cover
4	Feet		

## 2.1.1 Control Bar



No.	Name	No.	Name
8	Light control	14	Mode
9	Soft mode (low swing)	15	ON / OFF
10	Increase time	16	Strong mode (high swing)
11	Time display	17	Decrease time
12	Calorie display	18	Mode and speed display
13	Increase speed	19	Decrease speed

## 2.1.2 Remote Control

No.	Button	Function
20	Mode	Switch between the automatic programs and manual mode.
21	S-	Decrease the speed in manual mode (Levels from 1 - 30). <b>NOTICE</b> This function is not available during an automatic program.
22	S+	Increase the speed in manual mode (Levels from 1 - 30). <b>NOTICE</b> This function is not available during an automatic program.
23	Power	Turns the vibration plate on or off.
24	Switch	Switches between the soft and strong modes.



## 2.2 Powering On the Vibration Plate

1. Insert the power cord plug and switch on the power switch.

*The plate is now in standby mode.*

2. To switch into manual mode, press the on/off button quickly two times.
3. To choose from one of the automatic programs, press the Mode button.

## 2.3 Manual Mode

1. After switching on the plate, press the on/off button quickly two times to start the manual mode.
2. In order to switch to manual mode, while the plate is in operation, press the mode button on the control panel or remote control four times.

### **ⓘ NOTICE**

The sequence of modes is P1 > P2 > P3 > Manual.

3. To set the training time (1 - 10 minutes), on the control panel press the + button (10) to increase or the - button (17) to decrease the time.
4. To start the mode, press the ON / OFF button.

*The mode is started.*

5. During use, the speed can be increased or decreased using the buttons on the control panel or over the remote control.

## 2.4 Automatic Programs

There are three automatic programs to choose from.

### **ⓘ NOTICE**

During the automatic programs it is not possible to make changes to the length and speed settings.

1. To select one of the three automatic programs, press the mode button on the control panel or remote control.

### **ⓘ NOTICE**

The sequence of modes is P1 > P2 > P3 > Manual.

2. To start the program, press the ON / OFF button.

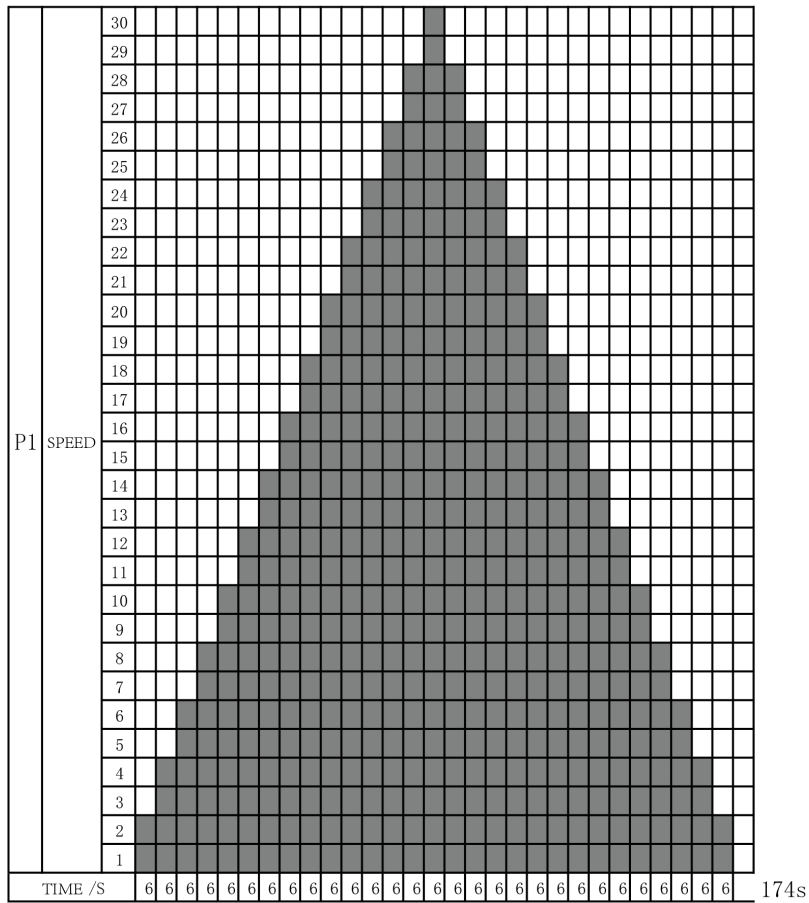
*The program begins.*

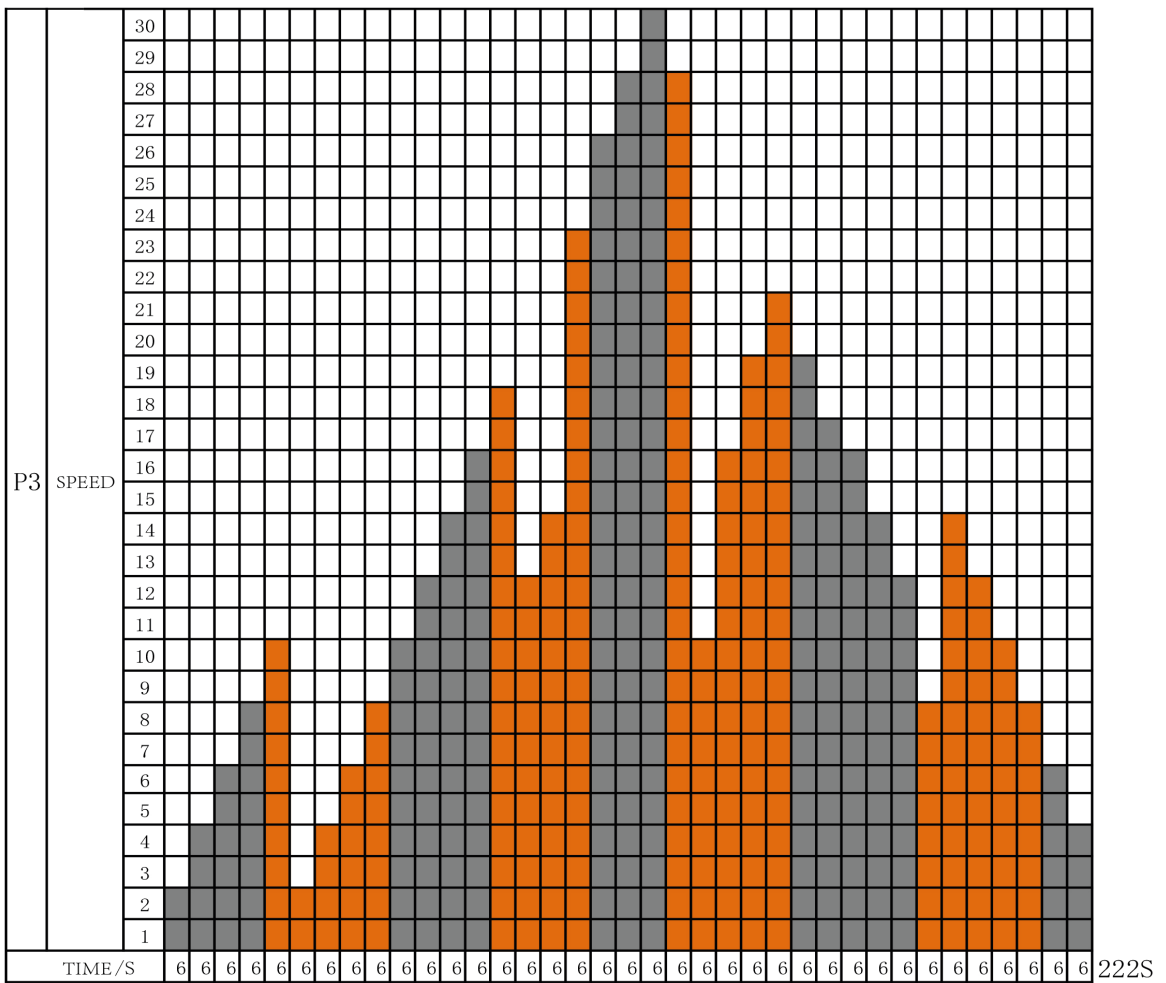
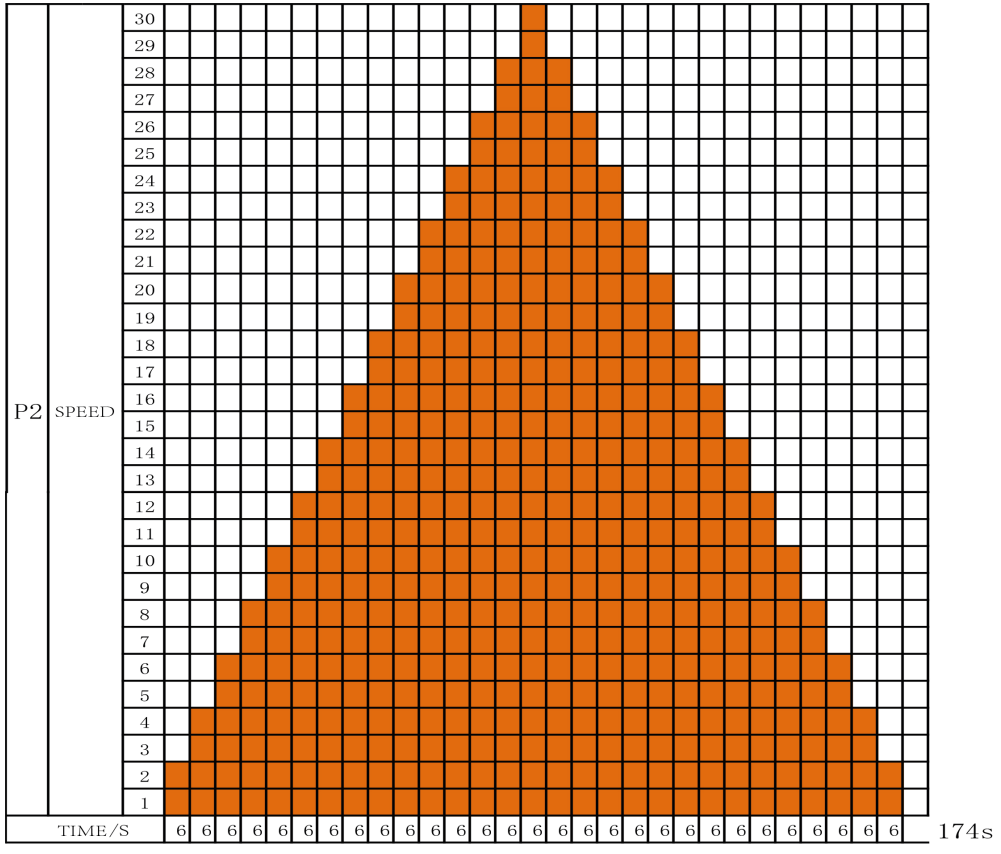
### **ⓘ NOTICE**

The automatic program ends automatically after 10 minutes.

Program	Description
P1	+ Strong mode (high swing) + Symmetrical distribution of speed from level 1 to 30
P2	+ Soft mode (low swing) + Symmetrical distribution of speed from level 1 to 30
P3	+ Changes between strong and soft modes

**Automatic programs: sequence diagrams**





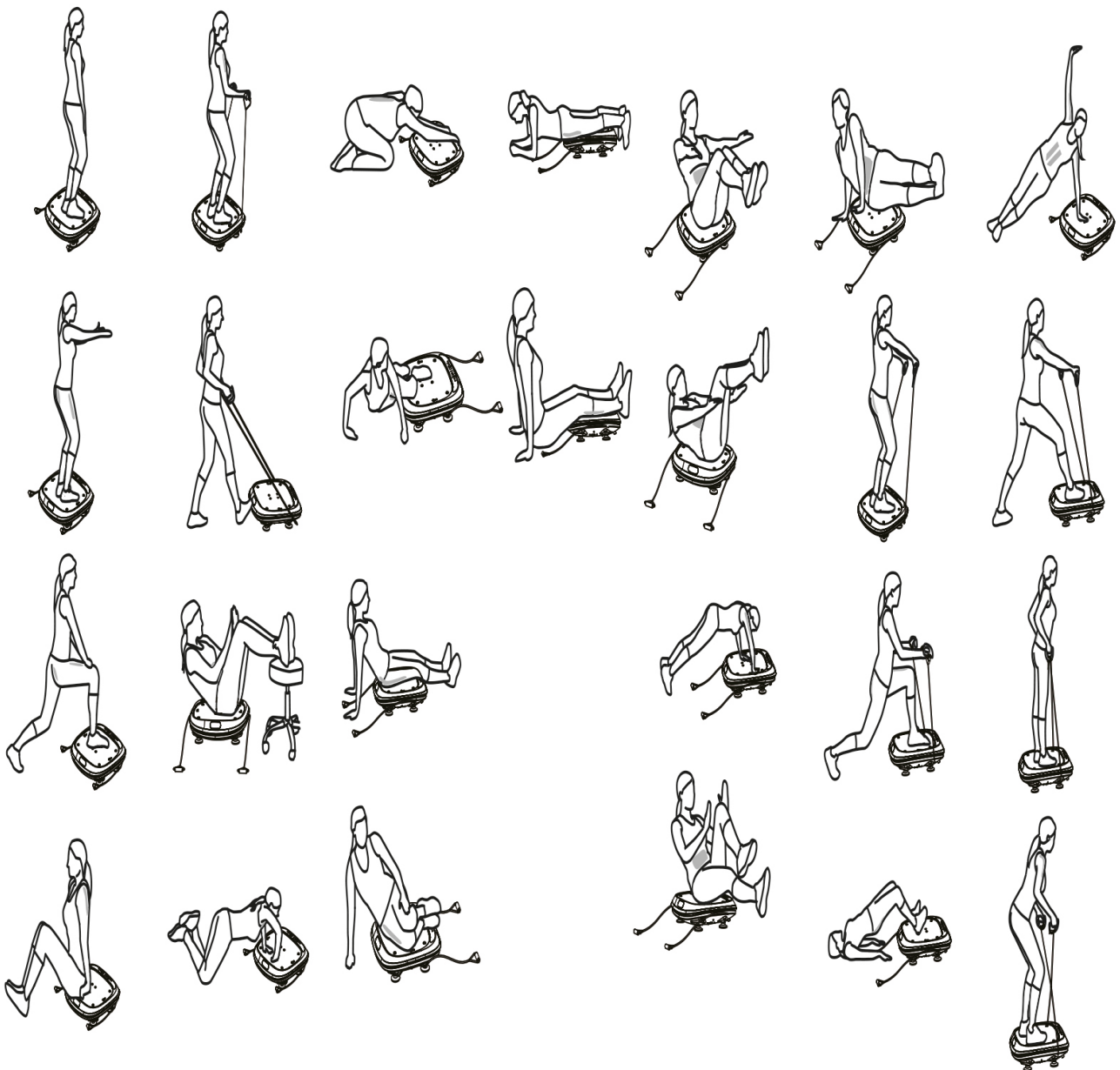
## 2.5 Training Positions

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

### ⚠ CAUTION

- + 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.

Training on a vibration plate can be very versatile, utilising different muscle groups. The following are some examples of various exercises:



### 3.1 General Instructions

► **ATTENTION**

- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 5°C and 45°C.

⚠ **WARNING**

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

### 4.1 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.

Error	Cause	Solution
The plate does not start	Power cable is not properly inserted.	Insert power cable.
	Power switch isn't switched on.	Flip power switch to on.
	A fuse is blown out.	Contact your contract partner.



Error	Cause	Solution
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 Maintenance and Inspection Calendar

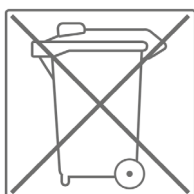
To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

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			
Training bands and handles	C/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. 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

## 7.1 Serial Number and Model Name

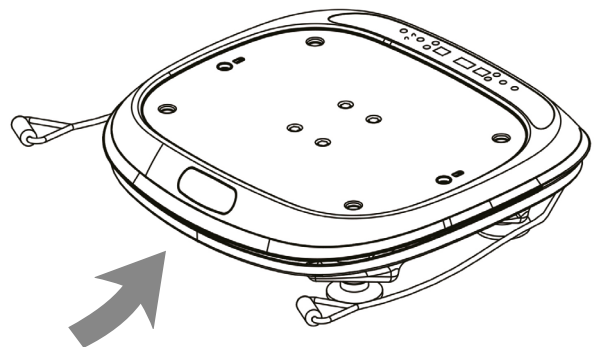
In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter of this operating manual.

**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.

**NOTICE**

The serial number can be found on the under side of the vibration plate.



Enter the serial number in the appropriate field.

**Serial number:**

**Brand / Category:**

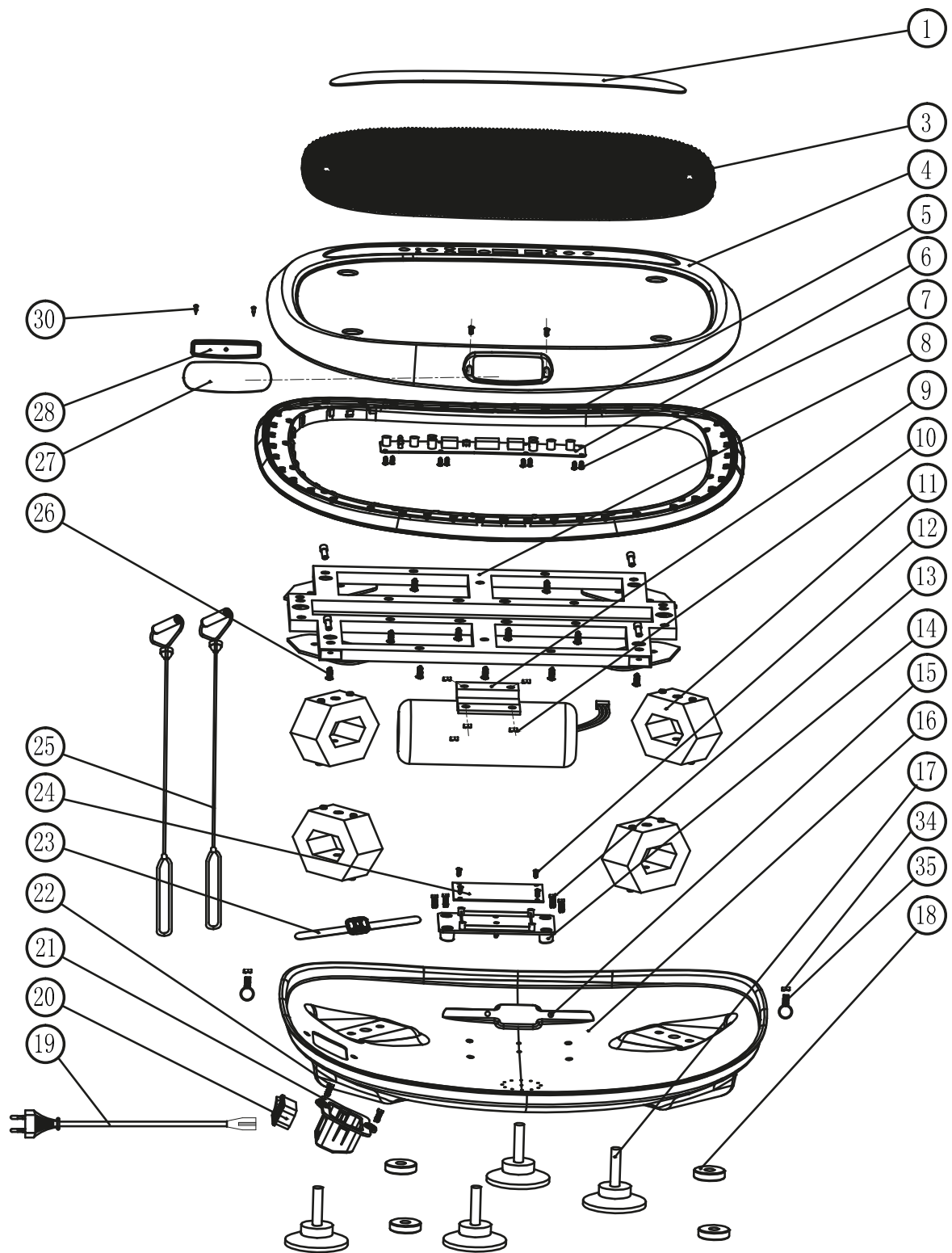
**Model Name:**

**Article Number:**

## 7.2 Parts List

No.	Name	Qty.
1	acrylic plate	1
3	Foot Pedal cover	1
4	Upper cover	1
5	middle cover with light	1
6	Console board	1
7	Philip screw GB/T845 ST3X8	8
8	Main frame	1
9	motor	1
10	inner-hexagon screw GB/T5780 M12X20	4
11	hexagon Rubber cushion	4
12	Philip screw GB/T845 ST2.9X8	4
13	screw GB/T5780 M5X10	4
14	support frame of Lower controller board	1
15	magnet	2
16	bottom cover	1
17	Adjustable feet	4
18	Spring washer	4
19	Power cord	1
20	Power socket	1
21	power Switch	1
22	screw GB/T5780 M5X10	2
23	remote control	1
24	Lower power board	1
25	resistance rope	2
26	Philip screw GB/T845 ST4X14	12
27	upper cover of plastic case with water	1
28	bottom cover of plastic case with water	1
30	Philip screw GB/T845 ST4X14	6
34	Nylon nut M6	2
35	Hook	2

## 7.3 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
<p><b>TECHNICAL SUPPORT</b></p> <p>☎ +49 4621 4210-900 ☎ +49 4621 4210-698 ✉ technik@sport-tiedje.de 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> <p><b>SERVICE</b></p> <p>☎ 0800 20 20277 (Freecall) ✉ info@sport-tiedje.de 🕒 Mo - Fr 08:00 - 21:00 Sa 09:00 - 21:00 So 10:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 80 90 16 50 +49 4621 4210-945 ✉ info@fitshop.dk 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ +33 (0) 172 770033 +49 4621 4210-933 ✉ service-france@fitshop.fr 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>
	PL	BE
	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 22 307 43 21 +49 4621 42 10-948 ✉ info@fitshop.pl 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 02 732 46 77 +49 4621 42 10-932 ✉ info@fitshop.be 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>

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

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](http://www.sport-tiedje.com/en/stores)



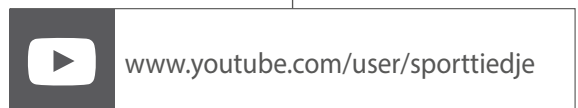
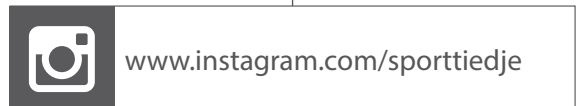
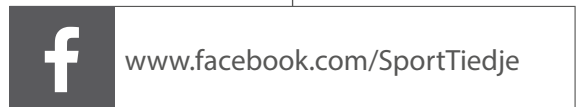
# WE LIVE FITNESS

## 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



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