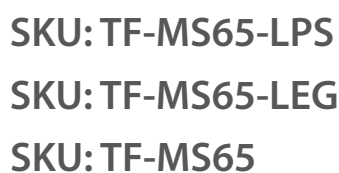


Assembly and Operating Instructions



FSUKTFMS65.01.02

FSUKTFMS65LEG.01.02

FSUKTFMS65LPS.01.02

TAURUS MS65 ELITE

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Dear customer,

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

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

Intended Use

The equipment may only be used for its intended purpose.

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

Legal Notice

Fitshop 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.

FITSHOP

Europe's No.1 for Home Fitness

ABOUT THIS MANUAL

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

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



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

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

Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

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

Use classes

Class S (studio): professional and/or commercial use.

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

Class H (home use): use at home.

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

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

The following safety instructions may appear in this manual:

► **ATTENTION**

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

⚠ **CAUTION**

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

⚠ **WARNING**

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

⚠ **DANGER**

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

ⓘ **NOTICE**

This notice indicates further useful information.

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

1.1 Technical Data

Weight and Dimensions:

Product weight (gross, incl. packaging):

Box 1: 550 kg
Box 2: 14 kg
Box 3: 22.5 kg
Box 4: 22.5 kg
Box 5: 31.5 kg
Box 6: 14 kg
Box 7: 22.5 kg
Box 8: 22.5 kg
Box 9: 31.5 kg

Product weight (net, without packaging):

520 kg

Packaging dimensions (L x W x H):

Box 1: 226.5 cm x 98.5 cm x 45 cm
Box 2: 28 cm x 20 cm x 12 cm
Box 3: 28 cm x 20 cm x 12 cm
Box 4: 28 cm x 20 cm x 12 cm
Box 5: 28 cm x 20 cm x 12 cm
Box 6: 28 cm x 20 cm x 12 cm
Box 7: 28 cm x 20 cm x 12 cm
Box 8: 28 cm x 20 cm x 12 cm
Box 9: 28 cm x 20 cm x 12 cm

Assembled dimensions (L x W x H):

125.8 cm x 190.8 cm x 220 cm

Maximum user weight:

150 kg

Maximum load:

400 kg

Transmission ratio:

1:2

TF-MS65-LEG**Weight and dimensions:**

Article weight (gross, including packaging):	15.5 kg
Article weight (net, without packaging):	14 kg
Packaging dimensions (L x W x H):	63 cm x 44 cm x 19.5 cm
Set-up dimensions (L x W x H):	59 cm x 93.5 cm x 22 cm
Maximum load:	100 kg

TF-MS65-LPS**Weight and dimensions:**

Article weight (gross, including packaging):	9 kg
Article weight (net, without packaging):	8 kg
Packaging dimensions (L x W x H):	69.5 cm x 43.5 cm x 14 cm
Set-up dimensions (L x W x H):	85.5 cm x 47 cm x 37 cm
Maximum load:	120 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.
- + The safety level of the appliance can only be maintained if it is regularly checked for damage and wear.

ATTENTION

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

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: MS65

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



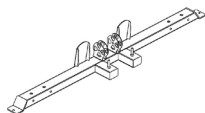



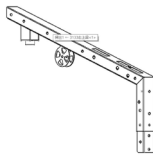
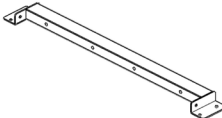
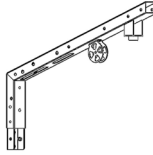

CAUTION

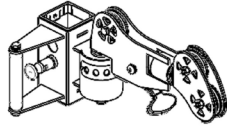
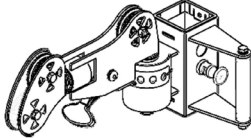



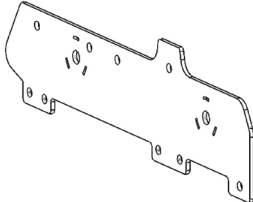
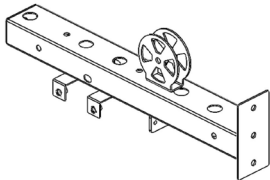
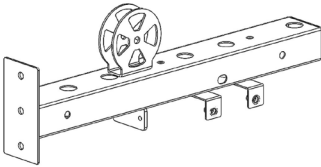
If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

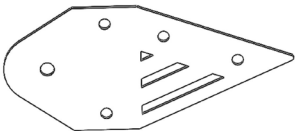
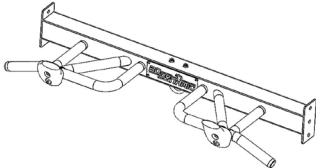
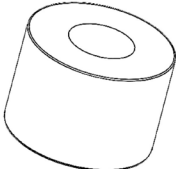
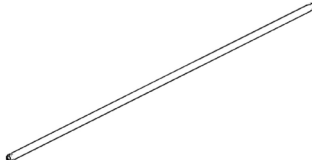

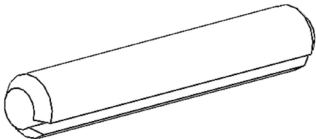

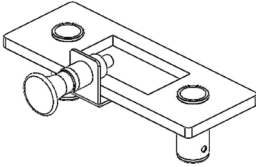


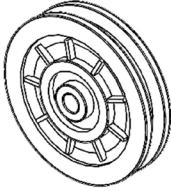
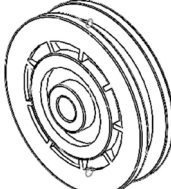
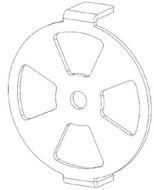



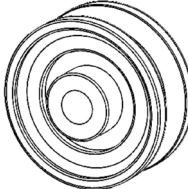
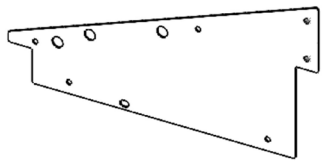
NOTICE

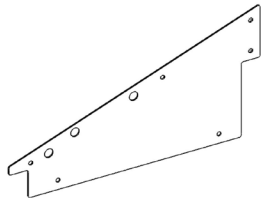
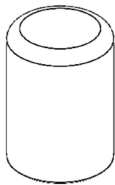
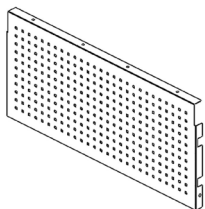
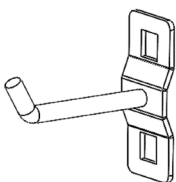
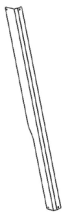

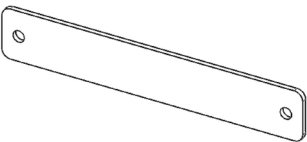

Required tools: Wrench, Allen Key




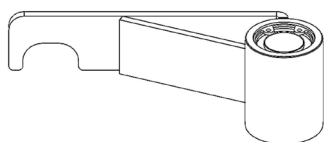

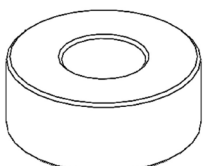

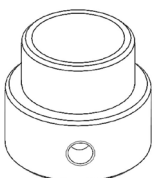
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3	3133 Lower Side Bracket Weldment (Right)		2	
9	3133 Rear Column Assembly (Left)		1	
10	3133 Upper Right Beam Assembly		1	
11	3133 Rear Cross Tube Weldment		1	
18	3133 Upper Left Beam Assembly		1	
19	3133 Front Guide Tube Left Weldment		1	

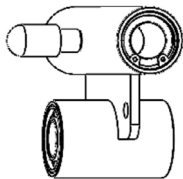
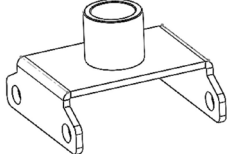
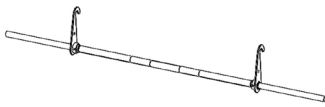
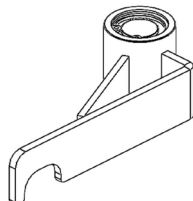
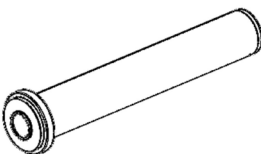
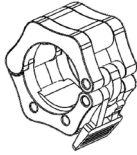
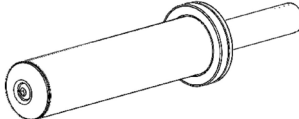
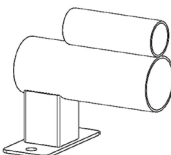
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21	3133 Sliding Sleeve Assembly (Left)		1	
22	3133 Front Guide Tube Right Weldment		1	
23	3133 Right Middle Column Assembly		1	
24	3133 Left Middle Column Assembly		1	
25	3133 Bottom Fixing Plate		4	
28	3133 Middle Column Crossbar Assembly		1	
29	3133 Middle Column Crossbar Assembly (Left)		1	

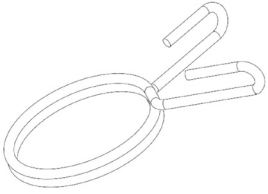
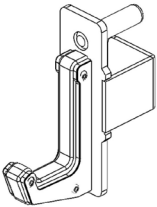
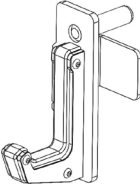
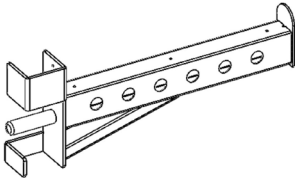
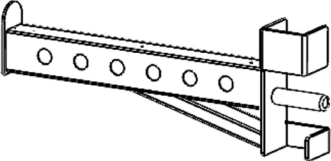
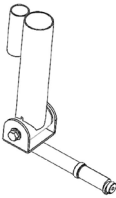
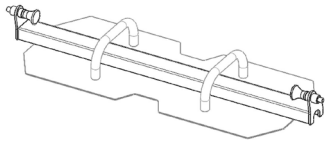
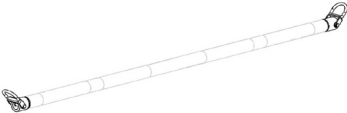
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33	3133 Front Upper Crossbeam Assembly		1	
36	60-27 Shock Absorber Pad	$\phi 60 \times \phi 27 \times 42$	4	
37	3133 Weight Guide Rod Assembly		4	
38	3058 Lifting Rod (90KG)	$\phi 25$	2	
39	10×60 Straight Groove Elastic Cylindrical Pin	10×60	2	
40	3075 Weight Block Pulley Frame Assembly		2	
41	2KG Auxiliary Weight Assembly		2	

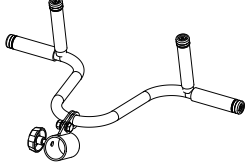


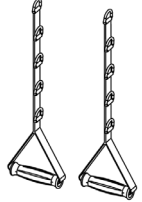

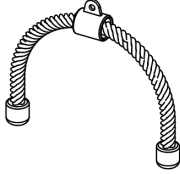
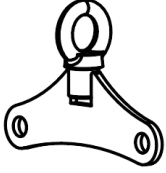
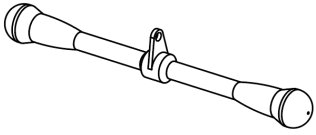
43	φ92 Pulley (Powder - coated Sleeve)	φ92	16	
46	φ75 Pulley	φ75	6	
47	3133 Pulley Baffle		4	
49	Movable Pulley Bracket Assembly		2	
50	3133 Fly - bird Steel Wire Rope		1	
51	3133 Fly - bird Lower Steel Wire Rope	φ5	2	
52	φ50 Pulley	φ50	2	
53	3133 Outer Trim Panel		2	

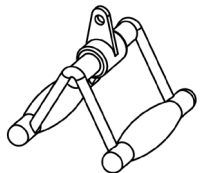
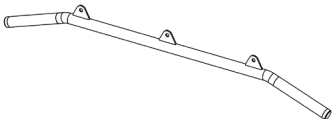
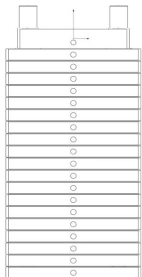
102	3133 Top Trim Panel		2	
54	3083 Short Hanging Rod Shaft	φ25*35 - M10	2	
56	3133 Rear Back Panel		1	
57	3088B Single Inclined Hook - 50	50mm	4	
58	3133 Right Inner Panel Left		1	
59	3133 Right Inner Panel Right		1	
60	3133 Inner Panel Connecting Plate		2	
63	3133 Left Inner Panel Left		1	

64	3133 Left Inner Panel Right		1	
65	3133 Outer Protective Cover Right		1	
66	3133 Outer Protective Cover Left		1	
68	3000 Safety Hook Right Assembly		1	
69	Barbell Rod Shock - absorbing Pad	$\phi 60 \times \phi 26 \times 45$	2	
70	60 - 26 Shock Absorber Pad	$\phi 60 \times \phi 26 \times 25$	2	
71	1878 Long - guide Rod	$\phi 25 \times 1878$	2	
72	3010 Guide Rod Locking Sleeve	$\phi 40 \times \phi 25.5 \times 35$	2	

73	3000 Sliding sleeve Welding Assembly		2	
74	3133 Guide Rod Bottom Fixed Weldment		2	
76	3070 Aluminum Barbell Rod Assembly		1	
77	3000 Safety Hook Left Assembly		1	
78	3000B Barbell Rod Sleeve Assembly		2	
80	Barbell Card $\phi 85 \times \phi 50 \times H49$	$\phi 85 \times \phi 50 \times H49$	2	
81	3133 Barbell Hanging Rod Assembly		6	
82	3000 Barbell Rod Sleeve Welding		1	

83	φ50 Butterfly Clip	φ50	6	
84	3133 Short Safety Guard - Left Assembly		1	
85	3133 Short Safety Guard - Right Assembly		1	
86	3133 Long Safety Guard Right Assembly		1	
87	3133 Long Safety Guard Left Assembly		1	
88	3000 Rotating Rod Assembly		1	
89	3070 Pedal Plate Assembly		1	
91	Aluminum Alloy Cross - bar Assembly 1130		1	

92	Puller Assembly		1	
93	Chain + Hoist Hook		2	
94	Hook Foot Belt		1	
95	Five - ring Handle Belt		1	
96	Hoist Hook		1	
97	Bicep Rope	$\phi 28*690$	1	
98	3106 Double - pull Plate Assembly		1	
99	810 Short Straight Pull Handle		1	

100	810 Triangular Pull Handle		1	
101	3075 Large Pull Handle Assembly		1	
35	3058 Cast Iron Weight (90KG)	90kg	2	

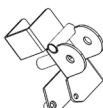
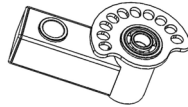
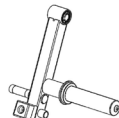

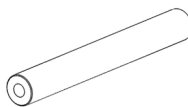

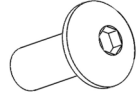
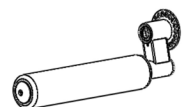

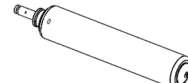
2.3 Scope of Delivery: MS65-LEG

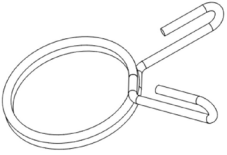
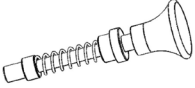
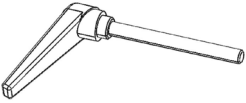
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.



CAUTION

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

NO	Part Name	Specification	QTY	Picture
1	7028B Leg Extension U - shaped Piece Assembly		1	
2	7028 Leg Press Bracket Welding Assembly		1	
3	7028 Leg Extension Support Assembly		1	
4	φ50×φ19×φ11 Decorative Aluminum Cover	φ50×φ19×φ11	2	
5	φ20x141 - M10 Inner - Threaded Shaft	φ20x141-M10	1	
6	φ10 Spring Washer	φ10	3	
7	M10X25 Hexagon Socket Flat Head Screw	M10X25	3	
8	7021 Leg Press Assembly Group		1	
9	φ11×φ18×φ28×φ60 Decorative Aluminum Cover	φ11×φ18×φ28×φ60	1	
10	7028 Foam Tube Welding Assembly		1	

11	50 Butterfly Clip	$\phi 10$	1	
12	$\phi 12 \times M20 \times 75$ Umbrella Head Pull Pin		2	
13	Adjustable Locking Handle M10-L100		1	

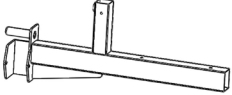
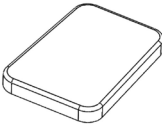
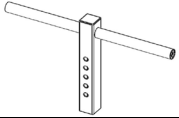
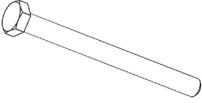
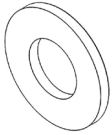
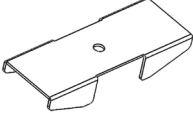
2.4 Scope of Delivery: MS65-LPS

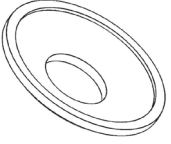
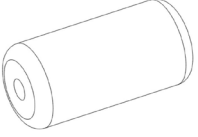
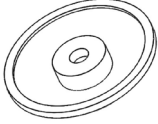
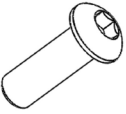
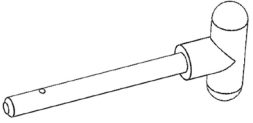

The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.



CAUTION

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

NO	Part Name	Specification	QTY	Picture
1	Seat pad frame		1	
2	Seat pad	450*335*50	1	
3	Foam frame		1	
4	Hexagon head bolt	M8×90	2	
5	Flat washer	$\phi 8$	2	
6	Reinforcing plate		2	

7	Foam inner cap	$\phi 70 \times \phi 27 \times 12$	2	
8	Foam	$\phi 25 \times \phi 100 \times 200$	2	
9	Foam outer cap	$\phi 70 \times \phi 9 \times 14$	2	
10	Hexagon socket button head screws	M8×25	2	
11	T ship pin	$\phi 10 \times 100$	1	
12	M18×22× $\phi 10$ Star pull pin		1	

2.5 Assembly: MS65

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

① NOTICE

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

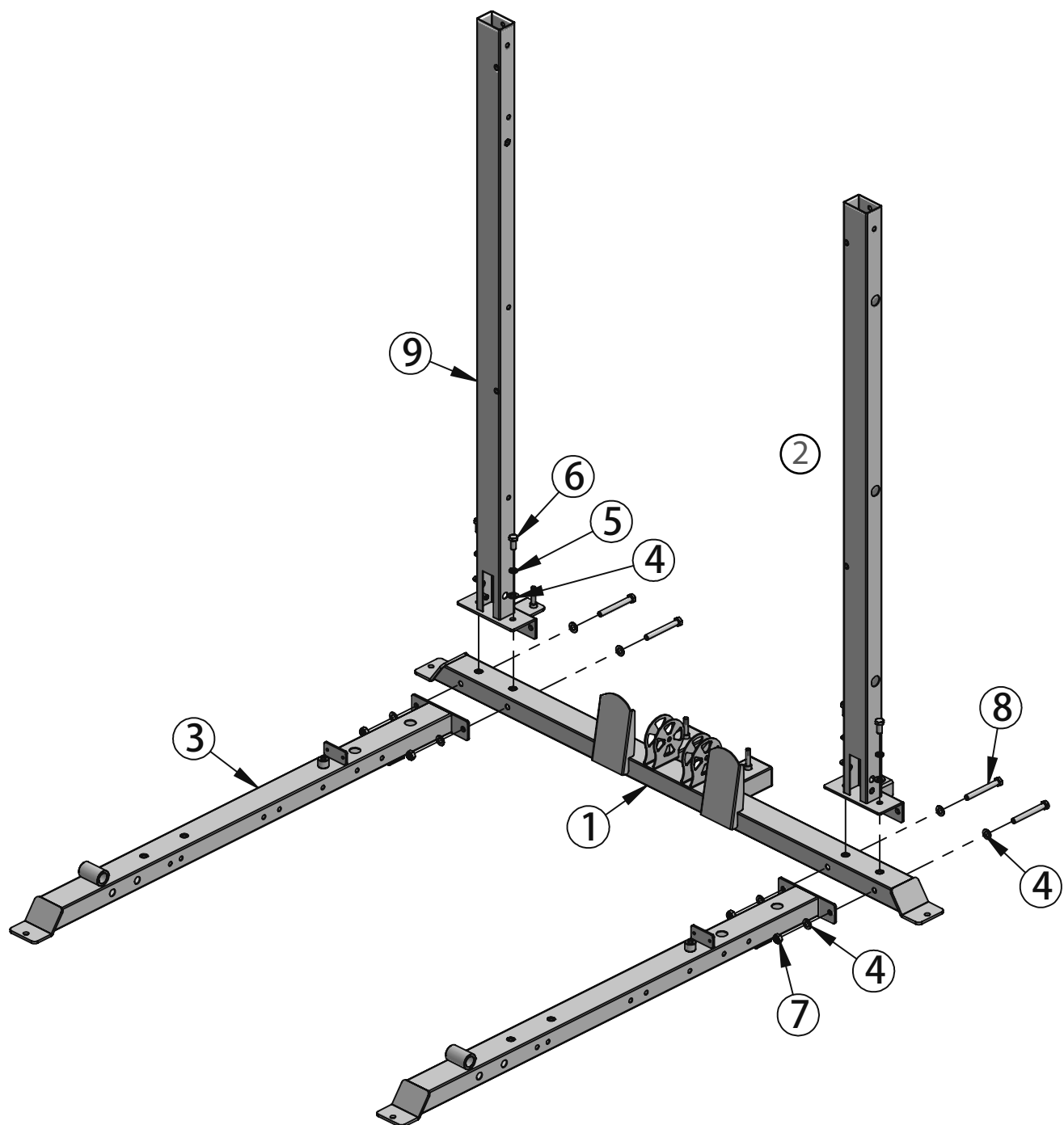
Step 1: Assembling the Base Frame

1. Attach the left and right lower side bracket weldment (3) to the rear base assembly (1) using two bolts (8), four washers (4), and two locknuts (7) each.
2. Attach the left and right rear column assembly (9 & 2) to the base frame (1) using two bolts, two washers (4), and two spring washers (5) each.

① NOTICE

For this step, you will need the following parts:

No.	Name	Spec.	Qty.
1	Rear Base Assembly		1
2	Rear Column Assembly (Right)		1
3	Lower Side Bracket Weldment (Right)		2
4	Flat Washer	Ø12	12
5	Spring Washer	Ø12	4
6	Hex Bolt	M12×25	4
7	Lock Nut	M12×100	4
8	Hex Bolt	M12×100	4
9	Rear Column Assembly (Left)		1



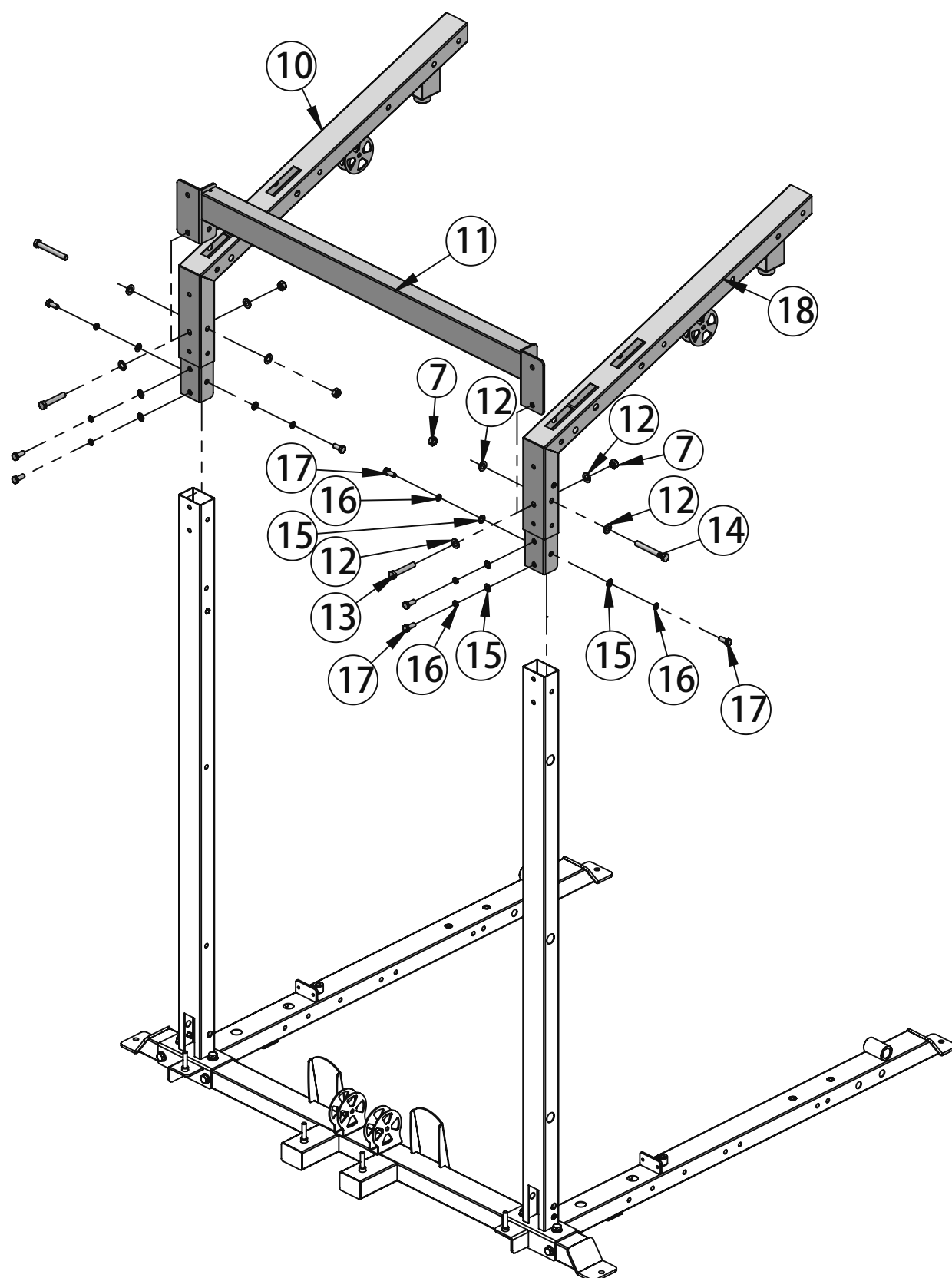
Step 2: Assembling the Upper Support Frame

1. Attach the right and left upper support frames (10 & 18) to the left and right support frames (9 & 2) using eight washers (15), eight spring washers (16), and eight bolts (17).
2. Attach the upper connecting frame (11) to the right and left upper support frames (10 & 18) using two bolts (13), four washers (12), and two locknuts (7).
3. Attach the upper connecting frame (11) to the right and left upper support frames using two bolts (14), four washers (12), and two locknuts (7).

① NOTICE

For this step, you will need the following parts:

No.	Name	Spec.	Qty.
10	Upper Right Beam Assembly		1
11	Rear Cross Tube Weldment		1
12	Flat Washer	Ø 12	8
7	Lock Nut	M12	4
13	Hex Bolt	M12×70	2
14	Hex Bolt	M12×95	2
15	Flat Washer	Ø 10	8
16	Spring Washer	Ø 10	8
17	Hex Bolt	M10×25	8
18	Upper Left Beam Assembly		1



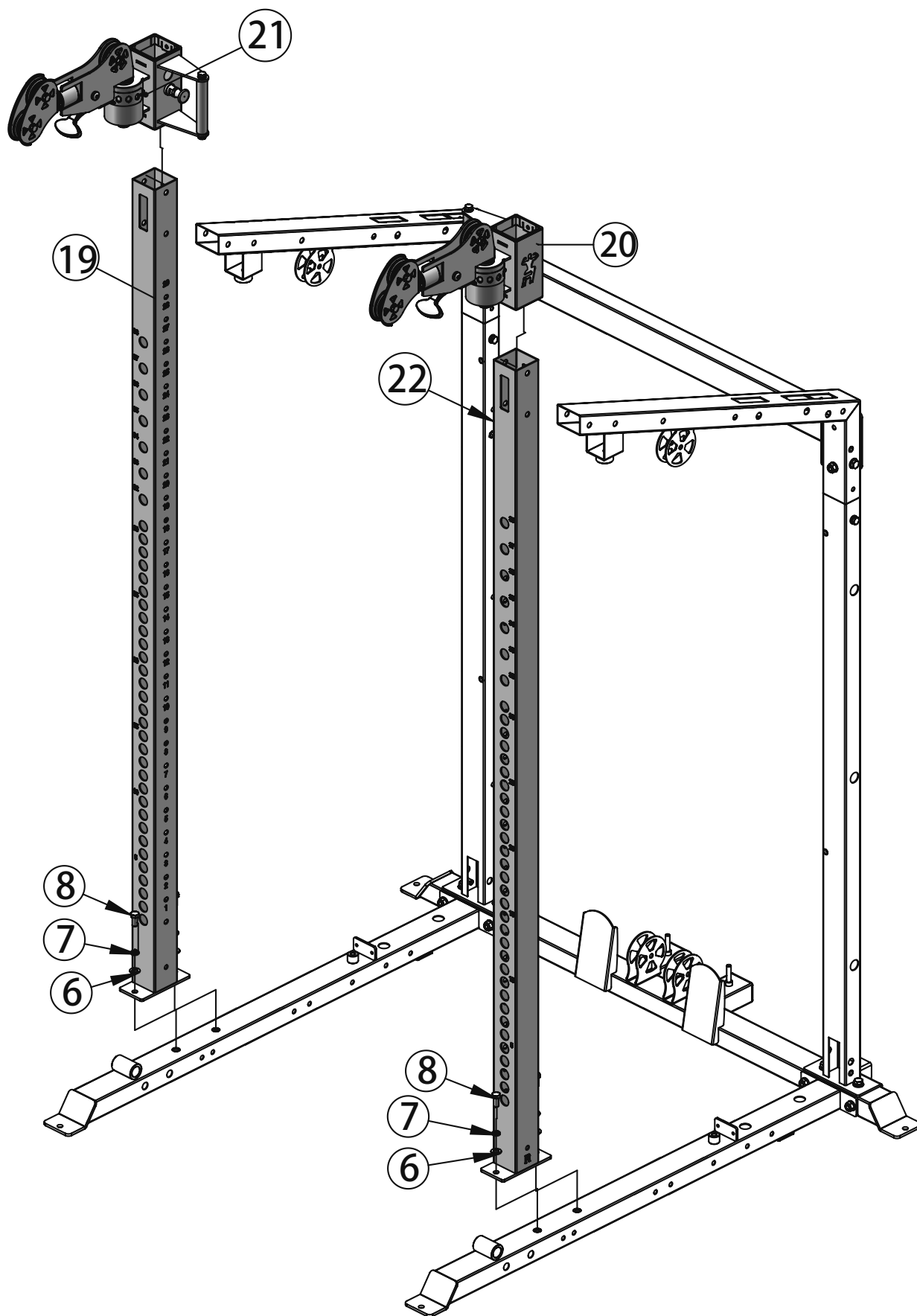
Step 3: Assembly of the Front Support Struts

1. Attach the right and left front guide tube weldment (19 & 22) to the left and right lower side bracket weldment (3) using two bolts (8), two spring washer (7), and two flat washer (6) each.
2. Slide the right and left sliding sleeve assembly (20 & 21) onto the right and left front guide tube weldment(19 & 22).

① NOTICE

For this step, you will need the following parts:

No.	Name	Spec.	Qty.
19	Front Guide Tube Left Weldment		1
20	Sliding Sleeve Assembly (Right)		1
21	Sliding Sleeve Assembly (Left)		1
22	Front Guide Tube Right Weldment		1
6	Flat Washer	Ø12	4
7	Spring washer	Ø12	4
8	Hex Bolt	M12×100	4



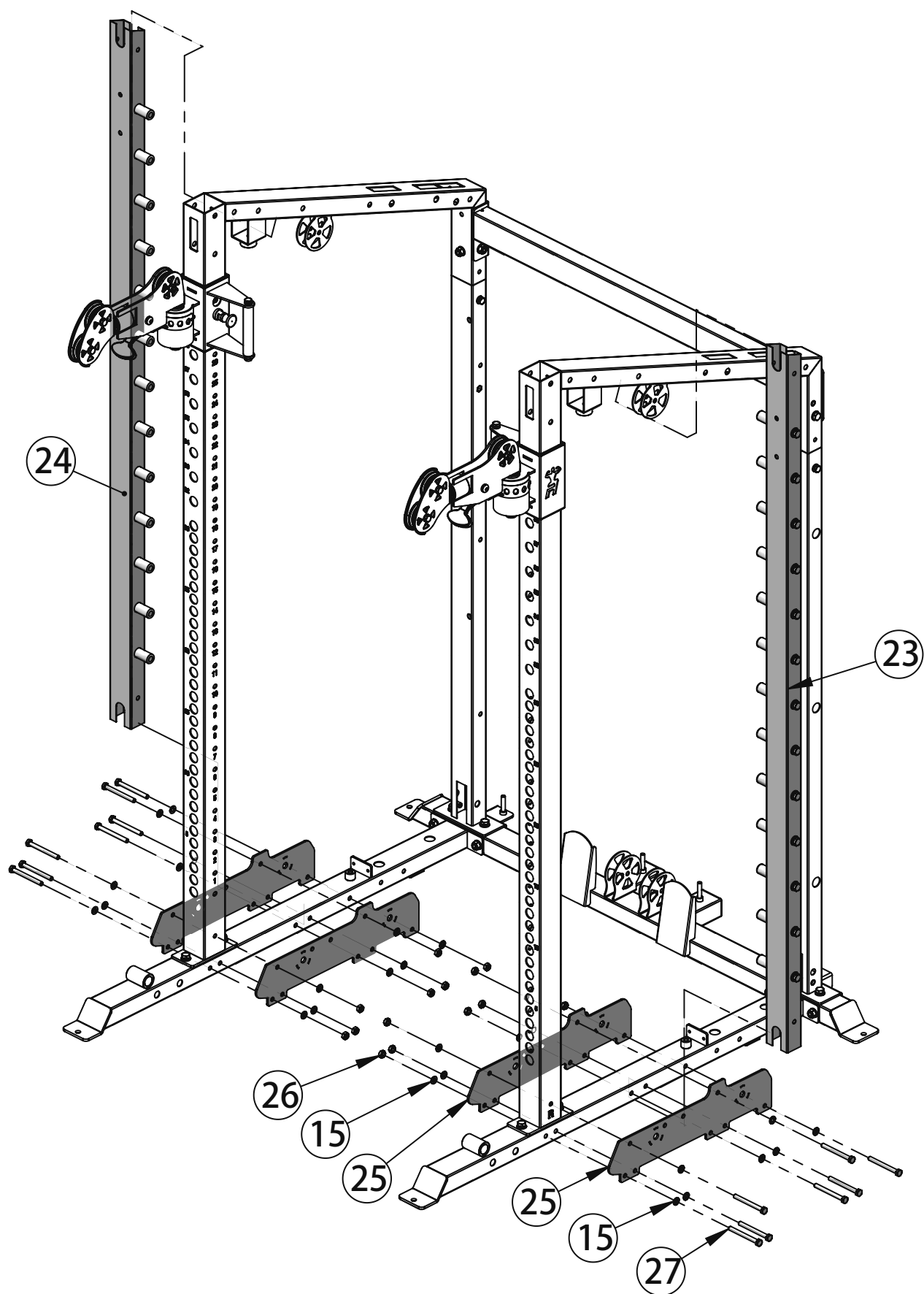
Step 4: Assembly of the Middle Struts

1. Place the right and left middle column assembly (24 & 23) onto the lower side bracket weldment (3).
2. Attach the bottom fixing plate (25) to the lower side bracket weldment (3) and the right and left middle column assembly (24 & 23) using a total of 14 bolts (27), 28 flat washers (15), and 14 locknuts (26).

① NOTICE

For this step, you will need the following parts:

No.	Name	Spec.	Qty.
23	Right Middle Column Assembly		1
24	Left Middle Column Assembly		1
25	Bottom Fixing Plate		4
15	Flat Washer	Ø10	28
26	Lock Nut	M10	14
27	Hex Bolt	M10×100	14



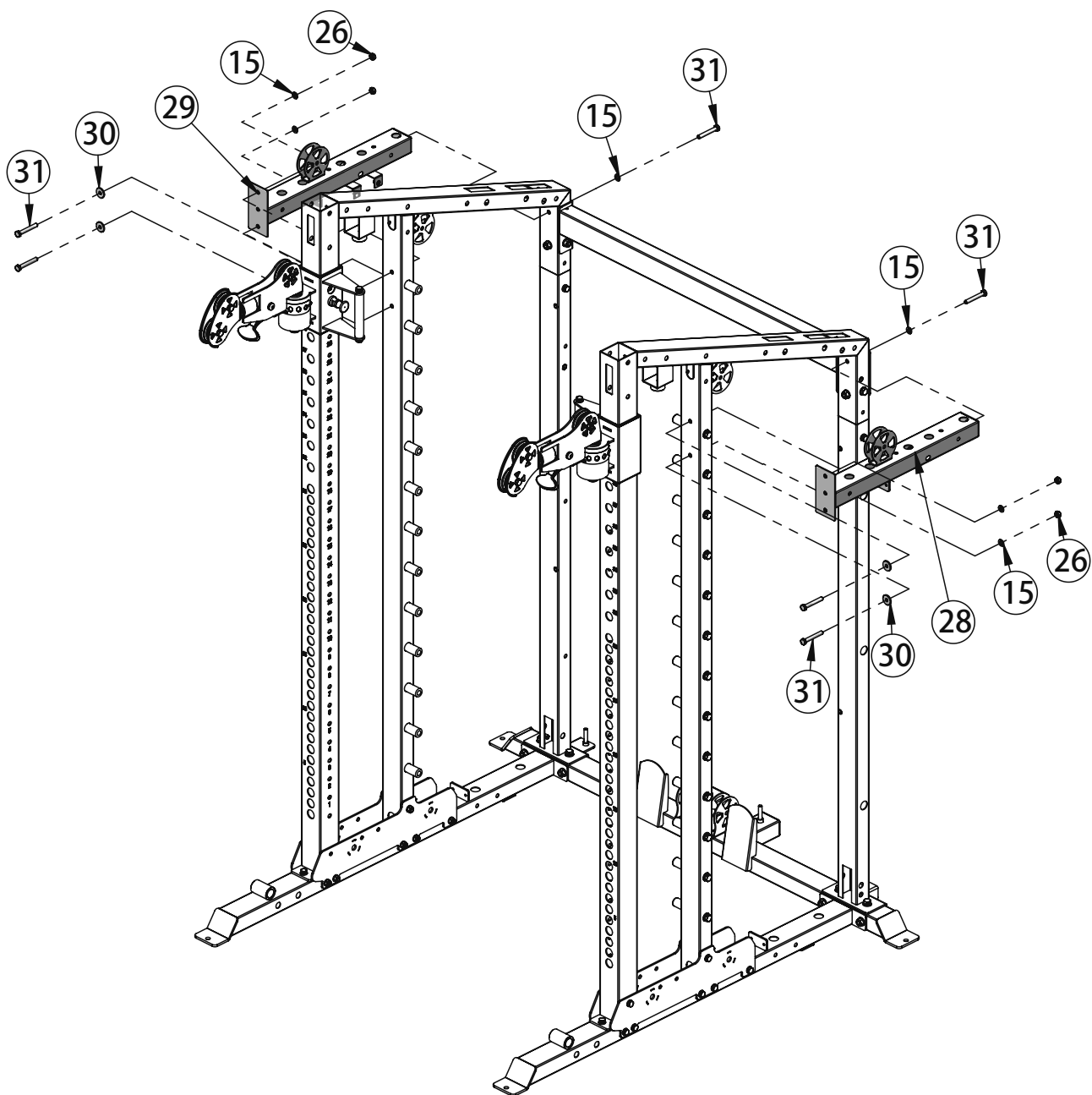
Step 5: Assembly of the Upper Pulley Bracket

1. Attach the left and right upper pulley brackets (29 & 28) to the right and left middle struts (23 & 24) using three bolts (31), two washers (30), three flat washers (15), and two locknuts (26) each.

ⓘ NOTICE

For this step, you will need the following parts:

No.	Name	Spec.	Qty.
28	Middle Column Crossbar Assembly		1
29	Middle Column Crossbar Assembly (Left)		1
15	Flat Washer	Ø10	6
26	Lock Nut	M10	4
30	Large Flat Washer	Ø30× Ø10×3	4
31	Hex Bolt	M10×70	6



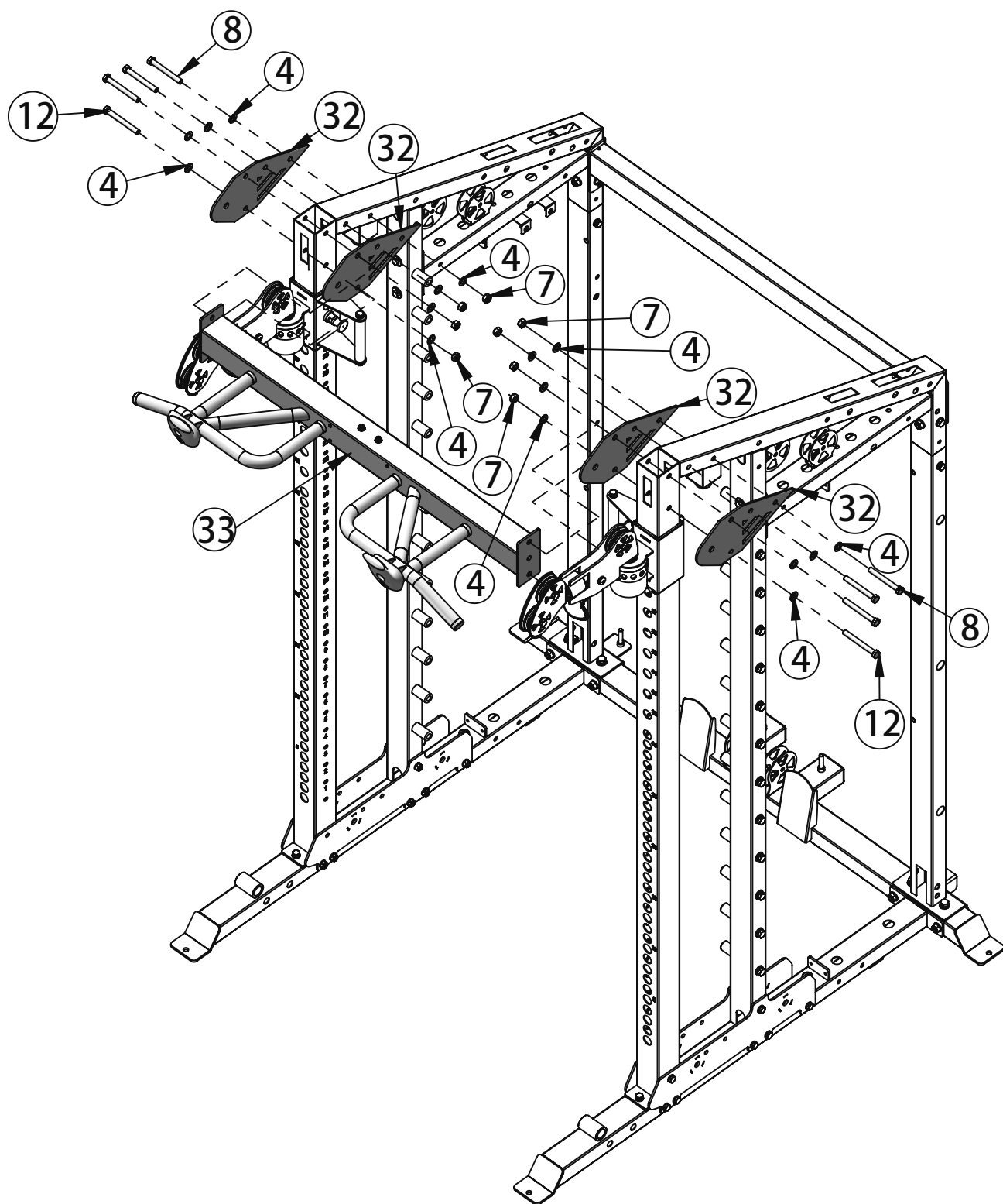
Step 6: Assembly of the Pull-Up Unit

1. Attach the pull-up unit (33) to the left and right front support struts (19 & 22) using two front trim panels (32), two bolts (12), four flat washers (4), and two locknuts (7) each.
2. Secure the front trim panels (32) using two bolts (8), four flat washers (4), and two locknuts (7) each.

① NOTICE

For this step, you will need the following parts:

No.	Name	Spec.	Qty.
32	Front Trim Panel		4
33	Front Upper Crossbeam Assembly		1
4	Flat Washer	Ø12	16
7	Lock Nut	M12	8
12	Hex Bolt	M12×105	4
8	Hex Bolt	M12×100	4



Step 7: Assembly of the Weight Stacks

① NOTE

The following steps apply to both sides. Once you have completed the steps for one side, repeat them for the other side.

1. Place two weight guide rod assembly (37) into the lower side bracket weldment (3).
2. Slide one bumper (36) onto each guide rod (37).
3. Slide the weight plates of the weight stack (35) individually onto the guide rods (37).



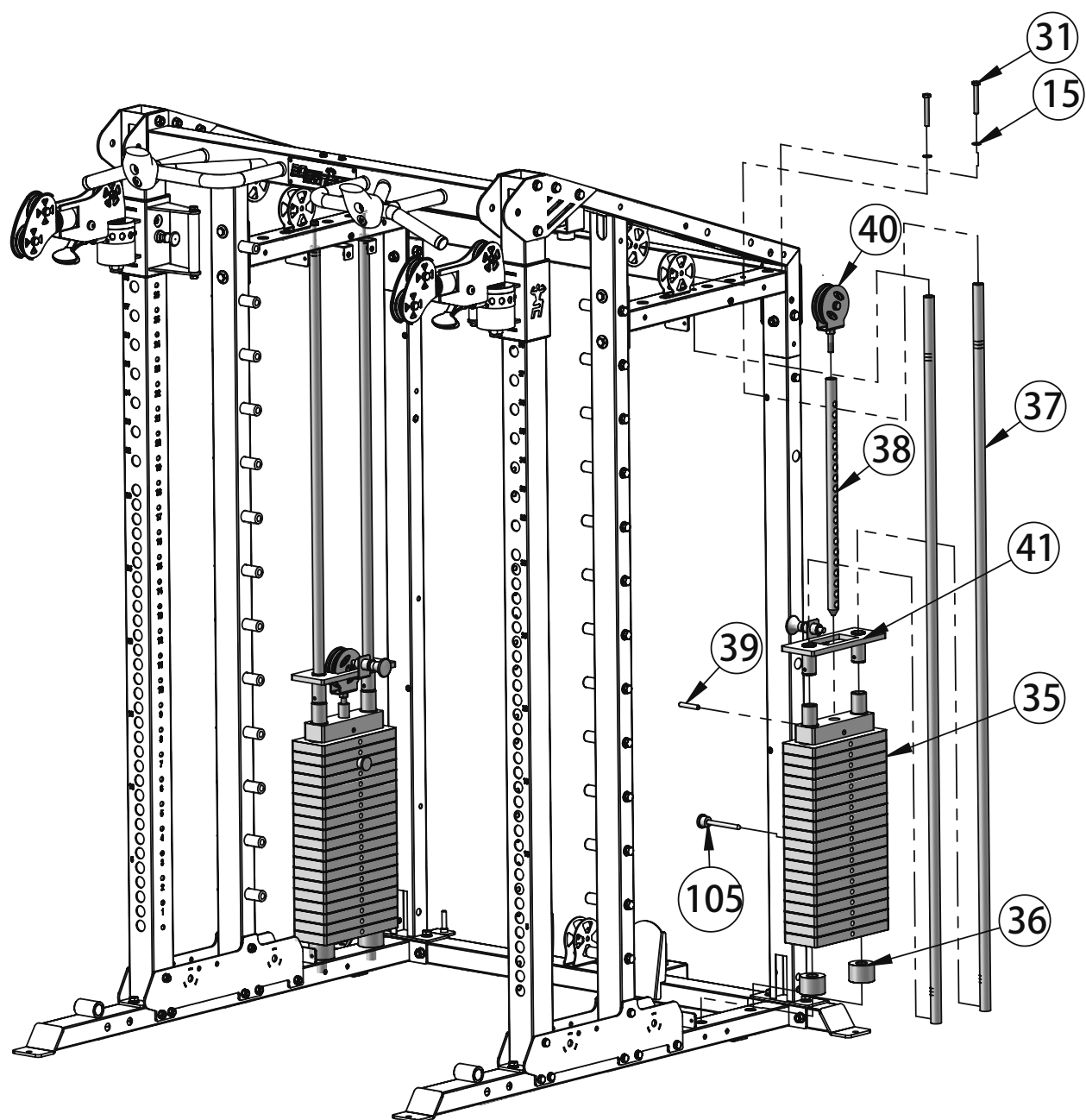
WARNING

- + For safety reasons, assembly should only be carried out by two people!
 - + Do not drop the weight plates into position.
 - + Hold each weight plate until it is correctly positioned.
4. Slide the top weight plate (41) onto the guide rods (37).
 5. Secure the guide rods (37) with one flat washer (15) and one bolt (31) each.
 6. Insert the selector rod (38) into the weight stack (35).
 7. Secure the selector rod to the top weight plate (41) with the locking pin (39).
 8. Install the weight stack pulley (40) onto the selector rod (38).
 9. Insert the selector pin (105) into the weight stack.
 10. Tighten all screws and bolts installed on the unit so far.

① NOTICE

For this step, you will need the following parts:

No.	Name	Spec.	Qty.
35	Cast Iron Weight (90KG)		2
36	Shock Absorber Pad	Ø60×Ø27×42	4
37	Weight Guide Rod Assembly		4
38	Lifting Rod (90KG)	Ø25	2
39	Straight Groove Elastic Cylindrical Pin	10×60	2
40	Weight Block Pulley Frame Assembly		2
15	Flat Washer	Ø10	4
31	Hex Bolt	M10×70	4
41	Auxiliary Weight Assembly		2
105	Magnetic Pull Pin - Cordless	Φ10×100	2



Step 8: Installation of Cable Routing 1

The following steps apply to both sides. Once you have completed them for one side, repeat for the other side.

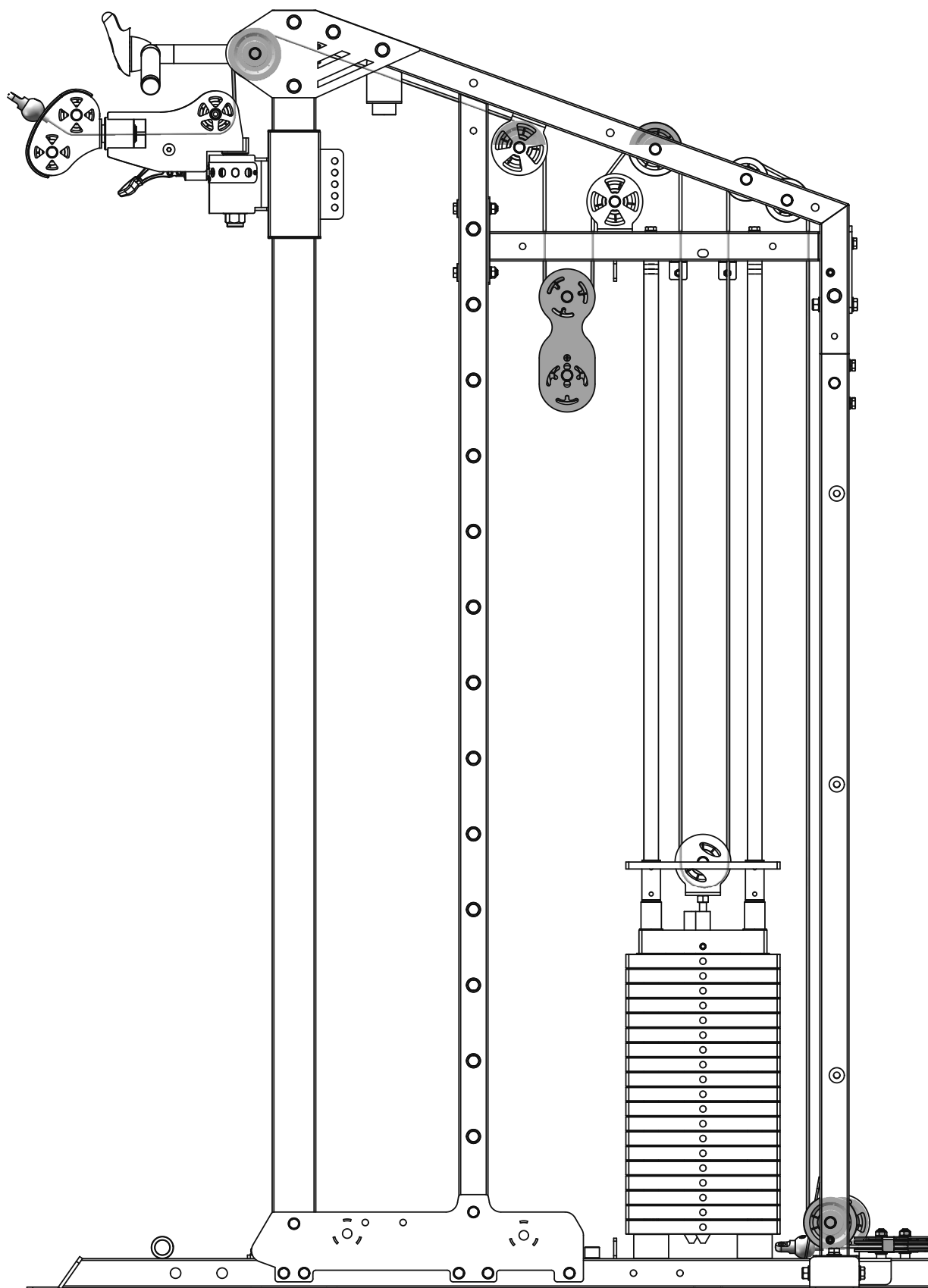
NOTE

- + Before routing the cable, carefully review the cable path using the diagrams.
- + Ensure that you install the correct pulleys.
- + Install the pulley and the cable simultaneously at each step.
- + Begin the installation with the pre-installed pulleys of the sliding sleeve assembly (20 & 21).
- + For improved readability, the cable (50) will not be numbered in the following steps.
- + For easier assembly reference, see the installation diagrams on pages 36 and 37.

NOTICE

For this step, you will need the following parts:

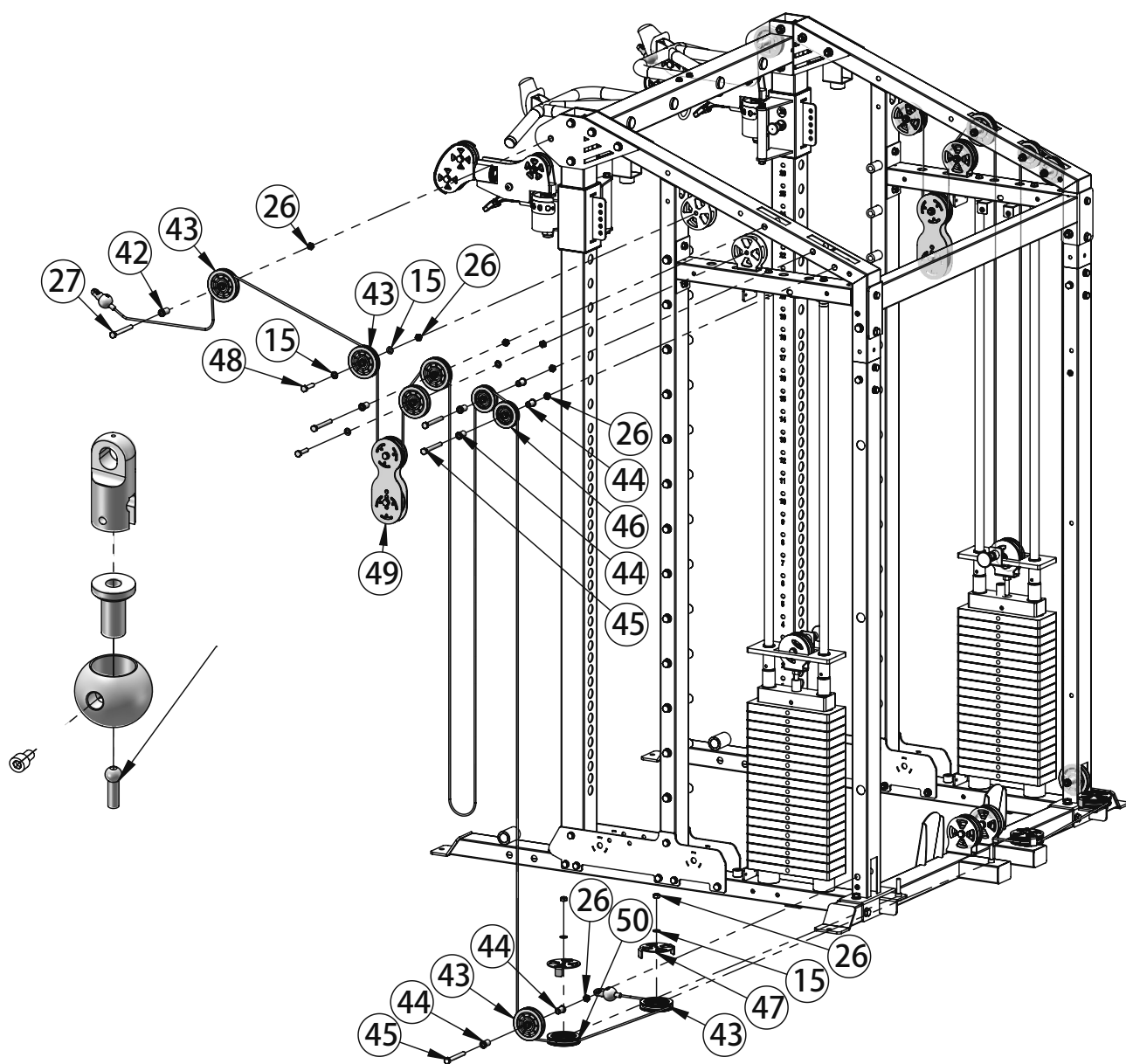
No.	Name	Spec.	Qty.
42	Powder - coated Sleeve	Ø20×Ø16×10.2×33	4
43	Pulley	Ø92	16
26	Lock Nut	M10	20
27	Hex Bolt	M10×100	2
44	Powder Metallurgy Sleeve	Ø20×Ø16×10.2×28.5	16
45	Hex - head Bolt	M10×90	8
46	Pulley	Ø75	4
47	Pulley Baffle		4
15	Flat Washer	Ø10	16
48	Hex - head Bolt	M10×45	6
49	Movable Pulley Bracket Assembly		2
50	Fly - bird Steel Wire Rope		2



1. Detach one end of the cable.
2. Route the cable through the pre-installed pulleys of the height adjuster (20).
3. Guide the cable over the front upper crossbeam assembly (33).
4. Attach the pulley (43) using one bolt (27), one spacer (42), and one locknut (26).
5. Route the cable over the left and right upper left beam assembly (18 & 10).
6. Attach the pulley (43) using one bolt (48), two flat washers (15), and one locknut (26).
7. Guide the cable over the upper pulley of the movable pulley bracket assembly (49).
8. Guide the cable over the pulley (43) of the left and right middle column crossbar assembly (28 & 29).
9. Attach the pulley (43) using one bolt (48), two flat washers (15), and one locknut (26).
10. Route the cable over the pulley (43) of the right and left upper right beam assembly (10 & 18).
11. Attach the pulley (43) using one bolt (27), one spacer (42), and one locknut (26).
12. Guide the cable over the weight block pulley frame assembly (40).
13. Route the cable over the pulley (46) on the right and left upper right beam assembly (10 & 18).
14. Attach the pulley (46) using one bolt (45), two spacers (44), and one locknut (26).
15. Route the cable over the pulley (46) on the right and left upper right beam assembly (10 & 18).
16. Attach the pulley (46) using one bolt (45), two spacers (44), and one locknut (26).
17. Guide the cable over the pulley (43) on the right and left rear column assembly (2 & 9).
18. Attach the pulley (43) using one bolt (45), two spacers (44), and one locknut (26).
19. Route the cable over the pulley (43) on the right and left rear column assembly (2 & 9).
20. Attach the pulley (43) using one flat washer (15) and one locknut (26).
21. Guide the cable over the pulley (43) on the rear base assembly (1).
22. Attach the pulley (43) with a pulley cover (47), one flat washer (15), and one locknut (26).
23. Tighten all screws and bolts securely.

**CAUTION**

Check the function of the cable system and routing first with a low weight setting on the weight stack.



Step 9: Installation of Cable Routing 2

The following steps apply to both sides. Once you have completed them for one side, repeat for the other side.

① NOTE

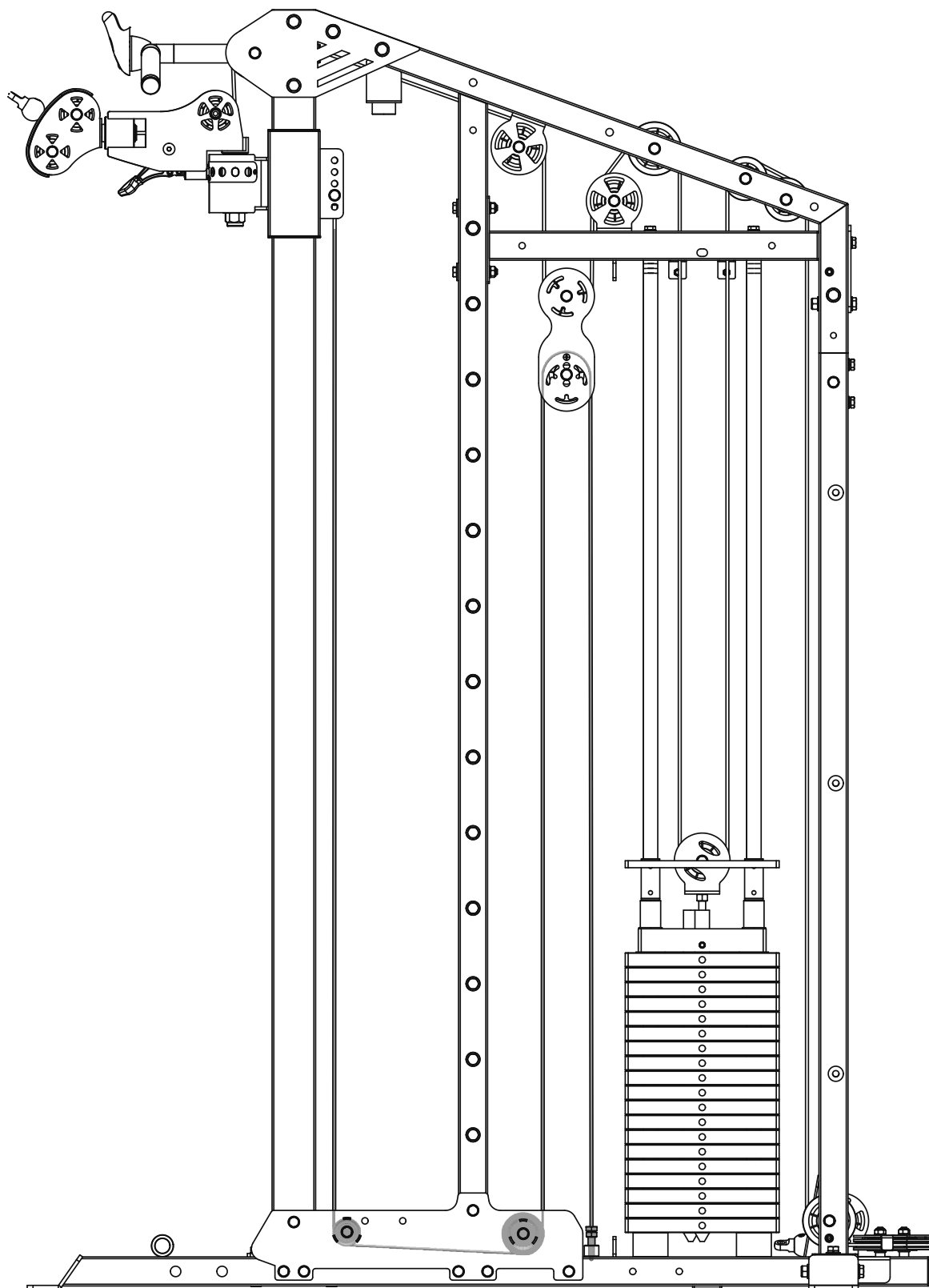
Before routing the cable, carefully review the cable path using the diagrams.

- + Ensure that you install the correct pulleys.
- + Install the pulley and the cable simultaneously at each step.
- + For improved readability, the cable (51) will not be numbered in the following steps.
- + For easier assembly reference, see the installation diagrams on pages 40 and 41.

① NOTICE

For this step, you will need the following parts:

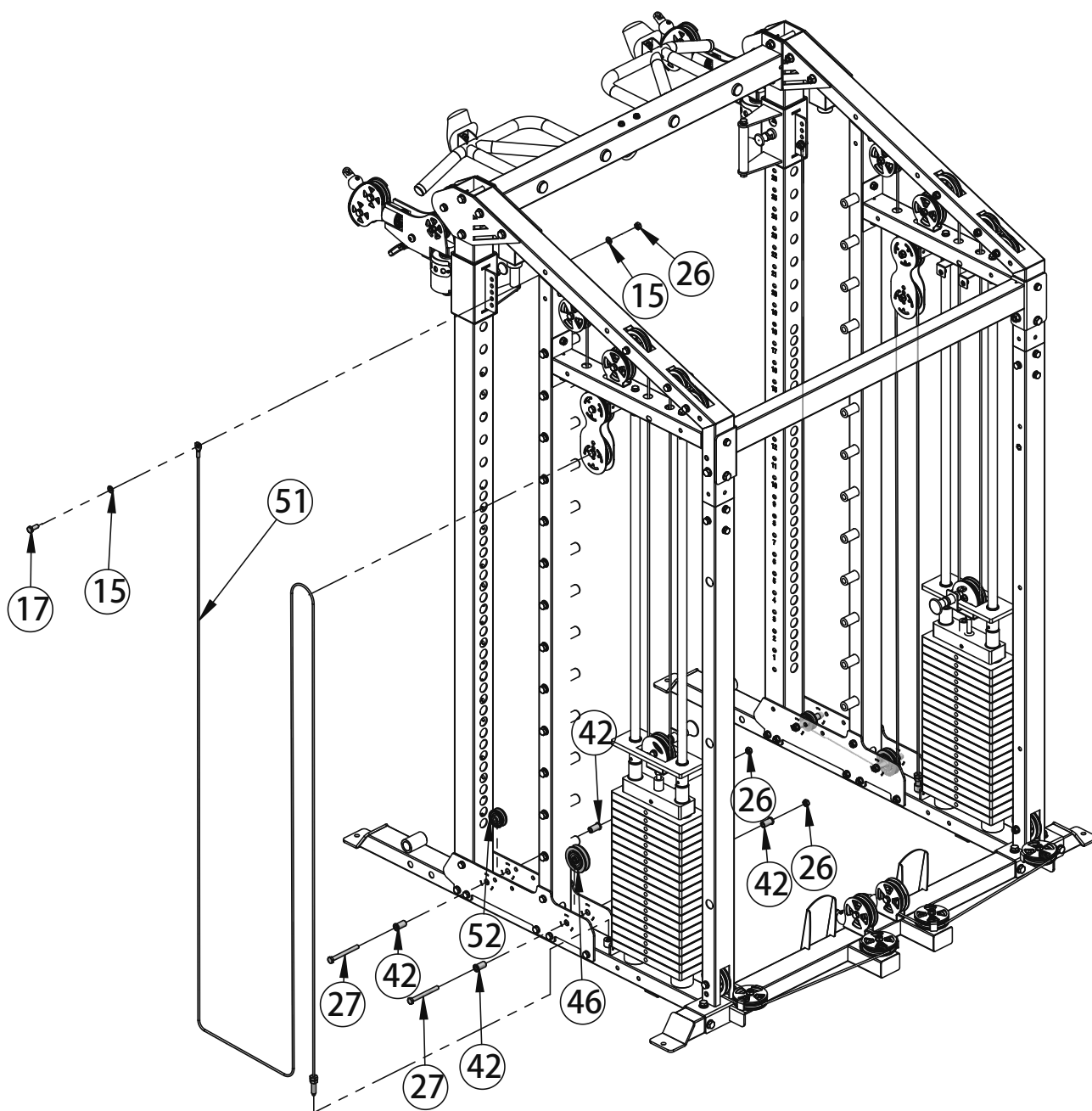
No.	Name	Spec.	Qty.
51	Fly - bird Lower Steel Wire Rope	Ø5	2
52	Pulley	Ø50	2
46	Pulley	Ø75	2
42	Powder - coated Sleeve	Ø20×Ø16×10.2×33	8
26	Lock Nut	M10	6
27	Hex Bolt	M10×100	4
15	Flat Washer	Ø10	4
17	Hex Bolt	M10×25	2



1. Attach the cable to the right and left sliding sleeve assembly (20 & 21).
2. Route the cable around the pulley (52) on the bottom fixing plate (25).
3. Secure the pulley (52) with one bolt (27), two spacers (42), and one locknut (26).
4. Route the cable over the pulley (46) on the bottom fixing plate (25).
5. Secure the pulley (46) with one bolt (27), two spacers (42), and one locknut (26).
6. Guide the cable over the pre-installed pulley on the adjustable movable pulley bracket assembly (49).
7. Attach the cable to the lower side bracket weldment (3).
8. Tighten all screws and bolts securely.

**CAUTION**

Check the function of the cable system and routing first with a low weight setting on the weight stack.



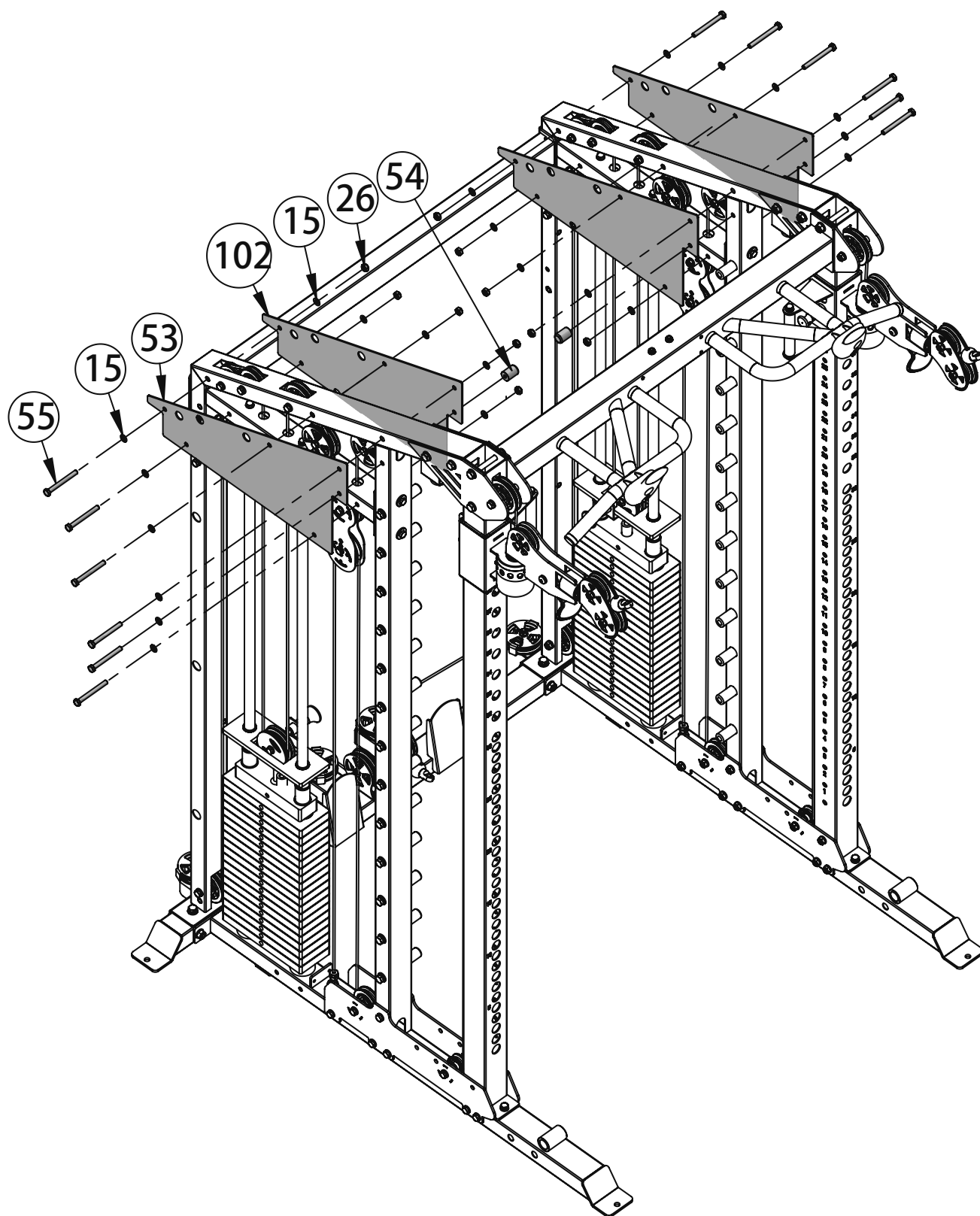
Step 10: Attaching the Upper Covers

1. Attach the outer trim panel (53 & 102) using six bolts (55), eleven flat washers (15), and one locknut (26) each.
2. On the bolt (55) that extends the safety hangers of the middle column assembly (23 & 24), attach a short axle (54).
3. Tighten all screws and bolts securely.

① NOTICE

For this step, you will need the following parts:

No.	Name	Spec.	Qty.
102	Top Trim Panel		2
53	Outer Trim Panel		2
54	Short Hanging Rod Shaft	Ø25*35 - M10	2
15	Flat Washer	Ø10	22
26	Lock Nut	M10	10
55	Hex - head Bolt	M10×95	12



Step 11: Attaching the Rear Cover

① NOTE

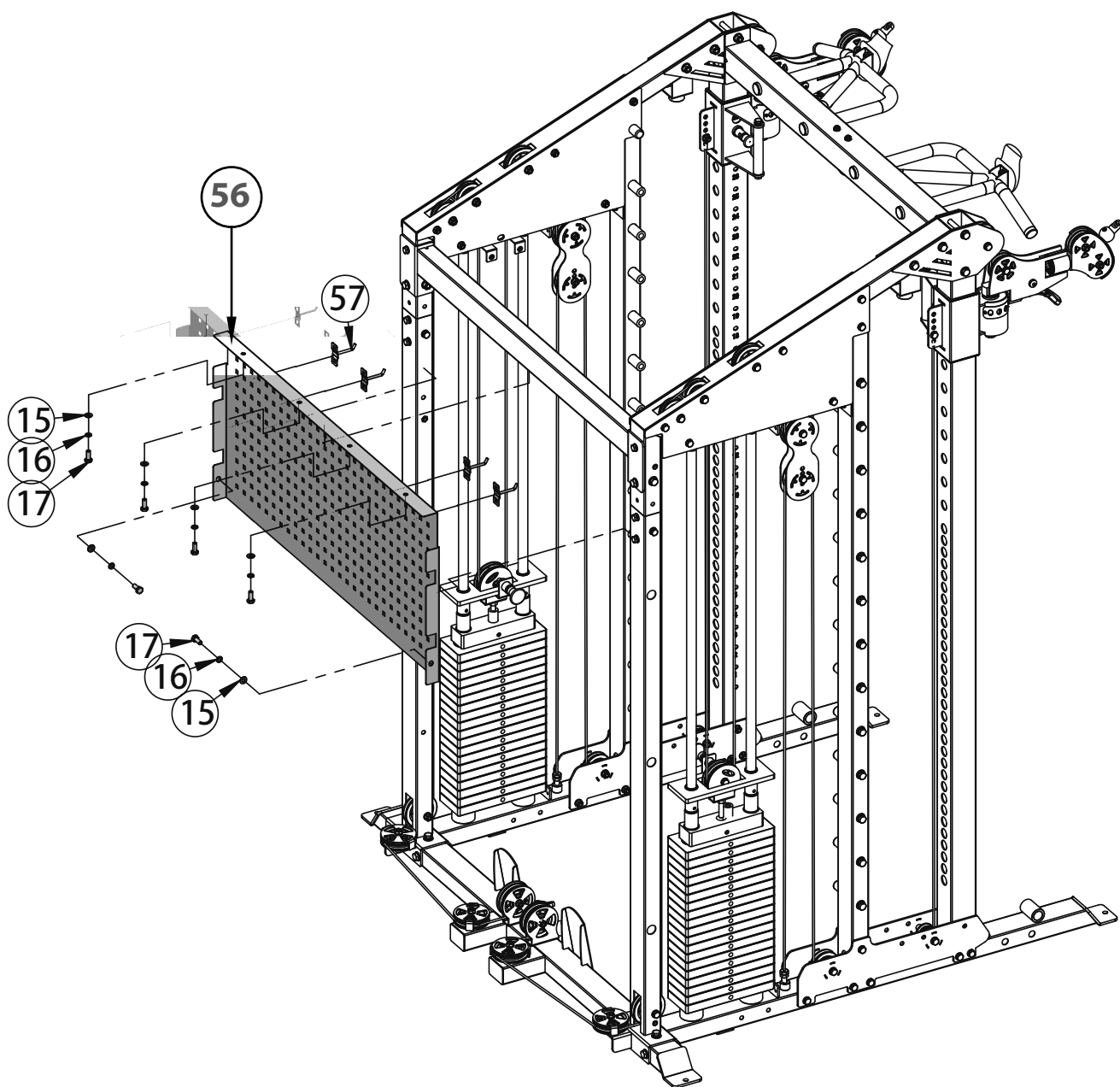
Screw in the bolts loosely first, then tighten them only after all bolts are installed.

1. Attach the rear back panel (56) to the rear column assembly (2 & 9) and the rear cross tube weldment (11) using six bolts (17), six spring washers (16), and six flat washers (15).
2. Attach the single inclined Hook (57) to the rear back panel (56).
3. Tighten all screws and bolts securely.

① NOTICE

For this step, you will need the following parts:

No.	Name	Spec.	Qty.
56	Rear Back Panel		1
57	Single Inclined Hook	50mm	4
15	Flat Washer	Ø10	6
16	Spring Washer	Ø10	6
17	Hex Bolt	M10×25	6



Step 12: Installing the Inner Covers

① NOTE

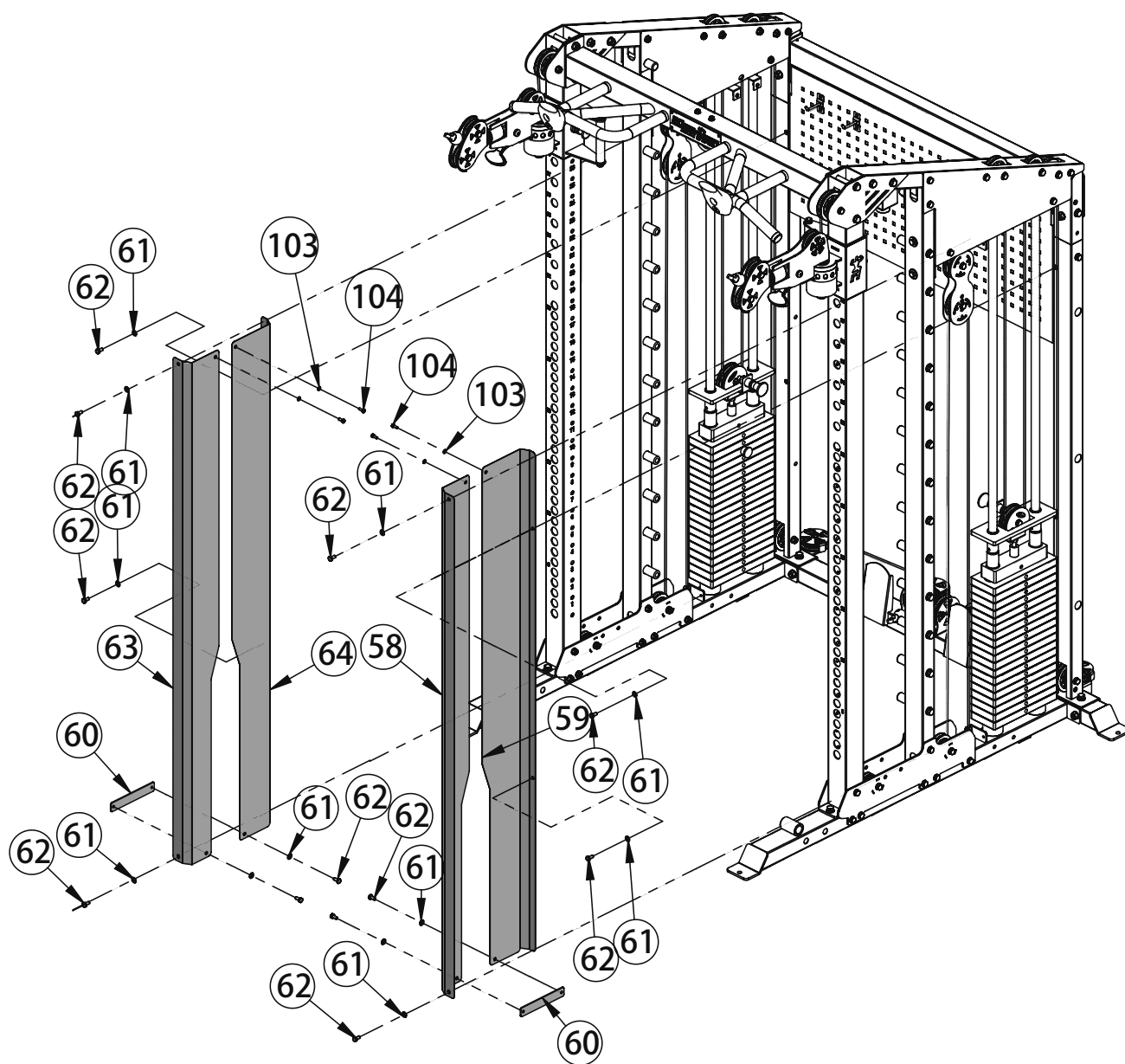
Initially, screw in the bolts loosely and only tighten them once all parts are installed.

1. Connect the left and right inner panel (58 & 59) with a inner panel connecting plate (60) using two bolts (62) and two washers (61).
2. Attach the right inner panel (58 & 59) to the lower side bracket weldment (3) with one bolt (62) and one washer (61) each.
3. Attach the right inner panel (58 & 59) to the right and left rear support frames (2 & 9) using two bolts (62) and two washers (61).
4. Attach the right inner panel (58 & 59) to the right and left middle column crossbar assembly (28 & 29) with one bolt (62) and one washer (61) each.
5. Repeat the steps for the left inner panel (63 & 64).
6. Finally, tighten all screws and bolts securely.

① NOTICE

For this step, you will need the following parts:

No.	Name	Spec.	Qty.
58	Right Inner Panel Left		1
59	Right Inner Panel Right		1
60	Inner Panel Connecting Plate		2
61	Flat Washer	Ø8	12
62	Hex - head Bolt	M8×16	12
63	Left Inner Panel Left		1
64	Left Inner Panel Right		1
103	Flat Washer	Ø6	4
104	Hexagon Head Bolt	M6×16	4



Step 13: Installing the Outer Covers

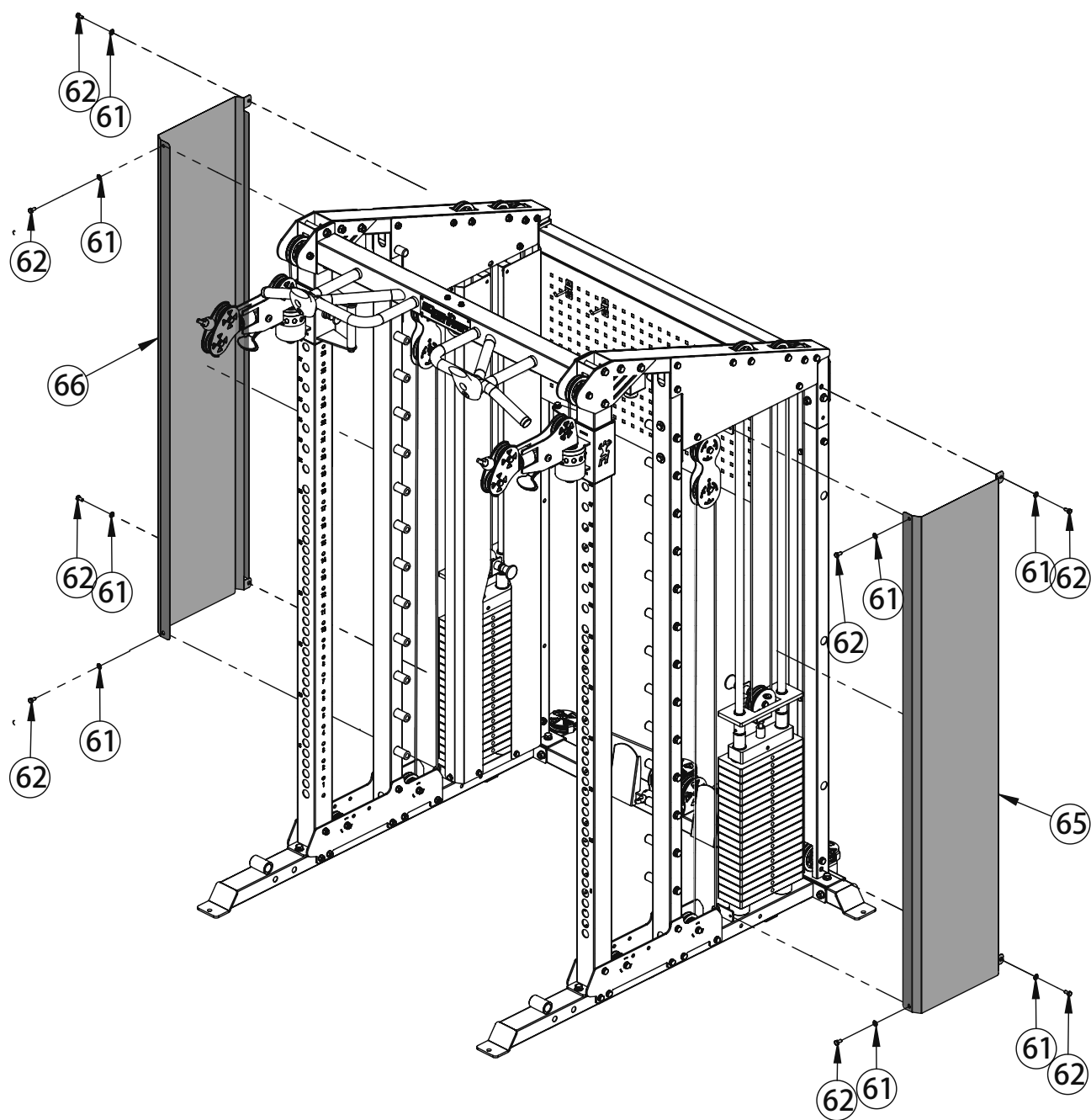
① NOTE

1. Initially, screw in the bolts loosely and only tighten them once all parts are installed.
2. Attach the outer protective cover right (65) to the lower side bracket weldment (3) using four bolts (62) and four washers (61).
3. Repeat this step for the left outer protective cover (66).
4. Finally, tighten all screws and bolts securely.

① NOTICE

For this step, you will need the following parts:

No.	Name	Spec.	Qty.
65	Outer Protective Cover Right		1
61	Flat Washer	Ø8	8
62	Hex - head Bolt	M8×16	8
66	Outer Protective Cover Left		1



Step 14: Installing the Left Guide Rod

1. Slide the following parts onto the long guide rod (71) in this order:
 - + Barbell rod shock - absorbing Pad (69)
 - + Safety hook right assembly (68)
 - + Shock absorber pad (70)
 - + Sliding sleeve welding assembly (73)
 - + Guide rod locking sleeve (72)
 - + Bolt (67)
2. Mount the long guide rod (71) onto the guide rod bottom fixed weldment (74) using two bolts (75), four washers (15), and two nuts (26).
3. Tighten all screws and bolts securely.



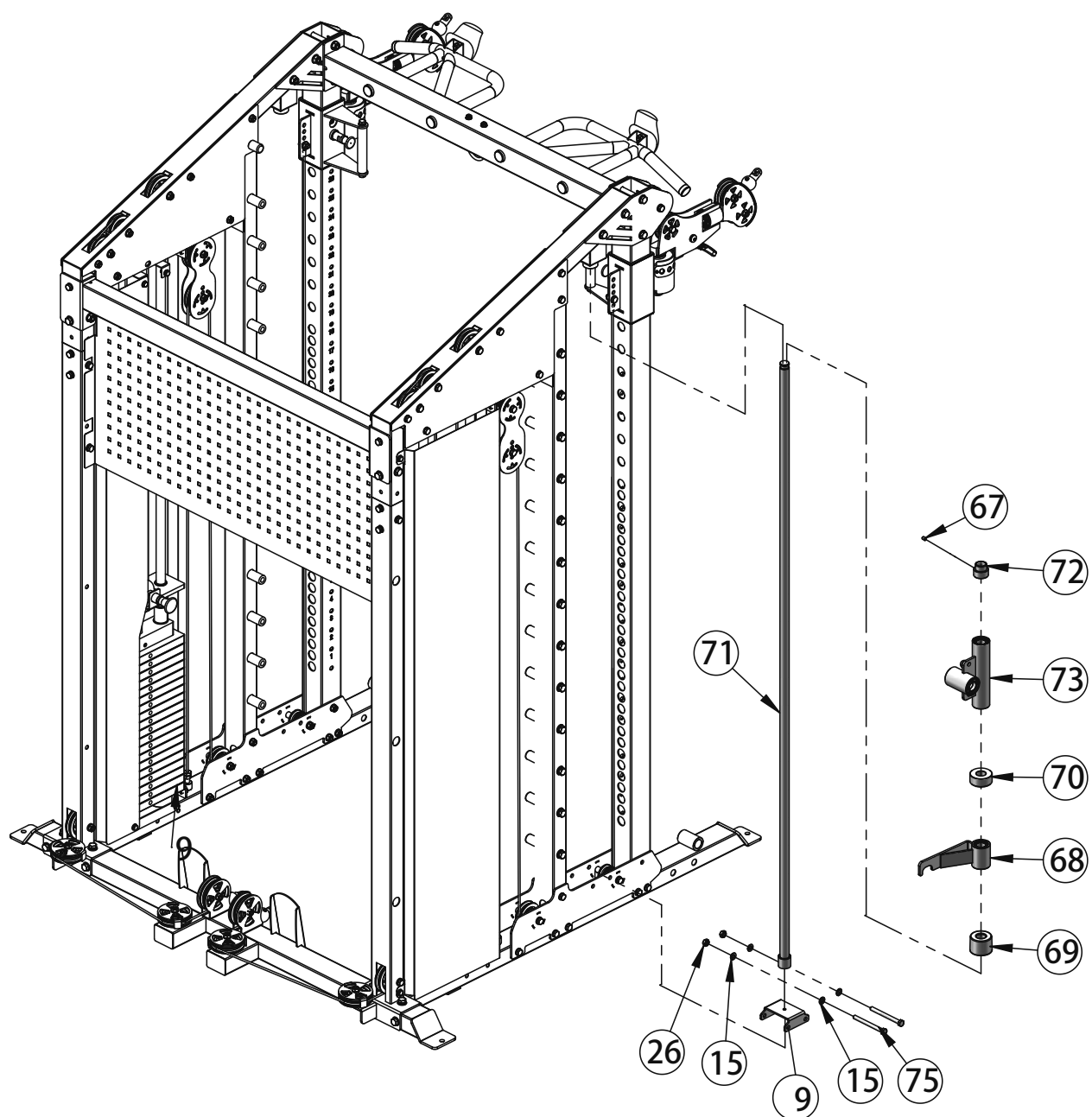
CAUTION

Always use both hands to adjust the sliding sleeve during training.

NOTICE

For this step, you will need the following parts:

No.	Name	Spec.	Qty.
67	Headless Socket - head Cap Screw	M8*10	1
68	Safety Hook Right Assembly		1
69	Barbell Rod Shock - absorbing Pad	Ø60×Ø26×45	1
70	Shock Absorber Pad	Ø60×Ø26×25	1
71	Long - guide Rod	Ø25*1878	1
72	Guide Rod Locking Sleeve	Ø40*Ø25.5*35	1
73	Sliding sleeve Welding Assembly		1
74	Guide Rod Bottom Fixed Weldment		1
15	Flat Washer	Ø10	4
26	Lock Nut	M10	2
75	Hex - head Bolt	M10×110	2



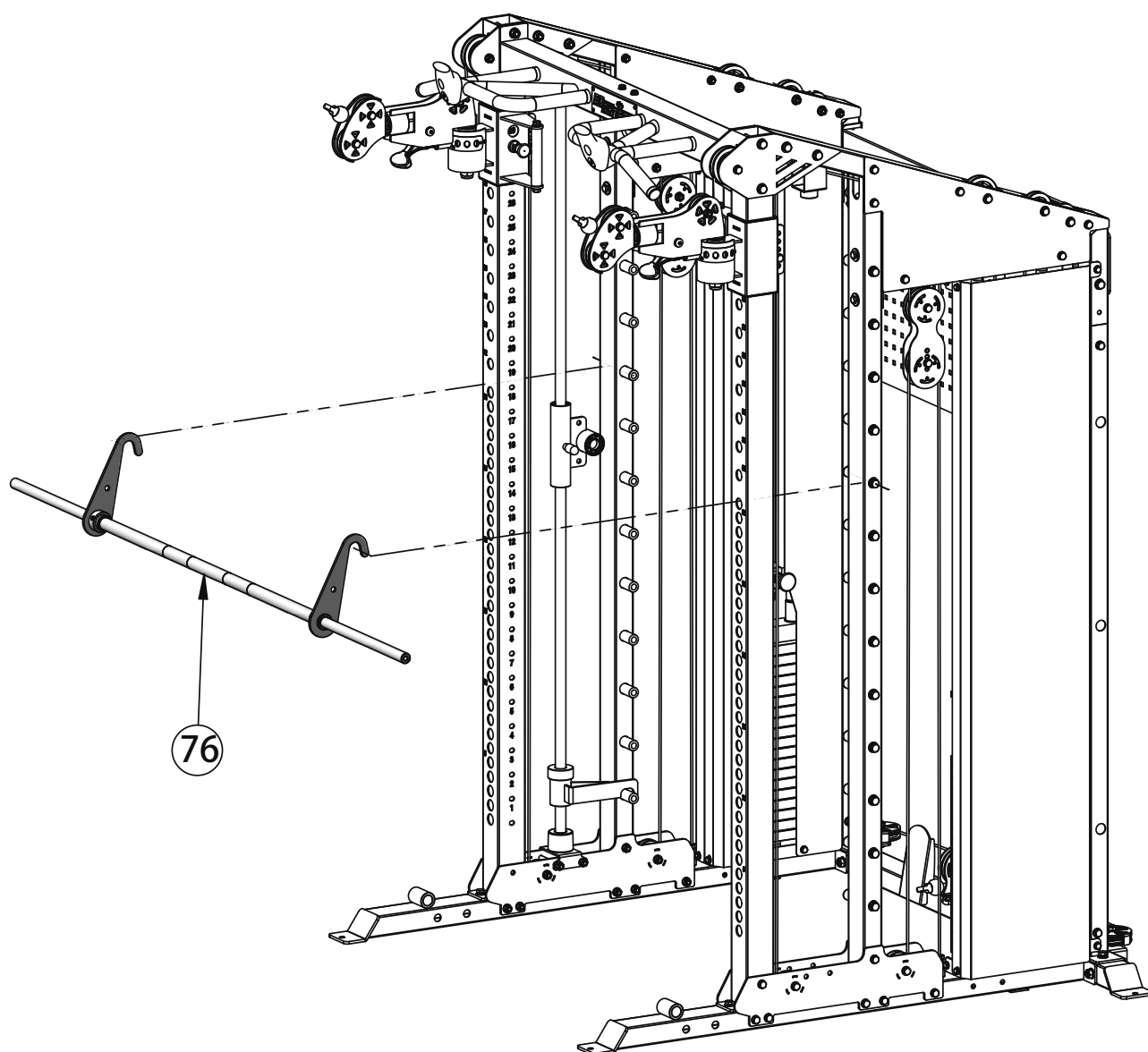
Step 15: Installing the Barbell

1. Insert the aluminum barbell rod assembly (76) into the Sliding sleeve welding assembly (73).
2. Hang the aluminum barbell rod assembly (76) onto the middle column assembly (23 & 24).

① NOTICE

For this step, you will need the following parts:

No.	Name	Spec.	Qty.
76	Aluminum Barbell Rod Assembly		1



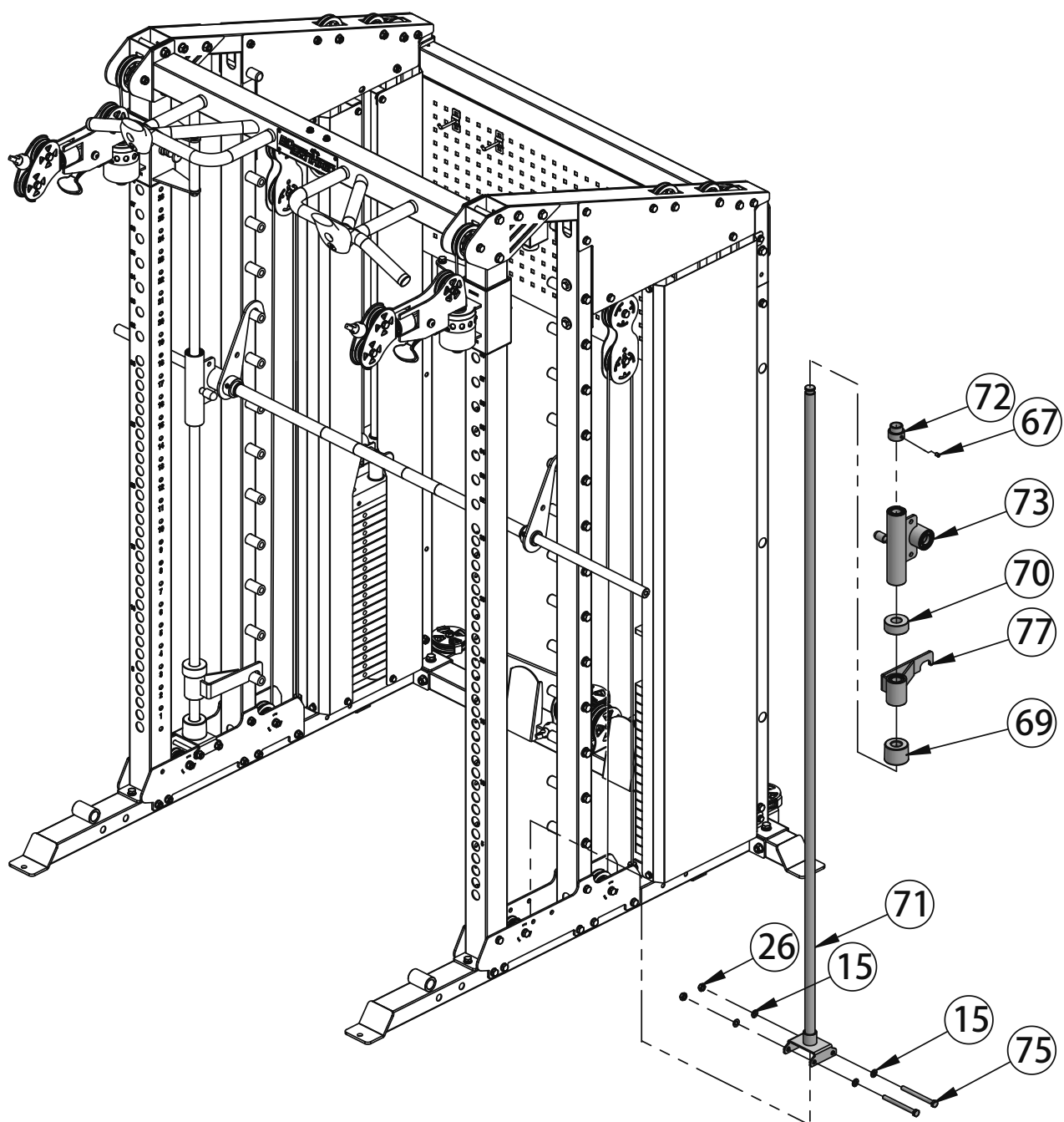
Step 16: Installing the Right Guide Rod

1. Slide the following parts onto the long guide rod (71) in this order:
 - + Barbell Rod Shock - absorbing Pad (69)
 - + Safety Hook Right Assembly (68)
 - + Shock Absorber Pad (70)
 - + Sliding sleeve Welding Assembly (73)
 - + Guide Rod Locking Sleeve (72)
 - + Bolt (67)
2. Mount the long guide rod (71) onto the guide rod bottom fixed weldment (74) using two bolts (75), four washers (15), and two nuts (26).
3. Insert the aluminum barbell rod assembly (76) into the sliding sleeve welding assembly (73).
4. Tighten all screws and bolts securely.

① NOTICE

For this step, you will need the following parts:

No.	Name	Spec.	Qty.
74	Guide Rod Bottom Fixed Weldment		1
15	Flat Washer	Ø10	4
26	Lock Nut	M10	2
75	Hex - head Bolt	M10×110	2
73	Sliding sleeve Welding Assembly		1
72	Guide Rod Locking Sleeve	Ø40*Ø25.5*35	1
71	Long - guide Rod	Ø25*1878	1
70	Shock Absorber Pad	Ø60×Ø26×25	1
69	Barbell Rod Shock - absorbing Pad	Ø60×Ø26×45	1
77	Safety Hook Left Assembly		1
67	Headless Socket - head Cap Screw	M8*10	1



Step 17: Installing Weight Holder 1

1. Attach the barbell rod sleeve assembly (78) to the aluminum barbell rod assembly (76) using a bolt (79), a spring washer (5), and a flat washer (4).
2. Repeat this step on the other side.
3. Tighten all screws and bolts securely.

Loading and Unloading Weight Plates



CAUTION

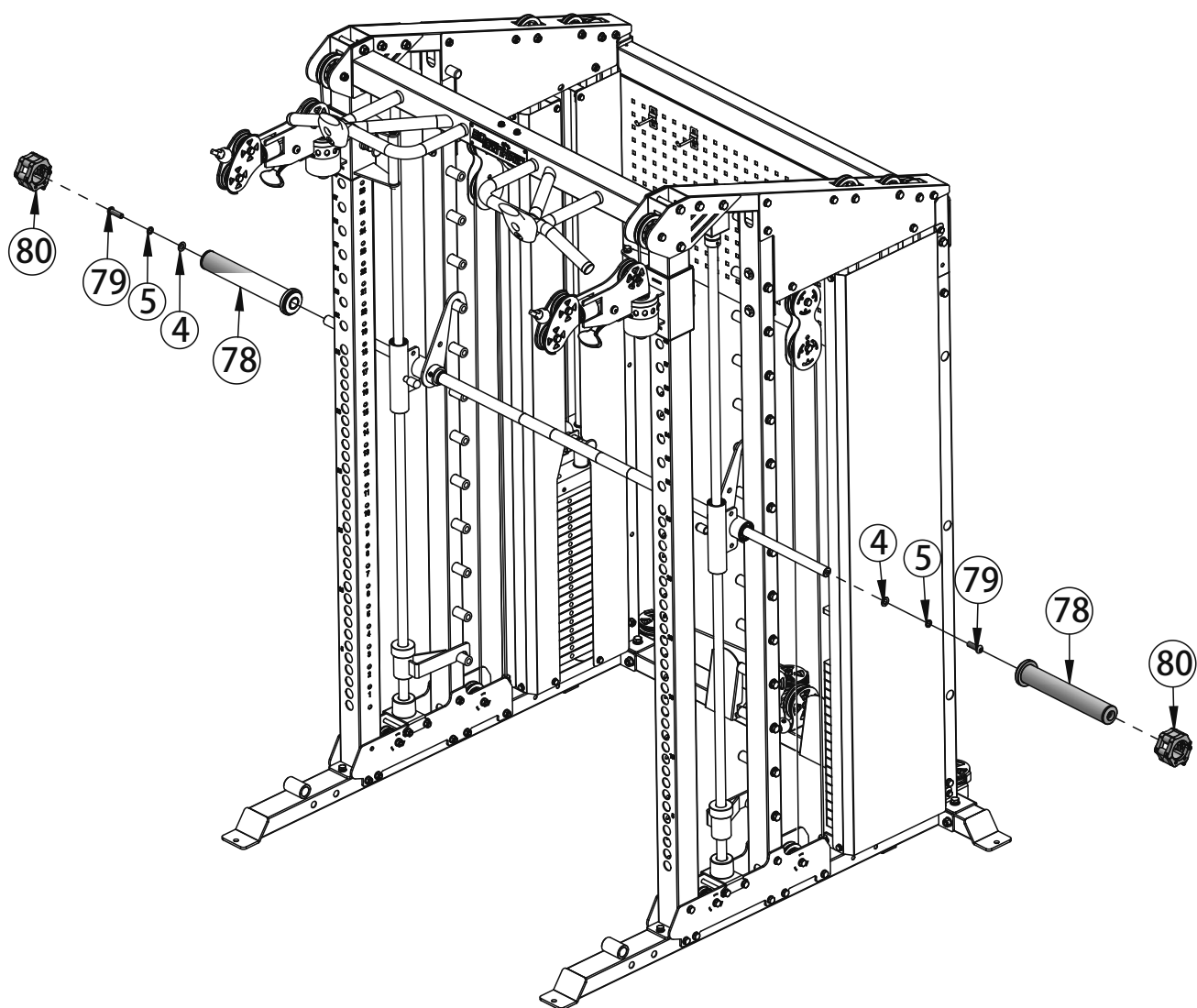
4. Always use a collar or lock when training with weight plates.
5. Never store unused weight plates on the floor.
6. Store unused weight plates on a suitable rack or in the integrated storage area.



NOTICE

For this step, you will need the following parts:

No.	Name	Spec.	Qty.
78	Barbell Rod Sleeve Assembly		2
4	Flat Washer	Ø12	2
5	Spring Washer	Ø12	2
79	Socket - head Cap Screw with Flat Round	M12×40	2
80	Barbell Card	Ø85XØ50XH49	2



Step 18: Installing Weight Holder 2

1. Attach the barbell hanging rod assembly (81) to the rear column assembly (2 & 9) using one bolt (17), one spring washer (16), and one flat washer (15) for each side.
2. Place one butterfly clip (83) onto each barbell hanging rod assembly (81).
3. Attach the barbell rod sleeve welding (82) to the lower side bracket weldment (3) using two bolts (55), four flat washers (15), and two locknuts (26).
4. Tighten all screws and bolts securely.

Loading and Unloading Weight Plates

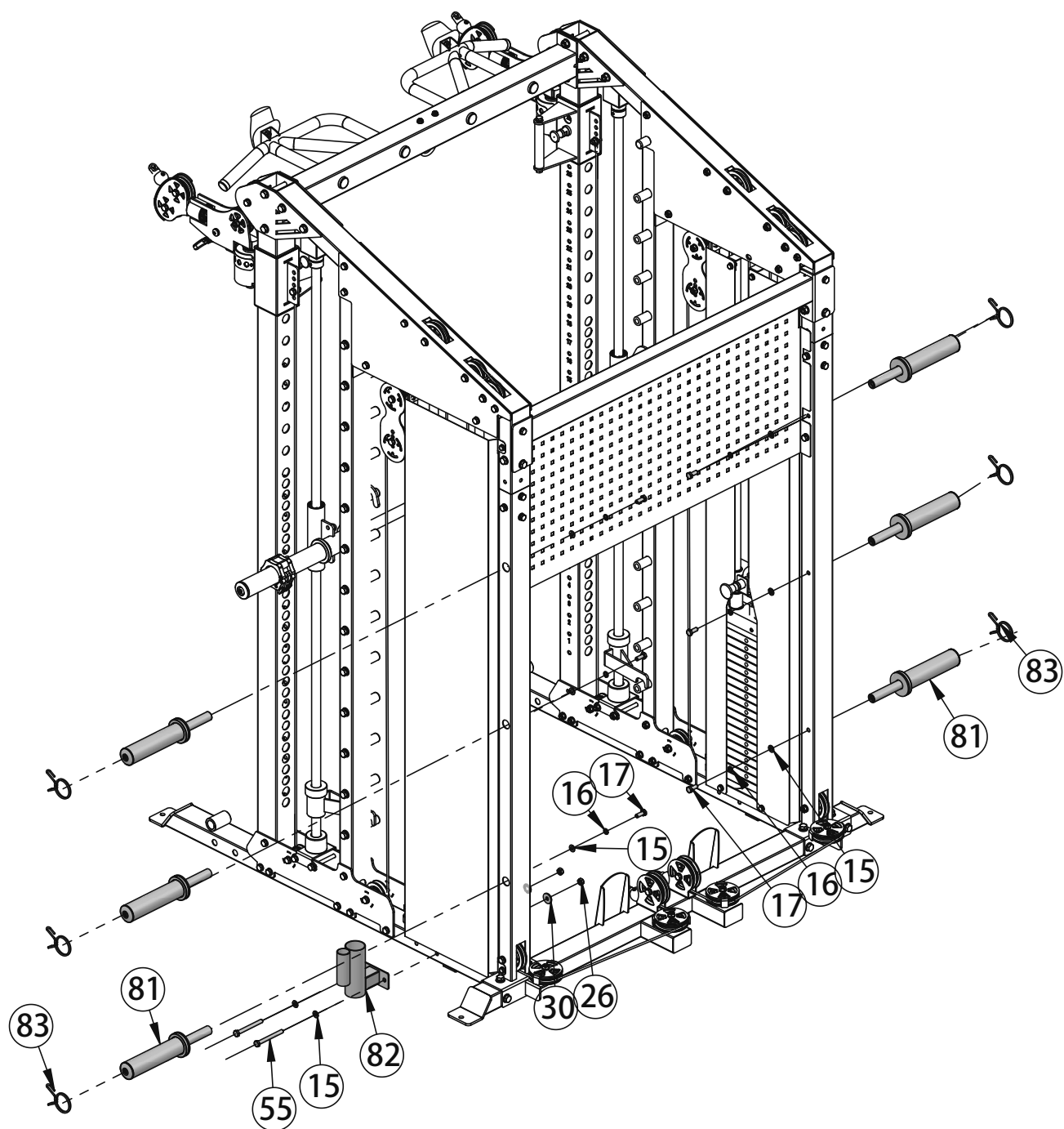
CAUTION

1. Always use a collar or lock when training with weight plates.
2. Never store unused weight plates on the floor.
3. Store unused weight plates on a suitable rack or in the integrated storage area.

NOTICE

For this step, you will need the following parts:

No.	Name	Spec.	Qty.
81	Barbell Hanging Rod Assembly		6
82	Barbell Rod Sleeve Welding		1
15	Flat Washer	Ø10	8
16	Spring Washer	Ø10	6
17	Hex Bolt	M10×25	6
30	Large Flat Washer	Ø30×Ø10×3	2
26	Lock Nut	M10	2
55	Hex - head Bolt	M10×95	2
83	Butterfly Clip	Ø50	6



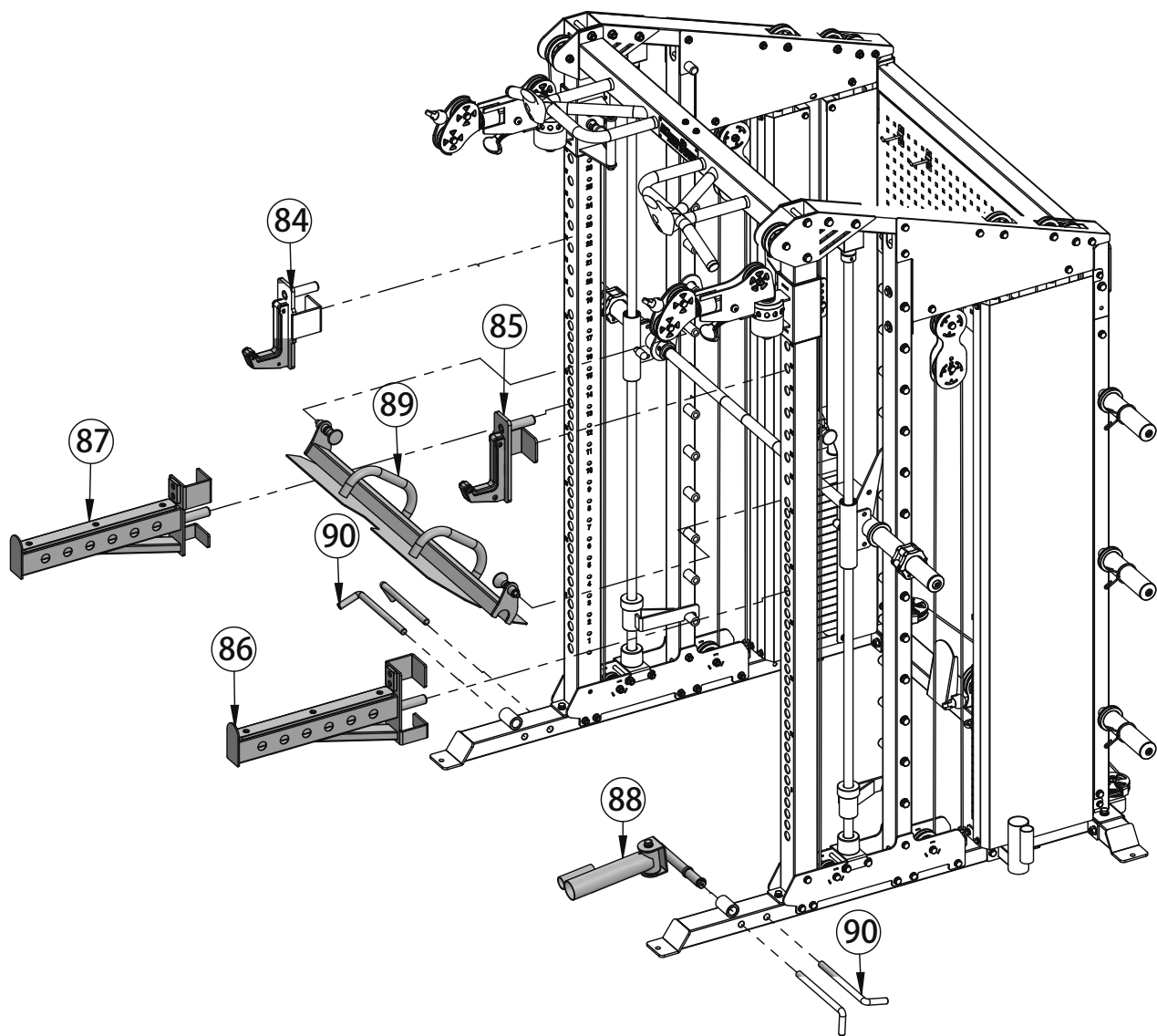
Step 19: Installing the Training Accessories

1. Attach the short safety guard (84 & 85) to the front guide tube weldment (19 & 22).
2. Attach the left and right large safety catches (86 & 87) to the front guide tube weldment (19 & 22).
3. Attach the rotating rod assembly (88) to the lower side bracket weldment (3).
4. Attach the fixed elastic rope (90) to the lower side bracket weldment (3).
5. Attach the rotating rod assembly (89) to the right and left middle column assembly (23 & 24).
6. The station is now fully assembled.

① NOTICE

For this step, you will need the following parts:

No.	Name	Spec.	Qty.
84	Short Safety Guard - Left Assembly		1
85	Short Safety Guard - Right Assembly		1
86	Long Safety Guard Right Assembly		1
87	Long Safety Guard Left Assembly		1
88	Rotating Rod Assembly		1
89	Pedal Plate Assembly		1
90	Fixed Elastic Rope	Ø17×250×77L	4



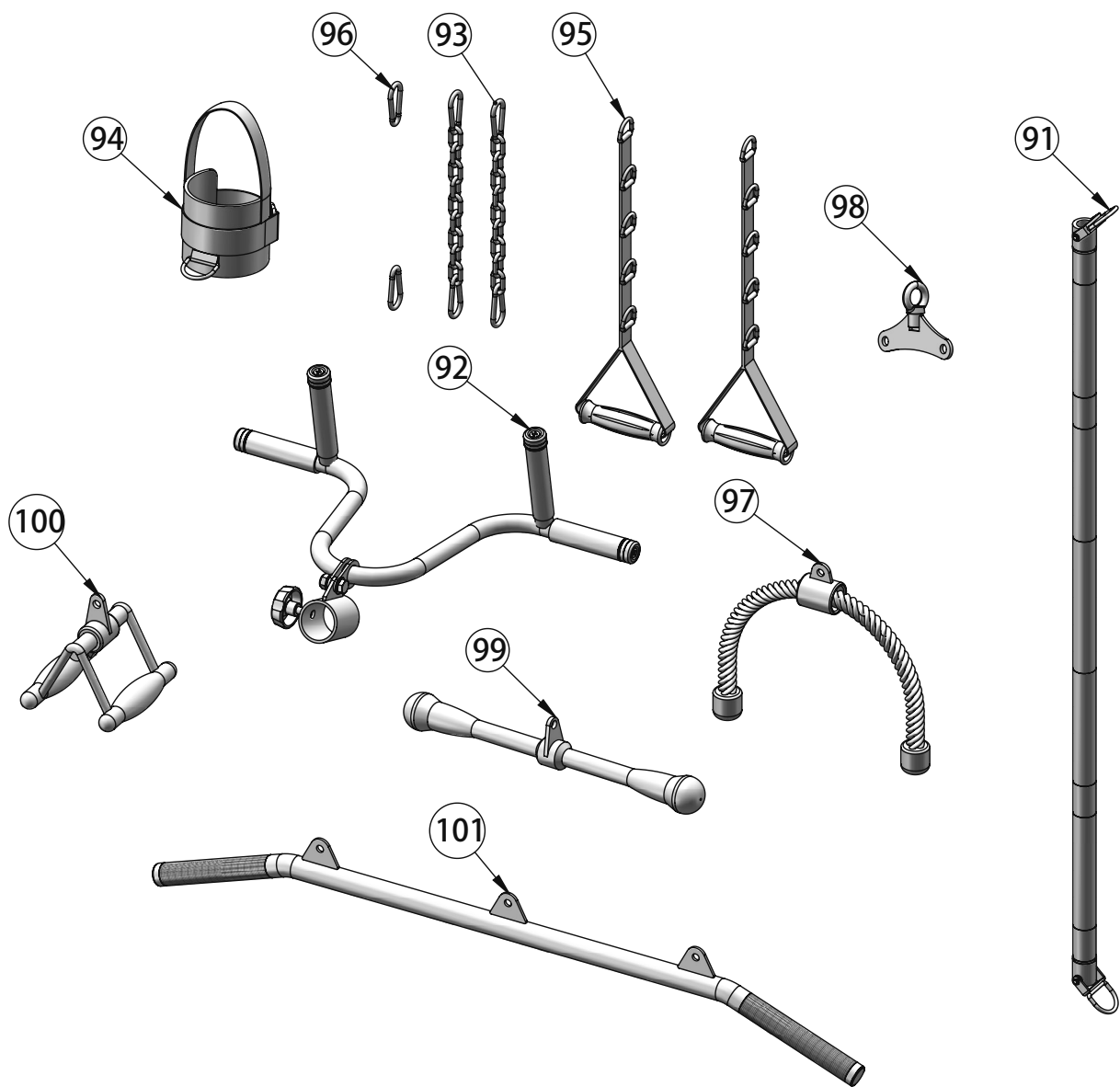
Overview of Training Accessories

1. Attach the training accessories as needed.

① NOTICE

For this step, you will need the following parts:

No.	Name	Spec.	Qty.
91	Aluminum Alloy Cross - bar Assembly		1
82	Puller Assembly		1
93	Chain + Hoist Hook		2
94	Hook Foot Belt		1
95	Five - ring Handle Belt		2
96	Hoist Hook		2
97	Bicep Rope	Ø28*690	1
98	Double - pull Plate Assembly		1
99	Short Straight Pull Handle		1
100	Triangular Pull Handle		1
101	Large Pull Handle Assembly		1



2.6 Assembly: MS65-LEG

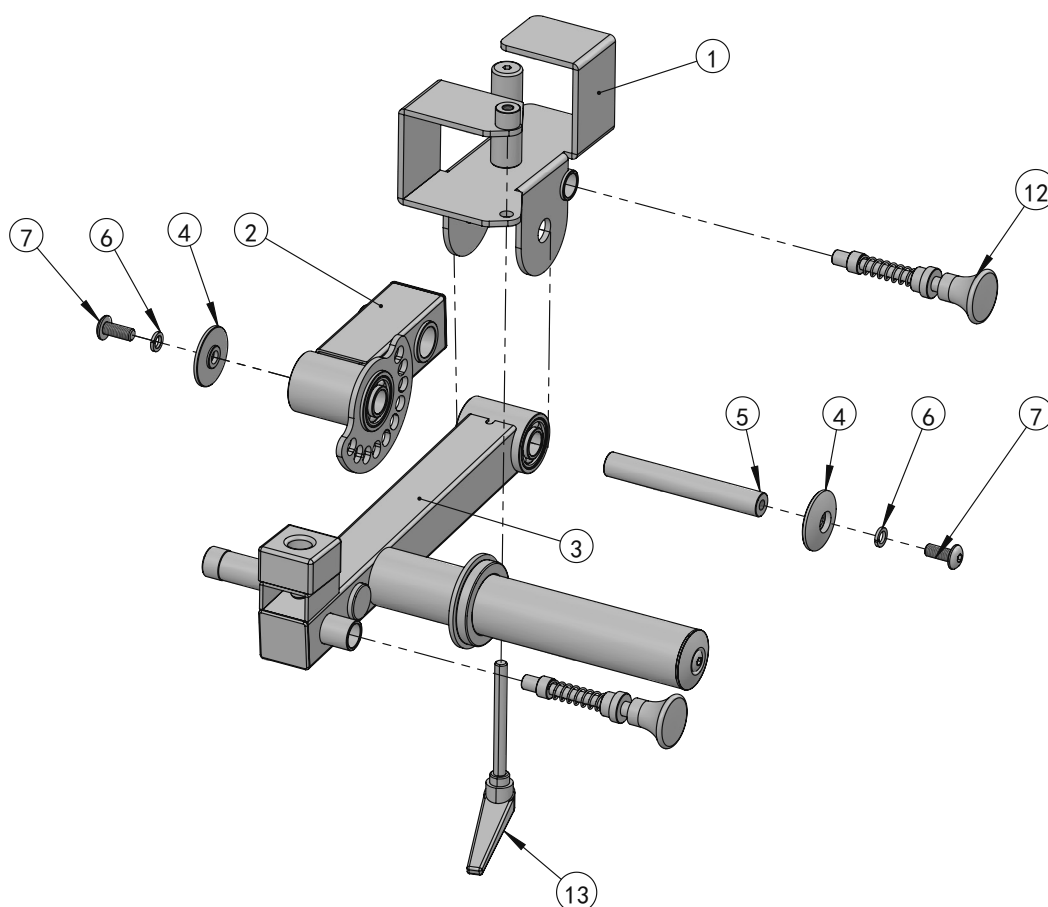
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

① NOTICE

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

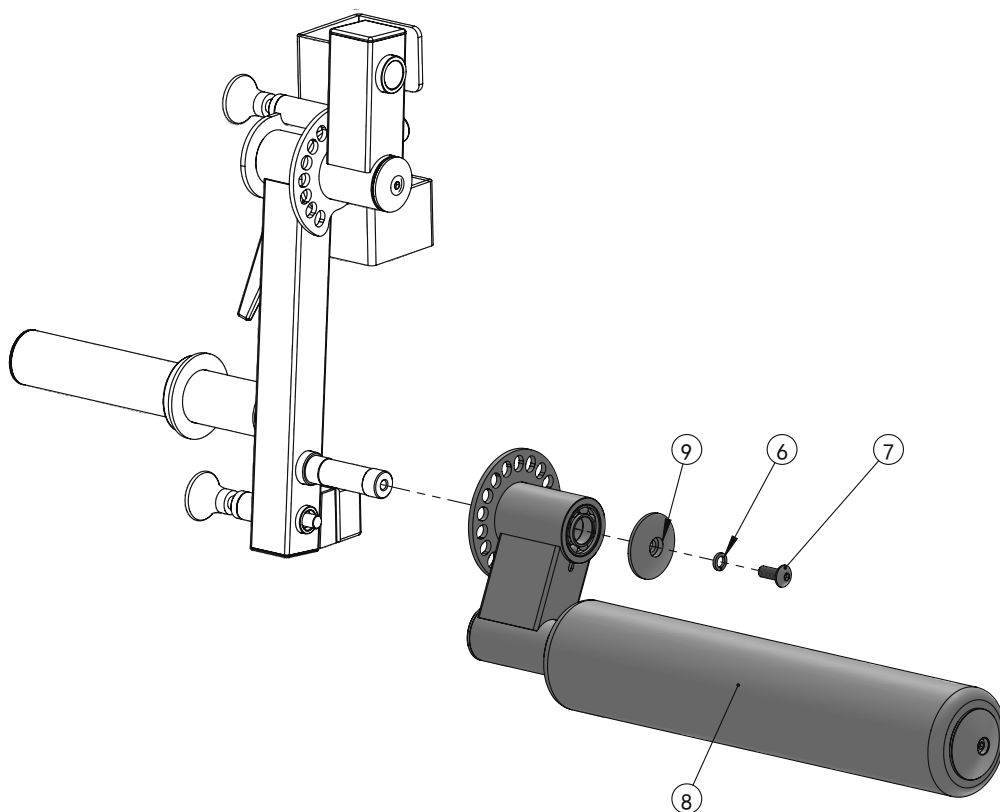
Step 1: Leg Press Assembly - 1

1. Fix the leg extension (1) and the leg press bracket welding (2) to the leg extension support (3) with a threaded shaft (5), two aluminum covers (4), two spring washers (6), one adjustable set handle (13) and two screws (7).



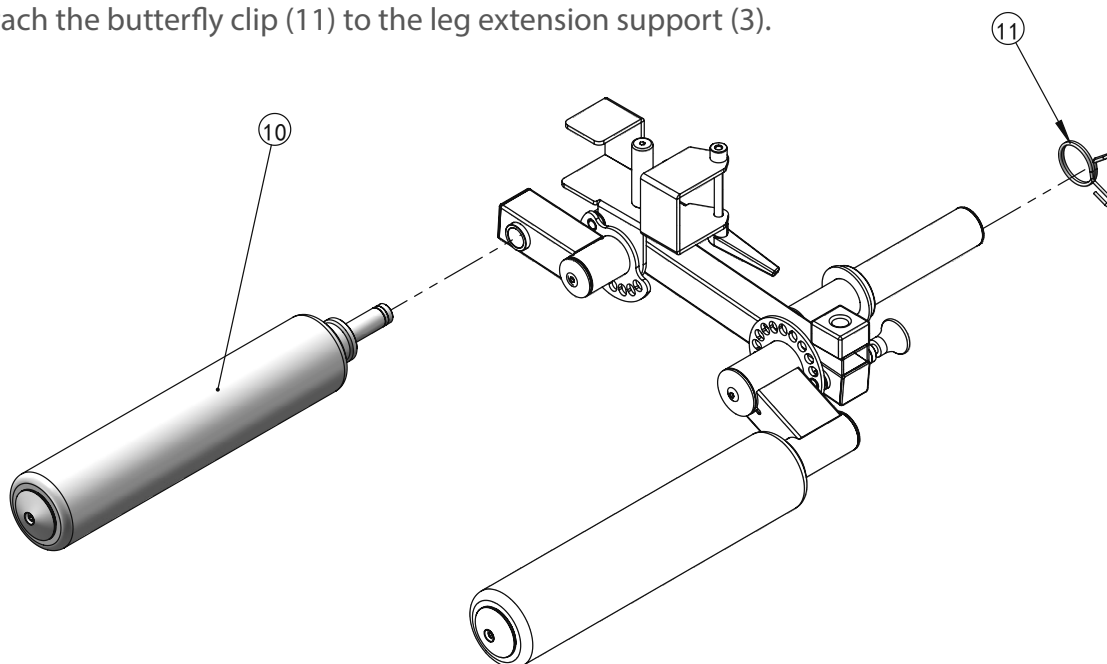
Step 2: Leg Press Assembly- 2

1. Fix the leg press assembly (8) to the leg extension support (3) with one aluminum cover (9), one spring washer (6) and one screw (7).



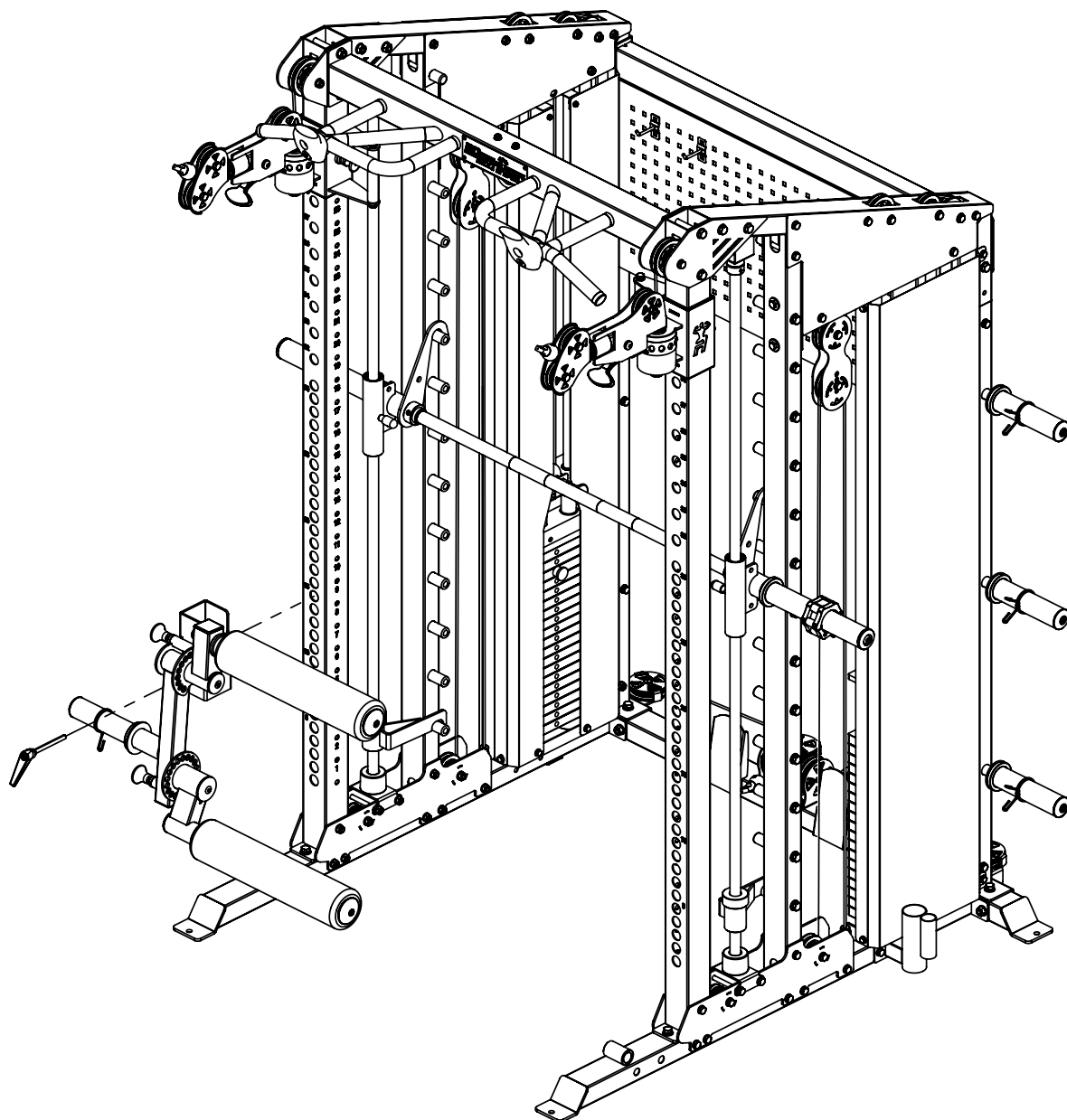
Step 3: Leg Press Assembly - 3

1. Fix the foam tube welding (10) to the leg press bracket welding (2).
2. Attach the butterfly clip (11) to the leg extension support (3).



Step 4: Leg Press Assembly - 4

1. Fix the leg press to the device with the adjustable set handle (13).



2.7 Assembly: MS65-LPS

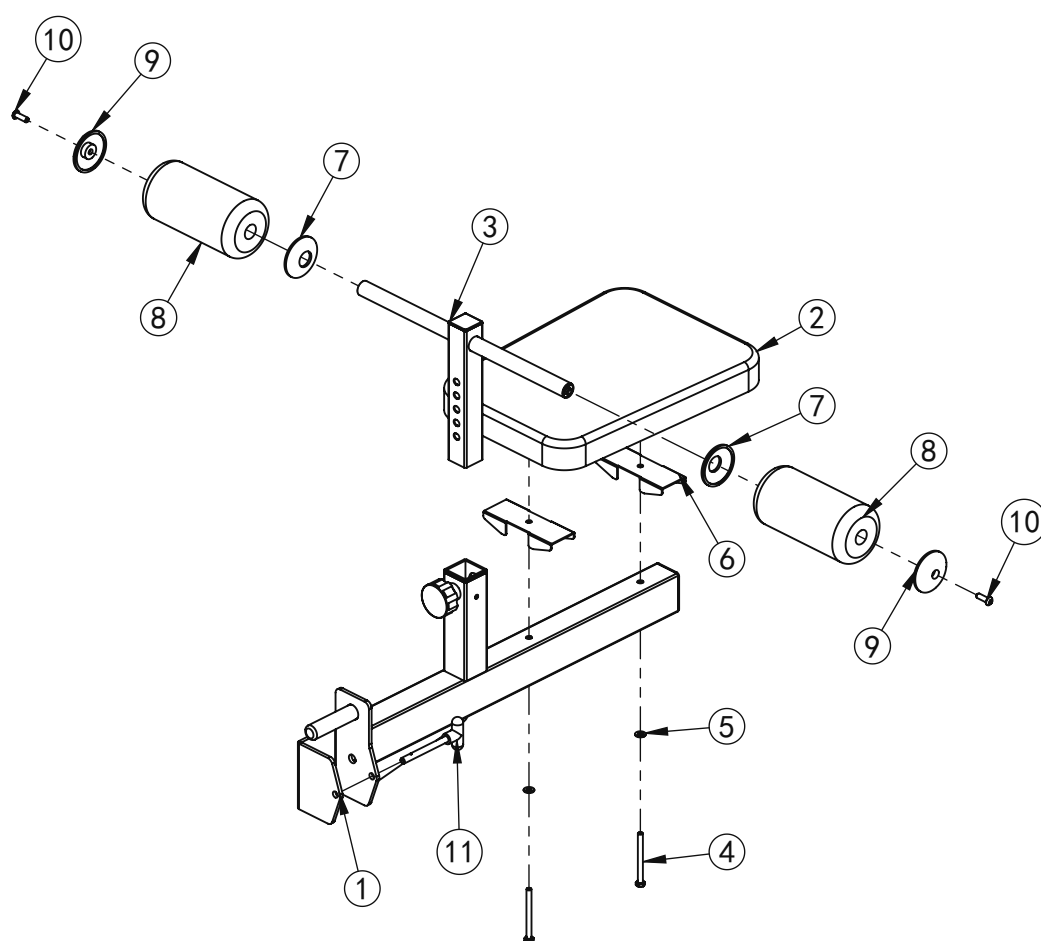
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

① NOTICE

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

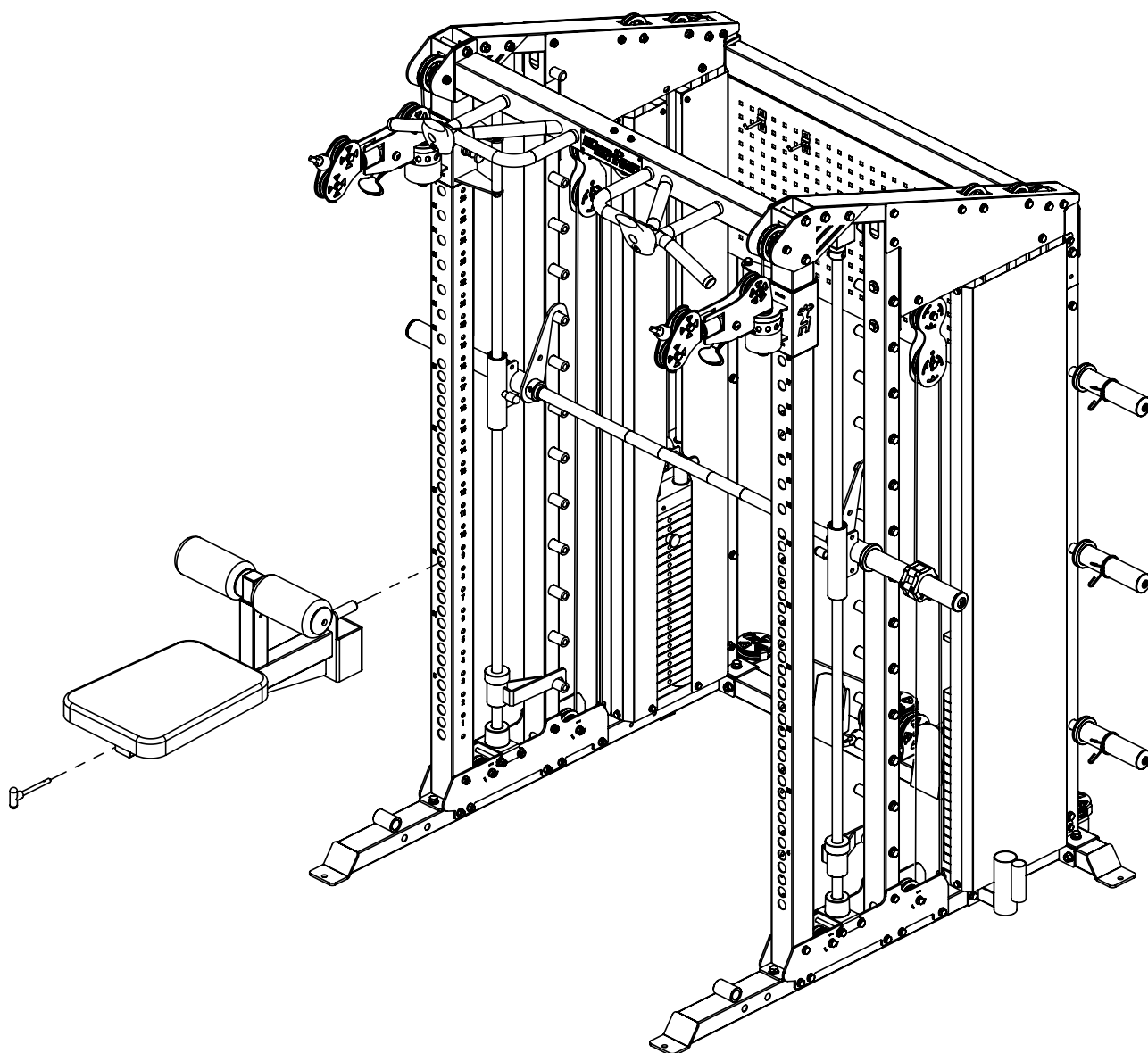
Step 1: Seat Assembly -1

1. Attach the foams (8) to the foam frame (3) using an foam inner cap (7), an foam outer cap (9), and a screw (10).
2. Attach the seat pad (2) to the seat pad frame (1) using two reinforcing plates (6), two washers (5), and two bolts (4).



Step 2: Seat Assembly -2

1. Fix the seat to the device with the T ship pin (11).



3.1 General Instructions

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

3.1.1 Training clothes

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

3.1.2 Warming up and stretching

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

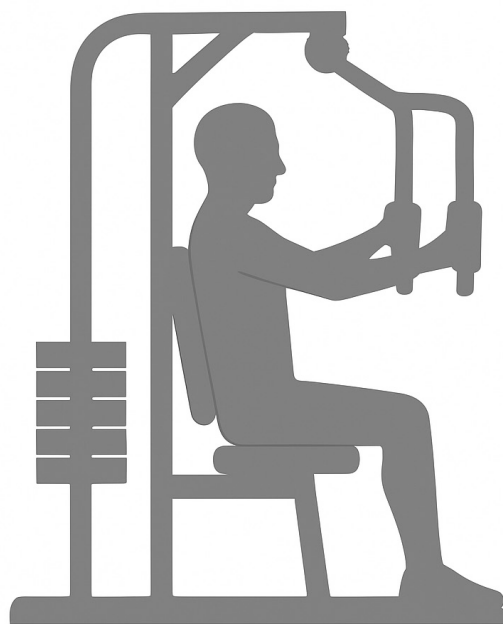
Warm-up exercise:

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



CAUTION

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



3.1.3 Medication

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

3.1.4 Used muscle groups

This training uses the following muscle groups:

- + Gluteal muscle
- + Leg muscles
- + Arm muscles
- + Pectoral muscles
- + Back muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back. Do not fully extend your legs, but keep a slight bend in the backwards movement.

3.1.5 Exercise frequency

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

Training with heart rate orientation

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

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

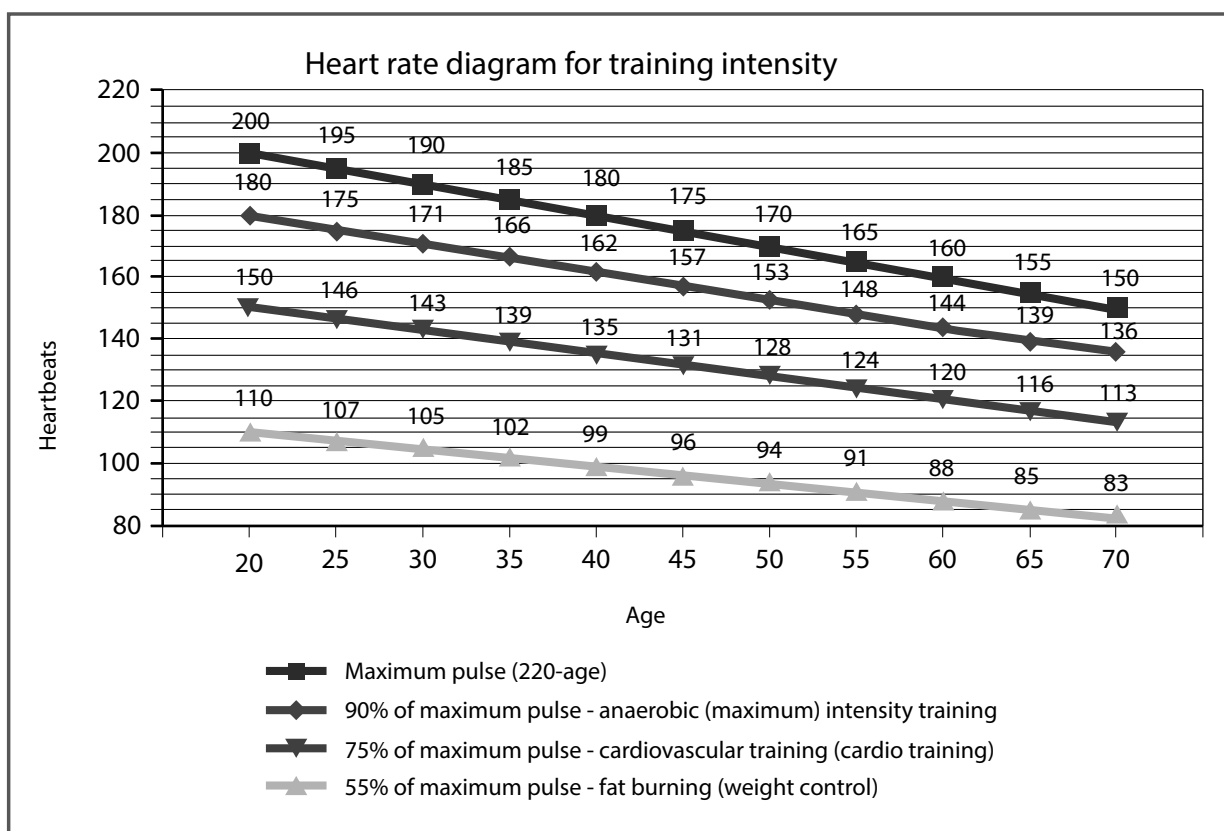
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

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

Example:

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

- + The fat burning target zone (55%) is at approximately 96 beats/min. = $(220 - \text{age}) \times 0.55$.
- + The cardio target zone (75%) is at approximately 131 beats/min. = $(220 - \text{age}) \times 0.75$.
- + The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. = $(220 - \text{age}) \times 0.9$.



3.2 Workout journal

[illegible]

Date _____



Distance



Time (min.)



Resistance level



Training weight



Ø Pulse



Calories burnt



I feel ...



Body weight

4.1 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.

5.1 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 do not run smoothly or are damaged	<ul style="list-style-type: none"> + Visual inspection of the cable routing or the pulley guide + If damaged, replace the defective part
Weight hanging in the air	Cable tensioned too tight	Readjust cable tension
Cable without tension	Cable too loose	<ul style="list-style-type: none"> + Check cable routing + Readjust cable tension
Squeaking & cracking noises	Screw connections loosened or too tight	<ul style="list-style-type: none"> + Check or lubricate screw connections* + Check cable routing
Unit wobbles	<ul style="list-style-type: none"> + Uneven ground + Loose screw connections 	<ul style="list-style-type: none"> + Align unit + Tighten screw connections
Heavy draught	<ul style="list-style-type: none"> + Weight holders/guide rods too dry + Faulty cable routing 	<ul style="list-style-type: none"> + Lubricate guide rods* + Check cable routing

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

5.3 Maintenance and Inspection Calendar

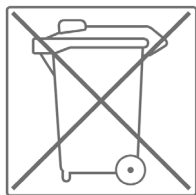
To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

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

Part	Weekly	Monthly	Quarterly
Cables	C	I	
Screw connections		I	
Pulleys and cable routing		I	
Slide rails/Guide rods		I	
Cushions	C		
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. 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!



floor mat



chest strap



tricep and curl bar



triceps rope

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 of this operating manual.

① 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 / multi gym

Model Name:

MS65 Elite
MS65 Elite Leg Ext and Curl
MS65 Elite Lat Pull Seat

SKU:

TF-MS65
TF-MS65-LEG
TF-MS65-LPS

8.2 Parts List: MS65

No.	Name	Specification	Qty.
1	3133 Rear Base Assembly	Assembly	1
2	3133 Rear Column Assembly (Right)	Assembly	1
3	3133 Lower Side Bracket Weldment (Right)	Weldment	2
4	φ12 Flat Washer	φ12	42
5	φ12 Spring Washer	φ12	10
6	M12×25 Hex Bolt	M12×25	8
7	M12 Lock Nut	M12	16
8	M12×100 Hex Bolt	M12×100	8
9	3133 Rear Column Assembly (Left)	Assembly	1
10	3133 Upper Right Beam Assembly	Assembly	1
11	3133 Rear Cross Tube Weldment	Weldment	1
12	M12×105 Hex Bolt	M12×105	4
13	M12×70 Hex Bolt	M12×70	2
14	M12×95 Hex Bolt	M12×95	2
15	φ10 Flat Washer (GB Standard)	φ10	108
16	φ10 Spring Washer	φ10	20
17	M10×25 Hex Bolt	M10×25	22
18	3133 Upper Left Beam Assembly	Assembly	1
19	3133 Front Guide Tube Left Weldment	Weldment	1
20	3133 Sliding Sleeve Assembly (Right)	Assembly	1
21	3133 Sliding Sleeve Assembly (Left)	Assembly	1
22	3133 Front Guide Tube Right Weldment	Weldment	1
23	3133 Right Middle Column Assembly	Assembly	1
24	3133 Left Middle Column Assembly	Assembly	1
25	3133 Bottom Fixing Plate	T5	4
26	M10 Lock Nut	M10	60
27	M10×100 Hex Bolt	M10×100	20
28	3133 Middle Column Crossbar Assembly	Assembly	1
29	3133 Middle Column Crossbar Assembly (Left)	Assembly	1
30	φ10 Large Flat Washer (GB Standard)	φ30×φ10×3	6
31	M10×70 Hex Bolt	M10×70	10
32	3133 Front Trim Panel	T5	4

33	3133 Front Upper Crossbeam Assembly	Assembly	1
35	3058 Cast Iron Weight (90KG)	90kg	2
36	60-27 Shock Absorber Pad	φ60×φ27×42	4
37	3133 Weight Guide Rod Assembly	Assembly	4
38	3058 Lifting Rod (90KG)	φ25	2
39	10×60 Straight Groove Elastic Cylindrical Pin	10×60	2
40	3075 Weight Block Pulley Frame Assembly	Assembly	2
41	2KG Auxiliary Weight Assembly	Assembly	2
42	φ20×φ16×10.2×33 Powder - coated Sleeve	φ20×φ16×10.2×	12
43	φ92 Pulley (Powder - coated Sleeve)	φ92	16
44	Powder Metallurgy Sleeve	φ20×φ16×10.2×	16
45	M10×90 Hex - head Bolt	M10×90	8
46	φ75 Pulley	φ75	6
47	3133 Pulley Baffle	T3	4
48	M10×45 Hex - head Bolt	M10×45	6
49	Movable Pulley Bracket Assembly	Assembly	2
50	3133 Fly - bird Steel Wire Rope	Assembly	2
51	3133 Fly - bird Lower Steel Wire Rope	φ5	2
52	φ50 Pulley	φ50	2
53	3133 Outer Trim Panel	T3	2
54	3083 Short Hanging Rod Shaft	φ25*35 - M10	2
55	M10×95 Hex - head Bolt	M10×95	14
56	3133 Rear Back Panel	T1.5	1
57	3088B Single Inclined Hook - 50	50mm	4
58	3133 Right Inner Panel Left	T1	1
59	3133 Right Inner Panel Right	T1	1
60	3133 Inner Panel Connecting Plate	T3	2
61	φ8 Flat Washer	φ8	20
62	M8×16 Hex - head Bolt	M8×16	20
63	3133 Left Inner Panel Left	T1	1
64	3133 Left Inner Panel Right	T1	1
65	3133 Outer Protective Cover Right	T1	1
66	3133 Outer Protective Cover Left	T1	1
67	M8X10 Headless Socket - head Cap Screw	M8*10	2
68	3000 Safety Hook Right Assembly	Assembly	1

69	Barbell Rod Shock - absorbing Pad	φ60×φ26×45	2
70	60 - 26 Shock Absorber Pad	φ60×φ26×25	2
71	1878 Long - guide Rod	φ25*1878	2
72	3010 Guide Rod Locking Sleeve	φ40*φ25.5* 35	2
73	3000 Sliding sleeve Welding Assembly	Assembly	2
74	3133 Guide Rod Bottom Fixed Weldment	Weldment	2
75	M10×110 Hex - head Bolt	M10×110	4
76	3070 Aluminum Barbell Rod Assembly	Assembly	1
77	3000 Safety Hook Left Assembly	Assembly	1
78	3000B Barbell Rod Sleeve Assembly	Assembly	2
79	M12×40 Socket - head Cap Screw with Flat Round Head	M12×40	2
80	Barbell Card φ85Xφ50XH49	φ85Xφ50XH49	2
81	3133 Barbell Hanging Rod Assembly	Assembly	6
82	3000 Barbell Rod Sleeve Welding	Weldment	1
83	φ50 Butterfly Clip	φ50	6
84	3133 Short Safety Guard - Left Assembly	Assembly	1
85	3133 Short Safety Guard - Right Assembly	Assembly	1
86	3133 Long Safety Guard Right Assembly	Assembly	1
87	3133 Long Safety Guard Left Assembly	Assembly	1
88	3000 Rotating Rod Assembly	Assembly	1
89	3070 Pedal Plate Assembly	Assembly	1
90	Fixed Elastic Rope L Lock	φ17×250×77L	4
91	Aluminum Alloy Cross - bar Assembly 1130	Assembly	1
92	Puller Assembly	Assembly	1
93	Chain + Hoist Hook	Assembly	2
94	Hook Foot Belt	Leather Belt Loop	1
95	Five - ring Handle Belt	Five - ring	2
96	Hoist Hook	Standard Part	2
97	Bicep Rope	φ28*690	1
98	3106 Double - pull Plate Assembly	Assembly	1
99	810 Short Straight Pull Handle	Assembly	1
100	810 Triangular Pull Handle	Assembly	1
101	3075 Large Pull Handle Assembly	Assembly	1
102	3133 Top Trim Panel	T3	2

103	Φ6 Flat Washer	Φ6	4
104	M6×16 Hexagon Head Bolt	M6×16	4
105	Φ10×100 Magnetic Pull Pin - Cordless	Φ10×100	2

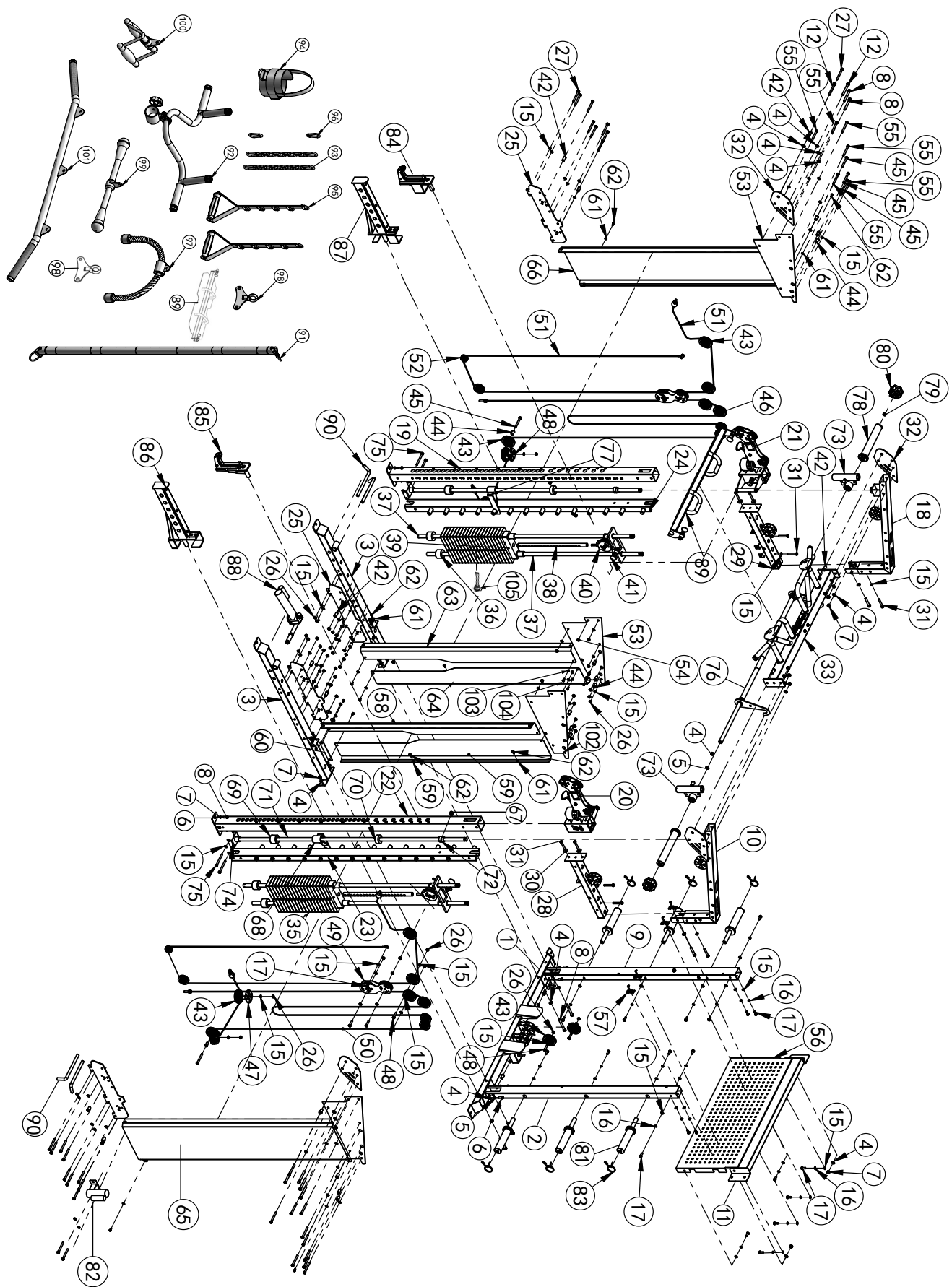
8.3 Parts List: TF-MS65-LEG

1	7028B Leg Extension U - shaped Piece Assembly	Assembly	1
2	7028 Leg Press Bracket Welding Assembly	Assembly	1
3	7028 Leg Extension Support Assembly	Assembly	1
4	φ50×φ19×φ11 Decorative Aluminum Cover	φ50×φ19×φ11	2
5	φ20×141 - M10 Inner - Threaded Shaft	φ20×141 - M10	1
6	φ10 Spring Washer	φ10	3
7	M10X25 Hexagon Socket Flat Head Screw	M10×25	3
8	7021 Leg Press Assembly Group	Assembly	1
9	φ11×φ18×φ28×φ60 Decorative Aluminum Cover	φ11×φ18×φ28×φ60	1
10	7028 Foam Tube Welding Assembly	Assembly	1
11	50 Butterfly Clip	φ50	1
12	φ12×M20×75 Umbrella Head Pull Pin	Assembly	2
13	Adjustable Locking Handle M10-L100	Assembly	1

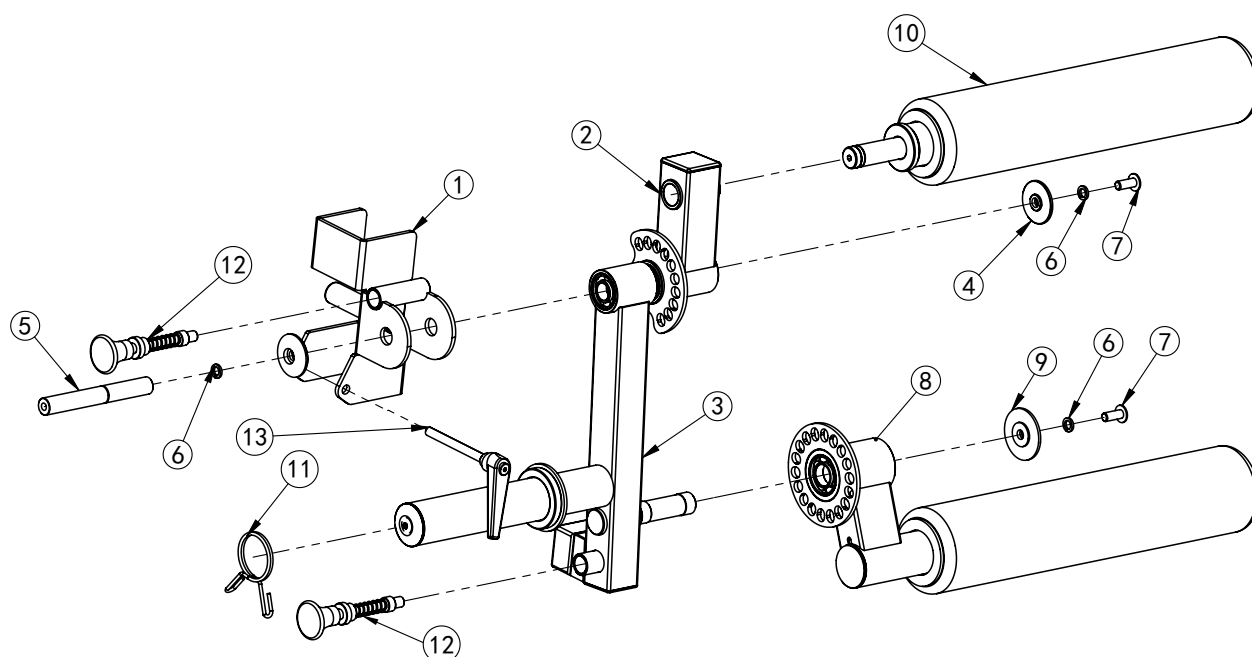
8.4 Parts List: TF-MS65-LPS

1	Seat pad frame	Assembly	1
2	Seat pad	450*335*50	1
3	Foam frame	Assembly	1
4	Hexagon head bolt	M8×90	2
5	Flat washer	φ8	2
6	Reinforcing plate	T2	2
7	Foam inner cap	φ70×φ27×12	2
8	Foam	φ25×φ100×200	2
9	Foam outer cap	φ70×φ9×14	2
10	Hexagon socket button head screws	M8×25	2
11	T ship pin	φ10×100	1
12	M18×22×φ10 Star pull pin	Assembly	1

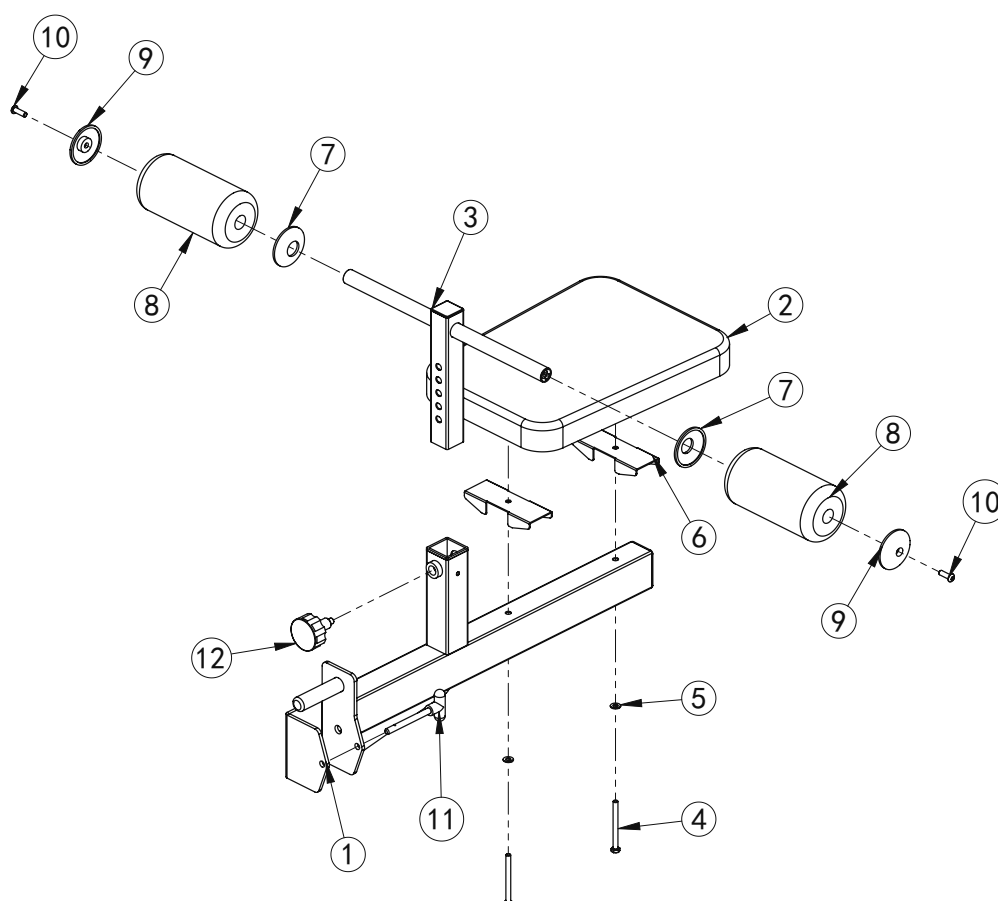
8.5 Exploded Drawing



8.6 Exploded Drawing: TF-MS65-LEG



8.7 Exploded Drawing: TF-MS65-LPS



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.

10 CONTACT

DE	DK	UK
TECHNIK  +49 4621 4210-900  +49 4621 4210-698  technik@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage.	TEKNIK OG SERVICE  80 90 16 50 +49 4621 4210-945  info@fitshop.dk  Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7	CUSTOMER CARE  +44 141 737 2249 or +44 141 876 3972  customercare@fitshop.co.uk  You can find the opening hours on our homepage: https://stg.fit/statitd
	FR	BE
	TECHNIQUE & SERVICE  +33 (0) 189 530984 +49 4621 42 10 933  info@fitshop.fr  Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit4	TECHNIQUE & SERVICE  02 732 46 77 +49 4621 4210 933  info@fitshop.be  Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit8
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TECNOLOGÍA Y SERVICIOS  911 238 029  info@fitshop.es  Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5	TECHNISCHE DIENST & SERVICE  +31 172 619961  service@fitshop.nl  De openingstijden vindt u op onze homepage: https://stg.fit/statit3	TECHNICAL SUPPORT & SERVICE  +49 4621 4210-944  service-int@fitshop.de  You can find the opening hours on our homepage: https://stg.fit/statita
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DZIAŁ TECHNICZNY I SERWIS  22 307 43 21 +49 4621 42 10-948  info@fitshop.pl  Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6	TECHNIK & SERVICE  0800 20 20277 (Freecall) +49 4621 42 10-0  info@fitshop.at  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb	TECHNIK & SERVICE  0800 202 027 +49 4621 42 10-0  info@fitshop.ch  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9

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

www.fitshop.co.uk/storelocator

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

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

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

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

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