

MAXXUS[®]

RunMAXX 3.0

Treadmill



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

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

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

Electrical Connection

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

Training Environment

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

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Personal Safety Instructions for Training

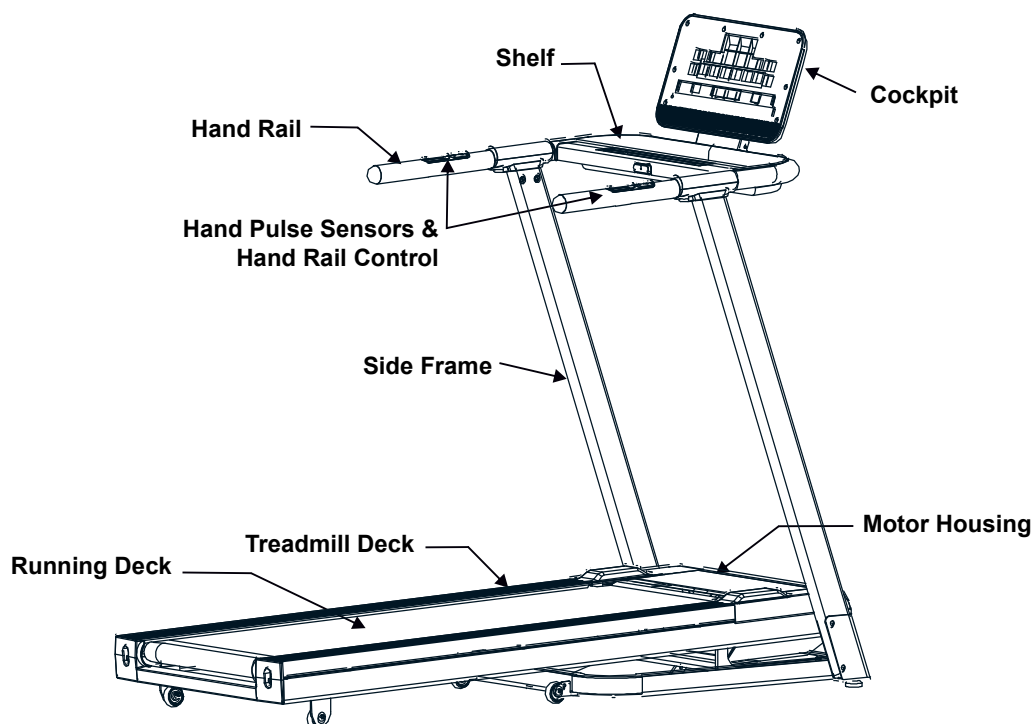
- The safety key must be inserted correctly before each training session can begin.
- Remove the safety key and mains cable from the training device when not in use to avoid inappropriate or uncontrolled use by any other third party, e.g. children.
- You should have a health check carried out by your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

Warning for pulse and heart rate measurement

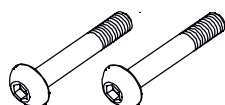
Pulse and heart rate monitoring systems may be inaccurate. Excessive training can lead to serious injury or lead to death. If you feel unwell and / or faint, you must stop training immediately. Make sure that all persons using this exercise device are familiar with and understand this information and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

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

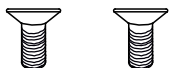
Overall View of the Device



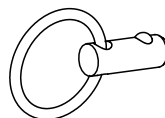
Assembly Materials



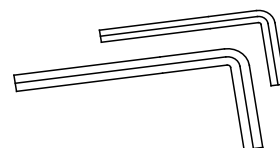
Hexagon Socket Screw
M8x35
2 Pieces



Hexagon Socket Screw
M8x12
2 Pieces



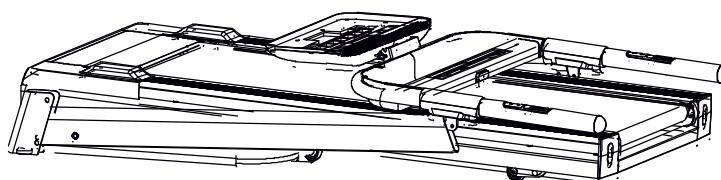
Locking Pin
1 Piece



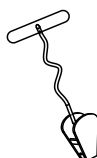
Allen Key
1 x 5mm
1 x 6mm

You are welcome to supplement or replace the tools included with your own tools. Make sure that you use suitable tools which are an appropriate fit.

Scope of Delivery



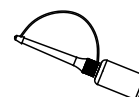
Base Frame



Safety Key



Assembly & Operating
Manual



Care Oil

Carefully unpack all delivered parts. Have someone there to help you as some of the training device parts are bulky and heavy.

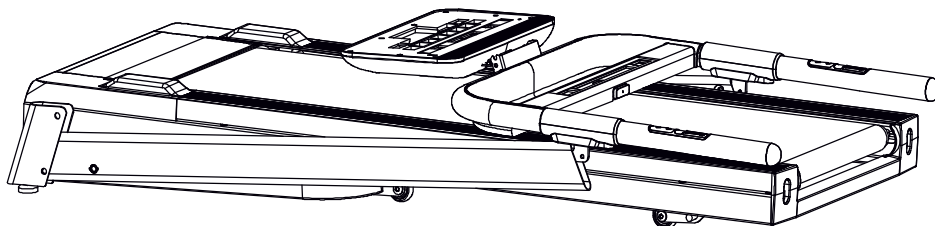
Check that all the parts and fixing materials (screws, nuts, etc.) have been delivered.

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.

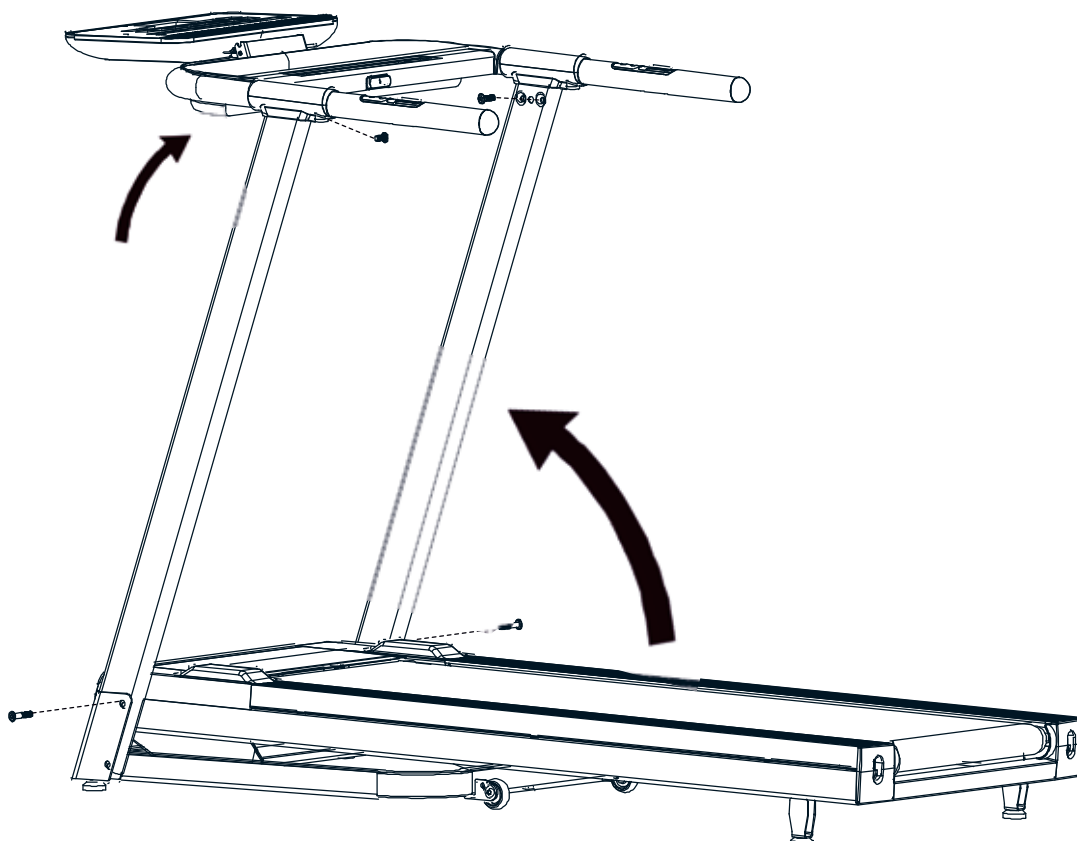


Step 2 Assembling the Side Frames & Cockpit Frame

Lift the two side frames and secure them to each side of the base frame from the outside with a hexagon socket screw M8x35. Then firmly tighten the pre-assembled hexagon socket screws located just below the screws previously fitted.

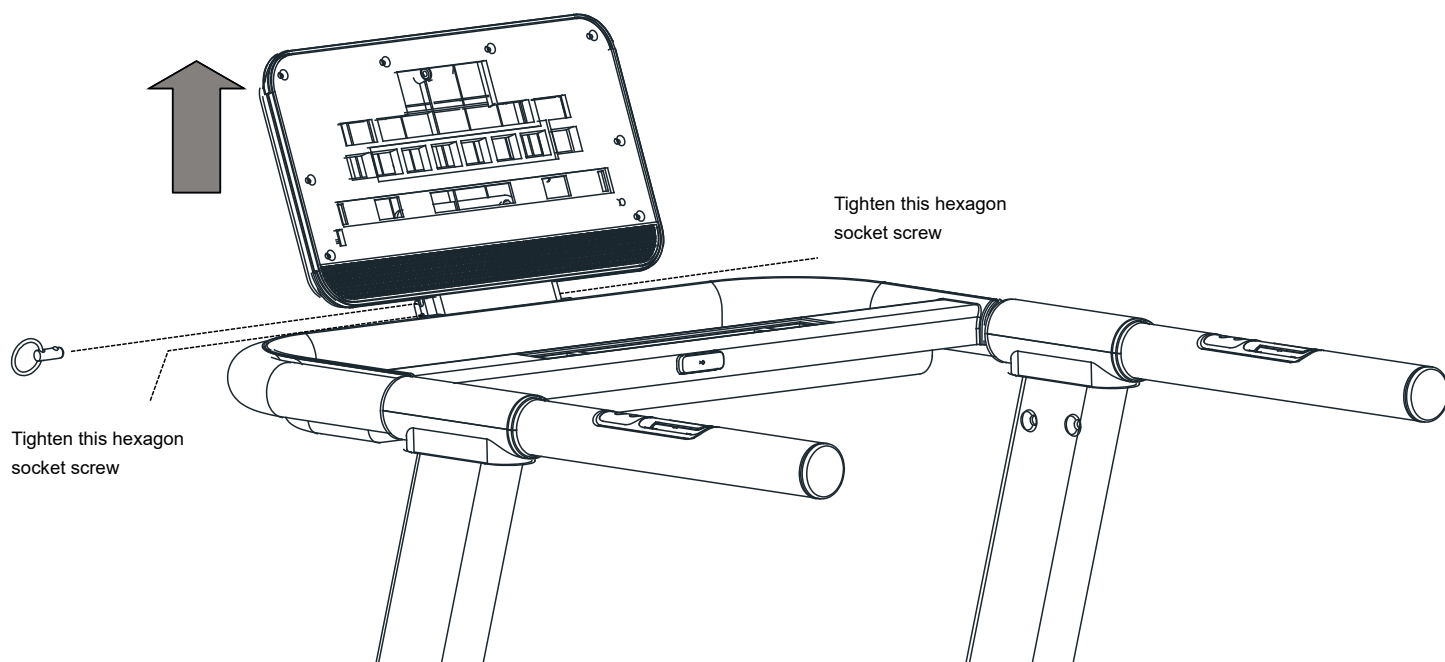
Lift the cockpit frame upwards and fix it from the inside to each side of the side frame using an M8x12 hexagon socket screw. Then tighten the preassembled hexagon socket screws located just below the other two screws you have just fitted.

⚠ CAUTION: Make sure that the cable in the right side-frame does not get damaged or jammed whilst you are assembling the cockpit frame.



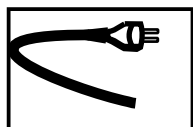
Step 3: Assembly of the Cockpit Frame

Raise the cockpit upwards and insert the locking pin into the left opening on the joint between the cockpit and the cockpit frame. Now tighten the hexagon socket screws to be found on the left and right sides of this joint.



Important Note before First use of the Treadmill

Lubricate the running belt before using the treadmill for the first time. Please read the Section "Lubrication of the Belt" in this manual.



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 front of the treadmill. This switch is used to turn the treadmill on or off.

Switch position "I" = treadmill switched on

Switch position "0" = treadmill switched off

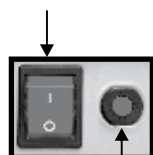
Fault-Current Switch (depending on the model)

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

Fuse (depending on model)

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

Main Switch



Fuse

May vary depending on the model

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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.

Folding Mechanism

Hydraulic Cylinder

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

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

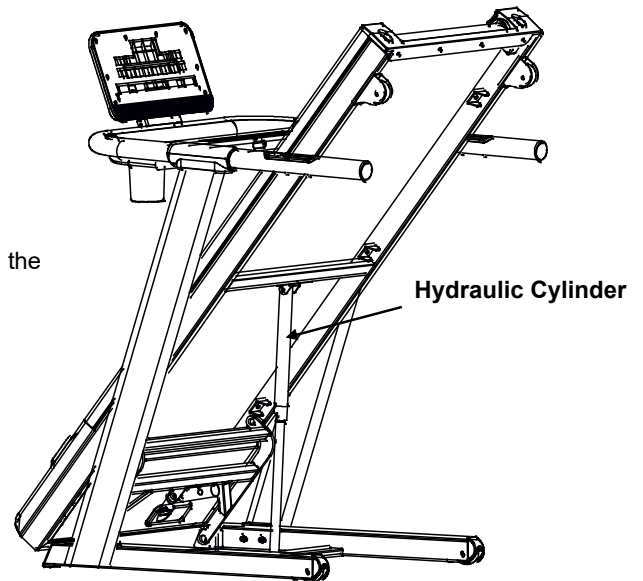
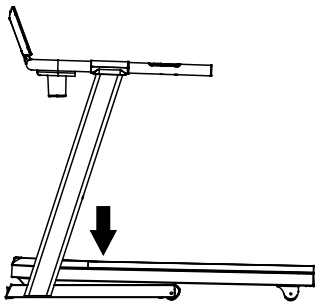


Figure similar to the treadmill



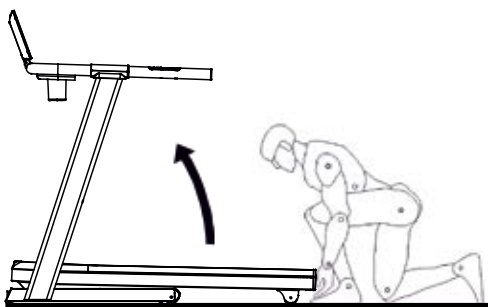
Folding up the Treadmill Deck

Step 1:

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

CAUTION:

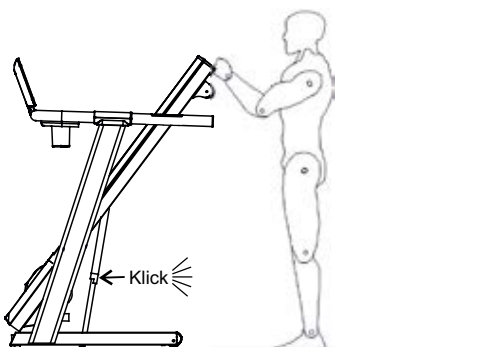
Never fold up the treadmill deck without the incline in "0" position or without switching it off.



Step 2:

Hold onto the rear end of the treadmill deck and lift it upwards.

Make sure that you are standing with your feet firmly on the ground.



Step 3:

Push up the deck until you hear it click into the catch.

Check that it is locked safely in the upright position by gently shaking the deck.