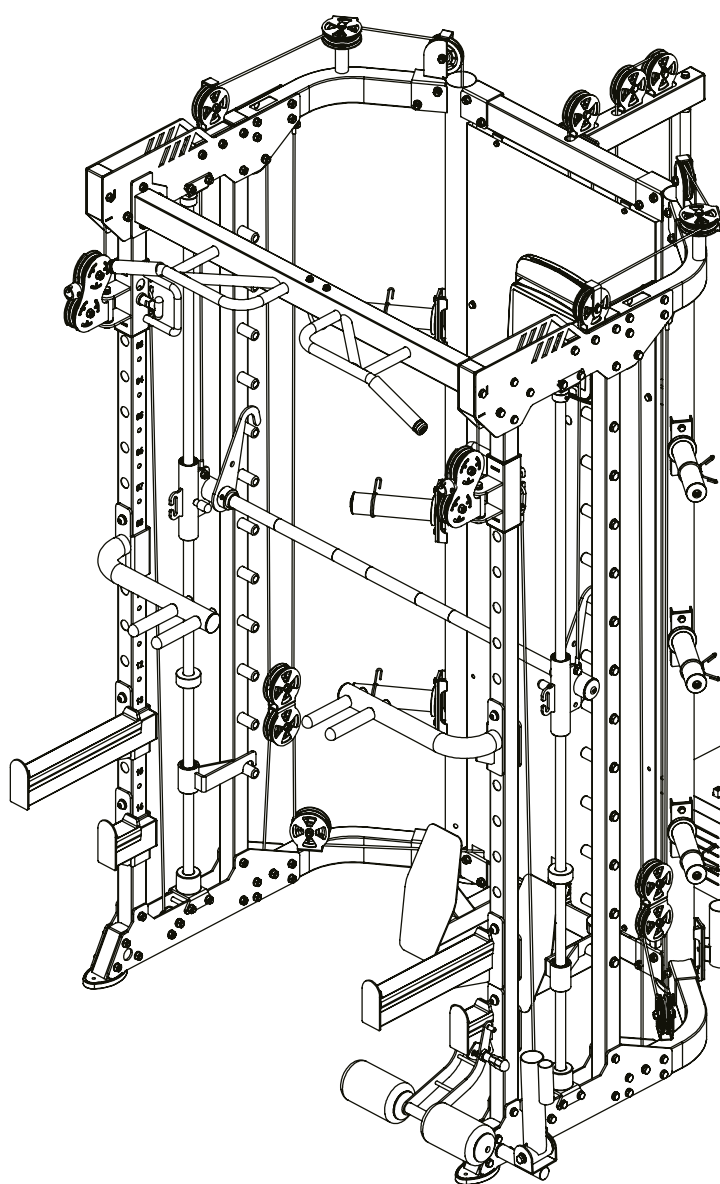


TAURUS®

Assembly and Operating Instructions



max. 150 kg



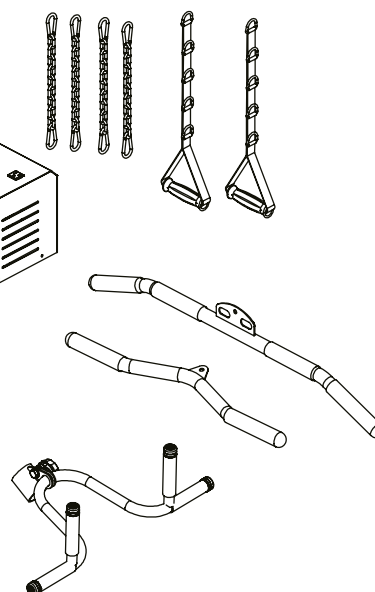
~ 300 Min.



241 kg

L 135 | B 158 | H 220

FSTFMS45.01.02



Art. No. TF-MS45

Taurus MS45 Pro

Content

1	GENERAL INFORMATION	8
1.1	Technical Data	8
1.2	Personal Safety	9
1.3	Electrical Safety	10
1.4	Set-Up Place	11
2	ASSEMBLY	12
2.1	General Instructions	12
2.2	Scope of Delivery	13
2.3	Assembly	21
3	OPERATING INSTRUCTIONS	47
3.1	Console Display	47
3.1.1	Concentric and Eccentric Movement	48
3.1.2	iConsole +	48
3.1.3	Training Programme	48
3.1.4	Training Modes	49
3.1.5	Training Diagram	50
3.1.6	Training Summary	51
3.2	Menu	52
3.2.1	Login	52
3.2.2	WiFi-Connection	53
3.2.3	Settings	53
3.2.4	Standby	53
4	STORAGE AND TRANSPORT	54
4.1	General Instructions	54
5	TROUBLESHOOTING, CARE AND MAINTENANCE	55
5.1	General Instructions	55
5.2	Faults and Fault Diagnosis	55
5.3	Maintenance and Inspection Calendar	56
6	DISPOSAL	56
7	RECOMMENDED ACCESSORIES	57

8	ORDERING SPARE PARTS	58
8.1	Serial Number and Model Name	58
8.2	Parts List	59
8.3	Exploded Drawing	62
9	WARRANTY	63
10	CONTACT	65

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.

Intended Use

The equipment may only be used for its intended purpose.

The equipment is suitable for home use and semi-professional use (e.g. hospitals, clubs, hotels, schools, etc.). The equipment is not suitable for commercial or professional use (e.g. 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!

ℹ **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

Weight and Dimensions

Packaging dimensions (L x W x H) and article weight (gross, incl. packaging):

Box 1:	226 cm x 87.5 cm x 38.5 cm	256 kg
Box 2:	45 cm x 28 cm x 31 cm	20.5 kg
Box 3:	49 cm x 36 cm x 13.5 cm	3 kg

Set-up dimensions (L x W x H):	158 cm x 135 cm x 220 cm
Article weight (net, excl. packaging):	240.5 kg

Cable length:	269.5 cm, 418.5, 97.8, 198.5
Pulley diameter:	90 mm
Transmission ratio:	1:2

Number of height adjustments from Cable Pull:	17
---	----

Maximum user weight (dip bar, chin-up bar):	150 kg
---	--------

Use class:	S
------------	---

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.
- + 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.
- + Always start each workout with a light warm-up and end with a cool-down phase.
- + Using the machine as a support during stretching exercises or attaching resistance bands, ropes or other accessories to it, may cause injuries.

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.
- + The weights should remain in the user's field of vision during the entire exercise to prevent danger to third parties.

ATTENTION

- + Do not insert any objects of any kind into the openings of the device.

1.3 Electrical Safety



DANGER

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



WARNING

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



ATTENTION

- + The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.
- + The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.
- + The socket must be protected by a fuse with a minimum fuse rating of "16 A, slow blow".
- + Do not make any changes to the mains cable or the mains plug.
- + Keep the mains cable away from water, heat, oil and sharp edges. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.
- + If your purchased item is equipped with a TFT console, software updates must be carried out regularly. Follow the instructions on the console to perform the update(s).
- + The software systems on gym equipment with TFT consoles are set up only for the pre-installed apps. Do not install any additional apps.



NOTICE

- + The pre-installed apps on TFT consoles are produced and provided by external manufacturers. Fitshop does not take any responsibility for the availability, functionality or contents of these apps.

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.
- + 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 free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.
- + If your device is to be mounted on the wall/ceiling, make sure that you use the appropriate assembly material to avoid possible damages or personal injuries. The contractual partner accepts no liability for this.



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

- + Ensure to have sufficient room for movement in each direction during assembly.
- + The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.



ATTENTION

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



NOTICE

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

2.2 Scope of Delivery

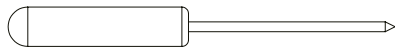
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.



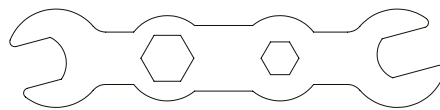
CAUTION

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

Required tools:



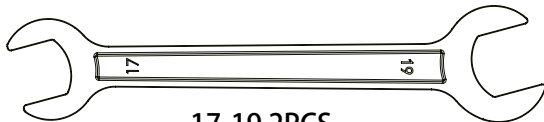
1PCS



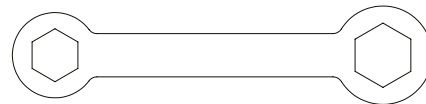
1PCS



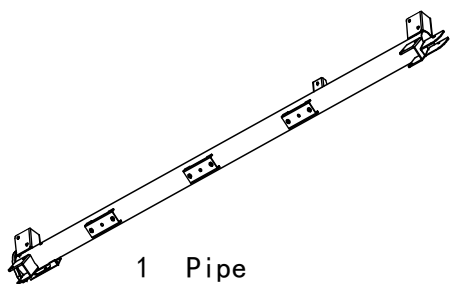
4MM 1PCS



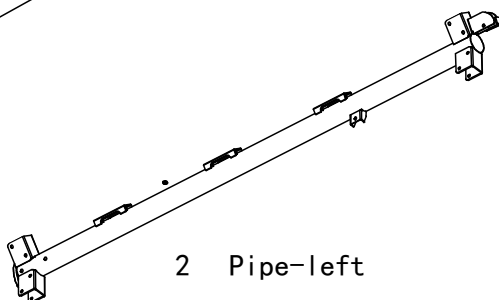
17-19 2PCS



14-17 2PCS



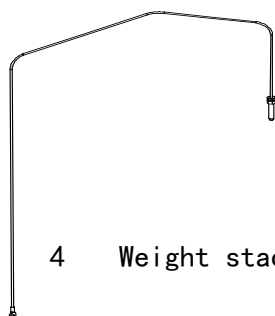
1 Pipe



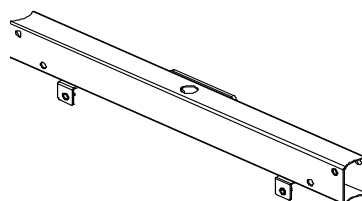
2 Pipe-left



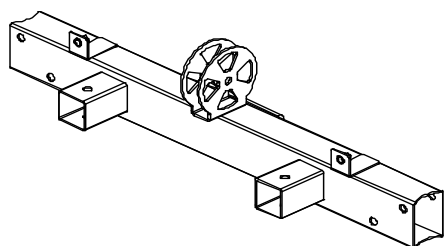
3 Weight stack



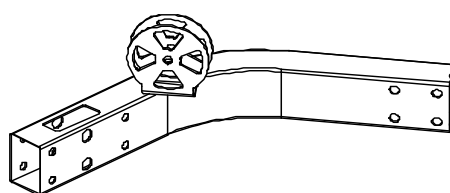
4 Weight stack steel wire rope



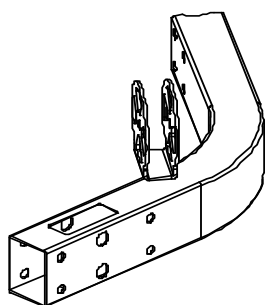
5 Connection tube-upper



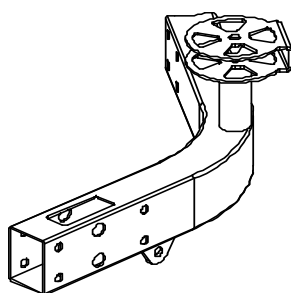
6 Connection tube-lower



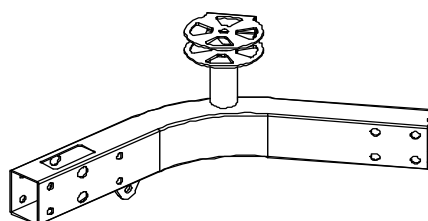
10 Lower bending tube-left



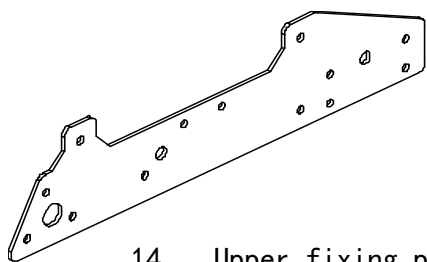
11 Lower bending tube-right



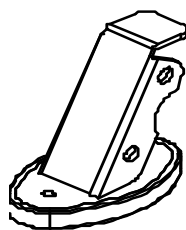
12 Upper bending tube-right



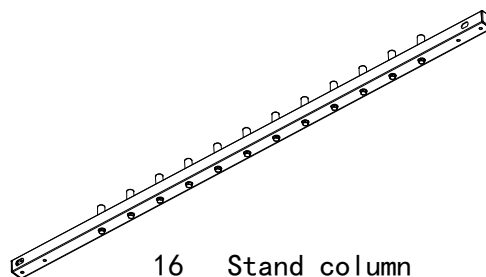
13 Upper bending tube-left



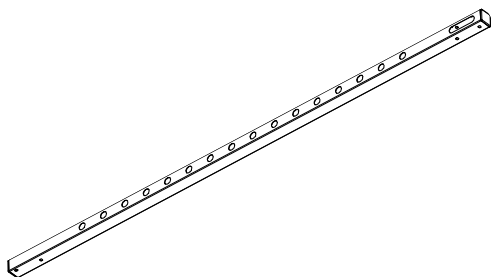
14 Upper fixing plate



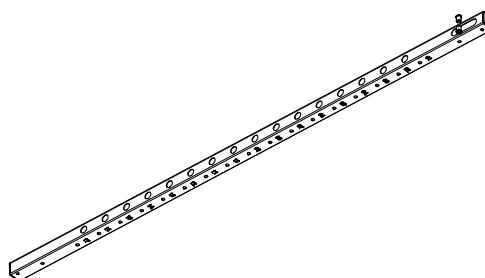
15 Foot pad



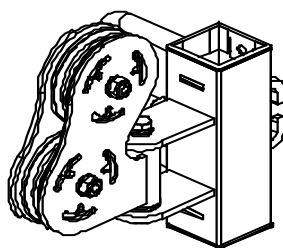
16 Stand column



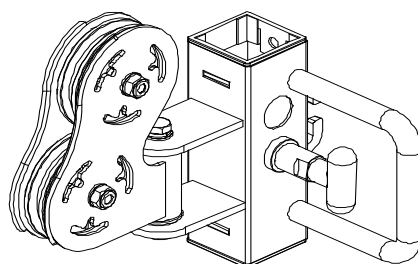
17 Stainless tube-right



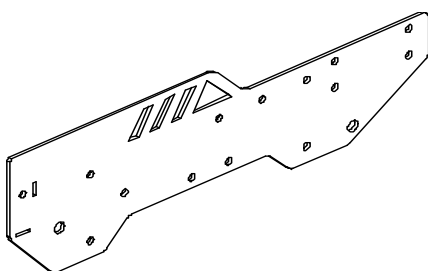
18 Stainless tube-left



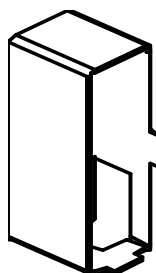
19 Sliding sleeve-right



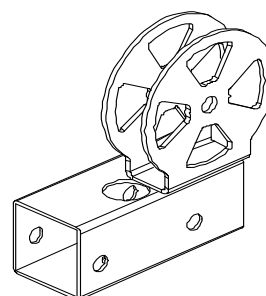
20 Sliding sleeve-left



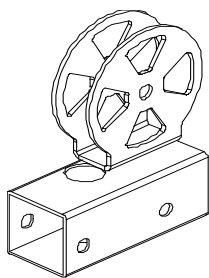
21 Fixing plate



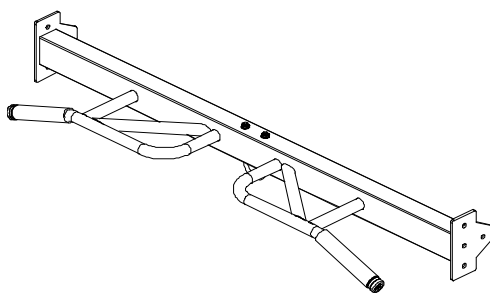
22 Tube



23 Weight stack sliding sleeve



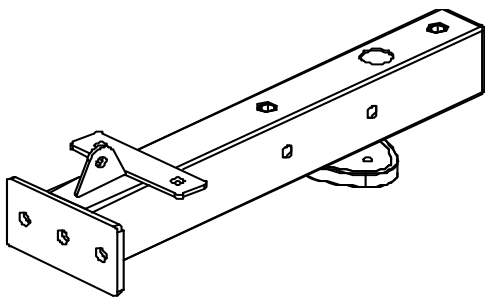
24 Weight stack sliding sleeve-left



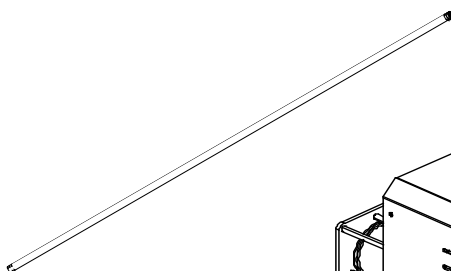
25 Upper beam



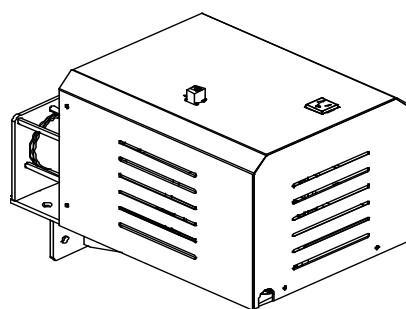
32 Wheel frame



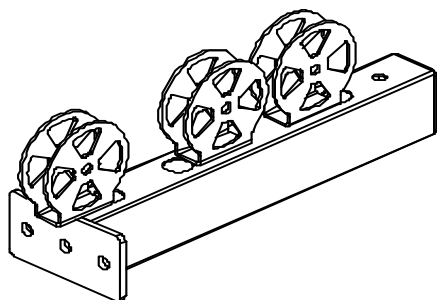
27 Guiding rod fixing tube



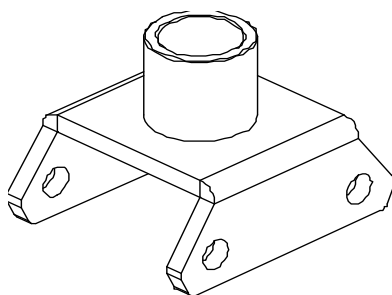
33 Nut



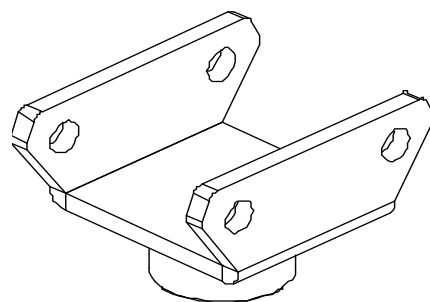
35 Motor



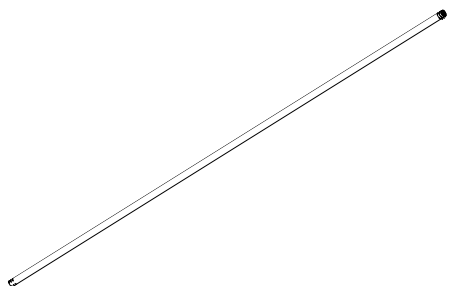
39 Connection tube



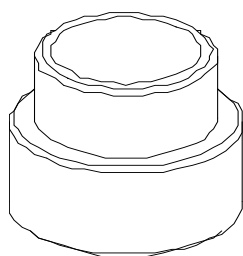
40 Fixing seat-lower



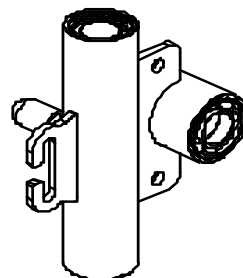
41 Fixing seat-upper



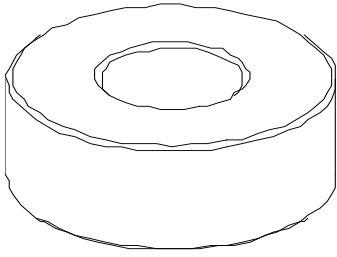
42 1850 Guiding rod



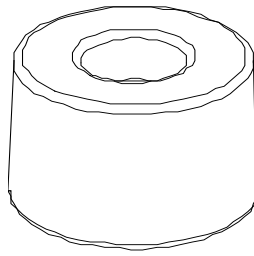
43 3010 Locking sleeve



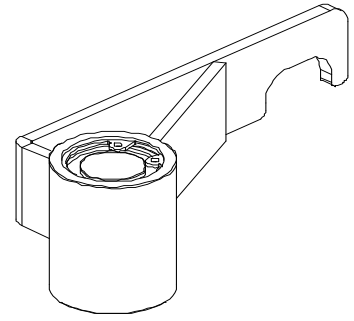
44 Sliding sleeve



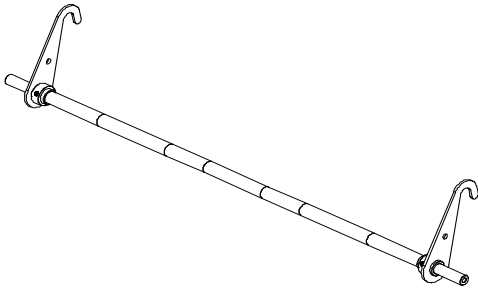
45 Barbell rod rubber pad



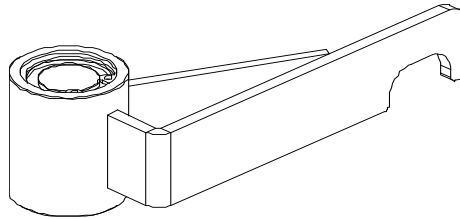
46 60-26 cushion



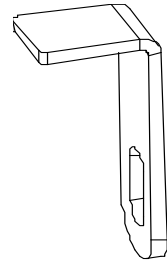
47 Safety hook-right



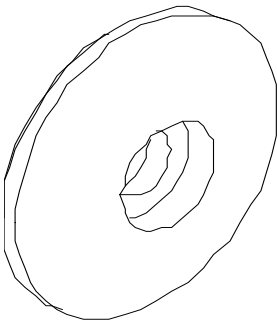
50 Barbell rod



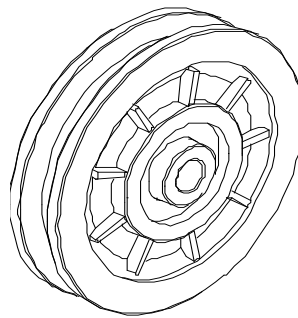
51 Safety hook-left



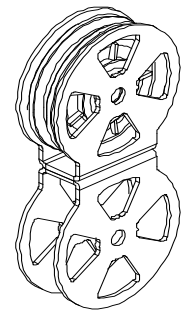
56 Pulley bar



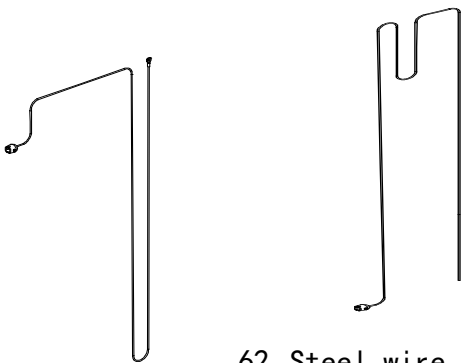
52 $\phi 11 \times \phi 18 \times \phi 24 \times \phi 50$
Decorative cap



55 92 Pulley (powder sleeve)



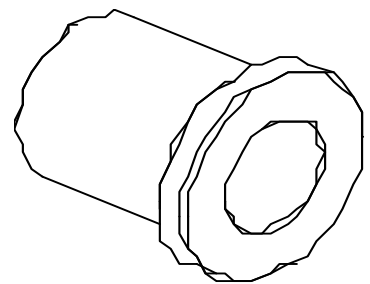
60 Pulley bracket



62 Steel wire rope

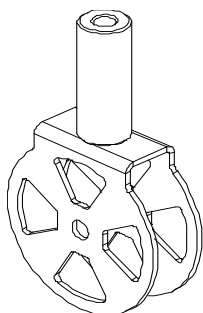


63 Steel wire rope

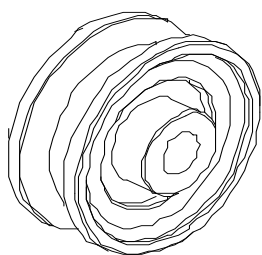


61 Powder sleeve

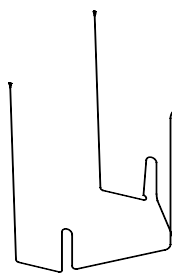
59 Steel wire rope



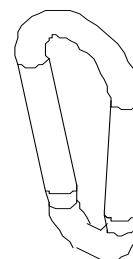
64 Pulley block



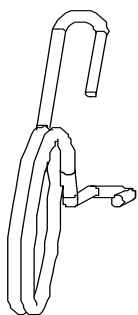
65 $\phi 50$ Pulley



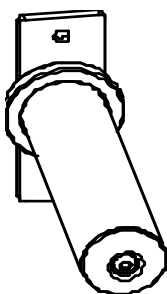
66 Steel wire rope



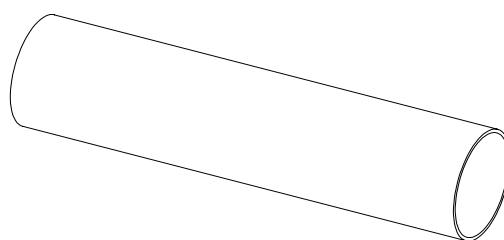
67 Hook



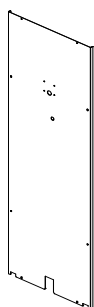
68 50 Butterfly Clip



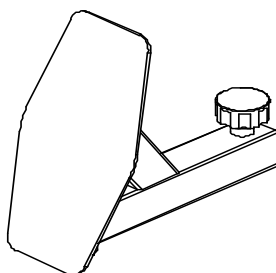
69 Barbell hanging bracket-3000F



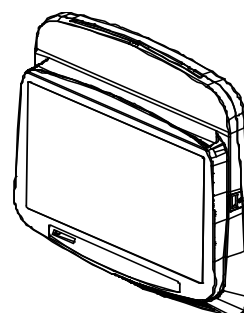
72 Barbell rod sleeve



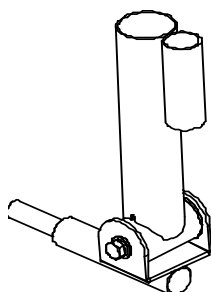
73 Plate



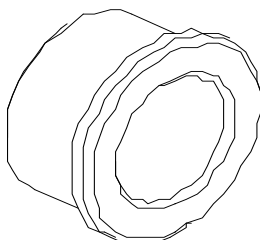
74 Leg press plate



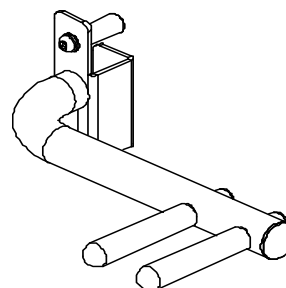
77 Electronic watch



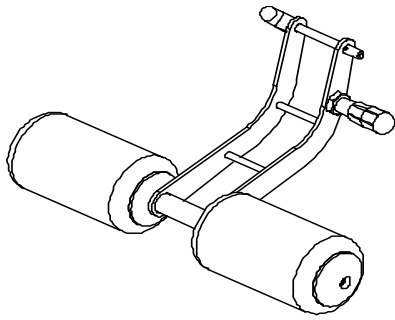
79 Bull stick



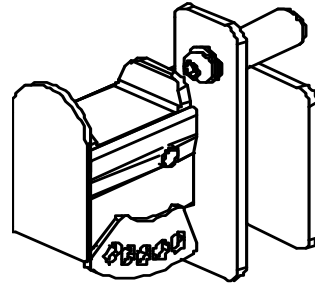
80 $\phi 33 \times \phi 29 \times \phi 20 \times 18$
Powder sleeve



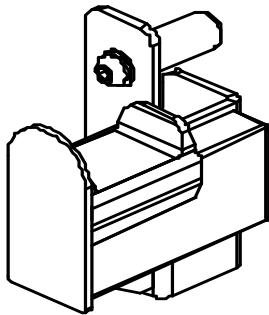
81 Horizontal bar-left



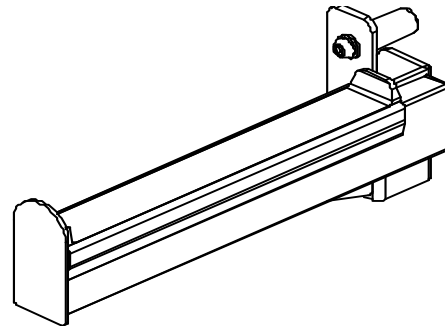
82 Leg curl adjusting bracket



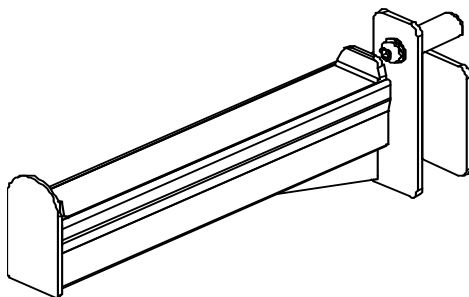
83 Short safety block-right



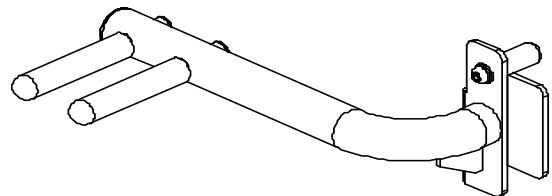
84 Short Safety block-left



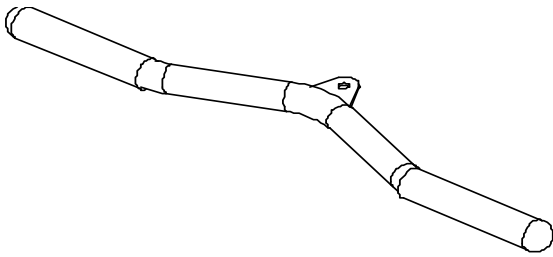
85 Long safety block-right



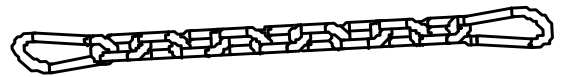
86 Long safety block-left



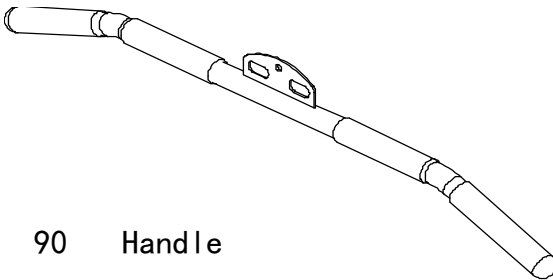
87 Horizontal bar-right



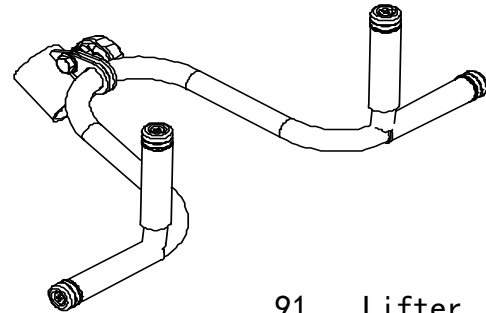
88 Handle



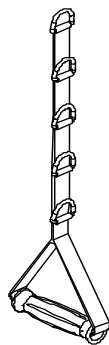
89 Chain+Hook



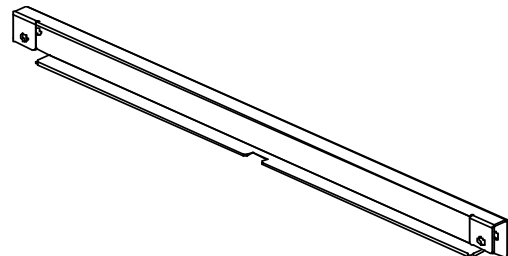
90 Handle



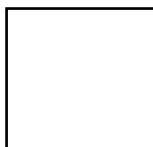
91 Lifter



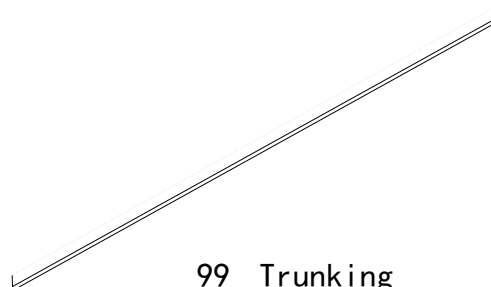
92 Handle



98 Shield support plate



Hardware pack



99 Trunking

2.3 Assembly

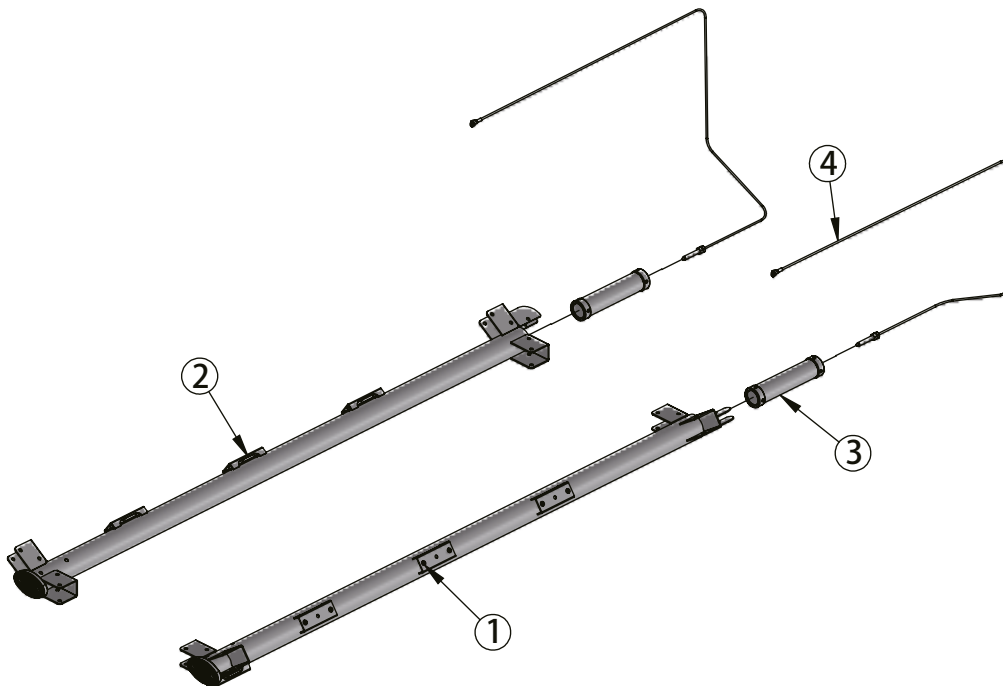
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

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.

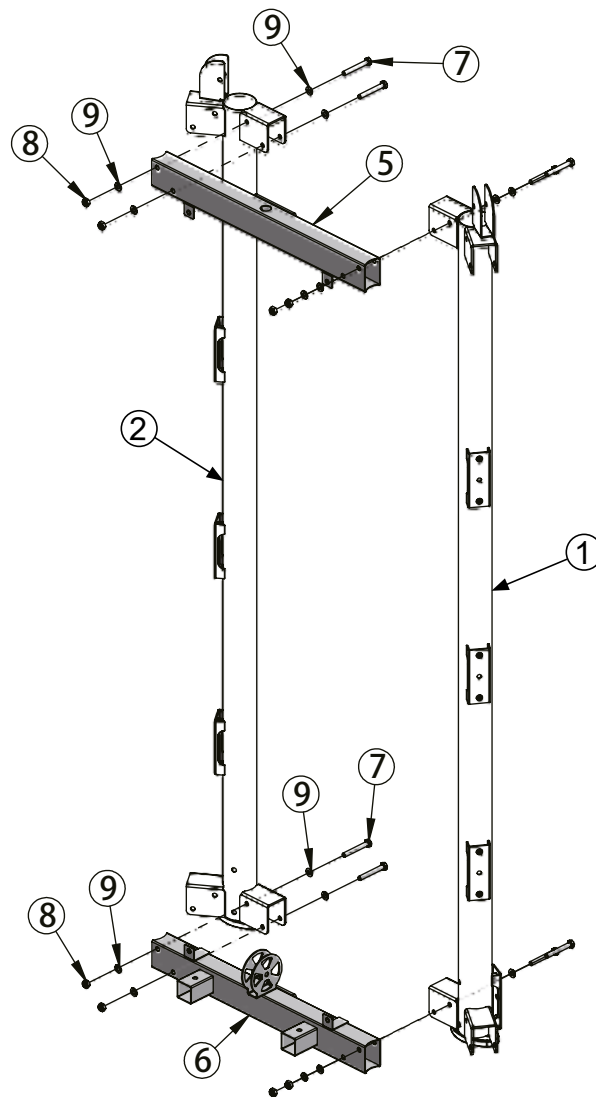
Step 1: Assembly of the Steel Wire Rope

1. Attach one weight stack (3) and one steel wire rope (4) to the pipe (1).
2. Repeat this step for the left pipe (2).



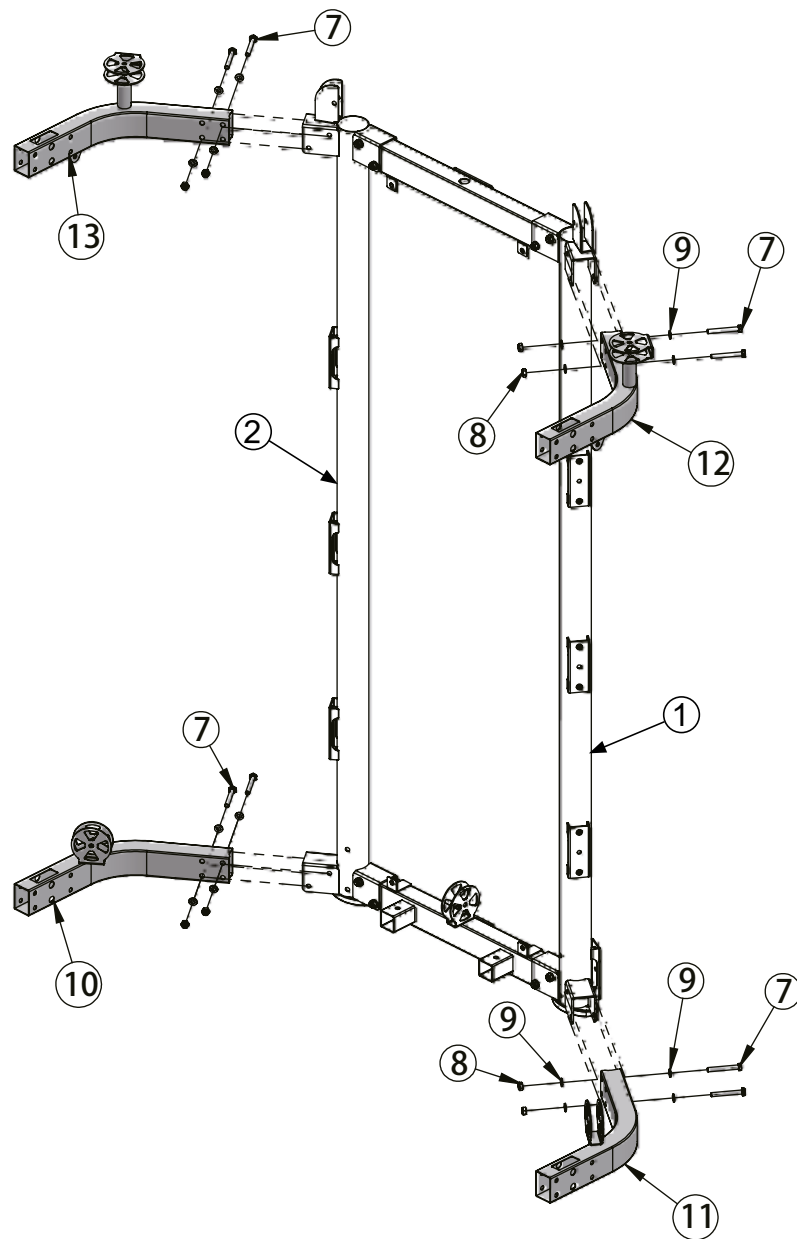
Step 2: Assembly of the Connection Tubes

1. Assemble the lower connection tube (6) between the pipes (1 & 2) with four screws (7), eight washers (9) and four lock nuts (8).
2. Assemble the upper connection tube (5) between the pipes (1 & 2) with four screws (7), eight washers (9) and four lock nuts (8).



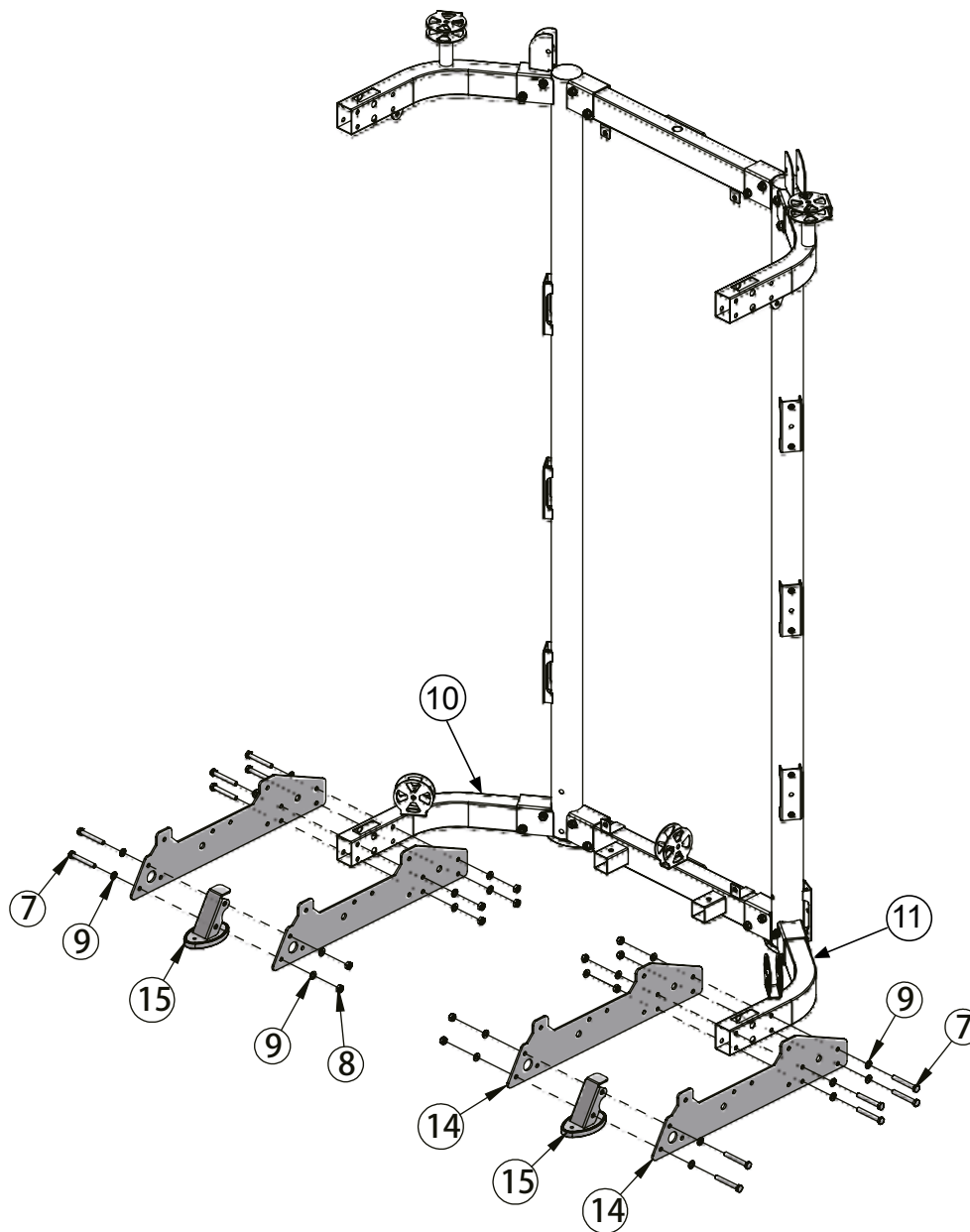
Step 3: Assembly of the Bending Tubes

1. Assemble the left lower bending tube (10) to the left pipe (2) with two screws (7), four washers (9) and two lock nuts (8).
2. Assemble the left upper bending tube (13) to the left pipe (2) with two screws (7), four washers (9) and two lock nuts (8).
3. Assemble the right lower bending tube (11) to the right pipe (1) with two screws (7), four washers (9) and two lock nuts (8).
4. Assemble the right upper bending tube (12) to the right pipe (1) with two screws (7), four washers (9) and two lock nuts (8).



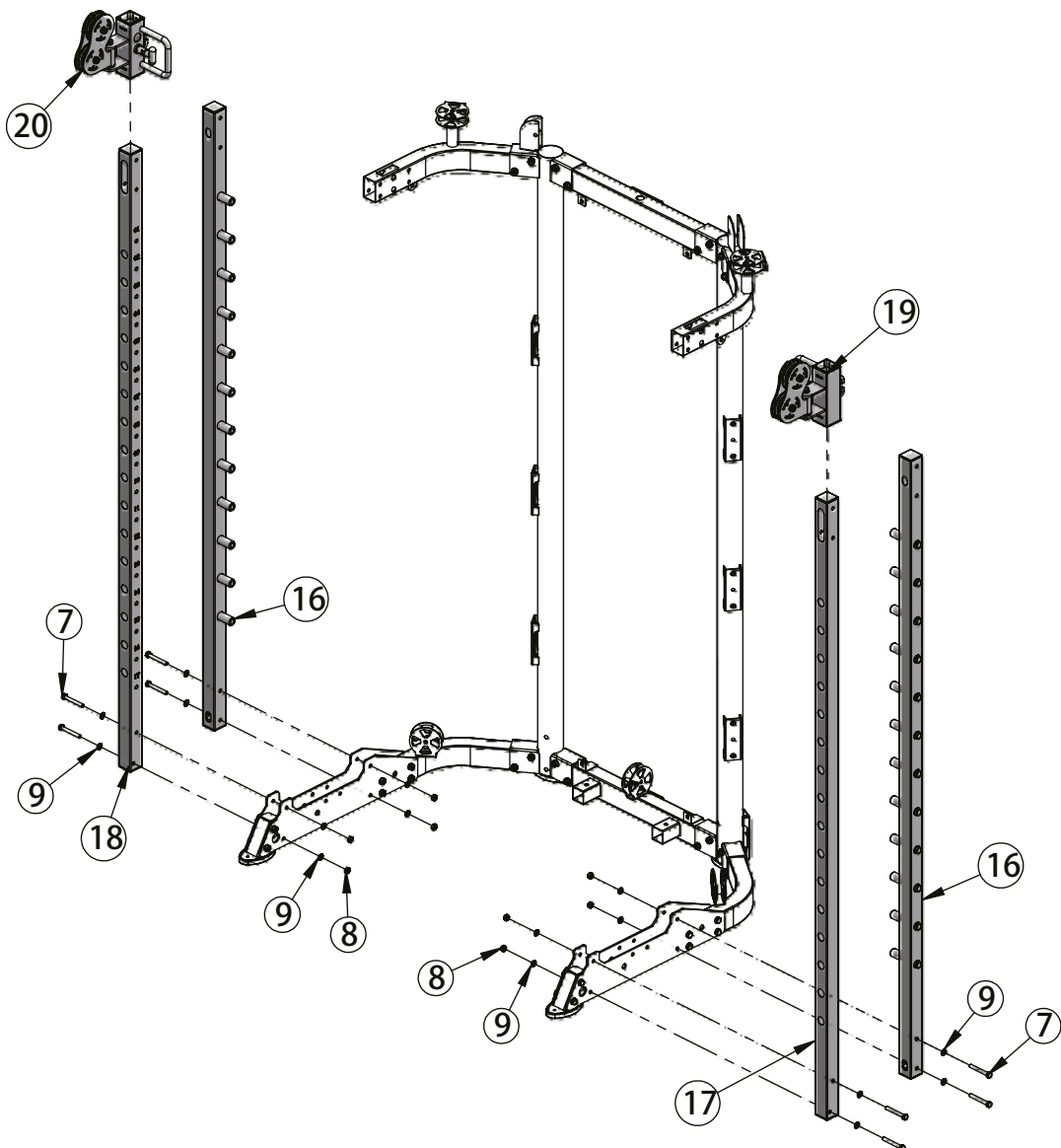
Step 4: Assembly of the Upper Fixing Plates

1. Assemble two upper fixing plates (14) to one foot pad (15) with two screws (7), four washers (9) and two lock nuts (8).
2. Assemble the two upper fixing plates (14) to the right lower bending tube (11) with four screws (7), eight washers (9) and four lock nuts (8).
3. Assemble two upper fixing plates (14) to the other foot pad (15) with two screws (7), four washers (9) and two lock nuts (8).
4. Assemble the two upper fixing plates (14) to the left lower bending tube (10) with four screws (7), eight washers (9) and four lock nuts (8).



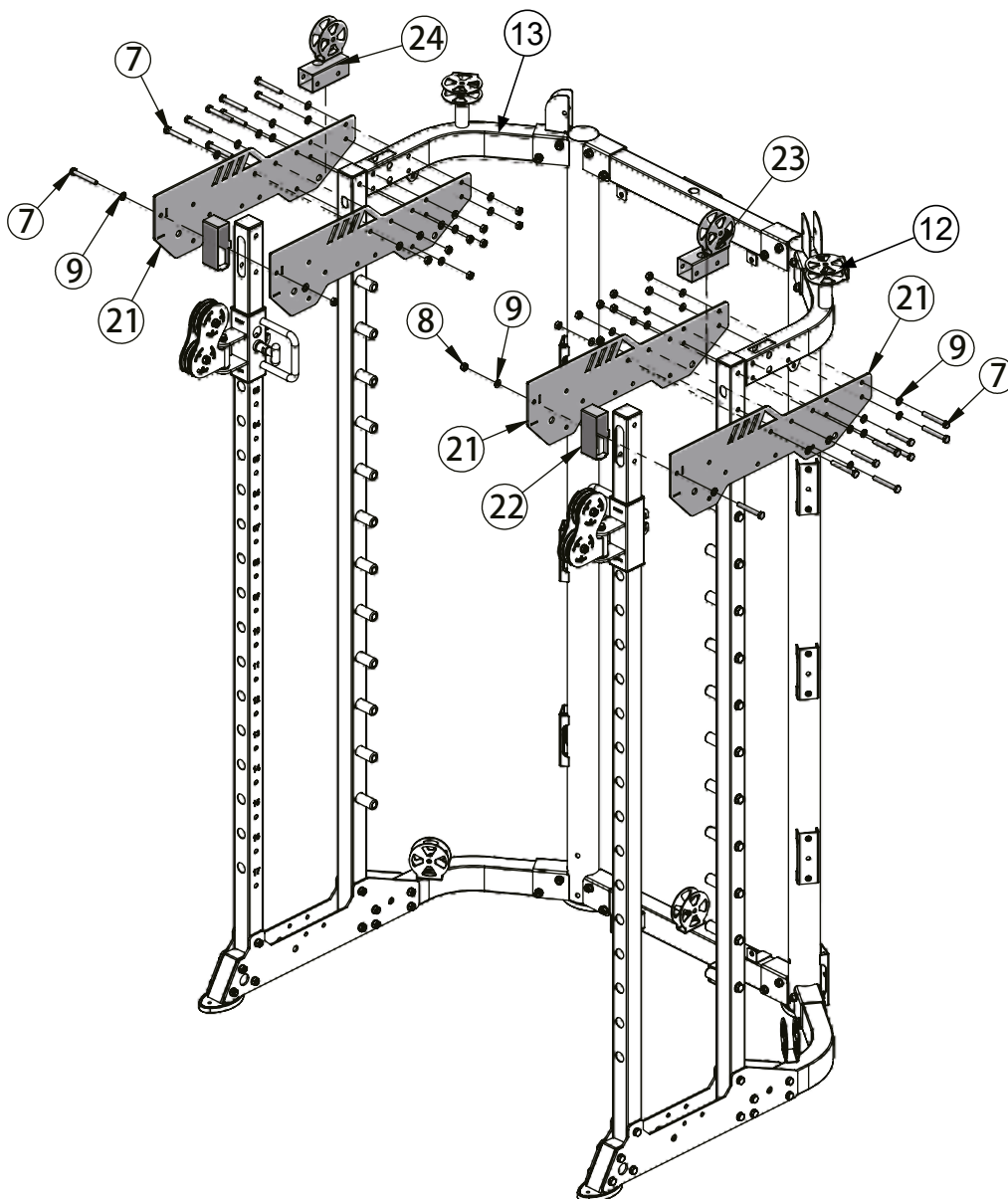
Step 5: Assembly of the Tubes and Columns

1. Attach the right sliding sleeve (19) to the right tube (17).
2. Assemble the right tube (17) to the upper fixing plates (14) with two screws (7), four washers (9) and two lock nuts (8).
3. Attach the left sliding sleeve (20) to the left tube (18).
4. Assemble the left tube (18) to the upper fixing plates (14) with two screws (7), four washers (9) and two lock nuts (8).
5. Assemble both stand columns (16) to the upper fixing plates (14) with two screws (7), four washers (9) and two lock nuts (8) on each side.



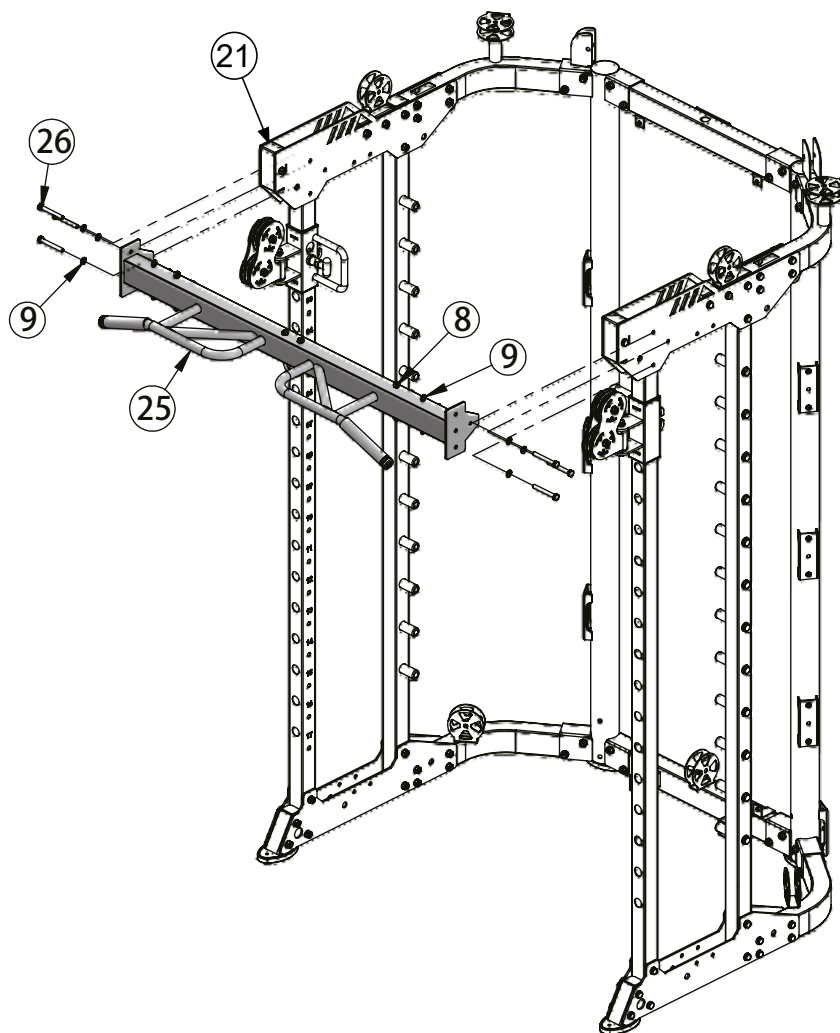
Step 6: Assembly of the Fixing Plates

1. Assemble one tube (22) between two fixing plates (21) with one screw (7), two washers (9) and one lock nut (8).
2. Assemble the two fixing plates (21) and the left sliding sleeve (24) to the left upper bending tube (13) with eight screws (7), 16 washers (9) and eight lock nuts (8).
3. Repeat these steps for the right side.



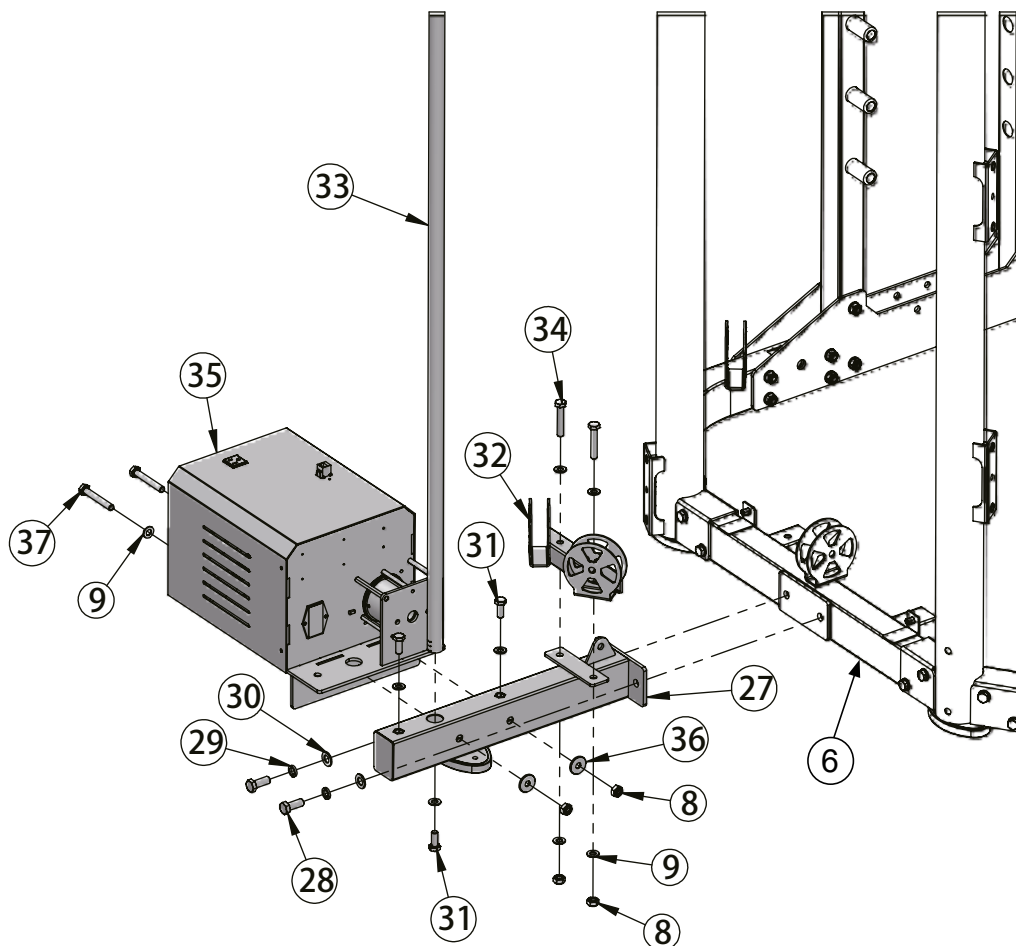
Step 7: Assembly of the Upper Beam

1. Assemble the upper beam (25) between the fixing plates (21) with six screws (26), 12 washers (9) and six lock nuts (8).



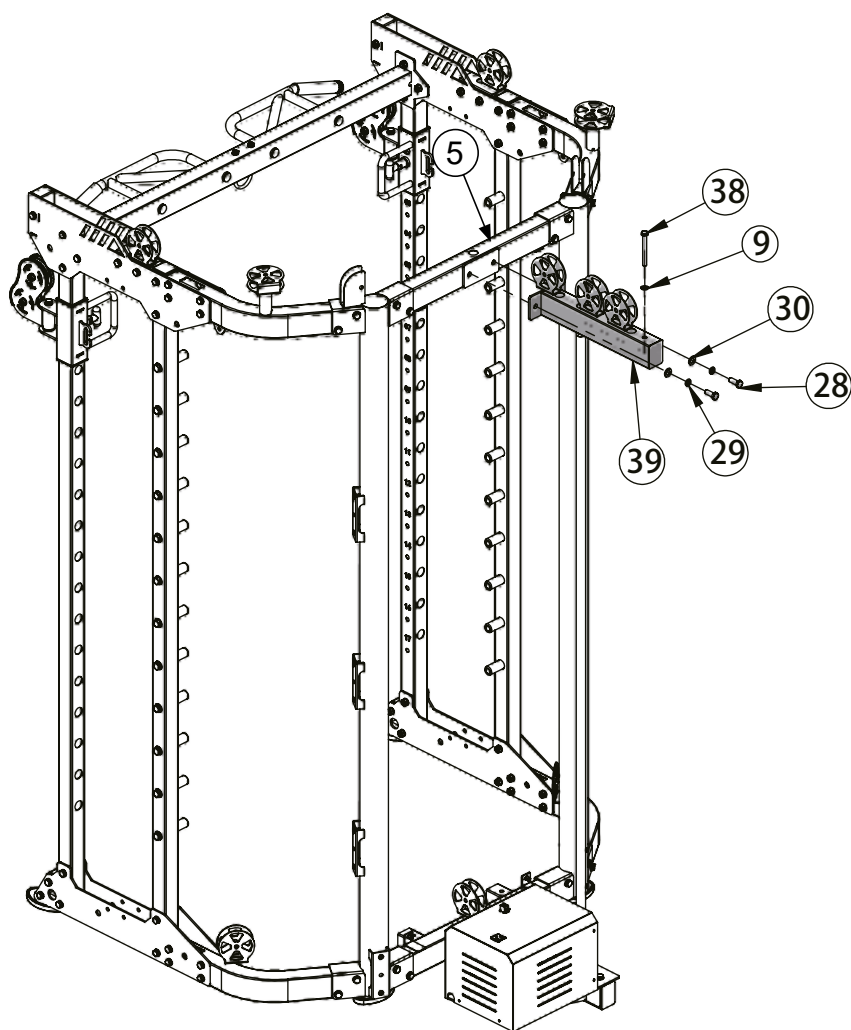
Step 8: Assembly of the Motor

1. Assemble the guiding rod fixing tube (27) to the lower connection tube (6) with two screws (28), two spring washers (29) and two washers (30).
2. Assemble the wheel frame (32) to the guiding rod fixing tube (27) with two screws (34), four washers (9) and two lock nuts (8).
3. Assemble the nut (33) to the guiding rod fixing tube (27) with one screw (31) and one washer (9).
4. Assemble the motor (35) to the guiding rod fixing tube (27) with two screws (31), two screws (37), four washers (9), two washers (36) and two lock nuts (8).



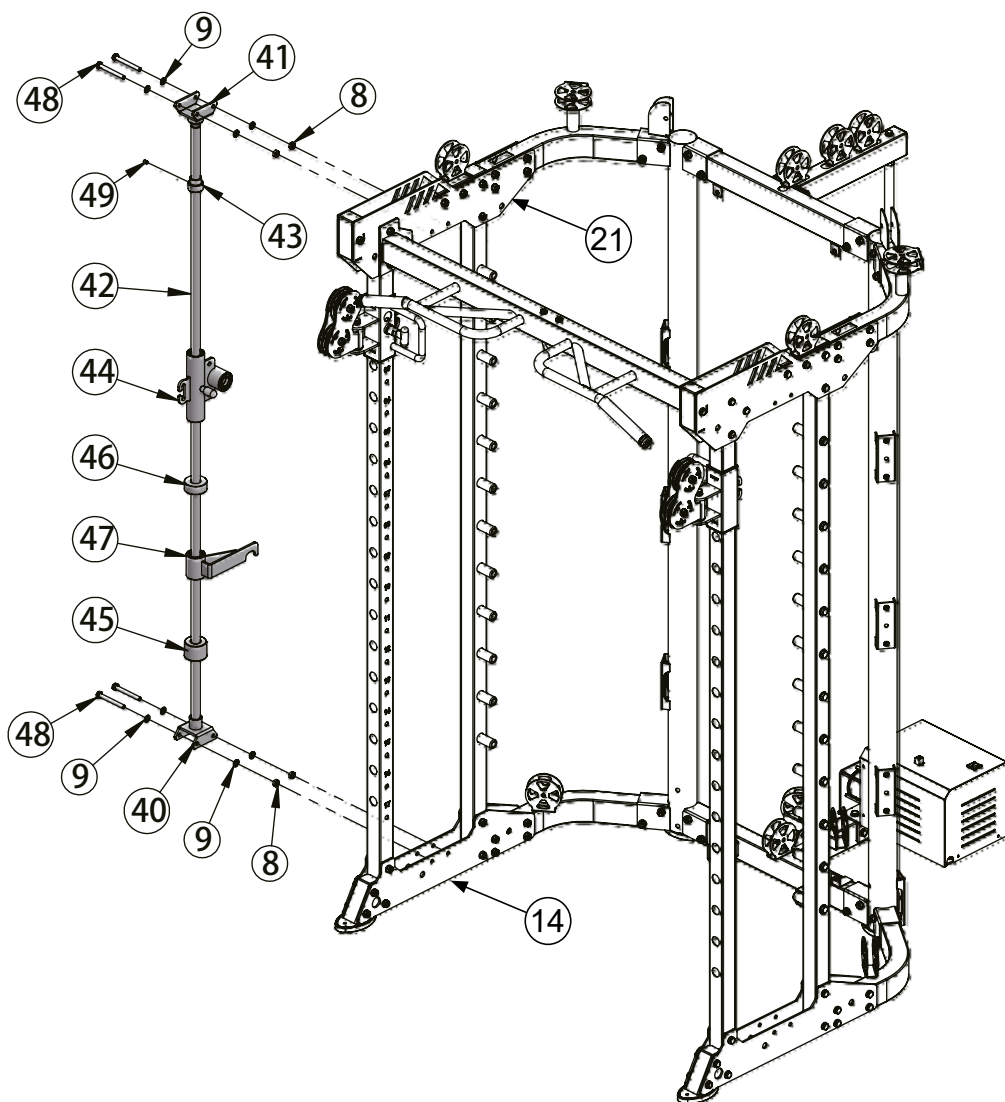
Step 9: Assembly of the Connection Tube

1. Assemble the connection tube (39) to the upper connection tube (5) with one screw (38), two screws (28), one washer (9), two spring washers (29) and two washers (30).



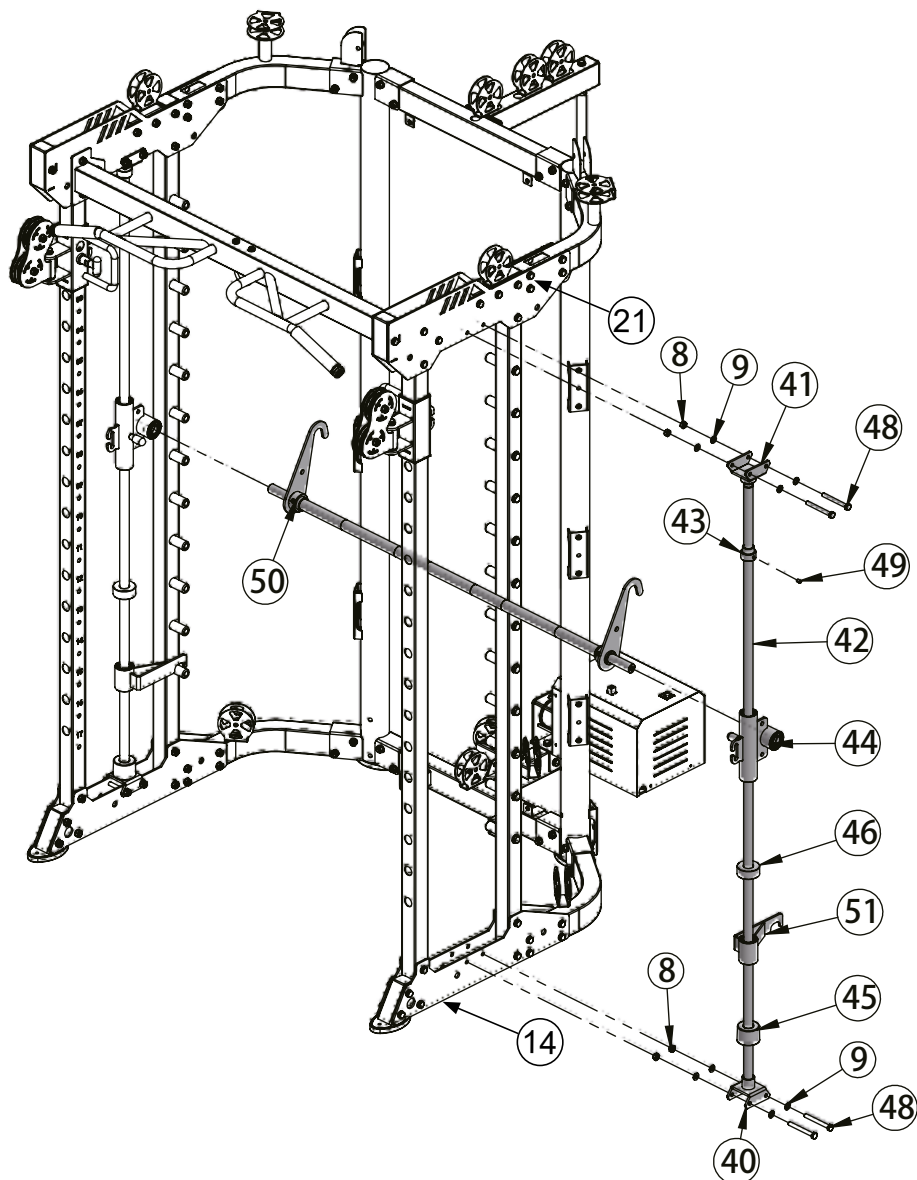
Step 10: Assembly of the Right Guiding Rod

1. Slide one barbell rod rubber pad (45), the right safety hook (47), one cushion (46) and one sliding sleeve (44) over the guiding rod (42).
2. Assemble one locking sleeve (43) to the guiding rod (42) with one screw (49).
3. Attach the lower fixing seat (40) to the guiding rod (42) and assemble it to the upper fixing plates (14) with two screws (48), four washers (9) and two lock nuts (8).
4. Attach the upper fixing seat (41) to the guiding rod (42) and assemble it to the fixing plates (21) with two screws (48), four washers (9) and two lock nuts (8).



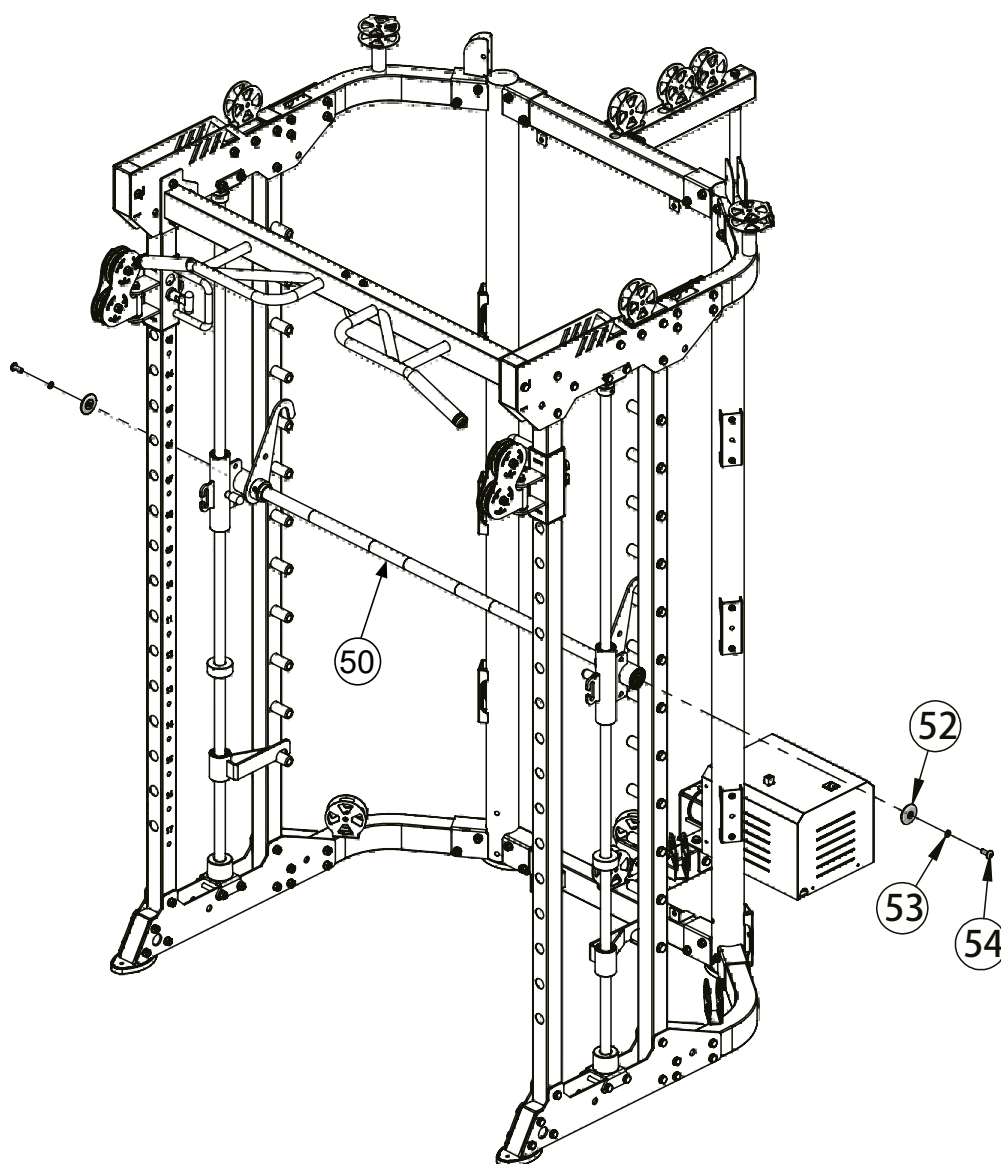
Step 11: Assembly of the Left Guiding Rod

1. Slide one barbell rod rubber pad (45), the left safety hook (51), one cushion (46) and one sliding sleeve (44) over the guiding rod (42).
2. Assemble one locking sleeve (43) to the guiding rod (42) with one screw (49).
3. Attach the lower fixing seat (40) to the guiding rod (42) and assemble it to the upper fixing plates (14) with two screws (48), four washers (9) and two lock nuts (8).
4. Attach the barbell rod (50) between the sliding sleeves (44).
5. Attach the upper fixing seat (41) to the guiding rod (42) and assemble it to the fixing plates (21) with two screws (48), four washers (9) and two lock nuts (8).



Step 12: Assembly of the Decorative Caps

1. Assemble two decorative caps (52) to the barbell rod (50) with two screws (54) and two spring washers (53).

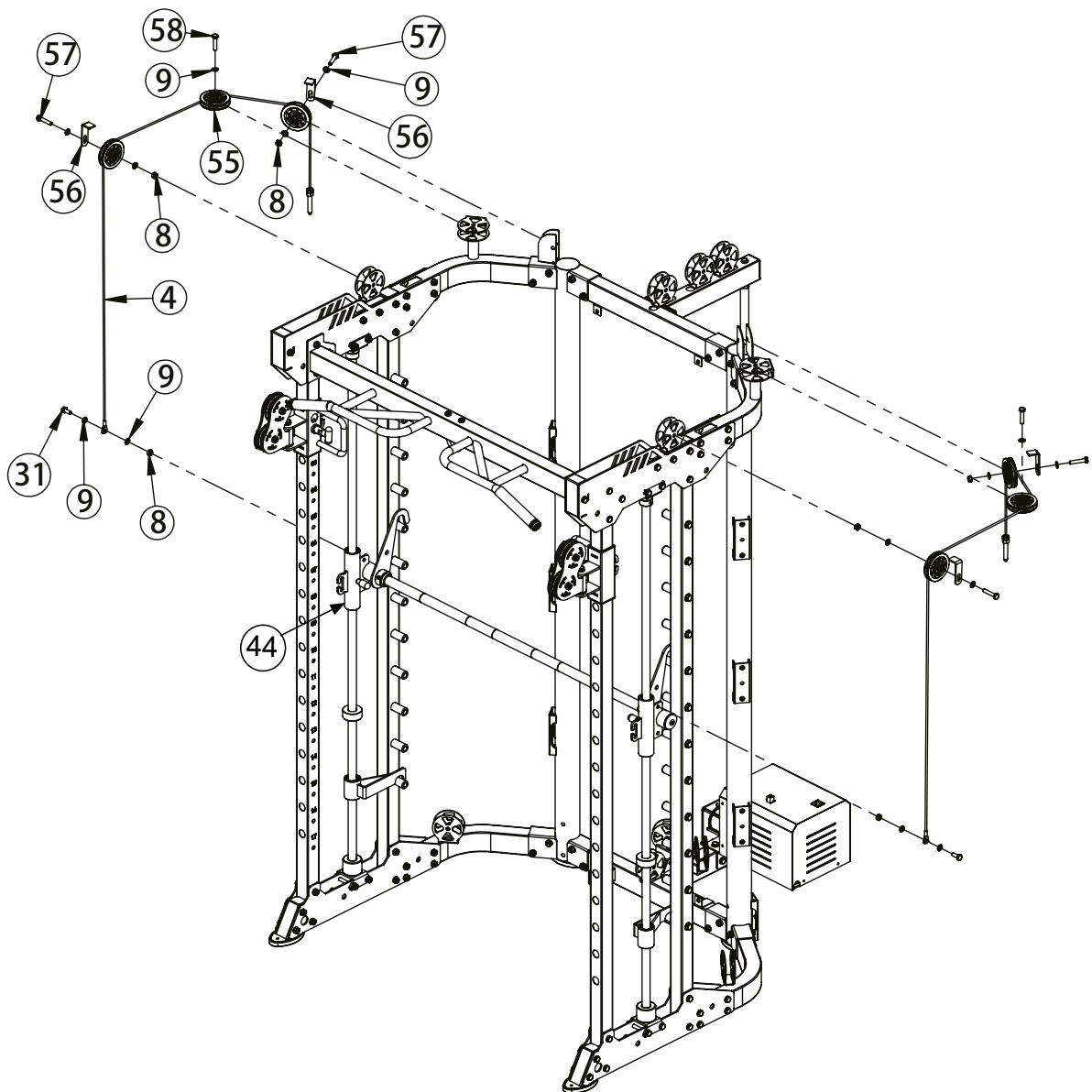


Step 13: Assembly of the Wires and Pulleys Part 1

NOTICE

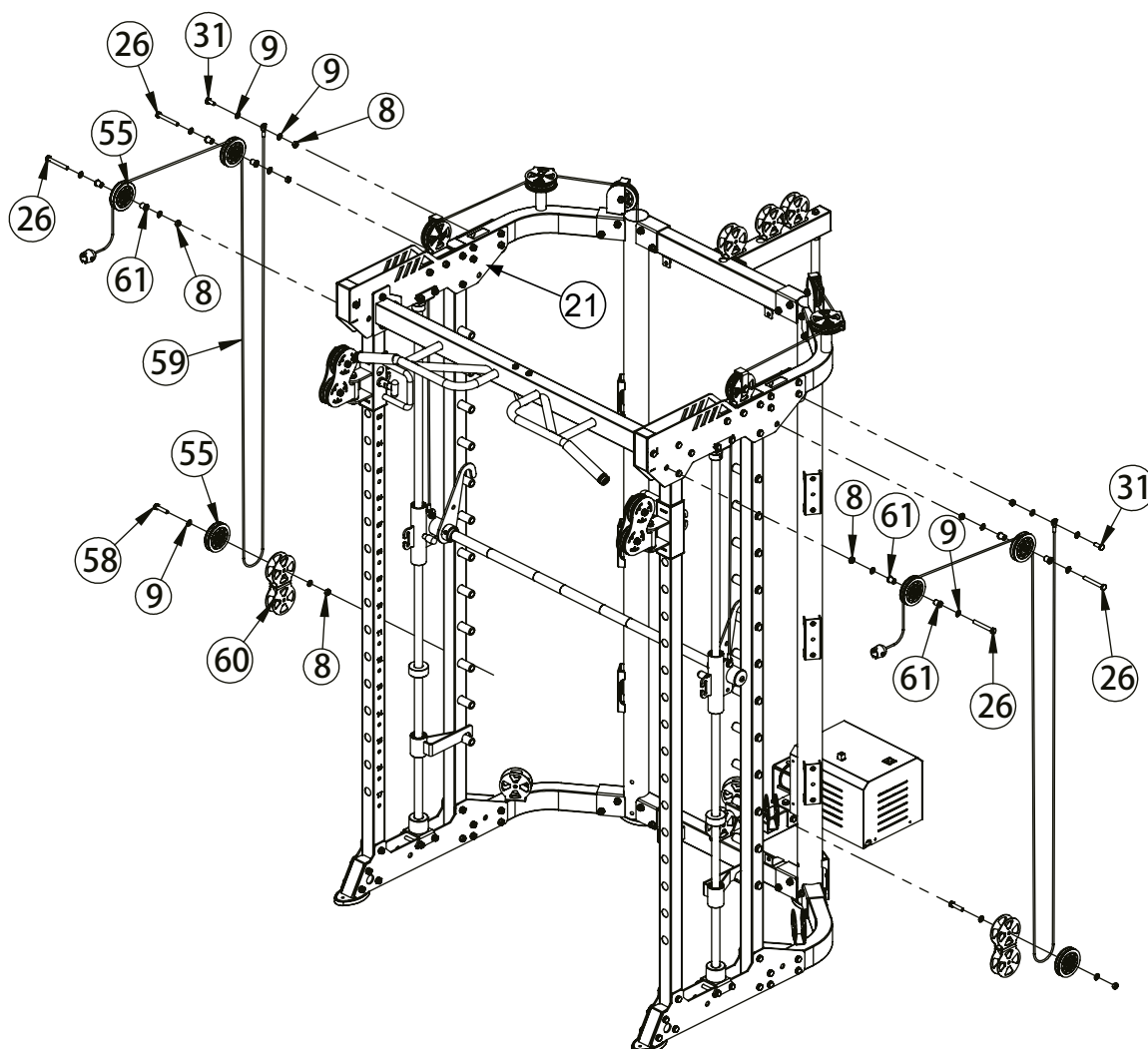
The wire and pulleys must be assembled simultaneously.

1. Assemble one pulley (55) to the pulley bracket with one screw (57), one pulley bar (56), two washers (9) and one lock nut (8) and route the wire (4) to the next pulley bracket.
2. Assemble one pulley (55) to the pulley bracket with one screw (58) and one washer (9) and route the wire (4) to the next pulley bracket.
3. Assemble one pulley (55) to the pulley bracket with one screw (57), one pulley bar (56), two washers (9) and one lock nut (8) and route the wire downwards.
4. Assemble the end of the wire (4) to the sliding sleeve (44) with one screw (31), two washers (9) and one lock nut (8).
5. Repeat these steps for the other side.



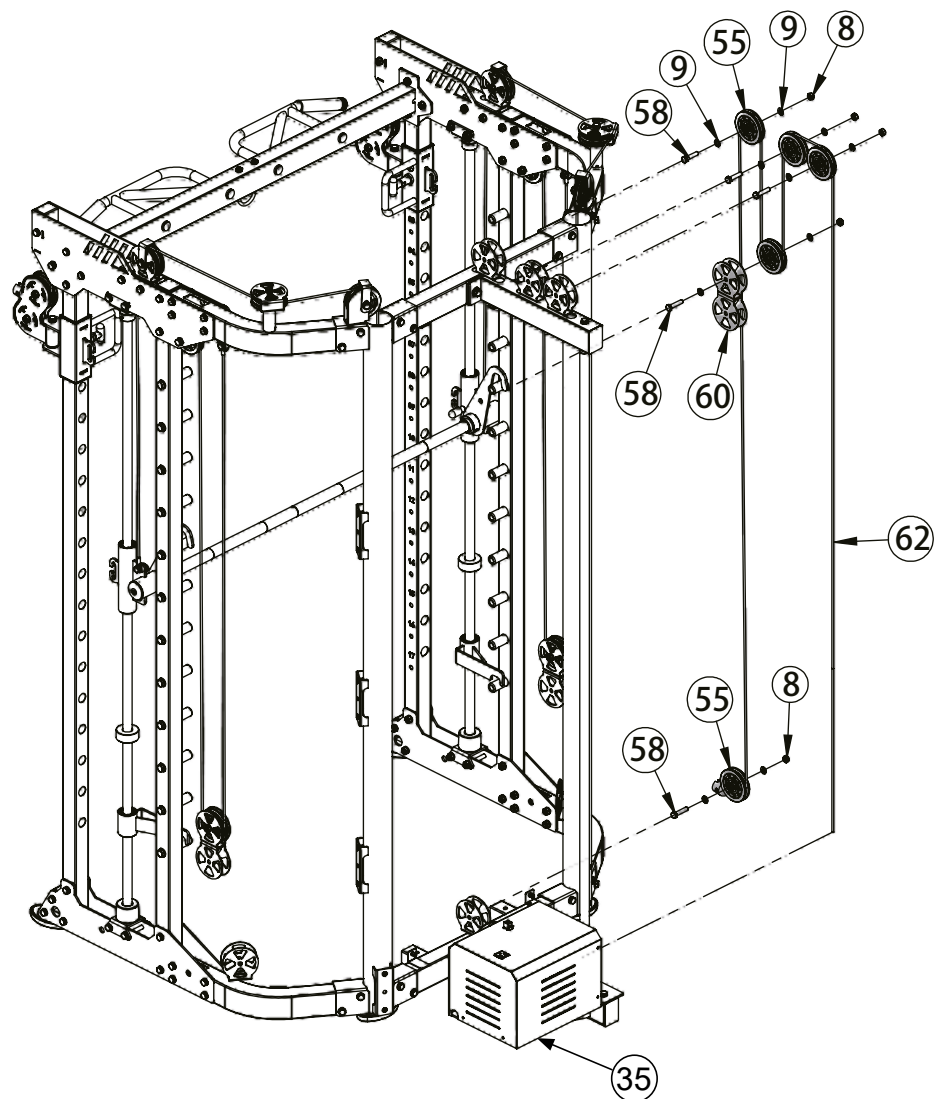
Step 14: Assembly of the Wires and Pulleys Part 2

1. Assemble the end of the wire (59) to the fixing plates (21) with one screw (31), two washers (9) and one lock nut (8).
2. Route the wire (59) downwards and assemble one pulley (55) to the pulley bracket (60) with one screw (58), two washers (9) and one lock nut (8).
3. Route the wire (59) upwards and assemble one pulley (55) to the pulley bracket with one screw (26), two powder sleeves (61), two washers (9) and one lock nut (8).
4. Route the wire (59) to the next pulley bracket and assemble one pulley (55) to the pulley bracket with one screw (26), two powder sleeves (61), two washers (9) and one lock nut (8).
5. Repeat these steps for the other side.



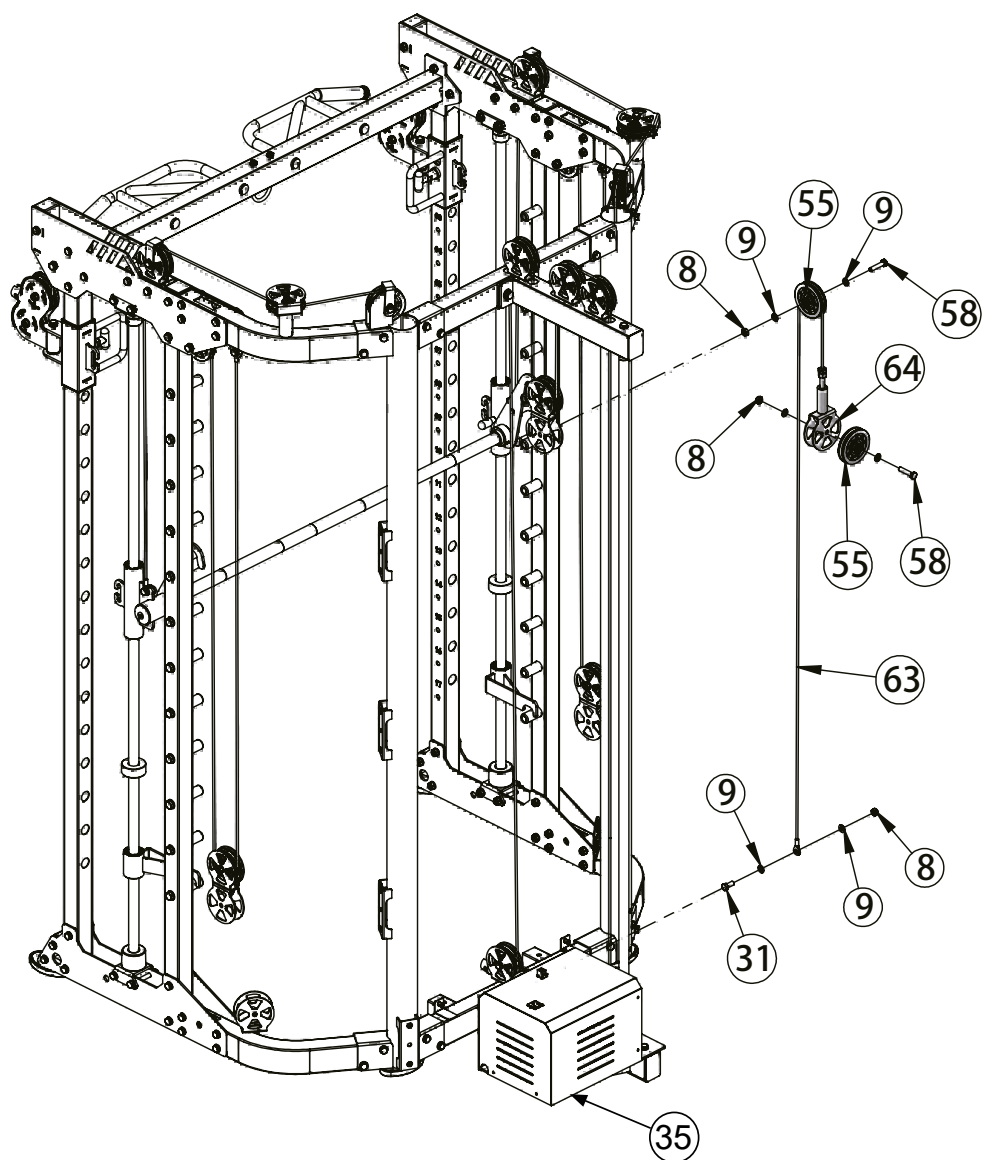
Step 15: Assembly of the Wires and Pulleys Part 3

1. Attach one end of the wire (62) to the motor (35).
2. Route the wire upwards and assemble two pulleys (55) to the pulley brackets with two screws (58), four washers (9) and two lock nuts (8).
3. Route the wire downwards and assemble one pulley (55) to the pulley bracket (60) with one screw (58), two washers (9) and one lock nut (8).
4. Route the wire upwards and assemble one pulley (55) to the pulley bracket with one screw (58), two washers (9) and one lock nut (8).
5. Route the wire downwards and assemble one pulley (55) to the pulley bracket with one screw (58), two washers (9) and one lock nut (8).



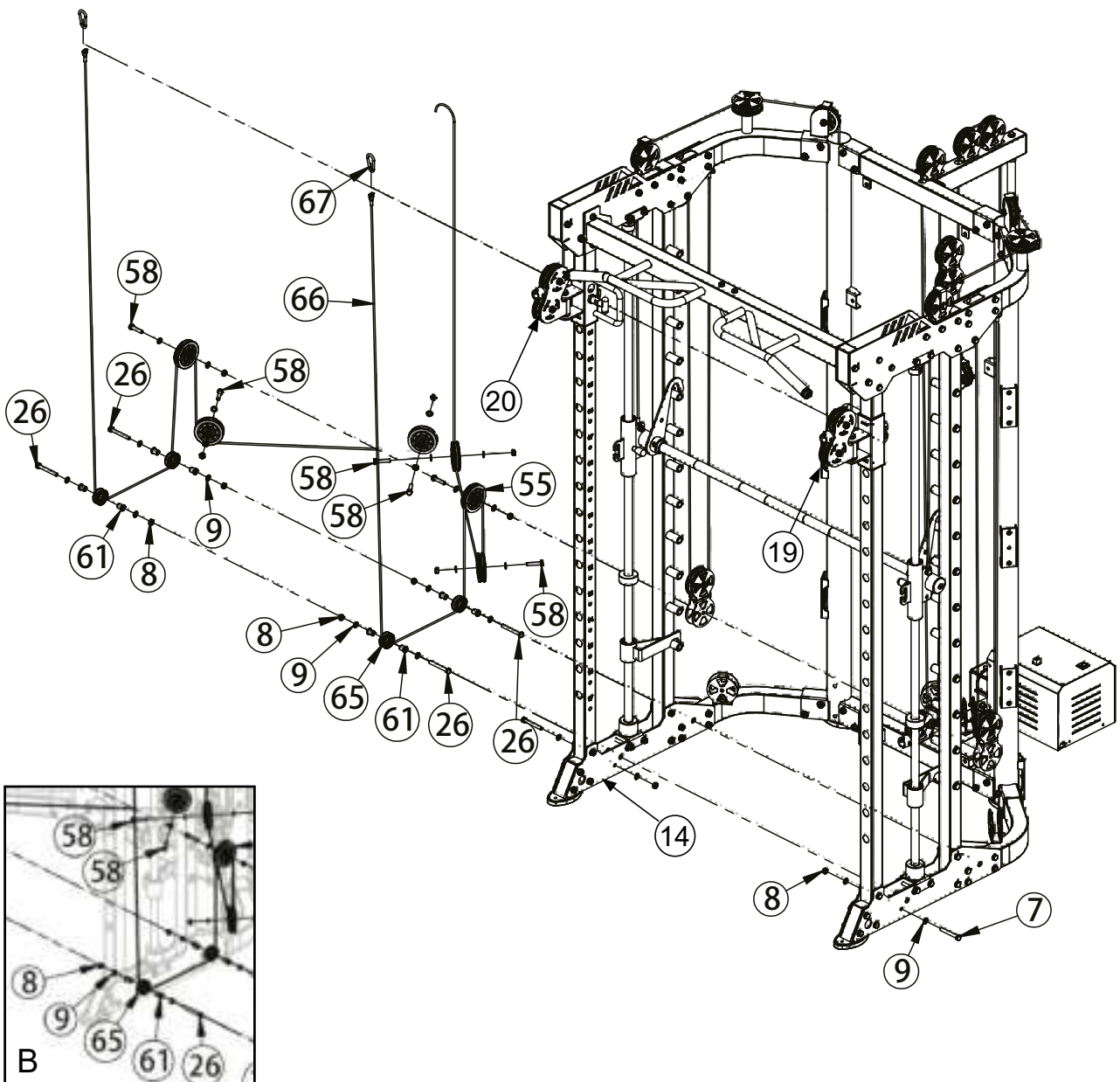
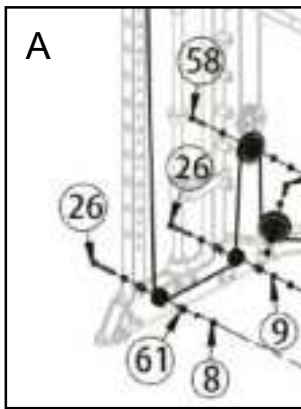
Step 16: Assembly of the Wires and Pulleys Part 4

1. Assemble one end of the wire (63) to the motor (35) with one screw (31), two washers (9) and one lock nut (8).
2. Route the wire (63) upwards and assemble one pulley (55) to the pulley bracket with one screw (58), two washers (9) and one lock nut (8).
3. Route the wire (63) downwards and insert the wire end into the pulley bracket (64).
4. Assemble one pulley (55) to the pulley bracket (64) with one screw (58), two washers (9) and one lock nut (8).



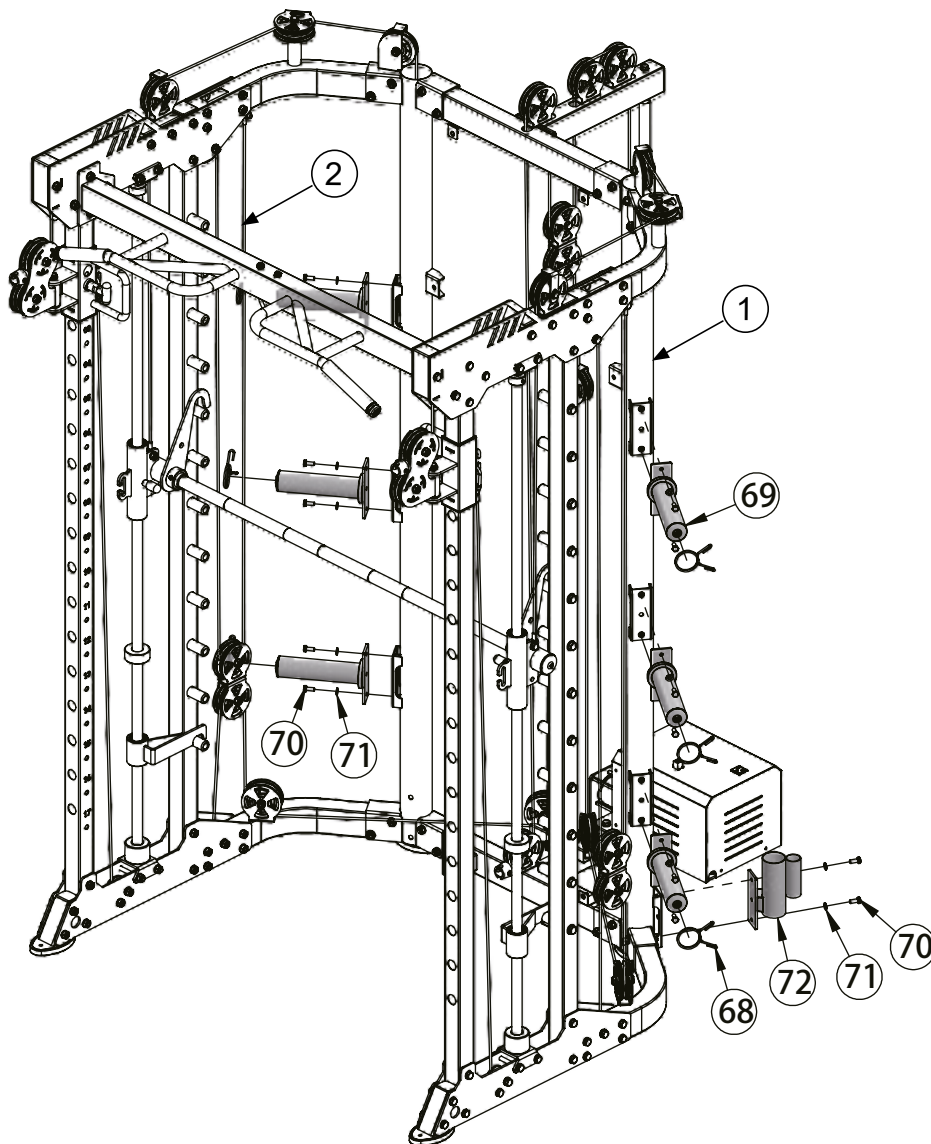
Step 17: Assembly of the Wires and Pulleys Part 5

1. Assemble one screw (7), two washers (9) and one lock nut (8) to the upper fixing plates (14) on each side.
2. Attach one hook (67) and one end of the wire (66) to the left sliding sleeve (20).
3. Route the wire (66) downwards and assemble one pulley (65) to the pulley bracket with one screw (26), two washers (9), two powder sleeves (61) and one lock nut (8). [A]
4. Route the wire (66) to the next pulley bracket and assemble one pulley (65) to the pulley bracket with one screw (26), two washers (9), two powder sleeves (61) and one lock nut (8). [A]
5. Route the wire (66) upwards and assemble one pulley (55) to the pulley bracket with one screw (58), two washers (9) and one lock nut (8). [A]
6. Route the wire (66) downwards and assemble one pulley (55) to the pulley bracket with one screw (58), two washers (9) and one lock nut (8). [A]
7. Route the wire (66) to the next pulley bracket and assemble one pulley (55) to the pulley bracket with one screw (58), two washers (9) and one lock nut (8). [B]
8. Route the wire (66) upwards, around the pulley and downwards and assemble one pulley (55) to the pulley bracket with one screw (58), two washers (9) and one lock nut (8). [B]
9. Route the wire (66) to the next pulley bracket and assemble one pulley (55) to the pulley bracket with one screw (58), two washers (9) and one lock nut (8). [B]
10. Route the wire (66) to the next pulley bracket and assemble one pulley (55) to the pulley bracket with one screw (58), two washers (9) and one lock nut (8). [B]
11. Route the wire (66) downwards and assemble one pulley (65) to the pulley bracket with one screw (26), two washers (9), two powder sleeves (61) and one lock nut (8). [B]
12. Route the wire (66) to the next pulley bracket and assemble one pulley (65) to the pulley bracket with one screw (26), two washers (9), two powder sleeves (61) and one lock nut (8). [B]
13. Route the wire (66) upwards and attach one hook (67) and the other end of the wire (66) to the right sliding sleeve (19).



Step 18: Assembly of the Barbell Hanging Brackets and Barbell Rod Sleeve

1. Assemble three barbell hanging brackets (69) and three butterfly clips (68) to the right pipe (1) with six screws (70) and six washers (71).
2. Repeat this step for the left pipe (2).
3. Assemble the barbell rod sleeve (72) to the right pipe (1) with two screws (70) and two washers (71).

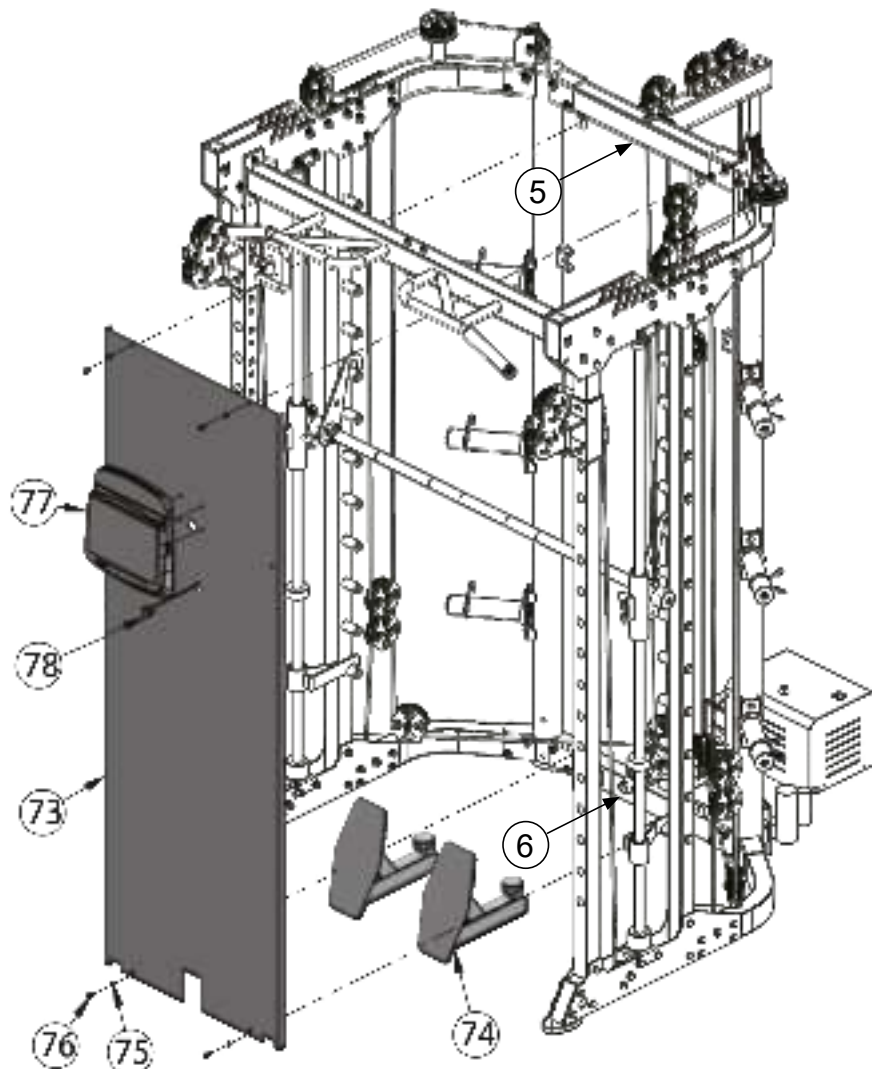


Step 19: Assembly of the Electronic Watch and Leg Press Plates

① NOTICE

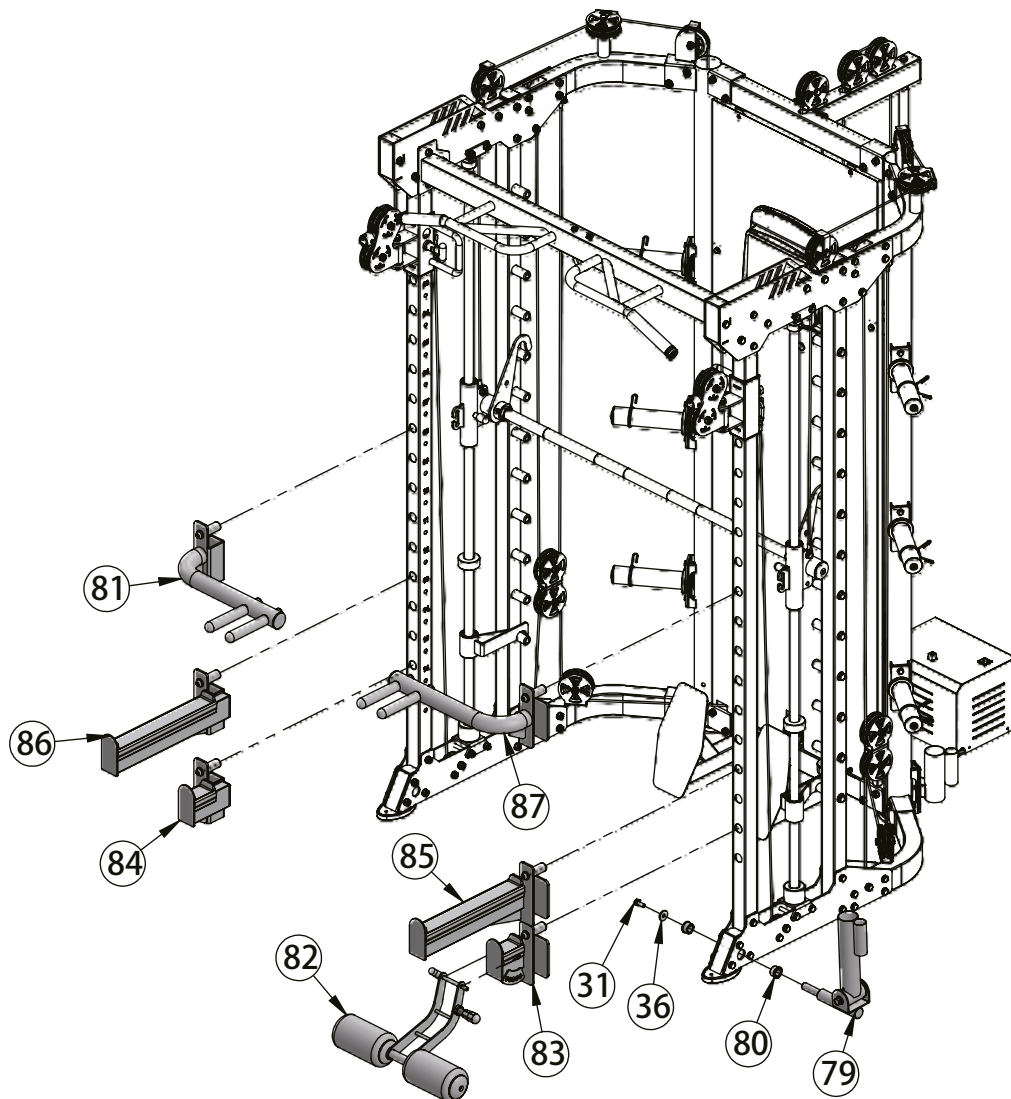
The bolts and nuts for the electronic watch (77) and cable (78) are pre-assembled. Remove them before assembly.

1. Assemble the plate (73) to the upper and lower connection tube (5 & 6) with four screws (76) and four washers (75).
2. Attach the leg press plates (74) to the lower connection tube (6).
3. Assemble the electronic watch (77) to the plate (73) with the pre-assembled bolts and nuts.



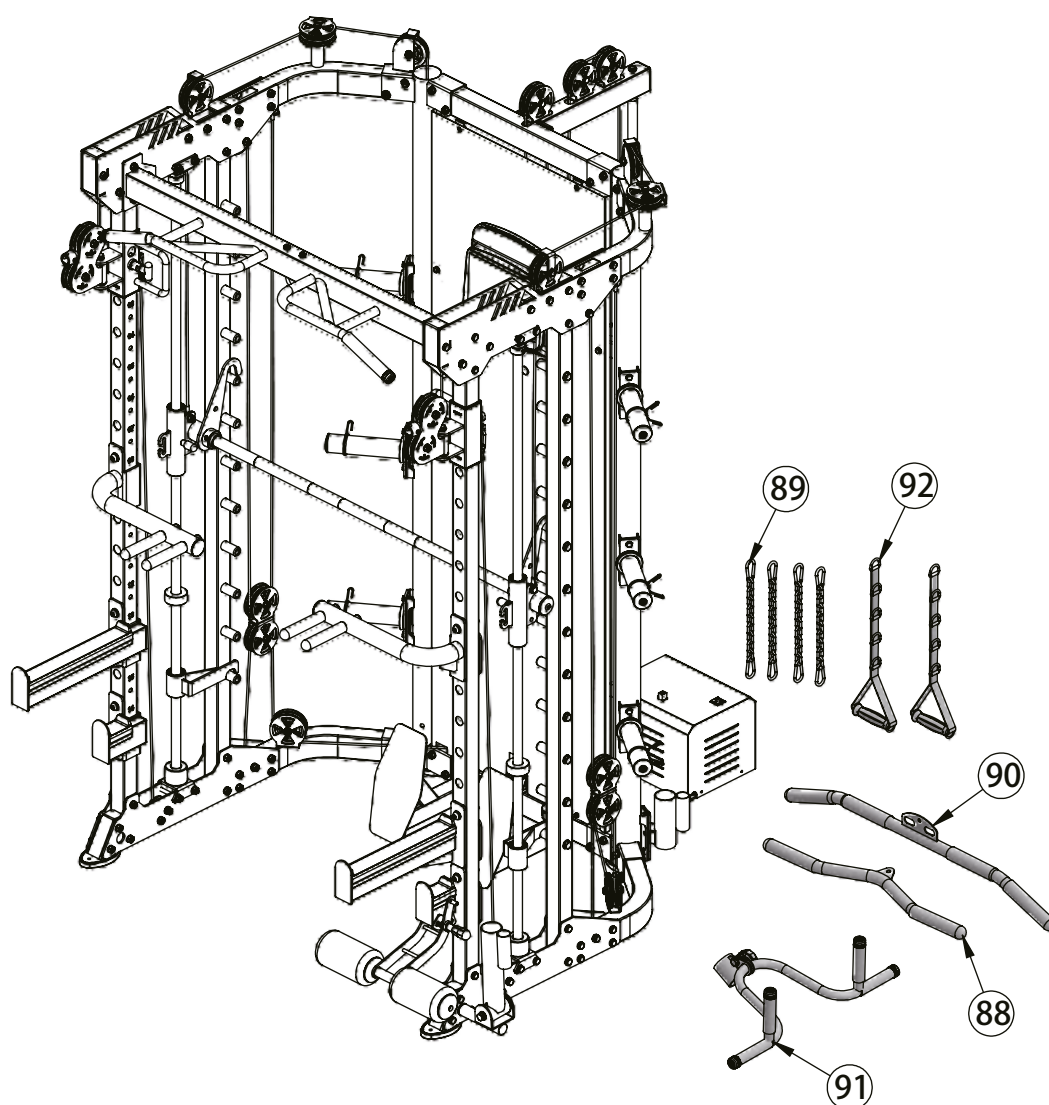
Step 20: Assembly of the Attachments

1. Assemble the bull stick (79) to the upper fixing plates (14) with one screw (31), one washer (36) and two powder sleeves (80).
2. Attach the leg curl adjusting bracket (82) to the right short safety block (83).
3. Attach the right horizontal bar (87), right short safety block (83) and right long safety block (85) to the right tube (17).
4. Attach the left horizontal bar (81), left short safety block (84) and left long safety block (86) to the left tube (18).



Step 21: Assembly of the Accessories

1. Attach the accessories if required.



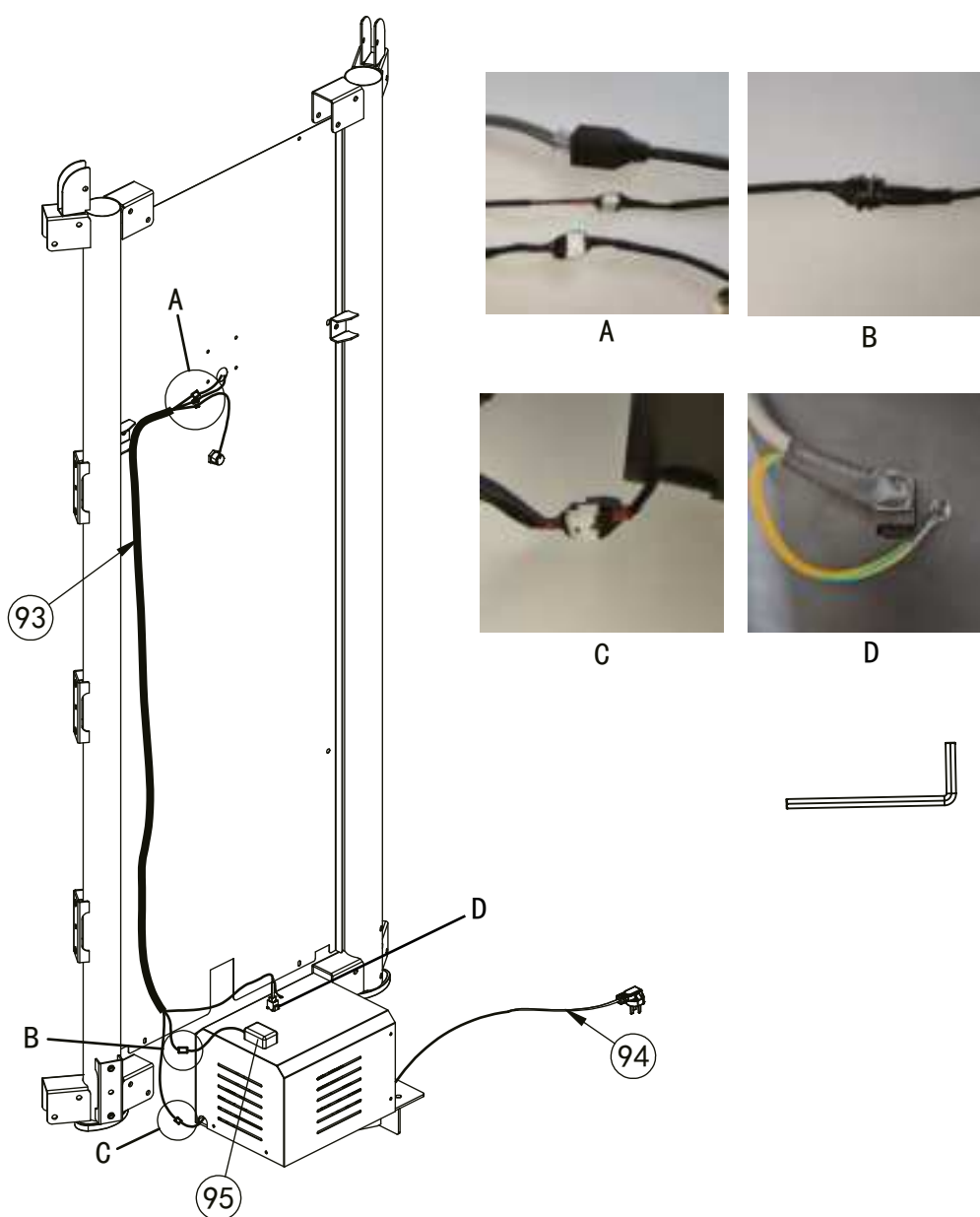
Step 22: Connection of the Cables and Connecting the Equipment to the Mains Supply

1. Connect the cables like shown. (A, B, C)
2. Loosen the screw, attach the earth cable and re-tighten the screw completely with the allen key. (D)

► ATTENTION

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

3. Plug the power plug (94) into a wall outlet that complies with the instructions in the chapter on electrical safety.

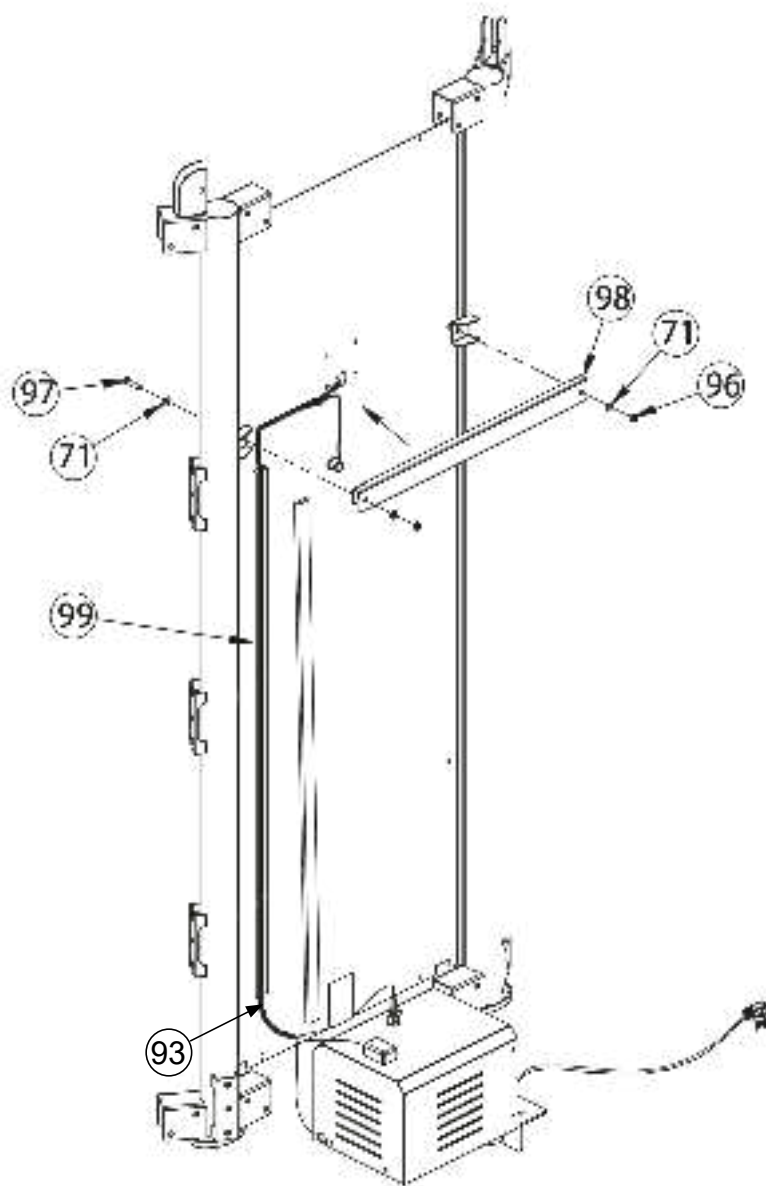


Step 23: Assembly of the Shield Support Plate

► ATTENTION

Be careful not to pinch the cables in the following step.

1. Assemble the shield support plate (98) to the plate (73) with two screws (97), four washers (71) and two lock nuts (96).
2. Peel off the back tape of the trunking (99) and stick it to the plate (73).
3. Guide the cable (93) through the trunking (99) and fasten the cover.



Adjustments

1. To change the weights on the barbell rod and the cable pulley: lower the barbell rod and the sliding tube to the lowest position 17.

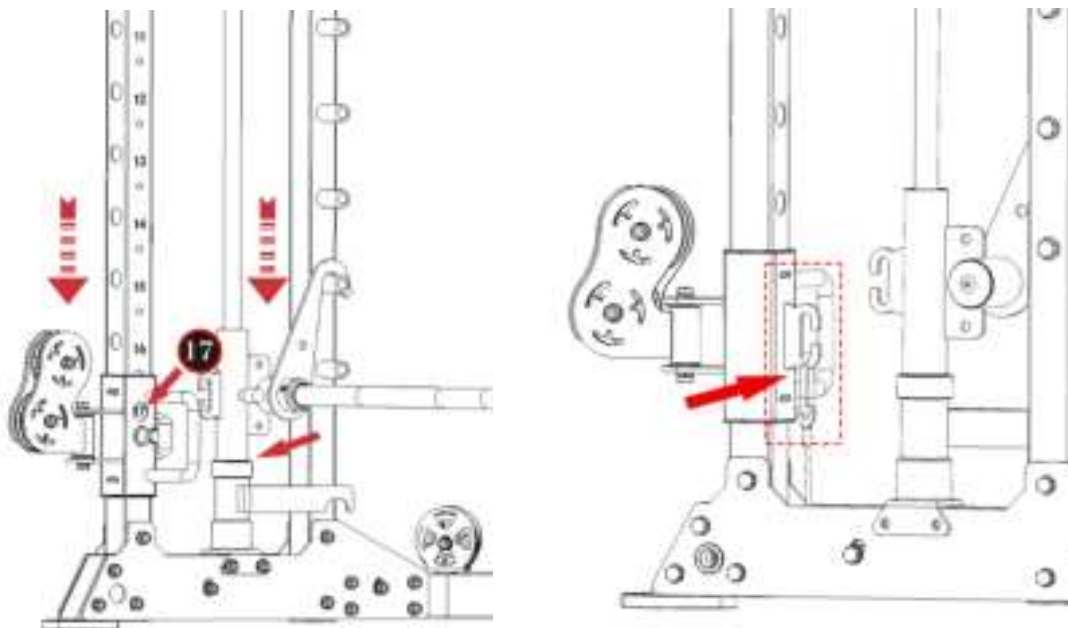
Now you can change the weights.



CAUTION

Make sure to connect the hook to the sliding tube before using the pull tower because otherwise the cable may slack and jump out of the track.

2. Before using the pull tower: connect the hook to the sliding tube.



Load and Unload Weight Plates



CAUTION

- + Make sure to always use some sort of weight collar when exercising with external weights.
- + Never store unused weight plates on the floor.
- + Store unused weight plates on a weight rack or respective storage horns.

3 OPERATING INSTRUCTIONS

① NOTICE

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



No.	Display	Function
1	Login and Setting	Press here to access the login and settings.
2	Training Mode	Select the training mode. You can choose from: + Eccentric + Standard + Chain
3	Duration	Displays your training duration.
4	Training Volume	Displays the accumulated training weight.
5	Calories	Displays the calories you have burnt. ① NOTICE Only when a wireless chest strap is used.
6	Real time HR	Displays your heart rate. You will need an ECG chest strap for this.

7	Reps	Displays the completed repetitions.
8	Set	Displays the completed sets.
9	Weight	Displays the training weight.
10	Start	Press Start to start the training session.
11	Infographic	Displays your training data in real time.

3.1.1 Concentric and Eccentric Movement

To improve your training results, this device utilises concentric and eccentric movement amplification.

- + **Concentric movement:** In a concentric movement, the muscle contracts and shortens to overcome a load. An example of this is lifting a weight during a bicep curl.
- + **Eccentric movement:** In an eccentric movement, the muscle is stretched while contracting at the same time. This happens when the muscle lowers a load in a controlled manner, such as when slowly lowering the weight after a bicep curl.

Mode	Function
Standard	The resistance is applied equally to concentric and eccentric movements.
Eccentric	+ The resistance increases during the eccentric movement. + Set the resistance between 80% - 200%
Chain	The resistance increases as the cable is pulled.

3.1.2 iConsole +

① NOTICE

Please note that you need a user account with the iConsole app to log in and use the Console.

3.1.3 Training Programme

1. Press the on/off button to start the appliance.

It takes approx. 40 seconds until the device is ready for training.

2. Press Start to `start` the training session.

3. Move the slider to adjust the weight.

Alternatively, you can press the '-' and '+' symbols to make the setting.



How to pause training:

4. Press 'Pause' to stop the timer.
5. Press 'Resume' to continue training.
6. Press 'Stop' for 3 seconds to end the training session.

A summary is displayed, see chapter 3.1.6.



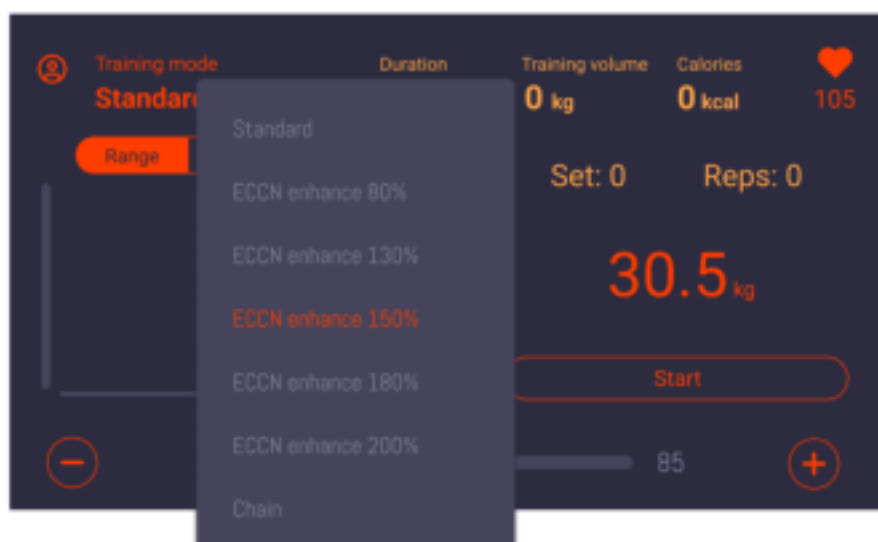
3.1.4 Training Modes

The power station has three training modes. To select a mode:

1. Press 'Training Mode'.
2. Select a mode.

① NOTICE

Press STOP before changing the training mode.



3.1.5 Training Diagram

The infographic displays your data in real time during training. The following data is displayed:

- + Range: Displays the speed in wave form. The steeper the curve, the higher the speed.
- + Velocity: Displays the pulling speed (cm/s) in the form of a bar chart.
- + Power: Displays the joules per repetition in the form of a bar chart. The formula is $\text{joules} \times \text{speed}$.



3.1.6 Training Summary

After the training you will receive the following overview:

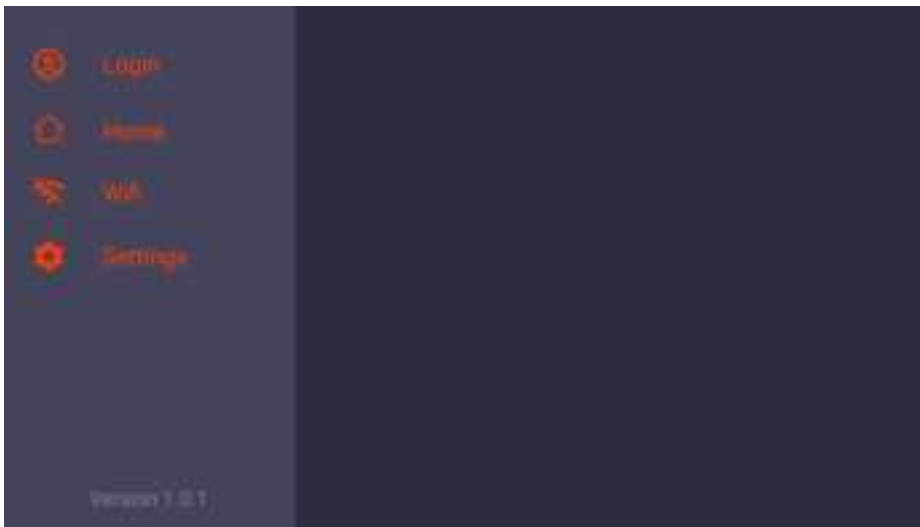
No.	Display	Meaning
1	Total Time	Displays the total duration of the training.
2	Training Volume	Shows the training volume. The sets are multiplied by the number of repetitions and the weight moved.
3	Total Calories	Displays the calories burned. ① NOTICE Only when a wireless chest strap is used.
4	Exercise Record	Displays your training data.
5	Heart Rate	Displays the average heart rate.
6	RPE	Displays one of a total of seven values to assess your effort.
7	Weight x Reps	Displays the range of the weight used and the repetitions.
8	Heart Rate Zone	Divides your heart rate during training into five zones based on intensity.
9	Infographic	Displays the above data.



3.2 Menu

You will find four subcategories in the menu.

No.	Display	Meaning
1	Login	Click on the icon to log in to your iConsole user account.
2	Home	The main page where you can find all the training overviews.
3	Wi-Fi	Click on 'Wi-Fi' to display the available networks.
4	Settings	You can find the settings here.



3.2.1 Login

① NOTICE

You must be connected to the Internet to log in.

1. Scan the QR-code with the iConsole app.

Alternatively, you can register with your e-mail address.



3.2.2 WiFi-Connection

How to connect to the Internet:

1. Click on "Wi-Fi".
2. Click on your network.
3. Enter your password if necessary.

You have connected to the Internet.

3.2.3 Settings

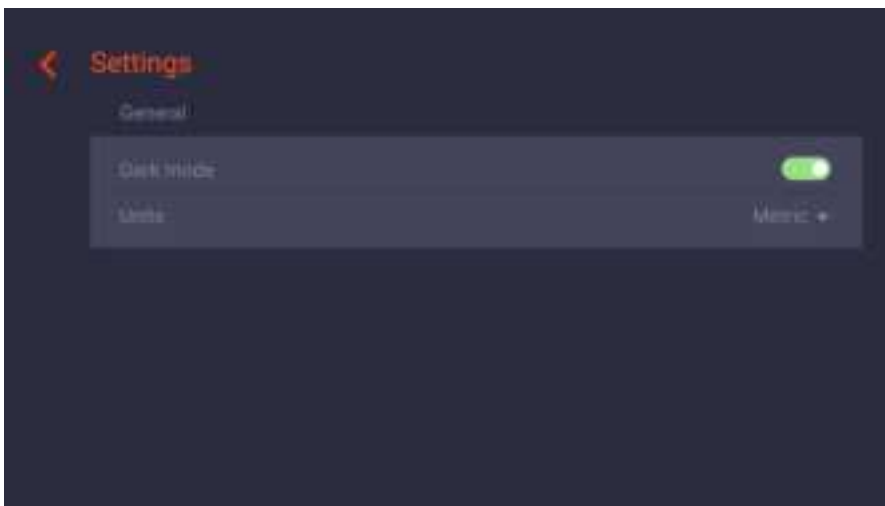
Various options are available in the settings.

Dark mode

To activate the dark mode:

1. Move the slider to the right.

Dark mode is active.



Unit of measurement

To change the unit of measurement:

1. Unfold the selection with the arrow.
2. Choose between Metric (metric) and Imperial (US, MM).

The unit of measurement has been changed.

3.2.4 Standby

① NOTICE

The console has a built in sensor. If you move away more than 1.5 m from the console, it automatically switches to standby mode after 15 minutes. The console will automatically switch on if you go into the sensor area (if it's not working: press the start button on the console).

4.1 General Instructions



WARNING

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



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 10°C and 35°C.

5.1 General Instructions



WARNING

- + Do not make any improper changes to the equipment.



CAUTION

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



ATTENTION

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

5.2 Faults and Fault Diagnosis

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

Fault	Cause	Solution
Grinding noises	Cables or pulleys do not run smoothly or are damaged	+ Visual inspection of the cable routing or the pulley guide + If damaged, replace the defective part
Weight hanging in the air	Cable tensioned too tight	Readjust cable tension
Cable without tension	Cable too loose	+ Check cable routing + Readjust cable tension
Squeaking & cracking noises	Screw connections loosened or too tight	+ Check or lubricate screw connections* + Check cable routing
Unit wobbles	+ Uneven ground + Loose screw connections	+ Align unit + Tighten screw connections
Heavy draught	+ Weight holders/guide rods too dry + Faulty cable routing	+ Lubricate guide rods* + Check cable routing

* With a grease-free silicone oil or silicone spray.

5.3 Maintenance and Inspection Calendar

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

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

Part	Weekly	Monthly	Quarterly
Cables	C	I	
Screw connections		I	
Pulleys and cable routing		I	
Slide rails/Guide rods		I	
Legend: C = clean; I = inspect			

6 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an 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 training equipment like smith machines, weight benches or racks this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat but it could be also **additional weights, handles, foot straps** for leg exercises or **triceps ropes**. For some smith machines, there are also optional add-ons such as **leg presses** that make your workout even more intense and comprehensive.

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. 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



triceps rope

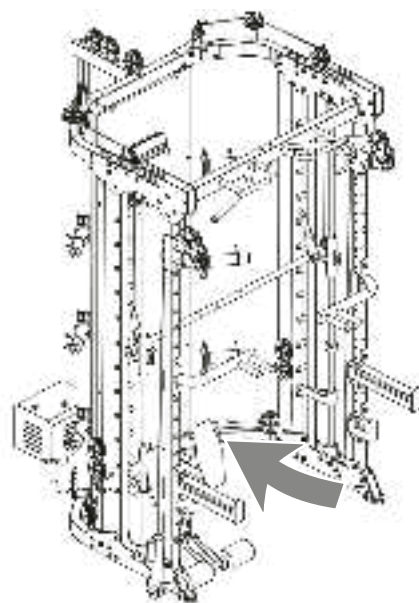
8.1 Serial Number and Model Name

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 of this operating manual.

NOTICE

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.

Enter the serial number in the appropriate field.



Serial number:

Brand / Category:

Model Name:

Article Number:

8.2 Parts List

No.	Name	Supplier Parts No.	Specification	Qty.
1	8301 Pipe		Assembly Part	1
2	8301 Pipe-left		Assembly Part	1
3	8301 Weight stack		Assembly Part	2
4	3058 Weight stack steel wire rope		Assembly Part	2
5	8301 Connection tube-upper		Assembly Part	1
6	8301 Connection tube-lower		Assembly Part	1
7	Hexagon Head Screws		M10×75	56
8	Lock nut		M10	106
9	Washer		φ10	216
10	8301 Lower bending tube-left		Welding Part	1
11	8301 Lower bending tube-right		Welding Part	1
12	8301 Upper bending tube-right		Welding Part	1
13	8301 Upper bending tube-left		Welding Part	1
14	8301 Upper fixing plate		Assembly Part	4
15	3059 Foot pad		Assembly Part	2
16	3059 Stand column		Assembly Part	2
17	8301 Stainless tube-right		Assembly Part	1
18	8301 Stainless tube-left		Assembly Part	1
19	8301 Sliding sleeve-right		Assembly Part	1
20	8301 Sliding sleeve-left		Assembly Part	1
21	8301 Fixing plate		T5	4
22	8301 Tube		40*120*2	2
23	8301 Weight stack sliding sleeve		Welding Part	1
24	8301 Weight stack sliding sleeve-left		Welding Part	1
25	BK-3058 Upper beam		Assembly Part	1
26	Hexagon Head Screws		M10×80	14
27	8301 Guiding rod fixing tube		Assembly Part	1
28	Hexagon Head Screws		M12×30	4
29	Spring washer		φ12	4
30	Washer		φ12	4
31	Hexagon Head Screws		M10×25	9
32	8301 Wheel frame		Welding Part	1

33	8301 Nut	Assembly Part	1
34	Hexagon Head Screws	M10×55	2
35	Motor	Assembly Part	1
36	Washer	φ30*φ10*3	3
37	Hexagon Head Screws	M10×70	2
38	Hexagon Head Screws	M10×95	1
39	8301 Connection tube	Assembly Part	1
40	3058 Fixing seat-lower	Welding Part	2
41	3058 Fixing seat-upper	Welding Part	2
42	1850 Guiding rod	φ25*1850	2
43	3010 Locking sleeve	φ40*φ25.5*35	2
44	8301 Sliding sleeve	Assembly Part	2
45	Barbell rod rubber pad	φ60×φ26×45	2
46	60-26 cushion	φ60×φ26×25	2
47	3000 Safety hook-right	Assembly Part	1
48	Hexagon Head Screws	M10×90	8
49	Hexagon socket screw	M8*10	2
50	8301 Barbell rod	Assembly Part	1
51	3000 Safety hook-left	Assembly Part	1
52	Decorative cap	φ11×φ18×φ24×φ50	2
53	Spring washer	φ10	2
54	Hexagon socket screw	M10×25	2
55	92 Pulley (powder sleeve)	φ92	25
56	Pulley bar	T4	4
57	Hexagon Head Screws	M10×50	4
58	Hexagon Head Screws	M10×45	17
59	3058 Steel wire rope	Assembly Part	2
60	8301 Pulley bracket	Welding Part	3
61	Powder sleeve	Φ20*φ16*φ10.5*20.5	16
62	8301 Steel wire rope	Assembly Part	1
63	8301 Steel wire rope	Assembly Part	1
64	8301 Pulley block	Welding Part	1
65	Pulley	φ50	4
66	8301 Steel wire rope	Assembly Part	1
67	Hook	Standard Part	1

68	Butterfly Clip	φ50	6
69	Barbell hanging bracket	Assembly Part	6
70	Hexagon Head Screws	M8×20	14
71	Washer	φ8	18
72	Barbell rod sleeve	Welding Part	1
73	8301 Plate	T1	1
74	3059D Leg press plate	Assembly Part	2
75	Washer	φ6	4
76	Hexagon Head Screws	M6×16	4
77	8301 Electronic watch	Assembly Part	1
78	8301 Wire	Assembly Part	1
79	3058 Bull stick	Assembly Part	1
80	Powder sleeve	φ33×φ29×φ20×18	2
81	3058 Horizontal bar-left	Assembly Part	1
82	3000 Leg curl adjusting bracket	Assembly Part	1
83	3058 Short safety block-right	Assembly Part	1
84	3058 Short Safety block-left	Assembly Part	1
85	3058 Long safety block-right	Assembly Part	1
86	3058 Long Safety block-left	Assembly Part	1
87	3058 Horizontal bar-right	Assembly Part	1
88	Handle	Assembly Part	1
89	Chain+Hook	Assembly Part	1
90	Handle	Assembly Part	1
91	Lifter	Assembly Part	1
92	Handle	Five Rings	2
93	Signal wire	Assembly Part	1
94	Power cord	Assembly Part	1
95	Adapter	Assembly Part	1
96	Lock nut	M8	2
97	Hexagon Head Screws	M8×35	2
98	8301 Shield support plate	T2	1
99	Trunking	30*20	1

This diagram is an exploded view of a complex mechanical assembly, likely a piece of industrial machinery. It features numerous components, each identified by a circled number. The assembly includes a main vertical frame (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100). The components are arranged in a way that shows their relative positions and how they fit together. The diagram is a technical drawing, likely a patent or a manual illustration, showing the assembly of a machine with various parts labeled with numbers.

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
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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

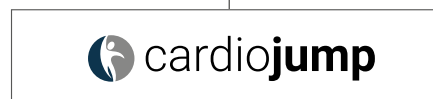
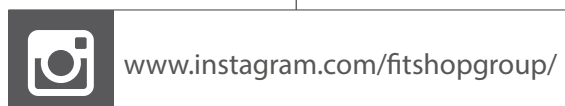
WE LIVE FITNESS

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!



TAURUS®

Taurus MS45 Pro