

TAURUS®

Assembly and Operating Instructions



max. 120 kg



~ 80 Min.



33 kg

L 166 | W 56 | H 163

TFX71.02.01

Elliptical trainer X71

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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.

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 levels: | 24 |
| Watt: | 10 - 350 Watt |

| | |
|--------------------------------------|----|
| Total number of training programmes: | 25 |
| Quick start programmes: | 1 |
| Default programmes: | 12 |
| Manual programme: | 5 |
| User defined programmes: | 5 |
| Heart rate controlled programmes: | 4 |
| Watt-controlled programme: | 1 |

| | |
|-----------------------|--------|
| Flywheel weight: | 6 kg |
| Running wheel weight: | 3.5 kg |
| Handlebars weight: | 4.5 kg |
| Cross weight: | 3 kg |
| Pedal arms weight: | 6 kg |

| | |
|----------------|---------|
| Stride length: | 45.5 cm |
| Stride height: | 13.7 cm |
| Stride width: | 27 cm |

Weight and dimensions:

| | |
|--|--------------------------------------|
| Article weight (gross, including packaging): | 78 kg |
| Article weight (net, without packaging): | 68 kg |
| Packaging dimensions (L x W x H): | approx. 147.6 cm x 56.4 cm x 75.4 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 |
|----------------------|----------------|

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.
- + Remember that your device does not have a freewheel function. Therefore moving parts cannot be stopped immediately.
- + Note that the individual physical power required to perform an exercise may differ from the displayed mechanical power.
- + When ascending and descending, make sure that one of the treads is in the lowest position.
- + 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.
- + 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.
- + 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

- + 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

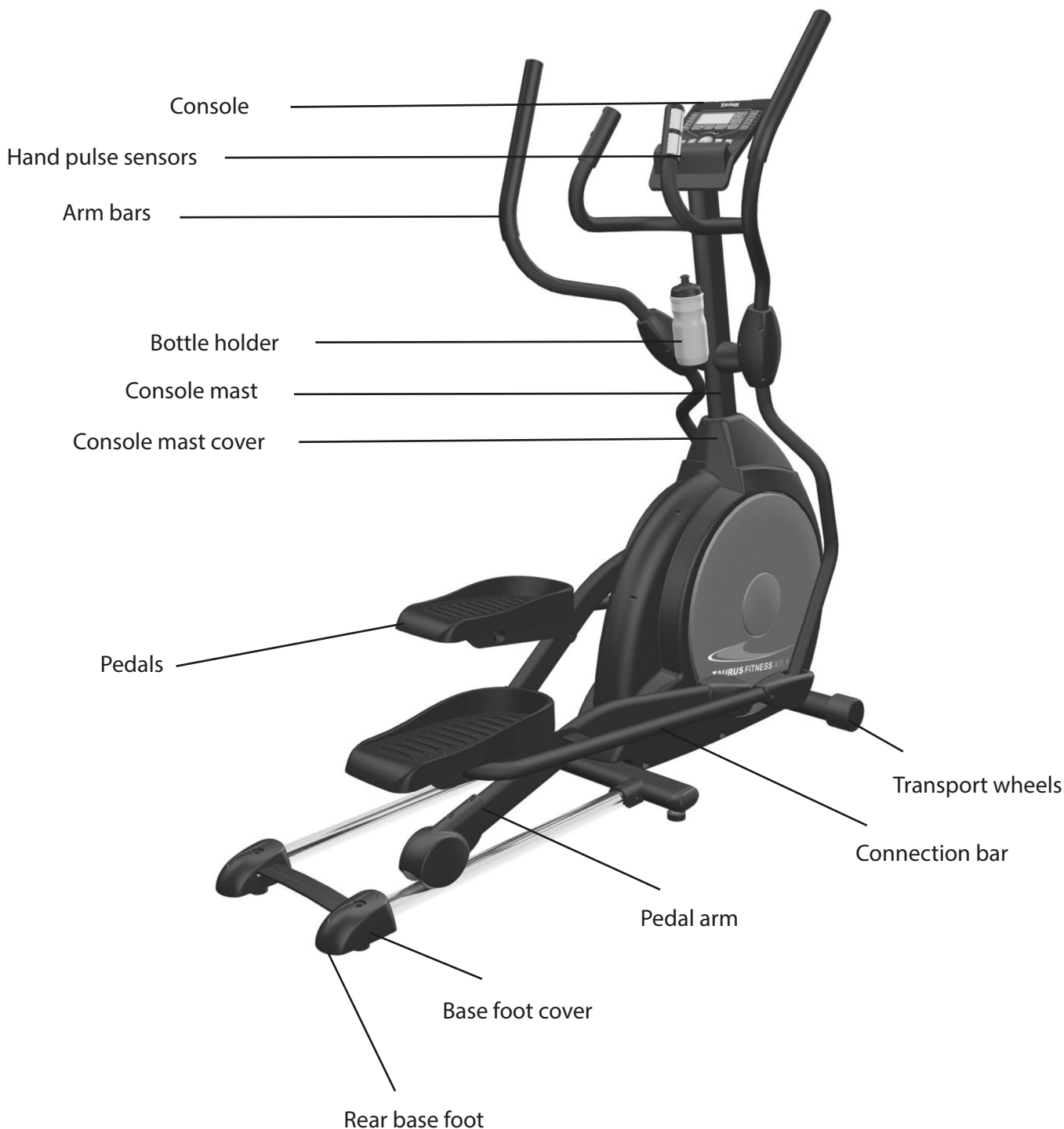
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

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.

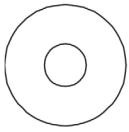
CAUTION

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

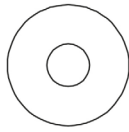


Screws and tools

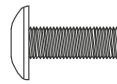
Step 1:



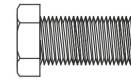
5/16" x 23 x 1.5T washer (97) 4x



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



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

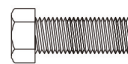


5/16" x 15mm screw (70) 6x

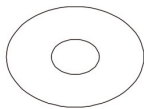
Step 2:



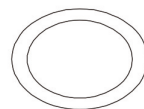
5/16" x 15mm screw (75) 6x



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

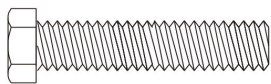


5/16" x 23 x 1.5T washer (97) 2x



Ø 17 wavy washer (101) 2x

Step 3:



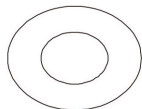
5/16" x 32mm hexagon screw (71) 2x



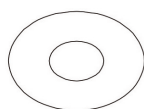
5/16" x 7T nylon nut (105) 2x



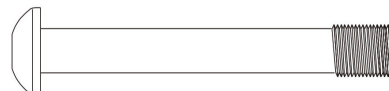
3/8" x 7T nylon nut (89) 2x



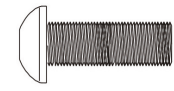
3/8" x 19 x 1.5T washer (94) 2x



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

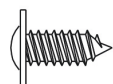


3/8 x 2-1/4" screw (77) 2x

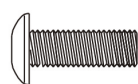


5/16 x 3/4" screw (76) 2x

Step 4:

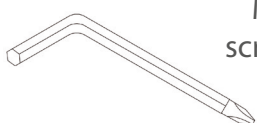


Ø3.5 x 12mm screw (84) 8x

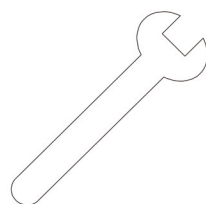


M5 x 15mm screw (79) 8x

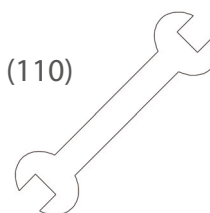
Tools



M5 Allen key/screwdriver (108) 1x



12mm wrench (110) 1x



13/14 mm wrench (111) 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. (The video shows the X7.1, which assembly is identical to the X7.1-2)



Step 1: Unpacking

1. Cut the box with a a box cutter along the dotted line.
2. Remove the box.
3. Carefully remove all parts from the box and check for damaged or missing parts.

① NOTICE

If damaged parts are found or parts are missing: contact your dealer immediately.

4. Remove the tools first. Remove only the parts for each step as needed.

Step 2: 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

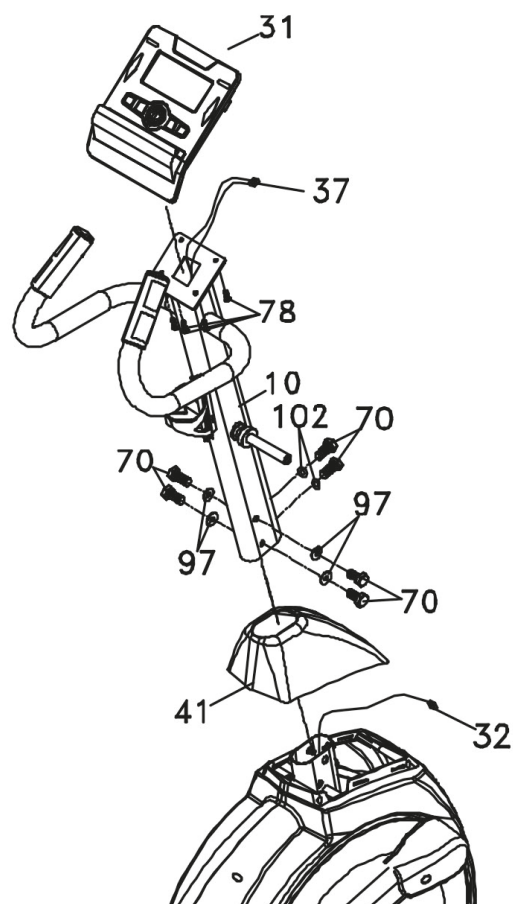
Be careful not to pinch the cables in the following step.

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).

① NOTICE

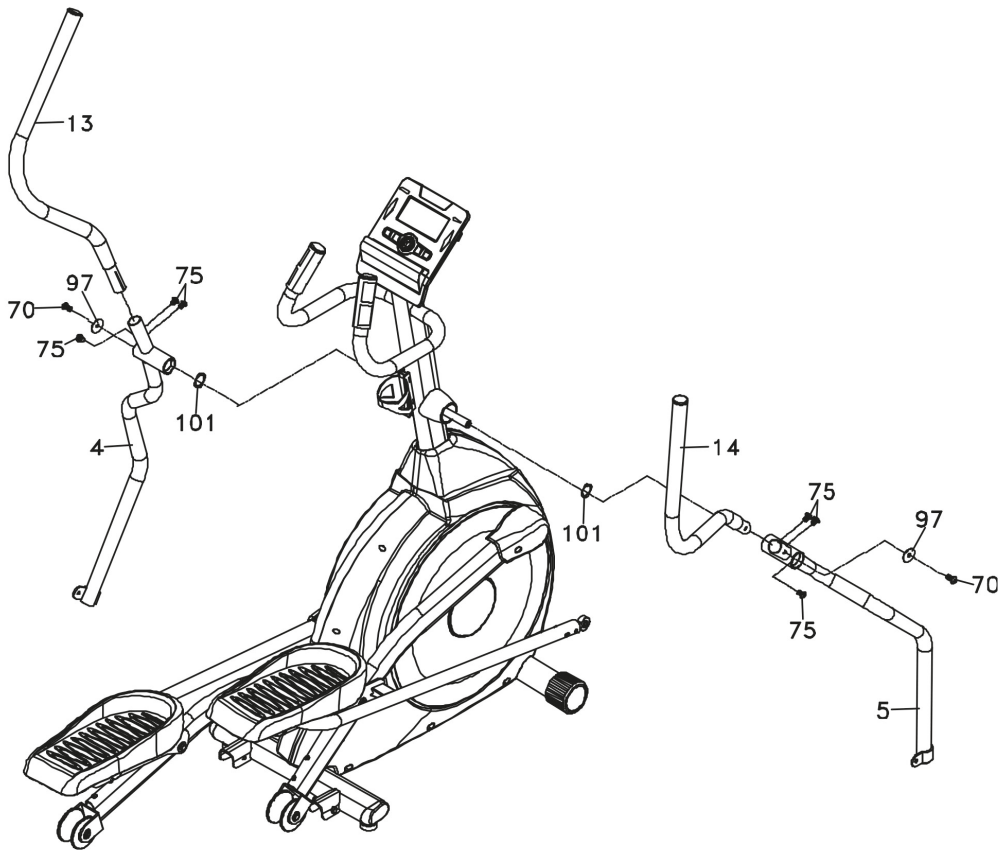
The plugs are arranged so that they cannot be incorrectly inserted in each other.

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.



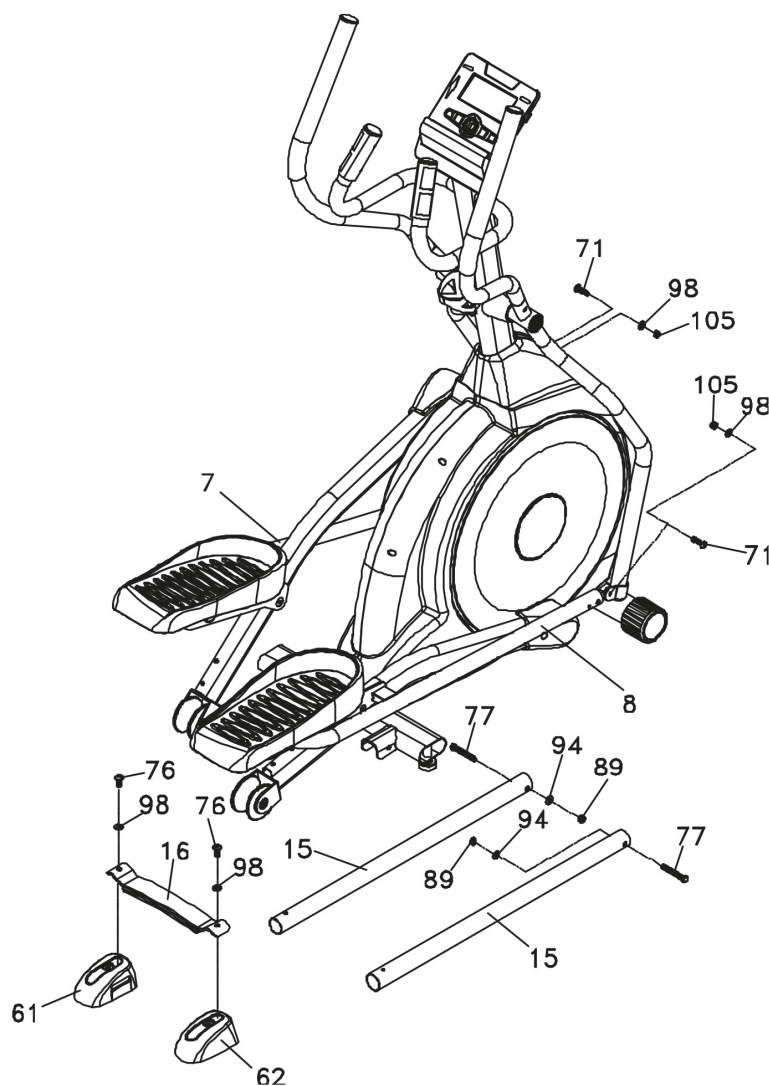
Step 3: Assembly of the handles

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.



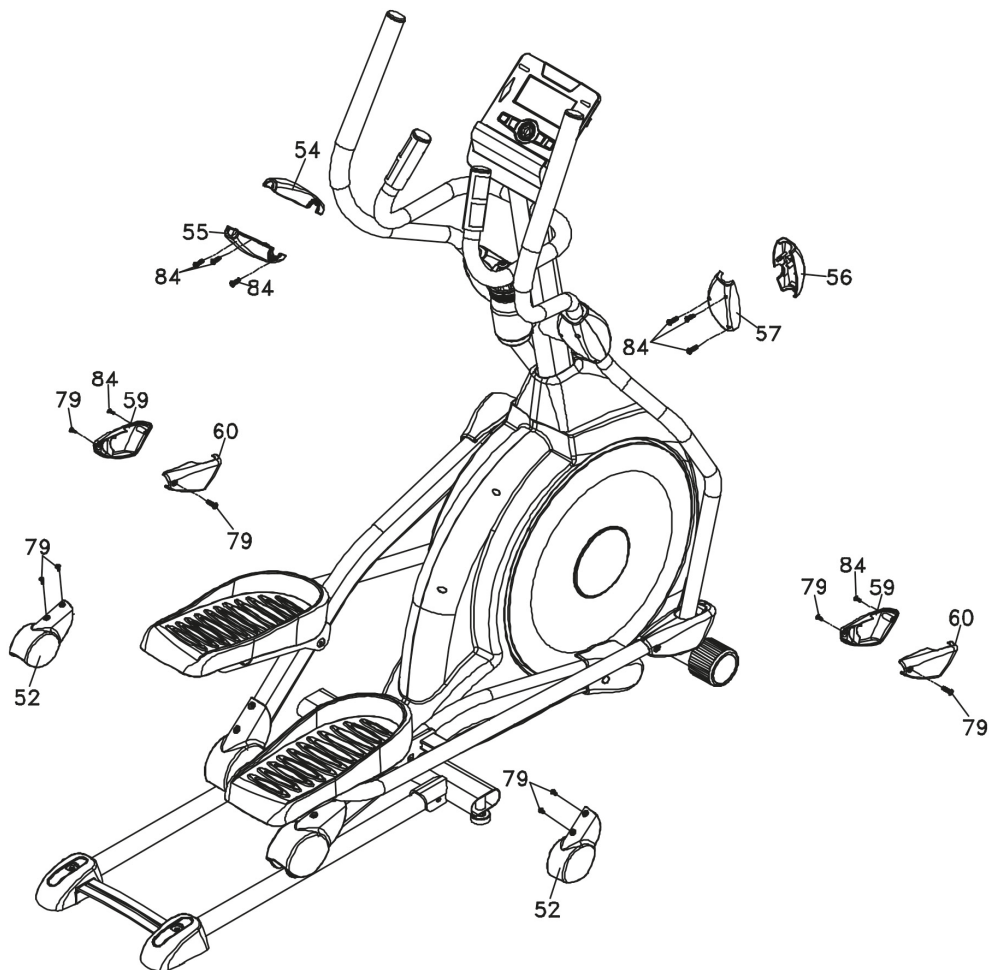
Step 4: Assembly of the connecting arms

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 5: 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 6: 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 7: 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.

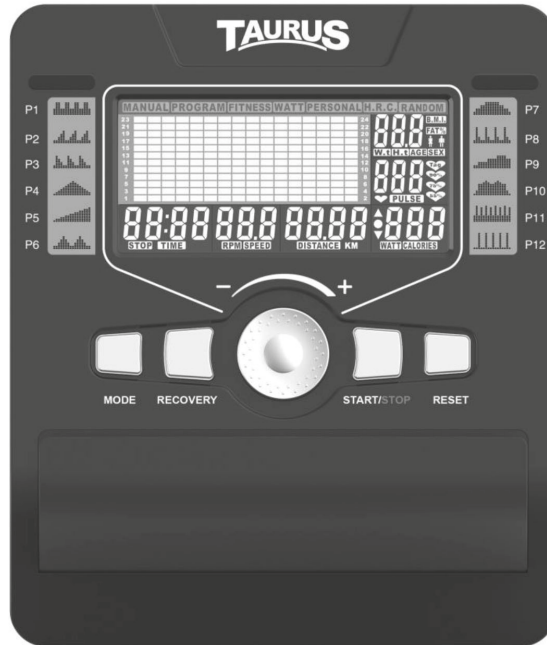
Plug the power plug into a wall outlet that complies with the instructions in the chapter on electrical safety.

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



| | |
|-------------------------|---|
| CALORIES | Display of the calories burned (0-999) |
| TIME | Display of training time in minutes (00:00–99:59) |
| SPEED | Display of the current speed (00.0–99.9) |
| RPM | Display of rotations per minute (0-999) |
| RESISTANCE LEVEL | Display of resistance levels (1-24) |
| DISTANCE | Display of distance in km (0.00–99.99) |
| WATT | Display of the Watt value (0-999) |
| PULSE | Display of heart rate (40–220) |
| P1 - P12 | 12 preset profile programmes to choose from |

3.2 Button Functions

| | |
|----------------------|---|
| ENCODER (+/-) | + Increasing the setting value + Decreasing the setting value + Select programmes |
| MODE | Button to confirm settings |
| RECOVERY | Heart rate test on your recovery condition |
| RESET | Resets all values |
| START/STOP | Starts and stops your training |

3.3 Turning On and Setting the Equipment

1. Plug the adapter into the socket.

The console beeps and turns on. All segments on the LCD screen are displayed for two seconds (fig. 1).

2. Select between U1 to U4 with the encoder (fig.2).
3. Enter gender, age, height and the weight.
4. Confirm the settings with the MODE button.

When you have entered the profile of the user data, the console switches to the main menu.

5. Press START/STOP button to start your workout.



Fig. 1



Fig. 2



Fig.3



Fig. 4



Fig. 5



Fig.6

3.4 Programmes

In the main menu you can choose from the different programmes:

- + MANUAL (Target programmes)
- + PROGRAM (Profile programmes)
- + PERSONAL (User defined programme)
- + H.R.C (Heart rate controlled programmes)
- + WATT (Watt programme)

Use the encoder to select one of the programmes: Manual, Program, Fitness, Watt, Personal or H.R.C. Confirm the programme with the MODE button.

ⓘ NOTICE

For the Quick start programme you can skip setting the parameters by pressing START/STOP to begin the workout.

3.4.1 Manual Programme (MANUAL)

1. In the main menu select MANUAL and confirm the selection by pressing the MODE button.

ⓘ NOTICE

To skip setting the parameters, press START to directly begin the workout.

2. Press MODE to set the parameters.
3. Set the resistance level, time, distance, calories and/or pulse with the encoder. Confirm each setting with MODE.
4. Press START/STOP to begin the workout.

During the training, the resistance level can be adjusted with the encoder.

5. Press START/STOP to pause the training.
6. Press START/STOP to continue the training.
7. Press RESET, to end the training and return to the main menu.

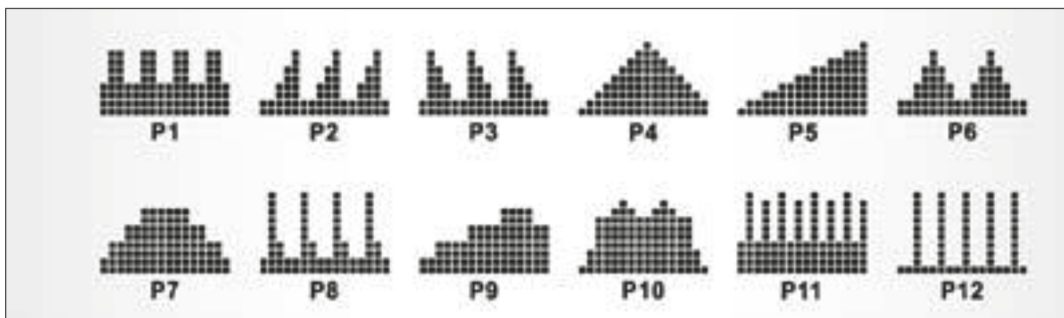
3.4.2 Pre-Set Profile Programmes (PROGRAM)

You have 12 default programmes to choose from (P1-P12).

1. In the main menu select PROGRAM and confirm the selection by pressing the MODE button.
2. Select one of the programmes P1-P12 with the encoder and press MODE to confirm.
3. Set the resistance level, time, distance, calories and/or pulse with the encoder. Confirm each setting with MODE.
4. Press START/STOP to begin the workout.

During the training, the resistance level can be adjusted with the encoder.

5. Press START/STOP to pause the training.
6. Press START/STOP to continue the training.
7. Press RESET, to end the training and return to the main menu.



3.4.3 Watt-controlled Programmes (WATT)

1. In the main menu select WATT and confirm the selection by pressing the MODE button.

ⓘ NOTICE

To skip setting the parameters, press START to directly begin the workout.

2. Press MODE to set the parameters.
3. Set watt, time, distance, calories and/or pulse with the encoder. Confirm each setting with MODE.
4. Press START/STOP to begin the workout.

During the training, the value for watt can be adjusted with the encoder.

5. Press START/STOP to pause the training.
6. Press START/STOP to continue the training.
7. Press RESET, to end the training and return to the main menu.

3.4.4 User-defined Programme (PERSONAL)

1. In the main menu select PERSONAL and confirm the selection by pressing the MODE button.

ⓘ NOTICE

There are 16 segments available in user defined programmes.

2. Set a resistance level for each segment and press MODE to confirm.
3. Press START/STOP to begin the workout

During the training, the resistance level can be adjusted with the encoder.

4. Press START/STOP to pause the training.
5. Press START/STOP to continue the training.
6. Press RESET, to end the training and return to the main menu.

3.4.5 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. In the main menu select H.R.C. and confirm the selection by pressing the MODE button.
2. To select one of the programmes (55%, 75%, 90% or TAG), press the Encoder

The PULSE window will show the corresponding target H.R. value.

3. Confirm the selection by pressing the MODE button.

ⓘ NOTICE

If TAG is selected, the next setting will be the H.R. value.

4. Set, time, distance and/or calories with the encoder. Confirm each setting with MODE.
5. To begin the workout, press START/STOP.
6. Press START/STOP to pause the training.
7. Press START/STOP to continue the training.
8. Press RESET, to end the training and return to the main menu.

3.5 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.

| | |
|----|-----------|
| F1 | Very good |
| F2 | Good |
| F3 | Average |
| F4 | Adequate |
| F5 | Bad |
| F6 | Very bad |

4 STORAGE AND TRANSPORT

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 disks wobble/ make noises | Drive disk loose | Tighten nut (pay attention to left-hand / right-hand thread) |
| Display is blank/is not working | Loose cable connections | Check cable connections |
| Equipment wobbles | Equipment is not level | Align the feet |
| Creaking noises on the stepping area | Loose screws on stepping area | Tighten the screws on the stepping area |
| Creaking noises | Screw connections loosened or too tight | Check screw connections |
| 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. For elliptical cross trainers this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat 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.

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!



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.

① 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.

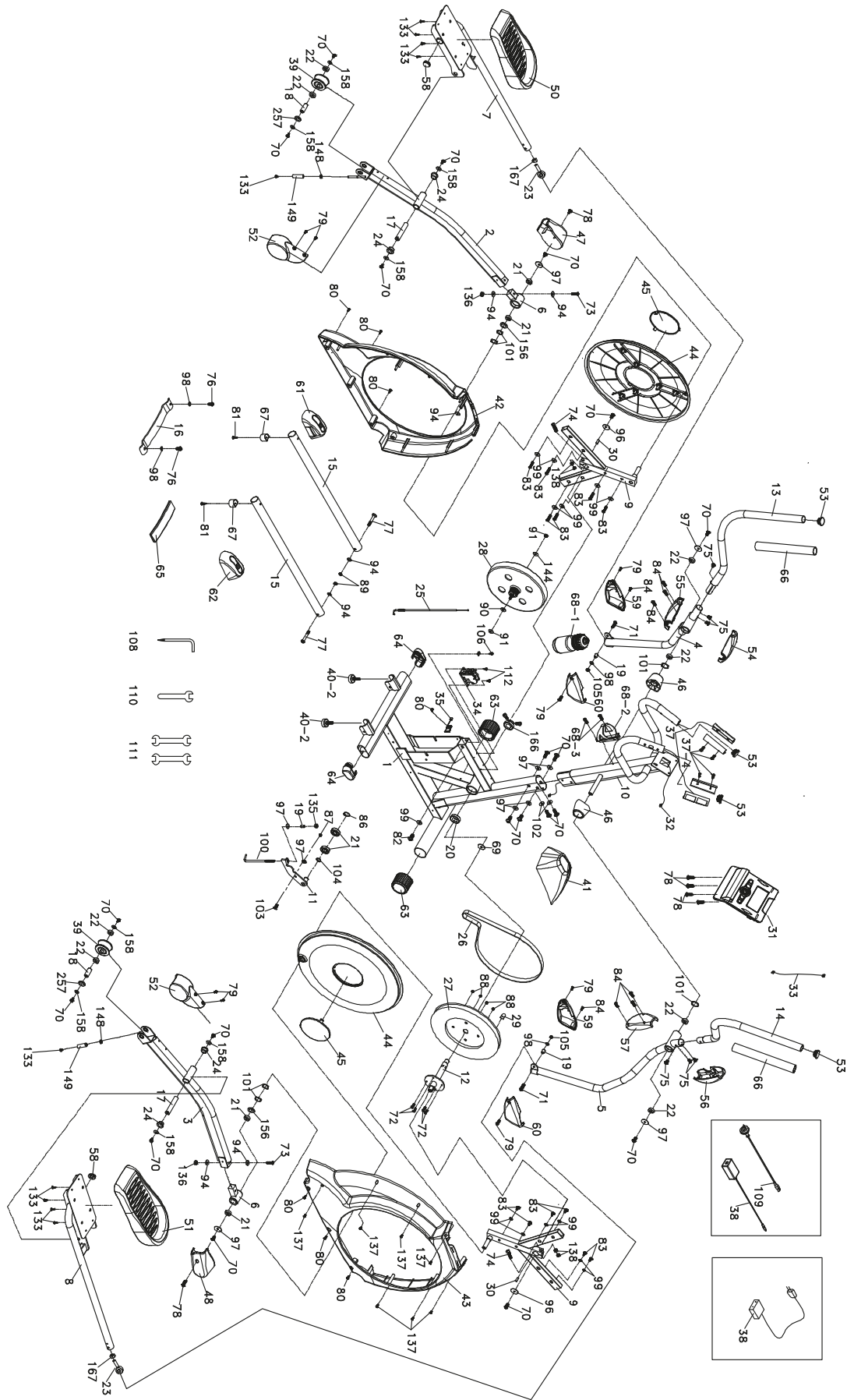





















8.2 Parts List
















| 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 | 350m/m_Sensor W/Cable | 1 |
| 4 | Lower Handle Bar (L) | 1 | 37 | 850m/m_Handpulse W/Cable Assembly | 2 |
| 5 | Lower Handle Bar (R) | 1 | | | |
| 6 | Bushing Housing, Pedal Arm | 2 | 37~4 | Ø3 × 20m/m_Tapping Screw | 4 |
| 7 | Connecting Arm (L) | 1 | 38 | Power Adaptor | 1 |
| 8 | Connecting Arm (R) | 1 | 39 | Slide Wheel , Urethane | 2 |
| 9 | Cross Bar | 2 | 40~2 | Rubber Foot | 2 |
| 10 | Console Mast | 1 | 41 | Console Mast Cover | 1 |
| 11 | Idler Wheel Assembly | 1 | 42 | Side Case(L) | 1 |
| 12 | Crank Axle | 1 | 43 | Side Case(R) | 1 |
| 13 | Swing Arm (L) | 1 | 44 | Round Disk | 2 |
| 14 | Swing Arm (R) | 1 | 45 | Round Disk Cover | 2 |
| 15 | Rail Tube | 2 | 46 | Cover Swing Arm Axle | 2 |
| 16 | Rail Strap | 1 | 47 | Pedal Arm Cover (L) | 1 |
| 17 | Blacking Arbor for Pedal | 2 | 48 | Pedal Arm Cover (R) | 1 |
| 18 | Axle for Slide Wheel | 2 | 50 | Pedal (L) | 1 |
| 19 | Rod End Sleeve | 3 | 51 | Pedal (R) | 1 |
| 20 | 6005_Bearing | 1 | 52 | Slide Wheel Cover | 2 |
| 21 | 6203_Bearing | 6 | 53 | Button Head Plug | 4 |
| 22 | 6003_Bearing | 8 | 54 | Front Handle Bar Cover (L) | 1 |
| 23 | Rod End Bearing | 2 | 55 | Rear Handle Bar Cover (L) | 1 |
| 24 | Ø31 × Ø25.5 × Ø19 × 16+3T_Bushing | 4 | 56 | Front Handle Bar Cover (R) | 1 |
| | | | 57 | Rear Handle Bar Cover (R) | 1 |
| 25 | Steel Cable | 1 | 58 | Round Cap | 2 |
| 26 | Drive Belt | 1 | 59 | Connecting Arm Cover (L) | 2 |
| 27 | Ø330_Drive Pulley | 1 | 60 | Connecting Arm Cover (R) | 2 |
| 28 | Flywheel | 1 | 61 | Lug Cover (L) | 1 |
| 29 | Magnet | 1 | 62 | Lug Cover (R) | 1 |
| 30 | 25 × 7 × 7m/m_Woodruff Key | 2 | 63 | Transportation Wheel | 2 |
| 31 | Console Assembly | 1 | 64 | Oval End Cap | 2 |
| 32 | 1050m/m_Computer Cable | 1 | 65 | EVA Foam for Rail Strap | 1 |

| | | | | | |
|------|--|----|-----|--|----|
| 66 | Handgrip Foam | 2 | 94 | 3/8" × 19 × 1.5T_Flat Washer | 7 |
| 67 | Rubber Foot | 2 | 96 | 5/16" × 35 × 1.5T_Flat Washer | 2 |
| 68~1 | Drink Bottle (Optional) | 1 | 97 | 5/16" × 23 × 1.5T_Flat Washer | 10 |
| 68~2 | Drink Bottle Holder | 1 | 98 | 5/16" × 20 × 1.5T_Flat Washer | 4 |
| 68~3 | M5 × 12m/m_Phillips Head Screw | 2 | 99 | 1/4" × 19m/m_Flat Washer | 13 |
| 69 | 35 × 25.5 × 5T_Bushing | 1 | 100 | J Bolt | 1 |
| 70 | 5/16" × 15m/m_Hex Head Bolt | 20 | 101 | Ø17_Wave Washer | 6 |
| 71 | 5/16" × 32m/m_Hex Head Bolt | 2 | 102 | 5/16" × 23 × 2T_Curved Washer | 2 |
| 72 | 1/4" × 3/4" _Hex Head Bolt | 4 | 103 | M8 × 20m/m_Carriage Bolt | 1 |
| 73 | 3/8" × 2-1/4" _Socket Head Cap Bolt | 2 | 104 | Ø17 × Ø23.5 × 1T_Flat Washer | 1 |
| | | | 105 | 5/16" × 7T_Nyloc Nut | 2 |
| 74 | M8 × 40L_Socket Head Cap Bolt | 2 | 106 | 3.5 × 16m/m_Tapping Screw | 1 |
| 75 | 5/16" × 15m/m_Button Head Socket Bolt | 6 | 108 | Combination M5 Allen Wrench & Phillips Head Screw Driver | 1 |
| 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 |
| | | | 148 | E-Clip | 2 |
| 84 | Ø3.5 × 12m/m_Sheet Metal Screw | 8 | 149 | Ø15 × Ø8,5 × 50L_Sleeve | 2 |
| 86 | Ø17_C Ring | 1 | 156 | Spacer Bushing | 2 |
| 87 | M8 × 7T_Nyloc Nut | 1 | 158 | 5/16" × 23 × 3.0T_Flat Washer | 8 |
| 88 | 1/4" _Nyloc Nut | 4 | 166 | 6005-2RSB10_Bearing | 1 |
| 89 | 3/8" × 7T_Nyloc Nut | 2 | 167 | M12 × P1.75 × 10T_Nut | 2 |
| 90 | 3/8" -UNF26 × 4T_Nut | 1 | 257 | Spacer Bushing | 2 |
| 91 | 3/8" -UNF26 × 11T_Nut | 2 | | | |

8.3 Exploded Drawing



| DE | DK | FR |
|--|---|--|
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| | 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> |

Notes

Notes

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Elliptical trainer X71