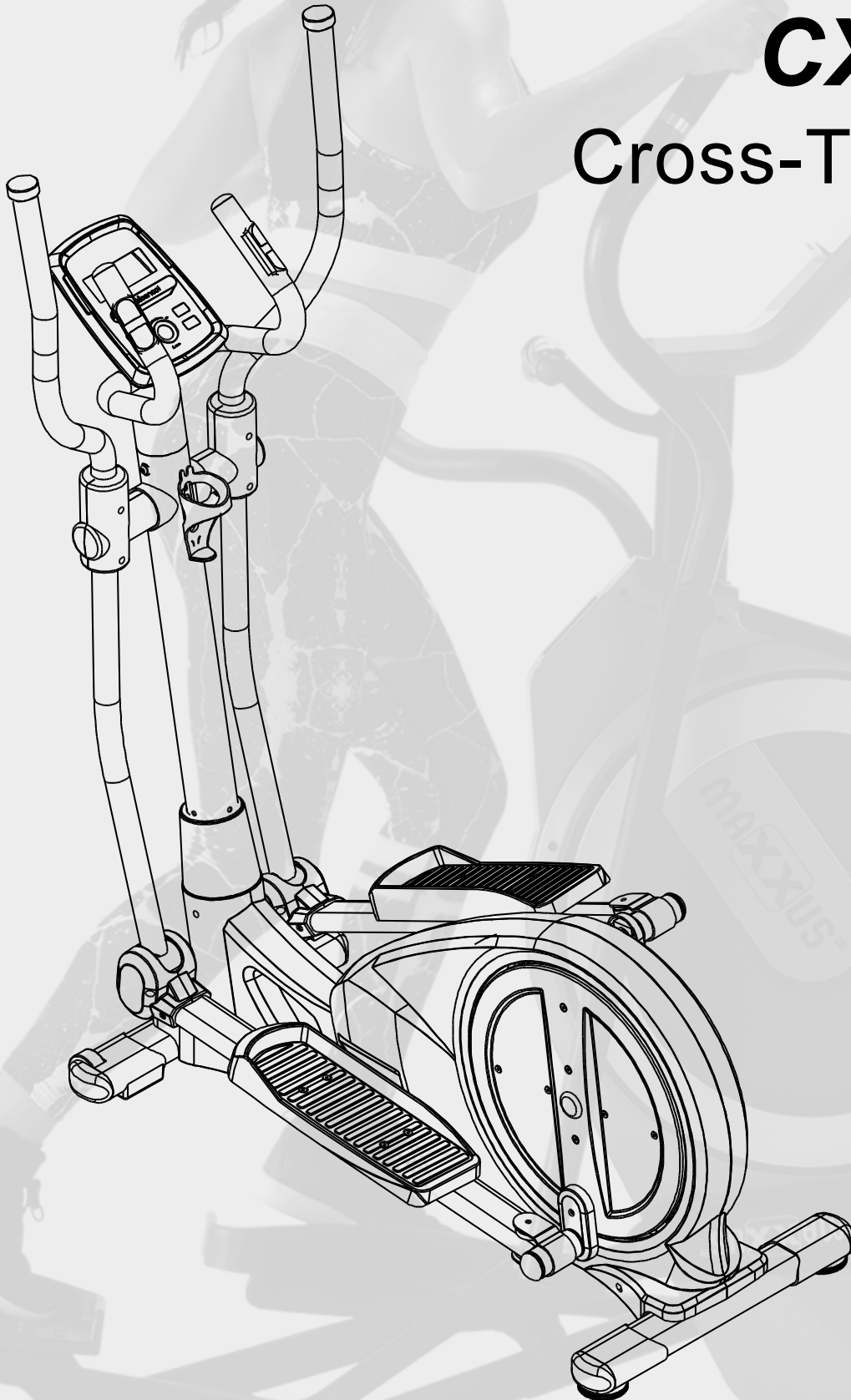


MAXXUS[®]

CX 3.0
Cross-Trainer



ENG

Index

Index	34
Safety Instructions	35
Overall View of the Device	36
Scope of Delivery	36
Assembly	37 – 41
Floor Levelling	42
Safety Distance	42
Transport	42
Location and Storage	42
Care and Cleaning	43
Mains Connection	43
Cockpit	44 – 52
Pulse & Heart Rate	53 – 54
Training Recommendations	55 – 56
Technical Details	57
Disposal	57
Exploded Drawing	58
Spare Parts List	59 – 60
FAQ	61
Recommended Accessories	61
Warranty	62
Service Contract	63

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Before you start exercising, be sure to read the entire user guide, especially the safety information, the maintenance & cleaning information and the training information. Take care too that everyone who uses this training device is also familiar with this information and observes it.

Be sure to carefully follow the maintenance and safety instructions in this manual.

This training device may only be used for its specific purpose. Improper use may present a risk of accidents, damage to health or damage to the exercise device. No liability whatsoever is accepted by the distributor for injury or damage caused by improper use.

Power connection (only applies to devices with an external electrical connection)

- A mains voltage of 220-230V is required for the operation of the device.
- The exerciser may only be connected to a professionally installed, earthed, 16 A, fused single socket with the mains cable supplied.
- The training device is switched on and off only using the ON / OFF switch.
- Always disconnect the power plug from the power outlet when moving the exerciser.
- Before carrying out any cleaning, maintenance or other work, always disconnect the mains plug from the socket.
- When connecting the mains plug, do not use socket strips or cable reels.
- If an extension cable is required, then it must comply with DIN standards, VDE regulations and guidelines, technical rules issued by other European Union member states or other states which are party to the Agreement on the European Economic Area.
- Always lay the power cord in such a way that it can neither be damaged nor is 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.

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 of at least 100 cm in front of and behind the device and a minimum of 100 cm to each side of the training device.
- Ensure good ventilation and that optimal oxygen is available during exercise. Avoid draughts.
- Your exercise equipment is not suitable for outdoor use, so storage and training is only possible in temperate, clean dry rooms.
- Do not operate or store your training device in wet areas, such as swimming pools, saunas, etc.
- Make sure that your exercise equipment is always mounted on a level clean surface. Unevenness in the ground must be removed or compensated.
- To protect delicate floors, such as wood, lamina, tiles, etc. and from damage such as scratches, it is recommended to put a floor protection (carpet piece, mat, etc.) permanently under the device. Make sure that the pad is secured against slipping.
- Do not place the exerciser on pale or white carpets, as the feet of the appliance may cause marks.
- Make sure that your exercise equipment, including the power cord, does not come into contact with hot objects and there is a sufficient safety distance from any heat source, such as radiators, stoves, open fireplaces, etc.

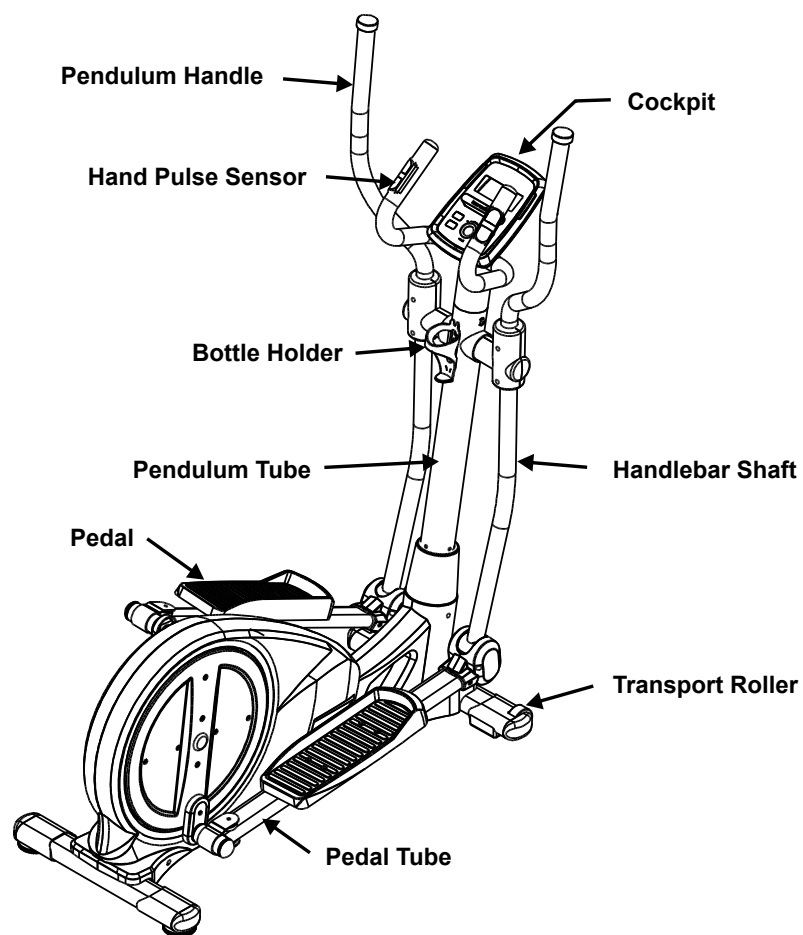
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Personal safety instructions for training

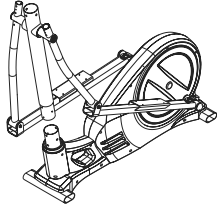

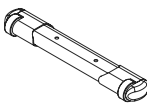
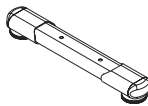


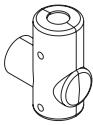



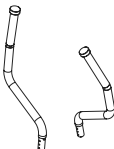

- Remove the batteries or mains cable (if present) when the training device is not in use to avoid inappropriate or uncontrolled use by any other third party, e.g. children
- You should make a health check with your doctor before your first workout.
- If you feel any physical discomfort or experience breathing problems, stop training immediately.- Always start your workouts with a light load and increase it during the course of your workout evenly and gently. Reduce the load towards the end of your training session.
- Be sure to wear suitable sportswear and sports shoes during exercise. Note that loose clothing can get caught in the running belt or rollers during exercise.
- Your exercise equipment can only be used by one person at a time.
- Check whether your device is in perfect condition before every training session. Never use your exerciser if it has any faults or defects.
- Independent repair work can only be done after agreement and approval from our service department has been received. Only original spare parts may be used.
- Your exercise equipment must be cleaned after each use. In particular, remove all residues caused by body perspiration or other liquids.
- Always make sure that liquids (drinks, body sweats, etc.) never enter the vibrating plate or penetrate the cockpit, as this leads to corrosion and damage to the mechanical and electronic components.
- Your exercise equipment is not suitable for use by children.
- During training, third parties - especially children and animals - must have a sufficient safety zone.
- Before any training, check whether there are objects under your training device and remove them. Never exercise with your exerciser when there are objects underneath.
- Always make sure that your exerciser is not misused by children as a toy or climbing equipment.
- Make sure that you and third parties never bring body parts close to moving mechanisms.

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!

Overall View of the Device




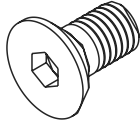
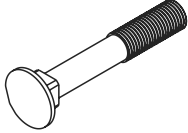

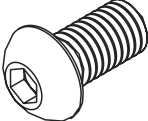
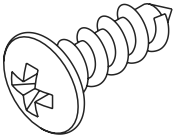
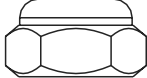
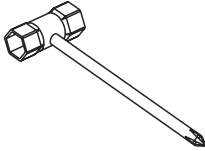
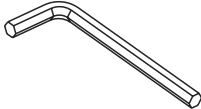
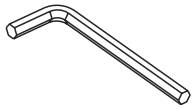
Scope of Delivery

			
A01 Base Frame	A09 Fixed handlebar	A07 Stand, front	A08 Stand Rear
			
C03/C12 Pedals, L/R	Cockpit	C17/C18 Pendulum Cover	C24 Bottle Holder
			
C27/C06 Handlebar Shaft Cover / Rubber Seal	C28/C29 Joint Cover, L/R	A12/A13 Pendulum Handles, L/R	Mains Adapter 9V

Carefully unpack all the items delivered. Two people are required as some parts of your exercise equipment are bulky and heavy.

Check that all fastening materials (screws, nuts, etc.) and the components are complete. Carry out each assembly step very carefully 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 assembly, follow the sequence of the assembly steps exactly and follow the instructions for each step. Pay careful attention to your personal safety during assembly. Wear suitable work gloves and get help from a second person when lifting heavy or bulky components.

Assembly of the training device must be carried out by competent adults. Carry out the assembly in a location that is level, clean and free of obstructions when working. Two people are required for correct assembly. Only start training after the training device is assembled completely.

				
B01 (1) Curved Washer M8x20 6 pcs.	B05 (2) Allen Bolt M6x12 8 pcs.	B04 (3) Coach Bolt M8x15 4 pcs.	B30 (4) Curved Washer M8x20 8 pcs.	B02 (5) Allen Bolt M8x15 2 pcs.
				
B22 (6) Self-Tapping Screw M5x16 18 pcs.	B19 (7) Nut M8 4 pcs.	(10) Combi Tool 1 pc.	(9) Allen Key M5 1 pc.	(8) Allen Key M4 1 pc.

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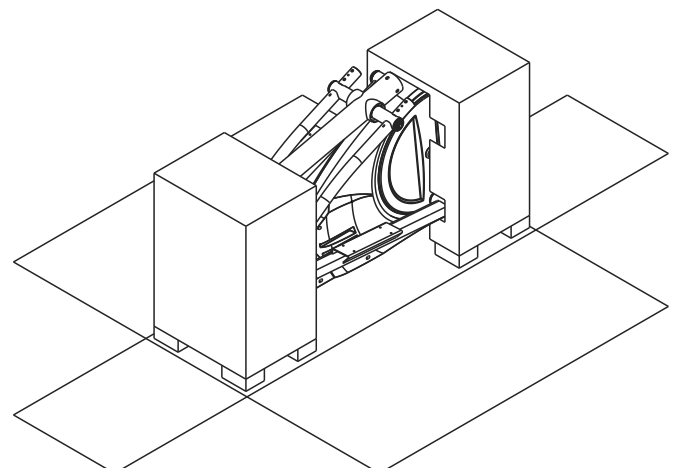
You are welcome to supplement or replace the tools supplied with your own. Make sure that each tool fits exactly.

Step 1: Assemble the Handlebar Shaft

To unpack and assemble the cross-trainer, place the carton on a clear space of 2 x 2.5 metres.

Open the carton and fold the side panels down as shown in the illustration so that they are flat on the floor. Remove all packaged components and accessories except the base frame.

To protect the cross-trainer from damage during assembly, always only remove the Styrofoam packaging as far as indicated in the illustrations.



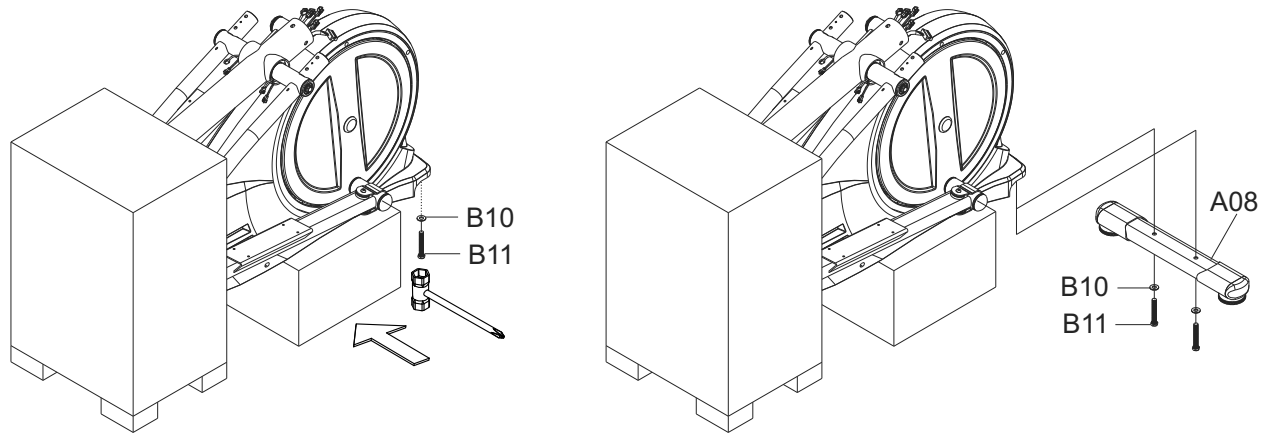
Assembly

Step 2:

Remove the large polystyrene packaging block at the rear and lift the back end of the cross-trainer far enough up so you can push the block underneath it as a support.

Loosen and remove the two 3/8" hex bolts (B11) and the two 3/8" washers (B10) that secure the transport lock to the rear mount of the cross-trainer. Now remove the transport lock.

Attach the rear stand (A08) with adjustable feet to the rear mounting of the base frame using the two 3/8" hex bolts (B11) and the two 3/8" washers (B10).



Step 3.1:

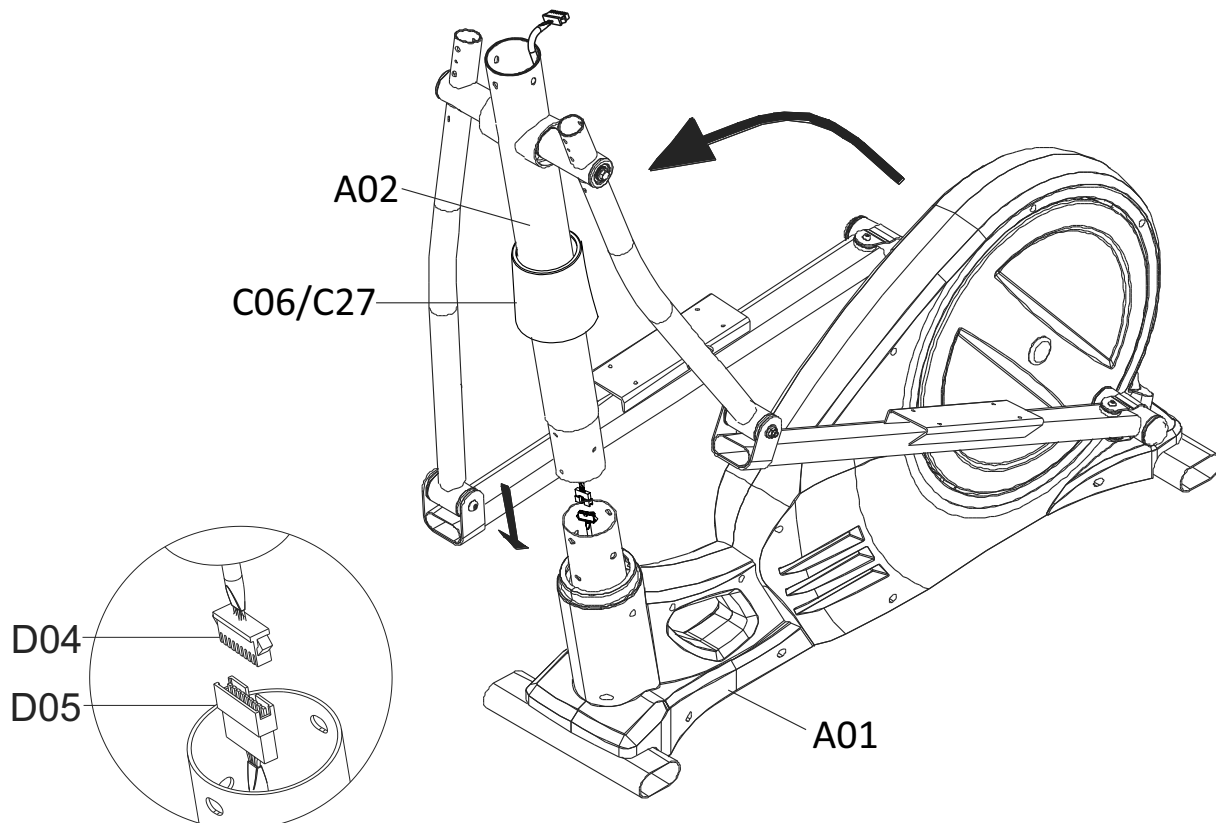
Two people are required for this step.

Remove the polystyrene block used as a support in step 2 and now also remove the large polystyrene packaging block from the front of the trainer.

One person then raises the handlebar shaft (A02) far enough that the second person can push the handlebar shaft cover (C06) with the rubber seal (C27) from below into the handlebar shaft. Pay attention to the correct alignment of the handlebar cover (C06).

Now, connect the cable (D04) protruding from the lower part of the handlebar shaft (A02) with the cable (D05) that protrudes from the handlebar shaft mount on the base frame (A01). Slide the handlebar shaft (A02) into the base frame mount.

⚠ CAUTION: Make sure that you do not pinch or damage the cable.

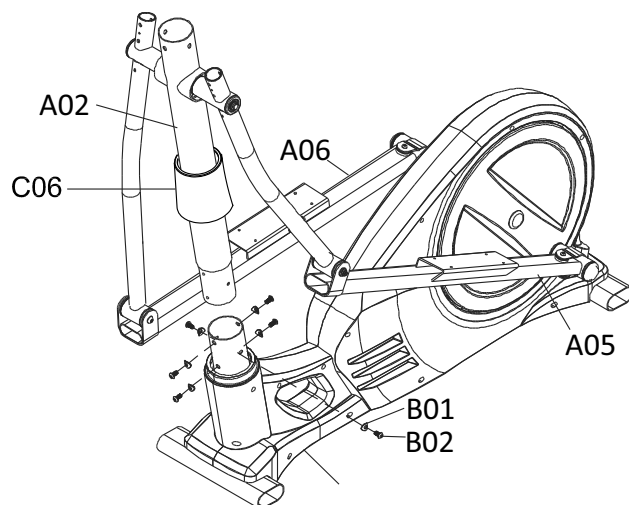


Step 3.2:

Screw the handlebar shaft (A02) to the base frame.
Use six Allen screws M8x20 (B02) and six M8 curved washers (B01).

⚠ CAUTION: Only tighten the screws slightly at first, then move the pedal tubes 2 to 3 turns to allow all components to align.

Tighten all screws and slide the handlebar shaft cover (C06) downwards.



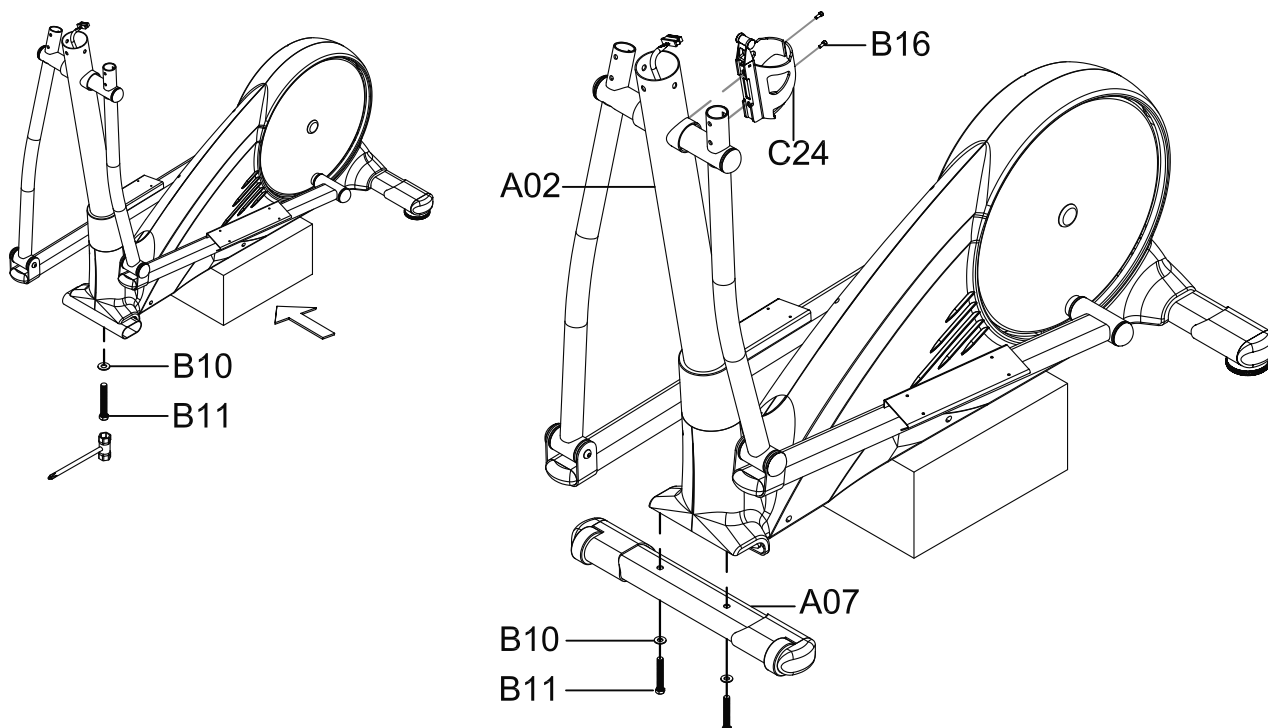
Step 4:

Lift the cross-trainer and support it on one of the polystyrene blocks.
Loosen and remove the 3/8" hexagon bolts (B11) and the two washers 3/8" (B10), which fix the transport lock to the front mount of the cross-trainer.

Remove the transport lock.

Attach the front stand (A07) with transport rollers to the front mount of the base frame using two 3/8" hex bolts (B11) and two 3/8" (washers B10).

Attach the bottle holder (C24) to the handlebar shaft (A02) with two M5x10 screws (B16).



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Assembly

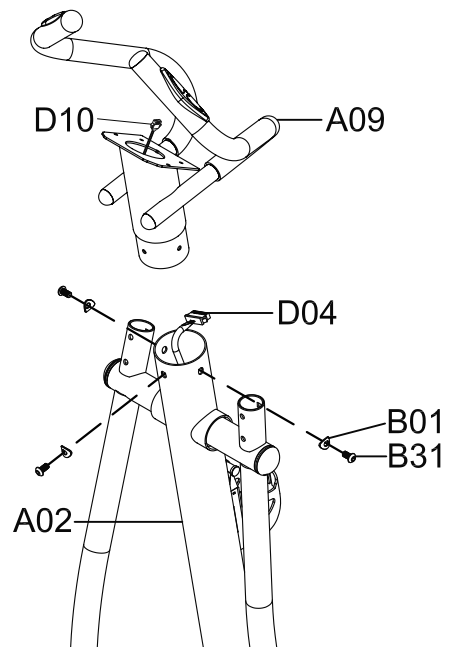
Step 5:

Loosen and remove the three hexagon socket screws M8x20 (B31) and three curved washers M8 (B01) from the handlebar shaft (A02).

Lead the cockpit cable (D04) protruding from the top of the handlebar shaft (A02), and end of the hand pulse measurement cable (D10) up through the handlebar (A09). Insert the handlebar (A09) into the upper opening of the handlebar shaft (A02).

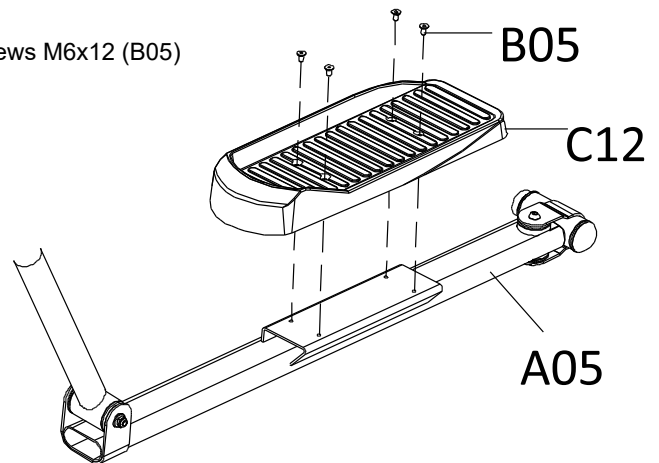
⚠ CAUTION: Make sure that you do not pinch or damage the cables.

Attach the handlebar (A09) using the same three hexagon socket screws M8x20 (B31) and three curved washers M8 (B01) just removed.



Step 6

Attach the pedal (C12-left and C03-right) with four hexagon socket screws M6x12 (B05) to the left and right pedal tubes (A05-left / A06 - right).

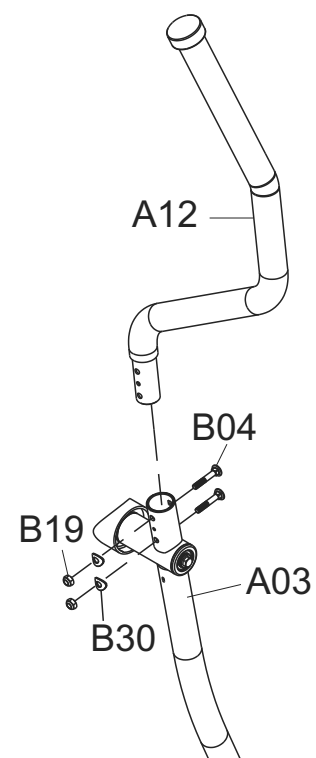


Step 7:

Insert the left pendulum handle (A12) into the left pendulum tube (A03) and the right pendulum handle (A13) into the right pendulum tube (A04).

The pendulum handles are marked with stickers for easy identification.

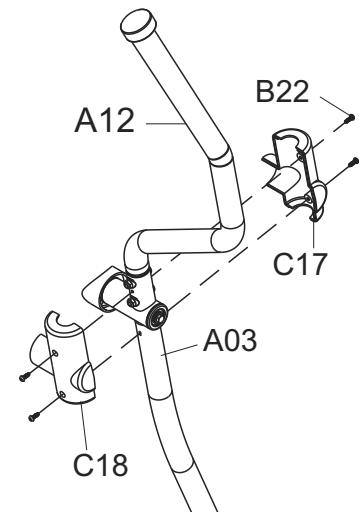
Secure the pendulum handles with two M8x50 carriage bolts (B04), two curved washers M8 (B30) and two locknuts M8 (B19).



Step 8: Assemble the Pendulum Tube Covers

Attach two pendulum tube covers (C17-A / C18-B) to the joint between the left pendulum handle (A12) and the left pendulum tube (A03) using four self-tapping screws M5x16 (B22).

Repeat with the right pendulum handle (A13) and pendulum tube (A04).

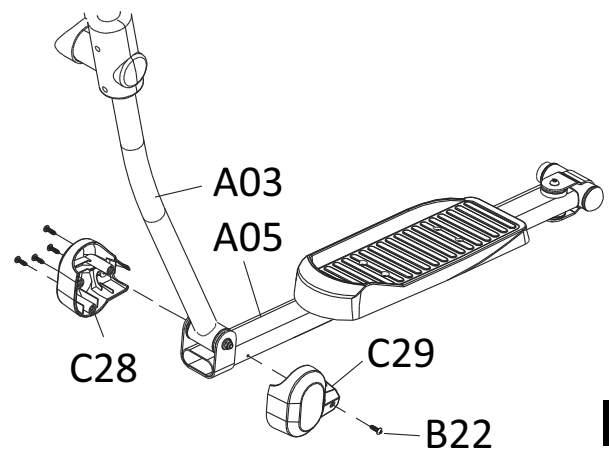


Step 9: Assemble the Pivot Covers

Attach two pivot covers (C29-B / C28-A) with five self-tapping screws M5x16 (B22) on the left pivot joint.

Repeat with the right pivot joint.

Note: The pivot joint connects the pendulum tube (A03) to the pedal tube (A05).



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Step 10:

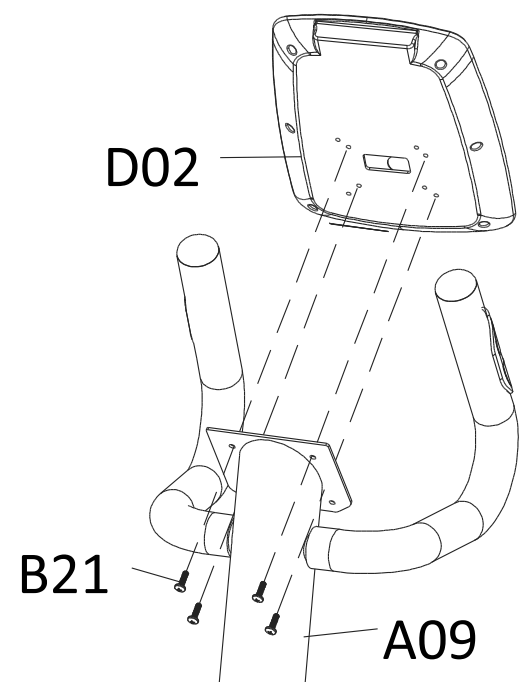
Loosen and remove the four screws (B21) on the back of the cockpit computer (D02).

Connect the two cables that protrude from the top of the handlebar (A09) with the appropriate cables of the computer (D02).

Attach the computer (D02) to the handlebar (A09) with the same four screws (B21)

CAUTION:

Make sure you do not pinch or damage the cables.

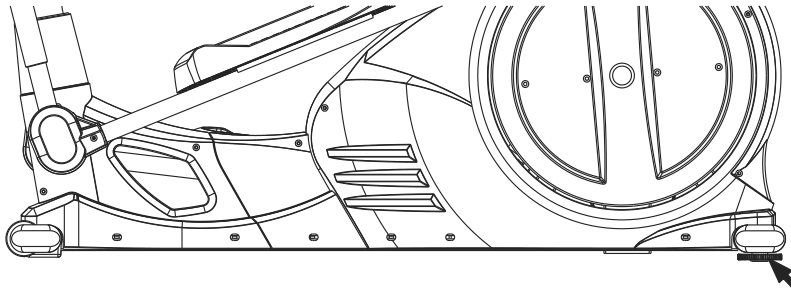


Floor Levelling

Make sure your exercise equipment is always level. To be able to compensate for minor bumps and slopes, adjustable levelling feet are fitted on the right and left of the rear stand. In order to establish a level position of the device first turn all feet to the lowest position.

Adjust the levelling feet as necessary so that the training device is level and stable.

If the adjustment range of the levelling feet is not enough to allow a safe position for training, please check the surface of the site. If necessary, choose another location where a safe and level position for the training device is ensured.



Floor Levelling

Safety Distance

Choose training area which allows free space on all sides and the greatest possible security.

The safety area should always be at least 100 cm to each side, behind and in front of the training device.

Transport

To be able to transport your training device easily and safely, the front stand is fitted with transport rollers.

To transport the device, stand at the back and grab the rear stand with both hands. Lift the training device upwards until the weight rests on the transport rollers.

Now you can simply push the training device on its transport rollers to the desired position. When lifting, transporting and positioning, always make sure that you have a secure footing.

Location and Storage

This exercise equipment has been designed for use only in dry, well-ventilated indoor areas. It must not be used or stored in damp or wet areas such as saunas, swimming pools, etc. or in outdoor areas such as balconies, terraces, gardens, garages, etc. where high humidity and low temperatures may lead to defects in the electronics, corrosion and rust. Damage of this kind is not covered by the warranty under any circumstances.

Please choose a dry, level and well-ventilated training or storage area. Make sure for your own sake that the training location during exercise is sufficiently ventilated to provide optimal oxygenation.

Before you start using your training device after a long period of non-use, make sure be sure that all fastenings are firmly and safely tightened.

⚠ CAUTION.

Before you begin cleaning, maintenance and / or repair work, the training device must be completely disconnected from the mains power. Disconnect the power plug from the wall outlet and then disconnect the power cord from the exerciser. The power cord may only be reconnected to the exerciser and the mains when all work has been fully completed and the device has been restored to its proper training position.

Cleaning

Clean your exerciser after each workout. Use a damp cloth and soap, do not use solvents. Regular cleaning contributes significantly to the maintenance and longevity of your training device. Due to the chemical composition of body sweat this is the main cause of corrosion (rust) if it is not immediately removed / cleaned. After every training session, check whether body sweat and / or other liquids have come into contact with the device. If this is the case clean the affected components / covers.

Please note: Damage caused by body perspiration or other liquids is **not covered by the warranty under any circumstances.**

Make sure that no fluid can penetrate the exerciser or the computer while exercising.

Maintenance**Checking the fastenings**

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

Power Cable

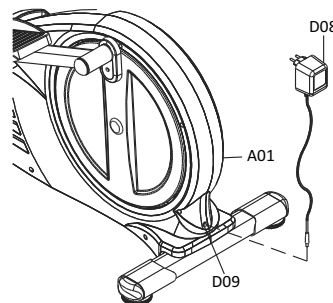
Plug the connection cable of the AC power adapter supplied into the socket on the back of the main housing then connect the power connector of the AC adapter to a wall mains socket.

⚠ CAUTION:

The device may only be connected to a socket that has been professionally installed and earthed. Do not connect the training device to multiple sockets. If you use an extension cable, you must ensure that this complies with the guidelines of the VDE.

The socket for the AC adapter is located at the rear end of the main body above the rear stand.

ENG

**Connecting the device****⚠ CAUTION:**

Before connecting the mains adapter to the device, always check that it is the same as the one supplied with the device.

Using another AC adapter may damage the electronic components of the device for which the manufacturer can accept no liability.

Always connect the power cable to the training device before connecting it to a power outlet. If you disconnect your training device from the power supply, always disconnect the power cable from the power outlet first.

Switching on the Device

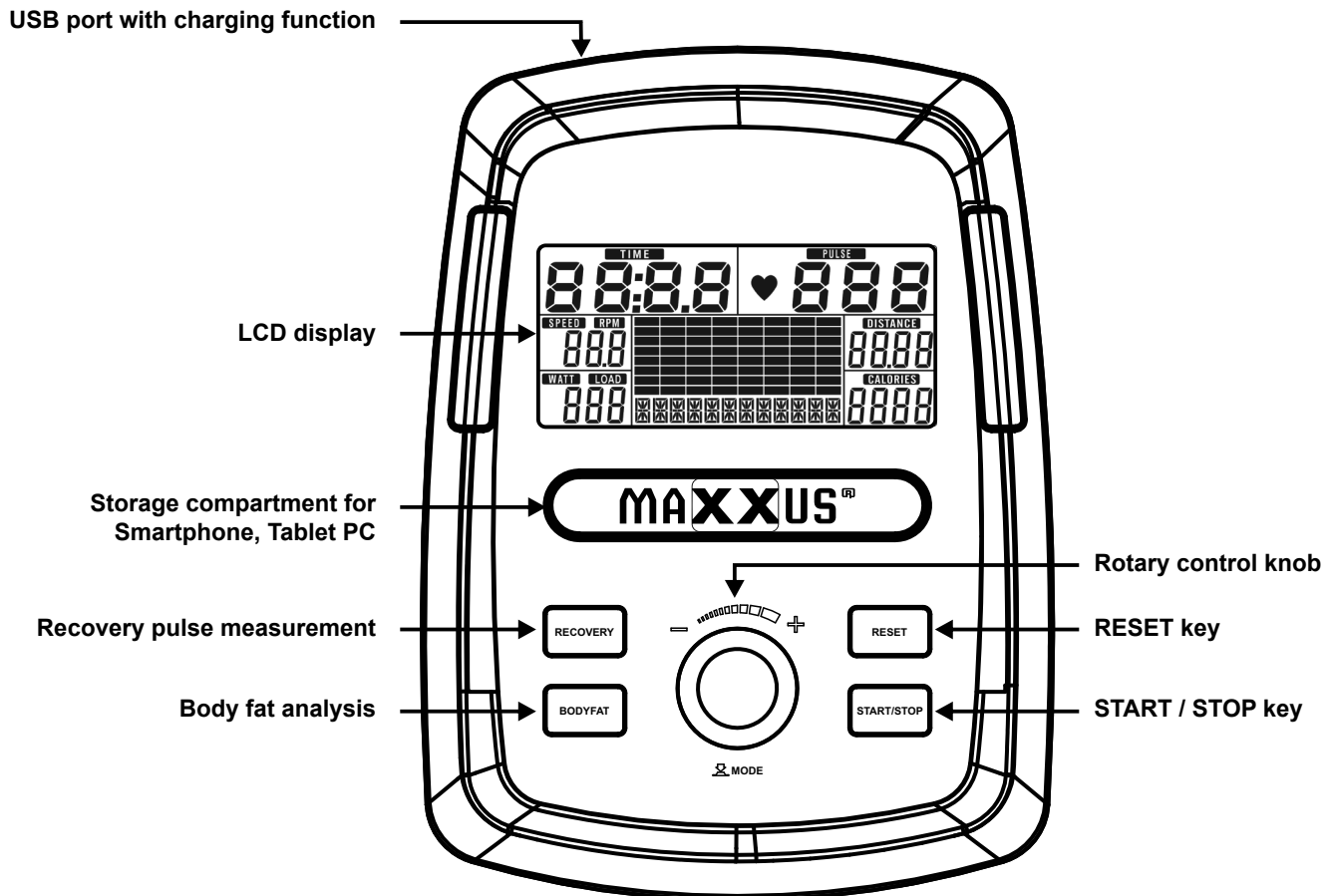
First connect the power cable to the training device and then to the power outlet, the cockpit turns on automatically. If the training device is already connected to the power supply and the cockpit is in stand-by mode, activate the cockpit by pressing any key or by moving the pedals.

Switching off the Device

After more than 4 minutes inactivity, the cockpit automatically switches to stand-by mode.

As soon as you have finished your training you should disconnect the training device from the mains. Always remove the plug from the power socket first and then remove the plug from the training device.

Cockpit



The cockpit constantly displays the current training values.

TIME

For a specified training time the computer counts the time down backwards to "00:00". The training time can be set from 01:00 to 99:00 minutes in one-minute increments.

If the training time is not set, the computer counts the training time from 00:00 to a maximum of 99:00 minutes.

DISTANCE

Displays the training distance in kilometres. For a specified training session, the computer counts the distance down backwards to 0.00. The training distance can be specified from 1.0 to 99.0 kilometres in 1.0 km increments. If the training distance is not specified, the computer counts the training time from 0.0 to maximum 99.0 kilometres.

CALORIES*

Indication of calorie consumption in Kcal. With a specified calorie consumption, the computer counts the calories down backwards to 0. The calorie consumption can be specified from 10 to 990 Kcal in 10-Kcalorie increments. If the calorie consumption is not specified, the computer counts the calories from 0 to a maximum of 990 Kcal.

PULSE

When using the hand pulse sensors, displays the current pulse value in beats per minute. When using an optionally available transmitter chest belt (not included) displays the current heart rate in beats per minute.

SPEED

Displays the current speed in km / h. Value is displayed alternately with RPM in the same window.

Revolutions per Minute – RPM

Displays the current wheel revolutions per minute (RPM). Value is displayed alternately with speed in the same window.

Resistance level LOAD

Displays the currently selected resistance level from level 1 to 16.

Power WATT**

Display of the output in watts (WATT).

*** Note on calorie measurement**

Calculation of energy consumption is done by means of a general formula. It is not possible to exactly match your individual energy consumption because this requires a large amount of personal data. The energy consumption displayed is approximate and not exact value.

**** Note on wattage**

This is a training device suitable for non-therapeutic purposes, the Watt value displayed is not a calibrated value. The displayed performance may differ from the actual value.

Keypad**START/STOP Key**

START function: - Start the selected training program or training profile
- Activate the QUICKSTART function

PAUSE function: If the START / STOP key is pressed during training, the display of training values will stop and pause mode is activated. This allows an interruption of the Training. To end the pause, press the START / STOP key again.

STOP function: If the START / STOP key is pressed during training, the display of training values will stop and pause mode is activated. To stop training and return to the main menu press the RESET key.

RESET Key

If the display is in STOP mode and the RESET key is pressed constantly for more than 5 seconds, then all values are automatically reset to zero.

To change user, exit the current program by pressing the START / STOP key, then press and hold the RESET key until the complete LCD display lights up.

Rotary Control Knob

Turning Function: - Specification of training values
- Data input (eg age)
- Change brake settings

Push Function: - Confirm inputs

Body Fat Measurement

Key to start body fat measurement

Setting the User

After the cockpit has been switched on the display shows "USER".

There are four user profiles U1 ~ U4 available. These are fixed storage locations where the user data is stored permanently.

Selecting a User Profile

Turn the rotary control knob to select the desired user profile and confirm your selection by pressing it.

Enter Gender

The display will show "SEX". Turn the rotary control to select your gender. Confirm your selection by pressing the control.

Enter Age

The display shows "AGE". Enter your age by turning the rotary control. Input from 1 to 99 years is possible. Confirm your entry by pressing the control.

Enter Height

The display shows "HEIGHT". Enter your height by turning the rotary control. Input from 100 to 200 cm is possible. Confirm your entry by pressing the control.

Enter Weight

The display shows "WEIGHT". Enter your weight by turning the rotary control. Input from 20 to 150 kg is possible. Confirm your entry by pressing the control.

After you have confirmed the entry of the body weight by pressing the control, the display changes automatically to the training menu.

If you have already created a user profile, select it by turning the rotary control and "USER" appears in the display as soon as you have activated the cockpit. The information on sex, age, height and weight is checked. If the data is still correct, confirm each by pressing of the control. If your weight or age have changed, adjust those values accordingly and confirm your entry by pressing the control.

Quick Start

Turn on the training device, the display shows "USER".

Press the START / STOP key, training time starts to run, and you can start exercising immediately. During training, you can change the Resistance level by turning the rotary control clockwise / anticlockwise between level 1 and 16.

Since no target value is specified for this type of training, you must end the training yourself.

Manual Training (MANUAL)

Step 1: Program Selection

Turn on the training device and select user U1-U4. The display shows MANUAL. Confirm your selection by pressing the control.

Step 2: Target Value Specification

You now have the choice of three different targets:

Training time (TIME):

The value in the "TIME" window flashes. If you want to specify the training time, enter it by turning the rotary control right / left. You can set the exercise time from 1:00 to 99:00 minutes. Confirm your selection by pressing the control.

If you do not want to specify the training time, press the dial to confirm the value displayed in the "TIME" window is "00:00".

Training Distance (DISTANCE):

The value in the "DISTANCE" window flashes. If you want to specify the training distance, enter it by turning the rotary control right / left. You can specify the training distance from 0.1 to 99.0 kilometres. Confirm your selection by pressing the control.

If you do not want to specify the training route, press the dial to confirm the value in "DISTANCE" window is "0.00".

Calorie Consumption (CALORIES):

The value in the "CALORIES" window flashes. If you want to specify the calorie consumption, then enter it by turning the rotary control right / left. You can set the calorie consumption from 10 to 9,990 calories. Confirm your selection by pressing the control.

If you do not want to specify the calorie consumption, press the dial to confirm the value in the window "CALORIES" is "0".

Note:

It does not make sense to specify more than one training goal per training session. If you do, training will finish after reaching the first target value.

Step 3: Specification of the Maximum Pulse Rate

The value in the "PULSE" window flashes. You now have the option of turning the rotary control right / left to set the pulse upper limit between 30 and 230 heartbeats / minute. If your actual heart rate reaches this value during training a warning signal sounds.

If you do not want to set a pulse upper limit, press the rotary control directly to confirm the value in "PULSE" window is "0".

Step 4: Start Training

Press the START / STOP key to start training.

End Training

After the predetermined training target has been reached, training ends automatically.

Setting the Resistance Level

During training you can change the currently selected resistance level by turning the rotary control right / left at any time between level 1 and level 16

Training Profiles P1 ~ P12

In this type of training, the user has twelve pre-programd training profiles to choose from. The profile cannot be changed. The user has the choice of the intensity of the respective profile to suit their current state of fitness.

ENG

Step 1: Program Selection

Turn on the training device and select user U1-U4. The display shows MANUAL. Now turn the rotary control to select "PROGRAM". Confirm your selection by pressing the rotary control.

Step 2: Profile Selection

Select the desired training profile P1-P12 by turning the rotary control. Confirm your selection by pressing the control.

Step 3: Specification of the training time

The value in the "TIME" window flashes. Enter the training time by turning the rotary control. You can specify a training time from 1:00 to 99:00 minutes.

Step 4: Start Training

Press the START / STOP key to start training.

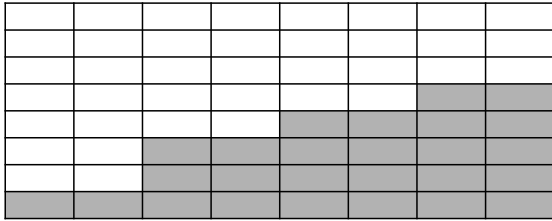
End Training

After the training time has expired, training is automatically ended.

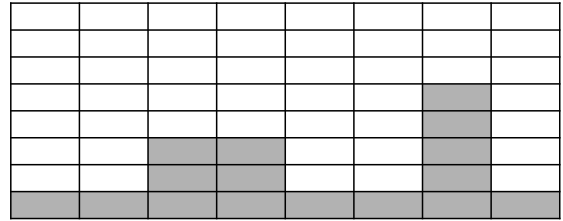
Regulation of the training level

During training, you can change the currently selected training level within the specified frame at any time by turning the rotary control right / left.

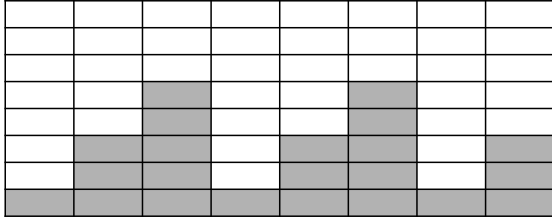
P1



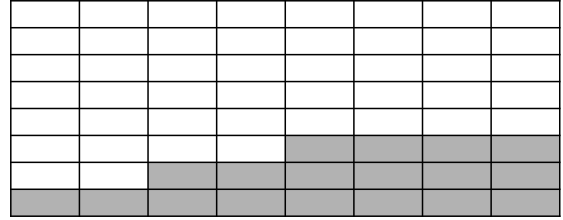
P7



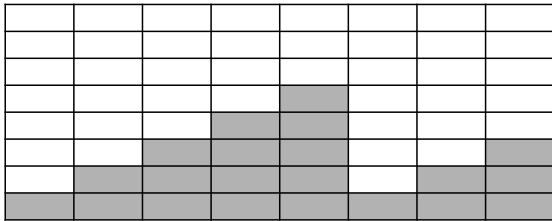
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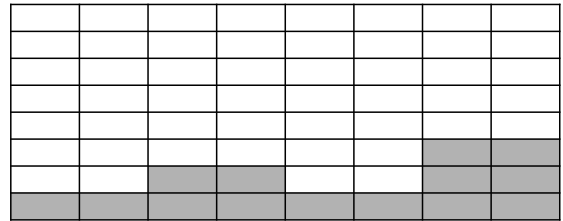
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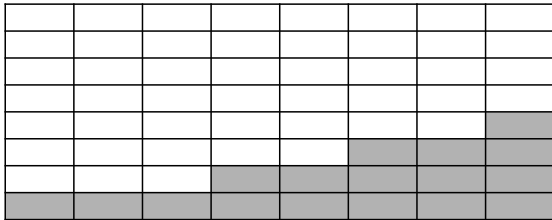
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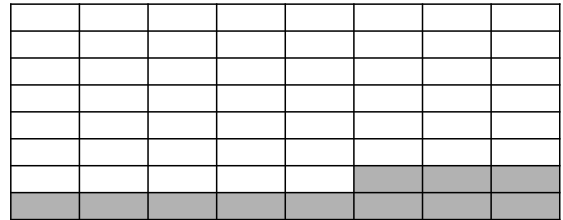
P9



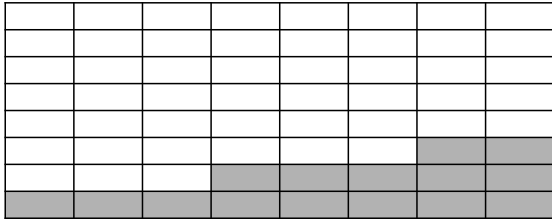
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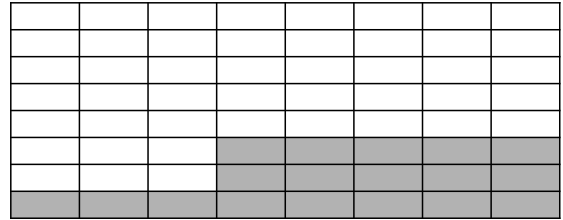
P10



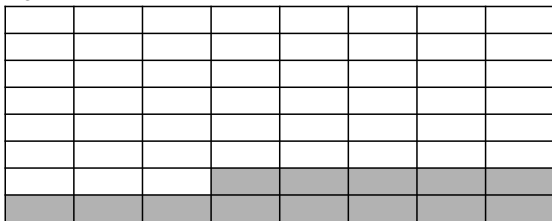
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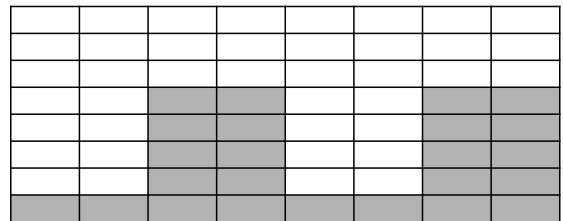
P11



P6



P12



Free training profile (USER)

You can create a user training profile yourself and save it permanently here.

Step 1: Program Selection

Turn on the exerciser and select user U1-U4. The display shows MANUAL. Turn the rotary control "USER" and confirm your selection by pressing the control.

Step 2: Programming the Training Segments

The first of the twenty training segments flashes in the display.

Set the desired braking level from level 1 to level 16 for the first segment by turning the rotary control right / left. Confirm your entry by pressing the control.

Now the second segment flashes, proceed with segments 2 to 20 as described for the first segment.

After confirming the input for the 20th segment by pressing the rotary control, your training profile is permanently stored.

Step 3: Specifying the Training Time

Now the first segment flashes again. Press the rotary control until the value in the TIME window flashes. Enter the exercise time by turning the rotary control clockwise / anticlockwise. You can change the training time from 1:00 until 99:00 minutes in 1-minute increments.

Step 4: Start Training

Press the START / STOP key to start training.

End Training

After the training time has expired, training is automatically ended.

Note:

If you want to complete the saved training program again, switch on the cockpit and choose the "USER" program by turning the rotary control right / left. confirm your selection by pressing the control. Now the first segment flashes again. Press the rotary control until the value in the TIME window flashes. Enter the exercise time by turning the rotary control clockwise / anticlockwise. You can set the exercise time from 1:00 to 99:00 minutes in 1-minute increments. Press the START / STOP key to start training.

Heart-rate controlled programs (HRC)

ENG

These programs are heart-rate controlled training programs. The user gives a desired target heart rate in advance. This is continuously compared by the cockpit with the actual heart rate of the user. If the actual heart rate is lower than the desired target heart rate, the cockpit increases the braking resistance automatically. If the value is higher, the cockpit automatically reduces the braking resistance. The main requirement for these programs is a permanent and accurate transmission of heart rate values. For this reason, these programs can only be used with an uncoded heart rate chest belt. This is available as an accessory. It is not possible to use these programs with hand pulse sensors.

Please also read the chapter "Heart rate measurement" in this manual.

Step 1: Program Selection

Turn on the exerciser and select user U1-U4. The display shows MANUAL. Turn the rotary control until the display shows "HRC". Confirm your selection by pressing the control.

Step 2: Select the HRC mode

The display shows HRC 55%. By turning the dial, you can now choose between the following HRC modes:

50% - Training with a target heart rate of 50% of the maximum heart rate

75% - Training with a target heart rate of 75% of the maximum heart rate

90% - Training with a target heart rate of 90% of the maximum heart rate

TA - Training with an individual target heart rate

Please also read the chapter "PULSE / HEART RATE" in this manual.

Select the desired mode by turning the rotary control clockwise / anticlockwise.

If you select 55%, 75% or 90%, the corresponding target heart rate will be displayed.

Confirm your selection by pressing the control.

To train with an individual target heart rate, turn the rotary control right / left to select TA mode and confirm the selection by pressing the control.

The value flashes in the PULSE window. Enter the desired target heart rate by turning the rotary control left / right. Entries from 30 to 230 beats per minute are possible.

Confirm your entry by pressing the rotary control.

Step 3: Specification of the training time

The value in the "TIME" window flashes. Enter the exercise time by turning the rotary control clockwise / anti-clockwise. You can set the exercise time from 1:00 to 99:00 minutes in 1-minute increments.

Step 4: Start Training

Press the START / STOP key to start exercising.

End Training

After the training time has expired, training is automatically ended.

Program Flow

The cockpit determines the current heart rate of the user and compares this continuously with the target heart rate. If the current heart rate is lower or higher than the target heart rate the cockpit automatically adjusts the resistance level.

If the current heart rate is in the range of +/- 5 beats / minute below or above the target heart rate, it will retain the current resistance level.

If the cockpit cannot determine the user's heart rate, the display shows "?". Check that you have an uncoded chest belt with transmission frequency 5 kHz that fits correctly and has battery power.

Example:

Target heart rate is 120 - no change in the resistance level at a current heart rate of 115 ~ 125 Beats / minute.

Watt-Controlled Training Programs (WATT)

With this type of training, the user-selected power in watts is kept constant by the cockpit. The user's output (watts) results from the current braking level and the current pedalling speed. To keep the power constant, the cockpit reduces the braking resistance as soon as the user increases the pedalling speed. If the user reduces the pedalling speed, the cockpit automatically increases the braking resistance. This is also called a speed-independent training.

The user has three predefined watt-training profiles and a watt-constant program to choose from.

Step 1: Program Selection

Turn on the training device and select user U1-U4. The display shows MANUAL. Turn the rotary control until the display shows "WATT". Confirm your selection by pressing the control.

Step 2: Specification of the Wattage

The value in the WATT window flashes. Enter the desired wattage by turning the rotary control clockwise / anti-clockwise. Inputs from 10 to 350 watts in 5-watt increments are possible.

Confirm your entry by pressing the control.

Step 3: Specification of Training Time

The value in the "TIME" window flashes. Enter the exercise time by turning the rotary control clockwise / anti-clockwise.

Confirm your entry by pressing the rotary control.

Step 4: Start Training

Press the START / STOP key to start exercising.

End Training

After the training time has expired, training is automatically ended.

Recovery Heart Rate (RECOVERY)

The recovery test measures how quickly you recover, i.e. how quickly and by how much your heart rate decreases after training.

After completing a workout, or after stopping the workout by pressing the Stop key, press the RECOVERY key and immediately place your hands on the hand pulse sensors. If you are wearing a chest strap, you do not need to hold on to the hand pulse sensors. Now the cockpit will try to determine your pulse for 10 seconds. If this fails, the test is automatically terminated.

If the cockpit has detected your pulse, a countdown of 60 seconds starts in which you must keep hold of the hand pulse sensors all the time (this is also not necessary if you are wearing a chest strap).

After the 60 seconds have elapsed, you can read the result on the display and compare it with the following table.

Result	Evaluation
F1	Excellent
F2	Very good
F3	Good
F4	Satisfactory
F5	Sufficient
F5	Poor

Body Fat Analysis (Body Fat)

This program determines the percentage of body fat and the BMI of the user.

Press the FAT key. The currently selected user profile is displayed as "U1". If the wrong user profile has been selected, press the RESET key and select the correct user profile. Then press the FAT key again and grasp the hand pulse sensors with your hands. After successful measurement, the percentage of body fat is displayed with the corresponding symbol and BMI.

ENG

Body-Mass-Index (BMI)

This value is calculated from the ratio of body weight to height and is used to assess the body weight of a person in relation to their height. Please note that the BMI is only a rough guideline, as it does not account for physique and gender or the individual composition of the body mass of fat and muscle tissue. The "ideal" BMI depends on the age.

The table shows BMI values for different age groups.

Age	BMI
19 - 24 years	19 - 24
25 - 34 years	20 - 25
35 - 44 years	21 - 26
45 - 54 years	22 - 27
55 - 64 years	23 - 28
> 64 years	24 - 29

USB Charging Function

The cockpit is equipped with a USB port. This is located at the top of the cockpit. This connection is to be used exclusively for charging smartphones or tablet PCs during training. The required USB charging cable is not included in the delivery.

Bluetooth Receiver and APP Usage

The cockpit of your training device comes ready fitted with an integrated Bluetooth receiver. This Bluetooth receiver allows the fitness device to be controlled from your smartphone or tablet PC via an App.

Connect the iC+ Training-App with your training device as follows:

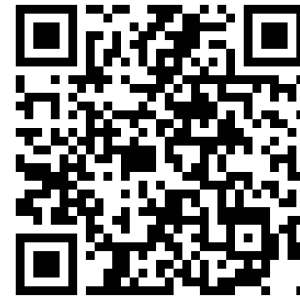
Step 1

Download the iC+ Training-App from the appropriate Store onto your smartphone or tablet PC.



For requirements of compatible devices and required software versions, please refer to the appropriate store page.

* **Note:** If the links are no longer valid, please enter "iC + Training" or "iConsole +" in the search bar of the relevant store.
The logo to search for for the "iConsole+" APP has orange writing on a white background.



Step 2

Activate the Bluetooth function on your smartphone or tablet PC
Open the iC+ Training App

Step 3

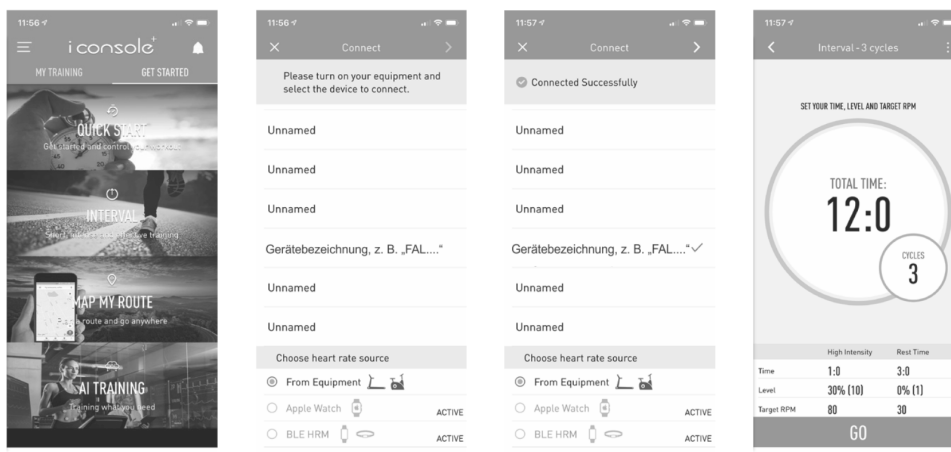
Select "GET STARTED" in the top right of the menu. Then select the required training type, such as "QUICK START"

Step 4


A list of available Bluetooth devices will appear on the display of your smartphone or tablet PC. Make sure your training device is switched on. Select your training device from the list. The name of the training device starts with "FAL ..." or "MAXXUS". After successful connection, a tick symbol will appear. Your training device will now be stored by the iC + Training App so you can start training straight away the next time you want to train.

Step 5

After successfully pairing the App with your training device, you can continue training by clicking on the arrow in the top right corner of the display.



Please note that the MAXXUS Group GmbH & Co. KG is not the manufacturer of the iC + Training App and therefore are not responsible for their content or features.

 Heart Rate per Minute	200															
	150	195														
	130	146	190													
	110	127	143	185												
		107	124	139	180											
			105	120	135	175										
				102	117	131	170									
					99	114	128	165								
						96	111	124	160							
							94	107	120	155						
								91	104	116	150					
									88	101	113	145				
										85	98	109	140			
											83	94	105	135		
												80	91	101	100	
													77	88	98	
														74	85	
														72		
Age	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	

ENG

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 on 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 are inevitable, prevent 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 strap) allows you to wirelessly measure heart rate. The chest belt is an accessory available.

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.

ENG



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.

Training Recommendations

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.

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:						

Cockpit

Display of:

- Time
- Distance
- Calorie Consumption
- Level
- Speed
- Revolutions per Minute
- Pulse (when using the hand sensors)
- Heart Rate (when using an optional chest belt)

Technical details:

Resistance system:	Motorised permanent magnet
Resistance adjustment:	Computer controlled
Resistance levels:	1 – 16
Flywheel weight:	approx. 9 kg
Drive system:	2-stage ribbed belt
Installation dimensions:	approx. 120 x 77 x 167 cm (LxWxH)
Total weight:	approx. 54.6 kg
Maximum user weight:	135 kg
Power supply:	220-230V - 50Hz

Application: Home Use

Disposal



European Disposal Regulations 2012/19/EU

Do not dispose your training device in the normal household rubbish.

Dispose the device at a communal waste disposal facility or at a registered waste disposal company.

Observe current regulations which apply accordingly. If in doubt seek advice from your local government office or county council as to where you can dispose of the device properly and in an environmentally sound manner.

Batteries / Rechargeable Batteries

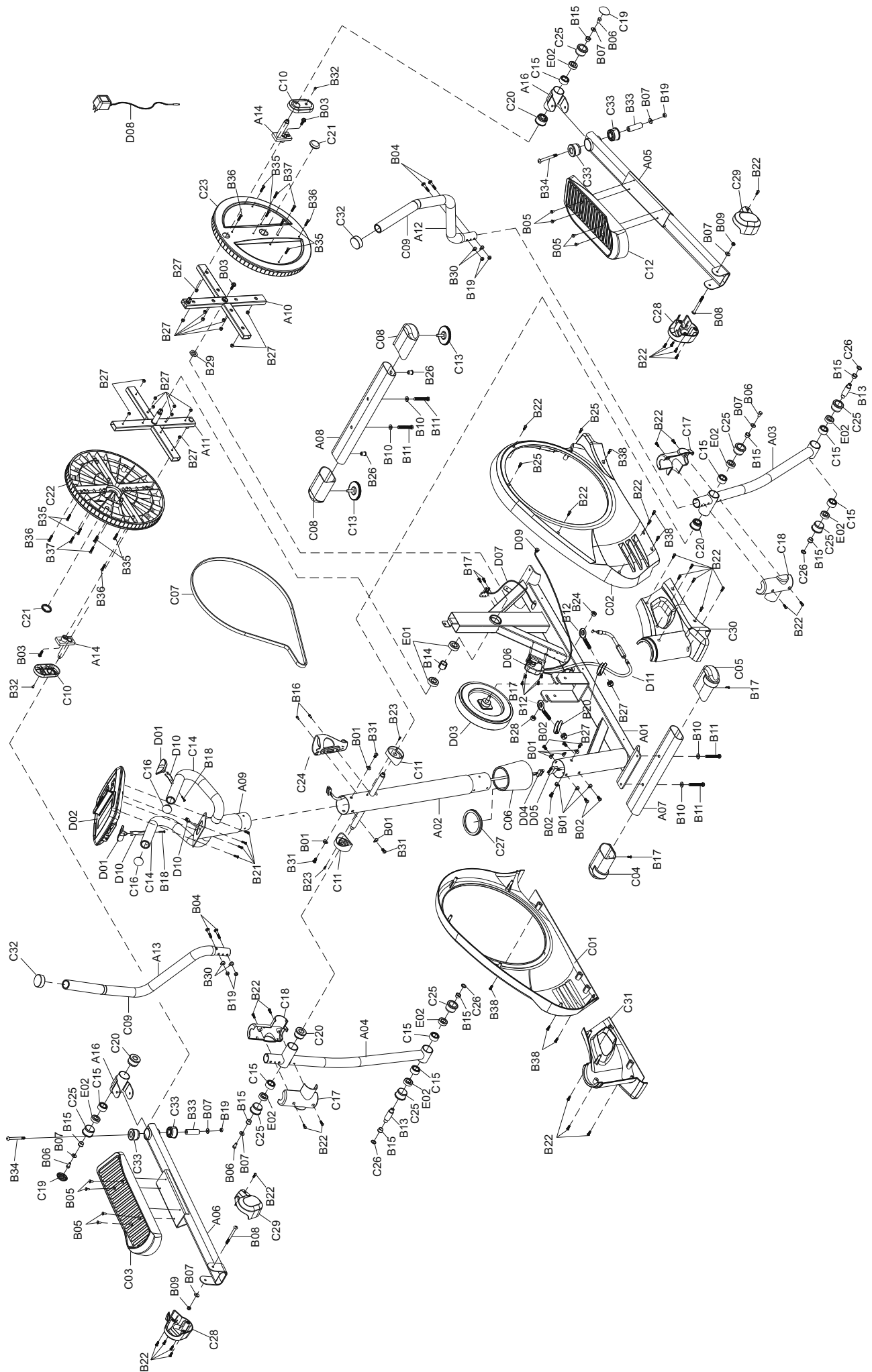
Batteries and rechargeable batteries should never be disposed of in the household rubbish.

Please be aware that all batteries can contain toxic substances and all consumers are obliged by law to dispose these at an appropriate collection point either at your local government office, county council or retail outlet.

If in doubt seek advice from your local government office or county council as to where you can dispose batteries properly and in an environmentally sound manner. Only dispose of batteries when they are empty.

ENG

Exploded Drawing



Spare Parts List

Part No.	Description	Qty
A01	Main Frame	1
A02	Upright Post	1
A03	Dual Action Arm /L	1
A04	Dual Action Arm /R	1
A05	Foot Tube /L	1
A06	Foot Tube /R	1
A07	Front Stabilizer Tube	1
A08	Rear Stabilizer Tube	1
A09	Stationery Handlebar	1
A10	Cross Main Frame /L	1
A11	Cross Main Frame /R	1
A12	Dual Action Handlebar Tube /L	1
A13	Dual Action Handlebar Tube /R	1
A14	Welded, Short Crank	2
B01	M8 Curve Washer	9
B02	M8 Allen Key Screw	6
B03	M8 Bolt	3
B04	M8 Carriage Bolt	4
B05	M6 Screw	8
B06	M8 Hex Head Bolt	4
B07	5/16" Washer	8
B08	M8 Allen Key Screw	2
B09	M8 Nylon Nut	2
B10	3/8" Washer	4
B11	3/8" Hex Head Bolt	4
B12	Screw M6	2
B13	Shaft	2
B14	Spacer	1
B15	Bushing Spacer	8
B16	M5 Socket Screw	2
B17	M4 Screw	8
B18	M3 Screw	2
B19	M8 Nylon Nut	6
B20	Screw Adjustment Bracket	2
B21	Screw for Computer	4
B22	M5 Self Tap Screw	30
B23	M4 Screw	2
B24	M10 Nut	1

Part No.	Description	Qty
B25	M5 Self Tap Screw	2
B26	Rivet Nut	2
B27	M6 Nylon Nut	18
B28	M10 Nut	1
B29	M20 Nut	1
B30	M8 Curve Washer	4
B31	M8 Bolt	3
B32	M6 Screw	2
B33	Shaft	2
B34	M8 Bolt	2
B35	M6 Bolt	8
B36	M6 Bolt	4
B37	M6 Bolt	4
B38	M5 Self Tap Screw	6
C01	Main Cover /R	1
C02	Main Cover /L	1
C03	Foot Pedal /R	1
C04	Wheel Cap /R	1
C05	Wheel Cap /L	1
C06	Hat Cover	1
C07	Belt	1
C08	Height Adjuster Cap	2
C09	Foam Grip	2
C10	Disk Cover Spacer	2
C11	Upright Tube Spacer	2
C12	Foot Pedal /L	1
C13	Adjustable Foot Pad	2
C14	Hand Grip	2
C15	Bearing Housing	8
C16	Plug	2
C17	Pivot Cover -A	2
C18	Pivot Cover -B	2
C19	Nut Cap	2
C20	Bushing-Standard	4
C21	Disk Cover Plug	2
C22	Disk Cover /R	1
C23	Disk Cover /L	1
C24	Water Bottle Holder	1

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Spare Parts List

Part No.	Description	Qty
C25	Bearing Bushing	8
C26	Washer 14	4
C27	Rubber Gasket	1
C28	Pivot Cap -A	2
C29	Pivot Cap -B	2
C30	Front Cover /L	1
C31	Front Cover /R	1
C32	Dome End Cap	2
C33	Bushing-Standard	4
D01	Hand Pulse Sensor	1Set
D02	Computer	1

Part No.	Description	Qty
D03	Magnetic Flywheel	1
D04	Cable	1
D05	Cable	1
D06	Motor with Cable	1
D07	Sensor Cable	1
D08	AC Adaptor	1
D09	AC Plug Cable	1
D10	Hand Pulse Cable	1
D11	Motor Tension Cable	1
E01	Bearing 6004	2
E02	Bearing 6003	8

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.

Recommended Accessories

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These accessories are best suited for use with your training device. All products are available from our online shop at 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, this mat provides 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

MAXXUS® Degreaser Spray - Optimum cleaner for cleaning off dirt and maintaining the guide pipes and roller surfaces.



MAXXUS® Lubricating Spray – Optimum lubrication for guide pipes.

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.

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 Repairs Contract/Damage Report form attached to this User Manual and send it to us by post or by fax.

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 Repairs Contract/Damage Notification. 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 KGM by sending an Email to: 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

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:

service@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.

*Version: June/2016



Device Details

Product Name: **RunMAXX 3.0**Product Group: **Treadmill**

Serial Number: _____

Invoice Number: _____

Date of Purchase: _____

Where Purchased: _____

Accessories: _____

Type of Use:

 Private Use

 Commercial Use

Personal Details

Company: _____

Contact Person: _____

First Name: _____

Second Name: _____

Street: _____

House Number: _____

Post Code / Town/City: _____

Country: _____

E-Mail: _____

Tel.No.: _____

Fax. No.*: _____

Mobile No.*: _____

* The fields marked with an asterisk are optional. The remaining fields are mandatory fields that must be completed.

Fault Description

Please enter a short description of the error as precisely as possible below:

(For example, when, where and how does the error occur? Frequency, after which period, at what Use, etc)

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 A copy of the proof of purchase / invoice / receipt is attached.

 I accept the General Terms and Conditions of MAXXUS® Group GmbH & Co. KG.

I hereby instruct the company MAXXUS® Group GmbH & Co. KG to repair the above defects. In Warranty cases I will not be charged for the cost. The costs for repairs which are excluded from liability for defects in quality will be charged to me and must be settled immediately. In cases of repairs carried out on site, our staff are entitled to collect payment. This agreement is confirmed with here with my signature.

Date	Location	Signature
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Please be aware that contracts can only be processed if this form has been completed in full. Be sure to attach a copy of your purchase invoice. Send the fully completed Service Contract to:

Post*: Maxxus Group GmbH & Co KG, Service Department, Zeppelinstr. 2, 64331 Weiterstadt

Fax: +49 (0) 6151 39735 400

E-Mail:** service@maxxus.de

* Please stamp with sufficient postage – letters which are not sent postage paid will unfortunately not be accepted.

** Submission by E-Mail is only possible as a scanned document with original signature.



You are welcome to use our online form "Service Contract" which you will find under the "Service" section at www.maxxus.com

MAXXUS[®]



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Zeppelinstr. 2
D-64331 Weiterstadt
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