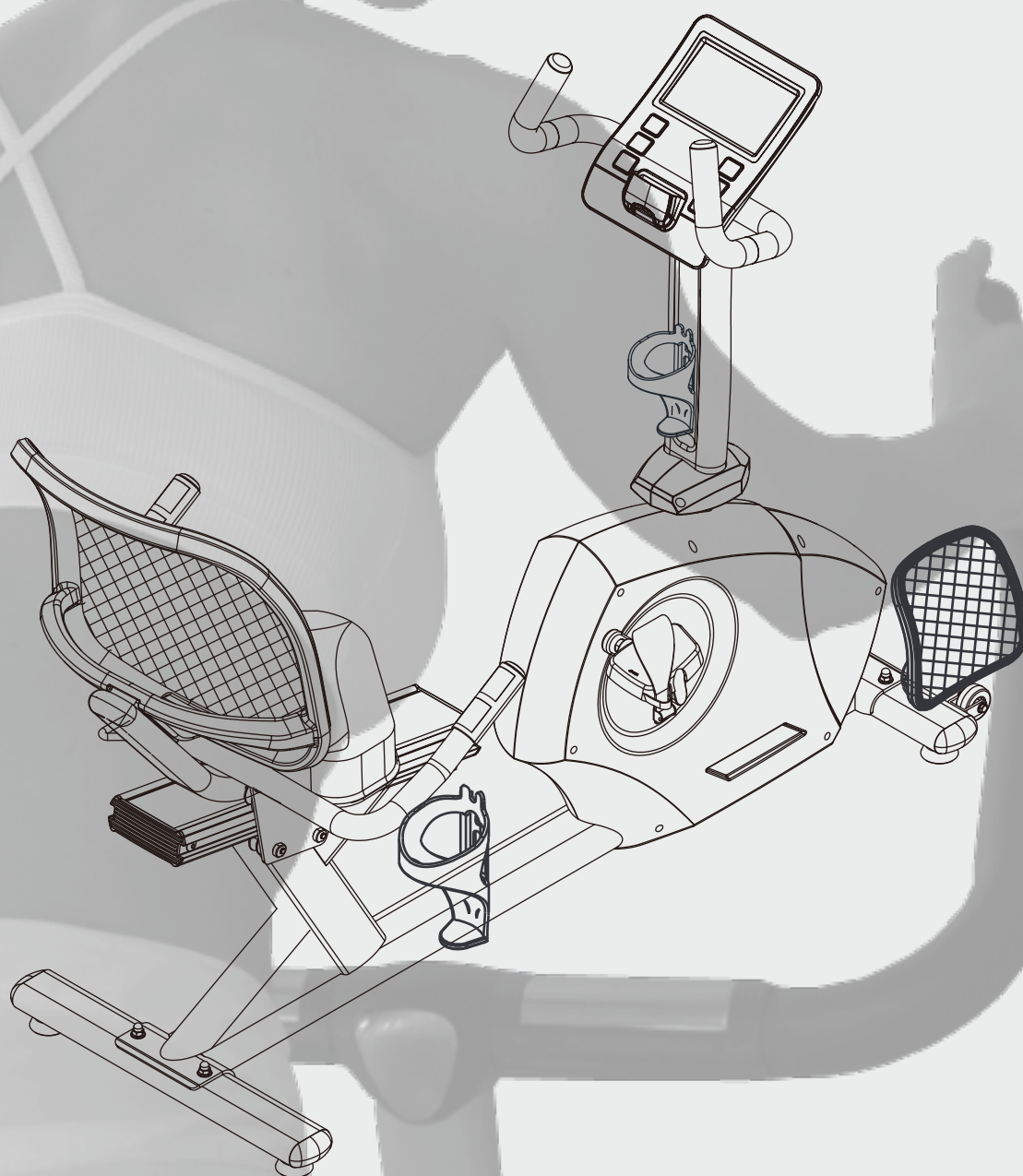


MAXXUS<sup>®</sup>

# ***MAXXUS 4.2R***

## **Recumbent**



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Before you start exercising, be sure to read the entire user guide, especially the safety information, the maintenance & cleaning information and the training information. Take care too that everyone who uses this training device is also familiar with this information and observes it.

Be sure to carefully follow the maintenance and safety instructions in this manual.

This training device may only be used for its specific purpose. Improper use may present a risk of accidents, damage to health or damage to the exercise device. No liability whatsoever is accepted by the distributor for injury or damage caused by improper use.

#### **Power connection**

- A mains voltage of 220-230V is required for the operation of the device.
- The exerciser may only be connected to a professionally installed, earthed, 16 A, fused single socket with the mains cable supplied.
- The training device is switched on and off only using the ON / OFF switch.
- Always disconnect the power plug from the power outlet when moving the exerciser.
- Before carrying out any cleaning, maintenance or other work, always disconnect the mains plug from the socket.
- When connecting the mains plug, do not use socket strips or cable reels.
- If an extension cable is required, then it must comply with DIN standards, VDE regulations and guidelines, technical rules issued by other European Union member states or other states which are party to the Agreement on the European Economic Area.
- Always lay the power cord in such a way that it can neither be damaged nor is a tripping hazard.
- In operating or standby mode, electrical devices such as mobile phones, PCs, Televisions (LCD, plasma, tube, etc.), game consoles etc. will emit electro-magnetic radiation. For this reason, all these types of devices should be kept away from your training device as they could lead to malfunction, disturbances or false outputs being shown in heart rate measurements.

#### **Training environment**

- Choose a location that offers the greatest possible firm space on all sides of the exerciser. The safety area behind the training device should be at least 200 cm long and 100 cm wide. Allow at least 100 cm to each side of the training device and 100 cm in front of the training device.
- Ensure good ventilation and that optimal oxygen is available during exercise. Avoid draughts.
- Your exercise equipment is not suitable for outdoor use, so storage and training is only possible in temperate, clean dry rooms.
- Do not operate or store your training device in wet areas, such as swimming pools, saunas, etc.
- Make sure that your exercise equipment is always mounted on a level clean surface is. Unevenness in the ground must be removed or compensated.
- To protect delicate floors, such as wood, lamina, tiles, etc. and from damage such as scratches, it is recommended to put a floor protection (carpet piece, mat, etc.) permanently under the device. Make sure that the pad is secured against slipping.
- Do not place the exerciser on pale or white carpets, as the feet of the appliance may cause marks.
- Make sure that your exercise equipment, including the power cord, does not come into contact with hot objects and there is a sufficient safety distance from any heat source, such as radiators, stoves, open fireplaces, etc.

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#### **Personal safety instructions for training**

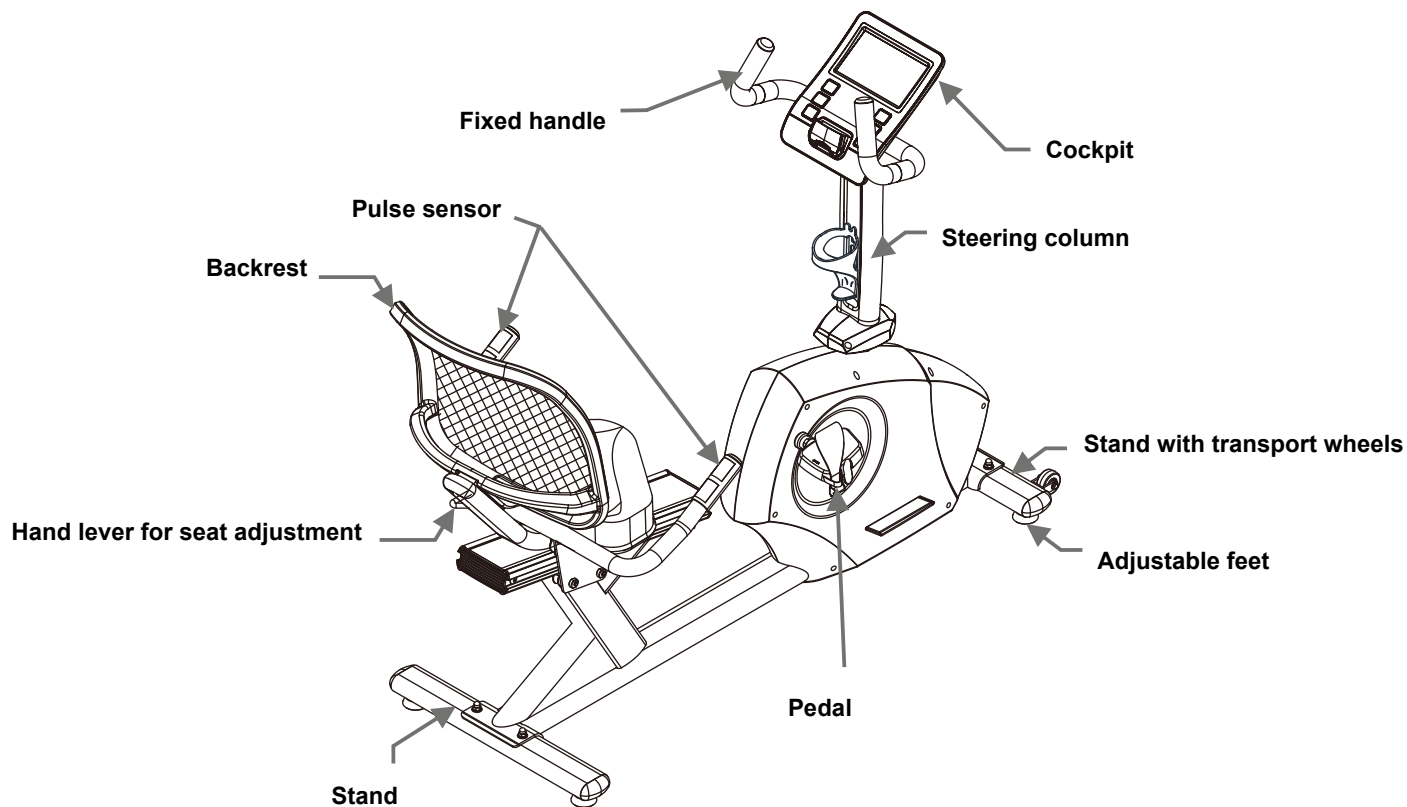
- The safety key must be correctly inserted before each training session.
- While the exerciser is not in use, remove the safety key and mains cable to prevent improper or unsupervised use by third parties, such as children.
- You should make a health check with your doctor before your first workout.
- If you feel any physical discomfort or experience breathing problems, stop training immediately. - Always start your workouts with a light load and increase it during the course of your workout evenly and gently. Reduce the load towards the end of your training session.
- Be sure to wear suitable sportswear and sports shoes during exercise. Note that loose clothing can get caught in the running belt or rollers during exercise.
- Your exercise equipment can only be used by one person at a time.
- Check whether your device is in perfect condition before every training session. Never use your exerciser if it has any faults or defects.
- Independent repair work can only be done after agreement and approval from our service department has been received. Only original spare parts may be used.
- Your exercise equipment must be cleaned after each use. In particular, remove all residues caused by body perspiration or other liquids.
- Always make sure that liquids (drinks, body sweats, etc.) never enter the vibrating plate or penetrate the cockpit, as this leads to corrosion and damage to the mechanical and electronic components.
- Your exercise equipment is not suitable for use by children.
- During training, third parties - especially children and animals - must have a sufficient safety zone.
- Before any training, check whether there are objects under your training device and remove them. Never exercise with your exerciser when there are objects underneath.
- Always make sure that your exerciser is not misused by children as a toy or climbing equipment.
- Make sure that you and third parties never bring body parts close to moving mechanisms.

The construction of this training device is based on the latest technical and safety standards.

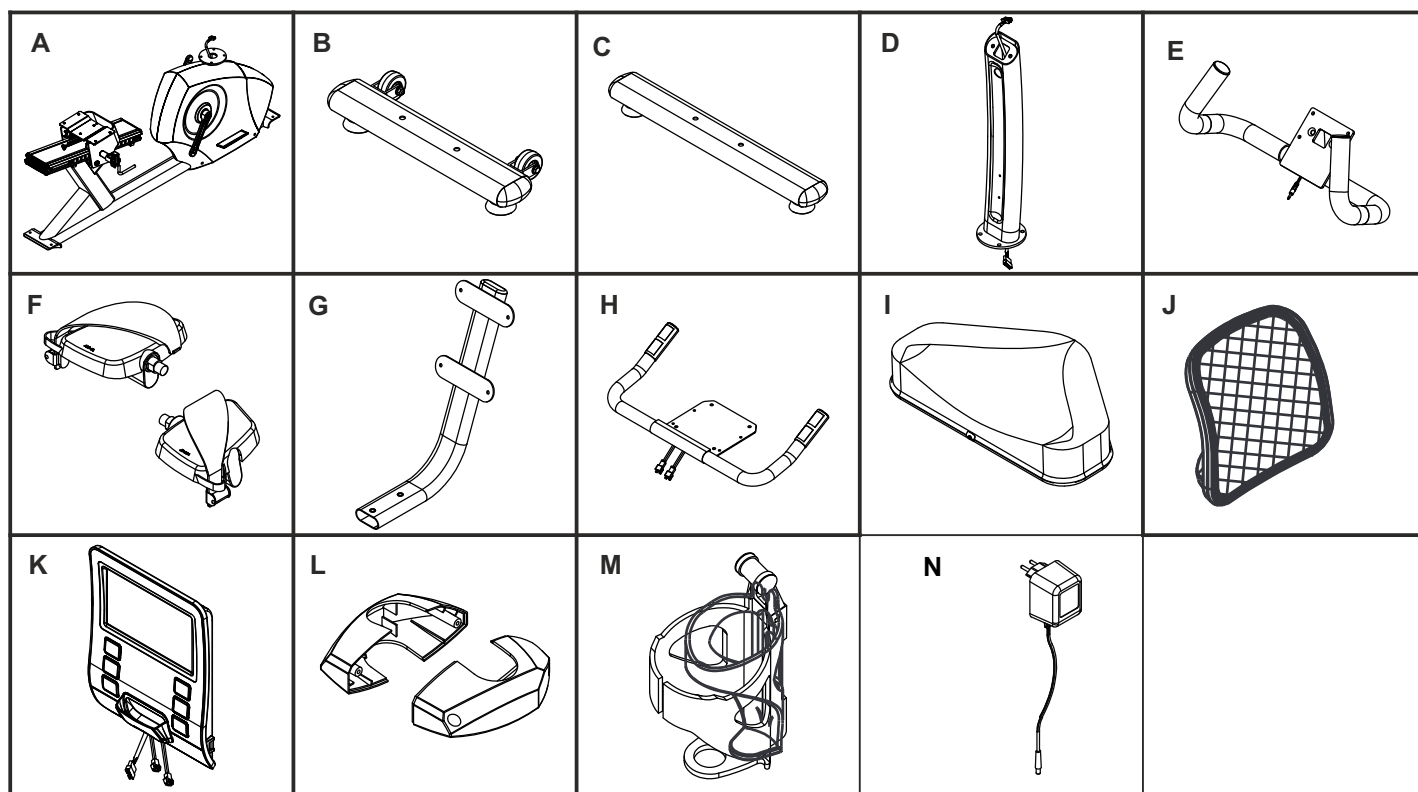
This training device should only be used by adults!

Wrong and / or unplanned training can lead to extreme health problems!

## Overall View of the device



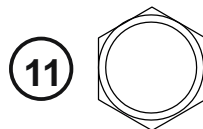
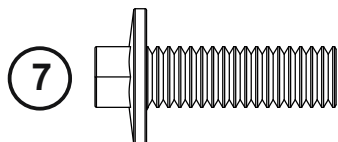
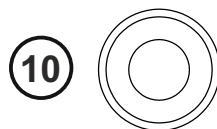
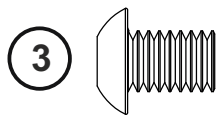
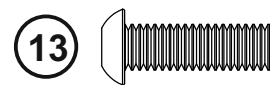
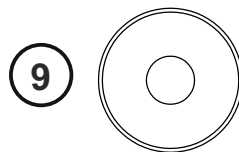
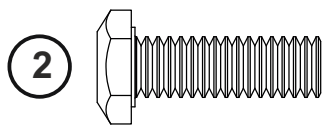
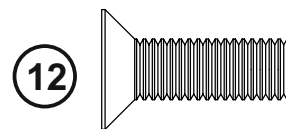
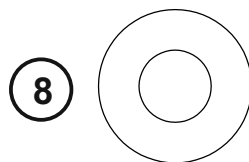
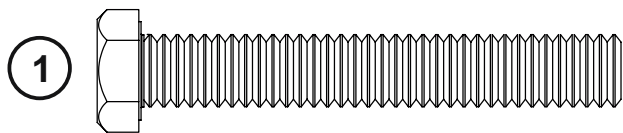
## Scope of Delivery



No.	Description	Qty
A	Base Frame	1
B	Stand, front	1
C	Stand, rear	1
D	Steering Column	1
E	Handlebars	1
F	Pedals	2
G	Seat Frame	1

No.	Description	Qty
H	Seat Handles	1
I	Seat	1
J	Back Rest	1
K	Cockpit	1
L	Steering Column Covers	1
M	Bottle Holder	1
N	Mains Adaptor 9V/1,000 mA	1

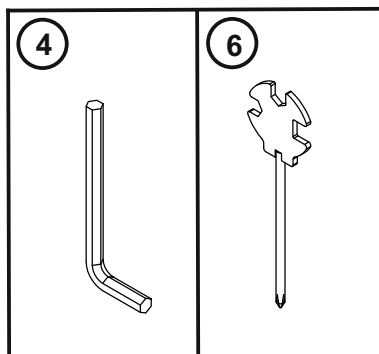
## Assembly Material and Tools



No.	Description	Qty
1	Hex Bplt, 3/8"	4
2	Hex Bolt M8x25	4
3	Allen Bolt M8x12	4
7	Hex Bolt with Flange	2
8	Washer, 3/8"	8
9	Washer, 1/4"	4

No.	Description	Qty
10	Washer M8	4
11	Cap Nut, 3/8"	4
12	Allen Bolt M8x25	6
13	Pan Head Bolt, 1/4"x2"	4
14	Self-tapping Screw, M5x16	2

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No.	Description	Qty
4	Allen Key, M5	1
6	Combi-tool	1

Tools may be supplemented or replaced with your own. Make sure that they are an accurate fit.

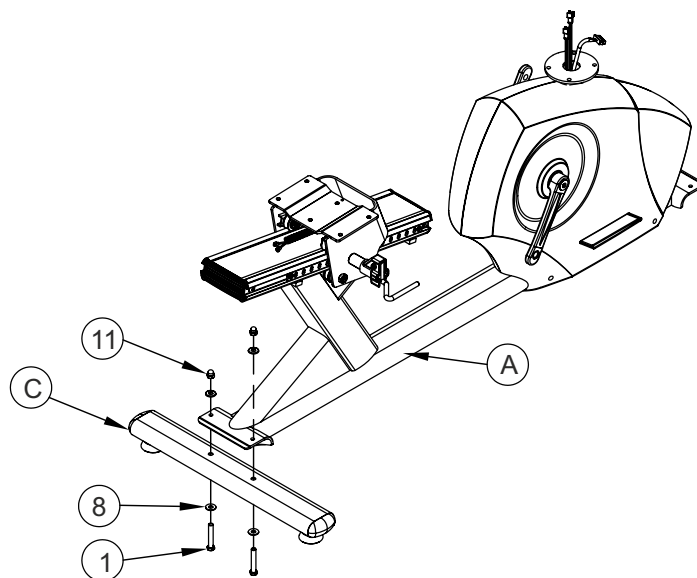
Carefully unpack all parts of the delivery. Two people are required because some parts of your exercise machine are bulky and heavy. Before starting, check the completeness of the fastenings (screws, nuts, etc.) and the components in the parts and assembly materials listed on the previous pages of this manual.

Carefully carry out the installation, as damage or defects that have arisen due to assembly errors are under not covered by the warranty under any circumstances. Read the instructions carefully before starting, follow the sequence of the installation steps exactly and follow the instructions for each individual assembly step. The installation of the training device must be carried out by responsible adults.

Carry out the assembly of your exercise equipment in a location that is level, clean and free from obstructions. Carry out the assembly with 2 people. Only after the installation of your training device has been completed can training be started.

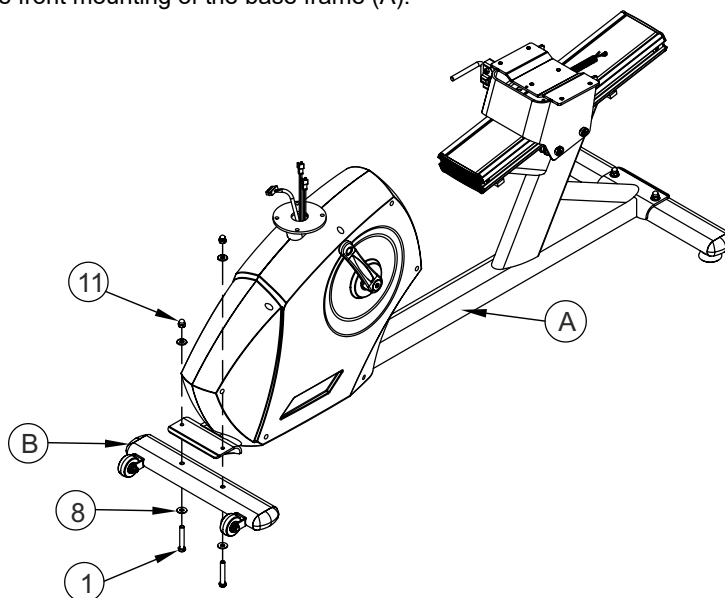
### Step 1; Assemble the Rear Stand

Attach the rear stand (C) with two 3/8" hex bolts (1), four 3/8" washers (8), and two 3/8 "cap nuts (11) to the rear base frame Mount (A).



### Step 2: Assemble the Front Stand

Attach the front stand with transport rollers (B) with two 3/8" hex bolts (1), four 3/8" washers (8), and two 3/8 "cap nuts (11) to the front mounting of the base frame (A).



## Step 3: Assemble the steering column

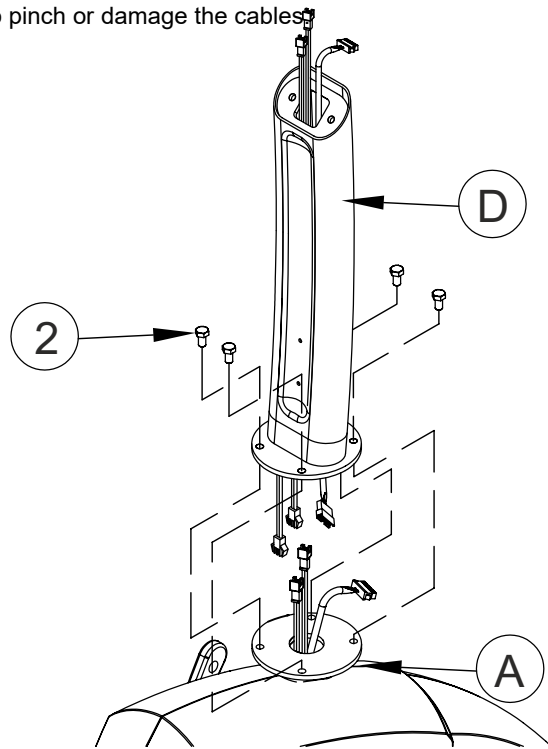
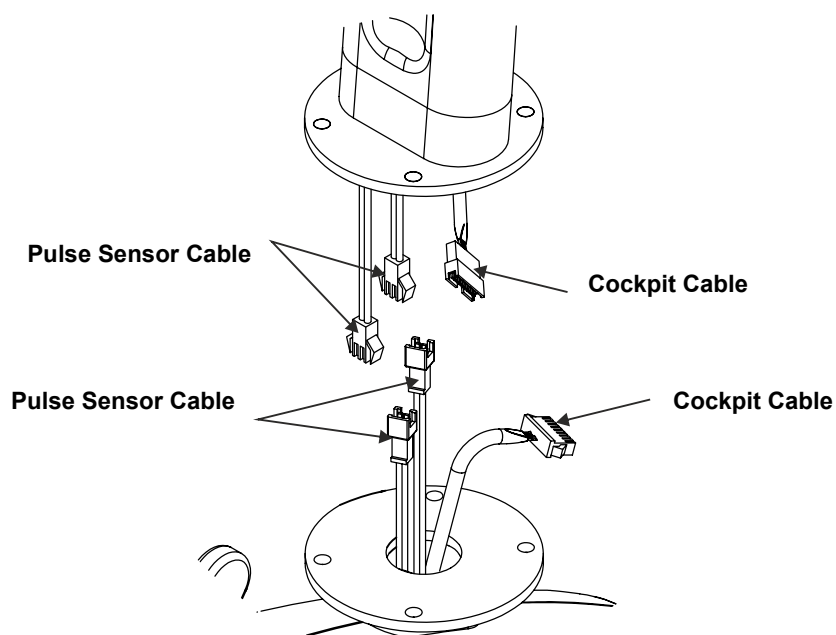
Connect the terminals of the three cables that protrude from the bottom of the steering column (D) to the terminals of the three cables that protrude from the base frame (A).

### ⚠ WARNING:

Of the three cables, two have identical connections. These are the cables for the pulse sensors, it is not possible to connect them wrongly. Now place the steering column (D) on the base frame (A) and fix it with four hexagon nuts M8x25 (2).

### ⚠ WARNING:

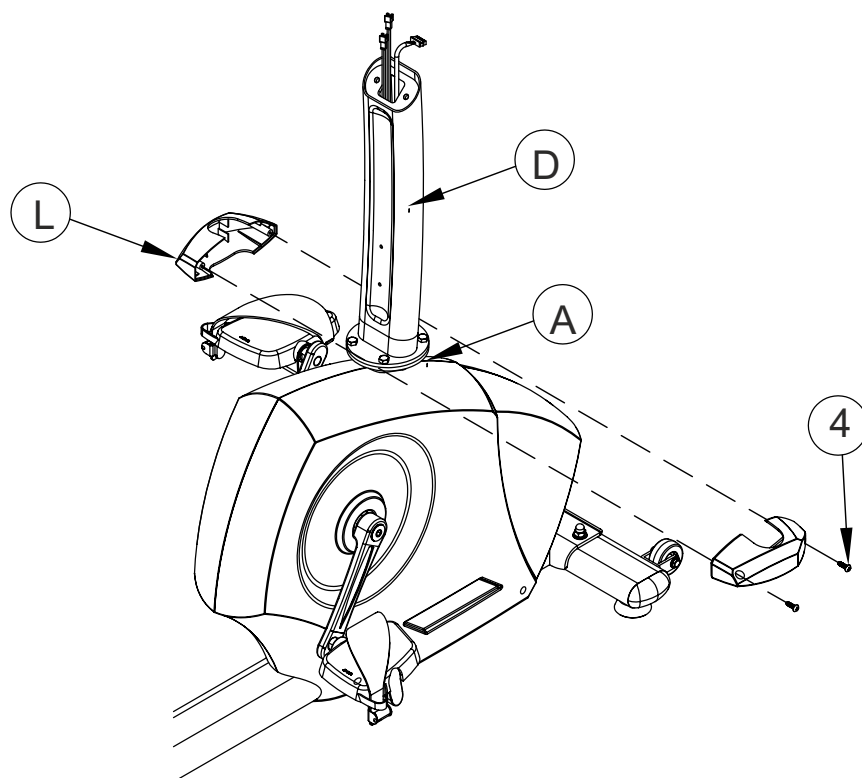
When inserting and securing the steering column (D), be careful not to pinch or damage the cables.



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## Step 4: Assemble the Steering Column Cover

Place the two parts of the cover (L) right and left over the connection between the steering column (D) and the base frame (A). Secure with two self-tapping screws M5x16 (4).

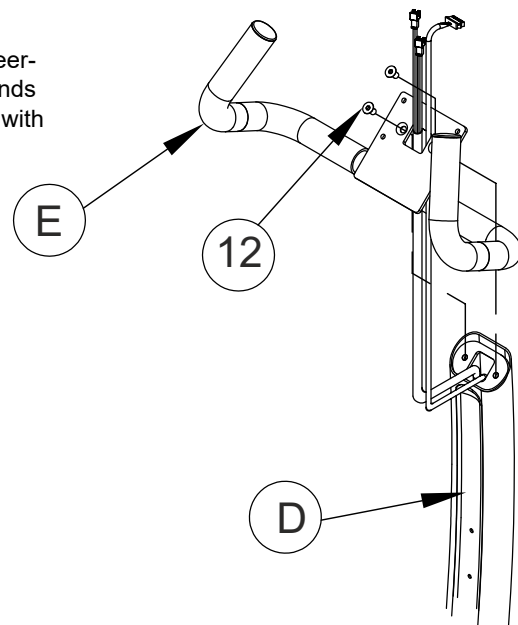


## Step 5: Assemble the Handlebars

Pass the two pulse sensor cables and cockpit cable protruding from the top of the steering column (D) through the opening in the handlebar (E) from below. Pull the cable ends out only to the extent that they can be attached to the cockpit. Fix the handlebar (E) with two Allen bolts M8x25 (12) to the steering column (D)

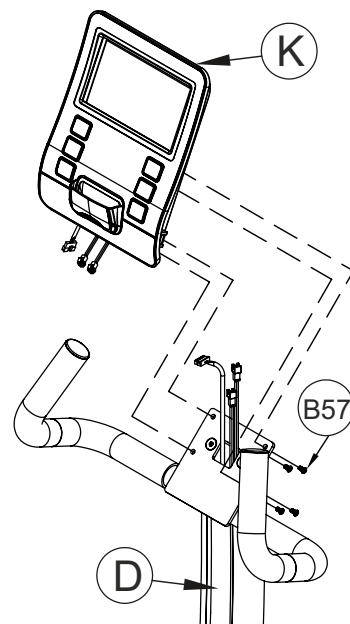
### WARNING:

When attaching the handlebar (E), be careful not to pinch or damage the cables.



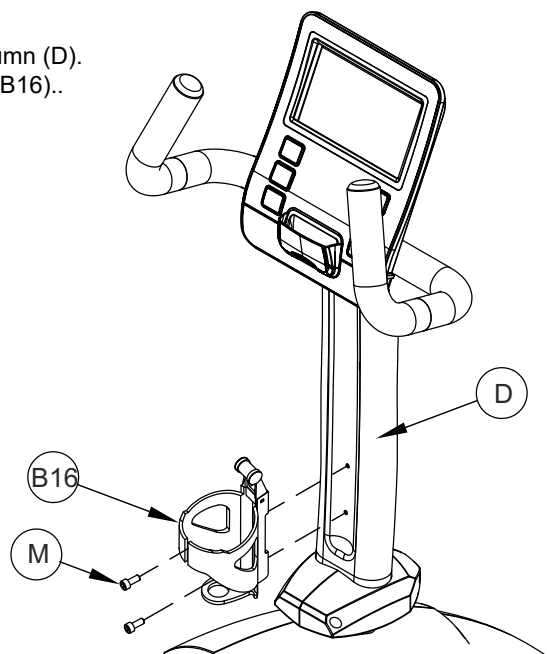
## Step 6: Mounting the Cockpit

Loosen and remove the four pan head screws (B57) preassembled on the back of the cockpit (K). Connect the cables that protrude from the cockpit (K) with the cables that protrude from the handlebars. Carefully check the cable connections and push the excess cables back into the steering column (D). Now secure the cockpit to the handlebars (E) with the four pan head screws (B57). ATTENTION: When attaching the cockpit (K), make sure that you do not squeeze or damage the cables.



## Step 7: Mounting the Bottle Holder

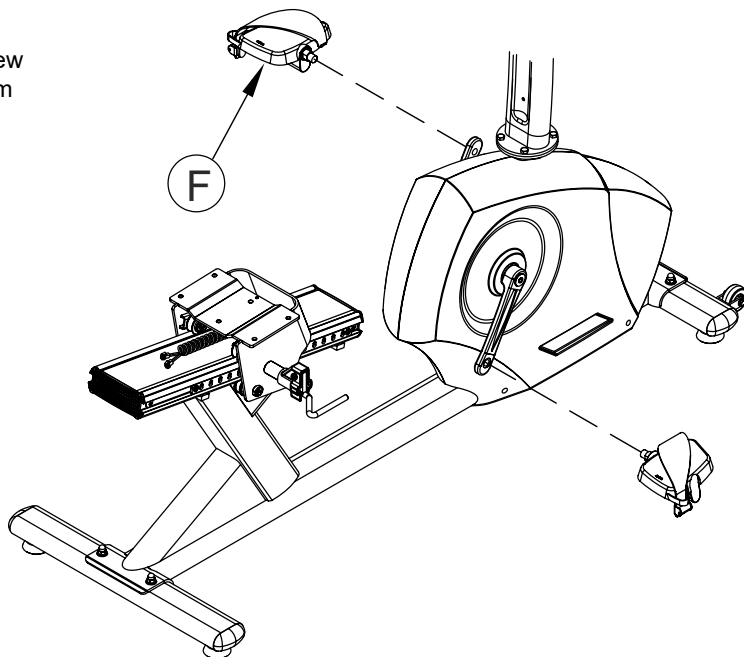
Loosen and remove the two Allen bolts (B16) preassembled on the steering column (D). Attach the bottle holder (M) to the steering column (D) with two Allen bolts M5 (B16)..





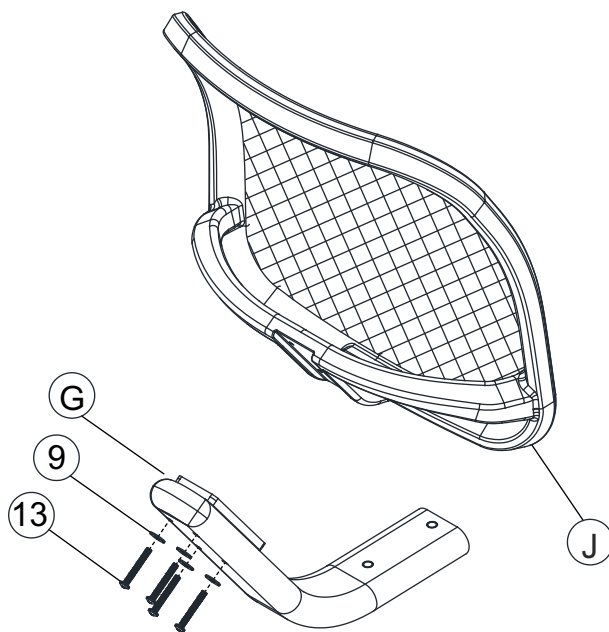
## Step 8: Mounting the Pedals

Insert the right pedal (F) thread into the right pedal arm and screw it clockwise. Insert the left pedal (F) thread into the left pedal arm and screw it anticlockwise.



## Step 9: Mounting the Backrest

Attach the backrest (J) to the seat frame (G) with four pan head bolts, 1/4"x2" (13), and four 1/4" washers (9).



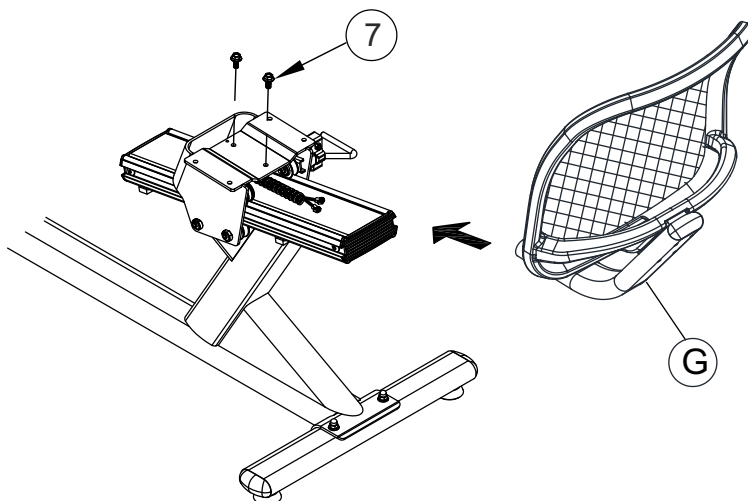
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## Schritt 9: Mounting the Backrest

Insert the seat frame (G) into the socket and secure it with two hexagon bolts with flange (7).

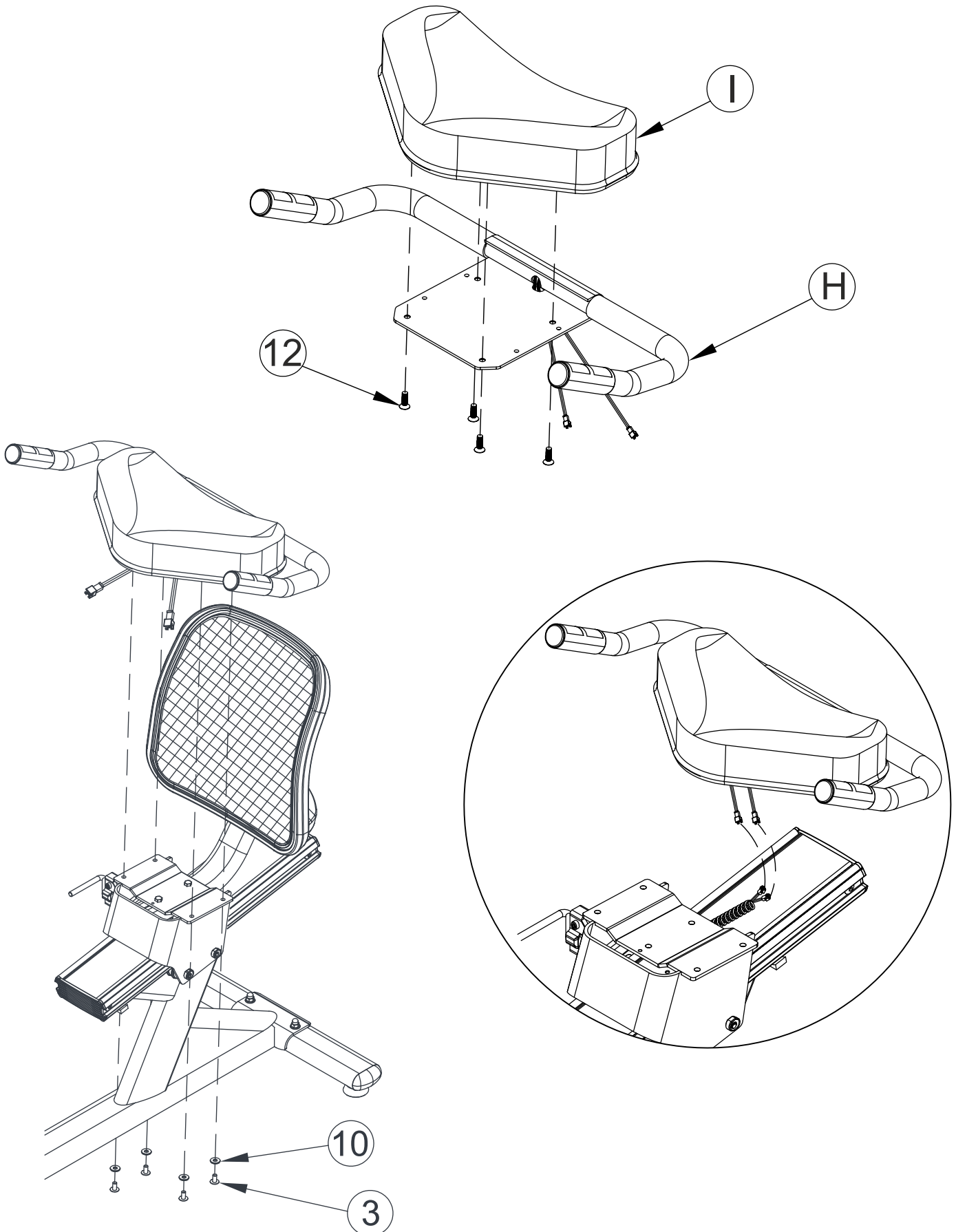
### ⚠ ATTENTION:

Make sure that you 7 do not damage or jam the spiral cables in the socket.



## Step 10: Mounting the Seat

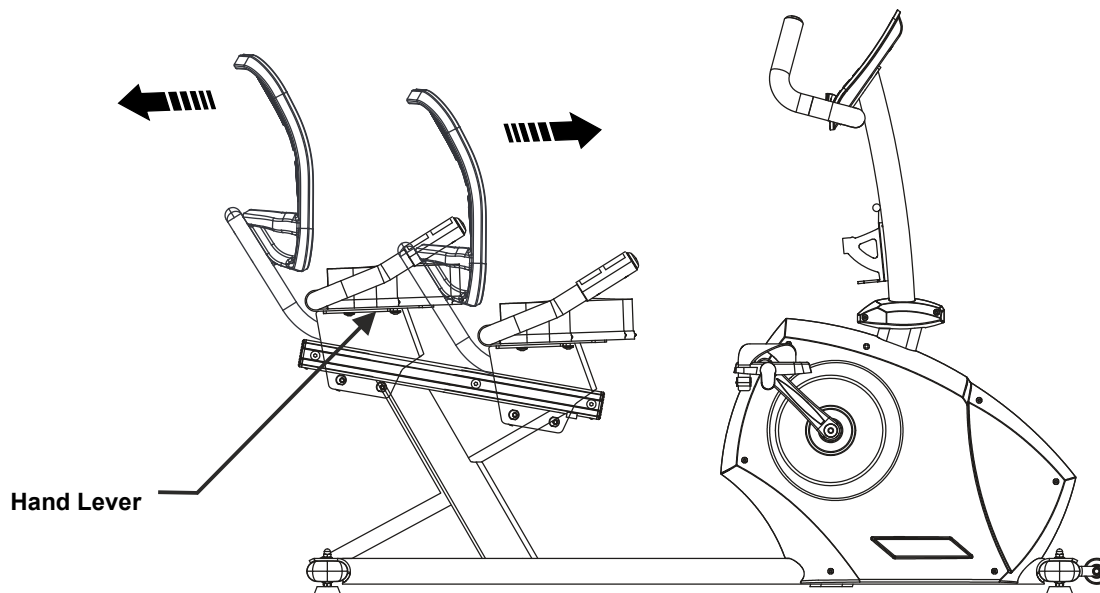
Attach the Seat (I) to the base plate of the handle (H) with four M8x25 hex socket head bolts (12). Connect the two pulse sensor cables that protrude from the handle (H) to the spiral cable sockets – it is not possible to connect them wrongly. Fasten the handle (H) to the sliding carriage using four Allen bolts, M8x12 (3) and four washers, M8 (10).



## Seat Adjustment

You can adjust the length of your training device. To do this, release the seat lock by pulling up on the hand lever which is located under the seat on the right. Push your feet against the pedals to push the seat backwards or pull it forward. When you have set the optimum seating position, push the hand lever down again to lock the seat.

As a rule of thumb for optimum seat adjustment, while exercising the knees should be slightly bent when the pedals have reached the furthest point away from you. Make sure that your knees are never stretched at this point.

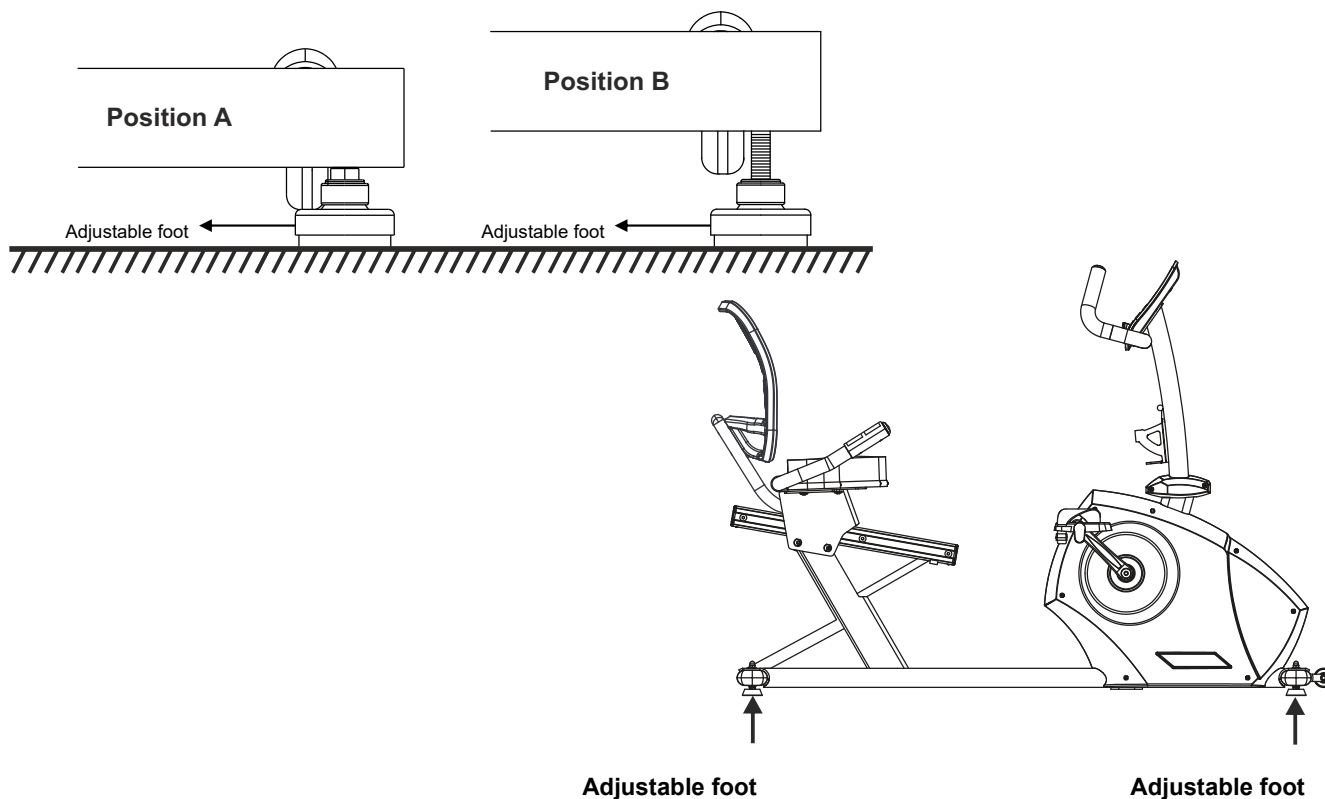


## Levelling

Make sure that your exercise equipment is always level. In order to compensate for minor bumps or slopes, adjustable feet are fitted right and left on the front and rear stands and on the sliding. To ensure that the device stands level, first turn all feet to the lowest position (position A). If necessary, adjust the feet so that the training device is level and stable.

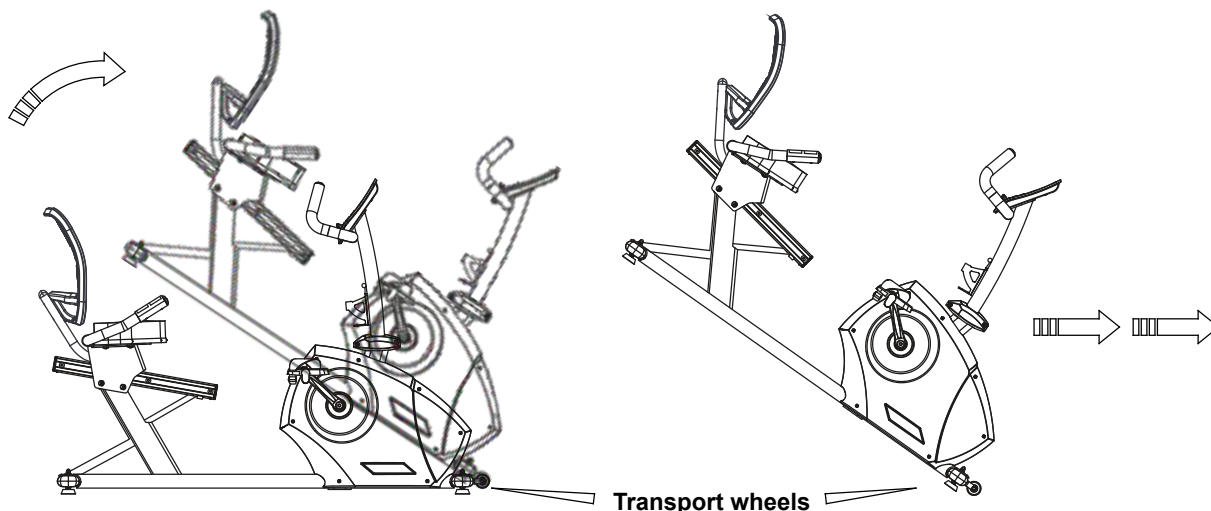
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If the adjustment range of the adjustable feet is not sufficient to allow level standing of the training device, please check the surface of the location. If necessary choose a different location where a safe and level position of the training device is ensured.



### Transport

In order to transport your training device simply and safely, the front stand is equipped with transport rollers. To move the exerciser, stand in front of the handlebars and grab them with both hands. Pull the training device gently towards you and lower the handlebars until the rear stand no longer has contact with the ground and the main weight of the exerciser is resting on the transport rollers. Now you can simply pull the exercise machine along on the transport rollers and into the desired position. When lifting, transporting and positioning the device always make sure that you have a secure footing.



### Location & storage

This training device was designed for exclusive use in dry, well-ventilated indoor areas. The use or storage in damp or wet areas, such as saunas, swimming pools, etc. and in outdoor areas, such as balconies, terraces, gardens, garages, etc. is excluded.

These locations may give rise to electronic defects, corrosion and rust due to the high humidity and low temperatures prevailing there. Under no circumstances will any claims for damages of this kind be accepted under the warranty.

Please choose a dry, level and warm place to store your training device. For your own sake, also make sure that you choose a training area which is sufficiently ventilated to ensure optimum oxygenation during training.

Before putting your training device back into operation after a long period of non-use, make sure that all fastenings are secure.

## Care, Cleaning & Maintenance

### WARNING

Before starting cleaning, maintenance and / or repair work, the exerciser must be completely disconnected from the power supply. This will only be the case if the power cable is disconnected from the power outlet and the exerciser. Therefore, first disconnect the power plug from the power outlet, and then disconnect the power cable from the exerciser. The mains cable may only be reconnected to the training device and the power supply when all work has been completed and the proper training condition of the device has been restored.

### Cleaning

Clean your exerciser after each workout. Use a damp cloth and soap.

Never use solvents.

Regular cleaning contributes significantly to the preservation and longevity of your training device.

Damage caused by sweat or other liquids is not covered by the warranty under any circumstances. During training, make sure that no fluid can enter the exercise machine or the computer.

### Maintenance

Sealed bearings are used in your training device, lubrication of the bearings is not required.

### Checking the fastenings

Check tightness of nuts and bolts at least once a month and re-tighten them if necessary

### Checking the components

Before each workout, check that the saddle, seat support, handlebars and pedals are securely fastened.

### WARNING:

Never train if one or more of these components are loose.

### Mains Cable

Insert the connector of the power cable supplied into the socket located on the rear of the main housing. Then connect the mains cable to a power socket.

### **WARNNG**

This device is only to be connected to an earthed socket installed by a qualified electrician. Do not use a socket strip. If an extension cable is required, then it must comply with DIN standards, VDE regulations and guidelines, technical rules issued by other European Union member states or other states which are party to the Agreement on the European Economic Area.

### Connecting the device

### **ACHTUNG:**

Before connecting the mains adapter to the device, always check that it is the mains adapter supplied with the device. Using a different mains adapter may damage the electronic components of the device, for which the manufacturer assumes no liability.

Always connect the power cable to the exerciser before connecting it to a power outlet. If you want to disconnect your exerciser from the power supply, always disconnect the power cable from the mains first.

### Switch on the device

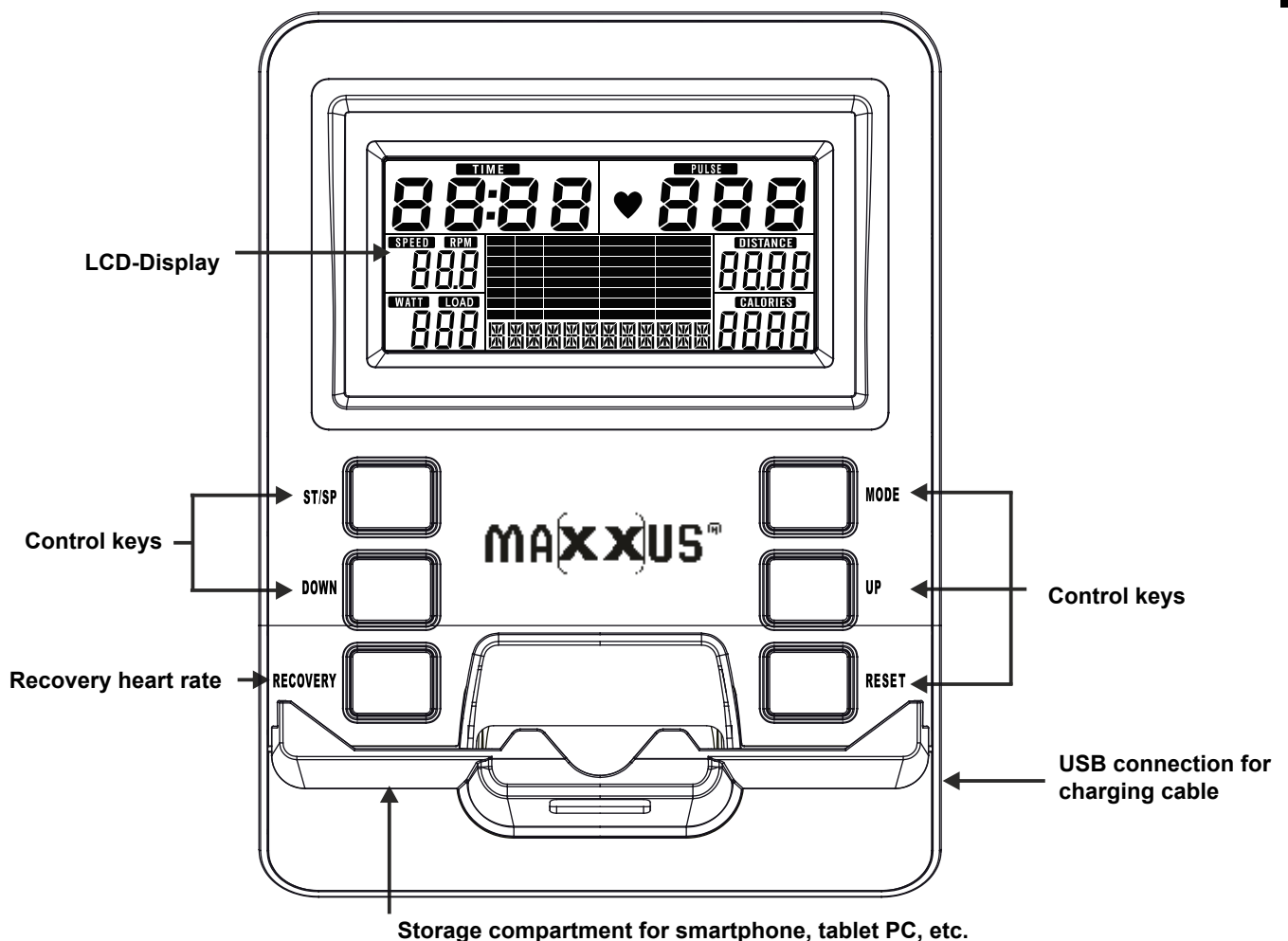
First connect the power cable to the exerciser and then connect the mains cable to the power socket, the cockpit turns on automatically. If the training device is already connected to the mains, but the cockpit is in stand-by mode, activate the cockpit by pressing any key or by moving the pedals.

### Turn off the device

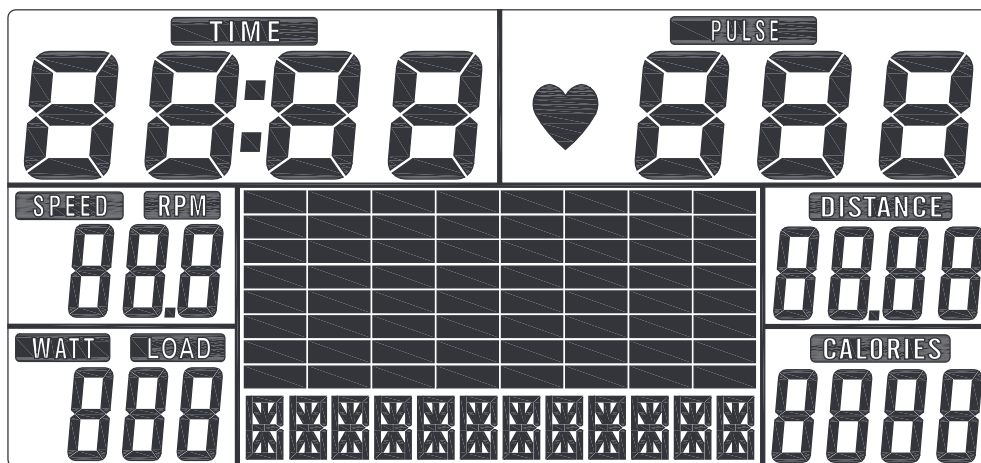
When inactive for more than 4 minutes, the cockpit automatically switches to stand-by mode. Once you have finished your workout you should always disconnect the exerciser from the mains. Always unplug the mains cable from the wall socket first and then remove the power cable.

## Cockpit

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## Cockpit



### Functions

The cockpit has 6 function buttons: UP, DOWN, RESET, START/STOP, RECOVERY and MODE.

- A. UP : Selection of the function and increase of values.
- B. DOWN : Selection of function and decrease of values.
- C. RESET: Reset in Stop Mode.
- D. START/STOP : Start and stop programs.
- E. RECOVERY : Recovery pulse test function.
- F. MODE : In Stop Mode to confirm inputs and access the training program.

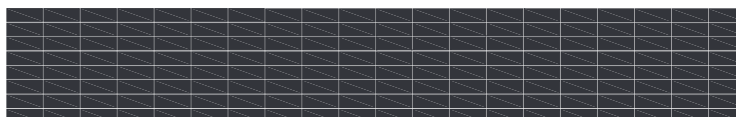
### Display

Switching on: Plug the power adapter into the power socket of the bike and connect it to the mains (230V). The display shows all segments of the cockpit for about 2 seconds.

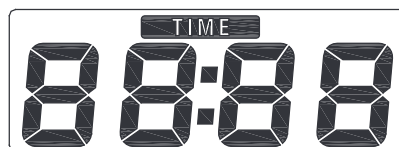
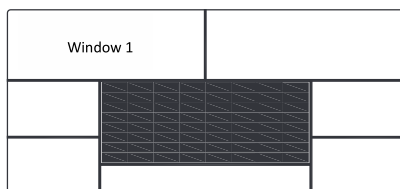
A. Level : Displays the resistance levels (LEVEL 1 to LEVEL 16).

B. Resistance profiles:

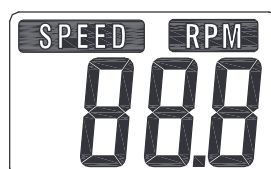
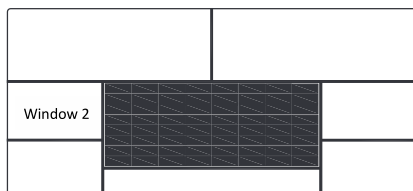
20 Resistance columns in 8 rows are displayed.



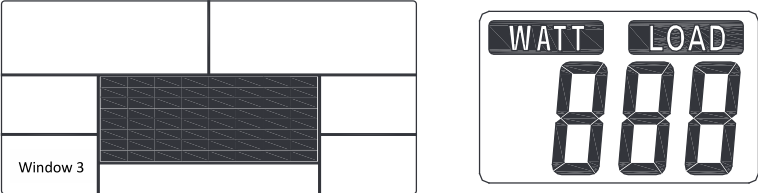
C. Time display:



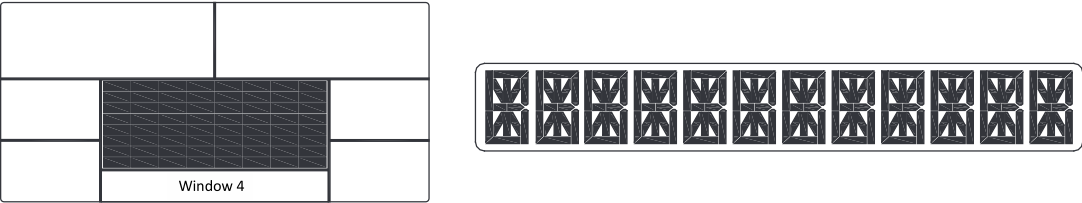
D. Display of speed and revolutions (RPM)



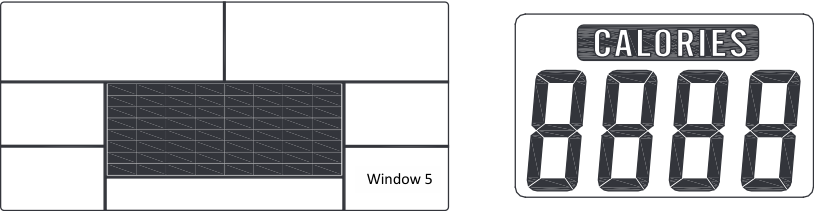
E. Display of power in watts and load:



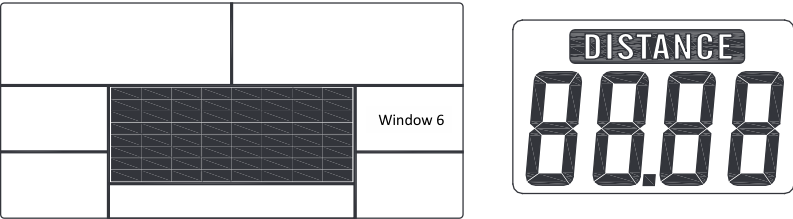
F. Information display: display of information text



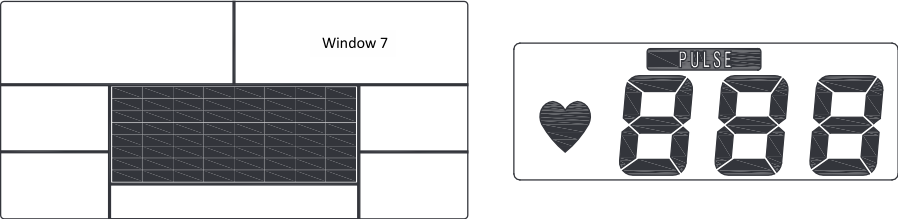
G. Calories:



H. Distance display:



I. Pulse display :  
Display of the measured pulse or heart rate



Readings

TIME	Display range 0: 00 ~ 99: 99; Adjustment range 0: 00 ~ 99: 00.
DISTANCE	Display range 0.00 ~ 99.99; Adjustment range 0.00 ~ 99.90km.
CALORIES	Display range 0 ~ 9999; Adjustment range 0 ~ 9990.
PULSE	Display range P-30 ~ 230; Adjustment range 0-30 ~ 230.
WATT	Display range 0 ~ 999; Adjustment range 10 ~ 350.
SPEED	0.0~99.9km.
RPM	0~999.

## Quick-Start

If you press the START key immediately after switching on, the training time starts to run. You can adjust the resistance levels individually by pressing the UP / DOWN keys. Since no training values are defined in this type of training it must be stopped by the user.

## Important instructions

- A. All displays are for training purposes and are not intended for medical use.
- B. Please note that only one value, time or distance, can be pre-selected in the program. If both values are selected, the cockpit displays 0:00.

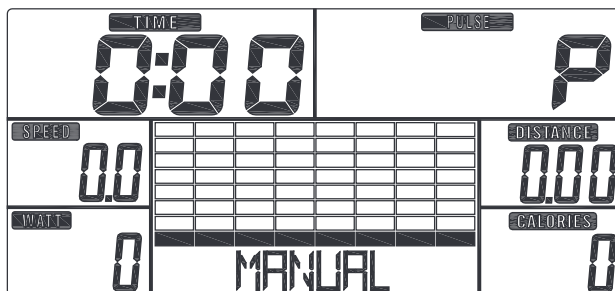
## Program Operation

### A. Manual Training:

In this program you set the resistance manually.

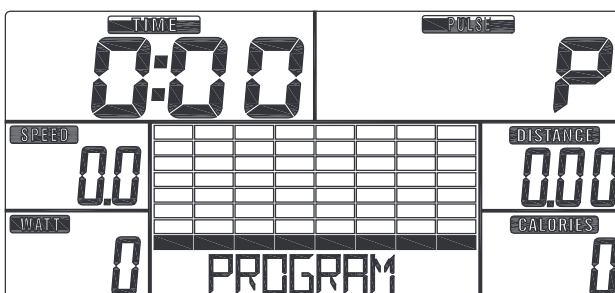
Pre-sets such as time, calories, heart rate or distance are possible.

1. Press UP or DOWN to select the program. Select "Manual" and press MODE to enter the program.
2. Press UP or DOWN to select TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm.
3. Start the training with the START / STOP key. Set the resistance with the UP or DOWN keys.
4. To pause the workout or start it again, press the START / STOP key. In stop mode, you can return to the main menu by pressing the RESET key.



### B. Program selection with fixed training profile:

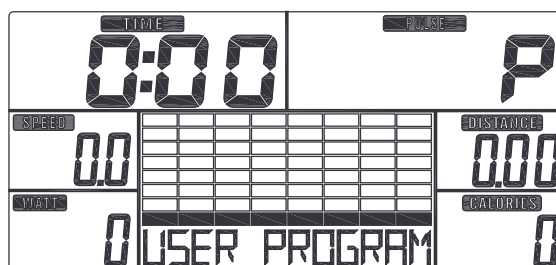
1. Use the UP or DOWN keys to select the desired program and confirm with the MODE key.
2. If the training time is to be preselected, press the UP or DOWN key and confirm the entry with the MODE key.
3. Start the training with the START / STOP key. Set the desired resistance with the UP / DOWN keys.
4. To pause the workout or start it again, press the START / STOP key. In stop mode, you can return to the main menu by pressing the RESET key.





**C. USER Program: Create your own program profile.**

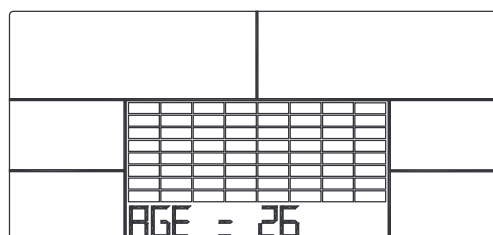
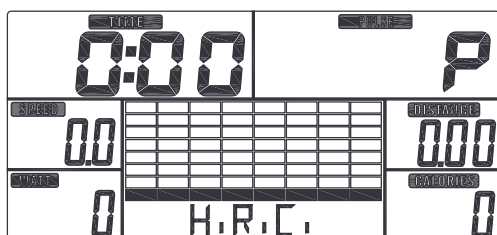
1. Select the user program with the UP or DOWN keys and confirm the selection with the MODE key.
2. Set the resistance with the UP or DOWN keys and switch to the next segment with the MODE key. Select the desired resistance again with the UP / DOWN keys and confirm with the MODE key until the desired profile is created.
3. Hold down the MODE key to exit program input.
4. Press the UP or DOWN key to select the time and confirm the selection with MODE.
5. Start the program with the START / STOP keys. If necessary, change the resistances with the UP or DOWN keys.
6. To pause the workout or start it again, press the START / STOP key. In stop mode, you can return to the main menu by pressing the RESET key.

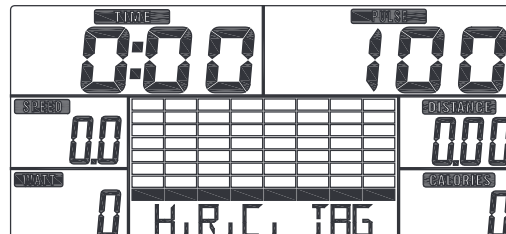
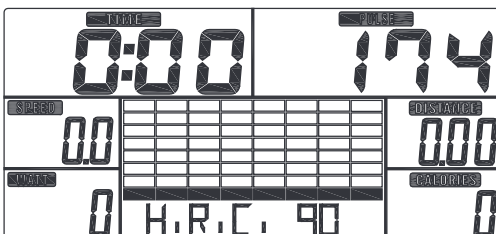
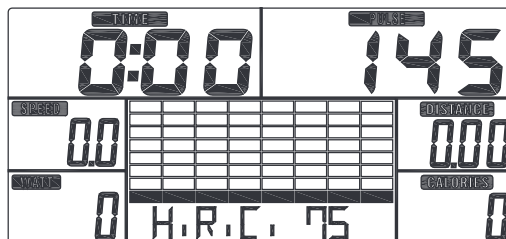
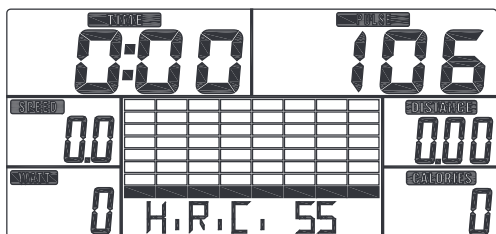


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**D. H.R.C. Heart Rate Program: (Use an uncoded wireless heart rate chest belt!)**

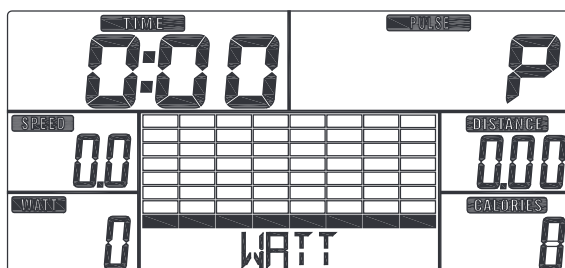
1. Select the program with the UP or DOWN keys and confirm the selection with MODE.
2. Select your age with the UP or DOWN keys and confirm the entry with MODE.
3. Use UP or DOWN to select the level in which you want to train: 55%, 75%, 90%, or DAY (target H.R.) and confirm with MODE.
4. Select the desired exercise time with the UP or DOWN keys and start the program with the START / STOP key.
5. To pause the workout or start it again, press the START / STOP key. In stop mode, you can return to the main menu by pressing the RESET key.





#### E. WATT program:

1. Select the Watts program with the UP or DOWN keys and confirm the selection with MODE.
2. Select the desired WATT performance with the UP or DOWN keys and confirm with MODE.
3. Select the desired exercise time using the UP or DOWN keys.
4. Start the training with the START / STOP key. Change the power with the UP / DOWN keys.
5. To pause the workout or start it again, press the START / STOP key. In stop mode, you can return to the main menu by pressing the RESET key.



#### Program



PROGRAM 1



PROGRAM 2



PROGRAM 3



PROGRAM 4



PROGRAM 5



PROGRAM 6



PROGRAM 7



PROGRAM 8



PROGRAM 9



PROGRAM 10



PROGRAM 11



PROGRAM 12

**F. Recovery function:**

Determine the current fitness level by measuring the recovery pulse.

1. While the recovery function is in progress, the pulse must be measured by the two hand pulse sensors. When the pulse is displayed, press the RECOVERY key to start the measurement. Do not cycle during measurement!
2. A countdown timer runs from "0:60" seconds to "0:00".
3. After measurement, the display shows the fitness value F1 to F6, where F1 is the best value and F6 the worst value.




<b>1.0</b>	Outstanding
<b>1.0 &lt; F &lt; 2.0</b>	Very fit
<b>2.0 &lt; F &lt; 2.9</b>	Good
<b>3.0 &lt; F &lt; 3.9</b>	Sufficient
<b>4.0 &lt; F &lt; 5.9</b>	Below average
<b>6.0</b>	Poor

**Storage compartment for smartphone / tablet PC**

There is a storage compartment on the front of the cockpit which fits most current smartphones and tablet PCs. Please check before use if your Smartphone or Tablet PC fits in the storage compartment securely.

**USB port**

A USB port is fitted on the side of the cockpit. The user can connect a USB charging cable for their smartphone / tablet PC to charge it as needed. The USB charging cable is not included!

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

### Calculating your personal heart rate when training

Calculate your personal heart rate when training as follows:

#### 220 - Age = maximum heart rate

This value represents your maximum heart rate and serves as a basis from which to calculate your personal training heart rate. Set the calculated heart rate at 100%

#### Wellness and Health - target zones = 50 to 60% of the maximum heart rate.

This training zone is ideally suitable for people who are over-weight and/or older beginners, or people starting again after a longer break from training. Training in this zone the body will burn approx. 4-6 calories per minute to produce energy.

The percentage ratio per calorie is approx. 70% fat, 25% carbohydrate, and 5% protein.

#### Fat burning - target zone = 60 to 70% of the maximum heart rate

This training zone is suitable for athletes and sports people who aim to lose weight.

Training in this zone the body will burn approx. 6-10 calories per minute to produce energy.

The percentage rate per calorie is approx. 85% fat, 10% carbohydrate, and 5% protein.

#### Condition & Fitness - target zone = 70 to 80% of maximum heart rate

This training zone is ideally suitable for athletes and sports people who aim to improve their stamina and/or condition.

Training in this zone the body will burn approx. 10-12 calories per minute to produce energy.

The percentage rate per calorie is approx. 35% fat, 60% carbohydrate, and 5% protein.

For optimum effects in training results you should calculate the average value of the selected target zone (also see above table):

Wellness & Health - target zone average value = 55% of maximum heart rate

Fat burning - target zone average value = 65% of maximum heart rate

Kondition & Fitness - target zone average value = 75% of maximum heart rate

### **WARNING**

Pulse and heart rate monitoring systems may be inaccurate. Excessive training can cause serious injury or death. If you feel unwell and / or faint, stop training immediately. Make sure that all users of your exercise device are familiar with this information, understand it and apply it at all times.

## Pulse Rate Monitoring using Hand Sensors

Most exercise equipment is equipped with hand pulse sensors. These are mostly in the cockpit or integrated into the handrails. These hand sensors are used for short-term determination of the pulse rate. To do this, you should hold the sensors with both hands at the same time. After a short while, the display shows the current pulse rate. This measuring system is based on changes in electrical skin resistance measured by the hand sensors caused by the blood pressure fluctuations caused by the heartbeat. These changes are summarized to a mean value and shown in the display as the current pulse rate.

### **WARNING**

For large parts of the population, the pulse-induced skin resistance change is so minimal that usable values cannot be derived from the measurement results. Also callouses on the palms, damp hands and body shakes, which in many forms of exercise are inevitable, prevent correct measurement. In such cases, the pulse value cannot or is displayed incorrectly.

Therefore, please check in the case of a faulty or failed measurement, whether this happens just with one or several people. If the display of the pulse does not work only in an individual case, then the device is not defective. In this case we recommend the use of a chest belt to achieve a permanently correct pulse display. This is available as an accessory for Pulse & Heart Rate Measurement

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## Heart Rate Monitoring using a Chest Belt

A large number of MAXXUS® training devices are fitted with a wireless receiver as standard. The use of a chest belt (we recommend the exclusive use of an uncoded POLAR® chest belt) allows you to wirelessly measure heart rate. The chest belt is available as an accessory.

This optimal, ECG-accurate type of measurement takes the heart rate by means of a transmitter chest strap directly from the skin.

The chest strap then sends the pulses via an electromagnetic field to the built-in cockpit receiver.

We recommend always using a chest belt for heart rate measurement during use heart rate controlled programs.

### **WARNING**

The determination of the current heart rate by means of the chest strap serves only to display the current heart rate during exercise. This value says nothing about the safe or effective training heart rate. Also, this type of measurement is in no way designed or suitable for medical diagnostic purposes. Therefore, discuss with your family doctor the most suitable training programme for you. Create and implement your exercise plan before you start exercising.

This is especially true for persons:

- who have not been physically active for a long period of time
- are overweight
- are older than 35 years
- have high or low blood pressure
- have heart problems

If you are wearing a pacemaker or similar device, consult your medical specialist before using a heart rate chest belt.

### Preparation Before Training

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

### Training Plan

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

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

### Warm-Up Before Training

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

### Cool-Down After Training

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



#### Front Thigh Muscles

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



#### 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 and steadily.



#### Legs, Calves and Buttocks

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



#### Leg and Lower Back Muscles

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

## Hydration

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

## Training Frequency

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

## Exercise Intensity

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

## Duration of the individual training session

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

## Training Documentation

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

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

Enclosed you will find a recommendation for a weekly plan.

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

## Technical Details

### Cockpit display of:

- Time
- Distance
- Calorie consumption
- Watts
- Resistance level
- Speed
- Revolutions per minute
- Pulse (when using the hand sensors)
- Heart rate (when using an optional chest belt)

### Technical Details

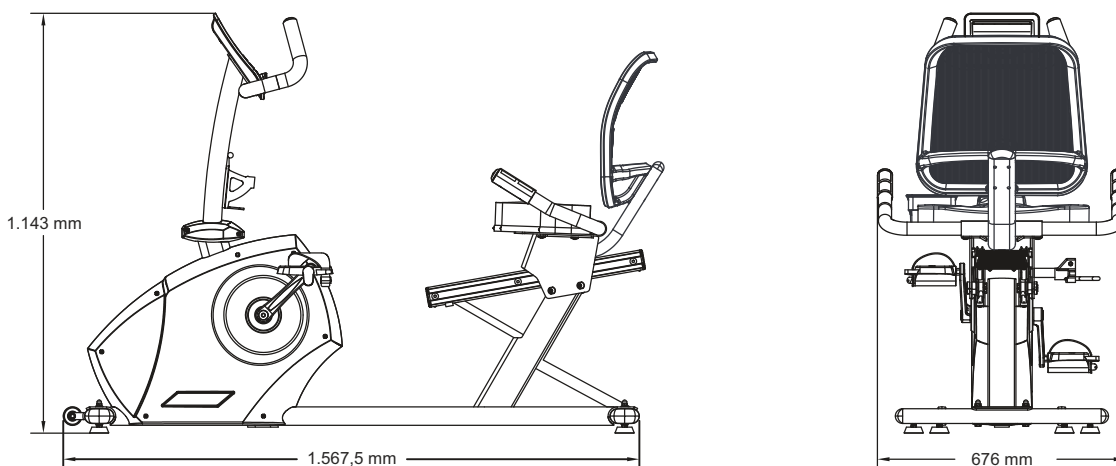
Brake system:	Motor-controlled permanent magnet brake system
Resistance levels:	1 to 16 levels, electronically adjustable
Drive type:	two-stage longitudinal ribbed belt
Flywheel:	approx. 9 kg
Installation dimensions:	approx. 1.567.5 x 676 x 1.143 mm (LxWxH)
Total weight:	approx. 57 kg
Maximum user weight:	160 kg
Controls:	via keyboard
Power supply:	220-230V - 50Hz
Temperature range:	10 ° to 30 ° for operation and storage

### Application:

Home use \*

\* suitable for non-therapeutic purposes

## Dimensions



## Disposal



European Disposal Regulations 2002/96/EG

Do not dispose your training device in the normal household rubbish.

Dispose the device at a communal waste disposal facility or at a registered waste disposal company.

Observe current regulations which apply accordingly. If in doubt seek advice from your local government office or county council as to where you can dispose of the device properly and in an environmentally sound manner.

### Batteries / Rechargeable Batteries

Batteries and rechargeable batteries should never be disposed of in the household rubbish.

Please be aware that all batteries can contain toxic substances and all consumers are obliged by law to dispose these at an appropriate collection point either at your local government office, county council or retail outlet.

If in doubt seek advice from your local government office or county council as to where you can dispose batteries properly and in an environmentally sound manner. Only dispose of batteries when they are empty.



**My training device makes noises during training – is this normal?**

Your MAXXUS® training device is equipped with high-quality ball-bearings and a grooved belt. In addition, it also has a high-quality magnetic braking system which is completely wear and friction free. All these extremely high-quality components ensure that all functional noises are very much reduced. Your MAXXUS® training device is one of the quietest products available in the fitness market. However, it is possible and normal that slight mechanical noises are noticeable during training. These mechanical noises, which either continually or sometimes occur at certain intervals are created by the very high rotational speed of the flywheel. Also, moving parts may generate sounds during training, which are amplified by the hollow metal tubes of the frame. It is also quite normal for running noise to get louder during your workout. This can be explained by an increase in training speed and by the device components heating up and expanding during training.

**The cockpit does not show anything in the display when I turn it on.**

Check if the power cable is both attached correctly to the device and properly plugged into the socket, and/or if it is damaged. Check if the control cable has been pinched or jammed during assembly and / or if the connector has come loose.

**The pulse rate value is not shown or is indicated incorrectly**

Please refer to the „Pulse & Heart Rate Measurement“ sections in this manual.

**The hand pulse rate sensors are not functioning**

Check if the hand sensor cables have been pinched or jammed during assembly.

**The speed and distance values are indicated to be „0“ during training.**

Check if the control cable has been pinched or jammed during assembly and/or if the connections have come loose.

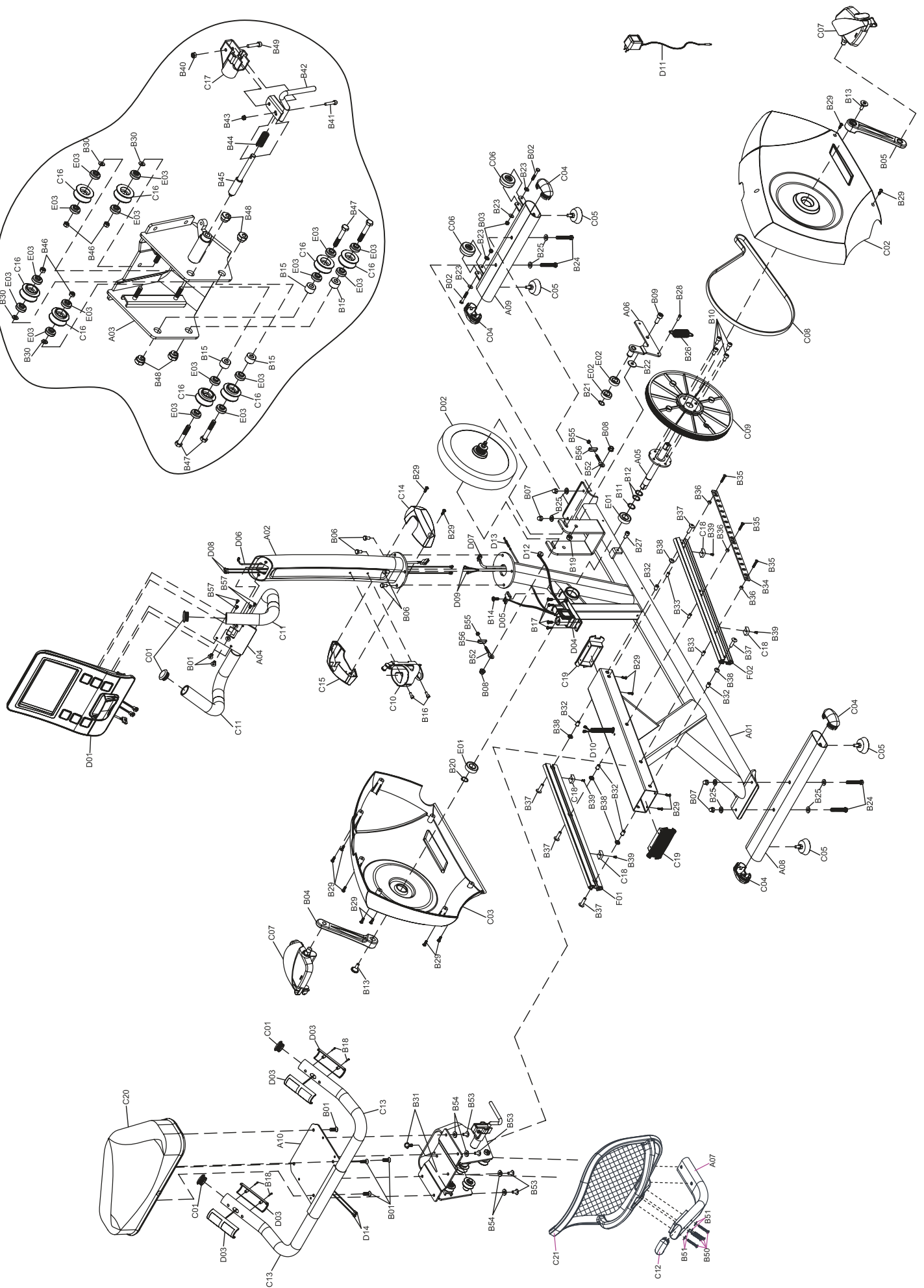
**My training device makes creaking noises during training.**

Check if the training device is standing straight and flat on the ground. If not, re-adjust the foot stands. Check if the screws at the articulated joint between the pendulum tubes and the pedal arms are tightened securely.

**My feet fall asleep during training.**

The reason for this is often that training shoes are done up too tightly. Your feet will expand when you are under exertion and so you should do up your shoes more loosely. You can also get advice regarding this from sports shops or specialist running shoe shops.

# Exploded Drawing



## Parts List

No.	Description	Qty
A01	Welded,Main Frame	1
B45	Lock Pin	1
A02	Welded,Upright Tube	1
B46	M8 Locknut	4
A03	Welded,Slide Assembly	1
B47	M8 Hex Screw	4
A04	Welded,Hand Bar	1
B48	Pulley Shaft	4
A05	Welded,Shaft Pulley	1
B49	M6 Socket Screw	1
A06	Welded,Pressure Assembly	1
B50	M6 Hex Screw	4
A07	Welded,Back Tube	1
B51	Ø1/ 4" Washer	4
A08	Stabilizer-Behind	1
B52	M6 Screw	2
A09	Welded,Stabilizer-Front	1
B53	M8 Hex Screw	4
A10	Welded,Seat Assembly	1
B54	Ø8 Washer	4
B01	M8 Hex Screw	6
B55	M6 Lock Nut	2
B02	1/ 4" Hex Screw	2
B56	Tension Adjustment Screw	2
B03	1/ 4" Locknut	2
B57	Screws for Computer	4
B04	crank	1
C01	Ø1.8 Plug	4
B05	crank	1
C02	Main Cover-Right	1
B06	M8 Hex Screw	4
C03	Main Cover-Left	1
B07	3/ 8" Dome Nut	4
C04	50x100 Plug	4
B08	3/8" UNC-26 Nut	2
C05	Height Adjuster Foot M8	4
B09	M10 Hex Screw	1
C06	Wheel-Stabilizer Front	2
B10	M8 Hex Screw	4
C07	Pedal	1
B11	Ø20 Washer	1
C08	Belt	1
B12	Ø20 Wave Washer	2
C09	Drive Pulley	1
B13	M8 Hex Screw	2
C10	Water Bottle Holder	1
B14	M5 Philips Self Drive Screw	1
C11	rubber grip	2
B15	Pulley Space	4
C12	30x70 Plug	1
B16	M5 Socket Screw	2
C13	rubber grip	2
B17	M4 Philips Self Drive Screw	4
C14	Upright Cover-Right	1

No.	Description	Qty
B18	M3 Philips Screw	4
C15	Upright Cover-Left	1
B19	M10 Locknut	1
C16	Plastic Pulley	8
B20	C clip	1
C17	Gripping Sheath	1
B21	C clip	1
C18	Pvc Pad	4
B22	Ø10 Washer	1
C19	Plug	2
B23	Ø1/4" Washer	4
C20	Upholstered,Seatrest	1
B24	3/8" Hex Bolt	4
C21	Upholstered,Backrest	1
B25	Ø3/8" Washer	8
C22	Water Bottle	1
B26	Extension Spring	1
D01	Computer 81470	1
B27	M8 Socket Screw	1
D02	Magnetic Flywheel	1
B28	M6 Hex Screw	1
D03	Hand Pulse Sensor	1
B29	M5 Philips Self Drive Screw	15
D04	Motor with cable	1
B30	Ø5/16" Washer	4
D05	Sensor Cable	1
B31	M8 Hex Screw	2
D06	Cable	1
B32	M8 Pulls Hat	5
D07	Cable	1
B33	M6 Pulls Hat	3
D08	Hand Pulse Cable-Upside	2
B34	Lock Pin Plate	1
D09	Hand Pulse Cable-Center	2
B35	M6 Screw	3
D10	Hand Pulse Cable-Lower	1
B36	Lock Pin Space	3
D11	AC Adaptor	1
B37	M8 Socket Screw	5
D12	AC Plug Cable	1
B38	Space	5
D13	Motor Tension Cable	1
B39	M4 Philips Screw	4
D14	Hand Pulse Cacle	1
B40	M6 Locknut	1
E01	Bearing 6004	2
B41	M5 Socket Screw	1
E02	Bearing 6003	2
B42	Welded,Fixed Seat	1
E03	Bearing 608	16
B43	M5 Locknut	1
F01	Aluminum track left	1
B44	Spring	1
F02	Aluminum track right	1

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For MAXXUS® Support Team to help you as quickly as possible with service, we will require certain information about your fitness device and about you. To find the exact spare parts required, we will need the product name, date of purchase and serial number. If necessary, please fill out completely the Repairs Contract/Damage Report form attached to this User Manual and send it to us by post or by fax.

### Areas of Application & Warranty Periods

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

#### Home Use:

Exclusively for private use

Warranty Period: 2 Years

#### Semi-Professional Use:

Use under instruction in hotels, physiotherapy practices, etc.

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

Warranty Period: 1 Year

#### Professional Use:

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

Warranty Period: 1 Year

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

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

### Proof of Purchase and Serial Number

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

### Terms and Conditions of Warranty:

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

The warranty covers defects caused by production or material faults and only apply to devices purchased in Germany. The warranty does not apply to damages or defects caused by culpable improper use, negligent or purposeful destruction, lack or failure to carry out maintenance and/or cleaning measures, force majeure, operational causes and to normal wear and tear, damages caused by penetration of liquids, damage caused by repairs or modifications made with spare parts from a different supplier. The warranty also does not apply for damages due to faulty assembly or damages which occur because of faulty assembly. Certain component parts will wear out during use or from normal wear and tear. This includes for example:

- |                             |                           |                                  |               |
|-----------------------------|---------------------------|----------------------------------|---------------|
| ▪ Ball bearings             | ▪ Bearing bushings        | ▪ Bearings                       | ▪ Drive belts |
| ▪ Switches and push-buttons | ▪ Treadmill belts (bands) | ▪ Treadmill decks (running deck) | ▪ Rollers     |

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

For assistance with warranty service or warranty repair enquiries for devices not in Germany, please contact our Service Department at MAXXUS Group GmbH & Co KG by sending an Email to: [service@maxxus.de](mailto:service@maxxus.de) and we will be happy to help.

#### IMPORTANT:

Please include the product name, your name and postal address, and a telephone number where we can contact you.

### Service Outside the Warranty and Ordering Spare Parts

The MAXXUS® Service Team is happy to be of assistance to help solve any problems with faults which may arise following expiry of the warranty period, or in cases of defects arising which are not covered by the warranty.

In this case please contact us by email direct to: [service@maxxus.de](mailto:service@maxxus.de)

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

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



# Repair order / damage report

## Device Details

Product Name: **MAXXUS 4.2 R**Product Group: **Recumbent**

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 ....)

ENG

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

☐ I accept the General Terms and Conditions of MAXXUS® Group GmbH & Co. KG.

I hereby instruct the company MAXXUS® Group GmbH & Co. KG to repair the above defects. In Warranty cases I will not be charged for the cost. The costs for repairs which are excluded from liability for defects in quality will be charged to me and must be settled immediately. In cases of repairs carried out on site, our staff are entitled to collect payment. This agreement is confirmed with here with my signature.

Date

Location

Signature

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

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

**Fax:** +49 (0) 6151 39735 400

**E-Mail\*\*:** customerservice@maxxus.de

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

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

# MAXXUS<sup>®</sup>



**Maxxus Group GmbH & Co. KG**  
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D-64331 Weiterstadt  
Germany  
E-Mail: [info@maxxus.de](mailto:info@maxxus.de)  
[www.maxxus.de](http://www.maxxus.de)