

# TAURUS®

## Operating Instructions



Art. No. TF-MASSAGER-2

TFMASSAGER.02.01

## Operating Instructions

### ⚠ CAUTION

If parts of the scope of delivery are missing or damaged, the equipment must not be used.

### Charging

#### ▶ ATTENTION

Charge the equipment for up to two hours using the supplied 16.8 V adapter before first use.

Connect the DC connector of the supplied adapter to the appropriate connector on the unit and the AC connector to a wall outlet.

- + The battery can be recharged at any time.
- + Depending on the selected settings, the battery runtime is 3–5 hours.

#### ▶ ATTENTION

It is not recommended to fully discharge the battery to the red display.

### Turning the Equipment On/Off

1. To turn on the equipment, press and hold the On/Off button for approx. 3 seconds.

*The indicators light up.*

2. To start the equipment, briefly press the On/Off button after it has been turned on.
3. Select one of the 3 levels by pressing the respective button.
4. To stop the equipment, briefly press the On/Off button.
5. To turn off the equipment, press and hold the On/Off button for approx. 3 seconds.

### Level

Level	Beats/Minute	Frequency
1	1200	20Hz
2	2000	33,33Hz
3	2800	46,67Hz

### Changing the Massage Head

1. To insert a massage head, switch off the equipment and push the attachment completely into place.
2. To remove a massage head, turn off the power and pull out the massage head.

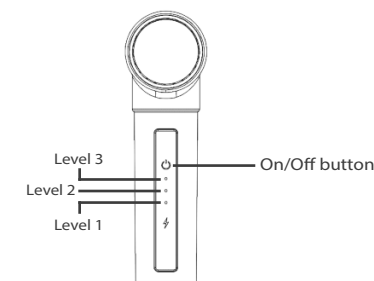
## Specification

The Massager is a portable, rechargeable massage device with vibration for use on deep-set muscle fasciae. The various massage heads and adjustment options allow the device to effectively reduce pain caused by the accumulation of lactic acid after training.

### Technical Data

Rated Voltage:	DC 16.8 V
Rated Frequency:	20–46.67Hz
Battery Runtime:	3–5H
Charger:	16.8 V/0.4 A
Massage Heads:	5 Pcs
Amplitude:	8 mm
Motor Output:	20 W

### Overview



⚡	red	Battery charge is less than 10%. Charge the battery.
	green	Battery charge is more than 10%.

## Massage Heads



### Ball shape

The ball head has been specially developed for general use and the massage of trigger points and is particularly suitable for the treatment of large muscle groups.

### Flat shape

The head with the flat shape can be used for large body regions and is particularly suitable for beginners due to its large surface. With the flat attachment, an even pressure is created on the treated surface.



### U-shape

The U-shaped head is particularly suitable for the treatment of body regions where tendons or bones are to be massaged. The neck muscles, the muscles to the left and right of the spine and around the Achilles tendon are possible areas of application for this head. Please note that you should not massage directly onto the bone.

### Finger shape

Use the finger head for the targeted massage of trigger points and fasciae. Wherever you would otherwise massage with a finger.



### Thumb shape

The thumb shape is suitable for acupressure massage, especially for the muscle regions of the palm of the hand and sole of the foot.

## General Safety Instructions

- + This equipment may not be used by children
- + Children should not be allowed unsupervised access to the equipment
- + The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.
- + The socket must be protected by a fuse with a minimum fuse rating of "16 amps".
- + Do not make any changes to the mains cable or the mains plug.
- + Keep the mains cable away from water, heat, oil and sharp edges.

## Care, Maintenance and Storage

### ⚠ WARNING

The storage location should be chosen so that improper use by third parties or children can be prevented.

1. Clean the device with a dry soft cloth.
2. Store the device in the supplied carton in a dry environment.

## Warranty Information

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

### Warranty period

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

Please refer to the website of your Taurus® device for the exact warranty conditions.

## Contact

### DE

#### Technical Support

☎ +49 4621 4210-900

✉ technik@sport-tiedje.de

#### Service

☎ 0800 20 20 277

(freecall)

✉ info@sport-tiedje.de

### UK

#### Technical Support

☎ +44 141 876 3986

✉ support@powerhousefitness.co.uk

#### Service

☎ +44 141 876 3972

### FR

#### Technical Support & Service

☎ +33 (0) 172 770033

+49 4621 4210-933

✉ service-france@fitshop.fr

### DK

#### Technical Support & Service

☎ 80 90 16 50

+49 4621 4210-945

✉ info@fitshop.dk

### INT

#### Technical Support & Service

☎ +49 4621 4210-944

✉ service-int@sport-tiedje.de

### BE

#### Technical Support & Service

☎ 02 732 46 77

+49 4621 42 10-932

✉ info@fitshop.be

### NL

#### Technical Support & Service

☎ +31 172 619961

✉ info@fitshop.nl

### AT

#### Technical Support & Service

☎ 0800 20 20 277

(freecall)

+49 4621 42 10-0

✉ info@sport-tiedje.at

### CH

#### Technical Support & Service

☎ 0800 202 027

+49 4621 42 10-0

✉ info@sport-tiedje.ch

### PL

#### Technical Support & Service

☎ 22 307 43 21

+49 4621 42 10-948

✉ info@fitshop.pl