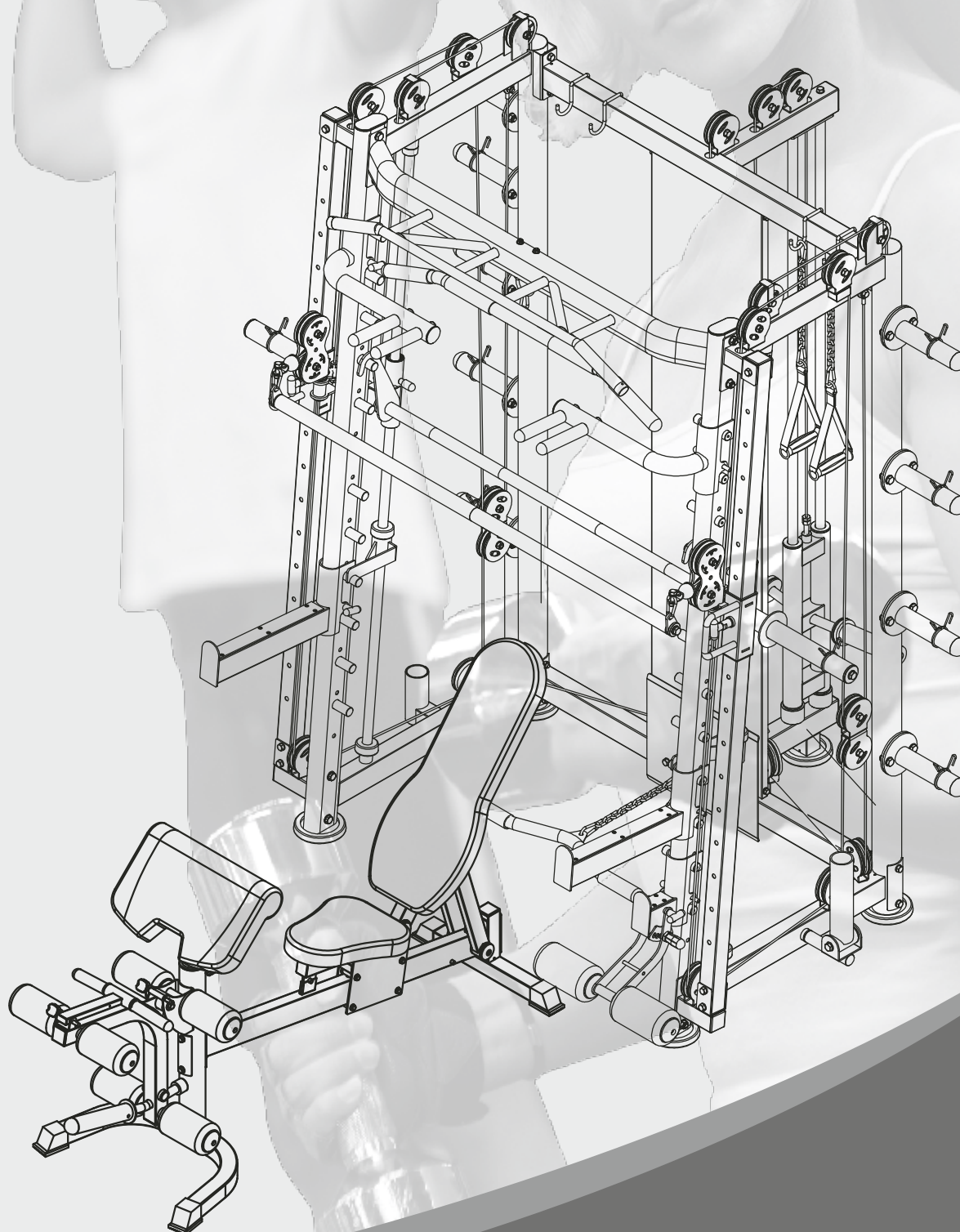


MAXXUS[®]

Multipress 10.1

Installation Manual



ENG

Index

Index	2
Safety Instructions	3
Scope of Delivery	4 – 6
Fixing Materials - Multipress	7 – 9
Parts List - Multipress	10 – 11
Assembly - Multipress	11 – 34
Assembly - Training Bench	35 – 39
Exploded Drawing - Training Bench	40
Parts List - Training Bench	41
Care, Cleaning & Maintenance	42
Disposal	42
Recommended Accessories	42
Training Recommendations	43 – 44
Warranty	45
Notes	46
Repairs Contract / Notification of a Damage Claim	47

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 given 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. This means that it is to be used for body workouts by adults only.

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 this case.

Training Environment

- Select a suitable space for your training device to provide an optimum amount of free space and highest level of safety.
- Ensure that the load capacity of the floor or ground of the chosen area is sufficient for the load.
- Make sure that the area is well ventilated and that an optimum amount of oxygen is available during training. Avoid draughts.
- It is not permitted to locate your training device in busy areas or areas near to main walkways (emergency exits, doors or passageways)
- Your training device is not suitable for outside use and so storage and training can only take place in a temperate, dry clean room.
- Operation and storage of your training device in wet areas such as in swimming pools, saunas etc. is not possible.
- Make sure that your training device is kept on flat, hard and clean ground both in operation and at standstill. 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. We recommend placing MAXXUS® floor protection mats permanently under the device. Please ensure that these mats 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 is kept out of contact with hot items and is 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

- You should go to the doctor and have a health check before you start working out.
- 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 any moving parts of the device.
- 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.
- Improper repairs or structural modifications (attachment of non-permissible parts, removal of original parts etc) are not permitted. This can impair the technical safety of the device and cause risk for the user.
- Your training device must be cleaned after each use. Remove all dirt including body sweat or any other liquids.
- 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 before each training session if there are any items underneath the training device 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.
- Warn anyone present at your training sessions, especially children, of the possible risk. This applies to the areas where weight plates, weight stacks or barbells.
- Check all parts at regular intervals (at least once a month) and make sure that all screws and nuts are tightened properly.

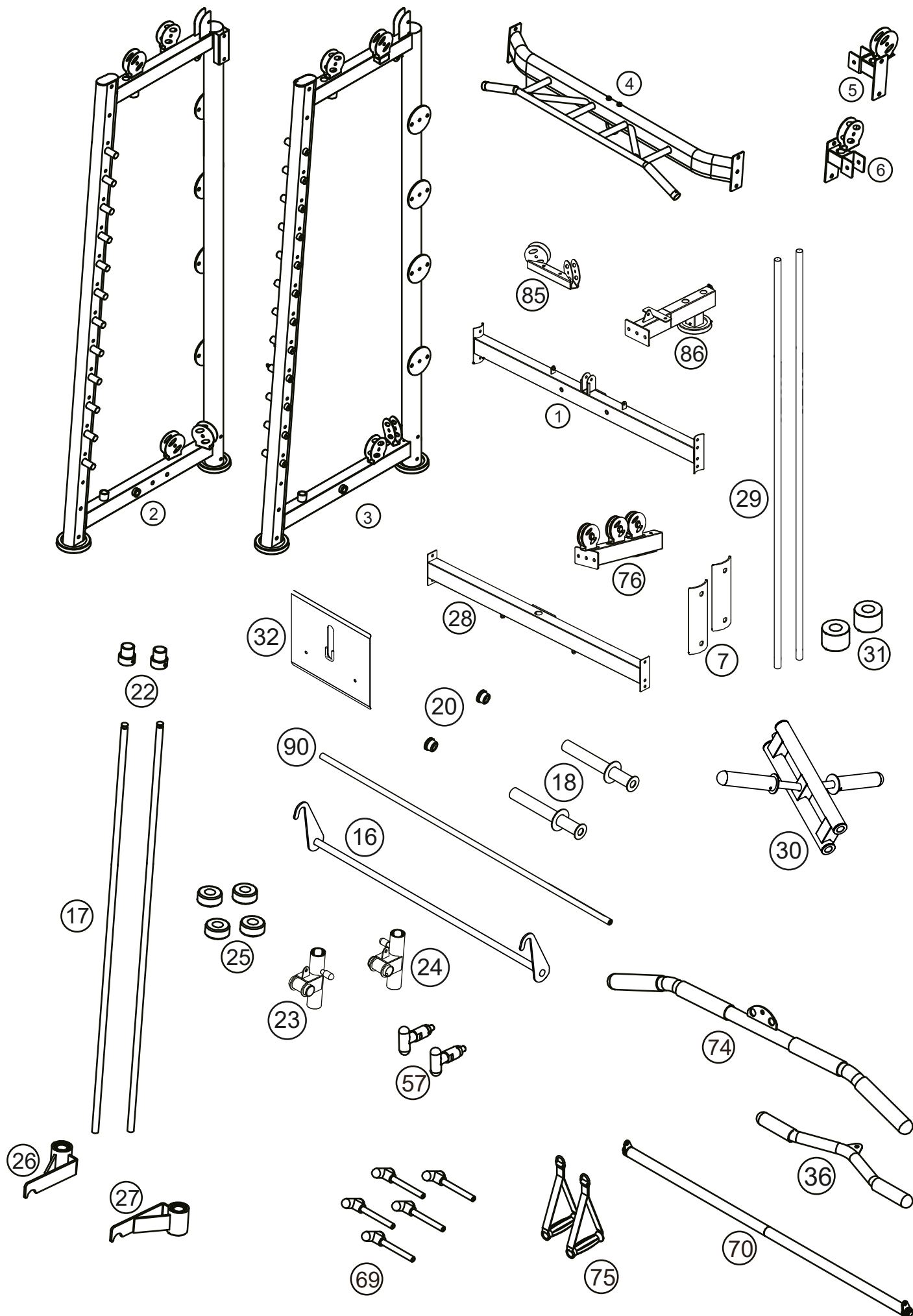
The construction of this training device is based on state of the art technology and highest modern technical safety standards.

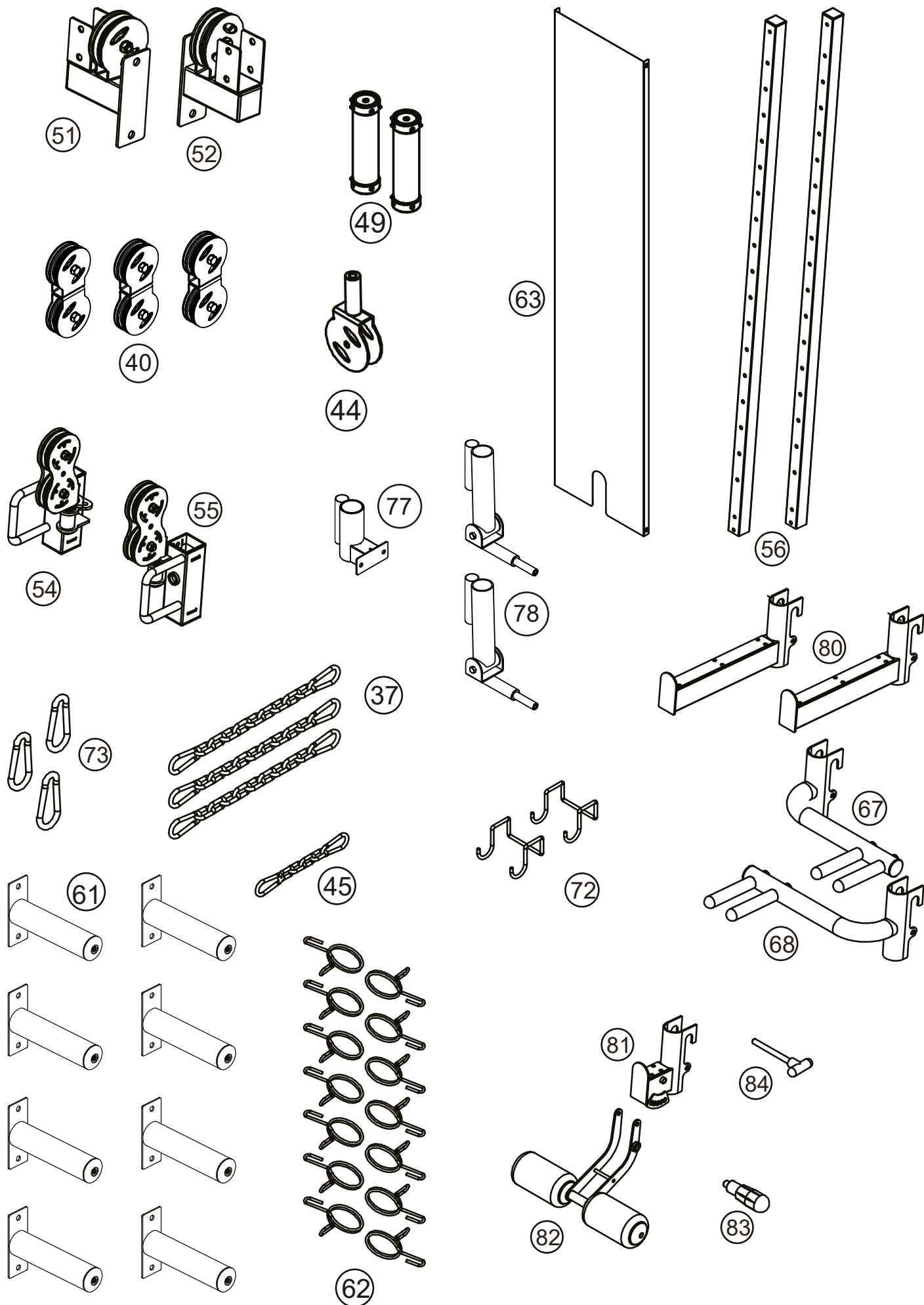
This training device is to be used by adults only!

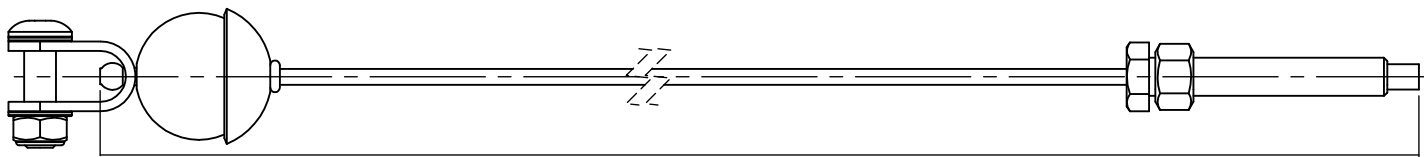
Extreme misuse and/or unplanned training can cause damage to your health!

Any manipulation of or interference with the device can cause damage to the device and be a danger to people.

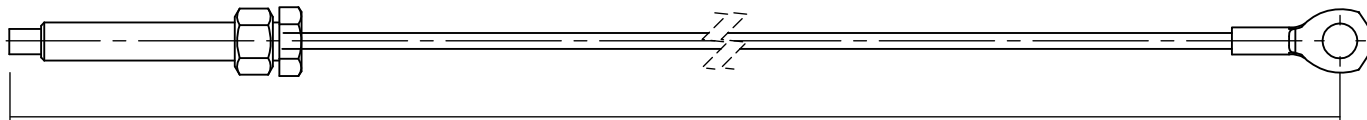
If you have any questions or queries contact your specialist dealer or the MAXXUS Service Team and they will be pleased to help you further.



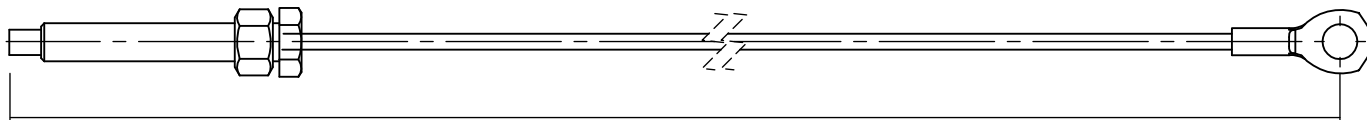




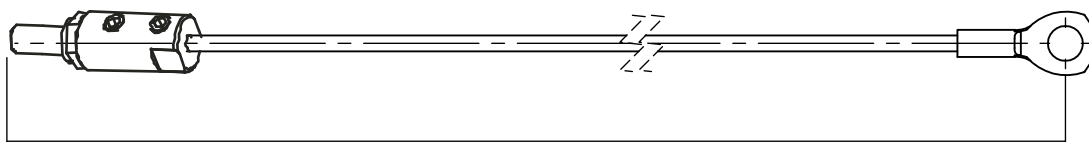
Traction Cable (39) - Length 4.430 mm



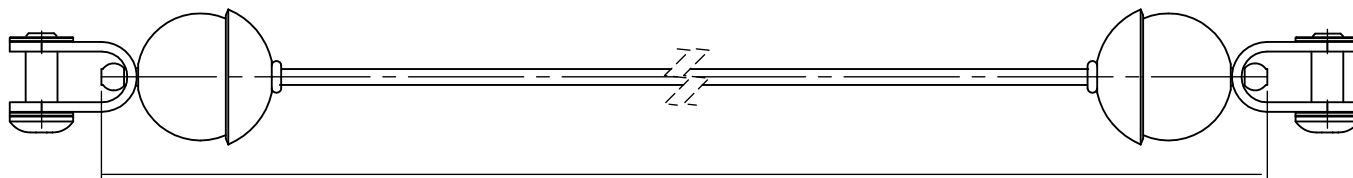
Traction Cable (42) - Length 1.860 mm



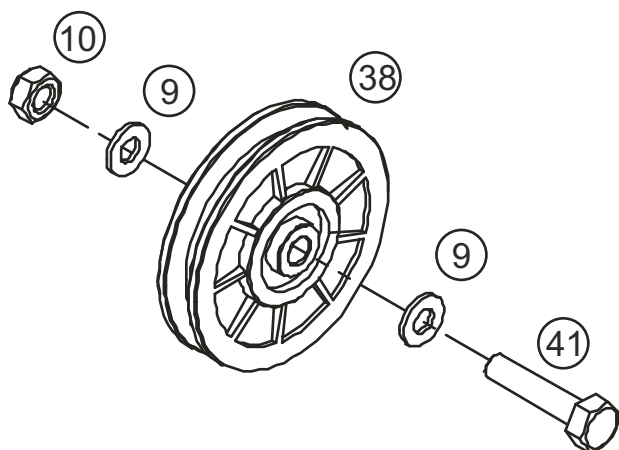
2x Traction Cable (47) - Length 2.380 mm



2x Traction Cable (58) - Length 3.580 mm



Traction Cable (59) - Length 10.690 mm

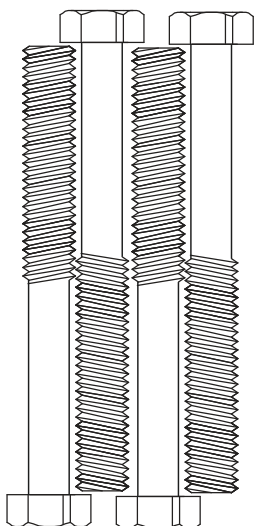


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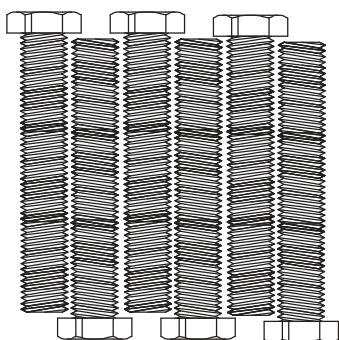
When assembling the rollers (38) only tighten the screws so far that they are turned into the nut.

Do not over-tighten the screws as this may cause the rollers to block.

Part	Description	Size	Qty
9	Washers	Ø10	50
10	Safety Nut	M10	25
38	Roller	Ø95 x Ø10,5	25
41	Socket Head Screw	M10 x 45	25

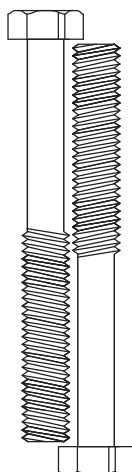


M10x100 4PCS (8)

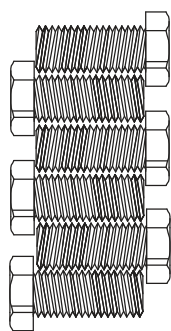


M10x20 6PCS (34)

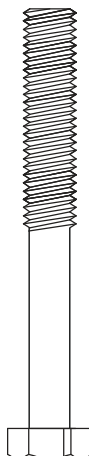
M10x70 6PCS (53)



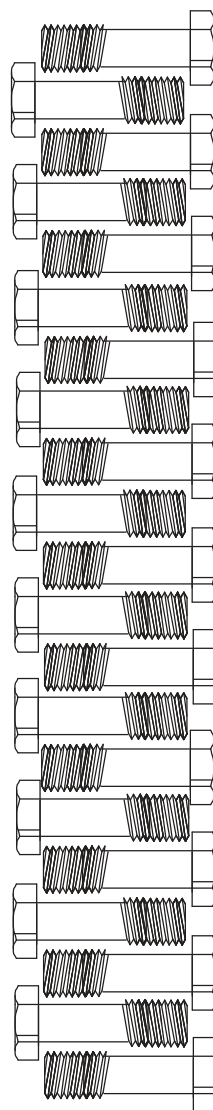
M10x75 2PCS (71)



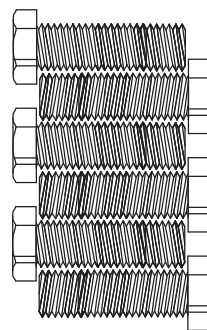
M10x25 6PCS (33)



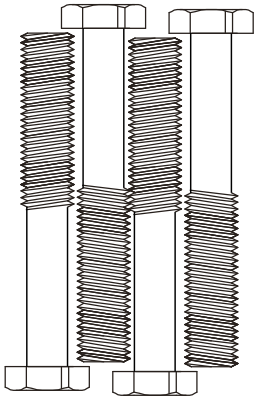
M10x95 1PCS (35)



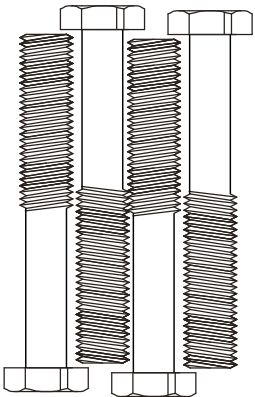
M10x45 21PCS (41)



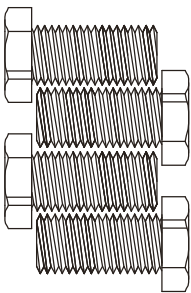
M10x50 6PCS (46)



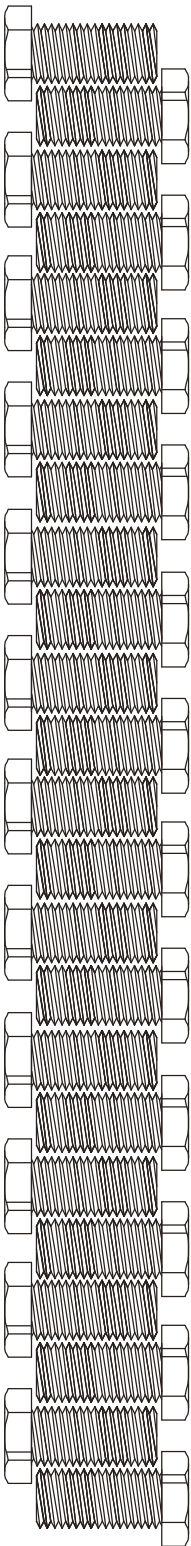
M12x70 4PCS (50)



M12x75 4PCS (11)



M12x30 4PCS (60)



M8x20 24PCS (64)



M8x10 4PCS (21)



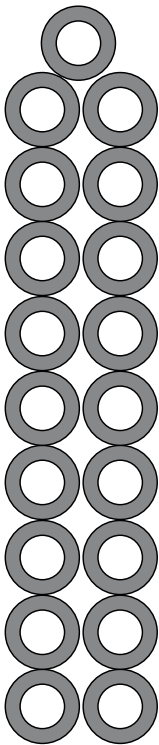
Ø8 4PCS (65)



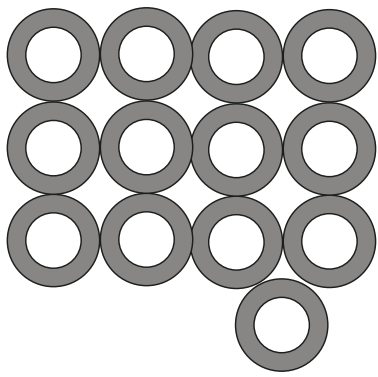
M12x75 4PCS (11)



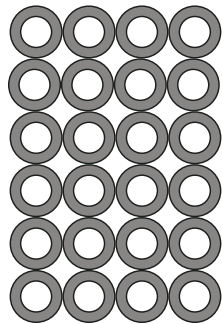
Ø12 6PCS (87)



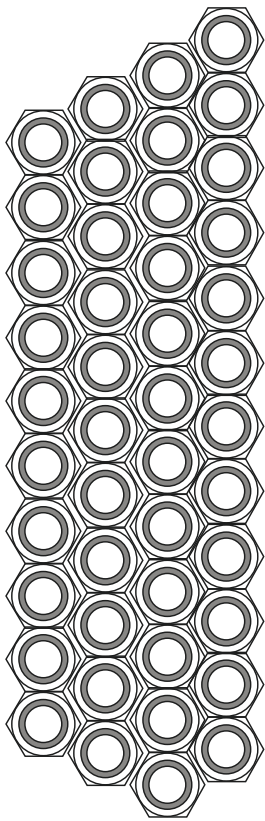
Ø10 97PCS (9)



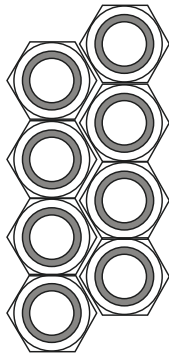
Ø12 26PCS (12)



Ø8 24PCS (66)



M10 45PCS (10)



M12 8PCS (13)



4MM 1PCS

8MM 1PCS



17-19 2PCS



14-17 1PCS

Parts List – Multipress

Part	Description	Qty
1	T Frame, base	1
2	Side Frame, left	1
3	Side Frame, right	1
4	Pull-up, cross-beam	1
5	Roller retainer, left	1
6	Roller retainer, right	1
7	Mounting plate	2
8	Hex. Head Screw M10 x 100	4
9	Washer Ø10	97
10	Safety Nut M10	45
11	Hex. Head Screw M12x75	4
12	Washer Ø12	26
13	Safety Nut M12	8
14	Safety Nut Ø25xM12x35	24
15	Safety Nut Ø25x98 x M12	24
16	Dumbbell Bar	1
17	Guide Pipe	2
18	Weight Sleeve	2
19	Hex. Head Screw M12x25	2
20	End Piece, round	2
21	Headless Screw M18x10	2
22	Fixing Bushing	2
23	Guide Element, left	1
24	Guide Element, right	1
25	Rubber Damper, Ø60xØ58xØ26x25	4
26	Safety Hook, left	1
27	Safety Hook, right	1
28	T-Cross Bar	1
29	Guide Pipe, rear	2
30	Weight Slide	1
31	Rubber Damper Ø60xØ27x42	2
32	Foot Plate	1
33	Hex. Head Screw M10x25	6
34	Hex. Head Screw M10x20	6
35	Hex. Head Screw M10x95	1

Part	Description	Qty
36	Draw Bar, short	1
37	Chain with Carabiner, long	3
38	Roller Ø95xØ1.5x24.4	25
39	Traction Cable - Length 4.430mm	1
40	Double Roller	3
41	Hex. Head Screw M10x45	21
42	Traction Cable – Length 1.860mm	1
43	–	
44	Single Roller Holder	1
45	Chain with Carabiner, short	1
46	Hex. Head Screw M10x50	6
47	Traction Cable – Length 2.380mm	2
48	Cable Guide	4
49	Traction Weight	2
50	Hex. Head Screw M12x70	4
51	Roller Holder, left	1
52	Roller Holder, right	1
53	Hex. Head Screw M10x70	6
54	Guide Frame w. Double Roller, left	1
55	Guide Frame w. Double Roller, right	1
56	Guide Pipe, square	2
57	Locking Pin	2
58	Traction Cable – Length 3.580mm	2
59	Traction Cable – Length 10.690mm	1
60	Hex. Head Screw M12x30	4
61	Barbell Sleeve	10
62	Spring Clip	14
63	Cover Plate	1
64	Hex. Head Screw M8x20	24
65	Spring Washer	4
66	Washer	24
67	Push-up Grip, left	1
68	Push-up Grip, right	1
69	Locking Pin Ø10x75	5
70	Draw/Push Bar	1

Parts List – Multipress

Part	Description	Qty
71	Hex. Head Screw M10x75	2
72	Hook	2
73	Carabiner Hook	3
74	Pull Bar, long	1
75	Pull Grip	2
77	Dumbbell Bar Holder, fixed	1
78	Dumbbell Bar Holder, moving	1
80	Shelf, long	2
81	Mounting for Leg Stabiliser	1
82	Leg Holster w. Curved Cushion	1
83	Threaded Spring Clip Grip	1
84	Locking Pin Ø10x100	1
85	Roller Guide	1
86	Foot, rear	1
87	Spring plate Ø12	6
90	Basic Pipe f. Barbell Bar	1

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Assembly – Multipress

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.

Please be aware a possible risk of injury at the time of assembly and at each time of using this device exists. For this reason, always be careful and thorough in your actions when assembling this device.

Make sure that the parts necessary for each stage of assembly are only hand tightened together and only tighten parts completely when all parts have been fitted together perfectly.

Training can only start when the training device has been fully assembled.

Assembly Step 1:

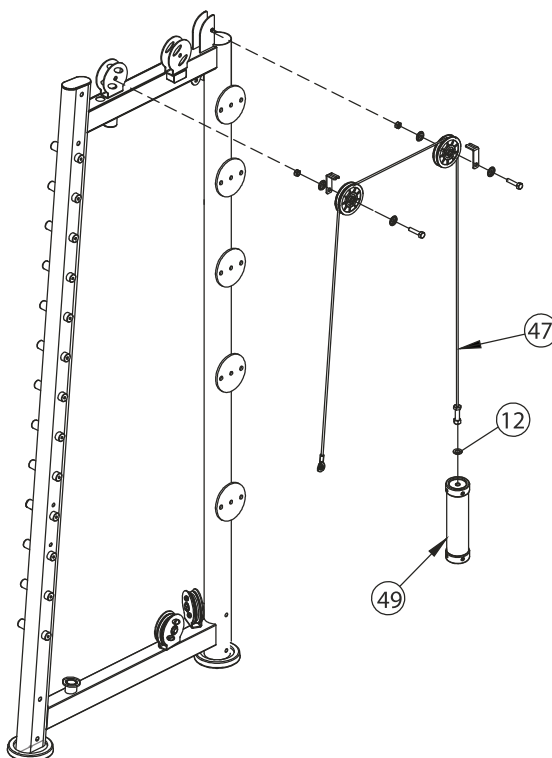
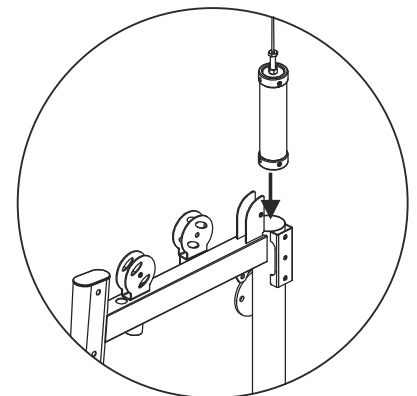
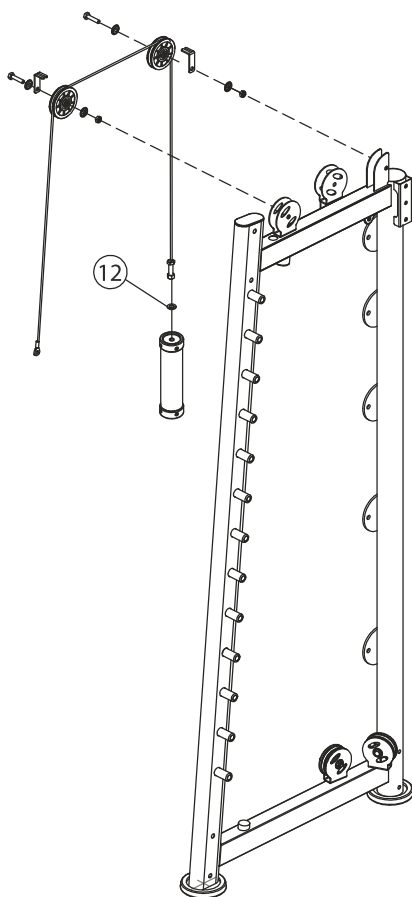
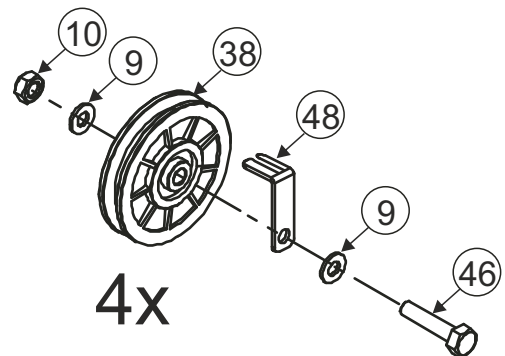
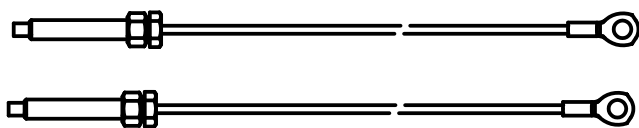
Fix the traction weights (49) with a washer Ø12 (12) to each threaded end of the traction cable (47). Then put a traction weight (49) in the rear pipe on the left and right-side frame (2-left/3-right) – see here the circle section diagram.

Now, mount the two rollers (38), each with a hexagonal head screw M10x50 (46), two washers Ø10 (9), a cable guide (48) and a safety nut M10 (10) in the two upper roller holders on the left-hand side frame (2). Make sure that the position of each cable guide (48) is correct.

Feed the other looped end of the traction cable (47) through the cable guides (48) and over the two previously mounted rollers (38). Then feed the traction cable through the hole in the left-hand side frame and pull down.

Repeat the same procedure on the right-hand side.

2x Traction Cable (47) - Length 2.380 mm



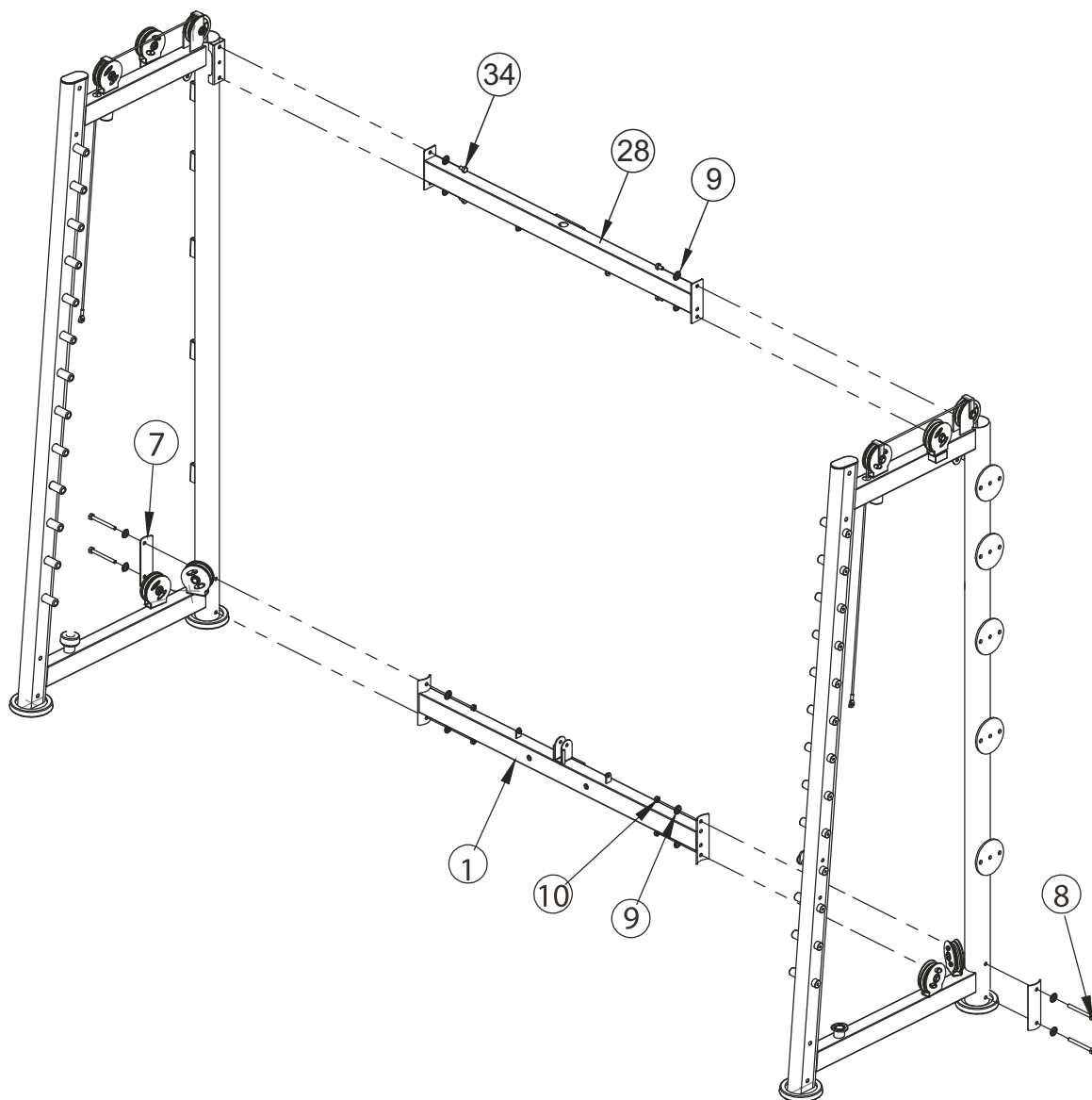
Assembly Step 2

Connect the left-hand side frame (2) the right-hand side frame (3) and the rear side frames to the base frame (1) at the bottom. For this use on each side; 2 hexagonal head screws M10x100 (8), four washers Ø10 (9), two safety nuts M10 (10) and a curved mounting plate (7). To stick the screws (8) through the frames (2) you will need to lift the traction weights (49) mounted here in Step 1 as these will otherwise be blocking the drill holes.

With cross beam (28), connect the left-hand side frame (2) and the right-hand side frame (3) to the rear sides at the top. To do this use two hexagonal head screws M10x20 (34) and two washers Ø10 (9) on each side.

NOTE:

Please only hand tightened all screws until all components are fitting perfectly. Only after this, should the screws be firmly tightened.



Assembly Step 3

First mount the roller guide (85) to the rear foot (86) using two hexagonal head screws M10x50 (46), four washers Ø10 and two safety nuts M10 (10)

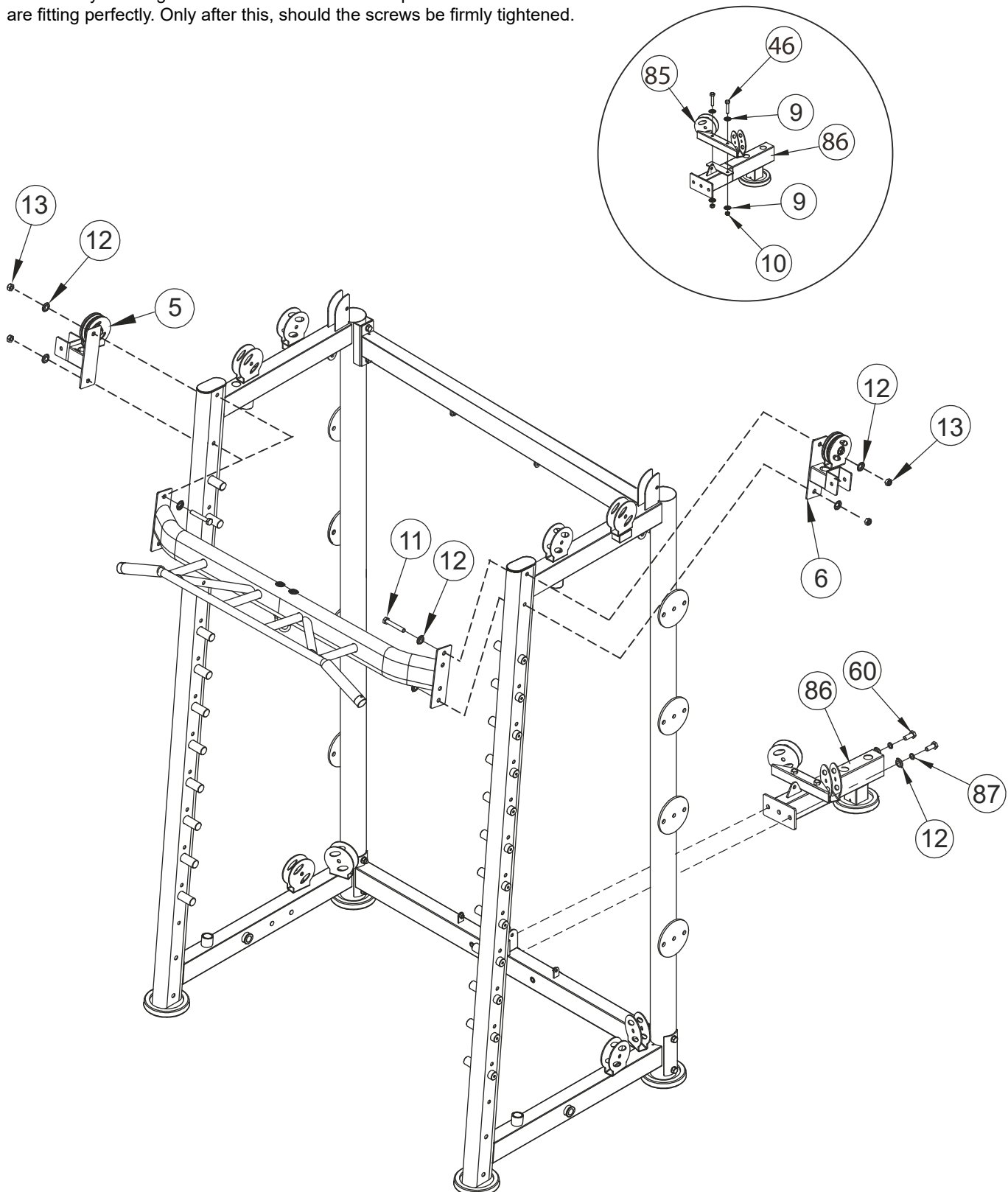
➔ see here the circled segment diagram.

Then fix rear foot (86) onto base frame (1) using two hexagonal head screws M12x30 (60), two spring plates Ø12 and two washers Ø12 (12).

Now connect the left-hand side frame (2) and the right-hand side frame (3) to the front at the top with the pull-up cross beam (4). To do this use on both sides; two hexagonal screws M12x75 (11), four washers Ø12 (12), two safety nuts M12 (13) and similarly to mount the left roller holder (5) to the outside of the left side frame and the right roller holder (6) to the right-hand side frame.

NOTE:

Please only hand tightened all screws until all components are fitting perfectly. Only after this, should the screws be firmly tightened.



Assembly Step 4:

Hook-in the dumbbell bar (16) with the holding hooks to the left and right-hand side frames. Slide the basic pipe for the barbell bar (90) through the grip bar with hooks (16).

Tipp: First lubricate or fat the surface of the basic pipe (90) with some multi-function fat or with a silicon spray.

Assembly of the left Guide Pipe (17)

Slide the following parts onto the guide pipe (see circled segment diagram):

- Guide element (23) – Rubber Damper, round (25) – Safety Hook, left (26) – Rubber Damper, round (25)

Please make sure here of the sequence and direction! Take utmost care when placing the guide element (23) into the guide pipe. There are ball bearings inside the guide element which could become damaged if guide element gets jammed in the pipe.

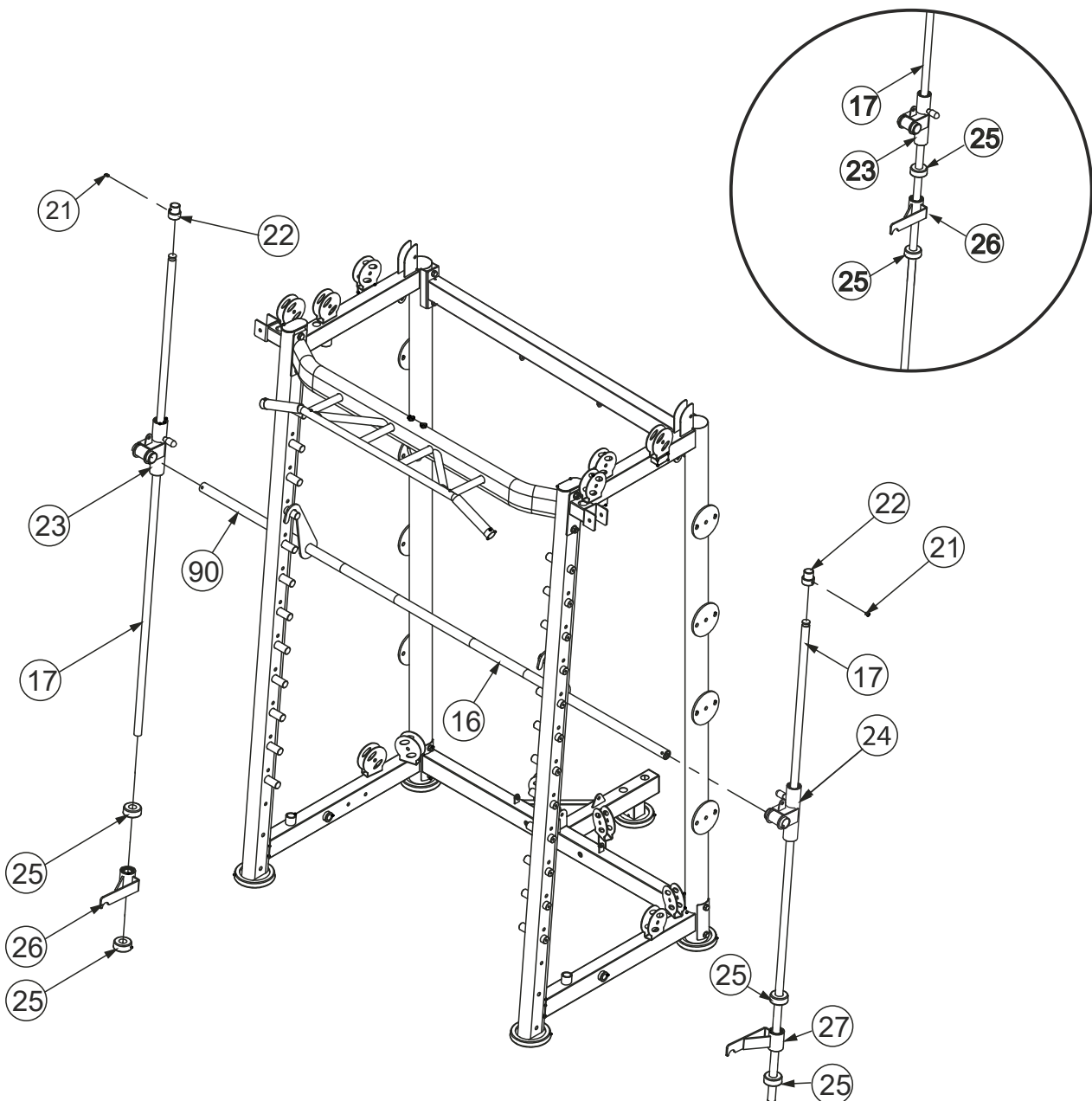
Place the fixing bushing (22) from above onto the guide pipe (17).

Slide the guide element, left (23) with the guide pipe (17) onto the left dumbbell bar (16) mounting.

Then place the guide pipe in the lower mounting of the left side frame.

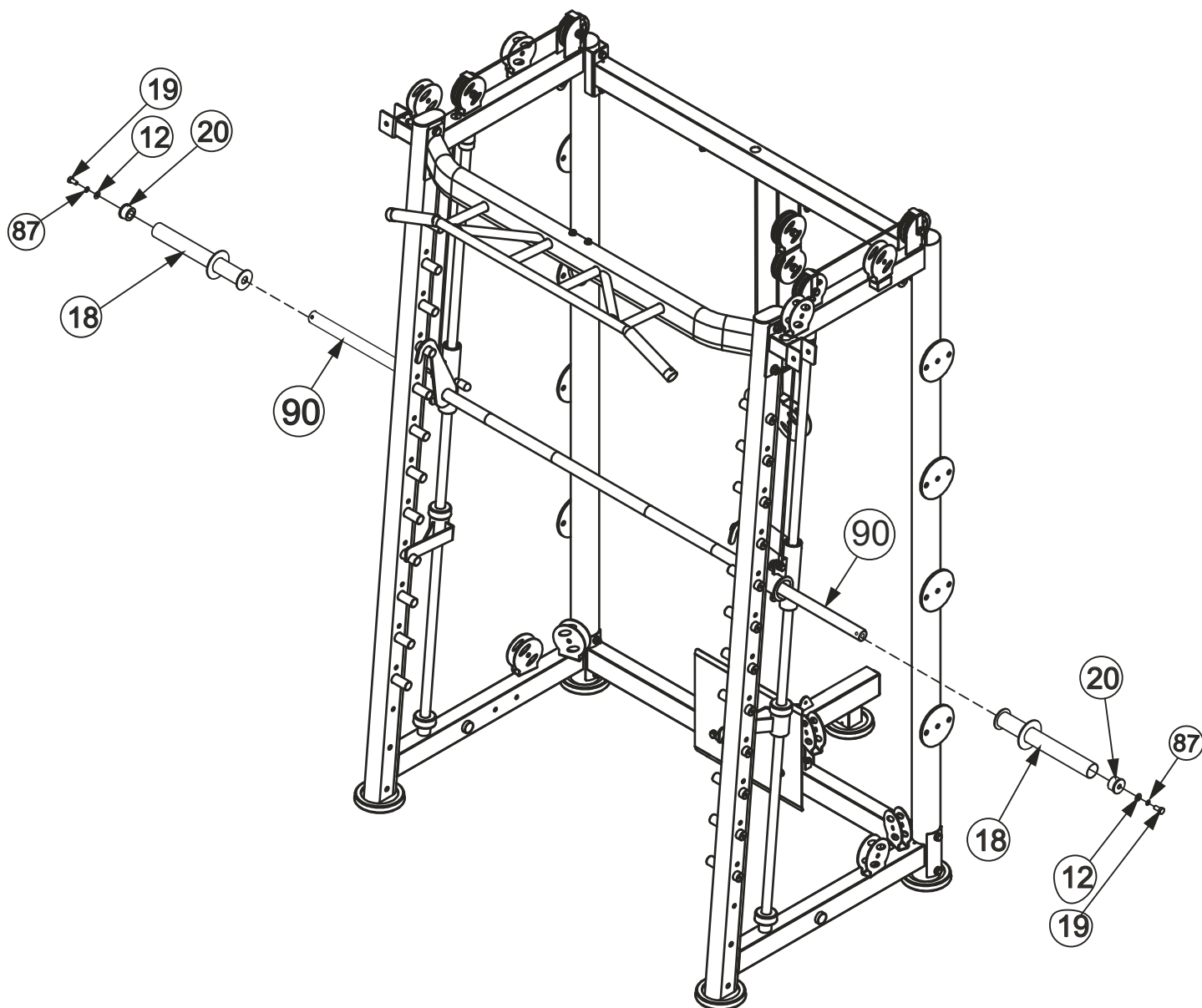
Finally, place the top end of the guide pipe with the fixing bushing (22) in upper mounting of the left-hand side frame and fix the bushing by tightening the headless screw M8x10 (21)

Follow the same procedure with the right guide pipe (17).



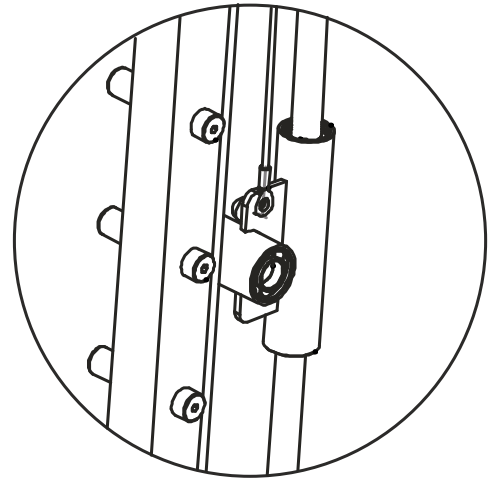
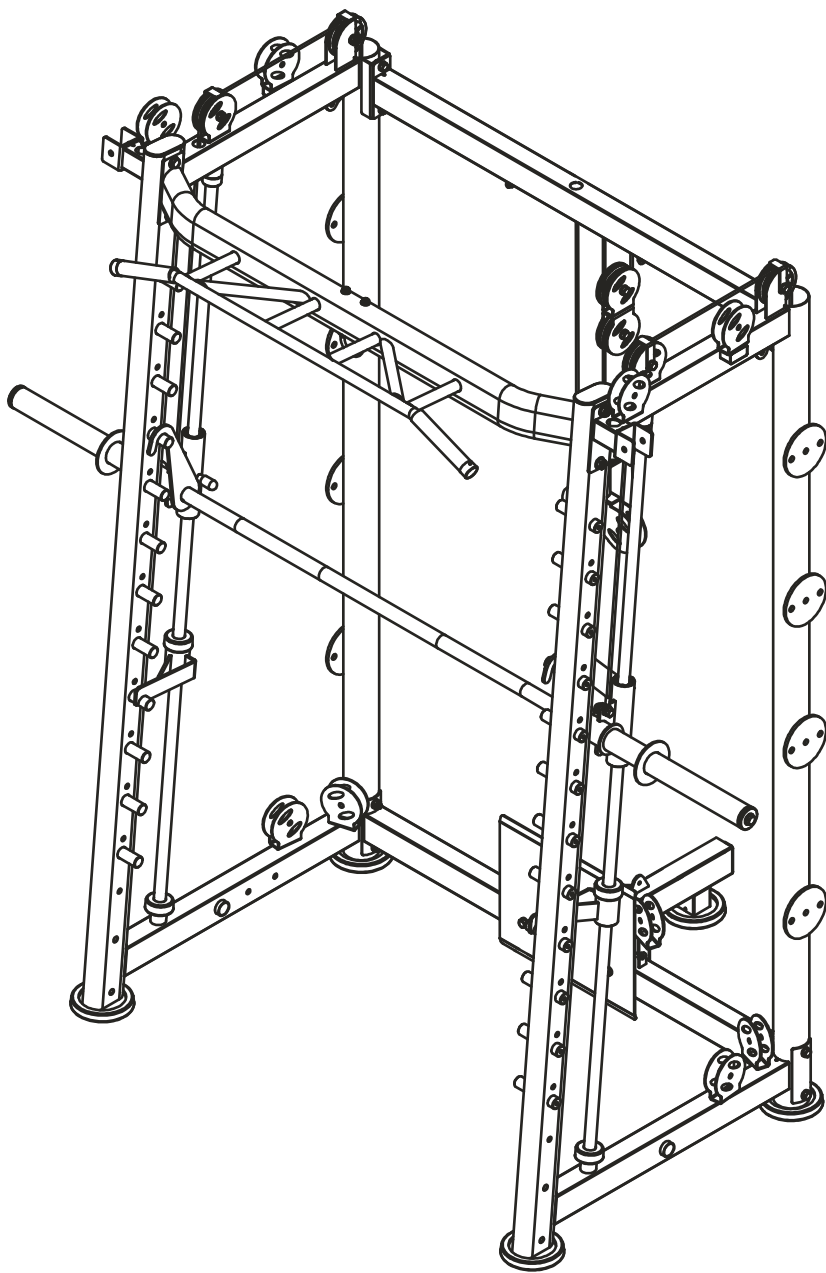
Assembly Step 4.1:

Slide a weight sleeve (18) on the right and left ends of the dumbbell bar (16). Fix each of these with an end piece, round (20), a washer Ø12 (12) and a hexagonal head screw M12x25 (19).

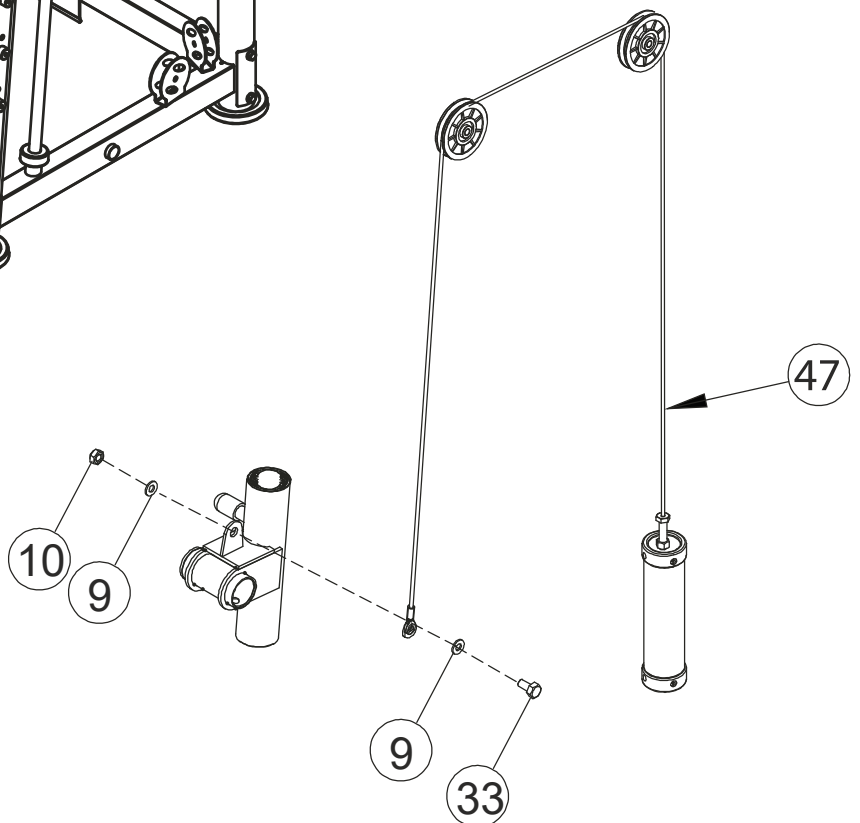


Assembly Step 5:

Fix the loop on the end traction cable (47), which you already assembled in Step 1, using one of the following; hexagonal head screw M10x25 (33), two washers Ø10 (9) and a safety nut M10 (10) to the left and right-hand guide elements on the dumbbell bar – see circled segment diagram.



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Assembly Step 6

Place the rear guide pipes (29) in the mountings on the weight slide (30).
Make sure that both dumbbell plate mountings on the weight slide are pointing upwards.

Slide on the two round rubber dampers (31) from below onto the guide pipes (29).

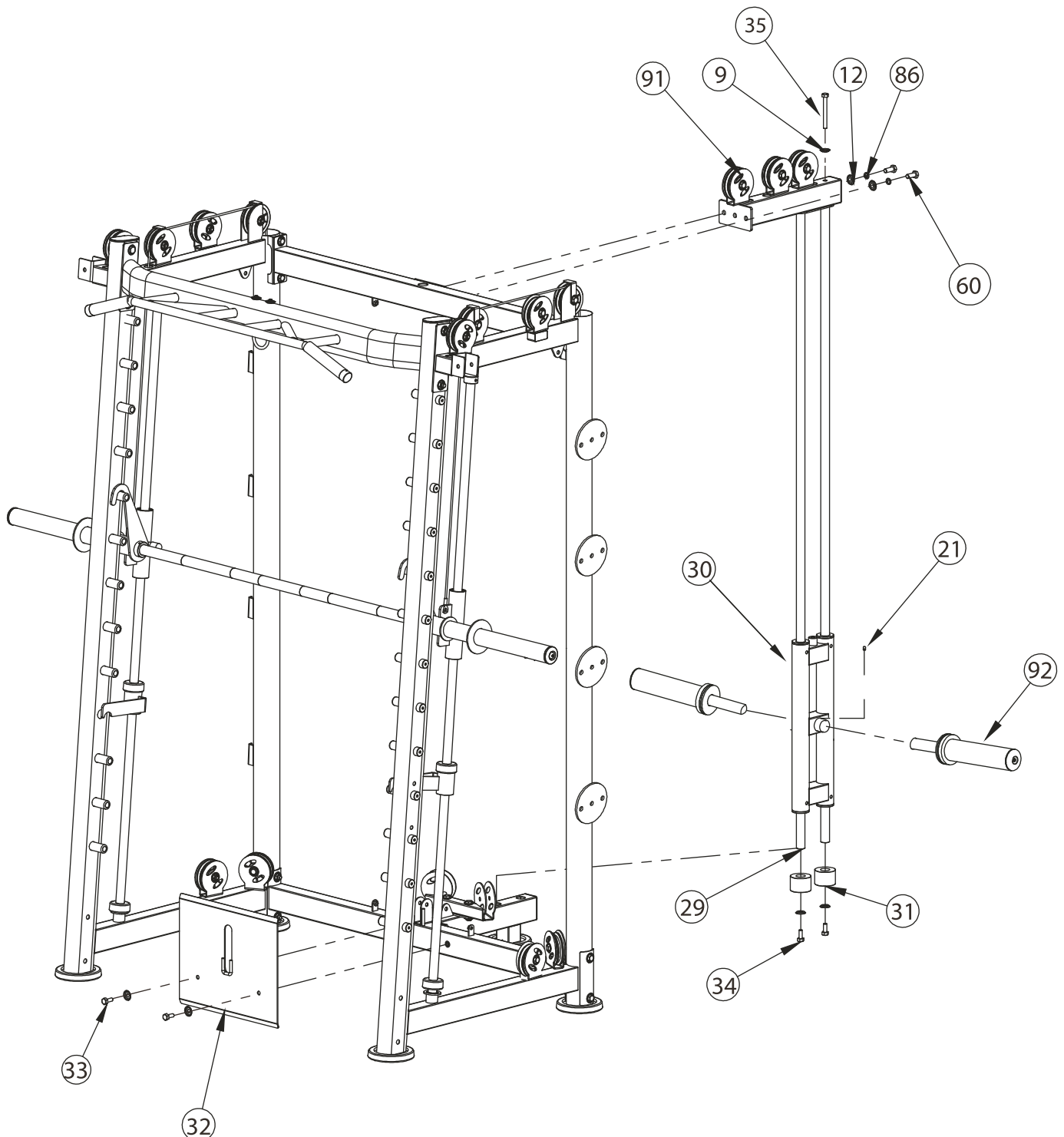
Then place the guide pipes in the drill holes in the lower T-frame using one screw M10x20 (34) and a washer Ø10 (9) on each side.

Place the upper T-cross bar (28) on the guide pipes (29) between the two side frames. Fix the T-cross bar (28) on the right and left to the base frame using two hexagonal head screws M10x20 (34) and two washers Ø10 (9) on each side. Fix then the rear guide pipe (29) to the upper T-cross bar (28) using a hexagonal head screw M10x95 (35) and a washer Ø10 (9).

Mount foot plate (32) using two hexagonal head screws M10x25 (33) and two washers Ø10 (9) to the lower T-cross bar.

NOTE:

Please only hand tightened all screws until all components are fitting perfectly. Only after this, should the screws be firmly tightened.



Assembly Step 7

Connect the end of the traction cable (39) with the thread connection on the weight slide.

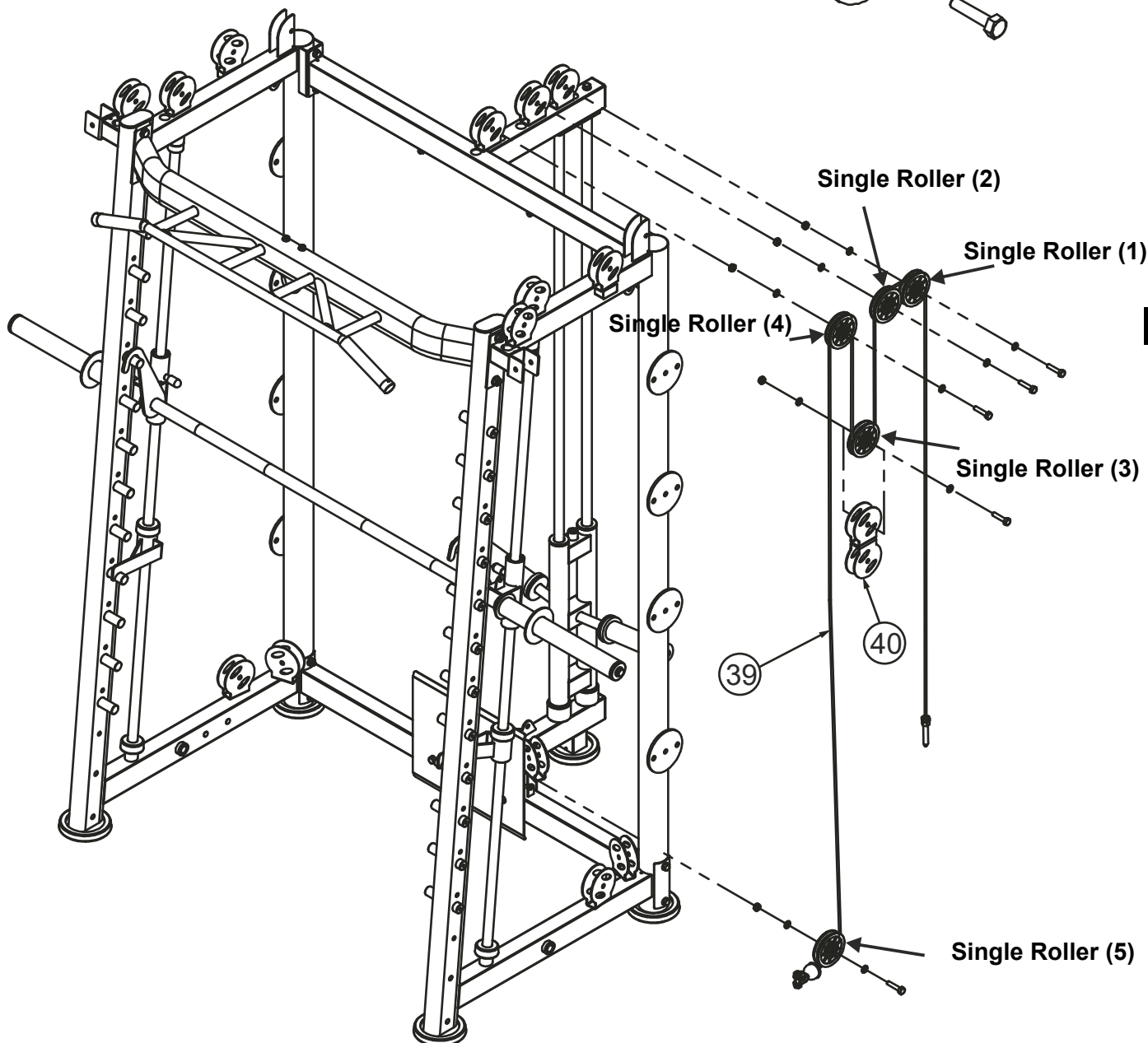
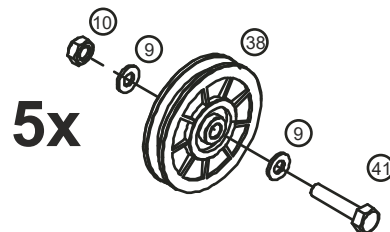
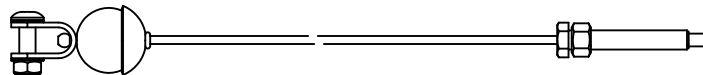
Feed the traction cable (39) up and over single rollers (1) and (2) and assemble rollers (1) and (2) onto the T-frame. Then feed traction cable (39) over the upper rollers on double roller (40) and then over roller (4) on the T-frame.

Now feed traction cable (39) down and over single roller (4) on the lower T-frame and towards the front through the hole in the foot plate. Fix single roller (4) to the lower T-frame.

Double Roller (40)



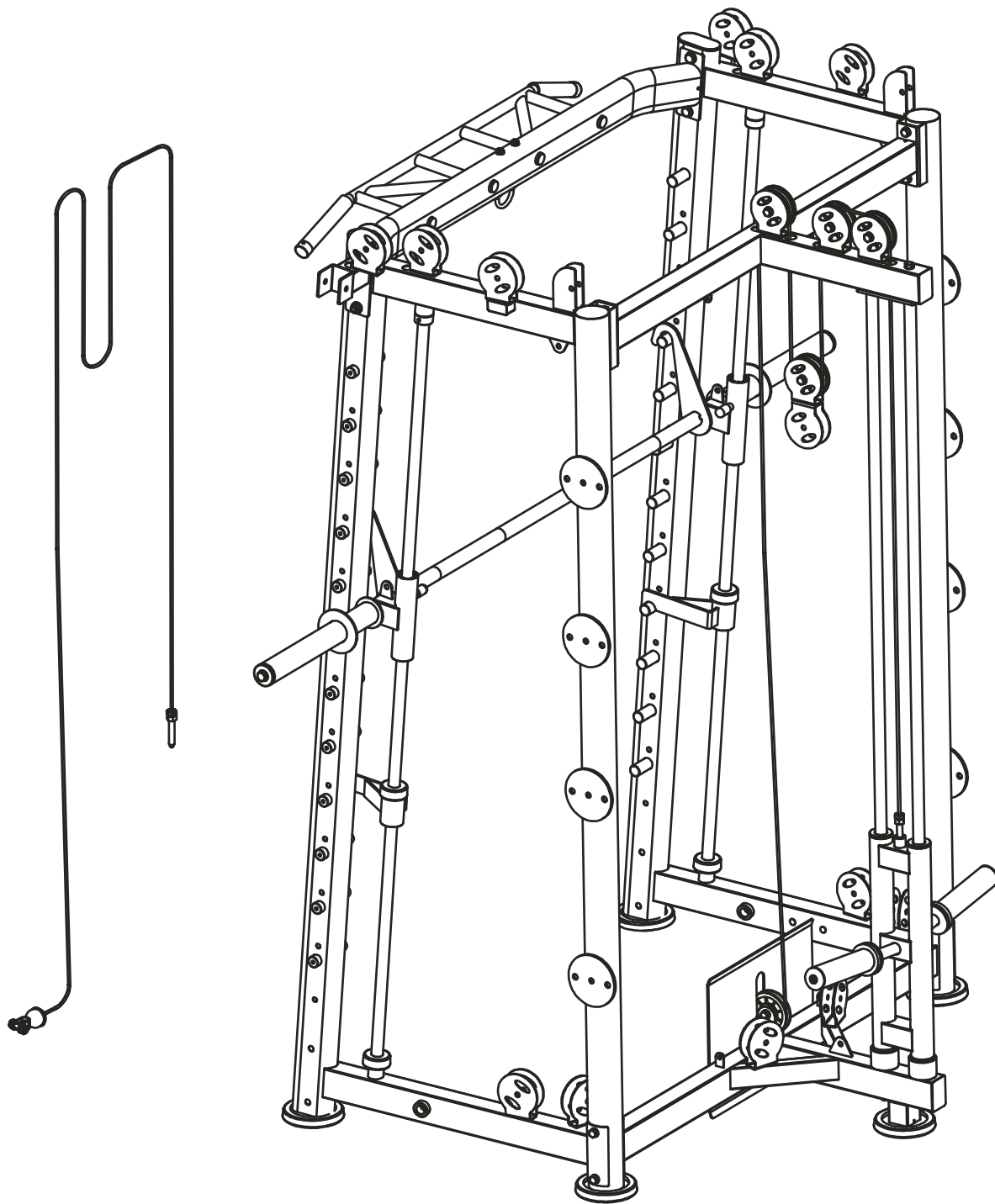
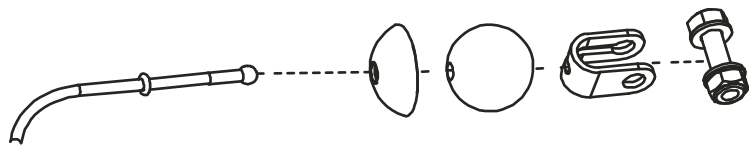
Traction Cable (39) - Length 4.430 mm



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NOTES: Assembly of the Traction Cable:

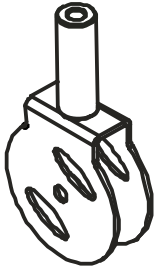
To feed the traction cable through the rollers or through the hole in foot plate, undo and remove the screw and nut at the ball end of the cable. Then remove the U-bracket and the ball and metal cup plate. Replace these parts on the end of the traction cable once you have finished assembling it.



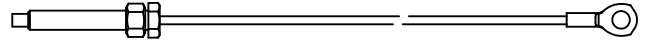
Assembly Step 8

Fix the single roller holder (44) and washer Ø10 (12) onto the thread on the end of the traction cable (42). Then feed the other looped end of the traction cable (42) over the lower roller of double roller (40) mounted in Step 4. Now hang one of the carabiner hooks on the chain onto the looped end of the traction cable and the second carabiner on chain (45) to the loop on the lower T-frame.

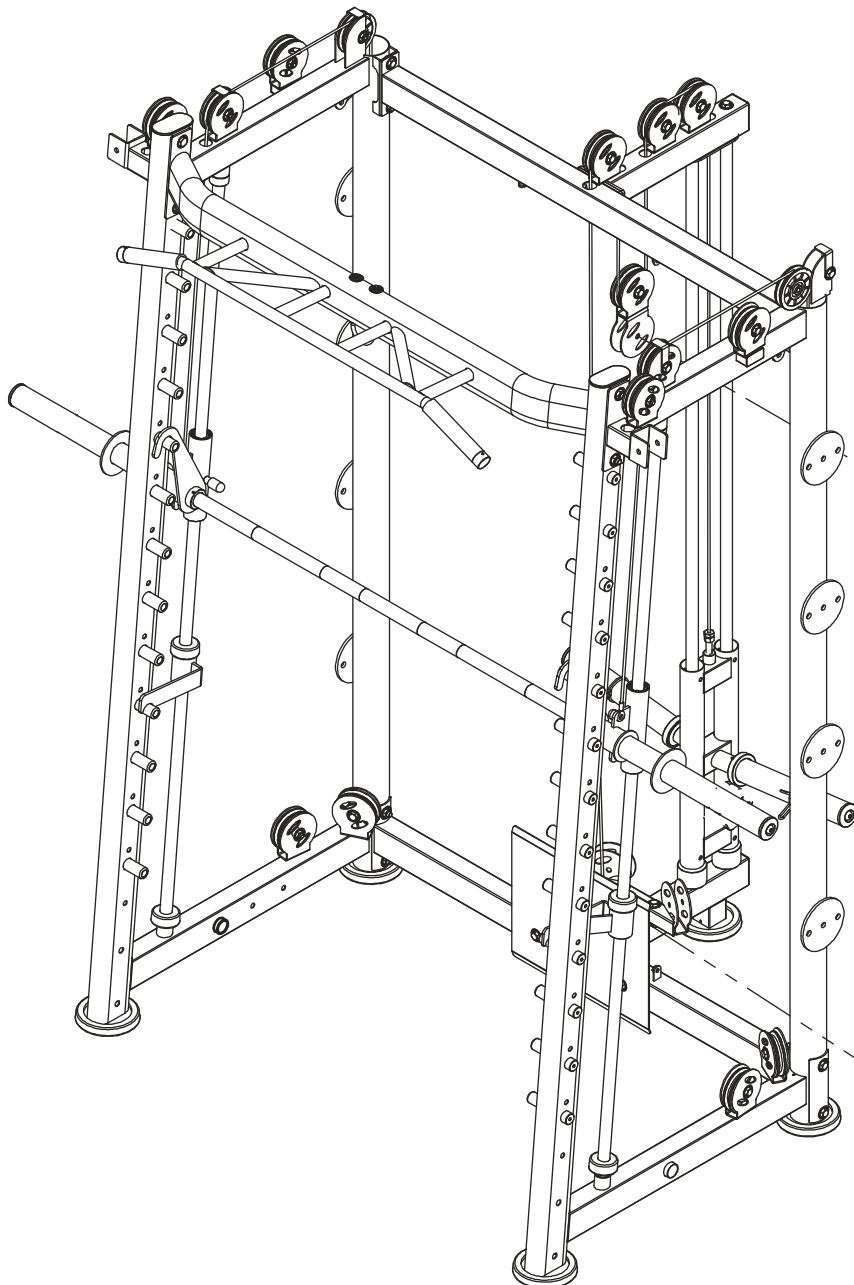
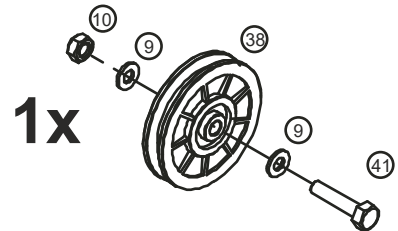
Single Roller Holder (44)



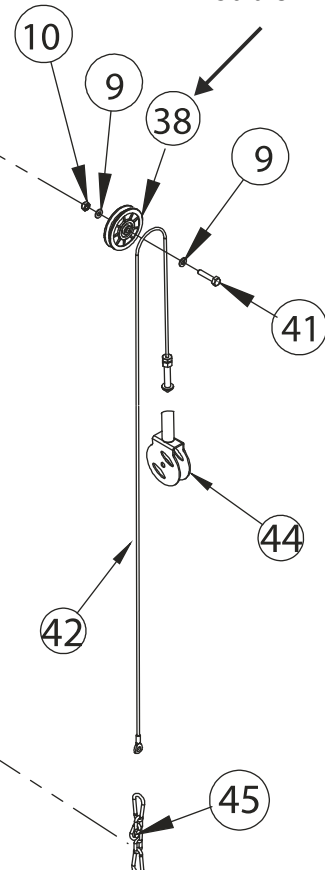
Traction Cable (42) - Length 1.860 mm



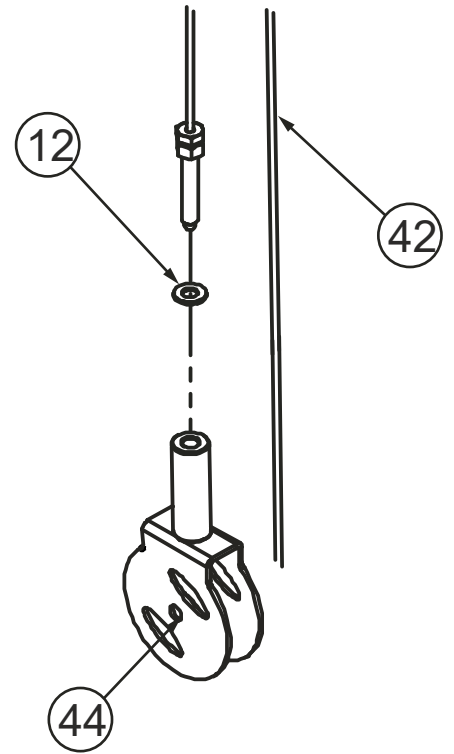
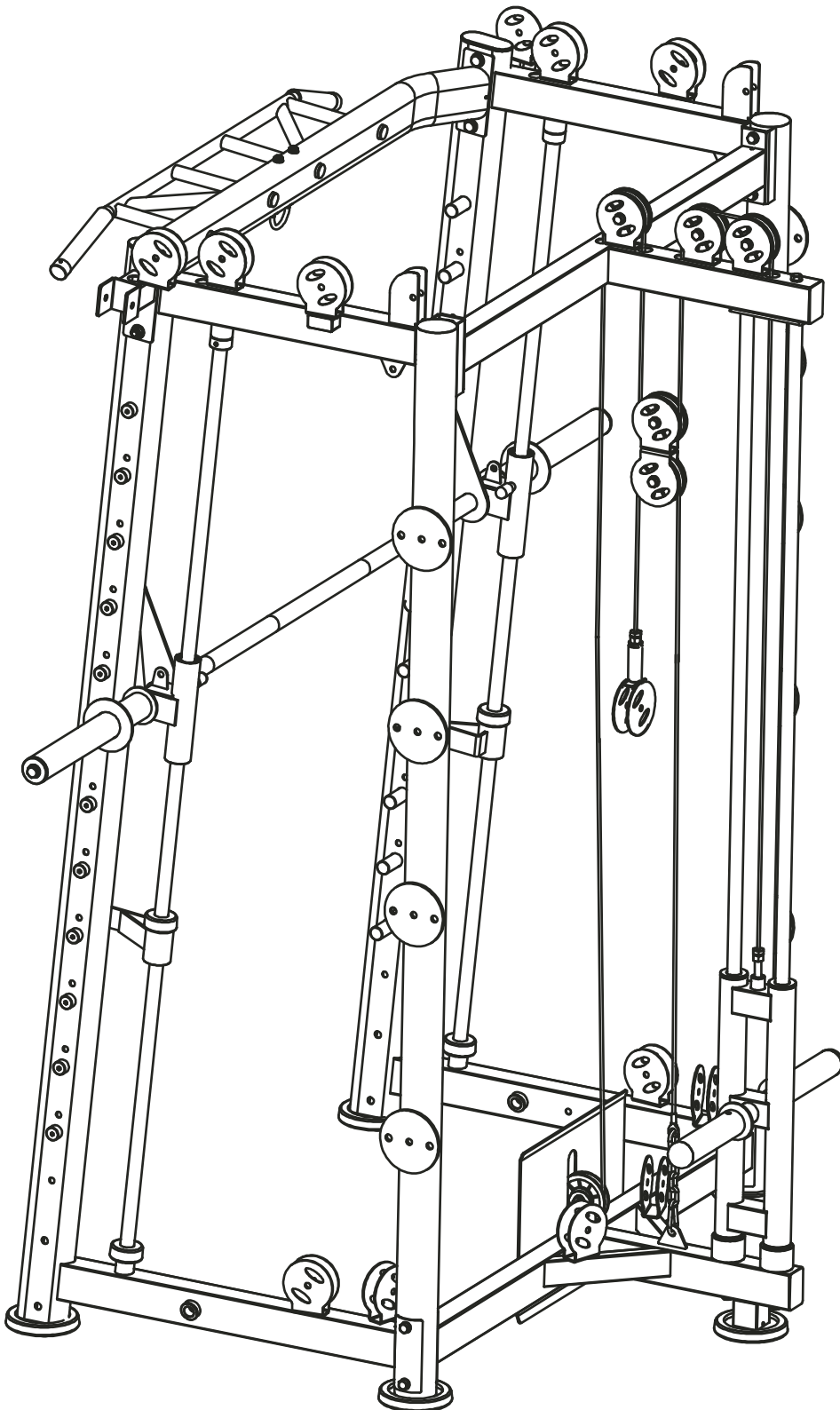
Chain with 2 Carabiner Hooks (45)



Lower Roller on Double Roller (40)



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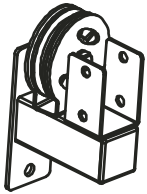


Assembly Step 9

Fix the lower left roller holder (51) with 2 hexagonal head screws M12x70, four washers Ø12 and two safety nuts M12 (13) to the left-hand side frame.

Repeat this procedure on the right-hand side.

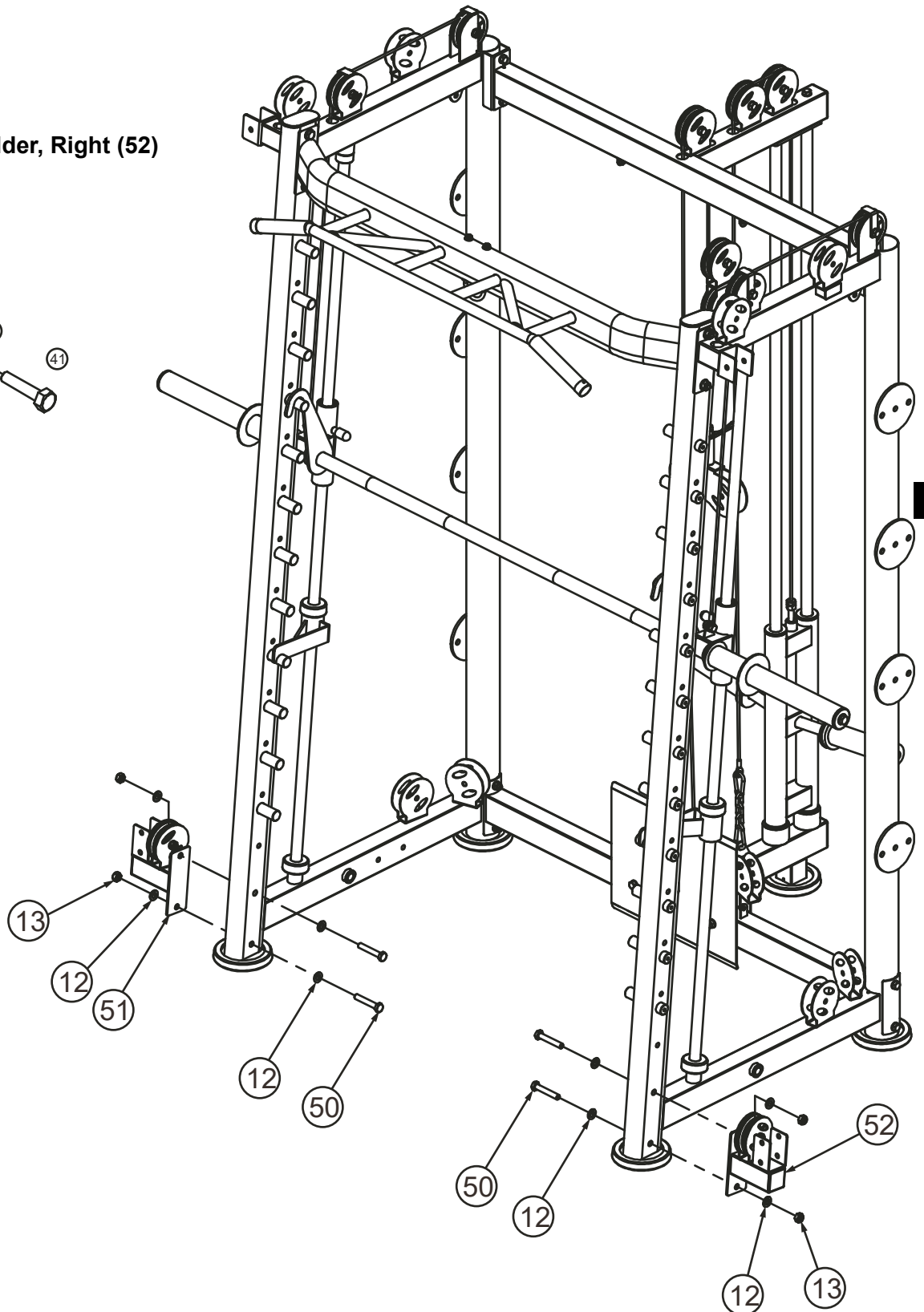
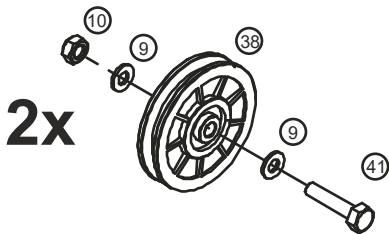
Roller holders have been correctly assembled if the roller on the right-hand roller holder is turning slightly to the right and the left-hand roller is turning slightly to the left.



Roller Holder, Left (51)



Roller Holder, Right (52)



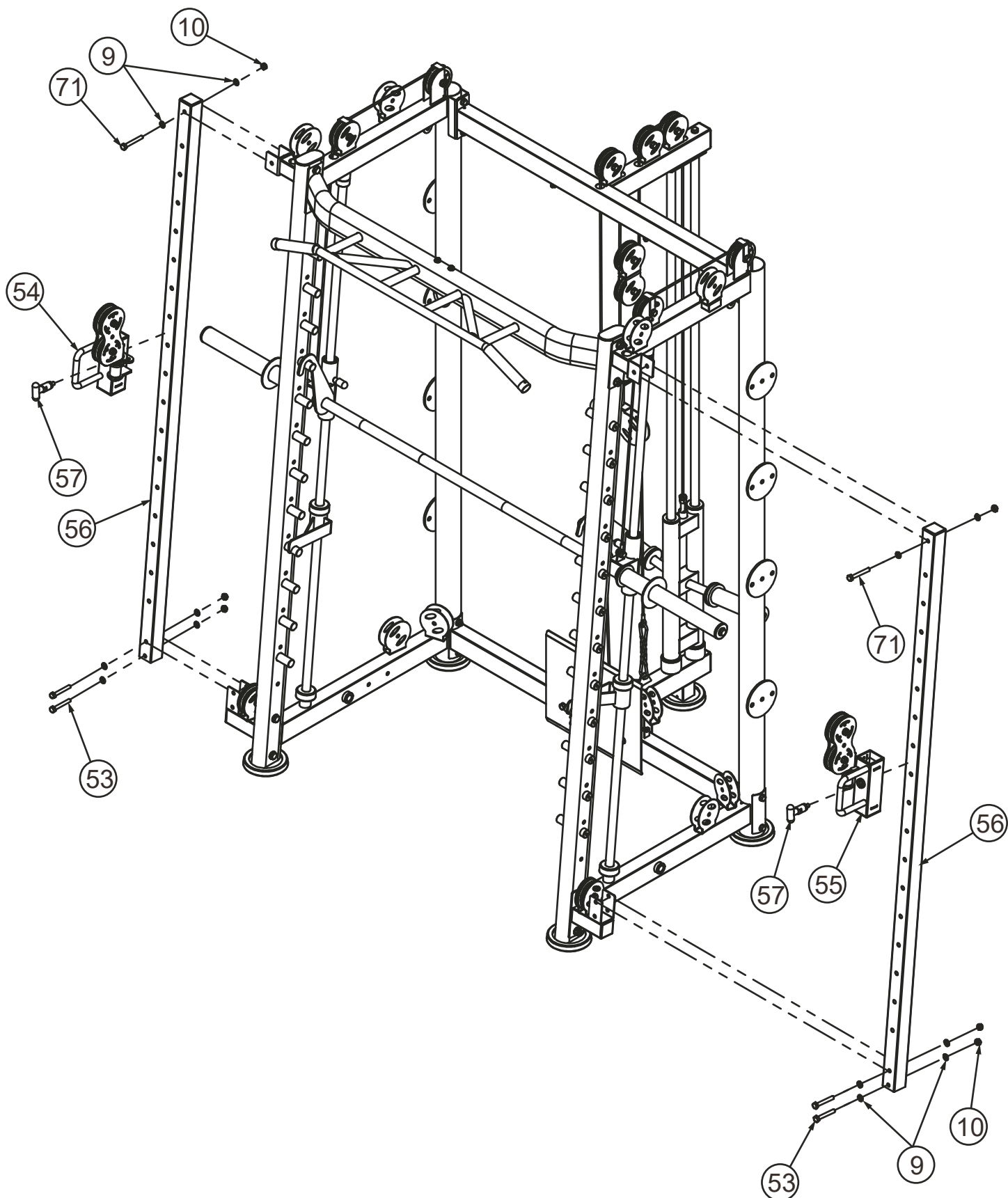
ENG

Assembly Step 10

Place the left-hand guide frame with double roller (54) onto one of the guide pipes (56). Make sure that it is correctly aligned. Then fix guide frame (54) with a locking pin (57) on the guide pipe (56).

Now fix the square guide pipe (56) to the top and bottom of the left-hand side frame. At the top use a hexagonal head screw M10x75 (71), two washers Ø10 (9) and a safety nut M10 (10) and at the bottom use two hexagonal head screws M10x70 (53), four washers Ø10 (9) and two safety nuts M10 (10).

Repeat this procedure on the right-hand side.



Assembly Step 11

Fix the end of the traction cable (58) (threaded retainer – not the looped end!) using a safety nut M10 (10) and a washer Ø10 (9) to the left-hand guide frame with double roller (54).

Feed through the looped end of the traction cable (58) upwards through the hole in the connecting piece between the left-hand guide pipe and the left-hand side frame.

Then feed the traction cable further on over the two rollers attached on the side of the left-hand guide frame.

Then pull the cable downwards and put it in the top roller of double roller (40).

Now bring traction cable (58) back upwards and fix it onto the attachment loop on the left-hand side frame.

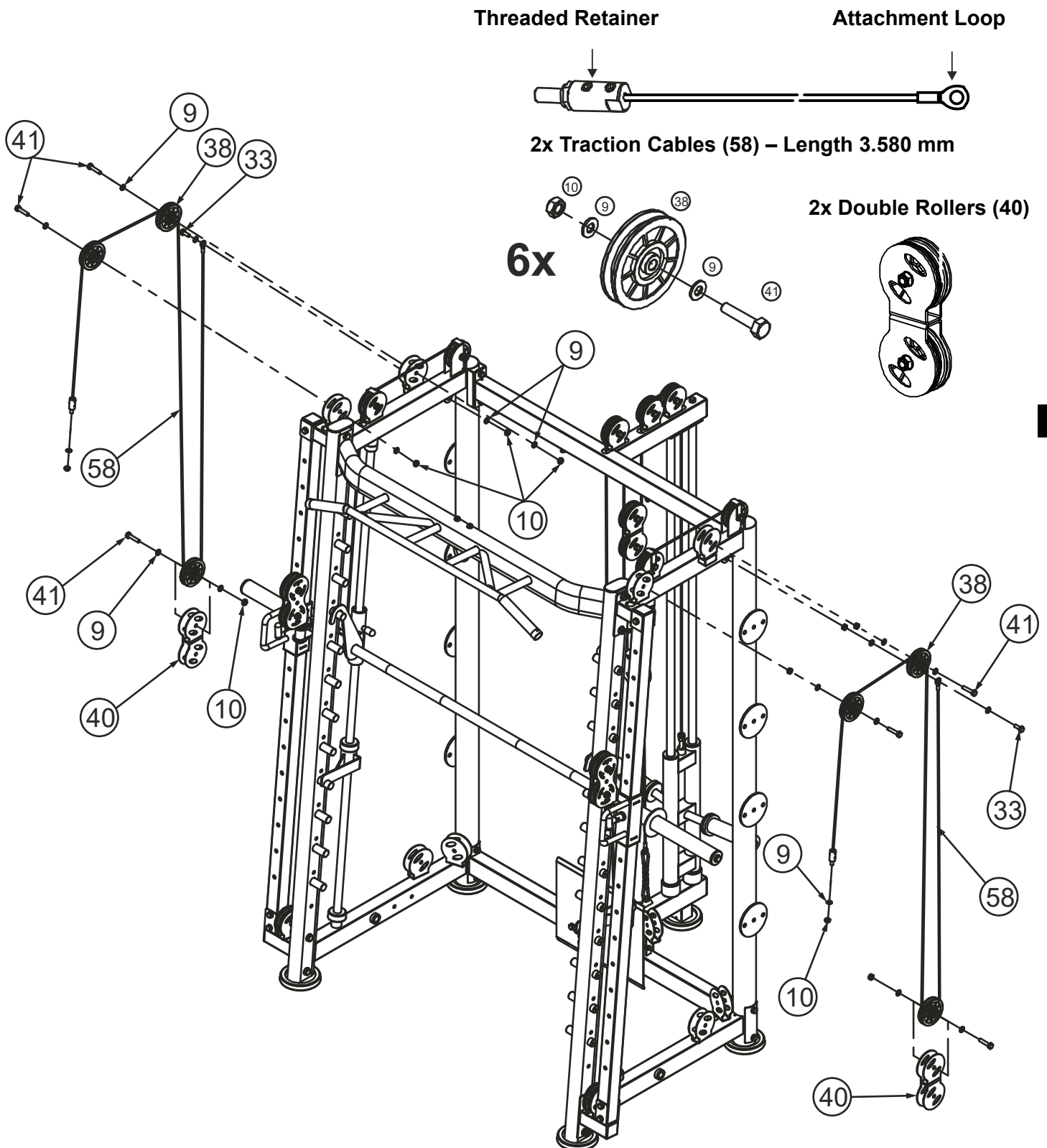
To do this use a hexagonal head screw M10x25 (33), two washers Ø10 (9) and a safety nut M10 (10).

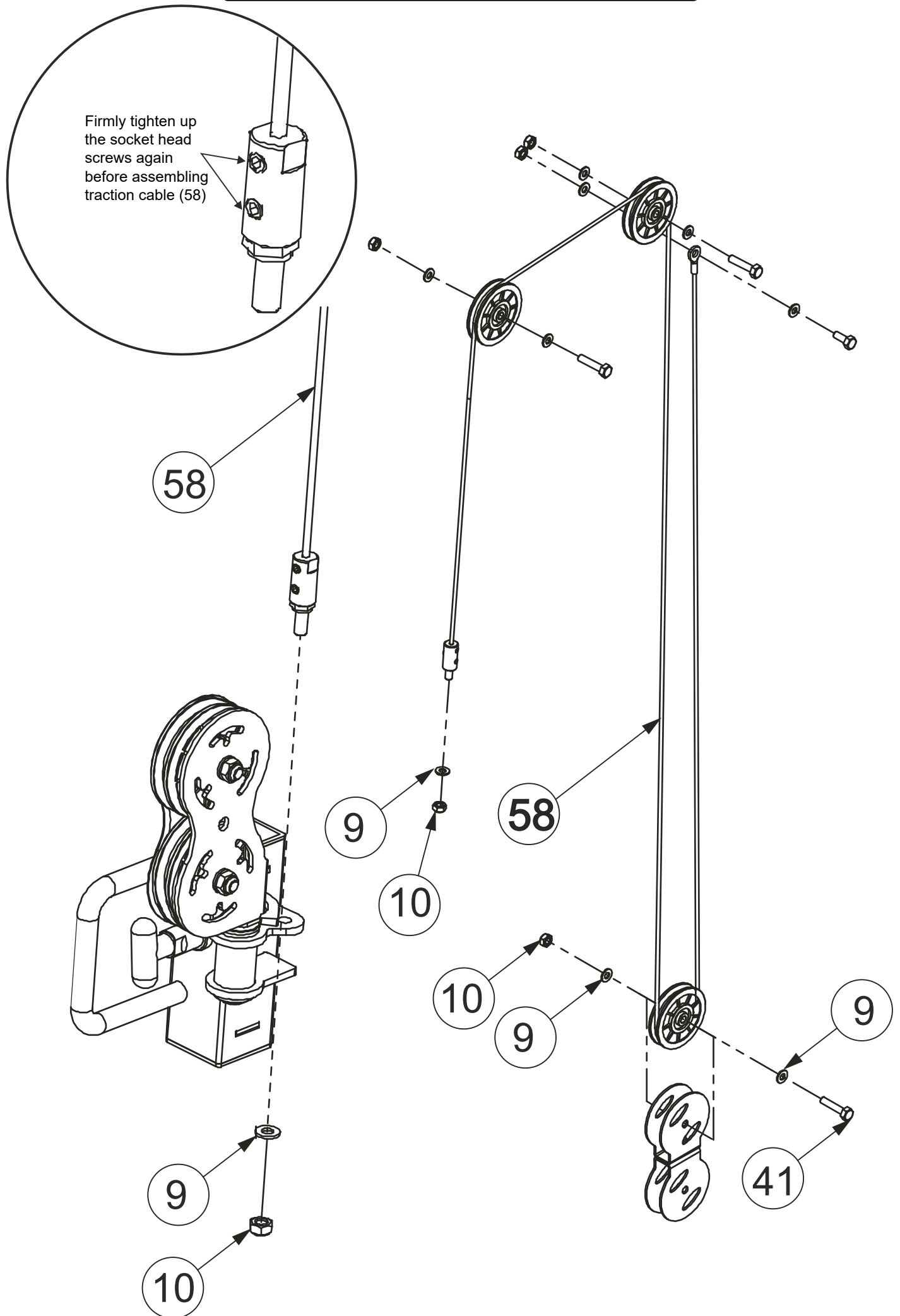
Repeat this procedure on the right-hand side.

CAUTION:

Check that the cable on the threaded retainer is firmly screwed in with the three socket head screws.

To be on the safe side, screw the socket head screws up tight again!





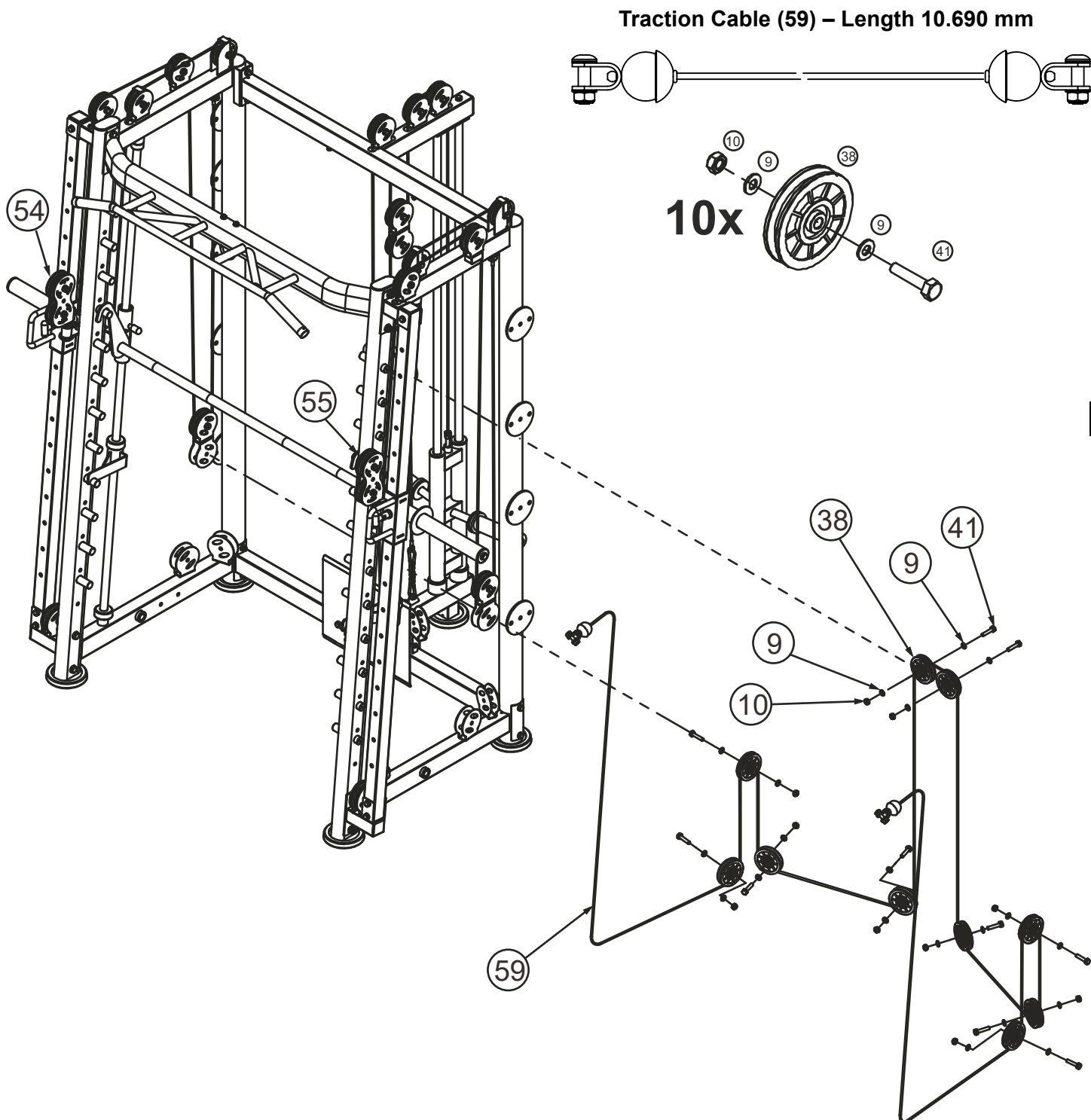
Assembly Step 12

Mount the 10 rollers (38) on the appropriate roller holders using a hexagonal head screw M10x45 (41), two washers Ø10 and a safety nut M10 (10) – see diagram and description on the next page.

Loosen the ball bracket at the end of traction cable (59) – see diagram and description on the next but one page.

Feed the traction cable from the front through the double roller on the right-hand guide frame (55) and down through the lower front roller on the right-hand side frame. Continue the process further as shown in the diagram. When you get to the front roller on the left-hand side frame, feed the traction cable upwards through this roller, and outwards from the rear through the double roller on the left-hand guide frame (54) – see diagram and description on the next page.

Finally fit the ball bracket you removed earlier back onto the end of traction cable (59).



Position to mount the rollers in:

I, K, K L, M, N, O, P, Q

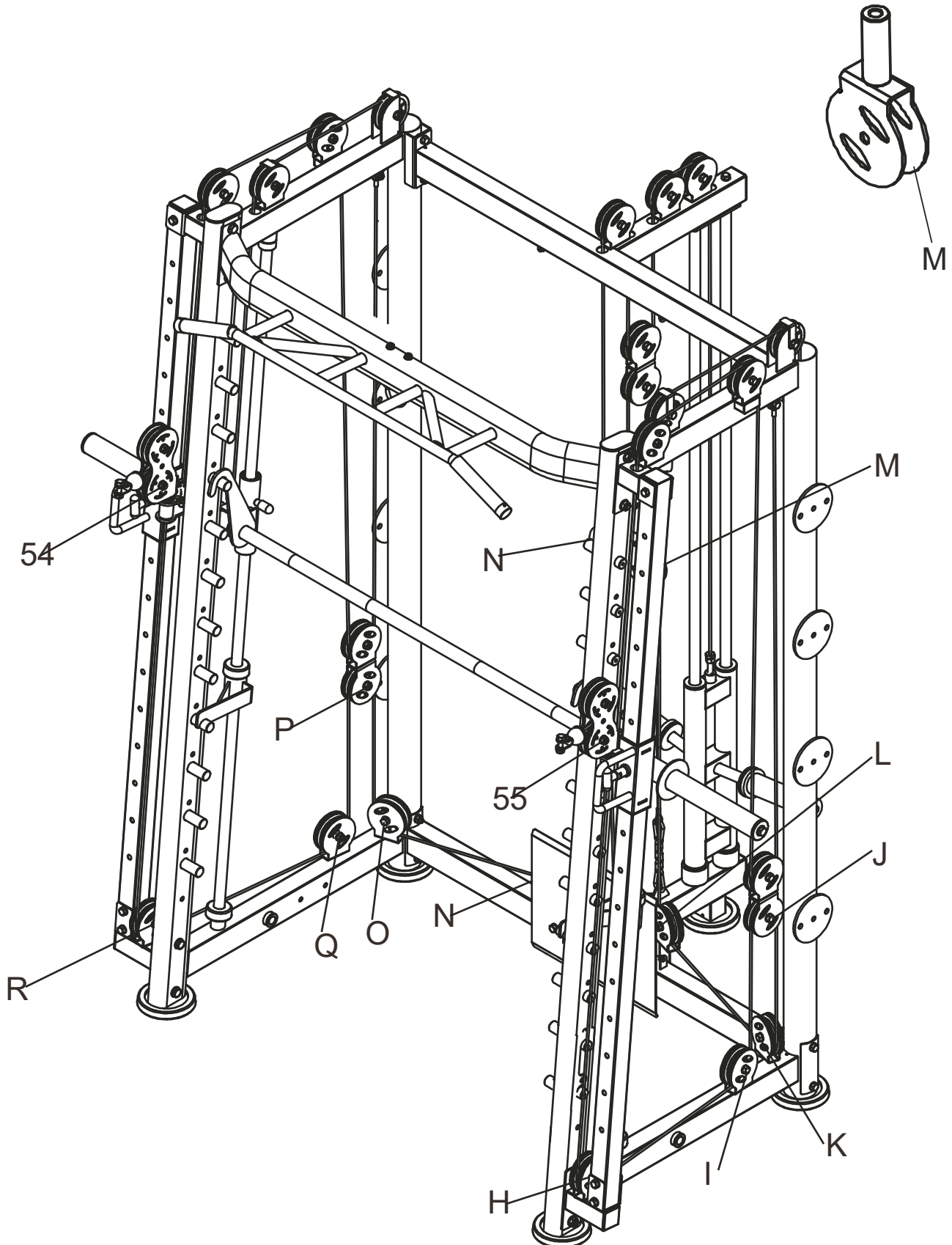
Note:

M and N are to be attached to the single roller holder (44) already assembled in Step 4.

Roller sequence in the traction cable assembly (59):

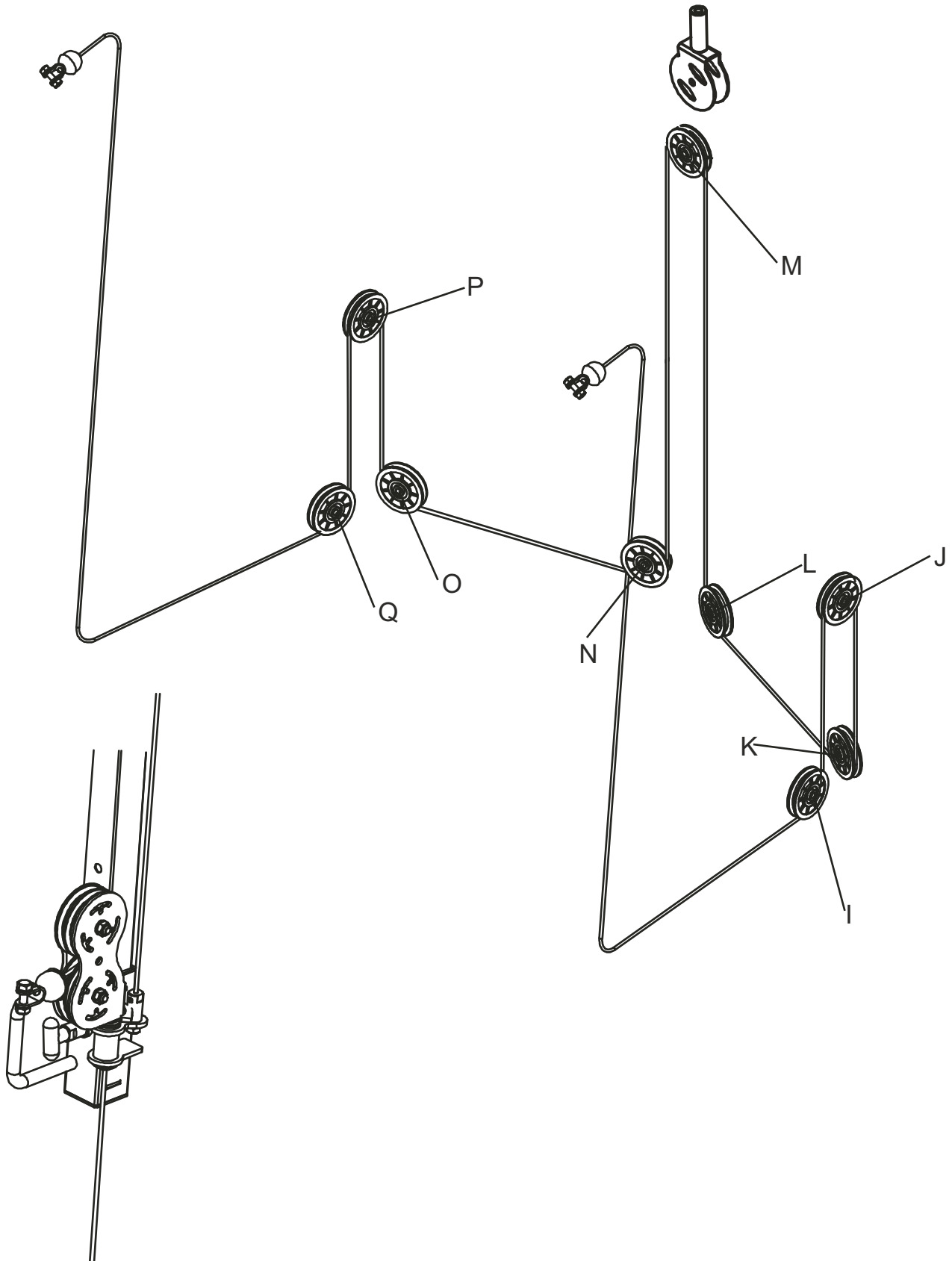
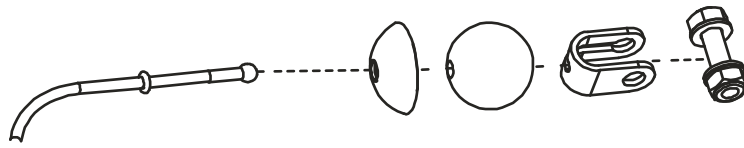
Guide frame, right (55) - H - I - J - K - L - N - O - P - Q - R - T – guide frame, left (54)

Single Roller Holder (44)



NOTES: Assembly of the Traction Cable:

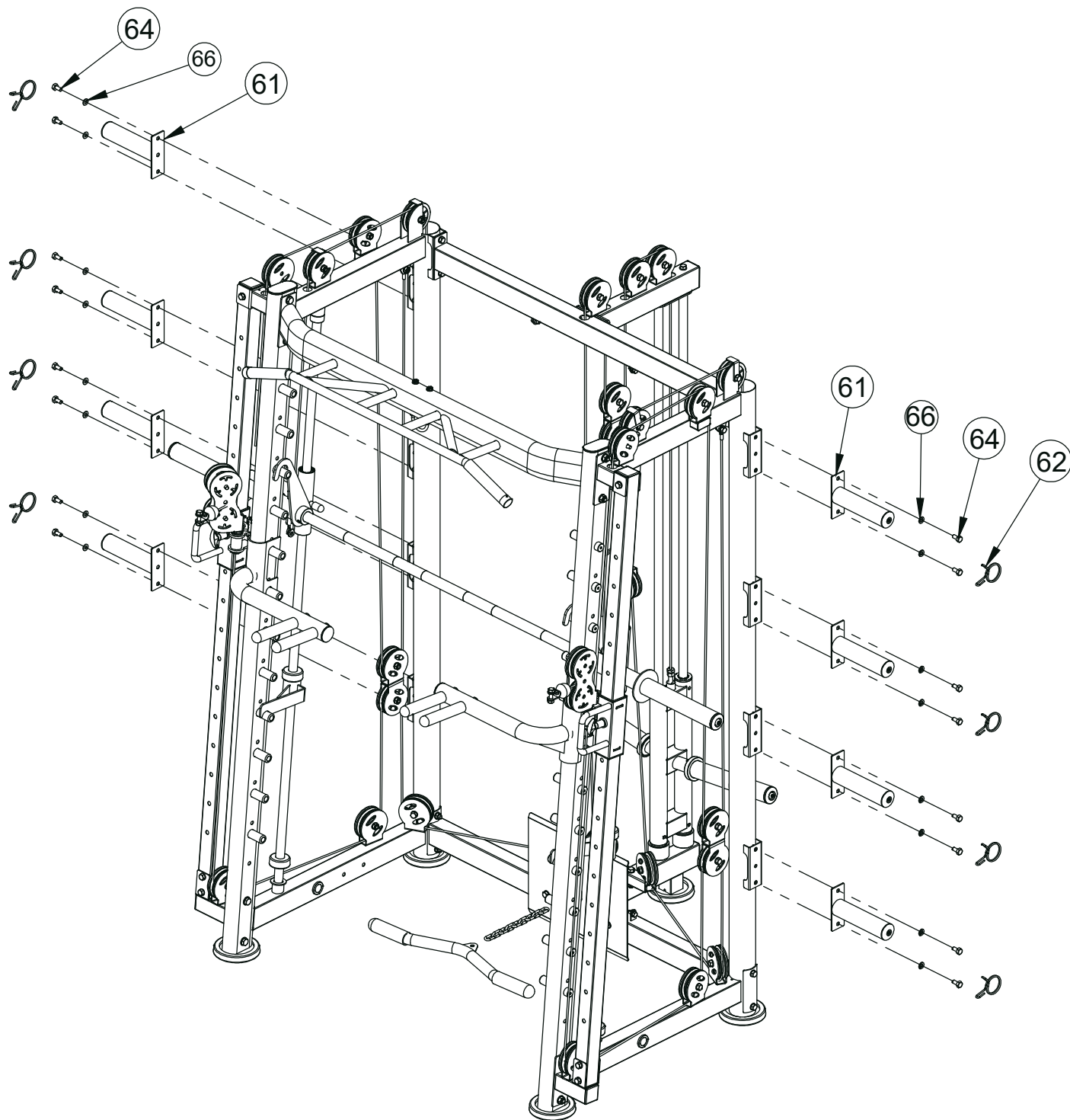
To feed the traction cable through the rollers or through the hole in foot plate, undo and remove the screw and nut at the ball end of the cable. Then remove the U-bracket and the ball and metal cup plate. Replace these parts on the end of the traction cable once you have finished assembling it.



Assembly Step 13

Fix four barbell sleeves (61) onto the appropriate mounts on the right and left-hand side frames. To do this use for each barbell sleeve (61); 2 hexagonal head screws M12x30 (60), four washers Ø12 (12) and two safety nuts M12 (13).

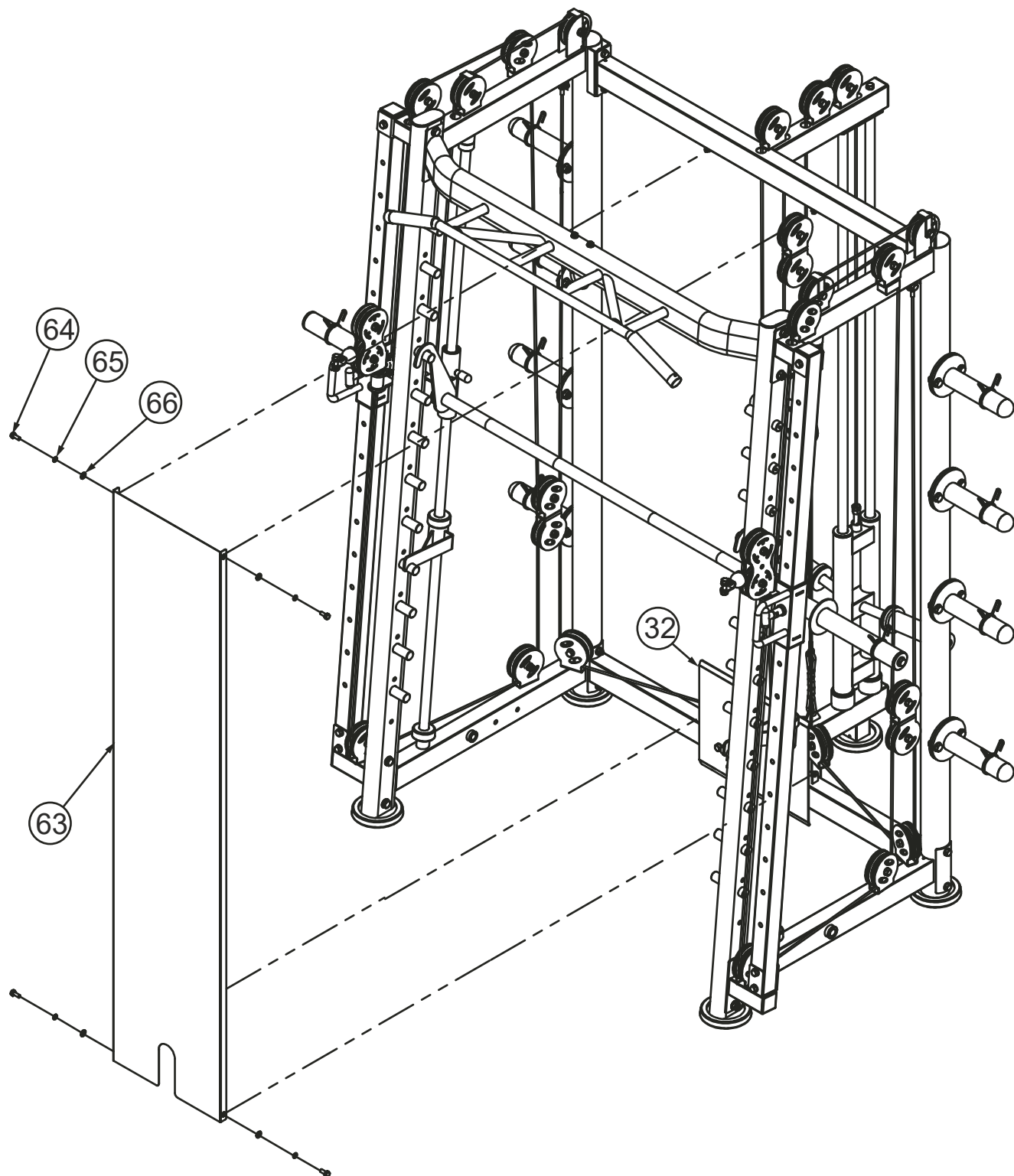
Place one spring clip (62) on each barbell sleeve (61). These will later be used to prevent the dumbbell plates from slipping down or falling.



Assembly Step 14

Attach cover plate (63) to the top and bottom T-cross bar. For each connection upper and lower 2 hexagonal head screws M8x20 (64), two spring plates Ø8 (65) and two washers Ø8 (66).

Please ensure that cover plate (63) is assembled behind footplate (32), assembled in Assembly Step 3, on the lower T-cross bar



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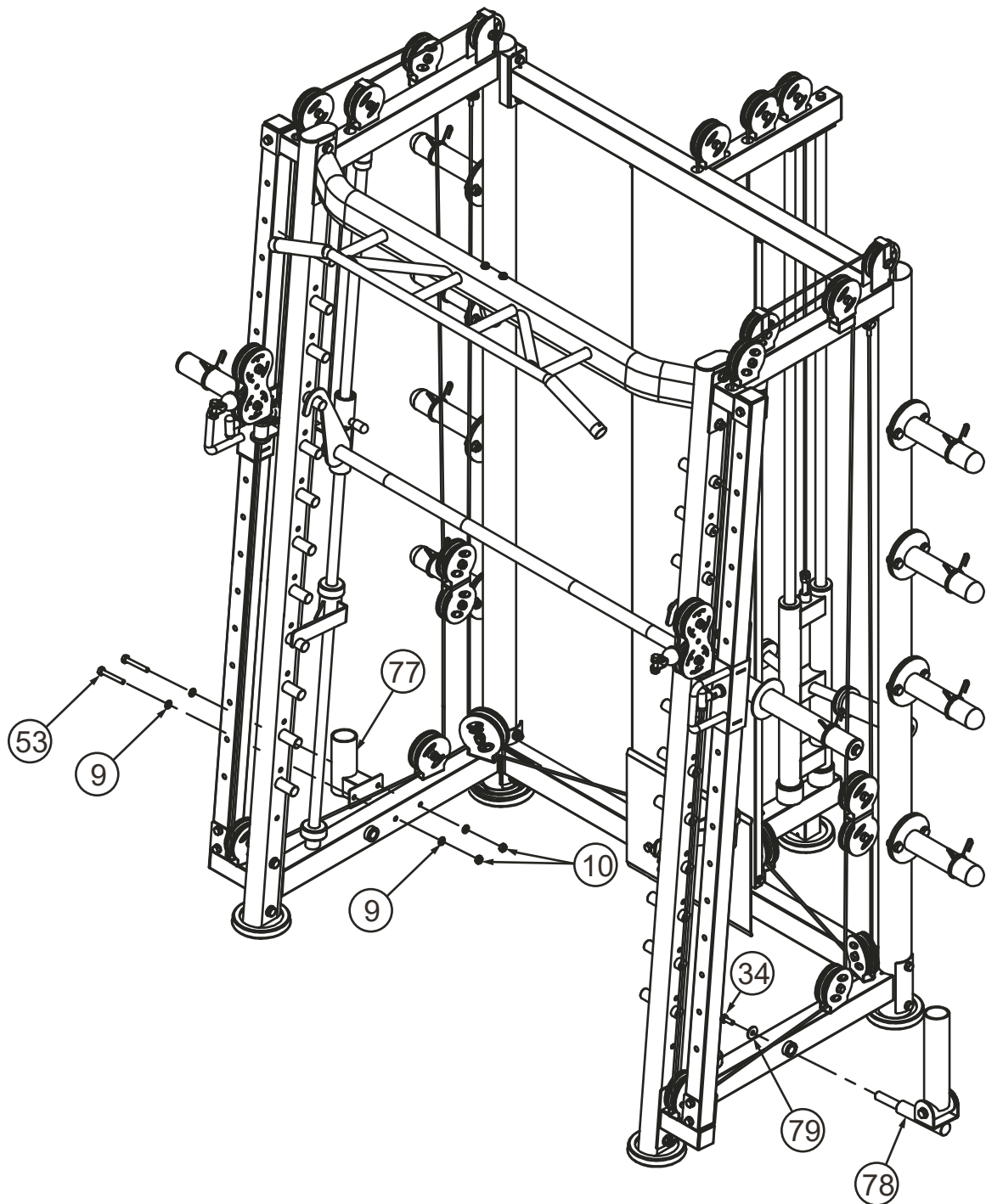
Assembly Step 15

Fix the movable dumbbell bar bracket (78) to the right-hand side frame.

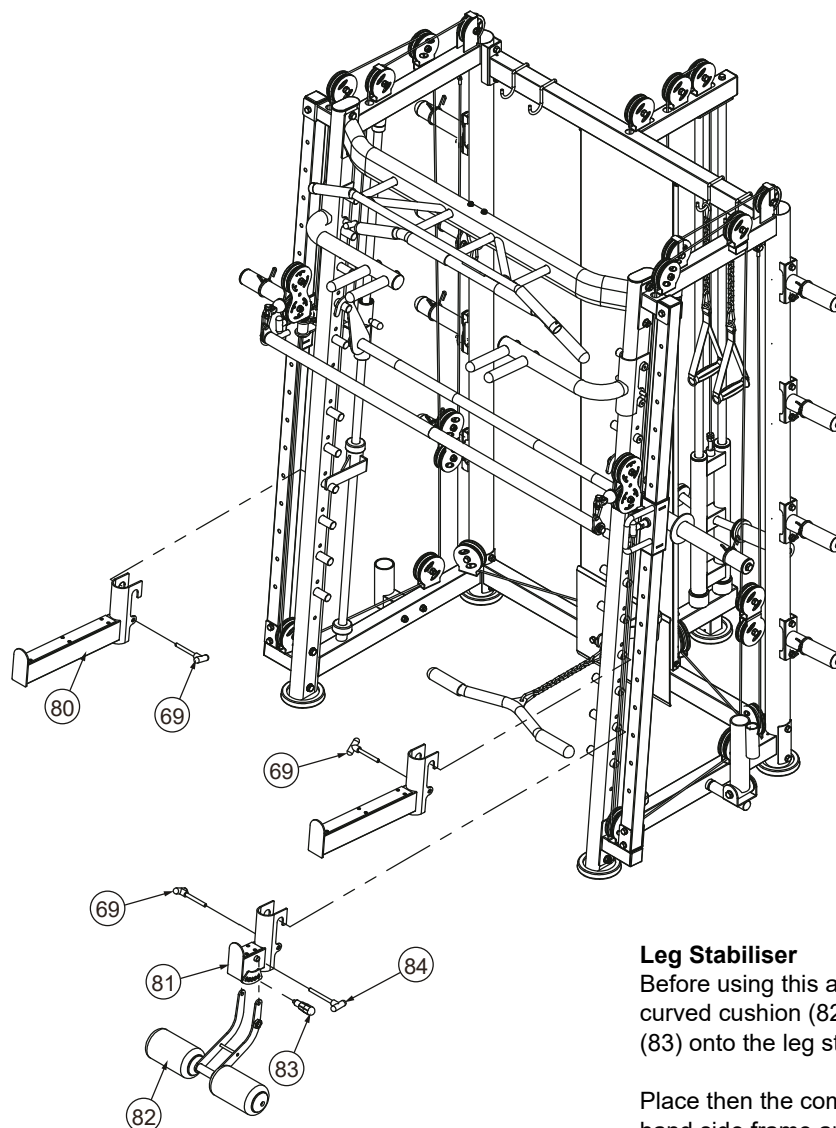
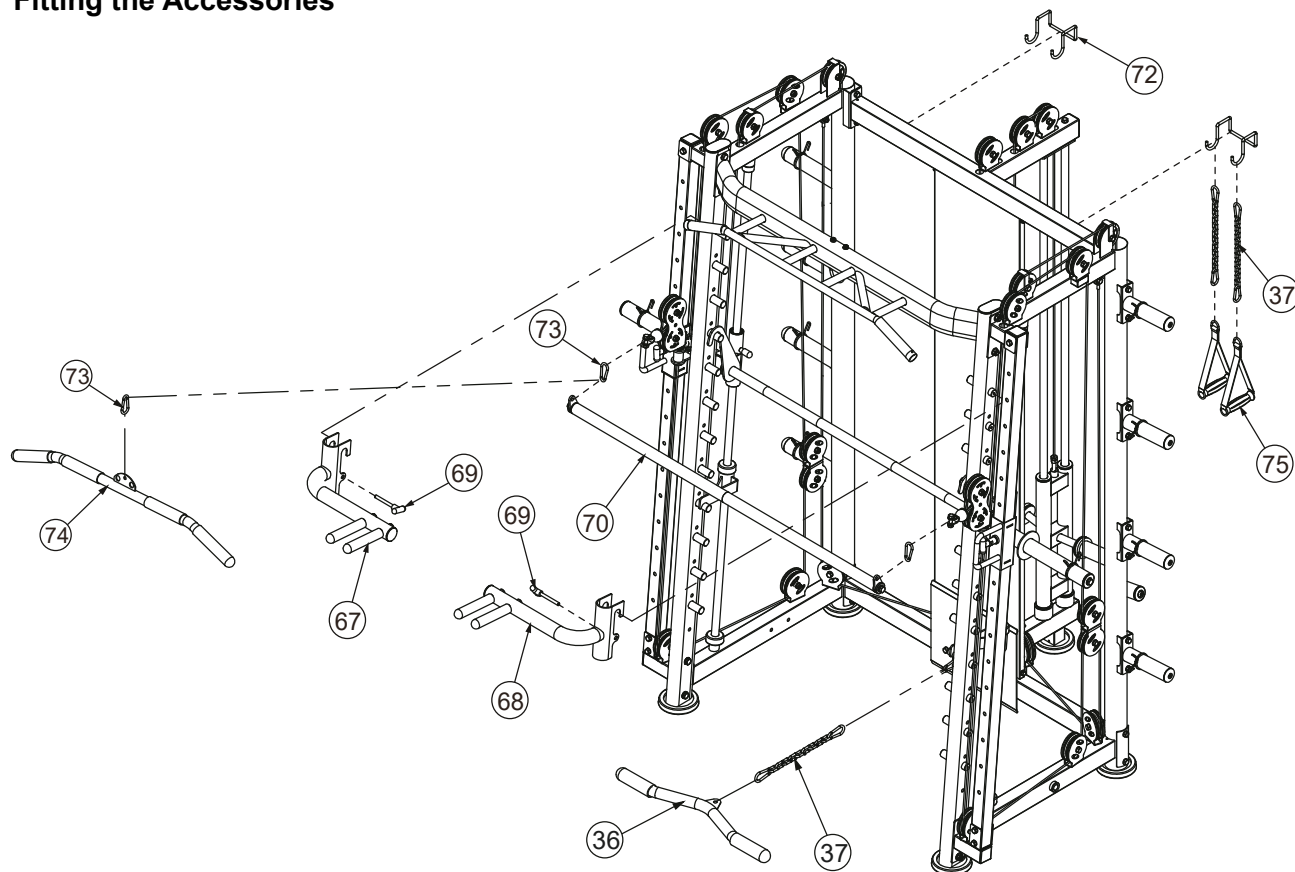
For this use a hexagonal head screw (M10x20 (34) and a washer Ø30xØ10,5 (79)

Then fix the dumbbell bar bracket (77) to the left-hand side frame.

For this use two hexagonal screws M10x70 (53), four washers Ø10 (9) and two safety nuts M10 (10).



Fitting the Accessories



Leg Stabiliser

Before using this accessory, fix the leg holster to the curved cushion (82) and the threaded spring-clip grip (83) onto the leg stabiliser mounting (81).

Place then the complete unit to the front of the right-hand side frame and fix it with locking pin (84)

On completion of assembly please check again if all the screws have been tightened properly. Please also check that all traction cables have not slipped and are running correctly over the rollers.

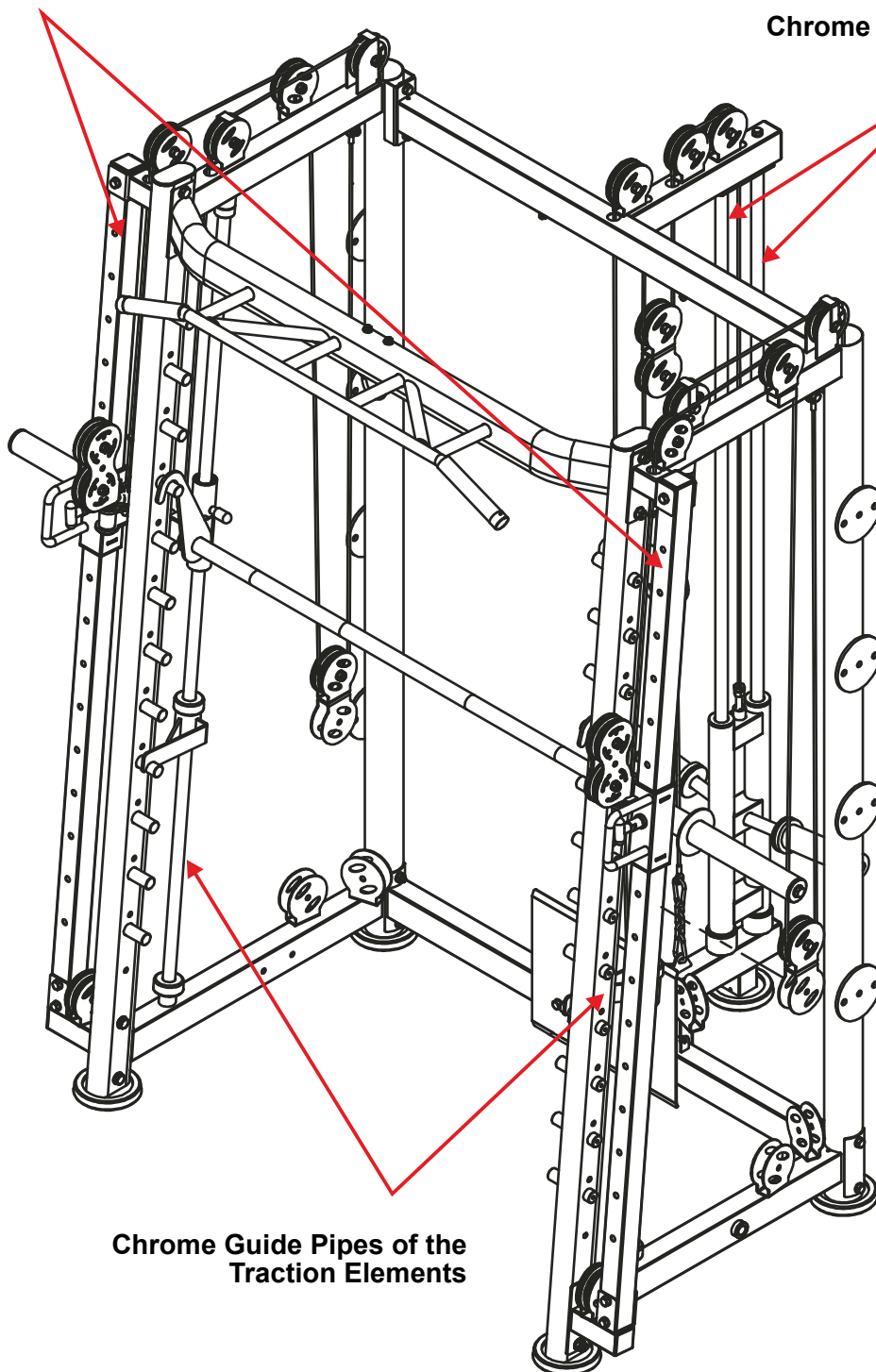
Be sure to clean all six chrome guide pipes before using the device for the first time.

We recommend MAXXUS® degreaser spray for cleaning and MAXXUS® lubricant spray for lubrication of tubes and pipes. Never use Teflon based lubricants to lubricate the pipes and bars.

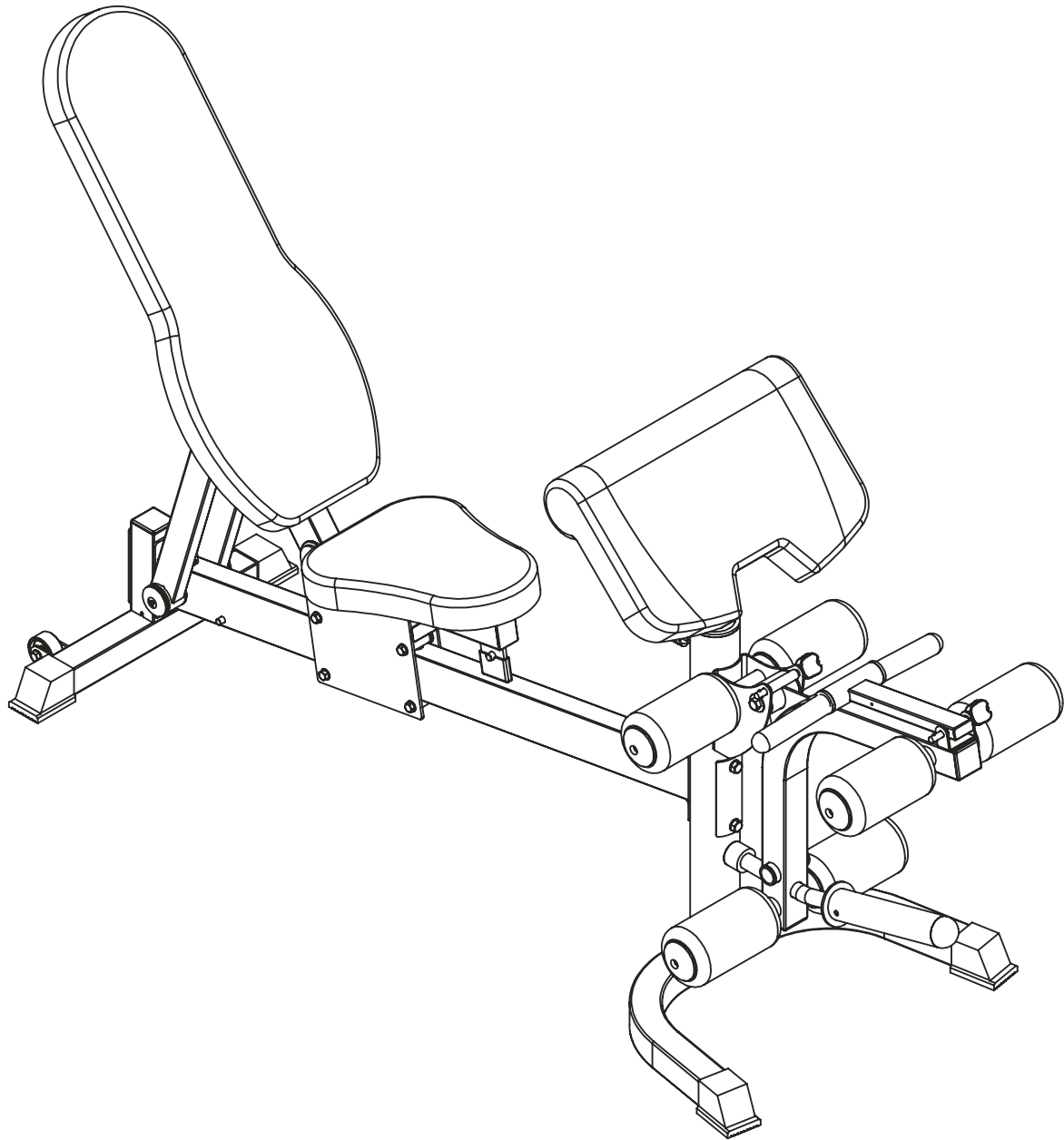
Clean and lubricate the sliding tubes 1 x per month. The traction cables should be cleaned regularly with a damp cloth and soapy water. We recommend to repeat this every 4 months.

**Chrome Guide Pipes of the
Traction Slide**

**Chrome Guide Pipes for the
Barbell Bar**



**Chrome Guide Pipes of the
Traction Elements**



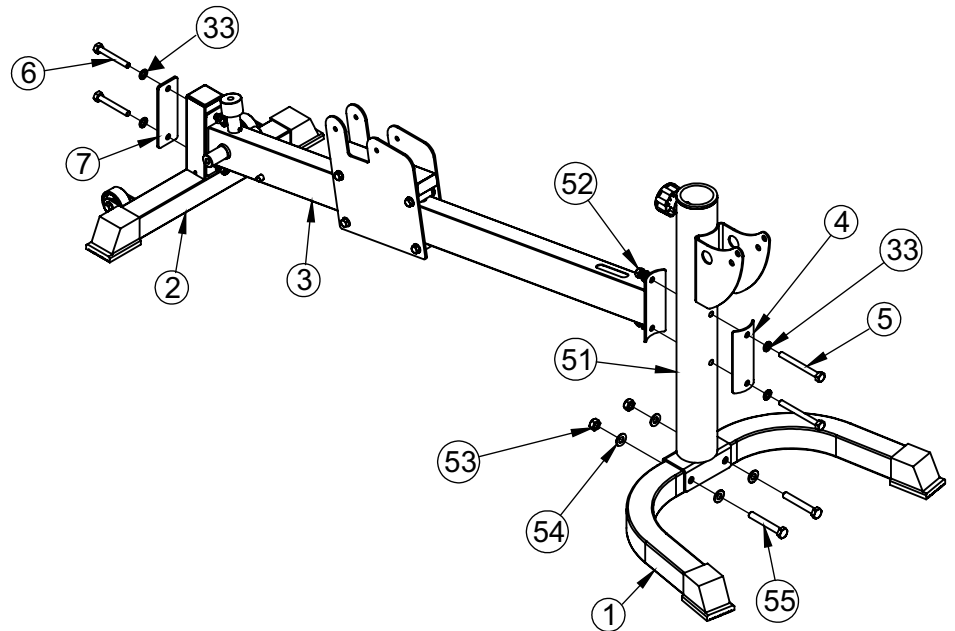
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Assembly Step 1

Fix the rear floor bar (2) to base bar (3) using two hexagonal head screws M10x75 (6), four washers Ø10 (33), two safety nuts M10 (52) and straight retaining plate (7).

Place standpipe (51) onto front floor bar (1) and fix it with two hexagonal screws M12x75 (55), four washers Ø12 (54) and two safety nuts (53).

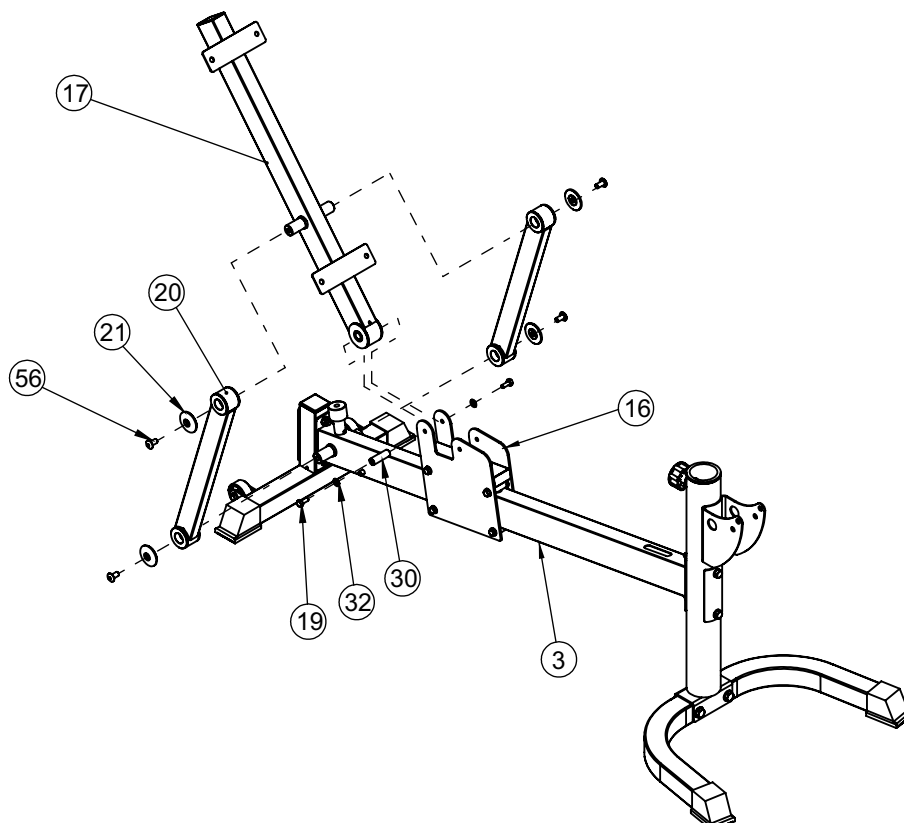
Fix the standpipe (51) to the base bar (3). For this use two hexagonal screws M10x100 (5), four washers Ø10 (33), and two safety nuts M10 (52) and the bent mounting plate (4).



Assembly Step 2

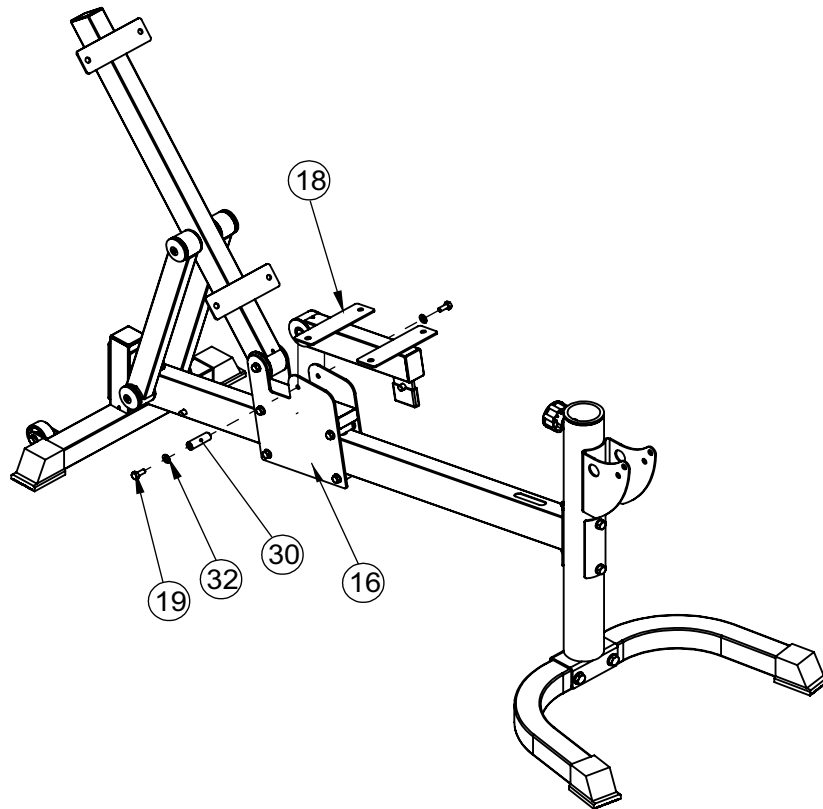
Fix support tube (17) each with two hexagonal head screws M8x20 (19), two washers Ø8 (32) and distance tube (30) on the rear mount of the sliding carriage (16)

Then place the two guide pipes (20) in the left and right mounts on the base bar (3) and in the mount on standpipe (17) and fix them each with two aluminium caps (21) and two headless screws M10x16 (56)



Assembly Step 3

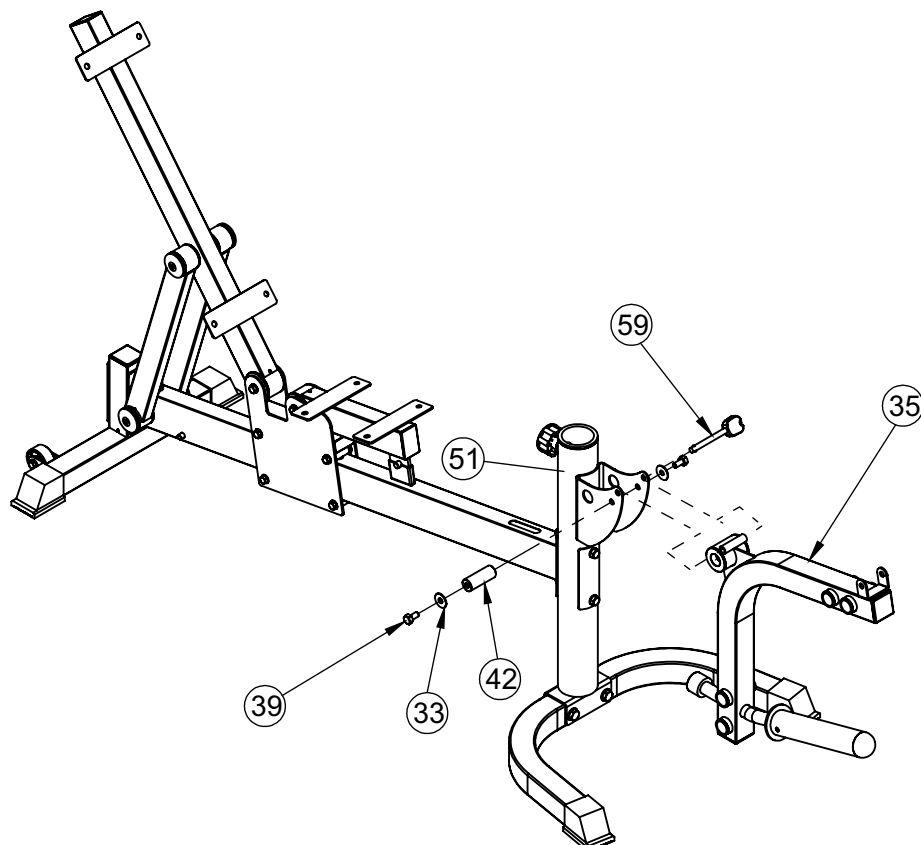
Now fix the base frame (18) to the front mount of the sliding carriage (16). For this use two hexagonal head screws M8x20 (19), two washers Ø8 (32) and a distance tube (30).



Assembly Step 4

Fix swivel bracket (35) using two hexagonal head screws M10x20 (39), two washers Ø10 (33) and distance tube (42) to the mount on standpipe (51). To fix swivel bracket (35) secure it with a safety split pin (59).

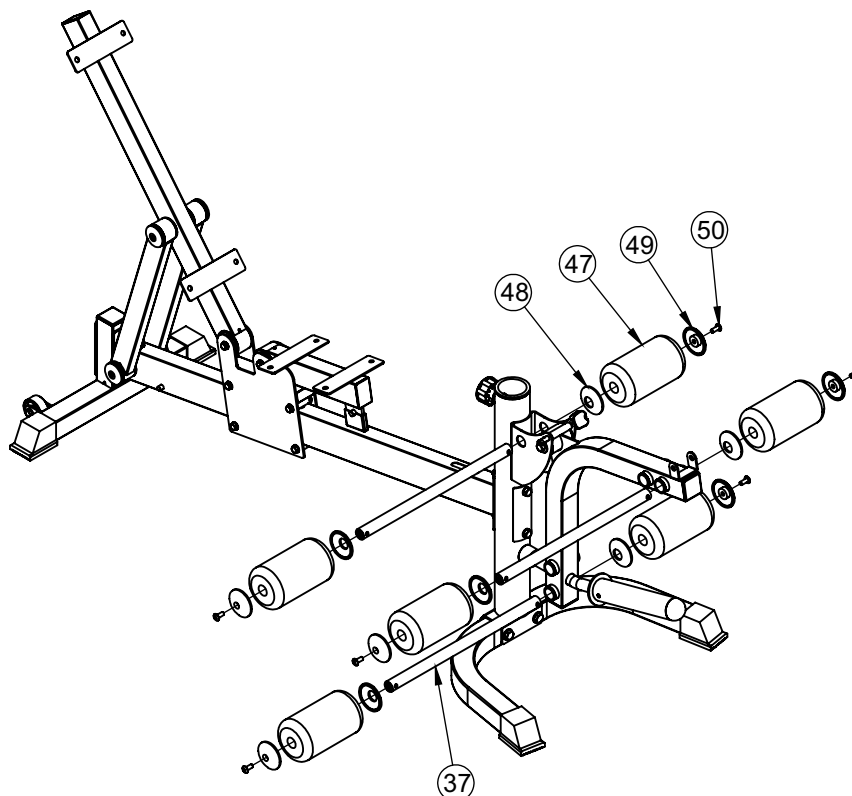
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Assembly Step 5

Place the three cross pipes (37) – into the swivel bracket and base – as shown in the Diagram. Push a cover plate (large opening) (48) on to both ends of each cross pipe (37) with the opening facing outwards (see Diagram).

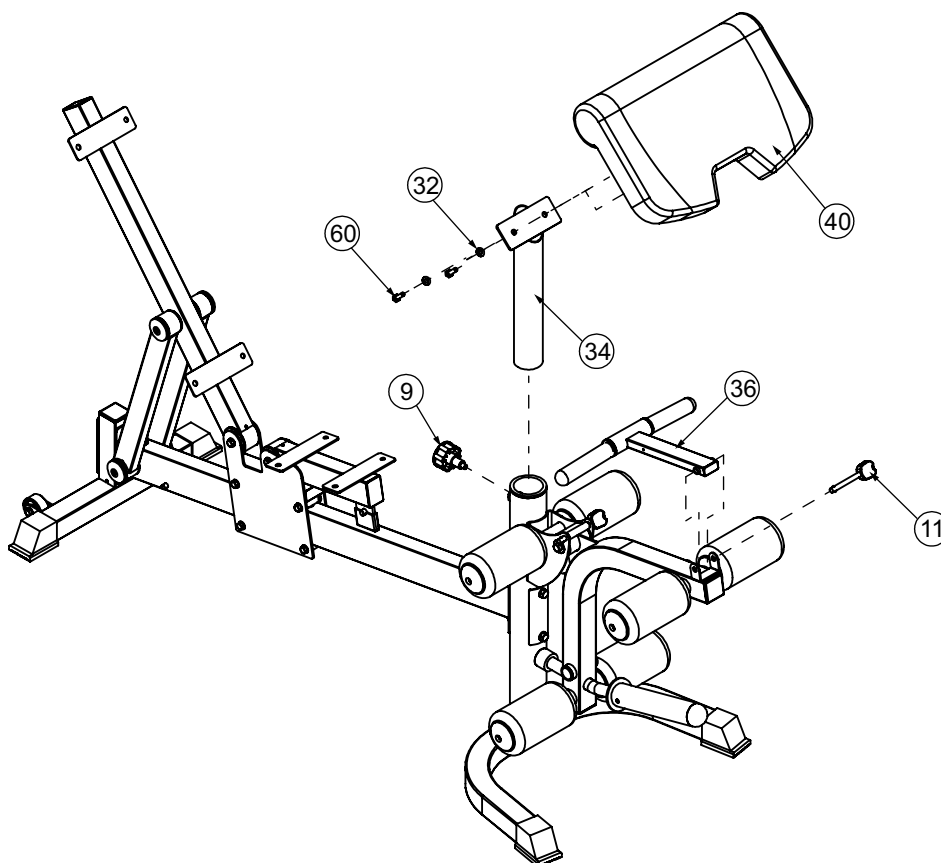
Slide on a round cushion (47) on the right and left ends of each cross pipe (37) and fix them with a cover place (small opening) (49) and a hexagonal head screw M8x25 (50).



Assembly Step 6

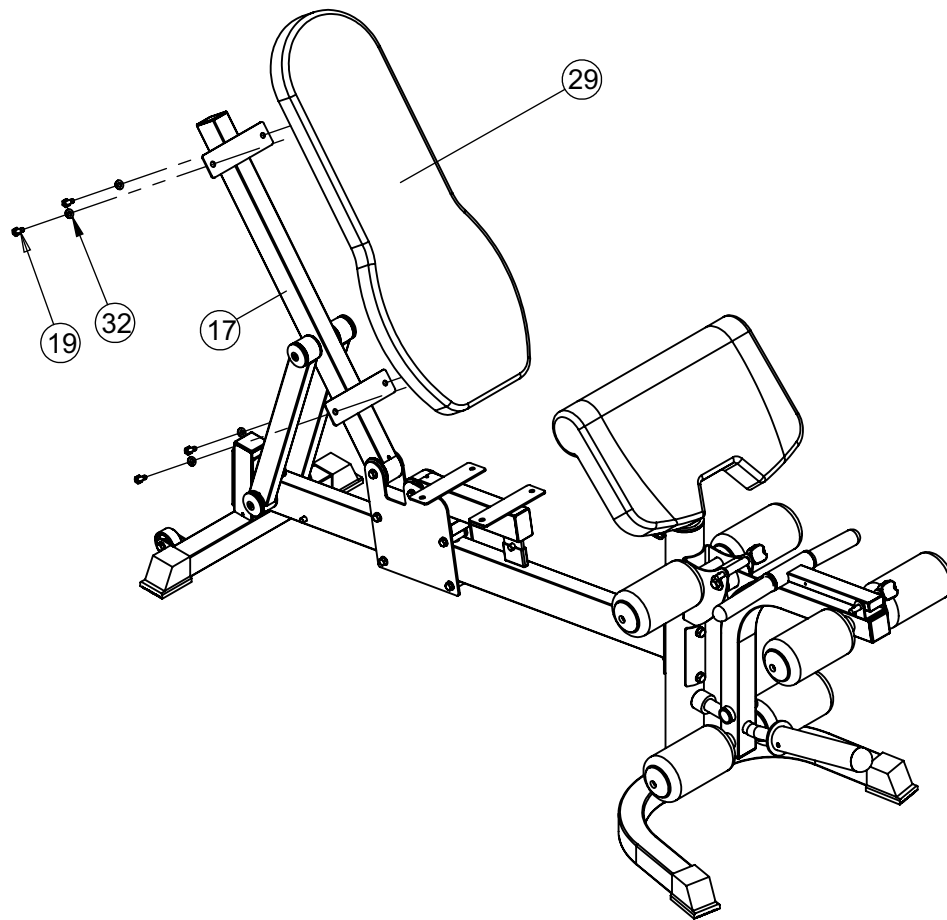
Place the shaft pipe (34) in the upper opening of the stand pipe and fix it with a grip screw (11). Fix the arm curler cushion (40) onto mounting on shaft pipe (34) using two hexagonal head screws M8x25 (60) and two washers Ø8 (32).

At the front end of the swivel bracket, fix the swivel pipe of the arm curler (36) with safety split pin (11)



Assembly Step 7

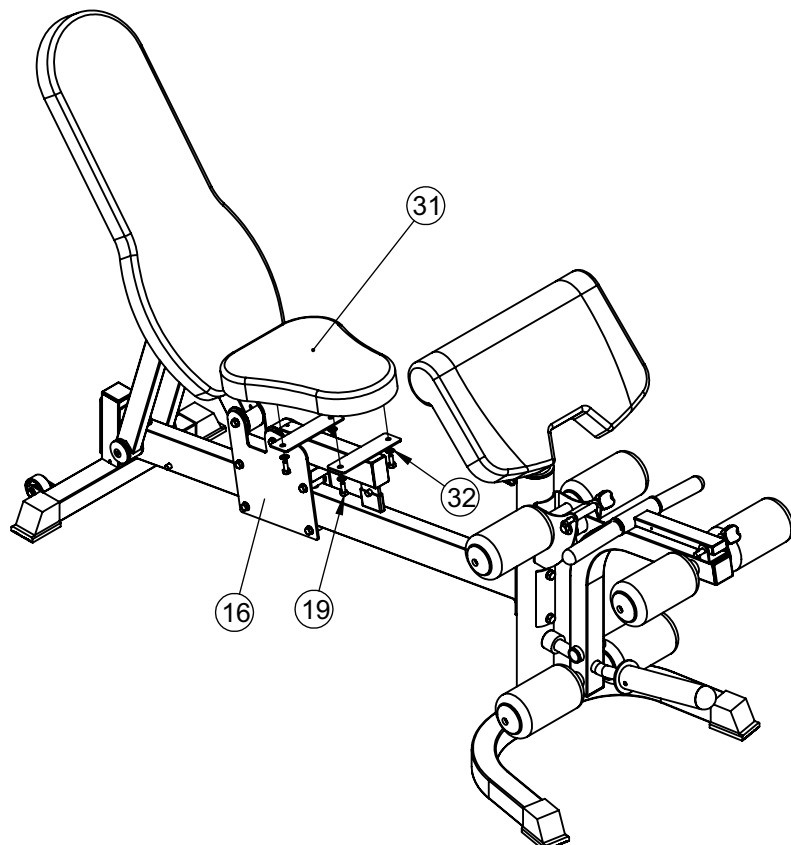
Attach back rest cushion (29) to the back-rest support tube (17) using four hexagonal screws M8x20 (19) and four washers Ø8 (32)

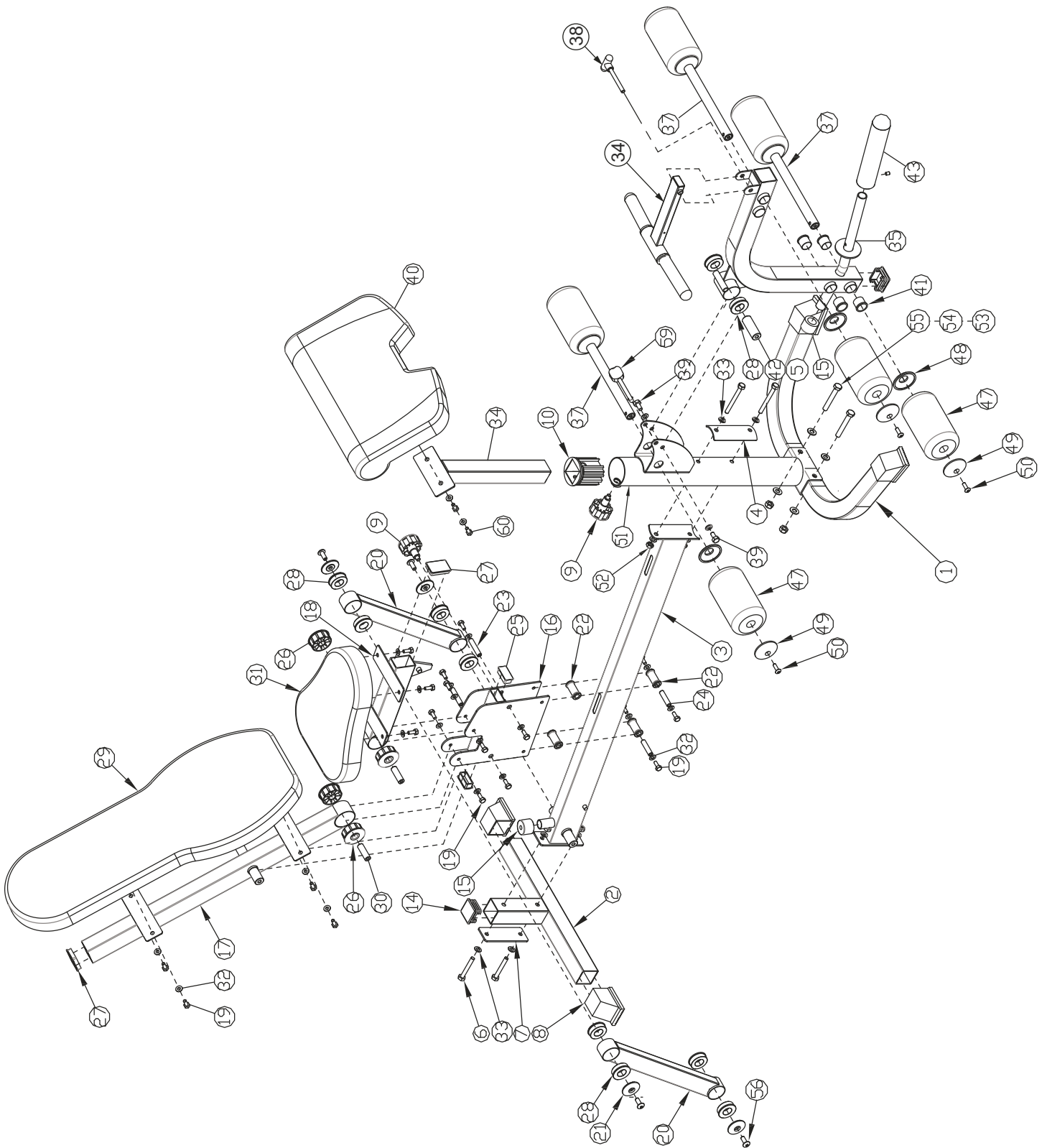


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Assembly Step 8

Attach the seat cushion (31) to the sliding carriage (16) using four hexagonal screws M8x20 (19) and four washers Ø8 (32).





Assembly – Training Bench

Part	Description	Type	Quantity
1	Base Bar, front		1
2	Base Bar, rear		1
3	Base Bar		1
4	Mounting Plate, bent	T3,0x59x140	1
5	Hexagonal Head Screw	M10x100	2
6	Hexagonal Head Screw	M10x75	2
7	Mounting Plate, straight	T4,0x50x140mm	1
9	Grip Screw with Locking Pin	M18x1.5mm	2
16	Sliding Carriage		
17	Support Tube for Back-Rest		1
18	Base Frame for Seat Cushion		1
19	Hexagonal Head Screw	M8x20	12
20	Guide Pipe		2
21	Aluminium Cap, round	Ø50xØ11x9,5mm	4
29	Back-Rest Cushion	840x330x50mm	1
30	Distance Tube	Ø16x50mm	2
31	Seat Cushion	370x300x50mm	1
32	Washer	Ø8	14
33	Washer	Ø10	10
34	Shaft Pipe for Arm Curler		1
35	Swivel Bracket for Leg Curler		1
36	Swivel Bracket for Arm Curler		1
37	Cross Pipe	Ø25xT2,0x450	3
38	Safety Split Pin	Ø10x85	1
39	Hexagonal Head Screw	M10x20	2
40	Cushion for Arm Curler		1
42	Distance Tube	Ø25x67	1
47	Round Cushion		6
48	Cover Plate (large opening)		6
49	Cover Plate (small opening)		6
50	Hexagonal Head Screw	M8x25	6
51	Stand Pipe		1
52	Safety Nut	M10	4
53	Safety Nut	M12	2
54	Washer	Ø12	4
55	Hexagonal Head Screw	M12x75	2
56	Headless Screw	M10x20	4
59	Safety Split Pin	Ø10x100	1
60	Hexagonal Head Screw	M8x25	2

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Cleaning:

Clean the training device each time after training with a damp cloth to remove any sweat and or liquids. Do not use solvents. Dry off the cleaned areas thoroughly.

Regular cleaning helps to keep your device in good condition and therefore also significantly contributes to the length of its service life.

The costs of repairing a training device which has not been properly maintained will not be covered in any way by the warranty.

Also clean the traction cables regularly.

Cleaning and Lubricating the Chrome Guide Pipes

The barbell bar guide pipes must also be cleaned and lubricated regularly to guarantee optimum smooth running. To achieve this clean the guide pipes with a damp cloth and some liquid soap or washing up liquid. Alternatively, you can use the MAXXUS® degreaser spray (optionally available). After this, dry the guide pipes off thoroughly and lubricate them with MAXXUS® lubricant spray (optionally available) leaving a thin film on the surface.

With regular use you should lubricate the guide pipes once a month. If squeaking noises occur during training the pipes require lubricating immediately. MAXXUS® degreaser and lubricating sprays are available from our Online Shop at www.maxxus.de or from our Showrooms in Groß-Gerau.

Maintenance

Checking the Fixing Materials

At least 1 x Monthly you must check that the screws and nuts are tightened securely and tighten them if necessary.

Disposal

This device is recyclable. At the end of its service life you must dispose of it properly. Do not dispose the 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.

Recommended Accessories

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



MAXXUS® Floor Protection Mats

Due to its extreme density and material thickness of 0.5 cm and 1.2 cm, these mats provide perfect protection for floors and floor coverings against damaging, scratches and soiling through body sweat. Noise caused by running and movement is significantly reduced.

Available in the following sizes:

- 160 x 90 cm
- 210 x 100 cm
- 240 x 100 cm - thickness : 0,5 cm
- 100 x 100 cm - thickness : 1,2 cm



MAXXUS® Degreaser Spray - Optimum cleaner for cleaning off dirt and maintaining the guide pipes and roller surfaces.

MAXXUS® Lubricating Spray – Optimum lubrication for guide pipes.



MAXXUS® Anti-Static Spray – Effective against the static charges created in frames, clothing and training computers. Devices which are located on carpets or synthetic floors will become statically charged. MAXXUS® Anti-Static Spray will deter this.

Synthetic surfaces treated with MAXXUS® Anti-Static Spray do not attract dust as quickly and will remain clean for longer.

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.

Intake of Liquids

The intake of sufficient liquids before and during training is vital. During a 60-minute training session it is possible to lose up to 0.5 litres of liquid. To compensate for this loss, you can drink a mix of one third apple juice to two thirds water to replace all electrolytes and minerals which your body loses through sweat. 30 minutes before you begin training you should drink approx. 330 ml. Make sure that you take in enough liquids during training.

Training Frequency

Experts recommend doing weight training 3 to 4 days a week. You will of course reach your training target quicker if you train more regularly.

Make sure that you allow for sufficient breaks in your training plan to give your body time to recover and regenerate. After each training session you should take at least a one-day break. The rule of "less is often more" even applies to fitness and weight training!

Trainings Records

To optimise your training and make it as effective as possible you should work out a training plan, before you start training, which you either write down or create a table for in your computer. Here you should make a record of training session and how you feel during the training session.

Here is a recommended weekly plan.

Calendar Week: ____ Year: 20____						
Date	Exercise	Sequence 1	Sequence 2	Sequence 3	Sequence 4	Comments
		__ kg __ Rep.	__ kg __ Rep.	__ kg __ Rep.	__ kg __ Rep.	
		__ kg __ Rep.	__ kg __ Rep.	__ kg __ Rep.	__ kg __ Rep.	
		__ kg __ Rep.	__ kg __ Rep.	__ kg __ Rep.	__ kg __ Rep.	
		__ kg __ Rep.	__ kg __ Rep.	__ kg __ Rep.	__ kg __ Rep.	
		__ kg __ Rep.	__ kg __ Rep.	__ kg __ Rep.	__ kg __ Rep.	
		__ kg __ Rep.	__ kg __ Rep.	__ kg __ Rep.	__ kg __ Rep.	
		__ kg __ Rep.	__ kg __ Rep.	__ kg __ Rep.	__ kg __ Rep.	

Rep. = Repetition

Explanation of Terms:

Weight training exercises are usually made up of three or four training sequences. Each training sequence is normally made up of 10 to 12 repetitions of an exercise. At the end of each training sequence you should have a 1 to 2-minute recovery break. Normally the weights used in training are increased from sequence to sequence.

A Training Session could be as follows:

1. Training Sequence – Training Weight 20 kg - 10 Repetitions
Break 1 Minute
2. Training Sequence – Training Weight 25 kg - 10 Repetitions
Break 1 Minute
3. Training Sequence – Training Weight 30 kg - 10 Repetitions
Break 1 Minute
4. Training Sequence – Training Weight 35 kg - 10 Repetitions
Break 1 Minute

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 email.

Areas of Application & Warranty Periods

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

Home Use:

Exclusively for private use

Warranty Period: 2 Years

Semi-Professional Use:

Use under instruction in hotels, physiotherapy practices, etc.

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

Warranty Period: 1 Year

Professional Use:

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

Warranty Period: 1 Year

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

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

Proof of Purchase and Serial Number

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

Terms and Conditions of Warranty:

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

ENG

The warranty covers defects caused by production or material faults and only applies 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:

▪ Cables ▪ Rollers ▪ Bearings

Signs of wear and tear on wearing parts are not items covered under the warranty. These include:

Wear and tear on wearing parts are not items covered in the warranty.

If your training device requires to be collected from your address, you will be required to dismantle and make available the device and receive and re-assemble the device yourself. These works are not in any way covered by the warranty. Prior to sending any component parts to our service address, please contact the service department and ensure the parts are well packed.

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: **customerservice@maxxus.de**

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

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



Device Details

Product Name: **Multipress 10.1**Product Group: **Weight Machine**

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.*: _____

*These details are optional; all other details are obligatory and must be filled-in.

Description of Fault

Please give a short and as accurate as possible description of the fault:

(eg. When, where and in what way did the fault occur. Regularity, and for what length of time, and in what form of use, etc ...)

ENG

☐ A copy of proof of purchase / invoice / receipt is attached.

☐ I acknowledge the General Business Terms and Conditions of Maxxus Group GmbH & Co. KG.

I hereby instruct the company Maxxus Group GmbH & Co. KG to repair the above-mentioned fault.

In Warranty cases I will not be charged for the costs. The costs for repairs which are excluded from liability for defects in quality will be charged to me and must be settled immediately. In cases of repairs carried out on site, our staff are entitled to collect payment. This agreement is confirmed with here with my signature.

Date

Location

Signature

Please be aware that contracts can only be processed if this form has been **completed in full**. Be sure to attach a copy of your purchase invoice. Send the fully completed Repairs Contract / Notification of Damage Claim to:

Post*: Maxxus Group GmbH & Co KG, Service Department, Zeppelinstr. 2, 64331 Weiterstadt

Fax: +49 (0) 6151 39735 400

E-Mail:** customerservice@maxxus.de

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

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

MAXXUS[®]



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