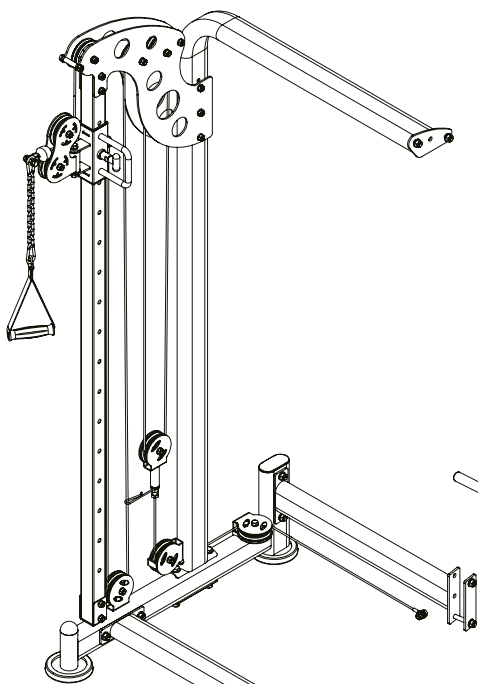
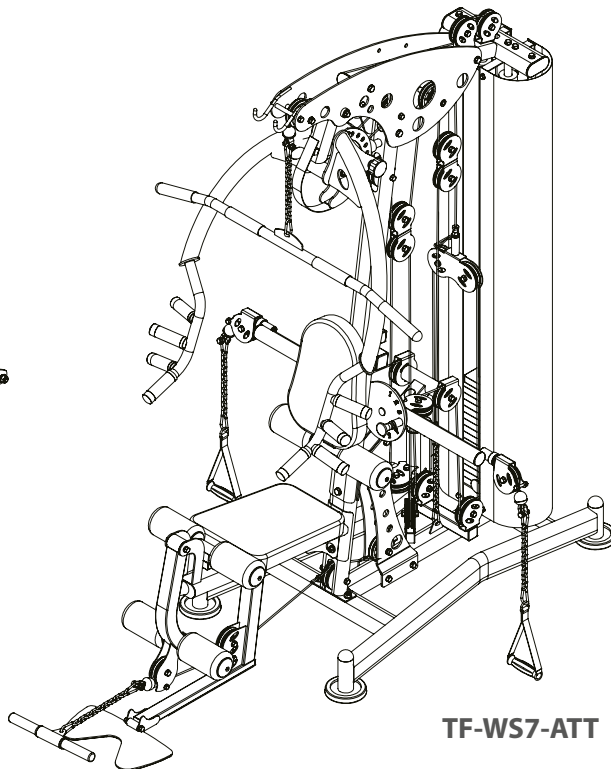


TAURUS®

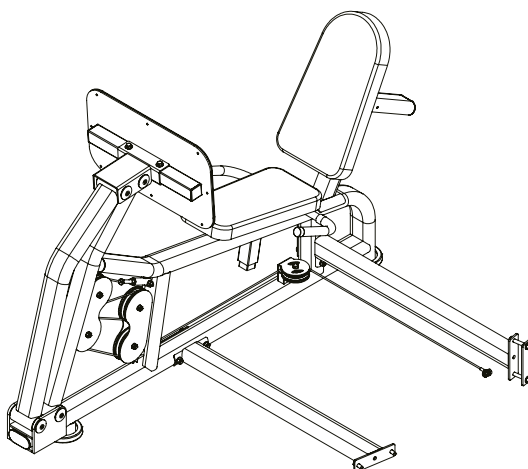
Assembly and Operating Instructions



TF-WS7-PULL



TF-WS7-ATT



TF-WS7-LEG




max. 150 kg



~ 240 Min. 



 233 kg
L 220 | W 132 | H 212

TFWS7ATT.03.04

Art. No. TF-WS7-ATT

Multi-Gym WS7

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Dear customer,

Thank you for choosing a high-quality equipment of the brand Taurus. Taurus offers sports and fitness equipment for the sophisticated home sport and the equipment of fitness studios and business customers. With Taurus® fitness equipment, the focus is on what sport is all about: maximum performance! Therefore, the equipment is developed in close consultation with athletes and sports scientists. Because athletes know best what makes perfect fitness equipment.

Further information can be found at www.sport-tiedje.com.

Intended Use

The equipment may only be used for its intended purpose.

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

Legal Notice

Sport-Tiedje GmbH
Europe's No. 1 for home fitness

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Disclaimer



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

ABOUT THIS MANUAL

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



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

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

The following safety instructions may appear in this manual:

► **ATTENTION**

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

⚠ **CAUTION**

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

⚠ **WARNING**

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

⚠ **DANGER**

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

ⓘ **NOTICE**

This notice indicates further useful information.

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

1.1 Technical Data

Weight and dimensions:

TF-WS7-ATT

Article weight (gross, incl. packaging):	261 kg
Article weight (net, without packaging):	233 kg
Weight block in kg:	90 kg

Packaging dimensions (LxWxH) approx.:

No.1	195 cm x 47 cm x 22 cm
No.2	139 cm x 93 cm x 33 cm
No.3	181.5 cm x 29 cm x 21 cm
No.4	28 cm x 20 cm x 12 cm
No.5	28 cm x 20 cm x 12 cm
No.6	28 cm x 17 cm x 12 cm

Set-up dimensions (LxWxH) approx.:	220 cm x 132 cm x 212 cm
------------------------------------	--------------------------

Maximum user weight:	150 kg
----------------------	--------

TF-WS7-PULL

Article weight (gross, incl. packaging):	40 kg
Article weight (net, without packaging):	35 kg

Packaging dimensions (LxWxH) approx.:	193.5 cm x 42 cm x 21.5 cm
---------------------------------------	----------------------------

Set-up dimensions with multi-gym WS7 (L x W x H) ca.:	225 cm x 172 cm x 212 cm
---	--------------------------

TF-WS7-LEG

Article weight (gross, incl. packaging):	85 kg
Article weight (net, without packaging):	81 kg

Packaging dimensions (LxWxH) approx.:	190 cm x 86.5 cm x 22.5 cm
---------------------------------------	----------------------------

Set-up dimensions with multi-gym WS7 (L x W x H) ca.:	241 cm x 222 cm x 212 cm
---	--------------------------

Maximum user weight:	150 kg
----------------------	--------

1.2 Personal Safety

DANGER

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

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

CAUTION

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.

ATTENTION

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

1.3 Set-Up Place

WARNING

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

CAUTION

- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.

ATTENTION

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

2.1 General Instructions



DANGER

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



WARNING

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



CAUTION

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



ATTENTION

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



NOTICE

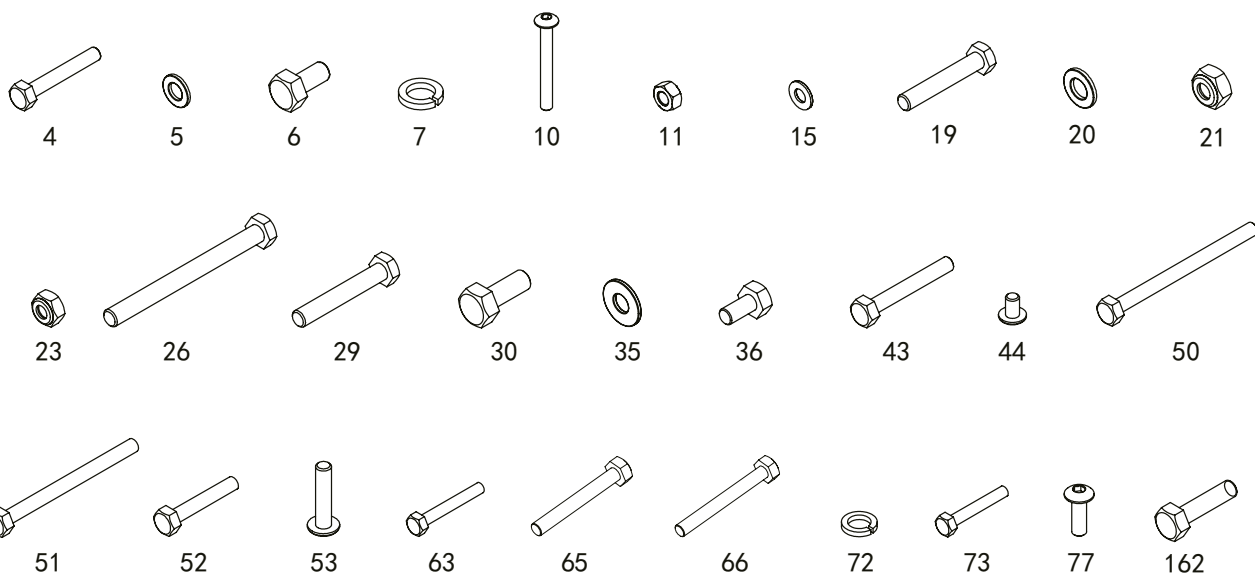
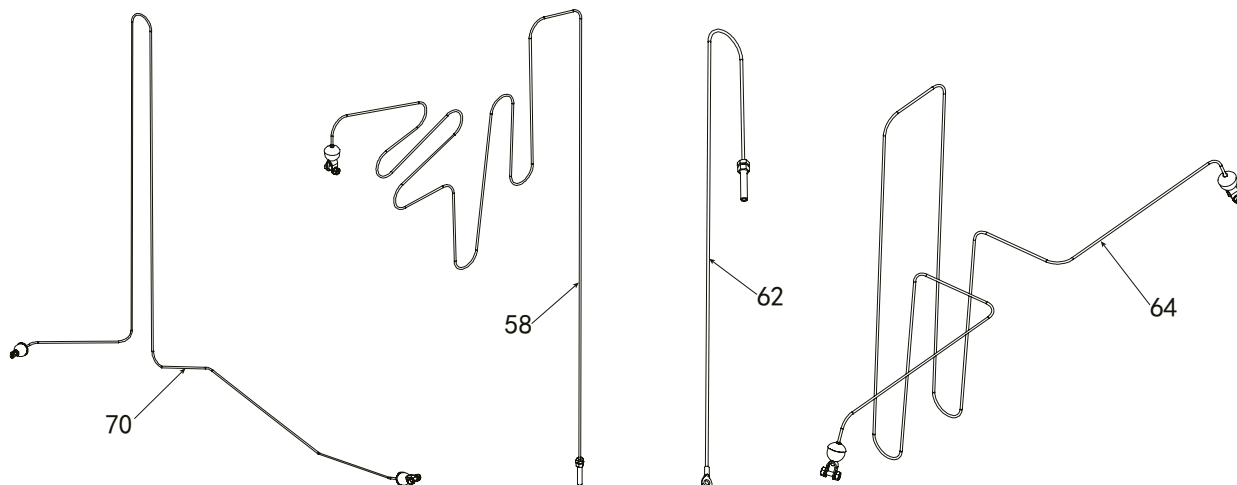
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

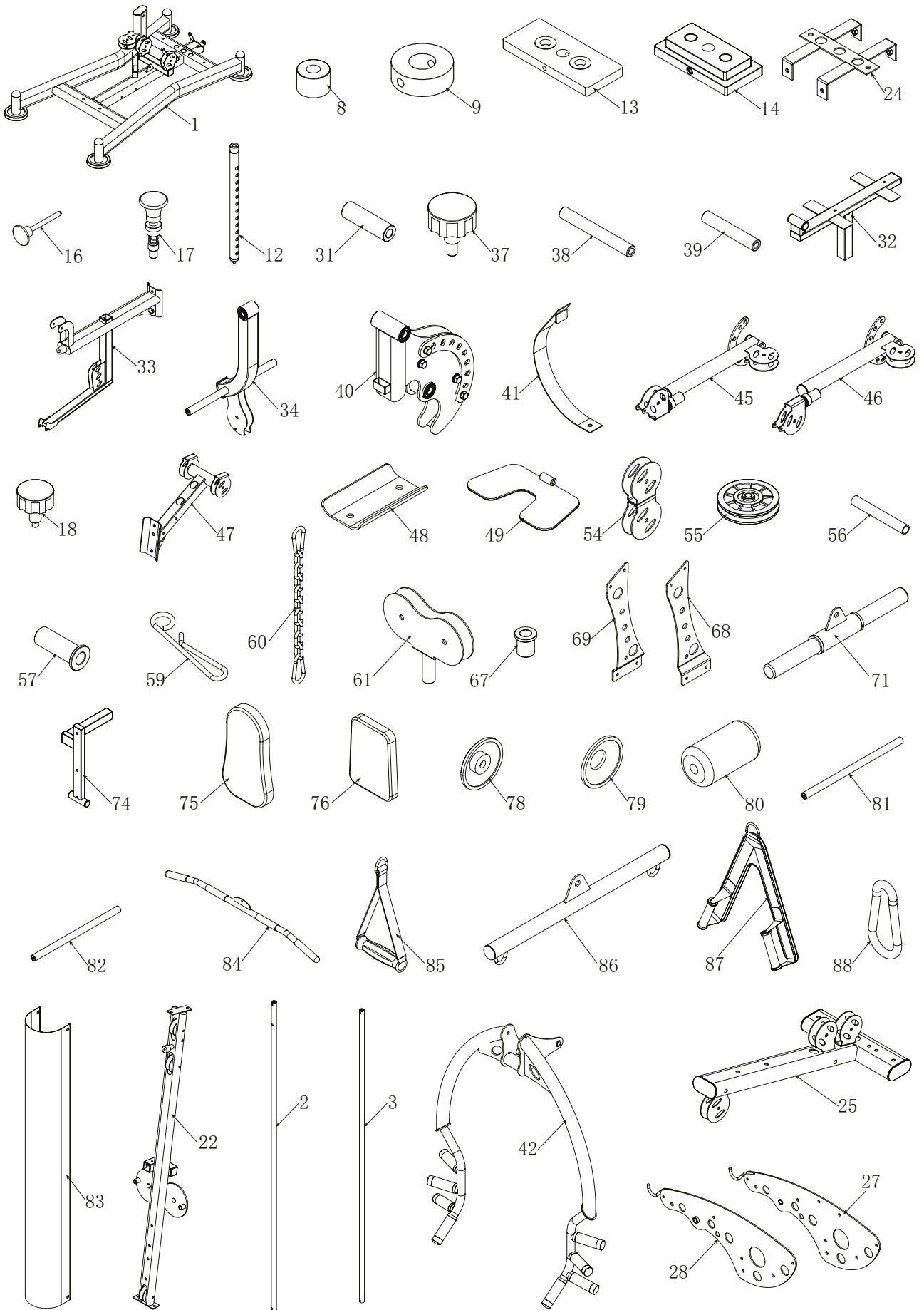
2.2 Scope of Delivery Multi-gym

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

CAUTION

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





2.3 Assembly Multi-gym

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

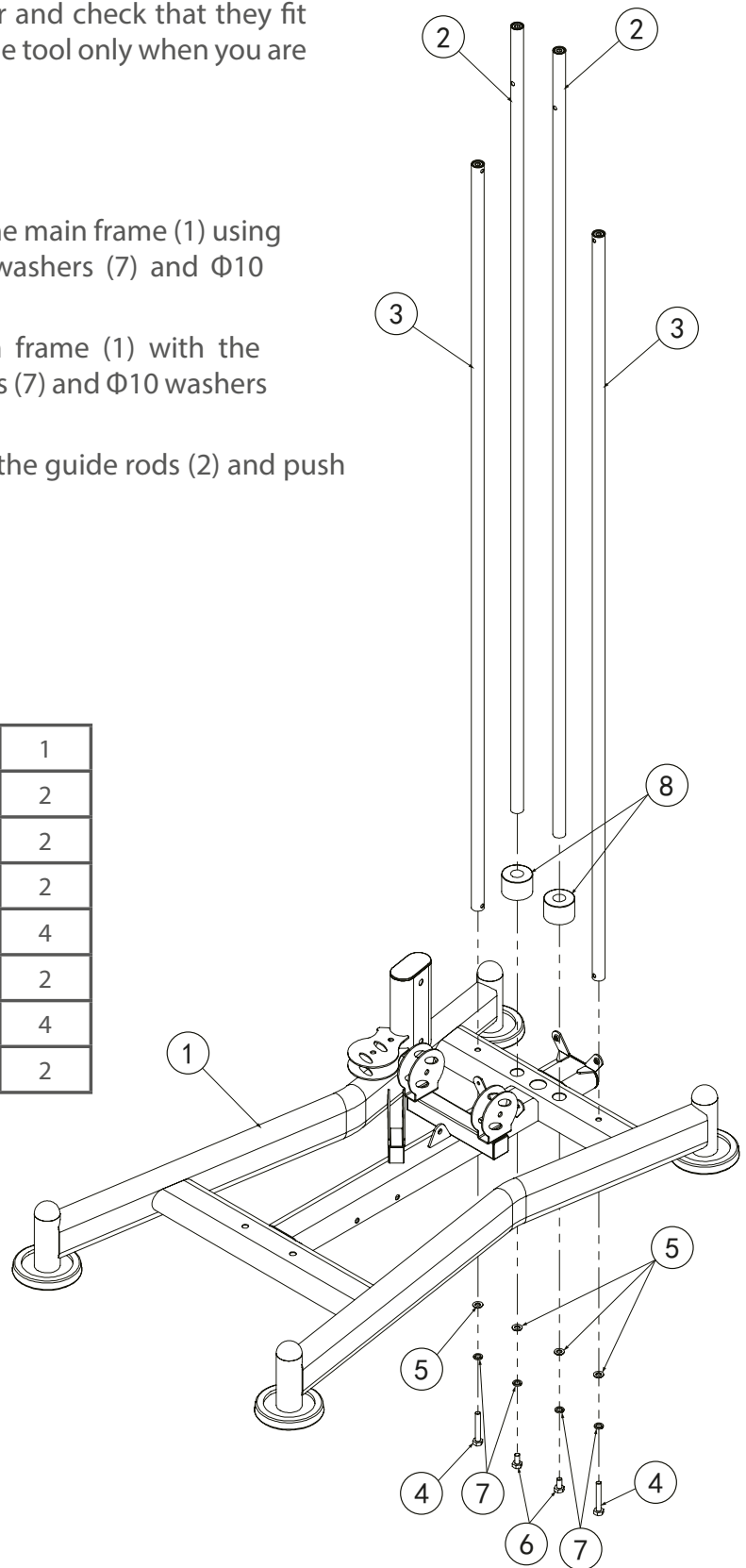
① NOTICE

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.

Step 1

1. Mount the rear support rods (3) to the main frame (1) using the M10*65 bolts (4), Φ 10 spring washers (7) and Φ 10 washers (5).
2. Fit the guide rods (2) to the main frame (1) with the M10*20 bolts (6), Φ 10 spring washers (7) and Φ 10 washers (5).
3. Put one rubber damper (8) each on the guide rods (2) and push the rubber dampers (8) down.
4. Tighten all screws firmly.

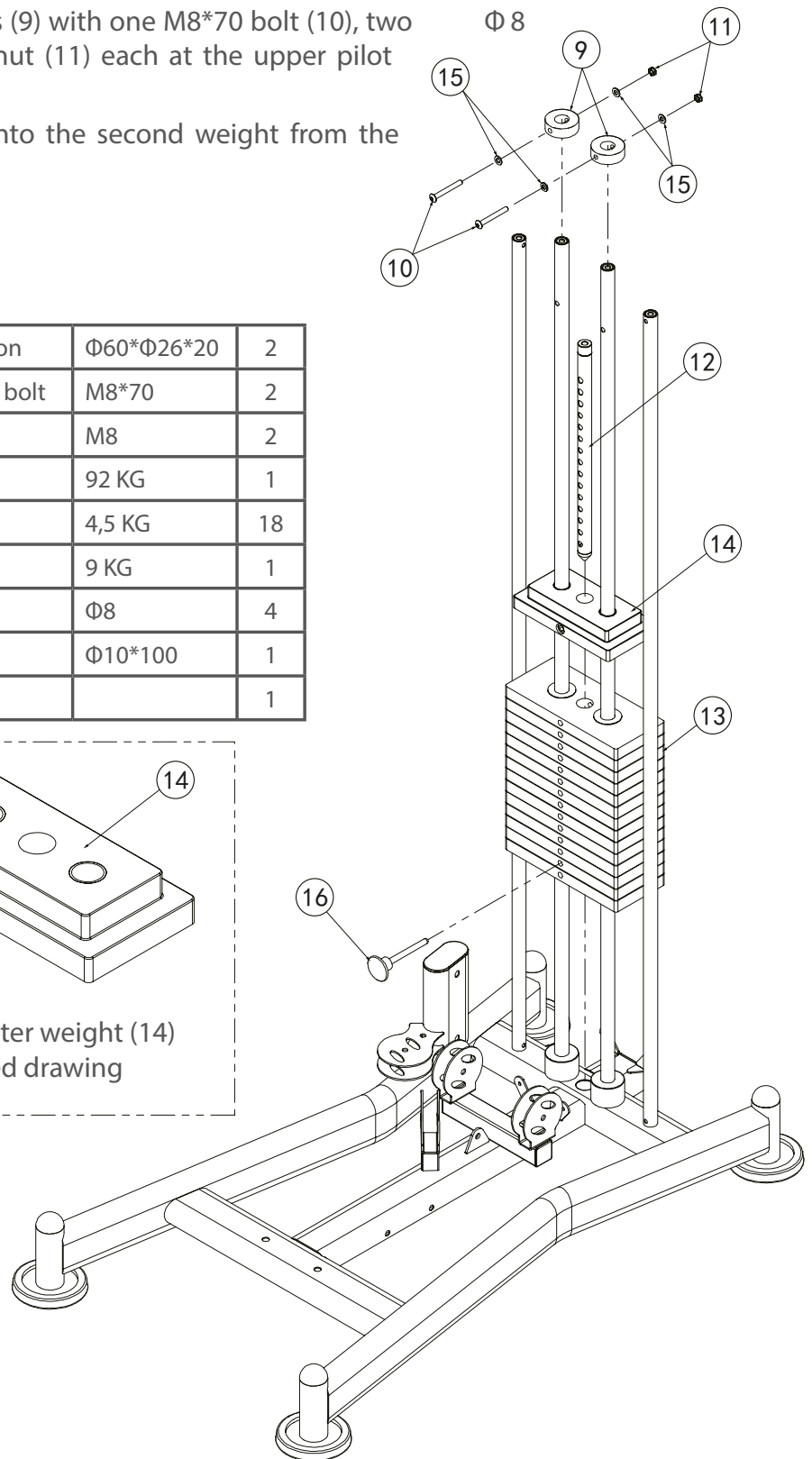
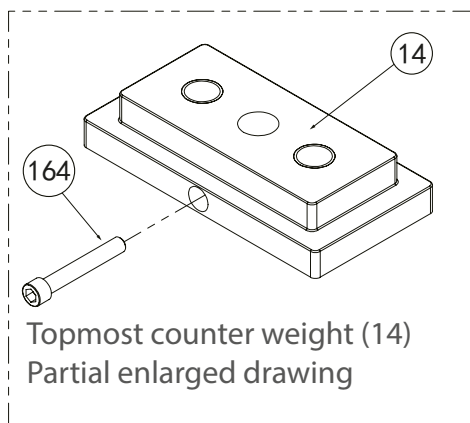
1	ground frame		1
2	guide rod	Φ 25*1853	2
3	back support rod	Φ 259*1757.5	2
4	hexagon bolt	M10*65	2
5	washer	Φ 10	4
6	hexagon bolt	M10*20	2
7	spring washer	Φ 10	4
8	rubber cushion	Φ 60* Φ 26*42	2



Step 2

1. Place the 18 4.5 kg weights (13) on the guide rods from above. Lastly, put the 9 kg weight (14) on the guide rods.
2. Remove the pin (164) from the top weight (14). Lower the centreboard (12) into the weights. Put the pin (164) back into the top weight (14).
3. Fix the two rubber stoppers (9) with one M8*70 bolt (10), two washers (15) and one M8 nut (11) each at the upper pilot holes on the guide rod.
4. Insert the safety pin (16) into the second weight from the bottom.
5. Tighten all screws firmly.

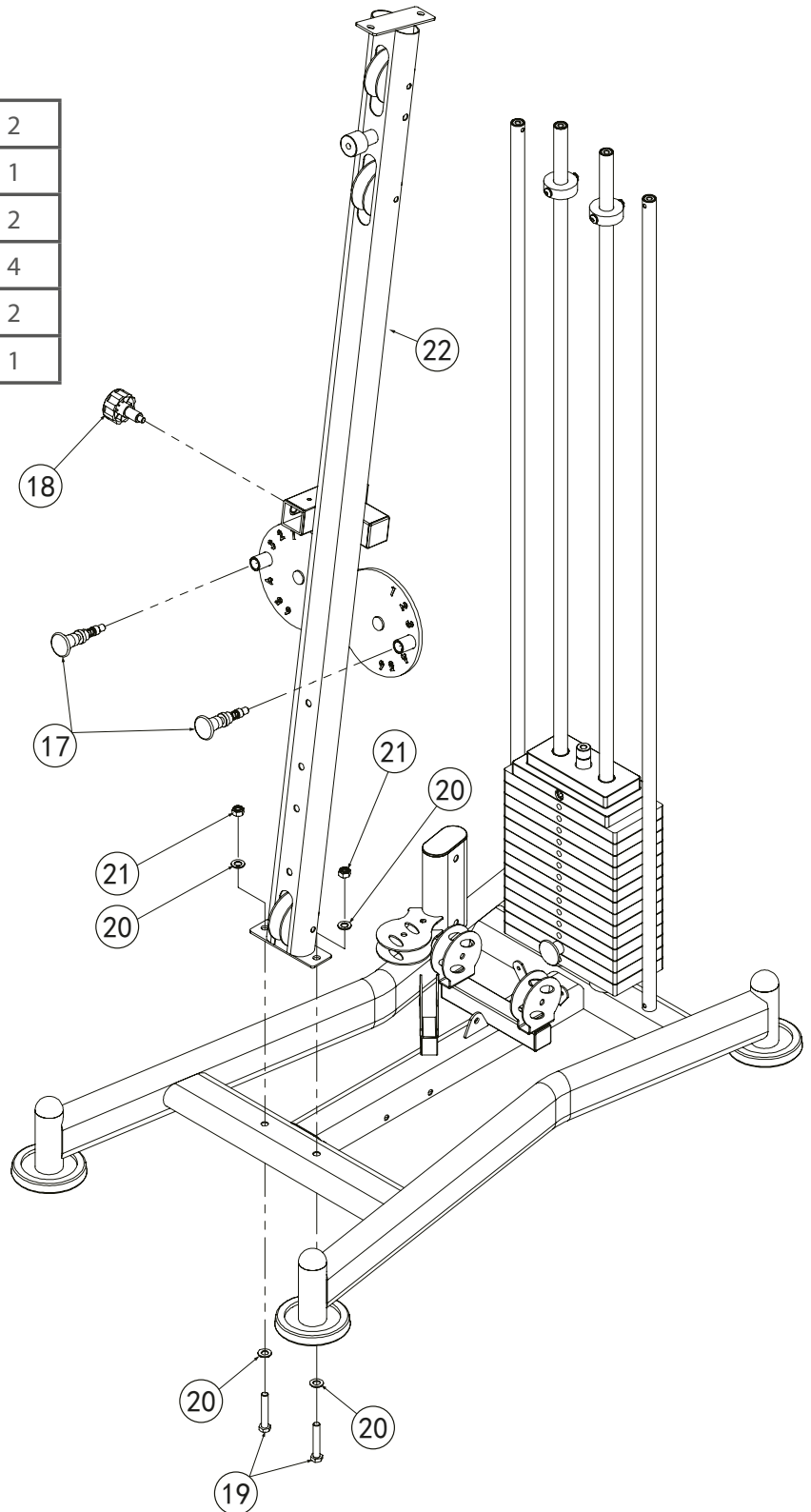
9	counter weight rubber cushion	Φ60*Φ26*20	2
10	hexagon socket button head bolt	M8*70	2
11	lock nut	M8	2
12	selector rod	92 KG	1
13	counter weight	4,5 KG	18
14	topmost counter weight	9 KG	1
15	washer	Φ8	4
16	weight pin	Φ10*100	1
164	top weigh stack lock bolt		1



Step 3

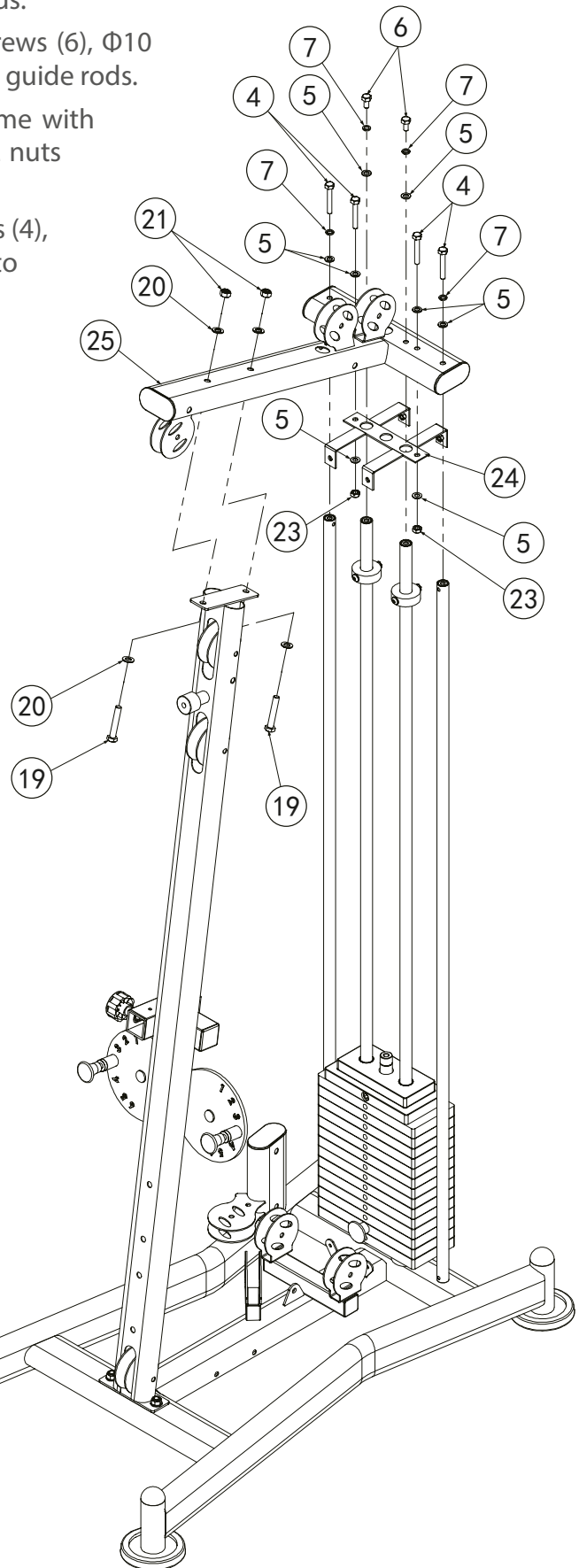
1. Mount the front frame (22) to the main frame (1) with two M12*70 bolts (19), four $\Phi 12$ washers (20) and two M12 nuts (21).
2. Place the locking pins (17) on the front frame (22).
3. Place the draw bolt (18) on the front frame (22).
4. Tighten all screws firmly.

17	lock pin		2
18	pull pin	$\Phi 10$	1
19	hexagon bolt	M12*70	2
20	washer	$\Phi 12$	4
21	lock nut	M12	2
22	front frame		1



Step 4

1. Put the support frame on (24) on the guide rods.
2. Mount the upper frame (25) with M10*20 screws (6), Φ 10 spring washers (7) and Φ 10 washers (5) on the guide rods.
3. Secure the upper frame (25) to the front frame with M12*70 bolts (19), Φ 12 washers (20) and M12 nuts (21).
4. Mount the upper frame (25) with M10*65 bolts (4), Φ 10 spring washers (7) and Φ 10 washers (5) to the rear support bars.
5. Mount the support frame (24) with M10*65 bolts (4), Φ 10 washers (5) M10 nuts (23) to the upper frame (25).
6. Tighten all screws firmly.

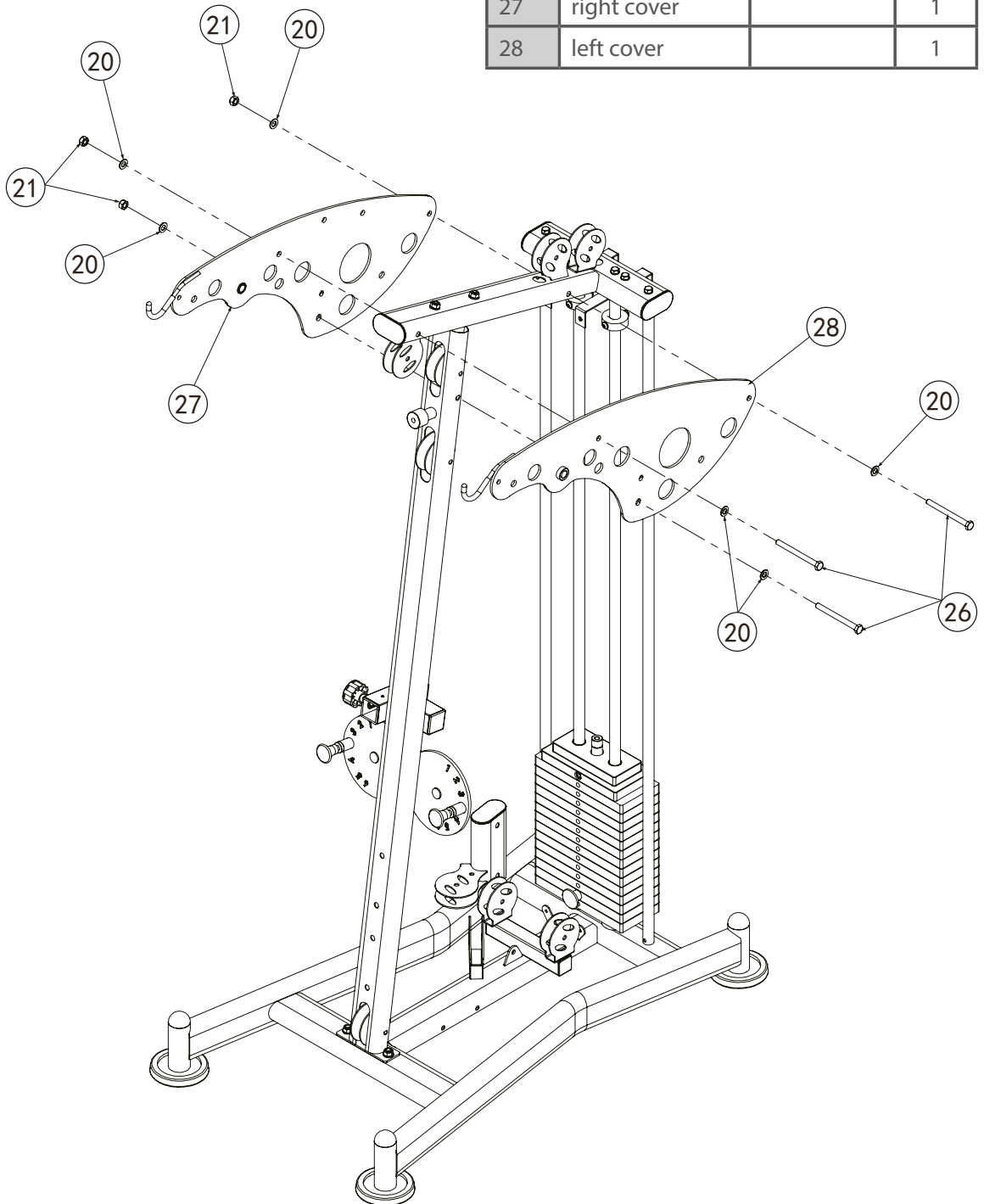


4	hexagon bolt	M10*65	4
5	washer	Φ 10	8
6	hexagon bolt	M10*20	2
7	spring washer	Φ 10	4
19	hexagon bolt	M12*70	2
20	washer	Φ 12	4
21	lock nut	M12	2
23	lock nut	M10	2
24	shield support frame		1
25	upper frame		1

Step 5

1. Secure the right and left covers (27, 28) to the upper frame with M12*130 bolts (26), Φ 12 washers (20) and the M12 nuts (21).
2. Tighten all screws firmly.

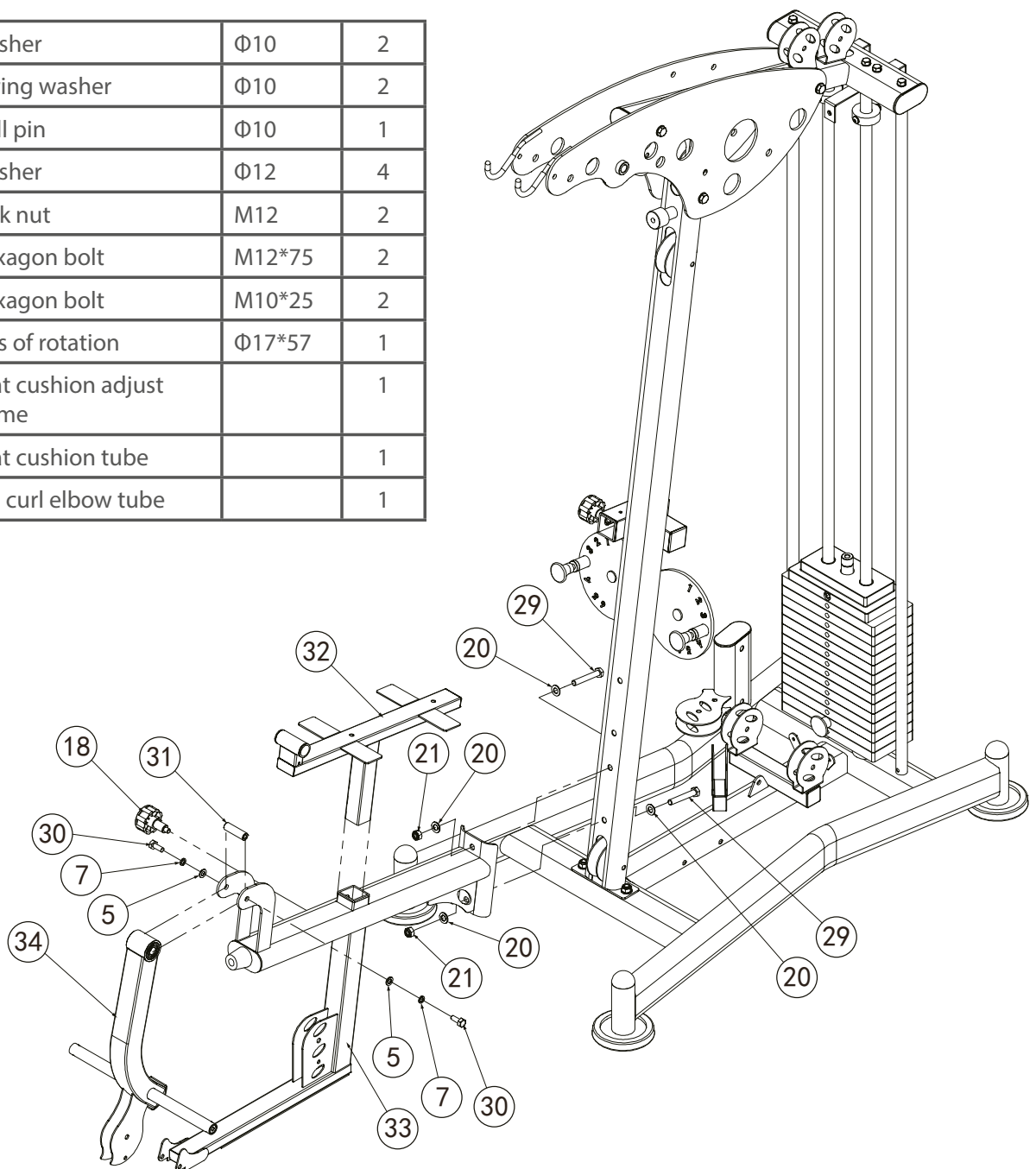
20	washer	Φ 12	6
21	lock nut	M12	3
26	hexagon bolt	M12*130	3
27	right cover		1
28	left cover		1



Step 6

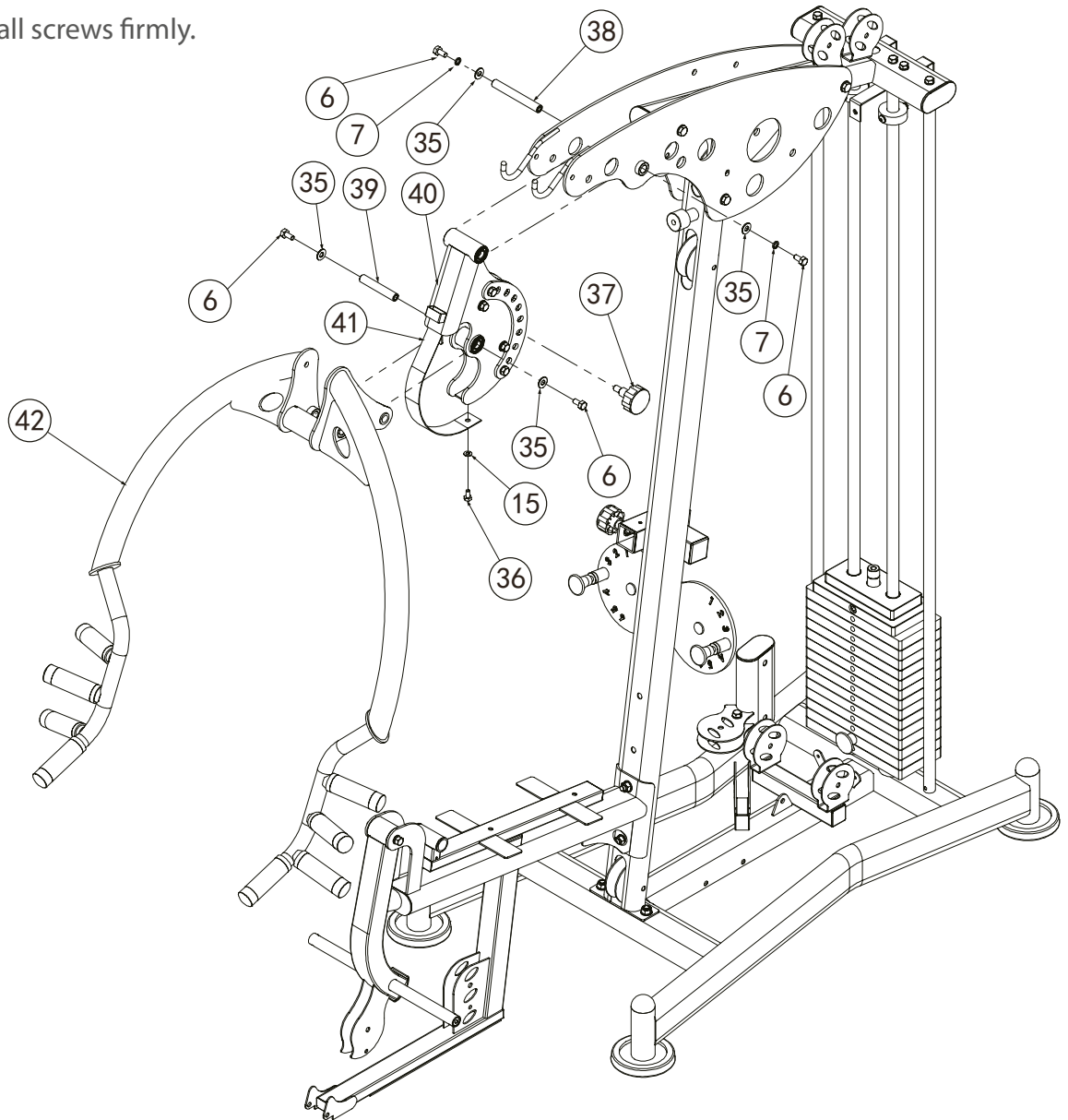
1. Mount the seat upholstery tube (33) to the front frame with M12*75 bolts (29), Φ 12 washers (20) and the M12 nuts (21).
2. Mount the leg curl angle tube (34) with rotation axle (31), M10*25 screws (30), Φ 10 spring washers (7) and the Φ 10 washers (5) to the seat cushion tube (33).
3. Mount the seat cushion adjustment frame (32) to the seat cushion tube (33) with the pull bolt (18).
4. Tighten all screws firmly.

5	washer	Φ 10	2
7	spring washer	Φ 10	2
18	pull pin	Φ 10	1
20	washer	Φ 12	4
21	lock nut	M12	2
29	hexagon bolt	M12*75	2
30	hexagon bolt	M10*25	2
31	axis of rotation	Φ 17*57	1
32	seat cushion adjust frame		1
33	seat cushion tube		1
34	leg curl elbow tube		1



Step 7

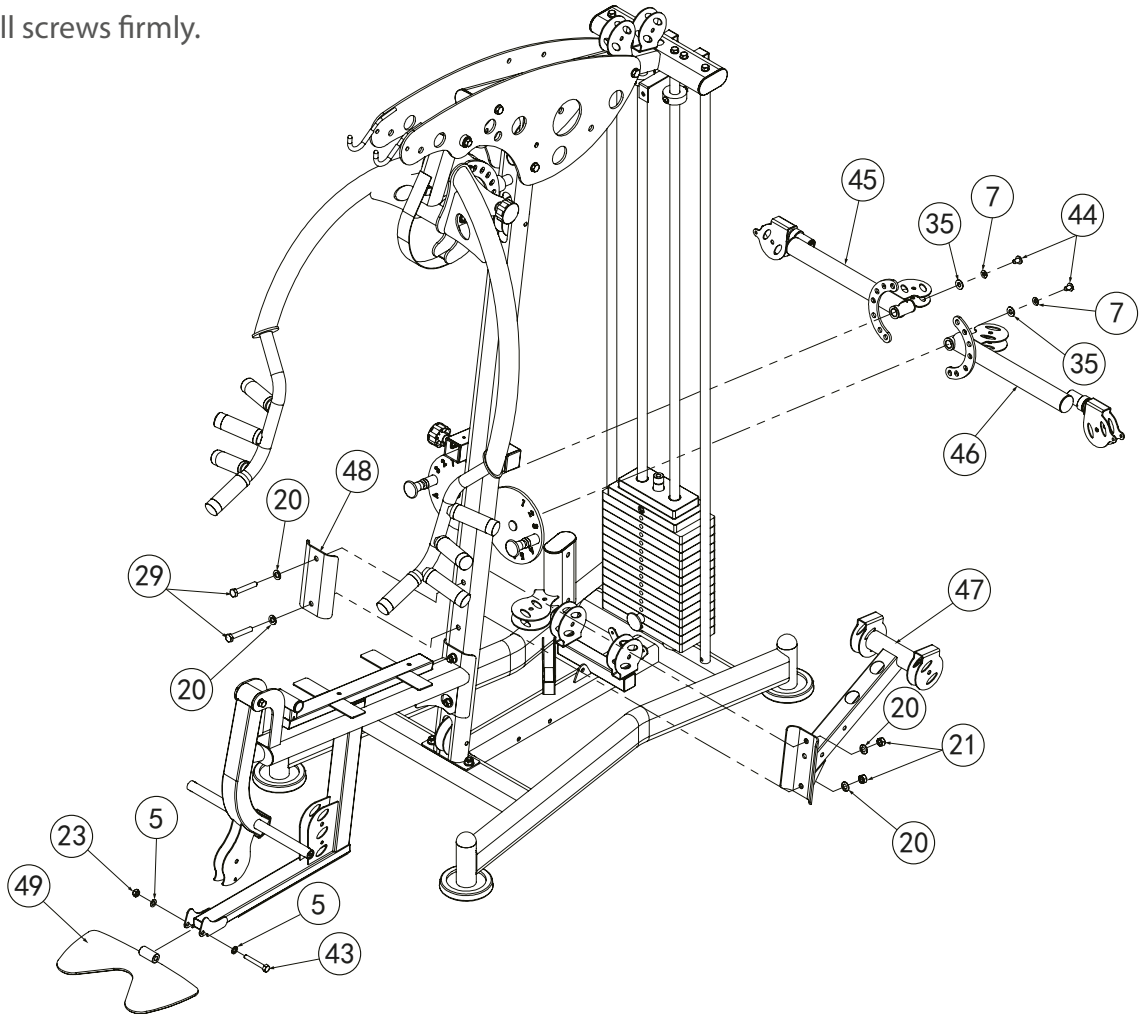
1. Mount the bracket (40) with the axle (38), M10*20 screws (6), Φ 10 spring washers (7), Φ 10 washer (35) between the two covers.
2. Mount the chest press module (42) to the bracket (40) with the axle (39), M10*20 bolts (6), Φ 10 washers (35) and the draw bolt (37).
3. Fit the mudguard (41) to the bracket (40) with M8*16 bolt (36) and Φ 8 washer (15).
4. Tighten all screws firmly.



6	hexagon bolt	M10*20	4	38	shaft	Φ 17*134	1
7	spring washer	Φ 10	2	39	shaft	Φ 17*100	1
15	washer	Φ 8	1	40	front push holder		1
35	big washer	Φ 25*10*2.0	4	41	guard plate		1
36	hexagon bolt	M8*16	1	42	front push arm		1
37	pull pin	Φ 12	1				

Step 8

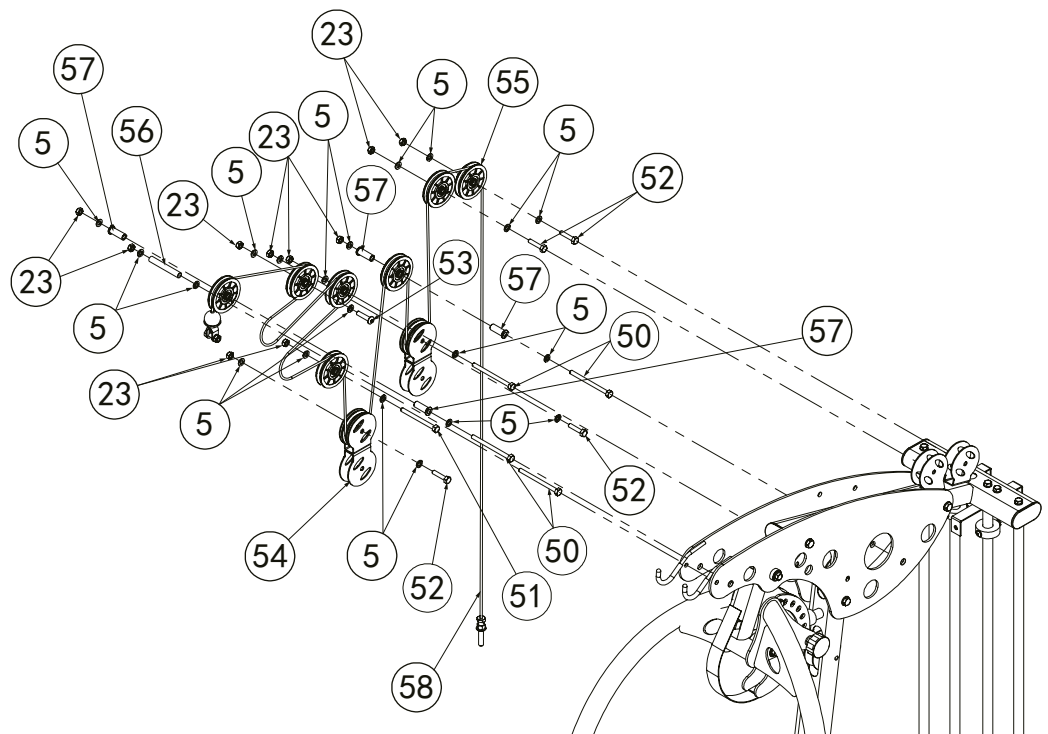
1. Mount the left butterfly arm (46) to the front frame with the M10*16 bolt (44), Φ 10 spring washer (7) and Φ 10 washer (35).
2. Mount the right butterfly arm (45) to the front frame with the M10*16 bolt (44) Φ 10 spring washer (7), Φ 10 washer (35).
3. Fit the pulley bracket (47) to the front frame with M12*75 bolts (29), Φ 12 washers (20), Φ 12 nuts (21) and reinforcement plate (48).
4. Mount the foot plate (49) to the seat upholstery tube with the M10*70 bolt (43), Φ 10 washer (5), M10 nut (23).
5. Tighten all screws firmly.



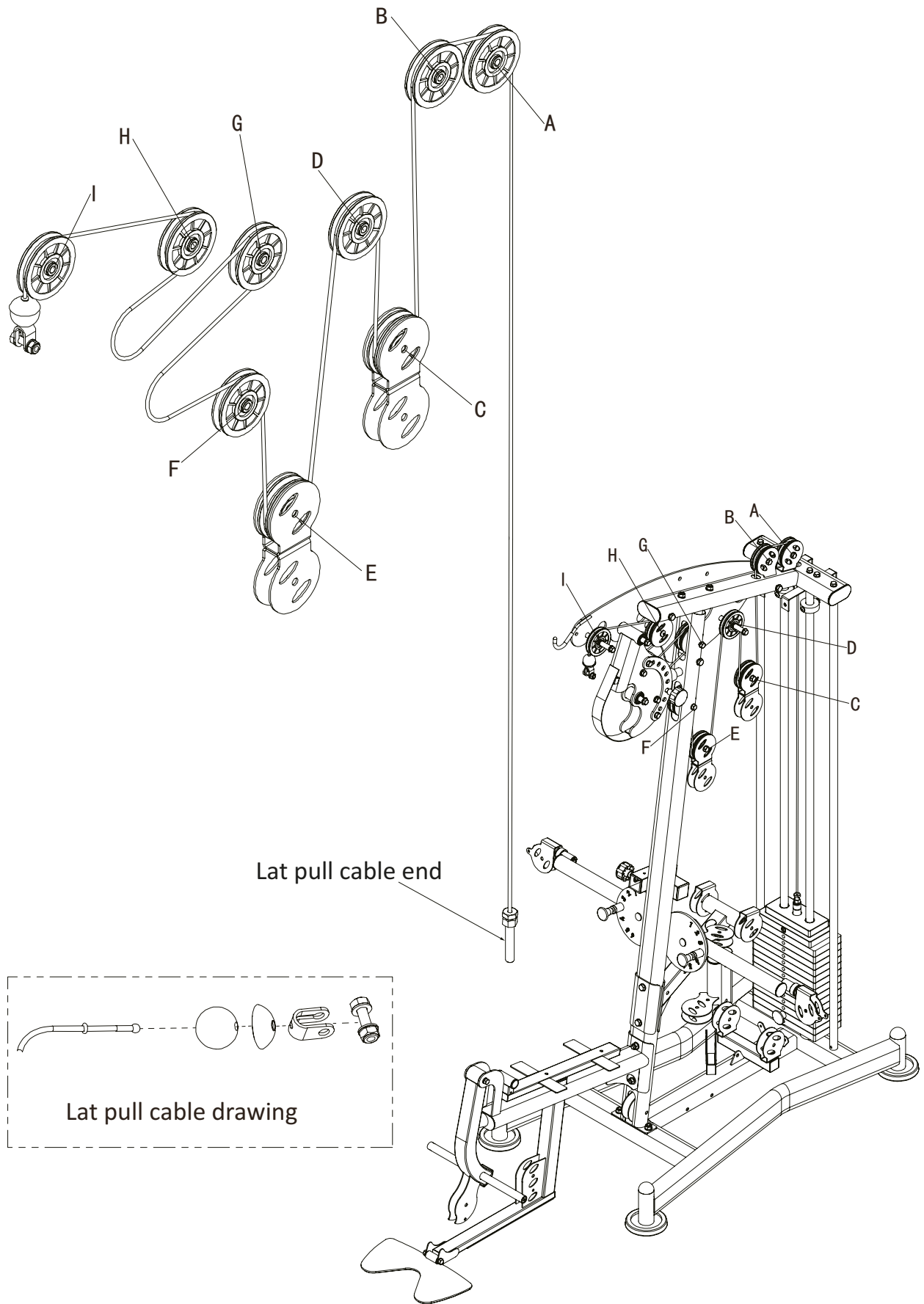
5	washer	Φ 10	2	43	hexagon bolt	M10*70	1
7	spring washer	Φ 10	2	44	hexagon socket button head bolt	M10*16	2
21	lock nut	M12	4	45	right butterfly arm		1
20	washer	Φ 12	2	46	left butterfly arm		1
23	lock nut	M10	1	47	pulley support frame		1
29	hexagon bolt	M12*75	2	48	reinforcing plate		1
35	big washer	Φ 25*10*2.0	2	49	footplate		1

Step 9

1. Fit 4 pulleys (55) with M10*45 bolts (52), $\Phi 10$ 10 washers (5) and M10 nuts (23) at points A, B, C, E.
2. Fit 2 pulleys (55) with M10*130 bolts (50), pulley spacers (57), $\Phi 10$ washers (5) and M10 nuts (23) at points I, D.
3. Mount the pulley (55) with M10*130 bolt (50), $\Phi 10$ washer (5) and M10 nut (23) at point G.
4. Mount the pulley (55) with M10*45 bolt (63), $\Phi 10$ washer (5) and M10 nut (23) at point H.
5. Mount the pulley (55) with M10*115 bolt (51), $\Phi 10$ washer (5) and M10 nut (23) at point F.
6. Fit the M10*130 bolt (50), connecting sleeve (56), $\Phi 10$ washer (5) and M10 nut (23) to the left and right covers (at point I).
7. Remove the ball head from the end of the lat pull cable (58).
8. Connect the end of the lat pull cable (58) to the selection bar/sword, starting at point A, in order through points B, C, D, E, F, G, H, I. Finally, re-attach the ball end to the cable.



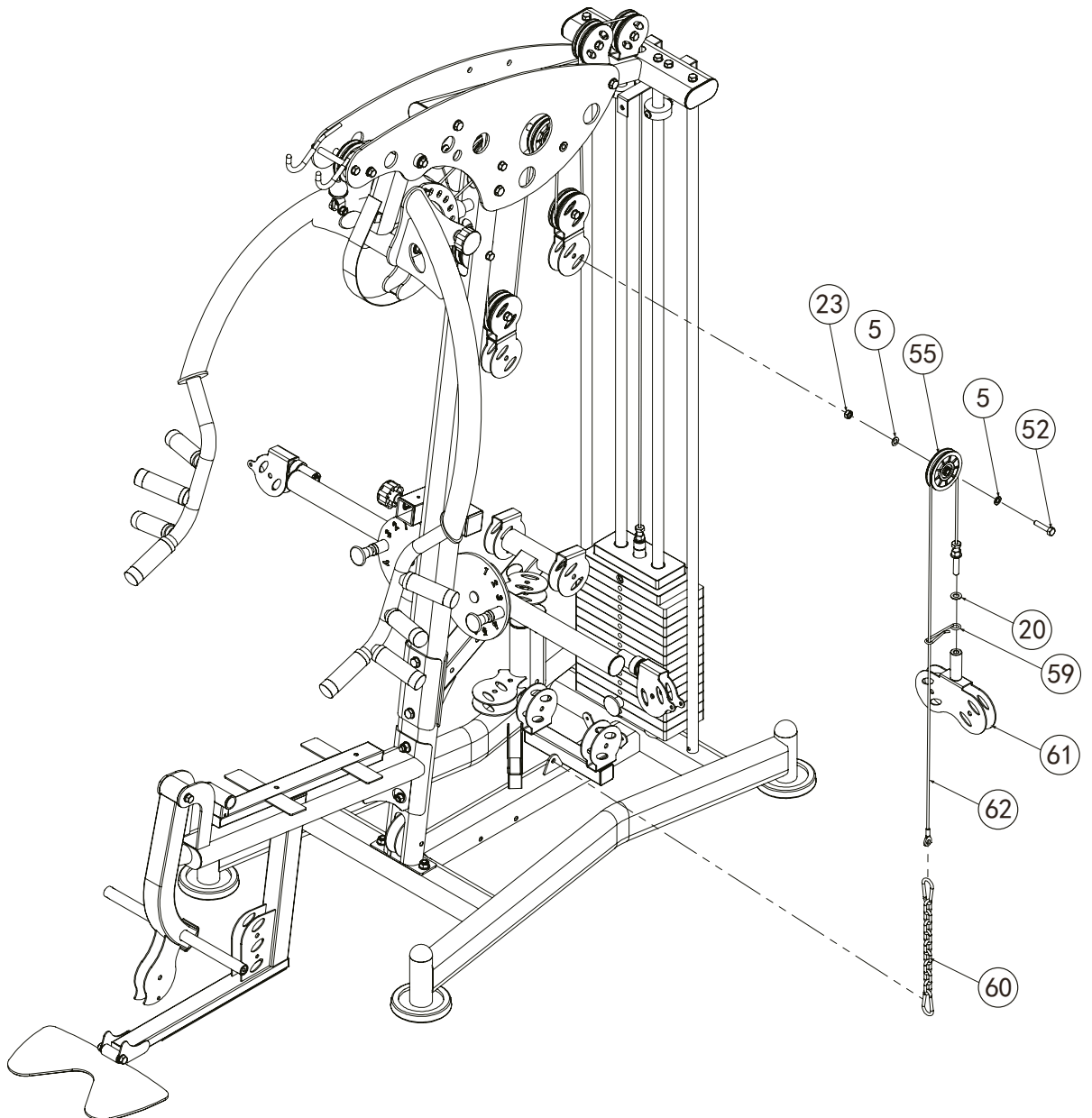
5	washer	$\Phi 10$	2	54	"-" shape pulley frame		1
23	lock nut	M10	31	55	pulley	$\Phi 95 \times 26$	19
50	hexagon bolt	M10*130	8	56	connecting sleeve	$\Phi 14 \times 100$	4
51	hexagon bolt	M10*115	2	57	pulley spacer	$\Phi 22 \times \Phi 10.5 \times 45.5$	1
52	hexagon bolt	M10*45	25	58	lat pull cable	L:4490 mm	1
53	hexagon socket button head bolt	M10*45	1				

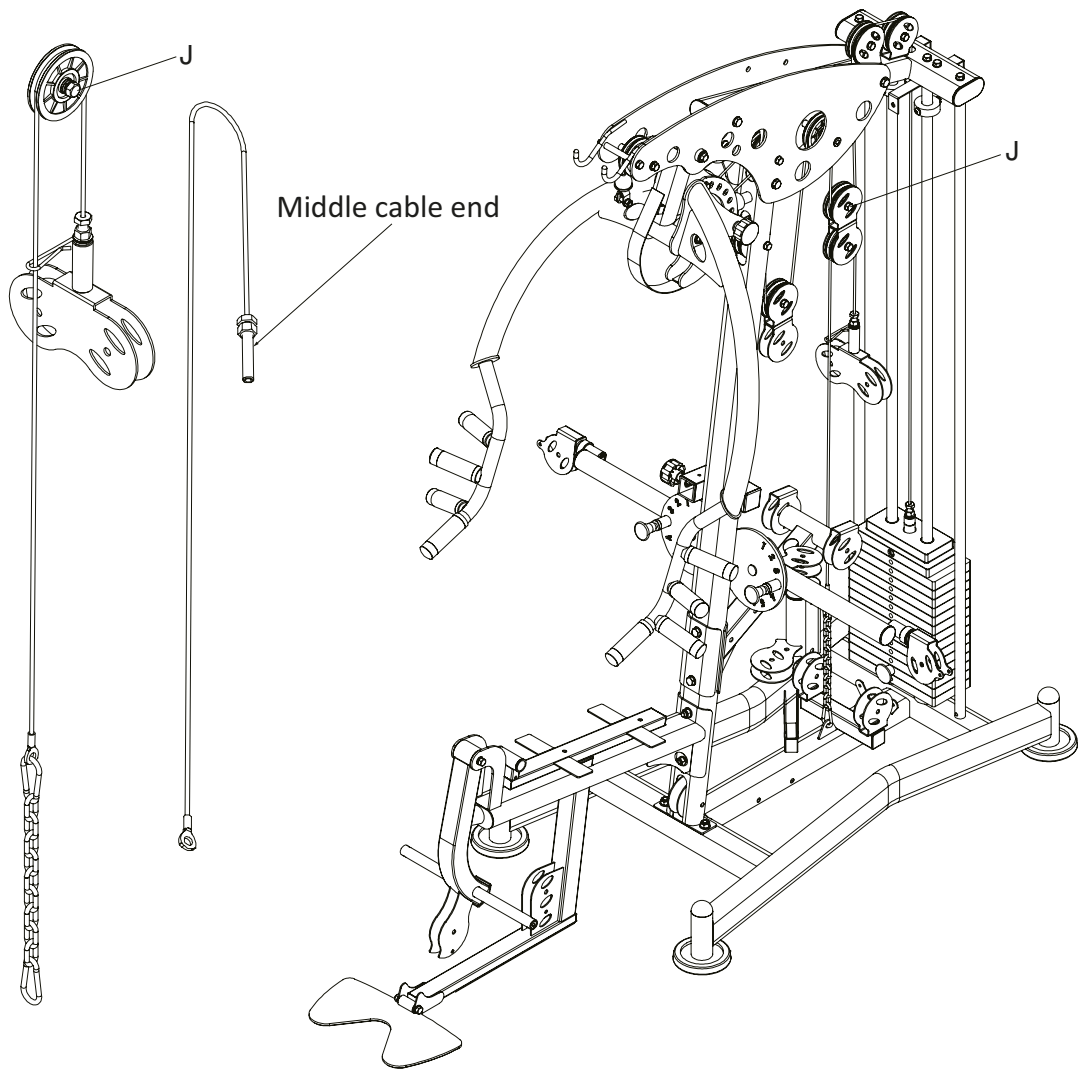


Step 10

1. Connect the chain and carabiner (60) to the middle cable (62) and connect the other end of the chain (60) to the carabiner on the main frame.
2. Guide the middle cable (62) over the pulley (55) and mount the pulley (55) with the M10*45 bolt (52), Φ 10 washers (5) and M10 nut (23) at point J.
3. Put the Φ 12 washer (20) and the cable hook (59) on the end of the middle cable. Now screw the end of the middle cable to the double deflection pulley (61).
4. Guide the cable through the cable hook (59).

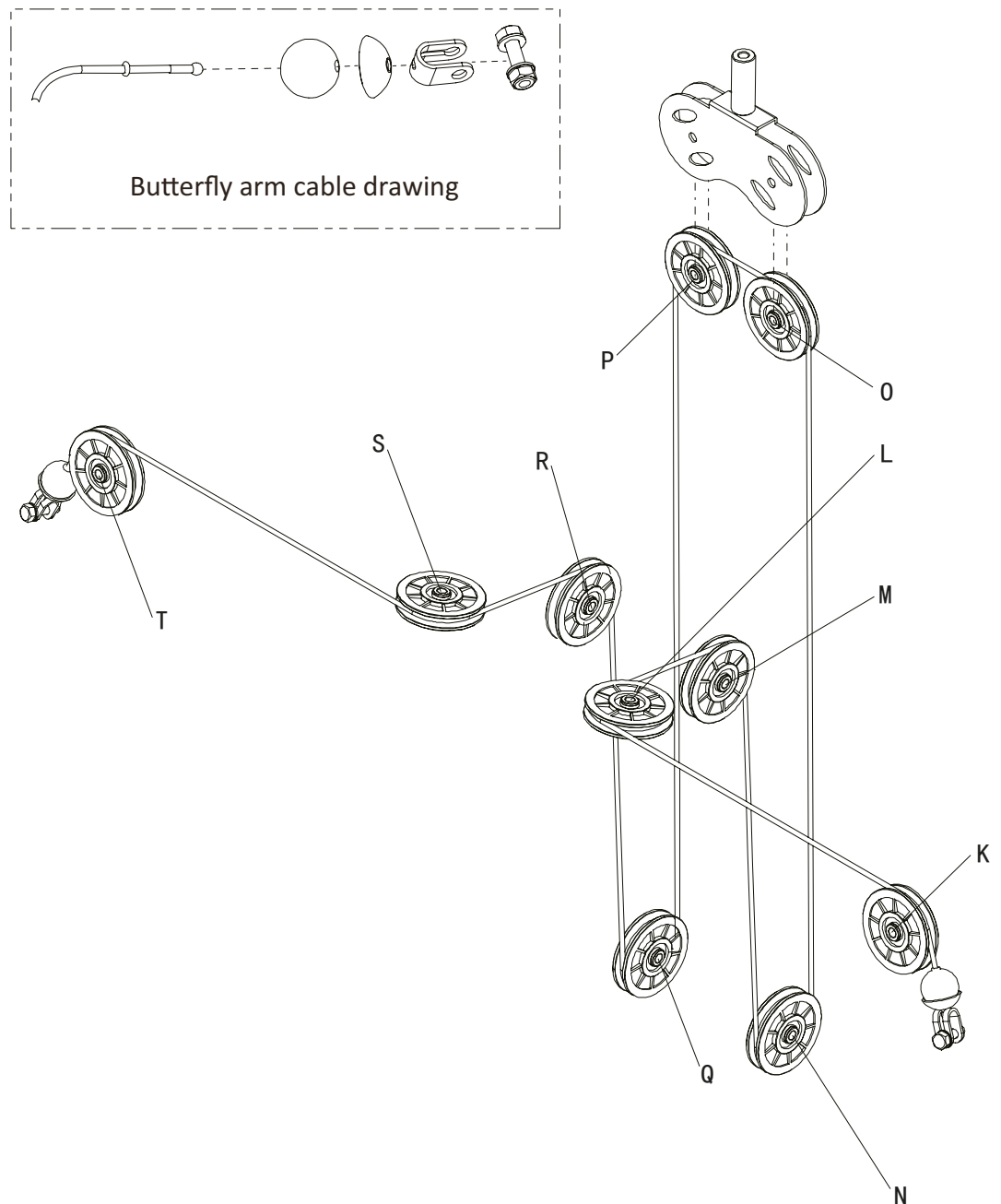
5	washer	Φ 10	2
20	washer	Φ 12	1
23	lock nut	M10	1
52	hexagon bolt	M10*45	1
55	pulley	Φ 95*26	1
59	cable hook		1
60	9 link chain & snap hook		1
61	double pulley plate		1
62	middle cable	L:1500mm	1



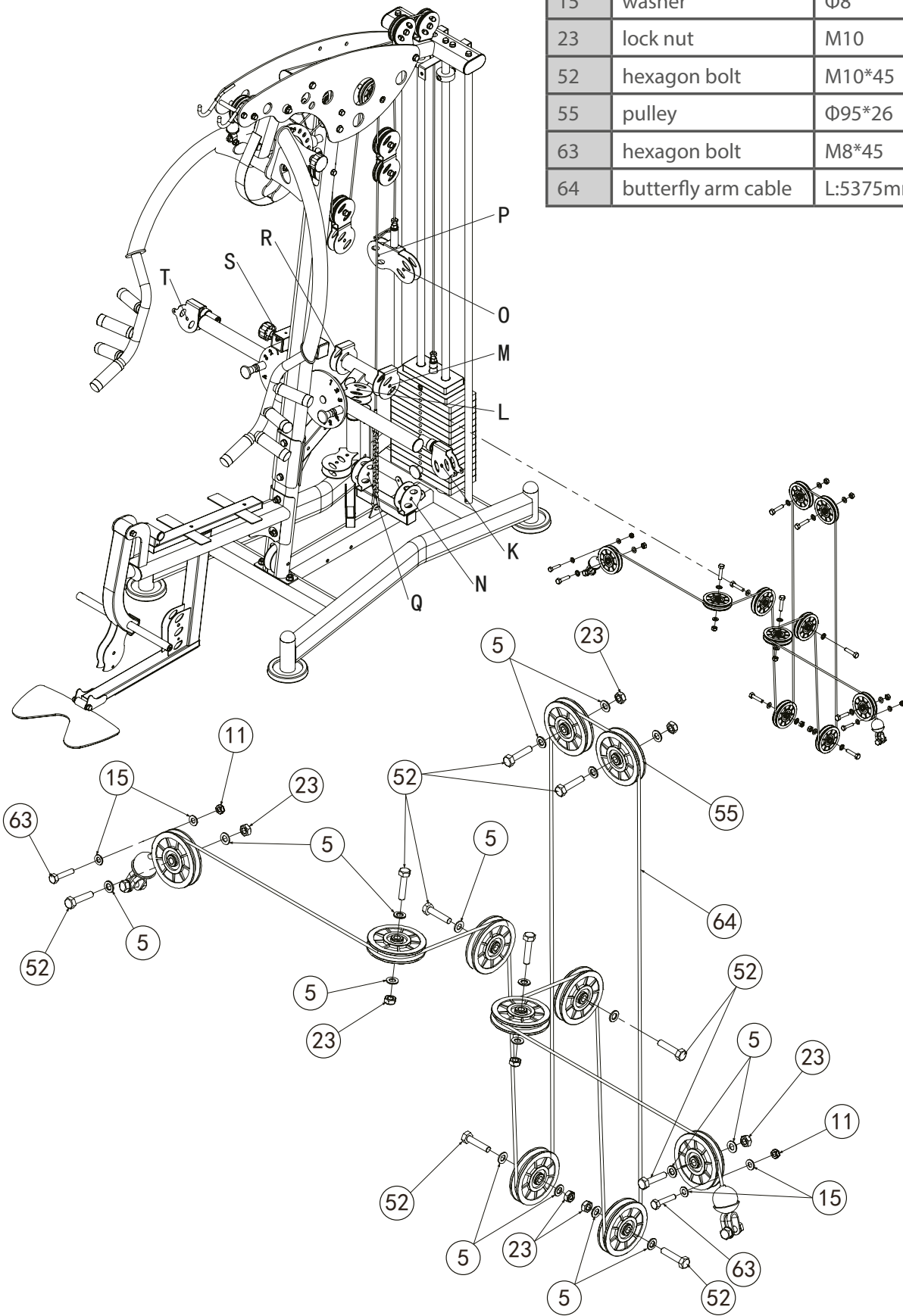


Step 11

1. Fit 8 pulleys (55) with M10*45 bolts (52), Φ 10 washers (5) and M10 nuts (23) at points K, L, N, O, P, Q, S, T.
2. Mount 2 pulleys (55) with M10*45 bolts (52) and Φ 10 washers (5) at points M, R.
3. Remove the ball end from the butterfly arm cable (64).
4. Pull the butterfly arm cable (64) from point K through points L, M, N, O, P, Q, R, S, T. Then reattach the ball head end to the butterfly arm cable (64).
5. Fit the M8*45 bolts (63), Φ 8 washers (15) and M8 nuts (11) at points K and T.



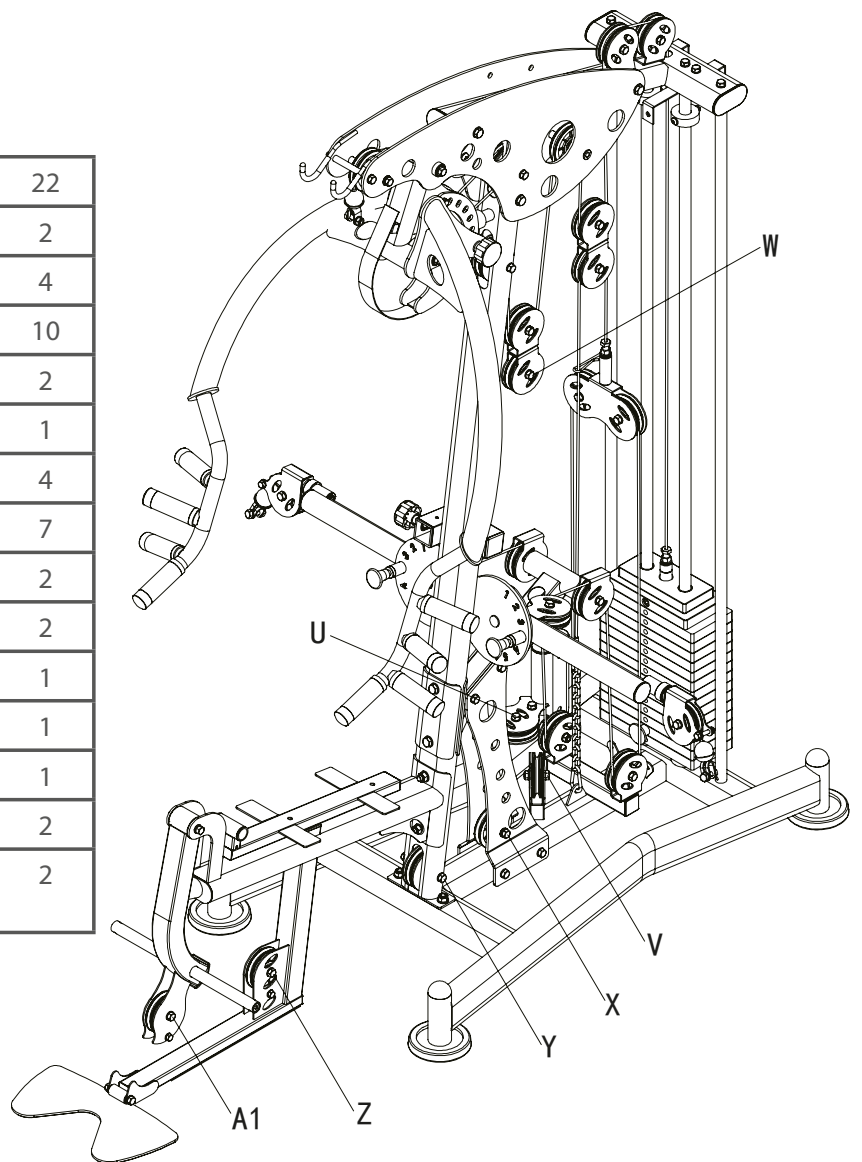
5	washer	Φ10	18				
11	lock nut	M8	2				
15	washer	Φ8	4				
23	lock nut	M10	8				
52	hexagon bolt	M10*45	10				
55	pulley	Φ95*26	10				
63	hexagon bolt	M8*45	2	64	butterfly arm cable	L:5375mm	1
64	butterfly arm cable	L:5375mm	1				

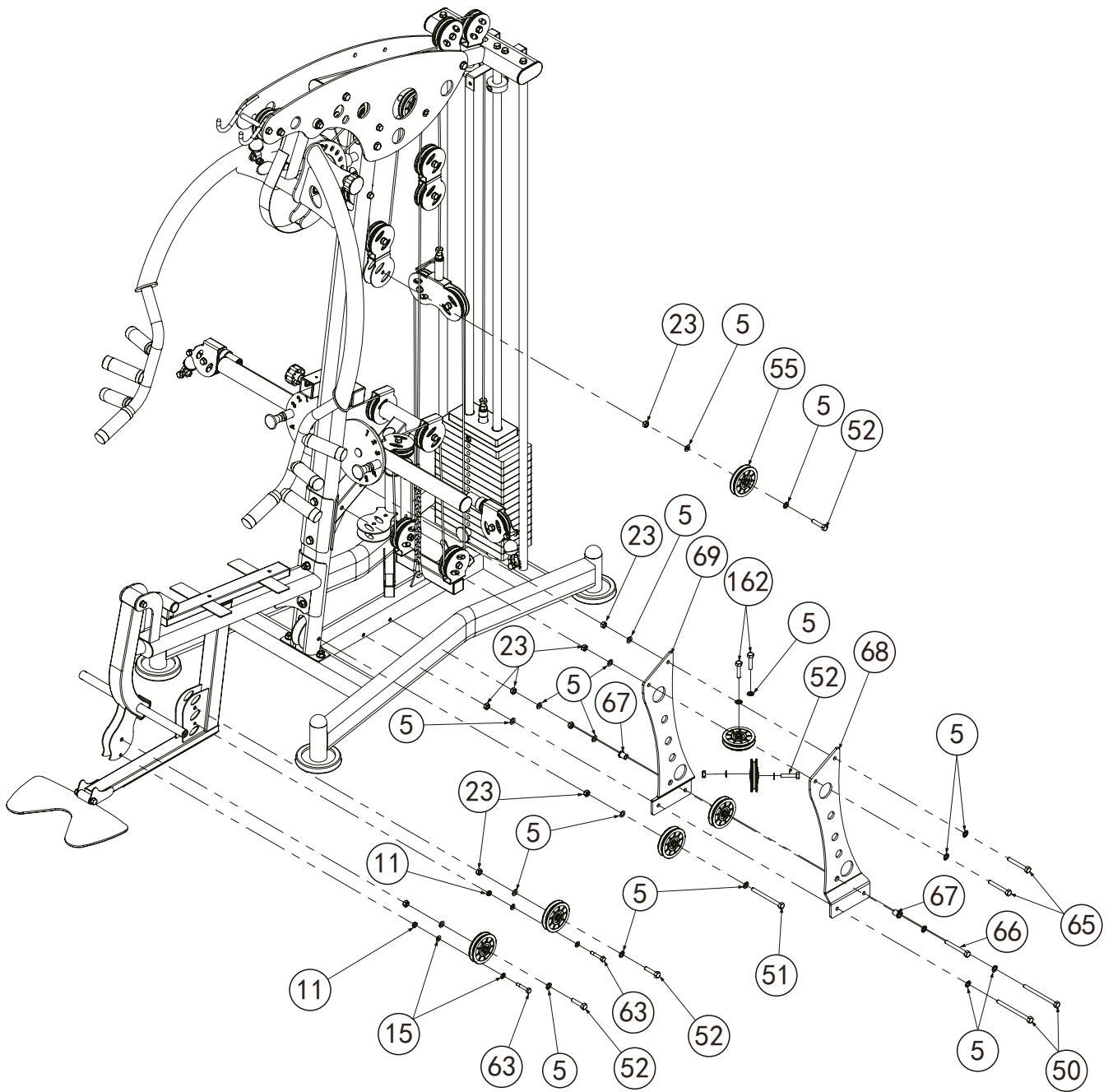


Step 12

1. Fit the left and right support plates (68, 69) to the main frame and front frame using M10*130 hexagon bolts (50), M10*75 bolts (65), Φ 10 washers (5) and M10 nuts (23).
2. Mount 4 pulleys (55) with M10*45 bolts (52), Φ 10 washers (5) and M10 nuts (23) at points V, W, Z, A1.
3. Mount the pulley (55) with the M10*115 bolt (51), Φ 10 washer (5) and M10 nut (23) at point Y.
4. Mount the pulley (55) with the M10*85 bolt (66), Φ 10 washer (5), powder coated sleeve (67) and M10 nut (23) at point X.
5. Mount the pulley (55) with the M10*40 bolt (162), Φ 10 washer (5) at point U.
6. Fit the M10*40 bolt (162), Φ 10 washer (5) at point U.
7. Fit the M8*45 bolts (63), Φ 8 washers (15) and M8 nuts (11) at points A1 and Z.

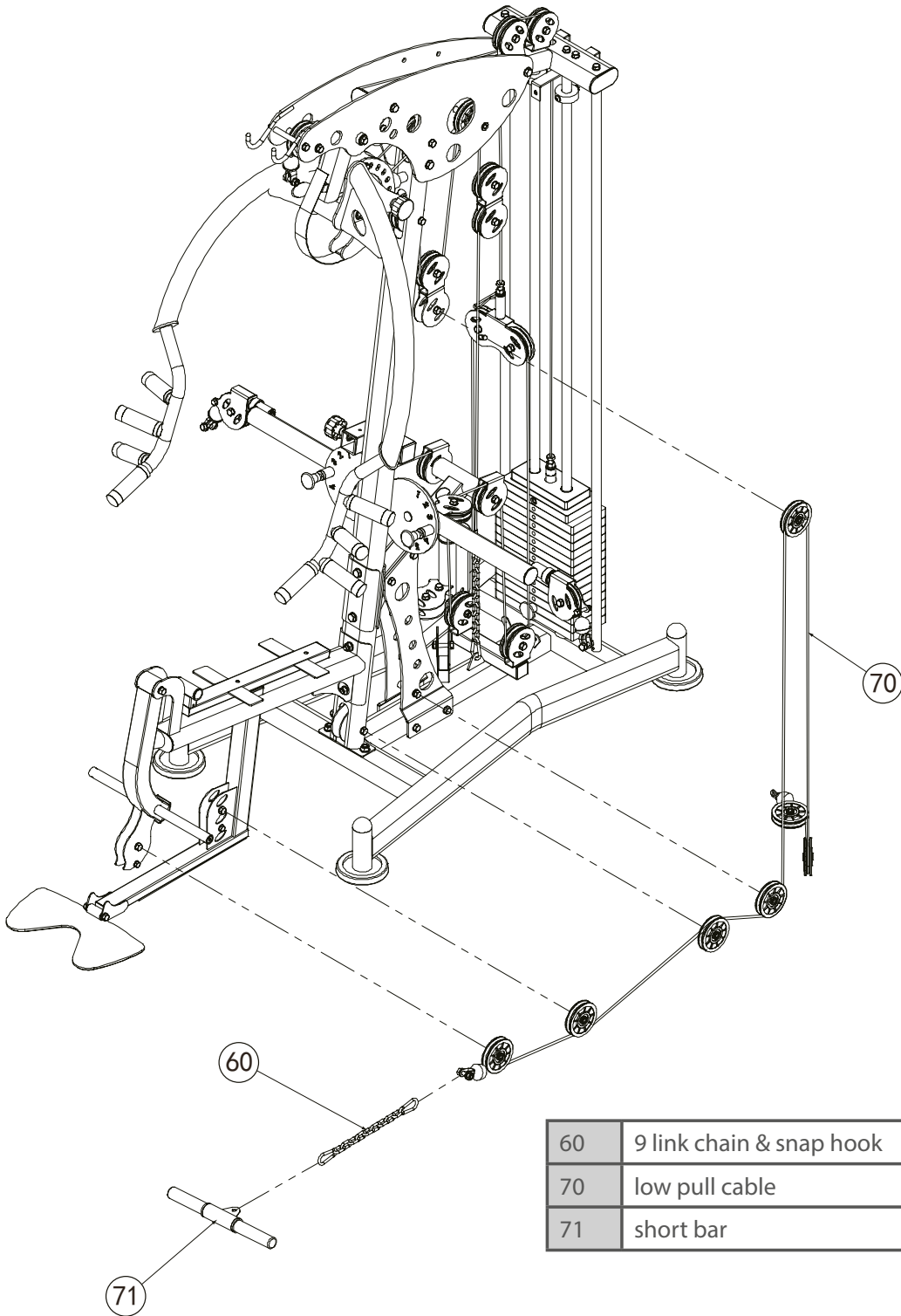
5	washer	Φ 10	22
11	lock nut	M8	2
15	washer	Φ 8	4
23	lock nut	M10	10
50	hexagon bolt	M10*130	2
51	hexagon bolt	M10*115	1
52	hexagon bolt	M10*45	4
55	pulley	Φ 95*26	7
63	hexagon bolt	M8*45	2
65	hexagon bolt	M10*75	2
66	hexagon bolt	M10*85	1
68	left support plate		1
69	right support plate		1
162	hexagon bolt	M10*40	2
67	powder metallurgy sleeve	Φ 10	2



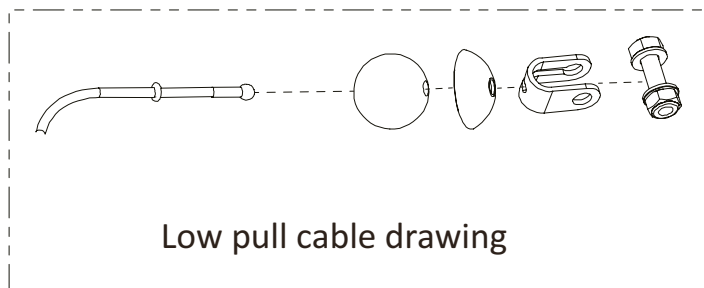
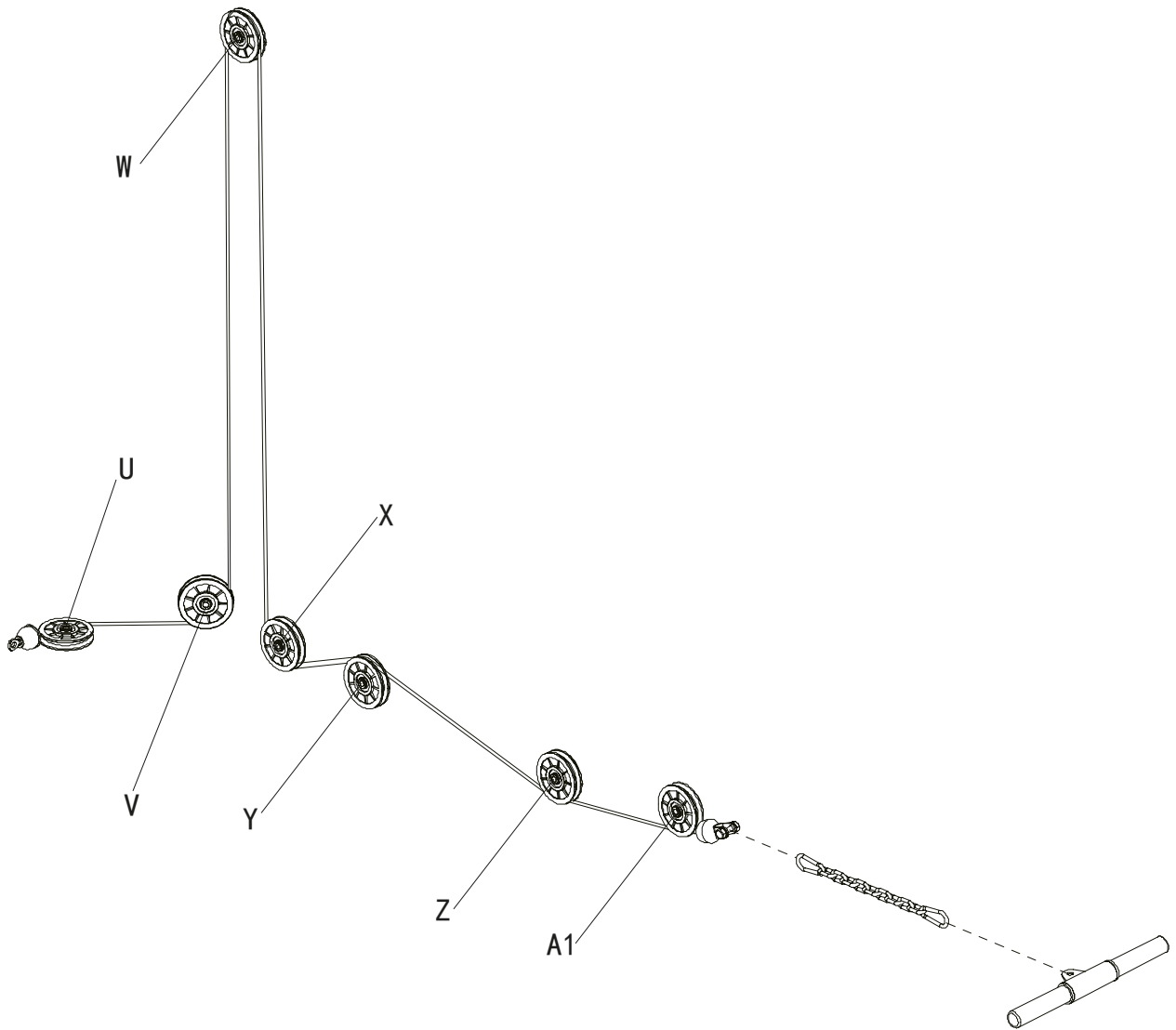


Step 13

1. Remove the ball end of the lower pull cable (70).
2. Pull the end of the lower cable (70) from point U through points V, W, X, Y, Z, A1. Then reattach the ball end to the cable.
3. Connect the chain and the carabiner (60) to the lower cable (70).
4. Connect the other end to the short rod (71).



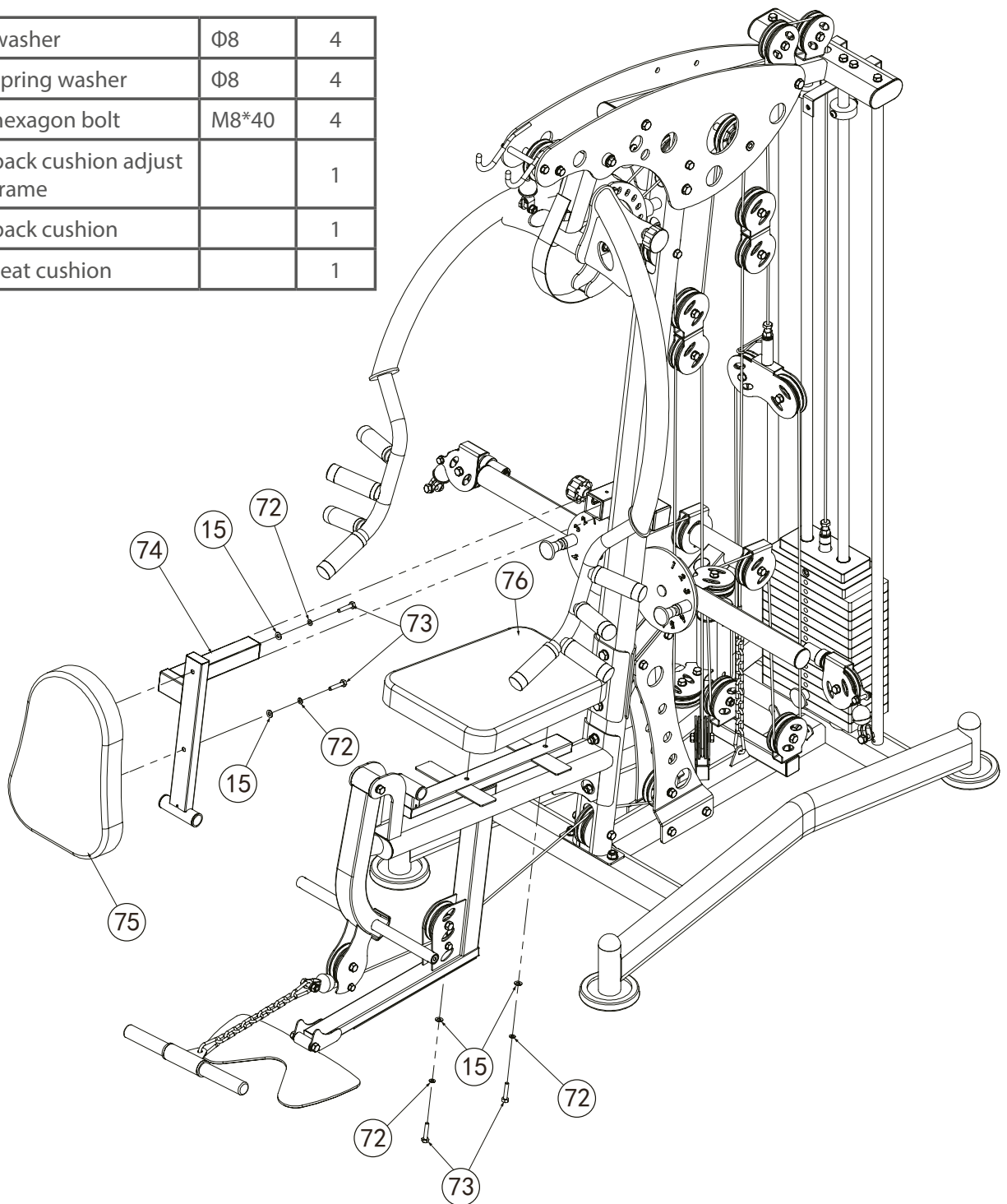
60	9 link chain & snap hook		1
70	low pull cable	L:4120mm	1
71	short bar		1



Step 14

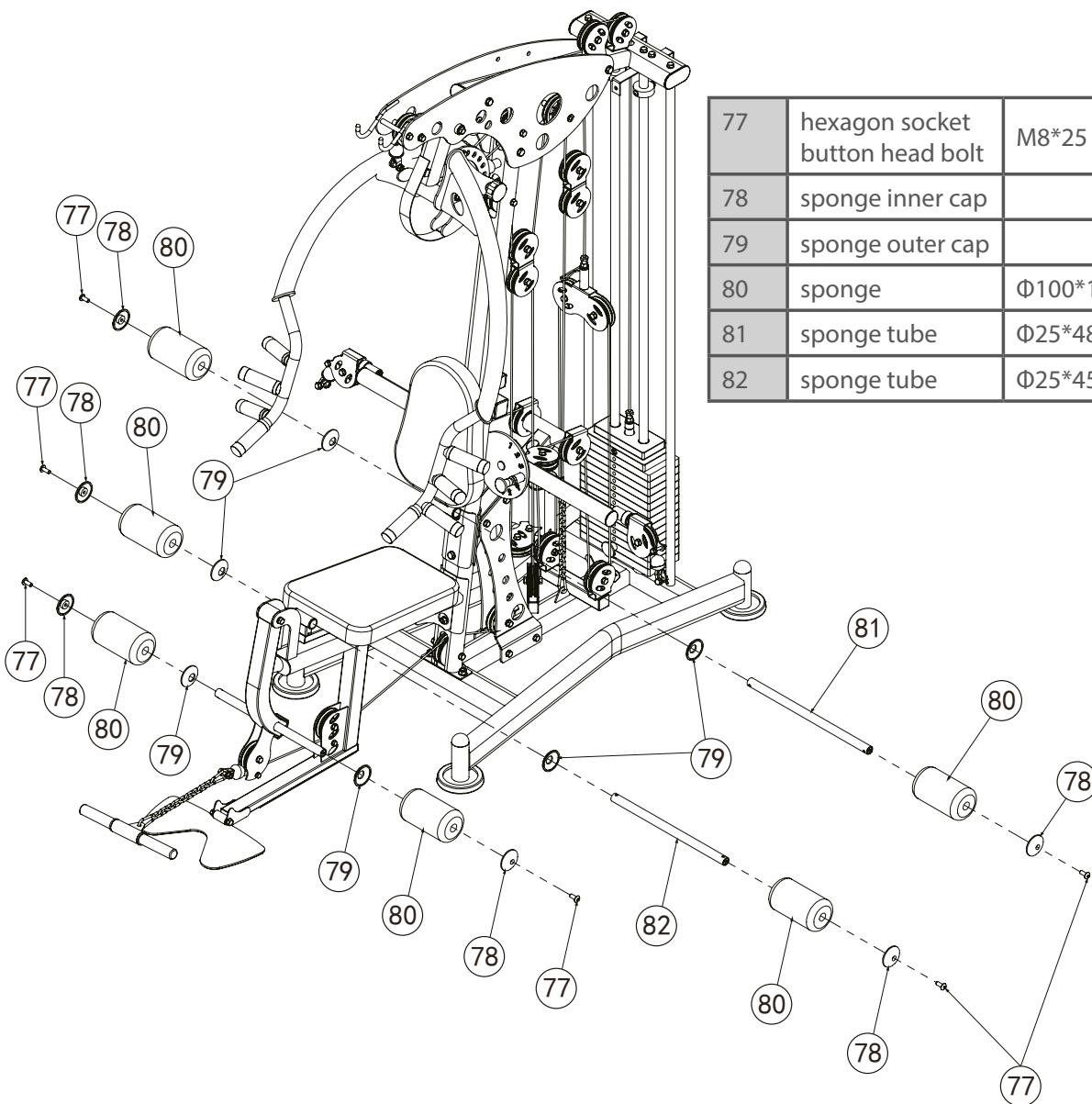
1. Fit the seat cushion (76) to the seat cushion adjustment frame with M8*40 bolts (73), $\Phi 8$ spring washers (72) and $\Phi 8$ washers (15).
2. Fit the backrest upholstery (75) to the backrest upholstery adjustment frame (74) with M8*40 screws (73), $\Phi 8$ spring washers (72) and $\Phi 8$ washers (15).
3. Push the adjustment frame of the backrest cushion (74) into the front frame and fix this with the tension bolt.

15	washer	$\Phi 8$	4
72	spring washer	$\Phi 8$	4
73	hexagon bolt	M8*40	4
74	back cushion adjust frame		1
75	back cushion		1
76	seat cushion		1



Step 15

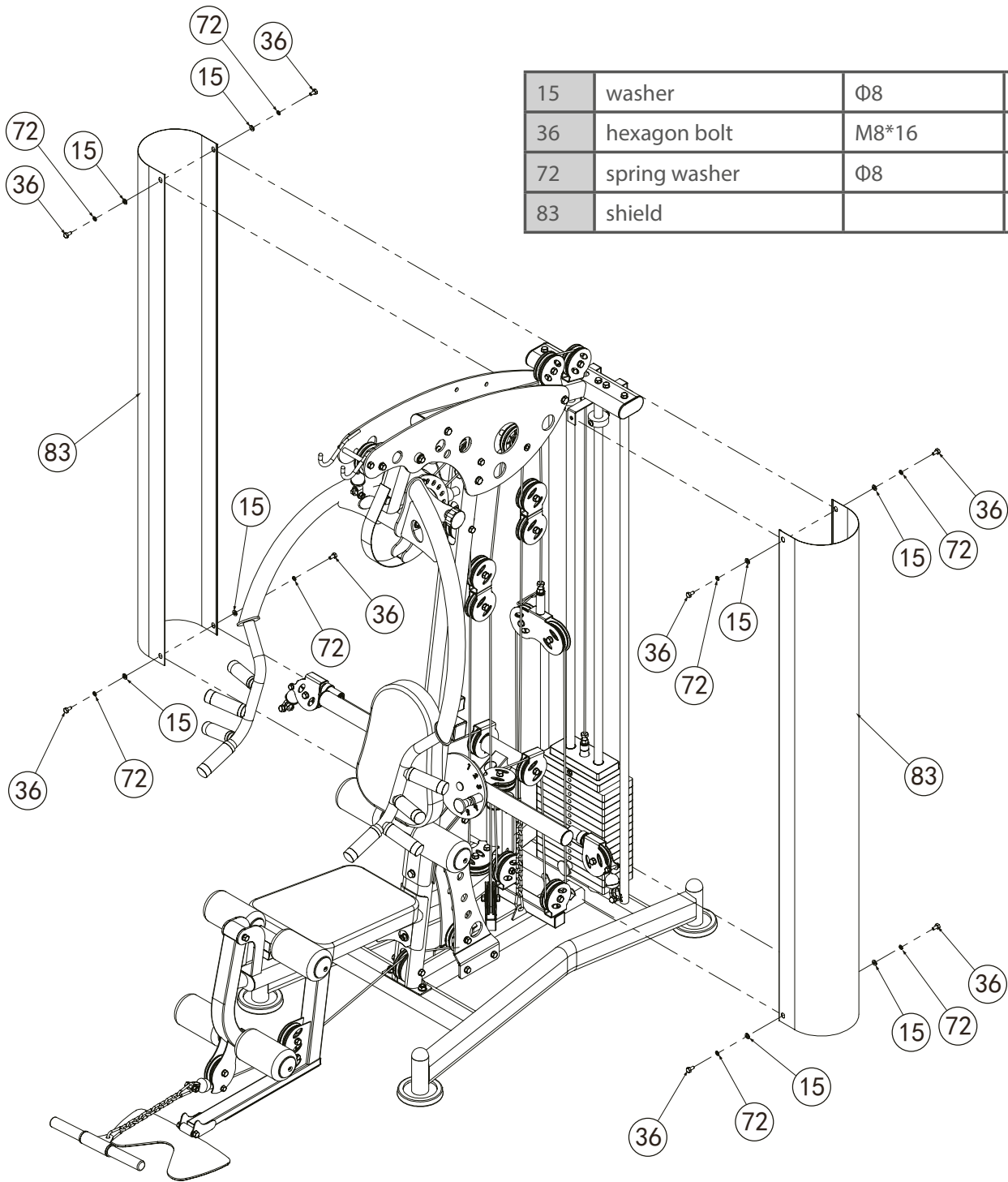
1. Press the tube of the foam roller (81) into the adjustment frame of the backrest cushion. Turn the tube of the foam roller (81) in. Fix the inner plastic cap (79), the foam roller (80), the outer plastic cap (78) and M8*25 screw (77).
2. Press the tube of the foam roller (85) into the adjustment frame of the seat cushion (85). Turn the tube of the foam roller (81) in. Fix the inner plastic cap (79), the foam roller (80), the outer plastic cap (78) and M8*25 screw (77).
3. Screw in the angle tube of the leg curl. Attach the inner plastic cap (79), foam roller (80), outer plastic cap (78) and M8*25 screw (77).



77	hexagon socket button head bolt	M8*25	6
78	sponge inner cap		6
79	sponge outer cap		6
80	sponge	Φ100*175	6
81	sponge tube	Φ25*480	1
82	sponge tube	Φ25*450	1

Step 16

Secure the guard (83) to the support frame and to the main frame with M8*16 bolts (36), Φ 8 spring washers (72) and Φ 8 washers (15).

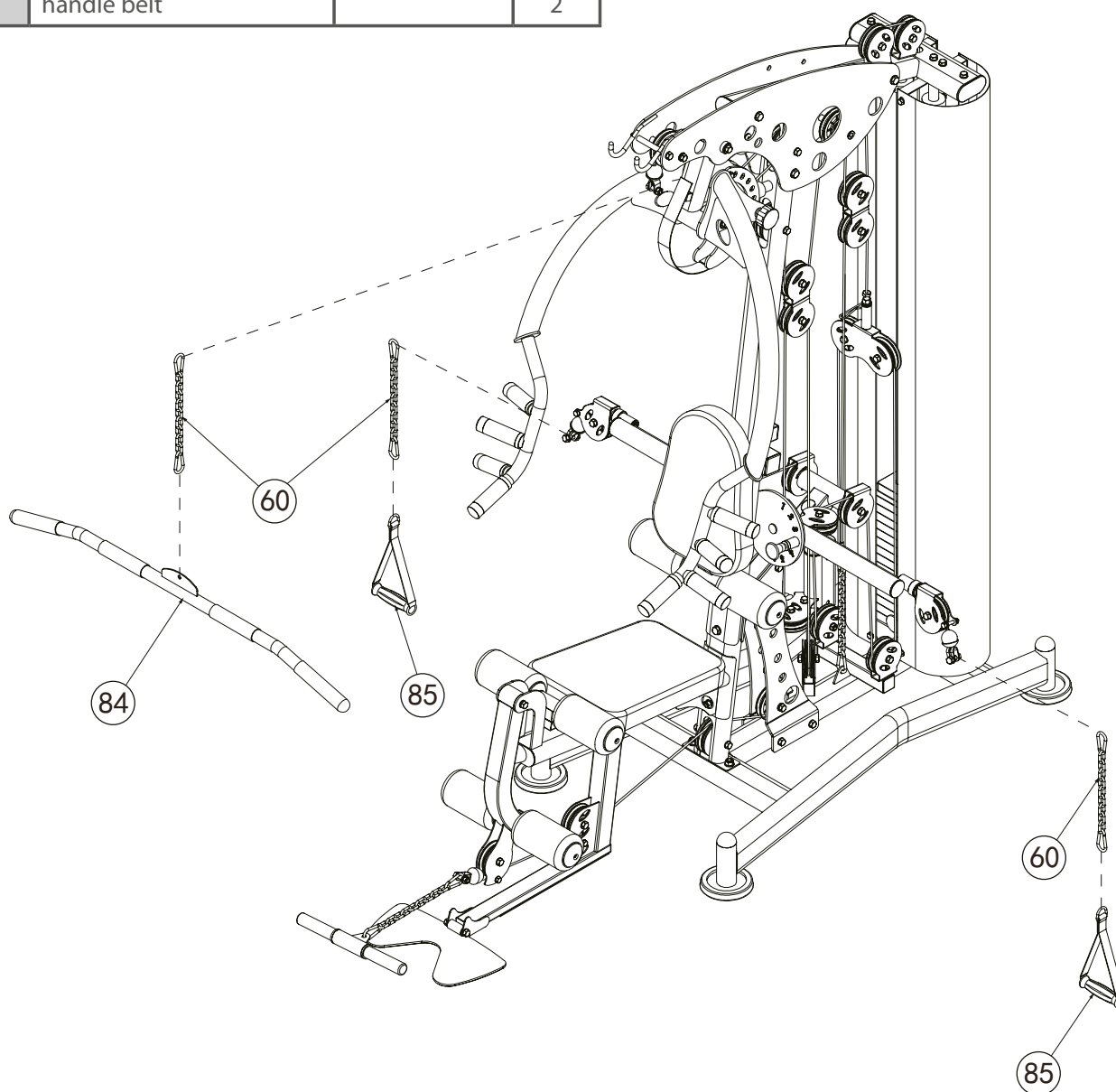


15	washer	Φ 8	8
36	hexagon bolt	M8*16	8
72	spring washer	Φ 8	8
83	shield		2

Step 17

1. Connect the chain and carabiner (60) to the handle loop (85) and hook it to the ball head of the butterfly arm cable at the other end.
2. Connect the chain and carabiner (60) to the long lat pull bar (84) and hook the other end to the ball head of the lat pull cable.
3. Tighten all screws and nuts firmly.

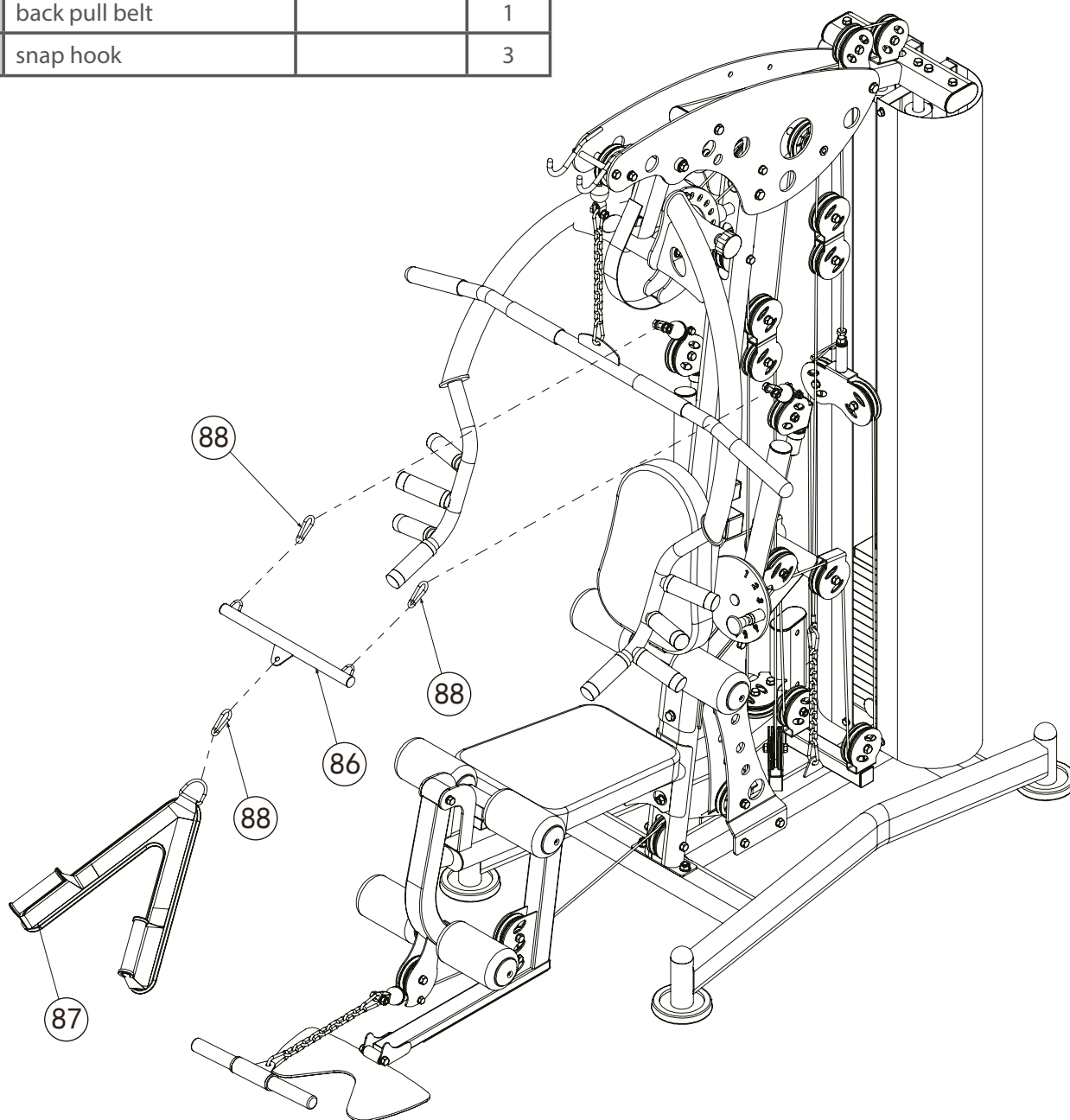
60	9 link chain & snap hook		3
84	long bar		1
85	handle belt		2



Step 18

1. Remove the handle loop, chain and carabiner from the left and right butterfly arm, see drawing.
2. Put 3 carabiners (88) on the drawbar (86).
3. Connect the rear ab-strap (87) and the pull-bar (86) with the carabiners.
4. Hang the carabiner of the pull rod (86) on the ball head of the left or the right butterfly arm.

86	pull rod		1
87	back pull belt		1
88	snap hook		3

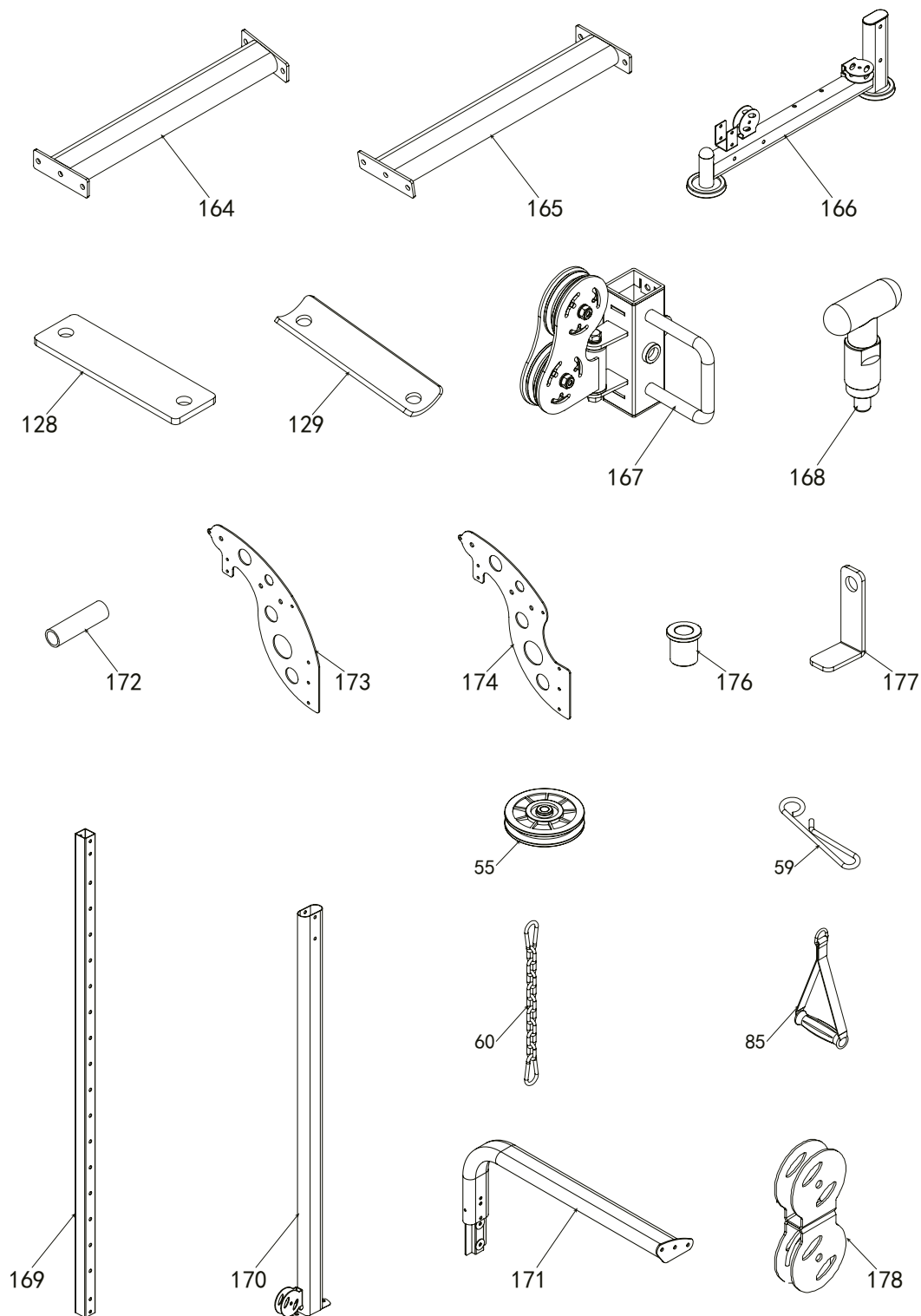


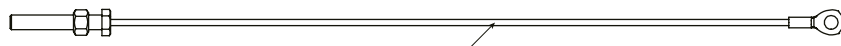
2.4 Scope of Delivery Cable Pull Station

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.

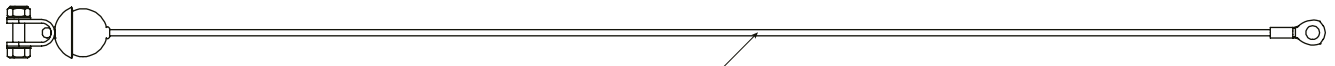
CAUTION

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





179



180



5



7



20



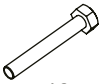
21



23



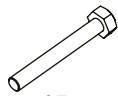
30



43



52



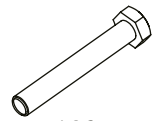
65



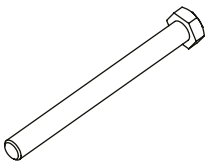
130



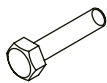
131



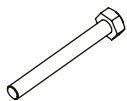
132



133



142



175

2.5 Assembly cable pull station

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

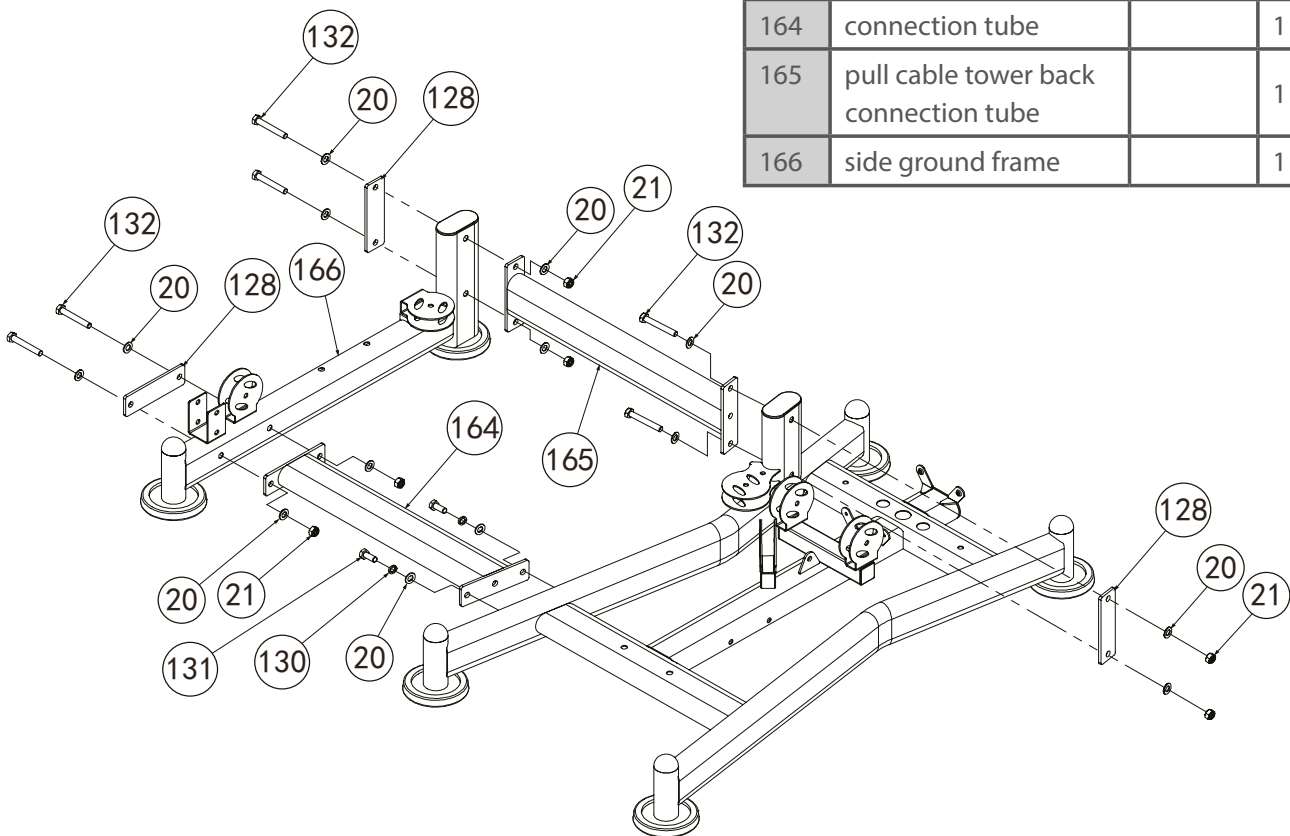
NOTICE

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

Step 1

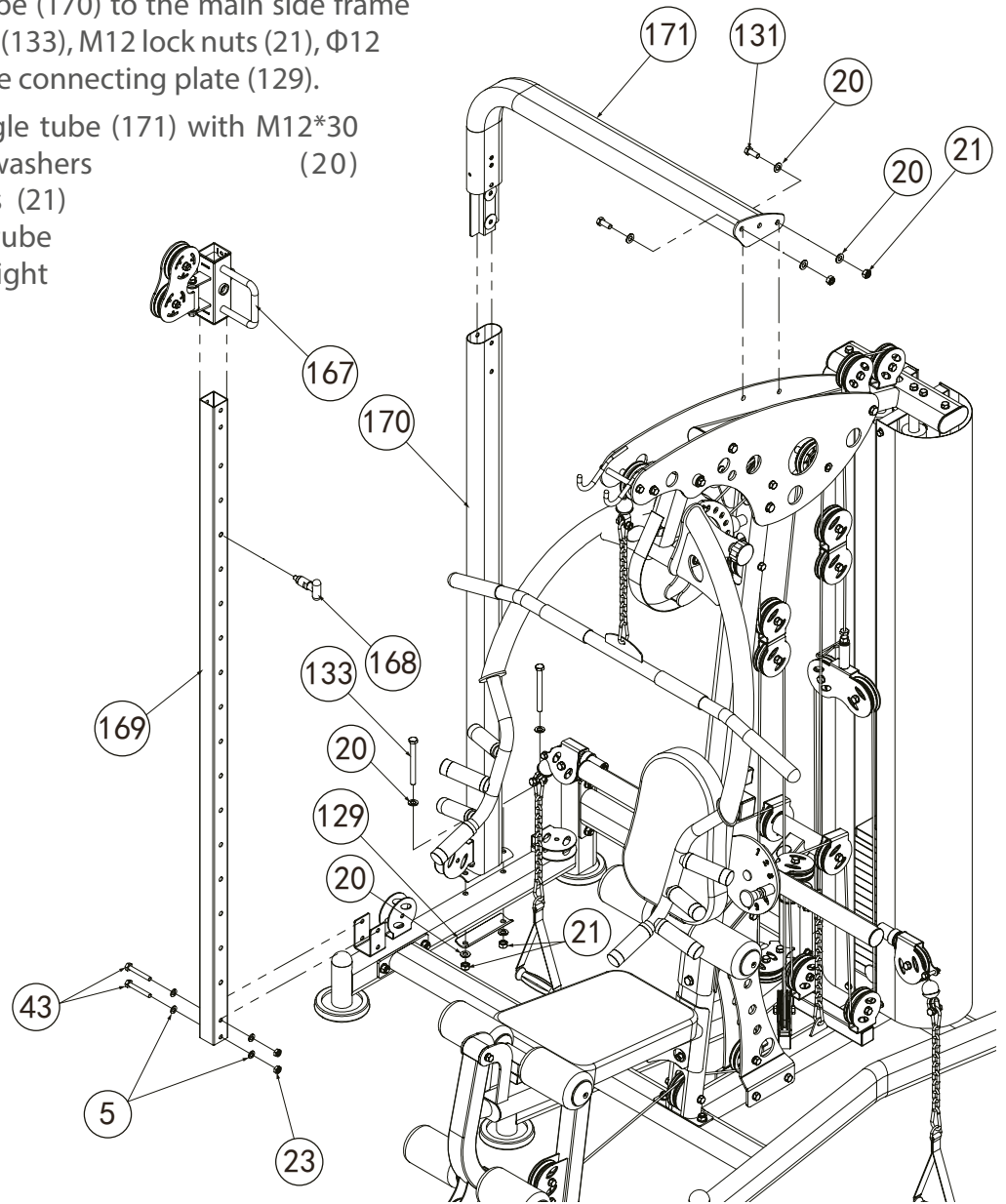
1. Fit the front connecting tube (164) to the main frame with two M12*30 bolts (131), Φ 12 spring washers (130) and Φ 12 washers (20).
2. Fit the rear connecting tube (165) to the main frame with two M12*80 bolts (132), Φ 12 washers (20), M12 lock nuts (21) and the connecting plate (128).
3. Fit the side main frame (166) to the front and rear connecting tubes using four M12*80 bolts (132), Φ 12 washers (20), M12 lock nuts (21) and connecting plates (128).

20	washer	Φ 12	14
21	lock nut	M12	6
128	connection nut		3
130	spring washer	Φ 12	2
131	hexagon bolt	M12*30	2
132	hexagon bolt	M12*75	6
164	connection tube		1
165	pull cable tower back connection tube		1
166	side ground frame		1



Step 2

1. Mount the guide tube (169) to the lateral main frame with two M10*70 bolts (43), Φ 10 washers (5) and M10 lock nuts.
2. Slide the cable pulley (167) onto the guide tube (169) and screw on the T-shaped locking pin (168).
3. Fit the side standpipe (170) to the main side frame with M10*125 bolts (133), M12 lock nuts (21), Φ 12 washers (20) and the connecting plate (129).
4. Mount the side angle tube (171) with M12*30 bolts (131), Φ 12 washers (20) and M12 lock nuts (21) to the side stand tube (170) and to the right cover.

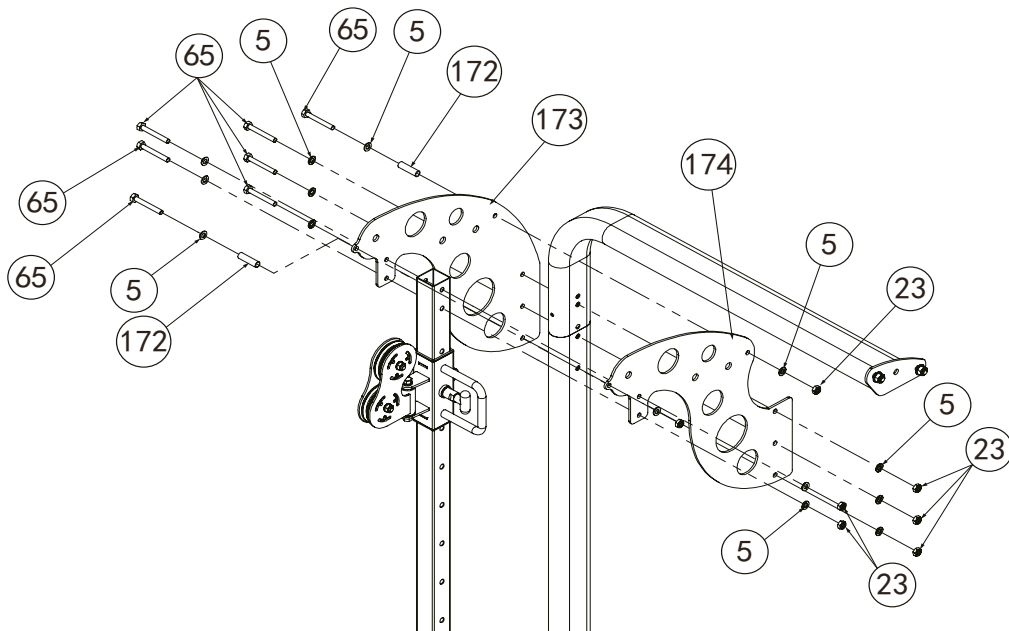


5	washer	Φ 10	4	133	hexagon bolt	M12*125	2
20	washer	Φ 12	8	167	sliding sleeve		1
21	lock nut	M12	4	168	T shape pull pin	Φ 10	1
23	lock nut	M10	2	169	guide tube		1
43	hexagon bolt	M10*70	2	170	side standing tube		1
129	arc-shaped		1	171	side elbow tube		1
131	hexagon bolt	M12*30	2				

Step 3

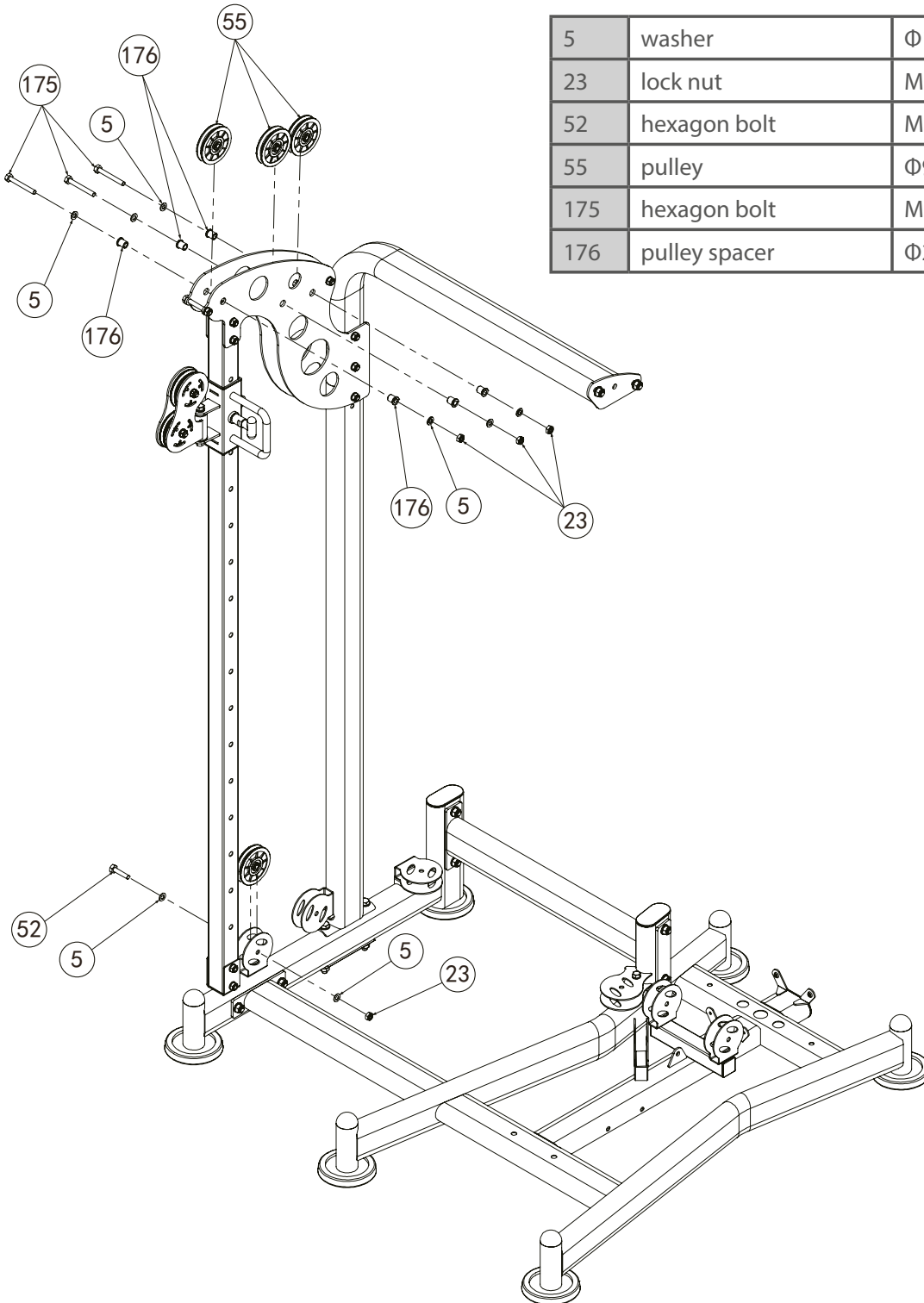
1. Fit the cable tower covers (173, 174) to the guide tube, side standpipe and side angle tube using M10*75 bolts (65), Φ 10 washers (5) and M10 nuts (23).
2. Mount the Φ 14*50 shafts (172) with M10*75 screws (65), Φ 10 washers (5) and M10 lock nuts (23) to the covers of the cable tower (173, 174).

5	washer	Φ 10	14
23	lock nut	M10	7
65	hexagon bolt	M10*75	7
172	pull cable tower pulley	Φ 14*50	2
173	pull cable tower cover		1
174	pull cable tower cover		1



Step 4

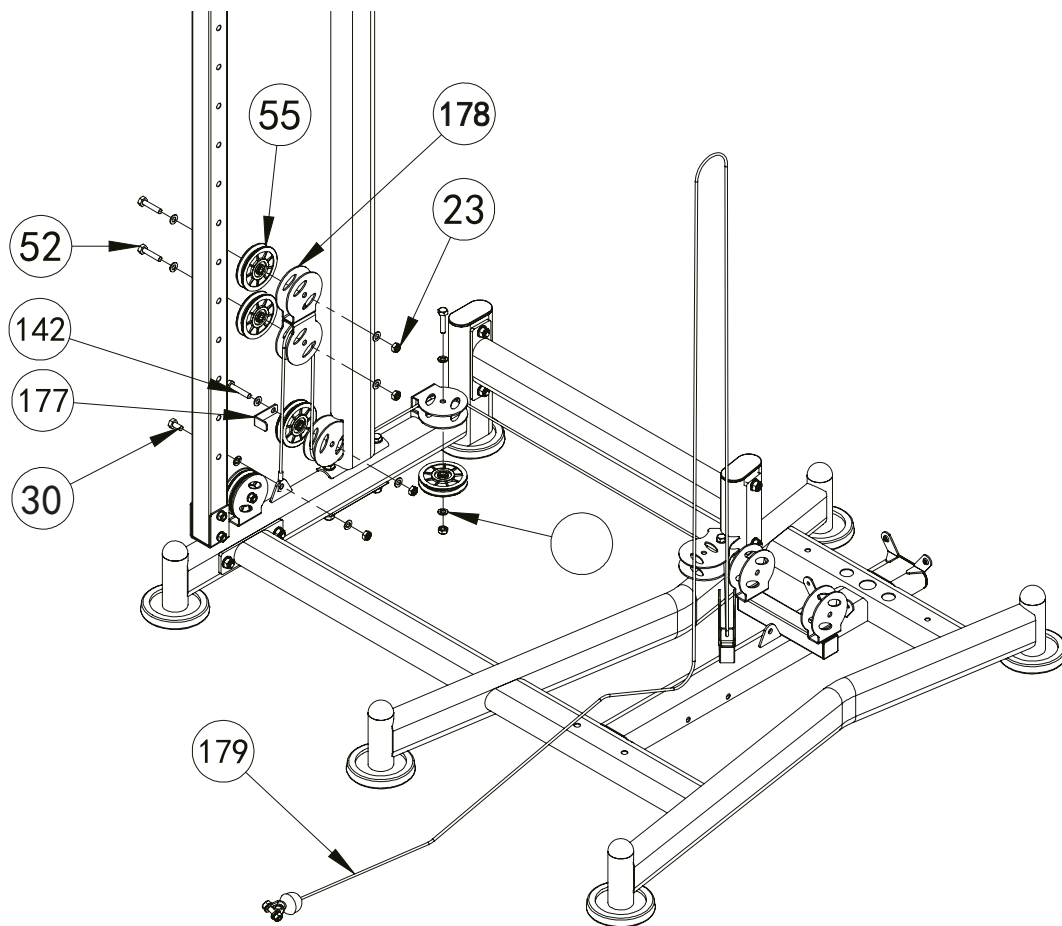
1. Mount three pulleys (55) with M10*80 bolts (175), Φ 10 washers (5) and M10 lock nuts (23) at the marked positions between the covers of the cable tower.
2. Mount the pulley (55) with a M10*45 bolt (52), Φ 10 washer (5), M10 lock nut (23) at the bottom of the lateral main frame.



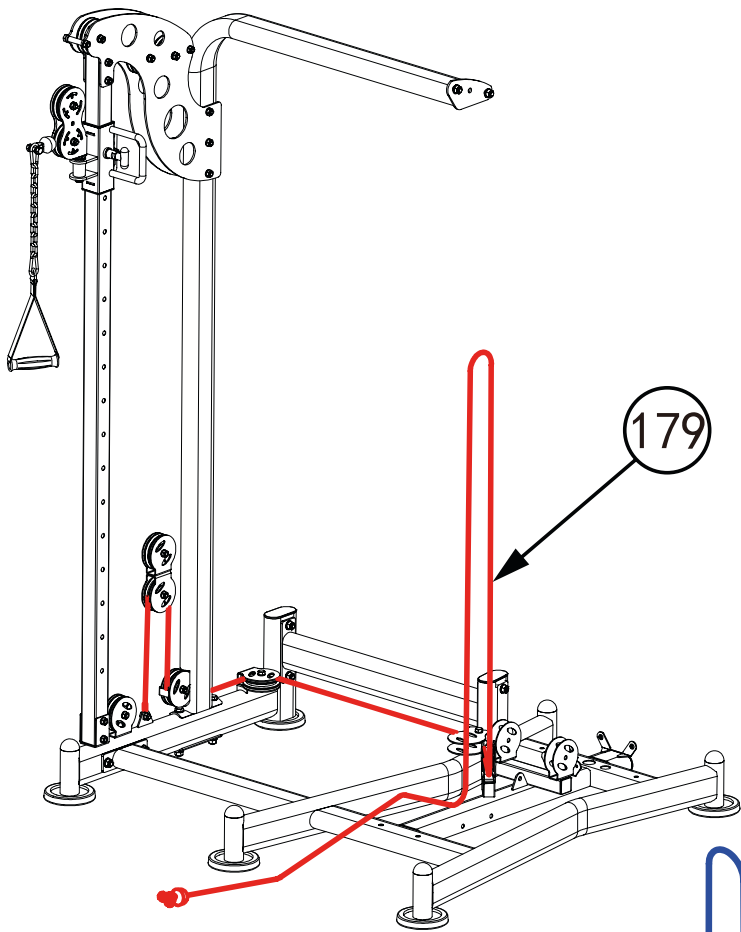
5	washer	Φ 10	8
23	lock nut	M10	4
52	hexagon bolt	M10*45	1
55	pulley	Φ 95*26	4
175	hexagon bolt	M10*80	3
176	pulley spacer	Φ 20* Φ	6

Step 5

1. Replace the cable (70) from step 13 with the cable (179). Pull the cable (179) through the same guide path as in step 13. Mount the flat, short cable end of the cable tower (179) with M10*25 bolt (30), Φ 10 washer (5), M10 lock nut (23) to the side main frame.
2. Mount the pulley (55) with M10*45 bolt (52), Φ 10 washer (5), M10 lock nut (23).
3. Mount the pulley (55) with M10*50 bolt (142), Φ 10 washer (5), M10 lock nut (23), guide hook (177).
4. Connect the cable of the cable tower (179) through Φ 12 washer (20) to the movable pulley frame (178).
5. Mount the idler pulley (55) with M10*45 bolt (52), Φ 10 washer (5), M10 lock nut (23) on the movable idler pulley frame (178).

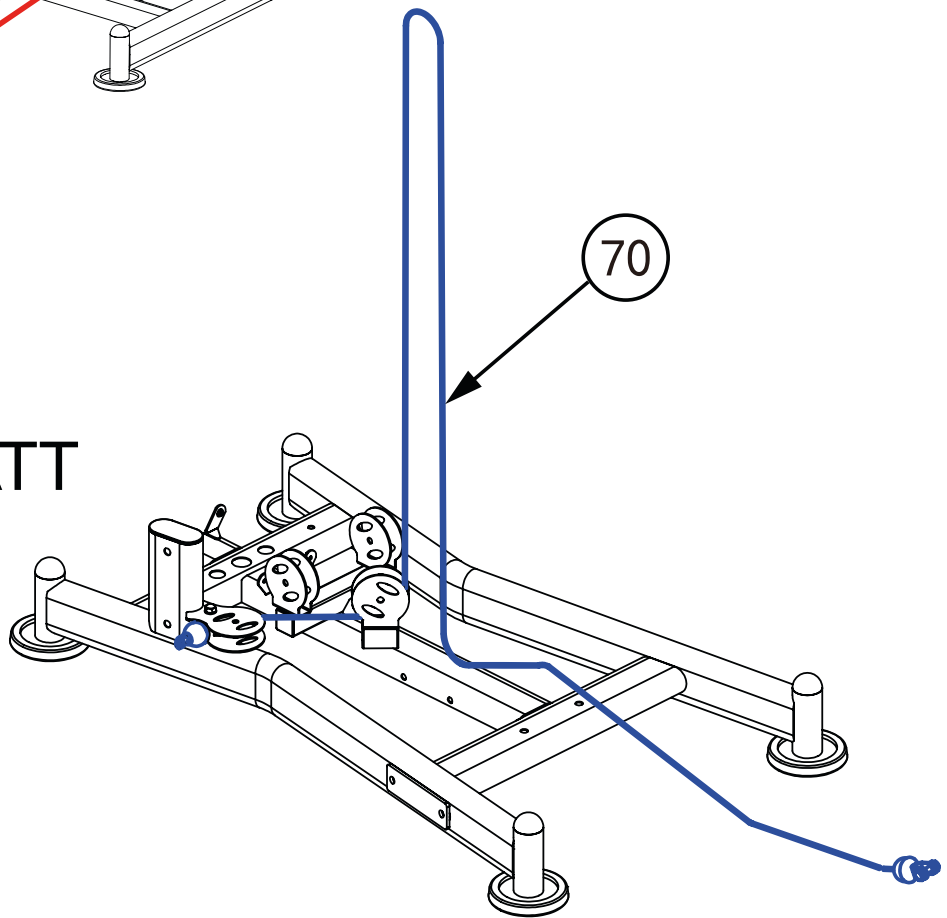


5	washer	Φ 10	8	59	cable hook		1
23	lock nut	M10	5	142	hexagon bolt	M10*50	1
30	hexagon bolt	M10*25	1	177	pulley catch plate		1
52	hexagon bolt	M10*45	5	178	movable pulley frame		1
55	pulley	Φ 95*26	4	179	pull cable tower short	L:5625mm	1



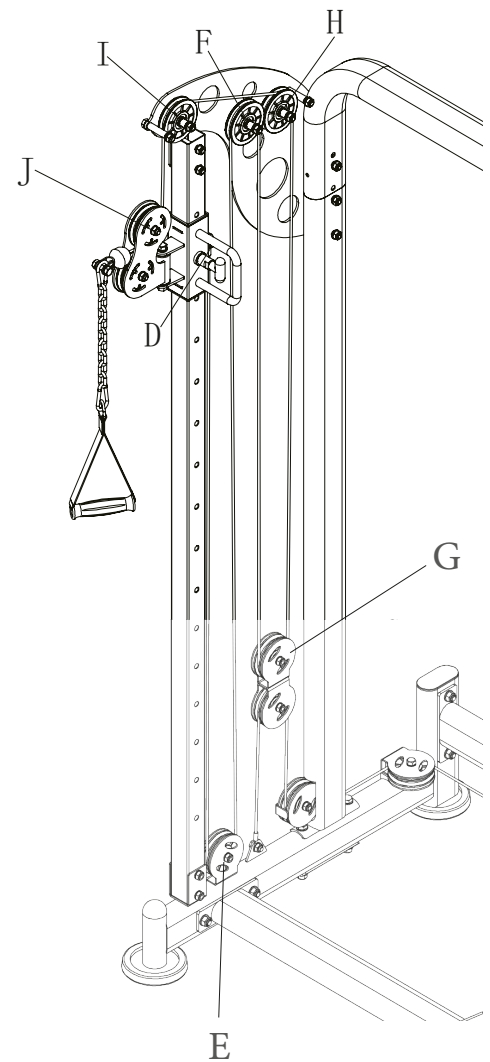
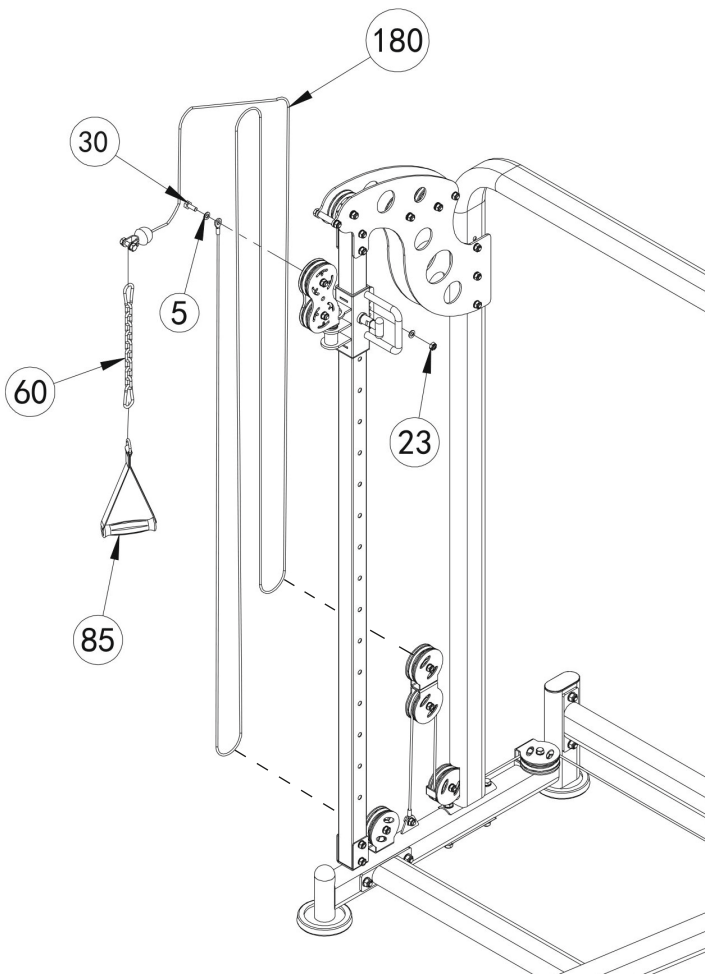
TF-WS7-PULL

TF-WS7-ATT

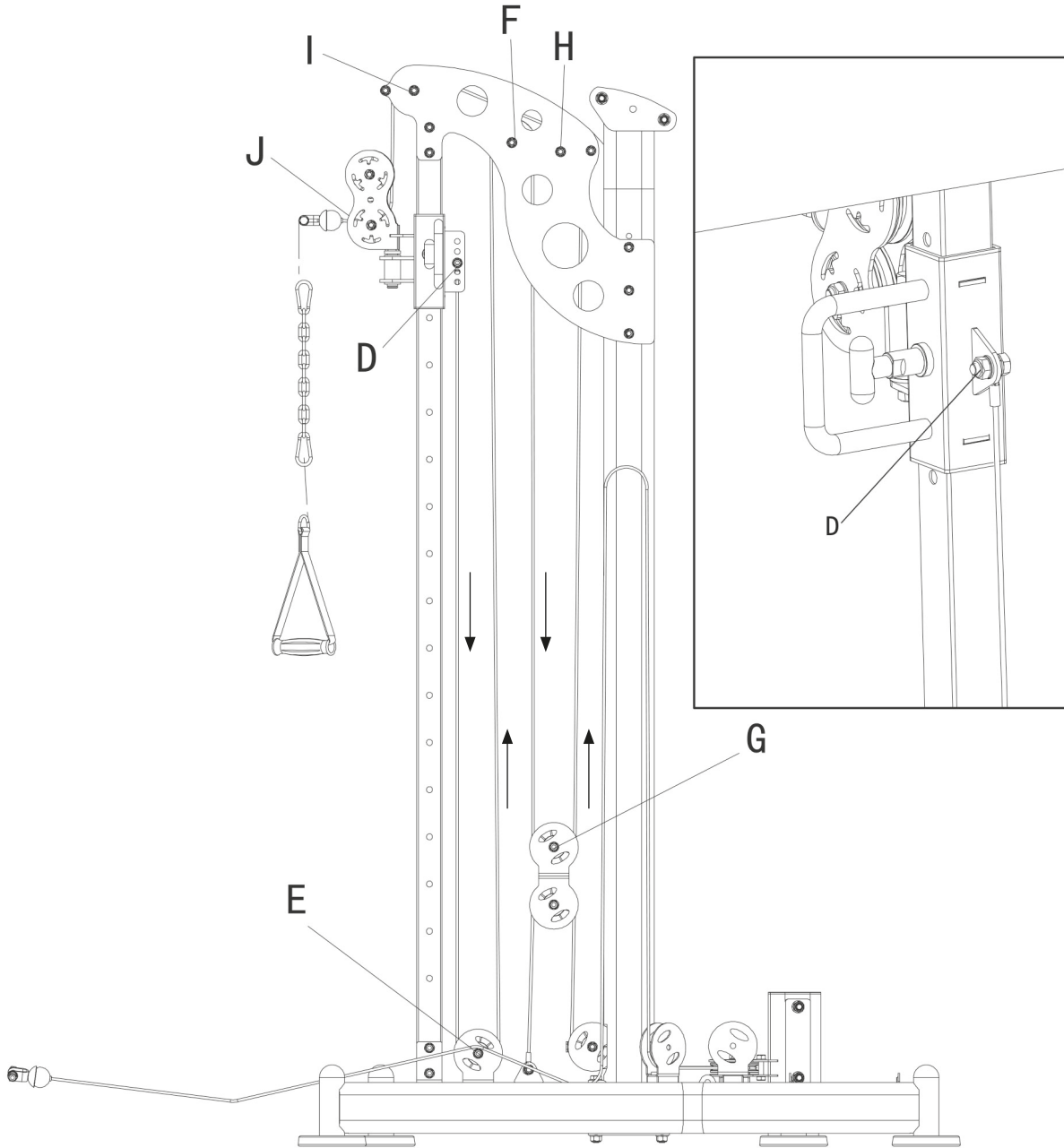
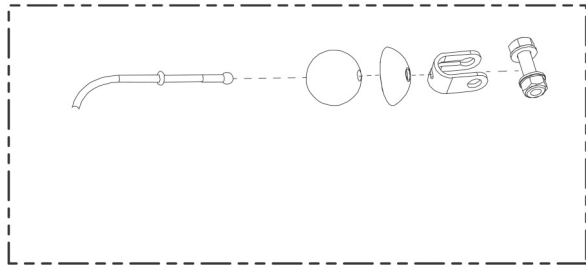
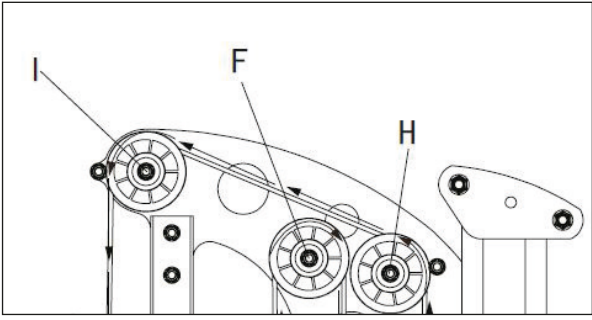


Step 6

1. Mount the flat, long cable end of the cable tower (180) with M10*25 screw (52), Φ 10 washer (5) and M10 lock nut (23) at point D.
2. Remove the ball end on the long cable of the cable tower (180).
3. Now pull the long cable of the cable tower (180) through the points, starting from D, in the order E, F, G, H, I, J, see cable drawing.
4. Reattach the ball end to the cable.
5. Hang 9 link chains and carabiners (60) with one end on the handle loop (85) and with the other end on the long cable of the cable tower (180).



5	washer	Φ 10	2
23	lock nut	M10	1
30	hexagon bolt	M10*25	1
60	9 link chain & snap hook		1
85	handle belt		1
180	pull cable tower long	L:7290mm	1

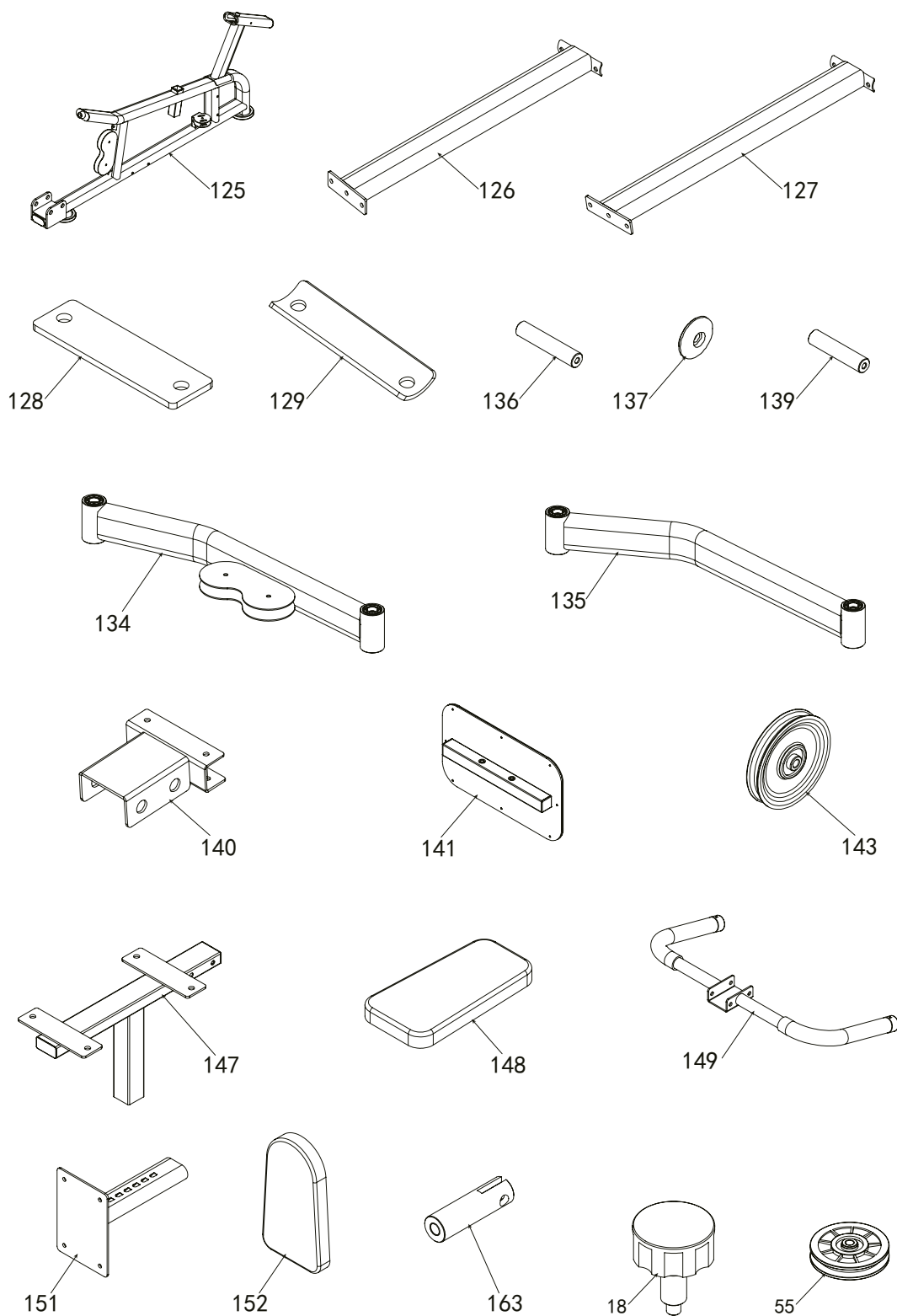


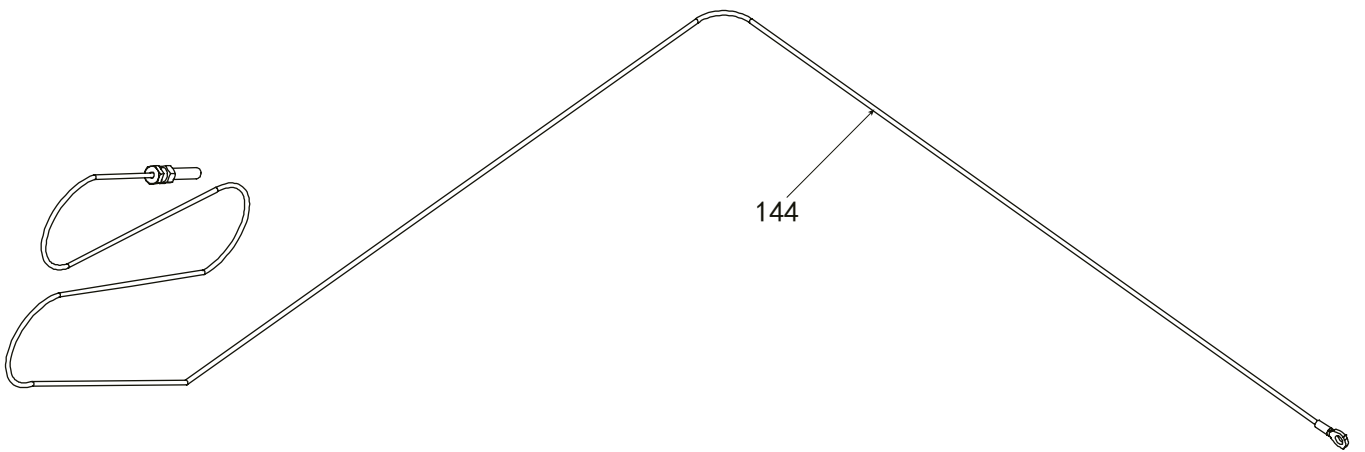
2.6 Scope of Delivery Leg Press

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.





5



11



15



20



21



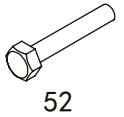
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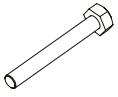
30



35



52



65



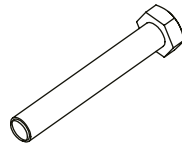
72



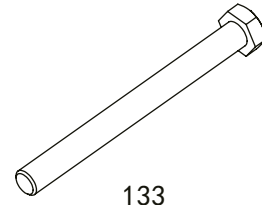
130



131



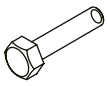
132



133



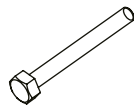
138



142



145



146



150



162

2.7 Assembly Leg Press

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

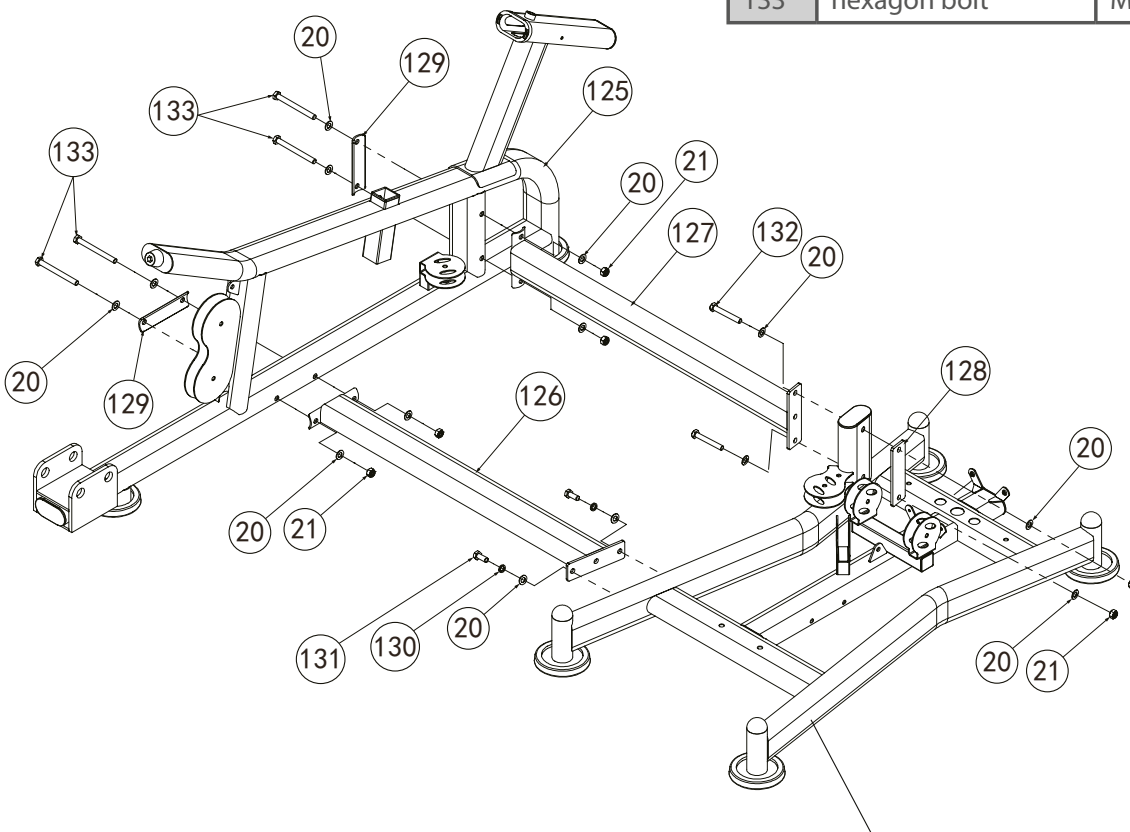
NOTICE

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

Step 1

1. Fit the front connecting tube (126) to the main frame with M12*30 bolts (131), Φ 12 spring washers (130) and Φ 12 washers (20).
2. Fit the rear connecting tube (127) to the main frame using the M12*80 bolts (132), Φ 12 washers (20), M12 lock nuts (21) and the connecting plate (128).
3. Fit the side main frame (125) to the front and rear connecting tubes with M12*125 bolts (133), Φ 12 washers (20), M12 lock nuts (21) and connecting plates (128).

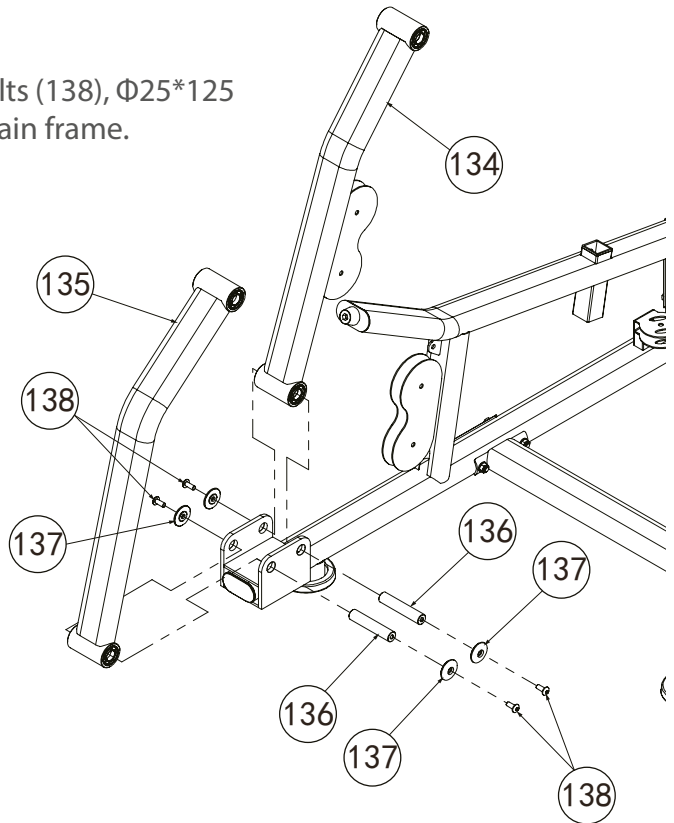
20	washer	Φ 12	14
21	lock nut	M12	6
125	leg press main frame		1
126	leg press front connection tube		1
127	leg press back connection tube		1
128	connection plate		1
129	arc-shaped connection plate		2
130	spring washer	Φ 12	2
131	hexagon bolt	M12*30	2
132	hexagon bolt	M12*80	2
133	hexagon bolt	M12*125	4



Step 2

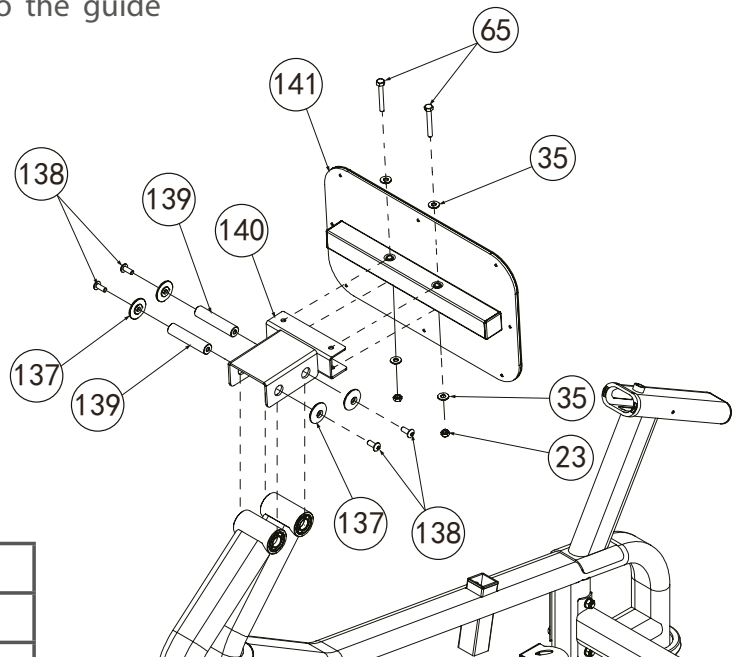
Mount the guide tubes (134, 135) with M10*25 bolts (138), $\Phi 25*125$ axle (136) and locking plugs (137) to the lateral main frame.

134	leg press support tube-1		1
135	leg press support tube-2		1
136	shaft	$\Phi 25*125$	2
137	plug		4
138	hexagon socket button head bolt	M10*25	4



Step 3

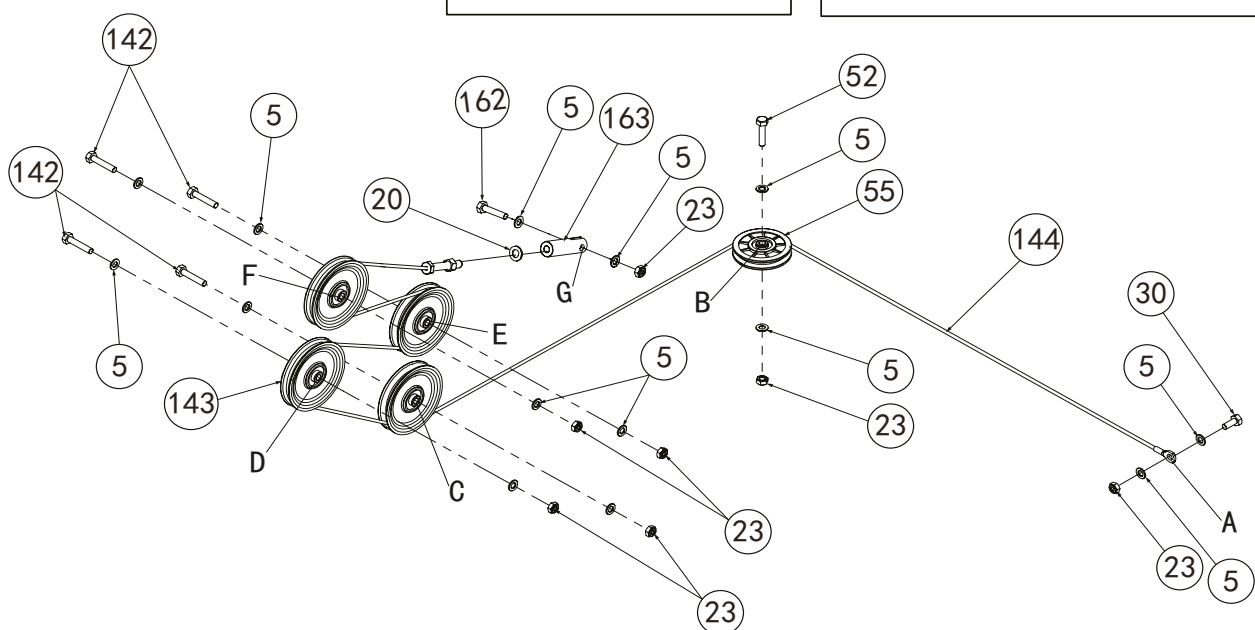
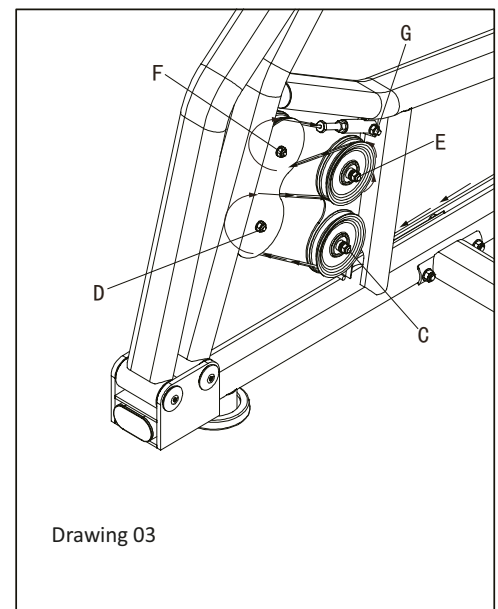
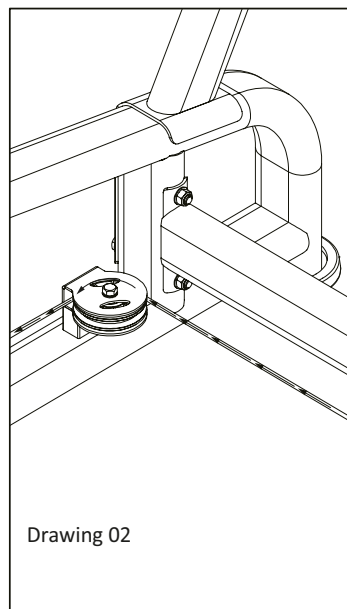
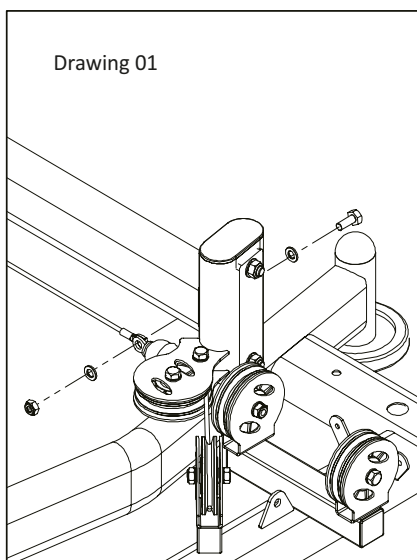
1. Mount the leg press support (140) to the guide tubes (134, 135) with M10*25 bolts (138), $\Phi 25*125$ axles (136) and locking plugs (137).
2. Mount the leg press plate (141) to the support (140) with M10*75 bolts (65), $\Phi 25*10*2.0$ washers (35), and M10 lock nuts (23).

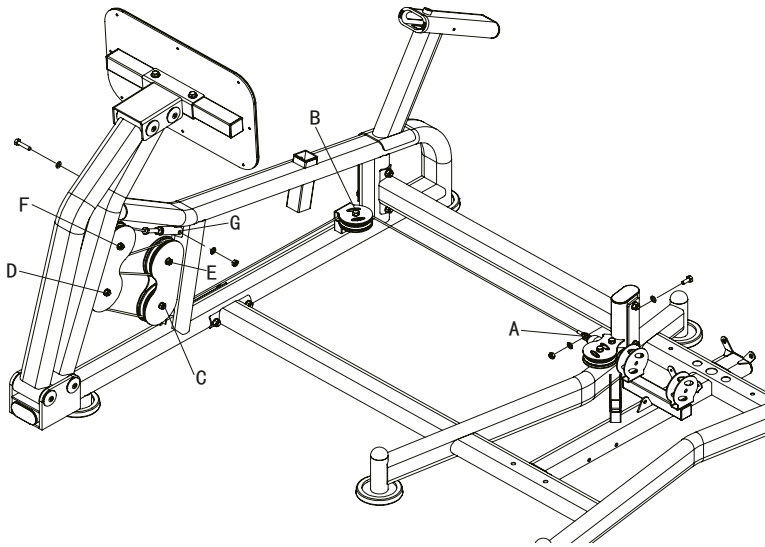


23	lock nut	M10	2
35	big washer	$\Phi 25*10*2.0$	4
65	hexagon bolt	M10*75	2
137	plug		4
138	hexagon socket button head bolt	M10*25	4
139	shaft	$\Phi 25*125$	2
140	support tube		1
141	footplate tube		1

Step 4

1. Secure the flat end of the leg press cable (144) to the lower cable with M10*25 bolt (30), Φ 10 washers (5) and lock nut (23), see fig. 1.
2. Now pull the leg press cable (144) through the points, starting from A, in the order B, C, D, E, F, see cable drawing.
3. Mount the pulley (55) at point B with M10*45 bolt(52), Φ 10 washer (5), M10 lock nut (23), see fig. 2.
4. Mount the large pulleys (143) at points C, D, E, F with M10*50 bolts (142), Φ 10 washers (5) and lock nut (23), see fig. 3.
5. Secure the end of the leg press cable (144) to the adjustment sleeve (163) with the Φ 12 washer (20).
6. Attach the other end of the adjustment sleeve (163) to point G with M10*40 bolt (162), Φ 10 washer (5) and M10 lock nut (23).

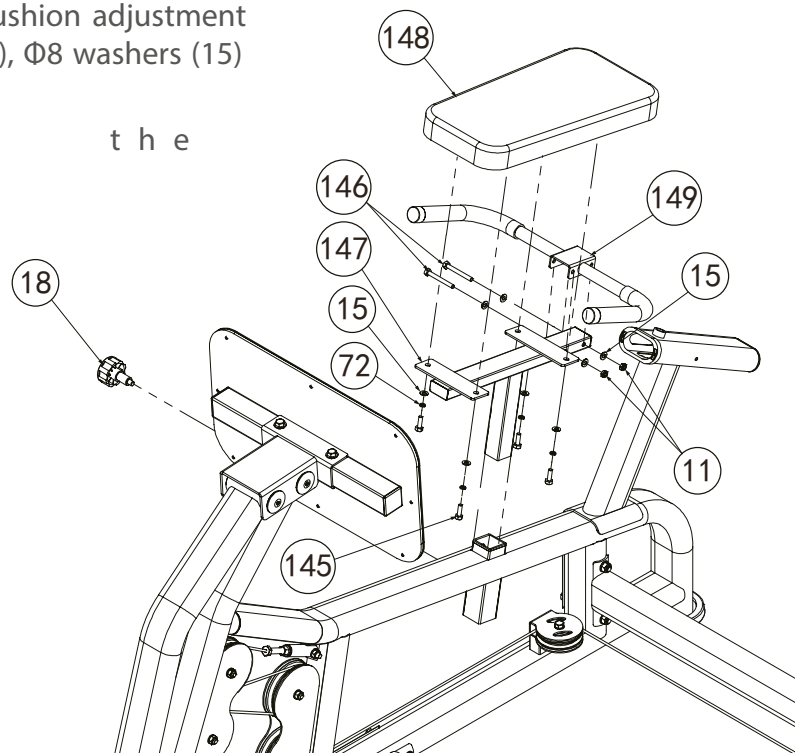




5	washer	Φ10	14
20	washer	Φ12	6
23	lock nut	M10	7
30	hexagon bolt	M10*25	1
52	hexagon bolt	M10*45	1
55	pulley	Φ95*26	1
142	hexagon bolt	M10*50	4
143	big pulley	Φ127*28	4
144	leg press cable	L:3255mm	1
162	hexagon bolt	M10*40	1
163	cable adjust sleeve		1

Step 5

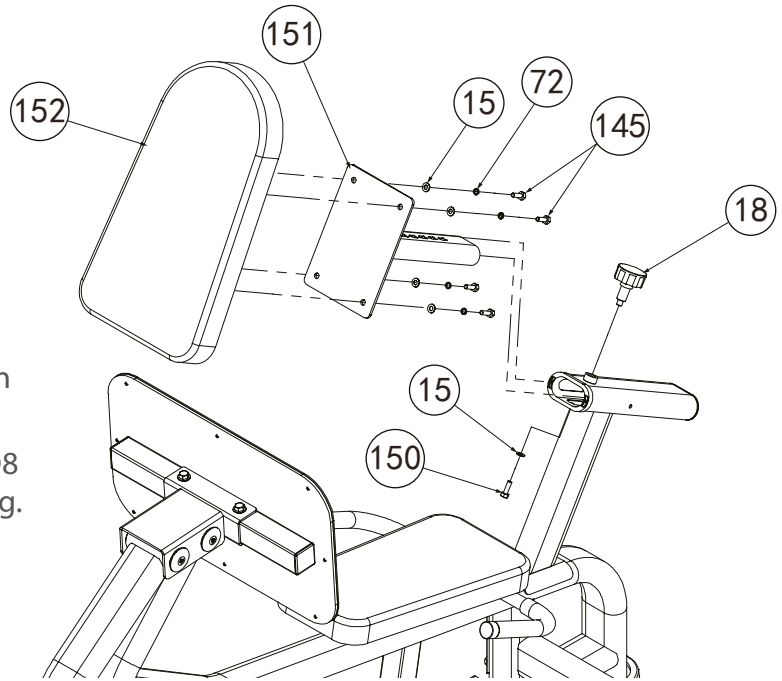
1. Fit the handle (149) to the seat cushion adjustment frame (147) with M8*70 bolts (146), Φ8 washers (15) and M8 lock nuts (11).
2. Fit the seat cushion (148) to adjustment frame (147) with M8*20 bolts (145), Φ8 spring washers (72) and Φ8 washers (15).
3. Push the adjustment frame (147) into the receptacle on the lateral main frame and fix the adjustment frame (147) with the spring button (18).



11	lock nut	M8	2	146	hexagon bolt	M8*70	2
15	washer	Φ8	8	147	leg press seat cushion adjust frame		1
18	locking spring knob	Φ10	1	148	leg press seat cushion		1
72	spring washer	Φ8	4	149	leg press handle		1
145	hexagon bolt	M8*20	4				

Step 6

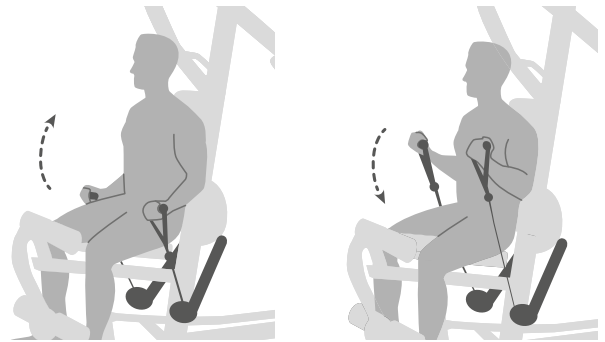
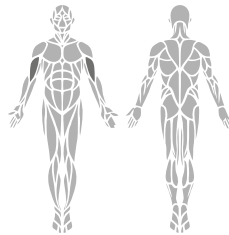
1. Fit the backrest cushion (152) to the backrest cushion adjustment frame (151) with M8*20 screws, $\Phi 8$ spring washers (72) and $\Phi 8$ washers (15).
2. Push the adjustment frame (151) into the receptacle on the lateral main frame and fix the adjustment frame (151) with the spring button (18).
3. Fit an M8*25 bolt (150) and a $\Phi 8$ washer (15) underneath the mounting.



15	washer	$\Phi 8$	5
18	locking spring knob	$\Phi 10$	1
72	spring washer	$\Phi 8$	4
145	hexagon bolt	M8*20	4
150	hexagon bolt	M8*25	1
151	leg press back cushion adjust frame		1
152	leg press back cushion		1

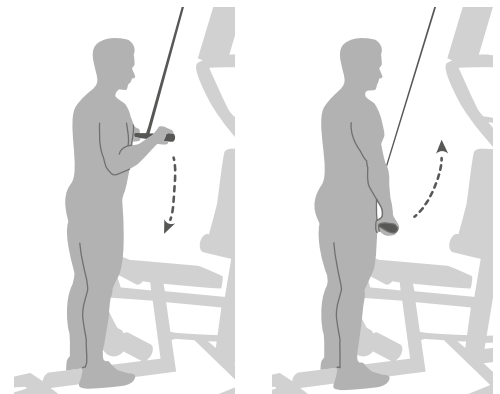
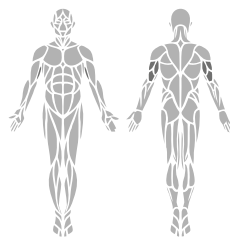
Biceps curl cable pull

1. Move the cable arms to the lowest position and sit on the strength station. The back rests against the backrest.
2. Grasp the handles of the cable pulley arms. The elbows remain immobile against the body, the wrists remain straight.
3. Now bend the arms at the elbows to the maximum and bring the handles up. Keep the shoulders low and the elbows close to the body.



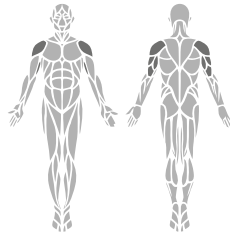
Triceps press cable pull

1. Stand hip-width in front of the strength station, grasp the upper handlebar from above and pull to chest height.
2. Slightly tense the torso muscles and keep the upper body upright. The elbows remain immobile against the body, the wrists remain straight.
3. Extend arms at elbow and bring grip bar to thigh height. Keep the shoulders low and the elbows close to the body.



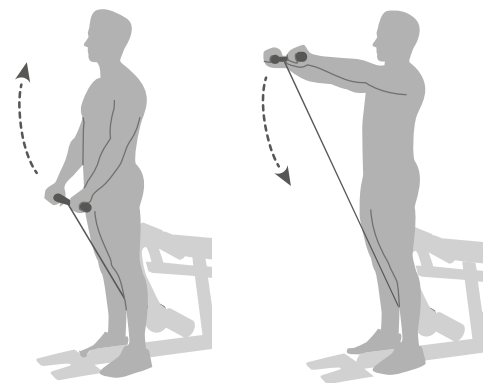
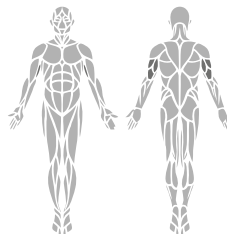
Shoulder press

1. Move the cable arms to the lowest position and sit on the strength station. The back rests against the backrest.
2. Grasp handles of cable pulley arms and pull to shoulder height. Backs of hands point towards the weight station, wrists remain straight at all times.
3. Now straighten the arms at the elbow and bring the handles up. Do not overstretch the arms.



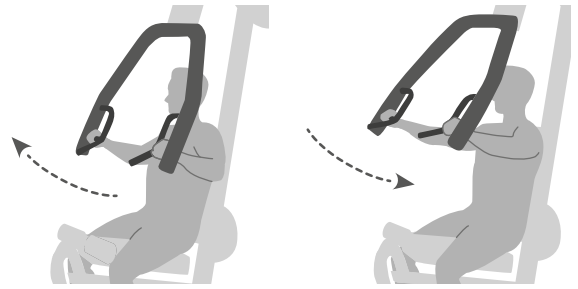
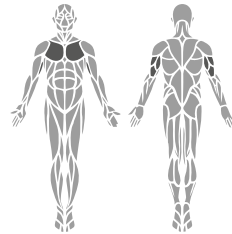
Front lift cable pull

1. Stand hip-width apart with your back to the strength station, grasp the lower handlebar from above and pull to hip height.
2. Slightly tense the torso muscles and keep the upper body upright. The wrists remain straight at all times.
3. Now lift the handle bar forward with arms almost straight. The shoulders remain low.



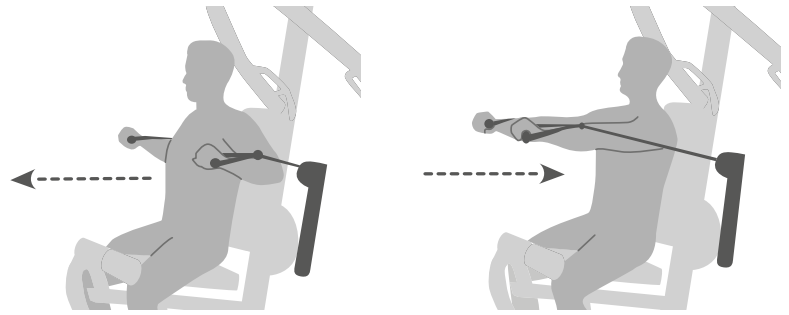
Chest press

1. Sit on the power station so that your entire back is against the backrest. Grasp the handles.
2. The adjusted seat height should allow reaching at chest level. The wrists remain straight at all times.
3. Now stretch the arms forward. Keep the shoulders low and do not overstretch the arms.



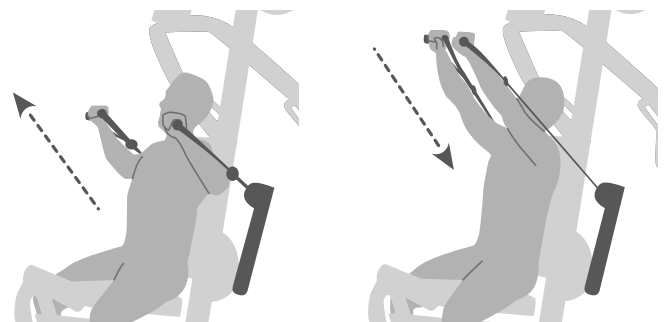
Chest press cable pull

1. Move the cable arms to an upper position and sit on the strength station. The back rests against the backrest. Grasp the handles of the cable pull-out arms.
2. The set seat height should allow gripping at chest level. Keep wrists straight at all times.
3. Now stretch the arms forward. Keep the shoulders low and do not hyperextend the arms.



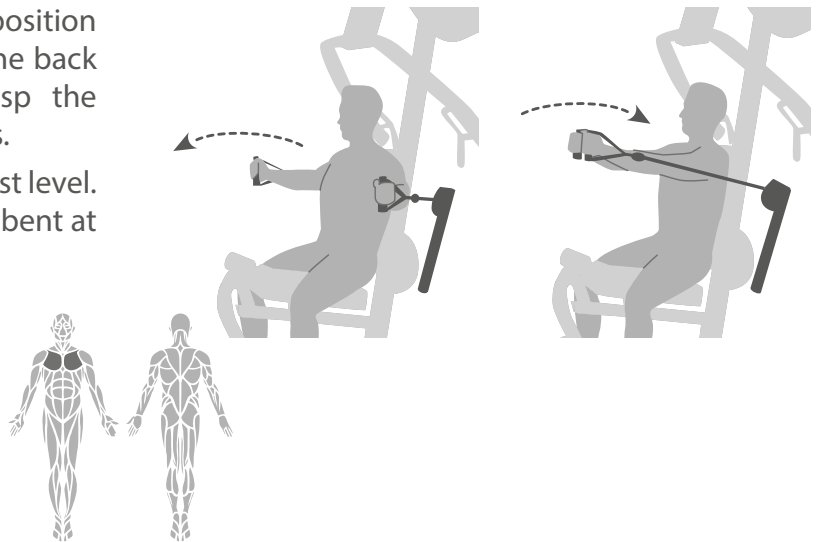
Chest press cable pull diagonal

1. Move the cable arms to the top position and sit on the strength station. The back rests against the backrest. Grasp the handles of the cable pull-out arms.
2. The set seat height should allow gripping at chest level. Keep wrists straight at all times.
3. Now stretch the arms diagonally upwards. Keep the shoulders low and do not hyperextend the arms.



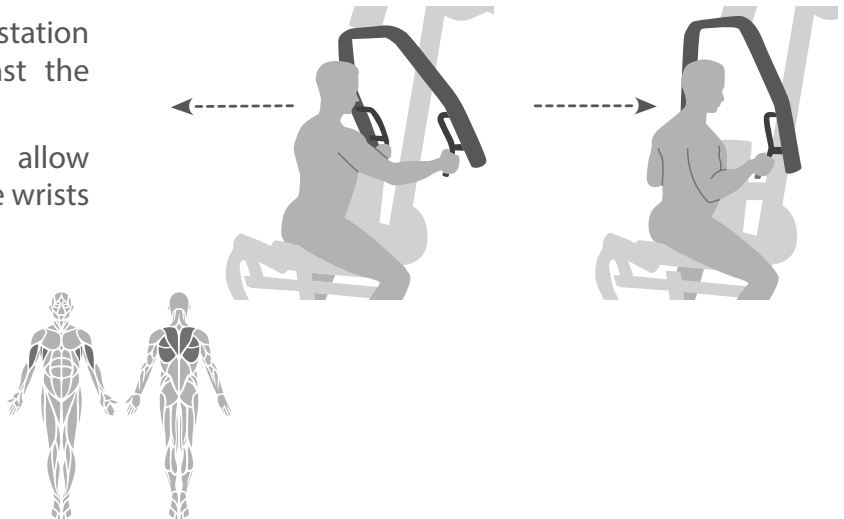
Flying movement

1. Move the cable arms to the top position and sit on the strength station. The back rests against the backrest. Grasp the handles of the cable pull-out arms.
2. Seat height allows grasping at chest level. Keep wrists straight, arms slightly bent at elbow.
3. Bring arms together in front of chest. The angle of the elbow joint does not change, the shoulders remain low.



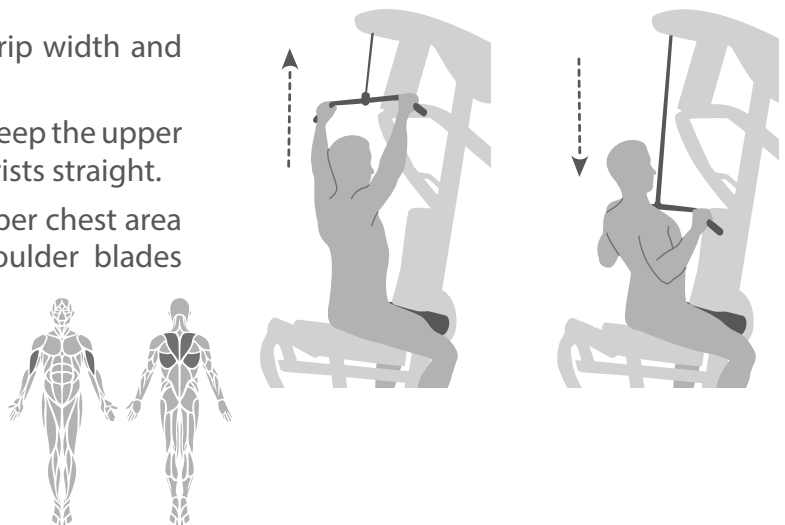
Rowing pull

1. Sit frontally on the strength station so that the chest rests against the backrest.
2. The set seat height should allow reaching at chest level. Keep the wrists straight at all times.
3. Now pull the handles towards the chest with bent arms and bring the shoulder blades together. At the same time the shoulders remain low.



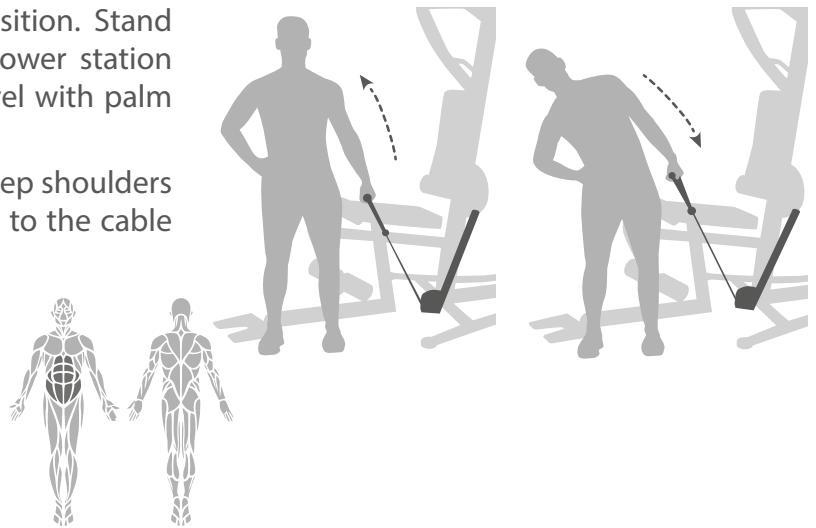
Lat pull

1. Grasp the lat bar sitting frontally. Grip width and grip type can be varied.
2. Slightly tense the core muscles and keep the upper body as upright as possible. Keep wrists straight.
3. Now pull the lat bar towards the upper chest area with bent arms and bring the shoulder blades together towards the back. At the same time the shoulders remain low.



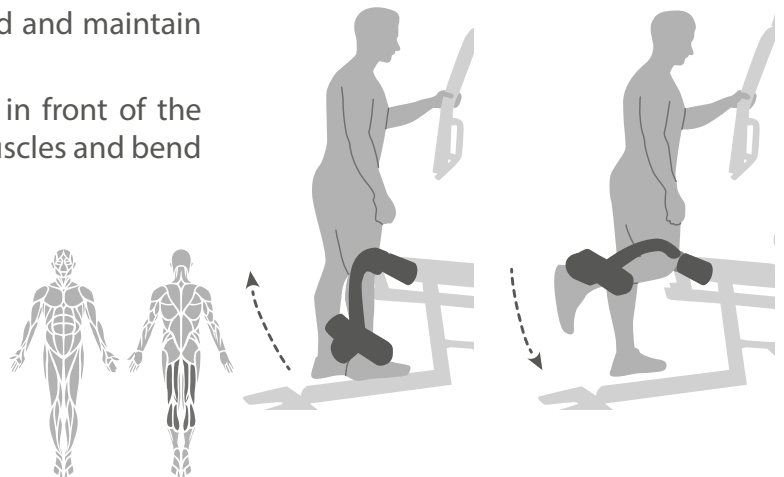
Lateral bends cable pull

1. Bring cable arm into a lower position. Stand shoulder-width apart from the power station and grasp the handle at thigh level with palm facing in.
2. Slightly tense core muscles and keep shoulders low. The arm acts as an extension to the cable pulley.
3. Now tilt the upper body to the side from a stable stance at the hips. The upper body remains firm.



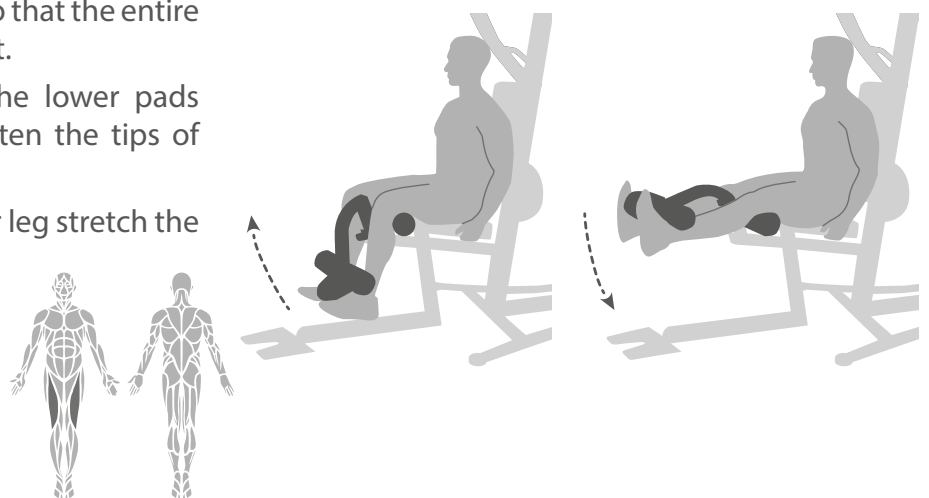
Leg curl

1. Stand frontally next to the lower pad and maintain a stable posture.
2. The leg facing the power station is in front of the lower pad. Slightly tense the core muscles and bend the standing leg slightly.
3. Press the lower pad backwards with the heel and bend the leg.



Leg extension

1. Sit on the power station so that the entire back touches the backrest.
2. Bring both feet under the lower pads from the inside and tighten the tips of the feet.
3. With the pad on the lower leg stretch the legs forward and up. Do not overstretch the legs.



4.1 General Instructions



WARNING

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



ATTENTION

- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 5°C and 45°C.

5.1 General Instructions



WARNING

- + Do not make any improper changes to the equipment.



CAUTION

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.



ATTENTION

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

5.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Grinding noises	Cables or pulleys are running not correct or are damaged	Visual inspection of the cable routing or the pulley guidance
Weight is hanging in the air	Cable too tensioned	Readjust cable tension
Cable without tension	Cable too loose	Readjust cable tension
Squeaking & cracking noises	Loose or too tight screw connection	Check or lubricate screw connection

5.3 Maintenance and Inspection Calendar

To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly	Half-yearly	Yearly
Pull cables	C	I			
Screw connections		I			
Pulleys and cable guide	C	I			
Cushion	C	I			
Legend: C = clean; I = inspect					

6 DISPOSAL

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



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

7 RECOMMENDED ACCESSORIES

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

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

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



floor mat



chest strap



chest strap contact gel



towels



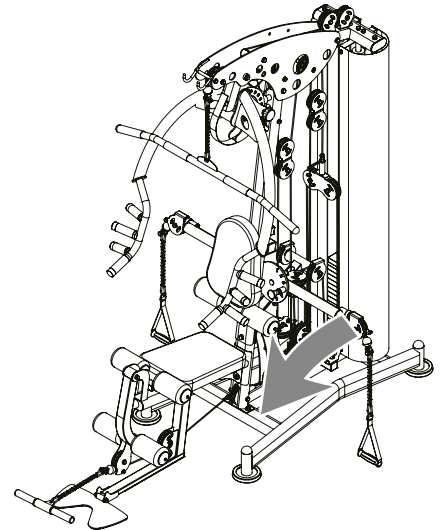
silicone spray

8.1 Serial Number and Model Name

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

NOTICE

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



Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:

Article Number:

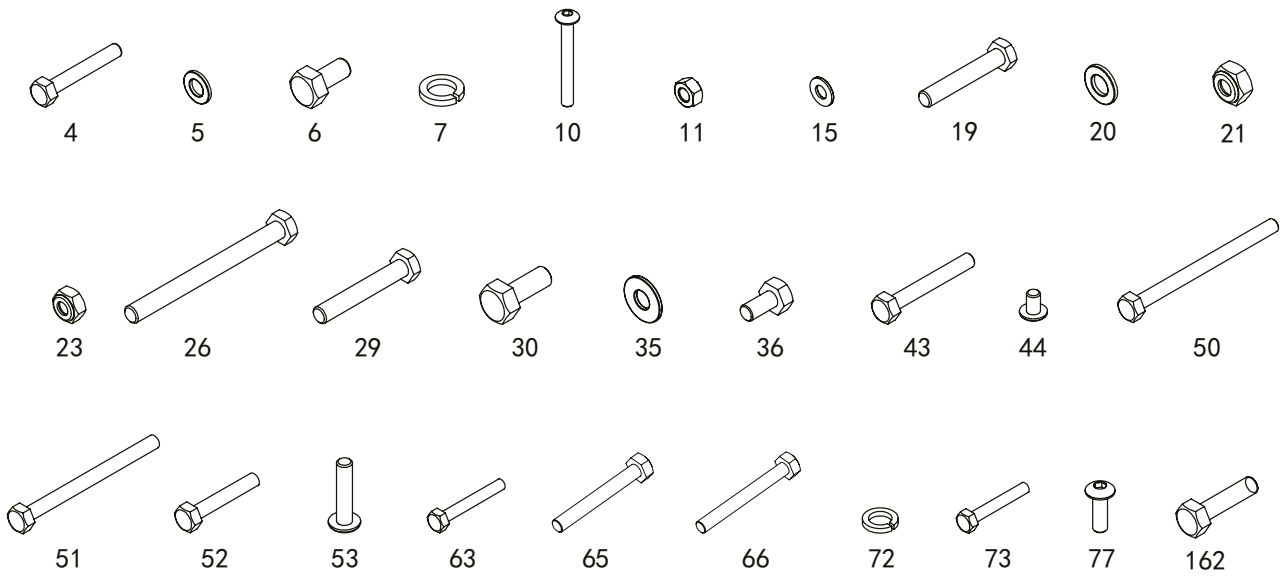
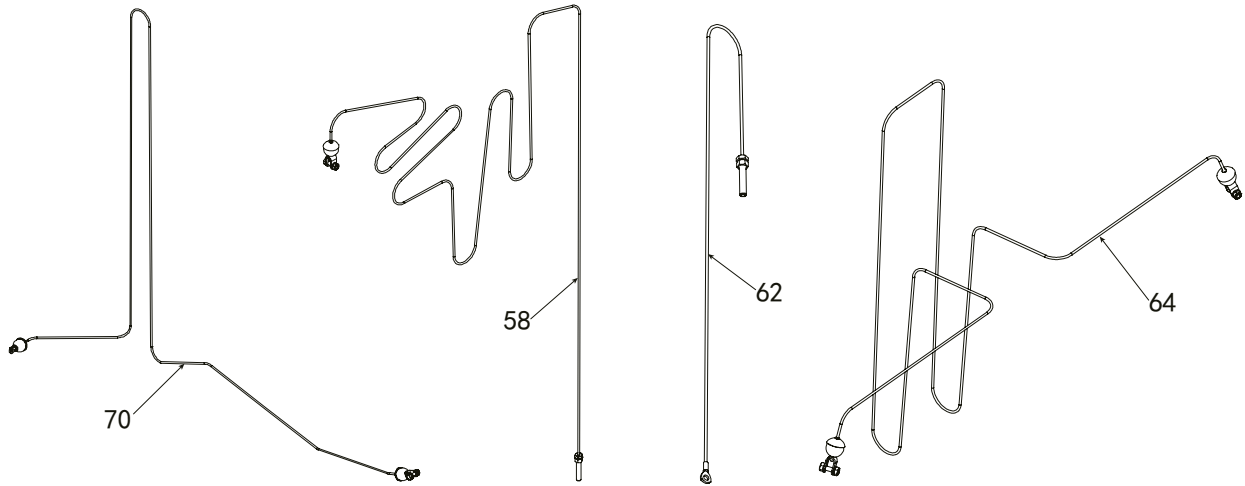
8.2 Parts List Multi-gym

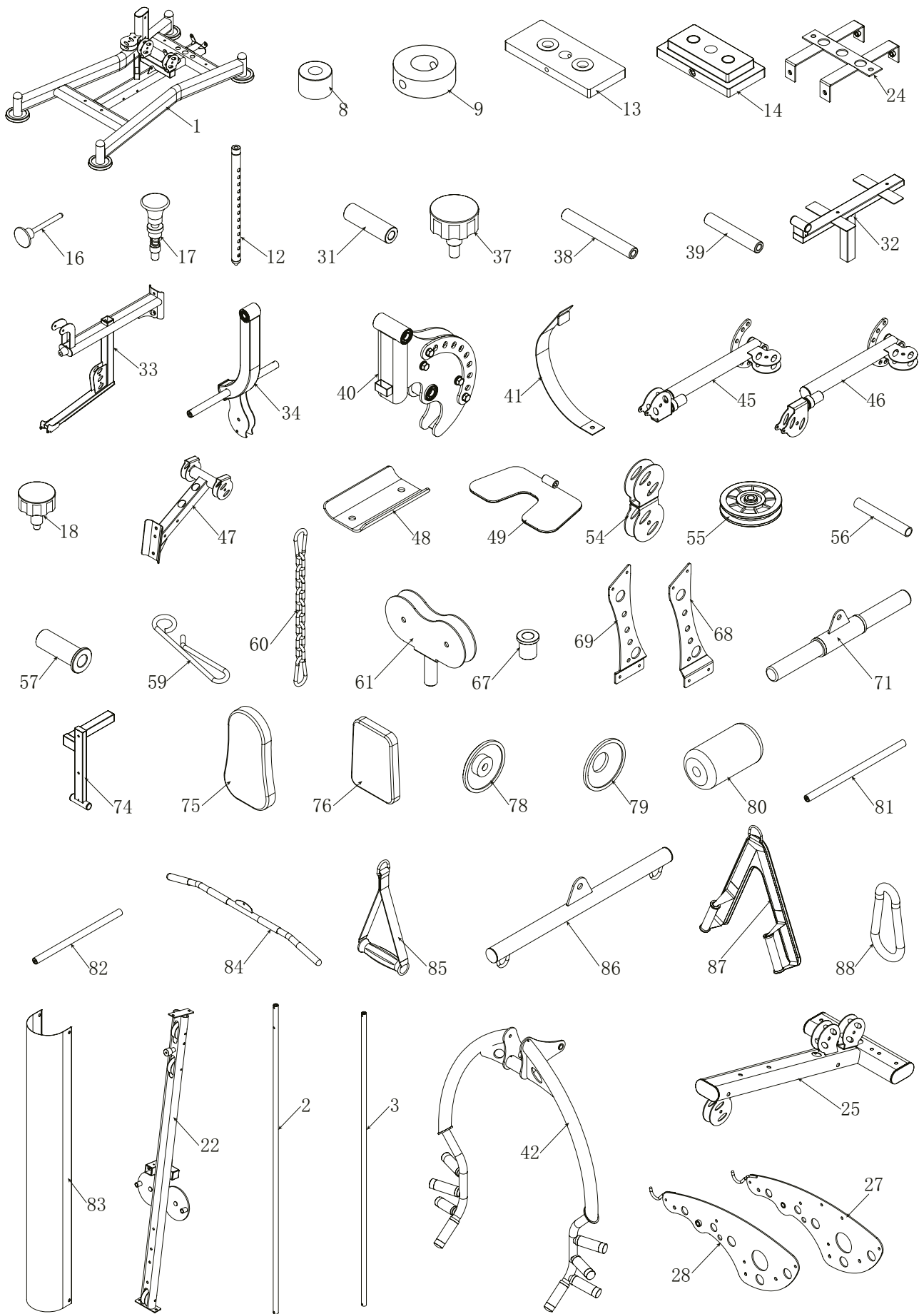
No.	Name	Specification	Qty.
1	ground frame		1
2	guide rod	Φ25*1853	2
3	back support rod	Φ259*1757.5	2
4	hexagon bolt	M10*65	6
5	washer	Φ10	78
6	hexagon bolt	M10*20	8
7	spring washer	Φ10	14
8	rubber cushion	Φ60*Φ26*42	2
9	counter weight rubber cushion	Φ60*Φ26*20	2
10	hexagon socket button head bolt	M8*70	2
11	lock nut	M8	6
12	selector rod	92 KG	1
13	counter weight	4,5 KG	18
14	topmost counter weight	9 KG	1
15	washer	Φ8	25
16	weight pin	Φ10*100	1
17	lock pin		2
18	pull pin	Φ10	2
19	hexagon bolt	M12*70	4
20	washer	Φ12	23
21	lock nut	M12	11
22	front frame		1
23	lock nut	M10	32
24	shield support frame		1
25	upper frame		1
26	hexagon bolt	M12*130	3
27	right cover		1
28	left cover		1
29	hexagon bolt	M12*75	4
30	hexagon bolt	M10*25	2
31	axis of rotation	Φ17*57	1
32	seat cushion adjust frame		1

33	seat cushion tube		1
34	leg curl elbow tube		1
35	big washer	Φ25*10*2.0	6
36	hexagon bolt	M8*16	9
37	pull pin	Φ12	1
38	shaft	Φ17*134	1
39	shaft	Φ17*100	1
40	front push holder		1
41	guard plate		1
42	front push arm		1
43	hexagon bolt	M10*70	1
44	hexagon socket button head bolt	M10*16	2
45	right butterfly arm		1
46	left butterfly arm		1
47	pulley support frame		1
48	reinforcing plate		1
49	footplate		1
50	hexagon bolt	M10*130	6
51	hexagon bolt	M10*115	2
52	hexagon bolt	M10*45	19
53	hexagon socket button head bolt	M10*45	1
54	"-" shape pulley frame		2
55	pulley	Φ95*26	27
56	connecting sleeve	Φ14*100	1
57	pulley spacer	Φ22*Φ10.5*45.5	4
58	lat pull cable	L:4490mm	1
59	cable hook		1
60	9 link chain & snap hook		5
61	double pulley plate		1
62	middle cable	L:1500mm	1
63	hexagon bolt	M8*45	4
64	butterfly arm cable	L:5375mm	1
65	hexagon bolt	M10*75	2
66	hexagon bolt	M10*85	1
67	powder metallurgy sleeve	Φ10	2

68	left support plate		1
69	right support plate		1
70	low pull cable	L:4120mm	1
71	short bar		1
72	spring washer	Φ8	12
73	hexagon bolt	M8*40	4
74	back cushion adjust frame		1
75	back cushion		1
76	seat cushion		1
77	hexagon socket button head bolt	M8*25	6
78	sponge inner cap		6
79	sponge outer cap		6
80	sponge	Φ100*175	6
81	sponge tube	Φ25*480	1
82	sponge tube	Φ25*450	1
83	shield		2
84	long bar		1
85	handle belt		2
86	pull rod		1
87	back pull belt		1
88	snap hook		3
162	hexagon bolt	M10*40	2
164	top weigh stack lock bolt		1

8.3 Exploded Drawing Multi-gym



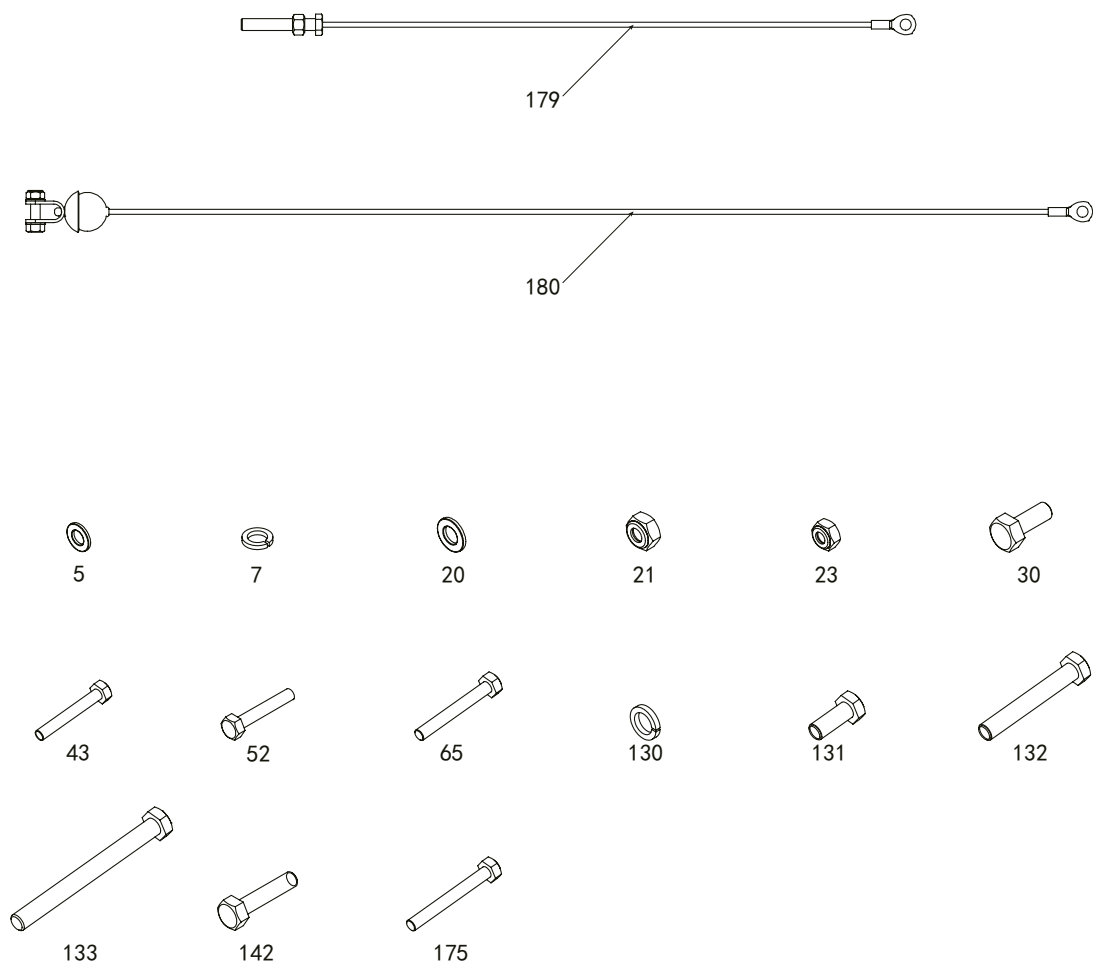


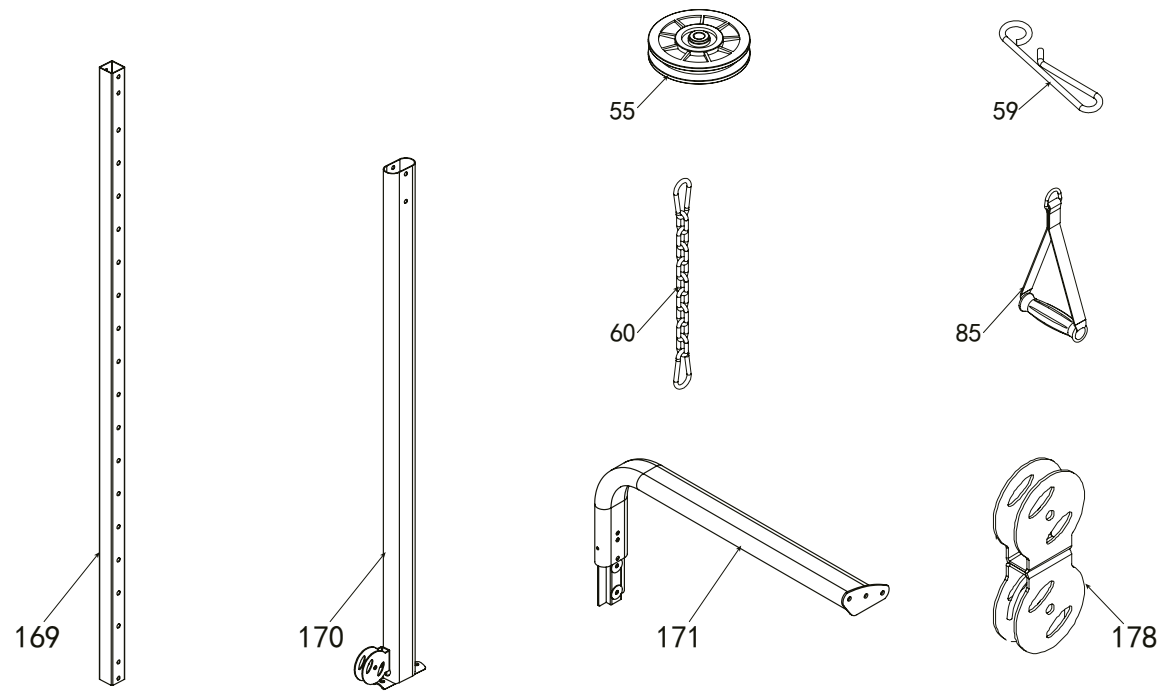
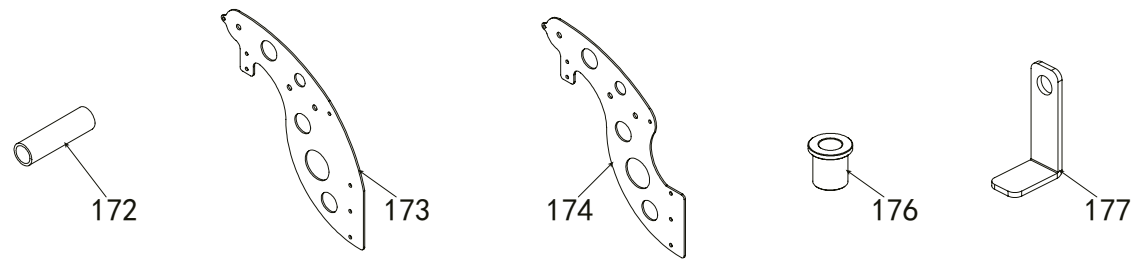
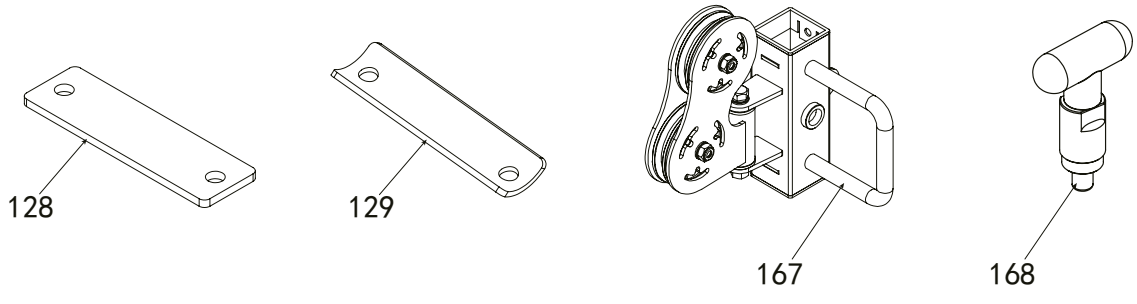
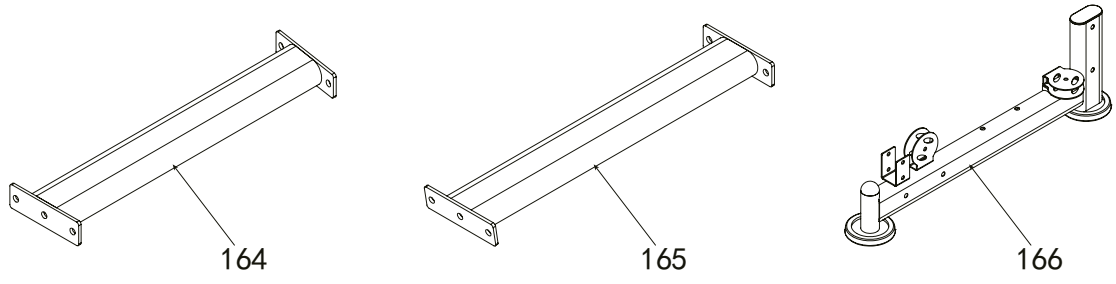
8.4 Parts List Cable Pull Station

No.	Name	Specification	Qty.
5	washer	Φ10	42
7	spring washer	Φ10	2
20	washer	Φ12	23
21	lock nut	M12	10
23	lock nut	M10	20
30	hexagon bolt	M10*25	4
43	hexagon bolt	M10*70	2
52	hexagon bolt	M10*45	3
55	pulley	Φ95*26	9
59	cable hook		1
60	9 link chain & snap hook		1
65	hexagon bolt	M10*75	7
85	handle belt		1
89	foot margin cover	Φ120	2
90	ball head tube plug	Φ50	1
92	oval tube plug	50-100	1
128	connection plate		3
129	arc-shaped connection plate		1
130	spring washer	Φ12	2
131	hexagon bolt	M12*30	4
132	hexagon bolt	M12*75	6
133	hexagon bolt	M12*125	2
142	hexagon bolt	M10*50	3
164	connection tube		1
165	pull cable tower back connection tube		1
166	side ground frame		1
167	sliding sleeve		1
168	T shape pull pin	Φ10	1
169	guide tube		1
170	side standing tube		1
171	side elbow tube		1
172	pull cable tower pulley support tube	Φ14*50	2

173	pull cable tower cover left		1
174	pull cable tower cover right		1
175	hexagon bolt	M10*80	3
176	pulley spacer	Φ20*Φ10.5*19.5	6
177	pulley catch plate		1
178	movable pulley frame		1
179	pull cable tower short cable	L:5625mm	1
180	pull cable tower long cable	L:7290mm	1
181	powder metallurgy sleeve	Φ33*Φ20*18	2
182	stationary shaft	Φ20*74*M10	1
183	reduction sleeve	Φ60*50	2
184	pulley rotating sleeve		1
185	sliding sleeve tube		1

8.5 Exploded Drawing Cable Pull Station



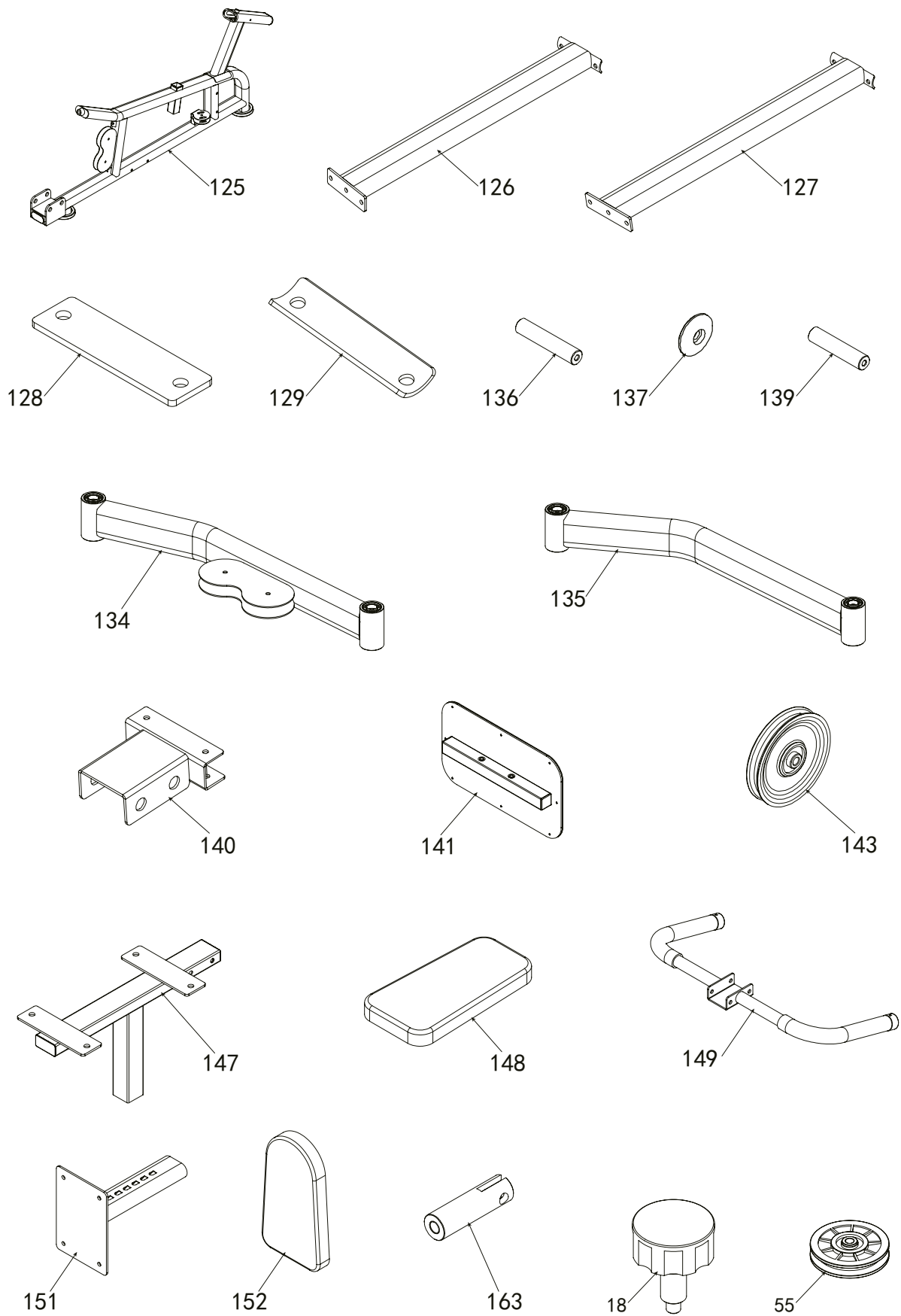


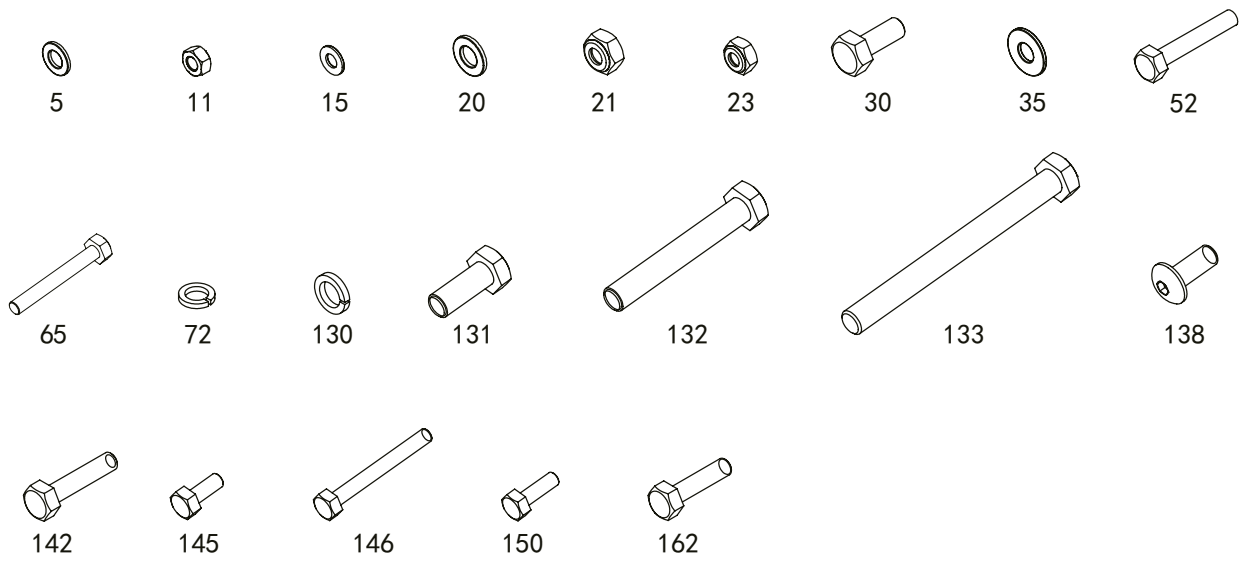
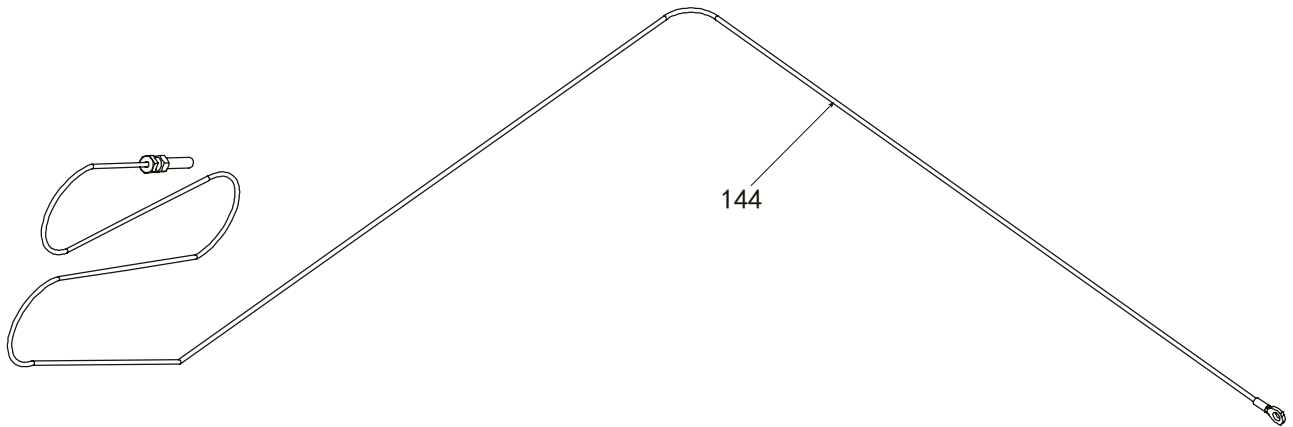
8.6 Parts List Leg Press

No.	Name	Specification	Qty.
5	washer	Φ10	19
11	lock nut	M8	2
15	washer	Φ8	13
18	locking spring knob	Φ10	2
20	washer	Φ12	14
21	lock nut	M12	6
23	lock nut	M10	9
30	hexagon bolt	M10*25	2
35	big washer	Φ25*10*2.0	4
52	hexagon bolt	M10*45	1
55	pulley	Φ95*26	1
65	hexagon bolt	M10*75	2
72	spring washer	Φ8	8
89	foot margin cover	Φ120	2
92	oval tube plug	Φ50-100	2
97	reduction sleeve	50-40L	1
99	hexagon socket button head bolt	M8*16	1
100	inner plug	25*50	2
125	leg press main frame		1
126	leg press front connection tube		1
127	leg press back connection tube		1
128	connection plate		1
129	arc-shaped connection plate		2
130	spring washer	Φ12	2
131	hexagon bolt	M12*30	2
132	hexagon bolt	M12*80	2
133	hexagon bolt	M12*125	4
134	leg press support tube-1		1
135	leg press support tube-2		1
136	shaft	Φ25*125	2
137	plug		8
138	hexagon socket button head bolt	M10*25	8

139	shaft	Φ25*125	2
140	support tube		1
141	footplate tube		1
142	hexagon bolt	M10*50	4
143	big pulley	Φ127*28	4
144	leg press cable	L:3255mm	1
145	hexagon bolt	M8*20	8
146	hexagon bolt	M8*70	2
147	leg press seat cushion adjust frame		1
148	leg press seat cushion		1
149	leg press handle		1
150	hexagon bolt	M8*25	1
151	leg press back cushion adjust frame		1
152	leg press back cushion		1
153	oval reduction sleeve	50-100	1
154	cone rubber cushion	Φ42*Φ32*26	1
155	sq plug	Φ50*50*2.0	2
156	"+"slotted countersunk head bolt	M6*10	8
157	footplate		1
158	bearing	6005	8
159	handle grip	Φ25	2
160	handle	Φ40*Φ25*29	2
161	"-"slotted headless bolt	M4*5	2
162	hexagon bolt	M10*40	1
163	cable adjust sleeve		1

8.7 Exploded Drawing Leg Press





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

Error Descriptions

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

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

Your statutory rights are not affected.

Warrantee

The warrantee is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

Warranty period

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

Repair Costs

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

The terms of use are defined as follows:

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

Warranty Service

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

Warranty Conditions

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

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

Warranty claims are invalid in case of damage resulting from:

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

Proof of Purchase and Serial Number

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

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

Service outside of the Warranty Period

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

Communication

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

DE	DK	FR
<p>TECHNICAL SUPPORT</p> <p>☎ +49 4621 4210-900 📠 +49 4621 4210-698 ✉ technik@sport-tiedje.de</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> <p>SERVICE</p> <p>☎ 0800 20 20277 (Freecall)</p> <p>✉ info@sport-tiedje.de</p> <p>🕒 Mo - Fr 08:00 - 21:00 Sa 09:00 - 21:00 So 10:00 - 18:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 80 90 16 50 +49 4621 4210-945 ✉ info@fitshop.dk</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +33 (0) 172 770033 +49 4621 4210-933 ✉ service-france@fitshop.fr</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>
	PL	BE
	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 22 307 43 21 +49 4621 42 10-948 ✉ info@fitshop.pl</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 02 732 46 77 +49 4621 42 10-932 ✉ info@fitshop.be</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>

UK	NL	INT
<p>TECHNICAL SUPPORT</p> <p>☎ +44 141 876 3986 ✉ support@powerhousefitness.co.uk</p> <p>SERVICE</p> <p>☎ +44 141 876 3972 🕒 Mo - Fr 9am - 5pm</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +31 172 619961 ✉ info@fitshop.nl</p> <p>🕒 Ma - Do 09:00 - 17:00 Vr 09:00 - 21:00 Za 10:00 - 17:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +49 4621 4210-944 ✉ service-int@sport-tiedje.de</p> <p>🕒 Mo - Fr 8am - 6pm Sat 9am - 6pm</p>
	AT	CH
	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 0800 20 20277 (Freecall) +49 4621 42 10-0 ✉ info@sport-tiedje.at</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 0800 202 027 +49 4621 42 10-0 ✉ info@sport-tiedje.ch</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>

Please find a detailed overview including address and opening hours for all stores of the Sport-Tiedje Group in Germany and abroad on the following website:

www.sport-tiedje.com/en/stores

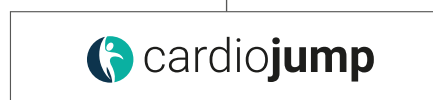
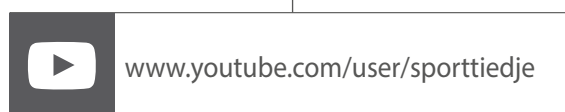
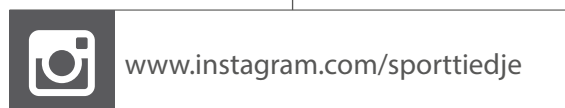
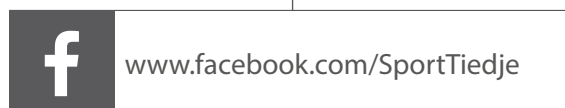
WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

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

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

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



Notes

TAURUS[®]

Multi-Gym WS7