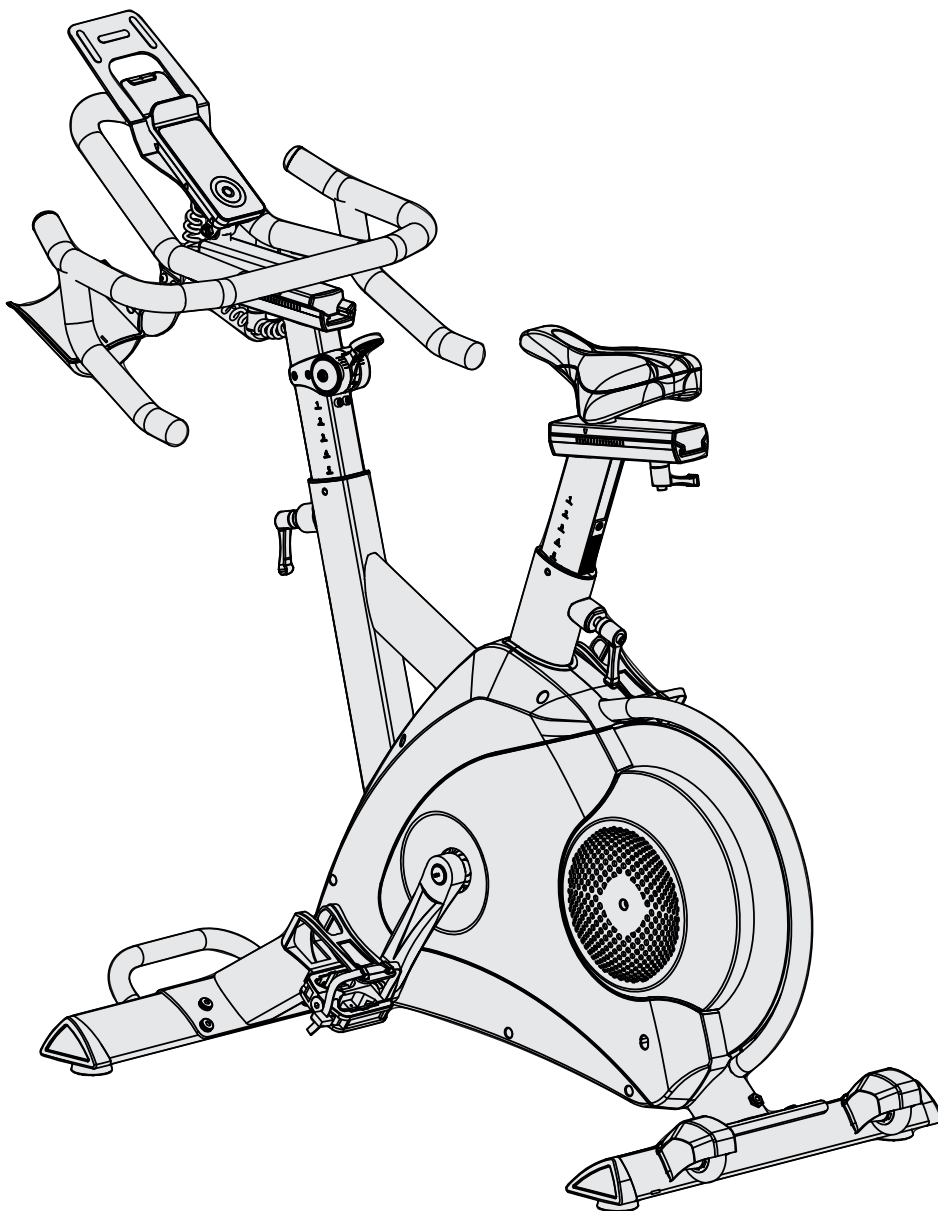


# TAURUS®

## Assembly and Operating Instructions



max. 180 kg



~ 60 Min. 



 56 kg

L 140 | W 56 | H 128

FSTFZ9PRO.02.02

Art. No. TF-Z9PRO-2

**Taurus Indoor Bike Z9 PRO**



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**Dear customer,**

Thank you for choosing quality training equipment from the TAURUS® brand. Taurus offers sports and fitness equipment for home users with high demands on quality, functionality and longevity. Also, Taurus is a well-known and experienced brand for equipping professional rooms for fitness studios and business customers. The focus of Taurus fitness equipment is on what matters most in sports: maximum performance! Therefore, the devices are 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](http://www.fitshop.com).

**Intended Use**

The equipment may only be used for its intended purpose.

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

**Legal Notice**

Fitshop GmbH  
Europe's No. 1 for home fitness

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**Disclaimer**

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

**FITSHOP**

Europe's No.1 for Home Fitness

## 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.

⚠ **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

### LED Display:

- + Training time
- + Speed
- + Revolutions per minute
- + Distance
- + Calories burned
- + Pulse (when using a compatible chest strap)
- + Watt
- + Resistance level

Resistance system:	motorized generator system
Resistance levels:	32
Flywheel mass:	13 kg

Wattage	
Min. and max. watt at 60 RPM:	20 - 650 W
Min. and max. watt at 100 RPM:	36 - 1408 W

### Weight and Dimensions

Packaging dimensions (L x W x H) approx.:	115 cm x 24.5 cm x 94 cm
Set-up dimensions (L x W x H) approx.:	140 cm x 56.5 cm x 128 cm

Article weight (gross, incl. packaging) approx.:	62 kg
Article weight (net, excl. packaging) approx.:	56 kg

Maximum user weight:	180 kg
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Q-factor:	20.4 cm
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Use class:	S
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## 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.
- + The owner must communicate all warnings and instructions to the user.

### **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.
- + There is a risk of injury from spinning pedals and/or an exposed flywheel in the absence of a freewheel. Never get on or off the equipment when the pedals or the flywheel are still moving. Always make sure that the pedals and the flywheel have come to a complete stop.
- + Support yourself with at least one hand on the handlebar when getting on and off the equipment. Only dismount from the equipment when the pedals have come to a complete stop.
- + 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.
- + Always tighten the pedal strap before you start training to prevent your feet from slipping.



### **CAUTION**

- + 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.
- + To protect the equipment from use by unauthorised third parties, always remove the power cable (if existing) when not in use and store it in a safe place that is inaccessible to unauthorised persons (e.g. children).
- + Class B and C crank training equipment is not suitable for high accuracy purposes.

## **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.
- + If your purchased item is equipped with a TFT console, software updates must be carried out regularly. Follow the instructions on the console to perform the update(s).
- + The software systems on gym equipment with TFT consoles are set up only for the pre-installed apps. Do not install any additional apps.



### **NOTICE**

- + The pre-installed apps on TFT consoles are produced and provided by external manufacturers. Fitshop does not take any responsibility for the availability, functionality or contents of these apps.

## 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 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.
- + For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.

### 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**

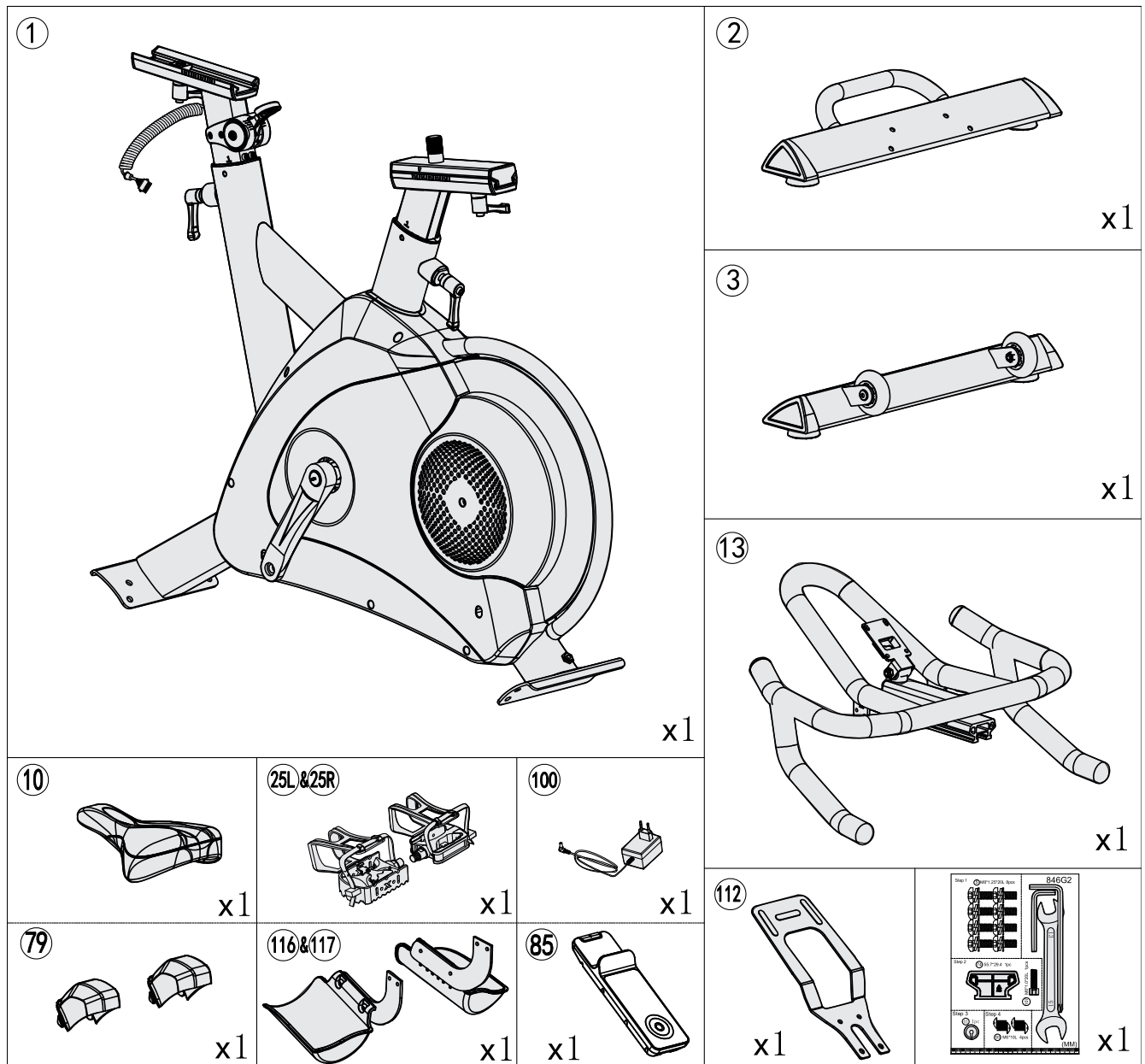
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

## 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.



## 2.3 Assembly

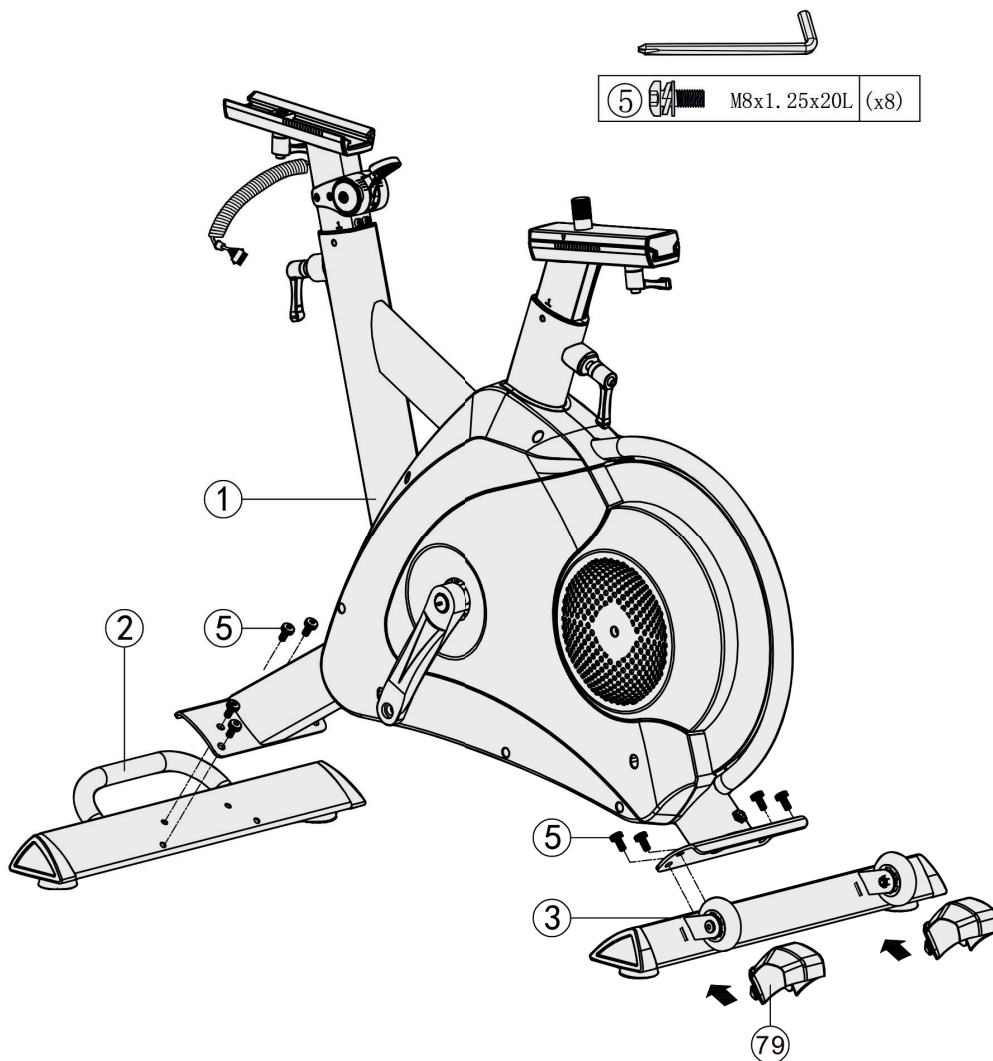
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### **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.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

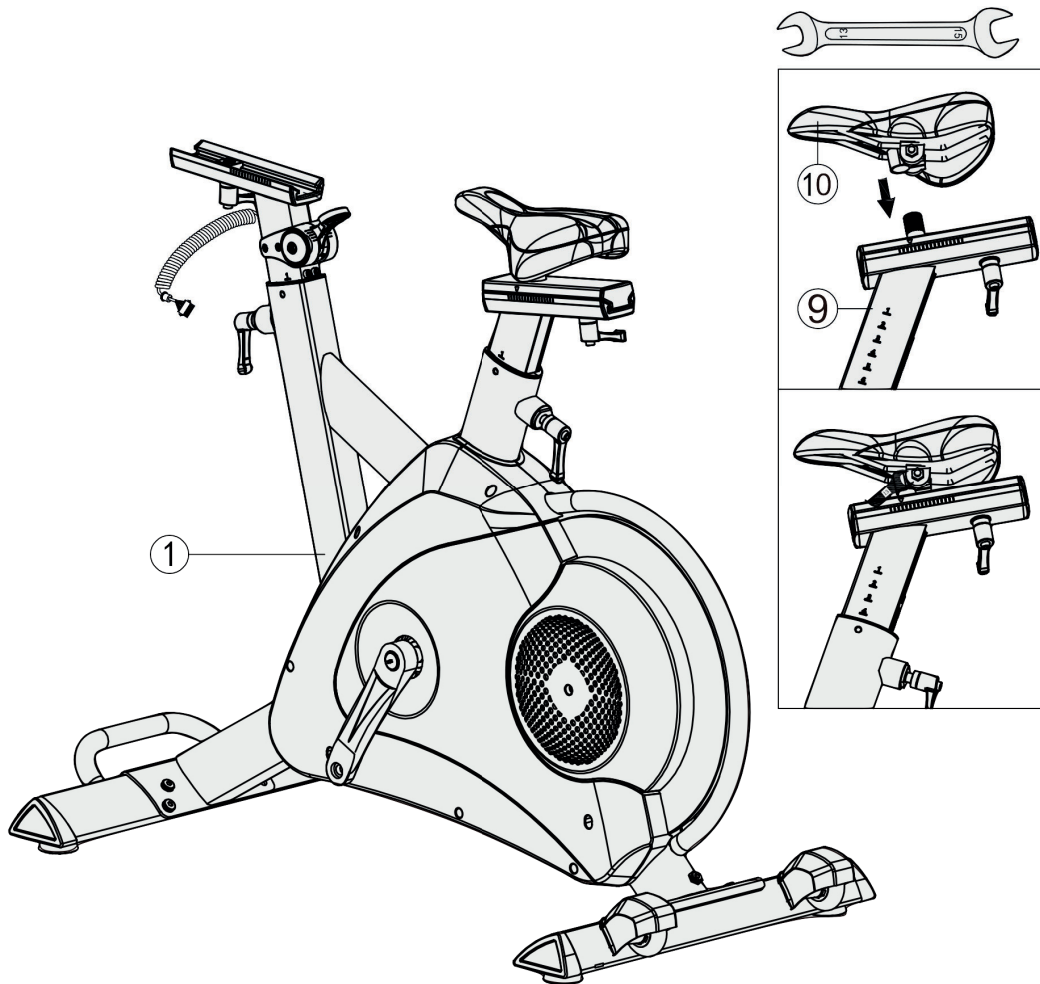
### Step 1: Assembly of the Stabilizers

1. Assemble the front and rear stabilizer (2 & 3) to the main frame (1) with eight screws (5) in total.
2. Attach the two covers (79) to the rear stabilizer (3).



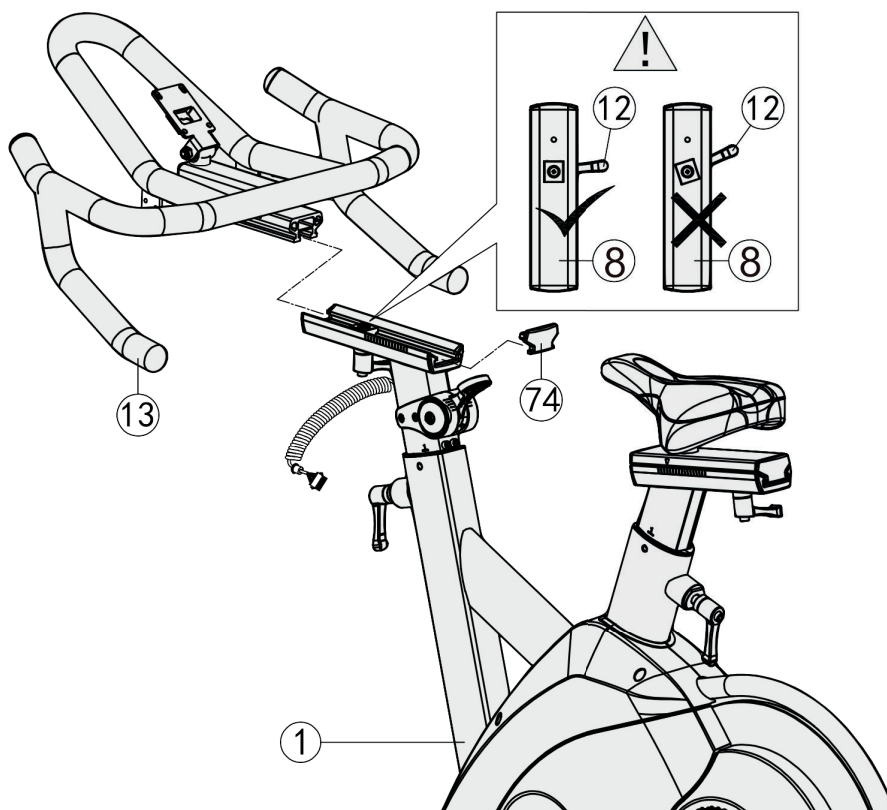
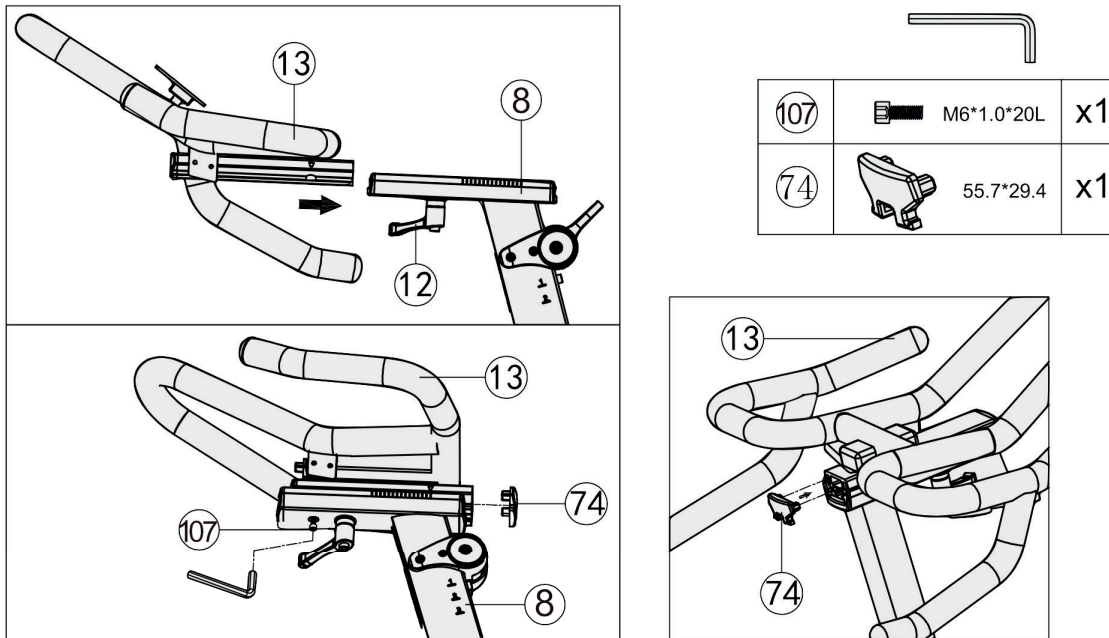
## Step 2: Assembly of the Saddle

Attach the seat (10) to the seat post (9) and retighten the bolt connection with the wrench.



### Step 3: Assembly of the Handlebar

1. Slide the handlebar (13) into the front post (8).
2. Secure the handlebar (13) with one screw (107).
3. Attach the end plug (74) to the front post (8).





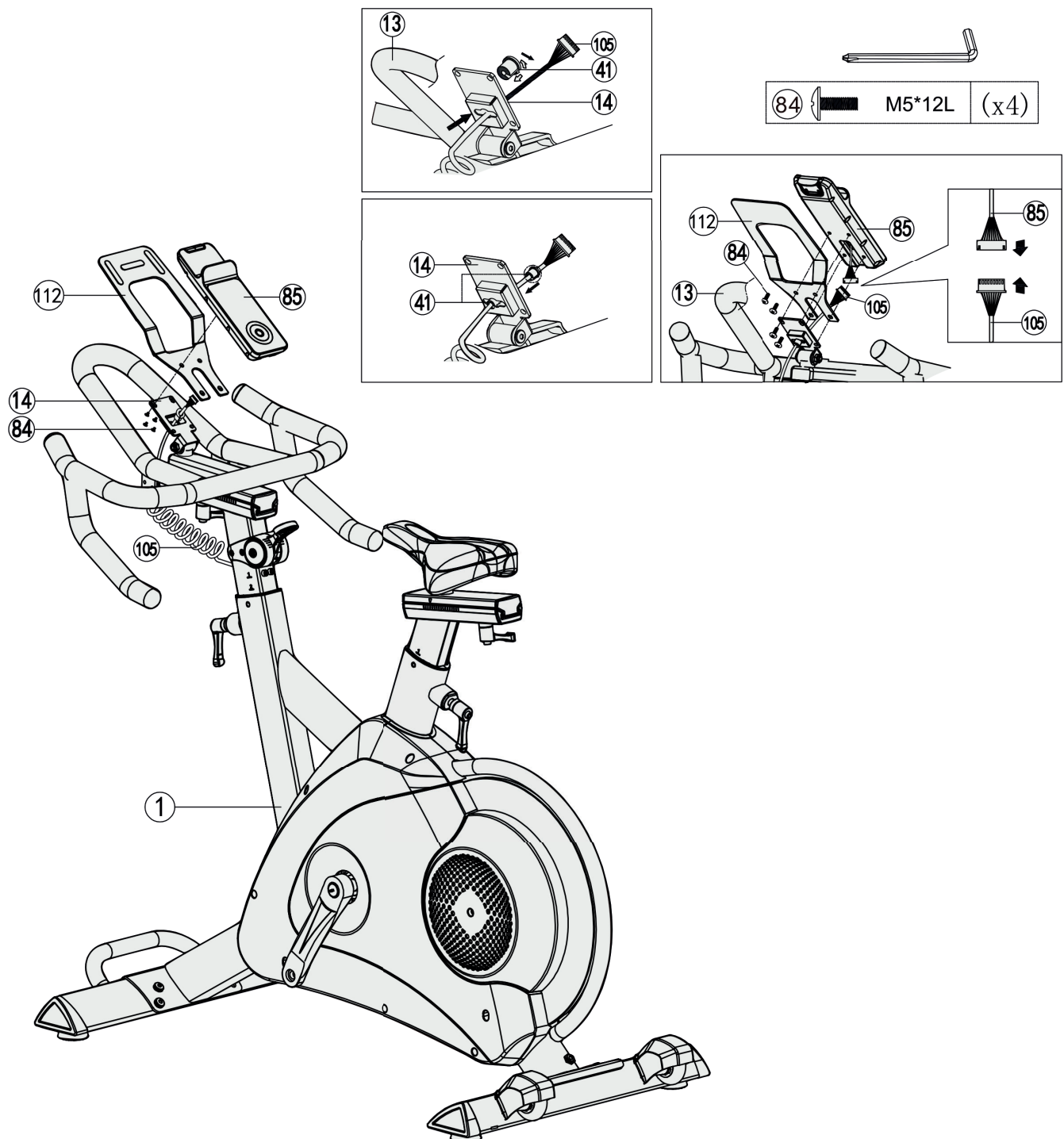
## Step 4: Assembly of the Computer

1. Attach one cable plug (41) to the cable (105) and slide it into the computer fixing plate (14).
2. Connect the cable (105) with the cable of the console (85).

► **ATTENTION**

Make sure not to pinch the cables during the following step.

3. Assemble the computer (85) and the tablet (112) to the handlebar (13) with four bolts (84).



### Step 5: Assembly of the Bottle Holders and Pedals

1. Assemble the left bottle holder (116) to the handlebar (13) with two bolts (93).
2. Assemble the right bottle holder (117) to the handlebar (13) with two bolts (93).

 **NOTICE**

The pedals (25L & 25R) are marked with an „L“ and an „R“ for left and right.

 **CAUTION**

Make sure to screw in the pedals completely.

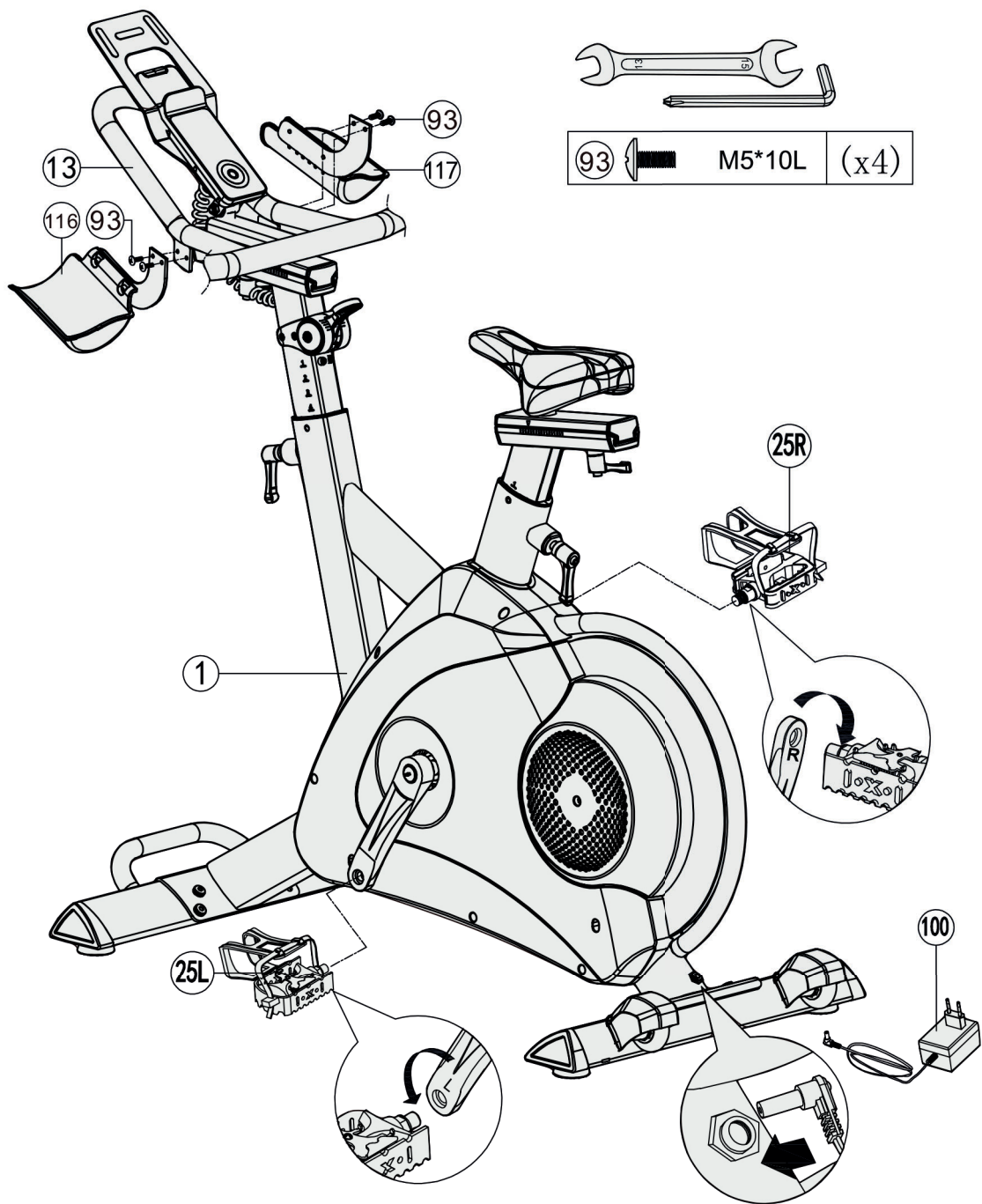
3. Attach the left pedal (25L) to the left crank arm by turning the pedal (25L) counterclockwise onto the crank arm.
4. Attach the right pedal (25R) to the right crank arm by turning the pedal (25R) clockwise onto the crank arm.
5. Tighten all screw joints.

### 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.

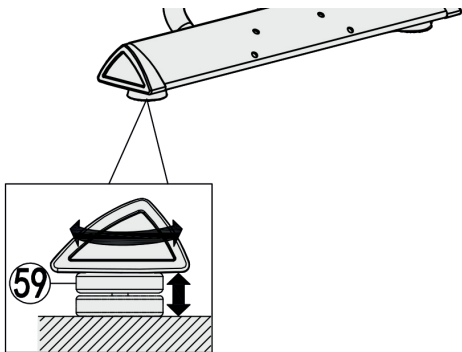
Plug the power plug (100) into a wall outlet that complies with the instructions in the chapter on electrical safety.



## Step 7: Alignment of the Feet

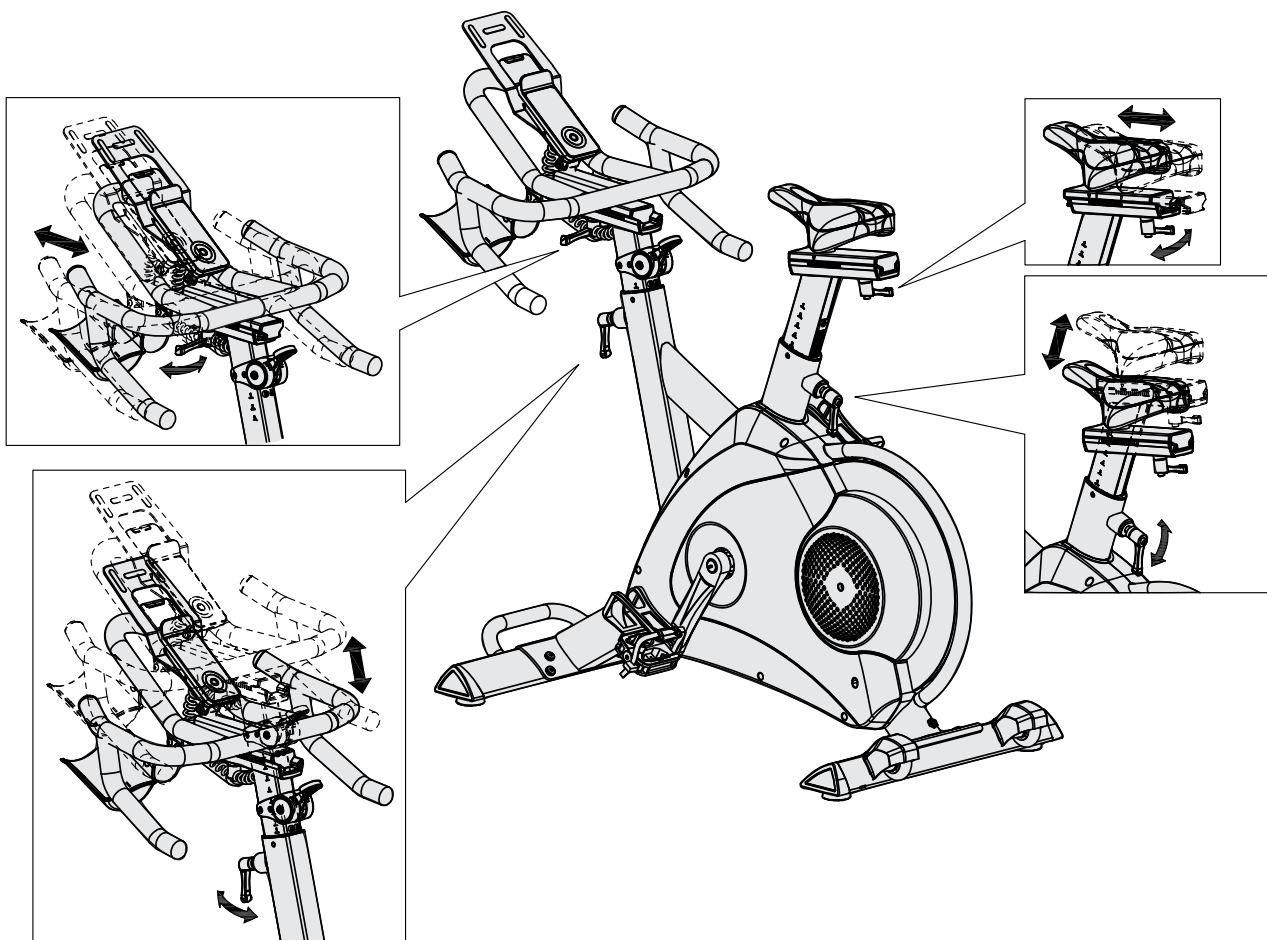
If the floor is uneven, you can stabilize the equipment by turning the two setting screws under the main frame.

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



## 2.4 Adjustments

Both the handlebar and the saddle can be adjusted horizontally and vertically.



## 2.4.1 Adjusting the Saddle

### Height Adjustment



#### CAUTION

When adjusting, make sure not to exceed the minimum insertion depth.

1. Loosen the L lever to adjust the height of the seat post.
2. Retighten the L lever.

### Horizontal Adjustment

1. Loosen the L lever underneath the seat until it can be moved forward and backward.
2. Move the seat into the desired position.
3. Reighten the L lever.

## 2.4.2 Adjusting the Handlebar Position

### Height Adjustment



#### CAUTION

When adjusting, make sure not to exceed the minimum insertion depth.

1. Loosen the L lever to adjust the height of the front post.
2. Retighten the L lever.

### Horizontal Adjustment

1. Turn the L lever until the handlebar can be moved.
2. Adjust the handlebar to the desired position.
3. Retighten the L lever.

## 2.5 Correctly Getting On and Off

1. To get on, grip the handles with both hands and first step onto the left pedal with your left foot or onto the right pedal with your right foot and then place your foot onto the other pedal.
2. To get off, grip the handles with both hands and place one foot next to the equipment and then the other foot.

## 3 OPERATING INSTRUCTIONS


### ① NOTICE

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







### 3.1 Console Display



<b>TIME</b>	Display of the training time Display range 0:00 - 99:59 Setting range 0:00 - 99:00 (in 1:00 increments)
<b>SPEED</b>	Display of the speed Display range 0.0 - 99.9 km/h
<b>DISTANCE</b>	Display of the distance Display range 0 - 99.9 km or mi Setting range 0.0 - 99.0 km (in 1.0 increments)
<b>CALORIES</b>	Display of the calories Display range 0 - 999 kcal Setting range 0.0 - 990 kcal (in 10 increments)
<b>PULSE</b>	Display of the heart rate Display range 0 - 230 Setting range 0 - 230 (in 1 increments)

<b>WATT</b>	Display of the wattage Display range 0-999 Setting range 10 - 350 (in 5 increments)
<b>RPM</b>	Display of rotations per minute Display range 0 - 999
<b>Resistance level</b> 	Display of the resistance level The resistance level is displayed in colored segments (green, orange and red). Green - low; Red - high

### 3.2 Button Functions

	<b>START/PAUSE</b> + With this button you start/pause the training
 (+)	<b>UP</b> + With the jog dial you increase the values by turning it clockwise
 (-)	<b>DOWN</b> + With the jog dial you decrease the values by turning it counterclockwise
	<b>RECOVERY</b> + With this button you start the recovery function
	<b>RESET</b> + To restart the console tap this button and hold it for about 2 seconds + In pause mode, tap this button to end the workout and return to the main menu
	<b>ENTER</b> + Use this button to confirm value settings

### 3.3 Turning on the Console and Standby Mode

1. Turn on the console.

**NOTICE**

The power button is located on the main frame near the rear stabilizer.

2. After the console is turned on, the LED display lights up for 2 seconds.

After that, the preset value for the wheel diameter is displayed for 1 second and the user profile setting is shown.

3. Select one of the four user profiles (U1~U4) and confirm with ENTER.

The console changes to the main menu.

**NOTICE**

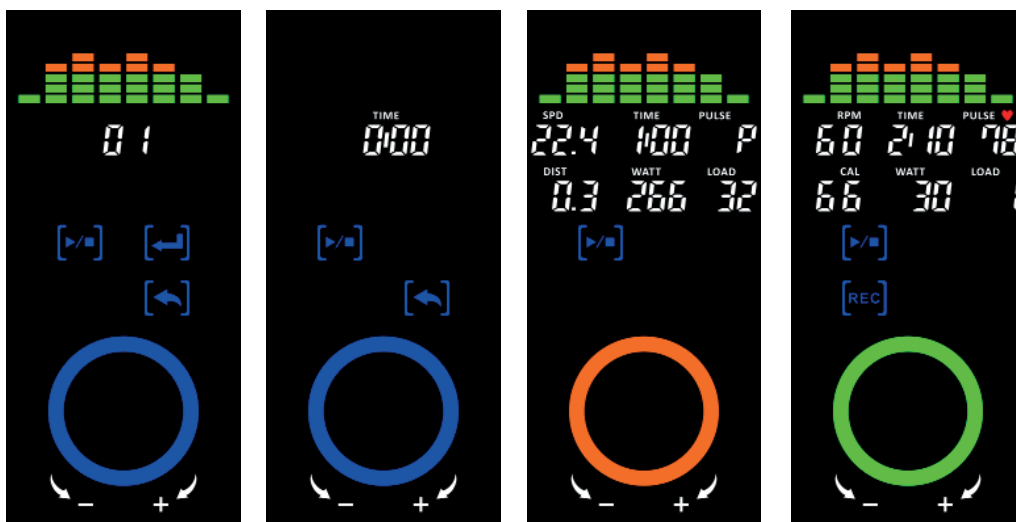
If there is no signal input within 4 minutes, the console starts standby mode. To exit standby mode, tap any key or pedal.

### 3.4 Programmes

The console offers you a wide range of programmes. These include:

- + 4 target programmes
- + 12 preset programmes
- + 1 user defined programmes (per user profile)
- + 1 heart rate programme
- + 1 watt programme

In addition, the console has a quick start function and a recovery function.

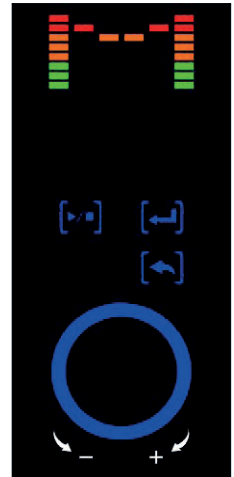


Example: Interface of the preset programme P1



### 3.4.1 Quick Start Function and Target Programmes (M)

Within this programme mode you can perform your training depending on single or multiple parametres. Alternatively, you can use the quick start function by simply tapping START or ENTER without making any settings.



#### ① NOTICE

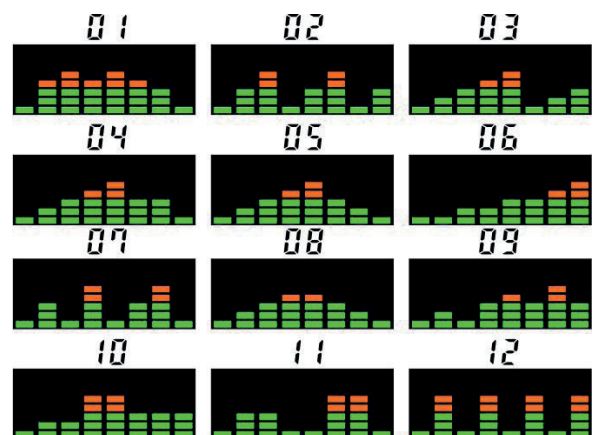
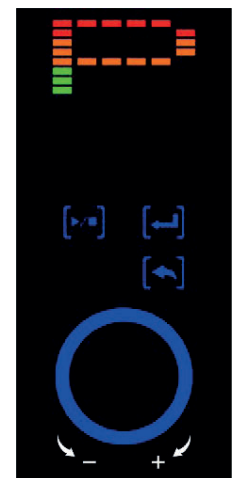
All the values you set will be counted down during the workout. Values that have not been set will be counted up.

1. Select the target programmes (M) in the main menu using the jog dial and confirm with ENTER.
2. Set the desired training time (TIME), distance (DIST), calories (CAL) and/or heart rate (PULSE) using the jog dial and confirm with ENTER.
3. Start the programme by tapping START/PAUSE.
4. To increase or decrease the resistance level, use the jog dial.
5. To pause the programme, tap START/PAUSE again.
6. To end the programme and return to the main menu, tap RESET.

### 3.4.2 Preset Programmes (P)

There are 12 different preset programmes available.

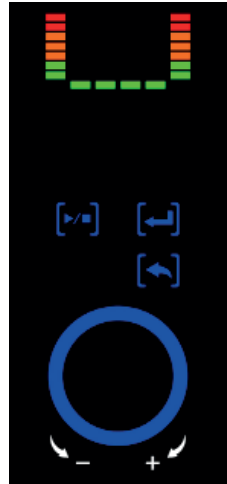
1. Select the preset programmes (P) in the main menu using the jog dial and confirm with ENTER.
2. Choose one of the twelve preset programmes (P1 - P12) using the jog dial and confirm with ENTER.
3. Set the desired training time (TIME) using the jog dial and confirm with ENTER.
4. Start the programme by tapping START/PAUSE.
5. To increase or decrease the resistance level, use the jog dial.
6. To pause the programme, tap START/PAUSE again.
7. To end the programme and return to the main menu, tap RESET.



### 3.4.3 User Defined Programmes (U)

The console offers you the possibility to create your own user defined programme.

1. Select the user defined programme (U) in the main menu using the jog dial and confirm with ENTER.
2. Set the desired resistance level for the 8 segments with the jog dial and confirm with ENTER.
3. When you are happy with your programme settings, press and hold ENTER for 2 seconds.
4. Set the desired training time (TIME) using the jog dial and confirm with ENTER.
5. Start the programme by tapping START/PAUSE.
6. To increase or decrease the resistance level, use the jog dial.
7. To pause the programme, tap START/PAUSE again.
8. To end the programme and return to the main menu, tap RESET.



### 3.4.4 Heart Rate Controlled Programme (H)

This programme allows you to set a desired target heart rate and perform your workout in dependence.



#### WARNING

Your exercise equipment is not a medical device. The heart rate measurement of this device may be inaccurate. A variety of factors can affect the accuracy of the heart rate display. The heart rate display is intended only as a training aid.

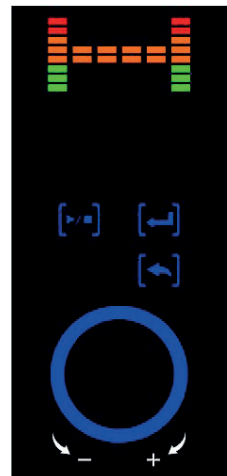


#### NOTICE

For this programme you must wear a compatible chest strap.

In the heart rate controlled programme, the resistance level is automatically adjusted depending on your current heart rate.

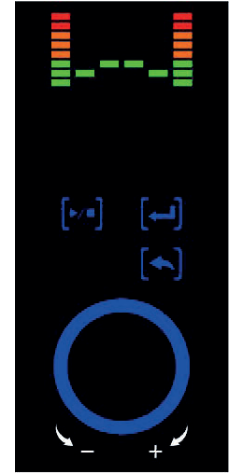
1. Select the heart rate controlled programme (H) in the main menu using the jog dial and confirm with ENTER.
2. Set the desired target heart rate (PULSE) using the jog dial and confirm with ENTER.
3. Set the desired training time (TIME) using the jog dial and confirm with ENTER.
4. Start the programme by tapping START/PAUSE.
5. To pause the programme, tap START/PAUSE again.
6. To end the programme and return to the main menu, tap RESET.



### 3.4.5 Watt Programme (W)

The console offers you the possibility to train depending on a wattage value you set, by adjusting the resistance level accordingly.

1. Select the watt programme (W) in the main menu using the jog dial and confirm with ENTER.
2. Set the desired watt value (WATT) using the jog dial and confirm with ENTER.
3. Set the desired training time (TIME) using the jog dial and confirm with ENTER.
4. Start the programme by tapping START/PAUSE.
5. To pause the programme, tap START/PAUSE again.
6. To end the programme and return to the main menu, tap RESET.



### 3.5 Recovery Function

#### ⓘ NOTICE

For this function you must wear a compatible chest strap.

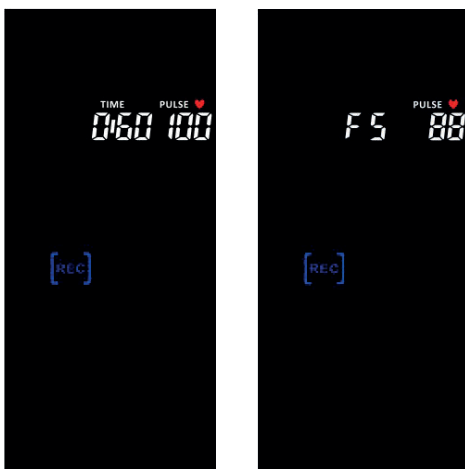
1. After the workout, tap recovery (REC).

*A countdown of 60 seconds is started.*

*After the countdown has ended, your recovery heart frequency is displayed (F1 - F6).*

*F1 is the best possible result, F6 is the worst possible result.*

2. To return to the main menu, tap REC again.



## 3.6 Compatibility Training Apps

This indoor cycle is equipped with a wireless technology interface which allows you to connect the console to different training apps via your mobile device such as smartphone or tablet. You can find and download the training apps in the app stores of Google or Apple.

### **NOTICE**

- + Your mobile device must be compatible with the wireless technology interface of the indoor cycle (4.0).
- + Make sure that wireless technology is activated on your mobile device and that the console is active. To activate the console, simply tap any button.
- + Third-party apps are produced and provided by external manufacturers. Changes and availability of these apps may occur and/or differ. Fitshop holds no responsibility for the availability, functionality or content of these apps.
- + Paid subscriptions may be required for the access and/or full functionality of the training apps.

Your fitness equipment is compatible with several training apps. These include:

- + Kinomap
  - + iConsole+
  - + ZWIFT
1. Make sure that wireless technology is activated on your mobile device and the console of the indoor cycle is active.
  2. Open the training app.
  3. Select your fitness equipment. You can find the name on a small sticker on the back of the console.
  4. Follow the instructions given in the app.

## 3.6.1 Connection with Kinomap

### ① NOTICE

- + Please note that a paid subscription is required for the full functionality of Kinomap.
- + Third party apps are produced and provided by external manufacturers. Changes and availability within these apps might occur. Fitshop does not take any responsibility and can not be held liable for the availability, functionality or contents of these apps.
- + Make sure wireless technology is enabled on your mobile device and the console is active. Otherwise, simply tap any button.

1. Open Kinomap on your mobile device.
2. On the main screen, select "More" in the bar at the bottom.
3. Now select "Device management" on this page. Currently connected devices are displayed here.
4. To add a new device, tap the "+" at the top right.

### ① NOTICE

There may be slight differences in menu navigation between Android and iOS operating systems.

5. Now select the type of device. You can choose from roller trainer, exercise bike, treadmill, cross trainer, indoor cycle and rowing machine. For the Taurus Racer, select Indoor Cycle.
6. On the next page you will see the different brands. Select "Taurus" and then the Taurus Racer.
7. Now all wireless technology sources in the surrounding area are displayed. Select a wireless technology source that begins with i-Console .... The number that follows is also written on a small sticker on the back of the console.

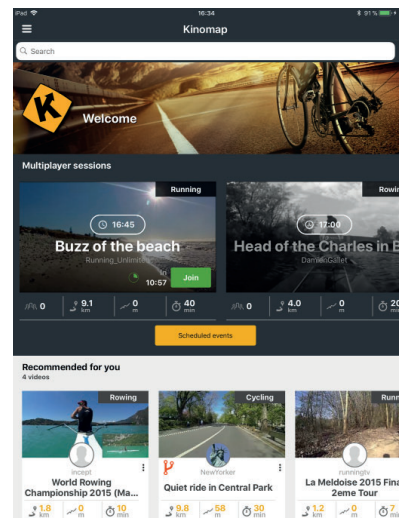
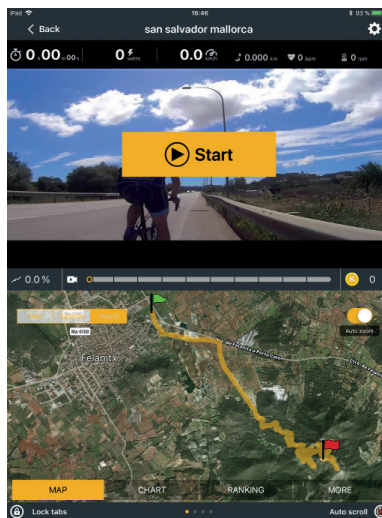
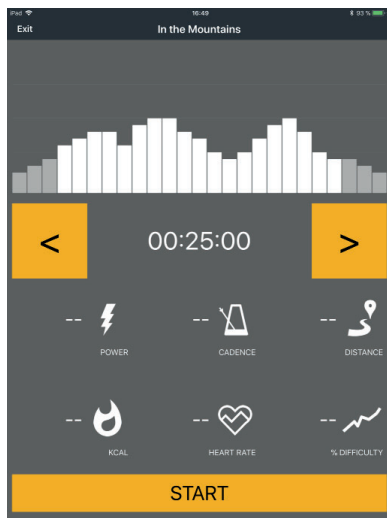
*The device is now added.*

8. Return to the main menu and select a track.

## IMPORTANT NOTE

The pre-installed apps are produced and provided by external manufacturers. Changes and availability within these apps might occur. Fitshop does not take any responsibility and can not be held liable for the availability, functionality or contents of these apps. To make sure the pre-installed apps are working correctly, they must be updated regularly. If needed, the respective app will notify you to do so. To update the app, you need a google account. A google email is sufficient. Just follow the instructions on the screen to perform the update.

Please note: The system is set up only for the pre-installed apps. Do not install any additional apps as their proper functionality can not be guaranteed. The installation of other apps might cause technical issues.



Example: Kinomap

## 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

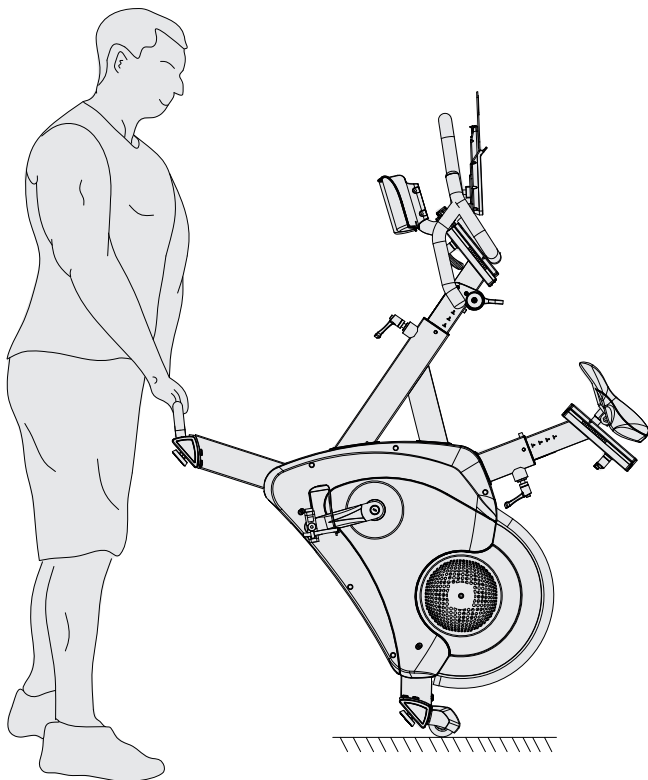
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

## 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	<ul style="list-style-type: none"> <li>+ Sources of interference in the room</li> <li>+ unsuitable chest strap</li> <li>+ Wrong position of chest strap</li> <li>+ Chest strap defective or battery empty</li> <li>+ Pulse display defective</li> </ul>	<ul style="list-style-type: none"> <li>+ Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...)</li> <li>+ Use a suitable chest strap (see RECOMMENDED ACCESSORIES).</li> <li>+ Reposition chest strap and/or moisten electrodes</li> <li>+ Changing batteries</li> <li>+ Check if pulse display by hand pulse possible</li> </ul>



### 5.3 Maintenance and Inspection Calendar

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

The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly
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. For indoor cycles 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 indoor 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!



floor mat



chest strap



chest strap contact gel



pedals



saddle cover



silicone spray

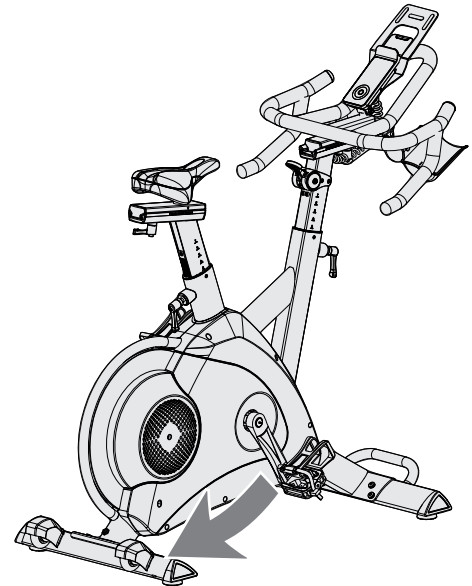
## 8.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 10 of this operating manual.

**NOTICE**

The serial number of your equipment is unique. It's located on a white sticker.

Enter the serial number in the appropriate field.



**Serial number:**

**Brand / Category:**

**Model Name:**

**Article Number:**

## 8.2 Parts List

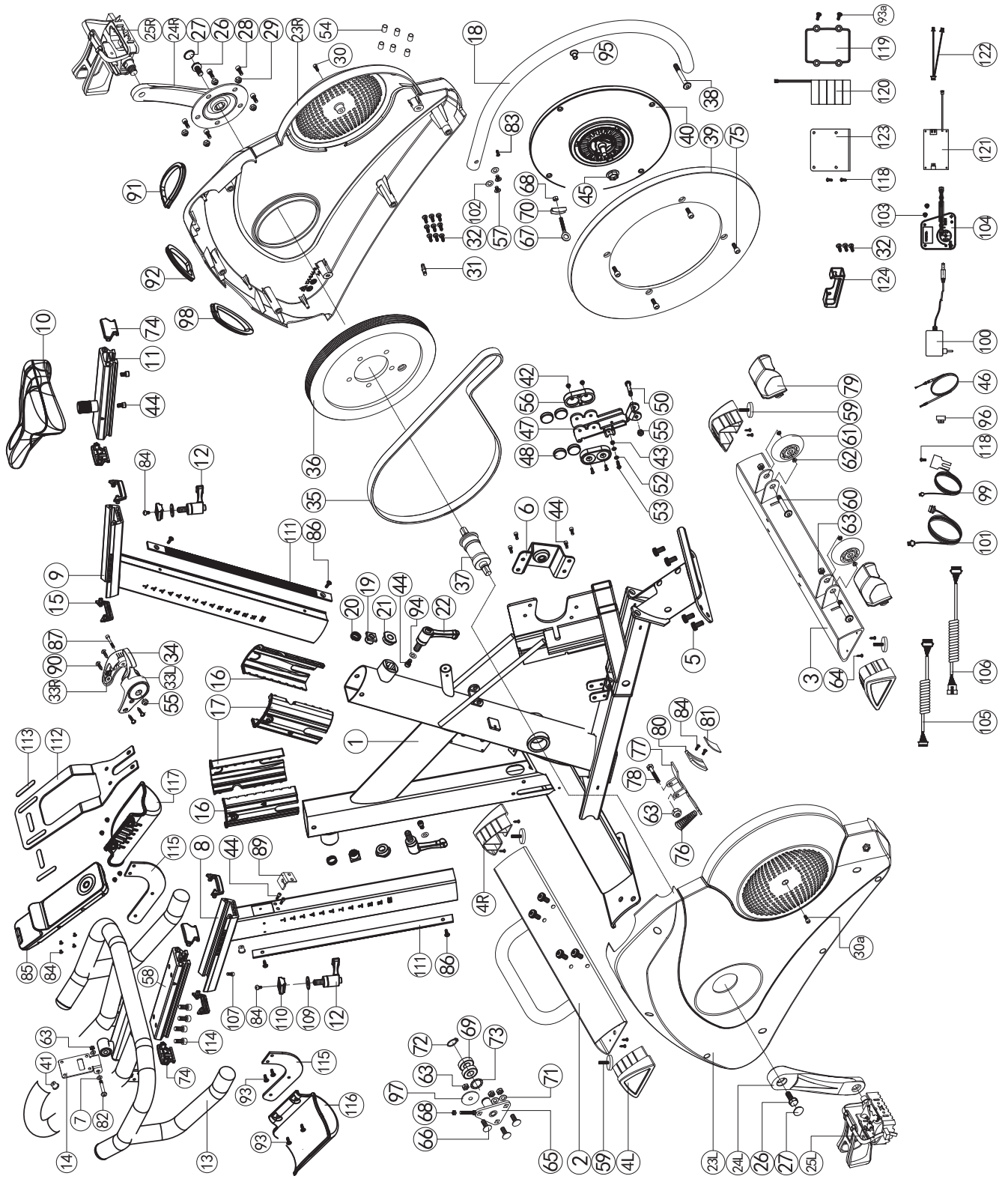
No.	Name	Specification	Qty.
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4L	Left triangle cap	95.7*57.2*51.3	2
4R	Right triangle cap	95.7*57.2*51.3	2
5	Inner hexagon screw	M8x1.25x20L	8
6	Flywheel fixing plate	120*60*4T	1
7	Flat washer	D16xD8.5x1.2T	2
8	Front post		1
9	Seat post		1
10	Seat	VL-3542-1A	1
11	Seat adjustable tube		1
12	L knob 40L	M10*20L	2
13	Handlebar		1
14	Computer fixing plate		1
15	End plug	56.6*26.4*18	4
16	Inner insert	27.4*80*150L	2
17	Inner insert (2)	29.4*80*150L	2
18	Curved plate of flywheel		1
19	Pillar	19.7*19.7*20L	2
20	Spring	D1.2*D19.6*15.3L	2
21	Nut cap	D30*12L*M24*2.0p	2
22	L knob	M12*25L	2
23L	Left chaincover	729.2*531.9*81.5	1
23R	Rght chaincover	729.2*531.9*77	1
24L	Left crank	170*9/16"-20BC	1
24R	Right crank	170*9/16"-20BC	1
25L&25R	Pedal	JD-037V,9/16	1
26	Bolt	M8x1.0x16,10.9	2
27	Bolt cover	D23x6.5	2
28	Screw M10*1.5*20L	M10*1.5*20L	5

29	Nut M10*1.5*8T	M10*1.5*8T	5
30	Cross screw M5x0.8x10L	M5x0.8x10L	1
30a	Cross screw M5x0.8x25L	M5x0.8x25L	1
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	495 PJ8	1
36	Puella	D300*25.5*2.8T	1
37	BB sets	127.5L	1
38	Bolt M8*1.25*95L	M8*1.25*95L	1
39	Inner flywheel	D420*9T	1
40	External magnetic self-generating system	D290*47L*11KG	1
41	Cable plug	D4*D12*13	2
42	Screw M5*0.8*8L	M5*0.8*8L	4
43	Nut	M4*0.7*3.2T	1
44	Screw M6*1.0*10L	M6*1.0*10L	10
45	Screw	3/8"-26UNFx6.5T	1
46	Lower tension cable	1100L	1
47	Magnet fixing bracket		1
48	Magnet	D25*7T	4
50	Screw M6*1.0*45L	M6*1.0*45	1
52	Flat washer	D8*D4.3*0.5T	2
53	Screw M4x0.7x15L	M4x0.7x15L	1
54	Buffer	D9*D5.8*13	6
55	Nylon nut	M6*1.0*6T	2
56	Magnet cover	62*33*12	2
57	Screw M5*0.8*10L	M5*0.8*10L	2
58	Handbar adjustment tube	56.3*30*210L	1
59	Adjustment wheel	D50*M10*1.5	4
60	Bolt M8*1.25*40L	M8*1.25*40L	2
61	Round wheel	D70.5*23	2
62	Bush	D22.2*D8.2*7T	4

63	Nylon nut	M8*1.25*8T	7
64	Cross screw ST4*1.41*12L	ST4*1.41*12L	4
65	Idle wheel fixing plate		1
66	Carriage bolt	M8*1.25*20L	3
67	Gasket adjustment set		1
68	Screw M6*1*5T	M6*1*5T	2
69	Bearing 6203-2RS	6203-2RS	2
70	U washer	30*9*8	1
71	Flat washerD18*D8.5*1.2T	D18*D8.5*1.2T	2
72	C clip	S-17(1T)	1
73	Waved washer	D17*D22*0.3T	1
74	End plug (1)	55.7*29.4*18	4
75	Screw	M8*1.25*12L	4
76	Spring	D1.4*55L	1
77	Fixing plate of brake strap	125.2*62*3.0T	1
78	Bolt	M8*52L,15MM	1
79	Cover of moving wheel	93.2*64.7*62	2
80	Brake plate	54.5*37*13	1
81	Cow leather	52*31*4T	1
82	Bolt M8x1.25x45L	M8x1.25x45L	1
83	Screw ST4.2*20L	ST4.2*20L	1
84	Bolt M5*0.8*12L	M5*0.8*12L	8
85	Computer	SG-8612-84	1
86	Screw M5*0.8*10L	M5*0.8*10L	4
87	Screw M6*1.0*50L	M6*1.0*50L	1
89	Tension fixing plate	25*24*3T	1
90	Screw ST4.2*1.4*15L	ST4.2*1.4*15L	4
91	Chain cover gasket (1)	96*71*20	1
92	Chain cover gasket (2)	86*61*10	1
93	Bolt M5*0.8*10L	M5*0.8*10L	12
93a	Cross boltM5*0.8*6L	M5*0.8*6L	2
94	Flat washer	D13*D6.5*1.0T	2
95	Hex bolt M8*1.25*15L	M8*1.25*15L	1
96	Round magnet	M02	1

97	Plastic flat washer	D50*D10*1.0T	1
98	Chain cover gasket(3)	96*71*10	1
99	Sensor cable	150L	1
100	Adaptor	OUT:9V,2A	1
101	Electric cable	750L	1
102	Flat washer	D14*D6.5*0.8T	2
103	Round cross screw M6*8L	M6*8L	2
104	Motor	2-M6, D4	1
105	Upper computer cable	100L	1
106	Lower computer cable	250L	1
107	Screw M6*1.0*20L	M6*1.0*20L	1
109	Flat washer	D25*D10*2.0T	2
110	Stop plate	23.5*10.6*25L	2
111	Seat tube limiter	363*19*2T	2
112	Tablet	292.6*134.6*3T	1
113	Protective strip	50*10*2.5T	3
114	Screw	M8*1.25*20L	4
115	Fixing plate	154.1*90.1*4T	2
116	Bottle holder(left)	148*119.8*83.5*5T	1
117	Bottle holder(right)	148*119.8*83.5*5T	1
118	Screw ST4*1.41*13L	ST4*1.41*13L,D10	3
119	Power supply cover	70*46	1
120	Battery	6.0V,1300mHA	1
121	Control board		1
122	Battery cable	300L/150L	1
123	Battery fixing plate	85*80*3T	1
124	Motor fixing tube	25*25*2.0T*88	1
	Inner-Hex Spanner	M6	1
	Open-wrench	153*6.5T	1
	Inner hex wrench	M5	1

# 8.3 Exploded Drawing





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.

## 10 CONTACT

DE	DK	UK
<p><b>TECHNIK</b></p> <p> +49 4621 4210-900</p> <p> +49 4621 4210-698</p> <p> technik@fitshop.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p>	<p><b>TEKNIK OG SERVICE</b></p> <p> 80 90 16 50</p> <p>+49 4621 4210-945</p> <p> info@fitshop.dk</p> <p> Åbningstider kan findes på hjemmesiden: <a href="https://stg.fit/statit7">https://stg.fit/statit7</a></p>	<p><b>CUSTOMER SUPPORT</b></p> <p> 00800 2020 2772</p> <p>+494621 4210 944</p> <p> info@fitshop.co.uk</p> <p> You can find the opening hours on our homepage: <a href="https://stg.fit/statitc">https://stg.fit/statitc</a></p>
<p><b>SERVICE</b></p> <p> 0800 20 20277 (kostenlos)</p> <p> 04621 4210 - 0</p> <p> info@fitshop.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a></p>	<p><b>FR</b></p> <p><b>TECHNIQUE &amp; SERVICE</b></p> <p> +33 (0) 189 530984</p> <p>+49 4621 42 10 933</p> <p> info@fitshop.fr</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet: <a href="https://stg.fit/statit4">https://stg.fit/statit4</a></p>	<p><b>BE</b></p> <p><b>TECHNIQUE &amp; SERVICE</b></p> <p> 02 732 46 77</p> <p>+49 4621 4210 933</p> <p> info@fitshop.be</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet: <a href="https://stg.fit/statit8">https://stg.fit/statit8</a></p>
<p><b>ES</b></p> <p><b>TECNOLOGÍA Y SERVICIOS</b></p> <p> 911 238 029</p> <p> info@fitshop.es</p> <p> Consulta nuestro horario de apertura en la página web: <a href="https://stg.fit/statit5">https://stg.fit/statit5</a></p>	<p><b>NL</b></p> <p><b>TECHNISCHE DIENST &amp; SERVICE</b></p> <p> +31 172 619961</p> <p> service@fitshop.nl</p> <p> De openingstijden vindt u op onze homepage: <a href="https://stg.fit/statit3">https://stg.fit/statit3</a></p>	<p><b>INT</b></p> <p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> +49 4621 4210-944</p> <p> service-int@fitshop.de</p> <p> You can find the opening hours on our homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a></p>
<p><b>PL</b></p> <p><b>DZIAŁ TECHNICZNY I SERWIS</b></p> <p> 22 307 43 21</p> <p>+49 4621 42 10-948</p> <p> info@fitshop.pl</p> <p> Godziny otwarcia można znaleźć na stronie głównej: <a href="https://stg.fit/statit6">https://stg.fit/statit6</a></p>	<p><b>AT</b></p> <p><b>TECHNIK &amp; SERVICE</b></p> <p> 0800 20 20277 (Freecall)</p> <p>+49 4621 42 10-0</p> <p> info@fitshop.at</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statitb">https://stg.fit/statitb</a></p>	<p><b>CH</b></p> <p><b>TECHNIK &amp; SERVICE</b></p> <p> 0800 202 027</p> <p>+49 4621 42 10-0</p> <p> info@fitshop.ch</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statit9">https://stg.fit/statit9</a></p>

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](http://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!

	<a href="http://www.fitshop.co.uk">www.fitshop.co.uk</a> <a href="http://www.fitshop.de/blog">www.fitshop.de/blog</a>
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	<a href="http://www.facebook.com/fitshop.co.uk">www.facebook.com/fitshop.co.uk</a>
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	<a href="http://www.instagram.com/fitshop_uk">www.instagram.com/fitshop_uk</a>
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	<a href="http://www.youtube.com/@fitshop_uk">www.youtube.com/@fitshop_uk</a>
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