TAURUS®

Assembly and Operating Instructions

max. 150 kg

~ 45 Min.

52 kg

L 127 | W 56 | H 124

TFZ9.01.04

Art. No. TF-Z9

Racing Bike Z9

Content

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.

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

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Disclaimer

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.

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

LCD display of

+ speed in km/h
+ training time in min
+ training distance in km
+ cadence (rotations per minute)
+ calories burnt
+ heart rate (when using a chest strap)
+ Watt

Total number of training programs:	17
Pre-set programs:	12
Heart rate controlled programs:	4
User defined programs:	1
Balance mass:	14 kg
Transmission ratio:	1:5.3

Weight and dimensions:

Article weight (gross, including packaging):	56 kg
Article weight (net, without packaging):	52 kg
Packaging dimensions (L x W x H):	approx. 120cm x 24 cm x 92 cm
Set-up dimensions (L x W x H):	approx. 1270 mm x 560 mm x 1240 mm
Maximum user weight:	150 kg/330 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.
+ 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**

+ Choose a location in which to place the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment.
+ The training room should be well ventilated during training and not be exposed to any draughts.
+ Choose the place in which to set up the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment.
+ The 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

+ 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

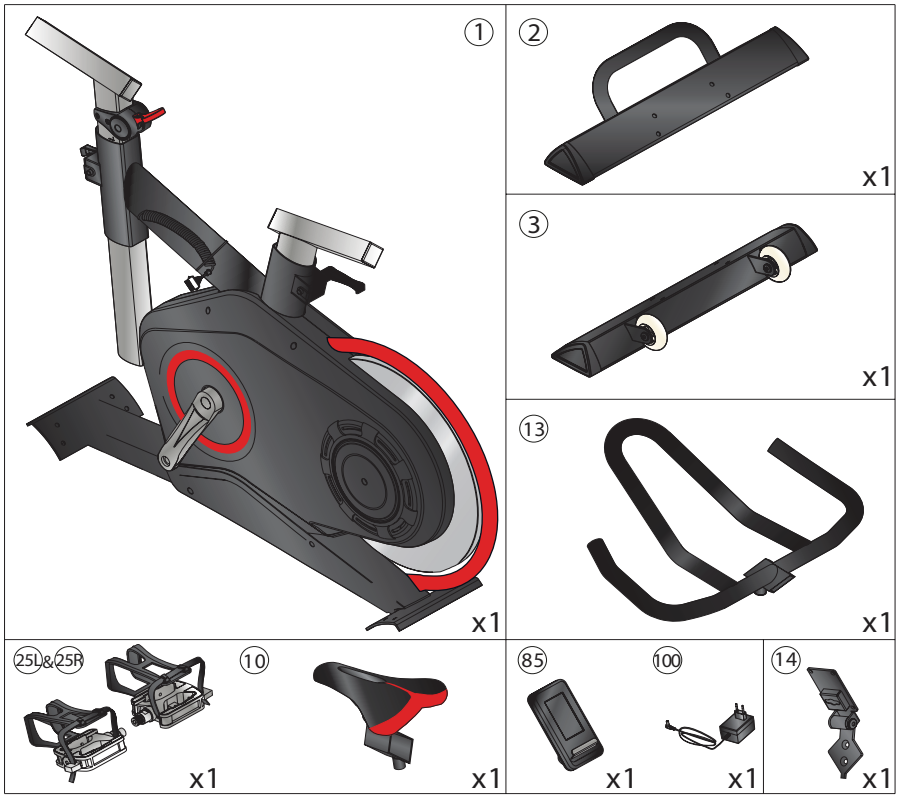
+ In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
+ Ideally, assemble the equipment at its later set-up place.

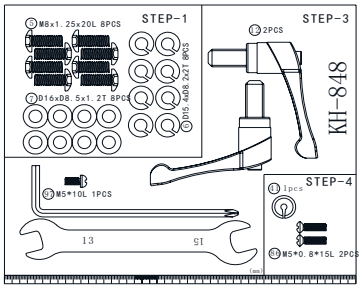
2.2 Scope of Delivery

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.





Overview

1. Main frame
2. Front base
3. Rear base
10. Saddle
13. Handlebar
14. Console mount
25R. Right pedal
25L. Left pedal
85. Console
100. Mains cable

5. Screw
6. Spring washer
7. Washer
12. Adjusting knob
41. Cable connector
86. Screw

Tools

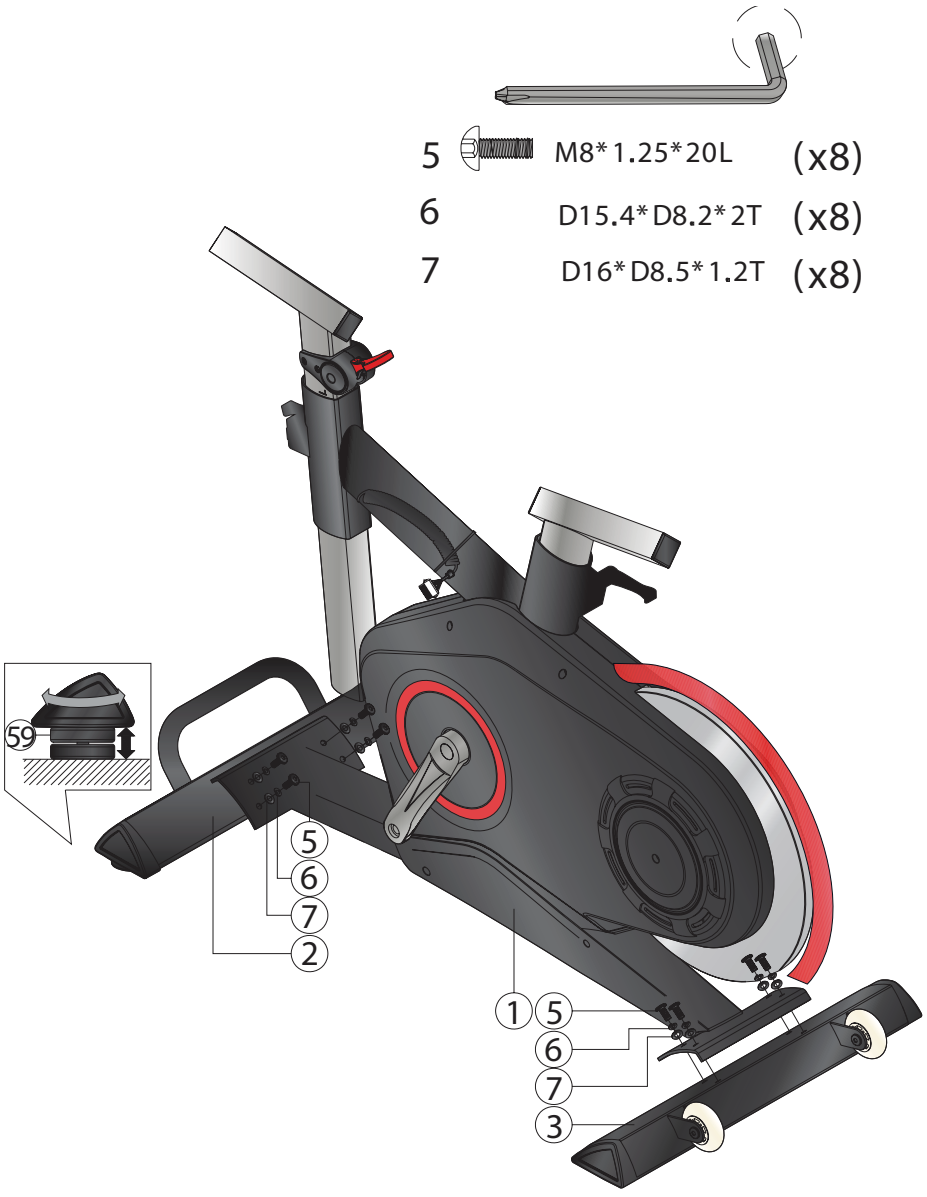
2.3 Assembly

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

ⓘ **NOTICE**
First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.

Step 1: Mounting the front and rear base

1. Mount the rear base (3) to the main frame (1) with Allen screws (5), washers (7), and spring washers. Make that the transport wheels point outwards or away from the equipment.
2. Mount the front base (2) to the main frame with Allen screws (5), washers (7), and spring washers.
3. Level out possible unevenness with the adjusting screws (59) on the front and rear base.

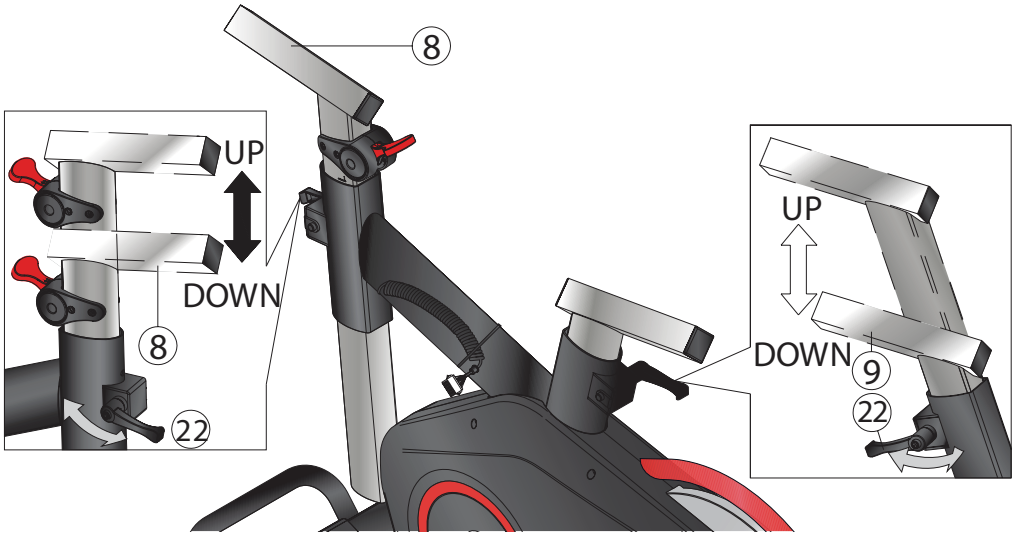


Step 2: **Mounting the handlebar and the saddle**

The connecting rod (8) and the saddle post (9) are already pre-mounted and both can be infinitely adjusted in height with the knob.

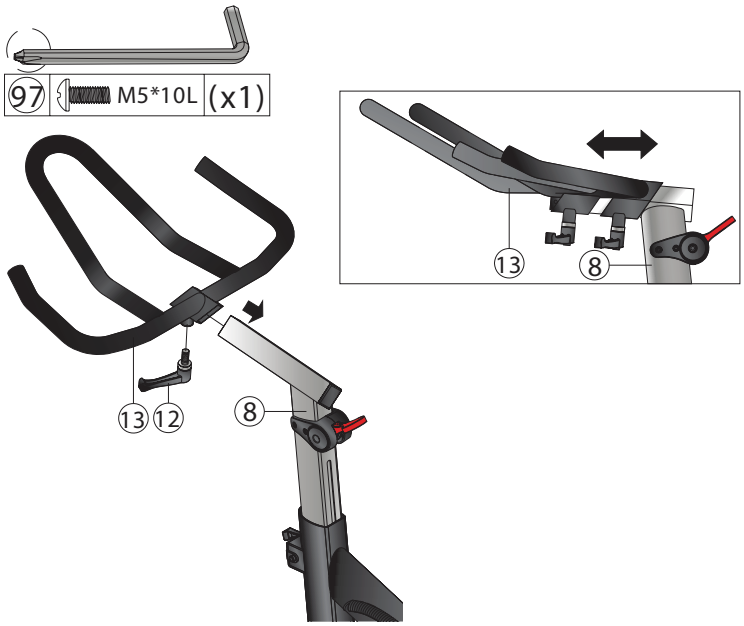
► **ATTENTION**

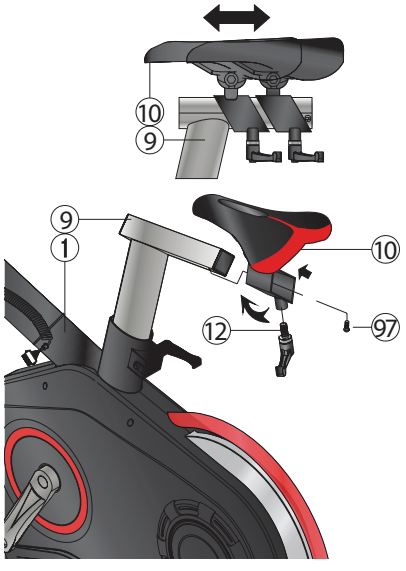
+ Pay attention to the fact that the safety lines on connecting rod (handlebar) and saddle post must not be exceeded when adjusting.



Step 3: **Mounting the handlebar and the saddle**

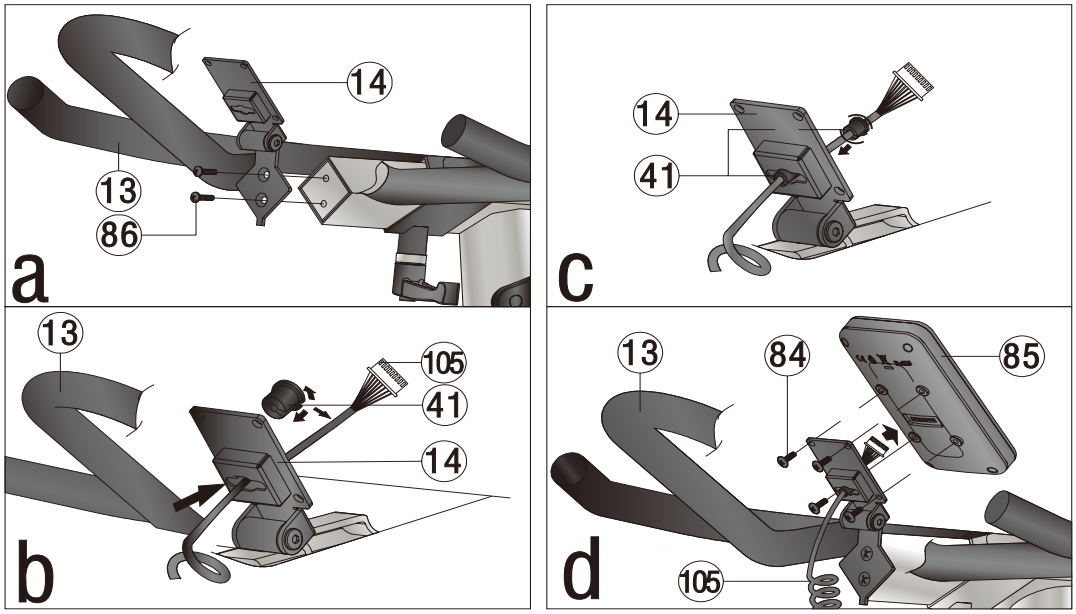
1. Mount the handlebar (13) to the handlebar post with the adjusting knob (12).
2. Mount the seat (10) to the saddle post (9) with the adjusting knob (12) and a screw (97).

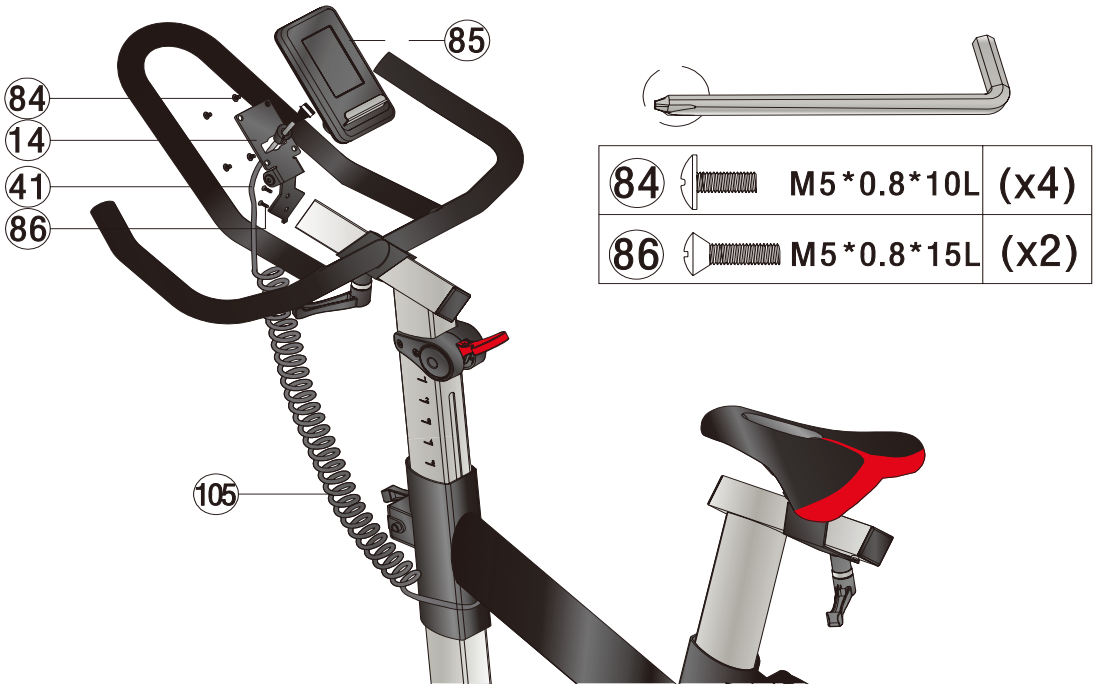




Step 4: **Mounting the console**

1. Mount the console mount (14) to the connecting rod (handlebar) with a screw (86) (fig. a).
2. Insert the console cable (105) through the hole of the console mount (fig. b).
3. Connect the cable (41) (fig. c).
4. Mount the console (85) to the mount with a screw (84) (fig. d).





Step 5: **Mounting the pedals**

Screw the pedals (25R, 25L) very carefully clockwise or counter-clockwise to the pedal crank arms. Some lubricating grease or oil might facilitate screwing and can avoid damages to the thread. The right as well as the left pedals are marked with letters R (= right) or L (= left).

⚠ **CAUTION**
Make sure to screw in the pedals completely.

Step 6: **Connecting the equipment to the mains supply**

► **ATTENTION**
The equipment must not be connected to a multiple socket, otherwise it cannot be guaranteed that the equipment will be supplied with sufficient power. Technical errors can result.

Connect the mains cable (100) with the equipment and a socket.

2.4 Equipment setting

Operating the emergency brake:

Push the emergency brake (34) for safety reasons, whenever it is required to get off the equipment and/or to stop the flywheel of the equipment.

Adjustment

When you take a moment to adjust your indoor cycle correctly to your body, you increase the comfort and the safety of your training. The indoor cycle offers diverse adjusting possibilities for saddle and handlebar. Use these adjusting possibilities for an optimal sitting comfort and a maximum training efficiency. A wrong position while training can cause avoidable pain and might increase the risk of injury.

Adjusting the handlebar position

Handlebar height

• The handlebar height can be individually adjusted.
• Start with the adjusting of the connecting rod (handlebar) to the seat height. A higher adjustment of the connecting rod (handlebar) provides a more upright sitting; a lower adjustment of the connecting rod (handlebar) provides a posture bend forward.
• Pull the adjusting lever up to adjust the height of the handlebar and push the bar upwards or downwards as required. Push the adjusting lever down to the locked position to safe the connecting rod (handlebar) again.
• Do not exceed the adjustments beyond the stop markings.

Horizontal adjustment

• Release the upper adjusting lever on the connecting rod (handlebar) and push the handlebar forward or backwards as required.
• The horizontal adjustment should be done so that you can comfortably hold the handlebar with a slight bending of the elbow.
• Do not exceed the adjustments beyond the stop markings.

Hand position

• In order to prevent one-sided stress of muscles, ligaments, and joints, the hand position should be changed throughout longer training sessions. The handlebar offers different possibilities to hold.

Adjusting the saddle position

Saddle height

• Stand beside the saddle post and adjust the saddle to hip height.
• Rotate the pedal crank so that the pedals are in the vertical position.
• Place a foot on the lower pedal and get on the indoor cycle. Your knee should be slightly bent.
• When your leg is stretched too much or the foot does not touch the pedal, the saddle needs to be lowered. When your leg is bent too much, the saddle needs to be adjusted at a higher position.
• Get off the indoor cycle in order to adjust the height and release the adjusting lever of the saddle post. Push then the saddle post up or down as required.
• When the saddle is in the desired position, lock the adjusting lever back to the locked position in order to safe the saddle post.
• Do not exceed the adjustments beyond the stop markings.

Horizontal adjustment

• Get on the indoor cycle and rotate the pedal crank to the 3-and-9 o'clock position. The horizontal adjustment of the seat is correct, when the knee joint of the leg, which points forward, is above the axle of the pedal.
• Otherwise, get off the indoor cycle to adjust the saddle in horizontal direction forwards or backwards. Release the adjusting lever of the saddle and push the seat forwards or backwards as required. Fix the lever then again.
• Do not exceed the adjustments beyond the stop markings.

► **ATTENTION**

+ For safety reason, do not pedal backwards while the braking resistance is set.
+ The equipment is NOT equipped with a free wheel system. That means: When the flywheel rotates, the pedals rotate as well. In order to avoid knee injuries, do not try to stop the equipment by pushing backwards on the pedals. Do not try as well to take your feet from the rotating pedals. The movement can only be stopped by using the emergency brake or by a controlled reduction of the cadence.

ⓘ **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

Time	Setting from 0:00 to 99:00, Display from 0:00 to 99:59
Speed	Display from 0.0 to 99.9
Distance	Setting from 0.00 to 99.90 km, Display from 0.00 to 99.99
Calories	Setting from 0 to 9990, Display from 0 to 999
Heart rate	Setting from 0-30 to 230, Display from 30 to 230
RPM	Display from 0 to 999
Watt	Setting from 10 to 350, Display from 0 to 999

3.2 Button function

Recovery	Test for determining the recovery heart rate.
Reset	Hold the button for two seconds to start the console again. Return to the main menu while setting.
Down	Selecting programmes and value settings.
Up	Selecting programmes and value settings.
Start/Stop	Start and stop your training.
Mode	Confirming settings.

3.3 Turning on and setting the equipment

When you turn on the console, a signal sounds for a second and the display lights up completely for two seconds (fig. 1). Then the wheel diameter is shown (fig. 2). Finally, the display switches to the standby mode (fig. 3).

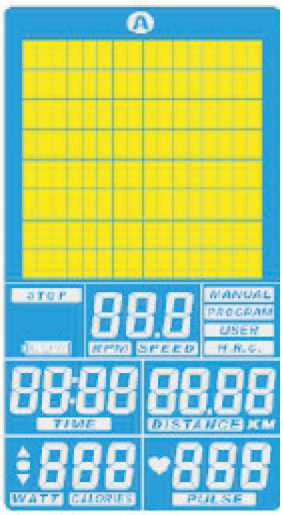


Figure1

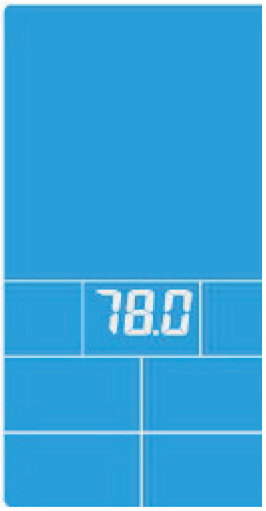


Figure 2

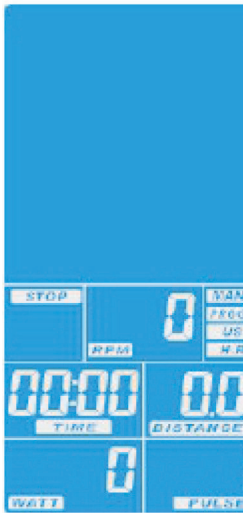


Figure 3

3.4 Programmes

Press the arrow buttons to choose one of the following training programmes:
Manual —› Program —› User —› Target HRC (target heart rate). Press MODE to confirm your selection.

3.4.1 Manual programme

When you have chosen the manual programme (MANUAL), you can set various target values for: time, distance, calories and watt. The first three are being counted down. For example if you set your target distance to 20 km, the system will count down until zero is reached and an acoustical signal will be heard (fig. 4 & fig. 5).
In the watt programme the watt value is constant. The performance in watt is the product of pedal speed and resistance level (if you are pedaling very quickly, the watt value will be high). When you pedal faster, the resistance level will be reduced in accordance with the priorly set watt value. This is to keep the watt value constant (fig. 6).
Each time you have set a target value, please press MODE to confirm your entry and to continue with the next setting. Your training will be stopped once one of the set target values is reached. If you would like to start a training session without setting any target values, please press START/STOP.

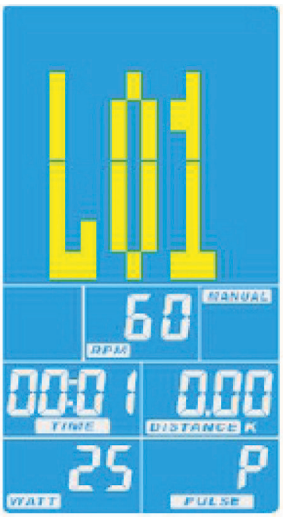


Figure 4

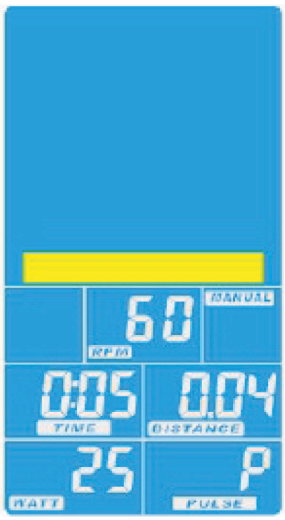


Figure 5

Figure 6

3.4.2 Training programmes

When you have chosen training programmes (Program), you can select one of 12 different training profiles (P1-P12) with the arrow buttons (fig. 7). Once you have chosen a profile, P1, P2, P3, etc. is displayed. Press START/STOP to start the training.
The training resistance can be adjusted while exercising.

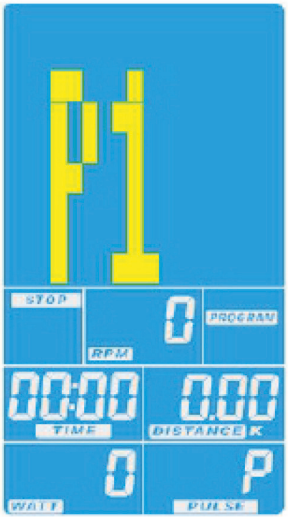
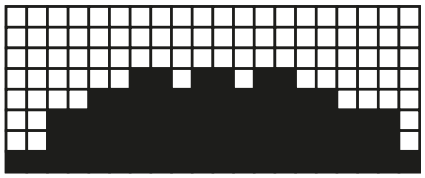


Figure 7

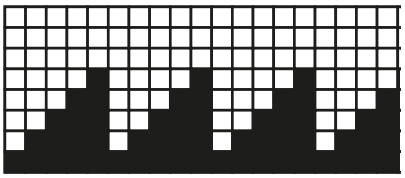
Profiles of pre-set training programmes:

P 01 Peak



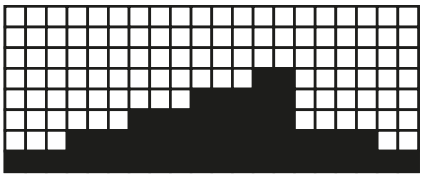
P 02 Longitudinal Valley

P 03 Valley

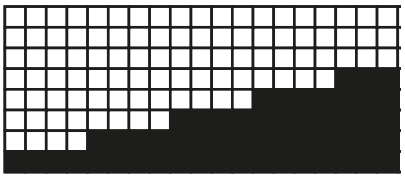


P 04 Hill

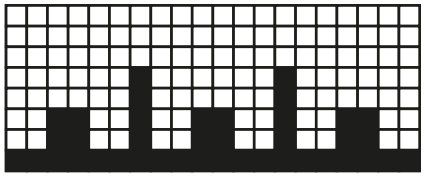
P 05 Hill cliff



P 06 High land

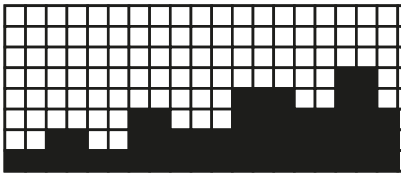


P 07 Canyon

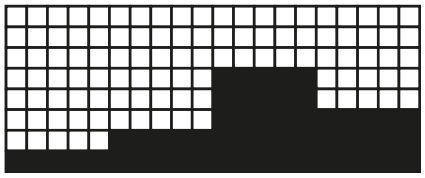


P 08 Hill valley

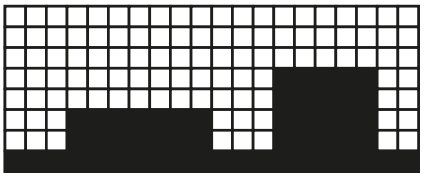
P 09 Hills



P 10 Mountain



P 11 High land valley



P 12 Hig land longitudinal val

3.4.3 User-defined programme

When you have chosen the user-defined programme, you can set the resistance with the arrow buttons. Confirm your setting with MODE.
Then you set a time and hold MODE for two seconds to confirm.
Press START/STOP to start the training.

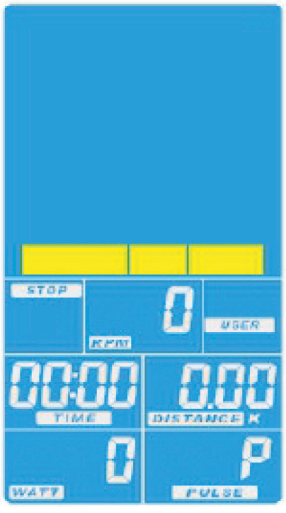


Figure 8

3.4.4 Target heart rate

When you have chosen the target heart rate programme (HRC Mode), you can set your age with the arrow buttons (fig. 9). Then you choose from 55%, 75%, 90%, and target heart rate (TAG). The system calculates the respective pulse value and displays it in the pulse window (fig. 10). Confirm your setting with MODE.

Figure 9

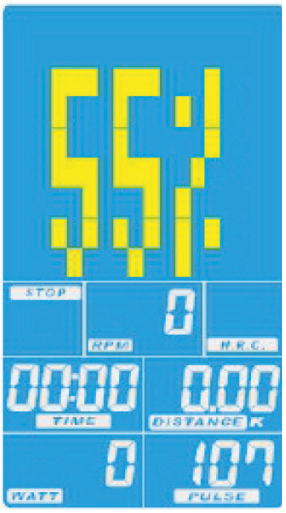


Figure 10

3.4.5 Recovery heart rate

While exercising, press RECOVERY (a chest strap needs to be worn) and the countdown of 60 seconds starts (fig. 11).
After the countdown, the display shows your recovery heart rate with a value between F1 and F6 (fig. 12). F1 stands for the best value and F6 for the worst value.
Press RECOVERY again to return to the initial display.

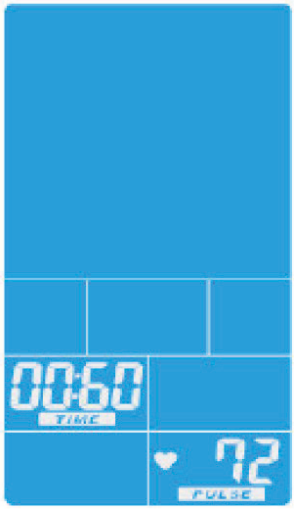


Figure 11

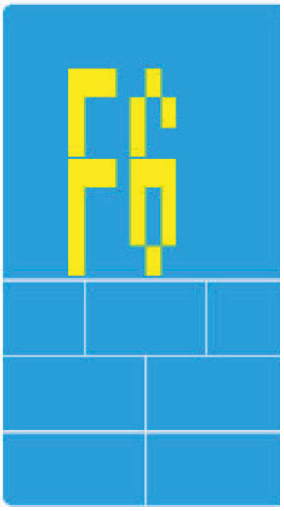


Figure 12

3.5 Heart rate measuring

Note:
For some people, the skin resistance change caused by the heart rate is so minimal that the measurements do not allow for usable values. Strong callus or sweat on the hands may also impair a correct measurement. In such cases, the heart rate will not be shown at all or only incorrectly.

If the measurement is incorrect or not taken at all, please check if it happens to only one person or to several people. If the pulse display only does not work in a single case, the equipment is not defective. In this case, we recommend using a chest strap to achieve a permanently correct heart rate display.

CAUTION: Your training equipment is not a medical device. Different factors may influence the accuracy of the heart rate display. The heart rate display only serves as a training aid.

Telemetric heart rate measuring
This indoor cycle is already equipped with a heart rate receiver as standard. Using a chest strap makes it possible for you to have a wireless heart rate measuring. This optimal and ECG-precise type of measuring reads the heart rate directly from the skin through a transmitting chest strap. The chest strap then sends the impulse to the receiver integrated in the console.

Positioning the chest strap and moistening the electrodes:
Place the belt directly below the chest, while the transmitter should be placed on the middle of the chest. The chest strap should sit comfortably, but not too loose. If the belt is too loose, the contact to the electrodes may be disrupted or the belt may slip while exercising. The transmitter turns on automatically once it is put on. In order to allow for a precise measuring, you should moisten the rubber electrodes. This is best done with a special chest strap contact gel, which is also used for ultrasound scans.

Note:
If you have not been active in doing sports for a longer period of time, you should first go to your physician in order to discuss your training with them. You should also contact your physician in advance in the event of heart problems, high/low blood pressure and obesity.

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 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.

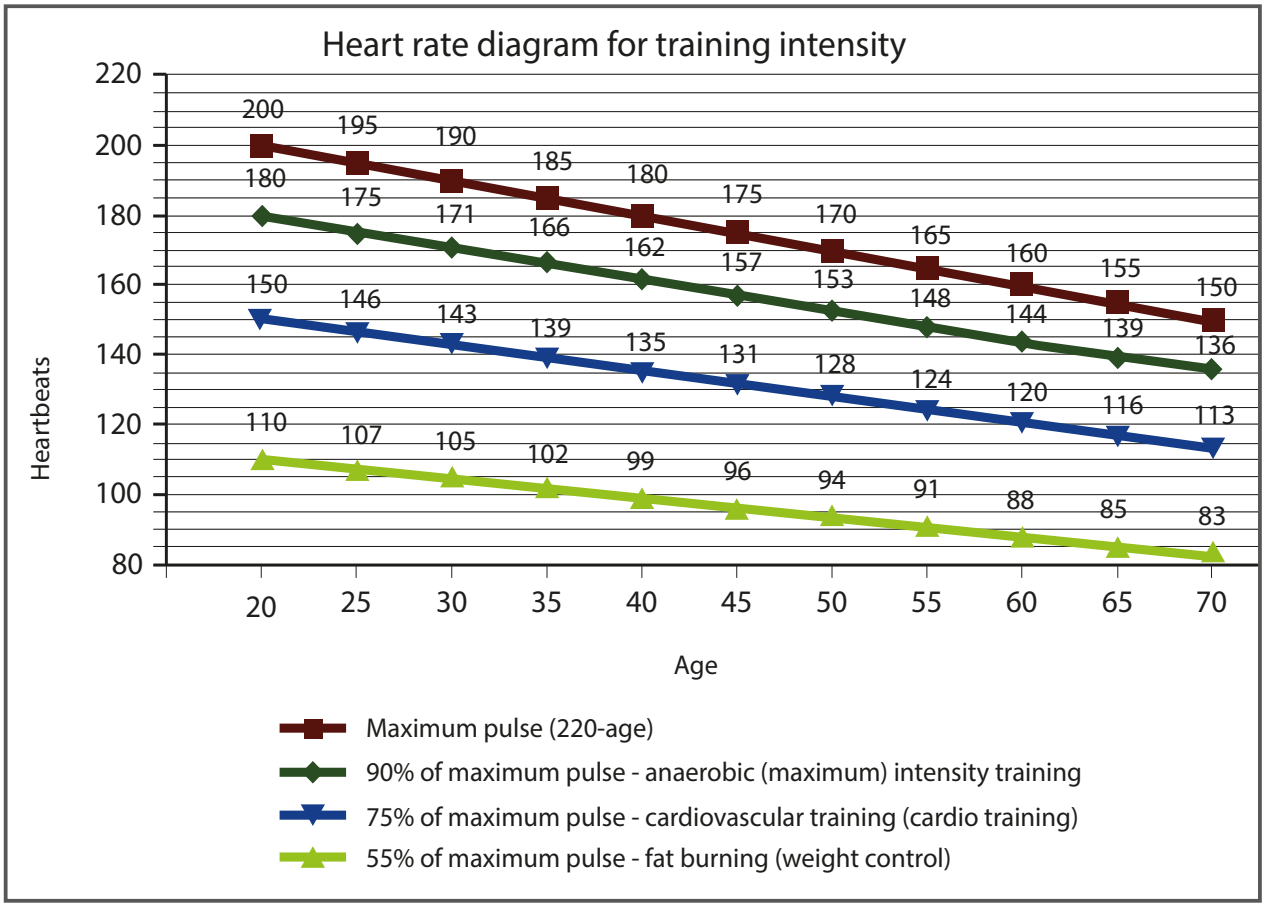
Fat burning (weight management): The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

Cardiovascular training (cardio training): The primary goal is to increase endurance 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.



4.1 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**

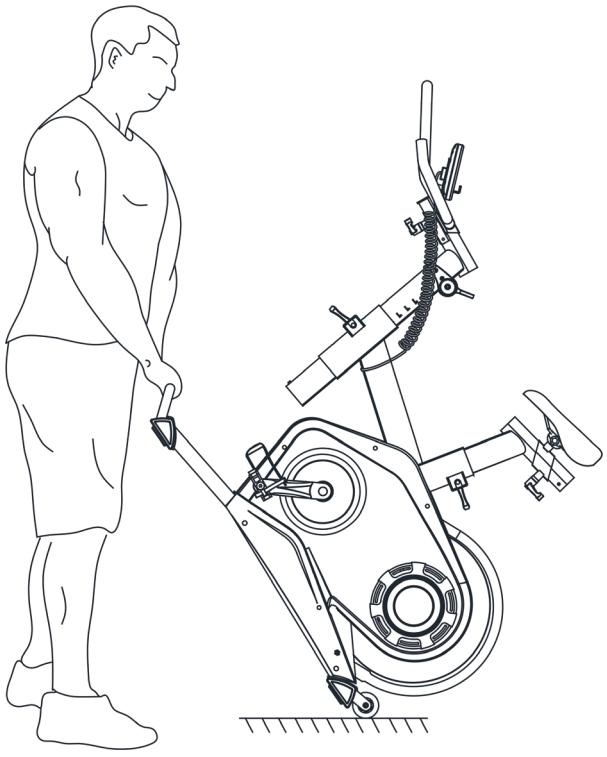
+ Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

4.2 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
Cracking in the pedal area	Pedals loose	Tighten the pedals
Equipment wobbles	Equipment is not level	Align the feet
Handlebar/saddle wobbles	Loose screws	Tighten screws firmly
Display is blank/is not working	Batteries empty or loose cable connection	Replace batteries or check cable connections
No pulse display	+ Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective	+ Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...) + Use a suitable chest strap (see RECOMMENDED ACCESSORIES). + Reposition chest strap and/or moisten electrodes + Changing batteries + Check if pulse display by hand pulse possible

5.3 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 Sport-Tiedje for technical support.

5.4 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	C	I
Plastic covers	C	I
Screws and cable connections		I
Check pedals for tightness		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

silicone spray

towels

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.

Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Taurus / Indoor cycle

Model Name:

Z9

Article Number:

TF-Z9

8.2 Parts List

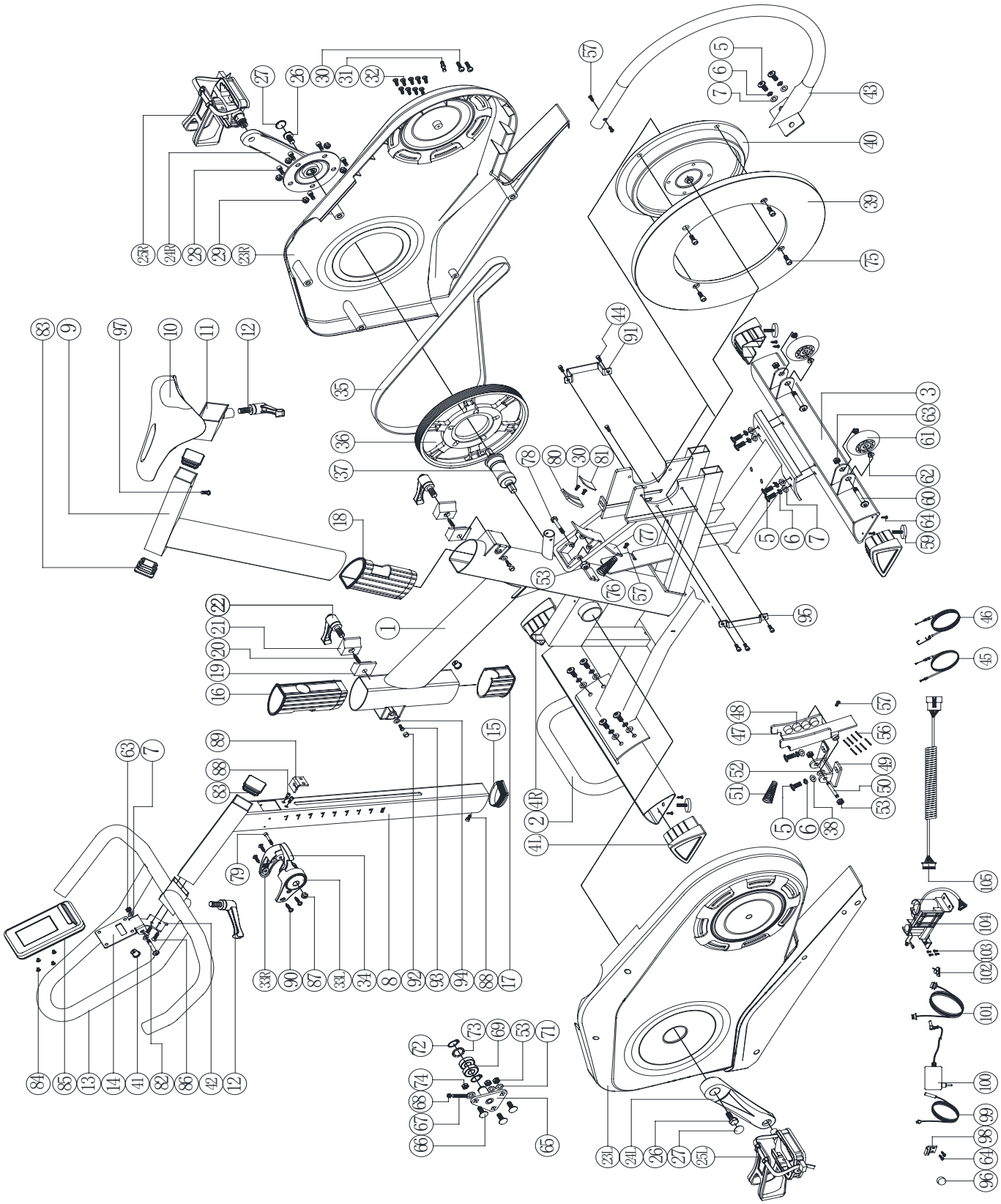
No.	Name	Specification	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4L	Left Triangle Cap	95.7*57.2*51.3	2
4R	Right Triangle Cap	95.7*57.2*51.3	2
5	Allen Bolt	M8x1.25x20L,8.8level	12
6	Spring Washer	D15.4xD8.2x2T	12
7	Flat Washer	D16xD8.5x1.2T	12
8	Front Post		1
9	Seat Post		1
10	Seat	150*260*65,clamp,DD2681	1
11	Seat Adjustable Tube		1
12	L Knob 25L	M12*25L	2
13	Handlebar		1
14	Computer Fixing Plate		1
15	D Plug	70*45*14	1
16	Cover Of Front Post	80*55*147	1
17	Protective Cover	80*55*61	1
18	Inner Insert	80*55*147	1
19	Stop Plate(1)	39*35*17	2
20	Sping	D12.5*D1.2*20.7	2
21	Stop Plate(2)	38*35*17	2
22	L Knob 50L	M10*50L	2
23L	Left Chaincover	744.3*512.4*77.7,with electric hole	1
23R	Right Chaincover	744.3*512.4*82	1
24L	Left Crank	170*9/16"-20BC	1
24R	Right Crank	170*9/16"-20BC	1
25L/R	Pedal	JD-304,9/16",double bearing-w/o SPD	1
26	Bolt	M8x1.0x16,10.9 level	2
27	Bolt Cover	D23x6.5	2

28	Screw	M10*1.5*20L	5
29	Nut	M10*1.5*8T	5
30	Round Cross Bolt	M5x0.8x15L	4
31	Pin	D6*26.5*7.7	1
32	Cross Screw	ST4.2*1.4*20L	9
33L	Left Cover Of Brake	95.4*53*33.4	1
33R	Right Cover Of Brake	95.4*53*31.2	1
34	Brake Handlebar	101.1*48.2*37	1
35	Belt	PK,J5,1295L	1
36	Puelly	D239.8*23,PK,J6	1
37	Bb Sets	127.5L	1
38	Flat Washer	D25*D8.5*2T	2
39	Outer Flywheel	D420*14	1
40	Inner Flywheel	D290*34.3	1
41	Cable Plug	D4*D12*13	2
42	Swing Connection Fixing Bracket		1
43	Flywheel ring		1
44	Screw	M6*1*15L,8.8 level	6
45	Tension Cable	D1.5*350L ,freedom length 56	1
46	Lower Tension Cable	1300L	1
47	Magnet Fixing Bracket		1
48	Magnet	D18*10T	8
49	Magnet Fixing Plate		1
50	Axle Of Magnet Fixing Bracket	D8.2*65L	1
51	Spring	D1.2*55L	1
52	Flat Washer	D18*D8.5*1.0T	1
53	Nylon Nut	M8*1.25*8T	5
56	Magnet Cell	29*3*3	6
57	Cross Screw	M5*0.8*10L	4
59	Adjustable Round Wheel	D59*M10*40L	4
60	Bolt	M8*1.25*40L,8.8level	2
61	Round Moving Wheel	D70.5*23	2

62	Bushing	D22.2*D8.2*7T	4
63	Nylon Nut	M8*1.25*8T	3
64	Screw	ST4*1.41*12L	10
65	Idle Wheel Fixing Plate		1
66	Carriage Bolt	M8*1.25*20L,8.8level	3
67	Adjustable Bolt	M6*1.0*46	1
68	Nut	M6*1*5T	1
69	Bearing	6203-2RS plastic cover	2
71	Flat Washer	D18*D8.5*1.2T	2
72	C Ring	S-17(1T)	2
73	Curved Washer	D17*D22*0.3T	1
74	Nut	M8*1.25*6T	1
75	Screw	M8*1.25*16L	4
76	Spring	D1.4*55L	1
77	Fixing Plate Of Brake Strap	100*63*3.0T	1
78	Bolt	M8*52L 15MM	1
79	Cover Of Moving Wheel	M6*1.0*50L,8.81evel	1
80	Brake Plate	54.5*37*13	1
81	Cow Leather	52*31*4T	1
82	Bolt	M8x1.25x45L 8.81evel	1
83	Square Plug	38x38x18L,	3
84	Cross Bolt	M5*0.8*10L	4
85	Computer	SM-7224-64, ROHS	1
86	Round-Head Screw	M5*0.8*15L	2
87	Nylon Nut	M6*1.0*6T	1
88	Screw	M6*1*15L,8.81evel	2
89	Tension Fixing Plate	25*24*3T	1
90	Screw	ST4.2*1.4*15L	4
91	Fixing Plate (1)	105.5*35*2.5T	1
92	Buffer	D10*5.5T	2
93	Bolt	M5*0.8*1OL,8.81evel	2
94	Flat Washer	D15*D5.2*1.0T	2
95	Fixing Plate (2)	105.5*10*2.5T	1

96	Round Magnet	M02	1
97	Round Screw	M5*10L	1
98	Sensor Bracket	24*22*2.5T	1
99	Sensor Cable	50L	1
100	Adaptor	output:9V.500MA	1
101	Electric Cable	700L	1
102	Cable Buckle	17.5*8.2*2.2	1
103	Cross Screw	ST4.2x1.4x12L	4
104	Motor		1
105	Upper Computer Cable	300L	1

8.3 Exploded Drawing



9 WARRANTY

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.

10 CONTACT

DE

TECHNIK

+49 4621 4210-900
+49 4621 4210-698
technik@sport-tiedje.de
Öffnungszeiten entnehmen Sie unserer Homepage.

SERVICE

0800 20 20277
(kostenlos)
info@sport-tiedje.de
Öffnungszeiten entnehmen Sie unserer Homepage.

DK

TEKNIK OG SERVICE

80 90 16 50
+49 4621 4210-945
info@fitshop.dk
Åbningstider kan findes på hjemmesiden.

FR

TECHNIQUE & SERVICE

+33 (0) 172 770033
+49 4621 4210-933
service-france@fitshop.fr
Vous trouverez les heures d'ouverture sur notre site Internet.

PL

TECHNIKA I SERWIS

22 307 43 21
+49 4621 42 10-948
info@fitshop.pl
Godziny otwarcia można znaleźć na stronie głównej.

BE

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+49 4621 42 10-932
info@fitshop.be
Vous trouverez les heures d'ouverture sur notre site Internet.

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TECHNICAL SUPPORT

+44 141 876 3986
support@powerhousefitness.co.uk

SERVICE

+44 141 876 3972
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NL

TECHNISCHE DIENST & SERVICE

+31 172 619961
info@fitshop.nl
De openingstijden vindt u op onze homepage.

INT

TECHNICAL SUPPORT & SERVICE

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service-int@sport-tiedje.de
You can find the opening hours on our homepage.

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0800 20 20277
(Freecall)
+49 4621 42 10-0
info@sport-tiedje.at
Öffnungszeiten entnehmen Sie unserer Homepage.

CH

TECHNIK & SERVICE

0800 202 027
+49 4621 42 10-0
info@sport-tiedje.ch
Öffnungszeiten entnehmen Sie unserer Homepage.

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 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.

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!

www.sport-tiedje.co.uk
www.sport-tiedje.de/blog

www.facebook.com/SportTiedje

www.instagram.com/sporttiedje

www.youtube.com/user/sporttiedje

TAURUS

cardiostrong

BODYCRAFT

cardiojump

DUKEFITNESS

DARWIN

Notes

Notes

TAURUS®

Racing Bike Z9