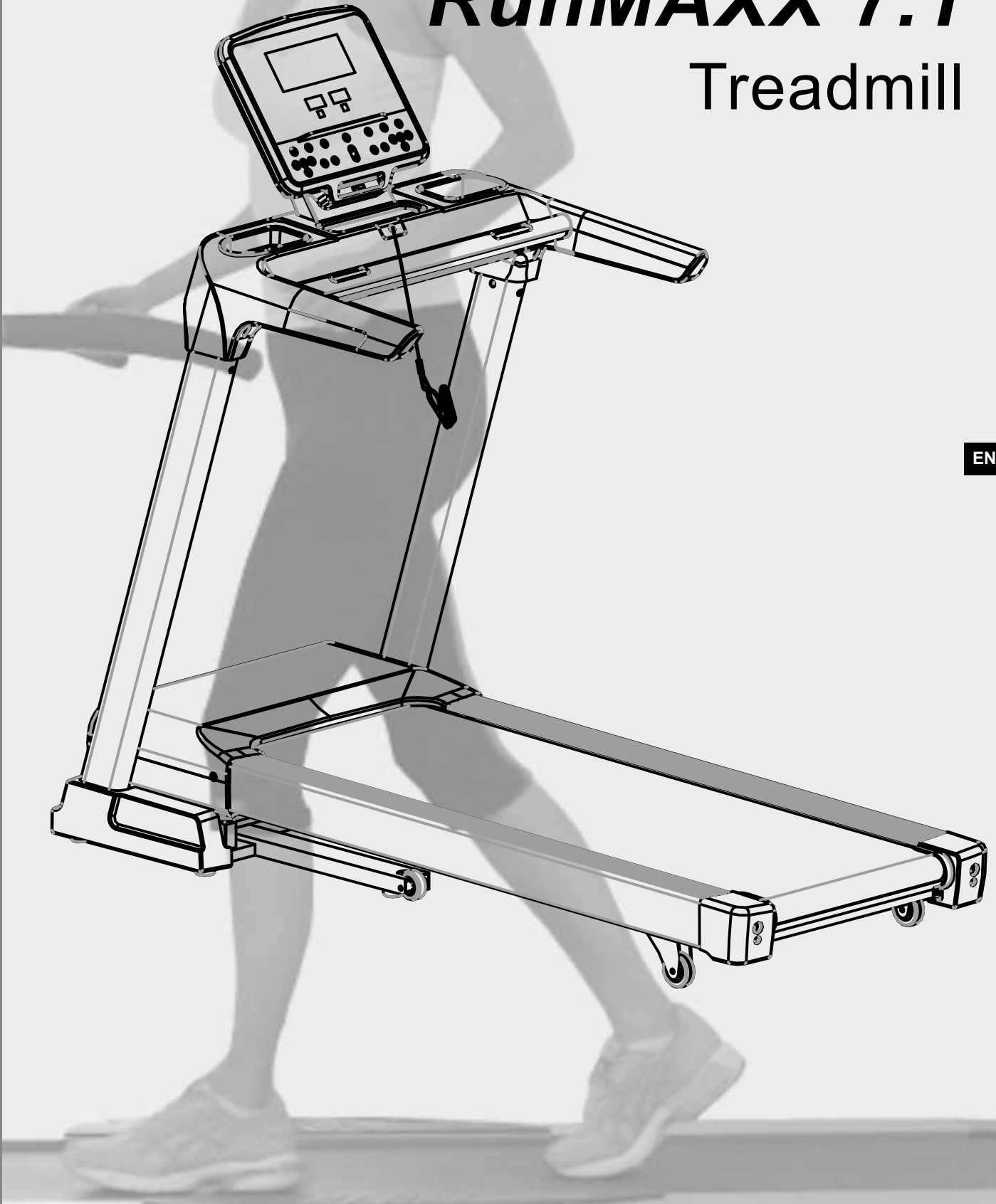


MAXXUS<sup>®</sup>

# RunMAXX 7.1

Treadmill



ENG

## Index

Index	2
Safety Instructions	3
Overall View of the Device	4
Scope of Delivery	4
Assembly	5 – 8
Folding Mechanism	9 – 10
Transport	10
Mains Connection	11
Disabling Function	11
Safety Key	12
What to do in an Emergency	12
Maintenance & Care	13 – 15
Cockpit	16 – 24
Pulse & Heart Rate	25 – 26
Training Recommendations	27 – 28
Technical Details	29
Disposal	29
Recommended Accessories	29
Exploded Drawing	30 – 31
Spare Parts List	32 – 33
Warranty	34
Service Contract	35

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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

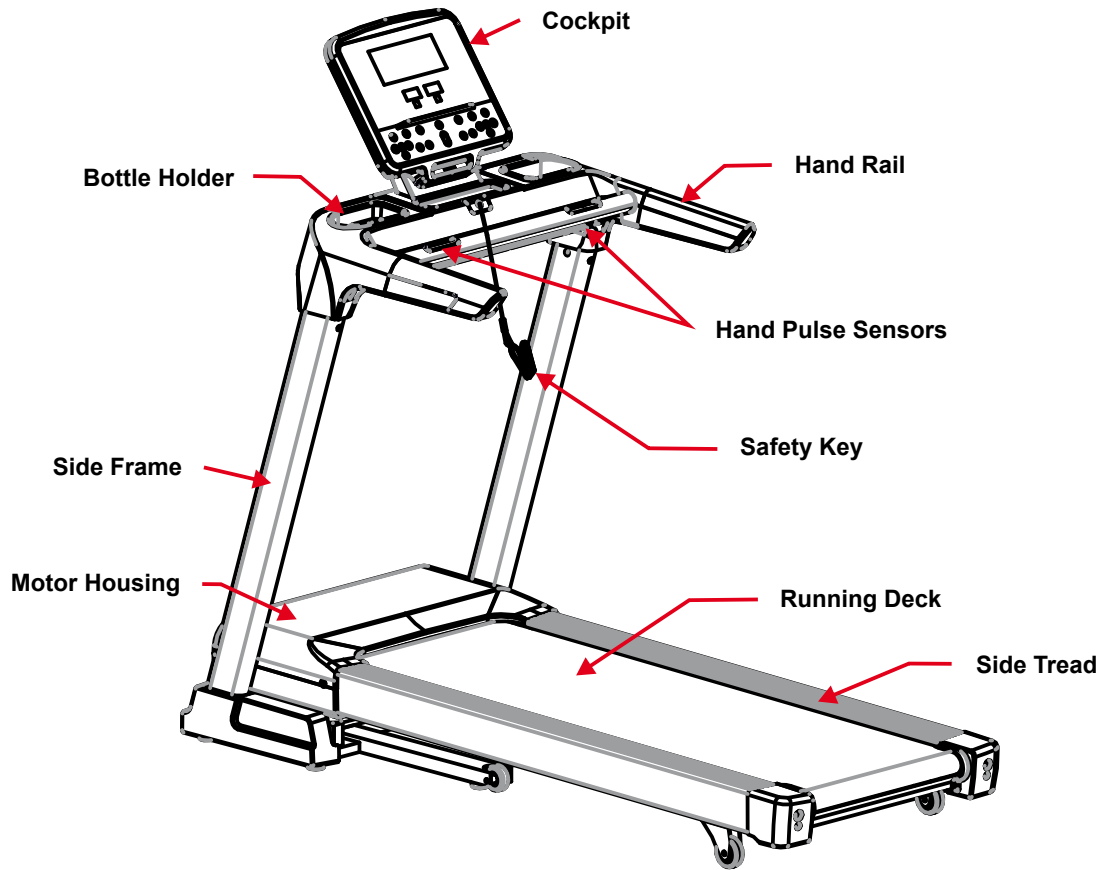
- The safety key must be inserted correctly before each training session can begin.
- Remove the safety key and mains cable from the training device when not in use to avoid inappropriate or uncontrolled use by any other third party, e.g. children.
- You should have a health check carried out by your 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

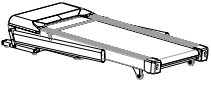
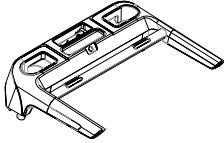

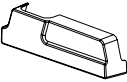
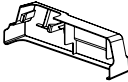







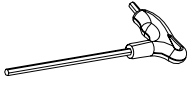
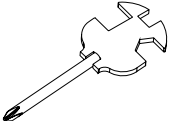
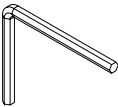
Pulse and heart rate monitoring systems may be inaccurate. Excessive training can lead to serious injury or lead to death. If you feel unwell and / or faint, you must stop training immediately. Make sure that all persons using this exercise device are familiar with and understand this information and 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!

## Overall View of the Device



## Scope of Delivery

				
A	B	C	C14	C15
				
D10	D19	E10	E16	E26
				
E28	E30	B07	B08	B09

Part	Description	Qty
A	Main Frame	1
B	Cockpit Frame	1
C	Cockpit	1
C14	Cover, left	1
C15	Cover, right	1
D10	Safety Key	1
D19	RCA Audio Cable	1
E10	Allen Screw, M8x15	10

Part	Description	Qty
E16	Allen Screw, M8x20	4
E26	Washer, M8	4
E28	Spring Washer, M8	4
E30	Toothed Washer, M8	10
B07	Allen Key, 6mm	1
B08	Wrench / Phillips Screwdriver	1
B09	Allen Key, 5mm	1

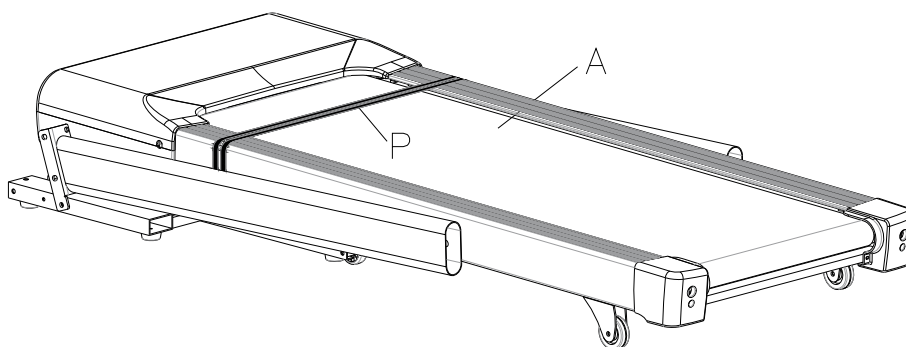
Carefully unpack all of the delivered items. Two people are required as some parts of your exercise equipment are bulky and heavy. Check that all of the fastening material (screws, nuts, etc.) and components are there before starting assembly.

Carefully carry out the installation as damage that has arisen due to assembly errors are not covered by the warranty or guarantee. Read the instructions carefully before starting, follow the sequence of installation steps exactly and follow the instructions for each individual step. Installation of the device must be carried out by competent adults. Perform the assembly in a location that is level, clean and free from obstructions. Carry out the assembly with two people. Only start training after fully completing the installation.

**Preparing for Assembly**

Unpack the main frame (A) and place it in the designated assembly area which should be level and clean.

**CAUTION:** Do not remove the transport safety strap (P) until you are instructed to do so, premature removal of the safety strap (P) can cause the tread to fold up suddenly.



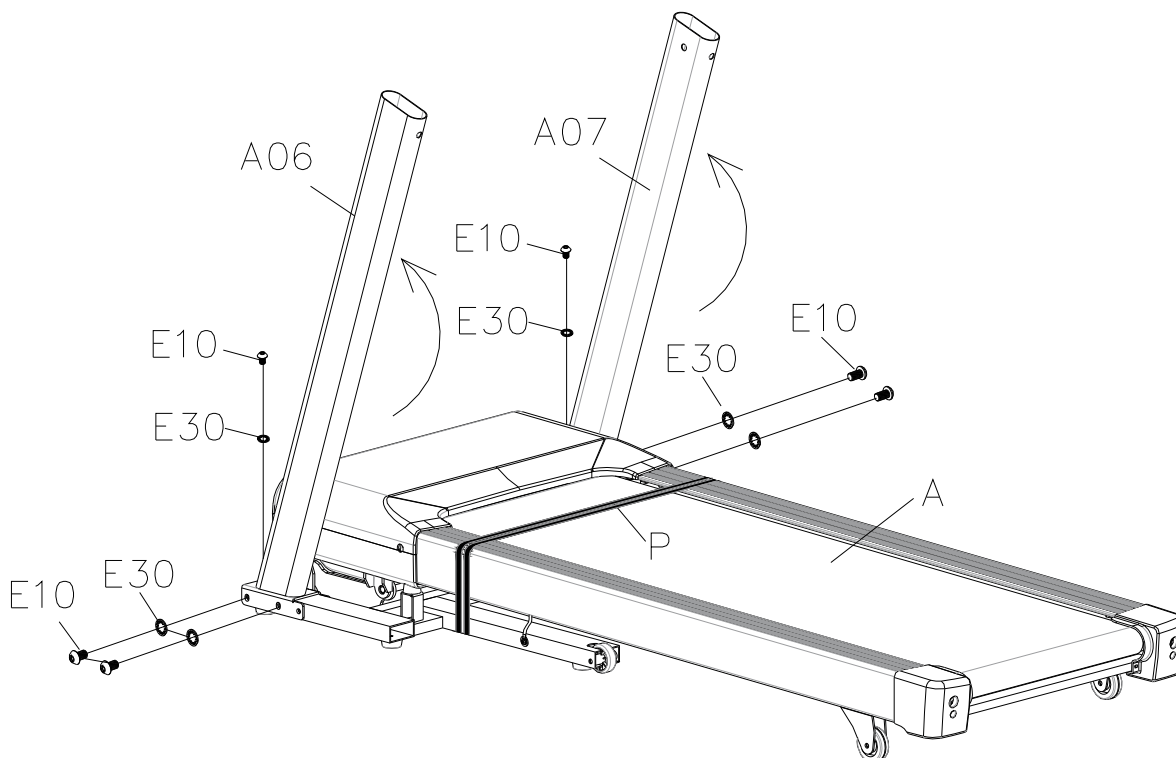
**Step 1 - Assembly of the Side Frames:**

Fold up the left side frame (A06).

Attach the left side frame (A06) to the main frame from the side with two Allen screws M8x15 (E10) and two M8 toothed washers (E30) and from above with an M8x15 Allen screw (E10) and an M8 toothed washer (E30).

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Then do the same with the right side-frame (A07).



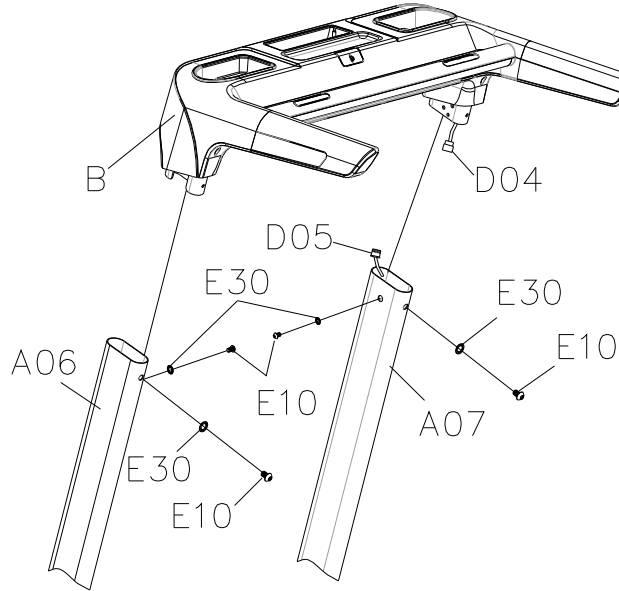
## Step 2 - Assembly of the Cockpit Frame:

Connect the cable (D05) that protrudes from the top of the right-hand side frame with the cable (D04) that protrudes from the right-hand side of the cockpit frame (B).

Then insert the cockpit frame (B) from above into the side frames (A06 / A07).

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

Secure the cockpit frame (B) from the front and the inside each side with an Allen screw M8x15 (E10) and an M8 toothed washer (E30) on the right and left side frames (A06 / A07).

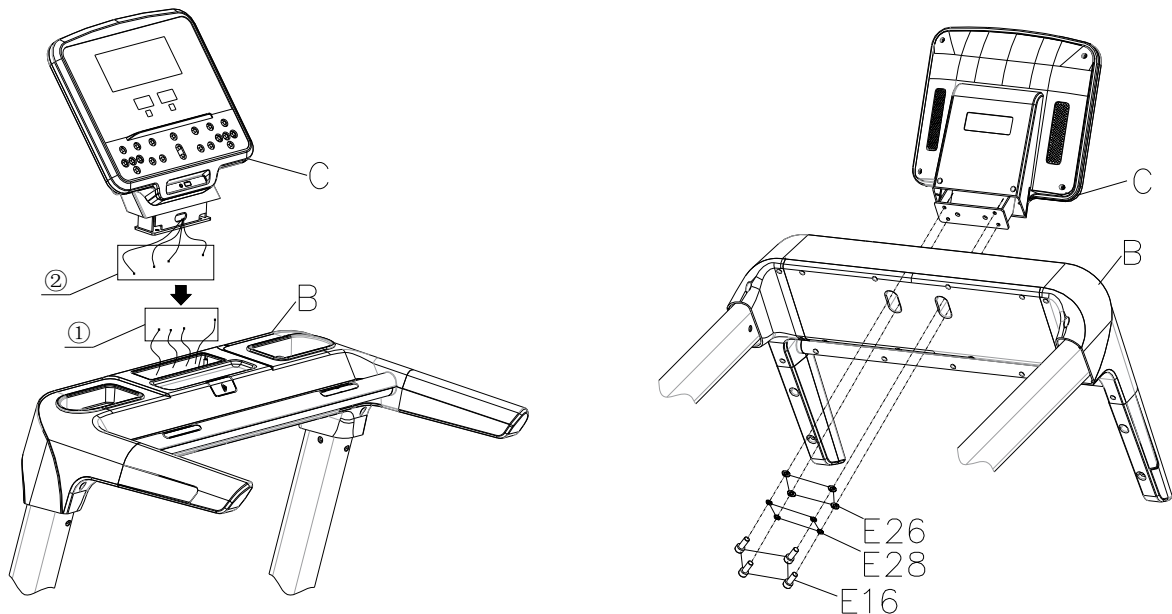


## Step 3: Assembly of the Cockpit

Connect the cables from the cockpit (C) with the cables that protrude from the cockpit frame (B). Insert the cockpit (C) in the cockpit frame (B).

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

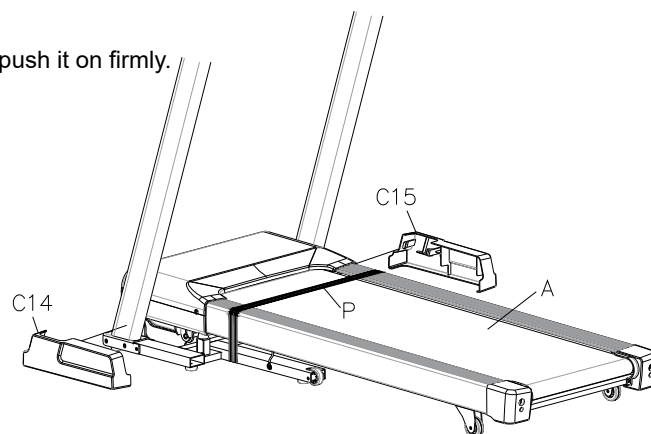
Attach the cockpit (C) to the cockpit frame (B) with four Allen screws M8x20 (E16), four spring washers M8 (E28) and four washers M8 (E26).



**Step 4 - Assembly of the Side Covers**

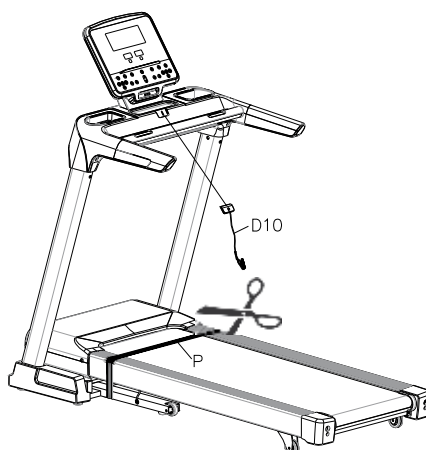
Insert the left side cover (C14) into the main frame (A) and push it on firmly.

Repeat with the right side-cover (C15).



**Step 5 - Insert the Safety Key**

Insert the safety key (D10) into the cockpit. Cut and remove the transport belt (P).



**Step 6 - Remove the Transport Tether**

**Step 6.1 – Fig 1**

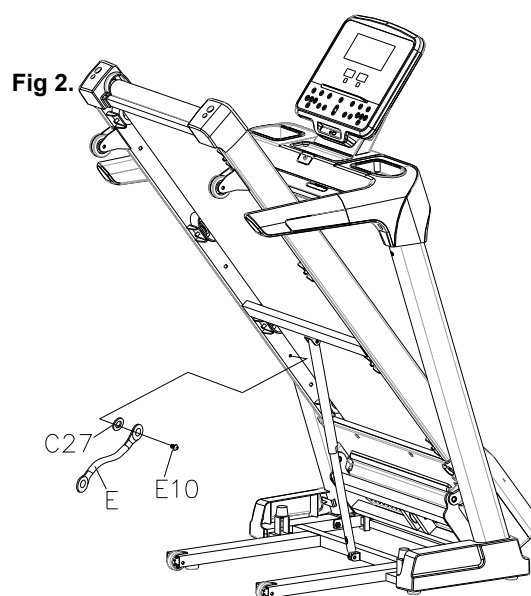
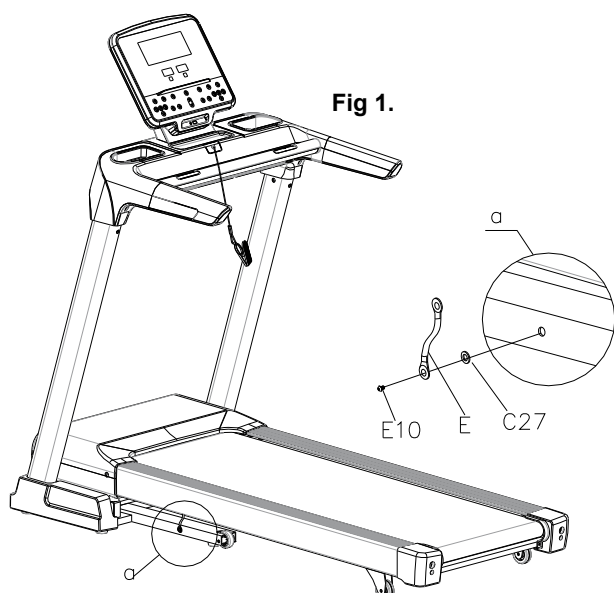
Loosen the Allen screw M8x15 (E10) which fastens the steel cable (E) to the main frame (position a). Remove the Allen screw (E10) and the plastic washers (C27) – see Fig. 1. Lift up the treadmill deck.

**Step 6.2 – Fig 2**

Loosen and remove the Allen screw M8x15 (E10) with the steel cable (E) secured to the inside of the main frame. Remove the Allen screw (E10), the steel cable (E) and the plastic washer (C27) – see Fig 2.

Note: Keep the steel cable (E) and the two screws (E10) and plastic washers (C27) to secure the treadmill if you need to dismantle and transport it to a different location in future.

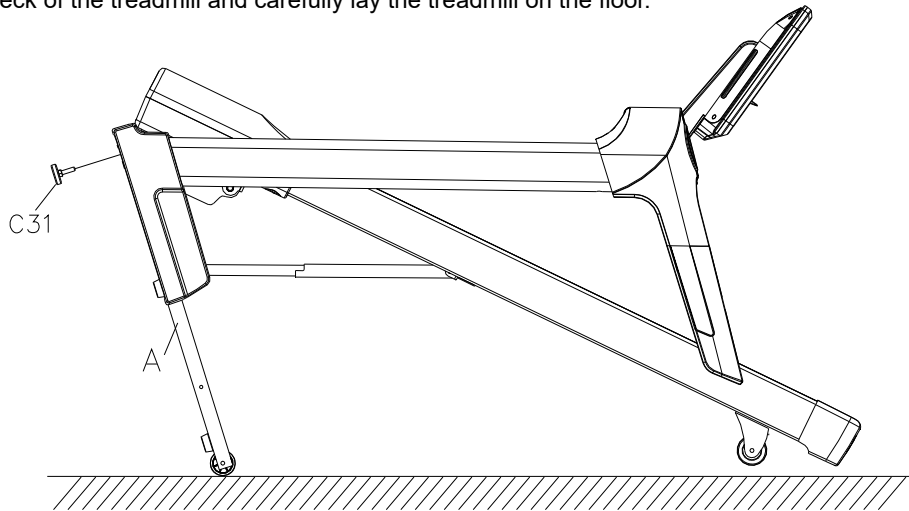
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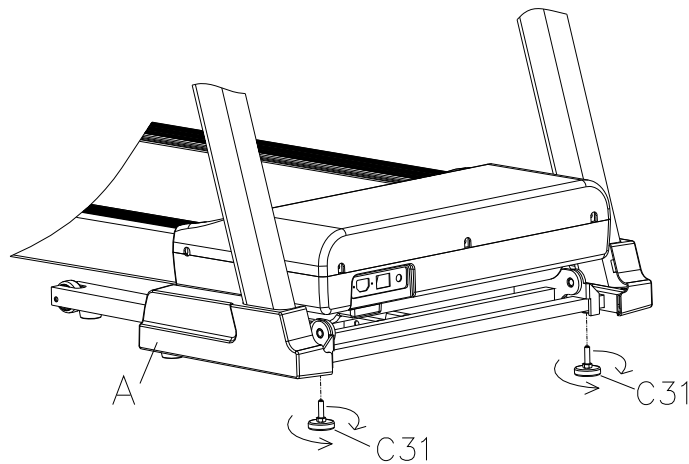
## Step 7 - Adjusting the Feet

To compensate for slight bumps in the floor in the area where you want to set up and use the treadmill, the front feet of the treadmill are equipped with adjustment screws.

Fold up the deck of the treadmill and carefully lay the treadmill on the floor.



Adjust the two feet (C31) so that the treadmill is level. Use a suitable wrench (B08 included in delivery) to fix the feet (C31).



## Step 8 - Checking the Lubrication of the Treadmill Belt

The treadmill belt has been lubricated at the factory but there is a possibility that the lubrication may have dried out slightly due to delivery time, storage time and warm weather.

For this reason, check if the running belt is sufficiently lubricated and lubricate if necessary. Please read the chapter "Lubricating the Treadmill Belt" in this manual.

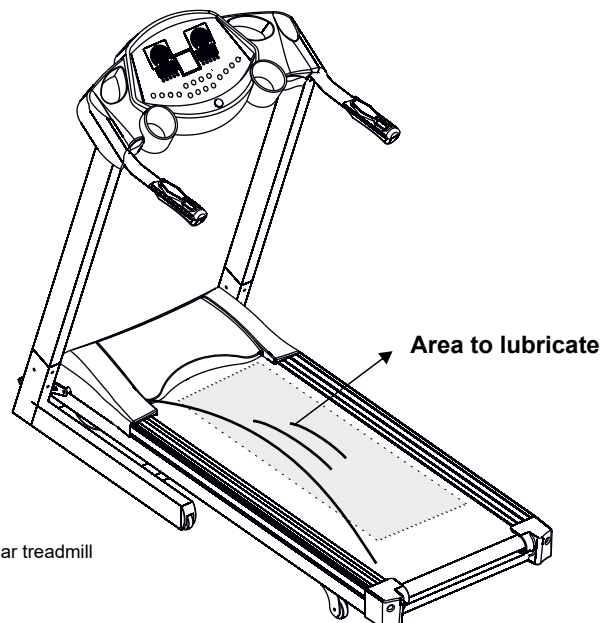
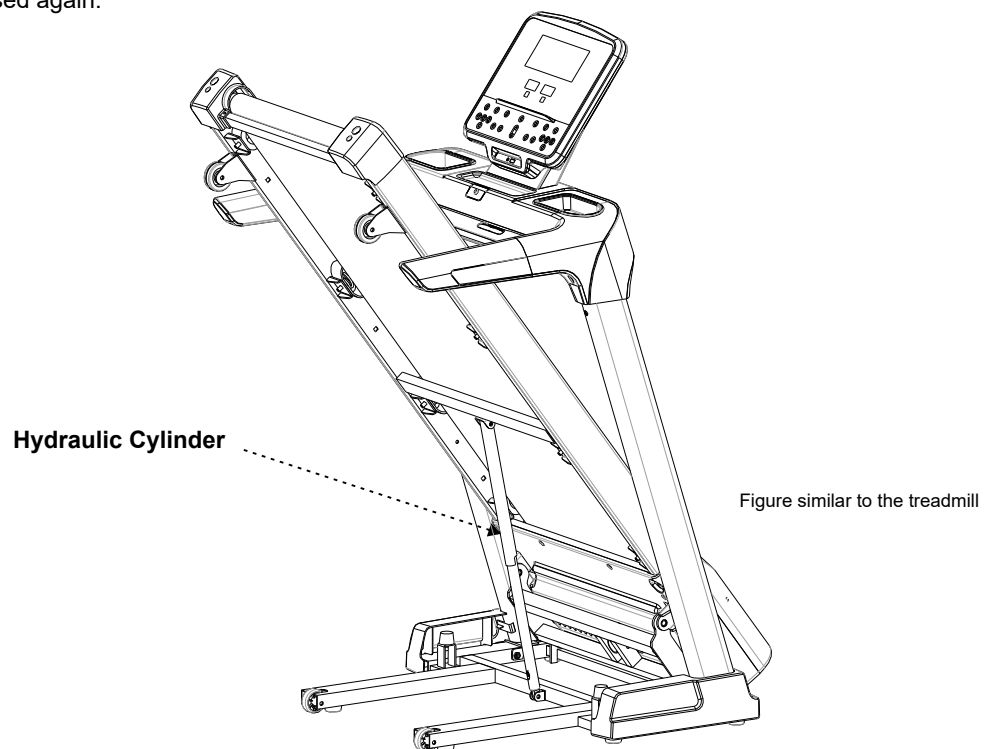


Figure shows similar treadmill

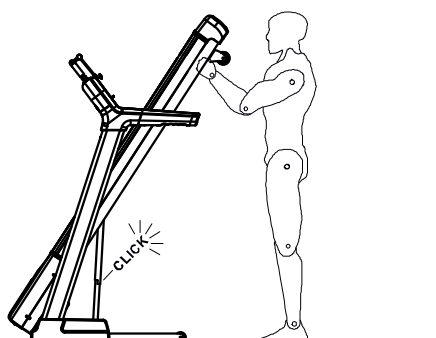
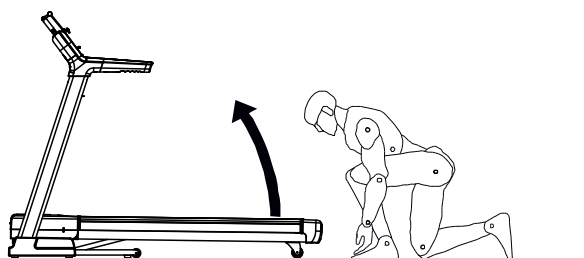
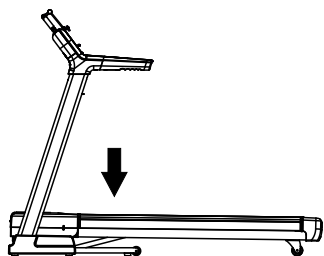


**Hydraulic Cylinder**

The folding mechanism relies on a hydraulic cylinder. This is filled with oil and is under high pressure. If the cylinder is damaged, the safe folding of the treadmill deck is no longer guaranteed. It must therefore be replaced without fail before the treadmill deck is raised again.



This treadmill is equipped with a folding mechanism. To save space, fold the treadmill deck up and down as follows:



**Folding up the Treadmill Deck**

**Step 1:**

Make sure that the deck incline level is at “0”, switch the treadmill off at the main switch and remove the mains plug from the socket.

**⚠ CAUTION:**

Never fold up the treadmill deck without the incline in “0” position or without switching it off.

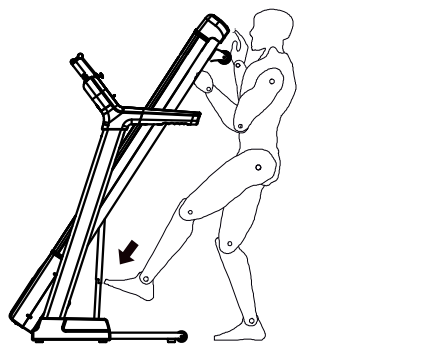
**Step 2:**

Hold onto the rear end of the treadmill deck and lift it upwards. Make sure that you are standing with your feet firmly on the ground.

**Step 3:**

Push up the deck until you hear it click into the catch. Check that it is locked safely in the upright position by gently shaking the deck.

## Folding Mechanism



### Folding Down the Treadmill Deck

#### Step 1:

Take hold of the rear end of the deck with both hands. Press down the safety lever on the catch with your foot to release the lock. Pull the treadmill deck down gently to the floor.

#### Step 2:

The treadmill deck is equipped with a Soft-Fold-System. This allows the deck to move slowly down until it reaches contact with the floor. You should never leave the deck to fold down unsupervised.

#### ⚠ CAUTION:

Children are never to fold-up or fold-down the treadmill running deck. Always make sure that there are no items, creatures, pets or children under the treadmill deck whilst it is being raised or lowered. The treadmill must never be operated whilst in this folded state.

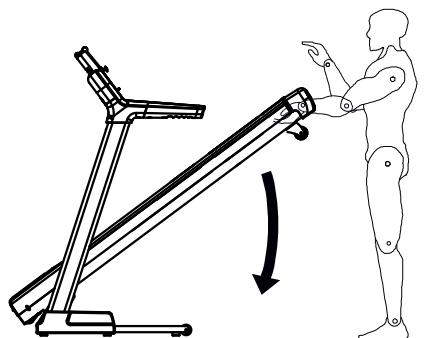
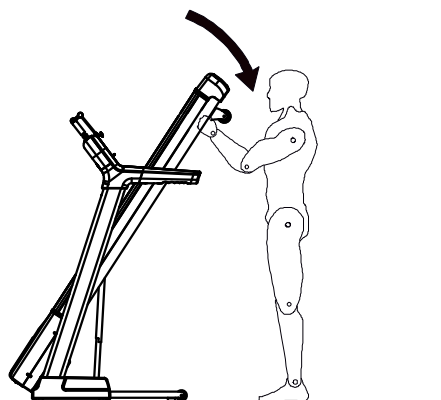


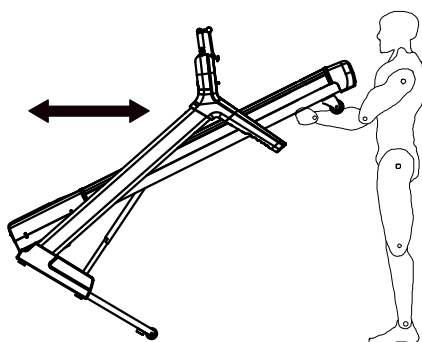
Figure similar to the treadmill

## Transport

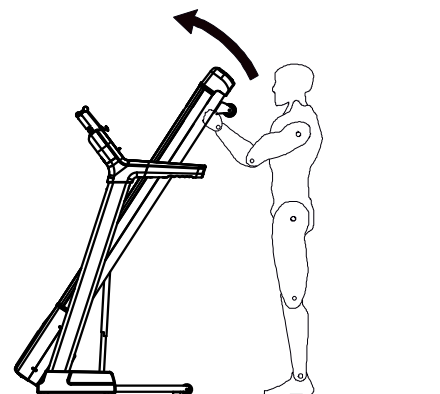
When folded, the treadmill can be moved around easily and without much effort. Move the treadmill as follows:



Step 1



Step 2



Step 3

Figure similar to the treadmill!

#### Step 1:

Remove the mains cable from the electrical socket. Fold up the treadmill as instructed above in the Folding Mechanism section. Take hold of the top ends of the deck on both sides with your left and right hands and pull the deck towards you until the weight of the deck is resting on the transport rollers. Make sure that you are standing with your feet firmly on the ground.

#### Step 2:

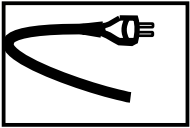
The treadmill can now be moved easily and without much effort. Make sure that there are no items, pets or children in the way when you are moving the treadmill. Make sure that your feet are steadily on the ground when moving the treadmill.

#### Step 3:

To set the treadmill safely down again, lift the deck right up until the front frame base is completely on the ground.

#### ⚠ CAUTION:

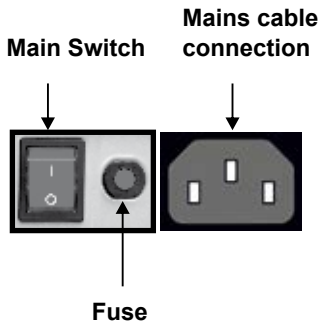
The treadmill should only be moved by an adult.



**Mains Cable**

Plug the connector on the power cable into the corresponding plug on the treadmill. Then connect the mains cable to an electrical socket.

The device may only be plugged-in to grounded socket which has been installed by a professional electrician. Do not use multiple sockets to connect the treadmill. If you need to use an extension cable, it must comply with the VDE or equivalent guidelines.



May vary depending on the model

**Main Switch**

The main switch is located next to the power connection on the front of the treadmill. This switch is used to turn the treadmill on or off.

Switch position "I" = treadmill switched on

Switch position "0" = treadmill switched off

**Fault-Current Switch (depending on the model)**

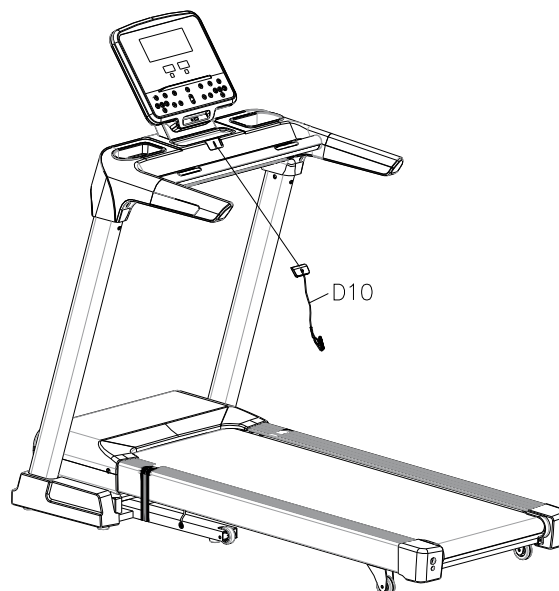
There is a fault-current button-switch next to the main switch on the front of the motor cover to prevent the treadmill from being damaged by electrical surges in the network. This button-switch is triggered off by if a surge in the electrical supply occurs and acts as a circuit breaker. In this case the treadmill will be completely switched off. If this occurs, switch off the treadmill at the main switch, and pull the mains cable out of the socket with the plug. Press the button on the fault-current switch back in. Re-connect the mains cable with the plug and switch the treadmill back on at the main switch.

**Fuse (depending on model)**

To protect the treadmill from damage caused by overvoltage of the mains there is a fuse next to the main switch on the front of the engine cover. This breaks the circuit in the event of an overvoltage, the treadmill is completely switched off. If this happens, turn off the treadmill with the main power switch and unplug the power cable from the wall socket. Check the fuse and replace if necessary. Then re-connect the power cable to the socket and switch the treadmill back on using the main switch.

**Disabling Function**

To protect the treadmill from being used by unauthorised third parties, always remove the safety key and keep it stored away in a separate place and out of the reach of unauthorised persons, such as children.



## Safety Key

### Safety Key

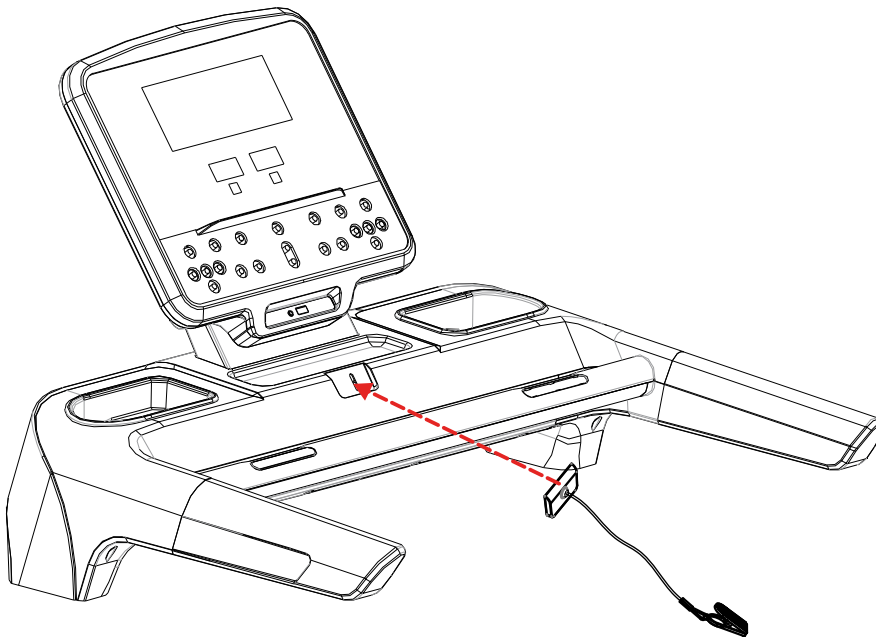
The treadmill will only operate if the safety key is correctly in contact with contact point in the cockpit. The treadmill will stop automatically if the safety key is no longer in contact.

Before each training session make sure to attach the safety key to your clothing with the clip.

If you either want to stop the treadmill quickly, cannot keep up with the speed, or any other emergency arises, pull the string to remove the safety key out of the cockpit. If the safety key is connected to your clothing it will automatically be pulled out of the cockpit if you fall. It is therefore vital to make sure that the clip is securely fastened to your clothing and cannot somehow be pulled off. Adjust the length of the string to hang down loosely during training.

It is not possible to operate the treadmill without the safety key being correctly inserted.

If the safety key is pulled from the contact point during training the treadmill stops automatically.



### Functional Test of the Safety Key

Check the proper function of the safety key each time before using the treadmill. To do this, start the treadmill without getting on it. Pull the safety key out of its contact position. The treadmill should stop immediately.

### CAUTION:

Never use the treadmill if the safety key is not working properly

## What to do in an Emergency

### Safety Distance

Select a suitable place for your training device which when in operation leaves a free safety area behind the device measuring a minimum of 200 cm long and which is at least the width of the treadmill.

Furthermore, whilst training on the treadmill you will require a minimum safety area of 100cm down each side of the treadmill and a safety area stretching at least the width of the treadmill for a minimum of 50cm in front of the treadmill.

### What to do in an Emergency

Stop training immediately if you realise that you cannot keep up with the pace, if you start feeling sick or if any other emergency arises, pull the safety key out with the string to make an emergency stop.

Hold on firmly with both hands onto the handrails and place your feet on the foot rails on each side of the tread belt.

If you trip during training, hold onto the handrails immediately with both hands, support yourself with your hands and arms on the handrails and put your feet on the foot rails on either side of the tread belt.

You should practice this several times so that you will know what to do if an emergency arises.

Wear the safety key every time you use the treadmill. Make sure that all third parties are familiar with the safety instructions and that they always use the safety key correctly whilst training!

**⚠ CAUTION:**

Before you perform any care, cleaning, maintenance, repair or similar work on your training device, switch off the power and remove the power cable from the electrical socket. Check before starting the planned work that your exerciser is completely disconnected and switched off. Only when all work is fully completed, and the device is completely re-assembled, may the training device be reconnected to the mains and switched on.

**Before first use or after a long break from training**

Check that the treadmill is safe. There must be no objects on or under the device. Make sure that there is a continuous film of lubricant (silicone) on the running deck. If this is not the case, then use the supplied silicone to apply a lubricant film.

**Maintenance & Cleaning Intervals:**

After each workout, clean the treadmill with a damp cloth to remove possible perspiration and / or other liquid residues. Under no circumstances use solvents for this purpose. Dry the cleaned areas thoroughly.

**Check the lubrication of the running belt: once a week**

If your regular checks show that there is no longer enough lubrication, lubricate the belt immediately and shorten the checking interval accordingly as necessary. If the treadmill has a folding mechanism and has been standing upright for a long time, check whether there is still enough lubricant present.

**Check the alignment of the belt: once a week**

The alignment of the running belt must be checked regularly. Should you notice that the belt is running to one side, this must be corrected immediately. Please read the corresponding section in the manual.

**Clean the motor compartment: once a month**

To clean the motor compartment, remove the motor cover bolts and cover.

**CAUTION:** This work may only be performed when the training device is switched off and the power plug is removed. Vacuum the visible dust with the small nozzle of a vacuum cleaner. Never use detergent or compressed air under any circumstances.

**Check the mounting materials: once a month**

Check the bolts and nuts at least once a month. Tighten, if necessary.

ENG

**Why is maintenance of my treadmill so important?**

For you to enjoy your treadmill for a long time, it is important to do some basic maintenance regularly and conscientiously. The intervals of this work depend very much on the degree of utilisation of the device and therefore, the intervals may need to be shorter than specified.

**What can happen if there is a lack of maintenance?**

There is friction between the running belt and the running deck when in use. Any kind of friction means wear and thus reduces the life of your training device. By lubricating between the belt and the deck with silicone this friction is reduced, thus increasing the life of both parts. If the treadmill runs dry the running deck will get hot, the surface of the running deck and the running belt may be destroyed. Friction can also lead to a static charge which can discharge on body contact with the frame. This is not only unpleasant but can also destroy the electronics of the treadmill.

**Why do I have to clean the motor compartment?**

Due to movement of the running belt and ventilation of the motor, the treadmill attracts dust from the environment. This dust will be deposited both under and in the device. Without cleaning, the interior of the device would at some point get so dusty that a short would be caused in the electronic components. To avoid this, regular cleaning is necessary.

**Damage caused by neglect or lack of maintenance and care are excluded from the Warranty and Guarantee.**

Costs for the repair of a non-maintained training device can therefore quickly amount to several hundred euros. A high price that can be avoided by regular care and maintenance

### Lubricating the Treadmill Belt

The most important maintenance measure for a treadmill is regular and timely lubrication and regular maintenance and care of the treadmill belt. Damage or defects to the treadmill belt resulting from lack of or failure to care for or lubricate the treadmill belt, are not covered by the warranty or guarantee under any circumstances.

The treadmill belt must always be lubricated if a significant increase in friction of the treadmill belt is noted. This can be detected by a jerking movement of the belt while training, or an error message (eg. "E05") in the cockpit display.

Inadequate lubrication or care and the associated significant increase in friction inevitably leads to increased wear and causes damage to the treadmill belt, running deck, engine and circuit board.

The frequency of use of the treadmill largely dictates how often you must perform maintenance. Because this varies from user to user, we recommend creating a service booklet. You should set a fixed day of the week to check the lubrication of the treadmill belt during the first 6 months of use. To do this, lift the front third of the treadmill belt and feel with your hand towards the middle if there is still lubricant present. If so, enter the date and "ok" in the service booklet. If little or no lubricant is present, lubricate the belt and enter this with the date. After some time, you can see the lubrication interval required.

**⚠ Even if you do not want to keep a maintenance book, you must check the lubrication of the treadmill belt at least once a week!**

#### Reminder Function

In addition, this treadmill is equipped with a reminder function. Every 300 kilometres a message "OIL" will appear in the display and a warning signal will sound. After checking the lubrication and possible lubrication of the treadmill, press the STOP button for approx. 3 to 5 seconds to switch off the message and the warning signal.

Check the lubrication of the treadmill belt and if necessary lubricate it according to the following instructions. To reset the reminder function, press the STOP key for approximately 3 to 5 seconds.

If the treadmill is not used, or if the treadmill remains folded-up for some longer period you must check the lubrication of the belt before use and lubricate it if necessary.

To achieve optimum lubrication of the belt, use the MAXXUS care oil bottle, remove the normal screw bottle top (Fig 1) and screw on the thin tube top (Fig 2). Before lubricating the belt, make sure that the treadmill is switched-off and that the treadmill belt is no longer moving. Now lift the treadmill belt (Fig 3).

Figure 1



Figure 2



Figure 3

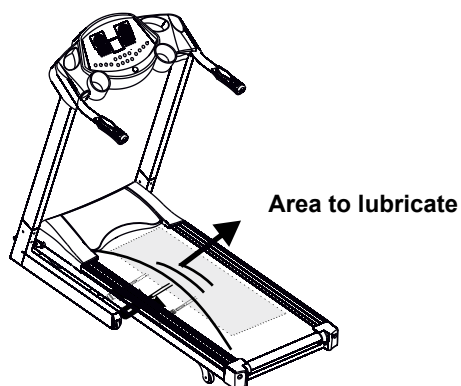
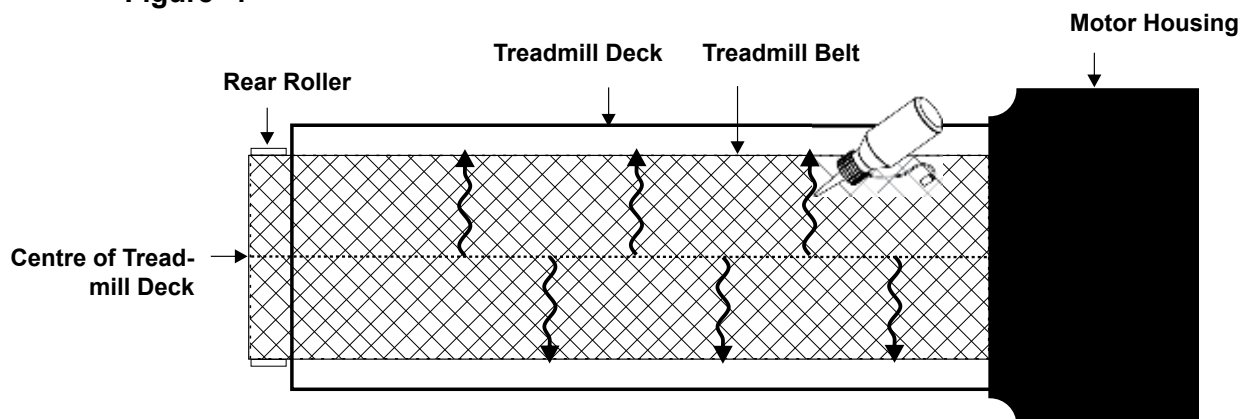


Figure 4

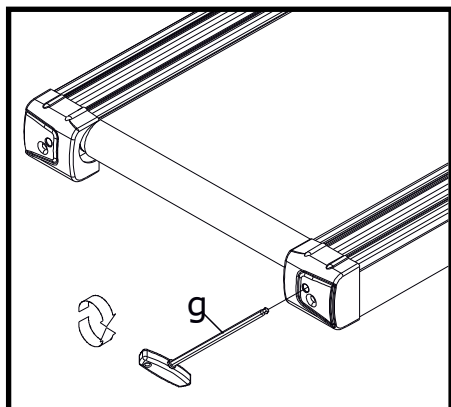


⚠ Only use the silicone bottle supplied or MAXXUS® care oil (available from [www.maxxus.de](http://www.maxxus.de)) to lubricate the treadmill belt.

⚠ Do not use any other kinds of silicone or lubricants! We do not recommend the use of silicone sprays at any time!

After completing a lubrication process let the belt run without any load at a speed of 4 km/h for approx. 5 minutes to distribute the silicone oil well.

⚠ After lubrication do not fold up the treadmill for at least 3 days.



### Adjusting the Treadmill Belt

⚠ The treadmill belt must always be switched off with the mains cable plug removed from the socket before starting any maintenance, cleaning, repairs or any other works!

To achieve as long a service life as possible, the belt should always be kept running straight along the centre of the deck. Check therefore before each training session if the belt is straight and running in the middle of the deck or if it has changed position. Possible reasons for it changing position are:

- The ground on which the treadmill is standing is either uneven or at an incline.
- Personal running style (eg. distribution of weight to one side, in or out-turned feet etc)

The treadmill belt can be adjusted in the following way:

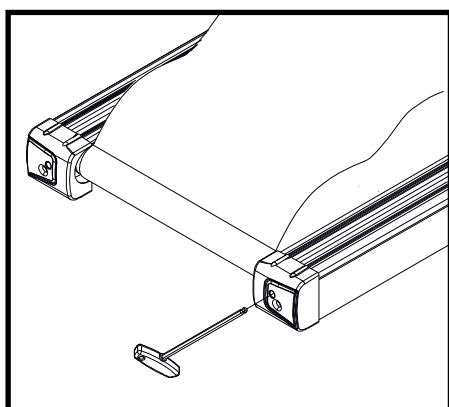
1. Start-up the treadmill belt and let it run at a constant speed of 4 km/h.
- 2.1 If the belt is running towards the left, turn the left adjustment screw located at the back end of the belt by 1/8 turn clockwise and the right adjustment screw 1/8 turn anti-clockwise. Wait for a short while to see the results as this will not immediately be apparent.

⚠ The running direction of the belt will be changed with just a turn of 1/8 of the adjustment screw. Therefore, only adjust the screws a little at a time.

- 2.2 If the belt is running towards the right, turn the right adjustment screw by 1/8 turn clockwise and the left adjustment screw 1/8 turn anti-clockwise.
3. If the belt is now running in the middle of the deck, the adjustment will be correct. If this is still not the case, repeat the steps described in 2.1 and 2.2 until the belt is running in the middle.

If the belt cannot be adjusted, please contact a specialist immediately.

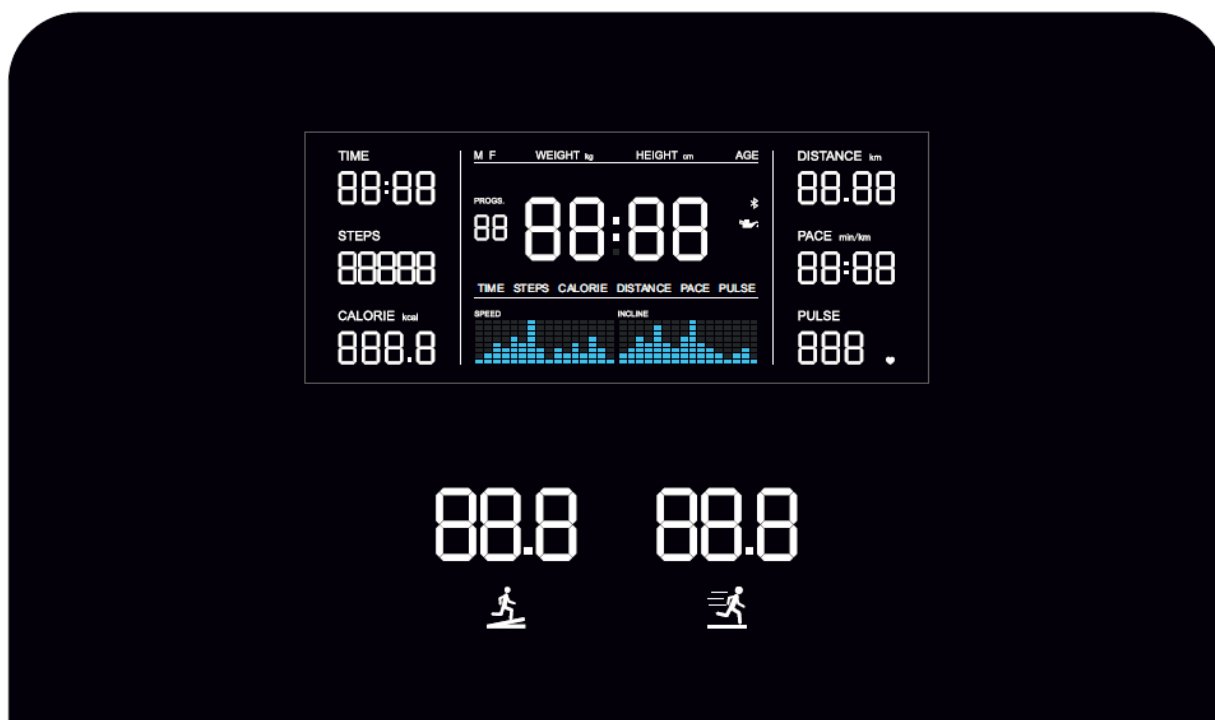
⚠ If the belt has become so displaced that it is rubbing along one of the foot rails, this will cause friction and defects to the treadmill belt. Damage caused by failure or insufficient adjustments made to the treadmill belt will not be covered by the warranty or guarantee under any circumstances.





### Re-tensioning the Treadmill Belt

If the belt is slipping on the drive rollers during operation (this will be made apparent by the belt jolting noticeably during running) the belt requires to be re-tensioned. The belt is re-tensioned using the same adjustment screws as when adjusting the belt.

1. Start-up the treadmill belt and let it run at a constant speed of 4 km/h.
2. Turn one adjustment screw after the other by 1/8 of a turn in a clockwise direction.
3. Try to slow down the belt by walking on it as if you are walking down a steep slope. If the front roller is still turning, repeat the tensioning process once again. The treadmill belt should be tensioned so that the front roller only turns with heavy braking.



## Training Data

<b>TIME</b>	Display of the training time
<b>DISTANCE</b>	Display of the training distance
<b>PACE</b>	Display of the average time required to go 1.000 metres based on the current training speed.
<b>CALORIES</b>	Display of calories* consumed
<b>PULSE</b>	When using hand pulse sensors: Display of the current pulse rate When using a transmitter belt**: Display of the current heart rate
<b>STEPS</b>	Display of the number of steps taken
	Display of the current incline
	Display of the current speed
<b>Matrix SPEED</b>	Graphical display of the current speed. One square represents 2km/h.
<b>Matrix INCLINE</b>	Graphical display of the current incline. One square represents 2 incline levels.

### \*Note on calorie measurement

The calculation of the energy consumption is done by means of a general formula. It is not possible to determine an exact individual energy consumption as this requires a significant amount of personal data. The displayed energy consumption is therefore an approximate one and not an exact value.

### \*\*Note on heart rate measurement

Transmitter chest belts are not included in delivery.





## Key Pad

<b>START</b>	Starts the selected training program or the QUICK-START-FUNCTION
<b>STOP</b>	<p>Pause function: If you press the STOP key during a training session the treadmill will stop and the cockpit will go into Pause Mode. "PAU" will appear in the display. Press the START key to end the Pause Mode.</p> <p>Stop function: To stop training press the STOP key two times in succession. The cockpit will automatically reset all values to zero.</p>
<b>MODE</b>	Selection of the manual training programs
<b>PROGRAMS</b>	Key to select the various training programs.
<b>INCLINE ▲/▼</b>	<p>During programming: For input of values</p> <p>During training: To change the incline levels from 0 to 15 in 0.5 increments</p>
<b>SPEED + / -</b>	<p>During programming: For input values</p> <p>During training: To change the speed of the treadmill from 0.8 to 18km/h in 0.1km/h increments.</p>
<b>DISPLAY-ALT</b>	Key to change which training values are shown in the display.

### Quick Selection Keys SPEED

The pre-programmed speeds of 6, 8 and 10km/h can be selected direct using the SPEED quick selection keys

### Quick Selection Keys INCLINE

The pre-programmed inclines of 3, 5, and 7 can be selected direct using the INCLINE quick selection keys.

### Program Quick Selection Keys

Use the keys MANUAL (P1) / HRC / INTERVAL (P2) / LOSE WEIGHT (P3) / WALK (P4) / and RUN (P5) to select the programs direct.

### Additional Functions

#### Hand Pulse Sensors

Used for short-term pulse control. Cover the hand sensors with both hands. After a short while the current pulse is shown in the display. Please also read the chapter "Pulse Measurement using Hand Sensors" and "Warning on Heart Rate Measurement" in this manual.

#### Heart Rate Measurement

The cockpit of this treadmill is factory fitted with a receiver for wireless heart rate measurement for which an optional transmitter chest belt is needed. This chest belt must be 5 kHz frequency and uncoded. MAXXUS® recommends using a POLAR® T34 Transmitting Belt. The use of Bluetooth chest belts is not possible. Please also read the chapter "Pulse Measurement using Hand Sensors" and "Warning on Heart Rate Measurement" in this manual.

#### Line-in Connection & Speakers

The cockpit of the treadmill is equipped with a line-in connection and speakers. The line-in cable (included) allows you to connect an external music source (eg smartphone, MP3 player, etc.) and play the audio source through the speakers. The volume is regulated via the externally connected device. Sound control via the cockpit is not possible.

#### USB Charging Port

Socket for a USB cable (not included)

#### Switching on the Treadmill

Connect the mains plug of the power cable to a grounded, individually fused 16 A socket installed by a specialist then switch on the treadmill with the on / off key (located on the back of the motor housing).

#### Switching off the Treadmill

To switch off the treadmill, press the on / off key and then remove the mains plug from the socket.

#### CAUTION:

Before you switch off the treadmill always make sure that the incline is at level zero.

#### Quick Start

Turn on the treadmill and press the START key.

The treadmill starts automatically after a countdown and the exercise time starts to run. During training the user can regulate the speed and incline directly using the SPEED and INCLINE keys. To end training, press the STOP key two times.

## Manual Training

With this type of training the user specifies a training target for example the training time. The specified time will start counting down backwards when training begins.

### Step 1: Program selection

Turn on the treadmill and press the MODE key once.

### Step 2: Specification of the selected training target

#### Step 2.1: Specification of training time

The TIME display flashes the value "30:00" minutes

If you want to set the training time as your training target, then enter the desired training time from 05:00 to 99:00 minutes by pressing the +/- buttons for speed (SPEED) or the ▲/▼ keys for incline (INCLINE). Then proceed immediately to step 3.

If you want to select a different training target, press the MODE button as soon as the value "30:00" appears in the "TIME" window.

#### Step 2.2: Specification of training distance

The value of "1.00 km" flashes in the DISTANCE window. If you want to set the training distance as your training target, then enter the desired distance from 0.5 to 99.5 kilometres by pressing the +/- keys for SPEED or the ▲/▼ keys for INCLINE. Proceed immediately to step 3.

If you want to select a different training target, press the MODE button as soon as the value "1.00" appears in the "DISTANCE" window.

#### Step 2.3: Specification of calorie consumption

The value of "50 kcal" flashes in the CALORIE window.

If you want to select calorie consumption as your training target, enter the desired calorie consumption from 10 to 999 calories by pressing the +/- keys for SPEED or ▲/▼ keys for INCLINE.

Then proceed to step 3.

### Step 3: Training start

After entering the desired training target, press the START key. The display will show a countdown. When the countdown ends, the treadmill starts automatically.

During training you can use the SPEED keys to adjust the speed, and the INCLINE keys to adjust the incline. Training ends automatically when the training target has been reached.

ENG

## Training Profiles P02 – P12

In this type of training the user has 12 fixed training profiles available to them. Each profile consists of 16 segments. The total training time specified by the user therefore determines the time of each segment (training time = 16 x time per segment).

### Step 1: Program selection

Turn on the treadmill and select the desired program by pressing the PROG button.

Use the program direct selection keys to select program P2 (INTERVAL), P3 (Lose WEIGHT), P4 (WALK) and P5 (RUN) directly.

### Step 2: Specification of the training time

The "TIME" display flashes "30:00." Enter the desired workout time from 05:00 to 99:00 minutes by pressing the +/- SPEED keys or the ▲/▼ INCLINE keys.

### Step 3: Training start

After entering the training time, press the START key. The display will show a countdown. When the countdown ends, the treadmill starts automatically.

The training session ends automatically when the specified training time has been reached.

Programs		Segment															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1 (MANUAL)	km/h	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	Incline	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
P2 (INTERVAL)	km/h	5	10	10	5	5	10	10	5	5	10	10	5	5	10	10	5
	Incline	2	2	4	4	6	6	6	6	4	4	4	4	2	2	2	2
P3 (LOSE-WEIGHT)	km/h	5	5	8	8	5	5	5	8	8	5	5	5	8	8	5	5
	Incline	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P4 (WALK)	km/h	5	7	7	8	8	7	7	10	10	7	5	5	7	7	10	5
	Incline	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P5 (RUN)	km/h	5	9	9	11	11	12	5	5	9	9	11	11	12	9	9	5
	Incline	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P6	km/h	5	7	8	10	12	10	8	5	5	8	10	12	10	8	7	5
	Incline	2	2	4	4	6	6	6	6	4	4	4	4	2	2	2	2
P7	km/h	5	6	6	6	7	8	10	10	8	9	10	10	8	6	5	5
	Incline	0	5	5	5	4	4	4	3	3	3	3	4	4	4	0	0
P8	km/h	5	5	5	5	6	7	5	6	7	5	6	7	5	5	5	5
	Incline	0	4	4	4	3	3	6	6	6	7	7	8	8	9	0	0
P9	km/h	5	5	5	8	9	9	6	8	9	6	8	9	6	6	5	5
	Incline	0	5	5	5	6	6	6	7	8	9	9	9	10	10	0	0
P10	km/h	5	6	6	9	9	6	9	10	6	10	11	11	6	6	5	5
	Incline	0	5	5	6	6	6	4	4	6	6	5	5	8	8	0	0
P11	km/h	5	6	7	8	9	7	6	8	10	10	8	8	7	6	5	5
	Incline	0	6	6	6	7	5	8	8	4	4	4	5	5	8	0	0
P12	km/h	5	7	10	12	9	9	12	12	9	9	12	12	7	7	5	5
	Incline	0	5	3	2	6	6	2	2	2	2	2	4	5	6	0	0

## Training Program P01 – MANUAL

In this program, the user can create their own training profile. This training profile consists of 16 segments. The total training time specified by the user therefore determines the time of each segment (training time/16 = time per segment).

### Step 1: Program selection

Turn on the treadmill and select the P1 MANUAL program by pressing the PROG key.  
The quick selection key for programs can be used to select the MANUAL (P1) program directly.

### Step 2: Specification of the training time

The "TIME" display flashes the value "30:00." Enter the desired workout time from 05:00 to 99:00 minutes by pressing the +/- keys for speed (SPEED) or ▲/▼ keys for INCLINE). Press the MODE key to confirm your entry.

### Step 3: Specification of the training profile

Enter the speed using the +/- SPEED keys and the incline using the ▲/▼ INCLINE keys for the first of the 16 segments. Confirm your entries by pressing the MODE key.  
Proceed as described with the remaining 15 segments.

### Step 4: Training start

After entering the training time, press the START key. The display will show a countdown.  
When the countdown ends, the treadmill will start automatically.

Training ends automatically when the specified training time has been reached.

### Heart-rate controlled program - HRC

These are heart-rate controlled training programs.

Here the user specifies a desired target heart rate. This is continuously compared with the actual heart rate of the user by the cockpit. If the actual heart rate is lower than the desired target heart rate, the treadmill automatically increases the speed previously selected by the user. If the value is higher, the treadmill automatically reduces the speed.

The main requirement for this program is a constant, accurate transmission of heart rate values. For this reason, this program can only be used with an uncoded heart rate chest belt. This is available as an accessory. The use of this program is not possible with hand pulse sensors. Please also read the chapters "Heart Rate Measurement", "Warning on Heart Rate Measurement" in this manual.

#### Step 1: Program selection

Switch the treadmill on and press the quick selection key HRC until "HRC" is shown in the display. on. Confirm your selection by pressing the MODE key.

#### Step 2: Age entry

Enter the age of the user by pressing the +/- keys for SPEED. Confirm your input by pressing the MODE key.

#### Step 3: Target Pulse Rate

The cockpit displays the target heart rate based on the user's age. The calculated value corresponds to 60% of the maximum heart rate. If you want to train with the calculated value, use the MODE key to confirm. If you want to train with an individual target heart rate, enter it by pressing +/- keys for SPEED or ▲/▼ keys for INCLINE. Here it is possible to select a value from 84 to 195. Confirm your entry by pressing the MODE key. Please also read the sections on pulse and heart rate measurement in this manual.

#### Step 4: Maximum speed entry

Enter the maximum speed from 3.0 km/h to 18.0 km/h which is not to be exceeded by the computer during the HRC program by pressing the +/- keys for SPEED. Confirm your entry by pressing the MODE key.

#### Step 5: Training time entry

Enter the desired training time from 05:00 to 139:00 minutes using the +/- keys for SPEED. Confirm your entry by pressing the MODE key.

#### Step 6: Training start

Press the START key. A countdown will be shown in the display. The training time will start as soon as the countdown ends and the treadmill will start automatically at a speed of 3 km/h.

#### Training End

The treadmill stops automatically when the specified training time has been reached.

If the current heart rate remains lower than the target heart rate when the maximum speed set by the program has been reached, the treadmill will automatically increase the incline.

## Calculating the Body Mass Index

### Step 1: Select the Program

Switch the treadmill on and press the PROGRAM key until "FAT" appears in the display. Press the MODE key to confirm the program selection.

### Step 2: Gender Input (F1)

Enter the gender of the user ("01" male / "02" female) by pressing the +/- keys for SPEED or the ▲/▼ keys for INCLINE. Press the MODE key to confirm your entry.

### Step 3: Age Input (F2)

Enter the age of the user from 10 to 99 by pressing the +/- keys for SPEED or the ▲/▼ keys for INCLINE. Press the MODE key to confirm your entry.

### Step 4: User Height (F3)

Enter the height of the user from 100 to 200 cm by pressing the +/- keys for SPEED or the ▲/▼ keys for INCLINE. Press the MODE key to confirm your entry.

### Step 5: User Weight (F4)

Enter the weight of the user from 20 to 150 kg by pressing the +/- keys for SPEED or the ▲/▼ keys for INCLINE. Press the MODE key to confirm your entry.

### Step 6: Program Start

As soon as "F5" appears in the display take hold of the hand pulse sensors with both hands.

### Step 7: Program End

If the measurement has been taken successfully it will be shown in the BMI display window.

### 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 his body size. Please note that the BMI is only a rough guideline, as it does not consider physique and gender or the individual composition of the body mass of fat and muscle tissue of a person. 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

## Fitness training with the FitShow App

The cockpit is fitted with a Bluetooth receiver as standard. Download the Fitshow App on a dedicated smartphone or tablet PC. To do this, scan the QR code on the back of this manual.

- Step 1:** Download the “FitShow” App from the App Store / Play Store and install it on your smartphone or tablet PC.
- Step 2:** Register with FitShow. Please use a valid e-mail address, as you will receive a confirmation code by e-mail.
- Step 3:** Make sure the treadmill is on and then go to “Indoor” at the top of the app selection and press “Search”. The treadmill will now be displayed. Once you have selected your treadmill, you have full access to the app.



### Note:

Please note that we only provide the basis to use the device with an App. If you have any questions about using the app and / or the Smartphone or tablet PC you are using, please contact the respective provider directly.

## Play an audio source

### Connecting an external audio source via the MP3 jack connection


It is possible to connect and play external audio sources (MP3 player, smartphone, etc) by connecting the delivered audio cable (3.5mm jack plug) to the connection located on the front of the training device cockpit. It is necessary for the external device to have a compatible connection for this cable.

Once the external music source has been connected and playback started on the external source, the music or audiobook etc will be played over the cockpit speakers.

### CAUTION:

In this type of audio playback, the controls such as volume, start, pause, etc can only take place at the external audio source, e.g. on the smartphone. It is not possible to control these functions on the cockpit!



 <b>Heart Rate per Minute</b>	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 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.

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
- Speed
- Incline
- Pulse Rate (when using hand sensors)
- Heart Rate (when using a chest belt which is available as an optional extra)

**Technical details:**

Motor:	DC motor
Constant motor power:	2.5 hp / 1.84 kW
Drive type:	Grooved belt
Speed:	0.8 - 18.0 km / h, adjustable in 0.1 km / h increments
Incline:	0 - 15%, electronically adjustable in 0.5% increments
Tread:	Approx. 1.300x460mm
Installation dimensions:	Approx. 1.650x790x147,5mm (LxWxH)
Total weight:	Approx. 69kg
Maximum user weight:	120 kg
Power supply:	220-230V - 50Hz

**Fields of application:** Home - exclusively for private 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

**Recommended Accessories**

These accessories are the perfect supplement for your training device. All products are available in 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 mat**

The extreme high density of material and 0.5 cm thickness of this floor mat, gives protection against damage, scratches and dirt due to sweat, liquids and movement. Noises are greatly minimized.

Available in following sizes:

- 210 x 100 cm - suitable for treadmills
- 240 x 100 cm – suitable for treadmills



**MAXXUS® Silicone**

Optimal lubricant and release agent for running belt and running deck.

Available in the following sizes:

- 50 ml
- 250 ml







## Spare Parts List

No.	Description	Type	Qty
A01	Bottomframe		1
A02	Mainframe		1
A03	Inclineframe		1
A04	Displayframe		1
A05	Displaysupportframe		1
A06	Leftcolumn		1
A07	Rightcolumn		1
B01	Pressingspring1		4
B02	Springwasher		2
B03	Frontroller	D50 x t3.0 x 562	1
B04	Rearroller	D46 x t3.0 x 560	1
B05	Aircylinder		1
B06	Sleeve		4
B07	Innerhexwrench		1
B08	Crosssolidwrench		1
B09	5#Allenwrench		1
B10	Stainlesshandpulse		4
C01	Displayfrontcover		1
C02	Displaymiddle-bottom-cover		1
C03	Displayleft-bottom-cover		1
C04	Displayright-bottom-cover		1
C05	Leftfoamhandlebar		1
C06	Rightfoamhandlebar		1
C07	Controlpaneltopcover		1
C08	Controlpanelbottom-cover		1
C09	Frontpanelsupport		1
C10	Bottompanelsupport		1
C11	Handlebarbottomcover		1
C12	Motortopcover		1
C13	Motorbottomcover		1
C14	Leftbottomcover		1
C15	Rightbottomcover		1
C16	Lefttrearendcover		1
C17	Righttrearendcover		1
C18	Siderail		2
C19	Runningbelt		1
C20	Motorbelt		1
C21	Ellipticalcushionpad		4
C22	Cushionpad		4

No.	Description	Type	Qty
C23	Taperedcushionpad		2
C24	Plaincushionpad		2
C25	Transportationwheel		2
C26	Adjustablewheel		2
C27	Plasticwasher		4
C28	Annularplug		2
C29	Fixationcap		2
C30	Safetykeysocket		1
C31	Adjustablefeet		2
D01	Display		1
D02	Controlboard		1
D03	Displayupperwire		1
D04	Displayextensionwire		1
D05	Displaybottomwire		1
D06	Heartrateupperwire		1
D07	Heartratebottomwire		2
D08	Safetykeyupperwire		1
D09	Safetykeyextension-wire		1
D10	Safetykey		1
D11	ACsinglewire	Length 200 blue	1
D12	ACsinglewire	Length 200 brown	2
D13	ACsinglewire	Length 350 brown	1
D14	ACsinglewire	Length 350 blue	1
D15	Earthedwire	Length 350 yellow and green	1
D16	Audiosocketwire		1
D17	USBconnectionwire		1
D18	USBmodule		1
D19	MP3connectionwire		1
D20	Speaker		2
D21	DCmotor		1
D22	Inclinemotor		1
D23	Runningboard		1
D24	Squareswitch		1
D25	Powersocket		1
D26	Loadprotector		1
D27	Magneticsensor		1
D28	Magneticring		1
D29	Magneticcore		1
D30	Standardpowercable		1
D31	Poweramplifier		1



No.	Description	Type	Qty
D32	Amplifierpowerwire		1
E01	Locknut	M8	20
E02	Locknut	M10	6
E03	Bolt	M10x90	1
E04	Bolt	M10x45	1
E05	Bolt	M10x30	4
E06	Bolt	M8x80	2
E07	Bolt	M8x70	2
E08	Bolt	M8x40	2
E09	Bolt	M8x30	1
E10	Bolt	M8x15	13
E11	Bolt	M8x55	1
E12	Bolt	M8x65	2
E13	Bolt	M8x25	4
E14	Bolt	M8x35	6
E15	Bolt	M6x15	4
E16	Bolt	M8x20	4
E17	Bolt	M5x16	2
E18	Bolt	M5x12	7
E19	Bolt	M5x8	1
E20	Screw	ST4.2x30	4
E21	Screw	ST4.2x25	2
E22	Screw	ST4.2x12	41
E23	Screw	ST4.2x12	16
E24	Screw	ST2.9x8	40
E25	Bigwasher	φ 10 φ26 2.0	8
E26	Flatwasher	8	20
E27	Bigflatwasher	φ 5 φ13 1.0	4
E28	Springwasher	8	6
E29	Lockwasher	10	2
E30	Lochwasher	8	19
E31	Bolt	M8x45	1

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 KGM 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®



 **Bluetooth™**



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