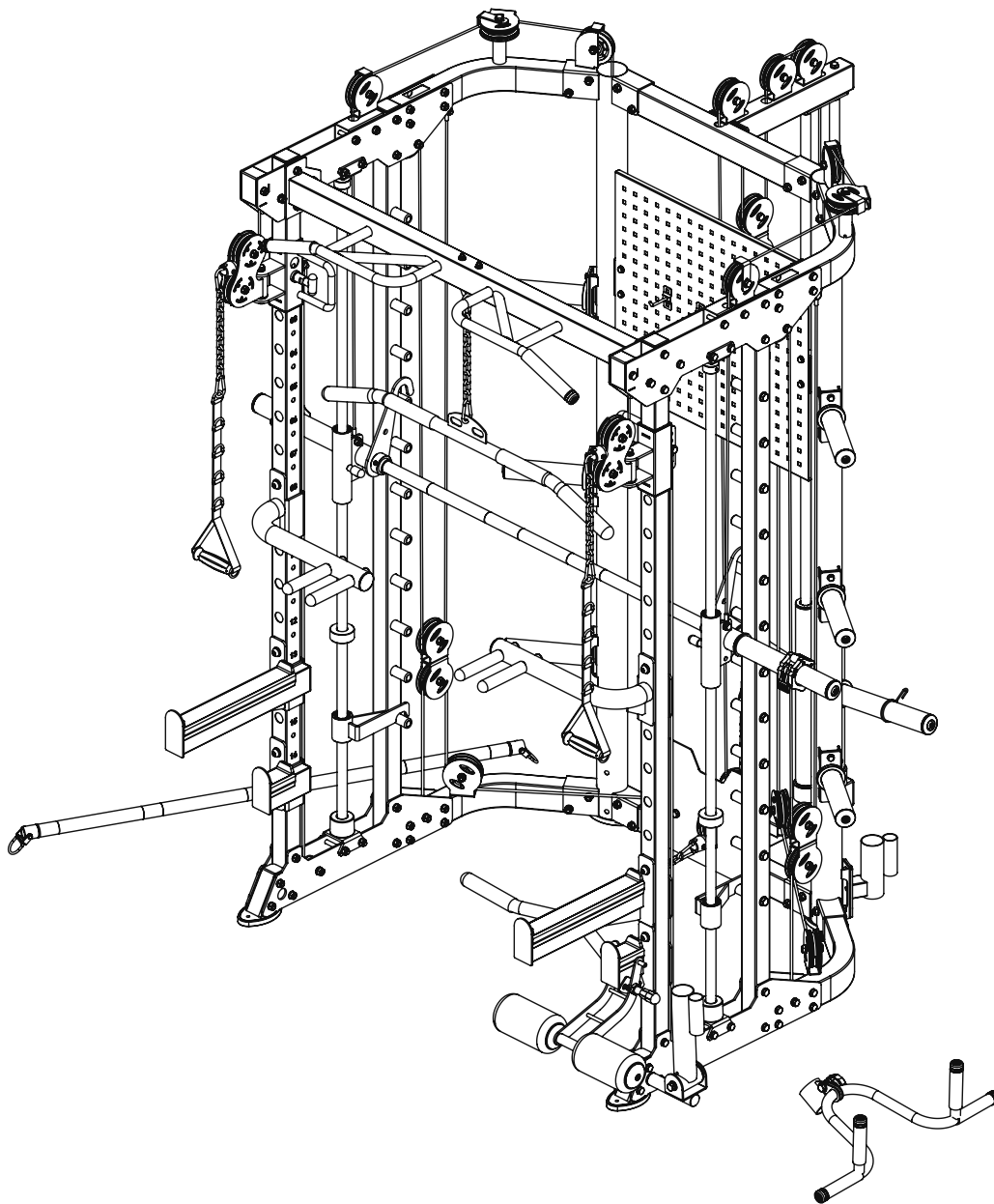


# TAURUS®

## Assembly and Operating Instructions




max. 150 kg



~ 180 Min. 



 199 kg  
L 148 | W 202 | H 224

FSUKTFMS30.01.02

SKU: TF-MS30

MS30 PRO



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WARRANTY

55

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10

CONTACT

57

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

**Legal Notice**

Fitshop GmbH  
Europe's No. 1 for home fitness

International Headquarters  
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**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) approx.:	221 cm x 95 cm x 38 cm
Set-up dimensions (L x W x H) approx.:	148 cm x 202 cm x 224 cm
Article weight (gross, incl. packaging) approx.:	219 kg
Article weight (net, excl. packaging) approx.:	199 kg
Maximum load:	215 kg
Maximum user weight (dip/chin up bars):	150 kg
Cable length:	247.5 cm ; 474 cm ; 409.5 cm ; 170.5 cm ; 971.5 cm
Cable width:	0.5 cm
Cable material:	Steel
Cover material:	Nylon
Pulley diameter:	95 mm ; 50 mm
Transmission ratio:	2:1 & 1:1

### Optional Leg Press Plate

Packaging dimensions (L x W x H) approx.:	122 cm x 38 cm x 14 cm
Set-up dimensions (L x W x H) approx.:	113 cm x 34 cm x 13 cm
Article weight (gross, incl. packaging) approx.:	12 kg
Article weight (net, excl. packaging) approx.:	11 kg
Use class:	H

## 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.

### **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**

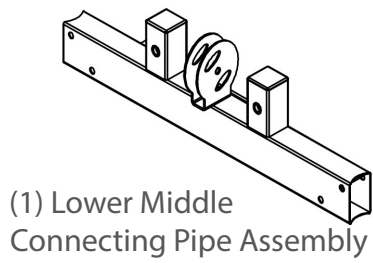
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

## 2.2 Scope of Delivery

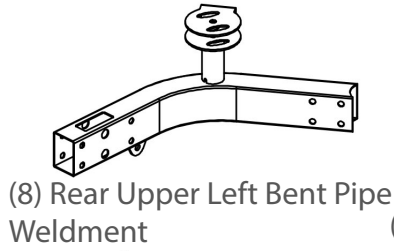
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

### **CAUTION**

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



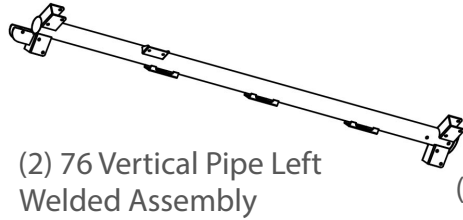
(1) Lower Middle Connecting Pipe Assembly



(8) Rear Upper Left Bent Pipe Weldment



(17) Stainless Steel Guide Pipe Right Assembly



(2) 76 Vertical Pipe Left Welded Assembly



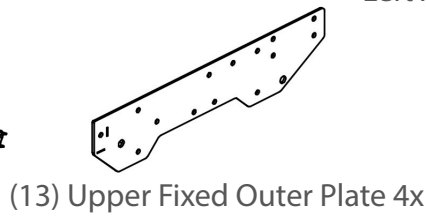
(12) Upper Beam Assembly



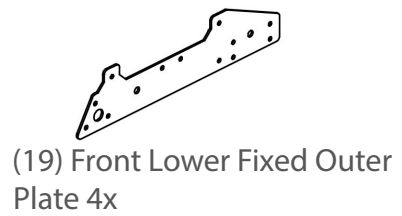
(18) Stainless Steel Guide Pipe Left Assembly



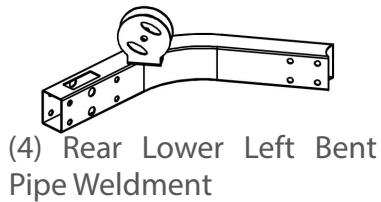
(3) 76 Vertical Pipe Welded Assembly



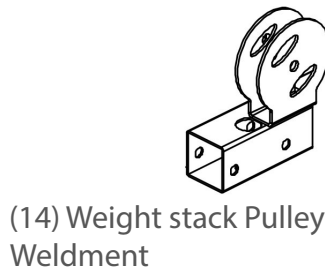
(13) Upper Fixed Outer Plate 4x



(19) Front Lower Fixed Outer Plate 4x



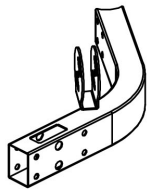
(4) Rear Lower Left Bent Pipe Weldment



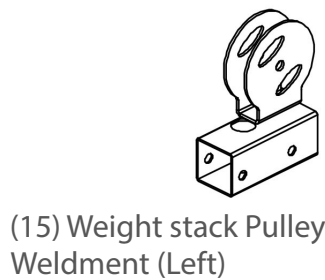
(14) Weight stack Pulley Weldment



(20) Sliding Sleeve Assembly (Right)



(5) Rear Lower Right Bent Pipe Weldment



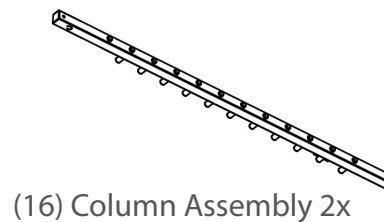
(15) Weight stack Pulley Weldment (Left)



(21) Sliding Sleeve Assembly (Left)



(6) Upper Middle Connecting Pipe Weldment



(16) Column Assembly 2x



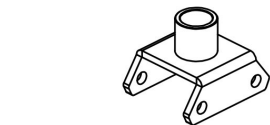
(22) Front Foot Pad Assembly 2x



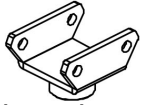
(7) Rear Upper Right Bent Pipe Weldment



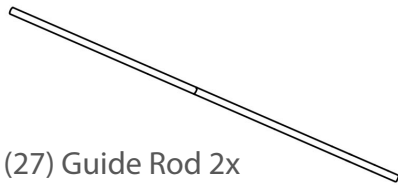
(23) Decorative Pipe 2x



(25) Guide Rod Lower Fixed Seat Weldment 2x



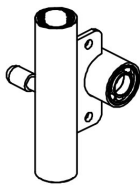
(26) Guide Rod Fixed Upper Seat 2x



(27) Guide Rod 2x



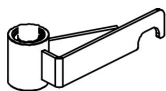
(28) Guide Rod Locking Sleeve 2x



(29) Sliding Sleeve Welded Assembly 2x



(30) Shock Absorber Pad 2x



(31) Safety Hook Right Assembly



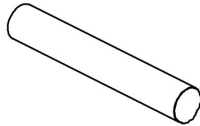
(32) Safety Hook Left Assembly



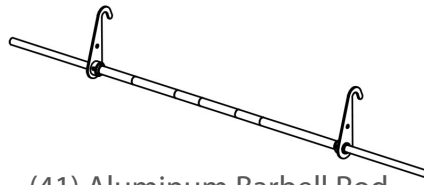
(35) Barbell Rod Plug - Arc Shape 2x



(36) Aluminum Inner Retaining Ring 2x



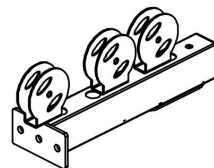
(37) Stainless Steel Pipe 2x



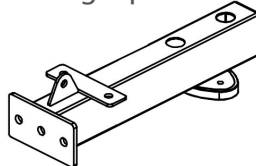
(41) Aluminum Barbell Rod Assembly



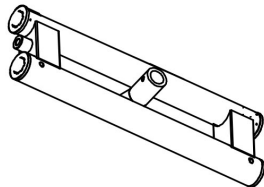
(43) Cushion 2x



(44) Rear Upper Beam Short Connecting Pipe Welded



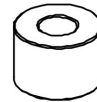
(45) Rear Guide Rod Fixed Pipe Assembly



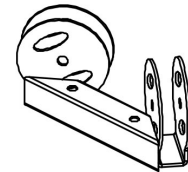
(46) Barbell Hanging Rod Frame Assembly



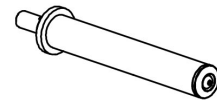
(47) Rear Guide Rod Welded Nut 2x



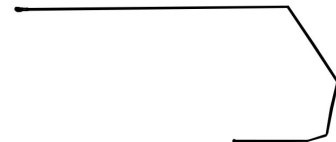
(48) Weight stack Shock Absorber Pad 2x



(53) Cable cross Double Pulley Frame Weldment



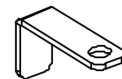
(55) Barbell Lifting Rod 2x



(56) Power-Assisted Weight stack Steel Wire Rope 2x



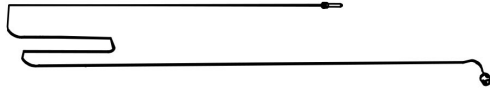
(57) n95 Pulley 25x



(58) Pulley Baffle 6x



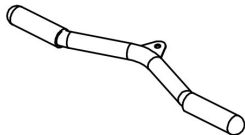
(61) Power-Assisted Weight stack 2x



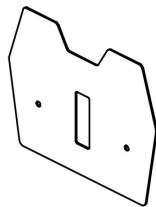
(62) Row Steel Wire Rope



(63) In-Line Pulley Frame 3x



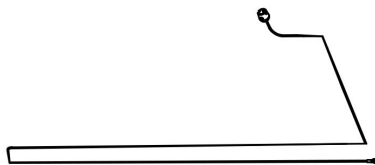
(64) Row Handle Assembly



(65) Foot Pedal Weldment



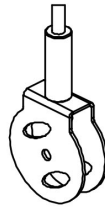
(66) Chain + 2 Hoist Hooks



(67) Lat Pull Steel Wire Rope 2x



(68) Pulley Spacer Sleeve 16x



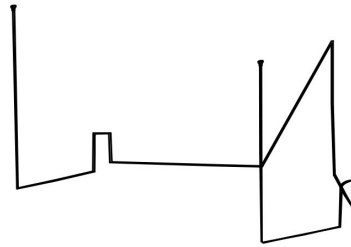
(69) Single Pulley Plate Weldment



(70) Transition Steel Wire Rope



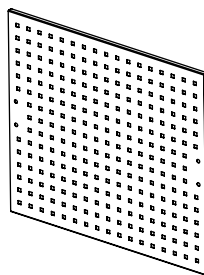
(71) 5-Segment Chain + Hoist Hook



(72) Cable Cross Steel Wire Rope



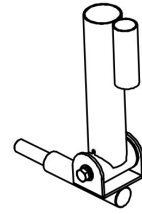
(73) 50 Pulley



(74) Shield Plate



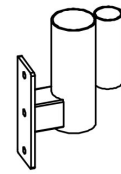
(75) Barbell Plate Inner Rod Welded Assembly 6x



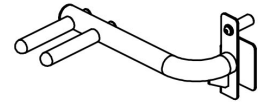
(79) Rotating Rod Assembly - Bolt



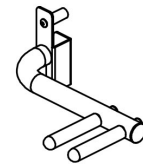
(80) 32 Powder Metallurgy Sleeve 2x



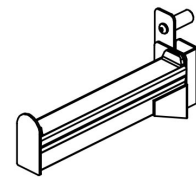
(81) Barbell Rod Sleeve Weldment



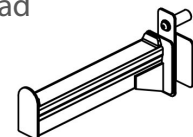
(83) Horizontal Bar Left Assembly



(84) Horizontal Bar Right Assembly



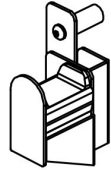
(85) Right Safety Block Long Rubber Pad



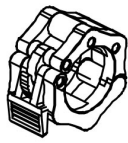
(86) Left Safety Block Long Rubber Pad



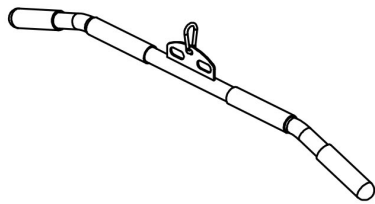
(87) Short Safety Block - Left Assembly



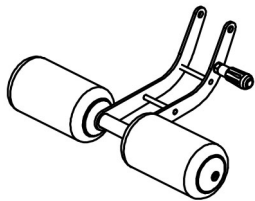
(88) Short Safety Block - Right Assembly



(89) Barbell Card 2x



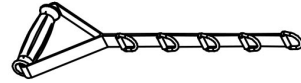
(90) Lat pull Handle Assembly



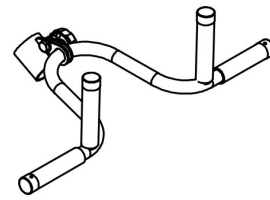
(95) Leg Press Adjustment Frame Assembly



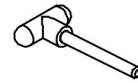
(91) Cross Pull Rod Assembly



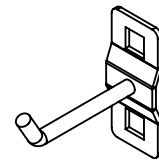
(92) Handle Strap Assembly 2x



(93) Handle Cover Assembly



(94) T-shaped pin



(95) 3088B Single Inclined Hook - 50  
4x

## 2.3 Assembly

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

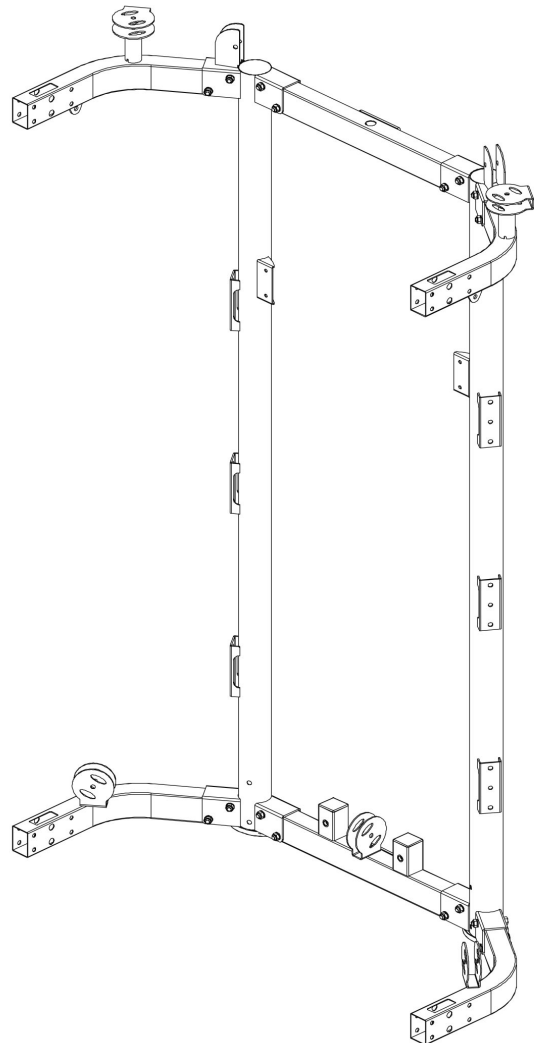
### ① NOTICE

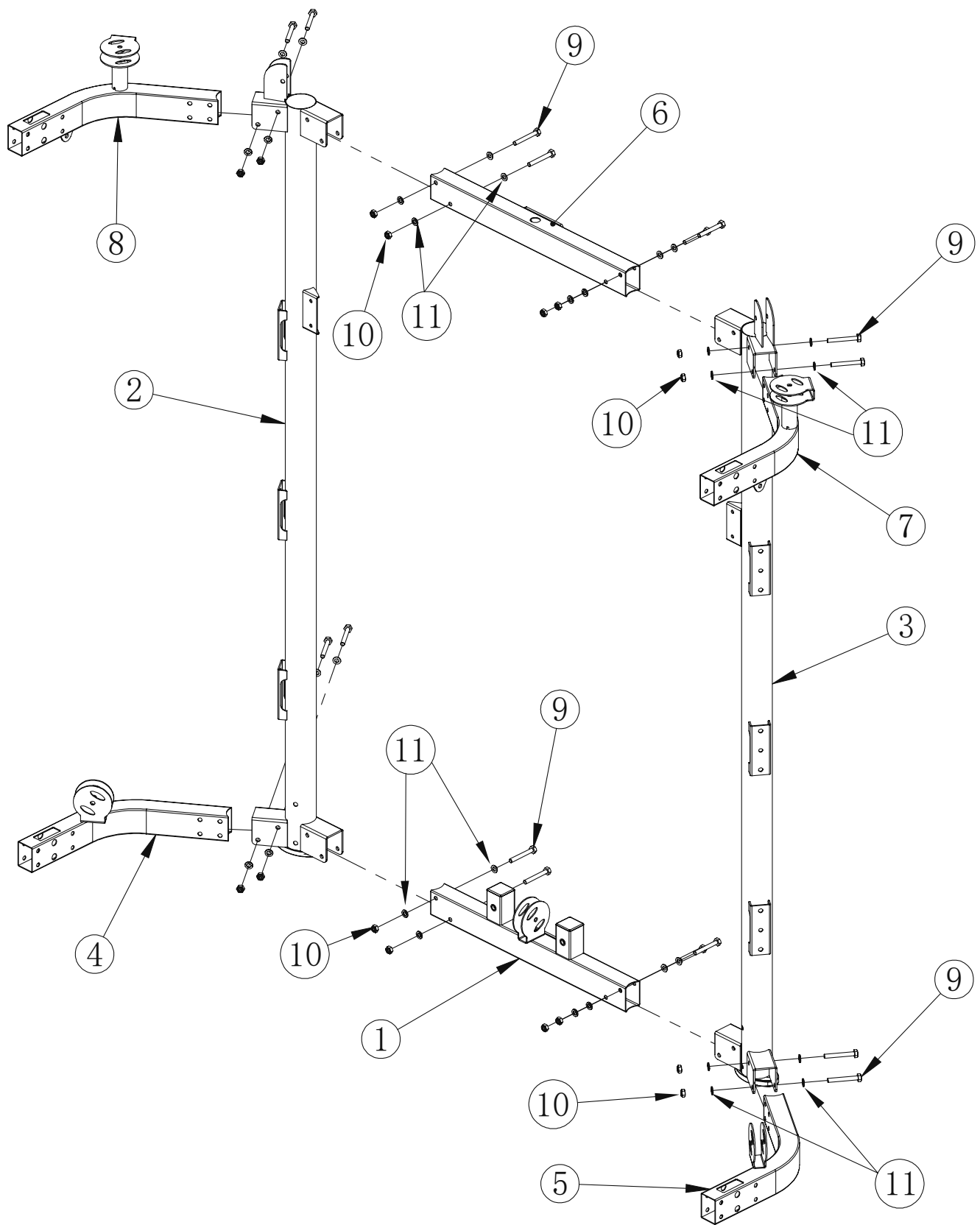
- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + If you have difficulty recognising the graphics, we recommend 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: Assembly of the Main Frame

### ⓘ NOTICE

- + Install all bolts and nuts before tightening. Do not over tighten.
  - + Not all bolts, washers and nuts are shown in the drawing as they are identical. For each bolt connection, use one bolt (9), two washers (11) and one nut (10).
1. Attach the rear lower left bent pipe (4) to the 76 vertical pipe left (2) with two bolts (9), four washers (11) and two nuts (10).
  2. Attach the rear lower right bent pipe (5) to the 76 vertical pipe right (3) with two bolts (9), four washers (11) and two nuts (10).
  3. Attach the lower middle connecting pipe (1) to the bottom of the left and right 76 vertical pipes (2 & 3) with a total of four bolts (9), eight washers (11) and four nuts (10).
  4. Attach the upper middle connecting pipe (6) to the top of the left and right 76 vertical pipes (2 & 3) with a total of four bolts (9), eight washers (11) and four nuts (10).
  5. Attach the rear upper left bent pipe (8) to the top of the 76 vertical pipe left (2) with two bolts (9), four washers (11) and two nuts (10).
  6. Attach the rear upper right bent pipe (7) to the top of the 76 vertical pipe right (3) with two bolts (9), four washers (11) and two nuts (10).
  7. Tighten bolts and nuts.





## Step 2: Assembly of the Tubes and Chin Up Bar, Part 1

### ① NOTICE

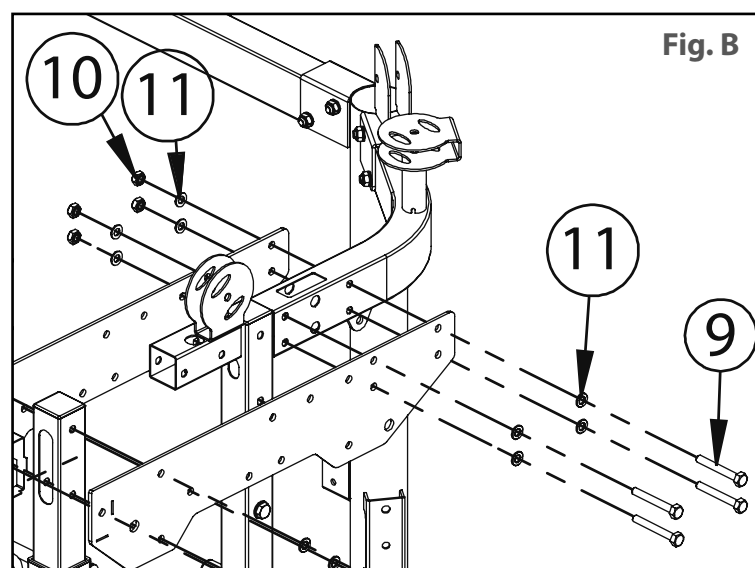
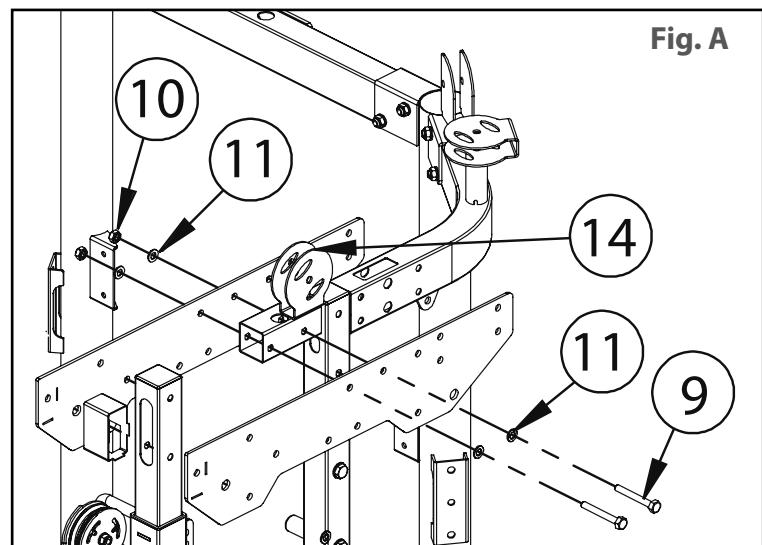
+ Install all bolts and nuts before tightening. Do not over tighten.

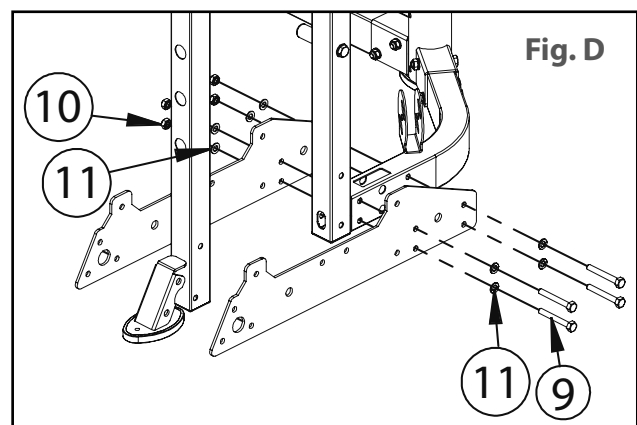
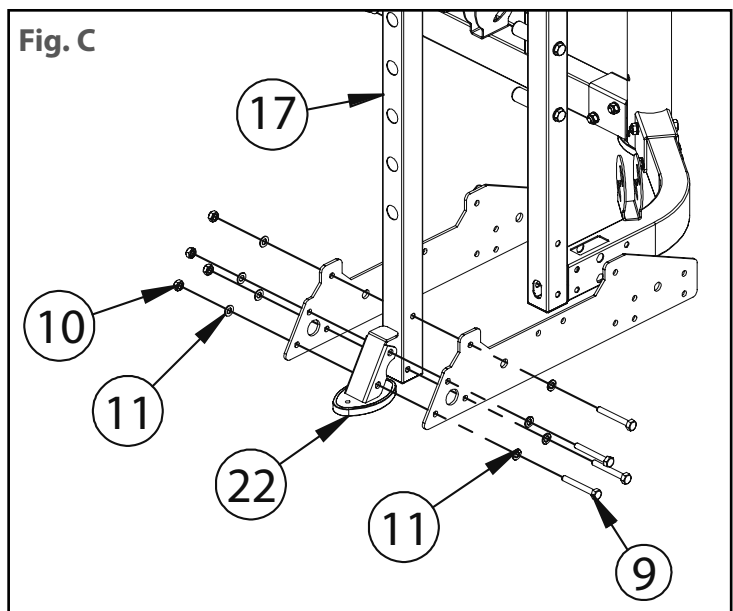
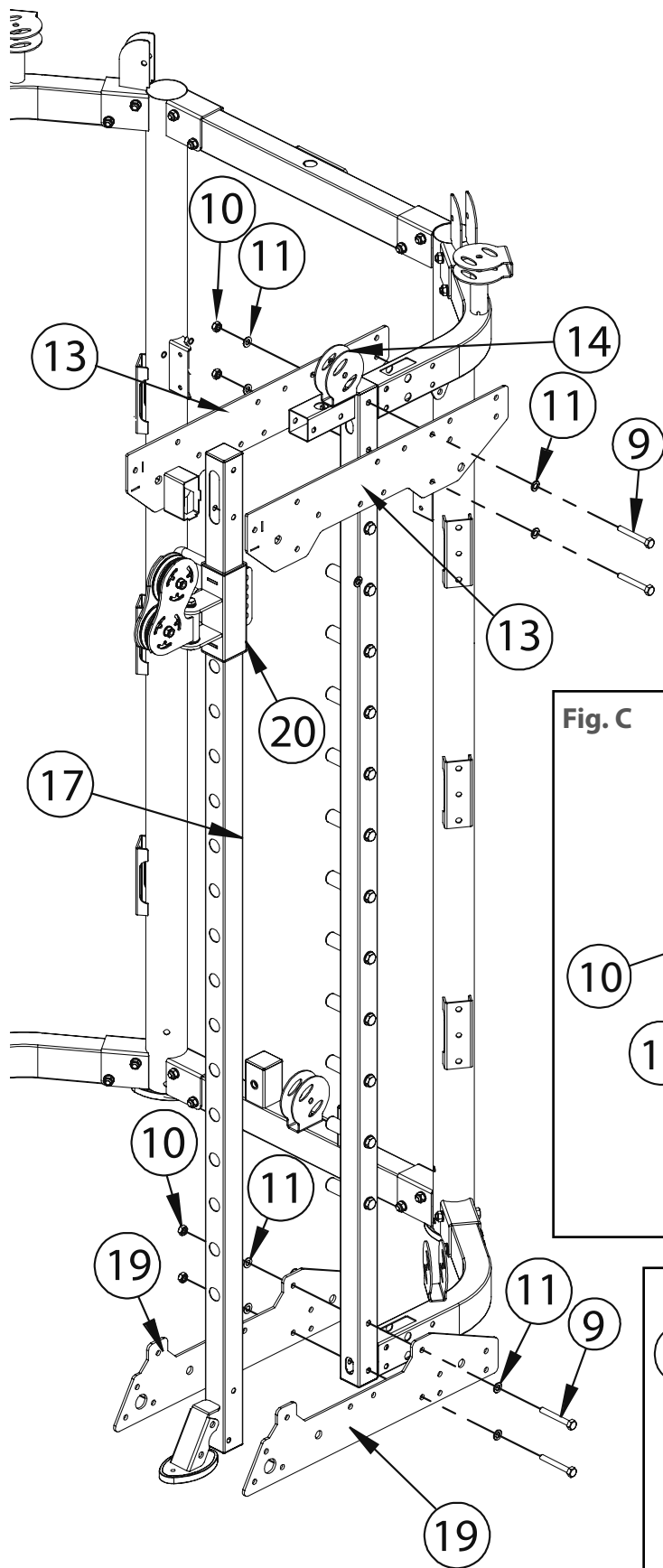
1. Attach one column (16) together with two upper fixed outer plates (13) to the rear upper right bent pipe (7) with two bolts (9), four washers (11) and two nuts (10).
2. Attach the column (16) together with two front lower fixed outer plates (19) to the rear lower right bent pipe (5) with two bolts (9), four washers (11) and two nuts (10).
3. Attach the weight stack pulley (14) to the upper fixed outer plates (13) with two bolts (9), four washers (11) and two nuts (10) [fig. A].
4. Attach the upper fixed outer plates (13) to the rear upper right bent pipe (7) with four bolts (9), eight washers (11) and four nuts (10) [fig. B].
5. Attach the right sliding sleeve (20) to the stainless steel guide pipe right (17).
6. Attach the stainless steel guide pipe right (17) and the front foot pad (22) to the front lower fixed outer plates (19) with four bolts (9), eight washers (11) and four nuts (10) [fig. C].
7. Attach the front lower fixed outer plates (19) to the rear lower right bent pipe (5) with four bolts (9), eight washers (11) and four nuts (10) [fig. D].
8. Repeat the steps 1 to 7 on the left side.

### ① NOTICE

+ For the left side, use the left weight stack pulley (15), left sliding sleeve (21) and stainless steel guide pipe left (18).

+ Do not tighten bolts and nuts yet.



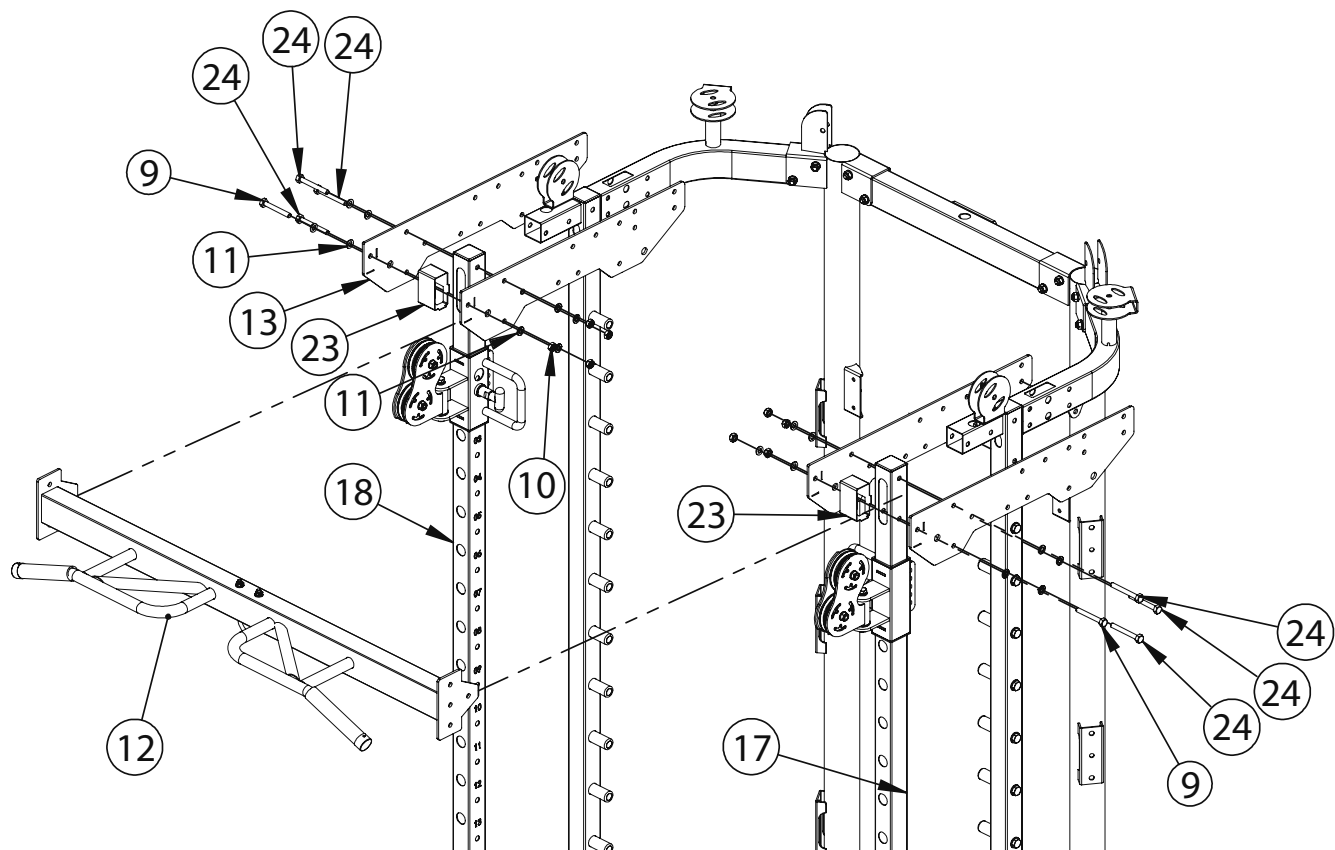


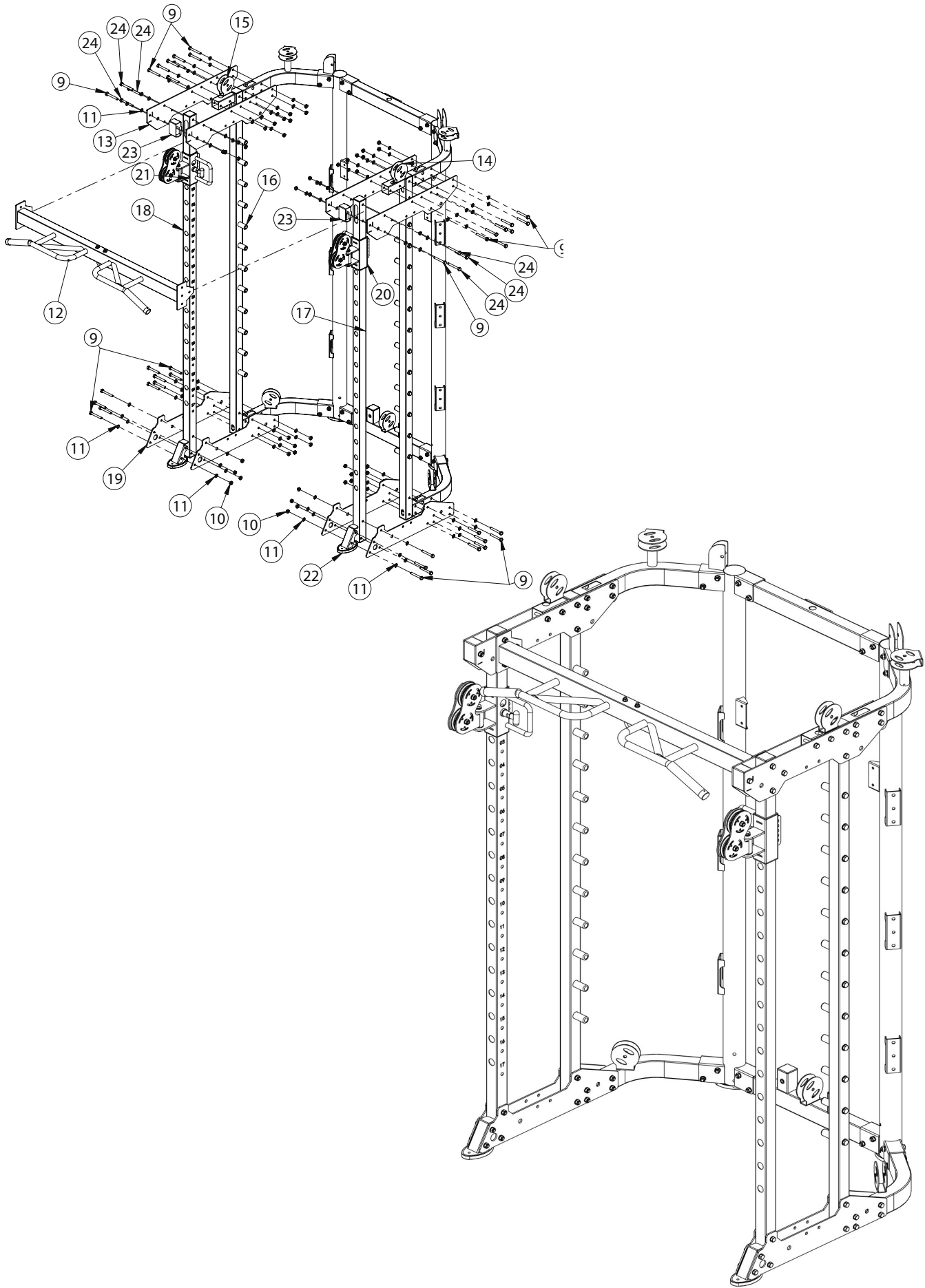
## Step 2: Assembly of the Tubes and Chin Up Bar, Part 2

### ⓘ NOTICE

+ Install all bolts and nuts before tightening. Do not over tighten.

1. Attach one decorative pipe (23) between the upper fixed outer plates (13) with one bolt (9), two washers (11) and one nut (10) on each side of the machine.
2. Attach the upper beam (12) to the inner side of the upper fixed outer plates (13) and to the left and right stainless steel guide pipes (18 & 17) with a total of six bolts (24), twelve washers (11) and six nuts (10).
3. Now tighten all bolts and nuts.





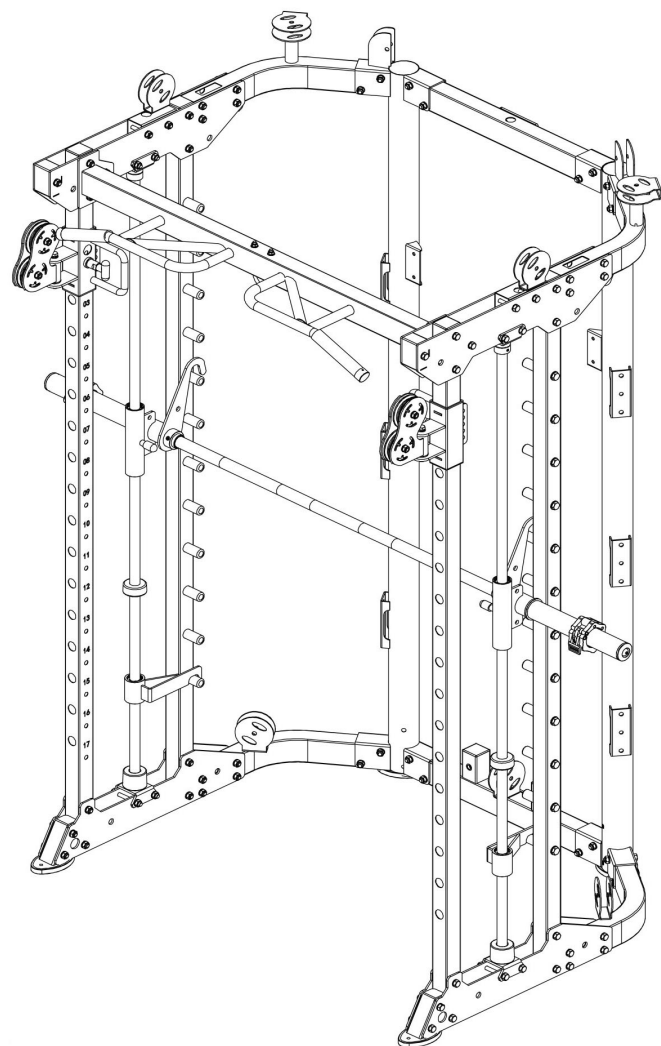
### Step 3: Assembly of Guide Rods and Barbell Rod

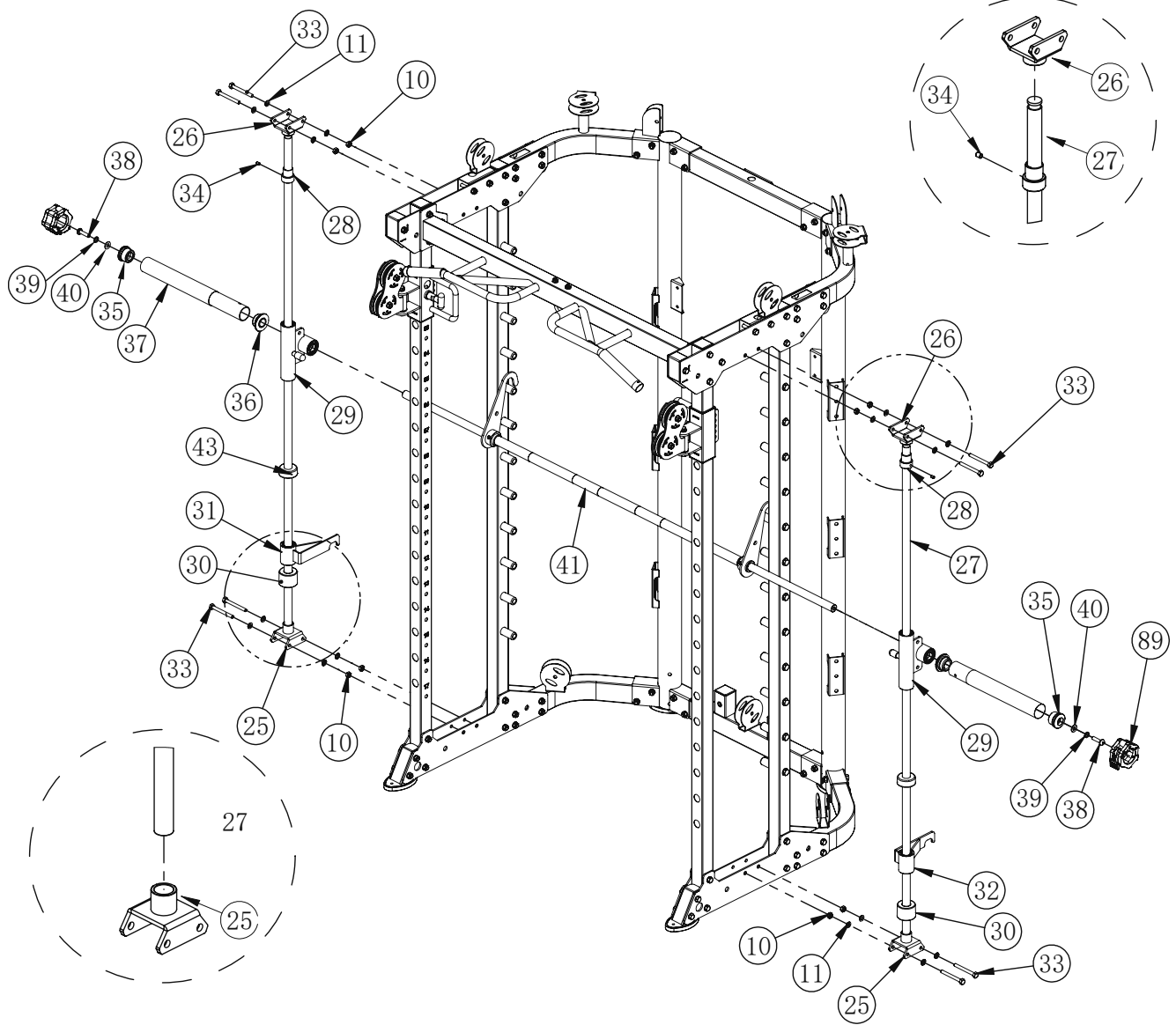
1. Attach the guide rod lower fixed seat (25) to the front lower fixed outer plates (19) with a total of four bolts (33), eight washers (11) and four nuts (10).
2. Attach the guide rod fixed upper seat (26) to the upper fixed outer plates (13) with a total of four bolts (33), eight washers (11) and four nuts (10).

**ⓘ NOTICE**

For the next steps, it is recommended to begin on one side and proceed further. The following instructions begin on the right side.

3. Slide the following parts over the right guide rod (27) in the following order: one shock absorber pad (30), one safety hook left (32; the hook should be facing inwards/to the left), one cushion (43), one sliding sleeve (29) and one guide rod locking sleeve (28).
4. Slide the following parts over the left guide rod (27) in the following order: one shock absorber pad (30), one safety hook right (31; the hook should be facing inwards/to the right), one cushion (43), one sliding sleeve (29) and one guide rod locking sleeve (28).
5. While carefully holding the right guide rod with its components, insert the guide rod (27) into the guide rod lower fixed seat (25) and guide rod fixed upper seat (26).
6. Secure the guide rod (27) to the guide rod locking sleeve (28) with one set screw (34).
7. First, slide the barbell rod (41) through the right sided sliding sleeve (29) on the right guide rod (27), then hang the barbell rod (41) at any height in the column (16).
8. While carefully holding the left guide rod and its components, first slide the left sided sliding sleeve (29) onto the left side of the barbell rod (41), then insert the left guide rod (27) into the guide rod lower fixed seat (25) and guide rod fixed upper seat (26).
9. Secure the guide rod (27) to the guide rod locking sleeve (28) with one set screw (34).
10. Slide one inner retaining ring (36) and one stainless steel pipe (37) onto each end of the barbell rod (41).
11. Attach one barbell rod plug (35) to each stainless steel pipe (37) with one bolt (38), one spring washer (39) and one washer (40).
12. Slide one barbell card (89) onto each stainless steel pipe (37).



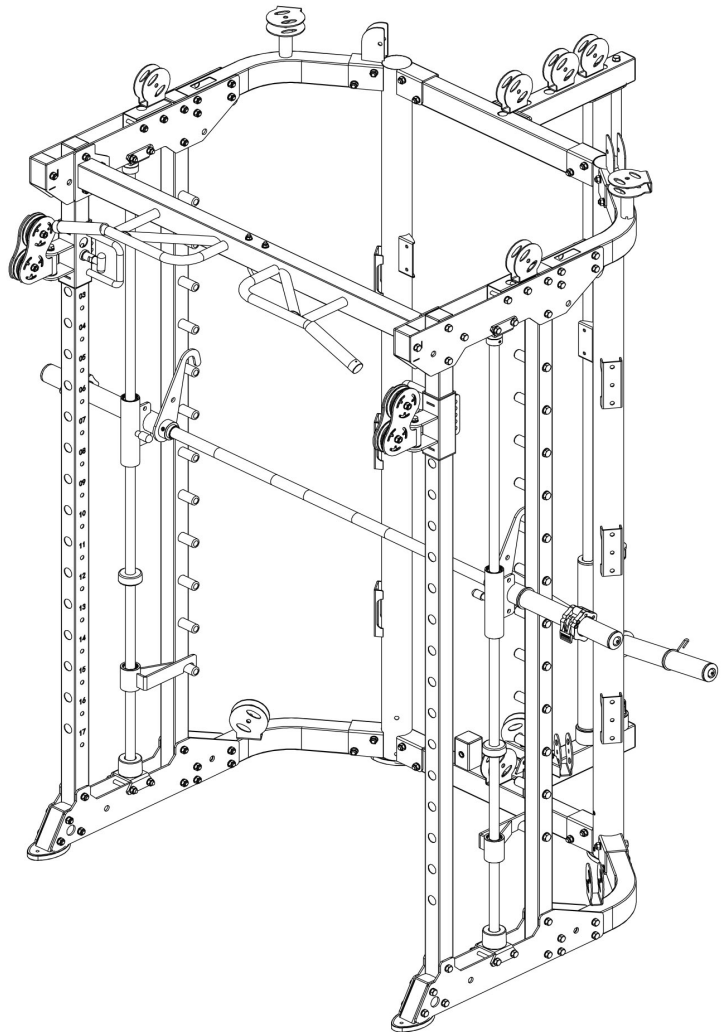


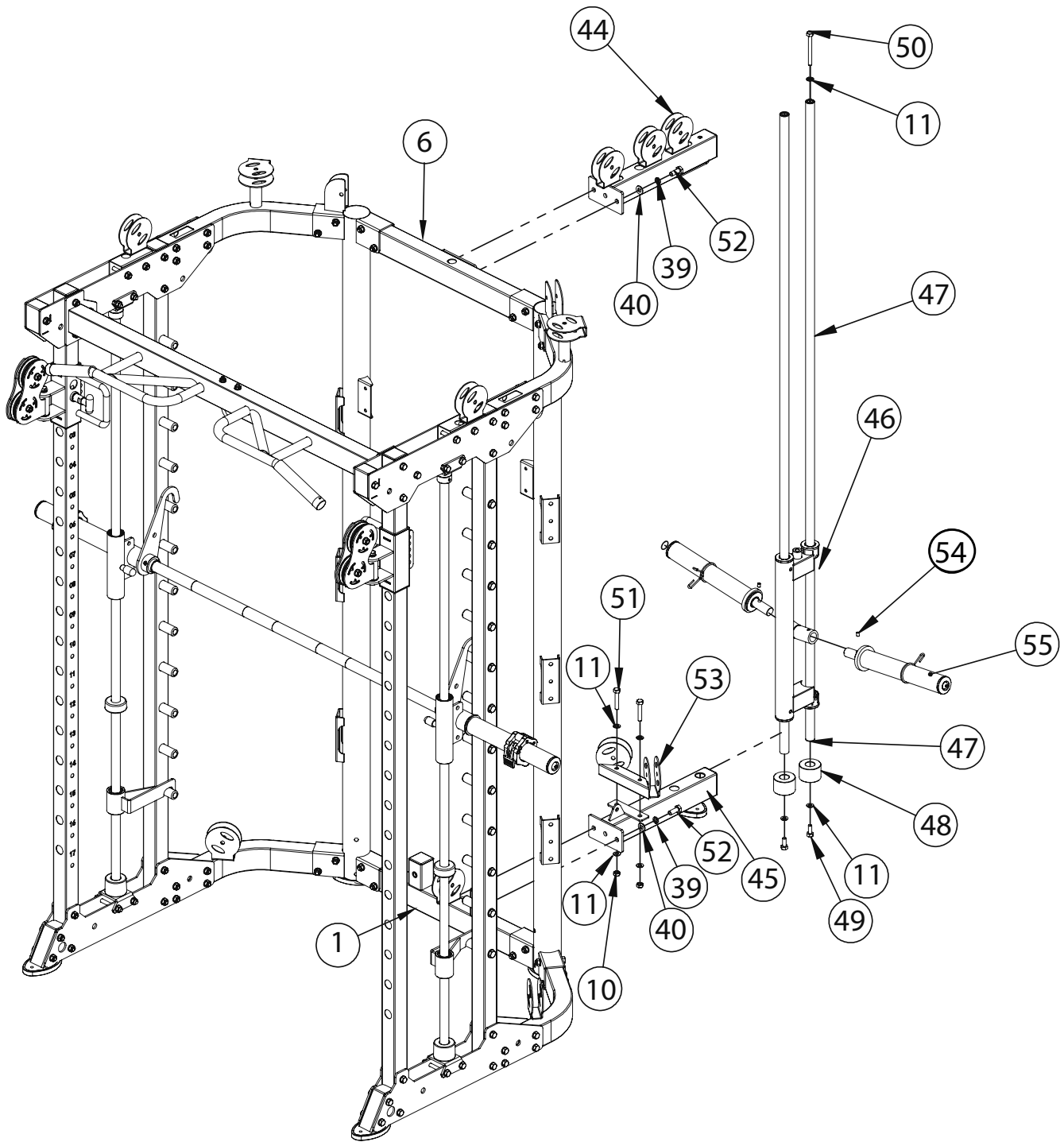
#### Step 4: Assembly of the Rear Guide Rods

**ⓘ NOTICE**

Install all bolts and nuts before tightening.

1. Attach the short upper connection tube (44) to the upper middle connecting pipe (6) with two bolts (52), two spring washers (39) and two washers (40).
2. Attach the rear guide rod fixed pipe (45) to the lower middle connecting pipe (1) with two bolts (52), two spring washers (39) and two washers (40).
3. Attach the double pulley bracket (53) to the rear guide rod fixed pipe (45) with two bolts (51), four washers (11) and two nuts (10).
4. Slide two weight stack shock absorber pads (48) and the barbell hanging rod frame (46) over the rear guide rods (47).
5. Insert the rear guide rods (47) into the rear guide rod fixed pipe (45).
6. Attach the rear guide rods (47) to the rear guide rod fixed pipe (45) with two bolts (49) and two washers (11).
7. Attach the rear guide rods (47) to the short upper connection tube (44) with two bolts (50) and two washers (11).
8. Attach the barbell lifting rods (55) to the barbell hanging rod frame (46) with one set screw (54) each.
9. Tighten the bolts and nuts.

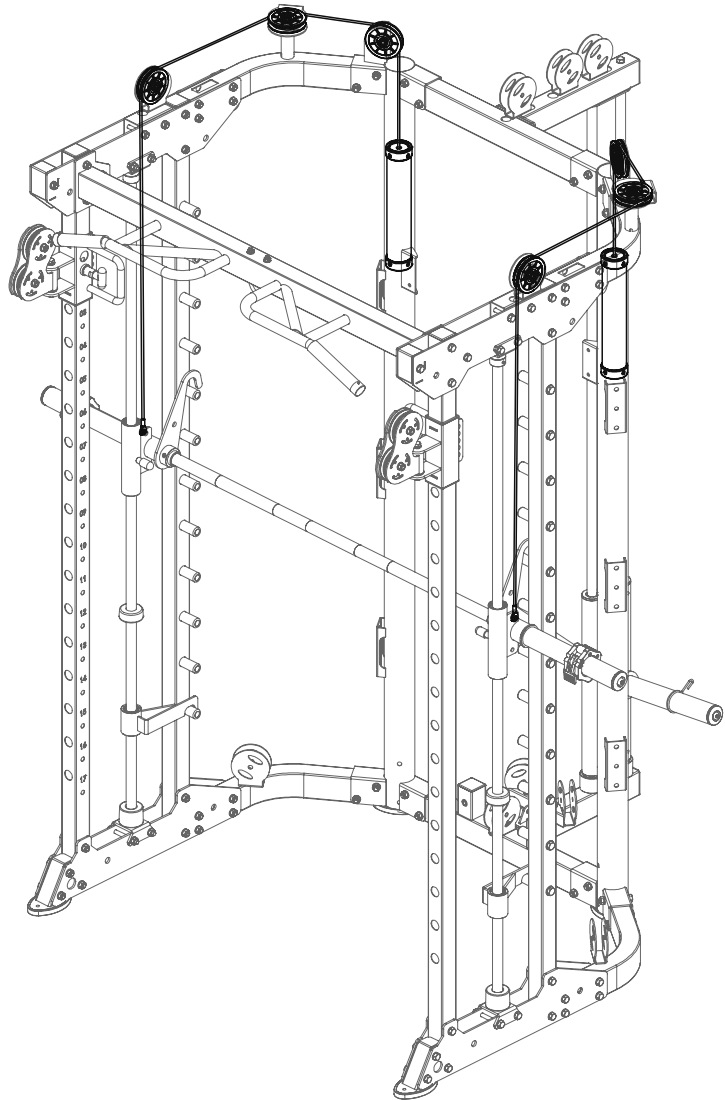


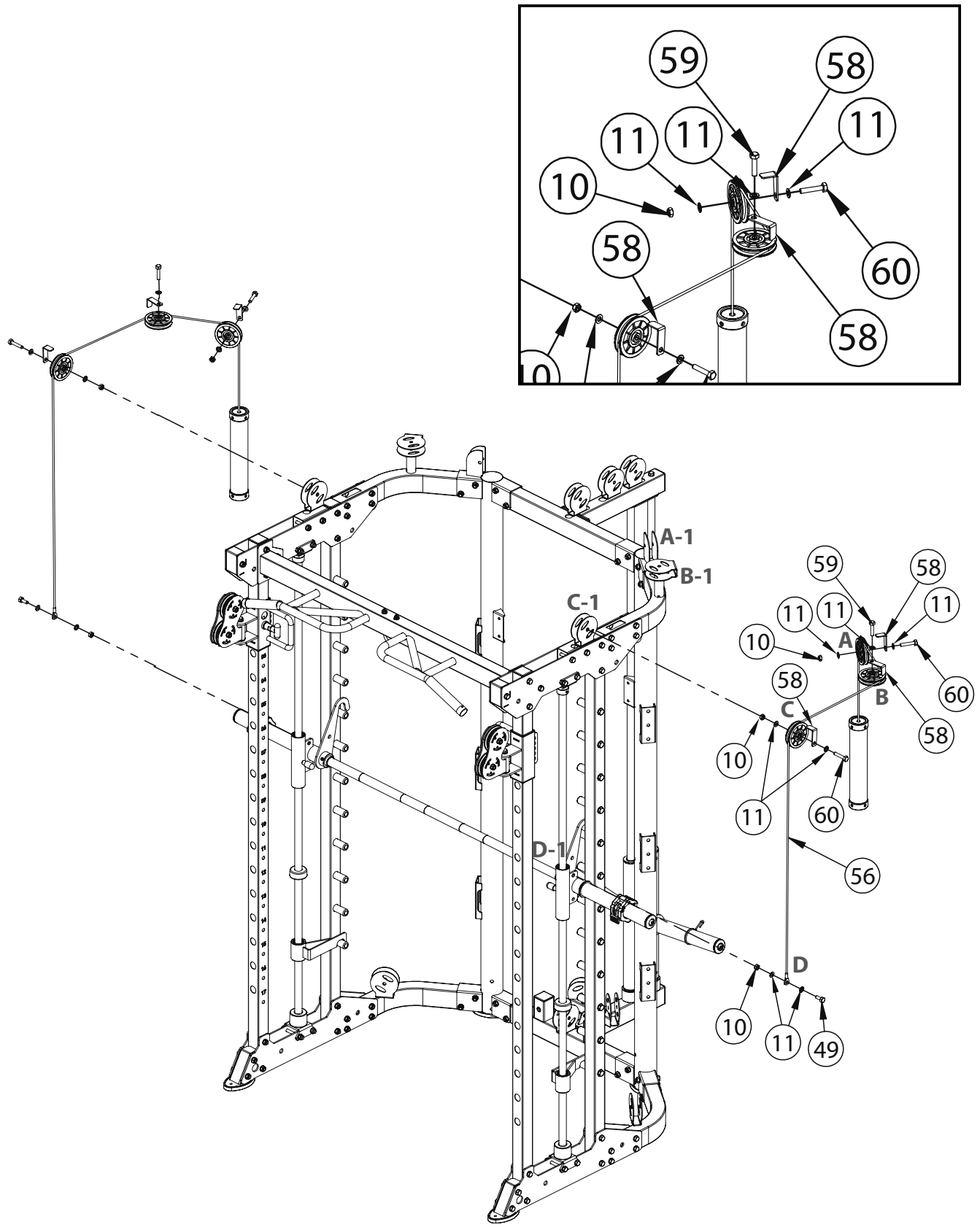


## Step 5: Assembly of the Wires, Part 1

### ① NOTICE

- + Use the wire ropes (56) and pulleys (57).
  - + The wires and pulleys must be assembled simultaneously.
  - + Start with one side of the machine and repeat the steps on the other side.
1. Connect the wire rope (56) to the weight stack (61) and place the weight inside the 76 vertical pipe right (3).
  2. Route the wire rope (56) over one pulley (57, A) and attach the pulley (A) to the pulley bracket (A-1) with one bolt (60), one pulley baffle (58), two washers (11) and one nut (10).
  3. Route the wire rope (56) around one pulley (57, B) and attach the pulley (B) to the pulley bracket (B-1) with one bolt (59), one pulley baffle (58) and one washer (11).
  4. Route the wire rope (56) over over pulley (57, C) and attach the pulley (C) to the pulley bracket (C-1) with one bolt (60), one pulley baffle (58), two washers (11) and one nut (10).
  5. Attach the loop end of the wire rope (56) to the outside of the sliding sleeve (29) with one bolt (49), two washers (11) and one nut (10).
  6. Repeat the steps 1 to 5 on the left side of the machine with the second wire rope (56).



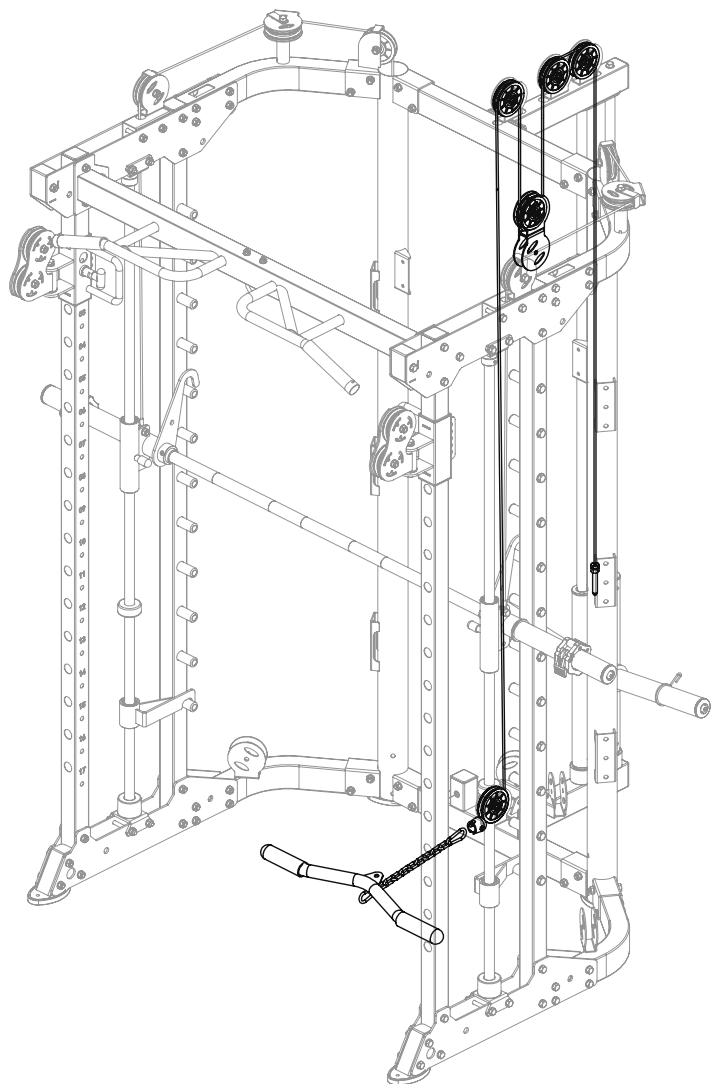


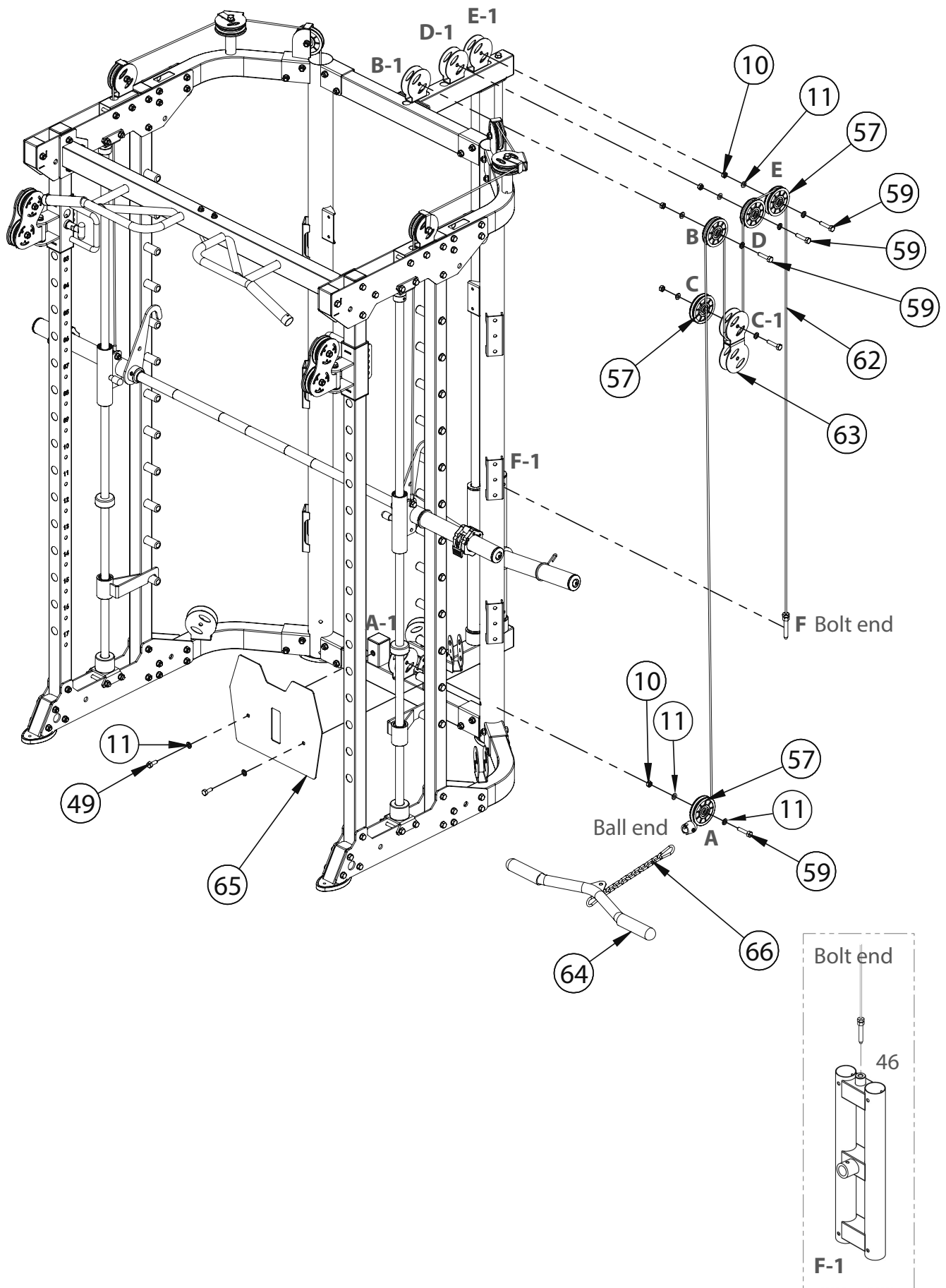
## Step 6: Assembly of the Wires, Part 2

### ① NOTICE

- + Use the steel wire rope (62) and pulleys (57).
- + The wire and pulleys must be assembled simultaneously.

1. Route the steel wire rope (62) under one pulley (57, A) and attach the pulley (A) to the pulley bracket (A-1) with one bolt (59), two washers (11) and one nut (10).
2. Route the steel wire rope (62) over one pulley (57, B) and attach the pulley (B) to the pulley bracket (B-1) with one bolt (59), two washers (11) and one nut (10).
3. Route the steel wire rope (62) under one pulley (57, C) and attach pulley (C) to the upper pulley bracket (C-1) in the inline pulley frame (63) with one bolt (59), two washers (11) and one nut (10).
4. Route the steel wire rope (62) over one pulley (57, D) and attach the pulley (D) to the pulley bracket (D-1) with one bolt (59), two washers (11) and one nut (10).
5. Route the steel wire rope (62) over one pulley (57, E) and attach the pulley (E) to the pulley bracket (E-1) with one bolt (59), two washers (11) and one nut (10).
6. Attach the bolt end of the steel wire rope (62) to the barbell hanging rod frame (46; F-1).
7. Attach the foot pedal (65) to the lower middle connecting pipe (1) with two bolts (49) and two washers (11).
8. Attach the chain (66) to the ball end of the steel wire rope (62) with one of the snap hooks.
9. Attach the row handle (64) to the other snap hook of the chain (66).

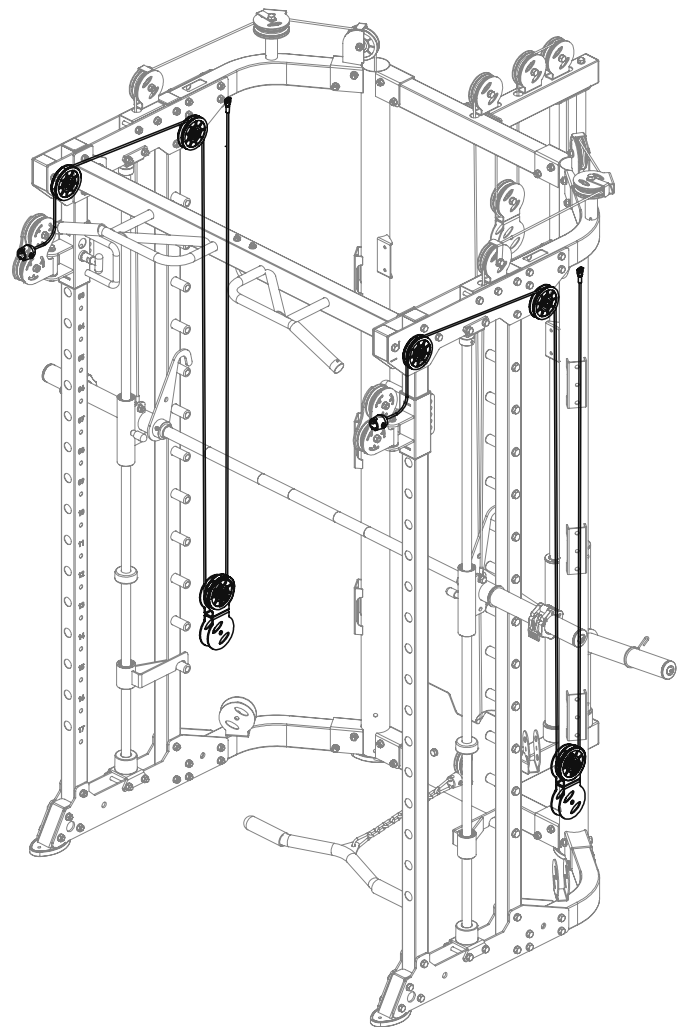


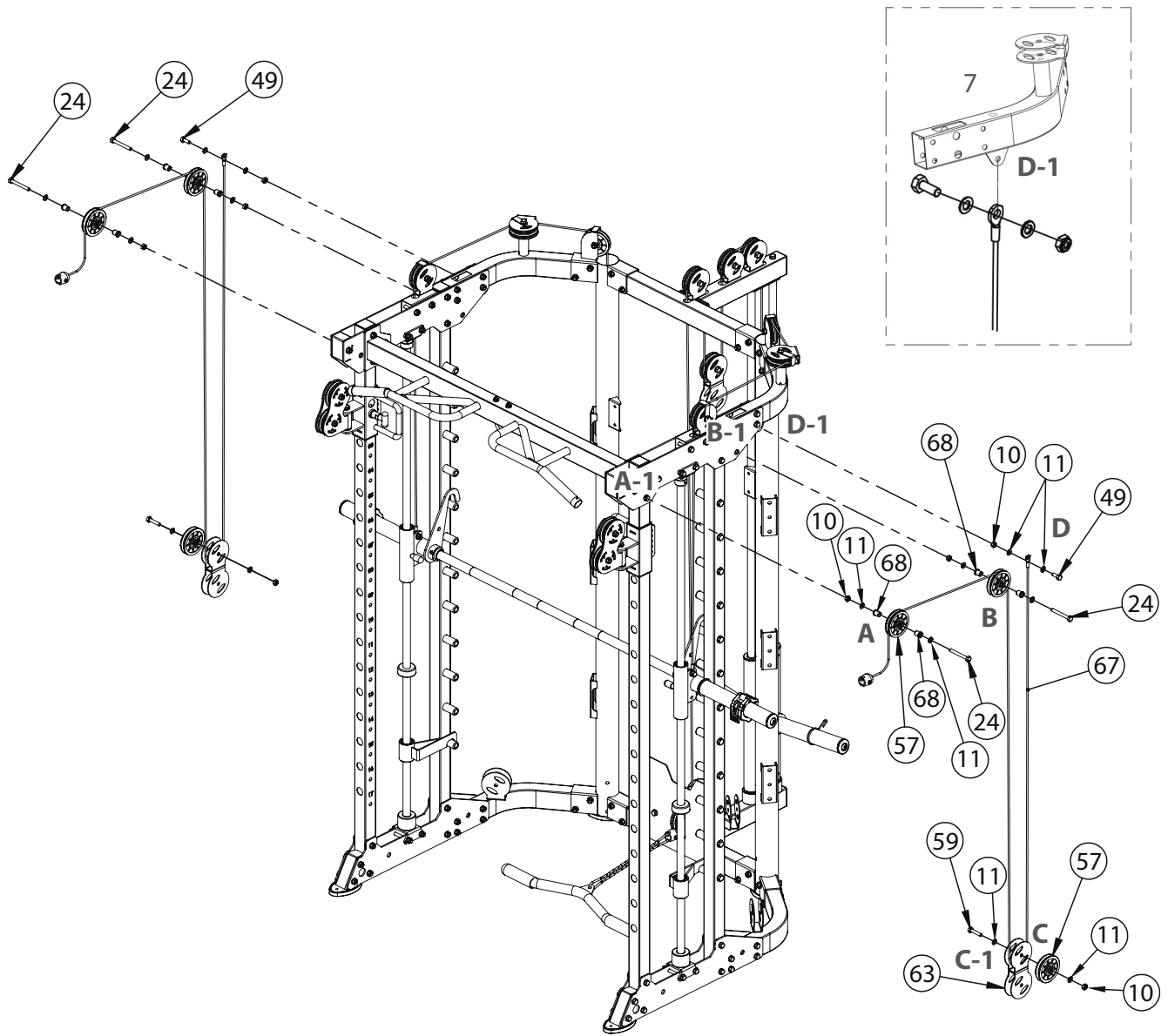


## Step 7: Assembly of the Wires, Part 3

### ⓘ NOTICE

- + Use the lat pull steel wire ropes (67) and pulleys (57).
  - + The wires and pulleys must be assembled simultaneously.
  - + Start with one side of the machine and repeat the steps on the other side.
1. Route the lat pull steel wire rope (67) over one pulley (57, A) and attach the pulley (A) between the upper plates (A-1) with one bolt (24), two pulley spacer sleeves (68), two washers (11) and one nut (10).
  2. Route the lat pull steel wire rope (67) over one pulley (57, B) and attach the pulley (B) between the upper plates (B-1) with one bolt (24), two pulley spacer sleeves (68), two washers (11) and one nut (10).
  3. Route the lat pull steel wire rope (67) under one pulley (57, C) and attach the pulley (C) to the upper pulley bracket (C-1) in the inline pulley frame (63) with one bolt (59), two washers (11) and one nut (10).
  4. Attach the loop end of the lat pull steel wire rope (67) to the rear upper right bent pipe (7; D-1) with one bolt (49), two washers (11) and one nut (10).
  5. Repeat the steps 1 to 4 on the left side of the machine with the second lat pull steel wire rope (67).

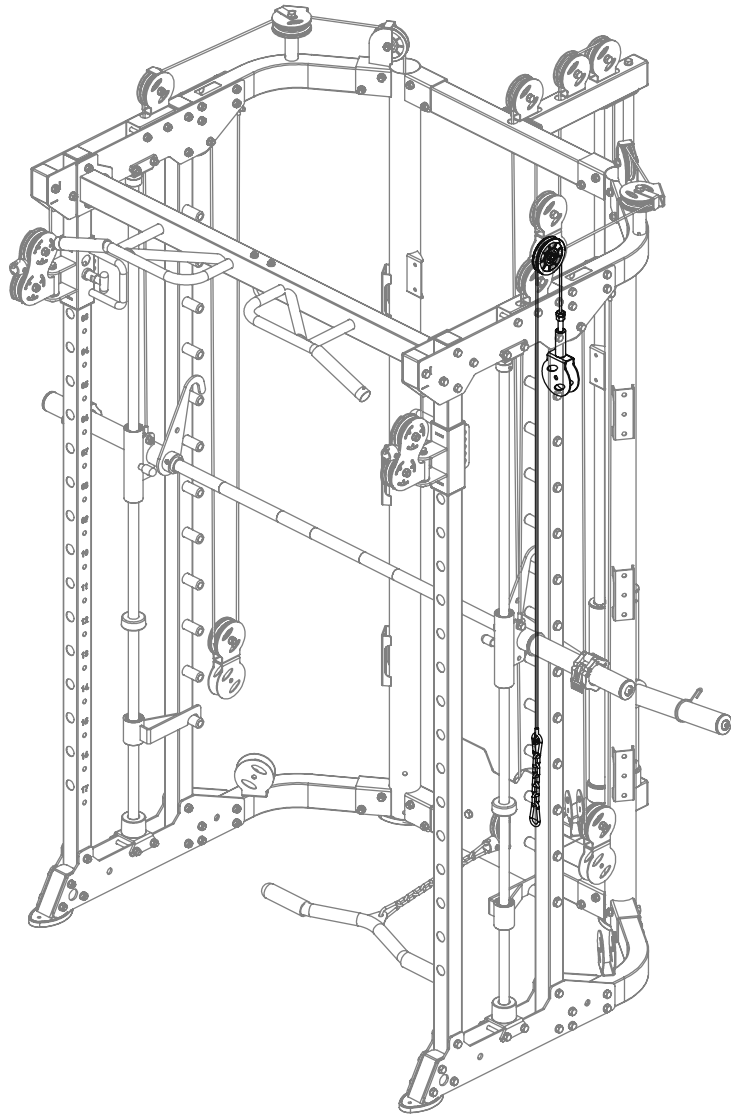


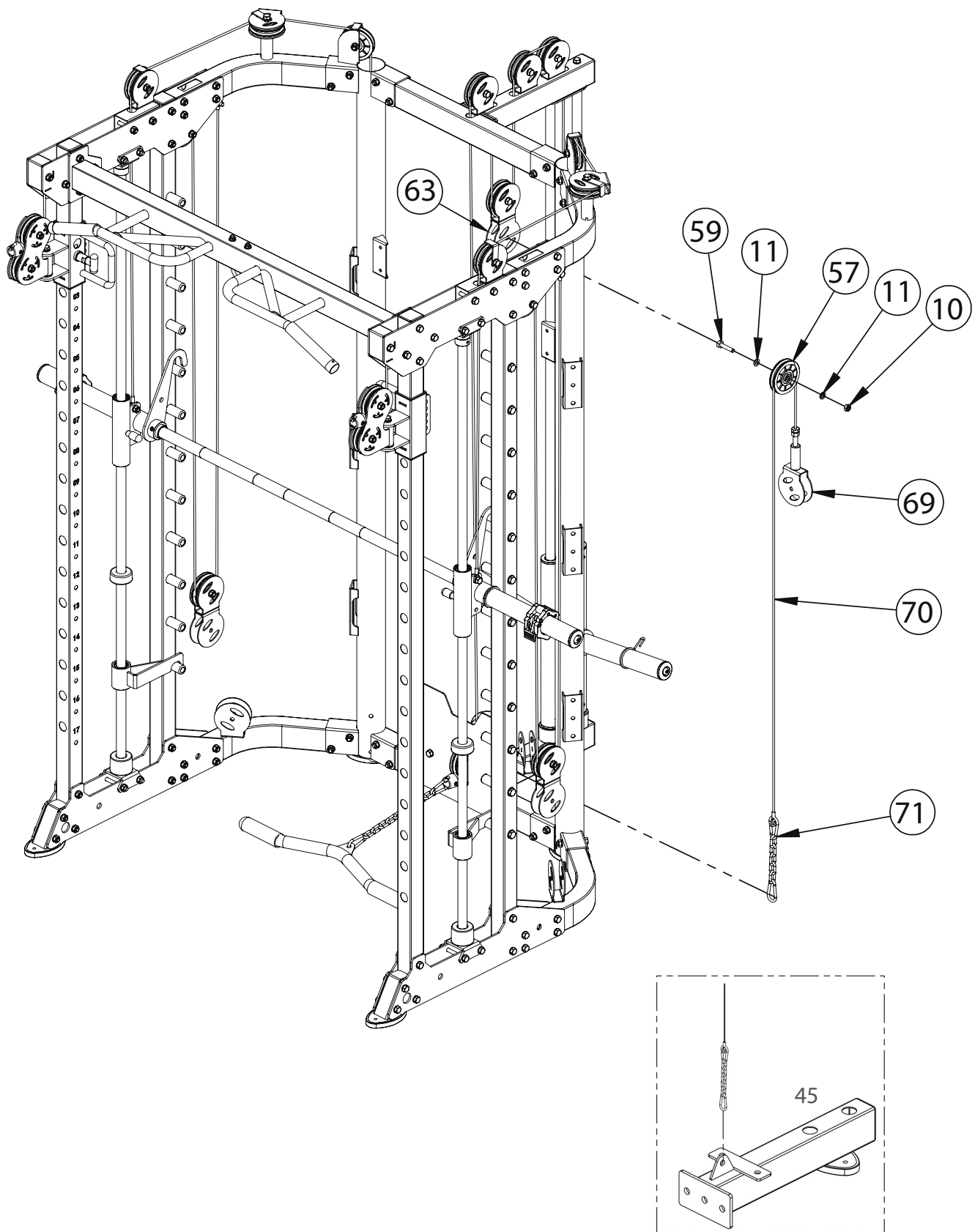


## Step 8: Assembly of the Wires, Part 4

### ⓘ NOTICE

- + Use the transition steel wire rope (70) and pulley (57).
  - + The wire and pulley must be assembled simultaneously.
1. Attach the bolt end of the transition steel wire rope (70) to the single pulley plate (69).
  2. Route the transition steel wire rope (70) over one pulley (57) and attach the pulley (57) to the lower pulley bracket in the inline pulley frame (63) with one bolt (59), two washers (11) and one nut (10).
  3. Attach the chain (71) to the end of the transition steel wire rope (70) and to the rear guide rod fixed pipe (45).



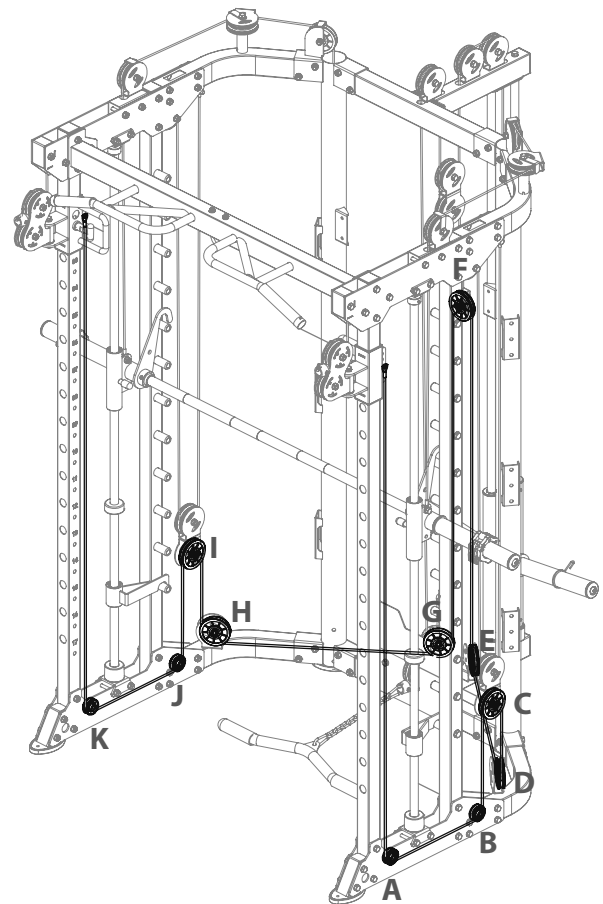


## Step 9: Assembly of the Wires, Part 5

### ① NOTICE

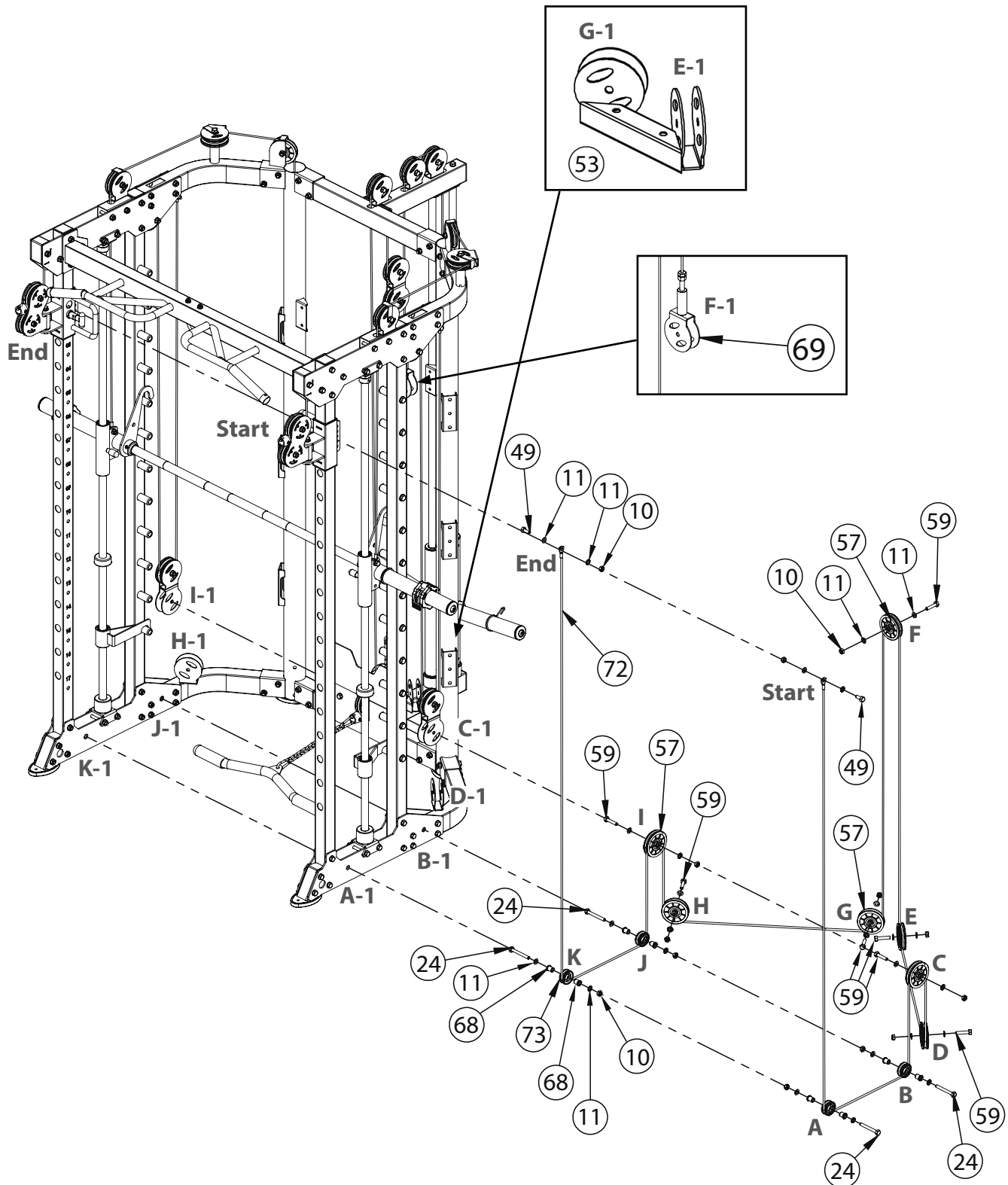
- + Use the cable cross steel wire rope (72), seven pulleys (57) and four 50mm pulleys (73).
- + The wire and pulleys must be assembled simultaneously.

1. Attach the end of the cable cross steel wire rope (72) to the right sliding sleeve (20) with one bolt (49), two washers (11) and one nut (10).
2. Route the cable cross steel wire rope (72) under one pulley (73, A) and attach the pulley (A) between the lower plates (A-1) with one bolt (24), two washers (11), two pulley spacer sleeves (68) and one nut (10).
3. Route the cable cross steel wire rope (72) under one pulley (73, B) and attach the pulley (B) between the lower plates (B-1) with one bolt (24), two washers (11), two pulley spacer sleeves (68) and one nut (10).
4. Route the cable cross steel wire rope (72) over one pulley (57, C) and attach the pulley (C) to the lower pulley bracket (C-1) in the inline pulley frame (63) with one bolt (59), two washers (11) and one nut (10).
5. Route the cable cross steel wire rope (72) under one pulley (57, D) and attach the pulley (D) to the pulley bracket (D-1) on the rear lower right bent pipe (5) with one bolt (59), two washers (11) and one nut (10).
6. Route the cable cross steel wire rope (72) under one pulley (57, E) and attach the pulley (E) to the right pulley bracket (E-1) in the double pulley bracket (53) with one bolt (59), two washers (11) and one nut (10).
7. Route the cable cross steel wire rope (72) over one pulley (57, F) and attach the pulley (F) to the pulley bracket (F-1) in the single pulley plate weldment (69) with one bolt (59), two washers (11) and one nut (10).
8. Route the cable cross steel wire rope (72) under one pulley (57, G) and attach the pulley (G) to the left pulley bracket (G-1) in the double pulley bracket (53) with one bolt (59), two washers (11) and one nut (10).
9. Route the cable cross steel wire rope (72) under one pulley (57, H) and attach the pulley (H) to the pulley bracket (H-1) on the rear lower left bent pipe (4) with one bolt (59), two washers (11) and one nut (10).
10. Route the cable cross steel wire rope (72) over one pulley (57, I) and attach the pulley (I) to the lower pulley bracket (I-1) in the inline pulley frame (63) with one bolt (59), two washers (11) and one nut (10).
11. Route the cable cross steel wire rope (72) under one pulley (73, J) and attach the pulley (J) between the lower plates



(J-1) with one bolt (24), two washers (11), two pulley spacer sleeves (68) and one nut (10).

12. Route the cable cross steel wire rope (72) under one pulley (73, K) and attach the pulley (K) between the lower plates (K-1) with one bolt (24), two washers (11), two pulley spacer sleeves (68) and one nut (10).
13. Attach the end of the cable cross steel wire rope (72) to the left sliding tube (21) with one bolt (49), two washers (11) and one nut (10).

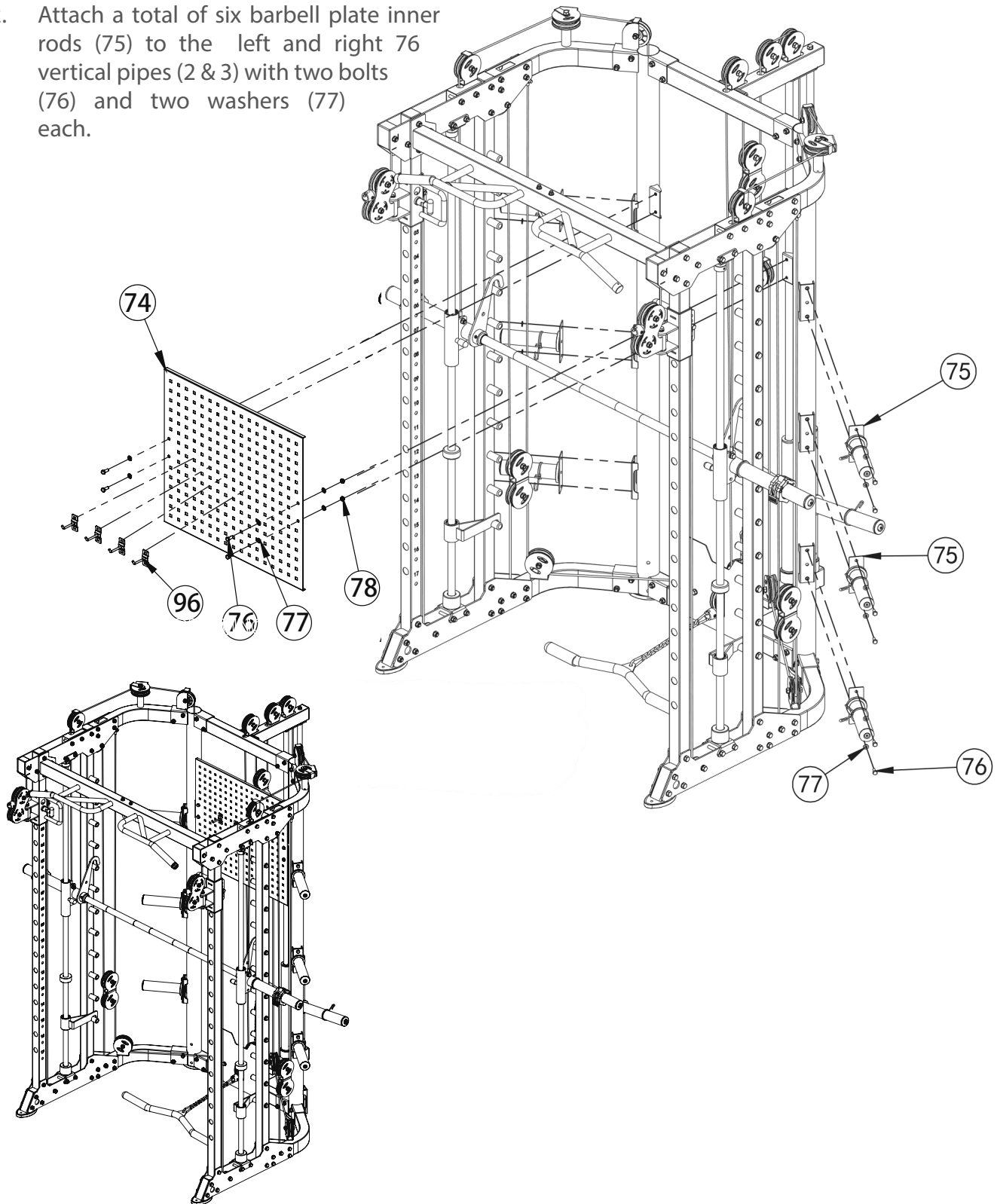


## Step 10: Assembly of the Shield and Barbell Plate Rods

### ① NOTICE

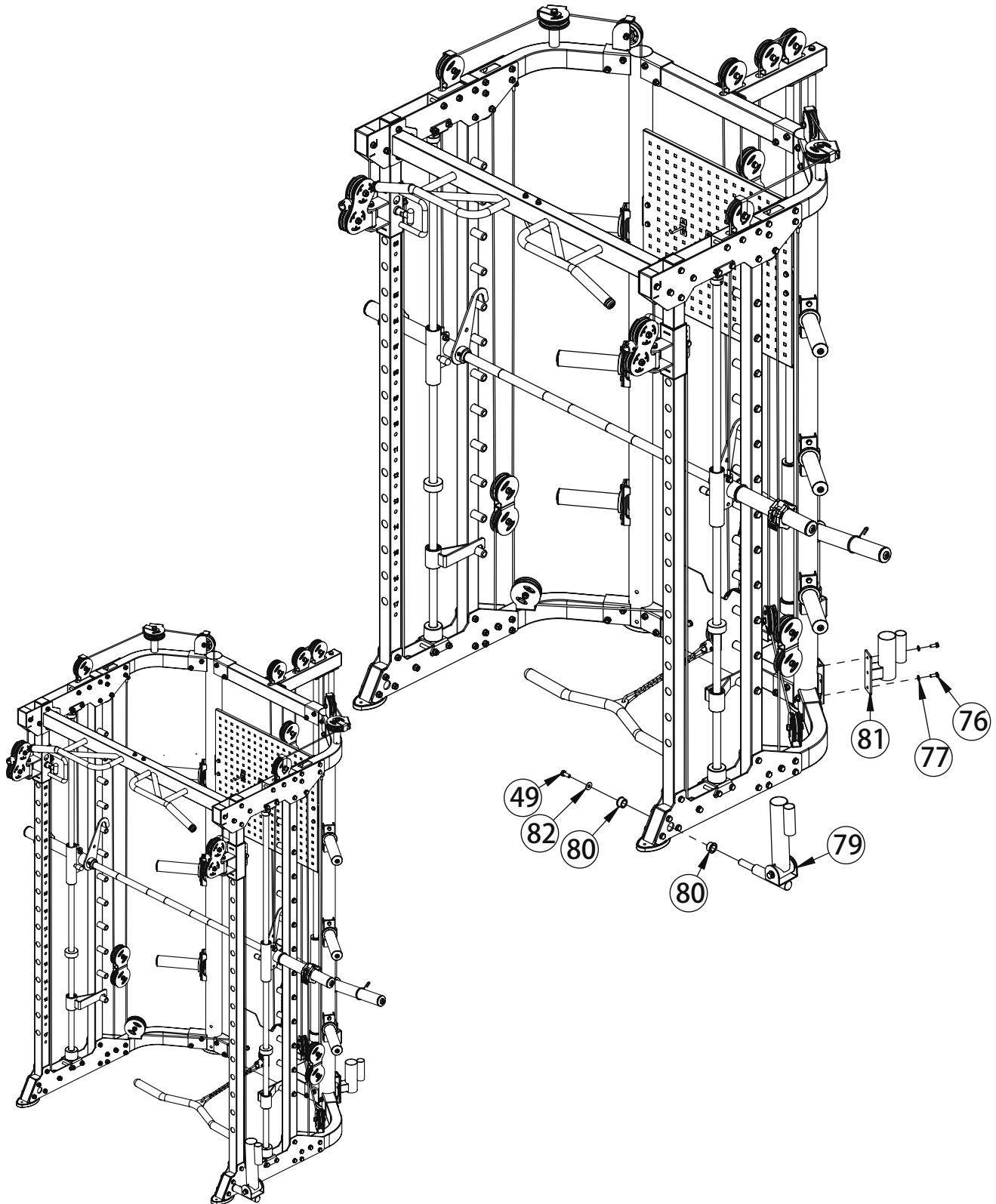
Install all bolts, washers and nuts before tightening.

1. Attach the shield plate (74) to the left and right 76 vertical pipes (2 & 3) with four bolts (76), eight washers (77) and four nuts (78).
2. Attach a total of six barbell plate inner rods (75) to the left and right 76 vertical pipes (2 & 3) with two bolts (76) and two washers (77) each.



### Step 11: Assembly of the Rotating Rod and the Barbell Rod Sleeve

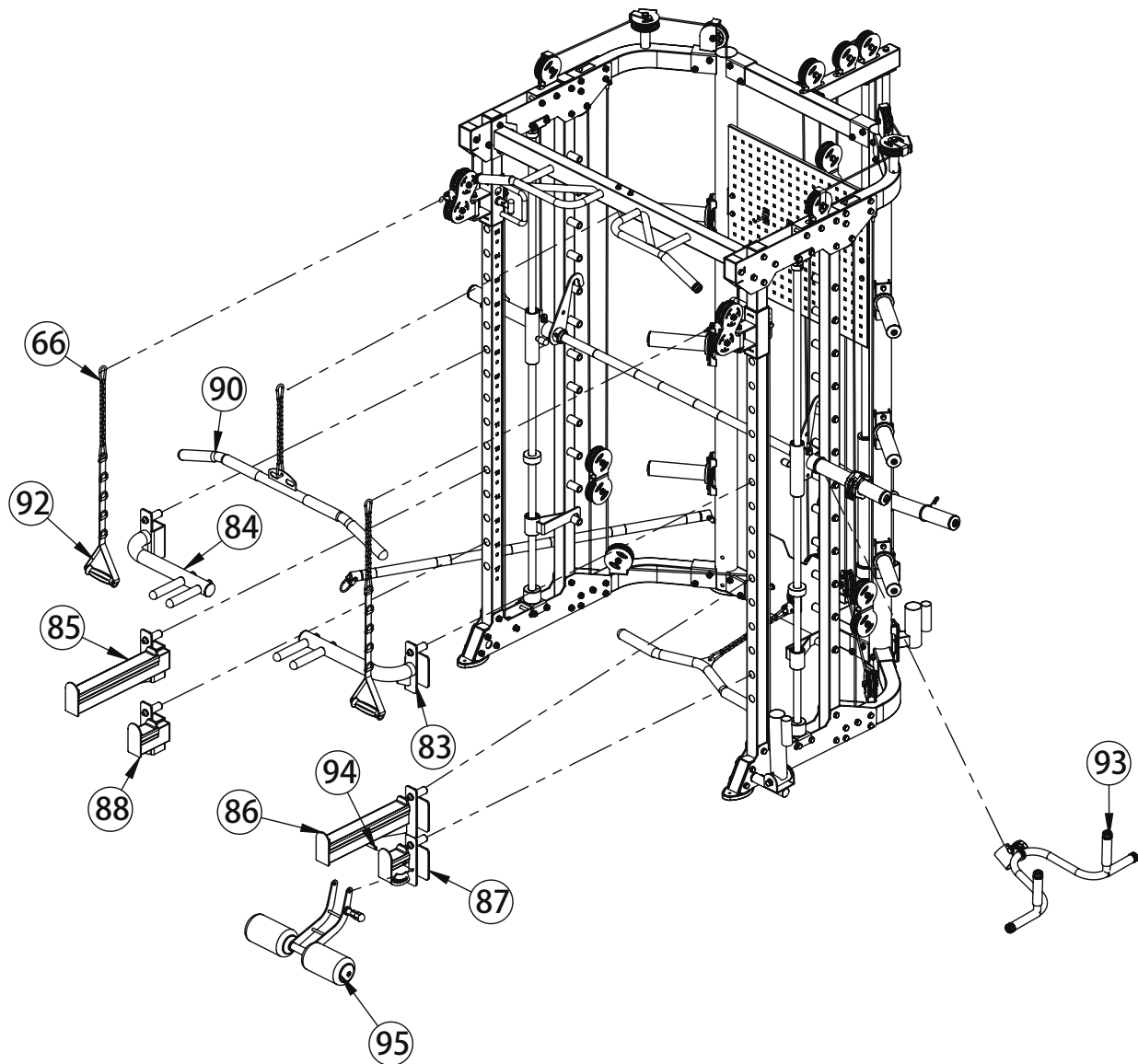
1. Attach the barbell rod sleeve (81) to the 76 vertical pipe right (3) with two bolts (76) and two washers (77).
2. Attach the rotating rod (79) to the front lower fixed outer plates (19) with one bolt (49), one washer (82) and two powder sleeves (80).

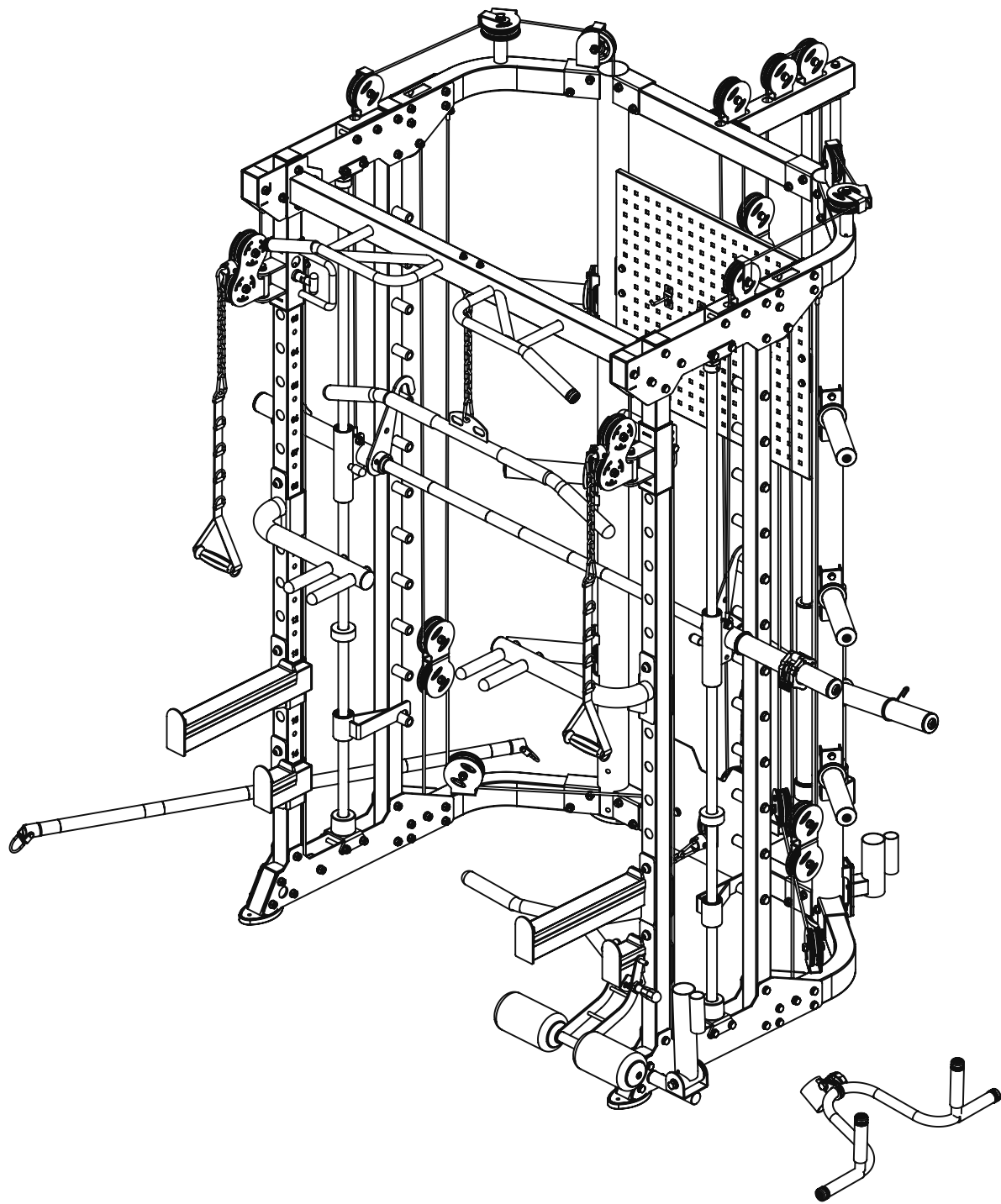


## Step 12: Accessories

The MS30 comes with a variety of attachments that can be used interchangeably like shown below. The following accessories are included in the scope of delivery:

- + 83: horizontal bar left
- + 84: horizontal bar right
- + 85: right safety block long rubber pad
- + 86: left safety block long rubber pad
- + 87: short safety block - left
- + 88: short safety block - right
- + 90: lat pull handle
- + 91: cross pull rod
- + 92: hand strap
- + 93: handle cover
- + 94: T-shaped pin
- + 95: leg press adjustment frame





### Load and Unload Weight Plates

**⚠ CAUTION**

- + Make sure to always use some sort of weight collar when exercising with external weights.
- + Never store unused weight plates on the floor.
- + Store unused weight plates on a weight rack or respective storage horns.

## 2.4 Optional Leg Press Plate

### ① NOTICE

The leg press plate is an optional accessory for the MS30 and is not included in the scope of delivery of the Smith machine itself. The leg press plate must be purchased separately.

Scan the QR code with the camera function or QR code scanner app of your mobile device to visit our shop and find more information on the leg press plate.

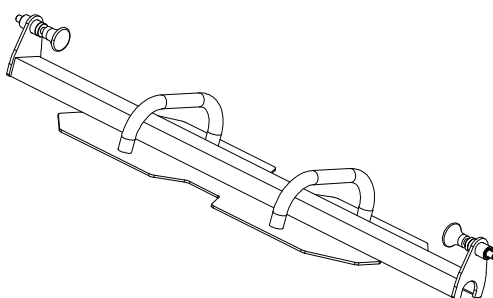


### 2.4.1 Scope of Delivery - Leg Press Plate

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.

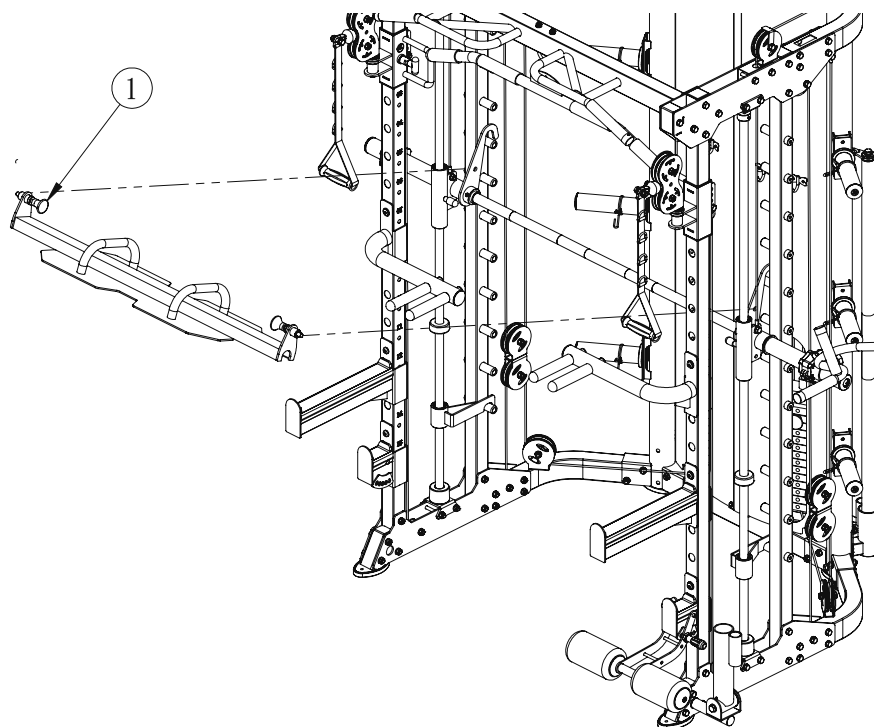
### ⚠ CAUTION

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



### 2.4.2 Assembly - Leg Press Plate

Attach the leg press plate (1) to the hooks of the barbell rod (41) and secure with the pins.



### 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.

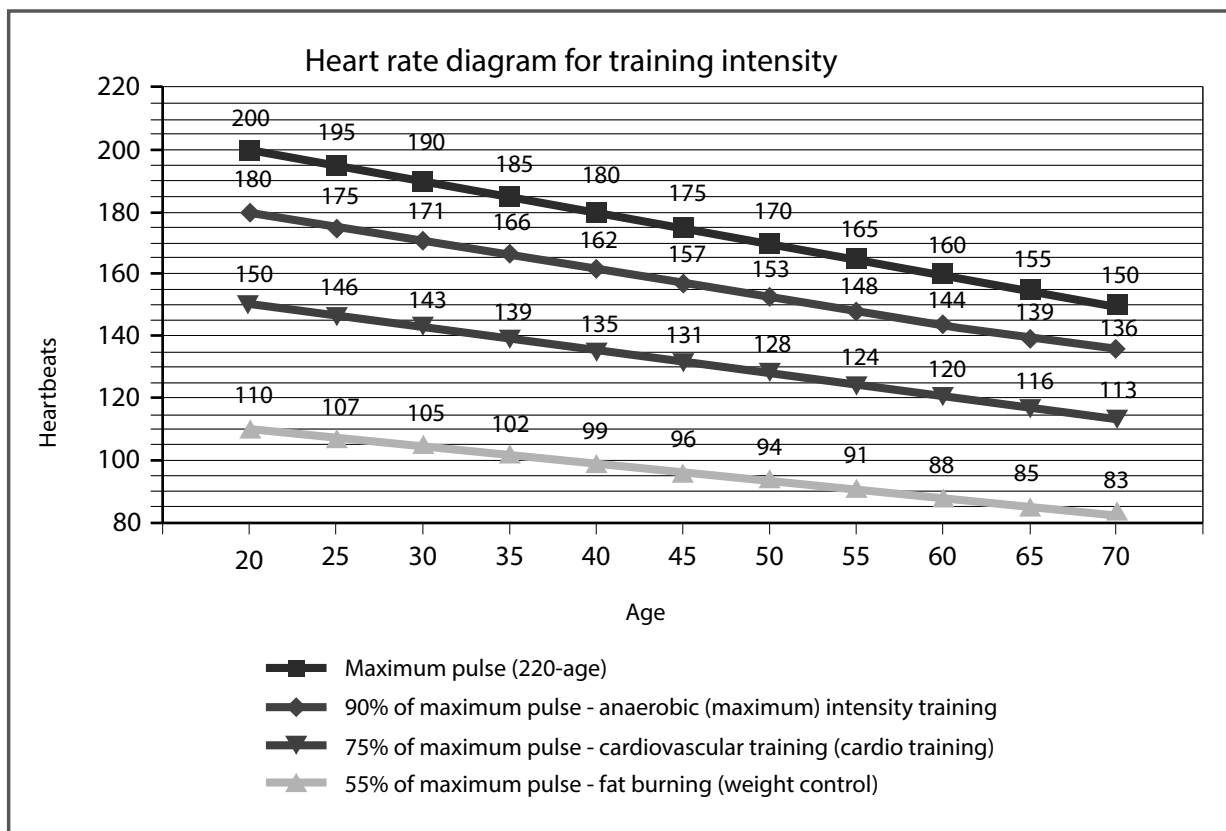
**Cardiovascular training (cardio training):** The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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





### 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

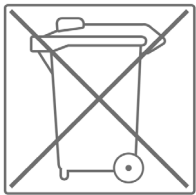
To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

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	
Cushions	C		
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 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. 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

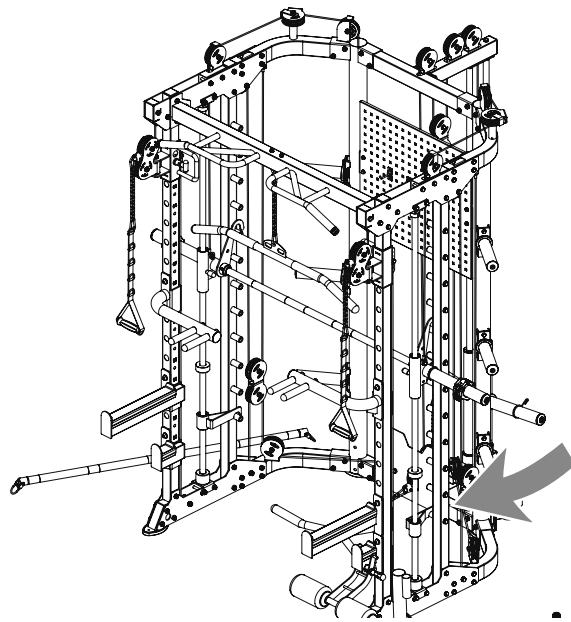
## 8.1 Serial Number and Model Name

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 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 / smith machine

**Model Name:**

MS30 Pro Plate Complete Trainer / MS Pro Leg Press

**SKU:**

TF-MS30/ TF-MS-LEG

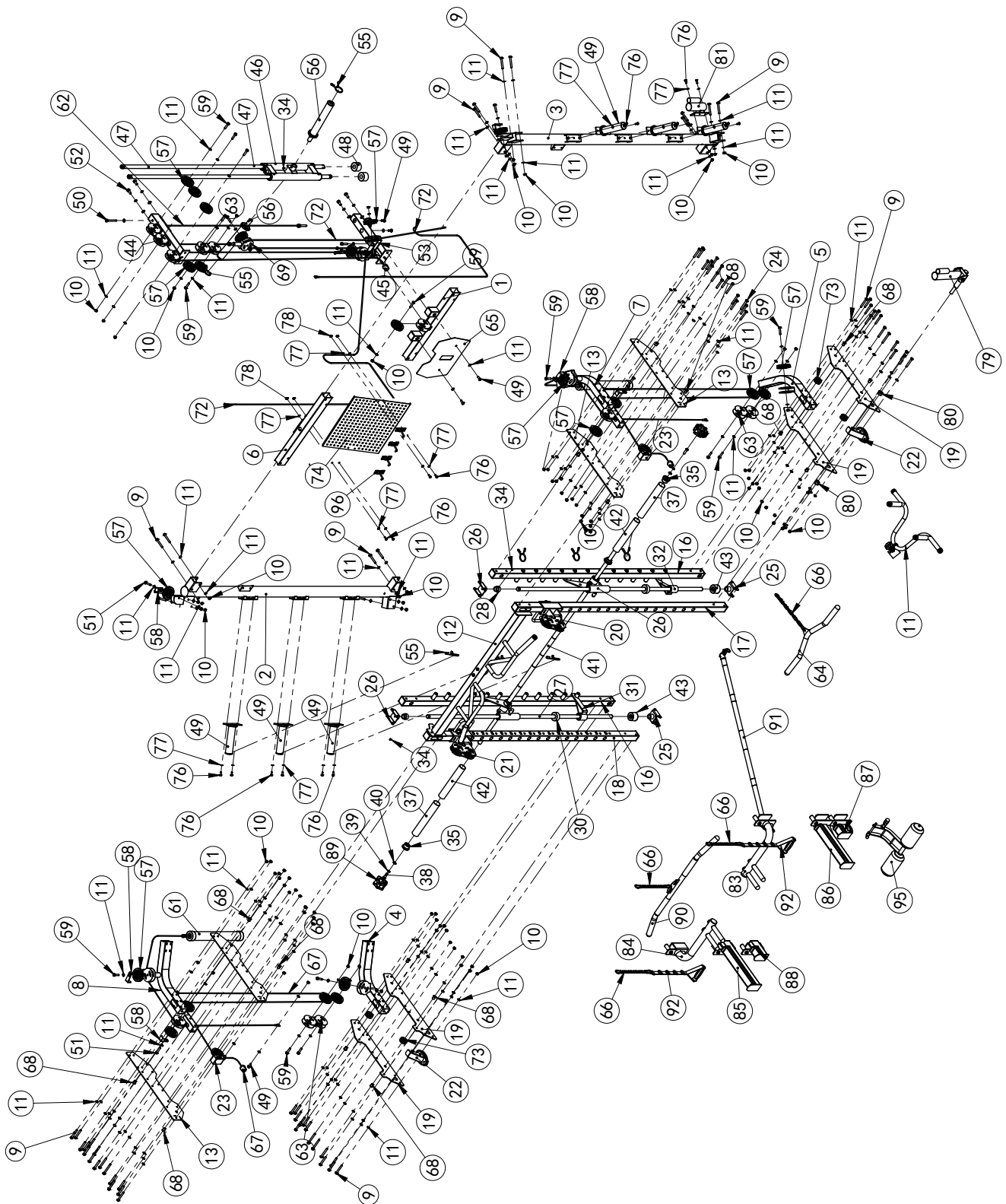
## 8.2 Parts List

No.	Name	Specification	Qty.
1	Lower Middle Connecting Pipe Assembly	Assembled	1
2	76 Vertical Pipe Left Welded Assembly	Assembled	1
3	76 Vertical Pipe Welded Assembly	Assembled	1
4	Rear Lower Left Bent Pipe Weldment	Assembled	1
5	Rear Lower Right Bent Pipe Weldment	Assembled	1
6	Upper Middle Connecting Pipe Weldment	Assembled	1
7	Rear Upper Right Bent Pipe Weldment	Assembled	1
8	Rear Upper Left Bent Pipe Weldment	Assembled	1
9	M10 Hexagon Head Bolt	M10*75	54
10	Lock Nut	M10	103
11	Washer	n10	213
12	Upper Beam Assembly	Assembled	1
13	Upper Fixed Outer Plate	Assembled	4
14	Weight stack Pulley Weldment	Assembled	1
15	Weight stack Pulley Weldment (Left)	Assembled	1
16	Column Assembly	Assembled	2
17	Stainless Steel Guide Pipe Right Assembly	Assembled	1
18	Stainless Steel Guide Pipe Left Assembly	Assembled	1
19	Front Lower Fixed Outer Plate	Assembled	4
20	Sliding Sleeve Assembly (Right)	Assembled	1
21	Sliding Sleeve Assembly (Left)	Assembled	1
22	Front Foot Pad Assembly	Assembled	2
23	Decorative Pipe	Assembled	2
24	M10 Hexagon Head Bolt	M10*80	14
25	Guide Rod Lower Fixed Seat Weldment	Assembled	2
26	Guide Rod Fixed Upper Seat	Assembled	2
27	Guide Rod	n25*1850	2
28	Guide Rod Locking Sleeve	Assembled	2
29	Sliding Sleeve Welded Assembly	Assembled	2
30	Shock Absorber Pad	Φ60*Φ 26* 45	2
31	Safety Hook Right Assembly	Assembled	1

32	Safety Hook Left Assembly	Assembled	1
33	M10 Hexagon Head Bolt	M10*90	8
34	Socket Head Cap Screw (Headless)	M8*10	4
35	Barbell Rod Plug - Arc Shape	n 51*n	2
36	Aluminum Inner Retaining Ring	n60*n48.5*27L	2
37	Stainless Steel Pipe	n 50*310*T0.5	2
38	Socket Button Head Cap Screw	M12*40	2
39	Spring Washer	n 12	6
40	Washer	n 12	6
41	Aluminum Barbell Rod Assembly	Assembled	1
42	Lined Iron Pipe	n 48*298*2.5T	2
43	Cushion	Assembled	2
44	Rear Upper Beam Short Connecting Pipe Welded	Assembled	1
45	Rear Guide Rod Fixed Pipe Assembly	Assembled	1
46	Barbell Hanging Rod Frame Assembly	Assembled	1
47	Rear Guide Rod Welded Nut	Assembled	2
48	Weight stack Shock Absorber Pad	Assembled	2
49	M10 Hexagon Head Bolt	M10*25	11
50	M10 Hexagon Head Bolt	M10*95	1
51	M10 Hexagon Head Bolt	M10*55	2
52	M12 Hexagon Head Bolt	M12*30	4
53	Cable cross Double Pulley Frame Weldment	Assembled	1
55	Barbell Lifting Rod	Assembled	2
56	Power-Assisted Weight stack Steel Wire Rope	Φ5*2745	2
57	n95 Pulley	n 95*n 10.5*25.4	25
58	Pulley Baffle	20*96* T3	6
59	M10 Hexagon Head Bolt	M10*45	17
60	M10 Hexagon Head Bolt	M10*50	4
61	Power-Assisted Weight stack	Assembled	2
62	Row Steel Wire Rope	Φ5*4740	1
63	In-Line Pulley Frame	Assembled	3
64	Row Handle Assembly	Assembled	1
65	Foot Pedal Weldment	Assembled	1
66	Chain + 2 Hoist Hooks	Assembled	4

67	Lat Pull Steel Wire Rope	Φ5*4095	2
68	Pulley Spacer Sleeve	n 20*10.5*L20.5	16
69	Single Pulley Plate Weldment	Assembled	1
70	Transition Steel Wire Rope	Φ5*1705	1
71	5-Segment Chain + Hoist Hook	Assembled	1
72	Cable Cross Steel Wire Rope	Φ5*9715	1
73	50 Pulley	Assembled	4
74	3059K Shield Plate	Assembled	1
75	Barbell Plate Inner Rod Welded Assembly	Assembled	6
76	Hexagon Head Bolt	M8X20	18
77	Washer	n 8	22
78	Lock Nut	M8	4
79	Rotating Rod Assembly - Bolt	Assembled	1
80	32 Powder Metallurgy Sleeve	33.2*n 29 *n	2
81	Barbell Rod Sleeve Weldment	Assembled	1
82	Large Washer	25*n 10* 2.0	1
83	Horizontal Bar Left Assembly	Assembled	1
84	Horizontal Bar Right Assembly	Assembled	1
85	Right Safety Block Long Rubber Pad (Australian Version)	Assembled	1
86	Left Safety Block Long Rubber Pad (Australian Version)	Assembled	1
87	Short Safety Block - Left Assembly (Australian Version)	Assembled	1
88	Short Safety Block - Right Assembly (Australian Version)	Assembled	1
89	Barbell Card	Assembled	2
90	Lat pull Handle Assembly - Stainless Steel	Assembled	1
91	Cross Pull Rod Assembly	Assembled	1
92	Handle Strap Assembly	Assembled	2
93	Handle Cover Assembly	Assembled	1
94	T-Shape Pin	n 10*100	1
95	Leg Press Adjustment Frame Assembly	Assembled	1
96	3088B Single Inclined Hook - 50	Assembled	4

### 8.3 Exploded Drawing



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.**

### **Warrantee**

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.

## 10 CONTACT

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

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 65 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!



<https://www.fitshop.co.uk>  
[www.fitshop.co.uk/blog](http://www.fitshop.co.uk/blog)



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



[www.instagram.com/fitshop\\_uk](http://www.instagram.com/fitshop_uk)



[www.youtube.com/@fitshop\\_uk](http://www.youtube.com/@fitshop_uk)

**TAURUS**

**cardiostrong**

**BODYCRAFT**

**BodyMax**



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