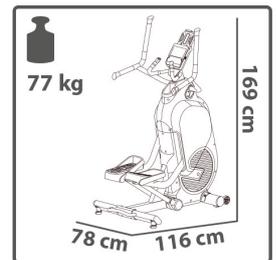


TAURUS®

Assembly and operating instructions



TFUT.01.03

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.com.

SAFETY NOTICE



Please read all of the instructions carefully before assembly and first use. These instructions are intended to ensure speedy assembly and explain safe usage. Make sure that all people exercising with the equipment (in particular children and persons with limited physical, sensory, mental or motor capabilities) are informed about these instructions and its content in advance. In case of doubt, a responsible person must supervise the use of the equipment.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to follow the instructions carefully and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The equipment is suitable for home use and semi-professional use (e. g., hospitals, clubs, hotels, schools, etc.).

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

- + training distance
- + calories burnt in kcal
- + heart rate (when using the hand sensors or a chest strap)
- + watts
- + cadence (rotations per minute)
- + speed
- + training time in min
- + calorie burn rate per minute

Resistance system: Hybrid air and magnetic resistance system

Total number of training programs:	11
User defined programs:	3
Heart rate controlled programs:	4

Weight and dimensions::

Article weight (gross, including packaging):	93.6 kg
Article weight (net, without packaging):	77 kg
Set-up dimensions (L x W x H):	approximately 1160 mm x 780 mm x 1690 mm

Maximum user weight: 130 kg / 286 lbs

1.2 Personal safety

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year.
- + Please note that working out excessively can seriously damage your health. Please also be aware that heart rate monitoring systems might be imprecise.
- + The equipment may only be used for its intended purpose; that means for lower body training for adults.
- + Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
- + The equipment is strictly for use by one person at a time.
- + Children should not be allowed unsupervised access to the equipment.
- + Before starting your training, make yourself familiar with all of the equipment's functions and setting options. Have an expert explain the correct usage of the product to you.
- + Make sure that nobody is in the range of motion of the equipment while exercising.
- + Keep your hands, feet and other body parts, hair, clothing, jewelry and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable. Never work out in bare feet.
- + It is also important to take note of the information given in the workout instructions for creating a workout plan.
- + At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.
- + Without prior agreement from your authorized contract partner, opening the equipment is prohibited.

1.3 Set-up place

- + The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose a location in which to place the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment (at least 1.50 m). Furthermore, the equipment should not be set up in main entrances or on escape routes.
- + Always keep the power cable away from hot surfaces and grounds and make sure that the cable is not stuck somewhere or becomes a „trip hazard“.
- + No objects of any type should be inserted into the openings of the equipment.
- + The equipment should be placed on a level and solid surface, any unevenness in the floor should be leveled out.
- + A floor protective mat / equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

2.1 General instructions

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

2.2 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 five most common errors and how to repair them. If the equipment still does not work properly, please contact your contract partner.

Problem	Cause	Solution
Crackling noise in pedal area	Loose pedals	Tighten the pedals
Equipment wobbles	Equipment is not level	Adjust the supporting feet
Handlebar/saddle wobbles	Screws are loose	Tighten screws
Display does not turn on	Power is disconnected	Check all plug connections and see if the plug is plugged in
No pulse reading	<ul style="list-style-type: none"> • Sources of interference in the room • Using a chest strap: <ul style="list-style-type: none"> - Unsuitable chest strap - Chest strap is incorrectly positioned - Batteries are empty 	<ul style="list-style-type: none"> • Eliminate sources of interference (e. g. mobile phone, loudspeaker, etc.) • Use a suitable chest strap (see recommended accessories) • Reposition the chest strap and/or moisten the electrodes • Charge the batteries

2.3 Maintenance and service calendar

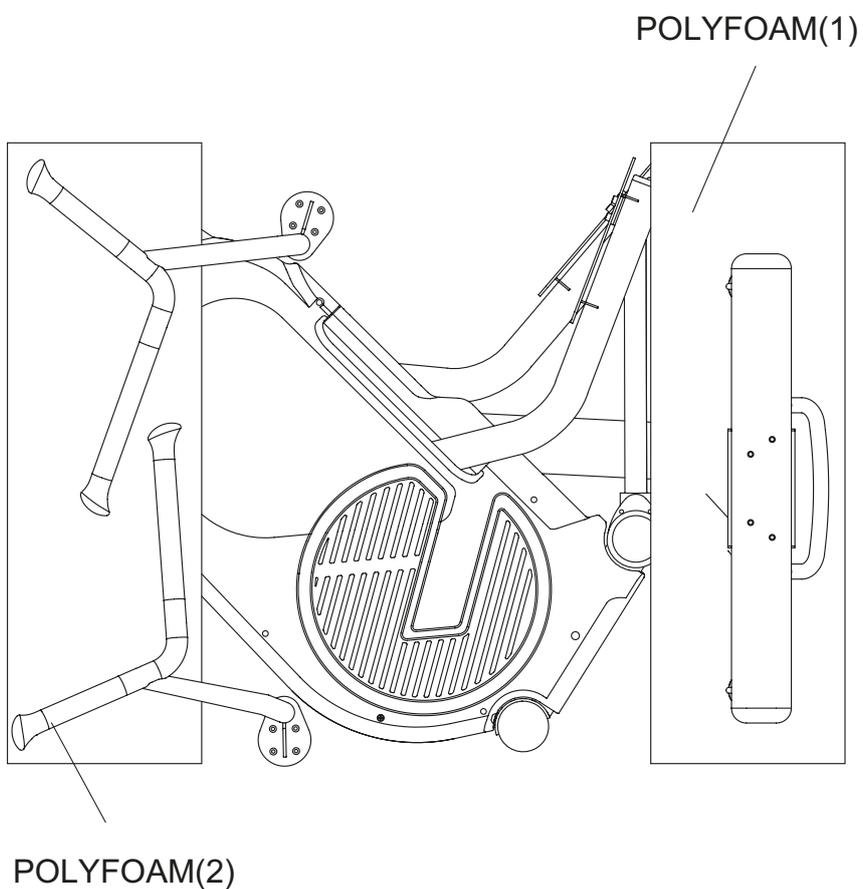
The following routine work must be done in the specified time intervals:

Part	Weekly	Monthly	Twice a year
Display console	C	I	
Tighten the pedals			I
Plastic cover	C	I	
Legends: C = cleaning; I = inspect			

3.1 Package contents

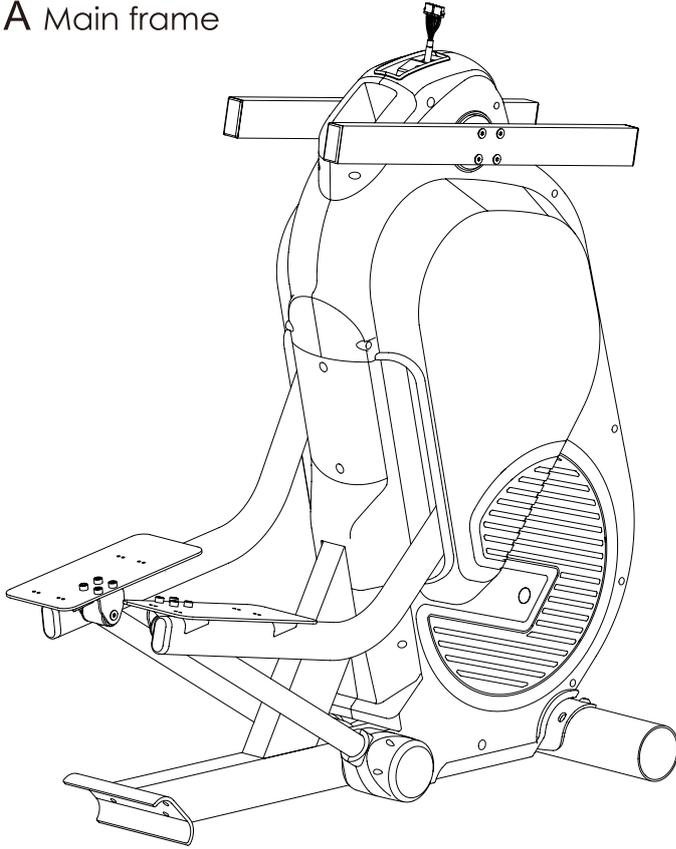
Warning: Be careful while unpacking

Place the box flat on the floor so that the upper cover can be removed. Remove the parts (i. e., handles, pedal tubes, rear base, console, etc.) from the upper styrofoam 1 and 2. Remove the styrofoam completely.

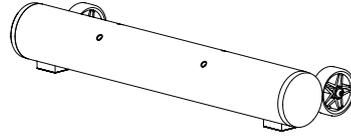


Parts list

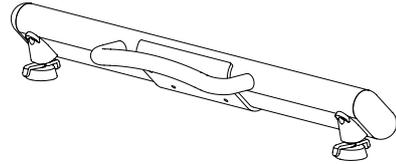
A Main frame



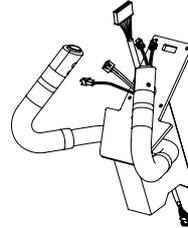
B Rear stabilizer



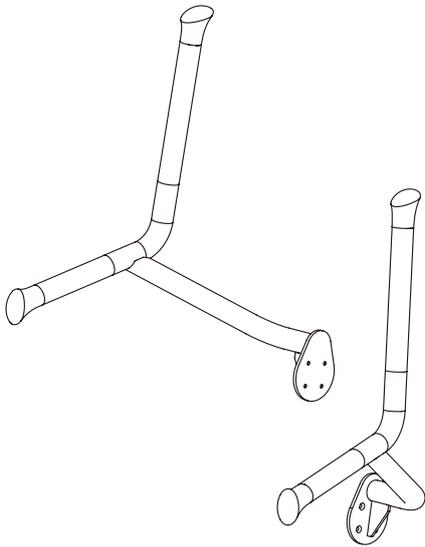
C Front stabilizer



D Console supporting tube

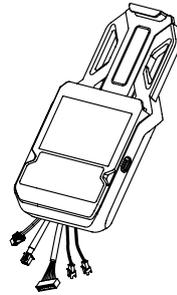


E E1 Handle bar(L)

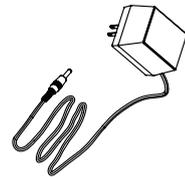


E2 Handle bar(R)

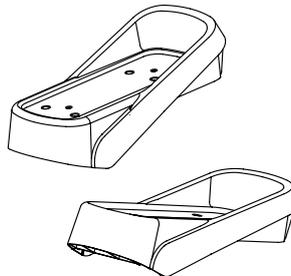
G Console



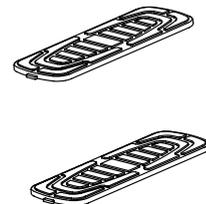
I Adaptor



H H1 Pedal



H2 cushion pad



Parts list

Parts list

J

(J3) Washer Ø3/8"

(P6) Screw M8X70

M8 X 1

M6 X 1

M5 X 1

(J5) Screw M6X12

(J1) Screw M10X150

(P1) Screw M8X20

(J9) Washer M8

(P2) Spacer ring M8X6T

(J2) Screw M10X20

TOOL

3.2 Assembly instructions

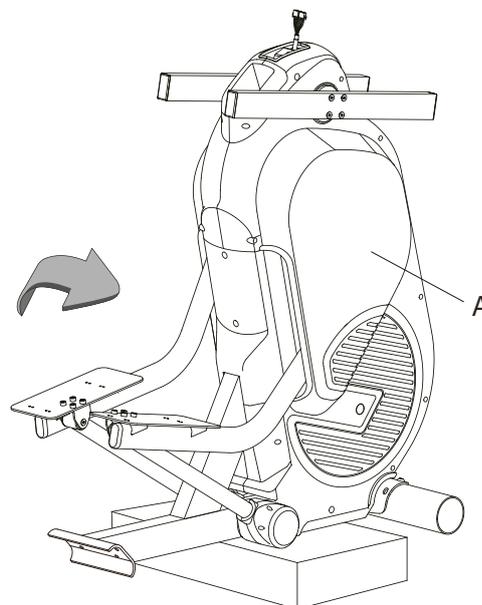
Before starting assembly, look carefully through the individual assembly steps shown and assemble the equipment in the order indicated.

Step 1: Be careful while unpacking

(1) Place the box flat on the floor and remove the upper box at first.

(2) Lift the main frame and remove the styrofoam. Place the main frame on an even floor.

Note: For safety reasons, removing the main frame and the assembly itself should be done by at least two persons.

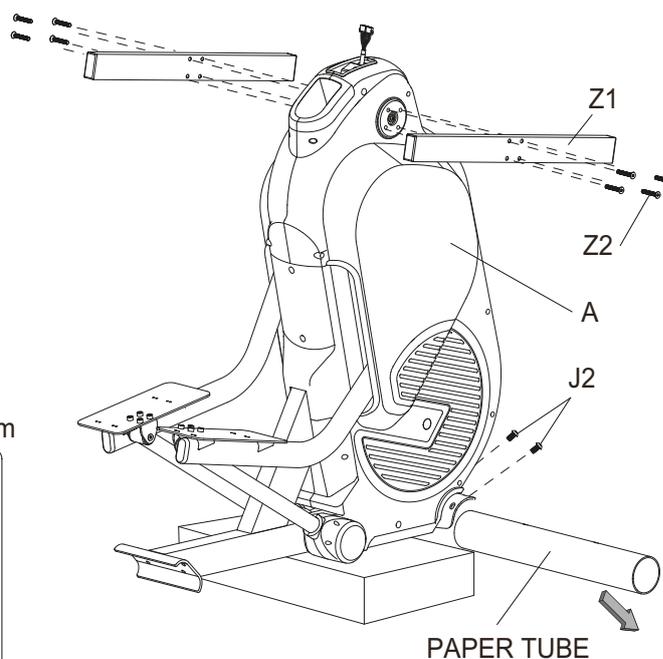
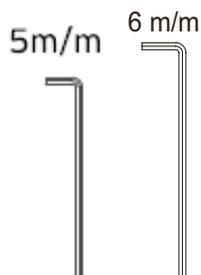


Step 2: Preparation of the assembly

(1) Remove the four pre-mounted screws (Z2) from the paper roll (Z1). Repeat this step on the other side.

(2) Remove the pre-mounted screw (J2) and the paper roll.

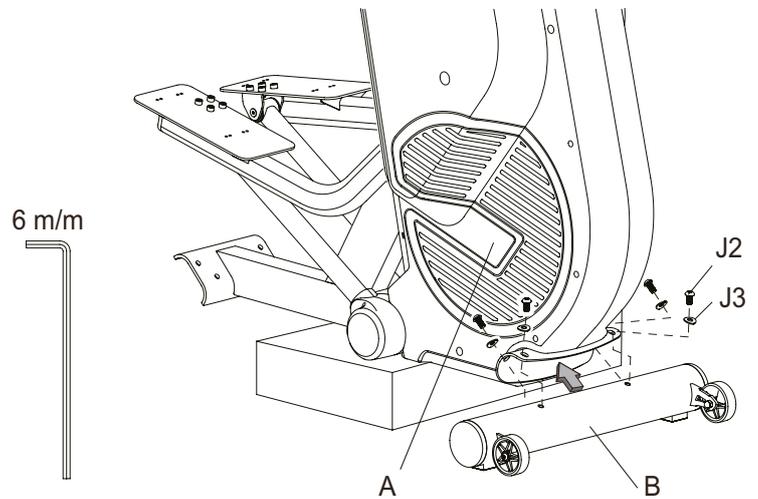
Note: The J2 screws are required for the following assembly. However, the parts Z1 and Z2 are no longer required.



Step 3: Assembly of the front base

(1) Mount the front base (B) with the screw (J2) and the washer (J3) on the bracket of the main frame (A).

Note: The J2 screws were removed according to figure 2.

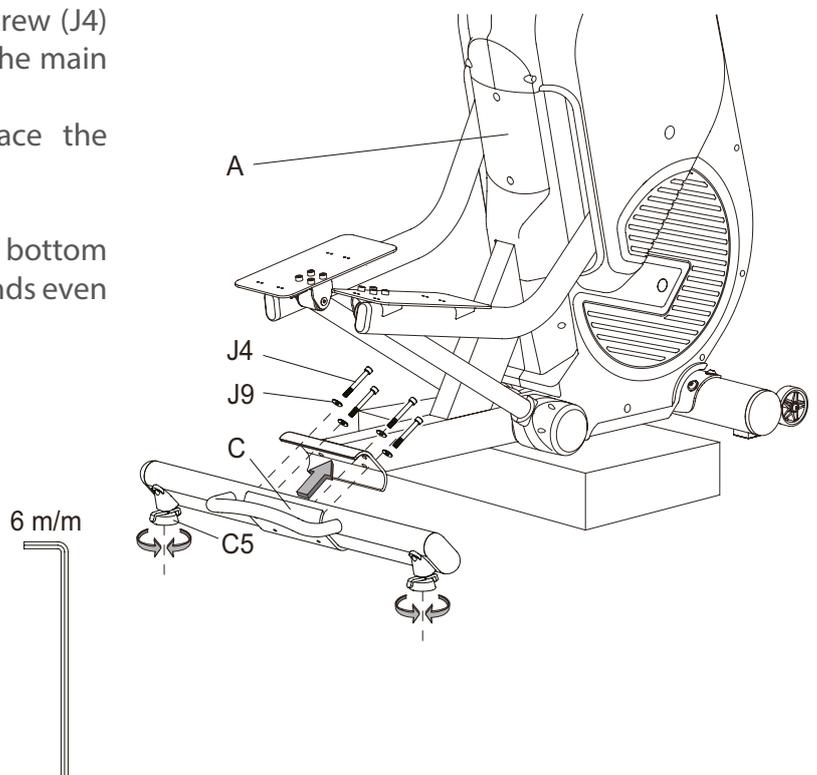


Step 4: Assembly of the rear base

(1) Mount the rear base (C) with the screw (J4) and the washer (J9) on the bracket of the main frame (A).

(2) After the assembly, you can place the machine completely on the floor.

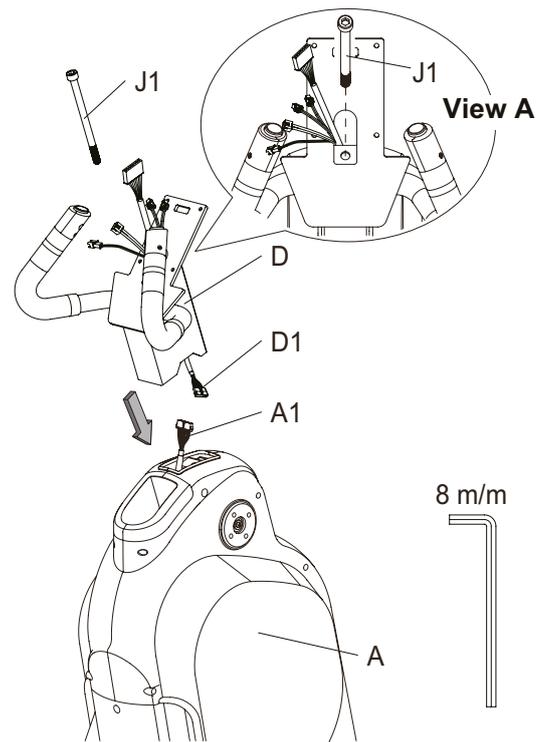
Note: Align the levelling feet (C5) at the bottom of the rear base so that the machine stands even and stable.



Step 5: Assembly of the console upright post

- (1) Connect the console cables (D1 and A1).
- (2) Slide the console upright post (D) on the main frame (A).
- (3) Tighten the screw (J1), see illustration A.

Note: Please make sure that the cables are correctly connected and that the cables are not clamped during the assembly.

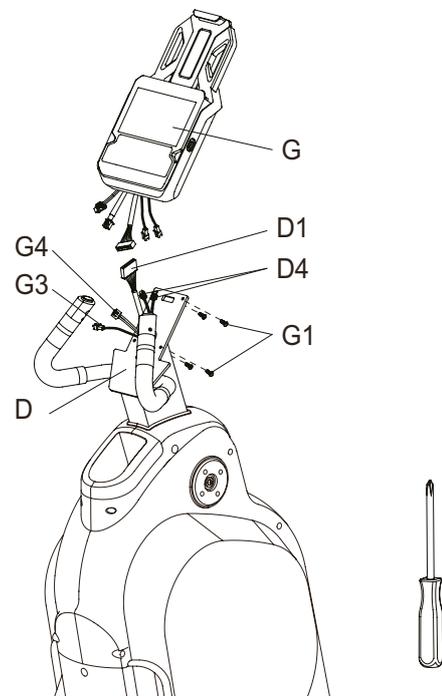


Step 6: Assembly of the console

- (1) Remove four screws (G1) at the back of the console (G).
- (2) Connect the console cables (D1, G3, G4) and the pulse cable (D4) with the console. The pulse cables can be exchanged.

Note: Please make sure that the cables are correctly connected. Push excess cable in the console upright post (D). Please make sure that the cables are not clamped during the assembly of the console.

- (3) At first, tighten the four screws (G1) manually and then with a screwdriver to tighten the console (G) safely on the console upright post (D).

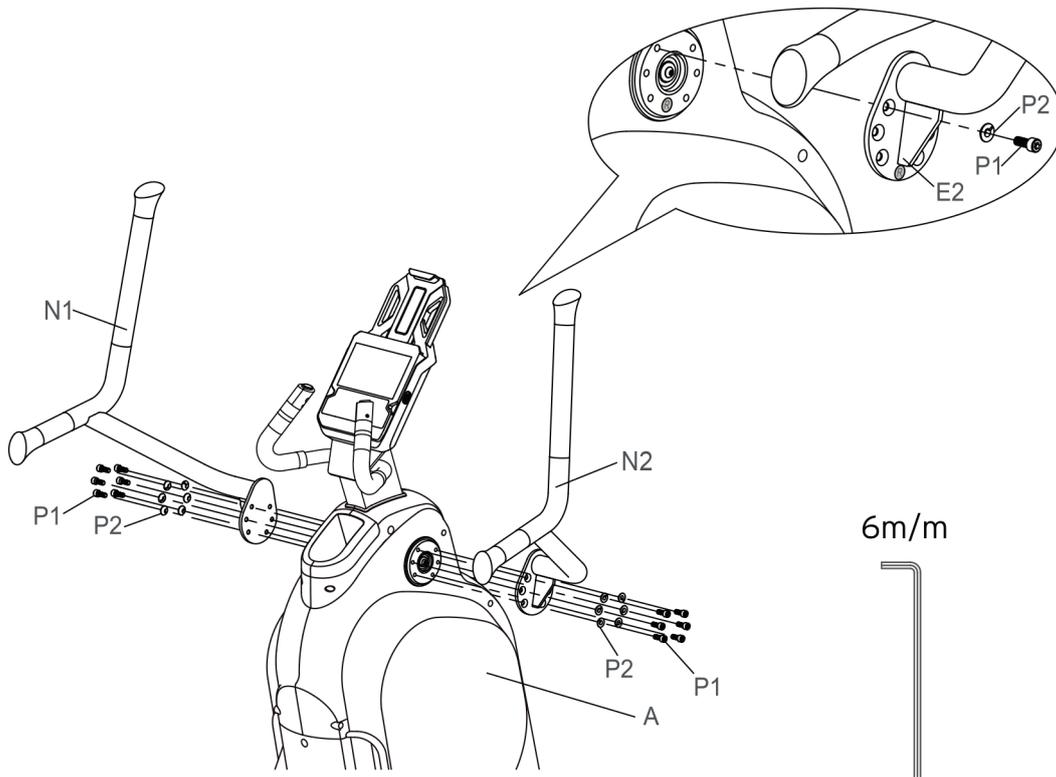


Step 7: Assembly of the handles

(1) Mount the right handle (E2) with the screw (J8) on the shaft of the main frame (A).

(2) Mount the left handle (E1) with the screw (J8) on the shaft of the main frame (A).

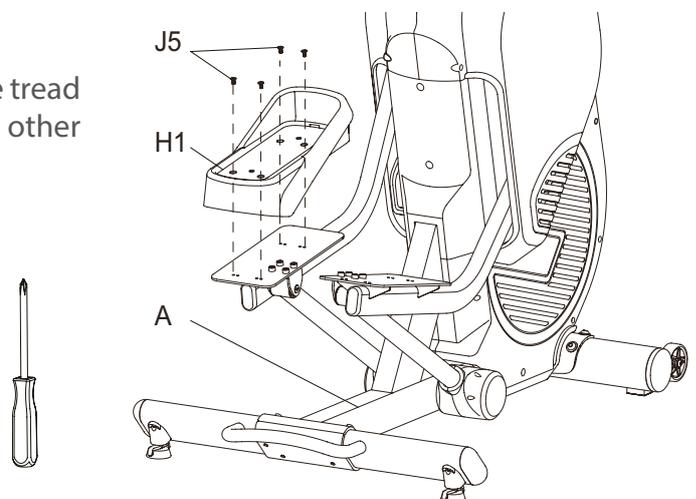
Note: Please pay attention to the markings (R and L) on the connecting tube of the handles and on the shaft in order to mount the handles correctly.



Step 8.1: Assembly of the treads

The left and right treads can be exchanged.

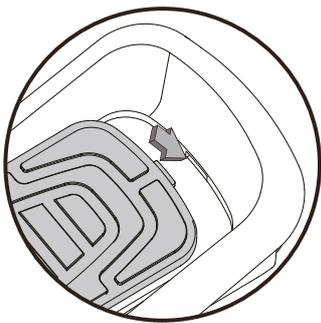
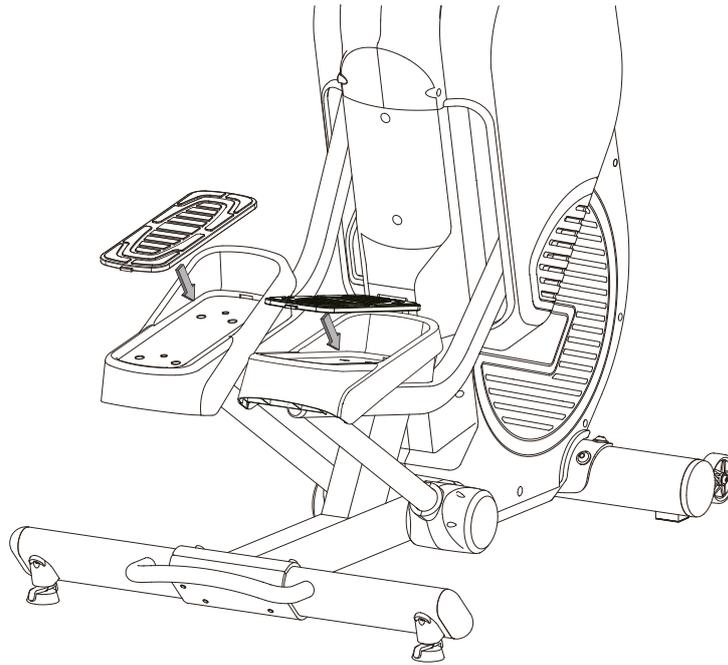
(1) Mount the tread (H1) with the screw (J5) on the tread plate. Tighten the screw. Repeat this step on the other side.



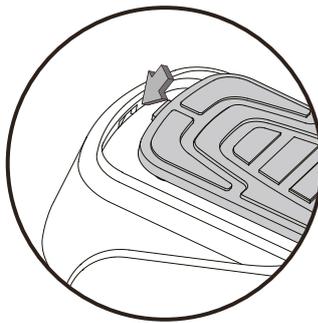
Step 8.2: Assembly of the upholstery

The left and the right upholsteries can be exchanged. The front and rear sides can be exchanged as well.

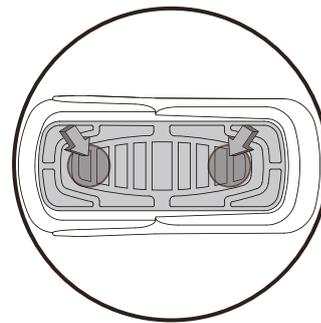
- (1) Insert the upholstery (H2) in the front clip of the tread (H1), see illustration A.
- (2) Insert the upholstery in the rear clip of the tread (H2), see illustration B.
- (3) Press the upholstery flat against it.



VIEW A



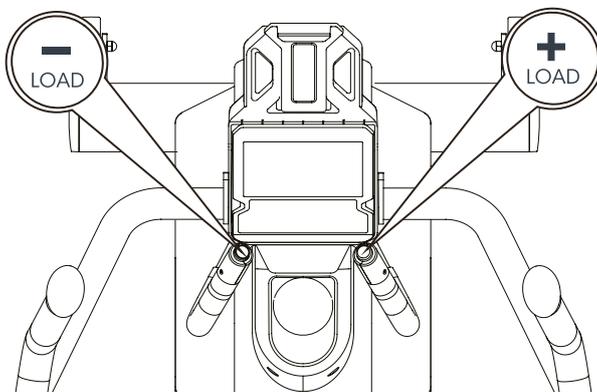
VIEW B



VIEW C

Step 9: Use the keys for setting the resistance

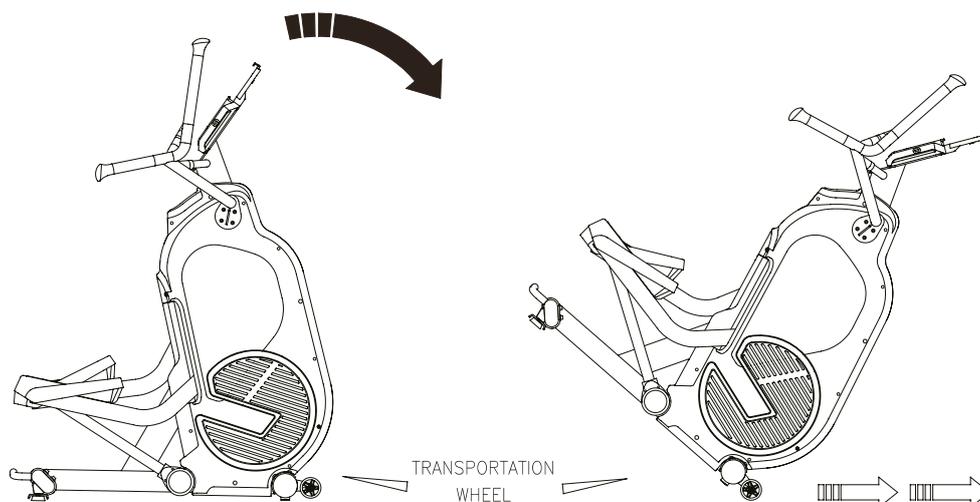
When the console is turned on, press the keys on the little handles to set the resistance. Press +LOAD on the right side to increase the resistance. Press -LOAD on the left side to reduce it.



Step 10: Transport the equipment

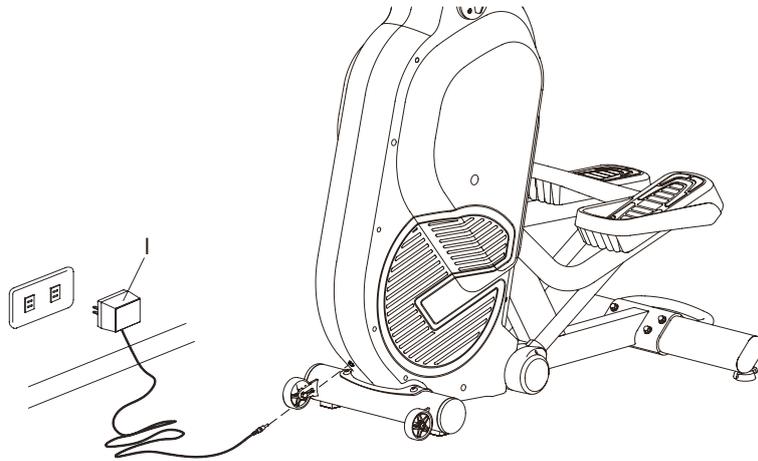
When you want to move the equipment to another place, just tilt it on both connecting tubes (big handles) until the transport wheels touch the floor. Move the machine to the preferred place. Lower the machine carefully. If required, align the levelling feet once again to ensure the stability of the machine itself.

WARNING: Never tilt the machine on your own but always with at least two persons. Do not tilt the machine when you suffer from physical disorders.



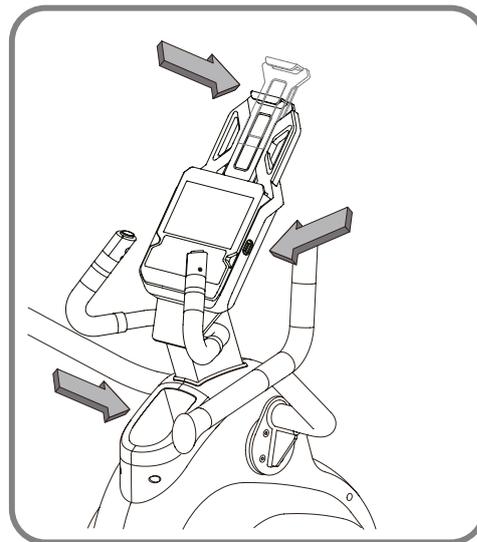
Step 11: Assembly of the cable

Plug the power plug in the connection jack on the main frame of the machine, before you connect the power cable to the socket.

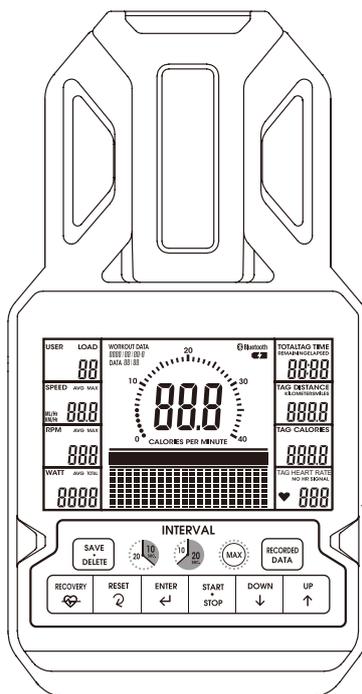


Step 12: Additional features

- (1) It is recommended to pedal backwards, because it is more comfortable and offers a more intensive training.
- (2) Adjustable holder for smartphone/tablet
- (3) USB Port beside the console as charging station
- (4) Cup holder



4.1 Console display



TIME	The time counts from 00:00 to a maximum of 99:59 in 1-minute increments.
SPEED	Displays the current speed. The maximum speed is 99.9 km/h or mph.
RPM	Displays the rotations per minute. Range from 0 to 999 RPM.
DISTANCE	Counts the total distance from 0.0 to 999.9 km or miles in increments of 0.1 kilometres or miles.
CALORIES	Counts the calories consumption from 0 to a maximum of 9999 calories during the training. The unit for reducing or increasing is 10 kcal. (This values serve as rough guides for comparing with different training sessions. However, they cannot be used for medical treatment.)
WATT	Displays the current training wattage. Range from 0 to 999.
PULSE	Set a target pulse from 0 – 30 to 230.

4.2 Button functions

START/STOP	Start or stop the training. Press it in the Standby mode to start Quick Start in the MANUAL programme.
DOWN	Reduce the functional values or the training resistance
UP	Increase the functional values or the training resistance
ENTER	Confirm the settings
RESET	Reset the current setting, the screen returns to the initial training mode in the selection. Hold it pressed for two seconds in the Standby mode to reset all.
RECOVERY	Activate the recovery function.
RECORDED DATA	Press in the Stop mode to check the data.
SAVE/DELETE	SAVE: Press STOP to stop the training. The display asks whether you want to save the data. Press SAVE. DELETE: When you check the saved data, press DELETE. The system asks whether you really want to delete the data. Confirm with ENTER.
INTERVAL	20/10 20 seconds training, 10 seconds recovery, 8 repetitions 10/20 10 seconds training, 20 seconds recovery, 8 repetitions MAX 20 seconds training at the intensity 5, 80 seconds recovery at the intensity 1, 8 repetitions

4.3 Turn on the machine

(1) Connect the monitor to the power and press RESET for two seconds. The LCD screen displays all segments for two seconds and a signal sounds (see fig. 1).

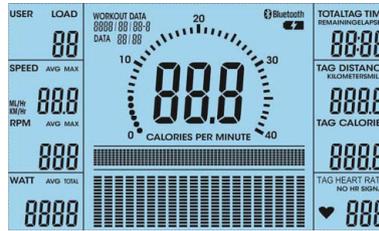


FIGURE 1

Go to the settings of calendar and time (fig. 2 to 5). Set the time and the calendar with the UP/DOWN buttons. Confirm with ENTER.



FIGURE 2



FIGURE 3



FIGURE 4

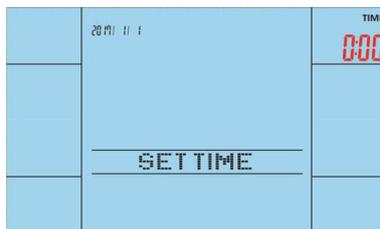
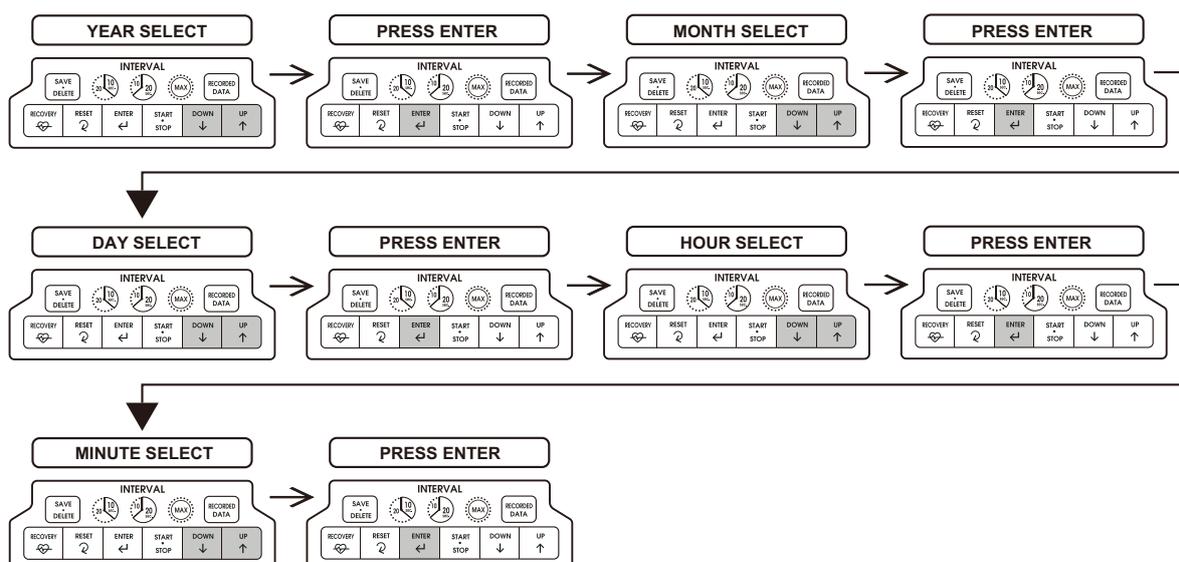


FIGURE 5



(2) Press the UP/DOWN buttons to choose the user (U) from 1 to 4. Confirm with ENTER (fig. 6). Enter the user data for gender, age, height, and weight (fig. 7 to 10).

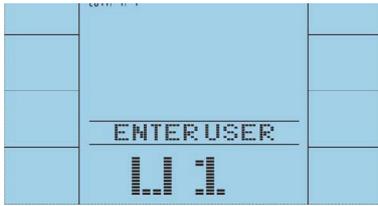


FIGURE 6

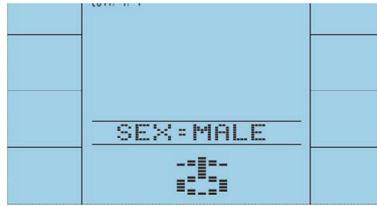


FIGURE 7



FIGURE 8



FIGURE 9

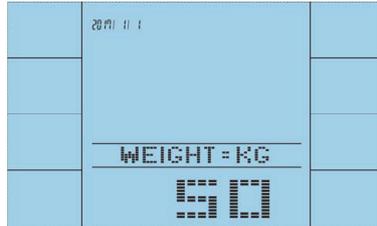
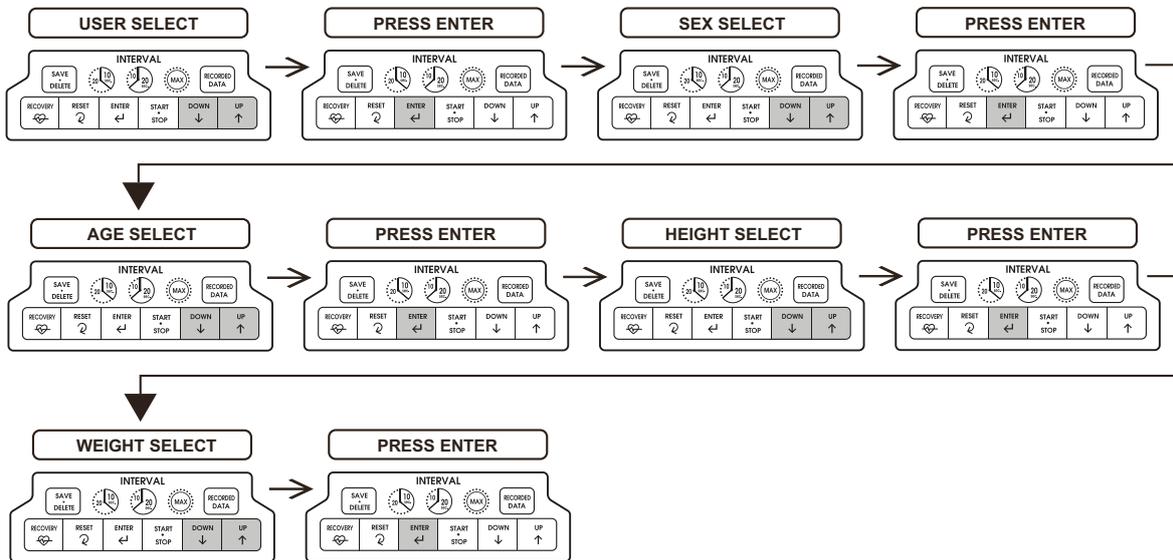


FIGURE 10



4.4 Programmes

The programmes can be chosen as follows: MANUAL -> VALLEY -> HILL VALLEY -> HIGH LAND RIFT VALLEY -> INTERVAL 10/20 -> INTERVAL 20/10 -> INTERVAL MAX -> H.R.C. (fig. 11 to 18).

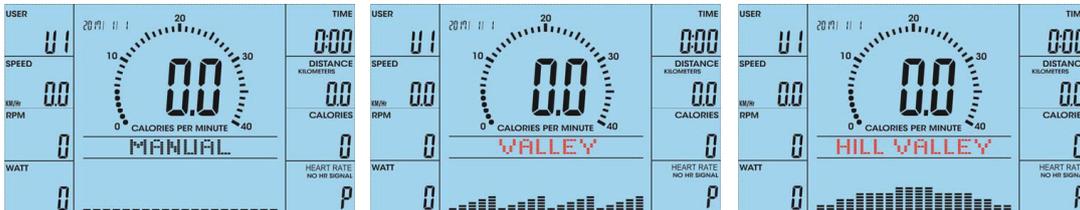


FIGURE 11

FIGURE 12

FIGURE 13



FIGURE 14

FIGURE 15

FIGURE 16

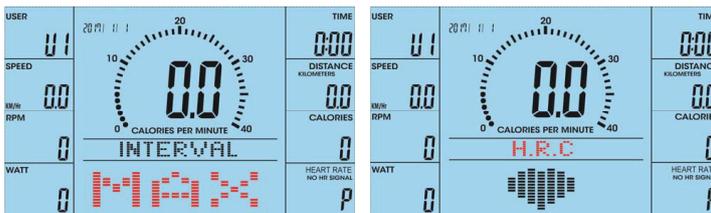


FIGURE 17

FIGURE 18

4.4.1 QUICK START in the manual programme

- (1) Press ENTER in the MANUAL programme (fig. 19).
- (2) Press START/STOP to start the training (fig. 20). The resistance can be adjusted during the training.
- (3) Press START/STOP to stop the training.

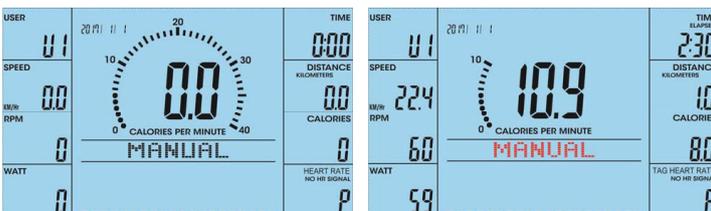
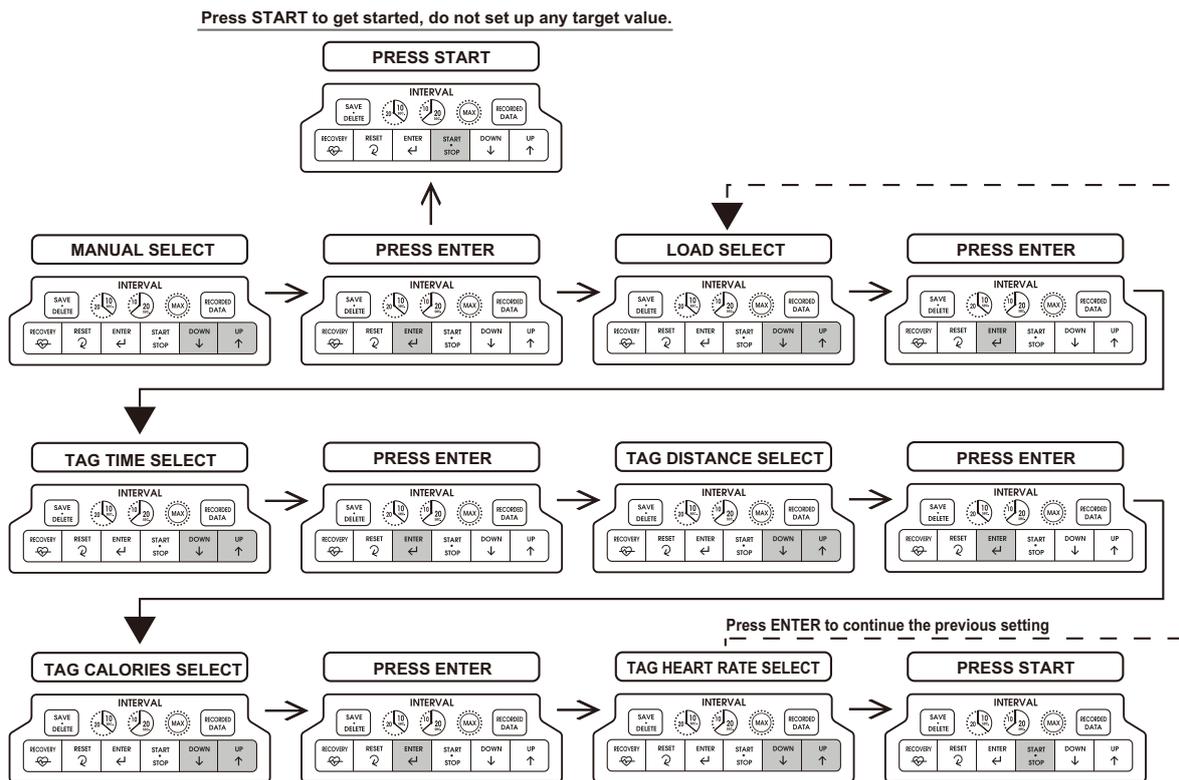


FIGURE 19

FIGURE 20

4.4.2 Manual Mode

- (1) Choose the MANUAL mode and confirm with ENTER (fig. 19). Increase or reduce the intensity level (from 1 to 6) with the UP/DOWN buttons. Confirm with ENTER.
- (2) Target values for TIME/DISTANCE/CALORIES/PULSE can be pre-set. Press START/STOP to start the training (fig. 20). Press RESET to return to the setting in the MANUAL mode.
- (3) The resistance can be adjusted during the training.



4.4.3 VALLEY / HILL VALLEY / HIGH LAND RIFT VALLEY mode

- (1) Choose the VALLEY / HILL VALLEY / HIGH LAND RIFT VALLEY programme (fig. 21 to 23). Confirm with ENTER.
- (2) The time can be pre-set. Press START/STOP to start the training (fig. 24).
- (3) After the training start, the time is counted down. When the time reaches zero, the screen lights up and a signal sounds. Press any button to stop the signal.

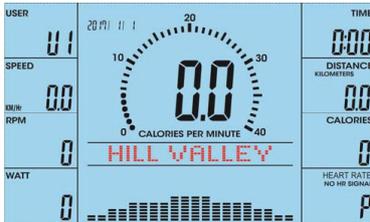


FIGURE 21

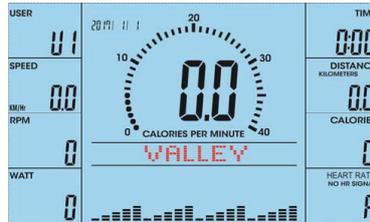


FIGURE 22

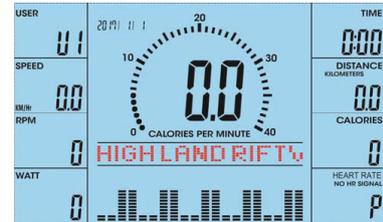


FIGURE 23

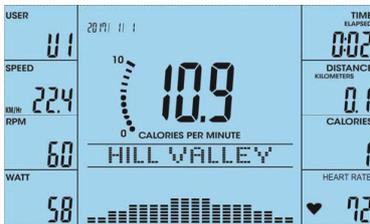
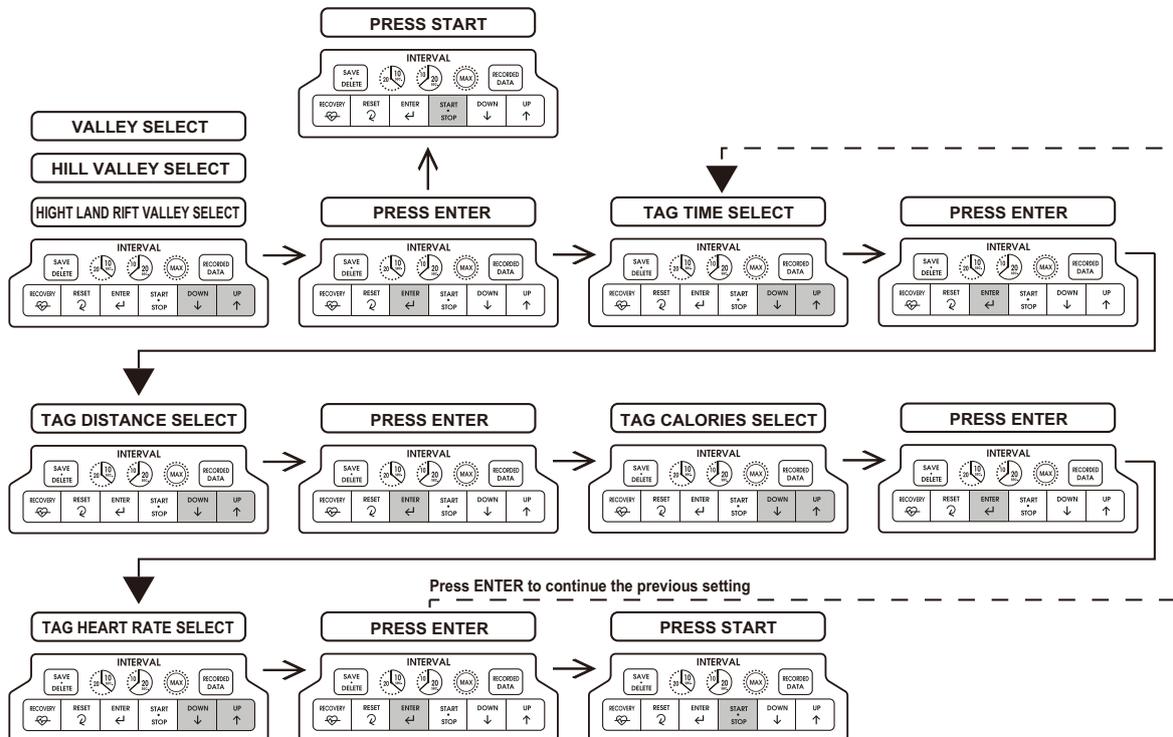


FIGURE 24

Press START to get started, do not set up any target value.



4.4.4 INTERVAL 10/20 / INTERVAL 20/10 / INTERVAL MAX

(1) Choose the INTERVAL 10/20 / INTERVAL 20/10 / INTERVAL MAX programme with the UP/DOWN buttons (fig. 25 to 27). Confirm with ENTER.

INTERVAL 10/20

(training 10 seconds, recovery 20 seconds)

1. Press START in the 10/20 mode. The training starts after three seconds.
2. WORK TIME counts 10 seconds down. The training values for distance, calories, watt, speed, and RPM are displayed. 1/8 WORK 0:10 is displayed. The countdown starts (fig. 28).
3. In the last three seconds, a signal sounds as reminder. Then the WORK mode turns in the REST mode.
4. REST TIME counts 20 seconds down. 1/8 REST 0:20 is displayed (fig. 29). The countdown starts.
5. In the last three seconds, a signal sounds as reminder. Then the REST mode turns in the WORK mode.
6. The steps 2 to 5 are repeated. Each repetition counts until REST 08/8 is displayed. Then the programme stops and then displays the training values (fig. 30).

INTERVAL 20/10

(training 20 seconds, recovery 10 seconds)

1. Press START in the 20/10 mode. The training starts after three seconds.
2. WORK TIME counts 20 seconds down. The training values for distance, calories, watt, speed, and RPM are displayed. 1/8 WORK 0:20 is displayed. The countdown starts.
3. In the last three seconds, a signal sounds as reminder. Then the WORK mode turns in the REST mode.
4. REST TIME counts 10 seconds down. 1/8 REST 0:10 is displayed (fig. 29) The countdown starts.
5. In the last three seconds, a signal sounds as reminder. Then the REST mode turns in the WORK mode.
6. The steps 2 to 5 are repeated. Each repetition counts until REST 08/8 is displayed. Then the programme stops and then displays the training values.

INTERVAL MAX

(training 20 seconds at the intensity 5, recovery 1:20 seconds at intensity 1)

1. Press START in the MAX mode. The training starts after three seconds.
2. WORK TIME counts 20 seconds down and the intensity increases to 5. The training values for distance, calories, watt, speed, and RPM are displayed. 1/8 WORK 0:20 is displayed. The countdown is started.
3. In the last three seconds, a signal sounds as reminder. Then the WORK mode turns in the REST mode.
4. REST TIME counts 1:20 seconds down and the intensity is reduced to 1. 1/8 REST 1:20 is displayed. The countdown starts.
5. In the last three seconds, a signal sounds as reminder. Then the REST mode turns in the WORK mode.
6. The steps 2 to 5 are repeated. Each repetition counts until REST 08/8 is displayed. Then the programme stops and then displays the training values.

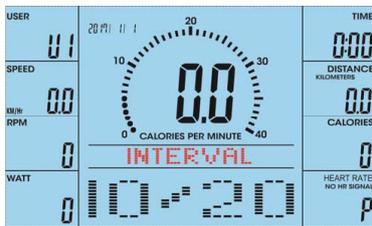


FIGURE 25

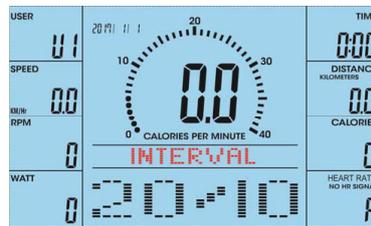


FIGURE 26

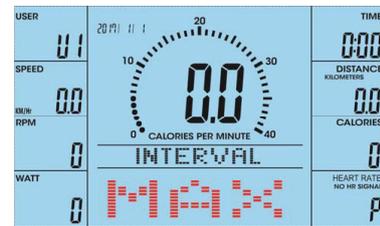


FIGURE 27

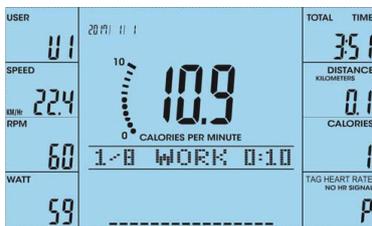


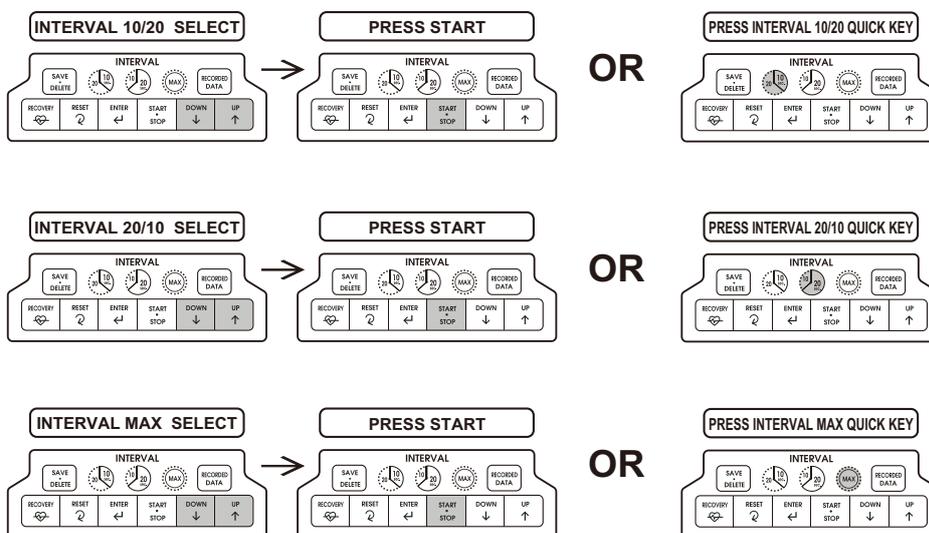
FIGURE 28



FIGURE 29



FIGURE 30



4.4.5 Heart rate control

- (1) In the H.R.C. mode (fig. 31), the screen displays 55%, 75%, 90%, and TARGET (fig. 32 to 35). Choose the preferred heart rate with the UP/DOWN buttons.
- (2) The time can be pre-set. Press START/STOP to start the training.
- (3) After the training start, the time is counted down. When it reaches zero, the screen lights up and a signal sounds. Press any button to stop the signal. When there is no pulse for six seconds, the LCD screen displays PULSE INPUT as reminder until a pulse is set (fig. 36).

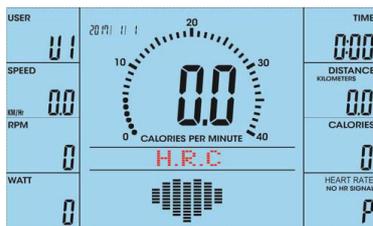


FIGURE 31



FIGURE 32



FIGURE 33

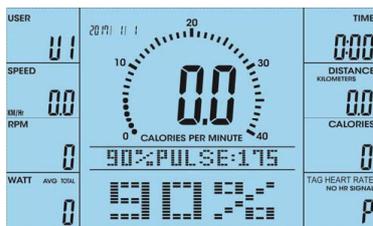


FIGURE 34

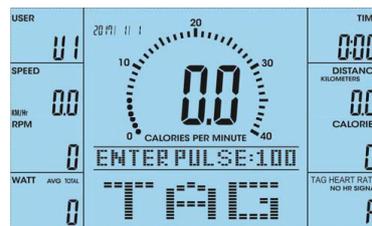


FIGURE 35

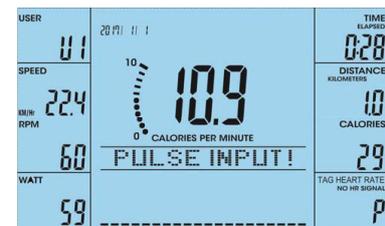
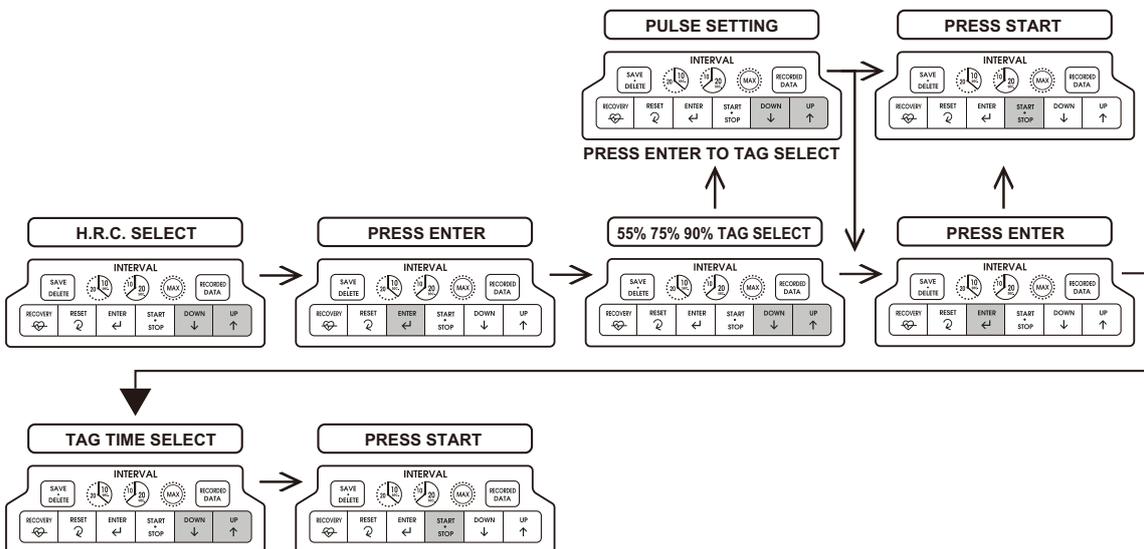


FIGURE 36

Press START to get started, do not set up any target value.



4.4.6 Recovery

Press RECOVERY after the pure training time and grasp both handles. All function displays stop except for TIME. It counts down from 00:60 to 00:00 (fig. 37). When the console detects a pulse signal, the LCD screen displays RECOVERY SCANNING. When the console does not detect a pulse signal, the LCD screen reminds of it by displaying PULSE INPUT! The screen displays your recovery pulse status with F1 to F6 (fig. 38). F1 stands for the best value, F6 for the worst. Continue training to improve your recovery pulse. Press RECOVERY again to return to the main display.

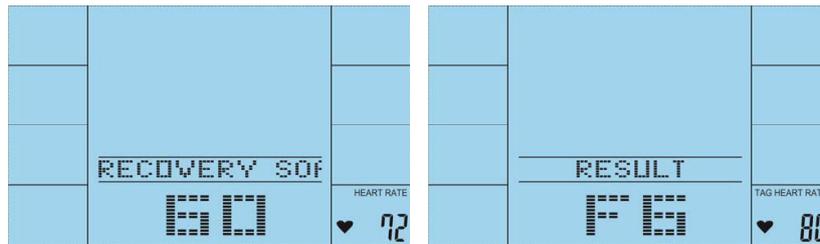


FIGURE 37

FIGURE 38

4.5 Check or delete saved data

1. When the machine is turned on, the calendar and the user data U1 to U4 (fig. 39 to 47) have to be entered. Please make sure that the calendar data are correctly entered.
2. Press START/STOP during the training to stop the display and press SAVE.DELETE. SAVE FINISH is displayed (fig. 48). The training values are saved now. The console saves all training values, storages, time, average speed, average RPM, average Watt value, distance, and calories.



FIGURE 39

FIGURE 40

FIGURE 41

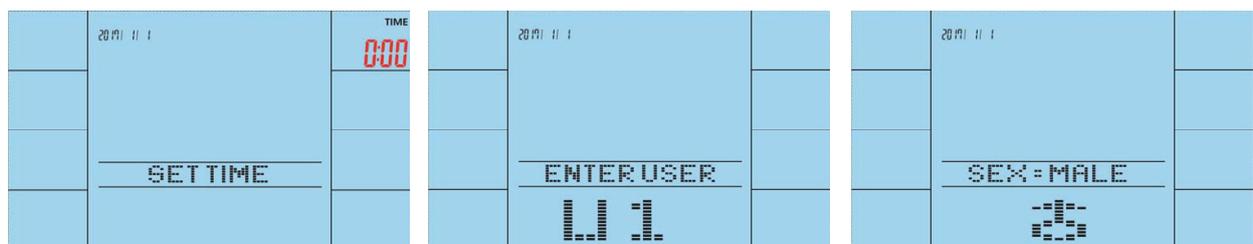


FIGURE 42

FIGURE 43

FIGURE 44

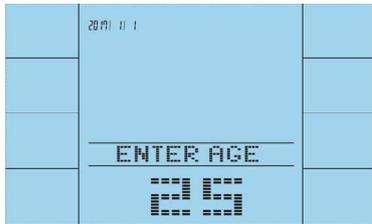


FIGURE 45



FIGURE 46

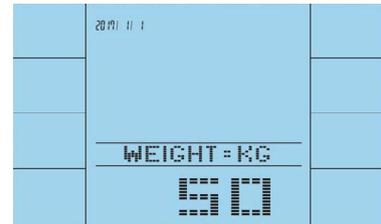


FIGURE 47

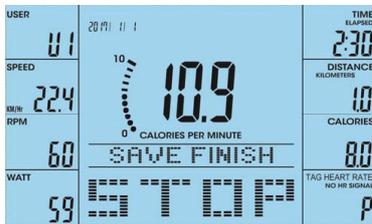
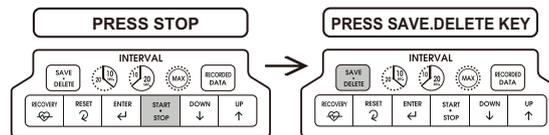


FIGURE 48



3. When you want to check the data, press the mode selection in the main programme and press RECORDED DATA. Then press UP/DOWN to see the previously saved data (fig. 49).
4. Check in RECORDED DATA and press SAVE.DELETE. Confirm the deletion of the saving with ENTER (fig. 50).
5. Delete all data: Press SAVE.DELETE for six seconds in the calendar setting or in the RECORDED DATA control. DELETE ALL! is displayed (fig. 51). Confirm with ENTER. All data are deleted (fig. 52). The computer reboots after 15 seconds and returns to the calendar default 20170101.



FIGURE 49

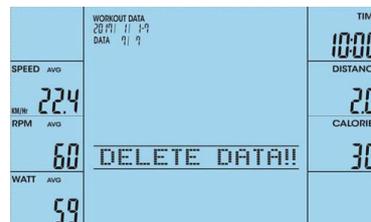


FIGURE 50

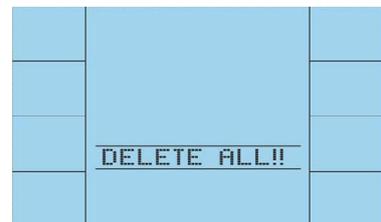
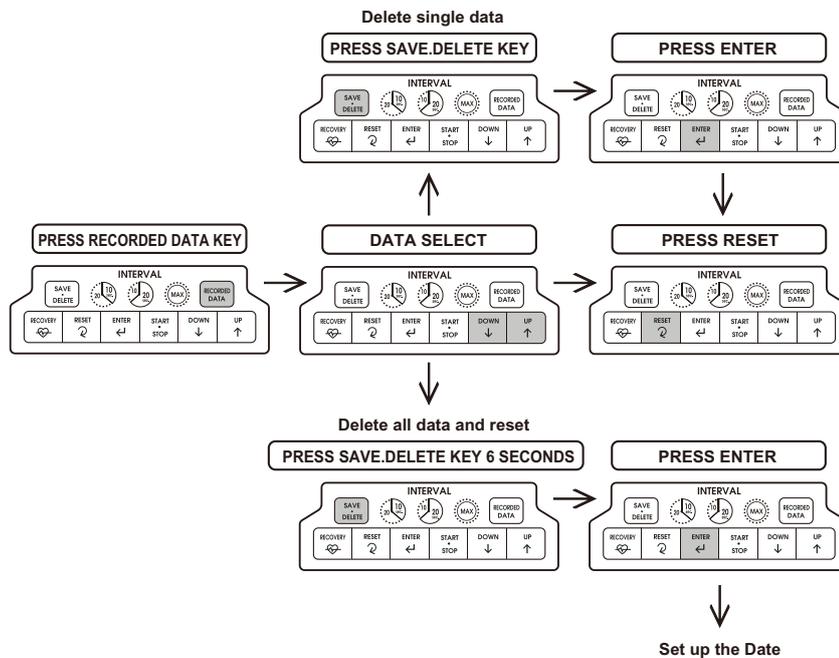


FIGURE 51



FIGURE 52



Battery installation

The battery is placed in order to keep the calendar running. If user would like to adjust the calendar, need to remove the battery and re-power the console before resetting the calendar (FIGURE 53).

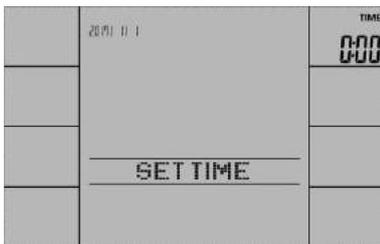
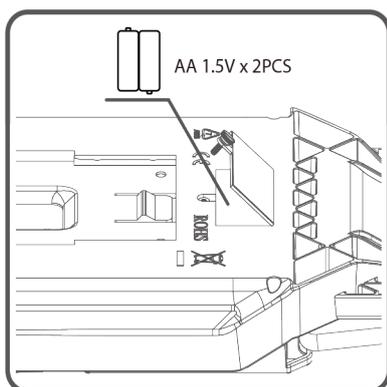


FIGURE 53



- 1) Loosen the knob of the battery cover.
- 2) Remove the battery cover.
- 3) Place the battery and install the battery cover, then fix tight the knob.

Note:

1. When you stop treading for more than four minutes, the computer turns to the energy save mode. All settings and training values remain saved until you start the training again.
2. When the computer does not work, please plug out the adapter and plug it in again.

4.6 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 ergometer 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.

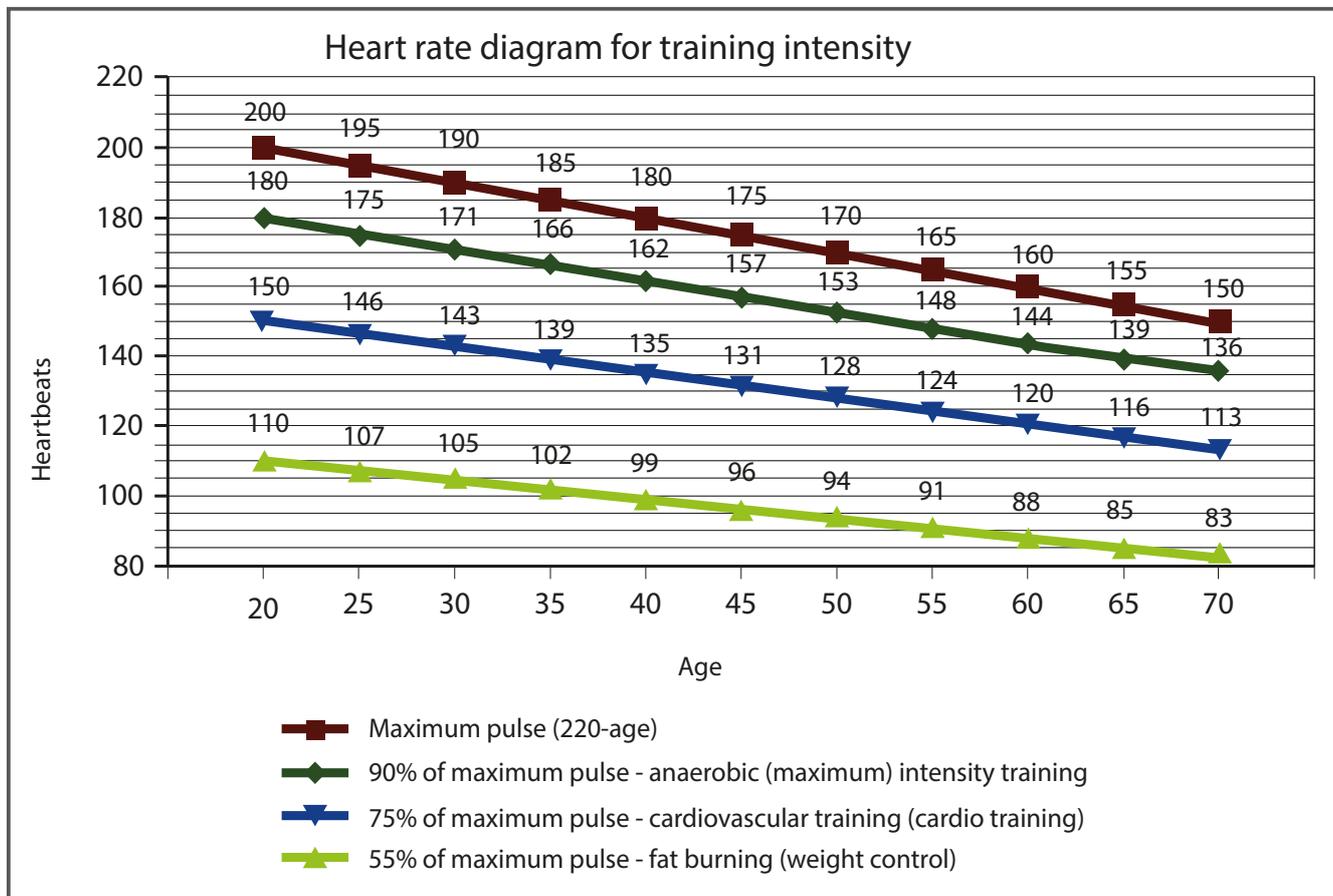
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period 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.
= $(220 - \text{age}) \times 0.9$.



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.

Warranty

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
Ultra Trainer	Home use	24 months	30 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.

Note for battery disposal

Do not dispose of used batteries in the household waste. Being the end-user, you are obliged to dispose of used batteries at a commercial or municipal collection point.

You can also give the batteries, which you received from us, to one of our stores or send these to our warehouse postage free (see contact details at the end of these instructions).

Pb = Battery contains more than 0.004 percent by weight of lead.

Cd = Battery contains more than 0.002 percent by weight of cadmium.

Hg = Battery contains more than 0.0005 percent by weight of mercury.

7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend you to add suiting accessories to your training machine. This could be a **floor mat** that ensures that your product stands absolutely securely and protects your floor from sweat. Another example is the option of extended handrails that can be combined with some of our treadmills or **silicone spray** to keep moving parts in perfect condition.

In case you purchased a training machine that provides heart rate oriented training programmes, we highly recommend you to make use of a compatible chest strap. This ensures that your pulse is transmitted optimally. As for multi-gyms you might acquire a liking for **additional handles** or **weights**.

Our range of accessories offers you the highest quality and improves your training even more. If you would like to get information about compatible accessories, please visit our online store and look up the detailed page of your product. To do this, simply type in your training machine's article number in the search bar at the top of your screen. Now scroll down until you find the appropriate accessories. Alternatively you can contact our customer service either by telephone, e-mail or in person in one of our stores. We will be happy to advise you!



floor mat

gym towels



chest strap

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

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

Serial number:

Brand / category:

Model name:

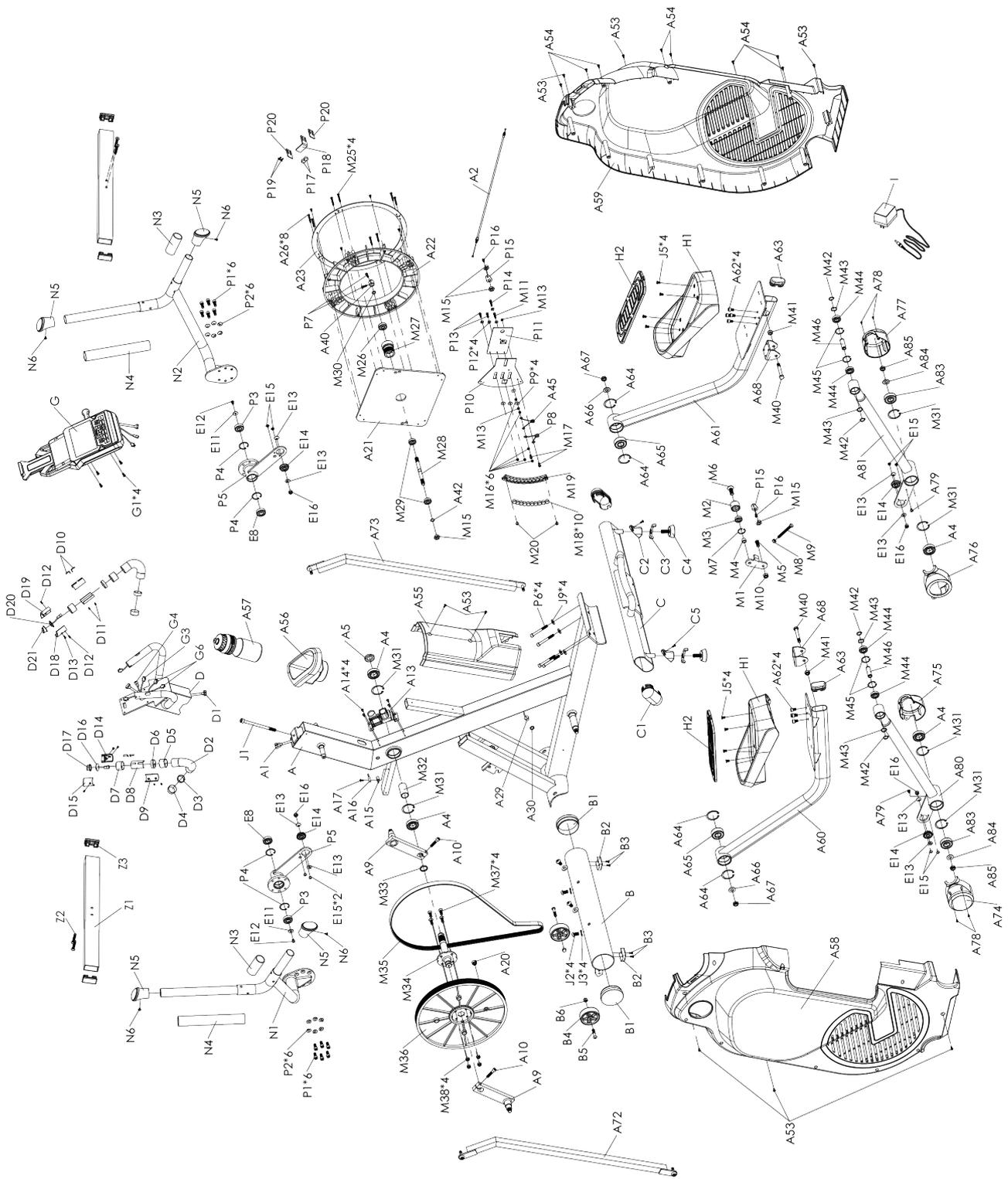
8.3 Parts list

No.	Description	Qty.	No.	Description	Qty.
A	MAIN FRAME	1	A64	C CLIP R47	4
A1	SENSOR WIRE 1600MM	1	A65	BEARING 2204ZZ	2
A2	TENSION CABLE	1	A66	WASHER	2
A4	BEARING 6005ZZ	4	A67	NUT (8T)	2
A5	BEARING NUT	1	A68	JOINT PAD	2
A9	CRANK	2	A72	HANDLE CONNECTING TUBE (L)	1
A10	SCREW M8X40MM	2	A73	HANDLE CONNECTING TUBE (R)	1
A13	MOTOR	1	A74	JOINT COVER (L-1)	1
A14	SCREW M4X12MM	4	A75	JOINT COVER (L-2)	1
A15	SENSOR WIRE HOUSING	1	A76	JOINT COVER (R-1)	1
A16	SENSOR WIRE	1	A77	JOINT COVER (R-2)	1
A17	SENSOR WIRE HOUSING SCREW	1	A78	SCREW M3X10MM	4
A20	MAGNETIC Φ 15X7	1	A79	SCREW M5X10MM	2
A21	WEIGHT BOARD	1	A80	PEDAL SUPPORTING TUBE (L)	1
A22	PLASTIC PULLEY	1	A81	PEDAL SUPPORTING TUBE (R)	1
A23	ALUMINUM CIRCLE	4	A83	BEARING 6204ZZ (TPX)	2
A26	SCREW M4X40MM	8	A84	WASHER	2
A29	DC WIRE	1	A85	NUT (8T)	2
A30	NUT	1	B	FRONT STABILIZER	1
A40	BUSH	1	B1	END CAP Φ 89	2
A42	WAVE WASHER	1	B2	ADJUSTING END CAP	2
A45	SPRING	1	B3	SCREW M4X12MM	4
A53	SCREW	8	B4	WHEEL	2
A54	SCREW	8	B5	SCREW M8X40MM	2
A55	SMALL CHAIN COVER	1	B6	NUT M8	2
A56	BOTTLE HOLDER	1	C	REAR STABILIZER	1
A57	WATER BOTTLE	1	C1	END CAP 50X100	2
A58	MAIN CHAIN COVER (L)	1	C2	COVER FOR FOOT PAD	2
A59	MAIN CHAIN COVER (R)	1	C3	ADJUSTED NUT	2
A60	PEDAL TUBE (L)	1	C4	KNOB Φ 50	2
A61	PEDAL TUBE (R)	1	C5	SCREW M4X12MM	2
A62	SCREW M8X12MM	8	D	CONSOLE SUPPROTING TUBE	1
A63	END CAP	2	D1	SENSOR WIRE 200MM	1

No.	Description	Qty.	No.	Description	Qty.
D2	SPONG HDR Ø23X3TX130MM	2	H2	CUSHION PAD	2
D3	FOAM SPACER RING	2	I	ADAPTOR	1
D4	PLASTIC PIPE	2	J1	SCREW M10X150MM	1
D5	HANDLE PULSE RING Ø31.8X30.5MM	2	J2	SCREW M10X20MM	4
D6	SPACER RING Ø25.4	2	J3	WASHER Ø3/8"	4
D7	HANDLE PULSE RING Ø31.8X22MM	2	J5	SCREW M6X12MM	8
D8	UPPER HANDLE PULSE HOUSING	2	J9	WASHER M8	4
D9	LOWER HANDLE PULSE HOUSING	2	Z1	PACKING TUBES (UPPER)	2
D10	HANDLE PULSE	4	Z2	SCREW M8X50MM	4
D11	SCREW M3X10MM	4	Z3	END CAP 30X60MM	4
D12	SCREW M3X10MM	4	M1	IDLER WHEEL PLATE (6T)	1
D13	SCREW M3X10MM	2	M2	IDLER WHEEL	1
D14	TOGGLE COVER L2	1	M3	BEARING 6001 (TPX)	1
D15	TOGGLE COVER L1	1	M4	BUSH Ø12.05XØ16X10.5	1
D16	PC BOARD LOAD -	1	M5	SCREW M10X23MM	1
D17	TOGGLE LOAD -	1	M6	SCREW M12X35MM	1
D18	TOGGLE COVER R2	1	M7	C CLIP R28	1
D19	TOGGLE COVER R1	1	M8	NUT M8	1
D20	PC BOARD LOAD +	1	M9	SCREW M8X75MM	1
D21	TOGGLE LOAD +	1	M10	NUT M10	2
E8	BEARING 6003ZZ (TPX)	2	M11	SCREW M5X20MM	1
E11	WASHER M6XØ19X2T	2	M13	NUT M5	2
E12	SCREW M6X10MM	2	M15	NUT M12	4
E13	SPACER RING M8X6T	8	M16	NUT M5	6
E14	BEARING 6201ZZ	4	M17	SCREW M5X12MM	1
E15	SCREW M5X6MM	8	M18	MAGNETIC	10
E16	NUT M8	4	M19	MAGNETIC HOUSING	1
G	CONSOLE	1	M20	SCREW M5X8MM	2
G1	SCREW M5X15MM	4	M25	SCREW M4x12MM	4
G3	SENSOR WIRE 450MM	1	M26	BEARING 6201ZZ TPX	1
G4	SENSOR WIRE 450MM	1	M27	PULLEY Ø40	1
G6	SENSOR WIRE	2	M28	AXLE	1
H1	PEDAL	2	M29	BEARING 6001 TPX	2

No.	Description	Qty.	No.	Description	Qty.
M30	C CLIP S12	1	N6	SCREW M4X10MM	4
M31	C CLIP R47	6	P1	SCREW M8X20MM	12
M32	BUSH Φ 29.2X Φ 25.2X54.4MM	1	P2	SPACER RING M8X6T	12
M33	BUSH Φ 29.2X Φ 25.2X5MM	1	P3	BEARING 6202ZZ	2
M34	AXLE	1	P4	C CLIP R35	4
M35	BELT 610J8	1	P5	OSCILLATING AXLE	2
M36	BELT WHEEL Φ 360	1	P6	SCREW M8X70MM	4
M37	SCREW M8X25MM	4	P7	SCREW M5X16MM	2
M38	NUT M8	4	P8	SPRING 2.5T	1
M40	SCREW M10X68MM	2	P9	WASHER M5X Φ 16X1T	4
M41	NUT M10	2	P10	MAGNETIC BASE	1
M42	C CLIP S15	4	P11	MAGNETIC BASE PLATE	1
M43	WAVE WASHER	4	P12	SPACER	4
M44	BEARING 6002 TPX	4	P13	SCREW M5X16MM	2
M45	C CLIP R32	4	P14	SCREW M5X25MM	1
M46	BUSH Φ 15X Φ 10X48MM	2	P15	PLATE	2
N1	HANDLE BAR (L)	1	P16	SCREW M5X8MM	2
N2	HANDLE BAR (R)	1	P17	MAGNETIC	2
N3	SPONG HDR Φ 30X3TX80MM	2	P18	MAGNETIC HOUSING	1
N4	SPONG HDR Φ 30X3TX260MM	2	P19	SCREW M4X12MM	2
N5	HANDLE BAR END CAP	4	P20	RUBBER SPACER	2

8.4 Exploded drawing



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