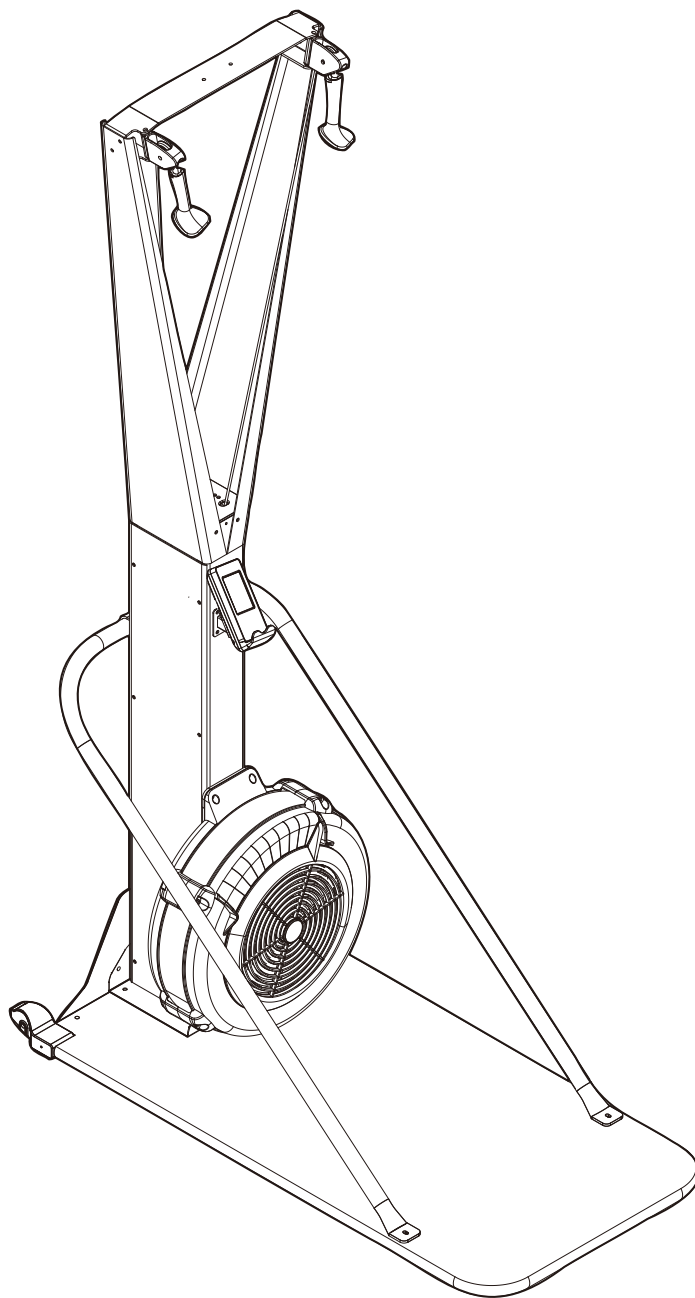


TAURUS®

Assembly and Operating Instructions



max. 150 kg



~15-30 Min.



49 kg

L 127 | W 60 | H 216

CVRM2551.11.14

SKU Code: CVRM2551

Taurus Elite Ski 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.

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

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Disclaimer



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

ABOUT THIS MANUAL

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



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

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

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

The following safety instructions may appear in this manual:

► **ATTENTION**

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

⚠ **CAUTION**

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

⚠ **WARNING**

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

⚠ **DANGER**

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

ⓘ **NOTICE**

This notice indicates further useful information.

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

1.1 Technical Data

LCD display of

- + strokes, strokes per minute
- + training time in min
- + distance in m
- + time/500 m: average / current
- + calorie consumption in kcal
- + heart rate (when using a chest strap)
- + Watt

Resistance system: air resistance

Total number of training programs: 9

Weight and dimensions:

Article weight (gross, including packaging): (Box-A) 38.0 kg
(Box-B) 18.5 kg

Article weight (net, without packaging): (Box-A) 33.0 kg
(Box-B) 16 kg

Packaging dimensions (L x W x H): (Box-A) approx. 121 cm x 46 cm x 51.5 cm
(Box-B) approx. 133 cm x 65 cm x 100 cm

Set-up dimensions (L x W x H): approx. 127 cm x 60 cm x 216 cm

User weight: 150 kg

1.2 Personal Safety

DANGER

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

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + 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. Make sure that you leave at least 30 cm on each side of the equipment and at least 15 cm in front of and behind the equipment as a training zone. This is the minimum required area in order to safely use the equipment. The recommended free zone around the equipment should be at least 60 cm on each side and 45 cm in front of and behind the equipment.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.

ATTENTION

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

2.1 General Instructions



DANGER

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



WARNING

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



CAUTION

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

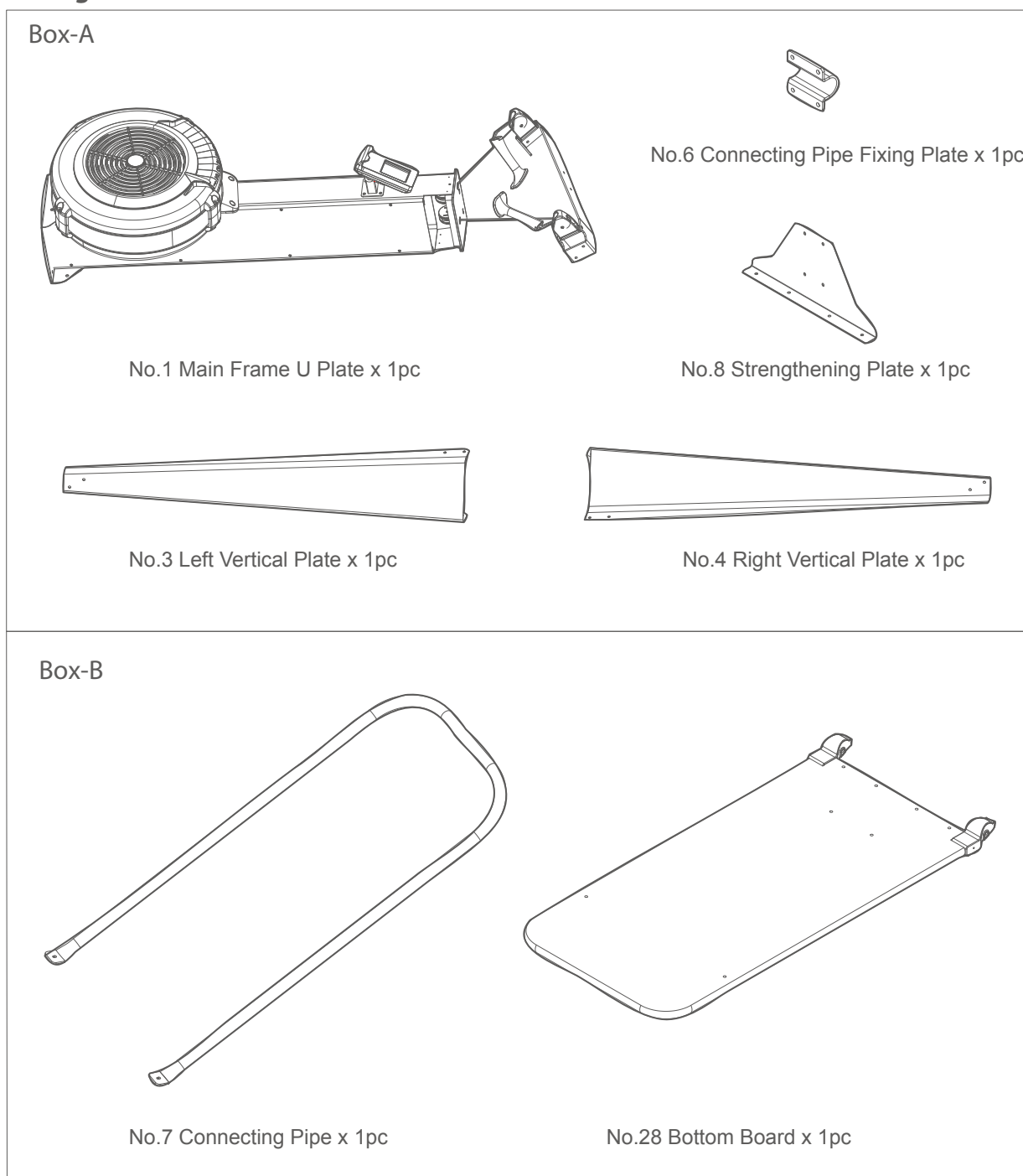
2.2 Scope of Delivery

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.

Package contents

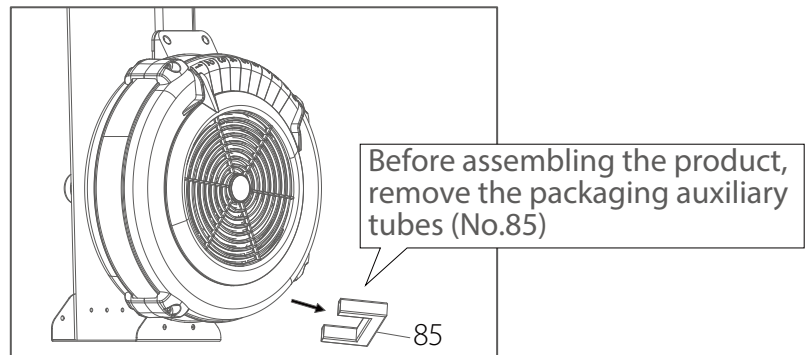


2.3 Assembly

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

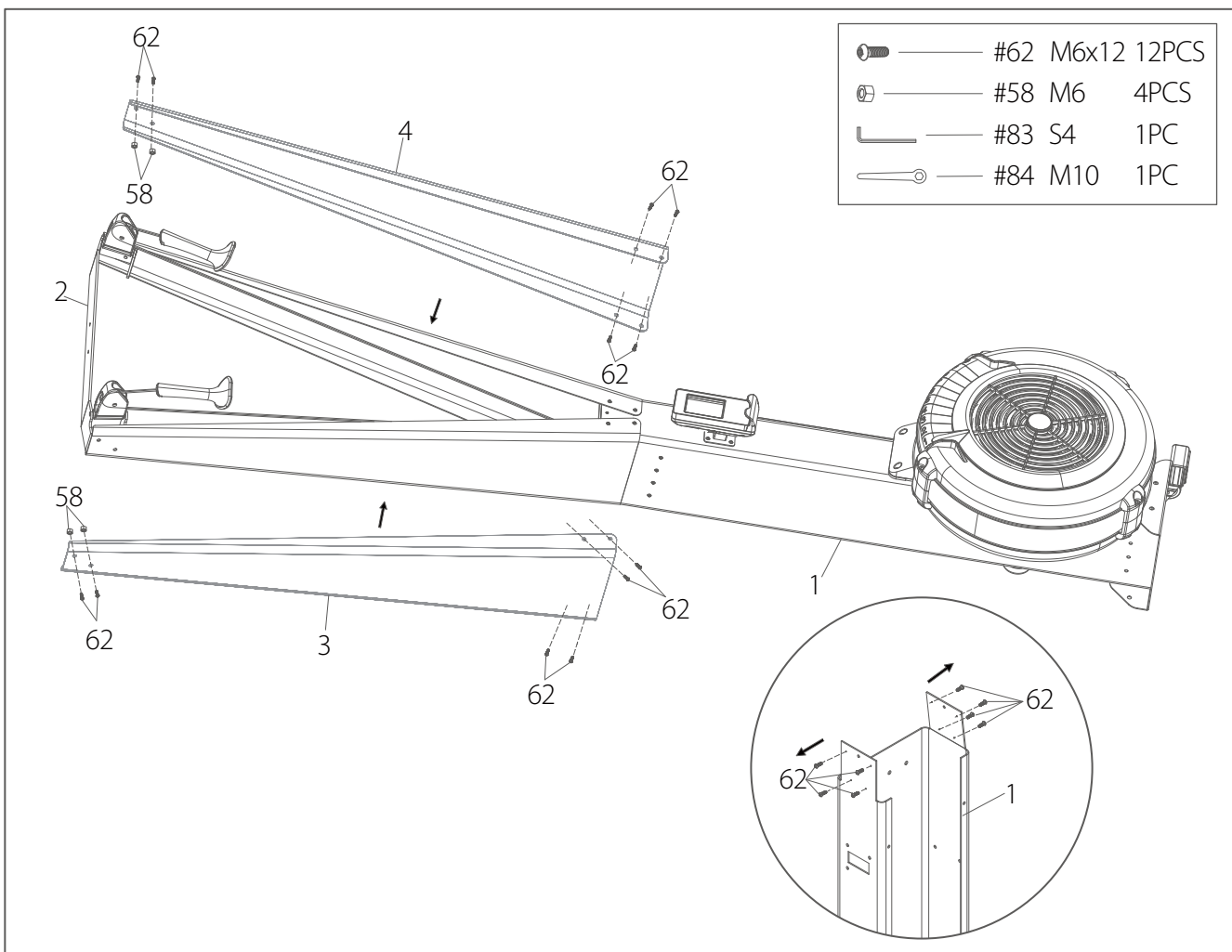
NOTICE

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



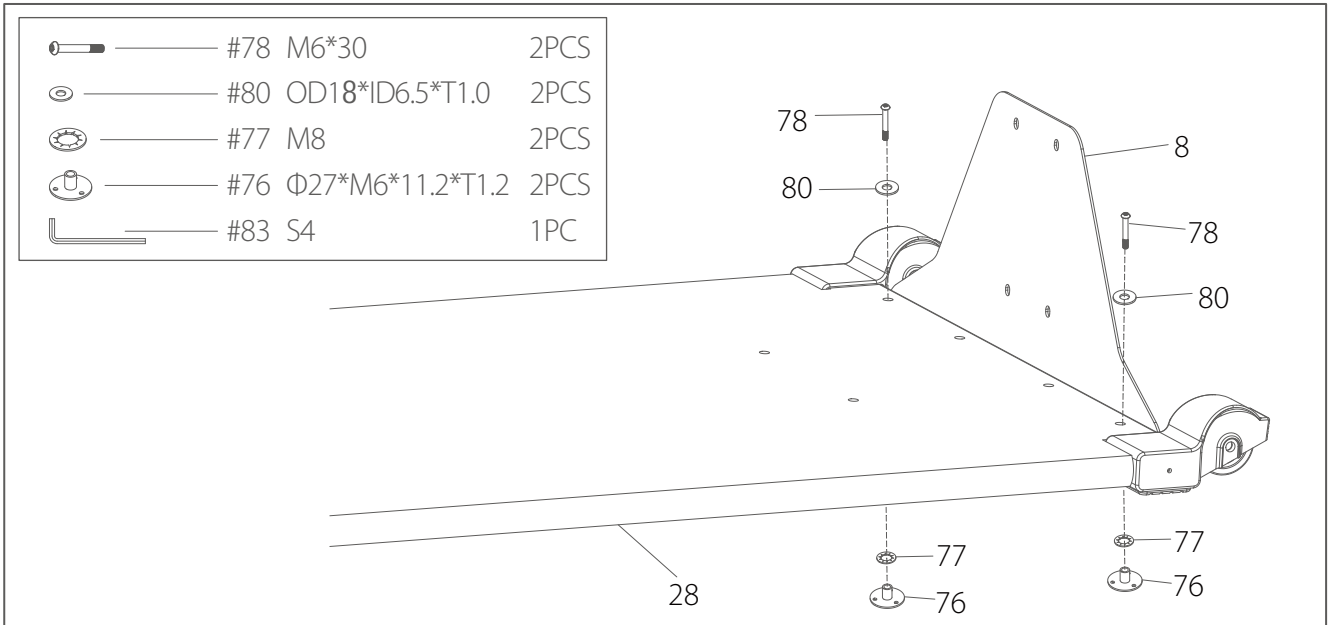
Step 1:

1. Place the Main Frame U Plate (No.1) on the ground.
2. 4pcs Bolt (No.62) and 4pcs Nylon Nut (No.58) is pre locked on the Left vertical Plate (No.3) and Right vertical Plate (No.4), 8pcs Bolt (No.62) is pre locked on the Main Frame U Plate (No.1) . Before assembly, remove them.
3. Attach the Left vertical Plate (No.3) and Right vertical Plate (No.4) to the Main Frame U Plate (No.1). Tighten with 12pcs Bolt (No.62) and 4pcs Nylon Nut (No.58).



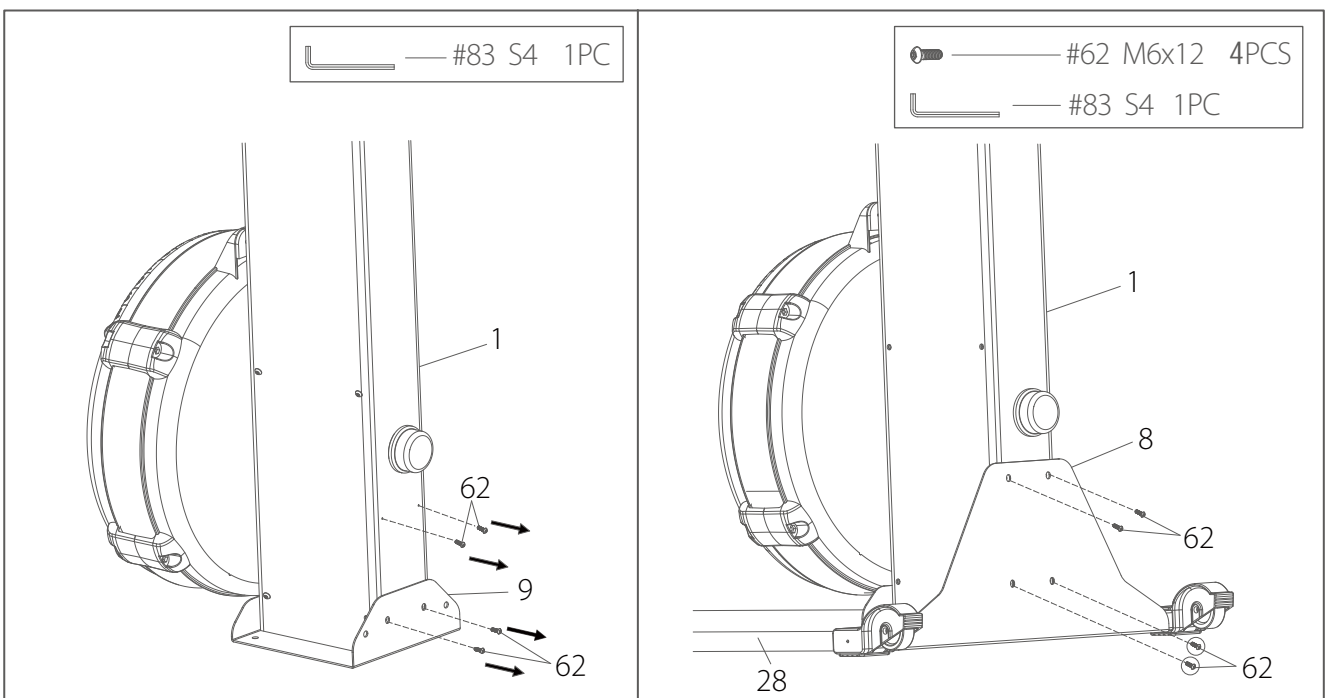
Step 2:

1. 2pcs Lock Nut (No.76), 2pcs Lock Washer (#No.77), 2pcs Washer (No.80) and 2pcs Bolt (No.78) is pre locked on the Bottom Board (No.28). Before assembly, remove them.
2. Place 2pcs Lock Nut (No.76) and 2pcs Lock Washer (No.77) in the corresponding hole of Bottom Board (No.28) as shown in the figure.
3. Use 2pcs Bolt (No.78) and 2pcs Washer (No.80) to assemble the Strengthening Plate (No.8) with the Bottom Board (No.28).



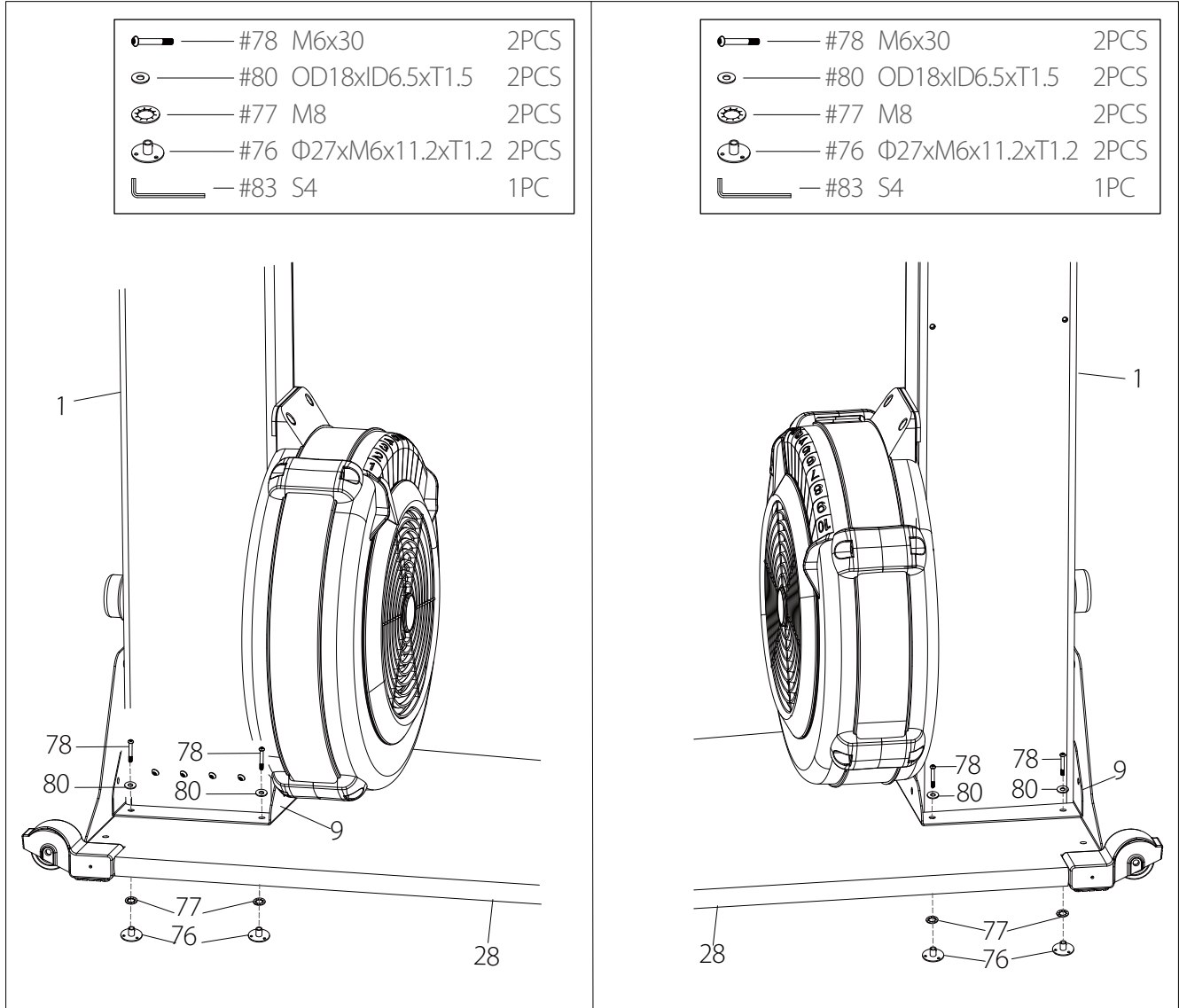
Step 3:

1. 4pcs Bolt (No.62) is pre locked on the Main Frame U Plate (No.1) and Base Plate (No.9). Before assembly. Remove them.
2. Attach the Main Frame U Plate (No.1) to the Strengthening Plate (No.8), Tighten with 4pcs Bolt (No.62).



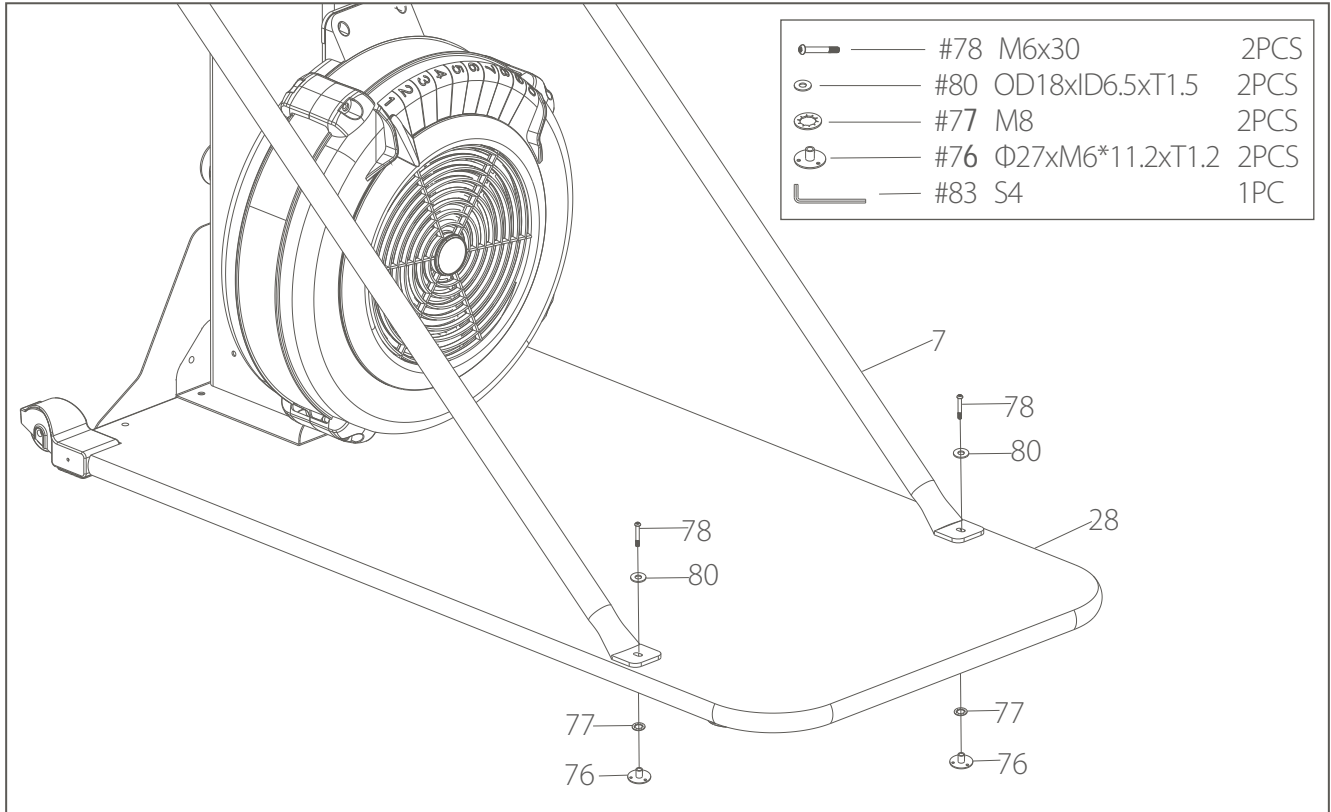
Step 4:

1. 4pcs Lock Nut (No.76), 4pcs Lock Washer (No.77), 4pcs Washer (No.80) and 4pcs Bolt (No.78) is pre locked on the Bottom Board (No.28) . Before assembly, remove them
2. Place 4pcs Lock Nut (#76) and 4pcs Lock Washer (No.77) in the corresponding hole of Bottom Board (No.28) as shown in the figure.
3. Use 4pcs Bolt (No.78) and 4pcs Washer (No.80) to assemble the Base Plate (No.9) with the Bottom Board (No.28).



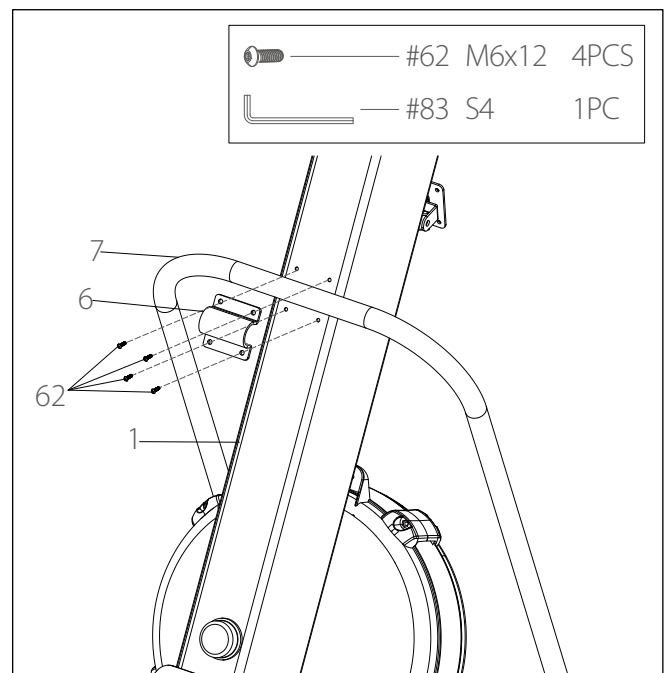
Step 5:

1. 2pcs Lock Nut (No.76), 2pcs Lock Washer (No.77), 2pcs Washer (No.80) and 2pcs Bolt (No.78) is pre locked on the Bottom Board (No.28). Before assembly, Remove them.
2. Place 2pcs Lock Nut (No.76) and 2pcs Lock Washer (No.77) in the corresponding hole of Bottom Board (No.28) as shown in the figure.
3. Use 2pcs Bolt (No.78) and 2pcs Washer (No.80) to assemble the Connecting Pipe (No.7) with the Bottom Board (No.28).



Step 6:

1. 4pcs Bolt (No.62) is pre locked on the Main Frame U Plate (No.1). Before assembly, remove them.
2. Attach the Connecting Pipe Fixing Plate (No.6) and Connecting Pipe (No.7) to the Main Frame U Plate (No.1), tighten with 4pcs Bolt (No.62).

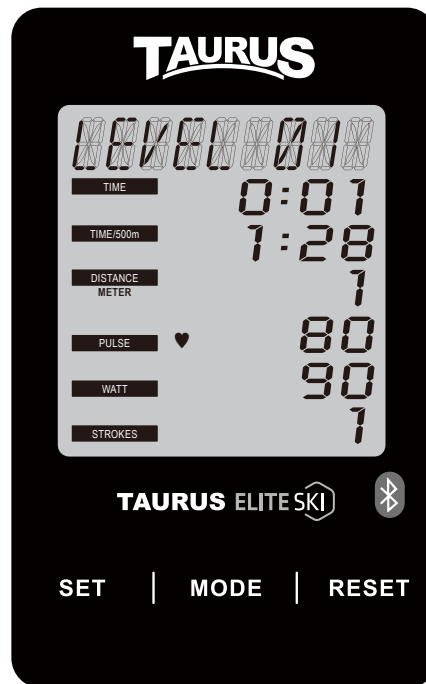


3 OPERATING INSTRUCTIONS

⚠ NOTICE

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

3.1 Console Display



| | |
|----------------------|--|
| TIME | User exercise time. Without setting, it will count up, setting range: 0:00 ~ 99:00 (+ 1:00) |
| TIME/500 | Display its value according to the signal input. |
| DIST | User exercise distance. Without setting, it will count up, setting range: 0 ~ 9990 (+ 10) |
| CAL | User exercise calorie. Without setting, it will count up, setting range: 0 ~ 9990 (+10) |
| SPM | Display its value according to the signal input |
| STROKES | Display its value according to the count input. |
| TOTAL STROKES | Display its value according to the cumulative count input. |
| WATT | Display its value according to the signal input. |
| PULSE | Current user exercise pulse. Setting range: 30 ~ 230 (+1) BPM |

| | |
|------------------------|--|
| MANUAL PROGRAM | Do Manual Program when RPM signal is detected without entering any mode. |
| INTERVAL 20-10 | Interval exercise mode, exercise 20s, rest 10s. |
| INTERVAL 10-20 | Interval exercise mode, exercise 10s, rest 20s. |
| INTERVAL CUSTOM | Interval exercise mode. The exercise time and rest time will be set by user. |
| TARGET TIME | The exercise time will be set by user. |
| TARGET DISTANCE | The exercise distance will be set by user. |
| TARGET CALORIES | The CALORIES will be set by user. |
| TARGET STROKES | The STROKES will be set by user. |
| TARGET PULSE | The heart rate will be set by user. |

3.2 Key Functions

| | |
|------------------|---|
| SET KEY | <ol style="list-style-type: none"> 1. Press once to increase once, and long press to set rapid increase. 2. In standby and sport mode, press once to display the current load value "level". |
| MODE KEY | Press this key to confirm and setting. |
| RESET KEY | <ol style="list-style-type: none"> 1. In function selection mode, you can return to the previous function. 2. In setting mode, you can clear current setting value. 3. In pause mode, you can return to standby mode. 4. Long press this key for 3s to do TOTAL RESET, the console will clear current exercise value, except TOTAL STROKES value. <p>* TOTAL STROKES value will be cleared automatically, when the power supply is removed.</p> |

3.3 Operation Instructions

1. Power On:

When power is on (or Press RESET for 3s), the BUZZER will beep for 2s, then LCD will display in full for 2s and then enter into the standby mode.

2. Standby Mode:

2-1 After powering on, the console will enter into standby mode , MANUAL, INTERVAL , TARGET, TIME, TIME/500m, DISTANCE, CALORIE, PULSE, SPM, WATT, TOTAL STROKES, STROKES, will display circularly 1 second in turn in SCAN mode.

2-2 In standby mode, if no input is received either by; key operation, RPM signal or pulse input for 4mins the LCD will enter into Sleeping mode.

3. Exercise Stop/End Screen:

3-1 When the exercise is paused or ends, the console will display STOP by flashing, will display the finished exercise value. The window will then switch for 5s between the finished value and pulse value. The pulse value is the current value.

3-2 When the exercise is resumes, the display continues to record data.

3-3 When the exercise is paused or ends, press RESET key to enter into standby mode, if no key is pressed or exercise is completed for 4 minutes, the console will enter into standby mode. (picture 1 ~2)



Picture 1



Picture 2

4. The display screen of VR adjustment:

4-1 For standby mode and exercise mode, press SET key to enter the LEVEL display screen and display the current LEVEL value "LEVEL 01~10", the LEVEL value will change with VR adjustment (LEVEL 05), press SET key again to exit the LEVEL adjustment screen and return to standby or exercise screen.

4-2 During exercising, the LEVEL adjustment does not affect the exercise function, and the exercise value continues to count.



LEVEL 01



LEVEL 05

5. Manual:

5-1 If there is RPM signal input in standby mode, the console will QUICK START immediately. (picture 2~3).

5-2 Or in standby mode, press MODE key twice to start MANUAL function.

5-3 The value of all functions will begin to accumulate according to the operation value, and switch display every 5s (picture 4~5).

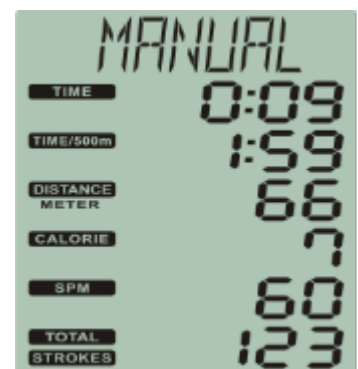
5-4 During exercising, without pressing any key or if no signal is received for 4 minutes, then the console enters into the standby mode.



Picture 3



Picture 4



Picture 5

6.Interval:

In standby mode,press MODE key,and press SET key to select INTERVAL function(picture6). Pressing MODE key to enter into INTERVAL the function selection.

6-1 INTERVAL 10/20

6-1-1 Pressing the SET key to select 10/20(picture7). To start 10/20 function press the MODE key. "READY" will flash on screen and the TIME window will diaplay a 3-second countdown(picture 8).

6-1-2 After "READY" displays for 3s, the LCD will display "WORK01/08"(picture9), TIME begins to count down 10s. All function value will accumulate according to the operation values and switch display every 5 seconds.

6-1-3 When LCD displays the "REST01/08"(picture10), TIME begins to countdown 20s.

All function value will accumulate according to the operation value and will switch display every 5 seconds. For the last 3s the LCD will flash and dispaly "READY"(picture 11).

6-1-4 6-1-2 and 6-1-3 will perform tautologically and circularly with each cycle counting plus 1 until displaying "WORK 08/08" after each exercise and then enter the end screen.

6-1-5 When doing the WORK function, if no signal is detected or any key is pressed for 4minutes, the console will enter into standby mode.

6-1-6 The REST function does not enter into the Sleeping mode without pressing any key or a signal input.



Picture 6



Picture 7



Picture 8



Picture 9



Picture 10



Picture 11

7-1 Interval 20/10

7-1-1 Pressing SET key to select 20/10 (Picture 12), press MODE key to start 20/10 function, "READY" flashing and TIME window displays a 3s countdown and the buzzer sounds 0.5s per seconds.

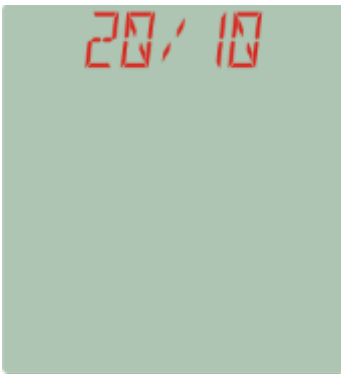
7-1-2 After "READY" 3s, LCD displays the "WORK 01/08" the TIME will begin to count down 20s (picture 13). All function values will accumulate according to the operation value and switch display every 5s.

7-1-3 When the LCD displays the "REST 01/08" the TIME will begin to count down 10s (picture 14). All function values will accumulate according to the operation value and switch display every 5 seconds. At the last 3s the LCD will flash and display "READY".

7-1-4 7-1-2 and 7-1-3 will perform tautologically and circularly with each cycle count plus 1 until displaying "WORK 08/08" after each exercise then enter into the end screen and the buzzer sounds 0.5s.

7-1-5 When doing the WORK function if no signal is detected or any key is pressed for 4 minutes, the console will enter into standby mode.

7-1-6 The REST function does not enter into the Sleeping mode without pressing any key or a signal input.



Picture 12



Picture 13



Picture 14

7-2 Interval Custom

7-2-1 Pressing the SET key to select CUSTOM function, once the display flashes with "CUSTOM", press the MODE key to set the CUSTOM function (picture 15).

7-2-2 When the LCD displays "SET ROUND" the TIME window will display 01 and then flash (picture 16). Press the SET button to set ROUND (the ROUND setting range is 01~99) which can be set circularly. After press MODE key, the buzzer beeps 0.5s, and then enters into the next setting.

7-2-3 When the LCD displays "SET WORK" the TIME window will display 0:05 and then flash. Press the SET button to then set the WORK TIME (the setting range is 0:05-10:00), which can be set circularly. After pressing the MODE key, the buzzer will beep for 0.5s and then enter into the next setting (picture 17).

7-2-4 When the LCD displays "SET REST" the TIME window will display 0:05 and then flash. Press the SET button to then set the REST TIME (the setting range is 0:05-10:00), which can be set circularly. After pressing the MODE key, the buzzer will beep for 0.5s and then enter into the exercise screen (picture 18).

7-2-5 When the LCD flashes "READY", the TIME will count down 3s and the buzzer will beep for 0.5s every second.

7-2-6 After displaying READY for 3s, the LCD will display "WORK 01/XX", the TIME will begin to count down according to the set time. All function values will accumulate according to the operation values and switch display every 5 seconds. (Picture 19~20).

7-2-7 When the LCD displays "REST 01/XX" the TIME begins to count down according to the REST time. All function values will accumulate according to the operation values and switch display every 5 seconds. For the last 3s the LCD will flash and display "READY".

7-2-8 7-2-6 and 7-2-7 will perform tautologically and circularly with each cycle count plus 1 until displaying "WORK XX/XX" after the last exercise then enter into the end screen.

7-2-9 When doing the WORK function if no signal is detected or any key is pressed for 4 minutes, the console will enter into standby mode.

7-2-10 The REST function does not enter into the Sleeping mode without pressing any key or a signal input.



Picture 15



Picture 16



Picture 17



Picture 18



Picture 19



Picture 20

8. Target:

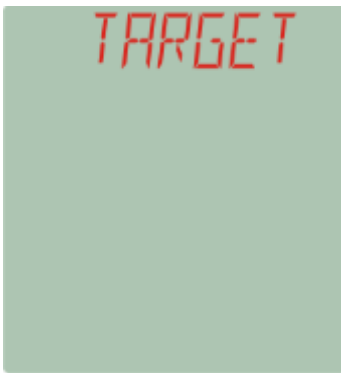
In standby mode, press the MODE and SET keys to select TARGET function. The LCD displays TARGET flashing (picture 21). Pressing MODE keys to enter into TARGET FUNCTION SELECTION.

8-1 Target Time

8-1-1 Toggle the TARGET TIME function (picture 22) and press the MODE key to start the TIME setting function.

8-1-2 When the LCD displays "SET" by flashing, 0:00 flashes in the TIME window (picture 23), press the SET key to set the target time (the setting range is 0:00~99:00) which can be set circularly. Press the MODE key to confirm and the console will enter into the exercise mode.

8-1-3 When the LCD displays the "TARGET" and "TIME" the display will switch every 2s (picture 24~25). All function values will accumulate according to the operation values and switch display every 5s.



Picture 21



Picture 22



Picture 23



Picture 24



Picture 25

8-2 Target Distance

8-2-1 Toggle the TARGET DISTANCE function until the LCD flashes and displays "TARGET". The DISTANCE window will flash and display the DISTANCE (picture 26) and then press the MODE key to start setting the DISTANCE function.

8-2-2 When the LCD displays and flashes "SET", and 0 flashes in the DISTANCE window (picture 27), press the SET key to set the target distance (the setting range is 0~9990) which can be set circularly. Press the MODE key to confirm and the console will enter into exercise mode and a 0.5s buzzer will sound.

8-2-3 When the LCD displays the "TARGET" and "DISTANCE" it will switch display every 2s (picture 28~29). All function values will accumulate according to the operation values and switch display every 5s.



Picture 26



Picture 27



Picture 28



Picture 29

8-3 Target Calories

8-3-1 Toggle the TARGET CALORIES function and once the LCD flashes and displays "TARGET". The CALORIES window will display with CALORIES flashing (picture 30). Press the MODE key to start setting the CALORIES function.

8-3-2 When LCD flashes and display "SET", and 0 will flash in the CALORIES window (picture 31). Press the SET key to set target CALORIES (the setting range is (0~9990) which can be set circularly. Press MODE key to confirm and the console will enter into the exercise mode.

8-3-3 When the LCD displays the "TARGET" and "CALORIES" it will switch display every 2s (picture 32~33). All function values will accumulate according to the operation values and the display will switch every 5s.



Picture 30



Picture 31



Picture 32



Picture 33

8-4 Target Strokes

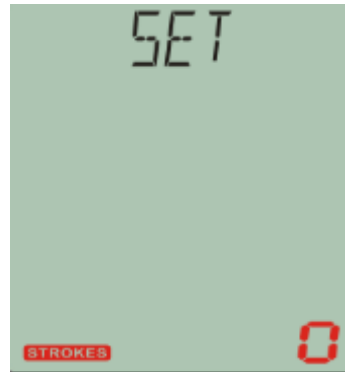
8-4-1 Toggle the TARGET STROKES function until the LCD flashes and displays "TARGET". The STROKES window will flash and display STROKES (picture 34). Press the MODE key to start setting the STROKES function.

8-4-2 When the LCD display keeps flashing with "SET " (picture 35) and 0 flashes in the STROKES window, press the SET key to set target STROKES (the setting range is 0~9990), which can be set circularly. Press the MODE key to confirm and the console will enter into the exercise mode.

8-4-3 When the LCD displays the "TARGET" and "STROKES" it will switch display every 2s (picture 36~37). All function values will accumulate according to the operation values and the display will switch every 5s.



Picture 34



Picture 35



Picture 36



Picture 37

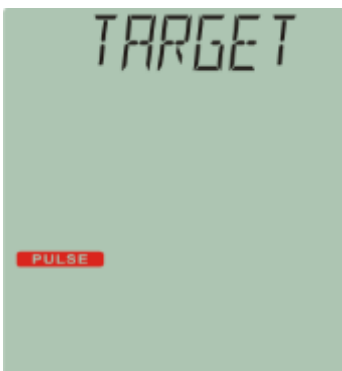
8-5 Target Pulse

8-5-1 Toggle the TARGET PULSE function until the LCD flashes and displays "TARGET". The PULSE window will flash and display PULSE (picture 38). Press the MODE key to start setting the PULSE function.

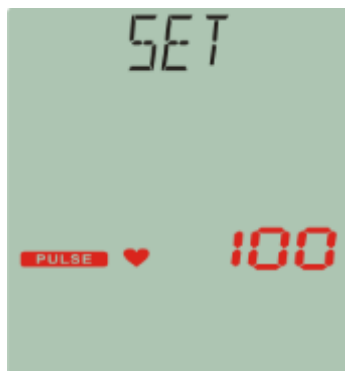
8-5-2 When the LCD flashes and displays "SET" (picture 39), 100 will flash in the PULSE window. Press the SET key to set the target PULSE (the setting range is 30-230) which can be set circularly. Press the MODE key to confirm and the console will enter into the exercise mode.

8-5-3 When the LCD displays the "TARGET" and "PULSE" it will switch display every 2s (picture 40~41). All function values will accumulate according to the operation values and switch display in every 5s.

8-5-4 During exercise, when the actual heartbeat value exceeds the preset heartbeat value, the buzzer will sound BI once every 1 second.



Picture 38



Picture 39



Picture 40



Picture 41

9. Special Mode

9-1 Switch KM/ ML

9-1-1 Pressing MODE+SET for 2s to enter into switch KM/ML mode.

9-1-2 LCD displays "CLIENT ID" and program version, TIME window shows console model name (picture 42).

9-1-3 In the switch KM/ML mode, press SET to adjust the KM/ML, press MODE to confirm the setting, and RESET is invalid KEY.

9-1-4 The console has no storage function, so when the battery is removed it reverts to the preset value.

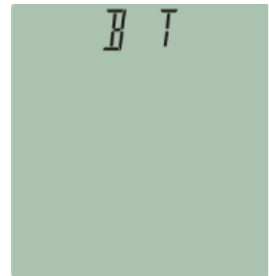


Picture 42

9-2 Bluetooth Connection Mode

9-2-1 The console can connect to APP and bluetooth heartbeat in any mode except sleeping mode.

9-2-2 After the console connected APP, LCD will display "BT" (picture 43).



Picture 43

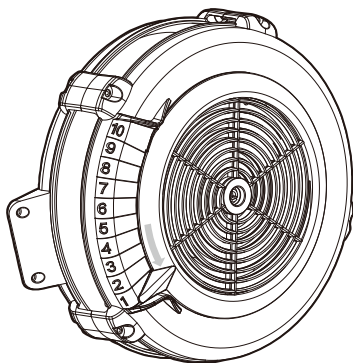
10. VR Correction Mode :

10-1 During the standby mode, press MODE+RESET KEY for 3s to enter into VR correction mode.

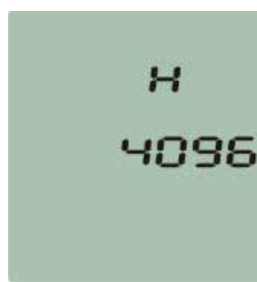
10-2 TIME window will display "L", DISTANCE window displays the current the AD value of VR (Picture 44). Adjust Damper (Picture 45) to the first level and press MODE KEY to confirm.



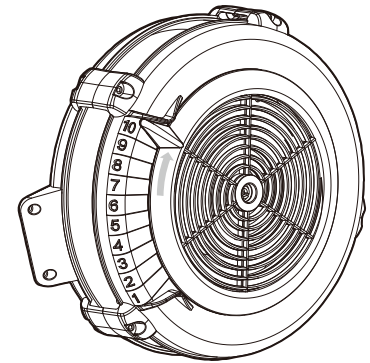
Picture 44



Picture 45



Picture 46



Picture 47

10-3 After confirming the first level value of VR, "H" will be displayed in the TIME window, and the actual AD value of VR will be displayed in the DISTANCE window (Picture 46). Adjust Damper (Picture 47) to the highest level and press MODE KEY to confirm after the adjustment.

10-4 After setting the first and highest level values of VR, the console will restart and cut the set values into 10 segments on average.

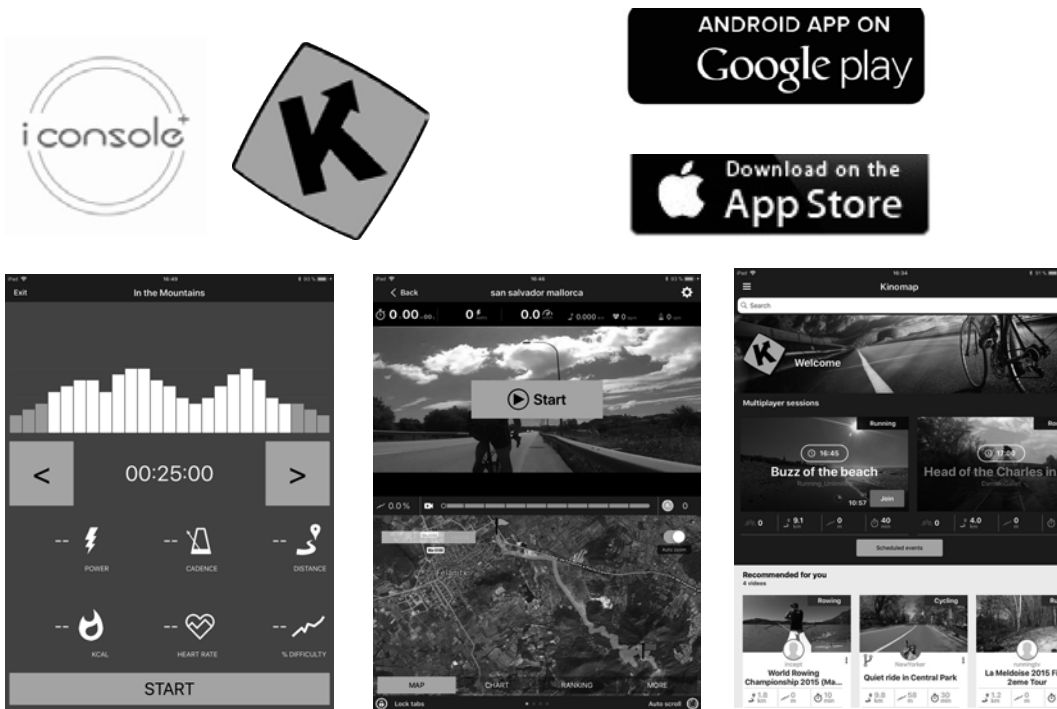
10-5 When adjusting Damper, attach the pointer to the baffle plate.

3.4 Bluetooth® & Fitness-Apps

This console is equipped with a Bluetooth® interface. To use training apps you will have to connect your equipment with your mobile device (tablet or smart phone). To do this, please activate the Bluetooth® function on your mobile device. Now choose your equipment.

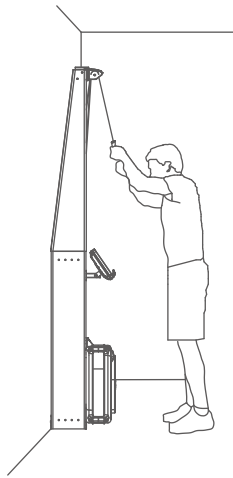
Please take note that your mobile device needs to be compatible with the Bluetooth® interface of the rowing machine. Now start the fitness app. It might happen that you need to connect both the app and the console additionally. To do this, please follow the instructions given in the app.

You will find the fitness apps in the app stores of Google or Apple. There you will find the apps „Kinomap“ or „iconsole+“. Please note that these apps are produced by an external manufacturer. Sport-Tiedje does not take any responsibility regarding the availability, functionality or contents of these programmes.

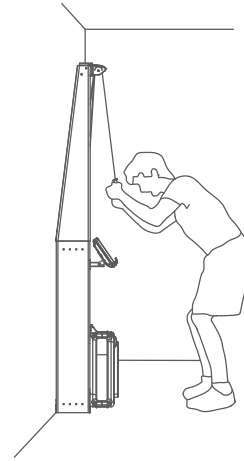


3.5 Usage and Training

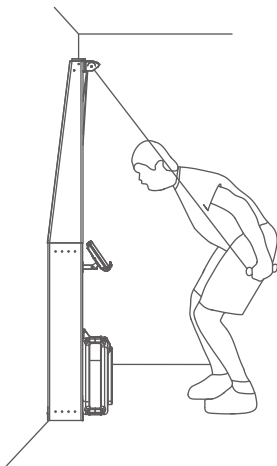
1. Double pole training: Start up position, hands shoulder width apart and at line of sight. Arms bent, feet separated, shoulder width apart.



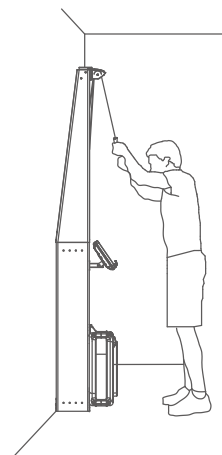
2. Apply force to the core abdominal muscles, bend the knees, and pull down the handle. Keep your arms bent and try to approach the handle as close to your face as possible.



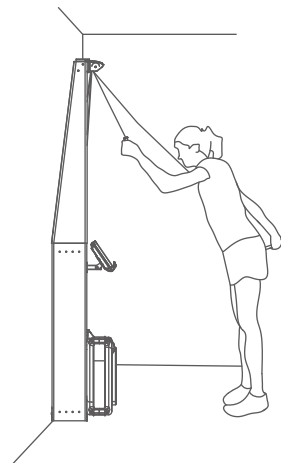
3. At the end, bend your knees slightly and extend your arms down your thighs.



4. Retract your arms, stand straight, and return to the starting position.



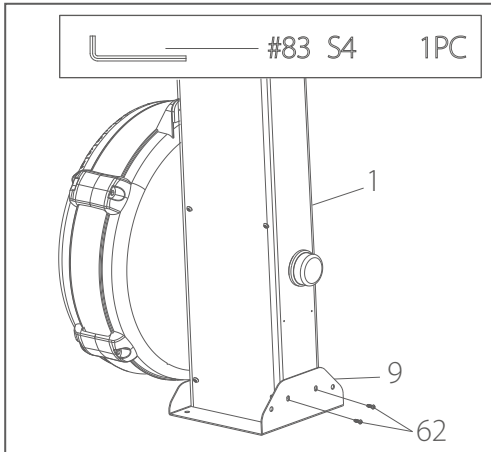
5. Classic skiing practice (alternating arms): At the beginning, lift one arm up slightly. Use upper arm force to pull down while slowly lifting the lower arm. Then alternate your arms to slightly bend the pulled arms to increase strength.



4.1 How to install on the wall

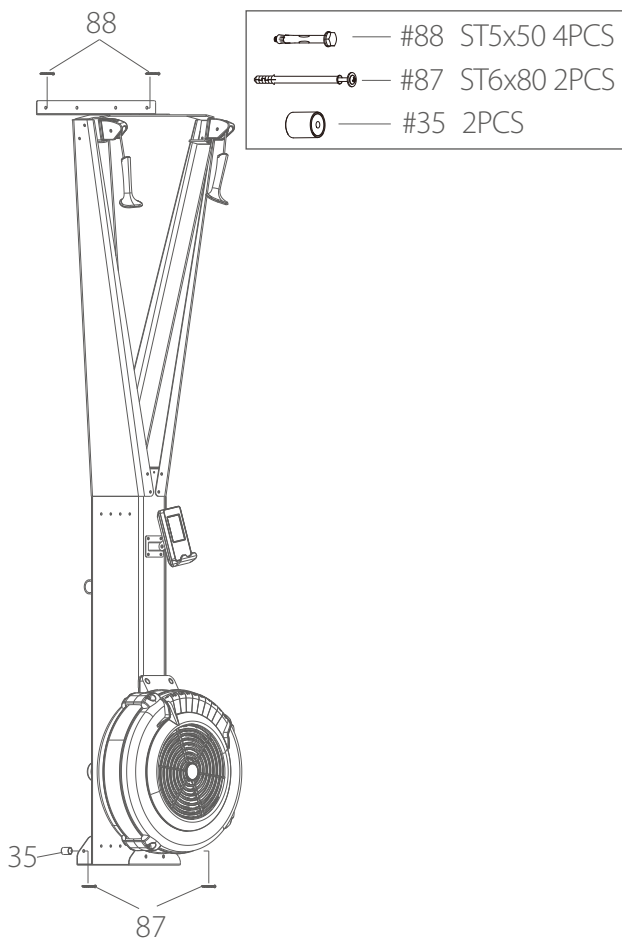
Step 1:

Fix Base Plate (No.9) to Main Frame U Plate (No.1) with 2pcs Bolt (No.62).



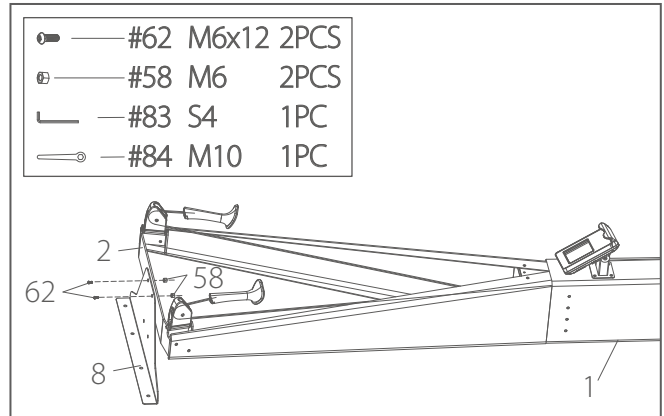
Step 3:

Fix Main Frame to Wall with 2PCS Expansion screw (#88), 2PCS Expansion screw (#87), 2PCS Wall sleeve (#35).
Make sure the screws are secured to the wall.



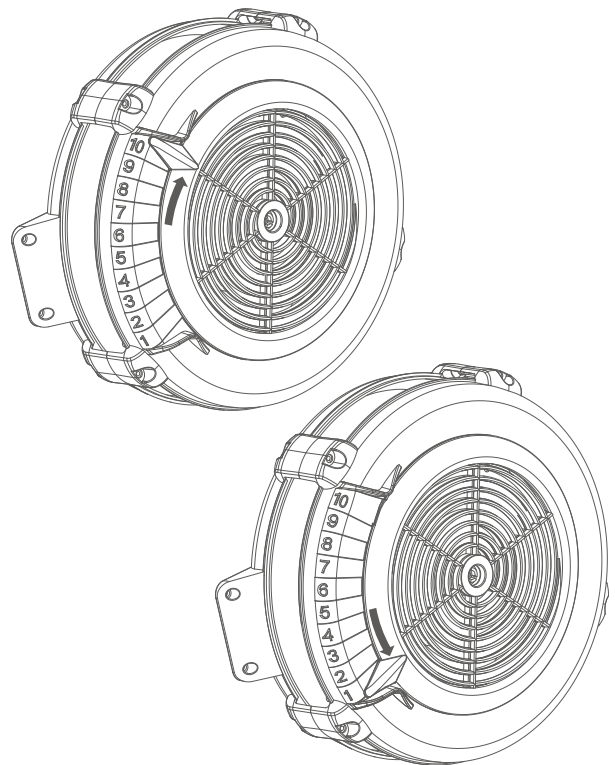
Step 2:

Fix Strengthening Plate (No.8) to Connecting Plate (No.2) with 2pcs Bolt (No.62) and 2pcs Nylon Nut (No.58).



4.2 How to operate the damper

Rotate Fan Adjustment Cover (No.36), when adjusted to L1, the resistance is minimal, when adjusted to L10, the resistance is maximum



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 |
|---------------------------------|---|---|
| Heart rate is not received | <ul style="list-style-type: none"> + Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Batteries empty | <ul style="list-style-type: none"> + Eliminate sources of interference (e.g. mobile phones, loudspeakers, WLAN, lawn mower and vacuum cleaner robots ...) + Use a suitable chest strap (see recommended accessories). + Reposition chest strap and/or moisten electrodes + Changing batteries |
| LCD error – software error etc. | <ul style="list-style-type: none"> + Batteries empty + Console has no power supply | <ul style="list-style-type: none"> + Hold Reset to start the console again. + Disconnect and connect again all cable connections. + Changing batteries + Contact a service technician of your contract partner. |

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 | Half-yearly | Yearly |
|---------------------------------|--------|---------|-----------|-------------|--------|
| Display console | C | I | | | |
| Lubrication of the moving parts | | | | I | |
| Plastic covers | C | I | | | |
| Screws and cable connections | | I | | | |
| Legend: C = clean; I = inspect | | | | | |

6 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority’s recycling service.



The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

7 RECOMMENDED ACCESSORIES

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

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

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



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.

① **NOTICE**

The serial number of your equipment is unique. It's located on a black sticker.

Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

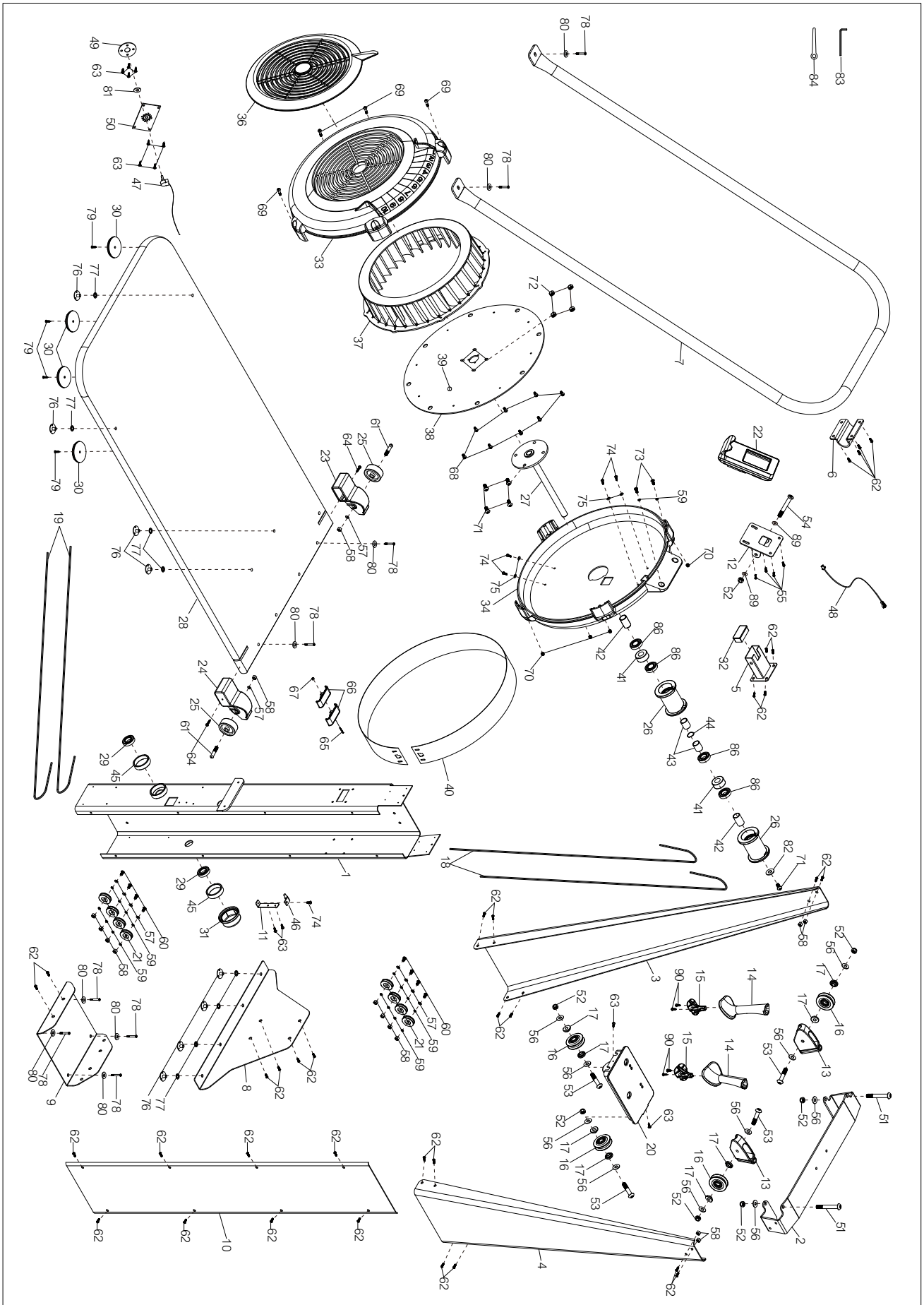
Model Name:

SKU:

8.2 Parts list

| No. | Name | Qty. | No. | Name | Qty. |
|-----|--|------|-----|------------------------------------|------|
| 1 | Main Frame U Plate | 1 | 46 | Sensor Wire | 1 |
| 2 | Connecting Plate | 1 | 47 | VR | 1 |
| 3 | Left Vertical Plate | 1 | 48 | VR Connecting Wire | 1 |
| 4 | Right Vertical Plate | 1 | 49 | Damper Plate | 1 |
| 5 | Console Holder | 1 | 50 | VR Fixing Plate | 1 |
| 6 | Connecting Pipe Fixing Plate | 1 | 51 | Bolt (M8×80) | 2 |
| 7 | Connecting Pipe | 1 | 52 | Nylon Nut (M8) | 7 |
| 8 | Strengthening Plate | 1 | 53 | Bolt (M8×35) | 4 |
| 9 | Base Plate | 1 | 54 | Bolt (M8×70) | 1 |
| 10 | Side Plate | 1 | 55 | Console Screw (M8×70) | 4 |
| 11 | Sensor Fixing Plate | 1 | 56 | Washer (OD16×ID8.5×T1.5) | 10 |
| 12 | Console Fixing Plate | 1 | 57 | Washer (OD13×ID6.5×T1.5) | 10 |
| 13 | Pulley Seat | 2 | 58 | Nylon Nut (M6) | 16 |
| 14 | Handle | 2 | 59 | Spring Washer (ID6.5×T1.6) | 18 |
| 15 | Handle Seat | 2 | 60 | Cross Head Screw (M6×20) | 8 |
| 16 | Pull Rope Small Pulley | 4 | 61 | Bolt (M6×40) | 2 |
| 17 | Bearing Clearance Spacer (ø22×ø8×8.25) | 8 | 62 | Bolt (M6×12) | 34 |
| 18 | Pull Rope (ø4×4000mm) | 2 | 63 | Self Tapping Screw (ST4.2×L16mm) | 12 |
| 19 | Bungee Cord (ø4×4000mm) | 2 | 64 | Self Tapping Screw (ST4.2×L25mm) | 2 |
| 20 | Fixed Seat | 1 | 65 | Bolt (M4×45) | 1 |
| 21 | Bungee Cord Small Pulley (POM ø35×9) | 8 | 66 | Mesh Locking Block | 2 |
| 22 | Console | 1 | 67 | Hex Nut (M4) | 1 |
| 23 | Front End Cap (L) | 1 | 68 | Cross Head Screw (M5×10) | 8 |
| 24 | Front End Cap (R) | 1 | 69 | Cross Head Screw (M5×75) | 4 |
| 25 | Wheel for Moving | 2 | 70 | Hex Nut (M5) | 4 |
| 26 | Winding Wheel | 2 | 71 | Bolt (M8×15) | 5 |
| 27 | Shaft Assembly | 1 | 72 | Thin Nut (M8) | 4 |
| 28 | Bottom Board | 1 | 73 | Cross Head Screw (M6×10, Head ø12) | 2 |
| 29 | Bearing | 2 | 74 | Self Tapping Screw (ST4.2×L12mm) | 5 |
| 30 | Foot Pad | 4 | 75 | Washer (OD16×ID6.5×T1.0) | 4 |
| 31 | Bearing Cover | 1 | 76 | Lock Nut (ø27×M6×11.2×T1.2) | 8 |
| 32 | Tube Plug | 1 | 77 | Lock Washer (M8) | 8 |
| 33 | Flywheel Cover Front | 1 | 78 | Bolt (M6×30) | 8 |
| 34 | Flywheel Cover Back | 1 | 79 | Self Tapping Screw (ST5.5×20) | 4 |
| 35 | Wall Sleeve | 2 | 80 | Washer (OD18×ID6.5×T1.5) | 8 |
| 36 | Fan Decorative Cover | 1 | 81 | Washer (OD25×ID13×T1.5) | 1 |
| 37 | Flywheel | 1 | 82 | Washer (OD20×ID8.5×T1.5) | 1 |
| 38 | Counterweight Disk | 1 | 83 | Allen Wrench (S4) | 1 |
| 39 | Sensor Magnet | 1 | 84 | Spanner (M10×2.0×87) | 1 |
| 40 | Mesh Plate | 1 | 85 | Packaging Auxiliary Tube | 1 |
| 41 | One-Way Bearing (ø35×16, HF1716) | 2 | 86 | Bearing (6003ZZ S & F) | 4 |
| 42 | Long Spacer Sleeve (OD20×ID17×32.5) | 2 | 87 | Expansion Screw (ST5×80) | 2 |
| 43 | Short Spacer Sleeve (OD20×ID17×24) | 2 | 88 | Expansion Screw (ST5×50) | 4 |
| 44 | Wave Washer (65mm, OD23×ID17.1×T0.3mm) | 1 | 89 | Washer (OD20×ID8.5×T2.0) | 2 |
| 45 | 6003 Bearing Sleeve (PA, ø40×12.5) | 2 | 90 | Screw (ST3×25) | 4 |

8.3 Exploded Drawing



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

Error Descriptions

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

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

Your statutory rights are not affected.

Warranty

The warrantee is the first/original buyer.

Warranty periods

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

Warranty period

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

Repair Costs

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warrantee personally and are not a part of repair. After the expiration of the warranty period for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

The terms of use are defined as follows:

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

Warranty Service

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

Warranty Conditions

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

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

Warranty claims are invalid in case of damage resulting from:

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

Proof of Purchase and Serial Number

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

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

Service outside of the Warranty Period

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

Communication

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

10 CONTACT

| DE | DK | FR |
|--|---|---|
| <p>TECHNIK</p> <p>☎ +49 4621 4210-900</p> <p>☎ +49 4621 4210-698</p> <p>✉ technik@sport-tiedje.de</p> <p>🕒 Öffnungszeiten entnehmen Sie unserer Homepage.</p> | <p>TEKNIK OG SERVICE</p> <p>☎ 80 90 16 50</p> <p>+49 4621 4210-945</p> <p>✉ info@fitshop.dk</p> <p>🕒 Åbningstider kan findes på hjemmesiden.</p> | <p>TECHNIQUE & SERVICE</p> <p>☎ +33 (0) 172 770033</p> <p>+49 4621 4210-933</p> <p>✉ service-france@fitshop.fr</p> <p>🕒 Vous trouverez les heures d'ouverture sur notre site Internet.</p> |
| <p>SERVICE</p> <p>☎ 0800 20 20277 (kostenlos)</p> <p>✉ info@sport-tiedje.de</p> <p>🕒 Öffnungszeiten entnehmen Sie unserer Homepage.</p> | <p>PL</p> <p>TECHNIKA I SERWIS</p> <p>☎ 22 307 43 21</p> <p>+49 4621 42 10-948</p> <p>✉ info@fitshop.pl</p> <p>🕒 Godziny otwarcia można znaleźć na stronie głównej.</p> | <p>BE</p> <p>TECHNIQUE & SERVICE</p> <p>☎ 02 732 46 77</p> <p>+49 4621 42 10-932</p> <p>✉ info@fitshop.be</p> <p>🕒 Vous trouverez les heures d'ouverture sur notre site Internet.</p> |

| UK | NL | INT |
|---|--|--|
| <p>CUSTOMER CARE</p> <p>☎ +44 141 737 2249 or +44 141 876 3972</p> <p>✉ customercare@powerhouse-fitness.co.uk</p> <p>🕒 You can find the opening hours on our homepage.</p> | <p>TECHNISCHE DIENST & SERVICE</p> <p>☎ +31 172 619961</p> <p>✉ info@fitshop.nl</p> <p>🕒 De openingstijden vindt u op onze homepage.</p> | <p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +49 4621 4210-944</p> <p>✉ service-int@sport-tiedje.de</p> <p>🕒 You can find the opening hours on our homepage.</p> |
| | <p>AT</p> <p>TECHNIK & SERVICE</p> <p>☎ 0800 20 20277 (Freecall)</p> <p>+49 4621 42 10-0</p> <p>✉ info@sport-tiedje.at</p> <p>🕒 Öffnungszeiten entnehmen Sie unserer Homepage.</p> | <p>CH</p> <p>TECHNIK & SERVICE</p> <p>☎ 0800 202 027</p> <p>+49 4621 42 10-0</p> <p>✉ info@sport-tiedje.ch</p> <p>🕒 Öffnungszeiten entnehmen Sie unserer Homepage.</p> |

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

www.powerhouse-fitness.co.uk/storelocator

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

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

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

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



<http://www.powerhouse-fitness.co.uk/>
www.powerhouse-fitness.co.uk/blog/



<https://www.facebook.com/powerhousefitness.co.uk>



www.instagram.com/powerhousefitness_uk/



www.youtube.com/user/PHFTV/

TAURUS

cardiostrong

BODYCRAFT

BodyMax

TAURUS®