

TAURUS TF-RK2215Y Dumbbell Rack With 3 Tiers



# TAURUS TF-RK2215Y Dumbbell Rack With 3 Tiers Instruction Manual

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**TAURUS TF-RK2215Y Dumbbell Rack With 3 Tiers**



## Product Usage Instructions

- **Danger:** Before use, consult your medical professional.
- **Warning:** Not for children under 14. Supervise children and individuals with disabilities.
- **Caution:** Ensure no one is within the equipment's range of motion during use.
- **Attention:** Avoid inserting objects into device openings and remove jewelry.
- **Warning:** Avoid placing in main corridors or near heat sources.
- **Caution:** Provide ample space around the product.
- **Attention:** Use the device indoors only.
- Assemble one main support (2) to the upper part of the main frames (1) with four bolts (5) and four washers (7).
- Attach the other two main supports (2) to the main frames (1) using eight bolts (6), 16 washers (7), and eight lock nuts (8).
- **Warning:** Store in a secure location to prevent unauthorized use.
- Clean the device with a dry soft cloth.
- Store the device in the supplied carton in a dry environment.

## FAQ

- **Q:** What is the warranty period for the product?
- **A:** The warranty period begins on delivery and specific durations are listed on our website for each product.
- **Q:** How should I clean the equipment?
- **A:** Use a dry soft cloth to clean the device and store it in a dry environment when not in use.

## GENERAL SAFETY INSTRUCTIONS

### 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 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.

## **WARNING**

- This equipment may not be used by children under the age of 14.
- Children should not be allowed unsupervised access to the equipment.
- People 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.

## **CAUTION**

- Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.

## **ATTENTION**

- Do not insert any objects of any kind into the openings of the device.
- Do not wear jewellery like rings while using the punching ball.

## **Set-Up Place**

### **WARNING**

- Do not place the equipment in main corridors or escape routes.
- To prevent fire, do not place the device near or in areas with high heat (e.g. near a heater).

### **CAUTION**

- Choose the set-up place so that there is sufficient space around the product. Please note that the product requires sufficient space to the rear when in the reclined position.

### **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

## **TECHNICAL DATA**

### **Article weight (gross, incl. packaging)**

- No. 1 32.9 kg
- No. 2 15.26 kg

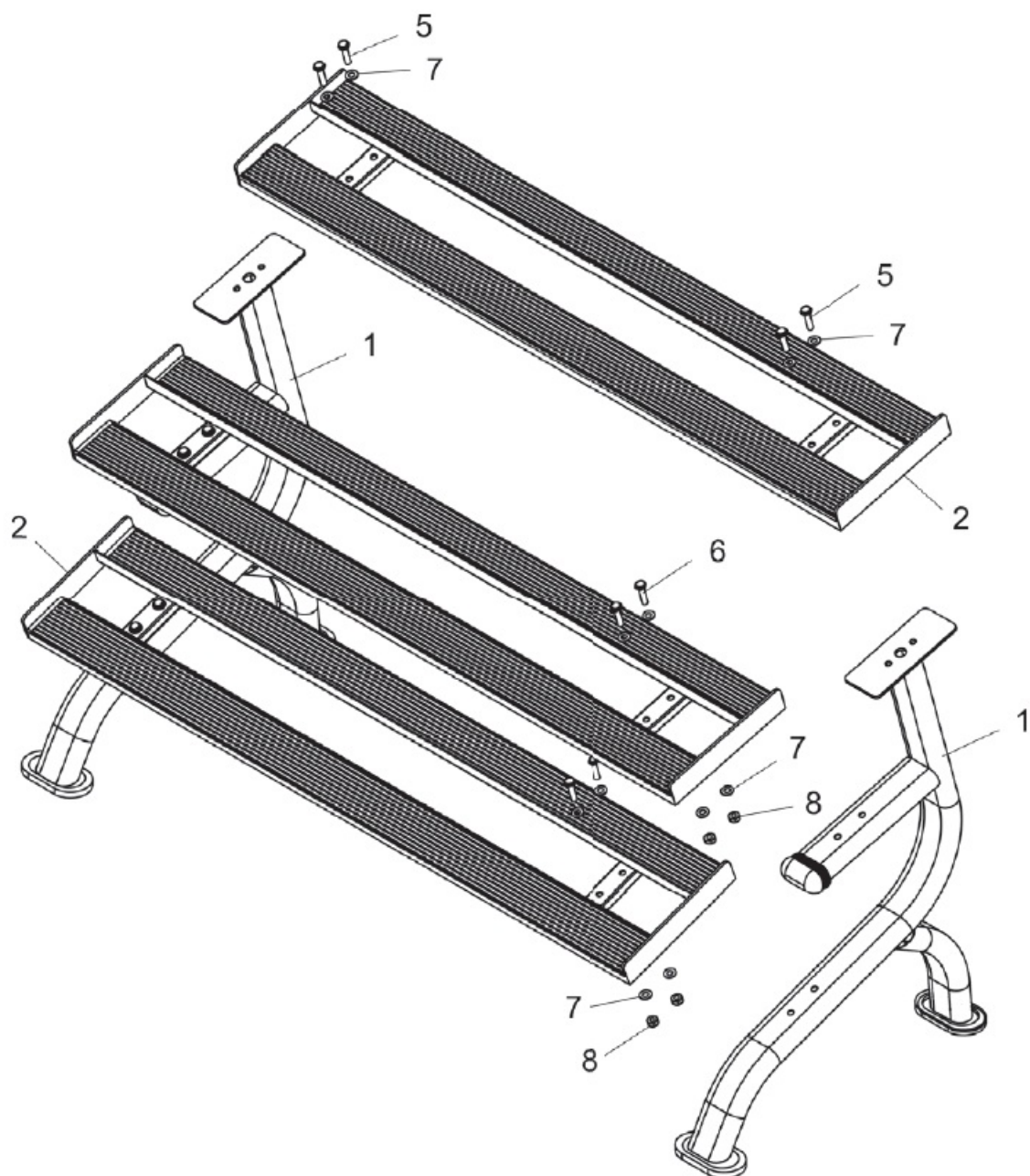
### **Packaging dimensions (L x W x H)**

- No. 1 approx. 147 cm x 31 cm x 28 cm
- No. 2 approx. 105 cm x 73 cm x 15 cm

Set-up dimensions (L x W x H): approx. 67 cm x 143 cm x 89 cm

## **ASSEMBLY**

1. Assemble one main support (2) to the upper part of the mainframes (1) with four bolts (5) and four washers (7).
2. Assemble the other two main supports (2) to the mainframes (1) with eight bolts (6), 16 washers (7) and eight lock nuts (8).



## PARTS LIST

No.	Name	Qty.
1	MAIN FRAME	2
2	MAIN SUPPORT	3
3	RUBBER PAD	4
4	ELLIPTICAL PLUG	2
5	BOLT M10*30	4
6	BOLT M10*75	8
7	WASHER 10	20
8	LOCK NUT M10	8

## CARE, MAINTENANCE AND STORAGE

### WARNING

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

1. Clean the device with a dry soft cloth.
2. Store the device in the supplied carton in a dry environment.

## WARRANTY INFORMATION

- Training equipment from Taurus® is subject to strict quality control.
- However, if 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.

### Warranty period

- The warranty periods, shown on our webshop, begin on delivery of the fitness equipment.
- The respective warranty periods for your equipment can be found on its product website.
- Please refer to the website of your Taurus® device for the exact warranty conditions.

## CONTACT

### DE

- 49 4621 4210-900
- [technik@sport-tiedje.de](mailto:technik@sport-tiedje.de)

## **Service**

- 0800 20 20 277 (free call)
- [info@sport-tiedje.de](mailto:info@sport-tiedje.de)

## **UK**

### **Technical Support**

- +44 141 876 3986
- [support@powerhousefitness.co.uk](mailto:support@powerhousefitness.co.uk)
- **Service**

+44 141 876 3972

## **FR**

### **Technical Support & Service**

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

## **DK**

### **Technical Support & Service**

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

## **INT**

### **Technical Support & Service**

- +49 4621 4210-944
- [service-int@sport-tiedje.de](mailto:service-int@sport-tiedje.de)

## **BE**

### **Technical Support & Service**

- 02 732 46 77
- +49 4621 42 10-932
- [info@fitshop.be](mailto:info@fitshop.be)

## **NL**

### **Technical Support & Service**

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

## AT

### Technical Support & Service

- 0800 20 20 277 (free call)
- +49 4621 42 10-0
- [info@sport-tiedje.at](mailto:info@sport-tiedje.at)

## CH

### Technical Support & Service

- 0800 202 027
- +49 4621 42 10-0
- [info@sport-tiedje.ch](mailto:info@sport-tiedje.ch)

## PL

### Technical Support & Service

- 22 307 43 21
- +49 4621 42 10-948
- [info@fitshop.pl](mailto:info@fitshop.pl)

## Documents / Resources



[TAURUS TF-RK2215Y Dumbbell Rack With 3 Tiers](#) [pdf] Instruction Manual  
TF-RK2215Y Dumbbell Rack With 3 Tiers, TF-RK2215Y, Dumbbell Rack With 3 Tiers, Rack With 3 Tiers

## References

- [Fitnessgeräte kaufen bei Fitshop.at - Europas №1 für Heimfitness](#)
- [Køb træningsudstyr hos Fitshop - Europas nr. 1 inden for hjemmefitness](#)
- [tiedje.de has been registered](#)
- [Offer to sell domain: tshop.pl](#)
- [User Manual](#)

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