

# TAURUS®

## Assembly and Operating Instructions



max. 150 kg



~ 60 Min. 



130 kg  
L 93 | W 98 | H 167

TF-VT9PRO.02.02

Art. No. TF-VT9PRO-2

Vibration Plate VT9 Pro



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**Dear customer,**

Thank you for choosing a high-quality equipment of the brand Taurus®. Taurus® offers sports and fitness equipment for the sophisticated home sport and the equipment of fitness studios and business customers. With Taurus® fitness equipment, the focus is on what sport is all about: maximum performance! Therefore, the equipment is developed in close consultation with athletes and sports scientists. Because athletes know best what makes perfect fitness equipment.

Further information can be found at [www.sport-tiedje.com](http://www.sport-tiedje.com).

**Intended Use**

The equipment may only be used for its intended purpose.

This fitness equipment is suitable for home use, semi-professional use and commercial or professional use. The semi-professional sector includes, for example, institutional facilities such as hospitals, schools, hotels and associations. Professional use refers to commercial use, e.g. in a fitness studio.

**Legal Notice**

Sport-Tiedje GmbH  
Europe's No. 1 for home fitness

International Headquarters  
Flensburger Straße 55  
24837 Schleswig  
Germany

Management:  
Christian Grau  
Sebastian Campmann  
Dr. Bernhard Schenkel  
No. HRB 1000 SL  
Local Court Flensburg  
European VAT Number: DE813211547

**Disclaimer**



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

## ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.

Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.

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 carefully follow the instructions 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 following safety instructions may appear in this manual:

► **ATTENTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

⚠ **CAUTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

⚠ **WARNING**

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

⚠ **DANGER**

This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

ⓘ **NOTICE**

This notice indicates further useful information.

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

## 1.1 Technical Data

### TFT Display of:

- + Exercise instructions
- + Training time in min.
- + Frequency, amplitude, weight

Technical data of the Taurus vibration plate VT9 PRO:

| Frequency | Amplitude |      | Weight |      |
|-----------|-----------|------|--------|------|
|           | High      | Low  | High   | Low  |
| 20-24     | 3,2       | 2    | 0,9    | 0,8  |
| 25-29     | 2,4       | 1,45 | 1,35   | 0,97 |
| 30-34     | 2         | 1,1  | 1,38   | 1,08 |
| 35-39     | 1,8       | 0,9  | 1,83   | 1,13 |
| 40-44     | 1,4       | 0,85 | 1,9    | 1,28 |
| 45-49     | 1,3       | 0,85 | 2,08   | 1,58 |
| 50-54     | 1         | 0,78 | 2,95   | 1,75 |
| 55-59     | 0,85      | 0,7  | 4,15   | 2,55 |
| 60        | 0,8       | 0,6  | 5,15   | 3,2  |

Training programmes: 8

User programmes: 3

### Weight and dimensions:

Article weight (gross, incl. packaging):

Box 1: 23,5 kg

Box 2: 114 kg

Article weight (net, without packaging):

133 kg

Packed dimensions (L x W x H):

Box 1: approx. 1770 mm x 510 mm x 390 mm

Box 2: approx. 1100 mm x 1100 mm x 330 mm

Set-up dimensions (L x W x H):

approx. 930 mm x 980 mm x 1670 mm

Maximum user weight:

150 kg

## 1.2 Personal Safety

### **DANGER**

- + 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. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.

### **WARNING**

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

### **CAUTION**

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.

### **ATTENTION**

- + Do not insert any objects of any kind into the openings of the equipment.

## 1.3 Electrical Safety

### **DANGER**

- + 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.

### **WARNING**

- + Do not leave the equipment unattended while the mains cable is plugged into the mains socket. During your absence, the mains cable must be removed from the mains socket to prevent improper use by third parties or children.
- + If the mains cable or plug is damaged or defective, contact your contract partner. Until repair, the equipment must not be used.

### **ATTENTION**

- + The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.
- + 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 A, slow blow".
- + 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. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.

## 1.4 Set-Up Place

### **WARNING**

- + Do not place the equipment in main corridors or escape routes.

### **CAUTION**

- + 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.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.

### **ATTENTION**

- + The equipment may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
- + 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



#### **DANGER**

- + Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.



#### **WARNING**

- + Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



#### **CAUTION**

- + Ensure to have sufficient room for movement in each direction during assembly.
- + The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.



#### **ATTENTION**

- + To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.



#### **NOTICE**

- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

## 2.2 Scope of Delivery

The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the equipment are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

 **CAUTION**

If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.



Console mast



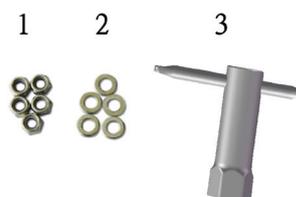
Plate



Hand straps



Floor mat



1. Nuts
2. Washers
3. Socket spanner

## 2.3 Assembly

Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### ① NOTICE

First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.

### Step 1

1. Lift the platform and use the cardboard box as a base to assemble the platform and the console mast.



### Step 2

1. Place the console mast above the assembly holes and secure the parts with 5 washers and nuts.



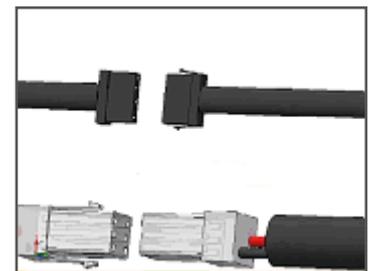
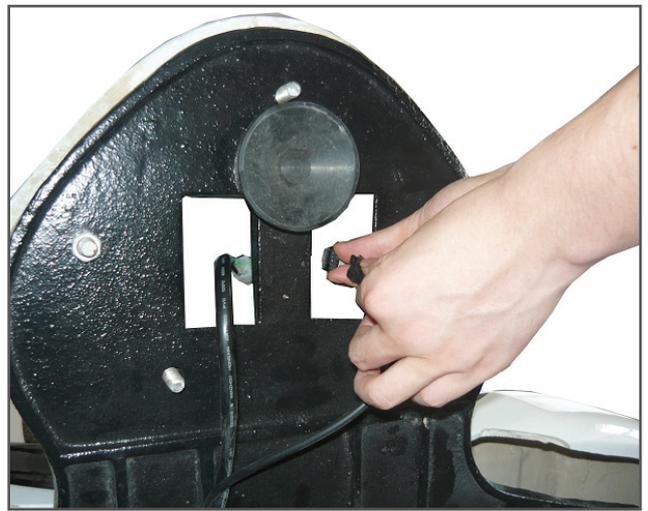
### Step 3

1. Tighten the nuts under the console mast with the socket spanner while a second person lifts the equipment.



### Step 4

1. While one person lifts the equipment, the other connects the two cables under the console mast.



## 3 OPERATING INSTRUCTIONS

### ① NOTICE

Familiarise yourself with all the functions and setting options of the equipment before starting training. Have the proper use of this product explained to you by a specialist.

### 3.1 Console Display



Main console



Display at console mast

## 3.2 Button Functions

|                     |   |
|---------------------|---|
| <b>START</b>        | Press START to adjust settings or start a selected programme.   |
| <b>PAUSE / STOP</b> | During training: Press PAUSE / STOP to pause the training or to return to the last display.   |
| <b>UP</b>           | During training: Press UP to increase the frequency. In the settings: Press UP to set time, frequency, H/L and programme selection.     |
| <b>DOWN</b>         | During training: Press DOWN to decrease the frequency. In the settings: Press DOWN to set time, frequency, H/L and programme selection. |
| <b>ENTER</b>        | Press ENTER button to confirm the settings and move to the next step.   |
| <b>RETURN</b>       | In the settings: Press the RETURN button to go to the last setting or last page.  |

## 3.3 Console Operation

### Home screen

1. Press UP to display the last page.
2. Press DOWN to display the next page.
3. Each page is displayed for 10 seconds before switching to the next page.
4. After the warning message, the display switches to the menu page to select the programme.

### Menu

1. Four menu items: MANUAL, PRESET (training programmes), USER, PRECAUTIONS.
2. Select an item with the UP / DOWN buttons.
3. Press ENTER to confirm.



## 3.4 Programmes

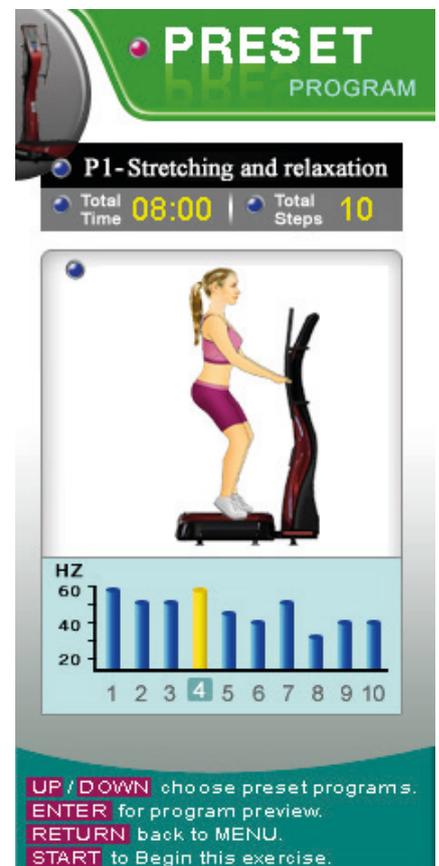
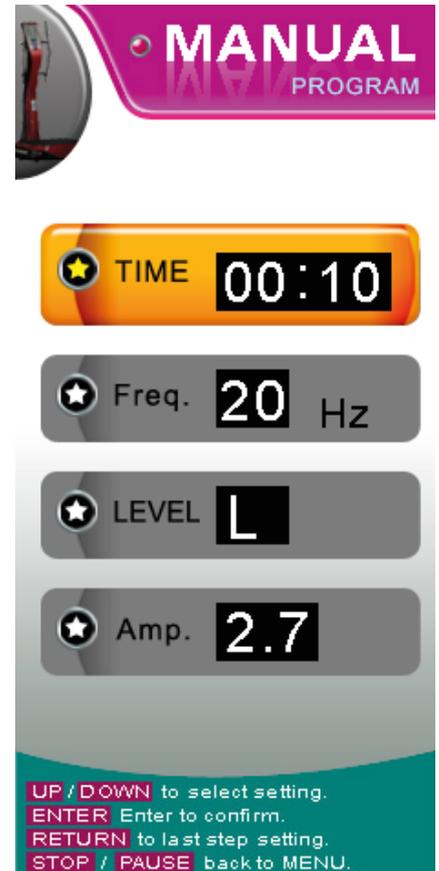
### 3.4.1 Manual Programmes

1. Press UP / DOWN to set the time, frequency and level.
2. Press ENTER to confirm the entry and proceed to the next setting.
3. Press RETURN to return to the last setting.
4. After you have set TIME, FREQUENCY and LEVEL, the settings for the manual programme are complete.
5. Press START to start the training.
6. Press STOP/PAUSE to pause the training and return to the menu.

### 3.4.2 Training Programmes

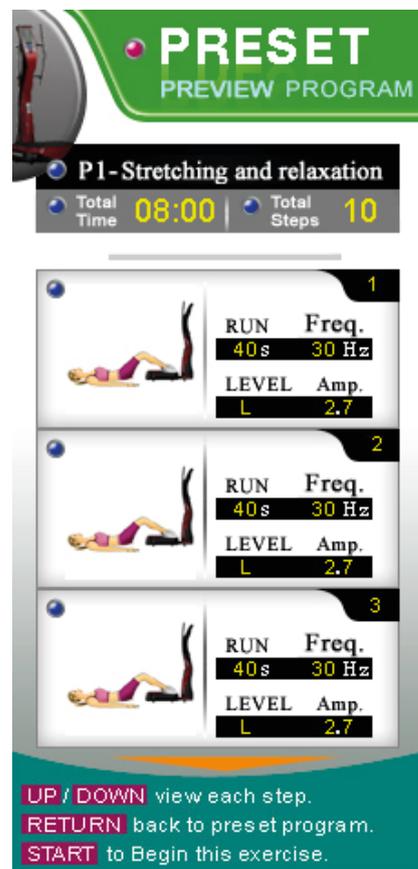
- + P1: Stretching and relaxation
- + P2: Full-body workout
- + P3: Upper body workout
- + P4: Lower body workout
- + P5-P8: Advanced programmes

1. Press UP / DOWN to display the training position and training time for each programme.
2. Press ENTER to display a preview.
3. Press START to start the training.
4. Press RETURN to return to the menu.



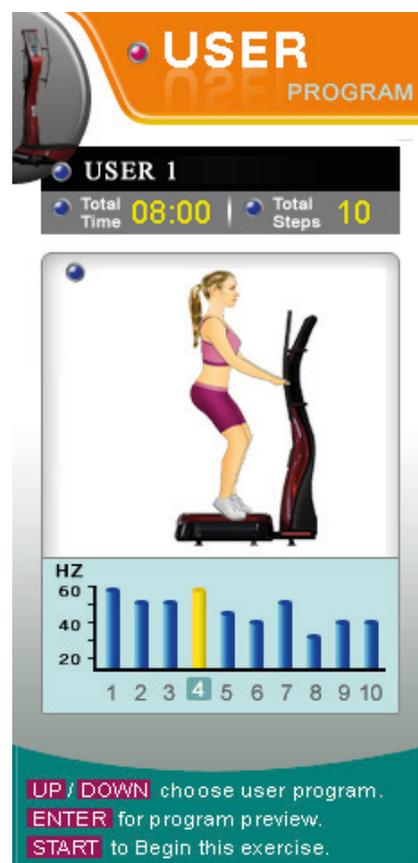
## Training programmes preview

1. Press UP / DOWN or ENTER to display each training step.
2. Press RETURN to return to the last page.
3. Press START to start the training.
4. During training, the frequency can be adjusted in 1 Hz steps with the UP and DOWN buttons.



## 3.4.3 User Programmes

1. Press UP / DOWN to display the training position and training time for each user programme.
2. Press ENTER to preview the user programmes.
3. Press RETURN to return to the main menu.
4. Press START to start the training.

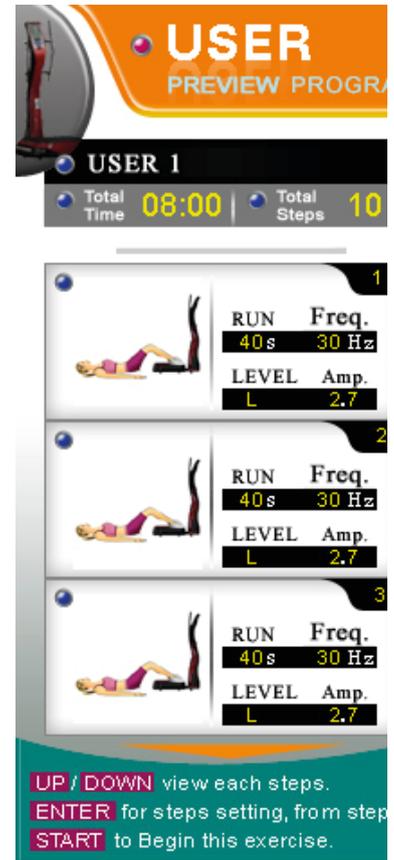


## Settings of the user programmes

1. Press UP/ DOWN to display the steps of the user settings.
2. Press ENTER to adjust user settings.
3. Press RETURN to return to the user programme.
4. Press START to start the training.

## User programme settings

1. Use the UP / DOWN buttons to set the frequency in Hz and press ENTER to confirm.
2. Select the training position with the UP DOWN buttons and press ENTER to confirm. Available training positions depend on the training frequency.
3. Select the training level (L for low and H for high) with the UP / DOWN buttons, press ENTER to confirm.
4. Set the training time for each segment with the UP / DOWN buttons and press ENTER to confirm.
5. Press RETURN to return to the last setting.
6. Repeat the steps for all 10 segments. After all settings have been made, "User program setting completed" is displayed.
7. Press START to start the training.
8. Press STOP to return to the programme preview. All settings are saved.



## Training display

1. During training, use the UP / DOWN buttons to adjust the frequency.
2. Use the quick start buttons on the console mast to set a frequency of 30 Hz, 40 Hz, or 50 Hz.
3. The time for the training intervals counts down to zero and then switches to RESET mode for 15 seconds.
4. The programme ends when the total training time has elapsed. Press **START** to repeat the training or **RETURN** to return to the programme selection.
5. During the training, the programme can be interrupted by pressing **STOP/ PAUSE**.
6. Press **RETURN** to return to the programme page or **START** to continue the training.
7. For further information and instructions, please read the instructions for each training position carefully.



The image shows a digital display for a fitness machine. The display is divided into several sections: 'TOTAL' showing '08:00', 'RUN' showing '60s', 'Freq.' set to '30Hz', 'LEVEL' set to 'L', and 'Amp.' set to '2.3'. Below the display, it says 'Stretching and relaxation' and 'P1 - 08'. To the right, there are two diagrams of a human figure showing muscle groups. Below the diagrams, a woman in a purple sports outfit is performing a lunge exercise on the machine's platform. A teal banner at the bottom contains the following text:

Keeping leg on the plate straight, bend and lean another leg. Lower your hips and sit back. This exercise will stretch the insides of your thighs.

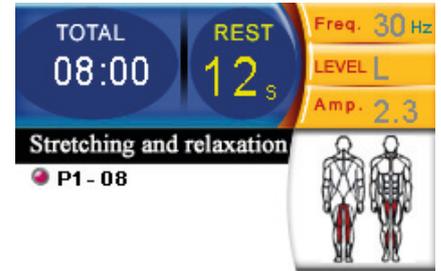


The image shows the same digital display as above, but now it says 'COMPLETE' in large blue letters. Below the display, it says 'Stretching and relaxation' and 'P1 - 08'. To the right, there are two diagrams of a human figure showing muscle groups. Below the diagrams, a woman in a purple sports outfit is performing a lunge exercise on the machine's platform. A teal banner at the bottom contains the following text:

**START** to run this manual program again.  
**RETURN** back to MANUAL Program.

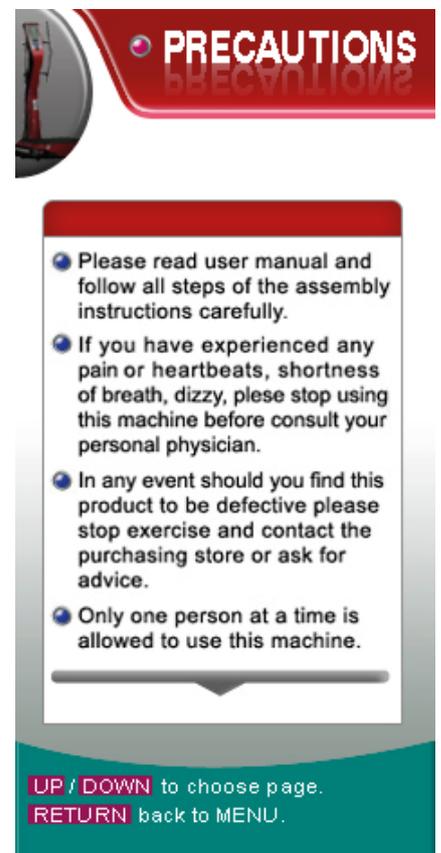
## REST mode

1. Each pause between the intervals is 15 seconds.
2. During this pause, the next training position is displayed and the user can prepare for the next interval.

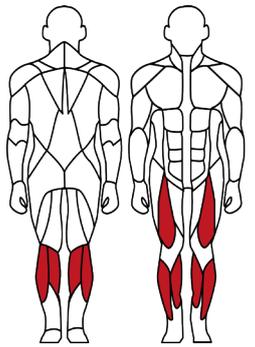
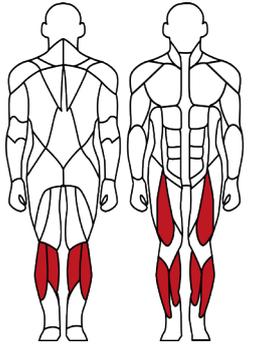
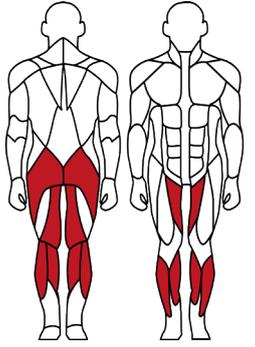
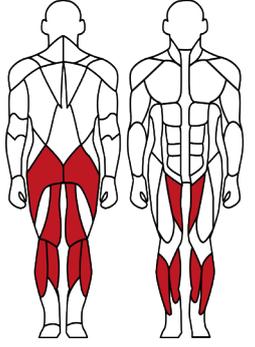


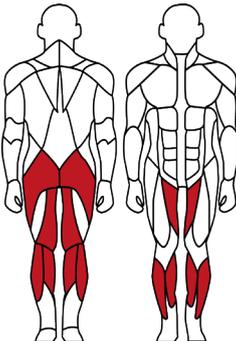
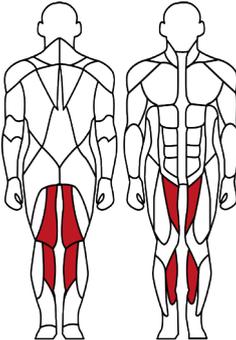
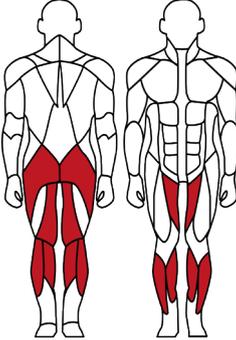
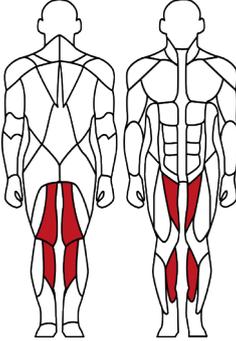
## Precautions

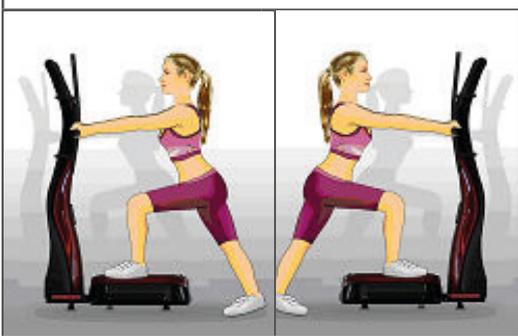
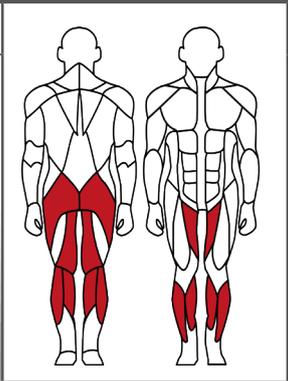
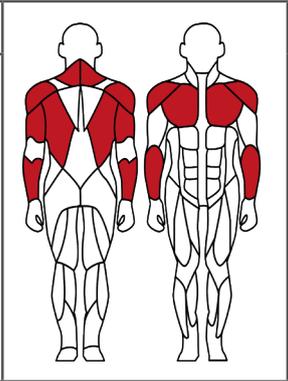
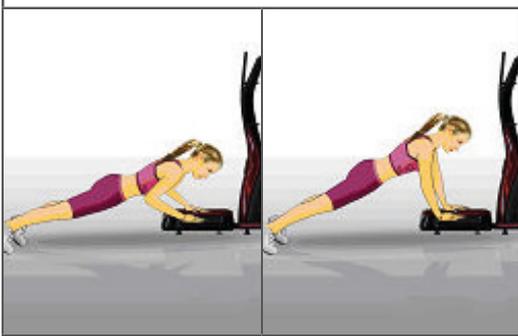
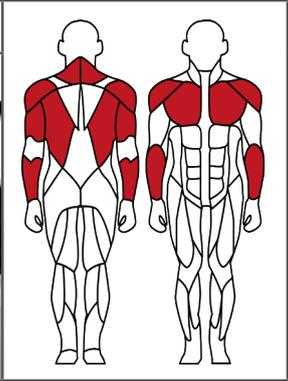
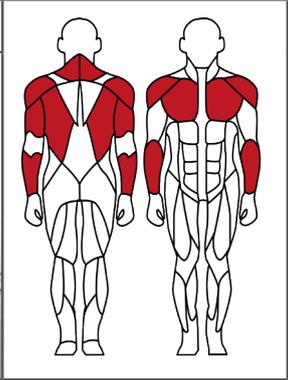
1. Please read the safety instructions completely before using the equipment.
2. Press the UP / DOWN buttons to go to the last/ next page.
3. Each page is displayed for 10 seconds until the display changes to the next page.
4. Press RETURN to return to the main menu.

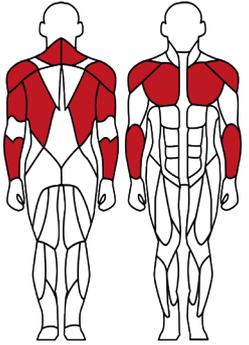
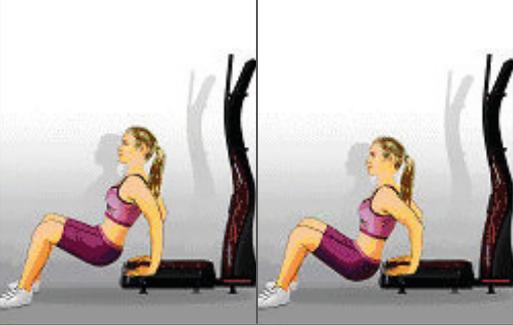
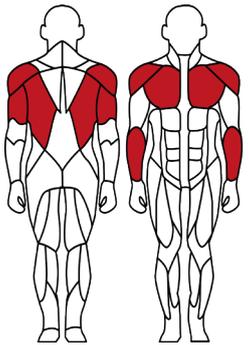
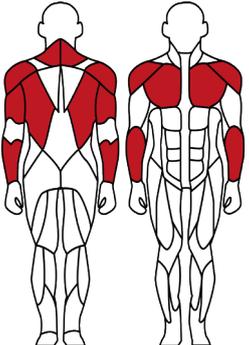
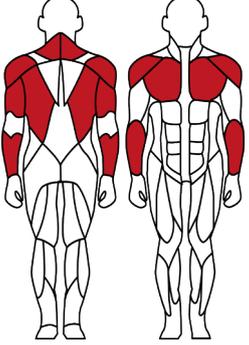


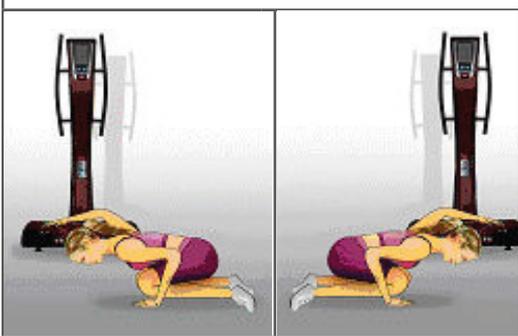
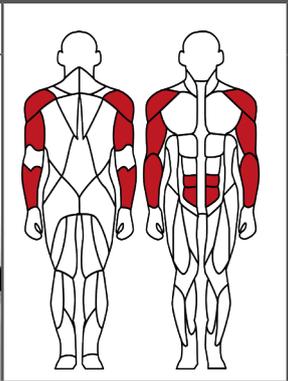
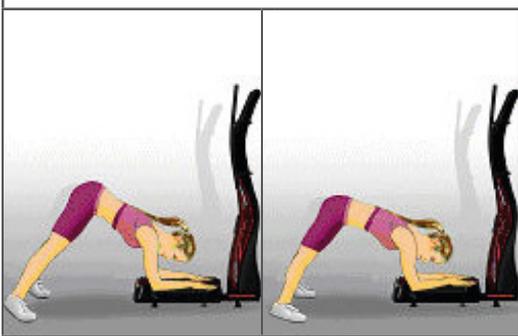
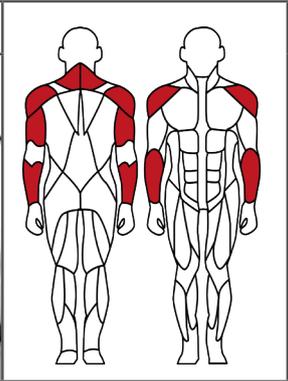
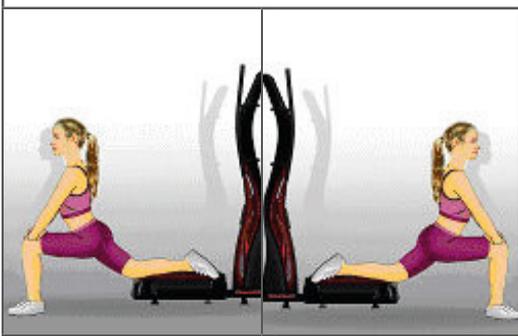
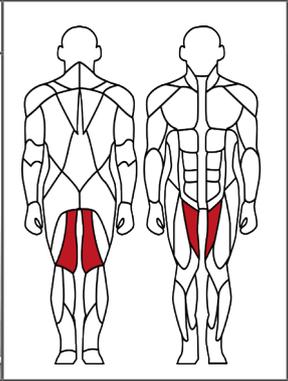
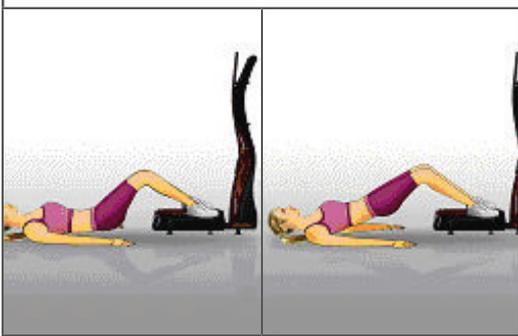
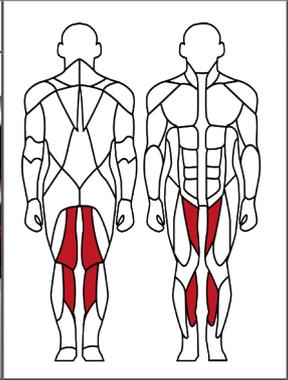
### 3.5 Training Positions

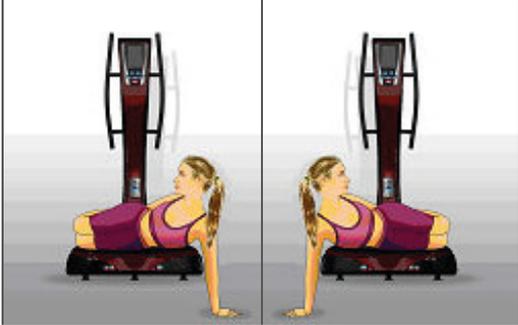
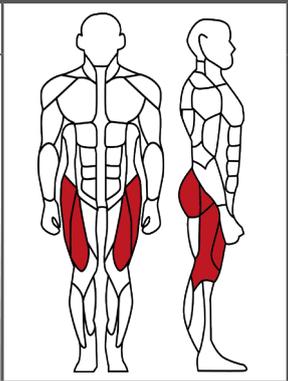
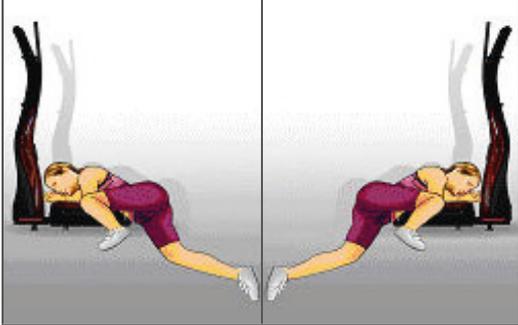
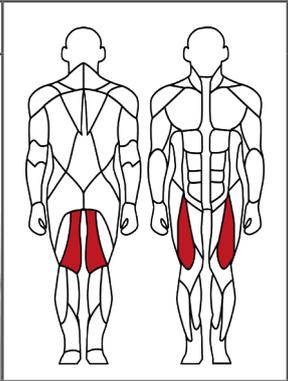
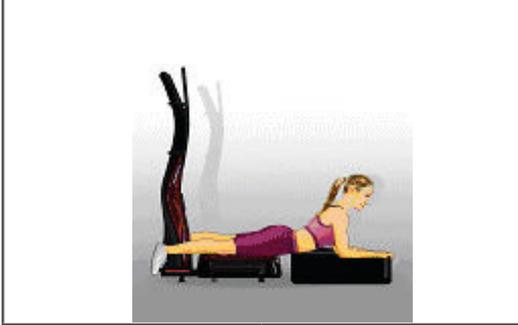
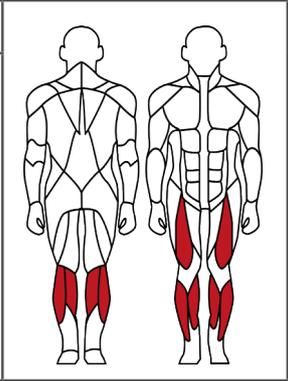
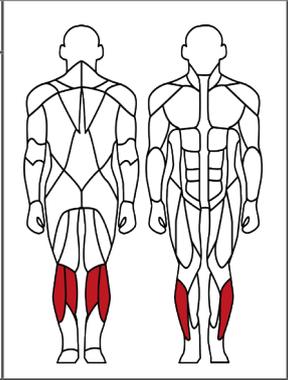
| Illustration   | Muscle groups   | Description  |
|--|---|--|
| <p>Position 01 - (up and down)</p>  |    | <p>Stand on tiptoe with hips slightly bent and abdominal muscles contracted.</p>   |
| <p>Position 02</p>                 |   | <p>Stand with your feet shoulder-width apart. Keep your back straight and knees slightly bent and bend your hips until you feel the desired tension in your thighs and hips.</p> |
| <p>Position 03</p>                |  | <p>Stand with your feet more than shoulder-width apart. Lean back slightly and bend your legs slightly until you feel the tension in your back, gluteal muscles and thighs.</p>  |
| <p>Position 04</p>                |  | <p>Stand with your feet pointing outwards more than shoulder width apart. Bend your legs and lean back slightly; you should feel tension in the front and back thighs.</p>       |

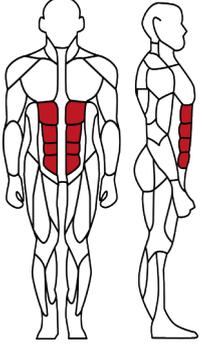
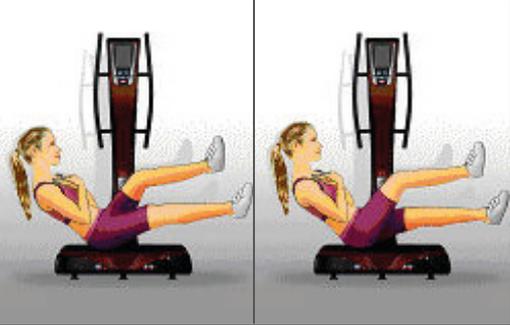
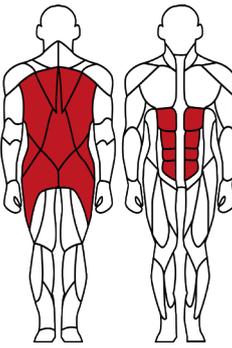
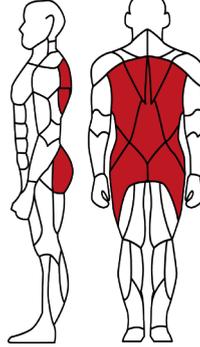
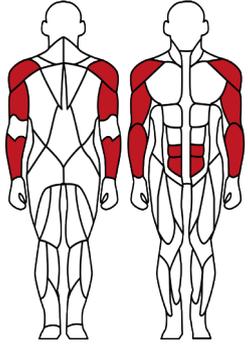
| Illustration  | Muscle groups   | Description  |
|---|---|--|
| <p data-bbox="140 197 507 232">Position 05 - (left and right)</p>      |    | <p data-bbox="946 203 1442 427">Stand sideways on the plate with one foot in front of the other. Bend the front leg slightly and keep the back leg straight while pushing the back heel towards the plate until your calves are tense.</p>               |
| <p data-bbox="148 584 304 616">Position 06</p>                         |    | <p data-bbox="946 584 1442 808">Stand on the plate and hold on to the handles. Keep your legs straight without stretching them fully. Push your hips back and bend your upper body forward as far as possible to stretch your glutes and hamstrings.</p> |
| <p data-bbox="140 965 507 1001">Position 07 - (left and right)</p>   |   | <p data-bbox="946 965 1410 1066">Stand with one foot on the plate, slightly bend your knee and tense the abdominal muscles.</p>  |
| <p data-bbox="140 1346 507 1382">Position 08 - (left and right)</p>  |  | <p data-bbox="946 1346 1442 1491">Place one foot on the plate with your leg extended. Bend your other leg and support it. Lean away from the plate to stretch the inner thigh.</p>   |

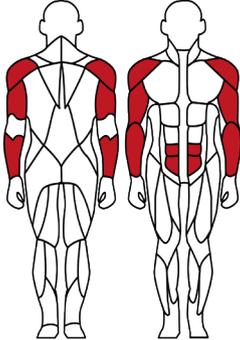
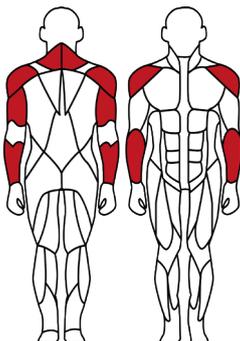
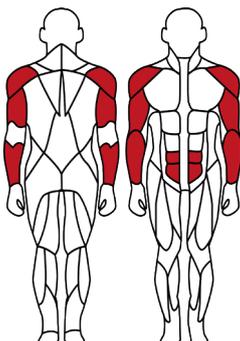
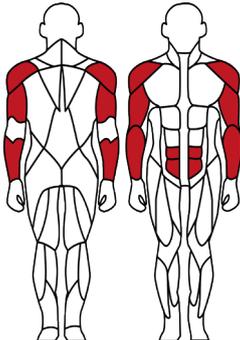
| Illustration  | Muscle groups   | Description  |
|---|---|--|
| <p data-bbox="129 192 647 237">Position 09 - (left and right)</p>      |    | <p data-bbox="935 192 1463 573">Place one foot on the plate and the other in front of it. Bend your knee and ankle until you feel tension in the back of your thigh.</p>             |
| <p data-bbox="129 573 647 618">Position 10</p>                         |    | <p data-bbox="935 573 1463 954">Place your elbows on the plate and tense your abdominal muscles. Slowly raise your hips until you feel the tension in your abdominal muscles.</p>    |
| <p data-bbox="129 954 647 999">Position 11 - (up and down)</p>        |   | <p data-bbox="935 954 1463 1335">Place your hands on the mat (shoulder-width apart). Tighten the abdominal muscles and straighten your elbows so that you press upwards.</p>         |
| <p data-bbox="129 1335 647 1379">Position 12 - (left and right)</p>  |  | <p data-bbox="935 1335 1463 1715">Lie sideways with one foot behind the other. Place your bent elbow on the plate and lift your hips upwards with your abdominal muscles tensed.</p> |

| Illustration   | Muscle groups   | Description   |
|--|---|---|
| <p>Position 13</p>                  |    | <p>Kneel in front of the equipment and place your forearms on the plate. Keep your body at a 90 degree angle and your back straight.</p>                    |
| <p>Position 14 - (up and down)</p>  |    | <p>Support yourself on the plate with your hands shoulder-width apart and elbows bent. Extend your elbows and raise your hips up and down.</p>              |
| <p>Position 15</p>                |   | <p>Place your hands on the plate (shoulder-width apart). The fingers point towards each other. Keep your back straight and tense the abdominal muscles.</p> |
| <p>Position 16</p>                |  | <p>Sit on the floor with your legs bent and place a mat between the plate and your back.</p>  |

| Illustration   | Muscle groups   | Description  |
|--|---|--|
| <p data-bbox="129 192 647 237">Position 17 - (left and right)</p>   |    | <p data-bbox="935 192 1463 349">Place your bent arm on the plate and lower your upper body slowly to the floor until you feel the tension in your chest muscles.</p>   |
| <p data-bbox="129 573 647 618">Position 18 - (up and down)</p>      |    | <p data-bbox="935 573 1463 775">Place your elbows on the plate (shoulder-width apart) and assume a posture with your upper body as shown in the illustration. Move your feet slightly towards the plate.</p> |
| <p data-bbox="129 954 647 999">Position 19 - (left and right)</p>  |   | <p data-bbox="935 954 1463 1155">Place one shin on the plate and push your hips and pelvis forward while keeping your torso and back straight until you feel the tension in your hips and abdomen.</p>       |
| <p data-bbox="129 1335 647 1379">Position 20 - (up and down)</p>  |  | <p data-bbox="935 1335 1463 1491">Lie on a mat in front of the equipment and place the feet on the plate. Raise the hips and tense the abdominal muscles.</p>  |

| Illustration   | Muscle groups   | Description   |
|--|---|---|
| <p>Position 21</p>                  |    | <p>Lie sideways on the plate with your legs bent and support yourself with one arm on the floor.</p>  |
| <p>Position 22 - (up and down)</p>  |    | <p>Lie on the floor, placing the inside of the thigh on the plate.</p>  |
| <p>Position 23</p>                |   | <p>Place your legs on the plate in prone position and support yourself on e.g. a stepper (as accessory) or similar support. The support should be the same height as the plate.</p> |
| <p>Position 24</p>                |  | <p>Lie relaxed on the floor and place your calves on the plate. The toes should point upwards.</p>  |

| Illustration   | Muscle groups   | Description  |
|--|---|--|
| <p>Position 25</p>                  |    | <p>Lie on the plate with your hands behind your head for support. Lift your upper body towards your legs, making sure that your back and buttocks are always touching the mat.</p> |
| <p>Position 26 - (up and down)</p>  |    | <p>Sit on the plate and cross your arms in front of your chest. Stretch one leg straight out while keeping the other higher and slightly bent.</p>                                 |
| <p>Position 27</p>                |   | <p>Sit on the plate and bend your legs. Relax your upper body and slowly bend forward.</p>   |
| <p>Position 28</p>                |  | <p>Hold both handles with bent elbows. Put your upper arm muscles (biceps) under tension during the vibrations.</p>  |

| Illustration  | Muscle groups   | Description   |
|---|---|---|
| <p>Position 29</p>                       |    | <p>Hold both handles with the arms stretched out at the same height. Adjust the tension by holding the handles higher or lower.</p> |
| <p>Position 30</p>                       |    | <p>Hold the handles sideways at shoulder height. You should feel tension in the (back) upper arms and shoulders.</p>                |
| <p>Position 31</p>                     |   | <p>Pull the handles upwards and backwards or to the level of the navel until you feel the tension in your arms and upper back.</p>  |
| <p>Position 32 - (left and right)</p>  |  | <p>Hold the handle with one hand and place the other hand behind your head. Lean slightly away from the plate.</p>                  |

### 3.6 Training Programmes Overview

| P1 Stretching and relaxation |          |     |       |       |      |
|------------------------------|----------|-----|-------|-------|------|
| No.                          | Position | RUN | Freq. | Level | Amp. |
| 1                            | 01       | 40  | 30    | L     | 1.1  |
| 2                            | 32       | 55  | 35    | L     | 0.9  |
| 3                            | 21       | 50  | 35    | L     | 0.9  |
| 4                            | 18       | 35  | 40    | L     | 0.85 |
| 5                            | 22       | 40  | 40    | L     | 0.85 |
| 6                            | 20       | 45  | 35    | L     | 0.9  |
| 7                            | 19       | 50  | 40    | L     | 0.85 |
| 8                            | 06       | 40  | 40    | L     | 0.85 |
| 9                            | 16       | 45  | 35    | L     | 0.9  |
| 10                           | 27       | 50  | 30    | L     | 1.1  |

| P2 Full body workout |          |     |       |       |      |
|----------------------|----------|-----|-------|-------|------|
| No.                  | Position | RUN | Freq. | Level | Amp. |
| 1                    | 01       | 60  | 25    | L     | 1.45 |
| 2                    | 04       | 55  | 40    | L     | 0.85 |
| 3                    | 07       | 55  | 45    | H     | 1.3  |
| 4                    | 25       | 50  | 45    | H     | 1.3  |
| 5                    | 05       | 60  | 40    | H     | 1.4  |
| 6                    | 03       | 60  | 50    | L     | 0.78 |
| 7                    | 06       | 45  | 45    | L     | 0.85 |
| 8                    | 26       | 40  | 50    | L     | 0.78 |
| 9                    | 21       | 30  | 35    | L     | 0.9  |
| 10                   | 27       | 25  | 35    | L     | 0.9  |

| P3 Upper body workout |          |     |       |       |      |
|-----------------------|----------|-----|-------|-------|------|
| No.                   | Position | RUN | Freq. | Level | Amp. |
| 1                     | 18       | 40  | 30    | L     | 1.1  |
| 2                     | 15       | 35  | 35    | L     | 0.9  |
| 3                     | 17       | 40  | 30    | L     | 1.1  |
| 4                     | 12       | 45  | 40    | H     | 1.4  |
| 5                     | 14       | 35  | 45    | L     | 0.85 |
| 6                     | 11       | 35  | 50    | L     | 0.78 |
| 7                     | 10       | 45  | 45    | H     | 1.3  |
| 8                     | 13       | 50  | 50    | L     | 0.78 |
| 9                     | 31       | 50  | 40    | L     | 0.85 |
| 10                    | 32       | 45  | 35    | L     | 0.9  |

| P4 Lower body workout |          |     |       |       |      |
|-----------------------|----------|-----|-------|-------|------|
| No.                   | Position | RUN | Freq. | Level | Amp. |
| 1                     | 02       | 60  | 30    | L     | 1.1  |
| 2                     | 21       | 55  | 35    | L     | 0.9  |
| 3                     | 09       | 50  | 45    | L     | 0.85 |
| 4                     | 08       | 50  | 40    | H     | 1.4  |
| 5                     | 20       | 45  | 40    | H     | 1.4  |
| 6                     | 07       | 45  | 50    | L     | 0.78 |
| 7                     | 19       | 55  | 50    | H     | 1    |
| 8                     | 23       | 50  | 45    | L     | 0.85 |
| 9                     | 22       | 30  | 40    | L     | 0.85 |
| 10                    | 24       | 40  | 35    | L     | 0.9  |

**P5 Training programmes**

| No. | Position | RUN | Freq. | Level | Amp. |
|-----|----------|-----|-------|-------|------|
| 1   | 02       | 60  | 30    | L     | 1.1  |
| 2   | 03       | 55  | 40    | L     | 0.85 |
| 3   | 18       | 40  | 40    | L     | 0.85 |
| 4   | 25       | 50  | 45    | H     | 1.3  |
| 5   | 14       | 35  | 45    | L     | 0.85 |
| 6   | 09       | 60  | 50    | L     | 0.78 |
| 7   | 19       | 55  | 45    | H     | 1.3  |
| 8   | 08       | 60  | 50    | L     | 0.78 |
| 9   | 31       | 30  | 40    | L     | 0.85 |
| 10  | 24       | 35  | 35    | L     | 0.9  |

**P6 Training programmes**

| No. | Position | RUN | Freq. | Level | Amp. |
|-----|----------|-----|-------|-------|------|
| 1   | 05       | 45  | 35    | L     | 0.9  |
| 2   | 08       | 55  | 40    | L     | 0.85 |
| 3   | 26       | 40  | 40    | L     | 0.85 |
| 4   | 25       | 35  | 45    | L     | 0.85 |
| 5   | 04       | 45  | 50    | H     | 1    |
| 6   | 11       | 35  | 45    | L     | 0.85 |
| 7   | 30       | 35  | 40    | L     | 0.85 |
| 8   | 18       | 40  | 40    | L     | 0.85 |
| 9   | 21       | 50  | 35    | L     | 0.9  |
| 10  | 24       | 40  | 30    | L     | 1.1  |

**P7 Training programmes**

| No. | Position | RUN | Freq. | Level | Amp. |
|-----|----------|-----|-------|-------|------|
| 1   | 01       | 40  | 35    | L     | 0.9  |
| 2   | 19       | 55  | 35    | L     | 0.9  |
| 3   | 10       | 30  | 40    | L     | 0.85 |
| 4   | 06       | 35  | 40    | H     | 1.4  |
| 5   | 14       | 35  | 45    | L     | 0.85 |
| 6   | 12       | 40  | 50    | L     | 0.78 |
| 7   | 25       | 55  | 45    | H     | 1.3  |
| 8   | 08       | 60  | 45    | L     | 0.85 |
| 9   | 32       | 35  | 35    | L     | 0.9  |
| 10  | 22       | 35  | 35    | L     | 0.9  |

**P8 Training programmes**

| No. | Position | RUN | Freq. | Level | Amp. |
|-----|----------|-----|-------|-------|------|
| 1   | 32       | 40  | 35    | L     | 0.9  |
| 2   | 21       | 55  | 40    | L     | 0.85 |
| 3   | 25       | 30  | 45    | L     | 0.85 |
| 4   | 26       | 35  | 45    | H     | 1.3  |
| 5   | 11       | 40  | 40    | L     | 0.85 |
| 6   | 12       | 40  | 45    | L     | 0.85 |
| 7   | 04       | 45  | 50    | H     | 1    |
| 8   | 09       | 50  | 45    | L     | 0.85 |
| 9   | 06       | 45  | 40    | L     | 0.85 |
| 10  | 27       | 45  | 35    | L     | 0.9  |

### 4.1 General Instructions



#### **WARNING**

- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.



#### **ATTENTION**

- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

## 5.1 General Instructions



### WARNING

- + Do not make any improper changes to the equipment.



### CAUTION

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

### ► ATTENTION

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

## 5.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

| Fault                           | Cause                                   | Solution                |
|---------------------------------|---|-------------------------|
| Display is blank/is not working | Loose cable connections                 | Check cable connections |
| Creaking noises                 | Screw connections loosened or too tight | Check screw connections |
| Equipment wobbles               | Equipment is not level                  | Align the feet          |

## 5.3 Maintenance and Inspection Calendar

To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

| Part                           | Weekly | Monthly | Quarterly |
|--------------------------------|--------|---------|-----------|
| Display console                | C      | I       |           |
| Screws & cable connections     |        | I       |           |
| Plastic covers                 | C      | I       |           |
| Legend: C = clean; I = inspect |        |         |           |

## 6 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 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.

## 7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. This could be a floor mat, for example, which makes your fitness equipment stand more securely and also protects the floor from falling sweat, but it could also be additional handrails on some treadmills or silicone spray to keep moving parts in good shape.

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible chest strap, as this ensures optimum transmission of the heart rate. You may want to buy additional grips or weights for multi gyms.



Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Alternatively, you can use the QR code provided. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



floor mat



chest strap



chest strap contact gel



towels



silicone spray

## 8.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 10 of this operating manual.

**NOTICE**

The serial number of your equipment is unique. It's located on a white sticker.

Enter the serial number in the appropriate field.

**Serial number:**

**Brand / Category:**

**Model Name:**

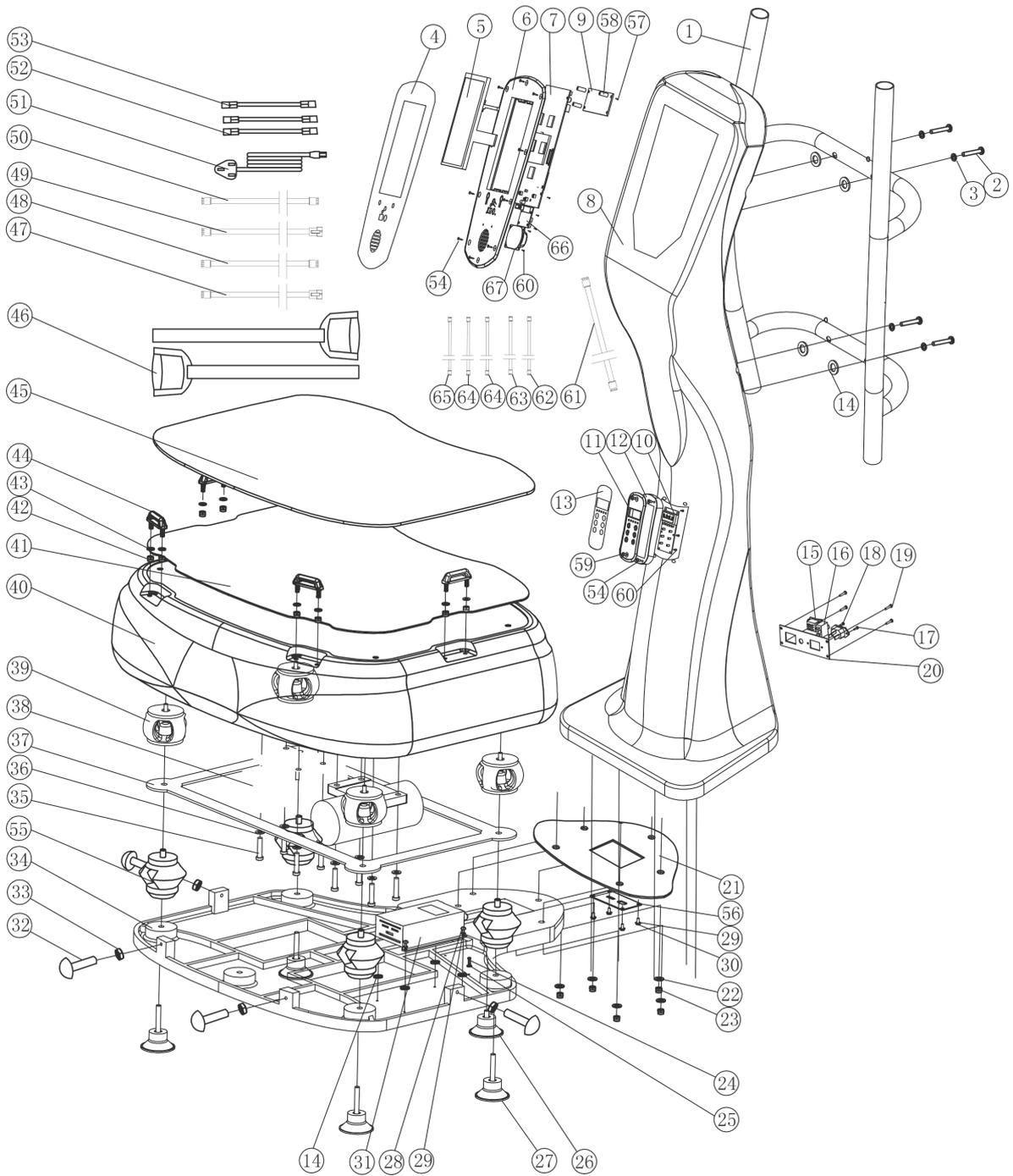
**Article Number:**

## 8.2 Parts List

| No. | Name                      | Qty. | No. | Name   | Qty. |
|-----|---------------------------|------|-----|--|------|
| 1   | Handle bar                | 1    | 32  | Rubber suport                                | 4    |
| 2   | Bolt                      | 4    | 33  | Nut  | 4    |
| 3   | Washer                    | 4    | 34  | Casting iron frame                           | 1    |
| 4   | Display sticker           | 1    | 35  | Cross bolt                                   | 8    |
| 5   | Touched TFT panel         | 1    | 36  | Spring washer                                | 8    |
| 6   | Upper display cover       | 1    | 37  | Connection frame                             | 1    |
| 7   | Display PCB               | 1    | 38  | Motor  | 1    |
| 8   | Post column               | 1    | 39  | Upper rubber cushion                         | 4    |
| 9   | Convert PCB               | 1    | 40  | Base frame housing                           | 1    |
| 10  | Column display PCB        | 1    | 41  | Non slip sticker                             | 1    |
| 11  | Column display upper case | 1    | 42  | Nut  | 8    |
| 12  | Column display lower case | 1    | 43  | Washer                                       | 8    |
| 13  | Column display sticker    | 1    | 44  | Straps holder seat                           | 4    |
| 14  | Rubber washer             | 8    | 45  | Exercise upper mat                           | 1    |
| 15  | Power switch              | 1    | 46  | Hand straps                                  | 2    |
| 16  | Fuse bracket              | 1    | 47  | Convert PCB to inverter cable 1              | 1    |
| 17  | Cross bolt                | 2    | 48  | Convert PCB to inverter cable 2              | 1    |
| 18  | Power socket              | 1    | 49  | Middle control wire                          | 1    |
| 19  | Cross bolt                | 4    | 50  | Cable from power switch to inverter          | 1    |
| 20  | Power fix board           | 1    | 51  | Power cord                                   | 1    |
| 21  | Column rubber pad         | 1    | 52  | Cable from switch to power socket 2          | 1    |
| 22  | Washer                    | 5    | 53  | Cable from switch to power socket 1          | 2    |
| 23  | Nut                       | 5    | 54  | Cross bolt                                   | 14   |
| 24  | Cross bolt                | 1    | 55  | Lower rubber cushion                         | 4    |
| 25  | Washer                    | 1    | 56  | Cable connector fix board                    | 1    |
| 26  | Base cushion 1            | 1    | 57  | Cross bolt                                   | 3    |
| 27  | Base cushion 2            | 4    | 58  | Supporting tube                              | 3    |
| 28  | Cross bolt                | 4    | 59  | Cross bolt                                   | 2    |
| 29  | Spring washer             | 8    | 60  | Cross bolt                                   | 16   |
| 30  | Cross bolt                | 4    | 61  | Cable from convert PCB to column display PCB | 1    |
| 31  | Inverter                  | 1    | 62  | Cable from convert PCB to display PCB        | 1    |

|    |                                     |   |    |         |   |
|----|-------------------------------------|---|----|---------|---|
| 63 | Cable from display PCB to USB PCB 1 | 1 | 66 | USB PCB | 1 |
| 64 | Cable from display PCB to USB PCB 2 | 2 | 67 | Speaker | 1 |
| 65 | Cable from display PCB to speaker   | 1 |    |         |   |

### 8.3 Exploded Drawing



Training equipment from cardiostrong® 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.

### **Error Descriptions**

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

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

### **Your statutory rights are not affected.**

### **Warranty**

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

#### **Warranty 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.

### **Repair Costs**

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

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

- + Home use: solely for private use in private households up to 3 hours per day
- + Semi-professional use: up to 6 hours per day (e. g. rehabilitation centres, 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 centres
- + unauthorised 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 fitness equipment, our service team is at your disposal to offer further information.

### **Service outside of 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.

| DE  | DK  | FR   |
|---|---|--|
| <p><b>TECHNICAL SUPPORT</b></p> <p>☎ +49 4621 4210-900<br/>                     📠 +49 4621 4210-698<br/>                     ✉ technik@sport-tiedje.de</p> <p>🕒 Mo - Fr 08:00 - 18:00<br/>                     Sa 09:00 - 18:00</p> <p><b>SERVICE</b></p> <p>☎ 0800 20 20277<br/>                     (Freecall)</p> <p>✉ info@sport-tiedje.de</p> <p>🕒 Mo - Fr 08:00 - 21:00<br/>                     Sa 09:00 - 21:00<br/>                     So 10:00 - 18:00</p> | <p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 80 90 16 50<br/>                     +49 4621 4210-945<br/>                     ✉ info@fitshop.dk</p> <p>🕒 Mo - Fr 08:00 - 18:00<br/>                     Sa 09:00 - 18:00</p>   | <p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ +33 (0) 172 770033<br/>                     +49 4621 4210-933<br/>                     ✉ service-france@fitshop.fr</p> <p>🕒 Mo - Fr 08:00 - 18:00<br/>                     Sa 09:00 - 18:00</p> |
|   | PL  | BE   |
|   | <p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 22 307 43 21<br/>                     +49 4621 42 10-948<br/>                     ✉ info@fitshop.pl</p> <p>🕒 Mo - Fr 08:00 - 18:00<br/>                     Sa 09:00 - 18:00</p> | <p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 02 732 46 77<br/>                     +49 4621 42 10-932<br/>                     ✉ info@fitshop.be</p> <p>🕒 Mo - Fr 08:00 - 18:00<br/>                     Sa 09:00 - 18:00</p>                |

| UK  | NL  | INT  |
|---|---|--|
| <p><b>TECHNICAL SUPPORT</b></p> <p>☎ +44 141 876 3986<br/>                     ✉ support@powerhousefitness.co.uk</p> <p><b>SERVICE</b></p> <p>☎ +44 141 876 3972<br/>                     🕒 Mo - Fr 9am - 5pm</p> | <p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ +31 172 619961<br/>                     ✉ info@fitshop.nl</p> <p>🕒 Ma - Do 09:00 - 17:00<br/>                     Vr 09:00 - 21:00<br/>                     Za 10:00 - 17:00</p>   | <p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ +49 4621 4210-944<br/>                     ✉ service-int@sport-tiedje.de</p> <p>🕒 Mo - Fr 8am - 6pm<br/>                     Sat 9am - 6pm</p>                                      |
|   | AT  | CH   |
|   | <p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 0800 20 20277<br/>                     (Freecall)<br/>                     +49 4621 42 10-0<br/>                     ✉ info@sport-tiedje.at</p> <p>🕒 Mo - Fr 08:00 - 18:00<br/>                     Sa 09:00 - 18:00</p> | <p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 0800 202 027<br/>                     +49 4621 42 10-0<br/>                     ✉ info@sport-tiedje.ch</p> <p>🕒 Mo - Fr 08:00 - 18:00<br/>                     Sa 09:00 - 18:00</p> |

Please find a detailed overview including address and opening hours for all 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)

# WE LIVE FITNESS

## WEBSHOP AND SOCIAL MEDIA

Sport-Tiedje is Europe's largest specialist store for home fitness equipment with currently over 70 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

Sport-Tiedje offers a wide range of fitness equipment from renowned manufacturers, high-quality in-house developments and comprehensive services, such as a build-up service and sports scientific advice before and after the purchase. The company employs numerous sports scientists, fitness trainers and competitive athletes.

Visit us also on our social media platforms or our blog!



[www.sport-tiedje.co.uk](http://www.sport-tiedje.co.uk)  
[www.sport-tiedje.de/blog](http://www.sport-tiedje.de/blog)



[www.facebook.com/SportTiedje](http://www.facebook.com/SportTiedje)



[www.instagram.com/sporttiedje](http://www.instagram.com/sporttiedje)



[www.youtube.com/user/sporttiedje](http://www.youtube.com/user/sporttiedje)

**TAURUS**

 cardiostrong

*BODYCRAFT*

 cardiojump

 **DUKEFITNESS**

**DARWIN**



**TAURUS®**

**Vibration Plate VT9 Pro**