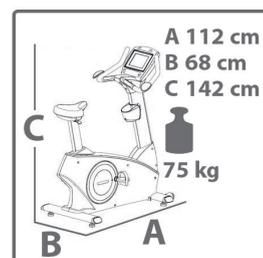


# TAURUS®

## Assembly and operating instructions



TFUB10.5.01.02



## Dear Customer,

Thank you for deciding for a high-quality training equipment of the brand Taurus, the brand that makes athlete's hearts beat faster. Taurus offers a wide range of home fitness equipment like elliptical cross trainers, ergometers, treadmills and rowing machines. Taurus equipment is the optimal equipment for all those who want to train at home independent of goals and fitness level. For further information please visit [www.sport-tiedje.com](http://www.sport-tiedje.com) or [www.taurus-fitness.de](http://www.taurus-fitness.de).

### SAFETY NOTICE



Please read all of the instructions carefully before assembly and first use. These instructions are intended to ensure speedy assembly and explain safe usage. Make sure that all people exercising with the equipment (in particular children and persons with limited physical, sensory, mental or motor capabilities) are informed about these instructions and its content in advance. In case of doubt, a responsible person must supervise the use of the equipment.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to follow the instructions carefully and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The equipment is suitable for home use, semi-professional use (e. g., hospitals, clubs, hotels, schools, etc.) as well as for commercial or professional use (e. g., commercial gyms).

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

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## 1.1 Technical data

### 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)
- + heart rate trend
- + Watt
- + resistance level
- + METs

Resistance system: electronic magnetic induction brake system/ generator brake

Resistance levels: 16

Watt: 45 - 300 Watt (adjustable in 5-Watt increments)

Total number of training programs: 18

Heart-rate controlled programs: 6

Basic programs: 6

Advanced programs: 6

Balance mass: 10 kg

Translation: 1 : 12.3

Operation: Generator

### Weight and dimensions:

Article weight (gross, including packaging): 78.7 kg

Article weight (net, without packaging): 75 kg

Package dimensions (L x W x H): approximately 1310 mm x 330 mm x 780 mm

Set-up dimensions (L x W x H): approximately 1120 mm x 680 mm x 1420 mm

Maximum user weight: 181kg / 399 lbs

## 1.2 Personal safety

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year.
- + Please note that working out excessively can seriously damage your health. Please also be aware that heart rate monitoring systems might be imprecise.
- + The equipment may only be used for its intended purpose; that means for lower body training for adults.
- + Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
- + The equipment is strictly for use by one person at a time.
- + Children should not be allowed unsupervised access to the equipment.
- + Before starting your training, make yourself familiar with all of the equipment's functions and setting options. Have an expert explain the correct usage of the product to you.
- + Make sure that nobody is in the range of motion of the equipment while exercising.
- + Keep your hands, feet and other body parts, hair, clothing, jewelry and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable. Never work out in bare feet.
- + It is also important to take note of the information given in the workout instructions for creating a workout plan.
- + At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.
- + Without prior agreement from your authorized contract partner, opening the equipment is prohibited.

### 1.3 Electrical safety (not valid for equipment with generator drive)

- + The equipment should be connected directly to a grounded plug socket only by means of the power cable supplied. The use of multi-socket adapters or similar is not recommended. Extension leads must comply with local electrical safety guidelines. Always fully unwind the power cable.
- + The outlet should be secured with a fuse with a minimum value of „16 amperes, slow“.
- + In order to reduce the risk of an electric shock, always unplug the equipment from the mains socket immediately after your workout, before assembly or dismantling, and before maintenance or cleaning. Do not pull on the cable.
- + When plugged in, do not leave the equipment unattended at any time. To avoid use by anyone unfamiliar with the operating instructions, the power cable should be removed when the equipment is not in use.
- + Keep the power cable away from heat, oil and sharp edges. Do not route the power cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.
- + Make no modifications to either the power cable or the mains plug.
- + If the power cable or the plug are damaged or defective, contact your authorized contract partner. Do not use the equipment in the meantime.
- + Do not keep electrical devices (e. g., mobile phones) in close proximity to the console or the control electronics, otherwise display values (e. g., pulse measuring) could be inaccurate.

### 1.4 Set-up place

- + The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose a location in which to place the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment (at least 1.50 m). Furthermore, the equipment should not be set up in main entrances or on escape routes.
- + Always keep the power cable away from hot surfaces and grounds and make sure that the cable is not stuck somewhere or becomes a „trip hazard“.
- + No objects of any type should be inserted into the openings of the equipment.
- + The equipment should be placed on a level and solid surface, any unevenness in the floor should be leveled out.
- + A floor protective mat / equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

### 2.1 General instructions

- + Please check if all parts and tools belonging to the equipment are included in the delivery and if there is any transport damage. If there are any complaints, please contact your contract partner directly.
- + Some of the nuts and bolts to be used in assembly are already pre-mounted in order to make set-up as easy as possible.
- + The equipment must be assembled by adults. In case of doubt, ask for assistance from another person with technical skills.
- + Keep children away from the equipment during assembly, because small parts are included in the delivery and may be swallowed.
- + Make sure that you have enough space (at least 1.50 m) in every direction during assembly.
- + Do not leave any tools and packaging materials like plastic sheeting laying around to avoid danger of suffocation for children.
- + Assemble the equipment on an underlay mat or on the cardboard packaging in order to avoid damage to the equipment and to the floor (scratches).
- + Before starting assembly, all individual parts should be placed on the floor next to each other.
- + Read the assembly instructions carefully and assemble the equipment according to the illustrations. Proceed carefully and cautiously.
- + First loosen all parts and check for their correct fitting. Then tighten the screws using a tool.
- + Modifications to the design or improper repairs may pose a hazard to the user and should not be carried out. The product warranty may be void as a result.
- + Only authorized service technicians are permitted to carry out all servicing and/or repairs – it excludes maintenance and care.
- + Damaged or worn components may impair your safety and the lifespan of the equipment. You should therefore immediately replace damaged or worn components. Please contact your contract partner in such a case. The equipment should no longer be used until it has been repaired. When needed, only use original Taurus spare parts.
- + Check the tightness of all screw connections once a month.
- + In order to be able to guarantee the constructively defined safety level of this equipment, we recommend having the equipment regularly maintained (at least once a year) by specialists (service technicians of your contract partner).
- + The equipment may be cleaned of dust, dirt and sweat using a damp cloth. The use of solvents should be strictly avoided. Also, make sure that no liquids (e. g. sweat) get into the openings of the equipment (e. g. console).

## 2.2 Faults and troubleshooting

The equipment runs through regular quality controls during production. Nevertheless, errors or malfunctions on the equipment may occur. Individual parts are often the cause of faults and replacement is usually sufficient. Please use the following overview to see the five most common errors and how to repair them. If the equipment still does not work properly, please contact your contract partner.

<b>Problem</b>	<b>Cause</b>	<b>Solution</b>
Crackling noise in pedal area	Loose pedals	Tighten the pedals
Equipment wobbles	Equipment is not level	Adjust the supporting feet
Handlebar/saddle wobbles	Screws are loose	Tighten screws
Display does not turn on	Power is disconnected	Check all plug connections and see if the plug is plugged in
No pulse reading	<ul style="list-style-type: none"> <li>• Sources of interference in the room</li> <li>• Using a chest strap:               <ul style="list-style-type: none"> <li>- Unsuitable chest strap</li> <li>- Chest strap is incorrectly positioned</li> <li>- Batteries are empty</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Eliminate sources of interference (e. g. mobile phone, loudspeaker, etc.)</li> <li>• Use a suitable chest strap (see recommended accessories)</li> <li>• Reposition the chest strap and/or moisten the electrodes</li> <li>• Charge the batteries</li> </ul>

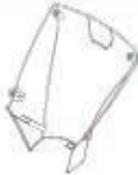
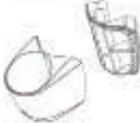
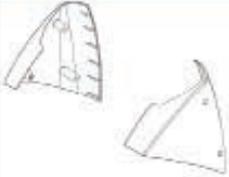
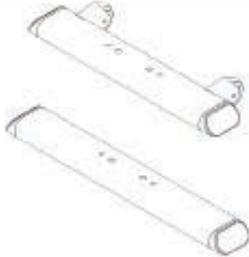
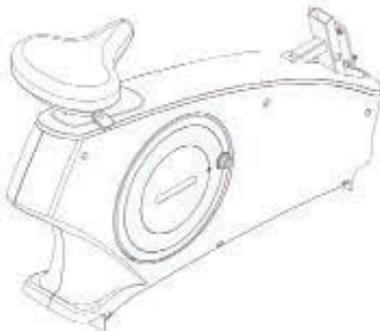
## 2.3 Maintenance and service calendar

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

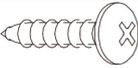
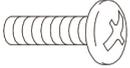
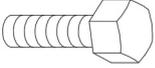
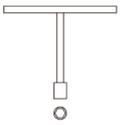
<b>Part</b>	<b>Weekly</b>	<b>Monthly</b>	<b>Twice a year</b>	<b>Annually</b>
Display console	C	I		
Tighten the pedals			I	
Plastic cover	C	I		
Seat rail		I		
Legends: C = cleaning; I = inspect				

### 3.1 Package contents

The package contains the parts represented in the illustration, including a power cable with mains plug. If one of the illustrated parts is missing, please contact your contract partner.

<b>Console</b>	<b>Console Bracket</b>	<b>Handlebar Decoration Cover</b>	<b>Hand Wrist Pad</b>
			
<b>Accessory Tray &amp; Support Pad</b>	<b>Pedal</b>	<b>Leveler</b>	<b>Handlebar Assembly</b>
			
<b>Upright Post Sleeve</b>	<b>Upright Post Assembly</b>		<b>Front and Rear Stabilizer</b>
			
<b>Main Frame</b>			
			

## Tools and screw sets

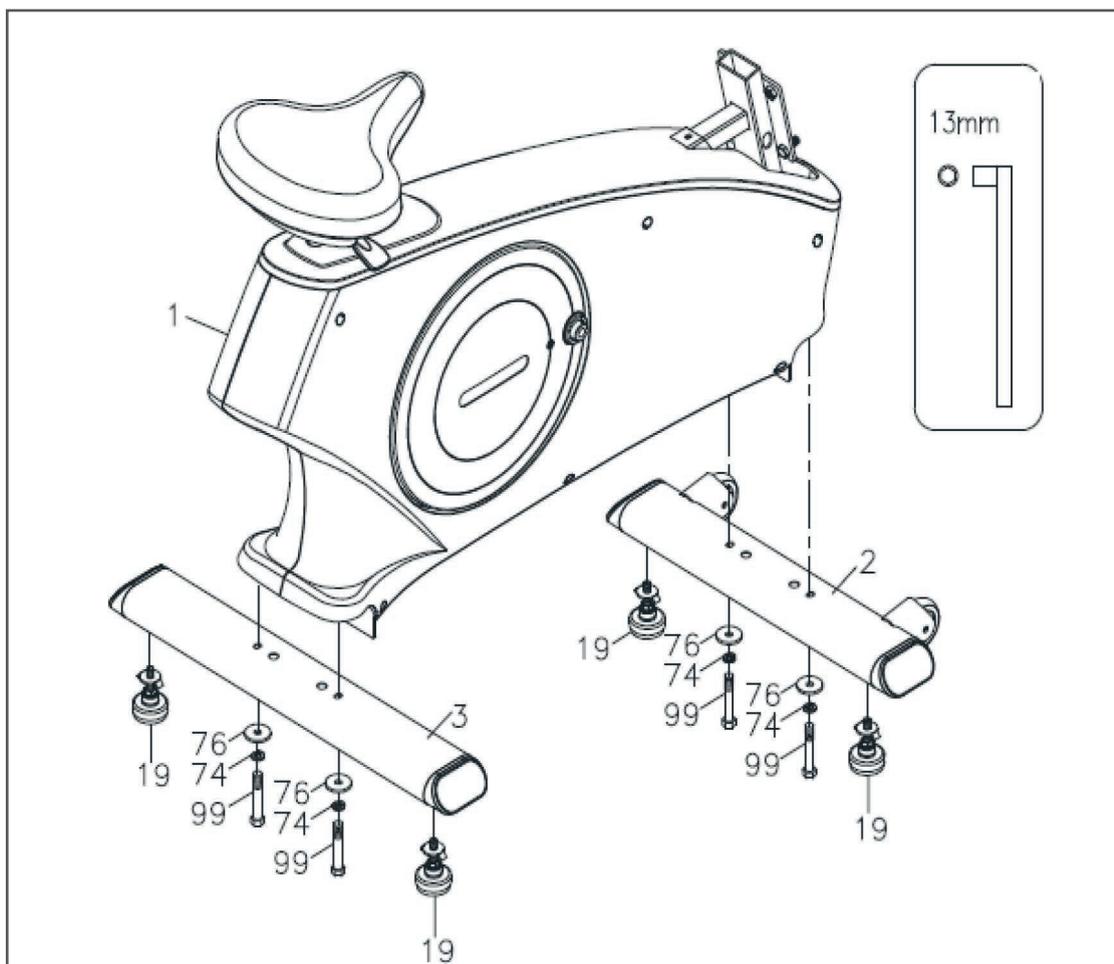
Drawing	Part no. and description	Qty.
	74) Spring washer (M8)	4
	76) Washer (8x38x2.0t)	4
	81) Washer (6x13x1.0t)	2
	85) Screw (M4x20mm)	4
	87) Bolt (M5xp0.8x15mm)	14
	99) Bolt (M8xp1.25x65mm)	4
	101) Bolt (M10xp1.5x25mm)	2
	115) Spring washer (M6)	2
	116) Bolt (M6xp1.0x12mm)	2
	Wrench (65mm)	1
	Allen wrench (5mm)	1
	Phillips wrench (6mm)	1
	Socket wrench (13mm)	1
	T-hand socket wrench (17mm)	1

## 3.2 Assembly instructions

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

### Step 1: Assemble base feet

- a) Mount four adjusting screws (19) each on the front base foot (2) and rear base foot (3).
  - b) Make sure that the adjusting screws (19) are tightly attached to the base feet.
  - c) In order to be able to mount the base feet easier, we recommend placing one of the pieces of Styrofoam under the frame (1).
  - d) Mount the front base foot (2) on the frame (1) with two washers (8x38x2.0t) (76), two spring washers (M8)(74) and two screws (M8xp1.25x65mm)(99).
  - e) Mount the rear base foot (3) on the frame (1) with two washers (8x38x2.0t) (76), two spring washers (M8)(74) and two screws (M8xp1.25x65mm)(99).
- Rotate the adjusting screws further in or out in order to level out any unevenness.



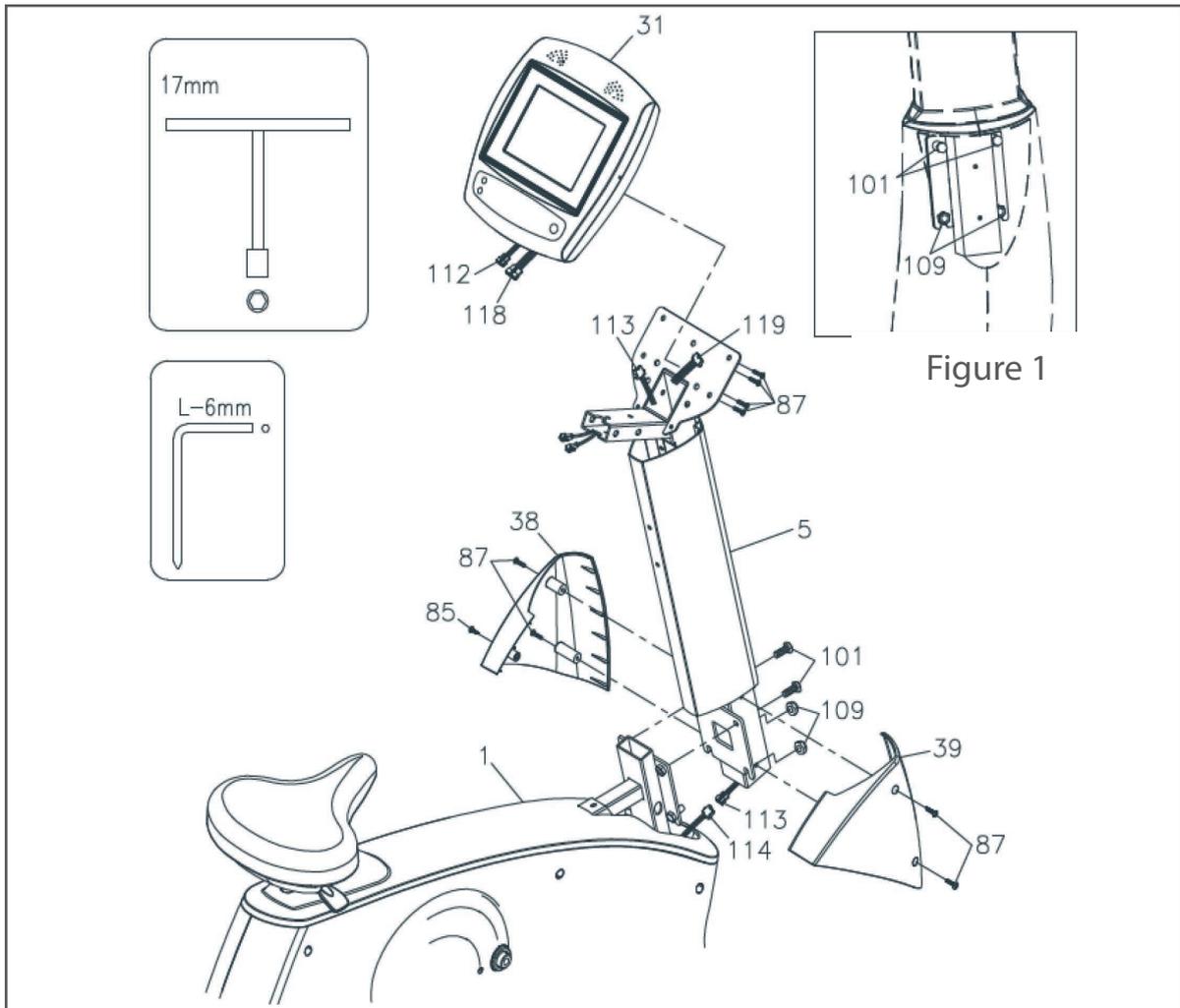


Figure 1

### Step 2: Cable connections

a) Connect the middle connection cable (113) to the lower connection cable (114). Make sure that the cables are not stuck.

### Step 3: Assemble console mast

a) Check if two nylon nuts (M10xp1.5)(109) were pre-mounted on the frame. See fig. 1.

b) Insert the console mast (5) in the main frame (1) and mount it with two screws (M10xp1.5x25mm) (101). Then tighten the nuts (M10xp1.5)(109).

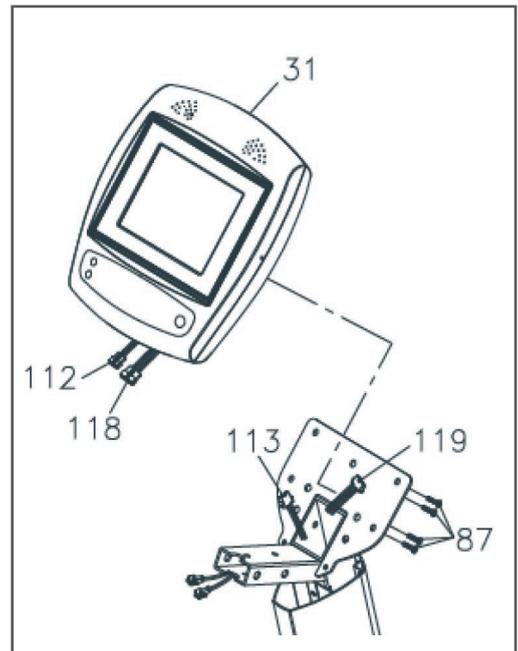
### Step 4: Assemble console mast covers

a) Mount the right console mast cover (39) on the console mast (5) with two screws (M5xp0.8x15mm) (87).

b) Mount the left console mast cover (38) on the console mast (5) with two screws (M5xp0.8x15mm) (87) as well as another screw (M4x20mm)(85).

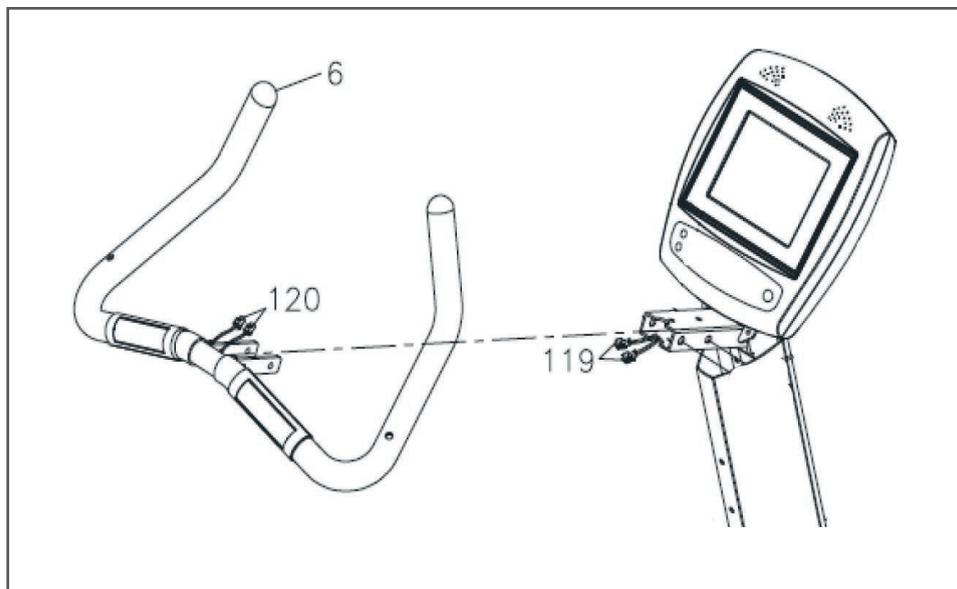
### Step 5: Assemble console and cable connections

- a) Connect the upper connection cable (112) to the middle connection cable (113). Make sure that the cables are not stuck.
- b) Connect the upper pulse sensor cable (118) to the middle pulse sensor cable (119). Make sure that the cables are not stuck.
- c) Place the console (31) on the console mast (5) and mount it with four screws (M5xp0.8x15mm)(87).



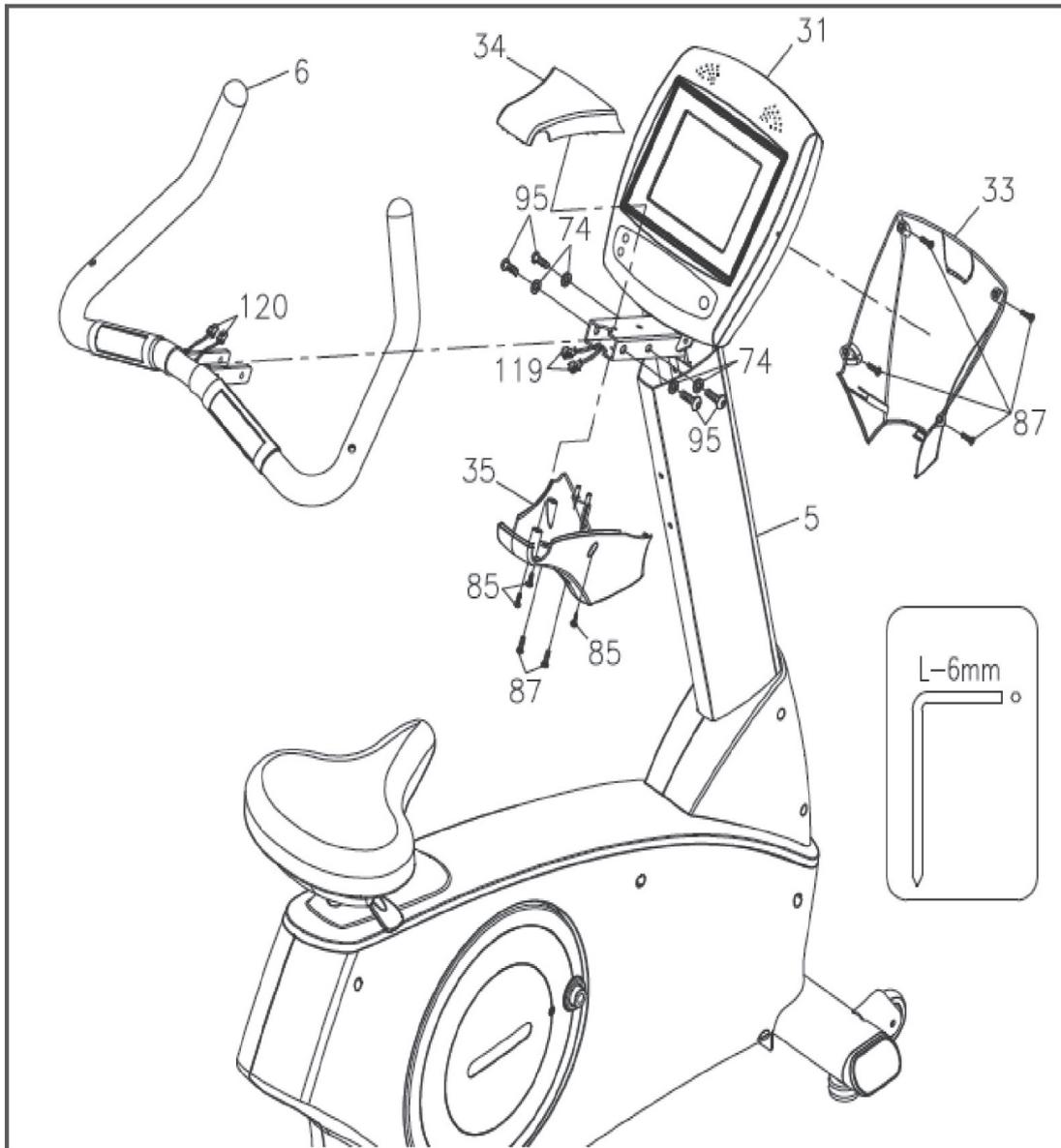
### Step 6: Cable connection

- a) Connect the middle pulse sensor cable (119) to the lower pulse sensor cable (120). Make sure that the cables are not stuck.



## Step 7: Assemble handle

- a) Loosen the four screws (M8x1.25x16mm)(95) and four spring washers (M8)(74), which are pre-mounted on the console mast (5).
- b) Mount the handle (6) on the console mast (5) with four screws (M8x1.25x16mm)(95) and four spring washers (M8)(74).
- c) Mount the console cover (33) on the console (31) with four screws (M5x0.8x15mm)(87).
- d) Mount the upper (34) and lower handle cover (35) on the console mast (5) with three screws (M4x20mm)(85) and two screws (M5x0.8x15mm)(87).



### Step 8: Assemble armrests

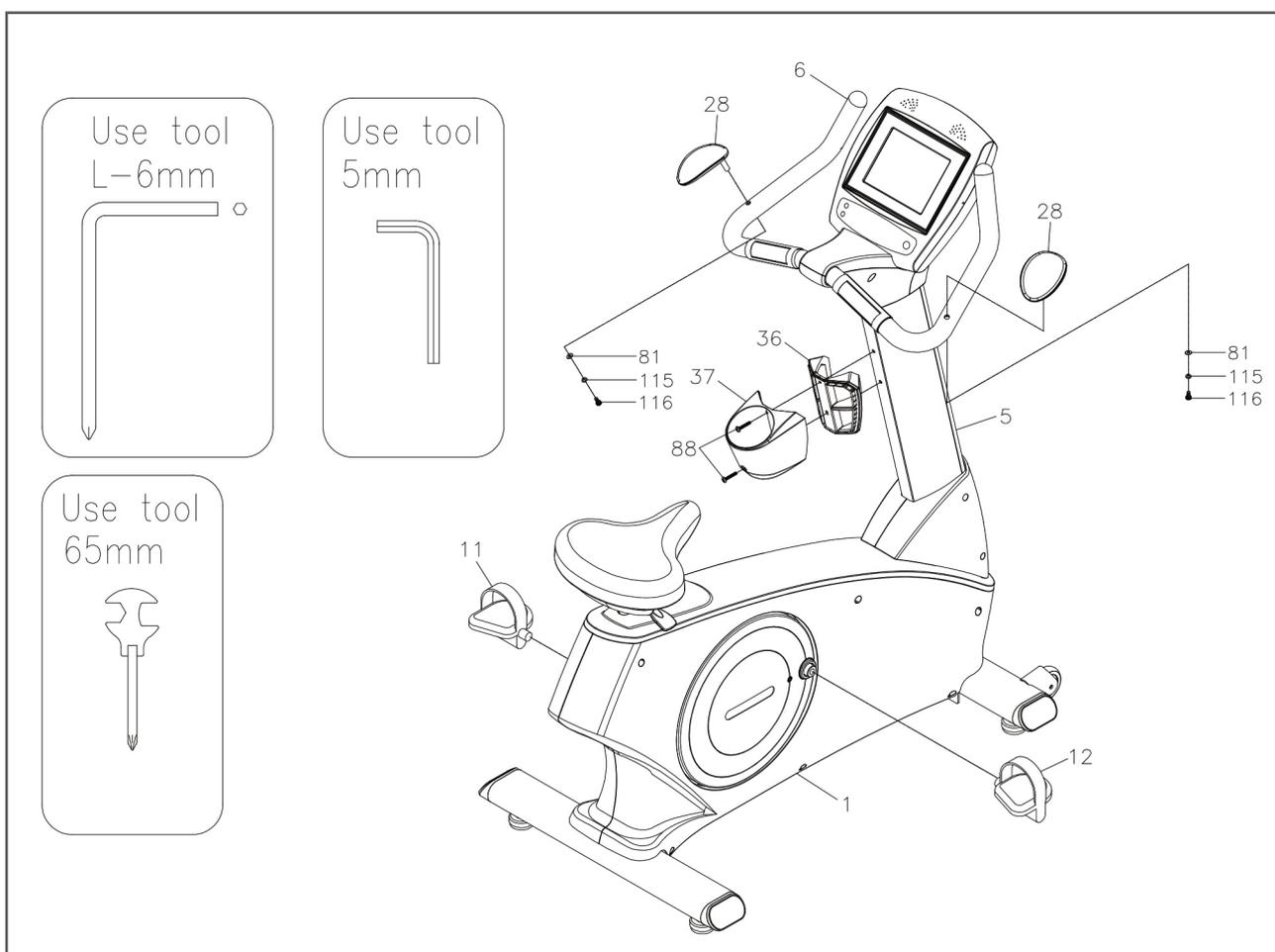
a) Mount the armrests (28) on the handles (6) with two washers (6×13×1.0t)(81), two lock washers (M6)(115), two hex head bolts (M6×p1.0×12mm)(116).

### Step 9: Assemble bottle holder and pedals

a) Mount the two parts of the bottle holder (36+37) on the console mast (5) with the two pre-mounted screws (M5xp0.8x25mm)(88).

b) Screw tight the right pedal (12) clockwise on the right pedal crank. Screw tight the left pedal (11) counter-clockwise on the left pedal crank.

Then check again to see if all screws and nuts have been tightened.



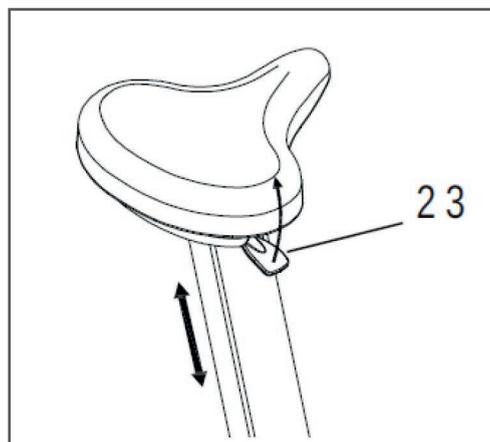
### Angle adjustment of the console

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



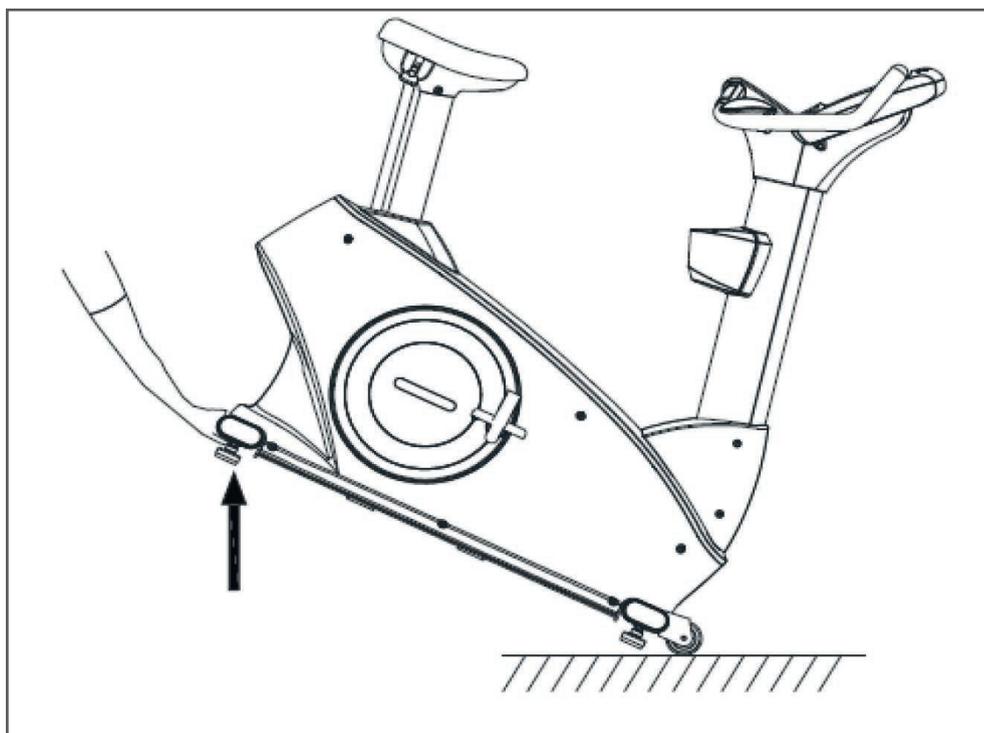
### Seat adjustment

Pull on the seat height adjustment lever in order to adjust the height of the seat. As soon as you have reached the desired height, release the lever again.



### Transporting the equipment

Lift the equipment on the rear base foot and move the equipment to the desired space.



### 4.1 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>

## 4.2 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>Note:</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. Press H.R. Trend again to return to the training program.</p>

## 4.3 Turning on and setting the equipment

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

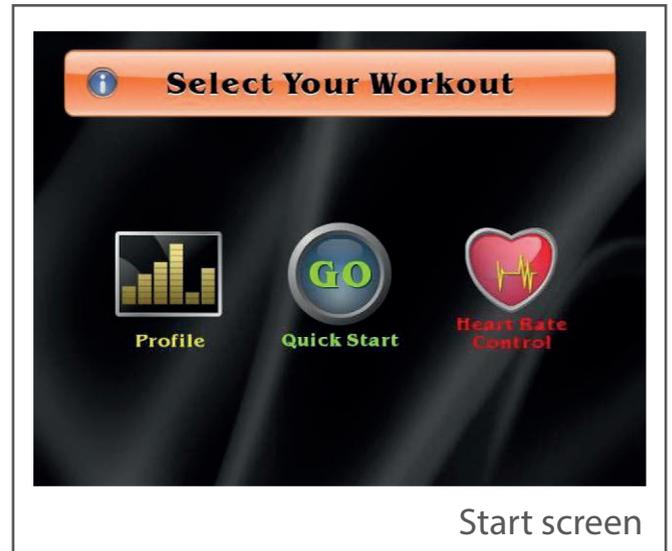
Turn off: The console will turn off automatically after 60 seconds of inactivity.

**Note:** 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.

## 4.4 Programs

You have three options on the start screen:

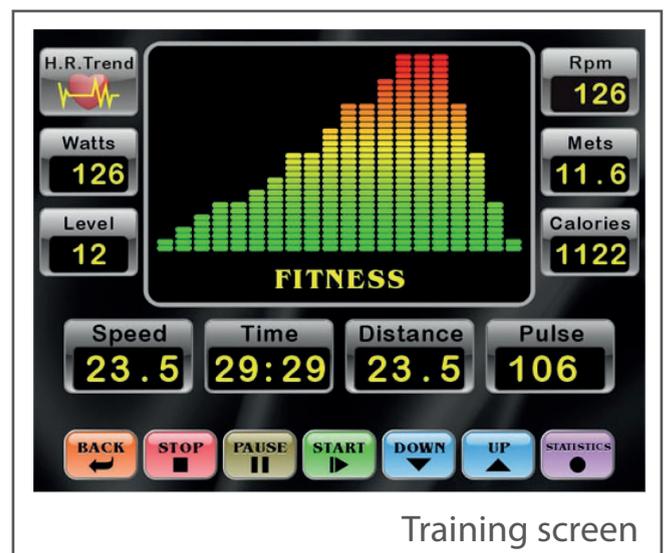
1. Quick Start. Select Quick Start if you would like to start directly in the manual program without settings.
2. Profile: Here you can choose between Basic profiles and Advanced profiles.
3. Heart rate controlled training (H.R.C.) (60%, 65%, 70%, 75%, 80%, 85%)



### 4.4.1 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.



## 4.4.2 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.



### 4.4.2.1 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.

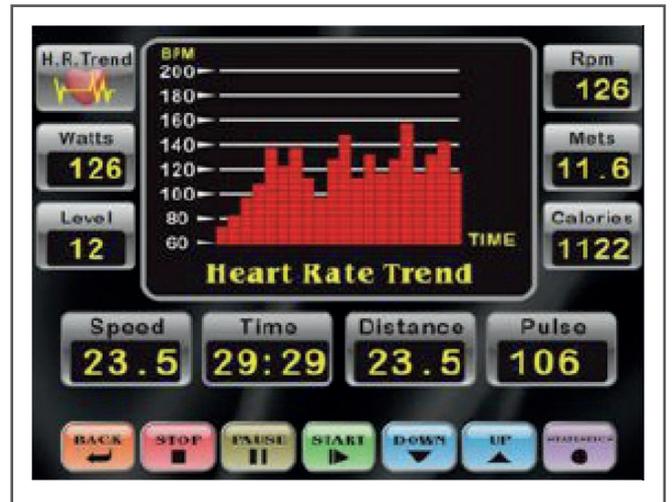


### H.R. Trend

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.

**Note:** 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.



**Note:** 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.



## 4.4.2.2 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.

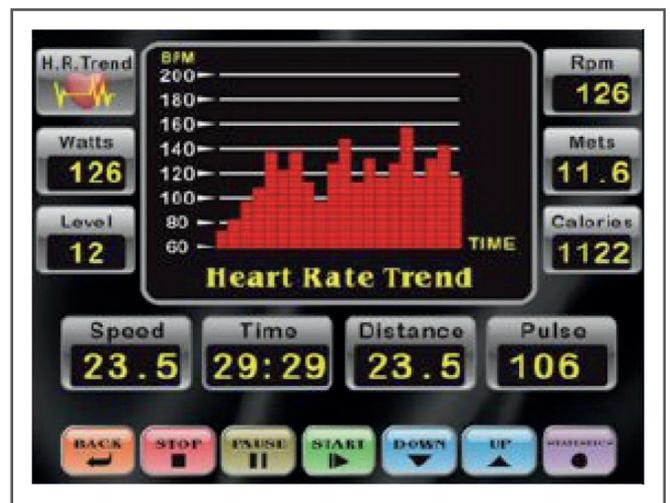


### H.R. Trend

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.

**Note:** 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.

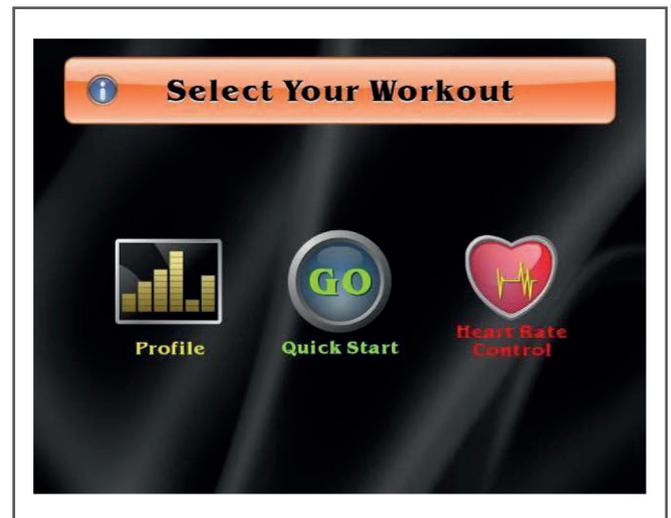


**Note:** You can press this button at any time while training in order to display the statistics. Press the **Back** button to return to the training screen.



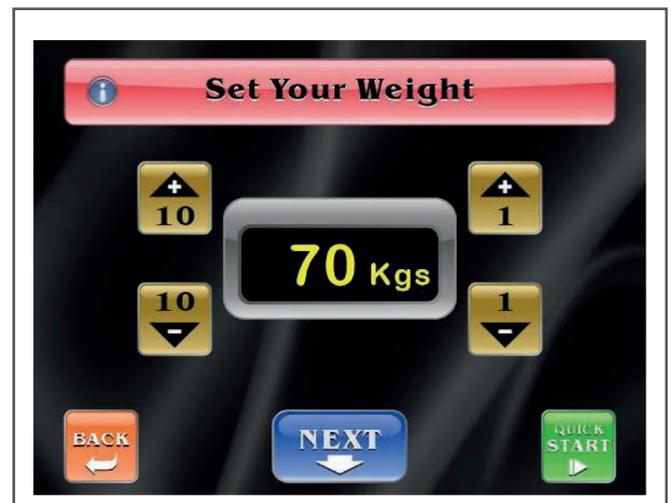
### 4.4.3 Heart rate control

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.



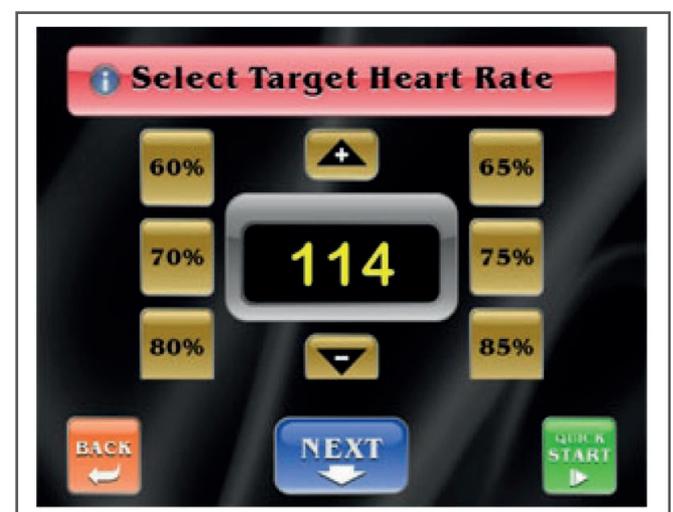
Now you can select your gender.

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.

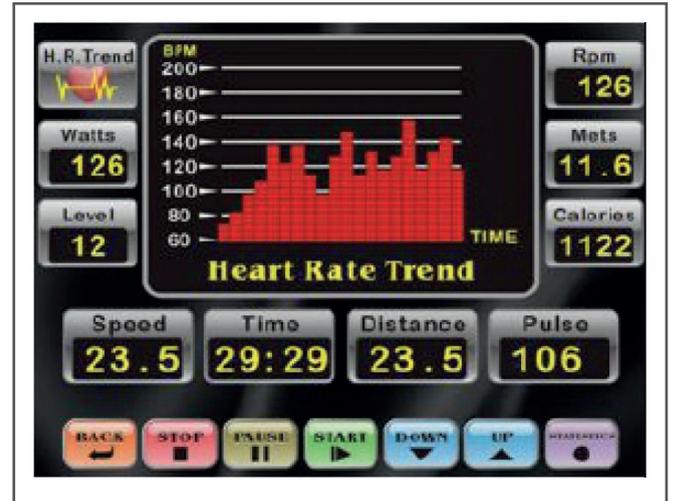


## H.R. Trend

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.

**Note:** 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.



**Note:** 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.



## 4.5 Heart rate measurement

### Pulse measuring through hand sensors

The hand sensors integrated in the handles allow you to determine your heart rate. You can measure your heart rate by lightly grasping the sensors with both hands at the same time. Blood pressure changes occur due to the heartbeat. The sensors measure the changes to the electric skin resistance caused by it. These values are then used to create an average and are displayed on the screen of the console as a heart rate.

#### Note:

For some people, the skin resistance change caused by the heart rate is so minimal that the measurements do not allow for usable values. Strong callus or sweat on the hands may also impair a correct measurement. In such cases, the heart rate will not be shown at all or only incorrectly.

If the measurement is incorrect or not taken at all, please check if it happens to only one person or to several people. If the pulse display only does not work in a single case, the equipment is not defective. In this case, we recommend using a chest strap to achieve a permanently correct heart rate display.

**CAUTION: Your training equipment is not a medical device. Different factors may influence the accuracy of the heart rate display. The heart rate display only serves as a training aid.**

### Telemetric heart rate measuring

This ergometer is already equipped with a heart rate receiver as standard. Using a chest strap makes it possible for you to have a wireless heart rate measuring. This optimal and ECG-precise type of measuring reads the heart rate directly from the skin through a transmitting chest strap. The chest strap then sends the impulse to the receiver integrated in the console.

#### Positioning the chest strap and moistening the electrodes:

Place the belt directly below the chest, while the transmitter should be placed on the middle of the chest. The chest strap should sit comfortably, but not too loose. If the belt is too loose, the contact to the electrodes may be disrupted or the belt may slip while exercising. The transmitter turns on automatically once it is put on. In order to allow for a precise measuring, you should moisten the rubber electrodes. This is best done with a special chest strap contact gel, which is also used for ultrasound scans.

#### Note:

If you have not been active in doing sports for a longer period of time, you should first go to your physician in order to discuss your training with them. You should also contact your physician in advance in the event of heart problems, high/low blood pressure and obesity.

### Training with heart rate orientation

Heart rate orientation guarantees an extremely effective and healthy training. Through your age and the following table, you can quickly and easily read and determine the optimal pulse for your training. An alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

**Fat burning (weight management):** The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

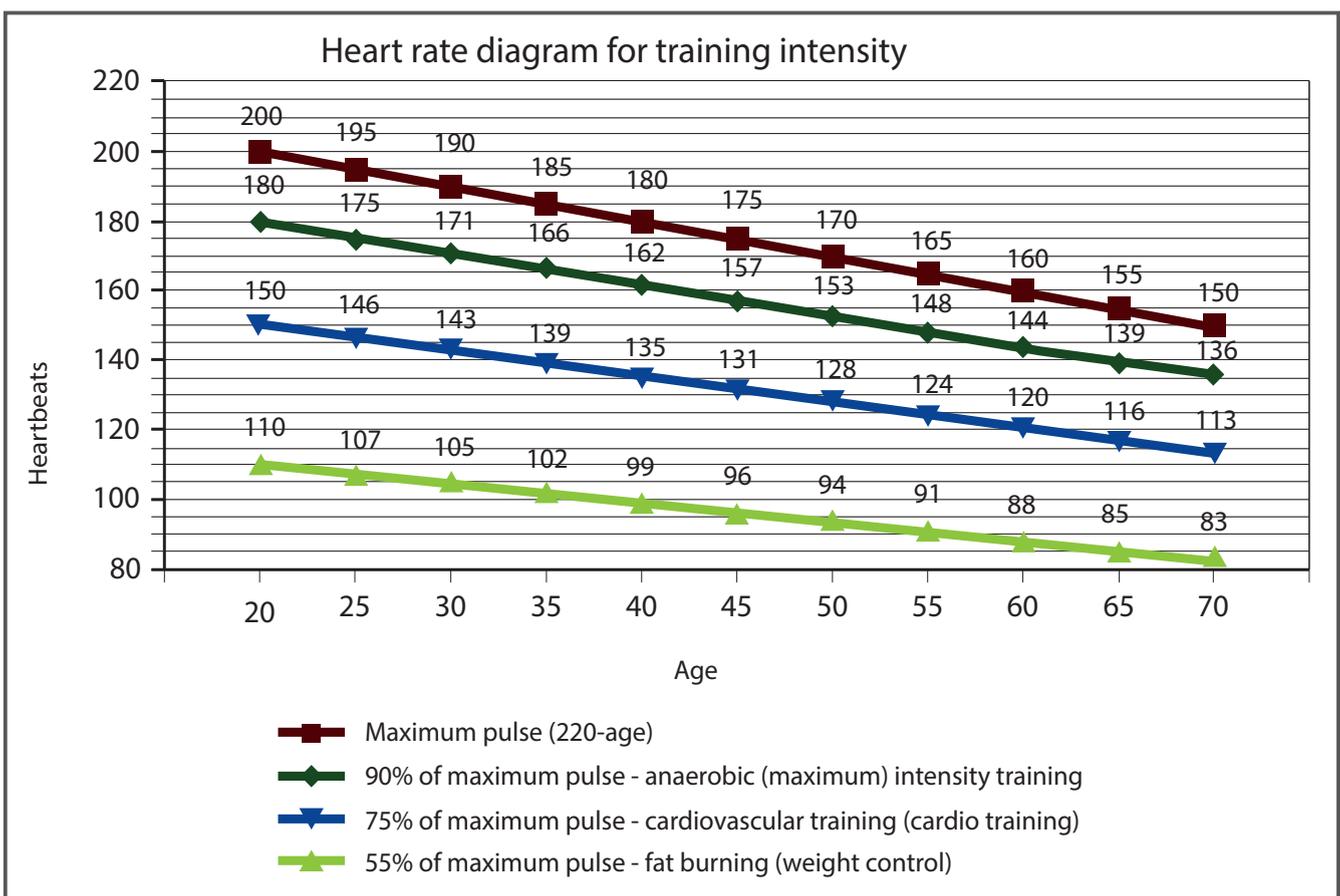
**Cardiovascular training (cardio training):** The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period is required.

**Anaerobic (maximum) load training:** The main goal of maximum load training is to improve recovery after short, intense loads in order to be able to quickly return to the aerobic zone. In order to achieve this training goal, a high intensity (approximately 90% of the maximum heart rate) with short, intense load is required, which is followed by a recovery phase in order to prevent muscle fatigue.

**Example:**

For a 45-year-old man or woman, the maximum heart rate is 175 (220 - 45 = 175).

- The fat burning target zone (55%) is at approximately 96 beats/min.  
= (220 - age) x 0.55.
- The cardio target zone (75%) is at approximately 131 beats/min.  
= (220 - age) x 0.75.
- The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. = (220 - age) x 0.9.



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

### Error descriptions

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

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

**Your statutory rights are not affected.**

### 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 periods

The following warranty periods begin on delivery of the fitness equipment.

Model	Use	Full warranty	Frame
UB10.5	Home use	36 months	30 years
	Semi-professional use	24 months	
	Professional use	12 months	

### Repair costs

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

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

- Home use: solely for private use in private households up to 3 hours per day
- Semi-professional use: up to 6 hours per day (e. g. rehabilitation centers, hotels, clubs, company gyms)
- Professional use: more than 6 hours per day (e. g. commercial gyms)

### **Warranty service**

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

### **Warranty conditions**

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

- misuse or improper handling
- environmental influences (moisture, heat, electrical surge, dust, etc.)
- failure to follow the current safety measures for the equipment
- failure to follow the operating instructions
- use of force (e. g. hitting, kicking, falling)
- interventions which were not carried out by one of our authorized service centers
- unauthorized repair attempts

### **Proof of purchase and serial number**

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly. If you have trouble finding the serial number on your fitness equipment, our service team is at your disposal to offer further information.

### **Service outside the warranty period**

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

### **Communication**

Many problems can be solved just by speaking to us as your contract partner. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

## 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 ORDERING ACCESSORIES

	<p>Floor mat size XL Art. No. ST-FM-XL</p>
	<p>Transmitter chest strap Art. No. ST1000</p>
	<p>Comfort chest strap Premium Art. No. ST1050</p>
	<p>Chest strap contact gel 250ml Art. No. BK-250</p>
	<p>Fitness equipment care set Art. No. HF-500</p>

## 8.1 Service hotline

So that we can give you the best possible service, please have your **model name, part number, serial number, exploded drawing and parts list** ready.

### SERVICE-HOTLINE

#### DE

☎ +49 4621 4210-0  
 📠 +49 4621 4210-699  
 ✉ service@sport-tiedje.de  
 Mo. - Fr. 8:00 - 18:00  
 Sa. 9:00 - 18:00

#### DK

☎ 80 90 16 50  
 ☎ +49 4621 4210-945  
 ✉ info@t-fitness.dk  
 Ma. - Fr. 8:00 - 18:00  
 Lø. 9:00 - 18:00

#### FR

☎ +33 (0) 172 770033  
 ☎ +49 4621 4210-933  
 ✉ service-france@sport-tiedje.fr  
 Lun. - Ven. 8:00 - 18:00  
 Sam. 9:00 - 18:00

#### NL

☎ +31 172 619961  
 ✉ info@fitshop.nl  
 Ma. - Do. 9:00 - 17:00  
 Vr. 9:00 - 21:00  
 Za. 10:00 - 17:00

#### UK

☎ +44 141 876 3972  
 ✉ orders@powerhousefitness.co.uk  
 Mon. - Fri. 9:00 - 17:00

#### INT

☎ +49 4621 4210-0  
 ✉ service-int@sport-tiedje.de  
 Mon - Fri 8:00 - 18:00  
 Sat 9:00 - 18:00

## 8.2 Serial number and model name

Before assembling your equipment, find the serial number on the white sticker and enter it in the appropriate space.

Serial number:

Brand / category:

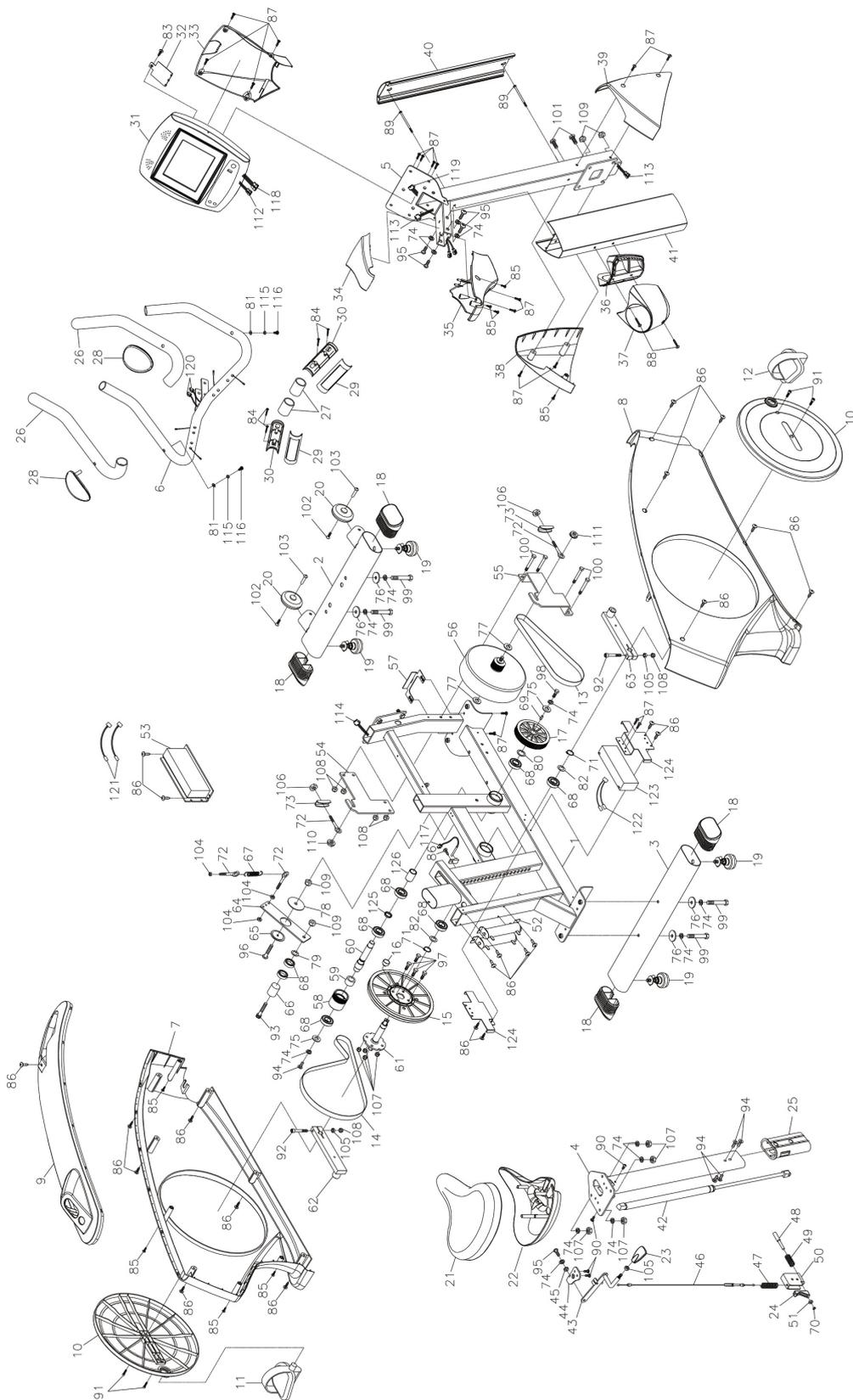
Model name:

## 8.3 Parts list

No.	Description	Qty.	No.	Description	Qty.
1	Main Frame	1	32	Battery Door	1
2	Front Stabilizer	1	33	Console Bracket	1
3	Rear Stabilizer	1	34	Upper Handlebar Decoration Cover	1
4	Seat Post	1	35	Lower Handlebar Decoration Cover	1
5	Upright Post	1	36	Accessory Tray Support Pad	1
6	Handlebar	1	37	Accessory Tray	1
7	Left Cover	1	38	Left Upright Post Sleeve	1
8	Right Cover	1	39	Right Upright Post Sleeve	1
9	Upper Chain Cover	1	40	Front Aluminum Upright Cover	1
10	Crank Cover	2	41	Rear Aluminum Upright Cover	1
11	Left Pedal	1	42	Air Pressure Bar	1
12	Right Pedal	1	43	Seat Adjustment Lever	1
13	Belt (762J8)	1	44	Fixed Stand	1
14	Belt (1092J8)	1	45	Spacer	1
15	Pulley (235)	1	46	Cable	1
16	Magnet	1	47	Cable Spring	1
17	Pulley (120)	1	48	Roller Axle	1
18	EndCaps	4	49	Stand Spring	1
19	Leveler	4	50	Spacer Stand	1
20	Transportation Wheels	2	51	Arc Washer	1
21	Seat	1	52	Resistor	1
22	Seat Lower Case	1	53	Controller	1
23	Adjustment Bar	1	54	Right Mounting Plate	1
24	Slider	1	55	Left Mounting Plate	1
25	Seat Post Sleeve	1	56	Generator	1
26	Upper Foam Grip	2	57	Adaptor Bracket	1
27	Foam Grip	2	58	One Way Pulley (51)	1
28	Hand Wrist Pad	2	59	One Way Bearing(2520)	1
29	Pulse Sensor Top Housing	2	60	Axle	1
30	Pulse Sensor Bottom Housing	2	61	Crank Shaft	1
31	Console	1	62	Left Crank	1

No.	Description	Qty.	No.	Description	Qty.
63	Right Crank	1	95	Bolt (M8xp1.25x16mm)	5
64	Idler Arm	1	96	Bolt (M10xp1.5x45mm)	1
65	Axle Connection Cap	1	97	Bolt (M8xp1.25x15mm)	4
66	Idler Wheel Spacer	1	98	Bolt (M8xp1.25x15mm)	1
67	Idler Spring	1	99	Bolt (M8xp1.25x65mm)	4
68	Bearing (6004)	8	100	Bolt (M8xp1.25x80mm)	4
69	Square Key (6x6x15mm)	1	101	Bolt (M10xp1.5x25mm)	2
70	E-Ring	1	102	Bolt (M6xp1.0x12mm)	4
71	C-Ring	2	103	Bolt (L=35mm)	2
72	Eye Bolt	4	104	Nut (M6xp1.0)	3
73	Tension Bracket	2	105	Nut (M8xp1.25)	3
74	Lock Washer (M8)	15	106	Nylon Nut (M6xp1.0)	2
75	Washer (8x23x2.0t)	2	107	Thin Nylon Nut (M8xp1.25)	8
76	Washer (8x38x2.0t)	4	108	Nylon Nut (M8xp1.25)	6
77	Washer (10x23x2.0t)	2	109	Nylon Nut (M10xp1.5)	4
78	Washer (10.6x60x2.0t)	1	110	Flange Nut (M10xp1.25)	1
79	Washer (17x25x1.0t)	1	111	Nut (M10xp1.25)	1
80	Washer (18.3x25x1.0t)	1	112	Upper Connection Wire	1
81	Washer (6x13x1.0t)	2	113	Middle Connection Wire	1
82	Washer (21x30x1.0t)	2	114	Lower Connection Wire	1
83	Screw (M3x10mm)	1	115	Lock washer (M6)	2
84	Screw (M3x25mm)	4	116	Bolt (M6xp1.0x12mm)	2
85	Screw (M4x20mm)	8	117	Sensor Wire & Stand	1
86	Screw (M5x18mm)	24	118	Upper Pulse Sensor Wire	1
87	Bolt (M5xp0.8x15mm)	18	119	Middle Pulse Sensor Wire	1
88	Bolt (M5xp0.8x30mm)	2	120	Lower Pulse Sensor Wire	2
89	Bolt (M5xp0.8x75mm)	2	121	Generator Connection Wire	2
90	Bolt (M6xp1.0x10mm)	4	122	TFT Battery Connection Wire	1
91	Bolt (M6xp1.0x20mm)	4	123	TFT Battery	1
92	Bolt (M8xp1.25x55mm)	2	124	TFT Battery Bracket	2
93	Bolt (M10xp1.5x30mm)	1	125	Spacer (4.6mm)	1
94	Bolt (M8xp1.25x10mm)	5	126	Spacer (36mm)	1

# 8.4 Exploded drawing



## CONTACT

### Company head office

Sport-Tiedje GmbH  
Flensburger Str. 55  
24837 Schleswig  
Germany

### Hotline for Technical Information

#### DE

☎ +49 4621 4210-0  
☎ +49 4621 4210-698  
✉ [technik@sport-tiedje.de](mailto:technik@sport-tiedje.de)

#### DK

☎ 80 90 16 50  
☎ +49 4621 4210-945  
✉ [info@t-fitness.dk](mailto:info@t-fitness.dk)

#### FR

☎ +33 (0) 172 770033  
☎ +49 4621 4210-933  
✉ [service-france@sport-tiedje.fr](mailto:service-france@sport-tiedje.fr)

#### NL

☎ +31 172 619961  
✉ [info@fitshop.nl](mailto:info@fitshop.nl)

#### UK

☎ +44 141 876 3986  
✉ [support@powerhousefitness.co.uk](mailto:support@powerhousefitness.co.uk)

#### INT

☎ +49 4621 4210-0  
✉ [service-int@sport-tiedje.de](mailto:service-int@sport-tiedje.de)

[www.sport-tiedje.com](http://www.sport-tiedje.com)  
[www.taurus-fitness.de](http://www.taurus-fitness.de)

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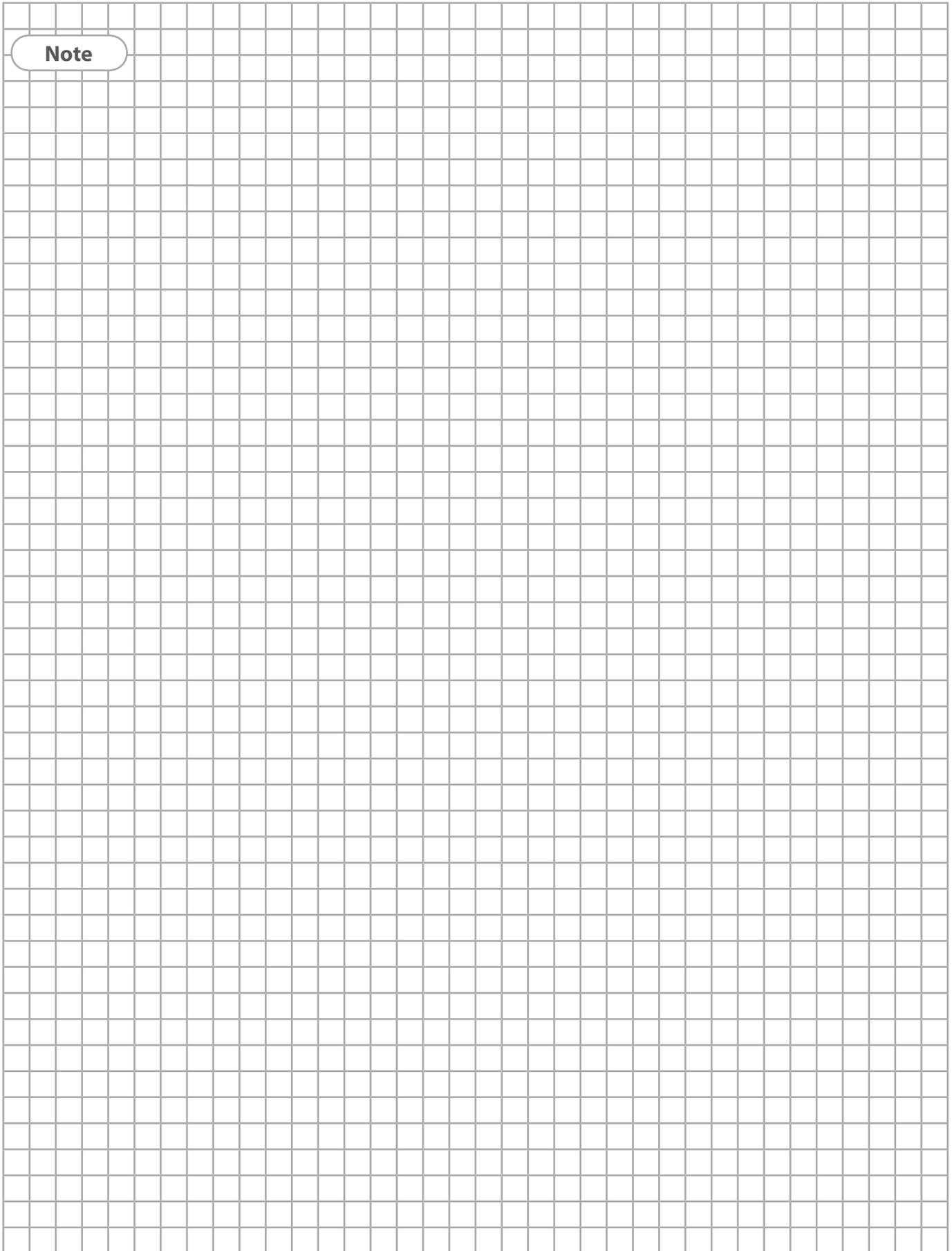
Product and instructions are subject to change. Technical data can be changed without advance notice.

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Please find a detailed overview including address and opening hours for all specialist fitness stores of the Sport-Tiedje Group in Germany and abroad on the following website.

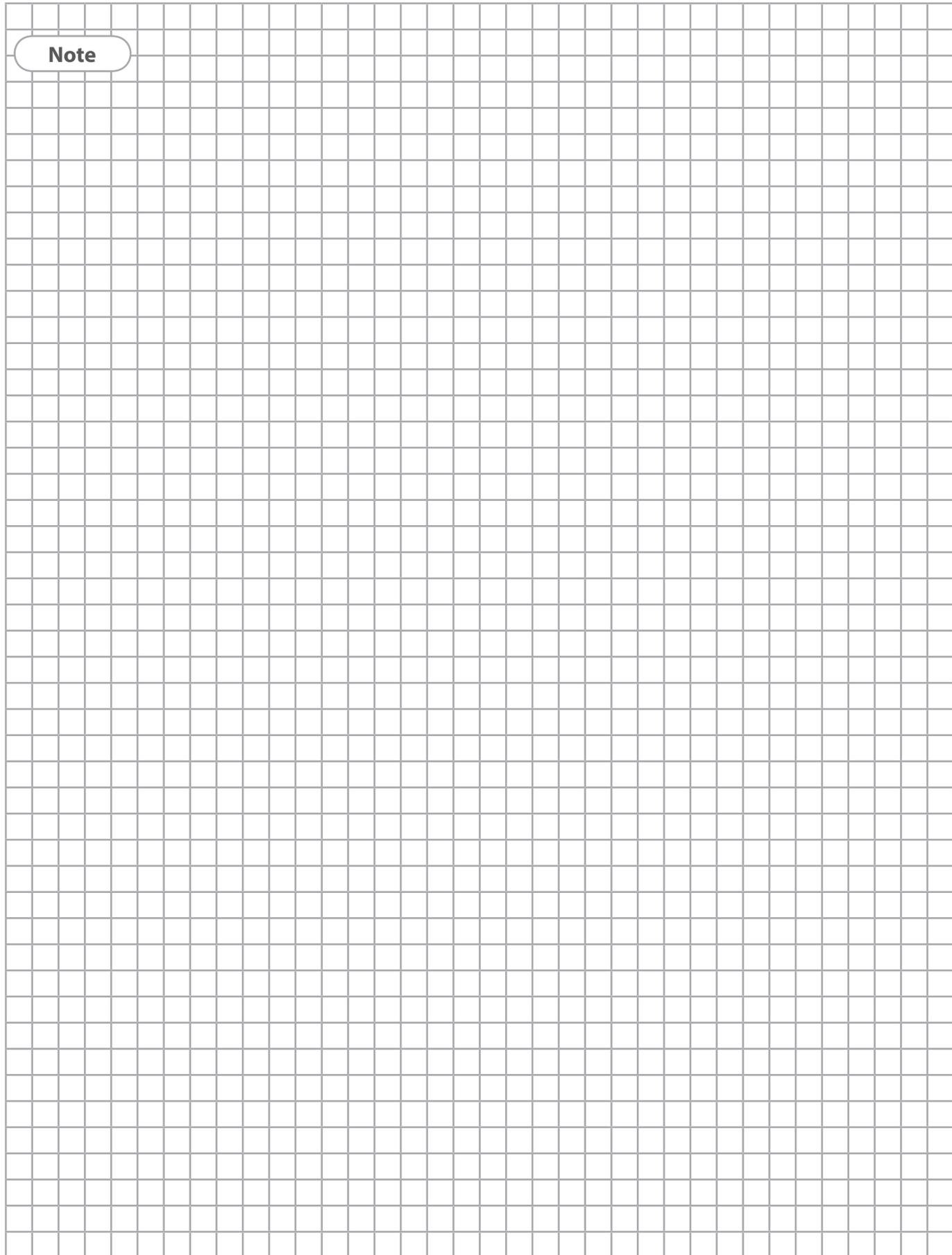
[www.sport-tiedje.com/en/stores](http://www.sport-tiedje.com/en/stores)

**Note**



Note

Note





**TAURUS®**

**Ergometer UB10.5 Pro**