



+ PRODUCT CATALOGUE

MAXIMUM PERFORMANCE

TAURUS

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Slimmer,
stronger,
fitter and
more flexible.
Get started today!



Developed
to help you achieve your goals:
Taurus fitness equipment
for maximum performance!

TAURUS

OUTSTANDING

The excellent quality underpinning Taurus components and design has been demonstrated in many independent tests. But it is not only the Taurus machines that are outstanding; thanks to the first-class quality of the entire range, Taurus has been named Best Fitness Brand of the Year on several occasions.



ABOUT TAURUS

Taurus fitness equipment is developed in close collaboration with athletes and sports scientists. Taurus fitness equipment focuses on what matters most, both in sport and in life: top performance! After all, athletes know what perfect fitness equipment should be like.

The highest quality standards are applied to all Taurus products: for example, the treadmills have excellent cushioning, and the strength equipment is equipped with thick, comfortable padding. Many of the machines can also be combined, thus increasing the variety of exercises considerably. Quality, efficiency and top performance are what count at Taurus.

The machines offer tremendous stability, ensuring maximum safety and a long service life, even when used intensively. Many of the machines are approved for semi-professional use, e.g. in hotels, institutions, physiotherapy practices, and even full commercial quality for use in gyms.

Taurus stands for top performance. Performance is a mix of endurance, strength and movement. The human body is a complex system, and no aspect should be considered in isolation, which is why we offer a range that covers all areas of physical performance and allows you to achieve all of your workout goals with maximum efficiency!

YOU, AND ONLY YOU, DECIDE HOW YOU TRAIN

Good cardiovascular fitness is the basis for any kind of performance, not only in sports but also at work. With Taurus, cardio training is easy, convenient and highly motivating!

The fitness machines fully meet your demands in terms of their features, cushioning and variety of programmes. You can train on Taurus cardio equipment no matter what: no bad weather, no trip hazards, no excuses. And the best part of all: you have full control over your training. Intensity, duration and speed: your fitness machine adapts to your performance. All the important training statistics are available at a glance on the console. Effective cardio training under perfect conditions.

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THE 9.9 SERIES



TAURUS FX9.9 CROSS TRAINER

+ see page 13 for more information



TAURUS T9.9 TREADMILL

+ see page 9 for more information



TAURUS X9.9 CROSS TRAINER

+ see page 13 for more information



TAURUS RB9.9 RECUMBENT BIKE

+ see page 16 for more information



TAURUS UB9.9 EXERCISE BIKE

+ see page 17 for more information



5 cardio
machines in
uniform design.

ALL IN ONE. The Taurus 9.9 series has a sophisticated, uniform design – perfect for equipping a room with several machines.

OUTSTANDING. The machines in the 9.9 series have been awarded top marks in several independent tests.

ENTERTAINING. In addition to the Classic console, all machines are also available with a touchscreen console.

The touchscreen console allows you to surf the internet and watch videos while training.

STABLE. All the machines are so stable and robust that they're not only suitable for home use, but also for light commercial usage, e.g. fitness rooms in hotels, offices or on the premises of personal trainers and physiotherapists.

TREADMILLS

THE BEST RUNNING TRACK IN THE WORLD

You want to improve your performance and have complete freedom when running: run when you want, as fast as you want and as far as you want.

Then the treadmill is the training partner for you. It will help you achieve any of your fitness goals, whether that's losing weight, improving endurance or increasing your top speed. At the same time, your Taurus treadmill offers you advantages that no running track in the world can offer: precise controls for speed, heart rate-based control, interval programs with precision to the second, and cushioning that is gentler on the joints than your outdoor running track.

+ Available Versions:
Classic or touch console



TAURUS T10.5 PRO

TREADMILL

The T10.5 is the device that you can set records with; everything here is slightly bigger, stronger and faster. It's not just the performance that is massive: the treadmill is also available with an enormous 21.5-inch entertainment console!

Motor	AC motor with 4 HP continuous output
Running surface	160 × 60 cm
Speed	0.5–25 km/h (increments of 0.1 km/h)
Incline	0–15% (increments of 1%)
Features	Classic LED or 21.5-inch touch console, Kinomap and ZWIFT compatible, particularly low-maintenance

Full commercial quality



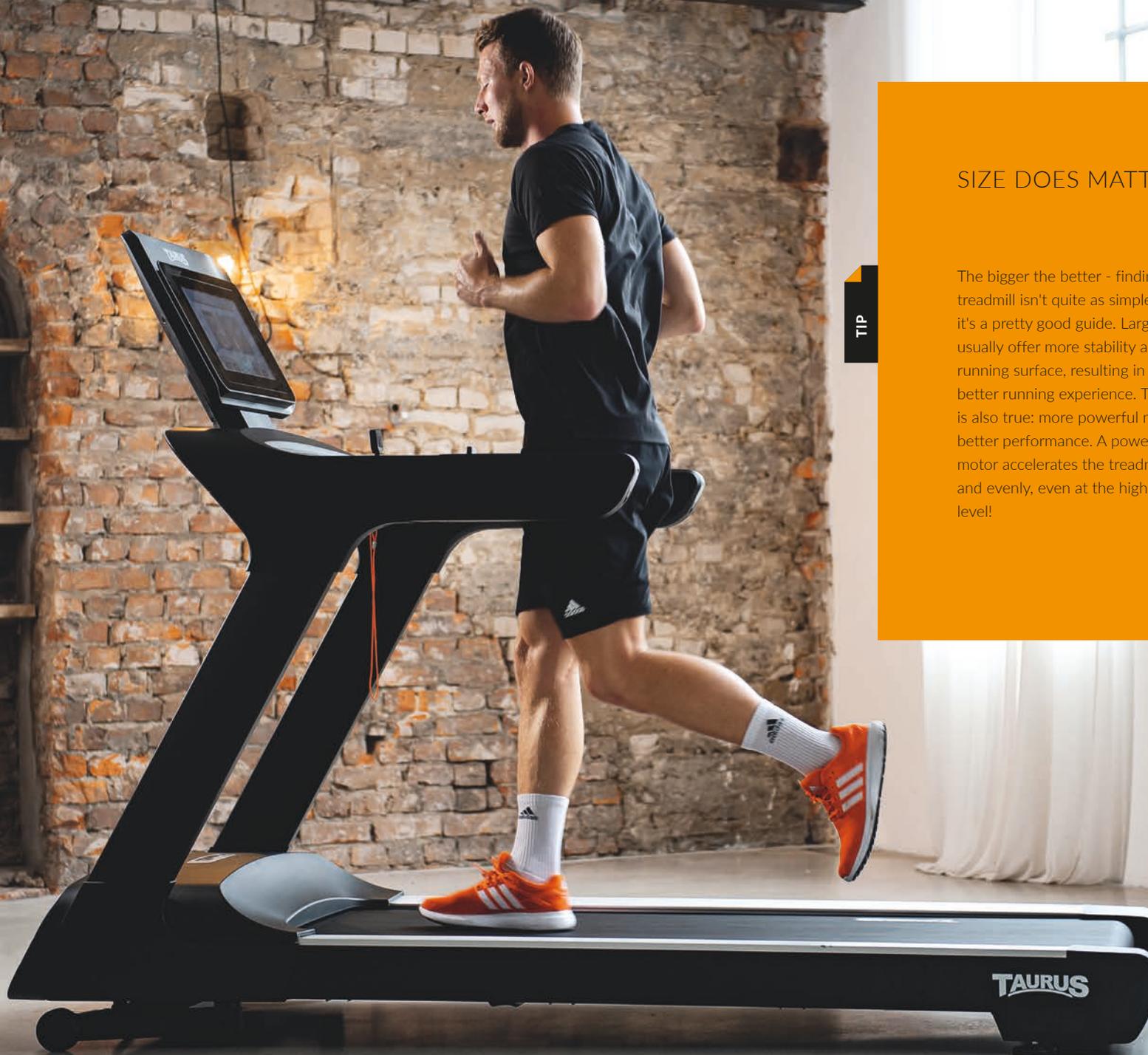
TAURUS IT10.5 PRO

TREADMILL

Go higher with the IT10.5 Pro incline treadmill. This treadmill offers everything from a 5% decline to a 40% incline to make your running workout varied and even lets you complete a mountain run at home.

Motor	AC motor with 3 HP continuous output
Running surface	150 × 55 cm
Speed	1–20 km/h (increments of 0.1 km/h)
Incline	-5 to 40% (increments of 1%)
Features	Large safety bar, built-in fan, several quick-select buttons

Full commercial quality



SIZE DOES MATTER!

TIP

The bigger the better - finding the right treadmill isn't quite as simple as that, but it's a pretty good guide. Larger treadmills usually offer more stability and a larger running surface, resulting in a much better running experience. The following is also true: more powerful motor equals better performance. A powerful AC motor accelerates the treadmill reliably and evenly, even at the highest training level!

+ Available versions:
Classic or touch console



TAURUS T10.3 HD PRO

TREADMILL

With the Taurus T10.3 you can run away from your old self. With its huge running surface and powerful AC motor, the T10.3 is your new favourite running track.

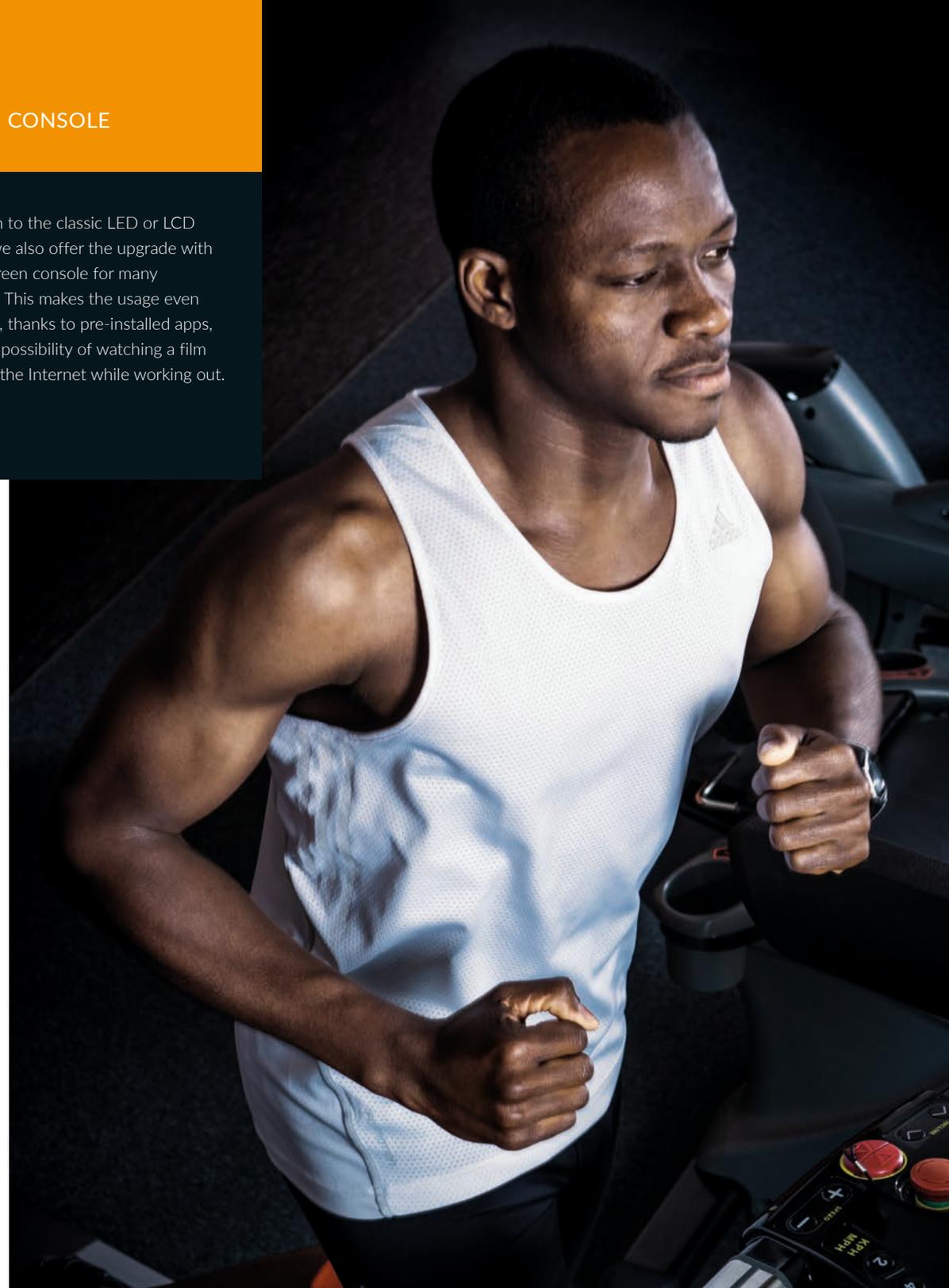
Motor	AC motor with 3.5 HP continuous output
Running surface	160 × 56 cm
Speed	0.5–24 km/h (increments of 0.1 km/h)
Incline	0–15% (increments of 1%)
Features	200 kg max. user weight, LED lighting depending on speed, compatible with Kinomap and ZWIFT

Full commercial quality

TIPP

TOUCH CONSOLE

In addition to the classic LED or LCD console, we also offer the upgrade with a touchscreen console for many treadmills. This makes the usage even easier and, thanks to pre-installed apps, offers the possibility of watching a film or surfing the Internet while working out.



Do you want to run?
Run at home: whenever you want,
for as long as you want.



TAURUS T9.5

TREADMILL

The T9.5 is the Taurus treadmill for purists. A powerful motor, a large running surface and a console with simple, no-frills operation. Press start, start running, get or stay fit.

Motor	DC motor with 3 HP continuous output
Running surface	152 × 56 cm
Speed	0.5–22 km/h (increments of 0.1 km/h)
Incline	0–15% (increments of 1%)
Features	Orthobelt running belt, extended handles available as accessories

Light commercial quality



TAURUS RUN-X

TREADMILL

This treadmill has no speed limit! It is powered entirely by your leg strength, so it will also get faster as you progress. In addition, you can increase resistance and lean far forward thanks to the safety bars.

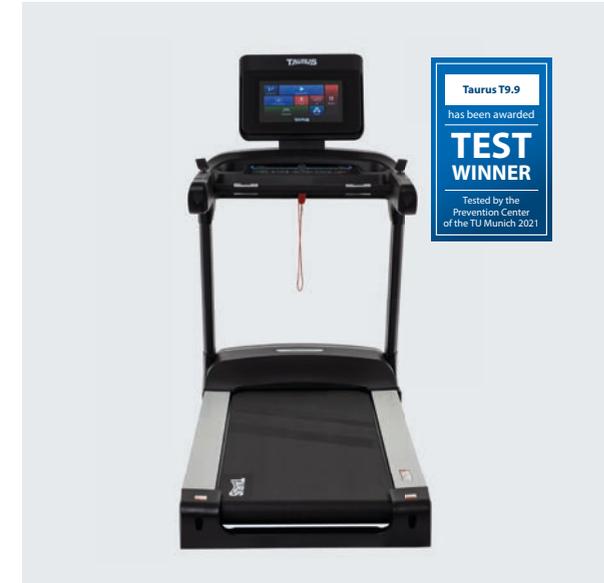
Motor	Without motor
Running surface	160 × 43 cm
Features	Spring-loaded slatted running belt, console with interval timers, 4 resistance levels, operation possible without electricity, large safety bar

Full commercial quality



Available versions:

Classic or 10.1-inch /
15-inch touch console



TAURUS T9.9 TREADMILL

Motor	DC motor: 3.5 HP continuous output
Running surface	157 × 56 cm
Speed	0.5–22 km/h (increments von 0.1 km/h)
Incline	0–15% (increments of 1%)
Features	Orthobelt mat especially easy on the joints, extended handles available as accessories

Available with Classic LCD console, as Black Edition with 10.1-inch touchscreen or even with a 15-inch touchscreen console

With its powerful motor and three different console options, the T9.9 is the all-rounder among the Taurus treadmills. All three versions are compatible with Kinomap, and the touch model also includes ZWIFT

Light commercial quality

CROSS TRAINERS

3 CRITERIA TO FIND THE CROSS TRAINER THAT SUITS YOU!

STRIDE LENGTH

Increased stride length is perceived as more comfortable by most users. It should be at least 40 cm; ideally between 50 and 60 cm.

STRIDE WIDTH OR PEDAL SPACING

Here it is the other way round: less is better. Smaller pedal spacing allows for more natural movement.

BRAKING SYSTEM

Ideally, the braking system should be electronically adjustable. Many magnetic braking systems offer such adjustability and enable watt control, as well as training control based on heart rate. Induction braking systems achieve an even higher watt precision.

TIP



TAURUS X10.5 PRO

CROSS TRAINER

The rear-drive cross trainer offers multi-grips, great stride length and low pedal spacing. Thanks to its long, flat elliptical movement path, the X10.5 Pro achieves the perfect balance of excellent ergonomics and top performance.

Braking system	Induction brake
Stride length	58,4 cm
Stride width	5,4 cm
Programs	25, incl. heart rate and watt control
User weight	Max. 180 kg
Installation dimensions	L 232 W 95 H 172 cm

Full commercial quality

TRAIN MORE EFFICIENTLY: STRENGTH AND CARDIO IN ONE MACHINE

Are you looking for uncompromising quality and the best performance for your fitness training?

Do you need fitness equipment that you can use to effectively and gently improve your endurance without having to forego strength training? Two questions, for which we have the answers: Taurus cross trainers for a comprehensive workout at the highest technical level.

As a "one-for-all" machine, you can strengthen almost all your muscles on a Taurus cross trainer - high calorie burn guaranteed. Whether you want to lose weight, improve your fitness or do preventive exercise, with a Taurus cross trainer, you can combine strength and endurance workouts in just one machine - with minimal stress on your joints.

Get better
by challenging
your whole body



TAURUS
FX10.5 PRO

CROSS TRAINER

Full commercial cross trainer with adjustable incline and outstanding quality of movement. SKF ball bearings ensure smooth transmission of force: long-lasting and quiet. The adjustable incline gives you even more variety!

Braking system	Induction brake
Stride length	56 cm
Stride width	3,3 cm
Programs	25, incl. heart rate and watt control
User weight	Max. 180 kg
Installation dimensions	L 211 W 82 H 188 cm

Full commercial quality



TIP

FULL COMMERCIAL AND LIGHT COMMERCIAL

Taurus equipment is designed to withstand even the most intensive workouts. That's why many Taurus machines are certified for light commercial or full commercial usage.

SUITABLE FOR LIGHT COMMERCIAL USE

means that the warranty for the equipment also applies to use in hotels, companies or professional practices.

WITH FULL COMMERCIAL,

the equipment is even suitable for use in gyms and promises the highest stability and durability.

TOUCH CONSOLE

In addition to the classic LED or LCD console, we also offer the upgrade with a touchscreen console for many cross trainers. This makes the usage even easier and, thanks to pre-installed apps, offers the possibility of watching a film or surfing the Internet while working out.



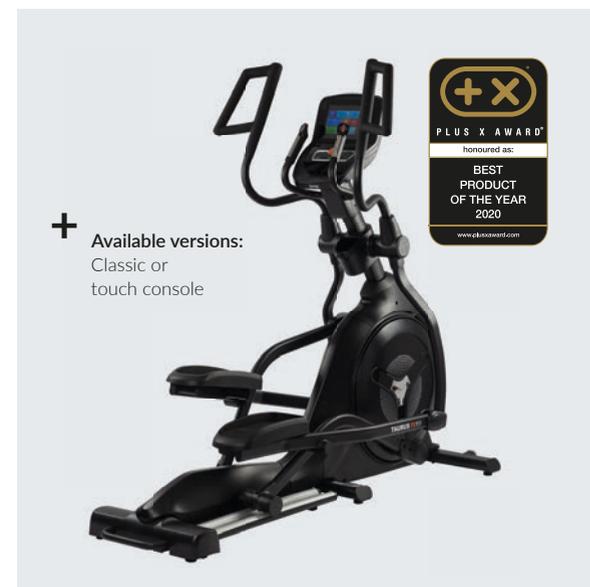
No compromises
when it comes to your fitness

TAURUS X7.1

CROSS TRAINER

The X7.1 offers you a perfect and varied introduction to cardio training, and helps you to sustainably boost your performance level, one step at a time.

Braking system	Electronic magnetic brake
Stride length	44 cm
Stride width	12 cm
Programs	19, including heart rate program
User weight	Max. 120 kg
Installation dimensions	L 166 W 56 H 163 cm



+ Available versions:
Classic or
touch console



TAURUS X9.9 TOUCH

CROSS TRAINER

The narrow stride width and the flat ellipse make workouts on the Taurus X9.9 particularly comfortable and easy on the joints.

Braking system	Induction brake
Stride length	58,4 cm
Stride width	5,4 cm
Programs	25 with Classic Console, 43 with Touch Console, incl. heart rate or watt control
User weight	Max. 180 kg
Installation dimensions	L 232 W 95 H 172 cm

Light commercial quality

TAURUS FX9.9 TOUCH CROSS TRAINER

Braking system	Induction brake
Stride length	56 cm
Stride width	3,3 cm
Programs	25 with Classic Console, 43 with Touch Console, incl. heart rate or watt control
User weight	Max. 180 kg
Installation dimensions	L 211 W 82 H 188 cm

Thanks to the 10-way adjustable incline, the only way is up when it comes to a successful workout with the FX9.9. A long stride length and narrow stride width also make for a very pleasant running movement.

Light commercial quality



+ Available versions:
Classic or touch console



Premium Quality
for your
fitness room

100% PERFORMANCE

Our Taurus 10.5 Premium Series delivers uncompromisingly high performance - full commercial quality in a perfectly formed design. Cardio equipment in this series guarantees maximum stability and durability.

ENTERTAINMENT

Take your training to the next level! Most machines in the 10.5 series offer you the option of connecting to training apps, e.g. Kinomap, ZWIFT or iConsole+ Training.

LISTEN TO YOUR HEART

Efficient success with heartrate-controlled workouts: All six devices in the series are equipped with hand pulse sensors and receivers for telemetric pulse control.

COMFORTABLE

The workout equipment in the 10.5 series has the highest performance values and excellent components. This not only enables highly effective workouts, but also extremely gentle and comfortable training.

TAURUS 10.5

STUDIO EQUIPMENT

TAURUS
UB10.5 PRO
EXERCISE BIKE

+ see page 17 for more
information

TAURUS
RB10.5 PRO
RECUMBENT BIKE

+ see page 17 for more
information

TAURUS
X10.5 PRO
CROSS TRAINER

+ see page 10 for more
information

TAURUS
FX10.5 PRO
CROSS TRAINER

+ see page 11 for more
information

TAURUS
T10.5 PRO HD
TREADMILL

+ see page 6 for more
information

TAURUS
IT10.5 PRO
TREADMILL

+ see page 6 for more
information



WORKOUT SUCCESS GUARANTEED

Besides comfort and efficiency, all Taurus exercise bikes display watt output and heart rate. This enables you to track your progress.

Taurus exercise bikes have programs that add variety to your training. Interval programs get you fit quickly with short, snappy workouts, while heart rate programs help you lose weight efficiently.

Many Taurus exercise bikes are also available with a touchscreen console. While you exercise, you can read your emails or watch a film.

All Taurus exercise bikes are also compatible with the Kinomap app, which allows you to replay thousands of route videos.

+ Available versions:
Classic or touch console

TAURUS RB9.9 TOUCH RECUMBENT BIKE

Braking system	Induction brake
User weight	Max. 180 kg
Performance	10–350 watts in the watt program, more in free mode
Programs	25 with Classic Console, 43 with Touch Console, incl. heart rate or watt control
Features	Console with built-in tablet for media use during workout, comfortable seat

Light commercial quality



EXERCISE BIKES

TAURUS RB10.5 PRO EXERCISE BIKE



On the RB10.5 recumbent bike you can forget that you're exercising. This is thanks to the extremely comfortable seat, high quality of movement and the option of using the device with Kinomap.

Braking system	Induction brake
User weight	Max. 180 kg
Performance	10-350 in the watt program, more in the free mode
Programs	25, incl. custom and heart rate-controlled programs
Features	Built-in tablet holder, compatible with Kinomap and ZWIFT

Full commercial quality

TIP

TRAIN SMARTER WITH THE TOUCH CONSOLE

The Taurus exercise bikes in the 9.9 series are also available with a touch console. This offers easier operation, more programs and many streaming apps such as Netflix or YouTube. For added motivation, the console can be paired with training apps such as Kinomap or ZWIFT.

TAURUS UB10.5 PRO EXERCISE BIKE



The Taurus UB10.5 Pro offers high comfort and superior stability, thus providing a great workout experience for users at all performance levels. The induction brake operates quickly and accurately. This bike is generator driven, so it needs no plug.

Braking system	Induction brake
User weight	Max. 180 kg
Performance	10-350 in the watt program, more in the free mode
Programs	25, incl. custom and heart rate-controlled programs
Features	Built-in tablet holder and Bluetooth, compatible with Kinomap and ZWIFT, generator, comfortable seat

Full commercial quality



TAURUS UB9.9 TOUCH EXERCISE BIKE



The large touch display of the Taurus UB9.9 Touch allows you to intuitively browse through the various workout and entertainment functions. Thanks to the many adjustment options, the exercise bike adapts perfectly to your body measurements.

Braking system	Induction brake
User weight	Max. 180 kg
Performance	10-350 in watt program, more in free mode
Programs	25 with Classic Console, 43 with Touch Console, incl. heart rate or watt control
Features	Built-in tablet for operating and media use such as Netflix or Spotify, comfortable seat

Light commercial quality

+ Available versions:
Classic or touch console



TAURUS ERGO AIR

AIR BIKE

The Taurus Ergo Air combines the advantages of a bike trainer with those of a cross trainer. It is perfect for HIIT, effective warm-up sessions, and light endurance training.

Braking system	Air resistance
User weight	Max. 150 kg
Performance	Unlimited maximum resistance
Programs	8, incl. heart rate-controlled and interval programs
Features	Suitable for beginners and professional athletes, full-body training, robust steel frame, mobile phone holder

BIKE TRAINER

Increase performance,
improve endurance,
reduce weight.



TAURUS Z9

RACING BIKE

The Z9 offers you the versatility and stability of an indoor bike plus the training controls of an exercise bike. Together with the triathlon handlebar, this makes it ideal for long endurance sessions.

Braking system	Electronic magnetic brake
User weight	Max. 150 kg
Performance	10-350 in the watt program, more in the free mode
Programs	17, incl. custom and heart rate-controlled programs
Features	Exchangeable seat, triathlon handlebars, many seat and handle positions



+ Available versions:
15-inch touchscreen or
21-inch touchscreen



**TAURUS
Z9.9 PRO**

SMART BIKE

The Taurus Z9.9 Pro bikes offer you outstanding performance features. For example, you can easily create seriously difficult interval programs on the large touchscreen. Or you can go on a relaxed bike tour using the route videos on Kinomap.

Braking system	Electronic magnetic brake
User weight	Max. 150 kg
Performance	10–350 in the watt program, more in the free mode
Programs	More than 60 Programs incl. heart rate programs and intervals
Features	Advanced technology, huge touchscreen with pre-installed apps and training log, compatible with many training apps

**TAURUS
Z9 PRO**

RACING BIKE



When it comes to preparing for the next race, nothing beats the Z9 Pro. The triathlon and racing handlebars offer comfort, the reinforced frame provides high stability and the brake offers a very high maximum resistance of over 1100 watts at 100 RPM.

Braking system	Electronic magnetic brake
User weight	Max. 150 kg
Performance	10–350 Watts in Watt program, over 1100 Watts in manual mode program
Programs	18 incl. heart rate-controlled programs
Features	Exchangeable seat and pedals, compatible with Kinomap and ZWIFT, extremely high number of handle and seat positions

Light commercial quality

**BIKE TRAINERS FOR
EVERY FITNESS GOAL**

Taurus bike trainers are designed for athletic, performance-oriented training. They provide stability for intensive workout sessions that allow you to push your limits every day. The Taurus Z9 bikes combine the realistic training feeling of indoor cycles with the training control options of an exercise bike. So you can prepare for the next race with specially developed programs, or lose weight more effectively. Taurus Ergo Bikes are full-body trainers that make even professional athletes sweat. They work your legs, arms and back, and the intensity is unlimited thanks to the air resistance.

**TAURUS
ERGO-X AIR BIKE**

Braking system	Air resistance
User weight	Max. 160 kg
Performance	Unlimited maximum resistance
Programs	8, incl. custom and heart rate-controlled programs
Features	Combination of cross trainer and bike, interval programs for quick success

The Taurus Ergo X offers everything: exceptional stability, full-body training and a range of intensity for beginners and professional athletes. Thanks to the pre-installed interval programs, training on the Ergo X can lead to remarkable results in no time!

Full commercial quality



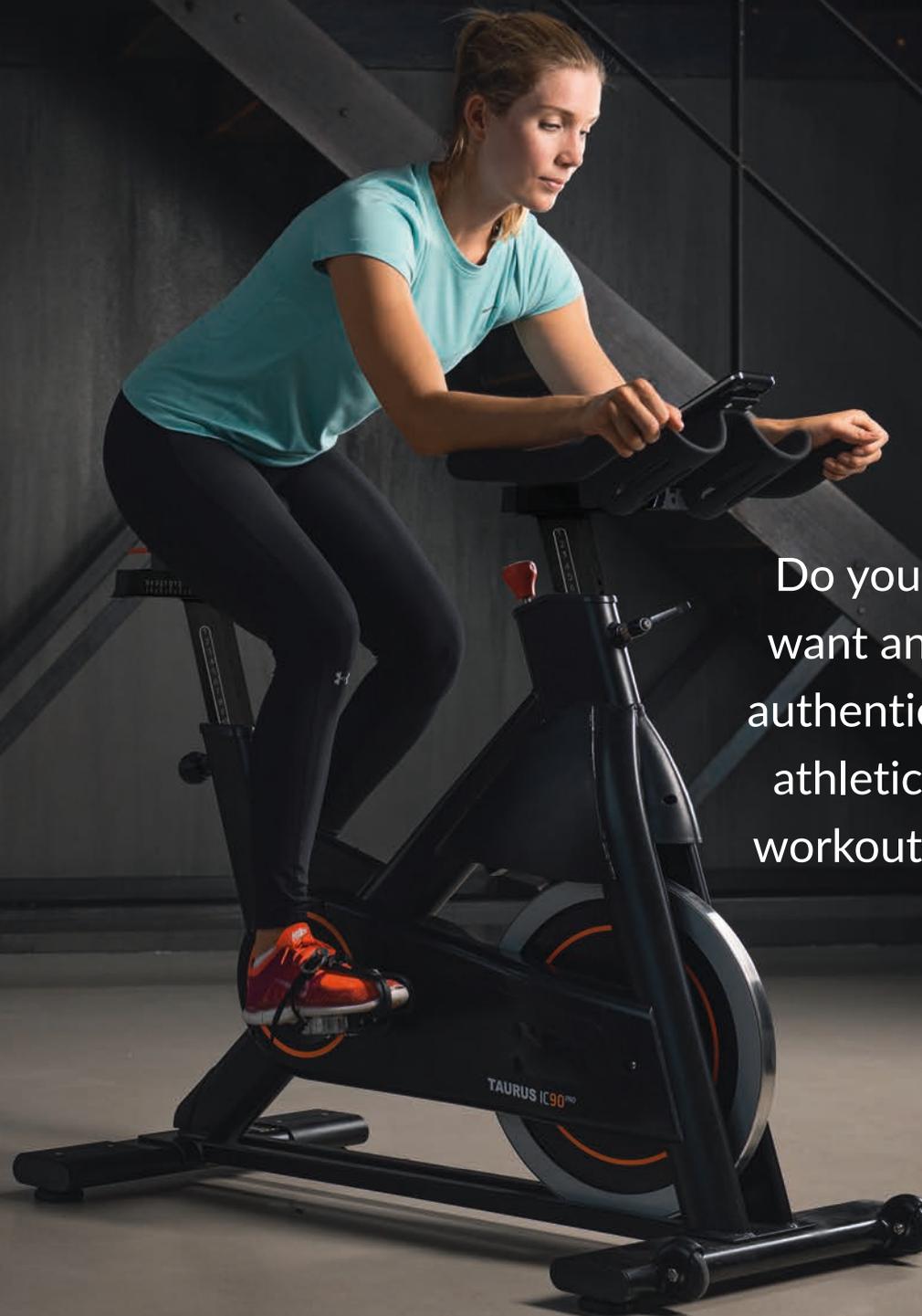


TAURUS IC90 PRO INDOOR CYCLE

Braking system	Magnetic brake
Flywheel weight	22 kg
Drive	Poly-V belt
User weight	Max. 150 kg
Features	Solid steel frame, multi-position handlebars, training computer

The only alternative to the mountain stage: the IC90 Pro offers extremely high maximum resistance. It has a wear-free, silent magnetic brake, variable seat positions and extraordinary stability

Full commercial quality



Do you
want an
authentic,
athletic
workout?

INDOOR CYCLES

NO PAIN NO GAIN

With the Taurus indoor cycles, you can bring the gym feeling home. Turn up the music and get on your bike. Three models, finely tuned for maximum exercise comfort, high stability for the most intensive workouts, plus seat and handlebar customisability so the indoor cycle is tailored to you. So you can prepare for the toughest stages, in the comfort of your own home!



TAURUS IC70 PRO

INDOOR CYCLE

The IC70 Pro offers virtually unlimited resistance with its friction brake. This bike is extremely stable and highly customisable thanks to exchangeable pedals and seat.

Braking system	Friction brake with leather
Flywheel weight	20 kg
Drive	Poly-V belt
User weight	Max. 130 kg
Features	Stable frame, infinitely variable resistance adjustment, training computer, exchangeable handlebars and pedals

Full commercial quality



TAURUS IC50

INDOOR CYCLE

Introductory model for beginners: with the IC50, progress in training comes almost automatically. Many seat and handlebar positions make it a weather-independent alternative to a racing bike.

Braking system	Friction brake with felt
Flywheel weight	20 kg
Drive	Poly-V belt
User weight	Max. 130 kg
Features	Stable design, infinitely variable resistance adjustment, training computer, exchangeable seat and pedals

MAXIMUM PERFORMANCE REQUIRES THE BEST COMPONENTS

With an indoor cycle, the power is transferred from the pedals to the flywheel mass by a belt. This makes the belt the most heavily stressed component. The top models among the Taurus indoor cycles are therefore equipped with high-quality Poly-V belt drives. These have an enormous tensile and tear strength and a significantly higher service life than steel chains.

TIP

MAGNETIC BRAKE

The magnetic system is one of the two possible braking systems at Taurus. It works absolutely silently, is maintenance-free, and lasts for a lifetime.

FRICTION BRAKE

With a friction system using felt or leather, the possible resistance is infinite. However, friction does cause slight wear, which means that the brake may have to be replaced after years of intensive use.

ROWING MACHINES AND SKI TRAINERS

EFFECTIVE ROWING

Hardly any fitness equipment is better suited than a rowing machine to achieve maximum training results in the shortest possible time.

This is because rowing machines are perfect for High Intensity Interval Training (HIIT). HIIT is a type of training where you give full power for a short time and then actively recover for a short time, i.e. rowing slowly.

The open air resistance allows you to really push yourself during the intensive phases. It has been scientifically proven that considerable success can be achieved in a short time with HIIT.

But you don't always have to push yourself to the limit when rowing: for longer training sessions with lower unchanging intensity, the combined magnetic brake system ensures comfortable traction.

TIP

TAURUS SCANDIC-X INDOOR

SKI TRAINER



TAURUS RX7

ROWING MACHINE

On the RX7 high-performance rowing machine, resistance can be easily adjusted on the rowing machine handle. It has a folding mechanism, although it looks so good that you won't even want to fold it away.

Braking system Air and magnetic resistance

Programs 26, of which custom: 4, heart rate-controlled: 4

Performance 50-300 Watts in the Watt program

Installation dimensions L 245 | W 43 | H 106 cm

User weight Max. 130 kg

Features Excellent pulling performance, resistance adjustment on the handle, high seat rail, easy-to-use display

Light commercial quality

The cross-country ski trainer for indoors has arrived! The Scandic-X offers a perfect workout for virtually the entire body. The Scandic-X is suitable for warming up, improving endurance and fitness, or for really tough training.

Braking system Air and magnetic resistance

Programs 10, incl. 4 heart rate programs

Performance 10-350 Watts in the Watt program

Installation dimensions L 129 | W 96 | H 202 cm

User weight Max. 150 kg

Features Training computer with electronically adjustable resistance, two different handles, transport castors, incl. base

Full commercial quality



SIMPLY ONE OF THE MOST EFFECTIVE WORKOUTS

If your preferred answer to the question "Endurance or strength training?" is "Both!", a rowing machine is definitely the right device for you.

85% of our muscles are exercised during rowing. Taurus machines offer you a huge advantage here: thanks to the magnetic brake, the resistance in the Watt program can be set to an accuracy of 5 Watts. The air resistance ensures that you can create almost unlimited resistance in the other programs - depending on how strong your rowing stroke is.



One of the
best workouts
there is

TAURUS ROW X ROWING MACHINE

Braking system	Air and magnetic resistance
Programs	10, incl. pacer program and 4 high-intensity interval programs
Performance	Unlimited maximum resistance
Installation dimensions	L 250 W 63 H 124 cm
User weight	Max. 150 kg
Features	Exceptional craftsmanship, excellent traction, high seat rail, elegant and dark backlit display

The Row X offers exceptionally good craftsmanship, elegant design and perfect traction. 4 HIIT programs are pre-installed for fast training success

Full commercial quality



TAURUS X-SERIES

MADE FOR YOUR STUDIO

TAURUS
RUN-X

TREADMILL

+ see page 9 for more
information

THE EQUIPMENT FOR YOUR GYM

Work up a sweat with the Taurus X fat-burning machines! With demanding HIIT programmes, intensive workouts can be completed in a very short time. An extremely high number of calories are burned and your personal fitness level is improved in the long term.

THERE'S NO LIMIT!

The sophisticated concept of the Taurus X series equips you for peak performance during workouts. The Taurus Row-X, Ergo-X and the Scandic-X work with an air resistance system and the Run-X Curved Treadmill works without a motor. The equipment's resistance is measured solely by the user's own individual performance - for maximum speed, maximum use of force and maximum training benefit.

EXCELLENT DESIGN IN SERIES

The elegant black design of the Taurus X series ensures a uniform image in home gyms or fitness studios. First-class materials have been used that guarantee a high load-bearing capacity. The precise craftsmanship enables smooth movements on the equipment and offers high stability during intensive workouts.

4 X
for maximum
success

TAURUS
SCANDIC-X
SKI TRAINER

+ see page 22 for more
information

+ see page 23 for more
information

TAURUS
ROW-X
ROWING
MACHINE



reddot design award
winner 2018

TAURUS
ERGO-X
BIKE TRAINER

+ see page 19 for more
information



STRENGTH

Increase your energy,
confidence and
performance.

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MAXIMUM POWER, PERFORMANCE AND HEALTH

Taurus knows what users want: easy movement with the best equipment so that you can achieve your goals quickly and safely.

Taurus strength equipment offers you a first-class opportunity to improve your general fitness. With Taurus you can work on your health, strength, endurance and, of course, you can also define your muscles.

Taurus offers you intelligent solutions for strength training at home. From the small training dumbbell that accompanies you during aerobics, to the large multi-gym that brings an entire fitness studio into one piece of equipment:

Taurus equipment provides ergonomic designs for perfect exercise performance and greater success.

**TAURUS
WEIGHT PLATES**
MADE IN GERMANY

Precision work from one of Europe's leading foundries.
The Taurus Premium weight plate: made for maximum performance.



German craftsmanship.

Made for you.

+ see page 44 for more information



TAURUS WS7 MULTI-GYM

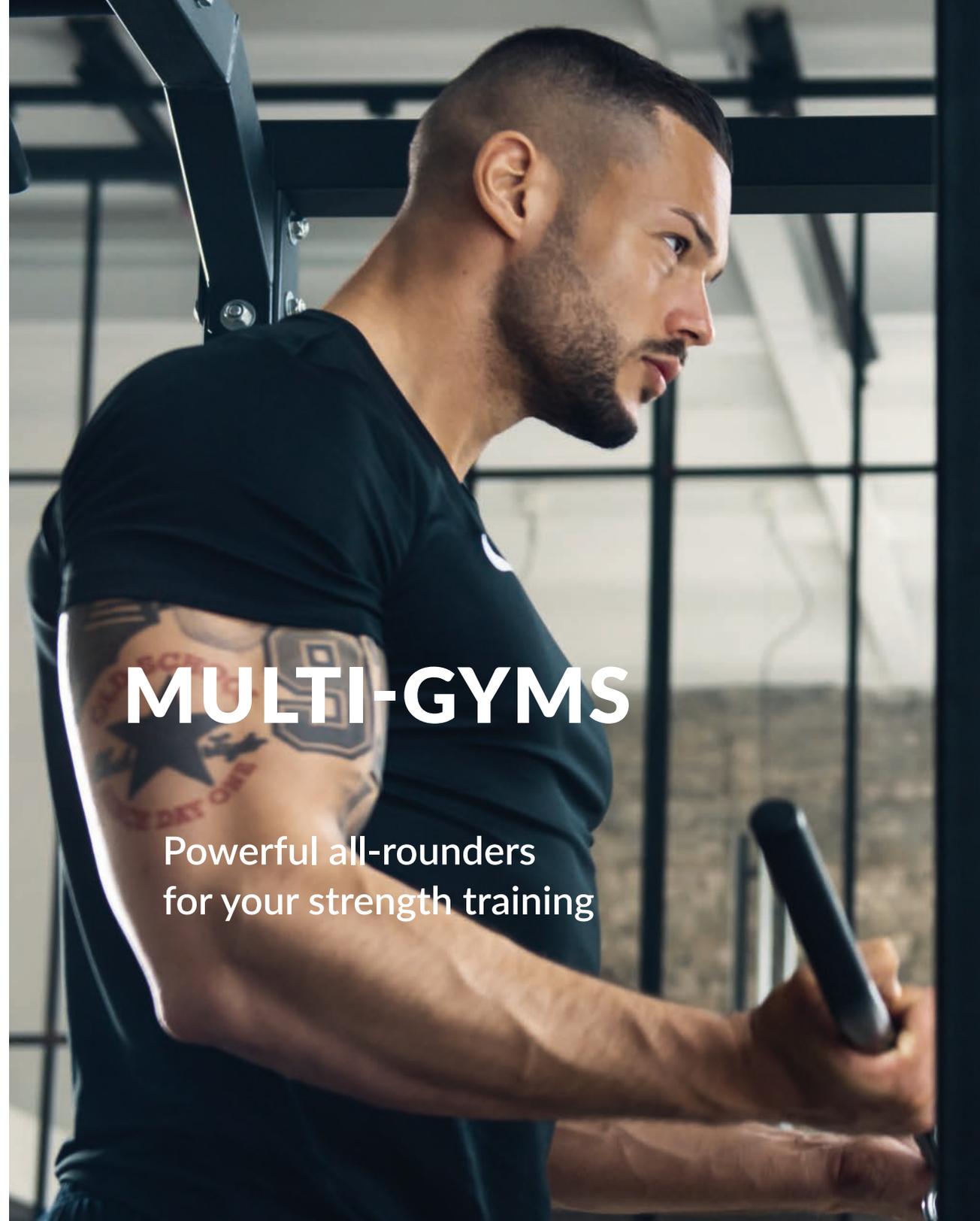
Features extremely stable, highly versatile due to free and guided movements, exercises for almost all muscle groups

Weight block 90 kg

Extendable Various grips, leg press, cable pulley tower

Installation dimensions L 220 | W 132 | H 212 cm

The WS7 is the safest and most versatile multi-gym from Taurus. It offers exercises with both pre-defined and individual movement paths. Moreover, it can be extended with a leg press or a cable pulley tower.



MULTI-GYMS

Powerful all-rounders
for your strength training

+ Available versions:
Ultra Force 100 kg
Ultra Force Pro 125 kg



TAURUS WS5

With the attached leg press and a dip station, the Taurus WS5 comes up with an extensive range of functions. The WS5 enables versatile and personalised full-body workouts.



TAURUS WS3

The Taurus WS3 offers a total of 6 training stations within an area of just 2 sqm. Strengthen your upper and lower body with guided exercises and multi-adjustable cable pulleys.



TAURUS ULTRA FORCE PRO

The Taurus Ultra Force is very quiet, lightweight and precisely adjustable thanks to its innovative hydraulic resistance. It also offers over 100 exercises for a comprehensive full-body workout.

Resistance system	Weight block 80 kg	Weight block 80 kg	Hydraulic resistance, 100 kg / in the Pro version: 125 kg
Installation dimensions	L 236 W 203 H 205 cm	L 215 W 117 H 205 cm	L 134 W 165 H 208 cm
Features	8 training stations: dip station and leg press, a wide range of accessories, 4 cable pulleys with perfect pulling performance	Extremely robust steel frame, individually adjustable seat position, freely movable equipment arms, lat pull-down and low cable pulley	Hydraulic resistance instead of weight block, removable seat for exercises in a standing position and for wheelchair users

DISCOVER YOUR STRENGTH WITH ALL-IN-ONE MULTI-GYMS

It's often the case that strength machines in gyms offer only one exercise. Home multi-gyms are a completely different story. They offer you the functionality of an entire range of equipment in a compact space.

A multi-gym is not only aimed at athletes or bodybuilders. In fact, it offers you a great opportunity to improve your overall fitness and health. The defined movements on a multi-gym are a very safe way of targeting specific muscles - even heavier weights are possible here.

Cable pulleys allow an individual movement path that also trains muscle interaction. Stations that combine guided exercises and cable pulleys are ideal.

MULTI SMITH MACHINES



**TAURUS
MULTI SMITH
ULTRA PRO**



**TAURUS
MULTI SMITH
MACHINE
PRO**



**TAURUS
MULTI SMITH**

MAXIMUM OPTIONS, MAXIMUM SAFETY

With a Smith machine from Taurus, you can achieve your maximum performance without having to sacrifice training safety. Smith machine means: guided barbell training. All Taurus Smith machines are equipped with a double safety mechanism. They are not only suitable for advanced power athletes, but also for beginners who are new to barbell training.

MAXIMISE YOUR TRAINING OPTIONS

Our range extends from a simple Smith rack to a comprehensive all-in-one solution. Multi-stations with cable pulley systems, bodyweight stations and free weight racks ensure maximum freedom during your workout.

Weights	2x 100 kg; optional 50 mm plates	2x 90 kg; optional 50 mm plates	Flexible with 50 mm plates
Recommended accessories	Pull grips, weight bench, weight plates	Pull grips, weight bench, weight plates, leg press, jammer arms	Pull grips, weight bench, weight plates
Features	Smith station, squat rack, pull-up, dip and leg press module, 2 cable pulleys (weight block), core trainer	Smith station, squat rack, pull-up and dip module, 2 cable pulleys (weight block), core trainer, lat pull-down)	Smith station, squat rack, pull-up and dip module, 2 cable pulleys, core trainer
Installation dimensions	L 154 W 220 H 214 cm	L 148 W 201 H 224 cm	L 160 W 200 H 221 cm
	Full commercial quality	Light commercial quality	

Smith machines:
for increased range of motion and safety
during your workout

+ Available versions:
Smith Machine | 3D Smith Machine



TAURUS
SMITH RACK
WITH CABLE
PULLEY



TAURUS
SMITH
MACHINE

Weights	Flexible with 50 mm plates	Flexible with 50 mm plates
Recommended accessories	Pull grips, weight bench, weight plates	Weight bench, weight plates
Features	Smith station, squat rack, lat pull-down and low cable pulley, pull-up and dip module	3D Smith with additional 3D movement (back and forth) and pull-up bar
Installation dimensions	L 175 W 123 H 217 cm	Smith: L 103 W 123 H 214 cm 3D Smith: L 126 W 124 H 212 cm

Light commercial quality





Unleash
your strength

CAGES

NO RESTRICTIONS AND
MAXIMUM SAFETY FOR
BEST TRAINING
RESULTS



**TAURUS
POWER CAGE
ULTRA PRO**

With the Taurus Power Cage Ultra Pro you get the optimal training equipment for ambitious strength workouts. Thanks to the variable safety racks and variety of attachments, you can train safely, diversely and intensively.

**TAURUS
POWER CAGE
SET**

The complete package comprising the power cage, cable pulley, dip module and barbell racks provides you with a variety of training options for a versatile and effective full-body workout.

Equipment	Pull-up bar, lat pull-down, low cable pulley, racks for barbell training, landmine, height-adjustable dip module
Recommended accessories	Barbell, weight bench, weight plates, floor protection mat
Resilience	Barbell training: 350 kg Dip module/pull-up bar: 150 kg Cable pulley: 100 kg
Installation dimensions	L 197 W 135 H 216 cm

Full commercial quality

For even more exercise variety, the cages have excellent attachments such as a cable pulley or a dip station. The cages are equipped with variable adjustable safety racks to ensure that you always work out safely and comfortably despite all the variety and intensity. With Taurus cages, you get the best from your body.

Equipment	Pull-up equipment, high and low cable pulley, height-adjustable dip module, barbell racks
Recommended accessories	Barbell, weight bench, weight plates, floor protection mat
Resilience	Pull-up bar: 120 kg Wide and short racks: 200 kg Cable pulley: 100 kg
Installation dimensions	L 146 W 119 H 217 cm

Light commercial quality



TAURUS DESIGN LINE DUAL CABLE PULLEY

Features Highly space-saving, available with graphite look or mirrored casing

Weight block 67.5 kg or 90 kg

Extendable Various grips, weight bench

Installation dimensions L 27 | W 104 | H 208 cm

The Taurus double cable pulley station is available in two stylish versions: with a mirrored acrylic surface, or acrylic glass with a graphite look. The Design Line cable pulleys are particularly space-saving and protrude a mere 27 cm into the room.

Light commercial quality

CABLE PULLEYS

SO LITTLE SPACE, SO MANY OPTIONS

Your body is unique. That's why the best way to achieve your training goals is with personalised workouts. A cable pulley offers you maximum freedom to do this.

Cable pulley stations are all-rounders. Whether you want a full-body workout or specific muscle exercises: cable pulleys can be used flexibly for any training goal. With their sleek design, they also fit seamlessly into any fitness room.

On a cable pulley tower, you can set precise workout angles and benefit from unbeatable freedom of movement.



**TAURUS
FCM DUAL
CABLE PULLEY**

Weight plates determine the weight in this multifunctional power station. It offers an unbeatable number of training options.



**TAURUS
DESIGN LINE SINGLE
CABLE PULLEY**

The stylish Design Line cable pulley, with a mirrored or dark graphite finish, allows you to do a varied full-body workout.



**TAURUS
CABLE PULLEY**

The multifunctional Taurus cable pulley station offers you a huge variety of exercises for almost all muscle groups within an area of just 0.25 sqm.

Weight system	Loadable with weight plates (30/50 mm)	67.5 kg or 90 kg weight block	40 kg weight block
Extendable	Various grips, weight bench, barbell, weight plates	Various grips, weight bench	Various grips, weight bench
Installation dimensions	L 153 W 164 H 212 cm	L 26 W 64 H 208 cm	L 40 W 36 H 223 cm
Features	Height-adjustable cable pulleys and low cable pulley, core trainer, pull-up station	Highly space-saving, swivelling grips adjustable to 32 positions, excellent pulling performance	Highly space-saving with lat pull-up bar and grip strengtheners, elegant powder coating, sheathed steel cables

Light commercial quality

WEIGHT BENCHES



TAURUS DESIGN LINE WEIGHT BENCH



TAURUS SELECTABELL WEIGHT BENCH



TAURUS B990 WEIGHT BENCH

+ Available as a set

Weight load	Max. 400 kg	Max. 350 kg	Max. 450 kg
Adjustability	Backrest 7 positions, seat 3 positions	Backrest 5 positions	Backrest 7 positions, seat 3 positions
	Looks great and has a unique one-handed adjustment mechanism	Practical storage space for Taurus Selectabell dumbbells and accessories, supplied pre-assembled	Outstanding stability, expandable with optional set comprised of curl bench and leg module

Ligth commercial quality

Full commercial quality



TAURUS B970 WEIGHT BENCH



TAURUS B950 WEIGHT BENCH



TAURUS B930 WEIGHT BENCH



TAURUS B450 WEIGHT BENCH



Weight load	Max. 400 kg	Max. 450 kg	Max. 400 kg	Max. 200 kg
Adjustability	Backrest 7 positions, seat 5 positions	Backrest 7 positions, seat 4 positions	Backrest 7 positions, seat 3 positions	Backrest 7 positions, seat 3 positions
	Comfortable synthetic leather padding, padded rollers for abdominal training, stylish design	Solid frame for maximum stability, thick comfortable padding	Very thick padding, footrests for abdominal training	Good basis for newcomers to training, excellent value for money

Full commercial quality

Full commercial quality

Ligth commercial quality

TAURUS B900 WEIGHT BENCH

Weight load Max. 300 kg

Adjustability Backrest 10 positions,
seat 3 positions

Bring this home exercise classic into your home and reap the benefits of excellent stability and adjustability

A bench
you can trust

THE BASIS FOR YOUR SUCCESS

In addition to weights, any well-equipped gym needs two things: somewhere to lay yourself down, and somewhere to lay the weights down.

In the Taurus range you will find both: durable, well-padded and multi-adjustable weight benches, as well as racks for squats, deadlifts or bench presses. These allow you to train in a safe and varied way. Dumbbell stands and racks provide the necessary organisation in your fitness room.

RACKS

SQUAT RACK, POWER RACK AND BARBELL RACK

With a squat rack, power rack or barbell rack, you can expand your free weights training to include numerous exercise options. A rack helps you reach your full workout potential, especially for basic exercises like squats, deadlifts and bench presses.

The various storage options on the solid steel frames of the racks mean you can always pick up the barbell bar from a comfortable height according to the exercise.

A man with a beard and short hair is performing a bench press on a power rack. He is wearing a dark t-shirt and is focused on his lift. The rack is a solid steel frame with a barbell and weights. The background shows a gym setting with other equipment.

**Powerful
all-rounders
for your
strength training**

**TAURUS
MULTI SQUAT
RACK PRO**



**TAURUS
SQUAT RACK
PRO**



**TAURUS
POWER RACK**



Adjustable Bench presses: 9 positions, squat: 72–191 cm
Weight load Rack up to 350 kg
Installation dimensions L 127 | W 164 | H 228 cm

Adjustable Bench presses: 11 positions, squat: 41–175 cm
Weight load Rack up to 600 kg
Installation dimensions L 118 | W 163 | H 185 cm

Adjustable Racks: 19 positions, 55–190 cm
Weight load Rack up to 300 kg
Installation dimensions L 120 | W 117 | H 225 cm



**TAURUS
BARBELL RACK PRO**



**TAURUS
BARBELL RACK DELUXE**



**TAURUS
BARBELL RACK X2 PRO**



**TAURUS
BARBELL RACK X2**

Adjustable Height: 9 positions, 90–152 cm, Width: 5 positions, 135–156 cm
Weight load Rack up to 200 kg
Installation dimensions L 77 | W 135–156 | H 102–164 cm

Adjustable Height: 9 positions, 100–156 cm, Width: 5 positions, 75–108 cm
Weight load Rack up to 250 kg
Installation dimensions L 80 | W 75–108 | H 100–156 cm

Adjustable Height: 10 positions, 108–162 cm and 6 positions, 56–85 cm
Weight load Rack up to 200 kg
Installation dimensions L 60 | W 53 | H 108–162 cm each

Adjustable Height: 9 positions, 86–126 cm and 12 positions, 52–80 cm
Weight load Rack up to 250 kg
Installation dimensions L 60 | W 54 | H 86–126 cm each

SELECTABELL

UNLIMITED TRAINING

MORE THAN
5 PAIRS OF
DUMBBELLS IN ONE

The Taurus Selectabell is space-saving, extremely practical and budget-friendly since the Selectabell weight system replaces additional dumbbells and weight plates.

Thanks to the sophisticated adjustment system, you can change the weight in just a few seconds. Thanks to the many weight settings, you will always find the right intensity. The perfectly balanced dumbbell system is made of high-quality components to ensure an optimal training experience.



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1. TAURUS SELECTABELL DUMBBELL.

With 9 weight levels:
4,5 | 6,75 | 9 | 11,25 | 13,5 |
15,75 | 18 | 20,25 | 22,5 kg



2. TAURUS SELECTABELL DUMBBELL PLUS.

With 25 weight levels:
4.5–25 kg in fine increments

3. TAURUS SELECTABELL. BARBELL AND CURL BAR.

BARBELL: 9,1–36,3 kg
in 4.5-kg increments (20–80 lb)

CURL BAR: 6,8–34 kg
in 4.5-kg increments (15–75 lb),
installation dimensions: L 43 | W 116 | H 75 cm



TAURUS SELECTABELL IS THE SPACE-SAVING DUMBBELL YOU NEED



4. TAURUS SELECTABELL WEIGHT BENCH.

5-position adjustable backrest,
max. load capacity: 350 kg,
practical storage for dumbbells
and other equipment
Installation dimensions: L 140 | W 40 | H 136 cm



5. TAURUS SELECTABELL KETTLEBELL.

With 5 weight levels:
4,5 | 6,75 | 9 | 11,25 | 13,5 kg

THE PUREST FORM OF STRENGTH TRAINING

Targeted barbell training enables you to build up muscle mass, strength and endurance. Together with the right lifting technique, barbell training not only offers you excellent injury prevention, but it also effectively helps you lose weight and is the key to a toned body.

The basis for training with weights is barbells and plates that correspond to your personal requirements. We have barbells in all available lengths and with various handle shapes. The right barbells will help you strengthen your muscles and get not only impressive biceps, but an all-round fit and healthy body.

TAURUS PREMIUM BARBELL 30 MM

Length 165 | 198 cm

Load 500 kg

Weight 9.7 | 11.6 kg

Full commercial quality

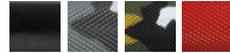


Iron
for rock-hard
muscles

BARBELLS

+

4 colour variations



**TAURUS STUDIO
BARBELL
50 MM**



**TAURUS PRO
BARBELL
50 MM**



**TAURUS PREMIUM
BARBELL
50 MM**



**TAURUS
BARBELL
50 MM**



**TAURUS
BARBELL OB66
50 MM**

Length	220 cm	220 cm	220 cm	220 cm	167 cm
Load	Max. 700 kg	Max. 640 kg	Max. 450 kg	Max. 320 kg	Max. 380 kg
Weight	20 kg	20 kg	20 kg	17.5 kg	15 kg
	Full commercial quality				

+

Available versions:
Mit Gewindeverschluss
Mit Clip-Verschluss



**TAURUS BARBELL
TRAP BAR
50 MM**



**TAURUS BARBELL
BAR MULTI GRIP
50 MM**



**TAURUS
BARBELL BAR
30 MM**



**TAURUS BICEPS,
TRICEPS TRAINER
50 MM**



**TAURUS
BARBELL
50 MM**

Length	225 cm	186 cm	165 180 200 220 cm	85 cm	51 cm
Load	Max. 300 kg	Max. 200 kg	Max. 150 kg	Max. 90/160 kg	Max. 80 kg
Weight	25 kg	13 kg	9 10 11 12 kg	10 kg	6 kg
	Full commercial quality	Full commercial quality		Full commercial quality	Full commercial quality

WEIGHT PLATES



**TAURUS 30 MM
WEIGHT PLATE
MADE IN GERMANY**

Weight 1.25–25 kg

Facts Cathodic dip-coated cast iron, extremely high weight accuracy

Full commercial quality

+ Available versions:
30 or 50 mm



**TAURUS
WEIGHT PLATE
PU 3G PRO**

Weight 1.25–25 kg

Facts Solid steel with heavy-duty polyurethane coating

Full commercial quality



**TAURUS 50 MM
WEIGHT PLATE
TPU 3G**

Weight 1.25–25 kg

Facts Extremely robust TPU coating, particularly non-slip feel

Full commercial quality

+ Available versions:
30 or 50 mm



**TAURUS
WEIGHT PLATE
CPU 3G**

Weight 1.25–25 kg

Facts Extremely robust with abrasion-resistant CPU coating

Full commercial quality

+ Available versions:
30 or 50 mm



**TAURUS
WEIGHT PLATE
RUBBERISED 3G PRO**

Weight 1.25–25 kg

Facts Steel core, durable rubber coating, 3G handle structure

Full commercial quality



**TAURUS 50 MM
BUMPER PLATE**

Weight 5–25 kg

Facts Particularly quiet and safe, special rubber compound

Full commercial quality



**TAURUS 50 MM
WEIGHT PLATE
HAMMER FINISH 3G**

Weight 1.25–20 kg

Facts Painted hammer finish, with 3G handle structure

Full commercial quality



**TAURUS 30 MM
WEIGHT PLATE
CAST IRON 3G DIAMOND**

Weight 0.5–25 kg

Facts Painted cast iron, no rolling away due to diamond grind

THE PLATES ARE SERVED

To build muscular endurance, gain muscle mass, or increase greater maximum strength, you need two things: gravity and weights to lift.

You'll find gravity everywhere, you'll find the weights with us: whether you want to equip your gym with professional dumbbells, kit out your exclusive fitness room with the best weight plates, or you simply need weights to upgrade your training equipment.



DUMBBELLS

A TIMELESS,
UNIVERSAL
CLASSIC

Weights have been used for training purposes for a very long time. No wonder: dumbbells are the most versatile fitness equipment for strength training. For the upper body in particular, there is nothing better – even leg workouts are made more effective, e.g. by using additional weights in squats.

Taurus dumbbells are just as suitable for use in the gym as for strength training at home. Simply select the weight and design that best suits your workout space and ambitions, and start your training!



+ Available versions:
22,5 kg | 25 kg



**TAURUS
SELECTABELL PLUS
DUMBBELL**

Weight 4.5–25 kg per dumbbell

Facts 25 weight levels

Make your training more efficient: Thanks to the clever adjustment mechanism, you can set the right weight in no time at all



reddot award 2019
winner



**TAURUS
COMPACT DUMBBELL
HEXAGON**

Weight 2.5–50 kg
Facts Steel core with thick rubber coating, perfect for functional training

Full commercial quality



**TAURUS
TRAINING DUMBBELL**

0.5–10 kg
Facts Robust plastic coating, perfect for aerobics and gymnastics, with colour coding

Full commercial quality

+ Available versions:
10 kg | 15 kg



**TAURUS
DUMBBELLS**

10 or 15 kg
Facts The dumbbell classic, individually expandable with 30 mm plates



**TAURUS COMPACT
DUMBBELL
POLYURETHANE**

Weight 2.5–50 kg
Facts Quality steel with tear-resistant polyurethane coating, excellent craftsmanship

Full commercial quality



**TAURUS COMPACT
DUMBBELL
CPU**

2.5–50 kg
Facts Steel with abrasion-resistant CPU coating, shock-proof: protects dumbbell and floor

Full commercial quality



**TAURUS COMPACT
DUMBBELL
TPU**

2.5–50 kg
Facts Steel-coated with durable TPU, knurled handle for secure grip

Full commercial quality



**TAURUS STUDIO
COMPACT DUMBBELL
RUBBERISED**

2.0–50 kg
Facts Indestructible compact dumbbell, rubberised: low-noise workout, protects the floor

Full commercial quality

KETTLEBELLS

Well-rounded:
modern training with
the kettlebell

GOOD THINGS COME
IN IRON PACKAGES

Taurus kettlebells are your new training partner for functional training. Kettlebells are actually a traditional strength training tool that have their origins back in the 18th century.

Nowadays, however, kettlebells are experiencing a real renaissance. There are countless courses just about kettlebells. Why? Once you have mastered the movement patterns, you are able to perform a complex, highly effective workout with just one piece of equipment.

TAURUS SELECTABELL KETTLEBELL

Weight 4.5 | 6.75 | 9 | 11.25 | 13.5 kg

Facts Adjustable kettlebell,
5 kettlebells in one

Simple adjustment mechanism



**TAURUS
KETTLEBELL COMPETITION**

Weight 6 | 8 | 10 | 12 | 16 | 20 | 24 | 28 | 32 kg



Facts Competition kettlebell with colour coding, same dimensions, large variety of weights

Full commercial quality



**TAURUS
STUDIO KETTLEBELL PRO**

4 | 6 | 8 | 10 | 12 | 16 | 20 | 24 | 28 | 32 | 36 | 40 | 44 | 48 kg

Roughened surface, smaller due to high density, one piece, colour-coded

Full commercial quality



**TAURUS
KETTLEBELL PREMIUM**

4 | 6 | 8 | 10 | 12 | 16 | 20 | 24 kg

Chrome handle, neoprene coating with elegant colour design, colour coding

Full commercial quality



**TAURUS
SOFT KETTLEBELL**

Weight 6 | 8 | 10 | 12 | 16 kg

Facts "Soft" surface for beginners



**TAURUS
VINYL KETTLEBELL**

4 | 6 | 8 | 10 | 12 | 16 | 20 | 24 kg

Low-cost version covered with impact-resistant vinyl coating, colour coding



**TAURUS
CAST IRON KETTLEBELL**

6 | 8 | 10 | 12 | 16 | 20 | 24 | 32 | 40 kg

Cast iron kettlebell, painted hammer finish

Full commercial quality



TAURUS SLAM BALL

Weight 3–20 kg

Facts Extremely resilient PVC coating, Sand mix filling

Full commercial quality



TAURUS POWER BAG

Weight 5–25 kg

Facts Moisture-resistant vinyl cover, many grip options, colour coding

Full commercial quality

FUNCTIONAL WEIGHTS



TAURUS MEDICINE BALL

Weight 1–10 kg

Facts Non-slip, rubberised surface, with colour coding



TAURUS WALL BALL

Weight 3–9 kg

Facts Recycled material, surface made of robust synthetic leather



TAURUS POWER ROPE

Facts Length 15 m, 13 kg, made of 100% natural hemp

A trend that is making waves - with battle ropes you can really power up! The Taurus Power Rope allows you to do effective strength/endurance workouts to improve your coordination and build strong core muscles.

A woman with blonde hair in a ponytail, wearing a blue Nike tank top and black leggings, is sitting on a black mat on a concrete floor. She is holding a red medicine ball with both hands. The background is a white brick wall. The text "Increased functionality, to work out more effectively" is overlaid on the right side of the image.

Increased
functionality,
to work out
more effectively

THE BEST WAY TO IMPROVE YOUR STABILITY AND MOBILITY

Functional weights not only train the strength of a muscle, they train the strength in combination with movement.

You train complex movements just like you do in everyday life. Functional weights are an ideal addition to your fitness room: expand your strength or endurance training with exercises that boost your strength and flexibility for everyday life.

There is a wide range of Taurus functional weights for you to choose from - whether it's the classic medicine ball or the slam ball, which is actually designed to be thrown hard against the floor. Weight cuffs are also available to increase your weight and make your running or bodyweight training even more challenging.

THE SECRET TO SUCCESS: YOUR BODY + X

It doesn't take much to make progress with your fitness.

With your own body, you already have the most important training tool - you can use it to train your strength as well as your endurance. We offer you workout equipment that can make your bodyweight workout even more effective, varied and functional - for more fitness in everyday life and in sports.

**Push yourself to the limit and
become the best version of yourself**

TAURUS MULTI-FUNCTIONAL TRAINER

Training	Full-body training
Resilience	150 kg

Simple and versatile training bars for functional full-body training





**TAURUS
PULL-UP BAR**



**TAURUS
MULTI PULL-UP STATION**



**TAURUS
PREMIUM PULL-UP BAR**



**TAURUS
SLING TRAINER**

Training	Back, arms, shoulders, abdomen	Back, arms, shoulders, abdomen	Back, arms, shoulders, abdomen	Full-body training
Resilience	100 kg	120 kg	120 kg	150 kg
	Pull-up bar for the door frame, easy to attach without screwing or drilling	Wall-mounted pull-up bar station, for 3 grip variations	Wall-mounted pull-up bar station, multiple grip positions, ball handles or climbing holds	Portable power station for the whole body: at home, outdoors or when travelling

BODYWEIGHT TRAINING



**TAURUS
POWER TOWER PRO**



**TAURUS
DIP STATION**

+ Available versions:
B800 for home usage
B850 Pro for light commercial usage



**TAURUS
BACK TRAINER B850**

Training	Back, triceps, shoulder, abdomen, chest	Abdomen, arms	Lower back, torso
Resilience	150 kg	120 kg	150 kg
	Power Tower with pull-up bar, height-adjustable dip station, as well as back cushion and removable bench	Compact wall-mounted power station	Well padded, highly adjustable and extremely effective against back pain



german
brand
award
21
winner



german
brand
award
21
special



TAURUS GYM STRENGTH EQUIPMENT

ELITE SERIES | STERLING SERIES | IT95 SERIES

FITNESS IS OUR BUSINESS

We have been active in the fitness market for over 35 years, and we have had our Commercial department since 2007. In this way, we ensure that the specific requirements of commercial and therapeutic fitness rooms are met.

ONE-STOP SHOP

We offer you the entire equipment range for a professional fitness room: from training mats to weight benches and studio-suitable cardio and strength equipment, in a uniform design.

FROM PLANNING TO INSTALLATION

Not only do we offer you the machines, but we also work with you on an optimal floor plan. We will inform you about financing options and organise the installation on request.

YOUR PARTNER FOR PROFESSIONAL FITNESS SOLUTIONS


 The logo for Taurus, featuring the word "TAURUS" in a bold, sans-serif font with a stylized underline that curves under the letters.

GERMAN DESIGN AND ENGINEERING

Since 2008, Taurus Commercial Equipment has offered a selected range of professional equipment intended for use in gyms, clubs, hotels, institutions such as fire brigades and police stations or companies.

First-class materials and components, excellent features and optimum comfort and safety are the hallmarks of our equipment. Robust frame structures ensure stability and withstand even the heaviest loads.

Taurus offers a complete collection of equipment for professional fitness rooms and gyms. The selection includes single stations with different weight systems, high-quality cardio equipment such as cross trainers, indoor cycles or treadmills, and a wide range of functional fitness options and accessories.

With Taurus Commercial Equipment, you benefit from a long service life and well thought-out user concepts. Let our team give you expert advice and put together an offer that suits your needs.

TAURUS ELITE

STUDIO EQUIPMENT



TAURUS CABLE CROSSOVER

The Taurus Cable Crossover enhances any gym with its immense range of exercises and multiple adjustment options. The cable pulleys work independently of each other, so two people can work out at the same time.

Features	Extremely versatile due to 2 height-adjustable and wide-swivel cable pulleys, incl. pull-up station
Weight block	2x 85.5 kg
Recommended accessories	e.g. grips and pulling aids, resistance bands, weight bench
Installation dimensions	L 331 W 74 H 232 cm

Full commercial quality

THE TAURUS ELITE RANGE

The Taurus Elite series offers complete equipment for free training and covers all exercise options. The series includes weight benches and racks, as well as cable pulley stations, ab trainers and dumbbell racks. The entire series is presented in a sophisticated, uniform design and offers users uncompromising stability and resilience.

The Elite Series can be used to equip the entire free weight area. When designing the series, the focus was on durability and versatility. For example, all the machines have a scratch-resistant and corrosion-resistant paint finish. The bench padding is particularly thick and has a robust cover. All dumbbell racks are equipped with scratch-proof plastic holders.

TAURUS ELITE SERIES

FULL COMMERCIAL QUALITY

FEATURES

WEIGHT BLOCK/ MAX. LOAD

WEIGHT

INSTALLATION DIMENSIONS

	FEATURES	WEIGHT BLOCK/ MAX. LOAD	WEIGHT	INSTALLATION DIMENSIONS
TAURUS ELITE FLAT BENCH	→ Flat bench with three-part padding, transport castors	420 kg	25 kg	L 141 W 65 H 40 cm
TAURUS ELITE FLAT INCLINE BENCH	→ Flat bench up to 85°, incl. lifting handle and transport castors	420 kg	36 kg	L 136 W 45 H 120 cm
TAURUS ELITE MULTI-PURPOSE BENCH	→ Exercise seat with fixed backrest and footrests, extra-wide base, transport castors	330 kg	23 kg	L 120 W 77 H 106 cm
TAURUS ELITE PREACHER CURL	→ Curl bench for barbells and dumbbells, rack at two height levels	240 kg	45 kg	L 122 W 86 H 94 cm
TAURUS ELITE SQUAT RACK	→ Extremely stable squat rack, 5 height levels, incl. holders for weight plates	420 kg	128 kg	L 186 W 165 H 201 cm
TAURUS ELITE FLAT BENCH & RACK	→ Flat bench & rack combination, 2 height levels for bench presses, incl. holders for weight plates	420 kg	116 kg	L 175 W 172 H 136 cm
TAURUS ELITE INCLINE BENCH & RACK	→ Incline bench & rack combination, 2 height levels for bench presses, incl. holders for weight plates	420 kg	115 kg	L 152 W 128 H 160 cm
TAURUS ELITE DECLINE BENCH & RACK	→ Negative bench & rack combination, 2 height levels for bench presses, incl. holders for weight plates	420 kg	76 kg	L 152 W 128 H 136 cm
TAURUS ELITE CROSSOVER PULLEY A	→ Crossover pulley station with weight blocks, incl. pull-up station	2x 63 kg	293 kg	L 409 W 107 H 234 cm
TAURUS ELITE AB BENCH	→ Bench for abdominal exercises, incline-adjustable backrest, padding for knees and shins	320 kg	44 kg	L 158 W 72 H 98 cm
TAURUS ELITE POWER TOWER	→ Power Tower with leg lift, dip and pull-up station	180 kg	86 kg	L 119 W 126 H 230 cm
TAURUS ELITE SMITH MACHINE	→ Smith Machine: guided barbell bar with double safety mechanism	250 kg	198 kg	L 217 W 158 H 239 cm
TAURUS ELITE HYPER EXTENSION	→ Multiple adjustable exercise bench for the lower back and lateral core muscles	250 kg	71 kg	L 160 W 94 H 108 cm
TAURUS ELITE INCLINE ROW	→ Extremely stable mini station for T-bar rowing, incl. handle with several variations	180 kg user + 200 kg load	67 kg	L 109 W 113 H 120 cm
TAURUS ELITE BARBELL RACK	→ Space-saving rack for up to ten barbell bars or fixed barbells	630 kg	75 kg	L 98 W 85 H 140 cm
TAURUS ELITE DUMBBELL RACK	→ Dumbbell rack with 2 levels for dumbbells	380 kg / level	67 kg	L 228 W 65 H 80 cm
TAURUS ELITE DUAL PULLEY	→ Multiple adjustable double cable pulley tower with extensive accessories and pull-up station	323 kg	2x 85,5 kg	L 84 W 152 H 212 cm

TAURUS STERLING

STUDIO EQUIPMENT



TAURUS 45 DEGREE LEG PRESS

Never skip Leg Day again. The 45 degree Taurus leg press can be loaded up to 450 kg and has a very safe, stable construction. The adjustable backrest also ensures maximum workout comfort.

Features

Incline-adjustable backrest, robust craftsmanship, holders for storing weight plates

Weight block

Variable thanks to weight plates

Installation dimensions

L 250 | W 188 | H 154 cm

Full commercial quality



TAURUS PLATE LOADED SINGLE-STATIONS

The Taurus Sterling Range offers top-quality single stations for commercial use in gyms or similar facilities. All workout equipment is extremely stable thanks to the carefully designed 50 x 100 mm steel frames, which have a wall thickness of 2.5 to 3 mm.

Thanks to their solid construction, the machines have a very high maximum load. The stations are loaded with a selection of weight plates. This offers more options in terms of resistance adjustment and the stations require less maintenance.

The biomechanically perfect movements of the power stations enable optimum stimulation of muscles for maximum workout performance. To ensure that the workout remains comfortable in spite of all the exertion, all stations have cushioned 60-mm thick padding. This has a robust, double-stitched vinyl cover.

Coloured markings allow the seats to be flexibly adjusted to a comfortable sitting position. The stylish powder coating gives the power stations a standardised appearance.

TAURUS STERLING SERIES

FULL COMMERCIAL QUALITY

MUSCLE GROUPS

MAX. WEIGHT
LOAD

WEIGHT

INSTALLATION DIMENSIONS

TAURUS
ISO CHEST PRESS STERLING

→ Pectoralis major, triceps, deltoid muscle (anterior)

300 kg

171 kg

L 194 | W 137 | H 172 cm

TAURUS
ISO INCLINE CHEST PRESS STERLING

→ Pectoralis major, triceps, deltoid muscle (anterior)

300 kg

184 kg

L 190 | W 152 | H 178 cm

TAURUS
ISO SHOULDER PRESS STERLING

→ Deltoid, triceps, upper trapezius muscle

300 kg

172 kg

L 156 | W 182 | H 149 cm

TAURUS
ISO TRICEP DIP STERLING

→ Triceps, pectoralis major, deltoid muscle (anterior)

300 kg

166 kg

L 173 | W 158 | H 120 cm

TAURUS
ISO LAT PULL-DOWN STERLING

→ Latissimus dorsi, biceps, rhomboid, lower trapezius muscle

300 kg

169 kg

L 148 | W 149 | H 197 cm

TAURUS
ISO LOW ROW STERLING

→ Latissimus dorsi, biceps, trapezius muscle, deltoid muscle (posterior)

300 kg

160 kg

L 176 | W 146 | H 165 cm

TAURUS
ISO ROW STERLING

→ Latissimus dorsi, biceps, trapezius muscle, deltoid muscle (posterior)

300 kg

160 kg

L 182 | W 150 | H 133 cm

TAURUS
ISO BICEP CURL STERLING

→ Biceps

120 kg

112 kg

L 140 | W 105 | H 120 cm

TAURUS
ISO LEG PRESS STERLING

→ Gluteus, hamstring muscles, quadriceps

400 kg

195 kg

L 223 | W 142 | H 142 cm

TAURUS
ISO 45 DEGREE LEG PRESS STERLING

→ Gluteus, hamstring muscles, quadriceps

450 kg

249 kg

L 250 | W 188 | H 154 cm

TAURUS
ISO SQUAT STERLING

→ Gluteus, hamstring muscles, quadriceps

400 kg

212 kg

L 226 | W 126 | H 180 cm

TAURUS
ISO LEG EXTENSION STERLING

→ Quadriceps

300 kg

131 kg

L 127 | W 169 | H 101 cm

TAURUS
ISO LEG CURL STERLING

→ Hamstring muscles

120 kg

136 kg

L 140 | W 105 | H 120 cm

TAURUS
ISO REAR KICK STERLING

→ Gluteus, hamstring muscles, quadriceps

150 kg

144 kg

L 168 | W 123 | H 164 cm

TAURUS
ISO STANDING CALF RAISE STERLING

→ Twin calf muscle, soleus muscle

300 kg

146 kg

L 162 | W 138 | H 173 cm

TAURUS
ISO ABDOMINAL STERLING

→ Straight abdominal muscle, oblique abdominal muscle, psoas major

120 kg

132 kg

L 162 | W 127 | H 164 cm

TAURUS IT95

GYM EQUIPMENT



TAURUS LAT PULLDOWN

The Taurus Lat Pull-down IT95 is an extremely effective back trainer. All components are designed for regular, intensive use and are exceptionally durable.

Features

Sweat-resistant, comfortable padding, non-slip grips, magnetic safety pin

Weight block

105 kg

Installation dimensions

L 144 | W 138 | H 189 cm

Full commercial quality



TAURUS SINGLE-STATIONS WITH WEIGHT BLOCK

The Taurus IT95 range consists of multi-adjustable fitness equipment with an extremely stable frame design. This equipment series offers you excellent full commercial quality and meets all safety regulations according to EN 957 for professional use with a full 12-month warranty.

Perfectly balanced movement sequences ensure optimal muscle activation during workouts. Ergonomic grips with non-slip PU coating and nickel-plated end caps enable you to exercise in a precise and controlled way.

The transparent weight block casing of the 19 mm thick steel blocks complements the high-quality design of the dark grey frame structure.

TAURUS IT95 SERIE

FULL COMMERCIAL QUALITY

MUSCLE GROUPS

WEIGHT BLOCK

WEIGHT

INSTALLATION DIMENSIONS

TAURUS LEG EXTENSION IT95	→ Quadriceps	110 kg	145.2 kg	L 120 W 119 H 150 cm
TAURUS SEATED LEG CURL IT95	→ Hamstring muscles	105 kg	149.6 kg	L 154 W 118 H 150 cm
TAURUS ABDUCTOR / ADDUCTOR IT95	→ Abductor, adductor, gluteus, tensor fasciae latae	90 kg	131.1 kg	L 155 W 90 H 150 cm
TAURUS LEG PRESS IT95	→ Gluteus, hamstring muscles, quadriceps	135 kg	211.3 kg	L 180 W 120 H 150 cm
TAURUS LYING LEG CURL IT95	→ Hamstring muscles	105 kg	131.5 kg	L 145 W 115 H 150 cm
TAURUS CALF RAISE IT95	→ Calf muscle, soleus muscle	135 kg	120.2 kg	L 129 W 115 H 174 cm
TAURUS ABDOMINAL IT95	→ Straight abdominal muscle, oblique abdominal muscle, straight thigh muscle, psoas major	90 kg	131.1 kg	L 135 W 115 H 158 cm
TAURUS TORSO ROTATION IT95	→ Oblique abdominal muscle, quadratus lumborum, back extensor	90 kg	120.2 kg	L 122 W 120 H 150 cm
TAURUS CHEST PRESS IT95	→ Pectoralis major, triceps, deltoid muscle	135 kg	127.4 kg	L 148 W 120 H 150 cm
TAURUS LAT PULL-DOWN / VERTICAL ROW IT95	→ Latissimus dorsi, biceps, rhomboid, lower trapezius muscle, deltoid (posterior)	105 kg	119.5 kg	L 190 W 90 H 223 cm
TAURUS PECTORAL FLY MACHINE IT95	→ Chest muscles	90 kg	145.2 kg	L 146 W 136 H 150 cm
TAURUS PEC FLY / REAR DELT IT95	→ Chest muscles, deltoid (posterior), upper trapezius muscle	105 kg	123.5 kg	L 118 W 128 H 205 cm
TAURUS DIP PRESS IT95	→ Triceps, pectoralis major, deltoid muscle	105 kg	142.5 kg	L 169 W 123 H 150 cm
TAURUS LATERAL RAISE IT95	→ Deltoid muscle	90 kg	127.5 kg	L 122 W 121 H 150 cm
TAURUS ARM CURL IT95	→ Biceps	90 kg	115.5 kg	L 130 W 121 H 150 cm
TAURUS MID ROW IT95	→ Latissimus dorsi, biceps, trapezius muscle, deltoid muscle (posterior)	105 kg	126.5 kg	L 162 W 130 H 150 cm
TAURUS ASSISTED CHIN / DIP COMBO IT95	→ Latissimus dorsi, biceps, rhomboid, lower trapezius, triceps, pectoralis major, deltoid (anterior)	90 kg	171 kg	L 154 W 132 H 229 cm

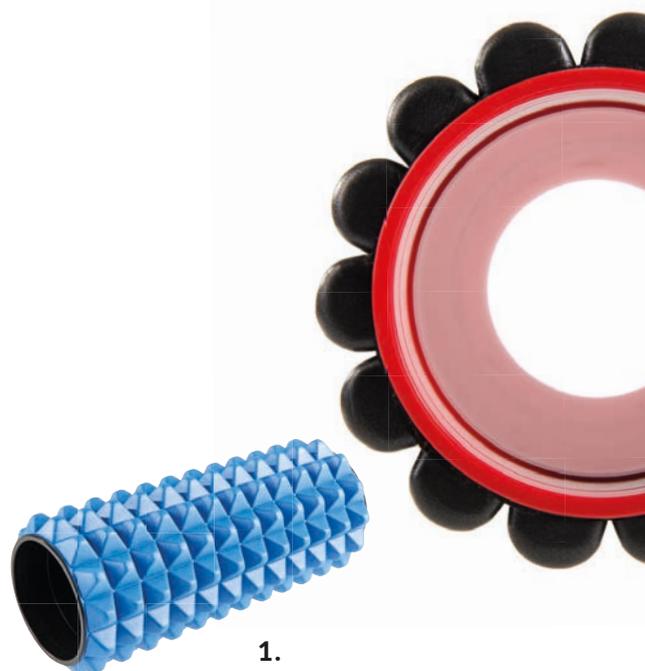
INCREASED COORDINATION, BALANCE AND SPEED

It is not only the large equipment in the Taurus range that offers outstanding quality and impressive durability. Our selection of Taurus Small Fitness products also strive to fulfil the needs and expectations of our customers. Durability, functionality and a high-quality finish: our extensive range offers you everything you need for a challenging workout.

The Taurus Small Fitness accessories range includes useful accessories for yoga or Pilates training, effective small equipment like the Taurus Core Trainer or products that are suitable for working on balance, coordination, flexibility and rehabilitation.

SMALL FITNESS





1.

Small equipment, big quality



2.

1. FASCIA ROLLERS. Fascia and massage rollers can help you release tension and relieve sore muscles. Our range includes fascia rollers with different surface structures and degrees of hardness.

2. PHYSIO BANDS. Physio bands can be used for a variety of exercises to warm up, strengthen and stretch the muscles. We offer physio bands in different strengths for all workout levels.

3. BALANCE TRAINER. Balance boards and pads not only improve your balance, but also enhance your coordination and strength. In addition to the classic balance boards made of wood or plastic, we also offer unstable balance cushions, e.g. as a seat base.

4. CORE OR ABDOMINAL TRAINER.

In addition to the aesthetic benefits, strong abdominal and core muscles also have positive effects on your health, as they help you to maintain a straight posture.

5. PLYOMETRIC TRAINING. This type of training focuses on increasing your speed, which helps you to successfully sprint and jump. Our padded plyo boxes at different heights offer the best conditions for your plyo training.

6. YOGA MATS. Whether you want to tone your abs with sit-ups or find your equanimity in yoga, - mats for yoga and gymnastics are the perfect basis for your workout. We offer you a wide range of exercise mats in different sizes and thicknesses.



3.



4.



5.



6.

WELLNESS

Time for regeneration
and relaxation



GIVE YOURSELF A BREAK

Escape the frantic pace of everyday life and actively help your body to regenerate.

For the holistic enhancement of your health and physical performance, your body needs time for itself. Taurus Wellness products help your body to regenerate from strenuous workouts and day-to-day stresses.

Alongside your physical fitness, your mental health is also exposed to various sources of stress in everyday life. Sport and wellness are effective ways to increase your physical and mental well-being.

MASSAGERS

+ Available versions:
Vibro Comfort or Relax massager



TAURUS WELLNESS
FOOT MASSAGER



TAURUS WELLNESS
BACK MASSAGER



TAURUS WELLNESS
COMFORT MASSAGER

Message heads	24	14	4 different attachments
Features	Heat function, Shiatsu massage	Heat function, Shiatsu massage	5 vibration levels
Zones	Feet and foot reflexology zones	Upper and lower back	for your whole body



TAURUS WELLNESS
NECK MASSAGER



TAURUS WELLNESS
MASSAGE PILLOW

Message heads	4	4
Features	Heat function, Shiatsu massage, battery operation	Heat function, Shiatsu massage
Zones	Neck, back, shoulders	Neck, back, legs, buttocks, arms

HELPS YOU TO RECOVER FASTER

Regeneration phases are a vital part of any successful training. Massages help your muscles to relax and release tension. It's not just your mobility that benefits from this.

With Taurus Wellness massagers, you can relieve pain and boost the regeneration of your muscles. Your muscles will thank you. After all, they are also hard at work in the recovery phases, repairing damage and regenerating their cells.

MASSAGE CHAIR



+ Available versions:
light | dark

TAURUS
WELLNESS
MASSAGE CHAIR
L

Dimensions	L 123 W 64 H 103.5 cm
Programs	4 auto programs, 4 manual programs
Massage zones	Neck, shoulders, upper and lower back, hips, buttocks, calves, feet
Special features	3D massage, heat treatment, air pressure massage, reclining function, Bluetooth speaker



Just
get comfy.



+ Available versions:
light | dark

TAURUS
WELLNESS
MASSAGE CHAIR
M

Dimensions	L 97 W 60 H 97 cm
Programs	4 auto programs, 4 manual programs
Massage zones	upper and lower back, hips, buttocks, calves
Special features	Reclining function, weighing function, air pressure massage, calf vibration massage

YOUR HOME MASSAGE STUDIO

Taurus Wellness brings the ultimate wellness experience into your home. Taurus massage chairs can help you relieve pain, enhance your well-being and simply help you relax.

KNEADING MASSAGE

Muscle soreness or incorrect strains can cause tense and hardened muscles. A kneading massage loosens the tissue through firm movements and stimulates blood circulation.

SHIATSU MASSAGE

The origins of Shiatsu massage can be found in traditional Chinese medicine. Strong pressure is applied, so it also reaches deeper lying musculature. This is why Shiatsu massage is considered to be particularly effective.

ROLLER MASSAGE / STRETCHING MASSAGE

The roller massage works with rollers that run up and down the entire back along the spine. The roller massage pleasantly stretches the spine and relieves pressure on the intervertebral discs.

+ Available versions:
brown | grey



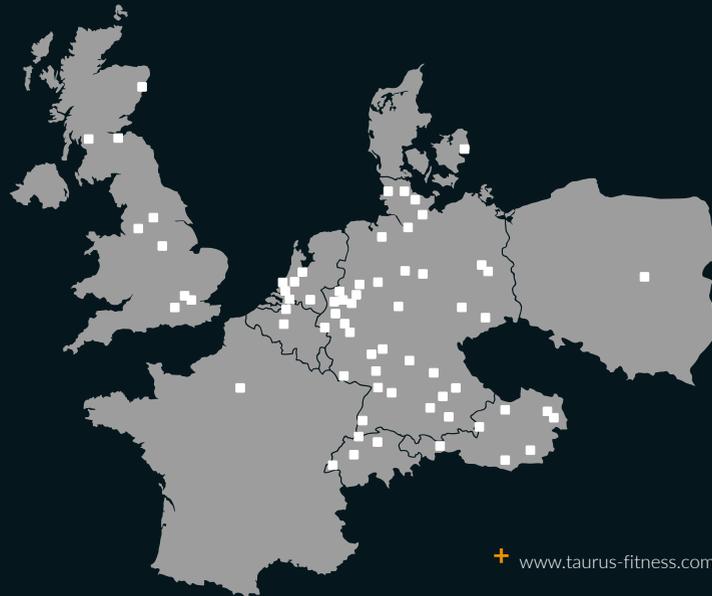
TAURUS
WELLNESS
MASSAGE CHAIR
XL

Dimensions	L 138 W 78 H 115 cm
Programs	4 auto programs, 5 manual programs
Massage zones	Neck, shoulders, upper and lower back, hips, buttocks, feet
Special features	Heat treatment, air pressure massage, reclining function, Bluetooth speaker, adjustment to body size

TAURUS®



Taurus fitness equipment can be found at all Fitshop, Powerhouse Fitness and Sport-Tiedje stores and webshops.



 www.taurus-fitness.com

TAURUS is a registered trademark of Sport-Tiedje GmbH



SPORT-TIEDJE GROUP
Sport-Tiedje | Powerhouse Fitness | Fitshop

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