

**MAXXUS<sup>®</sup>**

# ***RunMAXX 90 PRO***

**Treadmill**



**ENG**

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Please read and observe all sections of this Operating Manual. Thorough attention should be paid to the safety, service and maintenance instructions and to the training information at all times

It is very important to adhere strictly to the service and maintenance instructions contained in this Manual.

This training device is only to be used for its intended purpose.

If this equipment is used for any other purposes than intended, there is a possible risk of accident, damage to health or damage to the training device. The Distributor cannot be held responsible in these circumstances.

### 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 of at least 200 cm long and 100 cm wide behind the training device. A minimum of 100 cm free space to each side and in front of the training device should be allowed for.
- 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.
- 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.

### Personal Safety Instructions for Training

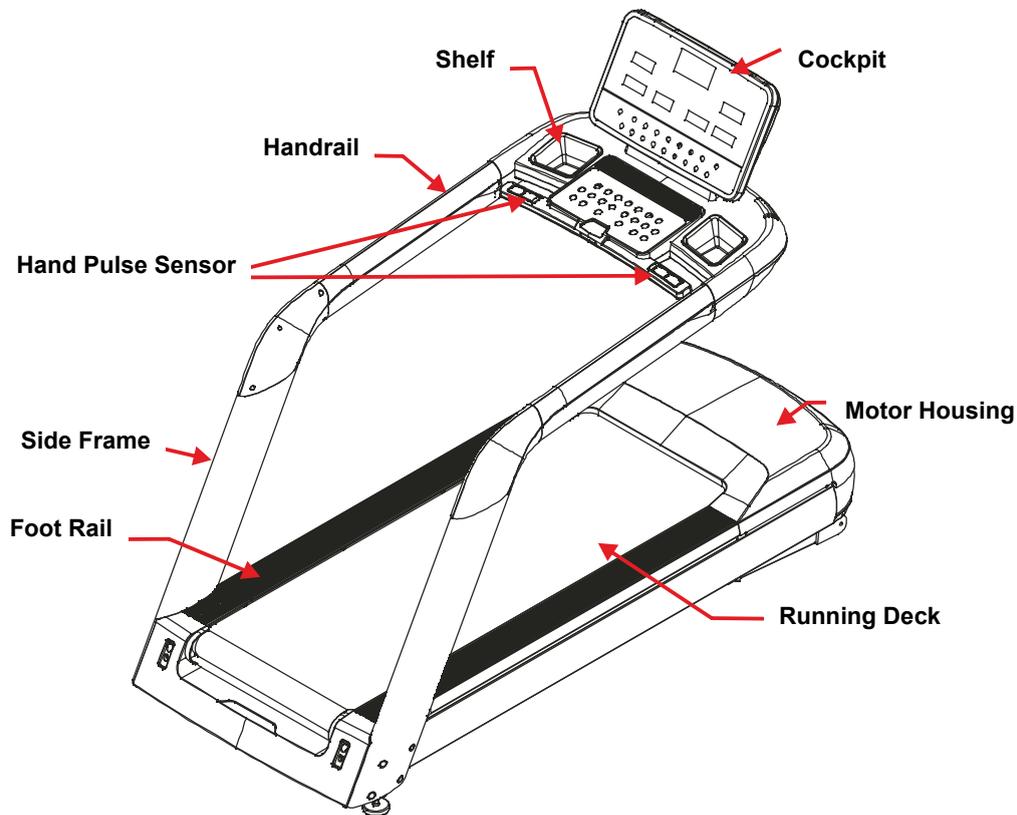
- The safety key must be inserted correctly before each training session can begin.
- Remove the safety key and mains cable from the training device when not in use to avoid inappropriate or uncontrolled use by any other third party, e.g. children.
- Stop training immediately if you feel physically unwell 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 into contact with any of the moving mechanisms.

The construction of this training device is based on state of the art technology and highest modern technical safety standards.

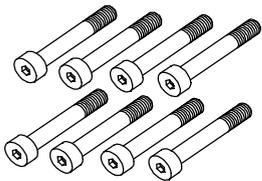
This training device is to be used by adults only!

Extreme misuse and/or unplanned training can cause damage to your health!

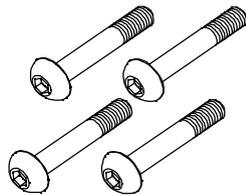
## Overview of the Device



## Assembly Material & Tools



Allen screw  
M10x50  
8 pieces



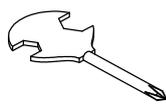
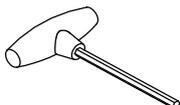
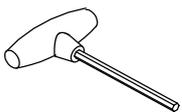
Allen screw  
M8x75  
4 pieces



Self-tapping Screw  
ST4x16  
4 pieces

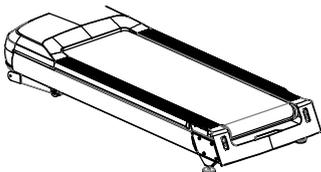


Allen screw  
M8x20  
4 pieces

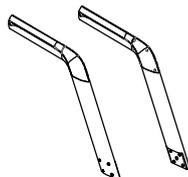


If preferred, the tools supplied may be supplemented or replaced with your own tools. Make sure that all tools are an exact fit for the parts.

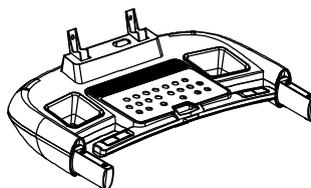
## Scope of Delivery



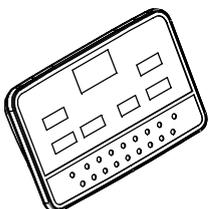
Base Frame



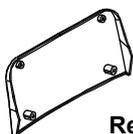
Side Frame



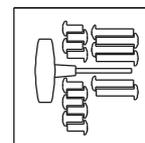
Cockpit Frame



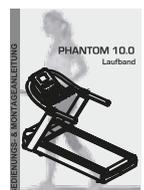
Cockpit



Rear Cockpit Housing



Screw Set



Manual



Lubricant

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.

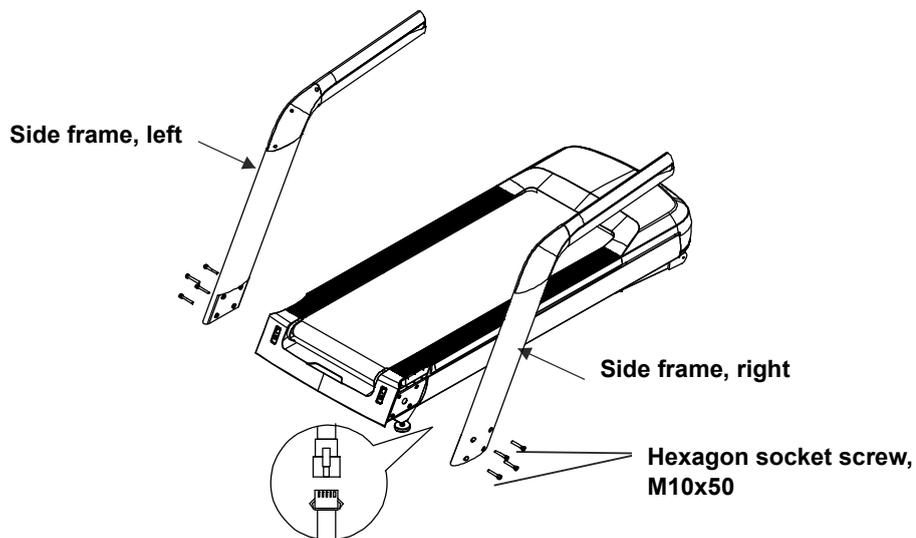
Assemble the parts carefully as any damages or defects occurring due to mistakes made at the time of assembly are not covered by the warranty or guarantee. Therefore, read through the assembly instructions carefully before you start assembling, follow each assembly step exactly as described and keep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

Connect the cockpit cable protruding from the right side frame with the cable protruding from the base frame. Then insert the right side frame into the right frame of the base frame and fix it with four Allen screws M10x50.

**⚠ WARNING:** Make sure that you do not squeeze or damage the cables.

Now insert the left side frame into the left frame of the base frame and fix it as well with four hexagon socket screws M10x50.

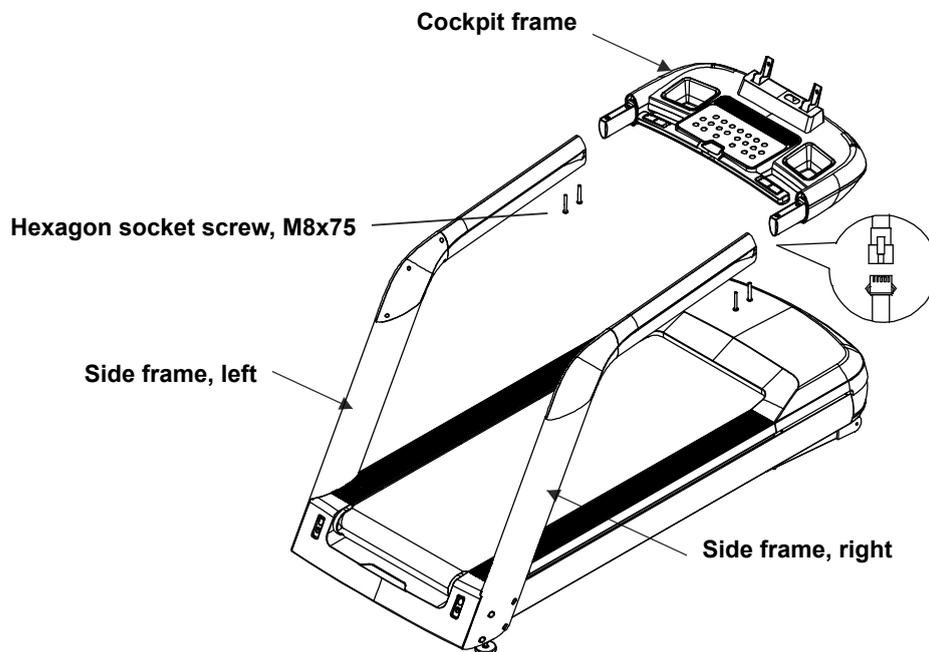


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### Step 2 - Mounting the cockpit frame:

Connect the cable that protrudes from the front side frame to the cable coming out of the right cockpit handrail holder. Insert the cockpit frame into the side frames from the front and fasten each side with two hexagon socket screws M8x75.

**⚠ Warning:** Be sure not to squeeze or damage the cables.

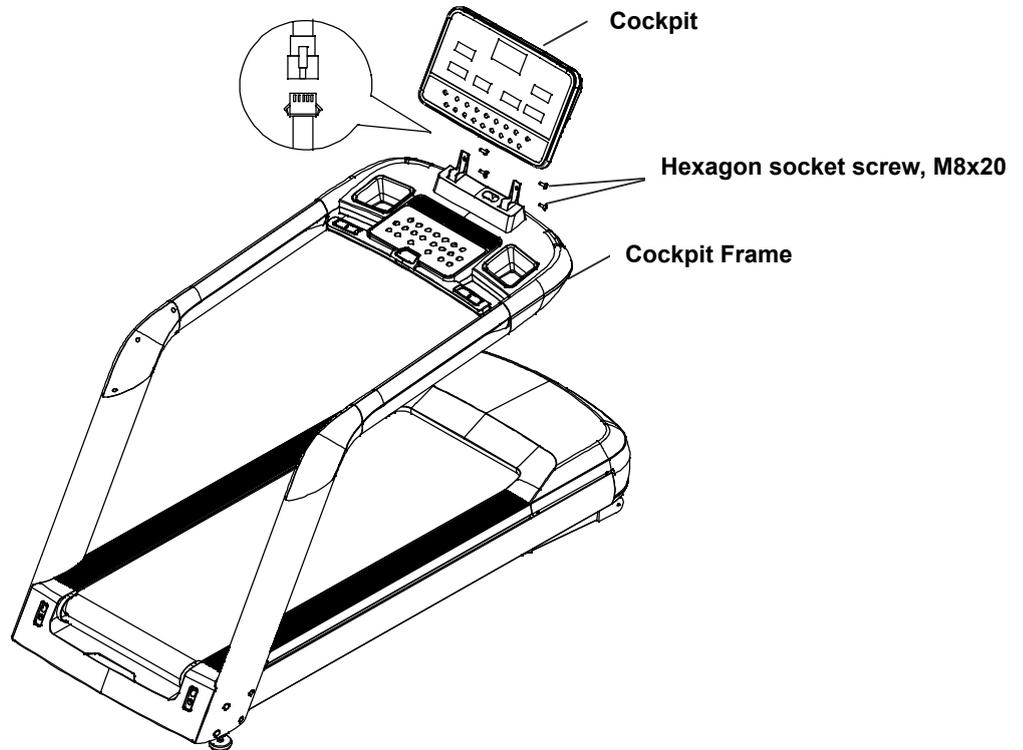


## Step 3: Mounting the cockpit

Connect the plugs of the cable that protrudes from the cockpit with the appropriate plugs of the cable sticking out of the cockpit frame. It is not possible to confuse them because the connectors are unique.

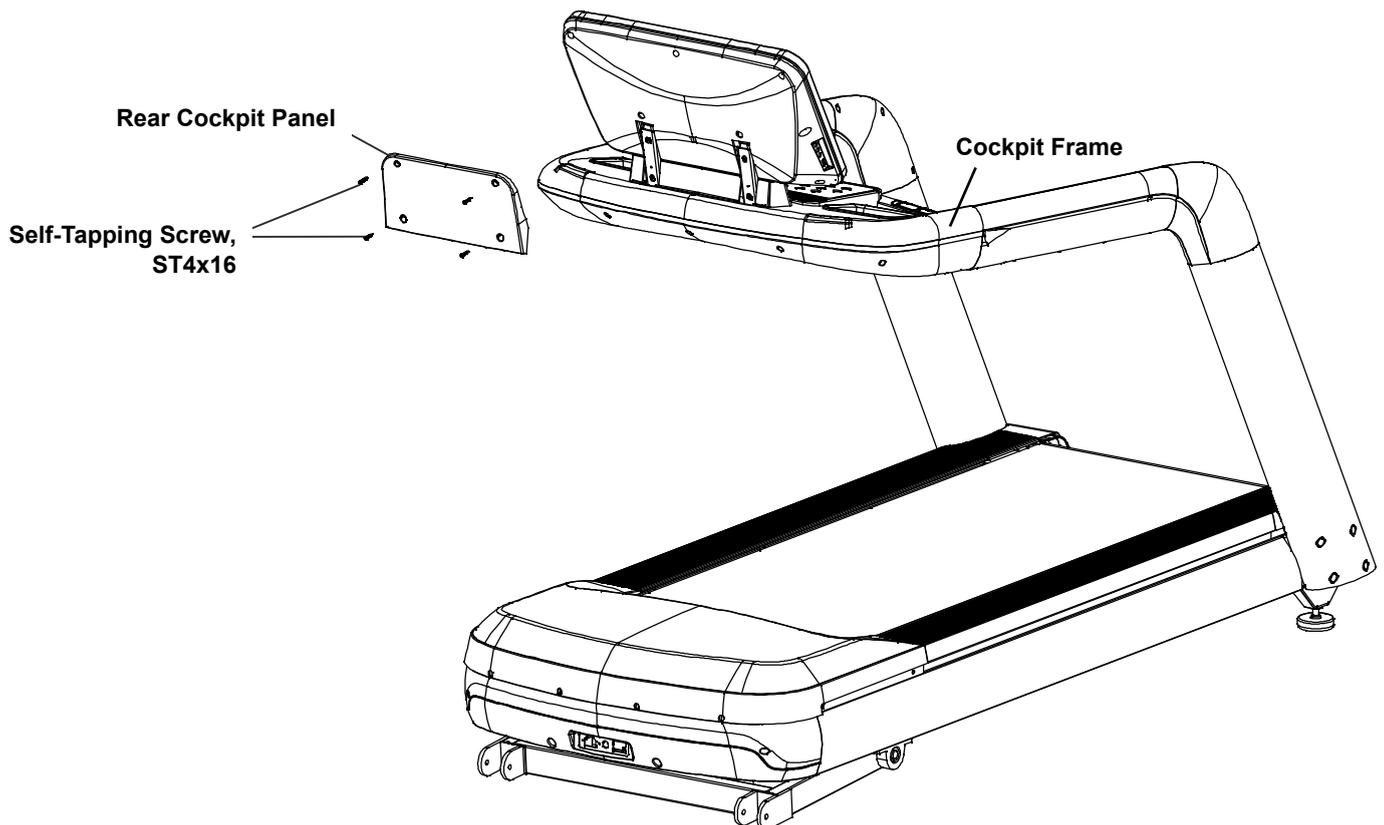
Insert the cockpit from above into the corresponding brackets of the cockpit frame and slide it down to align the four holes of the cockpit with the four holes of the cockpit frame. Attach the cockpit to the cockpit frame with four Allen screws M8x20.

**⚠ WARNING:** When inserting the cockpit make sure that you do not squeeze or damage the cables.



## Step 4: Assemble the rear cockpit cover

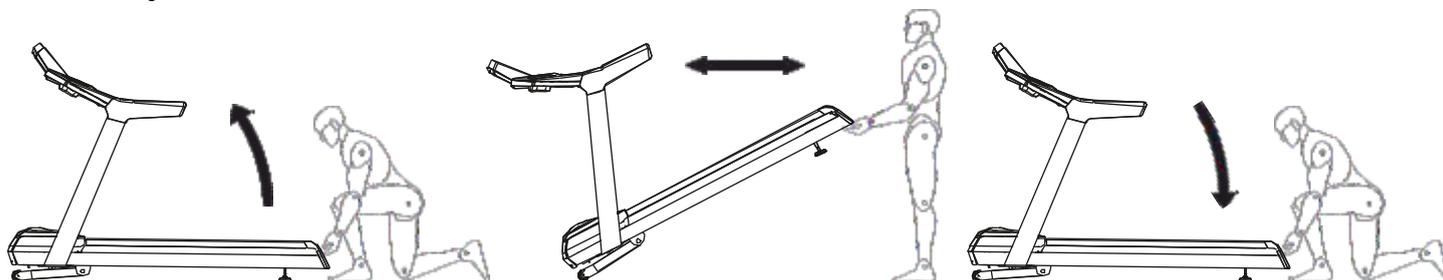
Insert the rear cockpit cover on the back of the cockpit and secure it with four self-tapping screws ST4x16.



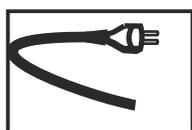
## Transport

In order to be able to transport your training device simply and safely, transport rollers are attached to the front of the base frame. To transport the training device, stand behind the device and grasp the back end of the treadmill with both hands. The treadmill is heavy if in doubt, lift it with two persons. Now raise the exercise machine until the weight of the training device rests on the transport rollers. Now you can easily move the machine to the desired position on the transport rollers. Take care transporting and always make sure that you have a firm and secure footing when lifting.

Figure treadmill similar!

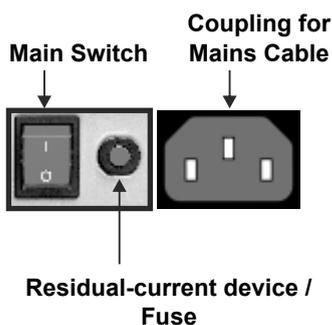


## Mains Cable



Connect the mains plug on the mains cable to an electrical socket.

**⚠** This device is only to be connected to an earthed socket installed by a qualified electrician. Do not use a socket strip to connect the treadmill belt. 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.



### Main Switch

The main switch is located next to the mains connection on the front of the treadmill. Use this switch to turn the treadmill on and off.

Switch position "I" = treadmill turned on.

Main Switch position "0" = treadmill turned 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 the model)

There fuse next to the main switch on the front of the motor cover to prevent the treadmill from being damaged by electrical surges which can occur in the network. 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. Check the fuse and replace it if necessary. Re-connect the mains cable with the plug and switch the treadmill back on at the main switch.

Illustration may vary due to the model

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## Lock Function

To protect the treadmill from unauthorised use, always unplug the cord and keep the safety key away from the treadmill, inaccessible to children and third parties.

## Safety Key

### Safety Key

The treadmill will only operate if the safety key is correctly in contact with contact point in the cockpit. The treadmill will stop automatically if the safety key is no longer in contact. Before each training session make sure to attach the safety key to your clothing with the clip. If you either want to stop the treadmill quickly, cannot keep up with the speed, or any other emergency arises, pull the string to remove the safety key out of the cockpit. If the safety key is connected to your clothing it will automatically be pulled out of the cockpit if you fall. It is therefore vital to make sure that the clip is securely fastened to your clothing and cannot somehow be pulled off. Adjust the length of the string to hang down loosely during training. It is not possible to operate the treadmill without the safety key being correctly inserted.

If the safety key is pulled from the contact point during training or the EMERGENCY button is pressed, the treadmill stops automatically. The message "E-07" appears in the display and a warning signal sounds

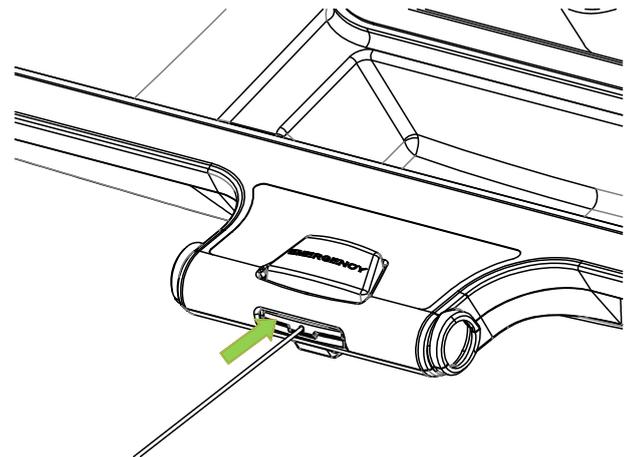
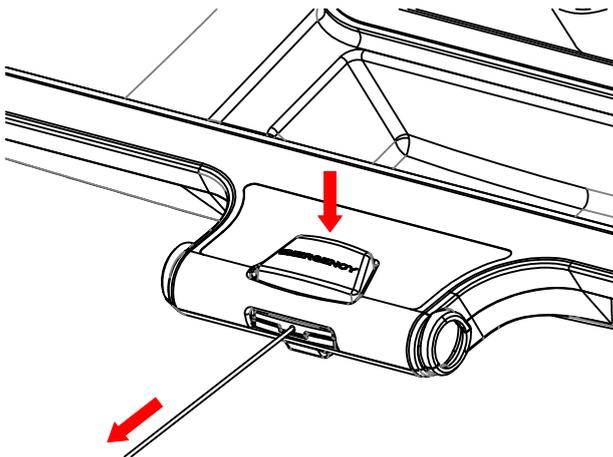
The incline will remain in the adjusted position and can only be lowered after the safety key has been re-connected. Do this as shown by the arrow in Figure 2 then push the safety key back again.

### Function test of Safety Key and EMERGENCY button

Before each use of the treadmill, check the functioning of the Safety Key and the EMERGENCY button. To do this, start the treadmill while standing beside it and pull the safety key from his contact position. The treadmill should stop immediately. Run this test again for the EMERGENCY button. Restart the treadmill while standing beside it and then press the EMERGENCY button. The treadmill should stop immediately.

### ⚠ WARNING:

Under no circumstances should you use the treadmill if the safety key or EMERGENCY button is not working properly



## What to do in an Emergency

### Safety Distance

Select a suitable place to keep your training device with a free safety area space of at least 200 cm long and 100 cm wide behind the training device. Furthermore, during training, a safety distance down the length of the treadmill with a minimum width of 100 cm should be kept to the right and/or left-hand side 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!

### **WARNING**

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

#### **Checking the lubrication of the running belt: once a week**

If your regular checks show that there is no longer sufficient lubrication, immediately lubricate and adjust the check interval accordingly. 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 belt run: 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 the guide.

#### **Cleaning the motor compartment: once a month**

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

**ATTENTION:** This work may only be performed when the exerciser 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.

#### **Checking the mounting materials: once a month**

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

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

In order 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 utilization of the device and therefore, the specified intervals can be quite short.

### **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 board and mat with silicone the friction is reduced, thus increasing the life of both parts. If the treadmill runs dry the running board gets hot, the surface of the running board 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 deposits both under and in the device. At some point, the interior of the device would be so dusty that it causes a short to electronic components. To avoid this, regular cleaning necessary.

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

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

## Lubricating the Treadmill Belt

The most important maintenance work to do to a treadmill is regular and timely lubrication and care and maintenance of the belt. Damages or defects caused by failure or lack of maintenance and care are in no way covered by the warranty or guarantee.

The treadmill belt must always be lubricated if a significant increase of friction is detected. This will become apparent if the belt makes jerking movements during training or if fault message E1 appears in the display on the cockpit.

Insufficient lubrication or care and the resulting increase in friction will inevitably lead to an increase in wear and cause damage to the treadmill belt, deck, motor and circuit board.

How often you use the treadmill will generally determine how often you must carry out the maintenance measures. As this varies from person to person, we would recommend that you keep a maintenance book. You should set a specific day every week in the first 6 months of use to check the treadmill belt lubrication.

Lift up the front third part of the belt and feel with your hand if there is still lubrication in the middle of the belt. If lubrication is present, then write "ok" next to the date in your maintenance book. If there is little or no lubrication present, then lubricate the belt and write this down in your maintenance book accordingly. In time it will be possible to see at what time intervals lubrication is required.

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

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

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

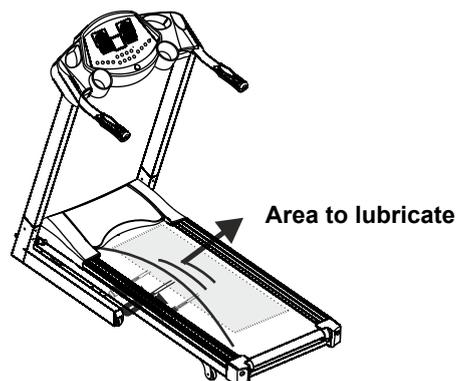
Diagram 1



Diagram 2

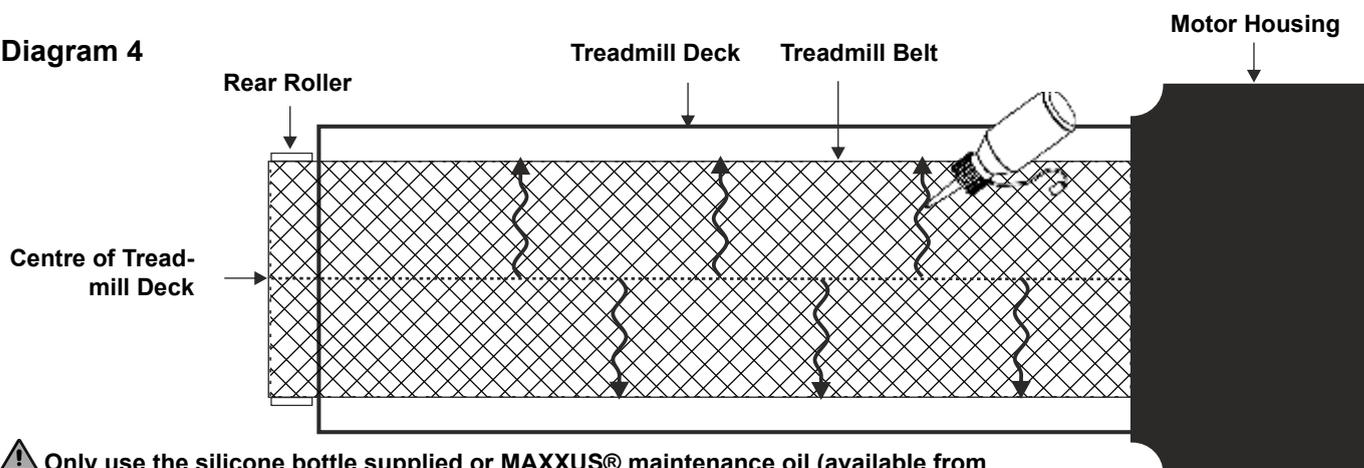


Diagram 3



The belt should be lubricated from both sides. Lift up the belt from one side high enough so that you can reach the middle of the belt with the end of the thin tube on the silicone oil bottle. Apply a wavy line of silicone oil from the middle of the belt towards the sides. You should apply three to four lines of silicone oil running from the middle of the belt to the sides. At each lubrication process you should not apply more than 10 to max 20ml of silicone oil. If too much silicon is applied this may lead to the treadmill belt slipping through. In this case remove the excess oil from the deck and drive rollers with a dry cloth.

Diagram 4

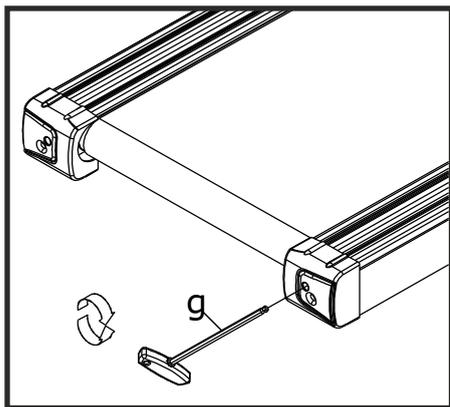


**⚠ Only use the silicone bottle supplied or MAXXUS® maintenance oil (available from [www.maxxus.de](http://www.maxxus.de)) to lubricate the treadmill belt. Do not at any time use any other types of silicone or lubricants!**

After completing a lubrication process, walk and run on the treadmill with the belt running at a speed of 3 - 4 km/h for approx. 3 to 5 minutes. Whilst doing this, change your position constantly from left to right and in the middle of the belt to distribute the silicone oil well.

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

## Adjusting the Treadmill Belt



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

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

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

The treadmill belt can be adjusted in the following way:

1. Start-up the treadmill belt and let it run at a constant speed of 12 km/h.
- 2.1 If the belt is running towards the left, turn the left adjustment screw located at the back end of the belt by 1/8 turn clockwise and the right adjustment screw 1/8 turn anti-clockwise. Wait for a short while to see the results as this will not immediately be apparent.

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

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

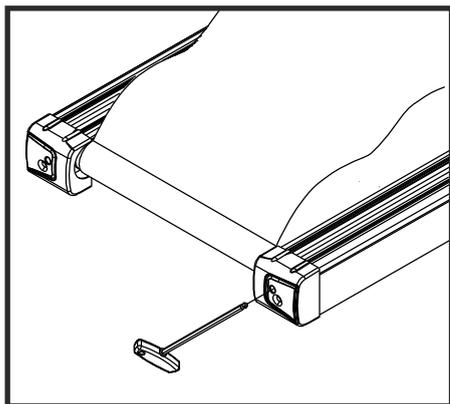
If the belt cannot be adjusted, please contact a specialist immediately.

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

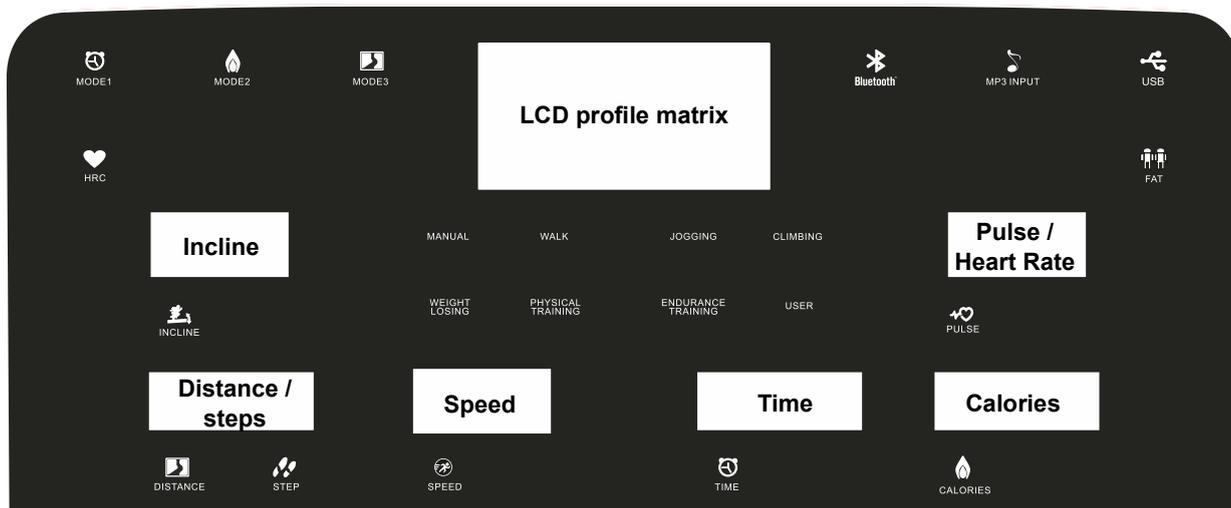
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## Re-tensioning the Treadmill Belt

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



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



The display of the display informs you about the following training values:

INCLINE	gradient
DISTANCE	training distance in km alternating with STEP number of steps
SPEED	speed in km / h
TIME	training time
CALORIES *	Energy consumption in kcal
PULSE:	- when using the hand sensors: pulse display
	- when using optional chest strap transmitter: heart rate display

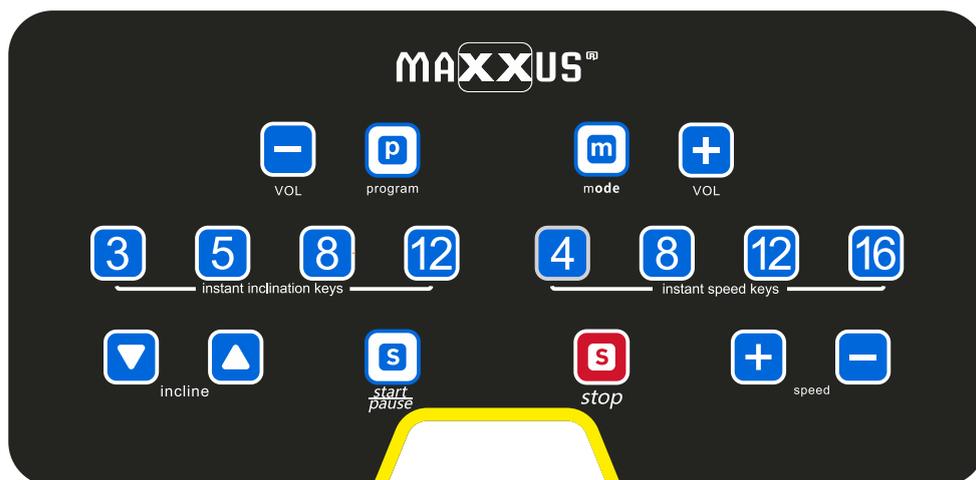
\* Note on calorie measurement

Calculation of the energy consumption is done by means of a general formula. It is not possible to determine an individual energy consumption exactly without a lot of personal data. The displayed energy consumption is approximate, not an exact value.

**LCD profile matrix**

The graphical representation of the programs takes place via a dot profile matrix. The current training area is indicated by a flashing segment.

**Keyboard**



**PROGRAM key (P)**

Button to select the programs.

**MODE button (M)**

Button for selecting the training specifications

**Heart rate measurement**

The cockpit of your treadmill is fitted with a polar-compatible receiver as standard. A Polar compatible chest belt is available as an accessory.

## **INSTANT INCLINATION KEYS - direct access keys for incline**

The cockpit of your treadmill has 4 direct access buttons for incline.

These shortcut keys allow you to quickly and easily select predefined values. These can not be changed by the user.

## **INSTANT SPEED KEYS - Speed selection buttons**

The cockpit of your treadmill has 4 speed-dial buttons.

These shortcut keys allow you to quickly and easily select specific, predefined values. These can not be changed by the user.

## **INCLINE ▲/▼ buttons**

Use these buttons to adjust the slope from level 0 to level 15 in 1-step increments.

▲ = slope is increased

▼ = increase is reduced

## **SPEED +/- buttons**

Use these buttons to adjust the speed in 0.1 km / h increments.

+ = Speed is increased

- = speed is reduced

## **START button**

### Start function:

Starts the quick start function or the selected training program.

### Pause function:

Pressing the START button once during exercise will stop the treadmill. The cockpit shuts off for 5 minutes in the pause mode. If the START button is pressed again within these 5 minutes, the training will start at the place, where it was interrupted. After 5 minutes, the cockpit automatically performs a reset and all values are reset to zero. When using the pause function, the training is resumed by pressing the START button again.

## **STOP button**

Stops the current workout. If you press the STOP button twice, all values will be set to zero

## **VOLUME +/- buttons**

With these buttons, you can adjust the volume when using a USB stick with audio files (Mp3).

+ = Volume is increased

- = volume is reduced

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## **More functions**

### **Hand pulse sensors**

Use for short-term pulse measurement. To do this, cover the hand sensors with both hands. After a short time, the current pulse is shown in the display. Please also read the chapter "Pulse measurement via Hand sensors "as well as" Warnings for pulse and heart rate measurement "in this manual.

### **Heart Rate Receiver**

The cockpit of this treadmill is factory fitted with a wireless receiver for heart rate measurement. An optional chest belt is needed. This chest belt must be on the 5 KHz frequency and uncoded. MAXXUS® recommends the use of a POLAR® T34 transmitter chest belt. The use of Bluetooth chest straps is not possible. Please also read the chapter "Heart Rate Measurement via Chest Belt" as well as "Warnings for pulse and heart rate measurement "in this manual.

### **USB port**

Used to connect a USB stick with audio files (MP3)

### **MP3 input & speaker**

Used to connect an external audio source via a line-in (Aux) cable. The playback volume over the speakers can only be regulated from the external audio source.

### Switch on treadmill

Connect the mains plug of the power cable to a grounded, 16 A individually fused and professionally installed outlet. Now switch the treadmill with the on / off button (located on the back of the motor housing).

### Switch off treadmill

To switch off the treadmill, press the on / off button again.

Remove the mains plug from the socket.

**WARNING:** Before switching off the treadmill, always make sure that the incline is at level zero.

### Quick start

Turn on the treadmill and press the START button.

The treadmill starts automatically after a countdown and the exercise time starts to run. Regulate the speed with the SPEED buttons and use the INCLINE buttons to increase the slope during exercise.

To finish training press the STOP button.

## Manual training with specification of the training time (MODE 1)

### Step 1: Mode selection

Turn on the treadmill. Press the M button once. The display shows "MODE1" and the value flashes in the "TIME" window.

### Step 2: Specification of the training time

Enter the desired workout time from 05:00 to 99:00 minutes in 1-minute increments by pressing +/- buttons for speed.

### Step 3: Training start

After entering the desired workout time, press the START button. The display will show a countdown, each countdown value is accompanied by an acoustic signal. After completion of the countdown the treadmill starts automatically.

### End of training

The treadmill stops automatically after the specified training goal has elapsed.

## Manual training with specification of calorie consumption (MODE 2)

### Step 1: Mode selection

Turn on the treadmill. Press the M button twice. The display shows "MODE2" and the value flashes in the "CALORIES" window.

### Step 2: Specify the calorie consumption

Enter the desired calorie consumption from 20 to 9,990 calories by pressing the +/- buttons for speed.

### Step 3: Training start

After entering the desired workout consumption, press the START button. The display will show a countdown, each countdown value is accompanied by an acoustic signal. After completion of the countdown the treadmill starts automatically.

### End of training

The treadmill stops automatically after the specified training goal has elapsed.

## Manual training with specification of the training distance (MODE 3)

### Step 1: Mode selection

Turn on the treadmill. Press the M button three times. The display shows "MODE3" and the value flashes in the "DISTANCE" window.

### Step 2: Specification of the training distance

Enter the desired workout distance from 1.0 to 99.0 kilometers in 1-km increments by pressing the control keys for incline or speed.

### Step 3: Training start

After entering the desired workout distance, press the START button. The display will show a countdown, each countdown value is accompanied by an acoustic signal. After completion of the countdown the treadmill starts automatically.

### End of training

The treadmill stops automatically after the specified training goal has elapsed.

## Training profiles P1 - P36

Training with pre-programmed training profiles

### Step 1: Profile Selection

Turn on the treadmill.

Press the P button to select the desired exercise profile P1 - P36.

### Step 2: Time input

The "TIME" display window flashes 30:00 minutes. Enter the desired exercise time from 05:00 to 99:00 minutes in 1-minute increments by pressing the +/- speed buttons.

### Step 2: Profile start

Press the START button. The display shows a countdown, each countdown value is accompanied by an acoustic signal. The training time starts to run after the countdown, the treadmill starts automatically.

### End of training

The treadmill stops automatically after the specified training time has elapsed.

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Walk	P1	km/h	1.0	3.0	3.0	7.0	7.0	5.0	5.0	5.0	7.0	7.0	5.0	5.0	5.0	5.0	3.0	2.0
		Incline	2	2	6	6	8	8	6	6	4	4	4	6	6	2	2	2
	P2	km/h	2.0	3.0	3.0	6.0	5.0	5.0	8.0	5.0	5.0	6.0	8.0	8.0	8.0	5.0	4.0	3.0
		Incline	3	3	9	9	9	2	2	8	8	4	1	1	4	4	4	4
	P3	km/h	2.0	3.0	5.0	5.0	7.0	7.0	8.0	5.0	5.0	6.0	8.0	8.0	8.0	5.0	4.0	3.0
		Incline	1	2	3	4	5	5	7	7	4	4	4	4	6	3	2	2
	P4	km/h	2.0	2.0	3.0	5.0	5.0	5.0	8.0	8.0	8.0	8.0	5.0	5.0	5.0	3.0	3.0	2.0
		Incline	3	3	6	6	6	9	9	9	9	9	9	6	6	6	2	2
	P5	km/h	3.0	4.0	5.0	6.0	7.0	8.0	9.0	10.0	10.0	10.0	9.0	8.0	7.0	5.0	4.0	3.0
		Incline	2	2	4	4	8	8	6	6	6	6	8	7	6	5	1	1

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Jogging	P6	km/h	3.0	4.0	5.0	5.0	6.0	6.0	7.0	7.0	7.0	9.0	9.0	10.0	10.0	11.0	5.0	3.0
		Incline	1	8	8	8	8	8	7	7	7	7	7	5	5	3	3	1
	P7	km/h	3.0	4.0	9.0	4.0	11.0	4.0	10.0	4.0	9.0	4.0	8.0	4.0	11.0	5.0	3.0	2.0
		Incline	1	1	4	4	4	6	6	6	8	8	8	10	10	10	6	2
	P8	km/h	3.0	5.0	8.0	3.0	5.0	7.0	9.0	3.0	5.0	7.0	10.0	3.0	5.0	7.0	11.0	5.0
		Incline	3	3	8	8	3	3	7	7	3	3	6	6	3	3	5	5
	P9	km/h	3.0	7.0	9.0	4.0	7.0	10.0	4.0	7.0	11.0	5.0	7.0	12.0	4.0	7.0	12.0	6.0
		Incline	3	6	6	3	7	7	3	8	8	3	9	9	3	3	7	7
	P10	km/h	3.0	5.0	6.0	6.0	6.0	9.0	10.0	6.0	6.0	9.0	10.0	6.0	6.0	6.0	11.0	3.0
		Incline	2	7	7	7	5	5	5	8	8	8	8	8	8	4	4	4
	P11	km/h	4.0	5.0	7.0	9.0	10.0	11.0	9.0	6.0	8.0	9.0	10.0	10.0	11.0	9.0	6.0	5.0
		Incline	1	6	6	6	3	3	3	7	7	4	4	4	4	6	6	6

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Climbing	P12	km/h	4.0	6.0	10.0	10.0	7.0	10.0	10.0	10.0	7.0	7.0	10.0	10.0	10.0	10.0	6.0	5.0
		Incline	3	8	8	6	9	9	5	5	8	8	8	4	4	4	4	4
	P13	km/h	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
		Incline	4	8	10	12	4	8	10	12	4	8	10	12	4	8	10	12
	P14	km/h	2.0	3.0	3.0	6.0	9.0	11.0	3.0	6.0	9.0	11.0	3.0	6.0	9.0	11.0	3.0	6.0
		Incline	5	9	11	12	5	9	11	12	5	9	11	12	5	9	11	12
	P15	km/h	4.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0
		Incline	2	3	4	5	6	8	7	8	8	7	7	6	5	4	3	2
	P16	km/h	2.0	4.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
		Incline	2	4	5	6	2	4	5	6	2	4	5	6	2	4	5	6
	P17	km/h	2.0	2.0	2.0	4.0	6.0	6.0	9.0	11.0	11.0	2.0	4.0	6.0	6.0	11.0	11.0	9.0
		Incline	2	4	6	8	10	12	12	12	12	12	12	10	8	6	4	2

**Cockpit**

**Weight Losing**

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P18	km/h	3.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0
	Incline	2	6	8	2	6	8	2	6	8	2	6	8	2	6	8	2
P19	km/h	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
	Incline	10	8	6	4	10	8	6	4	10	8	6	4	10	8	6	4
P20	km/h	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
	Incline	12	8	2	12	8	2	12	8	2	12	8	2	12	8	2	2
P21	km/h	2.0	6.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0
	Incline	12	9	3	12	9	3	12	9	3	12	9	3	12	9	3	3
P22	km/h	4.0	6.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0
	Incline	2	4	10	2	4	10	2	6	12	6	8	12	6	8	12	2
P23	km/h	4.0	6.0	11.0	6.0	6.0	2.0	11.0	6.0	6.0	2.0	11.0	6.0	6.0	2.0	11.0	6.0
	Incline	2	3	4	5	6	6	7	8	10	11	12	12	12	12	10	2

**Physical Training**

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P24	km/h	4.0	6.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0
	Incline	4	4	5	6	7	8	10	10	12	12	12	12	12	12	12	10
P25	km/h	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
	Incline	5	9	11	12	5	9	11	12	5	9	11	12	5	9	11	12
P26	km/h	3.0	4.0	4.0	7.0	10.0	12.0	4.0	7.0	10.0	12.0	4.0	7.0	10.0	12.0	4.0	7.0
	Incline	6	10	12	12	6	10	11	12	6	10	12	12	6	10	12	12
P27	km/h	5.0	7.0	12.0	12.0	10.0	7.0	12.0	12.0	10.0	7.0	12.0	12.0	10.0	7.0	12.0	12.0
	Incline	3	4	5	6	7	9	8	9	9	8	8	7	6	5	4	3
P28	km/h	3.0	5.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
	Incline	3	5	6	7	3	5	6	7	3	5	6	7	3	5	6	7
P29	km/h	3.0	3.0	3.0	5.0	7.0	7.0	10.0	12.0	12.0	3.0	5.0	7.0	7.0	12.0	12.0	10.0
	Incline	3	5	7	9	11	12	12	12	12	12	12	11	9	7	5	3

**Endurance Training**

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P30	km/h	4.0	7.0	4.0	7.0	7.0	4.0	7.0	7.0	4.0	7.0	7.0	4.0	7.0	7.0	4.0	7.0
	Incline	3	7	9	3	7	9	3	7	9	3	7	9	3	7	9	3
P31	km/h	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
	Incline	11	9	7	5	11	9	7	5	11	9	7	5	11	9	7	5
P32	km/h	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0
	Incline	12	9	3	12	9	3	12	9	3	12	9	3	12	9	3	3
P33	km/h	3.0	7.0	3.0	7.0	12.0	3.0	7.0	12.0	3.0	7.0	12.0	7.0	7.0	12.0	3.0	7.0
	Incline	12	10	4	12	10	4	12	10	4	12	10	4	12	10	4	4
P34	km/h	5.0	7.0	12.0	7.0	3.0	12.0	7.0	3.0	12.0	7.0	3.0	12.0	7.0	3.0	12.0	7.0
	Incline	3	5	11	3	5	11	3	7	12	7	9	12	7	9	12	3
P35	km/h	5.0	7.0	12.0	7.0	7.0	3.0	12.0	7.0	7.0	3.0	12.0	7.0	7.0	3.0	12.0	7.0
	Incline	3	4	5	6	7	7	8	9	11	12	12	12	12	12	11	3
P36	km/h	5.0	7.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0
	Incline	5	5	6	7	8	9	11	11	12	12	12	12	12	12	11	3

## Free memory slots U01, U02 and U03

There are three free memory slots for individual training profiles

### Programming

#### Step 1: Program Selection

After switching on the treadmill, select the desired memory location U01, U02 or U03 by pressing the P button. The corresponding program appears in the display and the value "30:00" flashes. Press the M button.

#### Step 2: Specify the speed & incline

The values for speed (1.0km / h) and incline (level 0) for the first of sixteen segments flash in the display. Enter the desired speed by pressing the +/- buttons or the direct selection buttons for speed and desired incline value by pressing the £ / ⌘ buttons for inclination or the direct selection buttons. Confirm your entry by pressing the M key. Now the speed and incline values for the second segment are flashing. Proceed with the value entry for the segments 02 to 16.

#### Step 3: Specification of the training time

After confirming the defaults for the last segment by pressing the M key, the time window will flash "30:00" Use the +/- buttons to set the desired training time from 5:00 to 99:00 minutes.

#### Step 5: Program start

Press the START button. The display shows a countdown, each countdown value is accompanied by an acoustic signal. The training time starts to run after the countdown, the treadmill starts automatically.

#### End of training

The treadmill stops automatically after the specified training time has elapsed.

## Training with a pre-defined user profile U01 - U03

#### Step 1: Program Selection

After switching on the treadmill, select the desired memory location U01, U02 or U03 by pressing the P button. The corresponding program appears in the display and the value "30:00" flashes.

#### Step 2: Specification of the training time

Use the +/- buttons to set the desired training time from 5:00 to 99:00 minutes.

#### Step 5: Program start

Press the START button. The display shows a countdown, each countdown value is accompanied by an acoustic signal. The training time starts to run after the countdown, the treadmill starts automatically.

#### End of training

The treadmill stops automatically after the specified training time has elapsed.

### Heart rate controlled programs (HR 1, 2 & 3)

These programs are heart rate controlled exercise programs. Here the user sets the desired target heart rate in advance. This will be continuously compared from the cockpit of the treadmill with the actual heart rate of the user. If this is the actual heart rate is lower than the desired target heart rate, the treadmill automatically increases the speed, if the heart rate is higher, the speed is reduced. The main requirement for these programs is permanent and accurate transmission of heart rate values. For this reason, these programs can only be done using an uncoded heart rate chest strap. This is available as an accessory. The use of these programs using the hand pulse sensors is not possible. Please also read the chapters "Heart rate measurement" and "Warnings for Pulse & Heart Rate Measurement" in this manual.

#### Step 1: Program Selection

Switch on the treadmill. Select the desired program Hr1, 2 or 3 by pressing the P-key

The three programs differ in the maximum speed.

Hr 1 = max. 9 km / h

Hr 2 = max. 11 km / h

Hr 3 = max. 13 km / h

This selection is necessary to prevent inadvertent overworking by the user. Please choose a maximum speed appropriate for you, which will then not be exceeded by the computer during the respective training program.

**Step 2: Age requirement**

The display window flashes the value “25.” Now enter the user age by pressing the +/- buttons for speed. Confirm your entry by pressing the M key.

**Step 3: Target pulse specification**

The display shows the target heart rate calculated by the cockpit. This is 60% of the maximum heart rate. If you want to train with the calculated value, confirm this with the M key.

If you want to train with an individual target heart rate, enter it by pressing +/- buttons for speed. Confirm your entry by pressing the M key.

Please also read the chapters on pulse and heart rate measurement in this manual.

**Step 4: Time input**

The display window flashes TIME 30:00 minutes. Enter the desired exercise time from 05:00 to 99:00 minutes by pressing the +/- buttons for speed.

**Step 5: Profile start**

Press the START button.

The display shows a countdown. The training time starts after the countdown ends and the treadmill starts automatically.

**End of training**

The treadmill stops automatically after the specified training time has elapsed.

**Determination of body mass index (FI)**

**Step 1: Program Selection**

Turn on the treadmill. Press the P button to select the program “FAT “.

**Step 2: Gender input**

The display shows F1. Now enter the user gender by pressing the +/- buttons for speed. “1” stands for “male” and “2” stands for female.

Confirm your entry by pressing the MODE button.

**Step 3: Age requirement**

The display shows F2. Enter the user age by pressing +/- keys for speed. Confirm your entry by pressing the MODE button.

**Step 4: User height**

The display shows F3. Now enter the user height by pressing the +/- keys for speed. Confirm your entry by pressing the MODE button.

**Step 5: User Weight**

The display shows F4. Now enter the user weight by pressing +/- keys for speed. Confirm your entry by pressing the MODE button.

**Step 6: Program start**

The display now shows “- - -”. Now hold the hand pulse sensors firmly with both hands.

**Step 7: End of the program**

After successful measurement, the display shows the BMI (body mass index).

**Body Mass Index (BMI)**

This value is calculated from the ratio of body weight to height and is used to evaluate the body weight of a person in relation to their height. Please note that the BMI is just a rough guideline because the physique, gender and composition of the body mass of fat and muscle tissue of the individual are not considered. The “ideal” BMI depends on age. The table shows BMI values for different age groups.

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

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

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**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.

### Preparation Before Training

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

### Training Plan

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

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

### Warm-Up Before Training

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

### Cool-Down After Training

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



#### Front Thigh Muscles

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

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#### Inner Thigh Muscles

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



#### Legs, Calves and Buttocks

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



#### Leg and Lower Back Muscles

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

**Hydration**

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

**Training Frequency**

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

**Exercise Intensity**

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

**Duration of the individual training session**

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

**Training Documentation**

In order to design and evaluate your training effectively, you should prepare yourself a training plan in written form or as a computer table before starting your training

Here you should document training session. Data, such as distance, training time, brake force setting and pulse values should be recorded as well as personal data, e.g. body weight, blood pressure, resting heart rate (measured morning immediately after waking up) and personal well-being during exercise.

Enclosed you will find a recommendation for a weekly plan.

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

## Technical Details

### Cockpit:

Display of:

- Time
- Distance
- Calorie consumption
- Speed
- Slope
- Pulse (when using the hand sensors)
- Heart rate (when using an optional chest strap)

### Technical details:

Motor:	AC motor
Constant engine power:	4.0 hp / 2.94 kW
Drive type:	grooved belt
Speed:	1.0 - 22.0 km / h, adjustable in 0.1 km / h increments
Gradient:	0 - 15%, electronically adjustable in 1.0% increments
Running deck:	approx. 1,550 x 600 mm
Installation dimensions:	approx. 2,140 x 910x 1,640 mm (LxWxH)
Total weight:	approx. 150kg
Maximum user weight:	150 kg
Power supply:	220-230V - 50Hz

### Fields of application:

Home area - exclusively private use!  
Semi-professional area  
Professional area

## 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.

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## Recommended accessories

These accessories are the perfect supplement for your training device. All products are available in our online shop at [www.maxxus.de](http://www.maxxus.de) or directly in our showroom in Gross-Gerau.

### POLAR® Transmitter chest strap T34

Chest strap for determining the heart rate with optimized transmission ranges. Required accessory for the application of pulse-controlled programs and for continuous determination of the current heart rate.

### MAXXUS® floor protection mat

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

Available in following sizes:

160 x 100 cm

210 x 100 cm

### MAXXUS® silicone

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





## Part List

Part	Description	Type	Qty
1	Main Frame		1
2	Incline frame		1
3	Upright post (L)		1
4	Upright post (R)		1
5	Console frame		1
6	Display frame		1
7	Motor installation panel		1
8	Fixed plate		2
9	Running deck	1410x650x21mm	1
10	Running belt	3360x580xt2.2mm	1
11	Front roller		1
12	Rear roller		1
13	Side rail		2
14	Side rail connector (L)		1
15	Side rail connector(R)		1
16	End cap		1
17	Front cover		1
18	Upper Motor cover		1
19	Upper console cover		1
20	Lower console cover		1
21	Display Rear cover		1
22	Screen plate		1
23	Console rear cover		1
24	Upright post cover (Outer Left)		1
25	Upright post cover (Inner Left)		1
26	Upright post cover (Inner Right)		1
27	Upright post cover (Outer Right)		1
28	PU handle bar		2
29	Motor		1
30	Incline motor		1
31	Inverter		1
32	Allen C.K.S. half thread screw	M8x75x20	1
33	Motor belt 270PJ10	270PJ10	1
34	Safety key fixed plate		1
35	Safety key press part		1
36	Safety key pulling part		1
37	Spring	Ø11.8xØ0.8x24	1
38	Powder metallurgy sets	Ø35xØ30xØ20x27	2
39	Filter	10A	1
40	Column cushion	Ø30x30xM8x8	4
41	Cushion	80x54x40	4
42	Foot pad	Ø74x86xM12	2

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## Part List

Part	Description	Type	Qty
43	Communication wire 3	L-2200mm	1
44	Communication wire 2	L-2200mm	1
45	Communication wire	L-900mm	1
46	Side rail guider	Ø25xØ5x4.5	1
47	Power Socket		1
48	Fuse holder (with wire)		1
49	Switch		1
50	Power cord		1
51	Allen C.K.S. half thread screw	M12x80x20	2
52	Allen Column full thread screw	M10x35	4
53	Allen Column full thread screw	M10x80	3
54	Allen Column full thread screw	M8x25	8
55	Allen Column full thread screw	M8x10	8
56	Allen Column half thread screw	M10x50x30	8
57	Allen C.K.S. full thread screw	M8x20	4
58	Allen C.K.S. half thread screw	M10x40x20	1
59	Allen C.K.S. half thread screw	M12x70x20	1
60	Square cushion	35x35xt5.0xØ8	4
61	Allen Column full thread screw	M8x20	1
62	Allen Column full thread screw	M8x55	2
63	Flat washer	Ø12	3
64	Hex locked Nut	M12	3
65	Spring washer	Ø10	4
66	Flat washer	Ø10	11
67	Hex locked Nut	M10	4
68	Flat washer	Ø8	13
69	Ground wire		1
70	Power cord wire	L-450mm (red)	2
71	Power cord wire	L-450mm (black)	2
72	Ground wire	L-150mm	1
73	Ground wire	L-200mm	3
74	Magnetic ring	Ø35xØ22xt15.0	1
75	Phillips countersunk self-tapping Screw	ST4x16	8
76	Phillips countersunk self-tapping Screw	ST3x10	2
77	Phillips C.K.S. self-tapping Screw	ST4x10	10
78	Phillips C.K.S. full thread Screw	M5x15	6
79	Phillips C.K.S. self-tapping Screw	ST4x15	41
80	Flat washer	Ø4xØ12	8
81	Phillips C.K.S. full thread Screw	M4x16	15
82	Phillips C.K.S. self-tapping Screw	ST4x15	73
83	Outer serrated lock washer	Ø5	9

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.

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### 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 KG by sending an Email to: [service@maxxus.de](mailto: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](mailto:service@maxxus.de)

Orders for Spare Parts or Worn Parts should be sent along with information on the Product Name, spare part description and number and the quantity required to: [spareparts@maxxus.de](mailto:spareparts@maxxus.de)

Please be informed that additional fixing materials such as screws, bolts, washers etc are not included in the scope of delivery for individual spare parts. These should be ordered separately.

# MAXXUS<sup>®</sup> Repair order / damage report

## Device Details

Product Name: **RunMAXX 90 Pro**Product Group: **Treadmill**

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 ....)

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<sup>®</sup>



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