

TAURUS®

Assembly and Operating Instructions



max. 120 kg



~ 80 Min.



69 kg

L 166 | B 56 | H 163

TFX7.01.03

Art. No. TF-X7.1

Elliptical trainer X7.1

Content

1	GENERAL INFORMATION	7
1.1	Technical Data	7
1.2	Personal Safety	8
1.3	Electrical Safety	9
1.4	Set-Up Place	10
2	ASSEMBLY	11
2.1	General Instructions	11
2.2	Scope of Delivery	12
2.3	Assembly	14
3	OPERATING INSTRUCTIONS	19
3.1	Console display	19
3.2	Tastenfunktionen	20
3.3	Programmes	20
3.3.1	Quick-Start Programme	20
3.3.2	Manual programme (MAN)	21
3.3.3	Default Programmes (PROG)	22
3.3.4	Heart rate oriented programmes(HRC)	23
3.3.5	Watt-controlled programme (WATT)	24
3.3.6	User-defined programme (USER)	24
3.4	RECOVERY - recovery frequency	25
4	STORAGE AND TRANSPORT	26
4.1	General Instructions	26
4.2	Transportation Wheels	26
5	TROUBLESHOOTING, CARE AND MAINTENANCE	27
5.1	General Instructions	27
5.2	Faults and Fault Diagnosis	27
5.3	Maintenance and Inspection Calendar	28
6	DISPOSAL	29
7	RECOMMENDED ACCESSORIES	29

8	ORDERING SPARE PARTS	30
8.1	Serial Number and Model Name	30
8.2	Parts List	31
8.3	Exploded Drawing	33
9	WARRANTY	34
10	CONTACT	36

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.

Intended Use

The equipment may only be used for its intended purpose.

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

Legal Notice

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Europe's No. 1 for home fitness

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Disclaimer



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

ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.



Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to carefully follow the instructions and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

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

LED display of

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

Resistance system:	Electronic magnet brake system
Resistance level:	16
Watt:	10 - 350 Watt

Total number of training programmes:	20
Quick start programmes:	1
Default programmes:	12
Manual programme:	1
User defined programmes:	1
Heart rate controlled programmes:	4
Watt-controlled programme:	1

Flywheel mass:	12.62 kg
Transmission ratio:	1 : 8.25

Stride length:	44 cm
Stride height:	16 cm
Stride width:	12 cm

Weight and dimensions:

Article weight (gross, including packaging):	78.2 kg
Article weight (net, without packaging):	68.9 kg
Packaging dimensions (L x W x H):	approx. 147 cm x 57.5 cm x 78 cm
Set-up dimensions (L x W x H):	approx. 166 cm x 56 cm x 163 cm

Maximum user weight:	120 kg/264 lbs
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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.
- + 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.
- + If your purchased item is equipped with a TFT console, software updates must be carried out regularly. Follow the instructions on the console to perform the update(s).
- + The software systems on gym equipment with TFT consoles are set up only for the pre-installed apps. Do not install any additional apps.

NOTICE

- + The pre-installed apps on TFT consoles are produced and provided by external manufacturers. Sport-Tiedje does not take any responsibility for the availability, functionality or contents of these apps.

1.4 Set-Up Place

WARNING

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

CAUTION

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment. Make sure that you leave at least 30 cm on each side of the equipment and at least 15 cm in front of and behind the equipment as a training zone. This is the minimum required area in order to safely use the equipment. The recommended free zone around the equipment should be at least 60 cm on each side and 45 cm in front of and behind the equipment.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The 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

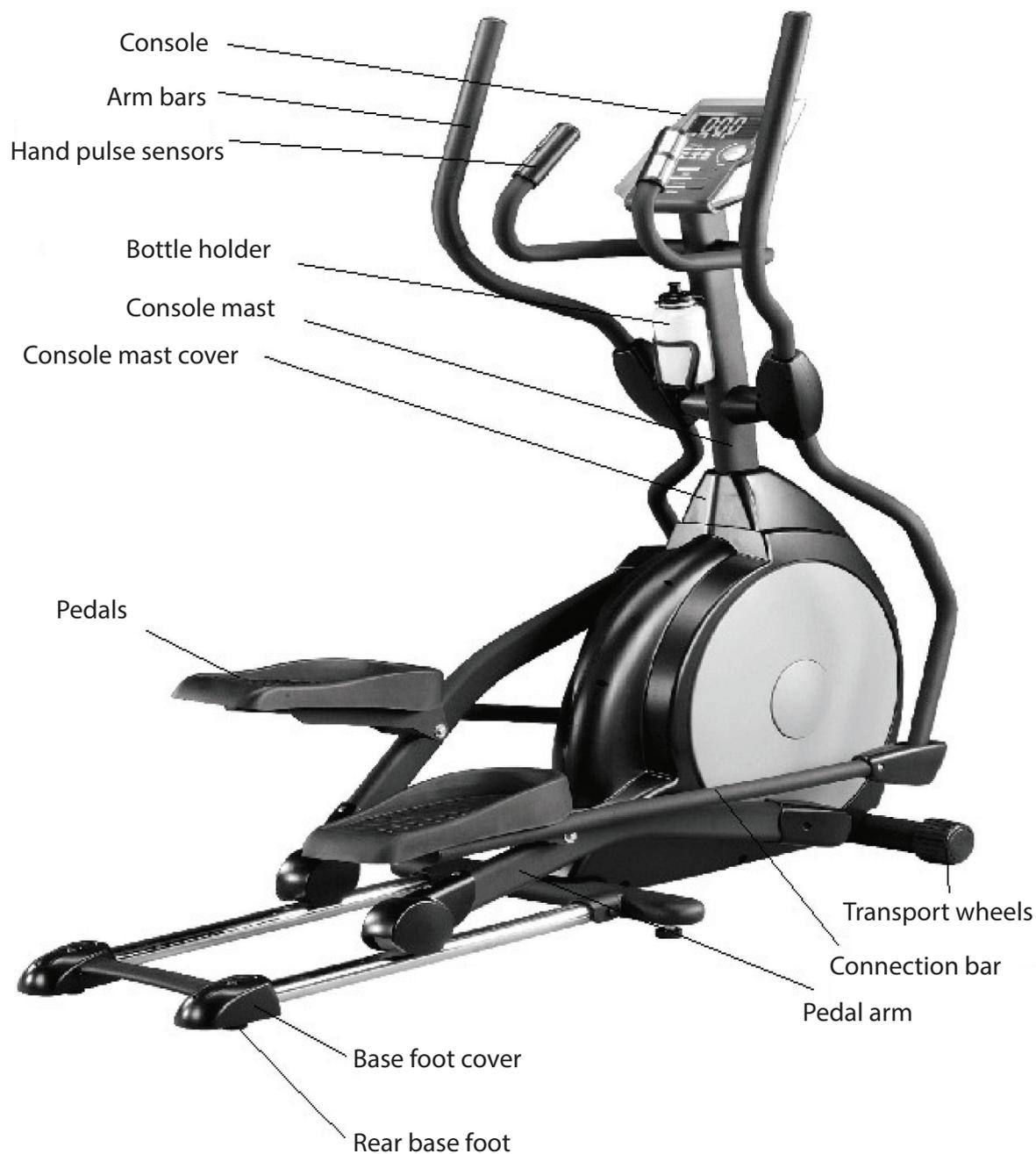
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

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.

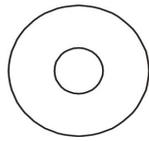
CAUTION

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

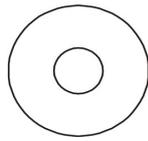


Screws and tools

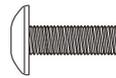
Step 1:



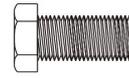
5/16" x 23 x 1.5T Washer (97) 4x



5/16" x 23 x 2T Spring washer (102) 2x



M5 x 10mm screw (78) 4x
(pre-mounted on the console)

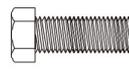


5/16" x 15mm screw (70) 6x

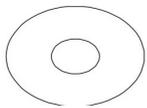
Step 2:



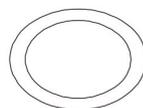
5/16" x 15mm screw (75) 6x



5/16" x 15mm hexagon screw (70) 2x

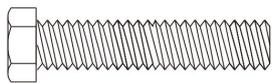


5/16" x 23 x 1.5T Washer (97) 2x



Ø 17 Washer (101) 2x

Step 3:



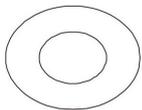
5/16" x 32mm hexagon screw (71) 2x



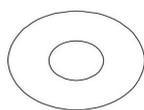
5/16" x 7T Nylon nut (105) 2x



3/8" x 7T Nylon nut (89) 2x



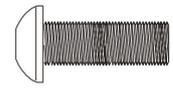
3/8" x 19 x 1.5T Washer (94) 2x



5/16" x 20 x 1.5T Washer (98) 4x

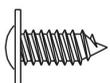


3/8" x 2-1/4" screw (77) 2x

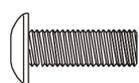


5/16" x 3/4" screw (76) 2x

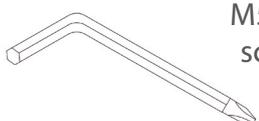
Step 4:



Ø3.5 x 12mm screw (84) 8x



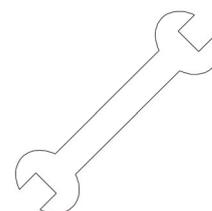
M5 x 15mm screw (79) 8x



M5 Alen key/screwdriver 1x



12mm wrench 1x



13/14 mm wrench 2x

2.3 Assembly

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

① 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.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.
- + The assembly can also be found as a video under the following link: <https://www.sport-tiedje.co.uk/taurus-elliptical-cross-trainer-x7.1-tf-x7.1#product-assembly>. To go directly to the assembly video, you can alternatively scan the QR code.



Step 1: Assembly of the console mast

1. Move the console mast cover (41) as far as possible on the console mast (10).

① NOTICE

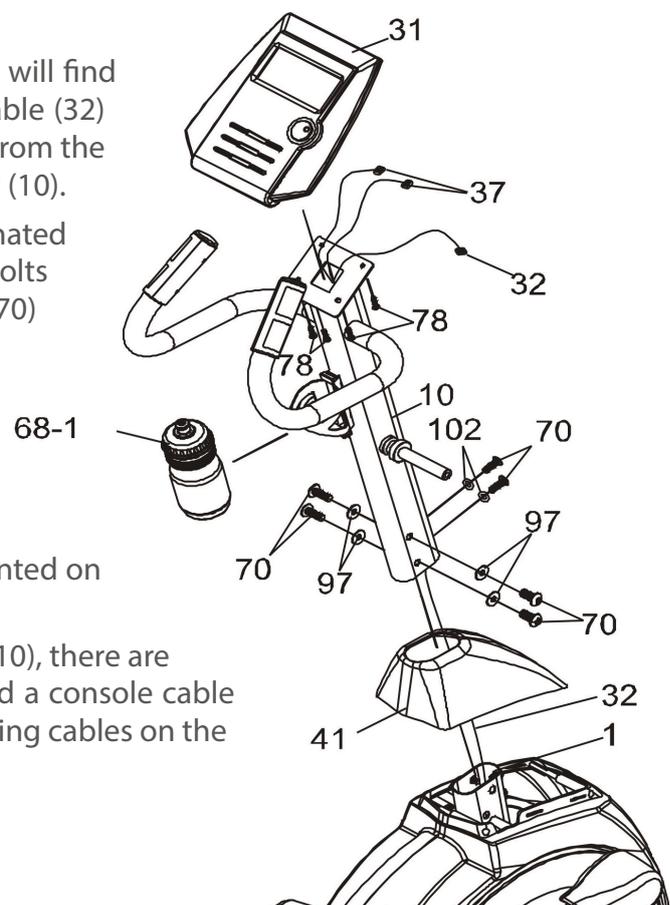
Make sure that the console mast cover (41) points in the correct direction.

2. On the upper opening of the frame (1), you will find a console cable (32). Unwind the console cable (32) and smooth it out in order to then thread it from the bottom to the top through the console mast (10).
3. Assemble the console mast (10) on the designated bracket on the frame (1) with four hexagon bolts (70), four washers (97), two hexagon bolts (70) and two spring washers (102).

▶ ATTENTION

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

4. Mount the console (31) on the console mast (10) with the four screws (78) pre-mounted on the bracket.
5. On the upper opening of the console mast (10), there are three cables, two hand pulse cables (37) and a console cable (32). Connect this cable with the corresponding cables on the backside of the console (31).



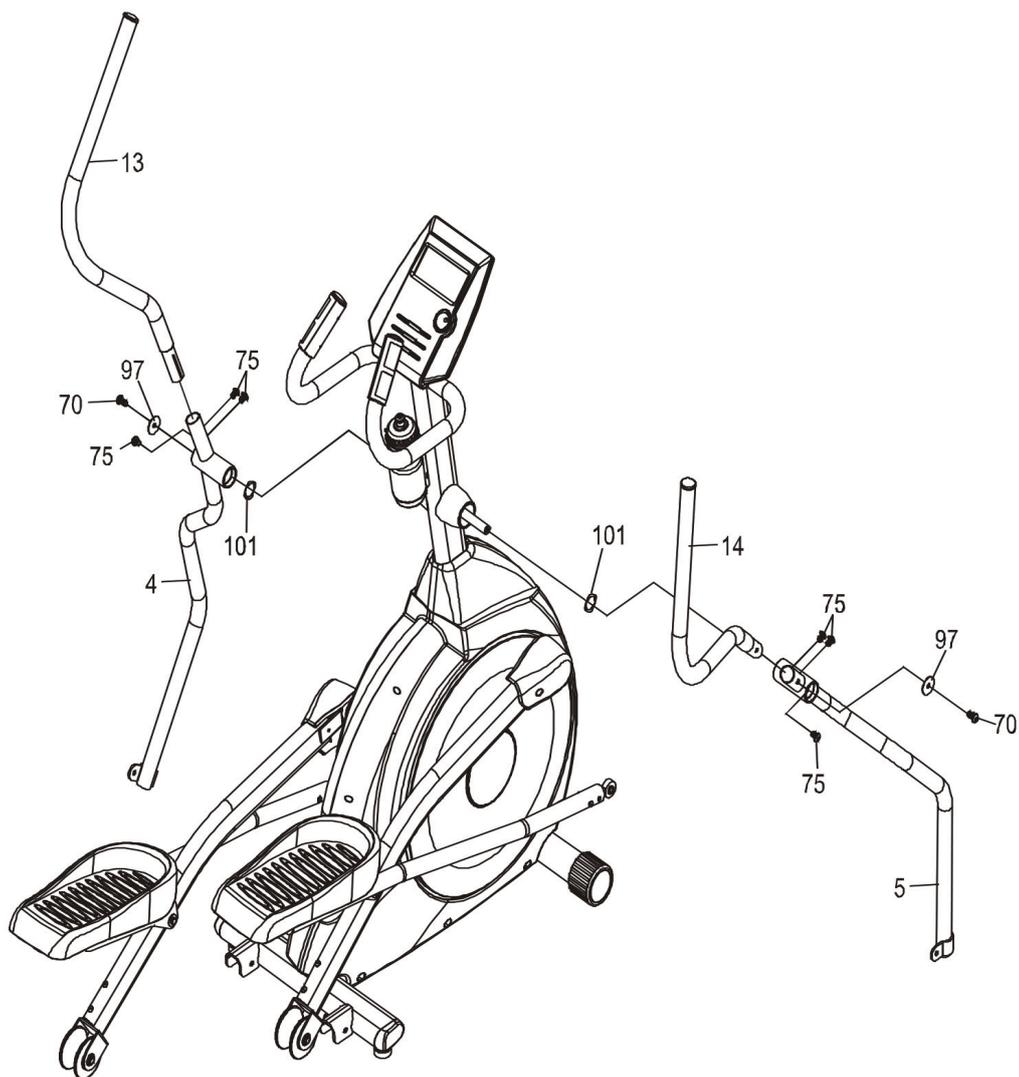
NOTICE

The plugs are arranged so that they cannot be incorrectly inserted in each other.

6. First store the excess cable in the console mast (10). Then fasten the console (31) on the console mast (10) with four M5 x 10mm screws (78).
7. Tighten all screws with the tool.

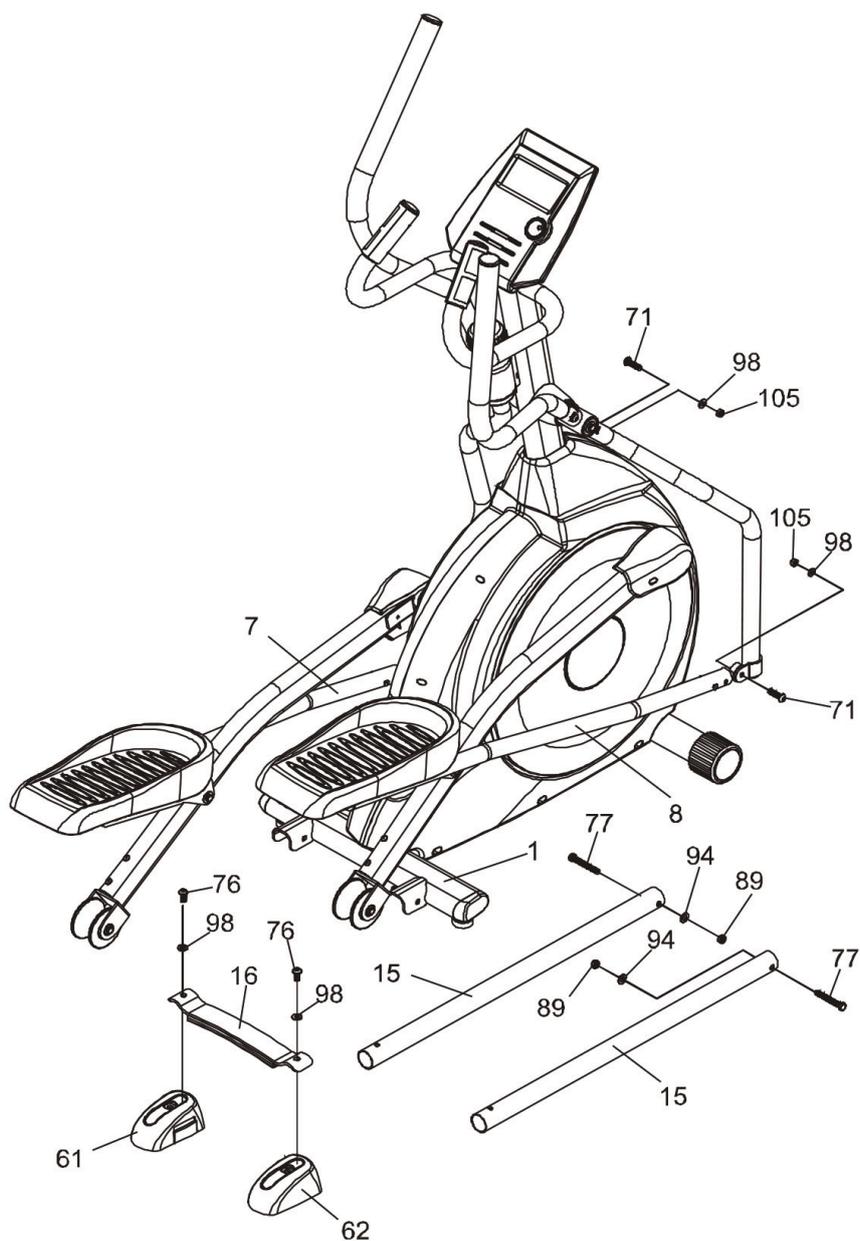
Step 2: Assembly of the handles

1. Fasten the two washers (101) on the right and left side of the handle axles.
2. Slide the lower left and right side of the handles (4 and 5) on the corresponding side of the axle.
3. Place the two flat washers (97) on the two hexagonal screws (70) and fasten them on the thread holes on the end of the axle.
4. Fasten the left and right handles (13 and 14) on the lower left and right handles (4 and 5) with six screws (75).
5. Tighten all screws with the tool.



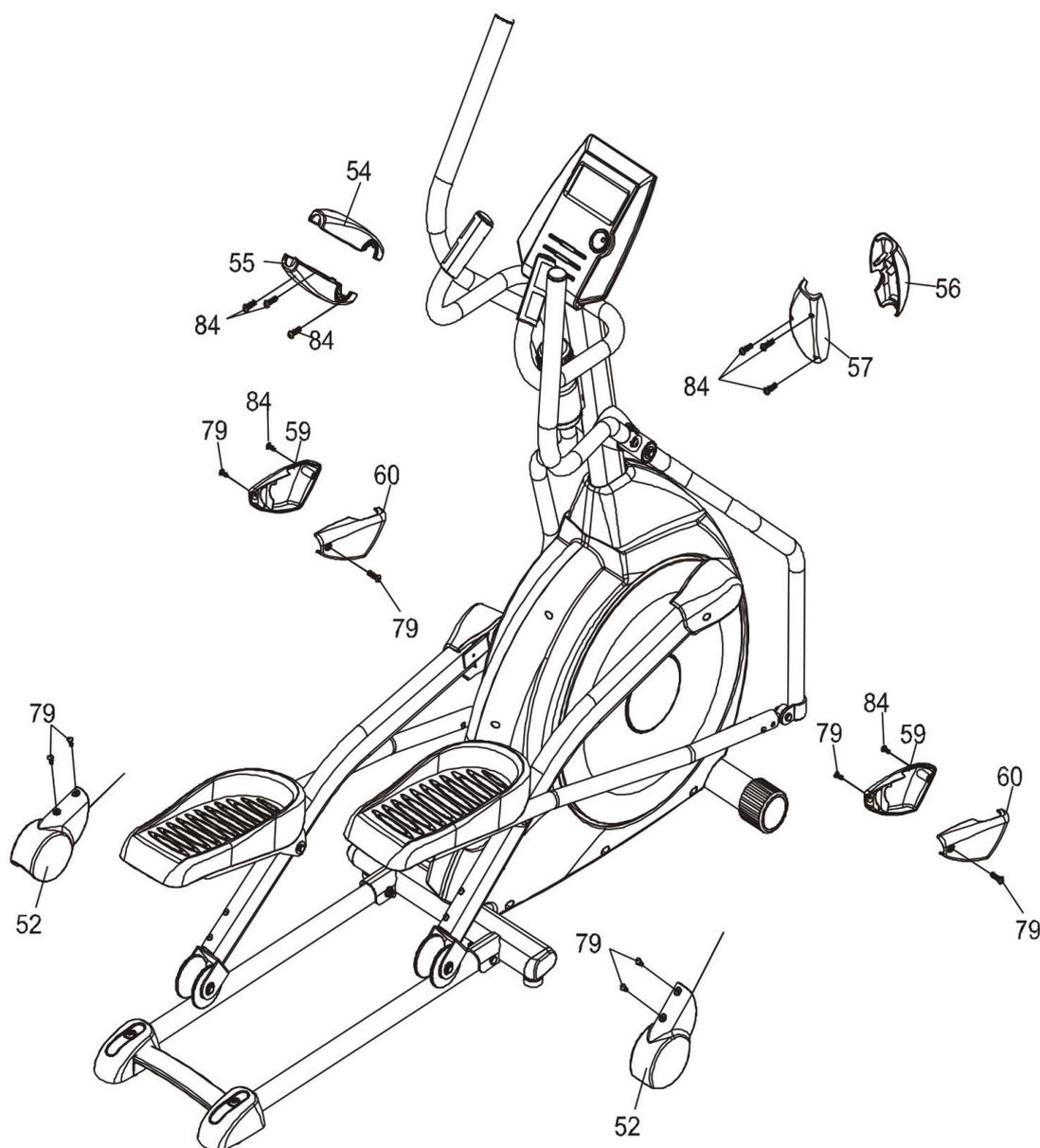
Step 3: Assembly of the connecting arms

1. Align the hole on the end of the connecting arm (L (7) and R (8)) with the hole in the bracket for the lower handles (L (4) and R (5)). The end of the bar should be in the bracket from the lower handles (L (4) R (5)).
2. Fasten the parts with two hexagonal screws (71), two washers (98) and two nylon nuts (105).
3. Mount the two rails (15) on the bracket on the end of the frame (1) with two screws (77), two washers (94) and two nylon nuts (89).
4. Assemble the base covers (L (61) and R (62)) on the iron plate (16).
5. Mount the rails (15) with two screws (76) and two washers (98).
6. Tighten all screws with the tool.



Step 4: Assembly of the covers

1. Mount the covers for the connection arms (L (59) and R (60)) through the connection between the end of the bar and the lower handles (L (4) and R (5)) with four screws (79) and two screws (84).
2. Mount the two wheel covers (52) with four screws (79).
3. Mount the front handle covers (L (54) and R (56)) and the rear handle covers (L (55) and R (57)) through the handle axle connections with six screws (84).
4. Check that all previous screws are tightened and re-tighten them with the tool if necessary.



Step 5: Alignment of the feet

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

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

Step 6: 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

① NOTICE

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

3.1 Console display



<p>CALORIES</p>	<p>Display of calories in kcal</p> <p>① NOTICE The calculation of calories burnt is based on a general formula. It is not possible to exactly determine individual calories burnt, because diverse personal data is required for this.</p>
<p>TIME</p>	<p>Display of the training time in min.</p>
<p>Temperature</p>	<p>Display of room temperature</p>
<p>PULSE</p>	<p>Display of heart rate (heart beats per minute)</p> <p>⚠ 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.</p>

SPEED / RPM	Display of speed in km/h and rotations per minute in 5-second intervals
DISTANCE	Display of training distance in km
Watt	Display of resistance in watts
Load	Resistance level 1-16
Program	Display of programme profiles

3.2 Tastenfunktionen

ENTER	Button to confirm settings
UP/DOWN	Selection of programmes and input of values
RESET	Resets all values
START/STOP	Starting and ending a programme

3.3 Programmes

You can choose from the following programmes:

- + Quick start programmes: 1
- + Manual programme: 1
- + Default programmes: 12
- + User defined programmes: 1
- + Heart rate controlled programmes: 4
- + Watt-controlled programme: 1

3.3.1 Quick-Start Programme

To start the Quick Start programme, press the START/STOP button.

The values for training time, training distance and calories are counted up.

NOTICE

- + The level of difficulty may be adjusted during training by turning the ENTER button.
- + The distance display indicates the distance in kilometres. Your cadence serves as a basis.

3.3.2 Manual programme (MAN)

 **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.

1. Select "MAN" by turning the ENTER key and confirm the selection by pressing the ENTER key.

The programme profile starts flashing.

2. Set the values for resistance level, training time, training distance, calories and target heart rate by turning the ENTER button and confirm each value by pressing the ENTER button.

 **NOTICE**

To skip setting individual values, press the ENTER button directly without setting.

3. To start the programme, press the START/STOP key.

Set values are counted down and all other values are counted up.

 **NOTICE**

If you have entered a target heart rate, a beep will sound when you have exceeded this value.

4. To pause the programme, press the START/STOP button again.
5. To end the programme, press the RESET button in the paused programme.

3.3.3 Default Programmes (PROG)

You have 12 default programmes to choose from.

1. Select "PROG" by turning the ENTER key and confirm the selection by pressing the ENTER key.

The display shows P1 and changes to the profile programme without further input.

2. To select another of the 12 programmes, turn the ENTER key and confirm the selection by pressing the ENTER key.

ⓘ NOTICE

To start the programme directly without further settings, press the START/STOP button.

3. Set the values for resistance level, training time, training distance, calories and target heart rate by turning the ENTER button and confirm each value by pressing the ENTER button.

ⓘ NOTICE

To skip setting individual values, press the ENTER button directly without setting.

4. To start the programme, press the START/STOP key.

Set values are counted down and all other values are counted up.

ⓘ NOTICE

If you have entered a target heart rate, a beep sounds when you have exceeded this value.

Beeps sound at the end of the programme.

5. To start the programme from the beginning, press the START/STOP button.
6. To pause the programme, press the START/STOP button again.
7. To end the programme, press the RESET button in the paused programme

3.3.4 Heart rate oriented programmes(HRC)

WARNING

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

You have four heart rate programmes to choose from. Either select one of the three target heart rates (55%, 75% or 90% of your maximum heart rate) or select "TAG" and enter a target heart rate. The console determines your maximum heart rate based on your age. For these programmes we recommend a chest strap.

1. Select "HRC" by turning the ENTER key and confirm the selection by pressing the ENTER key.
2. To select one of the programmes (55%, 75%, 90% or TAG), turn the ENTER key and confirm the selection by pressing the ENTER key.
- 2.1. If you have selected DAY, set your target heart rate by turning the ENTER button and confirm by pressing the ENTER button.
3. Set the training time by turning the ENTER button and confirm the value by pressing the ENTER button.

NOTICE

To skip setting individual values, press the ENTER key directly without setting them.

4. To start the programme, press the START/STOP key.

Set values are counted down and all other values are counted up.

NOTICE

When your target heart rate is exceeded, a beep sounds. When the heart rate returns to the set value, the beep stops.

5. To pause the programme, press the START/STOP button again.
6. To end the programme, press the RESET button in the paused programme.

3.3.5 Watt-controlled programme (WATT)

During Watt-controlled training, the equipment changes the load level automatically in order to keep the wattage constant. The wattage is a unit for the performed work, which is composed of the step speed and the load level.

If you change the speed, the equipment will automatically adjust the load level in order to keep the wattage constant. If you pedal quicker, the load level will be reduced; if you pedal lower, it will increase.

1. Select "WATT" by turning the ENTER button and confirm the selection by pressing the ENTER button.
2. Set the values for Watt, training time, training distance, calories and target heart rate by turning the ENTER button and confirm each value by pressing the ENTER button.

ⓘ NOTICE

To skip setting individual values, press the ENTER button directly without setting.

3. To start the programme, press the START/STOP key.

Set values are counted down and all other values are counted up..

ⓘ NOTICE

If you have entered a target heart rate, a beep will sound when you have exceeded this value.

4. To pause the programme, press the START/STOP button again.
5. To end the programme, press the RESET button in the paused programme.

3.3.6 User-defined programme (USER)

1. Select "USER" by turning the ENTER button and confirm the selection by pressing the ENTER button.
2. Set the resistance level for all sections by turning the ENTER button and confirm each entry by pressing the ENTER button.

Die Einstellungen werden automatisch im benutzerdefinierten Programm gespeichert.

3. To start the programme, press the START/STOP button.
4. To pause the programme, press the START/STOP key again.
5. To end the programme, press the RESET key in the paused programme.

3.4 RECOVERY - recovery frequency

This function measures how fast your heart rate recovers after a training session. The faster your heart rate recovers, the better your fitness level. A 60 second countdown will start when you press the recovery button. Hold the hand pulse sensors with both hands and do not train as long as the countdown is running. At the end of the 60 seconds, a fitness grade between F1 and F6 will be displayed.

Result	Fitness level	Heart beats per minute
F1	Very good	75 - 84
F2	Good	85 - 94
F3	Average	95 - 119
F4	Satisfactory	120 - 129
F5	Poor	130 - 135
F6	Very poor	135

4.1 General Instructions

WARNING

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

▶ ATTENTION

- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 5°C and 45°C.

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 (pay attention to left-hand / right-hand thread)
Display does not work/ does not show anything	Loose cable connections	Check cable connections
Device wobbles	Device does not stand straight	Align feet
Footplates are creaking	Footplates are loose	Tighten up the footplate screws
Creaking noises	Screws are loose or too tight	Check screws are properly tightened
Squeaking noises on the guide rails	Guide rails or rollers dirty or guide rails dry	Clean the guide rails and then lubricate them with a suitable lubricant

No pulse display	+ Sources of interference in the room	+ Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...)
	+ unsuitable chest strap	+ Use a suitable chest strap (see RECOMMENDED ACCESSORIES).
	+ Wrong position of chest strap	+ Reposition chest strap and/or moisten electrodes
	+ Chest strap defective or battery empty	+ Changing batteries
	+ Pulse display defective	+ Check if pulse display by hand pulse possible

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
Display console	C	I	
Slide rails			C
Lubrication of slide rails and moving parts			I
Plastic covers	C	I	
Screws and cable connections		I	
Legend: C = clean; I = inspect			

*Make sure to always clean the slide rails and moving parts before re-lubricating.

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



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

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

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. Alternatively, you can use the QR code provided. 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



towels



chest strap



silicone spray



chest strap contact gel

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:

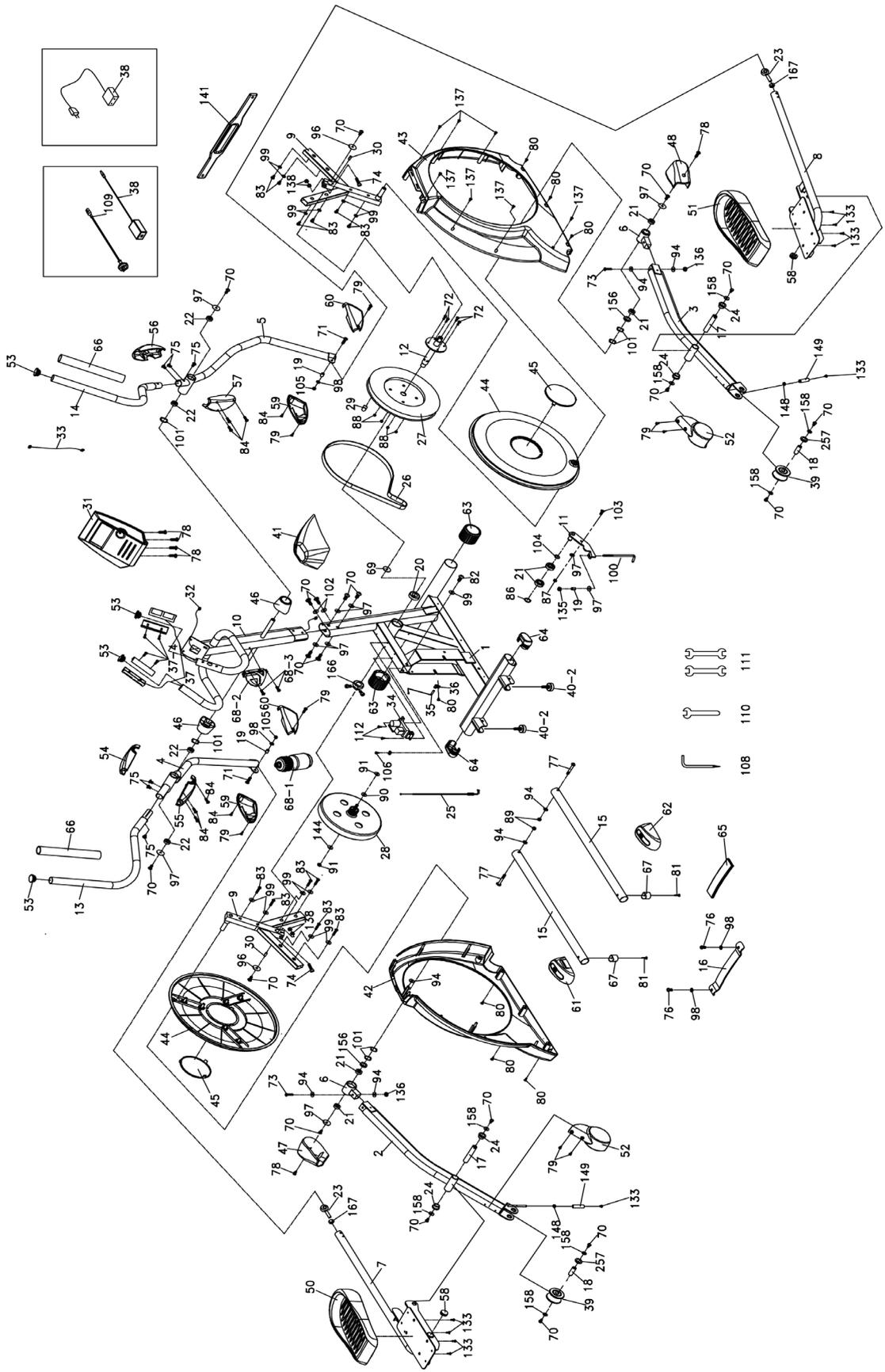
Article Number:

8.2 Parts List

No.	Name	No.	Qty.	Name	Qty.
1	Main Frame	1	33	600m/m_DC Power Cable	1
2	Pedal Arm (L)	1	34	Gear Motor	1
3	Pedal Arm (R)	1	35	250m/m_Sensor W/Cable	1
4	Lower Handle Bar (L)	1	36	Sensor Rack	1
5	Lower Handle Bar (R)	1	37	850m/m_Handpulse W/Cable Assembly	2
6	Bushing Housing, Pedal Arm	2			
7	Connecting Arm (L)	1	37~4	Ø3 × 20m/m_Tapping Screw	4
8	Connecting Arm (R)	1	38	Power Adaptor	1
9	Cross Bar	2	39	Slide Wheel , Urethane	2
10	Console Mast	1	40~1	3/8" × 2" _Flat Head Socket Bolt	2
11	Idler Wheel Assembly	1	40~2	Rubber Foot	2
12	Crank Axle	1	41	Console Mast Cover	1
13	Swing Arm (L)	1	42	Side Case(L)	1
14	Swing Arm (R)	1	43	Side Case(R)	1
15	Rail Tube	2	44	Round Disk	2
16	Rail Strap	1	45	Round Disk Cover	2
17	Blacking Arbor for Pedal	2	46	Cover Swing Arm Axle	2
18	Axle for Slide Wheel	2	47	Pedal Arm Cover (L)	1
19	Rod End Sleeve	3	48	Pedal Arm Cover (R)	1
20	6005_Bearing	1	50	Pedal (L)	1
21	6203_Bearing	6	51	Pedal (R)	1
22	6003_Bearing	8	52	Slide Wheel Cover	2
23	Rod End Bearing	2	53	Button Head Plug	4
24	Ø31 × Ø25.5 × Ø19 × 16+3T_Bushing	4	54	Front Handle Bar Cover (L)	1
			55	Rear Handle Bar Cover (L)	1
25	350m/m_Steel Cable	1	56	Front Handle Bar Cover (R)	1
26	Drive Belt	1	57	Rear Handle Bar Cover (R)	1
27	Ø330_Drive Pulley	1	58	Round Cap	2
28	Flywheel	1	59	Connecting Arm Cover (L)	2
29	Magnet	1	60	Connecting Arm Cover (R)	2
30	25 × 7 × 7m/m_Woodruff Key	2	61	Lug Cover (L)	1
31	Console Assembly	1	62	Lug Cover (R)	1
32	1100m/m_Computer Cable	1	63	Transportation Wheel	2

64	Oval End Cap	2	93	M12_Nut	2
65	EVA Foam for Rail Strap	1	94	3/8" × 19 × 1.5T_Flat Washer	9
66	Handgrip Foam	2	96	5/16" × 35 × 1.5T_Flat Washer	2
67	Rubber Foot	2	97	5/16" × 23 × 1.5T_Flat Washer	10
68~1	Drink Bottle(Optional)	1	98	5/16" × 20 × 1.5T_Flat Washer	4
68~2	Drink Bottle Holder	1	99	1/4" × 19m/m_Flat Washer	13
68~3	M5 × 12m/m_Phillips Head Screw	2	100	J Bolt	1
69	35 × 25.5 × 5T_Bushing	1	101	Ø17_Wave Washer	6
70	5/16" × 15m/m_Hex Head Bolt	20	102	5/16" × 23 × 2T_Curved Washer	2
71	5/16" × 32m/m_Hex Head Bolt	2	103	M8 × 20m/m_Carriage Bolt	1
72	1/4" × 3/4" _Hex Head Bolt	4	104	Ø17 × Ø23.5 × 2T_Flat Washer	1
73	3/8" × 2-1/4" _Socket Head Cap Bolt	2	105	5/16" × 7T_Nyloc Nut	2
			106	3.5 × 16m/m_Tapping Screw	1
74	M8 × 30L_Socket Head Cap Bolt	2	108	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
75	5/16" × 15m/m_Button Head Socket Bolt	6			
76	5/16" × 3/4" _Button Head Socket Bolt	2	109	1100m/m_Adaptor Power Cord	1
			110	12m/m_Wrench	1
77	3/8" × 2-1/4" _Button Head Socket Bolt	2	111	13.14m/m_Wrench	2
			112	5 × 19m/m_Tapping Screw	2
78	M5 × 10m/m_Phillips Head Screw	6	133	M5 × 10m/m_Phillips Head Screw	10
79	M5 × 15m/m_Phillips Head Screw	8	135	M8 × 9T_Nyloc Nut	1
80	5 × 16m/m_Tapping Screw	7	136	3/8" × 11T_Nyloc Nut	2
81	5 × 25m/m_Tapping Screw	2	137	3.5 × 16m/m_Sheet Metal Screw	7
82	4.8 × 38m/m_Sheet Metal Screw	1	138	M8 × 6.3T_Nut	4
83	5 × 16m/m_Tapping Screw	12	144	3/8" -UNF26 × 6T_Nut	1
84	Ø3.5 × 12m/m_Sheet Metal Screw	8	148	E-Clip	2
86	Ø17_C Ring	1	149	Ø15 × Ø8,5 × 50L_Sleeve	2
87	M8 × 7T_Nyloc Nut	1	156	Spacer Bushing	2
88	1/4" _Nyloc Nut	4	158	5/16" × 23 × 3.0T_Flat Washer	8
89	3/8" × 7T_Nyloc Nut	2	166	6005-2RS_Bearing	1
90	3/8" -UNF26 × 4T_Nut	1	167	M12 × P1.75 × 10T_Nut	2
91	3/8" -UNF26 × 9T_Nut	2	257	Spacer Bushing	2

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 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>TECHNIK</p> <p> +49 4621 4210-900</p> <p> +49 4621 4210-698</p> <p> technik@sport-tiedje.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p> <p>SERVICE</p> <p> 0800 20 20277 (kostenlos)</p> <p> info@sport-tiedje.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p>	<p>TEKNIK OG SERVICE</p> <p> 80 90 16 50</p> <p>+49 4621 4210-945</p> <p> info@fitshop.dk</p> <p> Åbningstider kan findes på hjemmesiden.</p>	<p>TECHNIQUE & SERVICE</p> <p> +33 (0) 172 770033</p> <p>+49 4621 4210-933</p> <p> service-france@fitshop.fr</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet.</p>
	PL	BE
	<p>TECHNIKA I SERWIS</p> <p> 22 307 43 21</p> <p>+49 4621 42 10-948</p> <p> info@fitshop.pl</p> <p> Godziny otwarcia można znaleźć na stronie głównej.</p>	<p>TECHNIQUE & SERVICE</p> <p> 02 732 46 77</p> <p>+49 4621 42 10-932</p> <p> info@fitshop.be</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet.</p>

UK	NL	INT
<p>TECHNICAL SUPPORT</p> <p> +44 141 876 3986</p> <p> support@powerhousefitness.co.uk</p> <p>SERVICE</p> <p> +44 141 876 3972</p> <p> You can find the opening hours on our homepage.</p>	<p>TECHNISCHE DIENST & SERVICE</p> <p> +31 172 619961</p> <p> info@fitshop.nl</p> <p> De openingstijden vindt u op onze homepage.</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p> +49 4621 4210-944</p> <p> service-int@sport-tiedje.de</p> <p> You can find the opening hours on our homepage.</p>
	AT	CH
	<p>TECHNIK & SERVICE</p> <p> 0800 20 20277 (Freecall)</p> <p>+49 4621 42 10-0</p> <p> info@sport-tiedje.at</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p>	<p>TECHNIK & SERVICE</p> <p> 0800 202 027</p> <p>+49 4621 42 10-0</p> <p> info@sport-tiedje.ch</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</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

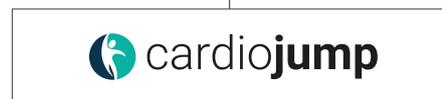
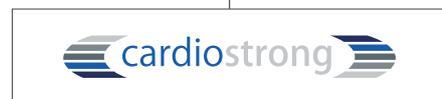
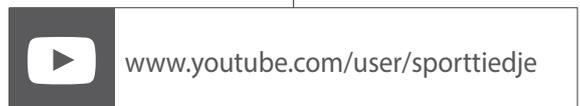
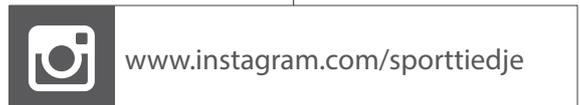
WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Sport-Tiedje is Europe's largest specialist store for home fitness equipment with currently 80 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!



Notes

TAURUS®

Elliptical trainer X7.1