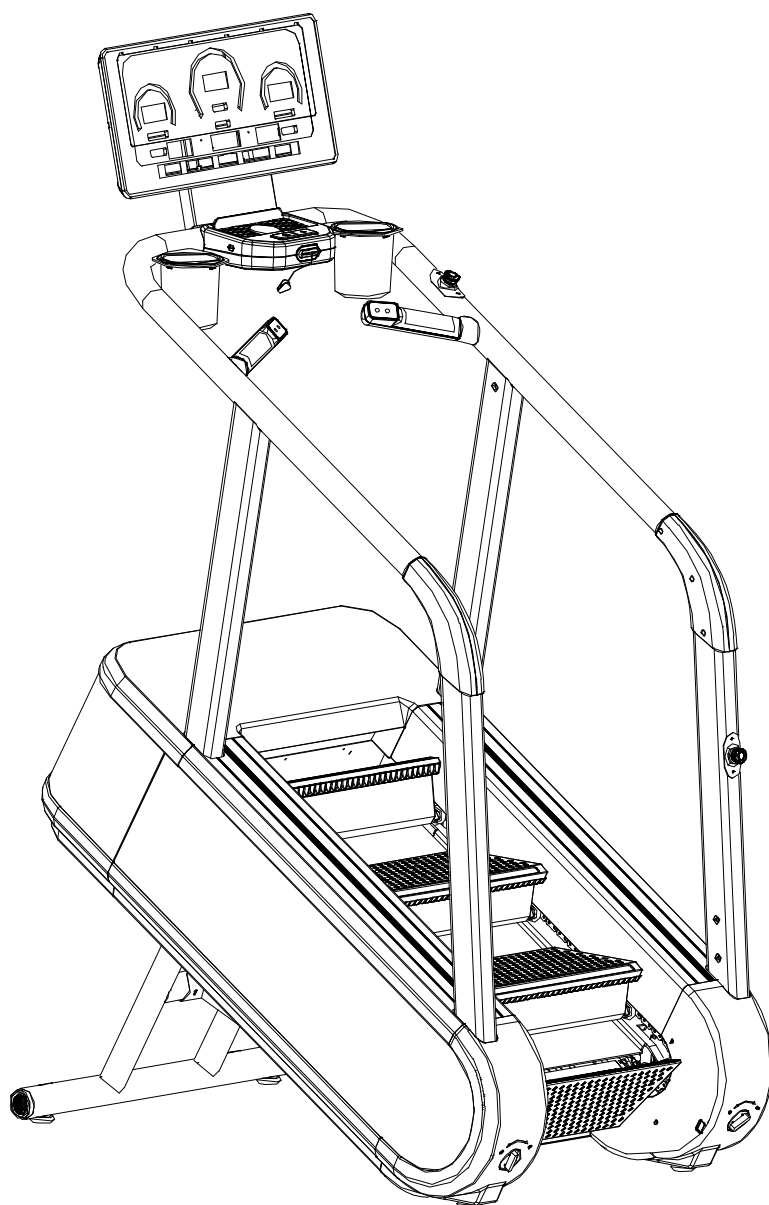# TAURUS®

Assembly and Operating Instructions

max. 130 kg

~ 60 Min.

135 kg
L 76 | W 130 | H 198

SKU: TF-ST9.9

Taurus Stair Trainer ST9.9

Content

Dear customer,

Thank you for choosing quality training equipment from the TAURUS brand. Taurus offers sports and fitness equipment for home users with high demands on quality, functionality and longevity. Also, Taurus is a well-known and experienced brand for equipping professional rooms for fitness studios and business customers. The focus of Taurus fitness equipment is on what matters most in sports: maximum performance! Therefore, the devices are developed in close consultation with athletes and sports scientists. Because athletes know best what makes perfect fitness equipment.

Further information can be found at www.fitshop.co.uk

Intended Use

The equipment may only be used for its intended purpose.

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

Legal Notice

Fitshop GmbH
Europe's No. 1 for home fitness

International Headquarters
Flensburger Straße 55
24837 Schleswig
Germany

Management:
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No. HRB 1000 SL
Local Court Flensburg
European VAT Number: DE813211547

Disclaimer

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

FITSHOP
Europe's No.1 for Home Fitness

ABOUT THIS MANUAL

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

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

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

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

Accuracy classes

Class A: high accuracy.
Class B: medium accuracy.
Class C: low accuracy.

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

Use classes

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

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

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

The following safety instructions may appear in this manual:

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

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

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

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

ⓘ **NOTICE**
This notice indicates further useful information.

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

1.1 Technical Data

LED Display

+ Calories
+ Steps
+ Distance/Height
+ Speed
+ Time
+ Pulse (when using the hand pulse sensors or a compatible chest strap)
+ BMI

Quick Start: 1
Target Programmes: 3
Customised Programmes: 3
Pre-Set Programmes: 36

Weight and dimensons:

Article weight (gross, including packaging):   147 kg

Article weight (net, without packaging):   135 kg

Packaging dimensions (L x W x H):   80 cm x 138 cm x 67 cm

Set-up dimensions (L x W x H):   75.9 cm x 130 cm x 198.4 cm

Maximum user weight: 130 kg

Height of highest step: 150 cm

Number of steps: 3

Use class: S

1.2 Personal Safety

⚠ **DANGER**

+ Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.

+ Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.

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

⚠ **WARNING**

+ This equipment may not be used by children under the age of 14.

+ Children should not be allowed unsupervised access to the equipment.

+ Persons with disabilities must have a medical license and must be under strict observation when using the equipment.

+ The equipment is strictly for use by one person at a time.

+ 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.

+ If an emergency occurs and training has to be stopped abruptly, pull out the safety key, grab both handles, jump onto the side rails and wait until the device has come to a complete stop.

+ 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.

+ Be aware that if adjustment devices are left protruding, they may impede the user's movement.

+ The safety level of the appliance can only be maintained if it is regularly checked for damage and wear.

► **ATTENTION**

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

+ To protect the equipment from use by unauthorised third parties, always remove the power cable (if existing) when not in use and store it in a safe place that is inaccessible to unauthorised persons (e.g. children).

1.3 Electrical Safety

⚠ **DANGER**

+ In order to reduce the risk of an electric shock, always unplug the equipment from the mains socket immediately after your workout, before assembly or dismantling, and before maintenance or cleaning. Do not pull on the cable.

⚠ **WARNING**

+ Do not leave the equipment unattended while the mains cable is plugged into the mains socket. During your absence, the mains cable must be removed from the mains socket to prevent improper use by third parties or children.

+ If the mains cable or plug is damaged or defective, contact your contract partner. Until repair, the equipment must not be used.

► **ATTENTION**

+ The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.

+ The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.

+ The socket must be protected by a fuse with a minimum fuse rating of "16 A, slow blow".

+ Do not make any changes to the mains cable or the mains plug.

+ Keep the mains cable away from water, heat, oil and sharp edges. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.

+ If your purchased item is equipped with a TFT console, software updates must be carried out regularly. Follow the instructions on the console to perform the update(s).

+ The software systems on gym equipment with TFT consoles are set up only for the pre-installed apps. Do not install any additional apps.

ⓘ **NOTICE**

+ The pre-installed apps on TFT consoles are produced and provided by external manufacturers. Fitshop does not take any responsibility for the availability, functionality or contents of these apps.

1.4 Set-Up Place

⚠ **WARNING**

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

⚠ **CAUTION**

+ Make sure that there is a safety area behind the stair trainer with a length of at least 2 m and a width at least equal to the width of the stair trainer.

+ The training room should be well ventilated during training and not be exposed to any draughts.

+ Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.

+ The free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.

+ The set-up and mounting surface of the equipment should be flat, loadable and solid.

► **ATTENTION**

+ The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.

+ A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

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

2.1 General Instructions

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

⚠ **WARNING**
+ Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.

⚠ **CAUTION**
+ Ensure to have sufficient room for movement in each direction during assembly.
+ The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.

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

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

2.2 Scope of Delivery

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

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

ⓘ **NOTICE**
Required tools (included in the scope of delivery): L shape wrench (6*35*80), L shape wrench (5*35*85), L shape wrench (4*30*80)
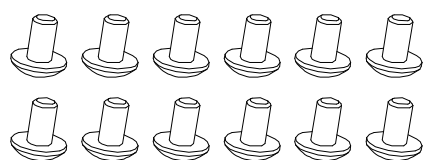
Allen Head Button Head Bolt (full thread)
（M8*15）12 pcs)
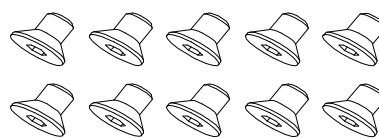
Allen Head CSK Head Bolt (full thread)
（M8*12）10pcs

Phillips Truss Head Self-tapping Screw
(ST4*16) 6pcs
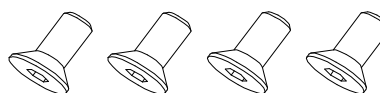
Allen Head CSK Head Bolt (full thread)
(M6*15) 4pcs
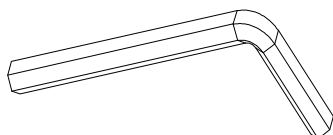
L shape wrench

（6*35*80）1pcs
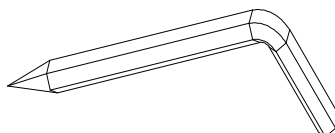
L shape wrench（5×35×85s）1pcs

L shape wrench
(4*30*80) 1pc
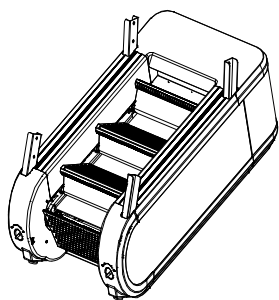
platform
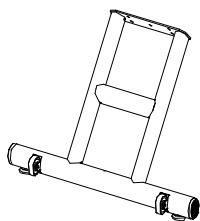
Support frame
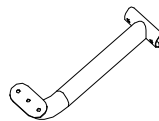
Connector
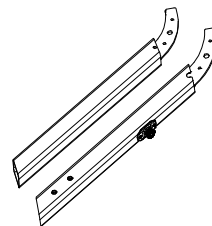
upright post(L/R)
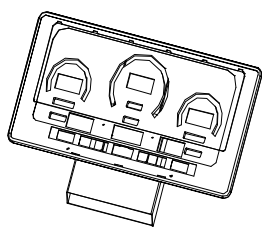
Console

Bottle
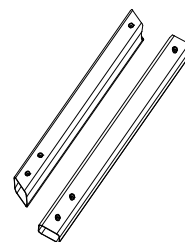
Up-right post (L)
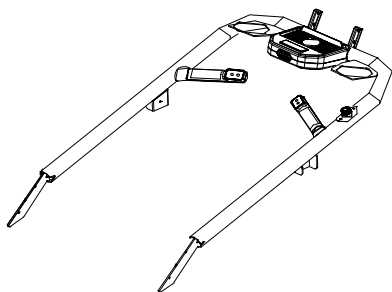
Handlebars frame
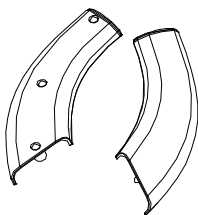
Left decoration cover
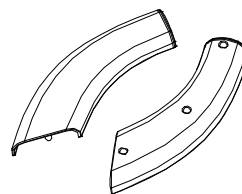
Right decoration cover

Safety key

Screw kit

Manual

ST9.9
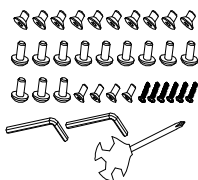
2.3 Assembly

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. Tighten the screws using the tool only when you are instructed to do so.

+ Do not tighten the screws and bolts with excessive force as they could be damaged.

+ If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

Step 1: Assembly of the frames

1. Fix the support frame (2) to the connector (3) with two bolts (92).
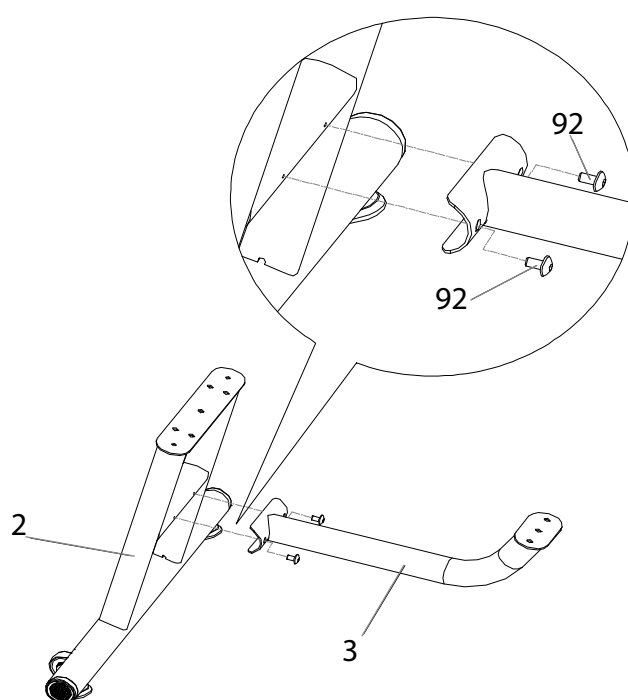
Step 2: Assembly of the frames to the platform

1. Turn the platform.
2. Fix the support frame (2) and the connector (3) to the platform with six bolts (92).
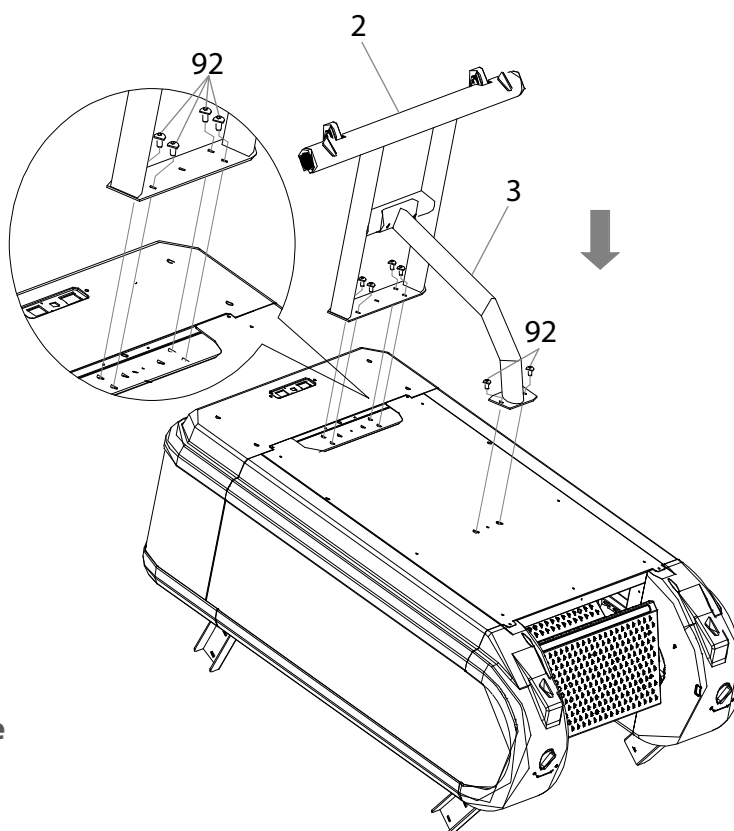
Step 3: Assembly of the wires and the right upright posts

1. Turn the platform back around.

► **ATTENTION**
   Make sure not to pinch the wires during the following steps.

2. Connect the scram switch connection cable (35) to the wire of the upper right upright post (99).

3. Fix the upper right upright post (99) to the platform with two bolts (135).

4. Fix the lower right upright post (98) to the platform with two bolts (135).
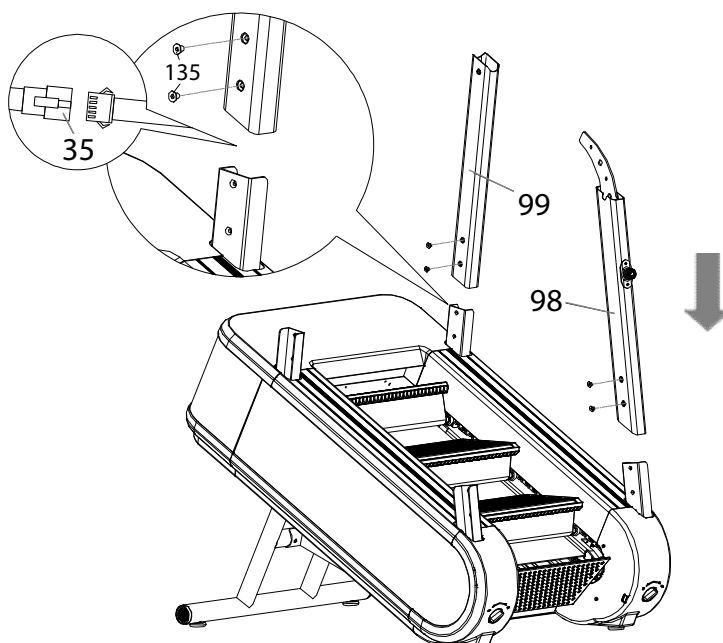
Step 4: Assembly of the wires and the left upright posts

► **ATTENTION**
Make sure not to pinch the wires during the following steps.

1. Connect the communication wire (43) to the wire of the upper left upright post (97).

2. Fix the upper left upright post (97) to the platform with two bolts (135).

3. Fix the lower left upright post (96) to the platform with two bolts (135).
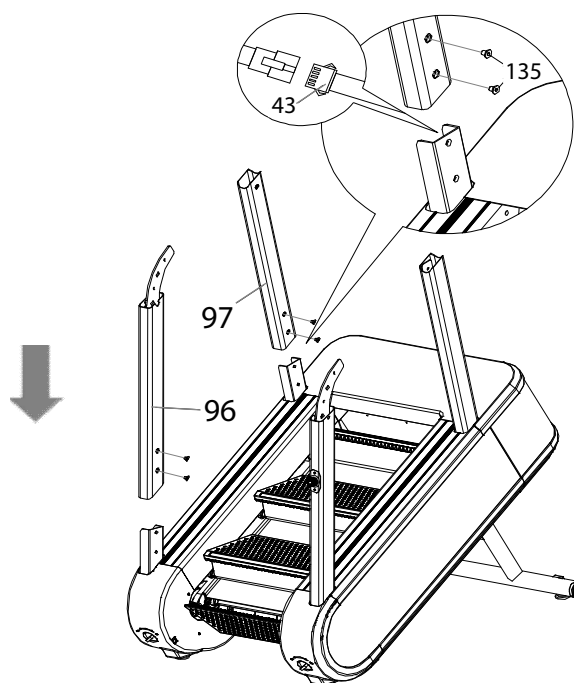
Step 5: Assembly of the handlebar frames

► **ATTENTION**
Make sure not to pinch the wires during the following steps.

1. Connect the communication wire (43) to the connection wire (121).

2. Fix the handlebar frame (107) to the upper left (97) and right (99) upright posts with two bolts (135).

3. Fix the handlebar frame (107) to the lower left (96) and right (98) upright posts with four bolts (92).
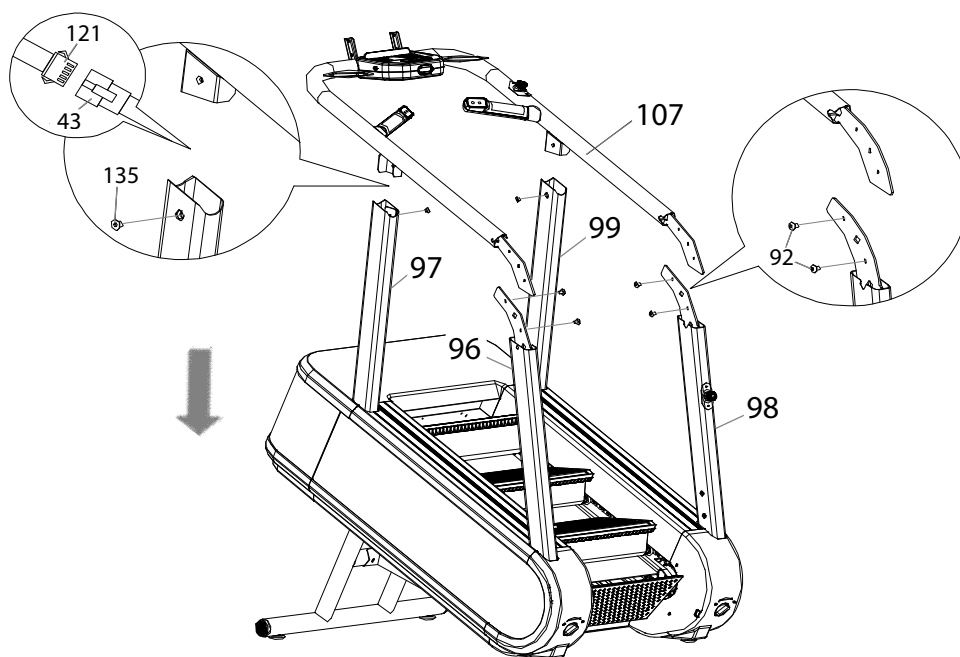
Step 6: Assembly of the console

► **ATTENTION**
Make sure not to pinch the wires during the following steps.

1. Connect the wire of the console (120) to the wire of the platform.

2. Insert the console (120) onto the supports of the handlebar frame (107).

3. Fix the console (120) to the supports of the handlebar frame (107) with four bolts (56).
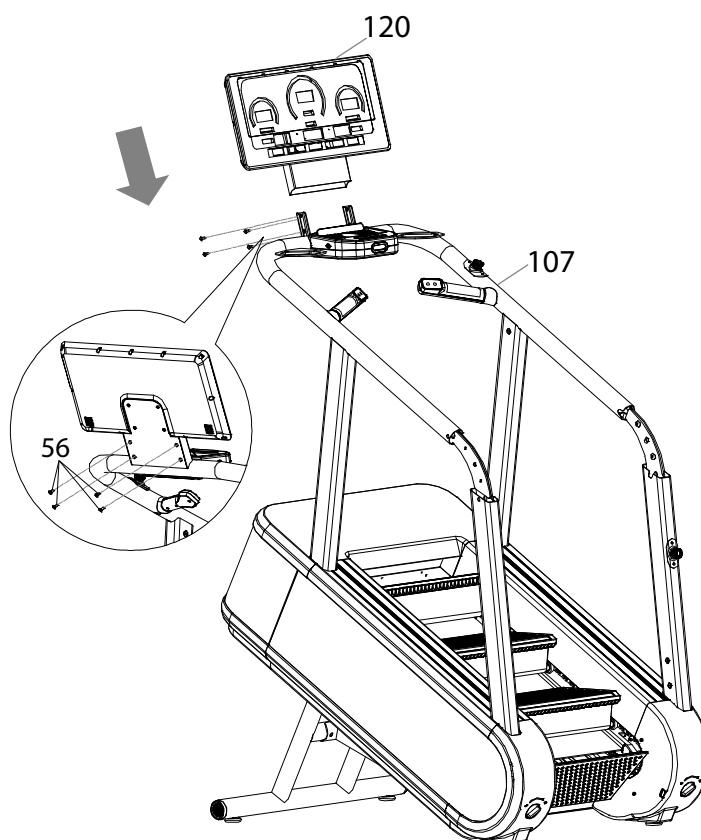
Step 7: Assembly of the covers

1. Fix the right covers (102 & 103) to the lower right upright post (98) with three screws (48).

2. Fix the left covers (101 & 100) to the lower left upright post (96) with three screws (48).
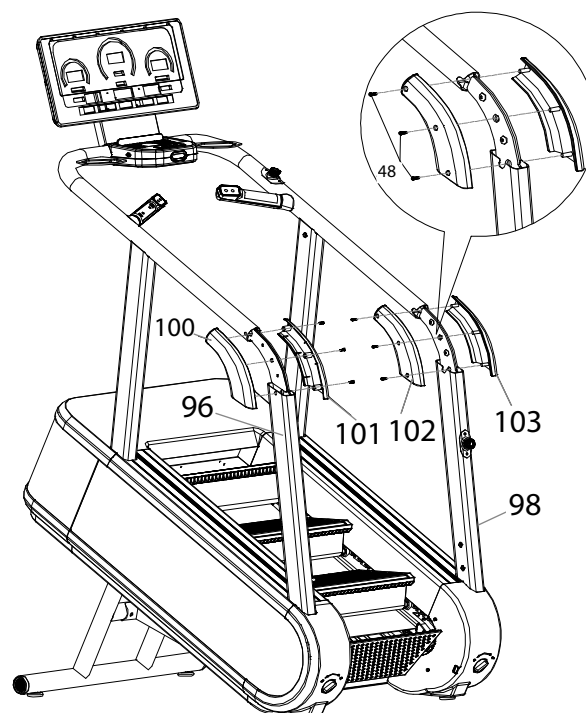
Step 8: Assembly of the bottle holders and safety key

1.   Remove the wire clamp (138) and the screw (45) from the support frame (2).
2.   Fix the power plug (139) to the support frame (2) with the wire clamp (138) and the screw (45).
3.   Place the two bottles (129) in the openings of the handlebar frame (107).
4.   Install the safety key (125) onto the device.
5.   Tighten all bolts and screws.

➔ *The assembly is completed.*
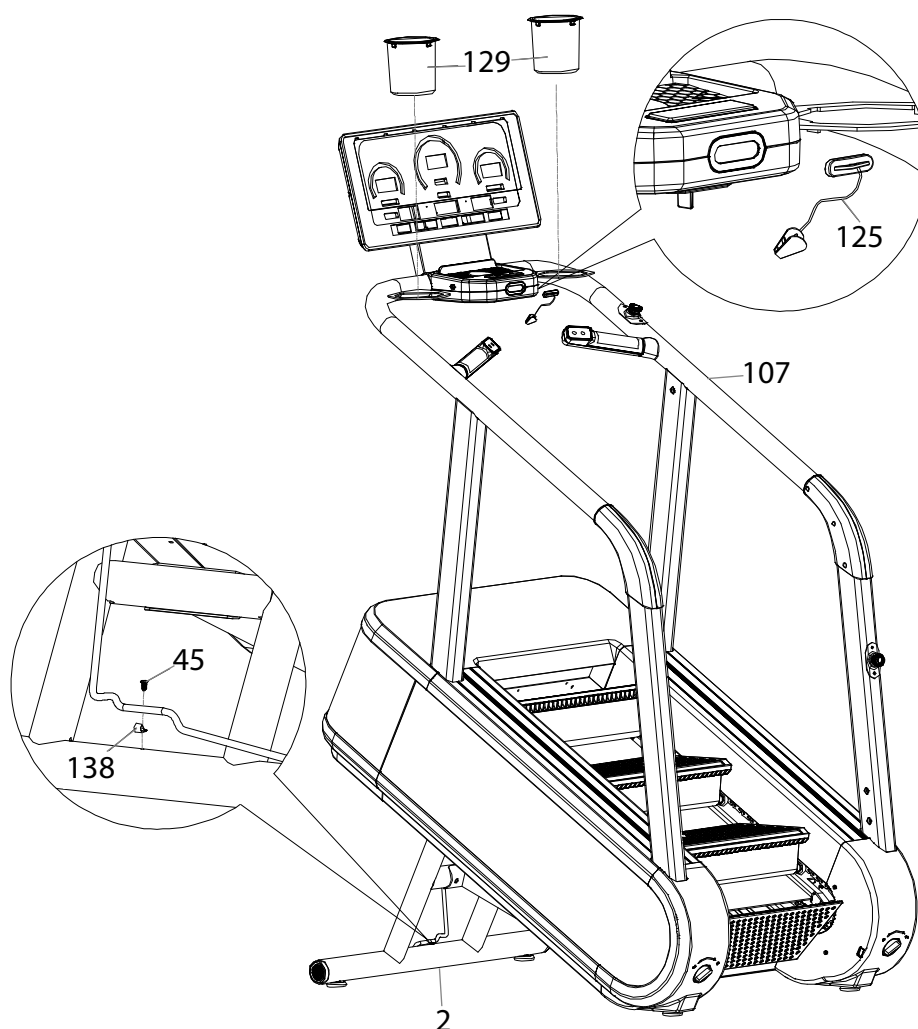
Step 9: Alignment of the feet

If the floor is uneven, you can stabilize the stair trainer by turning the two setting screws under the main frame.

1. Lift the stair trainer on the desired side and rotate the setting screws under the main frame.
2. Rotate the screws clockwise in order to remove them and to raise the running surface.
3. Rotate them counterclockwise in order to lower the running surface.

Step 10: Connecting the equipment to the mains supply

► **ATTENTION**
  The equipment must not be connected to a multiple socket, otherwise it cannot be guaranteed that the equipment will be supplied with sufficient power. Technical errors can result.

Plug the power plug (139) into a wall outlet that complies with the instructions in the chapter on electrical safety.
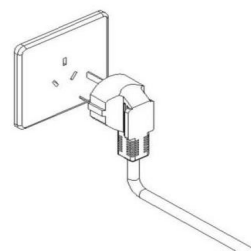
Correctly Getting On and Off

1. To step onto the stair trainer, grip the handrails with both hands and step onto the treadmill one foot at a time.
2. To get off, grip the handrails with both hands and step off the stair trainer one foot at a time.

ⓘ **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.

+ Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.

+ Please bear in mind that the noise emission under load is higher than without load.

SAFETY KEY

⚠ **WARNING**

+ For your safety, the device is equipped with an EMERGENCY STOP function. The equipment can only be operated if the safety key is correctly attached to the contact point of the cockpit. If the safety key is no longer on the contact point, the equipment automatically stops. Therefore, the Safety Key cord with the clip must be attached to your clothing before every training session. If you want to quickly stop the stair trainer, if you can no longer control the speed, or if another emergency occurs, remove the safety key from the cockpit using the cord.

+ To enable the safety key to detach from the contact point of the cockpit in the event of a fall, the safety key clip must be firmly attached to your clothing!

+ Make sure that the safety key is not accessible to children.

3.1 Console Display

Button	Function
START/STOP	+ To start the workout, press this button. + To end the workout, press this button.
3/6/9/12 (Quick keys for Speed)	+ To quickly switch between resistance levels during the workout, press a quick key button. + For safety reasons, a speed level of maximum 12 can be selected via the quick keys. For speed levels above 12, you must use +/- or the buttons on the handles
-/+	To set the workout values, press this button.
STOP	To end the workout, press this button.
START/PAUSE	+ To start the workout, press this button. + To pause the workout, press this button.
PROG	To switch between the training programmes and user profiles in stop mode, press this button.
MODE	To switch between the countdown programmes, press this button.
BMI	To calculate your BMI, press this button.
USER	To switch quickly to the user profile U01, press this button.

3.2 Display

Display	Function
CALORIES	+ Displays the burned calories. + Display range: 0-999 + Setting range: 20-990 cal (in increments of 1) + Default value: 50 cal
STEPS	+ Displays the number of steps. + 14-140 steps/minute + Display range: 000-999, 01 = 1000 steps, 02 = 2000 steps, 03 = 3000 steps etc
HEIGHT	+ Displays the accumulated height. + Display range: 0-999
LEVEL (Speed)	+ Displays the speed. + Display range: 1-15 + Setting range: 1-15 (in increments of 1) + Default value: 1
TIME	+ Displays the workout time. + Display range: 00:00-99:99 + Setting range: 5-99 min (in increments of 1) + Default value: 5 min
PULSE	+ Displays the pulse + Display range: 30-240

3.3 Switching the Console On And Off

Switch On

1. Plug the power plug into a wall outlet.
2. Switch on the device.

ⓘ **NOTICE**
The power switch is located on the front underside of the device.

3. Step onto the second step of the device.
4. To switch on the console, press START/STOP.

The device starts after 5 seconds.

ⓘ **NOTICE**
The device only starts once it detects load.

Switch Off

1. To stop the workout, press START/STOP.

► **ATTENTION**
The device stops.

2. Step off the device.
3. Switch off the device.

ⓘ **NOTICE**
The power switch is located on the front underside of the device.

4. Unplug the power plug from the wall outlet.

3.4 Step Specification

The step window only displays three digits (01-999 steps). As soon as more than 999 steps have been counted, the digit 01 appears for three seconds in the step window. 01 marks 1000 steps. Three seconds later the digit 01 jumps back to 0 and counts up to 999 steps. This process is then repeated for all subsequent thousands of steps.

Display example:

Display in the step window	Meaning
01-999	01-999 steps are counted
01	1000 steps were counted
01-999	1001-1999 steps are counted
02	2000 steps were counted

3.5 Workout Programmes

The console offers a wide variety of different workout options and programmes. These include a quick start function for immediate training, countdown programmes, user-defined programmes and pre-set programmes.

ⓘ **NOTICE**
The workout programmes can only be accessed in stop mode.

3.5.1 Manual Programme

In manual mode you can choose between three workout options.

Quick Start
The burned calories and workout time are counted up. Aside from the speed value, no other parameter can be set in this workout programme.

Calorie Countdown
In the calorie countdown you set the speed value and your desired calories value.

Time Countdown
In the time countdown you set the speed value and your desired time value.

1. To choose the manual programme, press START/STOP.
2. To choose a workout programme, press MODE until your desired workout option appears.
3. To adjust the value, press +/-.
4. To start the workout, press START/STOP.

A countdown of five seconds and five signal sounds appears. The steps are set in motion and the workout begins. The chosen countdown appears on the display.

5. To adjust the speed value, press +/- or one of the quick keys.
6. To pause the workout, press START/PAUSE.
7. To continue the workout, press START/PAUSE.

The device stops once the workout programme is completed.

➔ *The workout is complete.*

8. To stop the active workout ahead of the countdown completion, press START/STOP.

ⓘ **NOTICE**
If the workout is stopped before the countdown is complete, all values will reset to their default settings.

3.5.2 User-Defined Programmes

There are a total of three customisable user profiles (U01-U03). The user-defined programmes allow users to customise their own profile programme. The concept is similar to the pre-set programmes, except that users can individually define the speed level for each of the 10 segments in the

programme.

ⓘ **NOTICE**
The device saves the set parameters of each user profile.

1.   To choose a user-defined programme, press PROG repeatedly until the desired user profile appears.
1.1.   To choose the user profile U01, press USER.
2.   To access the speed setting, press MODE.
3.   To adjust the speed value for the segment, press +/- or one of the quick keys.
4.   To switch to the next segment, press MODE.
5.   Repeat the steps 3 and 4 for the remaining segments.
6.   To set the workout time, press MODE.
7.   To adjust the workout value, press +/-.
8.   To start the workout, press START/STOP.

The parameters of the chosen user profile are saved on the device. The steps are set in motion and the workout begins.

9.   To pause the workout, press START/PAUSE.
10.   To continue the workout, press START/PAUSE.

The device stops once the workout programme is completed.

➔ *The workout is complete.*
11.   To stop the active workout ahead of the countdown completion, press START/STOP.

ⓘ **NOTICE**
For the next user-defined training, you can select your user profile via PROG. You simply set the training time.

3.5.3 Pre-Set Programmes

You can choose between 36 pre-set programmes (P1 - P36). Each programme consists of 10 segments. The duration of each segment depends on the workout time. The programme automatically ends when the workout time has elapsed.

ⓘ **NOTICE**
The pre-set programmes can only be accessed in stop mode.

1.   To choose the pre-set programmes, press PROG.
2.   Press PROG repeatedly until the desired programme appears.

The setting windows flashes.

3.   To adjust the workout time, press +/-.

ⓘ **NOTICE**
The default workout time is 30 minutes.

4. To reset the workout time to the default workout time, press MODE.

5. To start the workout, press START/STOP.

The steps are set in motion and the workout begins. Three signal sounds appear whenever the device switches to the next segment.

6. To pause the workout, press START/PAUSE.

7. To continue the workout, press START/PAUSE.

8. A signal sound appears once all workout segments are completed.

The device stops.

➔ **The workout is completed.**

9. To stop the active workout ahead of the completion, press START/STOP.

ⓘ **NOTICE**
If the workout is stopped before the countdown is complete, all values will reset to their default settings.

3.6 Body Mass Index

The console is equipped with an in-built Body Mass Index (in short: BMI) calculator. You can set the following parameters:

Parameter	Setting Range	Default Value
F1 (Sex)	1 = male 2 = female	1
F2 (Age)	1 - 99 (Years)	25 (Years)
F3 (Height)	100 - 220 (cm)	170 (cm)
F4 (Weight)	20 - 200 (kg)	70 (kg)

⚠ **WARNING**
+ This data is for reference only and must not be considered as mediacal data.
+ The BMI calculation does not distinguish between fat or muscle mass.

1. To choose the BMI programme, press PROG repeatedly until FAT appears on the display.

The parameters F1-F5 appear in the level window.

2. To choose a parameter, press MODE.

The set values appear in the pulse window.

3. To adjust a value, press +/-.

4.   Repeat the steps 2 and 3 for the remaining parameters (F2-F4).

The parameter F5 (BMI) appears in the level window. All values have been set.

5.   To determine the BMI, place both hands on the hand pulse sensors for min. 8 seconds.

Your BMI result appears on the display.

+   <18: Underweight
+   18 - 24: Normal weight
+   25 - 28: Overweight
+   >29: Obesity

→ **The BMI test is completed.**

3.7 Measuring the Pulse

With the hand pulse sensors you can measure your pulse.

1.   Switch on the device.

2.   Step on the second step.

3.   To measure the pulse, grasp both hand pulse sensors for a few seconds.

The pulse appears on the display.

→ **The pulse test is completed.**

3.7.1 Wireless Connection And Measuring the Pulse

This console is equipped with a wireless interface. Please take note that your wieless device (chest strap) needs to be compatible with the wireless interface of the device.

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

1.   Attach your wireless device to a suitable spot on your body.

2.   Switch on the wirelss connection on your wireless device.

3.   Switch on the treadmill.

The wireless interface of the device automatically scans for wireless devices and connects to them.

The heart rate appears on the console.

→ **The connection is complete.**

Pre-Set Programmes

Program	Class	Seg. 1	2	3	4	5	6	7	8	9	10
P1	LEVEL	1.0	3.0	5.0	5.0	5.0	7.0	7.0	5.0	3.0	2.0
P2	LEVEL	2.0	3.0	5.0	6.0	5.0	5.0	6.0	6.0	4.0	3.0
P3	LEVEL	2.0	3.0	6.0	6.0	5.0	5.0	5.0	6.0	4.0	3.0
P4	LEVEL	2.0	2.0	5.0	7.0	7.0	6.0	7.0	5.0	3.0	2.0
P5	LEVEL	3.0	4.0	6.0	5.0	4.0	4.0	5.0	5.0	4.0	3.0
P6	LEVEL	3.0	4.0	6.0	7.0	7.0	7.0	6.0	6.0	5.0	3.0
P7	LEVEL	3.0	4.0	4.0	3.0	4.0	3.0	4.0	4.0	3.0	2.0
P8	LEVEL	3.0	5.0	7.0	7.0	3.0	5.0	7.0	5.0	5.0	1.0
P9	LEVEL	3.0	3.0	3.0	4.0	5.0	6.0	5.0	4.0	5.0	1.0
P10	LEVEL	3.0	5.0	6.0	7.0	6.0	6.0	5.0	5.0	3.0	3.0
P11	LEVEL	4.0	5.0	3.0	3.0	6.0	7.0	7.0	6.0	6.0	1.0
P12	LEVEL	4.0	6.0	5.0	3.0	4.0	7.0	7.0	3.0	2.0	1.0
P13	LEVEL	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
P14	LEVEL	3.0	4.0	6.0	5.0	6.0	6.0	7.0	6.0	5.0	4.0
P15	LEVEL	3.0	4.0	8.0	8.0	6.0	6.0	6.0	4.0	5.0	4.0
P16	LEVEL	3.0	3.0	6.0	5.0	4.0	3.0	4.0	5.0	4.0	3.0
P17	LEVEL	4.0	5.0	6.0	7.0	6.0	5.0	4.0	3.0	2.0	2.0
P18	LEVEL	4.0	5.0	7.0	7.0	5.0	5.0	4.0	4.0	3.0	1.0
P19	LEVEL	4.0	5.0	5.0	4.0	5.0	6.0	5.0	4.0	3.0	3.0
P20	LEVEL	4.0	6.0	7.0	8.0	7.0	6.0	5.0	6.0	5.0	2.0
P21	LEVEL	4.0	4.0	7.0	7.0	5.0	5.0	6.0	5.0	4.0	3.0
P22	LEVEL	4.0	6.0	5.0	4.0	3.0	3.0	4.0	4.0	3.0	2.0
P23	LEVEL	5.0	6.0	6.0	6.0	7.0	7.0	8.0	8.0	7.0	4.0
P24	LEVEL	5.0	7.0	5.0	5.0	6.0	6.0	8.0	5.0	5.0	3.0
P25	LEVEL	3.0	5.0	7.0	6.0	5.0	6.0	6.0	5.0	5.0	2.0
P26	LEVEL	4.0	5.0	7.0	8.0	7.0	7.0	8.0	5.0	6.0	2.0
P27	LEVEL	4.0	5.0	4.0	5.0	6.0	7.0	6.0	5.0	6.0	3.0
P28	LEVEL	4.0	4.0	7.0	7.0	8.0	8.0	7.0	7.0	5.0	4.0
P29	LEVEL	5.0	6.0	8.0	8.0	7.0	6.0	5.0	6.0	6.0	5.0
P30	LEVEL	5.0	6.0	8.0	9.0	9.0	9.0	8.0	8.0	7.0	5.0
P31	LEVEL	5.0	6.0	6.0	8.0	6.0	8.0	6.0	8.0	5.0	4.0
P32	LEVEL	5.0	7.0	9.0	8.0	5.0	7.0	9.0	7.0	6.0	4.0
P33	LEVEL	5.0	9.0	8.0	7.0	9.0	8.0	7.0	6.0	5.0	3.0
P34	LEVEL	5.0	7.0	8.0	9.0	8.0	8.0	9.0	8.0	6.0	5.0
P35	LEVEL	6.0	7.0	7.0	8.0	8.0	9.0	8.0	7.0	8.0	4.0
P36	LEVEL	6.0	8.0	8.0	7.0	7.0	9.0	9.0	6.0	6.0	3.0

4.1 General Instructions

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

4.1.1 Training clothes

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

4.1.2 Warming up and stretching

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

Warm-up exercise:

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

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

4.1.3 Medication

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

4.1.4 Used muscle groups

Rowing uses the following muscle groups:

+   Gluteal muscle
+   Leg muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back.

4.1.5 Exercise frequency

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

Training with heart rate orientation
Heart rate orientation guarantees an extremely effective and healthy training. Through your age and the following table, you can quickly and easily read and determine the optimal pulse for your training. An acoustic alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

Fat burning (weight management): The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period is required.

Anaerobic (maximum) load training: The main goal of maximum load training is to improve recovery after short, intense loads in order to be able to quickly return to the aerobic zone. In order to achieve this training goal, a high intensity (approximately 90% of the maximum heart rate) with short, intense load is required, which is followed by a recovery phase in order to prevent muscle fatigue.

Example:
For a 45-year-old man, the maximum heart rate is 175 (220 - 45 = 175).

+ The fat burning target zone (55%) is at approximately 96 beats/min. = (220 - age) x 0.55.
+ The cardio target zone (75%) is at approximately 131 beats/min. = (220 - age) x 0.75.
+ The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. = (220 - age) x 0.9.

Heart rate diagram for training intensity

Legend:
- ■ Maximum pulse (220-age)
- ◆ 90% of maximum pulse - anaerobic (maximum) intensity training
- ▼ 75% of maximum pulse - cardiovascular training (cardio training)
- ▲ 55% of maximum pulse - fat burning (weight control)

4.2 Workout journal

Date	Distance	Time (min.)	Resistance level	Training weight	Ø Pulse	Calories burnt	I feel ...	Body weight
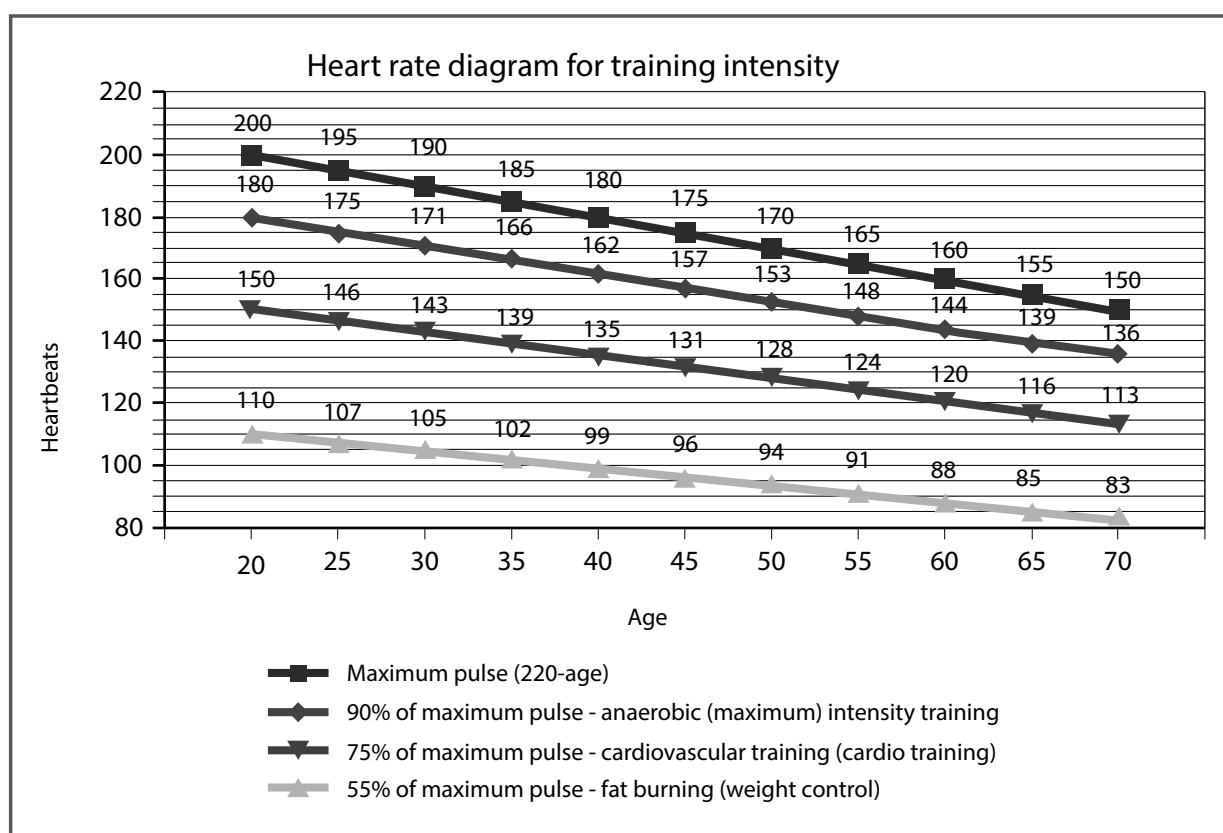
(Copy template)

Date — Distance — Time (min.) — Resistance level — Training weight — Ø Pulse — Calories burnt — I feel ... — Body weight

5.1 General Instructions

⚠ **WARNING**

+ The storage location should be chosen so that improper use by third parties or children can be prevented.

+ If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

► **ATTENTION**

+ Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

5.2 Transportation Wheels

► **ATTENTION**

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

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.

2. Select the new location by following the instructions in the section 1.4 of this manual.
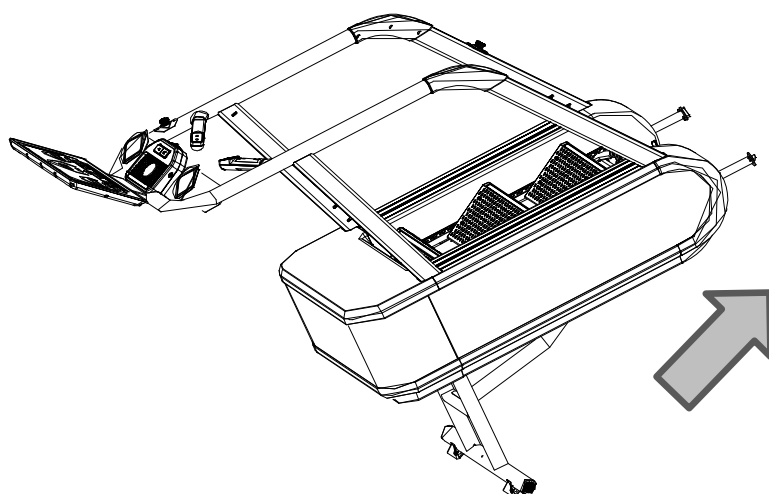
6.1 General Instructions

⚠ **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.

6.2 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
Console is not responding	Safety key missing or not inserted correctly	Check whether Safety Key is inserted and insert if necessary
Display is blank/is not working	+ Interrupted power connection + Loose cabel connections	+ Power switch to on + Check whether Safety Key is plugged in + Check cable connections
No pulse display	+ Sources of interference in the room + Unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective	+ Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...) + Use a suitable chest strap (see RECOMMENDED ACCESSORIES). + Reposition chest strap and/or moisten electrodes + Changing batteries + Check if pulse display by hand pulse possible

6.3 Error Codes and Troubleshooting

The electronics of the equipment continuously carries out tests. In case of deviations, an error code appears on the display and normal operation is stopped for your safety.

Please contact the contract partner for technical support.

6.4 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
Display console	C	I	
Plastic covers	C	I	
Steps	C	I	
Frame	C	I	
Screws and cable connections			I
Lubricate chains*			C/I
Legend: C = clean; I = inspect			

*Clean and lightly lubricate with silicone spray or silicone oil on a lint-free cloth.

⚠ **WARNING**
Always unplug the power cord before performing the maintenance steps.

7   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.
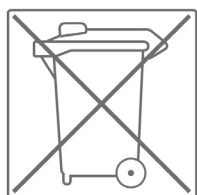
The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For elliptical cross trainers this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat 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.

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!

chest strap

floor mat

lubricant

9.1 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 11 of this operating manual.

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

Enter the serial number in the appropriate field.
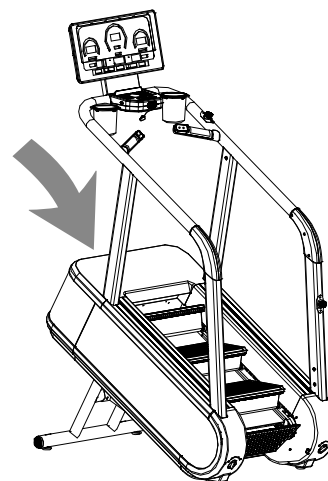
Serial number:

Brand / Category:

Taurus / treadmill

Model Name:

Stair Trainer ST9.9

SKU:

TF-ST9.9

9.2 Parts List

No.	Name	Qty.	No.	Name	Qty.
1	main frame	1	34	Through-beam induction transmitters	1
2	Supporter frame	1	35	Emergency stop switch cable	2
3	Connection frame	1	36	Magnetic ring	2
4	Handle bar frame (left)	1	37	Power socket	1
5	Handle bar frame (right)	1	38	Switch	1
6	Handle bar connection pipe	2	39	Self-reset switch	1
7	Controller base	1	40	Power cable	1
8	Bottom seal plate	1	41	Power cable	1
9	Switch supporter	1	42	Power cable	1
10	Pedal pads	1	43	Power supplier	1
11	Handle bar blocker	2	44	communication line	1
12	Handle bar	2	45	Philips countersunk head self-tapping screw	14
13	side cover plate	2	46	Philips C.K.S. full thread screw	21
14	rear cover plate	1	47	Philips C.K.S. full thread screw	6
15	Side strip fastening plate	2	48	Philips C.K.S. full thread screw	5
16	fixed support	2	156	Allen C.K.S full thread screw	2
17	Left Connecting bracket	1	50	Teeth shape locking washer	1
18	Right Connecting bracket	1	51	Spring washer	1
23	Transportation wheel	2	157	Allen C.K.S full thread screw	2
24	Power cord fixing parts	1	53	Binder	10
25	Philips C.K.S. full thread screw	4	55	Allen C.K.S full thread screw	8
26	Feet pad	4	89	Allen C.K.S half thread screw	2
27	Sleeve	2	90	Allen C.K.S full thread screw	2
28	Round end cap	2	57	Philips countersunk head self-tapping screw	4
29	Controller	1	58	Philips C.K.S. full thread screw	2
30	Through-beam induction transmitters	1	59	Allen C.K.S full thread screw	4
31	Through-beam induction transmitters	1	60	Allen C.K.S full thread screw	2
32	Through-beam induction transmitters	1	61	Allen C.K.S full thread screw	2
33	Through-beam induction transmitters	1	146	Upper main frame cover	1
			147	Lower main frame cover	1

No.	Name	Qty.
148	Left front cover	1
149	Right front cover	1
150	Upper side rail	2
151	Lower side rail	2
152	pipe clamp	2
153	Guard securing tube	2
154	Round guide block	16
136	L shape wrench	1
137	L shape wrench	1
138	Clamp	1
139	Power cord	1
140	Pedal warning sticker	6
19	Plastic pedal supporter	6
20	Pedal gear cover	6
21	Pedal connection bracket	12
22	Pedal sleeve	12
56	Philips countersunk head full thread screw	24
62	Pedal pads	12
63	EVA pad	12
64	Rear sprocket parts	1
65	Wheel supporter	2
66	Front sprocket	2
67	Chain	2
68	Front axle	1
69	Central axle	1
70	Pedal axle	12
71	Bearing base	4
72	Transmission wheels	1
73	Transmission wheels	1
74	Transmission wheels	1
75	Sleeve	2
76	Deep groove ball bearing	6
77	PU wheels for horizontal sets	24

No.	Name	Qty.
78	Pedal bracket	12
79	Spring ring	12
80	Spring ring	2
81	Spring ring	24
82	Spring ring	24
83	Motor belt	1
84	Motor belt	1
85	Wheel	2
86	Deep groove ball bearing	4
87	Sleeve	12
60	Allen C.K.S full thread screw	16
141	Flat key	3
89	Allen Pan half thread screw	12
90	Allen C.K.S full thread screw	12
91	Flat washer	5
92	Allen C.K.S full thread screw	3
49	Allen C.K.S full thread screw	2
52	Allen C.K.S full thread screw	2
88	Flywheel	1
93	Sensor bracket	1
94	Sensor	1
95	Philips pan head full thread screw	2
60	Allen C.K.S full thread screw	4
96	Lower Upright-post weldment L	1
97	Upper Upright-post weldment L	1
98	lower Upright-post weldment R	1
99	Upper Upright-post weldment R	1
100	Up-right post cover-L	1
101	Up-right post cover-L	1
102	Up-right post cover-R	1

ST9.9

No.	Name	Qty.
103	Up-right post cover-R	1
104	Cover	1
142	Communication line	1
105	Emergency stop switch	1
106	Philips countersunk head self-tapping screw	2
92	Allen C.K.S full thread screw	12
135	Philips countersunk head full thread screw	10
48	Phillips C.S.K. self tapping screw	4
107	Handlebars frame	1
108	Console head connecting frame	1
109	Curved emergency stop trim cover	1
110	Central control upper cover	1
111	Central control lower cover	1
112	Handle pulse bar upper cover	2
113	Handle pulse bar lower cover	2
114	Start/Stop Handle pulse key	1
115	Level+/- Handle pulse key	1
116	Handle steel sheet	4
117	Key	1
118	frame of button	1
119	Safety clamp	1
120	Console	1
121	communication line	1
105	Emergency stop switch	1
122	Handle decorate cover	2
123	Pad for wireless charger	1
124	Wireless charging fixing parts	1
125	Safety key (with rope strap clip)	1
126	upper cover of console	1

No.	Name	Qty.
127	Display fixing frame	1
128	Back cover of console	1
48	Phillips C.S.K. self tapping screw	8
129	Bottle holder	2
130	Hole plugs	2
131	Wire for handle bar	2
132	EVA pad	1
106	Philips countersunk head self-tapping screw	2
133	Philips C.K.S. pan head self-tapping screw	4
134	Philips C.K.S. pan head self-tapping screw	2
158	Keypad PCB	1
159	dry reed	1
143	Steel of Safety key	1
144	Warning label	1
54	Philips C.K.S Cutting tail tapping screws	24
155	Fixed board of buttons	2
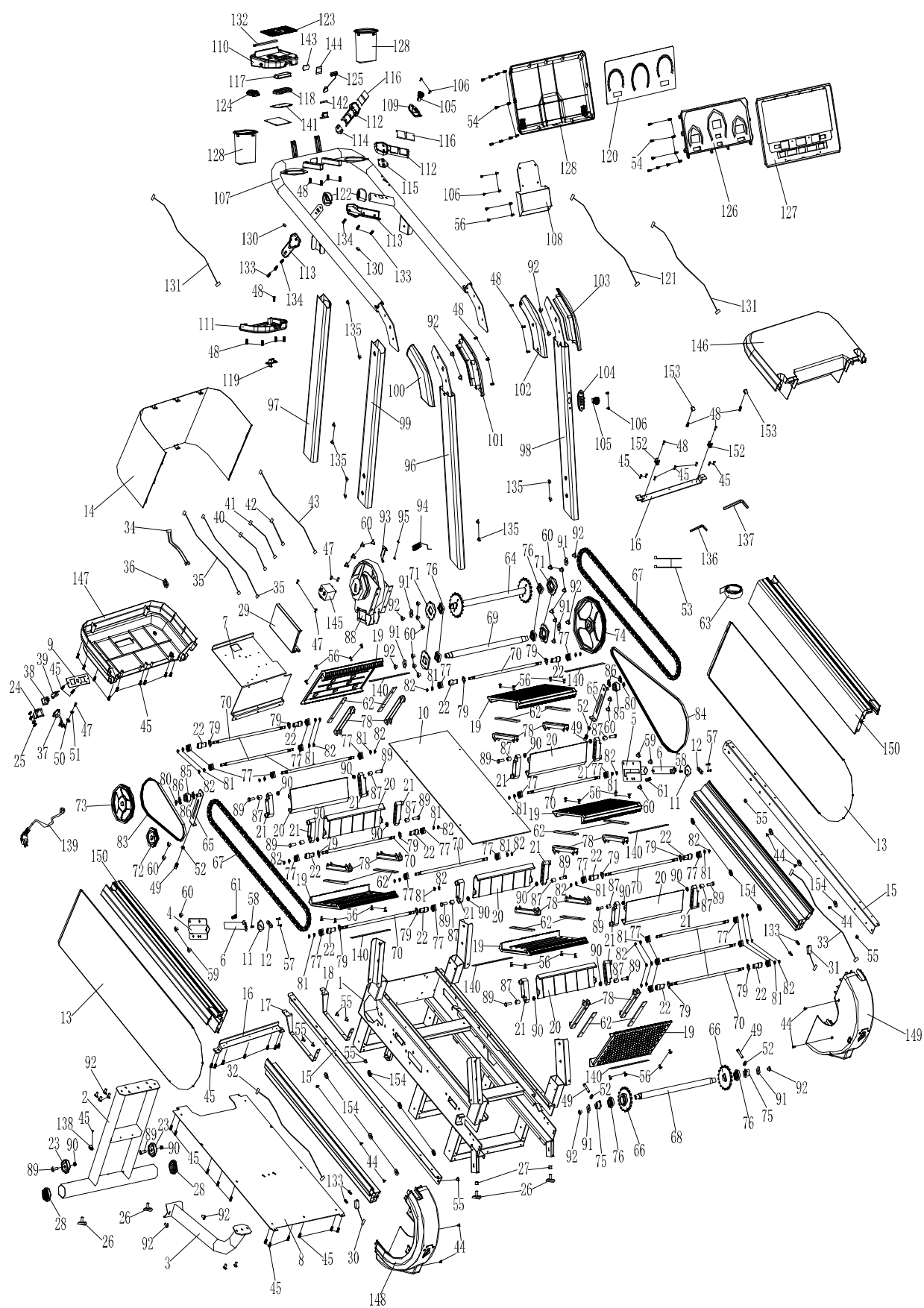
Products from TAURUS® are subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

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

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

Your statutory rights are not affected.

Warrantee
The warrantee is the first/original buyer.

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

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

Repair Costs
According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warrantee personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

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

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

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

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

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

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

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

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

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

DE	DK	UK

TECHNIK

📞 +49 4621 4210-900

📠 +49 4621 4210-698

✉ technik@fitshop.de

🕐 Öffnungszeiten entnehmen Sie unserer Homepage.

SERVICE

📞 0800 20 20277 (kostenlos)

📞 04621 4210 - 0

✉ info@fitshop.de

🕐 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statita

TEKNIK OG SERVICE

📞 80 90 16 50
+49 4621 4210-945

✉ info@fitshop.dk

🕐 Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7

CUSTOMER CARE

📞 +44 141 737 2249 or +44 141 876 3972

✉ customercare@fitshop.co.uk

🕐 You can find the opening hours on our homepage: https://stg.fit/statitd

FR	BE

TECHNIQUE & SERVICE

📞 +33 (0) 189 530984
+49 4621 42 10 933

✉ info@fitshop.fr

🕐 Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit4

TECHNIQUE & SERVICE

📞 02 732 46 77
+49 4621 4210 933

✉ info@fitshop.be

🕐 Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit8

ES	NL	INT

TECNOLOGÍA Y SERVICIOS

📞 911 238 029

✉ info@fitshop.es

🕐 Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5

TECHNISCHE DIENST & SERVICE

📞 +31 172 619961

✉ service@fitshop.nl

🕐 De openingstijden vindt u op onze homepage: https://stg.fit/statit3

TECHNICAL SUPPORT & SERVICE

📞 +49 4621 4210-944

✉ service-int@fitshop.de

🕐 You can find the opening hours on our homepage: https://stg.fit/statita

PL	AT	CH

DZIAŁ TECHNICZNY I SERWIS

📞 22 307 43 21
+49 4621 42 10-948

✉ info@fitshop.pl

🕐 Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6

TECHNIK & SERVICE

📞 0800 20 20277 (Freecall)
+49 4621 42 10-0

✉ info@fitshop.at

🕐 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb

TECHNIK & SERVICE

📞 0800 202 027
+49 4621 42 10-0

✉ info@fitshop.ch

🕐 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9

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

www.fitshop.co.uk/storelocator

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

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

Fitshop UK is part of the Fitshop Group. Private customers order via the 25 web shops in the respective national language or have their desired equpiment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

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

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