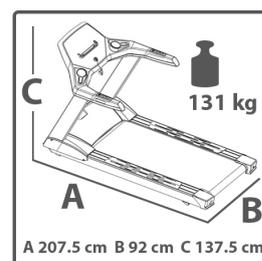


# TAURUS

## Assembly and operating instructions



Art. No. TF-T99-2

Treadmill T9.9



**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 as well as semi-professional use (e. g., hospitals, clubs, hotels, schools, etc.). It is not suitable 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

### LCD display of

- + speed in km/h
- + training time in min
- + training distance in km
- + calories burnt in kcal
- + heart rate (when using the hand sensors or a chest strap)
- + incline in %
- + intensity profile
- + device connection
- + graphic display of trained muscles

Motor output: 3 HP continuous output (DC motor)

Max. motor continuous output: 2.2 kW / 3 HP

Max. motor peak rating: 5.5 kW / 7.5 HP

Max. load of incline motor: 350 kg/771 lbs

Speed range: 0.8 - 20 km/h

Incline range: 0 - 15 %

Total number of training programs: 15

Pre-set programs: 6

Manual program: 1

Heart rate controlled programs: 3

Random program: 1

User-defined programs: 4

Running surface size (L x W): 157.5 x 55 cm

Wheel diameter: 76 mm

Running belt thickness: 4.4 mm (orthopedic running belt)

Running deck thickness: 25,4 mm

### Weight and dimensions:

Article weight (gross, including packaging): 156 kg

Article weight (net, without packaging): 131 kg

Packaging dimensions (L x W x H): approximately 2260 mm x 1000 mm x 420 mm

Setup dimensions (L x W x H): approximately 2075 mm x 920 mm x 1375 mm

Maximum user weight: 180 kg/396 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 running training by 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.
- + The equipment has stable steps on the sides that you can stand on in case of an emergency and leave the equipment.
- + The safety key should be inserted during all training.
- + The safety key and the power cable should be removed when you are not present in order to rule out improper usage by third parties.

## Safety Key

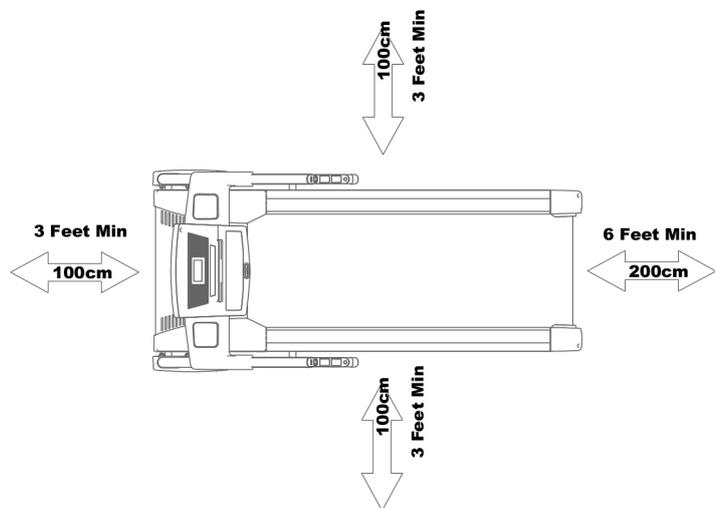
- + The equipment has an EMERGENCY STOP mechanism for your safety. The equipment may only be operated when the safety key is properly attached to the contact point of the cockpit. The equipment will automatically stop immediately if the safety key is no longer on the contact point. That is why you should attach the safety key string with the clip to your clothing before training. Remove the safety key from the cockpit with the help of the string if you would like to quickly stop the treadmill, you can no longer handle the speed or an emergency occurs.
- + In order for the safety key to be released from the cockpit contact point in the event of a fall, the clip from the safety key must be attached to your clothing!
- + An uncontrolled usage of the equipment by third parties can be avoided by removing and storing the safety key.
- + Prevent children from having access to the safety key.

## 1.3 Electrical safety

- + The equipment requires a 220 - 240V / 50 Hertz mains power supply.
- + 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.



### 2.1 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 Errors and error diagnosis

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.

Error	Cause	Repair
Console only shows lines	Safety key missing	Check if the safety key is inserted and place it in
Running belt tilted	Running belt not aligned	Align running belt in accordance with the instructions
Running belt slips through/stops	Belt tension/lubrication not ok	Check belt tension/lubrication in accordance with the instructions
Scraping noises	Running belt scrapes, because it is not aligned	Align running belt in accordance with the instructions
Display does not show anything	Check plug connections (cables)	Mains switch on "on", make sure that the safety key is inserted
No pulse display	Sources of interference in the room	Remove sources of interference (e. g. mobile phone, speakers, etc.)
	<u>With chest strap</u> Unsuitable chest strap	Use suitable chest strap (see recommended accessories)
	Position of the chest strap incorrect	Reposition chest strap and/or moisten electrodes
	Batteries empty	Change batteries

## 2.3 Error codes and troubleshooting

The electronic system from the treadmill executes tests continually. If there are deviations, an error code will be displayed and the normal operation will be stopped for your safety.

**Please contact your contract partner for technical customer service.**

- + **E1** - Speed value cannot be recorded. Either the motor is broken or the signal cannot be transmitted.
- + **E6** - Incline values are incorrect. The incline motor is broken or the signal cannot be transmitted.
- + **E7** - Incline AD is above the normal value. The incline motor is broken or an incorrect setting was made.

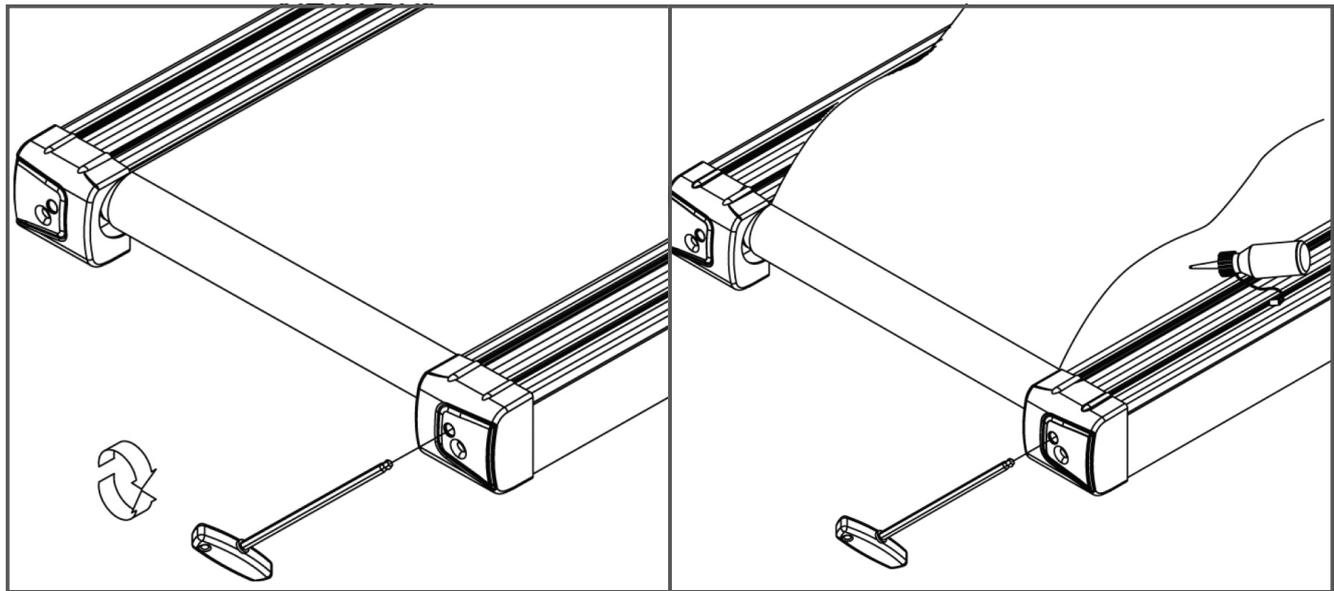
## 2.4 Care and maintenance

The most important maintenance measure is taking care of the running belt. It includes the adjustment, tensioning and lubrication of the running belt. Damage caused due to a lack of care or negligence will not be covered by the warranty. Thus, check for maintenance in regular intervals. Be extremely careful when adjusting and tensioning the belt, because a strong over or under tension may cause damages. The running belt is set properly in the factory before delivery. However, the running belt may get out of place during transport.

### Aligning the running mat

- + During training, the running belt should run as centered and straight as possible. The alignment of the running belt may change depending on the stress and load. Another reason can be the positioning of the equipment on an uneven surface.
- + While adjusting the belt, let the equipment run with a speed of approximately 5km/h. Nobody may be on the equipment during this process.
- + If the running belt is offset to the left, turn the left setting screw on the rear end of the equipment at most 1/4 rotation clockwise and the right setting screw at most 1/4 rotation counterclockwise (fig. C).

- + If the running belt is offset to the right, turn the right setting screw on the rear end of the equipment at most 1/4 rotation clockwise and the left setting screw at most 1/4 rotation counterclockwise (fig. D).
- + Then watch how the belt runs for approximately 30 seconds, because the change will not be visible immediately.
- + Repeat the process until the running belt runs straight again. If the running belt cannot be adjusted, please contact your contract partner.



### Tensioning the belt

- + If the running belt slips over the rollers during operation (if this is the case, a noticeable jerking will be noticed while running), the running belt must be tightened again. In most cases, the cause for the slipping is a straining of the belt through usage. This is completely normal.
- + It can be tightened through the same setting screws that were used during alignment.
- + While tensioning the belt, let the equipment run with a speed of 5km/h.
- + Turn the left and right setting screws directly after each other a max. of 1/4 rotation clockwise.
- + Then check if the running belt is still slipping. If this is still the case, the described process needs to be repeated.

## Lubricating the running belt

- + If the running belt is inadequately lubricated, the friction will increase significantly and this leads to strong wear of the endless belt, running panel, motor and circuit board.
- + If you feel an increase in friction from the running belt, this is an indicator that you should lubricate the belt (however, a lubrication should be done at least every three months).
- + The treadmill has a reminder for lubricating the treadmill: A symbol is displayed on the console every 100 operating hours. The symbol appears on the display for five minutes and then turns off. In order to turn off the symbol prematurely, press the INCLINE up and INCLINE down buttons at the same time.
- + In order to be able to optimally lubricate the treadmill, the running belt must be lifted slightly. Then apply some silicone spray on the entire running deck. Apply three short (approximately 1 second) sprays of silicone lubricant between the belt and the running deck.
- + The spraying tube should be held sideways in order to guarantee a moistening of the entire underside of the belt. Continue to rotate the belt by hand so that the entire area between the endless belt and running deck is lubricated. Wipe off the excess lubricant.
- + This maintenance must also be executed after the equipment has not been used for a longer period of time.

## 2.5 Maintenance and service calendar

The cockpit, casing, handrails and entire frame must be cleaned after every training session with a moist towel (no solvent!) in order to avoid damage caused by sweat. After 150 hours of operation, the maintenance symbol reminds you to clean the treadmill. After you have cleaned the treadmill and checked all components, turn off the symbol by simultaneously pressing the INCLINE up and INCLINE down buttons.

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

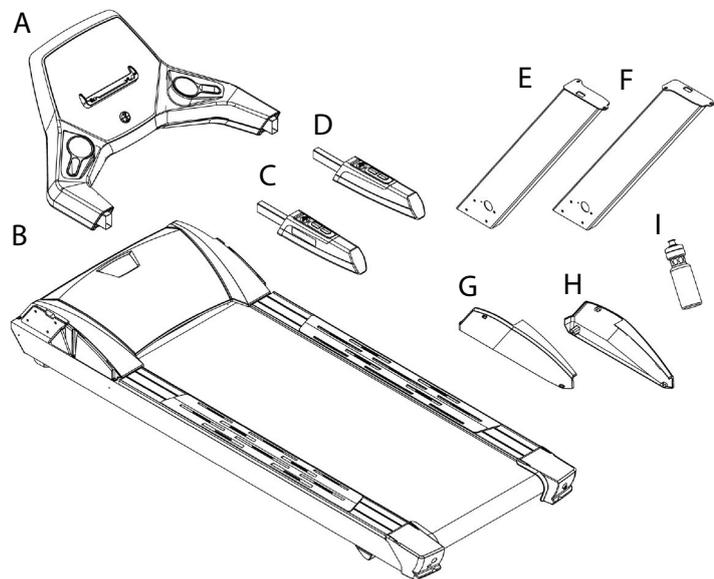
Part	Weekly	Monthly	2x annually	Annually
Display console	c	I		
Belt tension			I	
Belt lubrication			I	
Plastic covers	c	I		
Screws & cable connections		I		
Legends: C = cleaning; I = inspect				

### 3 ASSEMBLY

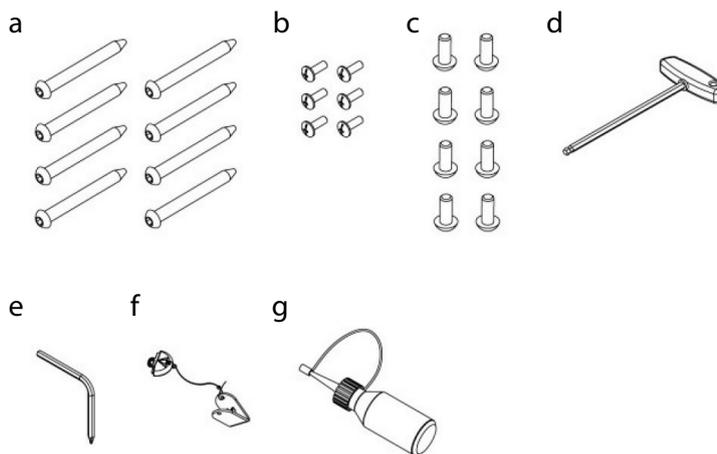
#### 3.1 Package contents

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.

Part	Description	Qty.
A	Console	1
B	Frame	1
C	Handrail (left)	1
D	Handrail (right)	1
E	Console mast (left)	1
F	Console mast (right)	1
G	Cover (left)	1
H	Cover (right)	1
I	Bottle	1



Part	Description	Qty.
a	Hexagon screw M8xP1.25x75	8
b	Cross-headed screw M5xP0.8x15	6
c	Hexagon screw M8xP1.25x20	8
d	Screwdriver 8mm x 200mm	1
e	Allen key 5mm x 70mm x 70mm	1
f	Safety key	1
g	Silicone	1

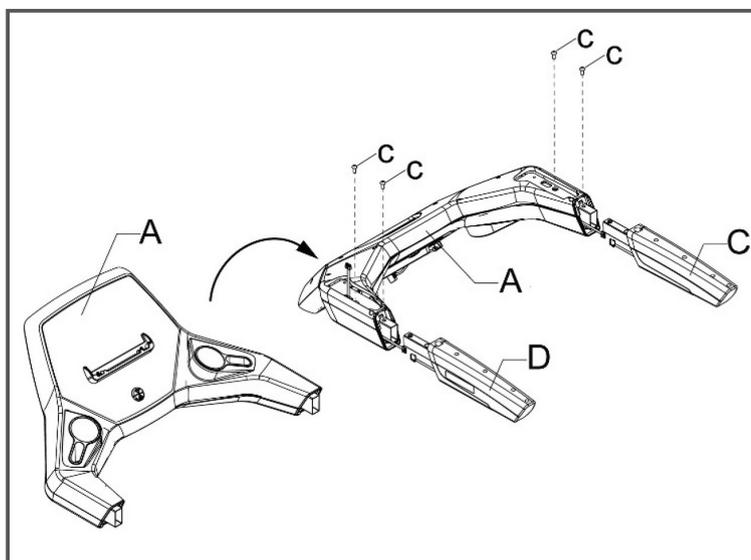


### 3.2 Assembly instructions

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

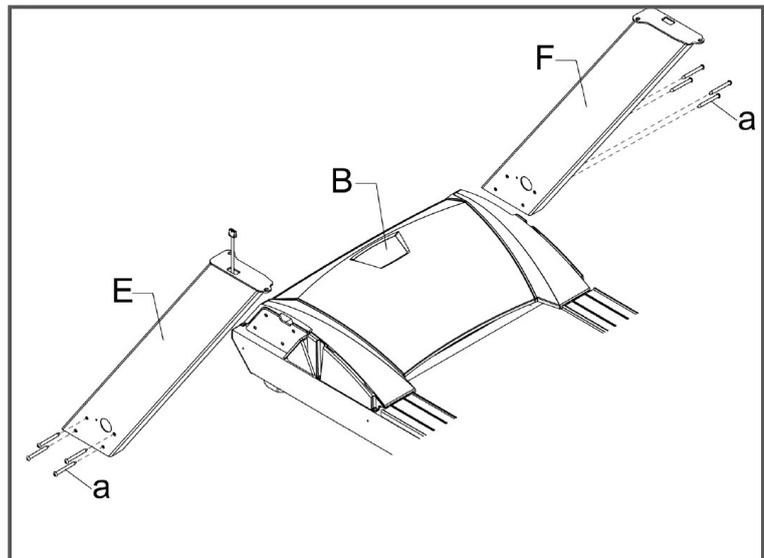
#### Step 1: Assembly of the handrails

Turn the console (A) and connect the control cables of the left (C) and right (D) handrails with the cables from the console (A). The logo sticker must show outwards. After you have assembled the handrails on the console, mount the parts with four screws (c).



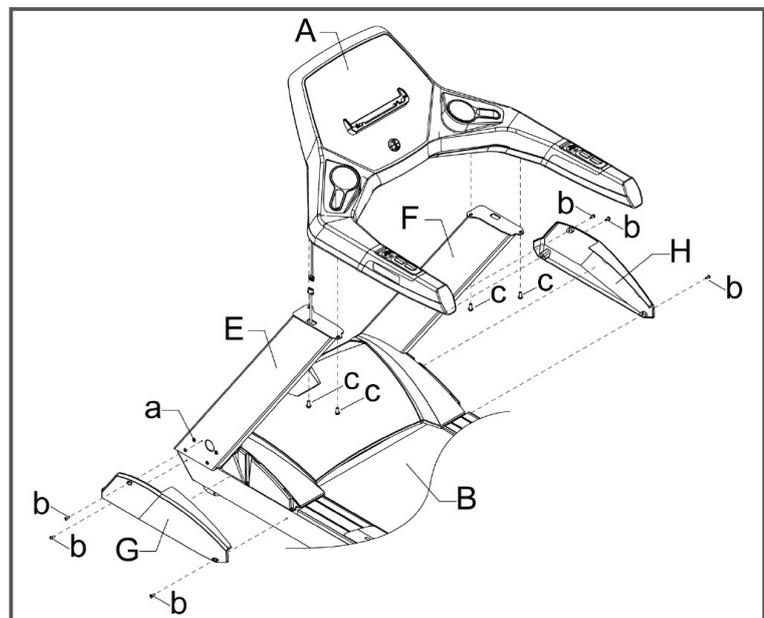
## Step 2: Assembly of the upright side frame

Guide the control cable that comes out of the base frame through the left side frame (C) from the bottom to the top. In order to make this step easier for you, a wire was already led through the side frame (C), which is mounted on the upper and lower end of the side frame. Loosen the wire on the lower end and attach the control cable to it. Now pull it upwards with the help of the wire. In order to prevent the control cable from sliding down, mount it in the upper area of the side frame (C) with the wire. Now plug the left side frame (C) into the left adapter of the base frame (B) and mount this then with the screws (c). Then proceed exactly the same for the right upright side frame (D). Once you have tightened all screws (a), press the cover caps (f) onto the heads of the screws.

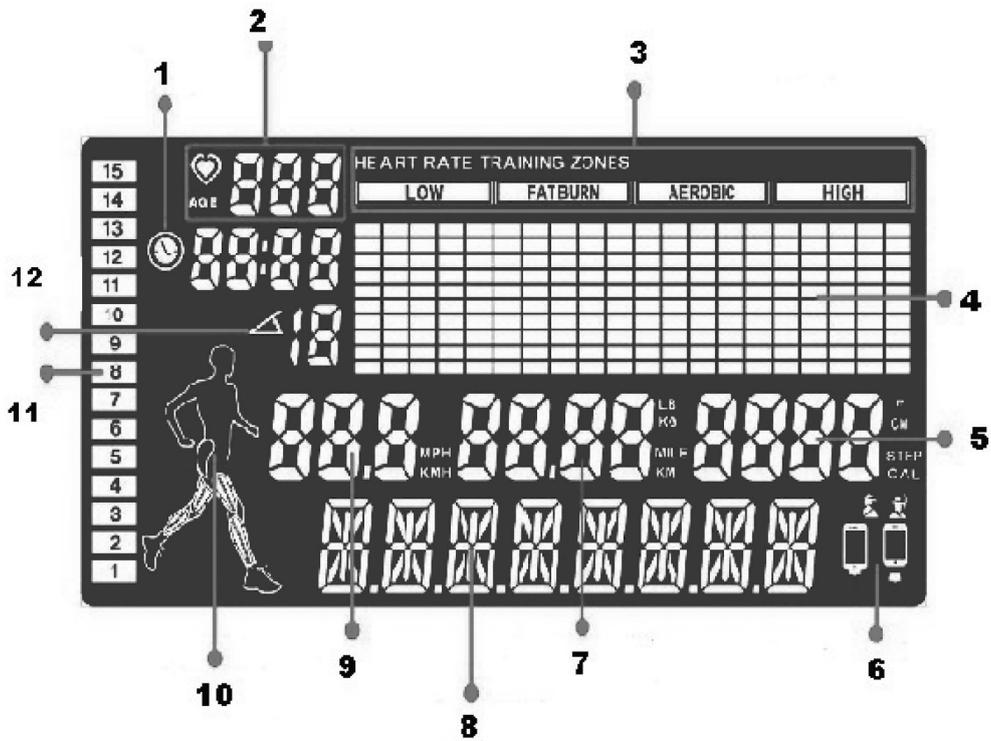


## Step 3: Assembly of the cockpit

Connect the console cable (A) first with the cable from the left console mast (E) and mount the console on the left and right console mast (E and F) with four screws (c). Then tighten the screws (a) in order to mount the console masts on the frame. Finally, mount the left and right cover (G and H) on the frame (B) with six screws (b).



### 4.1 Console display



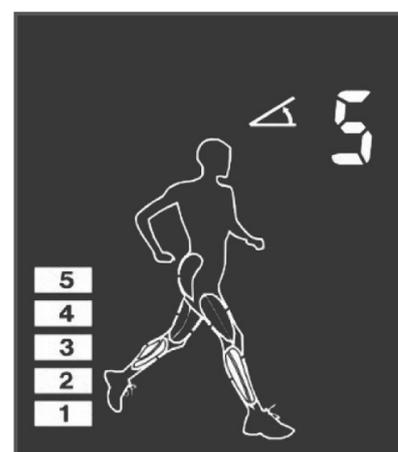
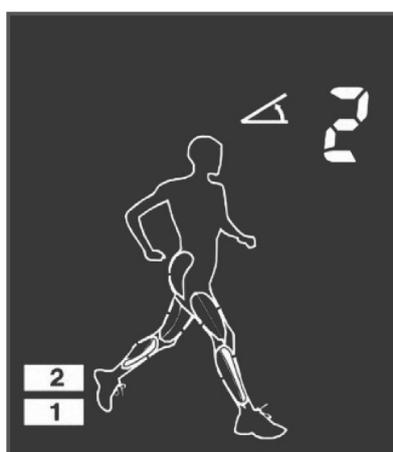
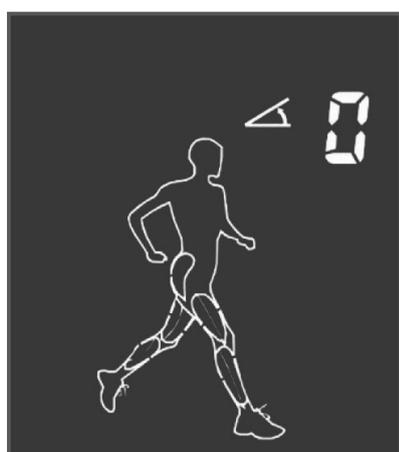
1	Time
2	Beats per minute and age
3	Heart rate zones
4	Training profile
5	Calories <b>Note on calorie measuring:</b> The calculation of calorie consumption is based on a general formula. It is not possible to exactly determine an individual calorie consumption, because diverse personal data is required for this. In order to allow for an approximation of your actual energy consumption, you can enter your body weight for this model.
6	Equipment connection status
7	Weight/distance
8	LCD text display
9	Speed
10	Muscle zone
11	Incline

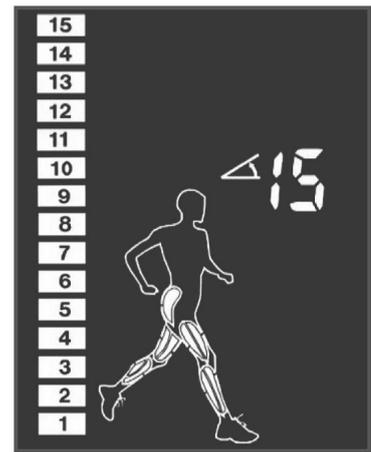
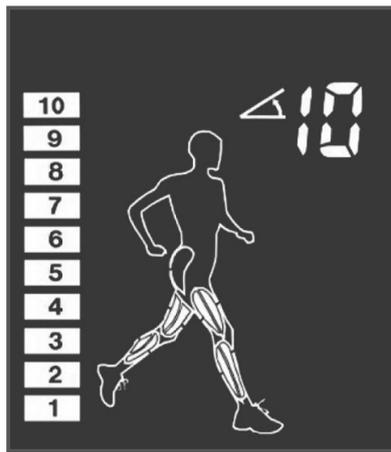
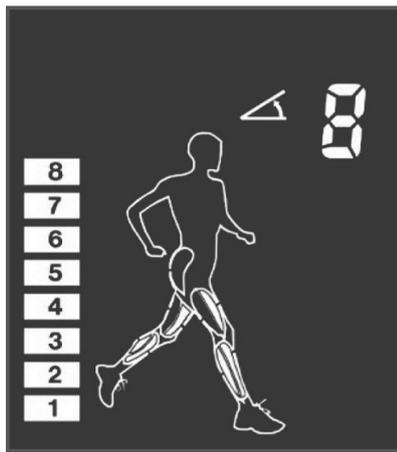
### Energy saving mode

If the treadmill is not used for more than four minutes, it will turn into energy saving mode. If you would like to use the treadmill again, remove the safety key and insert it again.

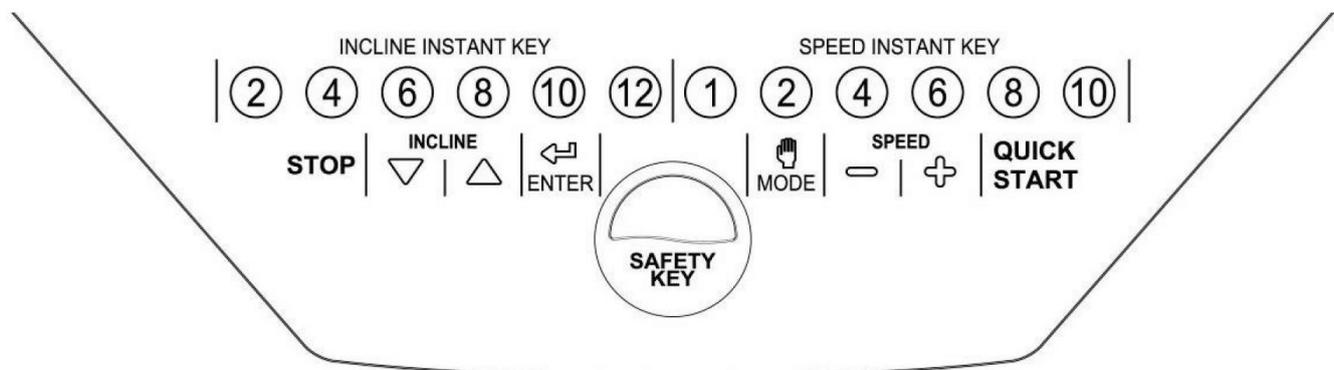
### Muscle display

When the treadmill starts, the body and muscle lines will light up. If the user changes the incline, the stressed muscle groups will light up.





## 4.2 Button functions



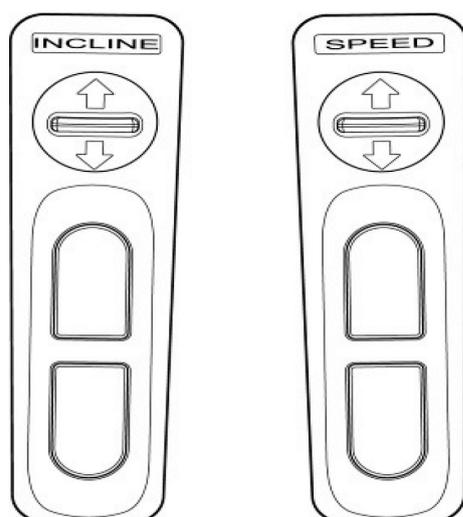
<b>QUICK START</b>	<ul style="list-style-type: none"> <li>- Press this button in order to immediately start with the training.</li> <li>- Press this button during a break in order to return to the start mode.</li> </ul>
<b>STOP</b>	<ul style="list-style-type: none"> <li>- Press this button during training in order to get to the pause mode. The display shows "PAUSE", the defined pause time is four minutes. If more than four minutes are needed, the system will go into the standby mode and the screen turns off the background lighting.</li> <li>- Press this button in the pause mode for four seconds in order to stop the training and to get to the standby mode.</li> <li>- Press this button in the menu mode in order to return to the main menu.</li> </ul>

<b>INCLINE up/ down</b>	- Press this button and adjust the incline of the treadmill in increments of 1. If you hold the button, the value will change quicker.
<b>ENTER</b>	- With this button, you can confirm your settings and get to the next step.
<b>MODE</b>	- Press this button during the start/ready status in order to enter programs.
<b>SPEED INSTANT KEY 1 / 2 / 4 / 6 / 8 / 10</b>	- Set the speed of the treadmill with these direct buttons. The unit is in kmh or mph.
<b>INCLINE INSTANT KEY 2 / 4 / 6 / 8 / 10 / 12</b>	- Set the incline of the treadmill in degrees with these direct buttons.

Remove the safety key in the fitness or standby mode. An arrow pointing down will appear in the middle window. Each value indicates the standard value of zero. Treadmill motor and program stop immediately and the incline remains in the angle before you removed the safety clip. The user must insert the safety clip again and the treadmill can be used again. The windows automatically set the sides to zero.

After you have turned on the equipment with the **ON/OFF** switch on the motor cover, the display will show a blinking heart symbol. In order to begin a predefined training program, select a corresponding training profile (WORKOUT PROGRAM). Press the **QUICK START** button to immediately begin training without a training program.

### Handrail buttons



<b>SPEED +/-</b>	Press this button and adjust the speed of the treadmill in 0.1 increments. If you hold the button, the value will change quicker.
<b>INCLINE +/-</b>	Press this button and adjust the incline of the treadmill in increments of 1. If you hold the button, the value will change quicker.

## Heart rate training

Hand pulse sensors: If the user grabs the hand pulse sensors during training, the pulse symbol will light up in the heart rate window. The current heart rate is recorded and displayed within 20 seconds.

Wireless pulse receiver: For safety reasons and for the purpose of a correct display, the use of a chest strap as a pulse transmitter is recommended instead of handle sensors starting at a speed of 7.2 km/h (4.5 mph). The wireless sensor transfers the pulse directly to the system.

The normal heart rate is between 40 and 220 heartbeats per minute (BPM). If you can choose between the hand pulse sensors and the chest strap, please prefer to use the chest strap.

AGE	BPM			AGE	BPM			AGE	BPM		
	H	Basis	L		H	Basis	L		H	Basis	L
13	197	124	124	36	175	110	110	59	153	97	97
14	196	124	124	37	174	110	110	60	152	96	96
15	195	123	123	38	173	109	109	61	151	95	95
16	194	122	122	38	172	109	109	62	150	95	95
17	193	122	122	40	171	108	108	63	149	94	94
18	192	121	121	41	170	107	107	64	148	94	94
18	191	121	121	42	169	107	107	65	147	93	93
20	190	120	120	43	168	106	106	66	146	92	92
21	189	119	119	44	167	106	106	67	145	92	92
22	188	119	119	45	166	105	105	68	144	91	91
23	187	118	118	46	165	104	104	69	143	91	91
24	186	118	118	47	164	104	104	70	143	90	90
25	185	117	117	48	163	103	103	71	142	90	89
26	184	116	116	49	162	103	103	72	141	90	89
27	183	116	116	50	162	102	102	73	140	90	88
28	182	115	115	51	161	101	101	74	139	90	88
29	181	115	115	52	160	101	101	75	138	90	87
30	181	114	114	53	159	100	100	76	137	90	86
31	180	113	113	54	158	100	100	77	136	90	86
32	179	113	113	55	157	99	99	78	135	90	85

33	178	112	112	56	156	98	98	79	134	90	85
34	177	112	112	57	155	98	98	80	133	90	84
35	176	111	111	58	154	97	97				

### Charging through USB

This equipment can be used for a Bluetooth connection. The user can communicate with the treadmill through the special APP. This opening is used to charge batteries from IOS or Android sets. The outgoing current is 1 A.

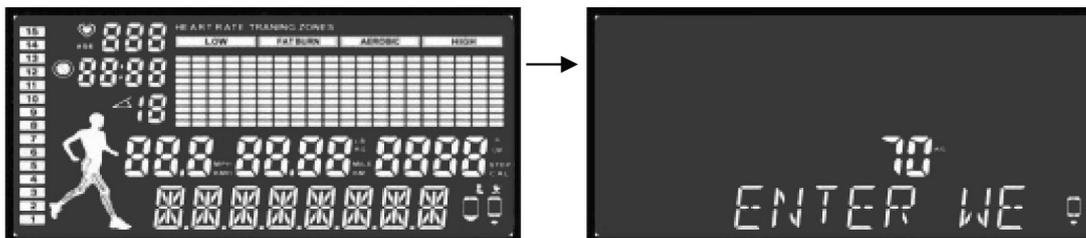
## 4.3 Turning on the equipment

- (1) The default weight value is 70 kg (150 lbs). As soon as you change the weight (23 to 120 kg/50 to 286 lbs), the program will be executed corresponding to the weight setting.
  - (2) The display leads you through the setting steps.
  - (3) The STOP button can be pressed at any time in order to delete the setting and return to the previous window.
  - (4) The entered values are counted down to zero during training. Then the program is complete.
  - (5) Press QUICK START in the start/ready mode and it will take you to the manual mode.
  - (6) After you have started the program, the treadmill will adjust to the speed and incline in accordance with the program.
  - (7) The incline system from the treadmill corresponds to the important safety rules listed below.
- + If you press STOP, the system will go into the pause mode. The main motor and incline motor stop immediately. If you press QUICK START, you return to the status before the pause mode.
  - + As soon as the program is complete or the time has reached the maximum value of 99:59 minutes, a warning signal will sound and the treadmill will stop in the "Run end" status.
  - + If the incline is not at the zero level in the start/ready status, press STOP for two seconds or QUICK START to start the treadmill. The incline automatically returns to zero.

- (8) If the incline goes back to zero, the incline motor can be stopped by removing the safety key.
- (9) If you are in the PAUSE mode for four minutes, the program will end. If you hold STOP, you can end the training and return to the Start/Ready mode.

### Standby

As soon as the treadmill is turned on, a “beep” will sound and the window to enter the weight will appear after two seconds.



### Weight setting

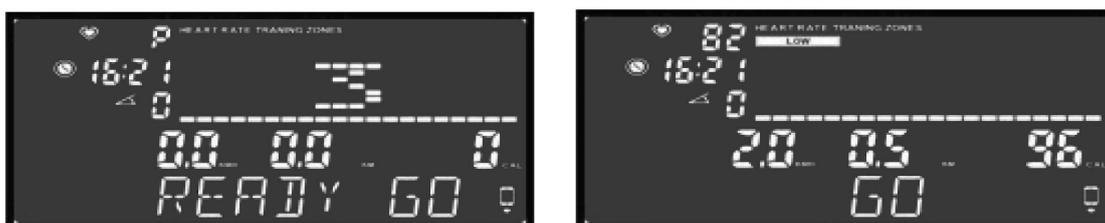
- (1) Press SPEED+ or SPEED- to enter the weight. The default value is 70 kg (154 lbs). The input range is between 23 to 130 kg (50 to 286 lbs).
- (2) Confirm the weight with ENTER. “SELECT PROGRAM” appears on the screen. Press SPEED+ or SPEED- in order to select a program. Optionally, you can press QUICK START in order to directly begin training.

The reason for the weight setting is to show the user the burnt calories and to show the fitting formula for the change. The weight can be entered during any restart. After training or as soon as the safety key is removed, the equipment will go back to the weight setting page.

Rest mode: If the equipment is not used for a longer period of time, the computer will go into rest mode. The system goes into standby mode and turns off the screen lighting in order to save electricity. If you press a button in the rest mode, the screen will lighten up again.

## Quick start mode - beginning of training

- (1) Press ENTER in standby mode in order to confirm the weight. Press QUICK START in order to start the training directly. "READY GO" appears on the display and after three seconds, the program starts at a speed of 0.8 km/h (0.5 mph), the incline is zero, the training time starts at 0:00, the maximum value is 99:59.
- (2) During training:
  - + Set the incline angle with INCLINE up or INCLINE down or INCLINE QUICK KEY.
  - + Set the speed with SPEED+ or SPEED- or SPEED QUICK KEY.



- (3) Press STOP while training in order to get to the pause mode. The speed returns to zero and the incline stops at the current angle.
- (4) If the training time is achieved 99:59 or one of the target values for time, distance or calories in this time, the speed will return to zero, the incline stops at the current angle, the screen shows "RUN END". If you press STOP for four seconds or longer, the system will return to the standby mode.



## 4.4 Programs

You can select one of the following program categories:

- Manual program: 1
- Different profiles for pre-set training programs: 6
- Heart rate controlled programs: 3
- User-defined training programs: 4
- Random training program: 1
- Body mass mode

## 4.4.1 Manual program

- (1) Confirm the manual program with ENTER and enter the time: Press SPEED+ or SPEED- in order to set the target time. The default value is 0:00 min:sec and you can choose between 20:00 to 99:00.
- (2) Confirm the time with ENTER and enter the distance: Press SPEED+ or SPEED- in order to set the target distance. The default value is 0.00 km (mile) and you can choose between 1.00 to 99.00.
- (3) Confirm the distance with ENTER and enter the calories: Press SPEED+ or SPEED- in order to set the target calories. The default value is 0 calories, range 10 to 9990.
- (4) As soon as you have completed the settings, press START and the program will accept the entered values as a guideline. As soon as the default values are at zero, the program is complete.

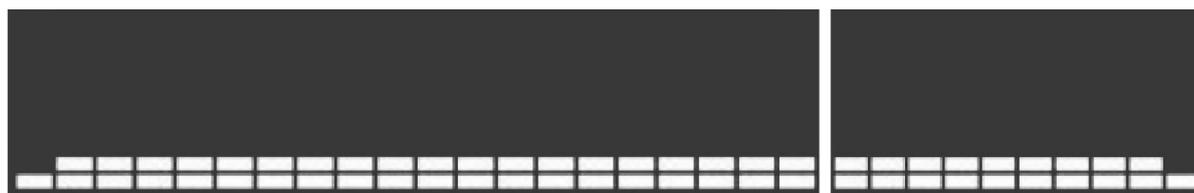
## 4.4.2 Training program

P1 to P6 profiles - There is a total of 30 levels, 1 minute per level

### Program P1 (9-hole) - 3.5 km

- (1) Confirm the program selection P1 with ENTER. Press SPEED+ or SPEED- in order to enter the level. The default value is 1, the range is between 1 to level 10.
- (2) Confirm the target distance with ENTER. "Ready Go" appears on the screen and training begins after three seconds.

P1 (9 hole)



### Program P2 (hill climbing)

- (1) Confirm the program selection P2 with ENTER. Press SPEED+ or SPEED- in order to enter the level. The default value is 1, the range is between 1 to level 10.
- (2) Confirm the selected level with ENTER. Press SPEED+ or SPEED- in order to enter the time. The default value is 30:00 min:sec; the range is between 20:00 to 99:00.
- (3) Confirm the target time with ENTER. "Ready Go" appears on the screen and training begins after three seconds.

P2 (climbing)

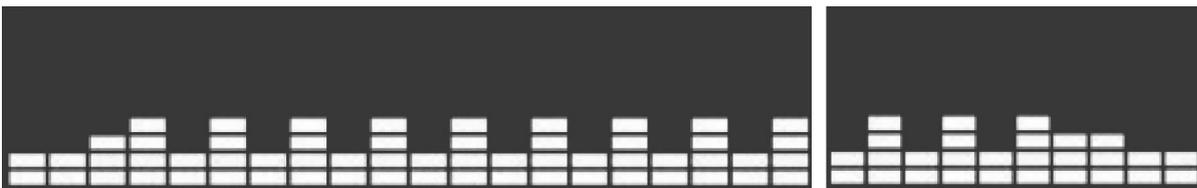


**Program P3 to P6: Setting corresponds to P2**

P3 (hill run)



P4 (interval)



P5 (rolls)



P6 (weight reduction)



### 4.4.3 Random program

- (1) Confirm the program selection RANDOM with ENTER. Press SPEED+ or SPEED- in order to enter the time. The default value is 0:00 min:sec; the range is between 20:00 and 99:00.
- (2) Confirm the time with ENTER. Press SPEED+ or SPEED- in order to enter the distance. The default value is 0.00 km (mile). The range is between 1.00 and 99.00.
- (3) Confirm the distance with ENTER. Press SPEED+ or SPEED- in order to enter the target calories. The default value is 0 calories; the range is between 10 to 9990.
- (4) After you have completed the settings, press START to begin the training.

Note: Time, distance, calories can be entered. As soon as one of the values is entered, the other two automatically go back to zero.

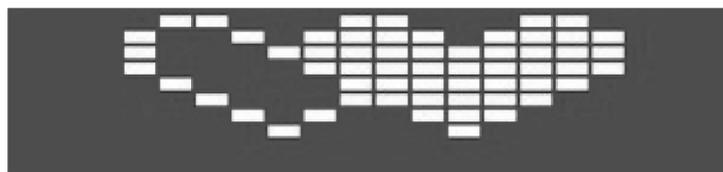
RANDOM - random speed



### 4.4.4 Heart rate oriented programs

The training goal from this program is the heart rate. If the average exceeds the defined value, the incline and speed remain the same and the heart rate moves in the range in order to achieve the training goal. This heart rate program offers three types: 60%, 75% and the target heart rate (personal setting).

HRC 1-3 (heart rate 1-3)



Confirm the program selection HRC 1-3 with ENTER. Press SPEED+ or SPEED- in order to enter the desired heart rate: 60%, 75%, target heart rate.

Note: In the HRC mode, only a wireless pulse signal can be received. Wear a wireless chest strap. If the system does not receive a pulse signal for longer than 45 seconds, the system will stop automatically and displays "NO PULSE". Hold STOP for four minutes and the system will return to the standby mode.

During the program, the speed decreases or increases every 10 seconds in accordance with the current pulse. If the current pulse is less than the target pulse, the speed will increase 0.1 kmh (mph). If the current pulse is higher than the target pulse, the speed will decrease 0.1 kmh (mph). If the speed increases 10 times, the incline will increase by one level. If the speed decreases 10 times, the incline will decrease by one level. The maximum speed can be achieved. The speed can achieve the lowest value of 0.8 km/h (0.5 mph). The maximum incline level is 15.

**(1) 60% and 75%**

- + Confirm the selection 60% with ENTER. Press SPEED+ or SPEED- in order to enter the time. The default value is 0:00 min:sec. The range is between 20:00 and 99:00.
- + Confirm the time with ENTER. Press SPEED+ or SPEED- in order to enter the age. The default value is 30. The range is between 13 and 80 years.
- + Confirm the age with ENTER. The heart rate window displays the age and calculates the target value based on the heart rate formula.
- + Confirm the target pulse with ENTER. "Ready Go" appears on the screen for three seconds and the training begins.
- + After the program starts, the current pulse will be displayed in the heart rate window and the target heart rate window shows the target heart rate.

HRC 60 % (heart rate 60 %)



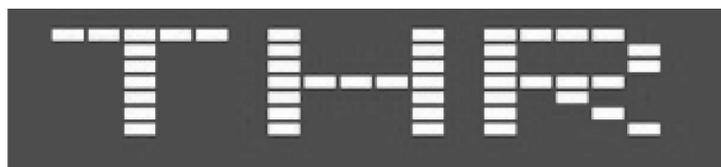
HRC 75 % (heart rate 75 %)



**(2) Target heart rate (THR)**

- + Confirm the program THR with ENTER. Press SPEED+ or SPEED- in order to enter the time. The default value is 0:00 min:sec. The range is between 20:00 and 99:00.
- + Confirm the time with ENTER. Press SPEED+ or SPEED- in order to enter the pulse value. The default value is 72, add 1 each.
- + Confirm the target pulse with ENTER. "Ready Go" appears on the screen for three seconds and the training begins.

HRC THR (target heart rate)



Hand pulse sensors: If the user grabs the hand pulse sensor during training, the pulse symbol will light up in the heart rate window. The current heart rate is recorded and displayed within 20 seconds.

Wireless pulse receiver: For safety reasons and for the purpose of a correct display, the use of a chest strap as a pulse transmitter is recommended instead of handle sensors starting at a speed of 7.2 kmh (4.5 mph). The wireless sensor transmits the pulse directly to the system.

The normal heart rate is between 40 and 220 heartbeats per minute (BPM). If you can choose between the hand pulse sensors and the chest strap, please prefer to use the chest strap.

Heart rate training zones



Determination of the maximum heart rate: Max. heart rate = (220 - age).

Low:	0~64%
Fat burning:	65%~74%
Aerobic:	75%~84%
High:	85%

Instructions: If the user is 30 years old, the maximum heart rate is 190 in the heart rate training mode. If the user's heart rate is at 120, this corresponds to  $120/190 = 63\%$  and LOW is displayed.

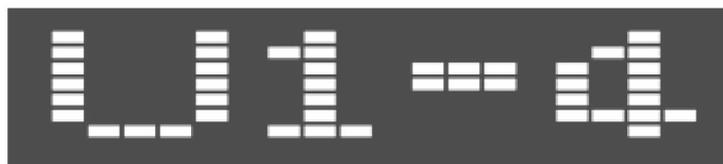
#### 4.4.5 User-defined programs

- (1) Confirm the program selection U1-4 with ENTER. Press SPEED+ or SPEED- in order to enter the time. The default value is 00:00 min:sec; the range is between 20:00 and 99:00.
- (2) Confirm the time with ENTER. Press SPEED+ or SPEED- in order to enter the distance. The default value is 0.00 km (mile). The range is between 1.00 and 99.00.
- (3) Confirm the distance with ENTER. Press SPEED+ or SPEED- in order to enter the target calories. The default value is 0 calories; the range is between 10 to 9990.
- (4) Hold "ENTER" for about two seconds. Now you can manually set each of the 20 sections of the training program. Set the speed with SPEED+ or SPEED- for the speed and INCLINE up or INCLINE down for the incline.

After you have completed the settings, press START to begin the training.

Note: Time, distance, calories can be entered. As soon as one of the values is entered, the other two automatically go back to zero.

USER



## 4.4.6 Body fat mode

Confirm the BODY FAT program with ENTER and the following information will be requested:

- + Age: The default value is 30. The range is between 13 and 80 years. 1-level increments, setting through SPEED+/SPEED-.
- + Height: The default value is 170 cm (66 inches). The range is between 120 and 200 cm (47 to 78 in). 1cm/1inch increments, setting through SPEED+/SPEED-. Confirm with ENTER and this will take you to the next setting.
- + Sex: The default is "male". You can choose between female (F) and male (M) with SPEED+/SPEED-. Confirm with ENTER and this will take you to the next setting.
- + Weight: The default value is 70 kg (150 lbs). The range is between 23 and 130 kg (50 and 286 lbs). 1kg increments, setting through SPEED+/SPEED-. Confirm with ENTER.
- + Please grab the pulse sensors with both hands for 15 seconds. After 15 seconds, the body fat value will appear on the screen (results - see table below).
- + After the system has displayed the values, press STOP and it will take you back to the Ready/Start mode after one minute.

Sex	Under		Normal		Over		Overweight	
M (male)	0.0 - 4.9	5.0 - 9.9	10.0 - 14.9	15.0 - 19.9	20.0 - 24.9	25.0 - 29.9	30.0 - 34.9	above 35.0
F (female)	0.0 - 14.9	15.0 - 19.9	20.0 - 24.9	25.0 - 29.9	30.0 - 34.9	35.0 - 39.9	40.0 - 44.9	above 45.0

BODY FAT



## 4.4.7 APP (iOS & Android) installation manual

### For iOS devices (iPad)

#### 1. APP Software Download

Connect the iPad with the APP (iTunes) store and search for PAFERS. Read through the APP manual and download the APP, which has a treadmill function, e. g., "Tread Monitor" and "Run on Earth". Other APPS that are not created for the treadmill cannot be connected with the computer.



#### 2. Find Bluetooth device and start APP

**Step 1:** Place the iPad in front of the LCD screen.

**Step 2:** Enter the iPad settings.

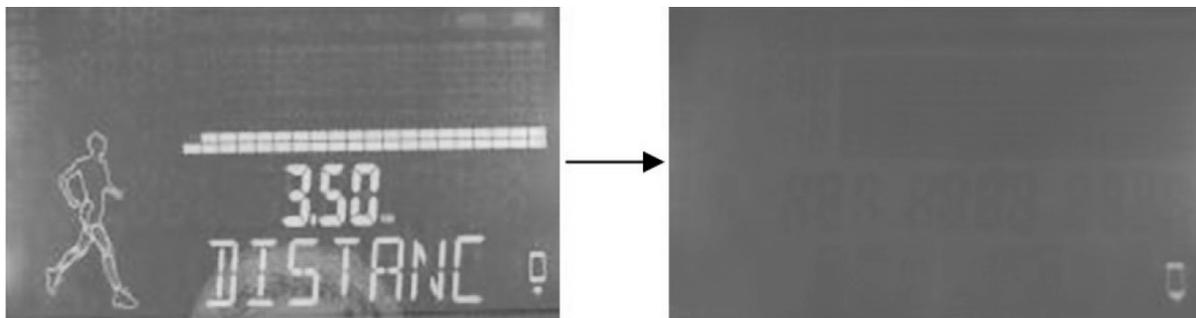
**Step 3:** Open Bluetooth and the iPad will detect all Bluetooth devices within its range. Please search for the device name from the treadmill Bluetooth and click on the device in order to establish the connection. If several Bluetooth devices are detected and you cannot find the corresponding name, please contact your contract partner.





**Step 4:** Please wait a few seconds until the status has changed to “connected”. Then check if the Bluetooth sign appears in the upper right corner of the iPad (white sign stands for successful Bluetooth connection; gray sign stands for the Bluetooth is open, but not connected).

**Step 5:** As soon as Bluetooth has been successfully connected for more than 10 seconds, a white background will appear on the LCD display. The sign in the lower right corner changes from “not connected” to “connected”. This means that the computer is successfully connected with the iPad.

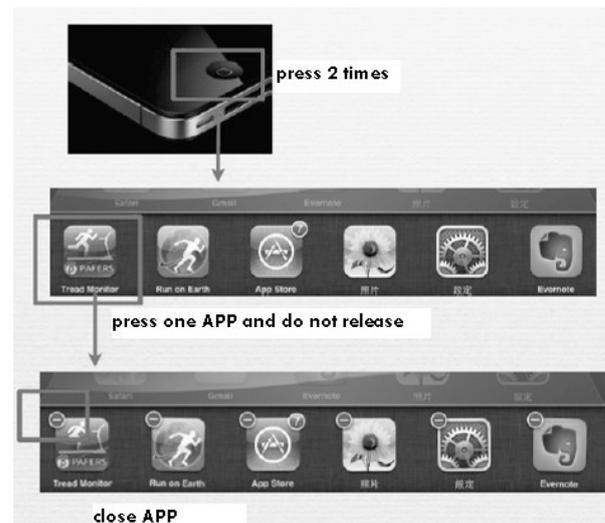


**Step 6:** Press HOME on the iPad and the screen will go to the iPad desktop. Then open the treadmill APP that you downloaded from the iTunes Store.



**Step 7:** Once you have gotten to the APP page, the treadmill will find the APP. As soon as the APP has successfully connected to the treadmill, the APP sign will appear on the screen. Then you can use any mode in the APP interface in order to control the treadmill.

**Step 8:** After any usage of the APP, press HOME twice on the iPad. Close the APP that was just used in the background (see image). Then go back to the iPad settings in order to close the Bluetooth function. After about 10 seconds, a beep will sound and the screen will return to the regular LCD display.



## For Android devices

### 1. APP Software Download

Connect the Android tablet with the Play Store and search for PAFERS. Read through the APP manual and download the APP, which has a treadmill function, e. g., “Tread Monitor” and “Run on Earth”. Other APPS that are not created for the treadmill cannot be connected with the computer.



## 2. Find Bluetooth device and start APP

**Step 1:** Please place the Android Tablet in front of the LCD screen.

**Step 2:** Enter the tablet setting programs and open the Bluetooth.



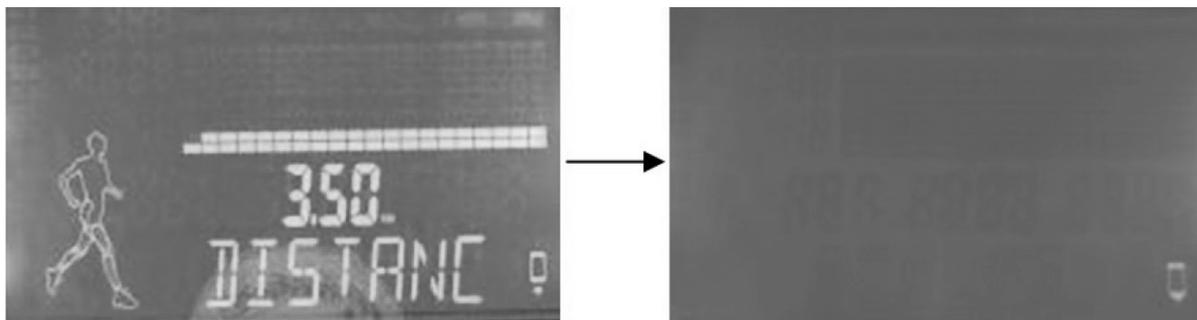
**Step 3:** Press HOME in order to get to the desktop and open the APP that you downloaded from the Play Store.

**Step 4:** Once you have gotten to the APP page, the treadmill will find the APP. Then a page will appear with the connection option. Press Connect and the Android Tablet will detect all Bluetooth devices in its range. Search for the Bluetooth device name from the treadmill and click on it to connect - As soon as the Bluetooth devices are detected, but you do not know the corresponding name, please contact your contract partner.



**Step 5:** Please wait a few seconds until the status has changed to “connected”. Then check if the Bluetooth sign appears in the upper right corner of the tablet (white sign stands for successful Bluetooth connection; gray sign stands for the Bluetooth is open, but not connected).

**Step 6:** As soon as Bluetooth has connected successfully, the APP sign will appear on the screen. A white background will appear on the LCD display. The sign in the lower right corner changes from “not connected” to “connected”. This means that the computer is successfully connected with the tablet. Then you can use any mode in the APP interface in order to control the treadmill.



**Step 7:** After each usage, close this APP in the background. Then go back to the Android tablet setting page in order to close the Bluetooth function. After about 10 seconds, a beep will sound and the screen will return to the regular LCD display.

## NOTES

- + The APP function is based on the connection of the treadmill via Bluetooth. Make sure that the treadmill is equipped with a Bluetooth set.
- + Once the connection was successful, start the treadmill APP within two minutes. If the APP is not started during this time or the distance between the tablet and treadmill is more than 2 m, the connection will be disrupted automatically and the steps above must be executed again.
- + The usage and function of every App are different. Please contact your contract partner or visit the PAFERS website in order to receive instructions and functional descriptions about the APP.
- + The APP does not change the metric/English unit automatically. If the unit from the APP is different from that of the console, please change the unit in the APP.

- + The software can be updated at any time and a new APP introduced at any time.
- + The APP contains the functions listed below. We recommend that the user opens a 3G network or Wi-Fi in order to be able to use all functions.

FITNESS MANAGEMENT: Register your personal account in the APP and log in. You can record and watch your fitness data for every training session. Some APPs require a connection to Google Maps for location services. This page can also be used as the display interface after localization.

**The following circumstances may disturb or crash the APP connection:**

- + If you are using the APP and at the same time have background applications running like music, images, etc. Please try to reduce switching between APPs and avoid opening too many applications. The connection can be disrupted through resource planning and independent protection of the tablet.
- + If the connection is disconnected, the treadmill will start the protection function and emit a continual warning sound. The speed will be decreased automatically in order to prevent the user from having safety problems.

**If the iOS devices APP no longer works, execute the following steps in order to establish the connection again:**

**Step 1:** Press HOME on the iPad quickly one after the other twice and delete all APPs in the temporary storage (also the PAFERS APP).



**Step 2:** Enter the iPad setting program. Press the arrow to the right right from the Bluetooth device name and select “Yes” in order to delete this Bluetooth device.



**Step 3:** Close the Bluetooth function and turn off the treadmill.

**Step 4:** Turn on the treadmill again after 10 seconds.

**Step 5:** Enter the iPad setting program, open the Bluetooth function. Search for the Bluetooth device name from the treadmill and connect again.

**Step 6:** Once you have successfully connected, please go back to the desktop and restart the PAFERS APP.

**If the Android devices APP no longer works, execute the following steps in order to establish the connection again:**

Search, download and install “Advanced Task Killer” in the Google Play Store. Open “Advanced Task Killer”, select all APPs (also the PAFERS APP). Then press “Kill selected APP”.

Enter the Android tablet setting program. Press “cancel matching”. Close the Bluetooth function and turn off the treadmill. Turn on the treadmill again after 10 seconds. Enter the Android tablet setting program. Open the Bluetooth function. Search for the Bluetooth device name from the treadmill and connect again. Once you have successfully connected, please go back to the desktop and restart the PAFERS APP.

If the problem is not yet solved, please check if the connected Bluetooth device belongs to the Android Tablet. If this is the case, turn off the Android Tablet temporarily. The Android Tablet possibly crashes or runs into other wireless interferences.

APP supporting devices (examples are listed below) Please refer to the explanations on the APP download pages for verification.

### **1. iOS devices**

iPod touch (4th)

iPod touch (3rd)

iPhone 5

iPhone 4S

iPhone 4

Mini iPad

iPad 2

iPad

### **2. Android devices**

ASUS Nexus 7

Samsung Galaxy Note 2

Samsung S4

The app can also be installed and used on other iOS or Android devices that are not listed here. Due to the different screen sizes and resolutions, the illustrations may be different and a calibration may be necessary if required. The models specified have already been calibrated. If an update is required, it will be specified on the PAFERS website.

Update iOS to 7.0 version or higher, Android to 4.0 or higher - this allows the user to have the best possible results.

### 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 treadmill 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.

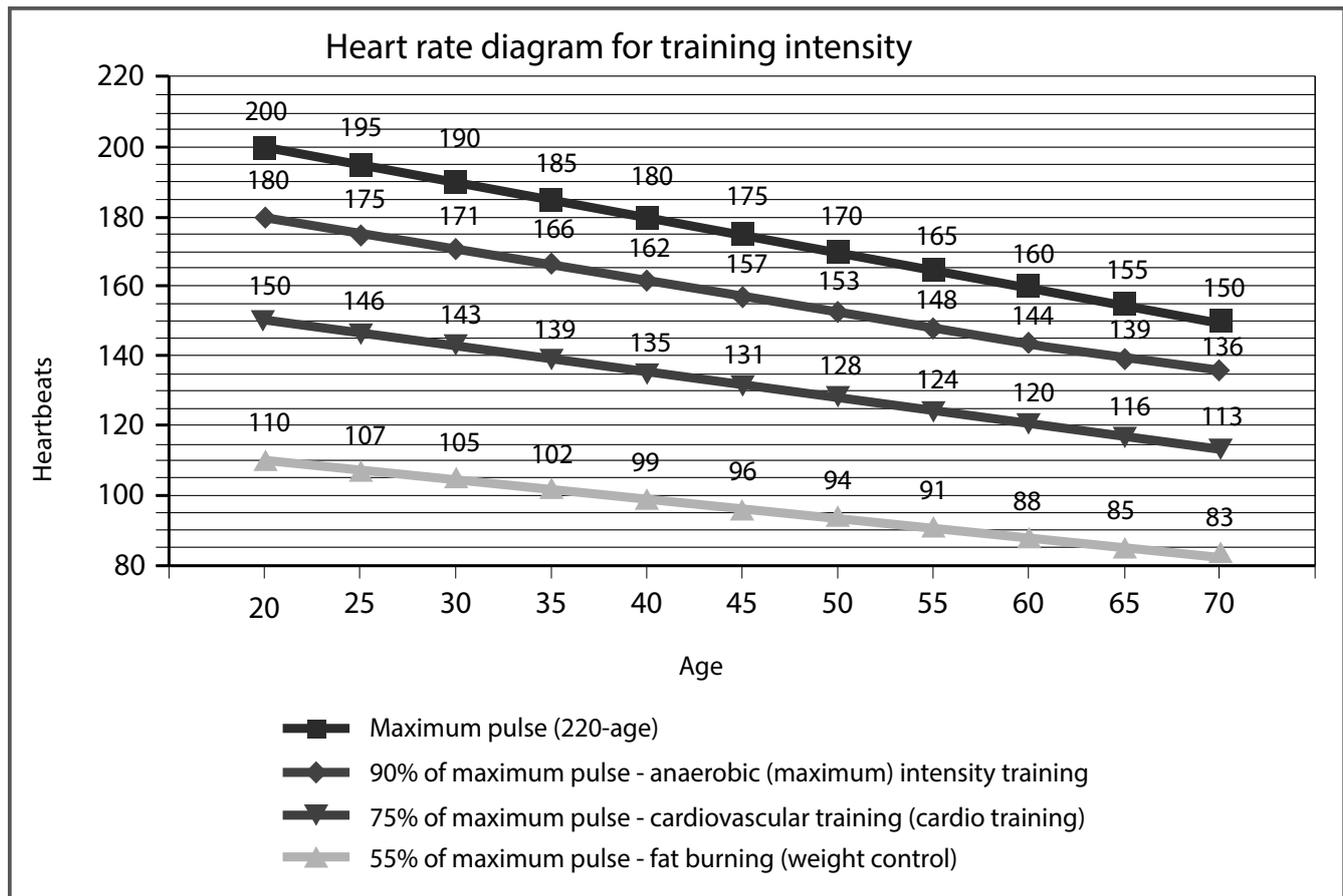
**Cardiovascular training (cardio training):** The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period 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 running 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. 5 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.	Brisk walking	30 min.	Running at a slow speed
Wed	20 min.	Brisk walking	30 min.	Running at a slow speed
Fri	20 min.	Brisk walking	30 min.	Running at a slow speed
Increased speed for two to three minutes in between in the second week. Maintain your heart rate.			Increase the speed in between in the second week. Maintain your heart rate.	

WEEK 3 + 4				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	25 min.	After every 10 min. run for 1 min.	35 min.	Running at a moderate speed
Wed	25 min.	After every 10 min. run for 1 min.	35 min.	Running at a moderate speed

Fri	25 min.	After every 10 min. run for 1 min.	35 min.	Running at a moderate speed
In the fourth week, run for two minutes after every 10 minutes. Maintain your heart rate.			In the fourth week, increase the speed for one minute each. Maintain your heart rate.	

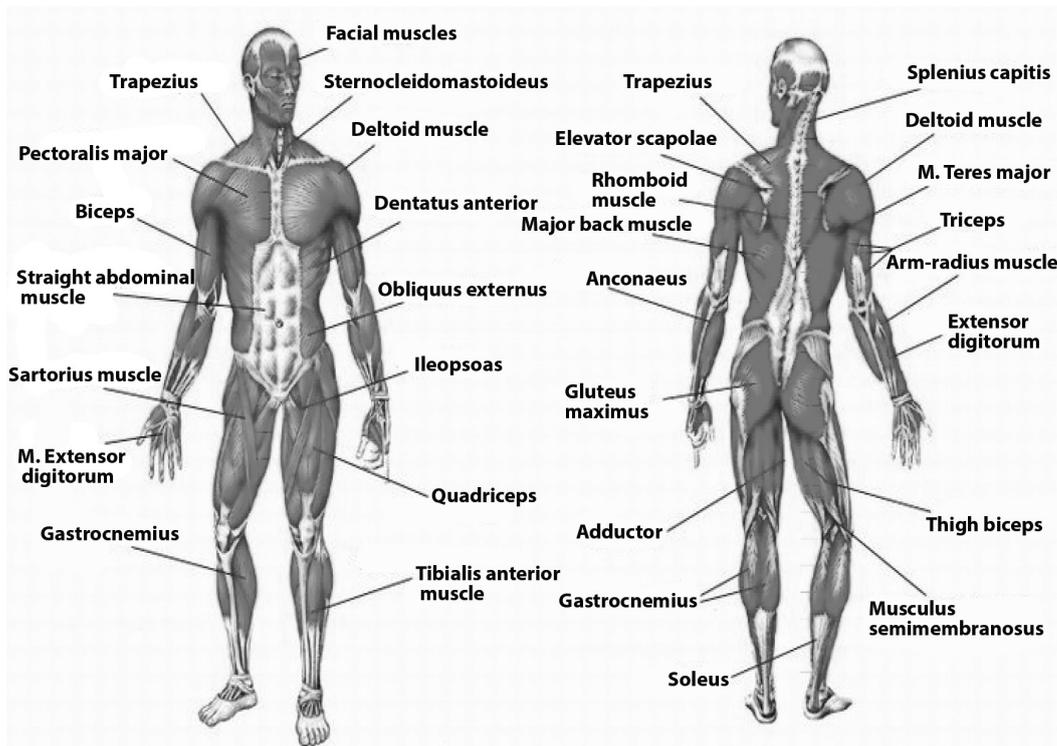
WEEK 5 + 6				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	30 min.	Alternate walking and running	40 min.	Running according to heart rate
Wed	30 min.	Alternate walking and running	40 min.	Running according to heart rate
Fri	30 min.	Alternate walking and running	40 min.	Running according to heart rate
In the fifth week, run for three minutes after every eight minutes. In the sixth week, run for three minutes after every six minutes. Maintain your heart rate.			Pay attention to your heart rate.	

WEEK 7 + 8				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	35 min.	Walk 8 minutes, run 5 minutes	45 min.	Running according to heart rate
Wed	35 min.	Walk 8 minutes, run 5 minutes	45 min.	Running according to heart rate
Fri	35 min.	Walk 8 minutes, run 5 minutes	45 min.	Running according to heart rate
Increase in the eight week: Walk five minutes, run seven minutes. Maintain your heart rate.			If you feel comfortable, then include a few steps or hills in your training.	

**Cool-down** approximately 5 min.

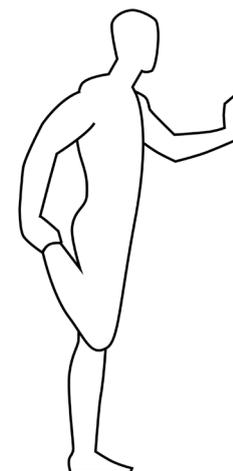
Finish your training at low resistance and at slow speed. Allow your body to gently slow back down.

## 5.4 Stretching exercises for leg & chest muscles



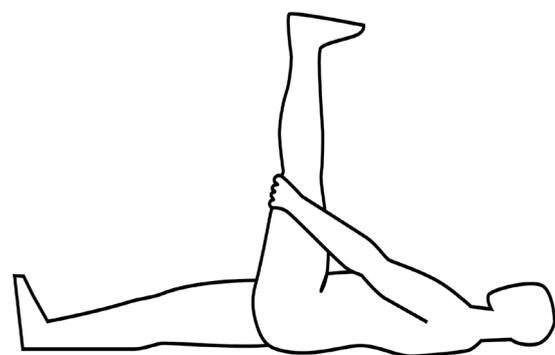
### 1. Exercise: Stretching of front thigh / leg extension (quadriceps)

- 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



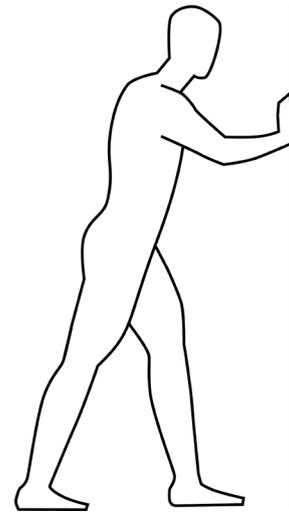
### 2. Exercise: Stretching the back thigh / leg curl (hamstring)

- 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



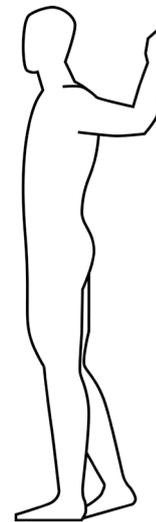
### 3. Exercise: Stretching the calf muscles (gastrocnemius)

- 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>	<b>Motor</b>
T9.9	Home use	24 months	30 years	10 years
	Semi-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**

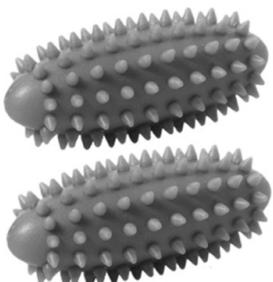
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At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.

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.

## 8 ORDERING ACCESSORIES

	<p>Sport-Tiedje floor mat size XXL</p> <p>Art. No. ST-FM-XXL</p>	
	<p>Polar transmitter chest strap T34 uncoded</p> <p>Art. No. T34</p>	
	<p>Togu Senso Walking Trainer</p> <p>Art. No. TOGU-470501</p>	
	<p>Chest strap contact gel 250ml</p> <p>Art. No. BK-250</p>	<p>Sport-Tiedje silicone spray</p> <p>Art. No. ST-1003</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
<p>+49 4621 4210-0</p> <p>+49 4621 4210-699</p> <p>service@sport-tiedje.de</p> <p>Mon - Fri 8:00 am - 6:00 pm</p> <p>Sat 9:00 am - 6:00 pm</p>	<p>+31 172 619961</p> <p>info@fitshop.nl</p> <p>Mon - Thu 9 am - 5 pm</p> <p>Fri 9 am - 9 pm</p> <p>Sat 10 am - 5 pm</p>	<p>+44 141 876 3972</p> <p>orders@powerhousefitness.co.uk</p> <p>Mon - Fri 9 am - 5 pm</p>

### 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	Qty.	Part number	Description
1	1	HTF236P-D5	console set
2	1	P-3534	console upper cover
3	10	SOC8	nylon nut M8xP1.25
4	1	P-3544	iPad holder
5	2	SAA5-15	round head Philips screw M5xP0.8x15
6	2	SOI5	nut M5X25X13
7	1	XEK-248	Bluetooth module
8	1	XRA-179-003	console board (LCD with BT module)
9	1	XEM-016	safety key switch set
10	1	1XEK-247	keyboard
12	1	P-3535	console lower cover
13	1	P-3540L	handrail upper cover left
14	1	P-3541L	handrail lower cover left
15	2	A1A094E0505-001	handrail tube
	4	SOF8A	hex nut M8XP1.25
16	1	P-3540R	handrail upper cover right
17	1	RCA-004	console overlay decal
18	1	P-3541R	handrail lower cover right
19	4	NO-4994	hand pulse sensor plate
20	2	P-3542	hand pulse plastic base
21	2	P-3543	rocking bar switch cover
22	4	NS-266	compressed spring
23	2	XL-1293B	handrail switch with hand pulse wire-lower
		XEK-249	handrial keyboard
24	1	RBA-043	handrail sticker-incline
25	1	RBA-042	handrail sticker-speed
26	24	SAK3-8	round head Philips self-tapping screw $\varnothing$ 3x8
27	4	SAI3-8	round head Philips self-tapping screw $\varnothing$ 3x8
28	30	SCI4-16	truss head Philips self-tapping screw $\varnothing$ 4x16
29	1	XL-874A	control wire-upper
30	1	XL-1084A	hand pulse wire-upper

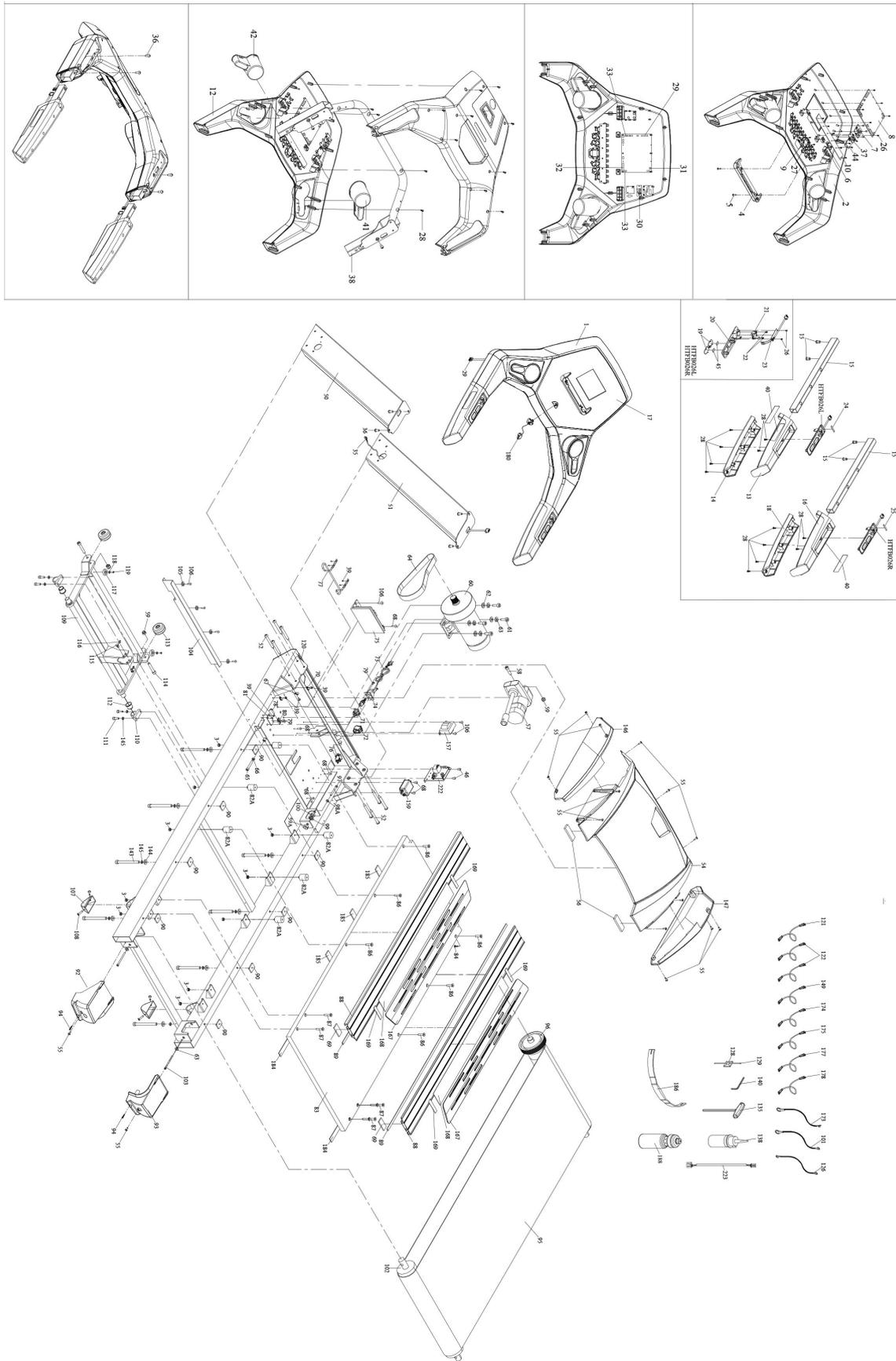
No	Qty.	Part number	Description
31	1	XHB-TW-400	wireless heart rate receiver
32	1	XL-1292	keyboard connected wire
33	2	XL-1293A	handrail switch with hand pulse wire-upper
34	1	XL-1291	BT module connected wire
35	1	XL-1286B	control wire-lower
36	8	SDA8-20I	Truss hex screw M8xP1.25x20
37	1	XEK-028-26	hand pulse board
38	1	JTFA048	console bracket
39	9	SCE5-10	Truss head Philips screw M5xP0.8x10
40	2	RAH-SP-002	handrail side sticker
41	1	P-3536R	bottle holder-right
42	1	P-3536L	bottle holder-left
44	1	XEK-250	USB charging board
45	4	BAC0250-150-03	double-sided tape 25mmx15mmx0.3t
46	2	SAE5-8	round head Philips screw M5xP0.8x8
50	1	JTCA064	upright tube left
51	1	JTCB058	upright tube right
52	8	SK-298A	truss hex screw
54	1	P-2588	motor cover upper
55	15	SCE5-15	truss head Philips screw M5xP0.8x15
56	2	BAA1000-120-50	foam sticker 100mmx12mmx5t
57	1	XM-121	incline motor
58	1	SK-439	CKS hex screw M10xP1.5x40
59	4	SOC10	nylon nut M10xP1.5
59A	1	SOC10-8T	nylon nut M10xP1.5x8t
60	1	XM-118	DC motor
61	4	SGA10-25I	CKS hex screw M10xP1.5x25
62	4	SPA100-200-30	flat washer $\varnothing$ 10x $\varnothing$ 20x3t
63	6	SPB10	spring washer M10
64	1	CA-240J10	drive belt
65	1	SGA8-80I	CKS hex screw M8xP1.25x80
66	1	SOA8	hex nut M8xP1.25
67	2	PEC-UC-1	wire clip knob

No	Qty.	Part number	Description
68	6	SAA5-10GZ	round head Philips screw M5xP0.8x10
69	2	BAE0500-240-3	rubber pad 50mmX24mmX3t
71	1	XEH-002-001	power cord socket
72	1	XEA-A002A	power switch
73	1	XLZ-TM	power cord
74	1	P-1825	power cord switch cover
75	1	XRB-013-002	controller
76	1	XEG-10-001	circuit breaker
77	1	NT-1636	power cord collector
78	1	XEM-002	sensor
79	4	SCE4-10	truss head Philips screw M4xP0.7x10
80	1	P-2231	sensor fixing base
81	1	NO-2399	sensor fixing plate
82A	6	P-1301F	fixing cushion
83	1	MB-011	running deck
		to replace running deck, the part number (184)x2pcs & (185)x3pcs must be replaced together	
84	1	SCI4-12	truss head Philips self-tapping screw ø4x12
85	1	BJ-22-080B	cable tie 2.2mmx80mm
86	6	SIA8-35I	counter sink hex screw M8xP1.25x35
87	4	SIA8-40I	counter sink hex screw M8xP1.25x40
88	2	NAL286E1367	aluminum pedal
		to replace aluminum deck, the part number (89) must be replaced together	
89	2	BAA13480-200-15	foam sticker 1348mmx20mmx1.5t
90	8	NO-3805	aluminum pedal fixing plate
92	1	P-3550L	rear end cap left
93	1	P-3550R	rear end cap right
94	2	SAM4-20	round head Philips self-tapping screw ψ4x20
95	1	CB00050C	running belt
96	1	NRL-005	front roller
97	1	SGA10-100I	CKS hex screw M10xP1.5x100
98A	1	SPA100-200-10	flat washer ø10xø20x1.0t
99	1	SPD10	thread washer M10

No	Qty.	Part number	Description
100	1	SOA10	hex nut M10xP1.5
101	1	XLT044	extension wire-yellow 14AWGx450x2R
102	1	NRL-005A	rear roller
103	2	SGA10-80I	CKS hex screw M10xP1.5x80
104	1	NO-4059	dustproof iron plate
105	4	SPB5	spring washer M5
106	5	SAE5-12	round head Philips screw M5xP0.8x12
107	2	P-1032	rubber pad
108	4	SCE6-10	truss head Philips screw M6xP1.0x10
109	1	JTBC010	incline base assembly
110	2	NT-1000	incline base fixing base
111	4	SGA8-25I	CKS hex screw M8xP1.25x25
112	2	P-1037	plastic sleeve
113	2	PB-00-003	wheel ø60xø10x30
114	2	SGC10-60-30I	CKS hex screw M10xP1.5x60
115	2	NT-1379	incline base flex X-shaped iron plate pin
116	2	SQC100-20	R-pin
117	2	P-1155	foot pad
118	2	SPA060-160-10	washer ø6xø16x1t
119	2	SMM4-16	washer Philips self-tapping screw ø4x16
120	1	JTAA040B	frame assmebly
121	1	XLT002	extension wire-white 14AWGx90x2T
122	2	XLT001	extension wire-black 14AWGx90x2t
126	1	XLT047	extension wire-yellow 14AWGx500x2R
128	2	PEC-HC-25	KSS wire clip fixing base
129	2	BJ-36-163B	cable tie 3.6mmx163mm
130	2	BE-1500	magic strap
135	1	SSB8-200	T-wrench
138	1	BD-001-100	silicon
140	1	SSH5-70-70M	L hex spanner & Philips screwdriver 5mmx70mmx70mm
143	8	SEA8-115-25	hex screw M8xP1.25x115
144	8	SPA080-200-20	washer ø8ø20x2t
145	12	SPB8	spring washer M8

No	Qty.	Part number	Description
146	1	P-2589L	motor side cover left
147	1	P-2589R	motor side cover right
149	1	XLT035	extension wire-white 14AWGx550x2T
157	1	XEN-008	choke
159	1	XEB-009	filter
167	2	BAC9100-920-05	double-sided tape 910mmx92mmx0.5t
168	4	BAC0900-200-05	double-sided tape 90mmx20mmx0.5t
169	2	P-2296B	side pedal decorative strap
173	1	XLT074	extension wire-yellow 14AWGx300x1T1R
174	1	XLT027	extension wire-white 14AWGx260x2t
175	1	XLT029	extension wire-black 14AWGx260x2t
177	1	XLT033	extension wire-white 14AWGx300x2t
179	1	XLT050	extension wire-black 14AWGx300x2t
180	1	P-2214	safety key
	1	DEC-20-1100	nylon rope
	1	PM-001	clip
184	2	RBA-016	grounding sticker 20x1390L
185	3	RBA-014	grounding sticker 20x670L
186	1	XHA-T34	Polar heart rate transmitter
188	1	PK-L-027	water bottle
222	1	XEK-245	ErP board
	1	NO-4060	connecting board base
	4	PEC-CS-0610	PC board insulate post
223	1	XL-1285	ErP board connecting wire

# 9.4 Exploded drawing



## CONTACT

### Company head office

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Flensburger Str. 55  
24837 Schleswig  
Germany

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[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

**Treadmill T9.9**