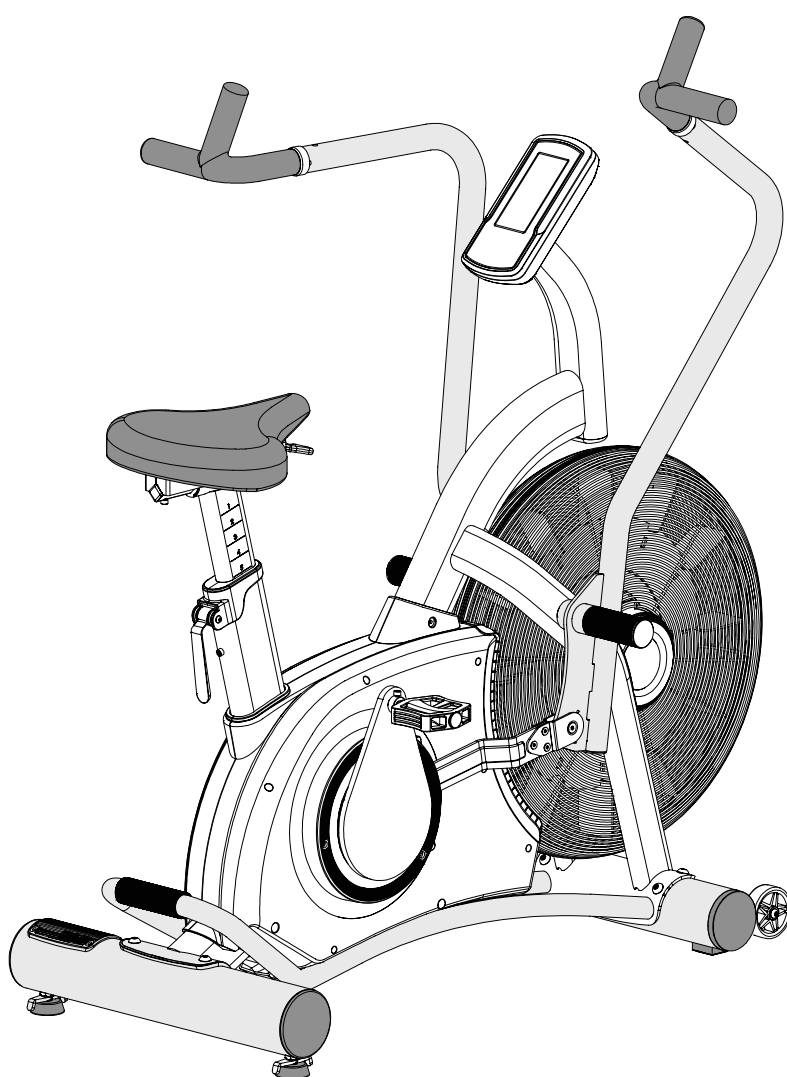


TAURUS®

Assembly and Operating Instructions



max. 160 kg



~ 45 Min. 



 72 kg

L 124 | W 72 | H 144

FSUKVEB2603.01.09

SKU: CVEB2603

Taurus Ergo-X

Content

1	GENERAL INFORMATION	8
1.1	Technical Data	8
1.2	Personal Safety	9
1.3	Electrical Safety	10
1.4	Set-Up Place	11
2	ASSEMBLY	12
2.1	General Instructions	12
2.2	Scope of Delivery	12
2.3	Assembly	14
2.4	Further Information	19
2.4.1	Adjusting the seat post and saddle	19
2.4.2	Changing the batteries	19
3	OPERATING INSTRUCTIONS	20
3.1	Console Display	20
3.2	Button Functions	22
3.3	Turning on and off the equipment	23
3.4	Programmes	25
3.4.1	Quick Start	25
3.4.2	Interval 20-10 Mode	27
3.4.3	Interval 10-20 Mode	28
3.4.4	Interval Custom mode	29
3.4.5	Target Time Mode	31
3.4.6	Target Distance Mode	32
3.4.7	Target Calories Mode	33
3.4.8	Target HR Mode	34
4	WORKOUT TIPS	35
4.1	General Information	35
4.1.1	Training clothes	35
4.1.2	Warming up and stretching	35
4.1.3	Medication	36
4.1.4	Used muscle groups	36
4.1.5	Exercise frequency	36
4.2	Workout journal	38
5	STORAGE AND TRANSPORT	39
5.1	General Instructions	39

5.2	Transportation Wheels	39
-----	-----------------------	----

6	TROUBLESHOOTING, CARE AND MAINTENANCE	40
---	---------------------------------------	----

6.1	General Instructions	40
-----	----------------------	----

6.2	Faults and Fault Diagnosis	40
-----	----------------------------	----

6.3	Error Codes and Troubleshooting	41
-----	---------------------------------	----

6.4	Maintenance and Inspection Calendar	41
-----	-------------------------------------	----

7	DISPOSAL	41
---	----------	----

8	RECOMMENDED ACCESSORIES	42
---	-------------------------	----

9	ORDERING SPARE PARTS	43
---	----------------------	----

9.1	Serial Number and Model Name	43
-----	------------------------------	----

9.2	Parts List	44
-----	------------	----

9.3	Exploded Drawing	46
-----	------------------	----

10	WARRANTY	47
----	----------	----

11	CONTACT	49
----	---------	----

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.fitshop.com.

Intended Use

The equipment may only be used for its intended purpose.

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

Legal Notice

Fitshop GmbH
Europe's No. 1 for home fitness

International Headquarters
Flensburger Straße 55
24837 Schleswig
Germany

Management:
Christian Grau
Sebastian Campmann
Dr. Bernhard Schenkel
No. HRB 1000 SL
Local Court Flensburg
European VAT Number: DE813211547

Disclaimer

© TAURUS is a registered brand of the company Fitshop GmbH. All rights reserved. Any use of this trademark without the explicit written permission of Fitshop is prohibited.

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

LCD display of

- + training distance in km
- + calories burnt in kcal
- + heart rate (when using the hand sensors or a chest strap)
- + Watt
- + cadence (rotations per minute)
- + speed in km/h
- + training time in min
- + target heart rate

Resistance system:

Air resistance system

Total number of training programmes:

7

Target programmes:

4

Interval programmes:

3

Weight and dimensions:

Article weight (gross, including packaging):

80 kg

Article weight (net, without packaging):

72.4 kg

Package dimensions (L x W x H):

approx. 132 cm x 37 cm x 87 cm

Set-up dimensions (L x W x H):

approx. 124 cm x 72 cm x 144 cm

Maximum user weight:

160 kg / 352 lbs

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.
- + There is a risk of injury from spinning pedals and/or an exposed flywheel in the absence of a freewheel. Never get on or off the equipment when the pedals or the flywheel are still moving. Always make sure that the pedals and the flywheel have come to a complete stop.
- + Support yourself with at least one hand on the handlebar when getting on and off the equipment. Only dismount from the equipment when the pedals have 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.
- + Always tighten the pedal strap before you start training to prevent your feet from slipping.

**CAUTION**

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

**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 when not in use and store it in a safe place that is inaccessible to unauthorised persons (e.g. children).
- + Class B and C crank training equipment is not suitable for high accuracy purposes.

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

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.



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.



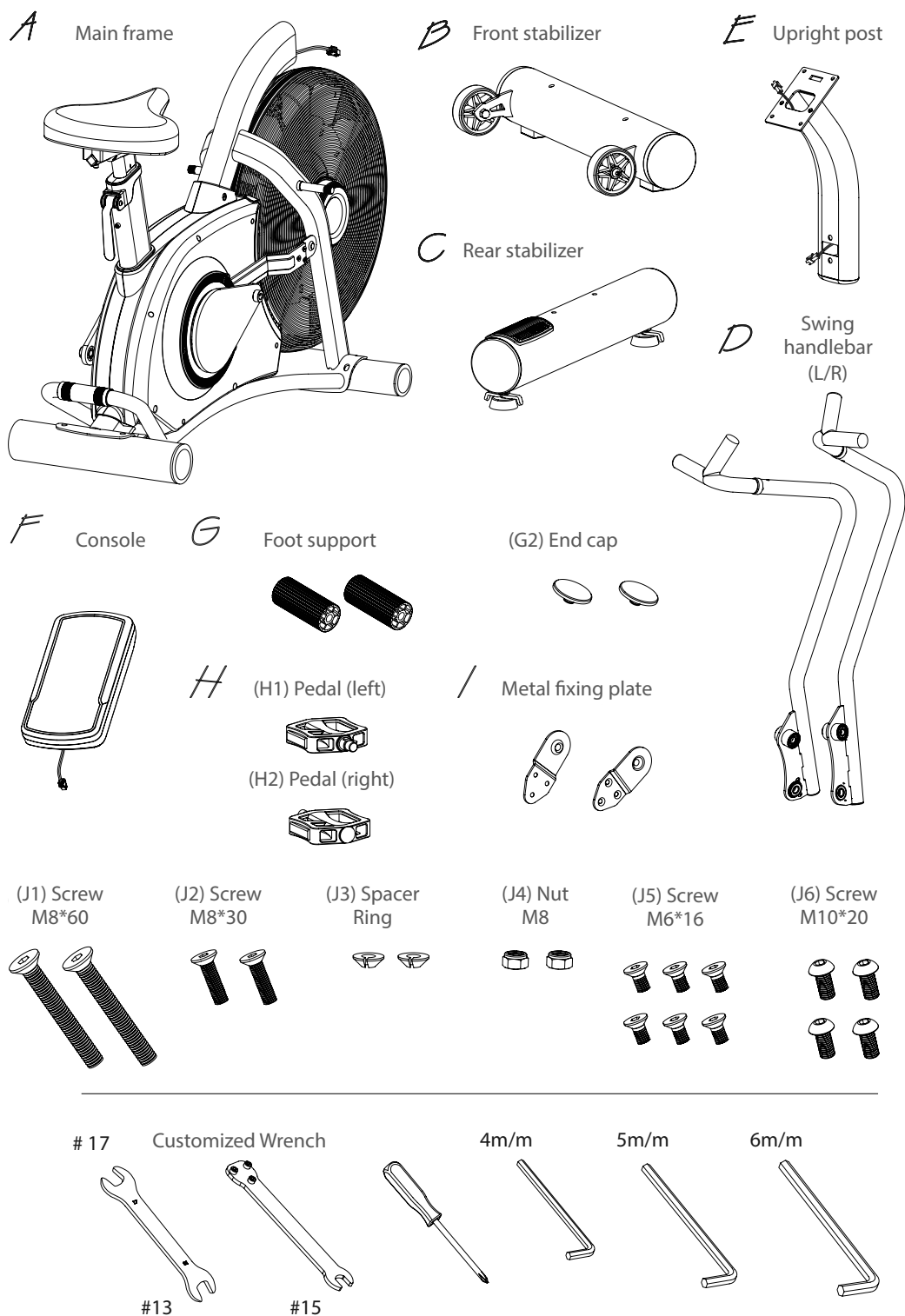
CAUTION

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



NOTICE

- + Batteries are not included in the scope of delivery. Four AA batteries are required.
- + Required Tools: Phillips screw driver, Allen key, wrench



2.3 Assembly

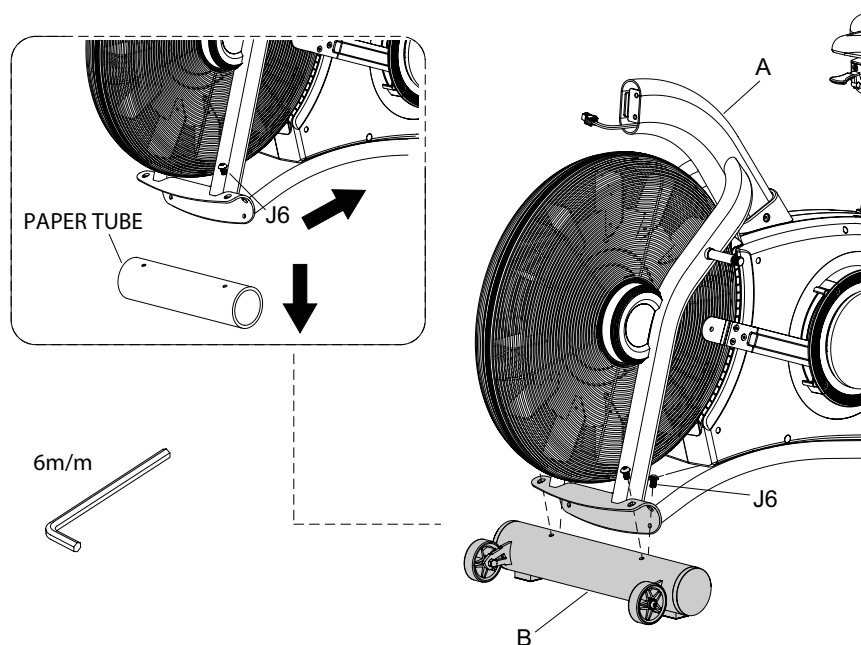
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

① NOTICE

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

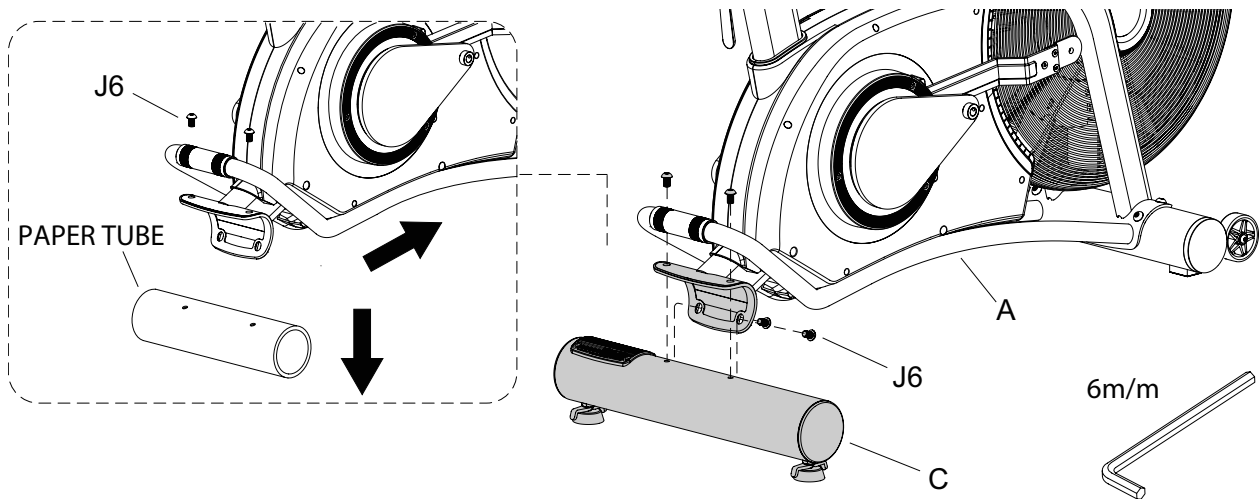
Step 1: Assembly of front stabilizer

1. Loosen both screws (J6) from the cardboard roll. The paper tube serves as packaging protection and is not required for or after the assembly.
2. Mount the front stabilizer (B) with the screw (J6) on the main frame (A). Screw the adjusting screws in or out to compensate potential unevenness of the floor.



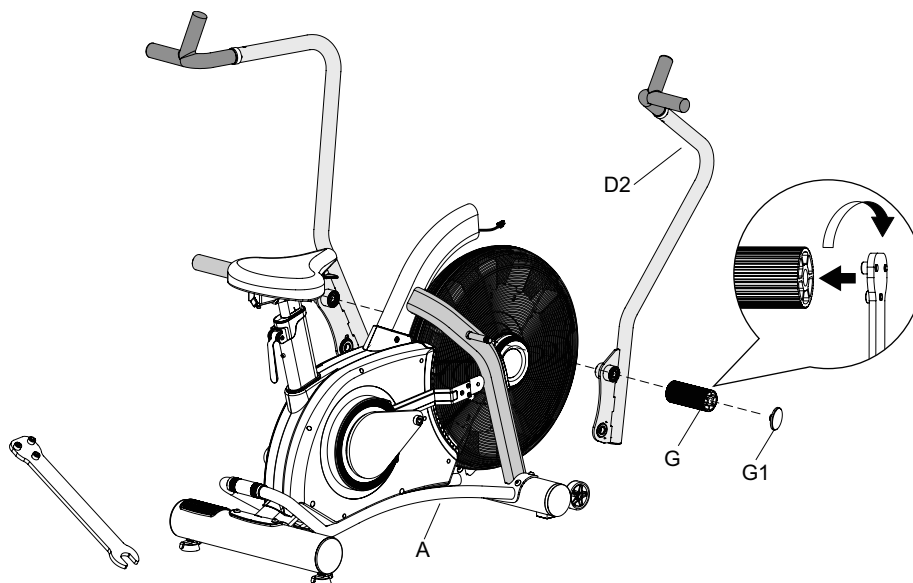
Step 2: Assembly of rear stabilizer

1. Loosen both screws (J6) from the paper tube. The cardboard roll serves as packaging protection and is not required for or after the assembly.
2. Mount the rear stabilizer (C) with the screw (J6) on the main frame (A).



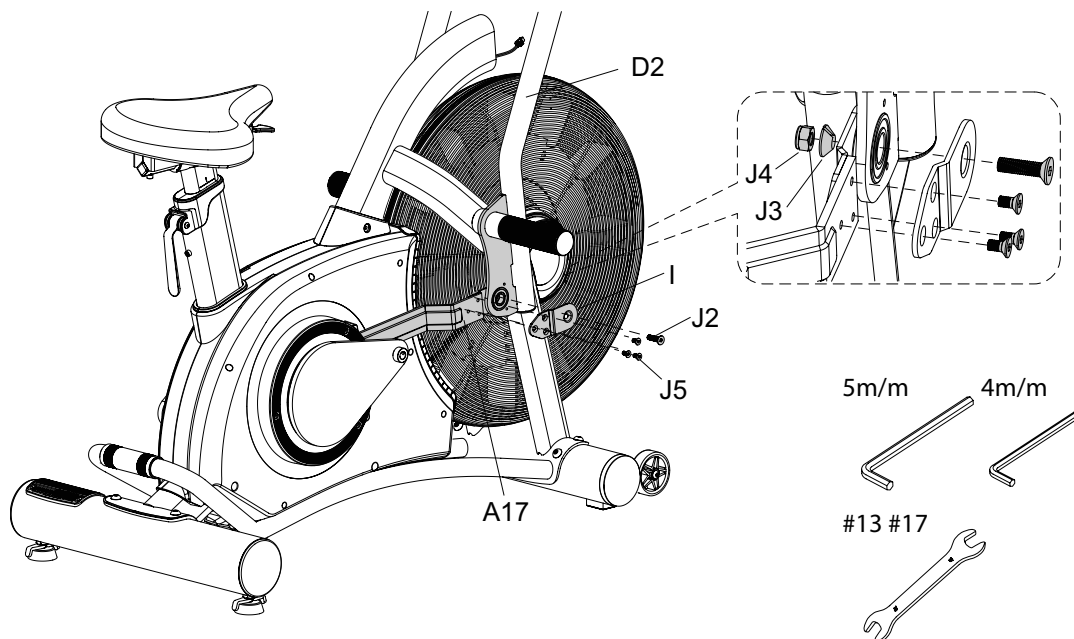
Step 3: Assembly of left and right arm bar & footrest

1. Mount the right, swinging handlebar (D2) with a spacer ring (J8) on the main frame (A).
2. Mount the foot support (G) then. Fix the footrest with the wrench and put an end cap (G2) on it.
3. Mount the foot support clockwise with the wrench.



Step 4: Assembly of metal fixing plate

1. Mount the metal fixing plate (I) on the right swinging handlebar (D2). Use the connecting rod (A17), the screws (J2), the spacer ring (J3), the nut (J4), and the screws (J5).
2. Tighten the screws.
3. Do the same on the left side.



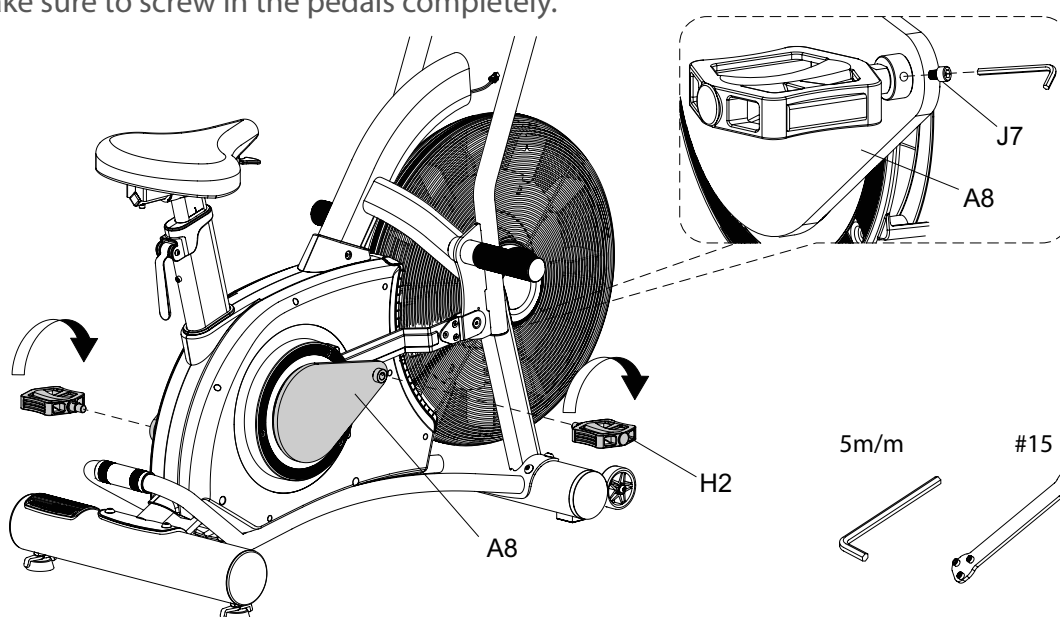
Step 5: Assembly of pedals

1. Loosen the screw (J7) from the crank (A8).
2. Mount the right pedal (H2) on the crank (A8) and mount it with the Allen wrench and the wrench.
3. Tighten the screw (J7) on the crank. Do the same on the left side.



CAUTION

Make sure to screw in the pedals completely.

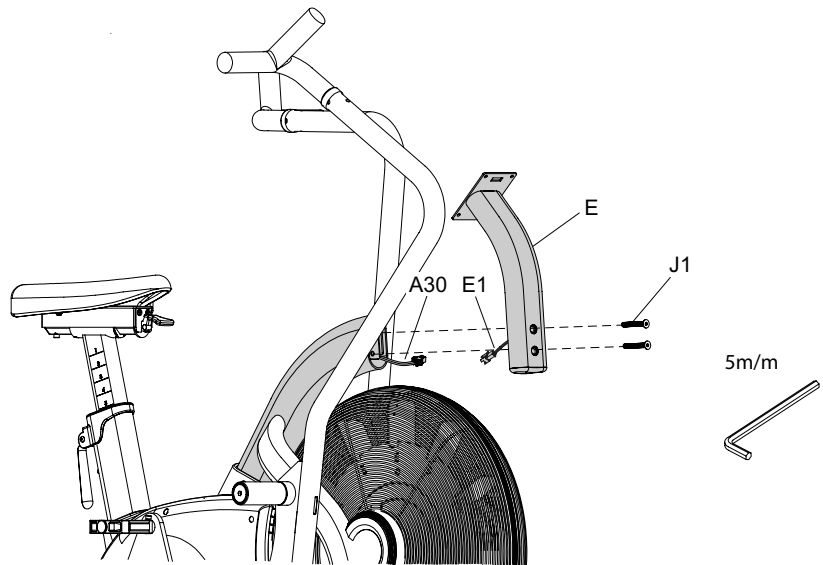


Step 6: Assembly of upright post

► ATTENTION

Please make sure that the sensor cables are not damaged during the assembly.

1. Connect the cables (E1) and (A30).
2. Mount the upright post (E) with the screw (J1) on the main frame (A).



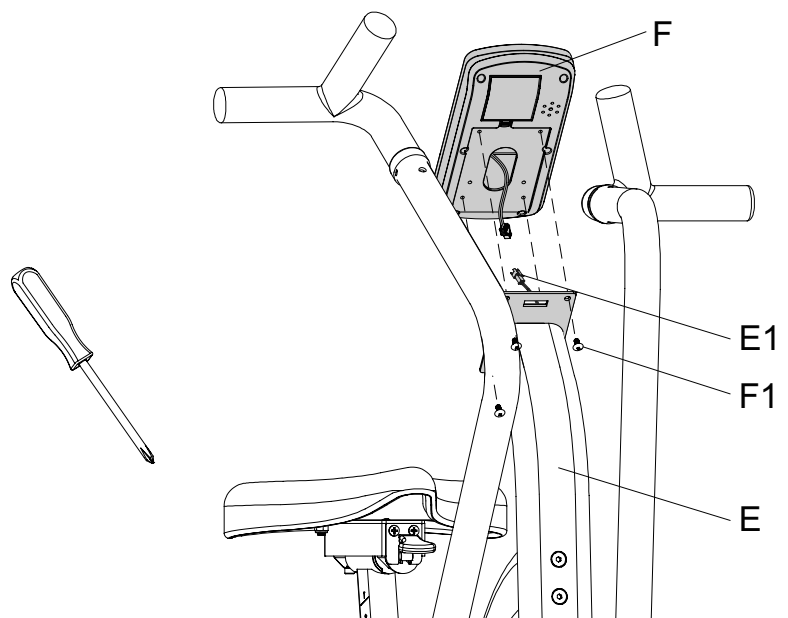
Step 7: Assembly of the console

1. Remove the pre-mounted screws from the console case (F).
2. Connect the cable (E1) with the cable of the console (F).

① NOTICE

Make sure that there are four AA batteries in the battery compartment. To change the batteries, see chapter 2.4.2.

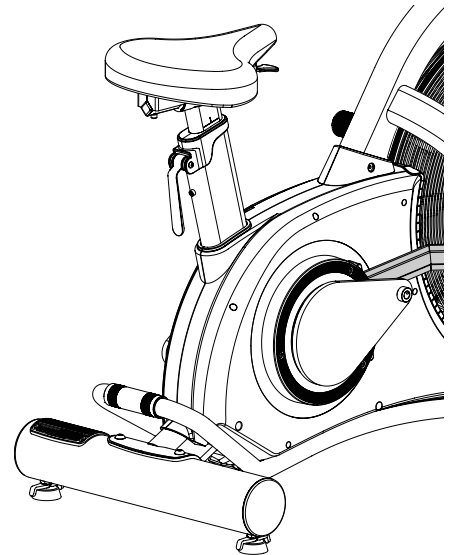
3. Mount the console with the screw (F1) on the upright post (E).



Step 8: Alignment of the feet

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

1. Lift the equipment 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 equipment.
3. Rotate them counterclockwise in order to lower the equipment.



Correctly Getting On and Off

1. To get on, grip the handles with both hands and first step onto the left pedal with your left foot or onto the right pedal with your right foot and then place your foot onto the other pedal.
2. To get off, grip the handles with both hands and place one foot next to the equipment and then the other foot.

2.4 Further Information

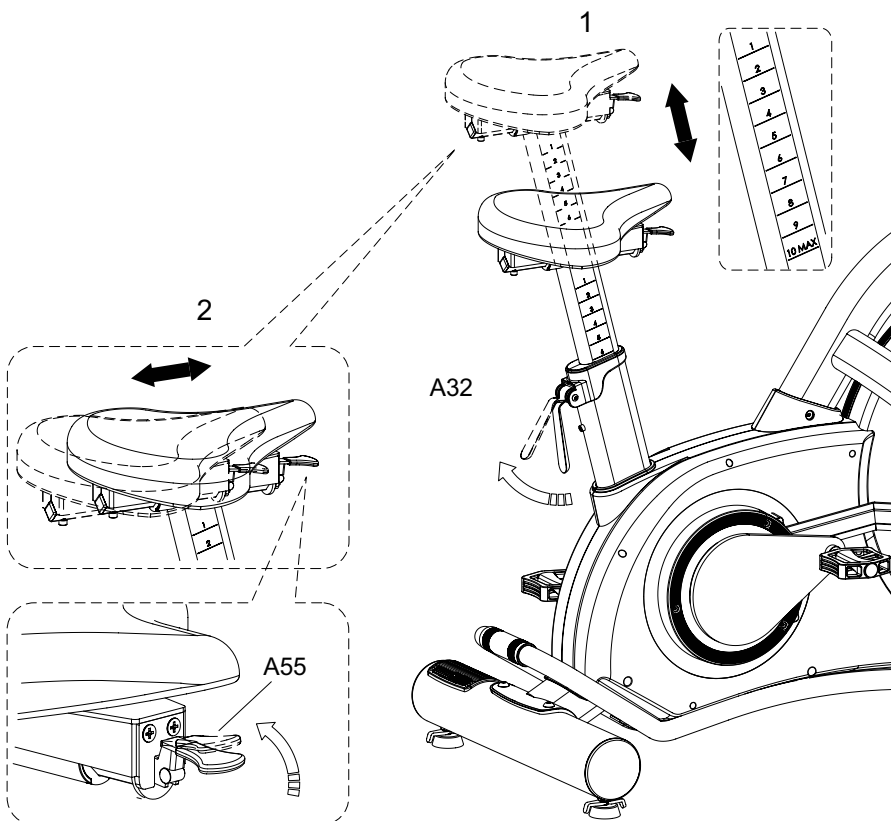
2.4.1 Adjusting the seat post and saddle

Vertikal Adjustment (1)

Pull the adjusting lever (A32) of the seat post up. Once you have found the desired saddle height, push the lever down again to lock the position.

Horizontal Adjustment (2)

Pull the adjusting lever (A55) up to adjust the desired horizontal saddle position. Lock the lever back again, when you have found the desired position.

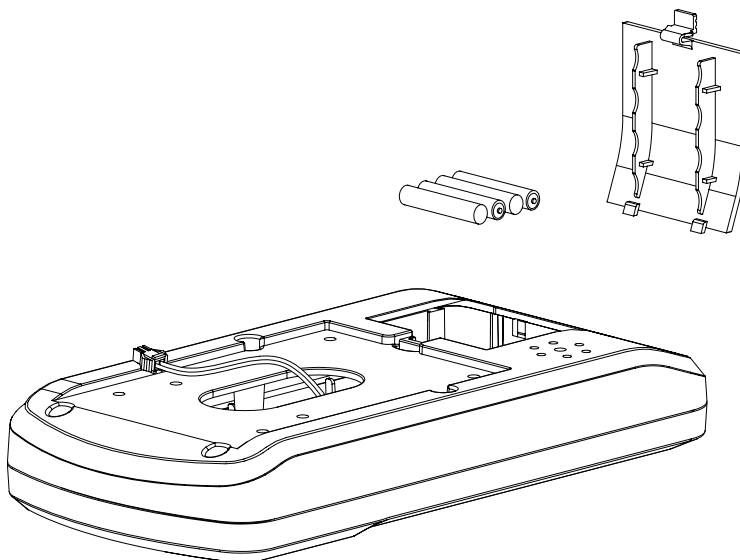


2.4.2 Changing the batteries

► ATTENTION

- + Make sure the polarity is correct when inserting the batteries.
- + Only use rechargeable AA batteries.

1. Loosen the console screws from the console mast and remove the console.
2. Remove the cover from the battery compartment and insert four new AA batteries.



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.
- + 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.

3.1 Console Display



RPM (UPM)	<ul style="list-style-type: none"> + Displays the rotations per minute + Range: 0 – 15 to 200.
SPEED	<ul style="list-style-type: none"> + Displays the current speed. Maximum speed 99.9 km/h.
TIME	<ul style="list-style-type: none"> + Counts up the time from 00:00 to a maximum of 59:59 or counts down the time from the pre-set time to 00:00. + Target value for time can be set with the UP/DOWN buttons.
DISTANCE	<ul style="list-style-type: none"> + Counts the total distance from 0.0 to 999.9 km or counts the distance of the pre-set target value to 0.0. + The target value for distance can be set with the UP/DOWN buttons.
CALORIES	<ul style="list-style-type: none"> + Counts up the calorie consumption from 0 to a maximum of 999 or down from the pre-set target value to 0. + The target value for calories can be set with the UP/DOWN buttons.
WATT	<ul style="list-style-type: none"> + Displays the energy consumption during the training + Range: 0 to 9999.
PULSE	<ul style="list-style-type: none"> + A target pulse value can be set from 30 to 199. A signal sounds from the console, when the current heart rate is higher or lower than the target value during the training.
INTERVAL	<ul style="list-style-type: none"> + Interval training
TARGET HR	<ul style="list-style-type: none"> + Displays the set target heart rate

3.2 Button Functions

START	Pause or continue the training.
STOP	Stop the training; hold pressed for two seconds to reboot the console at any time (TOTAL RESET)
DOWN	Reduce adjustable values (distance, calories, time, age); hold pressed for more than one second to reduce quicker the value; stops when released
UP	Increase adjustable values (distance, calories, time, age); hold pressed for more than one second to increase quickly the value; stops when released
ENTER	Confirm the setting
INTERVAL 20-10	Interval of 20 seconds training and 10 seconds rest; five laps repetition
INTERVAL 10-20	Interval of 10 seconds training and 20 seconds rest; five laps repetition
INTERVAL CUSTOM	User-defined setting of the laps of the interval training and setting of target time
Target Distance	Enter target value for distance
Target Calories	Enter target value for calories
Target HR	Enter target value for heart rate
Target Time	Enter target value for time

3.3 Turning on and off the equipment

When the equipment is turned on (insert batteries), the LCD displays lights up for two seconds (fig. 1), a long signal sounds. Then the wheel diameter is displayed in the DISTANCE window for a second (fig. 2). Then you get to the age setting. The screen displays AGE? (fig. 3). The default value 30 lights up.

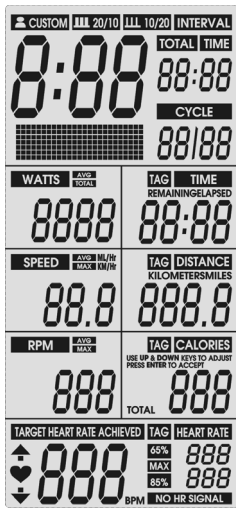


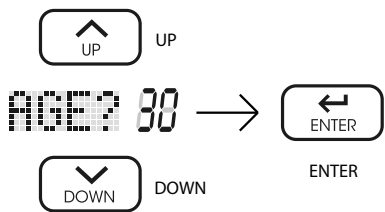
Fig. 1



Fig. 2



Fig. 3



Set the age with the UP/DOWN buttons and confirm with ENTER. Then you get to the Standby mode.

The following symbols light up one after the other for a second: Interval, Ready, Work, Rest, Tag Time, Tag Calorie, Tag Distance, Time, Distance, Calories, Watts, Speed, RPM, Heart Rate (fig. 4 to 17).

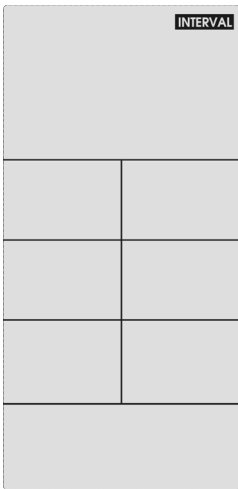


Fig. 4



Fig. 5



Fig. 6



Fig. 7

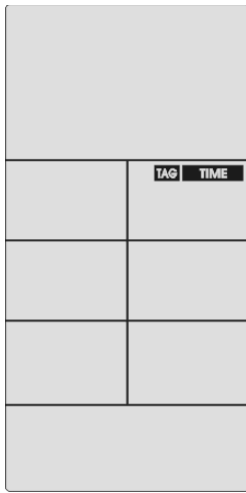


Fig. 8

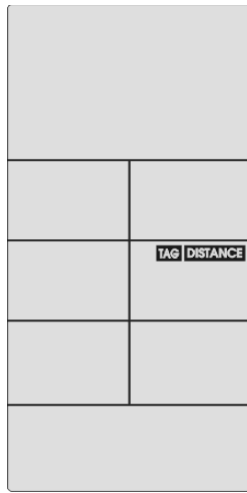


Fig. 9

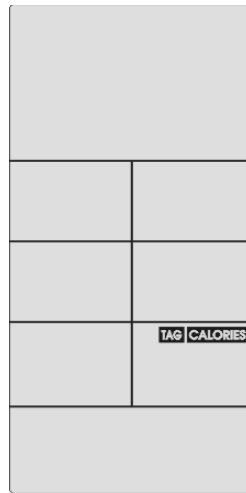


Fig. 10

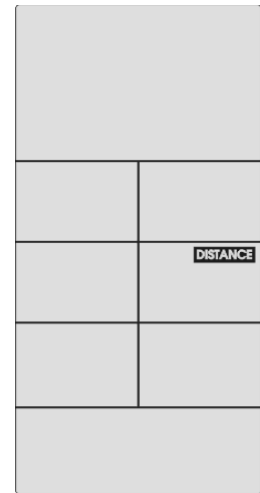


Fig. 11

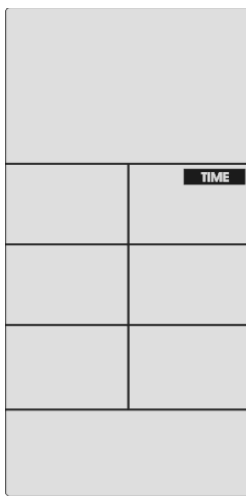


Fig. 12



Fig. 13

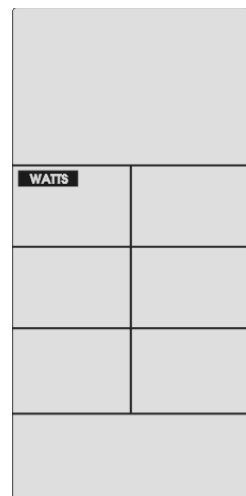


Fig. 14

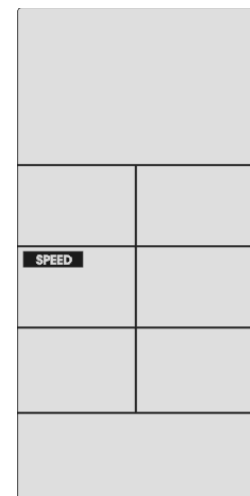


Fig. 15

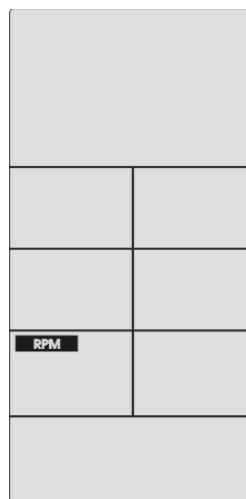


Fig. 16

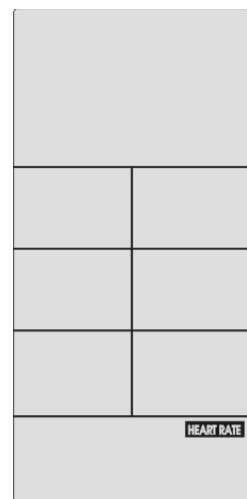


Fig. 17

3.4 Programmes

You can choose from the following programmes:

- + Quick Start
 - + Interval 20-10
 - + Interval 10-20
 - + Interval Custom
 - + Target Time
 - + Target Distance
 - + Target Calories
 - + Target HR
-
- + After a five minutes training break a signal sounds and the console goes to the sleep mode.
 - + Pause the programme for 30 seconds by pressing START. During the pause, a signal sounds regularly. The data are saved and light up every four seconds. Press START to continue the training.
 - + Stop the training with STOP. After the training, your training data of time, distance, and calories are displayed for 30 seconds. The values Watt, speed, and RPM change every five seconds between the display AVG and MAX.
 - + When a pulse signal is detected, the heart rate and the target heart rate are displayed for 30 seconds. 85 %, 65 %, and maximum pulse change in the display every five seconds. When there is no pulse signal, NO HR SIGNAL is permanently displayed.

3.4.1 Quick Start

1. Start the manual mode by starting exercising in the standby mode.

A signal sounds for a second.

The following values are counted: Total Time, Time, Distance, Calories, Watts, Speed, RPM (fig. 18).

① NOTICE

- + Once a pulse signal is detected, a heart flashes. At the same time, HEART RATE, RPM, and the pulse value light up. When there is no pulse signal, NO HR SIGNAL is permanently displayed (fig. 19).
 - + When there is no signal for five seconds, a short signal sounds and the console goes to the sleeping mode.
2. Press START once and the system pauses the training for 30 seconds.

The signal sounds each second for half a second.

All displayed values remain on the LCD screen for three seconds and light up every four seconds.

① NOTICE

When the equipment is not used for five minutes, a signal sounds for two seconds and the console goes to the sleeping mode.

3. Press START to continue the training.
4. Press STOP to stop the training.

The signal sounds for a second.

TIME displays the training time, DISTANCE displays the distance, CALORIES displays the energy consumption – all values are displayed for 30 seconds. Watt, speed, and RPM change every five seconds between the displays AVG. & MAX (fig. 20, 21).

NOTICE

When a pulse signal is detected, heart rate, target heart rate, and BPM are displayed for 30 seconds. 85 %, 65 %, and maximum pulse change in the display every five seconds (fig. 20, 21). When there is no pulse signal, NO HR SIGNAL is permanently displayed (fig. 22, 23).

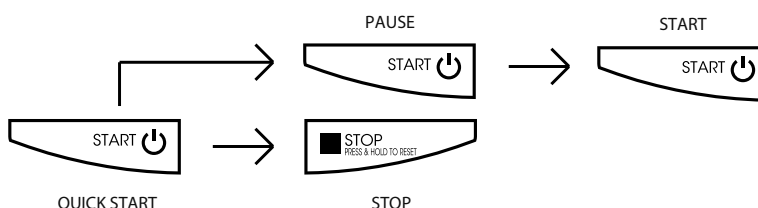


Fig. 18



Fig. 19



Fig. 20



Fig. 21

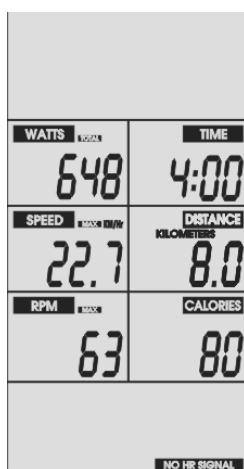


Fig. 22



Fig. 23

3.4.2 Interval 20-10 Mode

In the standby mode, press INTERVAL 20/10 to start the programme.

- + A countdown of three seconds starts. Then READY flashes and the training begins.
- + A 20-seconds-interval begins. 20 seconds are counted down in the big window. Under the countdown, WORK flashes and signals that you are in the training phase. On the right side, the number of the training interval (CYCLE) is displayed: 01/08 to 08/08. The training data Total Time / Distance / Calories / Watts / Speed / RPM are counted up.
- + A 10-seconds-recovery-interval follows after the 20-seconds-interval. Under the countdown, REST is displayed. All values are still counted.
- + The system repeats the two previous steps. For every step another CYCLE is added until 08/08 is displayed in the CYCLE display (fig. 28). The training is finished with the end of the CYCLE 08/08.

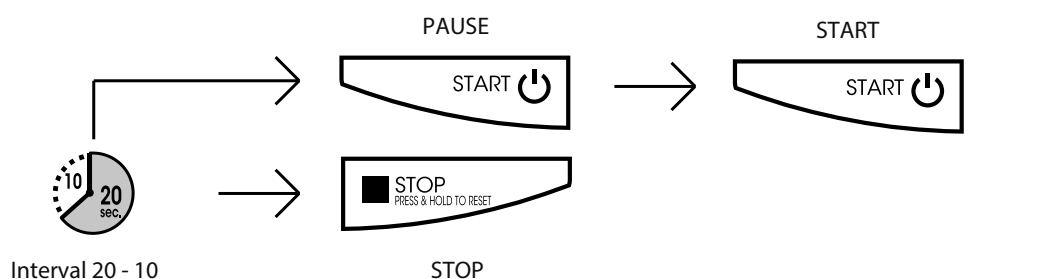


Fig. 24

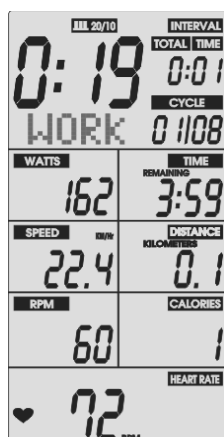


Fig. 25



Fig. 26



Fig. 27



Fig. 28

3.4.3 Interval 10-20 Mode

In the standby mode, press INTERVAL 10/20 to start the programme.

- + A countdown of three seconds starts. Then READY flashes and the training begins.
- + A 10-seconds-interval begins. 10 seconds are counted down in the big window. Under the countdown, WORK flashes and signals that you are in the training phase. On the right side, the number of the training interval (CYCLE) is displayed: 01/08 to 08/08. The training data Total Time / Distance / Calories / Watts / Speed / RPM are counted up.
- + A 20-seconds-recovery-interval follows after the 10-seconds-interval. Under the countdown, REST is displayed. All values are still counted.
- + The system repeats the two previous steps. For every step another CYCLE is added until 08/08 is displayed in the CYCLE display (fig. 28). The training is finished with the end of the CYCLE 08/08.

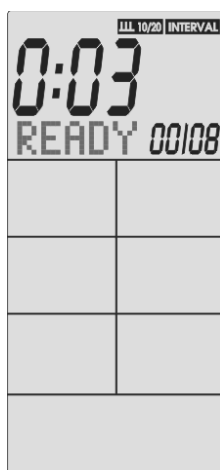
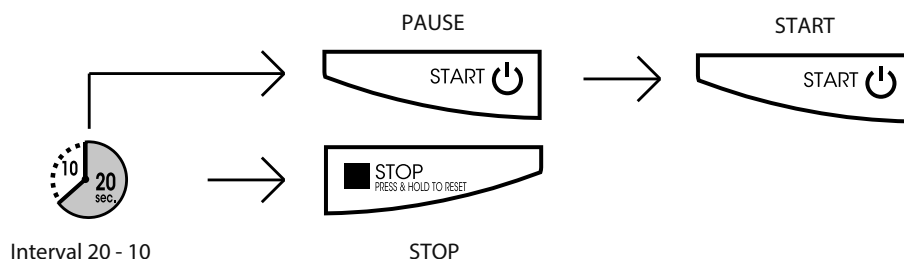


Fig. 29



Fig. 30



Fig. 31



Fig. 32

3.4.4 Interval Custom mode

1. In the standby mode, press INTERVAL CUSTOM to start the programme.
2. Set the desired number (1 to 99) of intervals (CYCLE) with the UP/DOWN buttons and confirm your settings with ENTER.
3. Now you set the duration of the intensive intervals (WORK TIME) with the UP/DOWN buttons and confirm your settings with ENTER.

❗ **NOTICE**

The interval can last up to 9 minutes and 59 seconds.

4. Now you set the recovery interval (REST TIME) with the UP/DOWN buttons and confirm your settings with ENTER.

❗ **NOTICE**

The recovery interval can last up to 9 minutes and 59 seconds.

- + A countdown of three seconds starts. Then READY flashes and the training begins.
- + The first interval starts. The remaining time is counted down in the big window. Under the countdown, WORK flashes and signals that you are in the training phase (intensive interval). On the right side, the number of the training interval (CYCLE) is displayed. The training data Total Time / Distance / Calories / Watts / Speed / RPM are counted up.
- + The recovery interval follows after the first workout interval. Under the countdown, RESET is displayed. All values are still counted.
- + The system continues repeating the steps 3 and 4. For every repetition, a CYCLE is added until the desired number of intervals is done. Once the training is finished, a short summary of the session is given on the display.

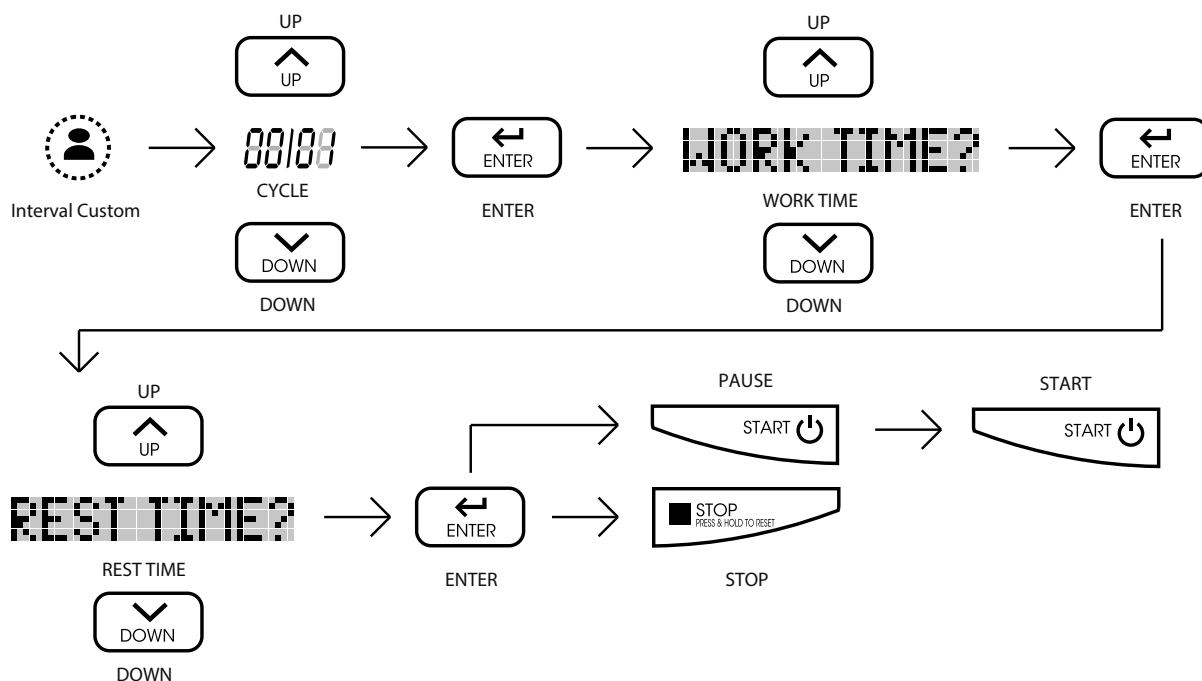




Fig. 33



Fig. 34



Fig. 35



Fig. 36



Fig. 37



Fig. 38



Fig. 39



Fig. 40

3.4.5 Target Time Mode

1. In the standby mode, press TAG TIME to start the programme.
2. Set the target duration with the UP/DOWN buttons and confirm your settings with ENTER.
3. Press START to start the programme.

The training data Total Distance / Calories / Watts / Speed / RPM are counted up.

4. Press START to pause the programme for 30 seconds at any time.

The remaining time is counted down and is displayed in alternation with the time elapsed up to now.

5. Press STOP to stop the training.

When the training is finished, a short summary of the session is displayed.

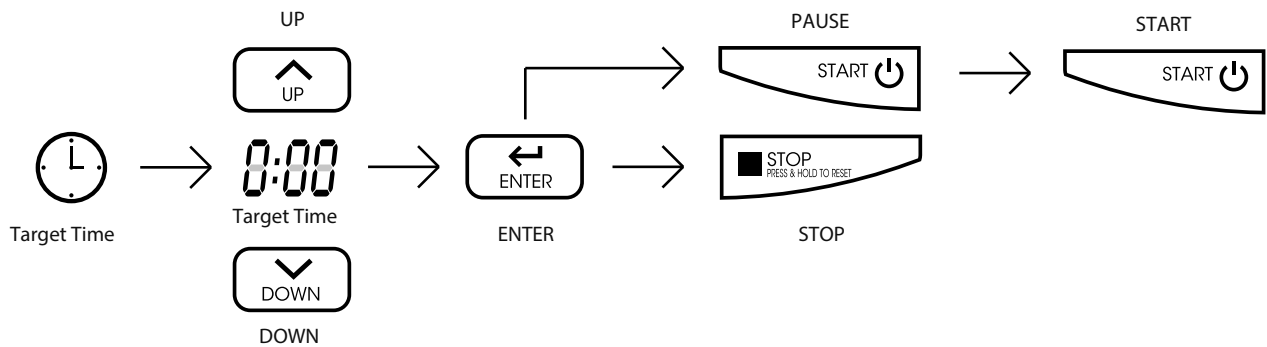


Fig. 41



Fig. 42



Fig. 43

3.4.6 Target Distance Mode

1. In the standby mode, press TAG DISTANCE to start the programme.
2. Set the target distance with the UP/DOWN buttons and confirm your settings with ENTER.
3. Press START to start the programme.

The training data Total Time / Calories / Watts / Speed / RPM are counted up.

4. Press START to pause the programme for 30 seconds at any time.

The target distance is counted down is displayed in alternation with the distance covered up to now.

5. Press STOP to stop the training.

When the training is finished, a short summary of the session is displayed.

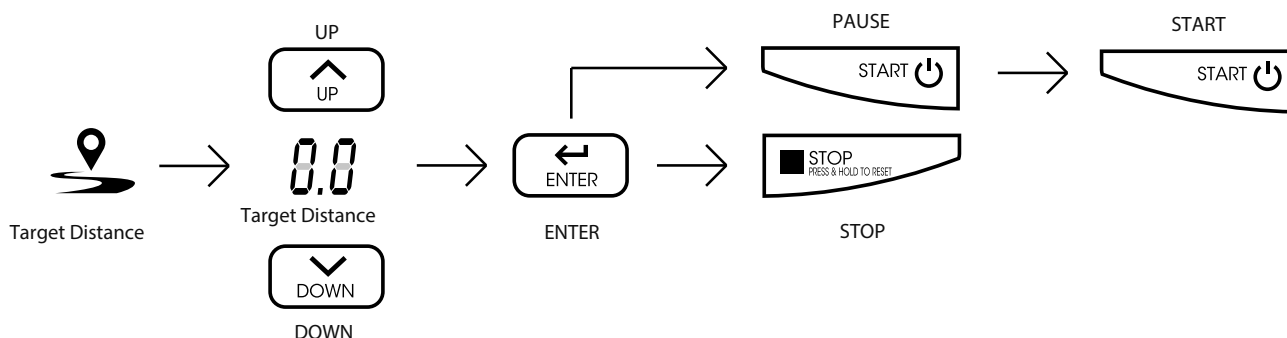


Fig. 44



Fig. 45



Fig. 46

3.4.7 Target Calories Mode

1. In the standby mode, press TAG CALORIES to choose the programme.
2. Set the calorie target with the UP/DOWN buttons and confirm your settings with ENTER.
3. Press START to start the programme.

The training data Total Time / Distance / Watts / Speed / RPM are counted up.

4. Press START to pause the programme for 30 seconds at any time.

The calorie target is counted down is displayed in alternation with the calories burnt up to now.

5. Press STOP to stop the training.

When the training is finished, a short summary of the session is displayed.

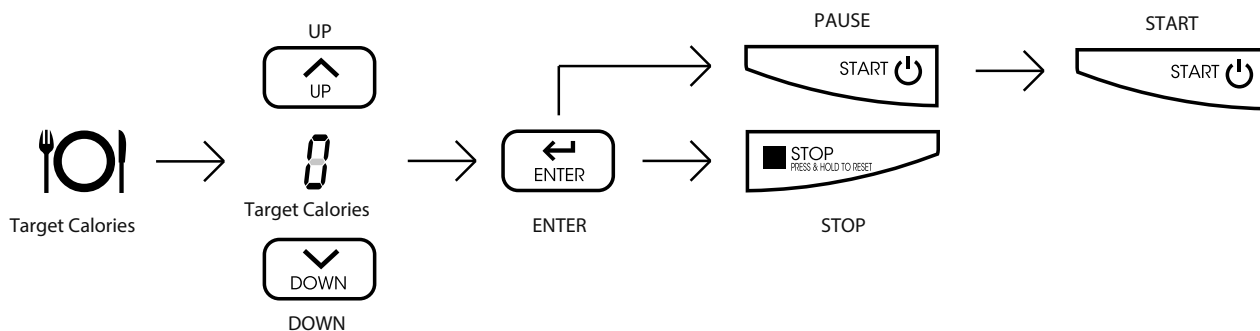


Fig. 47



Fig. 48



Fig. 49

3.4.8 Target HR Mode

⚠ 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. In the standby mode, press TAG HEART RATE to choose the programme.
2. Set your age with the UP/DOWN buttons and confirm your settings with ENTER.

❗ NOTICE

The target heart rate zone is between 65% and 85% of your maximum heart rate and is calculated on the basis of your age.

3. Press START to start the programme.

The training data Total Time / Distance / Calories / Watts / Speed / RPM are counted up.

4. Press START to pause the programme for 30 seconds at any time.

❗ NOTICE

TARGET HEART RATE ACHIEVED is displayed as long as your heart rate is within the target zone between 65 and 85 % of your maximum heart rate. When the heart rate is not in the target zone, it is indicated by an acoustic signal and an arrow upwards (heart rate is too low) or an arrow downwards (heart rate is too high) in the display beside the heart rate. Once you are back again in the target zone, TARGET HEART RATE ACHIEVED is flashed.

5. Press STOP to stop the training.

When the training is finished, a short summary of the session is displayed.

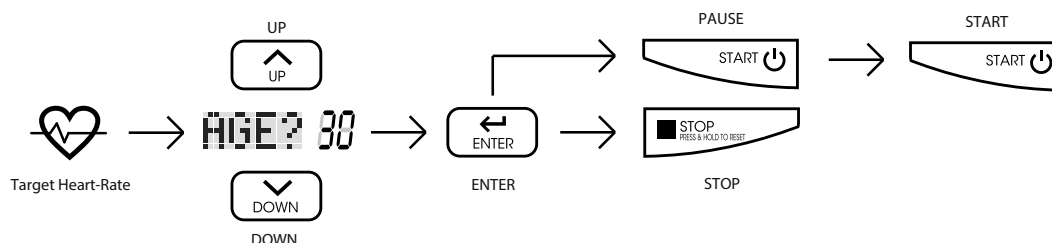


Fig. 50



Fig. 51



Fig. 52



Fig. 53



Fig. 54

4.1 General Information

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.

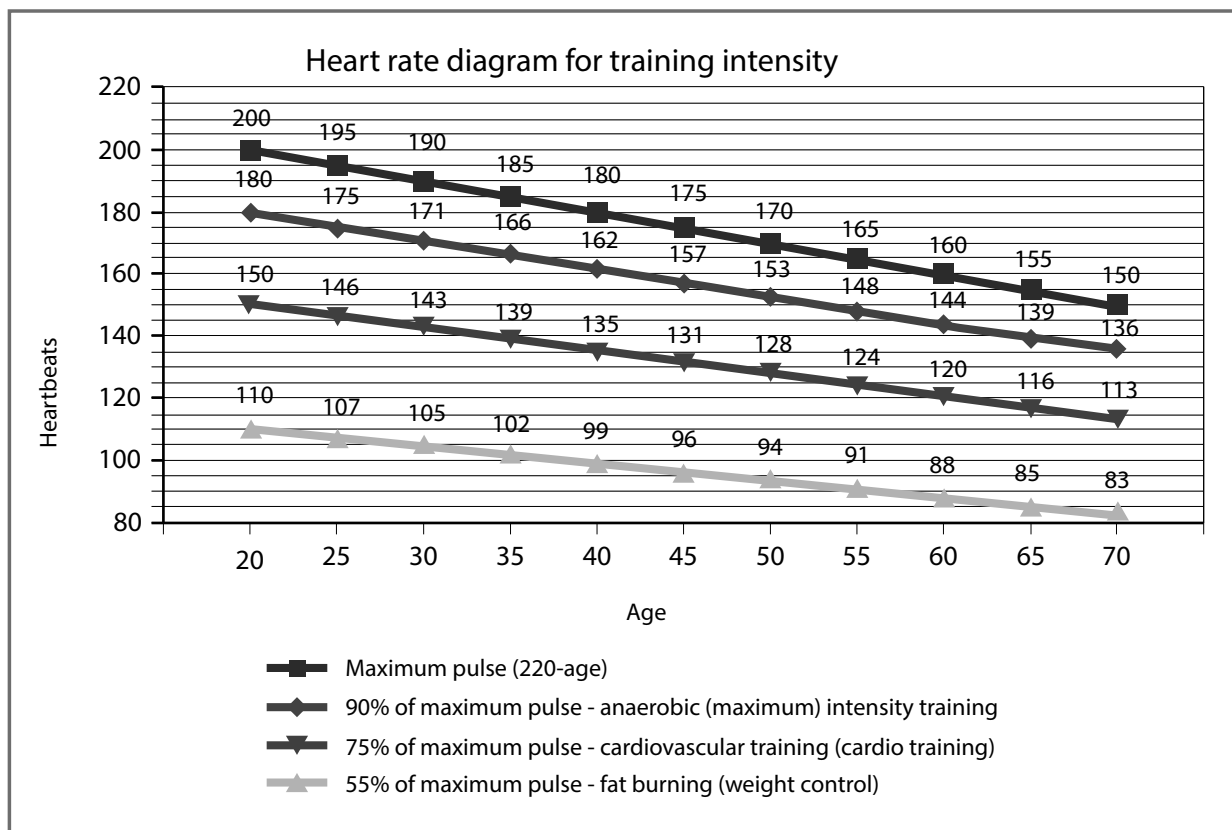
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period 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. = $(220 - \text{age}) \times 0.55$.
- + The cardio target zone (75%) is at approximately 131 beats/min. = $(220 - \text{age}) \times 0.75$.
- + The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. = $(220 - \text{age}) \times 0.9$.



4.2 Workout journal

[illegible]

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

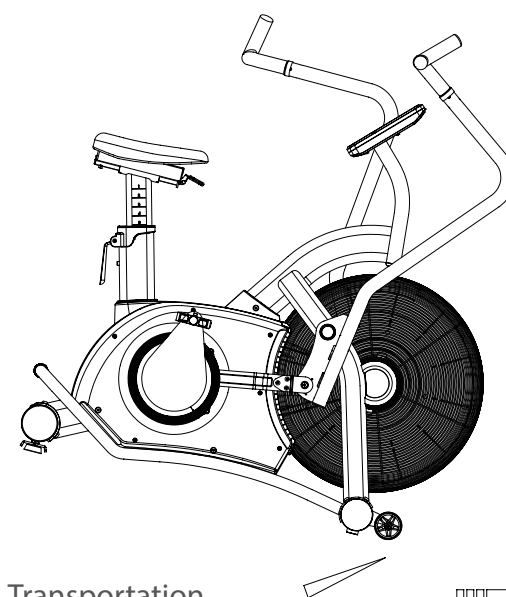
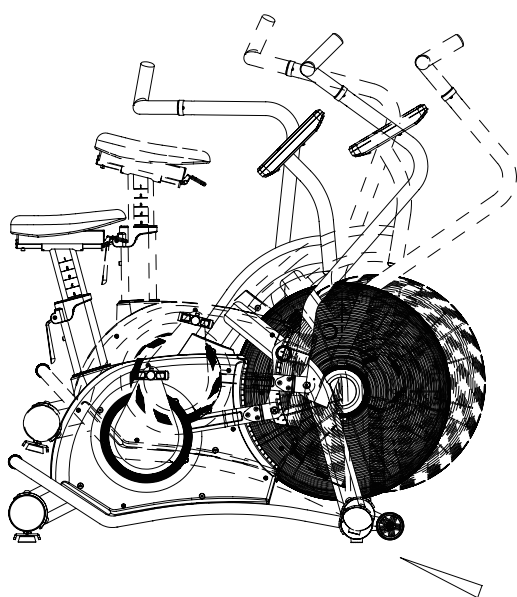
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

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.



Transportation
Wheels



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
Cracking in the pedal area	Pedals loose	Tighten the pedals
Equipment wobbles	Equipment is not level	Align the feet
Handlebar/saddle wobbles	Loose screws	Tighten screws firmly
Display is blank/is not working	Batteries empty or loose cable connection	Replace batteries or check cable connections
No pulse display	<ul style="list-style-type: none"> + Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective 	<ul style="list-style-type: none"> + 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
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.

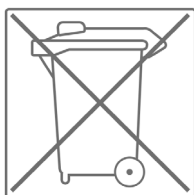
Please note that the video may not be available in your language or with appropriate subtitles.

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



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.

8 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For exercise bikes 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. For many exercise bikes it is possible to replace the **saddle** or **pedals**, as these are usually the same mounts used on bicycles.

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. 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

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.

① 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:

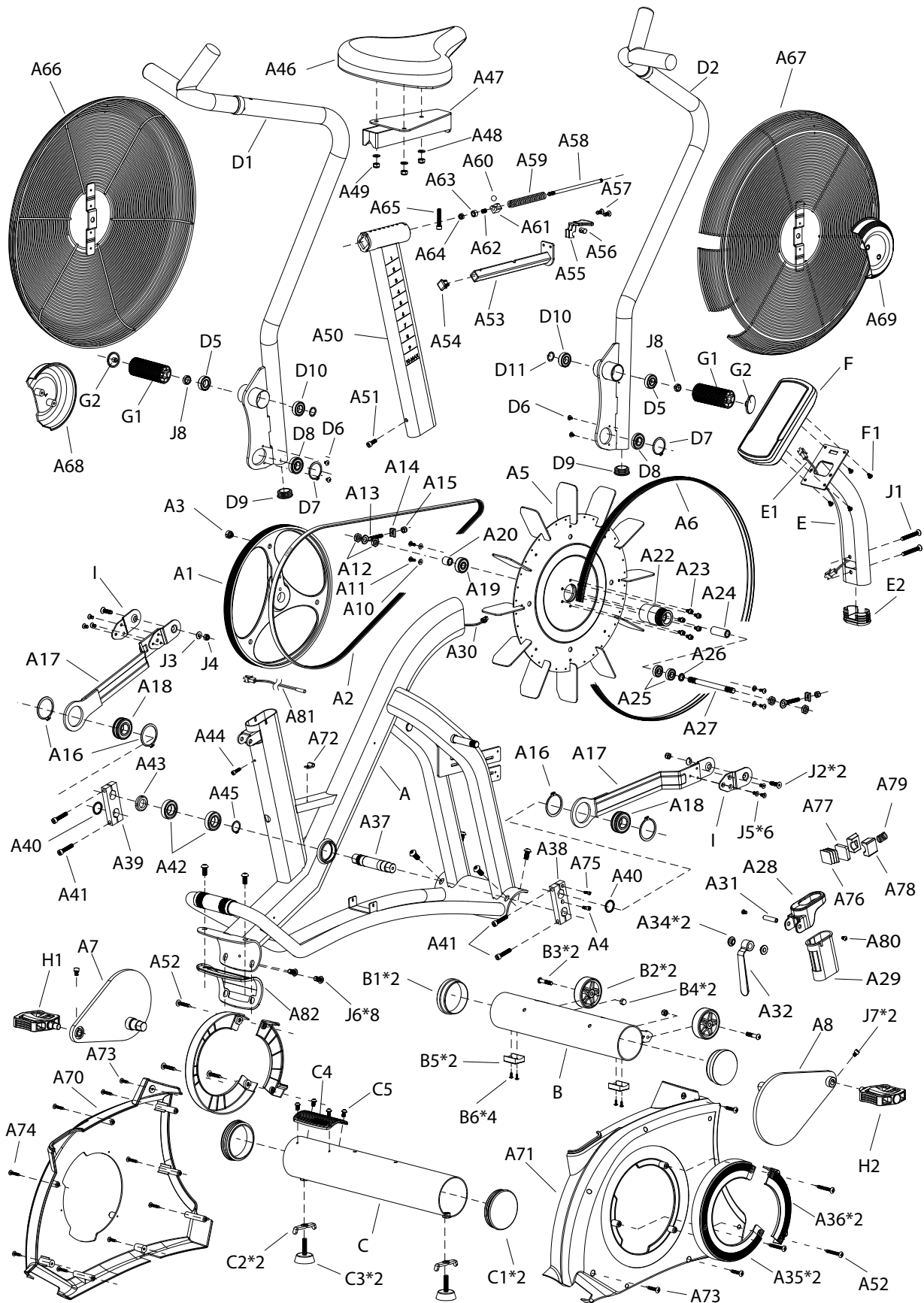
SKU:

9.2 Parts List

No.	Name	Qty.	No.	Name	Qty.
A	Main Frame	1	A34	Washer	2
A1	Belt Wheel $\Phi 360\text{mm}$	1	A35	Outer Ring(R+L)	2
A2	Belt 690 J6	1	A36	Small Outer Ring(R+L)	2
A3	Magnetic ($\Phi 15 \times 7\text{Mm}$)	1	A37	Axle M25*P1.5	1
A4	Screw M8*35	1	A38	Crank(R)	1
A5	Steel Fan Piece	1	A39	Crank(L)	1
A6	Plastic Strip	1	A40	Washer($\Phi 25 \times 31 \times T2\text{mm}$)	2
A7	Shaped Crank-L	1	A41	Screw M8*40Mm	4
A8	Shaped Crank-R	1	A42	Bearing 6005Zz	2
A10	Washer M5* $\Phi 13 \times 1\text{T}$	4	A43	Adapter Sleeve	1
A11	Screw M5*15Mm	4	A44	Screw	1
A12	Nut M12	4	A45	C Clip S25	1
A13	Adjusting Screw M8	2	A46	Saddle(Ls-A22)	1
A14	Fixing Holder	2	A47	Saddle Base	1
A15	Nut M8	2	A48	Spring Washer M8	3
A16	C Clip S52	4	A49	Nut M8	3
A17	Connecting Tube	2	A50	Saddle Post	1
A18	Bearing 2205Zz	2	A51	Screw M6*16Mm	1
A19	Bearing 6301Zz	1	A52	Screw	6
A20	Spacer Ring $\Phi 19 \times \Phi 12.5 \times \Phi 18.7\text{mm}$	1	A53	Sliding Sleeve	1
A22	Pulley($\Phi 45 \times 80\text{Mm}$)	1	A54	Square End Cap	1
A23	Screw M6*12Mm	6	A55	Adjustment Bar	1
A24	Sleeve ($\Phi 19 \times \Phi 12.05 \times 50.3$)	1	A56	Quick-Released Axis	1
A25	Bearing 6001	2	A57	Screw M6*15	2
A26	Spacer Ring	1	A58	Threaded Rod	1
A27	Axle($\Phi 12 \times 155$)	1	A59	Spring	1
A28	Plastic Pipe	1	A60	Ball $\phi 10\text{mm}$	1
A29	Plastic Pipe	1	A61	Spacer Block	1
A30	Sensor Wire 750Mm	1	A62	Spring	1
A31	Bush($\Phi 10 \times 43.2\text{Mm}$)	1	A63	Bush($\Phi 8 \times \Phi 12 \times 7\text{Mm}$)	1
A32	Fix Grip	1	A64	Nut M6	1
A33	Holder	1	A65	Screw M6*35Mm	1

A66	Steel-Fan Cover-L	1	C5	Screw	4
A67	Steel-Fan Cover-R	1	D1	Swing Handlebar (L)	1
A68	Decoration Cover-L	1	D2	Swing Handlebar (R)	1
A69	Decoration Cover-R	1	D5	Bearing 6202Zz	2
A70	Chain Cover(L)	1	D6	Screw M5*8Mm	4
A71	Chain Cover(R)	1	D7	C Clip S40	2
A72	Sensor Housing	1	D8	Bearing 6203Zz	2
A73	Screw	6	D9	End Cap	2
A74	Screw	6	D10	Bearing 6003 Zz	2
A75	Screw M6*20Mm	1	D11	Spring Washer Φ17	2
A76	Steel	4	E	Console Tube	1
A77	Pad	1	E1	Sensor Wire 450Mm	1
A78	Brake Pad	2	E2	End Cap	1
A79	Spring	1	F	Console	1
A80	Screw M6*10Mm	2	F1	Screw	4
A81	Sensor Wire 150Mm	1	G1	Foot Support	2
A82	Plastic Cover	1	G2	End Cap	2
B	Front Stabilizer	1	H1	Pedal-L	1
B1	End Cap	2	H2	Pedal-R	2
B2	Wheel	2	I	Metal Fixing Plate	1
B3	Screw M8*40	2	J1	Screw M8*60Mm	1
B4	Nut M8	2	J2	Screw M8*30Mm	
B5	Adjusting End Cap	2	J3	Spacer Ring	2
B6	Screw	4	J4	Nut M8	2
C	Rear Stabilizer	1	J5	Screw M6*12Mm	6
C1	End Cap Φ101.6	2	J6	Screw M10*20Mm	8
C2	Nut	2	J7	Screw M6*8Mm	2
C3	Knob Φ50	2	J8	Spacer Ring	2
C4	Step Mat	1			

9.3 Exploded Drawing



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

Error Descriptions

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

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

Your statutory rights are not affected.**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	UK
TECHNIK  +49 4621 4210-900  +49 4621 4210-698  technik@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage.	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
SERVICE  0800 20 20277 (kostenlos)  04621 4210 - 0  info@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statita	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 equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

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

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

**FIT
SHOP**

<https://www.fitshop.co.uk/>
www.fitshop.co.uk/blog/



www.facebook.com/fitshop.co.uk



www.instagram.com/fitshop_uk



www.youtube.com/@fitshop_uk

TAURUS

 **cardiostrong** 

BODYCRAFT

BodyMax

TAURUS®