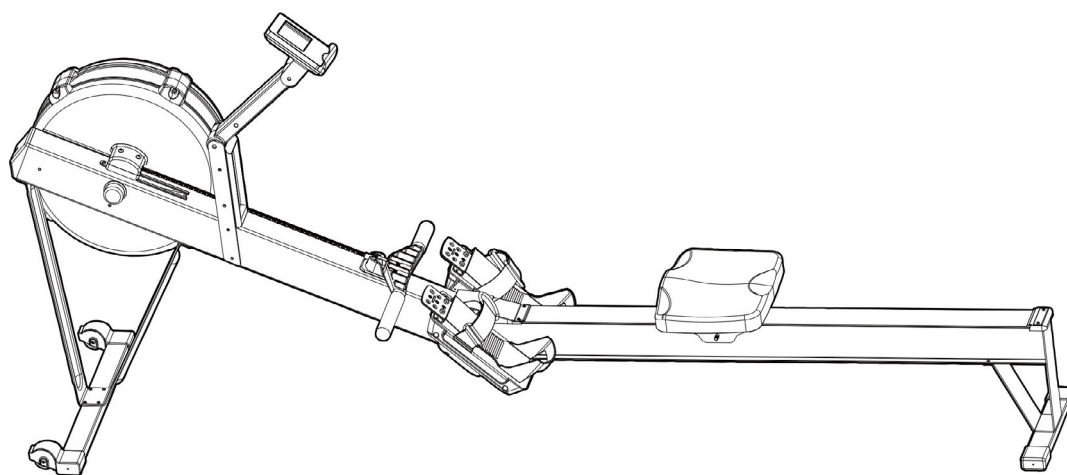


TAURUS®

Assembly and Operating Instructions



max. 150 kg



~15-30 Min. 



 34 kg

L 242 | W 61 | H 110

FSTFEROW.01.05

Art. No.: TF-EROW

Taurus Elite Row

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Dear customer,

Thank you for choosing quality training equipment from the TAURUS® brand. Taurus offers sports and fitness equipment for home users with high demands on quality, functionality and longevity. Also, Taurus is a well-known and experienced brand for equipping professional rooms for fitness studios and business customers. The focus of Taurus fitness equipment is on what matters most in sports: maximum performance! Therefore, the devices are developed in close consultation with athletes and sports scientists. Because athletes know best what makes perfect fitness equipment.

Further information can be found at www.fitshop.com/taurus.

Intended Use

The equipment may only be used for its intended purpose.

This fitness equipment is suitable for home use, semi-professional use and commercial or professional use. The semi-professional sector includes, for example, institutional facilities such as hospitals, schools, hotels and associations. Professional use refers to commercial use, e.g. in a fitness studio.

Legal Notice

Fitshop GmbH
Europe's No. 1 for home fitness

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Disclaimer

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

FITSHOP

Europe's No.1 for Home Fitness

ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.

Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.



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

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

The use classes explain the intended use of the training device.

Use classes

Class S (studio): professional and/or commercial use.

These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

Class H (home use): use at home.

These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).

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

The following safety instructions may appear in this manual:

► **ATTENTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

⚠ **CAUTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

⚠ **WARNING**

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

⚠ **DANGER**

This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

ⓘ **NOTICE**

This notice indicates further useful information.

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

1.1 Technical Data

LCD display of

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

Resistance system: air resistance

Total number of training programs: 9

Weight and dimensions:

Article weight (gross, including packaging): 39.0 kg

Article weight (net, without packaging): 33.3 kg

Packaging dimensions (L x W x H): approx. 142 cm x 40 cm x 55 cm

Set-up dimensions (L x W x H): approx. 242 cm x 61 cm x 110 cm

User weight: 150 kg

Use class: S

Brake system: speed-dependent

1.2 Personal Safety

DANGER

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.
- + The owner must communicate all warnings and instructions to the user.

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

CAUTION

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

ATTENTION

- + Do not insert any objects of any kind into the openings of the device.
- + The safety level of the equipment can only be maintained if it is regularly checked for damage and wear.
- + To protect the equipment from use by unauthorised third parties, always remove the power cable (if existing) when not in use and store it in a safe place that is inaccessible to unauthorised persons (e.g. children).

1.3 Electrical Safety



DANGER

- + In order to reduce the risk of an electric shock, always unplug the equipment from the mains socket immediately after your workout, before assembly or dismantling, and before maintenance or cleaning. Do not pull on the cable.



WARNING

- + Do not leave the equipment unattended while the mains cable is plugged into the mains socket. During your absence, the mains cable must be removed from the mains socket to prevent improper use by third parties or children.
- + If the mains cable or plug is damaged or defective, contact your contract partner. Until repair, the equipment must not be used.



ATTENTION

- + The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.
- + The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.
- + The socket must be protected by a fuse with a minimum fuse rating of "16 A, slow blow".
- + Do not make any changes to the mains cable or the mains plug.
- + Keep the mains cable away from water, heat, oil and sharp edges. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.



NOTICE

- + Hereby, Fitshop GmbH declares that the radio equipment type Wireless Connection (2.402 – 2.480 GHz) complies with Directive 2014/53/EU. The full text of the EU Declaration of Conformity is available at the following website: www.fitshop.com.

1.4 Set-Up Place

WARNING

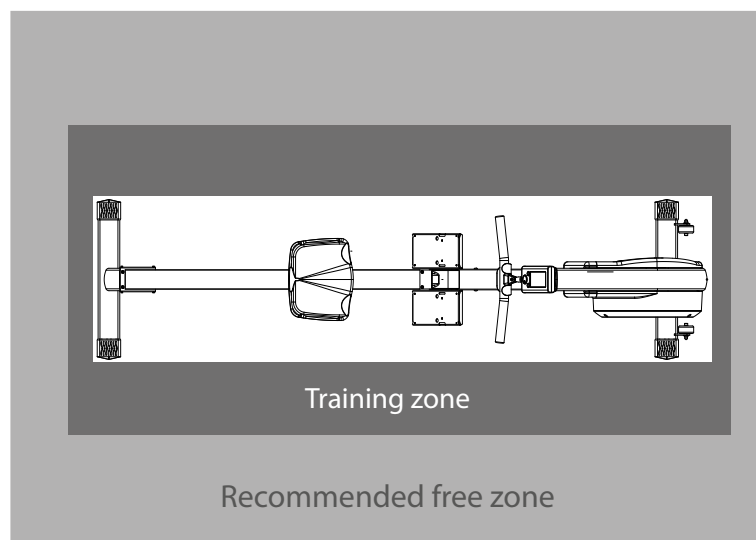
- + Do not place the equipment in main corridors or escape routes.

CAUTION

- + 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.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.

ATTENTION

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
- + A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.
- + For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.



2.1 General Instructions



DANGER

- + Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.



WARNING

- + Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



CAUTION

- + Do not open the packaging when it is lying on its side.
- + Ensure to have sufficient room for movement in each direction during assembly.
- + The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of another technically skilled person.



ATTENTION

- + To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.



NOTICE

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

2.2 Scope of Delivery

The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.



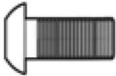
CAUTION

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

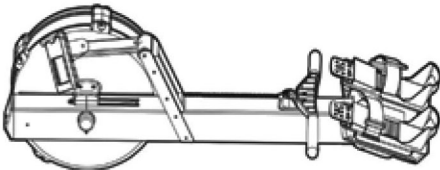
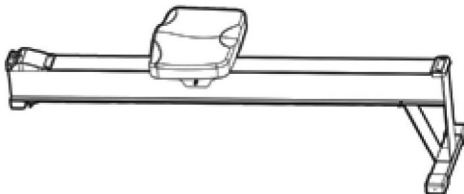


NOTICE

Batteries are not included in the scope of delivery. The following batteries are required: 2x AA

No.92  Flat Head Hex Socket Bolt (M6x15) x 4pcs	No.93  Flat Head Hex Socket Bolt (M6x12) x 4pcs
---	---

Components

No.1  Main Frame x 1pc	No.11  Aluminum Rail x 1pc	
No.2  Front Stabilizer x 1pc	No.3  Leg Front (Long) x 1pc	No.4  Leg Front (Short) x 1pc

Tools

No. 125



Allen Wrench (S4) x 1pc

2.3 Assembly

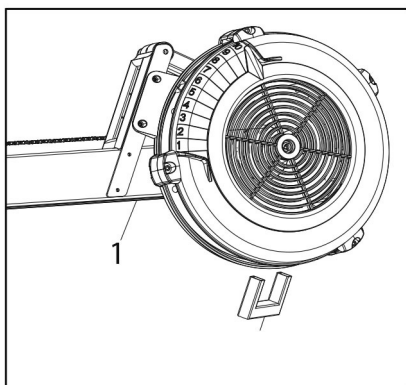
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

① NOTICE

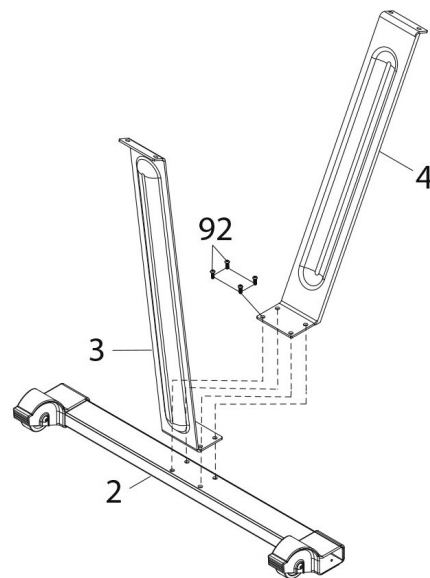
- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

Step 1: Assembly of the Leg Fronts to the Front Stabilizer

1. Remove the transportation protection on the main frame (1) and dispose it.
2. Attach the Leg Front Long (3) and Leg Front Short (4) to the Front Stabilizer (2) with four Flat Head Hex Socket Screw (92).
3. Notice that the Leg Front Long (3) is under the Leg Front Short (4).

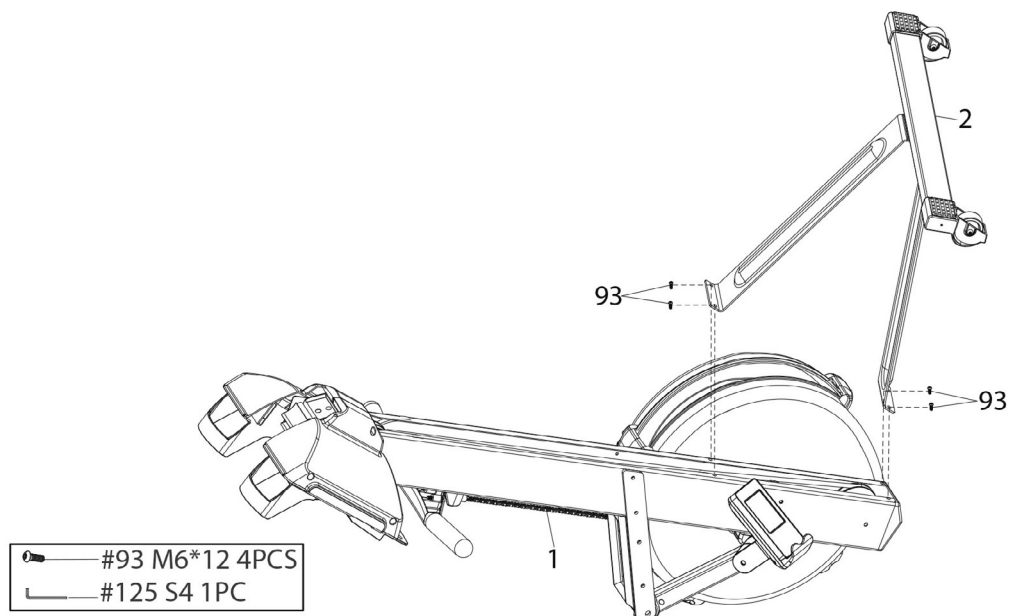


- | | |
|---|------------------|
|  | #92 (M6x15) 4PCS |
|  | #125 (S4) 1PC |



Step 2: Assembly of the Front Stabilizer to the Main Frame

Attach the Front Stabilizer (2) to the Main Frame (1) with four Flat Head Hex Socket Screw (93).



Step 3: Connection of the Aluminium Rail to the Main Frame

WARNING

At least two people are required when disconnecting or connecting the monorail. Do not attempt to lift the main frame if you have limitations in the musculoskeletal system. To prevent injury, keep fingers and hands away from the folding mechanism.

WARNING

Do not attempt to operate the unit when it is disassembled.

CAUTION

Do not lean on or lay anything on the product, as this may cause the product to become unstable and fall over.

NOTICE

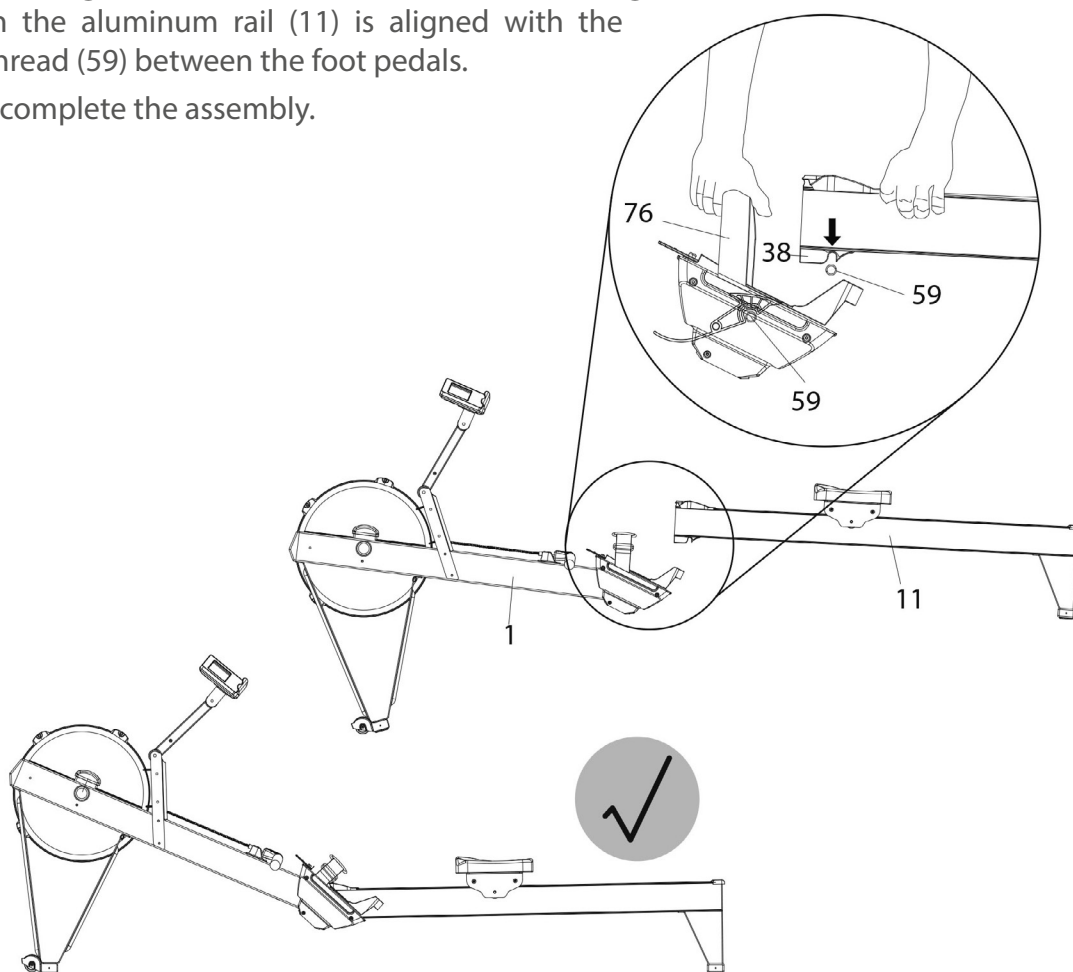
The rowing machine can be disassembled to save space during storage. This also facilitates transport.

1. Lift the main frame (1) through the pedal strap (76)
2. Connect the aluminum rail (11) to the main frame (1).

NOTICE

Make sure that the groove at the bottom of the lower hanger plastic (38) on the aluminum rail (11) is aligned with the hanger shaft thread (59) between the foot pedals.

3. Press down to complete the assembly.

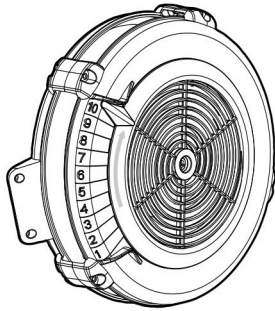


2.4 Adjustments

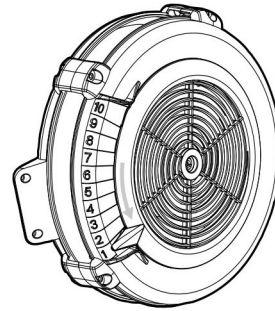
Damper

NOTICE

The resistance is adjusted between positions 1 (low) and 10 (high) using the damper selector located on the side of the flywheel. This changes the air supply to the flywheel. We recommend setting the damper to 3 at the beginning.



higher level = higher resistance

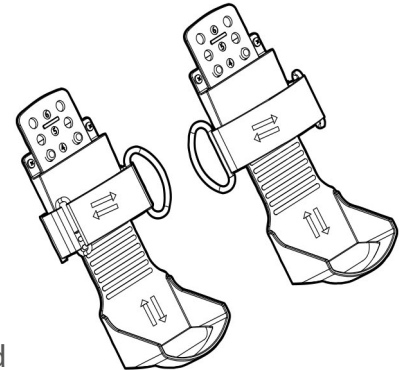


lower level = lower resistance

Heel Rest and Strap

There are several settings for the heel rest. Before you start with your training, adjust the heel rests correctly.

1. Loosen the strap by opening the Velcro fastener and place your foot on the heel rest through the strap.
2. Tighten the strap of the heel rest so far upwards that your heel is supported and the foot strap lies over the widest part of your foot.
3. Tighten the strap at the loosened end of the Velcro fastener and press the Velcro fastener back on.



① NOTICE

- + Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.
- + Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.

3.1 Console Display



TIME	User exercise time. Without setting, it will count up, setting range: 0:00 ~ 99:00 (+ 1:00)
TIME/500	Display its value according to the signal input.
DIST	User exercise distance. Without setting, it will count up, setting range: 0 ~ 9990 (+ 10)
CAL	User exercise calorie. Without setting, it will count up, setting range: 0 ~ 9990 (+10)
SPM	Display its value according to the signal input
STROKES	Display its value according to the count input.
TOTAL STROKES	Display its value according to the cumulative count input.

WATT	Display its value according to the signal input.
PULSE	Current user exercise pulse. Setting range: 0 - 30 ~ 230 (+1) BPM
MANUAL PROGRAM	Do Manual Program when RPM signal is detected without entering any mode.
INTERVAL 20-10	Interval exercise mode, exercise 20s, rest 10s.
INTERVAL 10-20	Interval exercise mode, exercise 10s, rest 20s.
INTERVAL CUSTOM	Interval exercise mode. The exercise time and rest time will be set by user.
TARGET TIME	The exercise time will be set by user.
TARGET DISTANCE	The exercise distance will be set by user.
TARGET CALORIES	The CALORIES will be set by user.
TARGET STROKES	The STROKES will be set by user.
TARGET PULSE	The heart rate will be set by user.

3.2 Button Functions

SET BUTTON	1. Press once to increase once, and long press to set rapid increase. 2. During standby and exercise mode, press the button once to display the current load value "level".
MODE BUTTON	Press this button to confirm and setting.
RESET BUTTON	1. In function selection mode, you can return to the previous function. 2. In setting mode, you can clear current setting value. 3. In pause mode, you can return to standby mode. 4. Long press this button for 3s to do TOTAL RESET, the console will clear current exercise value, except TOTAL STROKES value. * TOTAL STROKES value will be cleared automatically, when the power supply is removed.

3.3 Functions

Power On

After connecting the rowing machine to the mains supply or pressing the MODE/RESET button for 3s the console is switched on (the BUZZER will beep for 2s and the LCD will be displayed for 2s). After that the console switches to standby mode.

Standby Mode

After powering on: the console will enter into standby mode. MANUAL, INTERVAL, TARGET, TIME, TIME/500m, DISTANCE, CALORIE, PULSE, SPM, WATT, TOTAL STROKES, STROKES will display circularly 1 second in turn in SCAN mode

If no input is received in standby mode for 4mins (either by button operation, RPM signal or pulse input): the console will switch into sleeping mode.

End of training display

When the training is finished, the console indicates STOP by flashing and displays the final training value.

The window then switches between the final value and the heart rate value for 5 seconds. The heart rate value is the current value.

1. When the exercise is finished, press the MODE button to continue.
2. When the exercise is finished, press the RESET button to switch to standby mode.

When the exercise is finished, the console will go into standby mode if no button is pressed or the exercise is not finished for 4 minutes.

End workout Display

1. During training, press the MODE button to interrupt the training and stop counting all values.

PULSE then displays the current value (Figure 4-5).

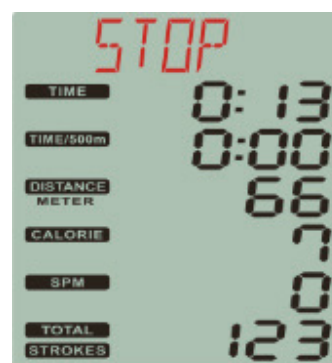
2. If the training is interrupted, press the MODE button to resume the training.

Pressing the RESET button puts the device into standby mode during the pause.

If you do not press a button for 4 minutes in pause mode or end the training session, the console will also be put into standby mode.



Picture 1



Picture 2

Display of VR adjustment (Variable Resistor)

① NOTICE

When the selector on the damper is set to a specific level, the console will display the corresponding resistance level.

1. For standby mode and exercise mode: press SET button to enter the LEVEL display screen and display the current LEVEL value "LEVEL 01-10" (LEVEL 01),
2. Set the selector on the damper to a different level (e.g. level 5) and the LEVEL value will change in the VR adjustment (LEVEL 05).
3. Press SET button again to exit the LEVEL adjustment screen and return to standby or exercise screen.

During exercising, the LEVEL adjustment does not affect the exercise function, and the exercise value continues to count.



LEVEL 01



LEVEL 05

3.4 Programmes

3.4.1 Manual

Press the MODE button twice when in standby mode to start the MANUAL function or the console will switch to QUICK START immediately if there is RPM signal input in standby mode (picture 2 and 3).

The value of all functions will be displayed according to the operation value and change the display every 5s (picture 4 and 5).

During exercising, without pressing any button or if no signal is received for 4 minutes: the console enters into standby mode.



Picture 3



Picture 4



Picture 5

3.4.2 Interval 10/20

1. In standby mode, press MODE button, and press SET button to select INTERVAL function (picture 6).
2. Pressing MODE button to enter into INTERVAL the function selection.
3. Pressing the SET button to select 10/20 (picture 7).
4. To start 10/20 function press the MODE button.

"READY" will flash on screen and the TIME window will display a 3-second countdown (picture 8).

"After "READY" displays for 3s, the LCD will display "WORK 01/08" (picture 9), TIME begins to count down 10s.

The value of all functions will be displayed according to the operation value and change the display every 5s.

When LCD displays the "REST 01/08" (picture 10), TIME begins to count down 20s.

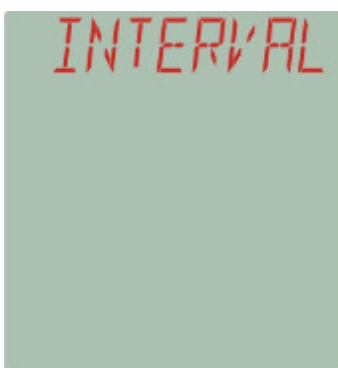
The value of all functions will be displayed according to the operation value and change the display every 5s.

For the last 3s the LCD will flash and display "READY" (picture 11).

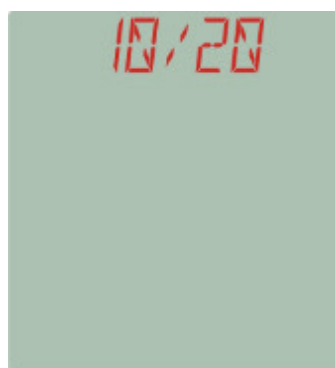
The eight interval cycles (01/08 - 08/08) are performed one after the other until displaying "WORK 08/08" after each exercise and then enter the end screen.

7-1-5 When doing the WORK function, if no signal is detected or any button is pressed for 4 minutes, the console will enter into standby mode.

7-1-6 The REST function does not enter into the Sleeping mode without pressing any button or a signal input.



Picture 6



Picture 7



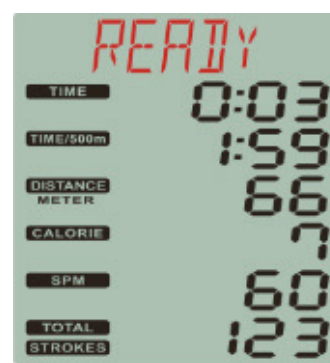
Picture 8



Picture 9



Picture 10



Picture 11

3.4.3 Interval 20/10

1. Press SET button to select 20/10 (Picture 12).
2. Press MODE button to start 20/10 function.

"READY" flashing and TIME window displays a 3s countdown and the buzzer sounds 0.5s per seconds.

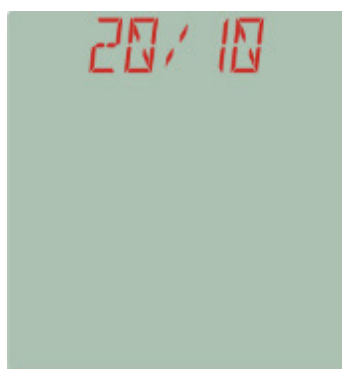
After "READY" 3s, LCD displays the "WORK 01/08" the TIME will begin to count down 20s (picture 13). The value of all functions will be displayed according to the operation value and change the display every 5s.

When the LCD displays the "REST 01/08" the TIME will begin to count down 10s (picture 14). The value of all functions will be displayed according to the operation value and change the display every 5s. At the last 3s the LCD will flash and display "READY".

The eight interval cycles (01/08 - 08/08) are performed one after the other until displaying "WORK 08/08" after each exercise and then enter into the end screen and the buzzer sounds 0.5s.

When doing the WORK function if no signal is detected or any button is pressed for 4 minutes, the console will enter into standby mode.

The REST function does not enter into the Sleeping mode without pressing any button or a signal input.



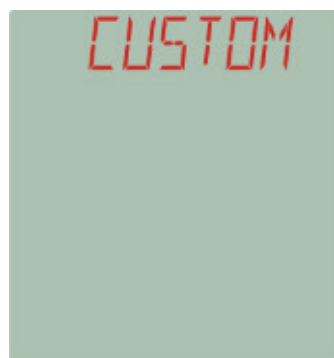
Picture 12



Picture 13



Picture 14



Picture 15



Picture 16

3.4.4 Interval Custom

1. Press the SET button to select CUSTOM function, once the display flashes with "CUSTOM".
2. Press the MODE button to set the CUSTOM function (picture 15).

When the LCD displays "SET ROUND", the TIME window will display 01 and then flash (picture 16).

3. Press the SET button to set ROUND (the ROUND setting range is 01-99) which can be set circularly.

After pressing the MODE button, the buzzer beeps 0.5s, and then enters into the next setting.

When the LCD displays "SET WORK", the TIME window will display 0:05 and then flash.

4. Press the SET button to then set the WORK TIME (the setting range is 0:05-10:00), which can be set circularly.

After pressing the MODE button, the buzzer will beep for 0.5s and then enter into the next setting (picture 17).

When the LCD displays "SET REST", the TIME window will display 0:05 and then flash.

5. Press the SET button to then set the REST TIME (the setting range is 0:05-10:00), which can be set circularly.

After pressing the MODE button, the buzzer will beep for 0.5s and then enter into the exercise screen (picture 18).

When the LCD flashes "READY", the TIME will count down 3s and the buzzer will beep for 0.5s every second.

After displaying READY for 3s, the LCD will display "WORK 01/XX", the TIME will begin to count down according to the set time.

The value of all functions will be displayed according to the operation value and change the display every 5s. (Picture 19 and 20).

When the LCD displays "REST 01/XX" the TIME begins to count down according to the REST time.

The value of all functions will be displayed according to the operation value and change the display every 5s.

For the last 3s the LCD will flash and display "READY".

The interval cycles are performed one after the other until displaying "WORK XX/XX" after the last exercise and then enter into the end screen.

When doing the WORK function if no signal is detected or any button is pressed for 4 minutes, the console will enter into standby mode.

The REST function does not enter into the sleeping mode without pressing any button or a signal input.



Picture 17



Picture 18



Picture 19



Picture 20

3.4.5 Target Time

1. In standby mode, press the MODE and SET buttons to select TARGET function.

The LCD displays TARGET flashing (picture 21).

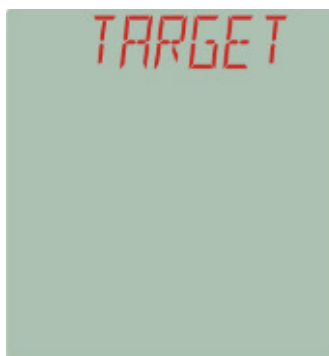
2. Press the MODE button to enter into TARGET FUNCTION SELECTION.
3. Toggle the TARGET TIME function (picture 22) and press the MODE button to start the TIME setting function.

When the LCD displays "SET" by flashing, 0:00 flashes in the TIME window (picture 23).

4. Press the SET button to set the target time (the setting range is 0:00-99:00) which can be set circularly.
5. Press the MODE button to confirm and the console will enter into the exercise mode.

When the LCD displays the "TARGET" and "TIME", the display will switch every 2s (picture 24 and 25).

The value of all functions will be displayed according to the operation value and change the display every 5s.



Picture 21



Picture 22



Picture 23



Picture 24



Picture 25

3.4.6 Target Distance

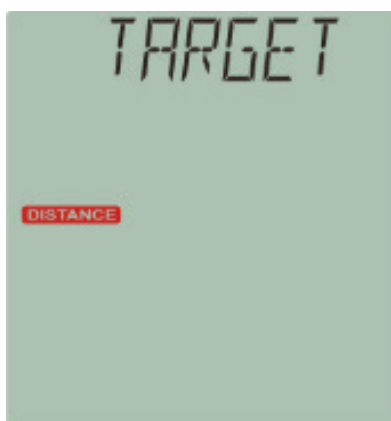
1. Toggle the TARGET DISTANCE function until the LCD flashes and displays "TARGET".

The DISTANCE window will flash and display the DISTANCE (picture 26).

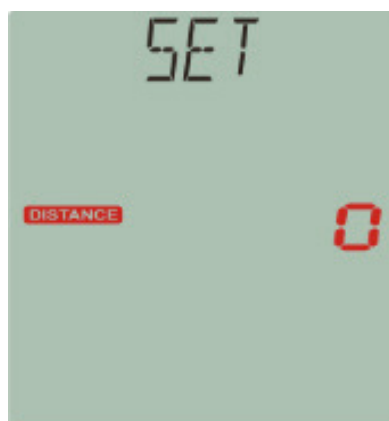
2. Press the MODE button to start setting the DISTANCE function.
3. When the LCD displays and flashes "SET", and 0 flashes in the DISTANCE window (picture 27), press the SET button to set the target distance (the setting range is 0-9990) which can be set circularly.
4. Press the MODE button to confirm and the console will enter into exercise mode and a 0.5s buzzer will sound.

When the LCD displays the "TARGET" and "DISTANCE", it will switch display every 2s (picture 28 and 29).

The value of all functions will be displayed according to the operation value and change the display every 5s.



Picture 26



Picture 27



Picture 28



Picture 29

3.4.7 Target Calories

1. Toggle the TARGET CALORIES function and the LCD flashes once and displays "TARGET" ("*" "8" display).

The CALORIES window will display with CALORIES flashing (picture 30).

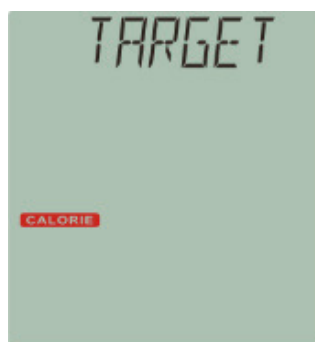
2. Press the MODE button to start setting the CALORIES function.

When the LCD flashes and displays "SET" ("" "8" display), a 0 will flash in the CALORIES window (picture 31).*

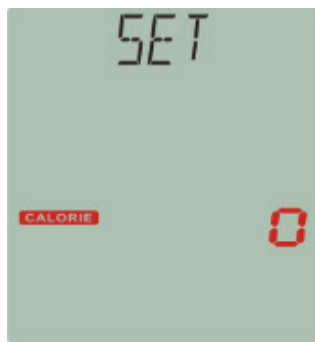
3. Press the SET button to set target CALORIES (the setting range is 0~9990) which can be set circularly.
4. Press the MODE button to confirm and the console will enter into the exercise mode.

When the LCD displays the "TARGET" and "CALORIES" ("" "8" display) it will switch display every 2s (picture 32 and 33).*

The value of all functions will be displayed according to the operation value and change the display every 5s.



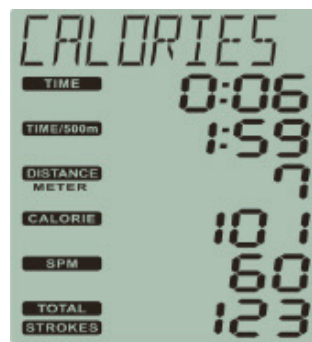
Picture 30



Picture 31



Picture 32



Picture 33

3.4.8 Target Strokes

1. Toggle the TARGET DISTANCE function until the LCD flashes and displays "TARGET".

The STROKES window will flash and display STROKES (picture 34).

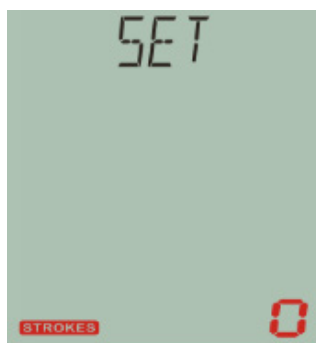
2. Press the MODE button to start setting the STROKES function.
3. When the LCD display keeps flashing with "SET" (picture 35) and 0 flashes in the STROKES window, press the SET button to set target STROKES (the setting range is 0~9990), which can be set circularly.
4. Press the MODE button to confirm and the console will enter into the exercise mode.

When the LCD displays the "TARGET" and "STROKES" it will switch display every 2s (picture 36 and 37).

The value of all functions will be displayed according to the operation value and change the display every 5s.



Picture 34



Picture 35



Picture 36



Picture 37

3.4.9 Target Pulse

1. Toggle the TARGET DISTANCE function until the LCD flashes and displays "TARGET".

The PULSE window will flash and display PULSE (picture 38).

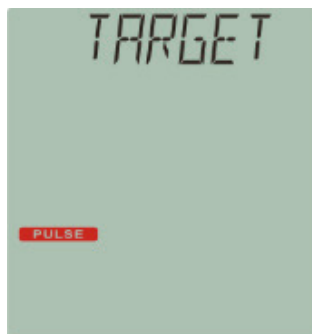
2. Press the MODE button to start setting the PULSE function.

When the LCD flashes and displays "SET" (picture 39), 100 will flash in the PULSE window.

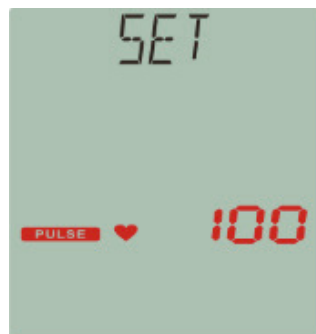
3. Press the SET button to set the target PULSE (the setting range is 30-230) which can be set circularly.
4. Press the MODE button to confirm and the console will enter into the exercise mode.

When the LCD displays the "TARGET" and "PULSE" it will switch display every 2s (picture 40 and 41).

The value of all functions will be displayed according to the operation value and change the display every 5s.



Picture 38



Picture 39



Picture 40



Picture 41

3.4.10 Modes

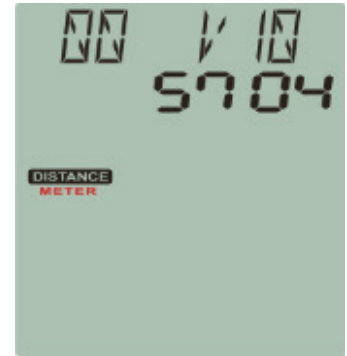
Special Mode (Switch KM/ ML)

1. Press MODE+SET for 2s to enter into switch KM/ML mode.

LCD displays "CLIENT ID" and program version, TIME window shows console model name (picture 42).

2. In the switch KM/ML mode, press SET to adjust the KM/ML.
3. Press MODE to confirm the setting.

The console has no storage function, so when the battery is removed it reverts to the preset value.

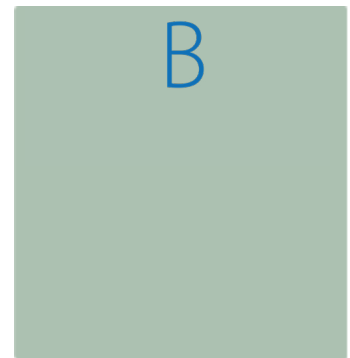


Picture 42

Wireless Connection Mode

The console can connect to APP and a wireless connection heartbeat in any mode except sleeping mode.

After the console connected APP, a signal will appear on the LCD display (picture 43).



Picture 43

VR Correction Mode

① NOTICE

The VR (Variable Resistor) value is indicated in 10 levels from 10 - 1024 AD.

1. During standby mode: press MODE+RESET button for 3s to enter into VR correction mode.

TIME window will display "L"; DISTANCE window displays the current AD value of VR (picture 44).

2. Set the selector on the damper to the first level and press ENTER button to confirm.

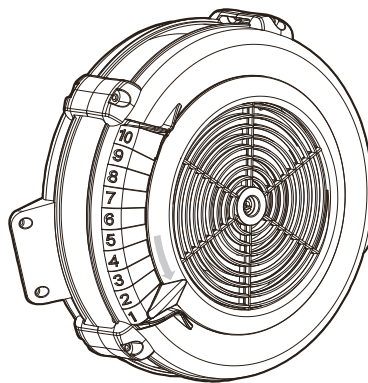
After confirming the first level value of VR, "H" will be displayed in the TIME window, and the actual AD value of VR will be displayed in the DISTANCE window (picture 46).

3. Set the selector on the damper to the highest level and press ENTER button to confirm the adjustment.

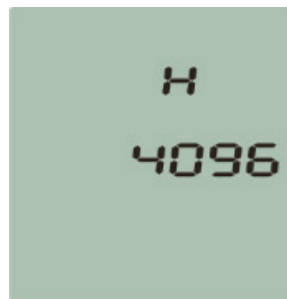
After setting the first and highest level values of VR, the console will restart and cut the set values into 10 segments on average.



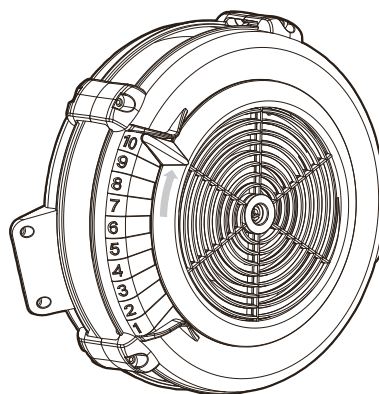
Picture 44



Picture 45



Picture 46



Picture 47

3.5 Wireless Connection and Fitness Apps

This console is equipped with a wireless interface. Please take note that your mobile device needs to be compatible with the wireless interface of the treadmill.

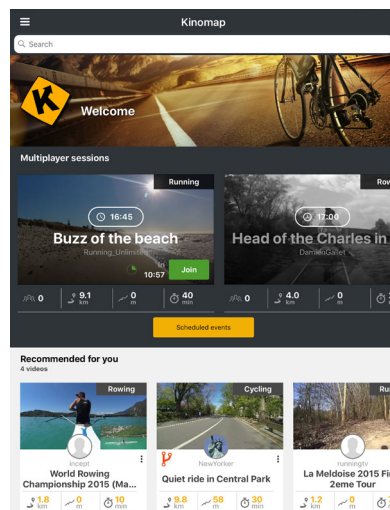
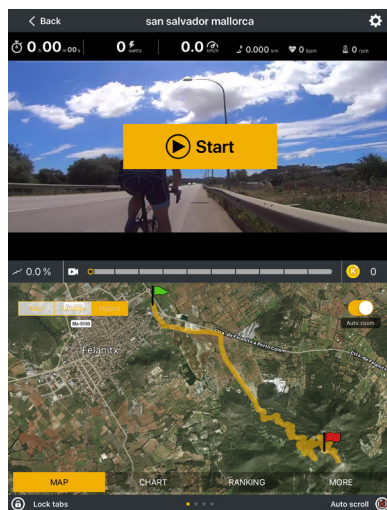
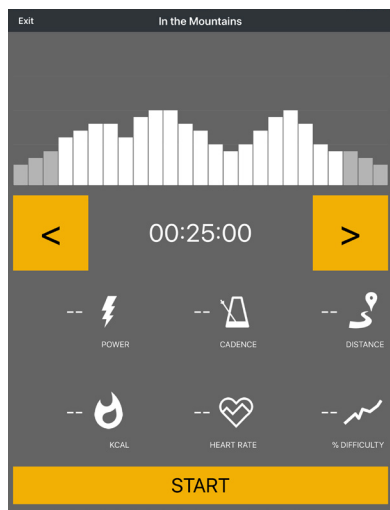
To use training apps you will have to activate the wireless connection function on your mobile device (tablet or smart phone) and start the fitness app. Select your fitness equipment. Please follow the instructions given in the app. You will find the name of your fitness equipment on a small sticker on the back of the console.

You will find the fitness apps in the app stores of Google or Apple. There you will find the apps "Kinomap" or "iconsole+". Please note that these apps are produced by an external manufacturer. Fitshop does not take any responsibility regarding the availability, functionality or contents of these programmes.

IMPORTANT NOTE

The pre-installed apps are produced and provided by external manufacturers. Changes and availability within these apps might occur. Fitshop does not take any responsibility and can not be held liable for the availability, functionality or contents of these apps. To make sure the pre-installed apps are working correctly, they must be updated regularly. If needed, the respective app will notify you to do so. To update the app, you need a google account. A google email is sufficient. Just follow the instructions on the screen to perform the update.

Please note: The system is set up only for the pre-installed apps. Do not install any additional apps as their proper functionality can not be guaranteed. The installation of other apps might cause technical issues.



Example: Kinomap

3.6 Workout tips

When training, it is important to perform the exercises correctly in order to avoid injuries and achieve the desired training effect. Make sure you use the correct technique and train at an appropriate intensity level. Always consult an expert such as a trainer or doctor if you are unsure or have health problems. Always start your training with a low load and increase it evenly and gently.

End your training with a cool-down phase. If you have any questions or uncertainties, contact your doctor.



3.6.1 Training clothes

During training, wear appropriate sports clothing that is comfortable and breathable. Avoid clothing that restricts you or is uncomfortable. Make sure that your shoes are suitable and offer you sufficient support. In addition, always carry a towel with you to wipe away sweat and keep the equipment clean.

3.6.2 Warming up and stretching

It is important to warm up and stretch properly before training to avoid injury and improve performance. Stretching helps to loosen muscles and improve flexibility. Be sure to incorporate a short stretching routine before each workout.

Warm-up exercise:

1. Stand upright with your feet about shoulder-width apart.
2. Start with gentle arm circles by slowly moving your arms forwards in small circles in a controlled manner.
3. Perform arm circles backwards to loosen your shoulders and arms.
4. Do squats by slowly squatting down and then straightening up again. Make sure that your knees do not extend beyond your toes.



CAUTION

Do not exercise with sore muscles or take it easy on the affected muscles, as this can lead to injuries.

3.6.3 Medication

If you regularly take medication and want to exercise, it is important to be aware of possible side effects. Ask your doctor whether your medication affects your workout.

3.6.4 Used muscle groups

Rowing uses the following muscle groups:

- + Back muscles
- + Shoulder muscles
- + Arm muscles
- + Abdominal muscles
- + Leg muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back. Do not fully extend your legs, but keep a slight bend in the backwards movement.



3.6.5 Exercise frequency

Regular exercise is crucial to making progress and staying healthy in the long term. Continuous exercise can strengthen muscles, improve endurance and enhance overall well-being. Remember that even small workouts can be done regularly to achieve long-term results.

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.

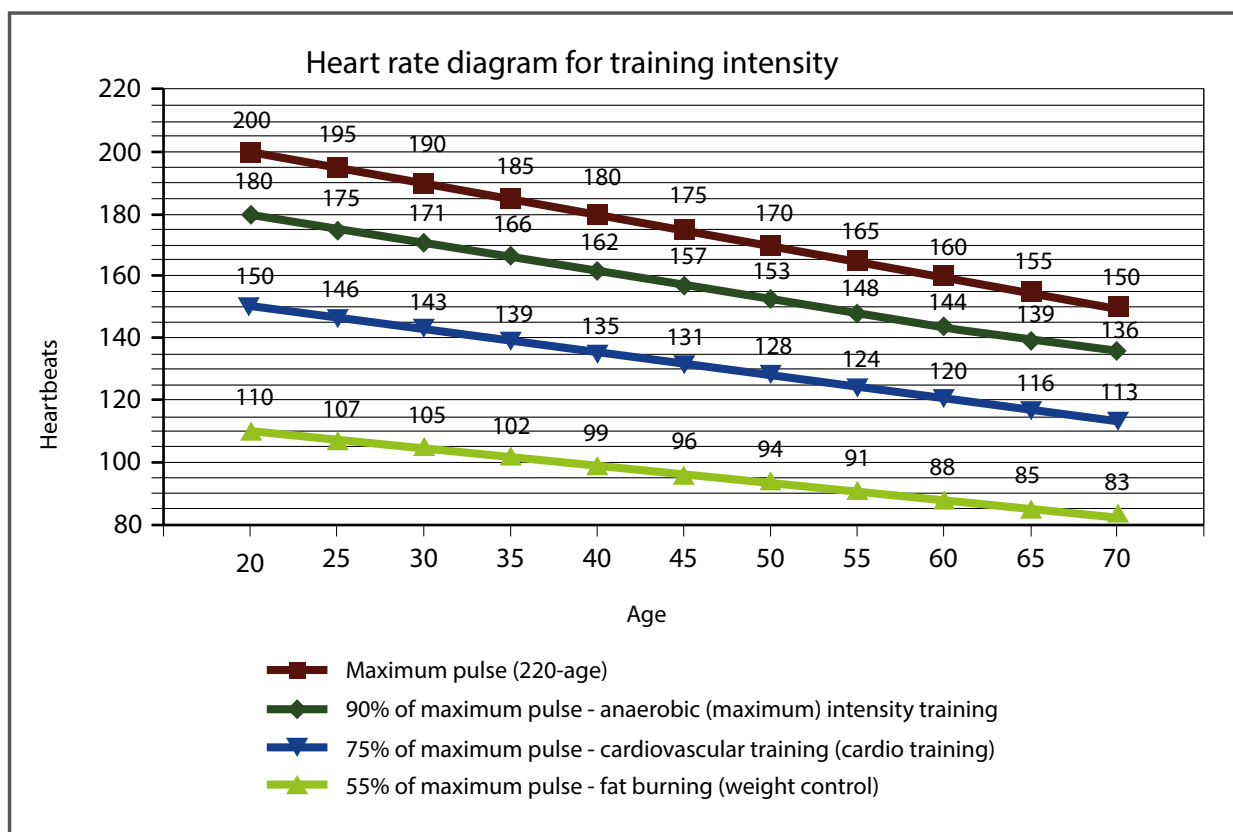
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

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

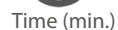
Example:

For a 45-year-old man, 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. = $(220 - \text{age}) \times 0.9$.



3.7 Workout journal

[illegible]Date _____

4.1 General Instructions

► ATTENTION

- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 5°C and 45°C.

⚠ WARNING

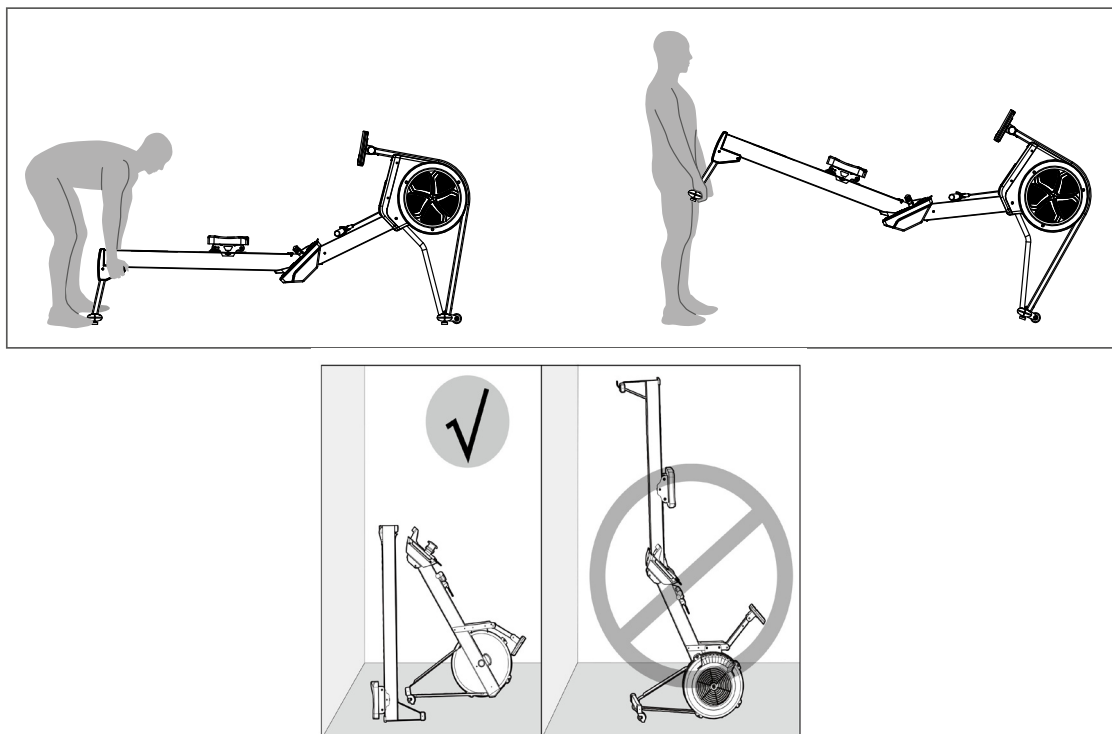
- + The storage location should be chosen so that improper use by third parties or children can be prevented.

4.2 Transportation Wheels

► ATTENTION

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

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



5.1 General Instructions

WARNING

- + Do not make any improper changes to the equipment.
- + To maintain the safety level of the equipment, it must be checked regularly for damage and wear - especially on the foot straps, fasteners, handle hoses and seat.

CAUTION

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

ATTENTION

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

5.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Heart rate is not received	+ Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Batteries empty	+ Eliminate sources of interference (e.g. mobile phones, loudspeakers, WLAN, lawn mower and vacuum cleaner robots ...) + Use a suitable chest strap (see recommended accessories). + Reposition chest strap and/or moisten electrodes + Changing batteries
LCD error – software error etc.	Console has no power supply	+ Hold Reset to start the console again. + Start the console again by disconnecting the power cable for about 15 seconds. + Disconnect and connect again all cable connections, see assembly instructions. + Contact a service technician of your contract partner.

Squeaking noises on the guide rails	Guide rails or rollers dirty or guide rails dry	Clean the guide rails and then lubricate them with a suitable lubricant
-------------------------------------	---	---

5.3 Error Codes and Troubleshooting

The electronics of the equipment continuously carries out tests. In case of deviations, an error code appears on the display and normal operation is stopped for your safety.

Please contact the contract partner for technical support.

5.4 Maintenance and Inspection Calendar

To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly	Half-yearly
Display console	C	I		
Cleaning and lubrication of slide rail and moving parts*		C/I		
Cushions	C			
Plastic covers	C	I		
Screws and cable connections		I		
Legend: C = clean; I = inspect				

*Make sure to always clean the slide rails and moving parts before re-lubricating.

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.

6 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.



The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For rowing machines this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat or **silicone spray** to keep moving parts in good shape. We also recommend the use of **rowing gloves**. For rowing machines with water resistance, be sure to purchase chlorine tablets.

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible **chest strap**, as this ensures optimum transmission of the heart rate.

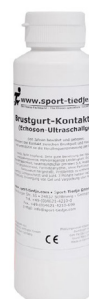
Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Alternatively, you can use the QR-code provided. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



floor mat



chest strap



chest strap contact gel



rowing gloves



silicone spray

8.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 10 of this operating manual.

NOTICE

The serial number of your equipment is unique. It's located on a black sticker.

Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:

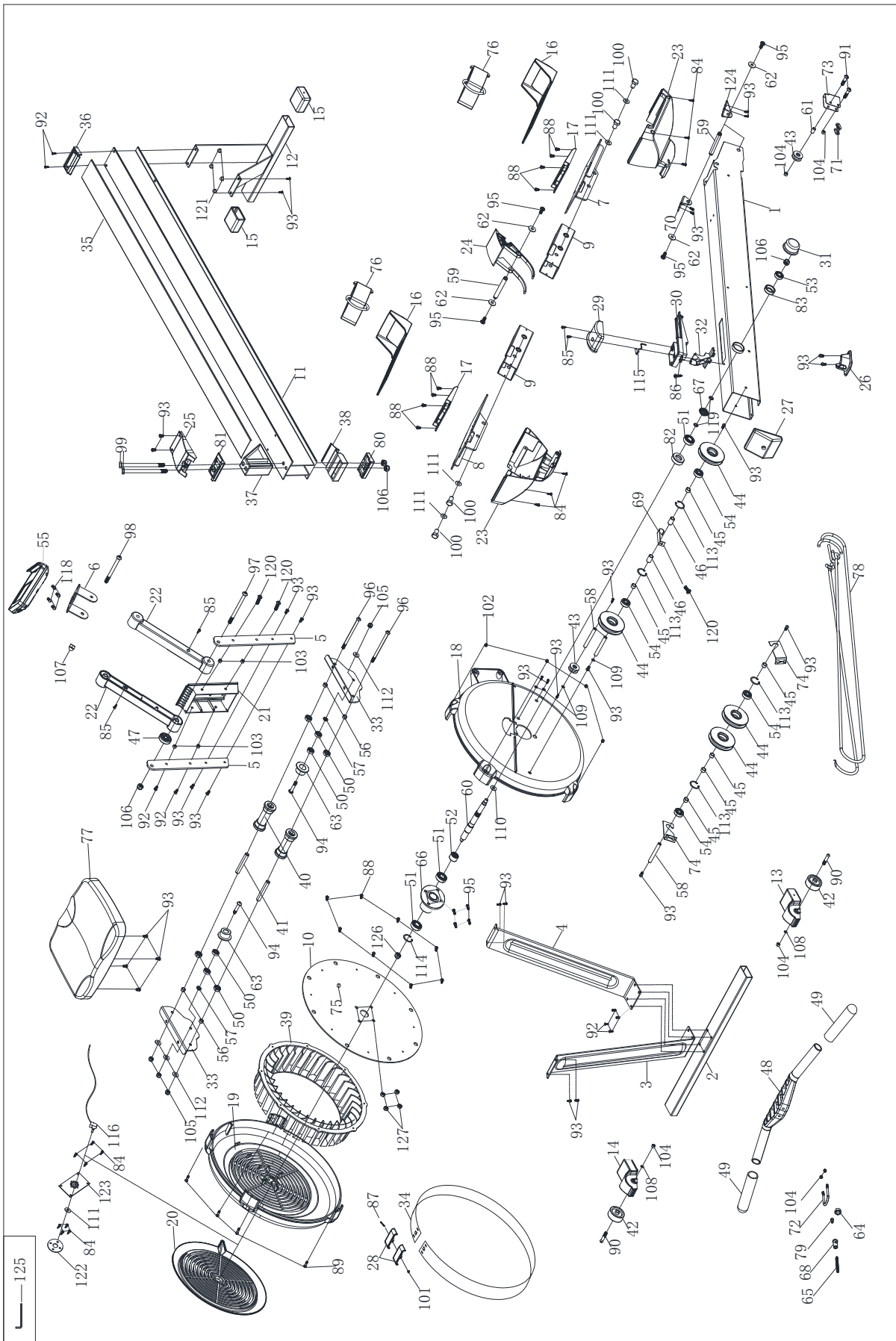
Article Number:

8.2 Parts List

No.	Name	Qty.	No.	Name	Qty.
1	Main Frame	1	33	Seat Carriage	2
2	Front Stabilizer	1	34	Outlet Perf	1
3	Leg Front Long	1	35	Stainless Plate	1
4	Leg Front Short	1	36	Rear Bumper	1
5	Guide Bracket	2	37	Rail Support	1
6	Console Support Plate	1	38	Lower Hanger Plastic	1
7	Pedal Support Plate L	1	39	Flywheel	1
8	Pedal Support Plate R	1	40	Seat Roller	2
9	Pedal Joint Pipe	2	41	Spacer below seat	2
10	Counterweight Disk	1	42	Wheel For Moving	2
11	Aluminum Rail	1	43	Guide Wheel	2
12	Rear Stabilizer	1	44	Pulley	4
13	Front End cap L	1	45	Pulley Short Bushing	6
14	Front End cap R	1	46	Pulley Long Bushing	2
15	Rear End cap	2	47	Gasket	1
16	Pedal Support	2	48	Handlebar	1
17	Pedal Cap	2	49	Handlebar Grips	2
18	Flywheel Cover Back	1	50	Bearing	8
19	Flywheel Cover Front	1	51	Bearing	3
20	Damper	1	52	One-way Bearing	1
21	Chain Guide	1	53	Bearing	1
22	Console Holder	2	54	Bearing	4
23	Cover For Pedals	2	55	Console	1
24	Elastic Piece	1	56	Spacer for Seat Roller	4
25	Upper Hanger Plastic	1	57	Spacer for Seat Roller	2
26	Handlebar Seat	1	58	Long Spacer for Guide Wheel	3
27	End Cap	1	59	Hanger Shaft Threaded	2
28	Perf Connector	2	60	Axle	1
29	Sensor Cover	1	61	Short Spacer for Guide Wheel	1
30	Sensor Base	1	62	Washer	4
31	Bearing Cover	1	63	Pulley	2
32	Spacer	1	64	Spacer Sleeve	1

No.	Name	Qty.	No.	Name	Qty.
65	Chain	1	97	Flat Head Hex Socket Bolt	1
66	Bearing Sleeve	1	98	Flat Head Hex Socket Bolt	1
67	Gear wheel	1	99	Outer Hexagonal Bolt	2
68	Swivel Bushing	1	100	Outer Hexagonal Screw	4
69	Stator	1	101	Hex Nut	1
70	Connecting Sheet R	2	102	Hex Nut	4
71	Chain Connector	2	103	Hex Nut	4
72	U Bolt	1	104	Nut	6
73	U-Block	1	105	Nut	4
74	Bungee Cord hook	2	106	Nut	4
75	Magnet	1	107	Acorn Nut	1
76	Pedal Strap	2	108	Washer	2
77	Seat	1	109	Washer	4
78	Bungee Cord	1	110	Washer	1
79	Axis Of Connection	1	111	Washer	5
80	Lower Die Cast Hanger	1	112	Washer	4
81	Upper Die Cast Hanger	1	113	Inner Circlip	4
82	Plastic Sleeve For 6003 Bearing	1	114	Inner Circlip	1
83	Plastic Sleeve For 6001 Bearing	1	115	Sensor Wire	1
84	Cross Head Self Tapping Screw	14	116	VR	1
85	Cross Head Self Tapping Screw	4	118	Screw	4
86	Cross Flat Head Self Tapping Screw	1	119	Rubber Band	2
87	Hexagon Socket Screws With Cylindrical Head	1	120	Cross Head Screw	3
88	Cross Head Screw	16	121	Acorn Nut	4
89	Cross Head Bolt	4	122	Damper Plate	1
90	Flat Head Hex Socket Bolt	2	123	VR Plate	1
91	Flat Head Hex Socket Bolt	2	124	Connecting Sheet L	1
92	Flat Head Hex Socket Screw	8	125	Allen Wrench	1
93	Flat Head Hex Socket Screw	30	126	Nut	1
94	Flat Head Hex Socket Bolt	2	127	Thin Nut	4
95	Flat Head Hex Socket Screw	8	128	Hardware Packing List	1
96	Flat Head Hex Socket Bolt	2			

8.3 Exploded Drawing



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

Error Descriptions

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

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

Your statutory rights are not affected.

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 period

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

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 holder personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

The terms of use are defined as follows:

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

Warranty Service

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

Warranty Conditions

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

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

Warranty claims are invalid in case of damage resulting from:

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

Proof of Purchase and Serial Number

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

If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.

Service outside of the Warranty Period

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

Communication

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

DE	DK	UK
TECHNIK  +49 4621 4210-900  +49 4621 4210-698  technik@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage.	TEKNIK OG SERVICE  80 90 16 50 +49 4621 4210-945  info@fitshop.dk  Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7	CUSTOMER SUPPORT  00800 2020 2772 +494621 4210 944  info@fitshop.co.uk  You can find the opening hours on our homepage: https://stg.fit/statitc
	FR	BE
SERVICE  0800 20 20277 (kostenlos)  04621 4210 - 0  info@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statita	TECHNIQUE & SERVICE  +33 (0) 189 530984 +49 4621 42 10 933  info@fitshop.fr  Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit4	TECHNIQUE & SERVICE  02 732 46 77 +49 4621 4210 933  info@fitshop.be  Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit8
ES	NL	INT
TECNOLOGÍA Y SERVICIOS  911 238 029  info@fitshop.es  Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5	TECHNISCHE DIENST & SERVICE  +31 172 619961  service@fitshop.nl  De openingstijden vindt u op onze homepage: https://stg.fit/statit3	TECHNICAL SUPPORT & SERVICE  +49 4621 4210-944  service-int@fitshop.de  You can find the opening hours on our homepage: https://stg.fit/statita
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DZIAŁ TECHNICZNY I SERWIS  22 307 43 21 +49 4621 42 10-948  info@fitshop.pl  Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6	TECHNIK & SERVICE  0800 20 20277 (Freecall) +49 4621 42 10-0  info@fitshop.at  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb	TECHNIK & SERVICE  0800 202 027 +49 4621 42 10-0  info@fitshop.ch  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9

Please find a detailed overview including address and opening hours for all stores of the Fitshop Group in Germany and abroad on the following website:

www.fitshop.com/en/stores

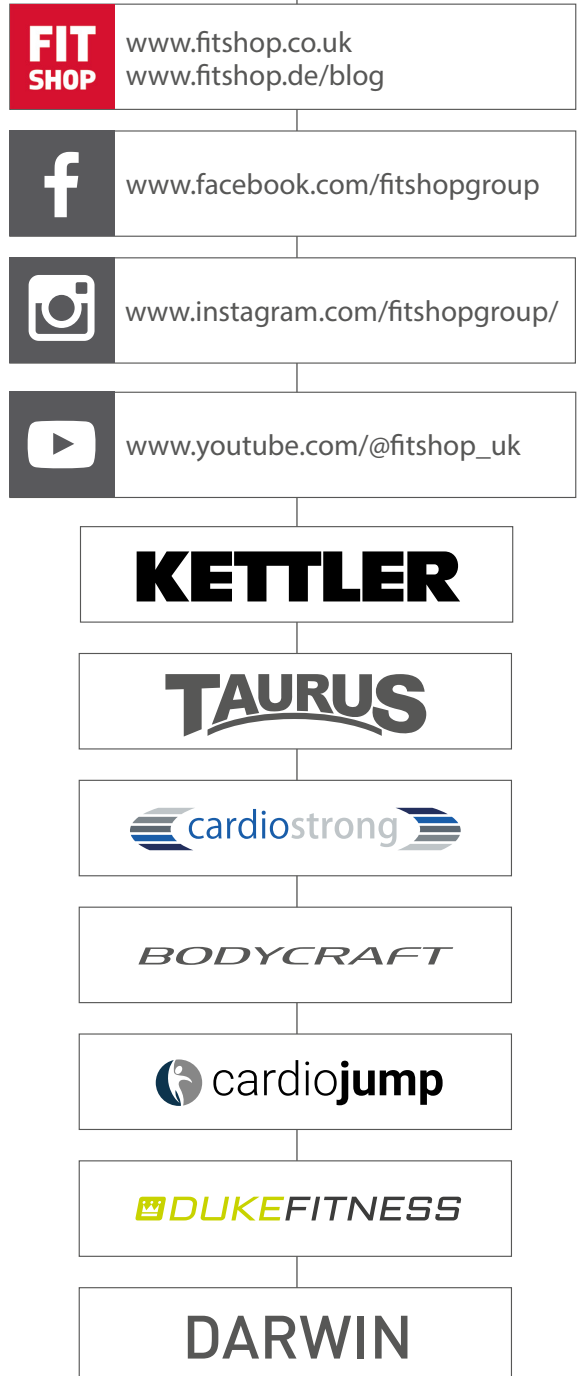
WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Fitshop is Europe's largest specialist store for home fitness equipment with currently over 70 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

Fitshop offers a wide range of fitness equipment from renowned manufacturers, high-quality in-house developments and comprehensive services, such as a build-up service and sports scientific advice before and after the purchase. The company employs numerous sports scientists, fitness trainers and competitive athletes.

Visit us also on our social media platforms or our blog!



Notes

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