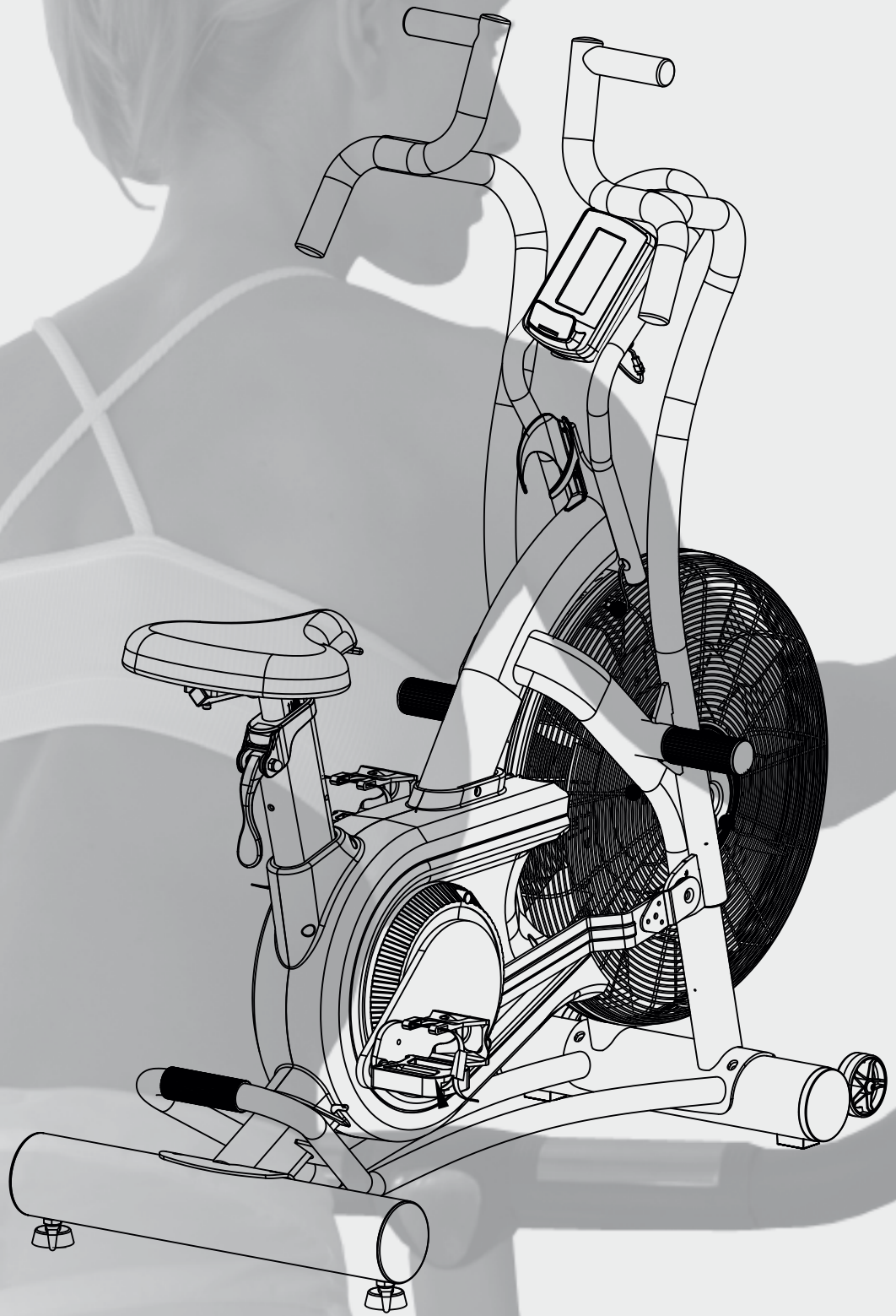


# AirBike 90PRO



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**MAXXUS**<sup>®</sup>

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Before you start exercising, be sure to read the entire operating manual, especially the Safety Information, the Maintenance and Cleaning Information and the Training Information. Also make sure that anyone else who uses this training device is familiar with this information and observes it.

Always follow the maintenance and safety instructions in this manual very carefully.

This training device may only be used for its specific intended use. Any misuse can cause risk of possible accident, damage to health or damage to the device for which the Distributor will not assume any liability.

### Electrical Connection

- A mains voltage of 220-230V is required to operate this training device.
- The training device is only to be connected to the mains with the mains cable supplied using a 16A individually fused and earthed socket installed by a qualified electrician.
- The training device is only to be switched on and off using the ON/OFF switch.
- Always remove the electric plug from the socket before moving the training device.
- Remove the electric plug from the socket before commencing any cleaning, maintenance or other works.
- Do not connect the mains plug to a socket on a socket strip or on a cable drum.
- If using a cable extension please ensure that this complies with DIN standards, VDE regulations and guidelines, technical rules issued by other European Union states.
- Always place the mains cable so it cannot be damaged or cause a tripping hazard.
- In operating or standby mode, electrical devices such as mobile phones, PCs, Televisions (LCD, plasma, tube, etc.), game consoles etc. will emit electro-magnetic radiation. For this reason, all these types of devices should be kept away from your training device as they could lead to malfunction, disturbances or false outputs being shown in heart rate measurements.
- For safety reasons, always remove the electrical plug from the socket when the device is not in use.

### Training Environment

- Select a suitable space for your training device to provide an optimum amount of free space and highest level of safety. You should leave a free space measuring a minimum of 200 cm long and at least the width of the treadmill behind the device. A free space measuring a minimum of 50cm long and at least the width of the treadmill should be left in front of the device.
- Make sure that the area is well ventilated and that an optimum amount of oxygen is available during training. Avoid draughts.
- Your training device is not suitable for outside use and so storage and training can only take place in a temperate, clean dry room.
- The temperature range to operate or store this device is between a minimum of 10° and maximum of 30°
- Do not operate or store your training device in wet areas such as in swimming pools, saunas etc.
- Make sure that your training device is kept on flat, hard, clean ground both in operation and at rest. Any uneven surfaces must be removed or made good.
- It is recommended that a floor covering (carpet, mat, etc.) should be placed under the device to protect damageable floors such as wood, laminates, floor tiles etc. Please ensure that this underlay cannot slip or slide.
- Do not put this training device on pale or white coloured carpets or rugs as the feet of the device may leave marks.
- Make sure that your training device and mains cable are kept out of contact with hot surfaces and are kept at a safe distance from any sources of heat e.g. central heating, hot stoves, furnaces, ovens or open fires.

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### Personal Safety Instructions for Training

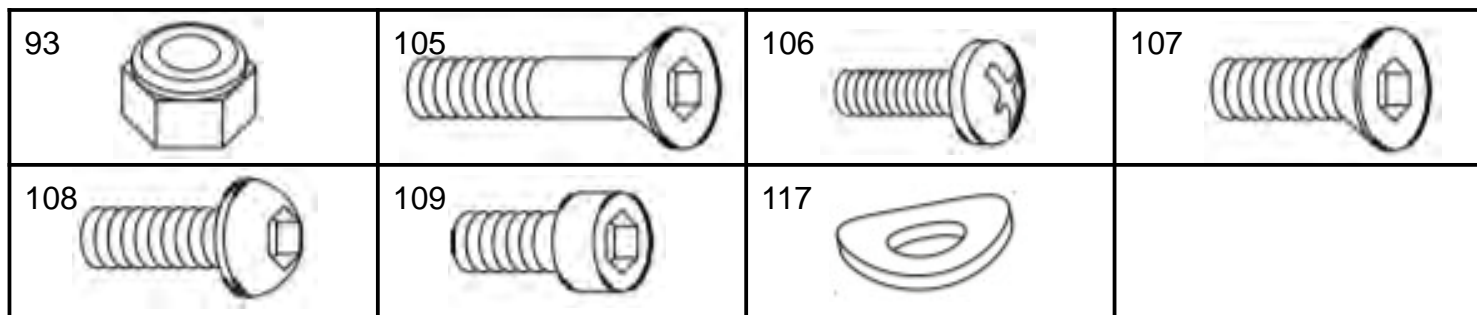
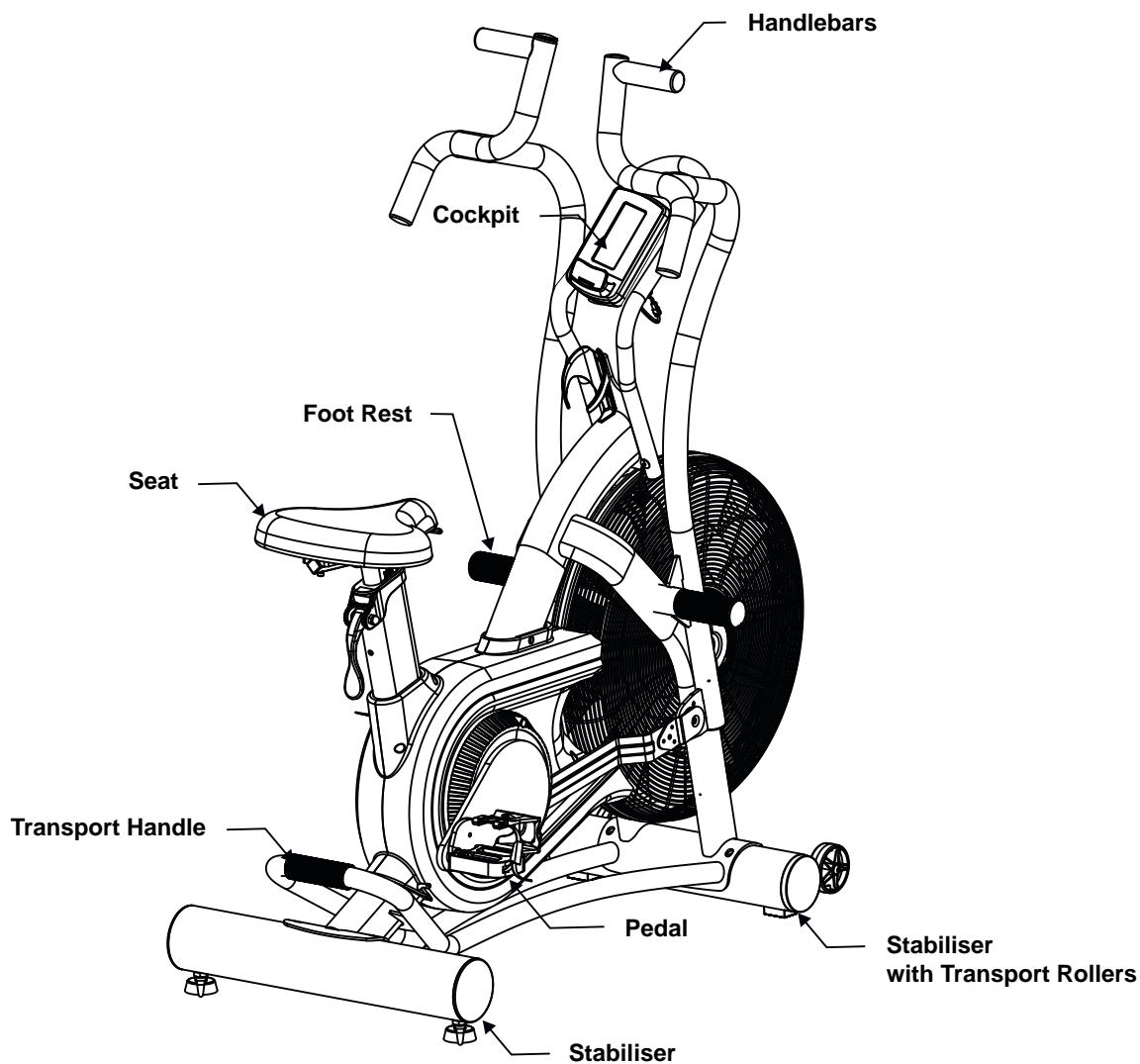
- The safety key must be inserted correctly before each training session can begin.
- Remove the safety key and mains cable from the training device when not in use to avoid inappropriate or uncontrolled use by any other third party, e.g. children.
- You should have a health check carried out by your doctor before you start any training
- Stop training immediately if you feel physically unwell or are experiencing any breathing difficulties.
- Always start your training session at a low workload increasing it slowly but steadily throughout. Reduce the workload again towards the end of your training session.
- Suitable sports shoes and clothes should always be worn during training sessions. Make sure that loose clothes do not get caught up in the treadmill belt or rollers.
- Your training device is only to be used by one person at a time.
- Check each time before a training session to see if your device is in perfect condition. Never use your training device if it is faulty or defective.
- You are only permitted to carry out repairs to the device yourself after having contacted our Service Department and on receipt of explicit permission to do so. Only original spare parts may be used at any time.
- Your training device must be cleaned after each use. Remove all dirt including body sweat or any other liquids.
- Always make sure that liquids (drinks, body sweat, etc.) do not get onto the vibrating plate or into the cockpit as this can cause damage to the mechanical and electronic components.
- Your training device is not suitable for use by children.
- Third parties, especially children and animals, must be kept at an appropriate safety distance during training.
- Check if there are any items underneath the training device before each training session and remove them without fail. Never use the training device when items are underneath it.
- Do not allow children to use your training device as a toy or climbing frame at any time.
- Ensure that no body parts of your own or of third parties ever come in contact with any of the moving mechanisms.

### Warning for pulse and heart rate measurement

Pulse and heart rate monitoring systems may be inaccurate. Excessive training can lead to serious injury or lead to death. If you feel unwell and / or faint, you must stop training immediately. Make sure that all persons using this exercise device are familiar with and understand this information and abide by it without fail.

The construction of this training device is based on state-of-the-art technology and highest modern technical safety standards. This training device is to be used by adults only! Extreme misuse and/or unplanned training can cause damage to your health!

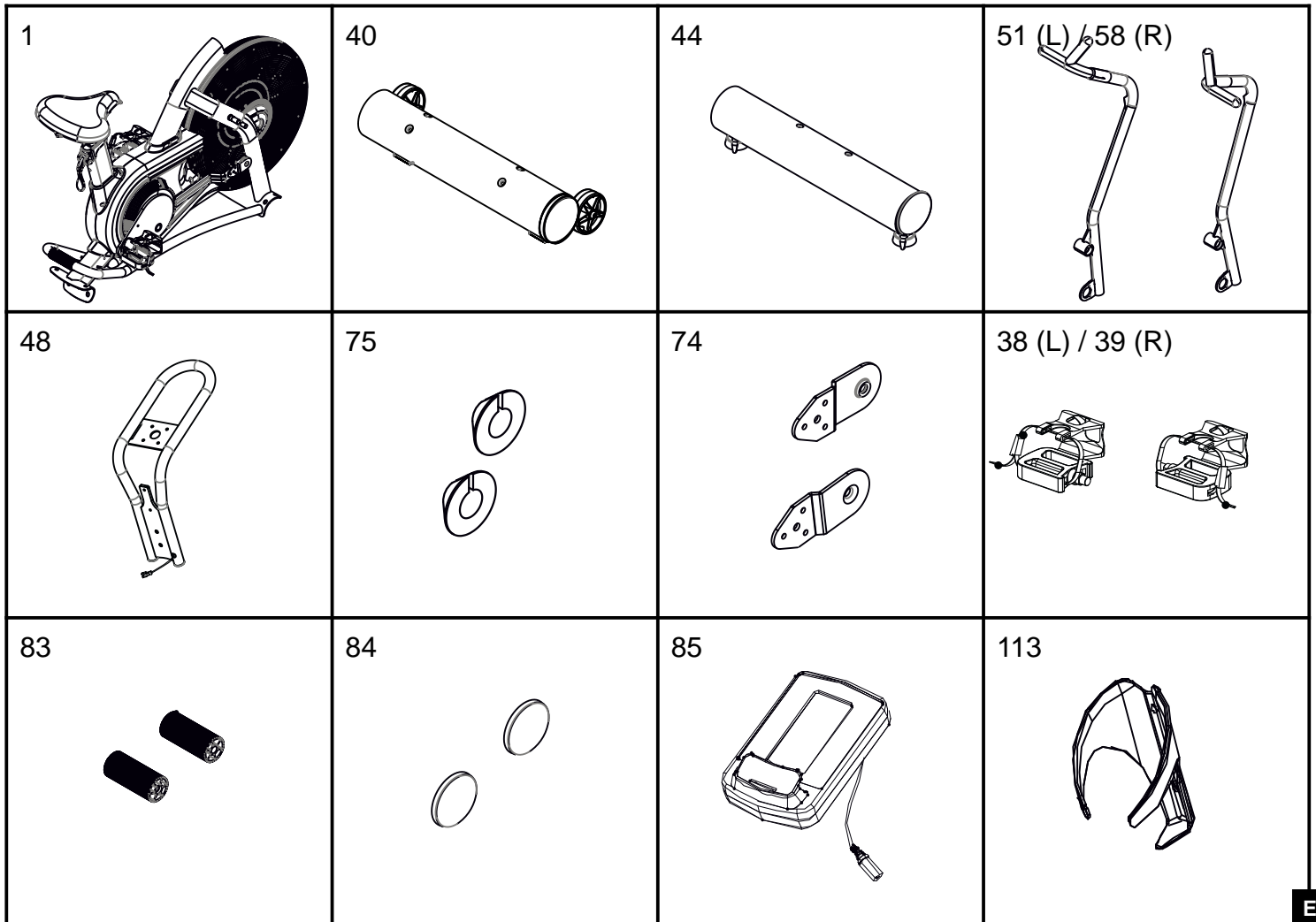
## Overview of the Device & Scope of Delivery



No.	Description	QTY
93	Lock nut M8	3
105	Allen screw M8x30	4
106	Pan head screw M5x12	6
107	Allen screw M6x15	6

No.	Description	QTY
108	Allen screw M10x20	8
109	Allen screw M6x10	4
117	Corrugated washer M10	4











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No.	Description	Qty.
1	Base Frame	1
40	Stabiliser, front	1
44	Stabiliser, rear	1
51 (L)	Handle, left	1
58 (R)	Handle, right	1
48	Cockpit frame	1
75	Spacer washer	2

No.	Description	Qty.
74	Mounting plate	2
38 (L)	Pedal, left	1
39 (R)	Pedal, right	1
83	Foot rest	2
84	Cap, round	2
85	Cockpit	1
113	Bottle holder	1

	Special spanner		Allen key 4 mm
	Spanner 14/17 mm		Allen key 5 mm
	Phillips screwdriver		Allen key 6 mm

Tools may be supplemented or replaced with your own. Make sure that they are an accurate fit.

## Assembly

Carefully unpack all parts of the delivery. Two people are required because some parts of your exercise machine are bulky and heavy. Before mounting, check the completeness of the assembling hardware (screws, nuts, etc.) and the components in the parts and fastening materials list on the previous pages of this manual.

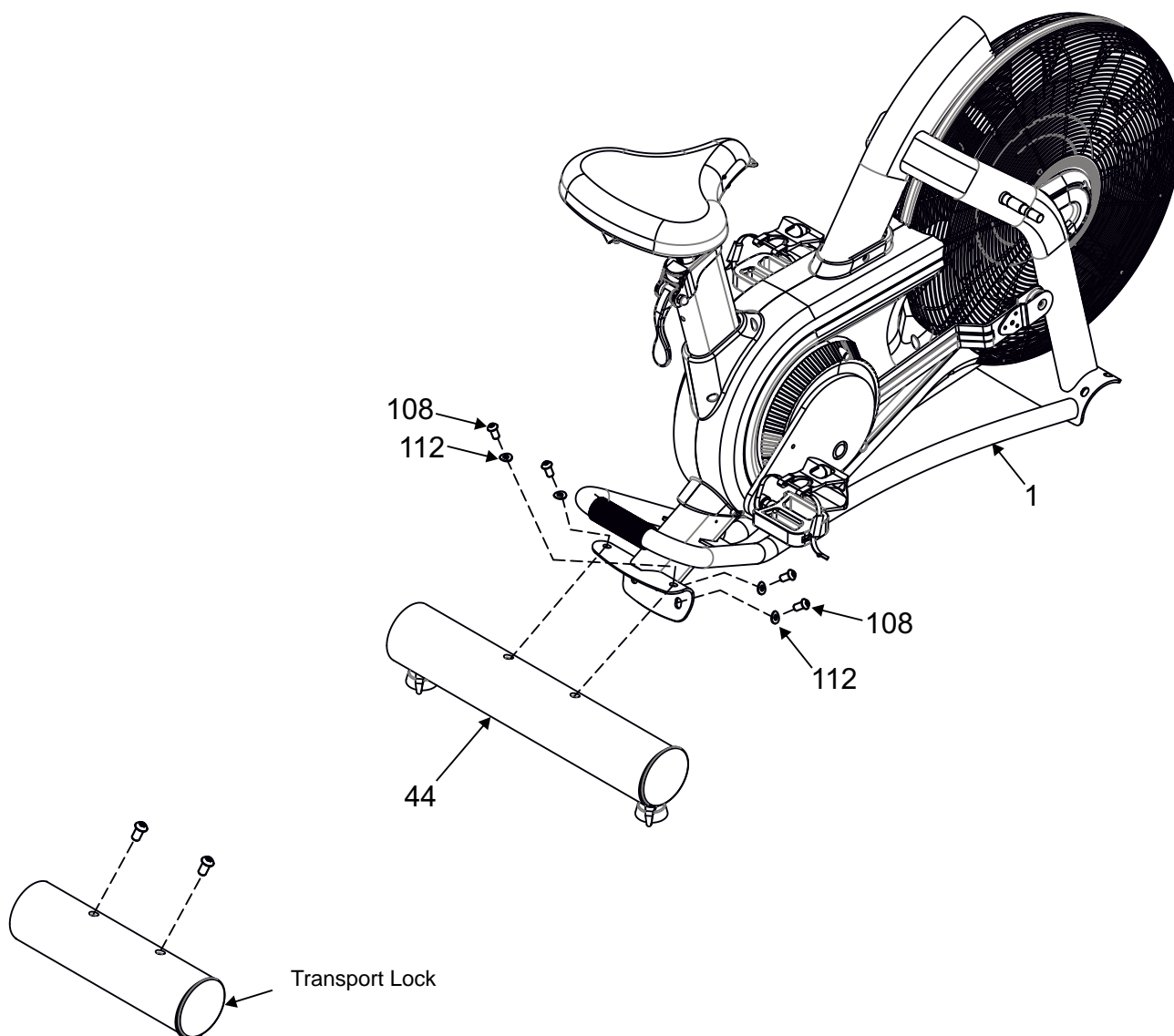
Carefully carry out the installation, as damage or defects that have arisen due to assembly errors are not covered by the warranty **under any circumstances**. Read the instructions carefully before starting, follow the sequence of the installation steps exactly and follow the instructions for the individual assembly steps. The installation of the training device must be carried out by responsible adults.

Carry out the installation of your exercise equipment with two adults in a location that is level, clean and free of obstruction during assembly. Only after assembly of the training device has been completed can training be started.

### Step 1: Assembling the Rear Stabiliser

Loosen and remove the screws holding the transport lock on the rear mount of the base frame (1) and then remove the transport lock.

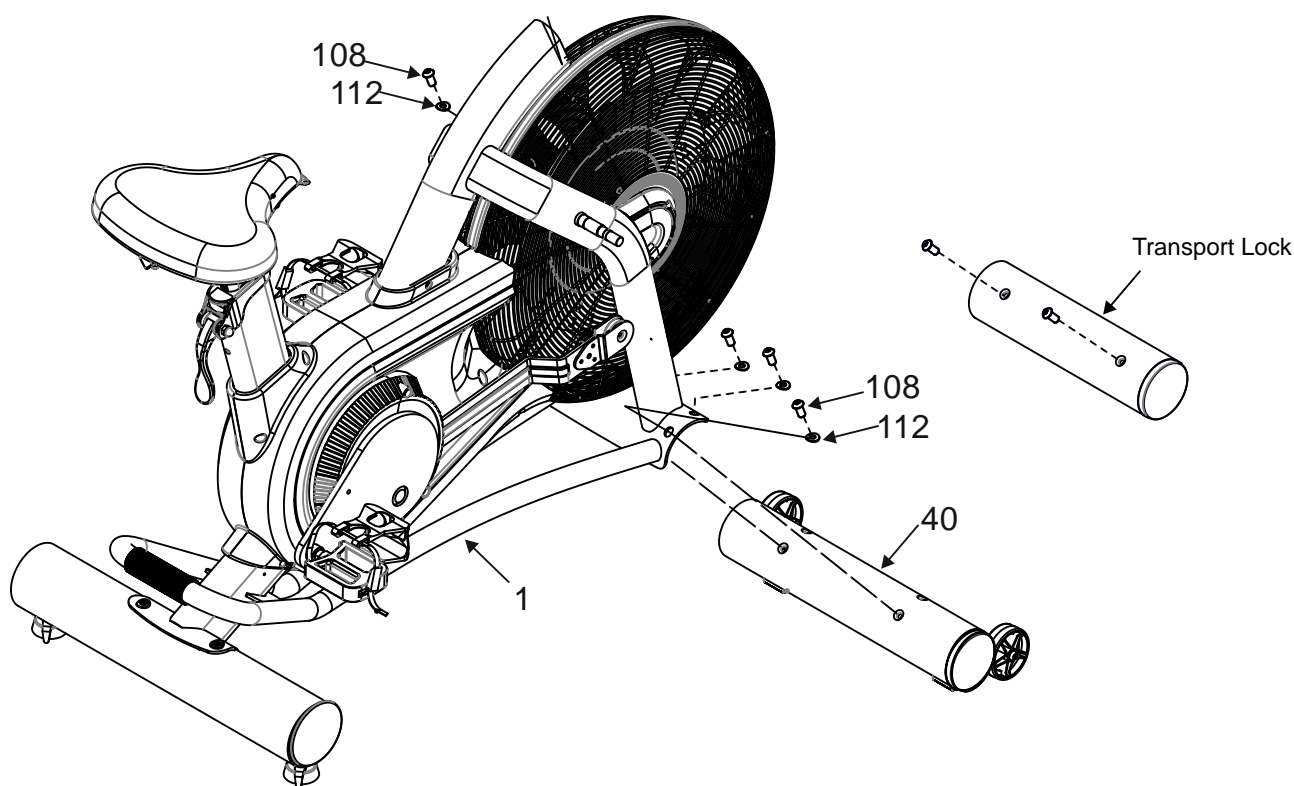
Then attach the rear stabiliser (44) using four Allen screws M10x20 (108) and four corrugated washers M10 (112) to the rear mount of the base frame (1).



**Step 2: Assembling the Front Stabiliser**

Loosen and remove the transport lock on the front mount of the base frame (1) and then remove the transport lock.

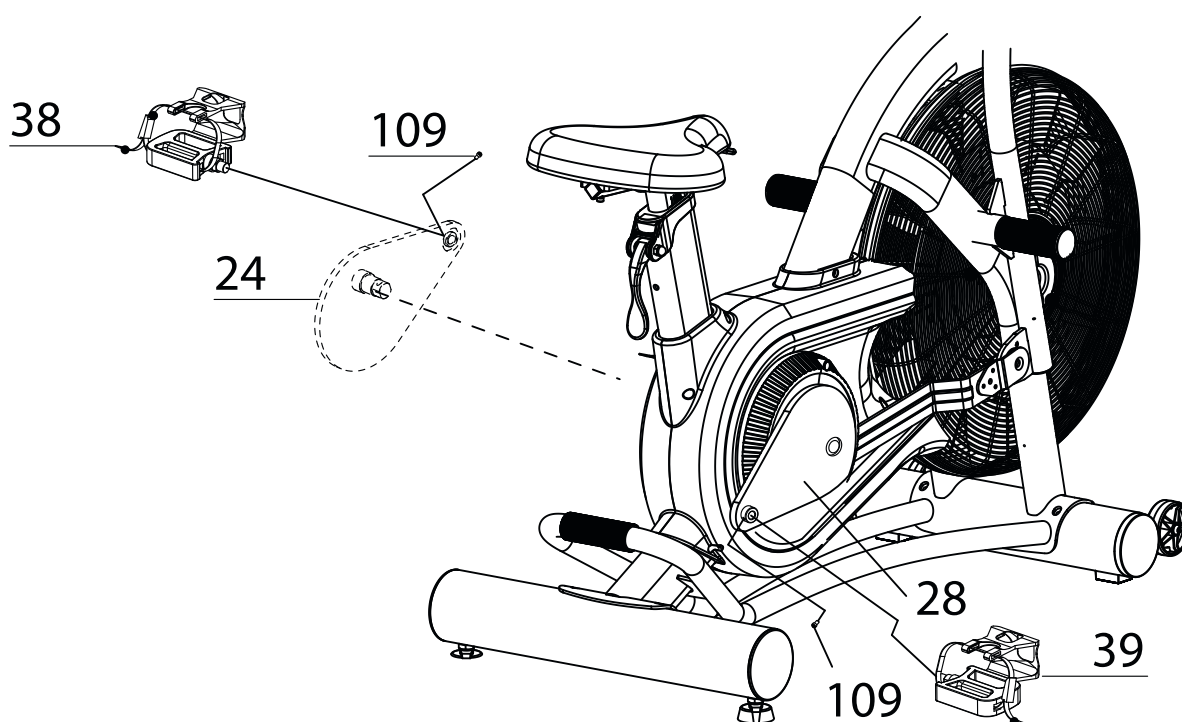
Then attach the front stabiliser (40) using four Allen screws M10x20 (108) and four corrugated washers M10 (112) to the front mount of the base frame (1).



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**Step 3: Assembling the Pedals**

Loosen the screw (109) on the left pedal arm (24). Then insert the thread of the left pedal (38) into the mount of the left pedal arm and screw it tight in an anticlockwise direction. Now tighten the screw (109) again. Proceed in the same way with the right pedal (39). Make sure that this pedal is tightened in a clockwise direction. The pedals are easy to identify because they are marked "R" for right and "L" for left.



## Step 4: Assembling the Handlebars

### Step 4.1

Insert the right handle (58) into the right axle of the base frame (1). Then push the footrest (83) onto the axle of the base frame (1) and tighten it clockwise with the special spanner – see circular exploded illustration. Finally, push on the cover cap (84) on the end of the footrest (83).

### Step 4.2

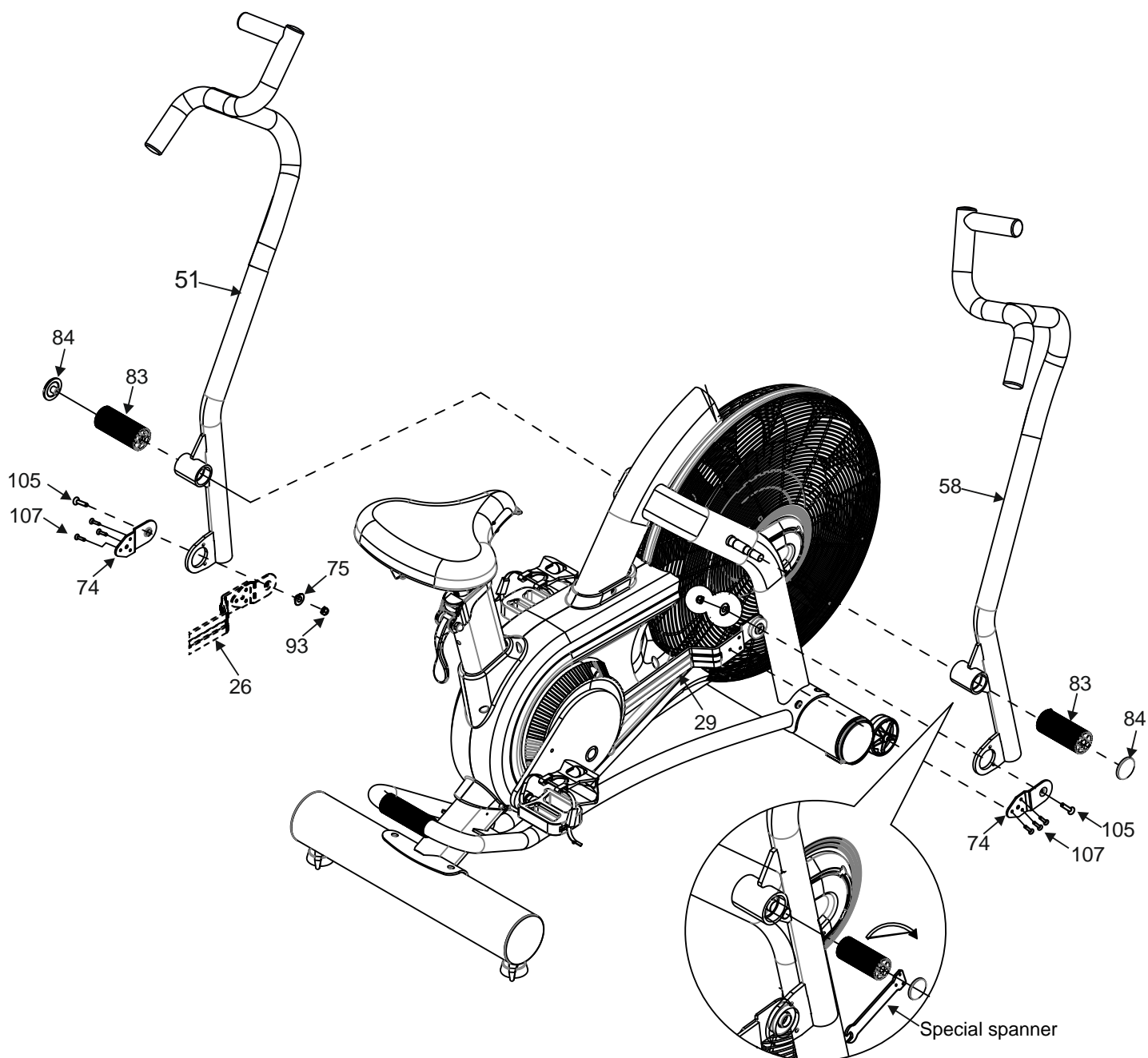
Now attach the connecting tube (29) of the base frame to the mount at the bottom of the handlebar (58). To do this, use the mounting plate, right (74), a spacer washer (75), an Allen screw M8x30 (105) and a lock nut M8 (93). Do not completely tighten the Allen screw M8x30 (105) yet!

### Step 4.3

Secure the mounting plate, right (74) to the connecting rod (29) with three Allen screws M6x15 (107). Now also tighten the Allen screw M8x30 (105) fitted in step 4.2.

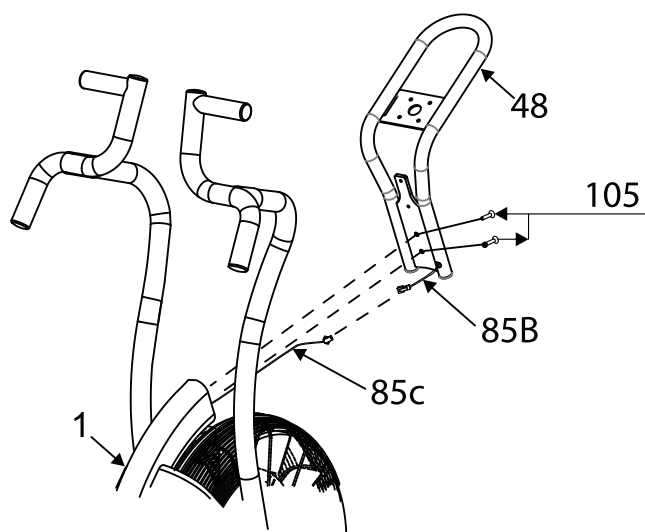
### Step 4.4

Now repeat the procedure as described in steps 4.1 to 4.3 on the left side of the device.



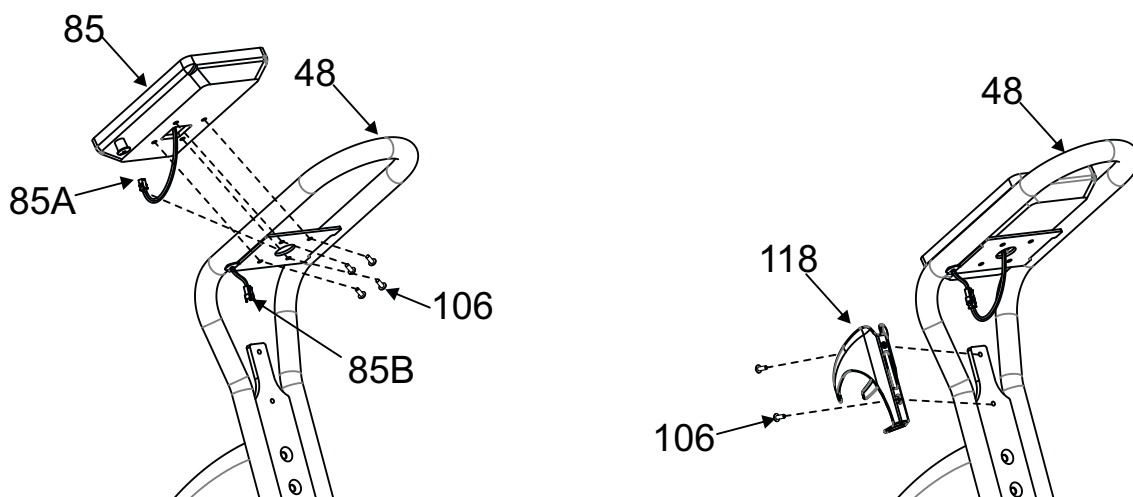
**Step 5: Assembling the Cockpit Frame**

Connect the cable (85B) protruding from the cockpit frame (48) to the cable (85C) protruding from the base frame (1). Then push the rest of the protruding cable back into the base frame (1) and then secure the cockpit frame (48) to the base frame using two Allen screws M8x30 (105).



**Step 6: Assembling the Cockpit and Bottle Holder**

Connect the cockpit cable (85A) to the cable (85B) protruding from the cockpit frame (48). Then secure the cockpit (85) to the cockpit frame (48) with four M5x12 pan-head screws (106). Finally attach the bottle holder (118) to the cockpit frame (48) with two pan-head screws M5x12 (106).

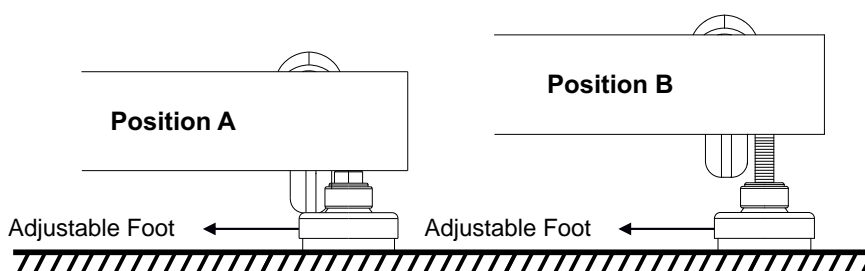


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**Levelling**

Make sure that your exercise equipment is always level. In order to compensate for minor bumps or slopes, adjustable feet are fitted right and left on the front and rear stands and on the sliding. To ensure that the device stands level, first turn all feet to the lowest position (position A). If necessary, adjust the feet so that the training device is level and stable.

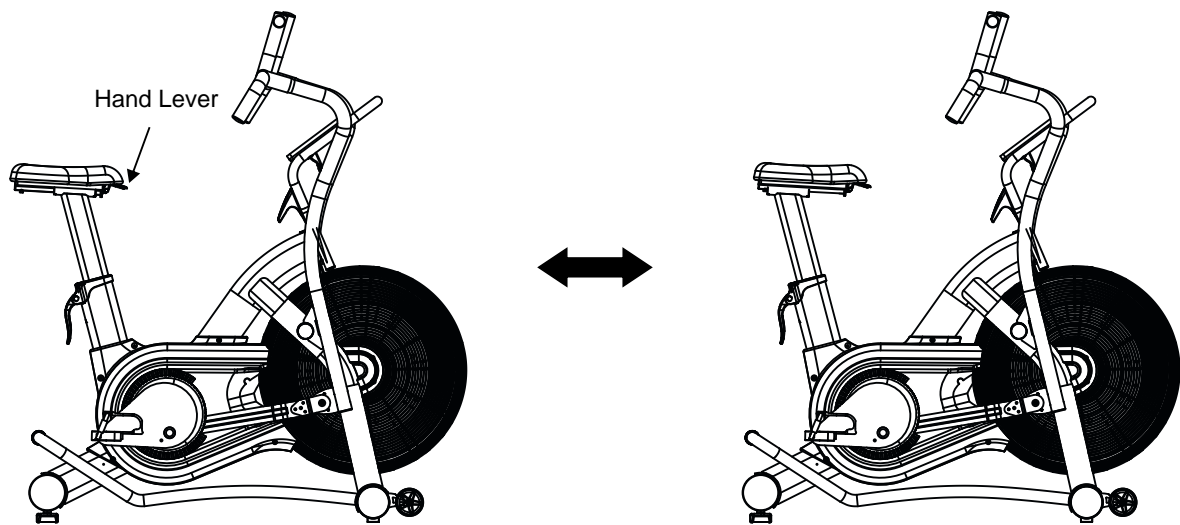
If the adjustment range of the adjustable feet is not sufficient to allow level standing of the training device, please check the surface of the location. If necessary choose a different location where a safe and level position of the training device is ensured.



## Saddle Adjustment

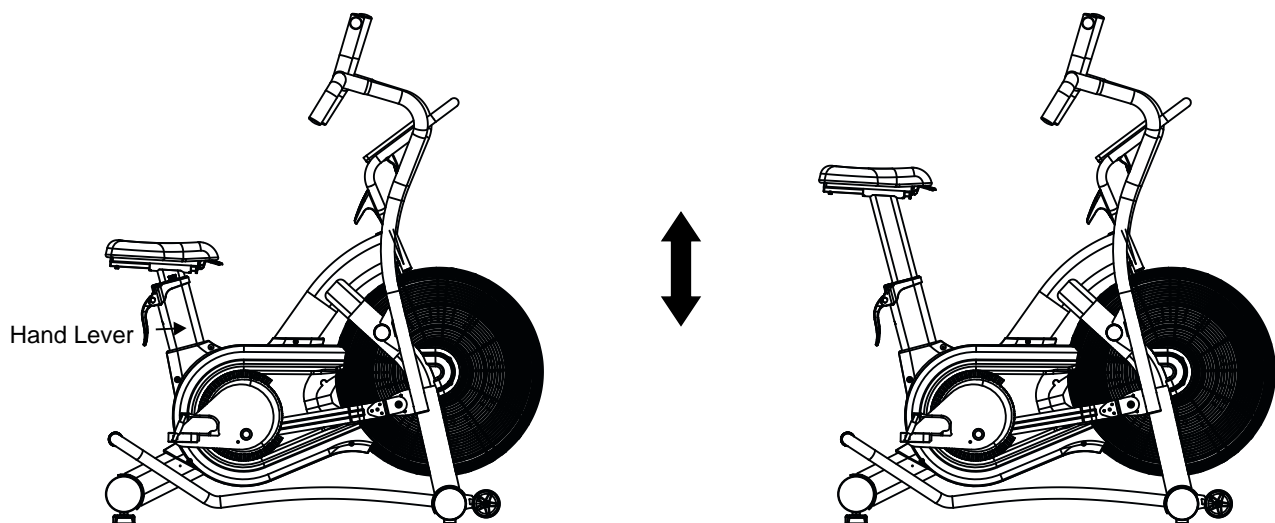
### Horizontal Adjustment

You can adjust your saddle horizontally to set your optimum distance to the handlebars. Loosen the hand lever (B37) below the saddle by turning it anti-clockwise. Move the saddle to the desired horizontal position and retighten the hand lever clockwise.



### Vertical Adjustment

You can adjust the saddle position vertically, i.e. in height. This allows you to set the optimum distance to the pedals. To do this, loosen the hand lever located underneath the saddle on the back of the seat tube. Then set the desired saddle height and secure the set position by pressing the hand lever again.



### WARNING:

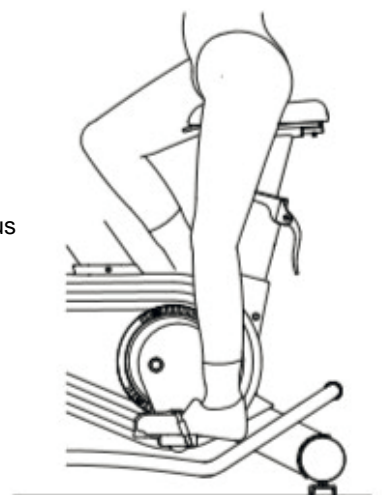
Please note that the knob operates a quick-release system. You only have to turn it anti-clockwise 2-3 times to unlock it, then pull on the knob to quick release the saddle support. Hold the knob in this pulled position and then set the desired saddle height. Let go of the knob to engage the locking mechanism again. To do this, you may need to move the seat tube slightly up or down to engage the mechanism in the corresponding seat support hole. Tighten the knob clockwise again.

### Setting the optimum saddle height:

Make sure you are wearing the shoes you want to wear during your workout. Comfortable running shoes or sports shoes are ideal. Adjust the pedal position so that the right pedal arm is pointing vertically down and the right pedal is at the lowest point of its radius of motion. Now sit on the saddle and place the heel of your right foot on the right pedal. Your leg should be almost completely straight. Adjust the saddle height until your right leg is almost fully extended and then put the ball of the foot on the pedal. Now your leg should be slightly bent. This is the ideal height adjustment for your saddle.

### WARNING:

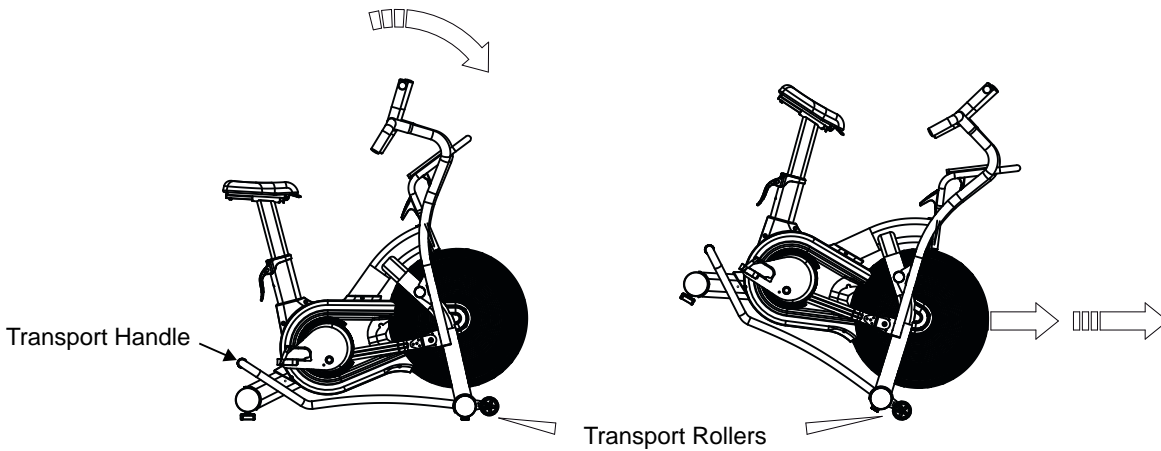
Never train with a seat height adjustment that fully extends your legs at the lowest position of the pedals.





**Transport**

In order to transport your training device simply and safely, the front stand is equipped with transport rollers. To move the exerciser, stand behind the device and grab the transport handle with both hands. Lift the training device until the main weight of the device is resting on the front transport rollers. Now you can simply push or pull the device along on the transport rollers and place it in the desired position. When lifting, transporting and positioning the device always make sure that you have a secure footing.



**Location & Storage**

This training device was designed for exclusive use in dry, well-ventilated indoor areas. Use or storage in damp or wet areas, such as saunas, swimming pools, etc. and in outdoor areas, such as balconies, terraces, gardens, garages, etc. is excluded.

These locations may give rise to electronic defects, corrosion and rust due to the high humidity and low temperatures prevailing there. Under no circumstances will any claims for damages of this kind be accepted under the warranty.

Please choose a dry, level and warm place to store your training device. For your own sake, also make sure that you choose a training area which is sufficiently ventilated to ensure optimum oxygenation during training. Before putting your training device back into operation after a long period of non-use, make sure that all fastenings are secure.

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**Care, Cleaning & Maintenance**

**Cleaning**

Clean your exerciser after each workout. Use a damp cloth and soap. Never use solvents. Regular cleaning contributes significantly to the preservation and longevity of your training device. Damage caused by sweat or other liquids is not covered by the warranty under any circumstances. During training, make sure that no fluid can enter the exercise machine or the computer.

**Maintenance**

Sealed bearings are used in your training device, lubrication of the bearings is not required.

**Checking the Fastenings**

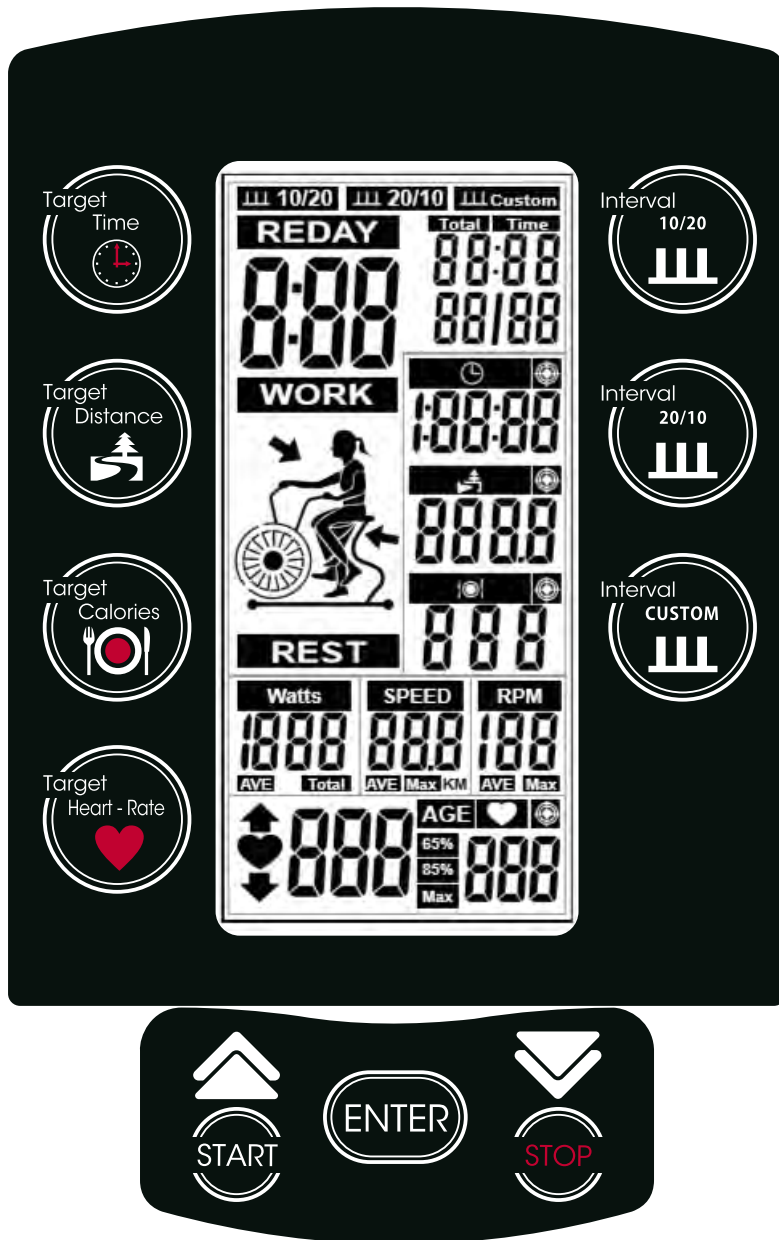
Check tightness of nuts and bolts at least once a month and re-tighten them if necessary

**Checking the Components**

Before each workout, check that the saddle, seat support, handlebars and pedals are securely fastened.

**⚠ WARNING:**

Never train if one or more of these components are loose.



**Switching on the Cockpit**

Switch on the cockpit by pressing any button on the cockpit or by starting to pedal.

**Switching off the Cockpit**

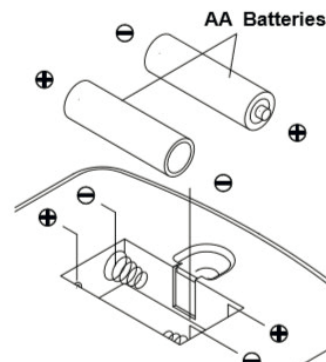
Depending on the selected program, the cockpit switches off automatically after 60 to 90 seconds of inactivity.

**Inserting the Batteries**

The cockpit of your training device is powered by two AA 1.5V batteries.

To replace or insert the batteries, open the battery compartment on the back of the cockpit and insert the batteries as shown in the diagram below.

**WARNING:** Never dispose of batteries in the household waste. Please observe the disposal instructions in this manual.



### The cockpit continuously informs about the following, current training values:

**TIME** - Indication of the training time.

If the training time is set, the computer counts down the time to "00:00". The

The training time can be set from "01:00" to "1:59:00" minutes. If the training time is not set, the computer counts the training time from "00:00" to a maximum of "1:59:00" minutes.

**DISTANCE** - The training distance in kilometres.

If the training distance is set, the computer counts down the distance back to "0.00".

The training distance can be set from 0.1 to 999.5 kilometres. If the training distance is not set, the computer counts the distance from 0.0 to a maximum of 999.9 kilometres.

**Calorie consumption - CALORIES\*** - Calorie consumption in Kcal.

If the calorie consumption is set, the computer counts down the calories back to 0.

The calorie consumption can be set from 10 to 990 calories. If the calorie consumption is not set, the computer counts the calories from 0 to a maximum of 999 calories.

**Heart rate display - ♥** - Displays the current heart rate in beats/minute.

Only when using an optionally available transmitter chest belt (not included).

**SPEED** - indication of the current speed in km/h

**RPM** - indicates the current number of revolutions per minute (RPM).

**Power WATT\*\*** - Indication of the power output in relation to the speed in watts (WATT).

\*Note on calorie measurement

The energy consumption is calculated using a general formula. It is not possible to determine an individual's energy consumption exactly, as this requires a large amount of personal data. The energy consumption displayed is therefore an approximation and not an exact value.

\*\*Note on the watt display

As this is an exercise device that is suitable for non-therapeutic purposes, the displayed wattage is not a calibrated value. This means that the displayed power may differ from the actual power.

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## Keypad

### START key

START function: starts the selected training program or training profile.  
Activates the QUICKSTART function

### STOP key

PAUSE/STOP function: If the STOP key is pressed during training, the display of the training values stops and the pause mode is activated. This allows you to interrupt training.  
To end the pause, press the STOP button again.

RESET function: Press and hold the button in STOP or Pause mode for more than 3 seconds to reset all values to zero.

### ENTER key

Confirmation of settings and defaults

### ▲/▼ keys

To set the training values  
Entering data (e.g. age)

## Program keys



TARGET TIME - training program with target: time



TARGET DISTANCE - training program with target: distance



TARGET CALORIES - Training program with target: calorie consumption



TARGET HEART-RATE - training program with target: heart rate  
Note: An optionally available transmitter chest belt is required to use this program.



Interval 10/20 - interval training with time change 10 seconds / 20 seconds



Interval 20/10 - interval training with time change 20 seconds / 10 seconds



Interval Custom - individual interval training

## Quick Start

### Step 1 - Switching on the Cockpit

Switch on the cockpit by pressing any key

### Step 2 - Entering the User Age

The value "30" flashes in the display. Now enter the user age by pressing the ▲/▼ keys. Entries from 1 to 99 years are possible.

### Step 3 – Training Start

Press the START key to start training.

### Training End

As no target value is set for this program, the user has to end the program themselves. To do this, press the STOP key. After 30 seconds, the cockpit will switch to stand-by mode and after 60 seconds the cockpit will switch off automatically.

## Training programme with target time (Target Time)

### Step 1 – Program Selection

Press the Target Time program key.

### Step 2 - Target Time

The time "0:00" will flash in the display. Now enter the desired training time from 1:00 to 1:00 by pressing the ▲/▼ keys.

### Step 3 – Training Start

Press the ENTER key to confirm your entry. Training will start automatically.

### Training End

When the training target has been reached, the display automatically ends the training. After 30 seconds the cockpit switches to stand-by mode and after 60 seconds the cockpit switches off automatically.

## Training programme with target time (Target Distance)

### Step 1 – Program Selection

Press the Target Distance program key.

### Step 2 - Target Time

The time "0:0" will flash in the display. Now enter the desired training time from 0,5 to 999,5 by pressing the ▲/▼ keys.

### Step 3 – Training Start

Press the ENTER key to confirm your entry. Training will start automatically.

### Training End

When the training target has been reached, the display automatically ends the training. After 30 seconds the cockpit switches to stand-by mode and after 60 seconds the cockpit switches off automatically.

## Training Program with Target Calories (Target Calories)

### Step 1 - Program Selection

Press the Target Calories program key.

### Step 2 – Setting the Target Calories

The calorie value "0" will flash in the display. Now enter the desired calorie consumption from 10 to 990 calories by pressing the ▲/▼ keys. Press the ENTER key to confirm your entry. Training will start automatically.

### Training End

When the training target has been reached, the display will automatically end training. After 30 seconds the cockpit will switch to stand-by mode and after 60 seconds it will switch off.

## Heart Rate Program (Target Heart Rate)

The heart rate program is a pre-set program. The program monitors your pulse and indicates with an acoustic signal and arrows if the pulse is outside the threshold (65% or 85% of the maximum heart rate). This program can only be used with an optionally available chest belt.

### Step 1 - Program Selection

Press the Target Heart Rate program key.

### Step 2 - Setting the Target Heart Rate

The value "30" will flash in the display. Now enter the user age by pressing the ▲/▼ keys. Entries from 1 to 99 years are possible.

### Step 3 – Training Start

Press the ENTER key to confirm your entry. Training will start automatically.

### Training Sequence

Depending on the user's age, the Cockpit will calculate the values for 65% and 85% of the user's maximum heart rate (see also the notes on heart rate measurement in this manual). If the user's current heart rate value falls below 65% of their maximum heart rate during the training session, the "up" arrow and the calculated 65% value will start flashing. In addition, every 10 seconds, an audible warning will sound. As soon as the user reaches the value of 65% or more their maximum heart rate, the warning signal stops and the arrow and the value will stop flashing.

If the user's current heart rate value rises above 85% of the user's maximum heart rate during the training session, the "down" arrow and the calculated 85% value will start flashing. In addition, an audible warning will sound every 10 seconds. As soon as the user, has reached the value of 85% or less of their maximum heart rate by reducing their training power, the warning signal will stop and the arrow and value will stop flashing.

If the value remains between 65 % and 85 %, only the current heart rate flashes.

## Individual Interval Training (Interval Custom)

This program allows the user to create their own individual interval training.

### Tip:

Warm up at least 10 minutes before using this program for example with the Target Time or Quick Start program. After interval training, you should also have a recovery phase of 10 minutes at a low intensity, using either the Target Time or Quick Start program.

### Step 1: Program Selection

Press the Interval Custom key to select the program.

### Step 2: Selecting the Repetitions

"00/01" will flash in the display. Press the ▲/▼ keys to select the desired number of repetitions from 1 to 99. Confirm your entry by pressing the ENTER key.

### Step 3: Setting the Training Time

Press the ▲/▼ key to select the desired time for the intensive training phase.

Entries from 1 second to 9:59 minutes are possible. Confirm your entry by pressing the ENTER key.

### Step 4: Setting the recovery time

Set the desired time for the recovery phase by pressing the ▲/▼ keys.

Entries from 1 second to 9:59 minutes are also possible. Confirm your entry by pressing the ENTER key.

### Step 5: Start training

After you have pressed the ENTER key in step 4, the program will start automatically.

### Training End

The program ends automatically after the pre-set interval phases have elapsed.

If you want to end the program prematurely, press the STOP key. After 30 seconds the cockpit will switch to stand-by mode and after 60 seconds it will automatically switch off.

## General Functions

### Changing the Display from Kilometres to Miles.

The display of the distance and speed can be set to kilometres or miles. To change the display, press the START and ENTER keys simultaneously. The display shows the current setting "KM" for kilometres or "M" for miles. You can select the desired display by pressing the ▲/▼ keys. Confirm your selection by pressing the ENTER key.

### Inactivity

If the user stops pedalling during an active training program, the cockpit switches to inactive mode after 30 seconds of inactivity. After a further 30 seconds of inactivity, the cockpit switches off completely.

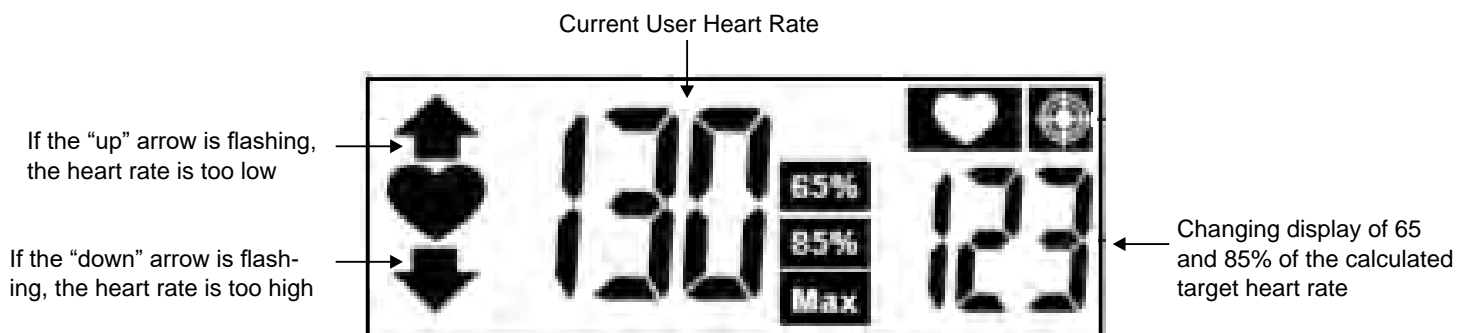
### Pause Training

To pause an active program, press the START key. An acoustic signal will be heard every 30 seconds and every 2 seconds all values will be shown on the display. To start the program again, press the START key. The cockpit will switch automatically to standby mode after 5 minutes of inactivity. After another 30 seconds of inactivity, the cockpit will switch off completely.

### Note on the Braking Resistance

The resistance of this training device is generated by air resistance. If the user pedals faster, the air resistance increases and the resistance to be overcome by the user increases. If the user reduces their cadence, the air resistance will be reduced and the resistance to be overcome by the user becomes less. Mechanical adjustment of the braking resistance is not possible with this training device.





### Training End

To end training, press the STOP key. After 30 seconds, the cockpit will switch to stand-by mode and after 60 seconds the cockpit will switch off automatically.

### Interval Training with 10 Second / 20 Second Time Intervals (Interval 10/20)

This HIT training (HIT = High-Intensity-Training) is a particularly intensive form of interval training. Interval training is characterised by alternating load and recovery phases. Short, intensive exercise is followed by an active break during which the user continues to exercise at a lower intensity. This program consists of 8 intensive phases of 10 seconds each and 7 recovery phases of 20 seconds each. The total training time is 3:40 minutes.

#### Tip:

Warm up at least 10 minutes before using this program for example with the Target Time or Quick Start program. After interval training, you should also have a recovery phase of 10 minutes at a low intensity, using either the Target Time or Quick Start program.

#### Step 1: Program Selection & Training Start

Press the "Interval 10/20" key to select the program. As soon as you have pressed the key the program will start automatically.

### Training End

The program will end automatically after 15 interval phases. If you want to end the program prematurely, press the STOP key. After 30 seconds the cockpit will switch to stand-by mode and after 60 seconds it will automatically switch off.

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### Interval Training with 20 Second / 10 Second Time Intervals (Interval 20/10)

This HIT training (HIT = High-Intensity-Training) is a particularly intensive form of interval training. Interval training is characterised by alternating load and recovery phases. Short, intensive exercise is followed by an active break during which the user continues to exercise at a lower intensity. This program consists of 8 intensive phases of 20 seconds each and 7 recovery phases of 10 seconds each. The total training time is 3:50 minutes.

#### Tip:

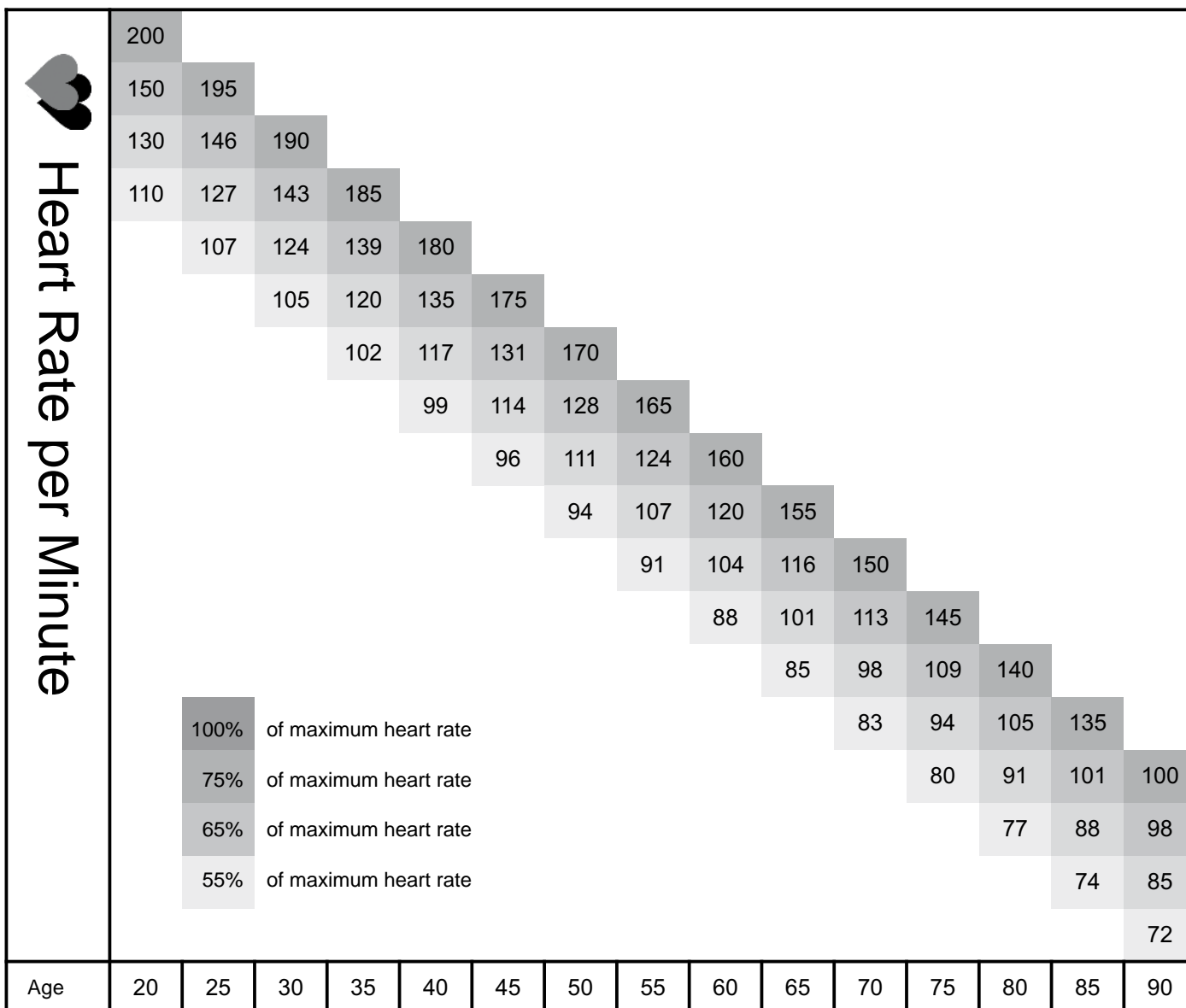
Warm up at least 10 minutes before using this program for example with the Target Time or Quick Start program. After interval training, you should also have a recovery phase of 10 minutes at a low intensity, using either the Target Time or Quick Start program.

#### Step 1: Program Selection & Training Start

Press the "Interval 20/10" key to select the program. As soon as you have pressed the key the program will start automatically.

### Training End

The program will end automatically after 15 interval phases. If you want to end the program prematurely, press the STOP key. After 30 seconds the cockpit will switch to stand-by mode and after 60 seconds it will automatically switch off.



**Calculating your personal heart rate when training**

Calculate your personal heart rate when training as follows:

**220 - Age = maximum heart rate**

This value represents your maximum heart rate and serves as a basis from which to calculate your personal training heart rate. Set the calculated heart rate at 100%

**Wellness and Health - target zones = 50 to 60% of the maximum heart rate.**

This training zone is ideally suitable for people who are over-weight and/or older beginners, or people starting again after a longer break from training. Training in this zone the body will burn approx. 4-6 calories per minute to produce energy. The percentage ratio per calorie is approx. 70% fat, 25% carbohydrate, and 5% protein.

**Fat burning - target zone = 60 to 70% of the maximum heart rate**

This training zone is suitable for athletes and sports people who aim to lose weight. Training in this zone the body will burn approx. 6-10 calories per minute to produce energy. The percentage rate per calorie is approx. 85% fat, 10% carbohydrate, and 5% protein.

**Condition & Fitness - target zone = 70 to 80% of maximum heart rate**

This training zone is ideally suitable for athletes and sports people who aim to improve their stamina and/or condition. Training in this zone the body will burn approx. 10-12 calories per minute to produce energy. The percentage rate per calorie is approx. 35% fat, 60% carbohydrate, and 5% protein.

For optimum effects in training results you should calculate the average value of the selected target zone (also see above table):

Wellness & Health - target zone average value = 55% of maximum heart rate

Fat burning - target zone average value = 65% of maximum heart rate

Kondition & Fitness - target zone average value = 75% of maximum heart rate

## **Warning about Pulse and Heart Rate Monitoring**

**CAUTION:** Pulse and heart rate monitoring systems may be inaccurate. Excessive training can cause serious injury or even death. If you feel unwell and / or faint, stop training immediately. Make sure all users of your exercise device are familiar with this information, understand it and apply it unconditionally.

### **Pulse Rate Monitoring using Hand Sensors**

Most exercise equipment is equipped with hand pulse sensors. These are mostly in the cockpit or integrated into the handrails. These hand sensors are used for short-term determination of the pulse rate. To do this, you need to cover the sensors with both hands at the same time. After a short while, the display shows the current pulse rate. This measuring system is based changes in electrical skin resistance measured by the hand sensors due to the heartbeat which causes blood pressure fluctuations. These changes are summarized to a mean value and shown in the display as the current pulse rate.

#### **CAUTION.**

For large parts of the population, the pulse-induced skin resistance change is so minimal that usable values cannot be derived from the measurement results. Also callouses on the palms, damp hands and body shakes, which in many forms of exercise inevitable, prevents correct measurement. In such cases, the pulse value is displayed incorrectly or not at all.

Please check in the case of a faulty or failed measurement, whether this occurs only with one or with several people. If the display of the pulse does not work only in individual cases, the device is not defective. In this case we recommend the use of a chest belt to achieve a permanently correct pulse display. This is available as an accessory

### **Heart Rate Measurement using a Chest Belt**

Many MAXXUS® training devices are already fitted with a receiver as standard.

Using a chest belt (we recommend the exclusive use of an uncoded POLAR® chest belt) allows you to wirelessly measure heart rate. The chest belt is available online as an accessory from [www.maxxus.com](http://www.maxxus.com).

This optimal, ECG-accurate type of measurement takes the heart rate by means of a transmitter chest belt directly from the skin.

The chest belt then sends the pulse via an electromagnetic field to the built-in cockpit receiver. We recommend you always use a chest belt for heart rate measurement during heart rate-controlled programs.

#### **CAUTION**

The determination of the current heart rate by means of the chest belt serves only to display the current heart rate during exercise. This value says nothing about the safety and effectiveness of the training. Also, this type of measurement is in no way designed or suitable for medical diagnostic purposes.

Therefore, discuss with your family doctor the most suitable procedure for you and create your exercise plan before you start exercising.

This applies especially to those who:

- have not been physically active for a long period of time
- are overweight
- are older than 35 years
- have too high or too low blood pressure
- have heart problems

If you are wearing a pacemaker or similar device, discuss this with your medical specialist before using a heart rate chest belt.

### Preparation Before Training

Before you start training make sure that not only your training device is in perfect condition, your body must also be prepared for training. Therefore, if you have not done any endurance training for some time, you should consult your GP and undergo a fitness check-up. Also discuss your training target; they will certainly be able to give you valuable advice and information. This applies to people who are over 35, have problems with overweight, heart or circulatory system problems.

### Training Plan

Essential to effective, target orientated, and motivating training is to have a forward-looking trainings plan. Plan your fitness training as an integral part of your daily routine. If you don't have a fixed plan, training can easily interfere with regular commitments or continually be put off to another unspecified time.

If possible, create a long term monthly plan and not just from day to day or week to week. A training plan should also include sufficient motivation and distraction during training sessions. An ideal distraction is to watch TV during training as this diverts your attention both visually and acoustically. Make sure that you reward yourself and set realistic targets such as to losing 1 or 2kgs in four weeks or to increase your training time by 10 minutes within two weeks for example. If you reach your targets, then reward yourself with a favourite meal which you have not allowed yourself till then.

### Warm-Up Before Training

Warm-up on your training device for 3-5 minutes at minimum resistance. This will best prepare your body for the up-coming exertion in training.

### Cool-Down After Training

Do not just get off your training device immediately the training session is finished. Like with the warm-up stage you should continue for 3-5 minutes at minimum resistance to cool down. After training you should stretch your muscles thoroughly.



#### Front Thigh Muscles

Support yourself with your right hand against the wall or on your training device. Bend your knee and raise your left foot backwards so you can hold it with your left hand. Your knee should be pointing straight down to the floor. Pull your leg backwards until you feel a light pulling in your thigh muscles. Hold this position for 10 to 15 seconds. Let your foot go and stand it back on the floor. Repeat the exercise with your right leg.



#### Inner Thigh Muscles

Sit on the floor. Pull the soles of your feet together in front of you raising your knees slightly. Grasp the upper sides of your feet and place your elbows on your thighs. Press your thighs down towards the floor with your arms until you feel a light pulling in your thigh muscles. Hold this position for 10 to 15 seconds. Make sure to keep your upper body straight throughout the exercise. Release the pressure from your thighs and slowly stretch out your legs to the front. Stand up slowly steadily.



#### Legs, Calves and Buttocks

Sit on the floor. Stretch out your right leg and bend your left leg to place the sole of your foot on your right thigh. Bend your top body over so you can stretch out your right hand to touch your right toes. Hold this position for 10 to 15 seconds. Let go of your toes and sit slowly and steadily up straight again. Repeat this exercise with your left leg.



#### Leg and Lower Back Muscles

Sit on the floor with your legs stretched out. Stretch forward with your hands and try to grasp the tips of your toes with both hands. Hold this position for 10 to 15 seconds. Let go of your toes and slowly and steadily sit back up straight again.

**Hydration**

Adequate hydration is essential before and during exercise. During a training session of 30 minutes it is possible to lose up to 1 litre of liquid. To compensate for this fluid loss apple spritzer mixed in the ratio of one-third apple juice to two-thirds mineral water is ideal since it contains electrolytes and minerals to replace those that the body loses through sweat. You should drink about 330 ml 30 minutes before the beginning of your training session. Take care to maintain balanced hydration during the workout.

**Training Frequency**

Experts recommend that you do endurance training 3-4 days a week to keep the cardiovascular system fit. Of course, the more you train, the faster you will achieve your set training goal. Note however, that you should plan sufficient training breaks during your workout plan, to give your body enough time for rest and regeneration. After each training session you should take at least one day off. Also for that fitness and endurance training: Less is more!

**Exercise Intensity**

In addition to the mistake of exercising too often, mistakes are made in the intensity of the training. If your training goal is to train for a triathlon or marathon, your training intensity will certainly be high. But since most people have training goals such as weight reduction, cardiac / exercise training, improvement of physical condition, stress reduction, etc. to strive for, training intensity to meet these goals should be adjusted. It makes most sense to work with the appropriate heart rate for the respective training goal. The information on the heart rate and the corresponding table in this manual will help you further.

**Duration of the individual training session**

For optimal endurance or weight reduction training, the duration of the individual training session should be between 25 and 60 minutes. Beginners and returnees should start with a low training period of 10 minutes or less in the first week and then slowly increase week by week.

**Training Documentation**

In order to design and evaluate your training effectively, you should prepare yourself a training plan in written form or as a computer table before starting your training

Here you should document training session. Data, such as distance, training time, brake force setting and pulse values should be recorded as well as personal data, e.g. body weight, blood pressure, resting heart rate (measured morning immediately after waking up) and personal well-being during exercise.

Enclosed you will find a recommendation for a weekly plan.

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Calendar Week: _____ Year: 20 _____						
Date	Day	Exercise duration	Exercise distance	Calorie consumption	Ø Heart rate	Comments
	Monday					
	Tuesday					
	Wednesday					
	Thursday					
	Friday					
	Saturday					
	Sunday					
Week Result:						

## Technical Details

### Cockpit display of:

- Time
- Calorie consumption
- Speed
- Heart rate (when using an optional chest belt)
- Distance
- Watts
- Revolutions per minute

### Technical Details

Brake system:	Air resistance
Drive type:	Two-stage longitudinal ribbed belt
Turbine:	Approx. 51 cms
Dimensions:	Approx. 122.5 x 55 x 120 cm (LxWxH)
Total weight:	Approx. 65 kg
Maximum user weight:	160 kg
Controls:	Via keypad
Power supply:	Battery
Temperature range:	10 ° to 30 ° for operation and storage

- Application:**
- Home use \*
  - Semi-Professional\*
  - Professional Use\*

\*Suitable for non-therapeutic purposes

## Recommended Accessories

These accessories are best suited for use with your training device. All products are available from our online shop at [www.maxxus.com](http://www.maxxus.com).



### **POLAR® Transmitter Chest Belt T34 (uncoded)**

Chest strap for determining the heart rate with optimized transmission ranges. Required accessory for the application of pulse-controlled programs and for continuous determination of the current heart rate.



### **MAXXUS® Floor Protection Mats**

Due to its extreme density and material thickness of 0,5cm, these mats provide perfect protection for floors and floor coverings against damaging, scratches and soiling through body sweat. Noise caused by running and movement is significantly reduced. Available in the following sizes: 160 x 90 cm, 210 x 100 cm, 240 x 100 cm.



### **MAXXUS® Degreaser Spray**

Optimum cleaner for cleaning off dirt, maintaining the guide tubes and roller surfaces.

### **MAXXUS® Lubricating Spray**

Optimum lubrication for guide tubes.



### **MAXXUS® Anti-Static Spray**

Effective against the static charges created in frames, clothing and training computers. Devices which are located on carpets or synthetic floors will become statically charged. MAXXUS® Anti-Static Spray will deter this. Synthetic surfaces treated with MAXXUS® Anti-Static Spray do not attract dust as quickly and will remain clean for longer.

### **MAXXUS® Special Foam Cleaner**

Use for regular cleaning of your training device. Plastic covers and metal frames can be easily cleaned and perfectly maintained with MAXXUS® Special Foam Cleaner. It is also suitable for cleaning pulse belts and other training accessories.



**My training device makes noises during training – is this normal?**

Your MAXXUS® training device is equipped with high-quality ball-bearings and a grooved belt. In addition, it also has a high-quality magnetic braking system which is completely wear and friction free. All these extremely high-quality components ensure that all functional noises are very much reduced. Your MAXXUS® training device is one of the quietest products available in the fitness market. However, it is possible and normal that slight mechanical noises are noticeable during training. These mechanical noises, which either continually or sometimes occur at certain intervals are created by the very high rotational speed of the flywheel. Also, moving parts may generate sounds during training, which are amplified by the hollow metal tubes of the frame. It is also quite normal for running noise to get louder during your workout. This can be explained by an increase in training speed and by the device components heating up and expanding during training.

**The cockpit does not show anything in the display when I turn it on.**

Check if the power cable is both attached correctly to the device and properly plugged into the socket, and/or if it is damaged. Check if the control cable has been pinched or jammed during assembly and / or if the connector has come loose.

**The pulse rate value is not shown or is indicated incorrectly**

Please refer to the „Pulse & Heart Rate Measurement” sections in this manual.

**The hand pulse rate sensors are not functioning**

Check if the hand sensor cables have been pinched or jammed during assembly.

**The speed and distance values are indicated to be „0“ during training.**

Check if the control cable has been pinched or jammed during assembly and/or if the connections have come loose.

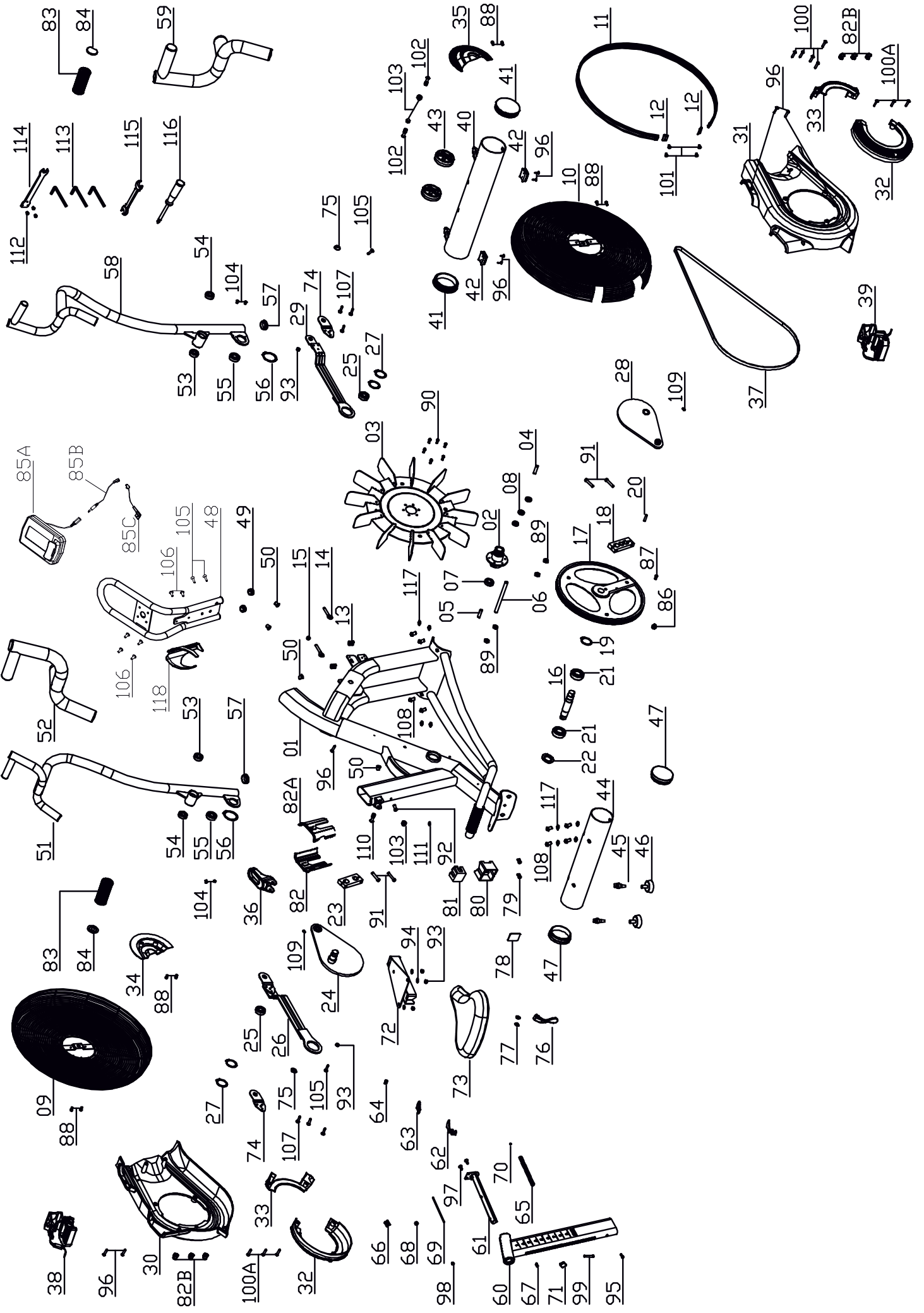
**My training device makes creaking noises during training.**

Check if the training device is standing straight and flat on the ground. If not, re-adjust the foot stands. Check if the screws at the articulated joint between the pendulum tubes and the pedal arms are tightened securely.

**My feet fall asleep during training.**

The reason for this is often that training shoes are done up too tightly. Your feet will expand when you are under exertion and so you should do up your shoes more loosely. You can also get advice regarding this from sports shops or specialist running shoe shops.

Exploded Drawing



Part No.	Description	Qty
1	Main Frame	1
2	Fan Hub	1
3	Fan	1
4	Fan Hub Spacer	1
5	Fan Hub Sleeve	1
6	Fan Shaft	1
7	Bearing (6301Z)	1
8	Bearing (6901Z)	3
9	Left Fan Cage	1
10	Right Fan Cage	1
11	Plastic Strip	1
12	Strip Holder	2
13	Tension Bracket	2
14	Eyelet Bolt M8x45	2
15	Nut M8	2
16	Crank Shaft	1
17	Pulley	1
18	Right Crank	1
19	C Ring (S25)	1
20	Spring Pin	1
21	Bearing (6005)	2
22	Bearing Nut	1
23	Left Crank	1
24	Left Disc Crank	1
25	Bearing (2205ZZ)	2
26	Left Linkage	1
27	C Ring (S52)	4
28	Right Disc Crank	1
29	Right Linkage	1
30	Left Cover	1
31	Right Cover	1
32	Crank Cover	2
33	Small Crank Cover	2
34	Left Fan Cage Cover	1
35	Right Fan Cage Cover	1
71	Square Plug	1
72	Seat Holder	1
73	PU Seat	1
74	Fixing Plate	2
75	Disc Spacer	2
76	Cam Handle	1
77	Handle Spacer	2

Part No.	Description	Qty
78	Pressure Plate	1
79	Pressure spring	2
80	Pressure bushing	1
81	Compression Block	1
82	Left hollow plug	1
82A	Right hollow plug	1
82B	End cap	6
83	Footrest	2
84	Decorative Plug	2
85A	Computer	1
85B	Sensor Wire	1
85C	Sensor Wire	
86	Magnet	1
87	Bolt M8x20	1
88	Bolt M5x12	8
89	Nut M12	4
90	Bolt M6x12	6
91	Bolt M10x40	4
92	Bolt M6x20	1
93	Nut M8	5
94	Washer M8	3
95	Bolt M6x16	1
96	Bolt ST4x10	7
97	Bolt M6 x 1 x 15 mm	2
36	Seat Post Hollow Cap	1
37	V-Ribbed Belt (690-J6)	1
38	Left Pedal	1
39	Right Pedal	1
40	Front Stabilizer	1
41	Endcap (Ø90 mm)	2
42	Square Foot Pad	2
43	Moving Wheel	2
44	Rear Stabilizer	1
45	Adjustment Lock	2
46	Stand	2
47	Endcap (Ø101.6 mm)	2
48	Computer Support	1
49	Round Plug (Ø25 mm)	2
50	Grommet Plug	2
51	Left Handlebar	1
52	Dipping plastic	1
53	Bearing (6003Z)	2

## Spare Parts List

Part No.	Description	Qty
54	Bearing (6202Z)	2
55	Bearing (6203Z)	2
56	C Ring (S40 mm)	2
57	Round Plug (Ø38 mm)	2
58	Right Handlebar	1
59	Sensor Wire	1
60	Seat Post	1
61	Sliding Post	1
62	Adjustment Lever	1
63	Dipping plastic	1
64	Pivot Axis	1
65	Long Spring	1
66	Set Block	1
67	Short Spring	1
68	Bushing (Ø8 x Ø12 x 7mm)	1
69	Linkage Rod	1
70	Ball (Ø10 mm)	1
98	Nut M6x1	1
99	Bolt M6x35	1
100	Screw, Round Head (ST4x5)	5

Part No.	Description	Qty
100A	Screw, Round Head (ST4x45)	6
101	Screw, Round Head (ST4x15)	4
102	Bolt, Button Head (M8x40)	2
103	Acorn Nut (M8 x 1.25)	3
104	Screw, Round Head (M5x8)	4
105	Bolt, Flat Socket Head (M8x30)	4
106	Screw, Round Head (M5x12)	6
107	Bolt, Flat Socket Head (M6x15)	6
108	Bolt, Button Head (M10x20)	8
109	Bolt, Socket Head (M6x10)	2
110	Bolt, Button Head (M8x50)	1
111	Lock Washer (M8)	1
112	Bolt, Socket Head (M6x35)	8
113	Allen Wrench (4/5/6 mm)	1/1/1
114	Wrench	1
115	Wrench	1
116	Screwdriver	1
117	Arc washer	1
118	Bottle cage	1

## Disposal



Never dispose of your training equipment in the normal household waste. All consumers are legally obliged to dispose of old appliances separately from household waste. Dispose of the device only with a municipal or an authorised disposal company. Here the disposal of this device is free of charge. This is the only way to ensure that your old device is professionally disposed of and that negative effects on the environment will be avoided. Please observe the regulations which currently apply. If in doubt, please ask your local or municipal authorities for detailed information on how to dispose of your training device properly and in an environmentally sound manner.



### Batteries / Re-chargeable Batteries (if present in the device)

According to the Batteries Directive, you as end user, are legally obliged to return all used batteries and re-chargeable batteries. **Disposal in normal household waste is an illegal offence.**

Most batteries already have the symbol to remind you of this regulation. In addition to this symbol the content of the heavy metals is also indicated. Such heavy metals must be disposed of in an environmentally sound manner. This means that all consumers are legally obliged to hand over used batteries and re-chargeable batteries to their local authority, at a municipal collection point or to return them to the retailer. If in doubt, please enquire at your municipal or local government authority on how to dispose of your batteries and rechargeable batteries properly and in an environmentally sound manner. You are also welcome to return your used batteries and rechargeable batteries to us at our head office or send them to us if sufficient postage is paid. On receipt we will dispose of them properly in accordance with the Batteries and Rechargeable Batteries Directive. Only return or dispose of batteries and rechargeable batteries when they are fully discharged.









For MAXXUS® Support Team to help you as quickly as possible with service, we will require certain information about your fitness device and about you. To find the exact spare parts required, we will need the product name, date of purchase and serial number.

If necessary, please fill out completely the Service Contract form attached to this User Manual and send it to us by post or you are welcome to use our online form "Service Contract" which you will find under the "Service" section at [www.maxxus.com](http://www.maxxus.com)

### Areas of Application & Warranty Periods

Depending on the model, fitness devices from MAXXUS® are suitable for use in different areas. Find the appropriate area of use for your fitness device from the "Technical Data" in this User Manual.

#### Home Use:

Exclusively for private use  
Warranty Period: 2 Years

#### Semi-Professional Use:

Use under instruction in hotels, physiotherapy practices, etc.  
Use in a fitness studio or similar establishment is hereby excluded!  
Warranty Period: 1 Year

#### Professional Use:

Use in a fitness studio or similar establishment under supervision by trained personnel.  
Warranty Period: 1 Year  
Use of your training device in an area which is not suitable for your device will cause immediate expiry of its guarantee and cancel your right to claim warranty!  
Sole private use and warranty period of 2 years assumes that the purchase invoice is made out to the end user.

#### Proof of Purchase and Serial Number

To claim your right to service works within the warranty period we will in each case require proof of purchase. Keep your proof of purchase or purchase invoice in a safe place and in warranty cases send us a copy together with your Service Contract. This will ensure that we can process the service work as quickly as possible. So that we can identify which model version requires to be serviced correctly, we will require; Product Name, Serial Number and Date of Purchase.

#### Terms and Conditions of Warranty:

The warranty period for your training device starts on the date of purchase and applies solely to products which were purchased directly from the MAXXUS Group GmbH & Co KG or one of the MAXXUS Group GmbH & Co KG direct and authorised distribution partners.

The warranty covers defects caused by production or material faults and only apply to devices purchased in Germany. The warranty does not apply to damages or defects caused by culpable improper use, negligent or purposeful destruction, lack or failure to carry out maintenance and/or cleaning measures, force majeure, operational causes and to normal wear and tear, damages caused by penetration of liquids, damage caused by repairs or modifications made with spare parts from a different supplier. The warranty also does not apply for damages due to faulty assembly or damages which occur because of faulty assembly. Certain component parts will wear out during use or from normal wear and tear. This includes for example:

- Ball bearings
- Bearing bushings
- Bearings
- Drive belts
- Rollers
- Switches and push-buttons
- Treadmill belts (bands)
- Treadmill decks (running deck)

Signs of wear and tear on wearing parts are not items covered under the warranty.

For assistance with warranty service or warranty repair enquiries for devices not in Germany, please contact our Service Department at MAXXUS Group GmbH & Co KG by sending an Email to: [service@maxxus.de](mailto:service@maxxus.de) and we will be happy to help.

#### Service Outside the Warranty and Ordering Spare Parts

The MAXXUS® Service Team is happy to be of assistance to help solve any problems with faults which may arise following expiry of the warranty period, or in cases of defects arising which are not covered by the warranty.

In this case please contact us by email direct to:

**[service@maxxus.de](mailto:service@maxxus.de)**

Orders for Spare Parts or Worn Parts should be sent along with information on the Product Name, spare part description and number and the quantity required to:

**[spareparts@maxxus.de](mailto:spareparts@maxxus.de)**

Please be informed that additional fixing materials such as screws, bolts, washers etc are not included in the scope of delivery for individual spare parts. These should be ordered separately.



# MAXXUS®



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