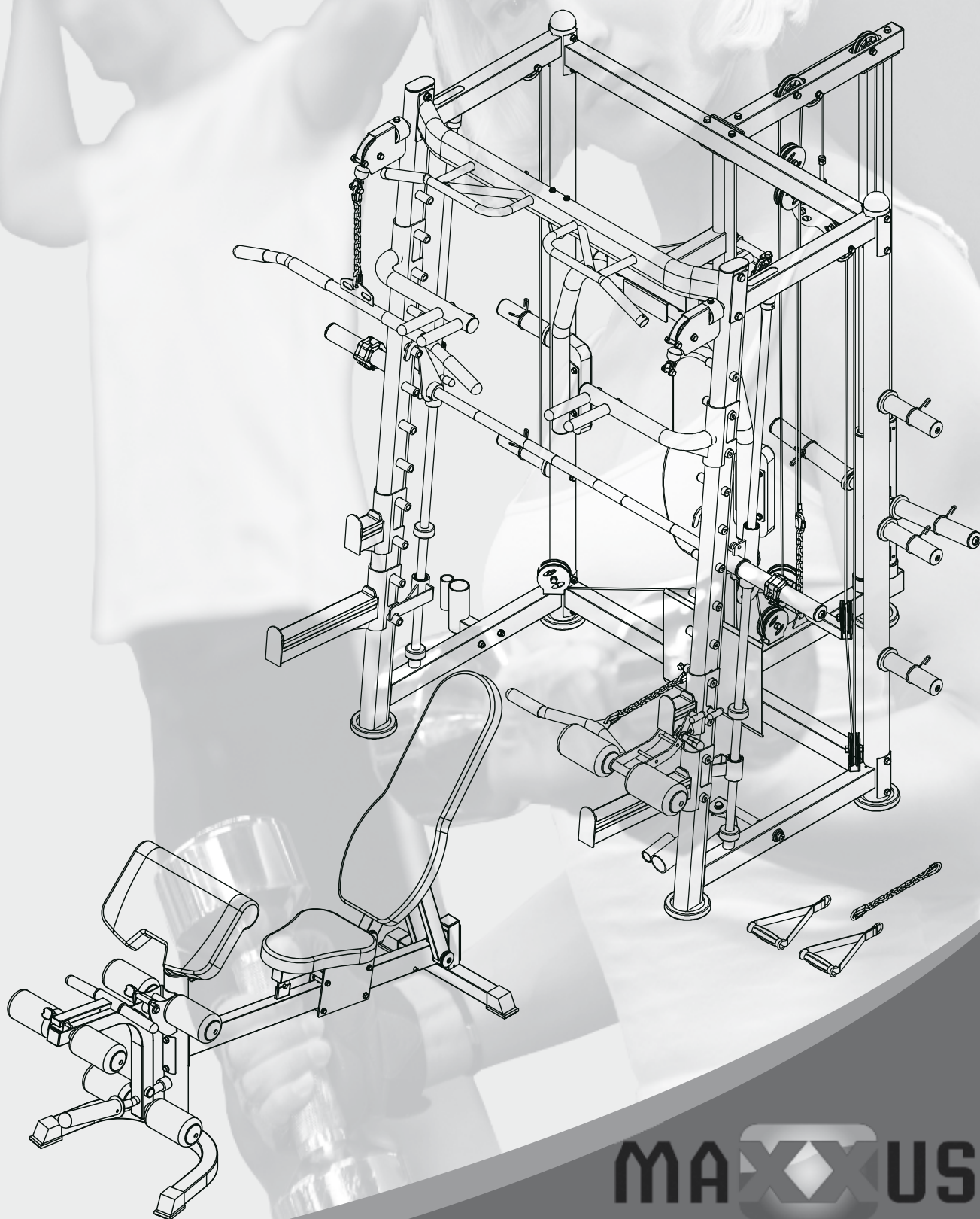


MAXXUS[®]

Multipress 9.1

Installation Manual



ENG

MAXXUS[®]

Index

Index	2
Safety Instructions	3
Scope of Delivery - Multipress	4 - 6
Assembly - Multipress	7 - 22
Assembly - Training Bench	23 - 26
Care, Cleaning & Maintenance	27
Disposal	27
Recommended Accessories	27
Training Recommendations	28 - 29
Parts List - Multipress	30 - 32
Exploded Drawing - Training Bench	33
Parts List - Training Bench	34
Warranty	35
Repairs Contract / Notification of Damage Claim	37

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.

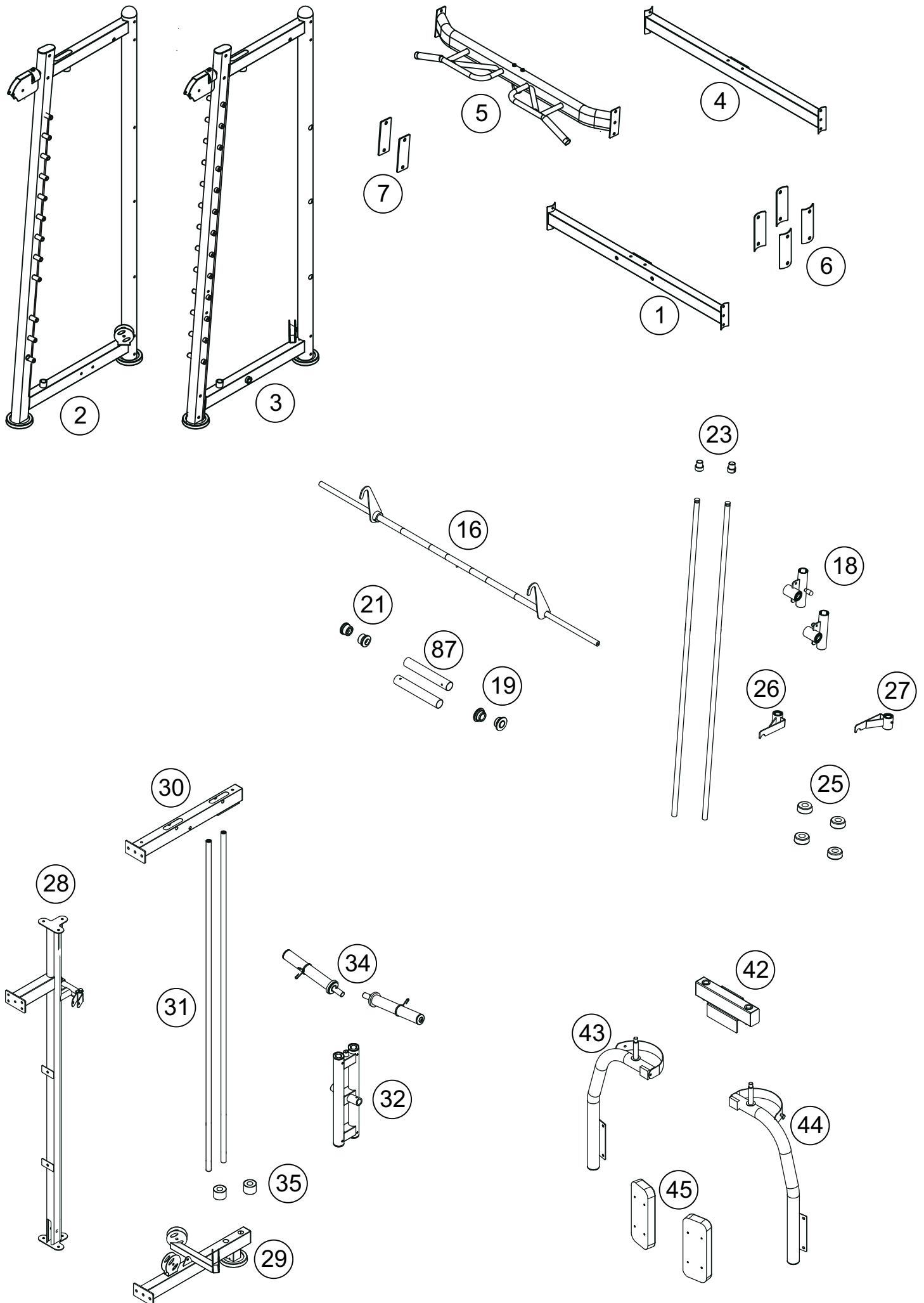
The construction of this training device is based on state of the art technology and highest modern technical safety standards.

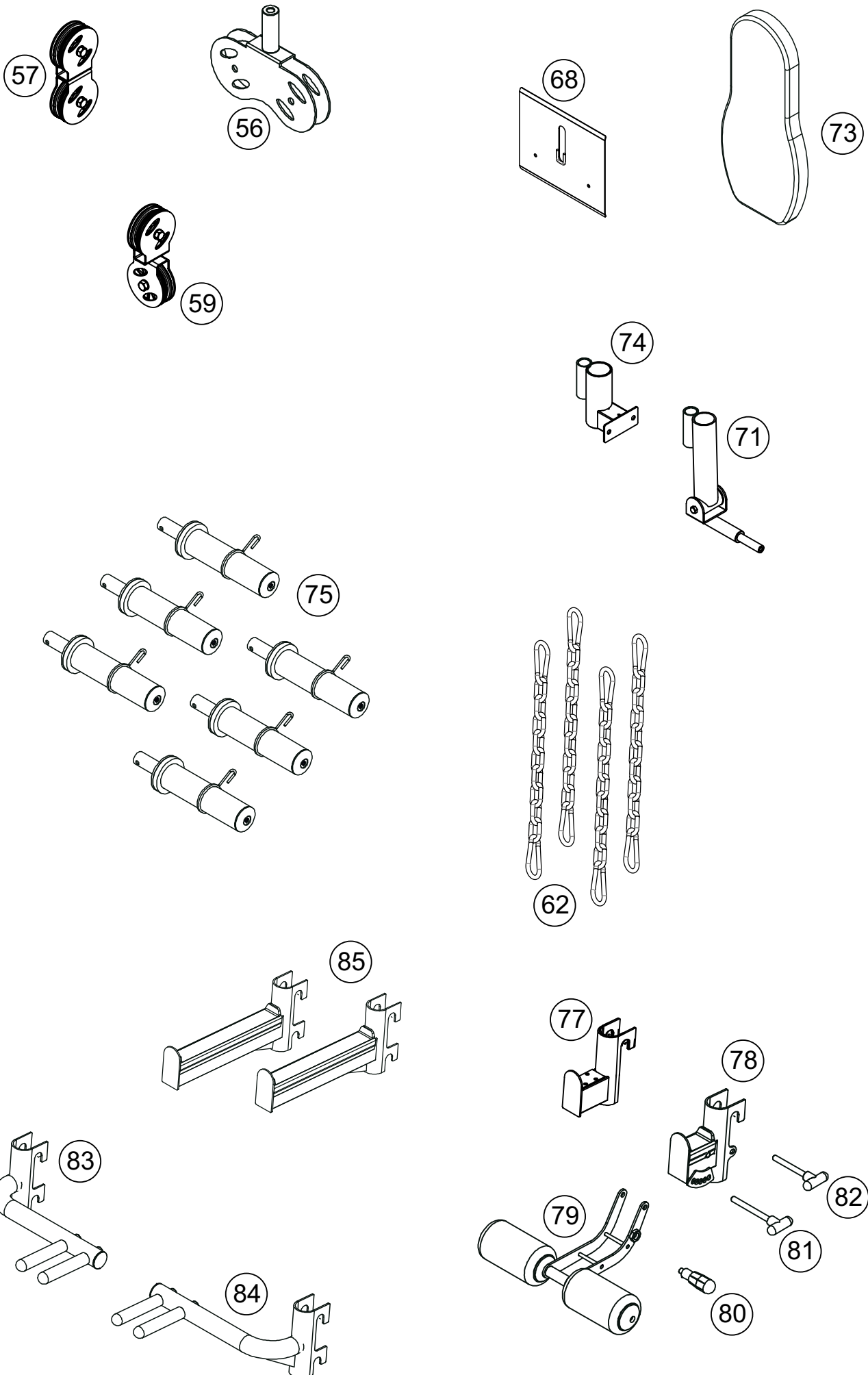
This training device is to be used by adults only!

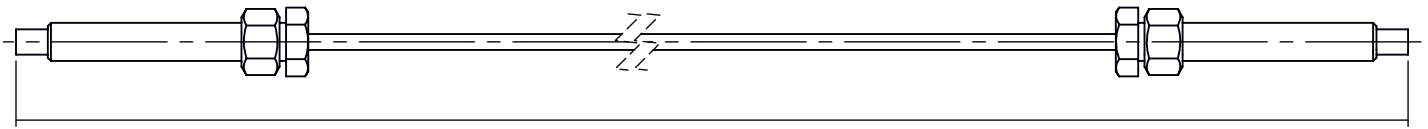
Extreme misuse and/or unplanned training can cause damage to your health!

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

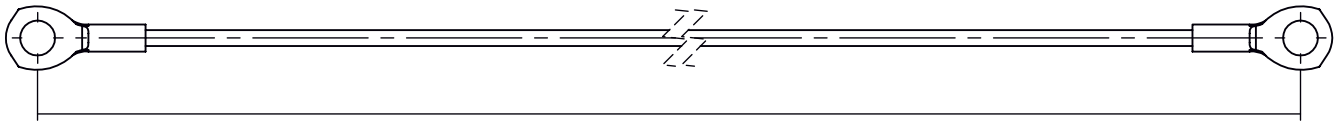
If you have any questions or queries contact your specialist dealer or the MAXXUS Service Team and they will be pleased to help you further.



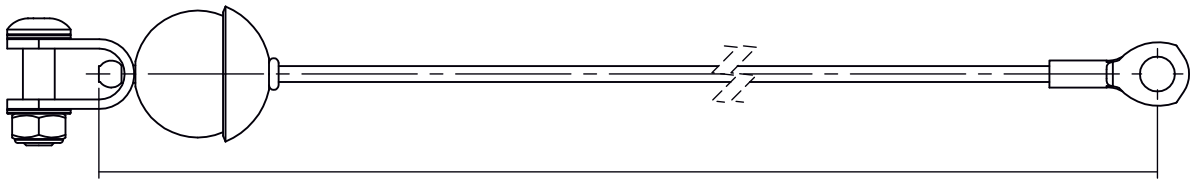




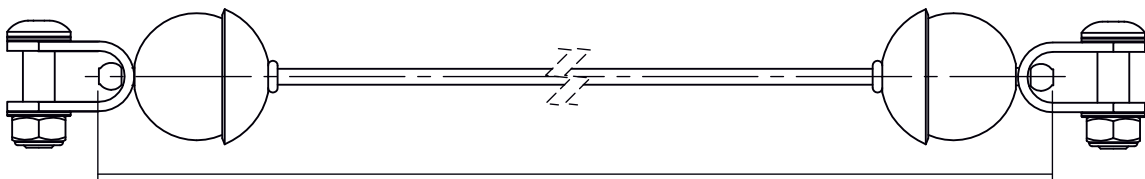
Traction Cable (55) – Length 2,2515 mm



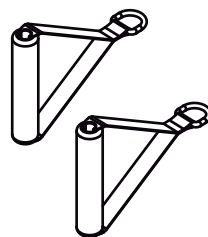
Traction Cable (60) – Length 3,100 mm



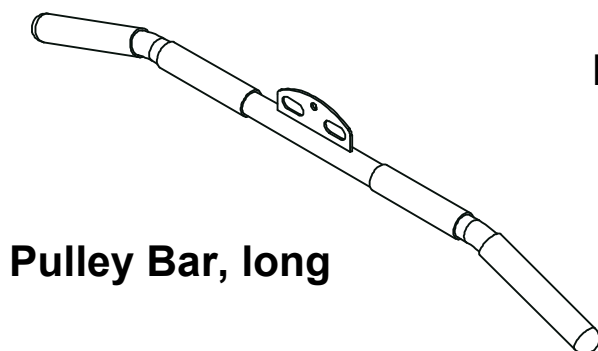
Traction Cable (69) Length 3,590 mm



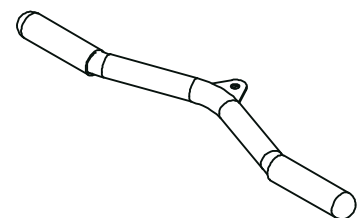
Traction Cable (61) – Length 10,215 mm



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.

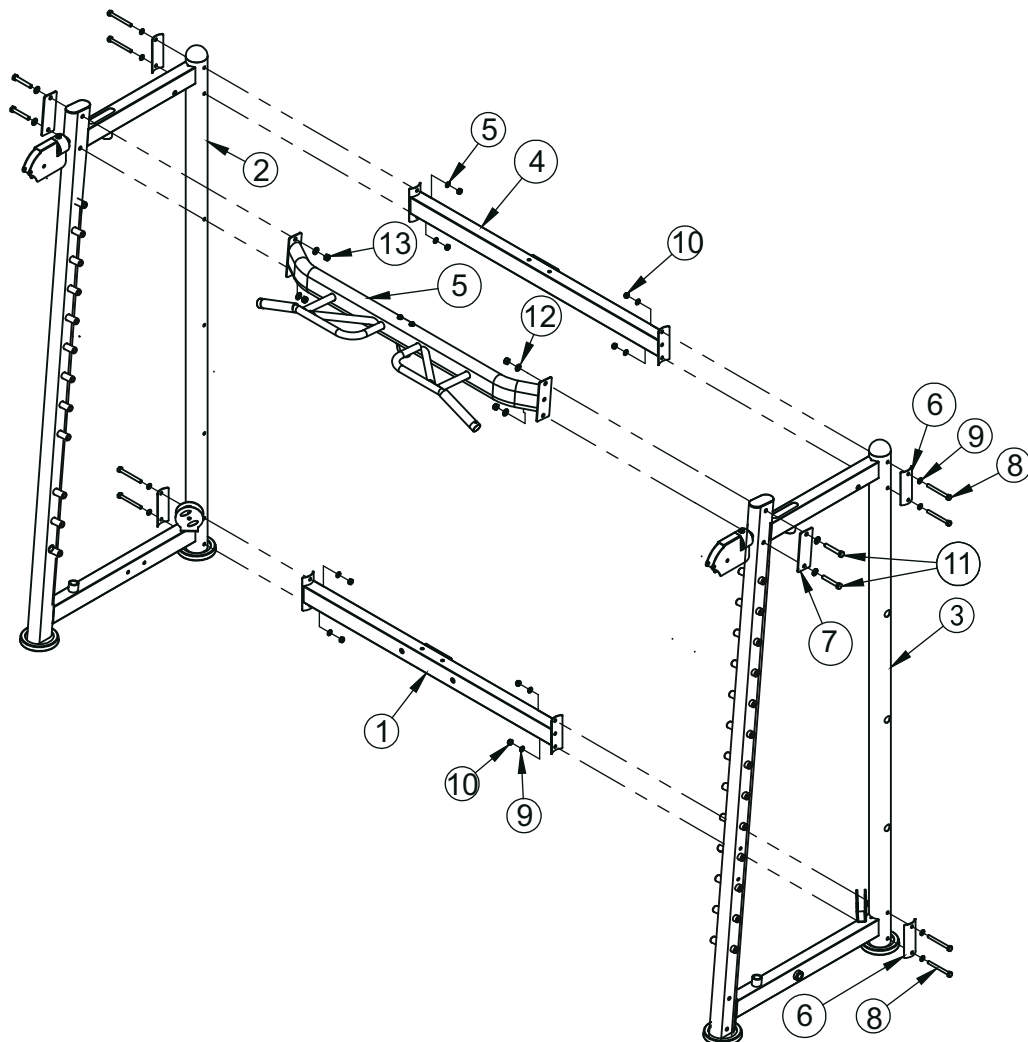
Assembly Step 1

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).

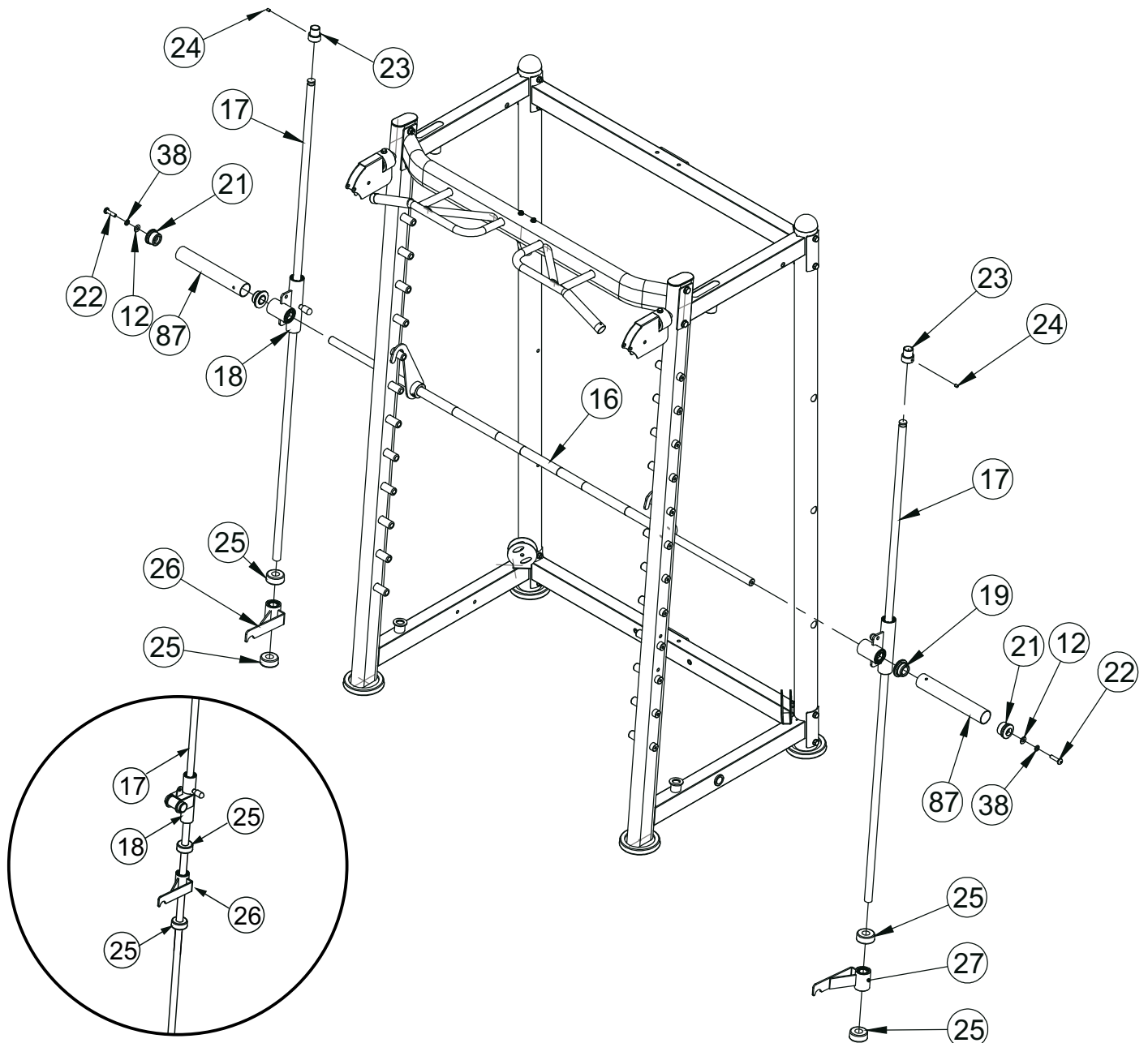
Slide the guide element, left (18) with the slide pipe (17) onto the barbell mount (16).

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.

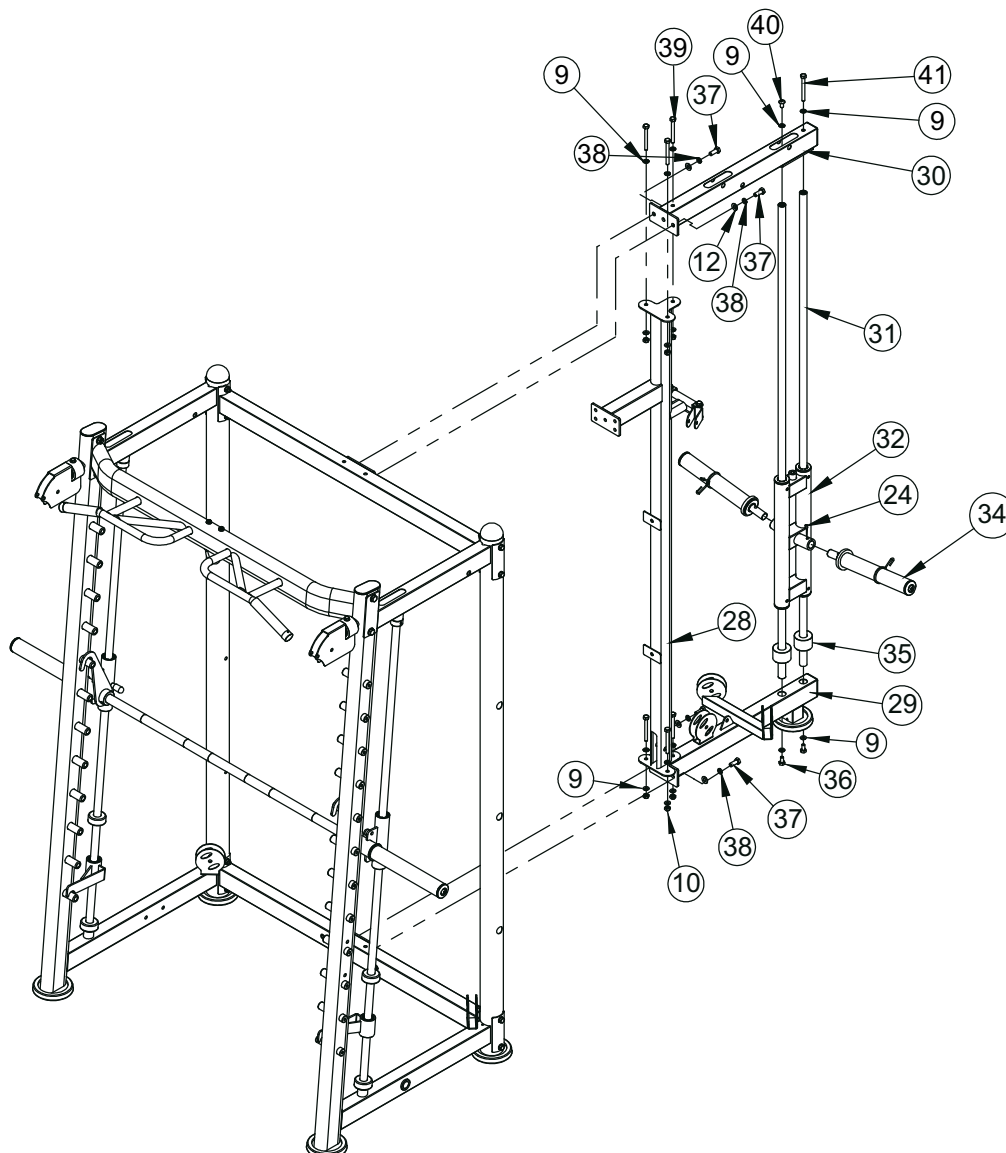
Slide a round rubber stop Ø60x42 (35) onto each of the guide pipes from below (31).

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).



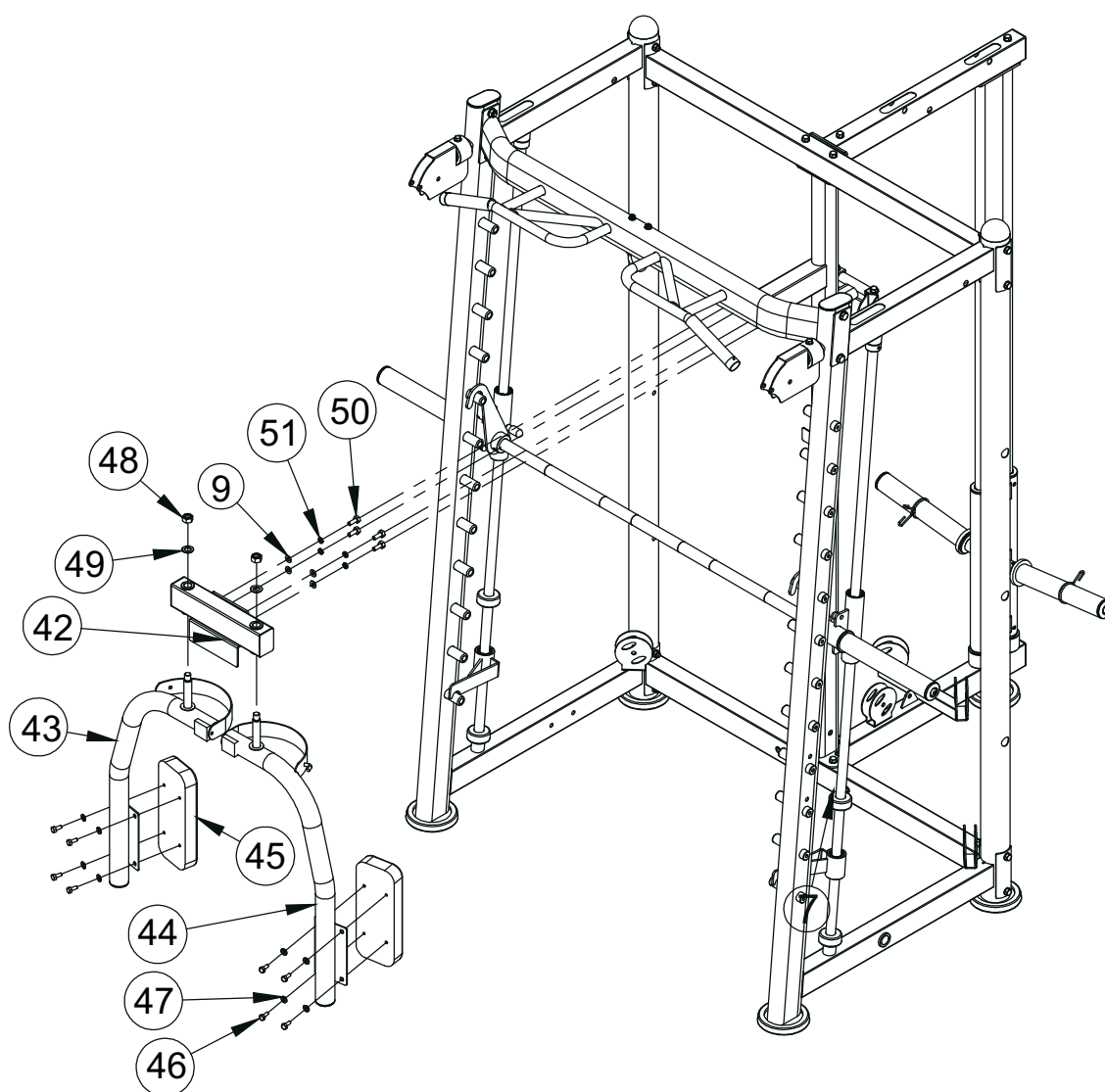
Assembly Step 4

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.

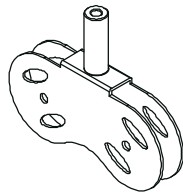
Now feed the traction cable (55) through the single roller (R2) and single roller (R4). Then mount both rollers (R2 & R4) back onto the frame.

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).

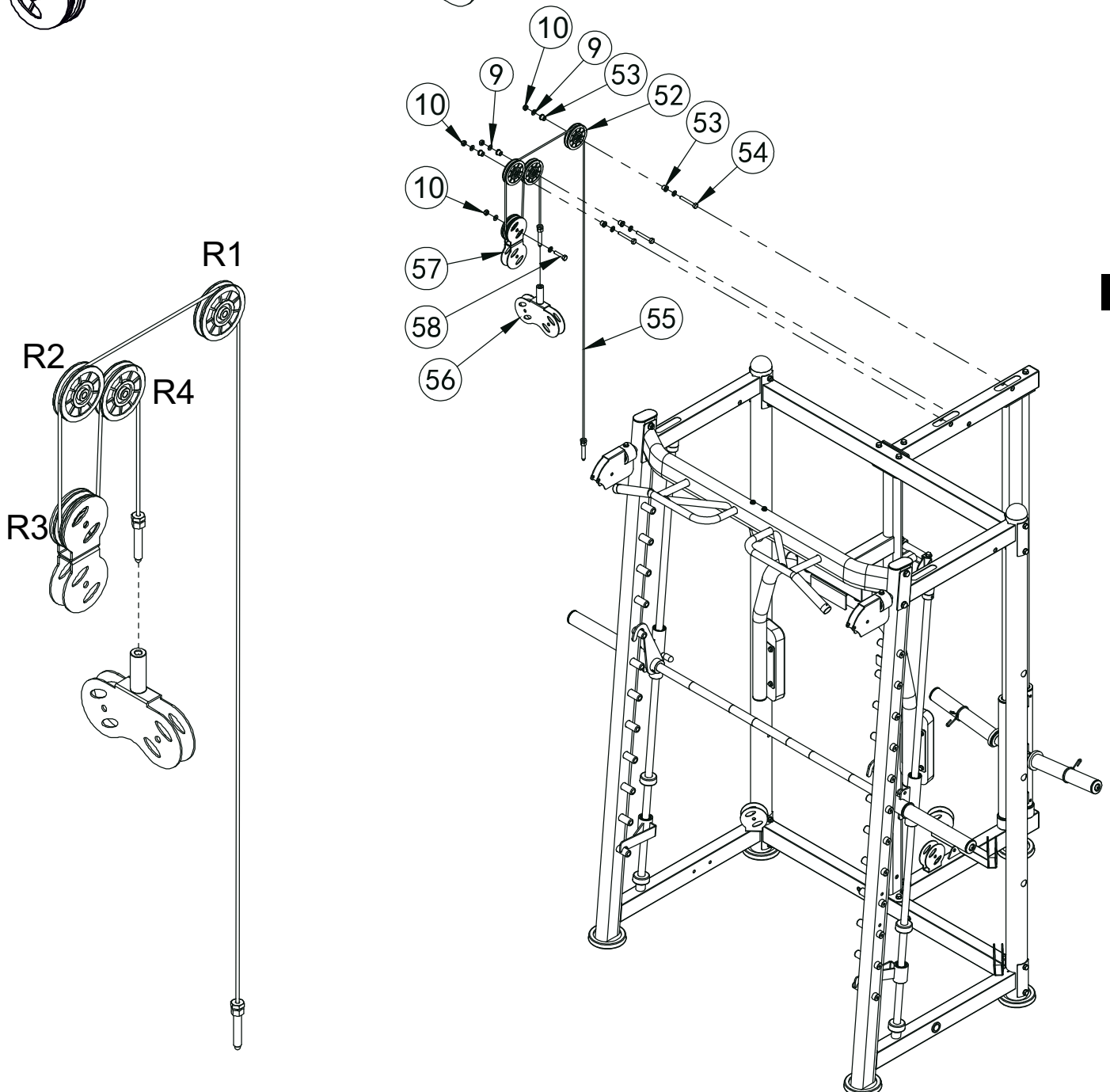
Then fix the end of the traction cable (55) to the double roller mount with fixing (56)

Double Roller, parallel (57)

Double Roller with fixing (56)

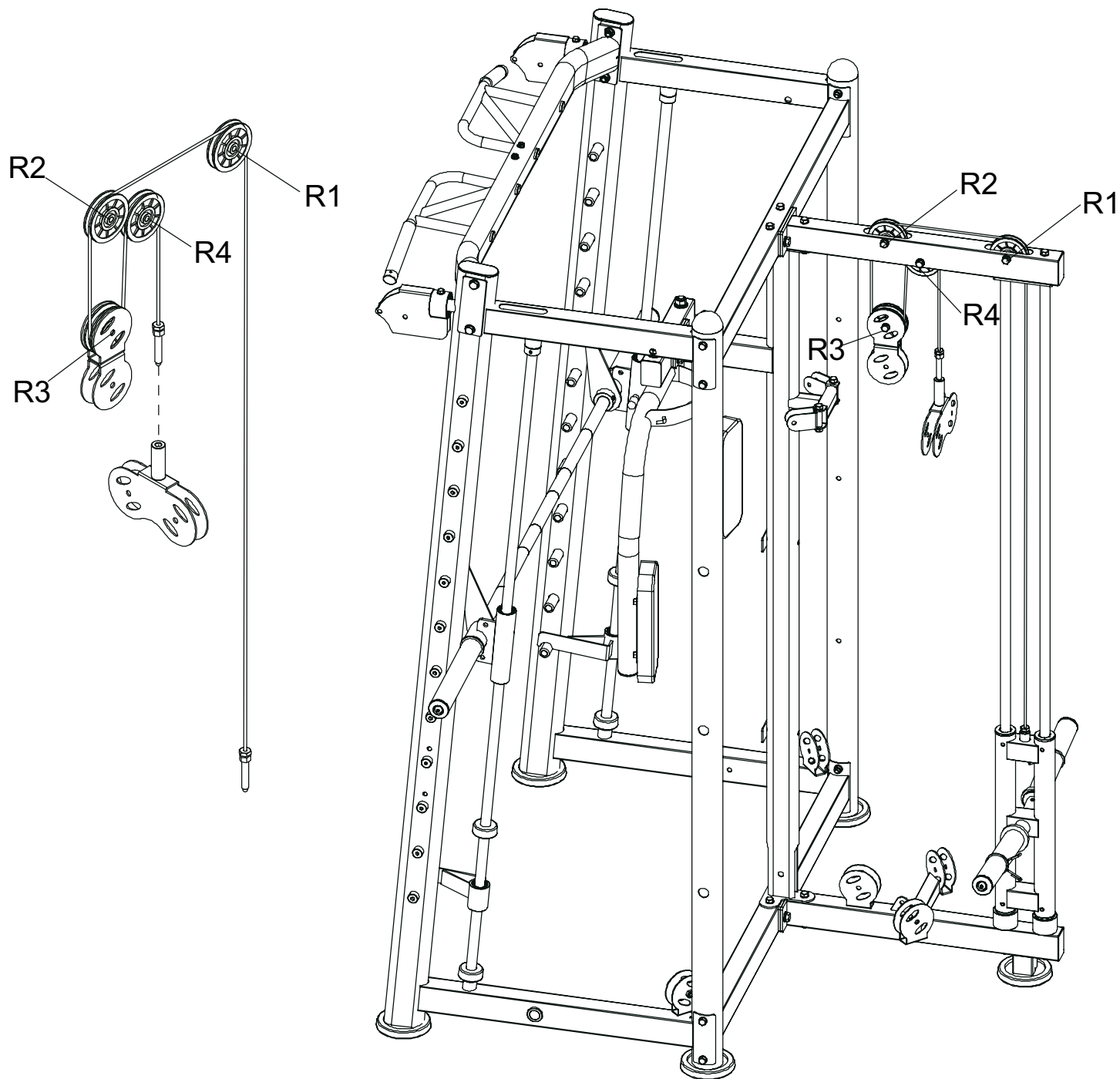


Traction Cable (55) – Length 2,515 mm



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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.

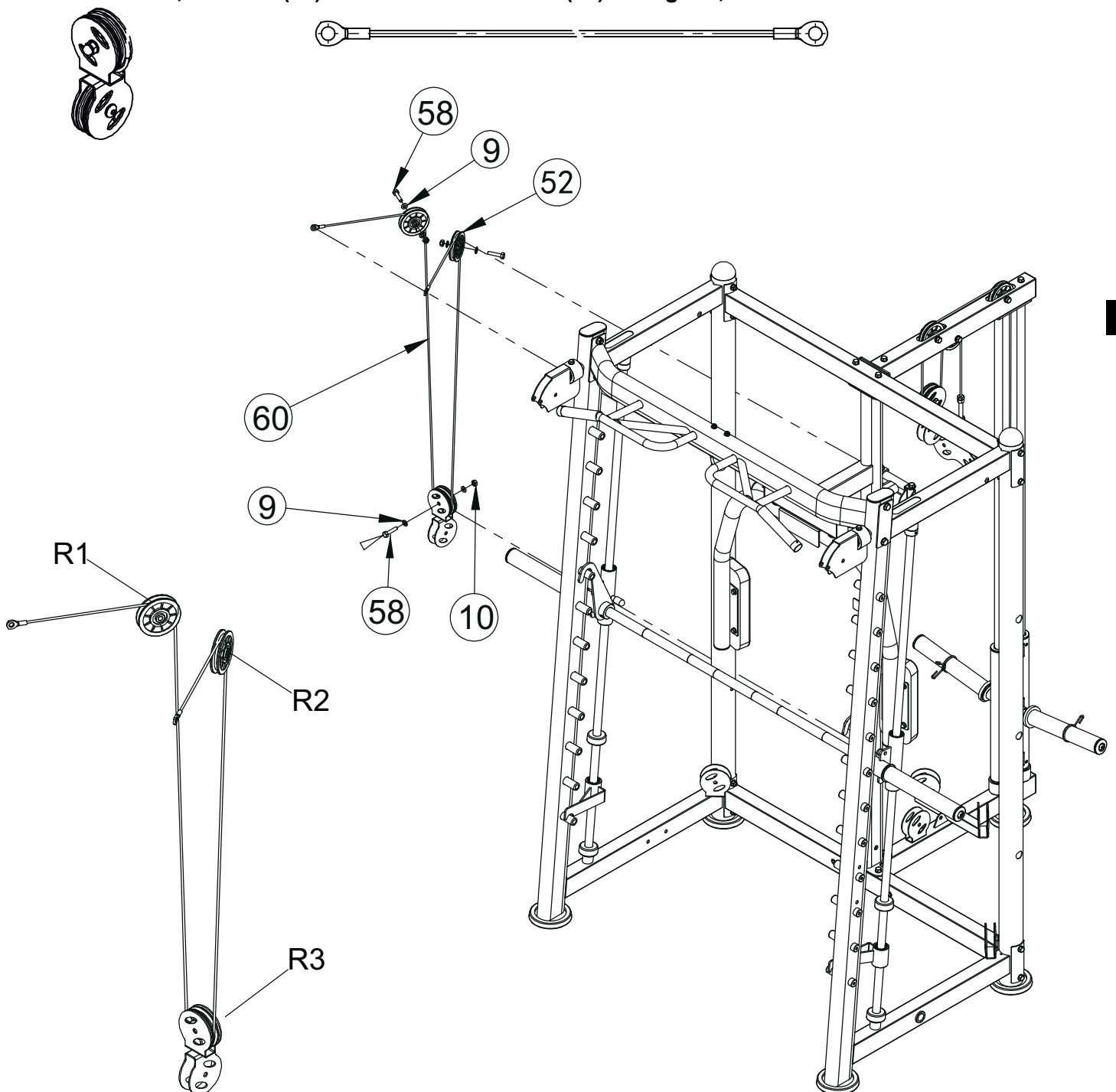
Feed the traction cable (60) over the single roller (R2) and re-mount it back onto the butterfly base frame.

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

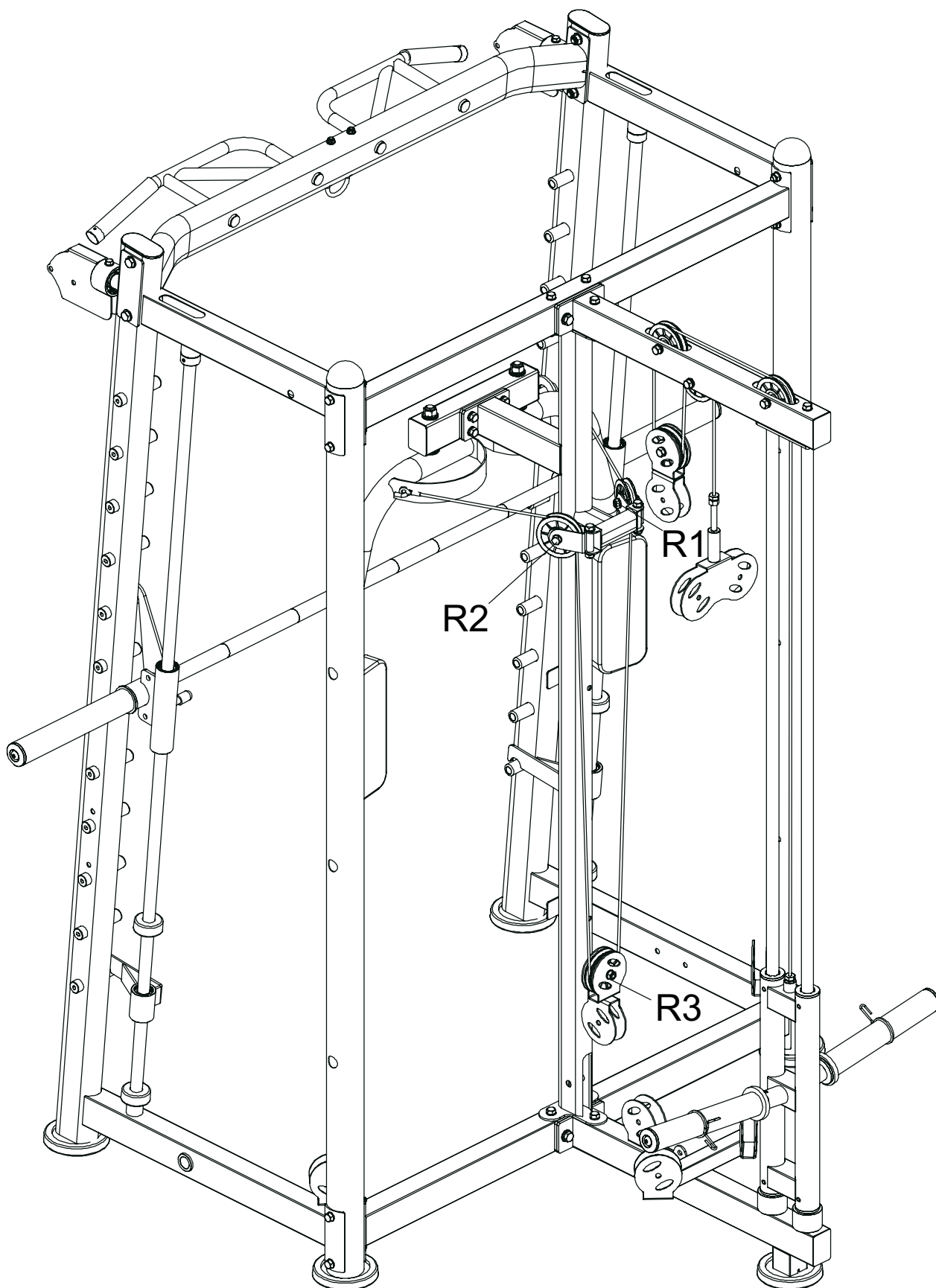
Loosen the top roller (R3) on the crossed double roller (59). Pull the traction cable (60) down to form a loop below the two single rollers (R1&R2) and place roller (R3) into it. Mount roller (R3) back onto the holder in the double roller (59).

Double Roller, crossed (59)

Traction Cable (60) - Length 3,100 mm



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.

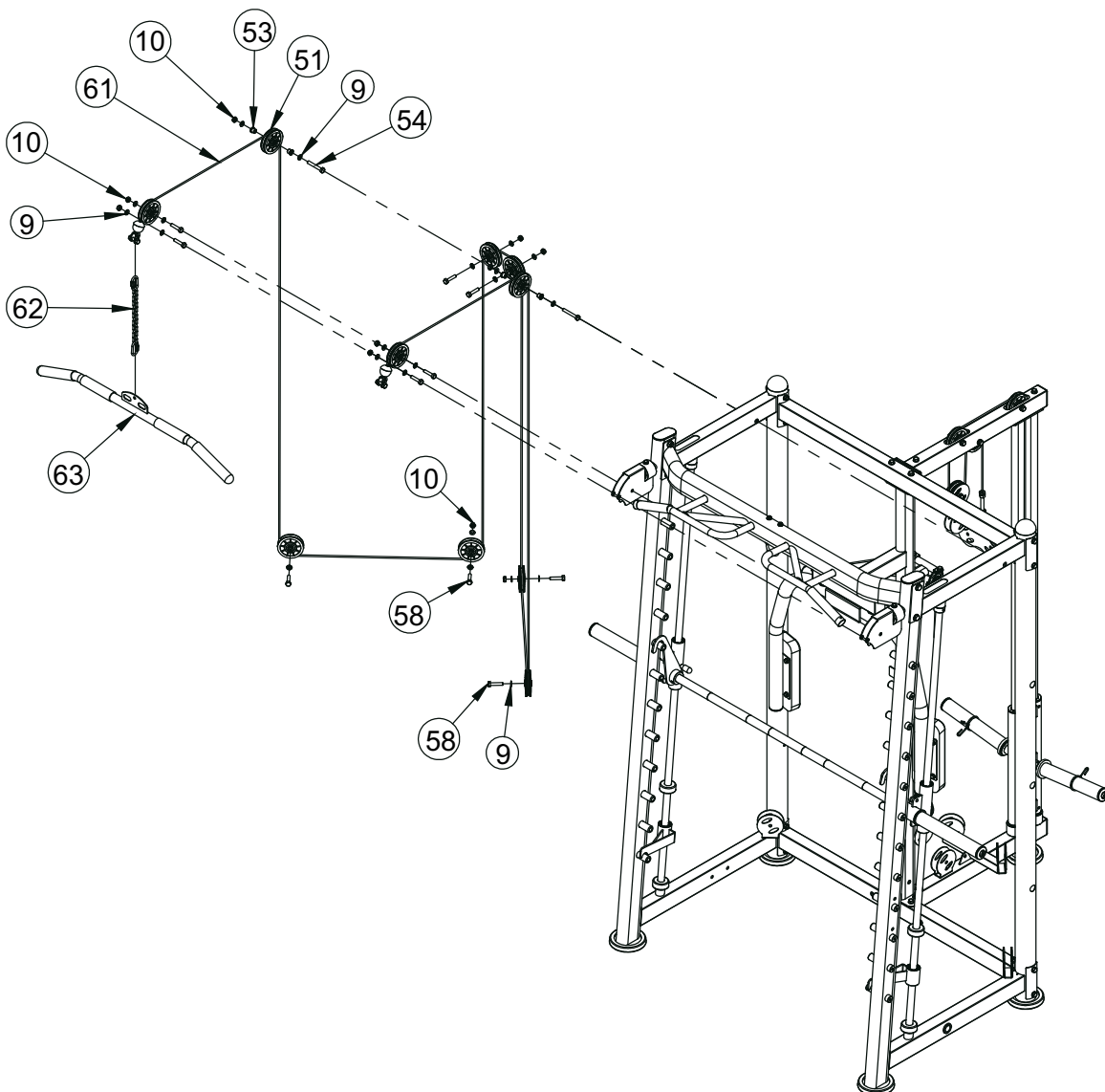
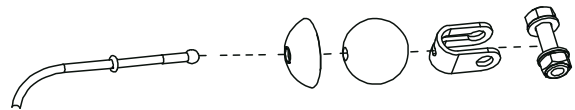
From here feed through the traction cable (61) back down and under the single rollers (R5) and (R6).

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

