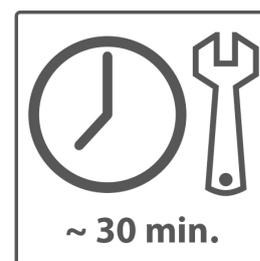
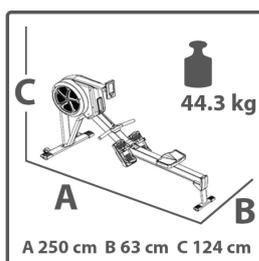
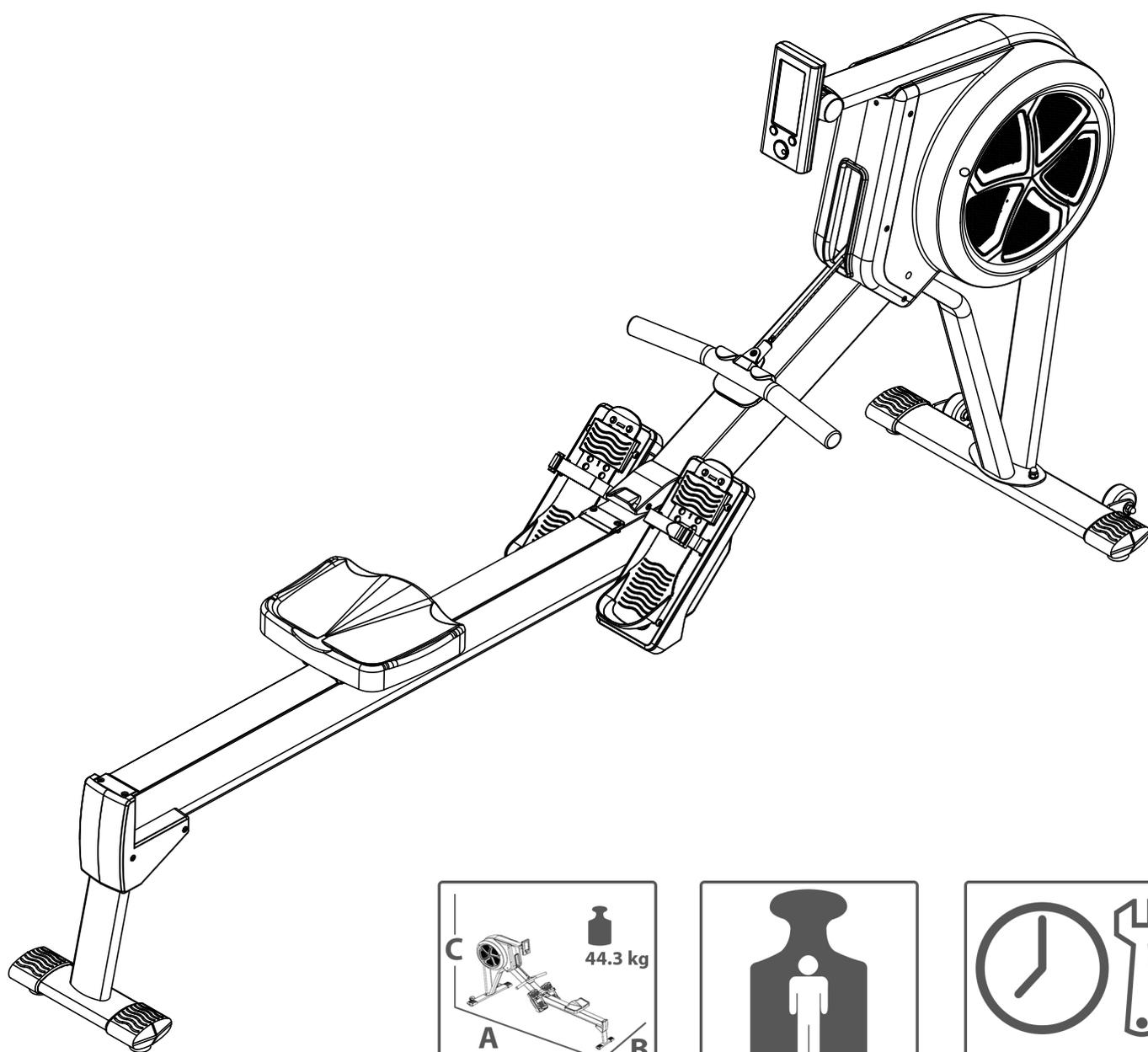


# TAURUS

## Assembly and operating instructions



TFROWX01.01

Art. No.: TF-ROW-X

Rowing machine ROW X



## 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.

# CONTENTS

<b>1</b>	<b>GENERAL INFORMATION</b>	<b>6</b>
1.1	Technical data	6
1.2	Personal safety	7
1.3	Electrical safety	8
1.4	Set-up place	8
<b>2</b>	<b>ASSEMBLY INSTRUCTIONS, MAINTENANCE AND CARE</b>	<b>9</b>
2.1	General instructions	9
2.2	Maintenance and service calendar	11
<b>3</b>	<b>ASSEMBLY</b>	<b>12</b>
3.1	Package contents	12
3.2	Assembly instructions	13
3.3	Settings / setting up the rowing machine	15
<b>4</b>	<b>OPERATING INSTRUCTIONS</b>	<b>18</b>
4.1	Console display	18
4.2	Button functions	19
4.3	Operation	20
4.3.1	Programmes	21
4.3.2	High Intensity Interval Training (HIIT)	22
<b>5</b>	<b>WORKOUT INSTRUCTIONS</b>	<b>25</b>
5.1	Heart rate measuring	25
5.2	Notes for correct rowing	27
5.3	10 tips for effective rowing training	30
5.4	Designing a workout	31
5.5	Stretching exercises for leg & chest muscles	33
5.6	Workout journal	35

<b>6</b>	WARRANTY INFORMATION	36
<b>7</b>	DISPOSAL	38
<b>8</b>	ORDERING ACCESSORIES	39
<b>9</b>	ORDERING SPARE PARTS	40
9.1	Service hotline	40
9.2	Serial number and model name	40
9.3	Part list	41
9.4	Exploded drawing	43

## 1.1 Technical data

### LCD display of

- + strokes, strokes per minute
- + training time in min
- + distance in m
- + time/500 m: average / current
- + calories burnt in kcal
- + heart rate (when using a chest strap)
- + Watt
- + resistance level

Resistance system: combined air/magnet brake system

Resistance level: 10

Total number of training programs: 10

### Weight and dimensions:

Article weight (gross, including packaging): 53.2 kg

Article weight (net, without packaging): 44.3 kg

Packaging dimensions (L x W x H): approx. 1245 mm x 1055 mm x 420 mm

Set-up dimensions (L x W x H): approx. 2500 mm x 628 mm x 1240 mm

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 whole body training by 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.
- + Be careful when you get on or off the equipment.

## 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.

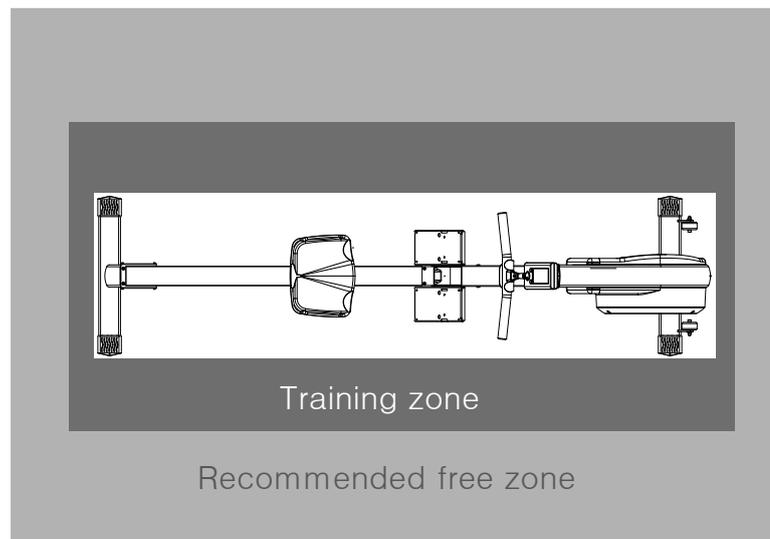
## 1.4 Set-up place

- + 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.
- + 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.
- + 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. Make sure that you leave at least 30 cm on each side of the equipment and at least 15 cm in front of and behind the equipment as a training zone. This is the minimum required area in order to safely use the equipment.

The recommended free zone around the equipment should be at least 60 cm on each side and 45 cm in front of and behind the equipment.

Furthermore, the equipment should not be set up in main entrances or on escape routes.



## 2 ASSEMBLY INSTRUCTIONS, MAINTENANCE AND CARE

### 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).
- + It is recommended to have a safety check before each training session and to examine the equipment for wear or damage. If you determine damaged or defective parts, the equipment should not be used until it is repaired. Please contact the contract partner for the repair.
- + **Manufacturer note:** The pull strap is equipped with a return spring so that the pull strap is automatically wound up again. The return spring is equipped with the lowest possible power. The reason for the light return spring is to give the user a better training effect for the rear thigh muscles. These muscles are stressed when the user moves the seat forward. If the return power is strong, the person using the equipment would be pulled.

## 2.2 Maintenance and inspection calendar

The following routine work needs to be done in the given intervals:

Part	Weekly	Monthly	Twice a year
Display console	C	I	
Lubricating mobile parts			I
Plastic cover	C	I	
Screws & cable connections		I	
Legend: C = Clean; I = Inspect			

### Lubrication of the chain

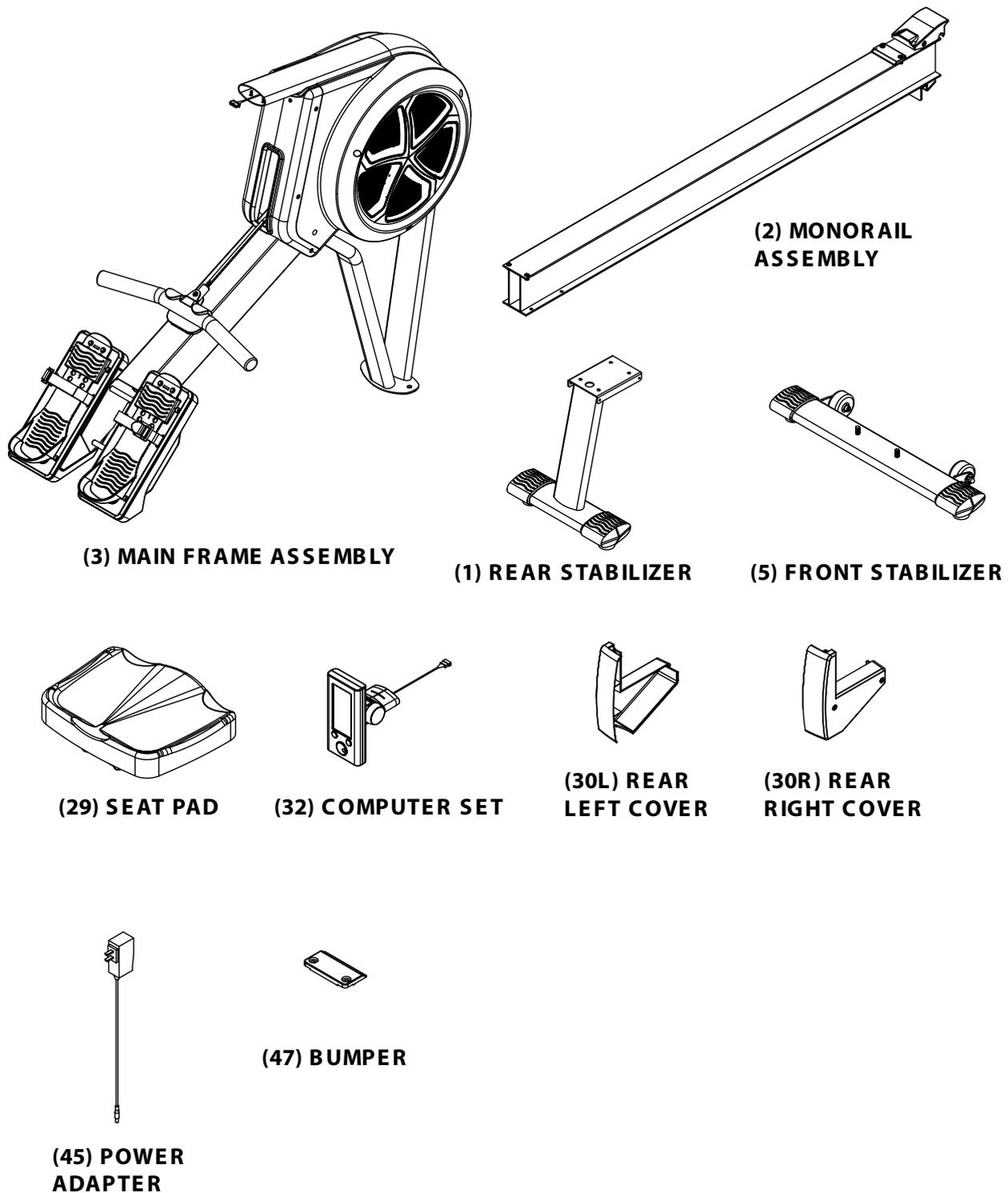
Lubricate the chain at least every six months or even better after approx. 50 operating hours. Use a non-fraying cloth as well as 20W motor or multi-purpose oil. Drop approx. one teaspoon of the oil on the cloth. Then pull out carefully the chain on the handle to the fence. Wipe along the chain with the cloth several times. Then remove the remaining oil with a dry cloth.

### Cleaning the rail

Before the training, wipe the rail with a damped cloth to remove any dust.

### 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.

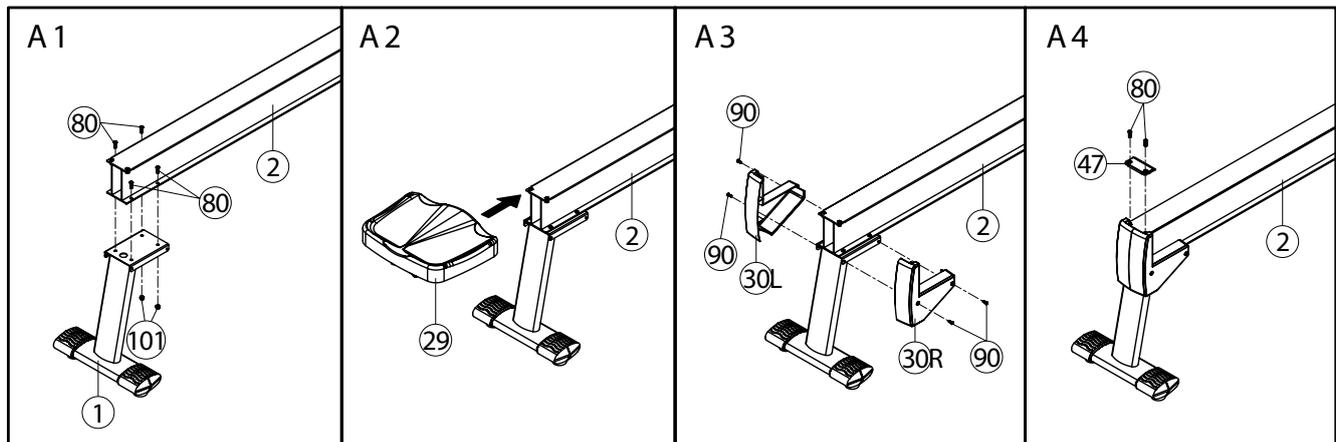


## 3.2 Assembly instructions

Look carefully at all the illustrated assembly steps before the assembly and do the assembly according to the given order.

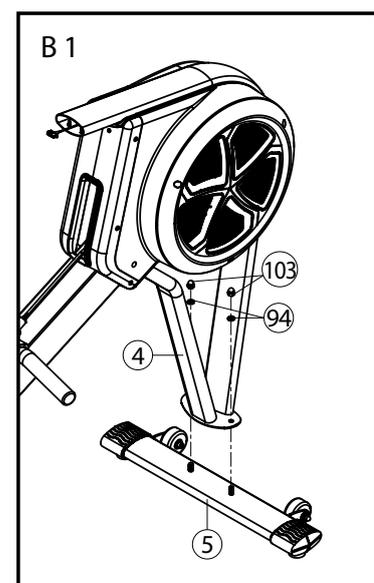
### Step 1: Rear base & mono rail

- A1. Mount the rear base (1) on the mono rail (2) with M6 X 16L hexagon screws (80) and two M6 Nylon nuts (101). Tighten the screws.
- A2. Slide the seat pad (29) on the mono rail (2).
- A3. Mount the left (30L) and right rear cover (30R) with four M4 X 12L screws (90).
- A4. Mount the bumper (47) on the mono rail (2) with two M6 X 16L hexagon screws (80). Please pay attention to that the left (30L) & right rear cover (30R) are correctly positioned. Then tighten all screws.

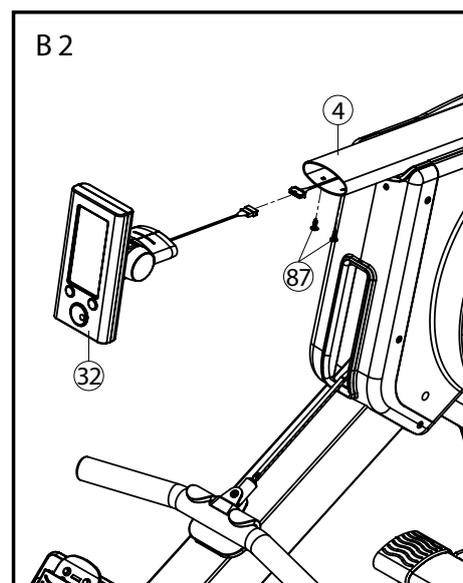


### Step 2: Front base & computer assembly

- B1. Mount the front base (5) on the front frame (4) with two 3/8" spring washers (94) and two 3/8" caps for nuts (103). Tighten all screws.



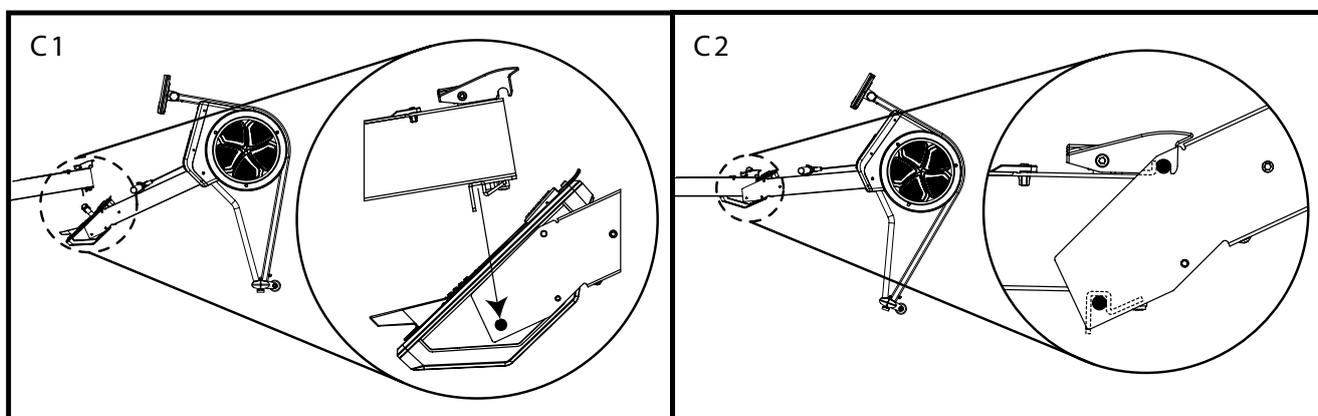
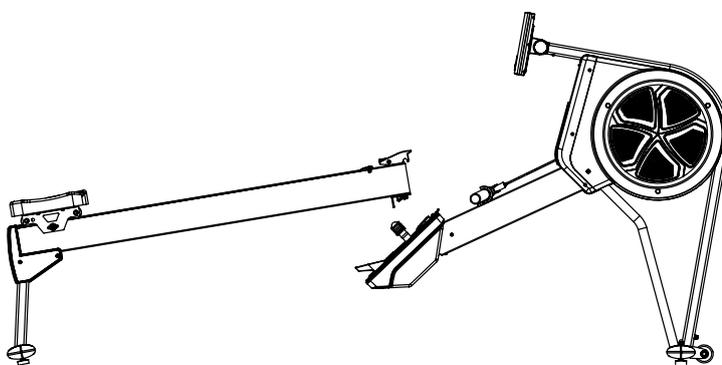
B2. Mount the computer (32) on the front frame (4) with two pre-mounted 3/16" X 16L screws (87). Please pay attention to that the computer (32) is correctly aligned. Then tighten the screws.



### Step 3: Mono rail & main frame Connect rail with main frame

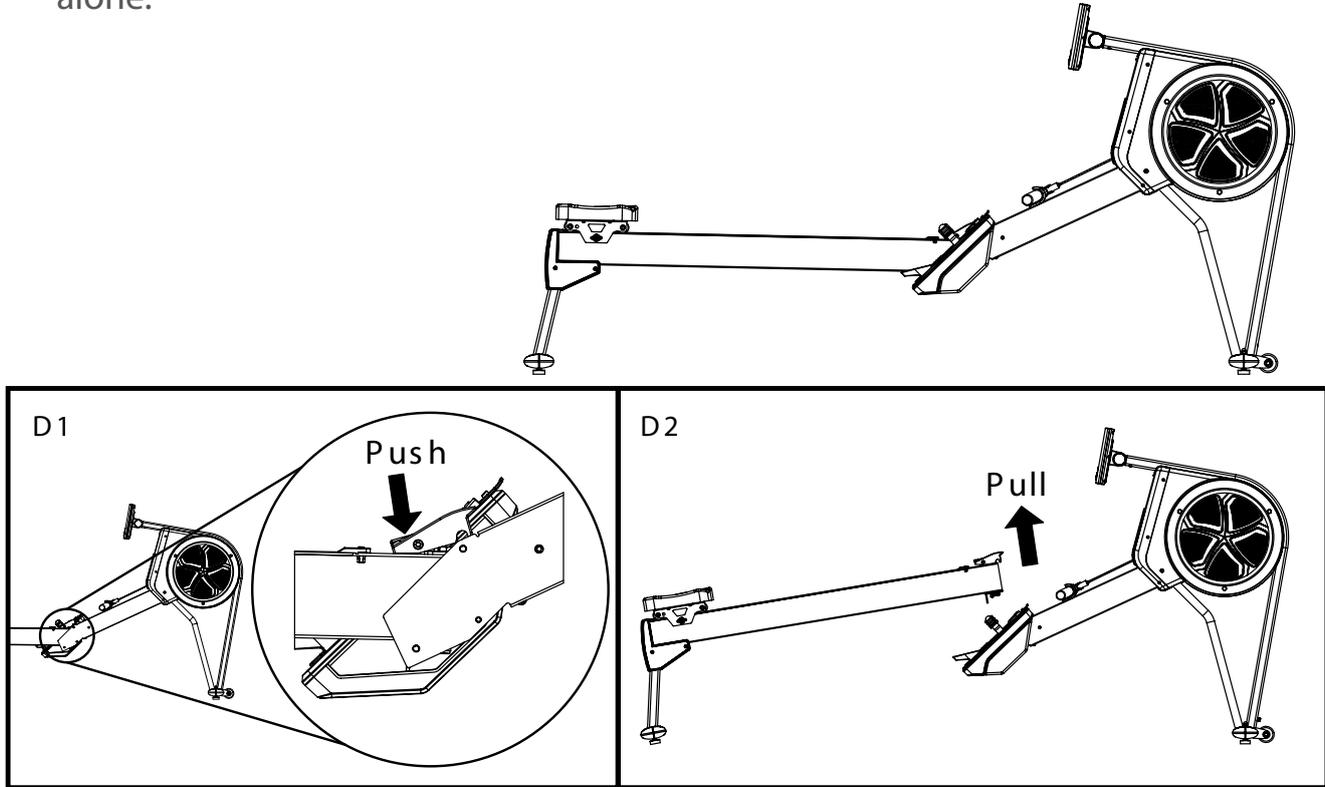
C1. Lift the main frame on the foot straps, slide carefully the mono rail on the connector.  
C2. Please pay attention to that the connectors engage tightly.

**WARNING:** Fold or unfold the mono rail with at least two persons. Do not try to lift the main frame if you suffer from constraints in the musculoskeletal system. In order to prevent injuries, keep fingers and hands away from the folding mechanism.



### Step 4: Mono rail & main frame Loosen rail from main frame

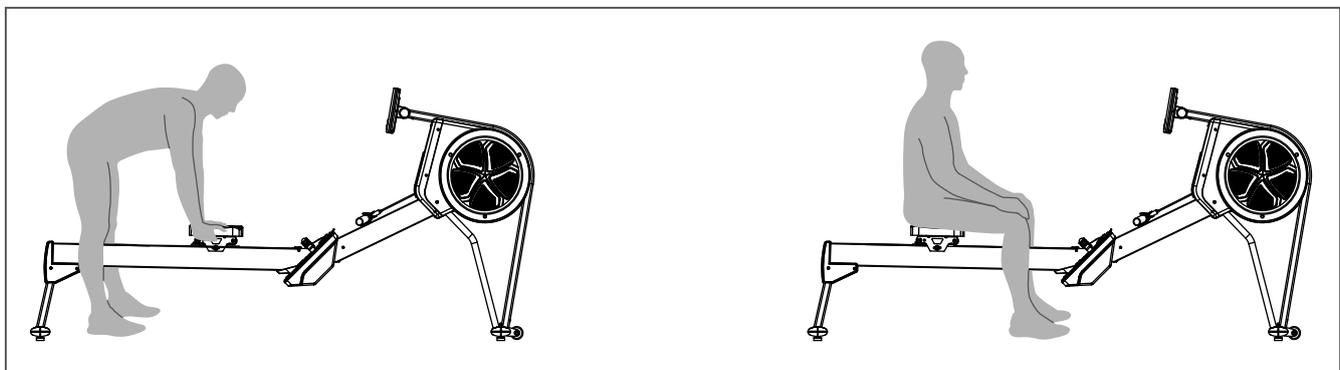
D1. Hold the main frame on a foot strap, push the big switch down to loosen the lock.  
D2. Lift carefully the mono rail and loosen it from the main frame. Do not do this step alone.



### 3.3 Settings/adjusting the rowing machine

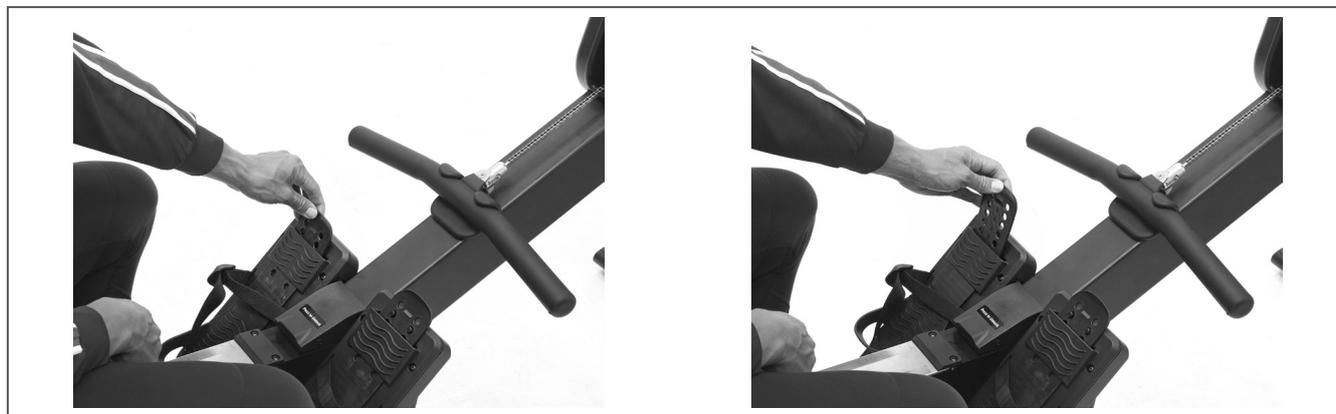
#### Get on safely

- 1) Stand centrally to the aluminium rail and position the seat.
- 2) Adjust the seat in a comfortable position and sit down slowly.
- 3) Adjust the view to the computer by moving it up or down.

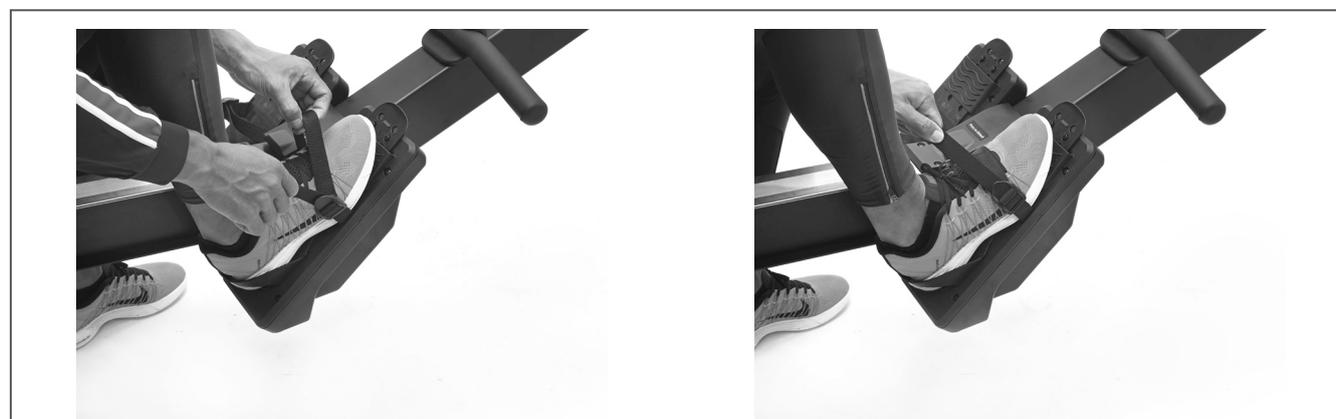


## Adjusting the heel rest and the straps

There are several adjustments for the heel rest. Before you start exercising, adjust correctly the heel rest.



- 1) Pull the loop upwards so that your heel is supported and the foot strap is above the widest point of your foot.
- 2) Tighten the foot strap.
- 3) Loosen the foot strap by pushing the small buckle outwards.



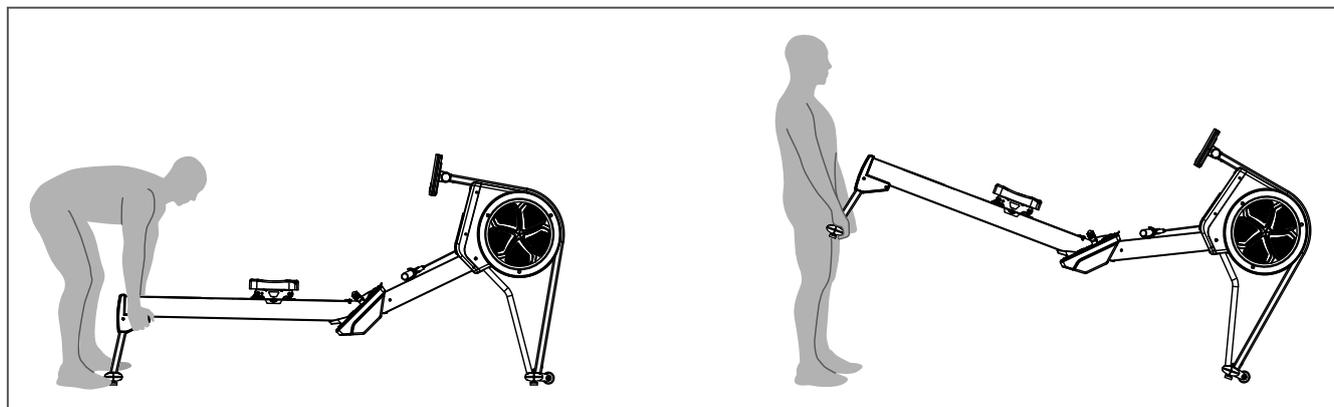
## Adjusting the console

Place the seat in a distance to the console so that you can reach it by hand without having to lean forward. Swivel the display up and down until you have found a good view.

## Transport

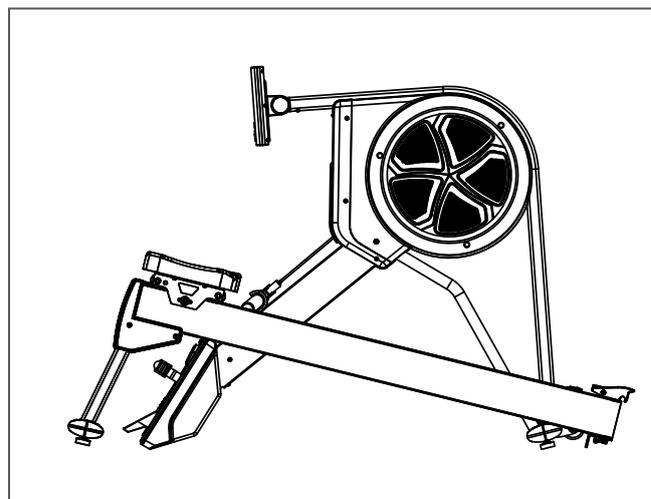
Lift the machine on the rear base for transport.

Please pay attention to that the front wheels touch the floor before you move the machine.

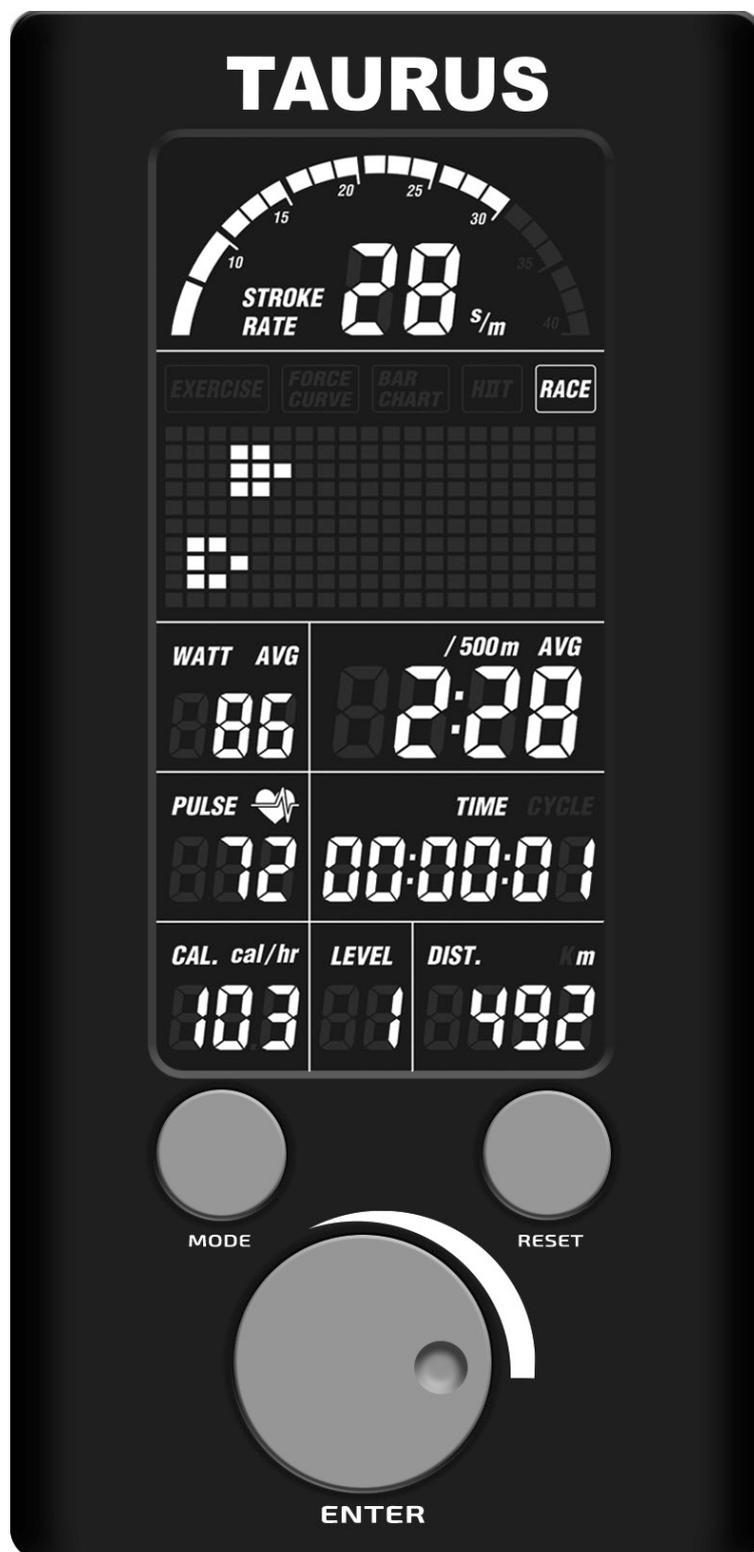


## Storage

Store dry and flat.



### 4.1 Console display



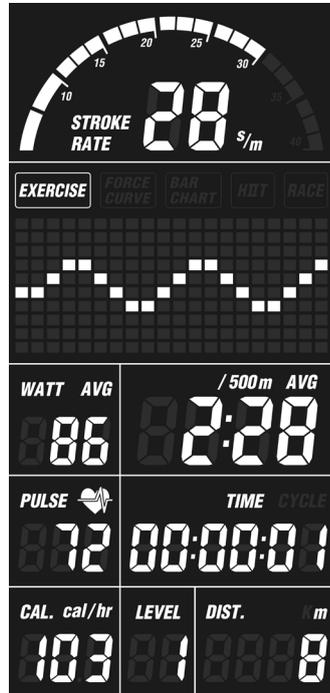
<b>Stroke Rate</b>	In the HIIT programme, it shows the ideal stroke rate for the High Intensity Interval Training. In all other programmes, only the stroke rate is displayed here.
<b>Exercise (2nd big window)</b>	Different graphic illustrations of the training, i. e., strength curve or bar chart - change the views by pressing the button MODE.  It also serves the selection of the training programmes (P1– P9) by means of the control knob.
<b>Time/500m (Ø)</b>	Displays which time you would currently need for 500 m. The lower the value, the higher is your training performance.
<b>WATT (Ø)</b>	Displays the estimated performance of your stroke in Watt.
<b>PULSE</b>	Displays the current heart rate, when a compatible chest strap is used.
<b>TIME</b>	Displays the present training duration in minutes : seconds.
<b>CALORIES (kcal/h)</b>	Displays the estimated consumption of kilocalories per hour.
<b>LEVEL</b>	Displays the currently set resistance level (1–10).
<b>DISTANCE (metres or miles)</b>	Displays the distance covered throughout the training.

## 4.2 Button functions

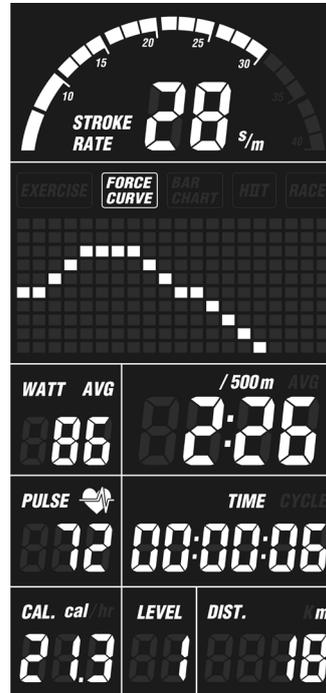
<b>Control Knob Enter</b>	Turn the knob to navigate through the different options or increase or reduce the intensity during the training. Press the control knob to confirm your selection.
<b>Mode button</b>	Press the button to switch the different display options during the training, in the data display, i. e., between the current and average values, in the exercise field, i. e., training -> strength curve -> bar chart, etc..
<b>Reset button</b>	Press Reset to get to the previous option or display. Hold the button pressed for three seconds to stop the training and to return to the start menu.

## 4.3 Operation

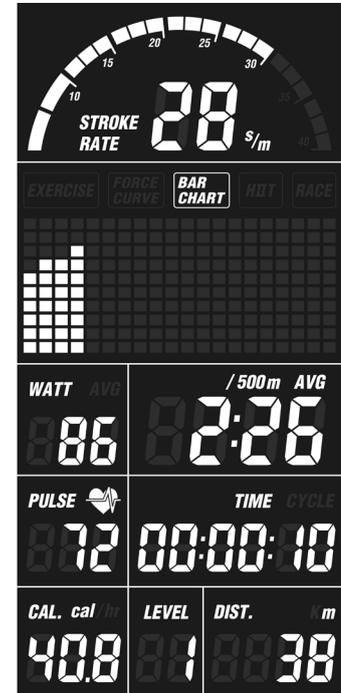
### Display rotation



Training



Strength curve



Bar chart

The training display shows you one of four evaluations of your stroke:



No stroke



Slow stroke rate



Moderate stroke rate



High stroke rate

## 4.3.1 Programmes

**Quick Start:** When you start rowing in the start menu, the Quick Start programme starts automatically. You can change the basic resistance with the control knob throughout the training at any time. Press the button Mode to change the display options. Press RESET to return to the programme selection at any time.

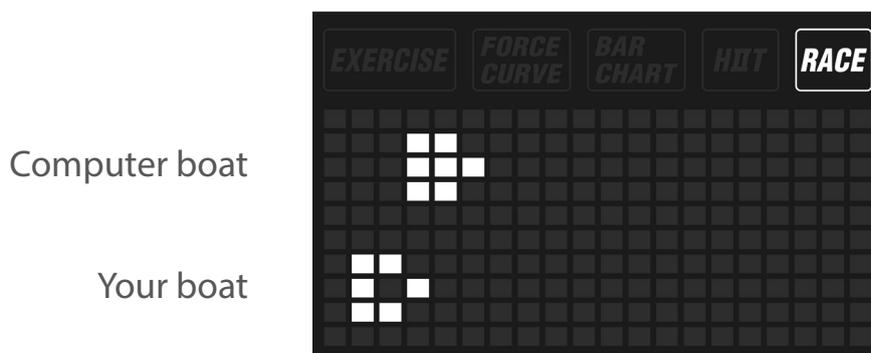
**1. P1 (Manual Mode):** When you select P1 with the control knob and press it to confirm, you get to the manual programme. Set the resistance level before the training start and confirm with ENTER. Start rowing to start the programme. Hold RESET pressed for three seconds to stop the training and to return to the programme selection.

**2. P2 (Goal Time):** Select P2 with ENTER. Set time and resistance level and confirm with ENTER. Start rowing to start the programme. Hold RESET pressed for three seconds to stop the training and to return to the programme selection.

**3. P3 (Goal Calorie):** Select P3 with ENTER. Set calorie target and resistance level and confirm with ENTER. Start rowing to start the programme. Hold RESET pressed for three seconds to stop the training and to return to the programme selection.

**4. P4 (Goal Distance):** Select P4 with ENTER. Set target distance and resistance level and confirm with ENTER. Start rowing to start the programme. Hold RESET pressed for three seconds to stop the training and to return to the programme selection.

**5. P5 (Race):** Select P5 with ENTER. Set distance and resistance level and confirm with ENTER. Start rowing to start the programme. Hold RESET pressed for three seconds to stop the training and to return to the programme selection.



**6. P6 (High intensity Interval Training - HIIT):** PP6 is a 20 minutes programme for beginners. During the warm-up, you row at a moderate pace and select a resistance level, which you keep throughout the whole training. During a one-minute countdown, you row as quickly as you can. During the recovery phase of two minutes, you take a deep breathe and get prepared for the next pace phase. (Attention: Do not overexert yourself during the pace phase. When you feel weak or dizzy, stop immediately the training and consult your physician.)

**7. P7 (HIIT):** PP7 is a 20 minutes standard programme for advanced users.

**8. P8 (HIIT):** PP8 is a 30 minutes standard programme.

**9. P9 (HIIT):** P9 is a 30 minutes programme with high stroke rates during the pace phase for advanced users.

### 4.3.2 High Intensity Interval Training (HIIT)

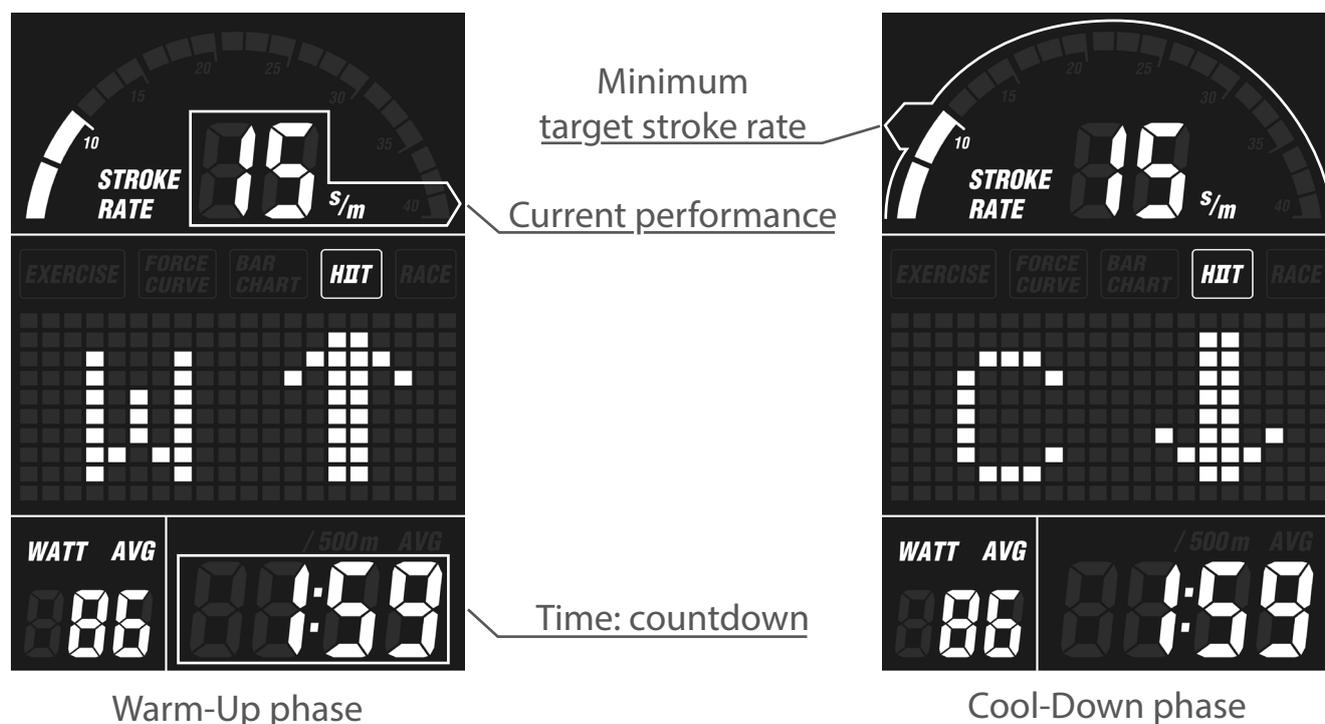
Warm-Up: Warm up your body and set the desired resistance level.

HIIT phase: In this phase, an intensity/stroke rate as high as possible is demanded.

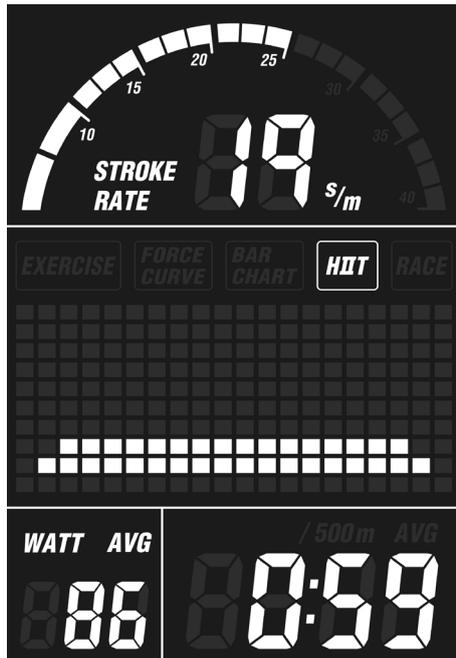
Please mind not to exceed your fitness level.

Resting phase: Smooth stroke rate to take a breath and to get prepared for the next pace phase.

Cool-Down: The programme is finished and you can get recovered from the training.



During a one minute countdown, you row as quickly as you can in the HIIT programme, so that you achieve the top of the pyramid.



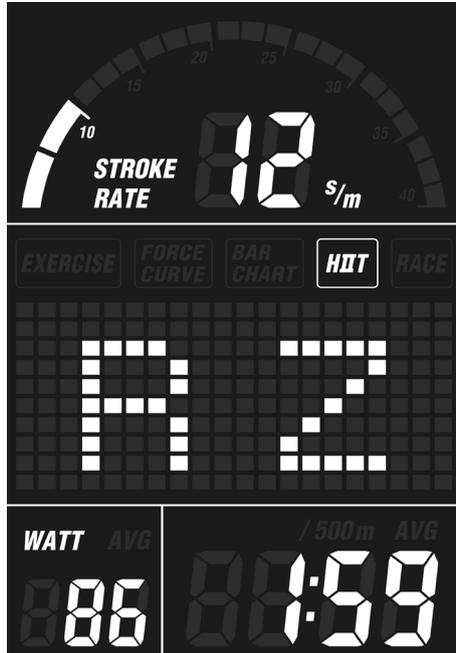
Minimum target stroke rate

Current performance

Error. Not in the target zone

Time: countdown

During the two-minutes recovery phase, you reduce the stroke rate to take a breath and to get prepared for the next pace unit.

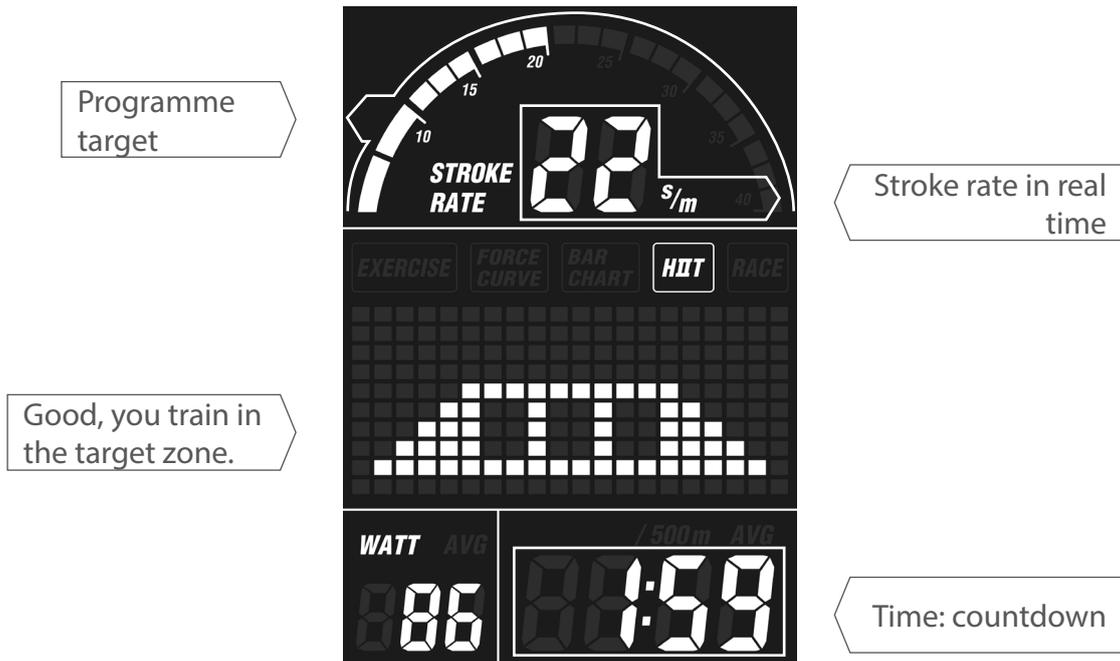


Minimum target, reduced during the resting phase

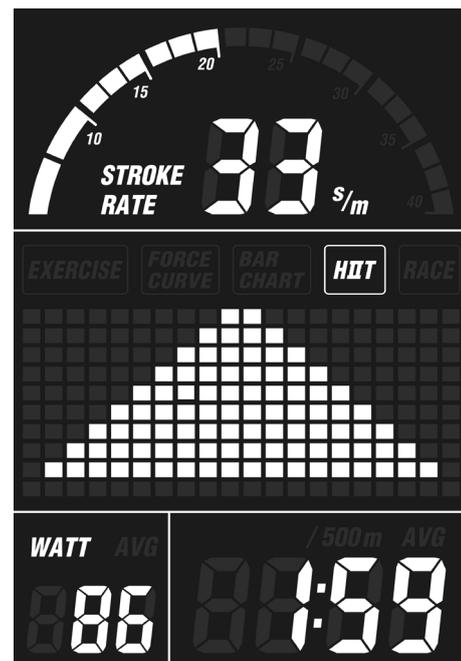
During the resting phase, countdown of two minutes

Time: countdown

## Build a pyramid



Excellent, you train at a performance above average.



You have done the pyramid and train at a professional level.

### 5.1 Heart-rate measuring

#### **Telemetric heart rate measuring**

This rowing machine 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 acoustic 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%

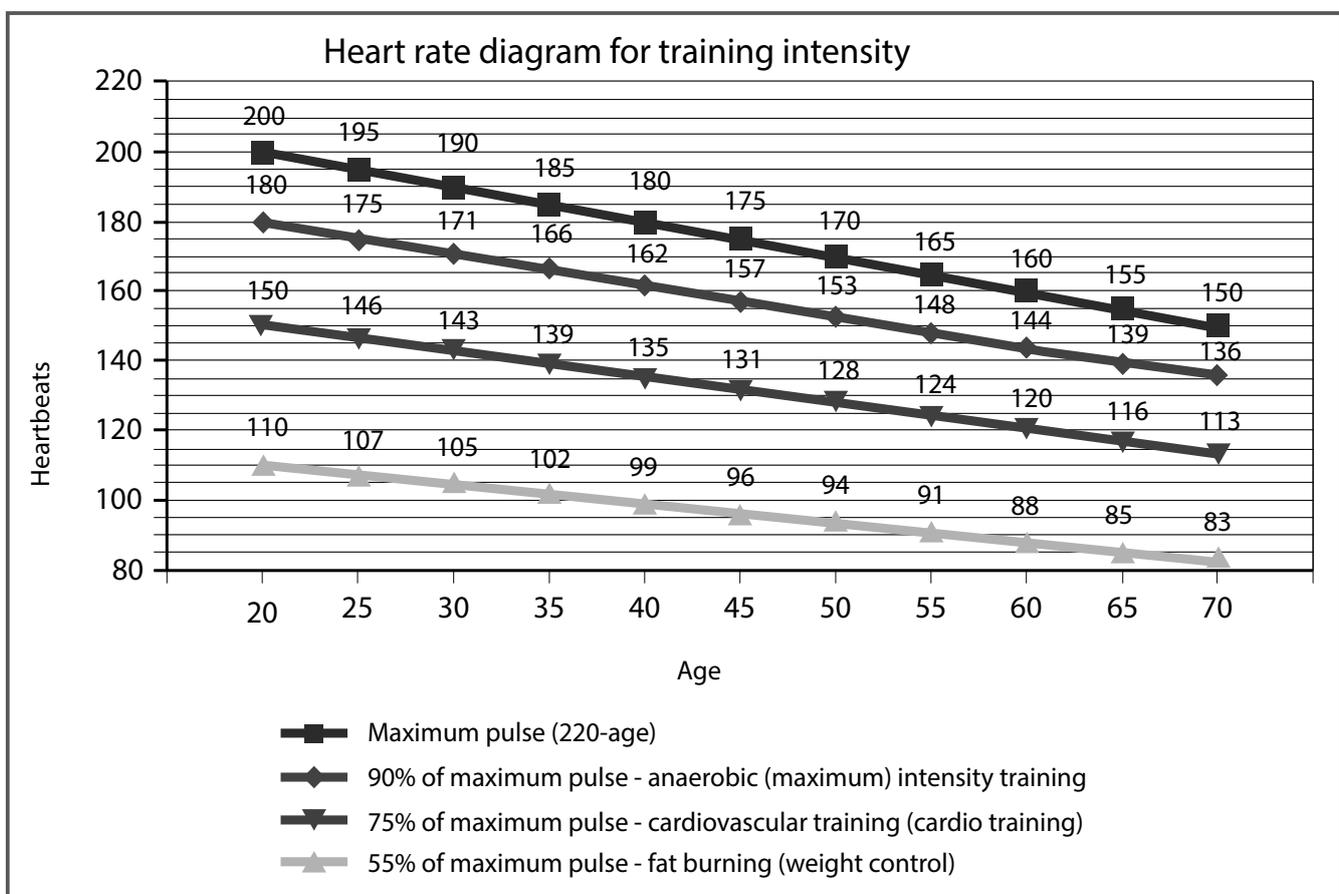
of the maximum heart rate) with a medium training period is required.

**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. =  $(220 - \text{age}) \times 0.9$ .

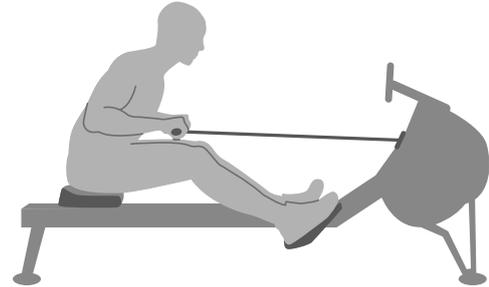


## 5.2 Notes on correct rowing

### Body moves towards the handle

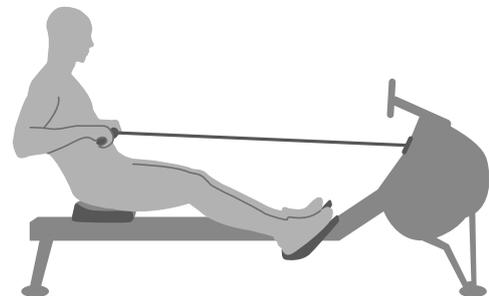
#### Wrong

At the end of the movement, the body will be pulled forwards towards the handles instead the handles to the body.



#### Right

At the end of the movement, the user slightly leans back, holds the legs down, keeps the upper body straight and pulls the handle to the body.



### Straddled elbows

#### Wrong

The user's elbows are straddled from the body at the end of the movement and the handle is at the height of the breast.



#### Right

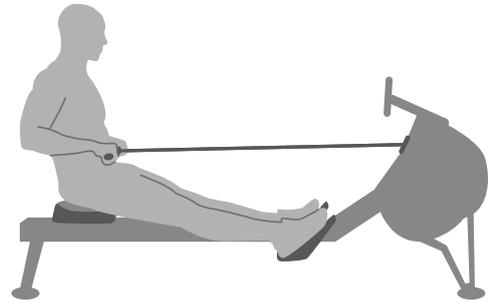
Pull the handle to the body with straight wrists and the elbows close to the body. The elbows are brought behind the head while the handle is pulled to your waist.



## Do not completely extend

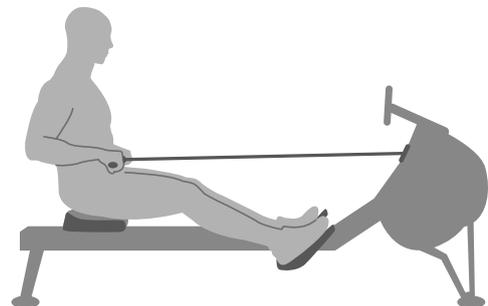
### Wrong

At the end of the movement, the user completely stretches the leg and knee.



### Right

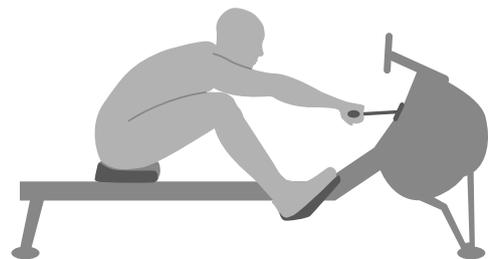
Keep your knee slightly bent at all times even at the end of the movement instead of stretching it completely.



## Leaning too far forward

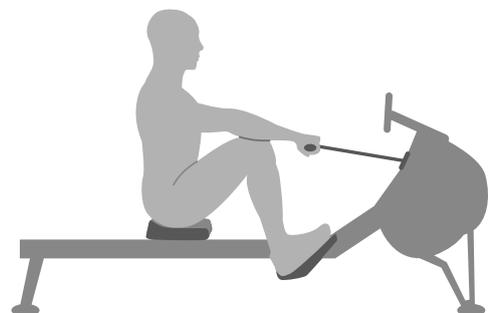
### Wrong

The body is bent too far forward. The shins are no longer vertical. The head and shoulders are facing the feet. The body is therefore in a weak position to execute the movement.



### Right

The shins are vertical. The body is pressed against the legs, the arms are completely stretched out in front and the body is slight bent forward. This position should be pleasant.



## Rowing with bent arms

### Wrong

The user begins the movement with the arms instead of first pressing with the legs.



### Right

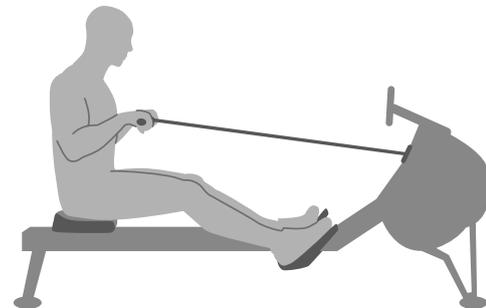
The user begins by stretching out the legs, relaxing the back and stretching the arms.



## Bent wrists

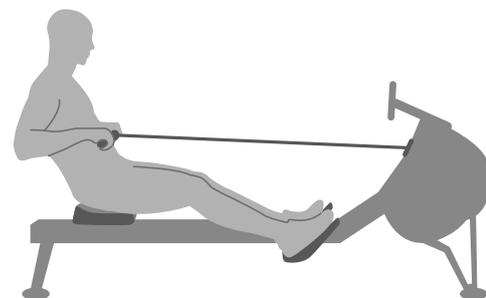
### Wrong

The user bends the wrists during the movement.



### Right

Always execute the rowing movement with straight wrists.



## 5.3 10 tips for effective rowing 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

When you execute the movement, your upper body should lean forward slightly and your back should be straight. Avoid evasive movements in the hip or back area.

### 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 phases

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

### 7. Choose a diversified program

Switch your focus between different muscle groups and different levels of intensity during your workout.

### 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.

## 5.4 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 minutes 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, no resistance	30 min.	Moderate speed, keep resistance low
Wed	20 min.	Slow speed, no resistance	30 min.	Moderate speed, keep resistance low
Fri	20 min.	Slow speed, no resistance	30 min.	Moderate speed, keep resistance low
In the first week, increase the speed in between for two-minutes. Maintain heart rate.			In the second week, increase the speed for brief periods.	

WEEK 3 + 4				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	25 min.	Slow speed, no resistance	35 min.	Vary speed, keep resistance low
Wed	25 min.	Slow speed, no resistance	35 min.	Vary speed, keep resistance low

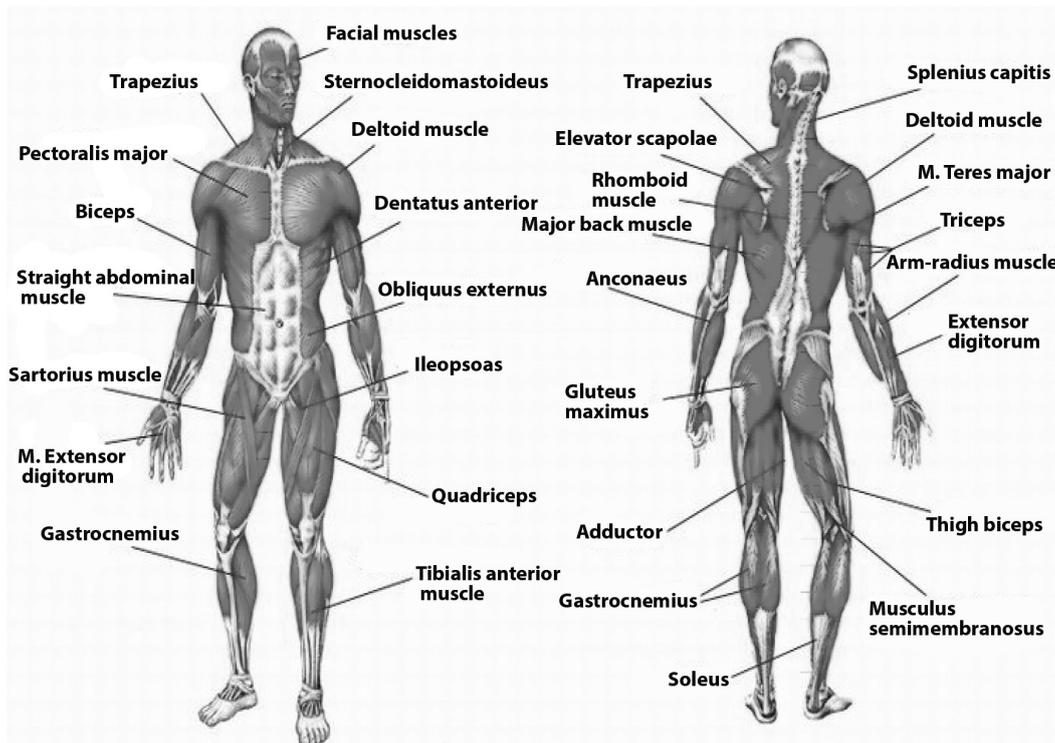
Fri	25 min.	Slow speed, no resistance	35 min.	Vary speed, keep resistance low
In the third week, increase the resistance slightly.			In the fourth week, combine forwards and backwards movements.	

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
In the fifth week, increase the resistance slightly at moderate speed.			In the sixth week, alternate between forwards and backwards movements.	

WEEK 7 + 8				
	Beginner		Advanced	
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
In the seventh week, include short sprints.			In the eighth week, alternate between forwards and backwards movements.	

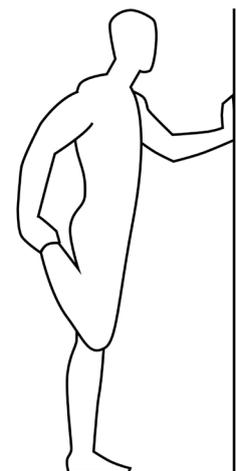
**Cool-down** approx. five minutes Finish your training at low resistance and at slow speed. Allow your body to gently slow back down.

## 5.5 Stretching exercises for leg & chest muscles



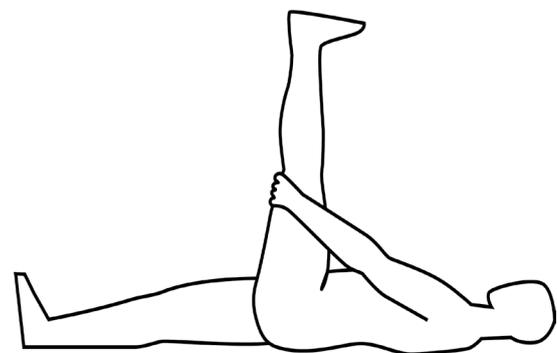
### 1. Exercise: Stretching of front thigh / leg extension (quadriceps)

- 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



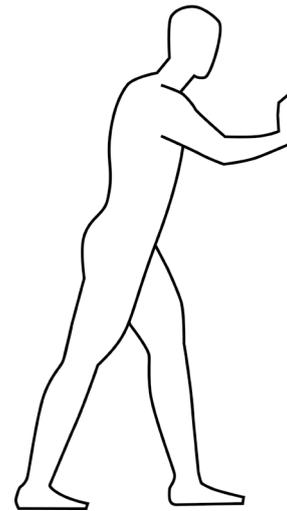
### 2. Exercise: Stretching the back thigh / leg curl (hamstring)

- 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



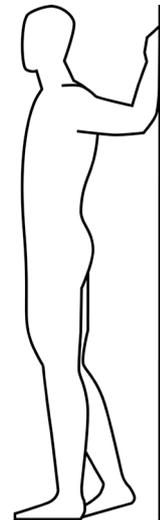
### 3. Exercise: Stretching the calf muscles (gastrocnemius)

- 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!**



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
ROW X	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 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.

### **Note for battery disposal**

Do not dispose of used batteries in the household waste. Being the end-user, you are obliged to dispose of used batteries at a commercial or municipal collection point. You can also give the batteries, which you received from us, to one of our stores or send these to our warehouse postage free (see contact details at the end of these instructions).

Pb = Battery contains more than 0.004 percent by weight of lead.

Cd = Battery contains more than 0.002 percent by weight of cadmium.

Hg = Battery contains more than 0.0005 percent by weight of mercury.

## 8 ORDERING ACCESSORIES

 A black, rolled-up floor mat with the website address www.sport-tiedje.com printed on it.	<p>Sport-Tiedje floor mat size XXXL Art. No. ST-FM-XXXL</p>
 A black chest strap heart rate monitor with the Polar logo on the front.	<p>Polar transmitter chest strap T34 uncoded Art. No. T34</p>
 A white plastic bottle of chest strap contact gel. The label includes the website www.sport-tiedje.com and the product name Brustgurt-Kontaktgel. A grey banner at the bottom of the image contains the Sport-Tiedje logo and the text 'Sport-Tiedje Der Fitness-Fachmarkt'.	<p>Chest strap contact gel 250ml Art. No. BK-250</p>

### 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	DK	FR
<p>☎ +49 4621 4210-0</p> <p>☎ +49 4621 4210-699</p> <p>✉ service@sport-tiedje.de</p> <p>Mo. - Fr. 8:00 - 18:00</p> <p>Sa. 9:00 - 18:00</p>	<p>☎ 80 90 16 50</p> <p>☎ +49 4621 4210-945</p> <p>✉ info@t-fitness.dk</p> <p>Ma. - Fr. 8:00 - 18:00</p> <p>Lø. 9:00 - 18:00</p>	<p>☎ +33 (0) 172 770033</p> <p>☎ +49 4621 4210-933</p> <p>✉ service-france@sport-tiedje.fr</p> <p>Lun. - Ven. 8:00 - 18:00</p> <p>Sam. 9:00 - 18:00</p>
NL	UK	INT
<p>☎ +31 172 619961</p> <p>✉ info@fitshop.nl</p> <p>Ma. - Do. 9:00 - 17:00</p> <p>Vr. 9:00 - 21:00</p> <p>Za. 10:00 - 17:00</p>	<p>☎ +44 141 876 3972</p> <p>✉ orders@powerhousefitness.co.uk</p> <p>Mon. - Fri. 9:00 - 17:00</p>	<p>☎ +49 4621 4210-0</p> <p>✉ service-int@sport-tiedje.de</p> <p>Mon - Fri 8:00 - 18:00</p> <p>Sat 9:00 - 18:00</p>

### 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:

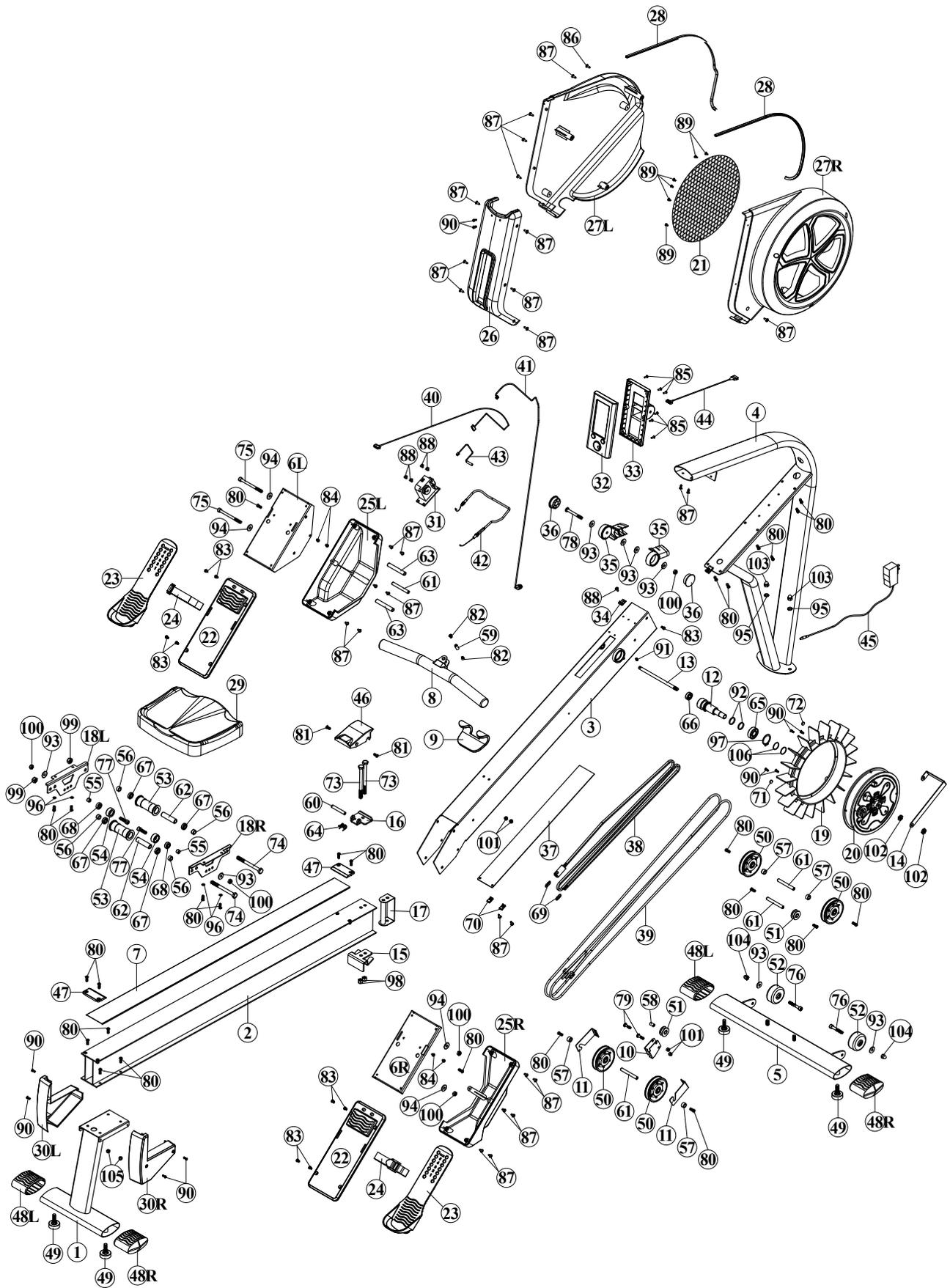
Model name:

### 9.3 Part list

No.	Qty.	Description	No.	Qty.	Description
1	1	Rear Stabilizer	28	2	Binding Of Plastic Cover
2	1	Monorail	29	1	Seat Pad
3	1	Main Frame	30L	1	Rear Left Cover
4	1	Front Frame	30R	1	Rear Right Cover
5	1	Front Stabilizer	31	1	Motor
6L	1	Left Belly Foot Stretcher	32	1	Computer (Monitor)
6R	1	Right Belly Foot Stretcher	33	1	Computer Bracket
7	1	Monorail Cover	34	1	Sensor Bracket
8	1	Handle	35	2	Computer Hinge
9	1	Handle Hook	36	2	Computer Hinge Cap
10	1	Traveling Pulley Bracket	37	1	Robber Rope Cover
11	2	Cable Retainer Plate	38	1	Chain
12	1	Belt Shaft	39	1	Robber Rope
13	1	Axle	40	1	8 Pins Upper Connector Cable
14	1	L Plate	41	1	Power Cord Connector
15	1	Lower Hanger Plate	42	1	Connecting Cable
16	1	Upper Hanger Plate	43	1	Sensor Cable
17	1	Monorail Bolt Support	44	1	8 Pins Upper Cable
18L	1	Left Seat Carriage	45	1	Power Adapter
18R	1	Right Seat Carriage	46	1	Upper Plastic Hanger
19	1	Flywheel Fan	47	2	Bumper
20	1	Flywheel	48L	2	Left Foot End Cap
21	1	Damper	48R	2	Right Foot End Cap
22	2	Pedal	49	4	Height Adjuster
23	2	Heel Rest	50	4	Pulley
24	2	Foot Strap With Buckle	51	2	Idler Pulley
25L	1	Left Foot Stretcher Cover	52	2	Front Stabilizer Wheel
25R	1	Right Foot Stretcher Cover	53	2	Seat Roller
26	1	Plastic Cover	54	2	Housing
27L	1	Left Plastic Cover	55	2	Φ8mm Spacer
27R	1	Right Plastic Cover	56	4	Φ10mm X 8.5L Spacer

No.	Qty.	Description	No.	Qty.	Description
57	4	Ø10mm X 10L Spacer	82	2	M6 X 10L Screw
58	1	Tube For Idler Pulley	83	9	M5 X 10L Screw
59	1	Axle For Handle	84	4	M5 X 8L Screw
60	1	Axle For Plastic Hanger	85	6	M4 X 12L Screw
61	4	Axle For Pulley	86	1	3/16 X 19L Screw
62	2	Axle For Seat Pad	87	27	3/16" X 16L Screw
63	2	Tube For Foot Stretcher Cover	88	5	3/16" X 12L Screw
64	1	Spring	89	6	M4 X 8L Screw
65	1	Ob6203lb Bearing	90	10	M4 X 12L Screw
66	1	Ob6000z Bearing	91	1	M6 X 10L Set Screw
67	4	Ob6900 Bearing	92	2	Ring
68	2	Ob608 Bearing	93	8	M8 Larger Washer
69	2	Chain Connector	94	4	M8 Smaller Washer
70	2	Balance Clip	95	2	3/8" Spring Washer
71	1	Magnet Blancer	96	4	M6 Spring Washer
72	1	Magnet	97	1	C-Ring
73	2	3/8" X 5" Hex Bolt	98	2	3/8" Nylon Nut
74	2	M10 X 110 Hex Bolt	99	2	M10 Nylon Nut
75	2	M8 X 100L Bolt	100	5	M8 Nylon Nut
76	2	M8 X 50L Bolt	101	4	M6 Nylon Nut (6M/M H)
77	2	M8 X 30L Round Inner Allen Bolt	102	2	3/8" Nut
78	1	M8 X 70L Hex Socken Dome Bolt	103	2	3/8" Cap For Nut
79	2	M6 X 25L Hex Socken Dome Bolt	104	2	M8 Cap For Nut
80	26	M6 X 16L Hex Socken Dome Bolt	105	2	M6 Nylon Nut (8M/M H)
81	2	M6 X 15L Screw	106	2	22Mm Od. Bumper

# 9.4 Exploded drawing



## CONTACT

### Company head office

Sport-Tiedje GmbH  
Flensburger Str. 55  
24837 Schleswig  
Germany

### Hotline for Technical Information

<b>DE</b> ☎ +49 4621 4210-0 ☎ +49 4621 4210-698 ✉ technik@sport-tiedje.de	<b>DK</b> ☎ 80 90 16 50 ☎ +49 4621 4210-945 ✉ info@t-fitness.dk	<b>FR</b> ☎ +33 (0) 172 770033 ☎ +49 4621 4210-933 ✉ service-france@sport-tiedje.fr
<b>NL</b> ☎ +31 172 619961 ✉ info@fitshop.nl	<b>UK</b> ☎ +44 141 876 3986 ✉ support@powerhousefitness.co.uk	<b>INT</b> ☎ +49 4621 4210-0 ✉ service-int@sport-tiedje.de

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

## DISCLAIMER



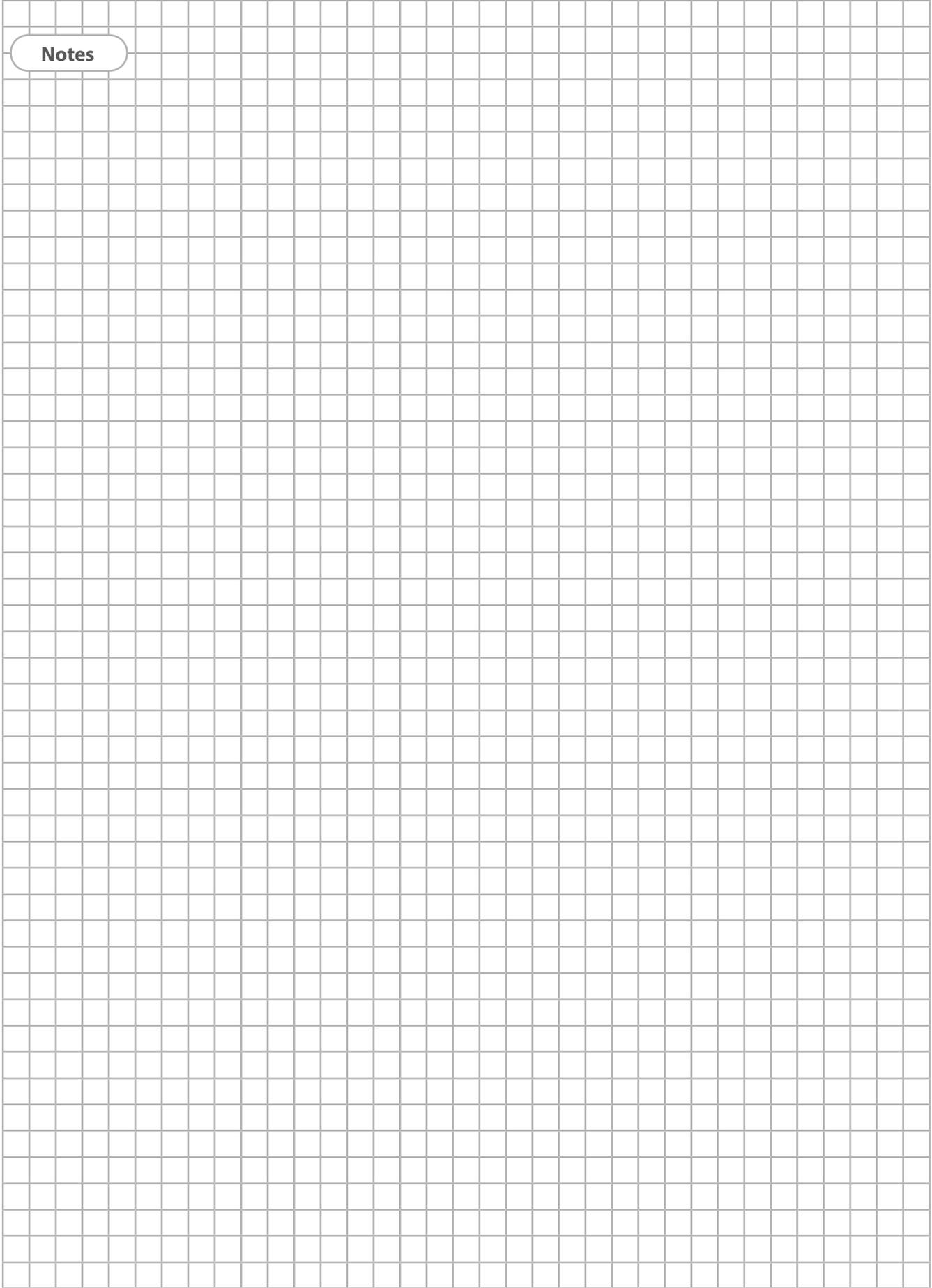
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Product and instructions are subject to change. Technical data can be changed without advance notice.

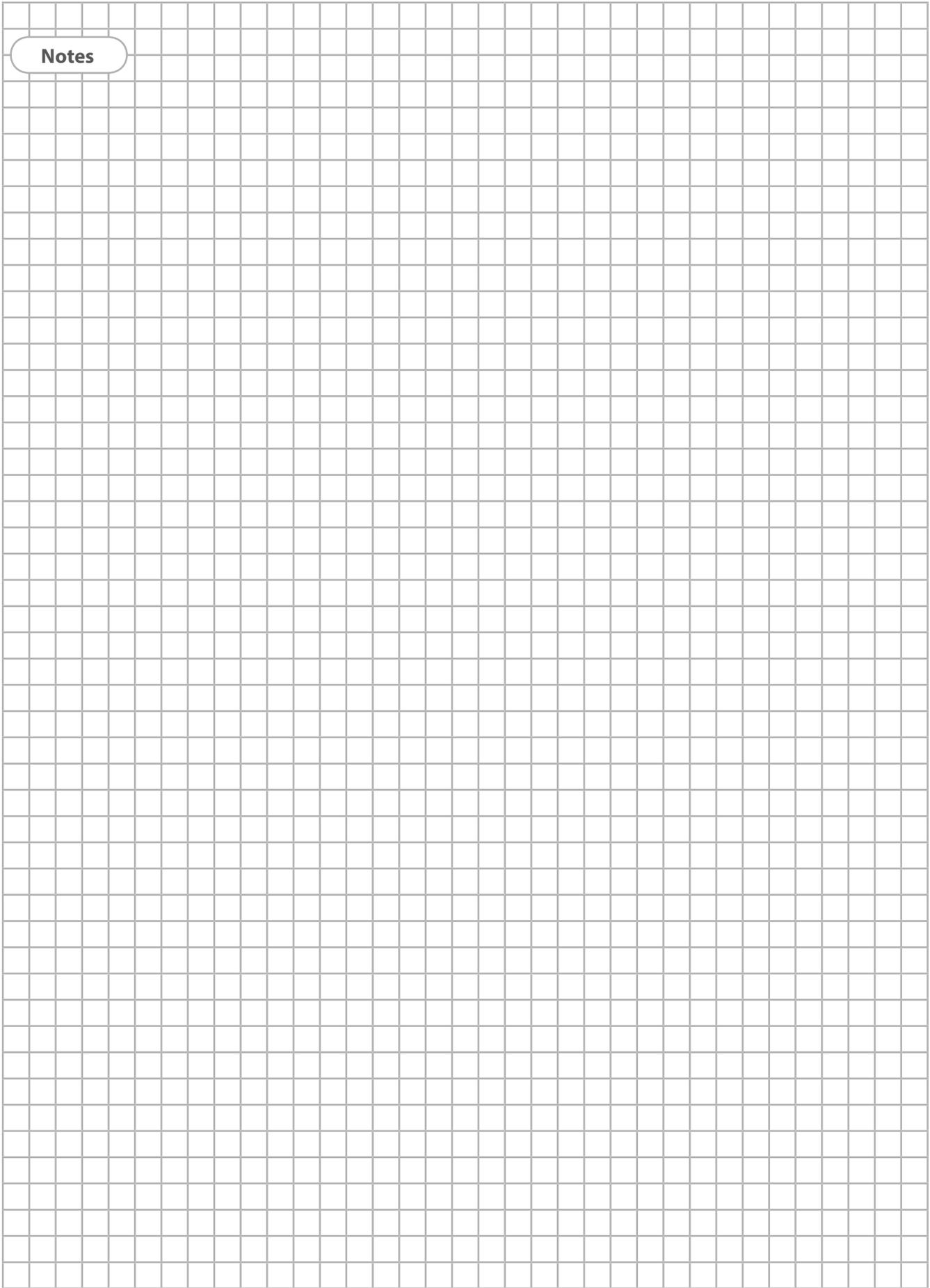
Please find a detailed overview including address and opening hours for all specialist fitness stores of the Sport-Tiedje Group in Germany and abroad on the following website.

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

Notes



Notes





# TAURUS

Rowing machine ROW X