

TAURUS®

Assembly and Operating Instructions



max. 180 kg



~ 60 Min.



66 kg

L 170 | W 75 | H 122

CVEB2515.01.05

SKU: CVEB2515

Recumbent bike RB9.9

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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.

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

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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:

- + Training duration in min.
- + Speed in km/h
- + Training distance in km
- + Calories in kcal
- + Heart rate (using the hand pulse sensors or a chest strap)
- + RPM
- + Watts

| | |
|--------------------|----------------------------------|
| Brake system: | Electro-magnetic induction brake |
| Resistance levels: | 32 |
| Flywheel mass: | 10kg |

| | |
|---|----------|
| Wattage | |
| Adjustable range in the watt programme: | 10-350 W |
| Min. and max. Watt at 60 RPM: | 20-300 W |
| Min. and max. Watt at 100 RPM: | 44-497 W |

| | |
|--------------------------|--------------|
| User profiles: | 4 |
| Programmes in total: | 23 |
| Quick-start programme: | 1 |
| Target programmes: | 4 |
| Pre-set programmes: | 12 |
| User defined programmes: | 1 (per user) |
| Heart rate programmes: | 4 |
| Watt programmes: | 1 |
| Recovery programmes: | 1 |
| Fitness programmes: | 1 |

Weight and dimensions:

| | |
|--|-------------------------|
| Packed dimensions (LxWxH): | 180 cm x 38 cm x 70 cm |
| Assembled dimensions (LxWxH): | 170 cm x 75 cm x 122 cm |
| Article weight (gross, incl. packaging): | 75 kg |
| Article weight (net, without packaging): | 66 kg |

| | |
|----------------------|-------|
| Maximum user weight: | 180kg |
|----------------------|-------|

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 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.

1.4 Set-Up Place

WARNING

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

CAUTION

- + 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 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.

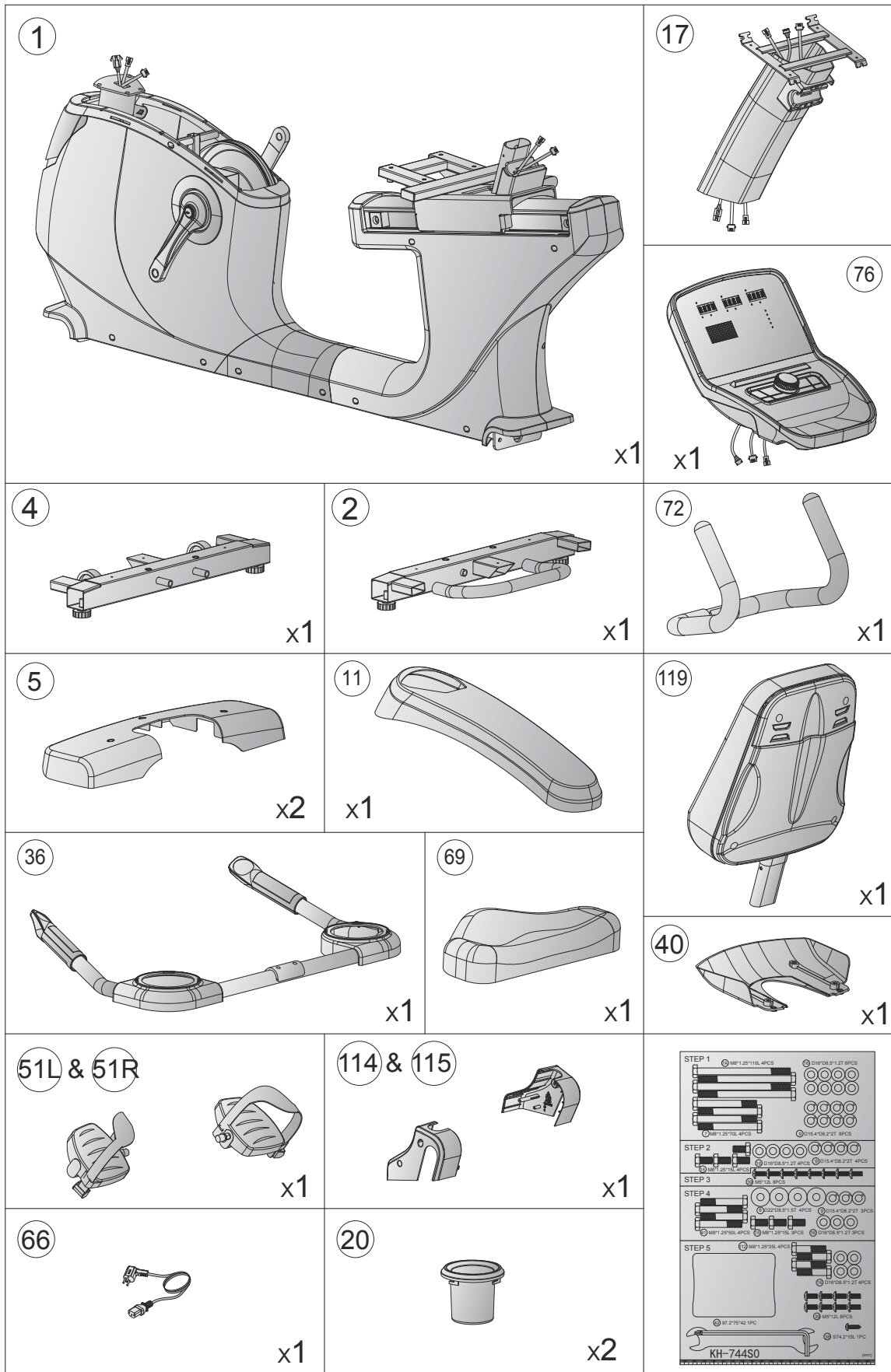
2.2 Scope of Delivery

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.

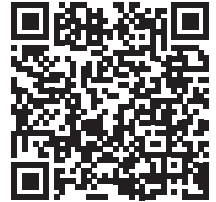


2.3 Assembly

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.
- + 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.
- + The assembly can also be found as a video under the following link: <https://www.sport-tiedje.co.uk/taurus-recumbent-bike-rb9.9-tf-rb99#product-assembly>. To go directly to the assembly video, you can alternatively scan the QR code.



Step 1: Mounting the stabilisers

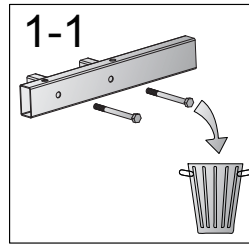
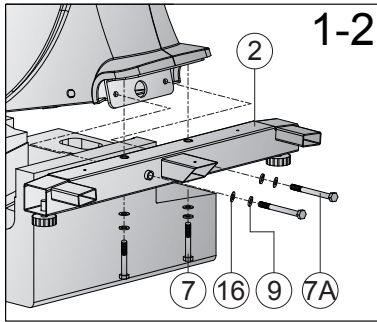
1. Remove and dispose of the fastener along with the two screws - they are not part of the mounting kit (see figure 1-1).



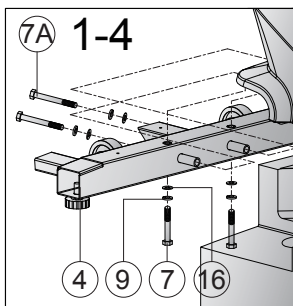
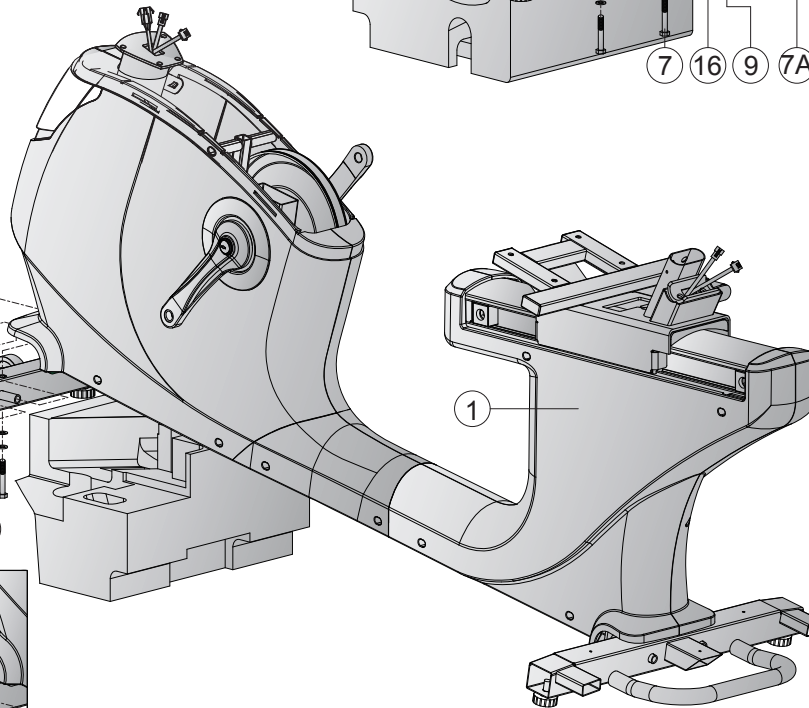
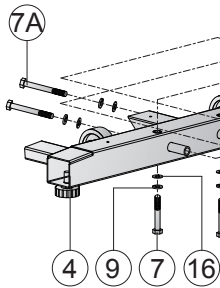
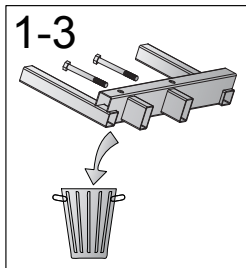
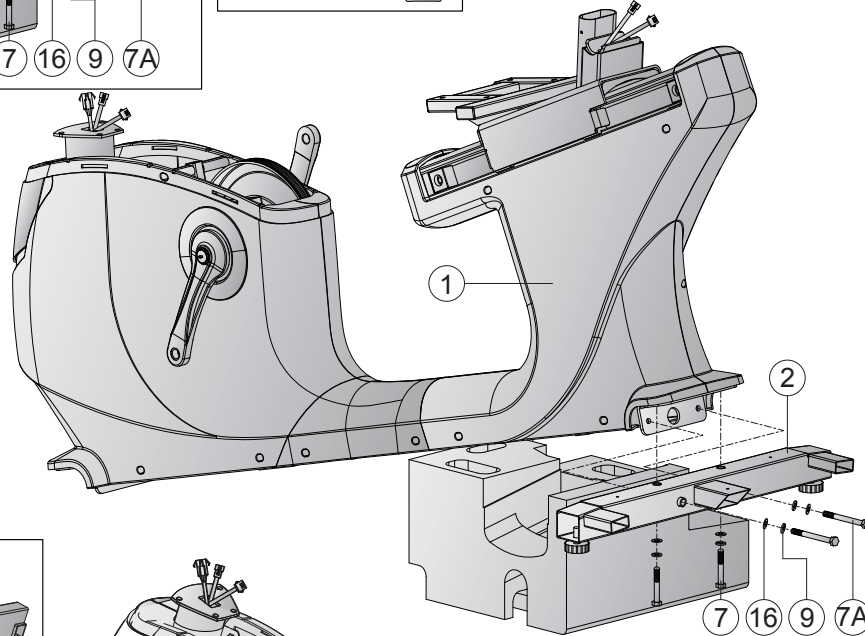
CAUTION:

For the next step, the equipment must be lifted on one side. Use the help of another person to do this. For additional stabilization, you can use the polystyrene from the packaging material and place it under the equipment.

2. Mount the rear stabiliser (2) to the main frame (1) using two screws (7 & 7A), four washers (16) and four spring washers (9) (see fig. 1-2).
3. Remove and dispose of the mounting kit along with the two screws - they are not part of the mounting kit (see fig. 1-3).
4. Mount the front stabiliser (4) to the main frame (1) using two screws (7 & 7A), four washers (16) and four spring washers (9) (see fig. 1-4).
5. Now tighten all screws tightly.



| | | | |
|----|--|---------------|----|
| 7 | | M8x1.25x70L | x4 |
| 7A | | M8x1.25x110L | x4 |
| 9 | | D15.4xD8.2x2T | x8 |
| 16 | | D16xD8.5x1.2T | x8 |



Step 2: Mounting the front post

1. Slide the cover (11) up along the front post (17) (see fig. 2-1).
2. Connect the cables (64 & 65) and the cables (14 & 18) with one another (see fig. 2-2).
3. Insert the front post (17) into the main frame holder (1).
4. Connect the front post (17) with the main frame holder (1) with four bolts (15), four spring washers (9) and four flat washers (16).
5. Slide the cover (11) down again (see fig. 2-4).

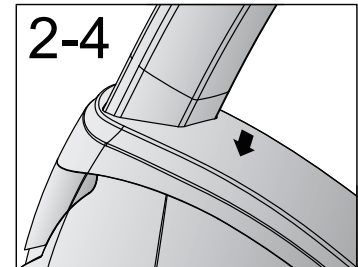
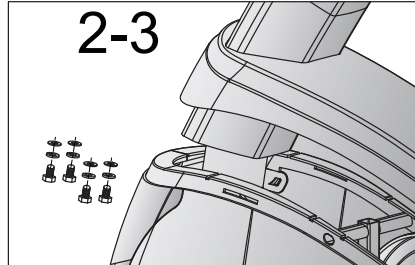
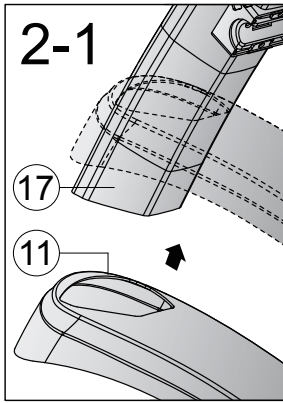
Step 3: Alignment of the feet

If the floor is uneven, you can stabilise the training equipment by turning the two adjustable screws under the main frame.

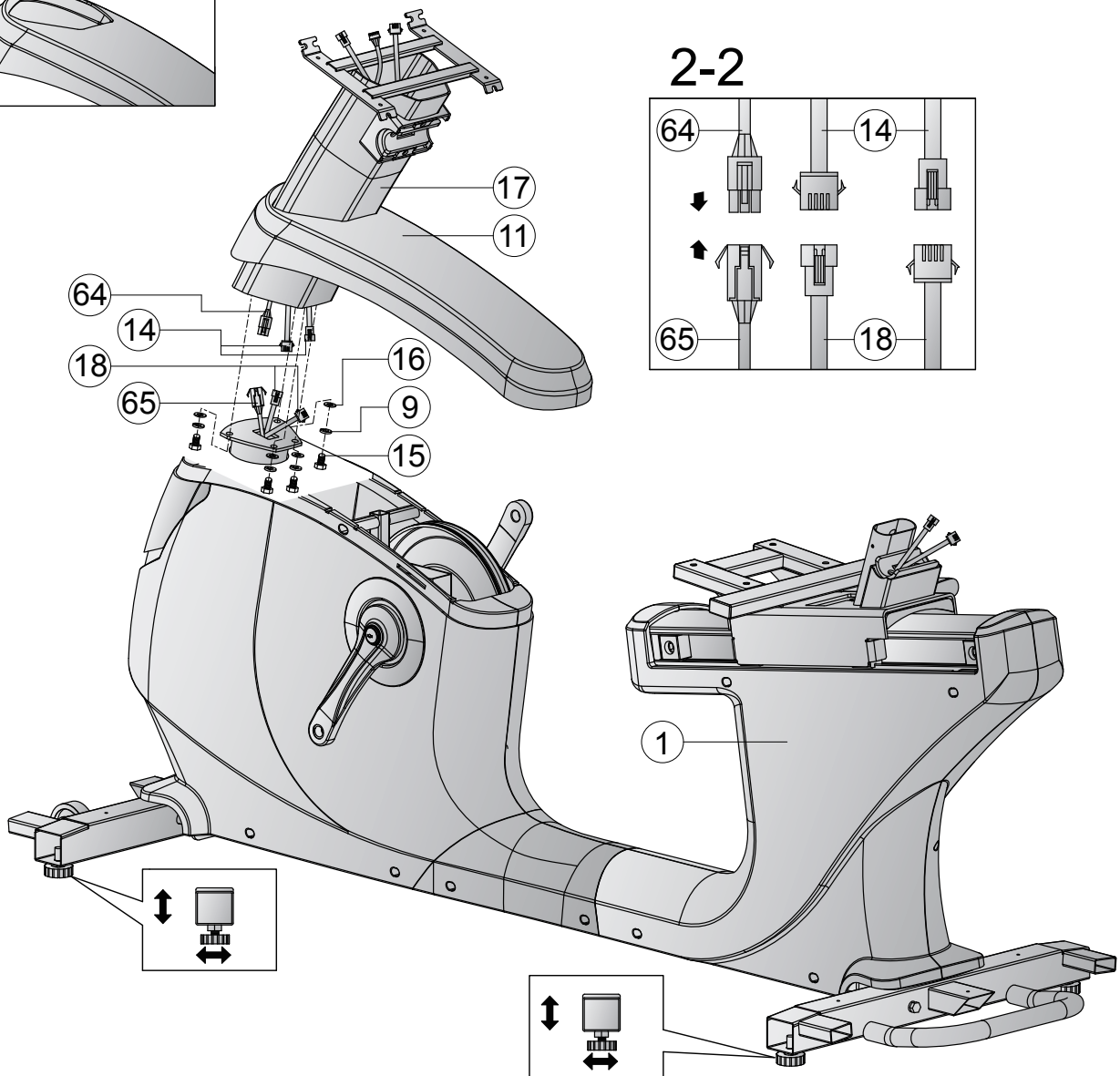
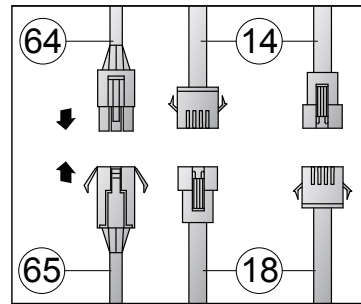
1. Lift the equipment on the desired side and rotate the adjustable screws under the main frame.
2. Rotate the screws clockwise in order to unscrew them, therefore raising the equipment.
3. Rotate the screws counterclockwise in order to lower the equipment.



| | | | |
|----|--|---------------|----|
| 15 | | M8x1.25x15L | x4 |
| 9 | | D15.4xD8.2x2T | x4 |
| 16 | | D16xD8.5x1.2T | x4 |

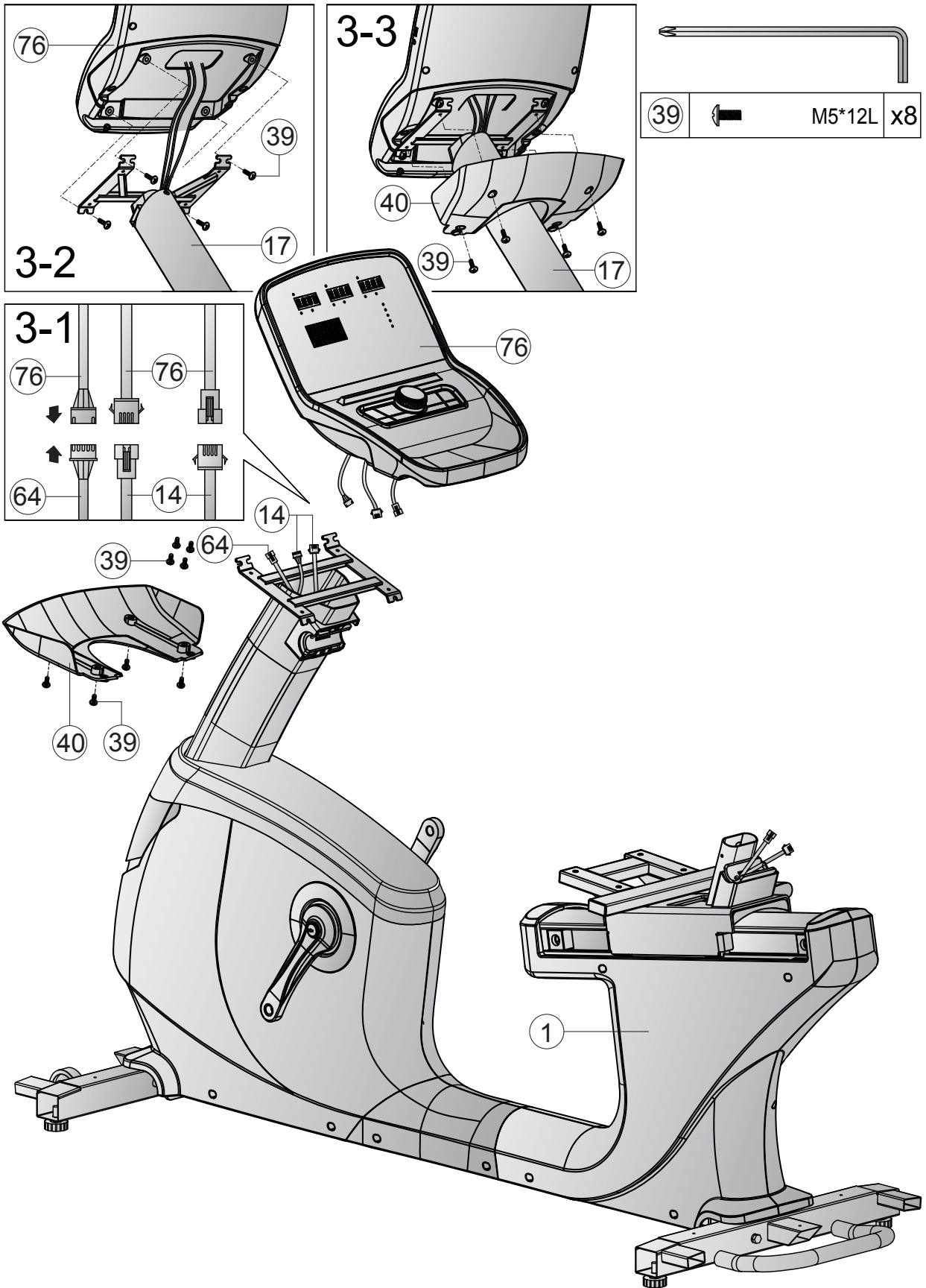


2-2



Step 4: Mounting the console






1. Connect the cables (76 & 64) and the cables (76 & 14) with one another (see fig. 3-1).
2. Place the console (76) on the front post (17).
3. Attach the console (76) to the front post (17) with four screws (39) (see fig. 3-2).
4. Fix the cover (40) to the console (76) with four screws (39) (see fig. 3-3).

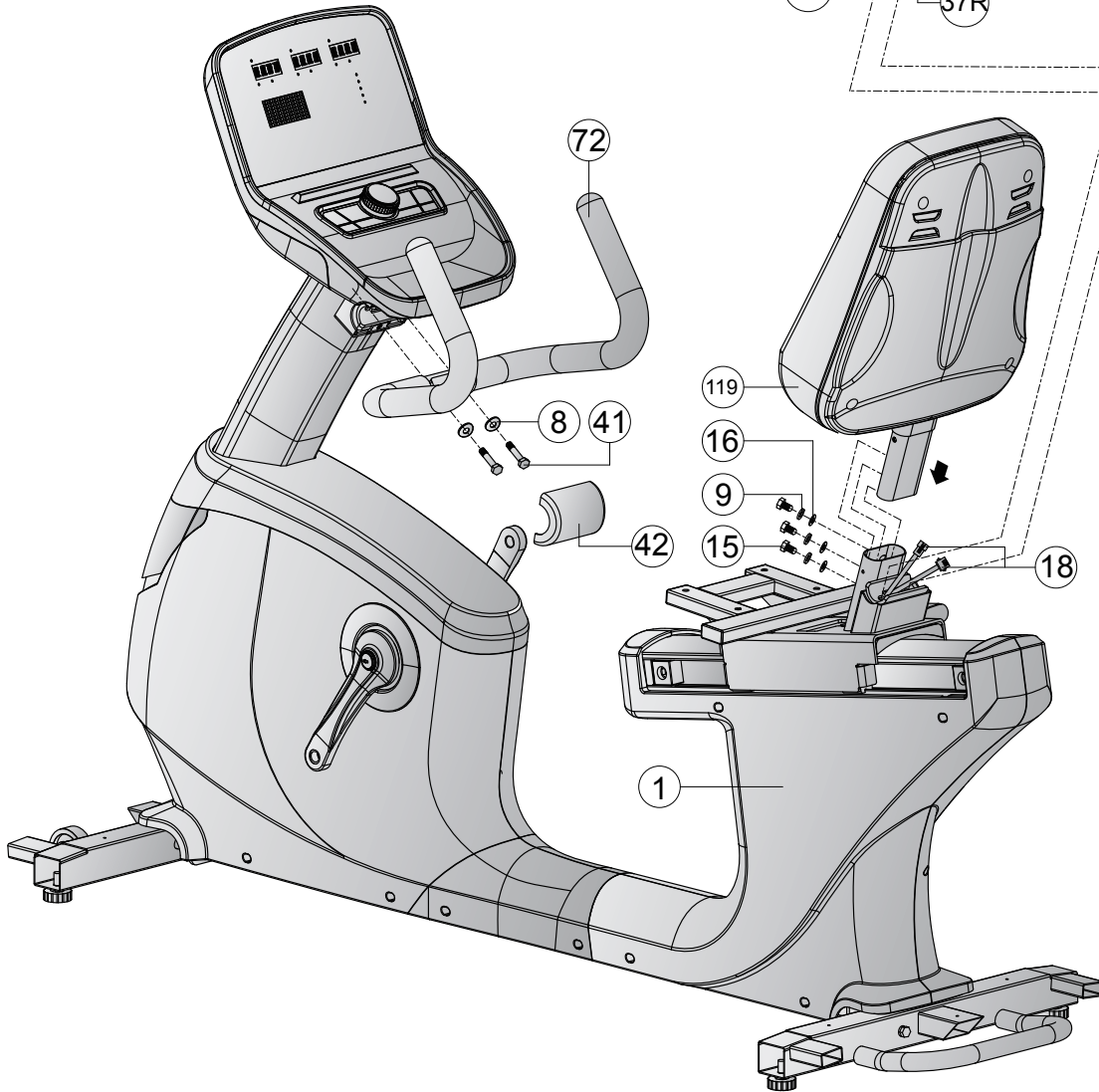
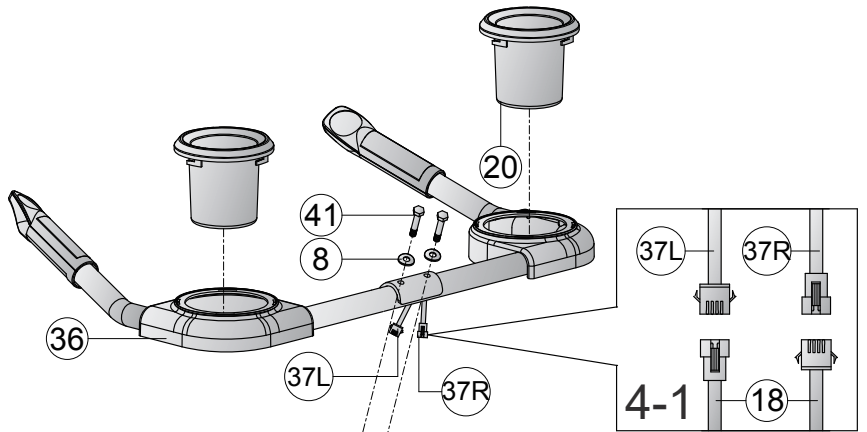


Step 5: Mounting the handles and backrest

1. Insert the backrest (119) into the main frame (1) and secure with three screws (15), three washers (16), and three spring washers (9).
2. Connect the cables (37L & 18) and the cables (37R & 18) (see fig. 4-1).
3. Attach the handles with the hand pulse sensors (36) to the main frame (1) with two screws (41) and two curved washers (8).
4. Place the bottle holders (20) in the holders of the handles with the hand pulse sensors (36).
5. Attach the front handlebar (72) to the front post (17) with two screws (41) and two curved washers (8).
6. Place the cover (42) on the front handlebar (72) on the screw connection.



| | | | |
|----|---|---------------|----|
| 41 |  | M8x1.25x50L | x4 |
| 8 |  | D22*D8.5*1.5T | x4 |
| 15 |  | M8x1.25x15L | x3 |
| 9 |  | D15.4xD8.2x2T | x3 |
| 16 |  | D16xD8.5x1.2T | x3 |



Step 6: Mounting the covers and pedals

1. Mount the seat (69) on the main frame (1) with four screws (112) and four washers (16).
2. Screw the left pedal (51L) to the left crank (48L) by turning the pedal (51L) counterclockwise.
3. Screw the right pedal (51R) to the right crank (48R) by turning the pedal (51R) clockwise.



CAUTION

Make sure to screw in the pedals completely.

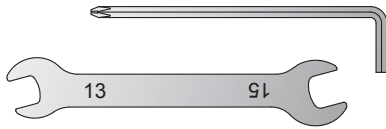
4. Place the front and rear covers (5) on the front and rear stabilisers (4 & 2) and mount each cover (5) with three screws (39).
5. Place the covers (114 & 115) under the backrest (119) and mount each cover (114 & 115) with one screw (38) and two screws (39).
6. Now hand tighten all screws.





Step 7: Connecting the equipment to the mains supply

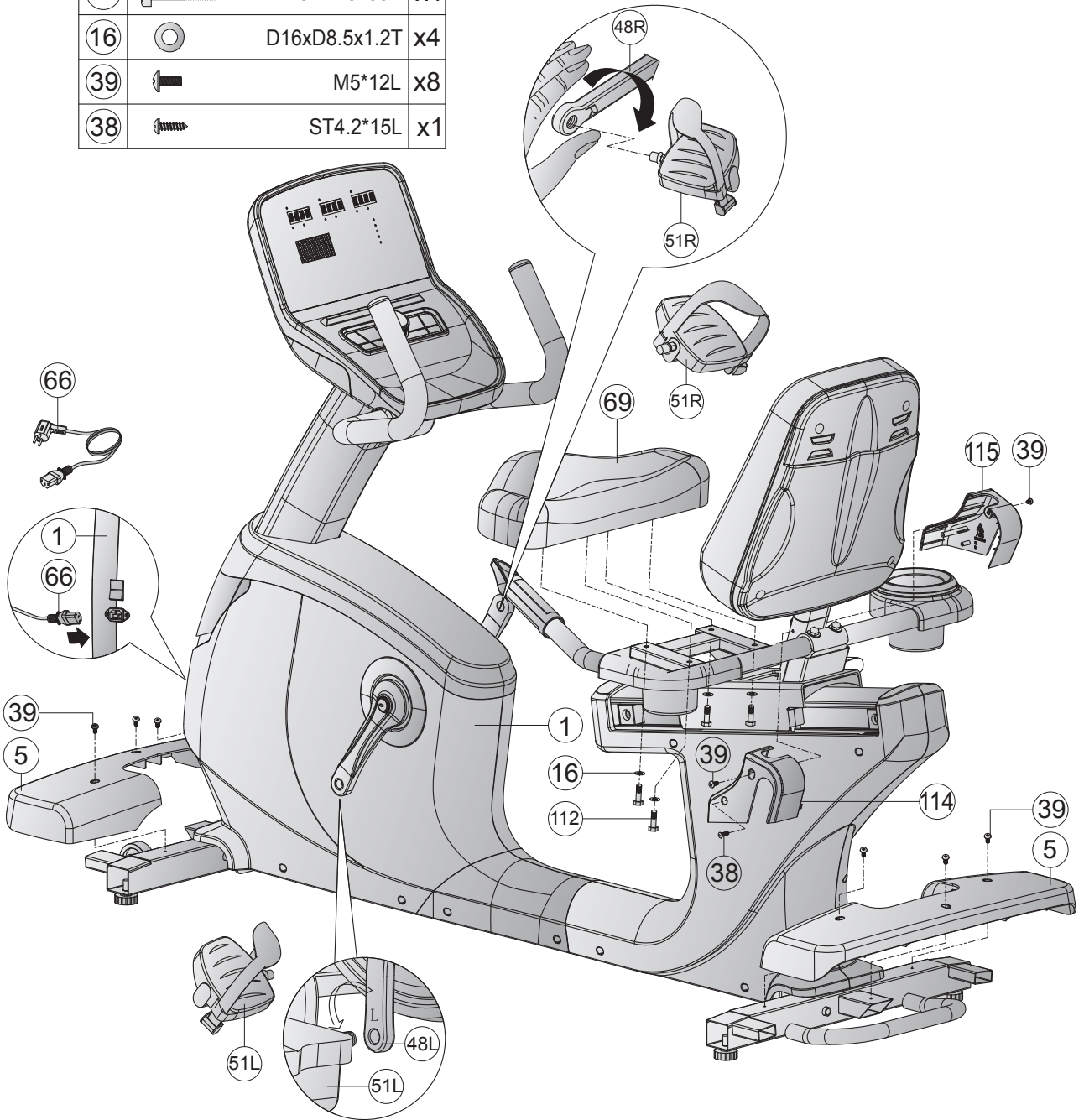
► **ATTENTION**

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

Connect the power cable (66) to the unit and then plug the power cable (66) into a wall socket that complies with the specifications in the chapter on electrical safety.



| | | | |
|-----|---|---------------|----|
| 112 |  | M8x1.25x35L | x4 |
| 16 |  | D16xD8.5x1.2T | x4 |
| 39 |  | M5*12L | x8 |
| 38 |  | ST4.2*15L | x1 |

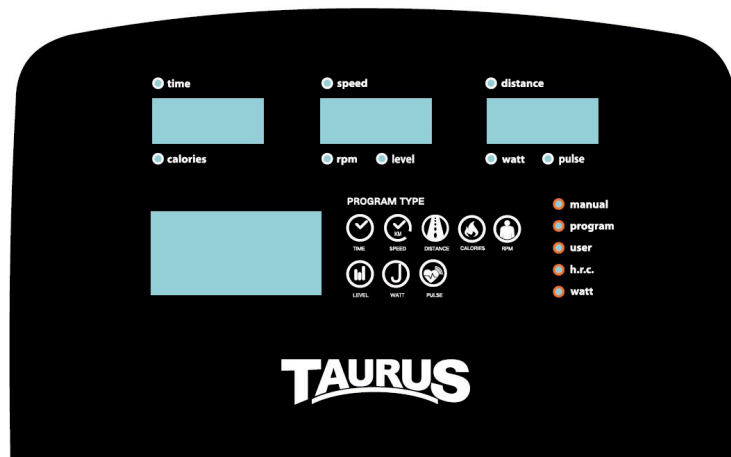


3 OPERATING INSTRUCTIONS

① NOTICE

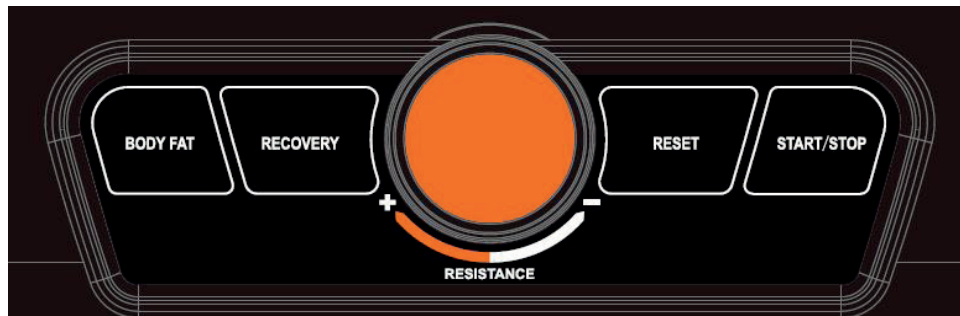
Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.

3.1 Console display



| DISPLAY | DESCRIPTION |
|-----------------|--|
| TIME | + Display of the elapsed training time (0:00 - 99:59) + Set a target time with the rotary knob (0:00 - 99:00) in 1 min. increments- |
| SPEED | Display of the current speed (max. 99.9) |
| DISTANCE | + Display of the distance covered (0.00-99.99) + Set a target distance with the rotary knob (0.00-99.0) in 1km increments |
| CALORIES | + Display of the calories burned (0-9999) + Set a target calorie value with the rotary knob (0-9999) in 10 Cal. increments- |
| RPM | Display of the current revolutions per minute (RPM) (0-999) |
| LEVEL | Display of the current resistance level |
| WATTS | Display of the Watt value (0 -999) |
| PULSE | + Display of your heart rate (0-230) + Set a heart rate target with the rotary knob (0-30-230) in singular increments |

3.2 Button functions



| BUTTON | DESCRIPTION |
|--------------------|--|
| Rotary knob | <ul style="list-style-type: none">+ Increasing the setting value or resistance level+ Decreasing the setting value or resistance level+ Setting confirmation |
| BODY FAT | Body fat test |
| RECOVERY | Heart rate test on your recovery condition |
| RESET | Returns you to the previous training mode while making settings or selecting an option. To reset the console, press and hold the button for 2 seconds |
| START/STOP | Start and stop your training |

3.3 Powering on the equipment

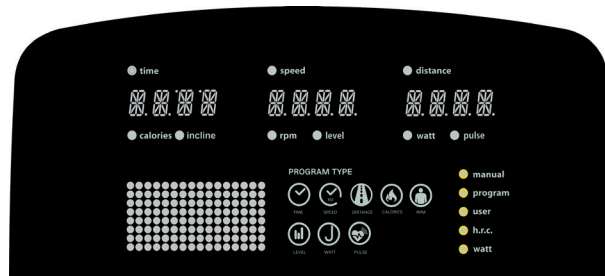
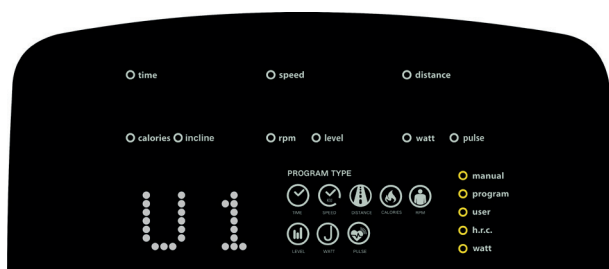
The console starts automatically as soon as the equipment is plugged into the mains supply. Various components will light up.

1. Choose a user profile (U1 - U4).
2. Enter in your gender (SEX), age (AGE), height (HEIGHT) and weight (WEIGHT).

You will proceed onto the main menu.

In the main menu you can choose from the different programs.

- + MANUAL (Quick-Start and target programs)
- + PROGRAM (Profile programs)
- + USER PROGRAM (user defined program)
- + H.R.C (Heart rate controlled programs)
- + WATT (Watt program)



3.4 Standby mode

The console goes into standby mode after four minutes without inputs or movement- The console will exit standby mode as soon as it registers movement.

3.5 MANUAL (Manual programs)

Under MANUAL you can choose between the Quick-Start program and one of the target programs. For target programs, settings for time (TIME), distance (DISTANCE), calories (CALORIES) or heart rate (PULSE) are possible.

3.5.1 Quick-Start program

1. In the main menu, select MANUAL and confirm your choice with a single push of the rotary knob.
2. To start the Quick-Start program, just press the START/STOP button.

Various values will start counting upwards.

3. To pause the program, press the START/STOP button again.
4. To end the program, press the RESET button.



3.5.2 Target programs

You have two choices for target programs. The target program can have a singular or multiple targets set.

Training with a singular target value

1. In the main menu select MANUAL and confirm your choice with a single push of the rotary knob.
2. Select your target value for time, calories, distance or heart rate with the rotary knob and confirm your choice with a single push of the rotary knob.



WARNING

This crosstrainer is not medical equipment. The heart rate measurement of the crosstrainer can be unprecise. Different factors can influence the heart rate reading. The heart rate readings are only meant as a guide for training.

3. To start the program, press the START/STOP button.



NOTICE

During training it is possible to change the resistance level with the rotary knob.

The target value counts down and the other values count upwards.

4. To pause the program, press the START/STOP button again.
5. To end the program, press the RESET button.

Training with multiple target values

1. In the main menu select MANUAL and confirm your choice with a single push of the rotary knob.
2. Select your target value for time, calories, distance and/or heart rate with the rotary knob and confirm your choice with a single push of the rotary knob.



WARNING

This crosstrainer is not medical equipment. The heart rate measurement of the crosstrainer can be unprecise. Different factors can influence the heart rate reading. The heart rate readings are only meant as a guide for training.

3. To start the program, press the START/STOP button.

NOTICE

During training it is possible to change the resistance level with the rotary knob.

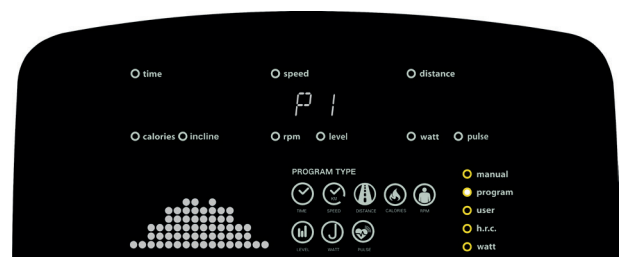
The target values count down and the other values count upwards.

4. To pause the program, press the START/STOP button again.
5. To end the program, press the RESET button.

3.6 PROGRAM (Profile programs)

There are a total of 12 profile programs available to choose from.

1. In the main menu select PROGRAM and confirm your choice with a single push of the rotary knob.
2. Using the rotary knob select one of the profile programs and confirm your choice with a single push of the rotary knob.
3. Using the rotary knob select the training time and confirm the setting with a single push of the rotary knob.



4. To start the program, press the START/STOP button.

NOTICE

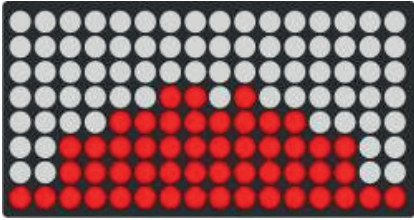
During training it is possible to change the resistance level with the rotary knob.

5. To pause the program, press the START/STOP button again.

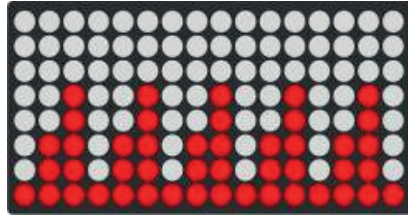
NOTICE

While the program is paused it is possible to change the training time.

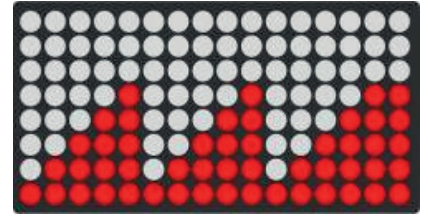
6. To end the program, press the RESET button.



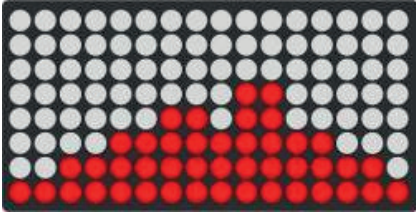
P1



P2



P3



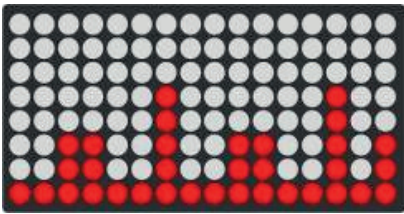
P4



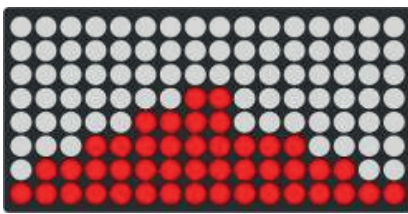
P5



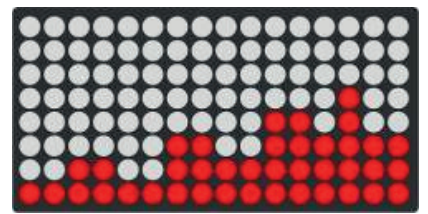
P6



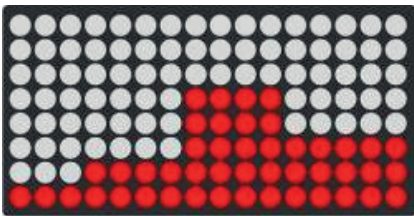
P7



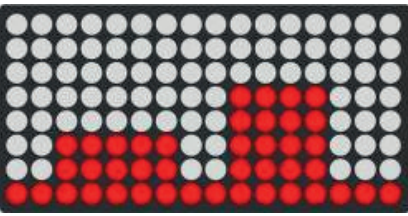
P8



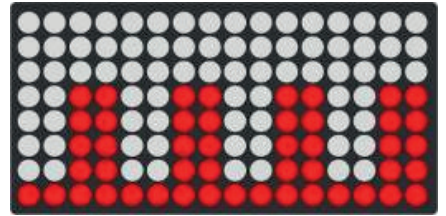
P9



P10



P11

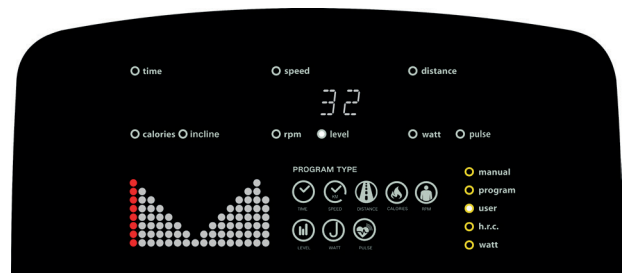


P12

3.7 USER (User defined program)

There are 16 segments available in user defined programs.

1. In the main menu select USER and confirm your choice with a single push of the rotary knob.
2. Select the resistance level of each segment and confirm each value with a single push of the rotary knob.
3. To end setting the resistance levels, press and hold the rotary knob for 2 seconds.



The last set level is shown on the display.

You now have the option to set training time with the rotary knob.

4. Using the rotary knob, select the training time and confirm the setting with a single push of the rotary knob or press the START/STOP button to directly start your training.

ⓘ NOTICE

During training it is possible to change the resistance level with the rotary knob.

5. To pause the program, press the START/STOP button again.
6. To end the program, press the RESET button.

3.8 H.R.C. (Heart rate controlled programs)

⚠ WARNING

This crosstrainer is not medical equipment. The heart rate measurement of the crosstrainer can be unprecise. Different factors can influence the heart rate reading. The heart rate readings are only meant as a guide for training.

There are three heart rate programs available to choose from. You can choose from one of the three pre-set target heart rate programs (55%, 75% or 90% of your maximum heart rate) or choose TARGET and manually set a target heart rate value. Your maximum heart rate is calculated by the console and is dependant on your age set. We recommend using a chest heart rate sensor (chest strap) for this program.



1. In the main menu select H.R.C. and confirm your choice with a single push of the rotary knob.
2. Using the rotary knob select one of the pre-set target heart rate programs or TARGET and confirm your choice with a single push of the rotary knob.
3. If you have selected TARGET, use the rotary knob select a target heart rate and confirm your setting with a single push of the rotary knob.

ⓘ NOTICE

The pre-set TARGET value is 100.

- 3.1. Optionally you can also set a time and confirm this with a single push of the rotary knob.
4. To start the program, press the START/STOP button and hold the hand pulse sensors in your hands or alternatively you can use an optional chest strap.

Your current heart rate will be displayed during training.

ⓘ NOTICE

If no heart rate is detected, the display will show:



5. To pause the program, press the START/STOP button again.
6. To end the program, press the RESET button.

3.9 WATT (Watt program)

1. In the main menu select WATT and confirm your choice with a single push of the rotary knob.
2. Using the rotary knob, select a Watt value and confirm your setting with a single push of the rotary knob.



NOTICE

The pre-set value is 120.

3. Using the rotary knob select the training time and confirm the setting with a single push of the rotary knob or press the START/STOP button to directly start your training.

NOTICE

The resistance level changes automatically to the set Watt value.

4. To pause the program, press the START/STOP button again.
5. To end the program, press the RESET button.

3.10 RECOVERY (Recovery function)

Use the recovery function after a training session to measure your recovery heart rate.

To start the recovery function, press the RECOVERY button and hold the hand pulse sensors or alternatively use an optional chest strap.

The display shows a countdown that runs from 00:60 to 00:00.



NOTICE

If you wish to prematurely end the recovery function, press the RECOVERY button again.

Based on the final pulse readings, once the countdown ends you'll receive a fitness grade from F1 to F6.

| | |
|----|-----------|
| F1 | Very good |
| F2 | Good |
| F3 | Average |
| F4 | Adequate |
| F5 | Bad |
| F6 | Very bad |

3.11 BODY FAT (Body fat analysis)

1. Choose your user profile (U1-U4).
2. To start the body fat analysis, in the main menu press the BODY FAT button and hold on to the hand pulse sensors.

NOTICE

Should you not properly grip the hand pulse sensors, the display will show the error code E-1.

NOTICE

If you wish to prematurely end the body fat analysis and return to the previous program, press the BODY FAT button again.

After successfully ending the test you'll be shown your body fat ratio (FAT%) and your BMI.

NOTICE

Should your body fat ratio be outside of the 5% - 50%, the display will show the error code E-4.

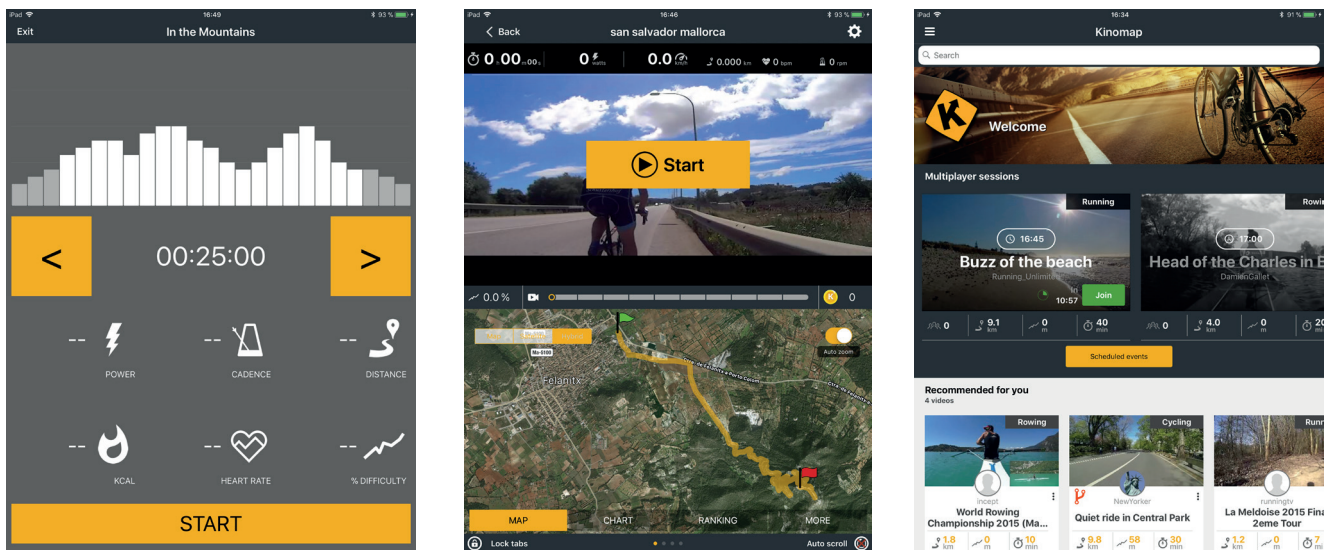


3.12 Bluetooth and fitness apps

The console of this crosstrainer is equipped with a Bluetooth receiver. In order to use training apps, you need to connect the crosstrainer and your mobile device (Tablet or smartphone) together. Turn on Bluetooth on your mobile device and choose your crosstrainer. The name of your crosstrainer can be found on a sticker on the back of the console.

Pay attention that your mobile device must be compatible with the Bluetooth receiver of crosstrainer (Bluetooth 4.0). After connecting you can start the fitness app. If applicable, you may have to additionally connect the app to the crosstrainer. Follow the steps shown in the app.

Training apps can be found on the App Store or on GooglePlay. For example you can find the apps "Kinomap" or "iconsole+". Please note that these apps are offered from a third party developer. Sport-Tiedje is not responsible for the availability, functionality or the contents of these programs.



Example: Kinomap

4.1 General Instructions

▶ 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 5°C and 45°C.

⚠ WARNING

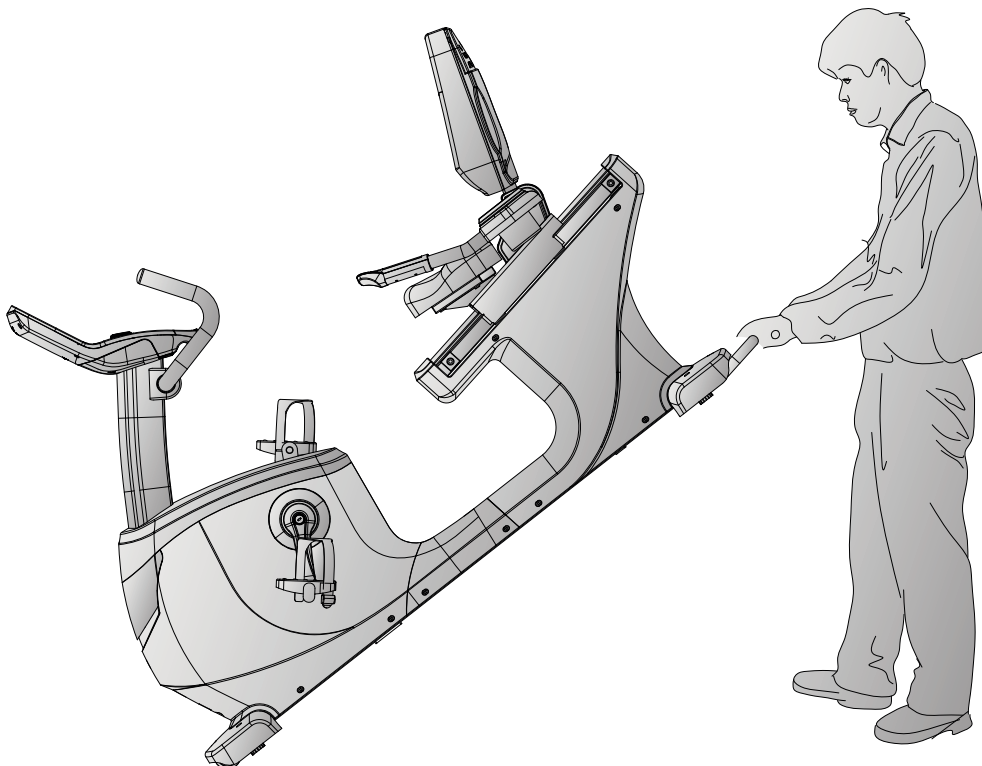
- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

4.2 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.



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 |
|--------------------------|--|---|
| Pedals are squeaking | Pedals are loose | Tighten the screws in the pedals |
| Equipment wobbles | Equipment is not level | Align feet |
| Handlebar/saddle wobbles | Screws are loose | Re-tighten the screws |
| Display doesn't function | Cables not properly connected | Check all cable connections |
| No pulse displayed | <ul style="list-style-type: none"> + Source of interference in the room + Chest strap is not compatible + Position of the chest strap is incorrect + Batteries are empty | <ul style="list-style-type: none"> + Eliminate the source of interference (e.g. Mobile, Speakers, etc.) + Use a compatible chest strap (see recommended accessories) + Re-position the chest strap and/or moisten the electrode(s) + Change the batteries |

5.3 Error codes and troubleshooting

The electronics of the crosstrainer are continually running tests. In case of deviations, an error code is shown on the display and normal operation is stopped for your safety.

- + E-1 No values were received during the body fat analysis. Make sure that, during the analysis, you hold on to the hand pulse sensors with both hands.
- + E-4 The user settings entered for age, height, weight or the body fat ratio is outside of the setting range.

5.4 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 |
|--------------------------------|--------|---------|
| Display console | C | I |
| Plastic covers | C | I |
| Screws and cable connections | | I |
| Check pedals for tightness | | I |
| Legend: C = clean; I = inspect | | |

By scanning the QR code with the camera function or QR code scanner app of your smartphone/tablet, a video on general maintenance of an exercise bike opens on YouTube. The video serves to illustrate the maintenance points described in this manual.

Please note that the video may not be available in your language or with appropriate subtitles.

If you cannot scan QR codes, you can access all Sport-Tiedje videos on YouTube by first opening YouTube and entering "Sport-Tiedje" in the search field.



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. Alternatively, you can use the QR code provided. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



chest strap



floor mat



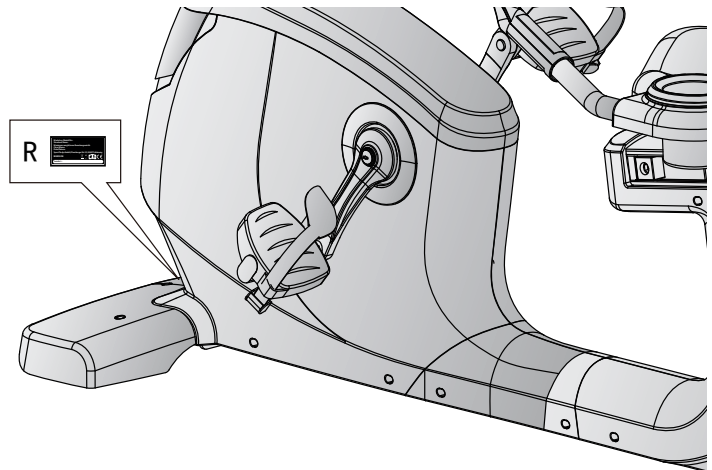
lubricant

8.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 10 of this operating manual.

NOTICE

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



Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:

SKU:

8.2 Parts List

| No. | Name | Supplier Parts No. | Material | Specification | Qty. |
|-----|-------------------------------|--------------------|---------------|-------------------|------|
| 1 | Main frame | 744S0-3-1000-J1 | | | 1 |
| 2 | Rear stabiliser | 744S0-3-2112-J0 | | | 1 |
| 3 | Adjustable round wheel | 26000-6-1095-B0 | Q235A+plastic | D38*M10*1.5 | 4 |
| 4 | Front stabiliser | 744S0-3-2100-J0 | | | 1 |
| 5 | Cover of front stabiliser | 734S0-6-2186-B0 | ABS | 600*190.2*79.4 | 2 |
| 6 | Allen bolt | 50308-5-0040-F3 | Q235A | M8*1.25*40L | 2 |
| 7 | Bolt | 50108-5-0070-F4 | 35# | M8*1.25*70L | 4 |
| 7A | Bolt | 50108-5-0110-F5 | 35# | M8*1.25*110L | 4 |
| 8 | Curve washer | 55108-3-2215-FA | Q235A | D22xD8.5x1.5T | 4 |
| 9 | Spring washer | 55108-2-1520-FA | 70# | D15.4xD8.2x2T | 12 |
| 10L | Left middle supporting cover | 744S0-6-4551-B0 | ABS | 366*79.4*118.9 | 1 |
| 10R | Right middle supporting cover | 744S0-6-4552-B0 | ABS | 366*76.1*118.9 | 1 |
| 11 | Upper decorative cover | 744S0-6-4520-B0 | ABS | 629.3*170.6*114 | 1 |
| 12 | End cover | 734S0-6-4514-B20 | ABS | 191.9*172.1*138.4 | 1 |
| 13 | Seat post | 744S0-3-2200-J0 | | | 1 |
| 14 | Middle cable for quick button | 744S0-6-2543-00 | | 550L | 2 |
| 15 | Bolt | 50108-5-0015-F0 | 35# | M8*1.25*15L | 4 |
| 16 | Flat washer | 55108-1-1612-FA | Q235A | D16*D8.5*1.2T | 29 |
| 17 | Front post | 744S0-3-2000-J0 | | | 1 |
| 18 | Handpulse cable | 744S0-6-2479-00 | | 2400L | 2 |
| 19 | Support of bottle holder | 744S0-6-2292-B0 | ABS | 168.6*168.6*45 | 2 |
| 20 | Bottle holder | 26100-6-1578-B0 | ABS | D134*115 | 2 |
| 21 | Bearing | 58006-6-1040-01 | GCr15 | #6004-2RS(C0) | 2 |
| 22 | Waved washer | 55120-5-2705-DA | 65Mn | D27*D20.3*0.5T | 1 |
| 23 | Cross screw | 54203-2-0030-F0 | Q235A | M3*0.5*30L | 4 |
| 24 | C ring | 55519-1-2312-DA | 65Mn | D22.5*D18.5*1.2T | 2 |
| 25 | Screw | 54203-2-0012-F0 | Q235A | M3*0.5*12L | 2 |

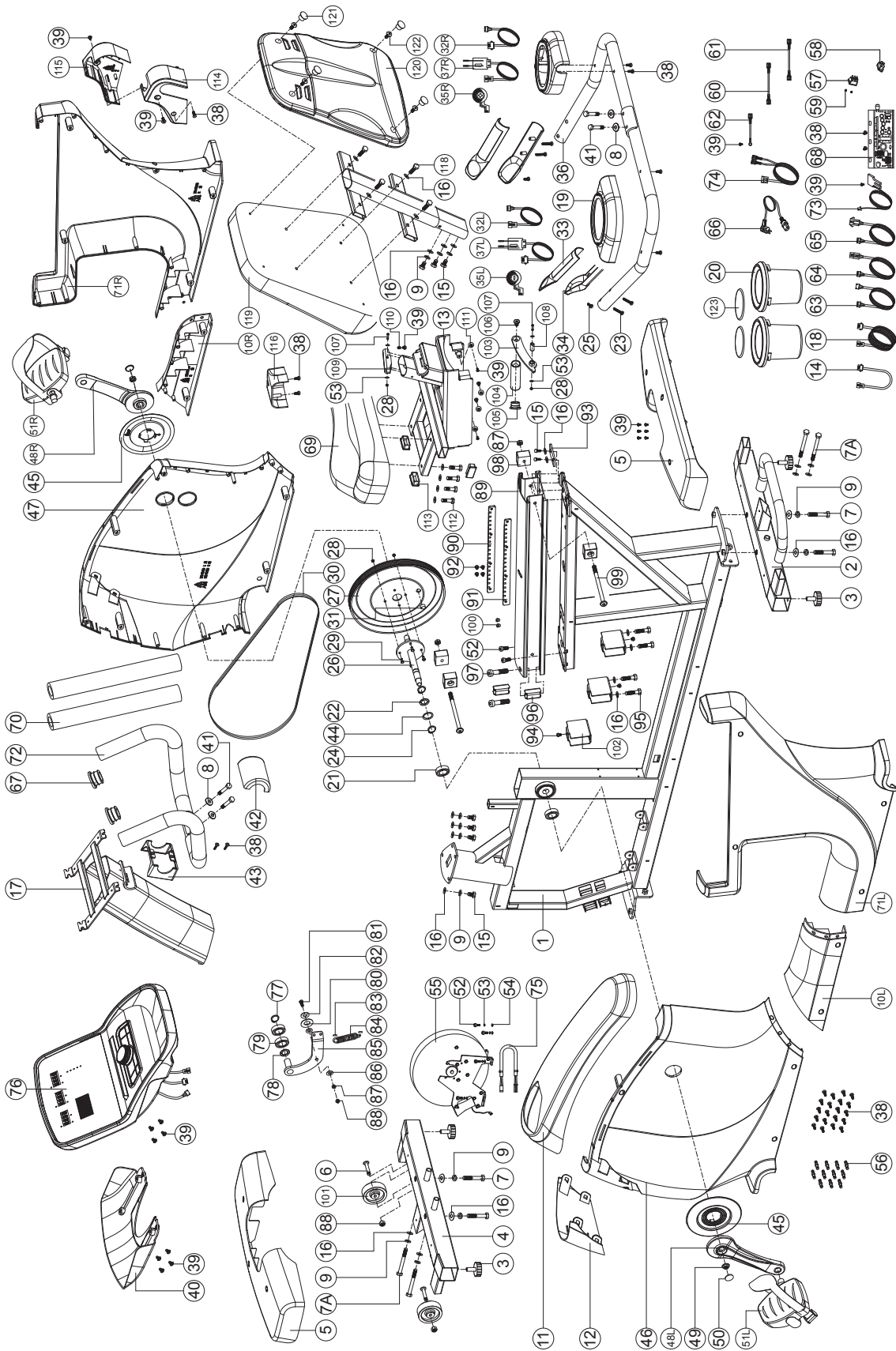
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|-----|--------------------------------------|-----------------|--------|------------------|----|
| 26 | Crank axle | 734S0-3-2903-00 | | | 1 |
| 27 | Pulley | 58008-6-1037-D0 | Q235A | D260*25*3T | 1 |
| 28 | Nylon nut | 55206-1-2006-FA | Q235A | M6*1.0*6T | 6 |
| 29 | Bolt | 50106-5-0015-C0 | 35# | M6x1.0x15L | 4 |
| 30 | Belt | 58004-6-1116-00 | | 430 PJ8 | 1 |
| 31 | Round magnet | 174R4-6-2574-00 | | M02 | 1 |
| 32L | Upper cable for quick button (2) | 734S0-6-2539-00 | | 400L | 1 |
| 32R | Upper cable for quick button (1) | 734S0-6-2542-00 | | 400L | 1 |
| 33 | Upper cover for handpulse | 747S0-6-2517-B0 | ABS | 184.5*20.8*50 | 2 |
| 34 | Lower cover for handpulse | 747S0-6-2518-B0 | ABS | 184.5*35.2*50 | 2 |
| 35L | Membrane button(-) | 749S0-6-2534-00 | PC+PET | D39 | 1 |
| 35R | Membrane button(+) | 749S0-6-2533-00 | PC+PET | D39 | 1 |
| 36 | Handlebar | 744S0-3-2400-J0 | | | 1 |
| 37L | Lower cable for quick button (2) | 747S0-6-2536-00 | | 850L | 1 |
| 37R | Lower cable for quick button (1) | 747S0-6-2544-00 | | 850L | 1 |
| 38 | Cross screw | 52842-2-0015-F0 | 10# | ST4.2*15L | 45 |
| 39 | cross bolt | 52605-2-0012-F0 | Q235A | M5*0.8*12L | 27 |
| 40 | Back cover for console | 747S0-6-2529-B0 | ABS | 337.6*225.5*58.4 | 1 |
| 41 | Bolt | 50108-5-0050-F3 | 35# | M8*1.25*50L | 4 |
| 42 | Rear protective cover for handlebar | 734S0-6-3781-B0 | ABS | 97.2*75*42 | 1 |
| 43 | Front protective cover for handlebar | 734S0-6-3780-B0 | ABS | 100*77.1*42 | 1 |
| 44 | Flat washer | 55120-1-2615-NA | Q235A | D26*D21*1.5T | 1 |
| 45 | Crank cover | 744S0-6-4524-C0 | ABS | D150*D41*14.2 | 2 |
| 46 | Left chaincover | 744S0-6-4501-B0 | ABS | 728*101.7*519 | 1 |
| 47 | Right chaincover | 744S0-6-4502-B0 | ABS | 728*98.3*519 | 1 |
| 48L | Left crank | 58007-6-1093-C0 | 1015A | 170Lx9/16"-20BC | 1 |
| 48R | Right crank | 58007-6-1094-C0 | 1015A | 170Lx9/16"-20BC | 1 |
| 49 | Anti-loosen nut | 734S0-6-2775-N0 | 35# | M10*1.25*9T | 2 |

| | | | | | |
|---------|--------------------------------------|-----------------|-------|-------------------|----|
| 50 | Cover of bolt | 734S0-6-2779-C0 | PE | D29*11.5L | 2 |
| 51L&51R | Pedal | 58029-6-1105-B0 | | JD-36A,9/16" | 1 |
| 52 | Round screw | 54006-5-0015-D0 | 35# | M6*1.0*15L | 6 |
| 53 | Flat washer | 55106-1-1310-FA | Q235A | D13*D6.5*1.0T | 8 |
| 54 | Flat washer | 55106-1-1310-NA | Q235A | D13*D6.5*1.0T | 4 |
| 55 | Electric Magnetic System | 734S0-3-3102-00 | | D265*153*50 | 1 |
| 56 | Pin | 71600-6-4586-60 | ABS | D6*26.5*7.7 | 12 |
| 57 | Power supply | 261D8-6-2411-00 | | | 1 |
| 58 | Power socket | 26100-6-2413-00 | | | 1 |
| 59 | Countersunk head cross tapping screw | 51004-2-0010-F0 | 10# | ST4*1.41*10L | 2 |
| 60 | Live line | 734S0-6-3480-00 | | 150L | 1 |
| 61 | Neutral line | 734S0-6-3479-00 | | 150L | 1 |
| 62 | Ground line | 734S0-6-3486-00 | | 200L | 1 |
| 63 | Upper cable for console | 747S0-6-2572-00 | | 300L | 1 |
| 64 | Middle cable for console | 744S0-6-2587-00 | | 550L | 1 |
| 65 | Lower cable for console | 744S0-6-2573-00 | | 800L | 1 |
| 66 | Power cable | 26100-6-1775-02 | | 1700L | 1 |
| 67 | Round end cap | 553K0-1-0016-B8 | PE | D1 1/4"*16L | 2 |
| 68 | Control board | 747S0-6-2597-00 | | EMS7300-A04 | 1 |
| 69 | Saddle | 744S0-6-1146-B0 | PU | 440*254*75 | 1 |
| 70 | Dipped foam | 58015-6-1331-B0 | PVC | D30*3T*520L | 2 |
| 71L | Left rear chaincover | 744S0-6-4512-B0 | ABS | 775.4*101.8*578.2 | 1 |
| 71R | Right rear chaincover | 744S0-6-4513-B0 | ABS | 775.4*98.3*578.2 | 1 |
| 72 | Front Handlebar | 744S0-3-2425-J0 | | | 1 |
| 73 | Sensor cable | 802S0-6-2576-00 | | 300L | 1 |
| 74 | Power delivery cable | 747S0-6-2552-00 | | 900L | 1 |
| 75 | External cable of system | 832S0-6-3177-02 | | 500L | 1 |
| 76 | Console | 744S0-6-2501-B0 | | SE-8627-31 | 1 |
| 77 | C ring | 55517-1-0010-00 | 65Mn | S-17(1T) | 1 |
| 78 | Waved washer | 55117-5-2203-DA | 65Mn | D17*D22*0.3T | 3 |

| | | | | | |
|-----|---|-----------------|-------|---------------|---|
| 79 | Bearing | 58006-6-1026-01 | GCr15 | 6203-2RS | 2 |
| 80 | Flat washer | 55110-1-5030-NA | Q235A | D50*D10*3T | 1 |
| 81 | Allen bolt | 50308-5-0030-C0 | 35# | M8x1.25x30L | 1 |
| 82 | Flat washer | 55108-1-2830-NA | Q235A | D28*D8.5*3T | 1 |
| 83 | Plastic cover | 803K0-6-1082-00 | PVC | D3*30L | 2 |
| 84 | Spring | 58003-6-1055-N0 | 72A# | D2.6*15*82L | 1 |
| 85 | Idle fixing plate | 73450-3-1600-00 | | | 1 |
| 86 | Plastic flat washer | 55110-1-2404-BF | NL66 | D10*D24*0.4T | 2 |
| 87 | Nut | 55208-2-2006-NA | Q235A | M8*1.25*6T | 1 |
| 88 | Nylon nut | 55208-1-2008-FA | Q235A | M8*1.25*8T | 3 |
| 89 | Slide rail | 74450-6-5101-00 | 63T5 | 115*69.5*670L | 1 |
| 90 | Position limitation plate for seat post | 73502-6-2273-N0 | Q235A | 328*18*5T | 1 |
| 91 | Fixing plate (2) | 73502-6-2205-N0 | Q235A | 328*18*3T | 1 |
| 92 | Round cone screw | 50605-2-0015-N0 | Q235A | M5*0.8*15L | 4 |
| 93 | Reinforce plate of slide rail | 73502-6-5102-J0 | Q235A | 58*30*4T | 1 |
| 94 | Cross bolt | 52606-2-0015-N0 | Q235A | M6*1*15L | 3 |
| 95 | Bolt | 50108-5-0045-F3 | 35# | M8*1.25*45L | 4 |
| 96 | Slide rail reinforce tube (2) | 74450-6-5114-J0 | Q195 | 20*20*2.0T*43 | 2 |
| 97 | Inner hex cylindrical head screw | 54008-5-0055-F4 | 35# | M8*1.25*55L | 2 |
| 98 | Square buffer | 25300-6-2175-B0 | PVC | 34*34*22T | 4 |
| 99 | Bolt | 50308-5-0100-F4 | 35# | M8*1.25*100L | 2 |
| 100 | Cable plug | 55312-1-0015-BA | PVC | D4*D12*13 | 2 |
| 101 | Moving wheel | 26100-6-1087-B0 | PP | D65*24 | 2 |
| 102 | Connection tube of slide rail | 74450-3-5125-J0 | | | 3 |
| 103 | Ajustable rod | 74450-3-2225-J0 | | | 1 |
| 104 | Pull handle | 74450-3-2240-J0 | | | 1 |
| 105 | Round end cap | 553F0-1-0017-B8 | PE | D1"*17.5 | 1 |
| 106 | Inner hex countersunk head bolt | 51608-5-0025-F0 | 35# | M8*1.25*25L | 1 |

| | | | | | |
|-----|----------------------------------|-----------------|-------|------------------|---|
| 107 | Inner hex cylindrical head screw | 54006-5-0035-F3 | 35# | M6*1.0*35L | 2 |
| 108 | Sleeve | 74450-6-2707-00 | Q235A | D9.8*D6.1*20.5L | 1 |
| 109 | Locking base | 73502-6-2219-N1 | Q235A | 71.5*20*4T | 1 |
| 110 | Spring | 58003-6-1068-N0 | | D1*D8*35 | 1 |
| 111 | Moving wheel | 73502-6-3886-B0 | POM | D25*D10*11.5 | 8 |
| 112 | Bolt | 50108-5-0035-F3 | 35# | M8*1.25*35L | 4 |
| 113 | Square cap | 55315-2-2040-B8 | PE | 20*40*15 | 4 |
| 114 | Handrail cover (left) | 74450-6-2290-B0 | ABS | 188.1*64.3*117.3 | 1 |
| 115 | Handrail cover (right) | 74450-6-2291-B0 | ABS | 188.1*56.8*117.3 | 1 |
| 116 | Adjusting protective cover | 74450-6-1082-B0 | ABS | 100*69.8*45 | 1 |
| 117 | Adjustable tube for back pad | 74450-3-5200-J0 | | | 1 |
| 118 | Bolt | 50108-5-0025-F0 | 35# | M8*1.25*25L | 4 |
| 119 | Back pad | 74450-6-1145-B0 | PU | 440*400*92 | 1 |
| 120 | Decorative cover for back pad | 80750-6-1075-B0 | | | 1 |
| 121 | Round end cap | 553D6-1-0017-B8 | PE | 6/8"x17 | 4 |
| 122 | Bolt | 52606-2-0025-N0 | Q235A | M6*1.0*25L | 4 |
| 123 | Pad for bottle holder | 261D8-6-1754-B0 | EVA | D81*3T | 2 |
| 124 | | | | | |
| | Hex cross wrench | 58030-6-1031-N1 | 35# | M6 | 1 |
| | Opening spanner | 58030-6-1035-N1 | Q235A | 155*30*5T | 1 |

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, 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 | FR |
|---|--|---|
| <p>TECHNIK</p> <p> +49 4621 4210-900 +49 4621 4210-698 technik@sport-tiedje.de Öffnungszeiten entnehmen Sie unserer Homepage.</p> <p>SERVICE</p> <p> 0800 20 20277 (kostenlos) 04621 4210 - 0 info@sport-tiedje.de Öffnungszeiten entnehmen Sie unserer Homepage.</p> | <p>TEKNIK OG SERVICE</p> <p> 80 90 16 50 +49 4621 4210-945 info@fitshop.dk Åbningstider kan findes på hjemmesiden.</p> | <p>TECHNIQUE & SERVICE</p> <p> +33 (0) 189 530984 +49 4621 42 10 933 info@fitshop.fr Vous trouverez les heures d'ouverture sur notre site Internet.</p> |
| | PL | BE |
| | <p>DZIAŁ TECHNICZNY I SERWIS</p> <p> 22 307 43 21 +49 4621 42 10-948 info@fitshop.pl Godziny otwarcia można znaleźć na stronie głównej.</p> | <p>TECHNIQUE & SERVICE</p> <p> 02 732 46 77 +49 4621 4210 933 info@fitshop.be Vous trouverez les heures d'ouverture sur notre site Internet.</p> |
| UK | NL | INT |
| <p>CUSTOMER CARE POWERHOUSE</p> <p> +44 141 737 2249 or +44 141 876 3972 customercare@powerhouse-fitness.co.uk You can find the opening hours on our homepage.</p> | <p>TECHNISCHE DIENST & SERVICE</p> <p> +31 172 619961 service@fitshop.nl De openingstijden vindt u op onze homepage.</p> | <p>TECHNICAL SUPPORT & SERVICE</p> <p> +49 4621 4210-944 service-int@sport-tiedje.de You can find the opening hours on our homepage.</p> |
| ES | AT | CH |
| <p>TECNOLOGÍA Y SERVICIOS</p> <p> 911 238 029 info@fitshop.es Consulta nuestro horario de apertura en la página web.</p> | <p>TECHNIK & SERVICE</p> <p> 0800 20 20277 (Freecall) +49 4621 42 10-0 info@sport-tiedje.at Öffnungszeiten entnehmen Sie unserer Homepage.</p> | <p>TECHNIK & SERVICE</p> <p> 0800 202 027 +49 4621 42 10-0 info@fitshop.ch 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

The Sport-Tiedje 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.

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

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

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



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