

# TAURUS®

## Operating Instructions

Art. No. TF-GMN02-75



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## 1 GENERAL SAFETY INSTRUCTIONS

### 1.1 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.
- + People 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.

### 1.2 Set-Up Place

#### ⚠ WARNING

- + Do not place the equipment in main corridors or escape routes.
- + To prevent fire, do not place the device near or in areas with high heat (e.g. near a heater).

#### ⚠ CAUTION

- + Choose the set-up place so that there is sufficient space around the product.

#### ▶ 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
- + To avoid fading or faster wear of the material, do not place the product in places with direct sunlight and/or high heat.

## 2 TECHNICAL DATA

Product weight (incl. packaging):	1 kg
Maximum load weight:	225 kg
Packaging dimensions (LxWxH) approx.:	21 cm x 12 cm x 24 cm

# Taurus Anti-Burst Gymnastic Ball

### 3 INSTRUCTION

#### ▶ ATTENTION

- + Wait 24 hours before using the ball. Within this time, the ball's material expands.
- + If the ball is too soft for you, pump it up a little.
- + Make sure that you do not pump up the ball too much, otherwise it may burst during training.

#### Pumping the ball with the hand pump

1. Place nozzle of the pump into opening of the ball
2. Draw back the pump and press the air into ball until fully inflated.
3. Insert white ball plug into ball to keep air from escaping



### 4 EXERCISES

#### Bridge Curl (Target Area Hamstrings and Butt)

Lie on your back with your arms by your side and the ball under your ankles and calves. Raise your hips and rear off of the ground so that your body is aligned at an angle with the floor. Bend your knees to roll the ball onto your feet and toward your butt. Extend your legs back to the starting position and repeat.



#### Push Ups (Targeted Area Chest and Triceps)

Lie on the ball with your thighs supported by the top of the ball and hands on the floor shoulder width apart. Make sure your shoulders are over your wrists. Slowly bend your elbows and lower your upper body to the floor. Pause and then push back up.



#### ⓘ NOTICE

Moving the ball back towards the feet will increase the level of difficulty.

#### Scissors (Targeted Area Lower Abs)

Lie on back with legs raised, hold ball between shins. While keeping legs straight, scissor legs so right leg is on top and then scissor so left leg is on top. Right leg, left leg equals one rep.



#### Back Extensions (Targeted Area Lower Back)

Kneel on the floor and rest your torso on the exercise ball. Place your hands behind your head. Contract your abdominals. Exhale as you use your lower-back muscles to lift your torso. Lift just enough until you feel the lower back muscles contract. Inhale as you slowly return to the starting position.



#### Wall Squats (Targeted Areas Butt and Thighs)

Stand with the ball pressed between your lower back and the wall. While keeping the ball in place, walk your feet about two steps out. Extend your arms in front of you for balance. Bend your knees and squat allowing the ball to roll up your back, pause return to start. Repeat.



### 5 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.

### 6 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.

Please refer to the website of your Taurus® device for the exact warranty conditions.

### Contact

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##### Technical Support

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