

# TAURUS®

## Assembly and Operating Instructions



max. 180 kg



~ 120 Min.



210 kg

L 158 | W 100 | H 222

SESS7141.01.03

SKU: SESS7141

**Taurus Elite Functional Trainer**



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## Dear customer,

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

Further information can be found at [www.sport-tiedje.com](http://www.sport-tiedje.com).

### Intended Use

The equipment may only be used for its intended purpose.

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

## Legal Notice

Sport-Tiedje 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.

## 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.



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

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

The following safety instructions may appear in this manual:

► **ATTENTION**

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

⚠ **CAUTION**

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

⚠ **WARNING**

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

⚠ **DANGER**

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

ⓘ **NOTICE**

This notice indicates further useful information.

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

## 1.1 Technical Data

### Weight and dimensions:

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

No.1:	212 cm x 68 cm x 16.5 cm	65 kg/ 143 lbs
No.2:	212 cm x 68 cm x 16.5 cm	66 kg/ 146 lbs
No.3 (weight plates):	50 cm x 47 cm x 41.5 cm	205 kg/ 452 lbs

Article weight (net, without packaging): 301 kg/ 664 lbs

Set-up dimensions (L x W x H) approx.: 158.3 cm x 100.4 cm x 222 cm

Maximum user weight: 180 kg/ 397 lbs

### Cables and pulleys:

Quantity of cables:	2
Cable length:	746 cm
Material:	Steel
Coating:	Nylon
Transmission ratio pulleys:	1:2

### Weight block:

Quantity:	2
Total weight:	180 kg/ 397 lbs
Quantity of weight plates:	20 per weight block
Weight of a single weight plate:	4.5 kg/ 10 lbs

## 1.2 Personal Safety

### **DANGER**

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

### **WARNING**

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

### **CAUTION**

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

### **ATTENTION**

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

## 1.3 Set-Up Place

### **WARNING**

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

### **CAUTION**

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.

### **ATTENTION**

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



### 2.1 General Instructions



#### **DANGER**

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



#### **WARNING**

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



#### **CAUTION**

- + 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


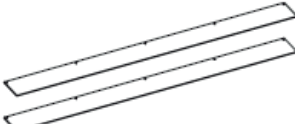
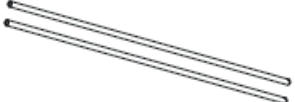

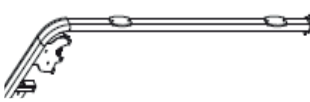



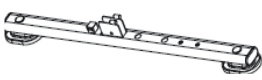



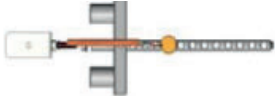

The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.




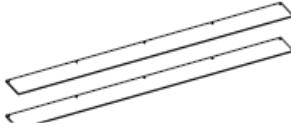
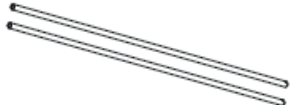



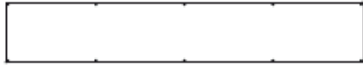


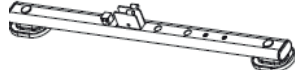


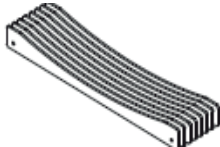
### **CAUTION**


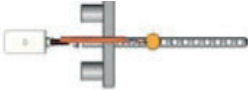

If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

## Carton 3-1 (left side)


ITEM NO.	NAME.	DESCRIPTION.	QTY.
46	SHROUD SIDE PANEL		2
39&40	FRONT SHROUD ASSY		2
41	GUIDE ROD		2
38	ADJUSTMENT COLUMN		1
42	WELDMENT, SIDE FRAME		1
43	PULLEY HOUSING ASSY		1
37	CABLE		1
2	HANDLE		2
36	BASE FRAME ASSEMBLY		1
8	CROSS BRACE, REAR UPPER ASSY.		1
7	CROSS BRACE, REAR LOWER, WELDMENT		1
47	SHROUD BACKING PLATE		1
49	TOP PLATE ASSEMBLY		1
44	U-SHAPED PULLEY TRAVEL STOP		1

## Carton 3-2 (right side)

ITEM NO.	NAME.	DESCRIPTION.	QTY.
86	SHROUD SIDE PANEL		2
79&80	FRONT SHROUD ASSY,		2
81	GUIDE ROD		2
78	ADJUSTMENT COLUMN		2
82	WELDMENT, SIDE FRAME		1
84	PULLEY HOUSING ASSY		1
85	SHROUD PANEL ASSEMBLY, REAR		1
77	CABLE		1
50&91	WEIGHT STACK BUMPER,		8
76	BASE FRAME ASSEMBLY		1
20&60	BIG PULLEY		2
21&61	PULLEY		12
47&87	SHROUD BACKING PLATE		8

9	CHIN BAR WELDMENT		1
89	TOP PLATE ASSEMBLY		1
83	U-SHAPED PULLEY TRAVEL STOP		1

### Carton 3-3

ITEM NO.	NAME.	DESCRIPTION.	QTY.
NO	10lb weight stack plate		42

## 2.3 Assembly

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

**① NOTICE**

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

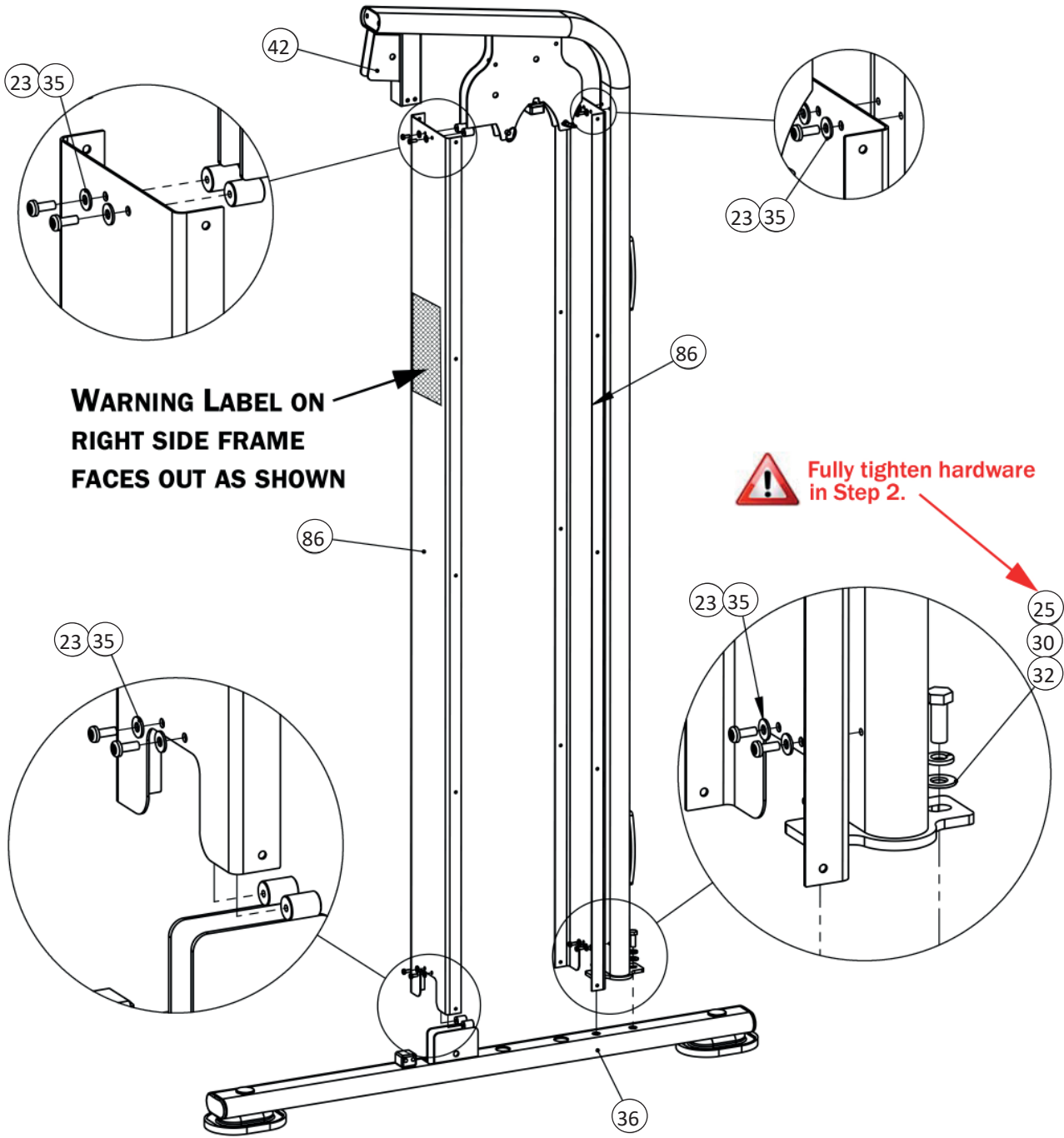
### Step 1: Assembly of the Frames

**① NOTICE**

Make sure that the label on the right frame faces to the outside.

1. Assemble one of the right side panels (86) to one of the base frames (36) by using two screws (23) and two washers (35).
2. Assemble one of the the left side panels (86) to one of the the side frames (42) by using two screws (23) and two washers (35).
3. Assemble the side frame (42) to the base frame (36) by using two screws (25), two lock washers (30) and two flat washers (32).
4. Assemble the left side panel (86) to the side frame (42) by using two screws (23) and two washers (35).
5. Assemble the right side panel (86) to the side frame (42) by using two screws (23) and two washers (35).
6. Repeat these steps for the other side.

Item No.	Part No.	Specification	Qty.
23	C 907	SCREW, 10-32 X 1/2", PAN HD. PHILLIPS, ZP	16
25	C-445	HH SCREW, 3/8"-16, 1"	4
30	C-749	WASHER, LOCK, 3/8", ZP	4
32	C-754C	WASHER, FLAT, 3/8" SAE, ZP	4
35	C-900A	WASHER, FLAT, #10 USS	16
36	FS100-BFROOOX	BASE FRAME ASSEMBLY	2
42	FS100-MFROOO	WELDMENT, SIDE FRAME	2
86	FS100-SHDOOI	SHROUD, SIDE PANEL, METAL	4

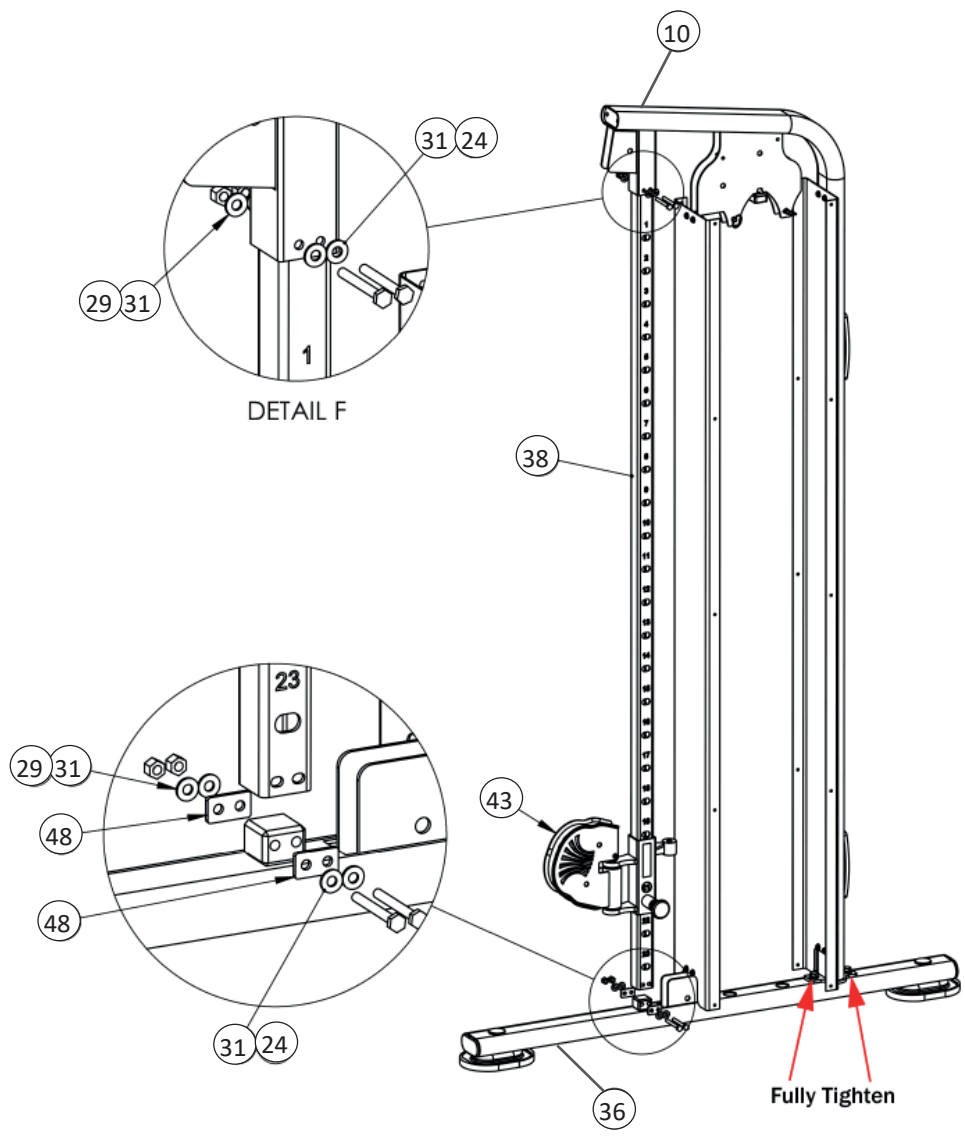


## Step 2: Assembly of Adjustment Column

1. Slide the pulley housing (43) onto the chrome adjustment column (38) on the left side in the direction as shown in the figure.
2. Connect the upper end of the chrome adjustment column (38) to the left frame (10) by using two screws (24) and two washers (31). Fasten it with one lock nut (29) and one washer (31).
3. Attach the chrome adjustment column (38) to the base frame (36) by using two screws (24), four washers (31), two stops (48) and two lock nuts (29).
4. Repeat these steps for the right side.
5. Now tighten all previously assembled screws.

Item No.	Part No.	Specification	Qty.
36	FS100-BFROOOX	BASE FRAME ASSEMBLY	2
10	FS100-LSFOOOX	ASSY, FRAME, LEFT SIDE	1
11	FS100-RSFOOOX	ASSY, FRAME, RIGHT SIDE	1
24	C-416	HH SCREW, 1 /4"-20, 2-1 /4"	8
29	C-740	LOCK NUT, 1 /4"-20 NYL INS	8
31	C-752	WASHER, FLAT, 1 /4" SAE	16
38	FS 1 00-CLM001	CHROME ADJUSTMENT COLUMN	2
43	FS100-PHOOOX	PULLEY HOUSING ASSEMBLY, LEFT	1
84	FS I 00-PH I 00X	PULLEY HOUSING ASSEMBLY, RIGHT	1
48	FS100-STP00 1	STOP, COLUMN TRAVEL	4





### Step 3: Assembly of Cross Braces and Chin-Up Bar

1. Assemble the chin-up bar (9) between the left frame (10) and the right frame (38) by using two screws (4) on each side.

**NOTICE**

Make sure that the accessory hooks of the upper cross brace show to the front.

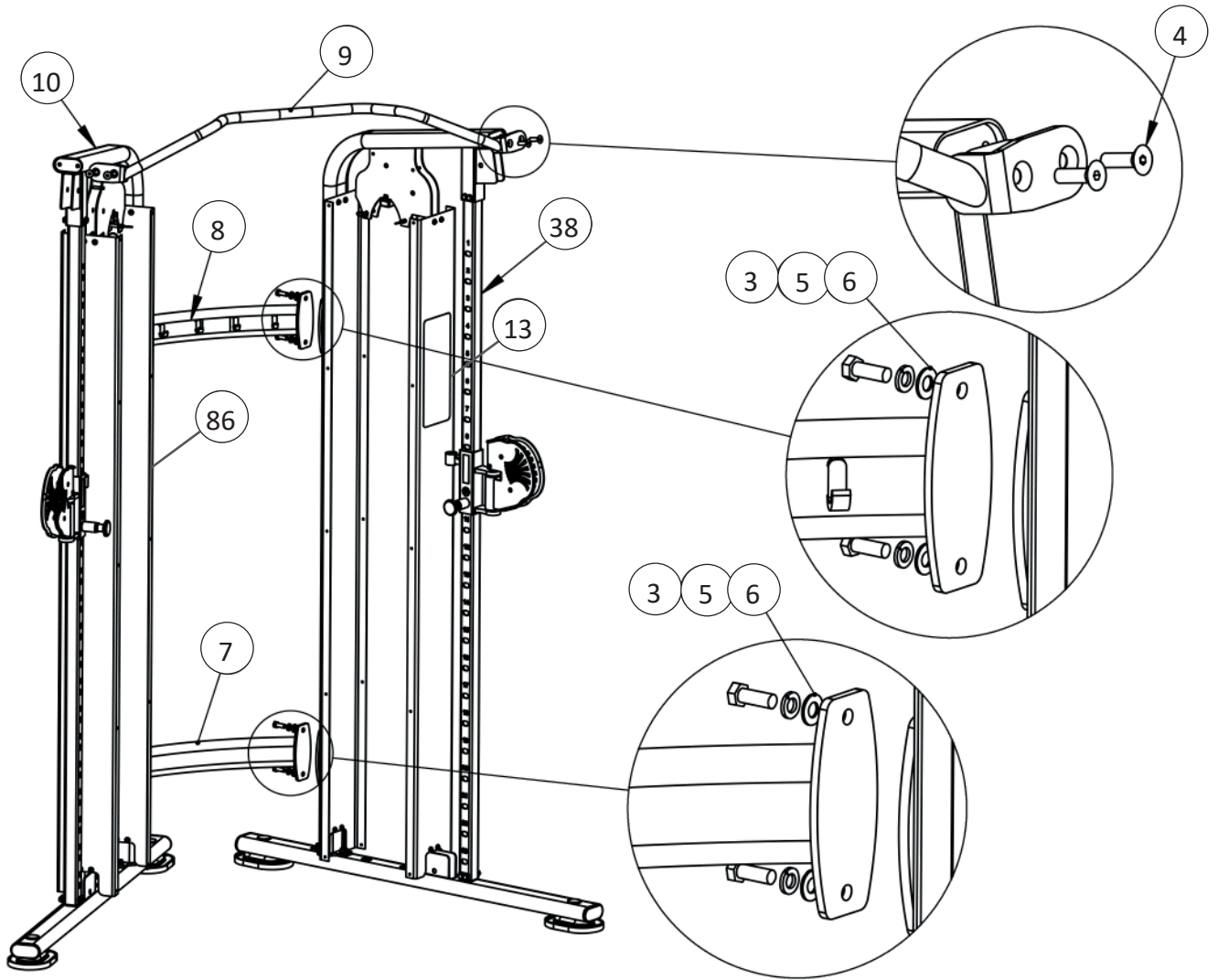
2. Assemble the upper cross brace (8) between the side panels (86) by using two screws (3), two lock washers (5) and two washers (6) on each side.
3. Assemble the lower cross brace (7) between the side panels (86) by using two screws (3), two lock washers (5) and two washers (6) on each side.

**ATTENTION**

+ Make sure that the feet are in contact with the floor.

4. Now gradually tighten all screws. While tightening the screws, the machine needs to be shifted a little to facilitate the alignment of the mating surfaces.

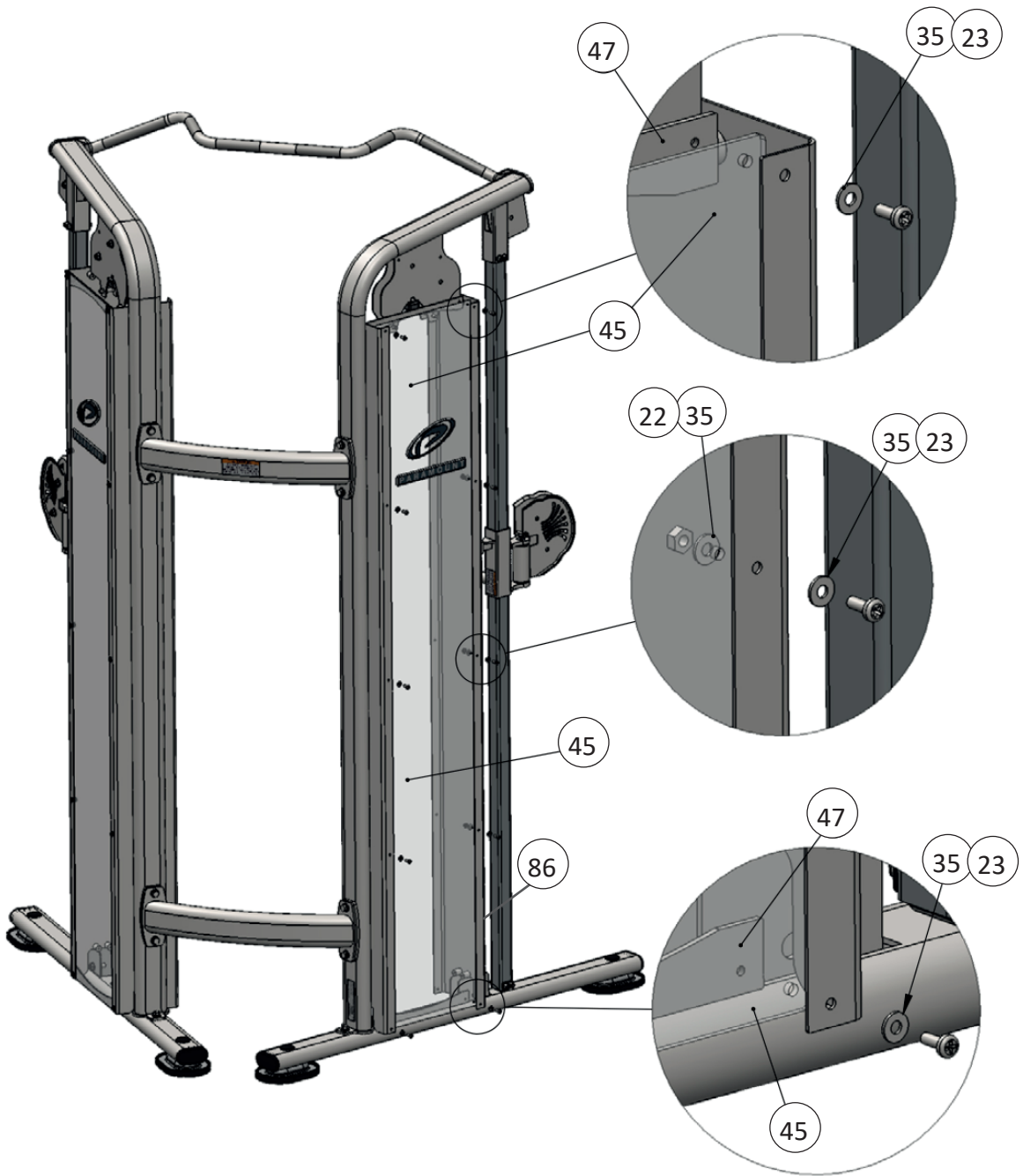
Item No.	Part No.	Specification	Qty.
86	FS100-SHDOOI	SHROUD, SIDE PANEL, METAL	2
3	C-445	HH SCREW, 3/8"-16, 1"	8
4	C-659ZP	FH SCREW, 3/8"-16, 1-1/4", ZP, LOCK PATCH	4
5	C-749	WASHER, LOCK, 3/8", ZP	8
6	C-754C	WASHER, FLAT, 3/8" SAE, ZP	8
7	FS100-CBROOO	WELDMENT, CROSS BRACE, LOWER	1
8	FS100-CBR 100X	ASSEMBLY, UPPER CROSS BRACE	1
9	FS100-CBR200	CHIN-UP BAR	1
10	FS100-LSFOOOX	ASSY, FRAME, LEFT SIDE	1
11	FS100-RSFOOOX	ASSY, FRAME, RIGHT SIDE	1
13	SERIAL TAG	LABEL, SERIAL NUMBER	1



#### Step 4: Assembly of Rear Shroud Panels

1. Attach the rear shroud panel (45) and one shroud backing plate (47) on the upper side between the side panels (86) by using one screw (23) and one washer (35).
2. Attach the rear shroud panel (45) in the middle between the side panels (86) by using one screw (31), two washers (35) and one lock nut (22).
3. Attach the rear shroud panel (45) and one shroud backing plate (47) on the lower side between the side panels (86) by using one screw (23) and one washer (35).
4. Repeat these steps on the other side.

Item No.	Part No.	Specification	Qty. Side	Qty. Machine
86	FS100-SHDOOI	SHROUD, SIDE PANEL, METAL	2	4
22	C 900D	LOCK NUT, I0-32, NYL INS JAM NUT	6	12
23	C 907	SCRE W, I 0-32 X I / 2", PAN HD. PHILLIPS, ZP	10	20
35	C-900A	WASHER, FL AT, #10 USS	16	32
45	FSI00-RSH000X	SHROUD PANEL ASSEMBLY, REAR	1	2
47	FSI00-SHD003	SHROUD BACKING PLATE	2	4

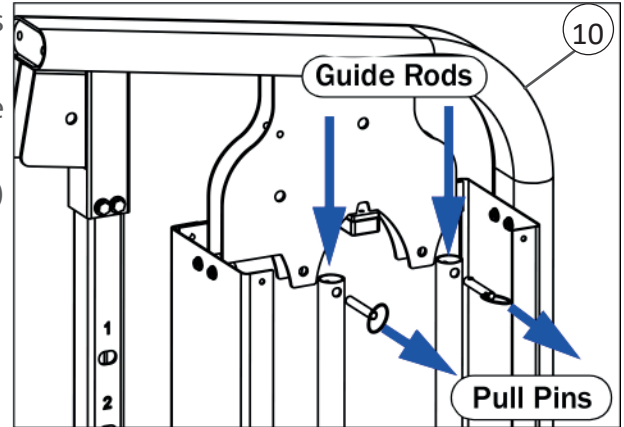


## Step 5: Assembly of the Weight Plates

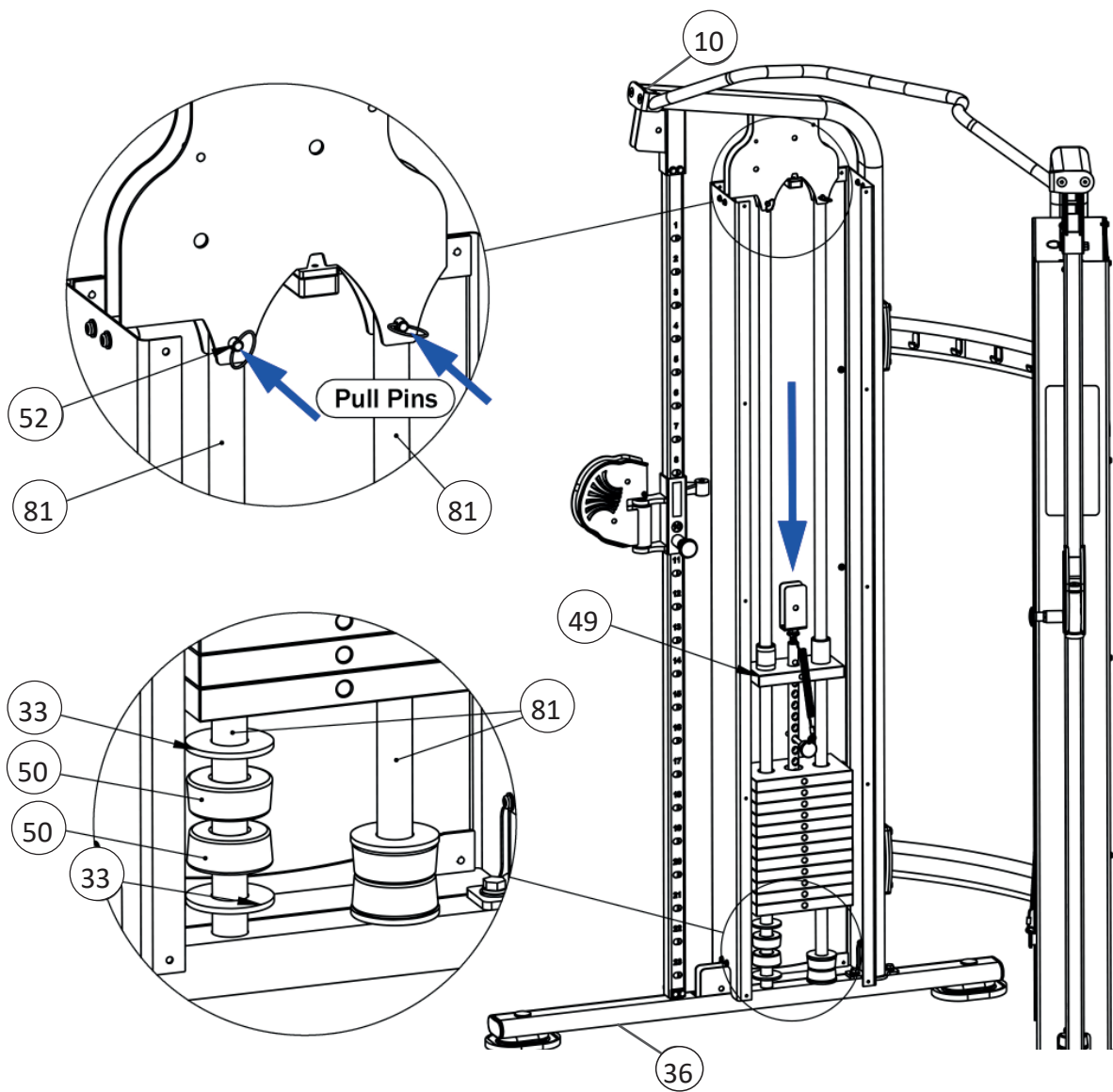
### NOTICE

Make sure that the gym is in its final position and that there is enough space to perform exercises.

1. Remove both pull pins (52) from the frame (10).
2. Insert the guide rods (81) into the holes of the base frame (36).
3. Attach two washers (33) and two bumpers (50) on each guide rod (81).
4. Attach 20 weight plates (14) to the guide rods (81).
5. Attach the top plate with selector bar (49) to the guide rods (81).
6. Assemble the guide rods (81) to the frame (10) by using both previously removed pull pins (52).
7. Repeat these steps on the other side.



Item No.	Part No.	Specification	Qty. Side	Qty. Machine
36	FS100-BFROOOX	BASE FRAME ASSEMBLY	1	2
10	FS100-LSFOOOX	ASSY, FRAME, LEFT SIDE	1	1
14	WEIGHT STACK	WEIGHT STACK, 10 LB. X 20 PLATES	1	2
33	C-757	WASHER, FLAT, 1" USS	4	8
81	FSI00-GDR00I	GUIDE ROD	2	4
49	FSI00-TPL000X	TOP PLATE & PULLEY HOUSING ASSEMBLY	1	2
50	RX-R-C-4005	BUMPER, 26mm ID X 25mm THICK	4	8
52	XFT1002600	PULL PIN, GUIDE ROD RETAINER, 8MM X 52MM	2	4



## Step 6: Attachment of the Weight Stack Labels

1. Wipe the front side of the weights (in the area where the label will be attached) with isopropyl alcohol.
2. Let it dry completely before proceeding.

**NOTICE**

The weight stack label contains both LB and KG designations for each plate. Note that the designations on the label for each plate are the pull resistance at the handle and NOT the weight of the individual weight plates.

**NOTICE**

The sheet on the backside that covers the adhesive is cut in a series of vertical strips. DO NOT REMOVE the sheet from the area behind the center section with the holes.

3. Before attaching the stickers of your choice, remove the corresponding adhesive strip on the backside of the sticker.
4. Carefully align the top hole of the label with the hole in the top weight plate.
5. Align the bottom hole of the label with the hole in the bottom weight plate.

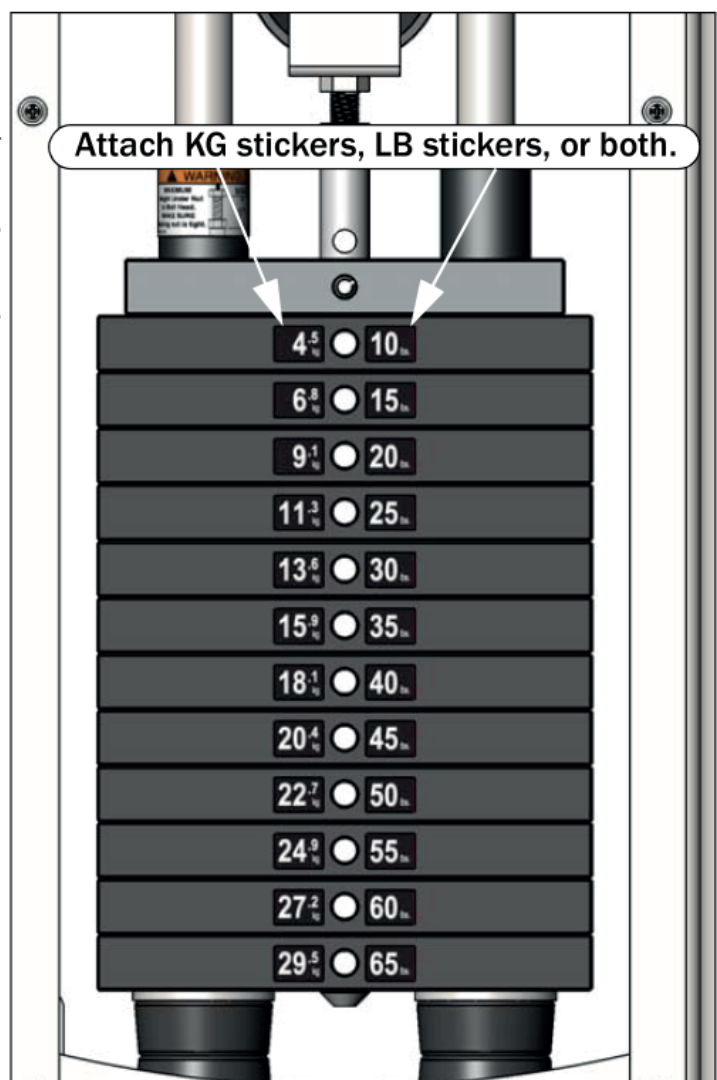
**NOTICE**

DO NOT rub the area surrounding the individual labels.

6. Carefully press each sticker with your finger into place.
7. Remove the surrounding area of the stickers.
8. Press and rub the stickers until they are firmly attached on the weight plates.
9. Let the adhesive cure for 48 hours.

4 <sup>5</sup> / <sub>16</sub>	10 <sub>lb</sub>
6 <sup>8</sup> / <sub>16</sub>	15 <sub>lb</sub>
9 <sup>1</sup> / <sub>16</sub>	20 <sub>lb</sub>
11 <sup>3</sup> / <sub>16</sub>	25 <sub>lb</sub>
13 <sup>6</sup> / <sub>16</sub>	30 <sub>lb</sub>
15 <sup>9</sup> / <sub>16</sub>	35 <sub>lb</sub>
18 <sup>1</sup> / <sub>16</sub>	40 <sub>lb</sub>
20 <sup>4</sup> / <sub>16</sub>	45 <sub>lb</sub>
22 <sup>7</sup> / <sub>16</sub>	50 <sub>lb</sub>
24 <sup>9</sup> / <sub>16</sub>	55 <sub>lb</sub>
27 <sup>2</sup> / <sub>16</sub>	60 <sub>lb</sub>
29 <sup>5</sup> / <sub>16</sub>	65 <sub>lb</sub>

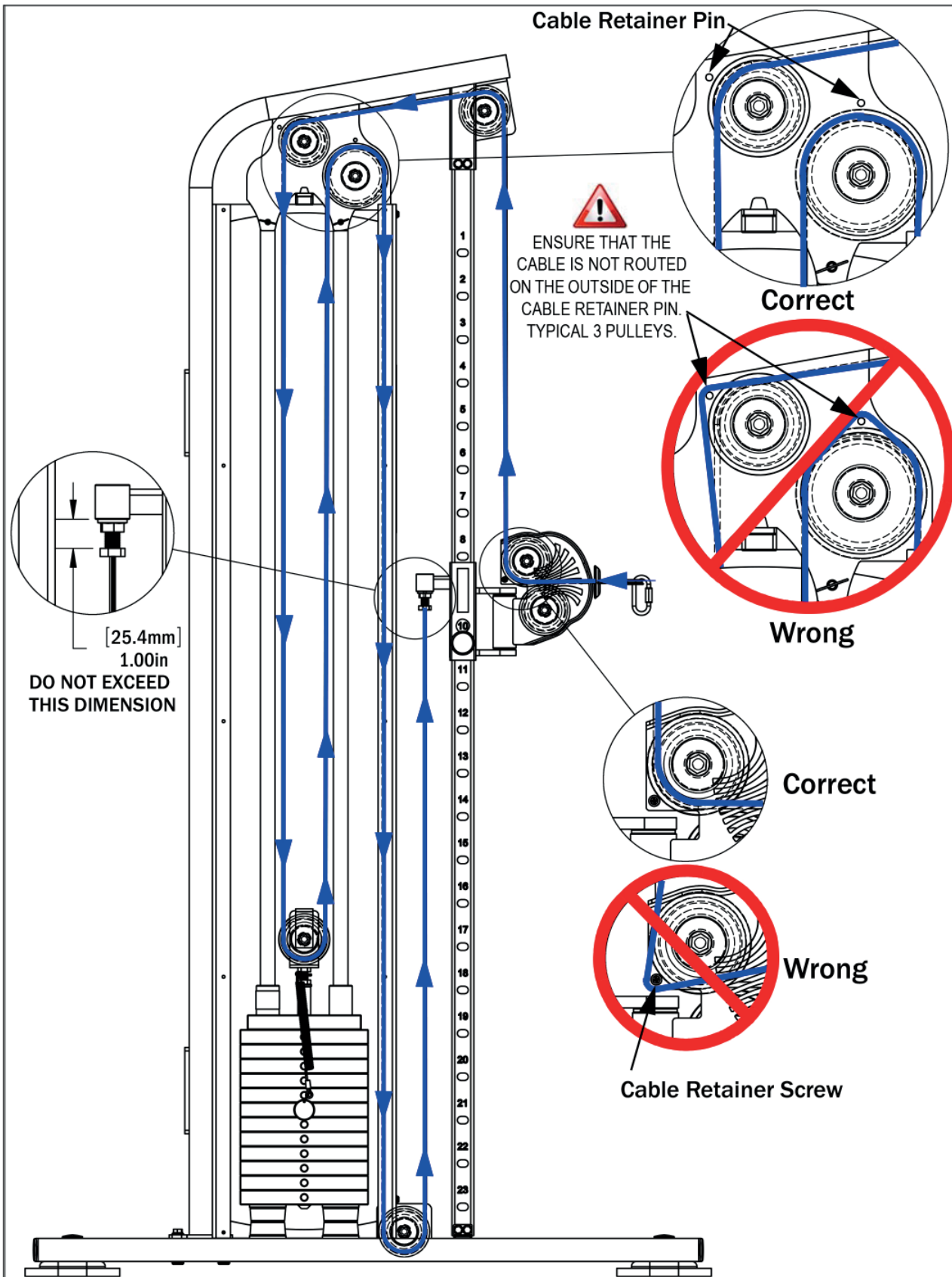
PART NUMBER:  
LBL-WSEM-01065





## Step 7: Assembly of the Cable

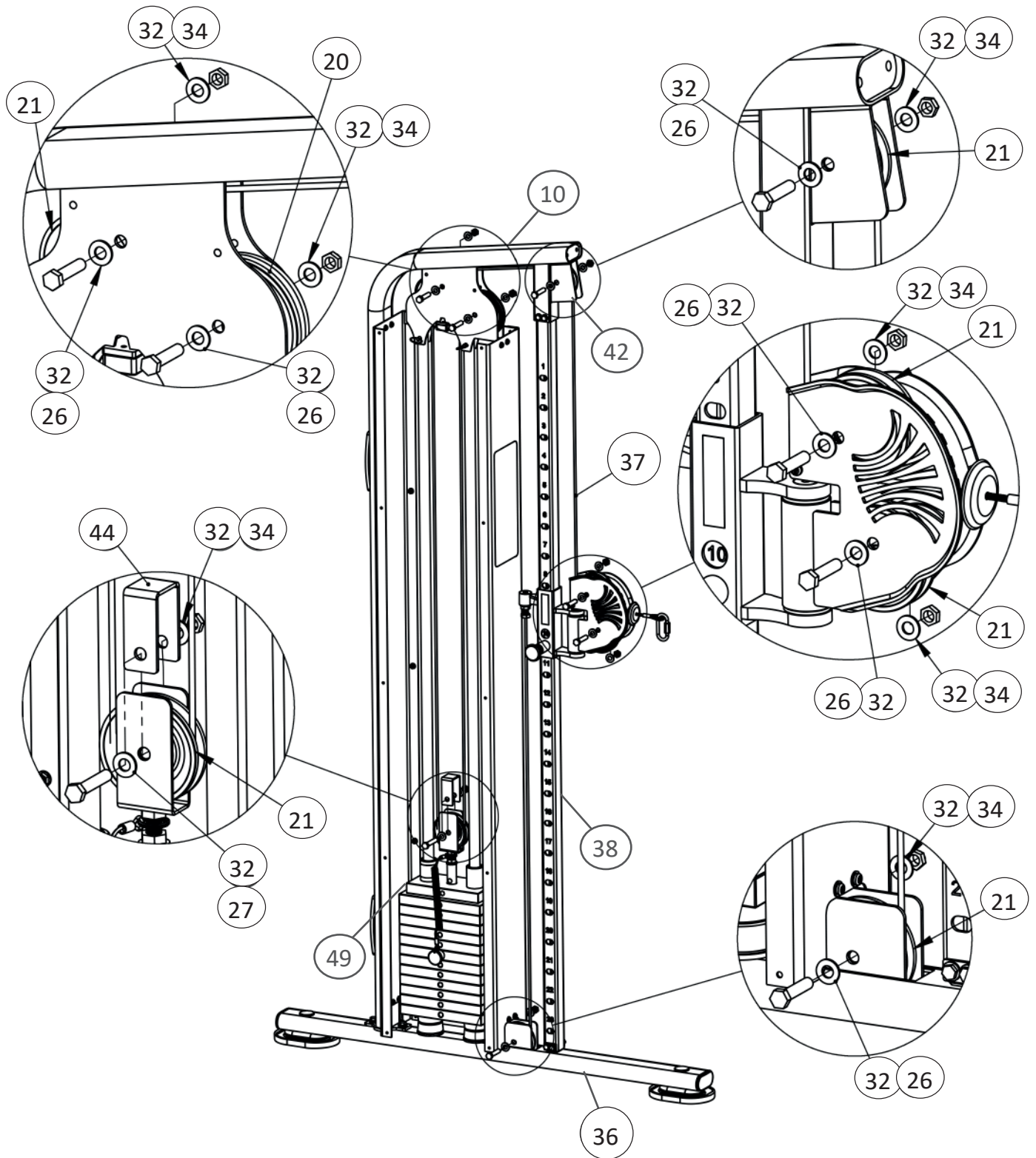
1. Assemble the cable as shown in the figure.



## Step 8: Assembly of Pulleys

1. Assemble one pulley (21) in the base frame pulley housing (36) by using one screw (26), two washers (32) and one lock nut (34).
2. Insert one pulley (21) and the pulley travel stop (44) into the top plate pulley housing (49).
3. Assemble the pulley (21) and the pulley travel stop (44) by using one screw (27), two washers (32) and one lock nut (34).
4. Assemble two pulleys (21) in the column pulley housing (38) by using two screws (26), four washers (32) and two lock nuts (34).
5. Assemble one pulley (21) in the side frame pulley housing (36) by using one screw (26), two washers (32) and one lock nut (34).
6. Assemble one pulley (21) in the left frame pulley housing (36) by using one screw (26), two washers (32) and one lock nut (34).
7. Assemble one pulley (20) in the left frame pulley housing (36) by using one screw (26), two washers (32) and one lock nut (34).
8. Repeat these steps on the other side.

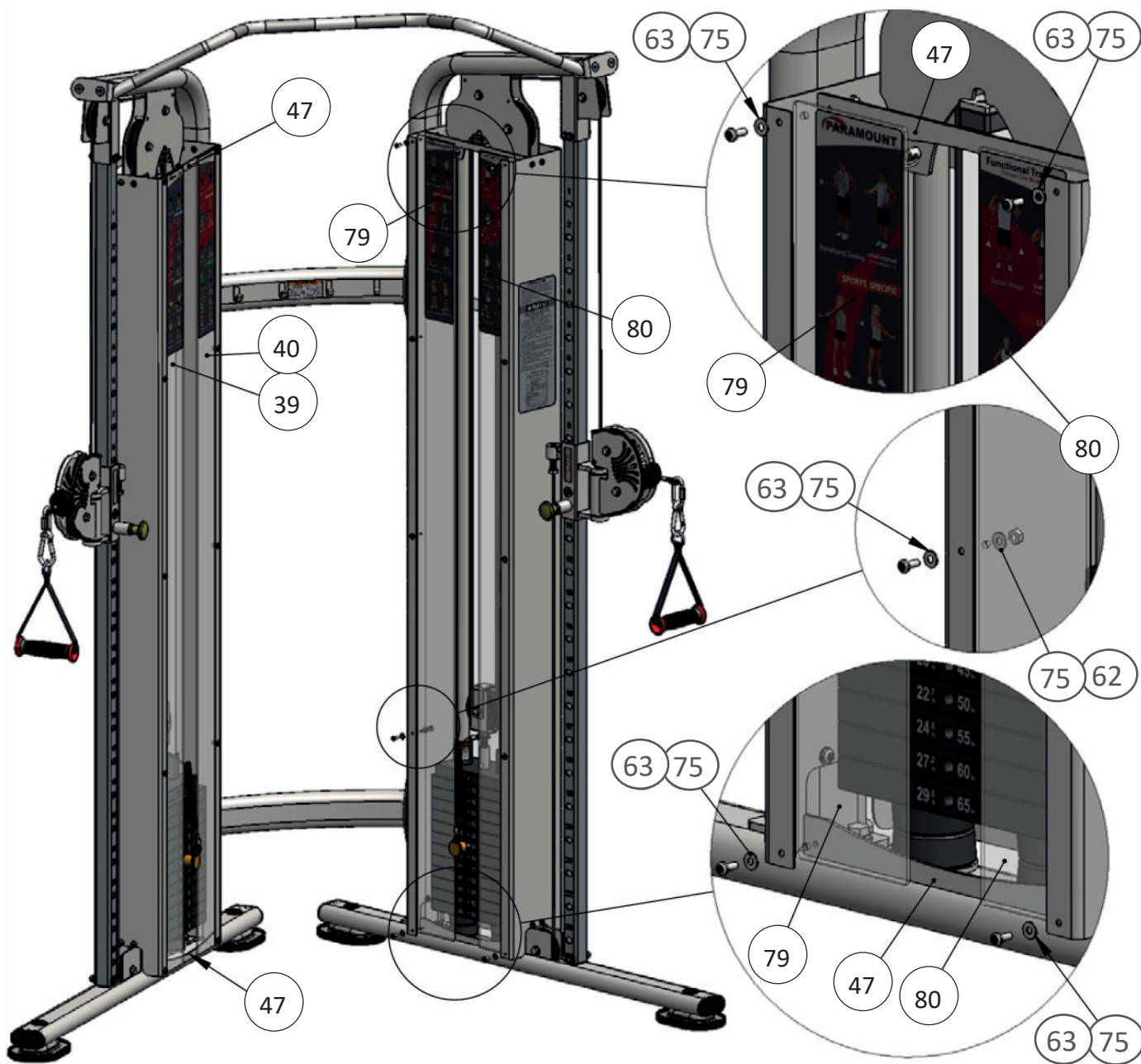
Item No.	Part No.	Specification	Qty. Side	Qty. Machine
36	FS100-BFROOOX	BASE FRAME ASSEMBLY	1	2
42	FS100-MFROOO	WELDMENT, SIDE FRAME	1	2
38	FS100-CLM001	CHROME ADJUSTMENT COLUMN	1	2
10	FS100-LSFOOOX	ASSY, FRAME, LEFT SIDE	1	1
49	FSI00-TPL000X	TOP PLATE & PULLEY HOUSING ASSEMBLY	1	2
20	B 900A	4- 1/2 PULLEY W/ 3/ 16 GROOVE	1	2
21	B 901	3-1/2 PULLEY W/3/16 GR V, 1"LG	6	12
26	C-448	HH SCREW, 3/8"- 1 6, 1-3/4"	6	12
27	C-453	HH SCREW, 3/8"- 1 6, 2"	1	2
32	C-754C	WASHER , FLAT, 3/8" SAE, ZP	14	28
34	C-766A	LOCK NUT, 3/8"- 1 6, NYL INS JAM NUT	7	14
37	FSI00-CBL000X	CABLE ASSEMBLY	1	2
44	FSI00-PH0 1 1	U-SHAPED PULLEY TRAVEL STOP	1	2



### Step 9: Assembly of Front Shroud Panels

1. Assemble the left panel of the right front shroud (79) and the right panel of the right front shroud (80) to the shroud backing plate (47) on the upper side by using two screws (63) and two washers (75).
2. Assemble the left panel of the right front shroud (79) and the right panel of the right front shroud (80) to the shroud backing plate (47) on the lower side by using two screws (63) and two washers (75).
3. Assemble the left panel of the right front shroud (79) by using one screw (63), two washers (75) and one lock nut (62).
4. Repeat these steps on the left side.
5. Now tighten all screws.

Item No.	Part No.	Specification	Qty. Right Side	Qty. Left Side
62	C 900D	LOCK NUT, I 0-32, NYL INS JAM NUT	6	
63	C 907	SCRE W, I 0-32 X I / 2", PAN HD. PHILLIPS, ZP	10	
75	C-900A	WASHER, FL AT, #10 USS	16	
79	FS I 00-FSRL0X	FRONT SHROUD ASSY, RIGHT SIDE FRAME, LEFT PANEL	1	
80	FS I 00-FSRR0X	FRONT SHROUD ASSY, RIGHT SIDE FRAME, RIGHT PANEL	1	
47	FS I 00-SHD003	SHROUD BACKING PLATE	2	
70	C 900D	LOCK NUT, I 0-32, NYL INS JAM NUT		6
71	C 907	SCRE W, I 0-32 X I / 2", PAN HD. PHILLIPS, ZP		10
72	C-900A	WASHER, FL AT, #10 USS		16
39	FS100-FSLLOX	FRONT SHROUD ASSY, LEFT SIDE FRAME, LEFT PANEL		1
40	FS100-FSLROX	FRONT SHROUD ASSY, LEFT SIDE FRAME, RIGHT PANEL		1
47	FS I 00-SHD003	SHROUD BACKING PLATE		2



### 3.1 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.

## 4.1 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.

## 4.2 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	Readjust cable tension
Squeaking & cracking noises	Screw connections loosened or too tight	Check screw connections

### 4.3 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
Cushions	C	I	
Legend: C = clean; I = inspect			

## 5 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an 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.



## 6 RECOMMENDED ACCESSORIES

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

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

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



floor mat



chest strap



chest strap contact gel



towels



silicone spray

## 7.1 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:**

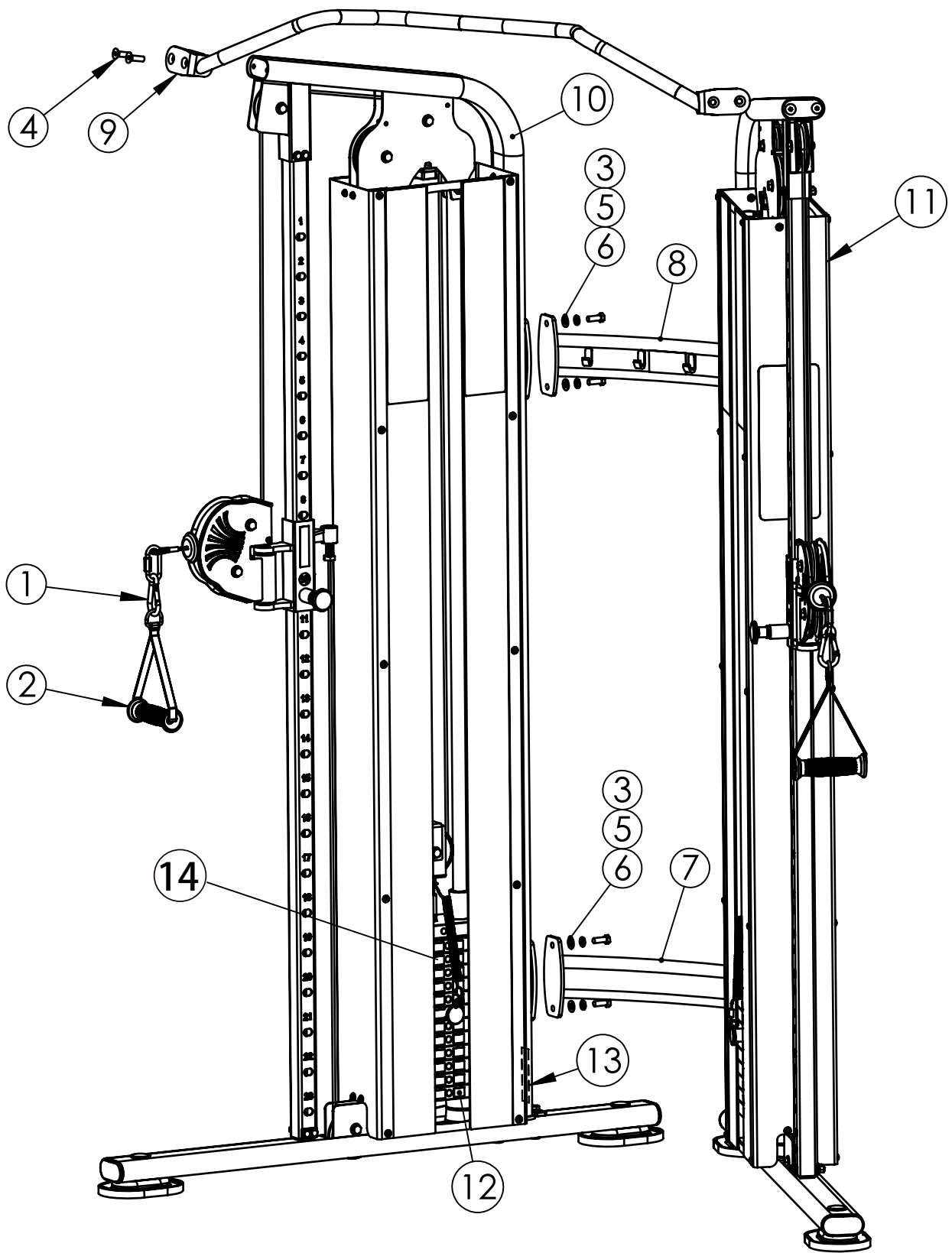
## 7.2 Parts List

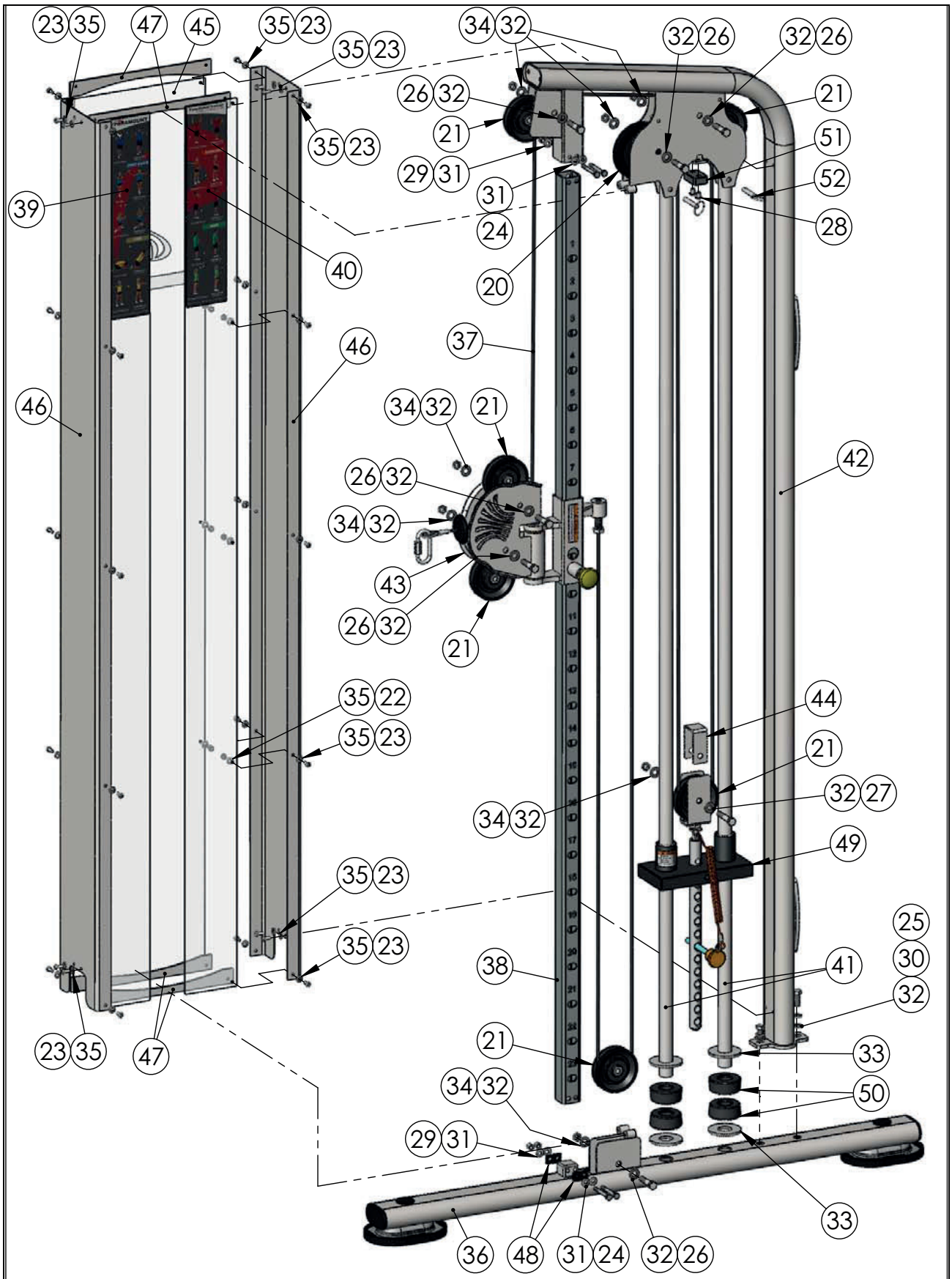
No.	Name	Specification	Qty.
1	B1005	#2450-8 5/16" SNAP HOOK ,ZINC	2
2	B1110A	HANDLE , NYLON STRAP, WITH LOGO	2
3	C-445	HH SCREW, 3/8"-16 , 1"	8
4	C-659ZP	FH SCREW, 3/8"-1 6, 1-1/4", ZP, LOCK PATCH	4
5	C-749	WASHER, LOCK , 3/8", ZP	8
6	C-754C	WASHER, FLAT, 3/8" SAE, ZP	8
7	FS100-CBROOO	WELDMENT, CROSS BRACE , LOWER	
8	FS100-CBR 1 00X	ASSEMBLY, UPPER CROSS BRACE	
9	FS100-CBR200	CHIN-UP BAR	
10	FS100-LSFOOOX	ASSY, FRAME, LEFT SIDE	
11	FS100-RSFOOOX	ASSY, FRAME, RIGHT SIDE	
12	LBL-WSEM-01065	LABEL, WEIGHT STAC K, 12 X 65LB + 29.5 KG	2
13	SERIAL TAG	LABEL, SERIAL NUMBER	
14	WEIGHT STACK	WEIGHT STACK, 10 LB. X 20 PLATES	2
20	B 900A	4-1/2 PULLEY W/ 3/16 GROOVE	
21	B 901	3-1 /2 PULLEY W/3/16 GRV, 1"LG	6
22	C 900D	LOCK NUT, 10-32, NYL INS JAM NUT	12
23	C 907	SCREW, 10-32 X 1/2", PAN HD. PHILLIPS, ZP	28
24	C-416	HH SCREW, 1 /4"-20, 2-1 /4"	4
25	C-445	HH SCREW, 3/8"-16, 1"	2
26	C-448	HH SCREW, 3/8"-16, 1-3/4"	6
27	C-453	HH SCREW, 3/8"-16, 2"	
28	C-676	BH SCREW, 5/16"-18, 3/8"	2
29	C-740	LOCK NUT, 1 /4"-20 NYL INS	4
30	C-749	WASHER, LOCK, 3/8", ZP	2
31	C-752	WASHER, FLAT, 1 /4" SAE	8
32	C-754C	WASHER, FLAT, 3/8" SAE, ZP	16
33	C-757	WASHER, FLAT, 1" USS	4
34	C-766A	LOCK NUT, 3/8"-16, NYL INS JAM NUT	7
35	C-900A	WASHER, FLAT, #10 USS	40
36	FS100-BFROOOX	BASE FRAME ASSEMBLY	

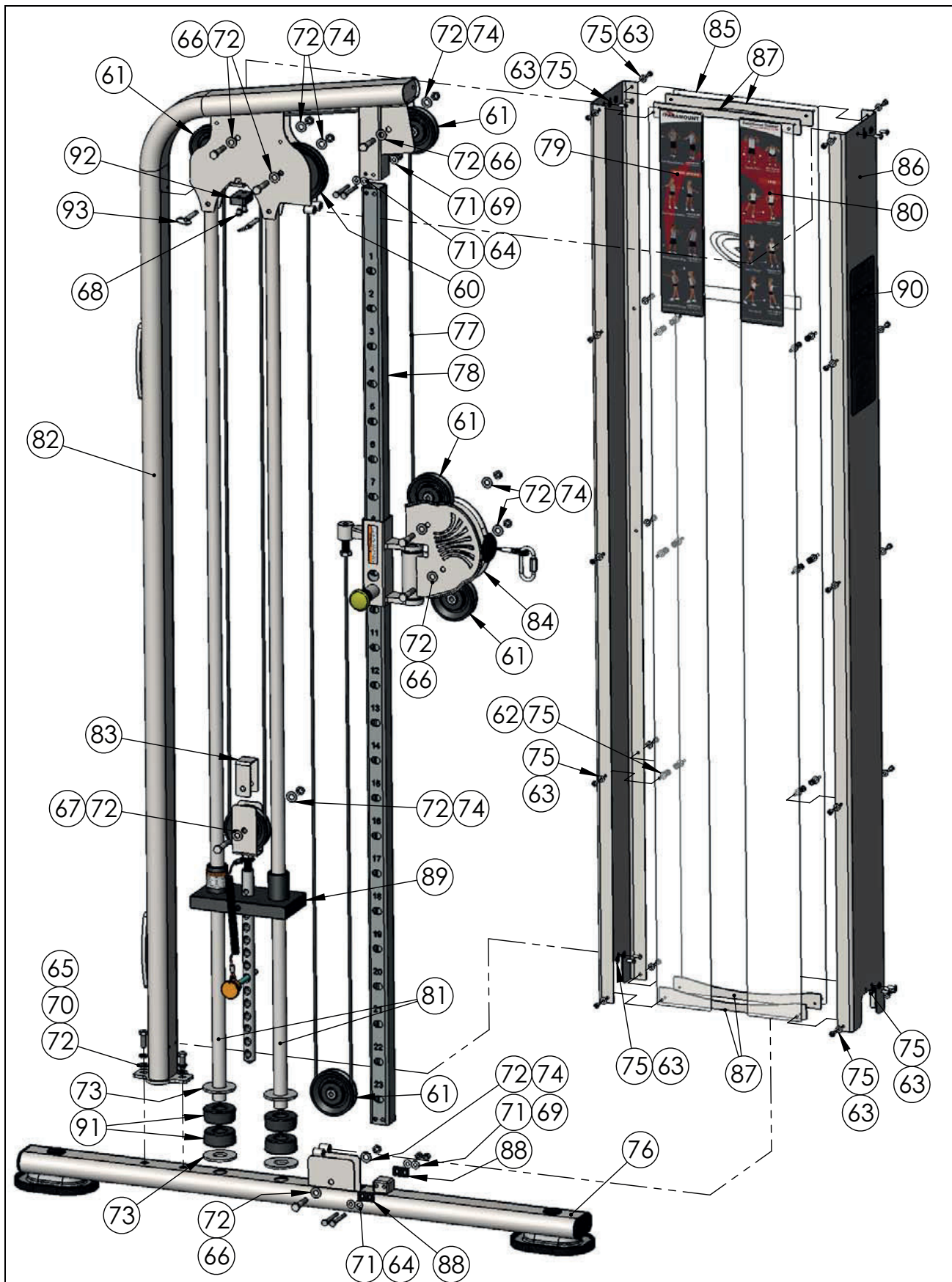
37	FS100-CBLOOOX	CABLE ASSEMBLY	
38	FS100-CLM001	CHROME ADJUSTMENT COLUMN	
39	FS100-FSLLOX	FRONT SHROUD ASSY, LEFT SIDE FRAME, LEFT PANEL	
40	FS100-FSLROX	FRONT SHROUD ASSY, LEFT SIDE FRAME, RIGHT PANEL	
41	FS100-GDR001	GUIDE ROD	2
42	FS100-MFROOO	WELDMENT, SIDE FRAME	
43	FS100-PHOOOX	PULLEY HOUSING ASSEMBLY, LEFT	
44	FS100-PH01 1	U-SHAPED PULLEY TRAVEL STOP	
45	FS100-RSHOOOX	SHROUD PANEL ASSEMBLY, REAR	
46	FS100-SHDOOI	SHROUD, SIDE PANEL, METAL	2
47	FS100-SHD003	SHROUD BACKING PLATE	4
48	FS100-STP00 1	STOP, COLUMN TRAVEL	2
49	FS100-TPLOOOX	TOP PLATE & PULLEY HOUSING ASSEMBLY	
50	RX-R-C-4005	BUMPER, 26mm ID X 25mm THICK	4
51	RX-R-C-4101	BUMPER, 45 X 30 X 15MM	
52	XFT1002600	PULL PIN, GUIDE ROD RETAINER, 8MM X 52MM	2
60	B 900A	4- 1/2 PULLEY W/ 3/ 16 GROOVE	
61	B 901	3-1/2 PULLEY W/3/16 GR V, 1"LG	6
62	C 900D	LOCK NUT, 1 0-32, NYL INS JAM NUT	12
63	C 907	SCREW, 1 0-32 X 1 / 2", PAN HD. PHILLIPS, ZP	28
64	C-416	HH SCREW, 1 / 4"-20, 2-1/4"	4
65	C-445	HH SCREW, 3/8"- 1 6, 1"	2
66	C-448	HH SCREW, 3/8"- 1 6, 1-3/4"	6
67	C-453	HH SCREW, 3/8"- 1 6, 2"	
68	C-676	BH SCREW, 5/16"- 1 8, 3/8"	2
69	C-740	LOCK NUT, 1 / 4"-20 NYL INS	4
70	C-749	WASHER , LOCK , 3/8", ZP	2
71	C-752	WASHER , FLAT, 1/4" SAE	8
72	C-754C	WASHER , FLAT, 3/8" SAE, ZP	16
73	C-757	WASHER , FLAT, 1" USS	4
74	C-766A	LOCK NUT, 3/8"- 1 6, NYL INS JAM NUT	7
75	C-900A	WASHER, FLAT, #10 USS	40

76	FS100-BFR000X	BASE FRAME ASSEMBLY	
77	FS100-CBL000X	ASSY, CABLE	
78	FS100-CLM00 I	CHROME ADJUSTMENT COLUMN	
79	FS100-FSRL0X	FRONT SHROUD ASSY, RIGHT SIDE FRAME, LEFT PANEL	
80	FS100-FSRR0X	FRONT SHROUD ASSY, RIGHT SIDE FRAME, RIGHT PANEL	
81	FS100-GDR00I	GUIDE ROD	2
82	FS100-MFR000	WELDMENT, SIDE FRAME	
83	FS100-PH0 I I	U-SHAPED PULLEY TRAVEL STOP	
84	FS100-PH I 00X	PULLEY HOUSING ASSEMBLY, RIGHT	
85	FS100-RSH000X	SHROUD PANEL ASSEMBLY, REAR	
86	FS100-SHD00I	SHROUD, SIDE PANEL, METAL	2
87	FS100-SHD003	SHROUD BACKING PLATE	4
88	FS100-STP00 I	STOP, COLUMN TRAVEL	2
89	FS100-TPL000X	TOP PLATE & PULLEY HOUSING ASSEMBLY	
90	LBL-WRN-XFT300	WARNING LABEL, XFT300	
91	RX-R-C-4005	BUMPER, 26mm ID X 25mm THICK	4
92	RX-R-C-4101	BUMPER, 45 X 30 X I 5MM	
93	XFT1002600	PULL PIN, GUIDE ROD RETAINER, 8MM X 52MM	2

### 7.3 Exploded Drawing









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

### **Error Descriptions**

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

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

### **Your statutory rights are not affected.**

### **Warranty**

The warranty is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

#### **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 warranty personally and are not a part of repair. After the expiration of the warranty period for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

### **The terms of use are defined as follows:**

- + Home use: solely for private use in private households up to 3 hours per day
- + Semi-professional use: up to 6 hours per day (e. g. rehabilitation centres, hotels, clubs, company gyms)
- + Professional use: more than 6 hours per day (e. g. commercial gyms)

### **Warranty Service**

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

## **Warranty Conditions**

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

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

### **Warranty claims are invalid in case of damage resulting from:**

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

### **Proof of Purchase and Serial Number**

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




















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

















### **Service outside of the Warranty Period**

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

### **Communication**

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

DE	DK	FR
<p><b>TECHNICAL SUPPORT</b></p> <p> +49 4621 4210-900</p> <p> +49 4621 4210-698</p> <p> technik@sport-tiedje.de</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> <p><b>SERVICE</b></p> <p> 0800 20 20277 (Freecall)</p> <p> info@sport-tiedje.de</p> <p> Mo - Fr 08:00 - 21:00 Sa 09:00 - 21:00 So 10:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> 80 90 16 50</p> <p>+49 4621 4210-945</p> <p> info@fitshop.dk</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> +33 (0) 172 770033</p> <p>+49 4621 4210-933</p> <p> service-france@fitshop.fr</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>
	PL	BE
	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> 22 307 43 21</p> <p>+49 4621 42 10-948</p> <p> info@fitshop.pl</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> 02 732 46 77</p> <p>+49 4621 42 10-932</p> <p> info@fitshop.be</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>

UK	NL	INT
<p><b>TECHNICAL SUPPORT</b></p> <p> +44 141 876 3986</p> <p> support@powerhousefitness.co.uk</p> <p><b>SERVICE</b></p> <p> +44 141 876 3972</p> <p> Mo - Fr 9am - 5pm</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> +31 172 619961</p> <p> info@fitshop.nl</p> <p> Ma - Do 09:00 - 17:00 Vr 09:00 - 21:00 Za 10:00 - 17:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> +49 4621 4210-944</p> <p> service-int@sport-tiedje.de</p> <p> Mo - Fr 8am - 6pm Sat 9am - 6pm</p>
	AT	CH
	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> 0800 20 20277 (Freecall)</p> <p>+49 4621 42 10-0</p> <p> info@sport-tiedje.at</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> 0800 202 027</p> <p>+49 4621 42 10-0</p> <p> info@sport-tiedje.ch</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>

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

[www.sport-tiedje.com/en/stores](http://www.sport-tiedje.com/en/stores)

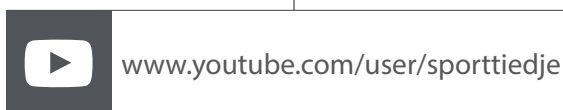
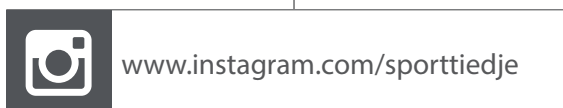
# WE LIVE FITNESS

## WEBSHOP AND SOCIAL MEDIA

Sport-Tiedje is Europe's largest specialist store for home fitness equipment with currently over 70 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

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

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



**TAURUS**

 cardiostrong

*BODYCRAFT*

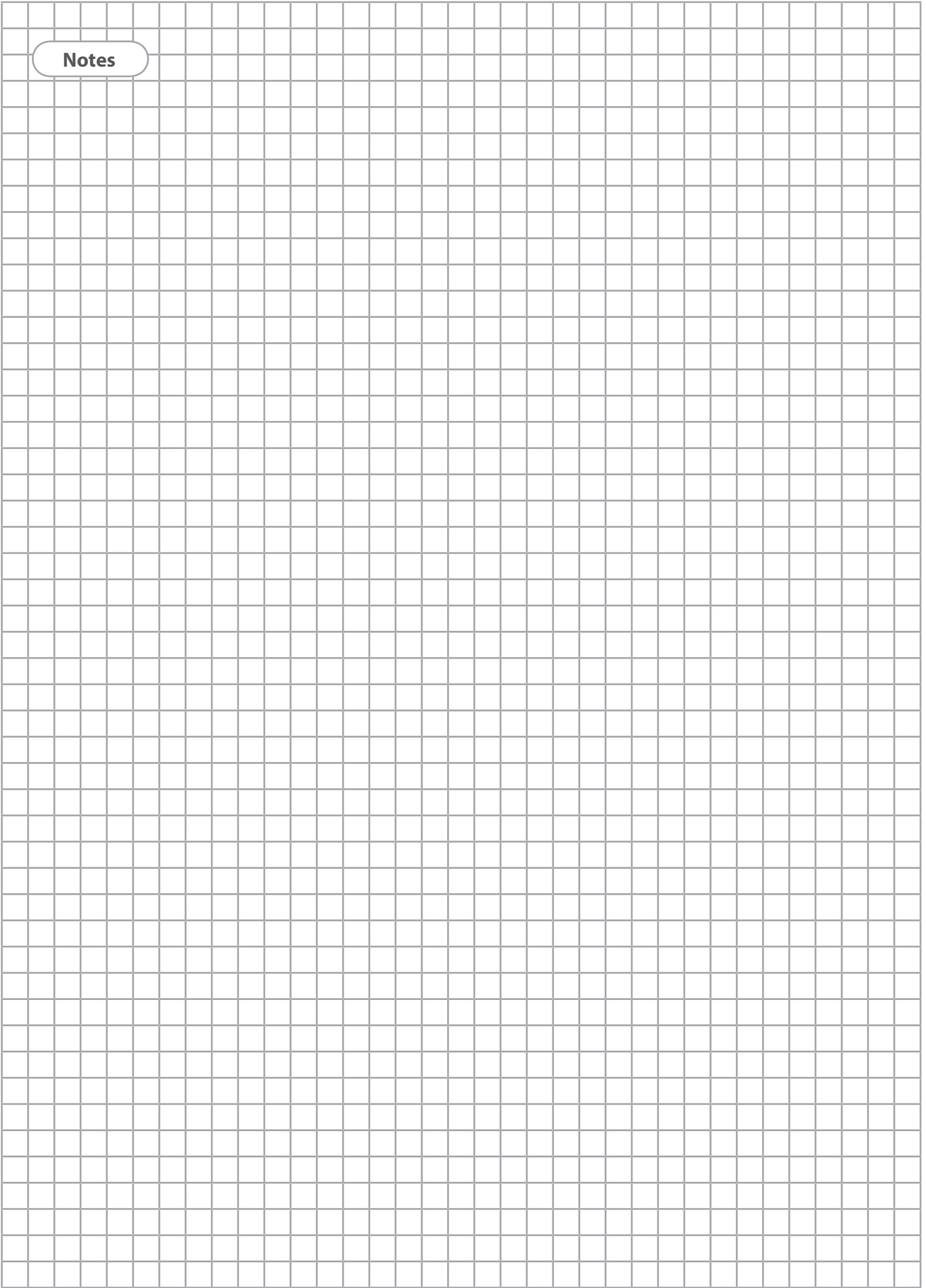
 cardiojump

 **DUKEFITNESS**

**DARWIN**

Notes

**Notes**





**TAURUS®**

**Taurus Elite Functional Trainer**