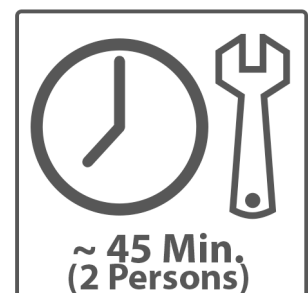
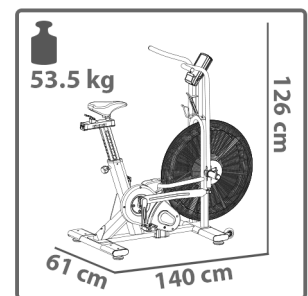
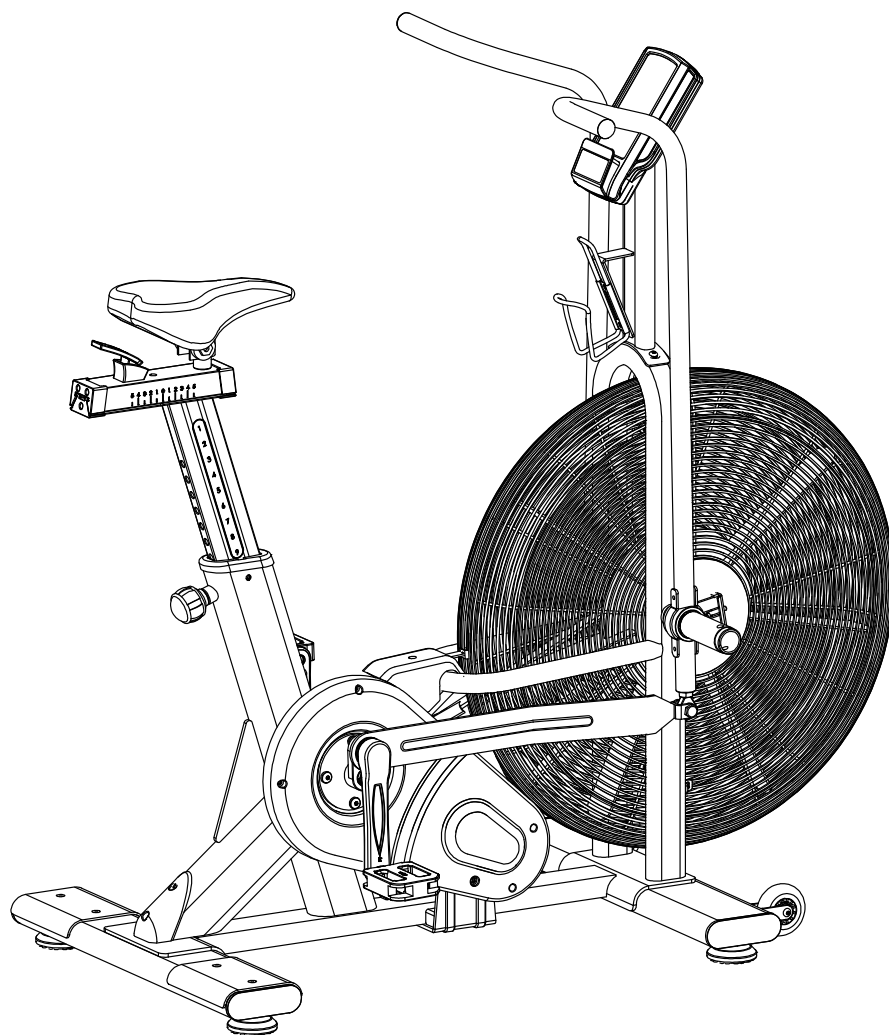


TAURUS®

Assembly and Operating Instructions



TFK22604.01.02

TF-K22604

Exercise Bike Ergo-X Classic

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Dear customer,

Thank you for choosing a high-quality equipment of the brand Taurus®. Taurus® offers sports and fitness equipment for the sophisticated home sport and the equipment of fitness studios and business customers. With Taurus® fitness equipment, the focus is on what sport is all about: maximum performance! Therefore, the equipment is developed in close consultation with athletes and sports scientists. Because athletes know best what makes perfect fitness equipment.

Further information can be found at www.sport-tiedje.com.

Intended Use

The equipment may only be used for its intended purpose.

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

Legal Notice

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Europe's No. 1 for home fitness

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Disclaimer



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Product and manual are subject to change. Technical data can be changed without advance notice.

ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.



Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.

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

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

The following safety instructions may appear in this manual:

► **ATTENTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

⚠ **CAUTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

⚠ **WARNING**

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

⚠ **DANGER**

This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

ⓘ **NOTICE**

This notice indicates further useful information.

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

1.1 Technical Data

LCD display of:

- + Time in min
- + Speed in km/h
- + Distance in km
- + Calories in kcal
- + Heart rate (when using a chest strap)
- + Watt

Weight and Dimensions

Article weight (gross, incl. packaging):	62.5 kg
Article weight (net, excl. packaging):	53.5 kg
Package dimensions (LxWxH):	132 cm x 27.5 cm x 89 cm
Set-up dimensions (LxWxH):	140 cm x 61 cm x 126 cm

Maximum user weight: 150 kg

1.2 Personal Safety

DANGER

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

WARNING

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

CAUTION

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

ATTENTION

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

1.3 Set-Up Place

WARNING

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

CAUTION

- + 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. Make sure that you leave at least 30 cm on each side of the equipment and at least 15 cm in front of and behind the equipment as a training zone. This is the minimum required area in order to safely use the equipment. The recommended free zone around the equipment should be at least 60 cm on each side and 45 cm in front of and behind the equipment.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.

ATTENTION

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

2.1 General Instructions

DANGER

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

WARNING

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

CAUTION

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

ATTENTION

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

NOTICE

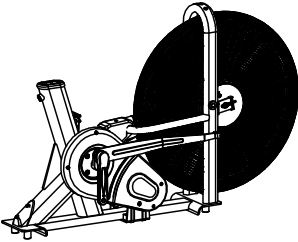
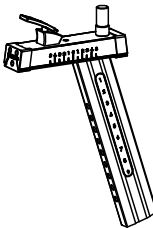











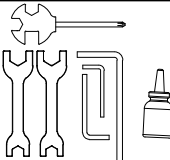
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

2.2 Scope of Delivery

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

CAUTION

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

 <p>2* M8*16 2* φ10</p>	1		1
 <p>Left</p>	1	 <p>Right</p>	1
 <p>2* M5*10</p>	1	 <p>4* M5*10</p>	1
	1		1
	1		1
	4		4
	1		1

2.3 Assembly

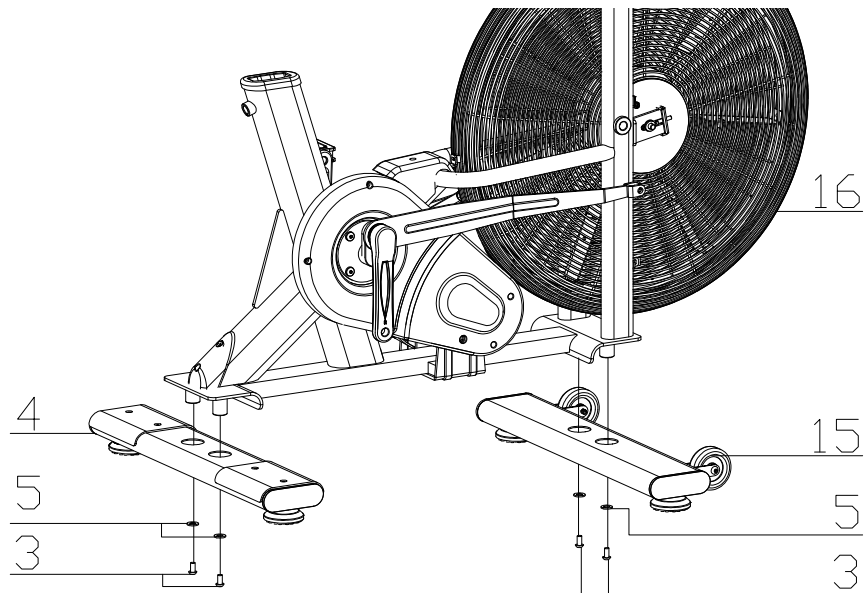
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

① NOTICE

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

Step 1: Assembly of the front and rear stabilizer

1. Mount the front stabilizer (15) to the main frame (16) with two flat washers (5) and two bolts (3).
2. Mount the rear stabilizer (4) to the main frame (16) with two flat washers (5) and two bolts (3).
3. Tighten the bolts.



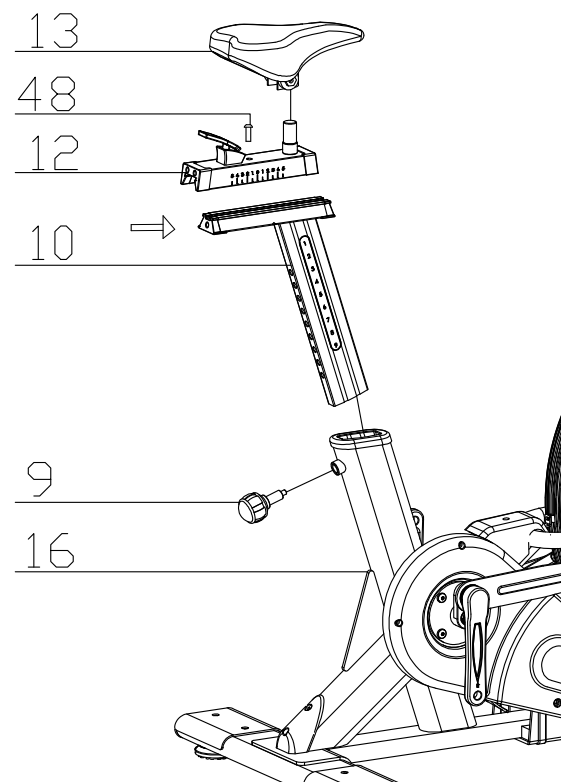
Step 2: Assembly of the seat

1. Slide the vertical seat post (10) into the seat post housing of the main frame (16).
2. Loosen and pull out the adjustment knob (9) and fix the seat post (10) with the adjustment knob (9) to the main frame (16).

⚠ CAUTION

Within the next step, make sure that the adjustment knob (9) audibly engages into one of the adjustment holes of the seat post (10).

3. Let the adjustment knob (9) snap back into one of the adjustment holes and re-tighten the adjustment knob (9).
4. Slide the seat post (12) on the vertical seat post (10) and tighten the bolt (48).
5. Mount the seat (13) to the seat post (12) and tighten the bolts under the seat.

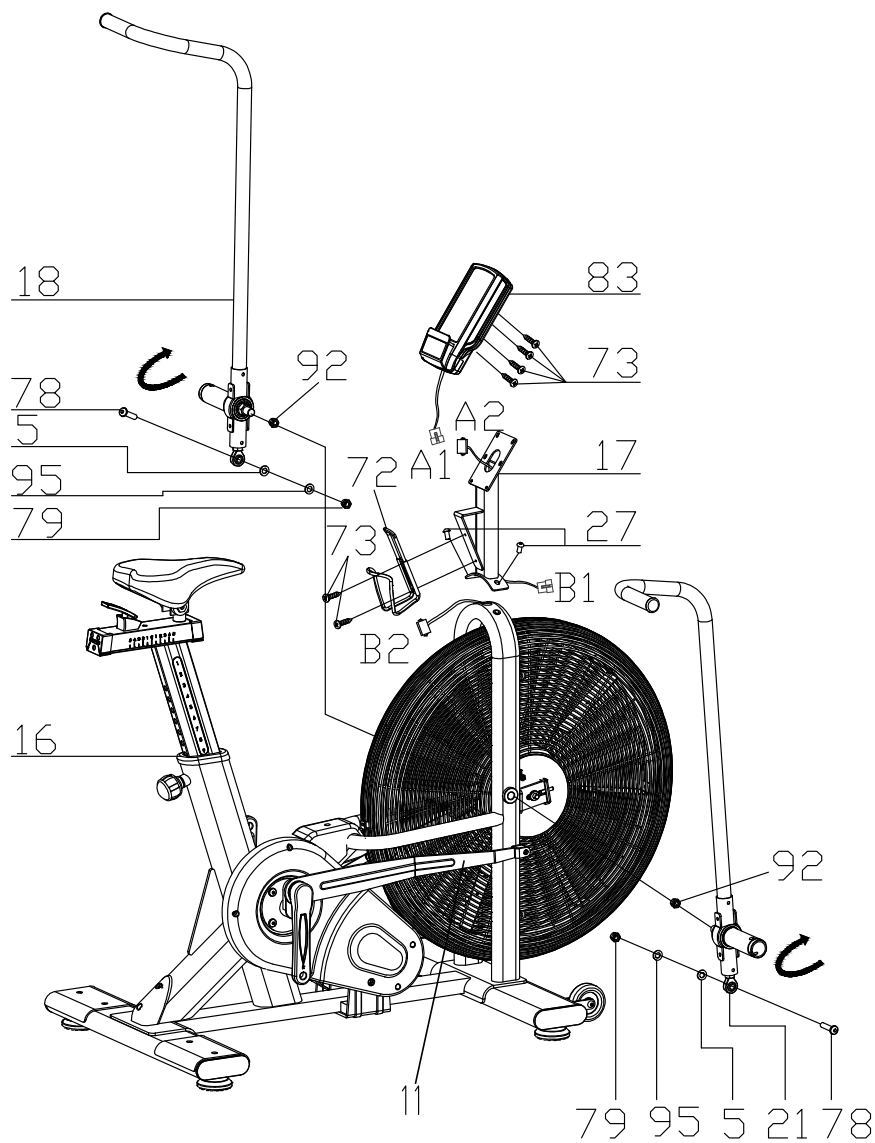
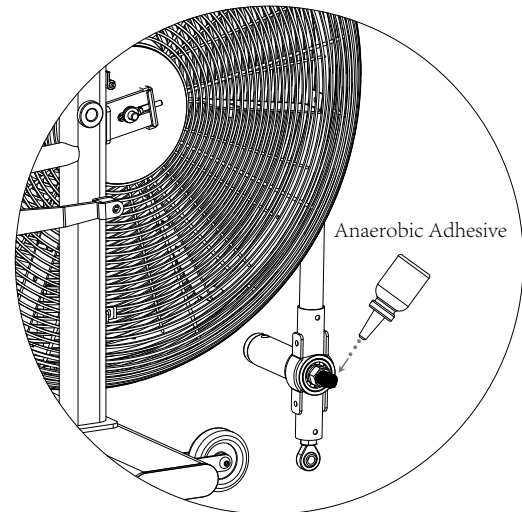


Step 3: Assembly of the handlebars and the console

► **ATTENTION**

Before assembling the handlebars apply some of the anaerobic adhesive on the handlebar (see Figure).

1. Mount the left handlebar (18) to the main frame (16) with the fixing nut (92).
2. Mount the left handlebar (18) to the drive assembly (11) with one bolt (78), one flat washer (5), one spring washer (95) and one nut (79).
3. Mount the bottle holder (72) to the main frame (16) with two screws (73).
4. Mount the console (83) to the main frame (16) with four screws (73).
5. Tighten the screws and bolts.



Step 4: Assembly of the pedals

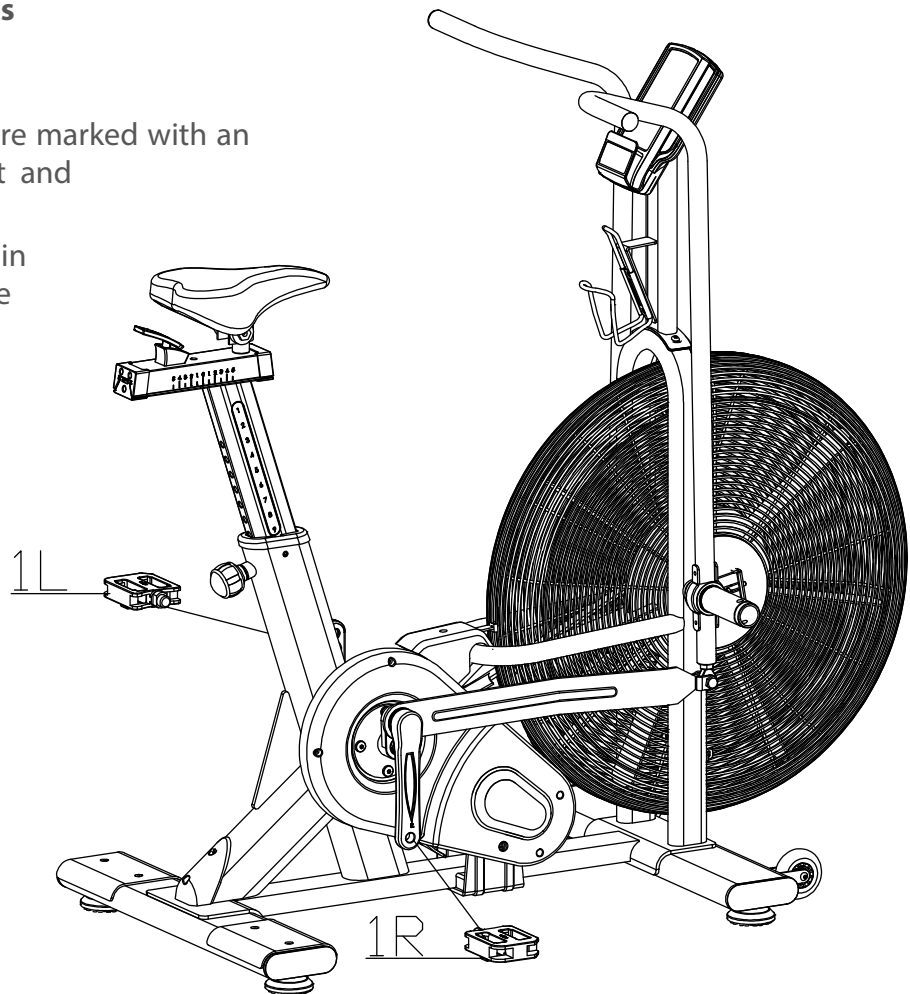
NOTICE

- + The pedals (1L & 1R) are marked with an "L" and an "R" for left and right.
- + The right crank arm is in sitting position on the right side.

1. Attach the left pedal (1L) to the left crank arm by turning the pedal (1L) counterclockwise onto the crank arm.
2. Attach the right pedal (1R) to the right crank arm by turning the pedal (1R) clockwise onto the crank arm.

CAUTION

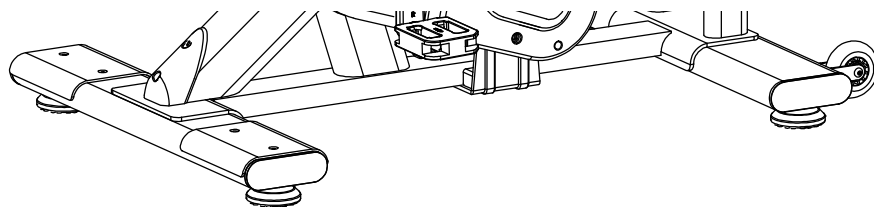
Make sure to screw in the pedals completely.



Step 5: Alignment of the feet

If the floor is uneven, you can stabilize the equipment by turning the setting screws under the stabilizers.

1. Lift the equipment on the desired side and rotate the setting screws.
2. Rotate the screws clockwise in order to remove them and to raise the equipment.
3. Rotate them counterclockwise in order to lower the equipment.

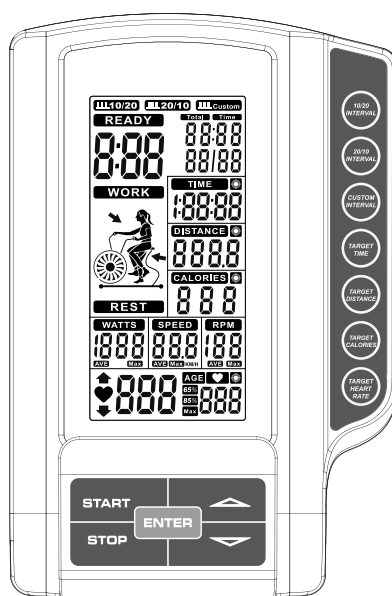


3 OPERATING INSTRUCTIONS

ⓘ NOTICE

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

3.1 Console Display



Display	Description
RPM	+ Display of the rotations per minute + Display range: 0–199
SPEED	+ Display of the current speed in km/h or ml/h + Maximum speed: 99.9 km/h
TIME	+ Display of the training time + Display range: 00:00–1:59:59 + Setting range: 00:01:00–1:59:00 (increments of 1 minute)
DISTANCE	+ Display of the distance in km or ml + Display range: 0.0–999.9 + Setting range: 0.0–999.9 (increments of 1 km or ml)
CALROIES	+ Display of the calories in kcal + Display range: 0–999 + Setting range: 0.0–999

WATT	+ Display of Watt + Display range: 0–1999
PULSE	⚠ WARNING Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid. + Display of the heart rate + Display range: 0–30–230
TOTAL TIME	+ Display of the total training time
READY	+ Display of the start countdown before a new interval
WORK	+ Indicates the working or resting phase during an interval training
REST	

3.2 Button Functions

Button	Description
START	+ Start or pause training + Resume training in stop mode
STOP	+ Stop the training + Clear all settings + Hold two 2 sec. to reset and restart the console
DOWN	+ Decrease the setting values
UP	+ Increase the setting values
10/20 INTERVAL	+ Quick access to the interval programmes: + 10/20 + 20/10 + Custom
20/10 INTERVAL	
CUSTOM INTERVAL	
TARGET TIME	+ Quick access to the target programmes: + Time + Distance + Calories + Heart Rate
TARGET DISTANCE	
TARGET CALORIES	
TARGET HEART RATE	
ENTER	+ Confirm settings + Enter the programme

3.3 First Steps

After starting the console, a signal sounds and the display fully lights up (Fig. 1). Then the display shows the wheel diameter (Fig. 2) and enters setting mode for setting the age (Fig 3).

To set the age, press the UP/DOWN buttons and press ENTER to confirm.

The console enters the main menu and the following elements will flash for 1 second each in the sequence of:

INTERVAL10/20 → INTERVAL20/10 → INTERVAL CUSTOM → READY → WORK → REST → TIME → DISTANCE → CALORIE → WATTS → SPEED → RPM → ♥

ⓘ NOTICE

If the console receives no signal (RPM or input) for 30 seconds, the console enters sleep mode.

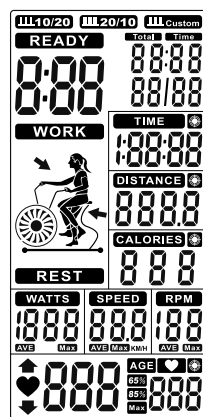


Fig. 1

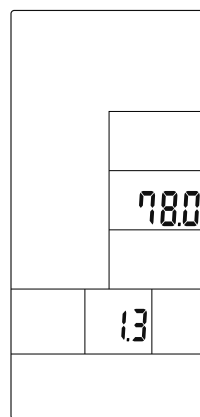


Fig. 2

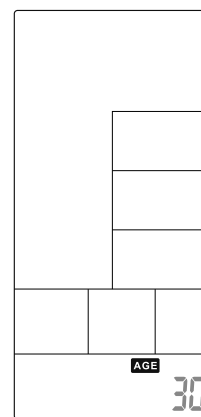


Fig. 3

3.4 Sleep Mode

If the console receives no signal (RPM or input) for up to 30 seconds within the main menu or the programme is paused for more than 5 minutes, the console enters sleep mode.

- + To exit the sleep mode within the main menu, press any button or start training.
- + To exit the sleep mode within the paused programme, press START.

3.5 Programmes

A total of 8 programmes are available:

- + Quick Start programme: 1
- + Interval programmes: 3
- + Target programmes: 4

3.5.1 Quick Start Programme

WARNING

Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.

NOTICE

Heart rate measurement is only possible with a compatible chest strap.

1. To start the Quick Start programme press START within the main menu.

A signal sounds for 1 second and the values for TOTAL TIME, TIME, DISTANCE, CALORIES are counted up. Also the values for WATTS, SPEED, RPM and PULSE are shown (Fig. 4).

NOTICE

- + If no pulse signal is received, PULSE shows P (Fig. 4).
- + If the console receives no signal (RPM or input) for 30 seconds, a short signal sounds and the console enters sleep mode.

2. To pause the programme, press START again.

A signal sounds for 0,5 seconds every 30 seconds and all values are displayed and flashing every 4 seconds.

NOTICE

If the programme is paused for more than 5 minutes a signal sounds for 2 seconds and the console enters sleep mode.

3. To resume the programme, press START
4. To stop the programme, press STOP.

A signal sounds for 1 second and the values for TOTAL TIME, TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM and PULSE will be shown for 30 seconds.

NOTICE

- + The display of the values for WATTS, SPEED, RPM switches every 5 seconds between AVG and MAX.
- + The display of the PULSE switches every 5 seconds between 65%, 85% and MAX.

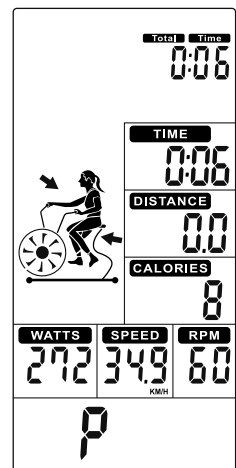


Fig. 4

3.5.2 Interval 10/20 and Interval 20/10

Two pre-set interval programmes are available. These programmes are divided into 8 cycles. You can choose between 10/20 or 20/10 (WORK/REST).

⚠ WARNING

Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.

ⓘ NOTICE

Heart rate measurement is only possible with a compatible chest strap.

- To start an pre-set interval training, press the respective button and press ENTER to confirm.

The interval icon of the chosen interval is shown in the display and a signal sounds for 1 second.

A countdown counts from 3 to 0 and READY flashes once per second. The WORK sequence starts afterwards (Fig. 5 & 6).

The values for TOTAL TIME, TIME, DISTANCE, CALORIES are counted up. Also the values for WATTS, SPEED, RPM and PULSE are shown (Fig. 6–8).

ⓘ NOTICE

- + If no pulse signal is received, PULSE shows P.
- + If the console receives no signal (RPM or input) for 30 seconds, a short signal sounds and the console enters sleep mode.

During the WORK sequence WORK flashes once per second. After the WORK sequence the REST sequence starts. The display shows REST and REST flashes and signal sounds once per second (Fig. 6 & 7).

The finished cycles are shown within the display below TOTAL TIME.

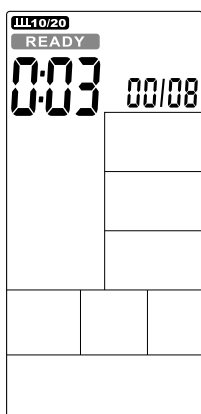


Fig. 5

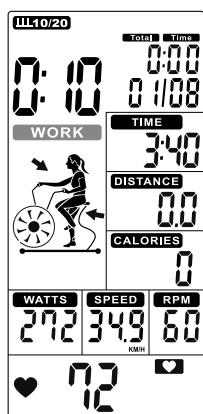


Fig. 6



Fig. 7



Fig. 8

- To pause the programme, press START.

ⓘ NOTICE

If the programme is paused for more than 5 minutes, a signal sounds for 2 seconds and the console enters sleep mode.

3. To resume the programme, press START again.
4. To end the programme, press STOP or finish the interval training.

A signal sounds for 1 second and the values for TOTAL TIME, TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM and PULSE will be shown for 30 seconds.

NOTICE

- + The display of the values for WATTS, SPEED, RPM switches every 5 seconds between AVG and MAX.
- + The display of the PULSE switches every 5 seconds between 65%, 85% and MAX.

3.5.3 Interval Custom

WARNING

Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.

NOTICE

Heart rate measurement is only possible with a compatible chest strap.

1. To enter the custom interval programm press the respective button and press ENTER to confirm.

The interval icon of the chosen interval is shown in the display and a signal sounds for 1 second (Fig 9).

2. To set the number of cycles (1–99), press UP or DOWN and press ENTER to confirm.

A signal sounds and the console changes to the WORK time setting option (Fig. 10).

NOTICE

The time can be set from 0:01–9:59.

3. To set the time for the WORK sequence, press UP or DOWN and press ENTER to confirm.

A signal sounds and the console changes to the REST time setting option (Fig. 11).

4. To set the time for the REST sequence, press UP or DOWN and press ENTER to confirm.

A countdown counts from 3 to 0 and READY flashes once per second and the WORK sequence starts afterwards (Fig. 12).

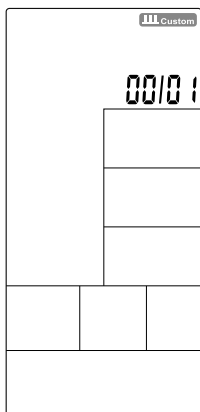


Fig. 9

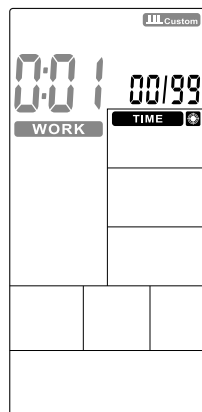


Fig. 10

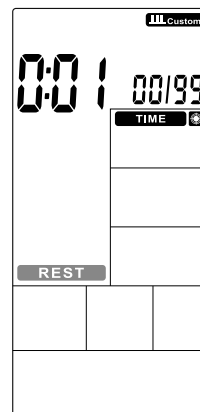


Fig. 11

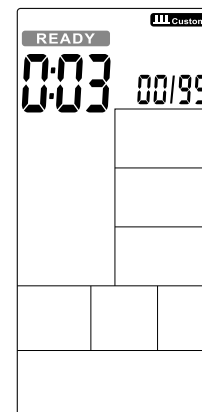


Fig. 12

The values for TOTAL TIME, TIME, DISTANCE, CALORIES are counted up. Also the values for WATTS, SPEED, RPM and PULSE are shown (Fig. 13–15).

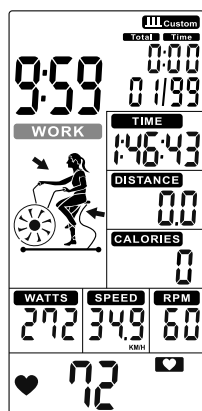


Fig. 13



Fig. 14



Fig. 15

NOTICE

- + If no pulse signal is received, PULSE shows P.
- + If the console receives no signal (RPM or input) for 30 seconds, a short signal sounds and the console enters sleep mode.

During the WORK sequence WORK flashes once per second. After the WORK sequence the REST sequence starts. The display shows REST and REST flashes and a signal sounds once per second (Fig. 13–15).

The finished cycles are shown in the display below TOTAL TIME (Fig. 13–15).

5. To pause the programme, press START.

NOTICE

If the programme is paused for more than 5 minutes, a signal sounds for 2 seconds and the console enters sleep mode.

6. To resume the programme, press START again.

7. To end the programme, press STOP or finish the interval training.

A signal sounds for 1 second and the values for TOTAL TIME, TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM and PULSE will be shown for 30 seconds.

NOTICE

- + The display of the values for WATTS, SPEED, RPM switches every 5 seconds between AVG and MAX.
- + The display of the PULSE switches every 5 seconds between 65%, 85% and MAX.

3.5.4 Target Time, Target Distance and Target Calories

1. To enter one of the target programmes, press the respective button.

The icon of the chosen programme is shown in the display, a signal sounds for 1 second and the value to be set flashes (Fig. 16–18).

2. To set the target value, press the UP or DOWN button and press ENTER to confirm.

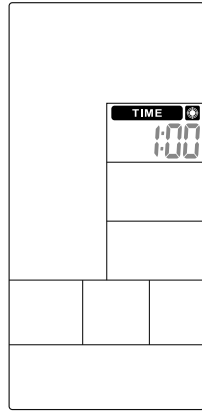


Fig. 16

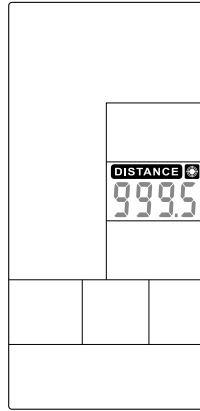


Fig. 17

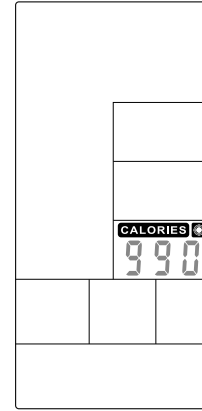


Fig. 18

A signal sounds and the programme starts.

The set value counts down and the remaining values are counted up.

ⓘ NOTICE

- + If no pulse signal is received, PULSE shows P.
- + If the console receives no signal (RPM or input) for 30 seconds, a short signal sounds and the console enters sleep mode.

3. To pause the programme, press START.

ⓘ NOTICE

If the programme is paused for more than 5 minutes, a signal sounds for 2 seconds and the console enters sleep mode.

4. To resume the programme, press START again.
5. To end the programme, press STOP or finish the target.

A signal sounds for 1 second and the values for TOTAL TIME, TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM and PULSE will be shown for 30 seconds.

ⓘ NOTICE

- + The display of the values for WATTS, SPEED, RPM switches every 5 seconds between AVG and MAX.
- + The display of the PULSE switches every 5 seconds between 65%, 85% and MAX.

3.5.5 Target HR

⚠ WARNING

Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.

📄 NOTICE

Heart rate measurement is only possible with a compatible chest strap.

1. To enter the target HR programme, press the respective button.

The icon of the target HR programme is shown in the display and a signal sounds for 1 second.

The value for the age is flashing.

2. To set the age, press the UP or DOWN button and press ENTER to confirm.

A signal sounds and the programme starts.

Within the display of the PULSE, MAX, 65% and 85% will be shown (Fig. 19 & 20).

The values for TOTAL TIME, TIME, DISTANCE, CALORIES are counted up. Also the values for WATTS, SPEED, RPM and PULSE are shown (Fig. 19–21).

📄 NOTICE

- + If no pulse signal is received, PULSE shows P.
- + If the console receives no signal (RPM or input) for 30 seconds, a short signal sounds and the console enters sleep mode.

The console indicates whether the heart rate is below 65% or above 85%. The respective icons will be shown and a signal will sound every 10 seconds until the heart rate is within the ideal area (Fig. 19–21).

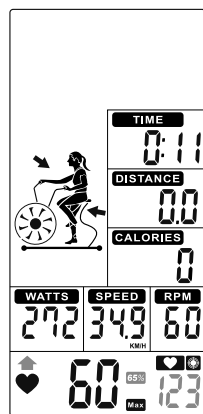


Fig. 19

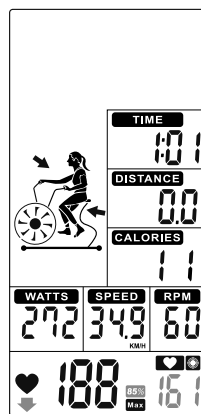


Fig. 20

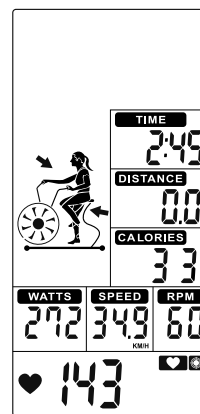


Fig. 21

3. To pause the programme, press START.

📄 NOTICE

If the programme is paused for more than 5 minutes, a signal sounds for 2 seconds and the console enters sleep mode.

4. To resume the programme, press START again.
5. To end the programme, press STOP.

A signal sounds for 1 second and the values for TOTAL TIME, TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM and PULSE will be shown for 30 seconds.

ⓘ NOTICE

- + The display of the values for WATTS, SPEED, RPM switches every 5 seconds between AVG and MAX.
- + The display of the PULSE switches every 5 seconds between 65%, 85% and MAX.

3.6 Changing the Units

1. To change the units, press and hold STOP and ENTER for 2 seconds.

A signal sounds, SPEED keeps lighting up and ml/h and km/h flash once per second.

2. To select one of the units, press UP or DOWN and press ENTER to confirm.

4.1 General Instructions

⚠ WARNING

- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

▶ ATTENTION

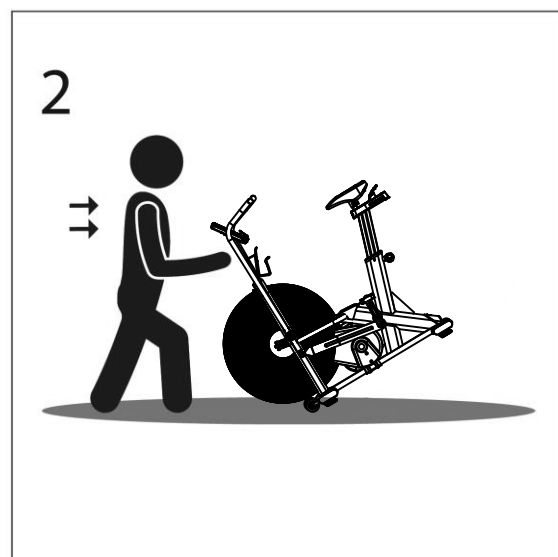
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 5°C and 45°C.

4.2 Transportation Wheels

▶ ATTENTION

If you want to transport your equipment over particularly sensitive and soft floor coverings, such as parquet, planks or laminate, lay out the transport route with cardboard or similar to avoid possible floor damage.

1. Stand in front of the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions in the section 1.3 of this manual.



5.1 General Instructions

⚠ WARNING

- + Do not make any improper changes to the equipment.

⚠ CAUTION

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

▶ ATTENTION

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

5.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Cracking in the pedal area	Pedals loose	Tighten the pedals
Equipment wobbles	Equipment is not level	Align the feet
Handlebar/saddle wobbles	Loose screws	Tighten screws firmly
Display is blank/is not working	Batteries empty or loose cable connection	Replace batteries or check cable connections
No pulse display	<ul style="list-style-type: none"> + Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective 	<ul style="list-style-type: none"> + Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...) + Use a suitable chest strap (see RECOMMENDED ACCESSORIES) + Reposition chest strap and/or moisten electrodes + Changing batteries

5.3 Maintenance and Inspection Calendar

To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly
Display console	C	I
Plastic covers	C	I
Screws and cable connections		I
Check pedals for tightness		I
Legend: C = clean; I = inspect		

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 RECOMMENDED ACCESSORIES

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

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

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



floor mat



chest strap



chest strap contact gel



towels



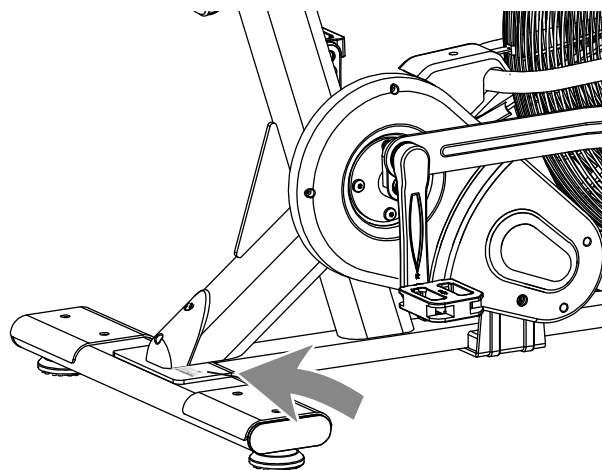
silicone spray

8.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 10 of this operating manual.

NOTICE

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



Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Taurus / Ergometer

Model Name:

Ergo-X Classic

Article Number:

TF-K22604

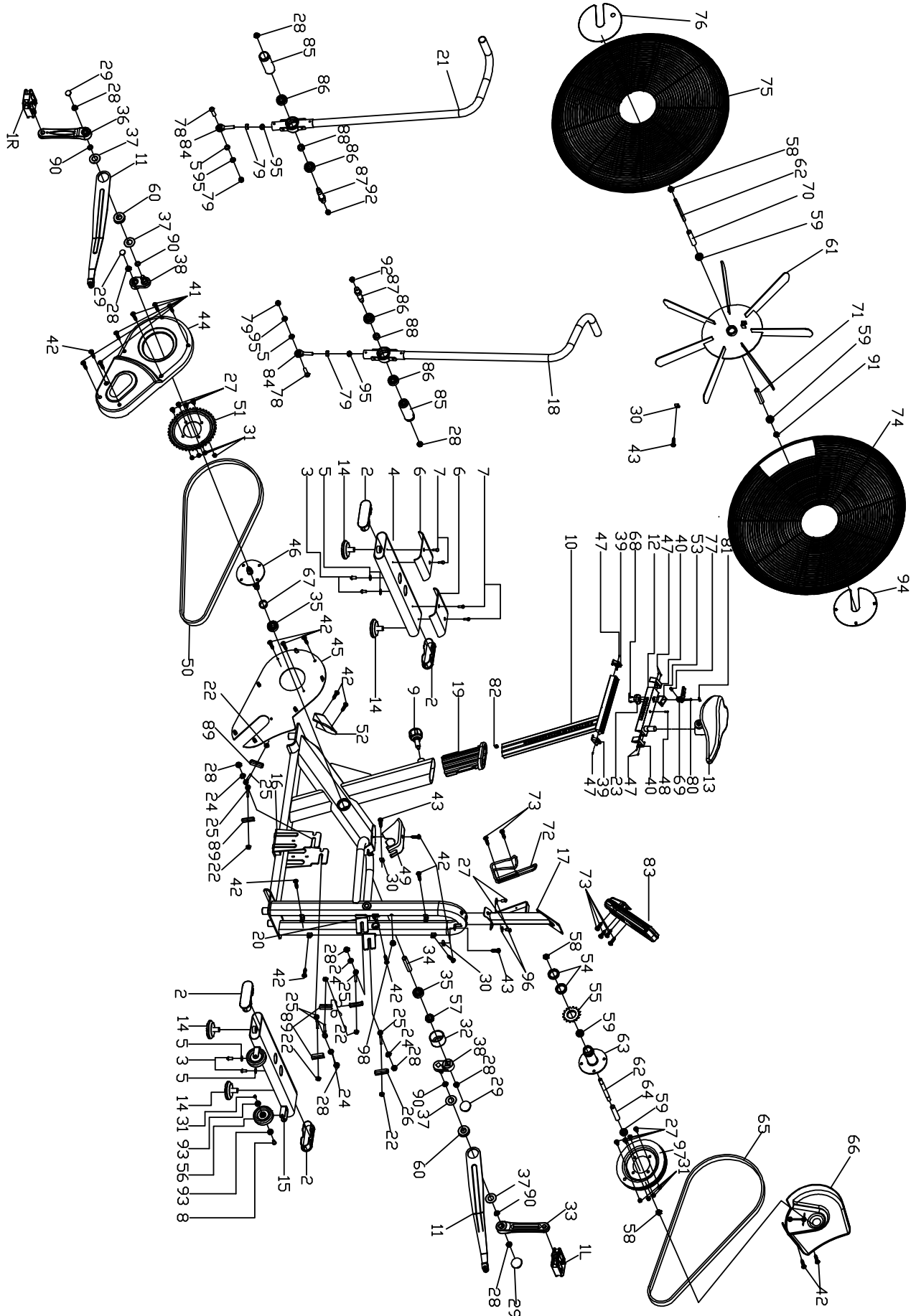
8.2 Parts List

No.	Name	Specification	Qty.
1	PEDAL	JD-304V (9/16")	1
2	END CAP3	120*40*35	4
3	BOLT 1	M10*30	4
4	REAR STABILIZER	WELDING	1
5	FLAT WASHER	10	6
6	FRONT COVER	160*128*3	2
7	BOLT 1	GB/845-85 ST4.8X19	4
8	BOLT 2	M8*40	2
9	SHAPE KNOB	φ50*91 (M16*35)	1
10	VERTICAL SEAT POST	WELDING	1
11	Drive assembly	WELDING	2
12	SEAT POST	WELDING	1
13	SEAT	KS-9068	1
14	STOPPER	φ70*41/(M16X25)	4
15	FRONT STABILIZER	WELDING	1
16	MAIN FRAME	WELDING	1
17	Electronic watch connecting assembly	WELDING	1
18	The left handlebar assembly	WELDING	1
19	PLASTIC SLEEVE	103*53.5*178	1
20	SENSOR	SR-202	1
21	Right handlebar assembly	WELDING	1
22	NUT	M6	6
23	FIXING NUT 2	φ44.8*16.5	1
24	FLAT WASHER	12	4
25	FIXING BOLT	M6*58	6
26	Pull out the fixed piece	δ3	2
27	BOLT 1	M8*16	10
28	NUT	M12X1.25	10
29	CRANK END CAP	φ28*6.5	4
30	Sprocket buckle	δ1	6
31	NUT	GB/T 889.1-2000 M8	10
32	PLASTIC RING	φ56*28	1

33	LEFT CRANK	170*15	1
34	LONG FIXING TUBE	φ25*φ20.2*41.2	1
35	BEARING	6004ZZ	2
36	RIGHT CRANK	170*15	1
37	Outer spring	42	4
38	Crank drive assembly	80*65	2
39	COVER	56*23.6*24.6	2
40	COVER	58*36.3*22.7	2
41	SCREW 1	GB/T 845-1985 ST4.2*19	6
42	SCREW 2	GB/T 845-1985 ST4.2*19	14
43	SCREW 3	GB/845-85 ST4.8X19	6
44	CHAIN COVER 1	478*270*60	1
45	CHAIN COVER 2	469*241*23	1
46	AXIS	φ20*162	1
47	BOLT 7	M4*12	6
48	BOLT 8	M5*18	1
49	CHAIN COVER	146*65*73	1
50	SHORT CHAIN WHEEL	P=12.7 , 66	1
51	BELT WHEEL	P=12.7,Z=52T	1
52	FRONT COVER	122*56*45	1
53	Handle base	41.5*30*30	1
54	LOCK NUT	M33*1*4	2
55	CHAIN WHEEL 1	A7K-16 1/2"*1/8" 16T (1.37")	1
56	WHEEL	φ75*24	2
57	FIXING NUT	M20*1.0	1
58	FIXING NUT 2	M12X1.25 H=6	3
59	BEARING	6001ZZ	4
60	BEARING	6004ZZ	2
61	Rim assembly	φ640*69	1
62	FLYWHEEL SHAFT	φ12*160	2
63	Double drive assembly	φ110*107	1
64	Double drive inner sleeve	φ16*φ12.2*91.1	1
65	BELT	5PK1346	1
66	CHAIN COVER 3	248*269*80	1
67	SHORT FIXING TUBE	φ25*φ20.5*9	1

68	BOLT 1	GB/845-85 M4*12	2
69	Handle	79*32*32.6	1
70	Flywheel outer tube	φ16*φ12.2*35	1
71	Flywheel inner casing	φ16*φ12.2*53.1	1
72	BOTTLE HOLDER	φ6	1
73	SCREW 3	GB/T 5780-2000 M5*10	2
74	The left wheel cover	φ690*55	1
75	Right wheel cover	φ690*55	1
76	Fan baffle	φ170*10	1
77	Handle rotary copper sleeve	φ12*20	1
78	BOLT 3	M10*45	2
79	NUT	GB/T 889.1-2000 M10	4
80	BOLT 16	M6*35	1
81	Handle cover	φ16.4*10.3*5.5	1
82	LITTLE RUBBER	19.6*15.6*13.7	1
83	COMPUTER	JSD-10421	1
84	Universal joint	70*28 (M10)	2
85	Foot lever	φ38*110(M16*1.5)	2
86	BEARING	6203ZZ	4
87	Foot lever	φ22*110(M16*1.5)	2
88	Foot lever bushing	φ24*φ17.2*11.1	2
89	Small retaining plate	δ3	4
90	corrugated gasket	φ20	4
91	FIXING NUT 1	M12X1.25 H=10	1
92	NUT	GB/T 889.1-2000 M16 H=12	2
93	BEARING	608ZZ	4
94	Fan baffle	φ170*10	1
95	SPRING WASHER	GB/T 859-1987 10	4
96	SPRING WASHER 2	GB/T 859-1987 8	10
97	BELT WHEEL	φ200*24	1
98	Plastic plug	φ14*14	1

8.3 Exploded Drawing



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

Error Descriptions

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

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

Your statutory rights are not affected.

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

Model	Usage	Parts	Labour
Ergo-X Classic	Home Use	2 Years	1 Year
	Light Commercial Use	1 Year	90 Days
	Full Commercial Use	1 Year	-

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 centres, hotels, clubs, company gyms)
- + Professional use: more than 6 hours per day (e. g. commercial gyms)

Warranty Service

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

Warranty Conditions

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

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

Warranty claims are invalid in case of damage resulting from:

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

Proof of Purchase and Serial Number

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

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

Service outside of the Warranty Period

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

Communication

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

10 CONTACT

DE	DK	FR
<p>TECHNICAL SUPPORT</p> <p> +49 4621 4210-900</p> <p> +49 4621 4210-698</p> <p> technik@sport-tiedje.de</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> <p>SERVICE</p> <p> 0800 20 20277 (Freecall)</p> <p> info@sport-tiedje.de</p> <p> Mo - Fr 08:00 - 21:00 Sa 09:00 - 21:00 So 10:00 - 18:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p> 80 90 16 50</p> <p>+49 4621 4210-945</p> <p> info@fitshop.dk</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p> +33 (0) 172 770033</p> <p>+49 4621 4210-933</p> <p> service-france@fitshop.fr</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>
	PL	BE
	<p>TECHNICAL SUPPORT & SERVICE</p> <p> 22 307 43 21</p> <p>+49 4621 42 10-948</p> <p> info@fitshop.pl</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p> 02 732 46 77</p> <p>+49 4621 42 10-932</p> <p> info@fitshop.be</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>
UK	NL	INT
<p>TECHNICAL SUPPORT</p> <p> +44 141 876 3986</p> <p> support@powerhousefitness.co.uk</p> <p>SERVICE</p> <p> +44 141 876 3972</p> <p> Mo - Fr 9am - 5pm</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p> +31 172 619961</p> <p> info@fitshop.nl</p> <p> Ma - Do 09:00 - 17:00 Vr 09:00 - 21:00 Za 10:00 - 17:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p> +49 4621 4210-944</p> <p> service-int@sport-tiedje.de</p> <p> Mo - Fr 8am - 6pm Sat 9am - 6pm</p>
	AT	CH
	<p>TECHNICAL SUPPORT & SERVICE</p> <p> 0800 20 20277 (Freecall)</p> <p>+49 4621 42 10-0</p> <p> info@sport-tiedje.at</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p> 0800 202 027</p> <p>+49 4621 42 10-0</p> <p> info@sport-tiedje.ch</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>

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

www.sport-tiedje.com/en/stores

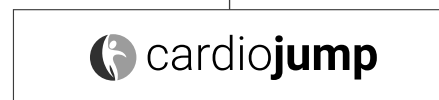
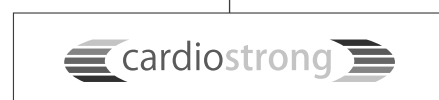
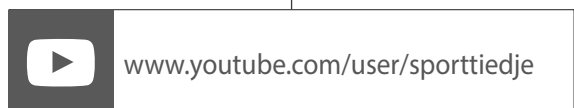
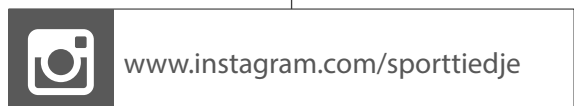
WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

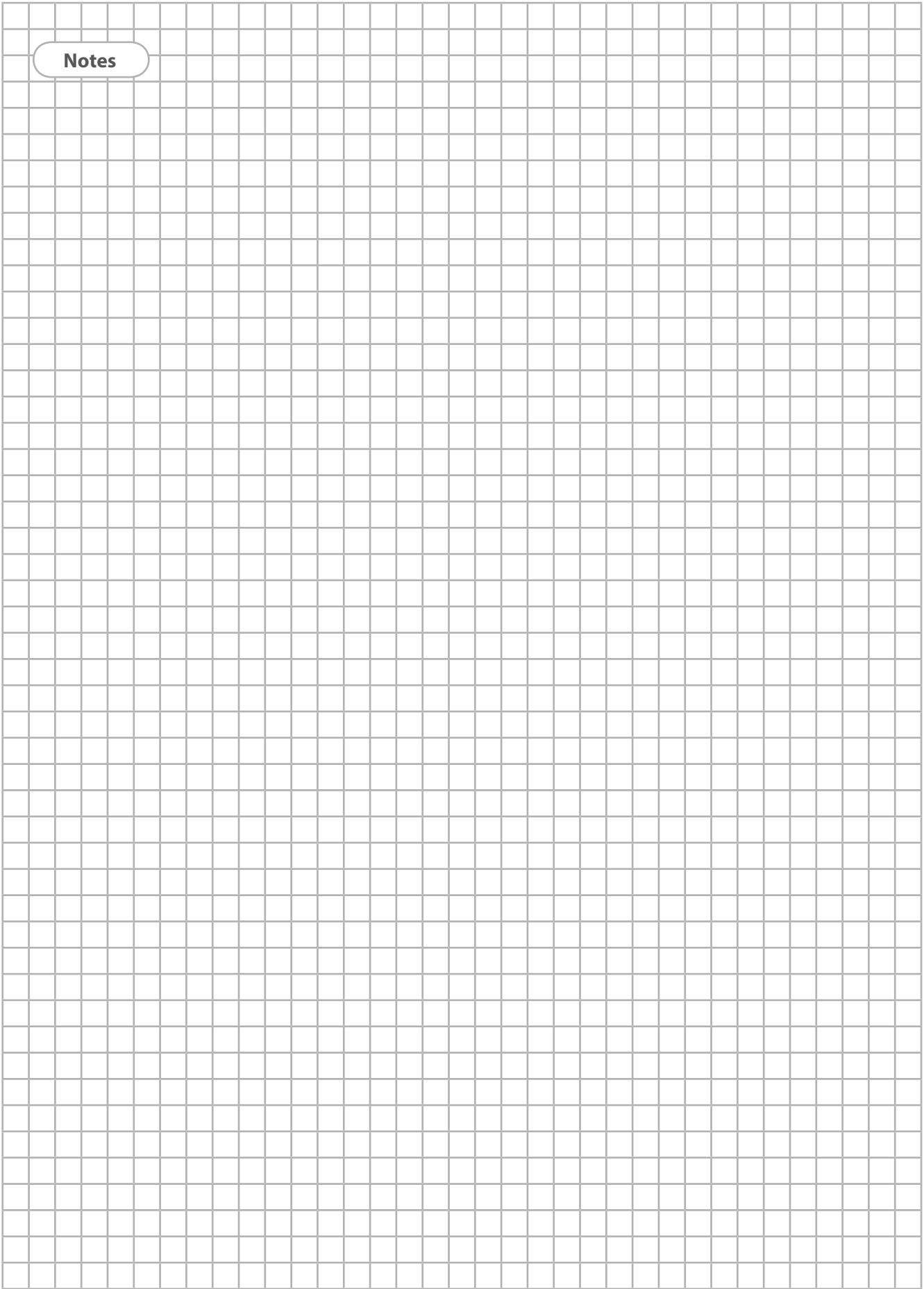
Sport-Tiedje is Europe's largest specialist store for home fitness equipment with currently 80 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equipment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

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

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



Notes



TAURUS[®]

Exercise Bike Ergo-X Classic