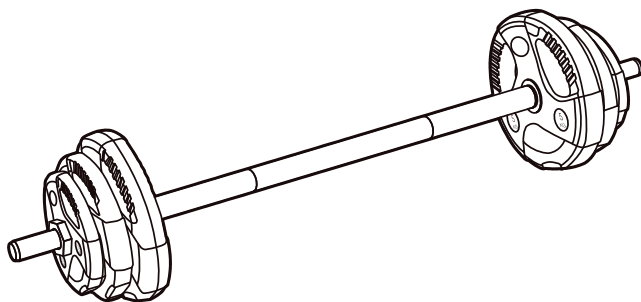


# TAURUS®

## Operating Instructions



Art. No. TF-APS

TFAPS.01.02

## 1 GENERAL SAFETY INSTRUCTIONS

### 1.1 Personal Safety

#### ⚠ WARNING

- + Before you start using the device, you should check with your general physician whether it is suitable for you.
- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + People 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
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + If you experience any unusual discomfort during use, turn the device off and do not use it any further. Contact your general physician.

#### ⚠ CAUTION

- + This device is not a medical device. This device should never replace medical treatment.
- + Make sure to always use some sort of weight collar when exercising with weights.

#### ▶ ATTENTION

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

### 1.2 Set-Up Place

#### ⚠ WARNING

- + Do not place the equipment in main corridors or escape routes.
- + To prevent fire, do not place the device near or in areas with high heat (e.g. near a heater).
- + Only use the unit on an even surface.

#### ▶ ATTENTION

- + The device 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.

## 2 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.

## 3 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.

## 4 ASSEMBLY

#### ⚠ CAUTION

- + Make sure to always use some sort of weight collar when exercising with external weights.
  - + Never store unused weight plates on the floor.
1. Slide the desired weight plates onto the barbell bar one by one.
  2. Attach a weight collar on each side to secure the weight plates from sliding off.
  3. To unload the weight horn, take off the weight collar.
  4. Slide each weight plate off of the weight horn with both hands one by one.

## 5 EXERCISES

### Squat

Stand with your feet shoulder width apart and the bar resting on the back of your shoulders. Bend your knees slightly and make sure to keep your heels flat on the floor. Push the gluts outward keeping your head up and your back straight. Bend your knees to 90 degrees, controlling the movement. Extend the knees and return to the starting position. Repeat 10-15 times.



### Bent over row

Stand with your feet shoulder width apart, hips and knees bent. Hold the bar with extended arms below your knee level - keep the back straight. Pull the bar upwards towards the ab. Control the movement and keep the bar centrally. Repeat 10 - 15 times.



### Biceps curl

Stand with your feet shoulder width apart. Hold the bar with extended arms. Bend the elbows and lift the bar as near to your chest as possible. Control movement and get back to starting position. Repeat 10-15 times.



### Military press

Stand with the bar on chest level and feet shoulder width apart. Press the bar up above your head on extended arms. Return to starting position. Repeat 10-15 times.



### Lunges

Stand with your feet close to each other while the bar is resting on the back of the shoulders. Take a long step forward and bend the knees until the rear leg almost reaches the floor. Ensure that the front knee remains behind the toes and the upper body is in neutral position. Do this on the other side. Repeat 10 - 15 times.



### Chest press

Lie on your back with your knees bent and hold the bar at chest level. Extend your arms keeping your core tight. Return to starting position. Repeat 10-15 times.



### Tricep press

Lie on your back with your knees bent and hold the bar above your head with bent forearms and elbows. Elbows should point to the same direction throughout the movement. Extend the arms and make sure to keep the shoulders stable, controlling the flexion and extension. Repeat 10-15 times.



### Seated body rotation

Sit on the floor with bent knees and heels touching the floor. Hold the plate in front of you near the chest level. Rotate your body to one side aiming to turn as far as you feel comfortable and keeping the back in neutral position. Then rotate to the opposite direction. This exercise can be also performed with the heels off the floor for more challenge. Repeat 10-15 times.



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