

TAURUS®

Operating Instructions



TFCB430.01.01

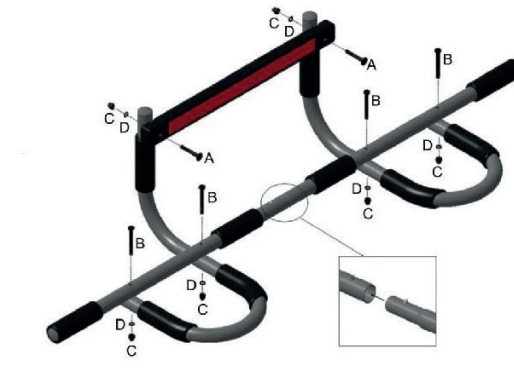
Art. No. TF-CB-430

Assembly

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

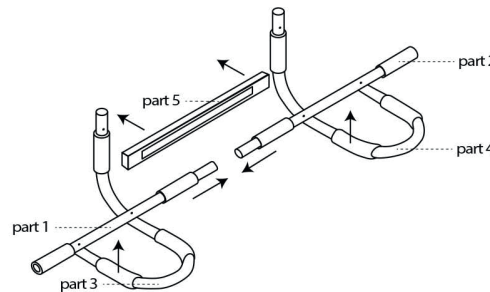
① NOTICE

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.



A Round screw
B Hex Screw
C Nut
D Washer

1. Connect part 1 and part 2.
2. Fasten part 3 and 4 to part 1 and 2 with four hex screws (B), four washers (D) and four nuts (C).
3. Fasten part 5 to part 3 and 4 with two round screws (A), two washers (D) and two nuts (C).



Specification

The Taurus chin-up bar is a small piece of fitness equipment that makes it easy for you to achieve a well-toned upper body. The chin-up bar or door bar can simply be hung in the door frame for chin-up training or placed on the floor to do e.g. push-ups or dips. With these few easy-to-perform exercises, you can effectively train almost all the muscles of your upper body.

In addition to its versatility, the Taurus pull-up bar impresses with its stability and high-quality workmanship. The pull-up bar can be loaded with up to 100 kg (please note that this value applies to the Taurus pull-up bar and not to the door frame). The support surfaces on the wall and in the door frame are specially padded so that no pressure points occur.

Technical Data

Min. and max. width of door frame 81 - 96 cm

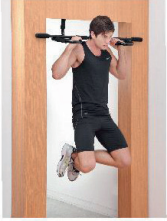
Max. depth of door frame approx. 15 cm

Max. load approx. 100 kg

The Taurus chin-up bar with different grip widths:

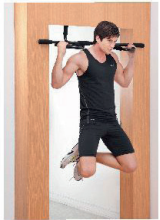
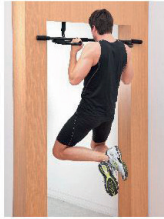
- + Narrow pull-up grip: 15 cm distance
- + Parallel grip: 45 cm distance
- + Wide parallel grip: 75 cm

Exercises



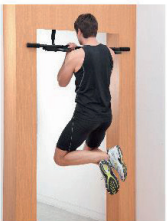
Direct your back towards the pull-up station.
Grasp the inside of the hand grips with your hands.
Pull yourself upwards.

Direct your face towards the pull-up station.
Grasp the inside of the hand grips with your hands.
Pull yourself upwards.



Direct your back towards the pull-up station.
Grasp the outside of the hand grips with your hands.
Pull yourself upwards.

Direct your face towards the pull-up station.
Grasp the outside of the hand grips with your hands.
Pull yourself upwards.



Direct your face towards the pull-up station.
Grasp the inside of the hand grips with your hands.
Pull yourself upwards.

General Safety Instructions

⚠ 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.
- + Note that excessive training can seriously endanger your health. 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 14 years.
- + Children should not be allowed unsupervised access to the equipment
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.

⚠ CAUTION

- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.

▶ ATTENTION

- + Do not insert any objects of any kind into the openings of the device.

Care, Maintenance and Storage

⚠ WARNING

The storage location should be chosen so that improper use by third parties or children can be prevented.

1. Clean the device with a dry soft cloth.
2. Store the device in the supplied carton in a dry environment.

Warranty Information

Training equipment from Taurus® is subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

Warranty period

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

Contact

DE

Technical Support

☎ +49 4621 4210-900

✉ technik@sport-tiedje.de

Service

☎ 0800 20 20 277
(freecall)

✉ info@sport-tiedje.de

UK

Technical Support

☎ +44 141 876 3986

✉ support@powerhousefitness.co.uk

Service

☎ +44 141 876 3972

FR

Technical Support & Service

☎ +33 (0) 172 770033
+49 4621 4210-933

✉ service-france@fitshop.fr

DK

Technical Support & Service

☎ 80 90 16 50
+49 4621 4210-945

✉ info@fitshop.dk

INT

Technical Support & Service

☎ +49 4621 4210-944

✉ service-int@sport-tiedje.de

BE

Technical Support & Service

☎ 02 732 46 77
+49 4621 42 10-932

✉ info@fitshop.be

NL

Technical Support & Service

☎ +31 172 619961

✉ info@fitshop.nl

AT

Technical Support & Service

☎ 0800 20 20 277
(freecall)
+49 4621 42 10-0

✉ info@sport-tiedje.at

CH

Technical Support & Service

☎ 0800 202 027
+49 4621 42 10-0

✉ info@sport-tiedje.ch

PL

Technical Support & Service

☎ 22 307 43 21
+49 4621 42 10-948

✉ info@fitshop.pl