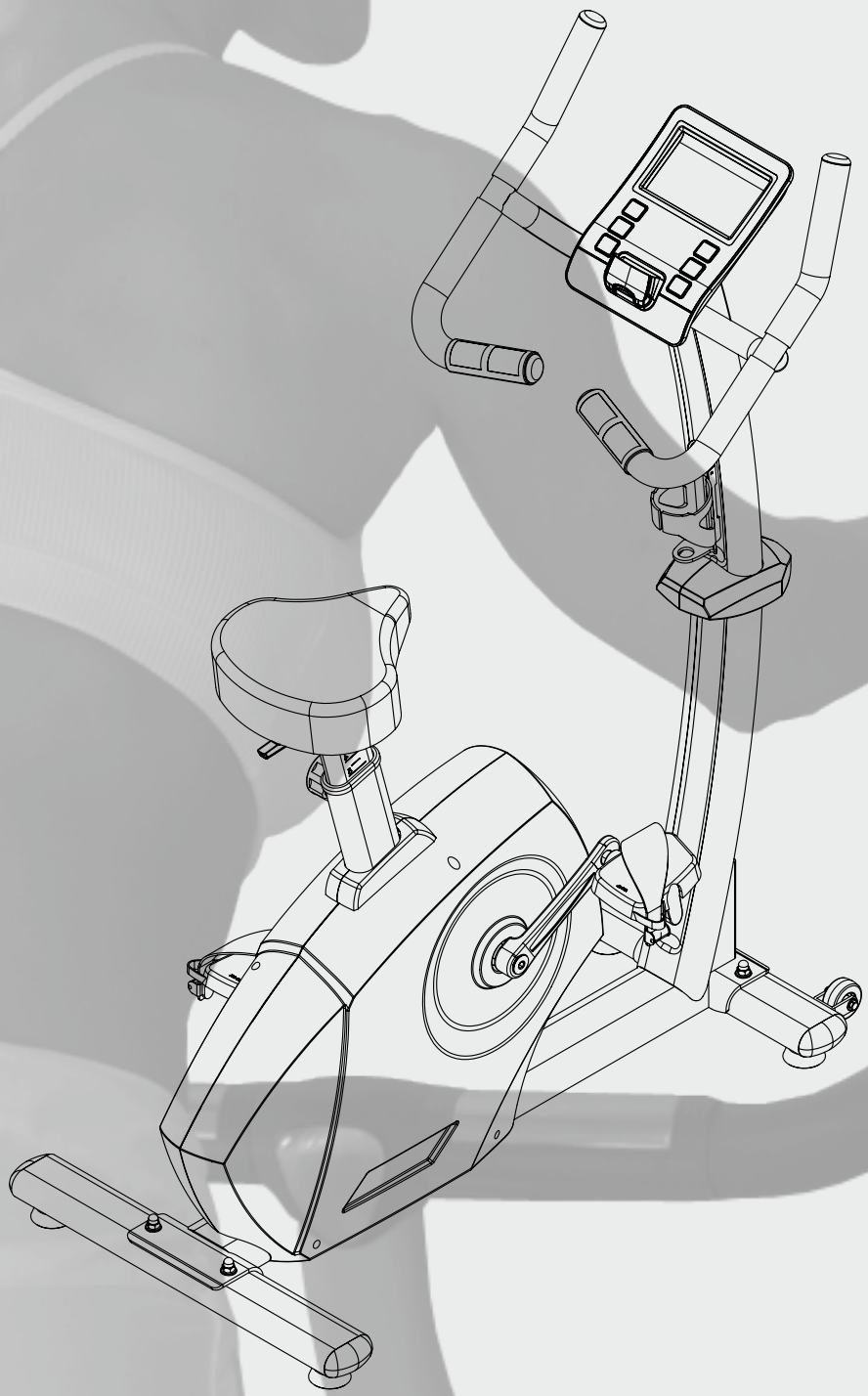
INSTALLATION & OPERATING MANUAL

MAXXUS

MAXXUS 4.2

Bike



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⚠ Safety Instructions ⚠

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

- 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

- Choose a location that offers the greatest possible firm space on all sides of the exerciser. The safety area behind the training device should be at least 200 cm long and 100 cm wide. Allow at least 100 cm to each side of the training device and 100 cm in front 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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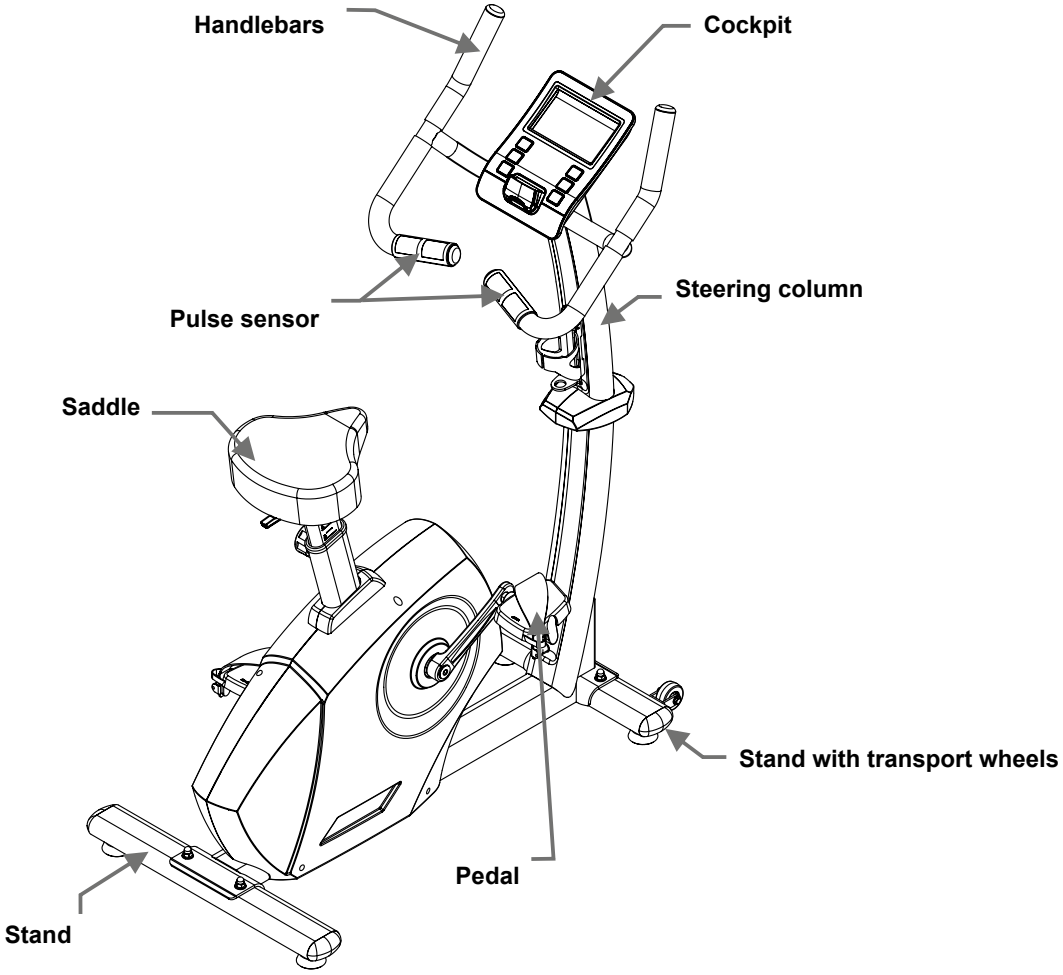
Personal safety instructions for training

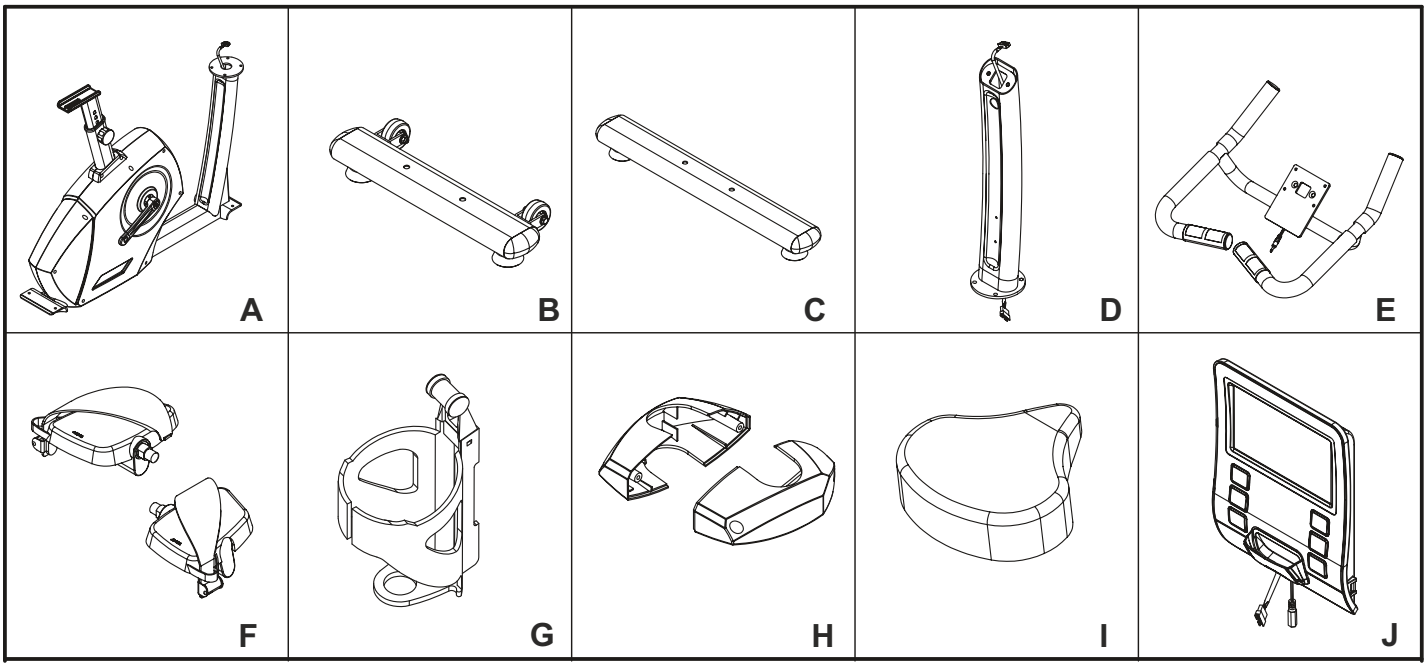
- The safety key must be correctly inserted before each training session.
- While the exerciser is not in use, remove the safety key and mains cable to prevent improper or unsupervised use by third parties, such as children.
- You should make a health check with your doctor before your first workout.
- 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 the latest technical and safety standards.
This training device should only be used by adults!
Wrong and / or unplanned training can lead to extreme health problems!

Overview of the Device



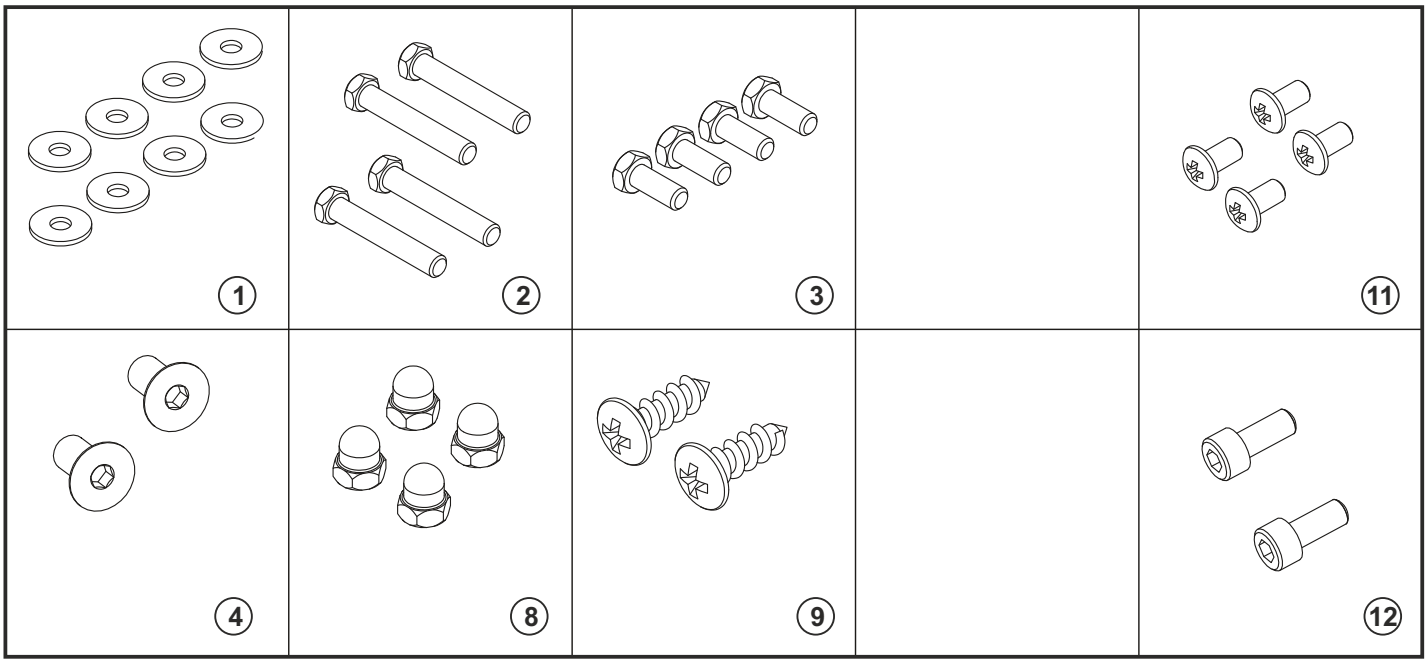
Scope of Delivery



No.	Description	Qty
A	Base Frame	1
B	Stand, front	1
C	Stand, rear	1
D	Steering Column	1
E	Handlebars	1

No.	Description	Qty
F	Pedals	2
G	Bottle Holder	1
H	Steering Column Cover	2
I	Saddle	1
J	Cockpit	1

Fastenings and Tools



No.	Description	Qty
1	Washer, 3/8"	8
2	Bolt, 3/8"	4
3	Bolt, M8x25	4
4	Allen Bolt, M8x25	2
8	Cap Nut, 3/8"	4

No.	Description	Qty
9	Self Tapping Screw, M5	2

Nachfolgende Schrauben sind bereits vormontiert:		
11	Pan Head Screw	4
12	Allen Bolt, M5	2

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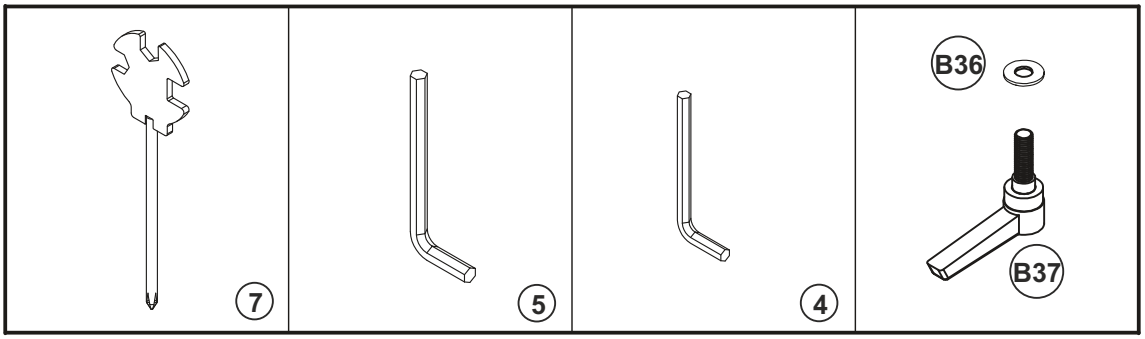


No.	Description	Qty
7	Combi Tool	1
5	Allen Key, M5	1
4	Allen Key, M4	1

No.	Description	Qty
B36	Washer for B37	1
B37	Locking Bolt	1

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

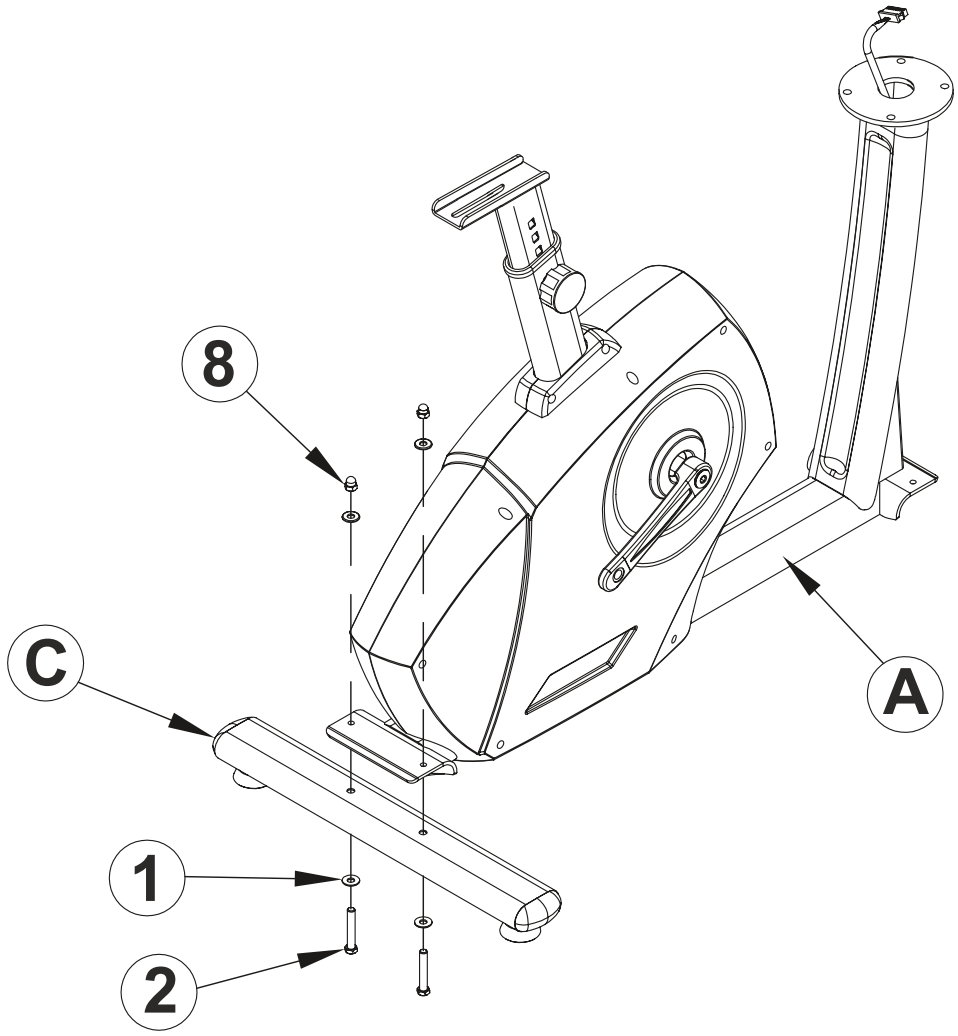
Assembly

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

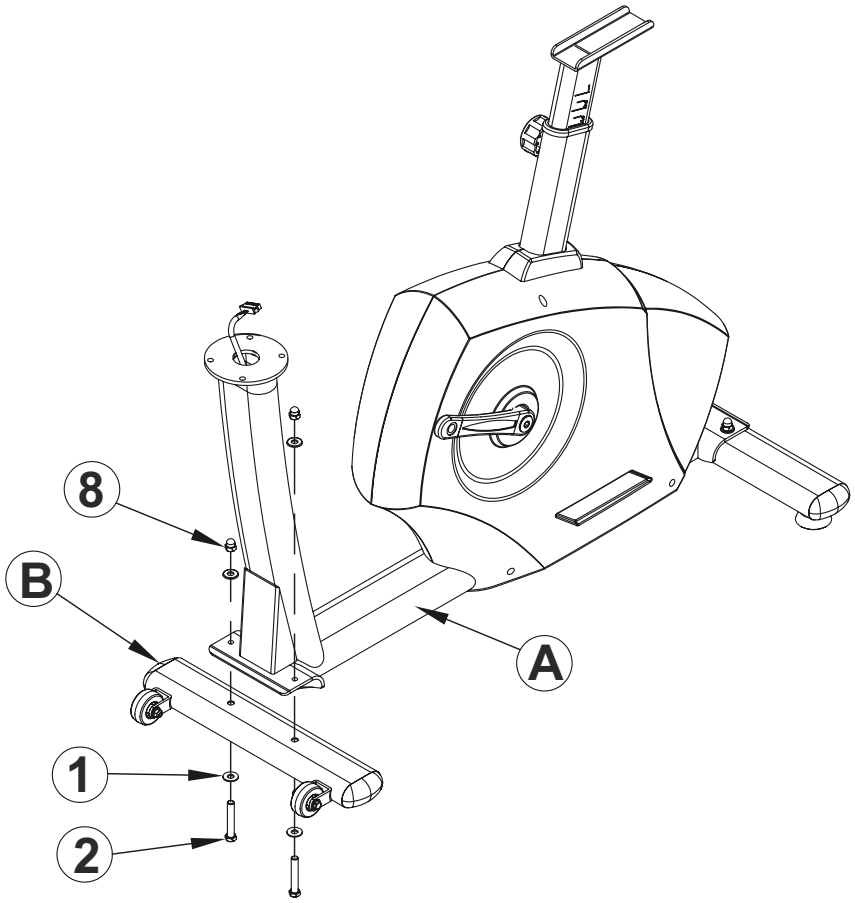
Carefully carry out the installation, as damage or defects that have arisen due to assembly errors are not covered by the warranty under any circumstances. Read the instructions carefully before starting, follow the sequence of the installation steps exactly and follow the instructions for the individual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

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

Step 1: Mounting the Rear Stand
Attach the rear stand (C) with two 3/8” hexagon head bolts (2), four 3/8” Washers (1), and two 3/8” cap nuts (8) to the rear mounting of base frame (A)..

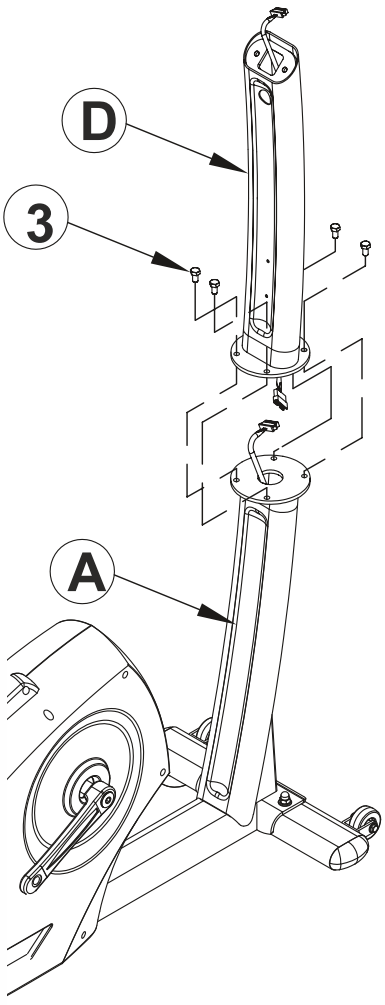


Step 2: Mounting the Front Stand
Attach the front stand with transport rollers (B) with two 3/8” hexagon head screws (2), four 3/8” washers (1) and two 3/8 “cap nuts (8) to the front mounting of the base frame (1).



Step 3: Mounting the Steering Column
Connect the end of the cable that extends from the bottom of the handlebar stem (D) to the end of the cable that protrudes from the base frame (A). Now place the handlebar stem (D) on the base frame (A) and fix it with four hexagon nuts M8 (3).

⚠ **WARNING:**
When inserting and securing the handlebar stem, make sure that you do not crush or damage the cables.

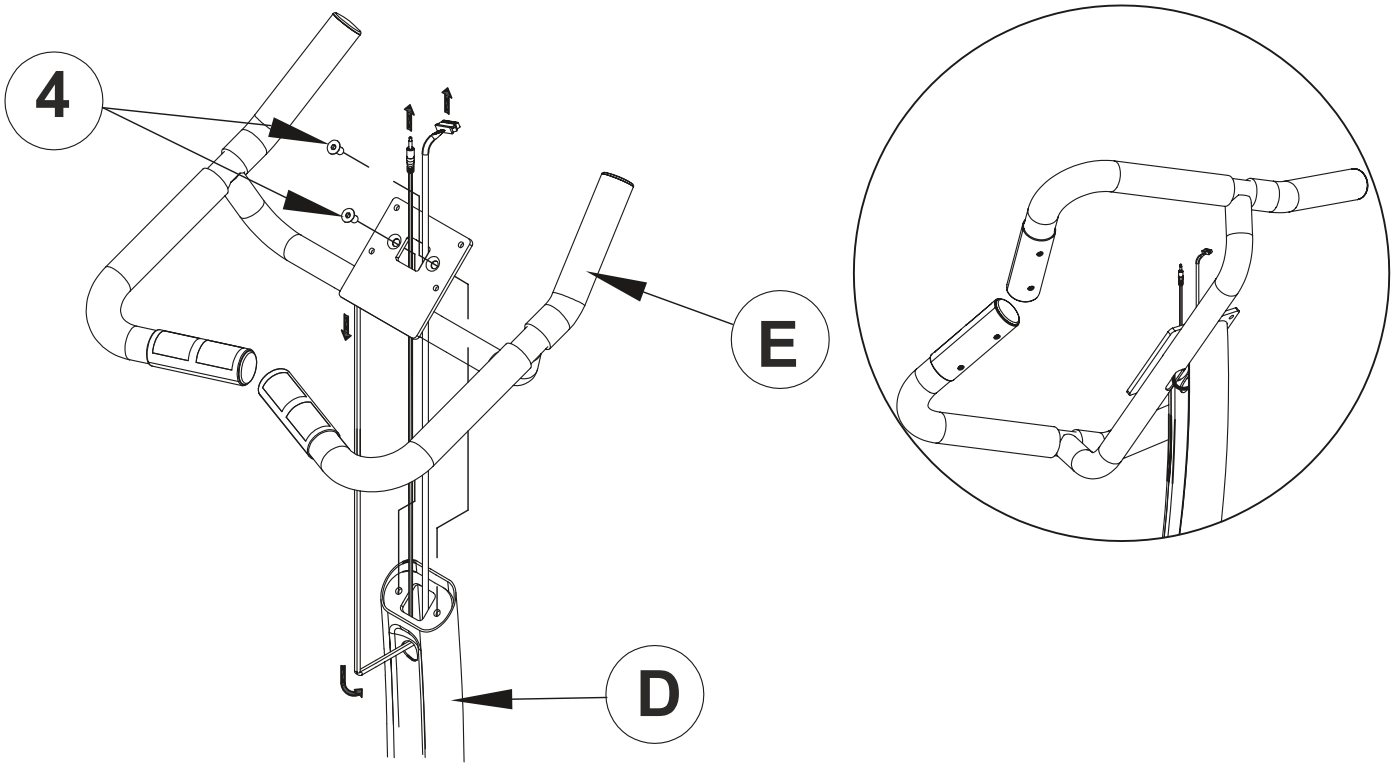


Step 4: Mounting the Handlebars
Pass the hand pulse measurement cable, which extends from the bottom of the handlebar (E), in through the upper, front opening of the steering column (D) and then out from the upper opening. Now lead the two cables (hand pulse measurement & connection cable) upwards from below through the opening in the handlebar (5).

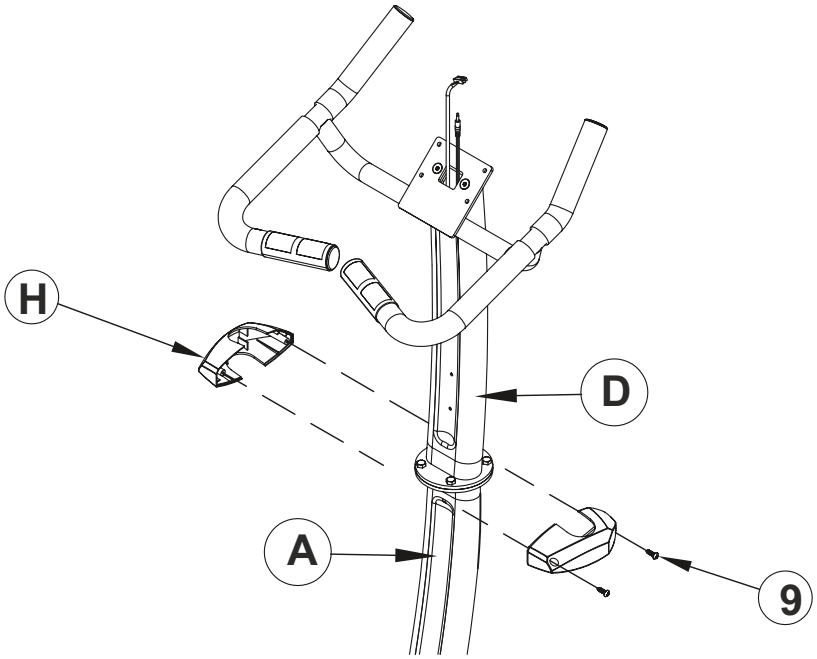
ATTENTION: Pull out the cables only as far as necessary to connect them to the cockpit later.

Now fix the handlebar (E) with two Allen bolts M8 (4) to the steering column (D).

⚠ **WARNING:**
When attaching the handlebar (E), be careful not to crush or damage the cables.

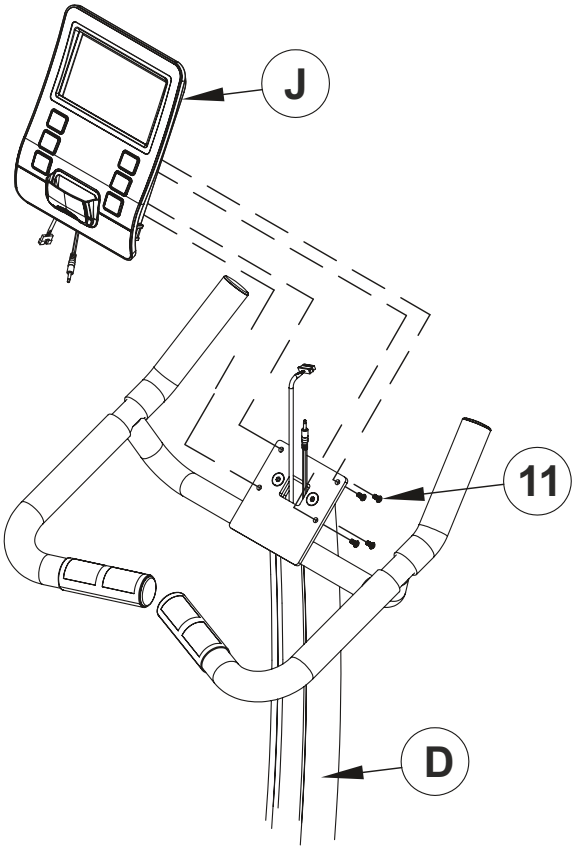


Step 5: Assemble the Steering Column Cover
Place the two parts of the steering column cover (H) on the right and left of the joint between the steering column (D) and the base frame (A). Secure with two self-tapping screws (9).

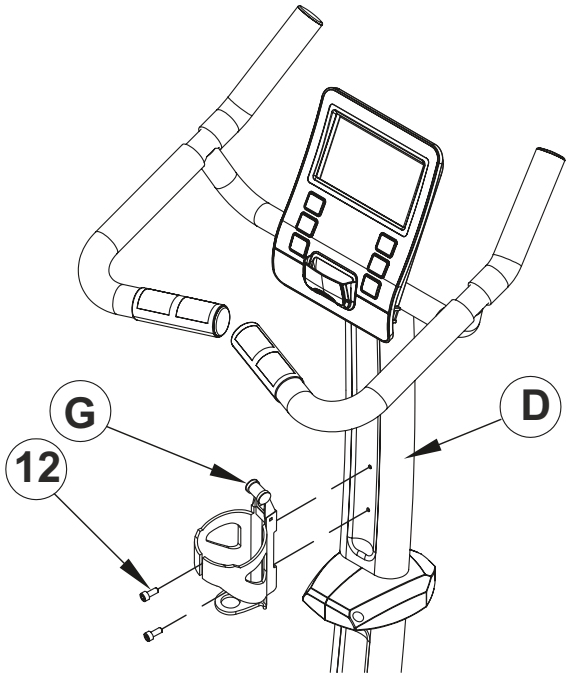


Step 6: Mounting the Cockpit
Loosen and remove the four pan head screws (11) preassembled on the back of the cockpit (J). Connect the cables that protrude from the cockpit (J) with the cables that protrude from the handlebars. Carefully check the cable connections. Carefully push the excess cables back into the handlebar stem (D). Now secure the cockpit (J) to the handlebar shaft with the four pan head screws (11).

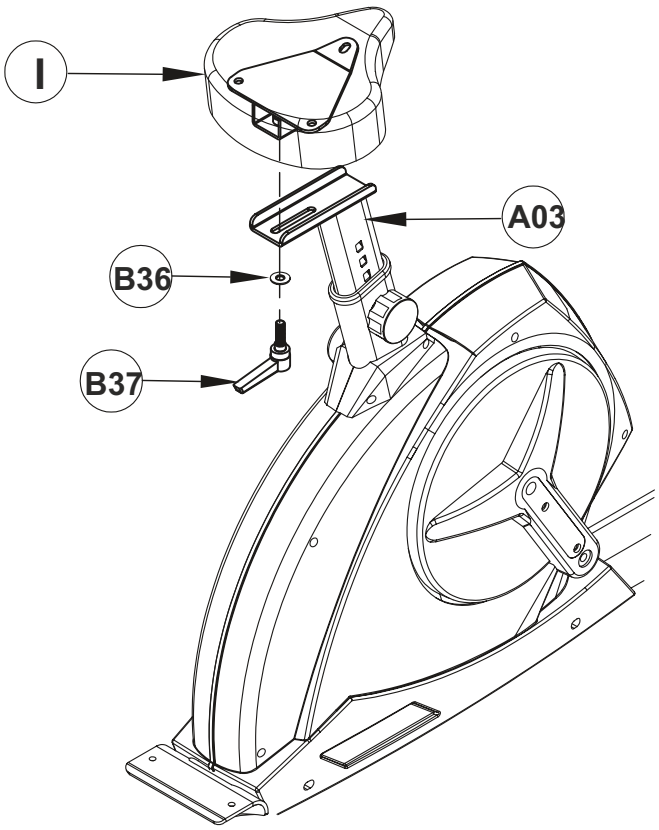
⚠ **Warning:**
When attaching the cockpit (J), make sure that you do not crush or damage the cables.



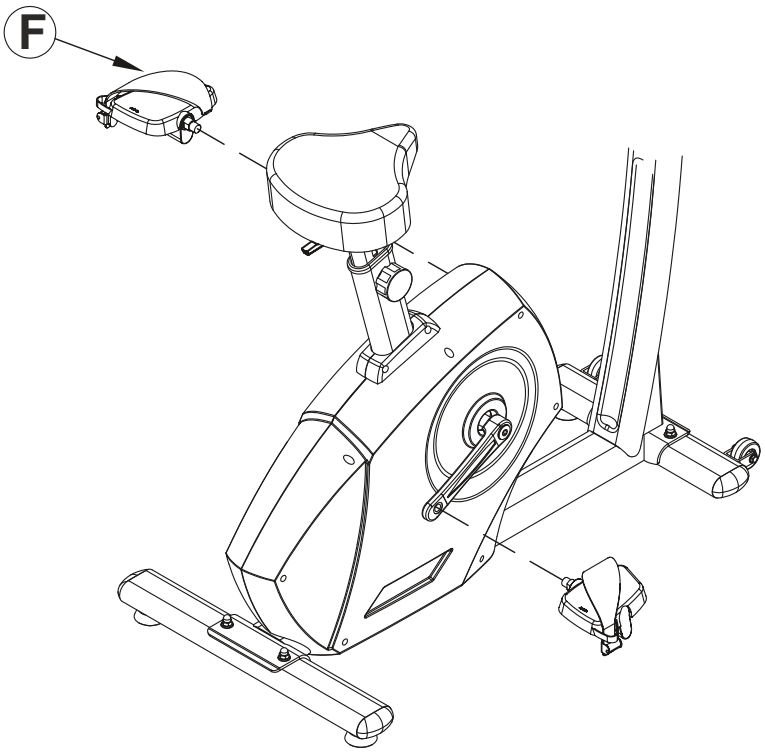
Step 7: Mounting the Botle Holder
Loosen and remove the two M5 Allen screws (12) on the handlebar stem (D) and use them to attach the bottle holder (G) to the handlebar stem (D).



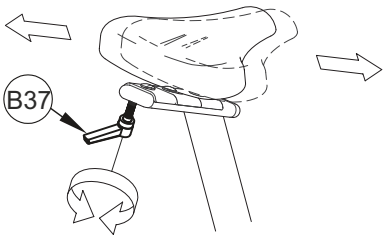
Step 8: Mounting the Saddle
Attach the saddle (I) to the adjustable bracket of the seat support (A03) with the locking screw (B37) and the washer (B36).



Step 9: Mounting the Pedals
Insert the right pedal (F) thread into the right pedal arm socket and tighten it clockwise. Insert the left pedal (F) thread into the left pedal arm socket and tighten it anti-clockwise.

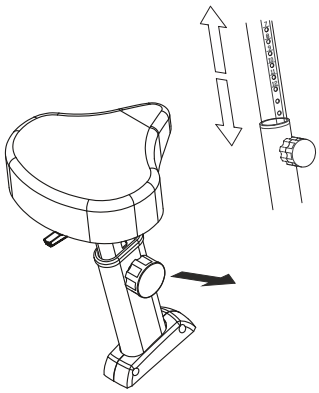


Saddle Adjustment



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

Vertical Adjustment
You can adjust the saddle position vertically to set your optimum distance to the pedals. Loosen the knob located on the saddle support of the main frame by turning it anti-clockwise.



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

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

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

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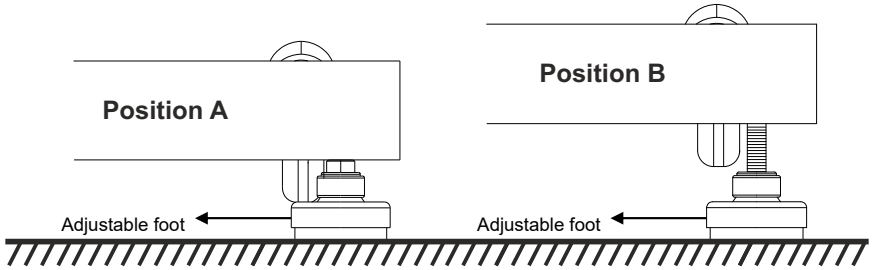
Levelling

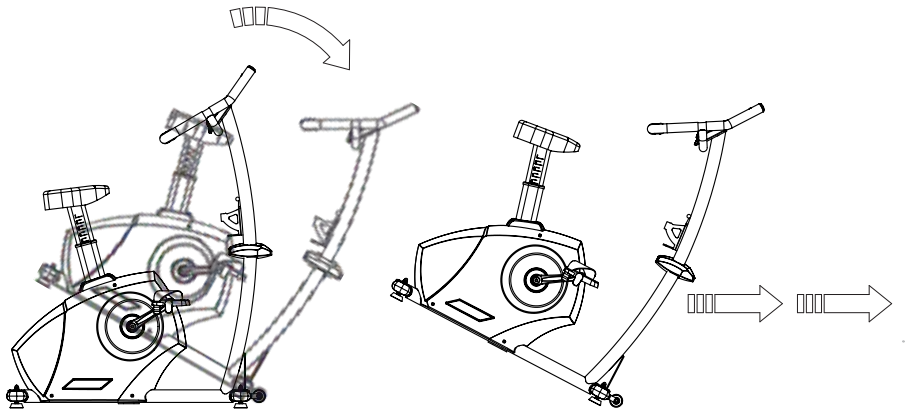
Make sure that your exercise equipment is always level. In order to compensate for minor bumps or slopes, adjustable feet are fitted right and left on the front and rear stands and on the sliding. To ensure that the device stands level, first turn all feet to the lowest position (position A). If necessary,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

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



Transport, Location & Storage

Transport
In order to transport your training device simply and safely, the front stand is equipped with transport rollers. To move the exerciser, stand in front of the handlebars and grab them with both hands. Pull the training device gently towards you and lower the handlebars until the rear stand no longer has contact with the ground and the main weight of the exerciser is resting on the transport rollers. Now you can simply pull the exercise machine along on the transport rollers and into the desired position. When lifting, transporting and positioning the device always make sure that you have a secure footing.



Transport wheels

Location & storage
This training device was designed for exclusive use in dry, well-ventilated indoor areas. The use or storage in damp or wet areas, such as saunas, swimming pools, etc. and in outdoor areas, such as balconies, terraces, gardens, garages, etc. is excluded.
These locations may give rise to electronic defects, corrosion and rust due to the high humidity and low temperatures prevailing there. Under no circumstances will any claims for damages of this kind be accepted under the warranty.
Please choose a dry, level and warm place to store your training device. For your own sake, also make sure that you choose a training area which is sufficiently ventilated to ensure optimum oxygenation during training.
Before putting your training device back into operation after a long period of non-use, make sure that all fastenings are secure.

Care, Cleaning & Maintenance

⚠ WARNING

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 power cable is disconnected from the power outlet and the exerciser. Therefore, first disconnect the power plug from the power outlet, and then disconnect the power 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 training condition of the device has been restored.

Cleaning

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

Maintenance

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

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

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

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

Mains Cable & Connection

Mains Cable
Insert the connector of the power cable supplied into the socket located on the rear of the main housing. Then connect the mains cable to a power socket.

⚠ WARNNG
This device is only to be connected to an earthed socket installed by a qualified electrician. Do not use a socket strip. 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.

Connecting the device

⚠ ACHTUNG:
Before connecting the mains adapter to the device, always check that it is the mains adapter supplied with the device. Using a different mains adapter may damage the electronic components of the device, for which the manufacturer assumes no liability.

Always connect the power cable to the exerciser 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.

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

Turn off the device
When inactive for more than 4 minutes, the cockpit automatically switches to stand-by mode. Once you have finished your workout you should always disconnect the exerciser from the mains. Always unplug the mains cable from the wall socket first and then remove the power cable.

Cockpit

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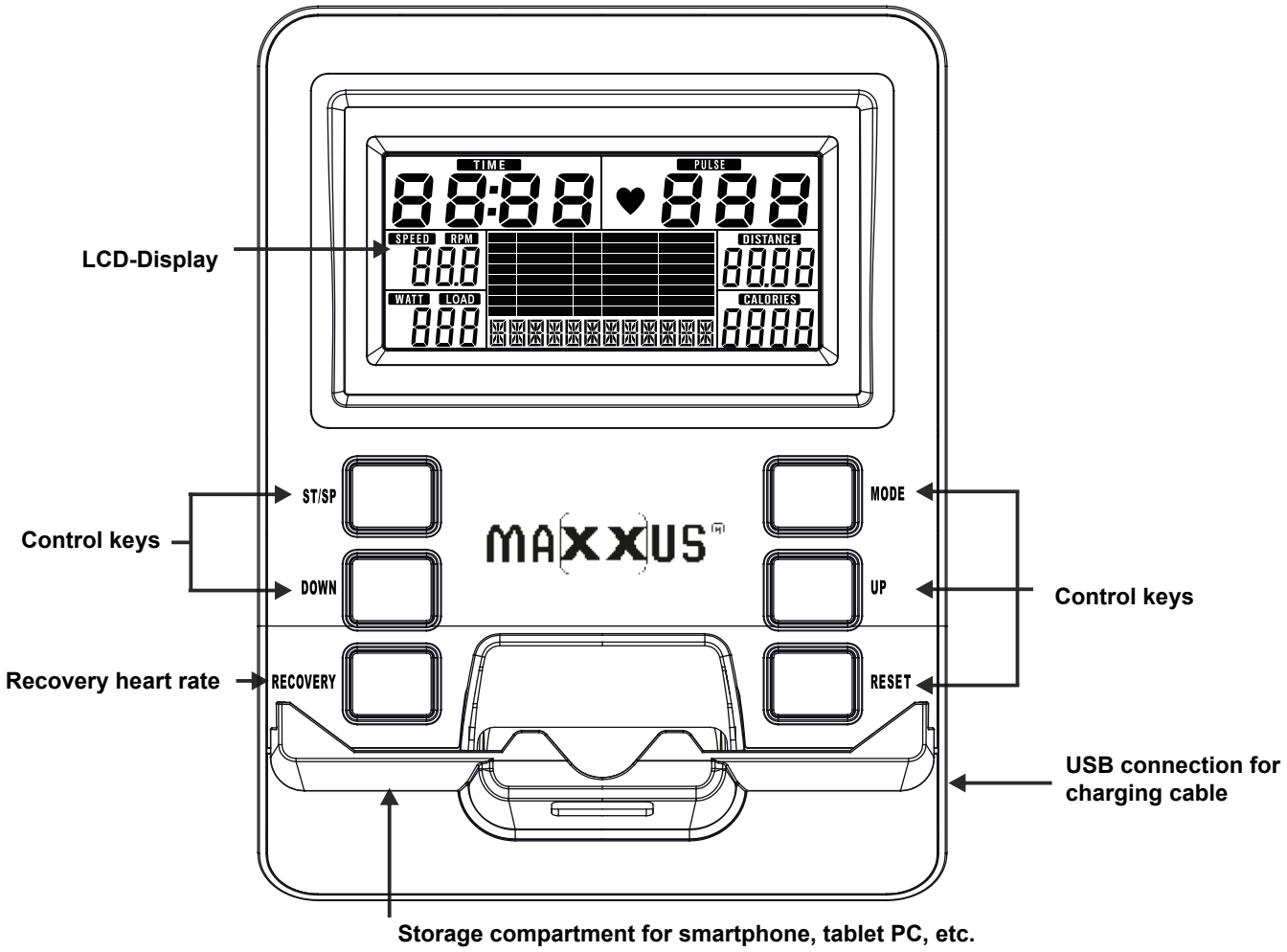
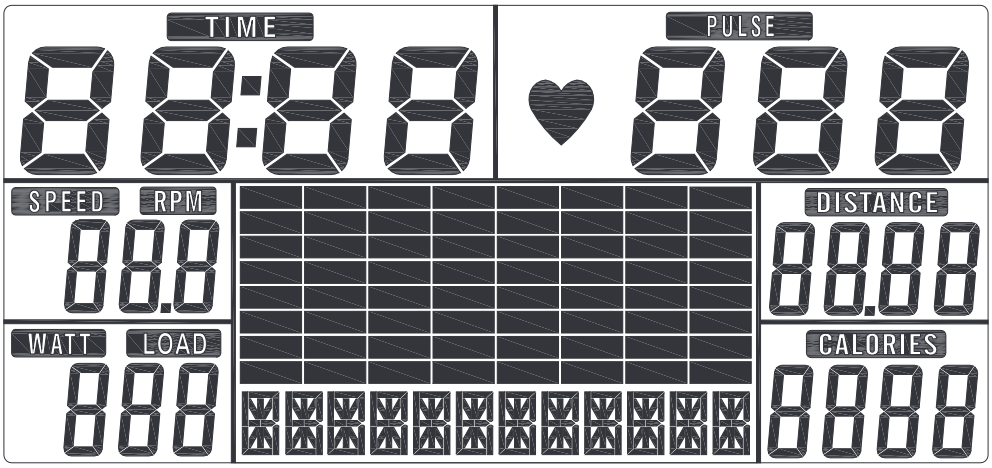




Functions
The cockpit has 6 function buttons: UP, DOWN, RESET, START/STOP, RECOVERY and MODE.

A. UP : Selection of the function and increase of values.

B. DOWN : Selection of function and decrease of values.

C. RESET: Reset in Stop Mode.

D. START/STOP : Start and stop programs.

E. RECOVERY : Recovery pulse test function.

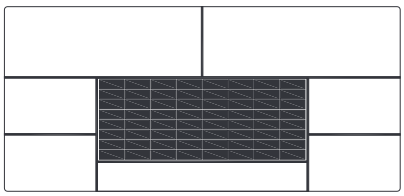
F. MODE : In Stop Mode to confirm inputs and access the training program.

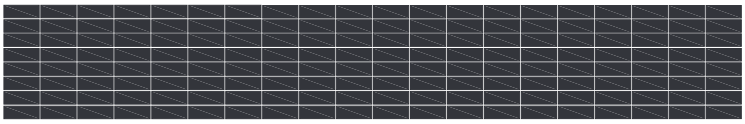
Display
Switching on: Plug the power adapter into the power socket of the bike and connect it to the mains (230V). The display shows all segments of the cockpit for about 2 seconds.

A. Level : Displays the resistance levels (LEVEL 1 to LEVEL 16).

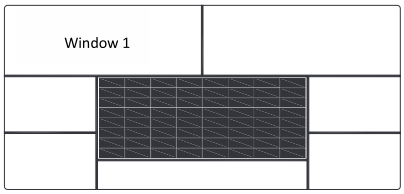
B. Resistance profiles:

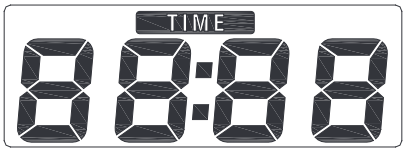
20 Resistance columns in 8 rows are displayed.



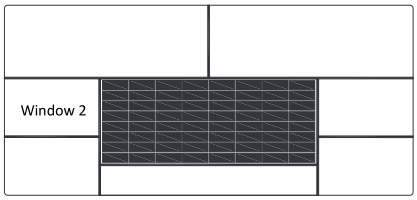


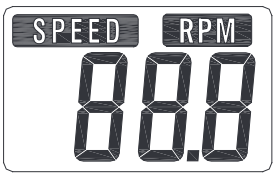
C. Time display:



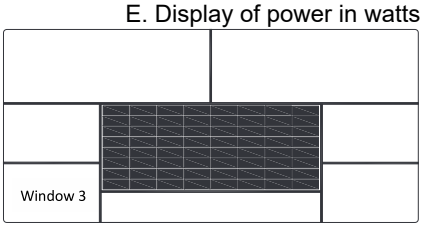


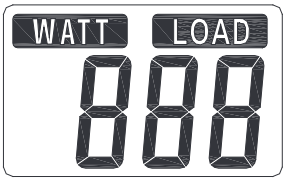
D. Display of speed and revolutions (RPM)



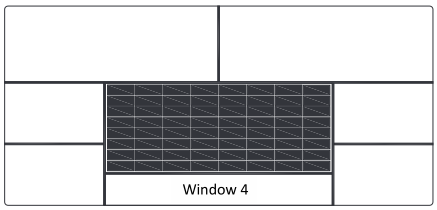


E. Display of power in watts and load:

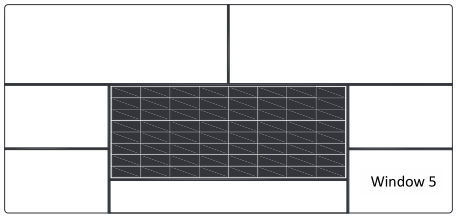


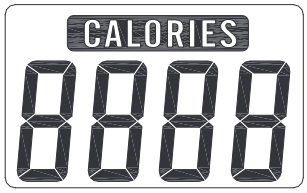


F. Information display: display of information text

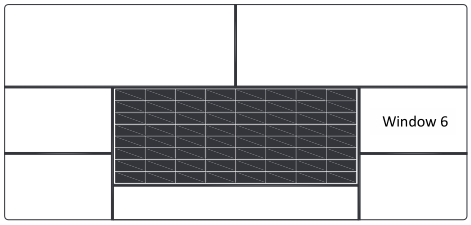


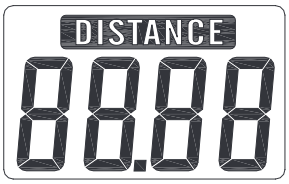
G. Calories:



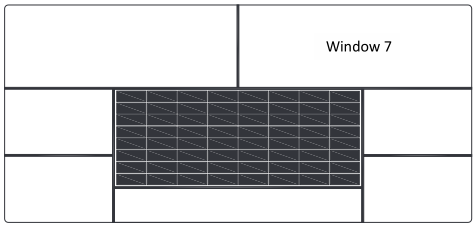


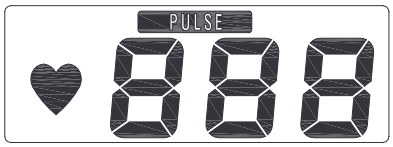
H. Distance display:





I. Pulse display :
Display of the measured pulse or heart rate





Readings

TIME	Display range 0: 00 ~ 99: 99; Adjustment range 0: 00 ~ 99: 00.
DISTANCE	Display range 0.00 ~ 99.99; Adjustment range 0.00 ~ 99.90km.
CALORIES	Display range 0 ~ 9999; Adjustment range 0 ~ 9990.
PULSE	Display range P-30 ~ 230; Adjustment range 0-30 ~ 230.
WATT	Display range 0 ~ 999; Adjustment range 10 ~ 350.
SPEED	0.0~99.9km.
RPM	0~999.

ENG

Quick-Start
If you press the START key immediately after switching on, the training time starts to run. You can adjust the resistance levels individually by pressing the UP / DOWN keys. Since no training values are defined in this type of training it must be stopped by the user.

Important instructions

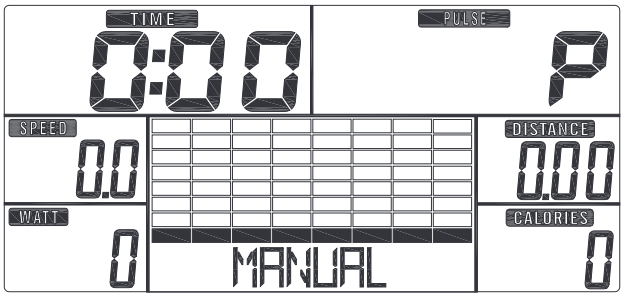
A. All displays are for training purposes and are not intended for medical use.
B. Please note that only one value, time or distance, can be pre-selected in the program. If both values are selected, the cockpit displays 0:00.

Program Operation

A. Manual Training:

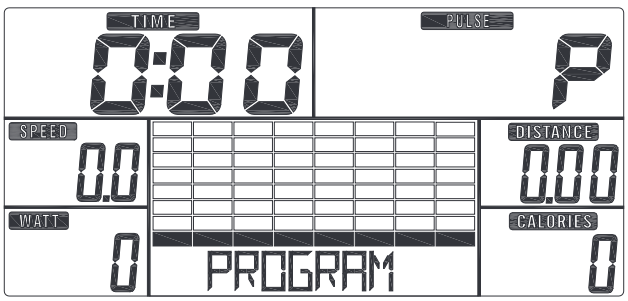
In this program you set the resistance manually.
Pre-sets such as time, calories, heart rate or distance are possible.

1. Press UP or DOWN to select the program. Select “Manual” and press MODE to enter the program.
2. Press UP or DOWN to select TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm.
3. Start the training with the START / STOP key. Set the resistance with the UP or DOWN keys.
4. To pause the workout or start it again, press the START / STOP key. In stop mode, you can return to the main menu by pressing the RESET key.



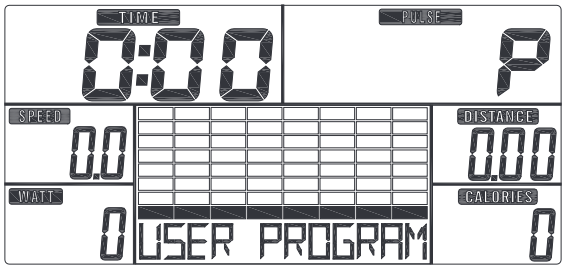
B. Program selection with fixed training profile:

1. Use the UP or DOWN keys to select the desired program and confirm with the MODE key.
2. If the training time is to be preselected, press the UP or DOWN key and confirm the entry with the MODE key.
3. Start the training with the START / STOP key. Set the desired resistance with the UP / DOWN keys.
4. To pause the workout or start it again, press the START / STOP key. In stop mode, you can return to the main menu by pressing the RESET key.



C. USER Program: Create your own program profile.

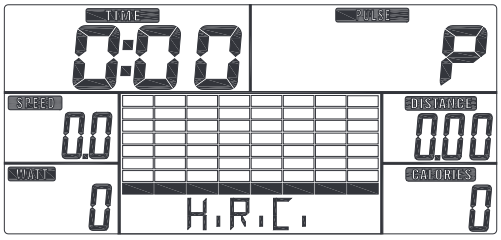
1. Select the user program with the UP or DOWN keys and confirm the selection with the MODE key.
2. Set the resistance with the UP or DOWN keys and switch to the next segment with the MODE key. Select the desired resistance again with the UP / DOWN keys and confirm with the MODE key until the desired profile is created.
3. Hold down the MODE key to exit program input.
4. Press the UP or DOWN key to select the time and confirm the selection with MODE.
5. Start the program with the START / STOP keys. If necessary, change the resistances with the UP or DOWN keys.
6. To pause the workout or start it again, press the START / STOP key. In stop mode, you can return to the main menu by pressing the RESET key.

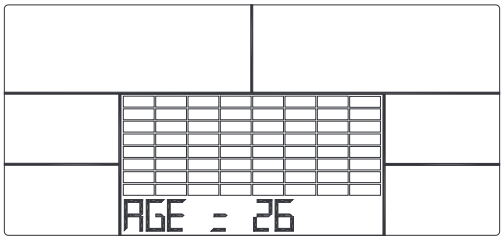


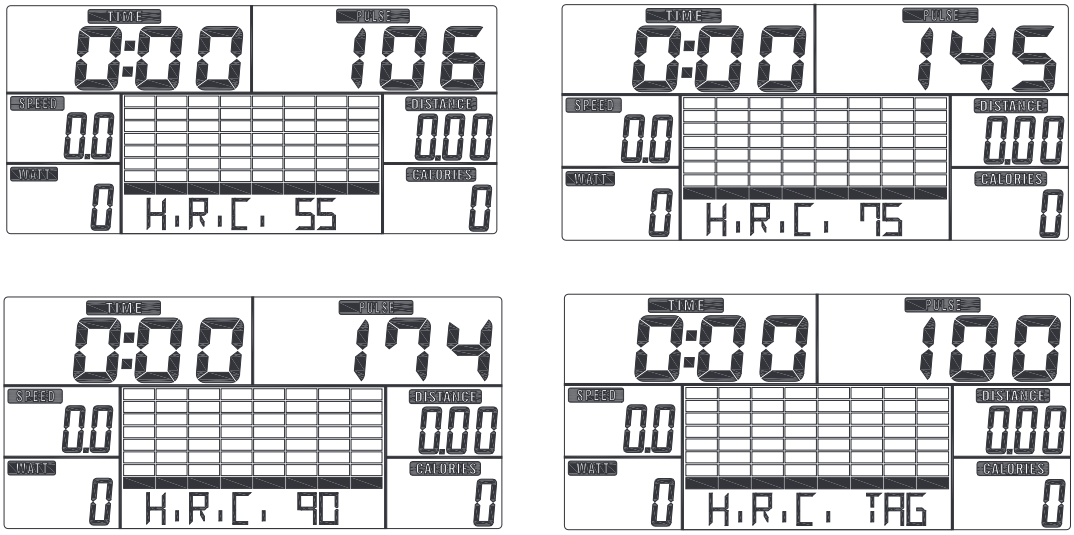
ENG

D. H.R.C. Heart Rate Program: (Use an uncoded wireless heart rate chest belt!)

1. Select the program with the UP or DOWN keys and confirm the selection with MODE.
2. Select your age with the UP or DOWN keys and confirm the entry with MODE.
3. Use UP or DOWN to select the level in which you want to train: 55%, 75%, 90%, or DAY (target H.R.) and confirm with MODE.
4. Select the desired exercise time with the UP or DOWN keys and start the program with the START / STOP key.
5. To pause the workout or start it again, press the START / STOP key. In stop mode, you can return to the main menu by pressing the RESET key.

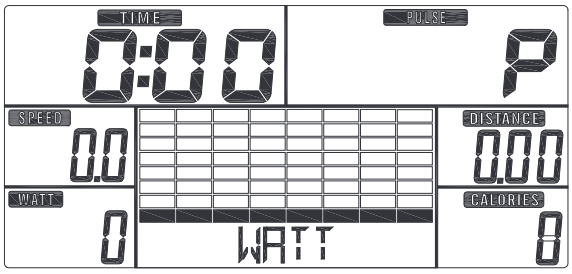




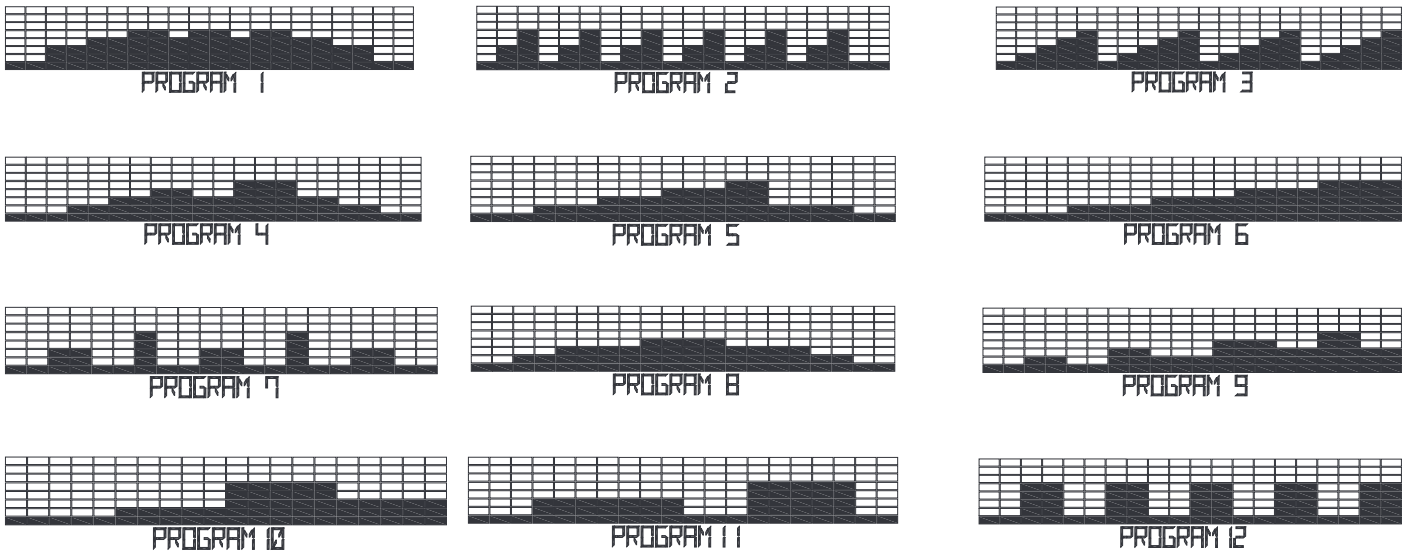


E. WATT program:

1. Select the Wattsg program with the UP or DOWN keys and confirm the selection with MODE.
2. Select the desired WATT performance with the UP or DOWN keys and confirm with MODE.
3. Select the desired exercise time using the UP or DOWN keys.
4. Start the training with the START / STOP key. Change the power with the UP / DOWN keys.
5. To pause the workout or start it again, press the START / STOP key. In stop mode, you can return to the main menu by pressing the RESET key.



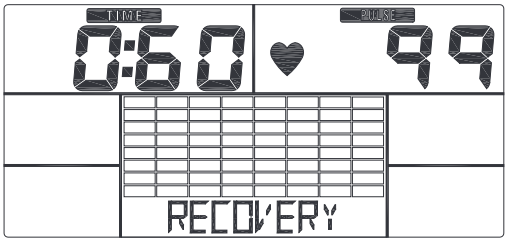
Program

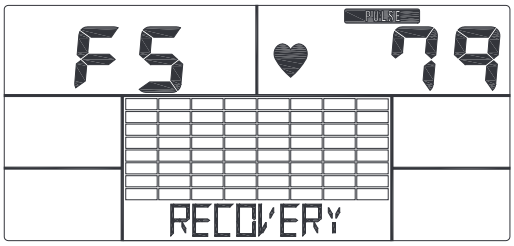


F. Recovery function:

Determine the current fitness level by measuring the recovery pulse.

1. While the recovery function is in progress, the pulse must be measured by the two hand pulse sensors. When the pulse is displayed, press the RECOVERY key to start the measurement. Do not cycle during measurement!
2. A countdown timer runs from “0:60” seconds to “0:00”.
3. After measurement, the display shows the fitness value F1 to F6, where F1 is the best value and F6 the worst value.





1.0	Outstanding
1.0 < F < 2.0	Very fit
2.0 < F < 2.9	Good
3.0 < F < 3.9	Sufficient
4.0 < F < 5.9	Below average
6.0	Poor

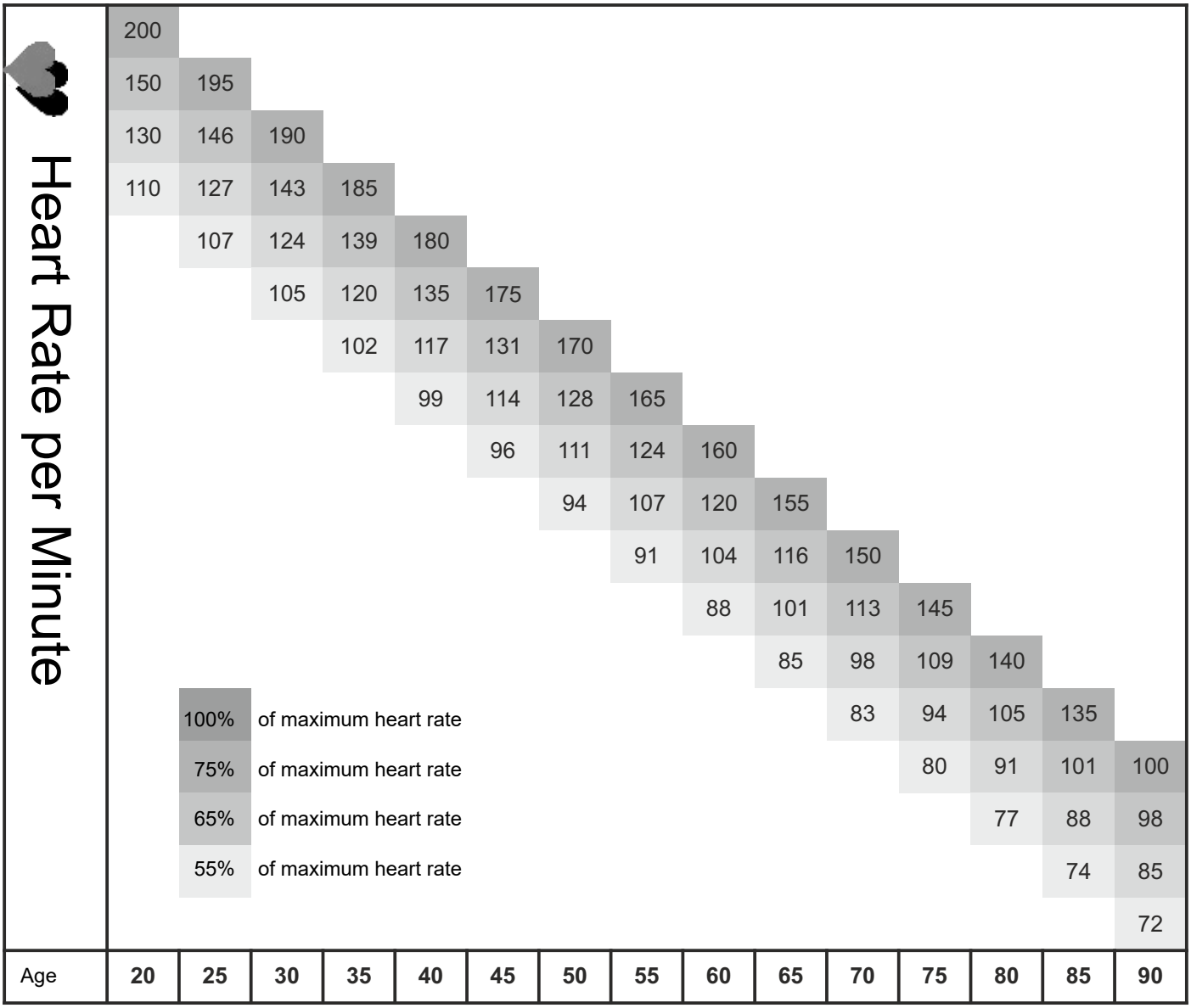
ENG

Storage compartment for smartphone / tablet PC

There is a storage compartment on the front of the cockpit which fits most current smartphones and tablet PCs. Please check before use if your Samrtphone or Tablet PC fits in the storage compartment securely.

USB port

A USB port is fitted on the side of the cckpit. The user can connect a USB charging cable for their smartphone / tablet PC to charge it as needed. The USB charging cable is not included!



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

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 & Heart Rate Monitors

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

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 should hold the sensors with both hands at the same time. After a short while, the display shows the current pulse rate. This measuring system is based on changes in electrical skin resistance measured by the hand sensors caused by the blood pressure fluctuations caused by the heartbeat. These changes are summarized to a mean value and shown in the display as the current pulse rate.

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

Therefore, please check in the case of a faulty or failed measurement, whether this happens just with one or several people. If the display of the pulse does not work only in an individual case, then 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 for Pulse & Heart Rate Measurement

Heart Rate Monitoring using a Chest Belt

A large number of MAXXUS® training devices are fitted with a wireless receiver as standard.
The use of 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 as an accessory.

This optimal, ECG-accurate type of measurement takes the heart rate by means of a transmitter chest strap directly from the skin.
The chest strap then sends the pulses via an electromagnetic field to the built-in cockpit receiver.

We recommend always using a chest belt for heart rate measurement during use heart rate controlled programs.

⚠ WARNING
The determination of the current heart rate by means of the chest strap serves only to display the current heart rate during exercise. This value says nothing about the safe or effective training heart rate. 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 training programme for you. Create and implement your exercise plan before you start exercising.

This is especially true for persons:
- who have not been physically active for a long period of time
- are overweight
- are older than 35 years
- have high or low blood pressure
- have heart problems

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

Training Recommendations

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

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

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

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

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

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

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

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

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

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

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 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 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.

ENG

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
– Watts
– Resistance level
– Speed
– Revolutions per minute
– Pulse (when using the hand sensors)
– Heart rate (when using an optional chest belt)

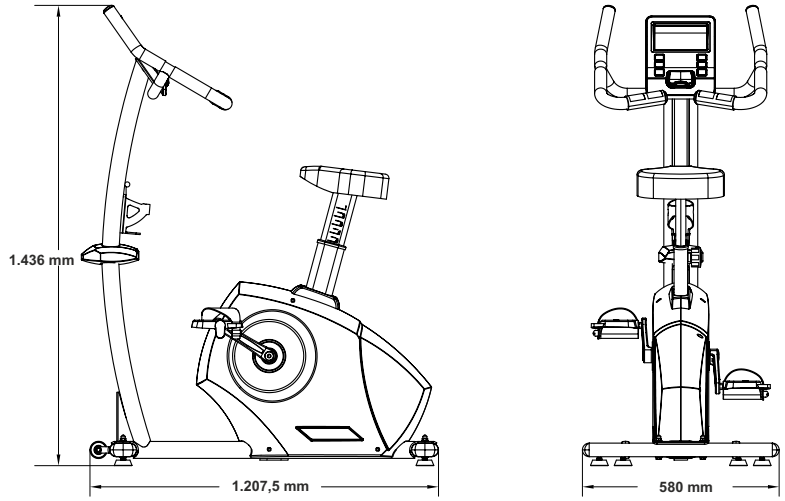
Technical Details

Brake system:	Motor-controlled permanent magnet brake system
Resistance levels:	1 to 16 levels, electronically adjustable
Drive type:	two-stage longitudinal ribbed belt
Flywheel:	approx. 9 kg
Installation dimensions:	approx. 1.207.5 x 580 x 1.436 mm (LxWxH)
Total weight:	approx. 46 kg
Maximum user weight:	160 kg
Controls:	via keyboard
Power supply:	220-230V - 50Hz
Temperature range:	10 ° to 30 ° for operation and storage

Application: Home use *

* suitable for non-therapeutic purposes

Dimensions



Disposal

European Disposal Regulations 2002/96/EG

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.

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

The cockpit does not show anything in the display when I turn it on.
Check if the power cable is both attached correctly to the device and properly plugged into the socket, and/or if it is damaged. Check if the control cable has been pinched or jammed during assembly and / or if the connector has come loose.

The pulse rate value is not shown or is indicated incorrectly
Please refer to the „Pulse & Heart Rate Measurement" sections in this manual.

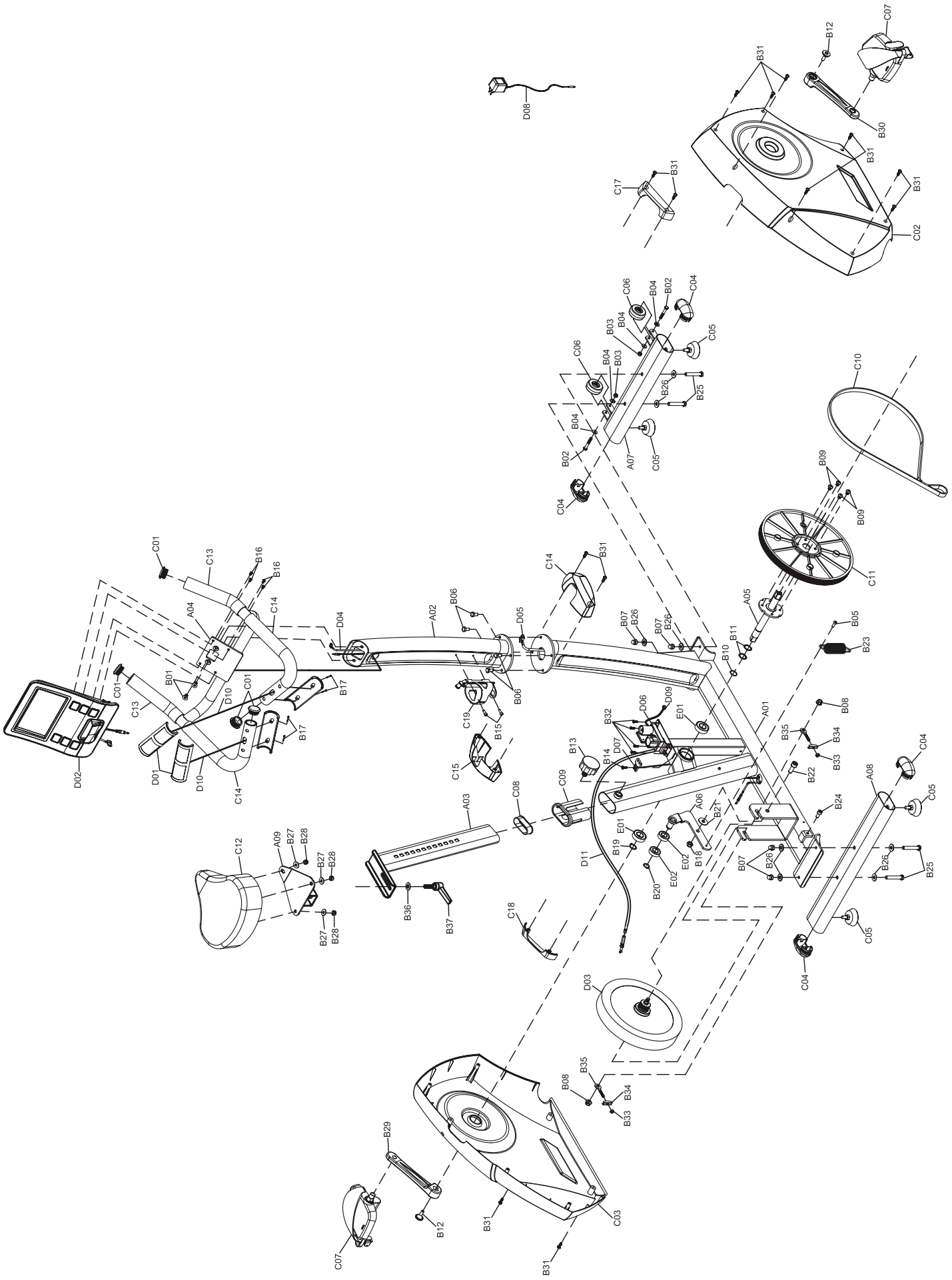
The hand pulse rate sensors are not functioning
Check if the hand sensor cables have been pinched or jammed during assembly.

The speed and distance values are indicated to be„0"during training.
Check if the control cable has been pinched or jammed during assembly and/or if the connections have come loose.

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

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

Exploded Drawing



Parts List

No.	Description	Qty
A01	Welded,Main Frame	1
A02	Welded,Upright Tube	1
A03	Seat Support	1
A04	Welded,Hand Bar	1
A05	Welded,Shaft Pulley	1
A06	Welded,Pressure Assembly	1
A07	Welded,Stabilizer-Front	1
A08	Stabilizer-Behind	1
A09	Welded,Seat Plate	1
B01	M8 Hex Screw	2
B02	1/4" Hex Serew	2
B03	1/4" Locknut	2
B04	1/4" Washer	4
B05	M6 Socket Screw	1
B06	M8 Hex Screw	4
B07	3/8"Dome Nut	4
B08	3/8" UNC-26 Nut	2
B09	M8 Hex Screw	4
B10	20 Washer	1
B11	20 WaveWwasher	2
B12	M8 Hex Screw	2
B13	M16 Knob	1
B14	M5 Philips Self Drive Screw	1
B15	M5 Socket Screw	2
B16	Screws for Computer	4
B17	M3 Philips Screw	4
B18	M10 Locknut	1
B19	C clip	1
B20	C clip	1
B21	10 Washer	1
B22	M10 Socket Screw	1
B23	Extension Spring	1
B24	M8 Socket Screw	1
B25	3/8" Hex screw	4
B26	3/8" Washer	8
B27	8.5 Washer	3
B28	M8 Locknut	3
B29	crank	1
B30	crank	1

No.	Description	Qty
B31	M5 Philips Self Drive Screw	13
B32	M4 Philips Self Drive Screw	4
B33	M6 Lock Nut	2
B34	Tension Adjustment Screw	2
B35	M6 Screw	2
B36	Handle Washer	1
"B37	"Handle	"1
C01"	1-1/4"" Plug"	4"
C02	Main Cover-Right	1
C03	Main Cover-Left	1
C04	50x100 Plug	4
C05	M8 Adjustable Foot	4
C06	Wheel-Stabilizer Front	2
C07	Pedal	1
C08	35x75x30 Plug	1
C09	40x80 Plug	1
C10	Belt	1
C11	Drive Pulley	1
C12	Upholstered,Seatrest	1
C13	rubber grip	2
C14	Upright Cover-Right	1
C15	Upright Cover-Left	1
C17	Seat Cover-Right	1
C18	Seat Cover-Left	1
C19	Water Bottle Holder	1
C20	Rubber grip	2
D01	Hand Pulse Sensor	1
D02	Computer 81470	1
D03	Magnetic Flywheel	1
D04	Cable	1
D05	Cable	1
D06	Motor with cable	1
D07	Sensor Cable	1
D08	AC Adaptor	1
D09	AC Plug Cable	1
D10	Hand Pulse Cable	1
D11	Motor Tension Cable	1
E01	Bearing 6004	2
E02	Bearing 6003	2

For MAXXUS® Support Team to help you as quickly as possible with service, we will require certain information about your fitness device and about you. To find the exact spare parts required, we will need the product name, date of purchase and serial number. If necessary, please fill out completely the Repairs Contract/Damage Report form attached to this User Manual and send it to us by post or by fax.

Areas of Application & Warranty Periods

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

Home Use:
Exclusively for private use

Warranty Period: 2 Years

Semi-Professional Use:
Use under instruction in hotels, physiotherapy practices, etc.

Use in a fitness studio or similar establishment is hereby excluded!

Warranty Period: 1 Year

Professional Use:
Use in a fitness studio or similar establishment under supervision by trained personnel.

Warranty Period: 1 Year

Use of your training device in an area which is not suitable for your device will cause immediate expiry of its guarantee and cancel your right to claim warranty!

Sole private use and warranty period of 2 years assumes that the purchase invoice is made out to the end user.

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

Terms and Conditions of Warranty:

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

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

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

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.
IMPORTANT:
Please include the product name, your name and postal address, and a telephone number where we can contact you.

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.

* Version: June/2016

MAXXUS® Repair order / damage report

Device Details

Product Name: **MAXXUS 4.2**

Product Group: **Bike**

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 ....)

ENG

☐ 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 Repairs Contract / Notification of Damage Claim to:

Post*: Maxxus Group GmbH & Co KG, Service Department, Zeppelinstr. 2, 64331 Weiterstadt
Fax: +49 (0) 6151 39735 400
E-Mail**: customerservice@maxxus.de

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

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

MAXXUS®

Maxxus Group GmbH & Co. KG
Zeppelinstr. 2
D-64331 Weiterstadt
Germany
E-Mail: info@maxxus.de
www.maxxus.de