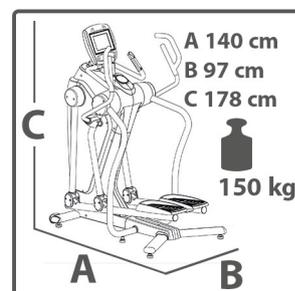
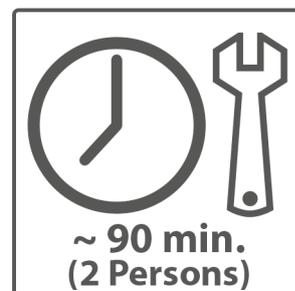


# TAURUS®

## Assembly and Operating Instructions



TFFS105.01.02

Elliptical cross trainer FS10.5 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

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## 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.



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

- + speed in km/h
- + training time in min
- + training distance in km
- + cadence (rotations per minute)
- + calories burnt in kcal
- + heart rate (when using the hand sensors or a chest strap)
- + Watt

Resistance system: electronic magnetic induction brake system/ generator brake

Resistance levels: 20

Watt: 40 - 300 Watt

Total number of training programs: 18

Heart-rate controlled programs: 6

Basic programs: 6

Advanced programs: 6

Balance mass: 10 kg

Transmission ratio: 1:12

Power:: Generator

Stride length: 11 - 91.4 cm

### **Weight and dimensions:**

Article weight (gross, including packaging): 168 kg

Article weight (net, without packaging): 150 kg

Packaging dimensions (L x W x H): approximately 84 cm x 76 cm x 148 cm

Set up dimensions (L x W x H): approximately 140 cm x 97 cm x 178 cm

Maximum user weight: 181 kg/399 lbs

## 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 device.

## 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**

- + 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 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.
- + 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**

- + Do not open the packaging when it is lying on its side.
- + 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**

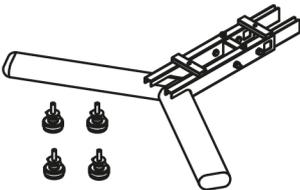
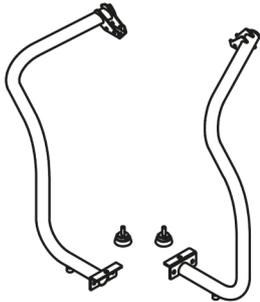
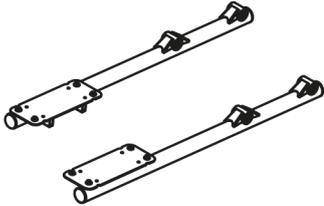
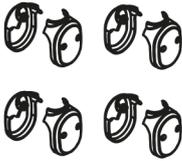
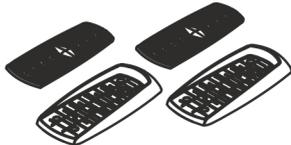
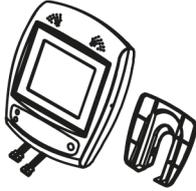
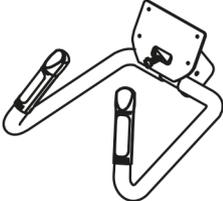
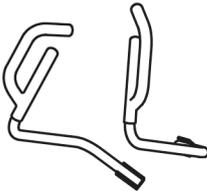
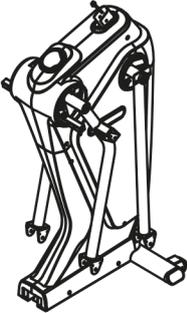
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

## 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 device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

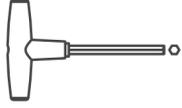
**⚠ CAUTION**

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

Base Frame (91) & Leveler (44)	Stationary Handrail (67, 68) & Basic Leveler (78)	Inner Handrail Cover (64, 65)	Outer Handrail Cover (63)
			
Base Cover (90)	Pedal Support Arm (86, 87)	Swing Arm Cover (80)	Pedal (84) & Non-Slip Pad (83)
			
Console (100) & Console Bottom Cover (102)	Fixed Handlebar (99)	Upper Handlebar (72, 73)	Front & Back Upper Handlebar Cover (162, 163)
			
Main Frame (28)		Upper Handlebar Cover (70)	Screw Cap (79)
			x22pcs

## Tools and screw sets

THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



ALLEN WRENCH  
(8mm)



SOCKET WRENCH  
(13 & 17mm)



ALLEN WRENCH  
(8 mm)

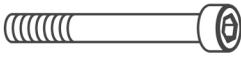


PHILLIPS SCREWDRIVER  
(6mm)

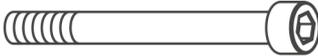


COMBINATION  
WRENCH (130mm)

138 Bolt, Socket Head (M10xp1.5x65mm) 4pcs



143 Bolt, Socket Head (M10xp1.5x90mm) 4pcs



110 Lock Washer (M8) 8pcs



111 Washer (8x16x2.0t) 8pcs



125 Nylon Nut (M10xp1.5) 4pcs



128 Screw, Phillips Truss Head (M4x20mm) 6 pcs



132 Screw, Phillips Pan Head (M5xp0.8x15mm) 2 pcs



133 Screw, Phillips Pan Head (M6xp1.0x15mm) 4 pcs



140 Screw, Phillips Flat Head (M5xp0.8x20mm) 4 pcs



136 Bolt, Socket Head (M8xp1.25x15mm) 8 pcs



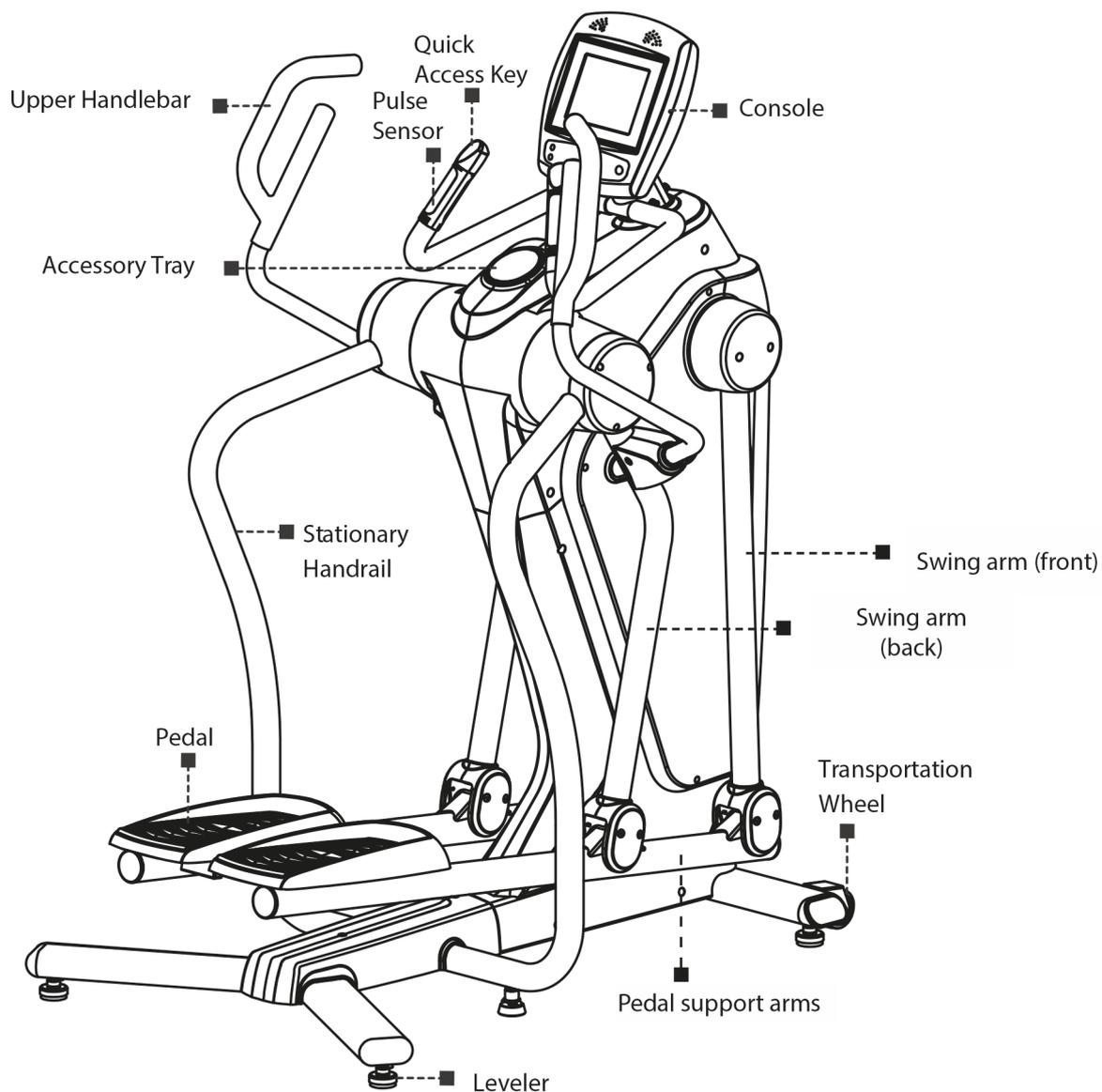
151 Bolt, Hex Head Flange (M8xp1.25x20mm) 12 pcs

## 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:

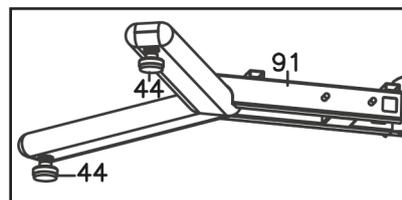
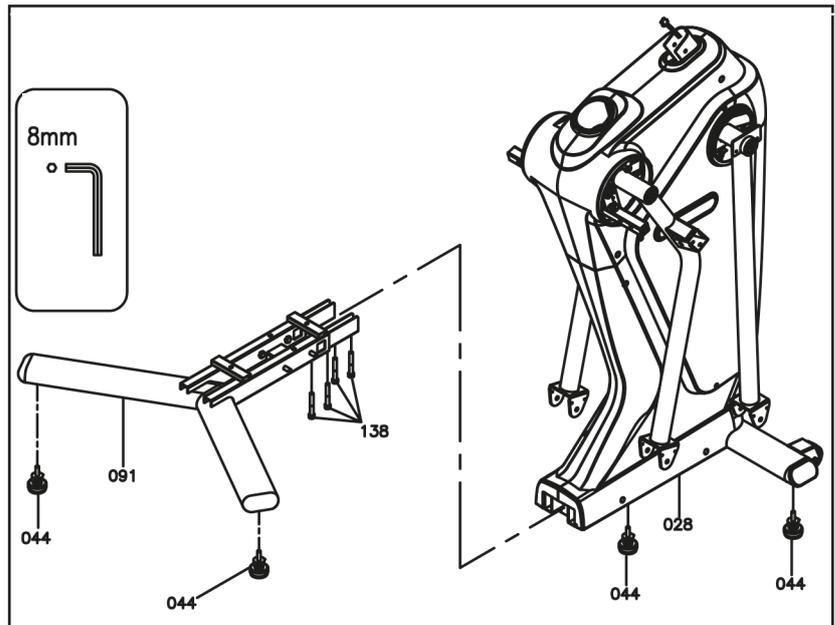
1. Attach the two levelers (44) to the main frame's (28) front stabilizer (where the transportation wheels are located).
2. Ensure that the screws' threads disappear in the front stabilizer (detailed lever-drawing 1).



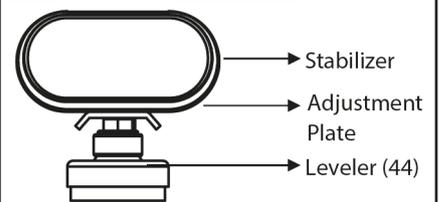
#### NOTICE

Please make sure that the elliptical cross trainer stands firmly and safely on the floor. If this is not the case, loosen the levelers (44) again and adjust them accordingly. It is important that the adjustment plate is locked underneath the stabilizer (detailed lever-drawing 2).

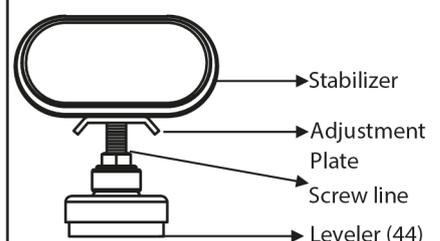
3. Attach another pair of levelers (44) underneath the base frame (91).



Detailed Lever- drawing 1

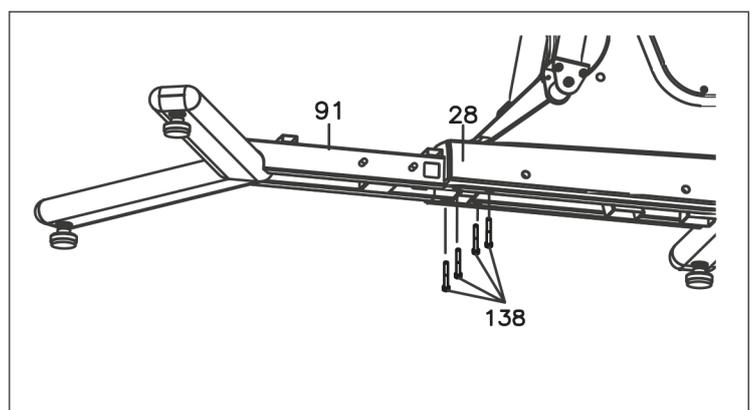
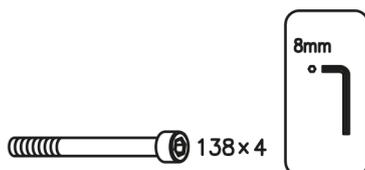


Detailed Lever- drawing 2



### Step 2:

Fix the base frame (91) to the main frame (28) with four socket head bolts (138).

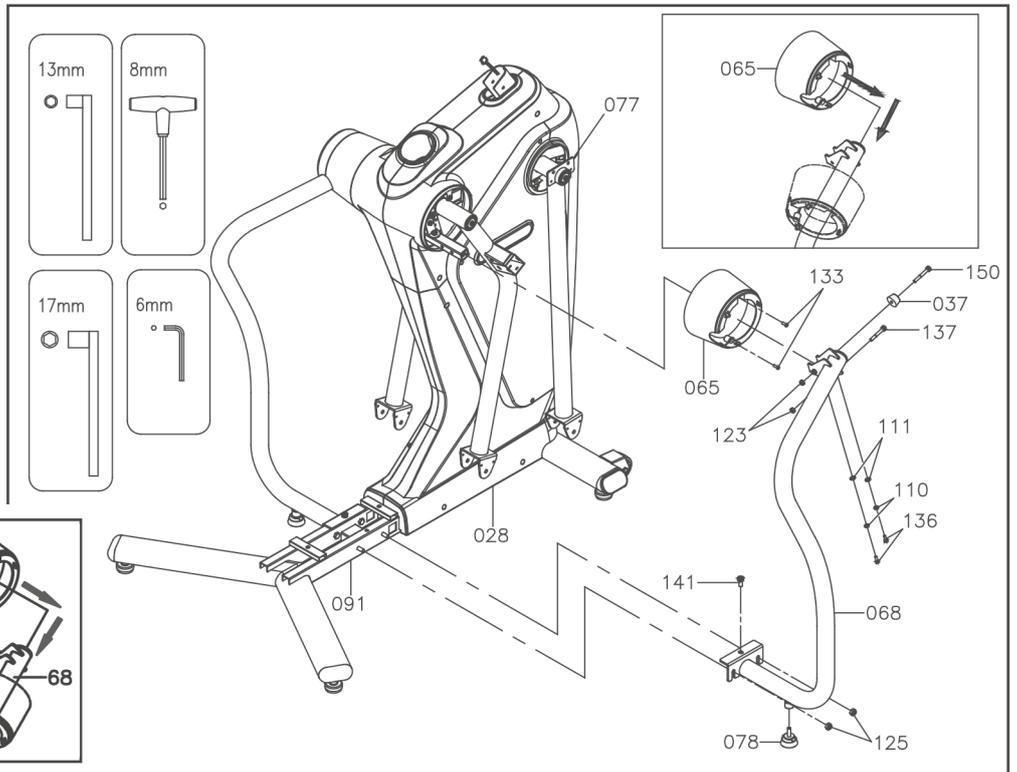
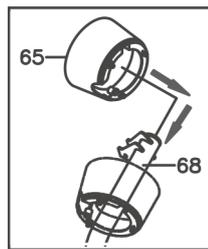


### Step 3:

#### NOTICE

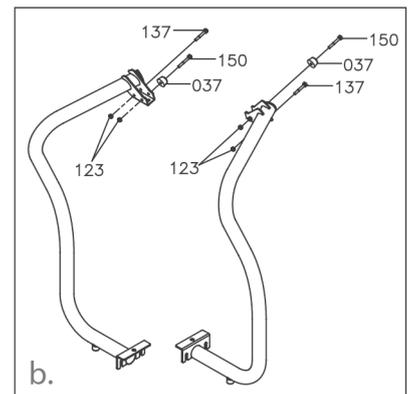
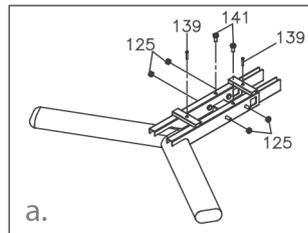
The inner handrail covers (64, 65) are marked with an R (right) and an L (left).

- Slide the right inner handrail cover (65) onto the right stationary handrail (68).
- Repeat this step on the left side.



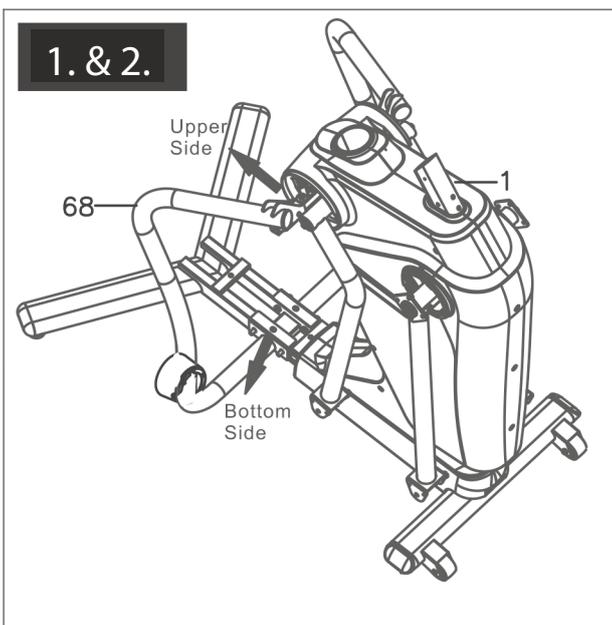
### Step 4:

- Remove the bolts (141) and nuts (125) (see fig. a.).
- Remove the bolts (137, 150 & 37) and nuts (123) (see fig. b.).

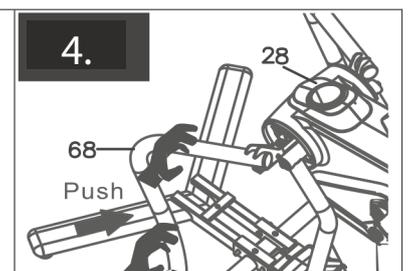
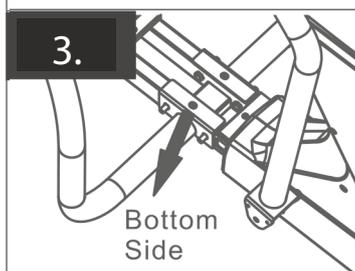


### Step 5:

- Place the upper end of the right stationary handrail (68) on the main frame (28).



- Place the lower end of the right stationary handrail (68) on the base frame (91).
- Please make sure that the drill holes of the right stationary handrail (68) align with the threads of the base frame (91).
- Now gently push the upper end of the right stationary handrail (68) towards the main frame (28).
- Repeat these steps on the left side.

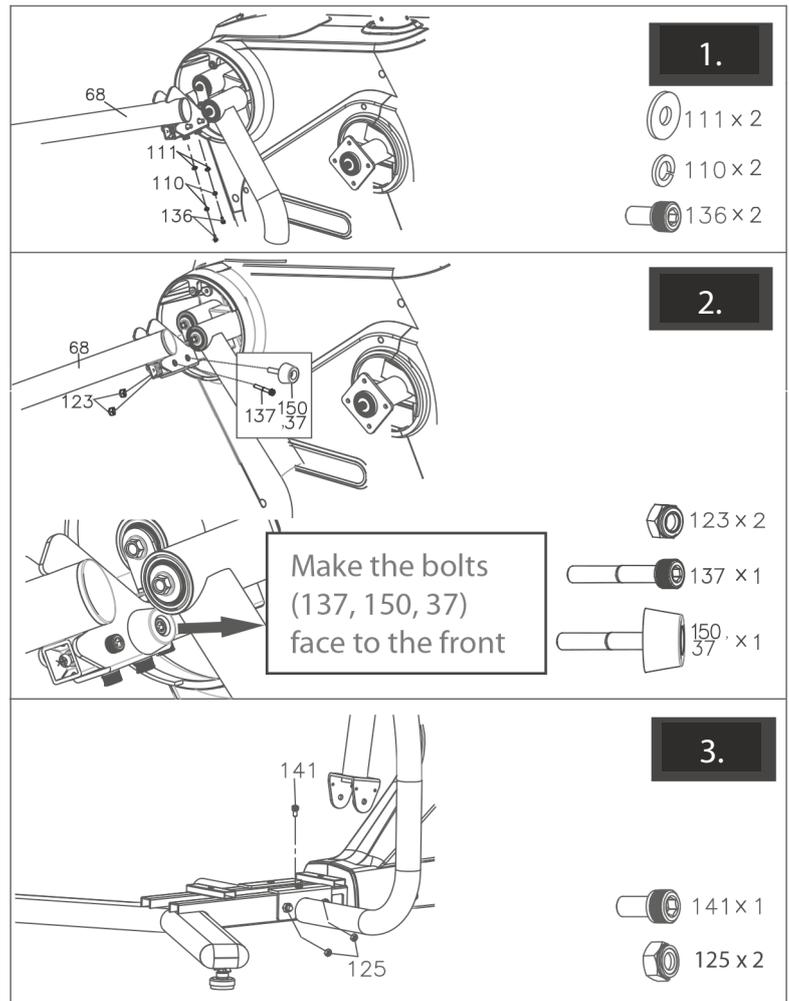


### Step 6:

**NOTICE**

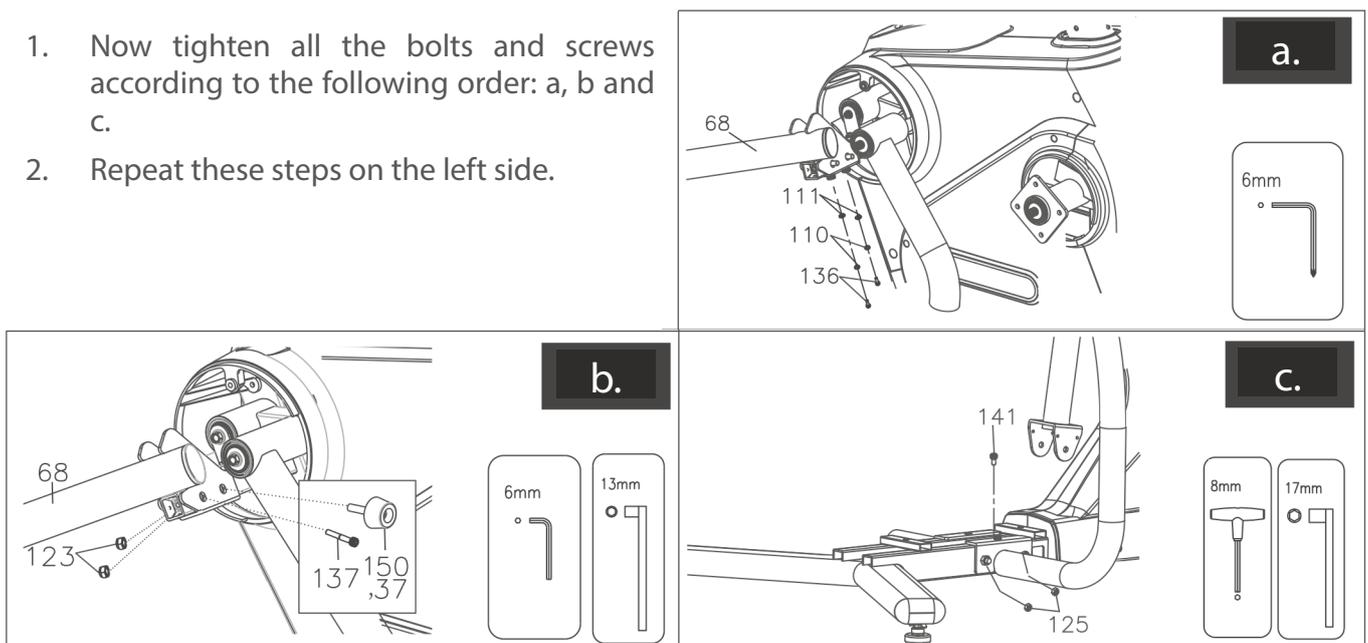
Do not tighten the following screws and bolts until you are instructed to do so.

1. Place the two socket head bolts (136), the two lock washers (110) and the two washers (111).
2. Place the bolts (137, 150, 37) and the two nylon nuts (123).
3. Place one of the previously removed screws (141) and two nylon nuts (125).



### Step 7:

1. Now tighten all the bolts and screws according to the following order: a, b and c.
2. Repeat these steps on the left side.

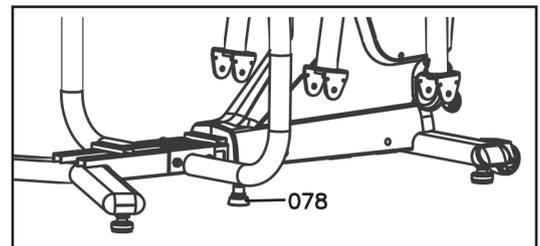
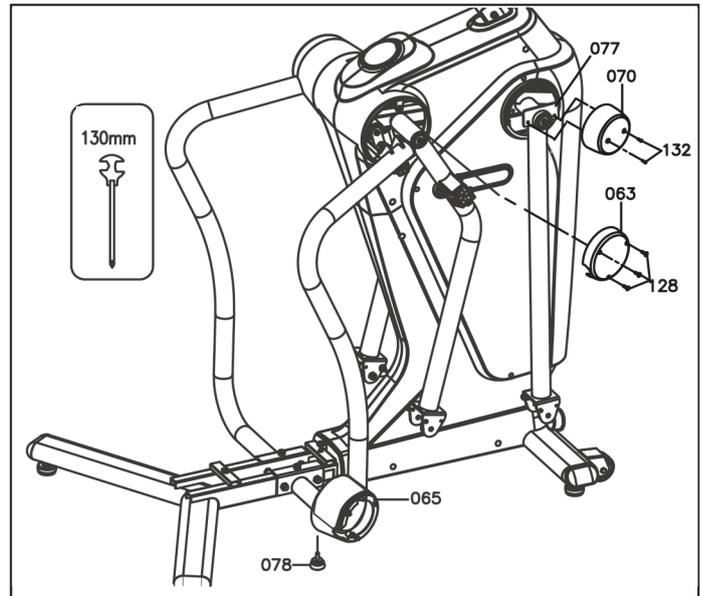


**Step 8:**

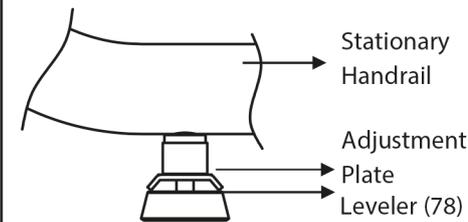
Attach the two levelers (78) underneath the stationary handrails (67, 68).

**NOTICE**

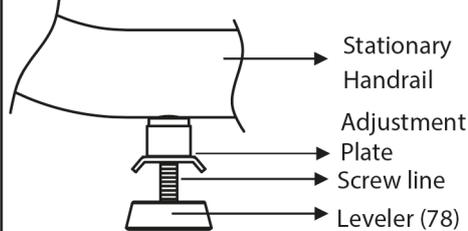
In case the levelers are not even, please refer to step 1. For further assistance, please refer to the two detailed lever-drawings on this page.



Detailed Lever-drawing 1



Detailed Lever-drawing 2



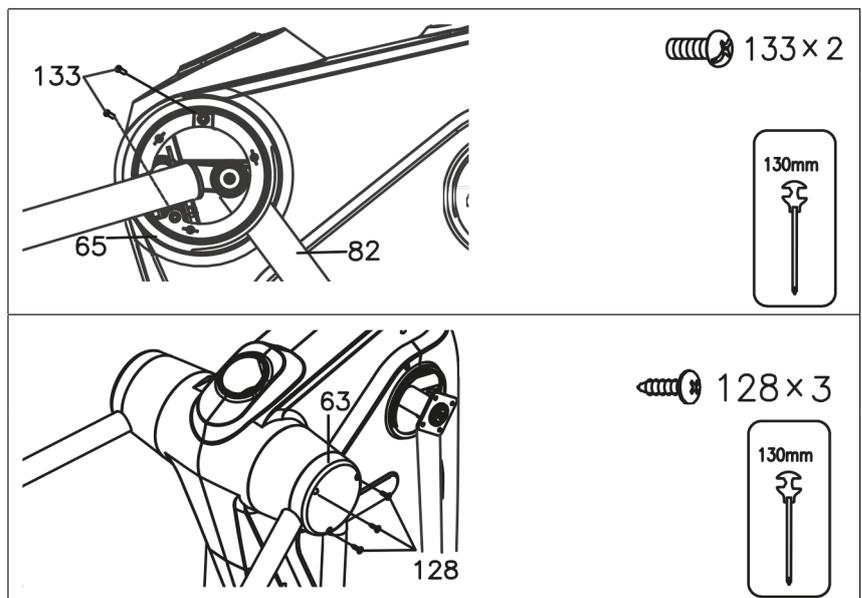
**Step 9:**

- Slide the right inner handrail cover (65) up to the right back swing arm (82).

**NOTICE**

The cover has a little recess. Make sure that both the stationary handrail (68) and the right back swing arm (82) are covered.

- Attach the cover with two screws (133).
- Attach the outer handrail cover (63) with three screws (128).
- Repeat these steps on the left side.

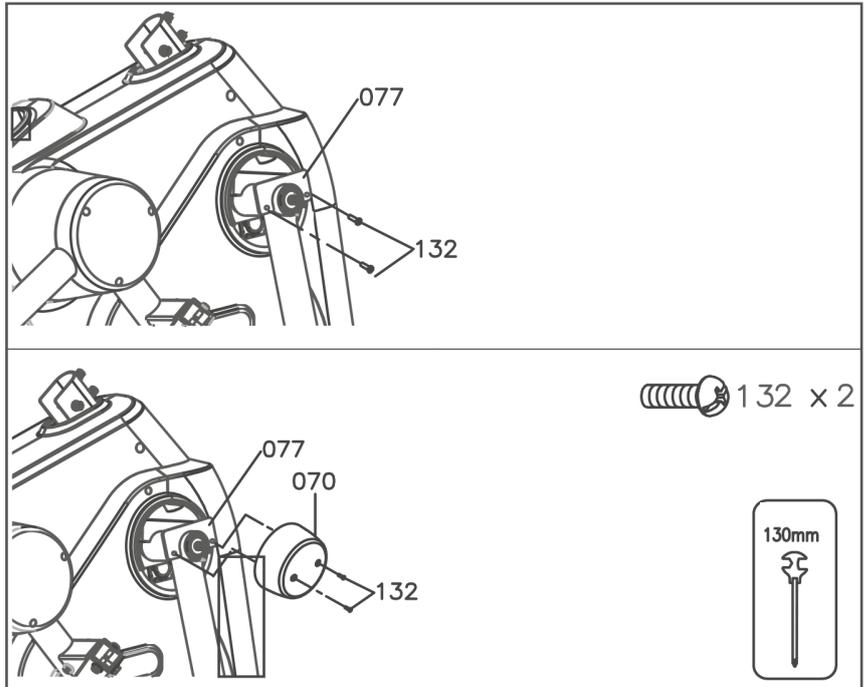


**Step 10:**

**NOTICE**

The four screws (132) on the front swing arms (76, 77) are pre-assembled.

1. Remove the four screws (132).
2. Attach the upper handlebar covers (70) with the previously removed screws (132).

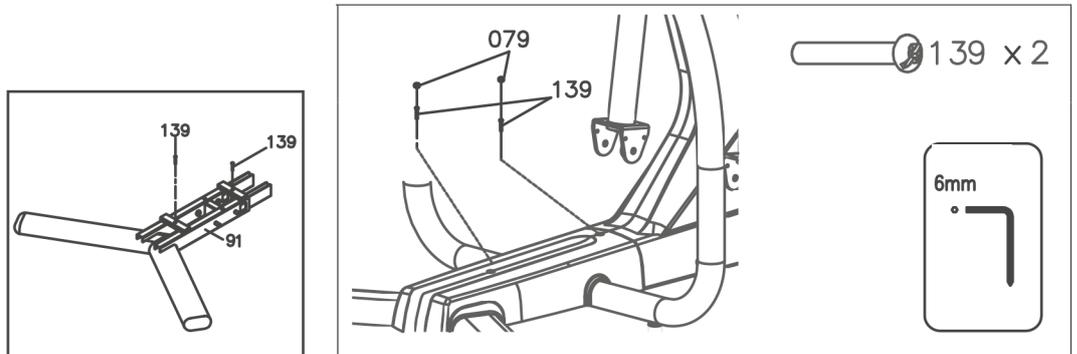
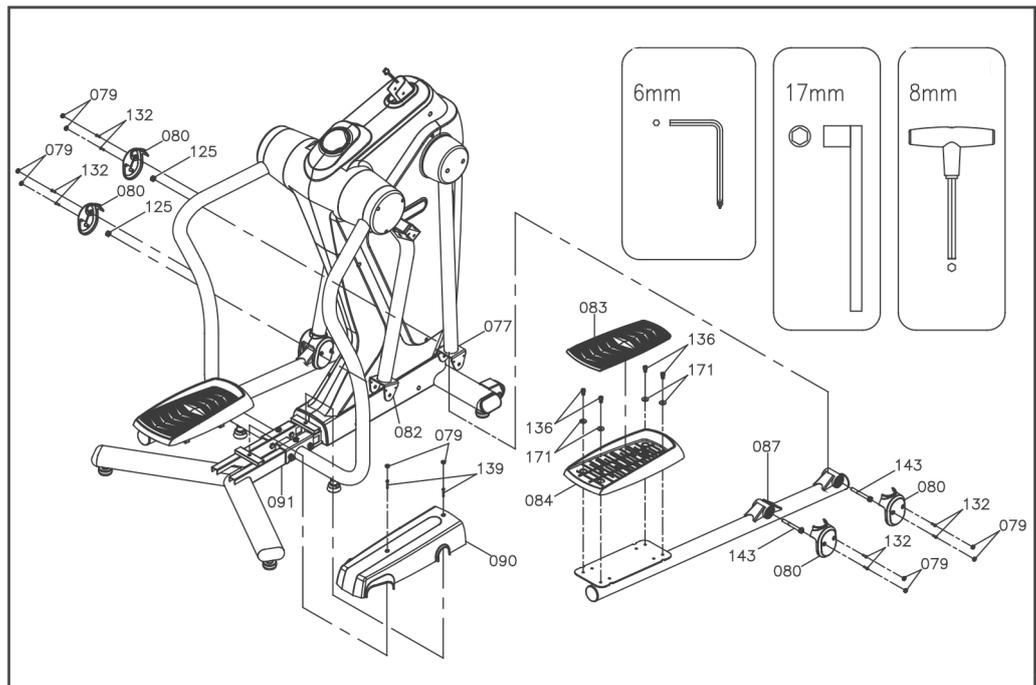


**Step 11:**

**NOTICE**

The screws (139) on the base frame (91) are pre-assembled.

1. Remove the two screws (139).
2. Fix the base cover (90) to the base frame (91) with the previously removed screws (139).
3. Now attach the two screw caps (79).

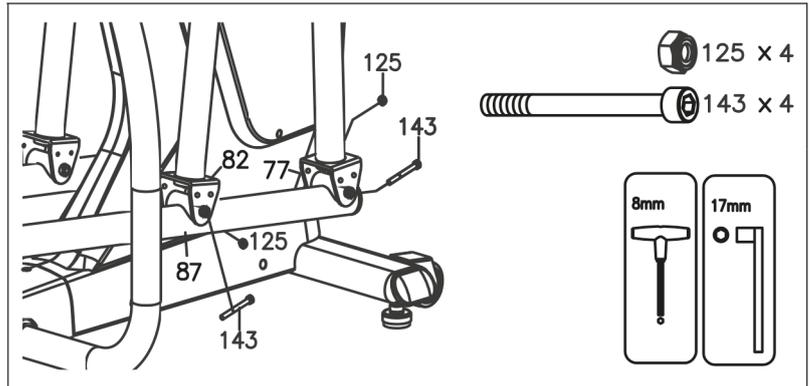


### Step 12:

**NOTICE**

The pedal support arms (86, 87) are marked with an R (right) and L (left).

1. Fix the right pedal support arm (86) to the right front and back swing arm (77, 82) with two bolts (143) and two nylon nuts (125)
2. Repeat this step on the left side.

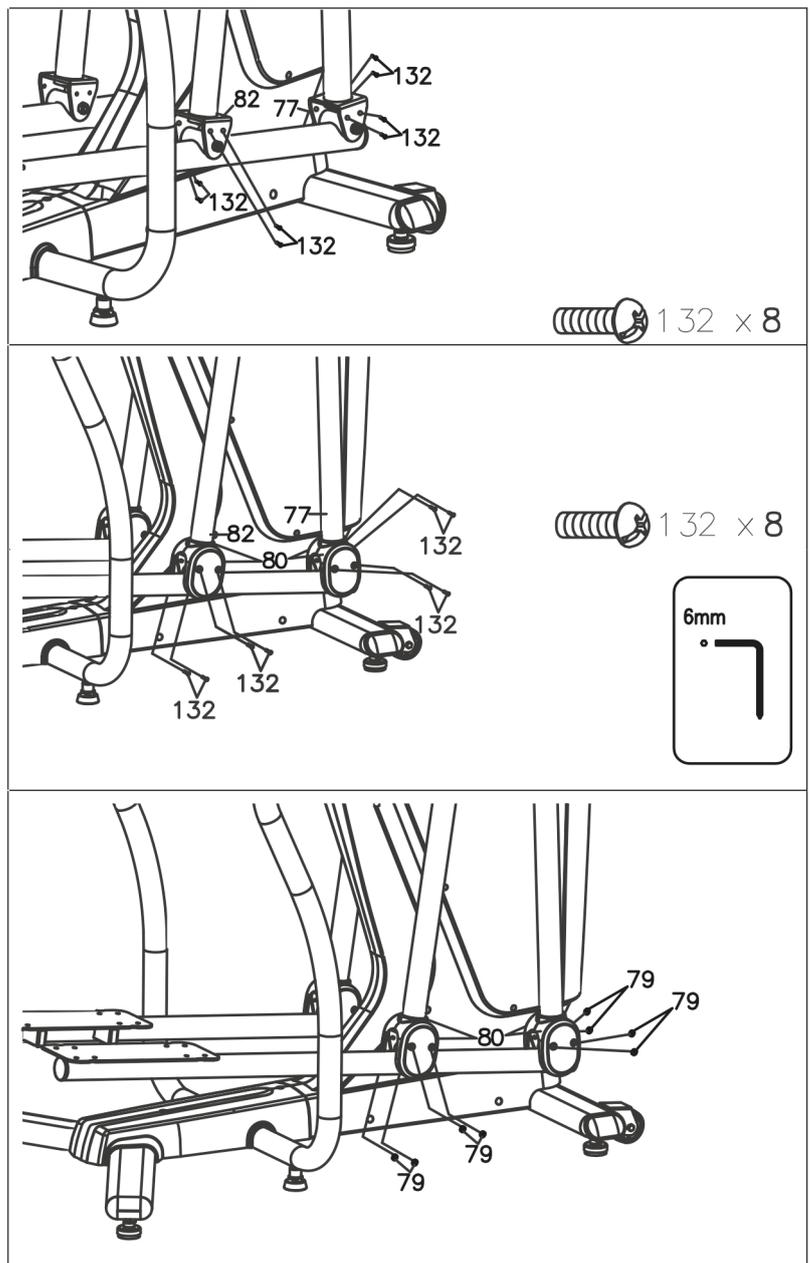


### Step 13:

**NOTICE**

The screws (132) on the right front and back swing arm (77, 82) are pre-assembled.

1. Remove the eight screws (132).
2. Fix the swing arm covers (80) to the right front and back swing arm (77, 82) with the previously removed screws (132).
3. Now attach the eight screw caps (79).
4. Repeat these steps on the left side.

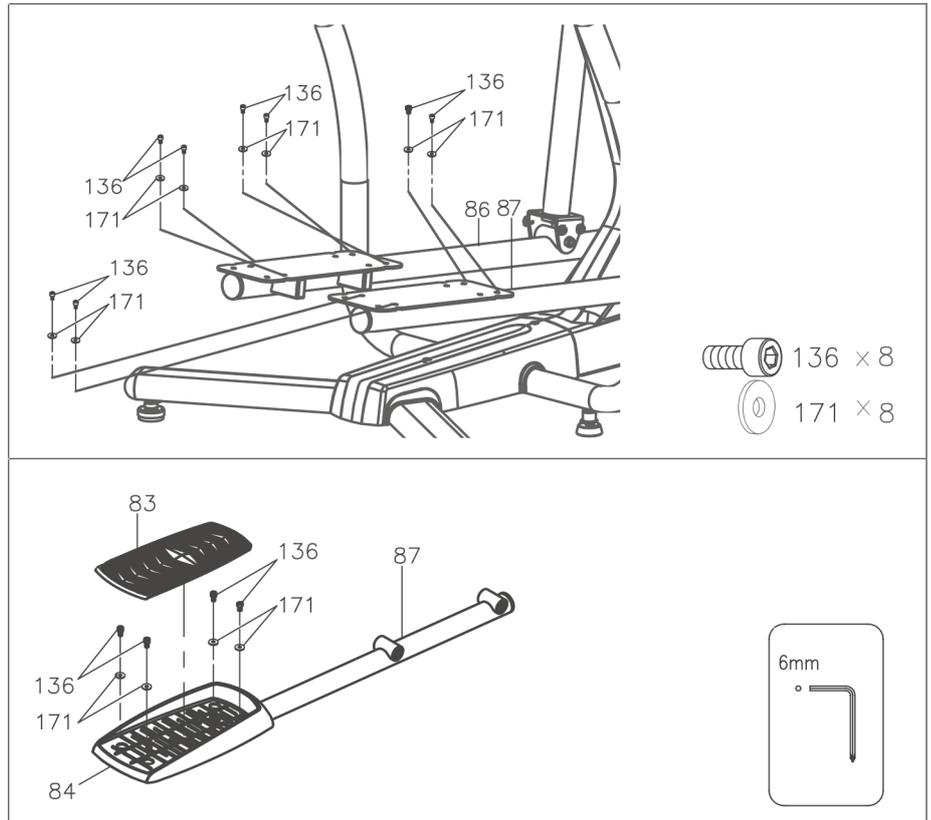


### Step 14:

**NOTICE**

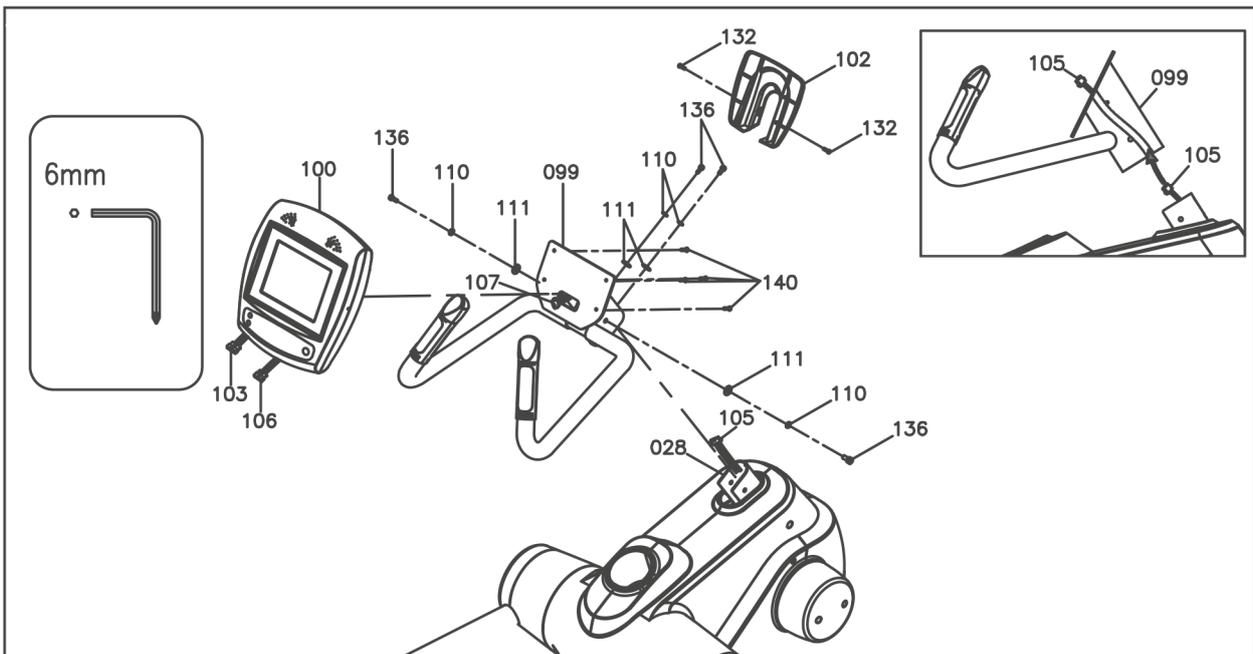
The bolts (136) and washers (112) on the pedal support arms (86, 87) are pre-assembled.

1. Remove the eight bolts (136) and washers (112).
2. Fix the right pedal (84) to the right pedal support arm (87) with four of the eight previously removed bolts (136) and washers (112).
3. Now attach one non-slip pad (83) on the right pedal (84).
4. Repeat these steps on the left side.

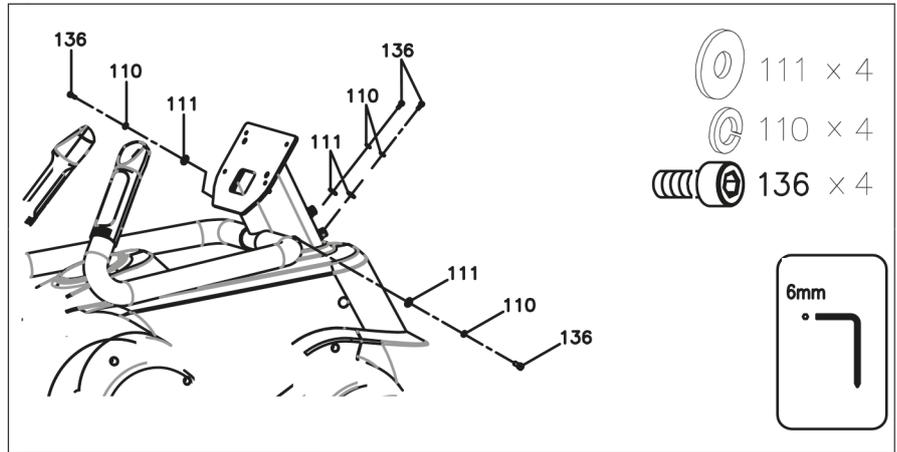


### Step 15:

1. Gently guide the rear connection wire (105) through the fixed handlebar (99).

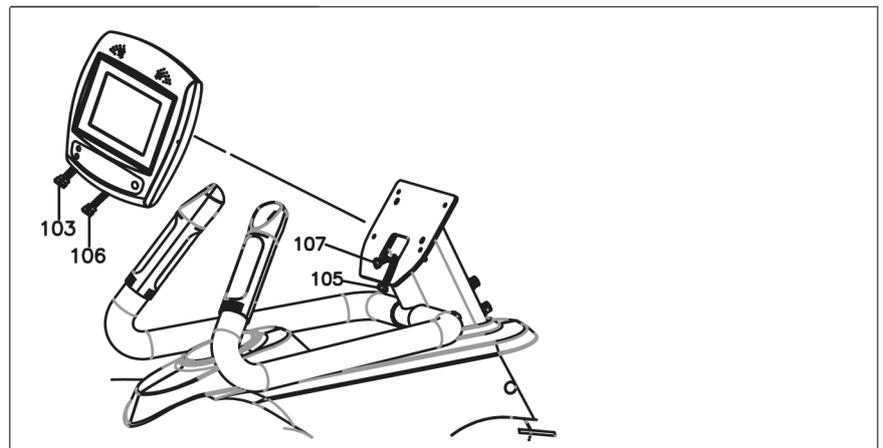


2. Fix the fixed handlebar (99) to the main frame (28) with four bolts (136), four lock washers (110) and four washers (111).

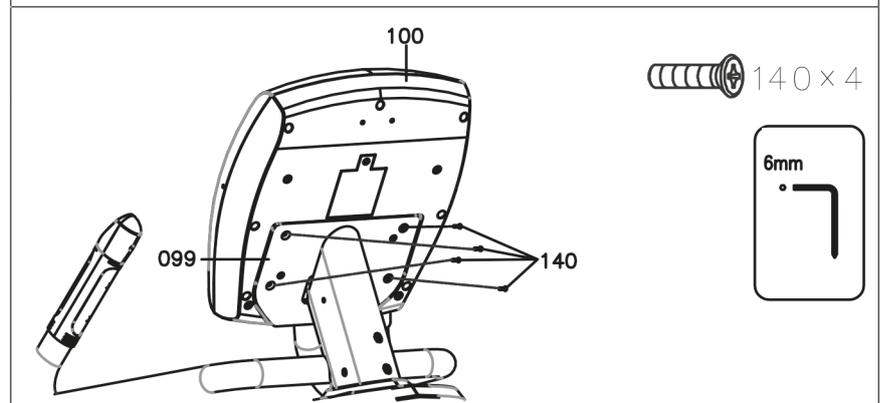


### Step 16:

1. Connect the upper connection wire (103) and the rear connection wire (105) to one another.
2. Connect the upper pulse sensor wire (106) and the rear pulse sensor (107) with one another.

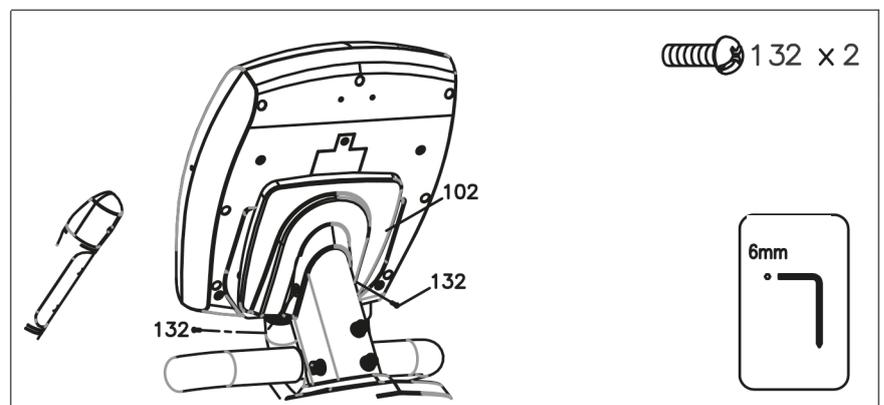


- NOTICE**  
Be careful not to pinch the wires in the following step.
3. Now fix the console (100) to the fixed handlebar (99) with four screws (140)



### Step 17:

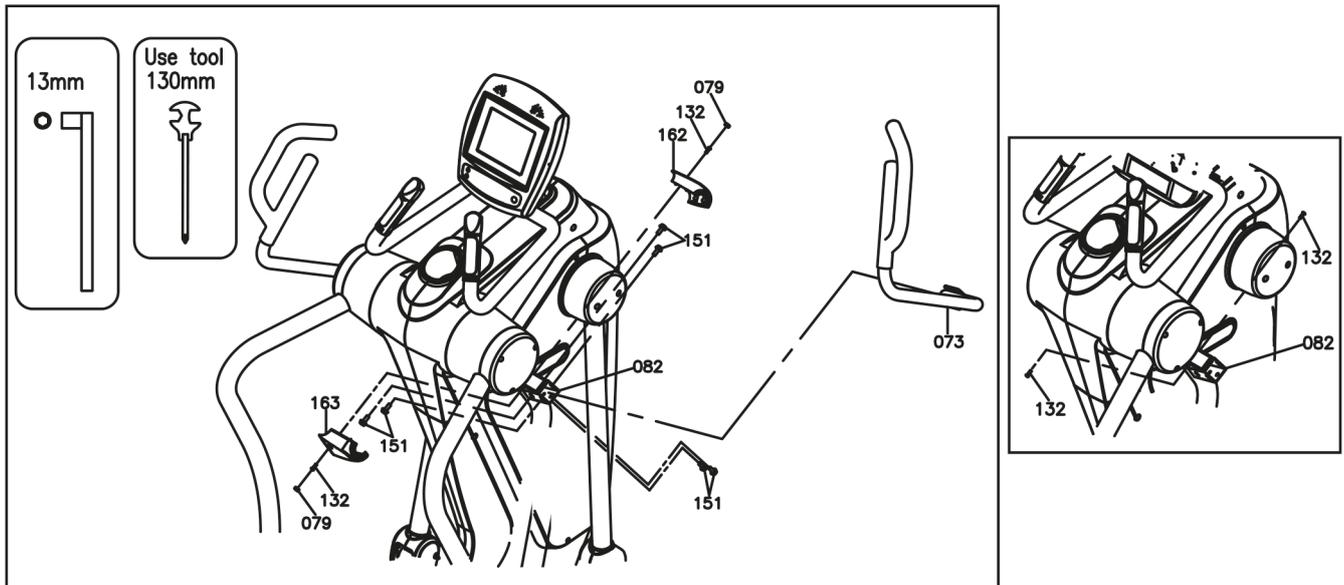
- Fix the console bottom cover (102) to the console (100) with two screws (132).



**Step 18:**

**NOTICE**

The screws (132) on the back swing arms (81, 82) are pre-assembled.

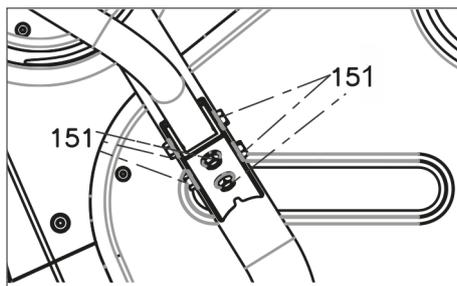
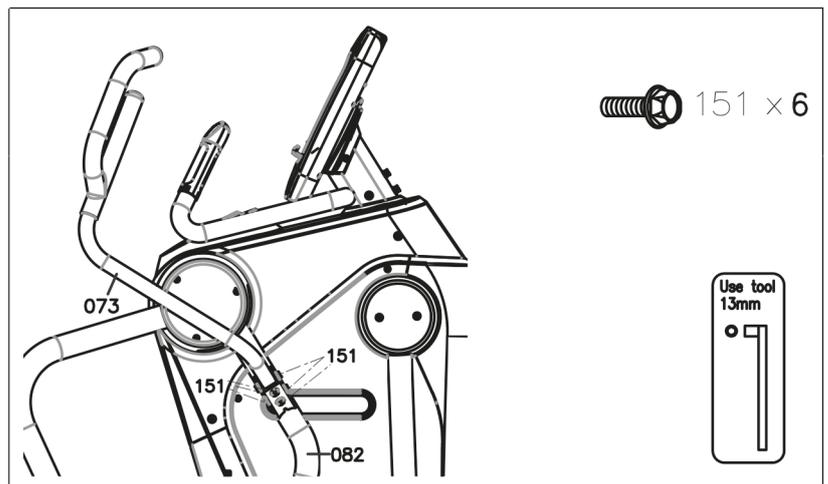


1. Remove the four screws (132).

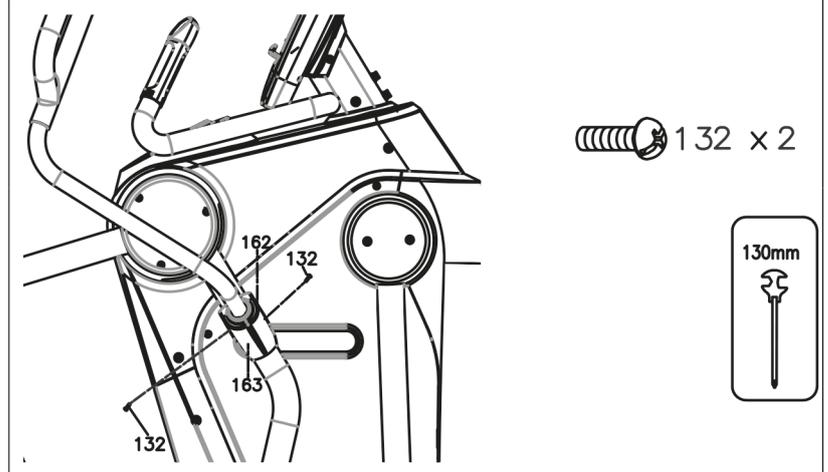
**NOTICE**

The upper handlebars (72, 73) are marked with an R (right) and an L (left).

2. Fix the right upper handlebar (73) to the right back swing arm (82) with six bolts (151).



3. Attach the front and back upper handlebar cover (162, 163) with two of the four previously removed screws (132).
4. Repeat these steps on the left side.



**NOTICE**

Please ensure that all screw connections are tight before you use the elliptical cross trainer.

## Step 19: Connecting the equipment to the mains supply

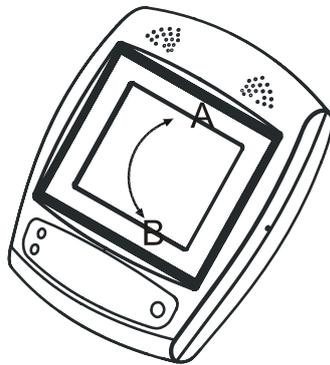
### ► ATTENTION

The equipment must not be connected to a multiple socket, otherwise it cannot be guaranteed that the equipment will be supplied with sufficient power. Technical errors can result.

Plug the power plug into a wall outlet that complies with the instructions in the chapter on electrical safety.

### Angle adjustment of the console

Adjust the angle of the console by pressing lightly on the upper or lower end of the console.



## 3 OPERATING INSTRUCTIONS

### ① NOTICE

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

### 3.1 Console Display



<b>Pulse</b>	Wear a chest strap or grab the hand pulse sensors with both hands. The heart symbol will appear a few seconds later and your heart rate will be displayed. If you do not grab the hand pulse sensors correctly with your hands and it does not receive a heart rate, the HR display will turn off after a few seconds. As soon as your hands grab the sensors again correctly, the heart rate will be displayed again.
<b>Watt</b>	Indicates Watt in the range from 0 - 999 Watts.
<b>Level</b>	Indicates the resistance level between 1 - 16.
<b>Speed</b>	Indicates the speed between 0.0 - 99.9 km/h.
<b>Time</b>	Ascending: If no target value is set, the time will run ascending from 0:00 to 99:59 minutes.
<b>Distance</b>	Indicates the distance covered between 0.0 - 99.9 km.
<b>RPM</b>	Indicates the rotations per minute between 0 - 255.
<b>Calories</b>	Indicates the calories burnt between 0 – 9999.
<b>METS</b>	<p>Definition: MET or metabolic equivalent is used to measure the average metabolic rate for a person. MET describes the quantity of oxygen that an average person needs when in rest.</p> <p>1 MET = 3.5 ml/kg/min (The body consumes 3.5 milliliters of oxygen per kilogram per minute) is the amount of oxygen that the body needs when in rest.</p> <p>The more intensively the body works, the more oxygen is consumed and the higher the MET level. If you train at a level of seven METS, then you are working approximately 7 times harder than when in rest. Furthermore, you need 7 times as much oxygen than when in rest.</p> <ul style="list-style-type: none"> <li>+ Training between three to six METs is seen as moderate physical activity.</li> <li>+ Training at more than six METs is seen as strong physical activity.</li> </ul>
<b>Media</b>	<ul style="list-style-type: none"> <li>+ Loudspeaker</li> <li>+ MP3/CD player connection</li> <li>+ Earphones connection</li> <li>+ Mute button</li> </ul>

### 3.2 Button Functions



<b>START</b>	Press START to start the training.
<b>PAUSE</b>	Press PAUSE to pause the training.
<b>STOP</b>	Press STOP to end the training. All values are reset to zero.
<b>UP</b>	Press UP to increase resistance during training.
<b>DOWN</b>	Press DOWN to lower the resistance during training.
<b>BACK</b>	Press BACK to return to the previous screen.
<b>STATISTICS</b>	Press STATISTICS to display your training values.
<b>H.R. Trend</b>	<p>Press H.R. Trend to display your heart rate diagram. If the console receives your heart rate, it will be recorded automatically every 60 seconds.</p> <p><b>NOTICE</b> Make sure that you wear a chest strap or hold the pulse sensors with both hands so that the console can receive your heart rate.</p> <p>Press H.R. Trend again to return to the training program.</p>

### 3.3 Turning on and setting the equipment

Turn on: The console turns on automatically if you pedal with more than 25 RPM.

Turn off: The console will turn off automatically after 60 seconds of inactivity.

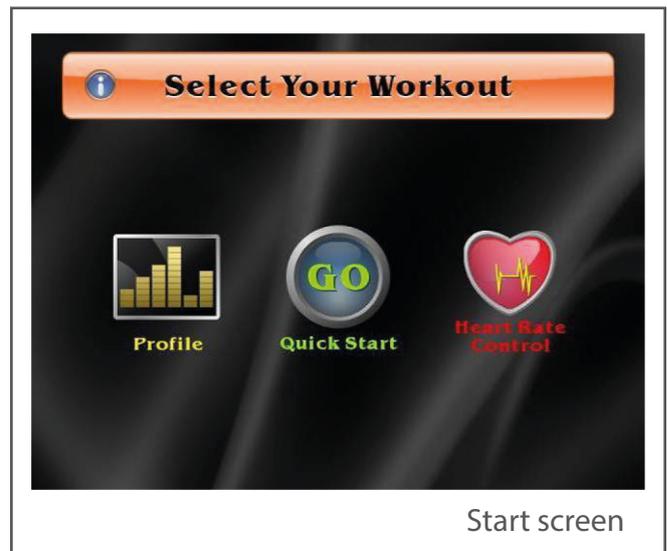
#### ① NOTICE

The console contains rechargeable batteries. The console turns off if the batteries are empty. The batteries are charged with rotations of more than 35 RPM.

### 3.4 Programs

You have three options on the start screen:

1. Quick Start. Select Quick Start if you would like to start directly in the manual program without settings.
2. Profile: Here you can choose between Basic profiles and Advanced profiles.
3. Heart rate controlled training (H.R.C.) (60%, 65%, 70%, 75%, 80%, 85%)



#### 3.4.1 Quick Start

Press Quick Start on the start screen.

Once you have selected Quick Start, you will see the following displays (count-down) one after the other.



Training screen



### 3.4.2 Profiles

Press **Profile** on the start screen.

Then select between **Basic** and **Advanced**.

Basic Profile: You can choose between six basic programs.

Advanced Profile: You can choose between six advanced programs.



#### 3.4.2.1 Basic profiles

Select **Basic Profile**.

Now you can select from the following six programs:

Manual, Fitness, Random, Rolling, Fat Burn, Ascent.

Press **Back** to return to the previous screen.

Press **Next** to continue with the weight setting.

Press **Quick Start** to immediately begin the training.



Now you can set your weight between 30 - 181 kg (66 - 399 lbs).

Press **Back** to return to the previous screen.

Press **Next** to continue with the time setting.

Press **Quick Start** to immediately begin the training.

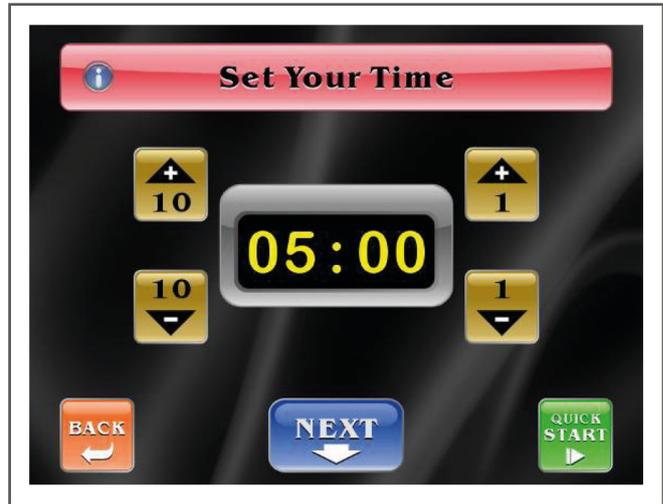


Now you can set your desired training time between 5:00 - 99:00 minutes.

Press **Back** to return to the previous screen.

Press **Next** to start training.

Press **Quick Start** to immediately begin the training.



## H.R. Trend

### ⚠ WARNING

Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.

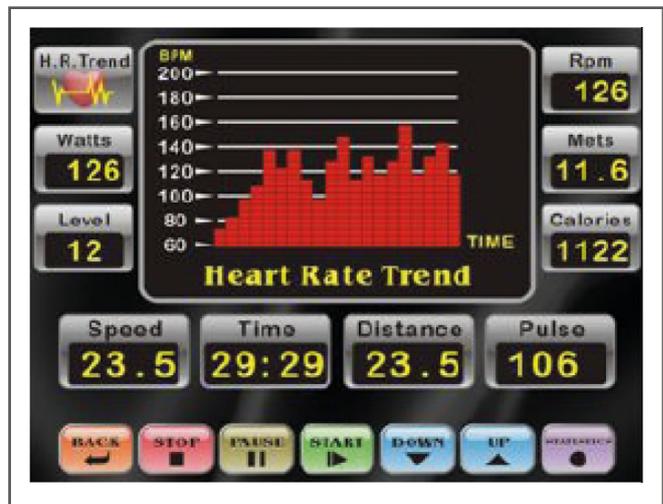
Press **H.R. Trend** to display your heart rate diagram.

If the console receives your heart rate, it will be recorded automatically every 60 seconds.

### ⓘ NOTICE

Make sure that you wear a chest strap or hold the pulse sensors with both hands so that the console can receive your heart rate.

Press **H.R. Trend** again to return to the training program.



Press **STATISTICS** to display your training values.



### ⓘ NOTICE

You can press this button at any time while training in order to display the statistics. Press the **Back** button to return to the training screen.



### 3.4.2.2 Advanced profiles

Select **Advanced Profile**.

Now you can select from the following six programs:

Constant Power, Iron Man, Mountain, Weight Loss, Interval, Valley.

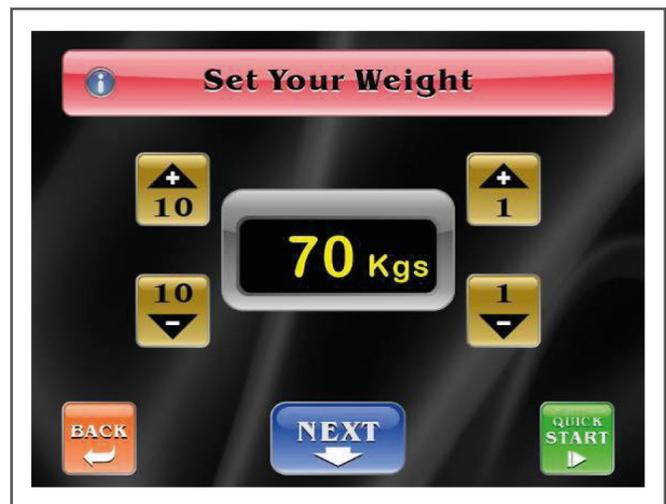
Before you select the **Constant Power** program, you should get to know the difference between **constant power** and **constant resistance**.



<p><b>Constant resistance</b> (in most training programs)</p>	<p>Resistance remains the same independent of the speed.</p>
<p><b>Watt control</b> (constant wattage) (in the Constant Power program)</p>	<p>Resistance depends on the speed. The console examines the cadence (RPM) of the user in order to guarantee a constant wattage during training. If the speed increases, the resistance decreases. If the speed decreases, the resistance increases.</p>

Now you can set your weight between 30 - 181 kg (66 - 399 lbs).

Press **Back** to return to the previous screen.  
Press **Next** to continue with the time setting.  
Press **Quick Start** to immediately begin the training.



Now you can set your desired training time between 5:00 - 99:00 minutes.

Press **Back** to return to the previous screen.

Press **Next** to start training.

Press **Quick Start** to immediately begin the training.



## H.R. Trend

### ⚠ WARNING

Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.

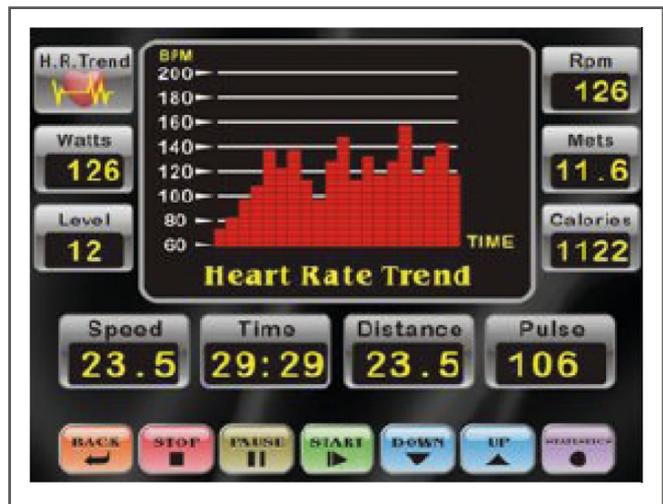
Press **H.R. Trend** to display your heart rate diagram.

If the console receives your heart rate, it will be recorded automatically every 60 seconds.

### ⓘ NOTICE

Make sure that you wear a chest strap or hold the pulse sensors with both hands so that the console can receive your heart rate.

Press **H.R. Trend** again to return to the training program.



Press **STATISTICS** to display your training values.



### ⓘ NOTICE

You can press this button at any time while training in order to display the statistics. Press the **Back** button to return to the training screen.

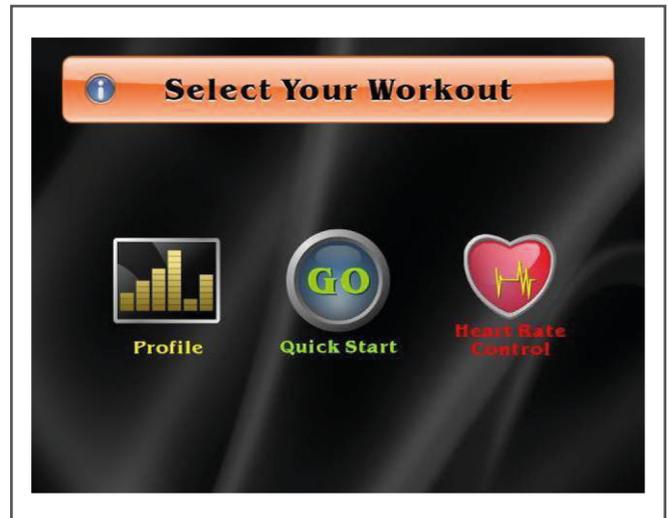


### 3.4.3 Heart rate control

**⚠ WARNING**

Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.

Select **Heart Rate Control** on the start screen.



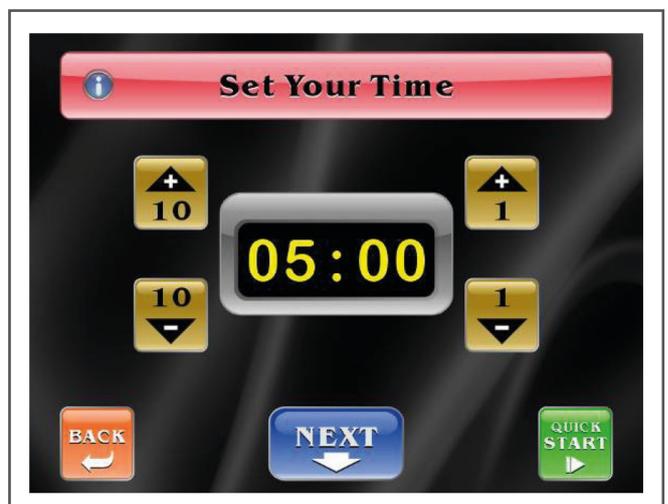
Now you can set your weight between 30 - 181 kg (66 - 399 lbs).

Press **Back** to return to the previous screen.  
Press **Next** to continue with the time setting.  
Press **Quick Start** to immediately begin the training.



Now you can set your desired training time between 5:00 - 99:00 minutes.

Press **Back** to return to the previous screen.  
Press **Next** to start training.  
Press **Quick Start** to immediately begin the training.



Now you can set your age between 5 - 99 years.

Press **Back** to return to the previous screen.  
Press **Next** to continue with the gender setting.  
Press **Quick Start** to immediately begin the training.



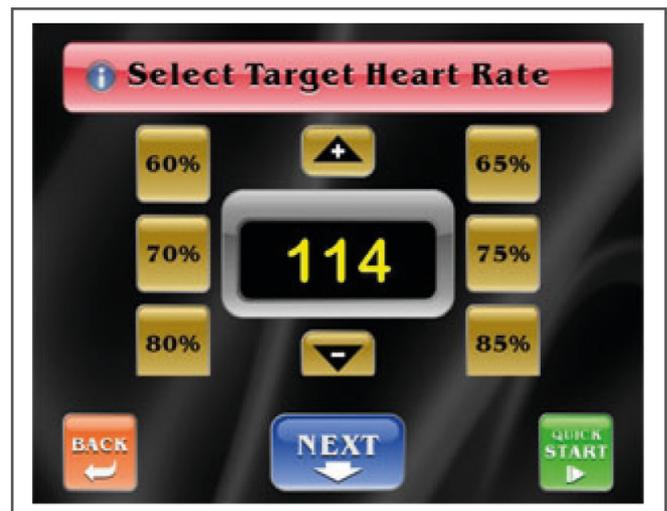
Now you can select your gender.

Press **Back** to return to the previous screen.  
Press **Next** to continue with the target heart rate setting.  
Press **Quick Start** to immediately begin the training.



Now you can select your target heart rate (60%, 65%, 70%, 75%, 80%, 85% of the maximum heart rate)

Press **Back** to return to the previous screen.  
Press **Next** to start training.  
Press **Quick Start** to immediately begin the training.



## H.R. Trend

### WARNING

Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.

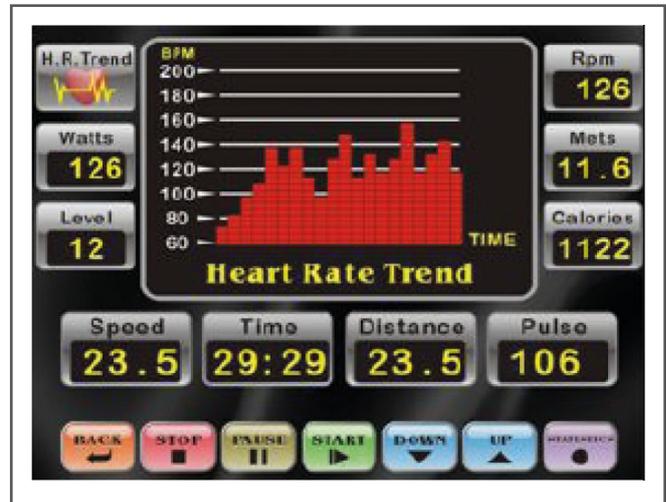
Press **H.R. Trend** to display your heart rate diagram.

If the console receives your heart rate, it will be recorded automatically every 60 seconds.

### NOTICE

Make sure that you wear a chest strap or hold the pulse sensors with both hands so that the console can receive your heart rate.

Press **H.R. Trend** again to return to the training program.



Press **STATISTICS** to display your training values.



### NOTICE

You can press this button at any time while training in order to display the statistics. Press the **Back** button to return to the training screen.



## 4.1 General Instructions

### ▶ 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 5°C and 45°C.

### ⚠ WARNING

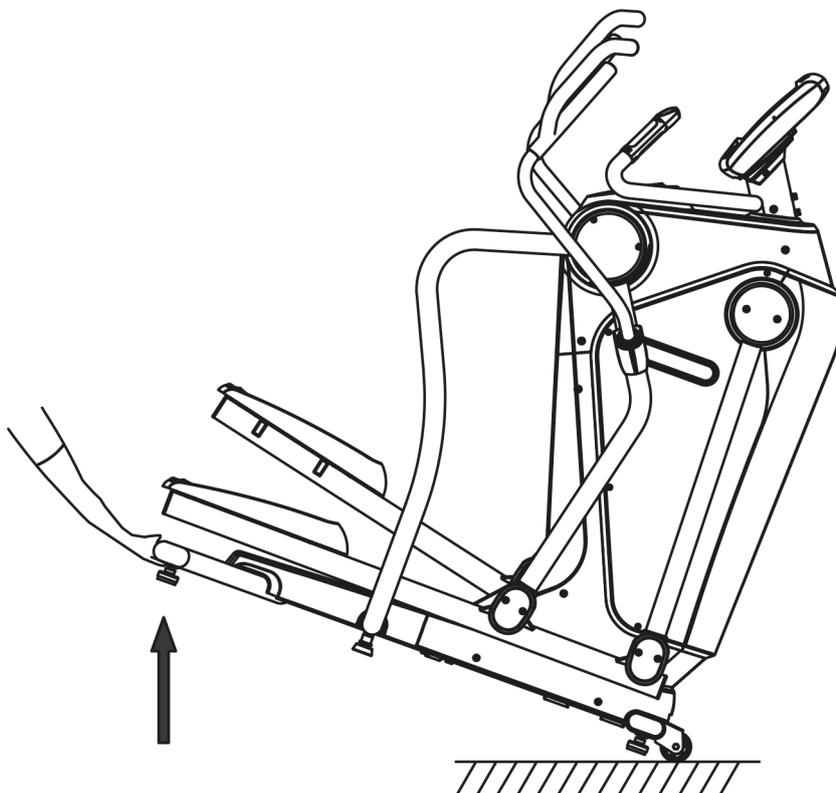
- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

## 4.2 Transportation Wheels

### ▶ ATTENTION

If you want to transport your equipment over particularly sensitive and soft floor coverings, such as parquet, planks or laminate, lay out the transport route with cardboard or similar to avoid possible floor damage.

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions in the section 1.4 of this manual.



## 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
Drive discs wobble or make noises	Drive pulley is loose	Tighten nuts
Display does not work	No plug connection, power supply not plugged in	Check all plug connections and see if the power supply is plugged in
Footplates are creaking	Footplates are loose	Tighten up the footplate screws
Creaking noises	Screws are loose	Check screws are properly tightened
No pulse reading	<ul style="list-style-type: none"> <li>+ Sources of interference in the room</li> <li>+ Unsuitable chest strap</li> <li>+ Chest strap is incorrectly positioned</li> <li>+ Batteries are empty oder discharged</li> </ul>	<ul style="list-style-type: none"> <li>+ Eliminate sources of interference (e. g. mobile phone, loudspeaker, WLAN, mover- and cleaning robot etc.)</li> <li>+ Use a suitable chest strap (see recommended accessories)</li> <li>+ Reposition the chest strap and/or moisten the electrodes</li> <li>+ Change or charge the batteries</li> </ul>

### 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	Half-yearly	Yearly
Display console	C	I			
Tension of the running mat				I	
Plastic covers	C	I			
Screws and cable connections		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 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.

## 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. The exact position of this sticker is shown in the following illustration.



Enter the serial number in the appropriate field.

**Serial number:**

**Brand / Category:**

**Model Name:**

**Article Number:**

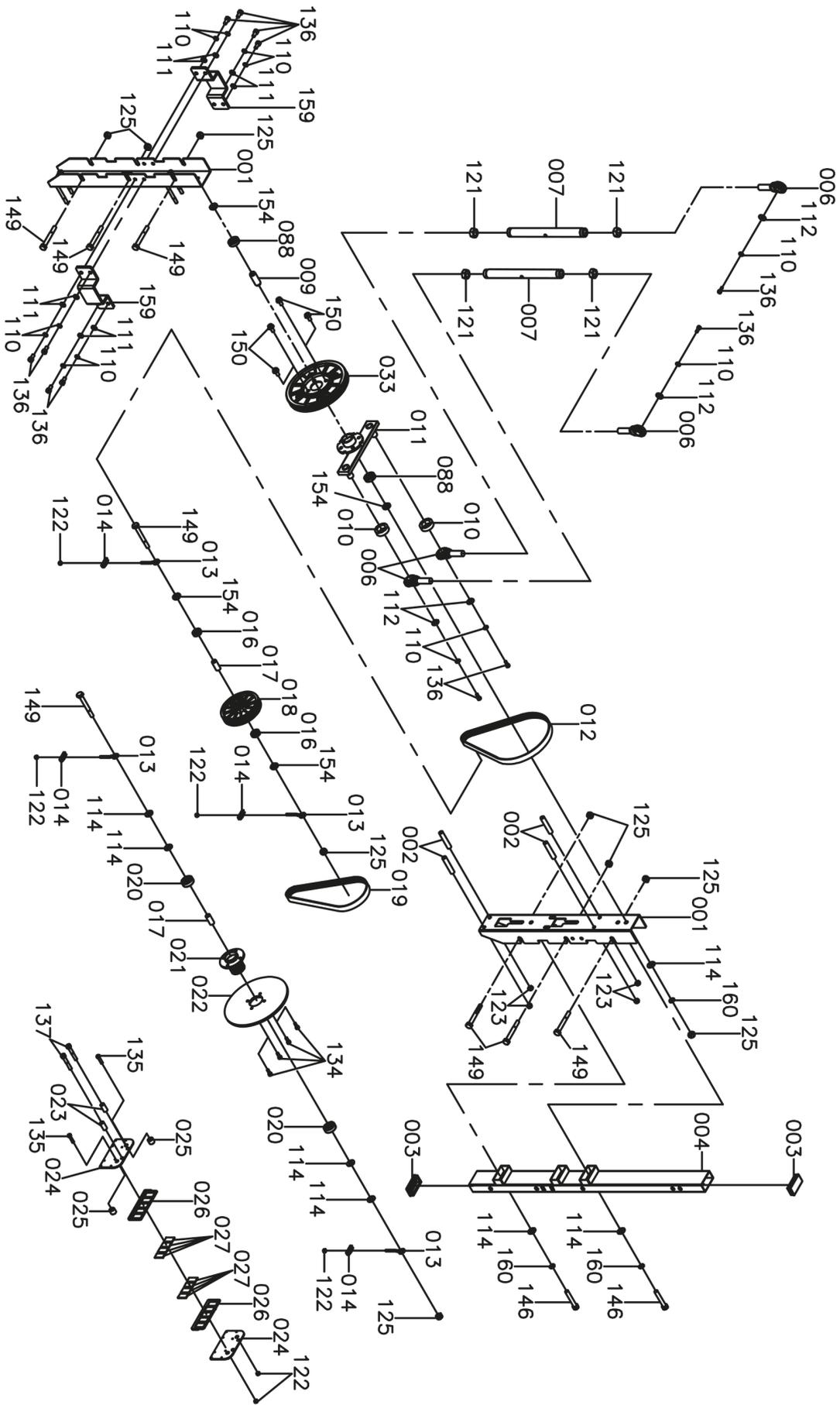
## 8.2 Parts List

No.	Name	Qty.	No.	Name	Qty.
1	Bracket for 2-Stage System	2	36	Support Plate	2
2	Spacer (8x17x62mm)	4	37	Stopper (35mm)	4
3	Square Plug (30x60)	2	38	Sleeve	6
4	Support Tube for Front Cover	1	39	Wheel Axle	2
6	Rod End Plain Bearing	4	40	Transportation Wheels	2
7	Linkage for Rod End Bearing	2	41	Sensor Wire Stand	1
8	Bearing (6201)	4	42	Decoration Bracket	1
9	Spacer (10x17x44mm)	1	43	EndCap	2
10	Shock-Absorbing Foam	4	44	Leveler (50mm)	4
11	Crank for 2-Stage Bracket	1	45	Resistor	1
12	Belt (762J8)	2	46	Eye Bolt (40mm)	2
13	Eye Bolt (67mm)	6	47	Generator	1
14	Tension Bracket	8	48	Belt (1355J8)	1
16	Bearing (6000)	4	49	Linkage Wheel Bearing Adapter	4
17	Spacer (10x14x32mm)	3	50	Wheel Bearing Spacer (8x14x18mm)	2
18	Pulley (120-42mm)	2	51	Crank Linkage	2
19	Belt (660J8)	1	53	Bearing (6905)	16
20	Bearing (6300)	2	54	Swing Linkage	2
21	Flywheel Hub	1	55	Front Cover	1
22	Flywheel	1	56	Upper-Left Decoration Cover	1
23	Spacer (8x14x32mm)	2	57	Upper-Right Decoration Cover	1
24	Magnetic Shield Plate	2	58	Accessory Tray	1
25	Plate Spacer (6x16x20mm)	2	59	Rear Left-Side Cover	1
26	Magnetic Bracket	2	60	Rear Right-Side Cover	1
27	Magnet (N38)	8	61	Main Left-Side Cover	1
28	Main Frame	1	62	Main Right-Side Cover	1
29	Crank	2	63	Outer Stationary Handrail Cover	2
30	Bearing (6005)	2	64	Left Inner Stationary Handrail Cover	1
31	Spacer (25.1x32x40mm)	1	65	Right Inner Stationary Handrail Cover	1
32	Magnet	1	66	Round Plug (50mm)	2
33	Pulley (190)	2	67	Left Stationary Handrail	1
34	Crank Axle	1	68	Right Stationary Handrail	1
35	Controller	1	70	Upper Handlebar Cover	2

72	Left Upper Handlebar	1	110	Lock Washer (M8)	22
73	Right Upper Handlebar	1	111	Washer (8×16×2.0t)	16
76	Left Front Swing Arm	1	112	Washer (8×23×2.0t)	4
77	Right Front Swing Arm	1	113	Washer (8×30×2.0t)	8
78	Basic Leveler (50mm)	2	114	Washer (10×23×2.0t)	9
79	Screw Cap	22	115	Nut (M25×p1.25)	2
80	Inner Bottom Swing Arm Cover	8	116	Flange Nut (M10×p1.25)	1
81	Left Back Swing Arm	1	117	Nut (M10×p1.25)	1
82	Right Back Swing Arm	1	118	Lock Washer (M6)	2
83	Non-Slip Pad	2	119	Tube Connector Nut 30×30(M6)	2
84	Pedal	2	120	Nut (M10×p1.5)	2
85	Square Plug (20×40)	4	121	Nut (M16×p2.0)	4
86	Left Pedal Support Arm	1	122	Nylon Nut (M6×p1.0)	10
87	Right Pedal Support Arm	1	123	Nylon Nut (M8×p1.25)	16
88	Bearing (6002)	2	124	Thin Nylon Nut (M8×p1.25)	4
89	Wheel Bearing Spacer (10×25×47mm)	4	125	Nylon Nut (M10×p1.5)	22
90	Base Cover	1	126	Bolt ( M5×p0.8×10mm)	1
91	Base Frame	1	127	Screw (M3×10mm)	5
92	Left Membrane Key	1	128	Screw (M4×20mm)	20
93	Right Membrane Key	1	129	Screw (M5×20mm)	34
94	Pulse Sensor Top Housing	2	130	Screw (M3×p0.5×20mm)	2
95	Pulse Sensor Bottom Housing	2	131	Screw (M3×p0.5×25mm)	4
96	Left Quick-Access Key	1	132	Screw (M5×p0.8×15mm)	28
97	Right Quick-Access Key	1	133	Screw (M6×p1.0×15mm)	4
98	Foam Grip for Fixed Handlebar	2	134	Bolt (M6×p1.0×15mm)	6
99	Fixed Handlebar	1	135	Bolt (M6×p1.0×30mm)	2
100	Console	1	136	Bolt (M8×p1.25×15mm)	28
101	Battery Door	1	137	Bolt (M8×p1.25×50mm)	4
102	Console Bottom Cover	1	138	Bolt (M8×p1.5×65mm)	4
103	Upper Connection Wire	1	139	Screw (M5×p0.8×30mm)	2
105	Rear Connection Wire	1	140	Screw (M5×p0.8×20mm)	4
106	Upper Pulse Sensor Wire	1	141	Bolt (M10×p1.5×20mm)	2
107	Rear Pulse Sensor Wire	1	142	Bolt (M10×p1.5×70mm)	2
108	Sensor Wire	1	143	Bolt (M10×p1.5×90mm)	4
109	Generator Wire	2	144	Bolt (M8×p1.25×15mm)	4

145	Bolt (M8xp1.25x45mm)	2	159	Support Plate for 2-Stage System	2
146	Bolt (M10xp1.5x60mm)	2	160	Lock Washer (M10)	3
147	Bolt (M8xp1.25x55mm)	2	161	Pedal Wheel Bearing Adapter	8
148	Bolt (M8xp1.25x60mm)	2	162	Front Upper Handlebar Cover	2
149	Bolt (M10xp1.5x85mm)	11	163	Back Upper Handlebar Cover	2
150	Bolt (M8xp1.25x55mm)	2	164	Bearing (6004)	8
151	Bolt (M8xp1.25x20mm)	16	165	Generator Support Bracket	1
152	Bolt (M8xp1.25x16mm)	2	166	Washer (6x13x1.0t)	2
153	Washer (26x34x1.0t)	12	167	TFT Battery Connection Wire	1
154	Wheel Bearing Adapter	6	168	TFT Battery	1
155	Wing Nut	2	169	TFT Battery Bracket	2
156	Round Plug (60mm)	4	170	Bolt (M8xp1.25x15mm)	6
157	Bolt (M8xp1.25x40mm)	2	171	Washer (8x19x2.0t)	8
158	EndCap (50x100)	2			

### 8.3 Exploded Drawing







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.

### 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.

Model	Usage	Full Warranty	Frame	Motor
FS10.5 Pro	Home use	24 Months	30 Years	10 Years
	Semi-professional use	12 Months		
	Professional use	6 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 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                      📠 +49 4621 4210-698                      ✉ technik@sport-tiedje.de</p> <p>🕒 Mo - Fr 08:00 - 18:00                      Sa 09:00 - 18:00</p> <p><b>SERVICE</b></p> <p>☎ 0800 20 20277                      (Freecall)</p> <p>✉ info@sport-tiedje.de</p> <p>🕒 Mo - Fr 08:00 - 21:00                      Sa 09:00 - 21:00                      So 10:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 80 90 16 50                      +49 4621 4210-945                      ✉ info@fitshop.dk</p> <p>🕒 Mo - Fr 08:00 - 18:00                      Sa 09:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ +33 (0) 172 770033                      +49 4621 4210-933                      ✉ service-france@fitshop.fr</p> <p>🕒 Mo - Fr 08:00 - 18:00                      Sa 09:00 - 18:00</p>
	PL	BE
	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 22 307 43 21                      +49 4621 42 10-948                      ✉ info@fitshop.pl</p> <p>🕒 Mo - Fr 08:00 - 18:00                      Sa 09:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 02 732 46 77                      +49 4621 42 10-932                      ✉ info@fitshop.be</p> <p>🕒 Mo - Fr 08:00 - 18:00                      Sa 09:00 - 18:00</p>

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

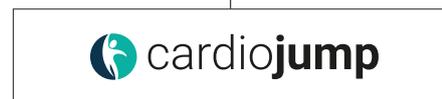
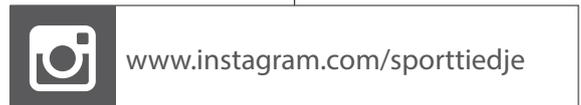
# WE LIVE FITNESS

## WEBSHOP AND SOCIAL MEDIA

Sport-Tiedje is Europe's largest specialist store for home fitness equipment with currently 80 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!



**Notes**

Notes



# **TAURUS<sup>®</sup>**

**Elliptical cross trainer FS10.5 Pro**