



TAURUS WELLNESS

Assembly and Operating Instructions



max. 180 kg



1 kg

L 26 | W 26 | H 2

FSTWBFS.01.02

Art. No. TW-BFS

Body Fat Scale



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Dear customer,

Thank you for choosing a Taurus wellness device. With the Taurus Wellness Line, we offer you relaxation, regeneration and massage for your home. In this way, the Taurus Wellness Line can contribute to greater health and well-being. We wish you a relaxing time. If you have any questions about these or other devices of the Taurus brand, please feel free to contact us.

Your team from Taurus Wellness and the Fitshop Group.

Intended Use

The equipment may only be used for its intended purpose.

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

Legal Notice

Fitshop GmbH
Europe's No. 1 for home fitness

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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

Display of:

- + Weight in kg/lb/st
- + BMI
- + Body Fat Rate in %
- + Body Water Rate
- + Skeletal Muscle Mass
- + Bone Mass

Power supply: 2 x 1.5 V (Batteries not included)

Weight and dimensions:

Article weight (gross, including packaging): 1.3 kg

Article weight (net, without packaging): 1 kg

Packaging dimensions (L x W x H): 30.5 cm x 29.2 cm x 4.8 cm

Set-up dimensions (L x W x H): 26 cm x 26 cm x 1.8 cm

Maximum user weight: 180 kg

Use class: H



1.2 Personal Safety

DANGER

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + The owner must communicate all warnings and instructions to the user.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

CAUTION

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

ATTENTION

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



1.3 Set-Up Place

WARNING

- + Do not place the equipment in main corridors or escape routes.
- + To avoid fires, do not place the appliance near or in rooms with high heat (e.g. near a heater).

CAUTION

- + Choose the place in which to set up the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.

ATTENTION

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

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

① NOTICE

- + 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.
- + 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.
- + The measured values are for reference only and should not replace a medical diagnosis.

2.1 Scale Use

Please note the following before using your device:

① NOTICE

- + Use the scale with bare feet. Weighing with socks and shoes prevents the accurate data collection as well as the measurement of the body fat rate.
- + Your feet have to be dry before and while the scale is in use.
- + Remove the batteries if the scale won't be in use for an extend period of time.
- + Place the scale on a flat surface. Prevent the placement on carpets and linoleum floors.
- + Turn on the scale:
 - + Step on the scale and then step off.
 - + Wait ten seconds before you weighing yourself.
 - + Repeat the process whenever the location of the scale has been changed.
- + Download the Fitdays app to use more features. The app is available in the app store of your smartphone.

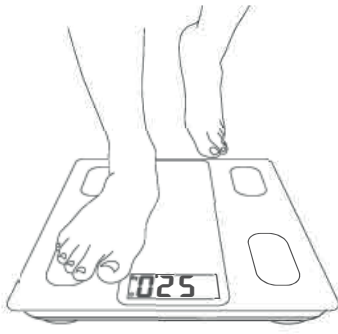
Step 1: Recalibration

① NOTICE

Recalibrate your device whenever the location has been changed. The recalibration ensures the collection of accurate data.

1. Place the scale on a flat surface.
2. To start the recalibration step on the scale with one foot and wait until numbers appear on the display.
3. Step off the scale.
4. The recalibration is complete once "0.0" appears on the display.





Step 2: Weighing Process

1. Place the scale on a flat surface and wait for 10 seconds.
2. Weight: Wait until "0.0" appears on the display. Step on the scale.

ⓘ NOTICE

+ Minimal deviations can occur when displaying the weight.

50 kg: ± 0.3 kg	100 kg: ± 0.4 kg	180 kg: ± 0.5 kg
110 lb: ± 0.66 lb	220 lb: ± 0.88 lb	396 lb: ± 1.1 lb
7.9 st: ± 0.04 st	15.7 st: ± 0.06	28.3 st: ± 0.07

+ The following messages will appear on the display:



Functioning normally

No display

Change battery



Calibrating

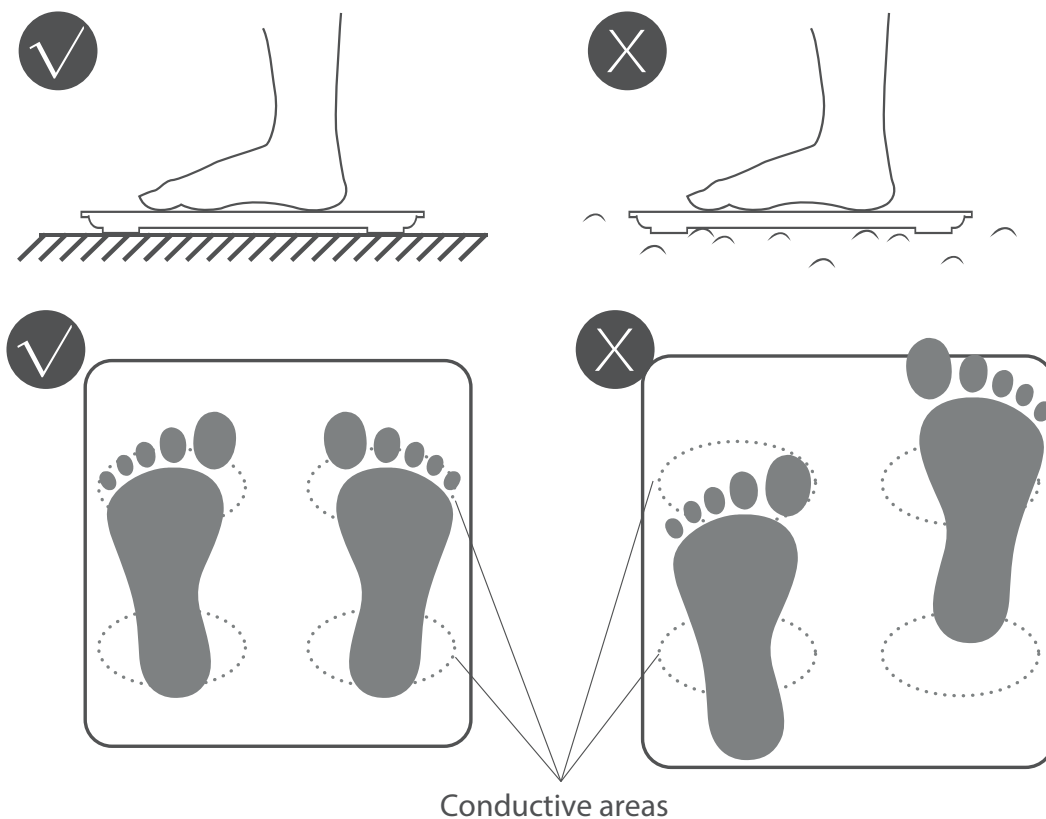


Change battery



Overload

3. Body fat rate and other data: Step on the scale with dry and bare feet. Step on the scale with an upright posture and place your feet on the electrodes.



2.2 Fitdays App

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

To use the Fitdays app you will have to activate the wireless function on your mobile device (tablet or smart phone) and start the app. Select your fitness equipment. Please follow the instructions given in the app.

You will find the apps in the app stores of your mobile device. Please note that the app is produced by an external manufacturer. Fitshop does not take any responsibility regarding the availability, functionality or contents of these programmes.

IMPORTANT NOTE

The app is produced and provided by external manufacturers. Changes and availability within the app might occur. Fitshop does not take any responsibility and can not be held liable for the availability, functionality or contents of the app. To make sure the app is working correctly, it must be updated regularly. If needed, the respective app will notify you to do so. To update the app, you need an account in your app store. Just follow the instructions on the screen to perform the update.

2.2.1 Download and Register

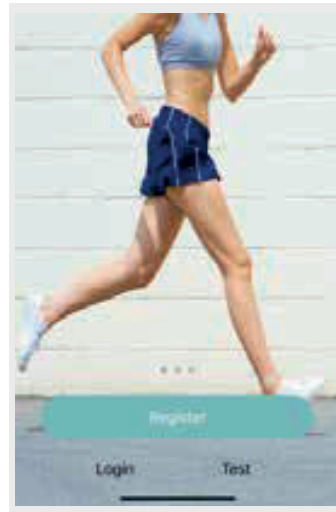
① NOTICE

You need the following operating systems to use the app: Android 6.0 or higher, IOS 8.0 or higher/ iPad.

1. Download the Fitdays app.
2. Create a user profile. To do this, follow the instructions in the app.

① NOTICE

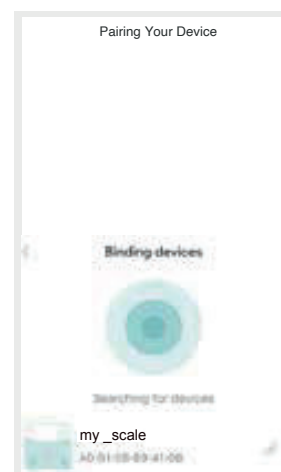
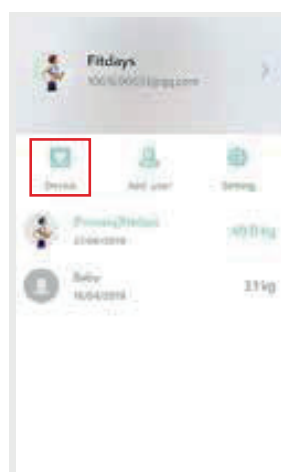
You can also use the app's guest access.

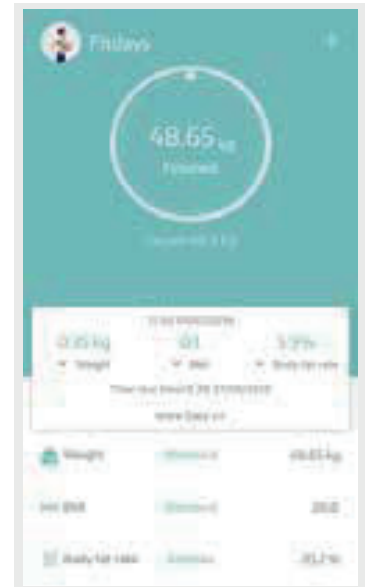


3. Activate the wireless connection and switch on the location function of your smartphone if necessary.

2.2.2 Usage of Fitdays App

1. Follow the instructions in the app and connect your device to the Fitdays app.
2. Return to the measurement interface of the app and stand barefoot on the scale for 5-10 seconds. As soon as the measurement is complete, the measured values are displayed in the app.



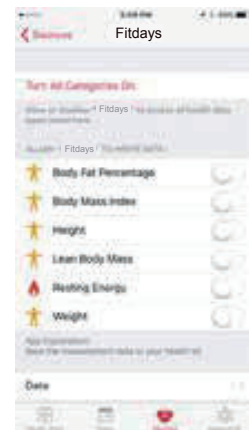
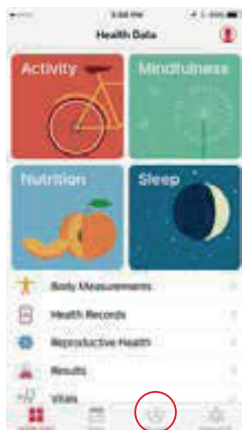


2.3 Pairing with Fitness Apps

You can pair the Fitdays app with one of the three fitness apps:

2.3.1 Apple Health

1. Open Apple Health and click on Data Sources & Access.
2. Under Data Sources, click Fitdays.
3. Activate all categories.



NOTICE

The layout of the system interface may differ from the graphics.

2.3.2 Google Fit

1. Open Google Fit and click on Settings. Click on Google Fit.
2. Switch on Google Fit and sign in with your Google account. You will be automatically redirected to Google Fit.
3. The pairing is successful as soon as the weight information is displayed.



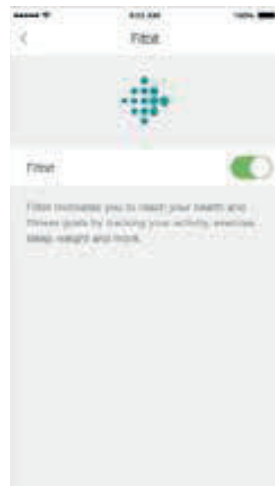
ⓘ NOTICE

The layout of the system interface may differ from the graphics.

2.3.3 Fitbit

1. Open the settings on your smartphone and click on Fitbit.
2. Log in to your Fitbit account.
3. Click on Allow. The body weight, body fat % and BMI data are now in the Fitbit app.





- ① **NOTICE**
The layout of the system interface may differ from the graphics.

2.4 Battery Replacement

- ① **NOTICE**
Batteries are not included in the scope of delivery. The following batteries are required: 2 x AAA
1. Open the battery compartment.
 2. Remove the battery.
 3. Insert a new battery.
 4. Close the battery compartment.

3.1 General Instructions

**WARNING**

- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

**ATTENTION**

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

4.1 General Instructions



WARNING

- + Do not make any improper changes to the equipment.



CAUTION

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

► ATTENTION

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

4.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
<ul style="list-style-type: none"> + The device does not work + The display flickers 	Batteries empty	Replace batteries
Body fat percentage is not measured	<ul style="list-style-type: none"> + Incorrect use + Wireless connection is not switched on + Data is not entered 	<ul style="list-style-type: none"> + Stand on the scales barefoot and with dry feet + Activate wireless connection + Enter personal data in the app
No connection with the app	<ul style="list-style-type: none"> + Operating system not compatible + Fitdays app not up to date 	<ul style="list-style-type: none"> + Check the version number of your operating system + Update Fitdays + Activate wireless connection and if necessary the location function for Android 6.0 (and higher)

4.3 Error Codes and Troubleshooting

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

Please contact the contract partner for technical support.

4.4 Maintenance and Inspection Calendar

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

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

Part	Weekly	Monthly	Quarterly	Half-yearly	Yearly
Plastic covers	C	I			
Screws and cable connections		I			
Legend: C = clean; I = inspect					

5 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.



The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

6.1 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 8 of this operating manual.

NOTICE

The serial number of your equipment is unique.

Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:

Article Number:



Products from Taurus Wellness® 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.



DE	DK	UK
<p>TECHNIK</p> <p>☎ +49 4621 4210-900 ☎ +49 4621 4210-698 ✉ technik@fitshop.de 🕒 Öffnungszeiten entnehmen Sie unserer Homepage.</p> <p>SERVICE</p> <p>☎ 0800 20 20277 (kostenlos) ☎ 04621 4210 - 0 ✉ info@fitshop.de 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statita</p>	<p>TEKNIK OG SERVICE</p> <p>☎ 80 90 16 50 +49 4621 4210-945 ✉ info@fitshop.dk 🕒 Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7</p>	<p>CUSTOMER SUPPORT</p> <p>☎ 00800 2020 2772 +494621 4210 944 ✉ info@fitshop.co.uk 🕒 You can find the opening hours on our homepage: https://stg.fit/statitc</p>
	FR	BE
	<p>TECHNIQUE & SERVICE</p> <p>☎ +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</p>	<p>TECHNIQUE & SERVICE</p> <p>☎ 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</p>
ES	NL	INT
<p>TECNOLOGÍA Y SERVICIOS</p> <p>☎ 911 238 029 ✉ info@fitshop.es 🕒 Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5</p>	<p>TECHNISCHE DIENST & SERVICE</p> <p>☎ +31 172 619961 ✉ service@fitshop.nl 🕒 De openingstijden vindt u op onze homepage: https://stg.fit/statit3</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +49 4621 4210-944 ✉ service-int@fitshop.de 🕒 You can find the opening hours on our homepage: https://stg.fit/statita</p>
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<p>DZIAŁ TECHNICZNY I SERWIS</p> <p>☎ 22 307 43 21 +49 4621 42 10-948 ✉ info@fitshop.pl 🕒 Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6</p>	<p>TECHNIK & SERVICE</p> <p>☎ 0800 20 20277 (Freecall) +49 4621 42 10-0 ✉ info@fitshop.at 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb</p>	<p>TECHNIK & SERVICE</p> <p>☎ 0800 202 027 +49 4621 42 10-0 ✉ info@fitshop.ch 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9</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



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!

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Notes

