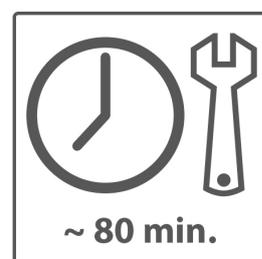
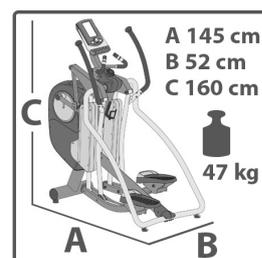


TAURUS

Assembly and operating instructions



Art. No. TF-X5.1

Elliptical cross trainer X5.1



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

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

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1.1 Technical data

LCD display of

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

Resistance system: Electronic magnet brake system

Resistance levels: 24

Total number of training programs: 25

Pre-set programs: 14

Manual program: 1

User defined programs: 4

Heart rate controlled programs: 5

Fat-Test: 1

Balance mass: 5.6 kg

Translation ratio: 1 : 8.25

Stride length: 39 cm

Step height: 18 cm

Step width: 10 cm

Weight and dimensions:

Article weight (gross, including packaging): 56 kg

Article weight (net, without packaging): 47 kg

Packaging dimensions (L x W x H): approx. 1450 mm x 450 mm x 770 mm

Set-up dimensions (L x W x H): approx. 1450 mm x 520 mm x 1600 mm

Maximum user weight: 120 kg/264 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

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.

| Problem | Cause | Solution |
|-----------------------------------|---|---|
| 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"> • Sources of interference in the room • Using a chest strap: <ul style="list-style-type: none"> - Unsuitable chest strap - Chest strap is incorrectly positioned - Batteries are empty oder discharged | <ul style="list-style-type: none"> • Eliminate sources of interference (e. g. mobile phone, loudspeaker, etc.) • Use a suitable chest strap (see recommended accessories) • Reposition the chest strap and/or moisten the electrodes • Change or charge the batteries |

2.3 Maintenance and service calendar

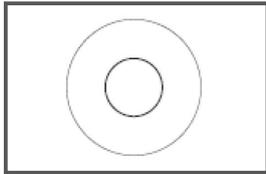
The following routine work must be done in the specified time intervals:

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

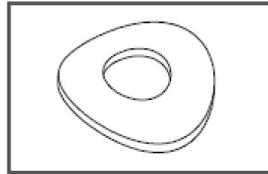
3.1 Package contents

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.

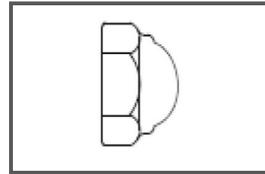
Step 1:



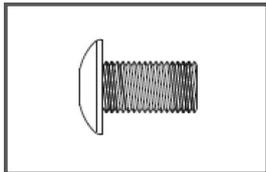
#104-1
8.7x20x1.5T
Washer (2x)



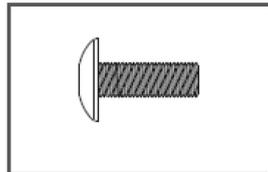
#112
3/8x23x1.5T
Spring washer (2x)



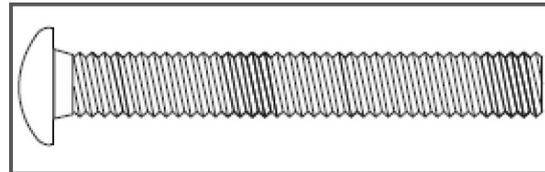
#96
3/8
Cap nut (2x)



#80-1
5/16x15mm
Allen screw (2x)

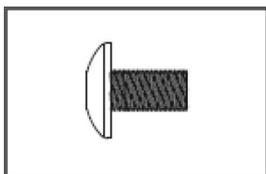


#82
M5x15mm
Phillips screw

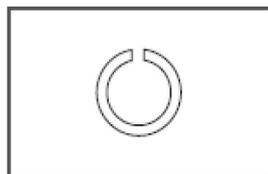


#77
3/8"x3"
Lock screw

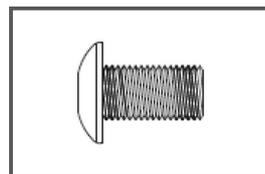
Step 2:



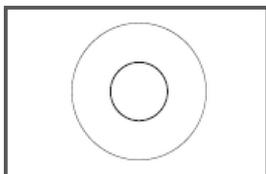
#84
M5x10mm
Phillips screw (4x)



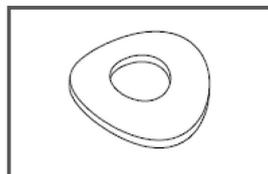
#82
5/16"x1.5T
Spring ring (6x)



#80
5/16"x15mm
Allen screw (6x)

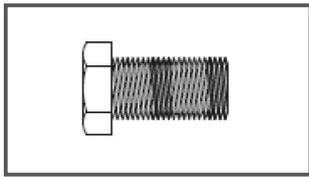


#105
5/16"x23x1.5T
Washer (4x)

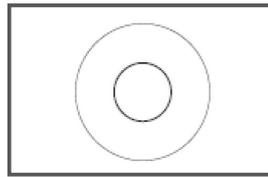


#113
5/16"x23x1.5T
Spring washer (2x)

Step 3:

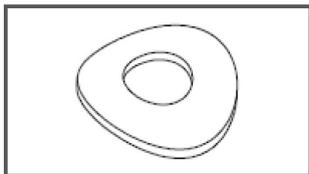


#74
5/16"x15mm
Hex head screw (2x)

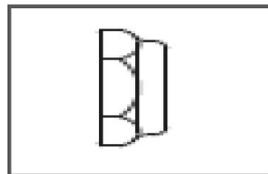


#102
8.7x20x1.5T
Washer (2x)

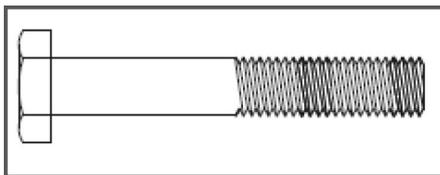
Step 4:



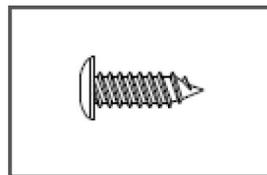
#113
5/16"23x1.5T
Spring washer (4x)



#91
5/16"x7T
Nylon nut (6x)

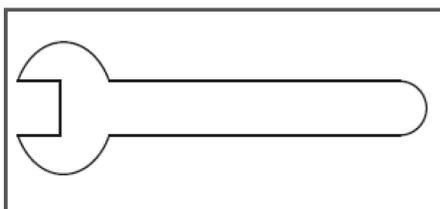


#76
5/16"x1-3/4"
Hex head screw (6x)

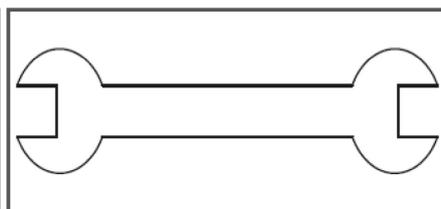


#87
3.5x12mm
Sheet screw (8x)

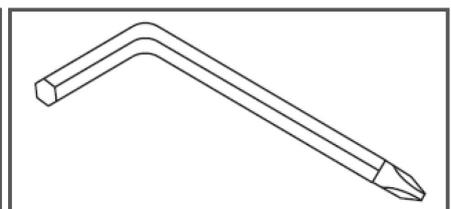
Tools



#116
12mm wrench (1x)



#115
13 & 14mm wrench



#118
5mm Allen screw & Phillips
screwdriver

3.2 Assembly instructions

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

Unpacking the machine

(1) Carefully remove all parts from the carton and check the content for missing or damaged parts. If parts are missing or damaged, contact your contract partner immediately.

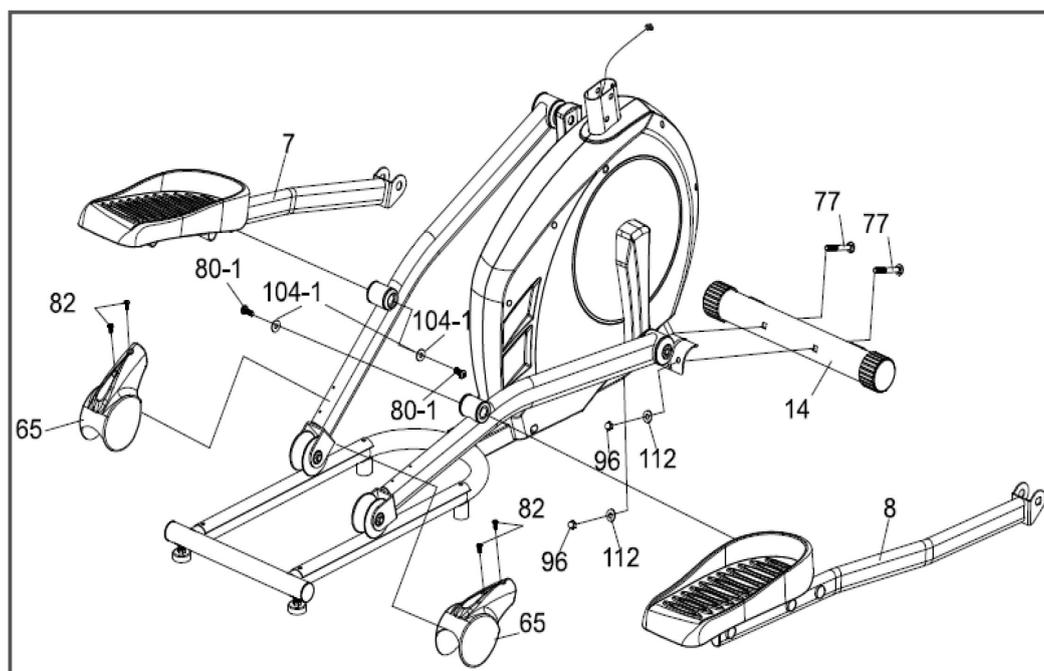
(2) Take the tools out of the screw and tool set. The screw set is divided according to the steps of assembly. In order to avoid confusion, only take out the parts that you need for the next step.

Step 1: Assembly of front supporting foot and pedal bars

(1) Mount the front supporting foot (14) on the plate, which is located on the lower end of the frame, with two carriage bolts (77), two spring washers (112) and two cap nuts. The transport wheels must point forward.

(2) Mount the two wheel covers (65) on the left and right pedal arm (5) with four Phillips screws (82).

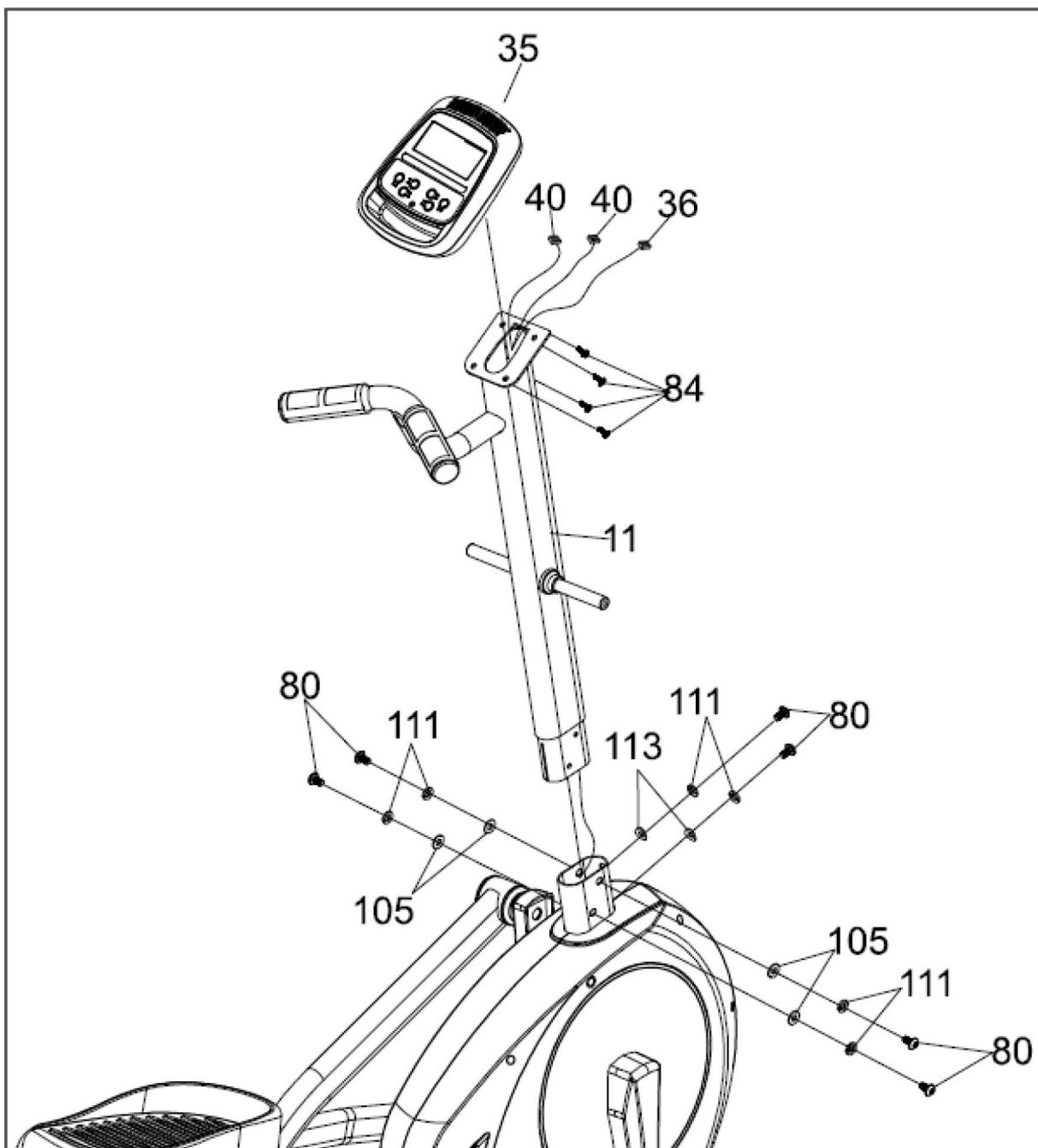
(3) Slide the shaft of the left pedal bar (7) into the socket of the left pedal arm (5) and mount it with an Allen screw (80-1), a washer (104-1). Repeat the process for the right side.



Step 2: Assembly console mast

(1) Guide the console cable (36) with cable ties (40) through the console mast (11) and pull it through the console bracket plate. Insert the console mast in the frame and mount it with six Allen screws (80), six spring rings (111), four washers (105) and two spring washers (113).

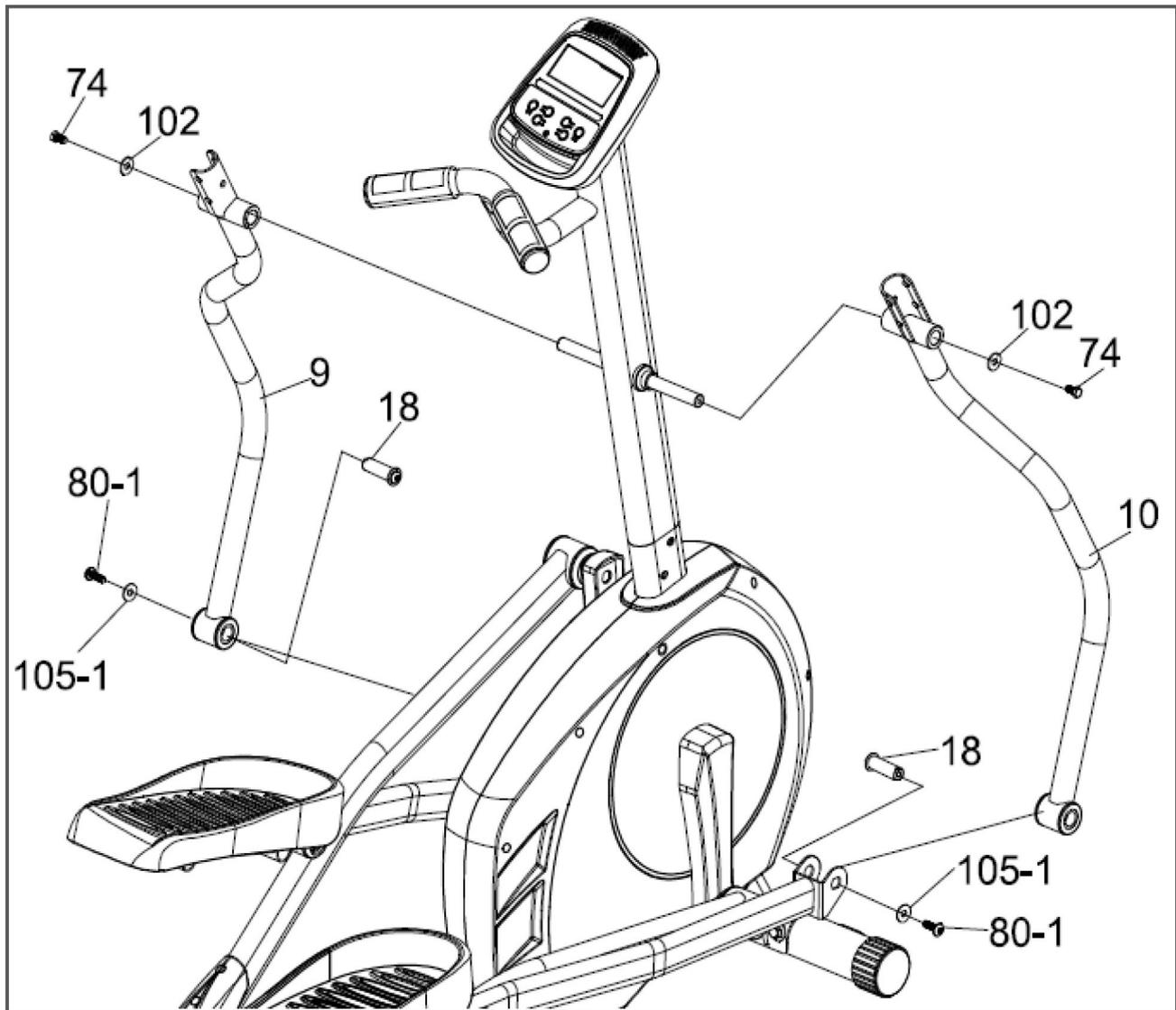
(2) Remove the cable ties from the console cables (36) and insert the computer cable and the two hand pulse cables into the console. Mount the console (35) on the bracket plate with four Phillips screws (84). Make sure that the cables are not stuck.



Step 3: Assembly of arm bars

(1) Mount the left arm bar (9) on the left shaft of the console mast (11) with two hex head screws (74) and two washers (102).

(2) Loosen the axles (18) from the two pedal bars. Mount the pedal bars on the arm bars each with an axle (18), a screw (80-1) and a washer (105-1).



Step 4: Assembly of arm bars

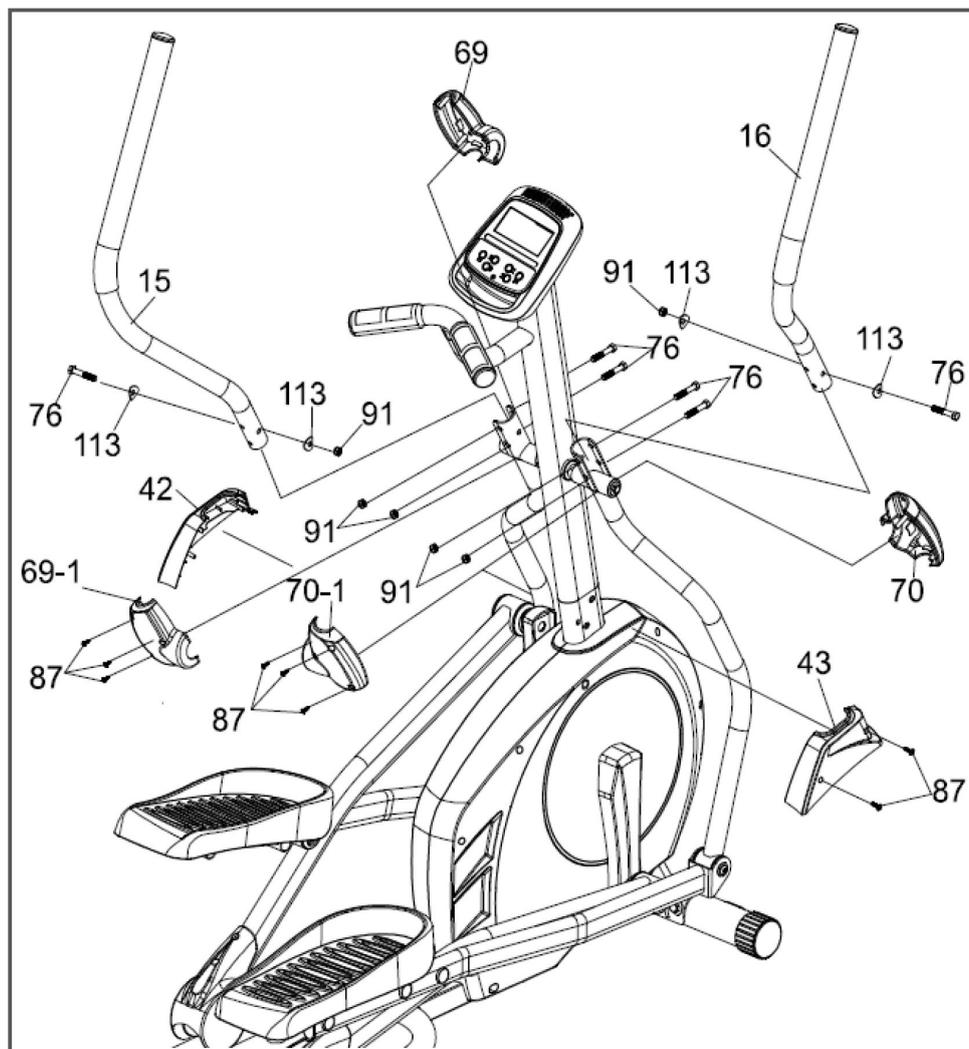
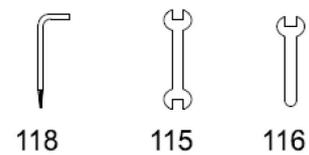
(1) Mount the left (15) and right (16) arm bars on the pedal arms with six hex head screws (76), four spring washers (113) and six nylon nuts (91).

(2) Mount the front (L)(69) and rear arm bar cover (L)(69~1) together on the left arm bar with three sheet screws (87).

Repeat the process for the right side.

(3) Mount the left (L)(42) and right (R)(43) console mast cover on the console mast with two sheet screws (87).

Then check again to see if all screws and nuts have been tightened.



Lubrication

Apply two 2cc of lubricant under the middle of the rail. Lubricant should be applied every three months.

If you notice that the movement is not so soft and smooth or there are noises, then apply 2cc of lubricant on the middle of the rail as well.



Transport

The equipment has two transport wheels which you can use to easily move the equipment if you lift the equipment on the lower end.



4.1 Console display



| | |
|--------------------|---|
| CALORIES | Energy consumption in kcal Note about the measurement of calories burnt: The calculation of calories burnt is based on a general formula. It is not possible to exactly determine individual calories burnt, because diverse personal data is required for this. |
| TIME (Zeit) | Training time |
| TARGET HR | Definition of the target heart rate by the user |
| HEART RATE | Heart rate in BPM |
| SPEED | Speed in km/h |
| RPM | Rotations per minute |
| ODO | Total distance |

| | |
|-----------------|-----------------------------|
| DISTANCE | Training distance |
| WATT | Resistance in Watt |
| LEVEL | Level of difficulty 1 – 24 |
| PROGRAM | Display of program profiles |

4.2 Button functions

| | |
|-------------------|---|
| START/STOP | <ol style="list-style-type: none"> 1. Starting and ending a program 2. Starts the body fat measuring 3. Hold the button for three seconds in order to reset all values to zero |
| UP/DOWN | Increase or decrease training parameters. You can adjust the resistance level with this button while training. |
| ENTER | Button to confirm settings. |
| RECOVERY | Press this button to determine your recovery heart rate. After one minute, your fitness level will be displayed with a grade between 1 and 6. |
| MODE | Press this button to change between RPM and SPEED, ODO and DISTANCE or WATT and CALORIES while training. |

4.3 Programs

After turning on the equipment, use the arrow buttons (UP/DOWN) to select a training program from the following categories and confirm with ENTER.

- Manual
- Pre-Programs (training programs)
- Watt Program
- Body Fat Program
- Target Heart Rate Program
- Heart Rate Control Program
- User Program

Training parameters

TIME, DISTANCE, CALORIES, AGE, WATT, TARGET HEART RATE

Set training parameters:

After you have selected the training program, you can define several training parameters.

Note: A few parameters cannot be defined in certain programs. The time and distance cannot be defined simultaneously.

As soon as you have selected a program, press ENTER to start setting the time. Use the arrow buttons to set the training time and confirm with ENTER. You can automatically continue with the next value. Use the arrow buttons to set every other parameter and confirm with ENTER. Once all parameters are set, press START/STOP to begin with the training.

| | Setting range | Default setting | Interval | Description |
|-----------------|---------------|-----------------|----------|---|
| Time | 0:00-99:00 | 00:00 | + -1:00 | If a value is defined, the display counts down to zero; if it does not, it counts up from zero. |
| Distance | 0.00-999.0 | 0.00 | + -1.0 | If a value is defined, the display counts down to zero; if it does not, it counts up from zero. |
| Calories | 0.9995 | 0.0 | + -5 | If a value is defined, the display counts down to zero; if it does not, it counts up from zero. |

| | Setting range | Default setting | Interval | Description |
|---------------------------|---------------|-----------------|----------|---|
| Watt | 40-250 | 100 | +5 | A wattage can only be entered in the Watt program. |
| Age | 10-99 | 30 | +1 | The target heart rate is based on your age. If the THR is exceeded, the heart rate will start to blink. |
| Heart rate (pulse) | 60-220 | 90 | +1 | Setting the target heart rate. |

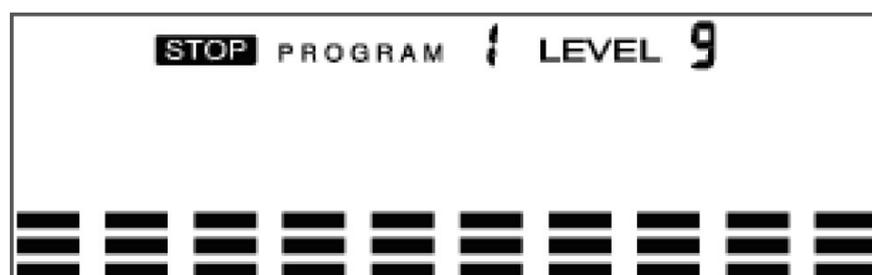
4.3.1 Manual program

Select the MANUAL program with the arrow buttons and confirm with ENTER. Then set the training time and confirm with ENTER. This will automatically forward you to the setting of the next parameter.

Note: If the user defines a training time, no setting can be defined for the distance.

Once all parameters are set, press START/STOP to begin with the training.

Note: As soon as a defined training parameter reaches zero, an alarm will sound and the training will stop automatically. Press the START button to continue training.



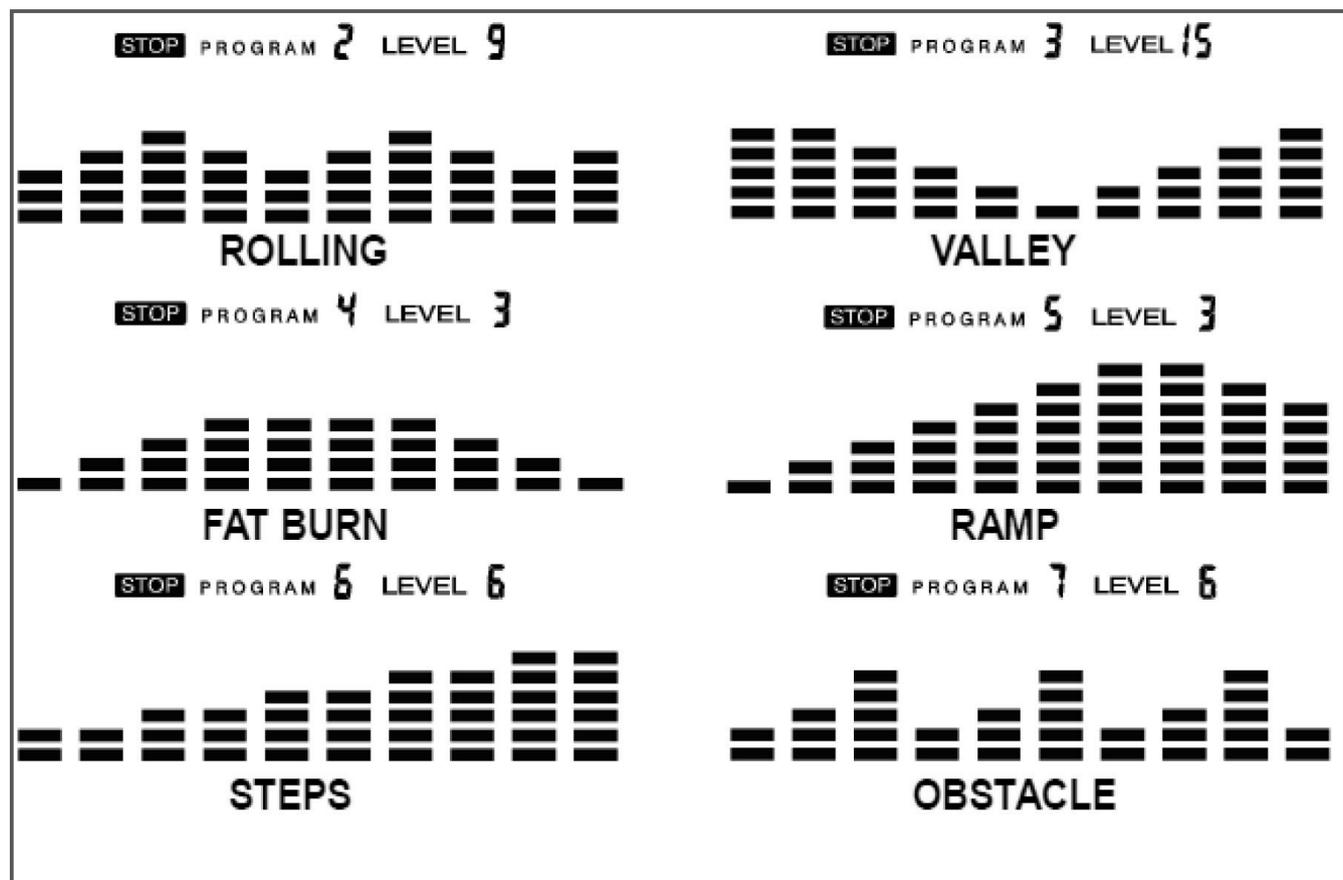
4.3.2 Training programs (pre-programs): ROLLING, VALLEY, FAT BURN, RAMP, STEPS, OBSTACLE, INTERVALS, PLATEAU, CLIMBING, OFF ROAD, HILL and FARTLEK.

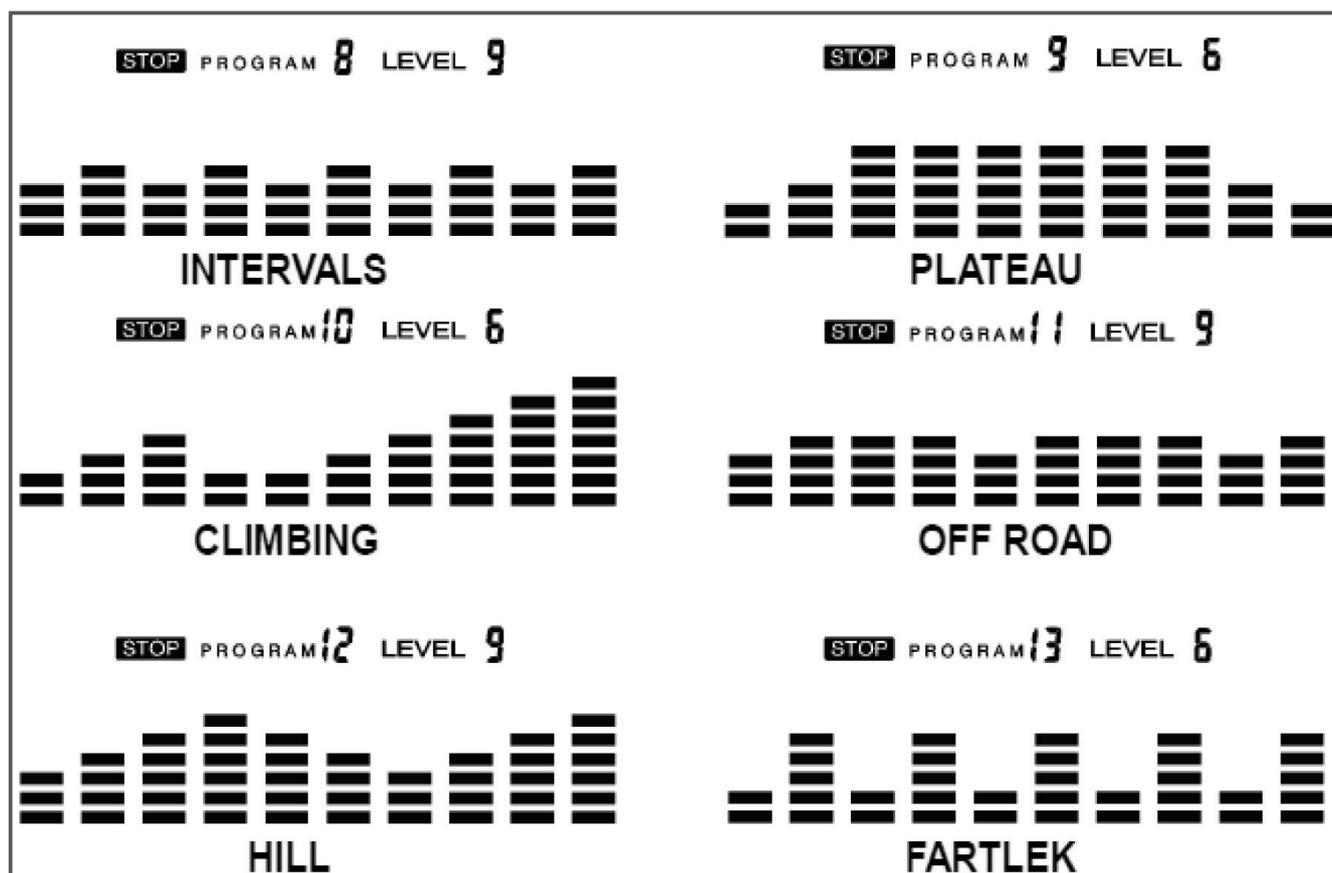
All program profiles have 24 resistance levels.

Select one of the 12 programs with the arrow buttons and confirm with ENTER. Then set the training time and confirm with ENTER. This will automatically forward you to the setting of the next parameter. Once all parameters are set, press START/STOP to begin with the training. The resistance level can be changed with the arrow buttons at any time while training.

Note: If the user defines a training time, no setting can be defined for the distance.

Note: As soon as a defined training parameter reaches zero, an alarm will sound and the training will stop automatically. Press the START button to continue training.





4.3.3 Watt controlled program

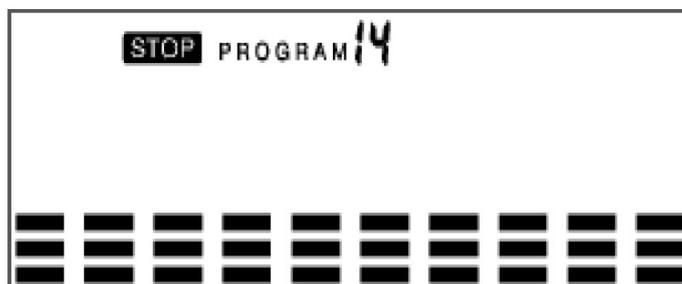
Select the WATT CONTROL program with the arrow buttons and confirm with ENTER. Then set the training time and confirm with ENTER. This will automatically forward you to the setting of the next parameter.

Note: If the user defines a training time, no setting can be defined for the distance.

Once all parameters are set, press START/STOP to begin with the training.

Note: As soon as a defined training parameter reaches zero, an alarm will sound and the training will stop automatically. Press the START button to continue training.

The resistance level is automatically adjusted by the console depending on the speed in order to keep the wattage constant. The defined wattage can be adjusted during training with the arrow buttons.



4.3.4 Body Fat Program

Select the BODY FAT program with the arrow buttons and confirm with ENTER. First, you will be asked to set your sex through a blinking "Male" (male or female). Select it with the arrow buttons and confirm with ENTER. Next set your height in cm with the arrow buttons and confirm with ENTER. Then set your weight in kg with the arrow buttons and confirm with ENTER. Finally, set your age with the arrow buttons and confirm with ENTER. Press the START/STOP button to execute the body fat measuring and grab the hand pulse sensors. After 15 seconds, the display will show the body fat %, BMR, BMI & BODY TYPE.

Note: Body types are divided into nine stages: Type 1 (5% - 9%), Type 2 (10%-14%), Type 3 (15%-19%), Type 4 (20%-24%), Type 5 (25% - 29%), Type 6 (30% - 34%), Type 7 (35% - 39%), Type 8 (40% - 44%), Type 9 (45% - 50%).

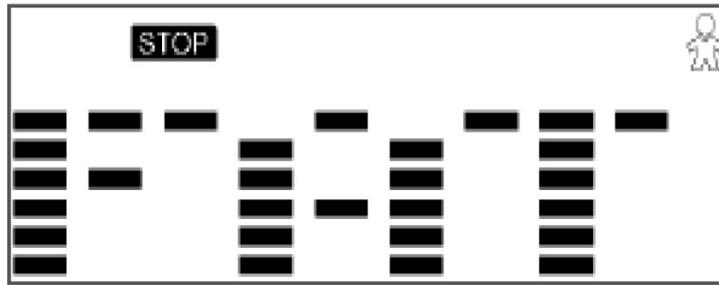
BMR: Basal Metabolic Rate

BMI: Body Mass Index

Press the START/STOP button to return to the main menu.

Note: As soon as a defined training parameter reaches zero, an alarm will sound and the training will stop automatically. Press the START button to continue training.

The resistance level is automatically adjusted by the console depending on the speed in order to keep the wattage constant. The defined wattage can be adjusted during training with the arrow buttons.



4.3.5 Target heart rate program

Select the TARGET HR program with the arrow button and confirm with ENTER. Then set the training time and confirm with ENTER. This will automatically forward you to the setting of the next parameter.

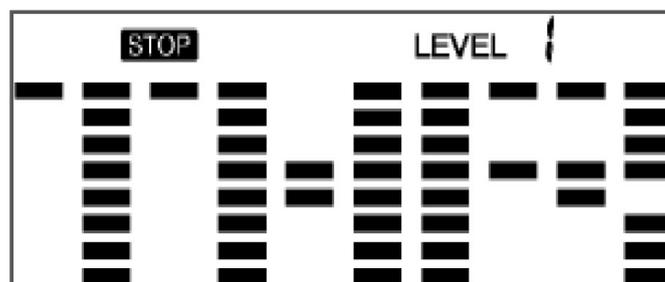
Note: If the user defines a training time, no setting can be defined for the distance.

Once all parameters are set, press START/STOP to begin with the training.

Note: If the heart rate is above or below the defined target heart rate, the console automatically adjusts the resistance level.

The console controls the heart rate every 10 seconds and increases or decreases the resistance by one level correspondingly. If no heart rate is measured, the resistance remains constant for 60 seconds and then decreases one level every 10 seconds.

Note: As soon as a defined training parameter reaches zero, an alarm will sound and the training will stop automatically. Press the START button to continue training.



4.3.6 Heart rate control program

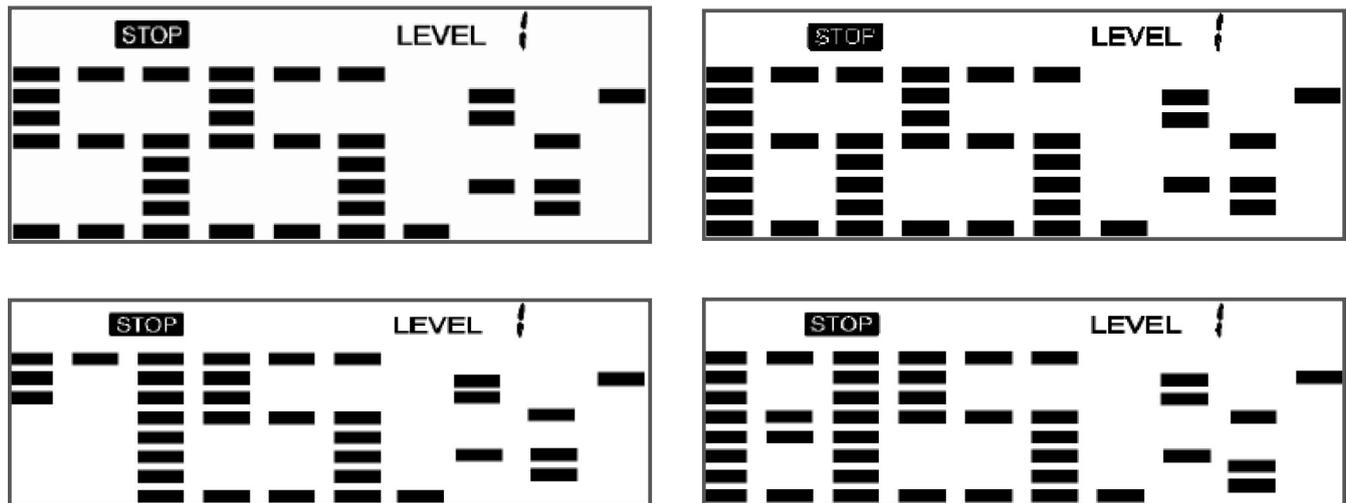
You can choose from four options:

HRC- 55% target heart rate = 55% of (220-age)

HRC- 65% Target heart rate= 65% of (220-age)

HRC- 75% Target heart rate= 75% of (220-age)

HRC- 85% Target heart rate = 85% of (220-age)



Select the HEART RATE CONTROL program with the arrow buttons and confirm with ENTER.

Then set the training time and confirm with ENTER. This will automatically forward you to the setting of the next parameter.

Note: If the user defines a training time, no setting can be defined for the distance.

Once all parameters are set, press START/STOP to begin with the training.

Note: If the heart rate is above or below the defined target heart rate, the console automatically adjusts the resistance level. The console controls the heart rate every 10 seconds and increases or decreases the resistance by one level correspondingly. If no heart rate is measured, the resistance remains constant for 60 seconds and then decreases one level every 10 seconds.

Note: As soon as a defined training parameter reaches zero, an alarm will sound and the training will stop automatically. Press the START button to continue training.

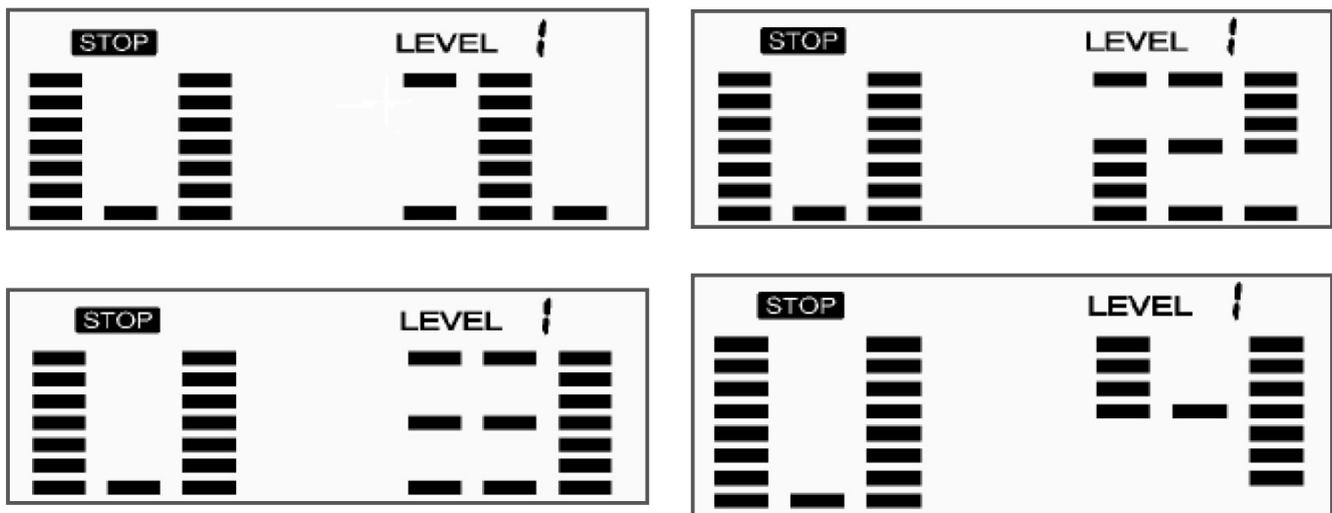
4.3.7 User program

Select one of the four USER programs with the arrow buttons and confirm with ENTER. Then set the training time and confirm with ENTER. This will automatically forward you to the setting of the next parameter.

Note: If the user defines a training time, no setting can be defined for the distance.

Once all parameters have been set, you can set the profile segments with the arrow buttons. After each setting, press the ENTER button and this will take you to the next segment. Once all 10 segments are set, press START/STOP to begin with the training.

Note: As soon as a defined training parameter reaches zero, an alarm will sound and the training will stop automatically. Press the START button to continue training.



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.

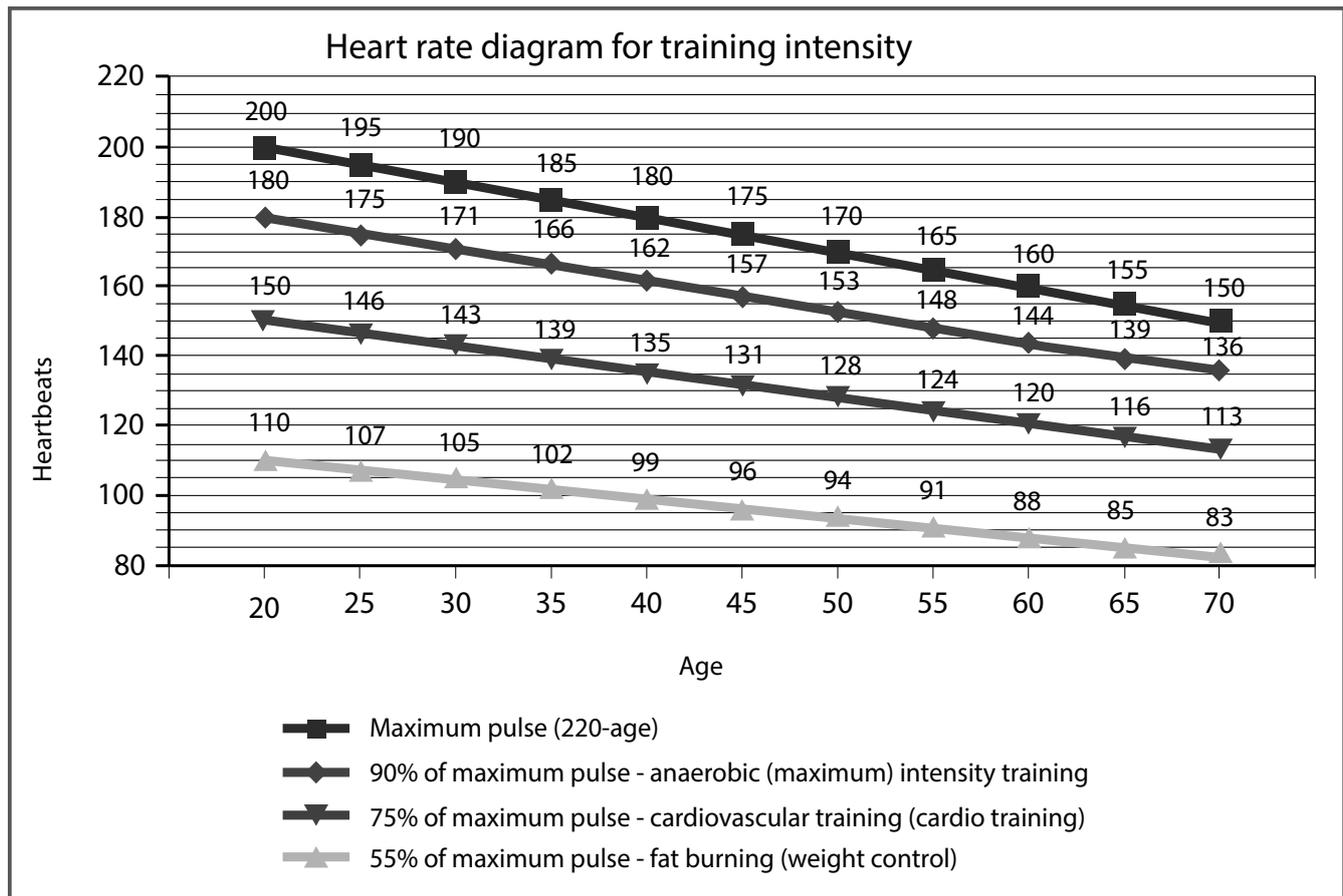
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

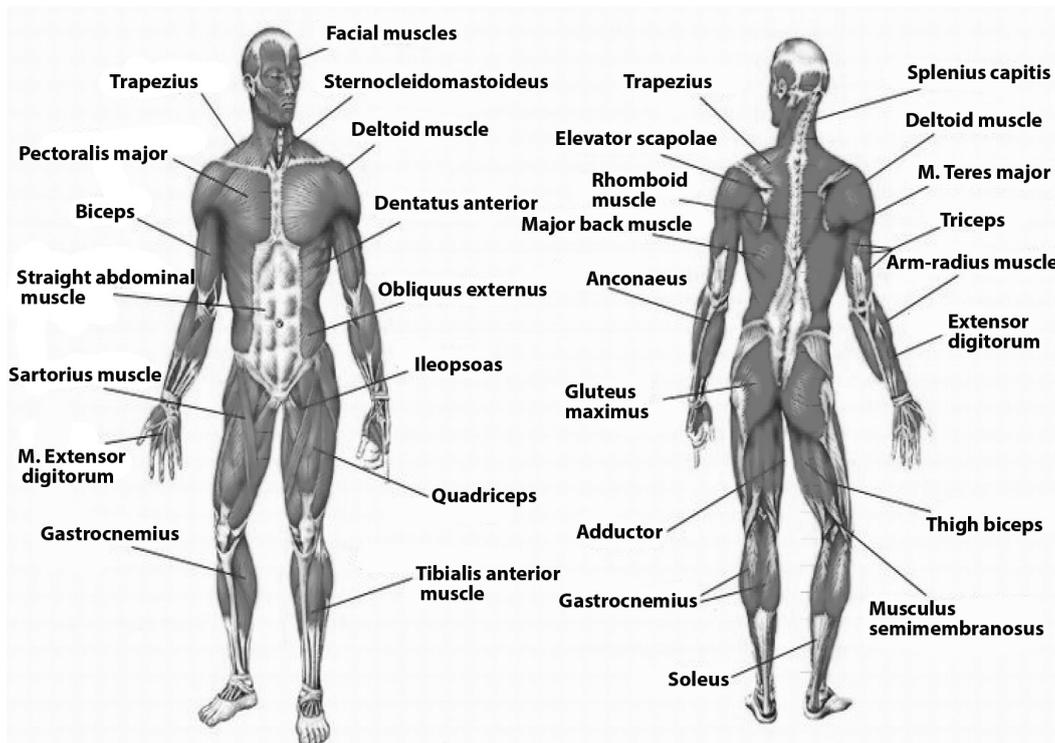
| WEEK 5 + 6 | | | | |
|--|----------|-------------------------------------|--|---------------------------------|
| Beginner | | | Advanced | |
| Days | Duration | Intensity | Duration | Intensity |
| Mon | 30 min. | Moderate speed, keep resistance low | 40 min. | Vary speed, keep resistance low |
| 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.

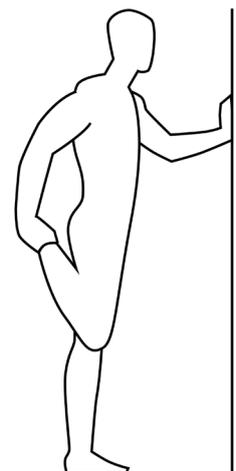
Finish your training at low resistance and at slow speed. Allow your body to gently slow back down.

5.4 Stretching exercises for leg & chest muscles



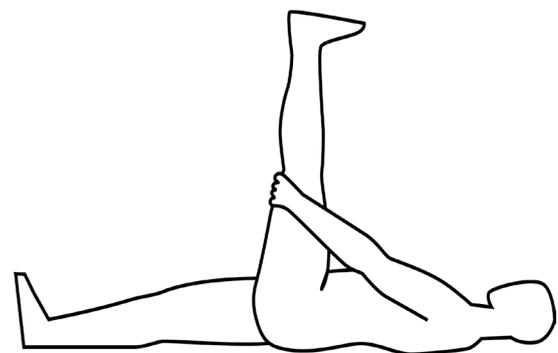
1. Exercise: Stretching of front thigh / leg extension (quadriceps)

- 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



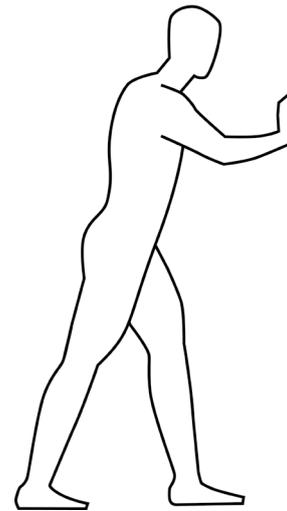
2. Exercise: Stretching the back thigh / leg curl (hamstring)

- 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



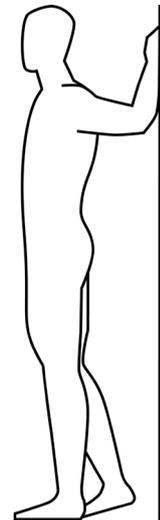
3. Exercise: Stretching the calf muscles (gastrocnemius)

- 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.

Warranty

The warranty 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.

| Model | Use | Full warranty | Frame |
|--------------|------------|----------------------|--------------|
| X5.1 | Home use | 36 months | 30 years |

Repair costs

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warranty 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



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

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

8 ORDERING ACCESSORIES

| | |
|---|--|
|  | <p>Sport-Tiedje floor mat XL</p> <p>Art. No. ST-FM-XL</p> |
|  | <p>Sport-Tiedje transmitter chest strap</p> <p>Art. No. ST1000</p> |
|  | <p>Sport-Tiedje Komfort chest strap Premium</p> <p>Art. No. ST1050</p> |
|  | <p>Chest strap electrode gel 250ml</p> <p>Art. No. BK-250</p> |
|  | <p>Fitness equipment care set</p> <p>Art. No. HF-500</p> |

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:

Taurus elliptical cross trainer

Model name:

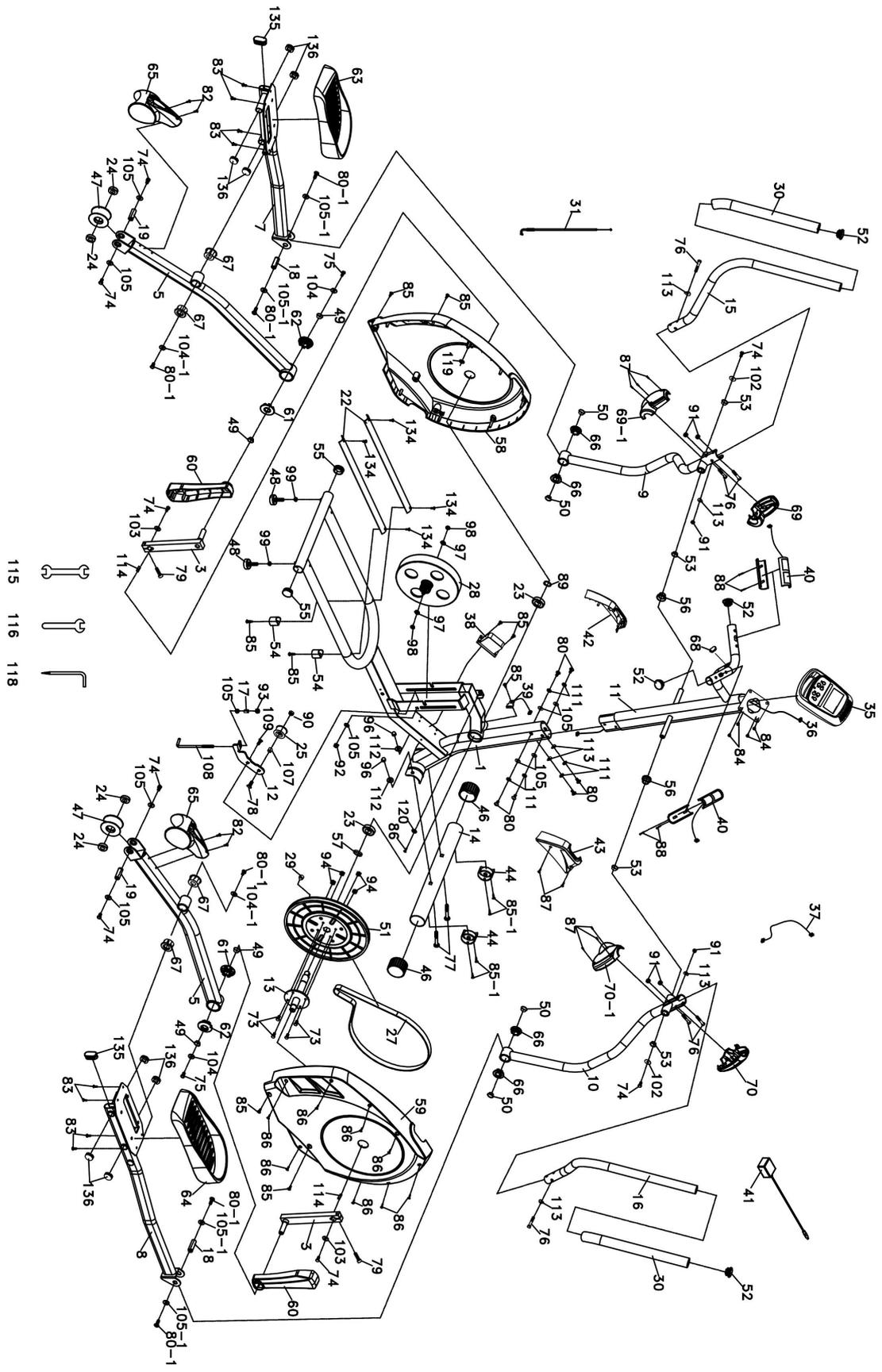
X5.1

9.3 Parts list

| No. | Description | No. | Description |
|-----|-----------------------------------|------|----------------------------|
| 1 | Main Frame | 41 | Power Adaptor |
| 3 | Crank Arm Assembly | 42 | Console Mast Cover (L) |
| 5 | Pedal Arm | 43 | Console Mast Cover (R) |
| 7 | Connecting Arm (L) | 44 | Transportation Wheel |
| 8 | Connecting Arm (R) | 46 | Round End Cap |
| 9 | Lower Handle Bar (L) | 47 | Slide Wheel , Urethane |
| 10 | Lower Handle Bar (R) | 48 | Adjustment Foot Pad |
| 11 | Console Mast | 49 | WFM-1719-12_Bushing |
| 12 | Idler Wheel Assembly | 50 | J4FM-1719-09_Bushing |
| 13 | Crank Axle | 51 | Drive Pulley |
| 14 | Front Stabilizer | 52 | Ø32(1.8T)_Button Head Plug |
| 15 | Swing Arm (L) | 53 | Podwer metallurgy Bushing |
| 16 | Swing Arm (R) | 54 | Rubber Foot |
| 17 | Rod End Sleeve | 55 | Round Cap |
| 18 | Rod End Shaft(Blackfast) | 56 | Pedal Axle Spacer |
| 19 | Axle for Slide Wheel(Blackfast) | 57 | Spacer Bushing |
| 22 | Aluminum Track | 58 | Side Case(L) |
| 23 | 6005_Bearing | 59 | Side Case(R) |
| 24 | 6003_Bearing | 60 | Crank Arm End Cap |
| 25 | Axle for Idler Wheel | 61 | Ø56 × Ø19 × 15L_Bushing |
| 27 | Drive Belt | 62 | Ø56 × Ø19 × 21L_Bushing |
| 28 | Flywheel | 63 | Pedal (L) |
| 29 | Magnet | 64 | Pedal (R) |
| 30 | Handgrip Foam | 65 | Slide Wheel Cover |
| 31 | Steel Cable | 66 | Ø42 × Ø19 × 15L_Bushing |
| 35 | Console Assembly | 67 | Pedal Bushing |
| 36 | 1600m/m_Computer Cable | 68 | Bolt Access Cap |
| 37 | 450m/m_DC Power Cord | 69 | Front Handle Bar Cover (L) |
| 38 | Gear Motor | 69~1 | Rear Handle Bar Cover (L) |
| 39 | 200m/m_Sensor W/Cable | 70 | Front Handle Bar Cover (R) |
| 40 | 800m/m_Handpulse W/Cable Assembly | 70~1 | Rear Handle Bar Cover (R) |

| No. | Description | No. | Description |
|------|--|-------|--|
| 73 | 1/4" × UNC20 × 3/4" _Hex Head Bolt | 97 | 3/8" -UNF26 × 4T _Nut |
| 74 | 5/16" × UNC18 × 15L _Hex Head Bolt | 98 | 3/8"-UNF26 × 11T _Nut |
| 75 | 5/16" × UNC18 × 15L _Hex Head Bolt | 99 | 3/8" × UNC16 × 7T _Nut |
| 76 | 5/16" × UNC18 × 1-3/4" _Hex Head Bolt | 102 | Ø8.7 × Ø20 × 1.5T _Flat Washer |
| 77 | 3/8" × UNC16 × 3" _Carriage Bolt | 103 | Ø8 × Ø35 × 1.5T _Flat Washer |
| 78 | 3/8" × UNC16 × 27L _Carriage Bolt | 104 | Ø8.5 × 26 × 2.0T _Flat Washer |
| 79 | M8 × P1.25 × 25L _Socket Head Cap Bolt | 104~1 | Ø8.7 × Ø20 × 1.5T _Flat Washer |
| 80 | 5/16" × UNC18 × 15L _Button Head Socket Bolt | 105 | Ø8 × 23 × 1.5T _Flat Washer |
| 80~1 | 5/16" × UNC18 × 15L _Button Head Socket Bolt | 105~1 | Ø8 × 23 × 1.5T _Flat Washer |
| 82 | M5 × P0.8 × 15L _Phillips Head Screw | 107 | Sleeve |
| 83 | M5 × P0.8 × 10L _Phillips Head Screw | 108 | M8 × P1.25 × 130L _J Bolt |
| 84 | M5 × P0.8 × 10L _Phillips Head Screw | 109 | M8 × P1.25 × 20L _Carriage Bolt |
| 85 | Ø5 × 19L _Tapping Screw | 111 | Ø8 × 1.5T _Split Washer |
| 85~1 | Ø5 × 19L _Tapping Screw | 112 | Ø10 × 23 × 1.5T _Curved Washer |
| 86 | Ø3.5 × 16L _Sheet Metal Screw | 113 | Ø8 × 23 × 1.5T _Curved Washer |
| 87 | Ø3.5 × 12L _Sheet Metal Screw | 114 | Woodruff Key |
| 88 | Ø3 × 20L _Tapping Screw | 115 | 13/14m/m _Wrench |
| 89 | Ø25 _C Ring | 116 | 12m/m _Wrench |
| 90 | 3/8" × UNC16 × 7T _Nyloc Nut | 118 | Combination M5 Allen Wrench & Phillips Head Screw Driver |
| 91 | 5/16" × UNC18 × 7T _Nyloc Nut | 119 | Ø8 × 16 × 1T _Flat Washer |
| 92 | M8 × P1.25 × 7T _Nyloc Nut | 120 | Ø5 × 16 × 1.5T _Flat Washer |
| 93 | M8 × P1.25 × 9T _Nyloc Nut | 134 | M6 × P1.0 × 15L _Phillips Head Screw |
| 94 | 1/4" × UNC20 × 8T _Nyloc Nut | 135 | Oval End Cap |
| 96 | 3/8" × UNC16 × 12.5T _Cap Nut | 136 | Round Cap |

9.4 Exploded drawing



CONTACT

Company head office

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Flensburger Str. 55
24837 Schleswig
Germany

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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

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