

TAURUS[®]

ASSEMBLY AND OPERATING INSTRUCTIONS



max. 180 kg



~ 60 Min.



85 kg

L 158 | W 62 | H 135

FSTFERB.01.03

Art. No. TF-ERB

ELITE RECUMBENT BIKE

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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/taurus.

Intended Use

The equipment may only be used for its intended purpose.

This fitness equipment is suitable for home use, semi-professional use and commercial or professional use. The semi-professional sector includes, for example, institutional facilities such as hospitals, schools, hotels and associations. Professional use refers to commercial use, e.g. in a fitness studio.

Legal Notice

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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

Weight and dimensions	
Item weight (gross, including packaging)	93 kg
Item weight (net, without packaging)	85 kg
Packaging dimensions of cartons (L x W x H)	163 cm x 46 cm x 64 cm
Dimensions (L x W x H)	158 cm x 62 cm x 135 cm
Additional measurement data	
Q-Factor	21.3 cm
Crank length	21.8 cm
Maximum load	
Maximum user weight	180 kg
Technical specifications	
Flywheel weight	9.5 kg
Resistance system	Electronic magnetic brake system
Resistance levels	32
Power supply	Generator
Console data	
Display	Training duration in min.
	Speed in km/h
	Training distance in km
	Calories in kcal
	Heart rate (using the hand pulse sensors or a chest strap)
	RPM
	Resistance levels
	Watts
Display type	LED

Wattage specifications	
Min. and max. watts at 60 RPM	33-347 W
Min. and max. watts at 100 RPM	58-596 W
Adjustable range in the watt program	25-350 W
Programme overview	
Quick Start programme	1
Target programmes	3
Pre-set programmes	12
User defined programmes	1
Heart rate programmes	4
Watt programmes	1
Other data	
Wireless connection	Yes
Use class	S

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.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

 CAUTION

- + The safety level of the appliance can only be maintained if it is regularly checked for damage and wear.

► **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.
- + Hereby, Fitshop GmbH declares that the radio equipment type Wireless Connection (2.402 – 2.480 GHz) complies with Directive 2014/53/EU. The full text of the EU Declaration of Conformity is available at the following website: www.fitshop.com.

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.



NOTICE

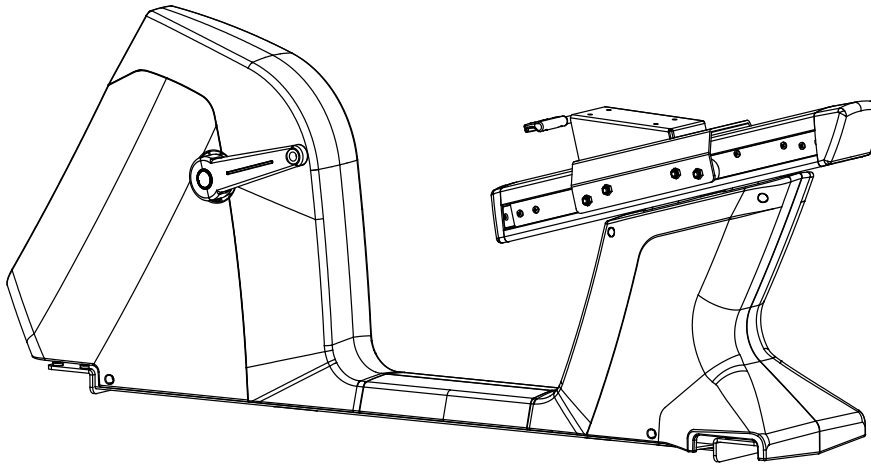
Batteries are not included in the scope of delivery. The following batteries are required: 2xAA (1.5V)



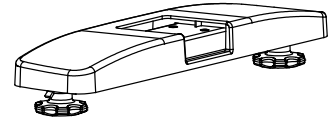
NOTICE

Required tools: wrench, multi tool, allen key

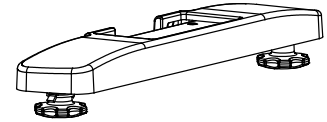
15 Frame



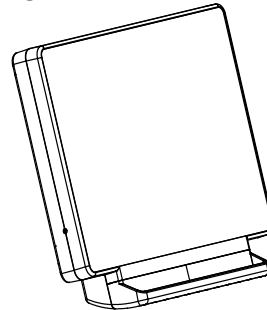
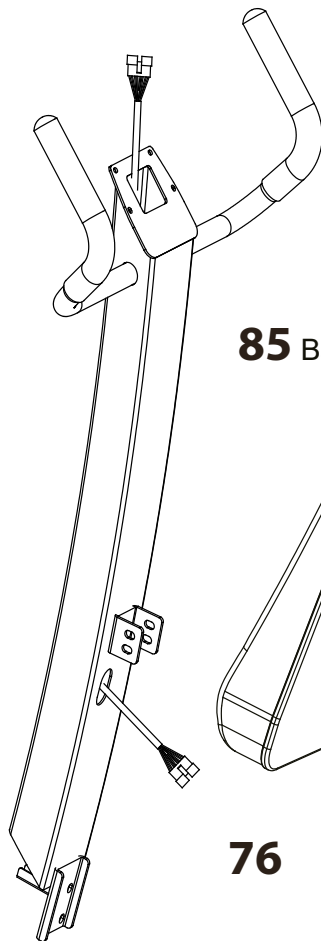
98 Front Stabilizer



104 Rear Stabilizer

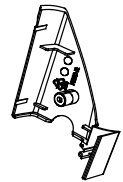


9 Handle Bar Supporting Tube 1-1 Console



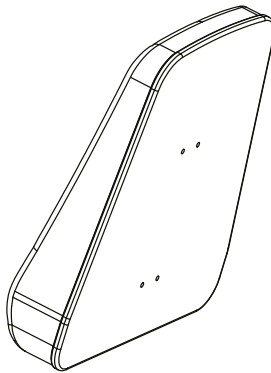
Handle bar supporting tube cover

10 (L)

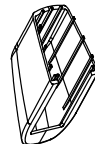


11 (R)

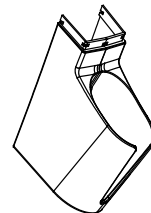
85 Backrest



14 Supporting Tube Bottom Cover



12 Water Bottle Holder



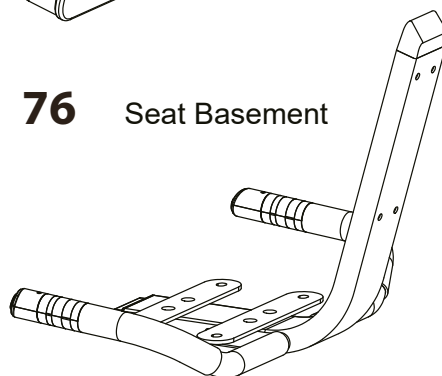
94 Pedal

(L)

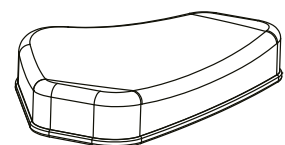


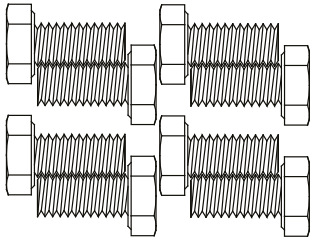
(R)

76 Seat Basement

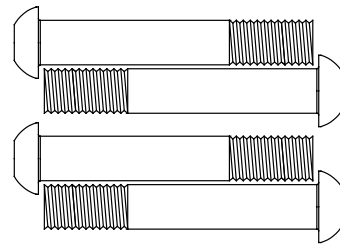


91 Seat

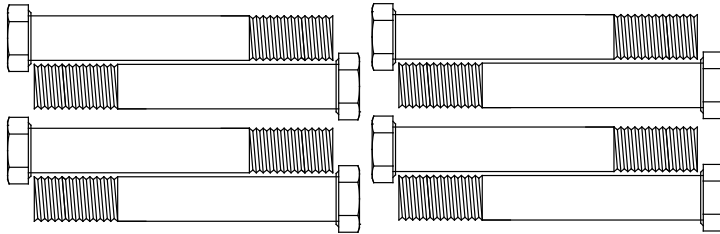




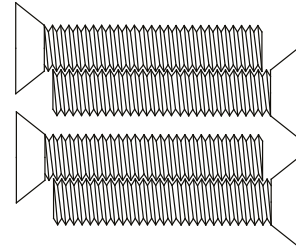
(92) Allen Bolt M8 x16L x8PCS



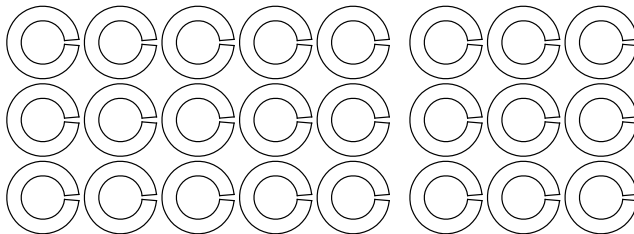
(86) Allen Bolt M8 x50L x4PCS



(95) Allen Bolt M8 x55L x8PCS



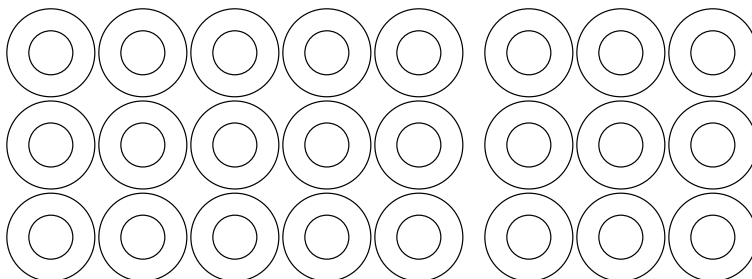
(93) Allen Bolt M8 x40L x4PCS



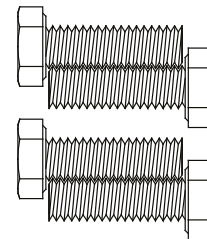
(31) Spring washer $\varnothing 8$ x2.4T x24PCS



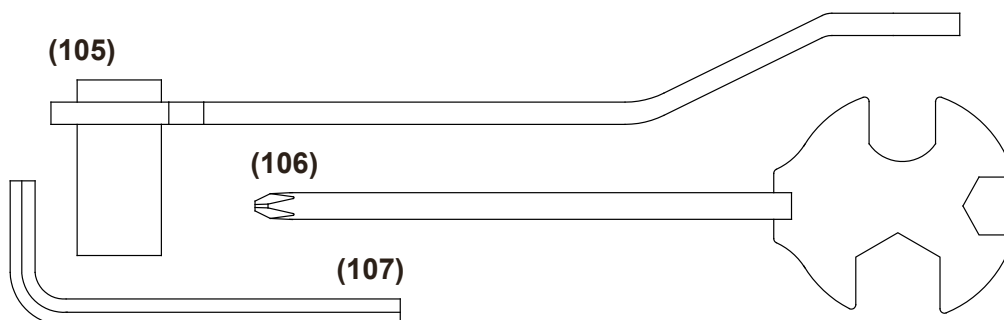
(6) Allen Bolt ST3.5 x20L x1PC



(32) Flat washer $\varnothing 8$ x $\varnothing 16$ x2T x24PCS



(118) Allen Bolt M8 x25L x4PCS



2.3 Assembly

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

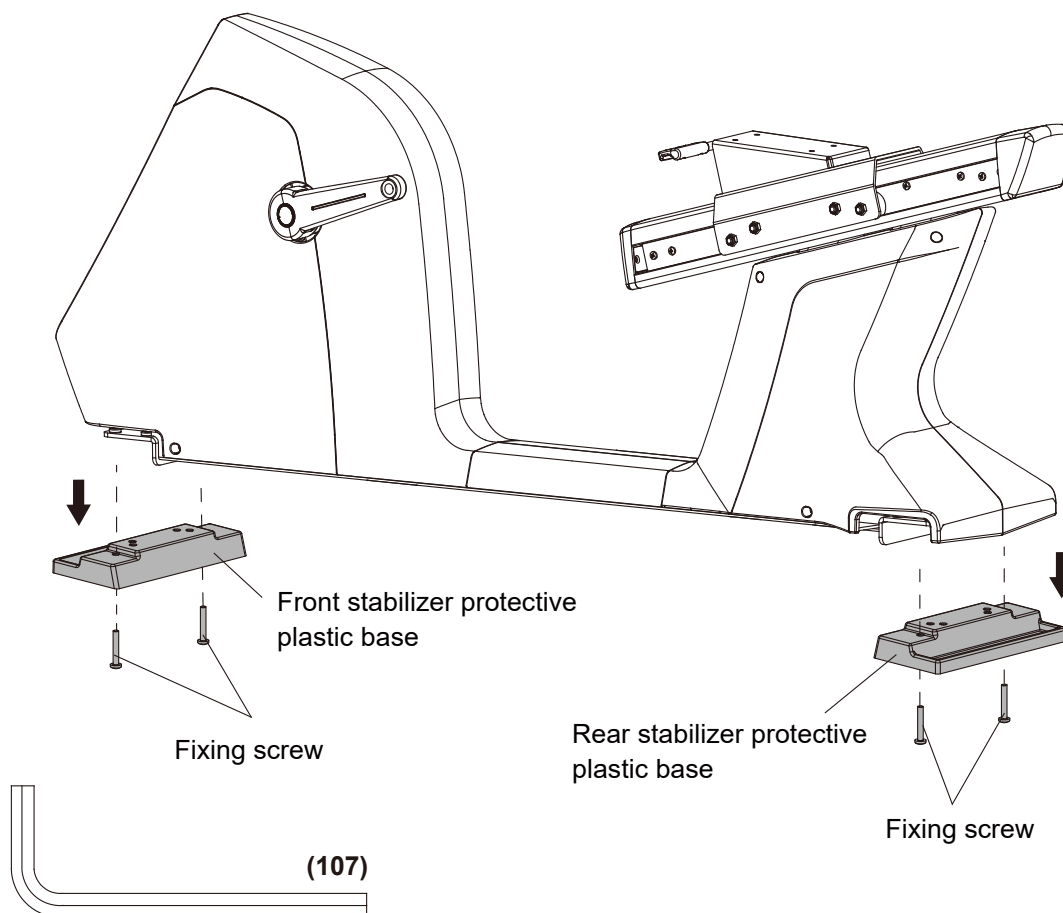
NOTICE

- + 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.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + 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.

Disassembly of the Protective Plastic Bases

1. Remove both protective plastic bases from the opening of the front and rear stabilizers by loosening the four fixing screws.
2. Dispose of the plastic bases and screws properly.

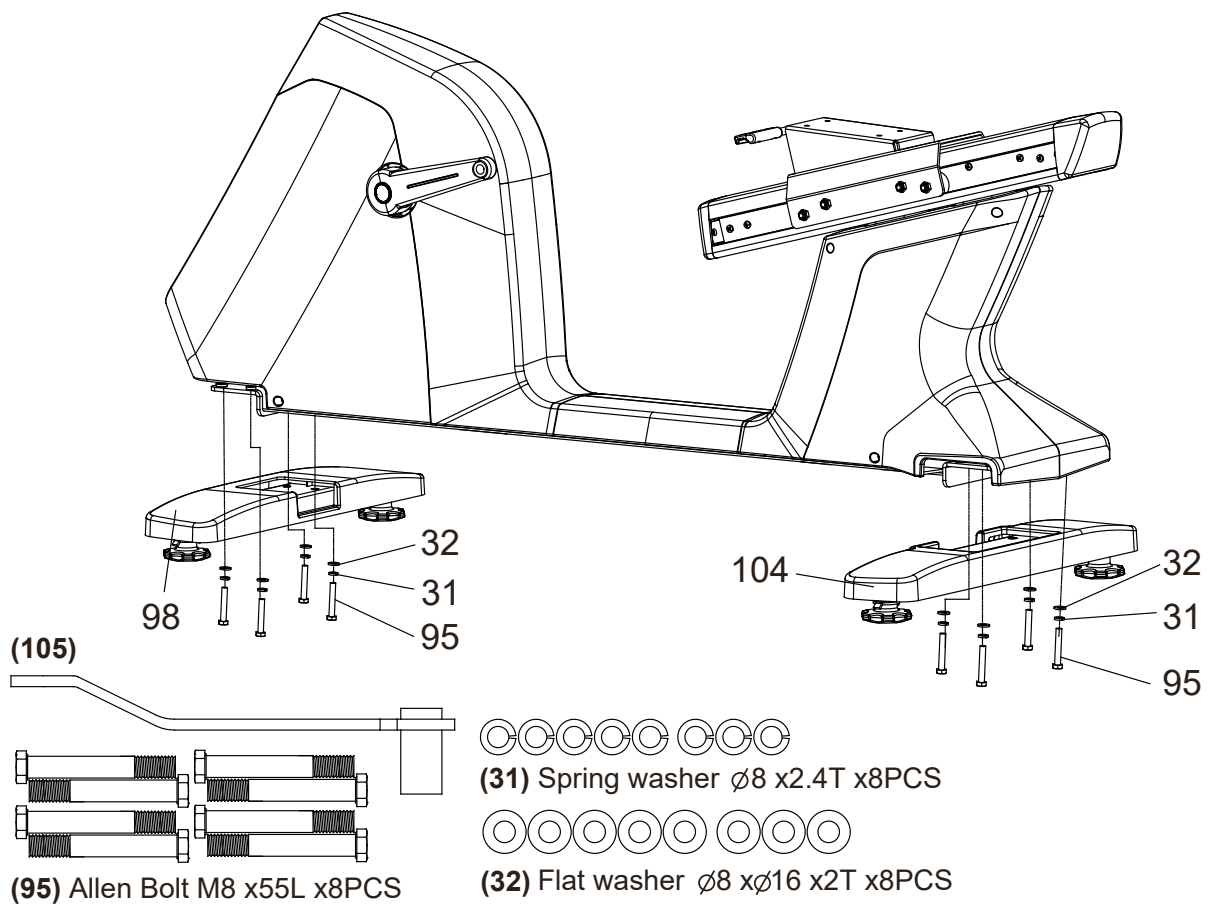
Use the Allen key (107).



Step 1: Assembly of the Rear and Front Stabilizers

1. Fasten the rear stabilizer (104) into the main frame (15) with four screws (95), four spring washers (31) and four flat washers (32).
2. Fasten the front stabilizer (98) into the main frame (15) with four screws (95), four spring washers (31) and four flat washers (32).

Use the wrench (105).



Step 2: Assembly of the Pedals

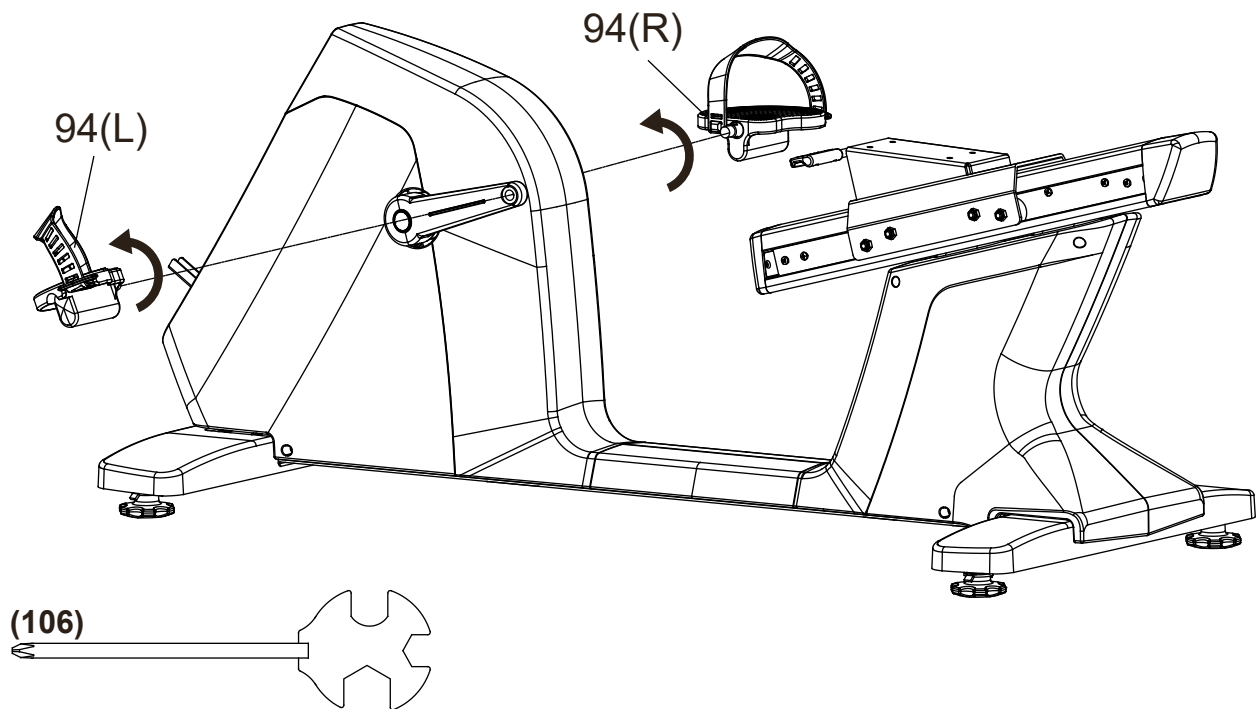
1. Screw the left pedal (94L) to the left crank on the main frame (15) by turning the pedal counterclockwise.
2. Screw the right pedal (94R) to the right crank on the main frame (15) by turning the pedal clockwise.



CAUTION

Make sure to screw in the pedals completely.

Use the multi tool (106).



Step 3: Assembly of the Handle Bar Supporting Tube

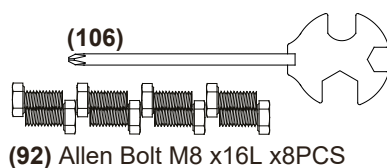
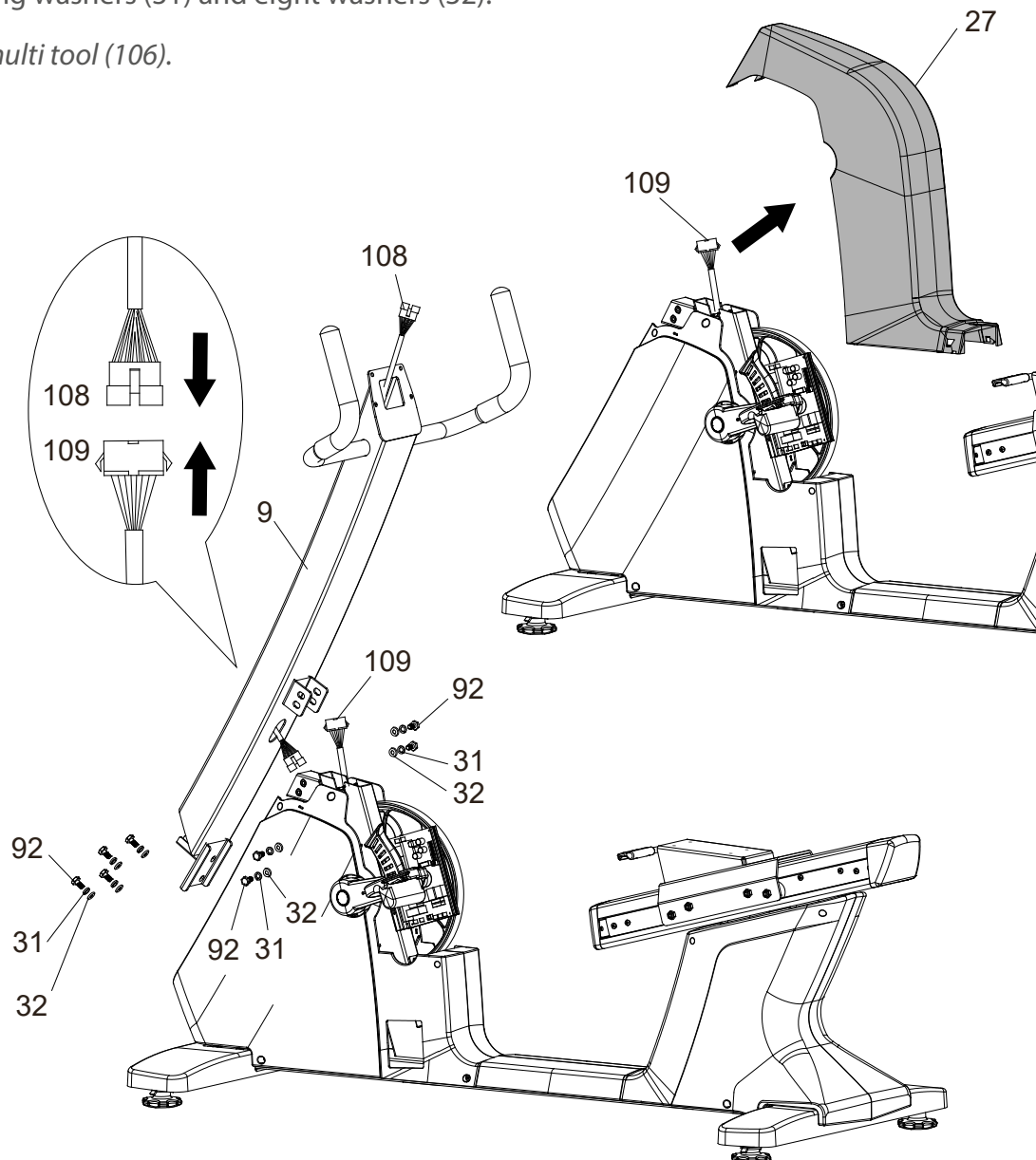
1. Remove the top cover (27) from the main frame (15).

► ATTENTION

- + Be careful not to pinch the cables in the following step.
- + Make sure that the plug connections are correctly seated.

2. Connect the connection wire (108) of the handle bar supporting tube (9) with the connection wire (109) of the main frame (15).
3. Fasten the handle bar supporting tube (9) to the main frame (15) with eight screws (92), eight spring washers (31) and eight washers (32).

Use the multi tool (106).



(92) Allen Bolt M8 x16L x8PCS



(31) Spring washer $\varnothing 8 \times 2.4T \times 8PCS$

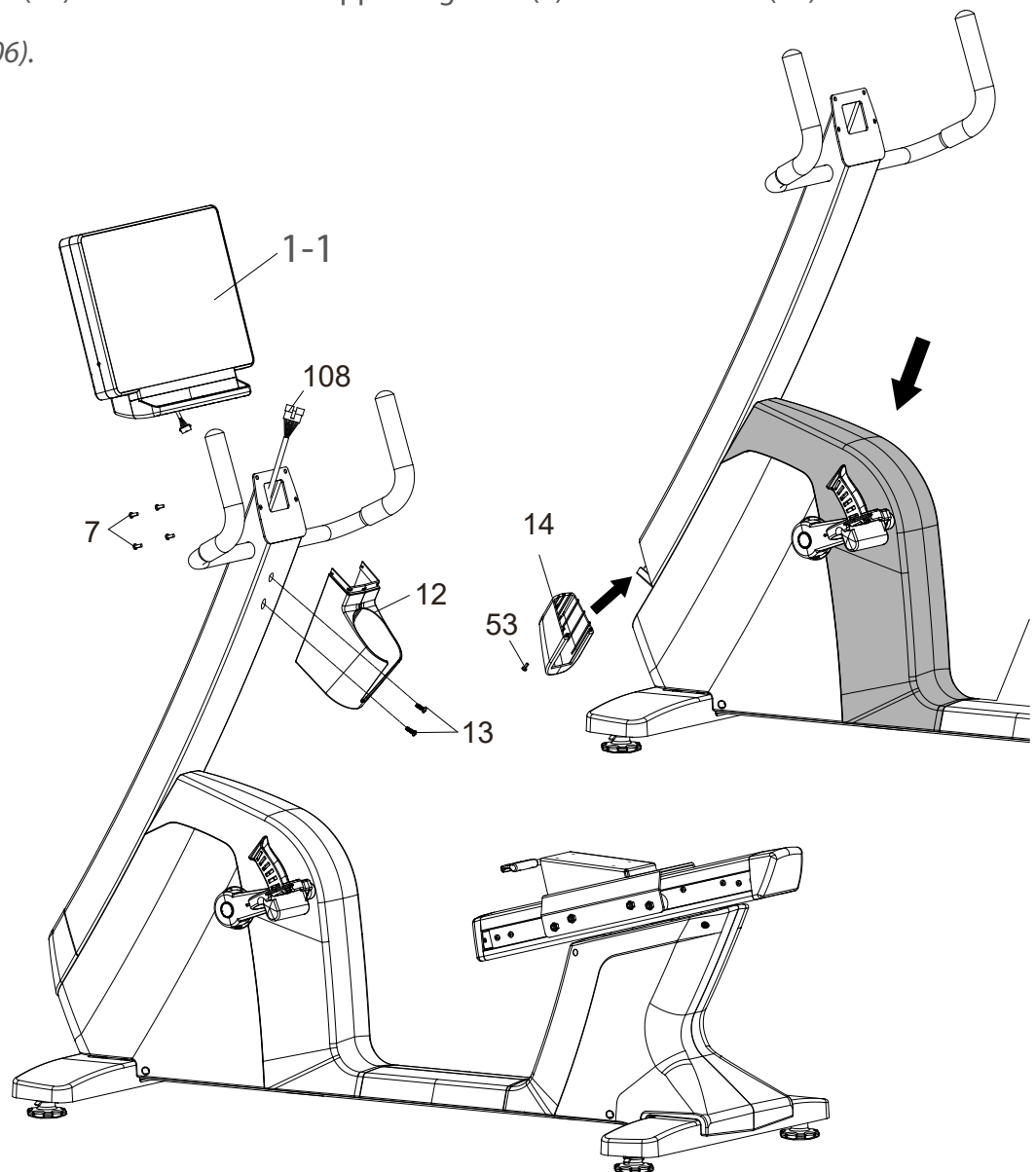


(32) Flat washer $\varnothing 8 \times \varnothing 16 \times 2T \times 8PCS$

Step 4: Assembly of the Console

1. Remove the top cover (27) from the main frame (15).
2. Connect the connection wire (108) of the handle bar supporting tube (9) with the connection wire of the console (1-1).
3. Remove the four pre-assembled screws (7).
4. Fasten the console (1-1) to the handle bar supporting tube (9) with the four screws (7).
5. Remove the pre-assembled screw (13) from the bottle holder (12).
6. Fasten the bottle holder (12) to the handle bar supporting tube (9) with two screws (13).
7. Remove the pre-assembled screw (53) from the cover (14).
8. Fasten the cover (14) to the handle bar supporting tube (9) with the screw (53).

Use the multi tool (106).



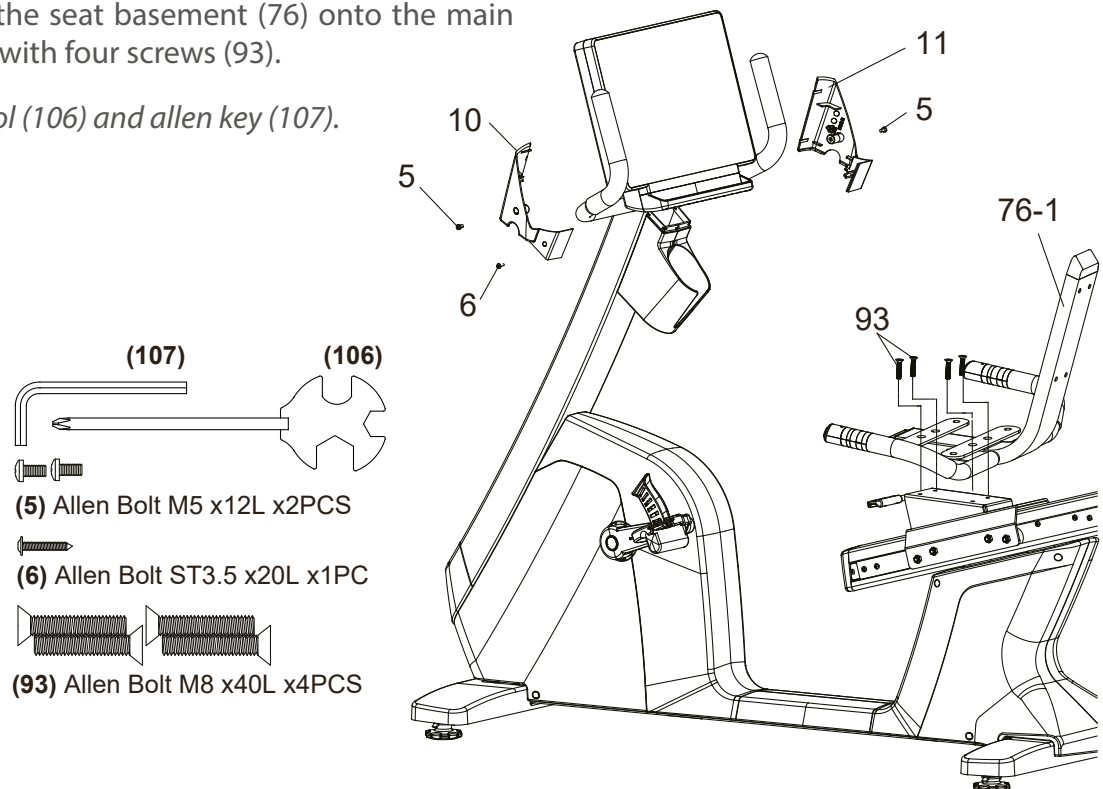
(106)
 (53) Screw M5 x16L x1PCS

(7) Screw M5x 20L x4PCS
 (13) Screw M5 x16L x2PCS

Step 5: Assembly of the Seat Basement

1. Fasten the left and right handle bar cover (10 & 11) on the handle bar supporting tube (9) with two screws (5) and one screw (6).
2. Assemble the seat basement (76) onto the main frame (15) with four screws (93).

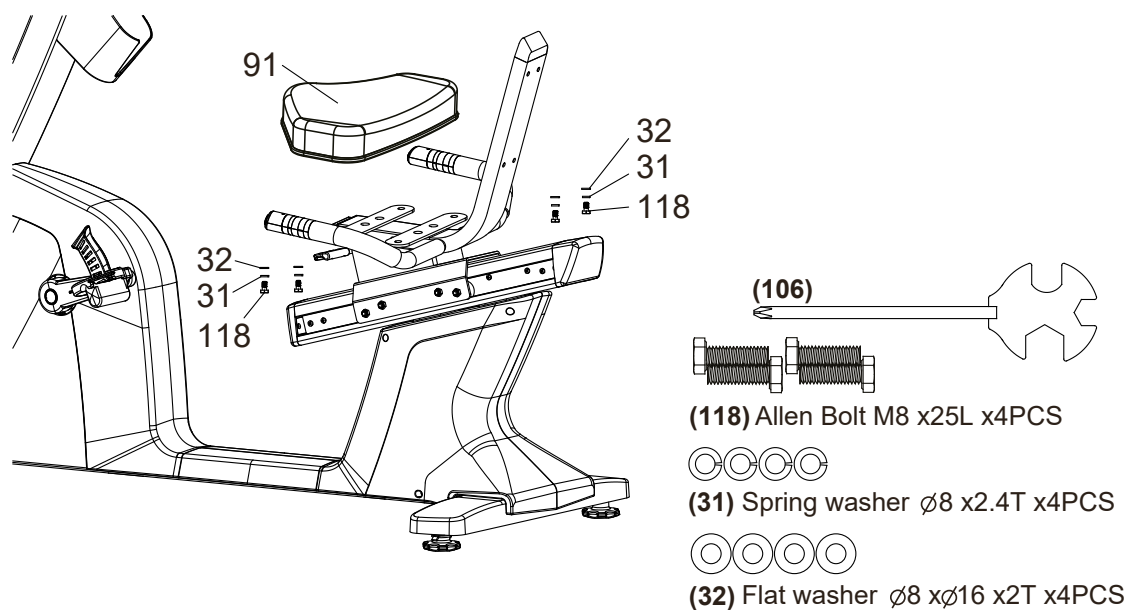
Use the multi tool (106) and allen key (107).



Step 6: Assembly of the Seat

1. Fasten the seat (91) onto the seat basement (76) with four screws (118), four spring washers (31) and four flat washers (32).

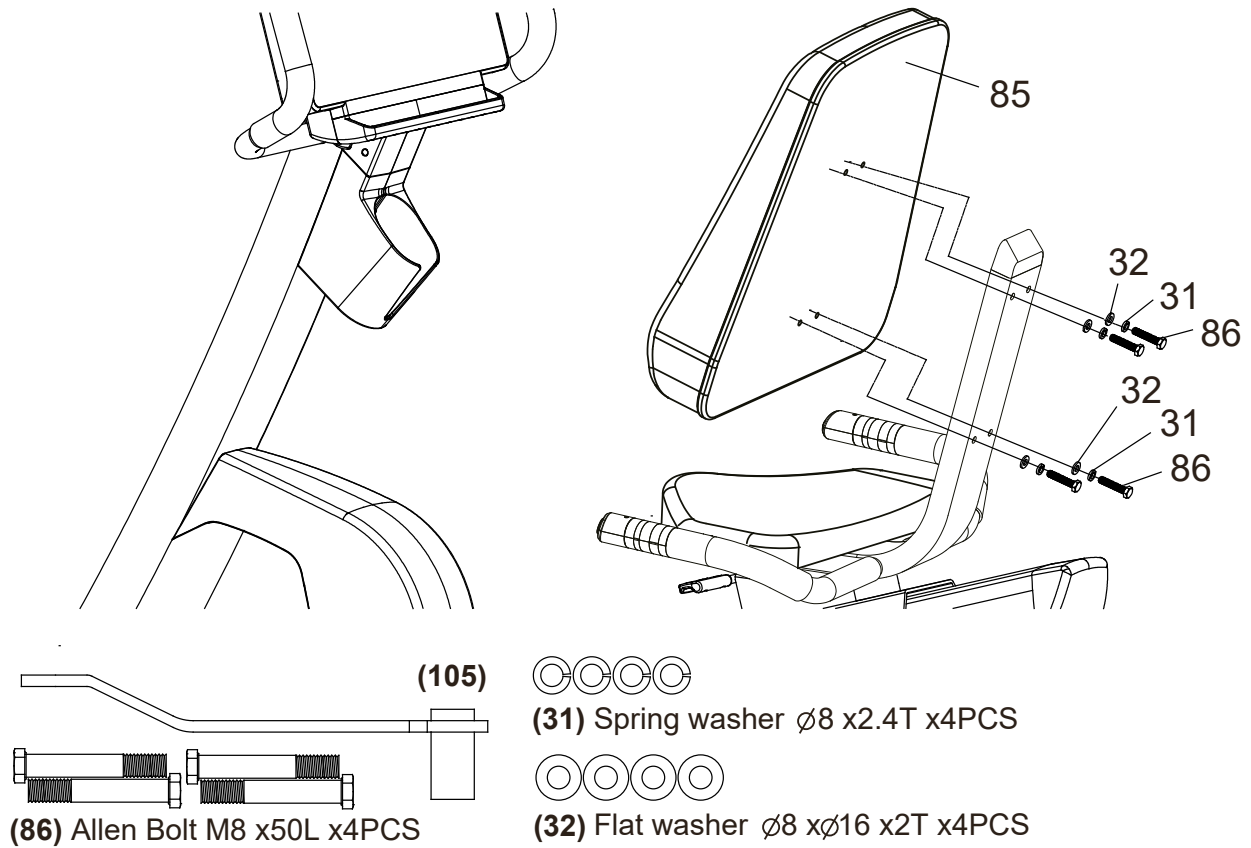
Use the multi tool (106).



Step 7: Assembly of the Backrest

1. Fasten the backrest (85) onto the seat basement (76) with four screws (86), four spring washers (31) and four washers (32).

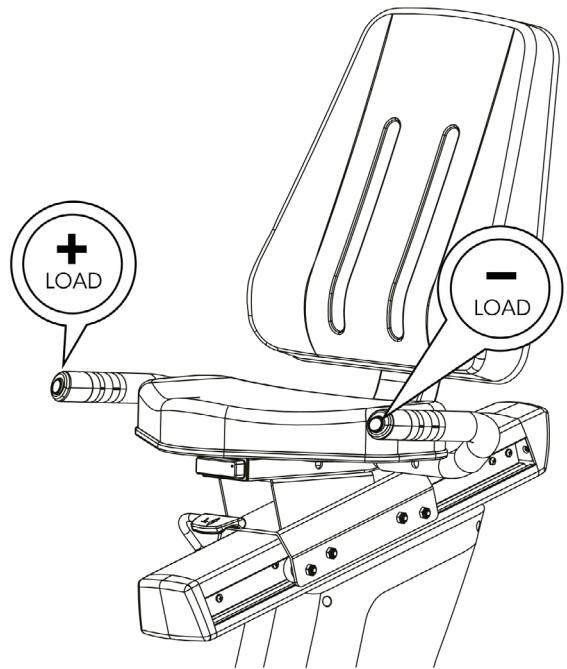
Use the wrench (105).



Step 8: Adjusting the Resistance

During the workout you can press the toggle buttons on the small handlebar to adjust the resistance:

- + Press +LOAD button on the right side to increase the resistance.
- + Press -LOAD button on the left side to decrease the resistance.



Step 9: Alignment of the Feet

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

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

Step 10: Adjusting the Seat Position

1. Pull the adjustment bracket and move the seat to the desired position.
2. Release the adjustment bracket and allow the seat to lock into place.

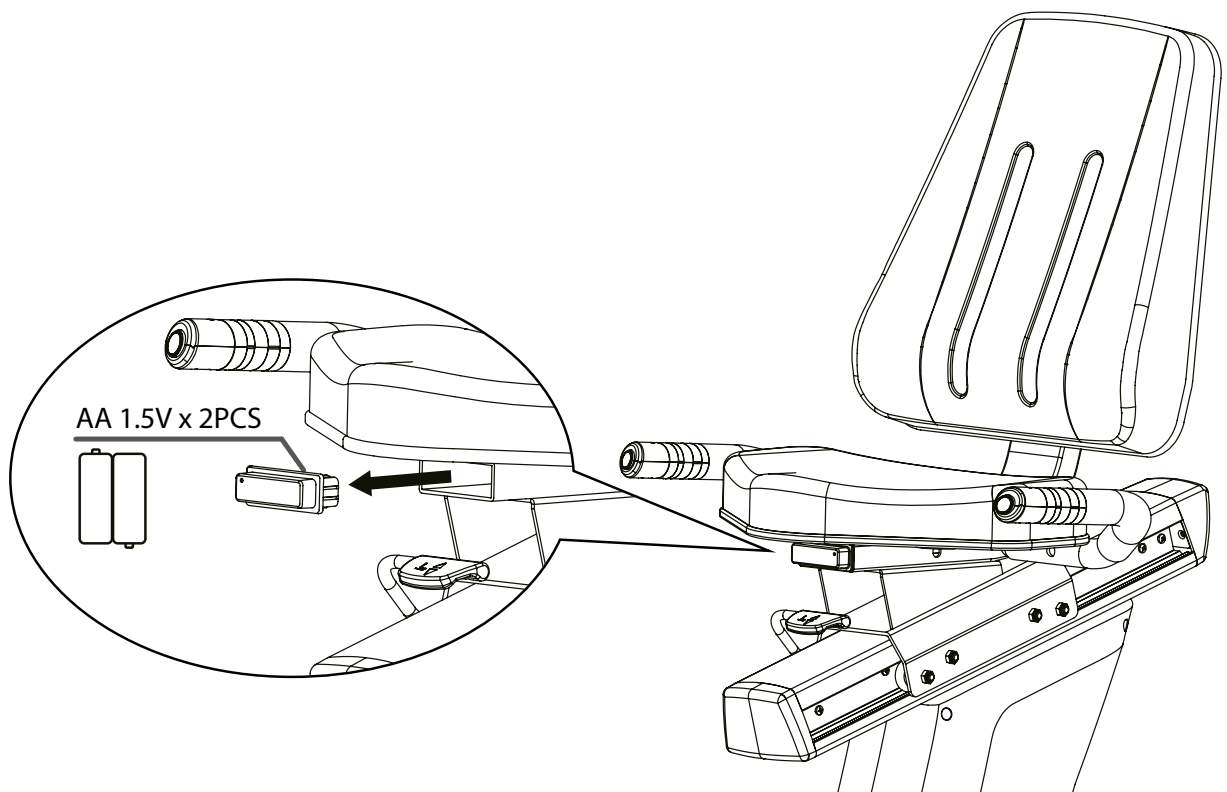
Correctly Getting On and Off

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.

2.4 Battery Replacement

The left and right toggle buttons and the pulse function are wireless. The transmitter box uses two AA batteries (1.5V).

1. Open the battery compartment.
2. Remove the batteries.
3. Insert the new batteries.
4. Close the battery compartment.
5. Dispose of the batteries properly.



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.



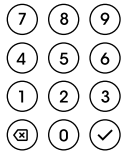
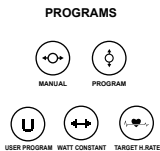
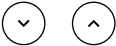
3.1 Console display

NOTICE

- + If two values are displayed in the 'Display' column, the display for this area alternates.
- + The heart rate is only displayed when the hand pulse sensors are touched or when using a chest strap (not included).
- + To charge your Apple device from version 15 onwards, a minimum of 12 volts is required. To achieve 12 volts, a speed of 35 RPM must be reached.

Display	Function
CALORIES	Displays the calories (0 - 999 kcal)
TIME	Displays the training time (0:00 - 99:59 min.)
DISTANCE	Displays the training distance (0.00 - 99.99 km)
HEARTRATE	Displays the heart rate (40-220 bpm)
+ RPM	+ Displays the revolutions per minute (0 – 999 rpm)
+ SPEED	+ Displays the speed (0.00 – 99.99 km/h)
+ LEVEL	+ Displays the resistance level (1 – 32)
+ WATT	+ Displays the watt value (0 – 999 watts)
LED MATRIX	+ Displays the training data + Segments of the programmes are displayed graphically.

3.2 Button Functions

Button	Name	Function
	Keypad	To adjust the resistance precisely during training, press one of the buttons.
	Programme buttons	To select between programmes, press one of the buttons.
	Enter	To confirm data and programmes, press this button.
	Arrow keys	To increase or decrease values, press this button.
	Plus/minus button	To adjust the resistance, press the plus/minus button.
	Start	+ To start the device from standby mode, press this button. + To start training in programme mode, press this button. + To resume training, press this button.
	Stop	+ To pause the device during training, press this button. + To stop the device and return to standby mode, press this button twice. + To reset the console, press and hold this button.

3.3 Programmes

To make your training even more effective, you can choose from several training programmes.

The following programmes are available:

- + Quick start programmes
- + Manual programmes
- + Preset programmes
- + User programmes
- + Watt programmes
- + Heart rate programmes

MANUAL

PROGRAM

USER PROGRAM

WATT CONSTANT

TARGET HEART RATE

3.4 Quick Start Programme

You can start a workout without any prior settings. To start the Quick Start Programme:

1. Press START.

A countdown of 3 seconds will start.

2. To pause the workout, press STOP.

NOTICE

You can adjust the resistance during the workout.

3. Press STOP twice to end the workout.

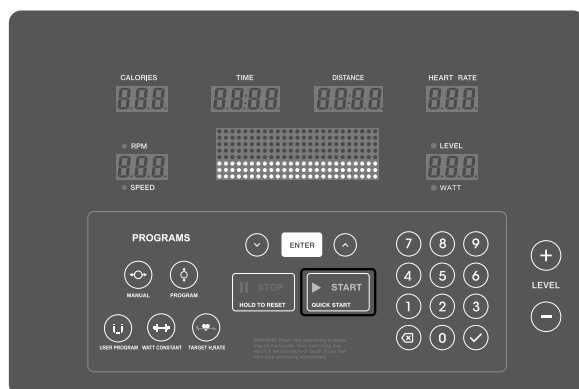


FIGURE 1

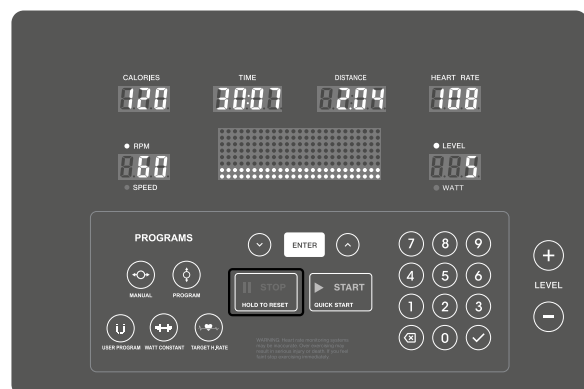


FIGURE 2

3.5 Manual Programme

You can start a workout with your own preset values. To start the Manual Programme:

1. Select MANUAL (Figure 3).
2. Confirm with ENTER.
3. Optional: Set time, distance, and calories using the arrow keys or keypad.
- 3.1. Confirm each value with ENTER (Figures 4–6).

NOTICE

- + If you set a target for time, distance, or calories, the workout will end automatically once any of these targets is reached.
 - + If you wish to train for only one target, enter that value only.
4. If you do not set any targets, press START to begin the workout.

The values will count upwards.

5. To pause the workout, press STOP.

You will return to the programme settings.

6. Press START to resume the workout.

NOTICE

During the workout, you can adjust the resistance at any time.

7. Press STOP twice to end the workout.

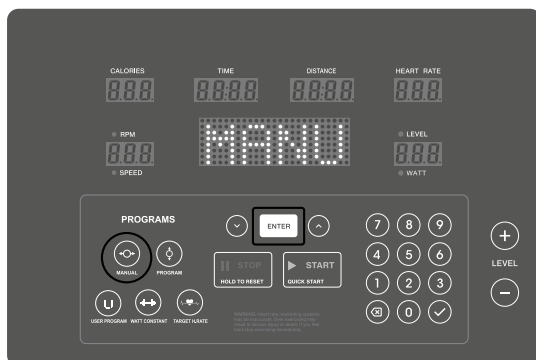


FIGURE 3

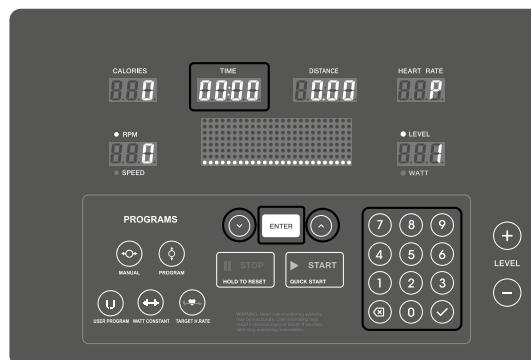


FIGURE 4

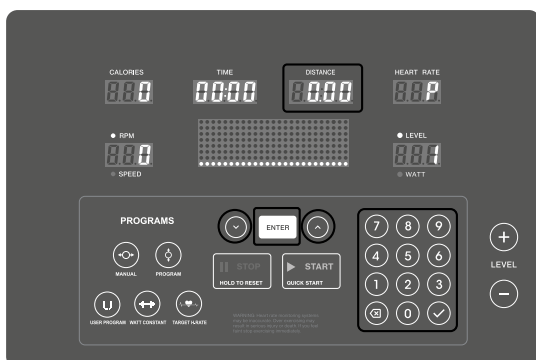


FIGURE 5

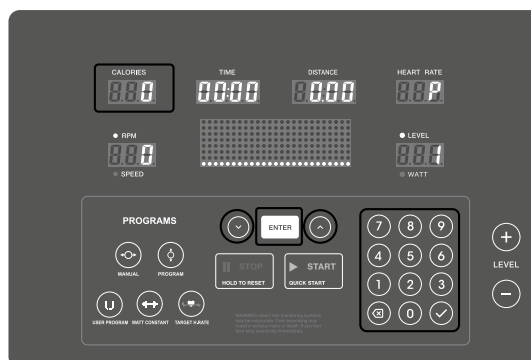


FIGURE 6

3.6 Programme Mode

You can start a workout using a preset programme. To start the Programme Mode:

1. Select PROGRAM (Figure 7).
2. Confirm with ENTER.
3. Select one of the programmes P01–P12 using the arrow keys (v/^) (Figure 8).
4. Confirm with ENTER.
- 4.1. Optional: Set time, distance, and calories using the arrow keys or keypad (Figures 9–11).
- 4.2. Confirm each value with ENTER.

NOTICE

- + If you set a target for time, distance, or calories, the workout will end automatically once any of these targets is reached.
 - + If you wish to train for only one target, enter that value only.
5. If you do not set any targets, press START to begin the workout.

The values will count upwards.

6. To pause the workout, press STOP.

You will return to the programme settings.

7. Press START to resume the workout with the adjusted settings
8. Press STOP twice to end the workout.

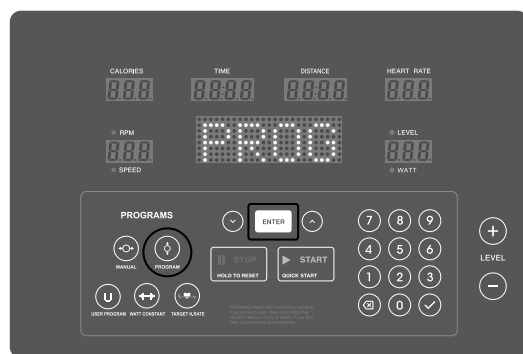


FIGURE 7

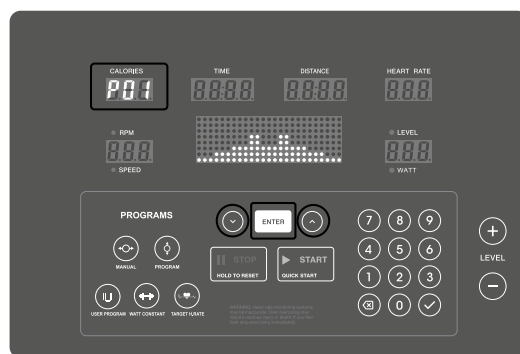


FIGURE 8

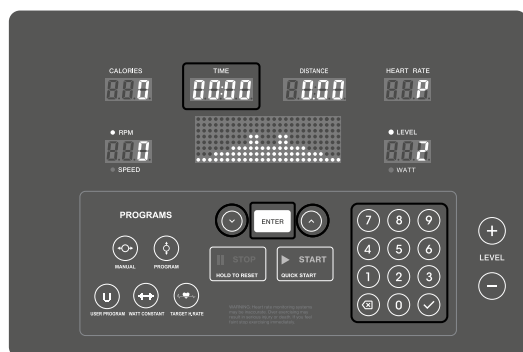


FIGURE 9

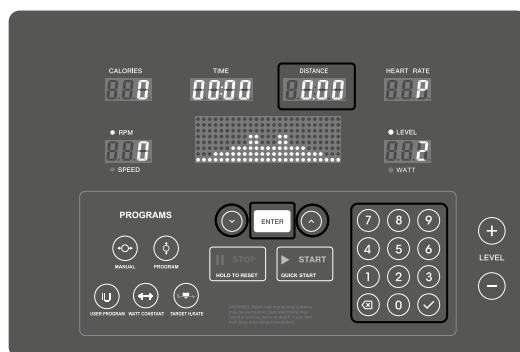


FIGURE 10

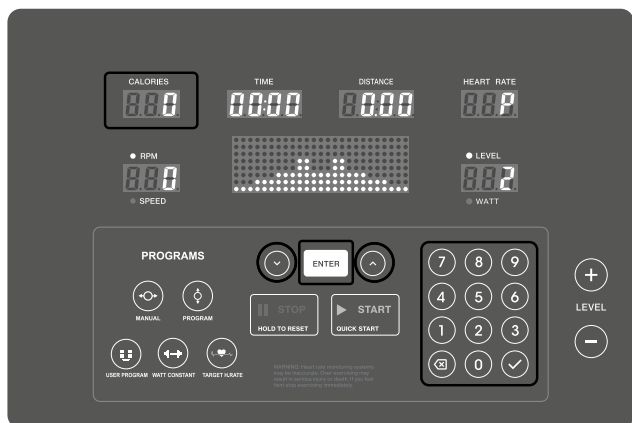
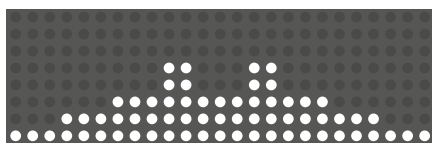
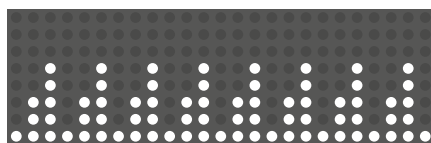


FIGURE 11

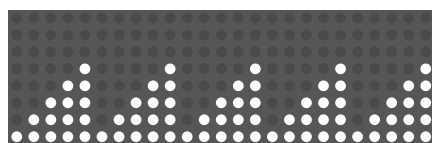
P01



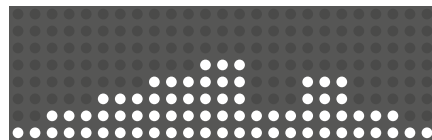
P02



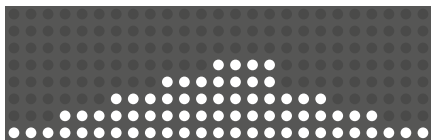
P03



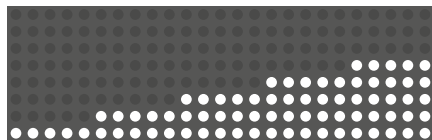
P04



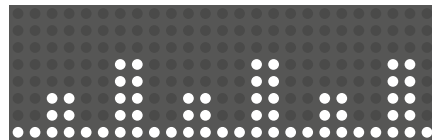
P05



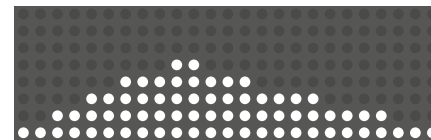
P06



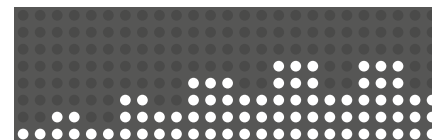
P07



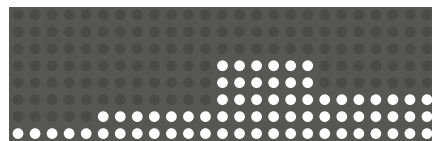
P08



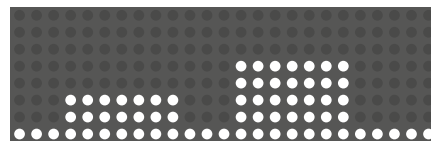
P09



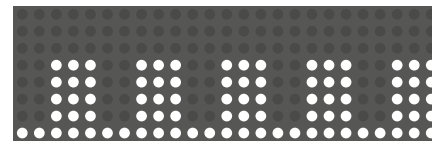
P10



P11



P12



3.7 User-Defined Programme

You can create your own profile programme by individually setting the resistance for up to 25 segments.

To create a User Programme:

1. Select USER PROGRAM (Figure 12).
2. Confirm with ENTER.
3. For each segment, set the resistance using the arrow keys (v/^) (Figure 13).

The current segment being edited will flash.

4. Confirm with ENTER.
5. Repeat this process until all desired segments have been set.
6. Once all segments (max. 25) have been configured, hold ENTER for two seconds to move to the settings for time, distance, and calories.
7. Set time, distance and calories.
8. Confirm each value with ENTER.

NOTICE

- + If you set a target for time, distance, or calories, the workout will end automatically once any of these targets is reached.
 - + If you wish to train for only one target, enter that value only.
9. If you do not set any targets, press START to begin the workout.

The values will count upwards.

10. Press START to begin the workout using your custom user programme.
11. Press STOP to pause the workout.
12. Press STOP again to end the workout.



FIGURE 12

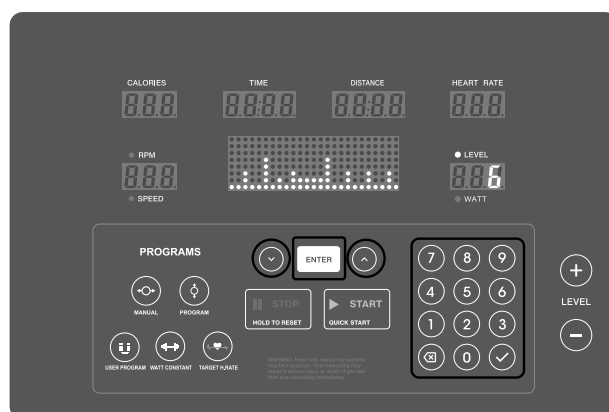


FIGURE 13

3.8 Watt Programme

To start the Watt Programme:

1. Select WATT CONSTANT (Figure 14).
2. Confirm with ENTER.

The preset watt value (120) is displayed by flashing.

3. Adjust the desired watt value using the arrow keys (^/v) (Figure 15).
4. Confirm with ENTER.
5. Set time, distance and calories.
6. Confirm each value with ENTER.

① NOTICE

- + If you set a target for time, distance, or calories, the workout will end automatically once any of these targets is reached.
- + If you wish to train for only one target, enter that value only.

7. **Optional:** If you do not set any targets, press START to begin the workout.

The values will count upwards.

8. Press START to begin the workout.
9. Press STOP to pause the workout.
10. Press STOP again to end the workout.



FIGURE 14

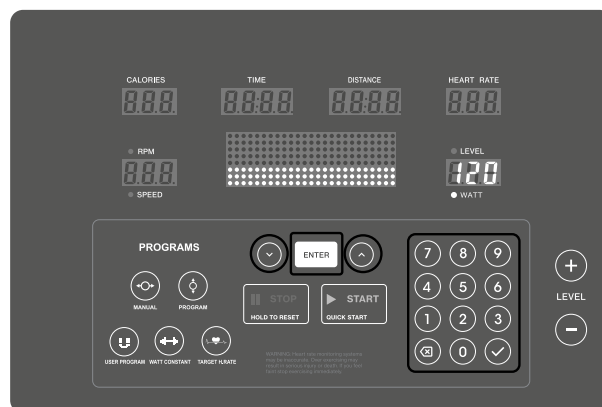


FIGURE 15

3.9 Heart Rate Controlled Programmes

WARNING

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

You can choose between four programmes: 55 %, 75 %, or 90 % of your maximum heart rate, as well as the TAG programme, in which you can manually set a target heart rate value.

NOTICE

- + Your maximum heart rate is calculated based on your age (formula: $220 - \text{age}$).
- + If you are not using a chest strap, you must keep your hands on the hand pulse sensors throughout the workout.

To start the heart-rate-controlled programme:

1. Select TARGET H. RATE (Figure 16).
2. Confirm with ENTER.
3. Set your age using the arrow keys (v/^) (Figure 17).
4. Confirm with ENTER.
5. Choose one of the four programmes (55 %, 75 %, 90 %, or TAG) using the arrow keys (Figures 18–19).
6. Confirm with ENTER.
7. Set time, distance and calories.
8. Confirm each value with ENTER.

NOTICE

- + If you set a target for time, distance, or calories, the workout will end automatically once any of these targets is reached.
- + If you wish to train for only one target, enter that value only.

9. Optional: If you do not set any targets, press START to begin the workout.

The values will count upwards.

10. Press START to begin the workout.
11. Press STOP to pause the workout.
12. Press STOP again to end the workout.

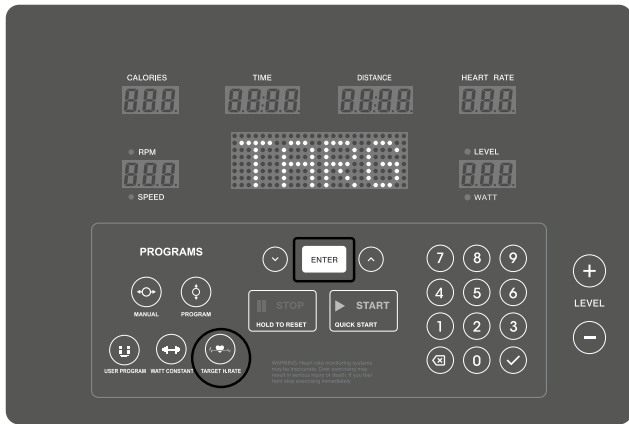


FIGURE 16

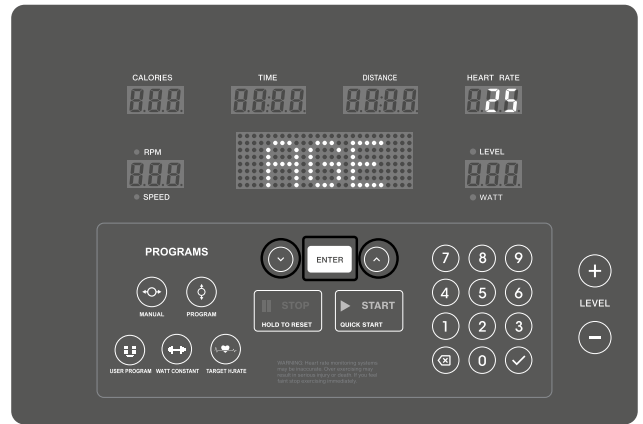


FIGURE 17

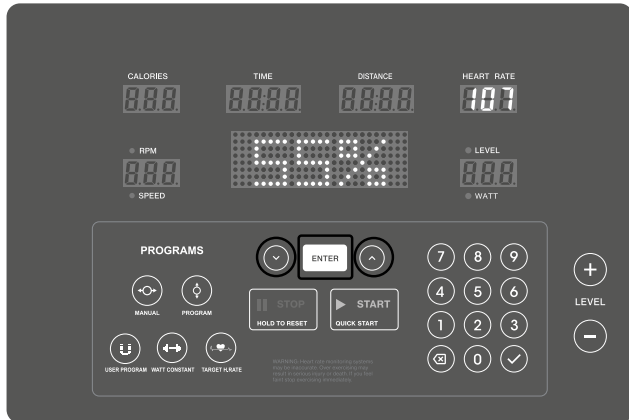


FIGURE 18

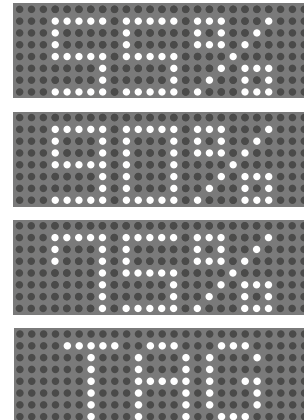


FIGURE 19

4.1 General Instructions

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

End your training with a cool-down phase. If you have any questions or uncertainties, contact your doctor.

4.1.1 Training clothes

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

4.1.2 Warming up and stretching

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

Warm-up exercise:

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



CAUTION

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

4.1.3 Medication

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

4.1.4 Used muscle groups

Rowing uses the following muscle groups:

- + Gluteal muscle
- + Leg muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back.

4.1.5 Exercise frequency

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

Training with heart rate orientation

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

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

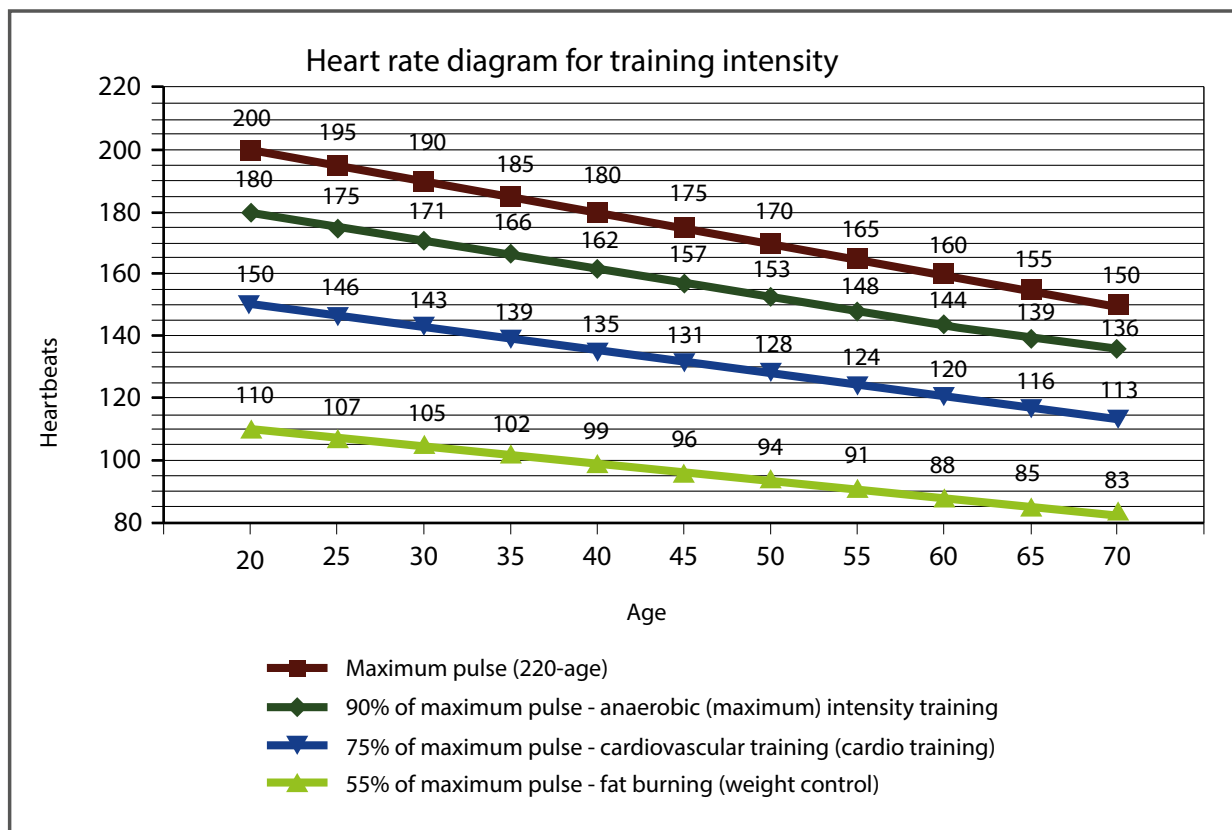
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

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

Example:

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

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



4.2 Workout journal

[illegible]

Date _____



Distance



Time (min.)



Resistance level



Training weight



Ø Pulse



Calories burnt



I feel ...



Body weight

4.3 Wireless Connection and Fitness Apps

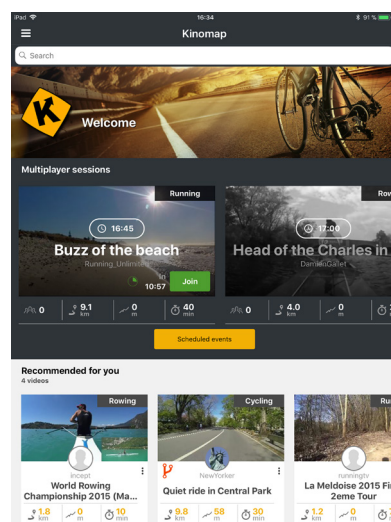
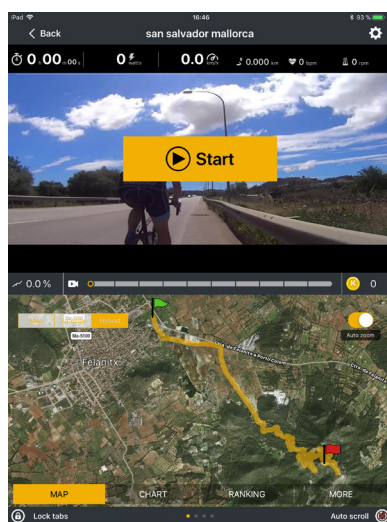
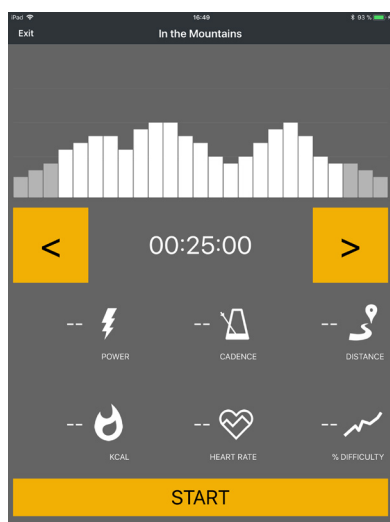
This console is equipped with a wireless interface. Please take note that your mobile device needs to be compatible with the wireless interface of the treadmill.

To use training apps you will have to activate the wireless connection function on your mobile device (tablet or smart phone) and start the fitness app. Select your fitness equipment. Please follow the instructions given in the app. You will find the name of your fitness equipment on a small sticker on the back of the console.

You will find the fitness apps in the app stores of Google or Apple. There you will find the apps "Kinomap" or "Zwift". Please note that these apps are produced by an external manufacturer. Fitshop does not take any responsibility regarding the availability, functionality or contents of these programmes.

❗ IMPORTANT NOTE

Some entertainment apps are provided and maintained by third-party providers. Pre-installed apps may change, be updated, or be removed over time. These changes are normal and do not affect your statutory warranty rights. 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

5.1 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

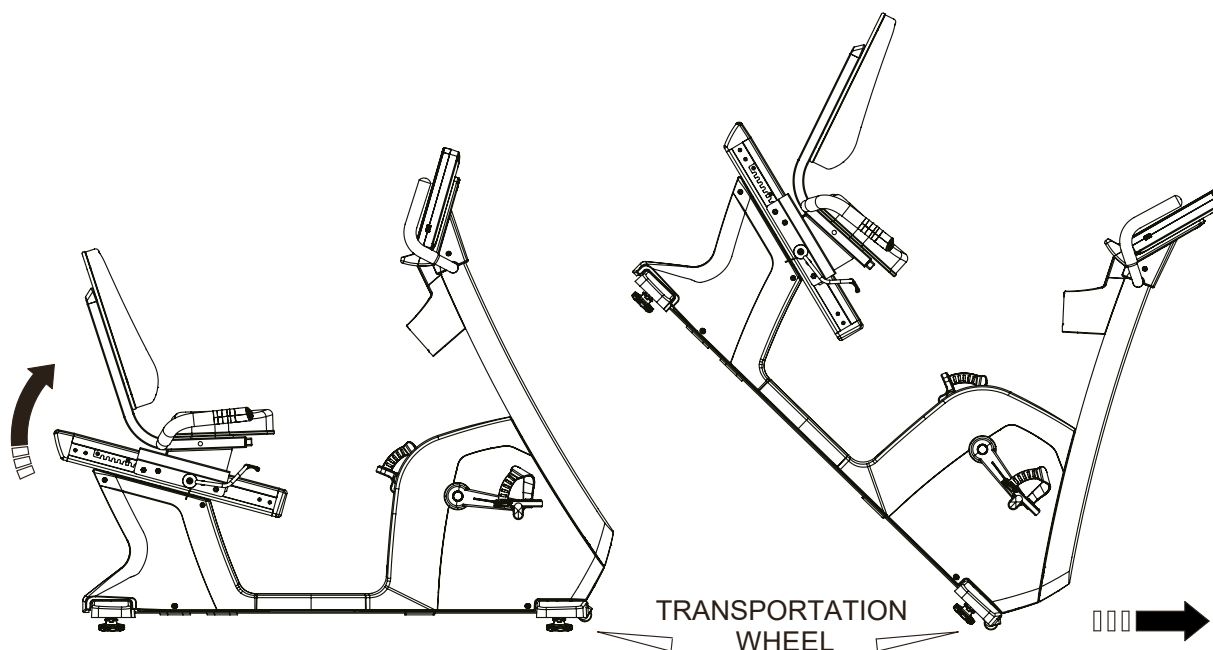
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

5.2 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.



6.1 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.

6.2 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

6.3 Battery Pack Care & Maintenance

There is a rechargeable Ni-H battery installed in the recumbent bike.

When can the battery run empty?

1. Due to extended periods of non-use (several weeks or months).
2. Very short or irregular training sessions.
3. A defective or worn-out battery after several years.

Charging during training

On average, a person trains for about 20 minutes three days a week. This is what the battery is constructed for. With this training workload, the battery charge oscillates in the optimum range between 40 and 80 %. If you train more frequently, the battery charge will be 100% - but that won't hurt. What the battery doesn't like, however, is when the charge level drops below 30% or even to 0%.

Charge to 100%

If you do not use the device for a longer period of time, charge it completely.

Either by pedaling for 10–15 minutes or by charging the device to 100% using a power adapter (not included), e.g., overnight.

NOTICE

The adaptor is not included in the scope of delivery. The adaptor should have 13.5V and 5000mA.

Be sure to prevent ...

- a) ... that the battery level drops to 0%.
- b) ... that the battery is exposed to sub-zero temperatures, the battery is not charged at sub-zero temperatures.
- c) ... that the battery is exposed to temperatures above 45°C.
- d) ... that the humidity is too high.

6.4 Error Codes and Troubleshooting

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

Please contact the contract partner for technical support.

6.5 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		

By scanning the QR-code with the camera function or QR-code scanner app of your smartphone/tablet, a video on general maintenance of an exercise bike opens on YouTube. The video serves to illustrate the maintenance points described in this manual.

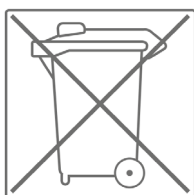
Please note that the video may not be available in your language or with appropriate subtitles.

If you cannot scan QR-codes, you can access all Fitshop videos on YouTube by first opening YouTube and entering "Fitshop" in the search field.



7 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.

7.1 Battery Replacement

For proper disposal of the unit, the installed Ni-H batteries must first be removed. They are located on the frame like shown in the graphic.

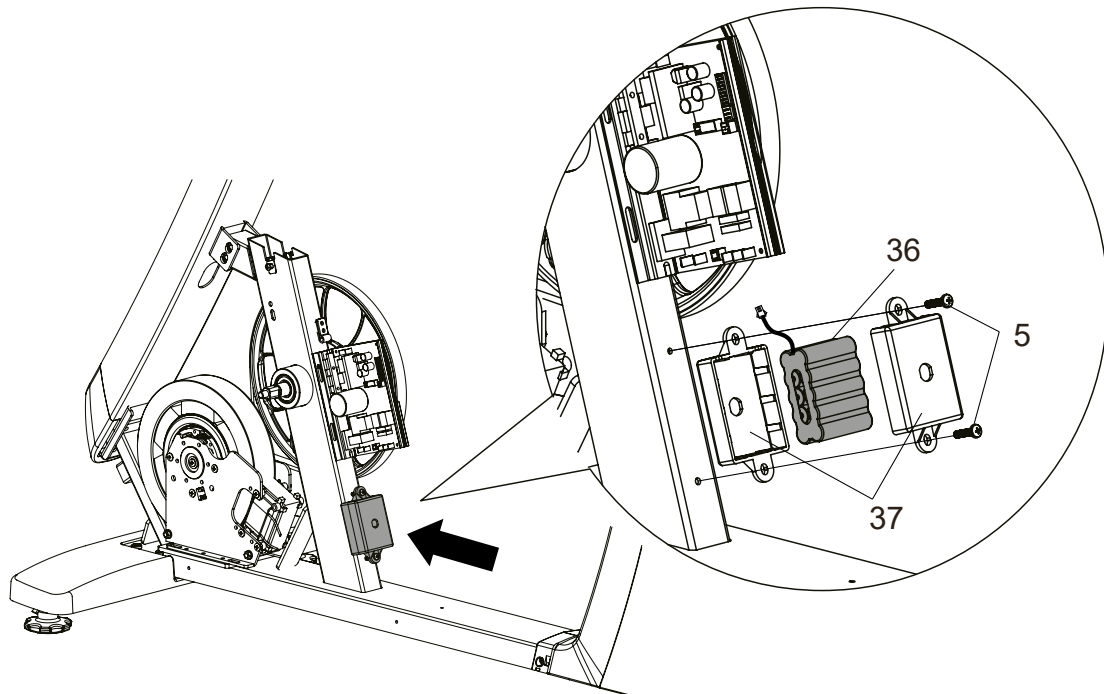
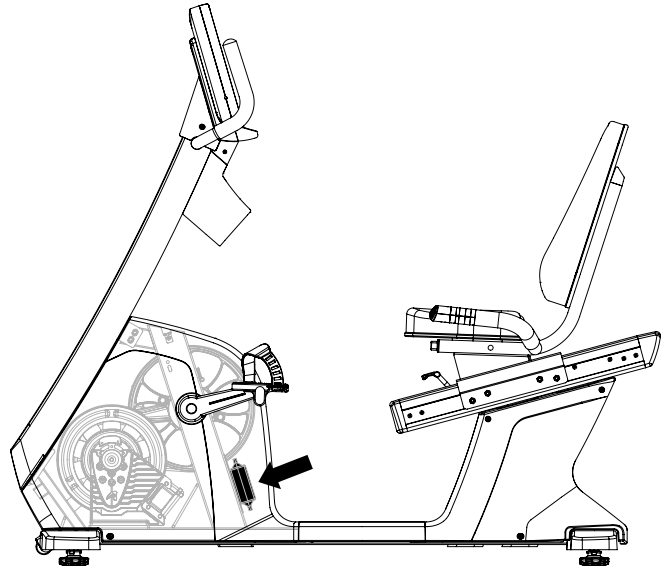
Remove it like the following:

► **ATTENTION**

The battery should only be replaced if the technical service has been contacted beforehand.

1. Remove the cover (27).
2. Loosen the two screws (5) from the battery fixing box (37) and remove it.
3. Remove the battery set (36).
4. Fix the battery fixing box (37) with the two screws (5).
5. Attach the cover (27).

The unit and the battery can now be disposed of properly.



8 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For elliptical cross trainers 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.

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!



chest strap



chest strap contact gel



floor mat



silicone spray

9.1 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 11 of this operating manual.

NOTICE

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.

Enter the serial number in the appropriate field.



Serial number:

Brand / Category:

Model Name:

Article Number:

9.2 Parts List

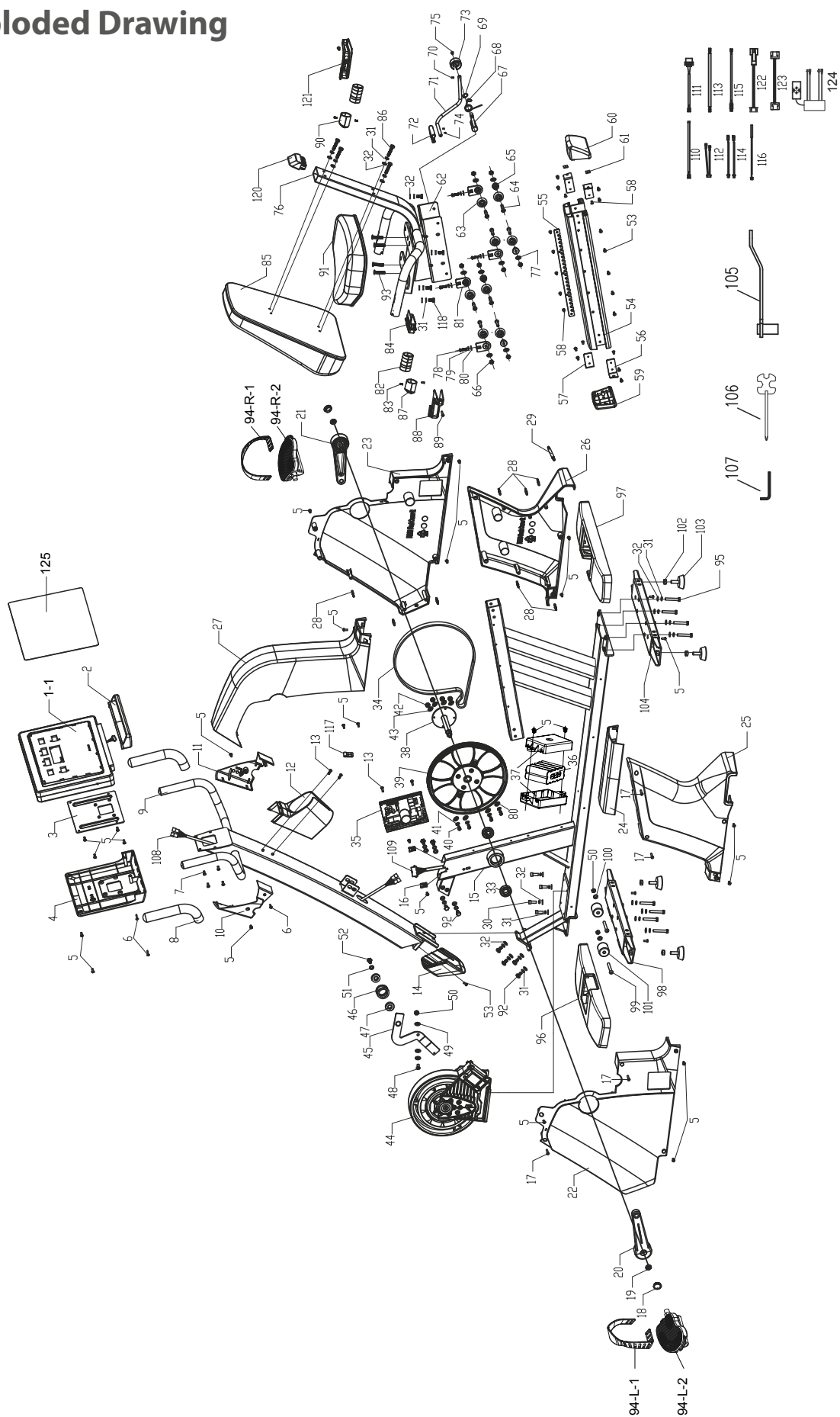
No.	Name	Qty.
1-1	CONSOLE	1
2	STORAGE PLATE	1
3	CONSOLE SUPPORING PLATE	1
4	SMART DEVICE STAND	1
5	SCREW M5x12mm	29
6	SCREW ST3.5x20mm	3
7	SCREW M5x20mm	4
8	HANDLE BAR FOAM	2
9	MAIN SUPPORTING TUBE	1
10	HANDLE BAR LEFT COVER	1
11	HANDLE BAR RIGHT COVER	1
12	BOTTLE HOLDER	1
13	SCREW M5x16mm	4
14	MAIN SUPPORTING TUBE COVER	1
15	MAIN FRAME	1
16	CLIP	2
17	SCREW M5x25mm	4
18	CRANK COVER	2
19	NUT 3/8"-26x7T	2
20	LEFT CRANK	1
21	RIGHT CRANK	1
22	FRONT UPPER CHAIN COVER	1
23	FRONT BOTTOM CHAIN COVER	1
24	MIDDLE CHAIN COVER	1
25	REAR UPPER CHAIN COVER	1
26	REAR BOTTOM CHAIN COVER	1
27	TOP COVER	1
28	SITCK	8
29	STICK	1
30	SCREW M8x20mm	4
31	SPRING WASHER $\Phi 8.1 \times \Phi 14.5 \times 2.4T$	28

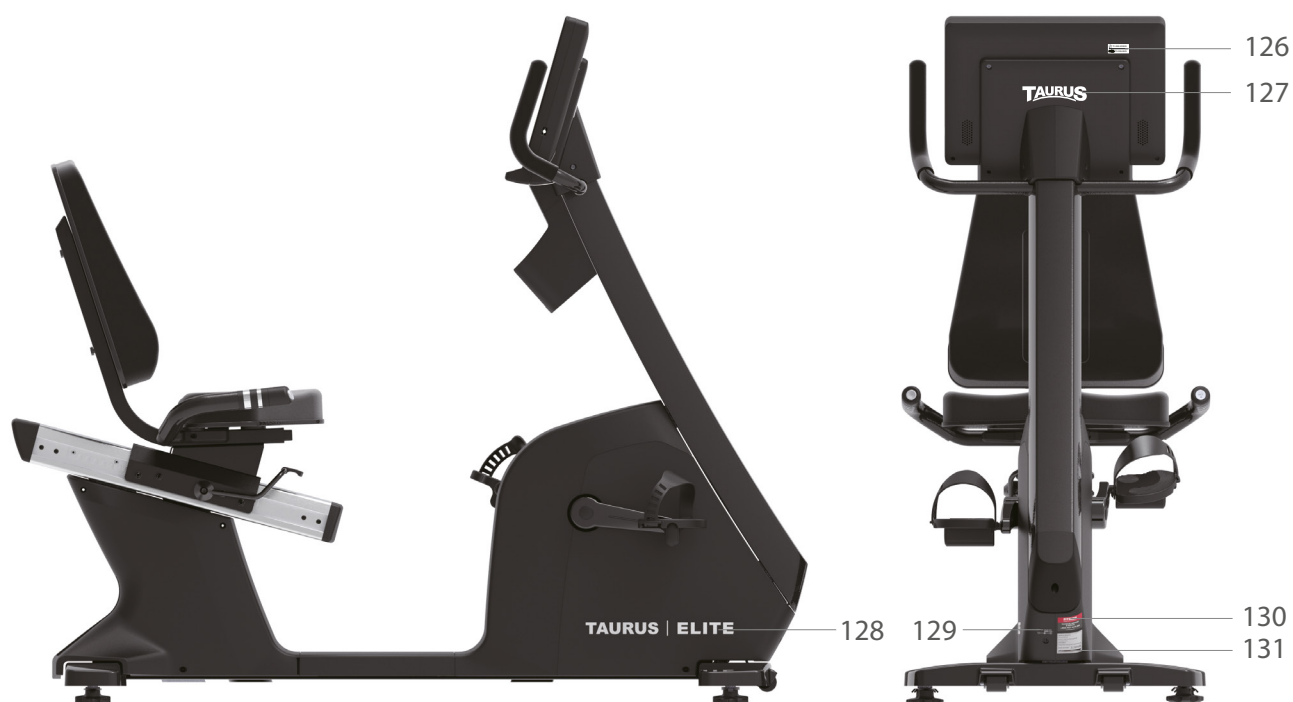
32	WASHER Ø8xØ16x2T	28
33	BEARING 6004 2RS	2
34	420 J8 BELT	1
35	CONTROL BOARD	1
36	BATTERY SET	1
37	BATTERY FIXING BASEMENT	2
38	AXLE	1
39	ALUMINUM BELT PULLEY	1
40	SCREW M6x20mm	4
41	SPRING WASHER Ø6.1x1.6mm	4
42	NUT M6x5.5mm	4
43	WASHER Ø6.5xØ16x2T	4
44	EMS SELF-GENERATOR FLYWHEEL	1
45	PRESSING PIPE	1
46	WHEEL Ø44.5x29mm	1
47	BEARING 6002 2ZZ	2
48	SCREW M8x25mm	1
49	WASHER Ø8xØ28x2T	3
50	NUT M8x7mm	3
51	WASHER Ø6xØ12x2T	1
52	SCREW M5x16mm	1
53	SCREW M5x12mm	13
54	ALUMINUM RAIL	1
55	POSITIONING TEETH STRIP	1
56	LEFT STOPPING PLATE	2
57	RIGHT STOPPING PLATE	2
58	SCREW M5x10mm	9
59	RAIL FRONT COVER	1
60	RAIL REAR COVER	1
61	RAIL COVER FIXING PLATE	2
62	RAIL	1
63	WHEEL	8
64	SCREW M8x40mm	8
65	SLEEVE	8

66	NUT M8x7mm	8
67	AXLE	1
68	SPRING	1
69	C CLIP Ø17	1
70	ELASTIC KEY	1
71	SLIDING BASE BAR	1
72	SLIDING BASE HANDLE	1
73	SLIDING BASE ALUMINUM COVER	1
74	SCREW M5x8mm	2
75	SCREW M5x8mm	1
76	SADDLE SUPPORTING TUBE	1
77	WASHER Ø15.7xØ19.4x1T	8
78	SCREW M6x25mm	4
79	WASHER Ø6.5xØ16x1.5T	4
80	SPRING WASHER Ø6.1xØ1.6T	8
81	TRIM TAB	4
82	UPPER HANDLE PULSE HOUSING	2
83	SCREW M5x10mm	4
84	BACKREST COVER	1
85	BACKREST	1
86	SCREW M8x50mm	4
87	TOGGLE LOAD -	1
88	COVER-L	1
89	SCREW M5x12mm	2
90	TOGGLE LOAD +	1
91	SADDLE	1
92	SCREW M8x16mm	8
93	SCREW M8x40mm	4
94-L-1	PEDAL STRAP - L	1
94-L-2	PEDAL - L	1
94-R-1	PEDAL STRAP - R	1
94-R-2	PEDAL - R	1
95	SCREW M8x55mm	8
96	FRONT STABILIZER COVER	1

97	REAR STABILIZER COVER	1
98	FRONT STABILIZER	1
99	SCREW M8x60mm	2
100	WASHER Ø8.5xØ17x2T	2
101	FRONT STABILIZER WHEEL	2
102	NUT M14x7mm	4
103	ADJUSTING END M14	4
104	REAR STABILIZER	1
105	WRENCH	1
106	WRENCH	1
107	WRENCH	1
108	CONNECTION WIRE 750mm	1
109	CONNECTION WIRE 450mm	1
110	CONNECTION WIRE 250mm	1
111	DC LINE 850mm	1
112	CONNECTION WIRE 250mm	1
113	CONNECTION WIRE 600mm	1
114	CONNECTION WIRE 450mm	2
115	CONNECTION WIRE 400mm	1
116	CONNECTION WIRE 100mm	1
117	SENSOR WIRE HOUSING	1
118	SCREW M8x25mm	4
120	TUBE COVER	1
121	COVER-R	1
122	CONNECTION WIRE 450mm	1
123	CONNECTION WIRE 450mm	1
124	WIRELESS TRANSMITTER	1
125	OVERLAY	1

9.3 Exploded Drawing





126	STICKER	1
127	STICKER	1
128	STICKER	2
129	STICKER	1
130	STICKER	1
131	STICKER	1

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.

Warranty

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.

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

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

www.fitshop.com/en/stores

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Fitshop is Europe's largest specialist store for home fitness equipment with currently over 65 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!

	www.fitshop.com www.fitshop.de/blog
	www.facebook.com/fitshopgroup
	www.instagram.com/fitshopgroup/
	www.youtube.com/@fitshop_uk
	
	
	
	
	
	
	

Notes

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