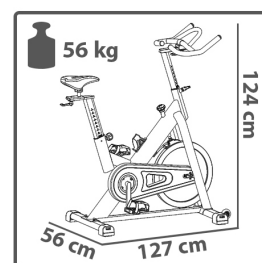
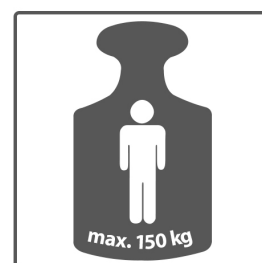
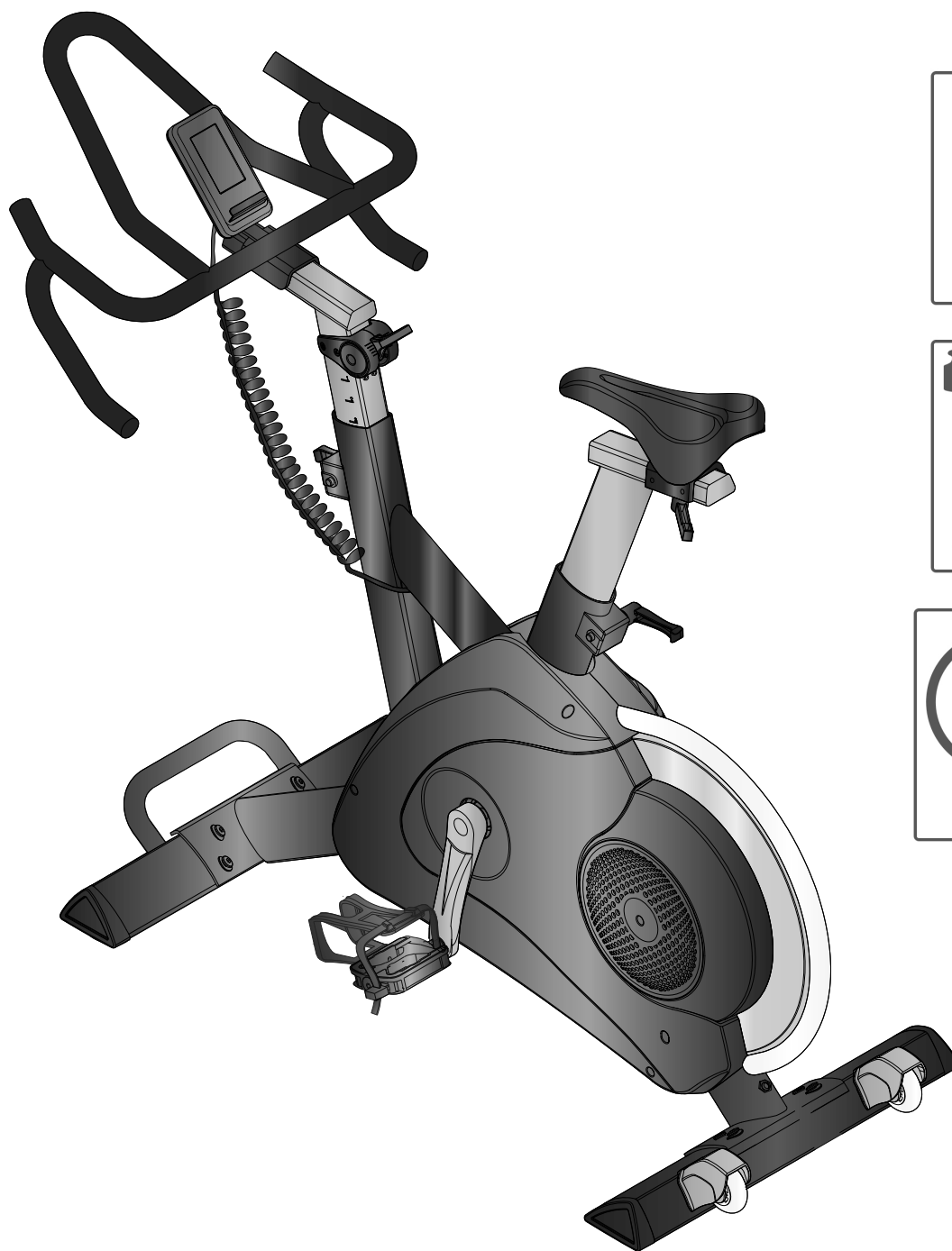


# TAURUS

## Assembly and operating instructions



TF-Z9PRO

Racing Bike Z9PRO



## 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, tread-mills 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.de](http://www.taurus.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 only suitable for use at home. The equipment is not suitable for semi-professional (e. g., hospitals, clubs, hotels, schools, etc.) and commercial or professional use (e. g., health clubs).

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

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## 1.1 Technical data

### LCD display of

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

Total number of training programs:	17
Pre-set programs:	12
Heart rate controlled programs:	4
User defined programs:	1

Balance mass:	14 kg
Transmission ratio:	1:5.3

### Weight and dimensions:

Article weight (gross, including packaging):	56 kg
Article weight (net, without packaging):	52 kg

Packaging dimensions (L x W x H): approximately 120cm x 24 cm x 92 cm

Set-up dimensions (L x W x H): approximately 1270 mm x 560 mm x 1240 mm

Maximum user weight: 150 kg/330 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 indoor cycle workouts 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.
- + The machine is NOT equipped with a free-run system. This means: If you move the flywheel, the pedals move as well. In order to avoid knee injuries, do not try to stop the equipment by pedaling backwards. Also do not try to take your feet from the rotating pedals. The motion can only be stopped by pressing the emergency brake or through a controlled reduction of the pedal rate.
- + Only use this indoor cycle with high pedal rotations or while standing after you have practiced with lower pedal rotations.
- + Never bring your hands or other objects near moving parts.
- + Do not turn the pedal cranks by hand. Do not bring your hands or arms into contact with the drive mechanism.
- + 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

- + The equipment requires a 220 - 230V / 50 Hertz mains power supply.
- + 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 six 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>
Squeaking & cracking noises	Loose or too tight screw connection	Check or lubricate screw connection
Cracking near the pedal	Loose pedals	Tighten pedals
Equipment wobble	Equipment is not standing straight	Rearrange base
Handlebars/saddle wobble	Loose screws	Tighten screws

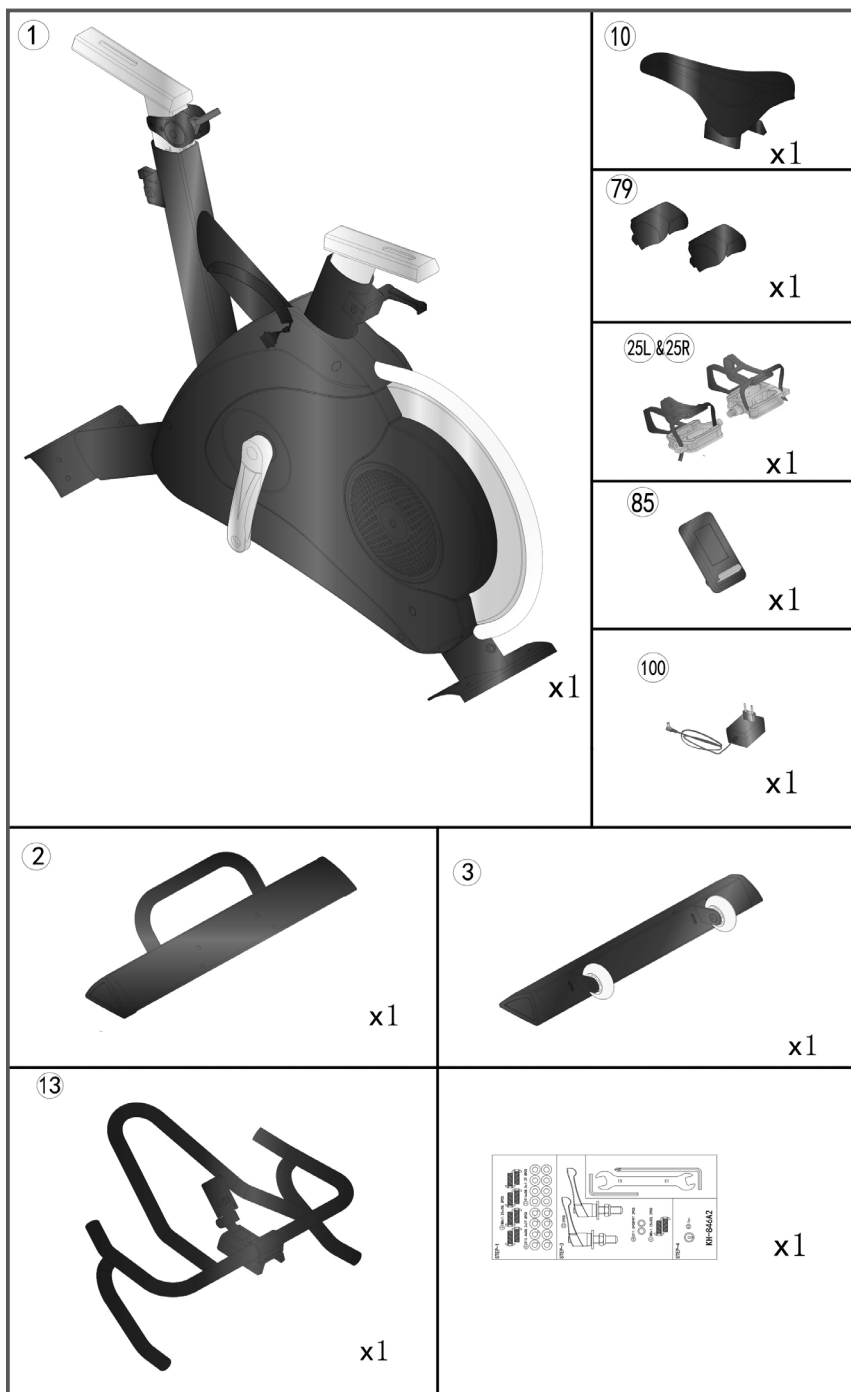
## 2.3 Maintenance and service calendar

The indoor cycle must be cleaned after every training session with a moist towel (no solvent!) in order to avoid damage caused by sweat. The following routine work must be executed in the specified time intervals:

<b>Part</b>	<b>Weekly</b>	<b>Monthly</b>	<b>Annually</b>
Check screws			
Check brake for wear and lubricate if necessary			
Display console			
Tighten the pedals			

**3.1 Package contents and assembly instructions**

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.



**Overview**

- 1. Main frame
- 2. Front supporting foot
- 3. Rear supporting foot
- 10. Saddle
- 13. Handlebar
- 25R. Right pedal
- 25L. Left pedal
- 79. Cover
- 85. Console
- 100. Power cable

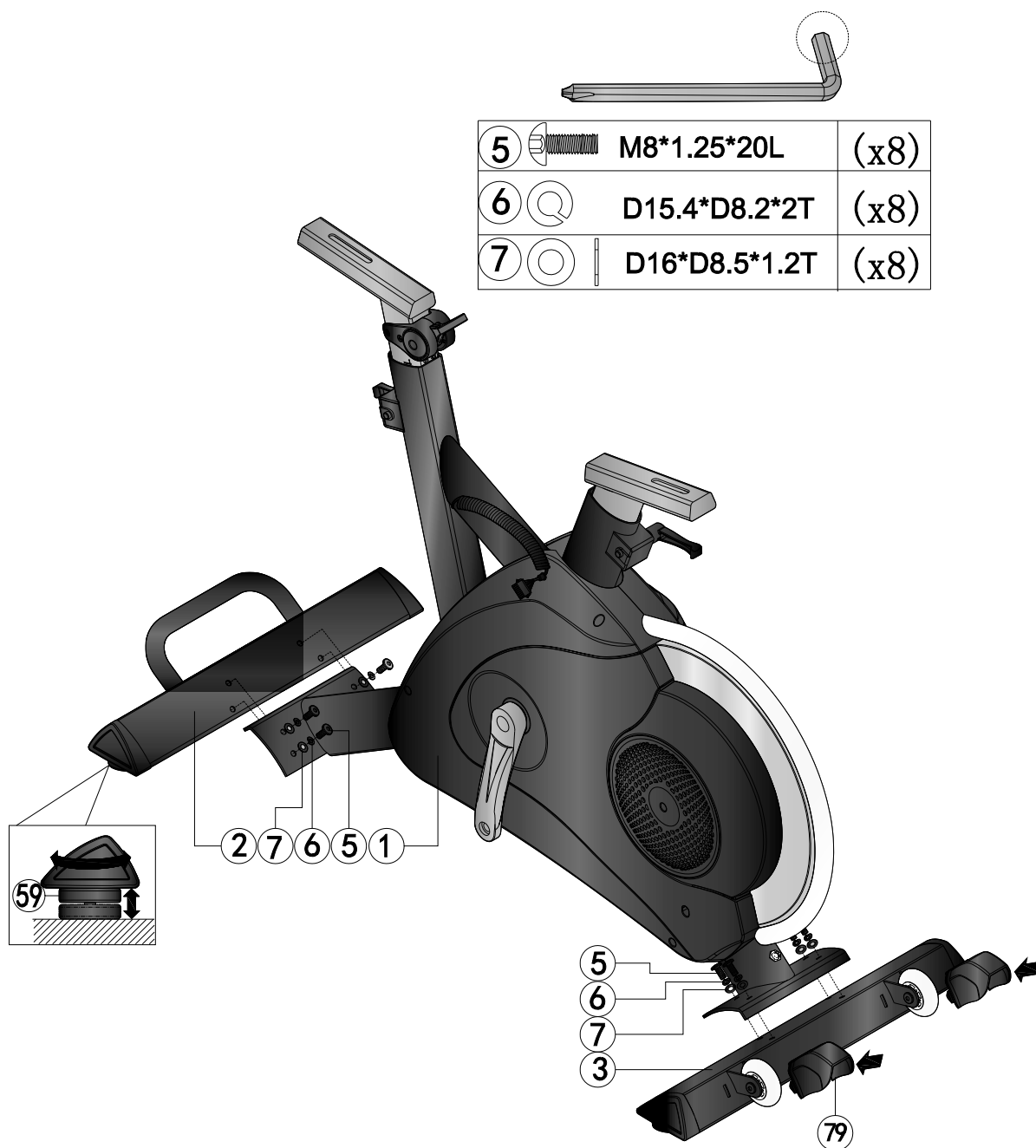
Screws and tools

## Step 1: Assembly of the front and rear supporting feet

(1) Assemble the front supporting foot (2) and rear supporting foot (3) onto the main frame (1) by using the flat washer (7), spring washer (6), and Allen bolt (5).

(2) Adjust the proper height by turning the wheel of front & rear foot cap (59).

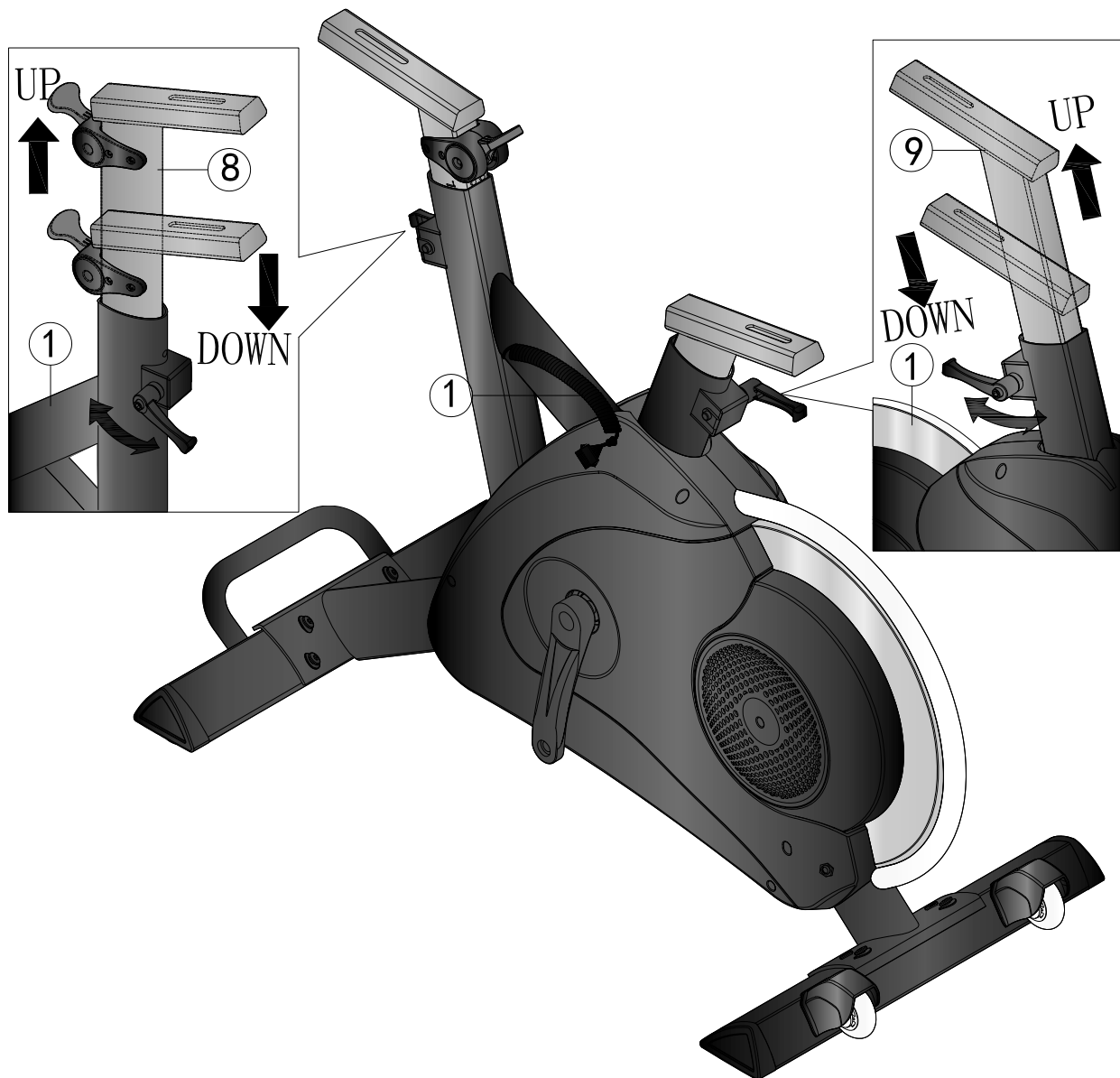
(3) Cover the cover of moving wheel (79).



## Step 2: Assembly of handlebars and saddle

The front post (8) & seat post (9) already pre-assembled with main frame, adjust the most suitable position by knob.

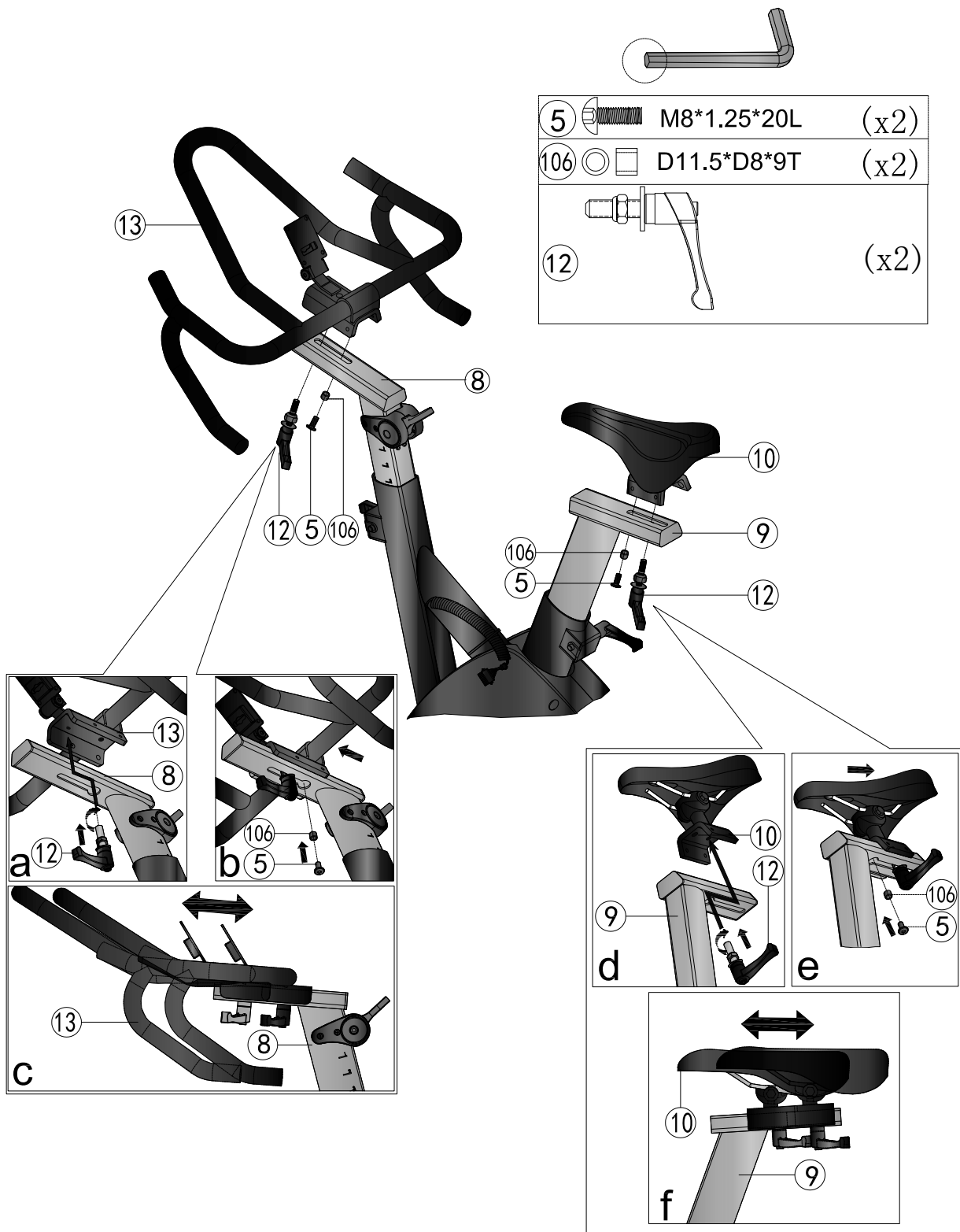
**Make sure that the safety lines on the handlebars and seatpost may not be exceeded with your settings.**



### Step 3: Assembly of handlebars and saddle

(1) Fix handlebar (13) onto the front post (8) by L knob (12) and then fix the stop bolt (15) and spacer (106)

(2) Assemble the saddle (10) onto the seat post (9) by L knob (12), and then fix the stop bolt (5) and spacer (106).

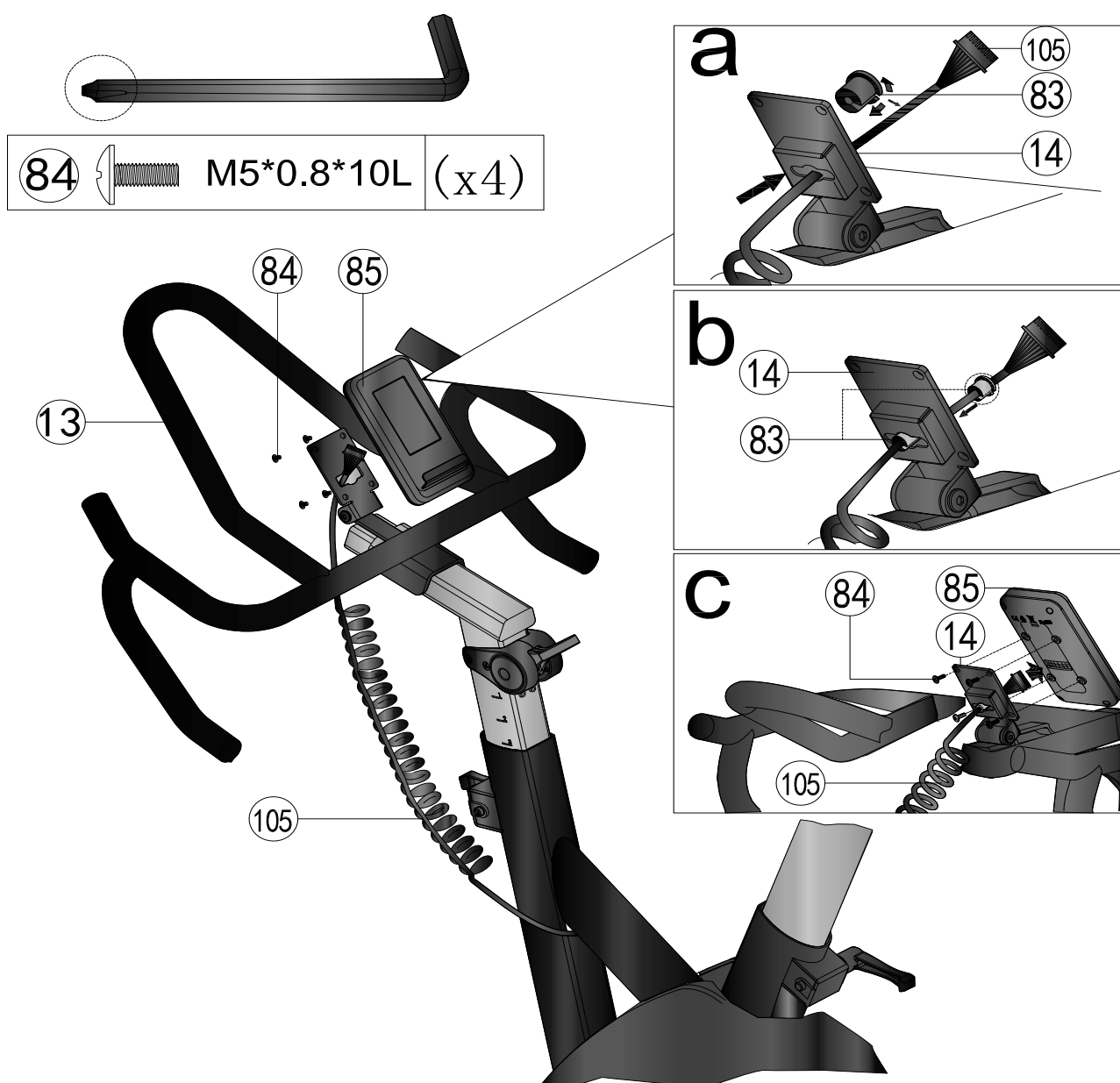


#### Step 4: Assembly of the console

(1) Through the computer cable(105) from the hole of computer fixing plate (fig a).

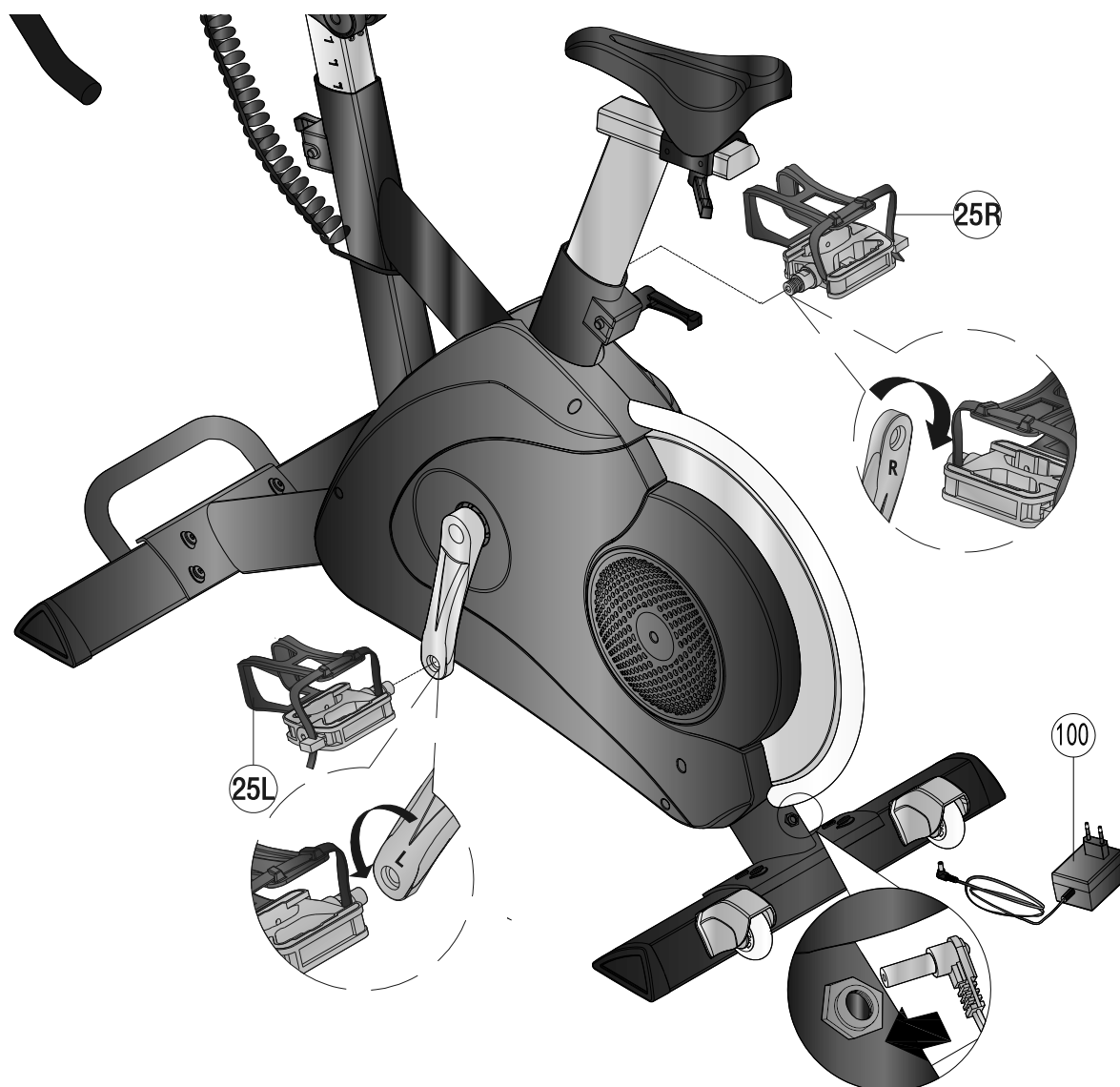
(2) Insert the cable plug (83) (fig b).

(3) Fix the computer (85) onto the plate (14) by screw (84).



## Step 5: Assembly of pedals

Assemble the left pedal (25L) onto left crank by anti-clockwise, and fix the right pedal (25R) onto right crank by clockwise.



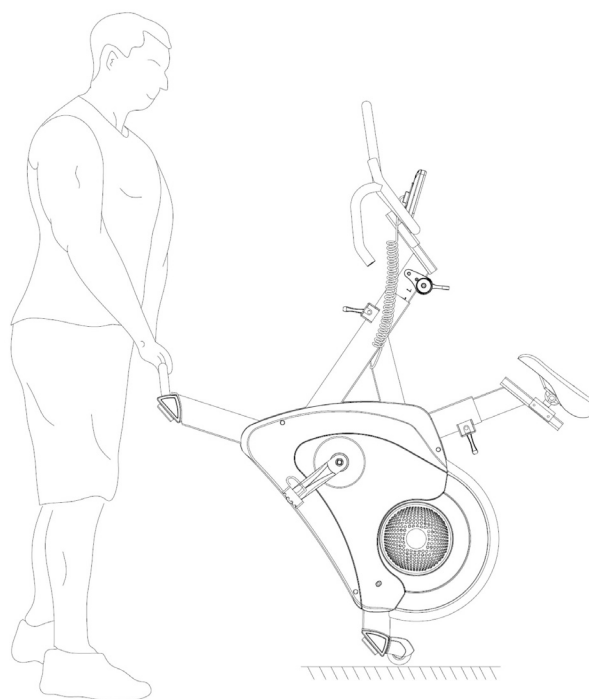
## Step 6: Power cable

Connect the power cable (100) with machine and electric socket.



## Step 7: Transport

The rear supporting foot has integrated transport wheels. In order to move the equipment, stand in front of it and lift it up until the weight of the equipment is on the transport wheels. Now you can easily move the equipment.



## 3.2 Equipment settings

### Operating the emergency brake:

Press the emergency brake (34) as a safety measure whenever the situation requires you to leave the equipment and/or stop the flywheel of the equipment.



## Adjustment

If you take a moment of time to correctly adjust your indoor cycle to your body, you increase the comfort and safety of your training. The indoor cycle offers different saddle and handlebars setting possibilities. Use these adjusting possibilities for optimal sitting comfort and maximum training efficiency. An incorrect position while training may cause preventable pain and increase the risk of injury.

### Adjustment of handlebar position

#### Handlebar height

- The handlebars height can be adjusted individually.
- Begin with adjusting the handlebars support to the seat height. A higher adjusting of the handlebars support provides a more upright sitting position; a lower adjustment leads to a bent over position.
- In order to adjust the height of the handlebars, pull the adjusting lever from the handlebars support up and move the bar up or down as desired. Move the adjusting lever down to the locked position in order to secure the handlebar support again.
- Do not make any adjustments beyond the stop markings.

#### Horizontal adjustment

- Loosen the upper adjusting lever on the handlebars support and slide the handlebars forward or backwards as desired.
- This adjustment should be done so that you can comfortably grab the handlebars with slightly bent elbows.
- Do not make any adjustments beyond the stop markings.

#### Hand position

- In order to avoid one-sided stress to muscles, ligaments and joints, you should constantly change your hand position during longer training sessions. Here, the handlebars offer different grip possibilities.

### Adjustment of saddle position

#### Saddle height

- Stand next to the seatpost and adjust the saddle to the height of your hips.
- Rotate the pedal cranks so that the pedals are vertical in the 12 and 6 o'clock position.
- Place a foot in the lower positioned basket pedals and get on the indoor cycle. Your knees should be slightly bent.
- If your leg is stretched out too much or your foot does not touch the pedal, the saddle must be lowered. If your leg is bent too much, the saddle must be set higher.

- Get off the indoor cycle to adjust the height and loosen the setting lever of the seatpost. Then slide the seatpost up or down as required.
- If the saddle is in the desired position, place the clamp lever back into the locked position in order to secure the seatpost.
- Do not make any adjustments beyond the stop markings.

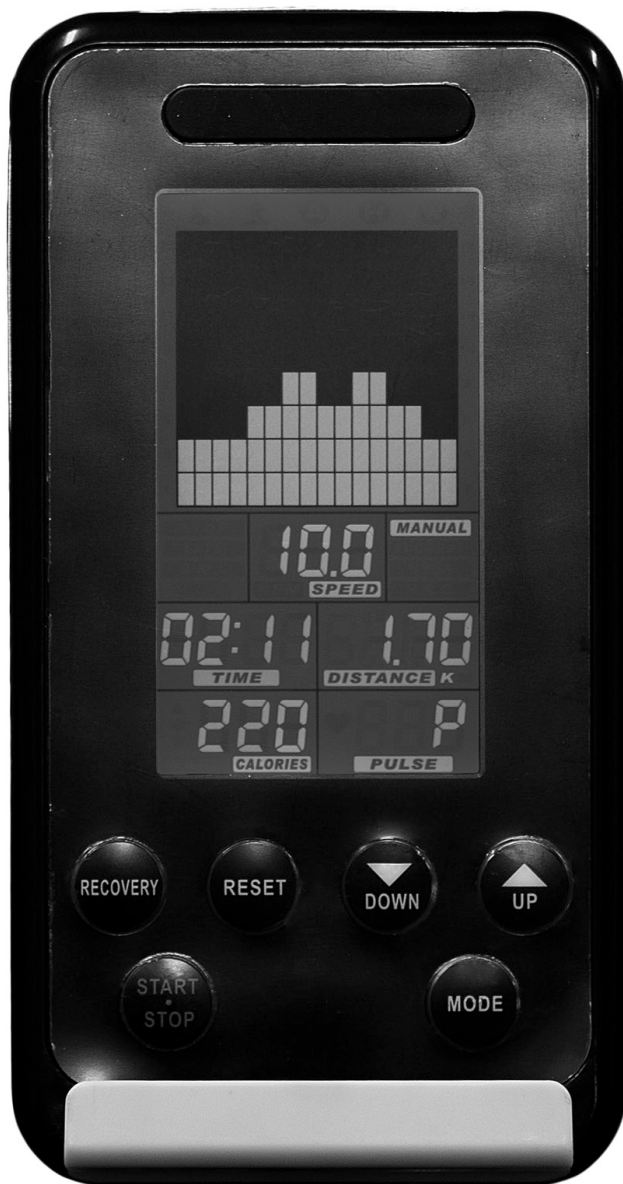
### **Horizontal adjustment**

- Sit on the indoor cycle and rotate the pedal cranks into the 3 and 9 o'clock position. If the knee from your leg facing forward is directly above the axle of the pedal, the horizontal setting of the seat is correct.
- Otherwise get off the bicycle in order to adjust the longitudinal direction backwards or forward as required. To do this, loosen the setting lever on the saddle and slide the seat forward or backwards as desired. Then pull the lever tight again.
- Do not make any adjustments beyond the stop markings.

### **CAUTION**

- **Due to safety reasons, do not pedal backwards while brake resistance is set.**
- **The machine is NOT equipped with a free-run system. That means: If you move the flywheel, the pedals move as well. In order to avoid knee injuries, do not try to stop the equipment by pedaling backwards. Also do not try to take your feet from the rotating pedals. The motion can only be stopped by pressing the emergency brake or through a controlled reduction of the pedal rate.**

### 4.1 Console display



<b>Time</b>	Setting from 0:00 to 99:00, display from 0:00 to 99:59
<b>Speed</b>	Display from 0.0 to 99.9
<b>Distance</b>	Setting from 0.00 to 99.90 km, display from 0.00 to 99.99
<b>Calories</b>	Setting from 0 to 9990, display from 0 to 9999
<b>Heart rate</b>	Setting from 0 to 30 to 230, display from 30 to 230
<b>RPM</b>	Display from 0 to 999
<b>Watt</b>	Setting from 10 to 350

## 4.2 Button functions

<b>Recovery</b>	Test to determine the recovery heart rate.
<b>Reset</b>	Hold the button for two seconds in order to restart the console. Return to the main menu during settings.
<b>Down</b>	Selection of programs and value settings.
<b>Up</b>	Selection of programs and value settings.
<b>Start/Stop</b>	Start and stop your training.
<b>Mode</b>	Confirmation of settings.

## 4.3 Turning on and setting the equipment

When POWER ON or hold RESET key for two seconds, buzzer will sound one second and LCD full display for two seconds (Figure 1). Then display wheel diameter and unit (Figure 2). Then go to Standby mode (Figure 3).

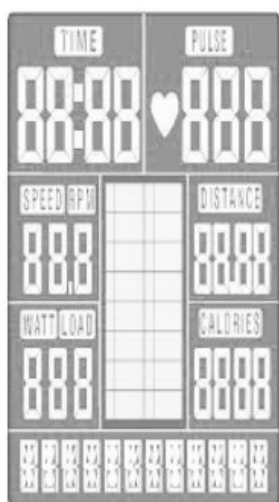


Figure 1

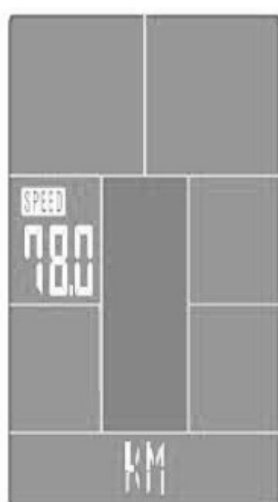


Figure 2

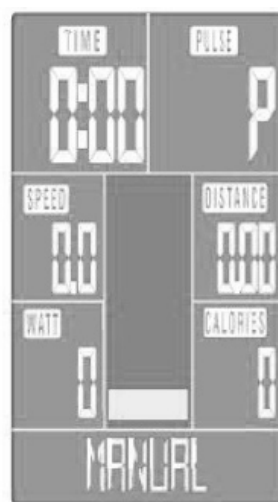


Figure 3



Figure 4

## 4.4 Programme

In figure 3, user can UP and DOWN to select: Manual - Beginner - Advance - Sporty - Cardio - Watt, then press MODE to enter. If press START without any setting, console begin to run and count up directly (Figure 4).

## 4.4.1 Manual program

Press UP or DOWN to select Manual workout mode, press MODE to confirm.

Press UP or DOWN to set TIME. DISTANCE, CALORIES. PULSE and press MODE to confirm (Figure 5-8).

Press START/STOP key to start workout. Press UP or DOWN to adjust LOAD level.

Press START/STOP key to pause workout. Press RESET to reverse to main menu.

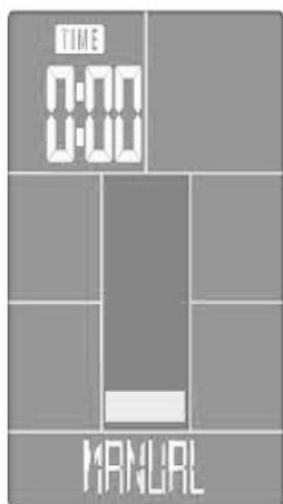


Figure 5

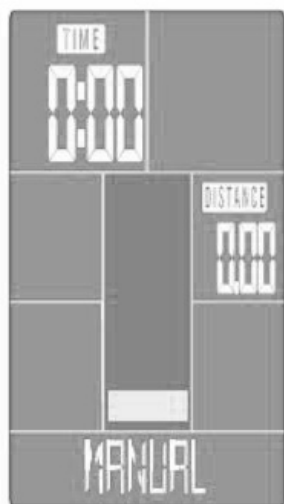


Figure 6

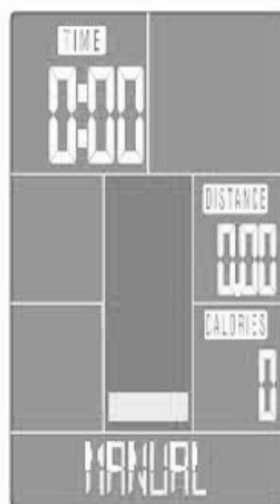


Figure 7

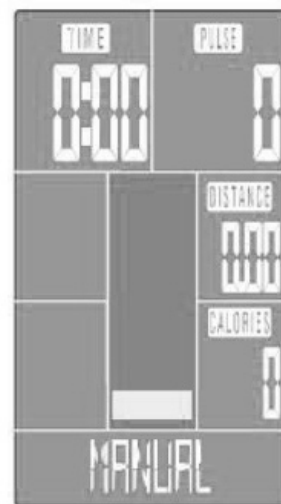


Figure 8

## 4.4.2 Beginner program

Press UP or DOWN to select Beginner mode and press MODE to confirm (Figure 9).

Press UP or DOWN to select Beginner 1—4 (Figure 10) and press MODE to confirm.

Press UP or DOWN to set TIME and press START/STOP key to start workout.

Then press UP or DOWN to adjust resistance level. Press START/STOP key to pause workout.

Press RESET to reverse to main menu.

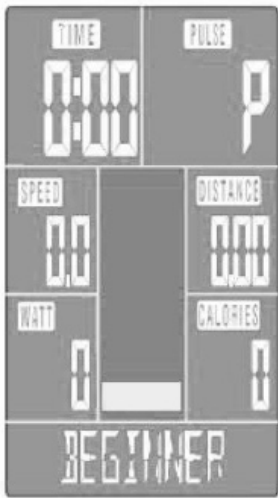


Figure 9

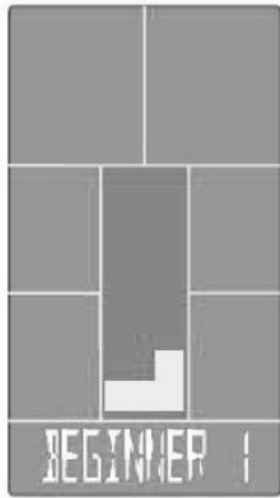


Figure 10

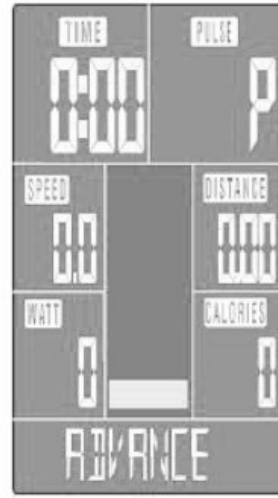


Figure 11

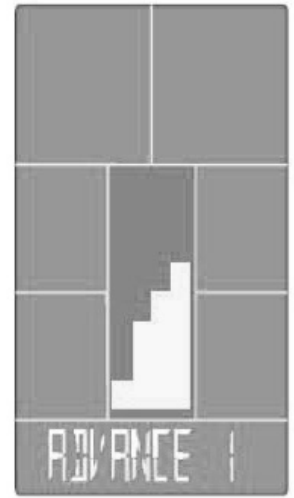


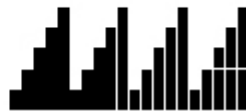
Figure 12

**Profile:**

**BEGINNER 1**



**BEGINNER 2**



**BEGINNER 3**



**BEGINNER 4**



**4.4.3 Advance program**

Press UP or DOWN to select Advance mode and press MODE to enter (Figure 11). Press UP or DOWN to select Advance 1-4 (Figure 12) and press MODE to confirm. Press UP or DOWN to set TIME and press START/STOP key to start workout. Press UP or DOWN to adjust resistance level. Press START/STOP key to stop workout. Press RESET to reverse to main menu.

**Profile:**

**ADVANCE 1**



**ADVANCE 2**



**ADVANCE 3**



**ADVANCE 4**



#### 4.4.4 Sporty Programm

Press UP or DOWN to select Sporty mode and press MODE to enter (Figure 13). Press UP or DOWN to select Sporty 1-4 (Figure 14) and press MODE to confirm. Press UP or DOWN to set TIME and press START/STOP key to start workout. Press UP or DOWN to adjust resistance level. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

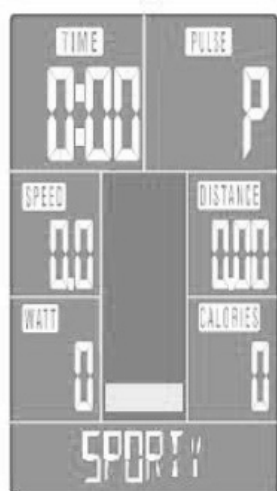


Figure 13

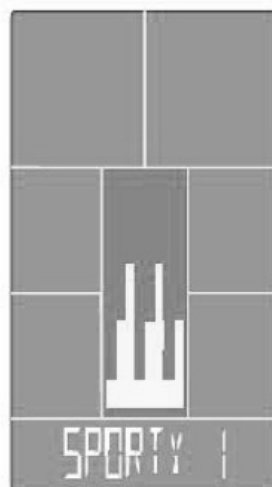


Figure 14

**Profile:**

**ADVANCE 1**



**ADVANCE 2**



**ADVANCE 3**



**ADVANCE 4**



#### 4.4.5 Target heart rate

Press UP or DOWN to select Cardio mode (Figure 15) and press MODE to get into (Figure 16). Press UP or Down to set AGE, then select 55%, 75%, 90% or TAG (TARGET H.R., Figure 17) and press MODE to confirm. Press UP or DOWN to preset workout TIME and press MODE to confirm. Press START/STOP key to start or stop workout. Press RESET to reverse to main menu. During workout, when there is no PULSE detected for 6s, then LCD will display „PULSE INPUT“ to remind (Figure 18).



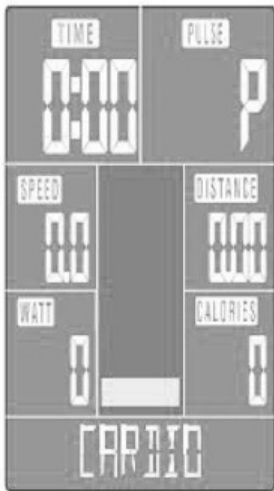


Figure 15

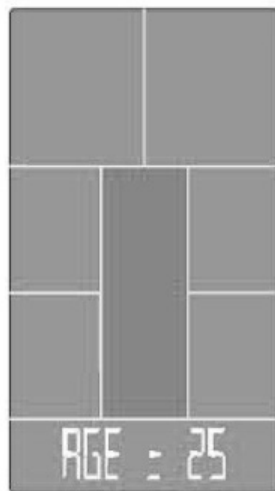


Figure 16

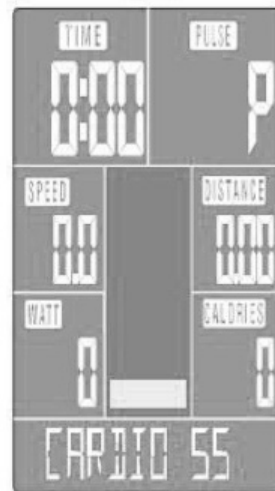


Figure 17



Figure 18

#### 4.4.6 Watt program

Press UP or DOWN to select WATT mode (Figure 19) and press Enter to get into. Press UP or DOWN to adjust WATT value (10-350±5) and press MODE to confirm (preset: 120, Figure 20).

Press UP or DOWN to adjust TIME and press MODE to confirm.

Press START/STOP key to start workout. System will adjust resistance level automatically according to WATT target and

KPM status (Figure 21). WATT target also can be adjusted by UP or DOWN key.

Press START/STOP key to stop workout. Press RESET to reverse to main menu.

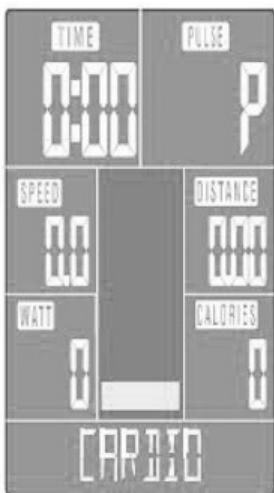


Figure 15

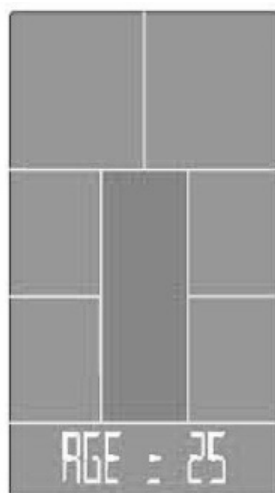


Figure 16

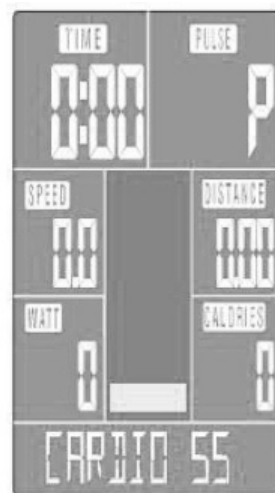


Figure 17

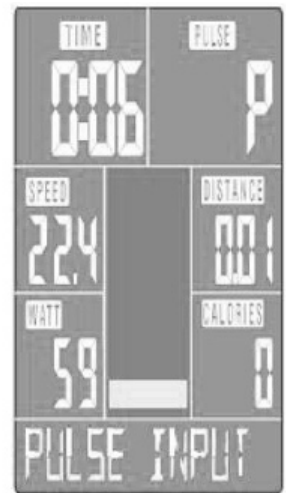


Figure 18

#### 4.4.7 Recovery heart rate

When there is PULSE detected, press RECOVERY key. All function display will stop except TIME that will start counting down from 00:60 to 00:00 (Figure 22). LCD will display your heart rate recovery status with the F1, F2... to F6 (Figure 23). F1 is the best, F6 is the worst. Press the RECOVERY button again to return to the main display.

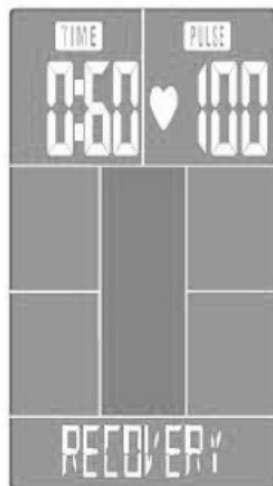


Figure 22

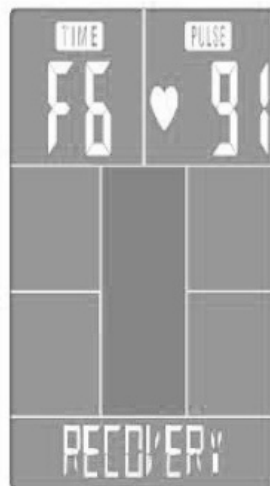


Figure 23

#### I-Console+ APP

Turn on Bluetooth on tablet, search for console device and press connect, (password :0000)  
Turn on i-Console + APP on tablet and start workout with tablet.

## 5.1 Heart rate measuring

### **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 indoor cycle 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.

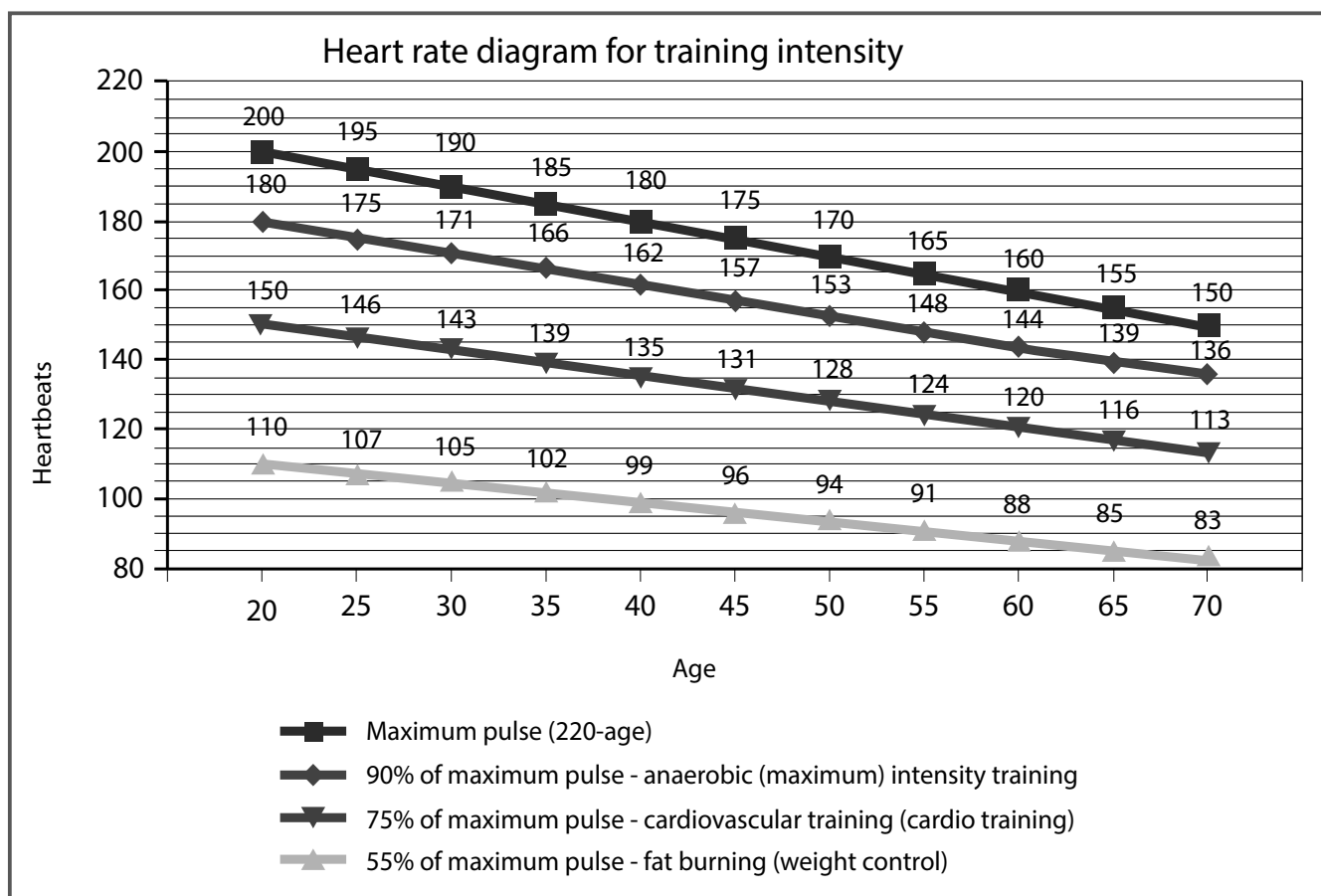
**Cardiovascular training (cardio training):** The primary goal is to increase endurance and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training 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.  
=  $(220 - \text{age}) \times 0.55$ .
- The cardio target zone (75%) is at approximately 131 beats/min.  
=  $(220 - \text{age}) \times 0.75$ .
- The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. =  $(220 - \text{age}) \times 0.9$ .



## 5.2 10 tips for effective indoor cycle training

### 1. Set goals

What would you like to achieve with your training? Weight regulation, improved endurance, prevent risk of disease, more mobility, cardiovascular training, etc. In order to achieve your long-term training goal, set individual partial goals, e. g., weekly or monthly goals.

### 2. Concentration on training

Try to only dedicate yourself to your training unit and do not be distracted.

### 3. Position yourself correctly while exercising

As you pedal, your upper body should be shifted slightly forward and your back held straight. Avoid side-to-side motion in the hips and back.

### 4. Correct breathing / appropriate resistance level

Do not overexert yourself physically and mentally by starting with resistance levels that are too high. Start slowly and increase the resistance steadily. Aim for regular and calm breathing.

### 5. Keep yourself properly hydrated

Drink, drink, drink! Have a drinking bottle close by during your workout.

### 6. Sufficient recovery periods

Allow your body and your muscles enough time to recover after your workout. Only a relaxed muscle will be fully operational again.

### 7. Exercise diversity

Activate different groups of muscles during your training with different levels of intensity. Use different body (standing, sitting) and grip positions for this.

### 8. Creating the right workout

Every training session should have a warm-up phase, a cool-down phase and a targeted stretching. It increases physical and mental performance and prevents injuries and sore muscles.

## 9. Workout journal

Keep a record of your training sessions. Note the date, resting pulse, active pulse, recovery pulse, resistance level, time, distance, calories burnt and fitness level

## 10. Reward yourself

Do something good for you and your body after training or after achieving a partial goal. Go to the sauna or a swimming pool. Mix a protein shake or enjoy a delicious salad.

## 5.3 Designing a workout

We recommend two or three workouts per week. Warm up for about five minutes before starting each workout. Finish the workout with a cool-down and targeted stretching.

**Warm-up** approx. five min. Dynamic movement of large muscle groups at a low intensity. Core body temperature increases and the metabolic process is speeded up.

WEEK 1 + 2				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	20 min.	Slow speed without resistance	30 min.	Moderate speed, keep resistance low
Wed	20 min.	Slow speed without resistance	30 min.	Moderate speed, keep resistance low
Fri	20 min.	Slow speed without resistance	30 min.	Moderate speed, keep resistance low

WEEK 3 + 4				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	25 min.	Slow speed without resistance	35 min.	Vary speed, keep resistance low
Wed	25 min.	Slow speed without resistance	35 min.	Vary speed, keep resistance low
Fri	25 min.	Slow speed without resistance	35 min.	Vary speed, keep resistance low

WEEK 5 + 6				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	30 min.	Moderate speed, keep resistance low	40 min.	Vary speed, keep resistance low
Wed	30 min.	Moderate speed, keep resistance low	40 min.	Vary speed, keep resistance low
Fri	30 min.	Moderate speed, keep resistance low	40 min.	Vary speed, keep resistance low

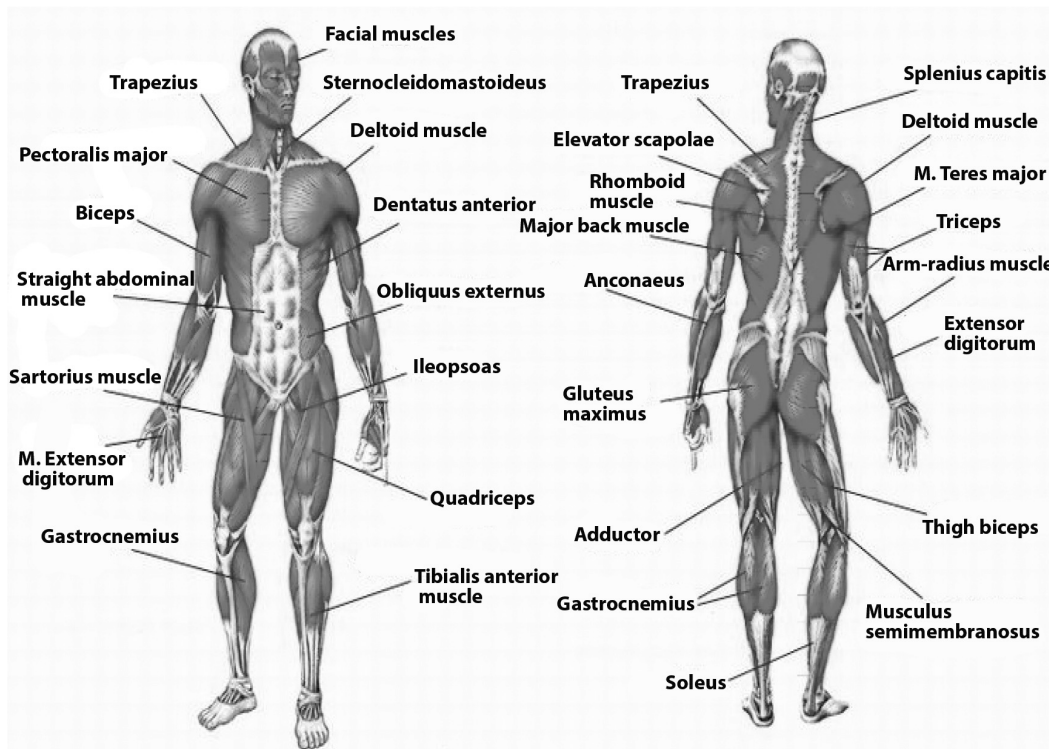
WEEK 7 + 8				
	Anfänger		Fortgeschrittene	
Days	Duration	Intensity	Duration	Intensity
Mon	35 min.	Vary speed, keep resistance low	45 min.	Vary speed, increase resistance
Wed	35 min.	Vary speed, keep resistance low	45 min.	Vary speed, increase resistance
Fri	35 min.	Vary speed, keep resistance low	45 min.	Vary speed, increase resistance

**Cool-down** approximately 5 min.

Finish your training at low resistance and at slow speed. Allow your body to gently slow back down.

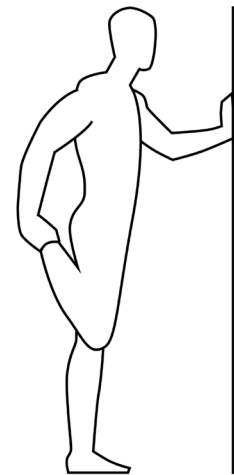


## 5.4 Stretching exercises for leg & chest muscles



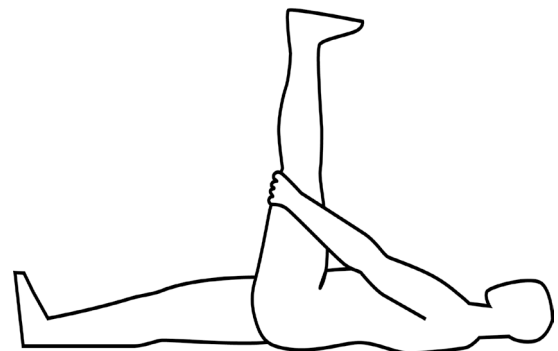
### 1. Exercise: Stretching of front thigh / leg extension (quadriceps)

- Stable position, grab arches of feet
- Pull heel towards buttocks, knee points downwards (no abduction)
- Straight upper body, avoid tilting the pelvic forward (hollow back) by tensing the abdominal muscles
- Change legs



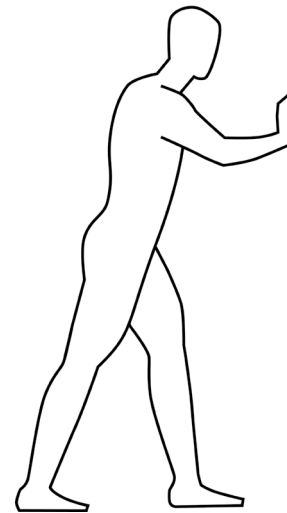
### 2. Exercise: Stretching the back thigh / leg curl (hamstring)

- Pull thigh towards upper body with both hands
- Stretch through increased stretching in the knee joint
- The lower leg maintains contact with the floor, keep hips bent
- Change legs



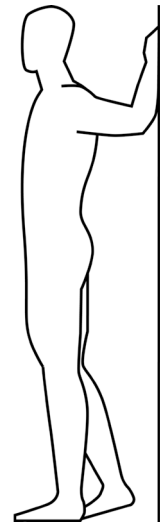
### 3. Exercise: Stretching the calf muscles (gastrocnemius)

- Place feet parallel to each other pointing forward, the heels touch the floor
- Support yourself on a chair coming from a lunge
- Move your body weight to the front leg, press your heel from the rear leg towards the floor and hold the contact
- Slowly stretch your knee of the rear leg until you feel the stretch in your calves
- Change legs



### 4. Exercise: Stretching the chest muscles (pectoralis major)

- Stand parallel to a wall
- Place your forearm at 90° to the wall with the elbow just above shoulder height
- Turn your head and upper body gradually to the opposite sides until you feel a stretch in the front chest, of the shoulder being leaned on
- Pay attention to tension in your abdominal and gluteal muscles
- Your weight is on your front leg
- Change legs



**All recommendations of these instructions apply solely to healthy persons and are not suitable for those with heart or cardiovascular problems. All of the tips are intended only as a guide to help you create a workout. Your physician can offer appropriate advice for particular, personal requirements.**

**We hope you enjoy your workout and have a lot of success!**

# 5.5 Workout journal



(Copy template)

- Date
- Distance
- Time (min.)
- Resistance level
- Training weight
- Ø Pulse
- Calories burnt
- I feel ...
- Body weight

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.

<b>Model</b>	<b>Use</b>	<b>Full warranty</b>
Z9PRO	Home use	36 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 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**

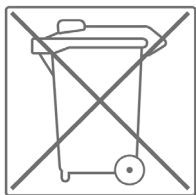
We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective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

## **7** DISPOSAL

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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.

## 8 ORDERING ACCESSORIES



Sport-Tiedje floor mat size XL

Art. No. ST-FM-XL



Fitness equipment care set

Art. No. HF-500










Taurus SPD combo pedal system

Art. No. TF-SPD

### 9.1 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	NL	UK
 +49 4621 4210-0	 +31 172 619961	 +44 141 876 3972
 +49 4621 4210-699	 info@fitshop.nl	 orders@powerhousefitness.co.uk
 service@sport-tiedje.de		
Mon - Fri 8:00 am - 6:00 pm	Mon - Thu 9 am - 5 pm	Mon - Fri 9 am - 5 pm
Sat 9:00 am - 6:00 pm	Fri 9 am - 9 pm	
	Sat 10 am - 5 pm	

### 9.2 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:



## 9.3 Parts list

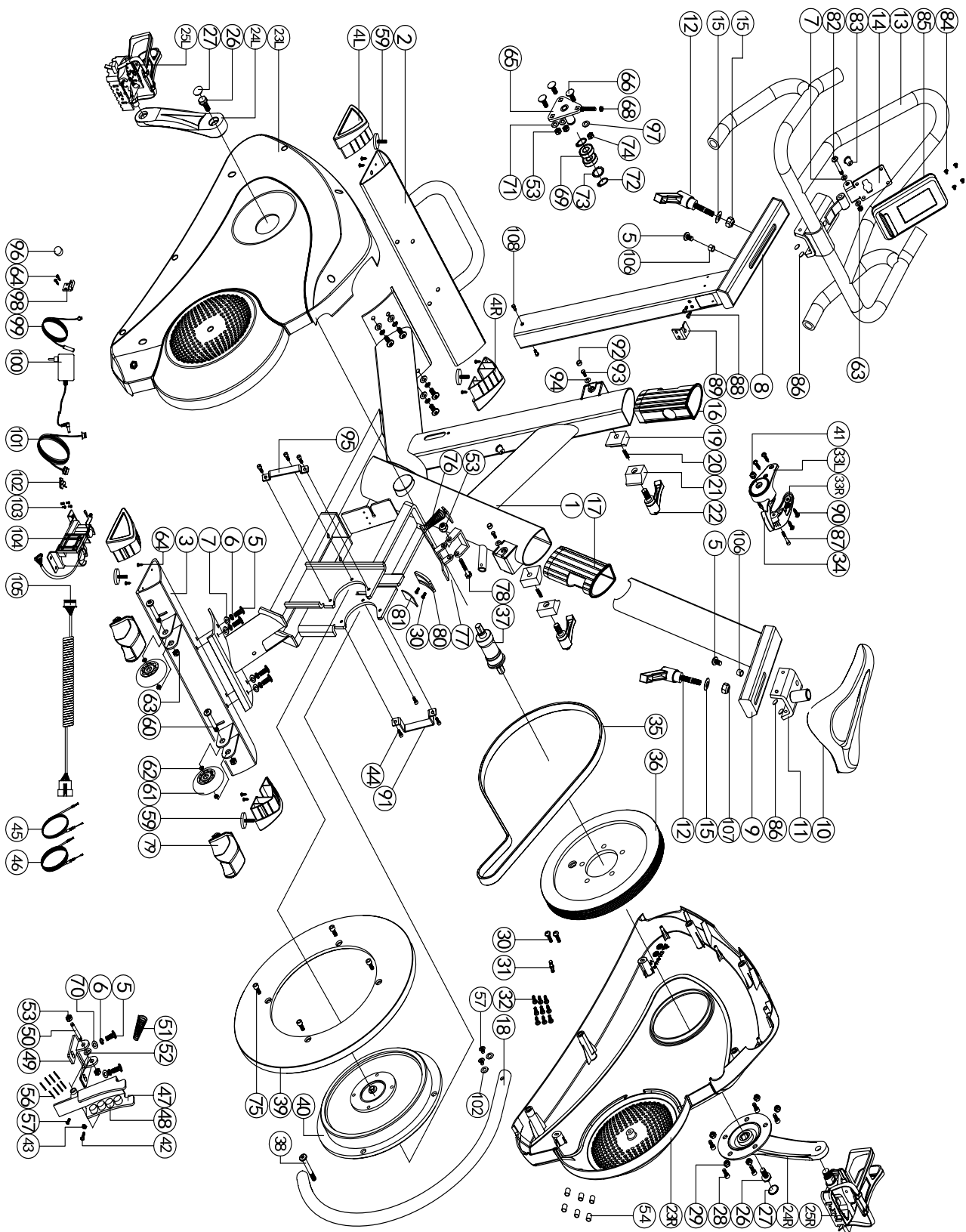
No.	Description	Specifications	Qty.
1	Main Frame	95.7*57.2*51.3	1
2	Front Stabilizer	95.7*57.2*51.3	1
3	Rear Stabilizer	M8x1.25x20L	1
4L	Left Triangle Cap	D15.4xD8.2x2T	2
4R	Right Triangle Cap	D16xD8.5x1.2T	2
5	Allen Bolt		12
6	Spring Washer		10
7	Flat Washer	DD2684	10
8	Front Post		1
9	Seat Post	M10*40L	1
10	Seat		1
11	Seat Adjustable Tube		1
12	L Knob 40L	D30*D10*3.0T	2
13	Handlebar	80*55*147	1
14	Computer Fixing Plate	80*55*147	1
15	Flat Washer		2
16	Cover Of Front Post	39*35*17	1
17	Inner Insert	D12.7*D1.3*20.7	1
18	Curved Plate Of Flywheel	38*35*17	1
19	Stop Plate(1)	M10*50L	2
20	Spring	729.2*531.9*81.5	2
21	Stop Plate(2)	729.2*531.9*77	2
22	L Knob 50L	170*9/16"-20BC	2
23L	Left Chaincover	170*9/16"-20BC	1
23R	Right Chaincover	JD-012,9/16"	1
24L	Left Crank	M8x1.0x16	1
24R	Right Crank	D23x6.5	1
25L/R	Pedal	M10*1.5*20L	1
26	Bolt	M8x1.0x16,10.9 level	2
27	Bolt Cover	D23x6.5	2
28	Screw	M10*1.5*20L	5

No.	Description	Specifications	Qty.
29	Nut	M10*1.5*8T	5
30	Round Cross Bolt	M5x0.8x15L	4
31	Pin	D6*26.5*7.7	1
32	Cross Screw	ST4.2*1.4*20L	9
33L	Left Cover Of Brake	95.4*53*33.4	1
33R	Right Cover Of Brake	95.4*53*31.2	1
34	Brake Handlebar	101.1*48.2*37	1
35	Belt	PJ5,1253L	1
36	Puella	D285-,PK6	1
37	Bb Sets	127.5L	1
38	Bolt	M8*1.25*95L	1
39	Outer Flywheel	D420*17	1
40	Inner Flywheel	D290*38	1
41	Anti-Loosen Nut	M6*1.0*6T	1
42	Round Cross Screw	M5*0.8*35L	1
43	Nut	M5*0.8*5T	1
44	Screw	M6*1*15L	8
45	Tension Cable	230L	1
46	Lower Tension Cable	1300L	1
47	Magnet Fixing Bracket		1
48	Magnet	D18*10T	8
49	Magnet Fixing Plate		1
50	Axle Of Magnet Fixing Bracket	D8.2*65L	1
51	Spring	D1.2*55L	1
52	Flat Washer	D18*D8.5*1.0T	1
53	Nylon Nut	M8*1.25*8T	5
54	Buffer	D9*D5.8*13	6
56	Magnet Cell	29*3*3	6
57	Cross Bolt	M5*0.8*10L	3
59	Adjustable Round Wheel	D59*M10*40L	4
60	Bolt	M8*1.25*40L	2
61	Round Moving Wheel	D70.5*23	2

No.	Description	Specifications	Qty.
62	Bushing	D22.2*D8.2*7T	4
63	Nylon Nut	M8*1.25*8T	3
64	Screw	ST4*1.41*12L	10
65	Idle Wheel Fixing Plate		1
66	Carriage Bolt	M8*1.25*20L	3
67	Adjustable Bolt	M6*1.0*46	1
68	Nut	M6*1*5T	1
69	Bearing	6203-2RS	2
70	Flat Washer	D25*D8.5*2T	2
71	Flat Washer	D18*D8.5*1.2T	2
72	C Ring	S-17(1T)	2
73	Curved Washer	D17*D22*0.3T	1
74	Nut	M8*1.25*6T	1
75	Screw	M8*1.25*16L	4
76	Spring	D1.4*55L	1
77	Fixing Plate Of Brake Strap	125.2*62*3.0T	1
78	Bolt	M8*52L	1
79	Cover Of Moving Wheel	93.2*64.7*62	2
80	Brake Plate	54.5*37*13	1
81	Cow Leather	52*31*4T	1
82	Bolt	M8x1.25x45L	1
83	Cable Plug	D4*D12*13	2
84	Cross Bolt	M5*0.8*10L	4
85	Computer	SM-2534-64	1
86	Stop Plug	D20*D5.7*7	8
87	Round Head Screw	M6*1.0*50L	1
88	Screw	M6*1*15L	2
89	Tension Fixing Plate	25*24*3T	1
90	Screw	ST4.2*1.4*15L	4
91	Fixing Plate (1)	105.5*35*2.5T	1
92	Buffer	D10*5.5T	2
93	Bolt	M5*0.8*10L	2

No.	Description	Specifications	Qty.
94	Flat Washer	D15*D5.2*1.0T	2
95	Fixing Plate (2)	105.5*10*2.5T	1
96	Round Magnet	M02	1
97	Flat Washer	D22*D10*2T	1
98	Sensor Bracket	24*22*2.5T	1
99	Sensor Cable	250L	1
100	Adaptor	9V.1A	1
101	Electric Cable	700L	1
102	Flat Washer	D14*D6.5*0.8T	2
103	Cross Screw	ST4.2x1.4x12L	4
104	Motor		1
105	Upper Computer Cable	300L	1
106	Spacer	D11.5*D8*9T	2
107	Nylon Nut	M10*1.5*10T	2
108	Bolt	M6*1.0*15L	2

## 9.4 Exploded drawing



## CONTACT

### Company head office

Sport-Tiedje GmbH  
Flensburger Str. 55  
24837 Schleswig  
Germany

### GENERAL INFORMATION:

DE ☎ +49 4621 4210-0  
✉ info@sport-tiedje.com

NL ☎ +31 172 619961  
✉ info@fitshop.nl

UK ☎ +44 141 876 3972  
✉ orders@powerhousefitness.co.uk

### Hotline for Technical Information

DE ☎ +49 4621 4210-0  
☎ +49 4621 4210-699  
✉ service@sport-tiedje.de

NL ☎ +31 172 619961  
✉ info@fitshop.nl

UK ☎ +44 141 876 3986  
✉ support@powerhousefitness.co.uk

[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)



# TAURUS

**Racing Bike Z9PRO**