

# TAURUS®

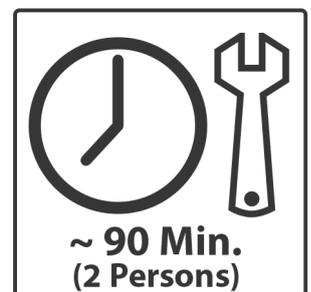
## Assembly and Operating Instructions



TF-SCANDIC-X-STAND



TF-SCANDIC-X



TFSCANDICX.01.01

TF-SCANDIC-X

SCANDIC X



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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](http://www.sport-tiedje.com).

### Intended Use

The equipment may only be used for its intended purpose.

This fitness equipment is suitable for home use, semi-professional use and commercial or professional use. The semi-professional sector includes, for example, institutional facilities such as hospitals, schools, hotels and associations. Professional use refers to commercial use, e.g. in a fitness studio.

## 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.



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

### LCD display of

- + training time in min
- + training distance in m
- + calories burnt in kcal
- + heart rate (when using a chest strap)
- + strokes per minute and in total
- + watts

Total number of training programmes:	10
Quick start:	1
Target programmes (time, distance, calories, heart rate (4), watts):	6
Interval programmes:	3 (1 of them user-defined)

Resistance levels: 16  
Output range: 10 - 350 watts (adjustable in 1 watt-steps)

### Weight and dimensions:

#### Ski trainer

Article weight (gross, including packaging): 57.4 kg  
Article weight (net, without packaging): 48.7 kg  
Packaging dimensions (L x W x H): 133.5 cm x 13.3 cm x 19 cm  
Set-up dimensions (L x W x H): 53 cm x 32.6 cm x 209.9 cm

#### Stand

Article weight (gross, including packaging): 9 kg  
Article weight (gross, without packaging): 8.3 kg  
Packaging dimensions (L x W x H): 15.1 cm x 74 cm x 37.3 cm  
Set-up dimensions (L x W): 85.75 cm x 95.85 cm

## 1.2 Personal Safety

### **DANGER**

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.

### **WARNING**

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

### **CAUTION**

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.

### **ATTENTION**

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

## 1.3 Electrical Safety

### **DANGER**

- + In order to reduce the risk of an electric shock, always unplug the equipment from the mains socket immediately after your workout, before assembly or dismantling, and before maintenance or cleaning. Do not pull on the cable.

### **WARNING**

- + Do not leave the equipment unattended while the mains cable is plugged into the mains socket. During your absence, the mains cable must be removed to prevent improper use by third parties or children.
- + If the mains cable or plug is damaged or defective, contact your contract partner. In the meantime, the equipment must not be used.

### **ATTENTION**

- + The equipment requires a mains connection of 220-230V with 50 Hertz 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 amps, 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.

## 1.4 Set-Up Place

### **WARNING**

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

### **CAUTION**

- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.

### **ATTENTION**

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
- + A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

## 2.1 General Instructions



### **DANGER**

+ Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.



### **WARNING**

+ Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



### **CAUTION**

+ Do not open the packaging when it is lying on its side.  
+ Ensure to have sufficient room for movement in each direction during assembly.  
+ The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of another technically skilled person.



### **ATTENTION**

+ To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.



### **NOTICE**

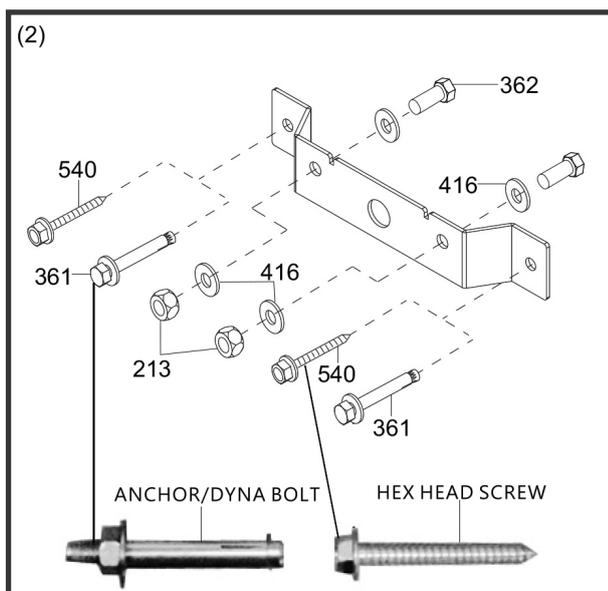
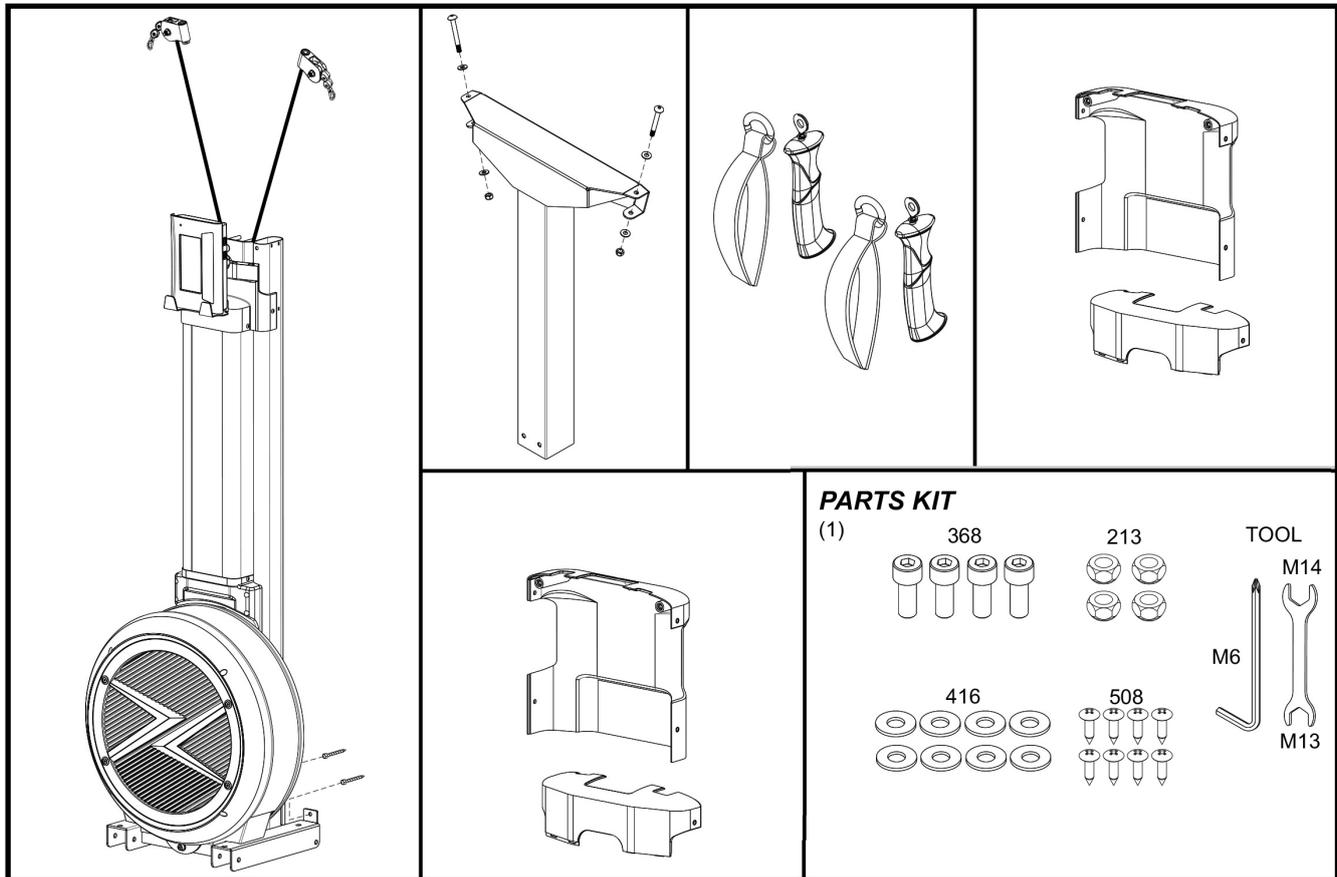
+ In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.  
+ Ideally, assemble the equipment at its later set-up place.

## 2.2 Scope of Delivery

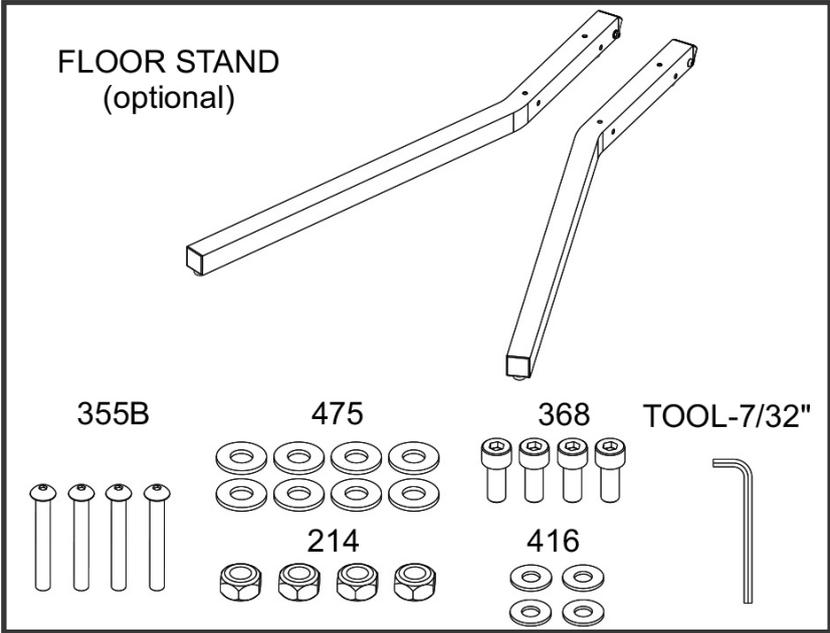
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

### CAUTION

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



### 2.3 Scope of Delivery (optional Floor Stand)



## 2.4 Assembly

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

① **NOTICE**

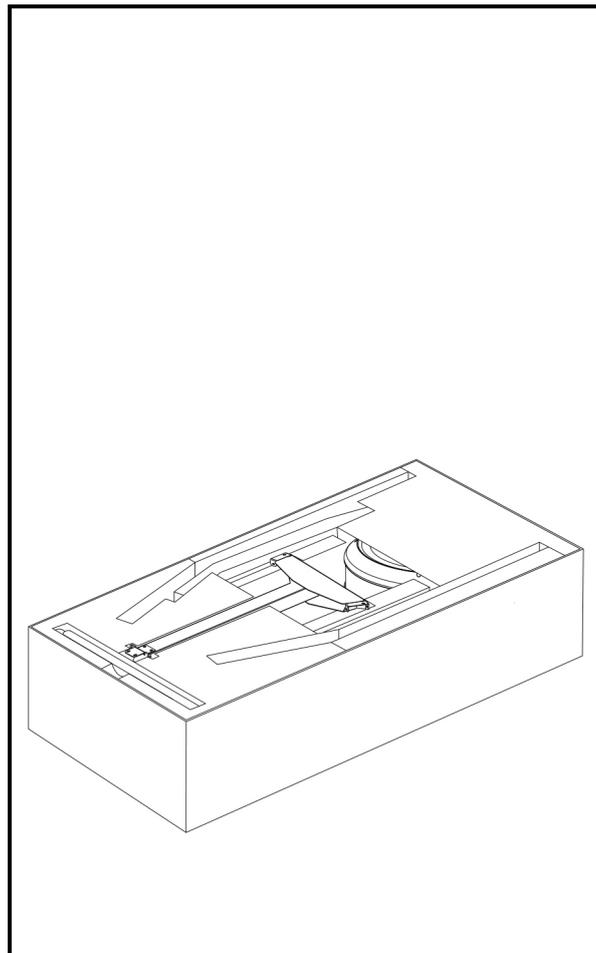
First loosely screw all parts together and check that they fit properly. Then tighten the screws using the tool only when you are instructed to do so.

### Step 1: Opening the box and scope of delivery

1. Open the box with a knife and lay it flat on the floor.
2. Remove all loose parts.
3. Check the scope of delivery for completeness.

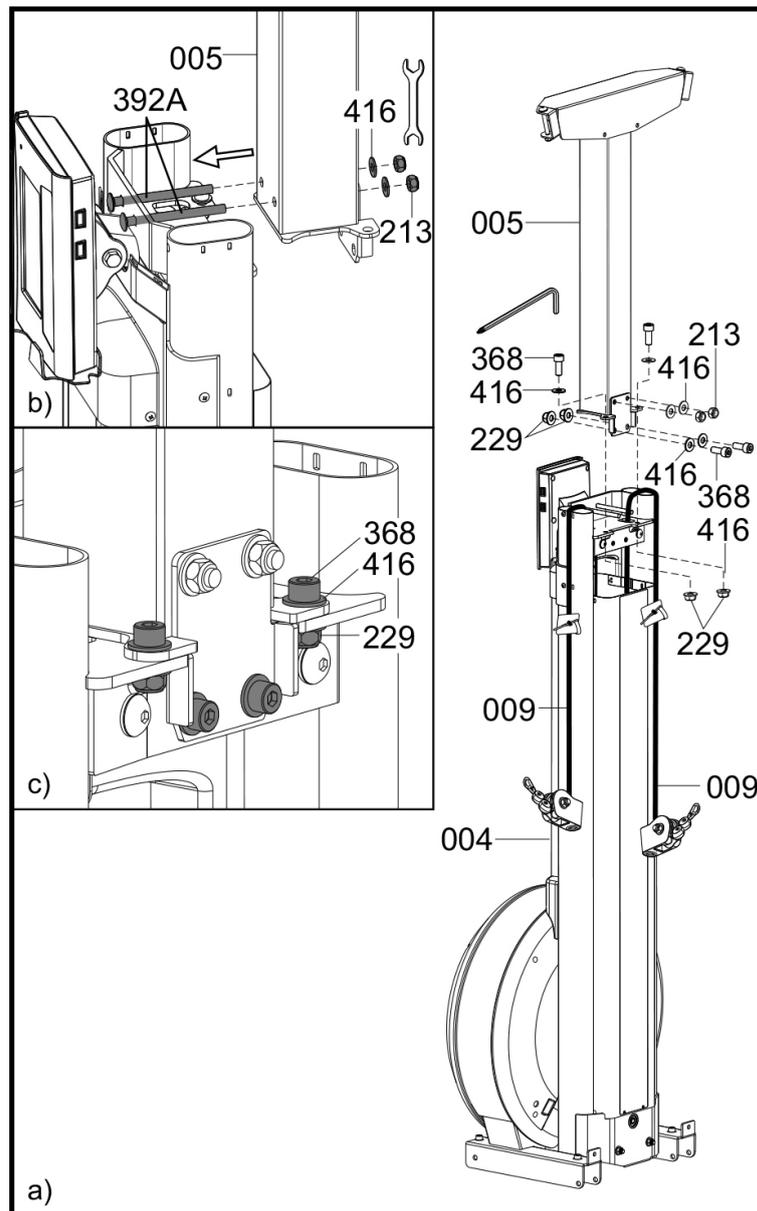
① **NOTICE**

We recommend not to remove the cardboard during assembly - it serves as soil protection.



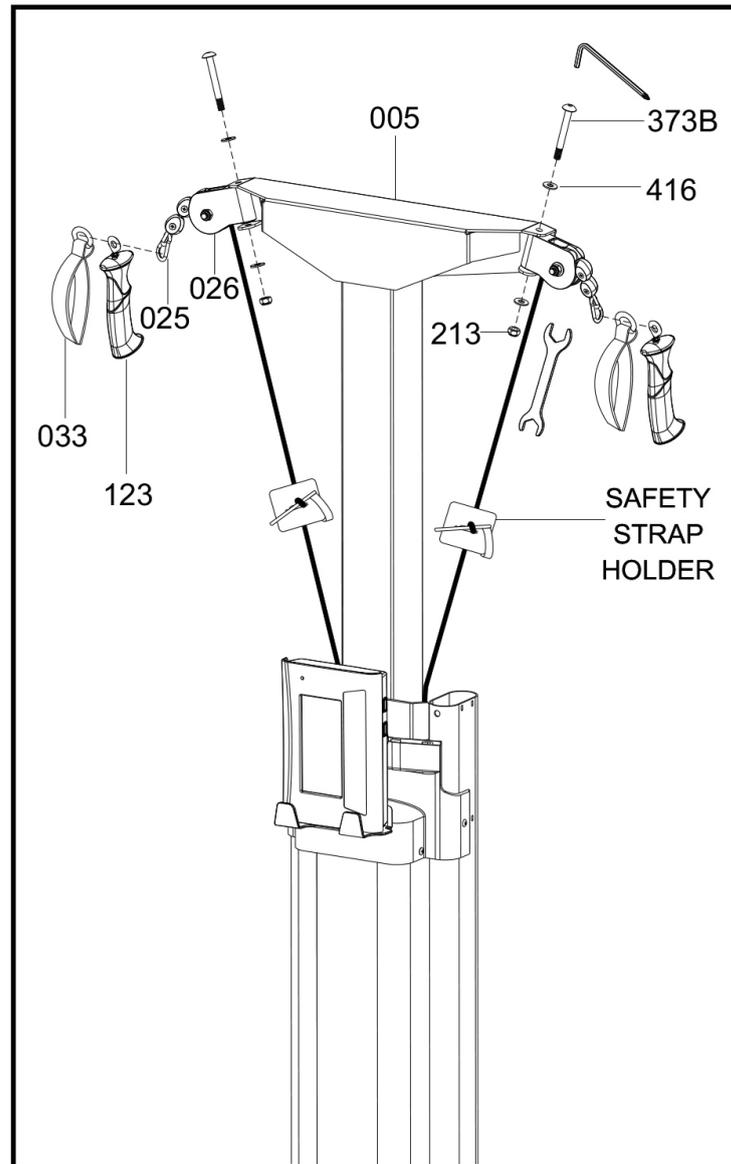
## Step 2: Mounting the vertical beam top

1. Pull out the two rope pulls (**009**) and hang them over the main frame (see illustration).
2. Slide the drill holes of the vertical beam top (**005**) onto the two bolts (**392A**) of the main frame (**004**).
3. Fix the two bolts (**392A**) with two washers (**416**) and two nuts (**213**) to the back of the vertical beam top (**005**) using the tool provided.
4. Fit the four bolts (**368**) together with the four washers (**416**) and four nuts (**229**) using the tool provided.



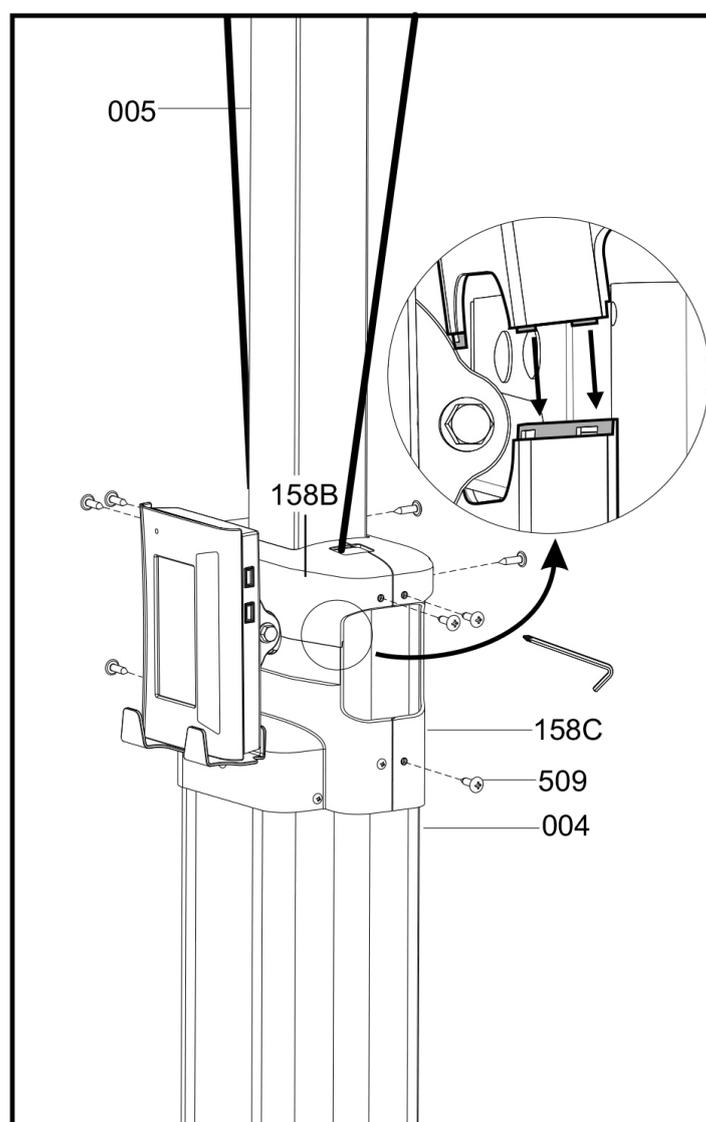
### Step 3: Mounting the u-pulley holders

1. Mount the u-pulley holders (**026**) to the vertical beam top (**005**) using two bolts (**373B**), four washers (**416**) and two nuts (**213**) with the supplied tool.
2. Attach the two handles (**123**) and two handle straps (**033**) to the snap hook (**025**).
3. Remove the safety strap holders from the cable pull ropes.



#### Step 4: Mounting the covers

1. Mount the cover B (**158B**) and the cover C (**158C**) on the main frame (**004**) and the vertical beam top (**005**) with a total of eight bolts (**509**) using the tool supplied.
2. Make sure that the covers mesh correctly (see illustration).



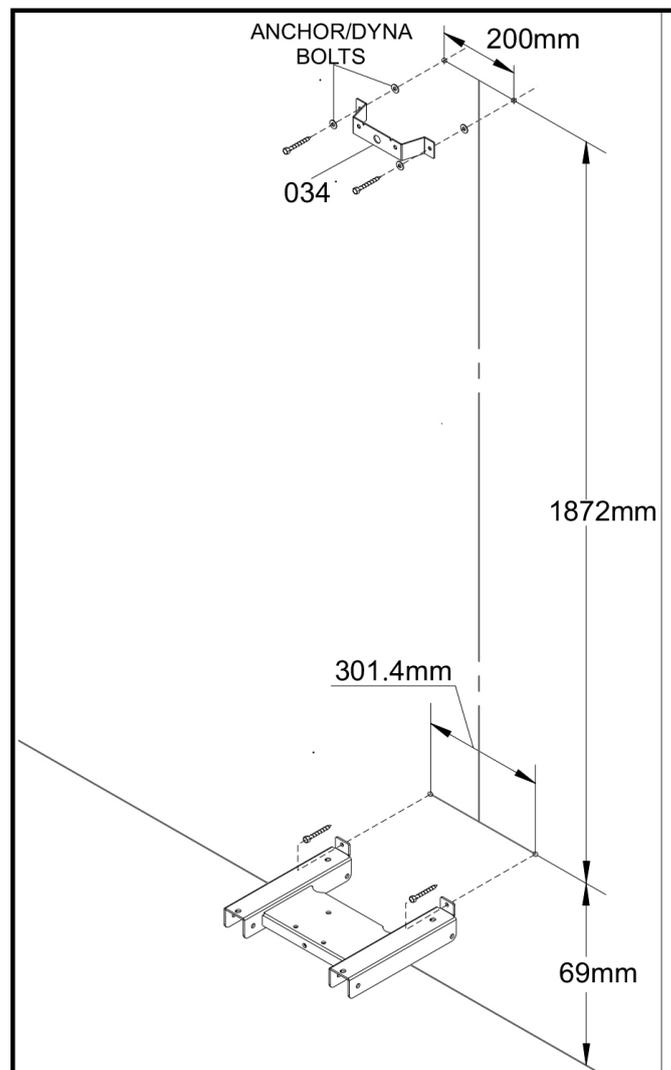
### Step 5: Mounting the wall bracket

1. Drill four holes with a diameter of 7.9 mm with a masonry drill into the wall on which you want to mount the ski trainer (the corresponding tool is not included).

① **NOTE**

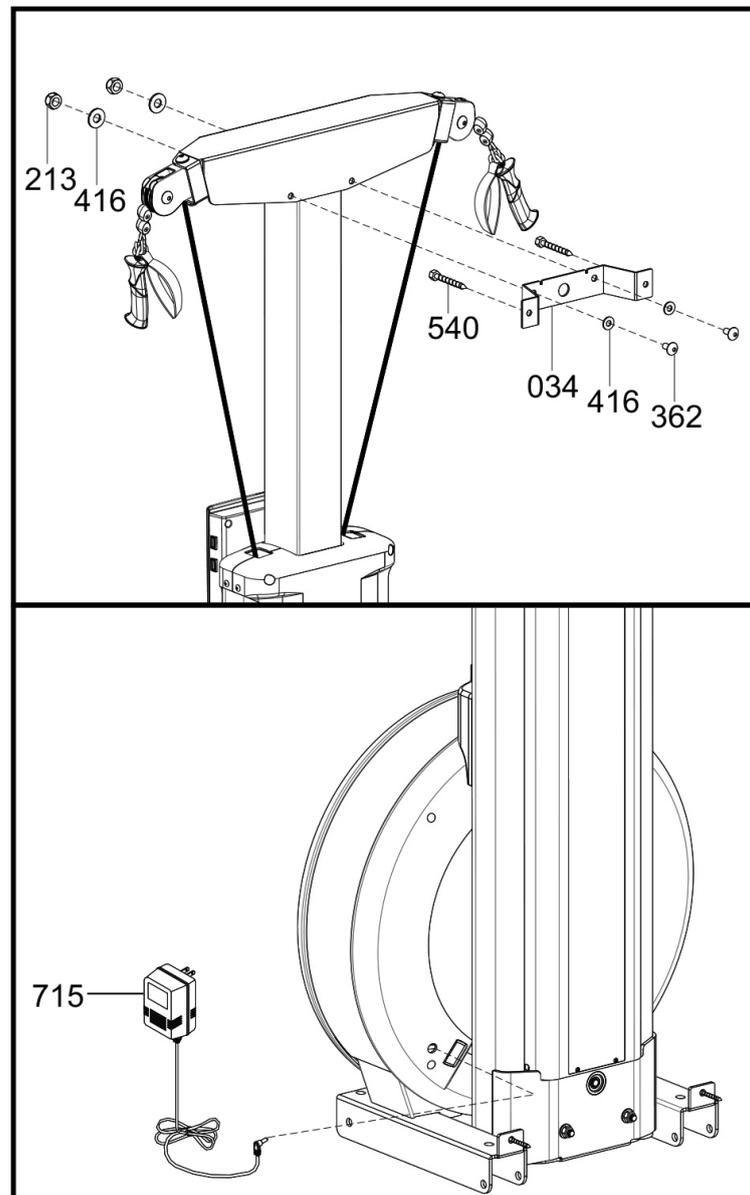
Make sure the wall is flat and straight.

2. Loosen the nut of the anchor bolt (**361**) until it is flush with the end of the bolt.
3. Carefully hammer the anchor bolts (**361**) into the pre-drilled holes and remove the nuts completely.
4. Slide the wall mounting bracket (**034**) over the anchor bolts and screw the nuts back onto the anchor bolts.
5. Tighten the nuts of the anchor bolts.



### Step 6: Attaching the ski trainer to the wall bracket

1. Mount the ski trainer to the wall mounting brackets (**034**) with a total of two bolts (**362**), four washers (**416**) and two nuts (**213**) using the tool supplied.
2. Now tighten all screws and bolts with the enclosed tool.
3. Connect the mains plug (**715**) to a mains socket.



## 2.5 Mounting the feet (optional)

① **NOTICE**

The feet for the device are optional accessories.

### Step 1: Free area

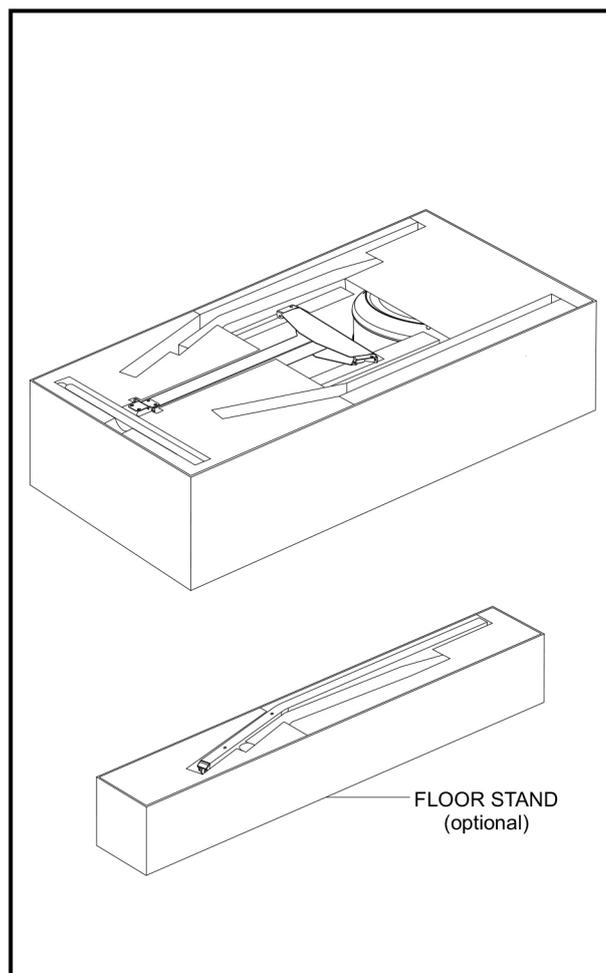
Make sure that there is a free area of 2 x 2.5 metres around the device while you are assembling it.

### Step 2: Opening the box and scope of delivery

1. Open the box with a knife and lay it flat on the floor.
2. Remove all loose parts.
3. Check the scope of delivery for completeness.

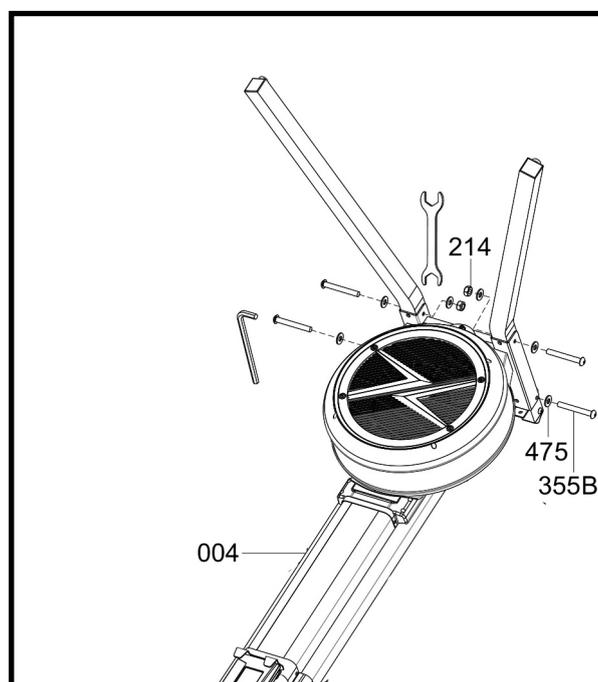
① **NOTICE**

We recommend not to remove the cardboard during assembly - it serves as soil protection.

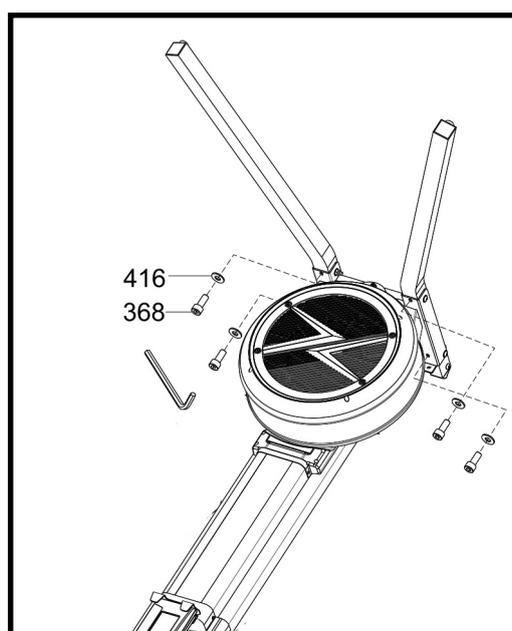


### Step 3: Mounting the feet

1. Mount the two floorstands (**001A**) and (**001B**) to the main frame (**004**) with a total of eight washers (**475**), four nuts (**214**) and four bolts (**355B**) with the supplied tool.



2. Mount the four bolts (**368**) and four washers (**416**) with the supplied tool.



## 3 OPERATING INSTRUCTIONS

### ① NOTICE

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

### 3.1 Console Display



Display	Description
<b>TIME</b>	The remaining or elapsed training time is displayed here. (Display range: 0:00~99:59)
<b>TIME/500m</b>	Here you can see the time you have left to travel 500 m at the current speed. (Display range: 0:00~59:59)
<b>DISTANCE</b>	The remaining or already covered distance is displayed here. (Display range: 0~99999m)
<b>CALORIES</b>	The calories still to be burned or already burned are displayed here. (0~9999 kcal)
<b>SPM</b>	Here you can see the beats you have made per minute.
<b>STROKES</b>	Here you can see the strokes you have performed during an entire training session. (Display range: 0 ~ 9999)

<b>PULSE</b>	Your current heart rate is displayed here. (Display range: Display range: 0-30~230Bpm)  <b>ⓘ NOTICE</b> This function is only possible with the help of a chest strap!
<b>WATTS</b>	The service is displayed here. (Display range: 0 ~ 999)

## 3.2 Button Functions

Button	Function
<b>INTERVAL PROGRAM</b>	Press this key to go directly to the interval programmes.
<b>TARGET PROGRAM</b>	Use this key to go directly to the target programmes.
<b>START/STOP</b>	Use this key to start or stop the programme.
<b>UP</b>	With this key you can increase parameters and resistance.
<b>DOWN</b>	With this key you can reduce parameters and resistance.
<b>ENTER/MODE</b>	With this key you can reduce parameters and resistance.
<b>RESET</b>	To restart the console, press and hold the UP and DOWN buttons simultaneously for a few seconds.

## 3.3 Switching on the console

To turn on the console, plug the power plug into a wall outlet.

### ⓘ NOTICE

The console will start automatically and all segments of the display will be displayed for about 2 seconds. The console then switches to the main menu.



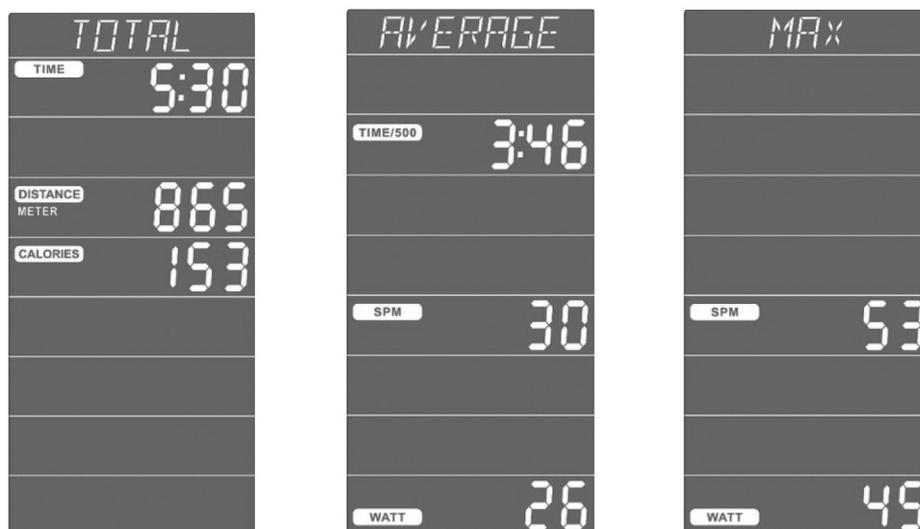
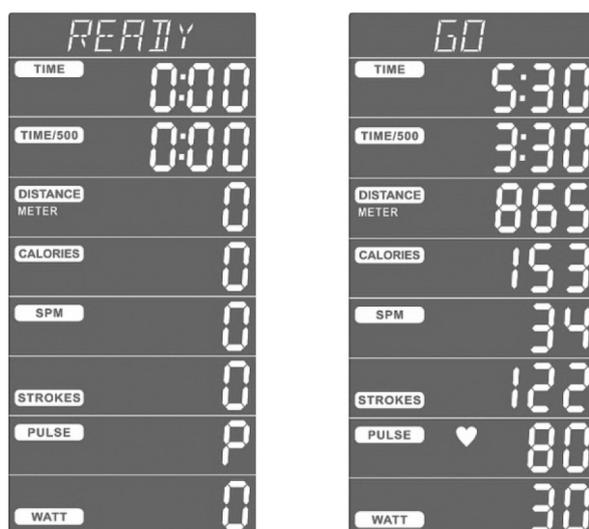
## 3.4 Programmes

### 3.4.1 QUICK START

1. To start the Quick Start programme, press the START/STOP button in the main menu.
2. To stop the programme, press the START/STOP button one more time.

*The training data is displayed*

3. To return to the main menu, press the START/STOP button again.



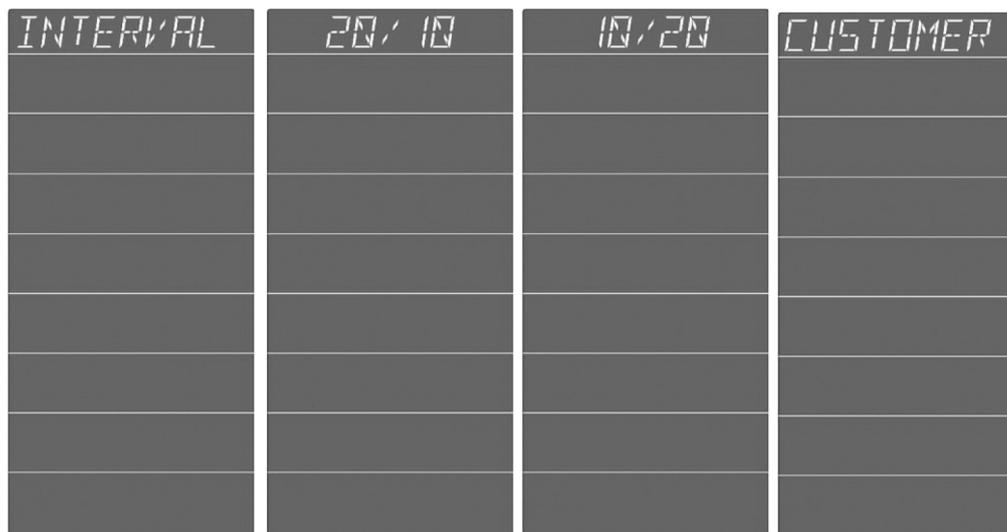
### 3.4.2 Interval Programmes

You can choose between three interval programmes:

20/10 - 20 second load, 10 second pause (8 repetitions)

10/20 - 10 second load, 20 second pause (8 repetitions)

CUSTOMER - user-defined programme



1. In the main menu, select the interval programmes with the UP/DOWN keys and confirm with ENTER/MODE.
2. Use the UP/DOWN buttons to select one of the interval programmes (20/10, 10/20 or CUSTOMER) and confirm with ENTER/MODE.

**ⓘ NOTICE**

If you have selected the custom programme (CUSTOMER), proceed as follows:

- 2.1. Use the UP/DOWN buttons to set the number of repetitions and press ENTER/MODE to confirm.
- 2.2. Now use the UP/DOWN buttons to set the duration of the load and the pauses and confirm with ENTER/MODE.
3. To start the programme, press the START/STOP button.
4. To stop the programme, press the START/STOP button one more time.

*The training data is displayed*

5. To return to the main menu, press the START/STOP button again.

### 3.4.3 Target Programmes

You can choose between several target programmes:

- + Time
- + Distance
- + Calories
- + Heart Rate (4 programmes: 60%, 75%, 85% and TARGET)
- + Watts

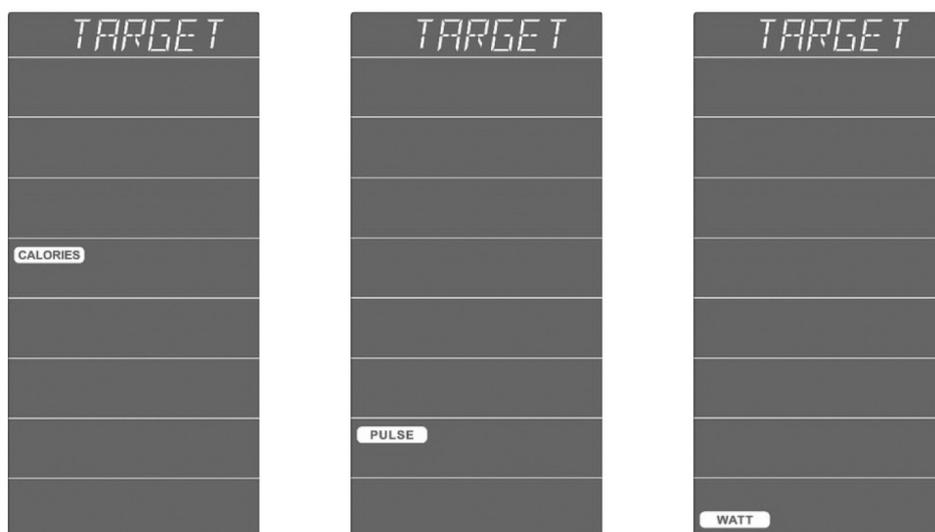
**⚠ WARNING**

Your training device is not a medical device. The heart rate measurement of this device may be inaccurate. Various factors can affect the accuracy of the heart rate display. The heart rate display is for training purposes only.

**ⓘ NOTICE**

Four heart rate programmes are available. Either select one of the three preset target heart rates (60%, 75% or 85% of your maximum heart rate) or select Target and manually enter a different target heart rate. Your maximum heart rate is determined by the console based on your entered age. These programmes only work with a chest strap.





1. In the main menu, select the target programmes with the UP/DOWN keys and confirm with ENTER/MODE.
2. Select one of the target programmes with the UP/DOWN keys and confirm with ENTER/MODE.
3. Use the UP/DOWN buttons to set a desired target value for the corresponding parameter and confirm with ENTER/MODE.
4. To start the programme, press the START/STOP button.

**ⓘ NOTICE**

With a target heart rate program, an acoustic signal sounds every 6 seconds when the target heart rate is reached and the resistance level is lowered. As soon as level 1 is reached, the programme stops.

5. To stop the programme, press the START/STOP button one more time.

*The training data is displayed*

6. To return to the main menu, press the START/STOP button again.

### 4.1 General Instructions

► **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.

⚠ **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.

### 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 TRAINING RECOMMENDATIONS



Hands and feet are at shoulder width. Raise your hands above your head and bend your arms slightly.



Keep your arm bends angled and pull the handles downwards. Tighten your abdominal muscles and bend your knees.



Extend your arms along your hips and keep your knees bent. Slowly raise your arms and return to your starting position.

### Variations:



The exercise can also be performed on a chair so as not to strain the legs. This is especially useful if you are recovering from a leg or foot injury.



Place them alternately one foot forward and one foot backward. This will strain different leg muscles.



Stand on your toes to exert more tension on your calf muscles.

## 6.1 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.

## 6.2 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.

Problem	Cause	Solution
Scraping noises	Cable or pulleys not running smoothly or damaged	Perform a visual check of the route of the cable or of the pulley or of the pulley guide
Squeaking & cracking noises	Screws are either too loose or too tight	Check that screws are correctly tightened or lubricate
Display does not show anything	Lack of power supply	+ Mains switch to "on" + Check plug connections (cables)
No pulse display	+ Sources of interference in the room + Unsuitable chest strap + Position of the chest strap incorrect + Batteries empty	+ Remove sources of interference (e. g. mobile phone, speakers, WLAN, mover- and cleaning robot, etc.) + Use suitable chest strap (see recommended accessories) + Reposition chest strap and/or moisten electrodes + Change batteries

## 6.3 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	Half-yearly	Yearly
Display console	C	I			
Ropes and pulleys	C/I				
Plastic covers	C	I			
Cable guides	I				
Screws and cable connections		I			
Legend: C = clean; I = inspect					

## 7 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.

## 8 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. This could be a floor mat, for example, which makes your fitness equipment stand more securely and also protects the floor from falling sweat, but it could also be additional handrails on some treadmills or silicone spray to keep moving parts in good shape.

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible chest strap, as this ensures optimum transmission of the heart rate. You may want to buy additional grips or weights for multi gyms.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



floor mat



chest strap



chest strap contact gel



towels



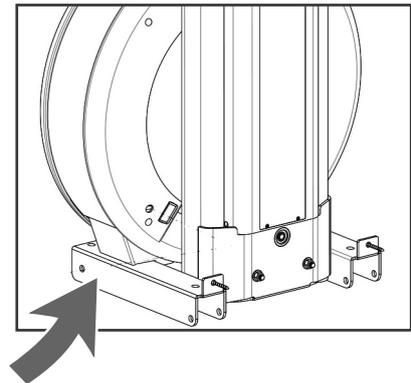
silicone spray

## 9.1 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 11 of this operating manual.

**NOTICE**

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.



Enter the serial number in the appropriate field.

**Serial number:**

**Brand / Category:**

TAURUS / ski trainer

**Model Name:**

SCANDIC X

**Article Number:**

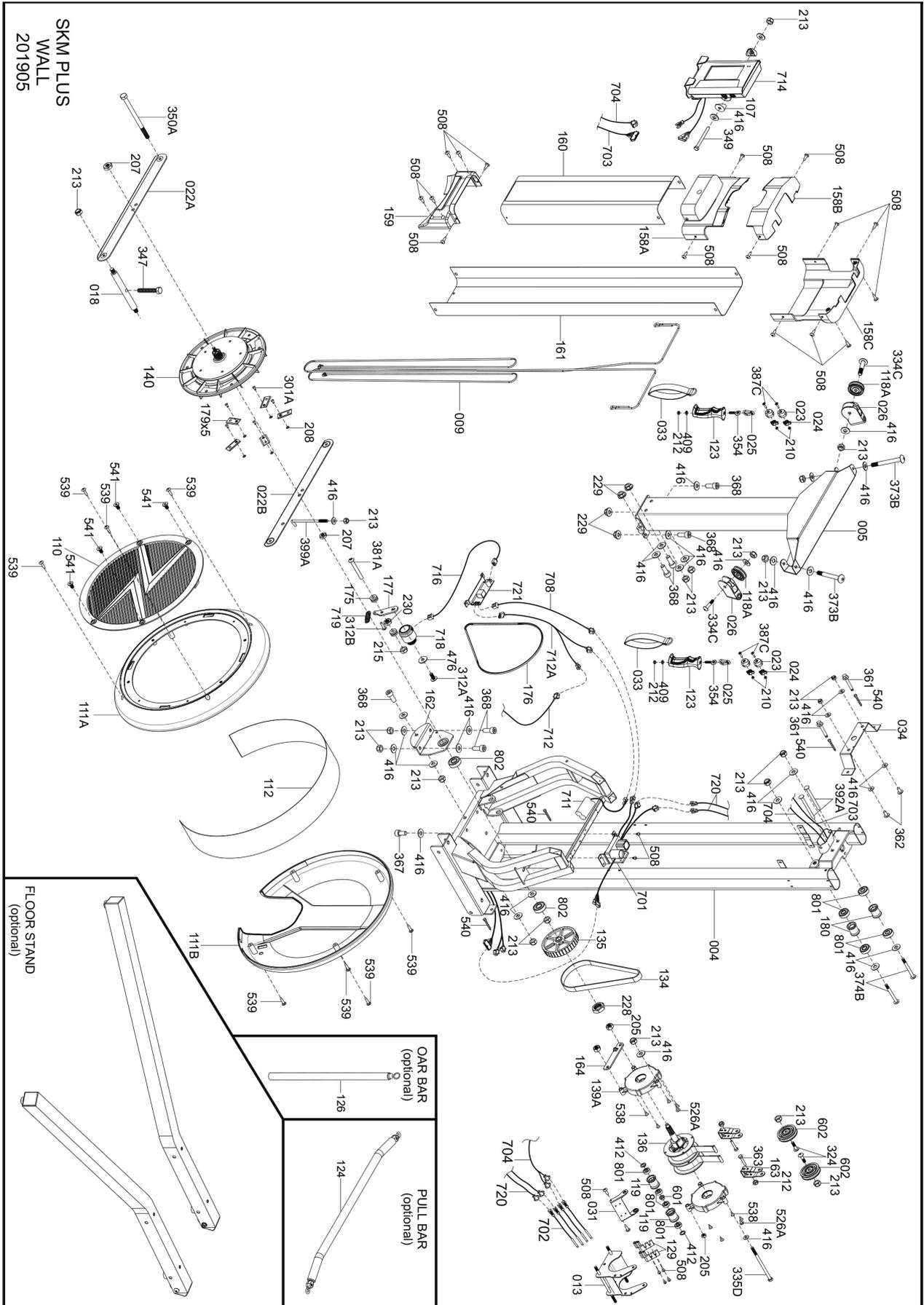
TF-SCANDIC-X

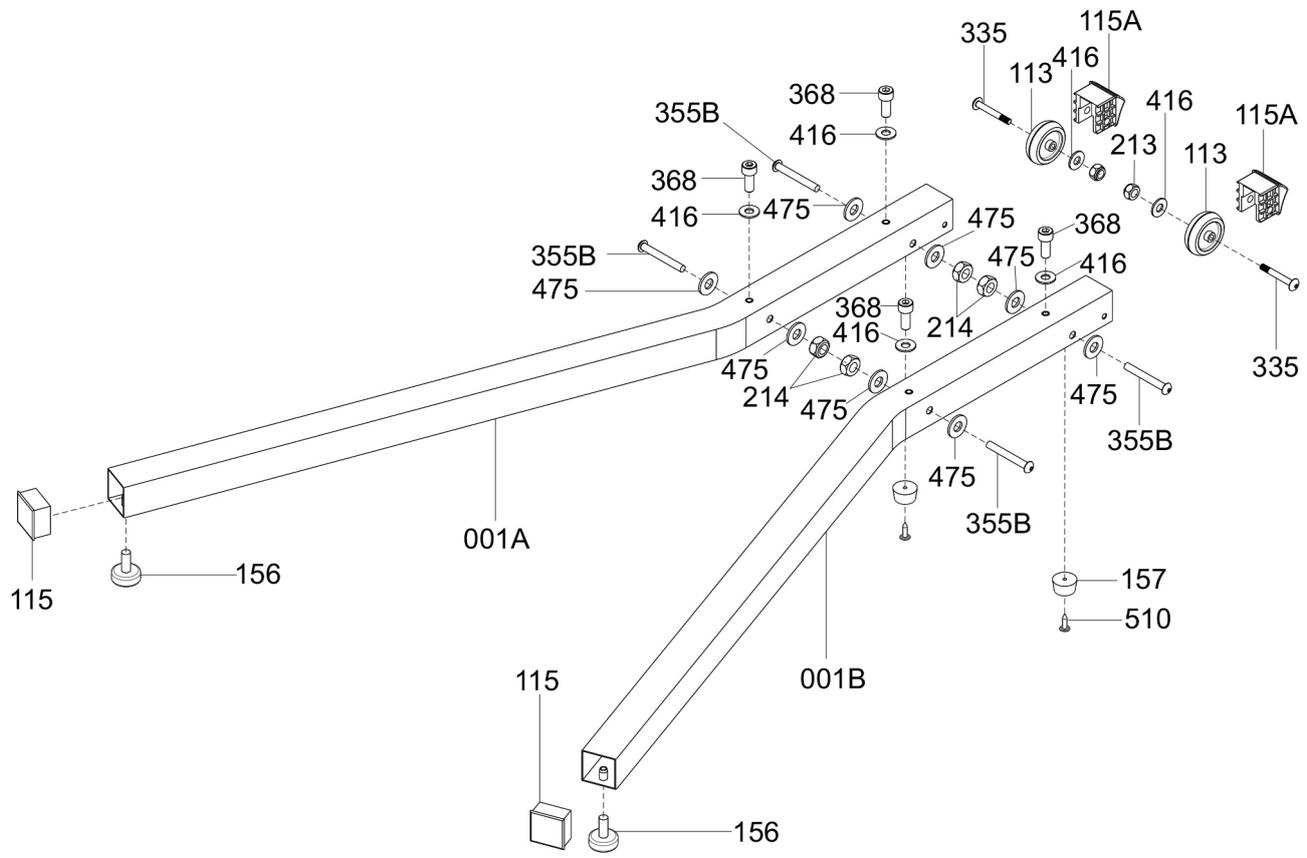
## 9.2 Parts List

No.	Name	Qty.	No.	Name	Qty.
4	MAIN FRAME	1	230	NUT-M10	1
5	VERTICAL BEAM-TOP	1	301A	BOLT-M4X8L	5
9	ROPE	2	312A	BOLT-M6X15L	1
13	DRIVE BRACKET-LEFT	1	312B	BOLT-M6X25L	1
18	BELT TENSION SHAFT	1	324	BOLT-M8 X 30L	2
22A	BELT TENSION PLATE	1	334C	BOLT-M8 X 38L	2
22B	BELT TENSION PLATE	1	335D	BOLT-M8 X 150L	1
23	ROPE CLAMP-OUTER	4	347	BOLT-M8 X 50L	1
24	ROPE CLAMP-INNER	4	349	BOLT-M8 X 90L	1
25	SNAP HOOK	2	350A	BOLT-M8 X 120L	1
26	U-PULLEY HOLDER	2	354	BOLT-M8 X 84L X Ø10	2
31	SENSOR HOLDER BRACKET	1	361	BOLT-1/4 X 2"	2
33	HANDLE STRAPS	2	362	BOLT-M8 X 16L	2
34	WALL MOUNTING BRACKET	1	363	BOLT-M6 X 30L	2
107	COMPUTER ARM SPACER	2	367	BOLT-M8 X 16L	1
110	COVER-HUB	1	368	BOLT-M8 X 20L	7
111A	MAIN COVER-FRONT	1	373B	BOLT-M8 X 70L	2
111B	MAIN COVER-BACK	1	374B	BOLT-M8 X 80L	2
112	MESH	1	381A	BOLT-M10 X 80L	1
118A	CARRIAGE ROLLER	2	387C	BOLT-3/16 X 3/4	4
119	BINOCULAR BEARING HOUSING	2	392A	BOLT-M8 X 95L	2
123	HANDLES	2	399A	Adjustment BOLT	1
124	PULL BAR(OPTIONAL)	1	409	WASHER-M6 X Ø13 X 1T	4
126	OAR BAR(OPTIONAL)	1	412	WASHER-M8 X Ø12 X 1T	2
129	SENSOR HOLDER	2	416	WASHER-M8 X Ø18 X 1.5T	42
134	POLY "V" DRIVE BELT	1	476	WASHER-1/4 X Ø19 X 1.5T	1
135	DRIVE PULLEY(SKI)	1	508	SCREW-M4X12L	26
136	STRAP DRUM	1	526A	SCREW-round head 1/8 x 3/8L	2
139A	RETURN SPRING-SET	2	538	SCREW-flat head 1/8 x 3/8L	8
140	FAN SET	1	539	SCREW-5/32 X 3/4L	1

158A	COVER-A	1	540	SCREW	4
158B	COVER-B	1	541	SCREW-M6X12L	4
158C	COVER-C	1	601	SPACER JCA002F	1
159	COVER-BOTTOM	1	602	CARRIAGE ROLLER(Ø64xØ50.1)	2
160	MESH-FRONT	1	701	MOTOR with CABLE	1
161	MESH-BACK	1	702	SENSOR with CABLE - 2PIN	4
162	CLUTCH SHAFT BRACKET	1	703	COMPUTER CABLE - 12PIN	1
163	ROPE PULLEY BRACKET	2	704	COMPUTER CABLE - 3PIN	1
164	RETURN SPRING PLATE	1	708	DC & MOTOR CABLE	1
175	Motor cushion SPACER	2	711	BATTERY with CABLE	1
176	BELT	1	712	A/C ADAPTOR CABLE	1
177	Generator FIXATE PLATE	1	712A	BATTERY & AC ADAPTOR CABLE	1
179	STOPPER	5	714	COMPUTER	1
180	IDLER PULLEY	2	715	AC ADAPTOR	1
205	NUT-M8	4	716	COMPUTER CABLE	1
207	NUT-3/8 X 26 UNC X 6T	4	718	Generator	1
208	NUT-M4	5	719	SPRING	1
210	NUT-3/16	6	720	SENSOR CABLE - 2PIN	2
212	NUT-M6	4	721	COMPUTER CONTROLLER	1
213	NUT-M8	29	801	BALL BEARING	8
215	NUT-M10	1	802	BALL BEARING	2
228	NUT-M16 X P1.5 X 8T	1			
229	NUT-M8	4			

# 9.3 Exploded Drawing





## 10 WARRANTY

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

### Error Descriptions

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

**Your statutory rights are not affected.**

### 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	Usage	Full Warranty
TF-SCANDIC-X	Home use	24 Months
	Semi-professional use	12 Months
	Professional use	6 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 centres, hotels, clubs, company gyms)
- + Professional use: more than 6 hours per day (e. g. commercial gyms)

### **Warranty Service**

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

### **Warranty Conditions**

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

### **Warranty claims are invalid in case of damage resulting from:**

- + misuse or improper handling
- + environmental influences (moisture, heat, electrical surge, dust, etc.)
- + failure to follow the current safety measures for the equipment
- + failure to follow the operating instructions
- + use of force (e. g. hitting, kicking, falling)
- + interventions which were not carried out by one of our authorized service centres
- + unauthorised repair attempts

### **Proof of Purchase and Serial Number**

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.

### **Service outside of the Warranty Period**

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

### **Communication**

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

## 11 CONTACT

DE	DK	FR				
<b>TECHNICAL SUPPORT</b>  +49 4621 4210-900  +49 4621 4210-698  technik@sport-tiedje.de  Mo - Fr 08:00 - 18:00  Sa 09:00 - 18:00	<b>TECHNICAL SUPPORT &amp; SERVICE</b>  80 90 16 50 +49 4621 4210-945  info@fitshop.dk  Mo - Fr 08:00 - 18:00  Sa 09:00 - 18:00	<b>TECHNICAL SUPPORT &amp; SERVICE</b>  +33 (0) 172 770033 +49 4621 4210-933  service-france@fitshop.fr  Mo - Fr 08:00 - 18:00  Sa 09:00 - 18:00				
<b>SERVICE</b>  0800 20 20277 (Freecall)  info@sport-tiedje.de  Mo - Fr 08:00 - 21:00  Sa 09:00 - 21:00  So 10:00 - 18:00	<th>PL</th> <td> <b>TECHNICAL SUPPORT &amp; SERVICE</b>   22 307 43 21            +49 4621 42 10-948   info@fitshop.pl   Mo - Fr 08:00 - 18:00   Sa 09:00 - 18:00         </td> <td> <th>BE</th> <td> <b>TECHNICAL SUPPORT &amp; SERVICE</b>   02 732 46 77            +49 4621 42 10-932   info@fitshop.be   Mo - Fr 08:00 - 18:00   Sa 09:00 - 18:00         </td> </td>	PL	<b>TECHNICAL SUPPORT &amp; SERVICE</b>  22 307 43 21 +49 4621 42 10-948  info@fitshop.pl  Mo - Fr 08:00 - 18:00  Sa 09:00 - 18:00	<th>BE</th> <td> <b>TECHNICAL SUPPORT &amp; SERVICE</b>   02 732 46 77            +49 4621 42 10-932   info@fitshop.be   Mo - Fr 08:00 - 18:00   Sa 09:00 - 18:00         </td>	BE	<b>TECHNICAL SUPPORT &amp; SERVICE</b>  02 732 46 77 +49 4621 42 10-932  info@fitshop.be  Mo - Fr 08:00 - 18:00  Sa 09:00 - 18:00

UK	NL	INT				
<b>TECHNICAL SUPPORT</b>  +44 141 876 3986  support@powerhousefitness.co.uk	<b>TECHNICAL SUPPORT &amp; SERVICE</b>  +31 172 619961  info@fitshop.nl  Ma - Do 09:00 - 17:00  Vr 09:00 - 21:00  Za 10:00 - 17:00	<b>TECHNICAL SUPPORT &amp; SERVICE</b>  +49 4621 4210-944  service-int@sport-tiedje.de  Mo - Fr 8am - 6pm  Sat 9am - 6pm				
<b>SERVICE</b>  +44 141 876 3972  Mo - Fr 9am - 5pm	<th>AT</th> <td> <b>TECHNICAL SUPPORT &amp; SERVICE</b>   0800 20 20277            (Freecall)            +49 4621 42 10-0   info@sport-tiedje.at   Mo - Fr 08:00 - 18:00   Sa 09:00 - 18:00         </td> <td> <th>CH</th> <td> <b>TECHNICAL SUPPORT &amp; SERVICE</b>   0800 202 027            +49 4621 42 10-0   info@sport-tiedje.ch   Mo - Fr 08:00 - 18:00   Sa 09:00 - 18:00         </td> </td>	AT	<b>TECHNICAL SUPPORT &amp; SERVICE</b>  0800 20 20277 (Freecall) +49 4621 42 10-0  info@sport-tiedje.at  Mo - Fr 08:00 - 18:00  Sa 09:00 - 18:00	<th>CH</th> <td> <b>TECHNICAL SUPPORT &amp; SERVICE</b>   0800 202 027            +49 4621 42 10-0   info@sport-tiedje.ch   Mo - Fr 08:00 - 18:00   Sa 09:00 - 18:00         </td>	CH	<b>TECHNICAL SUPPORT &amp; SERVICE</b>  0800 202 027 +49 4621 42 10-0  info@sport-tiedje.ch  Mo - Fr 08:00 - 18:00  Sa 09:00 - 18:00

Please find a detailed overview including address and opening hours for all stores of the Sport-Tiedje Group in Germany and abroad on the following website:

[www.sport-tiedje.com/en/stores](http://www.sport-tiedje.com/en/stores)

# WE LIVE FITNESS

## WEBSHOP AND SOCIAL MEDIA

Sport-Tiedje is Europe's largest specialist store for home fitness equipment with currently 80 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

Sport-Tiedje offers a wide range of fitness equipment from renowned manufacturers, high-quality in-house developments and comprehensive services, such as a build-up service and sports scientific advice before and after the purchase. The company employs numerous sports scientists, fitness trainers and competitive athletes.

Visit us also on our social media platforms or our blog!



[www.sport-tiedje.co.uk](http://www.sport-tiedje.co.uk)  
[www.sport-tiedje.de/blog](http://www.sport-tiedje.de/blog)



[www.facebook.com/SportTiedje](http://www.facebook.com/SportTiedje)



[www.instagram.com/sporttiedje](http://www.instagram.com/sporttiedje)



[www.youtube.com/user/sporttiedje](http://www.youtube.com/user/sporttiedje)

**TAURUS**

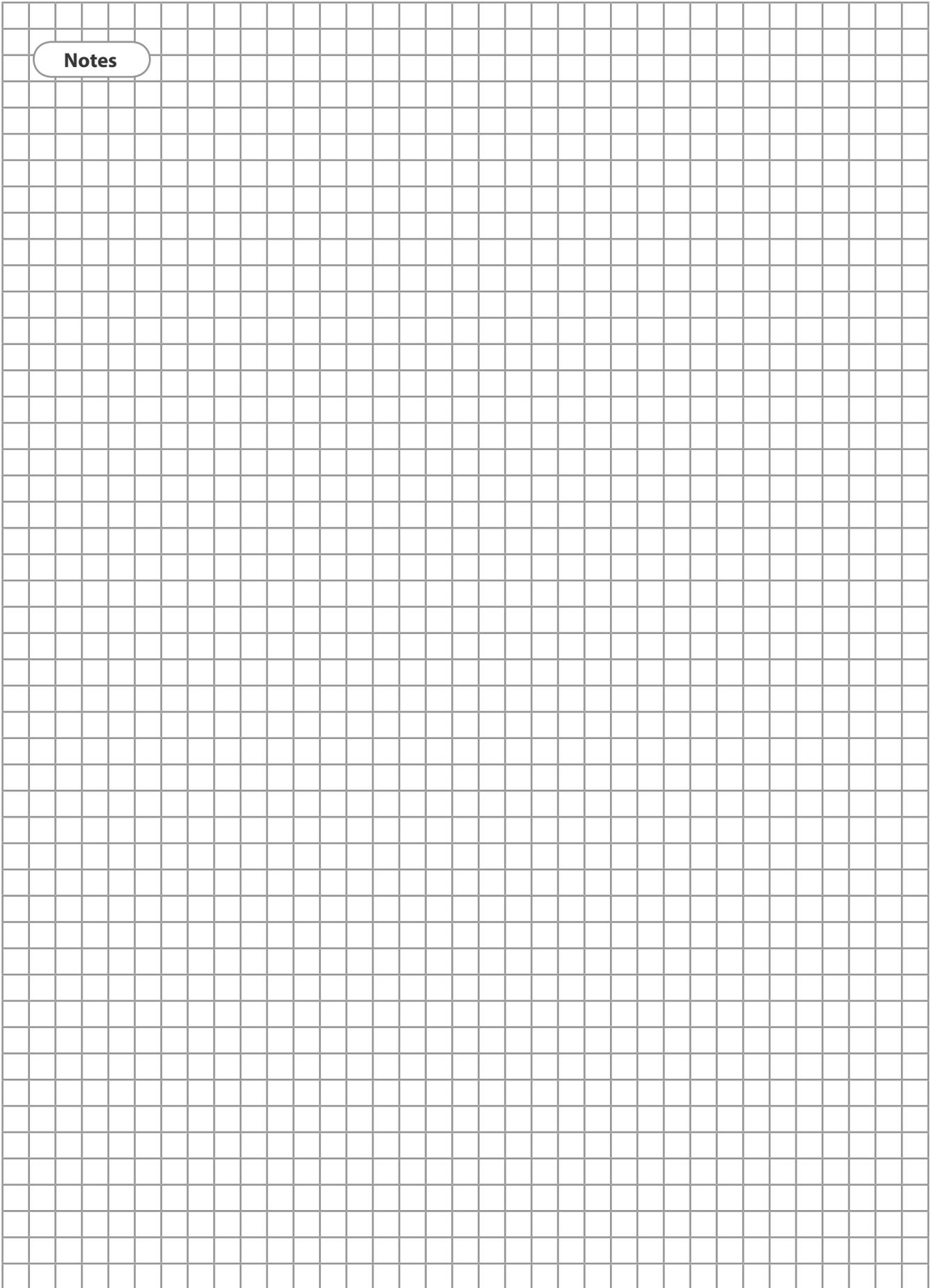
**cardiostrong**

**BODYCRAFT**

**cardiojump**



Notes



Notes

A large grid of graph paper for taking notes, consisting of 20 columns and 30 rows of small squares.



**TAURUS**<sup>®</sup>

SCANDIC X