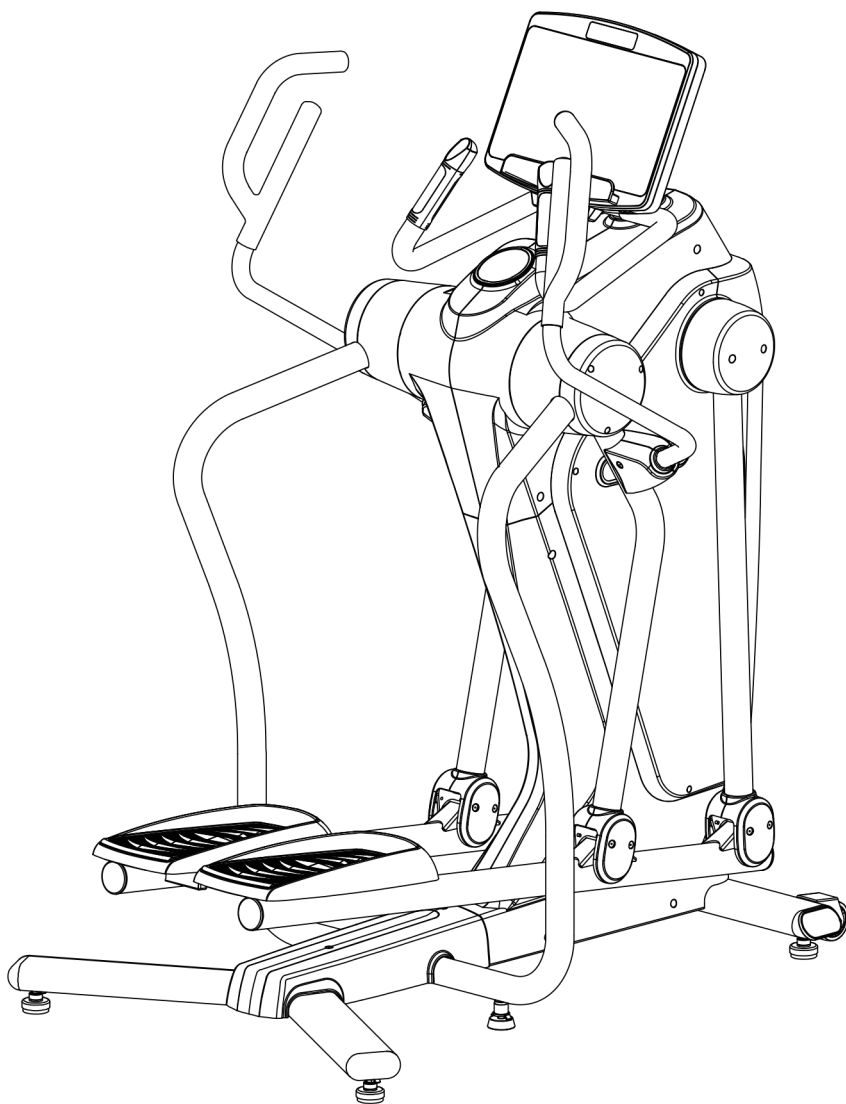


# TAURUS®

## Assembly and Operating Instructions



max. 181 kg



~ 60 Min. 



 150 kg

L 140 | B 97 | H 178

TFFS105.01.02

TF-FS10.5-SMART

Taurus FS10.5 Smart



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## Dear customer,

Thank you for choosing a high-quality equipment of the brand Taurus®. Taurus® offers sports and fitness equipment for the sophisticated home sport and the equipment of fitness studios and business customers. With Taurus® fitness equipment, the focus is on what sport is all about: maximum performance! Therefore, the equipment is developed in close consultation with athletes and sports scientists. Because athletes know best what makes perfect fitness equipment.

Further information can be found at [www.sport-tiedje.com](http://www.sport-tiedje.com).

### Intended Use

The equipment may only be used for its intended purpose.

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

## Legal Notice

Sport-Tiedje GmbH  
Europe's No. 1 for home fitness

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## Disclaimer



©2008 Taurus® is a registered brand of the company SportTiedje GmbH. All rights reserved. Any use of this trademark without the explicit written permission of Sport-Tiedje is prohibited.

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

## 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.



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.

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

### TFT display of

- + speed in km/h
- + training time in min
- + training distance in km
- + cadence (rotations per minute)
- + calories burnt in kcal
- + heart rate (when using the hand sensors or a chest strap)
- + Watt

Resistance system: electronic magnetic induction brake system/  
generator brake

Resistance levels: 20

Watt: 40 - 300 Watt

Total number of training programmes: 15

Quick start: 1

Pre-set programmes: 3

Target programmes: 3

User-defined programmes: 1

Heart rate-oriented programmes: 3

Virtual programmes: 4

Balance mass: 10 kg

Transmission ratio: 1:12

Power: Generator with mains operation

Stride length: 11 - 91.4 cm

### Weight and dimensions:

Article weight (gross, including packaging): 168 kg

Article weight (net, without packaging): 150 kg

Packaging dimensions (L x W x H): approximately 84 cm x 76 cm x 148 cm

Set up dimensions (L x W x H): approximately 140 cm x 97 cm x 178 cm

Maximum user weight: 181 kg/399 lbs

## 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.
- + 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 Electrical Safety

### **DANGER**

- + In order to reduce the risk of an electric shock, always unplug the equipment from the mains socket immediately after your workout, before assembly or dismantling, and before maintenance or cleaning. Do not pull on the cable.

### **WARNING**

- + Do not leave the equipment unattended while the mains cable is plugged into the mains socket. During your absence, the mains cable must be removed from the mains socket to prevent improper use by third parties or children.
- + If the mains cable or plug is damaged or defective, contact your contract partner. Until repair, the equipment must not be used.

### **ATTENTION**

- + The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.
- + The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.
- + The socket must be protected by a fuse with a minimum fuse rating of "16 A, slow blow".
- + Do not make any changes to the mains cable or the mains plug.
- + Keep the mains cable away from water, heat, oil and sharp edges. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.

## 1.4 Set-Up Place

### **WARNING**

- + Do not place the equipment in main corridors or escape routes.

### **CAUTION**

- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The 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.

### 2.1 General Instructions



#### **DANGER**

- + Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.



#### **WARNING**

- + Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



#### **CAUTION**

- + Do not open the packaging when it is lying on its side.
- + Ensure to have sufficient room for movement in each direction during assembly.
- + The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.



#### **ATTENTION**

- + To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.



#### **NOTICE**

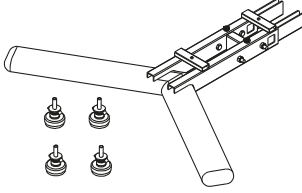
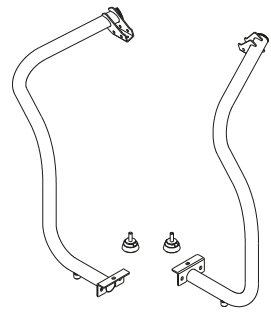
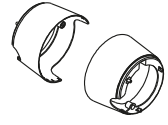

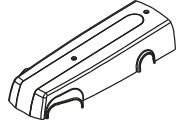
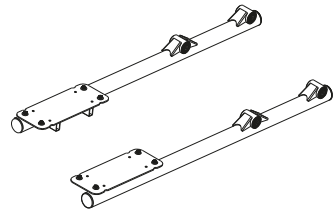
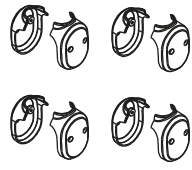
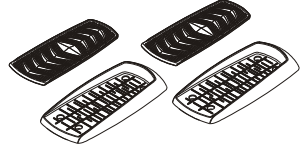
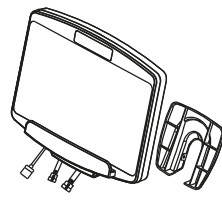
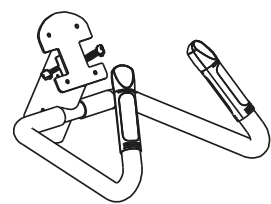
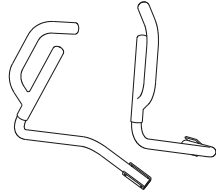
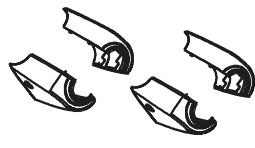
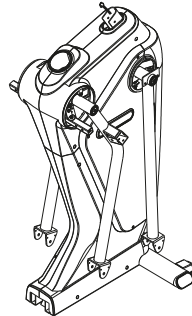
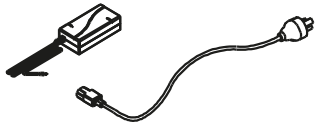


- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

## 2.2 Scope of Delivery

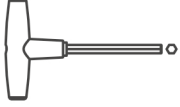




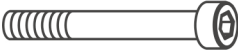

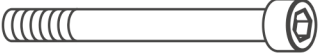






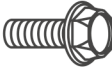
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

### CAUTION

If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

<p>Base Frame (91) &amp; Leveler (44)</p> 	<p>Stationary Handrail (67, 68) &amp; Basic Leveler (78)</p> 	<p>Inner Handrail Cover (64, 65)</p> 	<p>Outer Handrail Cover (63)</p> 
<p>Base Cover (90)</p> 	<p>Pedal Support Arm (86, 87)</p> 	<p>Swing Arm Cover (80)</p> 	<p>Pedal (84) &amp; Non-Slip Pad (83)</p> 
<p>Console (100) &amp; Console Bottom Cover (102)</p> 	<p>Fixed Handlebar (99)</p> 	<p>Upper Handlebar (72, 73)</p> 	<p>Front &amp; Back Upper Handlebar Cover (162, 163)</p> 
<p>Main Frame (28)</p> 	<p>Adaptor (169) &amp; Power Cord (168)</p> 	<p>Upper Handlebar Cover (70)</p> 	<p>Screw Cap (79)</p> <p> x22pcs</p>

## Tools and screw sets

THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:				
 <u>ALLEN WRENCH</u> <u>(8mm)</u>	 <u>SOCKET WRENCH</u> <u>(13 &amp; 17mm)</u>	 <u>ALLEN WRENCH</u> <u>(6 &amp; 8 mm)</u>	 <u>PHILLIPS SCREWDRIVER</u> <u>(6mm)</u>	 <u>COMBINATION WRENCH</u> <u>(130mm)</u>
138 Bolt, Socket Head (M10xp1.5x65mm) 4pcs 	110 Lock Washer (M8) 8pcs 	143 Bolt, Socket Head (M10xp1.5x90mm) 4pcs 	111 Washer (8x16x2.0t) 8pcs 	125 Nylon Nut (M10xp1.5) 4pcs 
	128 Screw, Phillips Truss Head (M4x20mm) 6 pcs 		132 Screw, Phillips Pan Head (M5xp0.8x15mm) 2 pcs 	
	133 Screw, Phillips Pan Head (M6xp1.0x15mm) 8 pcs 			
	136 Bolt, Socket Head (M8xp1.25x15mm) 8 pcs 			
	151 Bolt, Hex Head Flange (M8xp1.25x20mm) 12 pcs 			

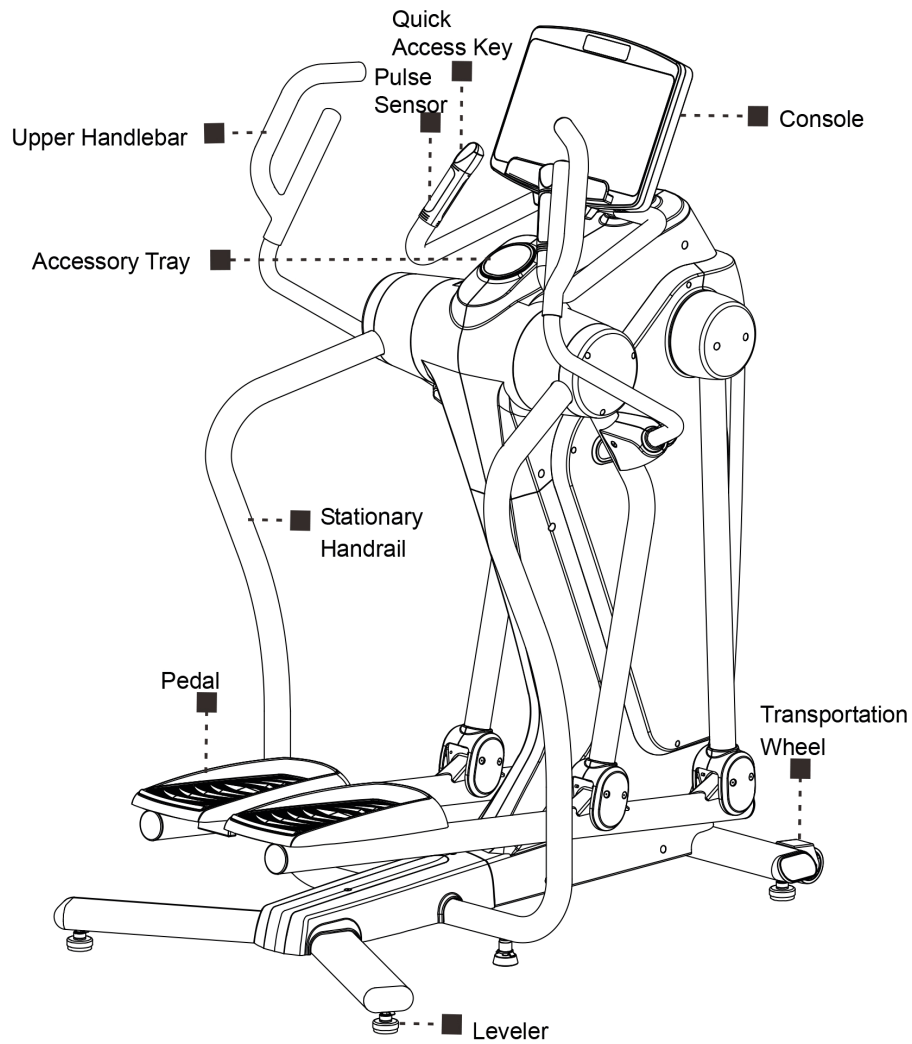


## 2.3 Assembly

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

### **NOTICE**

First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.



### Step 1:

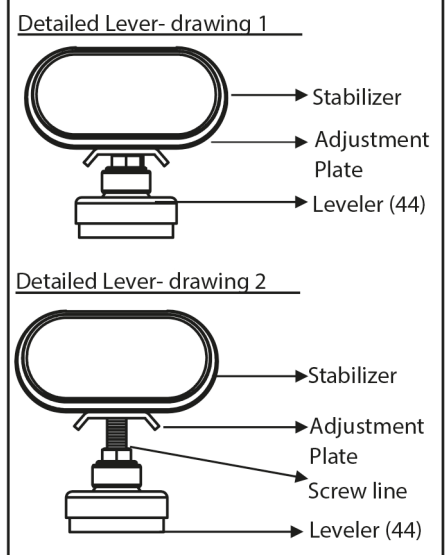
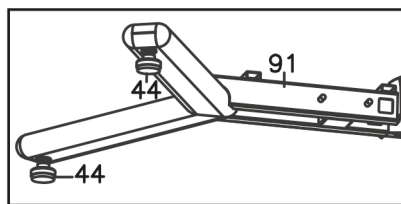
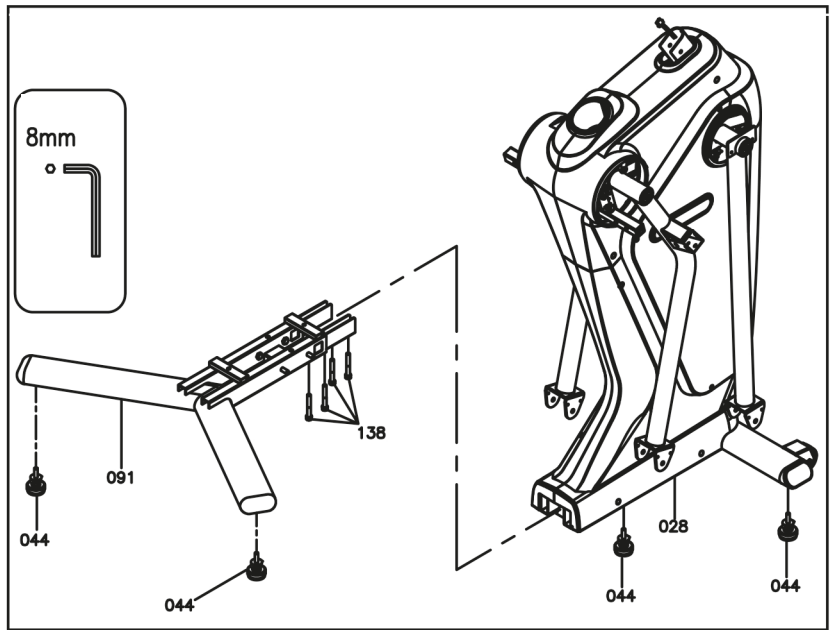
1. Attach the two levelers (44) to the main frame's (28) front stabilizer (where the transportation wheels are located).
2. Ensure that the screws' threads disappear in the front stabilizer (detailed lever-drawing 1).



#### NOTICE

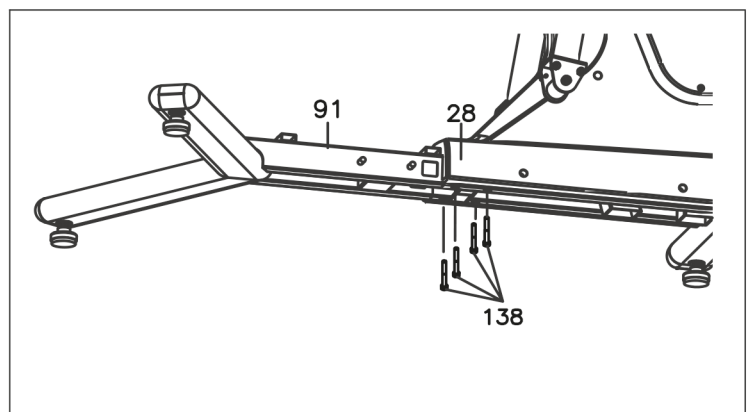
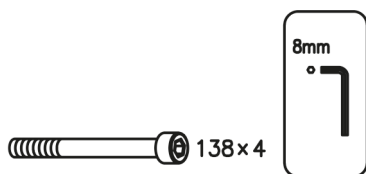
Please make sure that the elliptical cross trainer stands firmly and safely on the floor. If this is not the case, loosen the levelers (44) again and adjust them accordingly. It is important that the adjustment plate is locked underneath the stabilizer (detailed lever-drawing 2).

3. Attach another pair of levelers (44) underneath the base frame (91).



### Step 2:

Fix the base frame (91) to the main frame (28) with four socket head bolts (138).

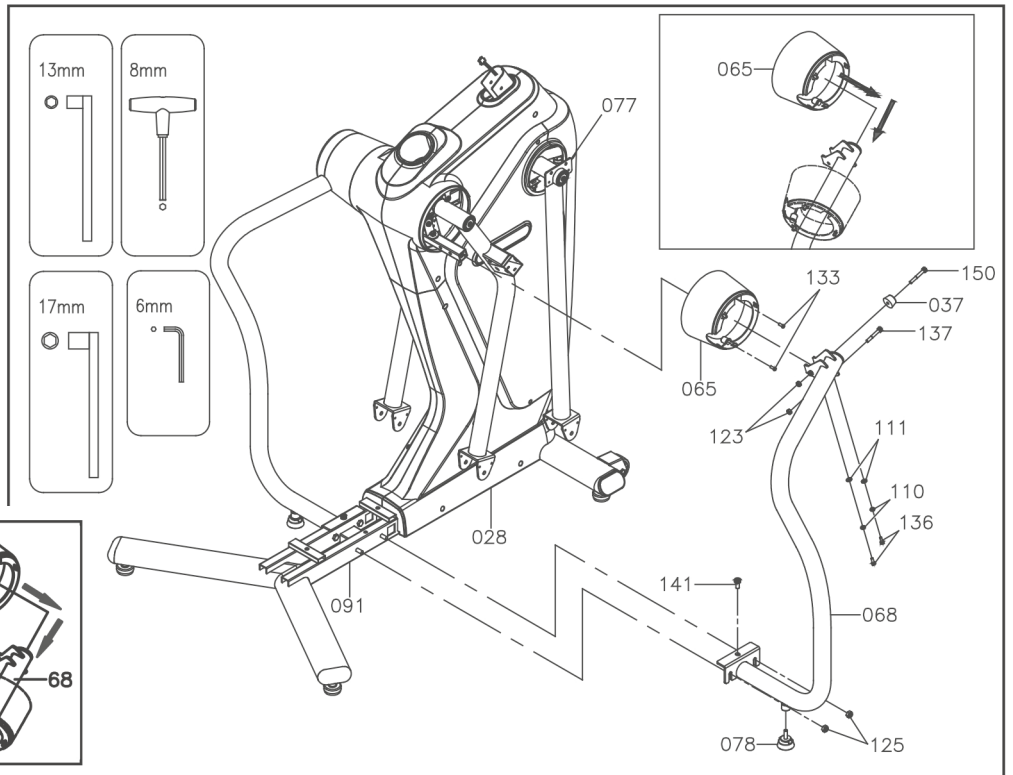
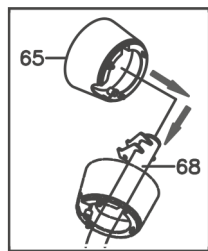


### Step 3:

#### NOTICE

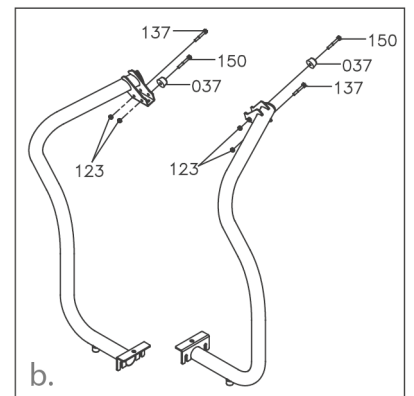
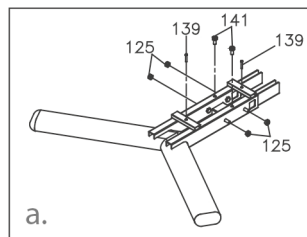
The inner handrail covers (64, 65) are marked with an R (right) and an L (left).

- Slide the right inner handrail cover (65) onto the right stationary handrail (68).
- Repeat this step on the left side.



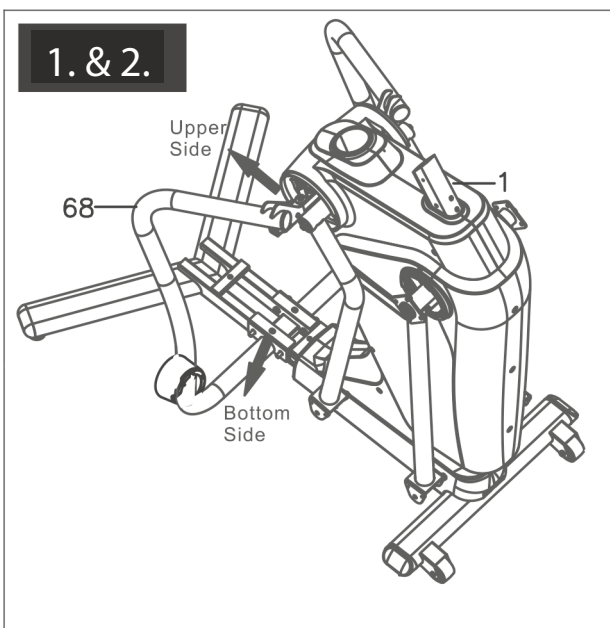
### Step 4:

- Remove the bolts (141) and nuts (125) (see fig. a.).
- Remove the bolts (137, 150 & 37) and nuts (123) (see fig. b.).

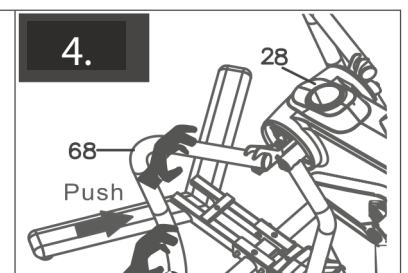
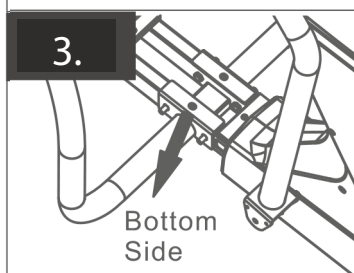


### Step 5:

- Place the upper end of the right stationary handrail (68) on the main frame (28).



- Place the lower end of the right stationary handrail (68) on the base frame (91).
- Please make sure that the drill holes of the right stationary handrail (68) align with the threads of the base frame (91).
- Now gently push the upper end of the right stationary handrail (68) towards the main frame (28).
- Repeat these steps on the left side.

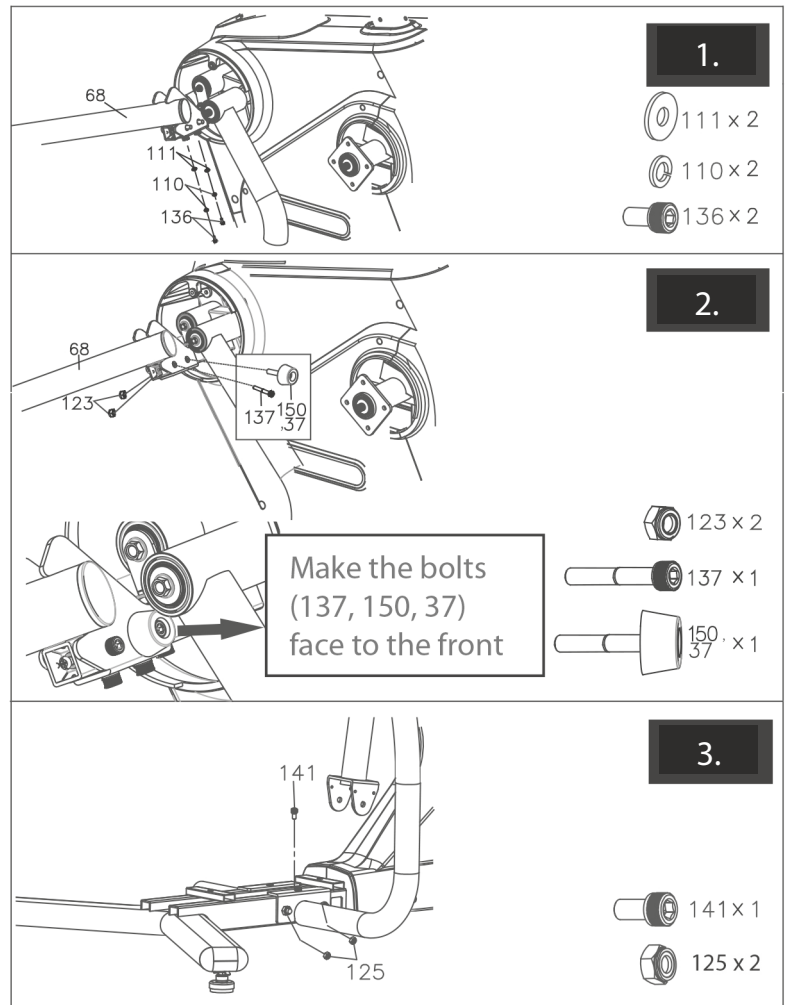


### Step 6:

**NOTICE**

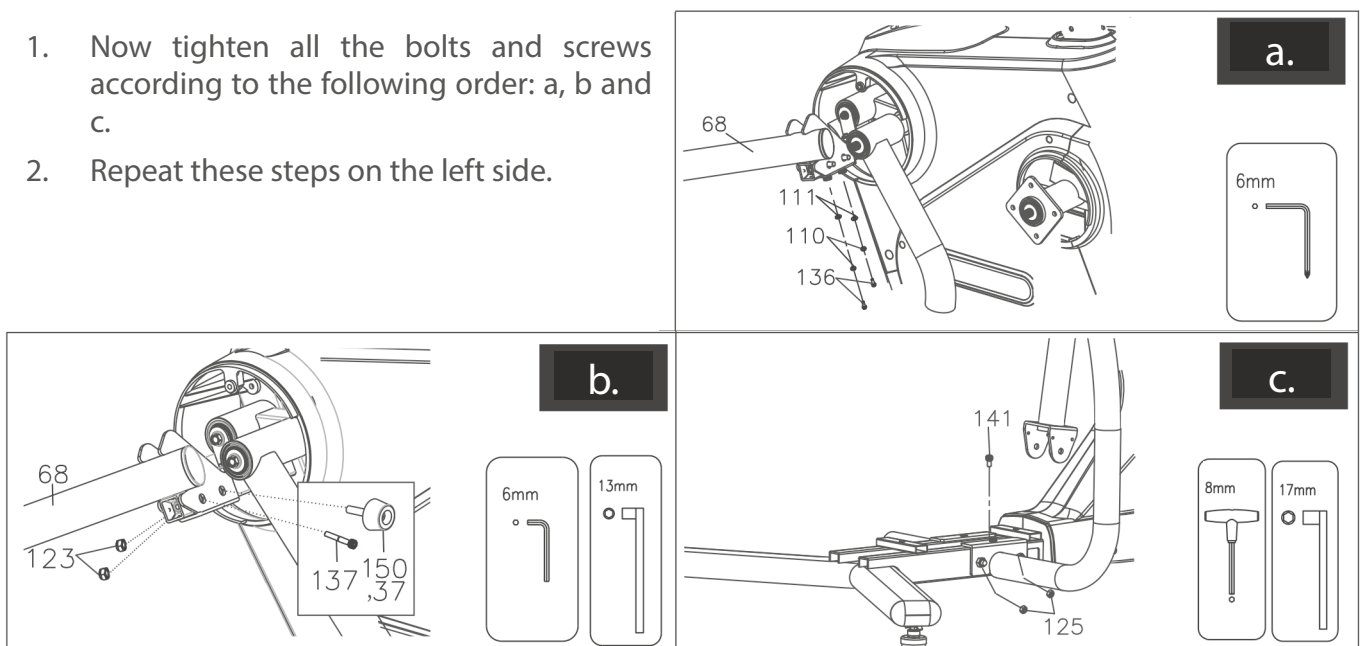
Do not tighten the following screws and bolts until you are instructed to do so.

1. Place the two socket head bolts (136), the two lock washers (110) and the two washers (111).
2. Place the bolts (137, 150, 37) and the two nylon nuts (123).
3. Place one of the previously removed screws (141) and two nylon nuts (125).



### Step 7:

1. Now tighten all the bolts and screws according to the following order: a, b and c.
2. Repeat these steps on the left side.

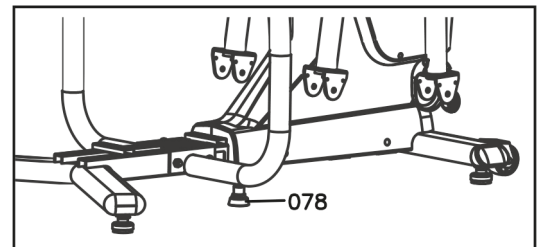
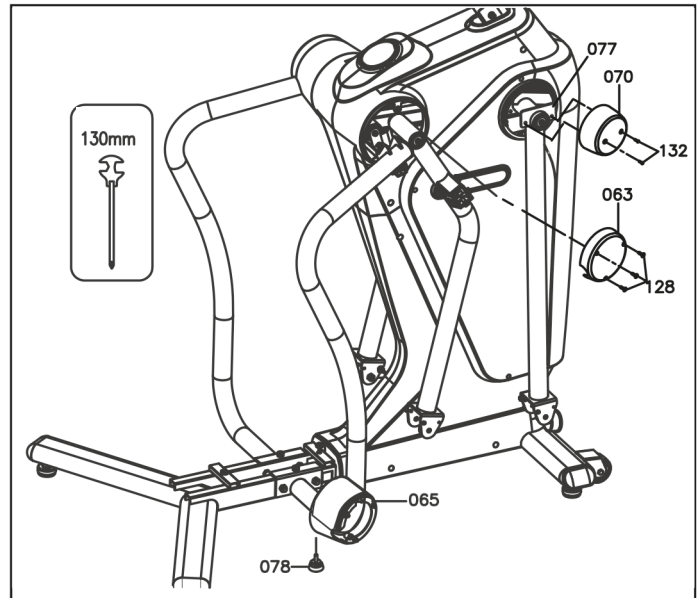


### Step 8:

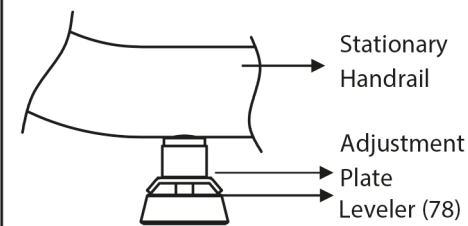
Attach the two levelers (78) underneath the stationary handrails (67, 68).

**NOTICE**

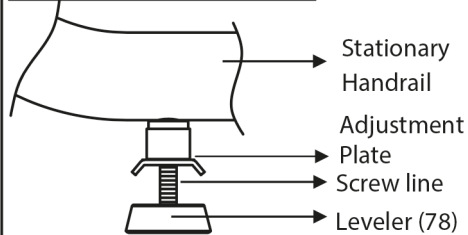
In case the levelers are not even, please refer to step 1. For further assistance, please refer to the two detailed lever-drawings on this page.



Detailed Lever-drawing 1



Detailed Lever-drawing 2



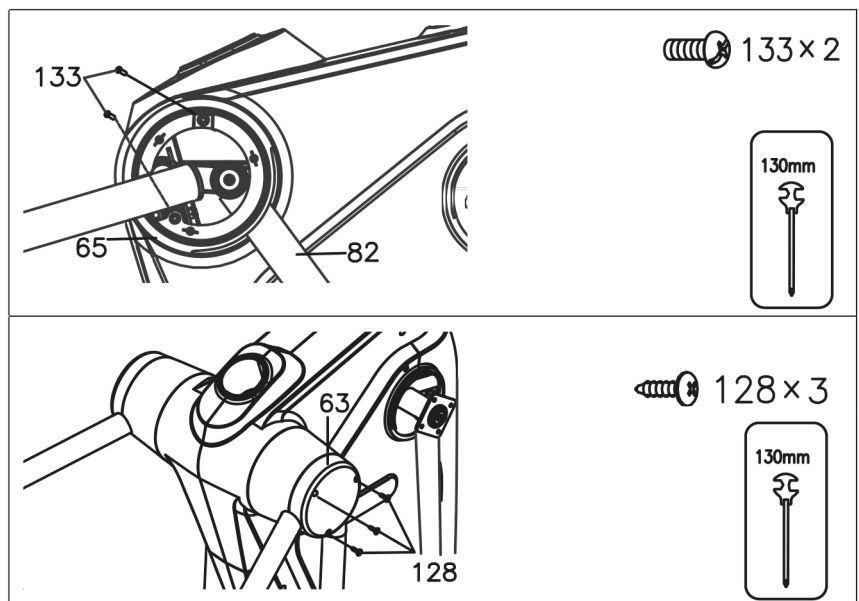
### Step 9:

- Slide the right inner handrail cover (65) up to the right back swing arm (82).

**NOTICE**

The cover has a little recess. Make sure that that both the stationary handrail (68) and the right back swing arm (82) are covered.

- Attach the cover with two screws (133).
- Attach the outer handrail cover (63) with three screws (128).
- Repeat these steps on the left side.

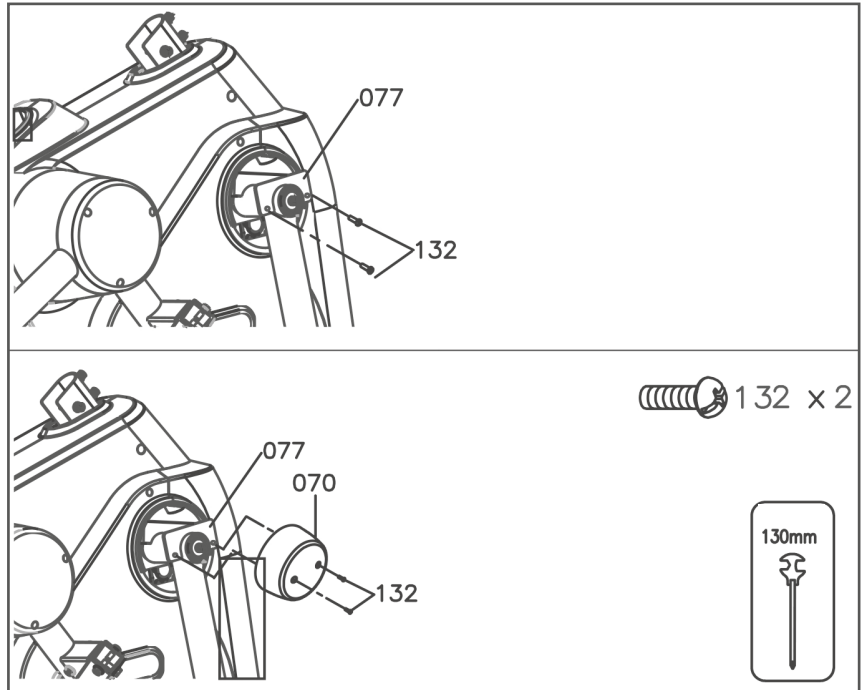


**Step 10:**

**NOTICE**

The four screws (132) on the front swing arms (76, 77) are pre-assembled.

1. Remove the four screws (132).
2. Attach the upper handlebar covers (70) with the previously removed screws (132).

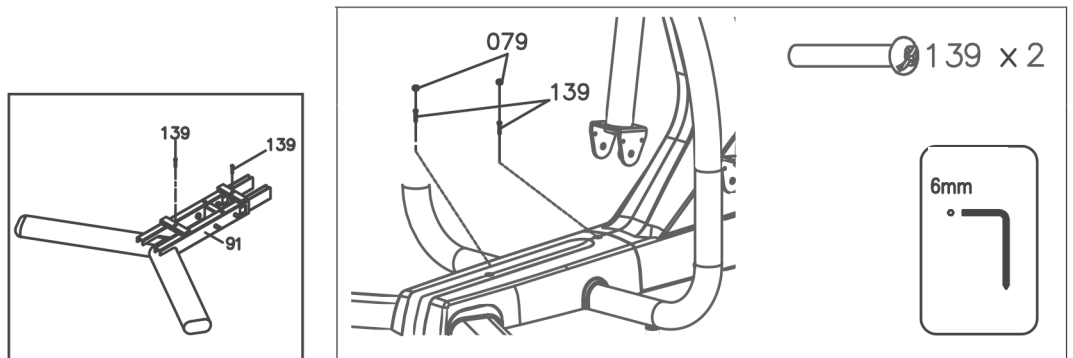
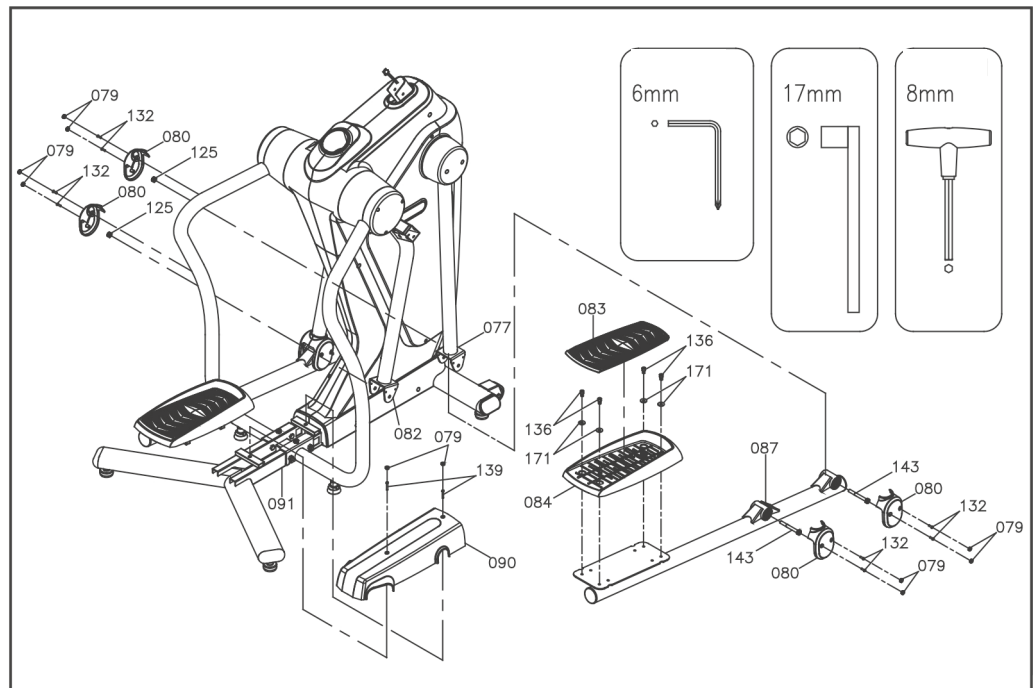


**Step 11:**

**NOTICE**

The screws (139) on the base frame (91) are pre-assembled.

1. Remove the two screws (139).
2. Fix the base cover (90) to the base frame (91) with the previously removed screws (139).
3. Now attach the two screw caps (79).



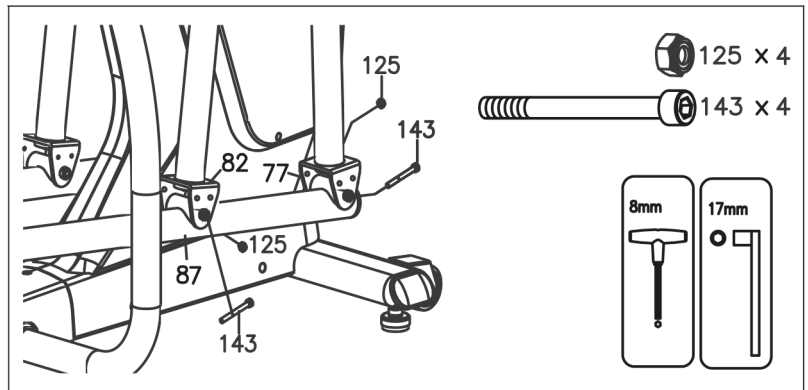


### Step 12:

**NOTICE**

The pedal support arms (86, 87) are marked with an R (right) and L (left).

1. Fix the right pedal support arm (86) to the right front and back swing arm (77, 82) with two bolts (143) and two nylon nuts (125)
2. Repeat this step on the left side.

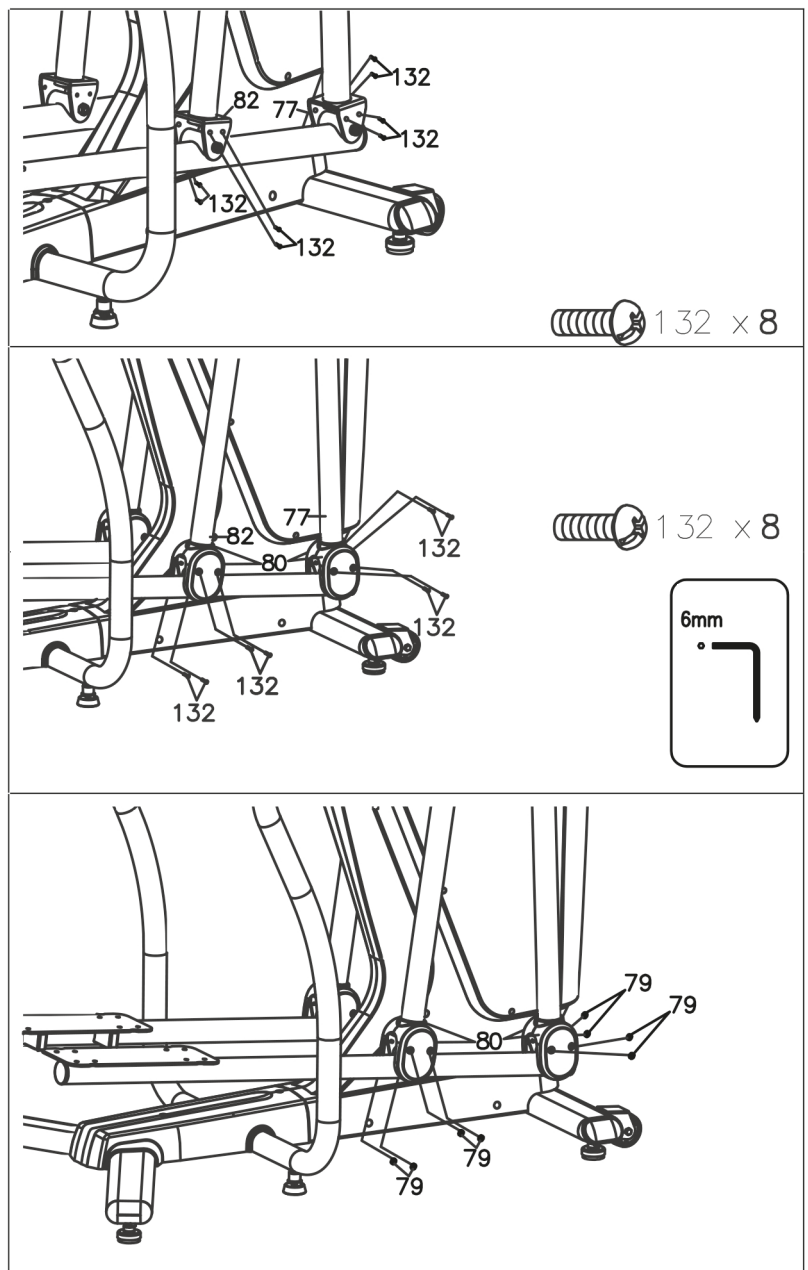


### Step 13:

**NOTICE**

The screws (132) on the right front and back swing arm (77, 82) are pre-assembled.

1. Remove the eight screws (132).
2. Fix the swing arm covers (80) to the right front and back swing arm (77, 82) with the previously removed screws (132).
3. Now attach the eight screw caps (79).
4. Repeat these steps on the left side.

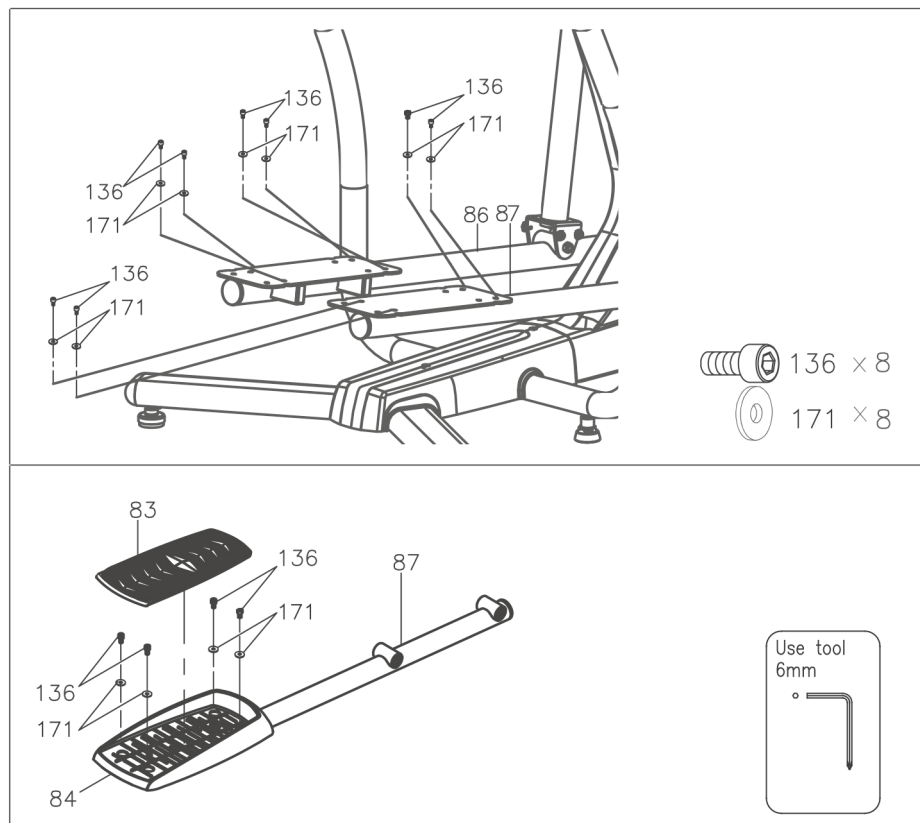


## Step 14:

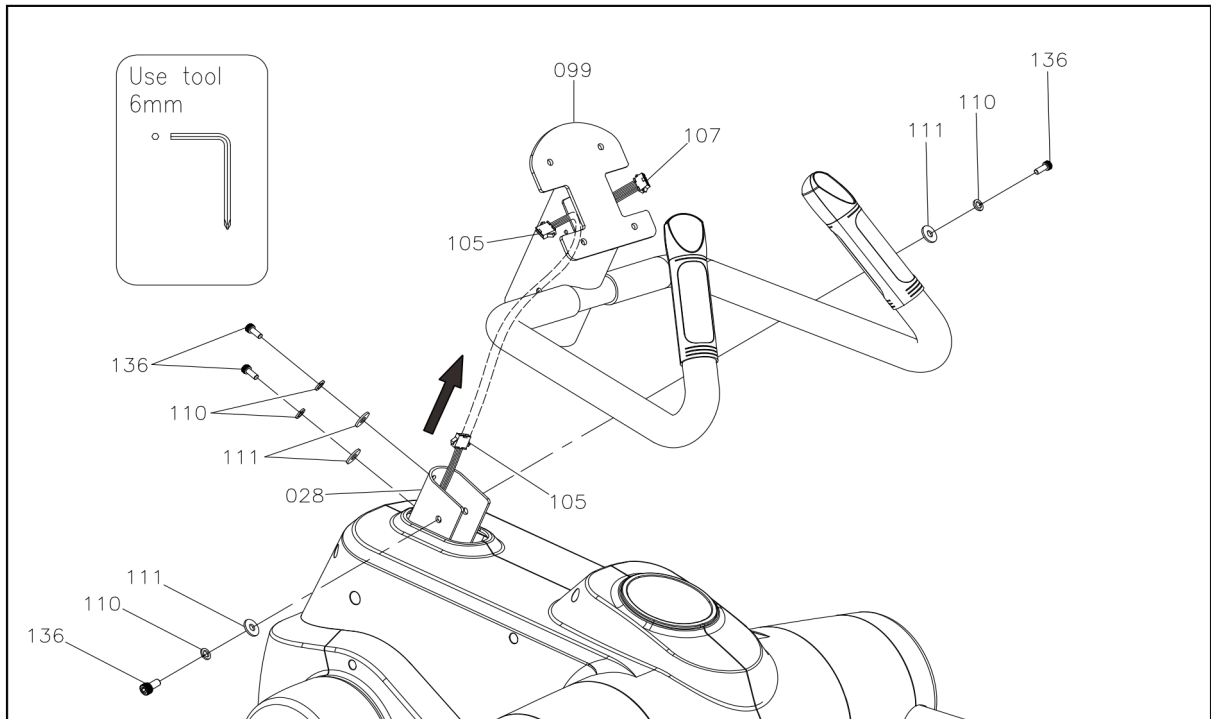
### ⓘ NOTICE

The bolts (136) and washers (112) on the pedal support arms (86, 87) are pre-assembled.

1. Remove the eight bolts (136) and washers (112).
2. Fix the right pedal (84) to the right pedal support arm (87) with four of the eight previously removed bolts (136) and washers (112).
3. Now attach one non-slip pad (83) on the right pedal (84).
4. Repeat these steps on the left side.

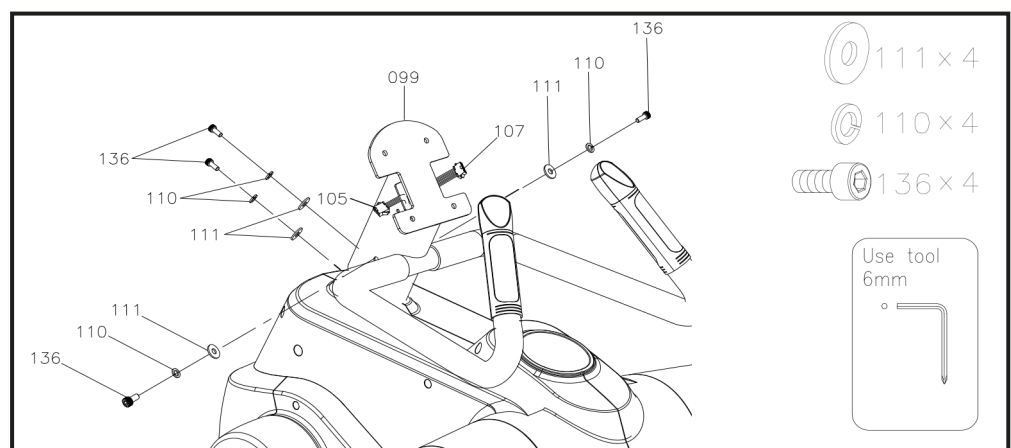
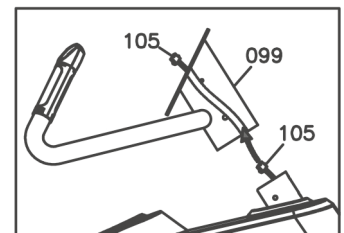






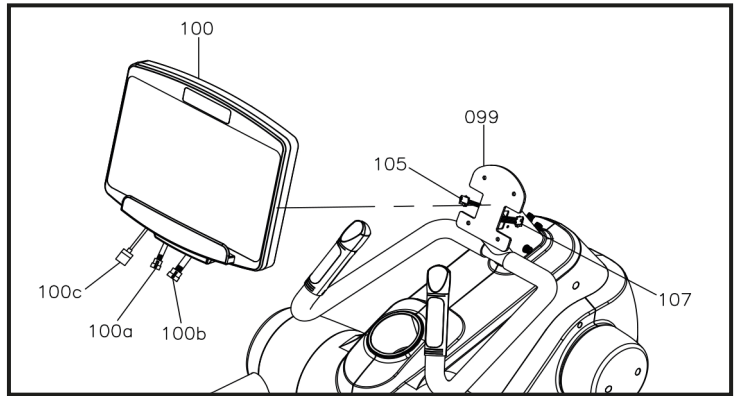
**Step 15:**

1. Gently guide the rear connection wire (105) through left side of the fixed handlebar (99).
2. Mount the handlebar (99) on the main frame (28) with four bolts (136), lock washers (110) and four washers (111).



### Step 16:

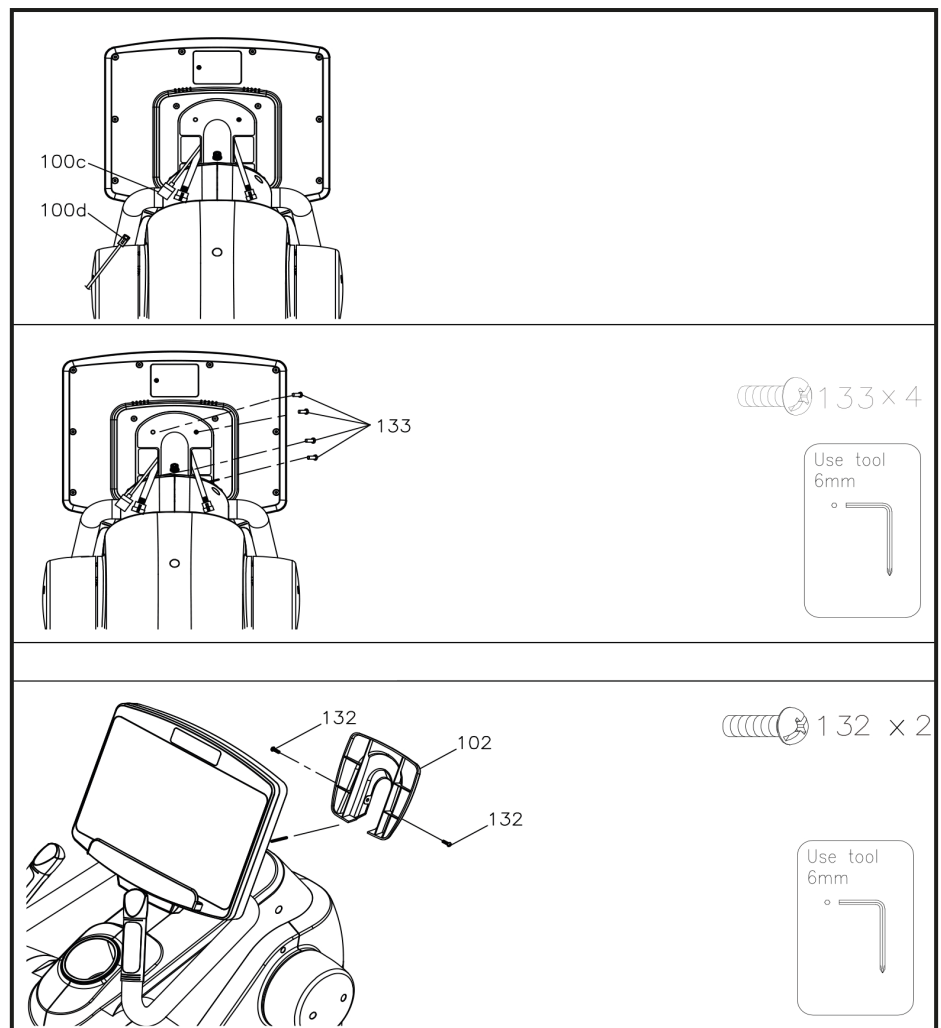
1. Connect the upper connection wire (100a) and the rear connection wire (105) to one another.
2. Connect the upper pulse sensor wire (100b) and the rear pulse sensor (107) with one another.
3. Connect the ethernet cables (100c & 100d) with one another.



### ⓘ NOTICE

Be careful not to pinch the wires in the following step.

4. Now fix the console (100) to the fixed handlebar (99) with four screws (133).



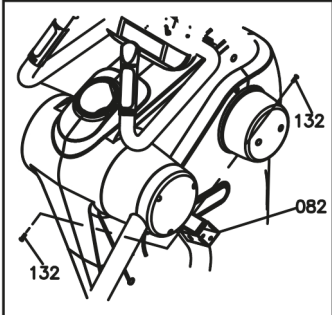
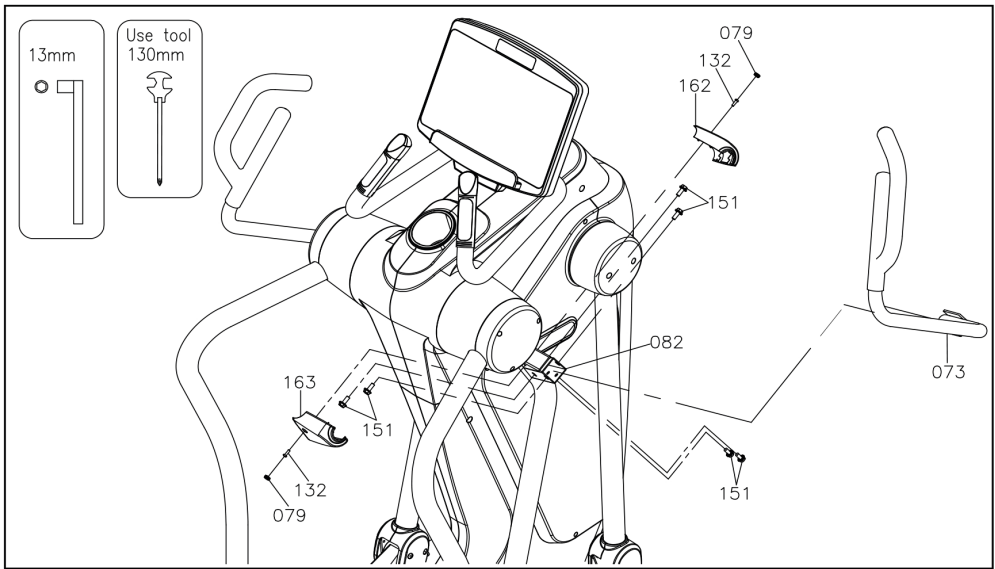
### Step 17:

Fix the console bottom cover (102) to the console (100) with two screws (132).

**Step 18:**

**NOTICE**

The screws (132) on the back swing arms (81, 82) are pre-assembled.

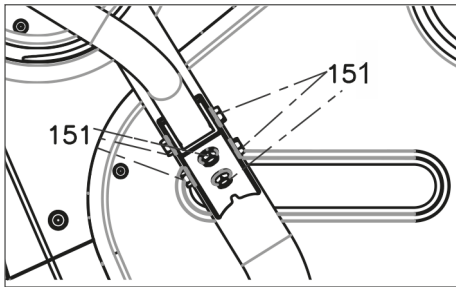
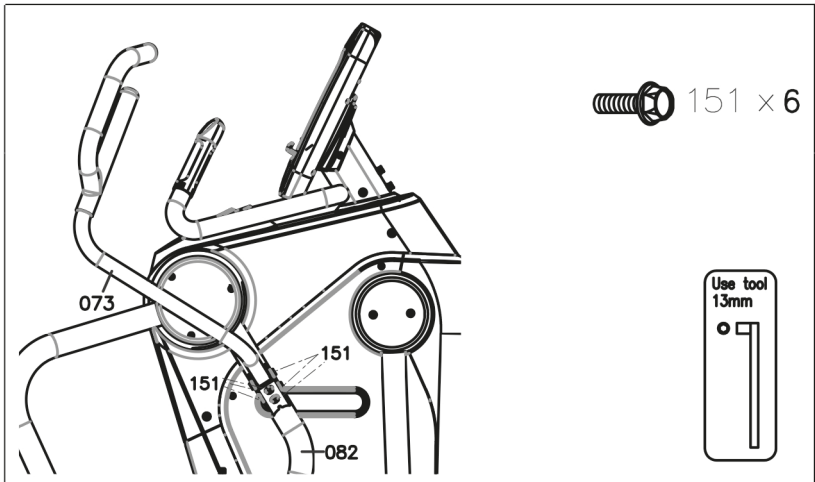


1. Remove the four screws (132).

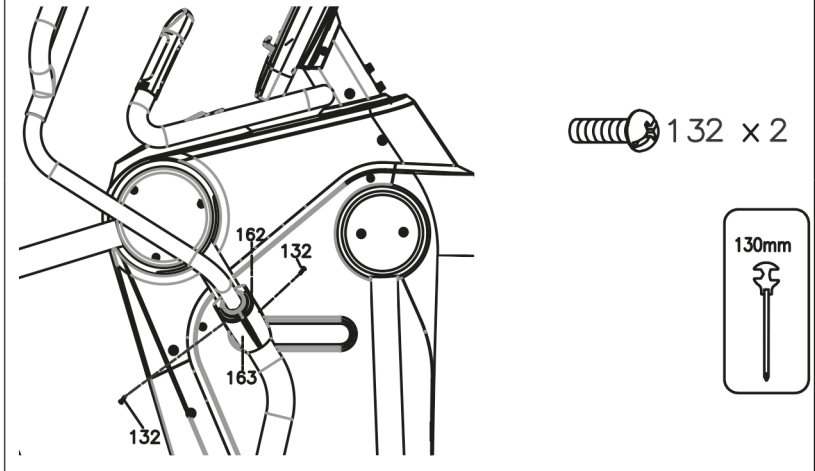
**NOTICE**

The upper handlebars (72, 73) are marked with an R (right) and an L (left).

2. Fix the right upper handlebar (73) to the right back swing arm (82) with six bolts (151).



3. Attach the front and back upper handlebar cover (162, 163) with two of the four previously removed screws (132).
4. Repeat these steps on the left side.



**NOTICE**

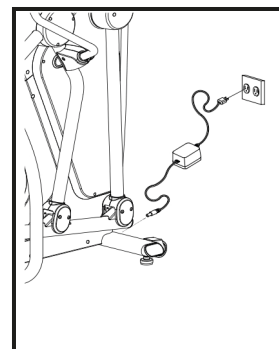
Please ensure that all screw connections are tight before you use the elliptical cross trainer.

**Step 19: Connecting the equipment to the mains supply**

**ATTENTION**

The equipment must not be connected to a multiple socket, otherwise it cannot be guaranteed that the equipment will be supplied with sufficient power. Technical errors can result.

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

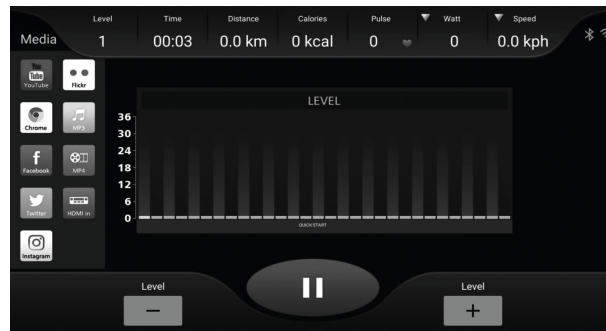


## 3 OPERATING INSTRUCTIONS

### NOTICE

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

### 3.1 Console Display



<b>Distance</b>	Indicates the covered or remaining distance between 0.0 - 99 km.
<b>Time</b>	Indicates the already elapsed or remaining training time between 00:00 – 99:00 minutes.
<b>Pulse</b>	Indicates your current heart rate between 40 - 220 bpm.
<b>Calories</b>	Indicates the burnt calories between 0 – 9999 Kcal.
<b>Mets</b>	<p>Definition: MET or metabolic equivalent is used to measure the average metabolic rate for a person. MET describes the quantity of oxygen that an average person needs when in rest.</p> <p>1 MET = 3.5 ml/kg/min (The body consumes 3.5 milliliters of oxygen per kilogram per minute) is the amount of oxygen that the body needs when in rest.</p> <p>The more intensively the body works, the more oxygen is consumed and the higher the MET level. If you train at a level of seven METS, then you are working approximately 7 times harder than when in rest. Furthermore, you need 7 times as much oxygen than when in rest.</p> <ul style="list-style-type: none"> <li>+ Training between three to six METs is seen as moderate physical activity.</li> <li>+ Training at more than six METs is seen as strong physical activity.</li> </ul>

<b>Level</b>	Indicates the current resistance level between 1 and 36.
<b>RPM</b>	Indicates the current rotations per minute.
<b>Watts</b>	Indicates the current watt value.
<b>Speed</b>	Indicates the current speed between 0,8 - 20 km/h.

## 3.2 Training programmes

This training machine offers many different programmes. This includes: a quick start programme, target programmes, pre-set programmes, user-defined programmes, heart rate-oriented programmes and one fitness test.

### 3.2.1 Quick Start

When you are in the main menu, simply press the QUICK START button to start a training session via quick start.

*The resistance can be adjusted manually during your training.*

### 3.2.2 Target programmes

1. Tap on "GOAL" in the main menu.
2. Choose either time, distance or calories as your target unit.

**ⓘ NOTICE**

You can only choose one unit.

3. Set a value for your desired target unit.
4. Press the START button to start the programme.

*The resistance can be adjusted manually during your training.*

5. Press the PAUSE button to pause your training.
6. Press the STOP button within the pause programme to end your training and an overview of the collected training data will be displayed.

*Upon completion of the programme the console will start the cool down phase automatically.*

### 3.2.3 Pre-set programmes

1. Tap on "HILL" or "INTERVAL" in the main menu to choose one of the pre-set programmes.
2. Enter your gender, age, weight and the desired training time.
3. Press the START button to start the programme.

*The resistance can be adjusted manually during your training.*

4. Press the PAUSE button to pause your training.
5. Press the STOP button within the pause programme to end your training and an overview of the collected training data will be displayed.

*Upon completion of the programme the console will start the cool down phase automatically.*

### 3.2.4 User-defined programmes

1. Tap on "USER PROGRAM" in the main menu.
2. Enter your gender, age, weight and the desired training time.
3. Press NEXT to create your own user programme.
4. Set the desired speed for all the 30 segments.
5. Press the START button to start the programme.

*The resistance can be adjusted manually during your training, but only in the respective segment.*

6. Press the PAUSE button to pause your training.
7. Press the STOP button within the pause programme to end your training and an overview of the collected training data will be displayed.

*Upon completion of the programme the console will start the cool down phase automatically.*

### 3.2.5 Heart rate-oriented programmes

 **WARNING**

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

There are three different heart rate-oriented programmes. Either choose one of the pre-set target heart rates (60% or 80% of your maximum heart rate) or choose "Target HR" to set a target heart rate yourself. Your maximum heart rate is calculated depending on your age. We recommend a chest strap for these programmes.

1. Tap on "HRC" in the main menu.
2. Enter your gender, age, weight and the desired training time.
3. Choose either 60%, 80% or Target HR.
- 3.1. If you have chosen Target HR you will be able to set the target value yourself (between 72-168).
4. Press the START-button to start the programme.
5. Put your hands around the hand pulse sensors or use a chest strap.

 **NOTICE**

In case the console does not receive a signal for 15 seconds the programme will be stopped.

6. Press the PAUSE button to pause your training.
7. Press the STOP button within the pause programme to end your training and an overview of the collected training data will be displayed.

*Upon completion of the programme the console will start the cool down phase automatically.*



### 3.3 Fitness Test

The fitness test consists of two phases. One is the warm up phase and the other is the actual fitness test. We recommend a chest strap for this test.

**NOTICE**

The resistance will be adjusted automatically in dependence of your heart rate.

1. Tap on "FITNESS TEST" in the main menu.
2. Enter your gender, age and weight.
3. Press the START button to start the fitness test.

*The warm up phase will start.*

**NOTICE**

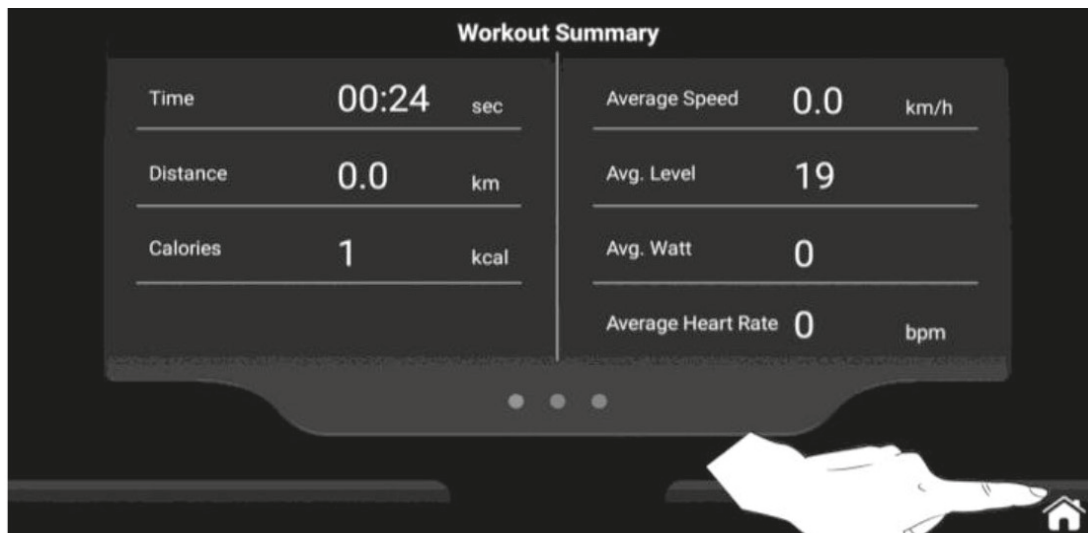
We recommend to use this phase if you have not done a warm up beforehand. Otherwise the warm up phase can be skipped by tapping on "SKIP WARM UP".

4. Put your hands around the hand pulse sensors or use a chest strap.

**NOTICE**

In case the console does not receive a signal for 15 seconds the programme will be stopped. If your heart rate gets to high the console will display "OVER PULSE". In this case, please interrupt your test immediately.

*Upon completion of the test an overview of the collected training data will be displayed.*



### 3.4 Virtual running tracks

A total of 4 virtual running routes are available to you.

1. Tap on "VISION" in the main menu.
2. Select one of the 4 virtual running routes.
3. Enter the desired training time.
4. Press the START button to start the programme.

*The resistance can be adjusted manually during the workout.*

5. Press the PAUSE button to pause your training.
6. Press the STOP button within the pause programme to end your training and an overview of the collected training data will be displayed.

*Upon completion of the programme the console will start the cool down phase automatically.*

## 3.5 Updates

Software and apps that have access to the internet need to be manually updated to the latest version.

1. Open menu "SETTINGS".

① **NOTE**

Before updating, make sure that the internet connection is stable.

2. Tap on "SYSTEM".

3. Press "UPDATE".

4. Select "UPDATE" for all necessary apps.

5. Press the back arrow button to return to the main menu.

## 3.6 Media

Here you will find many different apps like YouTube, Twitter, Facebook or Instagram.

### IMPORTANT NOTE

To make sure the preinstalled apps are working correctly, you will have to update them from time to time. The apps that need to be updated will give you a message. To update the app, you need to have a google account. A google email is sufficient. Just follow the instructions to perform the update.

Please note: The system is set up for the pre-installed apps. Please do not install any additional apps as their proper functionality can not be guaranteed. They might even cause technical difficulties.

This menu can be opened in two ways:

1. Via the main menu by tapping on „MEDIA“ or
2. Via the training interface (in the upper left corner of the screen).



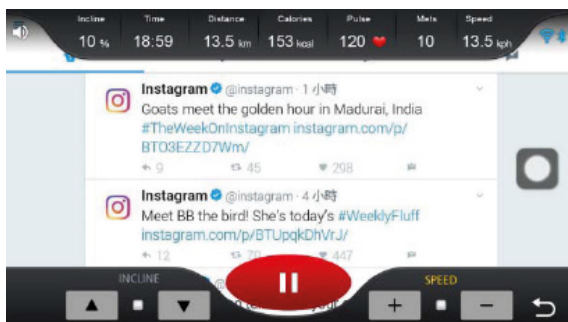
#### NOTE

When choosing media during the training program, the training program is still running. The workout status is still displayed and the resistance level can still be adjusted.

#### NOTE

You can show and hide the training interface by tapping on the round icon on the right edge of the screen. To adjust the volume simply tap on the speaker icon.

You can transmit music and video data from your USB stick to the console. To do this insert your USB stick into the corresponding slot on the side of the console.



#### Supported formats:

Music: .wav, .wma, .aac, .ogg, .mp3 und .flac.

Video: .mp4 und .avi.

#### Settings

Under „SETTINGS“ in the main menu, you can make your system settings. This includes:

Language, screen brightness and volume.

Bluetooth: You can connect your mobile device and bluetooth speakers with the console.

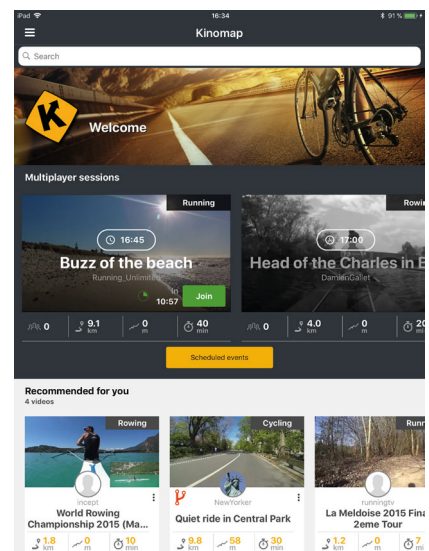
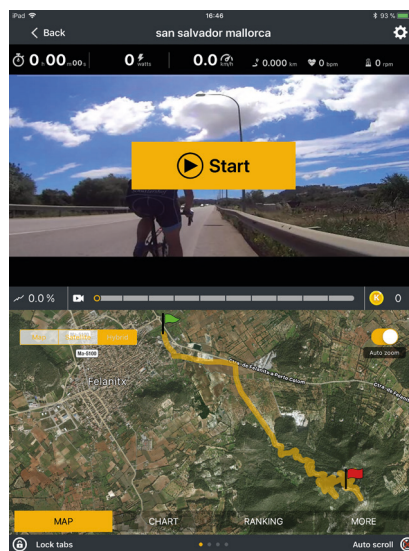
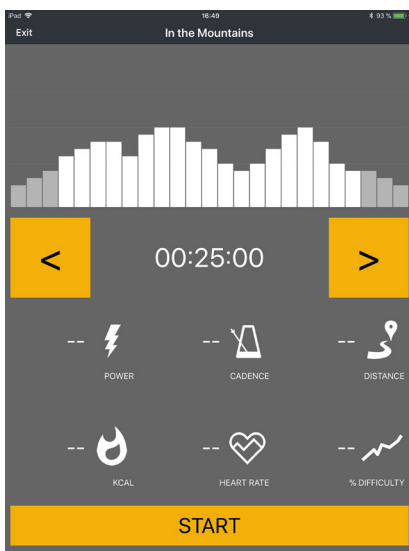
Wireless: Here you can connect the console with the internet.

### 3.7 Bluetooth and fitness apps

This console is equipped with a bluetooth interface. Please take note that your mobile device needs to be compatible with the bluetooth interface of the equipment (bluetooth 4.0).

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

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



Example: Kinomap

## 4.1 General Instructions

### ▶ 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 5°C and 45°C.

### ⚠ WARNING

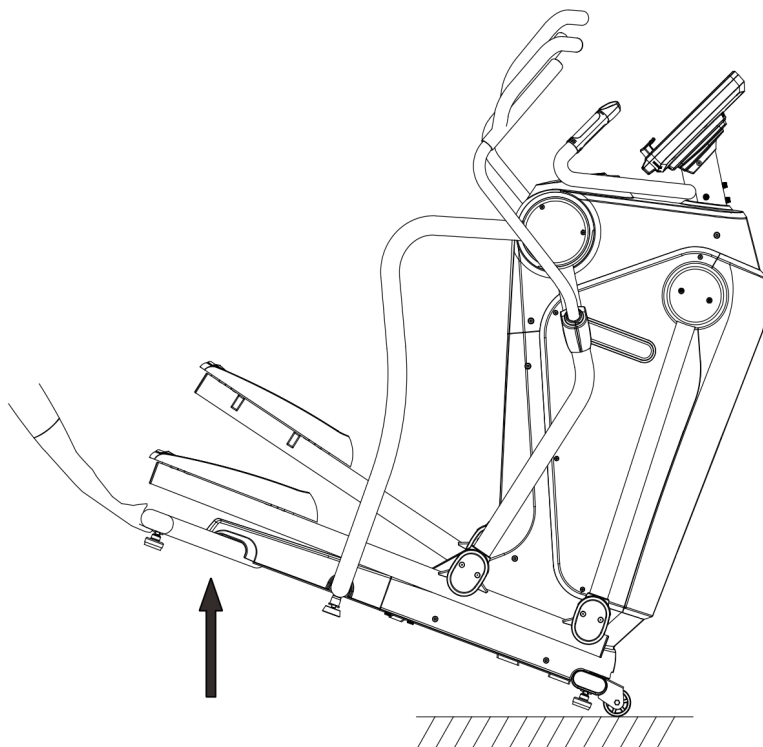
- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

## 4.2 Transportation Wheels

### ▶ ATTENTION

If you want to transport your equipment over particularly sensitive and soft floor coverings, such as parquet, planks or laminate, lay out the transport route with cardboard or similar to avoid possible floor damage.

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions in the section 1.4 of this manual.



## 5.1 General Instructions



### WARNING

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



### CAUTION

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

### ► ATTENTION

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

## 5.2 Faults and Fault Diagnosis

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

Fault	Cause	Solution
Drive discs wobble or make noises	Drive pulley is loose	Tighten nuts
Display does not work	No plug connection, power supply not plugged in	Check all plug connections and see if the power supply is plugged in
Footplates are creaking	Footplates are loose	Tighten up the footplate screws
Creaking noises	Screws are loose	Check screws are properly tightened
No pulse reading	<ul style="list-style-type: none"> <li>+ Sources of interference in the room</li> <li>+ Unsuitable chest strap</li> <li>+ Chest strap is incorrectly positioned</li> <li>+ Batteries are empty oder discharged</li> </ul>	<ul style="list-style-type: none"> <li>+ Eliminate sources of interference (e. g. mobile phone, loudspeaker, WLAN, mover- and cleaning robot etc.)</li> <li>+ Use a suitable chest strap (see recommended accessories)</li> <li>+ Reposition the chest strap and/or moisten the electrodes</li> <li>+ Change or charge the batteries</li> </ul>

### 5.3 Maintenance and Inspection Calendar

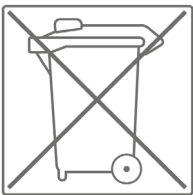
To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

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

Part	Weekly	Monthly	Quarterly	Half-yearly	Yearly
Display console	C	I			
Tension of the running mat				I	
Plastic covers	C	I			
Screws and cable connections		I			
Legend: C = clean; I = inspect					

## 6 DISPOSAL

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



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



## 7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. This could be a floor mat, for example, which makes your fitness equipment stand more securely and also protects the floor from falling sweat, but it could also be additional handrails on some treadmills or silicone spray to keep moving parts in good shape.

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible chest strap, as this ensures optimum transmission of the heart rate. You may want to buy additional grips or weights for multi gyms.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



floor mat



chest strap



chest strap contact gel



towels



silicone spray

## 8.1 Serial Number and Model Name

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

**NOTICE**

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



Enter the serial number in the appropriate field.

**Serial number:**

**Brand / Category:**

**Model Name:**

**Article Number:**

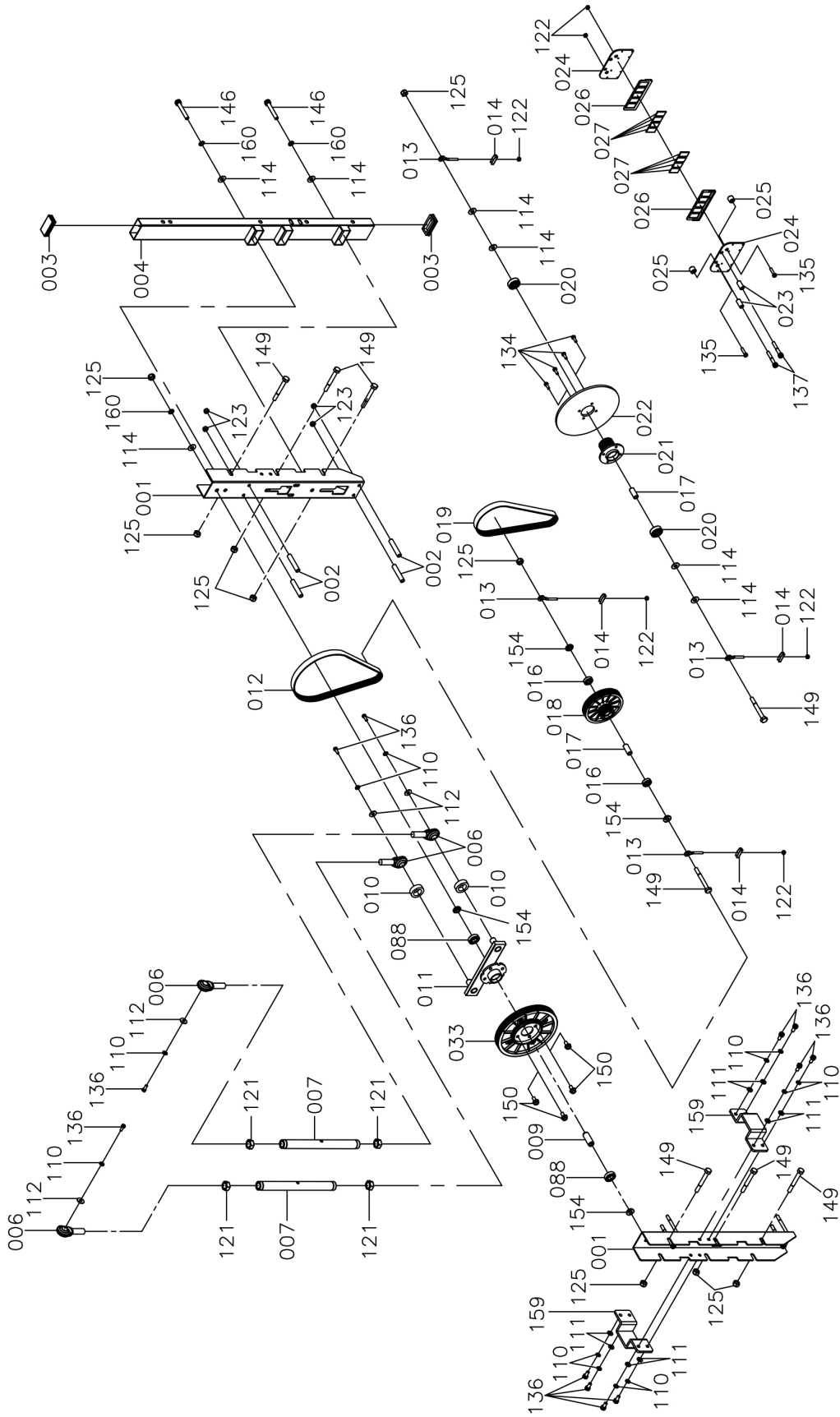
## 8.2 Parts List

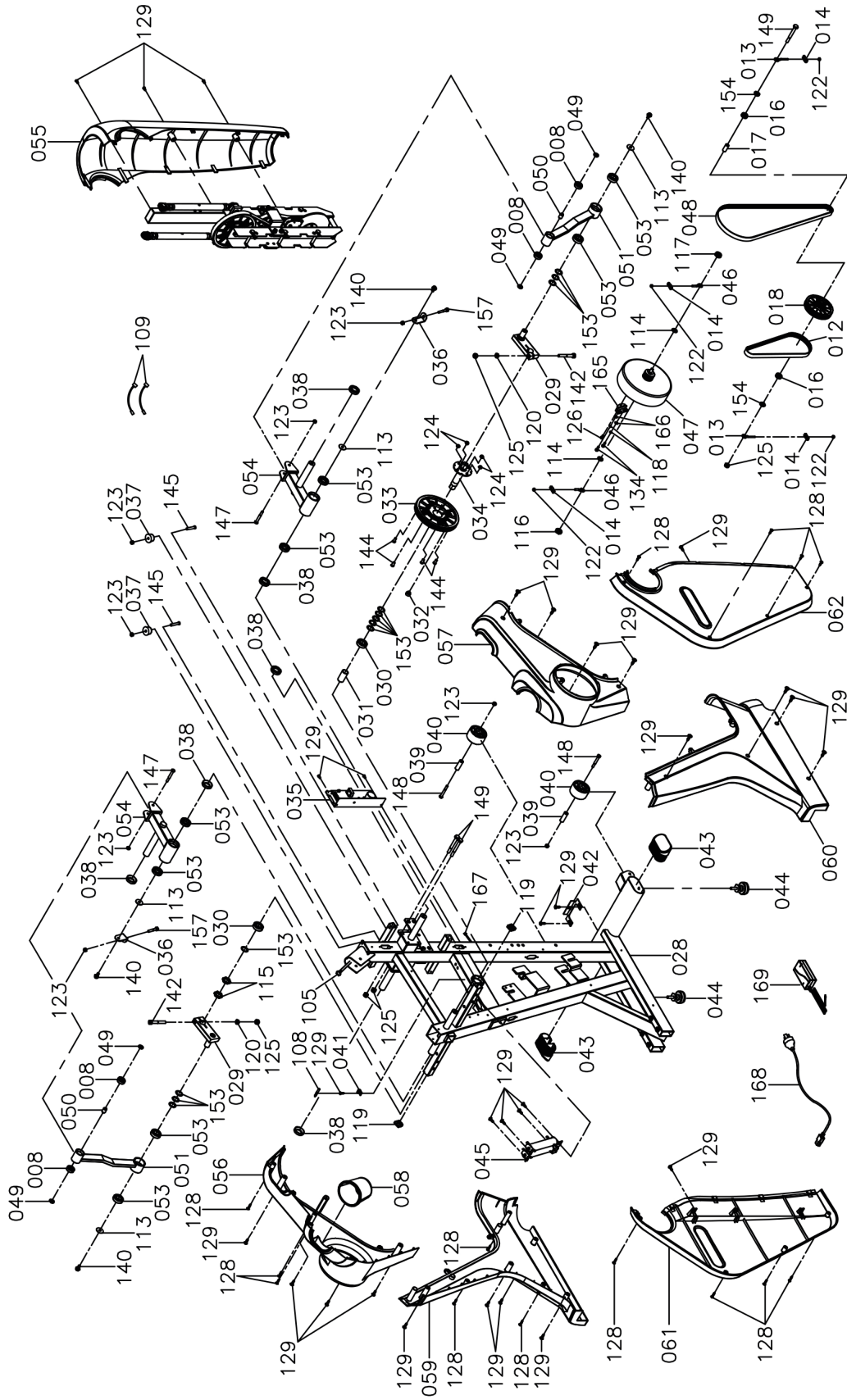
No.	Name	Qty.	No.	Name	Qty.
1	Bracket for 2-Stage System	2	35	Controller	1
2	Spacer (8x17x62mm)	4	36	Support Plate	2
3	Square Plug (30x60)	2	37	Stopper (35mm)	2
4	Support Tube for Front Cover	1	38	Sleeve	6
6	Rod End Plain Bearing	4	39	Wheel Axle	2
7	Linkage for Rod End Bearing	2	40	Transportation Wheels	2
8	Bearing (6201)	4	41	Sensor Wire Stand	1
9	Spacer (10x17x44mm)	1	42	Decoration Bracket	1
10	Shock-Absorbing Foam	2	43	EndCap	2
11	Crank for 2-Stage Bracket	1	44	Leveler (50mm)	4
12	Belt (762J8)	2	45	Resistor	1
13	Eye Bolt (67mm)	6	46	Eye Bolt (40mm)	2
14	Tension Bracket	8	47	Generator	1
16	Bearing (6000)	4	48	Belt (1355J8)	1
17	Spacer (10x14x32mm)	3	49	Linkage Wheel Bearing Adapter	4
18	Pulley (120-42mm)	2	50	Wheel Bearing Spacer (8x14x18mm)	2
19	Belt (660J8)	1	51	Crank Linkage	2
20	Bearing (6300)	2	53	Bearing (6905)	16
21	Flywheel Hub	1	54	Swing Linkage	2
22	Flywheel	1	55	Front Cover	1
23	Spacer (8x14x32mm)	2	56	Upper-Left Decoration Cover	1
24	Magnetic Shield Plate	2	57	Upper-Right Decoration Cover	1
25	Plate Spacer (6x16x20mm)	2	58	Accessory Tray	1
26	Magnetic Bracket	2	59	Rear Left-Side Cover	1
27	Magnet (N38)	8	60	Rear Right-Side Cover	1
28	Main Frame	1	61	Main Left-Side Cover	1
29	Crank	2	62	Main Right-Side Cover	1
30	Bearing (6005)	2	63	Outer Stationary Handrail Cover	2
31	Spacer (25.1x32x40mm)	1	64	Left Inner Stationary Handrail Cover	1
32	Magnet	1	65	Right Inner Stationary Handrail Cover	1
33	Pulley (190)	2	66	Round Plug (50mm)	2
34	Crank Axle	1	67	Left Stationary Handrail	1

68	Right Stationary Handrail	1	109	Generator Wire	2
70	Upper Handlebar Cover	2	110	Lock Washer (M8)	20
72	Left Upper Handlebar	1	111	Washer (8×16×2.0t)	16
73	Right Upper Handlebar	1	112	Washer (8×23×2.0t)	4
76	Left Front Swing Arm	1	113	Washer (8×30×2.0t)	8
77	Right Front Swing Arm	1	114	Washer (10×23×2.0t)	9
78	Basic Leveler (50mm)	2	115	Nut (M25×p1.25)	2
79	Screw Cap	22	116	Flange Nut (M10×p1.25)	1
80	Inner Bottom Swing Arm Cover	8	117	Nut (M10×p1.25)	1
81	Left Back Swing Arm	1	118	Lock Washer (M6)	2
82	Right Back Swing Arm	1	119	Tube Connector Nut 30×30(M6)	2
83	Non-Slip Pad	2	120	Nut (M10×p1.5)	2
84	Pedal	2	121	Nut (M16×p2.0)	4
85	Square Plug (20×40)	4	122	Nylon Nut (M6×p1.0)	10
86	Left Pedal Support Arm	1	123	Nylon Nut (M8×p1.25)	16
87	Right Pedal Support Arm	1	124	Thin Nylon Nut (M8×p1.25)	4
88	Bearing (6002)	2	125	Nylon Nut (M10×p1.5)	22
89	Wheel Bearing Spacer (10×25×47mm)	4	126	Bolt ( M5×p0.8×10mm)	1
90	Base Cover	1	127	Screw (M3×10mm)	5
91	Base Frame	1	128	Screw (M4×20mm)	20
92	Left Membrane Key	1	129	Screw (M5×20mm)	30
93	Right Membrane Key	1	130	Screw (M3×p0.5×20mm)	2
94	Pulse Sensor Top Housing	2	131	Screw (M3×p0.5×25mm)	4
95	Pulse Sensor Bottom Housing	2	132	Screw (M5×p0.8×15mm)	26
96	Left Quick-Access Key	1	133	Screw (M6×p1.0×15mm)	8
97	Right Quick-Access Key	1	134	Bolt (M6×p1.0×15mm)	6
98	Foam Grip for Fixed Handlebar	2	135	Bolt (M6×p1.0×30mm)	2
99	Fixed Handlebar	1	136	Bolt (M8×p1.25×15mm)	28
100	Console	1	137	Bolt (M8×p1.25×50mm)	4
101	Battery Door	1	138	Bolt (M10×p1.5×65mm)	4
102	Console Bottom Cover	1	139	Screw (M5×p0.8×30mm)	2
105	First Connection Wire	1	140	Screw (M8×p1.25×15mm)	8
107	First Pulse Sensor Wire	1	141	Bolt (M10×p1.5×20mm)	2
108	Sensor Wire	1	142	Bolt (M10×p1.5×70mm)	2

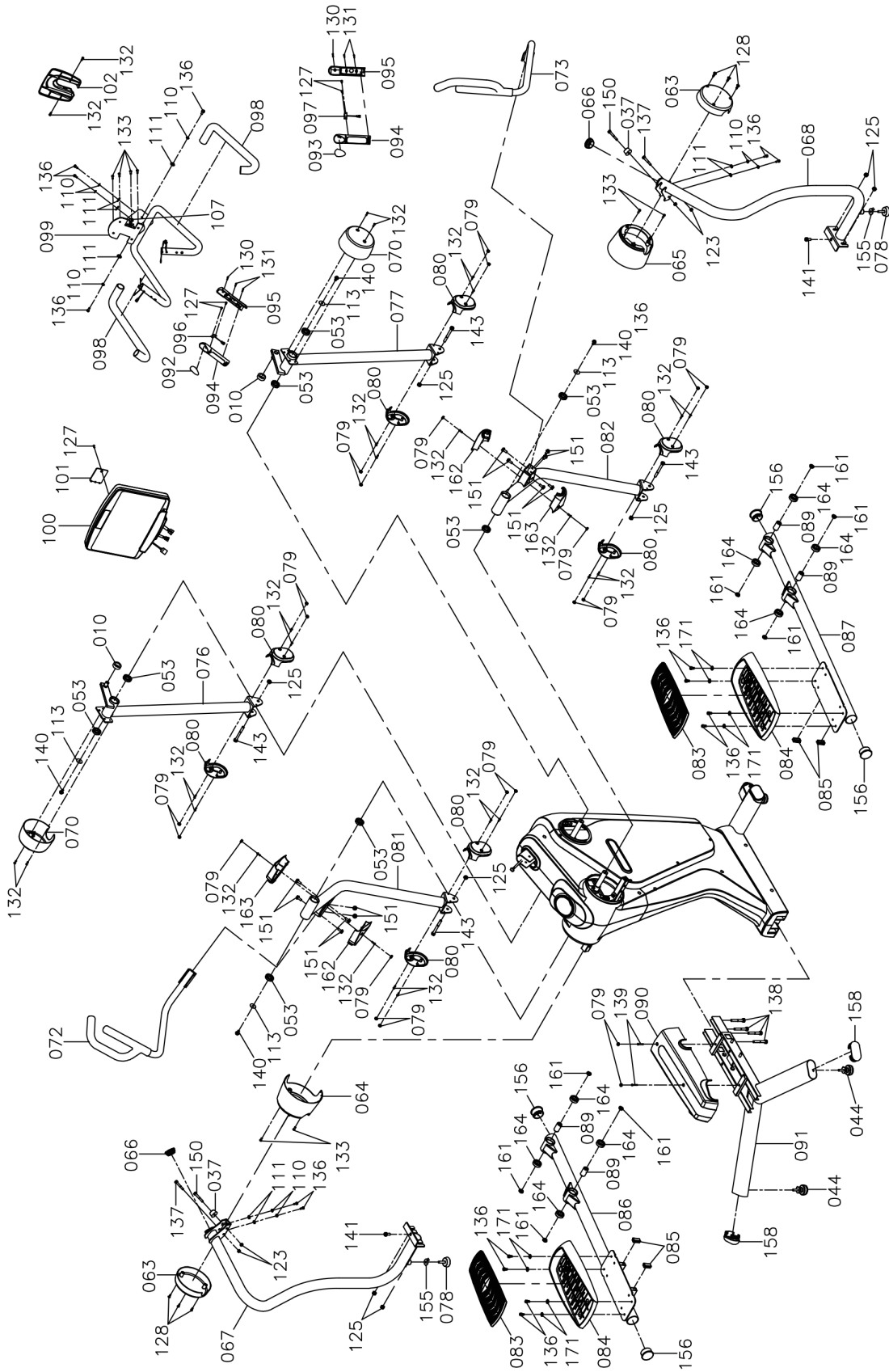
143	Bolt (M10×p1.5×90mm)	4
144	Bolt (M8×p1.25×15mm)	4
145	Bolt (M8×p1.25×45mm)	2
146	Bolt (M10×p1.5×60mm)	2
147	Bolt (M8×p1.25×55mm)	2
148	Bolt (M8×p1.25×60mm)	2
149	Bolt (M10×p1.5×85mm)	11
150	Bolt (M8×p1.25×55mm)	2
151	Bolt (M8×p1.25×20mm)	16
153	Washer (26×34×1.0t)	12
154	Wheel Bearing Adapter	6
155	Wing Nut	2
156	Round Plug (60mm)	4
157	Bolt (M8×p1.25×40mm)	2
158	EndCap (50x100)	2
159	Support Plate for 2-Stage System	2
160	Lock Washer (M10)	3
161	Pedal Wheel Bearing Adapter	8
162	Front Upper Handlebar Cover	2
163	Back Upper Handlebar Cover	2
164	Bearing (6004)	8
165	Generator Support Bracket	1
166	Washer (6x13x1.0t)	2
167	Adaptor Wire	1
168	Power Cord	1
169	Adaptor	1
171	Washer (8x19x2.0t)	8

# 8.3 Exploded Drawing











Training equipment from Taurus® 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.

### **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 periods**

The following warranty periods begin on delivery of the fitness equipment.

#### **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 for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

### **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	FR
<p><b>TECHNICAL SUPPORT</b></p> <p>☎ +49 4621 4210-900                      📠 +49 4621 4210-698                      ✉ technik@sport-tiedje.de</p> <p>🕒 Mo - Fr 08:00 - 18:00                      Sa 09:00 - 18:00</p> <p><b>SERVICE</b></p> <p>☎ 0800 20 20277                      (Freecall)</p> <p>✉ info@sport-tiedje.de</p> <p>🕒 Mo - Fr 08:00 - 21:00                      Sa 09:00 - 21:00                      So 10:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 80 90 16 50                      +49 4621 4210-945                      ✉ info@fitshop.dk</p> <p>🕒 Mo - Fr 08:00 - 18:00                      Sa 09:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ +33 (0) 172 770033                      +49 4621 4210-933                      ✉ service-france@fitshop.fr</p> <p>🕒 Mo - Fr 08:00 - 18:00                      Sa 09:00 - 18:00</p>
	PL	BE
	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 22 307 43 21                      +49 4621 42 10-948                      ✉ info@fitshop.pl</p> <p>🕒 Mo - Fr 08:00 - 18:00                      Sa 09:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 02 732 46 77                      +49 4621 42 10-932                      ✉ info@fitshop.be</p> <p>🕒 Mo - Fr 08:00 - 18:00                      Sa 09:00 - 18:00</p>

UK	NL	INT
<p><b>TECHNICAL SUPPORT</b></p> <p>☎ +44 141 876 3986                      ✉ support@powerhousefitness.co.uk</p> <p><b>SERVICE</b></p> <p>☎ +44 141 876 3972                      🕒 Mo - Fr 9am - 5pm</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ +31 172 619961                      ✉ info@fitshop.nl</p> <p>🕒 Ma - Do 09:00 - 17:00                      Vr 09:00 - 21:00                      Za 10:00 - 17:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ +49 4621 4210-944                      ✉ service-int@sport-tiedje.de</p> <p>🕒 Mo - Fr 8am - 6pm                      Sat 9am - 6pm</p>
	AT	CH
	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 0800 20 20277                      (Freecall)                      +49 4621 42 10-0                      ✉ info@sport-tiedje.at</p> <p>🕒 Mo - Fr 08:00 - 18:00                      Sa 09:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 0800 202 027                      +49 4621 42 10-0                      ✉ info@sport-tiedje.ch</p> <p>🕒 Mo - Fr 08:00 - 18:00                      Sa 09:00 - 18:00</p>

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

[www.sport-tiedje.com/en/stores](http://www.sport-tiedje.com/en/stores)

# WE LIVE FITNESS

## WEBSHOP AND SOCIAL MEDIA

Sport-Tiedje 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.

Sport-Tiedje 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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 cardiojump

 DUKEFITNESS

**DARWIN**



Notes

Notes

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