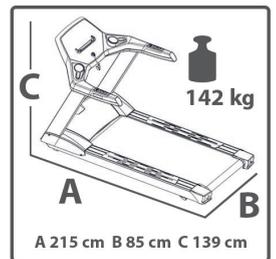
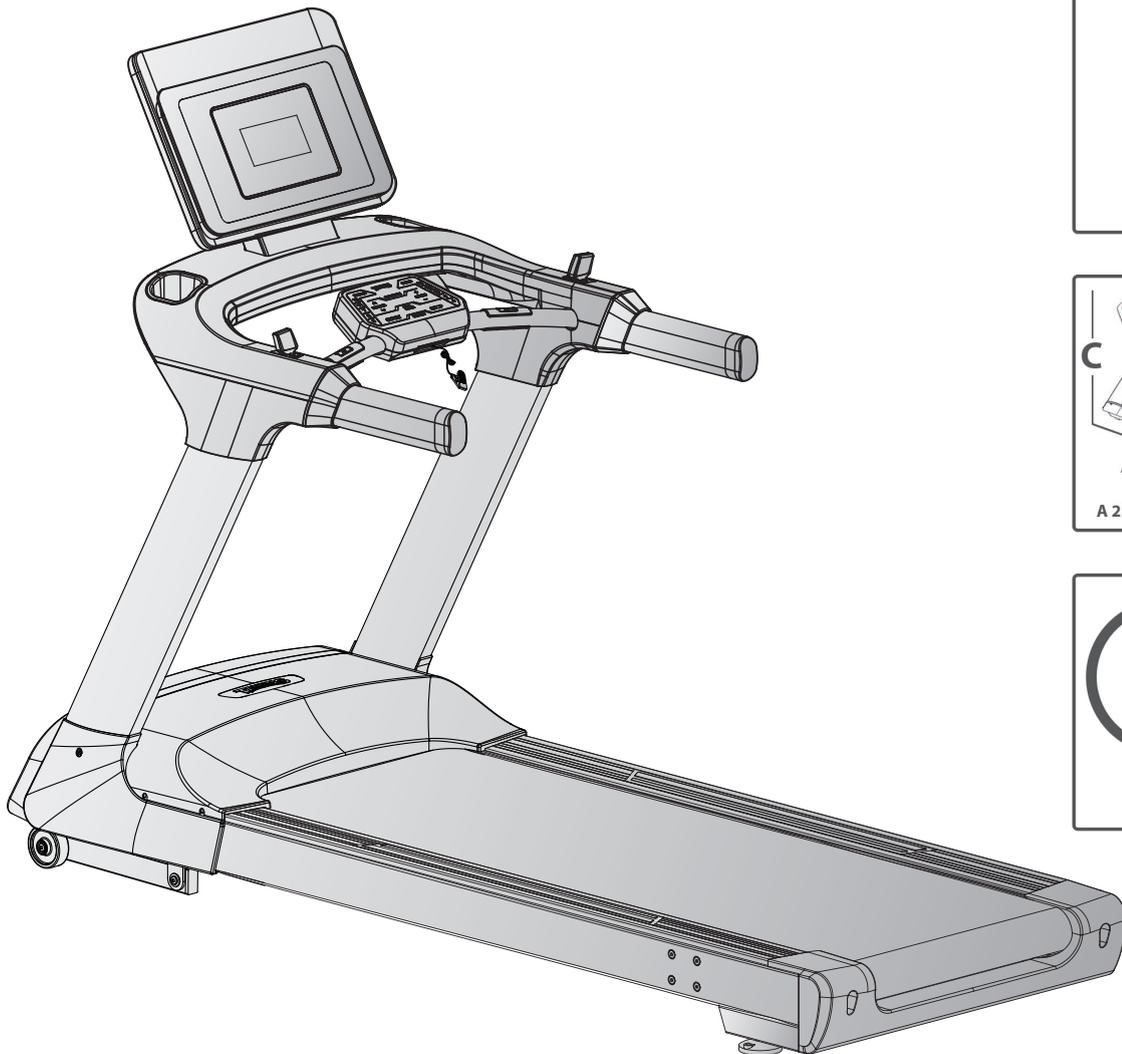


TAURUS®

Assembly and operation instructions



TFT95.02.01

Art-No. TF-T95-2

Treadmill T9.5 Pro



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 or 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 use at home and for semi-professional use (e. g., hospitals, clubs, hotels, schools, etc.). It is not suitable for commercial or professional use (e. g., health clubs).

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

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1.1 Technical data

LCD 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: 3.0 HP continuous output (DC motor)

Speed range: 0.5 - 22 km/h

Speed hot keys: 5

Incline range: 0 - 15 %

Incline hot keys: 5

Total number of training programmes: 32

Pre-set programmes: 20

Manual programmes: 1

Target programmes: 3

User-defined programmes: 4

Heart rate-oriented programmes: 3

Running surface size (L x W): 152 cm x 56 cm

Weight and dimensions:

Article weight (gross, including packaging): 160 kg

Article weight (net, without packaging): 142 kg

Packaging dimensions (L x W x H): 226 cm x 90 cm x 415 cm

Set-up dimensions (L x W x H): 215 cm x 85 cm x 139 cm

Maximum user weight: 180 kg

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.
- + 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.

Safety Key

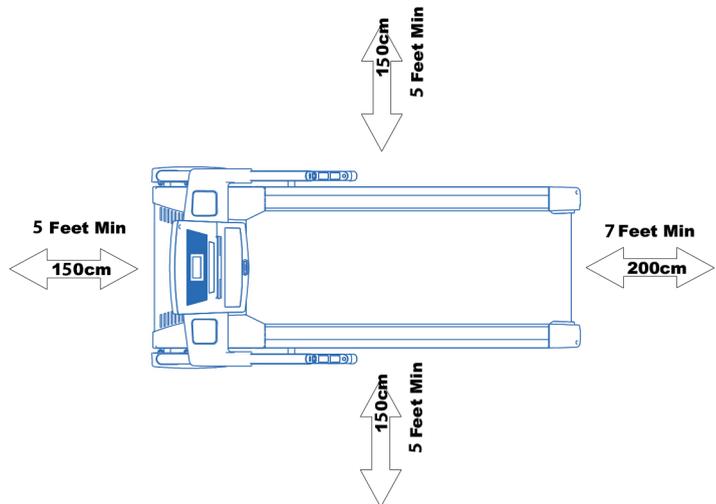
- + The equipment has an EMERGENCY STOP mechanism for your safety. The equipment may only be operated when the safety key is properly attached to the contact point of the cockpit. The equipment will automatically stop immediately if the safety key is no longer on the contact point. That is why you should 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 of the safety key must be attached (fixed) to your clothing!
- + 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 usage 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 (contract partner service technicians).
- + 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 Faults and troubleshooting

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.

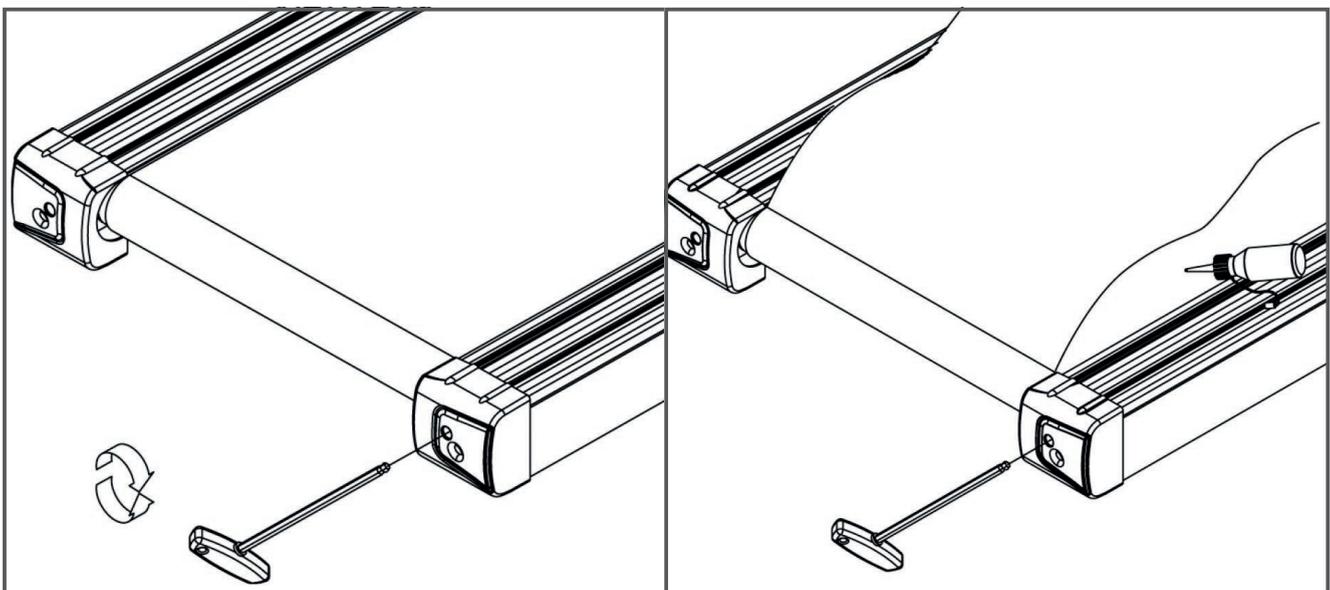
Error	Cause	Repair
Console does not react	Safety key missing	Check if the safety key is inserted and place it in
Running belt tilted	Running belt not aligned	Align running belt in accordance with the instructions
Running belt slips through/stops	Belt tension/lubrication not ok	Check belt tension/lubrication 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 <u>With chest strap</u> 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

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.
- + 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.
- + 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. of 1/4 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 3 months).
- + In order to be able to optimally lubricate the treadmill, the running belt must be lifted slightly. Then apply lubricating oil on the entire running deck. It is easiest to lubricate when the treadmill is folded up. Apply three drops of lubricating oil between the belt and the running deck.
- + 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 done after the equipment has not been used for a longer period of time.

Note:

The lubricating oil is included in delivery.

Alternatively you can use silicone spray instead of the lubricating oil.

Horizontal alignment

If the floor is uneven, you can stabilize the treadmill by turning the two setting screws under the main frame.

1. Lift the treadmill on the desired side and rotate the setting screws under the main frame.
2. Rotate the screws clockwise in order to remove them and to raise the running surface.
3. Rotate them counterclockwise in order to lower the running surface.

2.5 Maintenance and service calendar

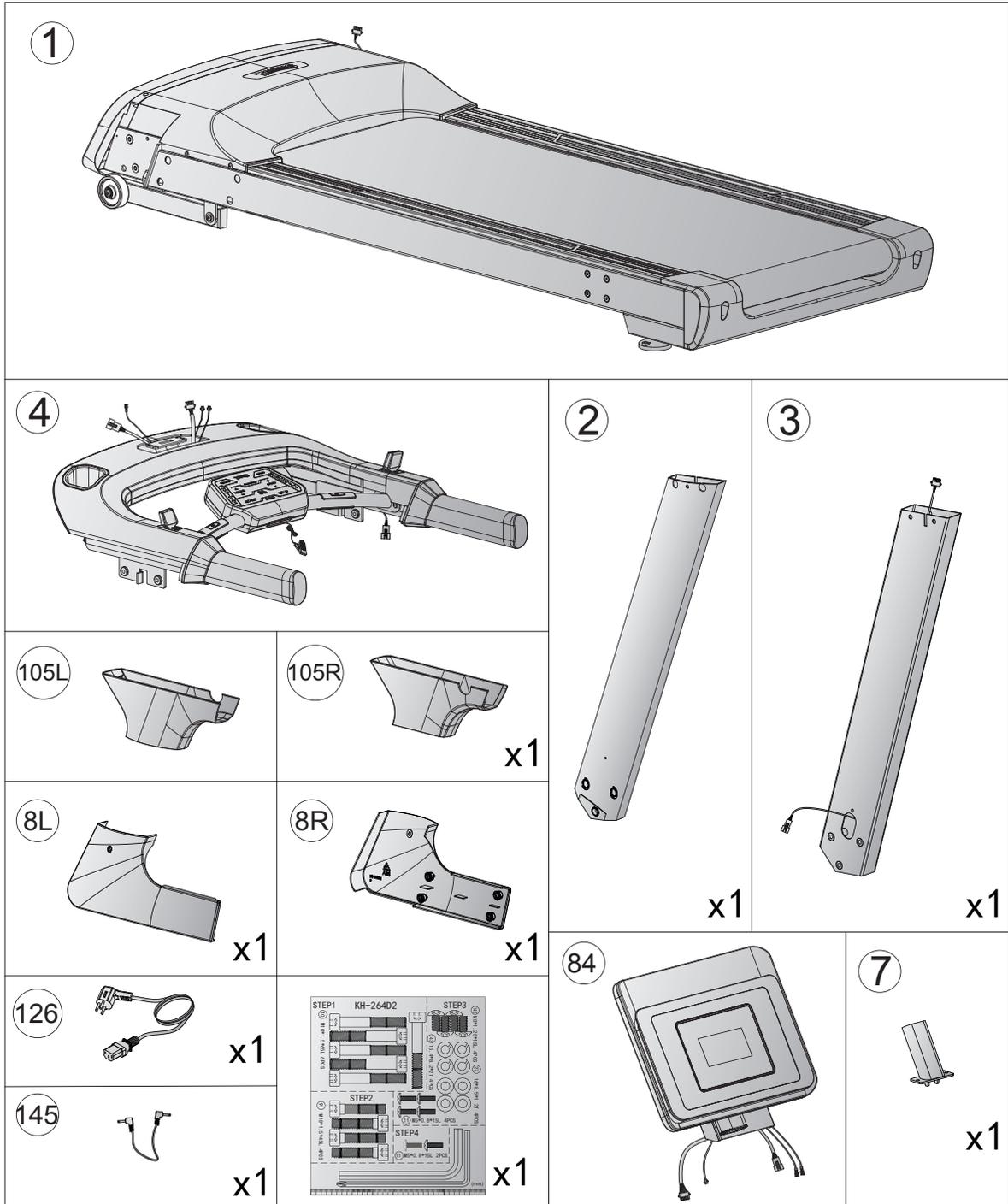
The cockpit, casing, handrails and entire frame must be cleaned after every training session with a moist towel (no solvent!) in order to avoid damage caused by sweat. After every 150 hours of operation the treadmill should be cleaned and inspected thoroughly.

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.



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:

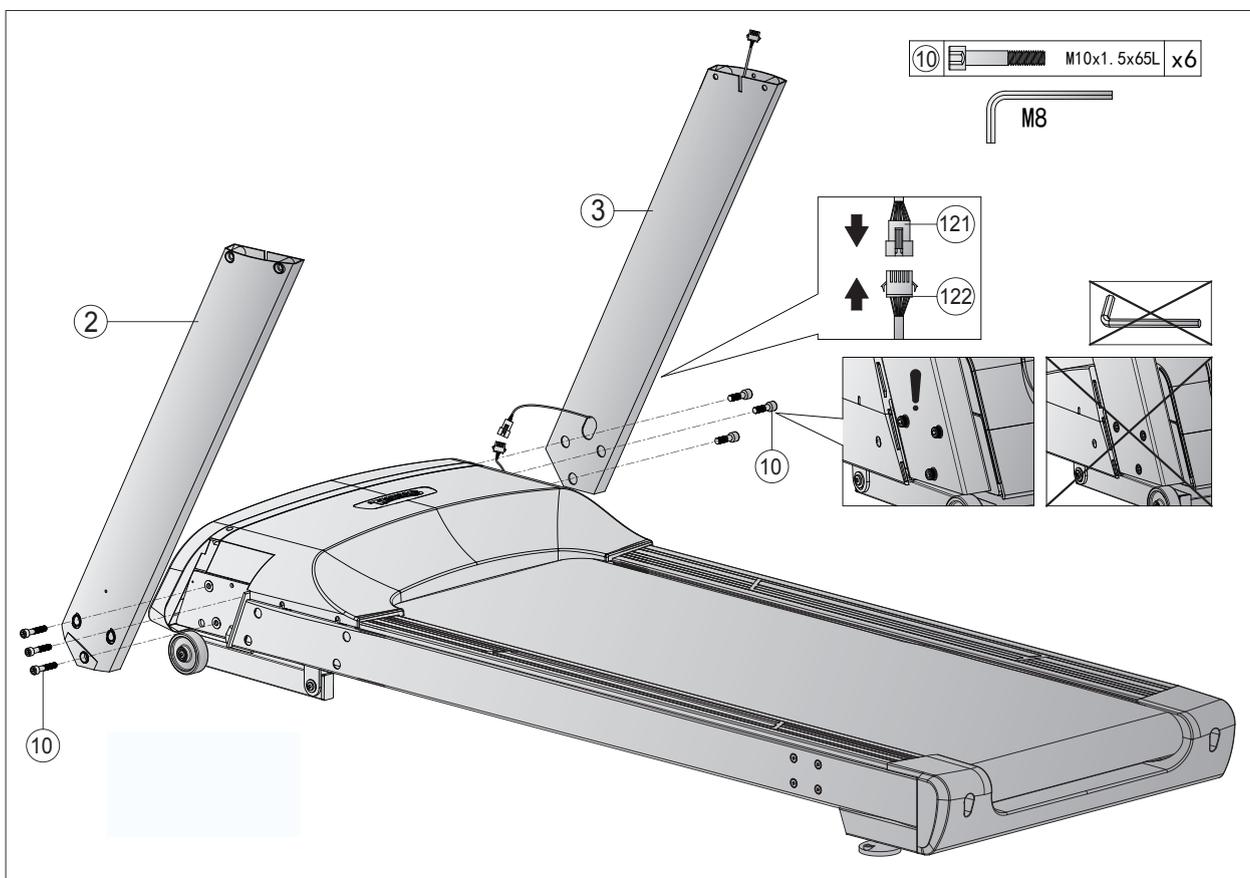
1. Connect the two cables (121 and 122) with one another.

Caution:

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

2. Fix the two handlebar posts (2 and 3) to the main frame (1) with six allen bolts (10).

IMPORTANT: Do not tighten the bolts (10) yet!



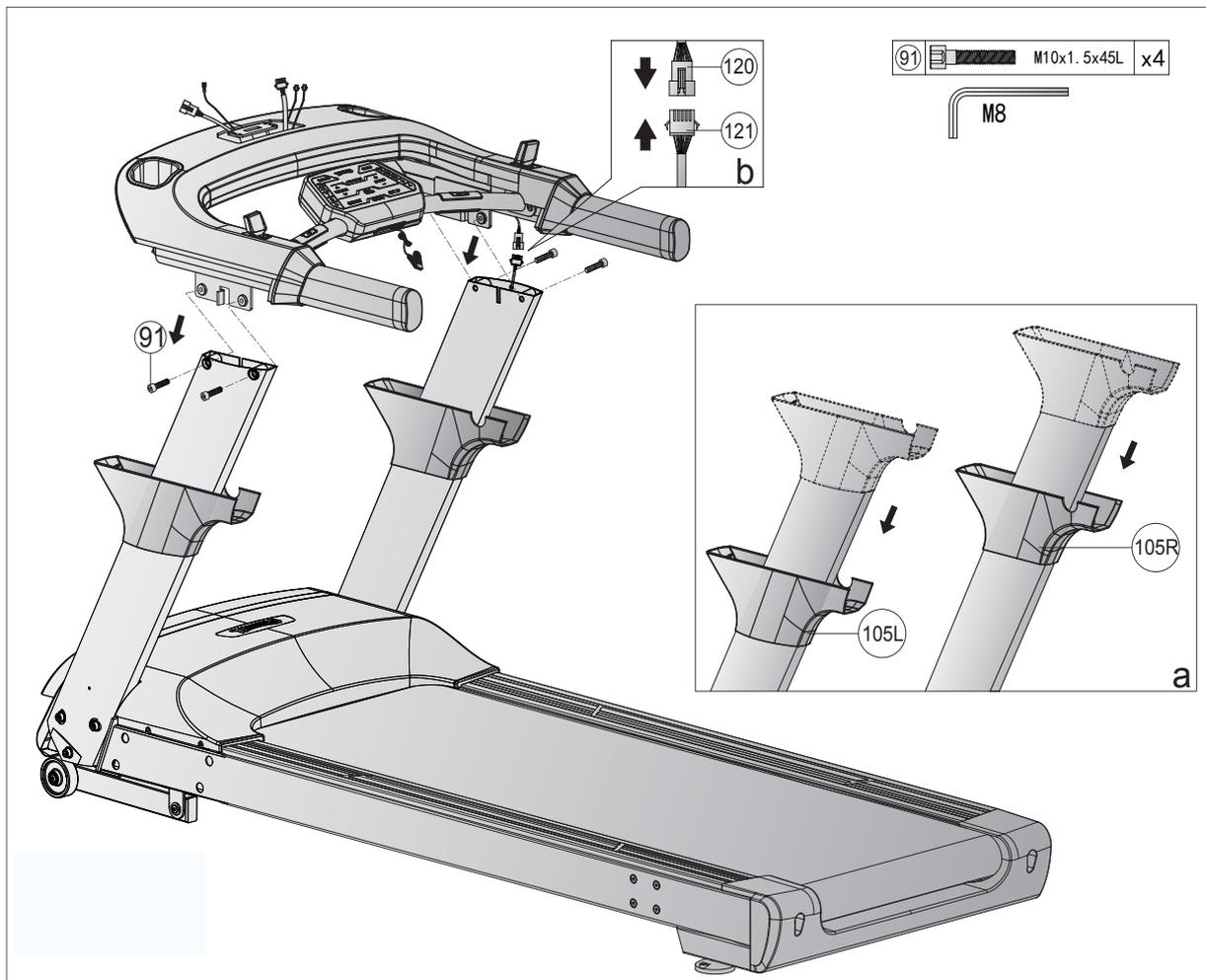
Step 2

1. Slide the two covers (105L and 105R) downwards.
2. Connect the two cables (120 and 121) with one another.

Caution:

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

2. Fix the handlebar (4) to the two handlebar posts (2 and 3) with four allen screws (91).



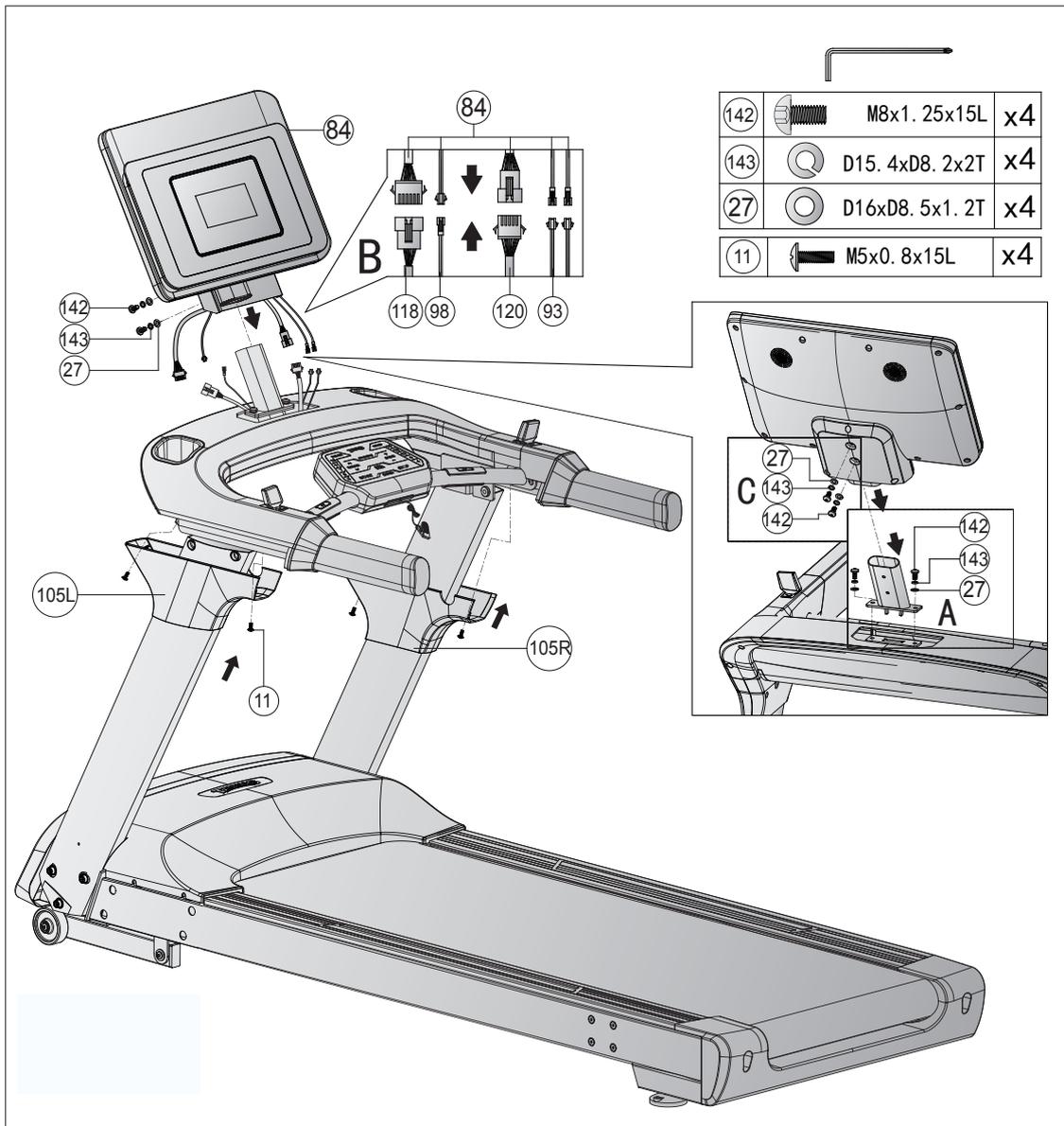
Step 3

1. Fix the supporting tube (7) to the handlebar (4) with two allen bolts (142), two spring washers (143) and two flat washers (27).
2. Connect the cables (93, 98, 118 and 120) with their counterparts of the console (84).

Caution:

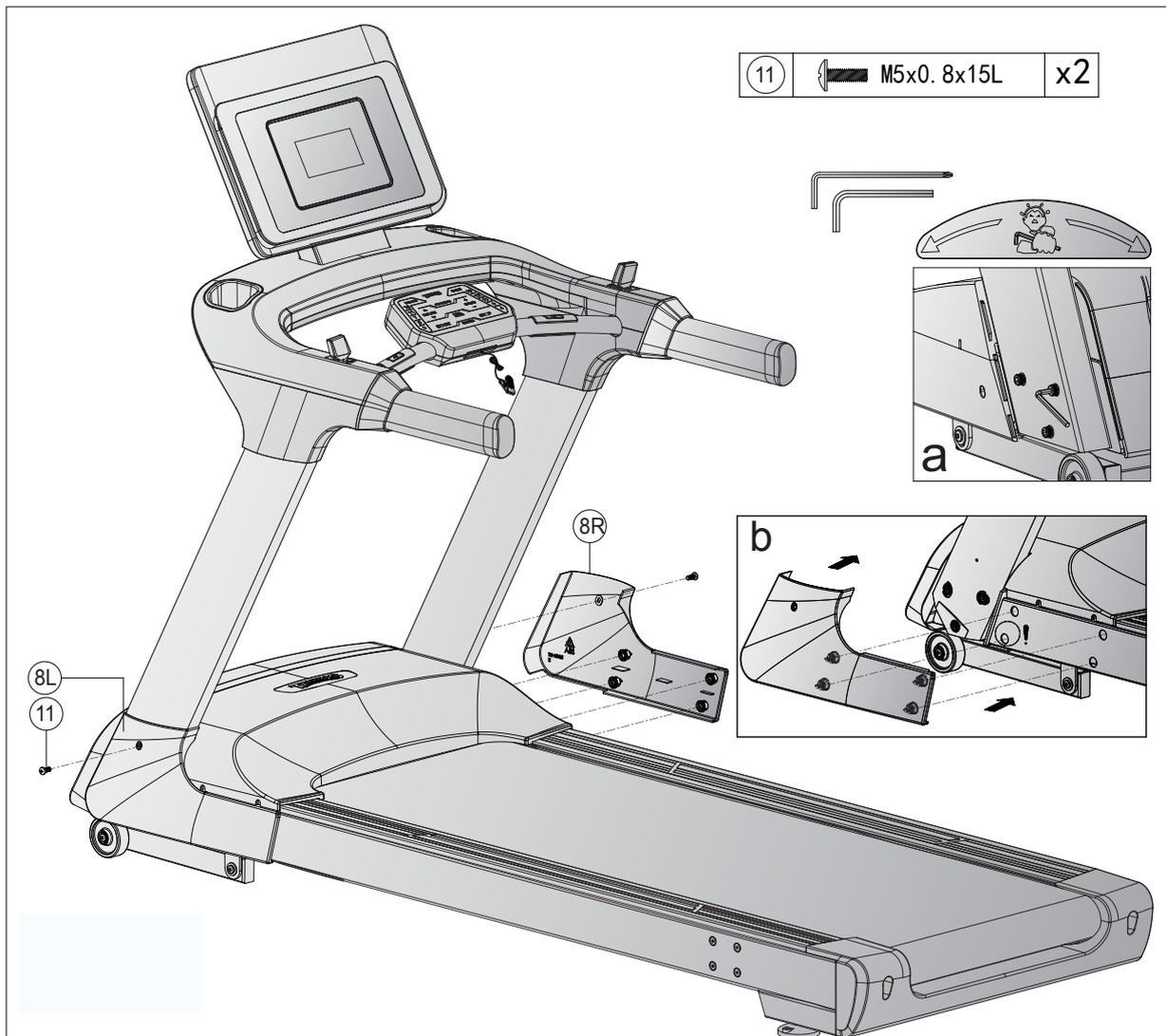
Be careful not to pinch the cables in the following step.

3. Fix the console (84) to the supporting tube (7) with two allen bolts (142), two spring washers (143) and two flat washers (27).
4. Slide the covers (105L and 105R) upwards again and fix them to the handlebar (4) with four cross bolts (11).

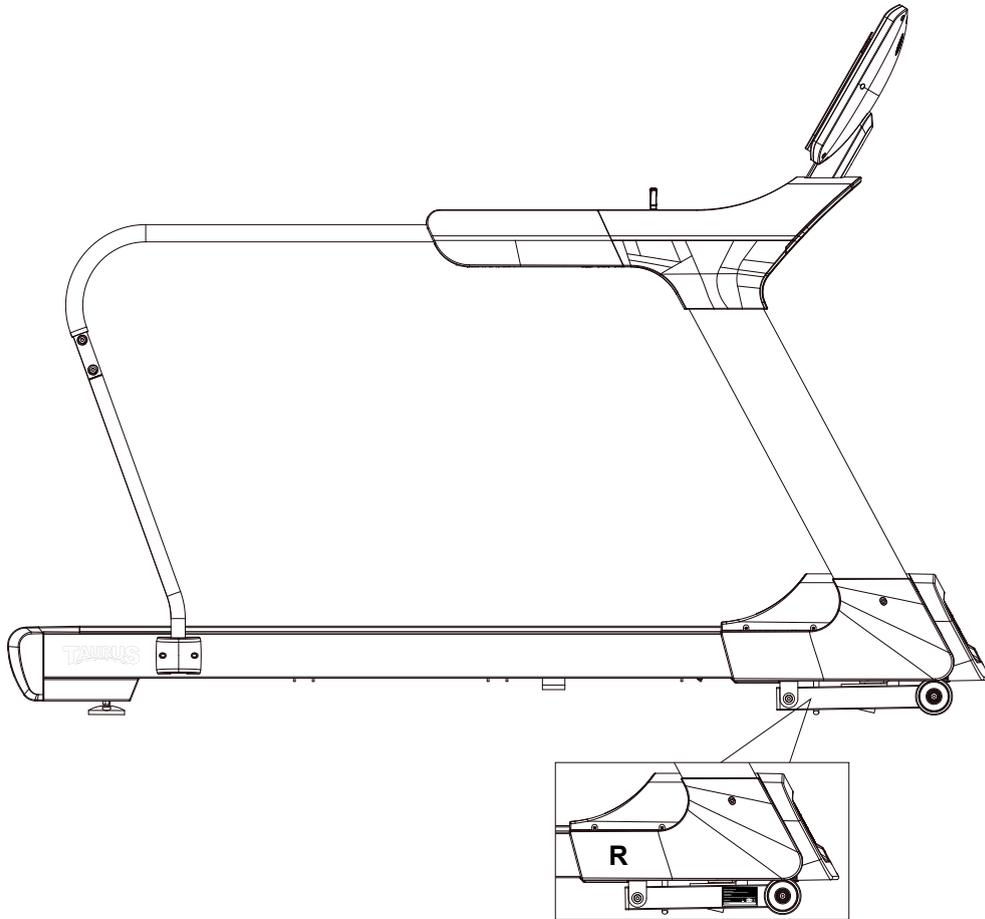


Step 4

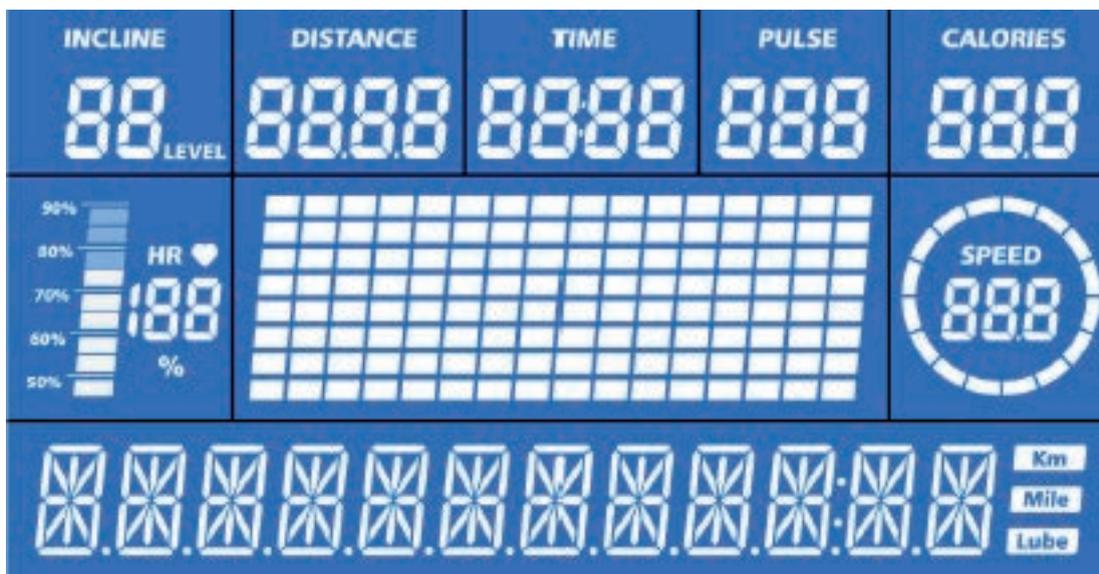
1. Tighten the six allen bolts (10).
2. Fix the covers (8L and 8R) to the main frame (1) by pressing the lugs on the inside of the covers into the corresponding drill holes of the main frame until they engage audibly.
3. Finally fix the covers (8L and 8R) to the handlebar posts (2 and 3) with two cross bolts (11).



Serial number location

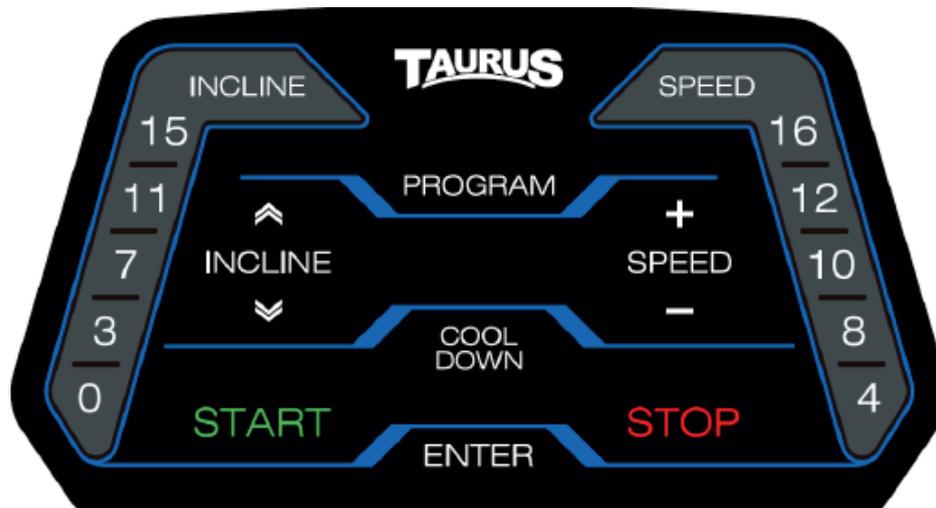


4.1 Console display



INCLINE	Indicates the current incline level between 1 - 15 %.
DISTANCE	Indicates the covered distance between 0.0 - 9999 km.
TIME	Indicates the already elapsed or remaining training time between 00:00 – 99:59 minutes.
PULSE	Indicates your current heart rate between 40 - 220 bpm.
CALORIES	Indicates the burnt calories between 0 – 999 Kcal.
HR	Indicates the current heart rate accounts in dependence of the target heart rate percentage.
SPEED	Indicates the current speed between 0.5 - 22 km/h.

4.2 Button functions



START	With this button you can start a training programme. When you are in the main menu, you can start your training via quick start. When your training is paused, you can continue with your training by pressing this button.
STOP	With this button you can pause or end your training and return to the main menu.
SPEED	With these buttons you can adjust the speed. You can adjust the speed in three ways: 1. The five quick keys on the console (16/12/10/8/4). When you press on the 12 the treadmill will adjust the speed to exact 12 km/h. 2. The buttons on the console (+ and -). 3. The switch on the right handrail. Note: With the SPEED buttons (+ and -) and the switch on the right handrail you can also navigate through the main menu and set values.
INCLINE	With these buttons you can adjust the incline. You can adjust the incline in three ways: 1. The five quick keys on the console (15/11/7/3/0). When you press on the 11 the treadmill will adjust the incline to exact 11%. 2. The arrow buttons on the console. 3. The switch on the left handrail. Note: With the INCLINE buttons (arrow buttons) and the switch on the left handrail you can also navigate through the main menu and set values.
COOL DOWN	With this button you can start the cool down phase at any time. Speed and incline will be reduced until the treadmill has come to a stop and has returned to its original position.
ENTER	With this button you confirm your entries.
PROGRAM	In the main menu, this button will take you directly to the pre-set programmes.

4.3 Fitness programmes

In the main menu you can choose from many different programmes. This includes a manual programme, pre-set programmes, heart rate-oriented programmes, a training programme and a body fat test.

4.3.1 Quick Start

When you are in the main menu, press the START button to start a training session via quick start. Alternatively you can also press the SPEED- or INCLINE buttons or use the switches on the handrails to select the quick start programme manually. Press the ENTER button to confirm.

4.3.2 Manual programme

1. When you are in the main menu, use the SPEED- or INCLINE buttons or the switches on the handrails to select the manual programme (MANUAL). Confirm with the ENTER button.
2. Use the SPEED- or INCLINE buttons or the switches on the handrails to set your desired training time, distance or calories. Press the ENTER button to confirm.

Speed and incline can be adjusted manually during your training.

3. Press the START button to start the programme.
4. Press the STOP button to pause your training.

The speed will be reduced slowly until the treadmill comes to a stop. In case an incline level has been set, the treadmill will remain in that position.

- 4.1 Press the STOP button again to end your training. Press the STOP button one more time to return to the main menu.
- 4.2 Press the START button to continue with your training.

Upon completion of the programme the console will start the cool down phase automatically.

4.3.4 Pre-set programmes

1. When you are in the main menu, use the SPEED- or INCLINE buttons or the switches on the handrails to select the pre-set programmes (PROGRAM). Confirm with the ENTER button.
2. Use the SPEED- or INCLINE buttons or the switches on the handrails to set your desired training time, distance or calories. Press the ENTER button to confirm.
3. Use the SPEED- or INCLINE buttons or the switches on the handrails to choose one of the pre-set programme. Confirm with the ENTER button.

The speed and the incline can be adjusted manually during your training. But only in the respective segment.

4. Press the START button to start the programme.
5. Press the STOP button to pause your training.

The speed will be reduced slowly until the treadmill comes to a stop. In case an incline level has been set, the treadmill will remain in that position.

- 5.1 Press the STOP button again to end your training. Press the STOP button one more time to return to the main menu.
- 5.2 Press the START button to continue with your training.

Upon completion of the programme the console will start the cool down phase automatically.

Program		Setting time / 16 = period in each section															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPD	2	2	4	4	3	3	4	3	5	4	2	2	5	5	3	3
	INC	1	1	2	2	3	3	3	1	2	2	3	3	2	2	2	2
P2	SPD	2	2	5	5	4	4	6	4	6	4	2	2	4	4	2	2
	INC	1	1	2	2	3	3	3	2	2	3	4	4	2	2	2	2
P3	SPD	2	2	5	5	4	4	5	4	5	4	2	2	3	3	2	2
	INC	1	1	2	2	2	2	3	1	2	2	2	2	2	2	1	1
P4	SPD	3	3	6	6	7	7	5	8	5	9	6	6	4	4	3	3
	INC	2	2	2	2	3	3	3	2	2	4	6	6	2	2	2	2
P5	SPD	3	3	6	6	7	7	5	8	6	7	6	6	4	4	3	3
	INC	1	1	2	2	4	4	3	2	2	4	5	5	2	2	1	1
P6	SPD	2	2	8	8	6	6	4	5	9	7	5	5	4	4	3	3
	INC	2	2	2	2	6	6	2	3	4	2	2	2	2	2	1	1

P7	SPD	2	2	6	6	7	7	4	4	7	4	2	2	4	4	2	2
	INC	4	4	5	5	6	6	6	9	9	10	12	12	6	6	3	3
P8	SPD	2	2	4	4	6	6	8	7	8	6	2	2	3	3	2	2
	INC	3	3	5	5	4	4	4	3	4	4	3	3	3	3	2	2
P9	SPD	2	2	4	4	5	5	5	6	5	6	3	3	3	3	2	2
	INC	3	3	5	5	3	3	4	2	3	4	2	2	3	3	2	2
P10	SPD	2	2	3	3	5	5	3	3	5	3	6	6	3	3	3	3
	INC	4	4	4	4	3	3	6	7	8	8	6	6	3	3	3	3
P11	SPD	3	3	5	5	8	8	8	9	5	7	6	6	3	3	2	2
	INC	4	4	5	5	6	6	6	9	9	10	12	12	6	6	3	3
P12	SPD	2	2	5	5	5	5	4	4	6	4	2	2	3	3	4	4
	INC	3	3	5	5	6	6	7	12	9	11	11	11	6	6	3	3
P13	SPD	4	4	2	2	6	6	8	6	3	2	6	6	2	2	2	2
	INC	3	3	4	4	6	6	2	3	7	9	5	5	2	2	2	2
P14	SPD	3	3	4	4	4	4	3	5	5	6	3	3	3	3	2	2
	INC	3	3	5	5	4	4	4	3	4	3	2	2	2	2	4	4
P15	SPD	4	4	2	2	4	4	6	8	7	8	6	6	2	2	3	3
	INC	4	4	3	3	4	4	4	3	4	2	3	3	2	2	5	5
P16	SPD	3	3	2	2	5	5	7	3	5	6	7	7	2	2	1	1
	INC	7	7	12	12	9	9	11	11	4	3	3	3	2	2	4	4
P17	SPD	5	5	10	10	8	8	10	8	12	10	5	5	12	12	8	8
	INC	1	1	4	4	6	6	6	1	4	4	6	6	4	4	4	4
P18	SPD	5	5	12	12	10	10	12	10	12	10	10	10	10	10	5	5
	INC	1	1	4	4	4	4	6	1	4	4	6	6	8	8	4	4
P19	SPD	3	3	7	7	5	5	7	6	10	7	3	3	10	10	5	5
	INC	1	1	2	2	4	4	5	1	2	2	4	4	3	3	3	3
P20	SPD	3	3	10	10	7	7	12	7	12	7	7	7	7	7	3	3
	INC	1	1	2	2	4	4	5	2	2	4	6	6	3	3	2	2

4.3.5 User-defined programmes

1. When you are in the main menu, use the SPEED- or INCLINE buttons or the switches on the handrails to select the user-defined programmes (USER). Confirm with the ENTER button.
2. Use the SPEED- or INCLINE buttons or the switches on the handrails to choose one of the four user profiles (U1-U4). Confirm with the ENTER button.
3. Enter your gender, age, weight and the desired training time with the SPEED- or INCLINE buttons or the switches on the handrails. Confirm all your entries with the ENTER button.
4. Now set the speed for all the individual segments with the SPEED buttons or the switch on the right handrail and confirm each entry with the ENTER button. Continue until you have set a speed value for all the segments.
5. Now set the incline for all the individual segments with the INCLINE buttons or the switch on the left handrail and confirm each entry with the ENTER button. Continue until you have set an incline value for all the segments.

Speed and incline can be adjusted again during your training. But only in the respective segment.

6. Press the START button to start the programme.
7. Press the STOP button to pause your training.

The speed will be reduced slowly until the treadmill comes to a stop. In case an incline level has been set, the treadmill will remain in that position.

- 7.1 Press the STOP button again to end your training. Press the STOP button one more time to return to the main menu.
- 7.2 Press the START button to continue with your training.

Upon completion of the programme the console will start the cool down phase automatically.

4.3.6 Heart rate-oriented programmes

There are three different heart rate-oriented programmes. Either choose one of the pre-set target heart rates (60% or 80% of your maximum heart rate) or choose „Target HR“ to set a target heart rate yourself. Your maximum heart rate is calculated depending on your age. We recommend a chest strap for these programmes.

1. When you are in the main menu, use the SPEED- or INCLINE buttons or the switches on the handrails to select the heart rate-oriented programmes (HRC). Confirm with the ENTER button.
2. Enter your gender, age, weight and the desired training time with the SPEED- or INCLINE buttons or the switches on the handrails. Confirm all your entries with the ENTER button.
3. Choose either 60%, 80% or THR.
- 3.1 If you have chosen THR you will be able to set the target value yourself (between 72-168).

Speed and incline can be adjusted again during your training.

4. Press the START button to start the programme.
5. Put your hands around the hand pulse sensors or use a chest strap.

Note: In case the console does not receive a signal for 15 seconds the programme will be stopped.

6. Press the STOP button to pause your training.

The speed will be reduced slowly until the treadmill comes to a stop. In case an incline level has been set, the treadmill will remain in that position.

- 6.1 Press the STOP button again to end your training. Press the STOP button one more time to return to the main menu.
- 6.2 Press the START button to continue with your training.

Upon completion of the programme the console will start the cool down phase automatically.

4.3.7 Training programme

In this programme you are able to set a specific distance that must be covered in a fixed time.

1. When you are in the main menu, use the SPEED- or INCLINE buttons or the switches on the handrails to select the training programme (TRAINING). Confirm with the ENTER button.
2. Set the desired time with the SPEED- or INCLINE buttons or the switches on the handrails and confirm your entry with the ENTER button.
3. Set the desired distance with the SPEED- or INCLINE buttons or the switches on the handrails and confirm your entry with the ENTER button.

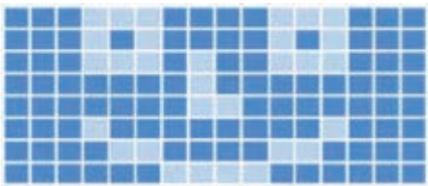
Speed and incline can be adjusted again during your training.

4. Press the START button to start the programme.
5. Press the STOP button to pause your training.

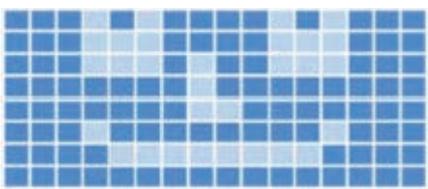
The speed will be reduced slowly until the treadmill comes to a stop. In case an incline level has been set, the treadmill will remain in that position.

- 5.1 Press the STOP button again to end your training. Press the STOP button one more time to return to the main menu.
- 5.2 Press the START button to continue with your training.

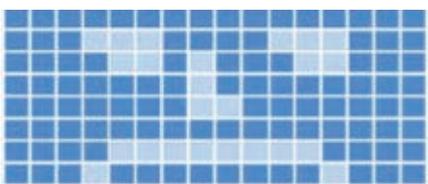
If you have covered the distance in a shorter period of time than the one you have defined at the beginning, is symbol will appear.



If you have covered the distance in exactly in the set time period, this symbol will appear.



If you have covered the distance in a longer period of time than the one you have defined at the beginning, this symbol will appear.



4.4 Body fat test

1. When you are in the main menu, use the SPEED- or INCLINE buttons or the switches on the handrails to select the body fat test (FAT). Confirm with the ENTER button.
2. Put your hands around the hand pulse sensors.
3. In 10 seconds the console will calculate your body fat percentage and will display the result in form of a rating.

Possible results:

SEX	Male	Female
AGE	10-99	
HEIGHT	100-200	
WEIGHT	30-150 Kg , 40-400LB	
FAT	<19	UNDERWEIGHT
FAT	=(20-25)	NORMAL WEIGHT
FAT	=(26-29)	OVER WEIGHT
FAT	>30	OBESITY

4.4.5 Heart rate measuring

Pulse measuring through hand sensors

The hand sensors integrated in the handles 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 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.

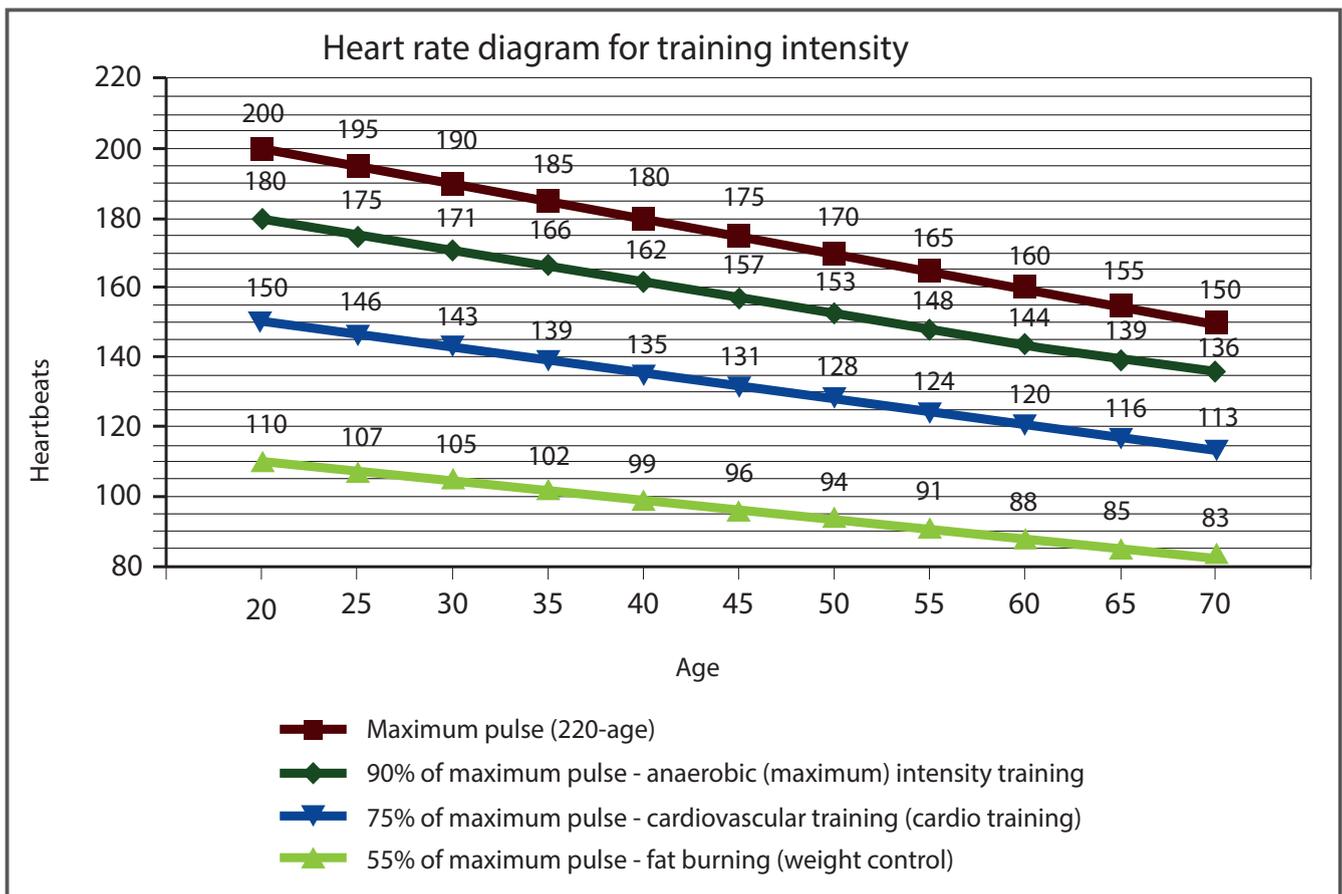
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

Taurus® 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.

Warrantee

The warrantee 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
T9.5-2	Home use	24 months	30 years	10 years
	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 warrantee 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.

6 DISPOSAL



At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.

The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

7 ORDERING ACCESSORIES

	<p>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>Silicone spray</p> <p>Art. No. ST-1003</p>
	<p>Fitness equipment care set</p> <p>Art. No. HF-500</p>	

8.1 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
 Mo. - Fr. 8:00 - 18:00
 Sa. 9:00 - 18:00

DK

☎ 80 90 16 50
 ☎ +49 4621 4210-945
 ✉ info@t-fitness.dk
 Ma. - Fr. 8:00 - 18:00
 Lø. 9:00 - 18:00

FR

☎ +33 (0) 172 770033
 ☎ +49 4621 4210-933
 ✉ service-france@sport-tiedje.fr
 Lun. - Ven. 8:00 - 18:00
 Sam. 9:00 - 18:00

NL

☎ +31 172 619961
 ✉ info@fitshop.nl
 Ma. - Do. 9:00 - 17:00
 Vr. 9:00 - 21:00
 Za. 10:00 - 17:00

UK

☎ +44 141 876 3972
 ✉ orders@powerhousefitness.co.uk
 Mon. - Fri. 9:00 - 17:00

INT

☎ +49 4621 4210-0
 ✉ service-int@sport-tiedje.de
 Mon - Fri 8:00 - 18:00
 Sat 9:00 - 18:00

8.2 Serial number and model name

Find the serial number on the white sticker and enter it in the appropriate space.

Serial number:

Brand / category:

Model name:

8.3 Parts list

No.	Description	Part number (Supplier)	Specification	Qty.
1	Main frame	264D3-3-1000-Aa0		1
2	Left handlebar post	264A1-3-1300-Aa0_ x000D_		1
3	Right handlebar post	264A1-3-1400-Aa0_ x000D_		1
4	Handlebar set	264D3-3-1500-Aa0		1
5L	Left handpulse handlebar	264D3-3-1550-Aa0		1
5R	Right handpulse handlebar	264D3-3-1560-Aa0		1
6	Stabilizer	26200-3-1600-Aa1		1
7	Computer supporting tube	264A1-3-2000-Aa0		1
8L	Lower cover for handlebar post(left)	264A1-6-1371-Aa0	520.7*225.6*52.3	1
8R	Lower cover for handlebar post(right)	264A1-6-1471-Aa0	520.7*225.6*52.3	1
9	Open plug	264A1-6-2420-B0	D22.5*13.5	8
10	Allen bolt	54010-8-0065-CU7	M10*1.5*65L	6
11	Cross bolt	52605-2-0015-N0	M5*0.8*15L	7
12	CSK inner hexagon screw	51608-5-0035-F0	M8*1.25*35L_x000D_	8
13	Wooden board	264D3-6-1073-B0	1395*695*25T	1
14	Buffer bar	264D3-6-1084-B0	25*2T*1385L	2
15	CSK inner hexagon screw	51608-5-0025-CU0	M8*1.25*25L_x000D_	8
16	Flat washer	55104-1-1210-NA	D12*D4.3*1.0T	4
17	Running belt	264D3-6-1072-B0	560*3.1T*3270L	1
18	Pedaling plate (2)	264D3-6-1097-B0	68.8*4.5*332L	2
19	Pedaling plate (3)	264D3-6-1098-B0	68.8*4.5*332L	2
20	Pedaling plate	264D3-6-1076-B0	105*21.4*1385L	2
21	Decorative strip for pedaling plate	26200-6-1092-00	800*68.8*4.5T	2
22	Cushion pad	26200-6-1061-B0	779.3*46.2*5.7	2
23	Cross self-tapping screw	52842-2-0015-F0	ST4.2*15L	62
24	Metal clip	26000-6-1086-FC0	D27*D4.3*2T	8
25	Buffer(4)	26100-6-1088-F0	D30*37L*M8_x000D_	2

No.	Description	Part number (Supplier)	Specification	Qty.
26	Buffer(3)	26100-6-1083-B0	D30*37L*M8_x000D_	2
27	Flat washer	55108-1-1612-FA	D16*D8.5*1.2T	12
28	Nylon nut	55208-1-2008-FA	M8*1.25*8T	6
29	Allen bolt	50308-5-0020-UF0	M8*1.25*20L	4
30	Rear roller set	26200-3-1200-01	D25*D75*686L	1
31	Inner hex head screw	54010-8-0080-F0	M10*1.5*80L_x000D_	3
32	Rear cover	264A1-6-2406-B0	789.6*164.7*164.6	1
33	Buffer(1)	26100-6-1081-R0	D30*37L*M8,45degree_x000D_	2
34	Nylon universal adjusting feet	26200-6-1094-B0	D80*81L	2
35	Front roller set	26200-3-1100-01	D25*D75*694L	1
36	Inner hex head screw	54010-5-0045-F4	M10*1.5*45L	1
37	Multi-groove belt	58004-6-1100-00	250/PJ10	1
38	Motor	261D1-6-1085-02	DC-3.0HP_x000D_	1
39	Nylon nut	55210-1-2010-CA	M10*1.5*10T	6
40	Flat washer	55110-1-2020-CA	D20*D11*2T	4
41	Inner hex head screw	54010-5-0030-C0	M10*1.5*30L_x000D_	4
42	Flat washer	55110-1-3030-CA	D30*D10*3.0T	4
43	Flat washer	55110-1-2520-CA	D25*D10*2.0T	4
44	Motor buffer	78000-6-1081-B2	20*56*2.0T	4
45	fixing plate	26200-6-1071-N0	30*20*4T	3
46	Spring washer	55110-2-1730-CA	D17.8*D10.2*3T	4
47	Fixing bracket for motor cover	26100-6-1090-00	32*18*18	4
48	cable tie base	26100-6-1089-00	15*10	1
49	Cross screw	50904-2-0015-N0	ST4*1.41*15L	1
50	Hex bolt	50108-5-0110-F5	M8*1.25*110L_x000D_	1
51	Upper motor cover	264A1-6-2401-B0	800*486*129.5	1
52	Al plate with logo on motor cover	264A1-6-2404-B0		1
53	Socket	26100-6-2413-00		1
54	Cross screw	53329-2-0009-D0	ST2.9x9.5L	23
55	Power supplier board	26100-6-2414-B0	130*45*6T	1

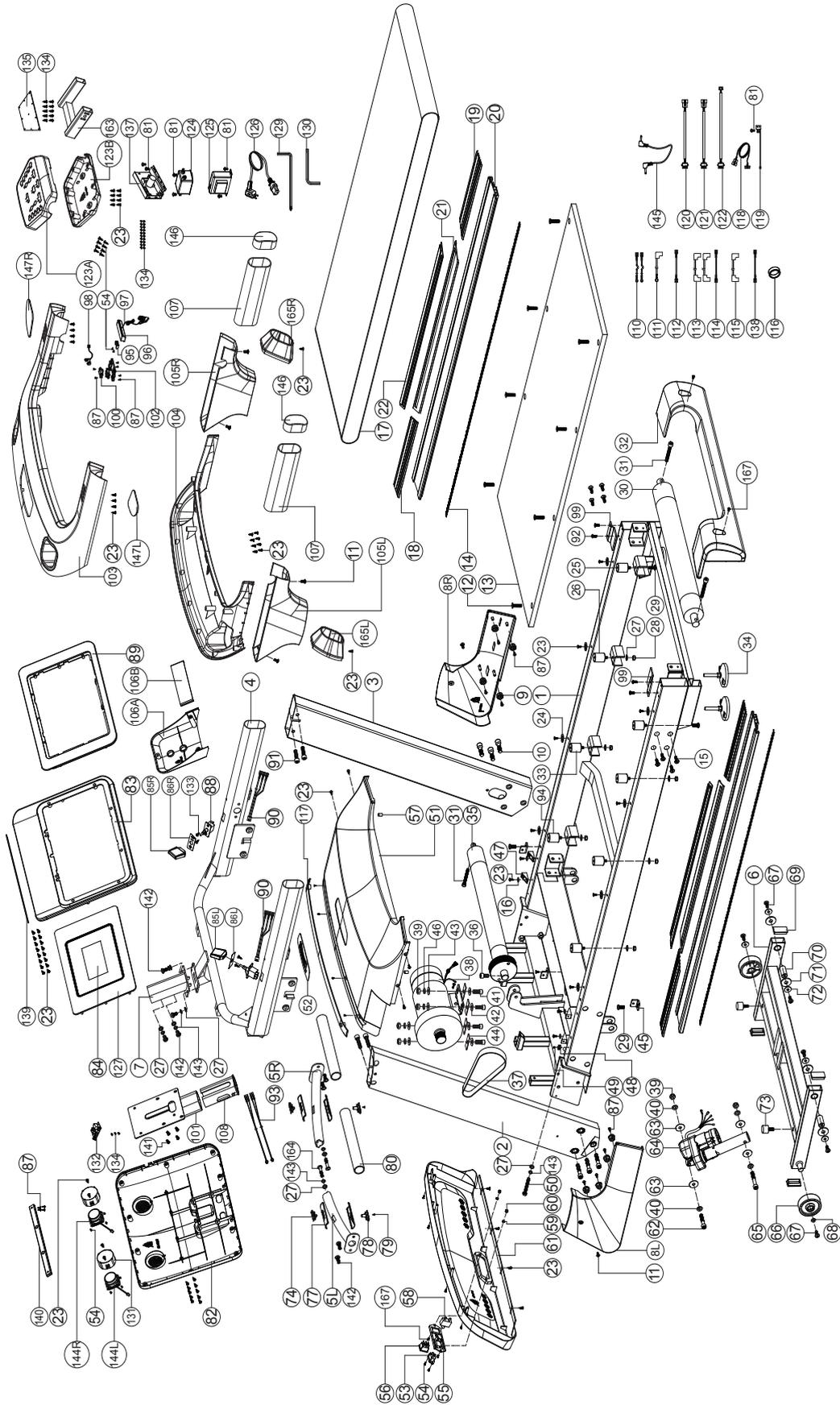
No.	Description	Part number (Supplier)	Specification	Qty.
56	Switching mode power supplier	261D8-6-2411-00		1
57	Buffer	55308-4-0020-G9	D10.5*20L	2
58	overcurrent protector	261D1-6-2412-00	15A	1
59	Flat washer	55105-1-1208-DA	D12*D5.2*0.8T	2
60	Nylon nut	55205-1-2005-DA	M5*0.8*5T	2
61	Lower motor cover	264A1-6-2402-B0	812.5*237.2*180.6	1
62	Allen bolt	54010-8-0050-C4	M10*1.5*50L_x000D_	1
63	Plastic flat washer	55110-1-2404-BF	D10*D24*0.4T	4
64	Incline	264D2-6-1975-02	JS19-B	1
65	Allen bolt	54010-8-0065-C4	M10*1.5*65L_x000D_	1
66	Wheel	26200-6-1087-B0	D82*35L	2
67	Allen bolt	50308-5-0020-UFO	M8*1.25*20L_x000D_	6
68	Flat washer	55108-1-2115-FA	D21*D8.5*1.5T	2
69	End cap	55310-2-2550-B8	25*50*14_x000D_	4
70	Axle	26200-6-1673-N0	D18.7*41L	2
71	Nylon washer	55121-1-3730-0F	D21*D37*3T	4
72	Flat washer	55108-1-2520-FA	D25xD8.5x2T	4
73	Buffer	55308-2-0010-B3	D26*10*M8*1.25	2
74	Upper fixing plate for handle pulse	737L6-6-2491-B0	40*15.2_x000D_	2
77	Handle pulse sensor	737L6-6-2478-00	100.3*29.5*0.4T	4
78	Lower fixing plate for handle pulse	737L6-6-2492-B0	40*15.2	2
79	Screw	50904-2-0015-F0	ST4x1.41x15L	2
80	Handle grip	264D3-6-1584-B0		2
81	Bolt	52605-2-0010-N0	M5*0.8*10L_x000D_	8
82	Lower computer cover	264A1-6-1703-B0	793*299*25.3	1
83	Middle computer cover	264A1-6-1711-B0	517.8*395*35	1
84	Computer	264D3-6-1701-B0	AA01172	1
85L	Left trigger	26200-6-1598-B0	53.3*46.9*14.7	1
85R	Right trigger	26200-6-1599-B0	53.3*46.9*14.7	1

No.	Description	Part number (Supplier)	Specification	Qty.
86L	Sticker under left trigger	26200-6-1583-00	66.9*25.4	1
86R	Sticker under right trigger	26200-6-1593-00	66.9*25.4	1
87	Screw	52804-2-0012-F0	ST4*1.41*12L	18
88	Trigger base	26200-6-1579-01		2
89	Upper computer cover	264D2-6-1702-B0	491*295.9*19	1
90	Lower cable of trigger	264D2-6-1582-01	900L	2
91	Allen screw	54010-5-0045-F4	M10*1.5*45L	4
92	Allen bolt	50306-5-0015-UF0	M6*1*15L_x000D_	4
93	Handpulse cable	261D8-6-1785-00	1000L	2
94	Buffer(2 _x000D_	26100-6-1082-K0	D30*37L*M8,75degree	2
95	Emergency stop pin	26100-6-1731-C1	21*18*1.5T	1
96	Safety key	26200-6-1732-R0	78.6*35*18.2	1
97	Safety clip	26200-6-1793-R0	830L	1
98	Cable for emergency stop function	261D8-6-1736-00	450L	1
99	Protecting plate	26200-6-1031-N1	70*67*4T	2
100	Inner case of safety key	26100-6-1734-B0	39*15*13.3	2
101	Computer fixing plate	264A1-3-1530-J1		1
102	Safety key board	26200-6-1733-B0	74*45*7	1
103	Upper cover for handling tube	264D3-6-1576-B0	836*582.6*139.2	1
104	Lower cover for handling tube	264D3-6-1577-B0	836*402.4*139.2	1
105L	Side cover for handling tube(left)	264D3-6-1594-B0	417*153.1*70.1	1
105R	Side cover for handling tube(right)	264D3-6-1595-B0	417*153.1*70.1	1
106A	Computer back cover	264A1-6-1748-B0	207.3*188*65.5	1
106B	Computer decorative cover	264A1-6-1749-B0	188*49.2*20.5	1
107	Handlebar grips	58015-6-1381-B0	D60*290L*3T,with hole	2
108	Hollow plug	264A1-6-2010-B0	40x80x119	1
110	Grounding cable 1_x000D_	26100-6-1787-03	325L	2
111	Grounding cable 2_x000D_	264D2-6-1788-00	300L	1
112	live wire 1	261A2-6-1789-00	450L	1
113	live wire 2	26100-6-1790-01	60L	2
114	neutral wire 100L	26100-6-1791-00	100L	1
115	neutral wire 190L	26100-6-1792-00	190L	1

No.	Description	Part number (Supplier)	Specification	Qty.
116	Magnetic loop	26100-6-1079-00	D31*16	1
117	Motor decorative cover	264A1-6-2403-Aa0	727.1*40.8*50.1	1
118	Upper cable of trigger	264D3-6-1589-00	1300L	1
119	Sensor cable	26100-6-1795-00	GS003-P2.5F-1200mm- 26AWG	1
120	Upper computer cable	264D3-6-1771-00	800	1
121	Middle computer cable	26100-6-1772-00	1100	1
122	Lower computer cable	264D3-6-1773-00	400	1
123A	Upper cover of button	264D3-6-2092-B0	265*180*47	1
123B	Lower cover of button	264D3-6-2093-B0	265*180*29.5	1
124	Filter	261D1-6-1067-00	15A	1
125	Inductance	261A2-6-1066-00	15A	1
126	Electric cable	26100-6-1775-02	1700L	1
127	Overlay	264D2-6-1706-B0	399*248*16	1
129	Allen cross spanner	58030-6-1051-N0	M6*130L	1
130	Allen spanner	58030-6-1052-N0	M8*120L	1
131	Speaker cover	264A1-6-1762-B0		2
132	USB module	264D3-6-1723-00	PA-AB00321-K1	1
133	CSK cross self-tapping screw	51004-2-0010-N0	ST4*1.41*10L	4
134	Cross round-head self-tapping screw	54723-2-0008-C0	ST2.3*8L	10
135	Button PCB board	264D3-6-1759-00	PA-AA01172-K7	1
137	Lower controller	264D3-6-1779-00	DC3.0,PA-AE00117EH	1
138	neutral wire 450L	261A2-6-1791-00	450L	1
139	Pad of tablet support	264A1-6-1777-B0	409*15*2T	1
140	Cross tube of computer supporting tube	261D8-6-2001-Aa0	10*20*1.5T*320L	1
141	Cross bolt	52606-2-0015-F0	M6*1*15L	4
142	Allen bolt	50308-5-0015-F0	M8*1.25*15L	8
143	Spring washer	55108-2-1520-FA	D15.4xD8.2x2T	7
144L	Left speaker	261D8-6-1722-01	B00202050,4Ω 3W,cable 300._x000D_	1
144R	Right speaker	261D8-6-1761-00	B00202050,4Ω 3W.cab- le100._x000D_	1
145	Audio cable	81000-6-2555-B0	250L	1

No.	Description	Part number (Supplier)	Specification	Qty.
146	Oval plug	264D3-6-1588-B0	86*46*40,w/o hole	2
147L	Left pad of bottle	264D3 -6-1754-B0	94.8*75.9*3T	1
147R	Right pad of bottle	264D3 -6-1755-B0	94.8*75.9*3T	1
163	Trigger cover welding set	264D3-3-1540-Aa0		1
164	Allen bolt	50308-5-0040-C3	M8*1.25*40	2
165L	Left handlebar decorative cover	264D3-6-2090-B0	125.9*123.9*70	1
166R	Right handlebar decorative cover	264D3-6-2091-B0	125.9*123.9*70	1
167	Cross bolt	52605-2-0015-F0	M5*0.8*15L	4

8.4 Exploded drawing



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