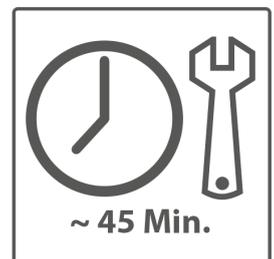
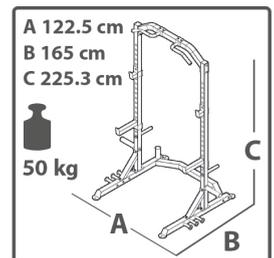
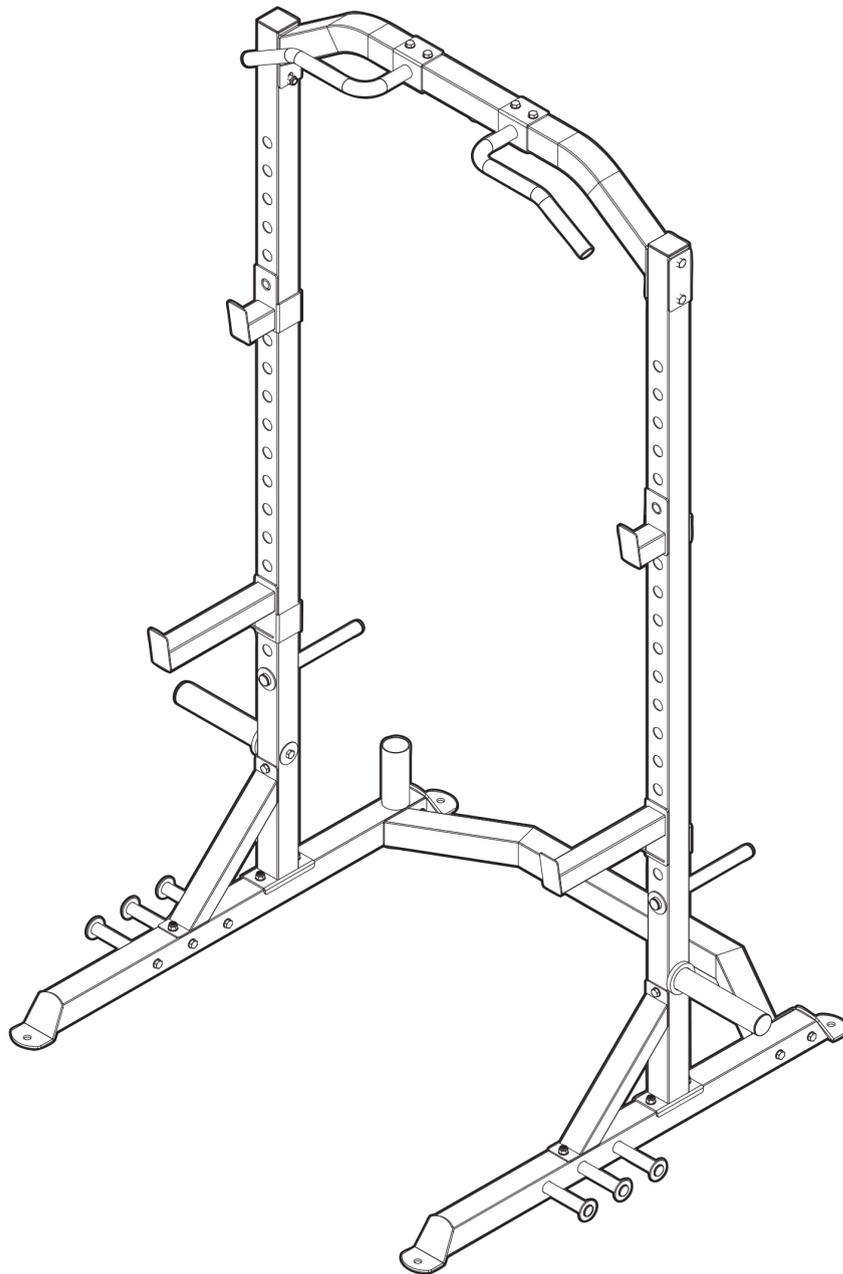


# TAURUS

## Assembly and operating instructions



TFPOWERRACK01.02



## 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 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

### **Weight and dimensions:**

Article weight (gross, including packaging): 52 kg

Packaging dimensions (L x W x H):            Parcel 1/2 - 217 cm x 19.5 cm x 7 cm  
Parcel 2/2 - 128 cm x 38 cm x 17 cm

Set-up dimensions (L x W x H): approximately 122.5 cm x 165 cm x 225.3 cm

Maximum user weight: 150 kg (330 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.
- + The equipment may only be used for its intended purpose; this means for strength training 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 may not be used by several persons at the same 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.
- + 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.
- + Before each training session, check all cables for any possible damage. Immediately replace defective cables and do not use the equipment until it has been repaired. Also pay attention to any material fatigue.
- + Never let go of the handlebars or grips as long as there is resistance in order to avoid crushing and similar injuries.
- + Make sure that the cables are always in the wheel guide. If the cables are stuck while you are training, stop training immediately and check the cable run.
- + If you adjust the seat, make sure that it fully locks in its new position, because otherwise it may slide and lead to injuries.

## 1.3 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.
- + 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.

## 2.1 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.
- + 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.

## 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 six 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>
Squeaking & cracking noises	Loose or too tight screw connection	Check or lubricate screw connection

## 2.3 Maintenance and service calendar

The equipment needs to be cleaned after every training session with a moist towel (no solvent!) in order to avoid damage caused by sweat.

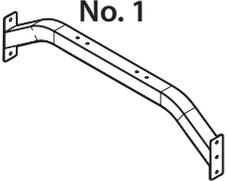
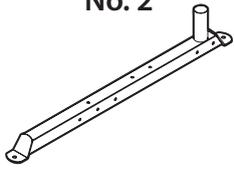
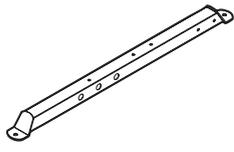
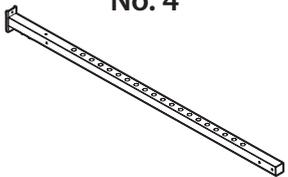
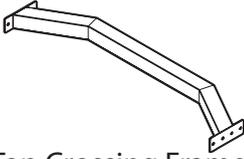
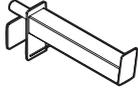
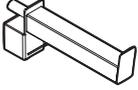
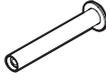
The following routine work must be done in the specified time intervals:

<b>Part</b>	<b>Weekly</b>	<b>Monthly</b>	<b>Annually</b>
Check screws			

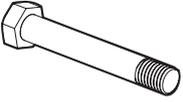
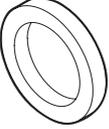
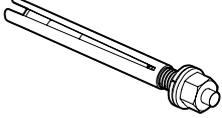
In order to make the assembly of the equipment easier, we recommend that you do not initially fully tighten the screws and bolts. However, you should make sure that all screws and bolts are firmly tightened after assembly.

### 3.1 Package contents

The package contains the parts represented in the illustration. If one of the illustrated parts is missing, please contact your contract partner.

 <p><b>No. 1</b> Below Crossing Frame x 1pc</p>	 <p><b>No. 2</b> Left Base Frame x 1pc</p>	 <p><b>No. 3</b> Right Base Frame x 1pc</p>	 <p><b>No. 4</b> Upright x 2pcs</p>
 <p><b>No. 5</b> Top Crossing Frame x 1pc</p>	 <p><b>No. 6</b> Support Frame x 2pcs</p>	 <p><b>No. 7</b> Plates Rod A x 2pcs</p>	 <p><b>No. 8</b> Small Left Holder x 1pc</p>
 <p><b>No. 9</b> Small Right Holder x 1pc</p>	 <p><b>No. 10</b> Big Left Holder x 1pc</p>	 <p><b>No. 11</b> Big Right Holder x 1pc</p>	 <p><b>No. 12</b> Left Holder Bar x 1pc</p>
 <p><b>No. 13</b> Right Holder Bar x 1pc</p>	 <p><b>No. 14</b> Rod x 6pcs</p>	 <p><b>No. 15</b> Connection Plate x 2pcs</p>	 <p><b>No. 16</b> Plate Rod B x 2pcs</p>

## Screws

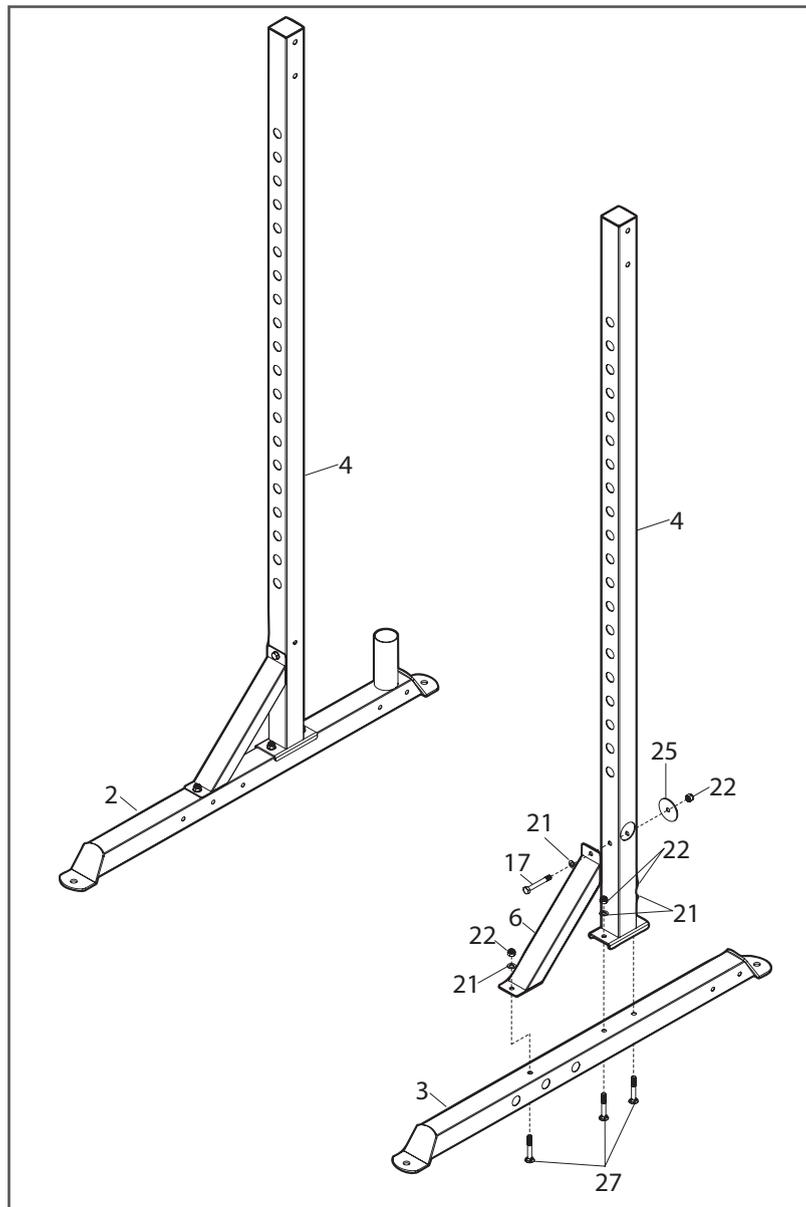
<p><b>No. 17</b></p>  <p>(M10x80mm) Hex Bolt x 6pcs</p>	<p><b>No. 18</b></p>  <p>(M10x85mm) Hex Bolt x 4pcs</p>	<p><b>No. 19</b></p>  <p>(M10x20mm) Hex Bolt x 8pcs</p>
<p><b>No. 20</b></p>  <p>(M12x85mm) Hex Bolt x 4pcs</p>	<p><b>No. 21</b></p>  <p>(M10) Washer x 30pcs</p>	<p><b>No. 22</b></p>  <p>(M10) Locknut x 16pcs</p>
<p><b>No. 23</b></p>  <p>(M12) Washer x 8pcs</p>	<p><b>No. 24</b></p>  <p>(M12) Locknut x 4pcs</p>	<p><b>No. 25</b></p>  <p>(M10) Big Washer x 4pcs</p>
<p><b>No. 26</b></p>  <p>Rubber Ring x 2pcs</p>	<p><b>No. 27</b></p>  <p>(M10x70mm) Carriage Bolt x 6pcs</p>	<p><b>No. 28</b></p>  <p>(M10x100mm) Expansion Bolt Set x 4pcs</p>

## 3.2 Assembly instructions

Unpack the carton and place all parts on the floor carefully and remove the packing material and check each part as manual.

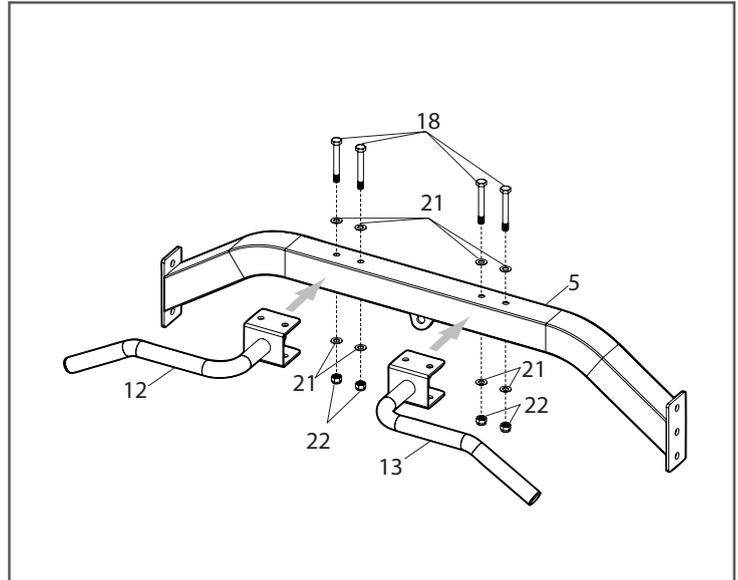
### Step 1:

1. Attach two pcs upright (4) onto the left and right base frame (2 and 3) using 4 pcs x carriage bolts(27), 4pcs x washer (21) and 4pcs x lock nut (22).
2. Attach 2 pcs x support frame (6) to left and right base frame (2 and 3) using 2 pcs x carriage bolt (27), 2 pcs x washer (21) and 2pcs x lock nut (22).
3. Attach 2pcs x support frame (6) to each upright (4) using 2pcs x bolt (17), 2 pcs x washer (21) , 2 pcs x big washer (25), 2 pcs x lock nut (22).



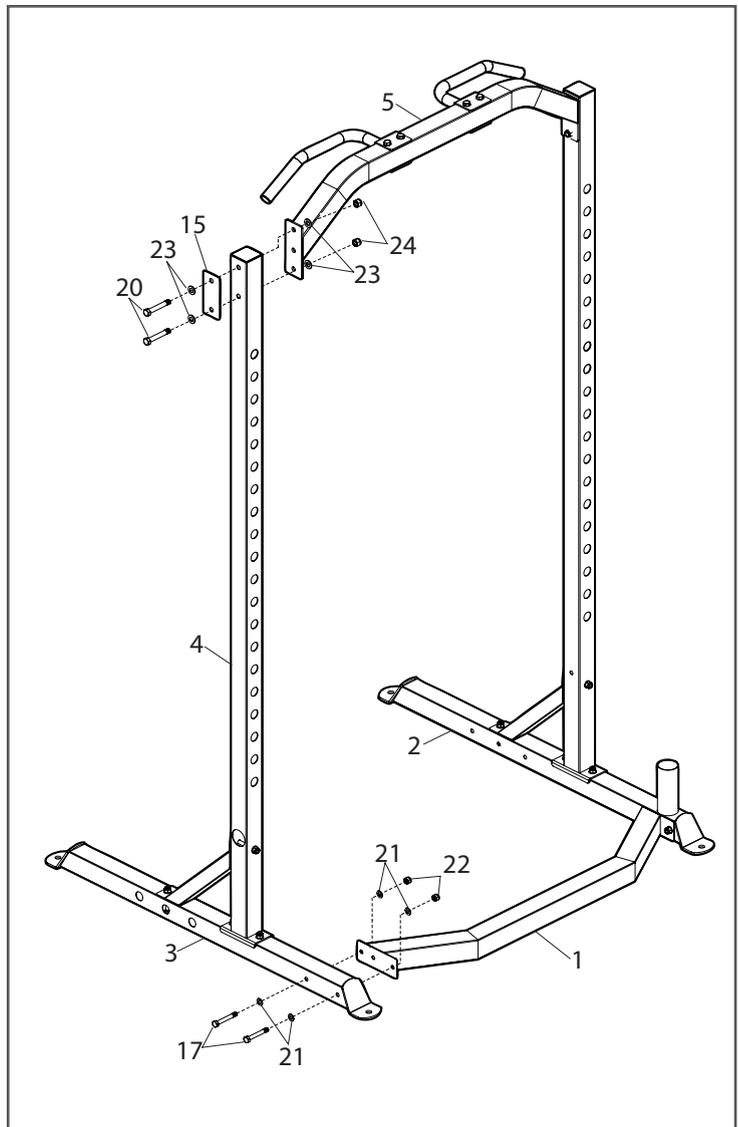
### Step 2:

1. Attach left and right handle bar (12 and 13) onto top crossing bar(5) using 4 pcs x bolt (18), 8 pcs x washer (21) and 4 pcs x lock nut (22).



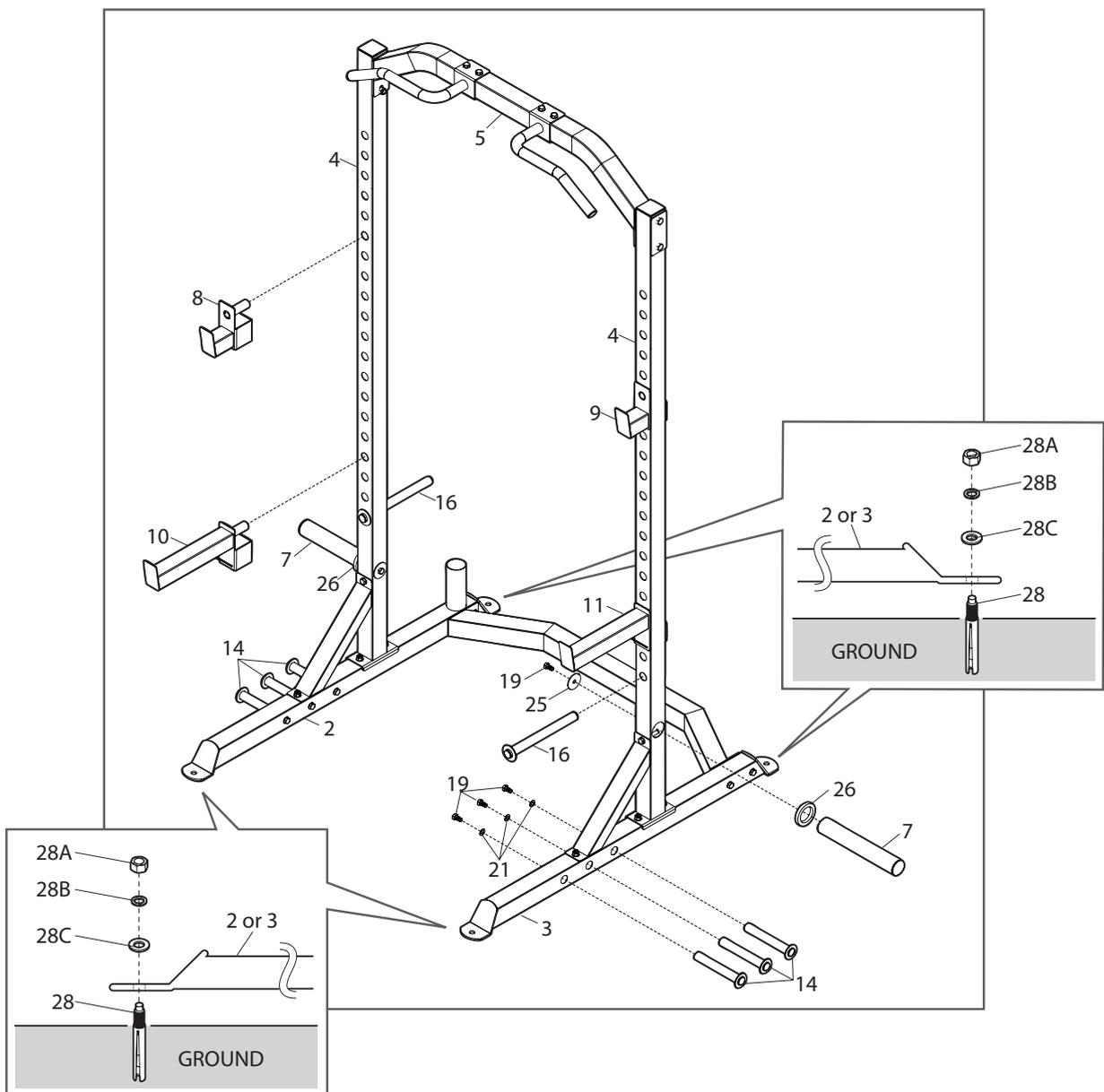
### Step 3:

1. Attach top crossing frame (5) to each upright (4) with connection plate (15) using 4 pcs x bolt (20), 8 pcs x washer (23) and 4 pcs x lock nut (24).
2. Attach the below crossing frame (1) to the left and right base frame (2 and 3) using 4 pcs x bolt (17), 8 pcs x washer (21) and 4 pcs x lock nut (22).



#### Step 4:

1. Attach each the plate rod a (7) into each upright (4) using 1 pc x bolt (19) and 1 pc x big washer (25).
2. Slide each rubber ring (26) onto each plate rod (7).
3. Attach each the rod (14) into left and right base frame (2 and 3) using 3 pcs x bolt (19) and washer (21).
4. Slide each left and right small barbell bar holder (8 and 9) and big left and right barbell bar holder (10 and 11) into the upright (4).
5. Slide the plate rod b (16) into each upright (4).
6. Anchor four corners of the rack to the concrete floor by using 4 pcs expansion bolts sets (28).



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>
Power Rack	Home use	24 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 cannot find the serial number on your training equipment, our service employees are ready to help.

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

## 5 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.

## 6 ORDERING ACCESSORIES

	<p>Taurus Ab Straps Art. No. TB-9510</p>
	<p>Body Attack chin-up-dip-belt Art. No. BA-700</p>

### 7.1 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

☎ +49 4621 4210-0  
☎ +49 4621 4210-699  
✉ [service@sport-tiedje.de](mailto:service@sport-tiedje.de)  
Mo. - Fr. 8:00 - 18:00  
Sa. 9:00 - 18:00

##### DK

☎ 80 90 16 50  
☎ +49 4621 4210-945  
✉ [info@t-fitness.dk](mailto:info@t-fitness.dk)  
Ma. - Fr. 8:00 - 18:00  
Lø. 9:00 - 18:00

##### FR

☎ +33 (0) 172 770033  
☎ +49 4621 4210-933  
✉ [service-france@sport-tiedje.fr](mailto:service-france@sport-tiedje.fr)  
Lun. - Ven. 8:00 - 18:00  
Sam. 9:00 - 18:00

##### NL

☎ +31 172 619961  
✉ [info@fitshop.nl](mailto:info@fitshop.nl)  
Ma. - Do. 9:00 - 17:00  
Vr. 9:00 - 21:00  
Za. 10:00 - 17:00

##### UK

☎ +44 141 876 3972  
✉ [orders@powerhousefitness.co.uk](mailto:orders@powerhousefitness.co.uk)  
Mon. - Fri. 9:00 - 17:00

##### INT

☎ +49 4621 4210-0  
✉ [service-int@sport-tiedje.de](mailto:service-int@sport-tiedje.de)  
Mon - Fri 8:00 - 18:00  
Sat 9:00 - 18:00

### 7.2 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:

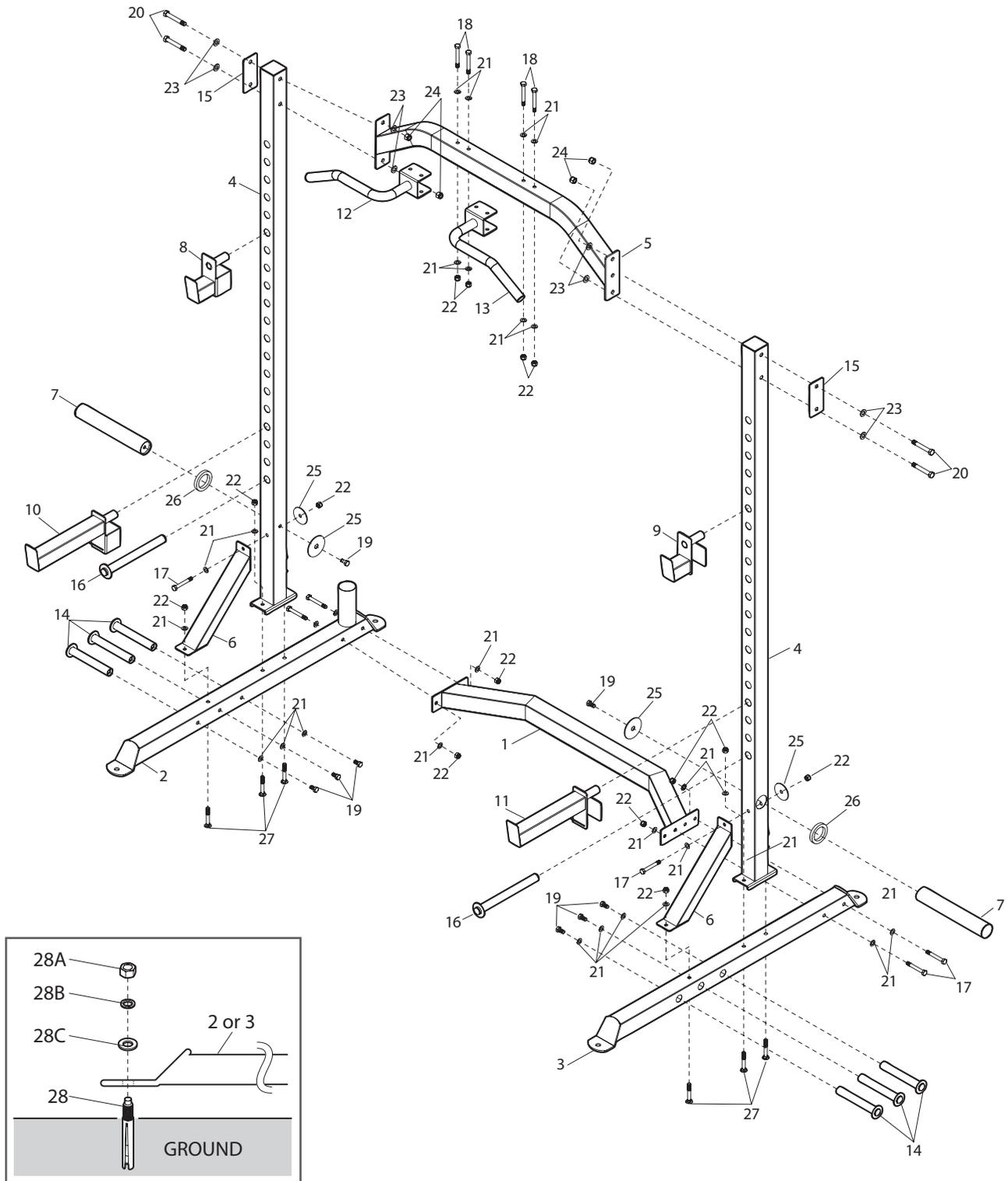
Brand / category:

Model name:

## 7.3 Parts list

No.	Description	Qty.
1	Below Crossing Frame	1
2	Left Base Frame	1
3	Right Base Frame	1
4	Upright	2
5	Top Crossing Frame	1
6	Support Frame	2
7	Plate Rod A	2
8	Small Left Holder	1
9	Small Right Holder	1
10	Big Left Holder	1
11	Big Right Holder	1
12	Left Holder Bar	1
13	Right Holder Bar	1
14	Rod	6
15	Connection Plate	2
16	Plate Rod B	2
17	Hex Bolt (M10x80mm)	6
18	Hex Bolt (M10x85mm)	4
19	Hex Bolt (M10x20mm)	8
20	Hex Bolt (M12x85mm)	4
21	Washer (M10)	30
22	Locknut (M10)	16
23	Washer (M12)	8
24	Locknut (M12)	4
25	Big Washer (M10)	4
26	Rubber Ring	2
27	Carriage Bolt (M10x70mm)	6
28	Expansion Bolt set (M10x100mm)	4

# 7.4 Exploded drawing



## CONTACT

### Company head office

Sport-Tiedje GmbH  
Flensburger Str. 55  
24837 Schleswig  
Germany

### Hotline for Technical Information

#### DE

☎ +49 4621 4210-0  
☎ +49 4621 4210-698  
✉ technik@sport-tiedje.de

#### DK

☎ 80 90 16 50  
☎ +49 4621 4210-945  
✉ info@t-fitness.dk

#### FR

☎ +33 (0) 172 770033  
☎ +49 4621 4210-933  
✉ service-france@sport-tiedje.fr

#### NL

☎ +31 172 619961  
✉ info@fitshop.nl

#### UK

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

#### INT

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

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

## DISCLAIMER



©2011 TAURUS is a registered brand of the company Sport-Tiedje GmbH. All rights reserved. Any use of this trademark without the explicit written permission of Sport-Tiedje is prohibited.

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)

Notes



# TAURUS