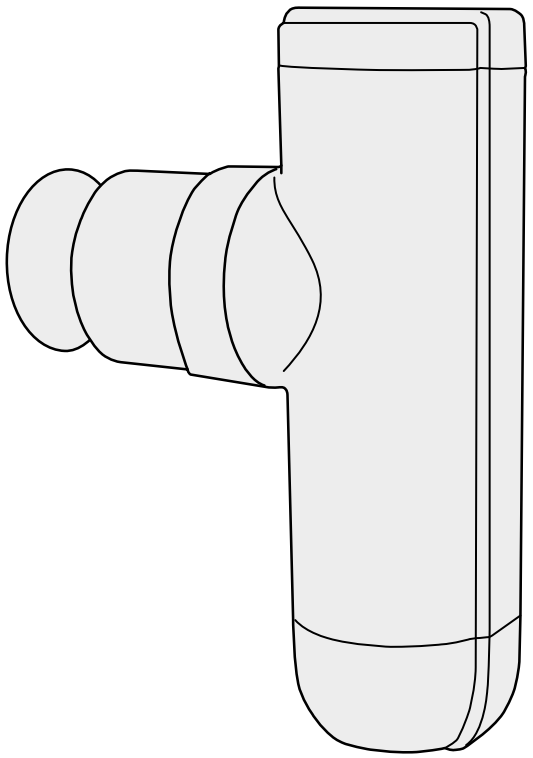
TAURUS WELLNESS

Operating Instructions



Art. No. TW-MMD-G

Art. No. TW-MMD-B

FSTWMMDB.01.02
FSTWMMDG.01.02

GENERAL SAFETY INSTRUCTIONS

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.
+ Note that excessive training can seriously endanger your health. 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 14 years.
+ 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.

⚠ CAUTION

+ 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.

Electrical Safety

⚠ DANGER

+ To reduce the risk of an electric shock, always unplug the equipment from the mains socket before use, maintenance or cleaning. Do not pull on the cable.
+ To reduce the risk of an electric shock, do not use the device if you have previously been in contact with water and/or are in a humid environment.

⚠ 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.
+ Do not unplug the mains cable until the product is turned off.

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).

Technical data

Article weight (net, without packaging):	210 g
Article weight (gross, with packaging):	351 g
Packaging dimensions in cm (L x W x H):	12.4 x 9.9 x 4.7
Article dimensions in cm (L x W x H):	7.1 x 3.5 x 11
Use class:	H
Power:	8W
Rotational Speed:	1500-2800 RPM
Charging time:	2-3 h
Battery Life:	9-10 h
Vibration levels:	4

Scope of Delivery

No.	Name	Qty.
1	Main Engine	1
2	Type-C Cable	1
3	Ball Head	1
4	Fork Head	1
5	Flat Head	1
6	Cone Head	1
7	User Manual	1

Instructions

Usage

1. To turn on, press the on/off button for 3 seconds.
2. To change the intensity, press the on/off button.

► **CAUTION**
Do not use the device for more than 15 minutes at a time.

3. To turn off, press the on/off button for 3 seconds.

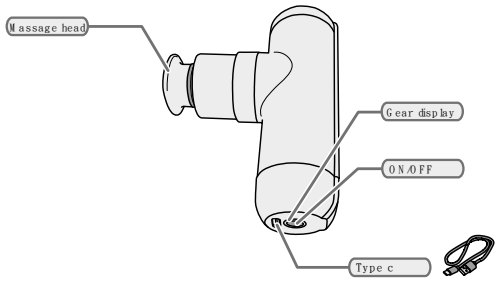
Charging

1. Charge the device, when the signal light is red.

ⓘ **NOTE**
+ During charging the signal light blinks.
+ When fully charged, the signal light is blue.

► **CAUTION**
Only use a suitable loading USB C cable for charging.

Product Overview



Ball Head
For large muscle groups(quads,glutes,etc.) or extream soreness

Fork Head
For neck,spinal,calves,etc.

Flat Head
For general use,relax for whole body muscles

Cone Head
Apply to strike the deep tissue,joint,feet,wrist,etc.

Warranty Information

Training equipment from Taurus Wellness® is subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

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.

Please refer to the website of your Taurus Wellness® device for the exact warranty conditions.

Care, Maintenance and Storage

⚠ **WARNING**
The storage location should be chosen so that improper use by third parties or children is prevented.

1. Clean the device with a dry soft cloth.
2. Store the device in the supplied carton in a dry environment.

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 a recycling centre. Further information can be obtained from your local authority's recycling service.

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