TAURUS®

Assembly and Operating Instructions
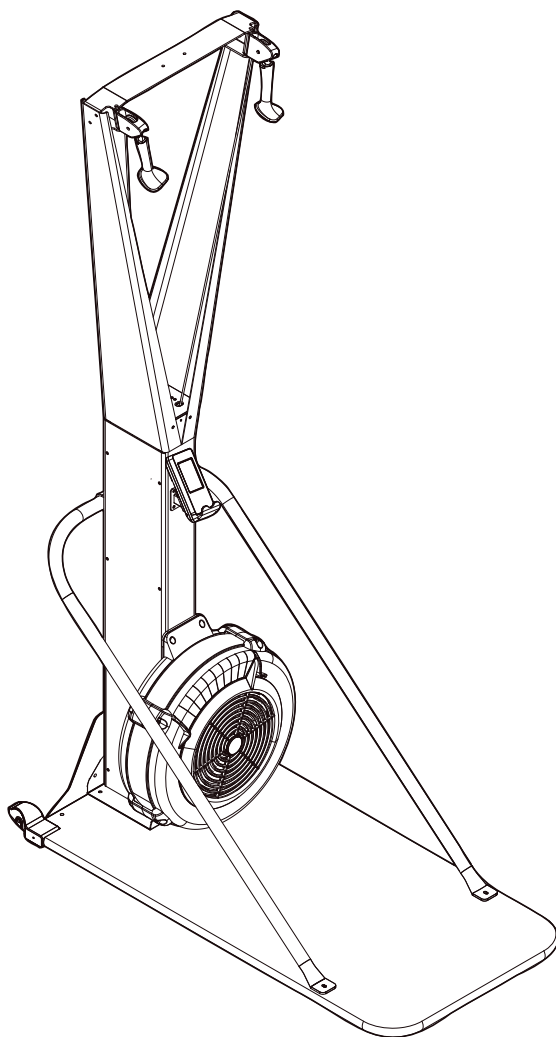
	max. 150 kg
	~ 30 Min.
	47 kg L 127	W 60	H 216

FSUKCVRM2551.11.03

SKU: CVRM2551

Taurus Elite Ski Trainer

Content

Dear customer,

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

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

Intended Use

The equipment may only be used for its intended purpose.

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

Legal Notice

Fitshop GmbH
Europe's 1 for home fitness

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Disclaimer

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

FITSHOP

Europe's No.1 for Home Fitness

ABOUT THIS MANUAL

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

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

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

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

Accuracy classes

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

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

Use classes

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

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

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

The following safety instructions may appear in this manual:

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

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

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

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

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

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

1.1 Technical Data

LCD display of
+ strokes
+ strokes per minute
+ training time in min
+ distance in m
+ time/500 m: average / current
+ calorie consumption in kcal
+ heart rate (when using a chest strap)
+ Watt

Resistance system: air resistance
Total number of training programs: 9

Weight and dimensions:

Article weight (gross, including packaging):   (Box-A) 38.0 kg
                                                      (Box-B) 20.0 kg

Article weight (net, without packaging):   (Box-A) 31.0 kg
                                                      (Box-B) 16 kg

Packaging dimensions (L x W x H):   (Box-A) approx. 121 cm x 46 cm x 51.5 cm
                                                      (Box-B) approx. 133 cm x 65 cm x 10 cm

Set-up dimensions (L x W x H):   approx. 127 cm x 60 cm x 216 cm

User weight: 150 kg

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.

+ 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.

+ Always start each workout with a light warm-up and end with a cool-down phase.

+ Using the machine as a support during stretching exercises or attaching resistance bands, ropes or other accessories to it, may cause injuries.

⚠️ **CAUTION**

+ If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.

+ Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.

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

+ The weights should remain in the user's field of vision during the entire exercise to prevent danger to third parties.

▶ **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**
+ 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.
+ If your device is to be mounted on the wall/ceiling, make sure that you use the appropriate assembly material to avoid possible damages or personal injuries. The contractual partner accepts no liability for this.

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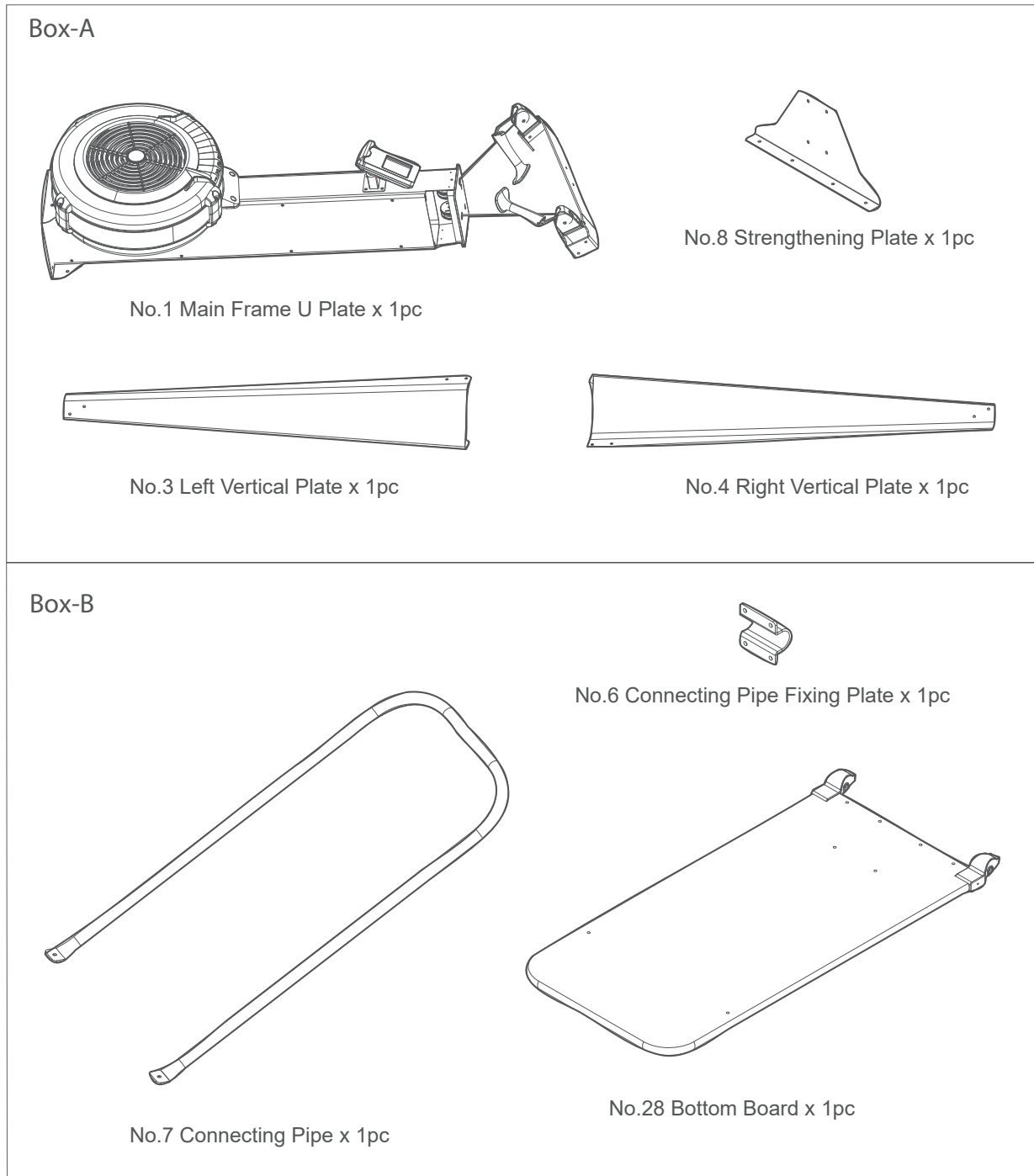
ⓘ **NOTICE**
+ In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
+ Ideally, assemble the equipment at its later set-up place.

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.

Box-A

No.1 Main Frame U Plate x 1pc

No.8 Strengthening Plate x 1pc

No.3 Left Vertical Plate x 1pc

No.4 Right Vertical Plate x 1pc

Box-B

No.6 Connecting Pipe Fixing Plate x 1pc

No.28 Bottom Board x 1pc

No.7 Connecting Pipe x 1pc

2.3 Assembly

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

ⓘ **NOTICE**
+ First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
+ If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

Step 1: Assembly of the Plates

ⓘ **NOTICE**
Before assembling the product, remove the packaging auxiliary tubes (85).

1. Place the main frame U plate (1) on the ground.

2. Four bolts (62) and four nylon nuts (58) are pre-locked on the connecting plate (2) , eight bolts (62) are pre locked on the main frame U plate (1).

Remove them before assembly.

3. Attach the left vertical plate (3) and right vertical plate (4) to the main frame U plate (1).

4. Place the connecting plate (2) between the left and right vertical plate (3/4). The direction of the handle (14) should be upward. Tighten with twelve bolts (62) and four nylon nuts (58).

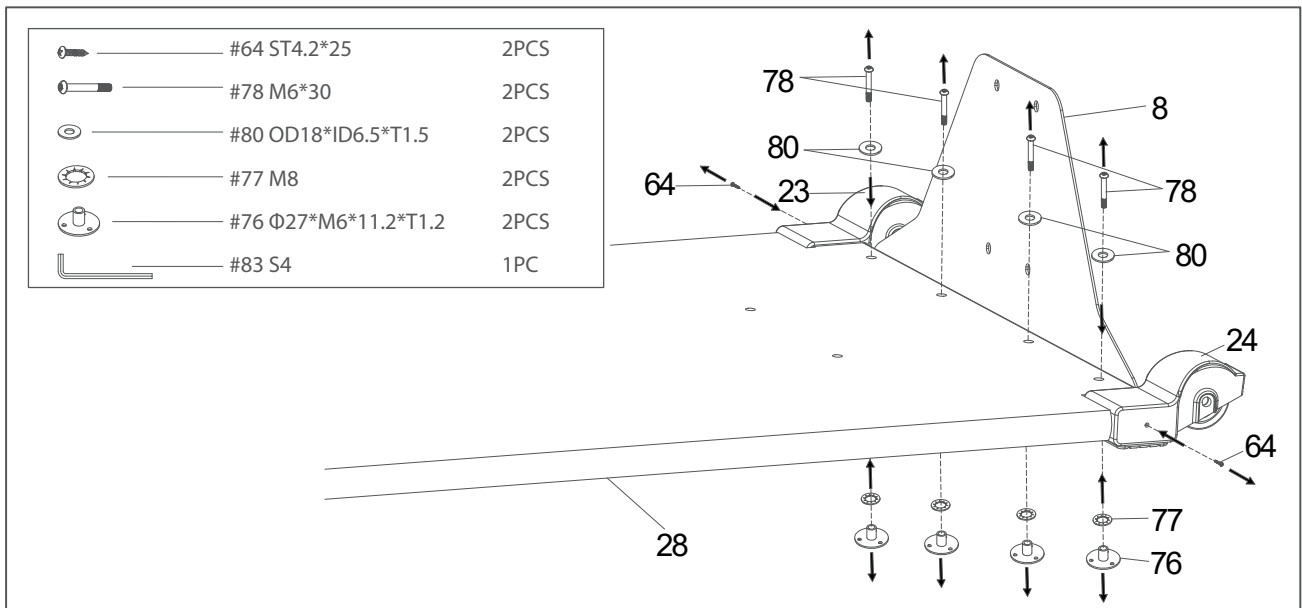|		
#62	M6x12	12PCS
#58	M6	4PCS
#83	S4	1PC
#84	M10	1PC
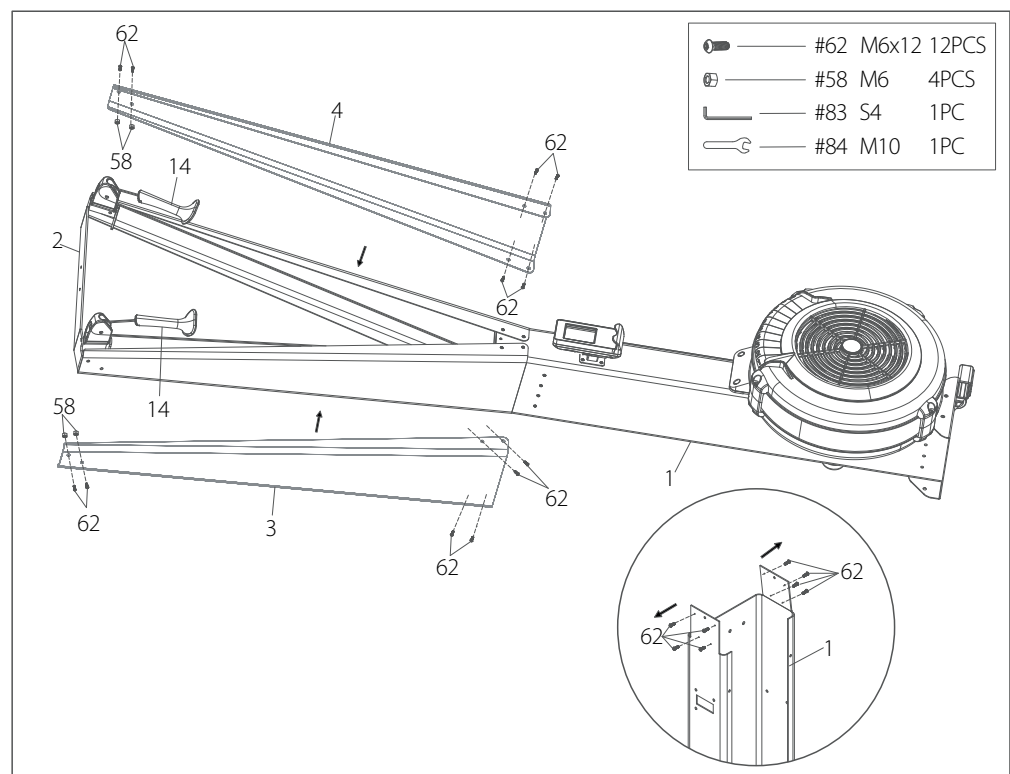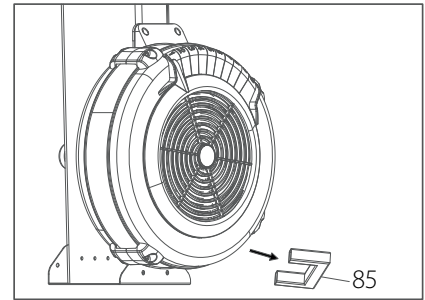
Step 2: Mounting of the Bottom Board

1. Four lock nuts (76), four lock washers (77), four washers (80), four bolts (78) and two screws (64) are pre-locked on the bottom board (28).

Remove them before assembly.

2. Place two lock nuts (76) and two Lock washers (77) in the corresponding hole of the bottom board (28) as shown in the figure.

3. Use two bolts (78) and two washers (80) to assemble the strengthening plate (8) with the bottom board (28).

4. Use two screws (64) to assemble the front end caps (L/R) (23/24) with the bottom board (28).

#64 ST4.2*25	2PCS	
#78 M6*30	2PCS	
#80 OD18*ID6.5*T1.5	2PCS	
#77 M8	2PCS	
#76 Φ27*M6*11.2*T1.2	2PCS	
#83 S4	1PC	

Step 3: Mounting the Base Plate 1

1. Four bolts (62) are pre-locked on the main frame U plate (1) and base plate (9).

Remove them before assembly.

2. Attach the main frame U plate (1) to the strengthening plate (8).
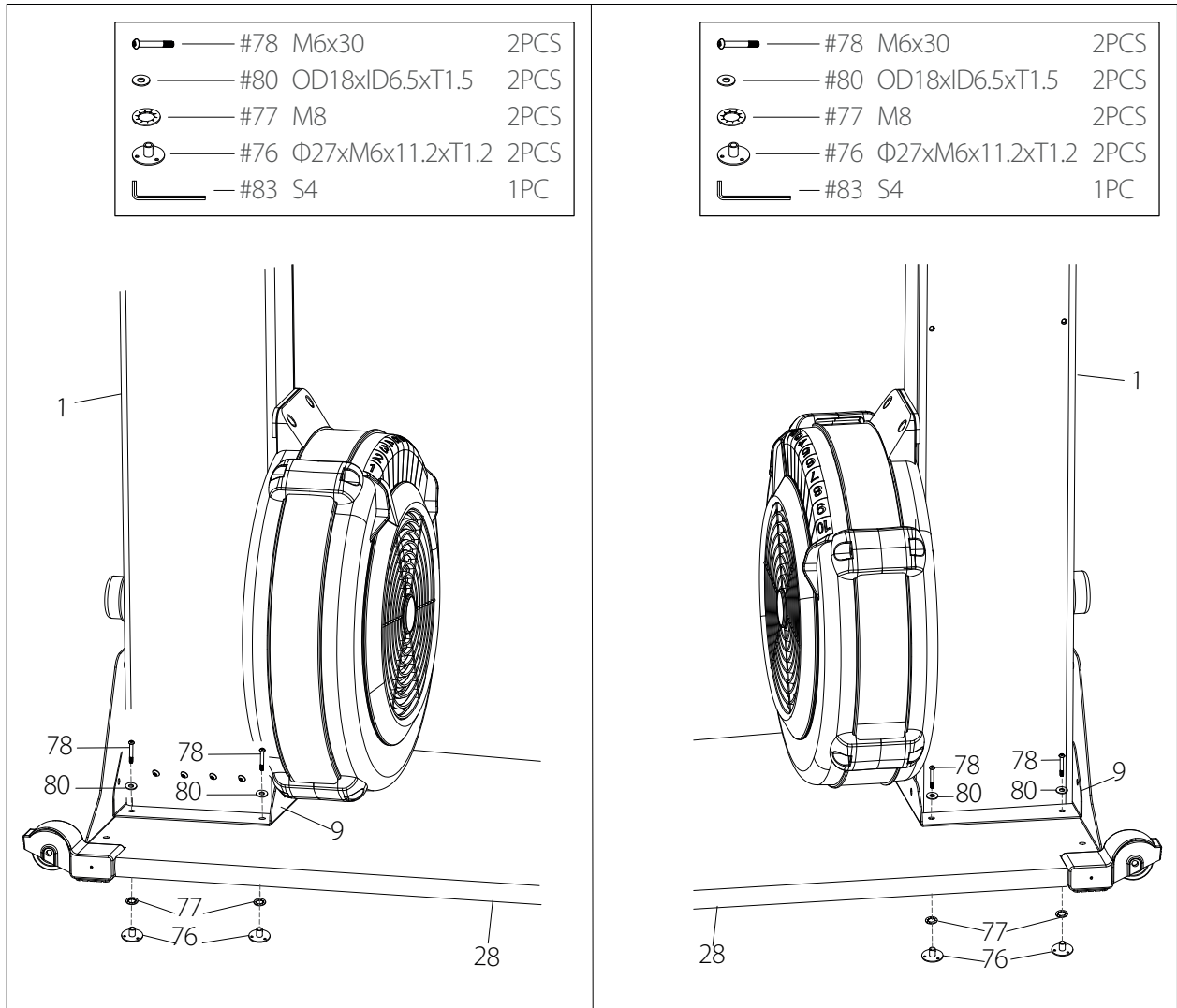3. Tighten with four bolts (62).
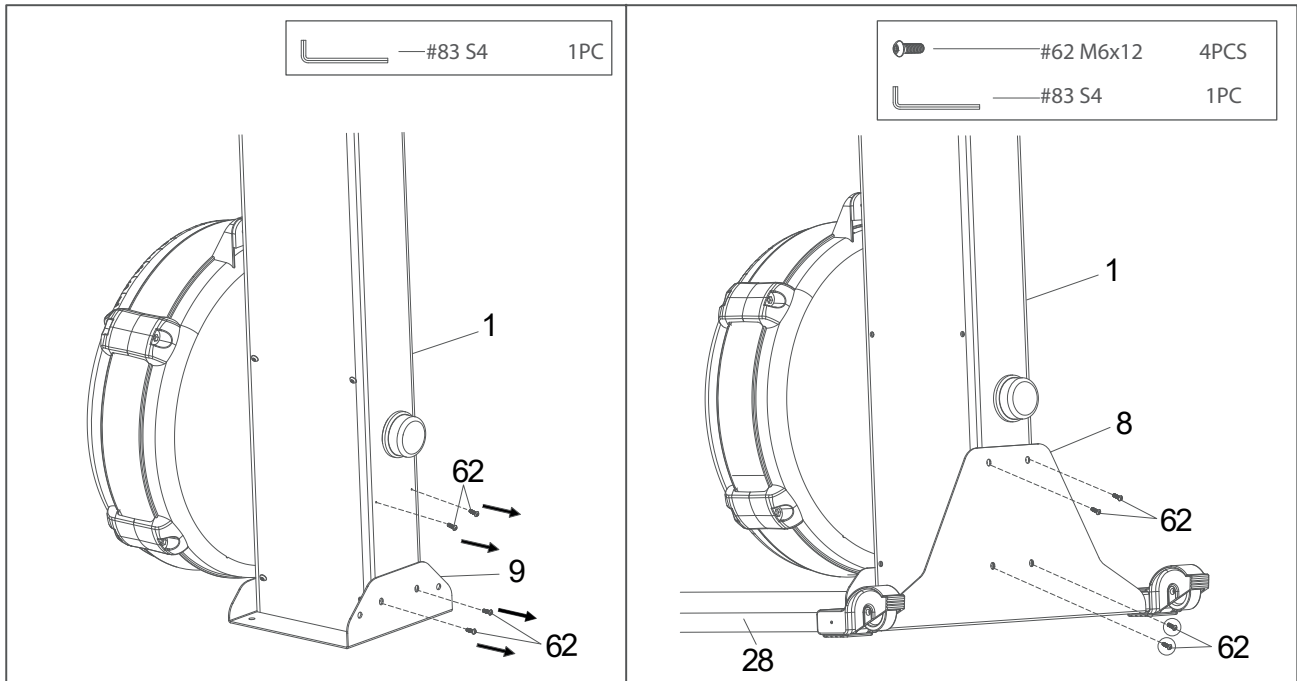
Step 4: Mounting the Base Plate 2

1. Four lock nuts (76), four lock washers (77), four washers (80) and four bolts (78) are pre-locked on the bottom board (28) .

Remove them before assembly.

2. Place four lock nuts (76) and four lock washers (77) in the corresponding hole of bottom board (28) as shown in the figure.

3. Use four bolts (78) and four washers (80) to assemble the base plate (9) with the bottom board (28).

	#78	M6x30	2PCS
	#80	OD18xID6.5xT1.5	2PCS
	#77	M8	2PCS
	#76	Φ27xM6x11.2xT1.2	2PCS
	#83	S4	1PC

Step 5: Mounting the Connecting Pipe

1. Four bolts (62) and one connecting pipe fixing plate (6) are pre-locked on the main frame U plate (1).

Remove them before assembly.

2. Attach the connecting pipe fixing plate (6) and connecting pipe (7) to the main frame U plate (1), tighten with four bolts (62).
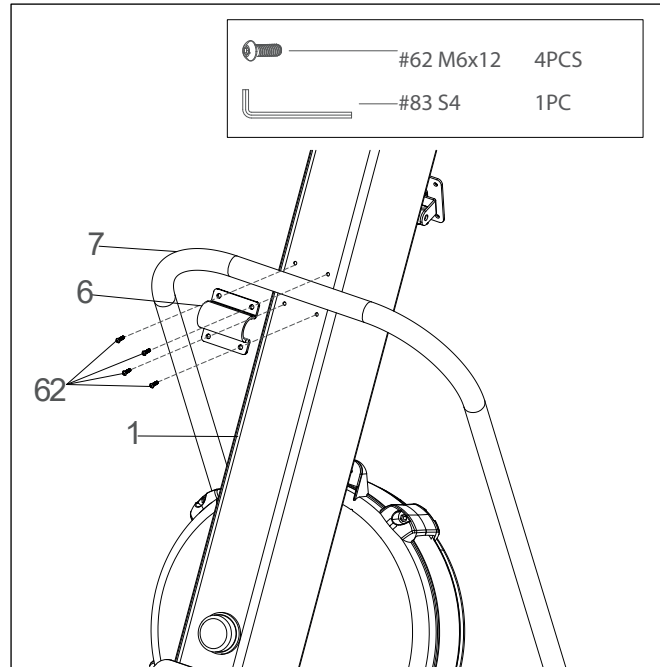
Step 6: Mounting the Bottom Board

1. Two lock nuts (76), two lock washers (77), two washers (80) and two bolts (78) are pre-locked on the bottom board (28).

Remove them before assembly.

2. Place two lock nuts (76) and two lock washers (77) in the corresponding hole of the bottom board (28) as shown in the figure.

3. Use two bolts (78) and two washers (80) to assemble the connecting pipe (7) with the bottom board (28).


	#78 M6x30	2PCS
	#80 OD18xID6.5xT1.5	2PCS
	#77 M8	2PCS
	#76 Φ27xM6*11.2xT1.2	2PCS
	#83 S4	1PC
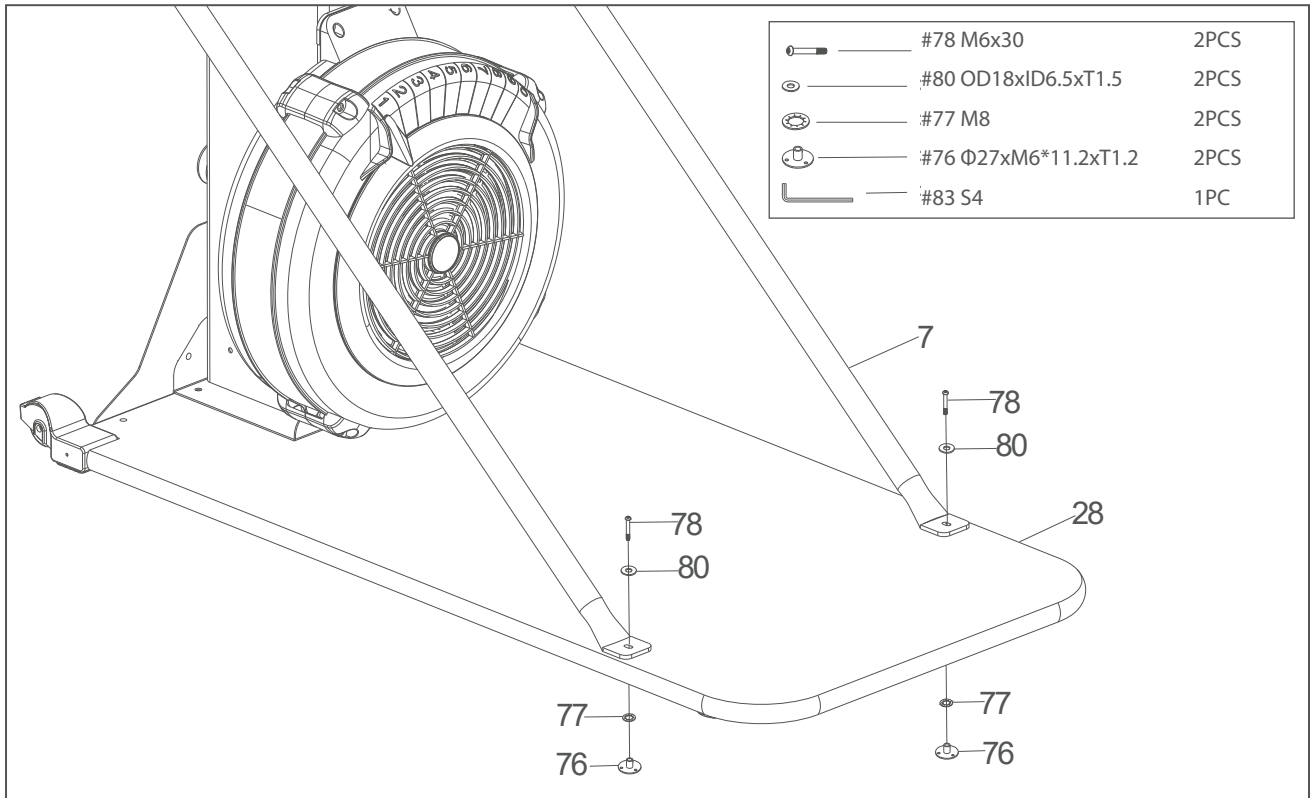
ⓘ **NOTICE**

  + 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
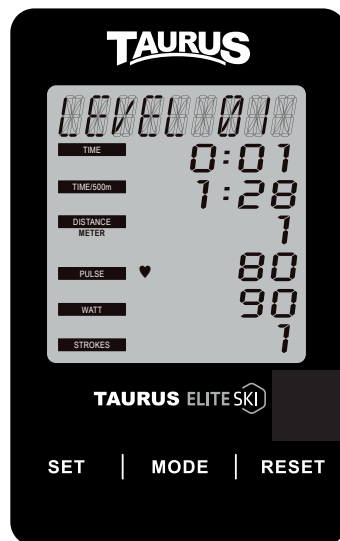
TIME	+ Displays the exercise time.
	+ Counts up when not set.
	+ Range: 0:00-99:00 (+1:00)
TIME/500m	Displays its value according to the signal input.
DIST	+ Displays the exercise distance.
	+ Counts up when not set.
	+ Range: 0-9990 (+10)
CAL	+ Displays the burned calories.
	+ Counts up when not set.
	+ Range: 0-9990 (+10)
SPM	Displays the strokes per minute.

STROKES	Displays the strokes.
TOTAL STROKES	Displays the total number of strokes.
WATT	Displays the Watt value.
PULSE	+ Displays the user's pulse. + Range: 30-230 (+1) BPM
MANUAL PROGRAM	Starts when an RPM signal is detected and no other mode is running.
INTERVAL 20-10	+ Interval exercise mode + Exercise 20 seconds + Rest 10 seconds
INTERVAL 10-20	+ Interval exercise mode + Exercise 10 seconds + Rest 20 seconds
INTERVAL CUSTOM	+ Interval exercise mode + Exercise and rest time are set by the user.
TARGET TIME	+ Time target programme + Time is set by the user.
TARGET DISTANCE	+ Distance target programme + Distance is set by the user.
TARGET CALORIES	+ Calories target programme + Calories are set by the user.
TARGET STROKES	+ Strokes target programme + Strokes are set by the user.
TARGET PULSE	+ Pulse target programme + Heart rate is set by the user.

3.2 Key Functions

SET KEY	+ Short press for an increasement of 1 unit
	+ Long press for rapid increase
	+ In Standby and exercise mode, press once to display the currently loaded value level.
MODE KEY	Press to confirm and set values.
RESET KEY	+ In function selection mode: Return to previous function
	+ In setting mode: Clear currently set values
	+ In pause mode: Return to standby
	+ Long Press: Reset the current exercise values (except TOTAL STROKES)
	*TOTAL STROKES is cleared automatically when the power supply is removed.

3.3 Operating Instructions

Power on:
After connecting the rowing machine to the mains supply or pressing theRESET button for

3 seconds the console is switched on (the BUZZER will beep for 2 seconds and the LCD will be displayed for 2 seconds).

ⓘ **NOTE**
After that the console switches to standby mode.

3.3.1 Standby Mode:

After powering on, the console will enter into standby mode. The following values are displayed in a cycle of 1 second in SCAN mode:

+ MANUAL
+ INTERVAL
+ TARGET
+ TIME
+ TIME/500m
+ DISTANCE
+ CALORIES
+ PULSE
+ SPM
+ WATT
+ TOTAL STROKES
+ STROKES

ⓘ **NOTE**
The console will enter Sleeping Mode four minutes after receiving no input.

3.3.2 Exercise Stop/End Screen:

+ When the exercise pauses or ends the console displays STOP and displays the finished exercise values.
+ The displays switches every 5 seconds between the finished exercise value and your current pulse value.
+ When the exercise resumes, the display continues to record data.
+ Press RESET when the exercise pauses or ends, to enter standby. (see illustration 1-2)

ⓘ **NOTE**
The console will enter Sleeping Mode four minutes after receiving no input.
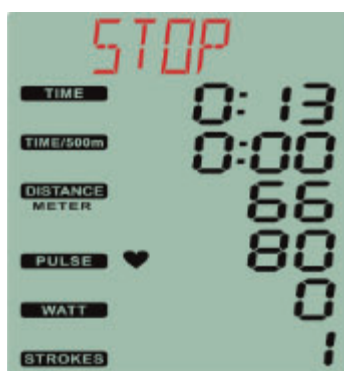
Picture 1   Picture 2

3.3.3 VR adjustment

1. In standby and exercise mode, press SET to enter the LEVEL display screen.

It displays the current LEVEL value: LEVEL 01-10

2. The LEVEL values changes with VR adjustment (LEVEL 05)
3. Press SET again to exit the LEVEL adjustment screen and to return to standby or exercise screen.

ⓘ **NOTE**
The LEVEL adjustment does not effect the exercise function. The exercise values continue to count.

LEVEL 01   LEVEL 05

3.3.4 Manual

ⓘ **NOTE**
When there is an RPM input in standby mode, the console will enter QUICK START. (see illustration 3)

1. Press MODE twice to start MANUAL function when in standby.

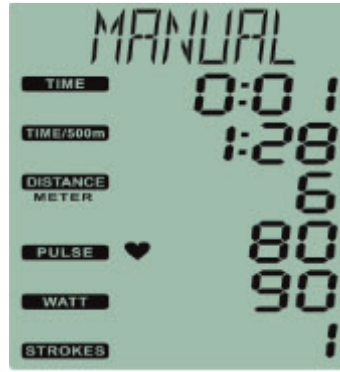*The values of all functions will count up depending of the operation value.*

ⓘ **NOTE**
The displayed value changes every 5 seconds. (see illustration 4-5)

ⓘ **NOTE**
The console will enter Sleeping Mode four minutes after receiving no input.

Picture 3

Picture 4

Picture 5

3.3.5 Interval

1. When in standby press MODE to select INTERVAL.
2. Confirm with SET.
3. Press MODE to enter INTERVAL function selection. (see illustration 6)

INTERVAL 10/20

4. Press SET to select 10/20. (see illustration 7)
5. Press Mode to start the Exercise.

READY appears on the screen. (see illustration 8)

1. WORK 01/08 is displayed and the time counts down 10 seconds. (see illustration 9)

The values of all functions will count up depending of the operation value.

ⓘ **NOTE**
   The displayed value changes every 5 seconds.

2. When REST 01/08 is displayed, TIME counts down 20 seconds. (see illustration 10)

The values of all functions will count up depending of the operation value.

ⓘ **NOTE**
   The displayed value changes every 5 seconds.

In the last 3 seconds READY is displayed. (see illustration 11)

➔ **Both functions work until WORK 08/08 and then enter the end screen.**

ⓘ **NOTE**
   During REST function the device does not enter sleeping mode when no key is pressed or signal input is received.

Picture 6   Picture 7   Picture 8

Picture 9   Picture 10   Picture 11

Interval 20/10
1. Press SET to select 20/10. (see illustration 12)
2. Press Mode to start the Exercise.

READY appears on the screen.

3. WORK 01/08 is displayed and the time counts down 20 seconds. (see illustration 13)

The values of all functions will count up depending of the operation value.

ⓘ **NOTE**
    The displayed value changes every 5 seconds.

4. When REST 01/08 is displayed, TIME counts down 10 seconds. (see illustration 14)

The values of all functions will count up depending of the operation value.
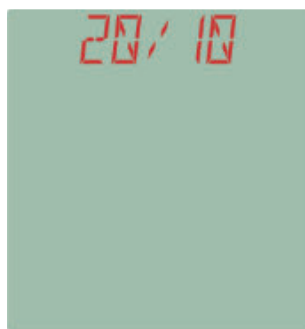
ⓘ **NOTE**
    The displayed value changes every 5 seconds.

In the last 3 seconds READY is displayed.

➜ **Both functions work until WORK 08/08 and then enter the end screen.**

ⓘ **NOTE**
During REST function the device does not enter sleeping mode when no key is pressed or signal input is received.

| Picture 12 | Picture 13 | Picture 14 |

3.3.6 Custom Interval

1. Press SET to select CUSTOM.
2. Press MODE to set CUSTOM function. (see illustration 15)

When ROUND is set, TIME displays 01.

3. Press SET to set ROUND (Range: 01-99) (see illustration 16)
4. Press MODE to enter the next setting.

SET WORK is displayed.

1. Press SET to set the WORK TIME (Range: 0:05-10:00). (see illustration 17)
2. Press MODE to enter the next setting.

SET REST is displayed.

1. Press SET to set the REST TIME (Range: 0:05-10:00). (see illustration 18)
2. Press MODE to enter the exercise screen.
3. READY is displayed and a countdown of 3 seconds starts.
4. WORK 01/XX is displayed.
5. The TIME counts down according to the set value. (see illustration 19-20)

The values of all functions will count up depending of the operation value.

ⓘ **NOTE**
The displayed value changes every 5 seconds.

In the last 3 seconds READY is displayed.

6. When REST 01/XX is displayed, TIME counts down the REST time value.

The values of all functions will count up depending of the operation value.

ⓘ **NOTE**
   The displayed value changes every 5 seconds.

In the last 3 seconds READY is displayed.

➡ ***Both function work until WORK XX/XX and then enter the end screen.***

ⓘ **NOTE**
   During REST function the device does not enter sleeping mode when no key is pressed or signal
   input is received.

ⓘ **NOTE**
   The console will enter Sleeping Mode four minutes after receiving no input.

| Picture 15 | Picture 16 |

| Picture 17 | Picture 18 | Picture 19 | Picture 20 |

3.3.7 Target

1.   Press MODE and SET to select TARGET function when in standby.

TARGET is displayed. (See Illustration 21)

2.   Press MODE to enter TARGET FUNCTION SELECTION.

Target Time

2.1. Select TARGET TIME and press MODE to set the TIME. (see illustration 22)

SET is displayed. (see illustration 23)

2.2. Press SET to set the target time. (Range: 0:00-99:00)
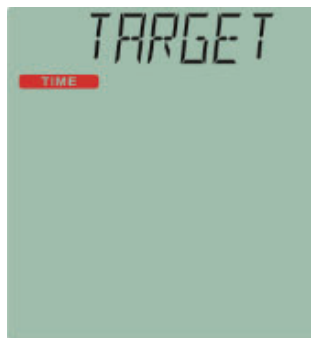
2.3. Press MODE to confirm.

The console enters exercise mode.

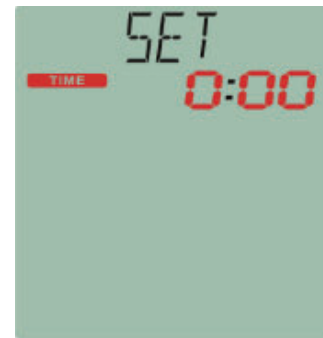2.4. TARGET and TIME is displayed every two seconds in alternation. (see illustration 24-25)

The values of all functions will count up depending of the operation value.

Picture 21

Picture 22

Picture 23

Picture 24

Picture 25

Target Distance
1. Select DISTANCE and press MODE to set the distance. (see illustration 26)

SET is displayed. (see illustration 27)

1. Press SET to set the target distance. (Range: 0-9990)
2. Press MODE to confirm.

The console enters exercise mode.

3. TARGET and DISTANCE is displayed every two seconds in alternation. (see illustration 28-29)

The values of all functions will count up depending of the operation value.

| Picture 26 | Picture 27 | Picture 28 | Picture 29 |

Target Calories
1. Select CALORIES and press MODE to set the calories. (see illustration 30)

SET is displayed. (see illustration 31)

1. Press SET to set the target CALORIES. (Range: 0-9990)
2. Press MODE to confirm.

The console enters exercise mode.

3. TARGET and CALORIES is displayed every two seconds in alternation. (see illustration 32-33)

The values of all functions will count up depending of the operation value.

| Picture 30 | Picture 31 | Picture 32 | Picture 33 |

Target Strokes

1. Select STROKES and press MODE to set the strokes. (see illustration 34)

SET is displayed. (see illustration 35)

1. Press SET to set the target strokes. (Range: 0-9990)
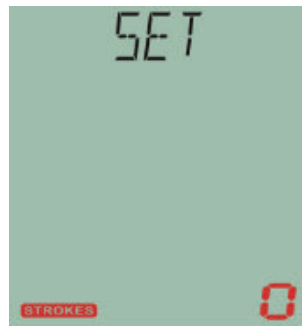2. Press MODE to confirm.

The console enters exercise mode.

3. TARGET and STROKES is displayed every two seconds in alternation. (see illustration 36-37)

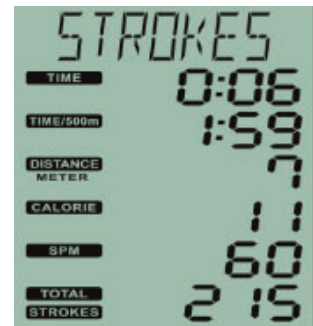*The values of all functions will count up depending of the operation value.*

| Picture 34 | Picture 35 | Picture 36 | Picture 37 |

Target Pulse

1. Select PULSE and press MODE to set the pulse. (see illustration 38)

SET is displayed. (see illustration 39)

1. Press SET to set the target pulse. (Range: 30-230)
2. Press MODE to confirm.

The console enters exercise mode.

3. TARGET and PULSE is displayed every two seconds in alternation. (see illustration 40-41)
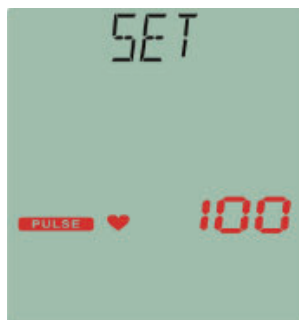
The values of all functions will count up depending of the operation value.

ⓘ **NOTE**
The buzzer wounds every second when your heartbeat value exceeds the preset heartbeat value.

Picture 38	Picture 39	Picture 40	Picture 41

3.4 Special Mode

Switch between M/ML.

1. Press MODE and SET for two seconds to enter the menu for switching between M and ML.

CLIENT ID is displayed with programme version and console model name. (see illustration 42)

2. In switch M/ML mode, press SET to adjust M/ML.
3. Press MODE to confirm the setting.

ⓘ **NOTE**
RESET is an invalid key.

Picture 42

ⓘ **NOTE**
The console has no storage function. When the battery is removed the values reset.

3.5 Wireless Connection Mode

+ It is possible to connect to apps and wireless connection heartbeat in any mode. (Except sleeping mode)
+ After connecting to an app or wireless connection the connection is indicated on the console. (see illustration 43)
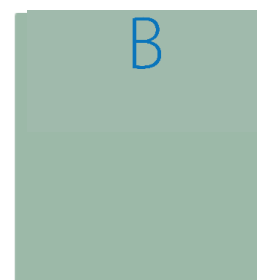
Picture 43

3.6 VR Correction Mode

Use the VR correction mode to calibrate the device.

1. Press MODE and RESET for 3 seconds to enter VR correction mode during standby.

TIME will display L and DISTANCE displays the current AD value of VR. (see illustration 44)

1. Adjust Damper to the first level. (see illustration 25)
2. Press MODE to confirm.

H is displayed in TIME. The acutal AD value of VR is displayed in DISTANCE. (see illustration 46)

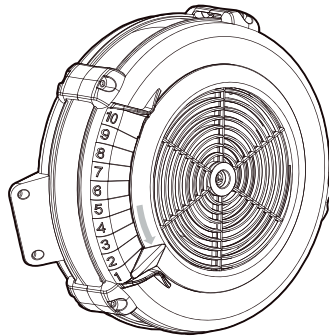1. Adjust the damper to the highest level. (see illustration 47)
2. Confirm with MODE.

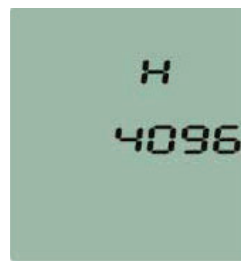➜ **The console restarts and cuts the set values into 10 average segments.**

ⓘ **NOTE**
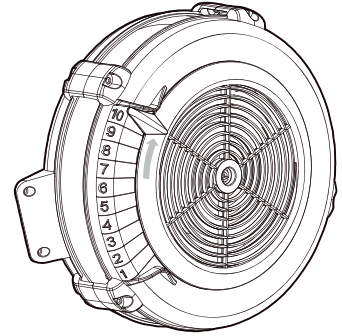 When adjusting the damper, attach the pointer to the baffle plate.

Picture 44	Picture 45	Picture 46	Picture 47

3.7 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 euqipment 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 "iconsole+". 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

The pre-installed apps are produced and provided by external manufacturers. Changes and availability within these apps might occur. Fitshop does not take any responsibility and can not be held liable for the availability, functionality or contents of these apps. 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.
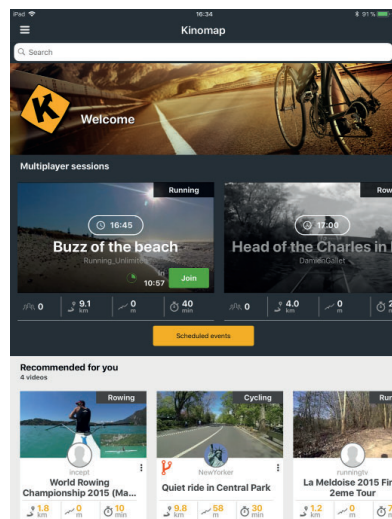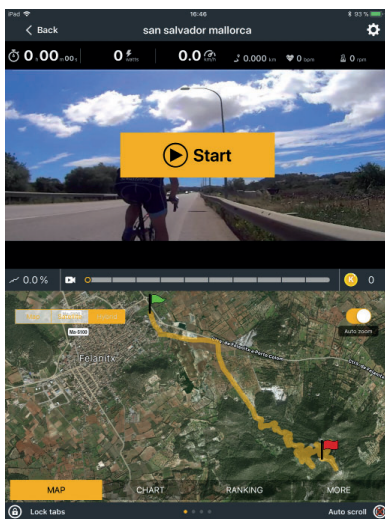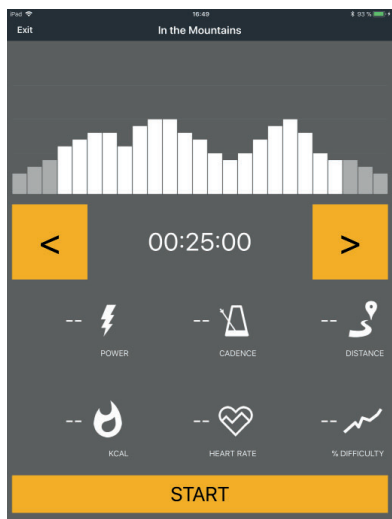
Example: Kinomap

3.8 Usage and Training

1. Double Pole Training:
Start up position: Hands at shoulder width and in line of sight. Arms bent,
feet shoulder width apart.
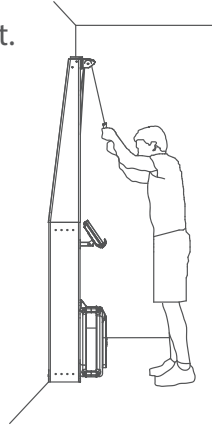
2. Flex your core muscles, bend the knees and pull down the handle. Keep your arms bent and try to approach the handle as close to your face as possible without touching it.
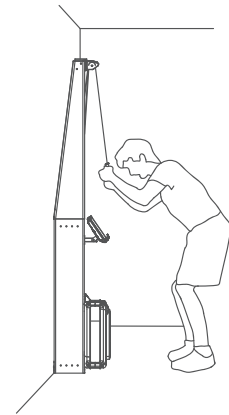
3. Ending position:
Bend your knees slightly and extend your arms until they are next to your thighs.
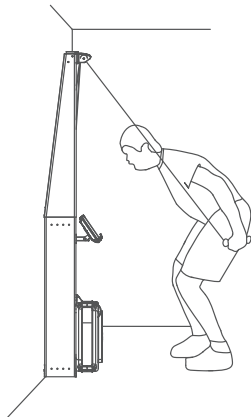
4. Retract your arms, stand straight, and return to the starting position.
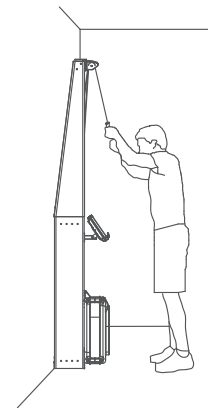
Classic Skiing Practice: Lift on arm up slightly.
Use the upper arm to pull down while slowly lifting the lower arm. Alternate the movement und slightly bend the arms to increase strength.
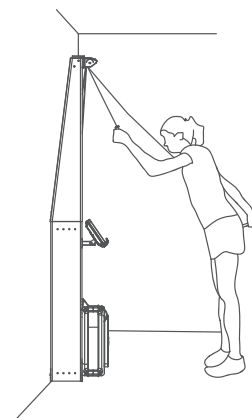
4.1 Installing on the Wall

Step 1: Preparation

1. Fix the strengthening plate (8) to the connecting plate (2) with two bolts (62) and two nylon nuts (58).
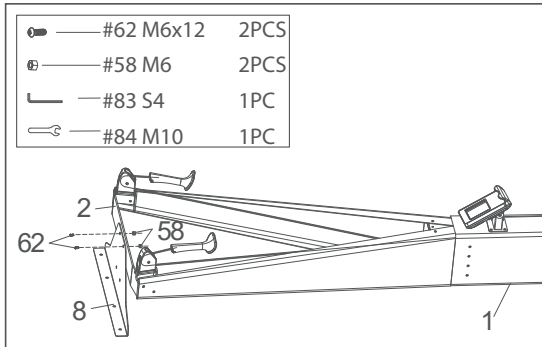
Step 2: Fixing to the Wall

1. Fix the main frame to the wall with two expansion screws (88), two expansion screws (87) and two wall sleeves (35).

ⓘ **NOTE**
Make sure that the screws are secure.
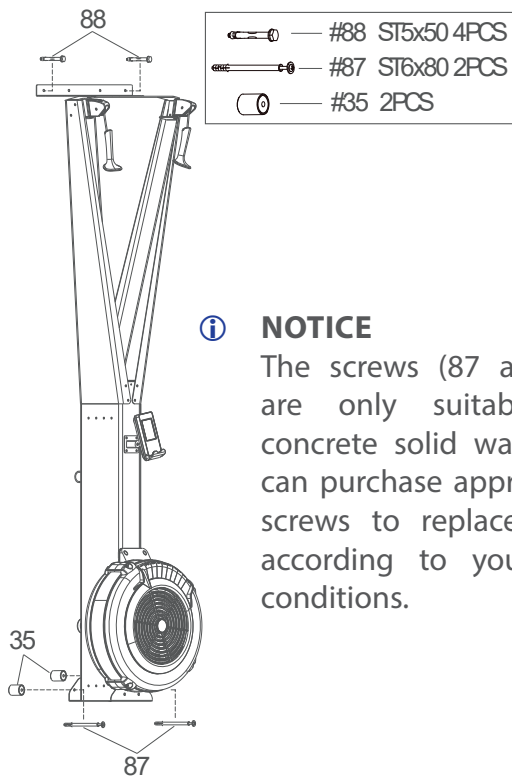
ⓘ **NOTICE**
The screws (87 and 88) are only suitable for concrete solid walls. You can purchase appropriate screws to replace them according to your wall conditions.

4.2 Operating the Damper

Rotate the fan adjustment cover (36) to adjust the resistance.

+ L1: minimum resistance
+ L10: maximum resistance
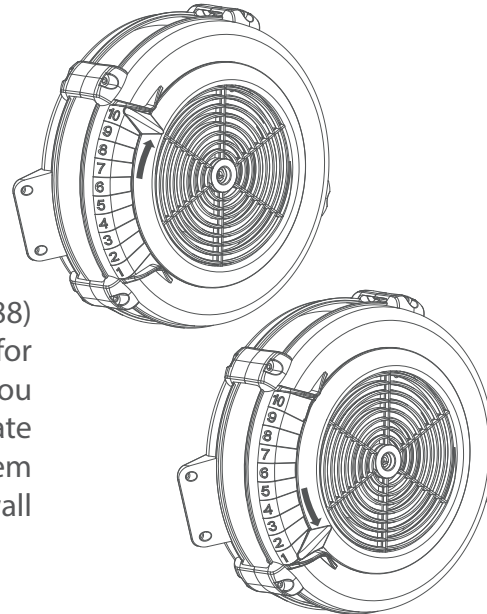
5.1 General Instructions

⚠ **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 1.3 of this manual.

6.1 General Instructions

⚠ **WARNING**
+ Do not make any improper changes to the equipment.

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

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

6.2 Faults and Fault Diagnosis

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

Fault	Cause	Solution
Grinding noises	Cables or pulleys do not run smoothly or are damaged	+ Visual inspection of the cable routing or the pulley guide + If damaged, replace the defective part
Squeaking & cracking noises	Screw connections loosened or too tight	+ Check or lubricate screw connections* + Check cable routing
Unit wobbles	+ Uneven ground + Loose screw connections	+ Align unit + Tighten screw connections
Heavy draught	+ Weight holders/guide rods too dry + Faulty cable routing	+ Lubricate guide rods* + Check cable routing

* With a grease-free silicone oil or silicone spray.

6.3 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
Cables	C	I	
Screw connections		I	
Pulleys and cable routing		I	
Legend: C = clean; I = inspect			

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 recycling centre. Further information can be obtained from your local authority's recycling service.

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

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For training equipment like smith machines, weight benches or racks this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat but it could be also **additional weights**, **handles**, **foot straps** for leg exercises or **triceps ropes**. For some smith machines, there are also optional add-ons such as **leg presses** that make your workout even more intense and comprehensive.

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

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.

Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Taurus / Ski Trainer

Model Name:

Taurus Elite Ski Trainer

SKU:

CVRM2551

9.2 Parts List

	Name	Qty.
1	Main Frame U Plate	1
2	Connecting Plate	1
3	Left Vertical Plate	1
4	Right Vertical Plate	1
5	Console Holder	1
6	Connecting Pipe Fixing Plate	1
7	Connecting Pipe	1
8	Strengthening Plate	1
9	Base Plate	1
10	Side Plate	1
11	Sensor Fixing Plate	1
12	Console Fixing Plate	1
13	Pulley Seat	2
14	Handle	2
15	Handle Seat	2
16	Pull Rope Small Pulley	4
17	Bearing Clearance Spacer (ø22×ø8×8.25)	8
18	Pull Rope (ø4×4000mm)	2
19	Bungee Cord (ø4×4000mm)	2
20	Fixed Seat	1
21	Bungee Cord Small Pulley (POM ø35×9)	8
22	Console	1
23	Front End Cap (L)	1
24	Front End Cap (R)	1
25	Wheel for Moving	2
26	Winding Wheel	2
27	Shaft Assembly	1
28	Bottom Board	1
29	Bearing	2
30	Foot Pad	4
31	Bearing Cover	1
32	Tube Plug	1

33	Flywheel Cover Front	1
34	Flywheel Cover Back	1
35	Wall Sleeve	2
36	Fan Decorative Cover	1
37	Flywheel	1
38	Counterweight Disk	1
39	Sensor Magnet	1
40	Mesh Plate	1
41	One-Way Bearing (ø35×16, HF1716)	2
42	Long Spacer Sleeve (OD20×ID17×32.5)	2
43	Short Spacer Sleeve (OD20×ID17×24)	2
44	Wave Washer (65mm, OD23×ID17.1×T0.3mm)	1
45	6003 Bearing Sleeve (PA, ø40×12.5)	2
46	Sensor Wire	1
47	VR	1
48	VR Connecting Wire	1
49	Damper Plate	1
50	VR Fixing Plate	1
51	Bolt (M8×80)	2
52	Nylon Nut (M8)	7
53	Bolt (M8×35)	4
54	Bolt (M8×70)	1
55	Console Screw (M8×70)	4
56	Washer (OD16×ID8.5×T1.5)	10
57	Washer (OD13×ID6.5×T1.5)	10
58	Nylon Nut (M6)	16
59	Spring Washer (ID6.5×T1.6)	18
60	Cross Head Screw (M6×20)	8
61	Bolt (M6×40)	2
62	Bolt (M6×12)	34
63	Self Tapping Screw (ST4.2×L16mm)	12
64	Self Tapping Screw (ST4.2×L25mm)	2
65	Bolt (M4×45)	1
66	Mesh Locking Block	2

67	Hex Nut (M4)	1
68	Cross Head Screw (M5×10)	8
69	Cross Head Screw (M5×75)	4
70	Hex Nut (M5)	4
71	Bolt (M8×15)	5
72	Thin Nut (M8)	4
73	Cross Head Screw (M6×10, Head ø12)	2
74	Self Tapping Screw (ST4.2×L12mm)	5
75	Washer (OD16×ID6.5×T1.0)	4
76	Lock Nut (ø27×M6×11.2×T1.2)	8
77	Lock Washer (M8)	8
78	Bolt (M6×30)	8
79	Self Tapping Screw (ST5.5x20)	4
80	Washer (OD18×ID6.5×T1.5)	8
81	Washer (OD25×ID13×T1.5)	1
82	Washer (OD20×ID8.5×T1.5)	1
83	Allen Wrench (S4)	1
84	Spanner (M10×2.0×87)	1
85	Packaging Auxiliary Tube	1
86	Bearing (6003ZZ S & F)	4
87	Expansion Screw (ST5×80)	2
88	Expansion Screw (ST5×50)	4
89	Washer (OD20×ID8.5×T2.0)	1
90	Screw (ST3×25)	4

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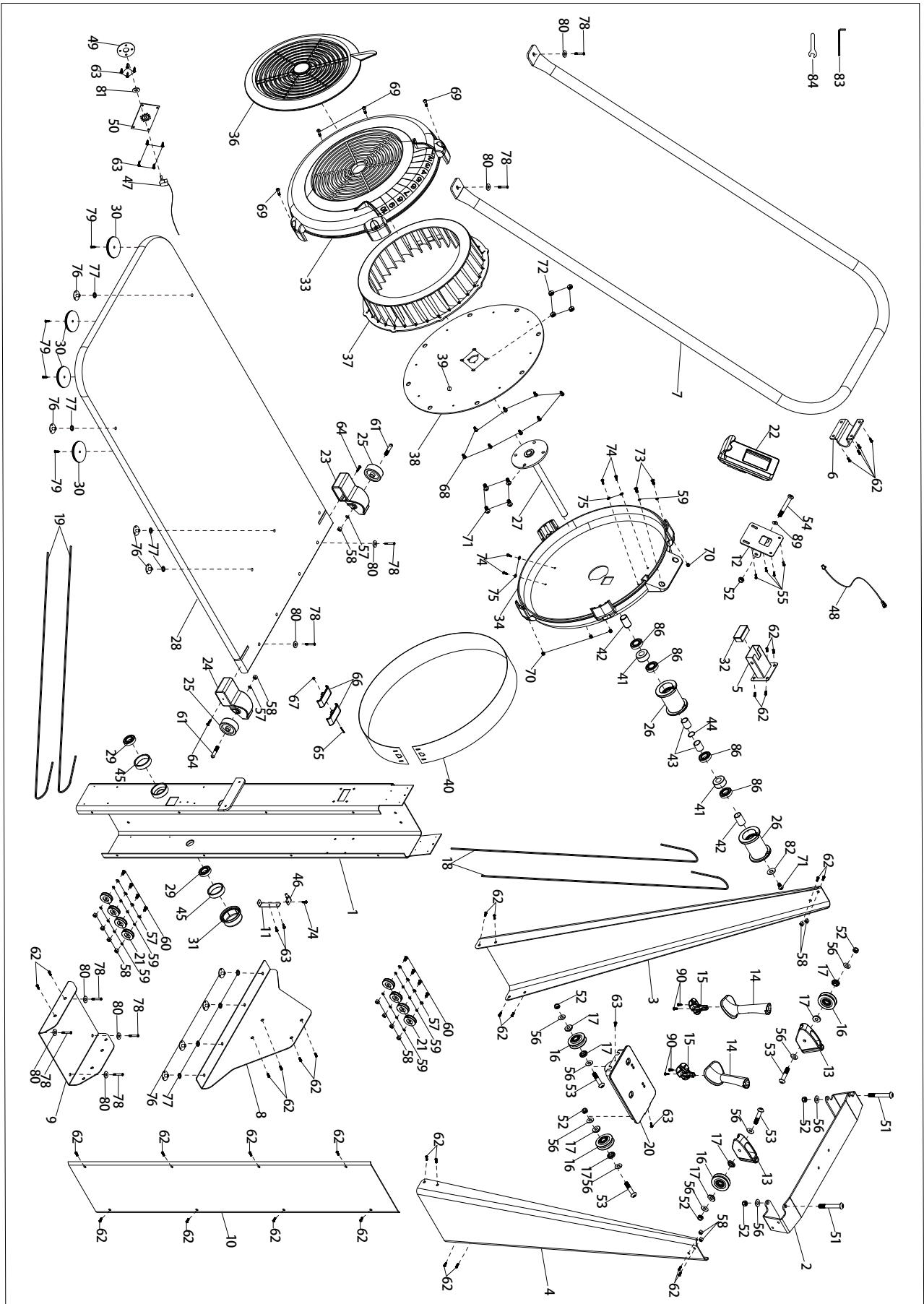
Products from TAURUS® are subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

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

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

Your statutory rights are not affected.

Warrantee
The warrantee is the first/original buyer.

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

Warranty period

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

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

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

Warranty Service

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

Warranty Conditions

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

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

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

Proof of Purchase and Serial Number

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

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

Service outside of the Warranty Period

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

Communication

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

DE	DK	UK

DE

TECHNIK

📞 +49 4621 4210-900

📠 +49 4621 4210-698

✉️ technik@fitshop.de

🕐 Öffnungszeiten entnehmen Sie unserer Homepage.

SERVICE

📞 0800 20 20277 (kostenlos)

📞 04621 4210 - 0

✉️ info@fitshop.de

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

DK

TEKNIK OG SERVICE

📞 80 90 16 50
+49 4621 4210-945

✉️ info@fitshop.dk

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

UK

CUSTOMER CARE

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

✉️ customercare@fitshop.co.uk

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

FR

TECHNIQUE & SERVICE

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

✉️ info@fitshop.fr

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

BE

TECHNIQUE & SERVICE

📞 02 732 46 77
+49 4621 4210 933

✉️ info@fitshop.be

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

ES	NL	INT

ES

TECNOLOGÍA Y SERVICIOS

📞 911 238 029

✉️ info@fitshop.es

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

NL

TECHNISCHE DIENST & SERVICE

📞 +31 172 619961

✉️ service@fitshop.nl

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

INT

TECHNICAL SUPPORT & SERVICE

📞 +49 4621 4210-944

✉️ service-int@fitshop.de

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

PL

DZIAŁ TECHNICZNY I SERWIS

📞 22 307 43 21
+49 4621 42 10-948

✉️ info@fitshop.pl

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

AT

TECHNIK & SERVICE

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

✉️ info@fitshop.at

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

CH

TECHNIK & SERVICE

📞 0800 202 027
+49 4621 42 10-0

✉️ info@fitshop.ch

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

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

www.fitshop.co.uk/storelocator

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

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

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

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

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

FIT SHOP	https://www.fitshop.co.uk/ www.fitshop.co.uk/blog/
f	www.facebook.com/fitshop.co.uk
Instagram	www.instagram.com/fitshop_uk
YouTube	www.youtube.com/@fitshop_uk

TAURUS

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BODYCRAFT

BodyMax

TAURUS®