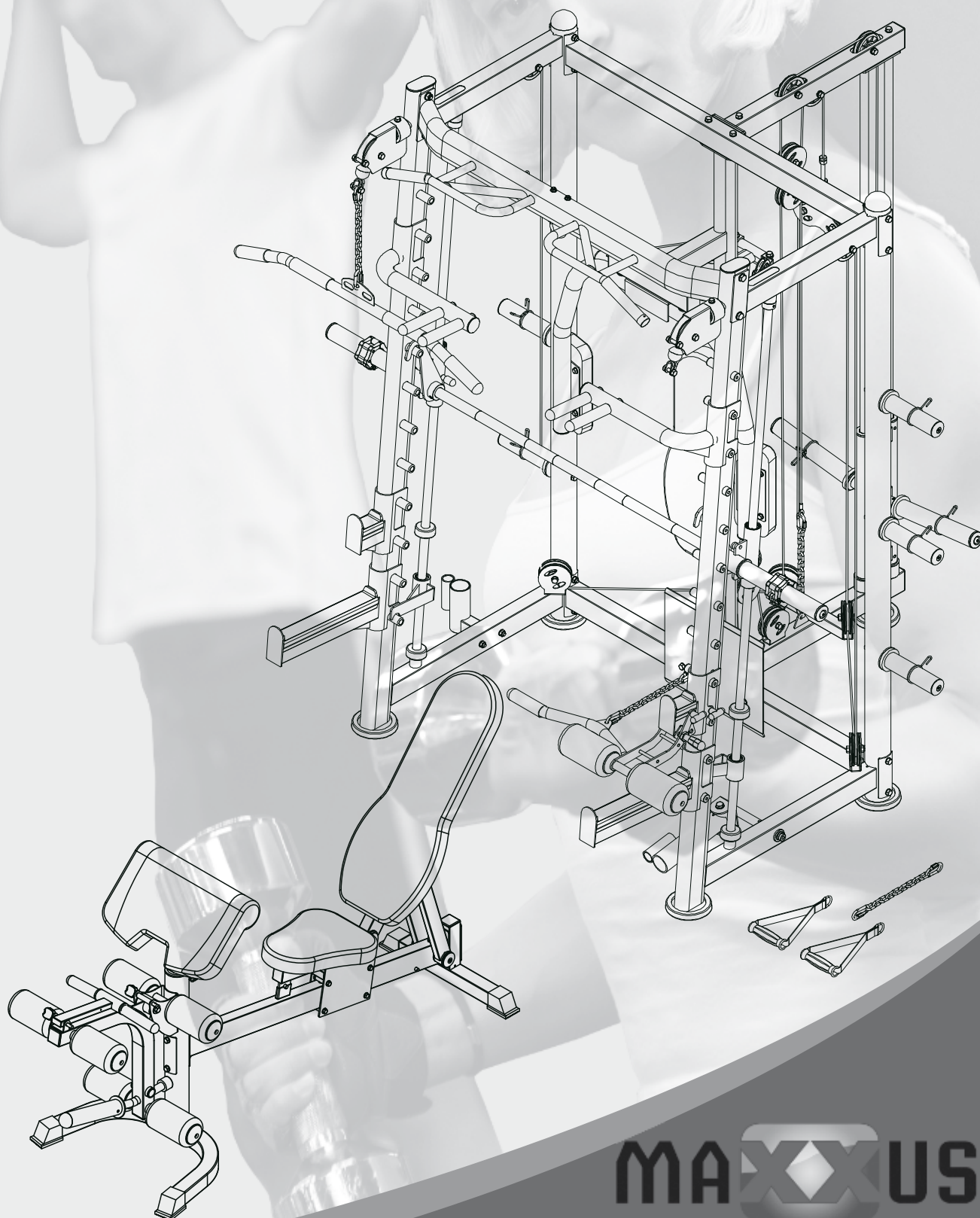


MAXXUS[®]

Multipress 9.1

Installation Manual



ENG

MAXXUS[®]

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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. Please ensure that anyone using the training device is equally familiar with these instructions and that they follow them. Keep this manual in a safe place for further reference on information, maintenance and cleaning and for details on ordering of spare parts.

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

This training device is only to be used for its intended purpose. This means 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 for damages caused by improper use.

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.

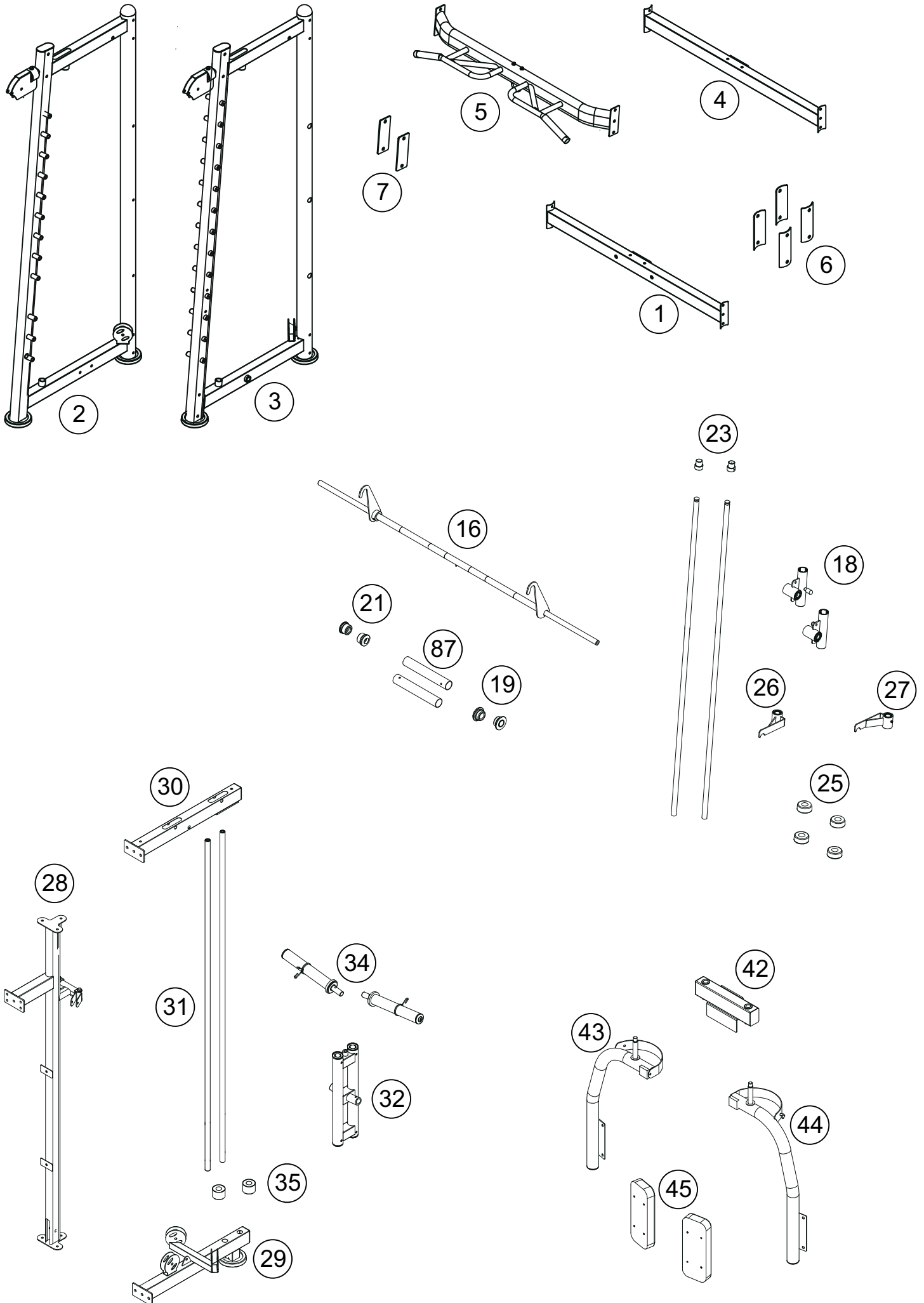
This training device is to be used by adults only!

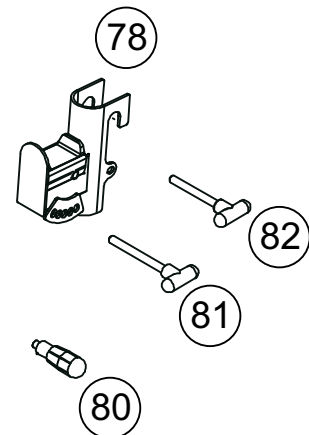
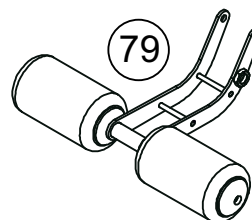
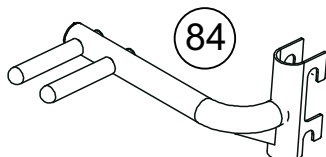
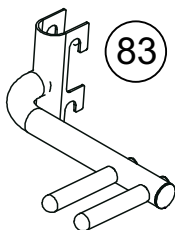
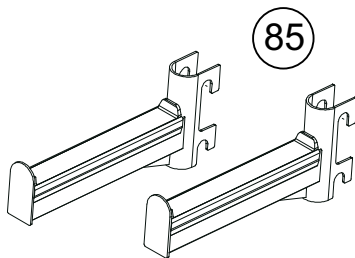
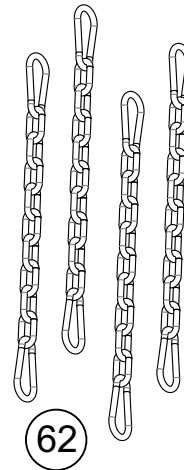
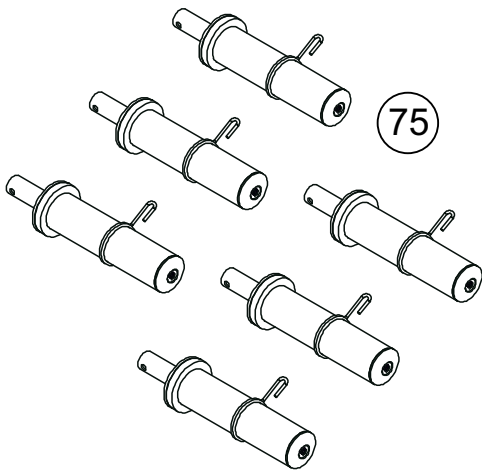
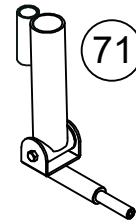
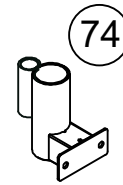
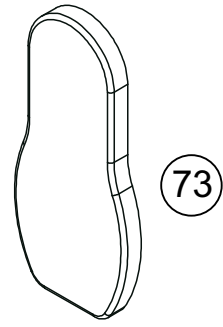
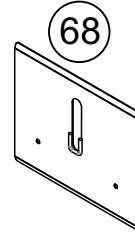
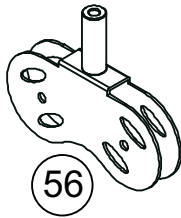
Extreme misuse and/or unplanned training can cause damage to your health!

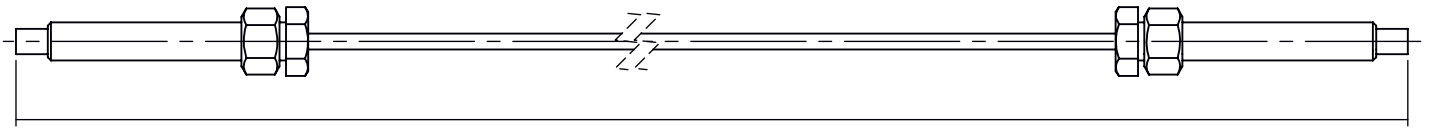
Any manipulation of or interference with the device can cause damage to the device and be a danger to people.

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.

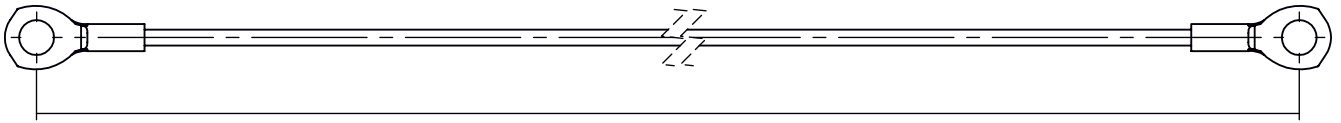
Scope of Delivery - Multipress



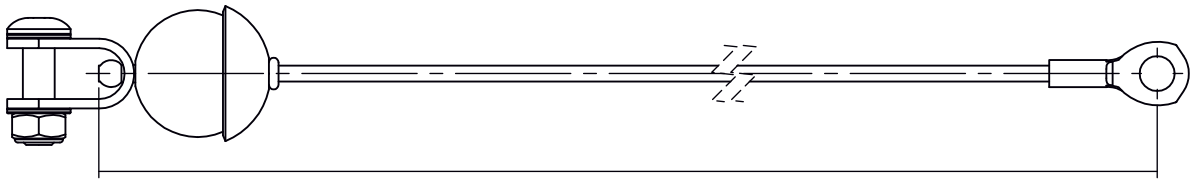




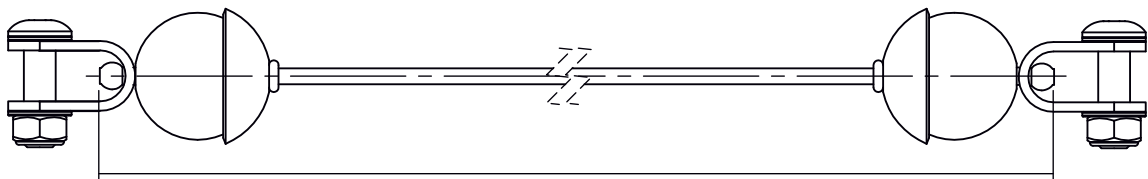
Traction Cable (55) – Length 2,2515 mm



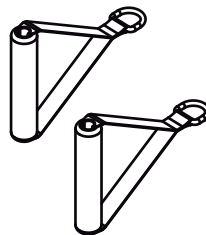
Traction Cable (60) – Length 3,100 mm



Traction Cable (69) Length 3,590 mm



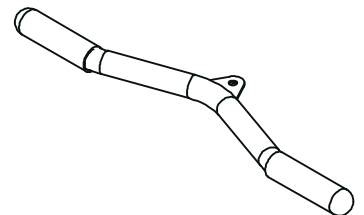
Traction Cable (61) – Length 10,215 mm



Hand Grip



Pulley Bar, long



Pulley Bar, short

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.

CAUTION: all necessary screws, nuts and washers required to assemble this training device are delivered pre-assembled. Please loosen the fixing materials before each assembly step and follow the instructions as shown in the drawings and descriptions and then tighten up the fixing materials again afterwards.

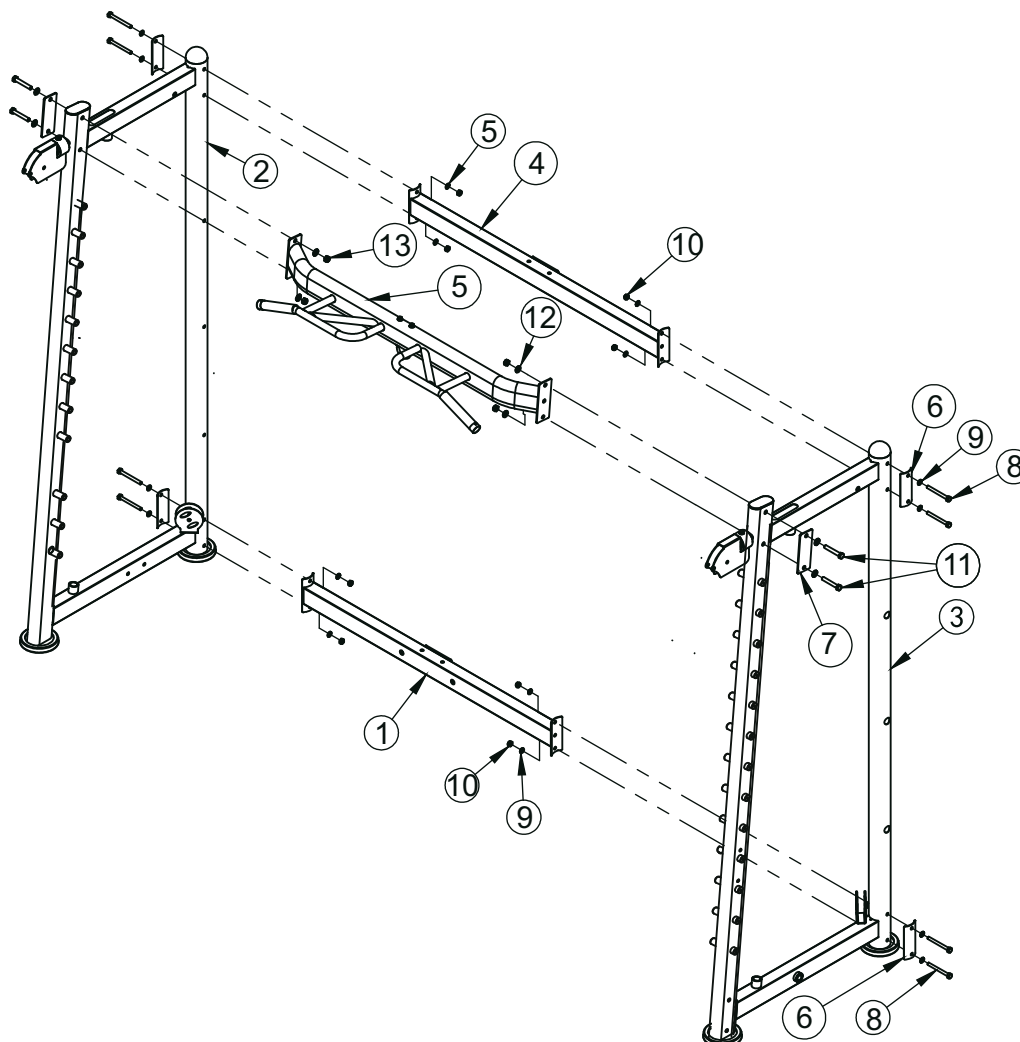
Assembly Step 1

Connect the front left side-frame (2) and the front right side-frame (3) to the pull-up cross bar (5). To do this, for each side use; two hexagonal head screws M12x75 (11), four washers Ø12 (12), four safety nuts M12 (13) and a flat fixing plate (7). Connect the left side-frame (2) and the right side-frame (3) at the bottom using the rear cross bar (1). Here you should use two hexagonal screws M10x100 (8), four washers Ø10(9), four safety nuts M10 (10) and a bent fixing plate (8).

Fix the rear of the left side-frame (2) and the right side-frame (3) together at the top with the cross bar (4). To do this use two hexagonal screws M10x100 (8), four washers Ø10 (9), four safety nuts M10 (10) and a bent fixing plate (8).

Note:

Please only tighten screws by hand until all component parts have been fitted together properly. Only after this should all screws be tightened securely.



Assembly Step 2

Hang the barbell bar (16) with the holding hooks onto the left and righthand side-frames.

From the top, slide the following onto the guide pipe (17):

guide element, left (18) – rubber stop, round (25) -safety hook, left (26) – rubber stop, round (25) - also see Circular Section Diagram for this.

It is important to slide the parts on in the correct order! Be extremely careful when sliding the guide element (18) into the guide pipe. There are ball bearings in guide element (18) which may become damaged if the guide pipe is not properly aligned.

There are ball bearings in the guide pipe. Place the slide pipe very carefully into the guide piece (28).

Now place the fixing bushing (23) onto the guide pipe (17).

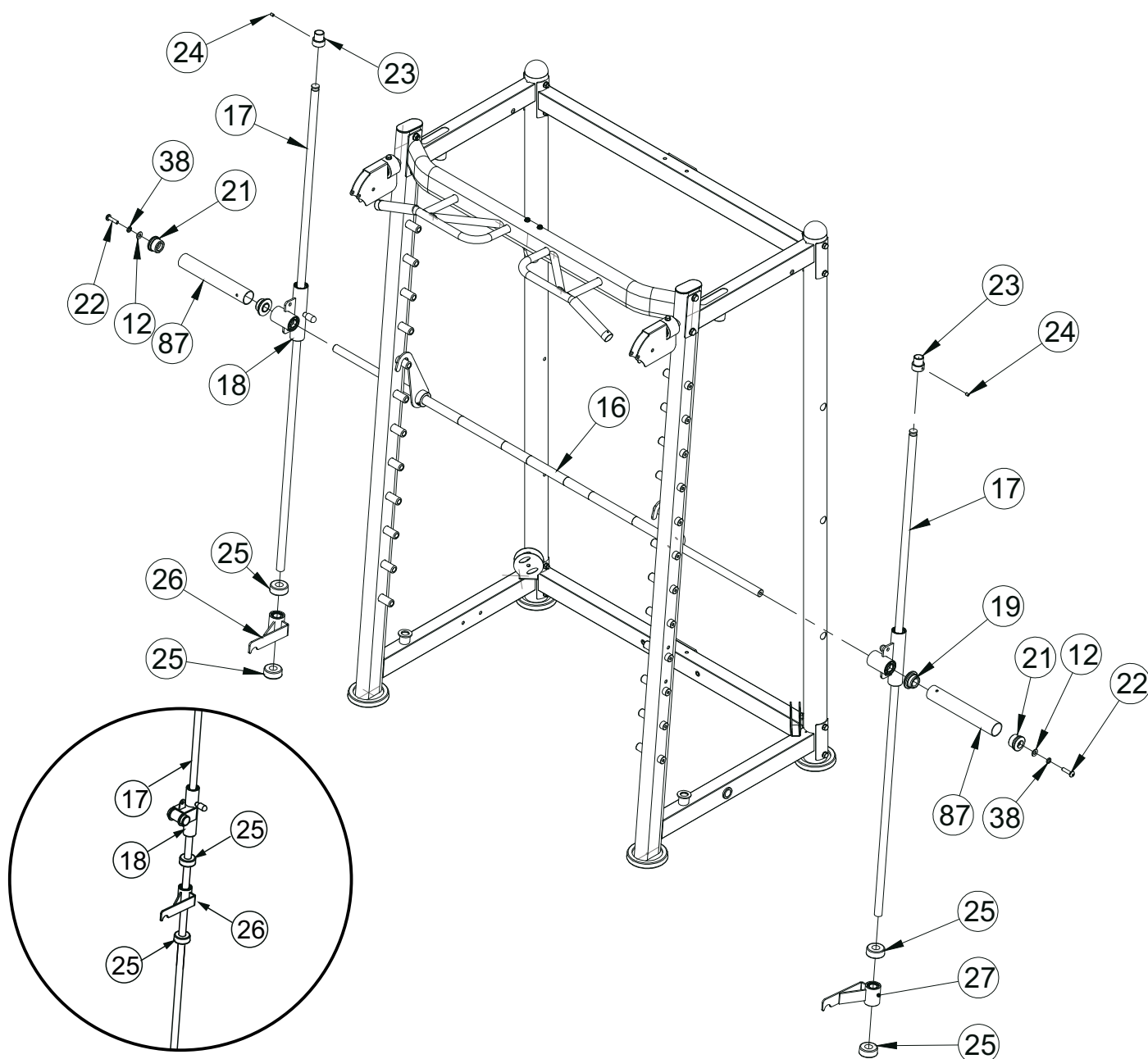
Slide the guide element, left (18) with the slide pipe (17) onto the barbell mount (16).

Place the slide pipe into the lower mount on the left side-frame.

Now, place the top end of the slide pipe with the fixing bushing (23) into the top mount on the left side-frame. Then fix the bushing by tightening the headless screw M8x10 (24). Repeat this procedure with the righthand slide pipe (17).

Then place an end cap (19) on the right and left ends of the barbell bar (16). Make sure that the caps are aligned correctly.

Slide a weight sleeve (87) from the outer ends onto each of the right and left ends of the barbell bar (16). Fix both sides with an end piece, round (21), a washer Ø12 (12) and a hexagonal head screw M12x40 (22).



Assembly Step 3

Place the stand pipe with foot (29) on the rear side of the cross bar assembled in Step 1 and screw them together using a M12x30 (37), two spring washers Ø12 (38) and two washers Ø12 (12).

Put the butterfly base frame (28) onto the pipe junction of the lower cross bar and the stand pipe (29) and screw them together using three hexagonal head screws M10x90 (39), six washers Ø10 (9) and three safety nuts M10 (10).

Put both dumbbell plate brackets (34) in the mounts on the side of the weight slide (32) and fix each of them with one headless screw M8x10 (24).

Slide both guide pipes (31) into the mounts on the weight slide (32).

Make sure that both dumbbell plate brackets on the weight slide are pointing upwards.

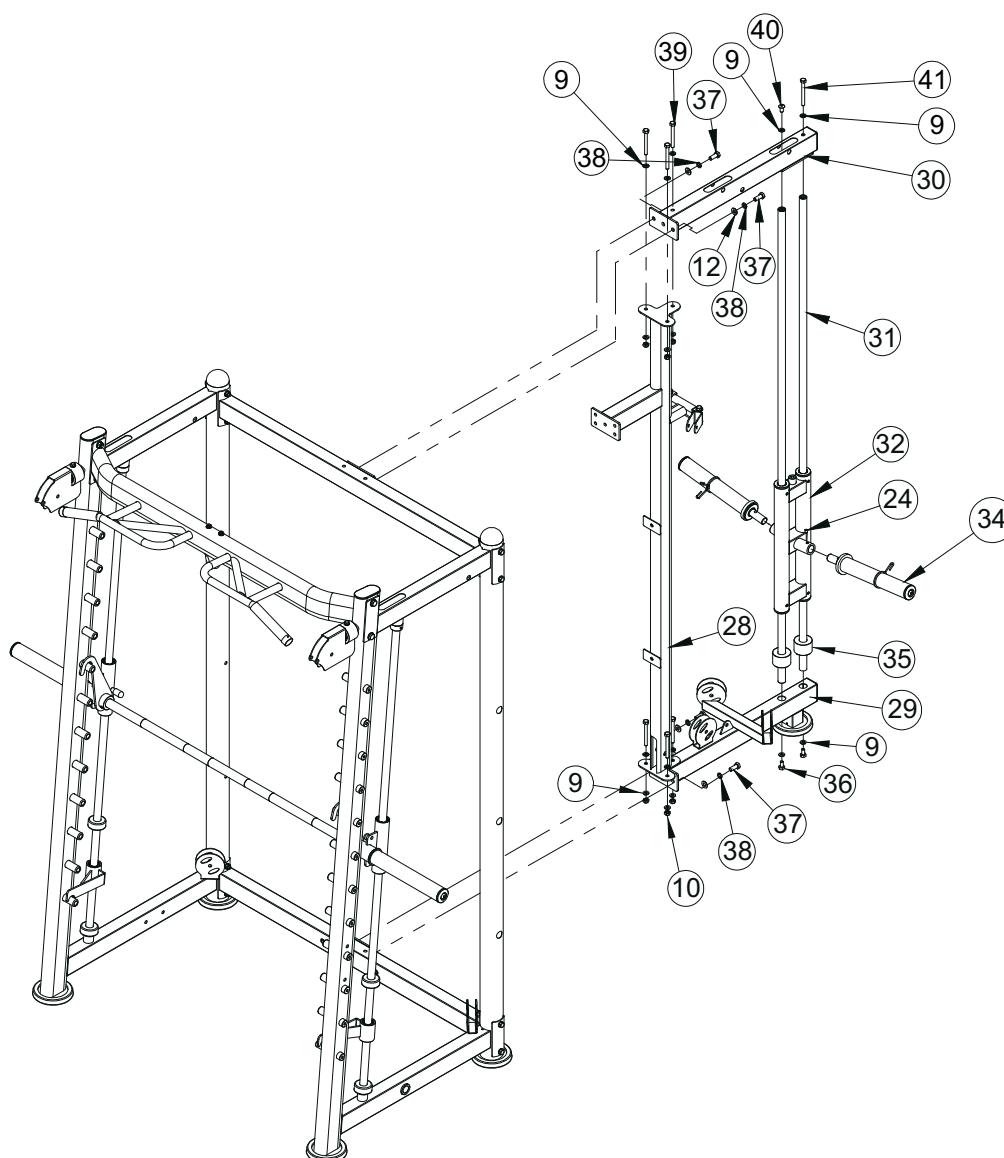
Slide a round rubber stop Ø60x42 (35) onto each of the guide pipes from below (31).

Then put the guide pipes (31) into the drill holes on the stand pipe (29) and fix each of them to the lower stand pipe (29) from below with a hexagonal head screw M10x20 (36) and a washer Ø10 (9).

Now place the connecting tube (30) onto the guide pipe (31) from above. Fix the rear guide pipe (31) with a hexagonal head screw M10x95 (41) and a washer Ø10 (9). Fix the rear guide pipe (31) with an Allen screw M10x20 (40) and a washer Ø10 (9).

Fix the connecting tube (30) using 3 hexagonal screws M10x90 (39), six washers and three safety nuts M10 (10) from above onto the cross frame and to the butterfly base frame (28).

Fix the connecting tube (30) at the side to the top cross frame using two hexagonal screws M12x30 (37), two spring washers Ø12(38) and two washers Ø12 (12).



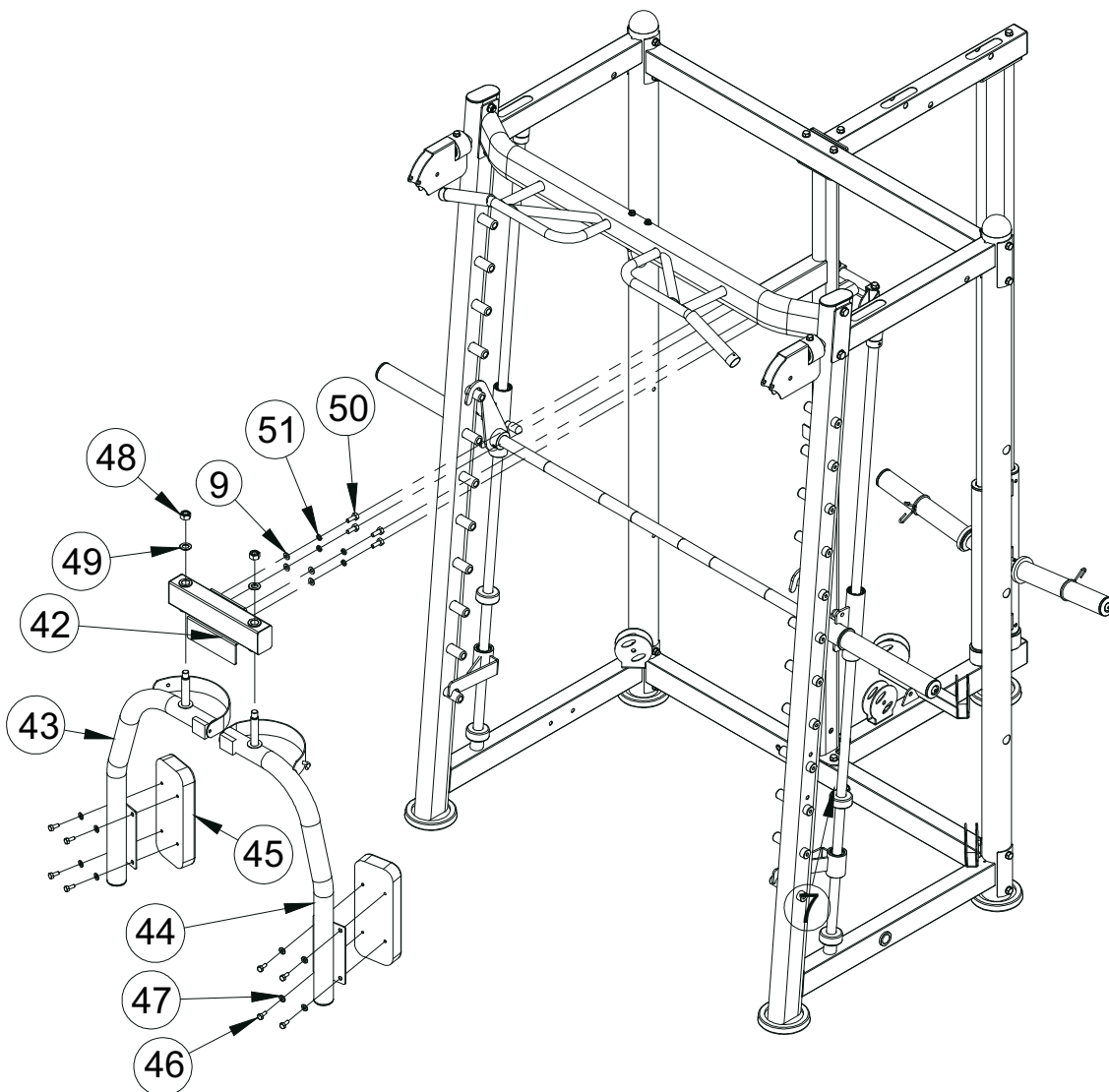
Assembly Step 4

Fix the connecting piece (42) to the butterfly base pipe using four hexagonal head screws M10x25 (50), four spring washers Ø10 (51) and four washers Ø10 (9).

Put the left butterfly arm (43) in the left mount on the connecting piece (42) and fix it from the top with a washer Ø16 (49) and a nut M16 (48).

Mount the arm cushion (45) onto the holding plate on the left butterfly arm (43) using four hexagonal screws M8x20 (46) and four washers Ø8 (47).

Repeat this procedure with the right butterfly arm (44).



Assembly Step 5

Loosen and take out the three single rollers (R1, R2 & R4) from the frame.

Connect the end of the traction cable (55) to the mount on the weight slide.

Feed the traction cable (55) through the single roller (R1) and mount the single roller (R1) back onto the T-frame.

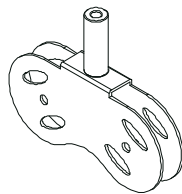
Now feed the traction cable (55) through the single roller (R2) and single roller (R4). Then mount both rollers (R2 & R4) back onto the frame.

Loosen the upper roller (R3) on the double roller (57). Pull the traction cable (55) down to form a loop large enough below the single roller (R2) to fit the (R3) roller into. Then mount this back onto the top roller holder of the double roller (57).

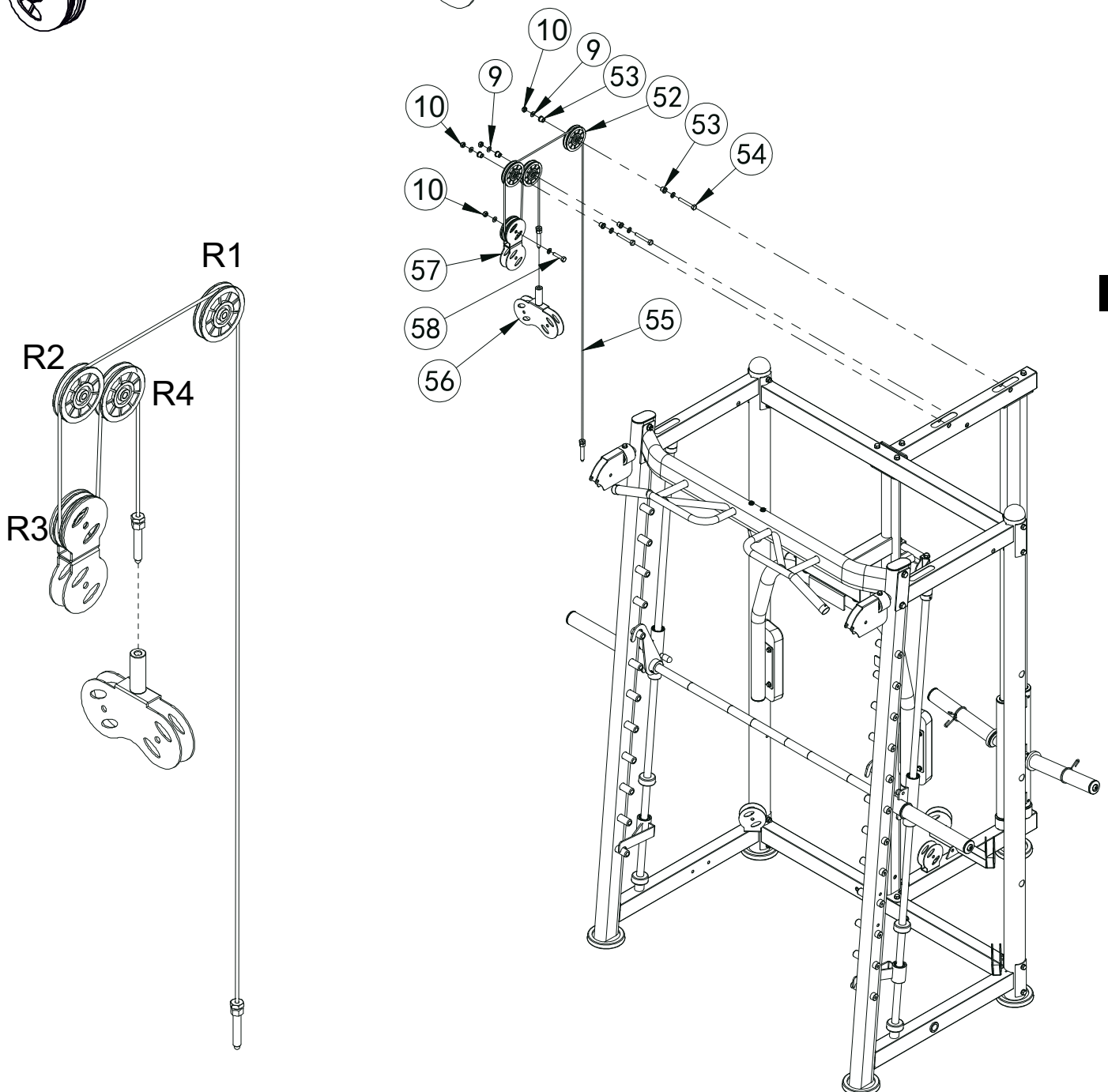
Then fix the end of the traction cable (55) to the double roller mount with fixing (56)

Double Roller, parallel (57)

Double Roller with fixing (56)

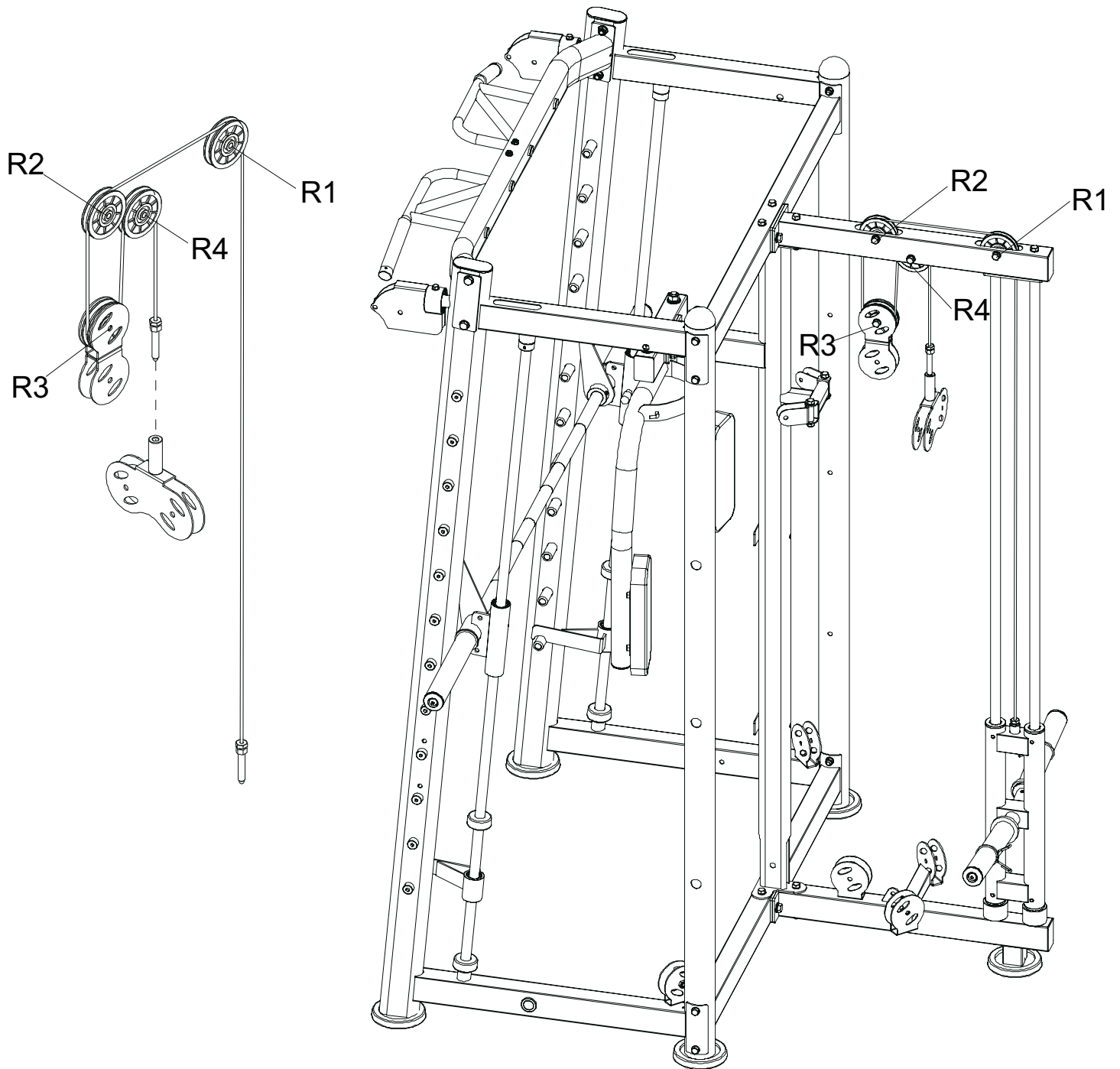


Traction Cable (55) – Length 2,515 mm



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Assembly Step 5



Assembly Step 6

Loosen both single rollers (R1 & R2) on the rear side of the butterfly base frame.

Hang the eyelet at the end of the traction cable (60) onto the hook on the left butterfly arm.

Feed the traction cable (60) over the single roller (R1) and re-mount it back onto the butterfly base frame.

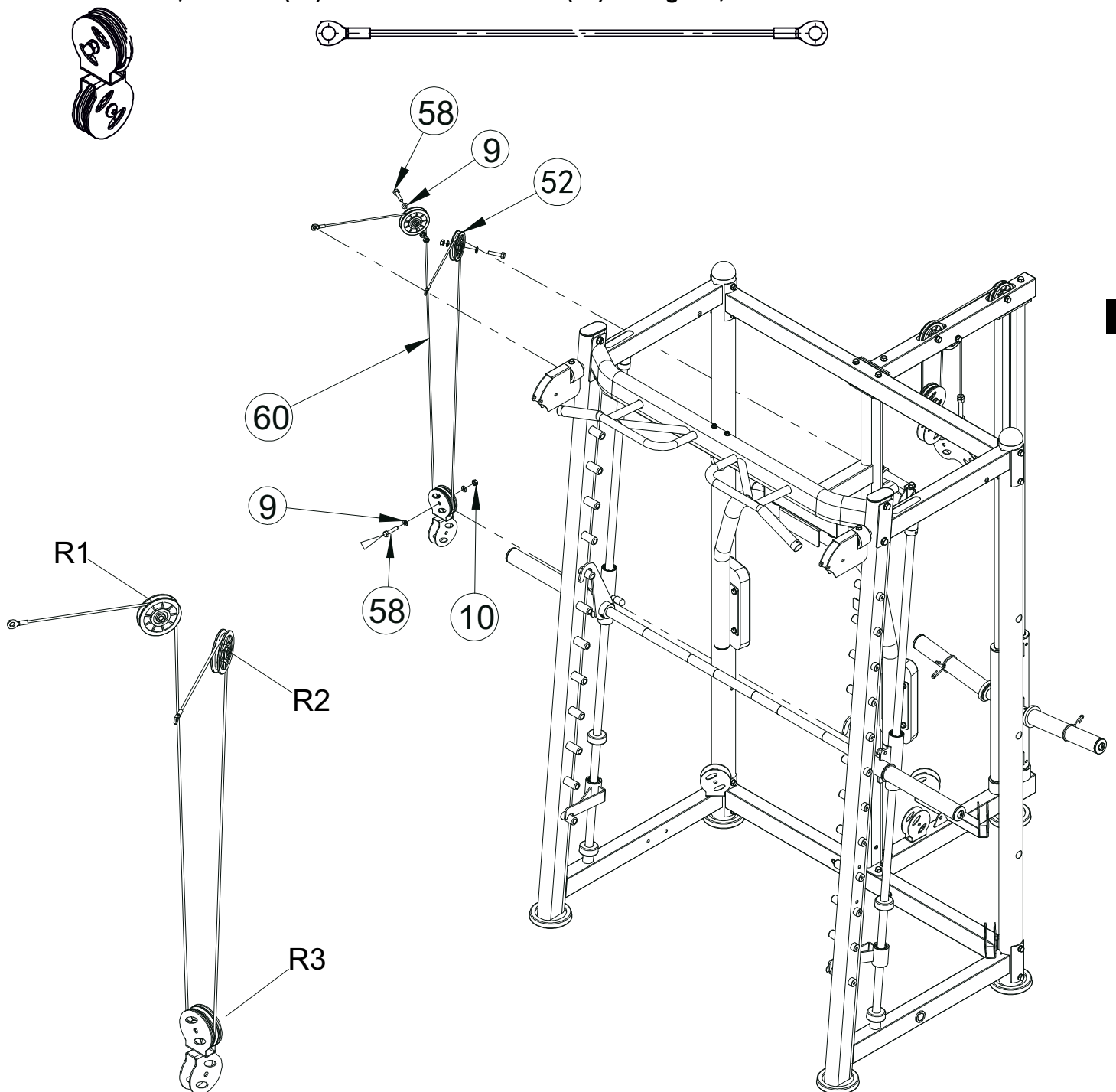
Feed the traction cable (60) over the single roller (R2) and re-mount it back onto the butterfly base frame.

Hang the eyelet at the end of the traction cable (60) onto the hook of the right butterfly arm.

Loosen the top roller (R3) on the crossed double roller (59). Pull the traction cable (60) down to form a loop below the two single rollers (R1&R2) and place roller (R3) into it. Mount roller (R3) back onto the holder in the double roller (59).

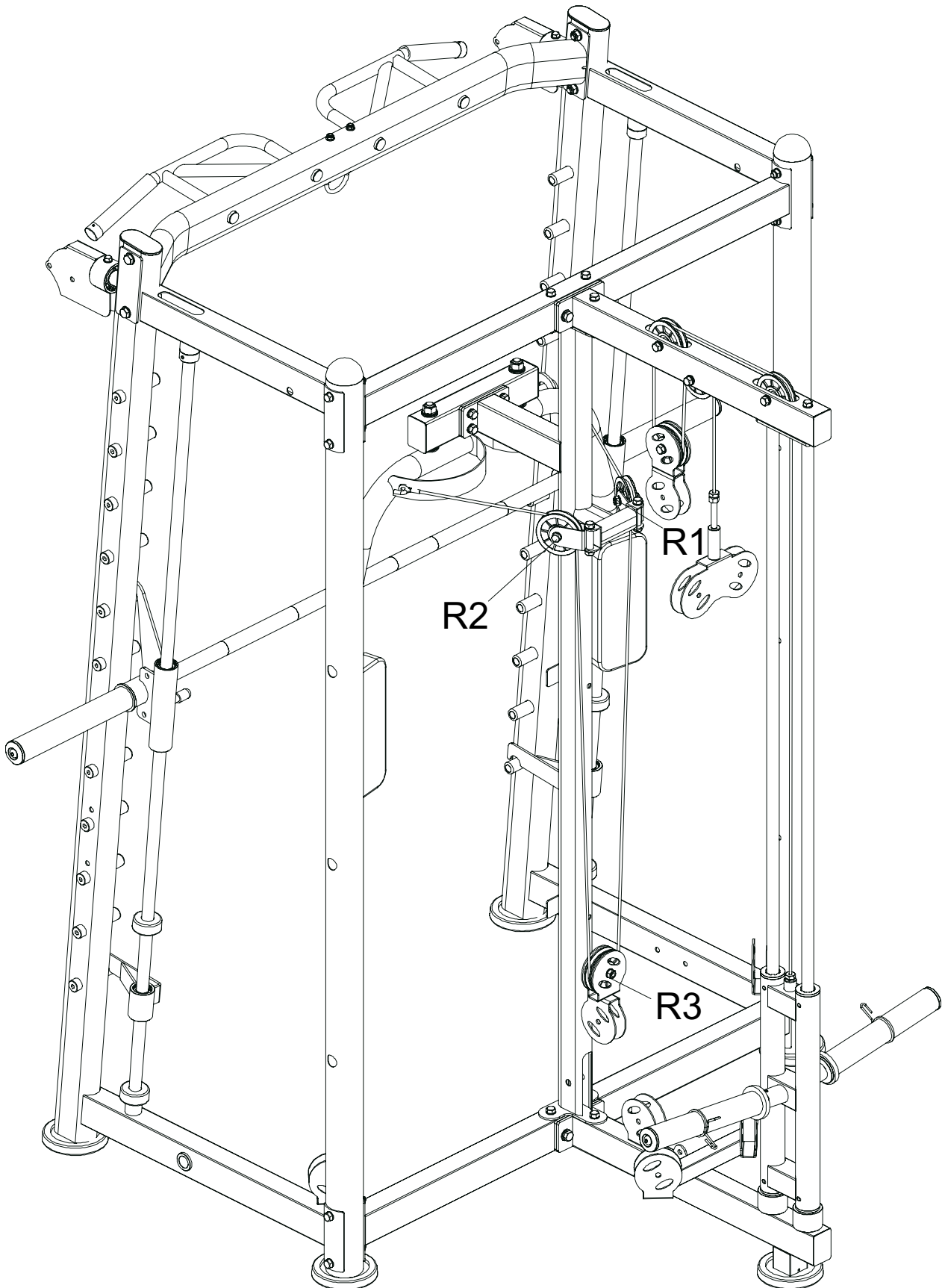
Double Roller, crossed (59)

Traction Cable (60) - Length 3,100 mm



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Assembly Step 6



Assembly Step 7

Before you start with this step, remove the distance ball on one end of the traction cable (61). To do this loosen the nut and remove the hexagonal head screw. Then loosen the U-bracket from the end of the cable. Now you can remove the distance ball and the rounded holder.

Loosen the single roller (R1) out of the movable holder and the single roller (R2) out of the upper frame. Slide the end of the traction cable (61) which you have just removed the distance ball from through the hole in the movable holder. Feed the traction cable (61) through the upper frame pipe until it comes out of the opening where the single roller (R2) had been. Fix the single rollers (R1) and (R2) back into their original positions

Now feed through the traction cable (61) under the single rollers (R3) and (R4) as shown in the diagram.

Then feed the traction cable (61) upwards and over the two rollers (DR1 & DR2) of the double roller with fixing.

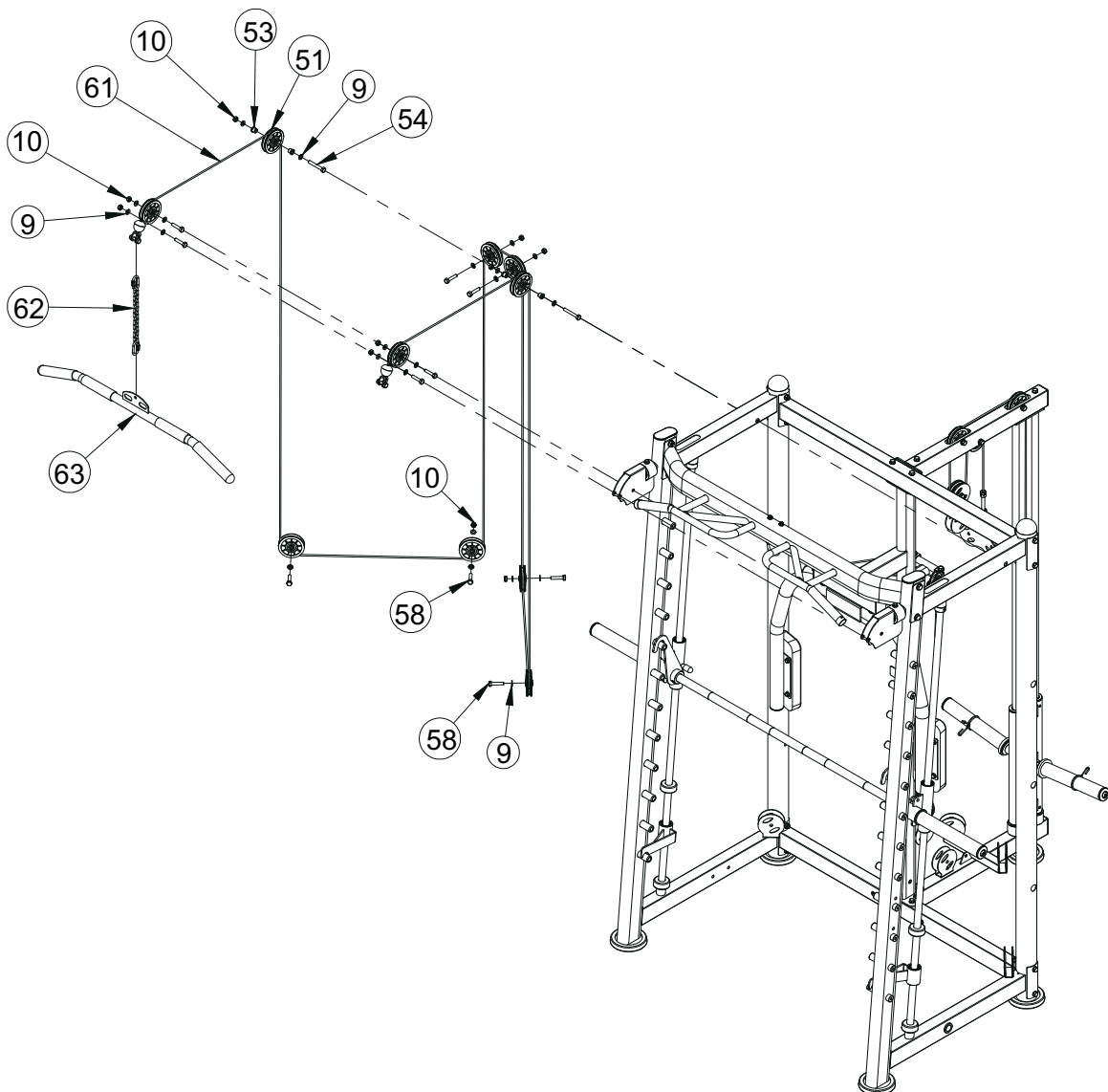
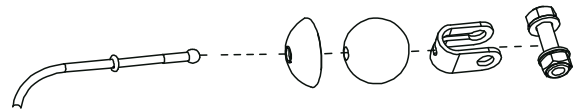
From here feed through the traction cable (61) back down and under the single rollers (R5) and (R6).

Now loosen the single roller (R7) out of the top frame and the single roller (R8) out of the movable holder. Feed the cable from below up through the opening where single roller (R7) was fixed and forwards through the frame. The end of the traction cable must then be fed back through the opening in the movable holder. Fix roller (R7) and (R8) back in their original positions.

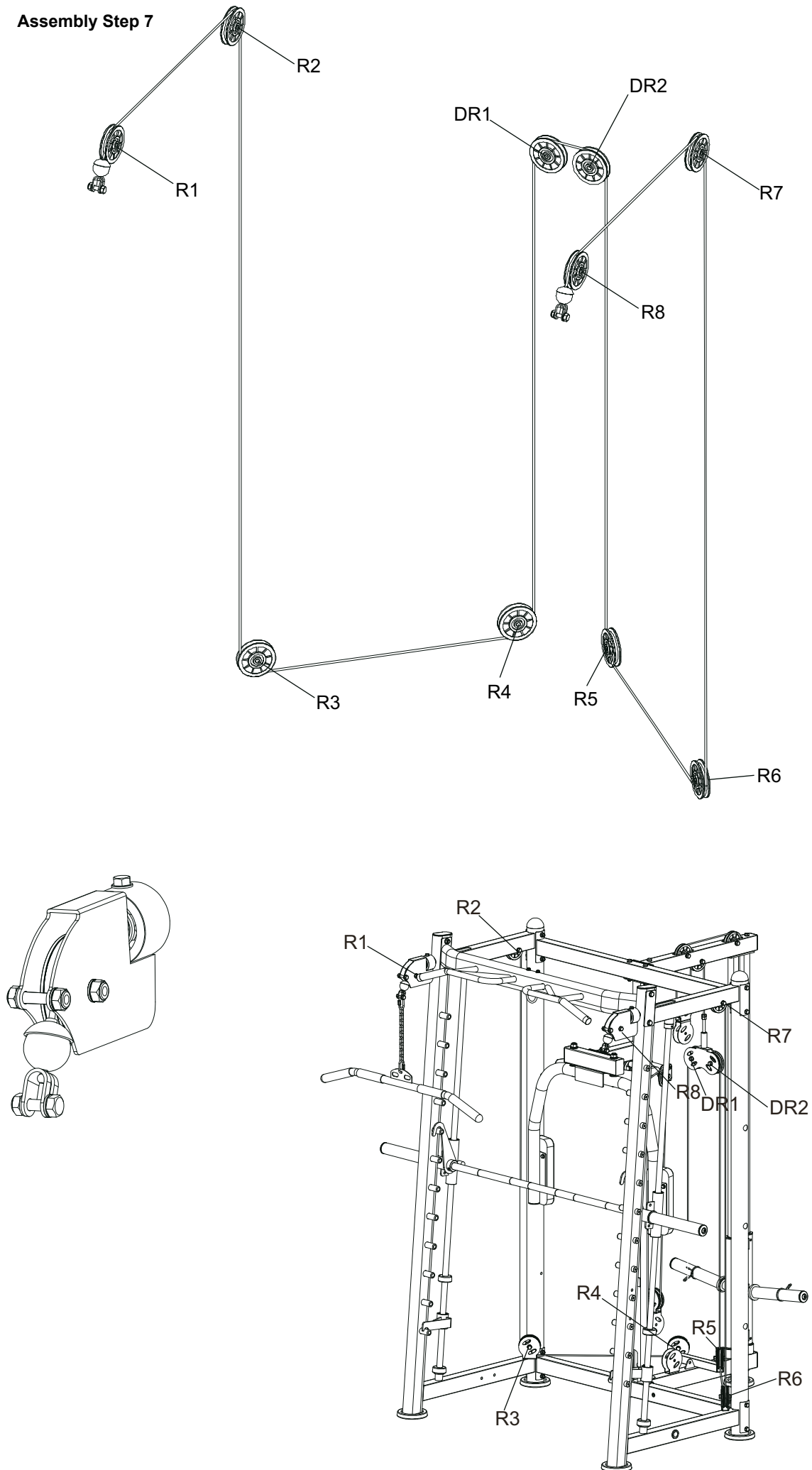
At the end of this assembly step, replace the distance ball back onto the end of the traction cable (61).



Traction Cable (61) - Length 10.215 mm



Assembly Step 7



Assembly Step 8

Attach foot plate (68) using the hexagonal screws M10x25 (50) and two washers Ø10 (9) to the lower cross-pipe.

Dismantle the distance ball from the end of pulley cable (69) by loosening the nut and removing the hexagonal screw. Undo the U-bolt from the end of the cable. Now remove the distance ball and the round holding plate.

Now take a chain with a carabiner hook on each end (62). Connect a carabiner hook to the eyelet on the end of the pulley cable (62). Hook the other carabiner hook to the eyelet on the rear stand pipe.

Feed the other end of the pulley cable (69) upwards and round the lower roller (R1) on double roller (57).

Now take the end of the pulley cable (69) back down and from below feed it through roller (R2) on the stand pipe.

Take the end of the pulley cable (69) back upwards and through the lower roller (R3) on the cross-roller (59).

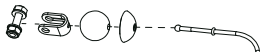
Then feed the end of the pulley cable (69) under the large roller (64) from behind through the opening in the foot plate (68).

Place the single roller (R1) back in the butterfly base frame so that the pulley cable (76) goes under the roller.

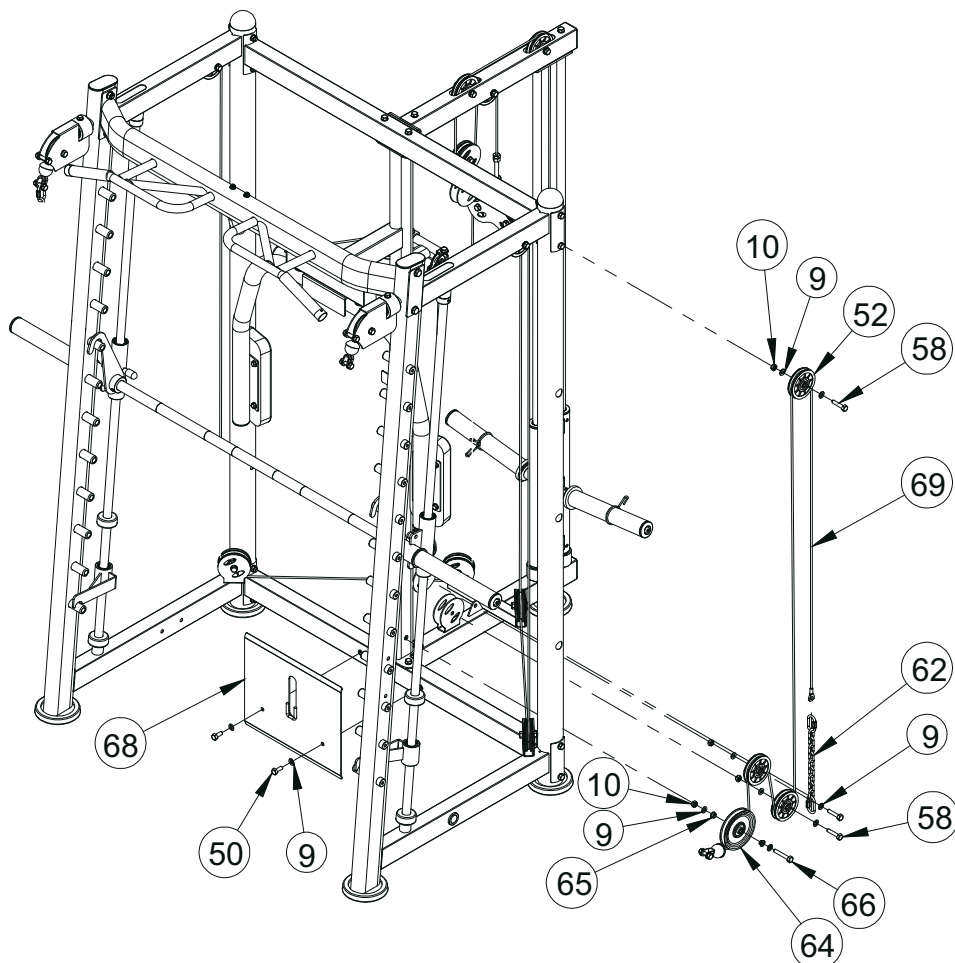
Fix the distance ball back onto the end of the pulley cable (69).



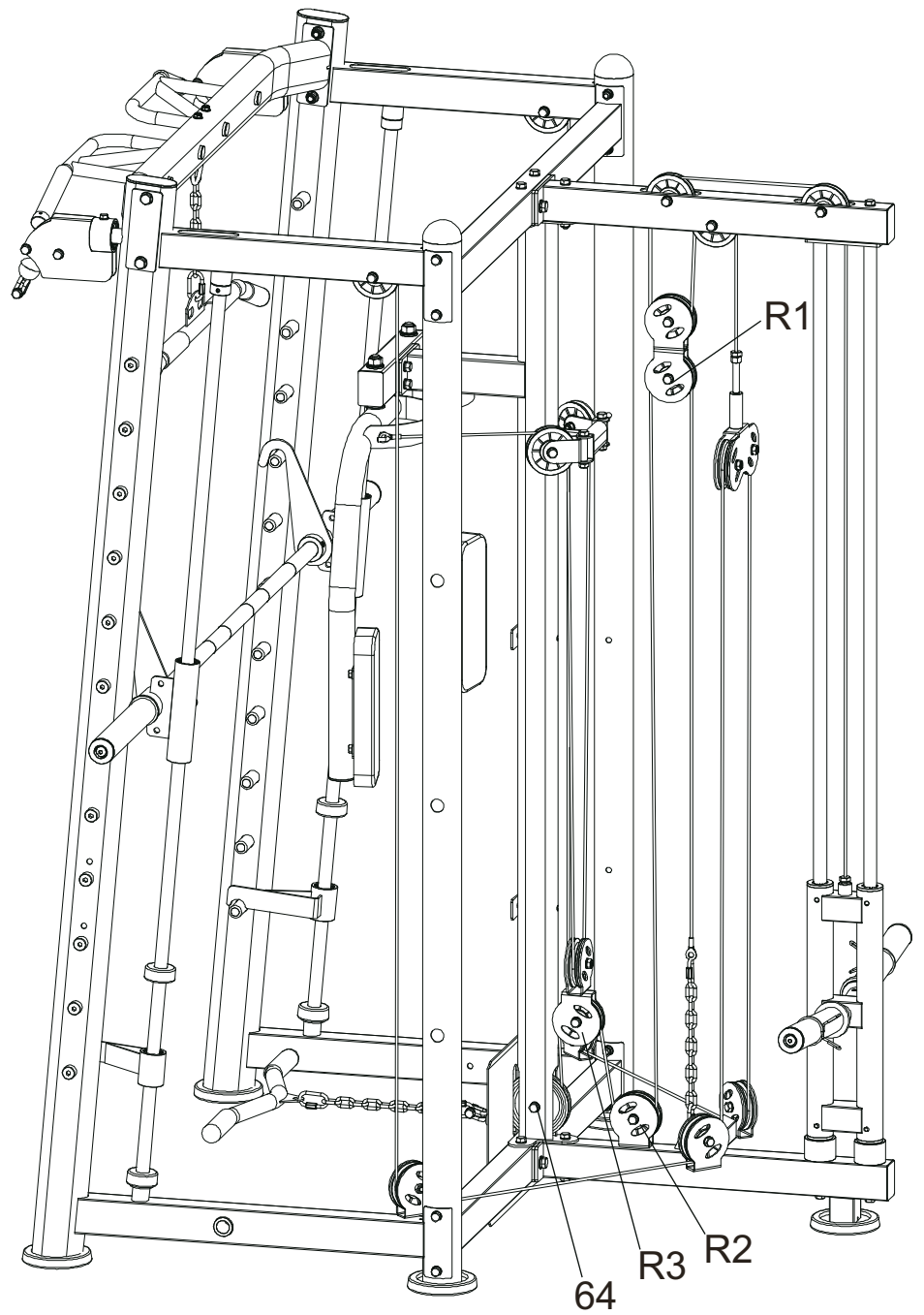
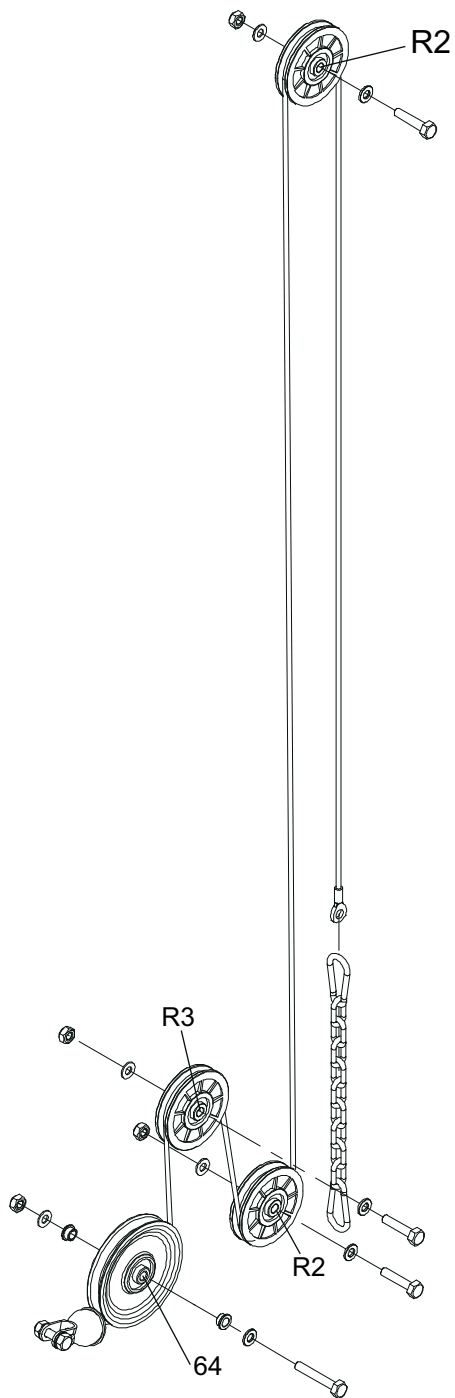
Zugseil (69) - Länge 3.590 mm



Kette mit 2 Karabinerhaken (62)



Assembly Step 8



Assembly Step 9

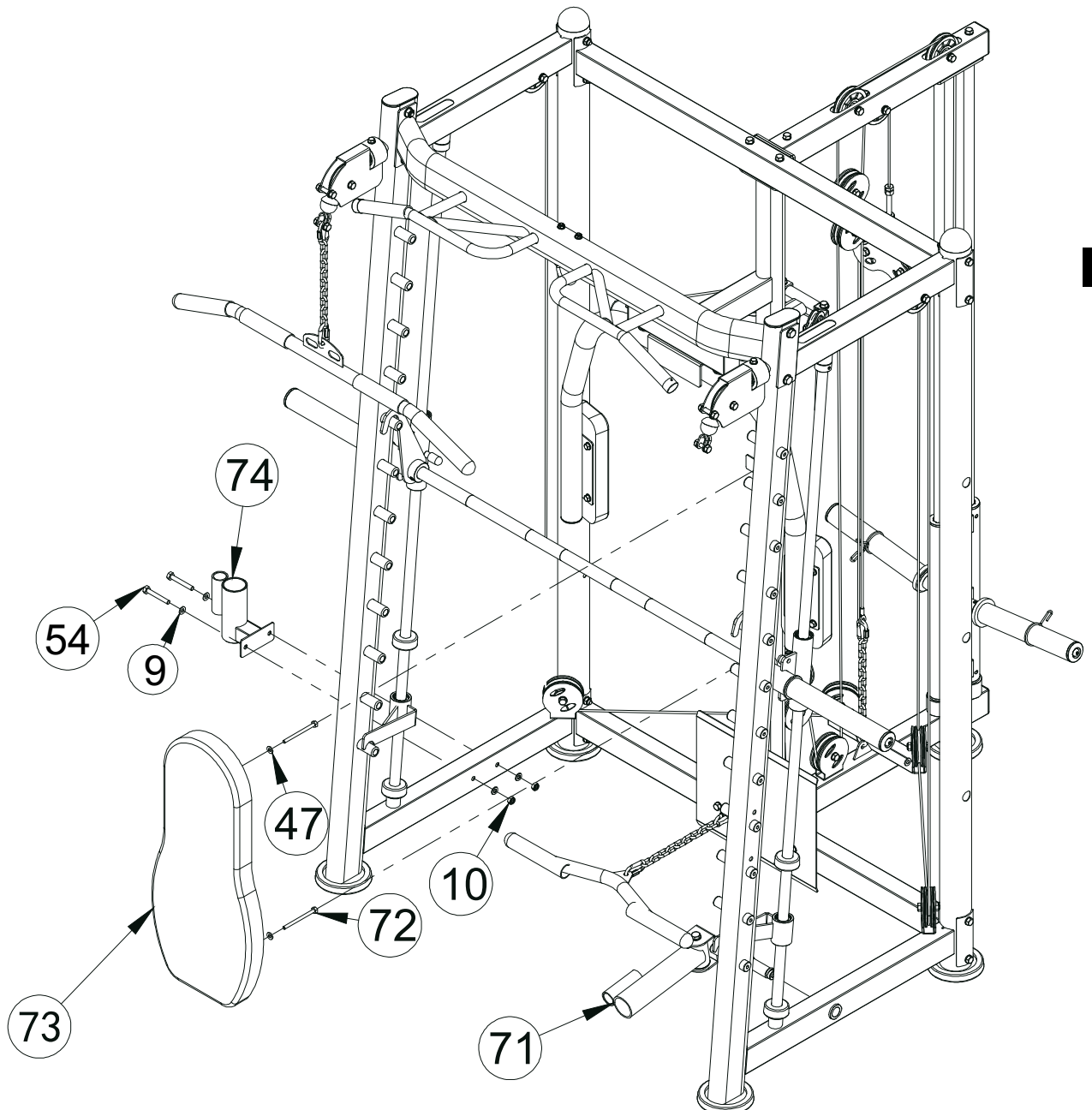
Attach the back cushion (73) to the butterfly base frame using two hexagonal head screws M8x100 (72) and two washers Ø8 (47).

Fix the fixed dumbbell bar brackets (74) from the outside onto the lower frame pipe on the side frame. To do this use two hexagonal head screws M10x70 (54), four washers Ø10 (9) and two safety nuts M10 (10).

Place the movable dumbbell bar bracket (71) on the lower frame pipe on the left side frame.

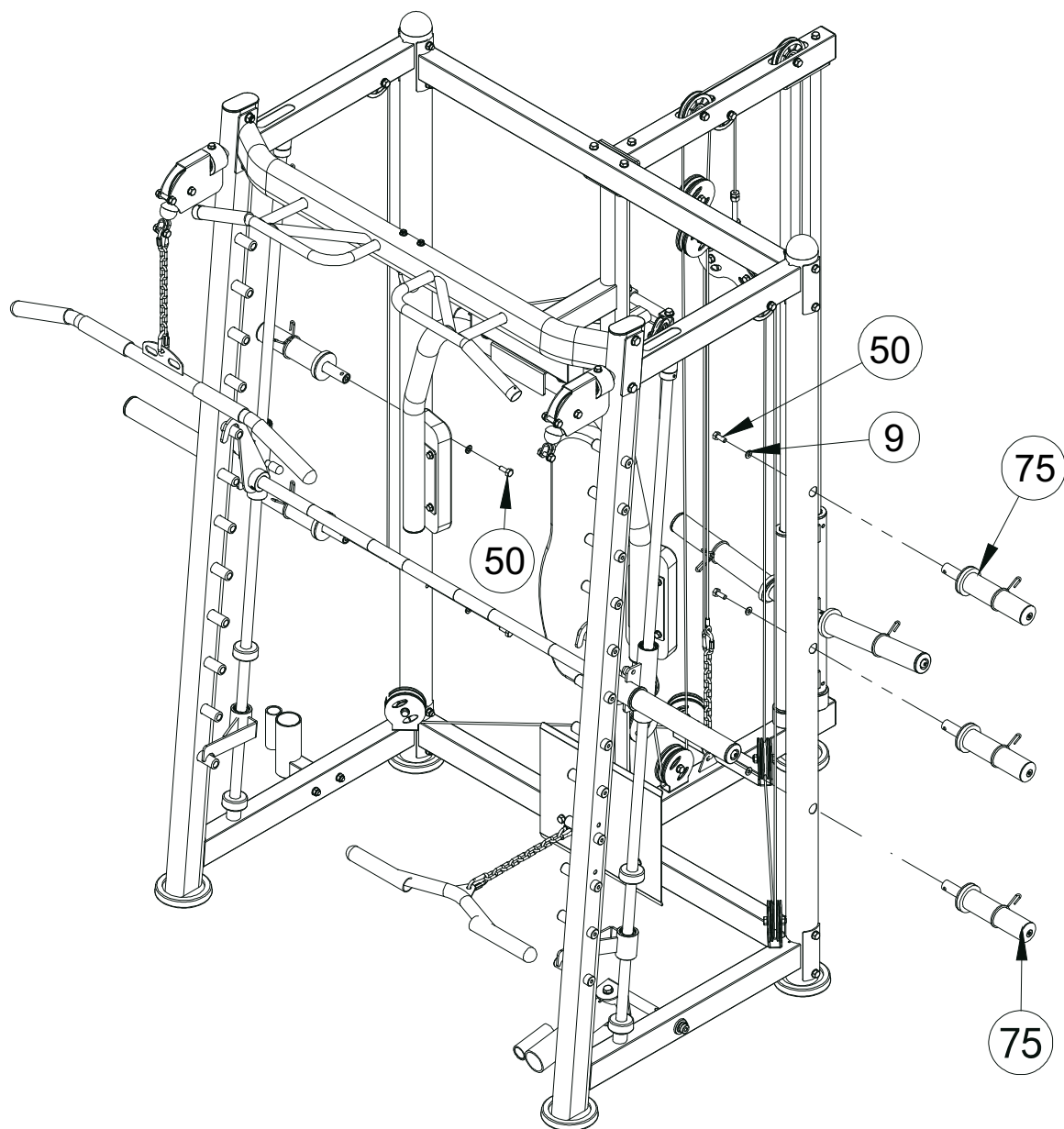
Note: The movable dumbbell bar brackets (71) can be mounted on the inside or outside of the lower frame pipe on the left side frame.

We recommend mounting these on the outside if there is enough room to the left of the training device



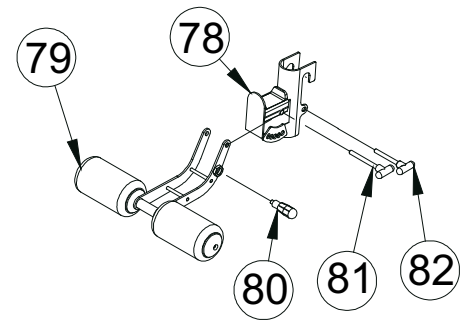
Assembly step 10

Attach three Weight Plate Brackets (75) from the outside of the rear upright Frame tubes of the right and left side frame using one Hex head bolt M10x25 (50) and washer Ø10 (9) for each bracket.

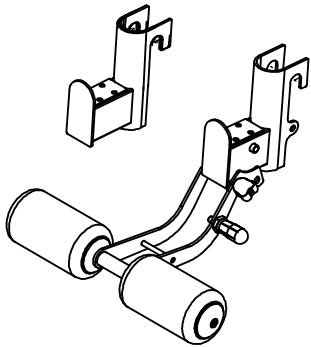


Equipment

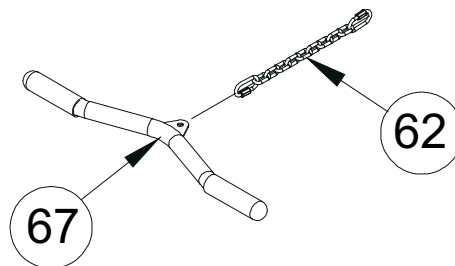
Attach the leg press frame (79) with the round head locking pin (80) and T shape pin Ø10x100mm (81) to the short barbell shelf (78). Then put the holes of the shelf (78) in the desired position on the front spar of right or left side frame and fix them there with the T shape pin Ø10x75 (82).



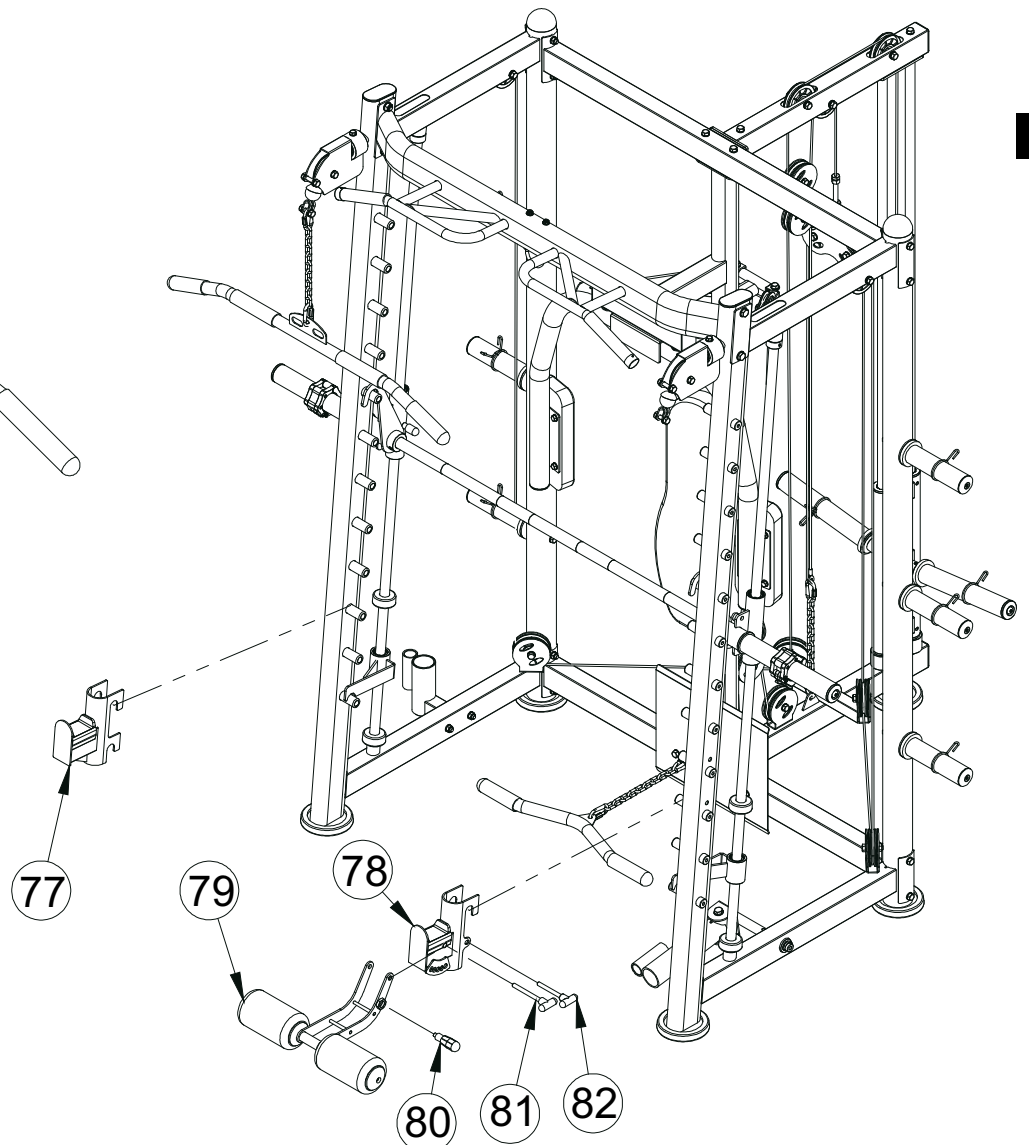
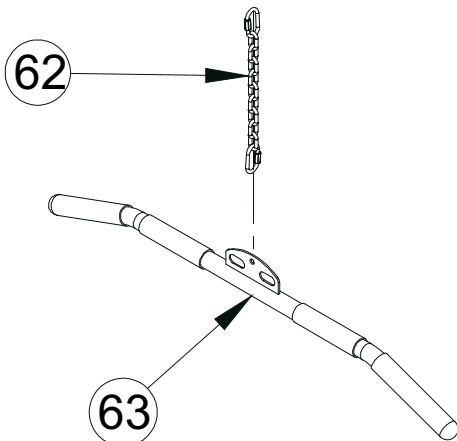
Shelf for free barbell training, short version including height-adjustable leg holder for Latzug (left tray)



Wide drawbar with chain

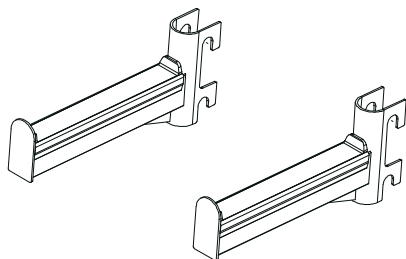


Wide drawbar with chain

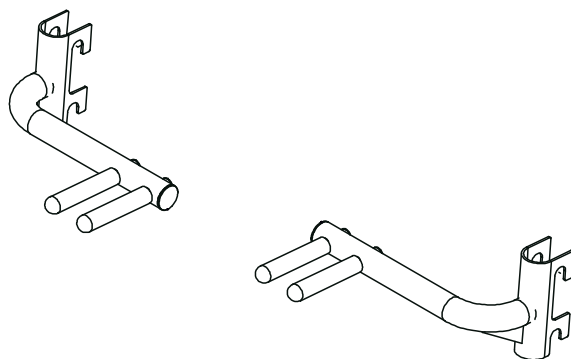


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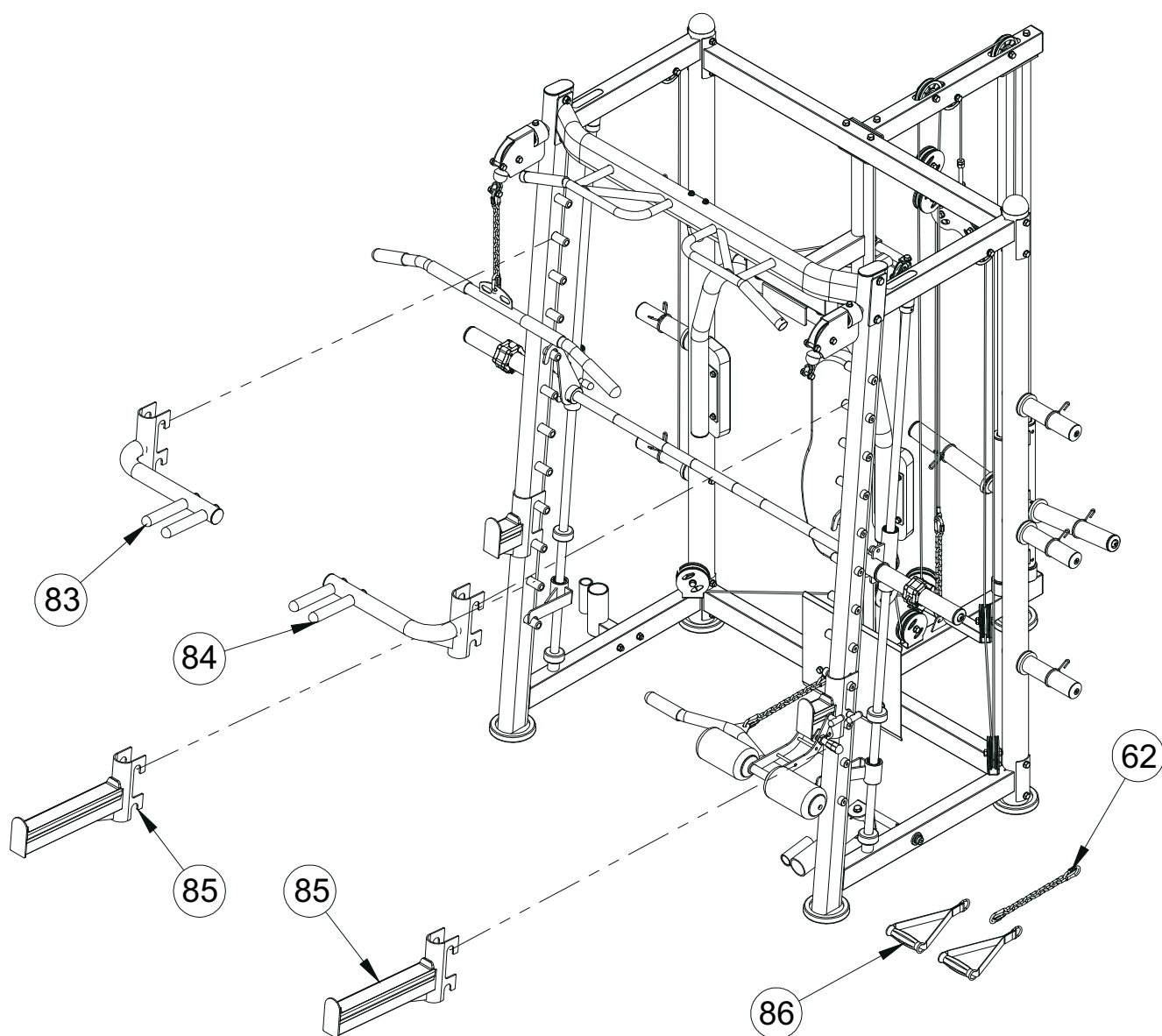
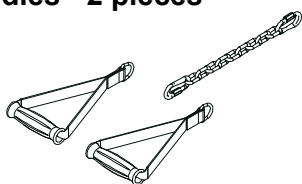
Storage and securing for free barbell training, long version



Handles for dips and pushups



Individual handles - 2 pieces

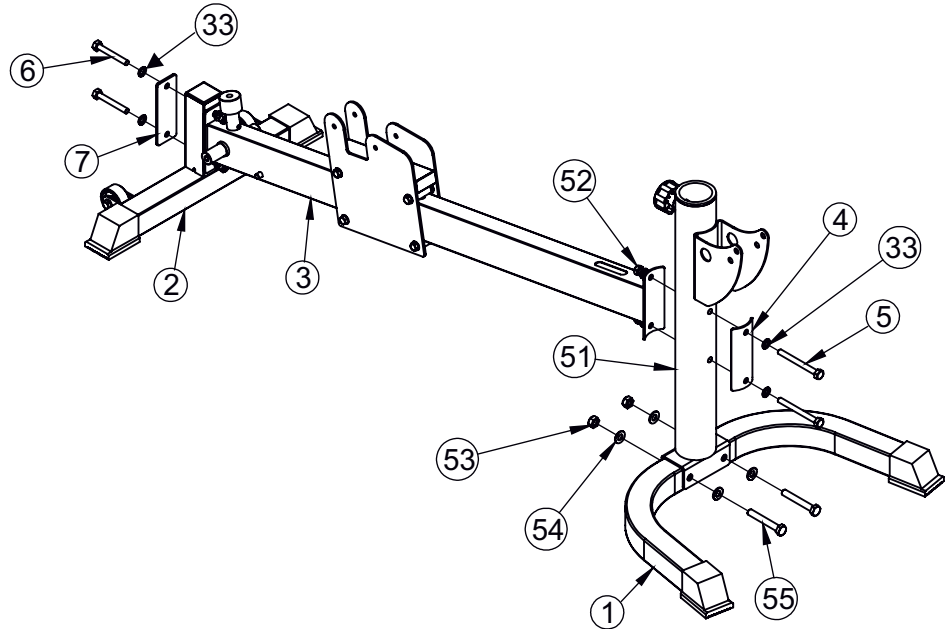


Assembly step 1

Attach the rear bottom tube (2) to the base pipe (3) with two hexagon bolts M10x75 (6), four washers Ø10 (33), two locknuts M10 (52) and the straight retaining plate (7).

Then place the standpipe (51) on the front floor pipe (1) and secure it with two Hexagon bolts M12x75 (55), four washers Ø12 (54) and two locknuts M12 (53).

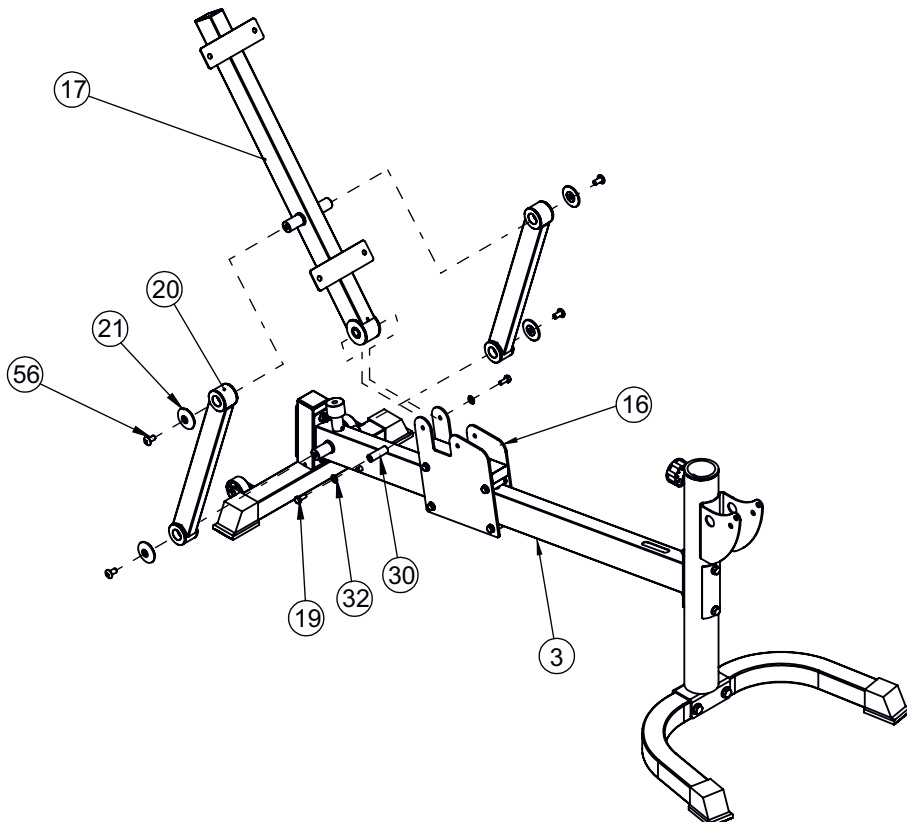
Now attach the standpipe (51) to the base pipe (3) using two hexagon bolts M10x100 (5), four washers Ø10 (33), two locknuts M10 (52) and the curved retaining plate (4).



Assembly step 2

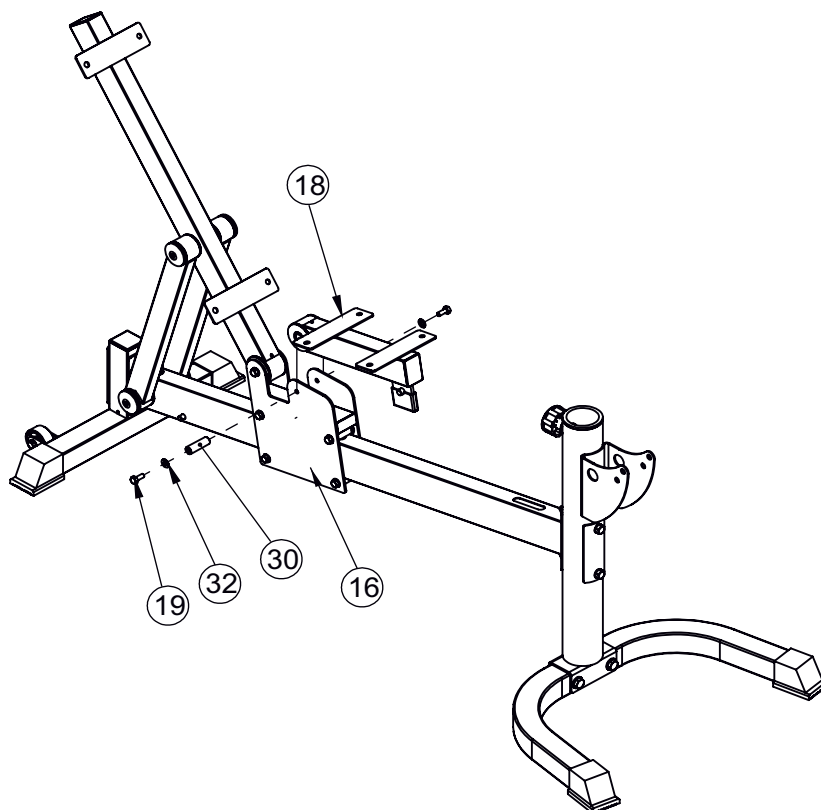
Secure the support tube (17) with two hexagon bolts M8x20 (19), each with a washer Ø8 (32) and a spacer tube (30) on the rear mounting of the slide (16).

Then place the two guide tubes (20) on the right and left of the holder on the base pipe (3) and in the receptacle on the support tube (17) and fix it with two aluminium cover caps (21) and two Allen screws M10x16 (56).



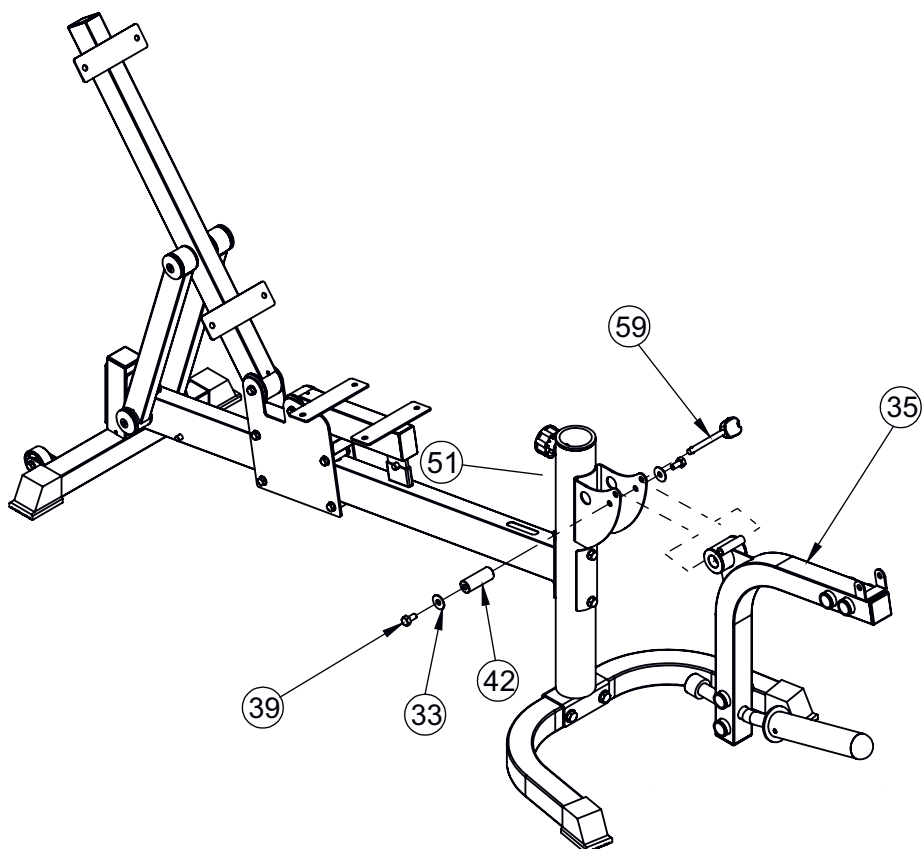
Assembly step 3

Attach the base frame (18) to the front slot of the slide (16) using two hexagon bolts M8x20 (19), two washers Ø8 (32) and one spacer tube (30).



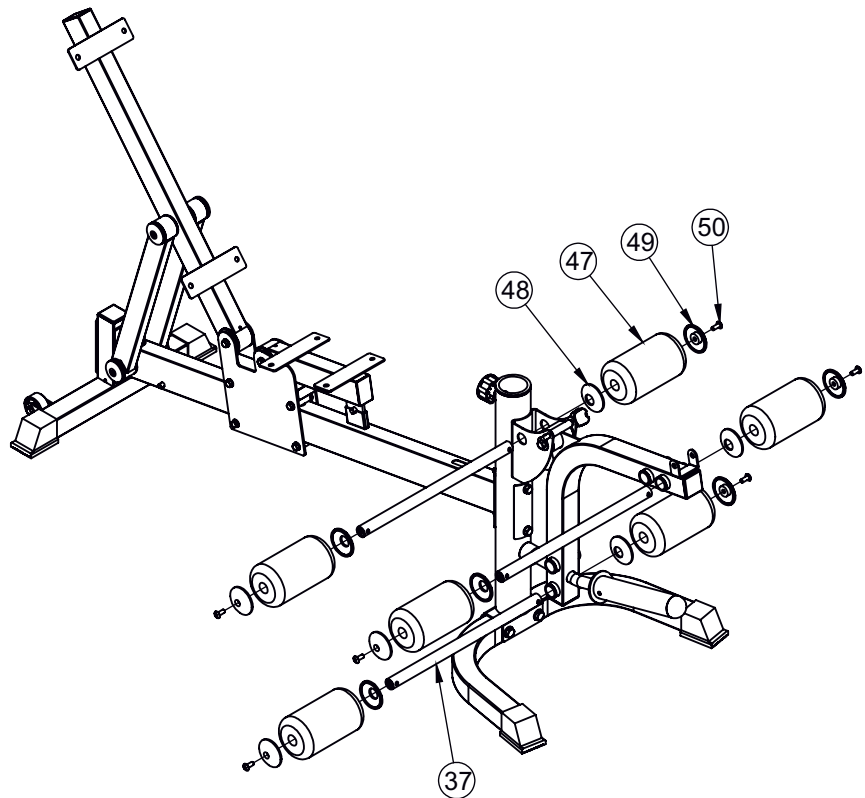
Assembly step 4

Attach the swivel bar (35) with two M10x20 hex screws (39), two washers Ø10 (33) and the spacer tube (42) on the front mount of the standpipe (51) and secure it with the locking pin (59).



Assembly step 5

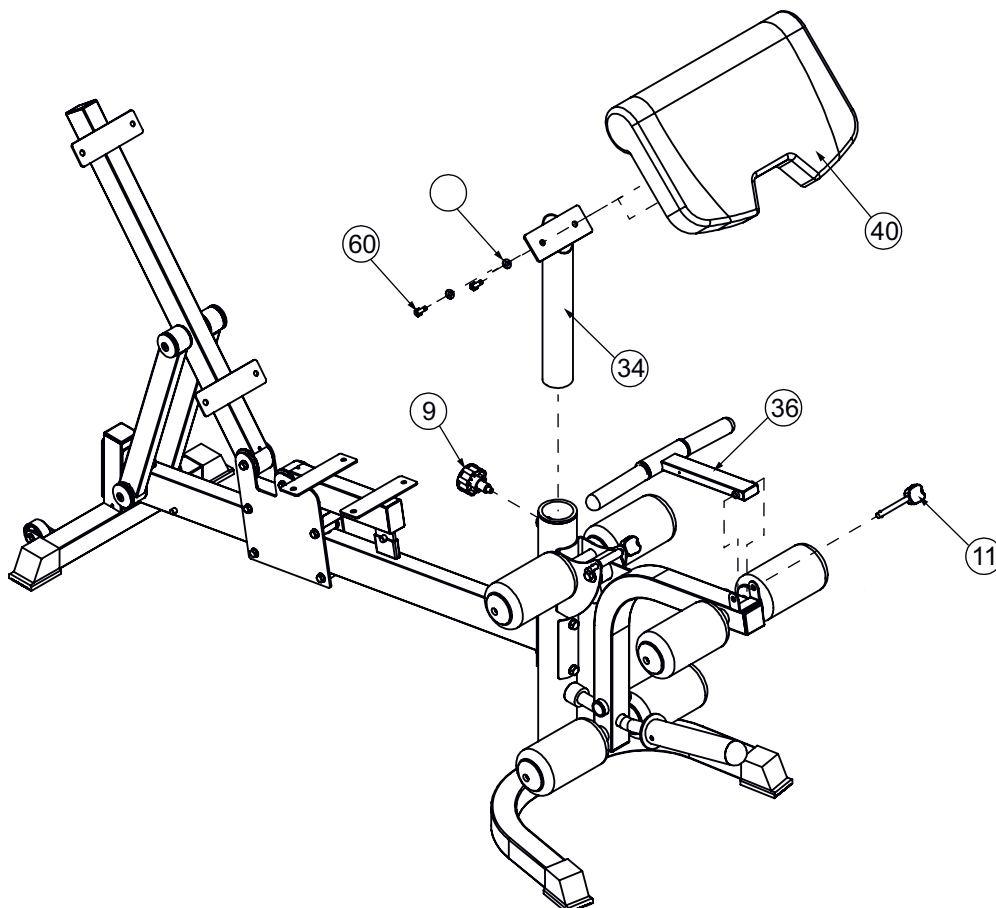
Insert the three cross tubes (37) - as shown in the picture - in the swivel bar or in the base. Slide one cover (large opening) (48) with the open side out (see illustration) on each end of the tubes (37). Then slide one round cushion (47) from each of the right and left of each of these three cross tubes (37) and secure each with a cover (small opening) (49) and one hexagon bolt M8x25 (50).



Assembly step 6

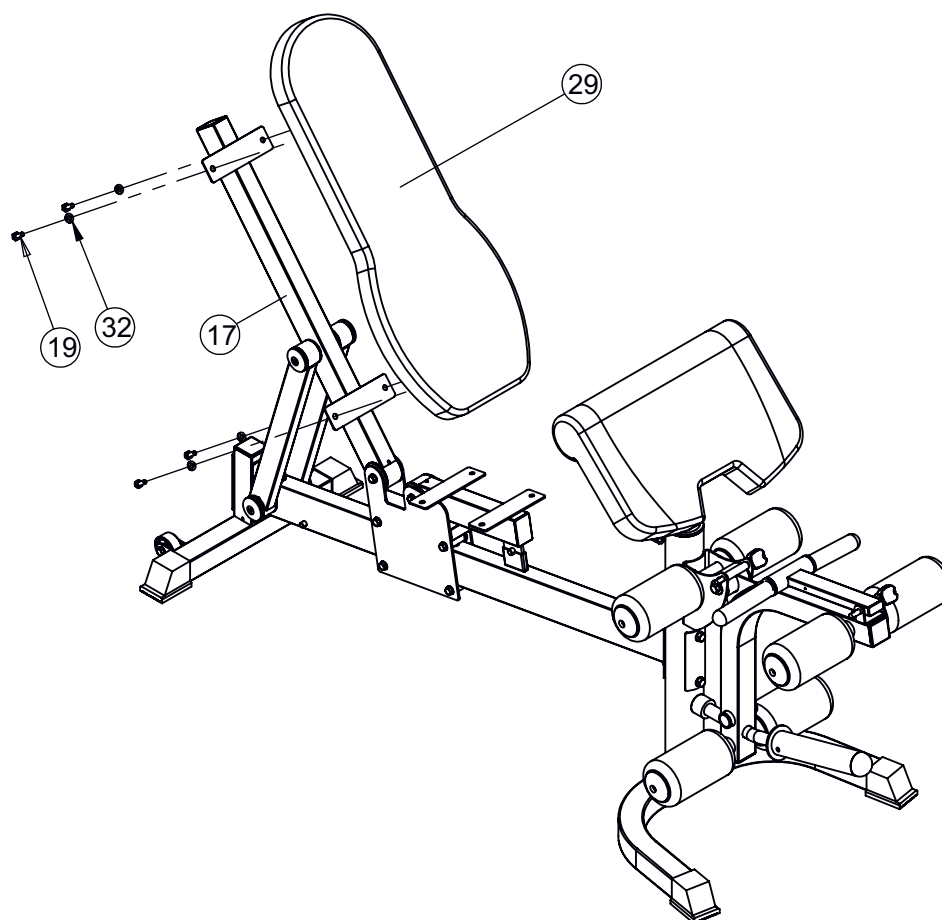
Insert the shaft tube (34) into the upper opening of the standpipe and secure it with a locking pin (11). Mount the pad of the armcurler (40) with two hexagon bolts M8x25 (60) and two Ø8 washers (32) on the shaft tube (34). Secure the swivel tube of the armcurler (36) with the locking pin (11) at the front end of the swivel bracket.

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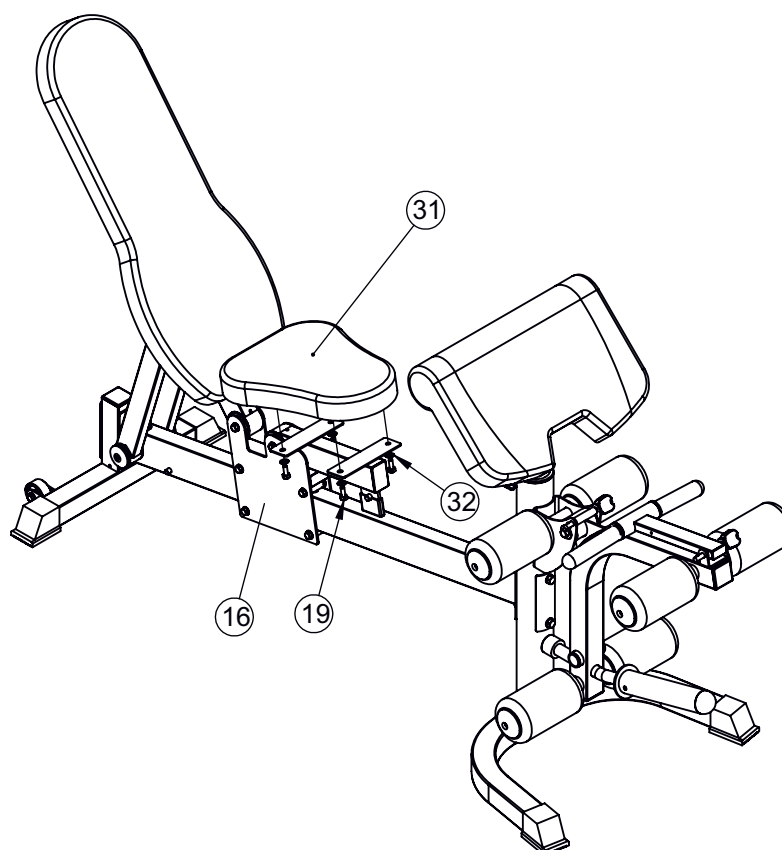
Assembly step 7

Attach the back cushion (29) with four M8x20 hex screws (19) and four washers Ø8 (32) to the support tube of the backrest (17)



Assembly step 8

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



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.

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Recommended Accessories

These accessories are best suited for use with your training device. All products are available from our online shop at www.iconic.com 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 – thickness 0.5 cm
- 210 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.



MAXXUS® Special Foam Cleaner – Use for regular cleaning of your training device. Plastic covers and metal frames can be easily cleaned and perfectly maintained with MAXXUS® Special Foam Cleaner. It is also suitable for cleaning pulse belts and other training accessories.

Preparation Before Training

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

Training Plan

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

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

Warm-Up Before Training

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

Cool-Down After Training

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



Front Thigh Muscles

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



Inner Thigh Muscles

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



Legs, Calves and Buttocks

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



Leg and Lower Back Muscles

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

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

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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

Parts List – Multipress

Part	Description	Type	QTY
1	back ground link tube		1
2	left frame		1
3	right frame		2
4	back up link tube		2
5	front up link tube		1
6	reinforcing plate	140x59xt3.0	4
7	reinforcing plate	160x60xt4.0	2
8	hexagon bolt	M10x100	8
9	washer	F10	92
10	lock nut	M10	37
11	hexagon bolt	M12x75	4
12	washer	F12	14
13	lock nut	M12	4
16	barbell bar		1
17	guide rod	F25x1850	2
18	sliding sleeve		2
19	barbell bar stop	F60xF48.5x27L	2
21	barbell bar plug	F51x42.5x36.6L	2
22	hexagon socket button	M12x40	2
23	guide rod lock sleeve		2
24	headless hexagon	M8x10	4
25	rubber cushion	F60xF58xF26x25	4
26	safety hook left		1
27	safety hook right		1
28	back stand tube		1
29	back short ground		1
30	back short up link		1
31	back guide rod		2
32	big sliding sleeve		1
34	barbell plate holder		2
35	rubber cushion	F60xF27x42	2
36	hexagon bolt	M10x20	2
37	hexagon bolt	M12x30	4
38	spring washer	F12.5xT3.0	6
39	hexagon bolt	M10x90	6
40	hexagon socket button	M10x20	1
41	hexagon bolt	M10x95	1
42	link frame		1

Parts List – Multipress

Part	Description	Type	QTY
43	arm extension left		1
44	arm extension right		1
45	arm cushion		2
46	hexagon bolt	M8x20	8
47	washer	F8	10
48	lock nut	M16	2
49	washer	F16	2
50	hexagon bolt	M10x25	12
51	spring washer	F10	4
52	pulley	F95xF10.5x25.4	20
53	powder metallurgy	F20xF16xF	10
54	hexagon bolt	M10x70	7
55	cable	L=2515mm	1
56	double pulley bracket		1
57	"-" shape pulley		1
58	hexagon bolt	M10x45	17
59	cross pulley frame		1
60	cable	L=3100mm	1
61	cable	L=10215mm	1
62	10 section chain &		4
63	long bar		1
64	big pulley	F127	1
65	powder metallurgy	F18*F14*F	2
66	hexagon bolt	M10x60	1
67	short bar		1
68	footplate		1
69	cable	L=3590mm	1
71	barbell bar cup		1
72	hexagon bolt	M8x100	2
73	back cushion		1
74	core trainer		1
75	barbell holder		6
76	barbell clamp collar		2
77	short barbell bar		1
78	short barbell bar		1
79	leg press frame		1
80	round head locking pin	F10	1
81	T shape pin	F10x100	1

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Parts List – Multipress

Part	Description	Type	QTY
82	T shape pin	F10x75	1
83	dip bar left		1
84	dip bar right		1
85	long barbell bar		2
86	handle belt		2
87	pipe	F48x298x2.5T	2
88	pipe	F50x310xT0.5	2



Parts List – Training Bench

Part	Description ENG	Type	QTY
1	floor pipe, front		1
2	bottom tube, rear		1
3	base pipe		1
4	retaining plate, curved	T3,0x59x140	1
5	Hex bolt	M10x100	2
6	Hex bolt	M10x75	2
7	retaining plate, straight	T4,0x50x140mm	1
9	Turn handle screw with grid pin	M18x1.5mm	2
11	Locking pin		
16	sliding carriage		1
17	Support tube for backrest		1
18	base frame for seat cushion		1
19	Hex bolt	M8x20	12
20	guide tube		2
21	Aluminum cover, round	Ø50xØ11x9,5mm	4
29	Back cushion	840x330x50mm	1
30	spacer tube	Ø16x50mm	2
31	seat cushion	370x300x50mm	1
32	Washer	Ø8	14
33	Washer	Ø10	10
34	Shaft tube for Armcurler		1
35	Swivel bar for leg curler		1
36	Swivel tube for Armcurler		1
37	Cross tube	Ø25xT2,0x450	3
38	Safety pin	Ø10x85	1
39	Hex bolt	M10x20	2
40	pads for Armculer		1
42	spacer tube	Ø25x67	1
47	round cushion		6
48	cover (large opening)		6
49	Cover disc (small opening)		6
50	Hex bolt	M8x25	6
51	standpipe		1
52	Locknut	M10	4
53	Locknut	M12	2
54	Washer	Ø12	4
55	Hexagon bolt	M12x75	2
56	Allen screw	M10x20	4
59	Safety pin	Ø10x100	1
60	hexagon screw	M8x25	2

For MAXXUS® Support Team to help you as quickly as possible with service, we will require certain information about your fitness device and about you. To find the exact spare parts required, we will need the product name, date of purchase and serial number.

If necessary, please fill out completely the Repairs Contract/Damage Report form attached to this User Manual and send it to us by post or by fax.

Areas of Application & Warranty Periods

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

Home Use:

Exclusively for private use

Warranty Period: 2 Years

Semi-Professional Use:

Use under instruction in hotels, physiotherapy practices, etc.

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

Warranty Period: 1 Year

Professional Use:

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

Warranty Period: 1 Year

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

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

Proof of Purchase and Serial Number

To claim your right to service works within the warranty period we will in each case require proof of purchase. Keep your proof 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.

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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.

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: **service@maxxus.de**

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

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



Repair order / damage report

Device Details

Product Name: **MAXXUS Multipress 9.1**Product Group: **Multipress**

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)

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☐ 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[®]



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