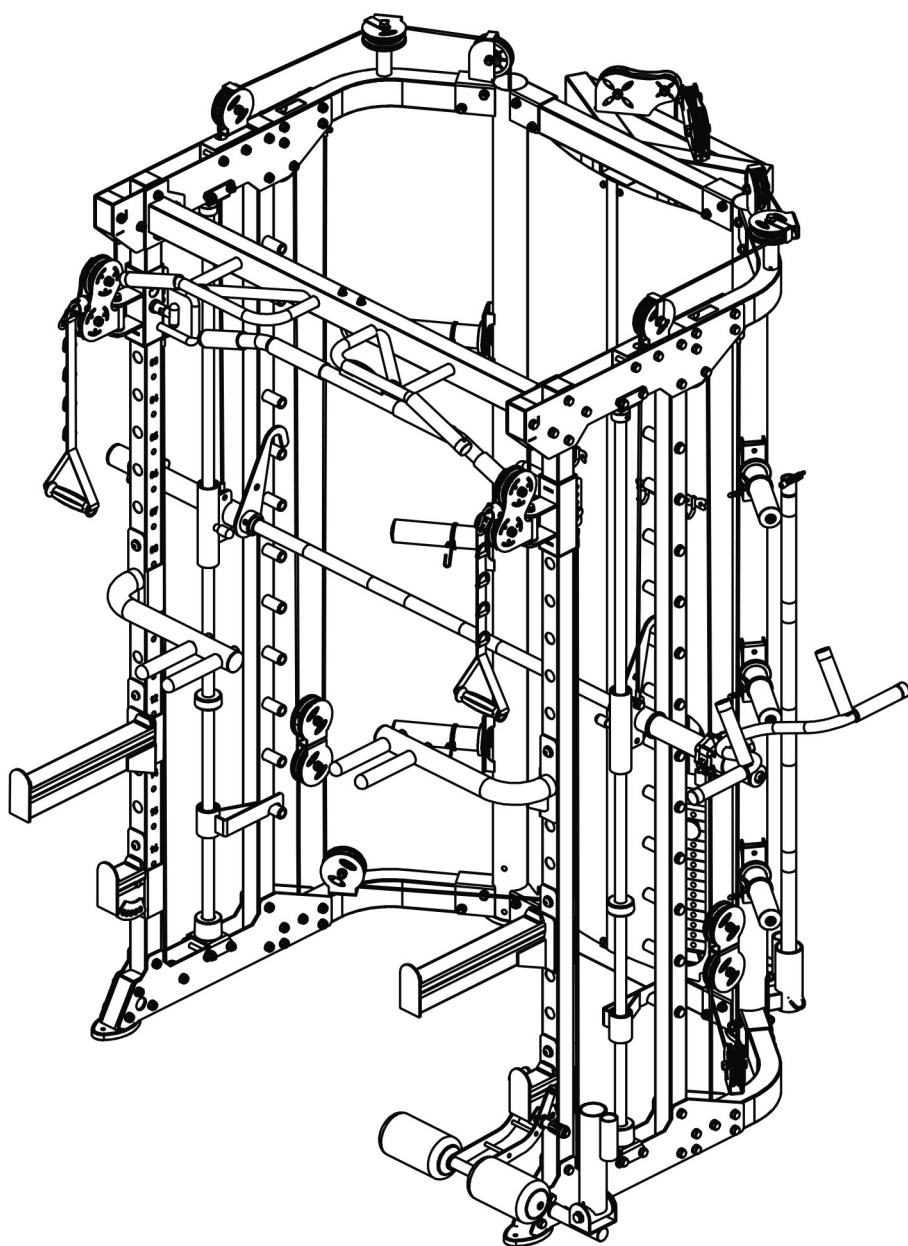


# TAURUS®

## Assembly and Operating Instructions



~ 210 Min.



400 kg

L 148 | W 201 | H 224

FSUKTFMS35.01.02

SKU: TF-MS35

**Taurus MS35 Pro**



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**Dear customer,**

Thank you for choosing quality training equipment from the TAURUS brand. Taurus offers sports and fitness equipment for home users with high demands on quality, functionality and longevity. Also, Taurus is a well-known and experienced brand for equipping professional rooms for fitness studios and business customers. The focus of Taurus fitness equipment is on what matters most in sports: maximum performance! Therefore, the devices are 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.fitshop.co.uk](http://www.fitshop.co.uk)

**Intended Use**

The equipment may only be used for its intended purpose.

The equipment is suitable for home use and semi-professional use (e.g. hospitals, clubs, hotels, schools, etc.). The equipment is not suitable for commercial or professional use (e.g. fitness studio).

**Legal Notice**

Fitshop GmbH  
Europe's No. 1 for home fitness

International Headquarters  
Flensburger Straße 55  
24837 Schleswig  
Germany

Management:  
Christian Grau  
Sebastian Campmann  
Dr. Bernhard Schenkel  
No. HRB 1000 SL  
Local Court Flensburg  
European VAT Number: DE813211547

**Disclaimer**

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

# **FITSHOP**

Europe's No.1 for Home Fitness

## 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.

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

### Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

The use classes explain the intended use of the training device.

### Use classes

**Class S** (studio): professional and/or commercial use.

These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

**Class H** (home use): use at home.

These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).

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

### Weight and dimensions:

Packaging dimensions (L x W x H) and weight approx:

Box 1	221 cm x 96 cm x 38 cm	239 kg
Box 2 (2x)	28 cm x 20 cm x 12 cm	19 kg
Box 3 (6x)	28 cm x 20 cm x 12 cm	24.5 kg

Article weight (gross, incl. packaging):	424 kg
Article weight (net, without packaging):	400 kg
Set-up dimensions (L x W x H) approx.:	148 cm x 202 cm x 220 cm

Maximum user weight (chin-up bar):	150 kg
Maximum load (barbell bar):	200 kg
Maximum user weight (jammer arms):	100 kg each

### Cables and pulleys:

Material:	Steel
Coating:	Nylon
Quantity of cables:	3
Cable length:	274.5 cm, 409.5 cm, 717.7 cm
Cable thickness:	2.5 cm
Pulley diameter:	9.5 cm

### Weight stack:

Quantity:	2
Total weight:	90 kg (per weight stack)
Weight plates:	20 (per weight stack)

Use class:	S
------------	---

## 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.
- + The owner must communicate all warnings and instructions to the user.

### **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.
- + Always start each workout with a light warm-up and end with a cool-down phase.
- + Using the machine as a support during stretching exercises or attaching resistance bands, ropes or other accessories to it, may cause injuries.

### **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.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.
- + The weights should remain in the user's field of vision during the entire exercise to prevent danger to third parties.
- + The safety level of the appliance can only be maintained if it is regularly checked for damage and wear.

### **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.
- + 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 free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.
- + If your device is to be mounted on the wall/ceiling, make sure that you use the appropriate assembly material to avoid possible damages or personal injuries. The contractual partner accepts no liability for this.



### **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.
- + For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.

## 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**

- + 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.

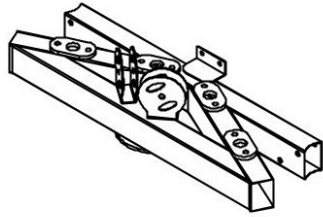
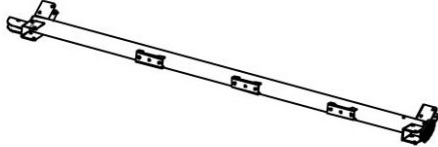
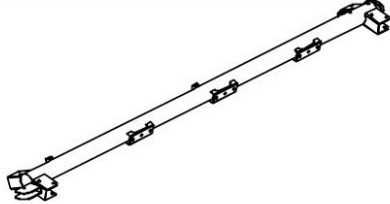
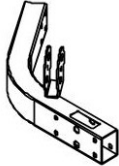

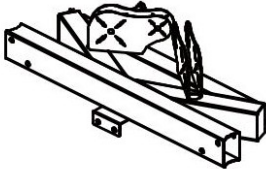
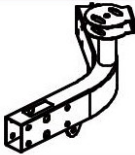
## 2.2 Scope of Delivery

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.

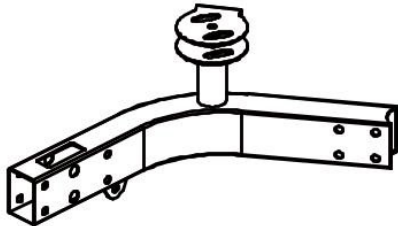
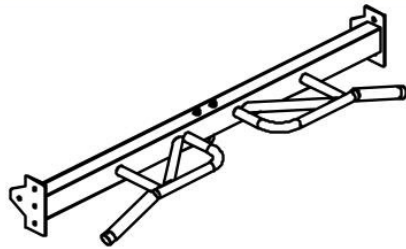
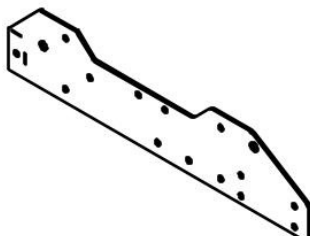
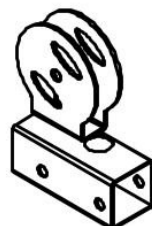
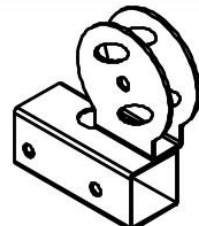
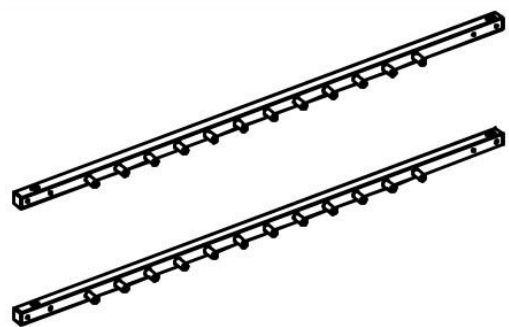


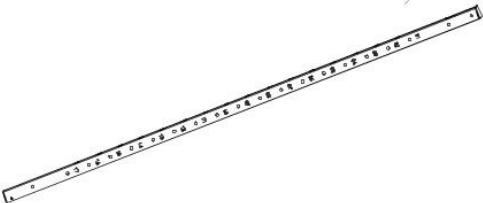
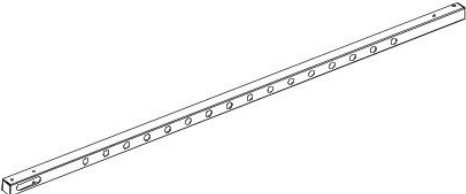
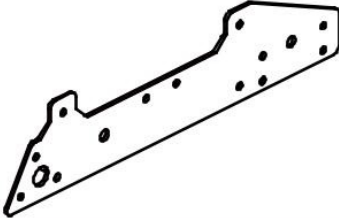
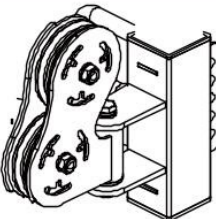
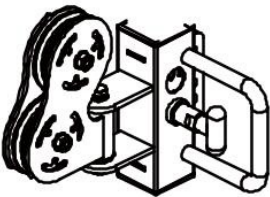

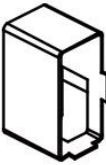
### CAUTION

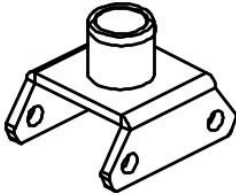
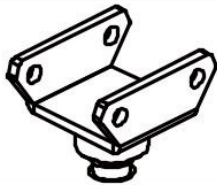
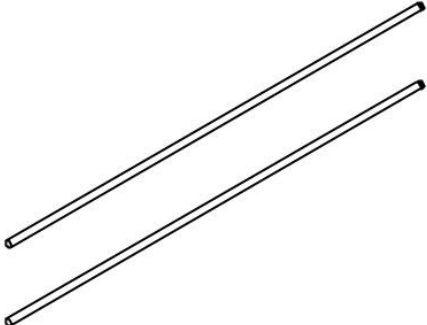

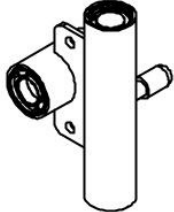
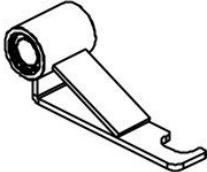
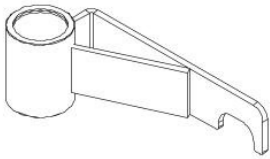
If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.



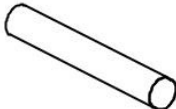
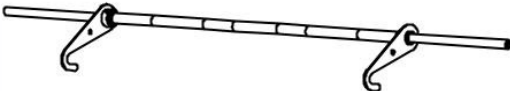
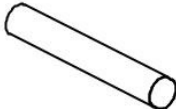
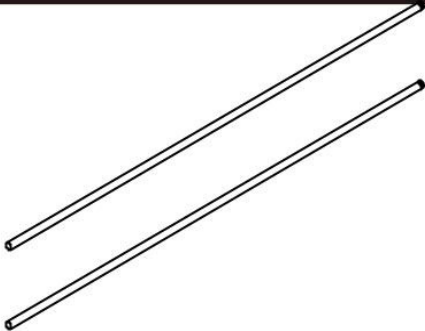

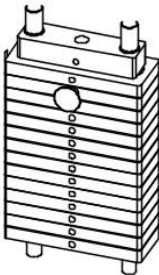
NO.	PART NAME	QTY.	
1	connection tube	1	
2	upright frame-left	1	
3	upright frame-right	1	
4	bengding tube-left	1	
5	bengding tube-left	1	
6	upper connection tube	1	
7	upper bending tube right	1	

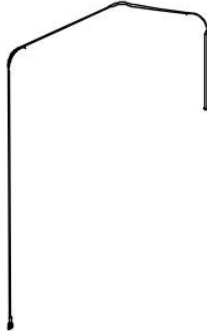

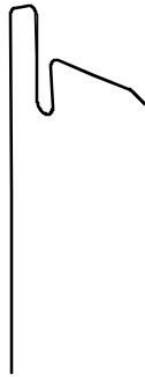

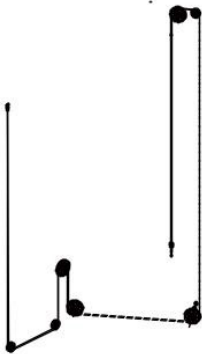


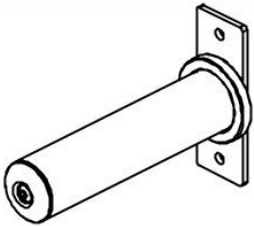
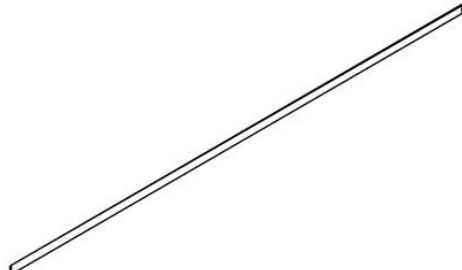
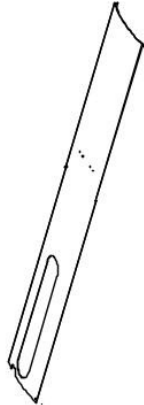
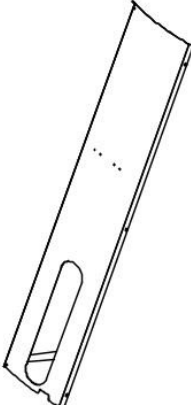

NO.	PART NAME	QTY.	
8	upper bending tube left	1	
12	chin up bar	1	
13	upper plate	4	
14	pulley frame tube right	1	
15	pulley frame tube left	1	
16	upright tube	2	


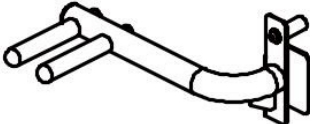

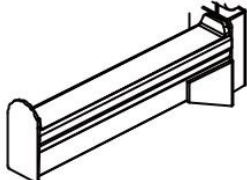
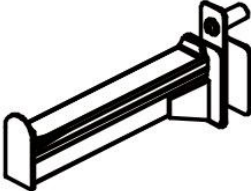


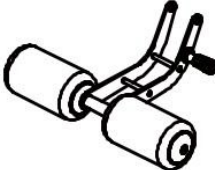
NO.	PART NAME	QTY.	
17	tube with hole right	1	
18	tube with hole left	1	
19	lower plate	4	
20	sliding tube right	1	
21	sliding tube left	1	
22	foot tube cover	2	
23	end tube	2	

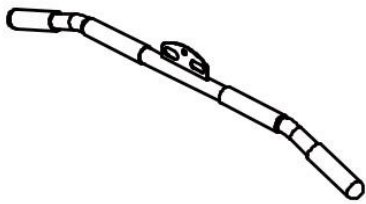
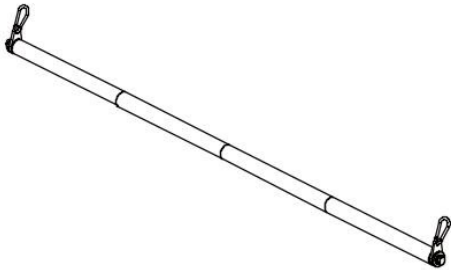
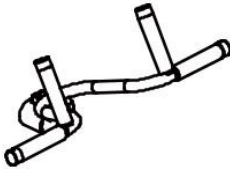

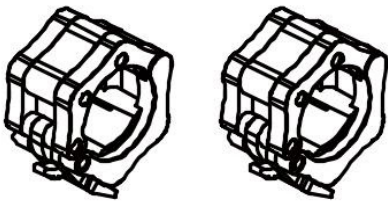

NO.	PART NAME	QTY.	
25	lower base	2	
26	upper base	2	
27	guide bar	2	
28	lock sleeve	2	
29	silding sleeve	2	
31	safety hook right	1	
32	safety hook left	1	

NO.	PART NAME	QTY.	
35	end cap	2	
36	check ring	2	
37	pipe	2	
41	barbell rod	1	
42	inner pipe	2	
45	guide rod hollow	4	
46	reinforcing plate	4	
47	weight stack	2	

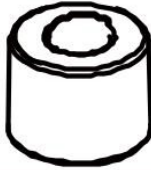




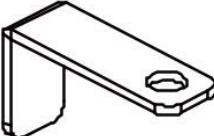
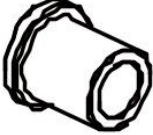

NO.	PART NAME	QTY.	
49	wire	2	
55	weight	2	
56	wire	2	
57	"-"shape pulley frame	2	
60	wire	2	



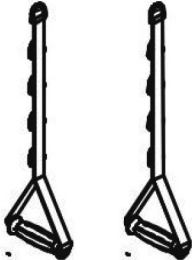
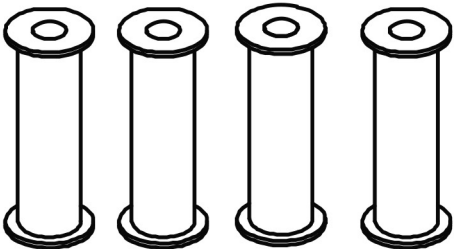
NO.	PART NAME	QTY.	
61	barbell plate holder	6	
62	connection strap	1	
63	shield left	1	
64	shield right	1	
72	core trainer	1	

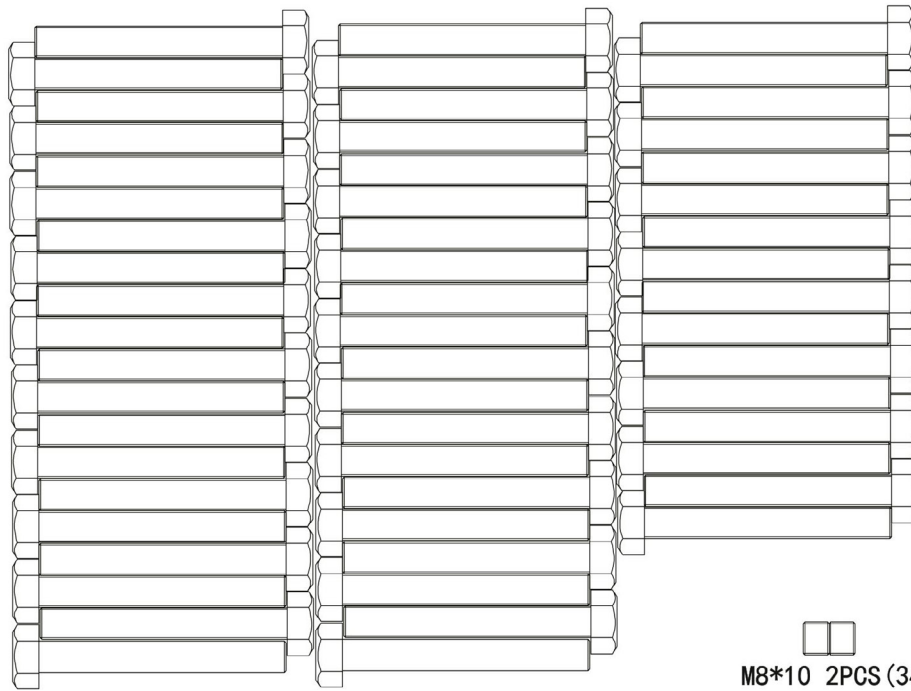
NO.	PART NAME	QTY.	
74	barbell rod cup	1	
77	dip bar left	1	
78	dip bar left	1	
79	barbell rod holder right	1	
80	barbell rod holder right	1	
81	barbell rod holder short right	1	
82	barbell rod holder short	1	
83	leg curl tube	1	

NO.	PART NAME	QTY.	
84	longer bar	1	
85	ship rod		
87	pull lift device	1	
88	T shape pin	1	
89	barbell clamp collar	2	
90	selector	2	



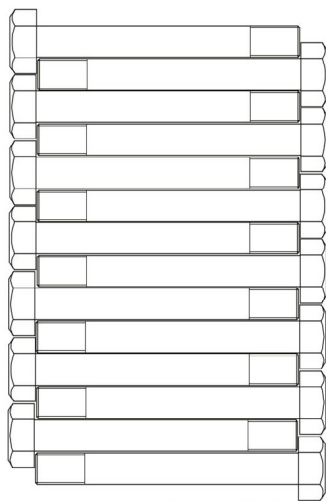
NO.	PART NAME	QTY.	
30	rubber pad with groove	2	
43	rubber pad	2	
44	rubber pad	2	
91	weight pin	2	
50	pulley $\phi 95$	20	
51	pulley plate	6	
58	pulley spacer sleeve	16	
59	pulley $\phi 50$	6	

NO.	PART NAME	QTY.	
67	hook	4	
73	powd metallurgy sleeve	2	
86	hand belt	2	
92	weight stack support tube	4	

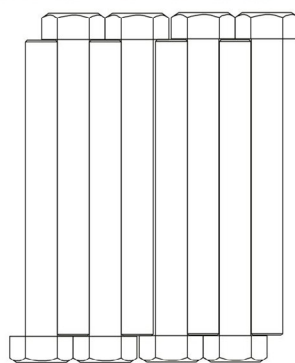


M8\*10 2PCS (34)

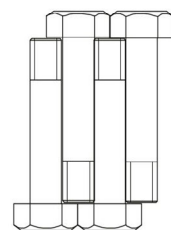
M10\*75 54PCS (9)



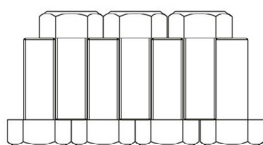
M10\*80 14PCS (24)



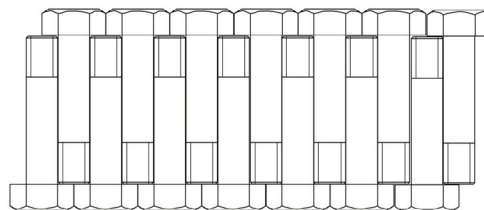
M10\*90 8PCS (33)



M10\*50 4PCS (53)



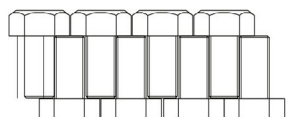
M10\*25 7PCS (54)



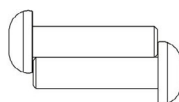
M10\*45 14PCS (52)



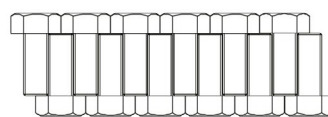
M10\*95 2PCS (76)



M10\*20 8PCS (48)



M12\*40 2PCS (38)



M8\*20 12PCS (70)



M6\*16 10PCS (65)



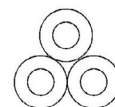
M4\*8 8PCS (68)



φ 12 2PCS (40)



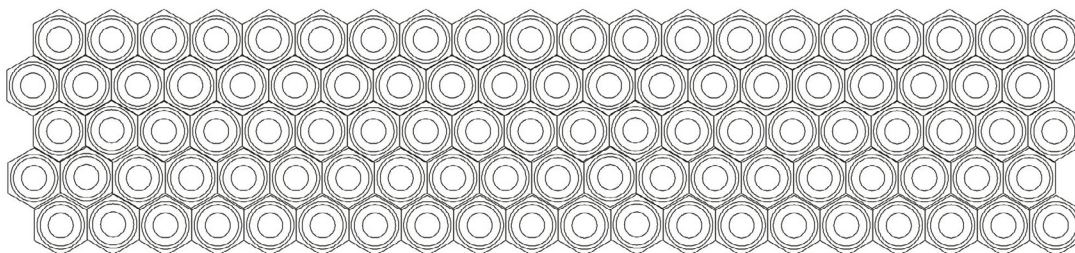
φ 12 2PCS (39)



φ 8 12PCS (71)



Φ 6 10PCS (66)



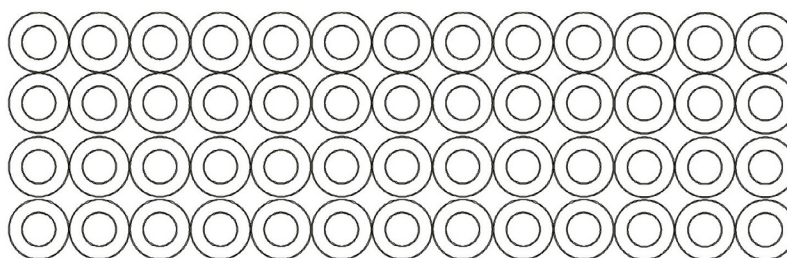
M10 100PCS (10)



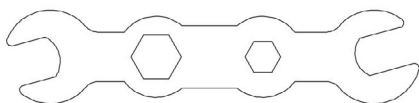
M4 8PCS (69)



φ 25\*φ 10.5\*T2.0  
1PCS (75)



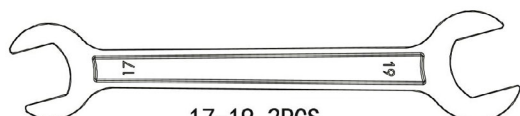
φ 10 210PCS (11)



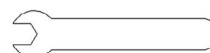
17  
1PCS



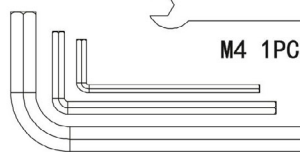
19  
1PCS



17-19 2PCS



M4 1PCS



3、4、8MM 1PCS

## 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.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

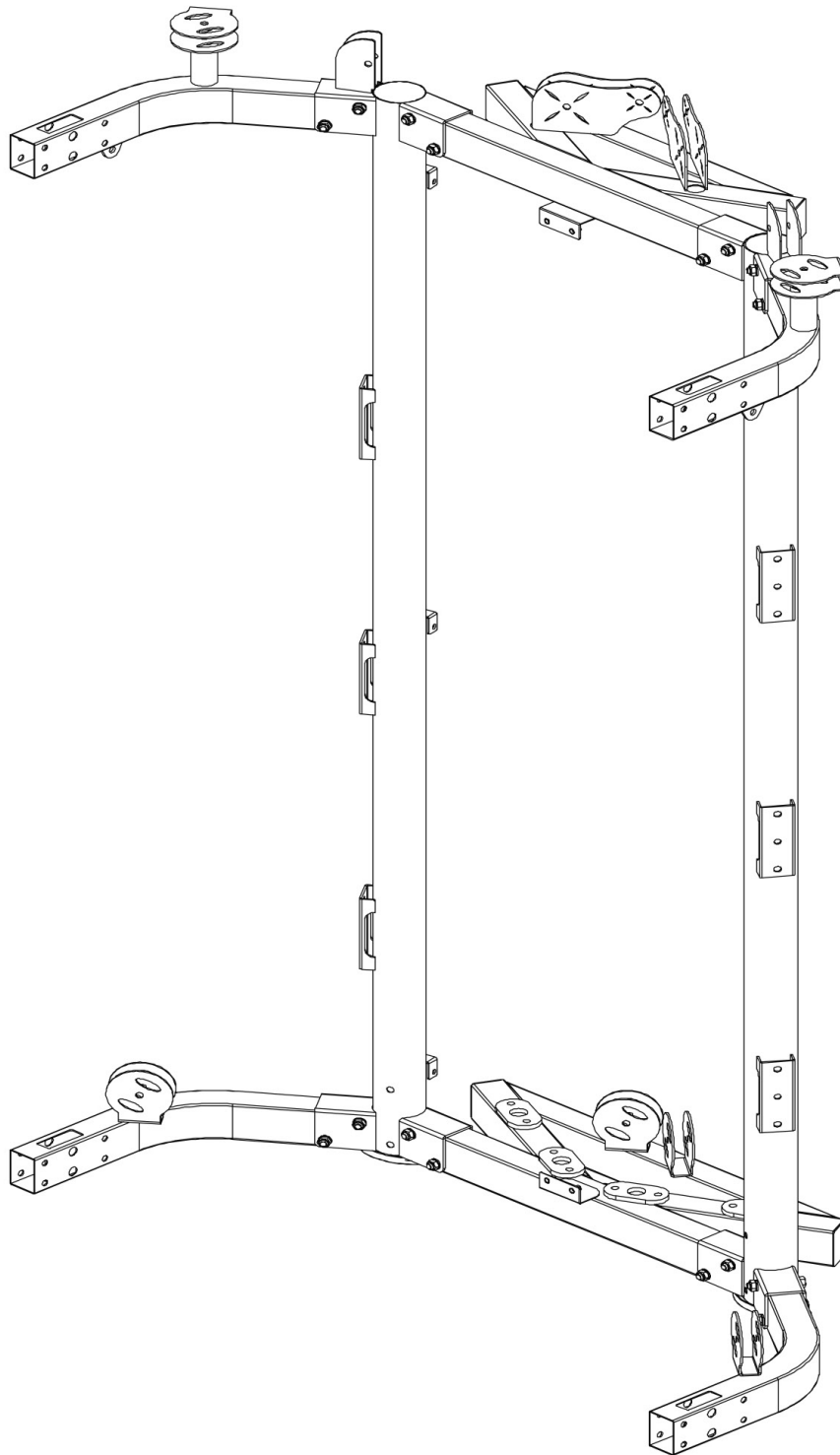
### **Step 1:**

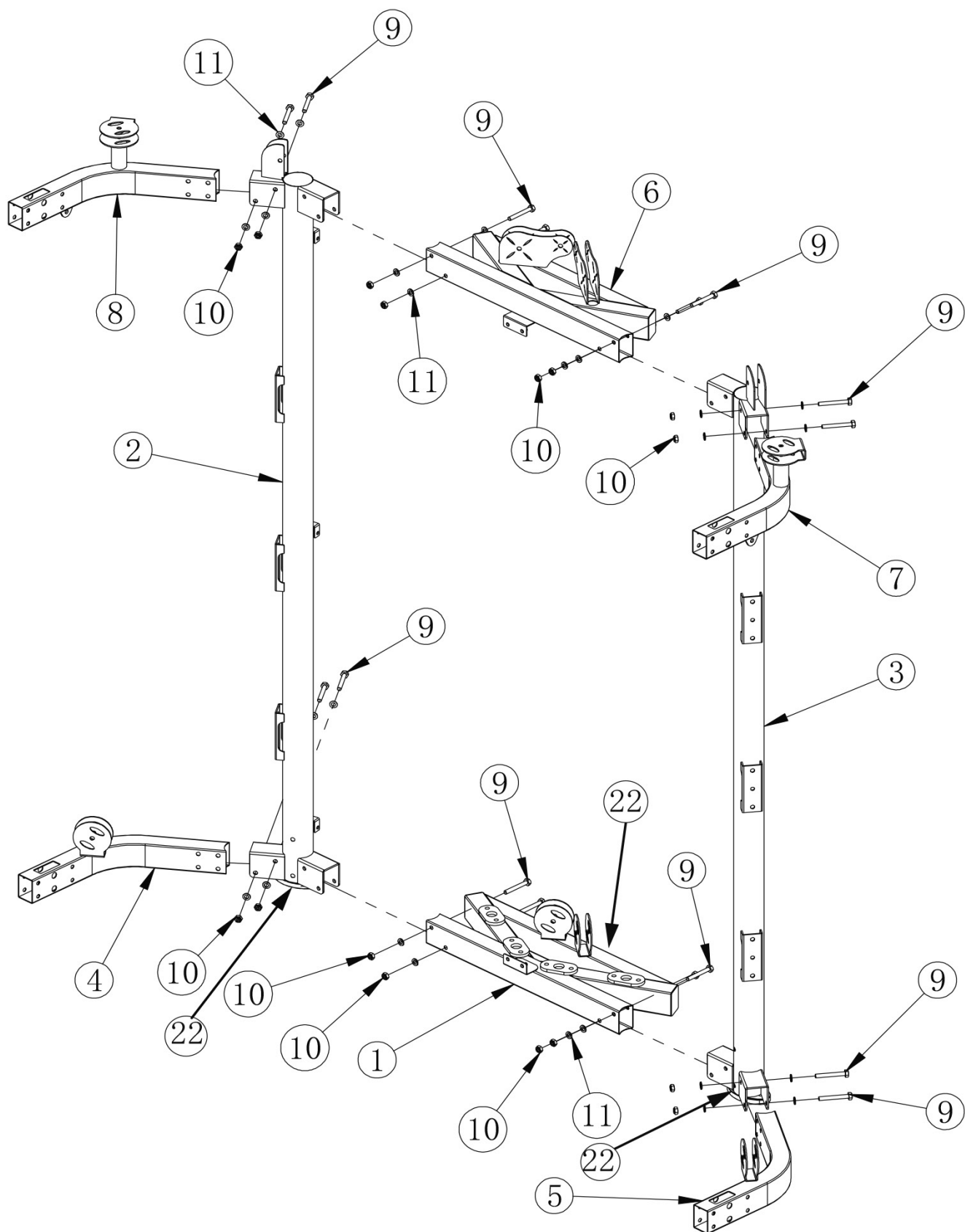
1. Mount the left bending tube (4) to the left upright frame (2) using two hexagon bolts (9), four washers (11) and two lock nuts (10).
2. Mount the right bending tube (5) to the right upright frame (3) using two hexagon bolts (9), four washers (11) and two lock nuts (10).

### **① NOTICE**

Before continuing with the next step, place the two foot tube covers (22) underneath the two upright frames (2 & 3) and the connection tube (1).

3. Mount the connection tube (1) to the upright frames (2 & 3) using a total of four hexagon bolts (9), four washers (11) and four lock nuts (10).
4. Mount the upper connection tube (6) to the upright frames (2 & 3) using a total of four hexagon bolts (9), four washers (11) and four lock nuts (10).
5. Mount the left upper bending tube (8) to the left upright frame (2) using two hexagon bolts (9), four washers (11) and two lock nuts (10).
6. Mount the right upper bending tube (7) to the right upright frame (3) using two hexagon bolts (9), four washers (11) and two lock nuts (10).
7. Tighten all bolts and nuts before proceeding.







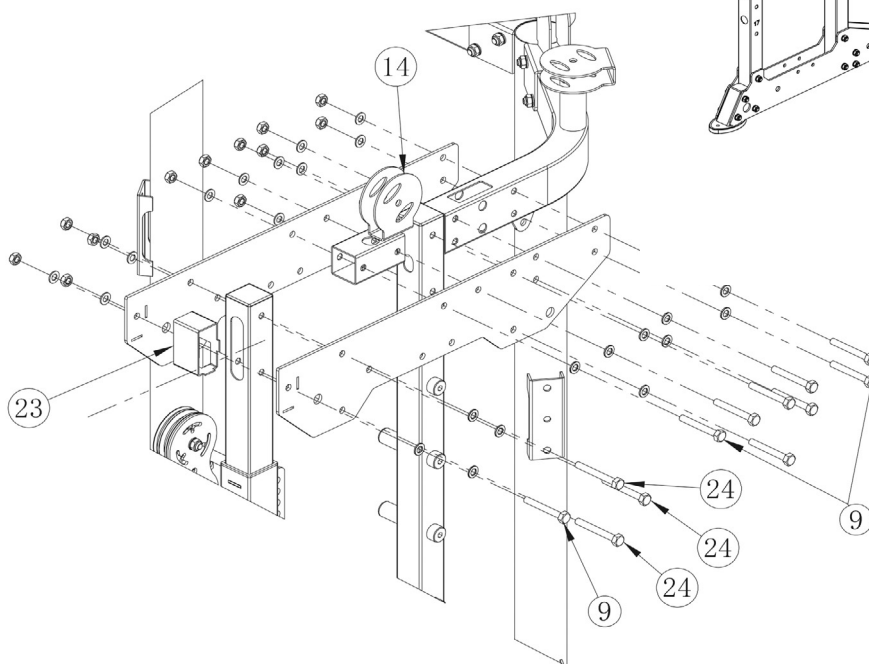
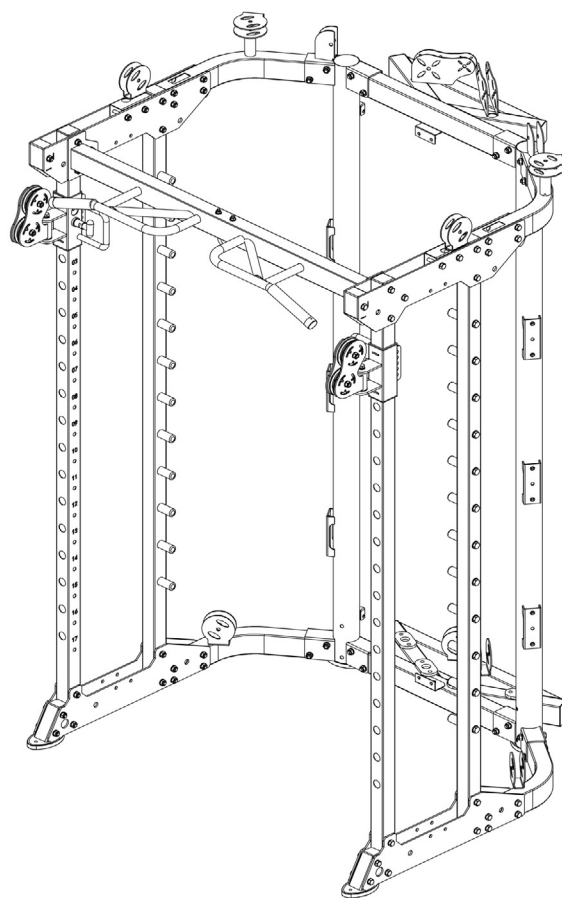
## Step 2:

1. Slide the left sliding tube (21) onto the left tube (18).
2. Slide the right sliding tube (20) onto the right tube (17).
3. Mount the upright tubes (16) to the bending tubes (4 & 5) together with the four lower plates (19) using a total of seven hexagon bolts (9), 14 washers (11) and seven lock nuts (10).
4. Fix the two pulley frame tubes (14 & 15) between the upper plates (13) at the respective upright tube (16) using two hexagon bolts (9), four washers (11) and two lock nuts (10) each.

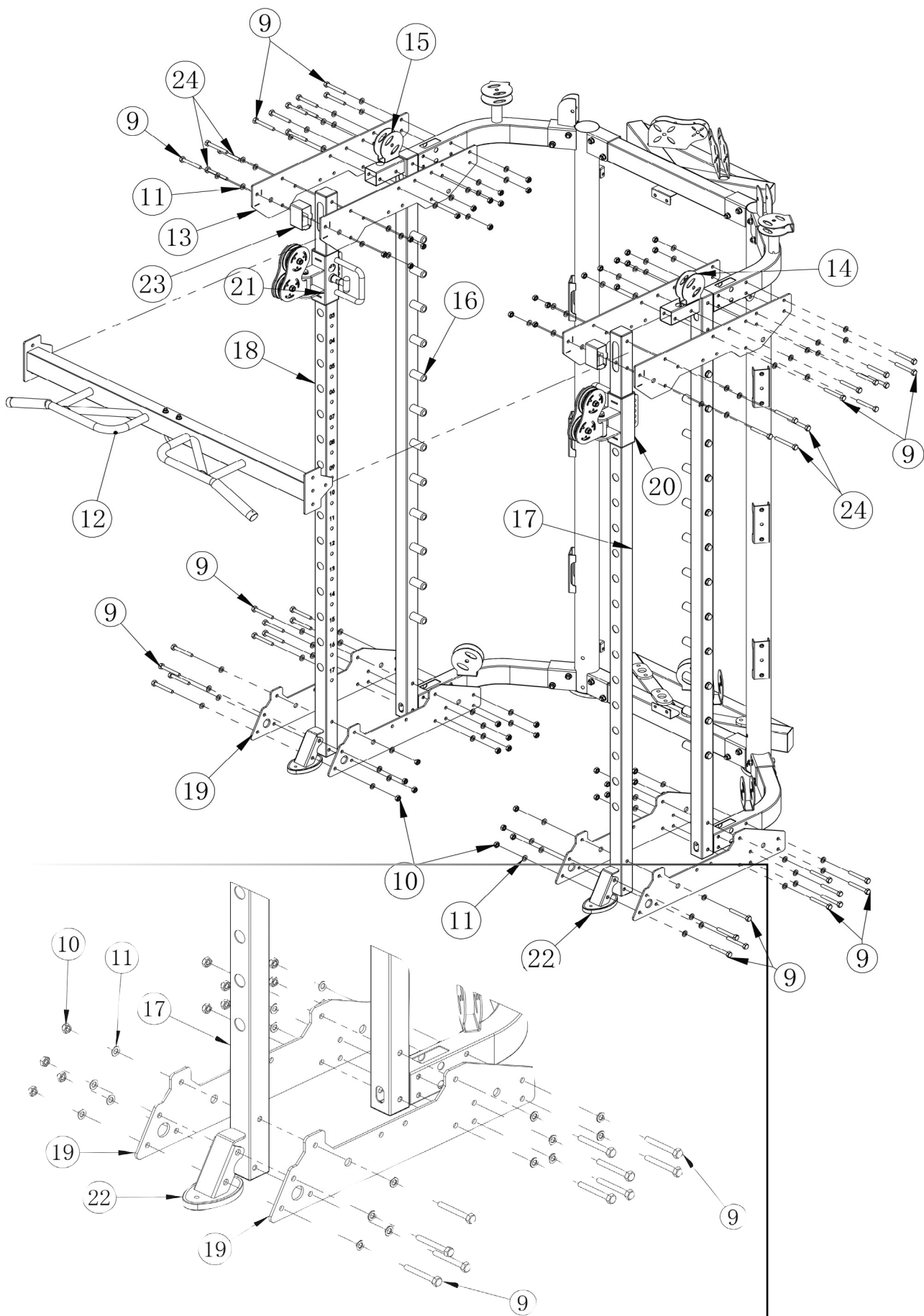
### NOTICE

Before continuing with the next step, place the two foot tube covers (22) underneath the two tubes (17 & 18).

5. Secure the left and right tube (17 & 18) between the upper and lower plates (13 & 19) using four hexagon bolts (9), eight washers (11) and four lock nuts (10).
6. Mount the end tubes (23) left and right between the upper plates (13) at the tubes (17 & 18) using two hexagon bolts (9), four washers (11) and four lock nuts (10) each.
7. Mount the chin up bar (12) to the two upper plates (13) at the tubes (17 & 18) using three hexagon bolts (24), six washers (11) and three lock nuts (10) on each side.
8. Tighten the bolts and nuts.







### Step 3:

1. Mount the lower base (25) on the left and right to the lower plates (19) using two hexagon bolts (33), four washers (11) and two lock nuts (10) each.
2. Mount the upper base (26) on the left and right to the upper plates (13) using two hexagon bolts (33), four washers (11) and two lock nuts (10) each.
3. Place the following parts in the right order on the guide rod (27) - 30, 31/32, 43, 29 and 28.
4. Insert the guide rods (27) into the lower and upper base (25 & 26) and then mount them to the upper base (26) with one screw (34) each.
5. Pass the barbell rod (41) through the following parts in the right order - 29, 36, 42, 37 and fasten the end cap (35) with a hexagon head socket (38), a spring washer (39) and a washer (40).
6. Attach the barbell clamp (89) to the barbell rod.
7. Repeat step 5 and step 6 on the other side.
8. Tighten the nuts and bolts.



Installation  
order  
picture



UP

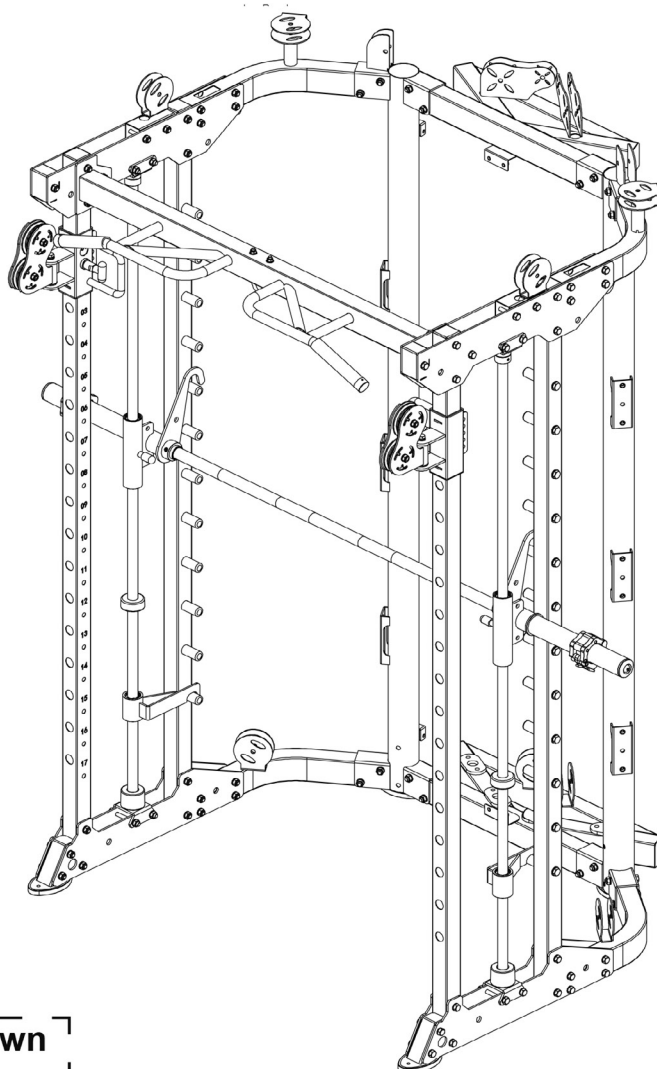
Down

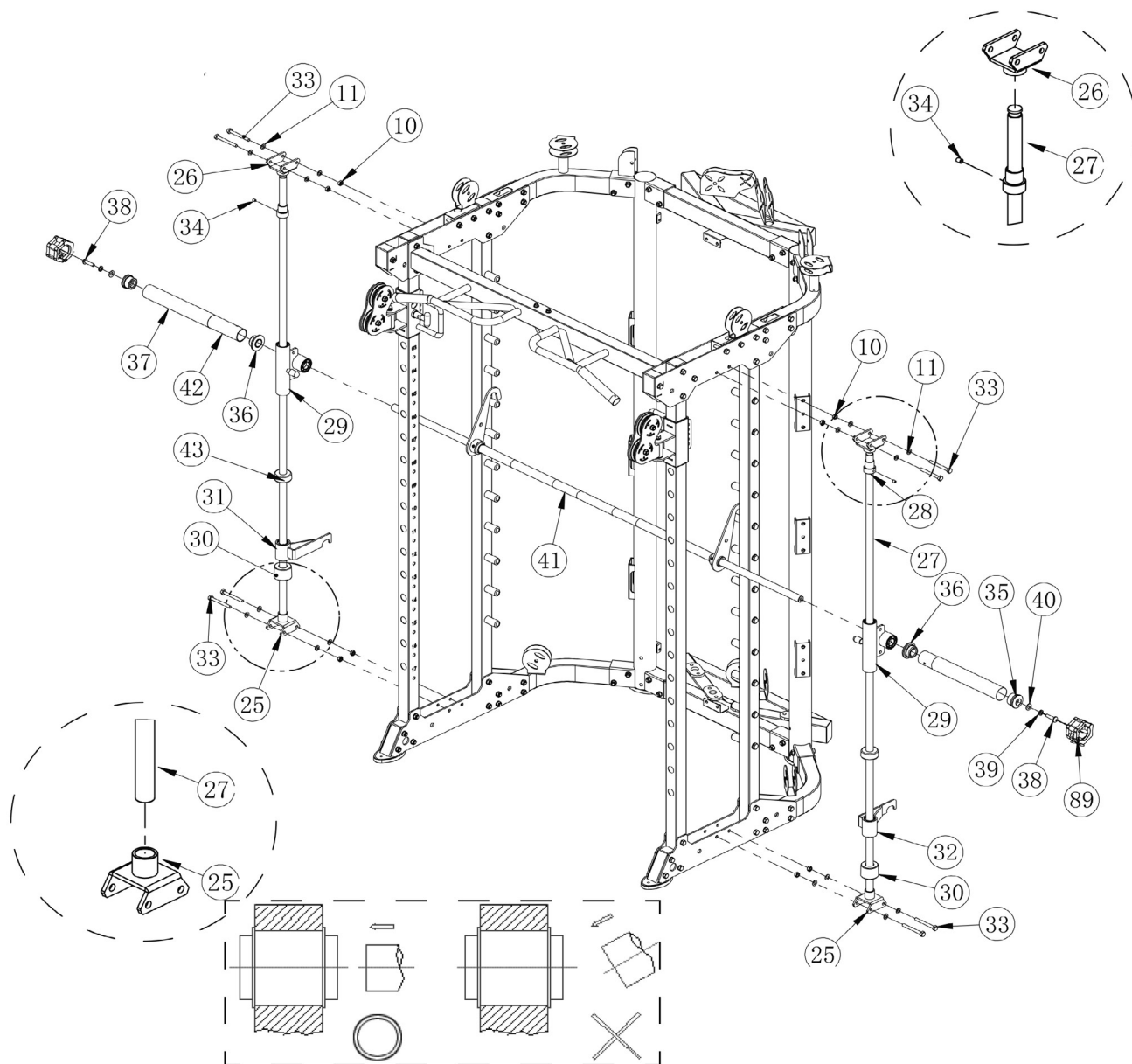


UP



Down





#### Step 4:

##### ► ATTENTION

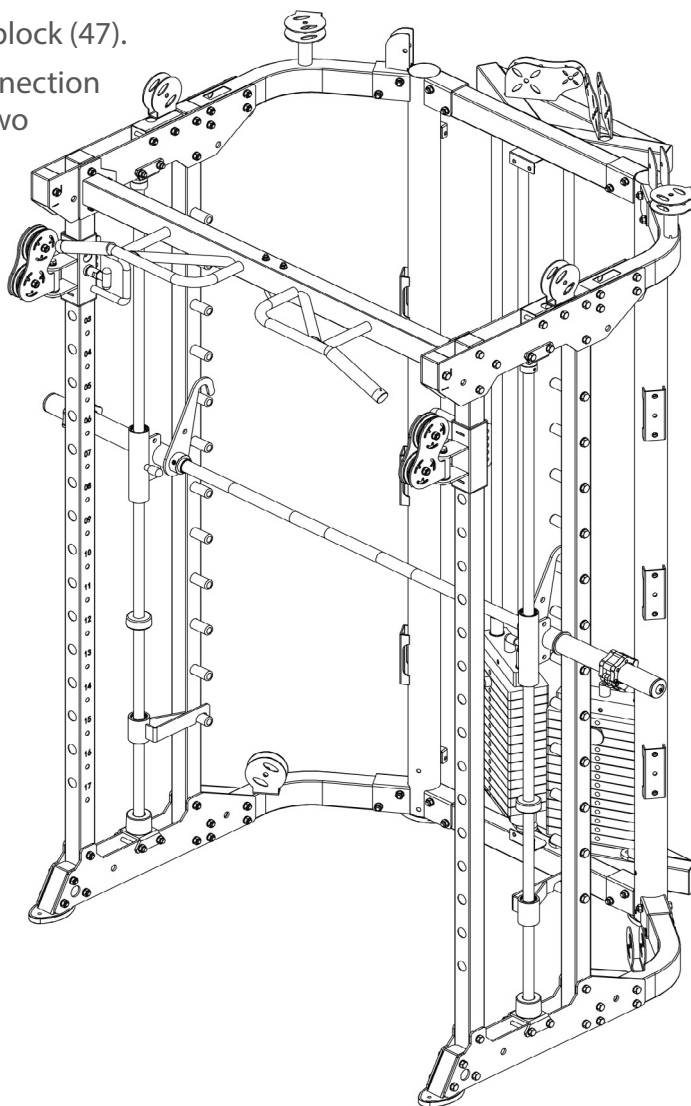
If the ceiling height is less than 2.50 m, it is necessary to perform step 5 before attaching the weight block, as the station may need to be tilted slightly so that the weight (55) can be inserted into the upright frame.

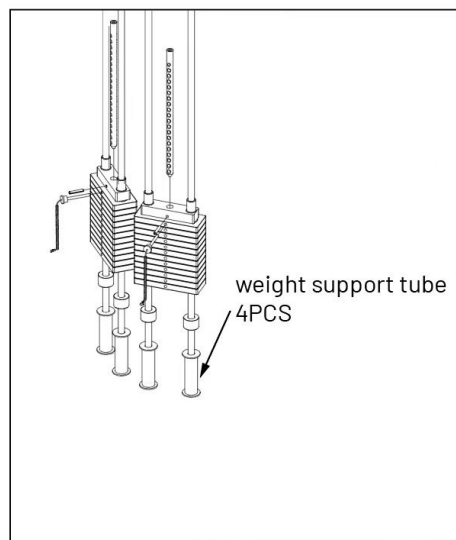
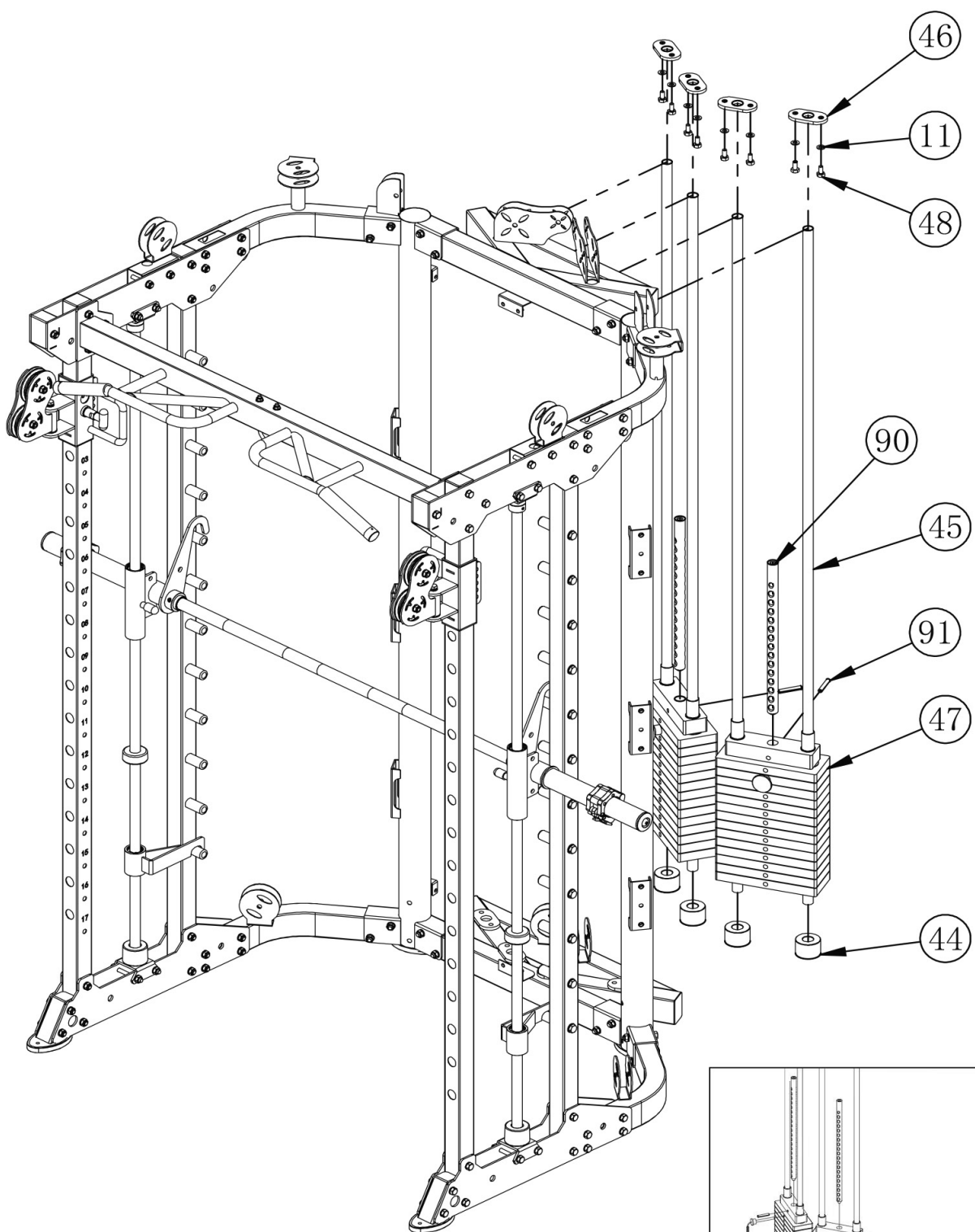
1. Insert the guide rods (45) into the slots of the connection tube (1).

##### ❗ NOTICE

The use of the weight support tubes is optional. If you only want to use 60 kg of weight, use the weight support tubes (92) and only 13 weight plates per weight block.

2. Place a rubber pad (44) on each of the guide rods (45).
3. Slide the weight plates of the weight block (47) one by one onto the guide rods (45).
4. Insert the selector rod (90) into the weight block (47).
5. Insert the weight pin (91) into the weight block (47).
6. Mount the guide rods (45) to the upper connection tube (6) using one reinforcing plate (46), two hexagon bolts (48) and two washers (11) each.
7. Tighten the bolts.

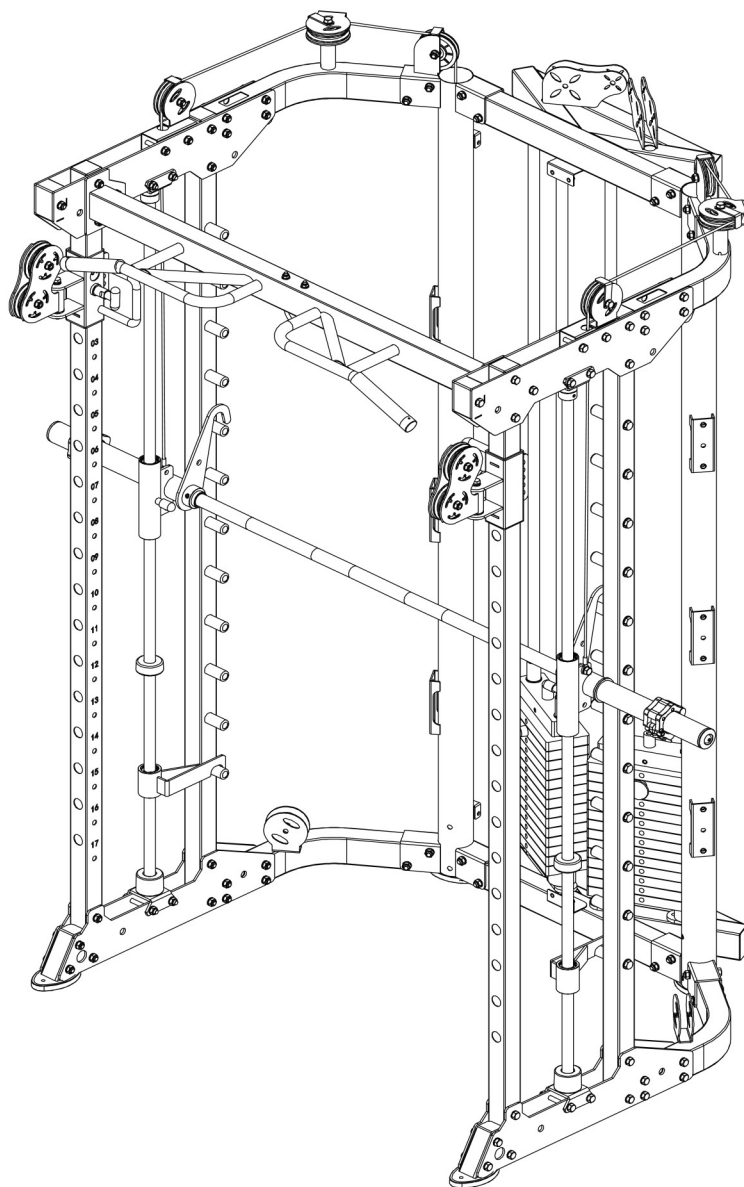


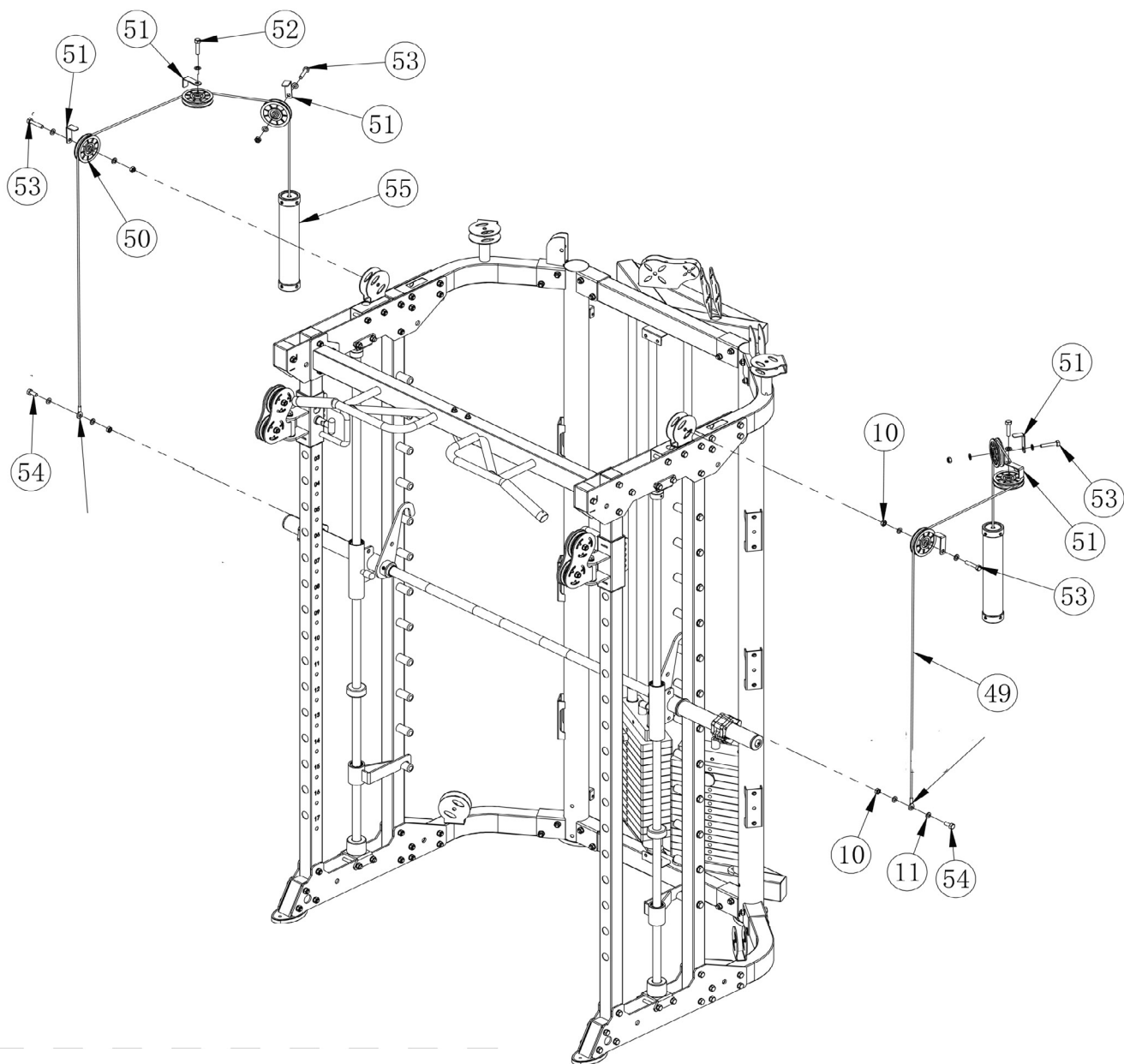




### Step 5:

1. Connect the cable (49) to the weight (55) and slide it into the upright frame (2).
2. Guide the cable (49) along the illustrated points and mount the pulleys (50) to the respective pulley brackets.
3. Mount the first pulley (5) with the pulley plate (51) to the bracket with a hexagon bolt (53), two washers (11) and a lock nut (10).
4. Mount the second pulley (50) with the pulley plate (51) to the bracket with a hexagon bolt (52), two washers (11) and a lock nut (10).
5. Mount the third pulley (50) with the pulley plate (51) to the bracket with a hexagon bolt (53), two washers (11) and a lock nut (10).
6. Fix the cable (49) to the sliding sleeve (29) with a hexagon bolt (54), two washers (11) and a lock nut (10).
7. Repeat step 1 to step 6 on the other side of the multi gym.
8. Tighten the bolts and nuts.





### Step 6:

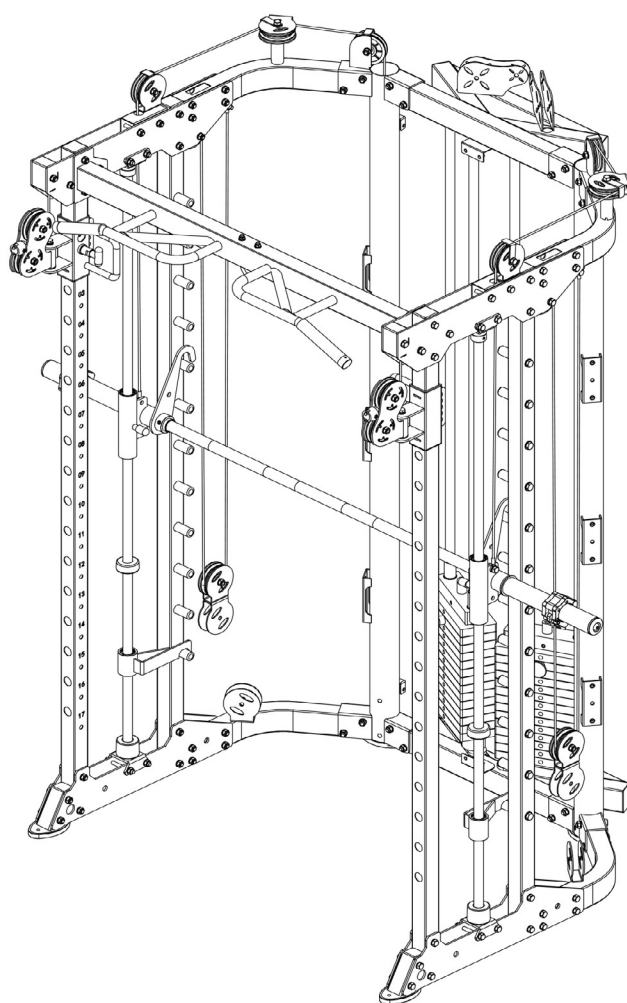
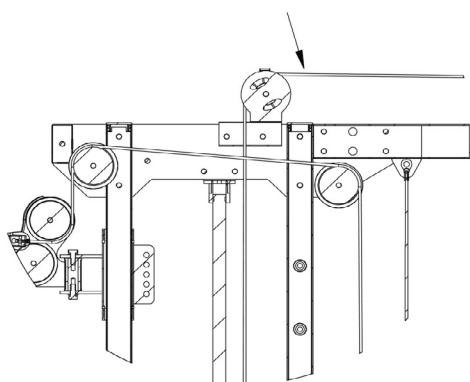
1. Fix the cable (56) to the upper plate (13) with a hexagon bolt (54), two washers (11) and a lock nut (10).
2. Guide the cable (56) along the illustrated points and mount the pulleys (50) to the respective pulley brackets.
3. Guide the cable (56) along the first pulley (50) and mount the pulley (50) to the pulley frame (57) with a hexagon bolt (52), two washers (11) and a lock nut (10).

#### **NOTICE**

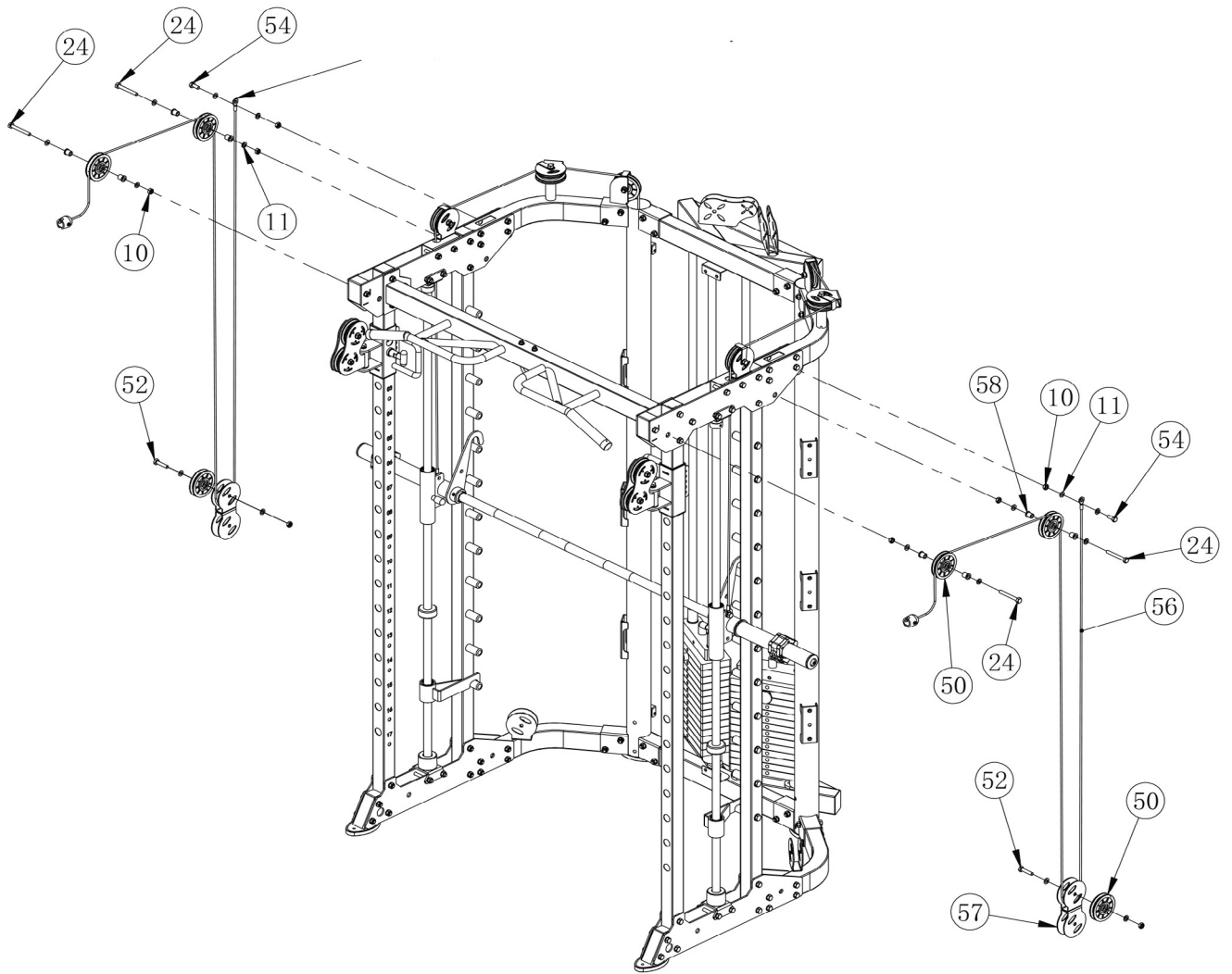
The pulley is hanging in the air at that moment.

4. Mount the second pulley (50) together with two pulley spacer sleeves (58) to the bracket with a hexagon bolt (24), two washers (11) and a lock nut (10).
5. Mount the third pulley (50) together with two pulley spacer sleeves (58) to the bracket with a hexagon bolt (24), two washers (11) and a lock nut (10).
6. Repeat step 1 to step 5 on the other side of the multi gym.
7. Tighten the bolts and nuts.

Internal wire schematic

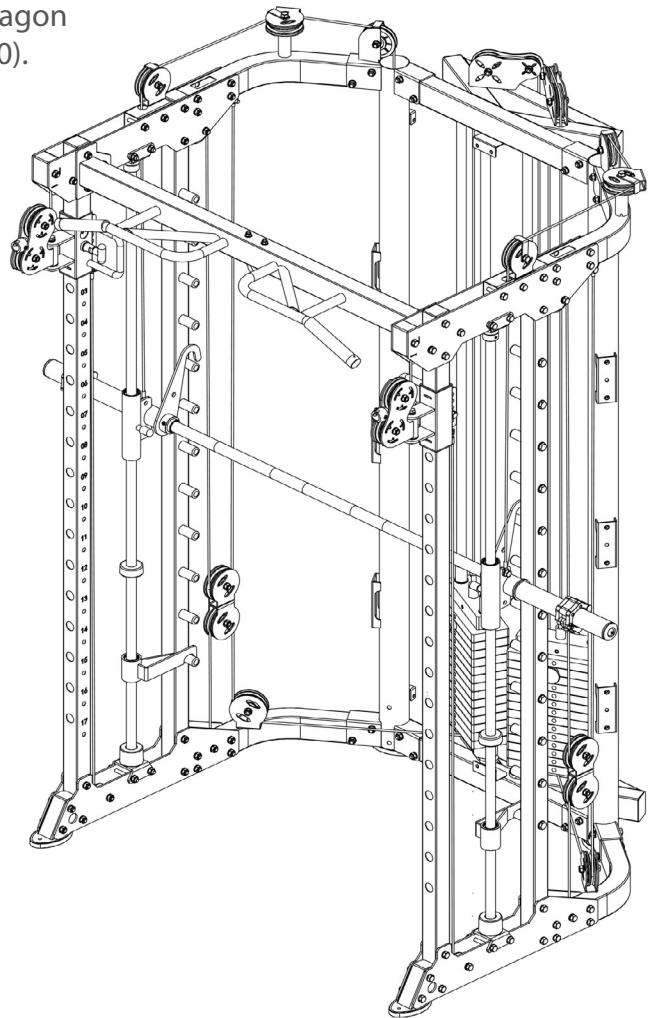


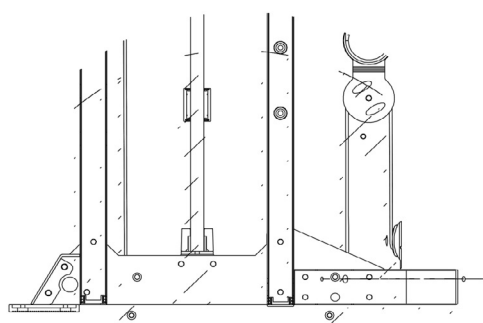
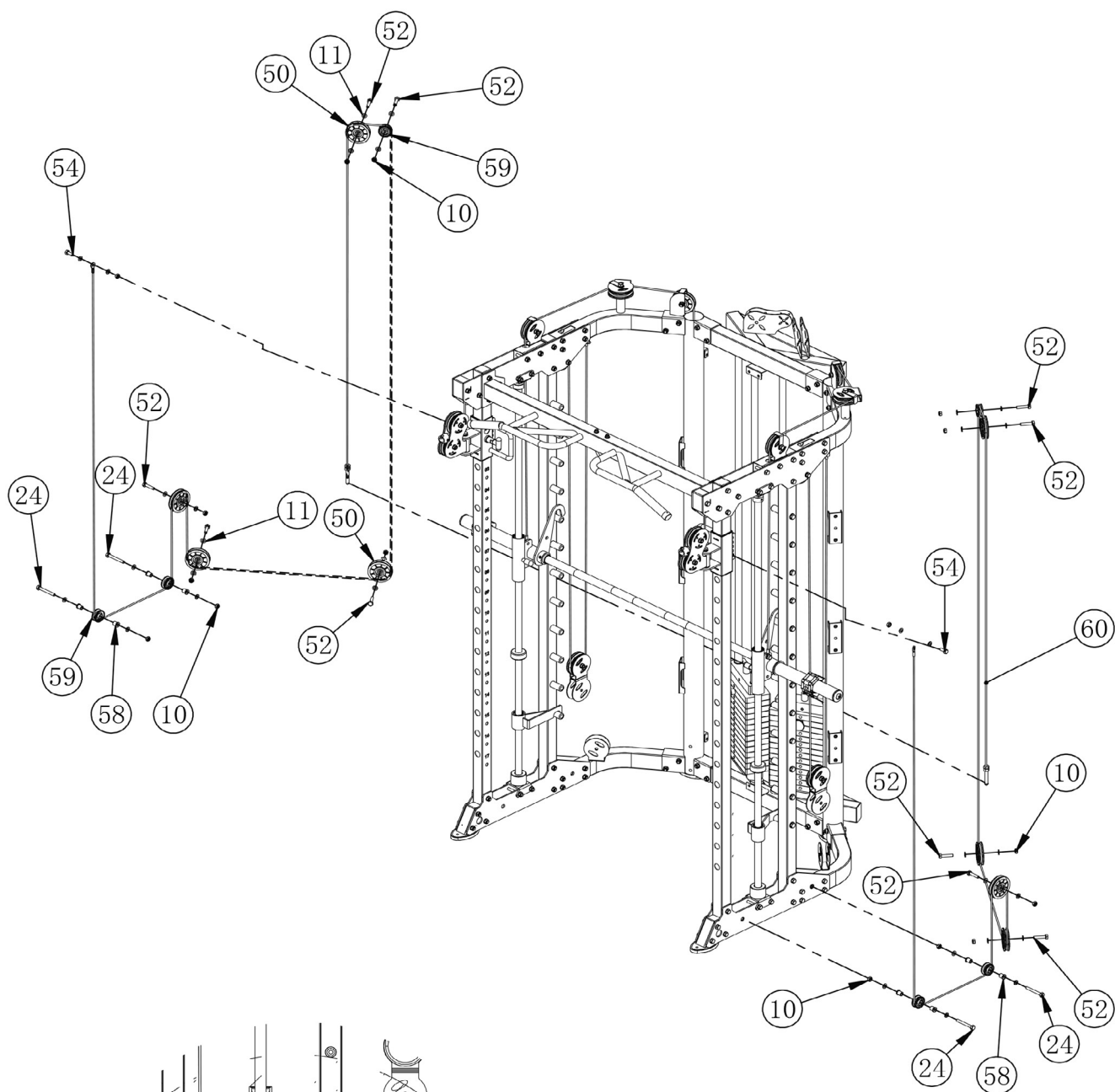




### Step 7:

1. Screw the threaded end of the cable (60) into the socket on the weight block and guide the cable (6) upwards through the upper connection tube.
2. Mount a pulley (50) and a small pulley (59) to the bracket on the upper connection tube using a hexagon bolt (52), two washers (11) and a lock nut (10) each.
3. Guide the cable (60) over the mounted pulleys (50 & 59) through the connection tube down along the back of the weight block.
4. Mount a pulley (50) on the back of the connection tube using a hexagon bolt (52), two washers (11) and a lock nut (10).
5. Guide the cable (60) along underneath the mounted pulley (50) and the weight block to the front.
6. Mount one pulley (50) each on the bending tube and the hanging pulley frame using a hexagon bolt (52), two washers (11) and a lock nut (10) each.
7. Guide the cable (60) underneath the pulley (50) on the bending tube upwards over the pulley (50) through the hanging pulley frame.
8. Mount two small pulleys (59) together with two spacer sleeves (58) between the lower plates using a hexagon bolt (24), two washers (11) and a lock nut (10).
9. Guide the cable underneath the small pulley (59) through the plates upwards and fix the eye end of the cable (6) to the back of the sliding tubes using a hexagon bolt (54), two washers (11) and a lock nut (10).
10. Repeat step 1 to step 9 on the other side of the multi gym.
11. Tighten the bolts and nuts.

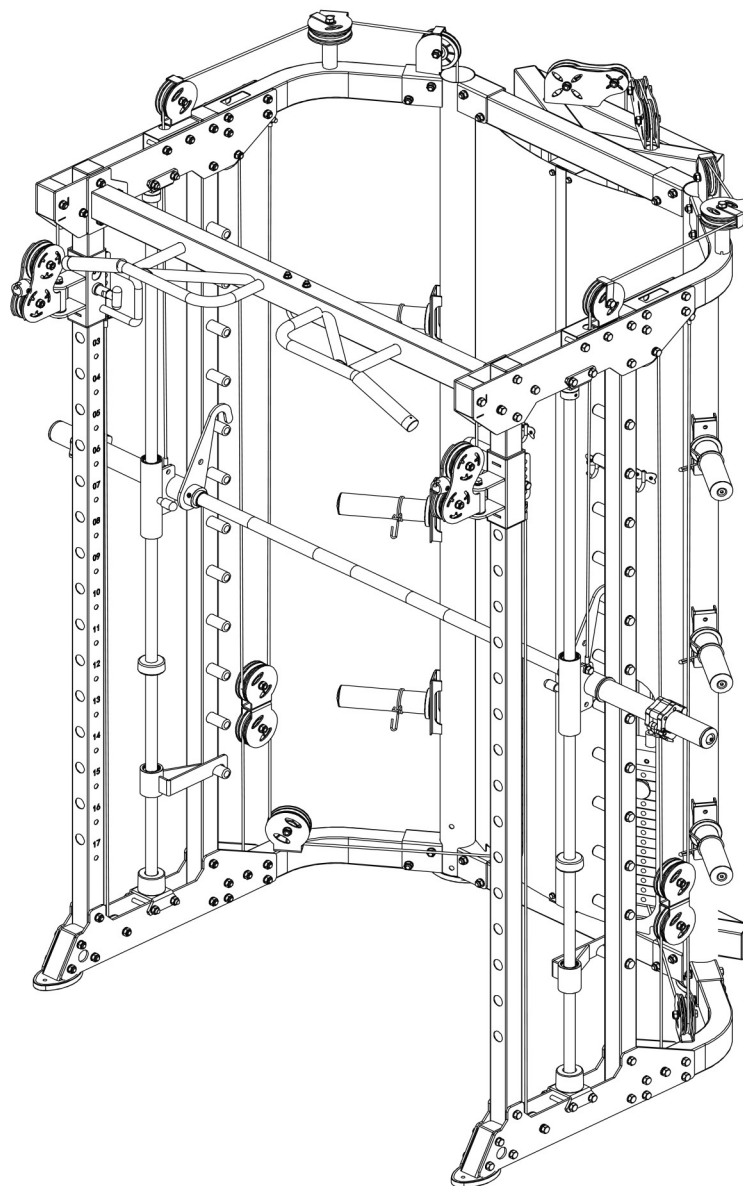


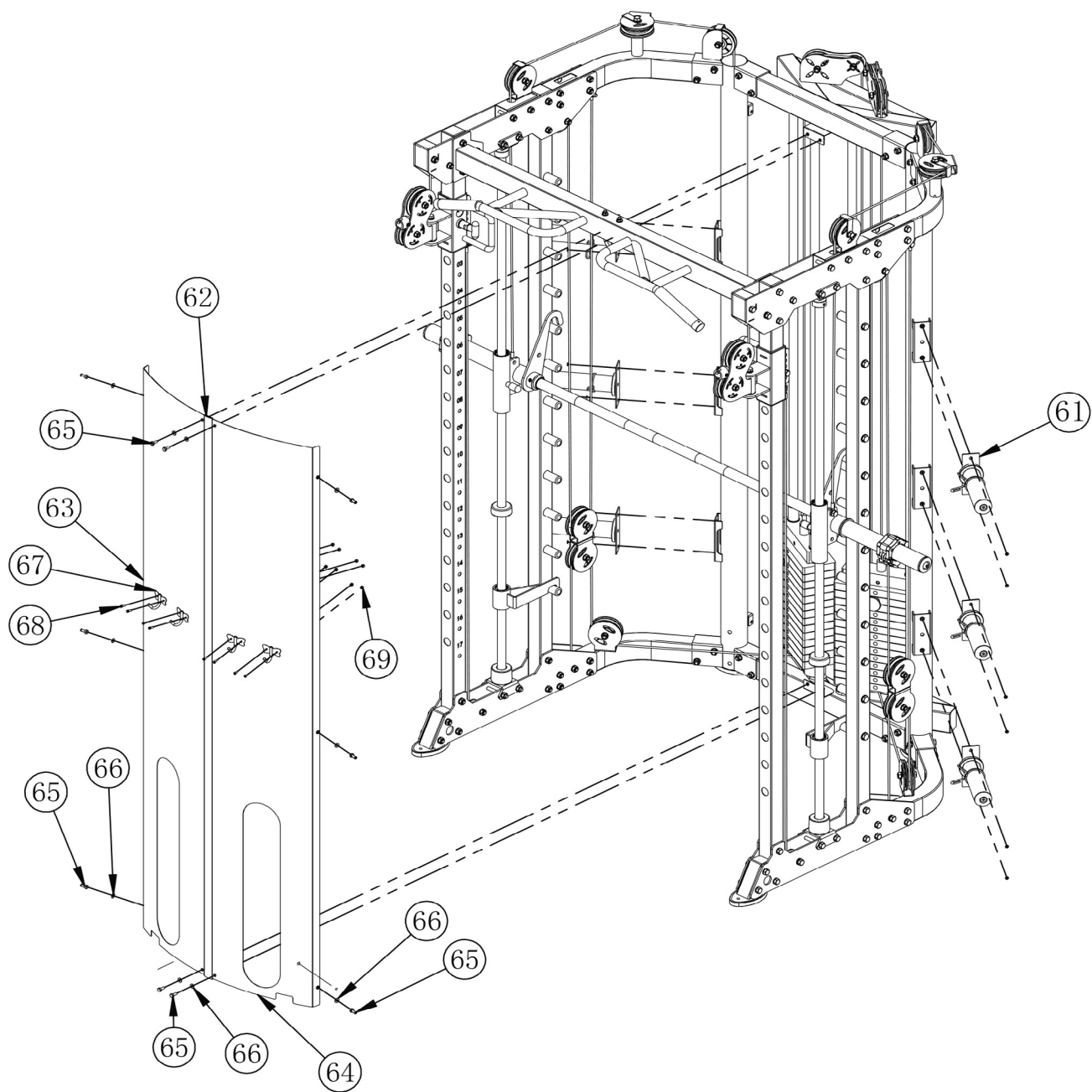


Internal wire schematic

### Step 8:

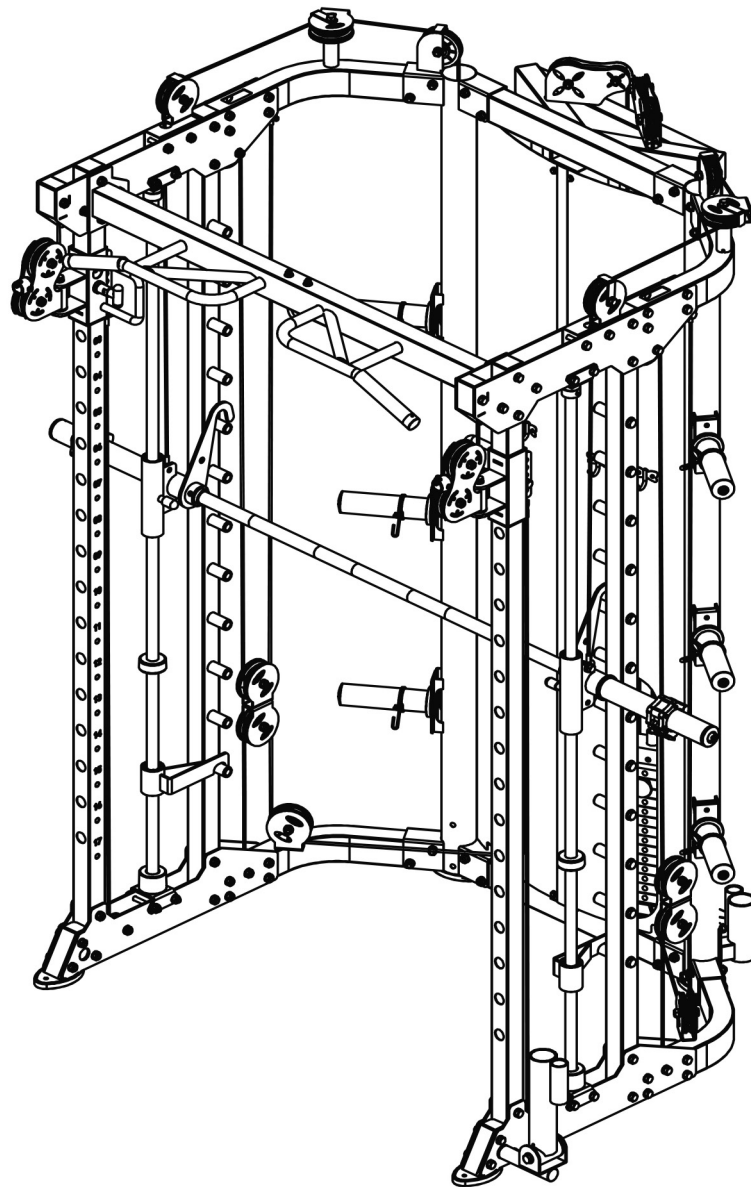
1. Mount the left and right shield (63 & 64) together with the connection strap (62) to the connection tubes (1 & 6) using a total of four hexagon bolts (65) and four washers (66).
2. Mount the left and right shield (63 & 64) to the left and right upright frame (2 & 3) using a total of six hexagon bolts (65) and six washers (66).
3. Mount two hooks (67) each to the left and right shield (63 & 64) using a total of eight bolts (68) and eight lock nuts (69).
4. Mount three plate holders (61) each to the left and the right upright frame (2 & 3) using a total of twelve hexagon bolts (70) and twelve washers (71).
5. Tighten the bolts and nuts.



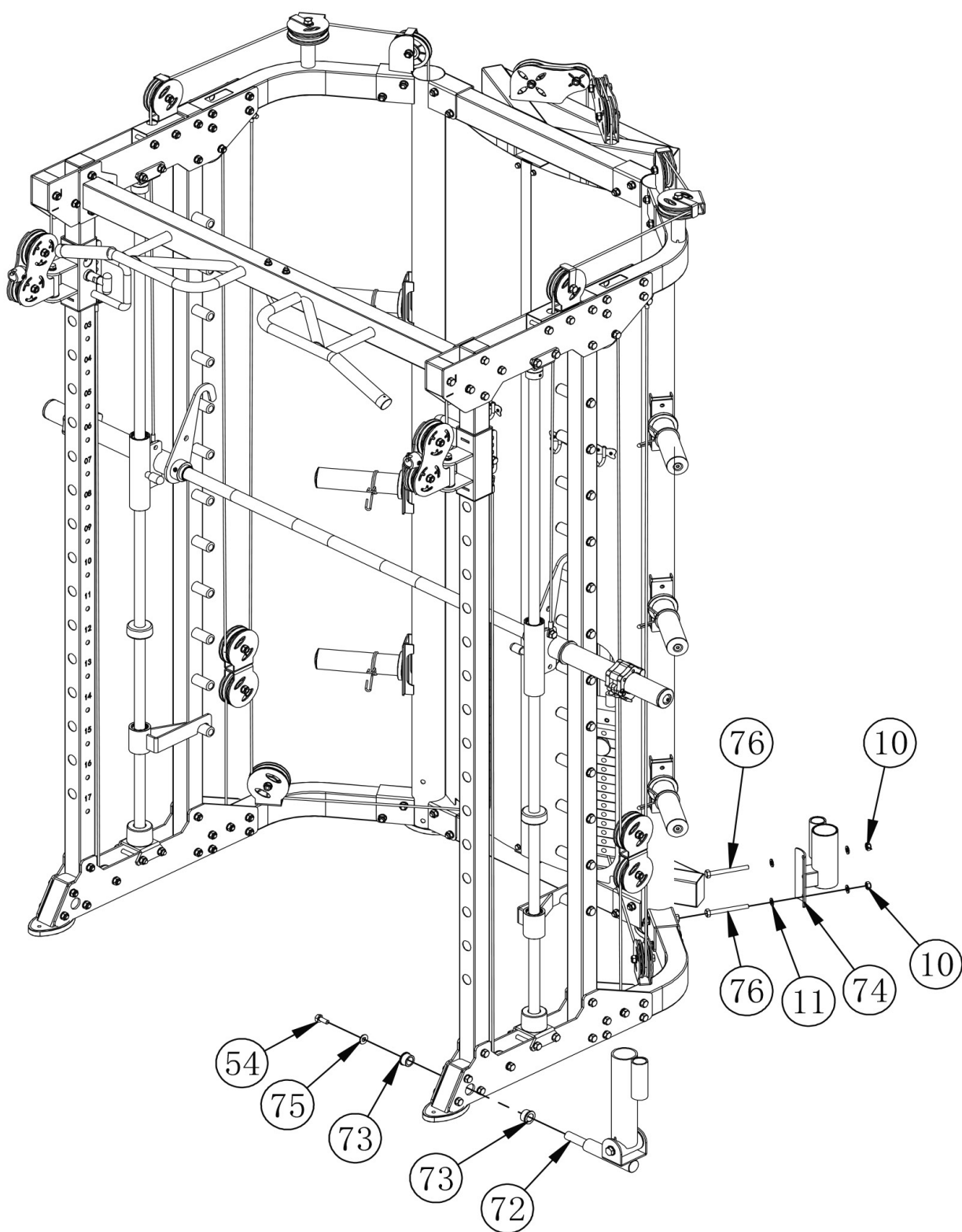


### Step 9:

1. Mount the core trainer (72) together with two sleeves (73) to the lower plate (19) using a hexagon bolt (54) and a big washer (75).
2. Mount the barbell rod cup (74) to the right upright frame (3) using two hexagon bolts (76), four washers (11) and two lock nuts (10).
3. Tighten the bolts and nuts.

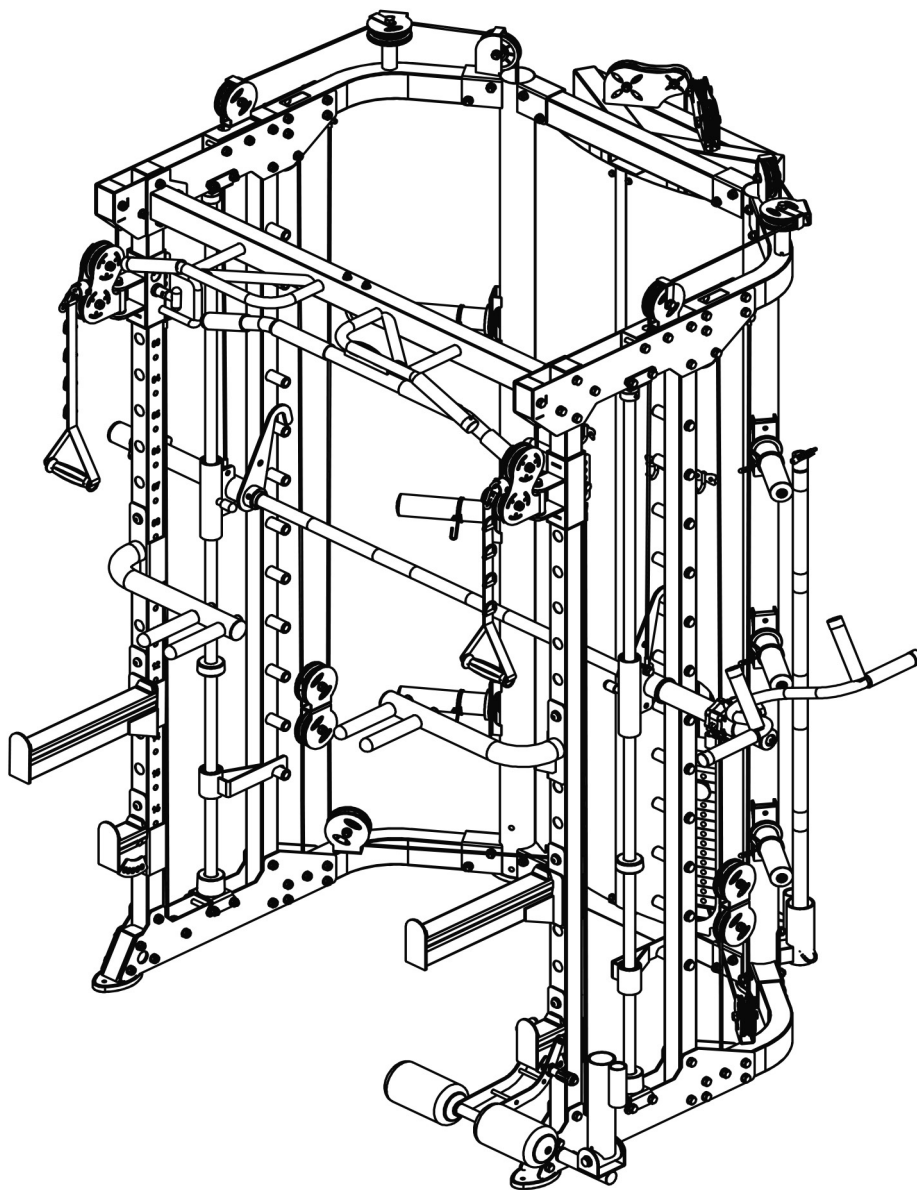




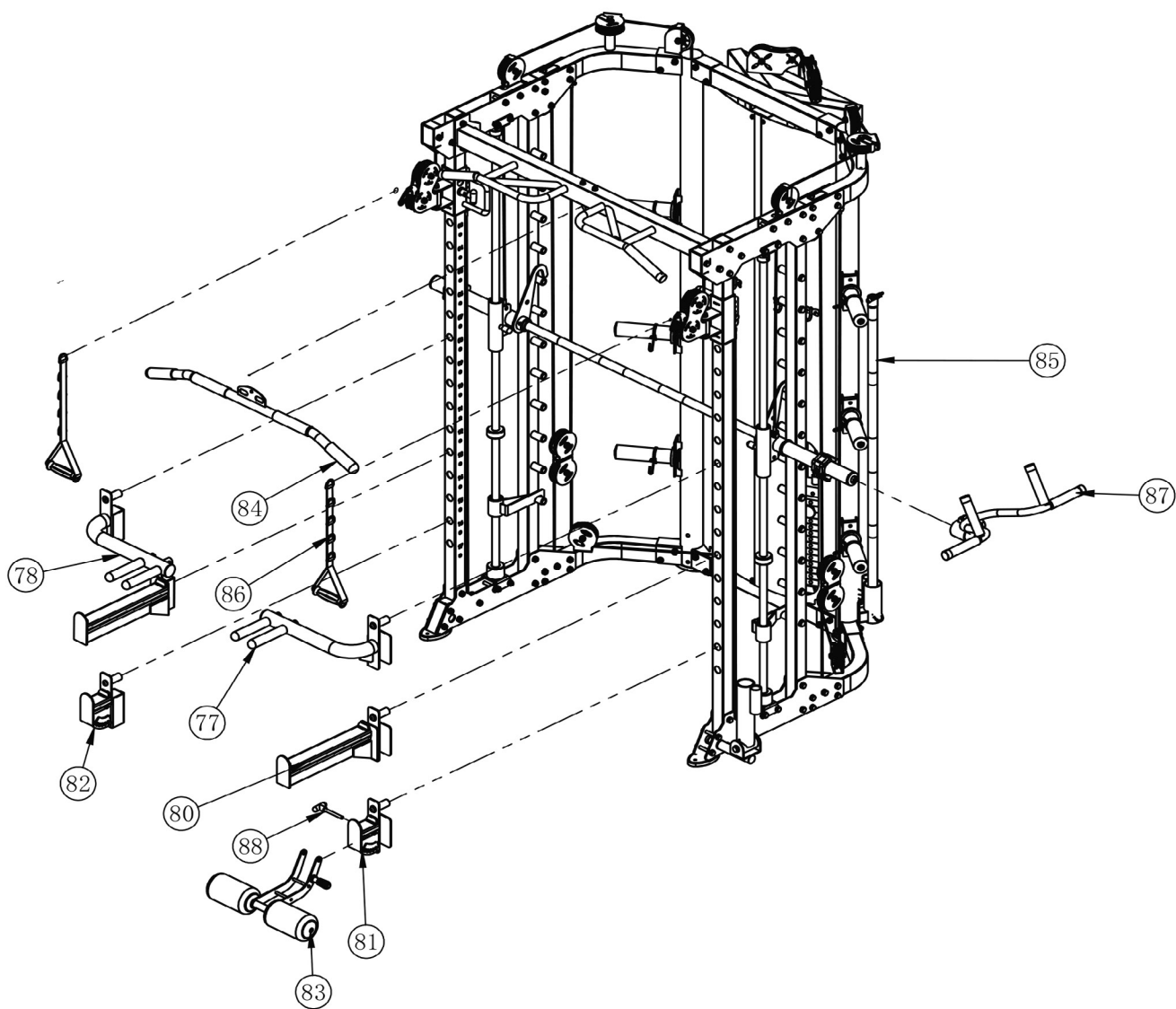


### Step 10:

1. Attach the leg curl tube (83) to the short barbell rod holder (81) with the pin (88).
2. Attach the accessories to the multi gym. This included the following parts:
  - + dip bar left and right (77 & 78)
  - + barbell rod holder left and right (79 & 80)
  - + shport barbell rod holder left and right (81 & 82)
  - + leg curl (83)
  - + long bar (84)
  - + ship rod (85)
  - + hand belt (86)
  - + pull lift device (87)
3. Finally, check the tightness of all nuts and bolts.







## 2.4 Optional Accessories

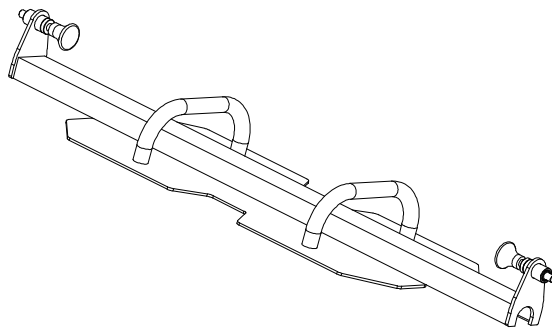
### 2.4.1 Scope of Delivery - Leg Press

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



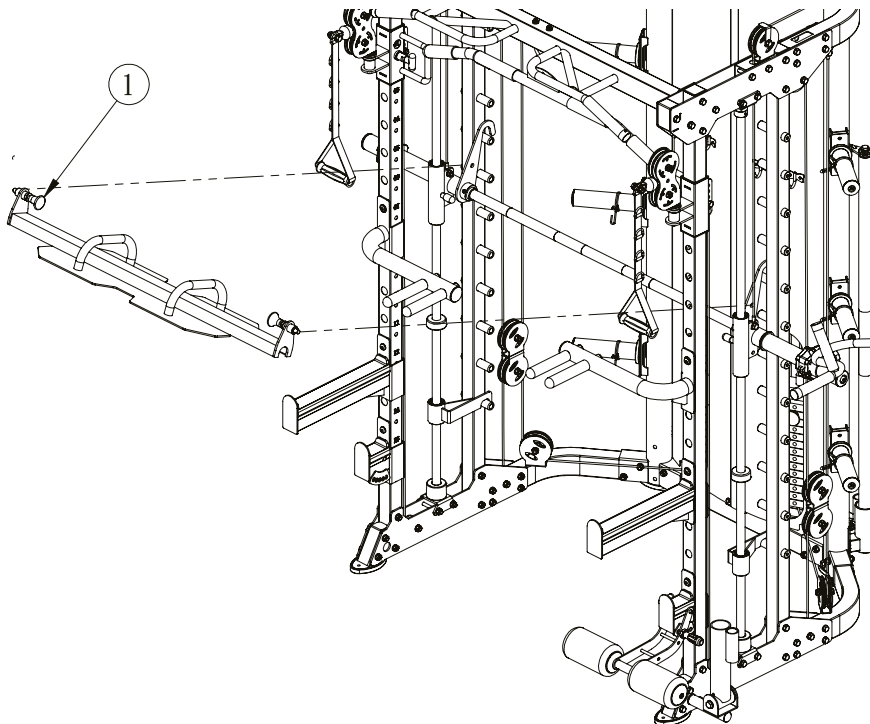
#### CAUTION

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



### 2.4.2 Assembly - Leg Press

Attach the leg press (1) with the pins to the hooks of the barbell rod (41), see illustration.



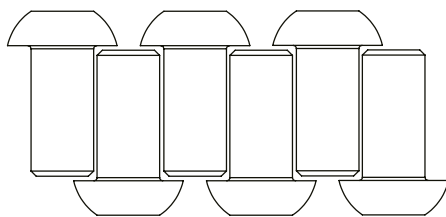
### 2.4.3 Scope of Delivery - Jammer Arm

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.

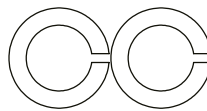


#### CAUTION

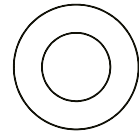
If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.



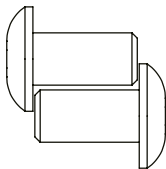
**M12\*25 6PCS**



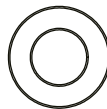
**φ 12 4PCS**



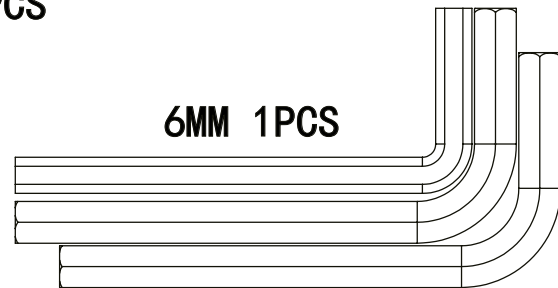
**φ 12 4PCS**



**M10\*20 2PCS**

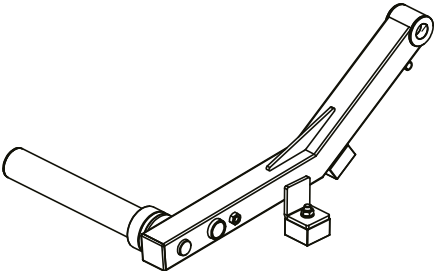
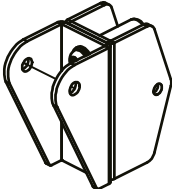
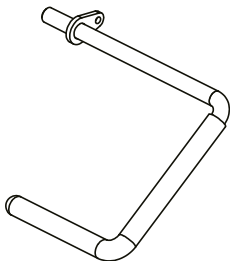
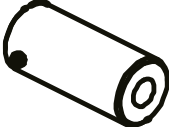
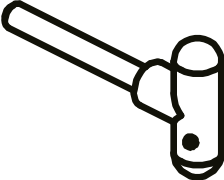



**φ 10 2PCS**



**6MM 1PCS**

**8MM 2PCS**

NO.	PART NAME	QTY.	
1	push arm	1	
2	push arm fix frame		
3	handle		
4	push arm connection shaft		
11	T shape pin-black		
12	butterfly clip		

## 2.4.4 Assembly - Jammer Arm

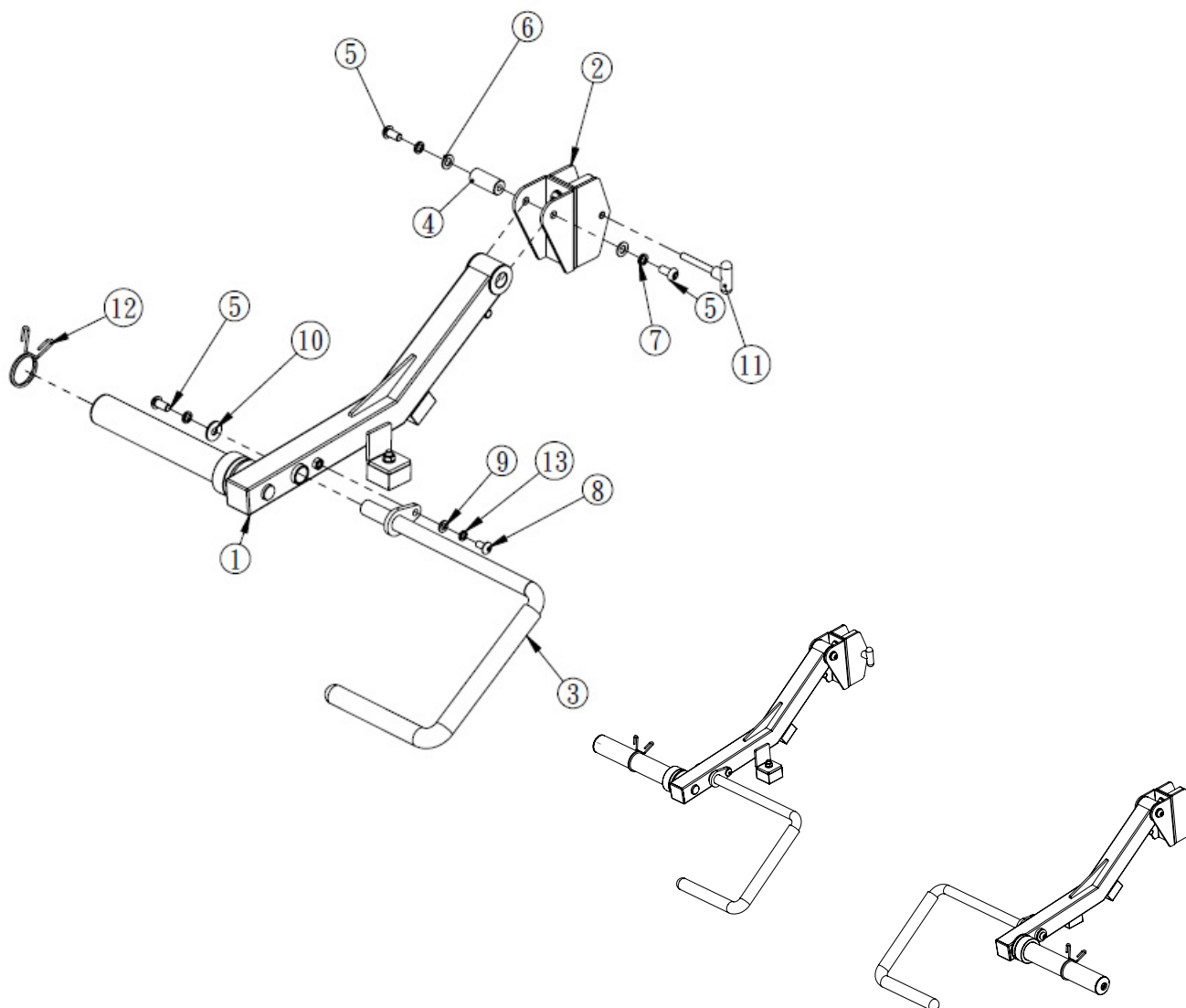
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### **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.

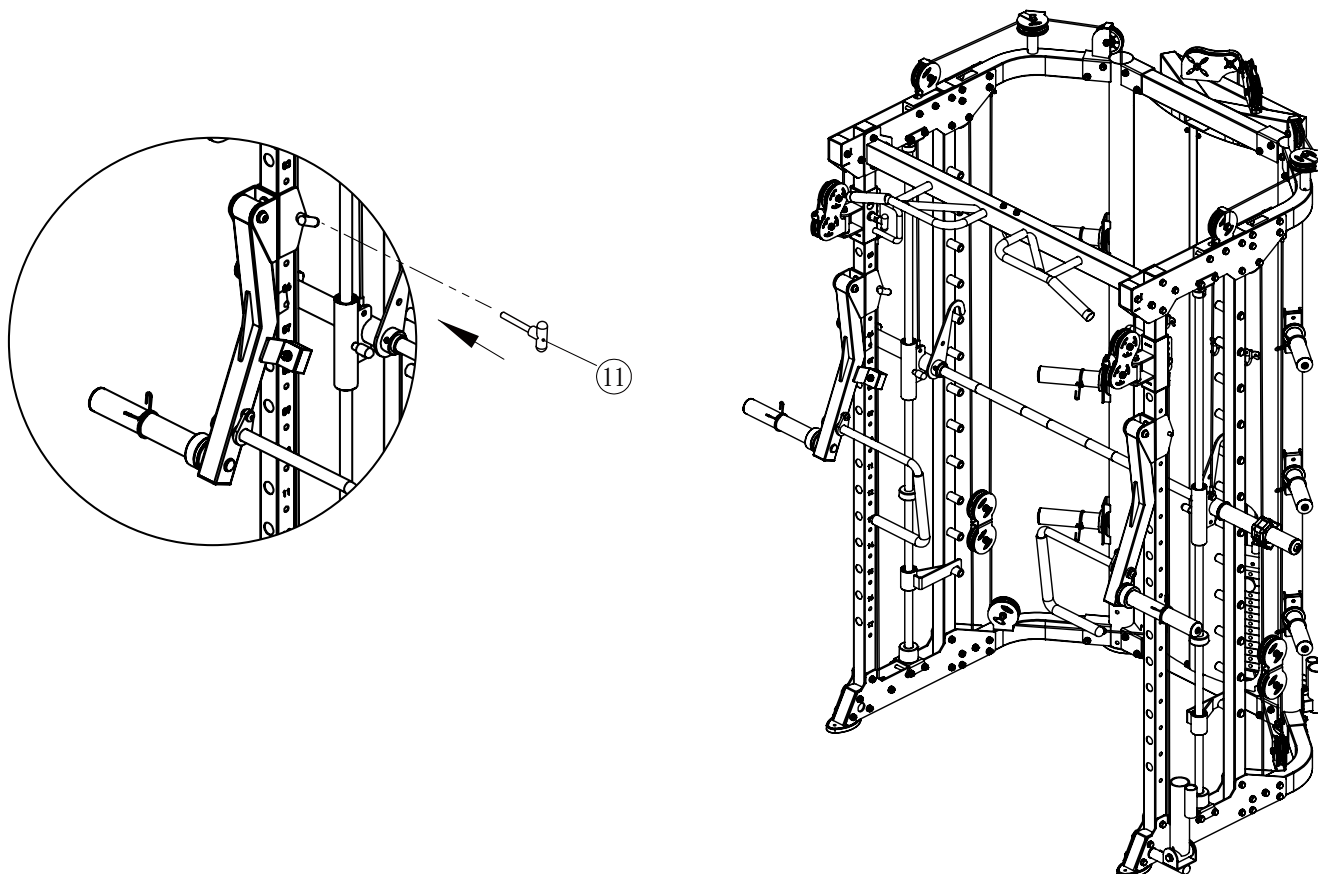
#### **Step 1:**

1. Mount the handle (3) to the push arm (1) using a screw (5), a spring gasket (7), a washer (10) and a screw (8), a spring gasket (13) and a washer (9).
2. Mount the push arm fix frame (2) together with a connection shaft (4) to the push arm (1) using two screws (5), two spring gaskets (7) and two washers (6).
3. Tighten the screws.
4. Repeat the steps for the other arm.



**Step 2:**

Attach the jammer arm with the pin (11) to the tubes of the multi gym, see illustration.



### 3.1 General Instructions

When training, it is important to perform the exercises correctly in order to avoid injuries and achieve the desired training effect. Make sure you use the correct technique and train at an appropriate intensity level. Always consult an expert such as a trainer or doctor if you are unsure or have health problems. Always start your training with a low load and increase it evenly and gently.

End your training with a cool-down phase. If you have any questions or uncertainties, contact your doctor.

#### 3.1.1 Training clothes

During training, wear appropriate sports clothing that is comfortable and breathable. Avoid clothing that restricts you or is uncomfortable. Make sure that your shoes are suitable and offer you sufficient support. In addition, always carry a towel with you to wipe away sweat and keep the equipment clean.

#### 3.1.2 Warming up and stretching

It is important to warm up and stretch properly before training to avoid injury and improve performance. Stretching helps to loosen muscles and improve flexibility. Be sure to incorporate a short stretching routine before each workout.

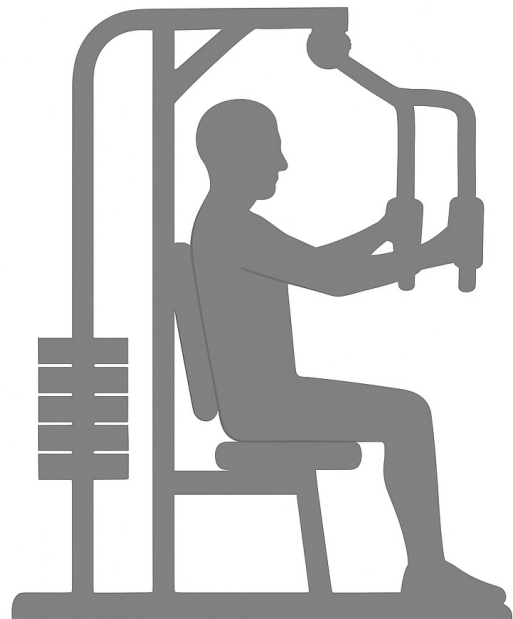
##### Warm-up exercise:

1. Stand upright with your feet about shoulder-width apart.
2. Start with gentle arm circles by slowly moving your arms forwards in small circles in a controlled manner.
3. Perform arm circles backwards to loosen your shoulders and arms.
4. Do squats by slowly squatting down and then straightening up again. Make sure that your knees do not extend beyond your toes.



##### CAUTION

Do not exercise with sore muscles or take it easy on the affected muscles, as this can lead to injuries.



### 3.1.3 Medication

If you regularly take medication and want to exercise, it is important to be aware of possible side effects. Ask your doctor whether your medication affects your workout.

### 3.1.4 Used muscle groups

This training uses the following muscle groups:

- + Gluteal muscle
- + Leg muscles
- + Arm muscles
- + Pectoral muscles
- + Back muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back. Do not fully extend your legs, but keep a slight bend in the backwards movement.

### 3.1.5 Exercise frequency

Regular exercise is crucial to making progress and staying healthy in the long term. Continuous exercise can strengthen muscles, improve endurance and enhance overall well-being. Remember that even small workouts can be done regularly to achieve long-term results.

#### 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 acoustic 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.



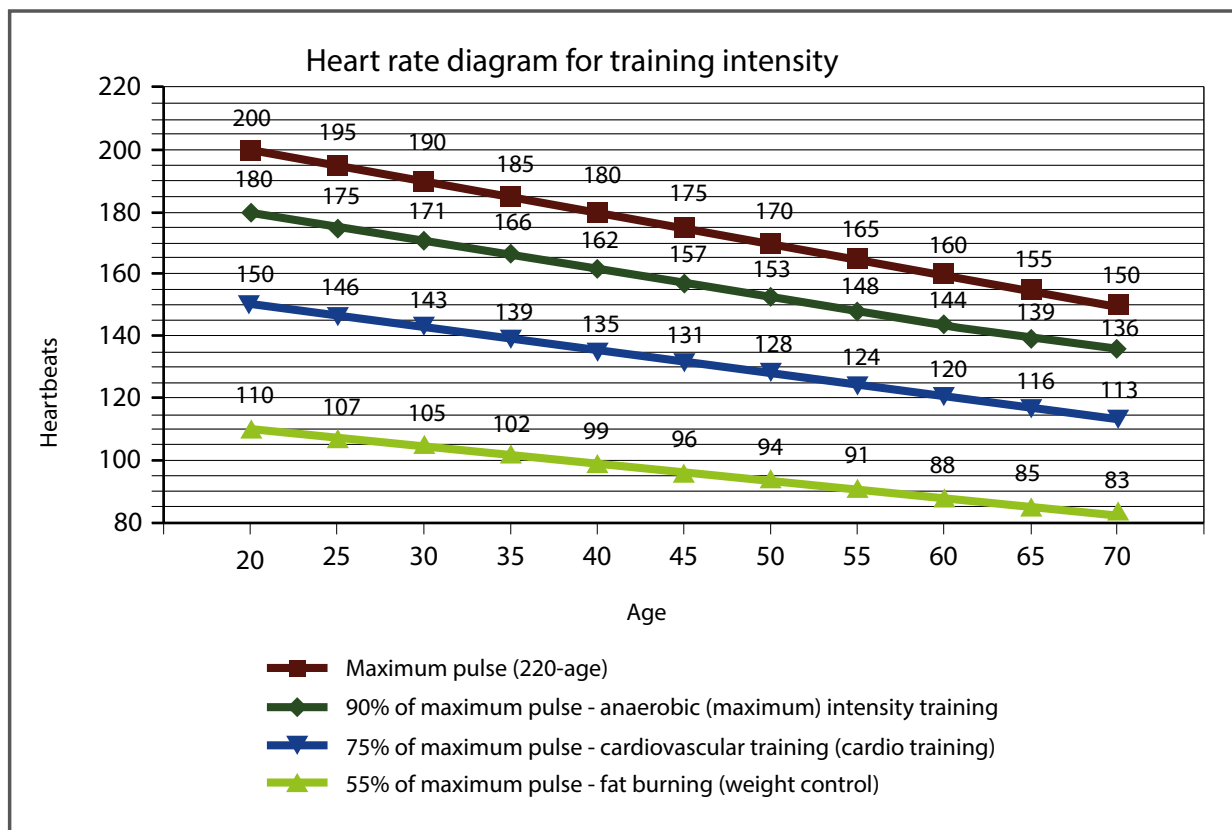
**Cardiovascular training (cardio training):** The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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



### 3.2 Workout journal

[illegible]

Date \_\_\_\_\_



Distance



Time (min.)



Resistance level



Training weight



Ø Pulse



Calories burnt



I feel ...



Body weight

## 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 10°C and 35°C.

## 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
Grinding noises	Cables or pulleys do not run smoothly or are damaged	+ Visual inspection of the cable routing or the pulley guide + If damaged, replace the defective part
Weight hanging in the air	Cable tensioned too tight	Readjust cable tension
Cable without tension	Cable too loose	+ Check cable routing + Readjust cable tension
Squeaking & cracking noises	Screw connections loosened or too tight	+ Check or lubricate screw connections* + Check cable routing
Unit wobbles	+ Uneven ground + Loose screw connections	+ Align unit + Tighten screw connections
Heavy draught	+ Weight holders/guide rods too dry + Faulty cable routing	+ Lubricate guide rods* + Check cable routing

\* With a grease-free silicone oil or silicone spray.

## 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	Quarterly
Cables	C	I	
Screw connections		I	
Pulleys and cable routing		I	
Slide rails/Guide rods		I	
Weights			I
Legend: C = clean; I = inspect			

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via a 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. For training equipment like smith machines, weight benches or racks this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat but it could be also **additional weights, handles, foot straps** for leg exercises or **triceps ropes**. For some smith machines, there are also optional add-ons such as **leg presses** that make your workout even more intense and comprehensive.

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. Alternatively, you can use the QR-code provided. 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



tricep and curl bar



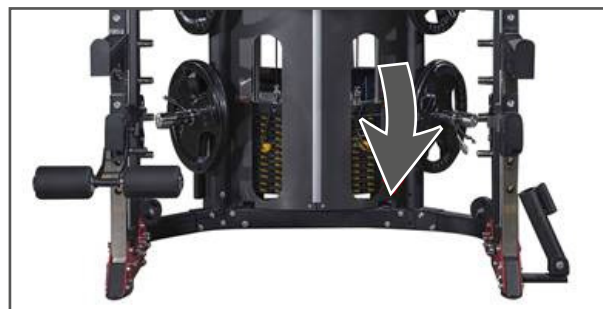
triceps rope

## 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 9 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:**

**Model Name:**

**SKU:**

## 8.2 Parts List - Multi Gym

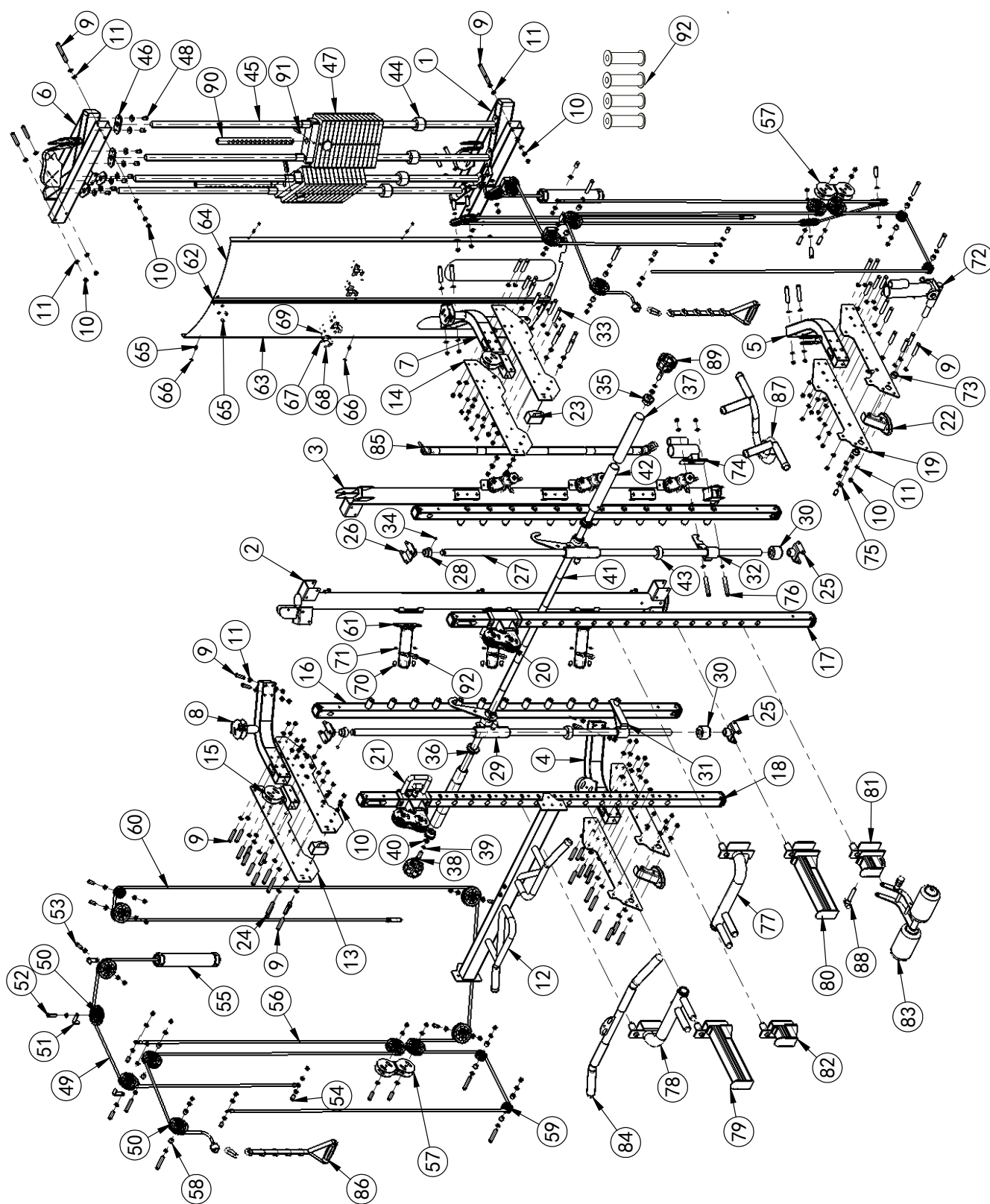
No.	Name	Specification	Qty.
1	connection tube		1
2	upright frame left		1
3	upright frame right		1
4	bending tube left		1
5	bending tube right		1
6	upper connection tube		1
7	upper bending tube right		1
8	upper bending tube left		1
9	hexagon bolt	M10*75	54
10	lock nut	M10	100
11	washer	Φ10	210
12	chin up bar		1
13	upper plate		4
14	pulley frame tube right		1
15	pulley frame tube left		1
16	upright tube		2
17	tube with hole right		1
18	tube with hole left		1
19	lower plate		4
20	sliding tube right		1
21	sliding tube left		1
22	foot tube cover		2
23	end tube		2
24	hexagon bolt	M10*80	14
25	lower base		2
26	upper base		2
27	guide rod	Φ25*1850	2
28	lock sleeve		2
29	sliding sleeve		2
30	rubber pad with groove	Φ60*Φ26*45	2
31	safety hook right		1
32	safety hook left		1



33	hexagon bolt	M10*90	8
34	socket set screw	M8*10	2
35	end cap	Φ51*Φ 42.5*36.6L	2
36	check ring	Φ60*Φ48.5*27L	2
37	pipe	Φ50*310*T0.5	2
38	button head socket screw	M12*40	2
39	spring washer	M12	2
40	washer	Φ12	2
41	barbell rod		1
42	inner pipe	Φ48*298*2.5T	2
43	rubber pad	Φ60*Φ26*25	2
44	rubber pad	Φ60*Φ26*42	4
45	guide rod hollow	Φ25*1955	4
46	reinforcing plate		4
47	90KG weight stack	2 group	2
48	hexagon bolt	M10*20	8
49	wire	Φ5*2745mm	2
50	pulley	Φ95	20
51	pulley plate		6
52	hexagon bolt	M10*45	14
53	hexagon bolt	M10*50	4
54	hexagon bolt	M10*25	7
55	weight		2
56	wire	Φ5*4185mm	2
57	"-" shaped pulley frame		2
58	pulley spacer sleeve	Φ20*10.5*L20.5	16
59	pulley	Φ50	6
60	wire	Φ5*7195mm	2
61	barbell plate holder		6
62	connection strap		1
63	shield left		1
64	shield right		1
65	hexagon bolt	M6*16	10
66	washer	Φ6	10

67	hook		4
68	"+"slotted countersunk head bolt	M4*12	8
69	lock nut	M4	8
70	hexagon bolt	M8*20	12
71	washer	Φ8	12
72	core trainer		1
73	powder metallurgy sleeve	Φ33.2*Φ 29*Φ20*18	2
74	barbell rod cup		1
75	big washer	Φ25*Φ10*2.0	1
76	hexagon bolt	M10*95	2
77	dip bar left		1
78	dip bar right		1
79	barbell rod holder right		1
80	barbell rod holder left		1
81	barbell rod holder short left		1
82	barbell rod holder short right		1
83	leg curl tube		1
84	long bar		1
85	ship rod		1
86	hand belt		2
87	pull lift device		1
88	T shape pin	Φ10*100	1
89	barbell clamp collar		2
90	selector rod		2
91	weight pin		2
92	weight stack support tube		4

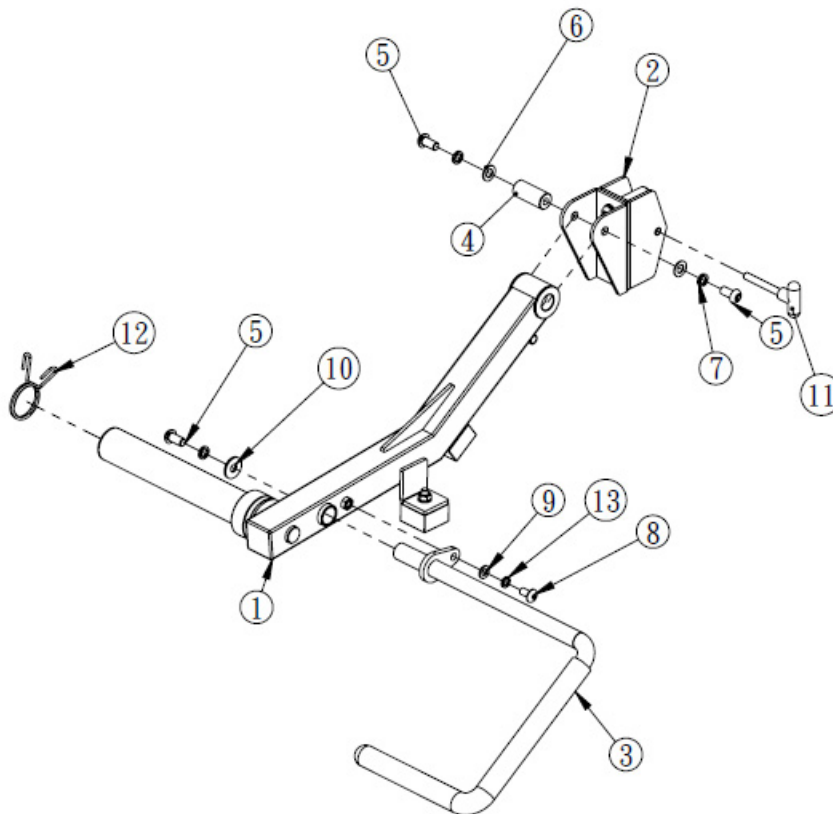
## 8.3 Exploded Drawing - Multi Gym



## 8.4 Parts List - Jammer Arm

No.	Name	Specification	Qty.
1	push arm		2
2	push arm fix frame		2
3	handle		2
4	push arm connection shaft	Φ25*56	2
5	hexagon socket bolt button head screws	M12*25	6
6	washer	Φ12	4
7	spring gasket	Φ12	6
8	hexagon socket button head screws	M10*20	2
9	washer	Φ10	2
10	washer		2
11	T shape pin -black	Φ10*75	2
12	butterfly clip		2
13	spring gasket	Φ10	2

## 8.5 Exploded Drawing - Jammer Arm



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

### **Error Descriptions**

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

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

**Your statutory rights are not affected.**

### **Warranty**

The warrantee is the first/original buyer.

### **Warranty periods**

The following warranty periods begin on delivery of the fitness equipment.

#### **Warranty period**

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

### **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, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

### **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.

DE	DK	UK
<b>TECHNIK</b>  +49 4621 4210-900  +49 4621 4210-698  technik@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage.	<b>TEKNIK OG SERVICE</b>  80 90 16 50 +49 4621 4210-945  info@fitshop.dk  Åbningstider kan findes på hjemmesiden: <a href="https://stg.fit/statit7">https://stg.fit/statit7</a>	<b>CUSTOMER CARE</b>  +44 141 737 2249 or +44 141 876 3972  customercare@fitshop.co.uk  You can find the opening hours on our homepage: <a href="https://stg.fit/statitd">https://stg.fit/statitd</a>
	FR	BE
<b>SERVICE</b>  0800 20 20277 (kostenlos)  04621 4210 - 0  info@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a>	<b>TECHNIQUE &amp; SERVICE</b>  +33 (0) 189 530984 +49 4621 42 10 933  info@fitshop.fr  Vous trouverez les heures d'ouverture sur notre site Internet: <a href="https://stg.fit/statit4">https://stg.fit/statit4</a>	<b>TECHNIQUE &amp; SERVICE</b>  02 732 46 77 +49 4621 4210 933  info@fitshop.be  Vous trouverez les heures d'ouverture sur notre site Internet: <a href="https://stg.fit/statit8">https://stg.fit/statit8</a>
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<b>TECNOLOGÍA Y SERVICIOS</b>  911 238 029  info@fitshop.es  Consulta nuestro horario de apertura en la página web: <a href="https://stg.fit/statit5">https://stg.fit/statit5</a>	<b>TECHNISCHE DIENST &amp; SERVICE</b>  +31 172 619961  service@fitshop.nl  De openingstijden vindt u op onze homepage: <a href="https://stg.fit/statit3">https://stg.fit/statit3</a>	<b>TECHNICAL SUPPORT &amp; SERVICE</b>  +49 4621 4210-944  service-int@fitshop.de  You can find the opening hours on our homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a>
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<b>DZIAŁ TECHNICZNY I SERWIS</b>  22 307 43 21 +49 4621 42 10-948  info@fitshop.pl  Godziny otwarcia można znaleźć na stronie głównej: <a href="https://stg.fit/statit6">https://stg.fit/statit6</a>	<b>TECHNIK &amp; SERVICE</b>  0800 20 20277 (Freecall) +49 4621 42 10-0  info@fitshop.at  Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statitb">https://stg.fit/statitb</a>	<b>TECHNIK &amp; SERVICE</b>  0800 202 027 +49 4621 42 10-0  info@fitshop.ch  Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statit9">https://stg.fit/statit9</a>

Please find a detailed overview including address and opening hours for all stores of Fitshop UK on the following website:

[www.fitshop.co.uk/storelocator](http://www.fitshop.co.uk/storelocator)

# WE LIVE FITNESS





## WEBSHOP AND SOCIAL MEDIA

The Fitshop Group is Europe's largest specialist for home fitness equipment with currently 70 stores and one of the world's most renowned online mail order companies for fitness equipment.

Fitshop UK is part of the Fitshop Group. 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.

The Fitshop group 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!

	<a href="https://www.fitshop.co.uk">https://www.fitshop.co.uk</a> <a href="https://www.fitshop.co.uk/blog">www.fitshop.co.uk/blog</a>
	<a href="https://www.facebook.com/fitshop.co.uk">www.facebook.com/fitshop.co.uk</a>
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**BodyMax**



**Notes**

Notes



# TAURUS®

**Taurus MS35 Pro**