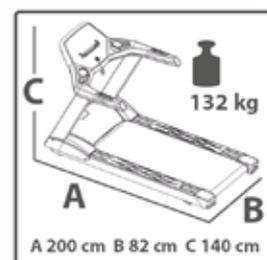


# TAURUS

## Assembly and operating instructions





**Dear Customer,**

Thank you for deciding for a high-quality training equipment of the brand Taurus, the brand that makes athlete's hearts beat faster. Taurus offers a wide range of home fitness equipment like elliptical cross trainers, ergometers, treadmills and rowing machines. Taurus equipment is the optimal equipment for all those who want to train at home independent of goals and fitness level. For further information please visit [www.sport-tiedje.com](http://www.sport-tiedje.com) or [www.taurus-fitness.de](http://www.taurus-fitness.de).



### **SAFETY NOTICE**

Please read all of the instructions carefully before assembly and first use. These instructions are intended to ensure speedy assembly and explain safe usage. Make sure that all people exercising with the equipment (in particular children and persons with limited physical, sensory, mental or motor capabilities) are informed about these instructions and its content in advance. In case of doubt, a responsible person 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 follow the instructions carefully 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 equipment is suitable for home use as well as semi-professional use (e. g., hospitals, clubs, hotels, schools, etc.). It is not suitable for commercial or professional use (e. g., commercial gyms).

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

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## 1.1 Technical data

### LED display of

- + speed in km/h
- + training time in min
- + training distance in km
- + calories burnt in kcal
- + heart rate (when using the hand sensors or a chest strap)
- + incline in %

Motor output: 3 HP continuous output (DC motor)

Max. motor continuous output: 2.2 kW / 3 HP

Max. motor peak rating: 5.5 kW / 7.5 HP

Max. load of incline motor: 350 kg

Speed range: 0.8 - 20 km/h (speed hot keys: 6)

Incline range: 0 - 15 % (incline hot keys: 6)

Total number of training programs: 38

Pre-set programs: 31

Manual program: 1

User defined programs: 4

Pre-set, user-defined programs: 2

Running surface size (L x W): 152 x 55 cm

Wheel diameter: 76 mm

Running belt thickness: 3 mm

Running deck thickness: 27 mm

### Weight and dimensions:

Article weight (gross, including packaging): 140 kg

Article weight (net, without packaging): 122 kg

Packaging dimensions (L x W x H): approximately 2200 mm x 950 mm x 350 mm

Set-up dimensions (L x W x H): approximately 2000 mm x 820 mm x 1400 mm

Maximum user weight: 180 kg/396 lbs

## 1.2 Personal safety

- + 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.
- + Please note that working out excessively can seriously damage your health. Please also be aware that heart rate monitoring systems might be imprecise.
- + The equipment may only be used for its intended purpose; that means for running training by adults.
- + Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
- + The equipment is strictly for use by one person at a time.
- + Children should not be allowed unsupervised access to the equipment.
- + Before starting your training, make yourself familiar with all of the equipment's functions and setting options. Have an expert explain the correct usage of the product to you.
- + Make sure that nobody is in the range of motion of the equipment while exercising.
- + Keep your hands, feet and other body parts, hair, clothing, jewelry and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable. Never work out in bare feet.
- + It is also important to take note of the information given in the workout instructions for creating a workout plan.
- + At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.
- + Without prior agreement from your authorized contract partner, opening the equipment is prohibited.
- + The equipment has stable steps on the sides that you can stand on in case of an emergency and leave the equipment.
- + The safety key should be inserted during all training.
- + The safety key and the power cable should be removed when you are not present in order to rule out improper usage by third parties.

## Safety Key

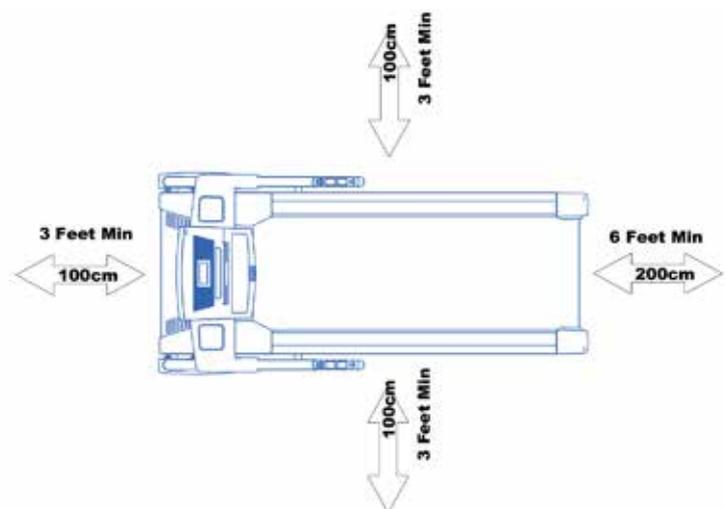
- + The equipment has an EMERGENCY STOP mechanism for your safety. The equipment may only be operated when the safety key is properly attached to the contact point of the cockpit. The equipment will automatically stop immediately if the safety key is no longer on the contact point. That is why you should attach the safety key string with the clip to your clothing before training. Remove the safety key from the cockpit with the help of the string if you would like to quickly stop the treadmill, you can no longer handle the speed or an emergency occurs.
- + In order for the safety key to be released from the cockpit contact point in the event of a fall, the clip from the safety key must be attached to your clothing!
- + An uncontrolled usage of the equipment by third parties can be avoided by removing and storing the safety key.
- + Prevent children from having access to the safety key.

## 1.3 Electrical safety

- + The equipment requires a 220 - 230V / 50 Hertz mains power supply.
- + The equipment should be connected directly to a grounded plug socket only by means of the power cable supplied. The use of multi-socket adapters or similar is not recommended. Extension leads must comply with local electrical safety guidelines. Always fully unwind the power cable.
- + The outlet should be secured with a fuse with a minimum value of „16 amperes, slow“.
- + 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.
- + When plugged in, do not leave the equipment unattended at any time. To avoid use by anyone unfamiliar with the operating instructions, the power cable should be removed when the equipment is not in use.
- + Keep the power cable away from heat, oil and sharp edges. Do not route the power cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.
- + Make no modifications to either the power cable or the mains plug.
- + If the power cable or the plug are damaged or defective, contact your authorized contract partner. Do not use the equipment in the meantime.
- + Do not keep electrical devices (e. g., mobile phones) in close proximity to the console or the control electronics, otherwise display values (e. g., pulse measuring) could be inaccurate.

## 1.4 Set-up place

- + The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + 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 (at least 1.50 m). Furthermore, the equipment should not be set up in main entrances or on escape routes.
- + Always keep the power cable away from hot surfaces and grounds and make sure that the cable is not stuck somewhere or becomes a „trip hazard“.
- + No objects of any type should be inserted into the openings of the equipment.
- + The equipment should be placed on a level and solid surface, any unevenness in the floor should be leveled out.
- + 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

- + Please check if all parts and tools belonging to the equipment are included in the delivery and if there is any transport damage. If there are any complaints, please contact your contract partner directly.
- + Some of the nuts and bolts to be used in assembly are already pre-mounted in order to make set-up as easy as possible.
- + The equipment must be assembled by adults. In case of doubt, ask for assistance from another person with technical skills.
- + Keep children away from the equipment during assembly, because small parts are included in the delivery and may be swallowed.
- + Make sure that you have enough space (at least 1.50 m) in every direction during assembly.
- + Do not leave any tools and packaging materials like plastic sheeting laying around to avoid danger of suffocation for children.
- + Assemble the equipment on an underlay mat or on the cardboard packaging in order to avoid damage to the equipment and to the floor (scratches).
- + Before starting assembly, all individual parts should be placed on the floor next to each other.
- + Read the assembly instructions carefully and assemble the equipment according to the illustrations. Proceed carefully and cautiously.
- + First loosen all parts and check for their correct fitting. Then tighten the screws using a tool.
- + Modifications to the design or improper repairs may pose a hazard to the user and should not be carried out. The product warranty may be void as a result.
- + Only authorized service technicians are permitted to carry out all servicing and/or repairs – it excludes maintenance and care.
- + Damaged or worn components may impair your safety and the lifespan of the equipment. You should therefore immediately replace damaged or worn components. Please contact your contract partner in such a case. The equipment should no longer be used until it has been repaired. When needed, only use original Taurus spare parts.
- + Check the tightness of all screw connections once a month.
- + In order to be able to guarantee the constructively defined safety level of this equipment, we recommend having the equipment regularly maintained (at least once a year) by specialists (service technicians of your contract partner).

- + The equipment may be cleaned of dust, dirt and sweat using a damp cloth. The use of solvents should be strictly avoided. Also, make sure that no liquids (e. g. sweat) get into the openings of the equipment (e. g. console).

## 2.2 Errors and error diagnosis

The equipment runs through regular quality controls during production. Nevertheless, errors or malfunctions on the equipment may occur. Individual parts are often the cause of faults and replacement is usually sufficient. Please use the following overview to see the six most common errors and how to repair them. If the equipment still does not work properly, please contact your contract partner.

Error	Cause	Repair
Console only shows lines	Safety key missing	Check if the safety key is inserted and place it in
Running belt tilted	Running belt not aligned	Align running belt in accordance with the instructions
Running belt slips through/stops	Belt tension/lubrication not ok	Check belt tension/lubrication in accordance with the instructions
Scraping noises	Running belt scrapes, because it is not aligned	Align running belt in accordance with the instructions
Display does not show anything	Check plug connections (cables)	Mains switch on "on", make sure that the safety key is inserted
No pulse display	Sources of interference in the room	Remove sources of interference (e. g. mobile phone, speakers, etc.)
	<u>With chest strap</u> Unsuitable chest strap	Use suitable chest strap (see recommended accessories)
	Position of the chest strap incorrect	Reposition chest strap and/or moisten electrodes
	Batteries empty	Change batteries

## 2.3 Error codes and troubleshooting

The electronic system from the treadmill executes tests continually. If there are deviations, an error code will be displayed and the normal operation will be stopped for your safety.

**Please contact your contract partner for technical customer service.**

Error	Troubleshooting
No display after turning on,	<p>Check if the power cable is correctly plugged into the equipment and the outlet.</p> <p>Check for the proper functionality of the outlet that you connected the power cable to.</p> <p>Check if the control cable was squished or caught during assembly and/or the connection was lost.</p> <p>Check if the safety key is correctly inserted in its holder on the cockpit.</p> <p>Check if the fault current circuit breaker popped out because of overvoltage and press it back in if this is the case.</p>
No or incorrect display of the heart rate.	See "heart rate measuring" description.
Display of the error code E1 or slight jerking while training.	<p>The running belt and deck must be lubricated again if necessary. If the lubrication is sufficient, then check the tension and correct position of the running belt.</p> <p>If necessary, tighten it. To do this, see "Maintenance and Care" in these instructions.</p>
The running belt moves again and again despite adjustment.	Check if the treadmill is standing absolutely level. Level out any unevenness on the ground if necessary.
The pulse hand sensors do not work	Check if during the assembly the cables from the hand sensors were possibly squished or clamped during the assembly.
The incline motor does not run in the ADC range or is too high or too low.	You can receive detailed information on the next pages.

- + **E1** - The treadmill cannot read the speed value: The blue backlit LCD display shows the running text ERROR 1. The window shows the running text PLEASE RESTART AND CONTACT SERVICE (please restart the equipment and contact service if necessary).

+ **E6** - The incline motor does not run in the ADC range: The blue backlit LCD display shows the running text ERROR 6. The window shows the running text PLEASE RESTART AND CONTACT SERVICE (please restart the equipment and contact service if necessary).

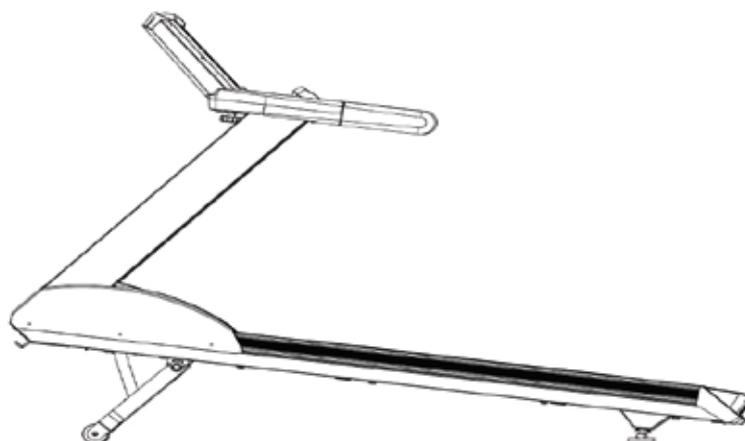
+ **E7** - The incline is too high or too low: The blue backlit LCD display shows the running text ERROR 7. The window shows the running text PLEASE RESTART AND CONTACT SERVICE (please restart the equipment and contact service if necessary).

### **Error E6 / E7 deviations in the incline function - simple process of elimination**

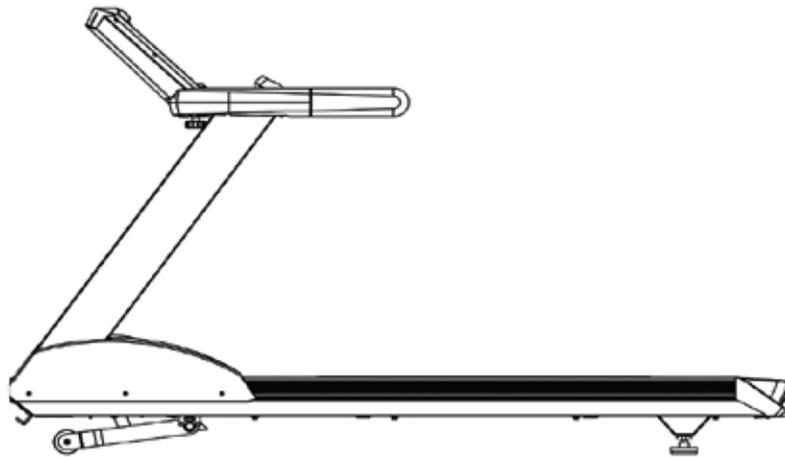
If the error messages E6 or E7 are shown on the display when the treadmill is restarted, please check the following steps:

Apply weight to the incline increase or the incline decrease in order to check the signals of the incline motor and the communication cable. Please proceed extremely carefully in order to avoid damage to the circuit board or the incline motor. If you cannot apply pressure to the incline motor, please contact your contract partner.

**A.** The incline angle of the treadmill is in the rise position (see image). Press STOP and hold the button for a short time. Press the down button simultaneously. Hold both buttons simultaneously for about three to five seconds. The incline motor forces the treadmill to decrease the incline height. Check if the value of the incline motor (it is located next to the error specification) changes with the incline decrease and is adjusted to 100. If the value changes with the incline, you can release the button in order to bring the incline position to the defined position.



**B.** The incline angle of the treadmill is in the decline position (see image). Press STOP and hold the button for a short time. Press the UP button simultaneously. Hold both buttons simultaneously for about three to five seconds. The incline motor forces the treadmill to increase the incline height. Check if the value of the incline motor (it is located next to the error specification) changes with the incline decrease and is adjusted to 100. If the value changes with the incline, you can release the button in order to bring the incline position to the defined position.



If the technical interference of the incline function cannot be repaired - after you have done the steps above - then please contact the technical service of your contract partner.

In order to still be able to reset the treadmill to the starting position, press STOP and hold on to the treadmill. Then press the down button (slow lowering). Hold both buttons for about three to five seconds. The incline function stops in the defective position and cannot execute the function. This incline function can be executed again after the treadmill is restarted. Delete the incline function if you use the treadmill before the problem is solved.

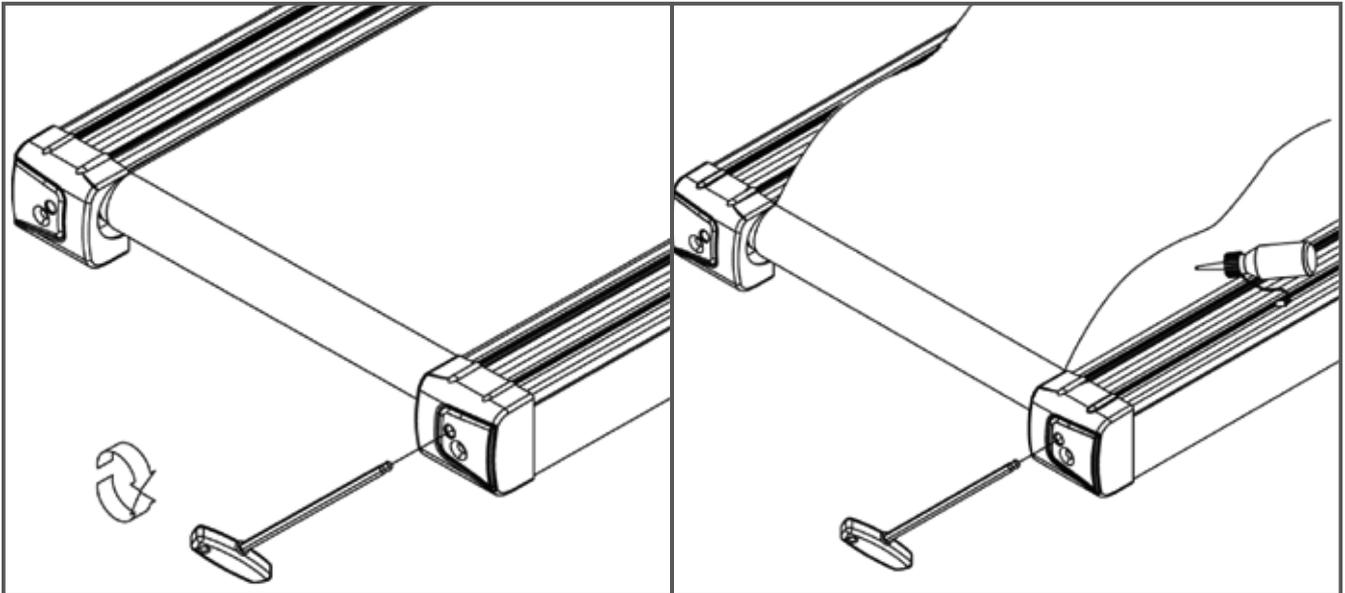
## 2.4 Care and maintenance

The most important maintenance measure is taking care of the running belt. It includes the adjustment, tensioning and lubrication of the running belt. Damage caused due to a lack of care or negligence will not be covered by the warranty. Thus, check for maintenance in regular intervals. Be extremely careful when adjusting and tensioning the belt, because a strong over or under tension may cause damages. The running belt is set properly in the factory before delivery. However, the running belt may get out of place during transport.

### Aligning the running mat

During training, the running belt should run as centered and straight as possible. The alignment of the running belt may change depending on the stress and load. Another reason can be the positioning of the equipment on an uneven surface.

- + While adjusting the belt, let the equipment run with a speed of approximately 5km/h. Nobody may be on the equipment during this process.
- + If the running belt is offset to the left, turn the left setting screw on the rear end of the equipment at most 1/4 rotation clockwise and the right setting screw at most 1/4 rotation counterclockwise (fig. C).
- + If the running belt is offset to the right, turn the right setting screw on the rear end of the equipment at most 1/4 rotation clockwise and the left setting screw at most 1/4 rotation counterclockwise (fig. D).
- + Then watch how the belt runs for approximately 30 seconds, because the change will not be visible immediately.
- + Repeat the process until the running belt runs straight again. If the running belt cannot be adjusted, please contact your contract partner.



### Tensioning the belt

- + If the running belt slips over the rollers during operation (if this is the case, a noticeable jerking will be noticed while running), the running belt must be tightened again. In most cases, the cause for the slipping is a straining of the belt through usage. This is completely normal.
- + It can be tightened through the same setting screws that were used during alignment.
- + While tensioning the belt, let the equipment run with a speed of 5km/h.
- + Turn the left and right setting screws directly after each other a max. 1/4 clockwise rotation clockwise.
- + Then check if the running belt is still slipping. If this is still the case, the described process needs to be repeated.

### Lubricating the running belt

- + If the running belt is inadequately lubricated, the friction will increase significantly and this leads to strong wear of the endless belt, running panel, motor and circuit board.
- + If you feel an increase in friction from the running belt, this is an indicator that you should lubricate the belt (however, a lubrication should be done at least every three months).
- + The treadmill has a reminder for lubricating the treadmill: A symbol is displayed on the console every 100 operating hours. The symbol appears on the display for five minutes and then turns off. In order to turn off the symbol prematurely, press the INCLINE up and INCLINE down buttons at the same time.

- + In order to be able to optimally lubricate the treadmill, the running belt must be lifted slightly. Then apply some silicone spray on the entire running deck. Apply three short (approximately 1 second) sprays of silicone lubricant between the belt and the running deck.
- + The spraying tube should be held sideways in order to guarantee a moistening of the entire underside of the belt. Continue to rotate the belt by hand so that the entire area between the endless belt and running deck is lubricated. Wipe off the excess lubricant.
- + This maintenance must also be executed after the equipment has not been used for a longer period of time.

## 2.5 Maintenance and service calendar

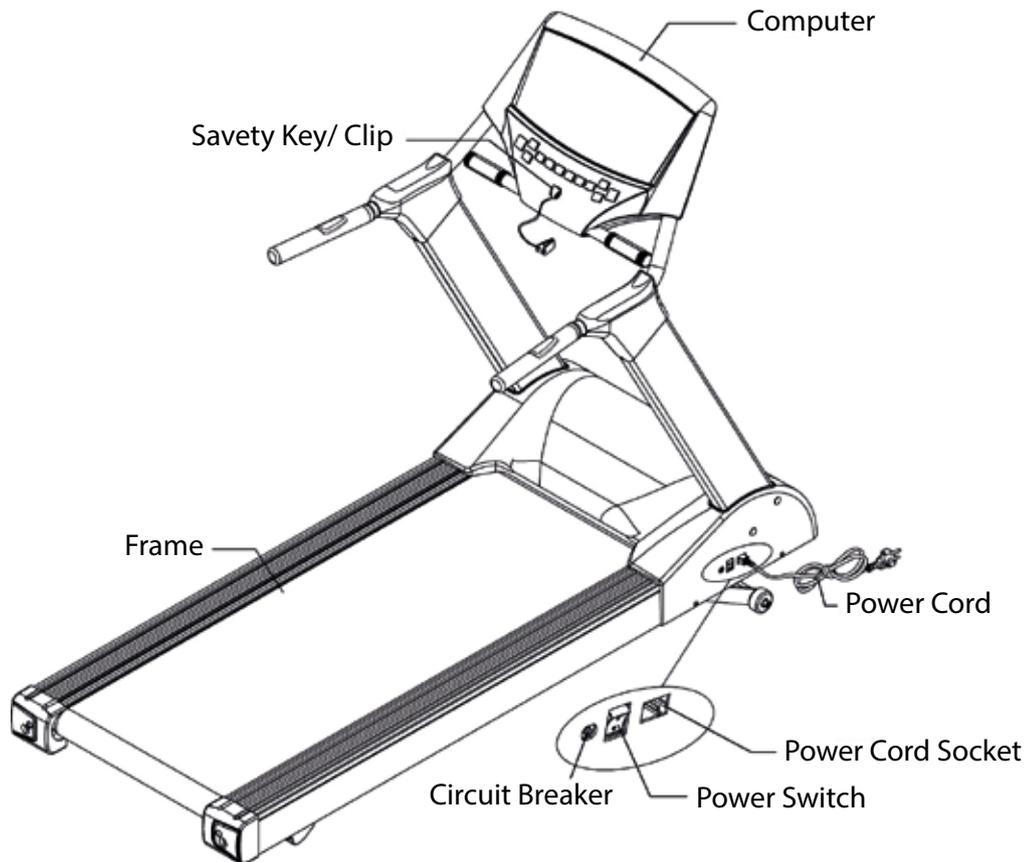
The cockpit, casing, handrails and entire frame must be cleaned after every training session with a moist towel (no solvent!) in order to avoid damage caused by sweat. After 150 hours of operation, the maintenance symbol reminds you to clean the treadmill. After you have cleaned the treadmill and checked all components, turn off the symbol by simultaneously pressing the INCLINE up and INCLINE down buttons.

The following routine work must be done in the specified time intervals:

Part	Weekly	Monthly	2x annually	Annually
Display console	c	I		
Belt tension			I	
Belt lubrication			I	
Plastic covers	c	I		
Screws & cable connections		I		
Legends: C = cleaning; I = inspect				

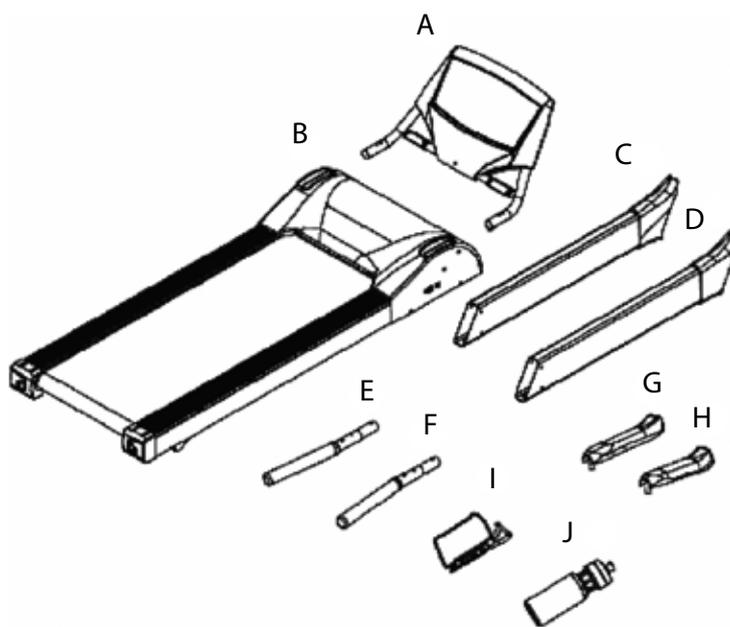
### 3.1 Package contents

The package contains the parts represented in the illustration, including a power cable with mains plug. If one of the illustrated parts is missing, please contact your contract partner.

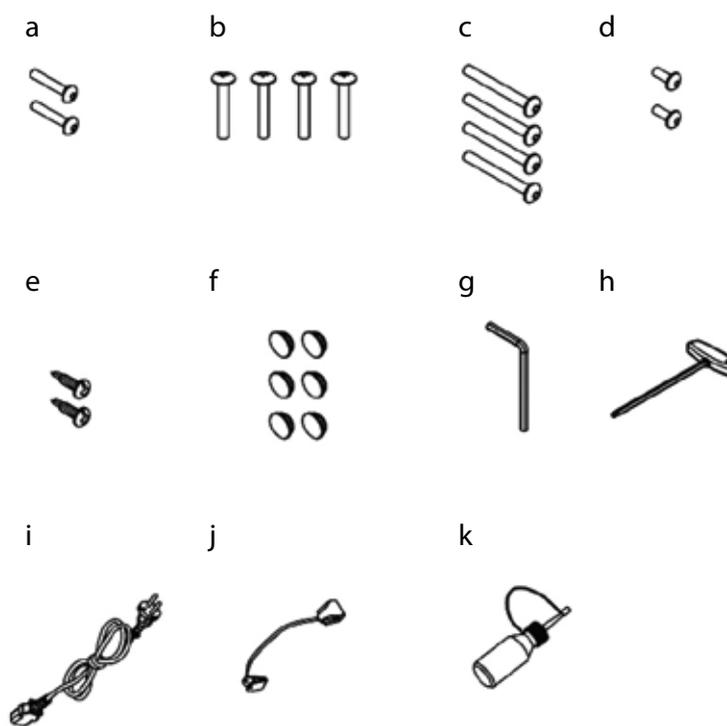


Description
Frame
Safety Key
Computer
Circuit Breaker
Power Switch
Power Cord Socket
Power Cord

A	Cockpit	1x
B	Frame	1x
C	Upright side frame (left)	1x
D	Upright side frame (right)	1x
E	Handrail (left)	1x
F	Handrail (right)	1x
G	Cover (left)	6x
H	Cover (right)	1x
I	Bottle holder	1x
J	Bottle	1x



a	Allen screw M8xP1, 25x40	2x
b	Allen screw M8xP1, 25x60	4x
c	Allen screw M8xP1, 25x75	4x
d	Screw M5xP0, 8x15	2x
e	Tapping screw $\varnothing$ 5x 25	2x
f	Screw covers	6x
g	Allen screw 5mm	1x
h	Allen key	1x
i	Power cable	1x
j	Safety clip	1x
k	Silicone bottle	1x



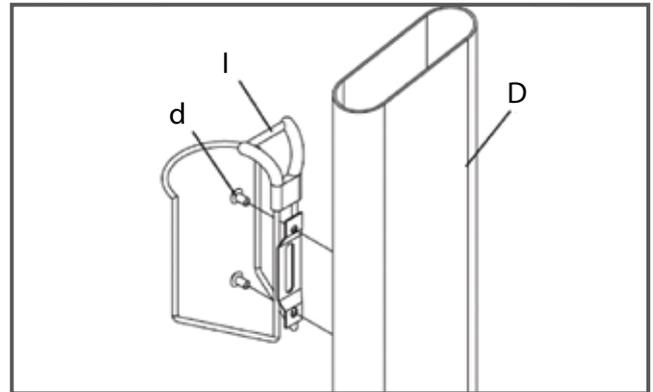
In addition to the included tools, you also need a Phillips head screwdriver Ph2 for assembly. Furthermore, the assembly should be executed with two persons in order to avoid possible hazards.

## 3.2 Assembly instructions

Before starting assembly, look carefully through the individual assembly steps shown and assemble the equipment in the order indicated.

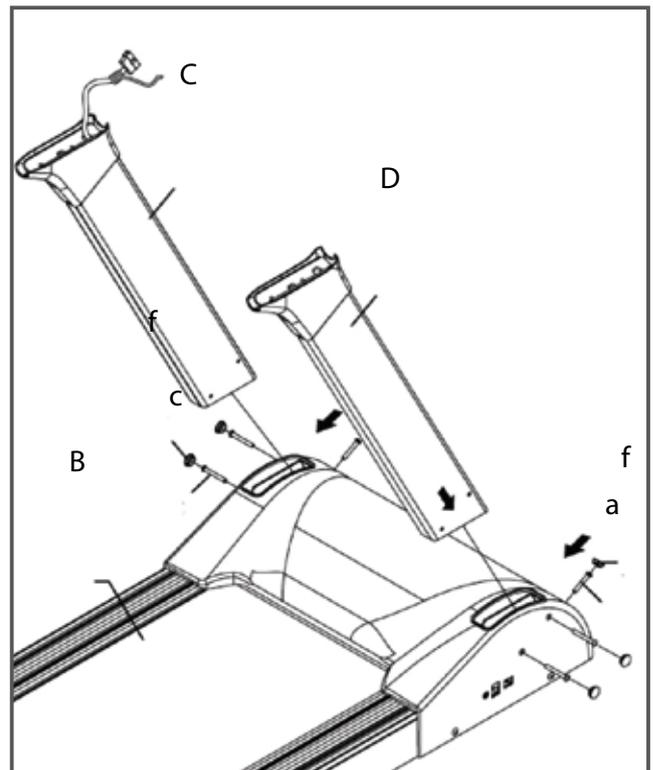
### Step 1: Assembly of the bottle holder

Place the bottle holder (I) on the inside of the right upright side frame (D) and screw it in with the screws (d).



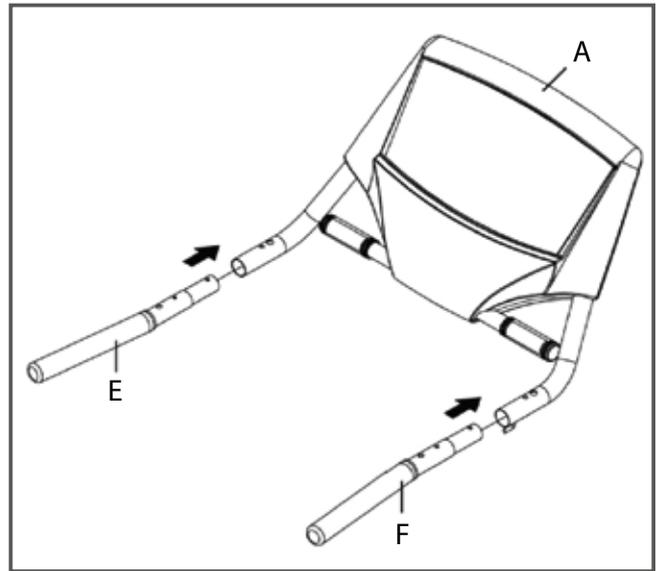
### Step 2: Assembly of the upright side frame

Guide the control cable that comes out of the base frame through the left side frame (C) from the bottom to the top. In order to make this step easier for you, a wire was already led through the side frame (C), which is mounted on the upper and lower end of the side frame. Loosen the wire on the lower end and attach the control cable to it. Now pull it upwards with the help of the wire. In order to prevent the control cable from sliding down, mount it in the upper area of the side frame (C) with the wire. Now plug the left side frame (C) into the left adapter of the base frame (B) and mount it with the screws (c). Then proceed exactly the same for the right upright side frame (D). Once you have tightened all screws (a), press the cover caps (f) onto the heads of the screws.



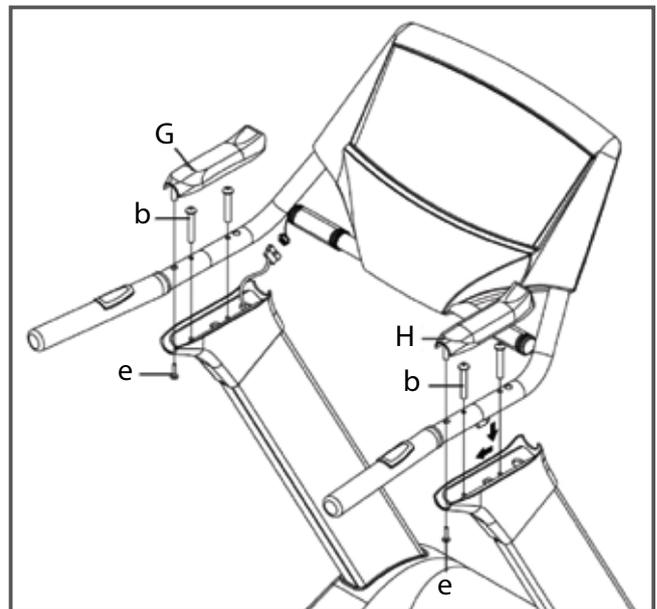
### Step 3: Assembly of the handrails

Connect the cables from the HRS control that come out of the handrails (E/F) with the cables coming out of the cockpit. Make sure that the right handrail (F) is equipped with the HRS control for speed and the left handrail (E) with the HRS control for incline. Now move the handrails (E and F) into the corresponding adapters on the cockpit (A).



### Step 4: Assembly of the cockpit

If the control cable, as recommended in step 2, is mounted with the wire on the upper part of the left side frame (C), then remove the wire now completely. Connect the cockpit cable with the control cable that you guided through the left upright side frame (C) during step 1. Guide the cable and the plug connection back into the side frame so that the cable is not in excess and cannot be squished during assembly of the cockpit. Now place the cockpit (A) on the two side frames (C/D) and screw it tight with the screws (b).



### NOTE

**Make sure that the screws (b) neither damage the control cable nor the cable from the HRS control!**

Now press the plastic covers (G/H) on to the handrails and mount these with the screws (e).

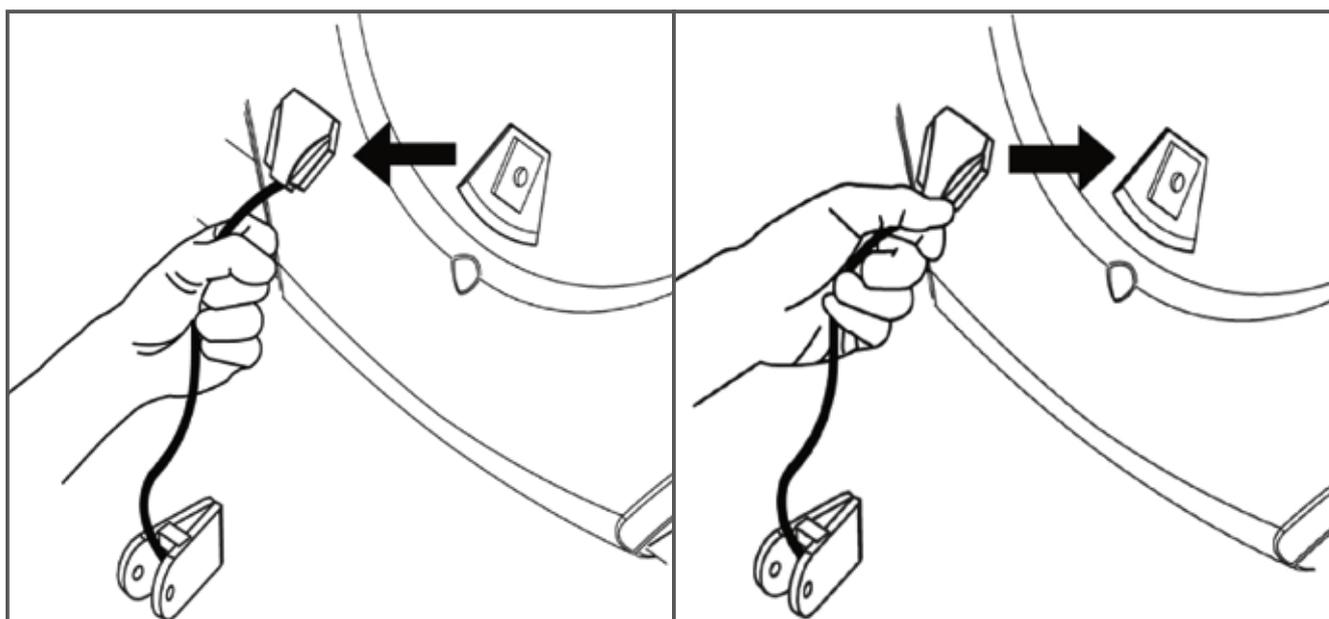
## Step 5: Attaching the safety key

The operation of the treadmill is only possible if the safety key was properly inserted at the contact point from the cockpit. The treadmill will automatically stop if the safety key is no longer on the contact point. Before training, make sure that the string of the safety key is connected to your clothing with the clip. If you want to stop the treadmill quickly, can no longer handle the speed or a different emergency occurs, remove the safety key from the cockpit with the help of the string. In the case of a fall, the safety key will be removed from the cockpit independently due to the connection to your clothing. Make sure that the clip is attached firmly to your clothing so that it cannot be removed by a simple pull. It is not possible to operate the treadmill without a properly attached safety key. If the safety key is pulled from the cockpit during training, the treadmill will stop automatically. The incline remains in the set position and will lower first once the safety key has been connected again.

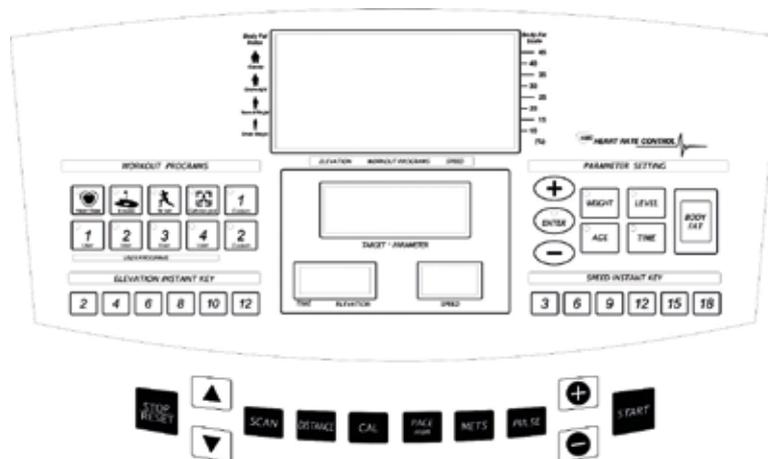


**Energy saving mode:** As soon as the treadmill does not move for four minutes, the energy saving mode will be activated automatically and the equipment will not show anything.

**Warning:** If you would like to use the treadmill, please remove the safety magnets (1-1) and insert them again (2-1) in order to put the treadmill back into the start / standby mode.



## 4.1 Console display



<p><b>CALORIES</b></p>	<p>Energy consumption in kcal</p> <p><b>Note on calorie measuring</b> The calculation of calories burned is based on a general formula. It is not possible to exactly determine individual calories burned, because diverse personal data is required for this. In order to allow for an approximation of your actual energy consumption, you can enter your body weight for this model.</p>
<p><b>TIME</b></p>	<p>Training time</p>
<p><b>INCLINE</b></p>	<p>Incline in %</p>
<p><b>PULSE</b></p>	<p>Heart rate</p>
<p><b>SPEED</b></p>	<p>Speed in km/h</p>
<p><b>DISTANCE</b></p>	<p>Training distance in km</p>
<p><b>PACE</b></p>	<p>Required time for 1000m</p>
<p><b>METS</b></p>	<p>Metabolic value (1 MET = 3.5ml VO<sub>2</sub>/min. and body weight in kg corresponds to the oxygen intake of an adult person resting)</p>
<p><b>LEVEL</b></p>	<p>Level of difficulty</p>
<p><b>GEWICHT</b></p>	<p>Weight in kg</p>
<p><b>AGE</b></p>	<p>Age in years</p>

## 4.2 Button functions

<b>(QUICK) START</b>	Button to start a program
<b>ENTER</b>	Button to confirm settings
<b>STOP</b>	Stops the treadmill. The selected profile will remain for 5 minutes (pause function). If you press the button for longer than 3 seconds, all values will be reset (reset function).
<b>Rundenanzeige</b>	Progress display of a training distance of 0.4km (0.25 miles)
<b>Program Profiles</b>	Display of the selected training profile
<b>Elevation Instant Keys</b>	6 direct buttons for quick setting of the incline
<b>Speed Instant Keys</b>	6 direct buttons for quick setting of the speed

## 4.3 Turning on the equipment

After you have turned on the equipment with the **ON/OFF** switch on the motor cover, the display will show a blinking heart symbol. In order to begin a predefined training program, select a corresponding training profile (WORKOUT PROGRAM). Press the **QUICK START** button to immediately begin training without a training program.

## 4.4 Programs

You can select one of the following program categories with the **ARROW BUTTONS**:

- Manual program: 1
- Different profiles for default pre-set training programs: 31

P1: Heart rate controlled programs 1

P2: 9 hole (9-hole golf course): 10

P3: 5 km run: 10

P4: Calories Goal: 10

- User-defined training program: 1
- Preset, user-defined training programs: 4

## 4.4.1 MAN. - Manual program

After pressing **START**, the motor will start automatically after a countdown of three seconds. The treadmill begins with the minimum speed of this model and the LCD display shows the running progress in a clockwise manner. One round here is 0.4 km (0.25 miles).

The speed can be set in 0.1km/h intervals. Press the + or - buttons in order to make a selection or choose between the speed direct buttons **3 6 9 12 15 18**. The incline can be set in 1% intervals. Press the + or - buttons in order to make a selection or choose between the incline direct buttons **2 4 6 8 10 12**.

In the **START** mode, the time starts at 0:00 and runs in an ascending manner. If you would like to set a time for your training unit as a countdown (descending), please press the **TIME** button in the **START** mode.

The preset time is 20 minutes. However, you can set the duration of your manual training between 5 and 99 minutes in 1 minute intervals with the + or - buttons.

If you select the manual program **P1 MANUAL** for the program selection, you will also have the option of entering the countdown.

If a pulse signal can be received during training, the pulse value is shown on the display (you can find out more information about the heart rate measurement on the next pages).

If you press the **STOP** button while running, the motor and incline motor will stop immediately. If you press the **START** button again, the motor will start after a countdown of three seconds with the same speed and incline as before the interruption.

If you press the **STOP** button for three seconds during the interruption, you will return back to the **start display** (1.).

After completion of the training unit, the training values will be shown on the display for 30 seconds. After this, you will return to the **start display** (1.). If you press the **STOP** button directly after completion of the training, you will also return to the initial menu.

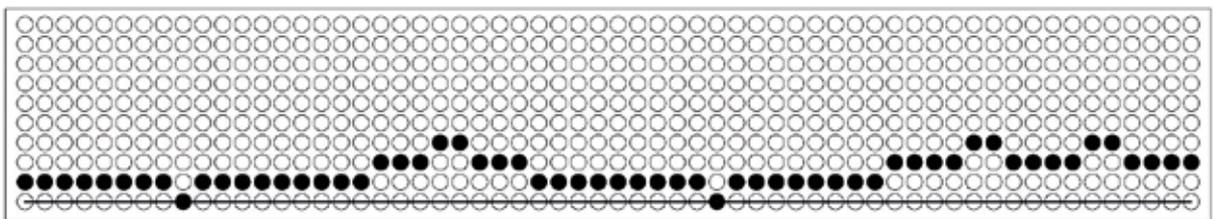
## 4.4.2 Training program

Select any preset training program (see "Start Display") in order to end up in the weight and training level input.

**P1 - Heart rate controlled training** (more explanations on the following pages)

**P2 - 9 hole (9-hole golf course):** Level default: 1; Level - adjustability: 1~10 in 1 level increments; time guideline; based on the distance (3500m)

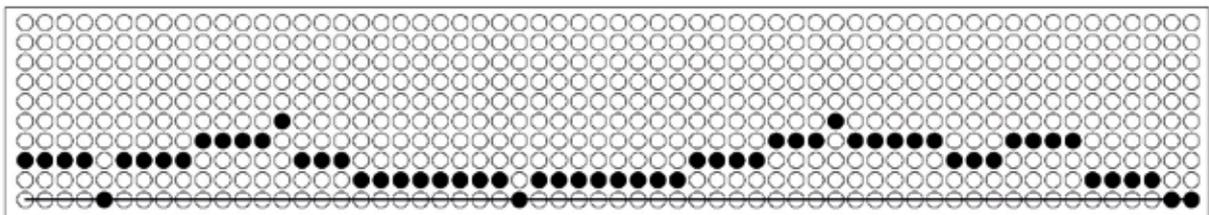
### LEVEL 1



● INCLINE

— SPEED 1.6km/hr, Duration: 172mins for 3500m

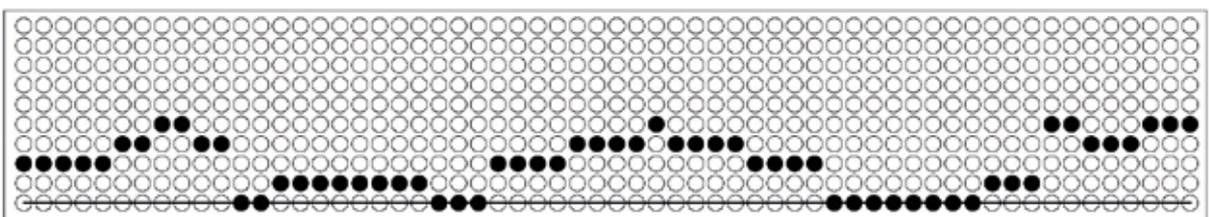
### LEVEL 2



● INCLINE

— SPEED 1.6km/hr, Duration: 172mins for 3500m

### LEVEL 3

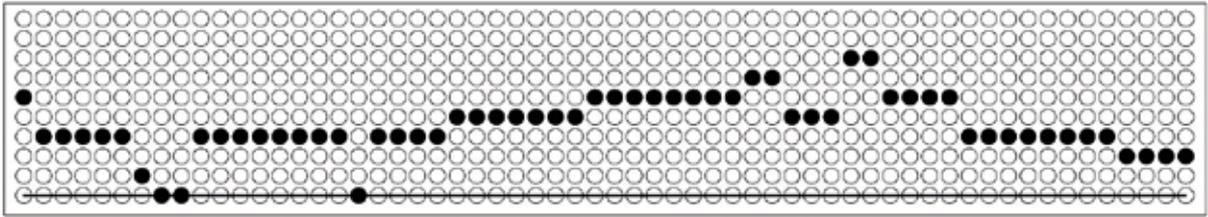


● INCLINE

— SPEED 1.6km/hr, Duration: 172mins for 3500m

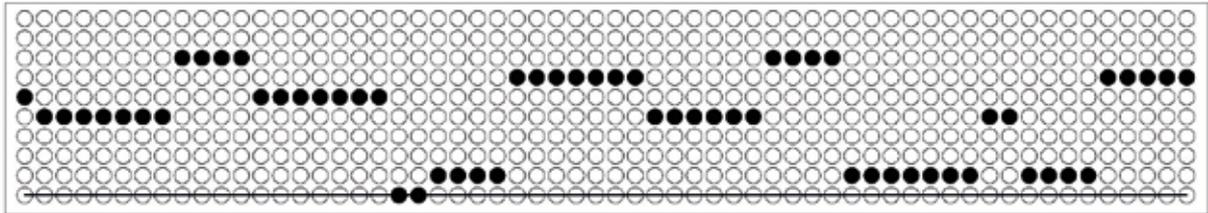


## LEVEL 9



● INCLINE  
 — SPEED 1.6km/hr, Duration: 172mins for 3500m

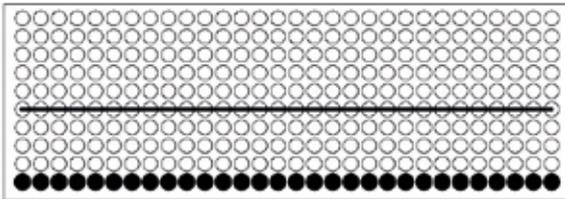
## LEVEL 10



● INCLINE  
 — SPEED 1.6km/hr, Duration: 172mins for 3500m

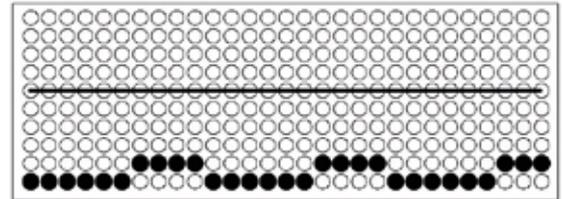
**P3 - 5 km Run:** Level default: 1; Level - adjustability: 1~10 in 1 level increments; time guideline; based on the distance (5000m)

### LEVEL 1



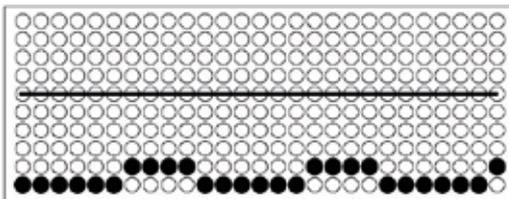
● INCLINE  
 — SPEED 9.6km/hr, Duration: 32mins for 5000m

### LEVEL 2



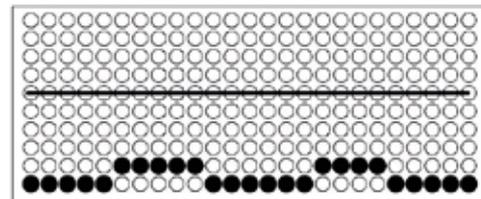
● INCLINE  
 — SPEED 10.6km/hr, Duration: 29mins for 5000m

### LEVEL 3



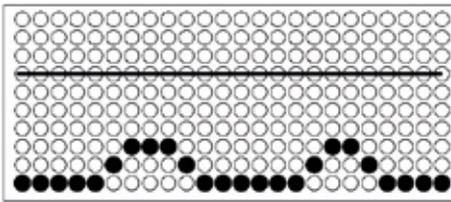
● INCLINE  
 — SPEED 11.2km/hr, Duration: 27mins for 5000m

### LEVEL 4



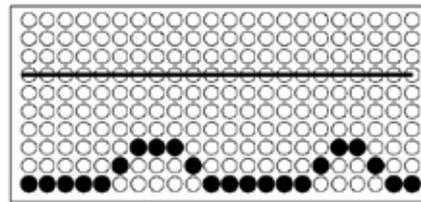
● INCLINE  
 — SPEED 12.0km/hr, Duration: 25mins for 5000m

### LEVEL 5



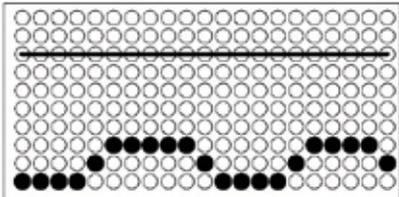
● INCLINE  
 — SPEED 12.8km/hr, Duration: 24mins for 5000m

### LEVEL 6



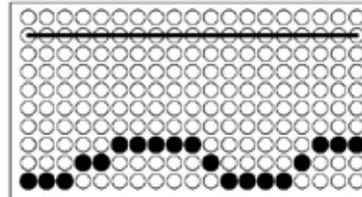
● INCLINE  
 — SPEED 13.6km/hr, Duration: 22mins for 5000m

### LEVEL 7



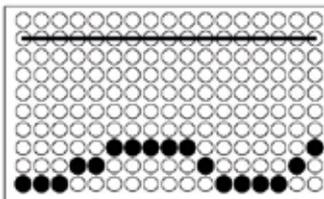
● INCLINE  
 — SPEED 14.7km/hr, Duration: 21mins for 5000m

### LEVEL 8



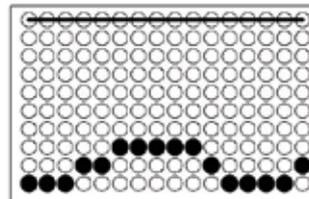
● INCLINE  
 — SPEED 16.2km/hr, Duration: 19mins for 5000m

### LEVEL 9



● INCLINE  
 — SPEED 17.7km/hr, Duration: 17mins for 5000m

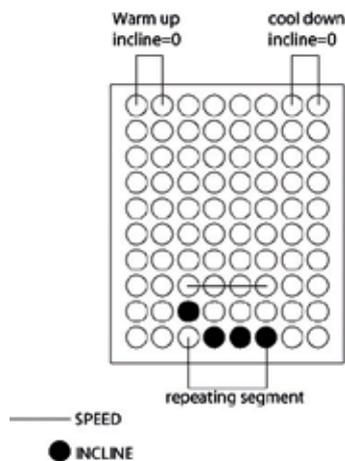
### LEVEL 10



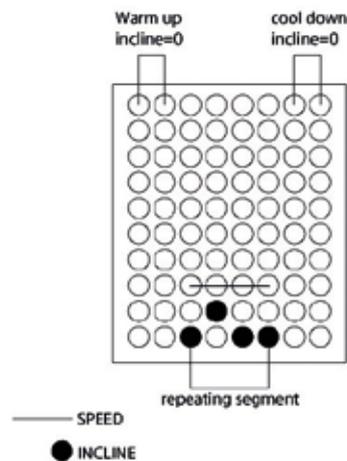
● INCLINE  
 — SPEED 19.2km/hr, Duration: 16mins for 5000m

**P4 - Calories goal:** Level default: 1; Level - adjustability: 1~10 in 1-level increments; calorie default: 200 kcal.; adjustability: 40~560 kcal in 1-kcal- increments

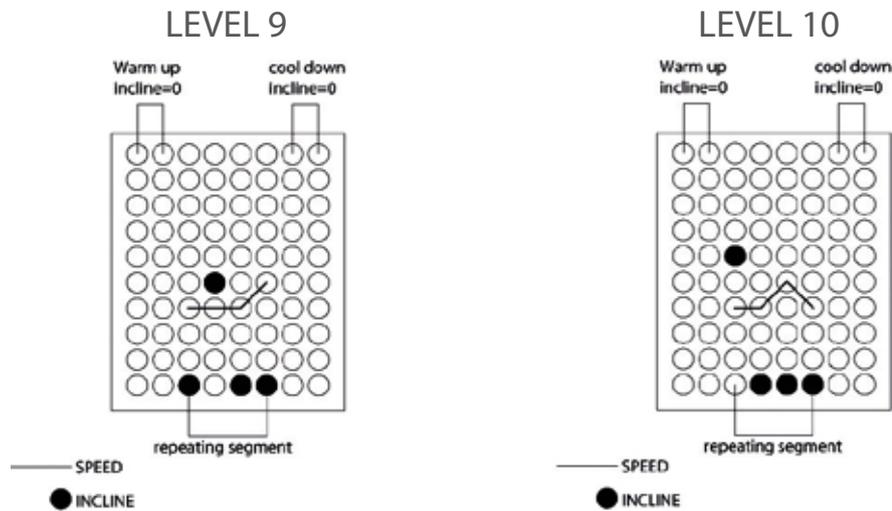
### LEVEL 1



### LEVEL 2







## Weight setting

KGS will appear in the large display field, the default value “=70” is in the middle of the display field. Now use the +/- buttons in the PARAMETERS SETTING operating field to enter the body weight (23 to 180kg) and confirm your setting with ENTER.

## Training level setting

After selecting a preset training program, the **LEVEL** option gives you the possibility to execute the training according to certain levels of difficulty. Ten saved levels, L1~L10, are available on the display. Press the + or - button to set the desired level of difficulty. During input, the incline (ELEVATION) and speed windows (SPEED) show the first level values. The LCD matrix window shows the progress of the training program. After this, press **ENTER** to set the time (TIME). The default value for the program is 30 minutes; the adjustable range is between 20~99 minutes (in 1 minute increments). After setting, press **ENTER** or **START** to begin the running training.

If you skip the **LEVEL** option after selecting the training program and press the **START** button directly, the information that has not been selected will be displayed in accordance with the default values. Of course, you can always change the speed (SPEED) and incline (ELEVATION) through the respective buttons.

### 4.4.3 H.R.C. - Heart rate controlled program

As soon as AGE is displayed in the LED display, you can enter your age with the + and - button. The preset value is 30 years. Confirm your age with **ENTER**. Then **PULSE** will light up on the LED display. The computer calculates the target pulse based on the entered age. This amounts to 60% of the maximum heart rate and is appropriate for weight reduction. However, if you are aiming for cardio training, you have to increase the default pulse rate through the + and - buttons so that the target pulse is about 70-80% of the maximum heart rate. The spectrum to change the target pulse is between 60% and 95% of the maximum heart rate. After entering the target pulse value, confirm your settings with the **ENTER** button. After this, **TIME** will appear in the large display field. Set the desired training time (5-99 minutes) with the + and - buttons and confirm your setting with **ENTER**.

This will be followed by a three second countdown before the training time starts to run. Please remember that the actual pulse controlled training program begins after the warm-up phase of three minutes.

The following table on the next page shows the connection between age and heart rate.

Age	BPM			Age	BPM			Age	BPM		
	H	Basis	L		H	Basis	L		H	Basis	L
13	197	124	124	36	175	110	110	59	153	97	97
14	196	124	124	37	174	110	110	60	152	96	96
15	195	123	123	38	173	109	109	61	151	95	95
16	194	122	122	38	172	109	109	62	150	95	95
17	193	122	122	40	171	108	108	63	149	94	94
18	192	121	121	41	170	107	107	64	148	94	94
18	191	121	121	42	169	107	107	65	147	93	93
20	190	120	120	43	168	106	106	66	146	92	92
21	189	119	119	44	167	106	106	67	145	92	92
22	188	119	119	45	166	105	105	68	144	91	91
23	187	118	118	46	165	104	104	69	143	91	91
24	186	118	118	47	164	104	104	70	143	90	90
25	185	117	117	48	163	103	103	71	142	90	89
26	184	116	116	49	162	103	103	72	141	90	89
27	183	116	116	50	162	102	102	73	140	90	88
28	182	115	115	51	161	101	101	74	139	90	88
29	181	115	115	52	160	101	101	75	138	90	87
30	181	114	114	53	159	100	100	76	137	90	86
31	180	113	113	54	158	100	100	77	136	90	86
32	179	113	113	55	157	99	99	78	135	90	85
33	178	112	112	56	156	98	98	79	134	90	85
34	177	112	112	57	155	98	98	80	133	90	84
35	176	111	111	58	154	97	97				

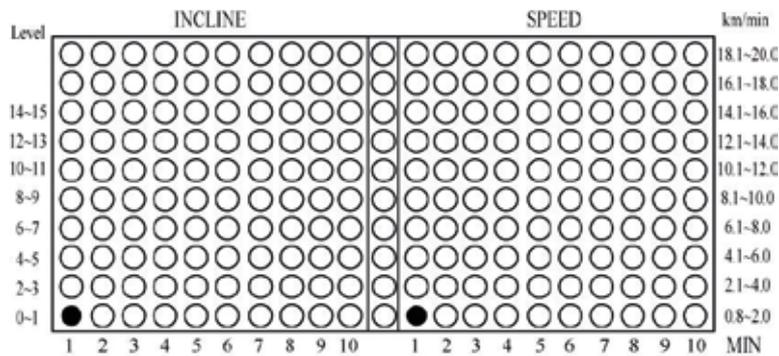
BPM = heart rate = heart beats per minute

**(H):** = 95% of the max. heart rate; maximum value for pulse control

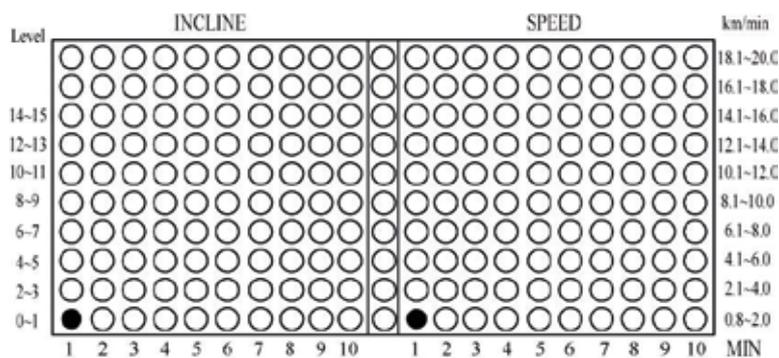
**(L):** = 60% of the max. heart rate; minimum value for pulse control

**(Basis):** = 60-70% of the max. heart rate; recommended for weight reduction

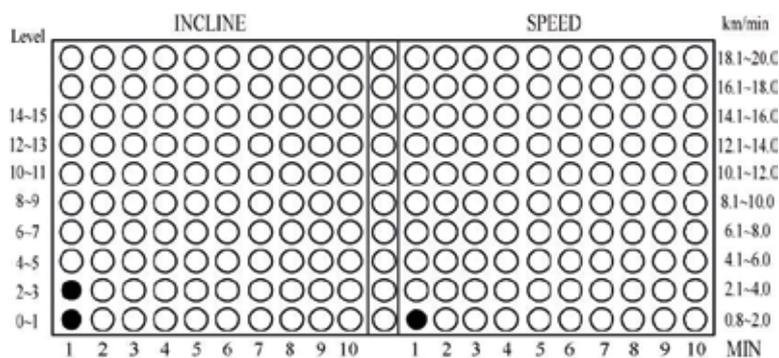




4. SE02: Now press the arrow buttons to set the incline to 1 %. Set the speed to 1.0 km/h and the time to one minute. Then confirm the settings. The dot matrix then shows the following status:

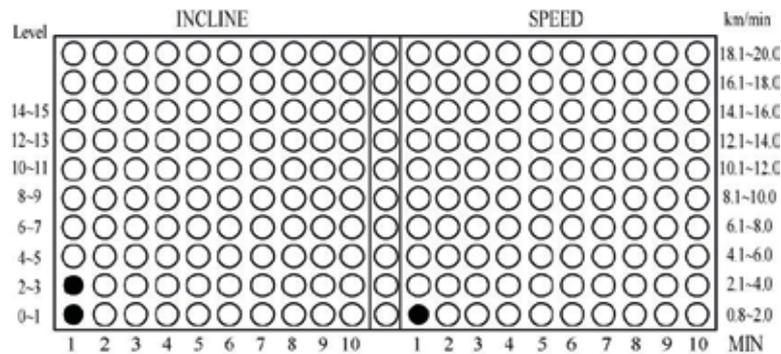


5. SE03: Now press the arrow buttons to set the incline to 2 %. Set the speed to 1.5 km/h and the time to one minute. Then confirm the settings. The dot matrix then shows the following status:

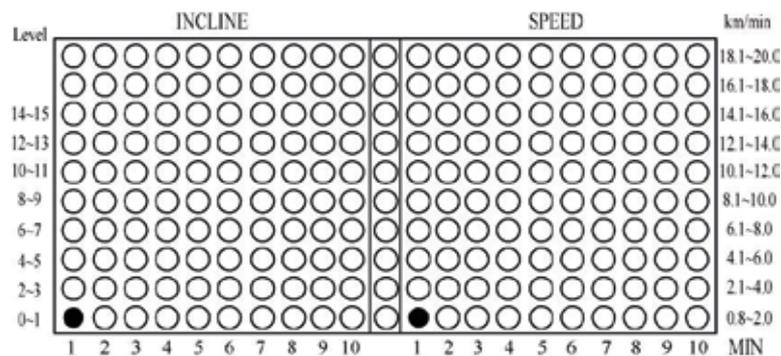




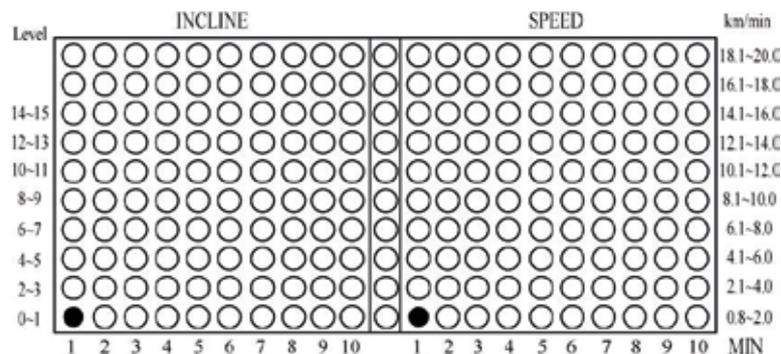
9. SE07: Now press the arrow buttons to set the incline to 2 %. Set the speed to 1.5 km/h and the time to one minute. Then confirm the settings. The dot matrix then shows the following status:



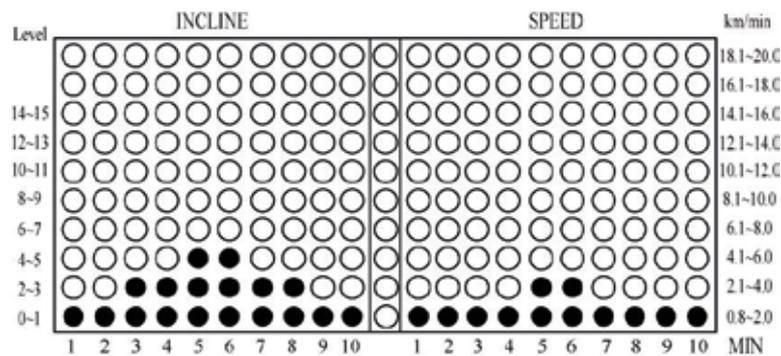
10. SE08: Now press the arrow buttons to set the incline to 1 %. Set the speed to 1.0 km/h and the time to one minute. Then confirm the settings. The dot matrix then shows the following status:



11. SE09: Now press the arrow buttons to set the incline to 0 %. Set the speed to 0.8 km/h and the time to one minute. Then confirm the settings. The dot matrix then shows the following status:



In order to start the training, press the START button. The dot matrix now shows the following program progress:

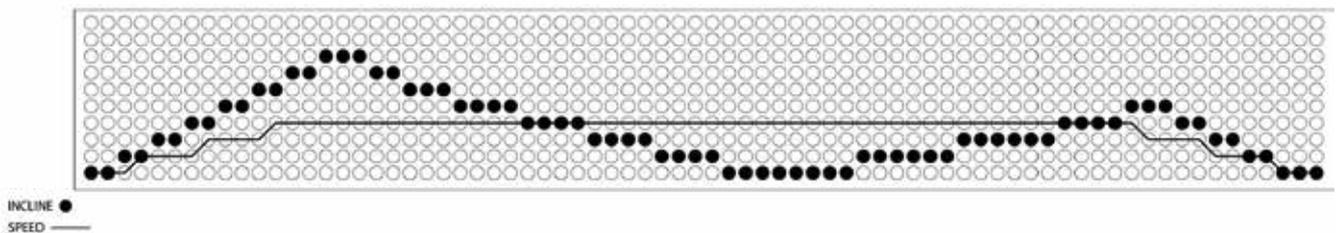


### 4.4.5 Preset user-defined programs (custom 1-2)

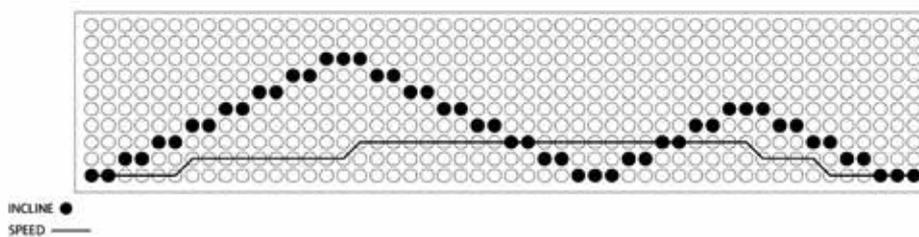
The preset, user-defined training programs are very similar to the USER 1-4 programs. The only difference is that with these two training programs, there are already training sections defined and these do not have to be entered individually - as with the USER programs.

The preset training sections can also be adjusted individually.

CUSTOM 1



CUSTOM 2



## 4.4.6 Body mass mode

Eating healthy, being active and looking attractive - many people are interested in this today. Very important for this is monitoring your weight, tracking your nutrition and, more and more, your exact body fat percentage. For this reason, this treadmill has a function that measures body fat percentage. This occurs according to the bioimpedance principle. The electrical body resistance is measured and the body fat percentage is determined through the personal information. From corresponding tables, it can be seen if the body fat percentage is too high, too low or just right.

And this is how you measure your body fat percentage:

Press the “**Body Fat**” button in the initial mode. Then enter your body weight through the corresponding buttons and confirm your setting with “**Enter**”. This is followed by information about your height, age and gender, which can be set in the same way. As soon as you have entered all values, place your hands on the handle sensors and hold these for about 30 seconds. After this, the body fat window will show the body fat percentage with the help of the lighting points. Simultaneously, the evaluation of the body fat percentage is displayed on the left side.

The ratio between the body fat percentage and the lighting points is displayed in the following table. Physiological differences between men (male) and women (female) are considered during the measurement so that different information is used for the evaluation (underweight, normal weight, overweight, obese):

	Light	1(Male)	0(Female)
 <b>Obesity</b>	●	35.0. above	45.0. above
 <b>Overweight</b>	●	30.0 ~ 34.9(.)	40.0 ~ 44.9(.)
 <b>Overweight</b>	●	25.0 ~ 29.9(.)	35.0 ~ 39.9(.)
 <b>Normalweight</b>	●	20.0 ~ 24.9(.)	30.0 ~ 34.9(.)
 <b>Normalweight</b>	●	15.0 ~ 19.9(.)	25.0 ~ 29.9(.)
 <b>Underweight</b>	●	10.0 ~ 14.9(.)	20.0 ~ 24.9(.)
 <b>Underweight</b>	●	5.0 ~ 9.9(.)	15.0 ~ 19.9(.)
 <b>Underweight</b>	●	0 ~ 4.9(.)	0 ~ 14.9(.)

## 5.1 Heart rate measuring

### Pulse measuring through hand sensors

The hand sensors integrated in the short handles below the cockpit allow you to determine your heart rate. You can measure your heart rate by lightly grasping the sensors with both hands at the same time. Blood pressure changes occur due to the heartbeat. The sensors measure the changes to the electric skin resistance caused by it. These values are then used to create an average and are displayed on the screen of the console as a heart rate.

#### Note:

For some people, the skin resistance change caused by the heart rate is so minimal that the measurements do not allow for usable values. Strong callus or sweat on the hands may also impair a correct measurement. In such cases, the heart rate will not be shown at all or only incorrectly.

If the measurement is incorrect or not taken at all, please check if it happens to only one person or to several people. If the pulse display only does not work in a single case, the equipment is not defective. In this case, we recommend using a chest strap to achieve a permanently correct heart rate display.

**CAUTION: Your training equipment is not a medical device. Different factors may influence the accuracy of the heart rate display. The heart rate display only serves as a training aid.**

### Telemetric heart rate measuring

This treadmill is already equipped with a heart rate receiver as standard. Using a chest strap makes it possible for you to have a wireless heart rate measuring. This optimal and ECG-precise type of measuring reads the heart rate directly from the skin through a transmitting chest strap. The chest strap then sends the impulse to the receiver integrated in the console.

#### Positioning the chest strap and moistening the electrodes:

Place the belt directly below the chest, while the transmitter should be placed on the middle of the chest. The chest strap should sit comfortably, but not too loose. If the belt is too loose, the contact to the electrodes may be disrupted or the belt may slip while exercising. The transmitter turns on automatically once it is put on. In order to allow for a precise measuring, you should moisten the rubber electrodes. This is best done with a special chest strap contact gel, which is also used for ultrasound scans.

**Note:**

If you have not been active in doing sports for a longer period of time, you should first go to your physician in order to discuss your training with them. You should also contact your physician in advance in the event of heart problems, high/low blood pressure and obesity.

**Training with heart rate orientation**

Heart rate orientation guarantees an extremely effective and healthy training. Through your age and the following table, you can quickly and easily read and determine the optimal pulse for your training. An acoustic alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

**Fat burning (weight management):** The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

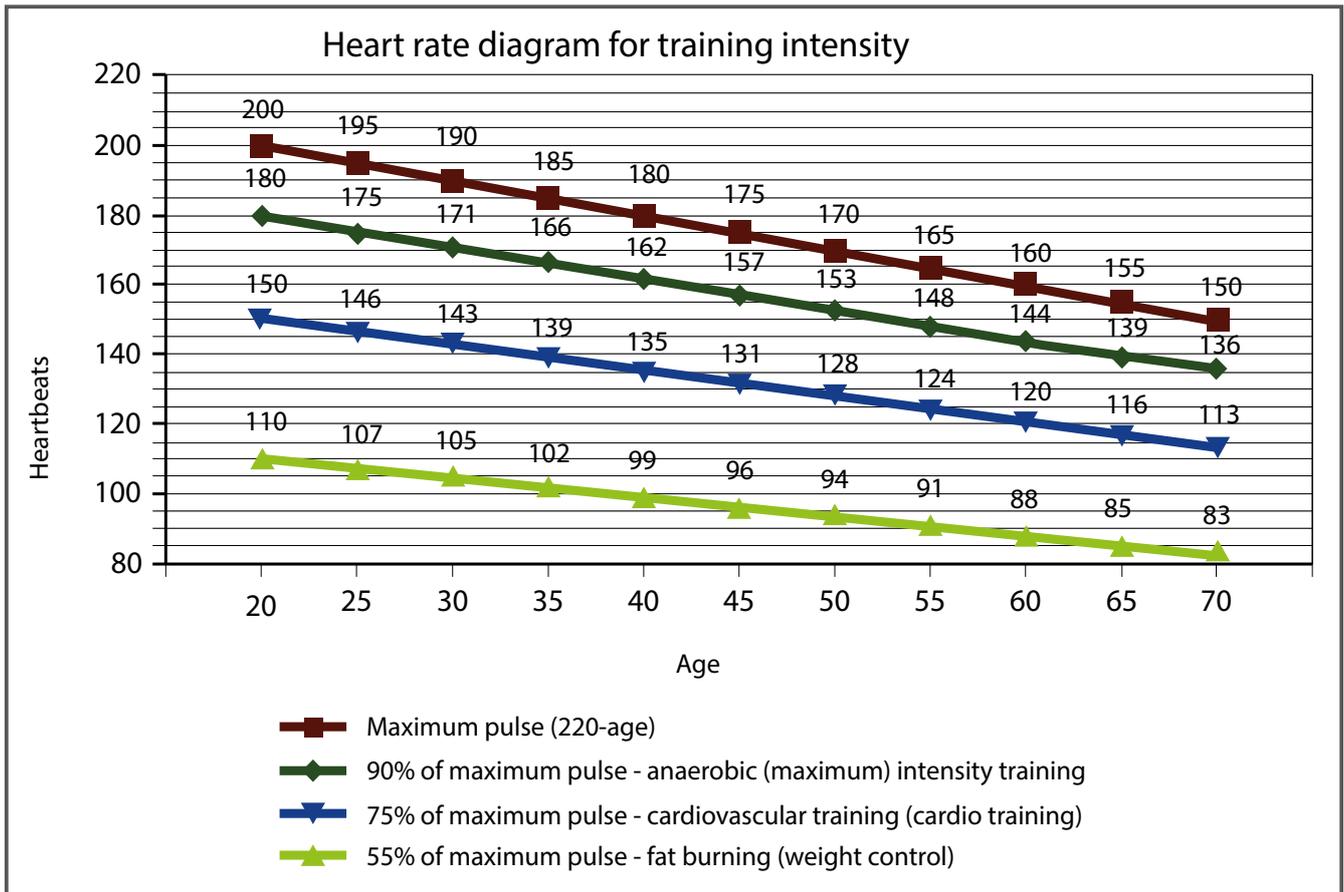
**Cardiovascular training (cardio training):** The primary goal is to increase endurance and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period is required.

**Anaerobic (maximum) load training:** The main goal of maximum load training is to improve recovery after short, intense loads in order to be able to quickly return to the aerobic zone. In order to achieve this training goal, a high intensity (approximately 90% of the maximum heart rate) with short, intense load is required, which is followed by a recovery phase in order to prevent muscle fatigue.

**Example:**

For a 45-year-old man or woman, the maximum heart rate is 175 ( $220 - 45 = 175$ ).

- The fat burning target zone (55%) is at approximately 96 beats/min.  
=  $(220 - \text{age}) \times 0.55$ .
- The cardio target zone (75%) is at approximately 131 beats/min.  
=  $(220 - \text{age}) \times 0.75$ .
- The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. =  $(220 - \text{age}) \times 0.9$ .



## 5.2 10 tips for effective running training

### 1. Set goals

What would you like to achieve with your training? Weight regulation, improved endurance, prevent risk of disease, more mobility, cardiovascular training, etc. In order to achieve your long-term training goal, set individual partial goals, e. g., weekly or monthly goals.

### 2. Concentration on training

Try to only dedicate yourself to your training session and do not be distracted.

### 3. Position yourself correctly while exercising

When you execute the movement, you should start with a moderate speed and hold on if needed. The speed can then be increased gradually. The adjustment of your natural running style will occur relatively quickly. Beginners and overweight people should start with a walking program in order to not overload their joints in the beginning.

### 4. Correct breathing / appropriate resistance level

Do not overexert yourself physically and mentally by starting with resistance levels that are too high. Start slowly and increase the resistance steadily. Aim for regular and calm breathing.

### 5. Keep yourself properly hydrated

Drink, drink, drink! Have a drinking bottle close by during your workout.

### 6. Sufficient recovery periods

Allow your body and your muscles enough time to recover after your workout. Only a relaxed muscle will be fully operational again.

### 7. Choose a diversified program

Different program functions from your training console support you in doing this. For example, you can complete an interval, incline or step number training unit.

### 8. Creating the right workout

Every training session should have a warm-up phase, a cool-down phase and a targeted stretching. It increases physical and mental performance and prevents injuries and sore muscles.

## 9. Workout journal

Keep a record of your training sessions. Note the date, resting pulse, active pulse, recovery pulse, resistance level, time, distance, calories burnt and fitness level.

## 10. Reward yourself

Do something good for you and your body after training or after achieving a partial goal. Go to the sauna or a swimming pool. Mix a protein shake or enjoy a delicious salad.

## 5.3 Designing a workout

We recommend two or three workouts per week. Warm up for about five minutes before starting each workout. Finish the workout with a cool-down and targeted stretching.

**Warm-up** approx. 5 min. Dynamic movement of large muscle groups at a low intensity. Core body temperature increases and the metabolic process is speeded up.

WEEK 1 + 2				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	20 min.	Brisk walking	30 min.	Running at a slow speed
Wed	20 min.	Brisk walking	30 min.	Running at a slow speed
Fri	20 min.	Brisk walking	30 min.	Running at a slow speed
Increased speed for two to three minutes in between in the second week. Maintain your heart rate.			Increase the speed in between in the second week. Maintain your heart rate.	

WEEK 3 + 4				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	25 min.	After every 10 min. run for 1 min.	35 min.	Running at a moderate speed
Wed	25 min.	After every 10 min. run for 1 min.	35 min.	Running at a moderate speed

Fri	25 min.	After every 10 min. run for 1 min.	35 min.	Running at a moderate speed
In the fourth week, run for two minutes after every 10 minutes. Maintain your heart rate.			In the fourth week, increase the speed for one minute each. Maintain your heart rate.	

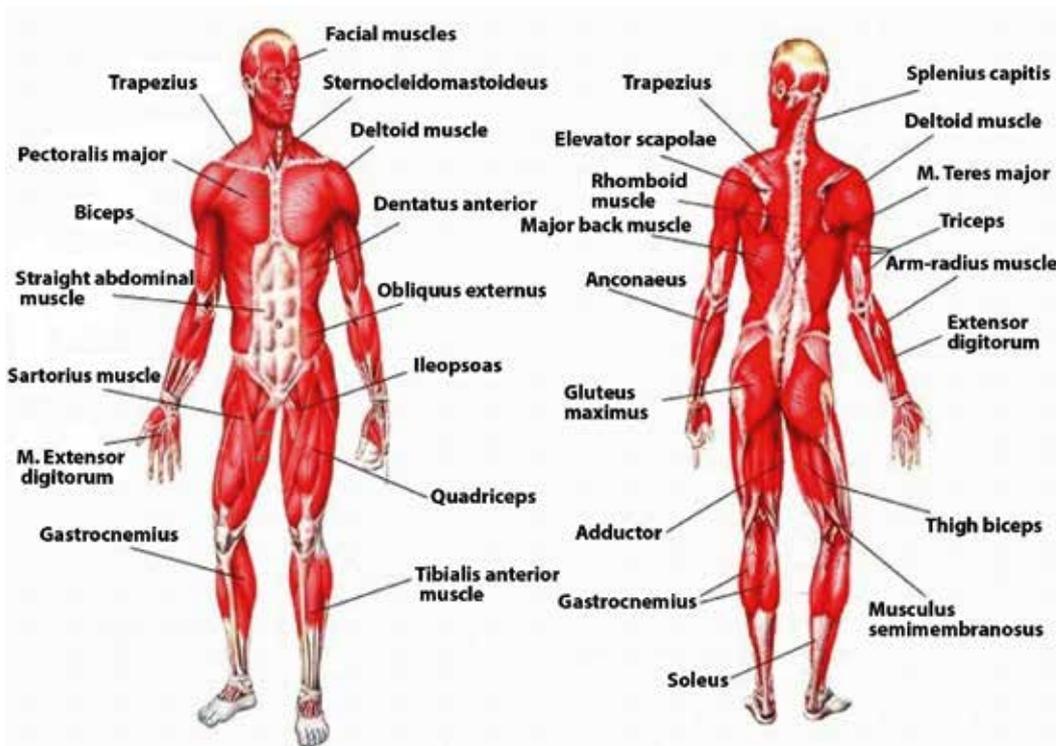
WEEK 5 + 6				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	30 min.	Alternate walking and running	40 min.	Running according to heart rate
Wed	30 min.	Alternate walking and running	40 min.	Running according to heart rate
Fri	30 min.	Alternate walking and running	40 min.	Running according to heart rate
In the fifth week, run for three minutes after every eight minutes. In the sixth week, run for three minutes after every six minutes. Maintain your heart rate.			Pay attention to your heart rate.	

WEEK 7 + 8				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	35 min.	Walk 8 minutes, run 5 minutes	45 min.	Running according to heart rate
Wed	35 min.	Walk 8 minutes, run 5 minutes	45 min.	Running according to heart rate
Fri	35 min.	Walk 8 minutes, run 5 minutes	45 min.	Running according to heart rate
Increase in the eight week: Walk five minutes, run seven minutes. Maintain your heart rate.			If you feel comfortable, then include a few steps or hills in your training.	

**Cool-down** approximately 5 min.

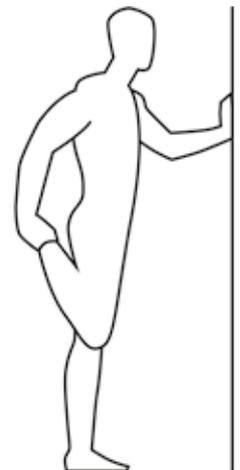
Finish your training at low resistance and at slow speed. Allow your body to gently slow back down.

## 5.4 Stretching exercises for leg & chest muscles



### 1. Exercise: Stretching of front thigh / leg extension (quadriceps)

- Stable position, grab arches of feet
- Pull heel towards buttocks, knee points downwards (no abduction)
- Straight upper body, avoid tilting the pelvic forward (hollow back) by tensing the abdominal muscles
- Change legs



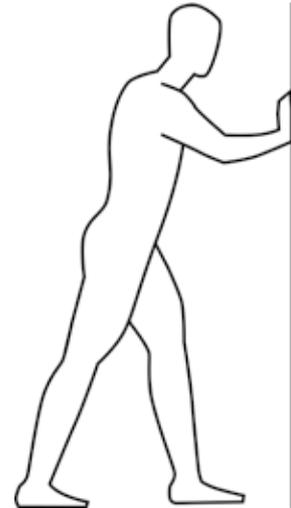
### 2. Exercise: Stretching the back thigh / leg curl (hamstring)

- Pull thigh towards upper body with both hands
- Stretch through increased stretching in the knee joint
- The lower leg maintains contact with the floor, keep hips bent
- Change legs



### 3. Exercise: Stretching the calf muscles (gastrocnemius)

- Place feet parallel to each other pointing forward, the heels touch the floor
- Support yourself on a chair coming from a lunge
- Move your body weight to the front leg, press your heel from the rear leg towards the floor and hold the contact
- Slowly stretch your knee of the rear leg until you feel the stretch in your calves
- Change legs



### 4. Exercise: Stretching the chest muscles (pectoralis major)

- Stand parallel to a wall
- Place your forearm at 90° to the wall with the elbow just above shoulder height
- Turn your head and upper body gradually to the opposite sides until you feel a stretch in the front chest, of the shoulder being leaned on
- Pay attention to tension in your abdominal and gluteal muscles
- Your weight is on your front leg
- Change legs



**All recommendations of these instructions apply solely to healthy persons and are not suitable for those with heart or cardiovascular problems. All of the tips are intended only as a guide to help you create a workout. Your physician can offer appropriate advice for particular, personal requirements.**

**We hope you enjoy your workout and have a lot of success!**



Training fitness equipment is subject to strict quality controls. 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.

### Warranty

The warranty 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.

Model	Use	Full warranty	Frame	Motor
T9.5	Home use	24 months	30 months	10 Jahre
	Semi-professional use	12 months		

### 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 warranty person 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 centers, 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 centers
- unauthorized 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 have trouble finding the serial number on your fitness equipment, our service team is at your disposal to offer further information.

### **Service outside 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 contract partner. 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.

## **7** DISPOSAL

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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.

	<p>Sport-Tiedje floor mat size XXL</p> <p>Art. No. ST-FM-XXL</p>	
	<p>Polar transmitter chest strap T34 uncoded</p> <p>Art. No. T34</p>	
	<p>Togu Senso Walking Trainer</p> <p>Art. No. TOGU-470501</p>	
	<p>Chest strap contact gel 250ml</p> <p>Art. No. BK-250</p>	<p>Sport-Tiedje silicone spray</p> <p>Art. No. ST-1003</p>
	<p>Fitness equipment care set</p> <p>Art. No. HF-500</p>	



Taurus longer for the handrails T9.5

Art. No. TF-XLHR

## 9 ORDERING SPARE PARTS

### 9.1 Service hotline

So that we can give you the best possible service, please have your **model name, part number, serial number, exploded drawing and parts list** ready.

#### SERVICE-HOTLINE

DE

+49 4621 4210-0

+49 4621 4210-699

service@sport-tiedje.de

Mon - Fri 8:00 am - 6:00 pm

Sat 9:00 am - 6:00 pm

NL

+31 172 619961

info@fitshop.nl

Mon - Thu 9 am - 5 pm

Fri 9 am - 9 pm

Sat 10 am - 5 pm

UK

+44 141 876 3972

orders@powerhousefitness.co.uk

Mon - Fri 9 am - 5 pm

### 9.2 Serial number and model name

Before assembling your equipment, find the serial number on the white sticker and enter it in the appropriate space.

Serial number:

Brand / category:

Taurus treadmill

Model name:

T9.5

## 9.3 Parts list

No	Qty.	Part number	Description
1	1	HTF188P-BD	Console
2	1	HTHA001	Safe key set
3	4	SK-299	Truss hex screw
4	1	XL-1284B	Control cable (lower)
5	1	P-1066L	Handrail upper cover (left)
6	1	P-1066R	Handrail upper cover (right)
7	2	NO-2405	Handrail upper cover fixture
9	2	SCK4-10	Truss philips self tapping screw Ø4x10
10	1	P-1065L	Handrail lower cover (left)
11	1	P-1065R	Handrail lower cover (right)
12	7	SMM4-16	Washer philips self tapping drill screw Ø4x16
13	2	SCI5-25	Truss philips self tapping screw Ø5x25
14	1	JTCA011A	Upright pipe(left)
15	1	JTCB011A	Upright pipe(right)
16	1	JTDA012	Handle pipe(left)
17	1	JTDA013	Handle pipe(right)
18	2	PCA-1-1/2-001	Cape Ø1-1/2"x1.5t
19	2	PFM-005	PVC foam tube
20	1	P-1045	Upper cover
21	6	P-1064	Plastic cover for screws
22	1	XM-118	Motor
23	4	SGA10-25I	CKS hex screw M10xP1.5x25
24	4	SPB10	Spring washer M10
25	4	SPA100-200-30	Washer philips self tapping drill screw Ø10xØ20x3.0t
26	1	XM-121	Incline motor
27	1	SK-439	CKS hex screw M10xP1.5x40
28	3	SOC10	Nylon nut M10xP1.5
29	1	CA-240J10	Motor bel
30	1	XRB-013-002	Controlle
31	7	SCE5-12	Truss philips screw M5xP0.8x12
33	1	SOA10	Allen nut M10xP1.5

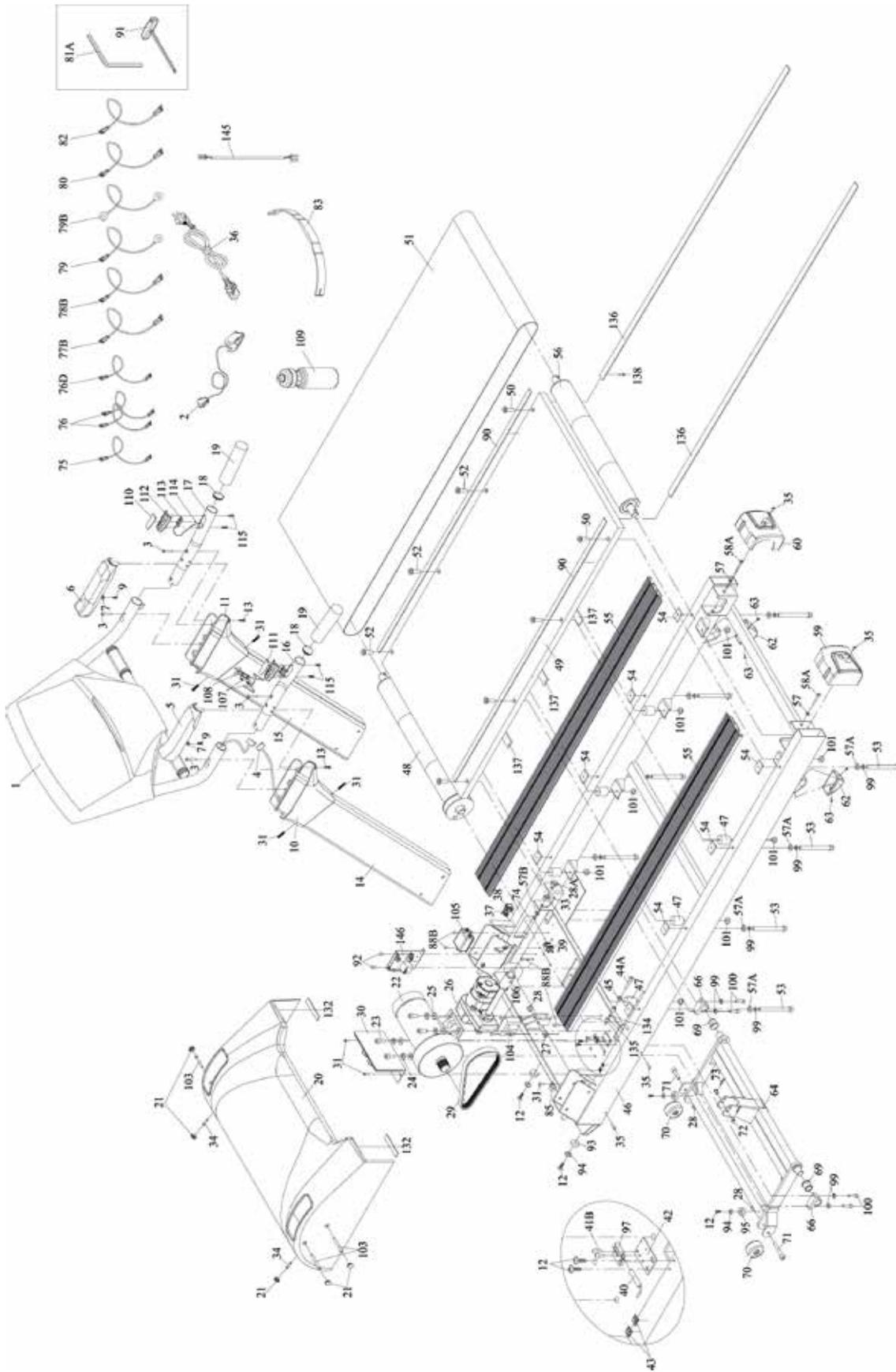
No	Qty.	Part number	Description
34	2	SK-298A	Truss hex screw M8xP1.25x40
35	4	SCE5-15	Truss philips screw M5xP0.8x15
36	1	XLZ-TM	Power cable
37	1	XEH-002-001	Power socket
38	1	XEA-A002A	Power switch
39	1	XEG-10-001	Circuit breaker
40	1	XEM-019A	Sensor
41B	2	SCE4-10	Truss philips screw M4xP0.7x10
42	1	NO-2399	Senser Plate
43	2	PEC-HC-101S	KSS distrubition lines fixture
44	1	SGA8-75I	CKS hex screw M8xP1.25x75
45	1	SOA8	Allen nut M8xP1.25
46	1	JTAA010A	Frame
47	6	P-1301	Cushion
48	1	NRL-005	Front rolle
49	1	MB-006	Running deck
		to replace running deck, the part # (136)x2pcs and (137)x3pcs must be replaced together	
50	2	SIA8-40I	Hex screw M8xP1.25x40
51	1	CB00043A	Running belt
52	6	SIA8-35I	Hex screw M8xP1.25x35
53	8	SEA8-115-25	Allen screw M8xP1.25x115
54	8	NO-3805	Deck fixture
55	2	AAL001E1455-001	Aluminum deck
		to replace aluminum deck, the part number (90) must be replaced together	
56	1	NRL-005A	Rear rolle
57	3	SPA100-200-20	Washer $\psi$ 10x $\psi$ 20x2.0t
57A	8	SPA080-200-20	Washer $\emptyset$ 8x $\emptyset$ 20x2.0t
58	2	SGA10-110I	CKS hex screw M10xP1.5x110
59	1	P-1096L	Rear end cap (left)
60	1	P-1096R	Rear end cap (right)
61	2	SAE5-15	Round head philips screw M5xP0.8x15

No	Qty.	Part number	Description
62	2	P-1032	Foot rubber pad
63	4	SCE6-10	Truss philips screw M6xP1.0x10
64	1	JTBC008	Lifter
66	2	NT-1000	Lifter base T*1000
69	2	P-1037	Plastic liner tube
70	2	PB-00-003	Wheel Ø10xØ60x30t
71	2	SGC10-60-30I	CKS hex screw M10xP1.5x60
72	2	NT-1379	U shape pin T*1379
73	2	SQC100-20	R pin $\psi$ 10x $\psi$ 2.0
74	1	SGA10-100I	CKS hex screw M10xP1.5x100
75	1	XLT002	Extension wire(white) 14AWGx90x2T
76	2	XLT001	Extension wire(black) 14AWGx90x2T
76D	1	XLT025	Extension wire(black) 14AWGx120x2T
77B	1	XLT027	Extension wire(white) 14AWGx260x2T
78B	1	XLT029	Extension wire(black) 14AWGx260x2T
79	1	XLT036	Extension wire(yellow) 14AWGx130x1T1R
79B	1	XLT048	Extension wire(yellow) 14AWGx450x2R
80	1	XLT035	Extension wire(white) 14AWGx550x2T
81A	1	SSH5-70-70M	Hex key wrench + philips screwdriver 5mm
82	1	XLT034	Extension wire(white) 14AWGx110x2T
83	1	XHA-T34	Chest belt transmitter
85	1	PEC-UC-2	Wire Botton
88B	4	SAA5-10GZ	Round head philips screw M5xP0.8x10
90	2	BAA14550-200-15	Foam 1455mmx20mmx1.5t
91	1	SSB8-200	T-wrench 8mmx200mm
92	2	SAE5-8	Round head philips screw M5xP0.8x8
93	3	P-1155A	Rubber pad
94	5	SPA060-160-10	Washer Ø6xØ16x1.0t
95	2	P-1155	Foot pad
97	1	P-2231	Sensor base
99	12	SPB8	Spring washer M8
100	4	SGA8-25I	CKS hex screw M8xP1.25x25

No	Qty.	Part number	Description
101	8	SOC8	Nylon nut M8xP1.25
103	4	SK-298A	Truss hex screw
104	1	XEN-008	Choke
105	1	XEB-009	Filter
106	2	SAE5-12	Round head philips screw M5xP0.8x12
107	2	SCA5-15	Truss philips screw M5xP0.8x15
108	1	NT-771	Bottle Holder
109	1	PK-L-027	Bottle
110	1	RBA-001	Handrail switches sticker (speed)
132	2	BAA0800-200-15	Foam 80x20x1.5
136	2	RBA-015	Ground foil sticker 20x1340
137	3	RBA-014	Ground foil sticker 20x670
138	1	SCI4-12	Truss philips self tapping screw Ø4x12
145	1	XL-1285	ErP board connected wire 3P-2P
146	1	XEK-245	ErP board
	1	NO-4060	Connecting board base
	4	PEC-CS-0610	PC board separation

No	Description	No	Description
1	control wire-upper	8	handrail button switch with wire
2	film key	9	heart rate receiver wire
3	safety key sesnor wire	10	foam
4	bodyfat board connected wire	11	iron core ring
5	film key	12	bodyfat board
6	LED board with 10-pin connector	13	hand pulse sensor wire-long
7	key board with 16-pin connector	14	hand pulse sensor wire-short

# 9.4 Exploded drawing



## CONTACT

### Company head office

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Flensburger Str. 55  
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Germany

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✉ support@powerhousefitness.co.uk

[www.sport-tiedje.com](http://www.sport-tiedje.com)  
[www.taurus-fitness.de](http://www.taurus-fitness.de)

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

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Please find a detailed overview including address and opening hours for all specialist fitness 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)

# TAURUS

Treadmill T9.5