

M8

Treadmill

User manual



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MAXXUS[®]

Index

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

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

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

Electrical Connection

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

Training Environment

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

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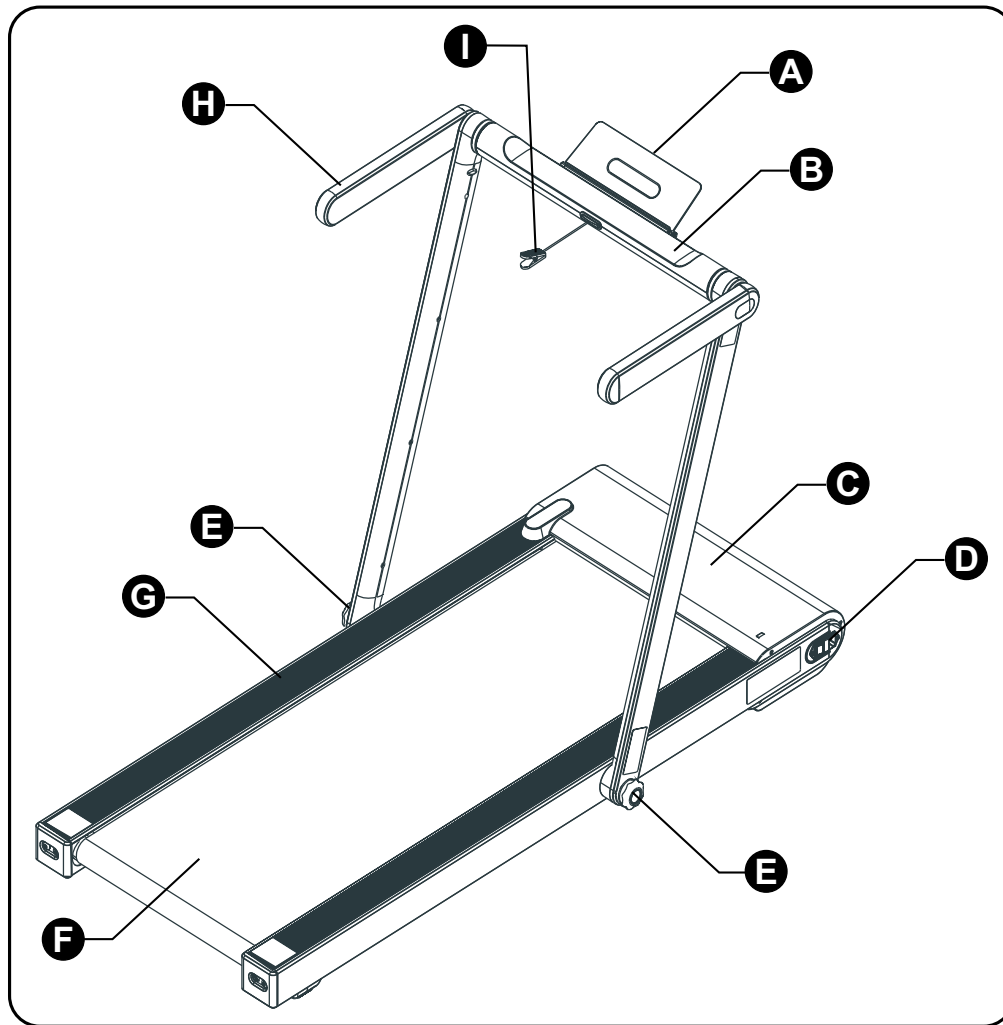
Personal Safety Instructions for Training

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

Warning for pulse and heart rate measurement

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

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



Description of Parts

Tablet Holder (A): foldable, strong holder for tablet PC's, smartphones, E-books, etc.

Cockpit (B): key pad and LCD display showing the training values

Motor Housing (C): to protect the motor and electronic components from dirt and soiling.

Main Switch/Fuse/Mains Connection (D): Here are the main switch to turn the treadmill on and off, the connector for the mains cable and the fuse.

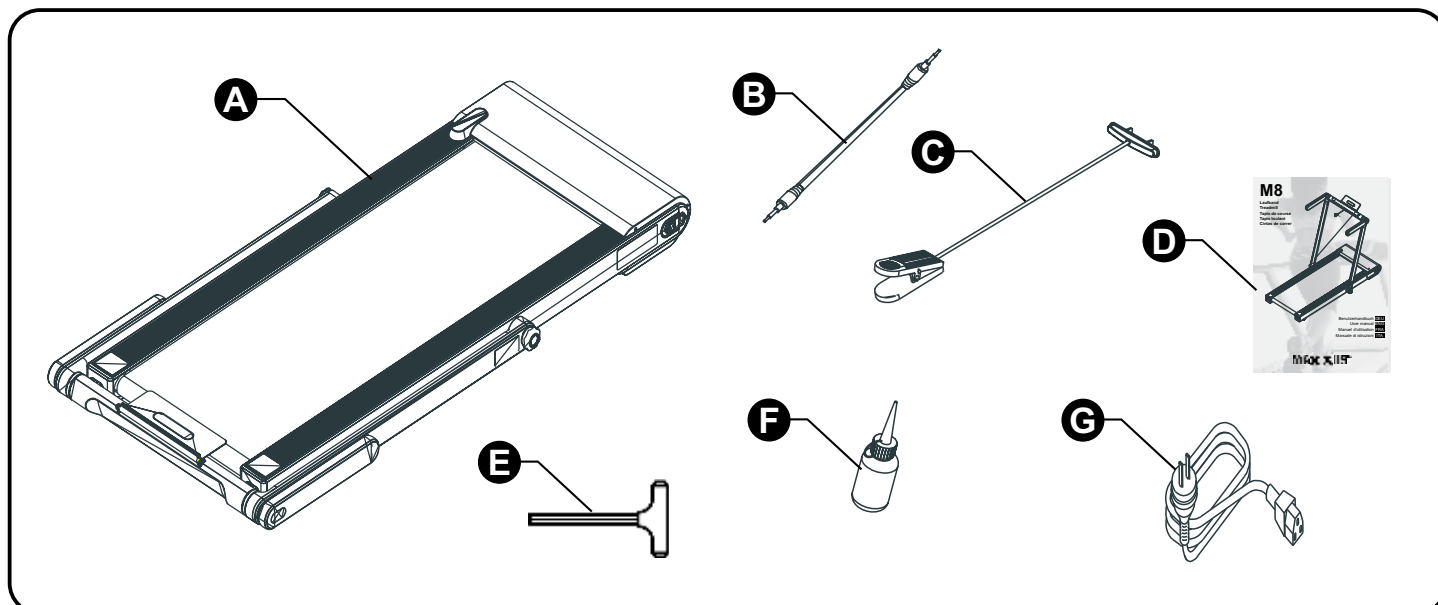
Safety Knob (D): This safety knob must be used to allow the cockpit frame, handrails and side frame to be lowered.

Treadmill Deck (F): Wide treadmill deck and belt with diamond shaped ribs for optimum grip and safety when training.

Side Treads (G): Allow users to get on and off the treadmill deck safely. By fatigue or danger, the user can safely get a secure grip by standing on the side treads.

Hand Rails (H): Ensure safety and stability when getting on and off the treadmill deck or if the user loses their balance. Also ideal for holding onto for walking or jogging training.

Safety Key (I): Emergency Stop



Included in delivery:

Treadmill Belt (A)

The treadmill belt is already pre-assembled. There are no other components to be assembled here.

Audio Cable (B):

Use this Hi-Fi stereo RCA jack cable to connect an audio source (smartphone, tablet PC, MP3 player, etc.) to the treadmill.

Safety Key (C):

Safety key for the emergency stop on the treadmill and to secure the treadmill against unsupervised use by unauthorised persons. More information about this can be found in the Safety Key Section in this manual.

User Manual (D):

Detailed operating manual for this treadmill.

Allen Key with T-Grip (E):

Use this Allen key to re-tighten and adjust the treadmill belt. It should be stored at the right front end of the side frame.

Care Oil for Treadmills (F):

This oil is for the first lubrication of the treadmill belt. You will find more information about this later in this manual.

Mains Cable (G):

This appliance coupler cable is for the connection of the treadmill to a power socket.

Assembly

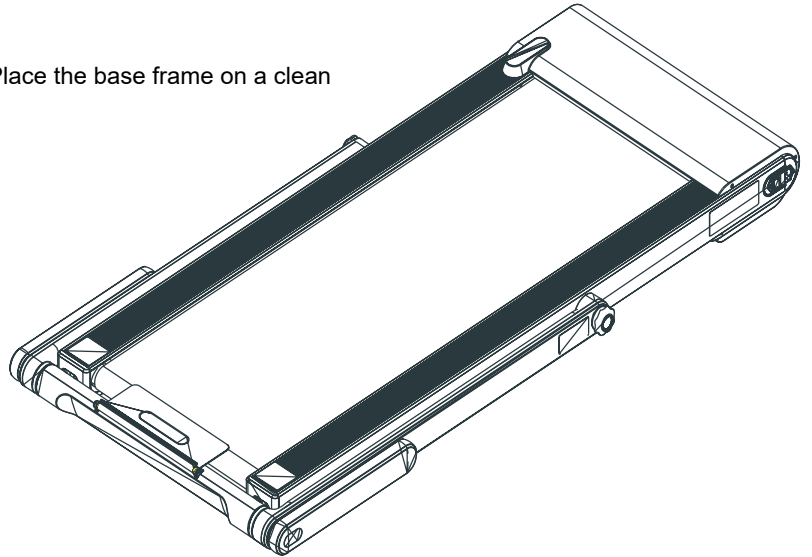
Carefully unpack all delivered parts. Have someone there to help you as the treadmill has a deadweight of approximately 43kg. Before assembly check that all parts in the scope of delivery have been delivered.

Assemble the parts carefully as any damages or defects occurring due to mistakes made at the time of assembly are not covered by the warranty or guarantee. Therefore, read through the assembly instructions carefully before you start assembling, follow each assembly step exactly as described and keep to the correct sequence of assembly as instructed. Assembly of the training device must be carried out thoroughly by adults only.

Assemble the training device in a location which is level, clean and clear of obstructions. 2 people are required to carry out the assembly. Training can only start when the training device has been fully assembled.

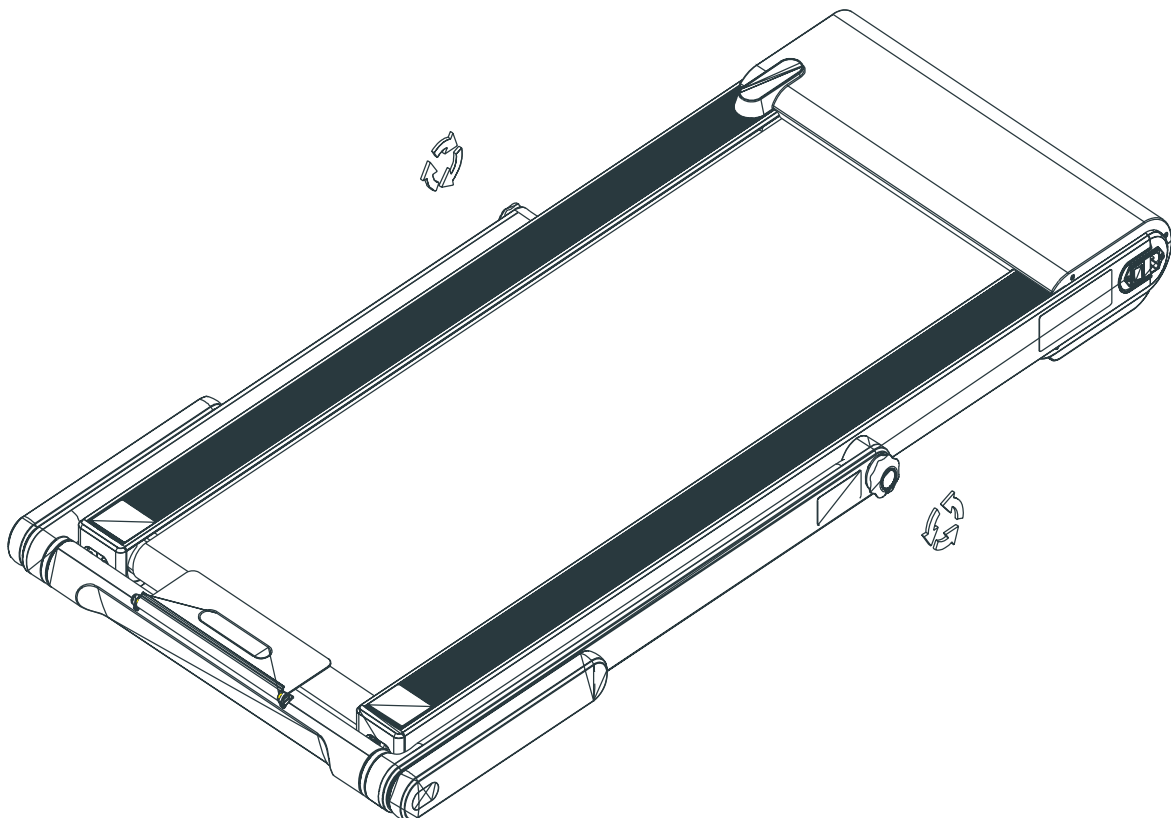
Step 1: Preparing for Assembly

Remove all treadmill parts from the packaging. Place the base frame on a clean flat surface.

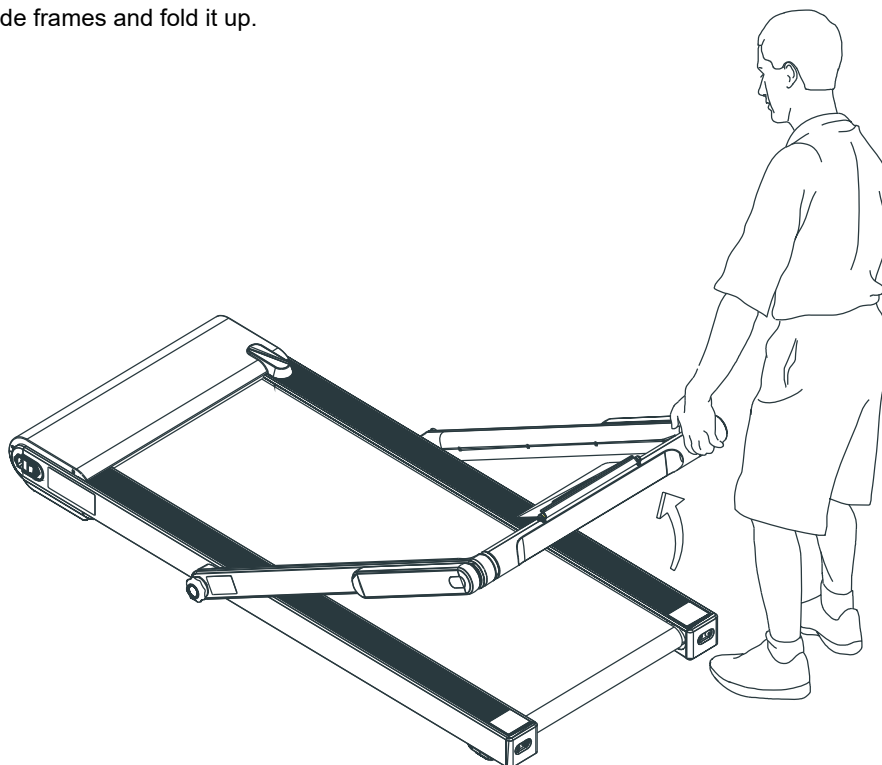


Step 2 Folding Up the Side Frames

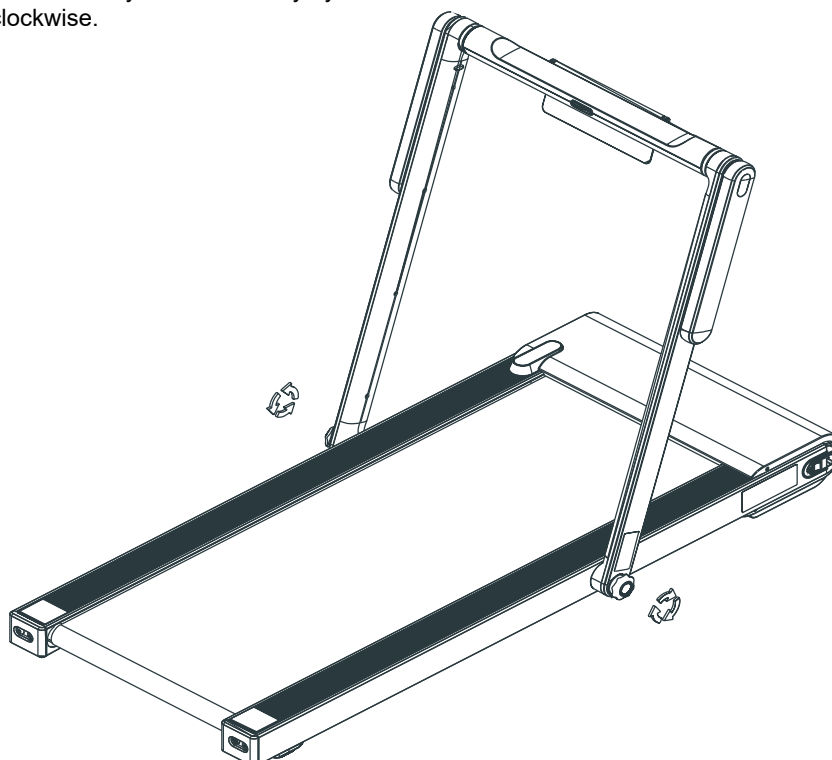
Loosen the two safety knobs approximately half-way by turning them anti-clockwise. 3 to 5 turns each should be sufficient. Do not remove the safety knobs completely.



Now lift the cockpit frame with the two side frames and fold it up.



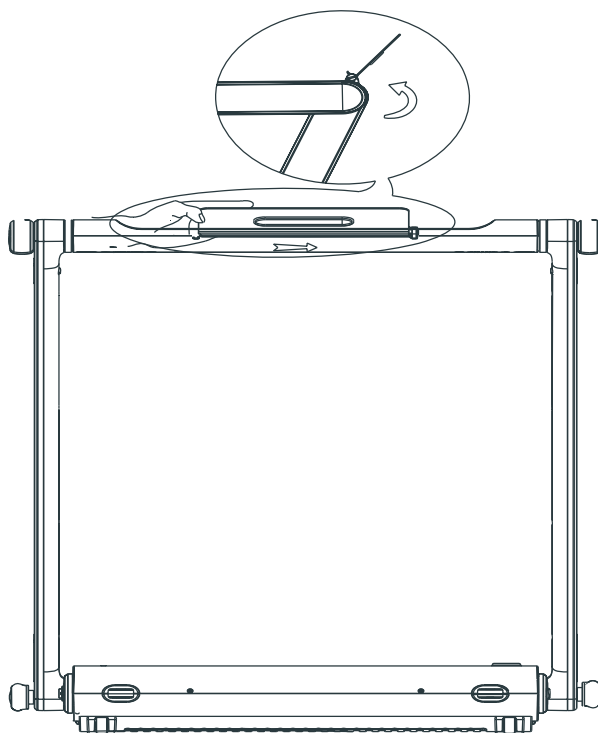
Then tighten the two safety knobs securely by turning them clockwise.



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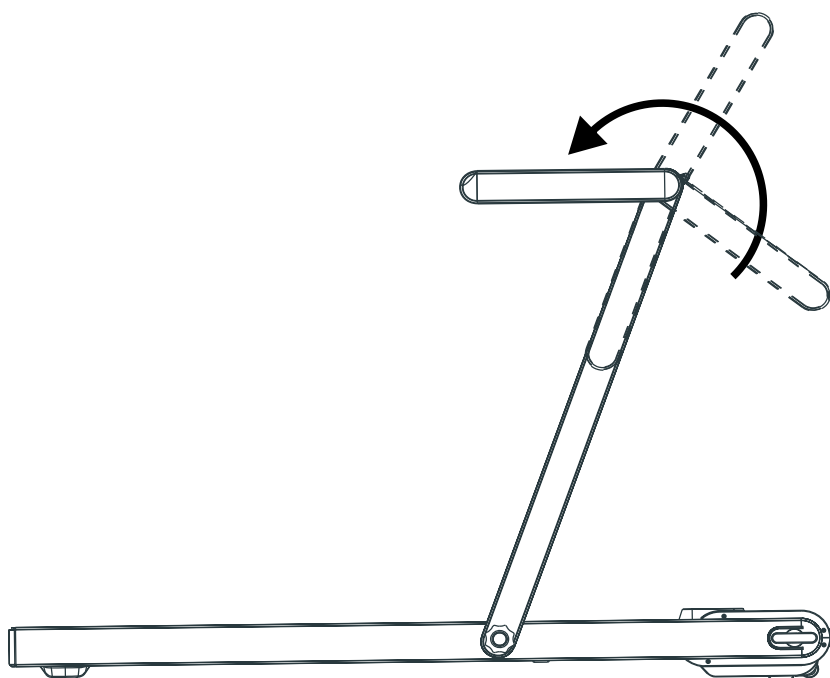
Step 3: Folding Up the Tablet Holder

After raising the tablet holder upwards in the direction of the arrow (see illustration) then slide it along to the left. Test if the tablet holder is secure by shaking it lightly with your hand. Only use the tablet holder if you have made sure it is fitted correctly and securely.



Step 4: Folding Up the Hand Rails

Pull the right and left hand-rails upwards as shown in the illustration until they are pointing backwards and horizontal to the back end of the treadmill deck.

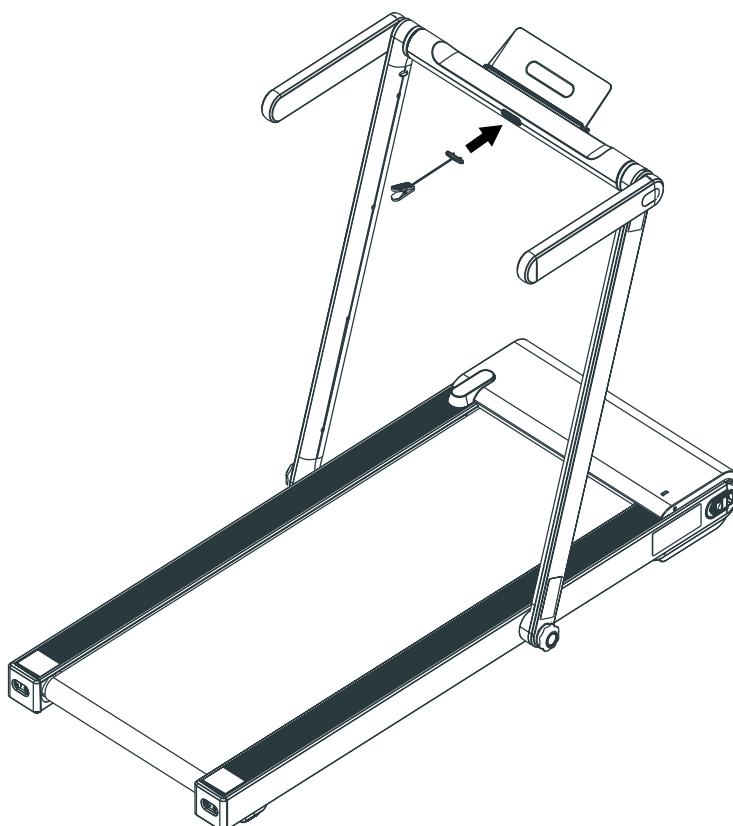


Step 5: Inserting the Safety Key

To complete the assembly insert the safety key into its slot on the treadmill cockpit frame.

ATTENTION:

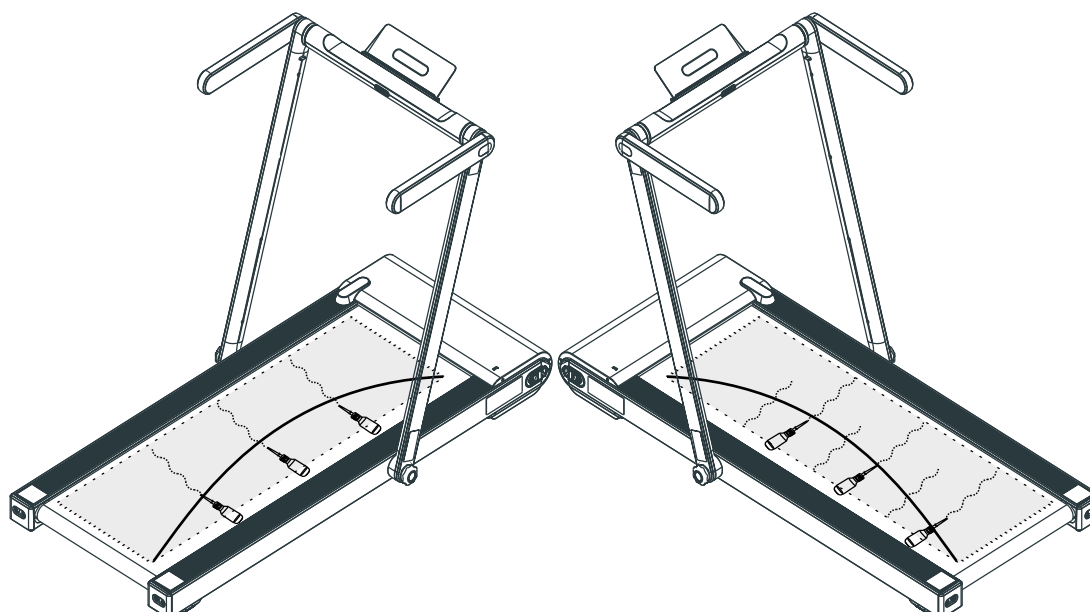
The treadmill cannot be used if the safety key is not inserted correctly!



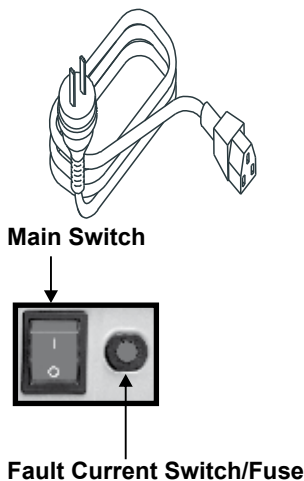
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Step 6: Lubricating the Treadmill Belt

The treadmill belt has already been pre-lubricated at the factory. As the lubricant can dry out over time, please check before using the treadmill if the treadmill belt is sufficiently lubricated. If not, lubricate it if necessary. To do this, please read the "Maintenance & Care" section in this manual.



Mains Connection



Mains Cable

Connect the power cable to an electrical socket.

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

Main Switch

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

Switch position "I" = treadmill switched on

Switch position "0" = treadmill switched off

May vary depending on the model

Fault-Current Switch (depending on the model)

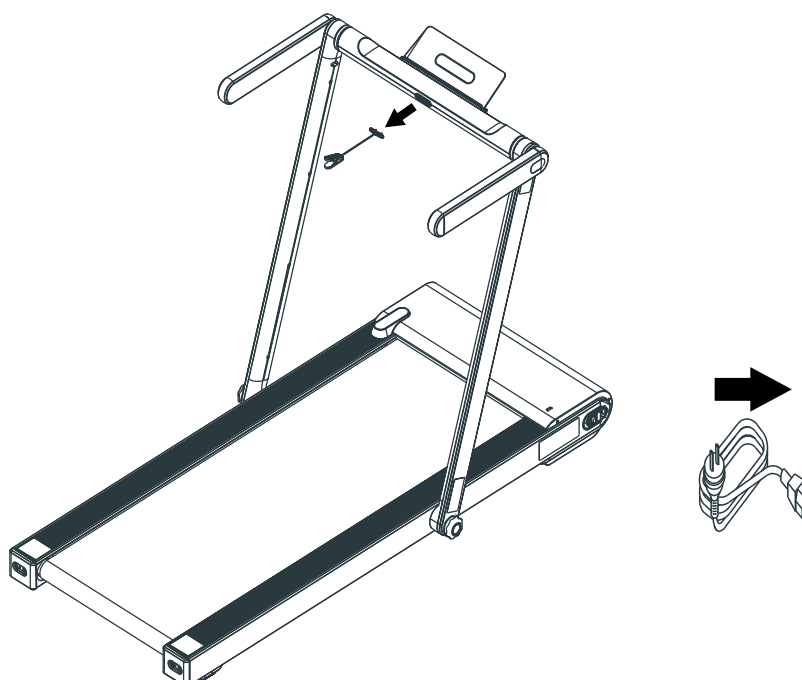
There is a fault-current button-switch next to the main switch on the front of the motor cover to prevent the treadmill from being damaged by electrical surges in the network. This button-switch is triggered off by if a surge in the electrical supply occurs and acts as a circuit breaker. In this case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

Fuse (depending on model)

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

Disabling Function

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



Thanks to the transport rollers, the treadmill can easily be pushed and moved around in both its assembled or pre-assembled condition.



CAUTION:

The treadmill should only be moved by an adult.

Transport in Assembled Condition

Step 1:

Remove the mains cable at the plug from the electrical socket. Take hold of the back of the treadmill deck with both hands and lift it upwards until the majority of its weight is resting on the transport rollers. Make sure that you have a secure footing whilst doing this.

Step 2:

Now the treadmill can be pushed around easily without much effort. Make sure that there are no objects, children or animals obstructing the way. Make sure when moving the treadmill that you have a secure and firm footing.

Step 3:

To put the treadmill deck back down again, lower it slowly and gently until the base frame is standing completely back down on the floor.

Transport in Pre-Assembled Condition

Step 1:

Remove the mains cable at the plug from the electrical socket. To fold-down the treadmill again, repeat the steps for assembly in the reverse order.

Step 2:

Once fully folded down, take hold of the back of the treadmill deck with both hands and lift it upwards until the majority of its weight is resting on the transport rollers. Make sure that you have a firm and secure footing whilst doing this.

If you want to move the treadmill with it in its vertical position to store it for example between a cupboard and the wall, lift the treadmill deck up so that it is standing vertically. Now you can move the treadmill to the left and right on its transverse transport rollers.



CAUTION:

Make sure that you have a firm and secure footing whilst doing this and that the treadmill cannot topple over. If in doubt, ask a second person to assist. If you store the treadmill in a vertical position, make certain that it cannot fall or crash down.

Safety Key

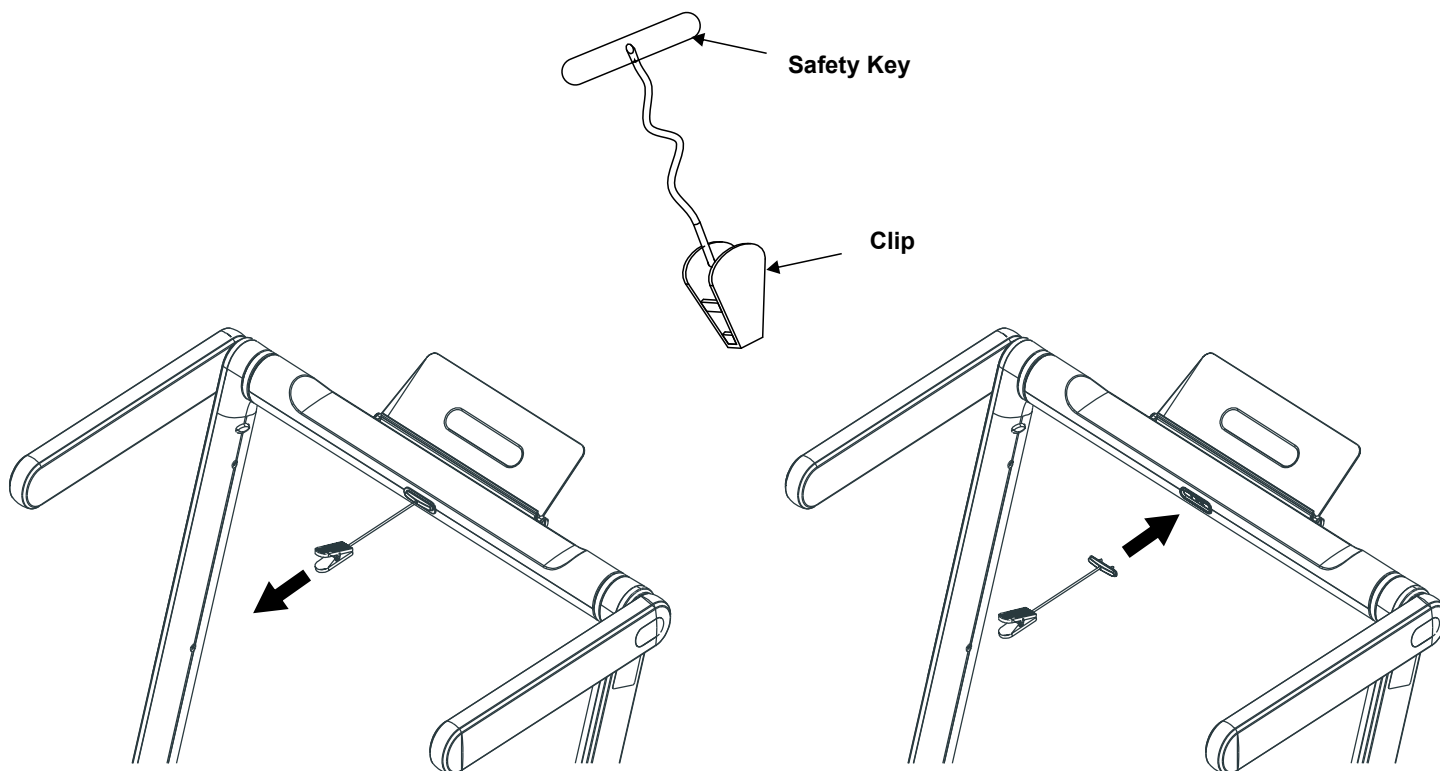
The treadmill will only operate if the safety key is correctly in contact with contact point in the cockpit. The treadmill will stop automatically if the safety key is no longer in contact.

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

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

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

If the safety key is pulled from the contact point during training the treadmill stops automatically. The message "E-07" or "E00" will appear in the display .



Safety Distance

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

Furthermore, whilst training on the treadmill you will require a minimum safety area measuring 100cm wide down the length of each side of the treadmill. You will also require a minimum safety area which is at least the width of the treadmill and measures a minimum of 50cm long in front of the treadmill.

What to do in an Emergency

Stop training immediately if you realise that you cannot keep up with the pace, if you start feeling sick or if any other emergency arises, pull the safety key out with the string to make an emergency stop. Hold on firmly with both hands onto the handrails and place your feet on the foot rails on each side of the tread belt.

If you trip during training, hold onto the handrails immediately with both hands, support yourself with your hands and arms on the handrails and put your feet on the foot rails on either side of the tread belt. You should practice this several times so that you will know what to do if an emergency arises. Wear the safety key every time you use the treadmill. Make sure that all third parties are familiar with the safety instructions and that they always use the safety key correctly whilst training!

⚠ CAUTION:

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

Before first use or after a long break from training

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

Maintenance & Cleaning Intervals:

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

Check the lubrication of the running belt: once a week

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

Check the alignment of the belt: once a week

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

Clean the motor compartment: once a month

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

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

Check the mounting materials: once a month

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

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Why is maintenance of my treadmill so important?

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

What can happen if there is a lack of maintenance?

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

Why do I have to clean the motor compartment?

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

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

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