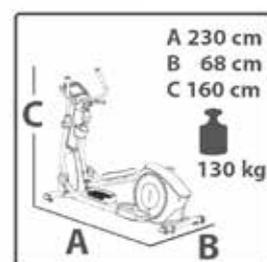


# TAURUS

## Assembly and operating instructions





**Dear Customer,**

Thank you for deciding for a high-quality training equipment of the brand Taurus, the brand that makes athlete's hearts beat faster. Taurus offers a wide range of home fitness equipment like elliptical cross trainers, ergometers, treadmills and rowing machines. Taurus equipment is the optimal equipment for all those who want to train at home independent of goals and fitness level. For further information please visit [www.sport-tiedje.com](http://www.sport-tiedje.com) or [www.taurus-fitness.de](http://www.taurus-fitness.de).



### **SAFETY NOTICE**

Please read all of the instructions carefully before assembly and first use. These instructions are intended to ensure speedy assembly and explain safe usage. Make sure that all people exercising with the equipment (in particular children and persons with limited physical, sensory, mental or motor capabilities) are informed about these instructions and its content in advance. In case of doubt, a responsible person must supervise the use of the equipment.

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

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

The equipment is suitable for home use, semi-professional use (e. g., hospitals, clubs, hotels, schools, etc.) as well as for commercial or professional use (e. g., commercial gyms).

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

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## 1.1 Technical data

### TFT display of

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

Resistance system: electronic magnetic induction brake system/ generator brake

Resistance levels: 16

Watt: 45 - 300 Watt (adjustable in 5-Watt increments)

Total number of training programmes: 20

Heart-rate controlled programmes: 4

Pre-set programs: 14

Running Routes with Google Maps: 6

User defined programs: 1

Balance mass: 35 kg

Stride length: 58.4 cm

Stride width: 12.5 cm

Transmission ratio: 1:15.2

### **Weight and dimensions:**

Article weight (gross, including packaging): 148.5 kg

Article weight (net, without packaging): 130 kg

Packaging dimensions (L x W x H): approximately 2210 mm x 540 mm x 780 mm

Set up dimensions (L x W x H): approximately 2300 mm x 680 mm x 1600 mm

Maximum user weight: 181 kg/399 lbs

## 1.2 Personal safety

- + 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.
- + Please note that working out excessively can seriously damage your health. Please also be aware that heart rate monitoring systems might be imprecise.
- + The equipment may only be used for its intended purpose; that means for whole body workouts for adults.
- + Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
- + The equipment is strictly for use by one person at a time.
- + Children should not be allowed unsupervised access to the equipment.
- + Before starting your training, make yourself familiar with all of the equipment's functions and setting options. Have an expert explain the correct usage of the product to you.
- + Make sure that nobody is in the range of motion of the equipment while exercising.
- + Keep your hands, feet and other body parts, hair, clothing, jewelry and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable. Never work out in bare feet.
- + It is also important to take note of the information given in the workout instructions for creating a workout plan.
- + At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.
- + Without prior agreement from your authorized contract partner, opening the equipment is prohibited.

### 1.3 Electrical safety

- + The equipment should be connected directly to a grounded plug socket only by means of the power cable supplied. The use of multi-socket adapters or similar is not recommended. Extension leads must comply with local electrical safety guidelines. Always fully unwind the power cable.
- + The outlet should be secured with a fuse with a minimum value of „16 amperes, slow“.
- + In order to reduce the risk of an electric shock, always unplug the equipment from the mains socket immediately after your workout, before assembly or dismantling, and before maintenance or cleaning. Do not pull on the cable.
- + When plugged in, do not leave the equipment unattended at any time. To avoid use by anyone unfamiliar with the operating instructions, the power cable should be removed when the equipment is not in use.
- + Keep the power cable away from heat, oil and sharp edges. Do not route the power cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.
- + Make no modifications to either the power cable or the mains plug.
- + If the power cable or the plug are damaged or defective, contact your authorized contract partner. Do not use the equipment in the meantime.
- + Do not keep electrical devices (e. g., mobile phones) in close proximity to the console or the control electronics, otherwise display values (e. g., pulse measuring) could be inaccurate.

### 1.4 Set-up place

- + The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + 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 (at least 1.50 m). Furthermore, the equipment should not be set up in main entrances or on escape routes.
- + Always keep the power cable away from hot surfaces and grounds and make sure that the cable is not stuck somewhere or becomes a „trip hazard“.

- + No objects of any type should be inserted into the openings of the equipment.
- + The equipment should be placed on a level and solid surface, any unevenness in the floor should be leveled out.
- + A floor protective mat / equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

## 2 ASSEMBLY INSTRUCTIONS, MAINTENANCE AND CARE

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### 2.1 General instructions

- + Please check if all parts and tools belonging to the equipment are included in the delivery and if there is any transport damage. If there are any complaints, please contact your contract partner directly.
- + Some of the nuts and bolts to be used in assembly are already pre-mounted in order to make set-up as easy as possible.
- + The equipment must be assembled by adults. In case of doubt, ask for assistance from another person with technical skills.
- + Keep children away from the equipment during assembly, because small parts are included in the delivery and may be swallowed.
- + Make sure that you have enough space (at least 1.50 m) in every direction during assembly.
- + Do not leave any tools and packaging materials like plastic sheeting laying around to avoid danger of suffocation for children.
- + Assemble the equipment on an underlay mat or on the cardboard packaging in order to avoid damage to the equipment and to the floor (scratches).
- + Before starting assembly, all individual parts should be placed on the floor next to each other.
- + Read the assembly instructions carefully and assemble the equipment according to the illustrations. Proceed carefully and cautiously.
- + First loosen all parts and check for their correct fitting. Then tighten the screws using a tool.
- + Modifications to the design or improper repairs may pose a hazard to the user and should not be carried out. The product warranty may be void as a result.
- + Only authorized service technicians are permitted to carry out all servicing and/or repairs – it excludes maintenance and care.

- + Damaged or worn components may impair your safety and the lifespan of the equipment. You should therefore immediately replace damaged or worn components. Please contact your contract partner in such a case. The equipment should no longer be used until it has been repaired. When needed, only use original Taurus spare parts.
- + Check the tightness of all screw connections once a month.
- + In order to be able to guarantee the constructively defined safety level of this equipment, we recommend having the equipment regularly maintained (at least once a year) by specialists (service technicians of your contract partner).
- + The equipment may be cleaned of dust, dirt and sweat using a damp cloth. The use of solvents should be strictly avoided. Also, make sure that no liquids (e. g. sweat) get into the openings of the equipment (e. g. console).

## 2.2 Faults and troubleshooting

The equipment runs through regular quality controls during production. Nevertheless, errors or malfunctions on the equipment may occur. Individual parts are often the cause of faults and replacement is usually sufficient. Please use the following overview to see the five most common errors and how to repair them. If the equipment still does not work properly, please contact your contract partner.

<b>Problem</b>	<b>Cause</b>	<b>Solution</b>
Drive discs wobble or make noises	Drive pulley is loose	Tighten nuts
Display does not work	No plug connection, power supply not plugged in	Check all plug connections and see if the power supply is plugged in
Footplates are creaking	Footplates are loose	Tighten up the footplate screws
Creaking noises	Screws are loose	Check screws are properly tightened
No pulse reading	<ul style="list-style-type: none"> <li>• Sources of interference in the room</li> <li>• Using a chest strap:               <ul style="list-style-type: none"> <li>- Unsuitable chest strap</li> <li>- Chest strap is incorrectly positioned</li> <li>- Batteries are empty oder discharged</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Eliminate sources of interference (e. g. mobile phone, loudspeaker, etc.)</li> <li>• Use a suitable chest strap (see recommended accessories)</li> <li>• Reposition the chest strap and/or moisten the electrodes</li> <li>• Change or charge the batteries</li> </ul>

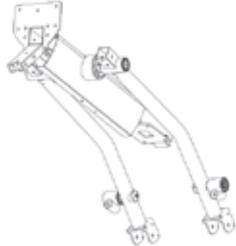
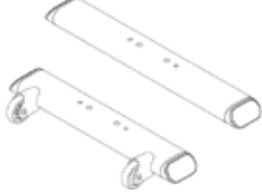
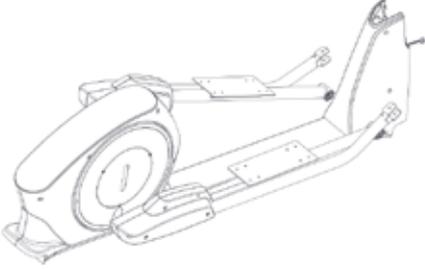
## 2.3 Maintenance and service calendar

The following routine work must be done in the specified time intervals:

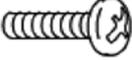
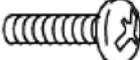
<b>Part</b>	<b>Weekly</b>	<b>Monthly</b>	<b>Twice a year</b>	<b>Annually</b>
Display console	C	I		
Lubricate the moving parts			I	
Plastic cover	C	I		
Screws and cable connections		I		
Legends: C = cleaning; I = inspect				

### 3.1 Package contents

The package contains the parts represented in the illustration, including a power cable with mains plug. If one of the illustrated parts is missing, please contact your contract partner.

<b>Console</b>	<b>Console Bracket</b>	<b>Handlebar Decoration Cover</b>	<b>Pedal &amp; Non-Slip Pad</b>
			
<b>Front Decoration Cover</b>	<b>Rotator Cuff-Pivoting Arm</b>	<b>Middle Pivoting Arm Cover</b>	<b>Upright Post Assembly</b>
			
<b>Stationary Handlebar</b>	<b>Upper Handlebar</b>	<b>Rear Pivoting Arm Cover</b>	<b>Front and Rear Stabilizer</b>
			
<b>Accessory Tray &amp; Support Pad</b>	<b>Leveler</b>	<b>Main Frame</b>	
			

## Tools and screw sets

Drawing	Part no. and description	Qty.
	88) Spring washer (M8)	4
	92) Washer (8x38x2.0t)	4
	100) Screw (M5xp0.8x15mm)	16
	101) Screw (M5xp0.8x30mm)	2
	113) Screw (M8xp1.25x65mm) 115) Screw (M10xp1.5x70mm) 116) Screw (M10xp1.25x85mm)	4 2 2
	126) Nylon nut (M10xp1.5)	4
	96) Screw (M4x20mm)	3
	100) Screw (M5xp0.8x15mm)	18
	105) Screw (M8xp1.25x10mm)	8
	117) Screw (M10xp1.5x50mm)	2

## 3.2 Assembly instructions

Before starting assembly, look carefully through the individual assembly steps shown and assemble the equipment in the order indicated

### Step 1: Assemble feet and adjusting screws

a) Mount an adjusting screw (75) under the middle of the frame (1).

**Note:** We recommend to place a piece of Styrofoam under the elliptical cross trainer in order to make it easier to mount the adjusting screws and the base feet.

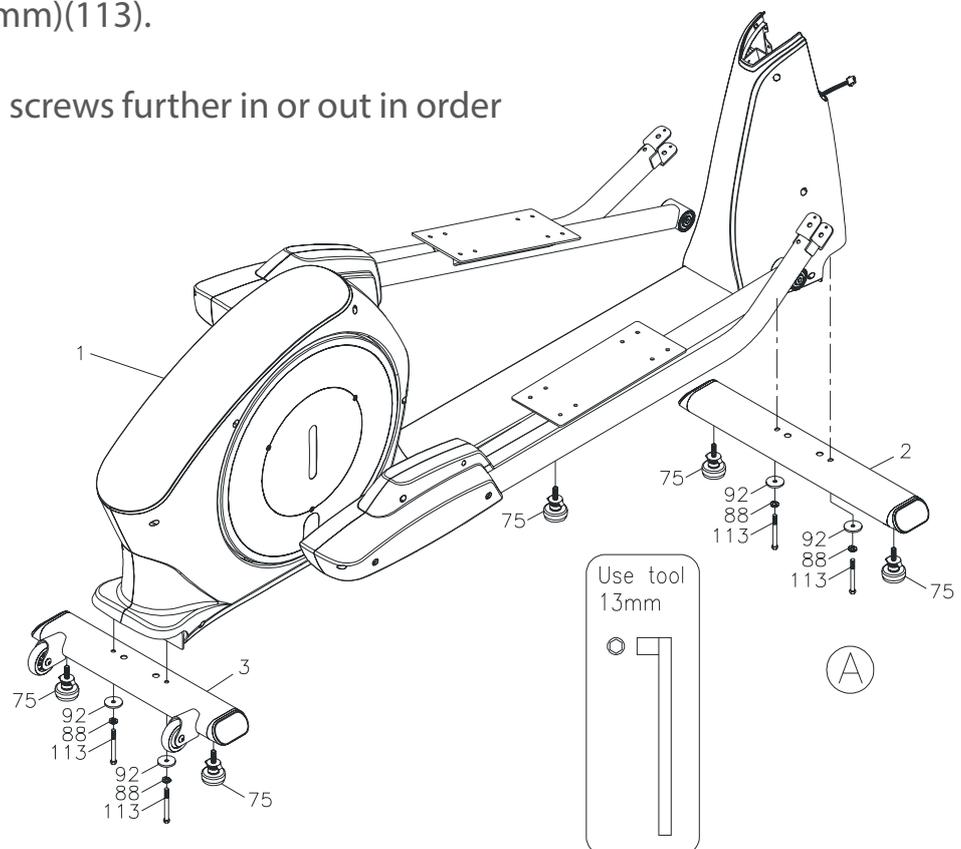
b) Mount two adjusting screws each on the front base foot (2) and rear base foot (3). Make sure that the adjusting screws are tightly attached.

c) In order to be able to mount the base feet easier, we recommend placing one of the pieces of Styrofoam under the frame (1).

d) Mount the front base foot (2) on the frame (1) with two washers (8x38x2.0t) (92), two spring washers (M8)(88) and two screws (M8xp1.25x65mm)(113).

e) Mount the rear base foot (3) on the frame (1) with two washers (8x38x2.0t) (92), two spring washers (M8)(88) and two screws (M8xp1.25x65mm)(113).

**Note:** Rotate the adjusting screws further in or out in order to level any unevenness.

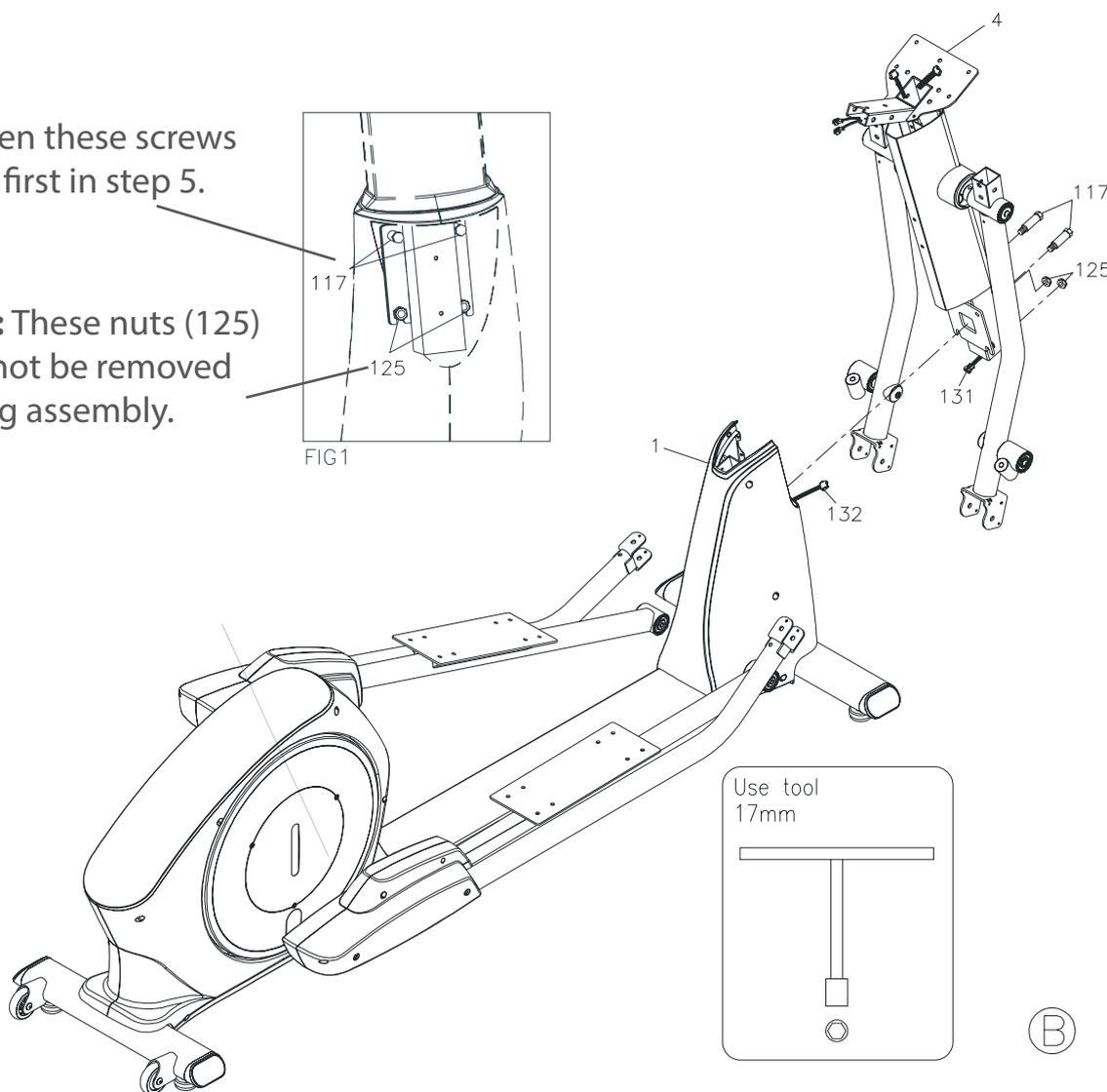


## Step 2: Cable connections

a) Connect the middle connection cable (131) to the lower connection cable (132). Make sure that the cables are not stuck.

Tighten these screws (117) first in step 5.

**Note:** These nuts (125) may not be removed during assembly.



## Step 3: Assemble console mast

a) Check if two nylon nuts (M10xp1.5)(125) were pre-mounted on the frame (1). See fig. 1.

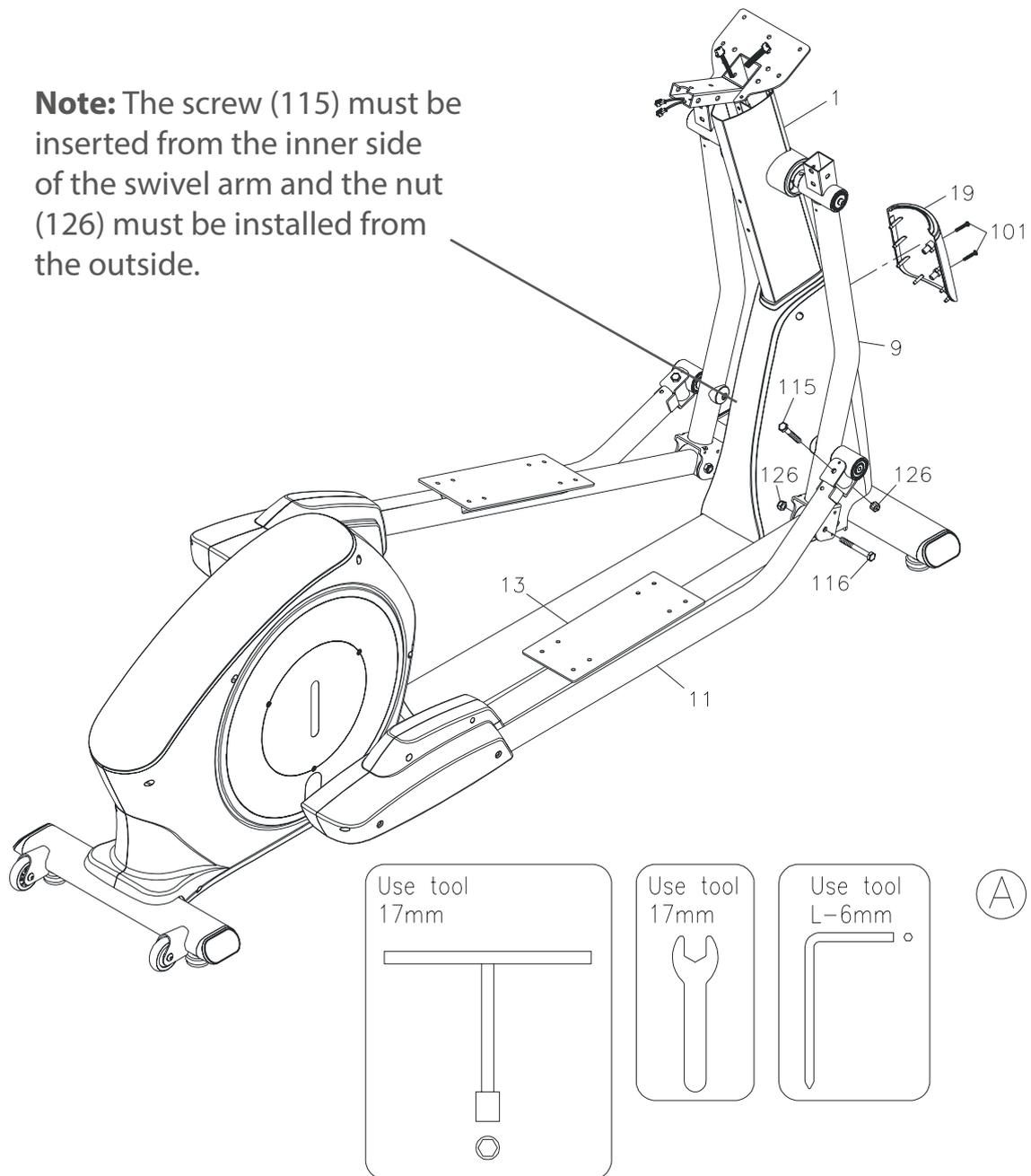
b) Insert the console mast (4) in the frame (1) and mount it with two screws (M10xp1.5x50mm) (117).

**Note:** First tighten the screws (117) and nuts (125) once you have executed step 5.

## Step 4: Assemble pedal arms

- a) Mount the right pedal arm (13) on the right swivel arm (9) with a screw (M10xp1.5x85mm) (116) and a nylon nut (M10xp1.5)(126)
- b) Mount the right supporting arm (11) on the right swivel arm (9) with a screw (M10xp1.5x70mm) (115) and a nylon nut (M10xp1.5)(126)
- c) Repeat the process for the left side.

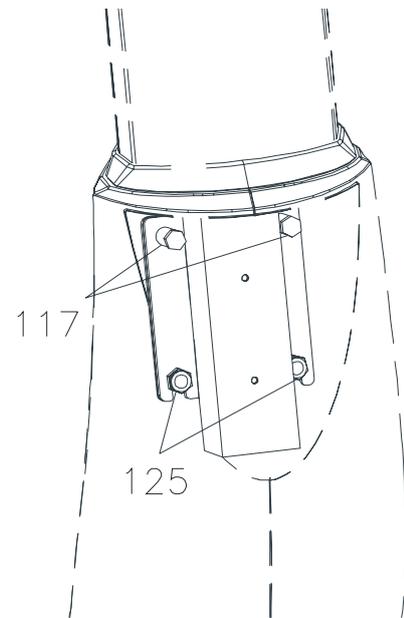
**Note:** Tighten the screws and nuts before you continue with the next step.



## Step 5: Assemble covers

a) Now tighten the two screws (M10xp1.5x50mm)(117) and two nylon nuts (M10xp1.5) (125) from step 1 (see figure).

b) Mount the front cover (19) on the front side of the frame (1) with two screws (M5xp0.8x30mm)(101).



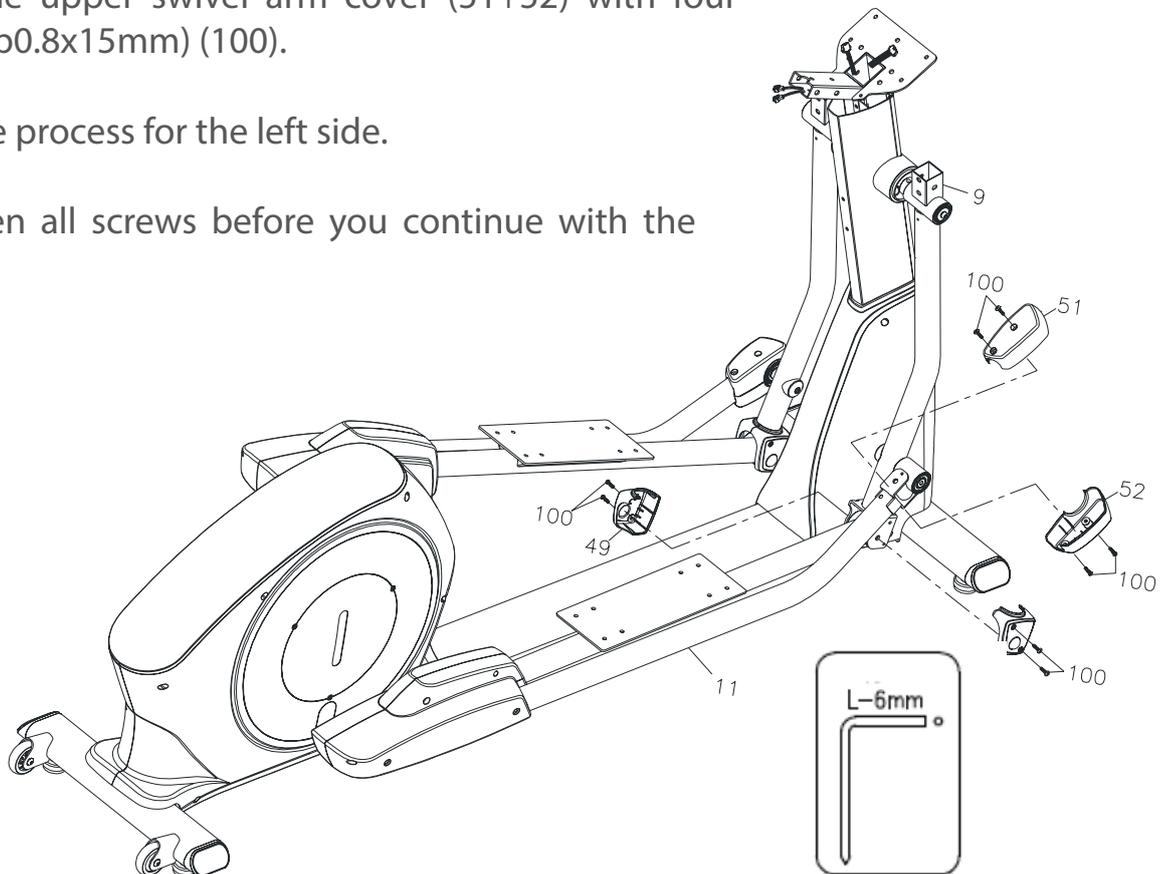
## Step 6: Assemble swivel arm covers

a) Mount the lower swivel arm cover (49+50) with four screws (M5xp0.8x15mm) (100).

b) Mount the upper swivel arm cover (51+52) with four screws (M5xp0.8x15mm) (100).

c) Repeat the process for the left side.

**Note:** Tighten all screws before you continue with the next step.

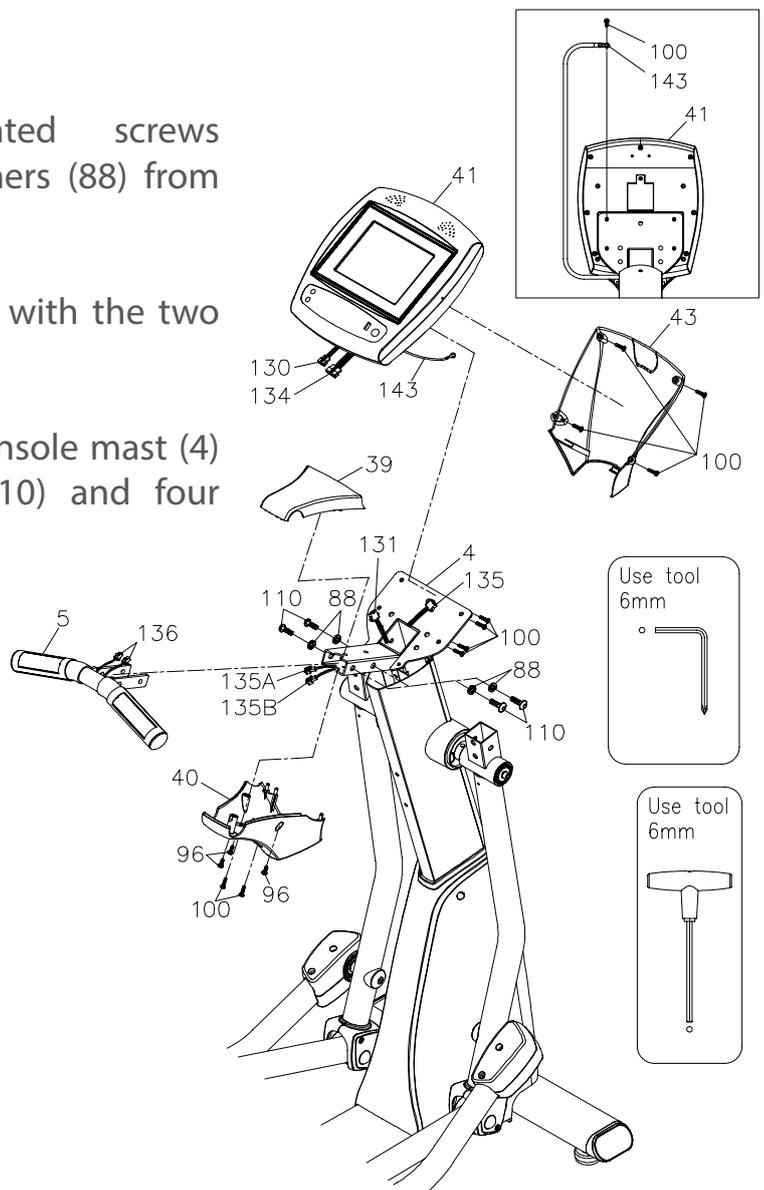


## Step 7: Assemble console and cable connections

- a) Connect the upper connecting cable (130) to the middle connecting cable (131).
- b) Connect the upper pulse cable (134) to the middle pulse cable (135).
- c) Refer to FIG.1 and place the console (41) onto the upright post (4). First screw one screw (M5xp0.8x15mm)(100) through the screw hole of the ground wire (143) and then attach it to the back of top left screw hole, which is located on the back of the upright post bracket (like the drawing shown on the left side).  
**Note:** this process is necessary to prevent any electric interference from the console. Then secure this screw (M5xp0.8x15mm) (100) fully.
- d) Follow the main drawing to secure the rest of three screws (M5xp0.8x15mm)(100) fully in order to tighten the console (41) onto the upright post (4).

## Step 8: Assemble handle and covers

- a) Loosen the four pre-mounted screws (M8x1.25x16mm)(110) and spring washers (88) from the fixed handle (5).
- b) Connect the lower pulse cable (136) with the two middle pulse cables (135A+135B).
- c) Mount the fixed handle (5) on the console mast (4) with four screws (M8xp1.25x16mm)(110) and four spring washers (88).
- d) Mount the console cover (43) on the console (41) with four screws (M5xp0.8x15mm)(100).
- e) Mount the upper and lower handle cover (39+40) on the console mast (4) with three screws (M4x20mm)(96) and two screws (M5xp0.8x15mm) (100).



## Step 9: Assemble of upper handles

- Loosen the eight pre-mounted screws (M8xp1.25x16mm)(142) from the right and left swivel arm (8+9).
- Plug the right upper handle (7) on the right swivel arm (9) with four screws (M8xp.125x16mm)(142).
- Repeat the step for the left side.

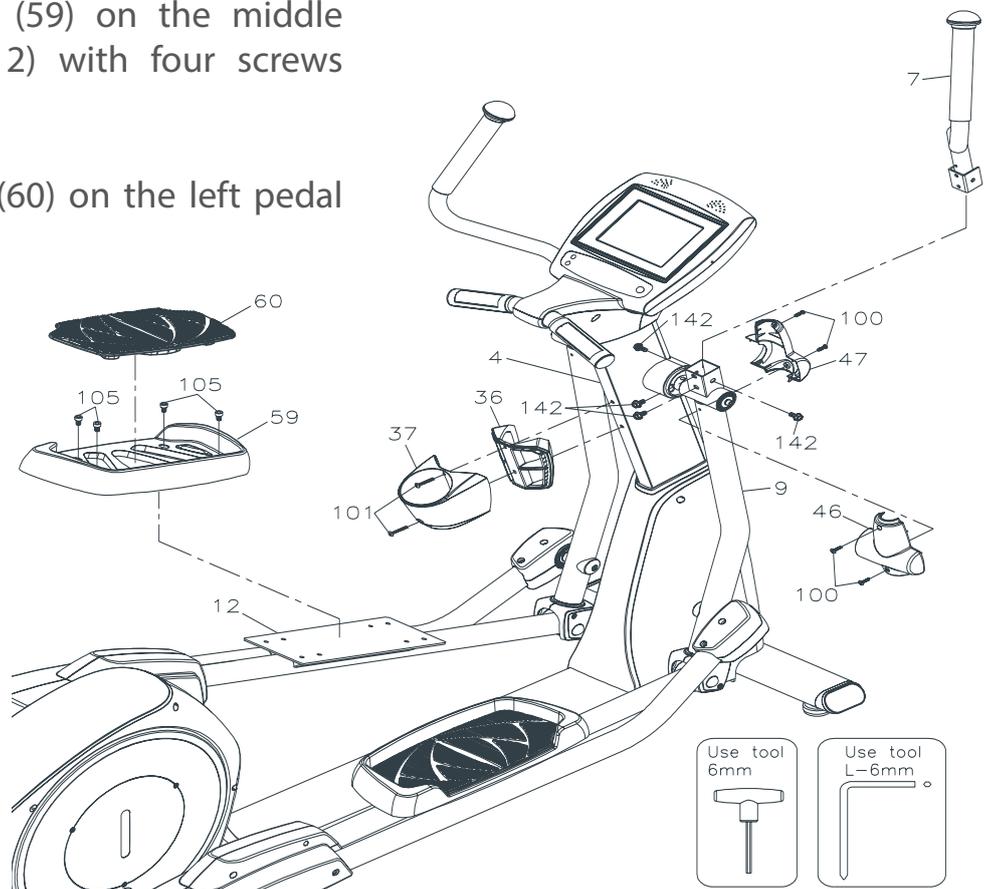
## Step 10: Assemble swivel arm sleeve

- Mount the swivel arm sleeve (46+47) on the right swivel arm (9) with four screws (M5xp0.8x15mm) (100).
- Repeat the process for the left side.

## Step 11: Assemble pedals and bottle holder

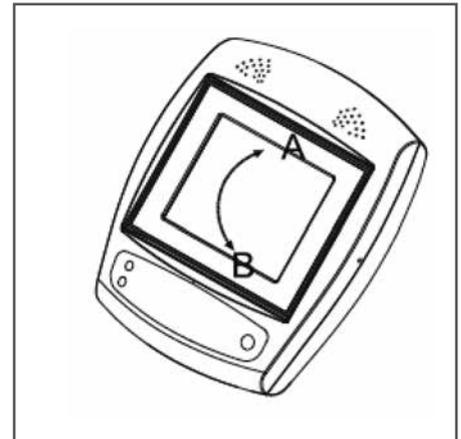
- Mount the bottle holder (36+37) on the console mast (4) with the two pre-mounted screws (M5xp0.8x30mm)(101).
- Mount the left pedal (59) on the middle of the left pedal arm (12) with four screws (M8xp1.25x10mm)(105).
- Place the anti-slip mat (60) on the left pedal (59).
- Repeat steps b+c for the right side.

Finally check if all screws and nuts are tightened.



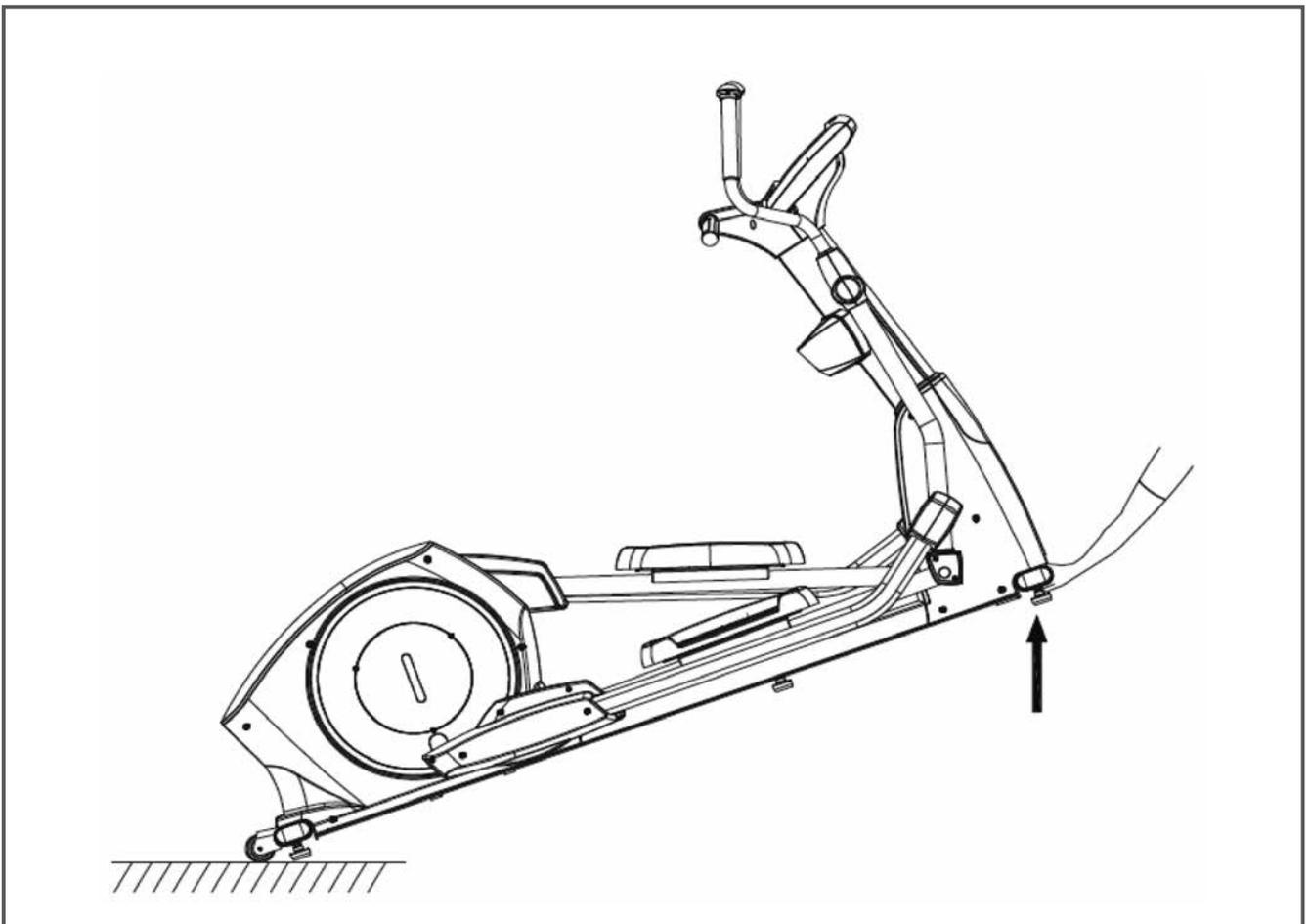
## Angle adjustment of the console

Adjust the angle of the console by pressing lightly on the upper or lower end of the console.



## Transporting the equipment

Lift the equipment on the rear base foot and move the equipment to the desired space.



## The Optional Power Adapter

This item is self-powered. Typically, the item can be operated without plugging the adapter. The item is equipped with a 12 volt Lead-Acid rechargeable battery. The battery will recharge during constant pedaling by the user for more than 40 RPM (Rotation Per Minute). The battery will also be recharged when the optional power adapter is plugged in.

If the console flickers during operation or console display does not light up properly while using the machine, then use the optional power adapter for fast-charging. **NOTE:** If you do not use the optional power adapter, please pedal more than 40 RPM for being able to recharge the item battery.

1. Optional Adaptor Spec.: This item is only available to use 18 V, 1000mA optional power adaptor for fast-recharging process.

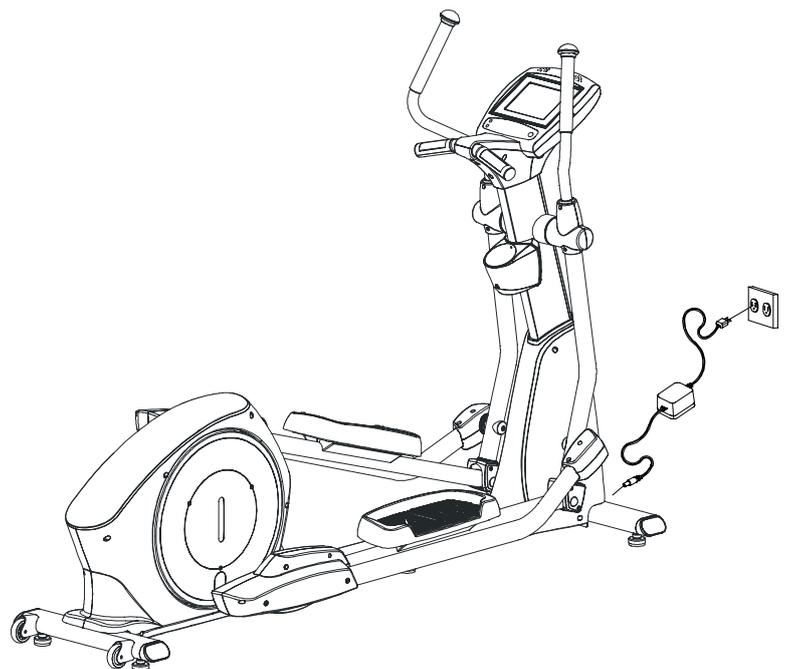
2. Recharging the item battery Info.: When first open the item or if no one has used for an extended period of time, the item battery may need recharging. To maintain a constant power source, use the optional power adaptor and plug into the electrical outlet for 4 ~ 6 hours for fully-recharging the item battery. **NOTE:** If you do not use the optional power adapter, please keep pedaling more than 40 RPM for at least 20 minutes, the generator would recharge the item battery in order to support constant power source during the usage.

3. Console Operation Info.: The item is self-powered, When a person maintains a pedal speed about 20 RPM (Rotation per minute), will prevent the item console from shutting down. An optional power adapter can be purchased and provides sustained power to the item. If you plan to use all entertainment features on the console without constantly pedaling, the optional power adapter is highly recommend.

4. Maintenance: To reduce the risk of electrical shock, always unplug the unit from its optional power adaptor before performing any maintenance tasks.

5. Long-Term Storage: When the item is not in use for any length of time, ensure that the optional power adapter is unplugged from the electrical outlet for safety precaution.

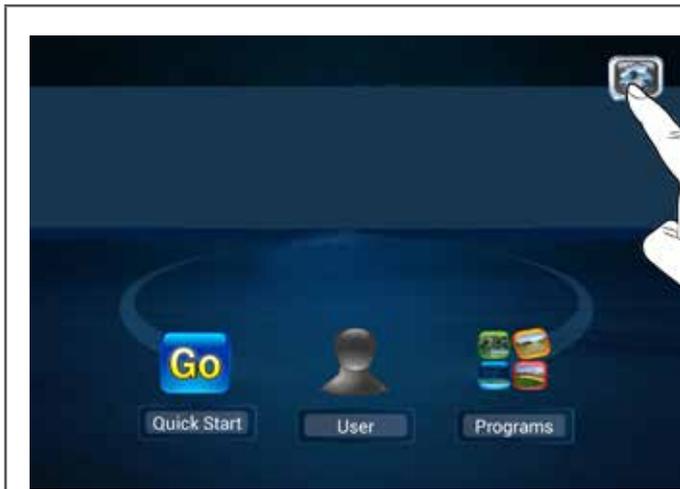
6. If has any need for an optional power adapter, please contact with your dealer.



### 4.1 Console display



## 4.2 Language settings



**Step 1:**  
Press "Step-Up" button.



**Step 2:**  
Choose and press the Language Button that you want to use.

## 4.3 Wi-Fi connectionn settings



**Step 1:**  
Tap "WiFi" button to enter WiFi Setting.



**Step 2:**  
Wählen Sie den Netzwerknamen.



**Step 3:**  
Fill in Password (if needed) and press "OK" button to confirm.  
**Note:** Capital letters and small letters must be typed exactly.

**Step 4:**  
Press "Return" button to the previous page.

#### 4.4 Video & Musik copy settings



**Step 1:**  
a. First download your music or video to USB memory stick.  
b. Press "COPY" button to enter COPY Setting.  
**Note compatible formats:**  
Video Formats – MP4, AVI, WMV, MOV, etc.  
Music Formats – MP3, WMA, WAV, etc.

**Step 2:**  
Connect USB memory stick into the Console's USB port.



**Step 3:**

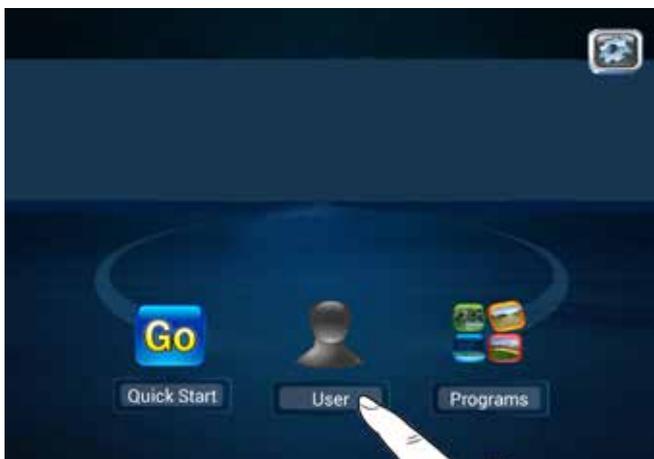
Choose the files and press “Copy USB to Internal” button, the selected files will then copy into the console.



**Step 4:**

Then keep tap “Return” button to return to the Main page.

## 4.5 Login settings



**Step 1:**

Tap “User” button to login.

**Note:** Pressing the “Quick Start” button will skip the login setting process.



**Step 2:**

a. Fill out personal information – NAME, GENDER, BIRTHDAY, HEIGHT and WEIGHT.

**Note:** The personal information will be erased after 1 minute of inactivity on the item.

b. Then tap “OK” button to go back to the main screen.

## 4.6 Workout programs settings



### Step 1:

Tap "Programs" button to select the preference program to exercise.  
Tap "Quick Start" button to exercise.



### Step 2:

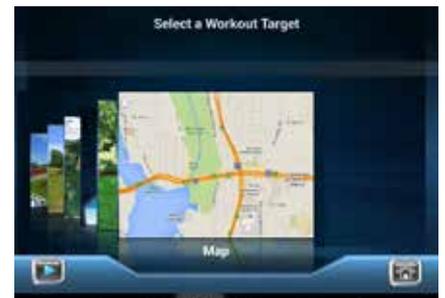
Drag your finger to scroll to the desired exercise program. There are 6 types of programs to choose from as shown below.



4 types of Workout Programs



4 types of Mountain Roads



Running Routes with Google Maps



4 types of Heart Rate Control programs



4 types of Racing Challenge



3 types of Virtual Running scenes

## 4.6.1 Workout programs



### Step 1:

There are 4 programs available to choose from (see the following figures).



### Step 2:

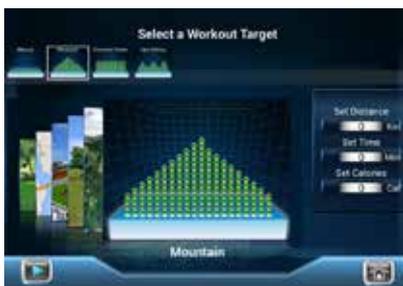
Choose the desired workout program and set up Distance, Time, Calories or Watt for proper workout.



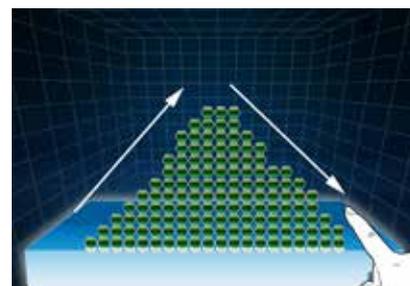
Manual Program



Constant Power Program  
(30 ~ 300 Watt; 5 Watt increment)



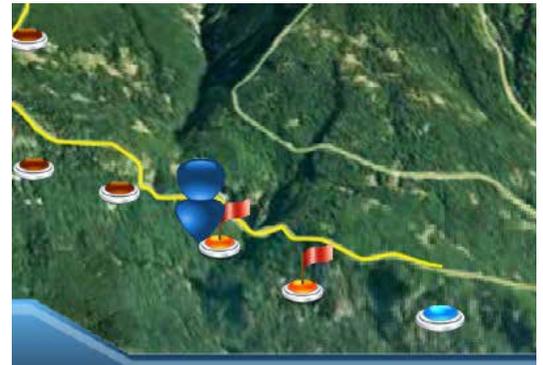
Mountain Program



1 User Settings

Drag your finger up or down to set up the desired resistance level and press OK button.

## 4.6.2 Mountain Road Programs



### Step 1:

If select Mountain Road Program, there are 4 types of Mountain Roads available to choose from, choose one of the desired mountain road program for proper workout. **Note:** The shorter the distance, the heavier resistance could get; on the contrary, the longer the distance, the lighter resistance could get. Every step you conquer, the console will mark a red flag automatically.

Once the workout is completed, you can share your workout results via e-mail.



Distance: 10 km



Distance: 5 km



Distance: 3 km



Distance: 2,5 km

## 4.6.3 H.R.C. Programs



### Step 1:

There are 4 H.R.C. programs available to choose from (see the following figures).

**Simple formula overview (maximum heart rate = 220 - age):**

Beginner: 60% of maximum heart rate.

Trainer: 70% of maximum heart rate.

Active trainer: 80% of maximum heart rate.

### Step 2:

Choose one of the desired workout program, and set up Distance, Time, Calories for proper workout.



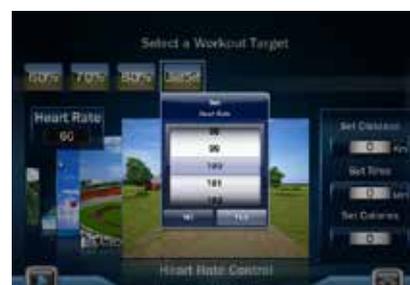
60 % HF



70 % HF



80 % HF



Target Heart Rate (114 ~ 190 BPM/  
BEATS PER MINUTE)

## 4.6.4 Racing Challenge Programs



### Step 1:

There are 4 types (5, 10, 15 and 20 Laps) available to choose from.



### Step 2:

Choose one of the desired racing challenge program for proper workout. Once the workout is completed, you can share your workout results via e-mail.



5 Laps



10 Laps

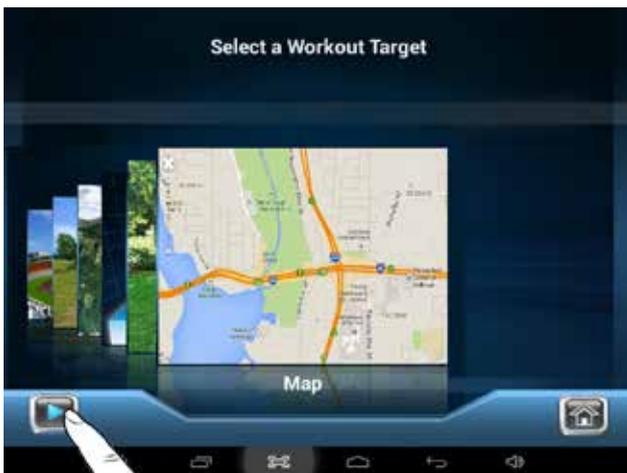


15 Laps



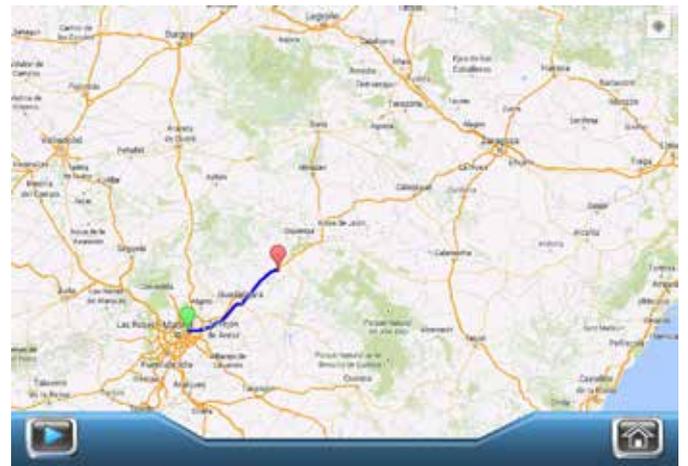
20 Laps

## 4.6.5 Running Routes with Google Maps



### Step 1:

To create a route, select and touch the "start" and "destination".



### Step 2:

To start workout by pressing the "Start" button.



"Green" means the start location.  
 "Yellow" means your current location.  
 "Red" means the final destination.



Once the workout is completed, you can share your workout results via e-mail.

## 4.6.6 Virtual Running



### Step 1:

There are 3 types of virtual running scenes available to choose from, choose one of the virtual running scene for proper workout.



## Multi-Media functions during



### Step 1:

During workout, drag your finger on the ◀ or ▶, ▲ triangular icons on either side of the screen to reveal or hide the panels displaying the current workout values (Calories, RPM, Distance, Heart Rate, Speed, and Watt).



The software comes with the following multi-media function apps for your enjoyment during exercise. Drag your finger down on the top triangular icon ▲ to reveal the panel of app icons and tap your desired app.

**Browser Button** Browse websites on the Internet.

**YouTube Button** Play videos from YouTube’s online collection. Search for any video, or browse featured, most viewed, most recently updated, and top-rated videos.

**Facebook / Twitter Button** Share updates of your health process while working out via Facebook / Twitter.

**Video Button** Video Formats – MP4, AVI, WMV, MOV etc.

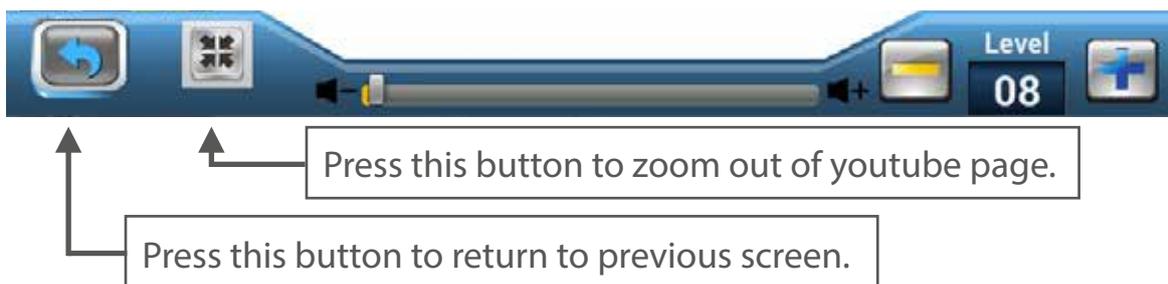
**Instruction:**

- Download your videos to USB memory stick.
- Connect USB memory stick into the Console’s USB port.
- Press “Video Button”.
- Select the preference video file and play.

**Music Button** Music Formats – MP3, WMA, WAV etc.

**Instruction:**

- Download your music to USB memory stick.
- Connect USB memory stick into the Console’s USB port.
- Press “Music Button”.
- Select or delete the preference music and play.



## 5.1 Heart rate measuring

### **Pulse measuring through hand sensors**

The hand sensors integrated in the handles allow you to determine your heart rate. You can measure your heart rate by lightly grasping the sensors with both hands at the same time. Blood pressure changes occur due to the heartbeat. The sensors measure the changes to the electric skin resistance caused by it. These values are then used to create an average and are displayed on the screen of the console as a heart rate.

#### **Note:**

For some people, the skin resistance change caused by the heart rate is so minimal that the measurements do not allow for usable values. Strong callus or sweat on the hands may also impair a correct measurement. In such cases, the heart rate will not be shown at all or only incorrectly.

If the measurement is incorrect or not taken at all, please check if it happens to only one person or to several people. If the pulse display only does not work in a single case, the equipment is not defective. In this case, we recommend using a chest strap to achieve a permanently correct heart rate display.

**CAUTION: Your training equipment is not a medical device. Different factors may influence the accuracy of the heart rate display. The heart rate display only serves as a training aid.**

### **Telemetric heart rate measuring**

This elliptical cross trainer is already equipped with a heart rate receiver as standard. Using a chest strap makes it possible for you to have a wireless heart rate measuring. This optimal and ECG-precise type of measuring reads the heart rate directly from the skin through a transmitting chest strap. The chest strap then sends the impulse to the receiver integrated in the console.

#### **Positioning the chest strap and moistening the electrodes:**

Place the belt directly below the chest, while the transmitter should be placed on the middle of the chest. The chest strap should sit comfortably, but not too loose. If the belt is too loose, the contact to the electrodes may be disrupted or the belt may slip while exercising. The transmitter turns on automatically once it is put on. In order to allow for a precise measuring, you should moisten the rubber electrodes. This is best done with a special chest strap contact gel, which is also used for ultrasound scans.

**Note:**

If you have not been active in doing sports for a longer period of time, you should first go to your physician in order to discuss your training with them. You should also contact your physician in advance in the event of heart problems, high/low blood pressure and obesity.

**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 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.

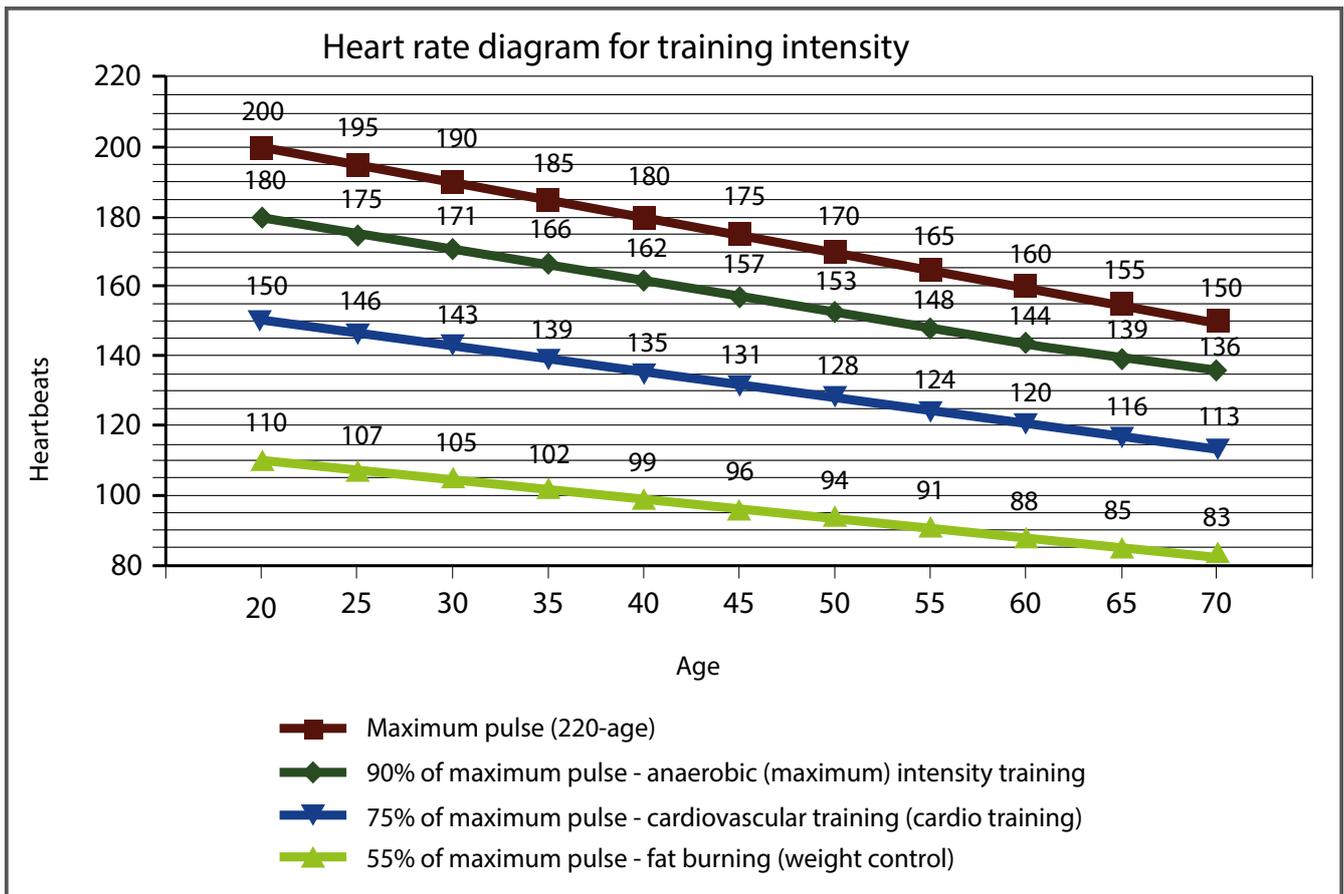
**Cardiovascular training (cardio training):** The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period 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 or woman, 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. =  $(220 - \text{age}) \times 0.9$ .



## 5.2 10 tips for effective elliptical cross training

### 1. Set goals

What would you like to achieve with your training? Weight regulation, improved stamina, prevent risk of disease, more mobility, cardiovascular training, etc. In order to achieve your long-term training goal, set individual partial goals, e. g., weekly or monthly goals.

### 2. Concentration on training

Try to only dedicate yourself to your training session and do not be distracted.

### 3. Position yourself correctly while exercising

When you execute the movement, you should start with a moderate speed and hold on if needed. The speed can then be increased gradually. The adjustment of your natural running style will occur relatively quickly. Beginners and overweight people should start with a walking program in order to not overload their joints in the beginning.

### 4. Correct breathing / appropriate resistance level

Do not overexert yourself physically and mentally by starting with resistance levels that are too high. Start slowly and increase the resistance steadily. Aim for regular and calm breathing.

### 5. Keep yourself properly hydrated

Drink, drink, drink! Have a drinking bottle close by during your workout.

### 6. Sufficient recovery periods

Allow your body and your muscles enough time to recover after your workout. Only a relaxed muscle will be fully operational again.

### 7. Choose a diversified program

Different program functions from your training console support you in doing this. For example, you can complete an interval, incline or step number training unit.

### 8. Creating the right workout

Every training session should have a warm-up phase, a cool-down phase and a targeted stretching. It increases physical and mental performance and prevents injuries and sore muscles.

## 9. Workout journal

Keep a record of your training sessions. Note the date, resting pulse, active pulse, recovery pulse, resistance level, time, distance, calories burnt and fitness level.

## 10. Reward yourself

Do something good for you and your body after training or after achieving a partial goal. Go to the sauna or a swimming pool. Mix a protein shake or enjoy a delicious salad.

## 5.3 Designing a workout

We recommend two or three workouts per week. Warm up for about five minutes before starting each workout. Finish the workout with a cool-down and targeted stretching.

**Warm-up** approx. five min. Dynamic movement of large muscle groups at a low intensity. Core body temperature increases and the metabolic process is speeded up.

WEEK 1 + 2				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	20 min.	Slow speed without resistance	30 min.	Moderate speed, keep resistance low
Wed	20 min.	Slow speed without resistance	30 min.	Moderate speed, keep resistance low
Fri	20 min.	Slow speed without resistance	30 min.	Moderate speed, keep resistance low
In the first week, increase the speed in between for two-minutes. Maintain heart rate.			In the second week, increase the speed for brief periods.	

WEEK 3 + 4				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	25 min.	Slow speed without resistance	35 min.	Vary speed, keep resistance low
Wed	25 min.	Slow speed without resistance	35 min.	Vary speed, keep resistance low

Fri	25 min.	Slow speed without resistance	35 min.	Vary speed, keep resistance low
In the third week, increase the resistance slightly.			In the fourth week, combine forwards and backwards movements.	

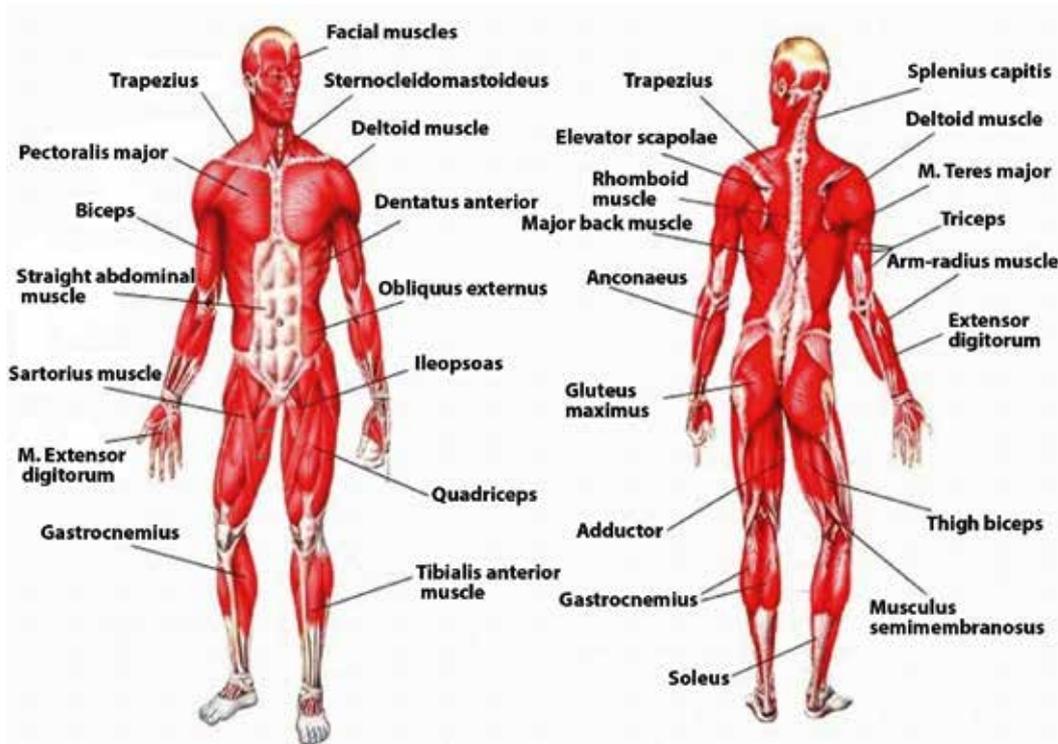
WEEK 5 + 6				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	30 min.	Moderate speed, keep resistance low	40 min.	Vary speed, keep resistance low
Wed	30 min.	Moderate speed, keep resistance low	40 min.	Vary speed, keep resistance low
Fri	30 min.	Moderate speed, keep resistance low	40 min.	Vary speed, keep resistance low
In the fifth week, increase the resistance slightly at moderate speed.			In the sixth week, alternate between forwards and backwards movements.	

WEEK 7 + 8				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	35 min.	Vary speed, keep resistance low	45 min.	Vary speed, increase resistance
Wed	35 min.	Vary speed, keep resistance low	45 min.	Vary speed, increase resistance
Fri	35 min.	Vary speed, keep resistance low	45 min.	Vary speed, increase resistance
In the seventh week, include short sprints.			In the eighth week, alternate between forwards and backwards movements.	

**Cool-down** approximately 5 min.

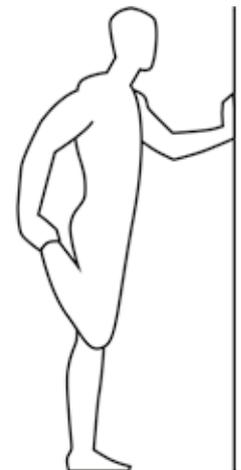
Finish your training at low resistance and at slow speed. Allow your body to gently slow back down.

## 5.4 Stretching exercises for leg & chest muscles



### 1. Exercise: Stretching of front thigh / leg extension (quadriceps)

- Stable position, grab arches of feet
- Pull heel towards buttocks, knee points downwards (no abduction)
- Straight upper body, avoid tilting the pelvic forward (hollow back) by tensing the abdominal muscles
- Change legs



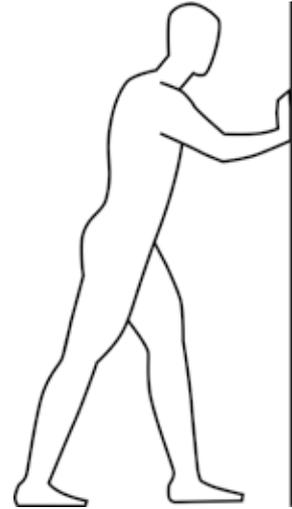
### 2. Exercise: Stretching the back thigh / leg curl (hamstring)

- Pull thigh towards upper body with both hands
- Stretch through increased stretching in the knee joint
- The lower leg maintains contact with the floor, keep hips bent
- Change legs



### 3. Exercise: Stretching the calf muscles (gastrocnemius)

- Place feet parallel to each other pointing forward, the heels touch the floor
- Support yourself on a chair coming from a lunge
- Move your body weight to the front leg, press your heel from the rear leg towards the floor and hold the contact
- Slowly stretch your knee of the rear leg until you feel the stretch in your calves
- Change legs



### 4. Exercise: Stretching the chest muscles (pectoralis major)

- Stand parallel to a wall
- Place your forearm at 90° to the wall with the elbow just above shoulder height
- Turn your head and upper body gradually to the opposite sides until you feel a stretch in the front chest, of the shoulder being leaned on
- Pay attention to tension in your abdominal and gluteal muscles
- Your weight is on your front leg
- Change legs



**All recommendations of these instructions apply solely to healthy persons and are not suitable for those with heart or cardiovascular problems. All of the tips are intended only as a guide to help you create a workout. Your physician can offer appropriate advice for particular, personal requirements.**

**We hope you enjoy your workout and have a lot of success!**



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

**Error descriptions**

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

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

**Your statutory rights are not affected.**

**Warrantee**

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

**Warranty periods**

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

<b>Model</b>	<b>Use</b>	<b>Full warranty</b>	<b>Frame</b>
X10.5-SMART	Home use	36 months	30 years
	Semi-professional use	24 months	
	Professional use	12 months	

**Repair costs**

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

## **The terms of use are defined as follows:**

- Home use: solely for private use in private households up to 3 hours per day
- Semi-professional use: up to 6 hours per day (e. g. rehabilitation centers, 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 centers
- unauthorized 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 have trouble finding the serial number on your fitness equipment, our service team is at your disposal to offer further information.

### **Service outside 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 contract partner. 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.

## **7** DISPOSAL

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

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



Sport-Tiedje floor mat set

Art. No. TF-FMS-B or TF-FMS-W



Sport-Tiedje transmitter chest strap

Art. No. ST1000



Sport-Tiedje Komfort chest strap Premium

Art. No. ST1050



Chest strap electrode gel 250ml

Art. No. BK-250



Fitness equipment care set

Art. No. HF-500

### 9.1 Service hotline

So that we can give you the best possible service, please have your **model name, part number, serial number, exploded drawing and parts list** ready.

#### SERVICE-HOTLINE

DE	NL	UK
+49 4621 4210-0	+31 172 619961	+44 141 876 3972
+49 4621 4210-699	info@fitshop.nl	orders@powerhousefitness.co.uk
service@sport-tiedje.de	Mon - Thu 9 am - 5 pm	Mon - Fri 9 am - 5 pm
Mon - Fri 8:00 am - 6:00 pm	Fri 9 am - 9 pm	
Sat 9:00 am - 6:00 pm	Sat 10 am - 5 pm	

### 9.2 Serial number and model name

Before assembling your equipment, find the serial number on the white sticker and enter it in the appropriate space.

Serial number:

Brand / category:

Model name:

## 9.3 Parts list

No.	Description	Qty.	No.	Description	Qty.
1	Main Frame	1	32	Pulse Sensor Top Housing	2
2	Front Stabilizer	1	33	Pulse Sensor Bottom Housing	2
3	Rear Stabilizer	1	34	Stationary Handlebar Plug	2
4	Upright Post	1	35	Foam Grip Assembly	2
5	Stationary Handlebar	1	36	Accessory Tray Support Pad	1
6	Left Upper Handlebar	1	37	Accessory Tray	1
7	Right Upper Handlebar	1	38	Inner Rotator Cuff-Pivoting Arm	2
8	Left Pivoting Arm	1	39	Upper Handlebar Decoration Cover	1
9	Right Pivoting Arm	1	40	Lower Handlebar Decoration Cover	1
10	Left Pedal Support Arm	1	41	Console	1
11	Right Pedal Support Arm	1	42	Battery Door	1
12	Left Pedal Arm	1	43	Console Bracket	1
13	Right Pedal Arm	1	44	Foam Grip Assembly	2
14	Pedal Suspension Tube	2	45	Handheld Plug	2
15	Pedal Arm Connector	2	46	Front Rotator Cuff-Pivoting Arm	2
16	Front Left-Side Cover	1	47	Back Rotator Cuff-Pivoting Arm	2
17	Front Right-Side Cover	1	48	Middle Rotator Cuff	2
18	Front Rear-Side Cover	1	49	Left-Rear Pivoting Arm Cover	2
19	Front Decoration Cover	1	50	Right-Rear Pivoting Arm Cover	2
20	Main Frame Base Cover	1	51	Left-Middle Pivoting Arm Cover	2
21	Crank Cover	2	52	Right-Middle Pivoting Arm Cover	2
22	Rear Left-Side Cover	1	53	Left-Rear Pedal Cover (outer)	1
23	Rear Right-Side Cover	1	54	Left-Rear Pedal Cover (inner)	1
24	Rear Upper-Side Cover	1	55	Left-Rear Pedal Cover (middle)	1
25	Pulley (120)	1	56	Right-Rear Pedal Cover (outer)	1
26	Pulley (235)	1	57	Right-Rear Pedal Cover (inner)	1
27	Magnet	1	58	Right-Rear Pedal Cover (middle)	1
28	Belt (1016J8)	1	59	Pedal	2
29	Belt (1270J8)	1	60	Non-Slip Pad	2
30	Transportation Wheels	2	61	Front Aluminum Upright Cover	1
31	EndCap	4	62	Back Aluminum Upright Cover	1

No.	Description	Qty.	No.	Description	Qty.
63	Upper Pivot Shaft Spacer	2	95	Screw (M3×10mm)	1
64	Adaptor Bracket	1	96	Screw (M4×20mm) 11	2
65	Mounting Plate	2	97	Screw (M5×18mm) 36	2
66	Generator	1	98	Bolt (M8×1.25×10mm)	2
67	Crank Axle	1	99	Bolt (M3×25mm)	4
68	Left Crank	1	100	Bolt (M5×p0.8×15mm)	46
69	Right Crank 1	1	101	Bolt (M5×p0.8×30mm)	4
70	Support Bracket	2	102	Bolt (M5×p0.8×75mm) 2	1
71	Bearing Stand	1	103	Bolt (M6×p1.0×20mm) 4	1
72	Drive Shaft	1	104	Bolt (M6×p1.0×20mm) 6	1
73	Controller	1	105	Bolt (M8×p1.25×10mm)	8
74	Resistor	1	106	Bolt (M8×p1.25×65mm)	2
75	Leveler	5	107	Bolt (M8×p1.25×70mm)	2
76	Pedal Suspension Stand	2	108	Bolt (M8×p1.25×75mm)	2
77	Shaft Spacer	2	109	Bolt (M6×p1.0×15mm)	2
78	Shaft Cap	12	110	Bolt (M8×p1.25×16mm)	15
79	Suspension Tube Spacer	4	111	Bolt (M8×p1.25×15mm)	4
80	Bearing (6004)	24	112	Bolt (M8×p1.25×15mm)	1
81	Bearing (6905)	4	113	Bolt (M8×p1.25×65mm)	4
82	Square Key (6×6×16mm)	1	114	Bolt (M10×p1.5×60mm)	4
83	C Ring	2	115	Bolt (M10×p1.5×70mm)	4
84	Tension Bracket	2	116	Bolt (M10×p1.5×85mm)	2
85	Eye Bolt	2	117	Bolt (M10×p1.5×50mm)	2
87	Lock Washer (M6)	4	118	Bolt (M8×p1.25×75mm)	4
88	Lock Washer (M8)	25	119	Bolt (M6×p1.0×12mm)	2
89	Washer (8×23×2.0t)	1	120	Bolt (L=35mm)	2
90	Washer (8×26×2.0t)	4	121	Nut (M8×p1.25)	4
91	Washer (8×30×2.0t)	2	122	Nylon Nut (M6×p1.0)	2
92	Washer (8×38×2.0t)	4	123	Nylon Nut (M8×p1.25)	4
93	Washer (10×23×2.0t) 2	2	124	Nylon Nut (M8×p1.25)	6
94	Washer (21×30×1.0t) 3	4	125	Nylon Nut (M10×p1.5)	2

No.	Description	Qty.	No.	Description	Qty.
127	Flange Nut (M10×p1.25)	1	136	Lower Pulse Sensor Wire	2
128	Nut (M10×p1.25)	1	137	TFT Battery Connection Wire	1
129	Generator Connection Wire	2	138	TFT Battery	1
130	Upper Connection Wire	1	139	TFT Battery Bracket	2
131	Middle Connection Wire	1	140	Spacer	1
132	Lower Connection Wire	1	141	Nylon Nut (M20xp1.0)	2
133	Sensor Wire & Stand	1	142	Bolt, Hex Head Flange (M8×p1.25×16mm)	8
134	Upper Pulse Sensor Wire	1			
135	Middle Pulse Sensor Wire	1	143	Ground Wire	1





## CONTACT

### Company head office

Sport-Tiedje GmbH  
Flensburger Str. 55  
24837 Schleswig  
Germany

### GENERAL INFORMATION:

DE ☎ +49 4621 4210-0  
✉ info@sport-tiedje.com

NL ☎ +31 172 619961  
✉ info@fitshop.nl

UK ☎ +44 141 876 3972  
✉ orders@powerhousefitness.co.uk

### Hotline for Technical Information

DE ☎ +49 4621 4210-0  
☎ +49 4621 4210-699  
✉ service@sport-tiedje.de

NL ☎ +31 172 619961  
✉ info@fitshop.nl

UK ☎ +44 141 876 3986  
✉ support@powerhousefitness.co.uk

[www.sport-tiedje.com](http://www.sport-tiedje.com)  
[www.taurus-fitness.de](http://www.taurus-fitness.de)

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

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

[www.sport-tiedje.com/en/stores](http://www.sport-tiedje.com/en/stores)

# TAURUS

Elliptical cross trainer X10.5 Pro