



Operating Instructions



Art. No. TB-1000

FSTB1000.01.01

1 GENERAL SAFETY INSTRUCTIONS

1.1 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.

⚠ 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.

1.2 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
- + To avoid fading or faster wear of the cover, do not place the product in places with direct sunlight and/or high heat.

2 TECHNICAL DATA

Filling with sand or water:	30 kg
Punching ball height:	27 cm
Punching ball diameter:	21 cm
Total height:	approx. 154 cm
Product weight (incl. packaging):	5.5 kg
Packaging dimensions (LxWxH) approx.:	48 cm x 26 cm x 48 cm
Use class:	S

Free-Standing Punching Ball

3 ASSEMBLY

1. Open the cap (B) on the base (A) and fill the base with water (fig. A) or sand (fig. B).
2. Close the cap (B).

FIGURE A

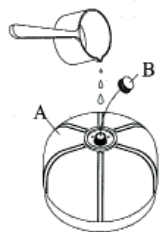
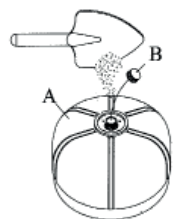


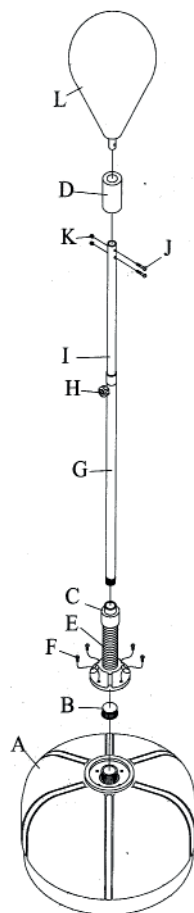
FIGURE B



3. Detach the cover (C).
4. Assemble the spring (E) to the top of the base (A) with four screws (F).
5. Attach the cover (C) to the top of the spring (E).
6. Slide the foam (D) to the top of the inner adjustable tube (I).
7. Slide the inner adjustable tube (I) into the lower tube (G) with the knob (H) to adjust the height.
8. Slide the punch ball (L) into the inner adjustable tube (I) and tighten with two screws (J) and two nuts (K).

► ATTENTION

Do not wear jewellery like rings or accessory on your shoes while using the training equipment.



4 PARTS LIST

No.	Name	Qty.
A	Base	1
B	Cap	1
C	Cover	1
D	Foam	1
E	Spring	1
F	Screw	4
G	Lower tube	1
H	Knob	1
I	Inner adjustable tube	1
J	Screw	2
K	Nut	2
L	Punch ball	1

5 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.

6 WARRANTY INFORMATION

Training equipment from TAURUS® is 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.

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.

Please refer to the website of your TAURUS® device for the exact warranty conditions.

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