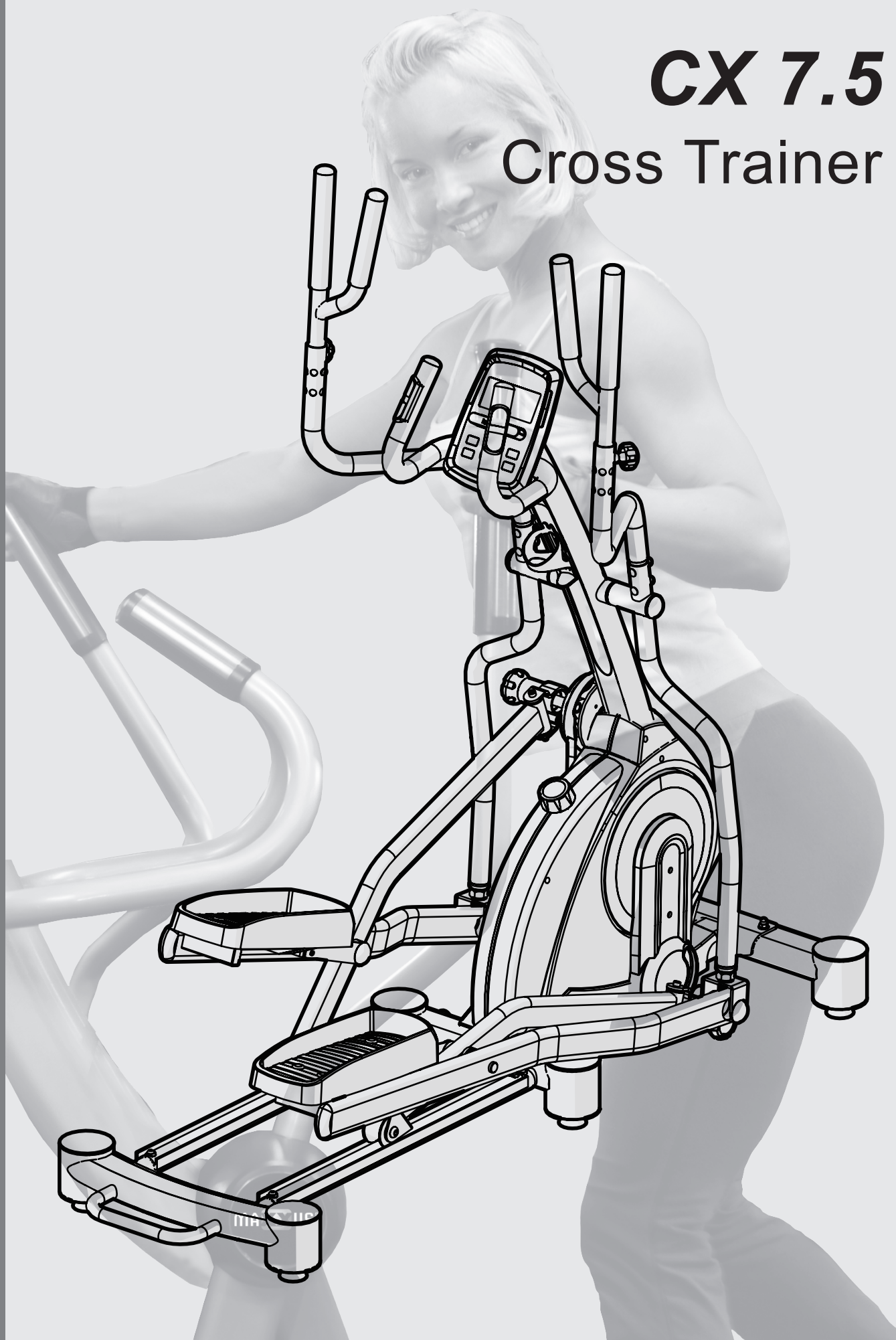


MAXXUS

CX 7.5

Cross Trainer



ENG

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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 is. 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.

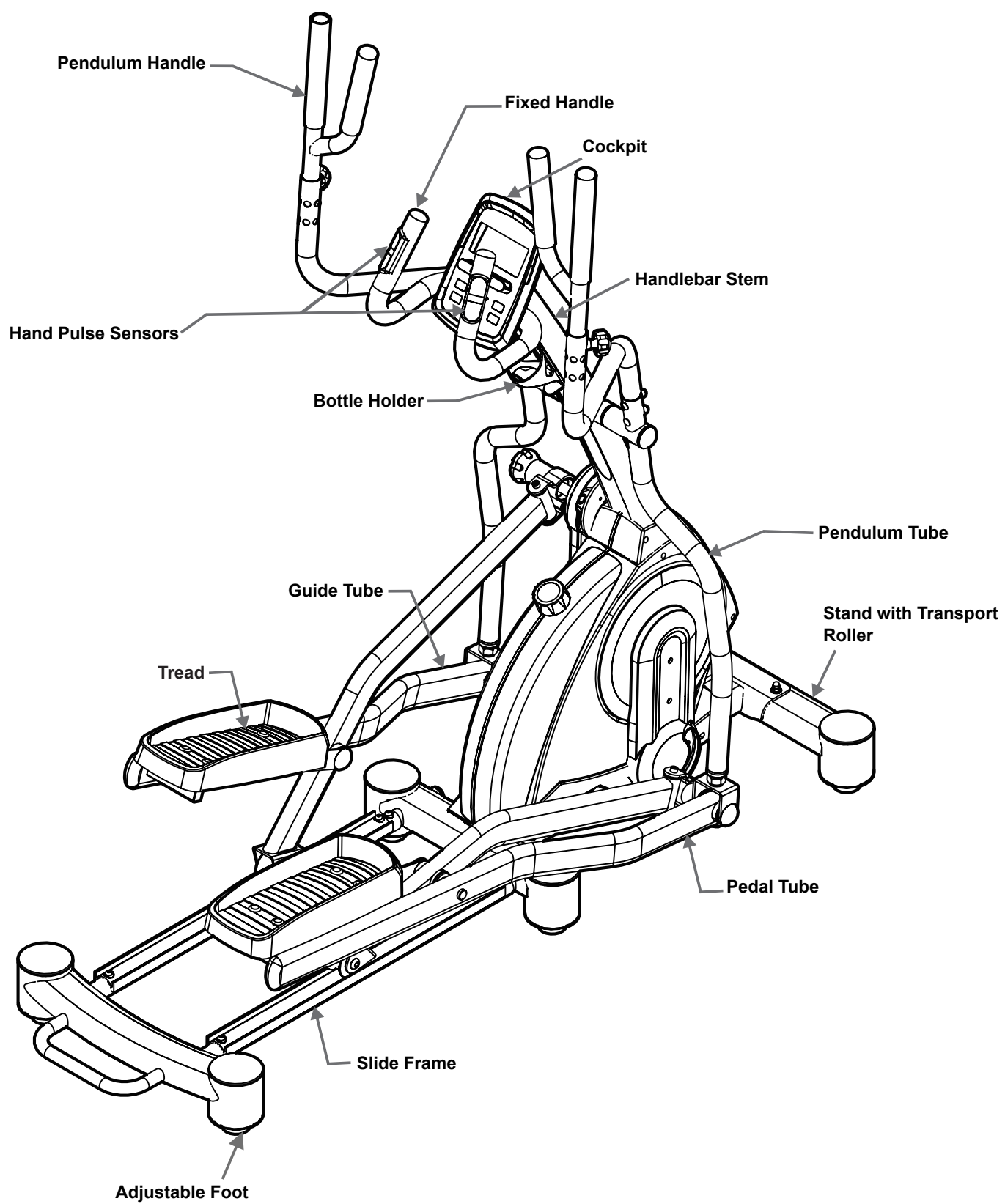
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Personal safety instructions for training

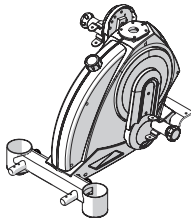
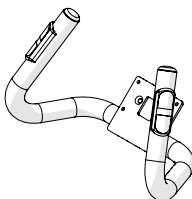
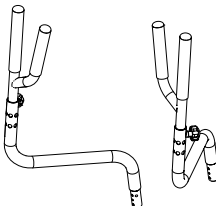
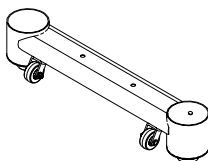
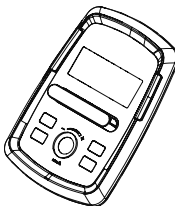
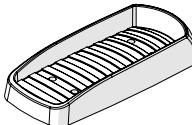
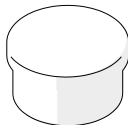
- Remove the batteries or mains cable (if present) when the training device is not in use to avoid inappropriate or uncontrolled use by any other third party, e.g. children
- You should make a health check with your doctor before your first workout.
- If you feel any physical discomfort or experience 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!

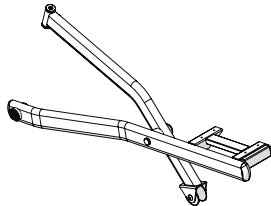
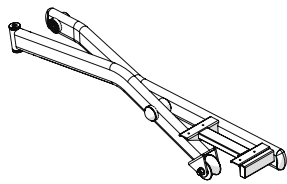
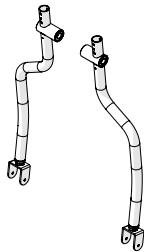
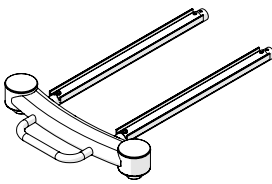
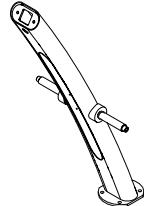
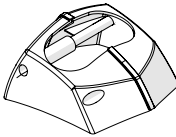


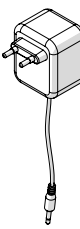
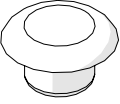
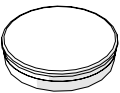

Overall View of the Device



Scope of Delivery Carton A

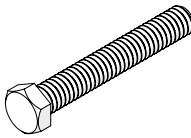
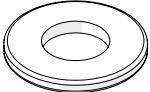
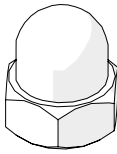
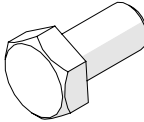
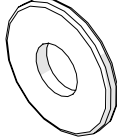
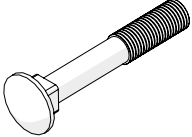
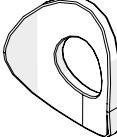
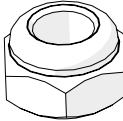
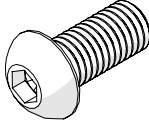
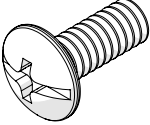
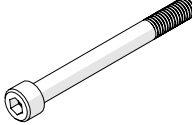
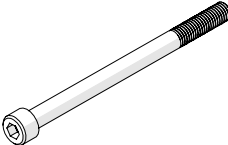
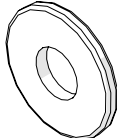
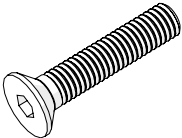
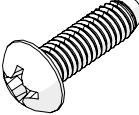
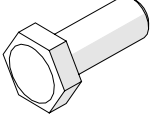
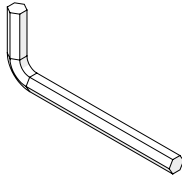
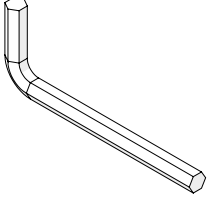
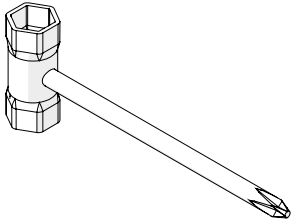
			
A01 Base Frame	A16 Handlebars	A14 / A15 Pendulum Handles	A17 Stand
			
D02 Cockpit	C12 Treads (2 pieces)	Lubricant	

Scope of Delivery Carton B

			
A05 / A07 Pedal & Guide Tube, right	A06 / A08 Pedal & Guide Tube, left	A03 / A04 Pendulum Tubes	A13 Slide Frame
			
A02 Handlebar Stem	C07 / C08 Handlebar Stem Cover	C17 Nut Cap 4 pcs.	C16 Bottle Holder
			
D08 Mains Adapter 9V 1,500 mA	C30 Cover Plug (8)	C21 Cover Cap, round (6)	C11 Screw Cover, round (6)

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Fastening Materials & Tools

			
(1) Hexagon bolt (B41) 3/8"x2½" - 2 pieces	(2) Washer (B42) Ø 3/8 "x Ø 20x2.0T - 4 pieces	(3) Cap nut (B43) 3/8" - 2 pieces	(4) Hex bolt (B32) M8x16 - 2 pieces
			
(5) Washer (B37) 5/16 "x20x2.0T - 2 pieces	(6) Carriage bolt (B28) M8x50 - 4 pieces	(7) Curved washer (B30) M8x20x1,5T - 8 pieces	(8) Locknut (B29) M8 - 8 pieces
			
(9) Allen screw (B13) M8x18 - 4 pieces	(10) Button head screw (B23) M6x15 - 8 pieces	(11) Hexagon socket bolt, (B47) M8x80 - 2 pieces	(12) Allen bolt (B48) M8x110 - 2 pieces
			
(13) Washer (B37) 5/16 "x20x2.0T - 4 pieces	(14) Hexagon socket screw (B40) M8x25 - 2 pieces	(15) Pan head screw (B21) M5x16 - 2 pieces	(16) Hex screw (B14) M8x20 - 4 pieces
			
(18) Allen key M5	(19) Allen key M6	(21) Wrench 13 / 14mm + Phillips screwdriver	

Your own tools can be used instead of or in addition to the tools included in delivery.
Make sure that any tools used are suitable and an accurate fit!

Carefully unpack all items from the delivery two people are required as some parts of your exercise equipment are bulky and heavy.
Check that all of the fastening materials (screws, nuts, etc.) and components are complete before the individual assembly steps.

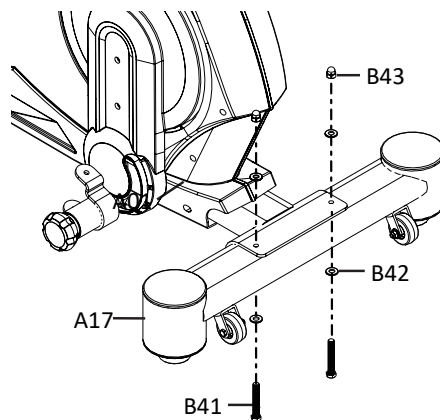
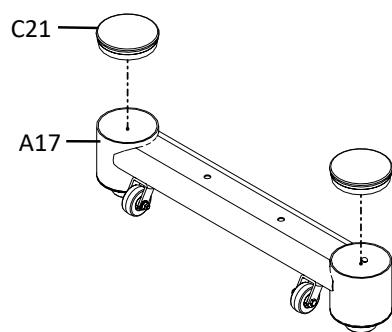
Carefully carry out the installation as damage or defects that have arisen due to assembly errors are in not covered by the warranty or guarantee. Read the instructions carefully before starting, follow the sequence of installation steps exactly and follow the instructions of the individual assembly steps. Pay particular attention to your personal safety during assembly. Wear suitable work gloves, have a second person assist you with heavy and bulky components, and secure moving components so that no parts of the body can become trapped during assembly. The installation of the training device must be carried out competent adults.

Carry out the installation of your exercise equipment in a location that is level, clean and free from obstructions. Carry out the assembly with 2 persons. Only start training after completely finishing the assembly of your training device.

Step 1: Assembling the Base

Insert the two cover caps (C21) into the right and left of the stand (A17). Attach the stand (A17) to the front frame of the base frame (A01).

Use two hexagon bolts (B41), four washers (B42) and two cap nuts (B43).

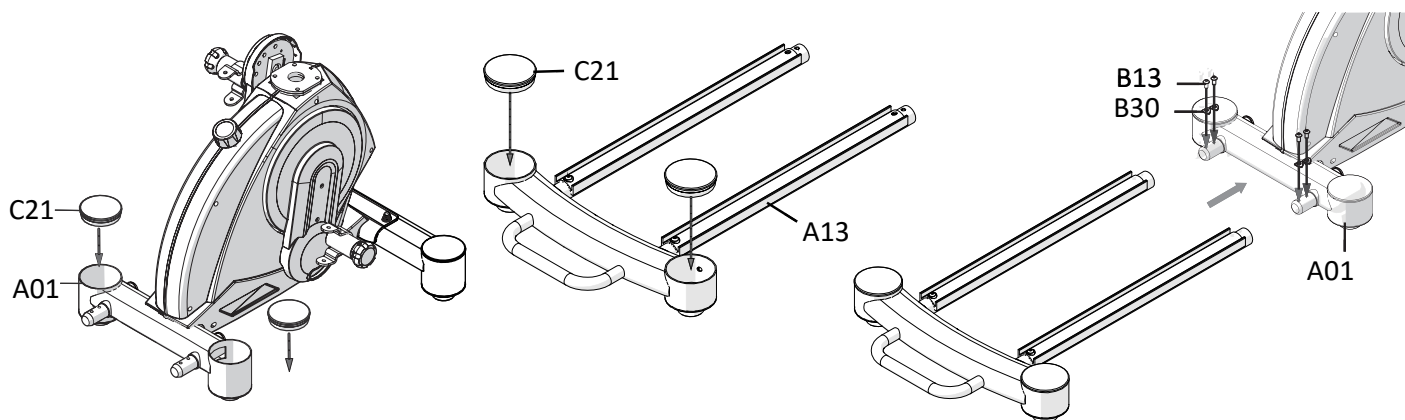


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Step 2: Assembling the Slide Frame

Insert the round covers (C21) on the base frame (A01).

Mount the tubes of the sliding frame (A13) onto the base frame (A01) and secure them with two Allen screws (B13) and two curved washers (B30).

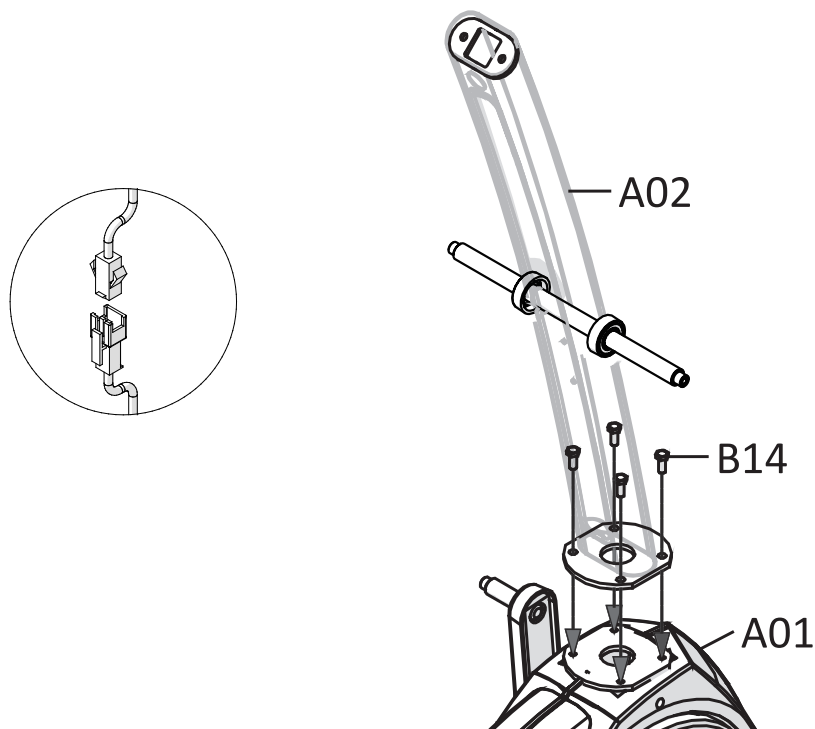


Step 3: Assemble the Handlebar Stem

Connect the cable protruding from the handlebar shaft (A02) to the cable protruding from the base frame (A01). Attach the handlebar stem (A02) to the base frame with four hexagon head screws (B14).

⚠ CAUTION:

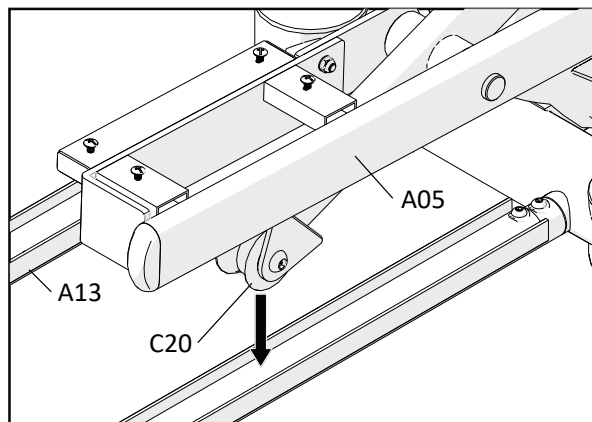
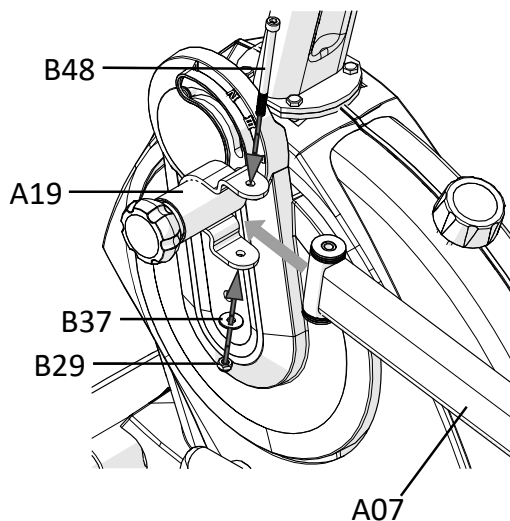
Make sure that you do not crush or damage the cables (D04 / D05) when installing the handlebar stem.



Step 4: Assembling the Pedal & Guide Tubes

Insert the front end of the left guide tube (A07) into the mount on left step length regulator (A19) on the base frame. Secure it with an Allen bolt (B48), a washer (B37) and a locknut (B29). Place the roller (C20) of pedal tube (A05) onto the left guide tube of the sliding frame (A13).

Repeat with the right guide tube.

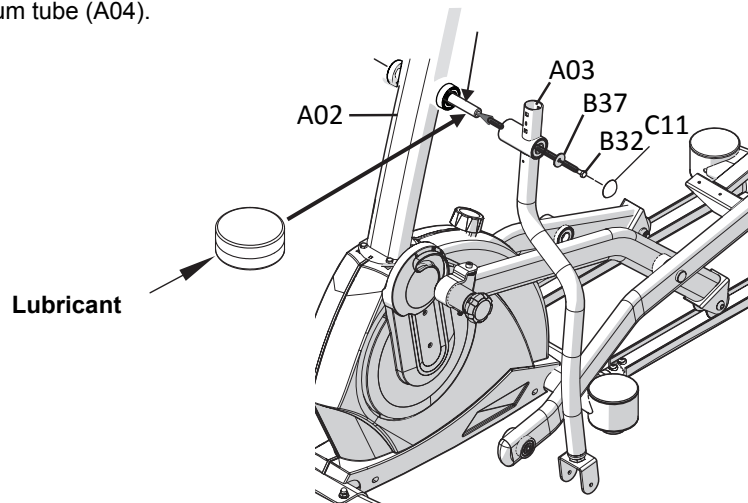


Step 5: Assembling the Pendulum Tubes

Before proceeding with assembly, grease the two axles on the handlebar stem (A02) well with the lubricant supplied.

Insert the left pendulum tube (A03) on the left greased axle of the handlebar stem (A02) and secure it with a bolt (B32) and a washer (B37) and a round cap (C11).

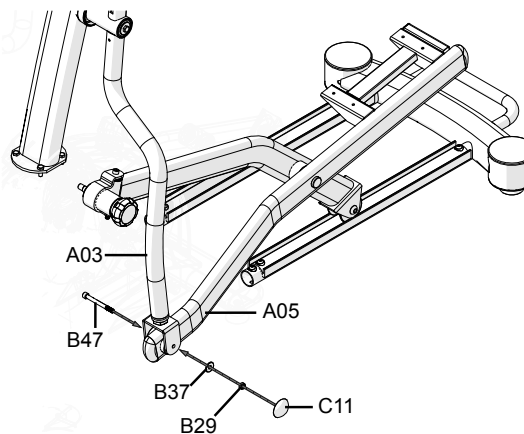
Repeat with the right pendulum tube (A04).



Step 6: Assembling the Joint between Pendulum Tube and Pedal Tube

Connect the left pendulum tube (A03) to the left pedal tube (A05). Use a hexagon socket bolt (B47), a washer (B37) and a locknut (B29). Then press the screw cover (C11) onto the nut (B29).

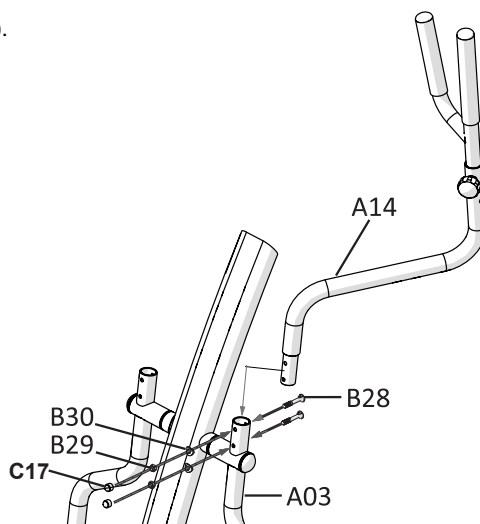
Repeat with the right pendulum tube (A04) and pedal tube (A06).



Step 7: Assembling the Pendulum Handles

Insert the left pendulum handle (A14) into the mount of the left pendulum tube (A03), then attach the pendulum handle (A14) with two carriage bolts (B28), two curved washers (B30) and two locknuts (B29) and two nut cap (C17).

Repeat with the right pendulum handle (A15).



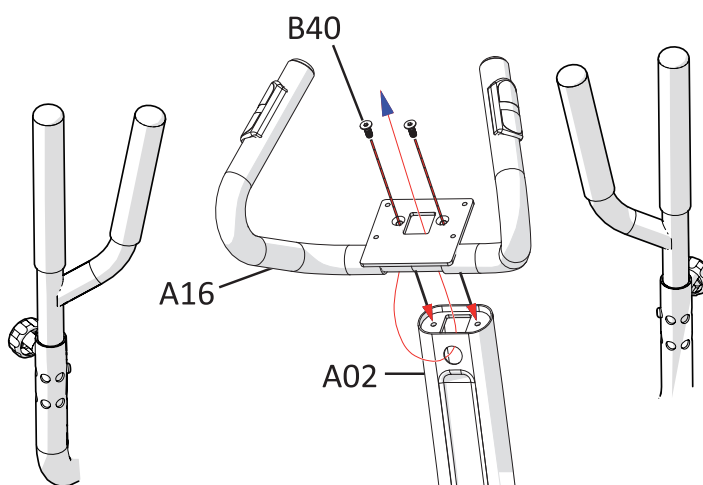
Step 8: Assembling the Fixed Handlebar

Pass the cable from the handlebar (A16) in through the round hole on the handlebar shaft (A02) and back out through the top. Then pass all the cables that protrude from the top of the handlebar shaft (A02) through the rectangular opening of the fixed handlebar (A16).

Pull out the cable ends only as far as necessary to connect them to the cockpit. Then attach the fixed handle (A16) to the upper end of the handlebar shaft (A02) with two Allen screws (B40).

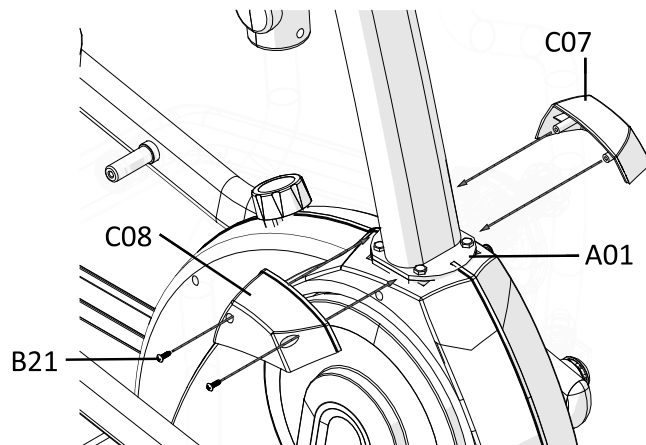
⚠ CAUTION:

Be careful not to crush or damage the cables when assembling the fixed handlebar.



Step 9: Assembling the Handlebar Stem Cover

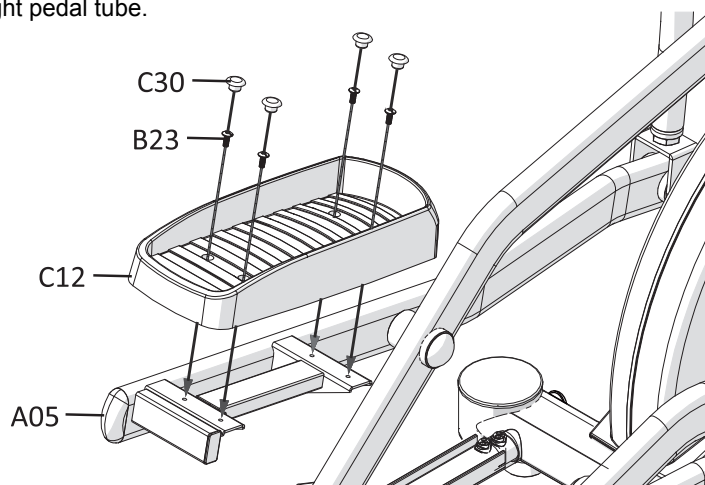
Attach the two handlebar covers (C07-left / C08-right) to the base frame at the joint between the handlebar shaft (A02) with two pan head screws (B21).



Step 10: Mounting the Treads

Attach one of the two treads (C12) to the rear brackets on the left pedal tube (A05). Use four pan head screws (B23) and then press four cover plugs (C30) from the top into the four screw holes on the top of the tread (C12).

Repeat with the right pedal tube.

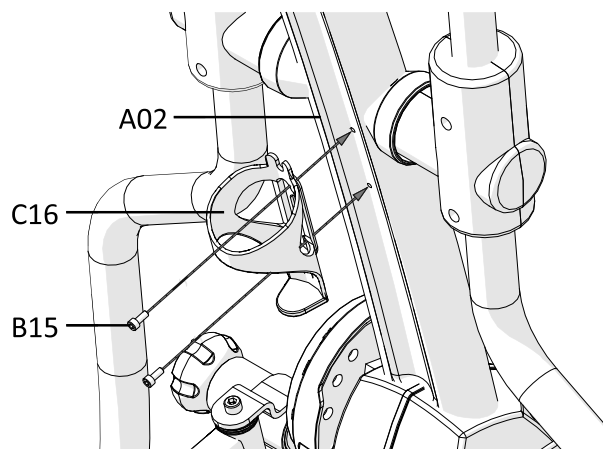


Step 11: Assembling the Bottle Holder

Loosen and remove the two round head bolts (B15) from the handlebar shaft (A02).

Attach the bottle cage (C16) to the handlebar shaft (A02) with the same two round head bolts (B15).

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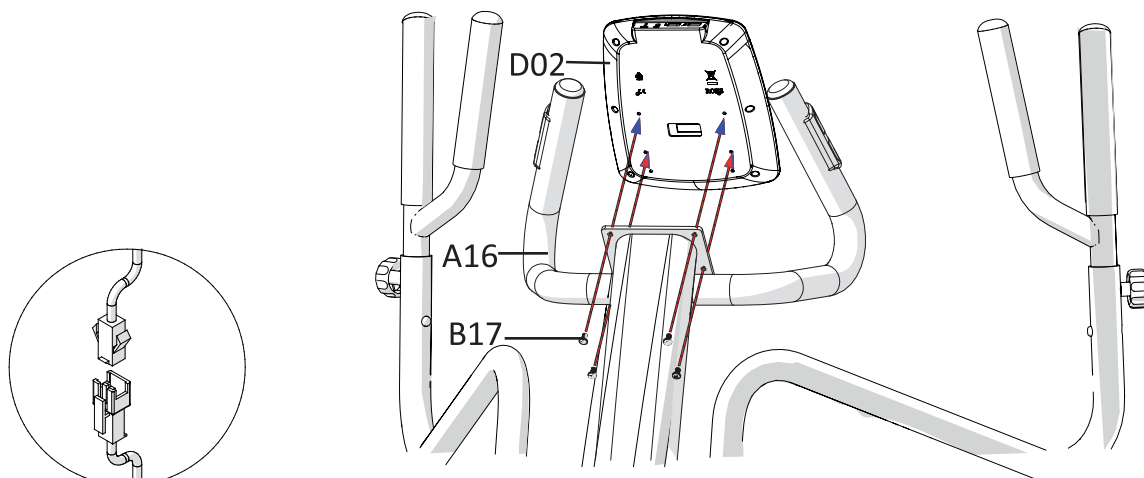
Step 12: Assembling the Cockpit

Loosen the four pan head screws (B17) on the back of the cockpit (D02). Connect the cables that protrude from the cockpit (D02) with the cables that protrude from the fixed handle (A16).

Please note that the two hand pulse measurement cables have identical connections. The order of connection does not matter. The other cables can be clearly assigned on the basis of their connections. Secure the cockpit (D02) to the cockpit holder of the fixed handle (A16) with the four pan head screws (B17).

CAUTION:

Make sure that you do not crush or damage the cables.



Transport, Location & Storage

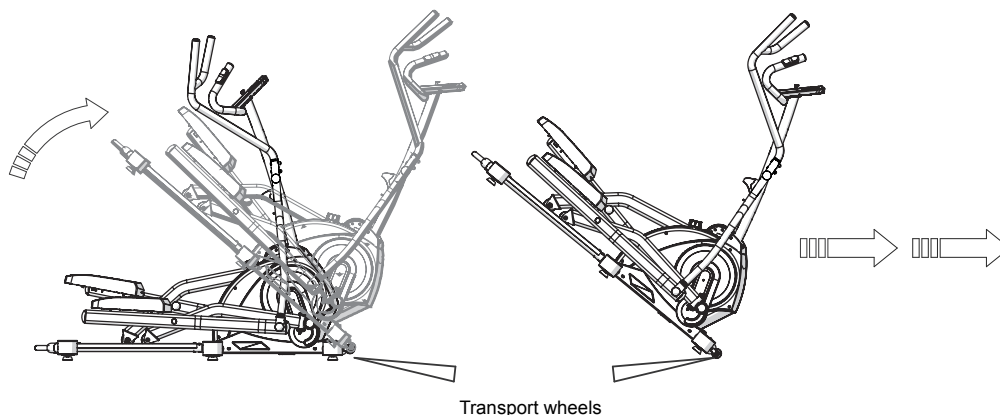
Transport

In order to transport your training device simply and safely, the front standpipe is equipped with transport wheels.

To transport the exerciser, stand behind the rear end of the glide frame and grasp the rear cross tube with both hands. Lift the training device upwards until the weight rests on the transport rollers.

Now you can simply push the exercise machine on the transport rollers to the desired position.

When lifting, transporting and setting down always make sure that you have a firm, secure footing.



Location & Storage

This training device is designed for use only in dry, well-ventilated indoor areas. Do not use or store it in damp or wet areas, such as saunas, swimming pools, etc. and in outdoor areas, such as balconies, terraces, gardens, garages, etc.

These locations may result in electronics defects, corrosion and rust due to the high humidity and low temperatures prevailing there. Warranty claims for damage of this kind will not be accepted.

Please choose a dry, level and well-ventilated training or storage area for your training equipment. For your own sake also make sure that the training site is sufficiently ventilated during exercise to allow optimal oxygenation.

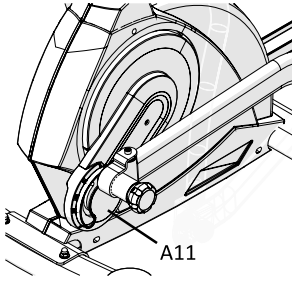
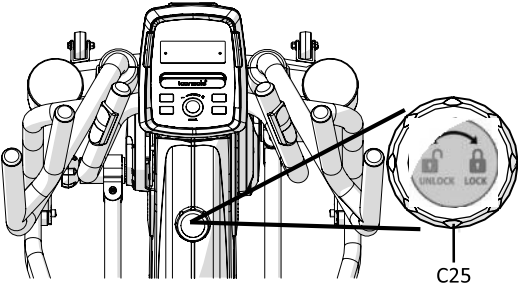
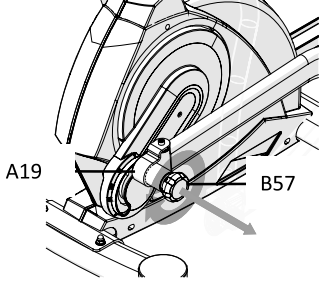
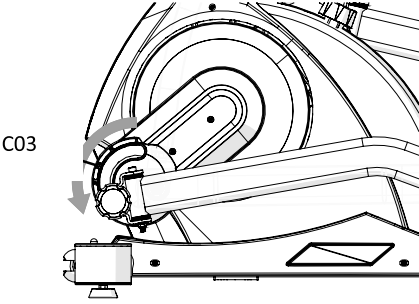
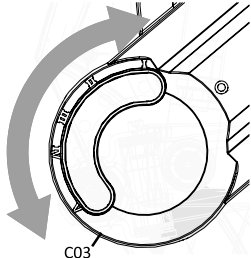
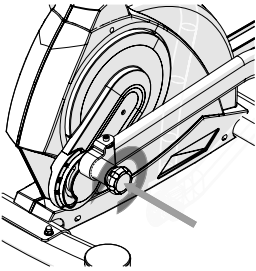
Before you bring your training device back into operation after a long period of non-use, make sure beforehand that all fastening and parts are secure.

Adjustment

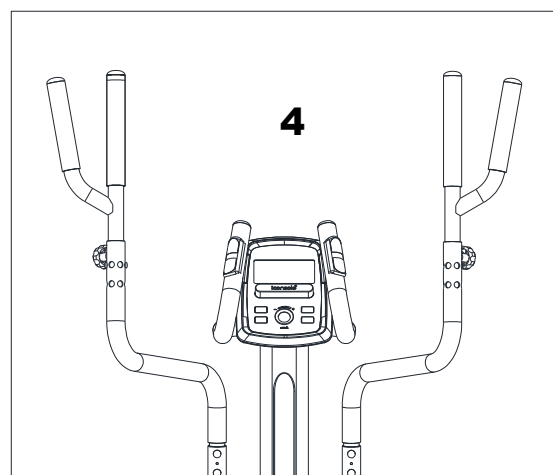
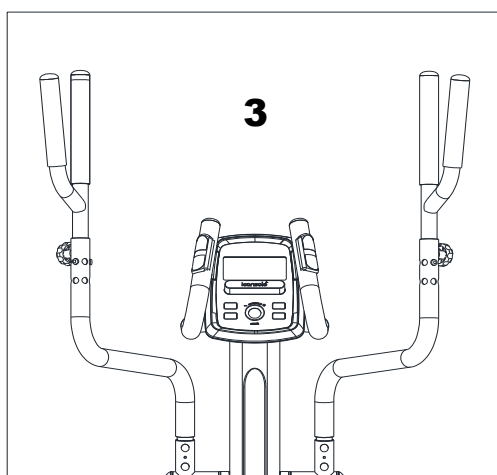
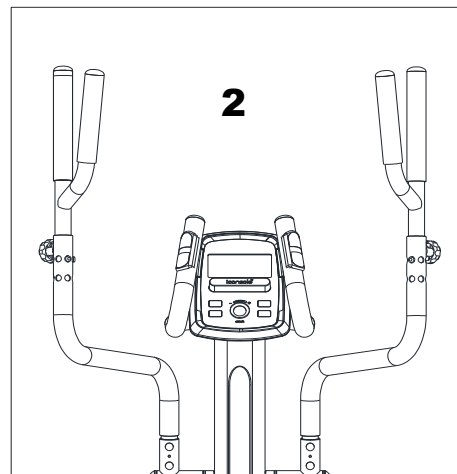
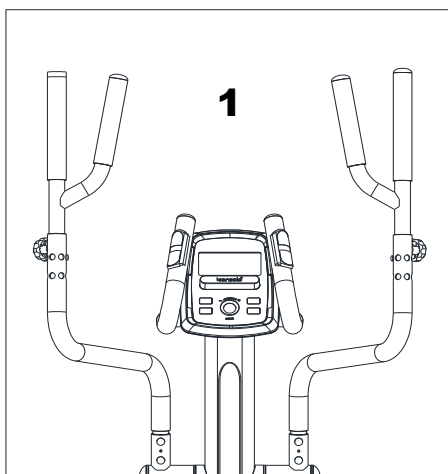
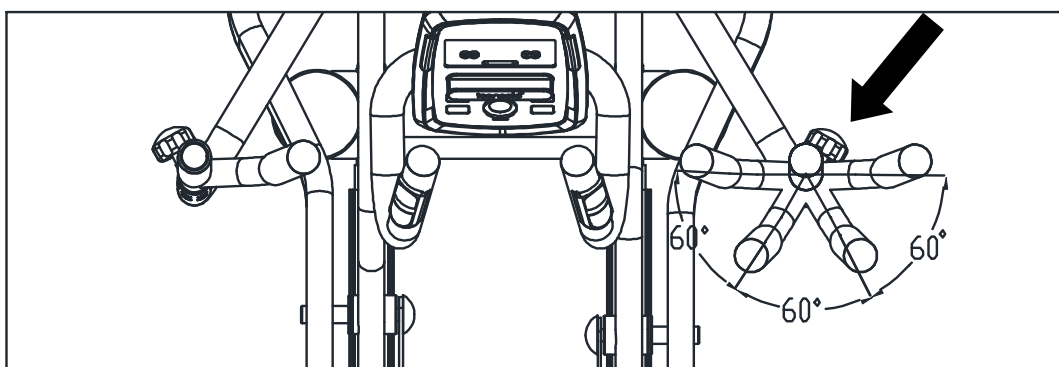
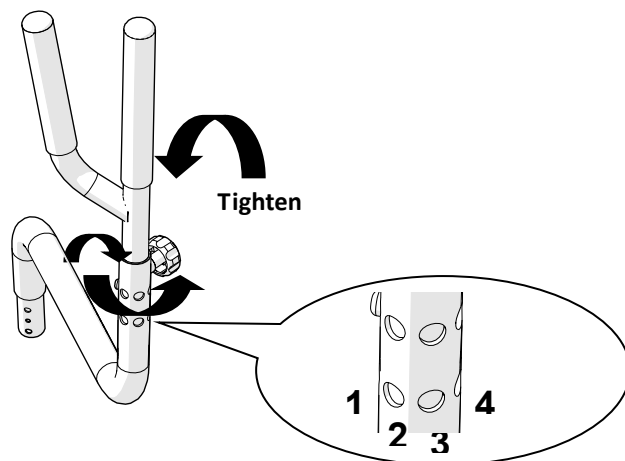
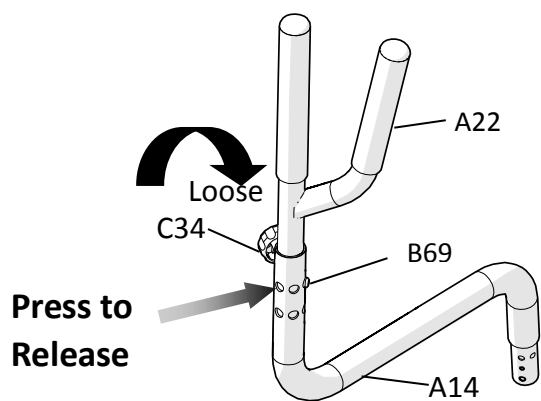
You can adjust the stride length between five positions:

Position 1 = 42cm Stride length **Position 2** = 49cm Stride length **Position 3** = 54cm Stride length

Position 4 = 57cm Stride length **Position 5** = 59cm stride length

	<p>Step 1: Move the left pedal arm towards the front stand.</p>
	<p>Step 2: Set the safety knob on the main body to the "LOCK" position - now the pedal tubes are secured. If necessary, this feature can also be used as a parental control and in which case, Steps 3 – 5 will not be required.</p>
	<p>Step 3: Release and remove the left-hand securing knob (B57) and the right-hand securing knob (B58). Please note that the left-hand lever is released in a clockwise direction and the right one is loosened anticlockwise.</p>
	<p>Step 4: Set the desired stride length on both pedal tubes. Make sure that both pedal tubes are set to the same stride length.</p>
	
	<p>Step 5: Insert the two safety hand levers (B57 / B58) into the left and right step length adjustment and then tighten them. To begin the training, release the safety knob you set in Step 2 to the "LOCK" position by moving it to the "UNLOCK" position.</p>

ENG



⚠ CAUTION

Before starting cleaning, maintenance and / or repair work, the exerciser must be completely disconnected from the power supply. This will only be the case if the mains cable is disconnected from the power socket and from the training device. Therefore, first disconnect the electrical plug from the power socket, and then disconnect the mains cable from the exerciser. The mains cable may only be reconnected to the training device and the power supply when all work has been completed and the proper functional condition of the device has been restored.

Cleaning

Clean your training device after each workout. Use a damp cloth and soap. Never use solvents. Regular cleaning contributes significantly to the preservation and longevity of your training device. Due to the chemical composition of body sweat, this is the main cause of corrosion (rust) if not removed immediately. Therefore, after every training session, check whether body perspiration and / or other fluids have got onto the device. If this is the case, the affected components / housing parts must be cleaned.

Please note that damages caused by body sweat or any other liquids are not in any way covered by the warranty.

During training, make sure that no fluid can enter the training device or the computer.

Maintenance

Checking the fastenings

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

Lubricating the sliding tubes

The top of the sliding tubes must be cleaned and lubricated regularly. Clean the sliding tubes with a damp cloth and some liquid hand soap or detergent. For professional cleaning we recommend the MAXXUS® Degreaser Spray. Then dry the sliding tubes thoroughly and lubricate the top of the tubes with liquid silicone or MAXXUS® lubricant spray to form a thin layer.

With frequent use, you should clean and lubricate the sliding tubes once a week. Lubricate the sliding tubes immediately if squeaking sounds occur during training. Care and cleaning agents are available in our online shop at www.maxxus.com or in our showroom in Weiterstadt.

Lubricating the axles on the handlebar stem and on the drive discs

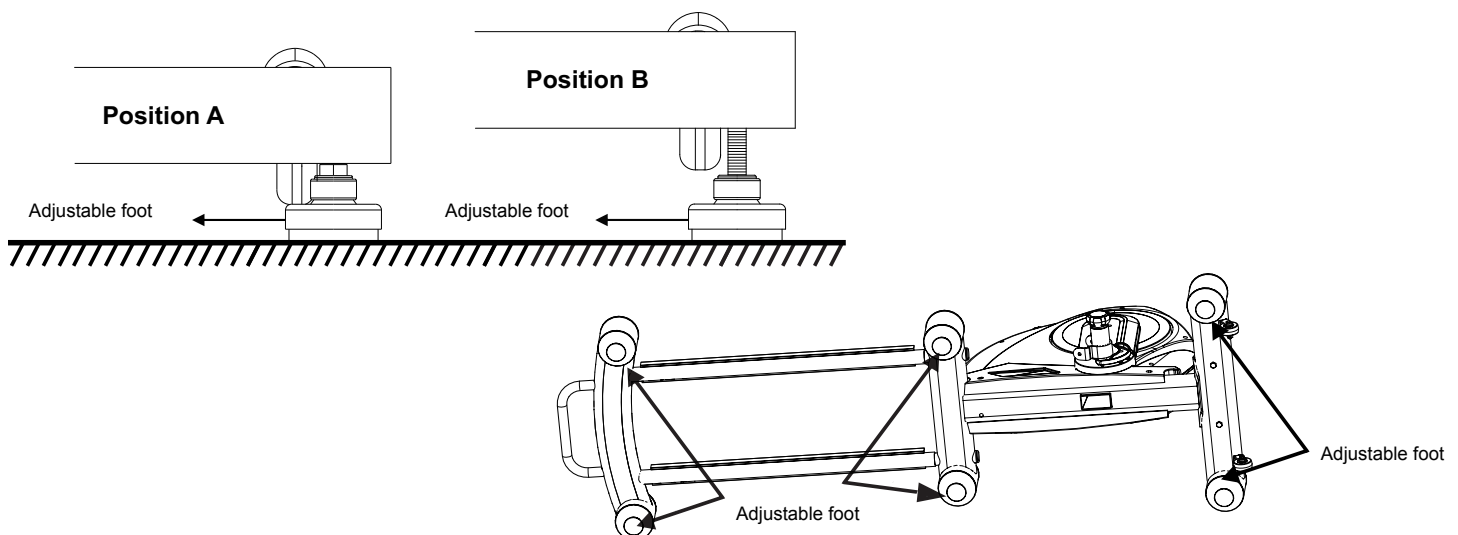
The two transverse axles on the handlebar stem, and the axles on the large drive discs, should be lubricated once every 6 months with multipurpose grease - please refer to the appropriate section in this manual.

ENG

Floor Levelling

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

If the adjustment range of the levelling feet is not enough to allow the training device to stand safely, please check the surface of the location and, if necessary, choose a different location, where a safe and level position can be ensured.



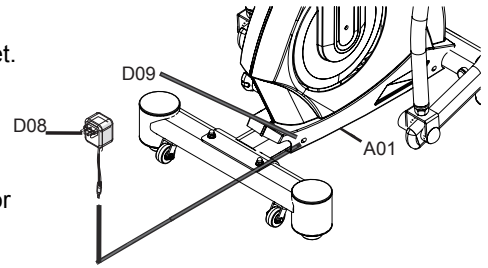
Mains Cable

Plug the mains cable on the supplied mains adapter into the socket located on the front of the main body. Then plug the mains cable into a power socket.



CAUTION

The device may only be connected to an earthed socket that has been professionally installed. Do not use multiple sockets to connect the exerciser. If you use an extension cable, it must comply with the guidelines of the VDE or equivalent.



Connecting the device



CAUTION:

Before connecting mains adapter to the unit, always check that it is the adapter delivered with the unit. Using a different mains adapter may cause damage to the electronic components of the device, for which the manufacturer cannot assume liability.

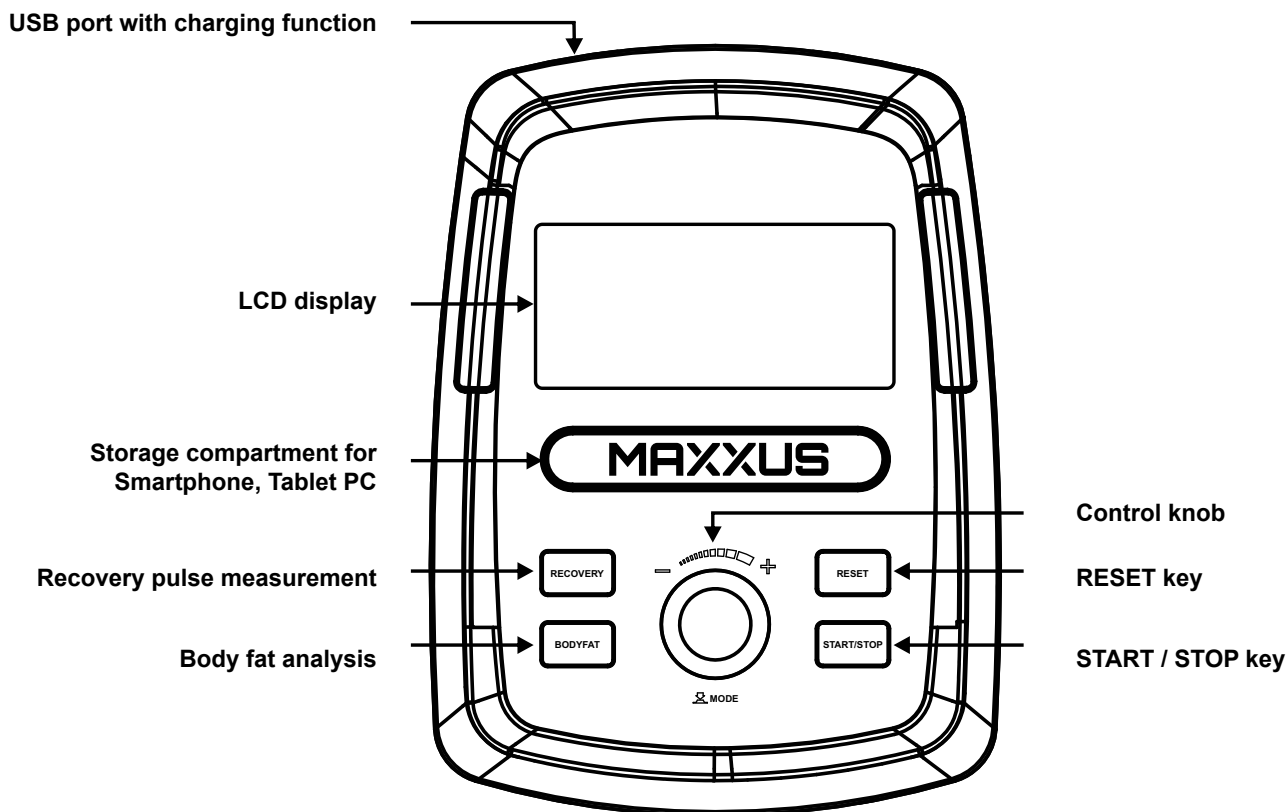
Always connect the mains cable to the training device before connecting it to a power outlet. If you want to disconnect your exerciser from the power supply, always disconnect the power cable from the mains first.

Switching on the device

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

Switching off the device

After 4 minutes of inactivity the cockpit automatically switches into stand-by mode. Always disconnect the training device from the mains once you have finished your workout. Unplug the power cable from the wall socket first and then remove the mains adapter from the device.



The cockpit constantly shows the current training values.

TIME

Specification of the training time. For a given training session, the computer counts down the time to "00:00." The training time can be set from "01:00" to "99:00" minutes in one-minute increments. If no time is specified, the computer will count the training time from „00:00" up to a maximum of „99:00" minutes.

DISTANCE

Specification of the training distance in kilometres. For a given training session, the computer counts down the distance back to "0.00." The training distance can be set from 1.0 to 99.0 Kilometres in 1.0 km increments to maximum of 99.0 kilometres. If no training distance is specified, the computer will count the kilometres from 0.0 to a maximum of 99.0 kilometres.

CALORIES*

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

Pulse or heart rate display - PULSE

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

SPEED

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

Revolutions per minute - RPM

Specification of the current wheel revolution per minute (RPM). Value is displayed alternately with SPEED in the same window.

Resistance - LEVEL

Display of the currently selected resistance level from 1 to 16.

Power - WATT**

Display of the power output in Watts.

* Warning about the calorie measurement

Energy consumption is calculated by means of a general formula. It is not possible to determine the exact energy consumption individually as this requires a large amount of personal data. The energy consumption displayed is approximate and not an exact value.

**Warning about the Watt display

Since this is a training device suitable for non-therapeutic purposes, the displayed value in Watts is not a calibrated value. The displayed power generated may differ from the actual power generated.

Keypad

START/STOP Key

START Function: – Start the selected training program or training profile
 – Activate the QUICK START function

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

RESET Key

If the key is pressed constantly for more than 5 seconds, all values are automatically reset to zero.

To change the user, exit the current program by pressing the START / STOP key. Then press the RESET until the display switches on again.

Control Knob

Turning Function: – Specification of training values
 – Input of date (eg age)
 – Regulating the resistance level

Pressing Function: – Confirmation of inputs

RECOVERY

Key to start the recovery pulse measurement.

Body Fat Measurement - FAT

Key to start the body fat measurement.

User Settings

After the cockpit has been switched on, the display shows "U1". There are four user profiles available U1 ~ U4. These are fixed, i.e. the user data is stored permanently.

Selecting a User Profile

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

Gender Input

Turn the control knob to select your gender and confirm your selection by pressing it.

Age Input

Enter your age by turning the control knob and confirm your entry by pressing it.

Height Input

Enter your height by turning the control knob and confirm your entry by pressing it.

Weight Input

Enter your body weight by turning the control knob and confirm your entry by pressing it. After you have confirmed the input of body weight the display automatically changes to the training menu.

If you have already created a user profile, select this as soon as you have switched on the cockpit by turning the control knob. Then the information for gender, age, height and body weight will be checked. If the details are still correct, confirm them by pressing the control knob. If some inputs have changed, correct them accordingly and confirm by pressing the control knob

Quick-Start

Turn on the training device and press the START / STOP key. The training time will start to run, and you can start training. At any time during training, you can adjust the resistance level from 1 to 16 by turning the control knob clockwise / anti-clockwise. Since no target value can be specified in this type of training, you must end the training yourself.

Manual Training - MANUAL

Step 1: Program Selection

Turn on the exerciser. An "M" will flash in the upper part of the display. If a different symbol is flashing, select "M" by turning the control knob clockwise / anti-clockwise. Confirm your selection by pressing the control knob.

Step 2: Program Selection Resistance Level

The value in the "LEVEL" window will flash. Set the desired resistance level from 1 to 16 by turning the control knob clockwise / anti-clockwise. This can be changed individually during training at any time. Confirm your selection by pressing the control knob.

Step 3: Specification of the Target Values

You now have the choice of three different goals:

Training Time ("TIME"):

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

If you do not want to specify the training time, press the control knob directly to confirm. The value in the "TIME" window should show "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 control knob clockwise / anticlockwise. You can set the training distance from 1.0 to 99.0 kilometres in 1-kilometre increments. Confirm your selection by pressing the control knob. If you do not want to specify the training distance, press the control knob directly to confirm. The value in the "DISTANCE" window should show "0.00".

Calorie Consumption ("CALORIES"):

The value in the "CALORIES" window flashes. If you want to specify the calorie consumption, enter it by turning the control knob clockwise / anticlockwise. You can set calorie consumption from 10 to 990 K-calories in 10 K-calorie increments. Confirm your selection by pressing the control knob.

If you do not want to specify the calorie consumption, press the control knob directly to confirm. The value in the "CALORIES" window should show "0".

Note:

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

Step 4: Specifying the Pulse Upper Limit

The value in the "PULSE" window flashes. You can now set a pulse upper limit of 30 to 230 heartbeats / minute by turning the control knob clockwise / anticlockwise. If your actual heart rate reaches this level during exercise, a warning will sound. If you do not want to set a pulse upper limit, press the control knob directly to confirm. The value in the PULSE "window should show " 0 ".

Step 5: Training Start

Press the START / STOP key to start exercising.

End Training

After the predetermined training goal has been reached, training will end automatically

Controlling the Resistance Level

During exercise, you can change the currently selected brake level at any time by turning the control knob clockwise / anticlockwise.

Training Profiles P1 – P12

In this type of training, the user can choose from twelve pre-programmed training profiles. The profile is not changeable; however, the user has the option of adjusting the intensity of the respective profile according to their current state of fitness.

Step 1: Program Selection

Turn on the exerciser. The upper part of the display flashes "M". Select the desired training profile by turning the control knob clockwise / anti-clockwise.

Step 2: Setting the Training Level

Select the desired training level by turning the control knob clockwise / anti-clockwise. Confirm your selection by pressing the control knob.

Step 3: Setting the Training Time

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

Step 4: Training Start

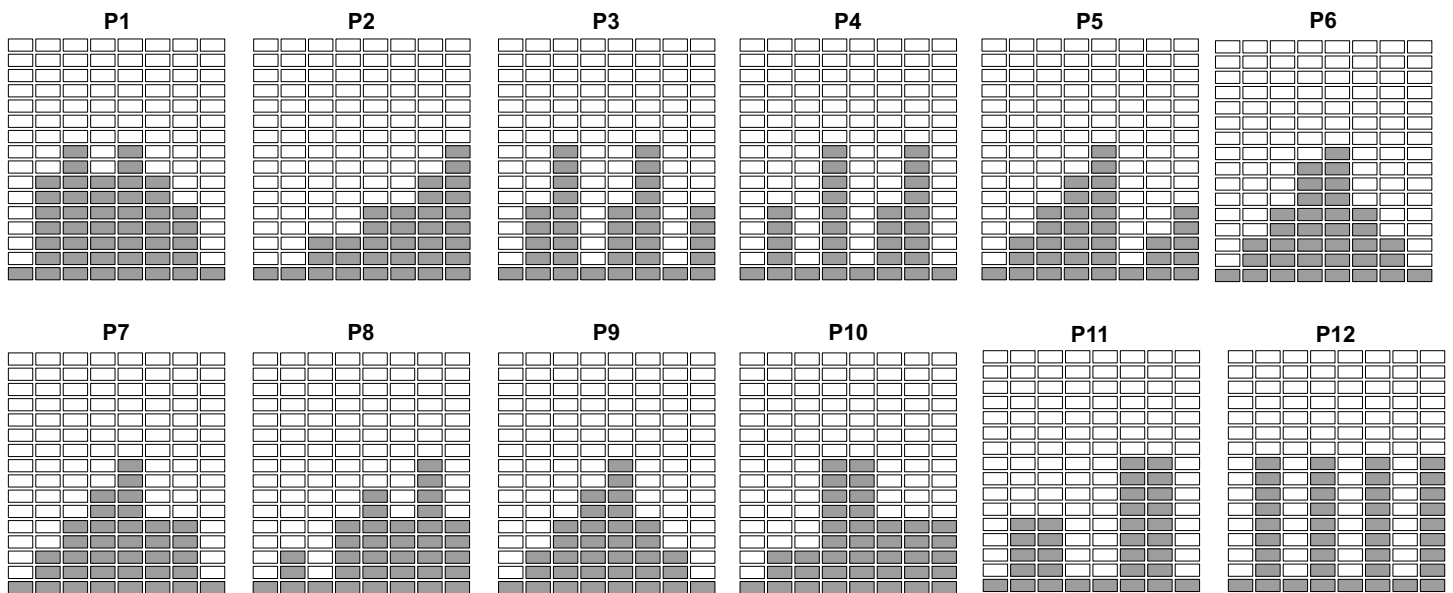
Press the START / STOP key to start exercising.

Training End

When the desired training time has been reached, training will end automatically.

Setting the Training Level

During training, you can change the currently selected training level within the given frame by turning control knob clockwise / anti-clockwise at any time.



Free Training Profile (USER)

Here you can create a training profile per user profile yourself and save it permanently.

Step 1: Selecting a Program

Turn on the exerciser. The upper part of the display flashes "M". Select the program "U" by turning the control knob clockwise / anti-clockwise and confirm your selection by pressing it.

Step 2: Programming the Training Segments

The first of a total of eight training segments will flash in the display. Set the desired resistance level from 1 – 16 for the first training segment by turning control knob clockwise / anti-clockwise and confirm your entry by pressing it. Now the second segment flashes. Repeat this procedure with this segment and all the way through to segment 8. After you have confirmed the input for the 8th segment by pressing the control knob, this training profile will be permanently stored.

Step 3: Setting the Training Time

When the first segment flashes again. Press the control knob until the value in the "TIME" window flashes. Then enter the exercise time by turning the control knob clockwise / anti-clockwise. You can set the exercise time from 1:00 to 99:00 minutes in 1-minute increments.

Step 4: Training Start

Press the START / STOP key to start exercising.

Training End

After the training time has expired, the training will end automatically.

NOTE:

If you want to change the saved training program, switch on the cockpit. Select the program "U" by turning the dial clockwise / anti-clockwise and confirm your selection by pressing it. Now the first segment flashes again. Press the control knob until the value in the "TIME" window flashes. Enter the exercise time by turning the dial clockwise / anti-clockwise.

You can set the exercise time from 1:00 to 99:00 minutes in 1-minute increments. Now press the START / STOP key to start training.

Heart Rate Controlled Programs (HRC)

These programs are heart-rate-controlled exercise programs. The user specifies a desired target heart rate. This is permanently 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 automatically increases the resistance. If the value is higher, the cockpit automatically reduces the 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 together with an uncoded heart rate chest belt which is available as an extra 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: Selecting a Program

Turn on the exerciser. The upper part of the display flashes "M". Select the heart symbol by turning the control knob clockwise / anti-clockwise and confirm your selection by pressing it.

Step 2: Age Input

The display will show the letter "A" and the value "25" will flash, enter your age from 1 to 99 years by turning the control knob clockwise / anticlockwise, and confirm your entry by pressing it.

Step 3: Selecting the HRC Mode

By pressing the UP & DOWN keys, 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 section "Warning for Pulse & Heart Rate Measurement" in this manual.

Select the desired modes by turning the control knob clockwise / anti-clockwise.

If you select 55%, 75% or 90%, the corresponding target heart rate will be displayed directly. Confirm your selection by pressing the control knob.

To train with an individual target heart rate, select the TA mode by turning the control knob clockwise / anti-clockwise and confirm the selection by pressing it. The "PULSE" window will flash "100." Now enter the desired target heart rate between 30 and 230 heartbeats / minute again by turning the control knob clockwise / anticlockwise and confirm your entry by pressing it.

Step 4: Setting the Training Time

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

Step 5: Training Start

Press the START / STOP key to start exercising.

Training End

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

Program Procedure

The cockpit determines the current heart rate of the user and compares it continually with the desired target heart rate. If the current heart rate is lower or higher than the target heart rate, the cockpit automatically increases or decreases the resistance level.

If the current heart rate is within +/- 5 beats / minute below or above the target heart rate, the cockpit will maintain the current resistance level.

If the cockpit cannot determine the user's heart rate, the display shows "?". In this case, check the correct position and battery power of the chest belt and make sure that it is an uncoded belt with the 5 kHz transmission frequency.

Example:

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

Watt-controlled training programs (WATT)

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

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

Step 1: Selecting a Program

Turn on the exerciser. An "M" will flash in the upper part of the display. Select the program "W" by turning the control knob clockwise / anticlockwise and confirm your selection by pressing it.

Step 2: Setting Watt Value

The value in the "WATT" window flashes. Enter the desired wattage by turning the dial clockwise / anti-clockwise. Inputs from 10 to 350 watts in 5-watt increments are possible. Confirm your entry by pressing the control knob.

Step 3: Setting the Training Time

The value in the "TIME" window flashes. Enter the desired training time by turning the control knob clockwise / anti-clockwise and confirm your entry by pressing it.

Step 4: Training Start

Press the START / STOP key to start exercising.

Training End

After the training time has expired, training will end automatically.

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.

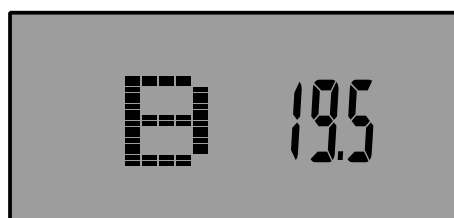
Body-Mass-Index (BMI)

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.

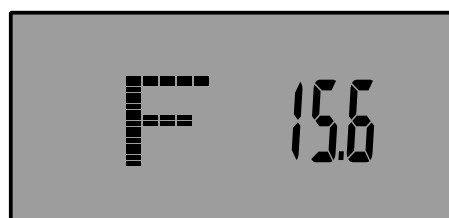
Age	BMI
19 - 24 years	19 - 24
25 - 34 years	20 - 25
35 - 44 years	21 - 26
45 - 54 years	22 - 27
55 - 64 years	23 - 28
> 64 years	24 - 29

ENG

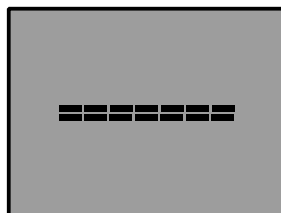
BMI



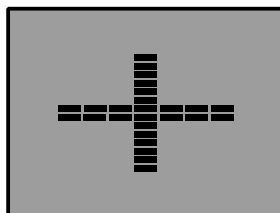
Body fat percentage %



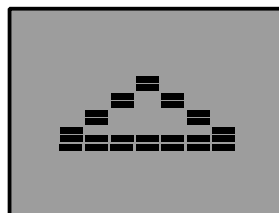
Symbols representing the body fat percentage



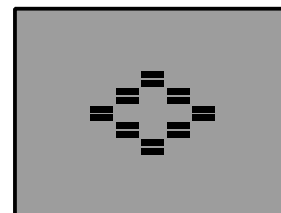
Low



Normal



Raised



High

USB Charging Function

The cockpit has a USB connection located at the top of the cockpit. This connection is to be used only for charging of smartphones or tablet-PC's during training. The cable required for this is not included in 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

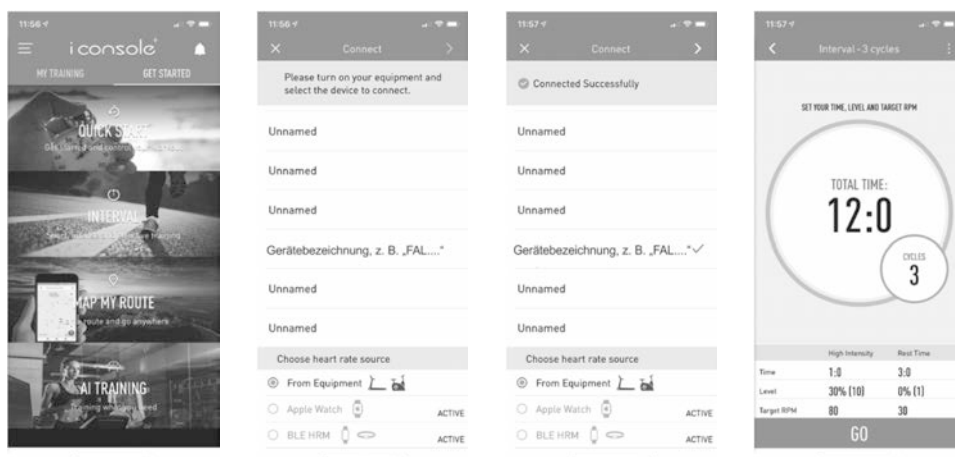
Select "GET STARTED" in the top right of the menu. Then select the required training type, such as "QUICK START"

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		
	100%	of maximum heart rate														
	75%	of maximum heart rate														
	65%	of maximum heart rate														
	55%	of maximum heart rate														
Age	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	

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 strap) allows you to wirelessly measure heart rate. The chest belt is as accessories 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 of 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.

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Inner Thigh Muscles

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



Legs, Calves and Buttocks

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



Leg and Lower Back Muscles

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

Hydration

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

Training Frequency

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

Exercise Intensity

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

Duration of the individual training session

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

Training Documentation

In order to design and evaluate your training effectively, you should prepare yourself a training plan in written form or as a computer table before starting your training. Here you should document training session. Data, such as distance, training time, brake force setting and pulse values should be recorded as well as personal data, e.g. body weight, blood pressure, resting heart rate (measured morning immediately after waking up) and personal well-being during exercise.

Enclosed you will find a recommendation for a weekly plan.

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

Technical Details

Cockpit

Display of:

- Time
- Distance
- Calorie Consumption
- Power – WATT
- Resistance – Level
- Speed
- Wheel revolutions per Minute – RPM
- Pulse Rate (when using the hand sensors)
- Heart Rate (when using an optional chest belt)

Technical details:

Brake system:	Motorized permanent magnet brake system
Brake force adjustment:	Computer controlled
Braking stages:	1 - 16
Flywheel Weight:	Approx 9 kg
Drive System:	2-stage ribbed belt
Dimensions:	Approx. 1,860 x 840 x 162 (LxWxH)
Overall Weight:	Approx 85.5 kg
Maximum user weight:	160kg
Power supply:	220-230V - 50Hz
AC adapter:	9V / 1.500mA

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

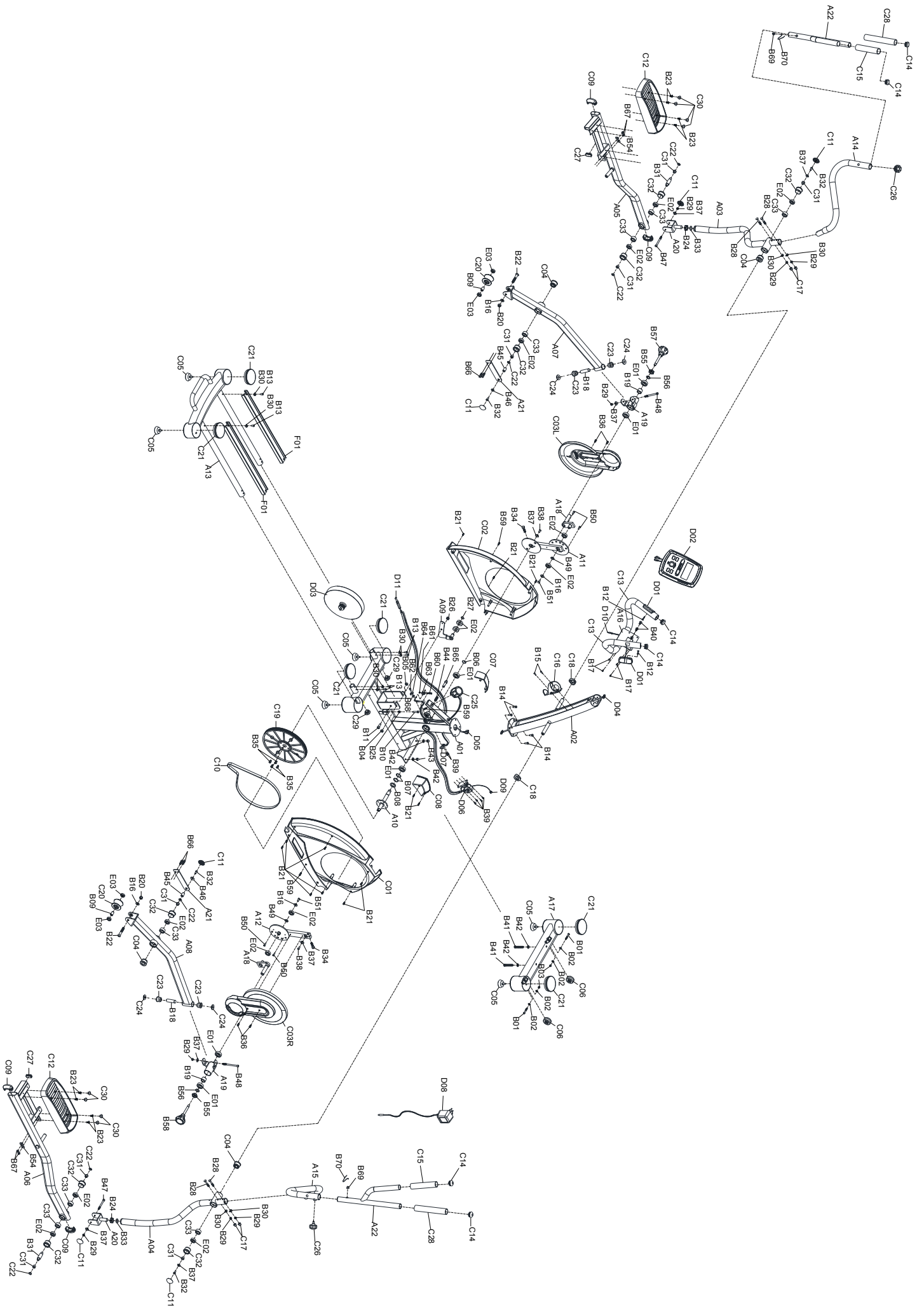
Batteries and rechargeable batteries should never be disposed of in the household rubbish.

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.

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Exploded Drawing



Spare Parts List

Part No	Description	Qty	Part No	Description	Qty
A01	Main Frame	1	B16	Washer 1/2"	4
A02	Upright Post	1	B17	Screw M5	4
A03	Handrail Arm /L	1	B18	Shaft Ø19	2
A04	Handrail Arm /R	1	B19	Spacer	2
A05	Foot Pedal Tube /L	1	B20	Nylon Nut M12	2
A06	Foot Pedal Tube /R	1	B21	Screw M5	12
A07	Rotate Bar /L	1	B22	Bolt M12	2
A08	Rotate Bar /R	1	B23	Screw M6	8
A09	Idler Pulley Bracket	1	B24	Nut M20	2
A10	Belt Pulley Shaft	1	B25	Nut M8	1
A11	Crank /L	1	B26	Nylon Nut M10	1
A12	Crank /R	1	B27	C-ring Ø17	1
A13	Guide Rail	1	B28	Bolt M8	4
A14	Handrail /L	1	B29	Nylon Nut M8	8
A15	Handrail /R	1	B30	Curve Washer M8	10
A16	Stationary Handlebar	1	B31	Handrail Arm Axle	2
A17	Front Stabilizer	1	B32	Bolt M8	4
A18	Adjustable Disk	2	B33	Spring Washer M20	2
A19	Rotate Bar Connect Bracket	2	B34	Bolt M10	2
A20	U Shape Bracket	2	B35	Bolt M8	4
A21	Bracket	2	B36	Bolt M6	4
A22	Handlebar Up Section	2	B37	Washer 5/16"	8
B01	Bolt 1/4"	2	B38	Bolt M8	2
B02	Washer 1/4"	4	B39	Screw M4	6
B03	Nylon Nut 1/4"	2	B40	Screw M8	2
B04	Nut M10 (6.0T)	1	B41	Bolt 3/8"	2
B05	Nut M10 (8.0T)	1	B42	Washer 3/8"	4
B06	C-ring 20	1	B43	Dome Nut 3/8"	2
B07	Wave Washer M21	2	B44	Spring	1
B08	Washer M20	1	B45	Wheel Spacer	2
B09	Rotate Bar Wheel Spacer	2	B46	Washer 5/16"	2
B10	Bolt M8	1	B47	Bolt M8	2
B11	Bolt M10	1	B48	Bolt M8	2
B12	Bolt M8	4	B49	Washer M17.5	2
B13	Bolt M8	6	B50	Screw M6	4
B14	Screw M8	4	B51	Screw M8	2
B15	Bolt M5	2	B52	Washer M17.5	2

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Spare Parts List

Part No	Description	Qty	Part No	Description	Qty
B54	Washer M8	4	C16	Water Bottle Holder	1
B55	Nut M20	2	C17	Nut Cap	4
B56	Washer M20	2	C18	Spacer	2
B57	Knob /L	1	C19	Belt Pulley	1
B58	Knob /R	1	C20	Rotate Bar Wheel	2
B59	Screw M5	2	C21	End Cap Ø101.6	6
B60	Bolt M5	1	C22	MOS Washer	6
B61	Nut M5	1	C23	Bushing Ø33.4	4
B62	Screw M6	1	C24	Washer Ø14	4
B63	Fixed Plate /1	1	C25	Safety Knob	1
B64	Fixed Plate /2	1	C26	Knob	2
B65	Guide Pin	1	C27	Square End Cap 20x40	2
B66	Bolt M8	4	C28	Foam Grip	2
B67	Nylon Nut M8	4	C29	Round End Cap Ø1-1/4"	2
B68	Ring	1	C30	Plug for Foot Pedal	8
B69	Pin	2	C31	Spacer for 6003 Bearing	8
B70	Spring	2	C32	Bearing Bushing	8
C01	Main Cover /R	1	C33	Bearing Housing	8
C02	Main Cover /L	1	D01	Hand Pulse Sensor	1 Set
C03L	Disc Cover /L	1	D02	Computer	1
C03R	Disc Cover /R	1	D03	Flywheel	1
C04	Bushing	4	D04	Cable 1	1
C05	Adjustable Foot Pad	6	D05	Cable 2	1
C06	Transport Wheel	2	D06	Motor with Cable	1
C07	Upright Post Decorative Cover /L	1	D07	Sensor with Cable	1
C08	Upright Post Decorative Cover /R	1	D08	AC Adapter	1
C09	Oval End Cap 30x70	4	D09	AC Plug Cable	1
C10	Belt	1	D10	Hand Pulse Cacle	1
C11	Nut Cap M8	6	D11	Motor Tension Cable	1
C12	Foot Pedal	2	E01	Bearing 6004	6
C13	Foam Grip	2	E02	Bearing 6003	14
C14	Round End Cap Ø1-1/4"	6	E03	Bearing 6001	4
C15	Foam Grip	2	F01	Aluminum Guide Rail	2

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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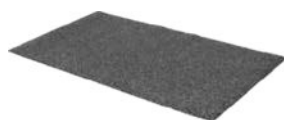
These accessories are best suited for use with your training device. All products are available from our online shop at www.maxxus.com.

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, these mats provide perfect protection for floors and floor coverings against damaging, scratches and soiling through body sweat. Noise caused by running and movement is significantly reduced.



Available in the following sizes:

- 160 x 90 cm
- 210 x 100 cm

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 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

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 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:

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

Device Details

Product Name: **CX 7.5**Product Group: **Cross-Trainer**

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

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, Nordring 80, 64521 Gross-Gerau**Fax:** +49 (0) 6151 39735 400**E-Mail**:** service@maxxus.com

* 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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