

TAURUS®

ASSEMBLY AND OPERATING INSTRUCTIONS



max. 180 kg



~ 90 Min. 



 138 kg
L 120 | B 60 | H 149

FSUKTFEUB.01.01

SKU: TF-EUB

ELITE UPRIGHT BIKE

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Dear customer,

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

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

Intended Use

The equipment may only be used for its intended purpose.

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

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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.

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

Weight and dimensions	
Item weight (gross, including packaging)	150 kg
Item weight (net, without packaging)	138 kg
Packaging dimensions of cartons (L x W x H)	220 cm x 38 cm x 112 cm
Dimensions (L x W x H)	215 cm x 93 cm x 170 cm
Additional measurement data	
Q-Factor	23.4 cm
Crank length	21.8 cm
Maximum load	
Maximum user weight	180 kg
Technical specifications	
Flywheel weight	9.5 kg
Resistance system	Electronic magnetic brake system
Resistance levels	32
Power supply	Generator
Transmission ratio	1:10
Console data	
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
	Resistance levels
	Watts
Display type	LED

Wattage specifications	
Min. and max. watts at 60 RPM	33-347 W
Min. and max. watts at 100 RPM	58-596 W
Adjustable range in the watt program	25-350 W
Programme overview	
Quick Start programme	1
Target programmes	3
Pre-set programmes	12
User defined programmes	1
Heart rate programmes	4
Watt programmes	1
Other data	
Wireless connection	Yes
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.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

⚠ CAUTION

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

▶ ATTENTION

- + Do not insert any objects of any kind into the openings of the device.
- + To protect the equipment from use by unauthorised third parties, always remove the power cable (if existing) when not in use and store it in a safe place that is inaccessible to unauthorised persons (e.g. children).
- + 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.

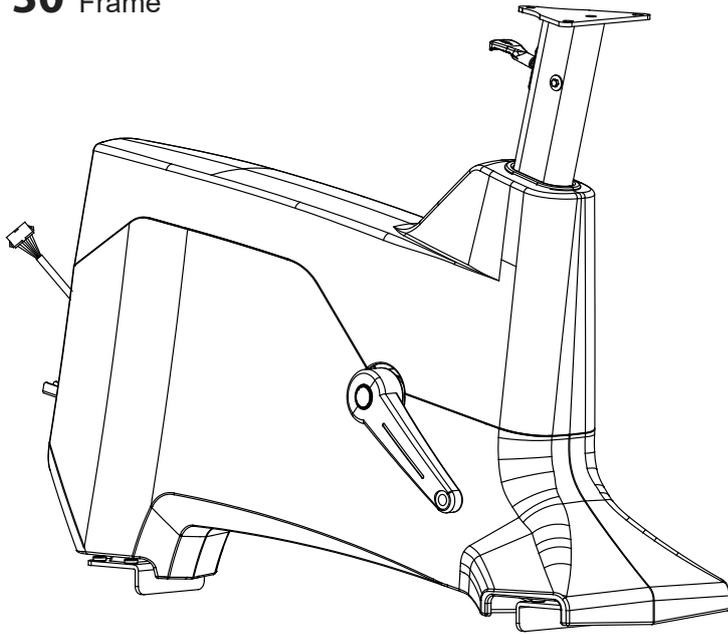
⚠ CAUTION

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

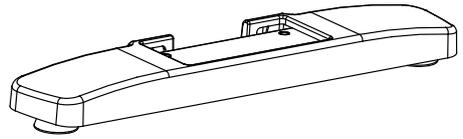
ⓘ NOTICE

Required tools (included in the scope of delivery): Allen key, screwdriver, spanner, socket spanner

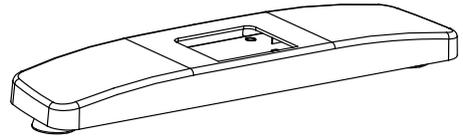
30 Frame



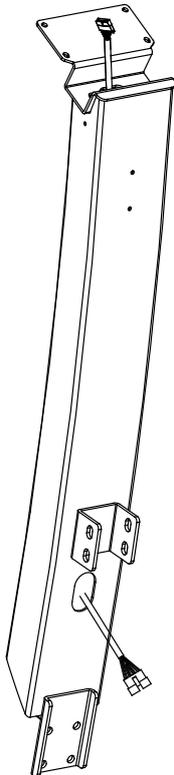
62 Rear Stabilizer



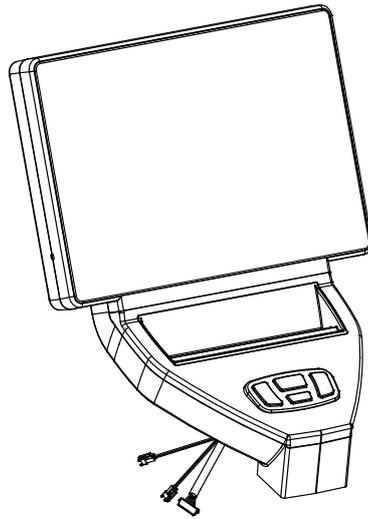
52 Front Stabilizer



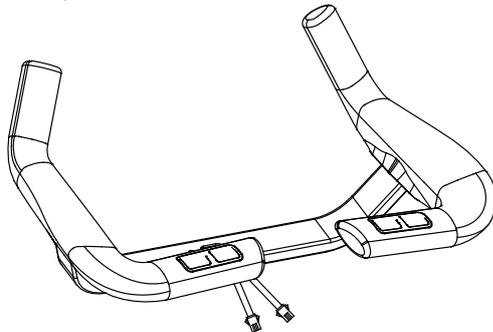
13 Central Tube



1-1 Console

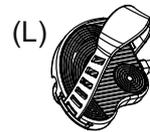


20 Handle bar

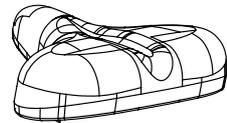


35 Pedal

(R)



76 Seat



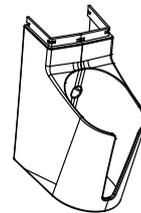
Handle bar supporting tube cover

9 (L)

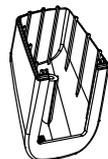


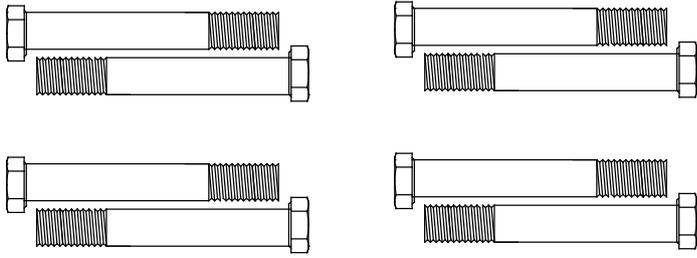
10 (R)

14 Water Bottle Hodler

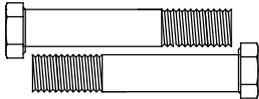


25 supporting tube
bottom cover

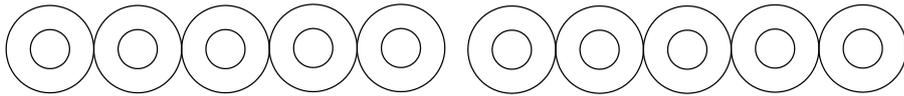




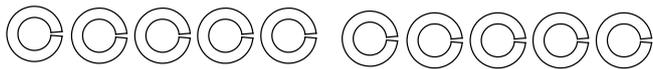
(57) Allen Bolt M8x 50L x8PCS



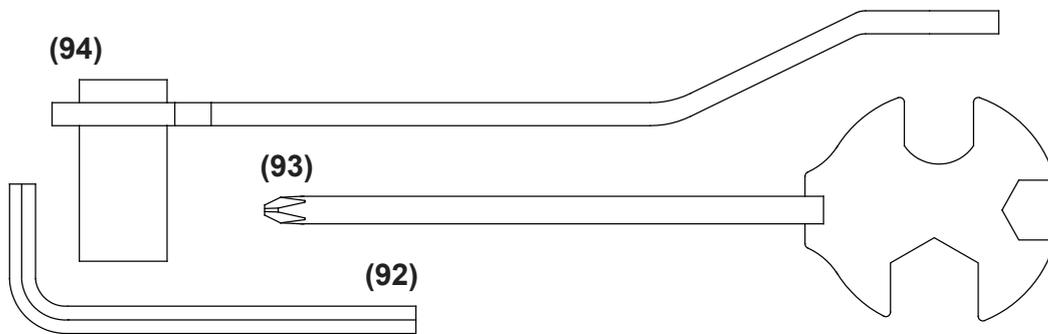
(24) Allen Bolt M8x 40L x2PCS



(21) Flat washer $\varnothing 8 \times \varnothing 19 \times 2 \text{Tx}$ 10PCS



(22) Spring washer $\varnothing 8 \times 2.4 \text{Tx}$ 10PCS



2.3 Assembly

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

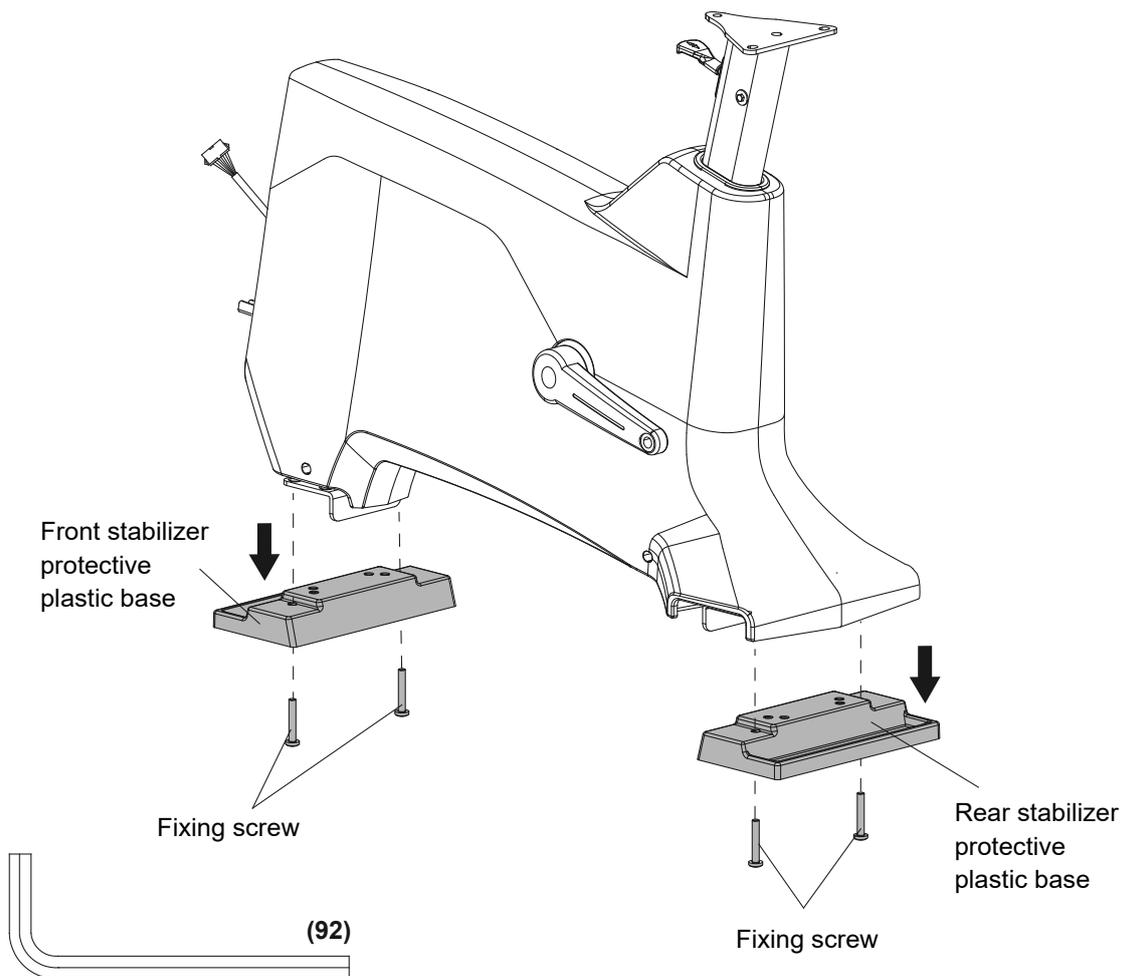
① NOTICE

- + 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.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

Step 1: Removal of Transport Safeguards

1. Remove the transport safeguards from the front and rear stabilisers.

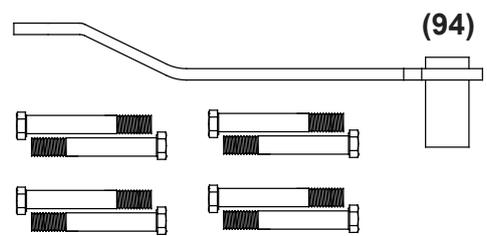
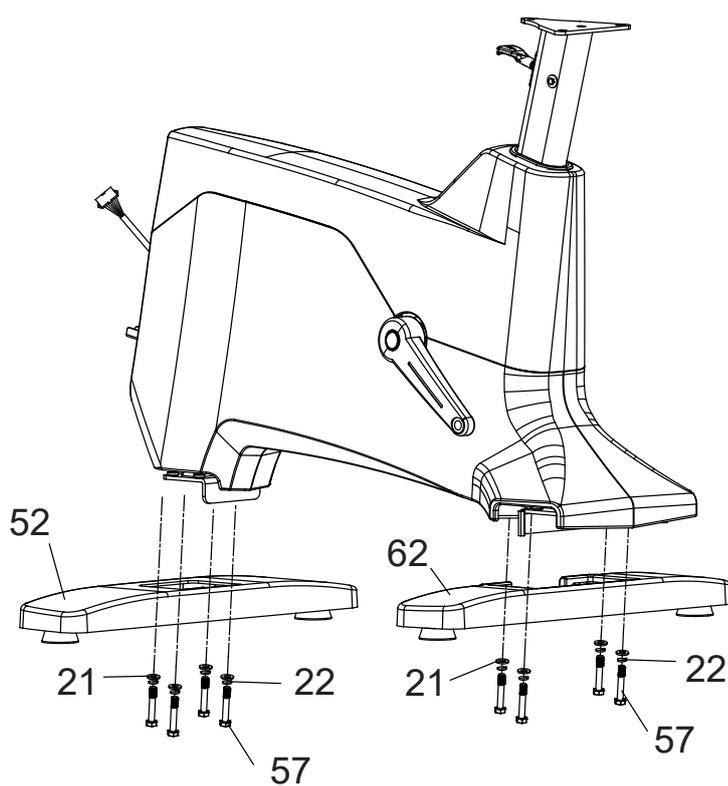
Use the allen key (92) for this.



Step 2: Assembly of the Stabilisers

1. Attach the front stabiliser (62) using four bolts (57), four spring washers (22), and four flat washers (21).

Use the socket wrench (94) for this.



(57) Allen Bolt M8x 50L x8PCS



(22) Spring washer $\varnothing 8 \times 2.4 \times 8$ PCS



(21) Flat washer $\varnothing 8 \times \varnothing 19 \times 2$ PCS

Step 3: Assembly of the Pedals

⚠ CAUTION

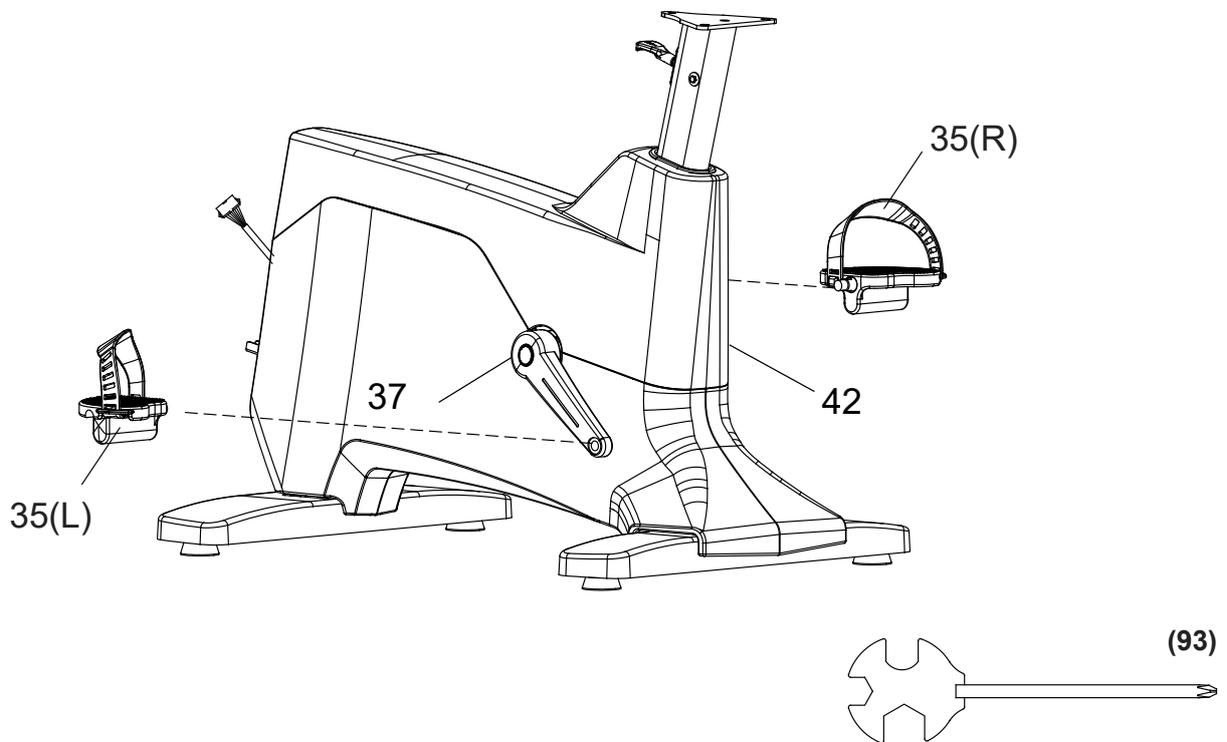
Ensure that the pedals are screwed in completely.

1. Attach the left pedal (35L) to the left crank arm (37).

Use the spanner (93) for this (counter clockwise).

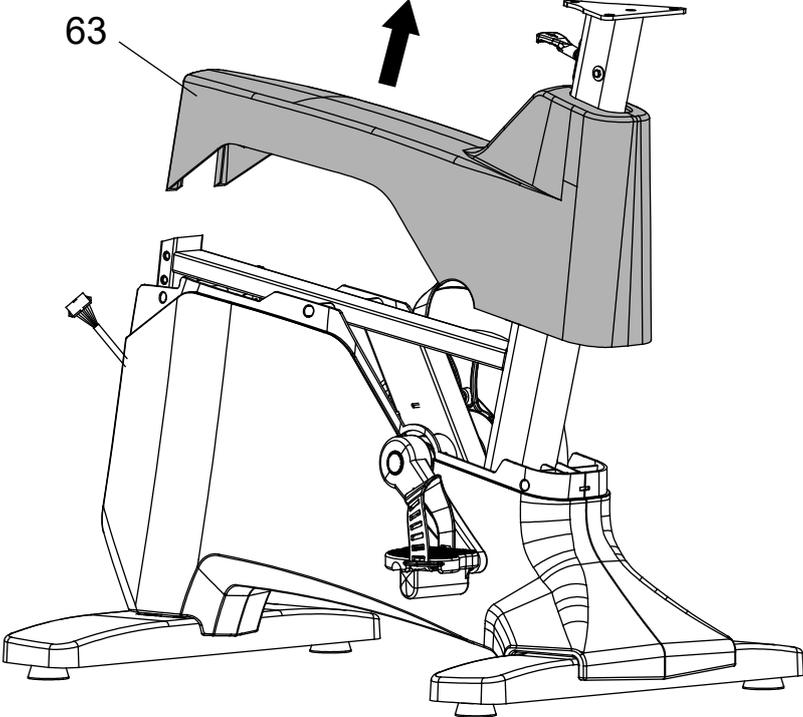
2. Attach the right pedal (35R) to the right crank arm (42).

Use the spanner (93) for this (clockwise).



Step 4: Assembly of the Console Mast – Part 1

Slide the main frame cover (63) upwards.



Step 5: Assembly of the Console Mast – Part 2

► **CAUTION**

Make sure the cables are connected properly.

1. Connect the cable from the console mast (13) to the cable from the main frame (30).

► **CAUTION**

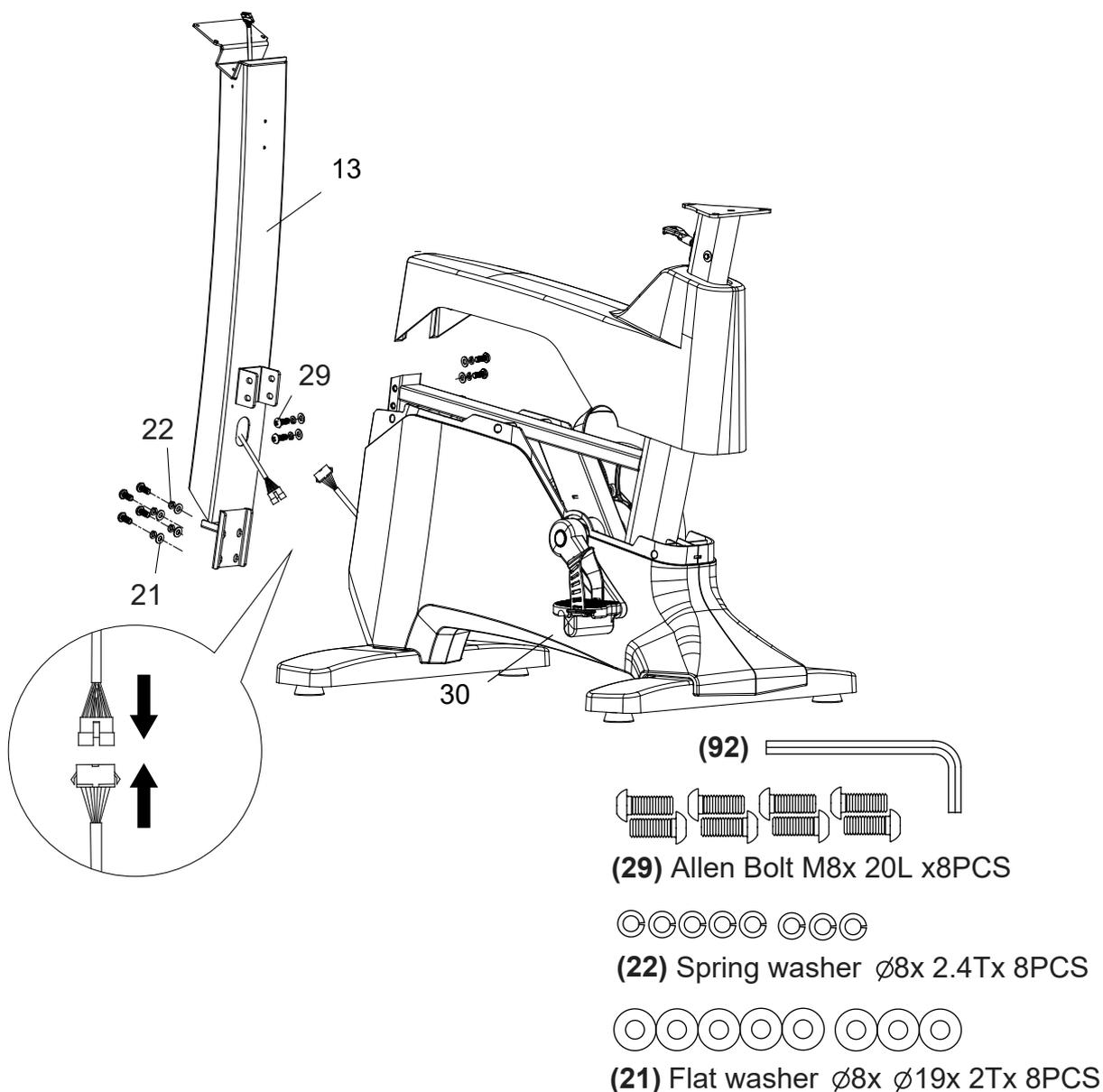
Ensure that the cables are not trapped during the following step.

2. Attach the console mast (13) from the side to the main frame (30) using four screws (19), four spring washers (22), and four flat washers (21).

Use the allen key (92) for this.

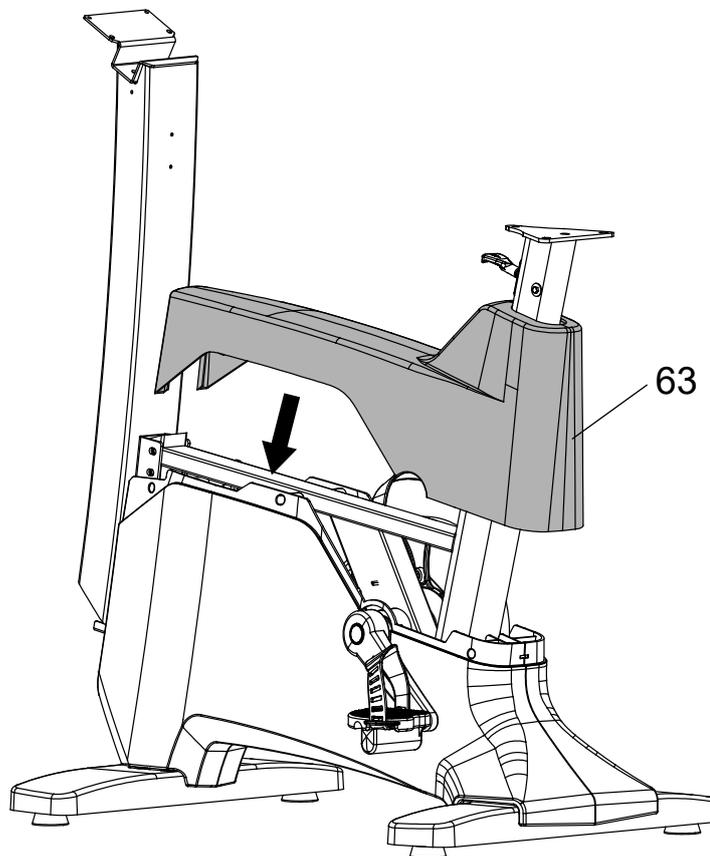
3. Attach the console mast from the front to the main frame using four screws (19), four spring washers (22), and four flat washers (21).

Use the allen key (92) for this.



Step 6: Assembly of the Console Mast – Part 3

Slide the main frame cover (63) down.



Step 7: Assembly of the Handlebars

► CAUTION

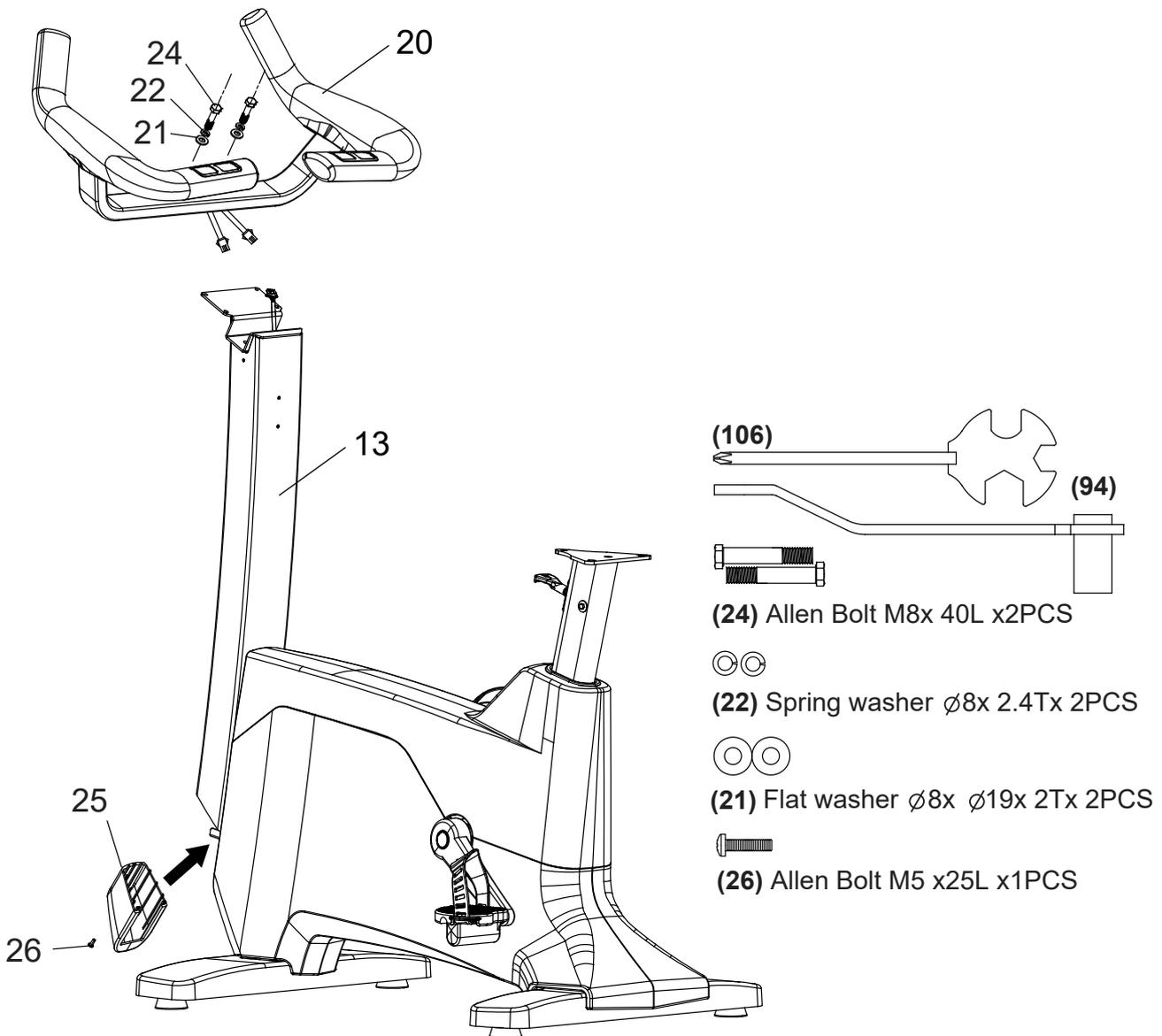
Ensure that the cables are not trapped during the following step.

1. Attach the handlebars (20) to the console mast (13) using two bolts (24), two spring washers (22), and two flat washers (21).

Use the socket spanner (94).

2. Attach the cover (25) to the lower end of the console mast (13) using one screw (26).

Use the screwdriver (106) for this.



Step 8: Assembly of the Console – Part 1

► CAUTION

Make sure the cables are connected properly.

1. Connect the console (1-1) with the bottle holder (14).
2. Connect the console cables (1-1) to their corresponding connectors from the handlebars (20) and the console mast (13).
3. Ensure that the plug connections are correctly seated.

⚠ CAUTION

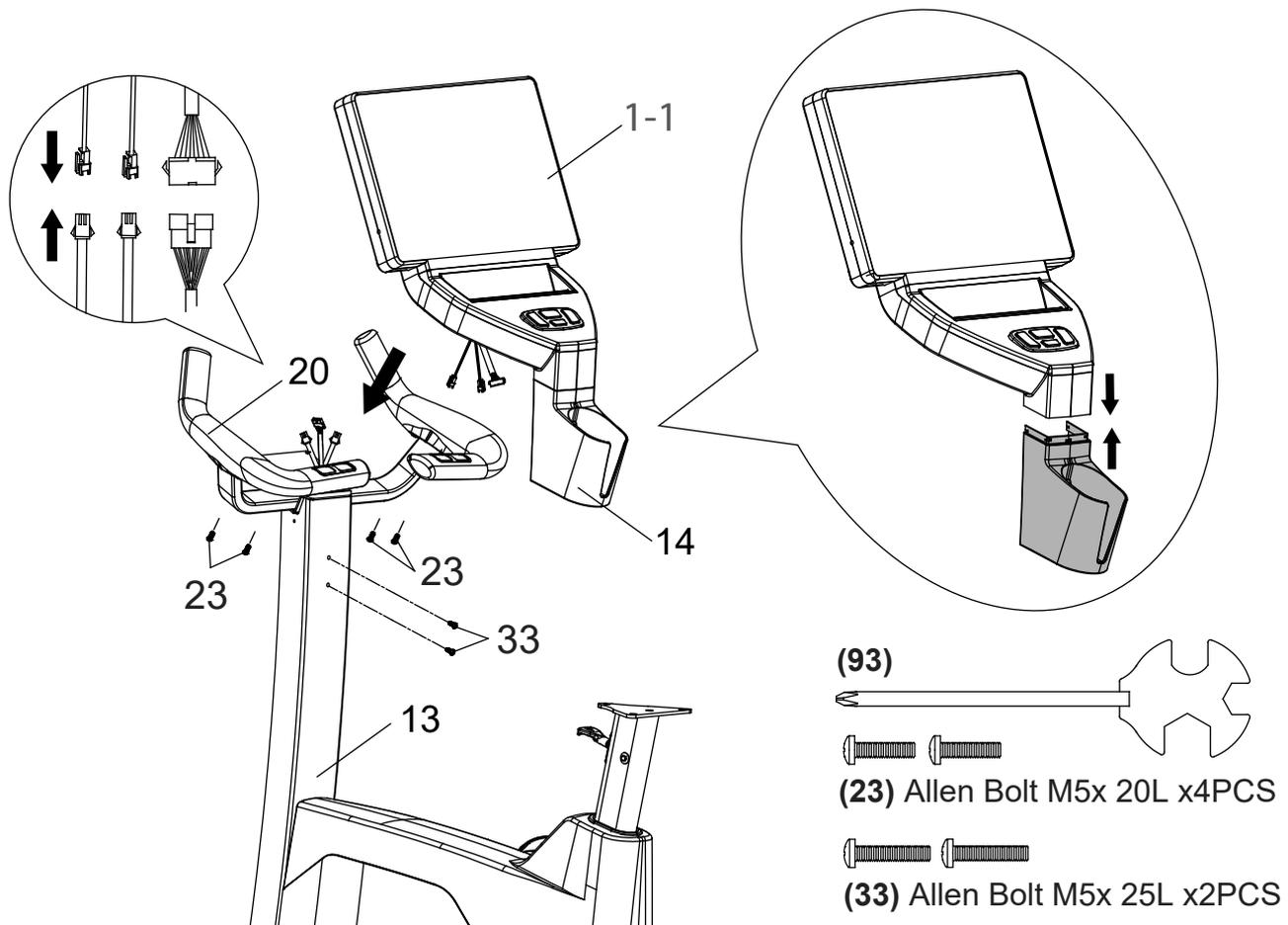
Ensure that the cables are not trapped during the following step.

4. Attach the console (1-1) to the handlebars (20) using four bolts (23).

Use the screwdriver (93) for this.

5. Attach the bottle holder to the console mast using two bolts (33)

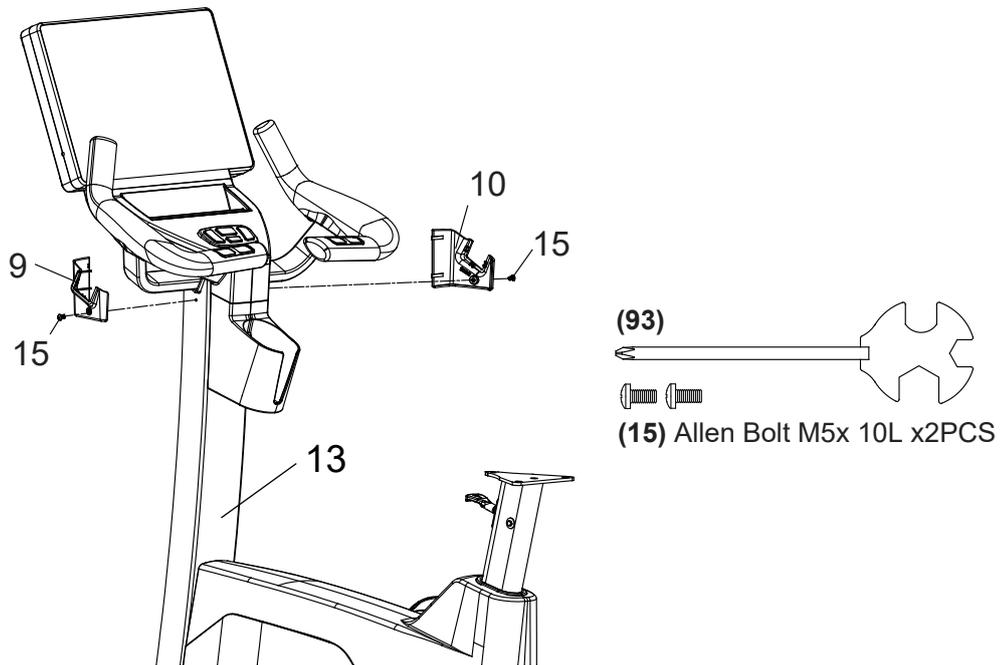
Use the screwdriver (93) for this.



Step 9: Assembly of the Console – Part 2

1. Attach the covers (9 & 10) to the console mast (13) using one screw (15) each.

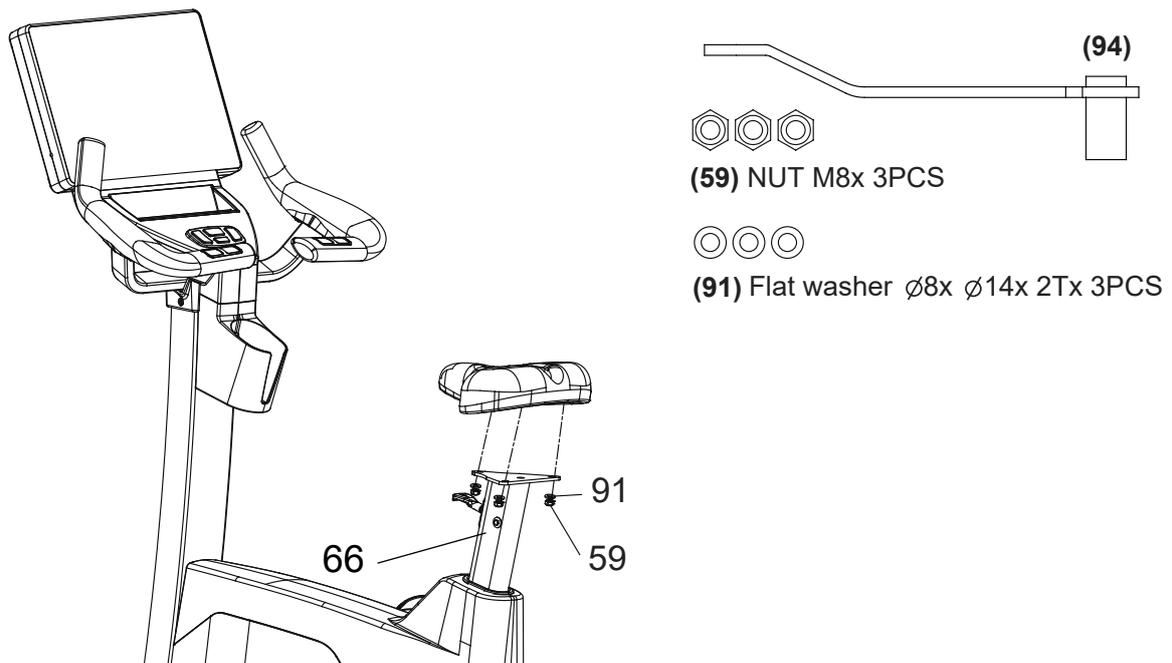
Use the screwdriver (106) for this.



Step 10: Assembly of the Saddle

1. Attach the saddle to the saddle post (66) using three flat washers (91) and three nuts (59)

Use the socket wrench (94) for this.



Step 11: Alignment of the Feet

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

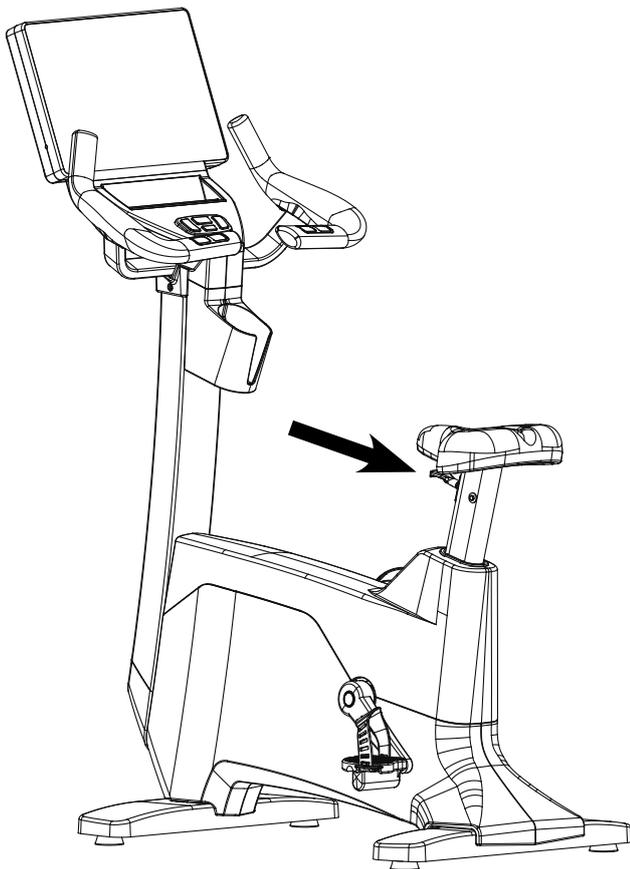
1. Lift the equipment on the desired side and rotate the setting screws under the main frame.
2. Rotate the screws clockwise in order to remove them and to raise the equipment.
3. Rotate them counterclockwise in order to lower the equipment.

Step 12: Connecting the Equipment to the Mains Supply

► **ATTENTION**

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

Plug the power plug into a wall outlet that complies with the instructions in the chapter on electrical safety.



Step 8: Adjusting the Seat Position



CAUTION

When adjusting, make sure not to exceed the minimum insertion depth.

1. To adjust the seat height, loosen the adjustment bracket by turning it anti-clockwise.
2. Adjust the seat height.
3. Tighten the adjustment bracket by turning it clockwise.

Step 15: Adjusting the Pedal Straps

① NOTICE

The strap should rest loosely over the ball of the foot and not sit firmly under any circumstances.

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 Battery Replacement

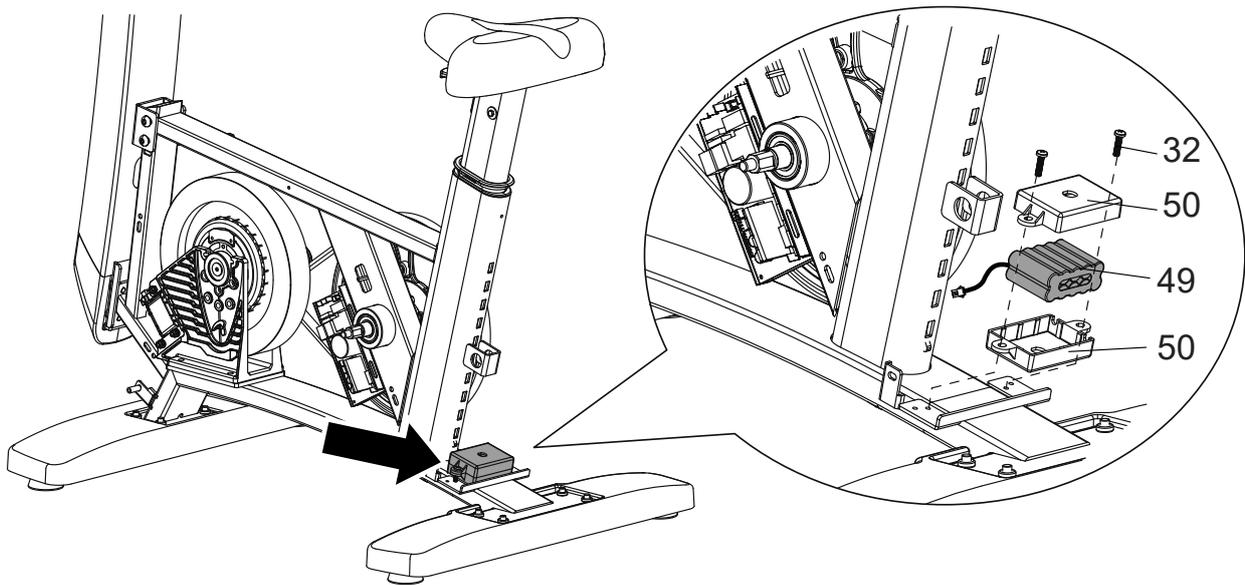
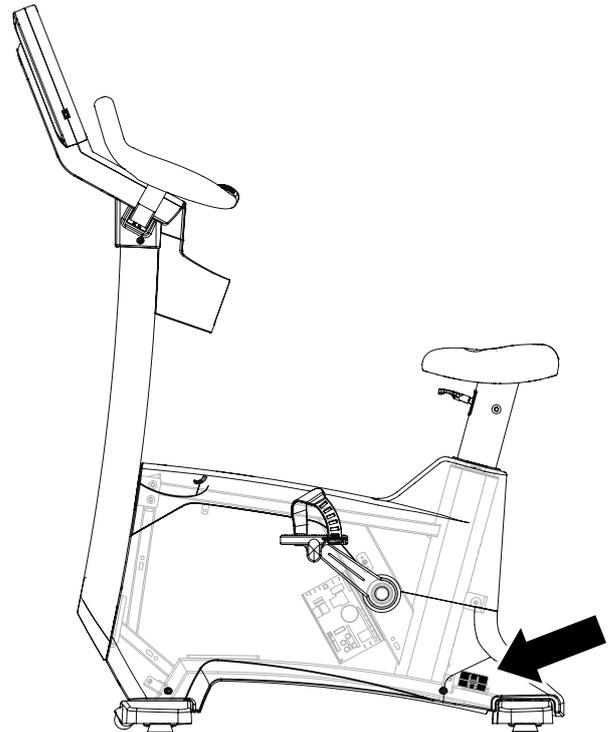
► **NOTICE**

The battery should only be replaced if the technical service has been contacted beforehand.

1. Remove the cover of the frame (30) to expose the battery compartment.
2. Loosen the two screws (32) to remove the cover (50).
3. Remove the battery (49) and replace it with a new battery of the same type.
4. Replace the cover (50) and secure it with the screws (32).
5. Then replace the cover of the frame (30).

► **NOTICE**

6. If the battery is defective, it must be removed properly.



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.
- + 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.



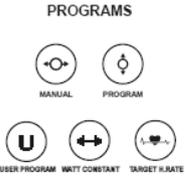
3.1 Console display

① **NOTE**

- + If two values are displayed in the 'Display' column, the display for this area alternates.
- + The heart rate is only displayed when the hand pulse sensors are touched or when using a chest strap (not included).
- + To charge your Apple device from version 15 onwards, a minimum of 12 volts is required. To achieve 12 volts, a speed of 35 RPM must be reached.

Display	Function
CALORIES	+ Displays calories (0 - 999)
TIME	+ Displays the training time (0:00 - 99:59)
DISTANCE	+ Displays the training distance (0.0 - 99.99 km)
HEARTRATE	+ Displays the heart rate (30-230)
SPEED RPM	+ Displays the speed (0.5 - 99.99 km/h) + Displays the time required per kilometre (0 - 999)
LEVEL WATT	+ Displays the resistance level (1 - 32) + Displays the watt value (0 -999)

3.2 Button Functions

Knopf/Taste	Name	Funktion
	Keypad	Set values for the training. Confirm settings by pressing the hook. Delete Settings by pressing backspace.
	Programme buttons + Manual programmes + Preset programmes + User-defined programmes + Heart rate controlled programmes + Watt programmes	To select between programmes, press one of the buttons.
	Enter	Press this button to confirm data and programmes.
	Arrow keys	To increase or decrease values, press this button.
	Start	To start the device in standby mode, press this button. To start training programmes, press this button.
	Stop	To pause the device during training, press this button. To end training, press this button twice.
	Resistance buttons	Press these buttons to increase or decrease the resistance.

3.3 Programmes

To make your training even more effective, you can choose from several training programmes. The following options are available:

- + Quick Start Programme: 1
- + Manual Programme: 3
- + User Programme: 1
- + Heart Rate Programmes: 4
- + Watt Programme: 1
- + Preset Programmes: 12



3.3.1 Quick Start Programme

You can start a training session without any prior settings. To start the Quick Start Programme:

1. Press START to begin the session (Figure 1).
2. Press STOP to end the session (Figure 2).

NOTICE
You can adjust the resistance at any time during the session.

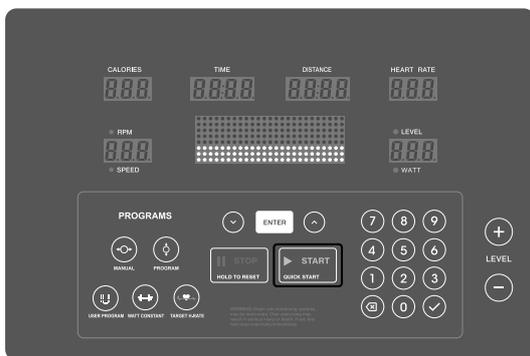


FIGURE 1

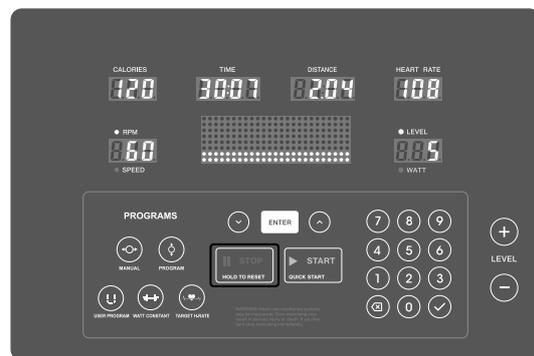


FIGURE 2

3.3.2 Manual Programme

You can start a workout with your own preset values. To start the Manual Programme:

1. Select MANUAL (Figure 3).
2. Confirm with ENTER.
3. **Optional:** Set time, distance, and calories using the arrow keys or keypad.
- 3.1. Confirm each value with ENTER (Figures 4–6).

NOTICE

- + If you set a target for time, distance, or calories, the workout will end automatically once any of these targets is reached.
 - + If you wish to train for only one target, enter that value only.
4. If you do not set any targets, press START to begin the workout.

The values will count upwards.

5. To pause the workout, press STOP.

You will return to the programme settings.

6. Press START to resume the workout with the modified settings.

NOTICE

During the workout, you can adjust the resistance at any time.

7. Press STOP twice to end the workout.

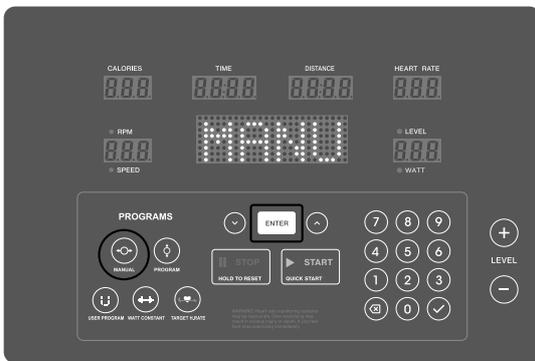


FIGURE 3

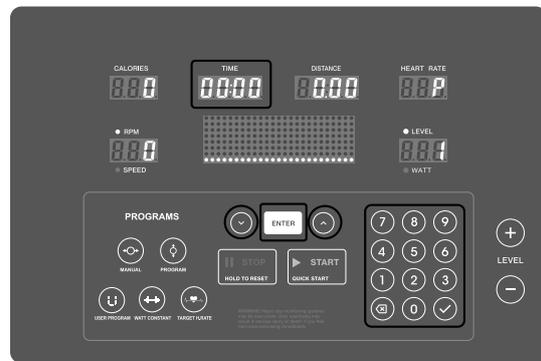


FIGURE 4

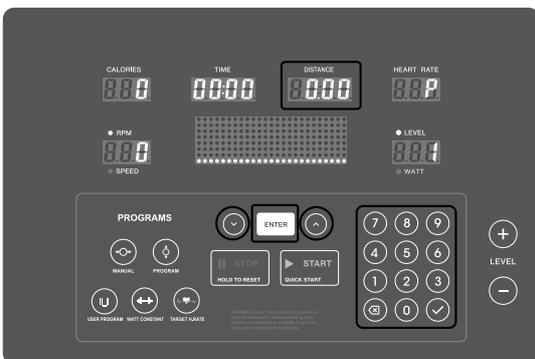


FIGURE 5

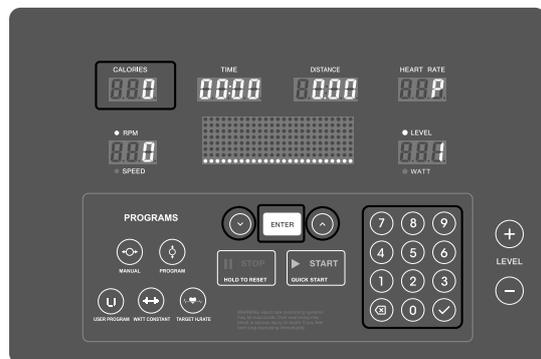


FIGURE 6

3.3.3 Programme Mode

You can start a workout using a preset programme. To start the Programme Mode:

1. Select PROGRAM (Figure 7).
2. Confirm with ENTER.
3. Select one of the programmes P01–P12 using the arrow keys (v/^) (Figure 8).
4. Confirm with ENTER.
5. **Optional:** Set time, distance, and calories using the arrow keys or keypad (Figures 9–11).
- 5.1. Confirm each value with ENTER.

① **NOTICE**

- + If you set a target for time, distance, or calories, the workout will end automatically once any target is reached.
 - + If you wish to train for only one target, enter that value only.
6. If you do not set any target values, press START to begin the workout.

The values will count upwards.

7. To pause the workout, press STOP.

You will return to the programme settings.

8. Press START to resume the workout with the adjusted settings.
9. Press STOP twice to end the workout.

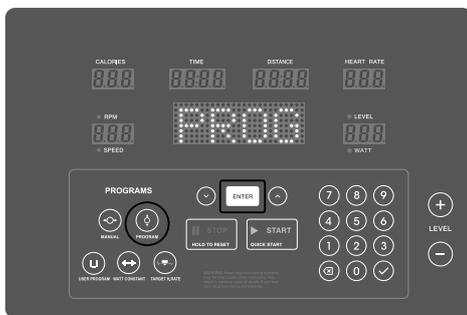


FIGURE 7

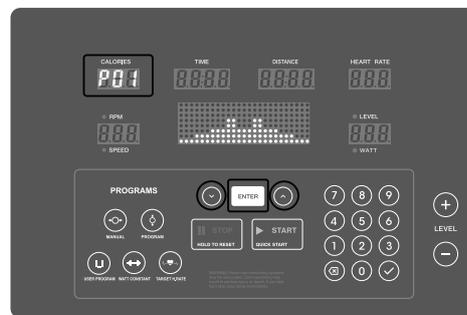


FIGURE 8

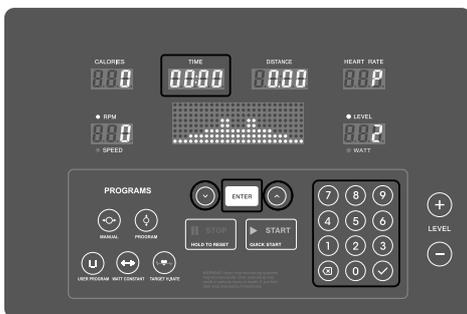


FIGURE 9

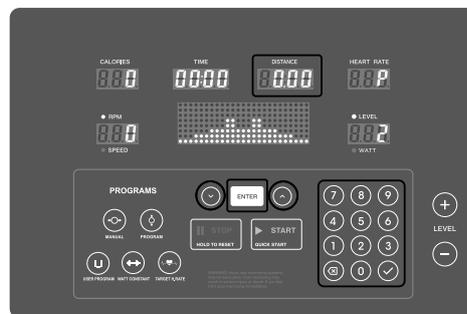


FIGURE 10

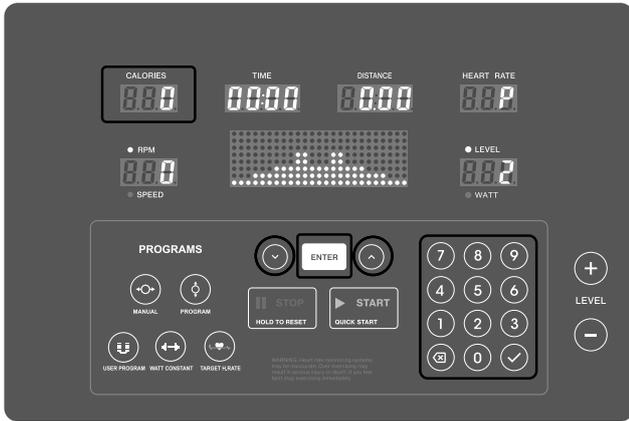
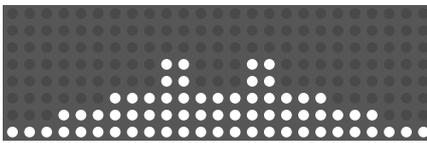


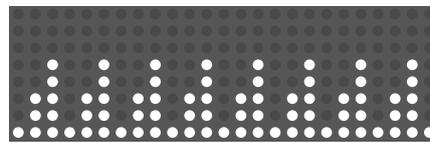
FIGURE 11

Preset programmes

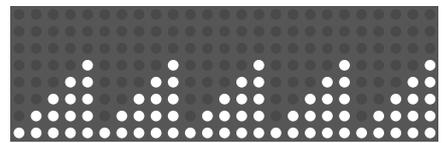
P01



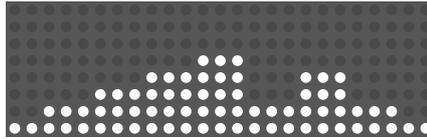
P02



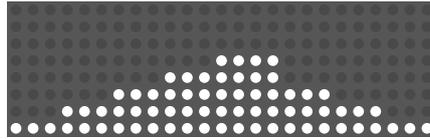
P03



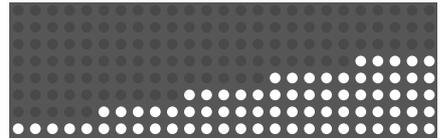
P04



P05



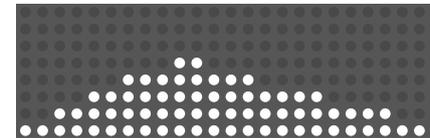
P06



P07



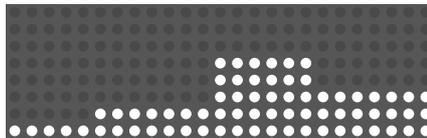
P08



P09



P10



P11



P12



3.3.4 User-Defined Programme

You can create your own profile programme by individually setting the resistance for up to 25 segments. To create a User Programme:

1. Select USER PROGRAM (Figure 12).
2. Confirm with ENTER.
3. For each segment, set the resistance using the arrow keys (v/^) (Figure 13).

The current segment being edited will flash.

4. Confirm with ENTER.
5. **Optional:** Hold ENTER for two seconds to proceed directly to time, distance, and calories settings.
6. Repeat this process until all desired segments (max. 25) have been set.
7. Once all segments have been configured, hold ENTER for two seconds to move to the settings for time, distance, and calories.
8. Set time, distance, and calories, confirming each with ENTER.

① NOTICE

- + If you set a target for time, distance, or calories, the workout will end automatically once any of these targets is reached.
 - + If you wish to train for only one target, enter that value only.
9. If you do not set any targets, press START to begin the workout.

The values will count upwards.

10. Press START to begin the workout using your custom user programme.
11. Press STOP to pause the workout.
12. Press STOP again to end the workout.



FIGURE 12

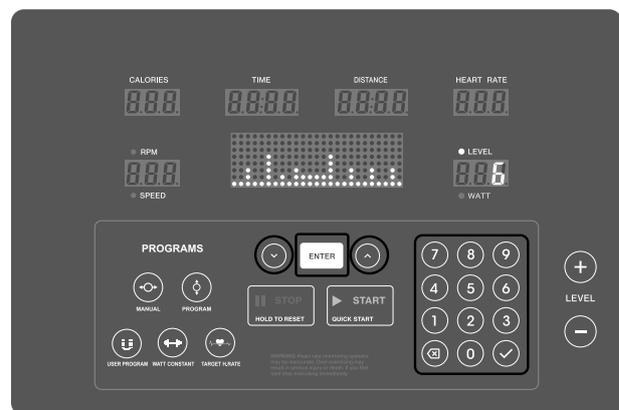


FIGURE 13

3.3.5 Watt Programme

To start the Watt Programme:

1. Select WATT CONSTANT (Figure 14).
2. Confirm with ENTER.

The preset watt value (120) will be displayed.

3. Adjust the desired watt value using the arrow keys (^/v) (Figure 15).
4. Confirm with ENTER.
5. Set time, distance, and calories, confirming each with ENTER.

① **NOTICE**

- + If you set a target for time, distance, or calories, the workout will end automatically once any of these targets is reached.
 - + If you wish to train for only one target, enter that value only.
6. If you do not set any targets, press START to begin the workout.

The values will count upwards.

7. Press START to begin the workout.
8. Press STOP to pause the workout.
9. Press STOP again to end the workout.

3.3.6 Target Heart Rate Programme

⚠ WARNING

Your training device is not a medical instrument. The heart rate measurement of this device may be inaccurate. Several factors can affect the accuracy of the heart rate display. The heart rate function is intended solely as a training aid.

You can choose between four programmes: 55 %, 75 %, or 90 % of your maximum heart rate, as well as the TAG programme, in which you can manually set a target heart rate value.

ⓘ NOTICE

Your maximum heart rate is calculated based on your age (formula: $220 - \text{age}$).

If you are not using a chest strap, you must keep your hands on the hand pulse sensors throughout the workout.

To start the heart-rate-controlled programme:

1. Select TARGET H. RATE (Figure 16).
2. Confirm with ENTER.
3. Set your age using the arrow keys (v/^) (Figure 17).
4. Confirm with ENTER.
5. Choose one of the four programmes (55 %, 75 %, 90 %, or TAG) using the arrow keys (Figures 18–19).
6. Confirm with ENTER.
7. Set time, distance, and calories, confirming each with ENTER.

ⓘ NOTICE

+ If you set a target for time, distance, or calories, the workout will end automatically once any of these targets is reached.

+ If you wish to train for only one target, enter that value only.

8. If you do not set any target values, press START to begin the workout.

The values will count upwards.

9. Press START to begin the workout.
10. Press STOP to pause the workout.
11. Press STOP again to end the workout.

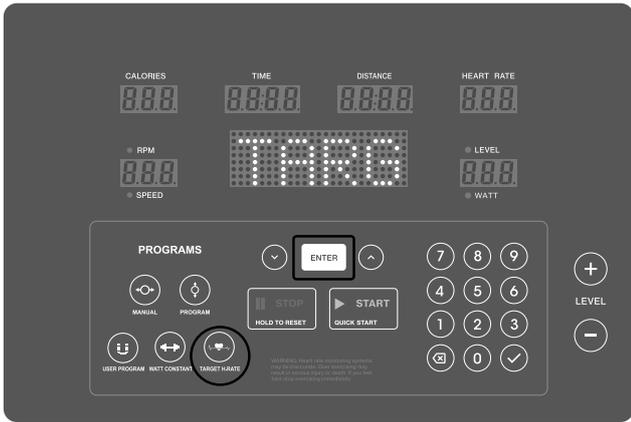


FIGURE 16

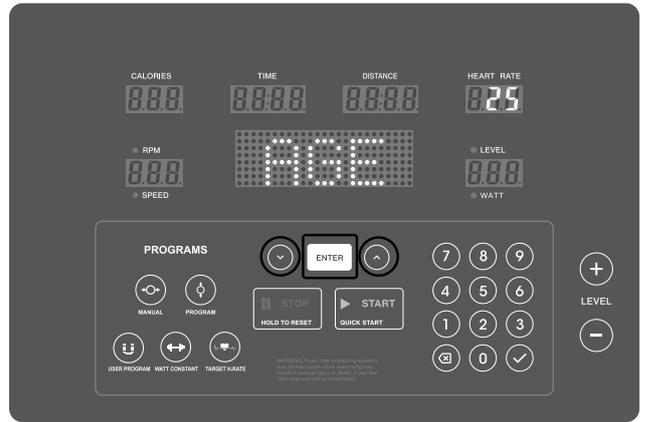


FIGURE 17

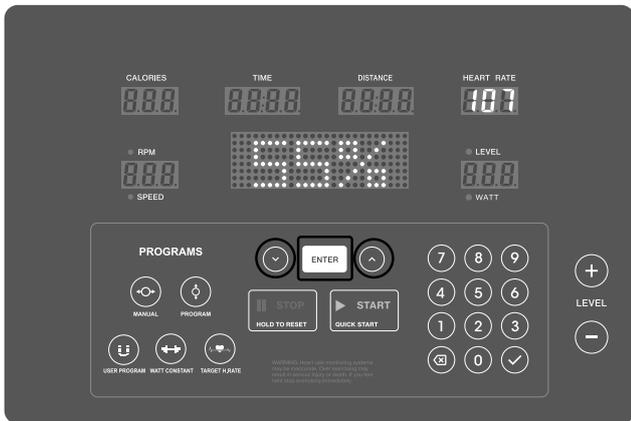


FIGURE 18

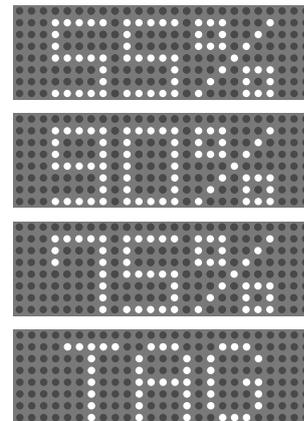


FIGURE 19

4.1 General Instructions

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

End your training with a cool-down phase. If you have any questions or uncertainties, contact your doctor.

4.1.1 Training clothes

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

4.1.2 Warming up and stretching

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

Warm-up exercise:

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

CAUTION

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



4.1.3 Medication

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

4.1.4 Used muscle groups

Rowing uses the following muscle groups:

- + Gluteal muscle
- + Leg muscles

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

4.1.5 Exercise frequency

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

Training with heart rate orientation

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

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

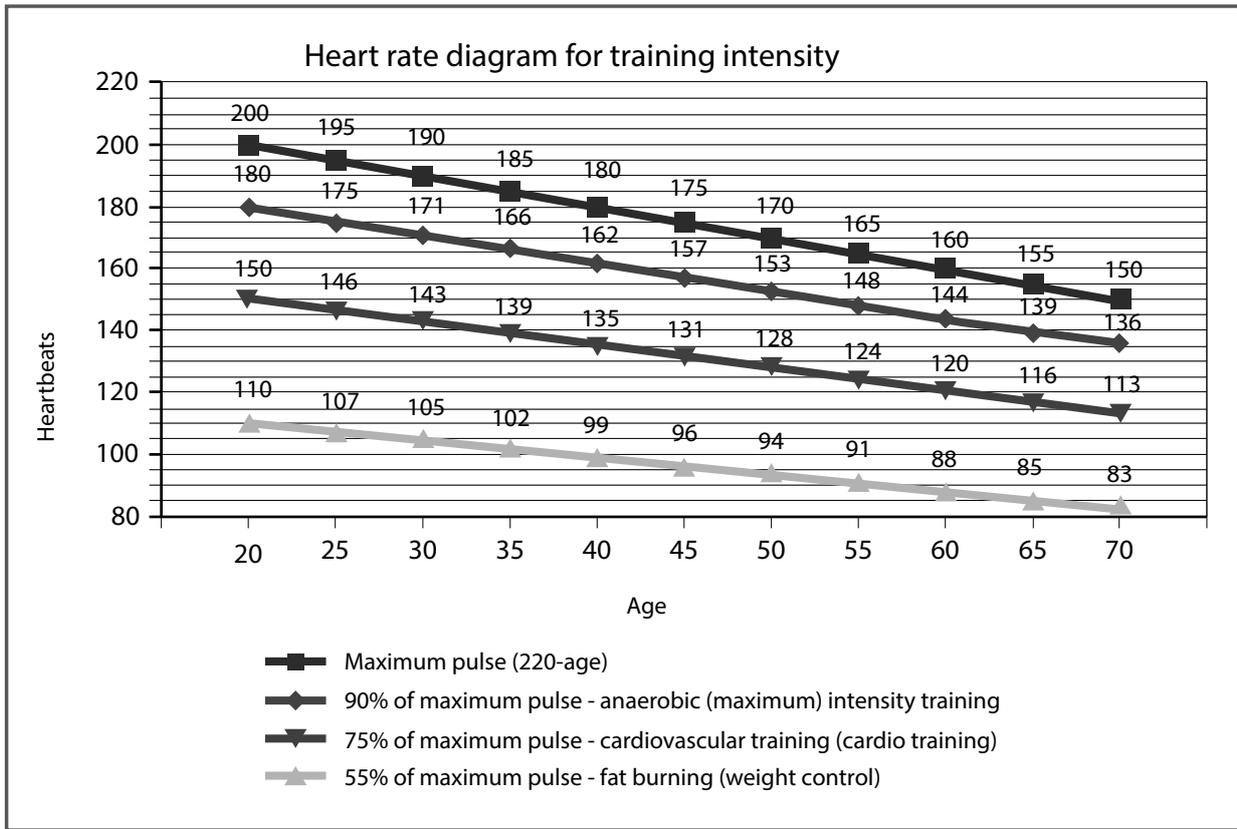
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

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

Example:

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

- + The fat burning target zone (55%) is at approximately 96 beats/min. = $(220 - \text{age}) \times 0.55$.
- + 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. = $(220 - \text{age}) \times 0.9$.



4.3 Wireless Connection and Fitness Apps

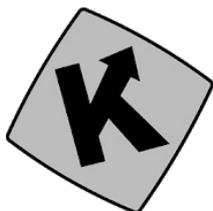
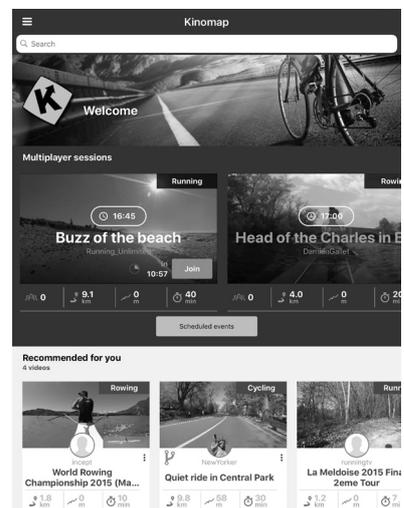
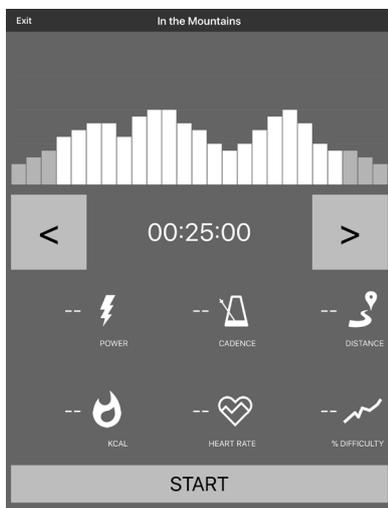
This console is equipped with a wireless interface. Please take note that your mobile device needs to be compatible with the wireless interface of the treadmill.

To use training apps you will have to activate the wireless connection function on your mobile device (tablet or smart phone) and start the fitness app. Select your fitness equipment. Please follow the instructions given in the app. You will find the name of your fitness equipment on a small sticker on the back of the console.

You will find the fitness apps in the app stores of Google or Apple. There you will find the apps "Kinomap" or "Zwift". Please note that these apps are produced by an external manufacturer. Fitshop does not take any responsibility regarding the availability, functionality or contents of these programmes.

ⓘ IMPORTANT NOTE

Some entertainment apps are provided and maintained by third-party providers. Pre-installed apps may change, be updated, or be removed over time. These changes are normal and do not affect your statutory warranty rights. To make sure the pre-installed apps are working correctly, they must be updated regularly. If needed, the respective app will notify you to do so. To update the app, you need a google account. A google email is sufficient. Just follow the instructions on the screen to perform the update. Please note: The system is set up only for the pre-installed apps. Do not install any additional apps as their proper functionality can not be guaranteed. The installation of other apps might cause technical issues.



Example: Kinomap

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

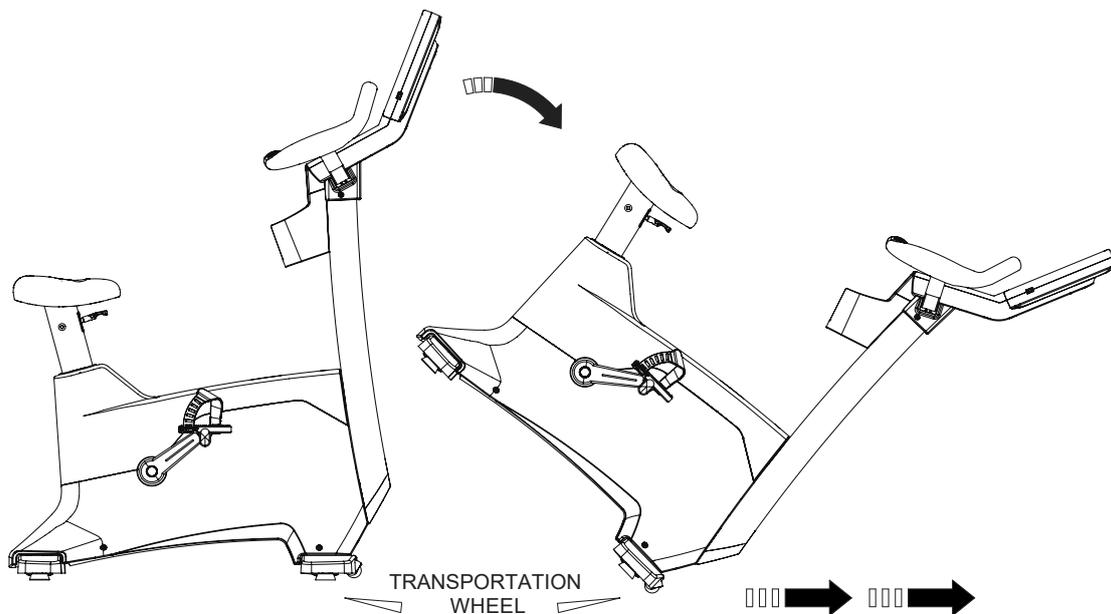
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

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.



5.3 Battery Pack Care & Maintenance

There is a rechargeable Ni-H battery installed in the recumbent bike.

When can the battery run empty?

1. Due to extended periods of non-use (several weeks or months).
2. Very short or irregular training sessions.
3. A defective or worn-out battery after several years.

Charging during training

On average, a person trains for about 20 minutes three days a week. This is what the battery is constructed for. With this training workload, the battery charge oscillates in the optimum range between 40 and 80 %. If you train more frequently, the battery charge will be 100% - but that won't hurt. What the battery doesn't like, however, is when the charge level drops below 30% or even to 0%.

Charge to 100%

If you do not use the device for a longer period of time, charge it completely.

Either by pedaling for 10–15 minutes or by charging the device to 100% using a power adapter (not included), e.g., overnight.

ⓘ NOTICE

The adaptor is not included in the scope of delivery. The adaptor should have 13.5V and 5000mA.

Be sure to prevent ...

- a) ... that the battery level drops to 0%.
- b) ... that the battery is exposed to sub-zero temperatures, the battery is not charged at sub-zero temperatures.
- c) ... that the battery is exposed to temperatures above 45°C.
- d) ... that the humidity is too high.

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 elliptical cross trainers this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat or **silicone spray** to keep moving parts in good shape.

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible **chest strap**, as this ensures optimum transmission of the heart rate.

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



chest strap



floor mat



lubricant

9.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 11 of this operating manual.

NOTICE

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



Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:

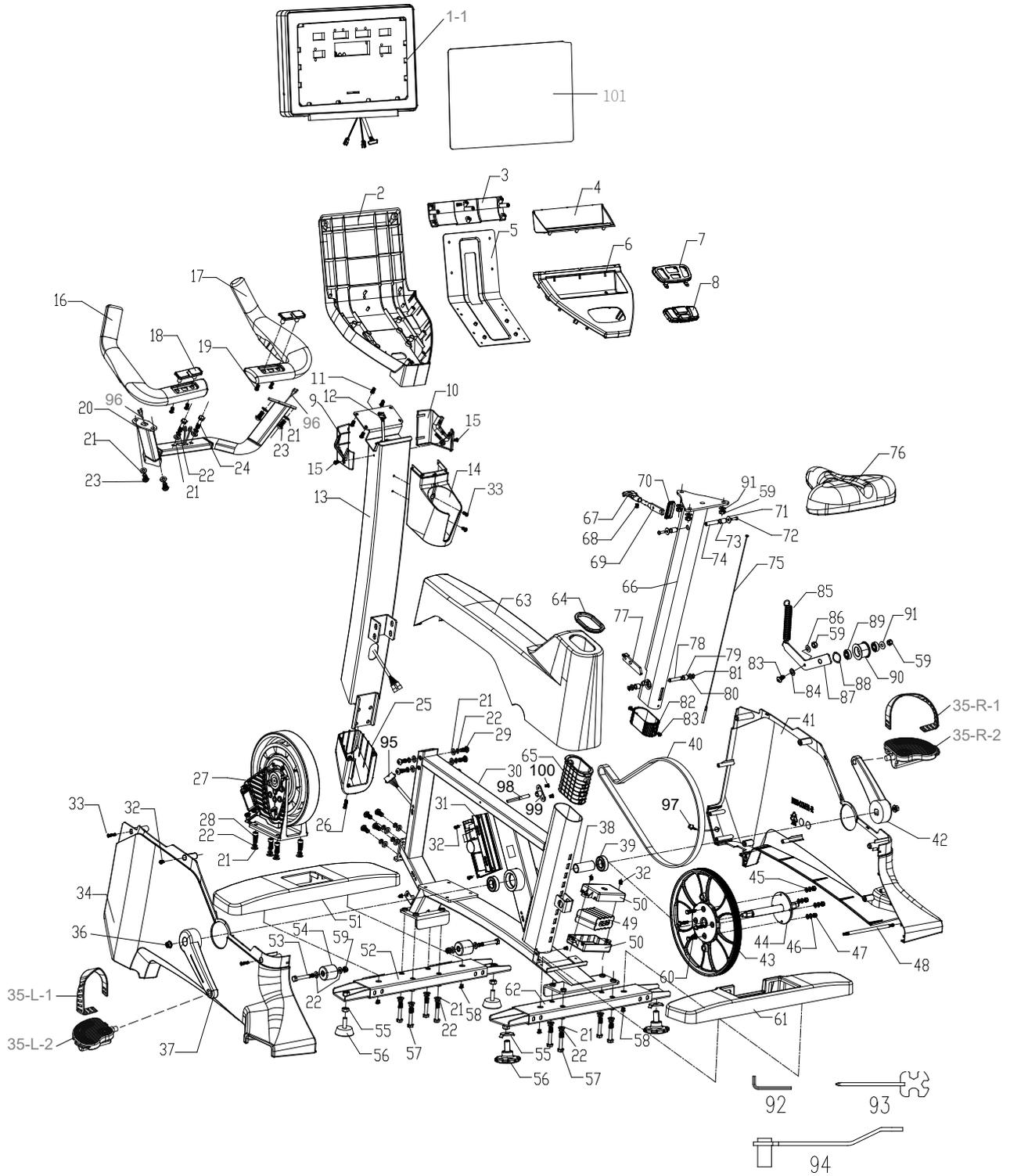
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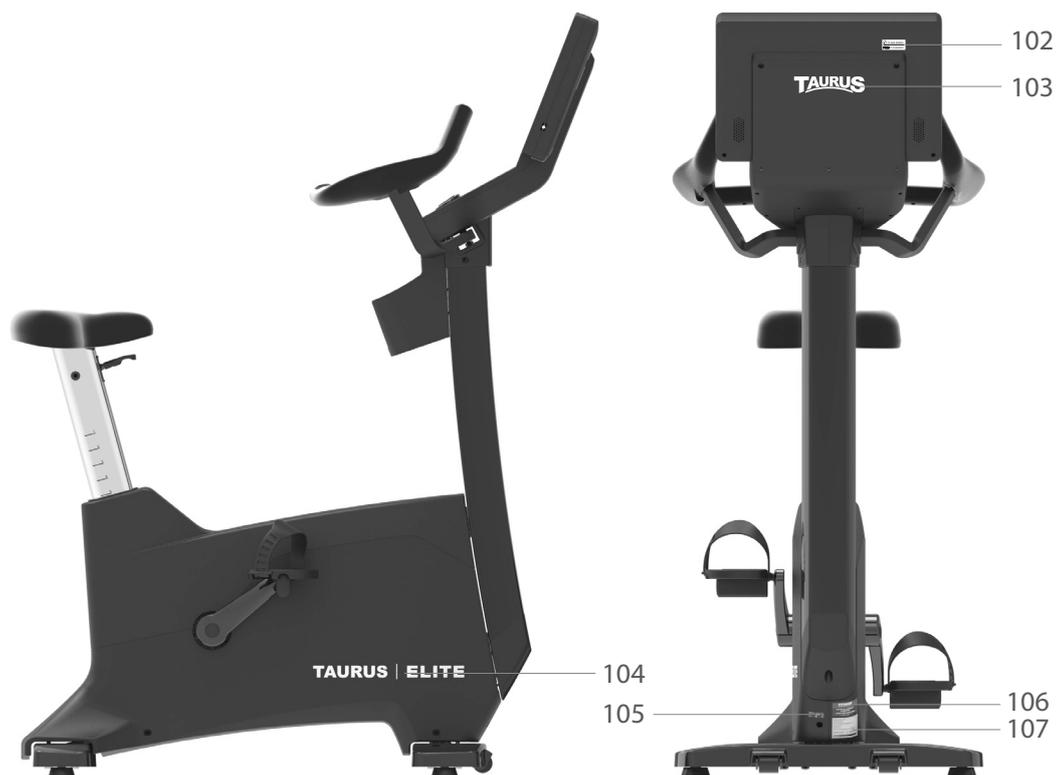
9.2 Parts List

No.	Name	Qty.	No.	Specification	Qty.
1-1	CONSOLE	1	30	MAIN FRAME	1
2	STORAGE PLATE BUTTOM COVER	1	31	CONTROL BOARD	1
3	SCREW FIXING BASEMENT	1	32	SCRWE M5x16mm	8
4	CUSHION PAD	1	33	SCREW M5x25mm	2
5	CONSOLE FIXING PLATE	1	34	BUTTOM CHAIN COVER	1
6	STORAGE PLATE UPPER COVER	1	35-L-1	PEDAL STRAP-L	1
7	CONSOLE BUTTON BASEMENT	1	35-L-2	PEDAL-L	1
8	SILICON BUTTON	1	35-R-1	PEDAL STRAP-R	1
9	HANDLE BAR LEFT COVER	1	35-R-2	PEDAL-R	1
10	HANDLE BAR RIGHT COVER	1	36	NUT M10	2
11	SCREW M5x20mm	4	37	LEFT CRANK	1
12	CONNECTING WIRE 750mm	1	38	SLEEVE $\Phi 25 \times \Phi 20.2 \times 56$ mm	1
13	MAIN SUPPORTING TUBE	1	39	BEARING 6004 2RS	2
14	BOTTLE HOLDER	1	40	470J8 BELT	1
15	SCREW M8x20mm	8	41	UPPER CHAIN COVER	1
16	LEFT HANDLE BAR	1	42	RIGHT CRANK	1
17	RIGHT HANDLE BAR	1	43	BELT PULLEY $\Phi 300 \times 8$ J	1
18	HAND GRIP	2	44	AXLE $\Phi 20 \times 192$ mm	1
19	SCREW	4	45	WASHER $\Phi 6.5 \times \Phi 16 \times 2$ T	8
20	HANDLE BAR SUPPORTING TUBE	1	46	SPRING WASHER $\Phi 6 \times 1.6$ T	4
21	WASHER $\Phi 8.5 \times \Phi 16 \times 2$ T	22	47	NUT M6	4
22	SPRING WASHER $\Phi 8 \times 2$ T	22	48	COVER STICK	6
23	SCREW M8x20mm	4	49	BATTERY	1
24	SCREW M8x40mm	2	50	BATTERY BOX	2
25	HANDLE BAR DECORATION COVER	1	51	FRONT STABILIZER COVER	1
26	SCREW M5x25mm	1	52	FRONT STABILIZER	1
27	EMS GENERATOR FLYWHEEL	1	53	SCREW M8x55mm	2
28	SCREW M8x20mm	4	54	FRONT STABILIZER WHEEL	2
29	SCREW M8x20mm	8			

55	ADJUSTING PAD PLATE	4	85	SPRING $\Phi 1 \times \Phi 8.5 \times 48 \text{mm}$	1
56	ADJUSTING PAD M14	4	86	WASHER $\Phi 5 \times \Phi 22 \times 2 \text{T}$	1
57	SCREW M8x50mm	8	87	PRESSING PIPE	1
58	SCREW M5x12mm	2	88	WAVE WASHER $\Phi 10.2 \times \Phi 13 \times 0.3 \text{T}$	1
59	NUT M8	5	89	BEARING 6102 2RS	2
60	SCREW M6x20mm	4	90	PRESSING WHEEL	1
61	REAR STABILIZER COVER	2	91	WASHER $\Phi 8 \times \Phi 14 \times 2 \text{T}$	1
62	REAR STABILIZER	1	92	WRENCH	1
63	UPPER CHAIN COVER	1	93	WRENCH	1
64	SEAT TUBE SLEEVE	1	94	WRENCH	1
65	PLASTIC PIPE	2	95	CONNECTING WIRE 750mm	1
66	SADDLE TUBE	1	96	CONNECTING WIRE 650mm	1
67	SADDLE ADJUSTMENT BAR	1	97	DC LINE 600mm	1
68	SCREW M5x8mm	1	98	CONNECTING WIRE 250mm	1
69	HANDLE	1	99	SENSOR WIRE HOUSING	1
70	SEAL	1	100	SCREW M4x11.5mm	2
71	WASHER $\Phi 5 \times \Phi 18 \times 1.5 \text{T}$	2	101	OVERLAY	1
72	SCREW M5x16mm	2			
73	SADDLE TUBE SLEEVE $\Phi 12 \times \Phi 10 \times 17.5 \text{mm}$	2			
74	SADDLE TUBE AXLE	1			
75	CABLE 530mm	1			
76	SADDLE	1			
77	SADDLE FIXING PLATE	1			
78	SADDLE TUBE AXLE $\Phi 8 \times 39.8 \text{L}$	1			
79	SADDLE POSITION SLEEVE	2			
80	WASHER $\Phi 8.5 \times \Phi 17 \times 2 \text{T}$	6			
81	C CLIP $\Phi 8$	2			
82	PLASTIC PIPE	1			
83	SCREW M5x68mm	3			
84	WASHER $\Phi 5 \times \Phi 22 \times 2 \text{T}$	1			

9.3 Exploded Drawing





102	STICKER	1
103	STICKER	1
104	STICKER	2
105	STICKER	1
106	STICKER	1
107	STICKER	1

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 warranty 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 warranty holder 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.

11 CONTACT

DE	DK	UK
<p>TECHNIK</p> <p>☎ +49 4621 4210-900 📠 +49 4621 4210-698 ✉ technik@fitshop.de 🕒 Öffnungszeiten entnehmen Sie unserer Homepage.</p> <p>SERVICE</p> <p>☎ 0800 20 20277 (kostenlos) ☎ 04621 4210 - 0 ✉ info@fitshop.de 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statita</p>	<p>TEKNIK OG SERVICE</p> <p>☎ 80 90 16 50 +49 4621 4210-945 ✉ info@fitshop.dk 🕒 Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7</p>	<p>CUSTOMER CARE</p> <p>☎ +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</p>
	FR	BE
	<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: https://stg.fit/statit4</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: https://stg.fit/statit8</p>
ES	NL	INT
<p>TECNOLOGÍA Y SERVICIOS</p> <p>☎ 911 238 029 ✉ info@fitshop.es 🕒 Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5</p>	<p>TECHNISCHE DIENST & SERVICE</p> <p>☎ +31 172 619961 ✉ service@fitshop.nl 🕒 De openingstijden vindt u op onze homepage: https://stg.fit/statit3</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +49 4621 4210-944 ✉ service-int@fitshop.de 🕒 You can find the opening hours on our homepage: https://stg.fit/statita</p>
PL	AT	CH
<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: https://stg.fit/statit6</p>	<p>TECHNIK & SERVICE</p> <p>☎ 0800 20 20277 (Freecall) +49 4621 42 10-0 ✉ info@fitshop.at 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb</p>	<p>TECHNIK & SERVICE</p> <p>☎ 0800 202 027 +49 4621 42 10-0 ✉ info@fitshop.ch 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9</p>

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.

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