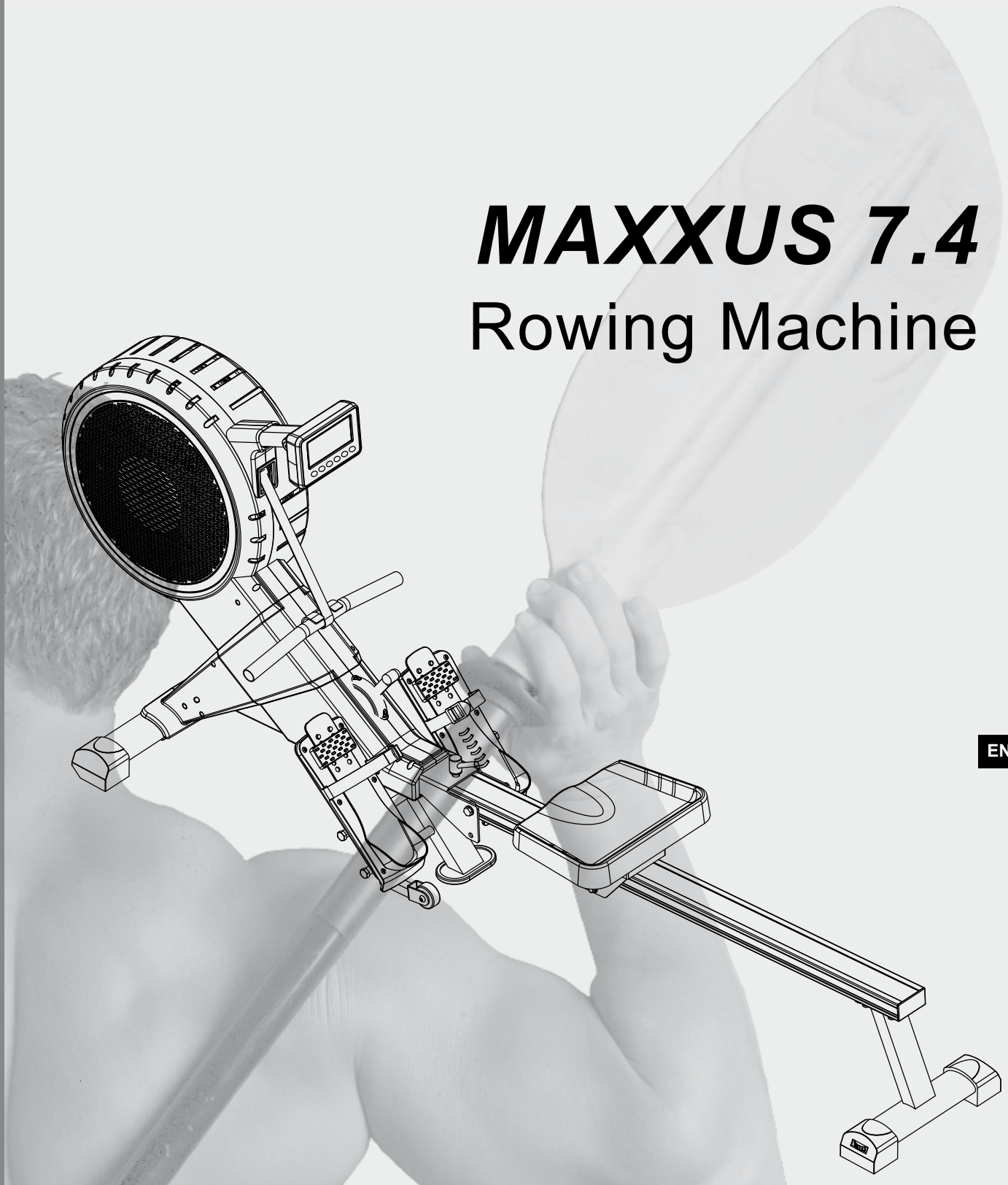
ASSEMBLY AND OPERATING MANUAL

MAXXUS 7.4

Rowing Machine



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MAXXUS®

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⚠ Safety Instructions ⚠

Please read and observe all sections of this Operating Manual before you start with training. Thorough attention should be paid to the safety, cleaning and maintenance instructions and the training information. Please also make sure that anyone using this device is familiar with all this information.
It is very important to adhere strictly to the safety and maintenance instructions contained in this Manual. This training device is only to be used for its intended purpose. If this equipment is used for any other purposes than intended, there is a possible risk of accident, damage to health or damage to the training device for which the Distributor cannot be held responsible.

Electrical Connection (only applies to devices with an external electrical connection)
- A mains voltage of 220-230V is required to operate this training device.
- The training device is only to be connected to the mains with the mains cable supplied using a 16A individually fused and earthed socket installed by a qualified electrician.
- The training device is only to be switched on and off using the ON/OFF switch.
- Always remove the electric plug from the socket before moving the training device.
- Remove the electric plug from the socket before commencing any cleaning, maintenance or other works.
- Do not connect the mains plug to a socket on a socket strip or on a cable drum.
- If using a cable extension please ensure that this complies with DIN standards, VDE regulations and guidelines, technical rules issued by other European Union states.
- Always place the mains cable so it cannot be damaged or cause a tripping hazard.
- In operating or standby mode, electrical devices such as mobile phones, PCs, Televisions (LCD, plasma, tube, etc.), game consoles etc. will emit electro-magnetic radiation. For this reason, all these types of devices should be kept away from your training device as they could lead to malfunction, disturbances or false outputs being shown in heart rate measurements.
- For safety reasons, always remove the electrical plug from the socket when the device is not in use.

Training Environment
- Select a suitable space for your training device to provide an optimum amount of free space and highest level of safety. You should leave a free space of at least 100 cm in front of and behind the device and a minimum of 100 cm to each side of the training device.
- Make sure that the area is well ventilated and that an optimum amount of oxygen is available during training. Avoid draughts.
- Your training device is not suitable for outside use and so storage and training can only take place in a temperate, clean dry room.
- Do not operate or store your training device in wet areas such as in swimming pools, saunas etc.
- Make sure that your training device is kept on flat, hard, clean ground both in operation and at rest. Any uneven surfaces must be removed or made good.
- It is recommended that a floor covering (carpet, mat, etc.) should be placed under the device to protect damageable floors such as wood, laminates, floor tiles etc. Please ensure that this underlay cannot slip or slide.
- Do not put this training device on pale or white coloured carpets or rugs as the feet of the device may leave marks.
- Make sure that your training device and mains cable are kept out of contact with hot surfaces and are kept at a safe distance from any sources of heat e.g. central heating, hot stoves, furnaces, ovens or open fires.

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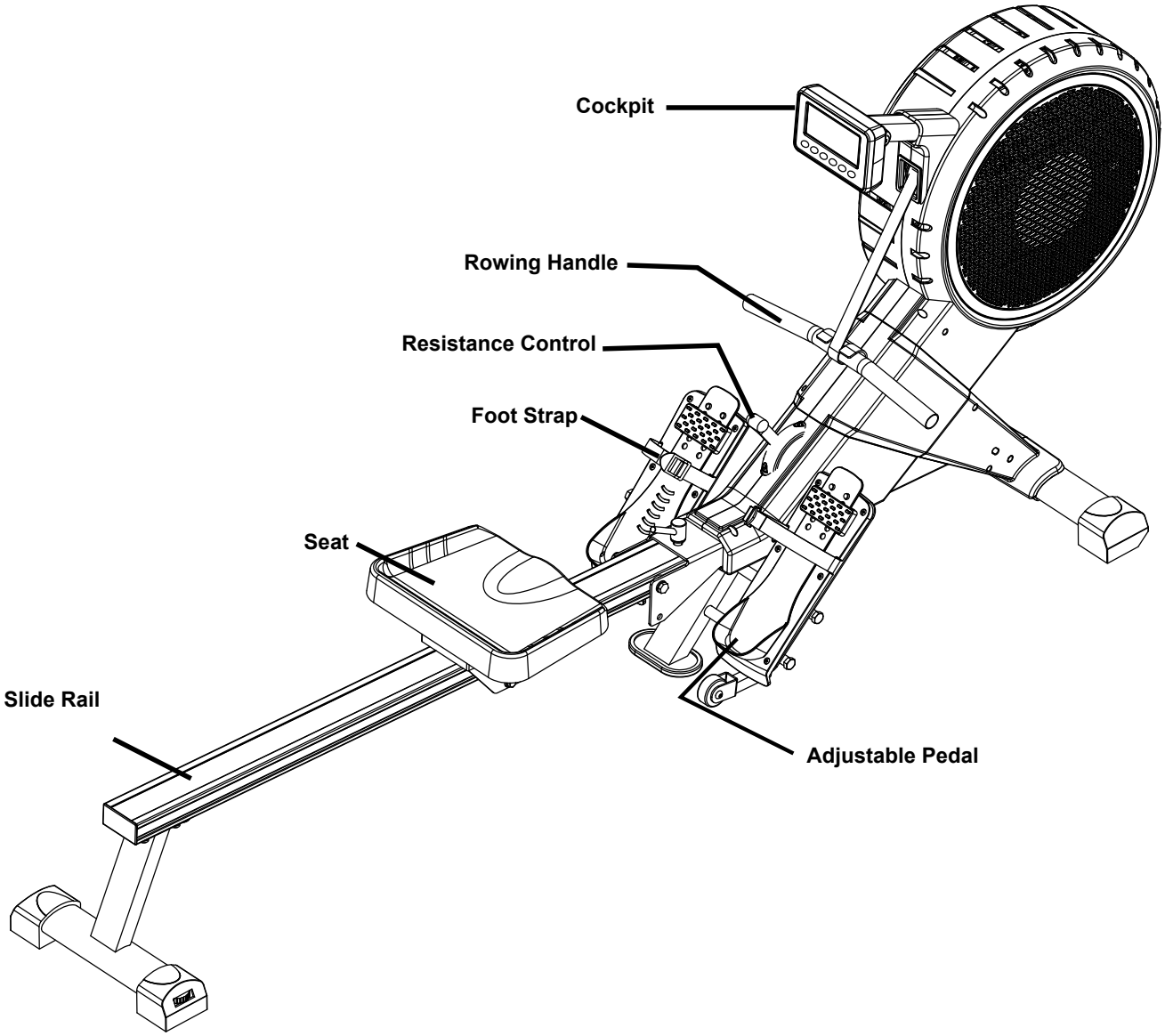
Personal Safety Instructions for Training
- Remove the batteries or mains cable (if present) when the training device is not in use to avoid inappropriate or uncontrolled use by any other third party, e.g. children.
- You should have a health check carried out by your doctor before you start any training
- Stop training immediately if you feel physically unwell or are experiencing any breathing difficulties.
- Always start your training session at a low workload increasing it slowly but steadily throughout. Reduce the workload again towards the end of your training session.
- Suitable sports shoes and clothes should always be worn during training sessions. Make sure that loose clothes do not get caught up in the treadmill belt or rollers.
- Your training device is only to be used by one person at a time.
- Check each time before a training session to see if your device is in perfect condition. Never use your training device if it is faulty or defective.
- You are only permitted to carry out repairs to the device yourself after having contacted our Service Department and on receipt of explicit permission to do so. Only original spare parts may be used at any time.
- Your training device must be cleaned after each use. Remove all dirt including body sweat or any other liquids.
- Always make sure that liquids (drinks, body sweat, etc.) do not get onto the vibrating plate or into the cockpit as this can cause damage to the mechanical and electronic components.
- Your training device is not suitable for use by children.
- Third parties, especially children and animals, must be kept at an appropriate safety distance during training.
- Check if there are any items underneath the training device before each training session and remove them without fail. Never use the training device when items are underneath it.
- Do not allow children to use your training device as a toy or climbing frame at any time.
- Ensure that no body parts of your own or of third parties ever come in contact with any of the moving mechanisms.

The construction of this training device is based on state-of-the-art technology and highest modern technical safety standards. This training device is to be used by adults only! Extreme misuse and/or unplanned training can cause damage to your health!

Overview of the Device

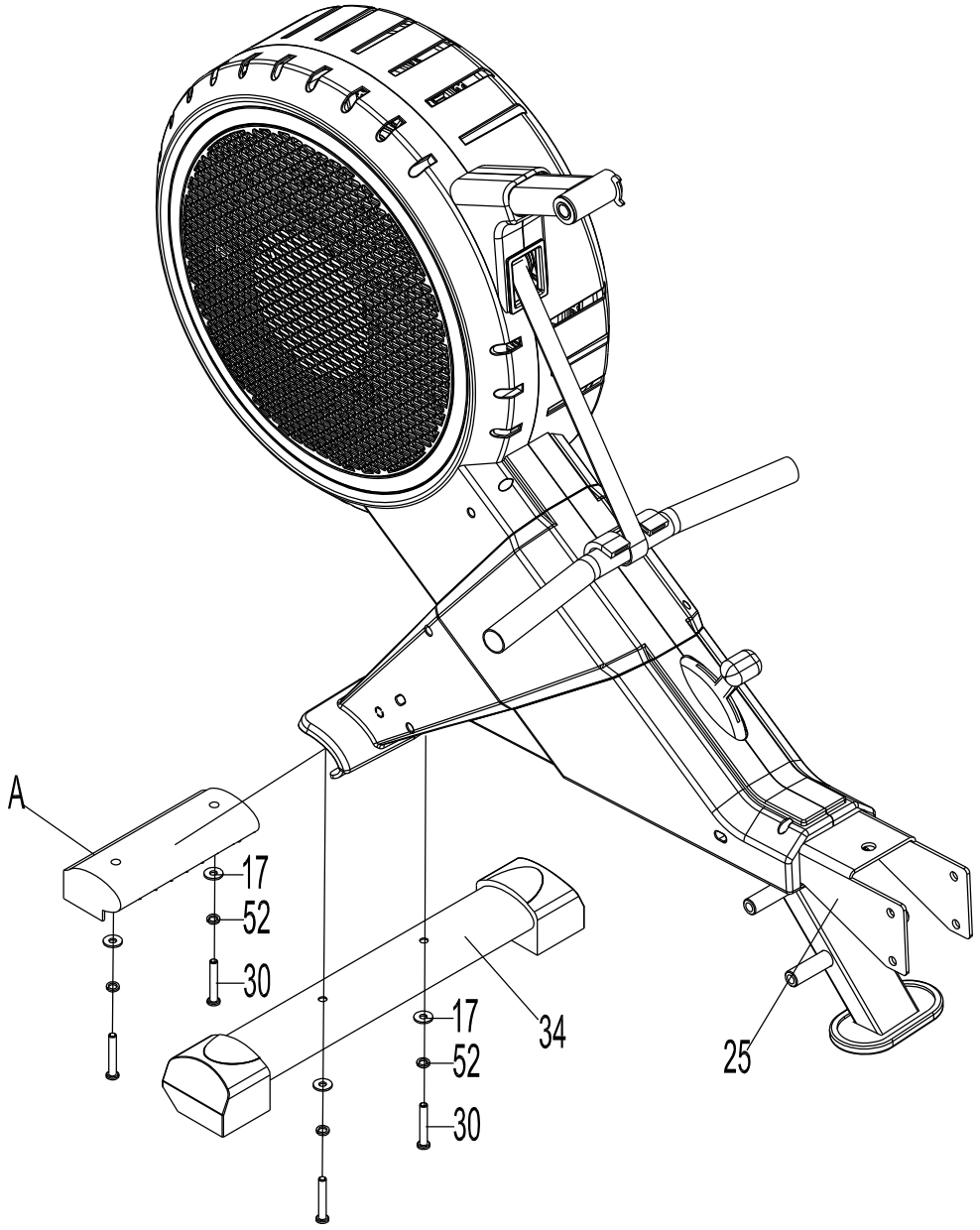


Assembly

Damage or defects that have arisen due to assembly errors are not covered by the warranty. Please read the instructions carefully before starting assembly, follow the sequence of assembly steps exactly and the instructions for each assembly step. The installation of the exercise equipment must be carried out by competent adults.
Since some components may have sharp-edges, wear suitable work gloves during assembly.
Carry out the assembly of your training equipment in an area that is level, clean and free from at obstructions.
Carry out the assembly with 2 people. Your training device must only be used after fully completing.

Step 1: Assembling the Front Stand

- Loosen and remove the two screws (30), two spring washers (52) and two washers (17) attaching the transport lock (A) to the front of the base frame (25).
- Remove the transport lock (A).
- Fix the front stand (34) with the same two screws (30), spring washers (52) and washers (17) to the front of the base frame (25).



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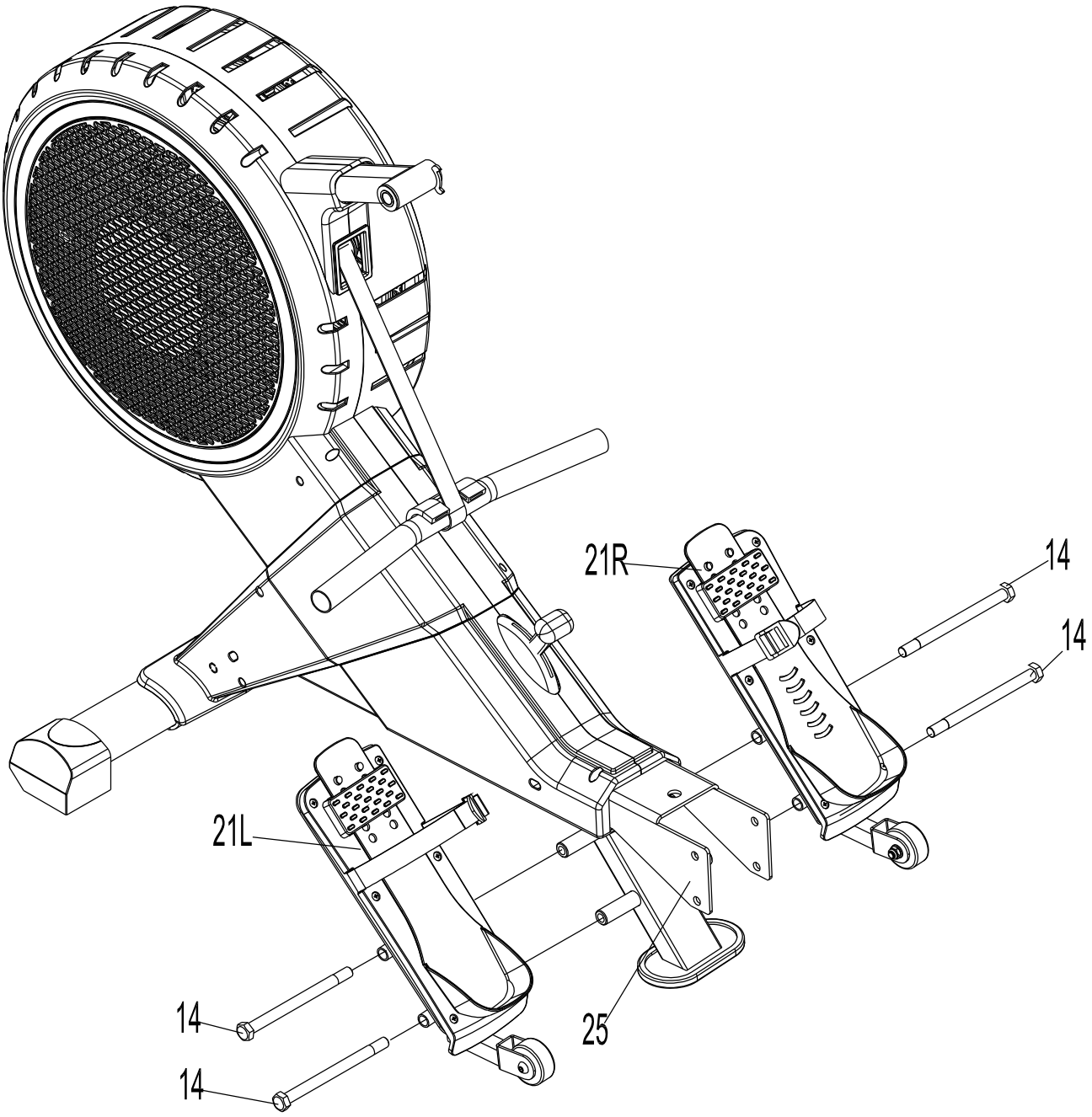
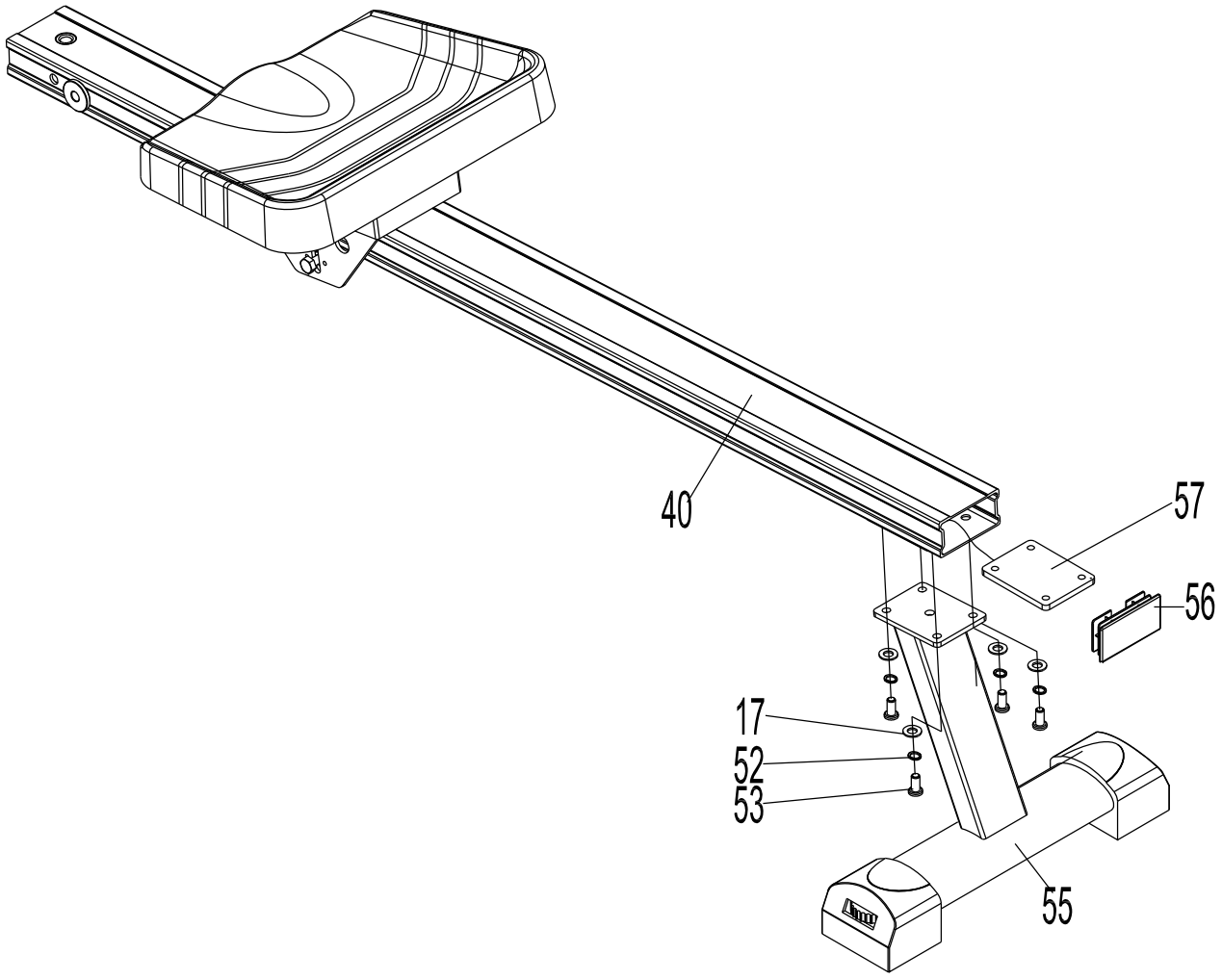
Step 2: Assembling the Pedals

- Attach the right and left pedals (21R / 21L) to the base frame (25) usimng two hexagon screws (14) for each.



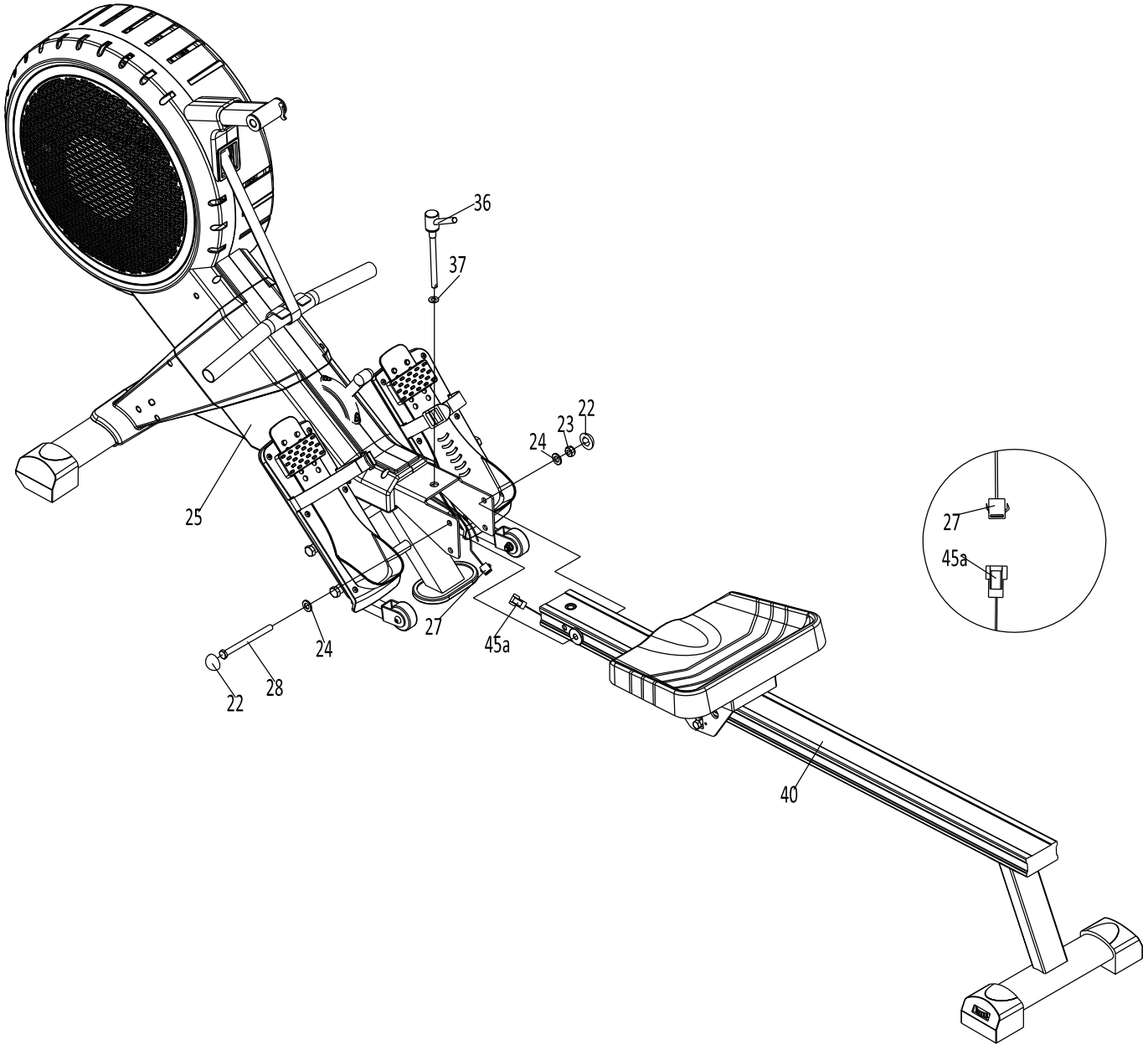
Step 3: Assembling the Rear Stand

- Insert the fixing plate (57) into the slide rail (40) from behind so that the threaded holes of the fixing plate (57) match with the drill holes in the slide rail (40).
- Attach the rear stand (55) with four Allen screws (53), four spring washers (52) and four washers (17) from below at the rear end of the slide rail (40).
- Insert the cover cap (56) in the rear opening of the slide rail (40).



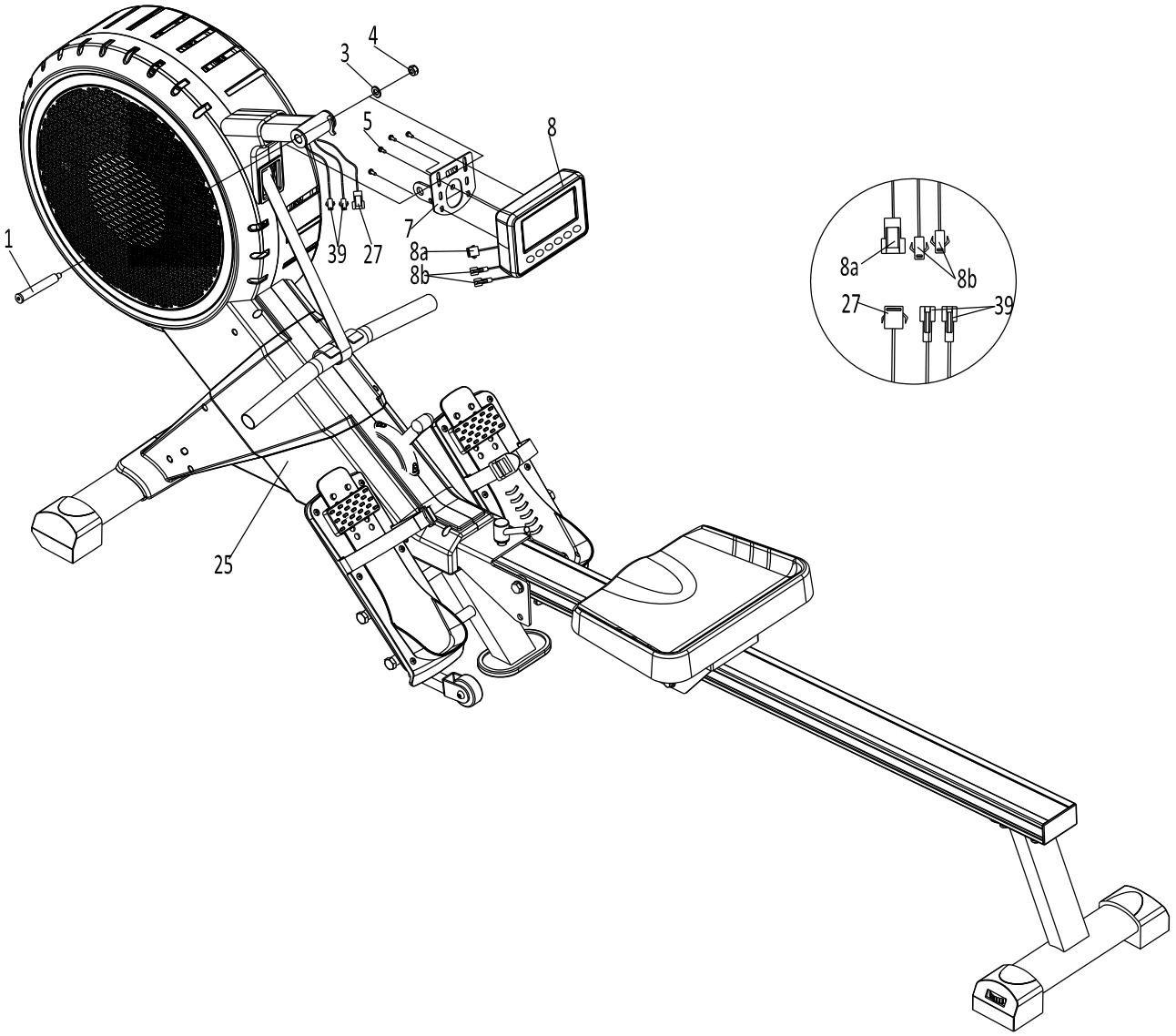
Step 4: Assembling the Slide Rail to the Base Frame

- Connect the cable (45a) protruding from the front of the slide rail (40) at to the cable (27) coming out of the base frame.
- Insert the slide rail (40) in the bracket of the base frame (25). **CAUTION**: Carefully slide the excess length of cable from the connected cables (45a + 27) into the slide rail (40). Make sure that you do not crush or damage the cables.
-
- Fix the slide rail (40) to the base frame (25) with a hexagon bolt (28), two washers (24) and a lock nut (23). Then place a cap (22) each on the nut (23) and the screw head of the hexagon bolt (28).
- Insert the knob (36) with a washer (37) from above into the corresponding hole on the base frame (25) and tighten it (clockwise) firmly to the slide rail (40).



Step 5: Assembling the Cockpit

- Secure the cockpit holder (7) with a bolt (1), a washer (3) and a locknut (4) to the mount on the base frame (25).
- Secure the cockpit display (8) to the cockpit holder (7) with four pan head bolts (5).
- Connect the cockpit cables (8a / 8b) to the corresponding cables (27/39) of the base frame (25). Slide the protruding cable lengths back into the frame.



Inserting and Changing the Batteries

Step 1: Open and remove the battery compartment cover located on the back of the cockpit.
Step 2: Insert two AA batteries into the cockpit pay attention to the correct polarity.
Step 3: Replace the battery compartment cover.

Please Note:

1. Use only new batteries when changing batteries.
2. Do not use rechargeable batteries
3. Observe the disposal instructions for batteries in this manual

Location & Storage

Please choose a dry, level and well-ventilated training or storage area for your training equipment. Make sure for your own sake that the training location is sufficiently ventilated during exercise to provide optimal oxygenation.

Do not use or store your device in damp or wet areas, such as saunas, swimming pools, etc. or in outdoor areas such as balconies, terraces, gardens, garages, etc.

These locations with high humidity and low temperatures can lead to defects in the electronics, or to corrosion and rust. Damage of this nature is not covered by the warranty.

Before you start using your training device after a long period of non-use, make sure that all fastenings are firmly secured.

Folding Mechanism

To save space or for storage during prolonged non-use, the slide rail of the rowing machine can be folded up quickly and easily.

Folding up the slide rail:

Step 1: Remove the locking knob (36) with the washer (37) by turning it anti-clockwise.

Step 2: Lift the slide rail (40) until it is vertical, holding the seat with one hand to lower it gently down on to the base frame.

CAUTION: Make sure that the seat does not fall onto the base frame as this may cause injury or damage.

Step 3: Replace the locking knob (36) with the washer (37) in the side of the base frame to secure the slide rail in its raised position.

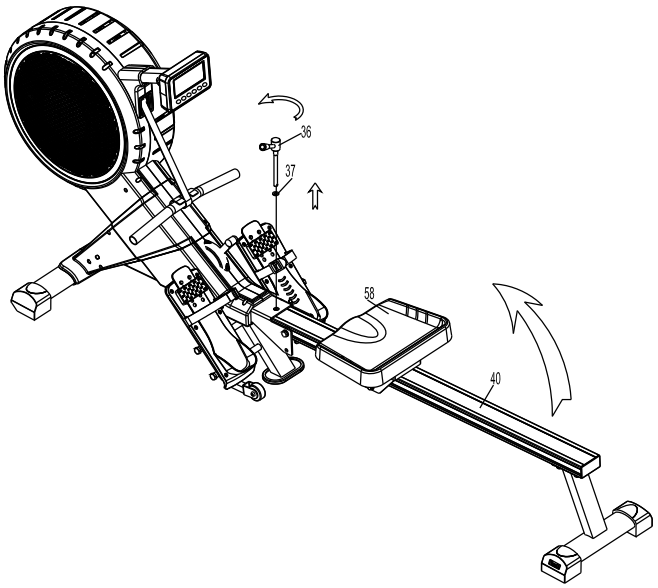
Folding down the slide rail:

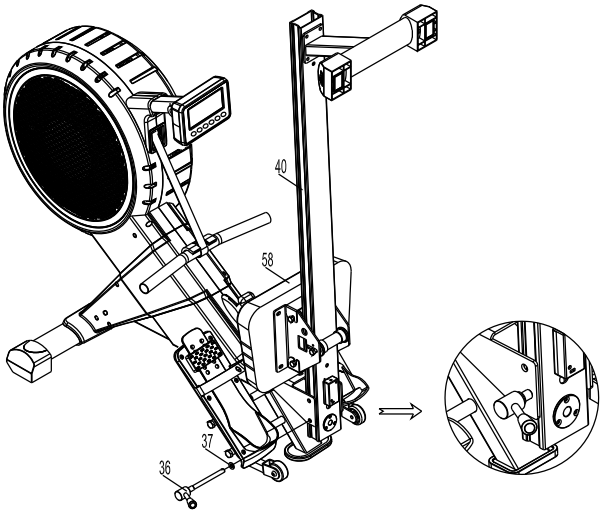
Step 1: Remove the locking knob (36) with the washer (37) from the side of the base frame.

Step 2: Hold the slide rail with one hand and gently lower it down until the rear stand touches the floor.

CAUTION: Make sure that the slide rail does not fall down as there is a risk of injury.

Step 3: Insert the locking knob (36) with the washer (37) into the base frame from above and secure the slide rail by tightening the knob in a clockwise direction..





Folding Mechanism

Important Safety Notice

- Before you use or transport the device, check that the two frame parts are securely connected and that the locking knob is fitted correctly and properly tightened. Failure to do so may result in injury and / or damage to the device if it is used, lifted or transported.
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- Lift or lower the slide rail carefully to avoid possible injuries such as jamming or pinching of your hands.
- When storing the rowing machine, make sure that the unit is standing securely and is protected from uncontrolled access by third parties such as children playing.

Transport

To make it easier to transport this rowing machine, the middle stand is fitted with transport wheels.

To move the rower, fold the slide rail as described above and secure it. Hold the rear stand with both hands and lift it until the transport wheels make contact with the ground.

Now you can push or pull the device to the desired position.

Put the rower down carefully and gently.

When lifting, transporting and setting down the device, always make sure that you have a secure footing and hold onto the device firmly.

Adjusting the Footrests

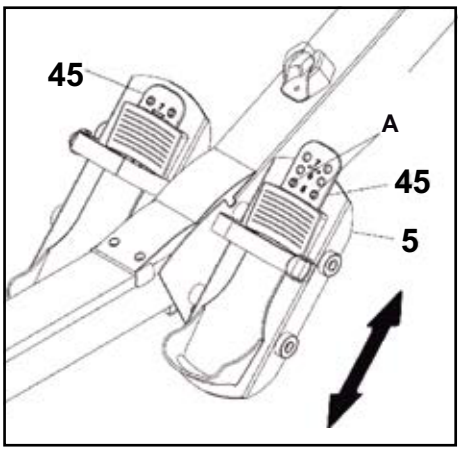
The pedals on your rowing machine are equipped with a special system to individually adjust the pedals to your shoe size in just a few simple steps.
You should wear sports shoes suitable for rowing training. We recommend running shoes because of their slightly curved shape which is ideal to allow foot movement during rowing.
Make sure that you do not over-tighten the shoes before training as this can lead to restricted blood circulation during exercise.

Adjusting the Pedals

The fastening system of the pedals consists of two elements, length adjustment for the size of your shoes and adjustable straps that secure the foot to the tread.

Step 1:
Press the two size locking buttons (A) and set the optimum position of the treads (45). In order to remember the position easily and to be able to adjust quickly, the individual positions are numbered. Once you have found the optimal size setting, release the locking buttons (A).

Step 2:
Place your feet on the treads and secure them by tightening the straps. Make sure that the straps secure your feet firmly without being too tight.
Holding the feet securely is very important for the correct execution of rowing movements.
In order to move the body forward you need your feet to be firmly held in position.



Power Supply

The cockpit is powered by two AA batteries.
If the display in the cockpit fades or goes out, replace the batteries.
When disposing of used batteries, always observe the disposal instructions in this manual.

Care, Cleaning & Maintenance

Before first use or after a long break from training
Check that the rowing machine is safe. There must be no objects on or under the device.
Make sure that all screws are tight and the sliding area of the seat is clear of obstructions. Also check if the slide rail is free of contaminants and foreign bodies.

Maintenance & Cleaning Intervals:
Clean the rowing machine after each training session with a damp cloth to remove possible perspiration and / other liquid residues. Under no circumstances should you use solvents. Dry the cleaned area well.
To ensure smooth running, clean the roller guide of the seat in the aluminium slide rails regularly. MAXXUS Lubricant Spray & MAXXUS Degreaser Spray are ideal for this.

Damage due to failure or lack of cleaning, maintenance and / or care is excluded from the warranty and guarantee.
Costs for the repair of a badly maintained training device can quickly amount to several hundred euros. A high price that can be avoided by regular care and maintenance.

Keyboard

RECOVERY: Key for activating recovery pulse measurement

RESET: Keep this key pressed for about 3-5 seconds to reset all values to zero and restart the cockpit.

START / STOP: Starts or ends the current training program

ENTER:
– Confirm function (in the start menu)
Key for confirming selections and entries
– Change function (during training)
Press this key during training sessions to change the displayed values.

▲ - Key: Key to increase specified values
▼ - Key: Key to decrease specified values

Training values

TIME Displays the training duration. When the time is set, the value “00:00” flashes. The ▲/▼ keys can be used to set a time up to 99:00 minutes.

TIMET500M Displays the average time the user requires for a distance of 500 metres at their current rowing speed. This value is continuously updated by the cockpit as the rowing speed of the user changes.

SPM Displays the average strokes per minute

DISTANCE Displays the distance covered in metres. When a distance is set, this value flashes. The ▲/▼ keys can be used to set the distance up to 99,900 meters.

STROKES Displays number of strokes so far during the current training session. When targeting the strokes, this value flashes. A target number of strokes up to 9,990 can be specified with the ▲/▼ keys.

TOTAL STROKES Displays the total number of strokes.

CALORIES* Calorie consumption display. When a calorie consumption target is set, this value blinks.Calorie consumption up to 9,990 can be set using the ▲/▼ keys.

PULSE** Displays the current heart rate from 30 to 220 beats / minute. When using a transmitting chest belt, available as an optional extra, the current heart rate will be displayed here.

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* Note on calorie measurement
Calculation of energy consumption is done by means of a general formula. It is not possible to exactly measure your individual energy consumption without a large amount of personal data.

** Note on heart rate measurement
The use of this function is only possible with a separately available transmitter chest belt.

Display in Stand-By Mode

CALENDAR: Displays the current date

TEMPERATURE: Displays the current ambient temperature

CLOCK: Displays the current time

Turning on the Cockpit

The cockpit switches on automatically as soon as any key is pressed.

Turning off the Cockpit

The cockpit automatically switches into stand-by mode a few minutes after training has ended.
In stand-by mode, the values for the current date, current time, and current ambient temperature are displayed.
The prerequisite for this is that the correct data has been entered for the time and date.

Data entry for date and time

When you turn on the cockpit for the first time, change the batteries or carry out a total reset, first enter the current time, date and alarm time (alarm function). Enter the current date and time by pressing the ▲/▼ keys in the appropriate fields. The order is: year - month - day. Confirm your entries by pressing the ENTER key.

Time

Step 1: Enter the current time - hour
The hour value flashes before the colon in the TIME window, adjust it by pressing the ▲/▼ keys. Confirm your entry by pressing the ENTER key.

Step 2: Enter the current time - minute
he minute value flashes before the colon in the TIME window, adjust it by pressing the ▲/▼ keys. Confirm your entry by pressing the ENTER key.

Date

Step 1: Enter the current year
The year value flashes in the STROKES window. Enter the current year number by pressing the ▲/▼ keys. Confirm your entry by pressing the ENTER key.

Step 2: Enter the current month
The month value flashes in the CALORIES window. Enter the current month by pressing the ▲/▼ keys. Confirm your entry by pressing the ENTER key.

Step 3: Enter the current day
The value for day flashes in the PULSE window. Now press the ▲/▼ keys to enter the current day. Confirm your entry by pressing the ENTER key.

Alarm function

After you have confirmed your time and date input, the value in the TIME window will flash again.
If you want to enter an alarm, enter the hour and minutes as described above for the required alarm time by pressing the ▲/▼keys. Confirm your entries by pressing the ENTER key.
If you do not want to set an alarm, leave the settings at “0:00” and press the ENTER key.

Enter the time and date again

To set or change the time and date again or perform a total reset of the cockpit press and hold the RESET key for at least 10 seconds or remove the batteries for a short time.

QUICK-START-Function

To start training immediately without entering any values, turn on the cockpit. As soon as Display (Figure 1) appears, press the START key. The training time starts to run, and you can start training. Stop training whenever you choose, the cockpit will have no target values.

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Figure 1

MANUAL und RACE Training Programs

Turn on the cockpit. As soon as the display (Figure 1) appears, the words “MANUAL” and “RACE” will be flashing at the top of the display. Select the desired program by pressing the ▲/▼ keys and confirm your selection with the ENTER key.

Manual Training with Targets

Step 1: Specification of the Training Target
You have the option of selecting training targets and specifying your required values.
You can select options for:
- - Training time (TIME)
- - Training distance (DISTANCE)
- - Rowing strokes (STROKES)

The values are indicated by flashing. Press the ▲/▼ keys until the desired value is displayed.

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- **TIME -** Specification of the training time from 1:00 to 99:00 minutes
- **DISTANCE -** Specification of the training distance from 100 to 99,900 metres
- **STROKES -** Specification of the rowing strokes from 10 to 9,990
- **CALORIES -** Preset calorie consumption from 10 to 99,990 calories

Confirm your entry by pressing the ENTER key.
To switch from one target to another, press the ENTER key.
Please note that it only makes sense to specify one training goal at a time.
All other goals should be zero.

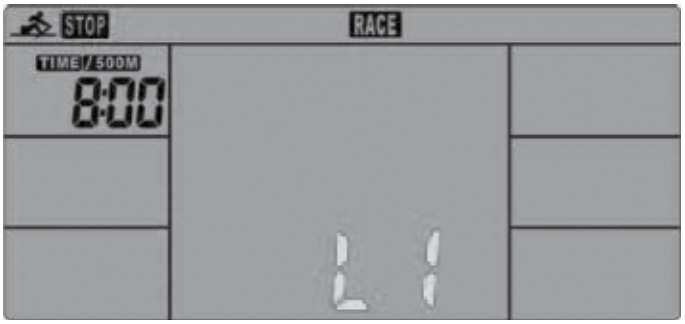
Step 2: Specification of the Maximum Heart Rate*
The “PULSE” value flashes in the display. Enter the maximum training heart rate by pressing the ▲/▼keys.
Entries from 30 to 240 beats / minute are possible.
Confirm your entry by pressing the ENTER key.
If the preset maximum heart rate is exceeded during exercise, a warning will sound and you should reduce the rowing speed and / or the braking resistance.

Step 3: Training Start
Training starts automatically as soon as you press the START key.
The value specified in step 1 counts backwards and training ends when the value reaches zero.

RACE – Race Simulation

This program is a motivational workout. You compete against the computer with simulated opponents. You set the time your opponent needs to row 500 metres so the rowing speed of your opponent remains constant.

Step 1: Specifying the time / 500 metres of the computer opponent
The display flashes e.g. “L1” and in the TIME / 500M window the corresponding value appears (see table).
Select the desired power level or time / 500 metres of your opponent by pressing the ▲/▼ keys.



Power Level	L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15
Time/500 Metres	8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30	4:00	3:30	3:00	2:30	2:00	1:30	1:00

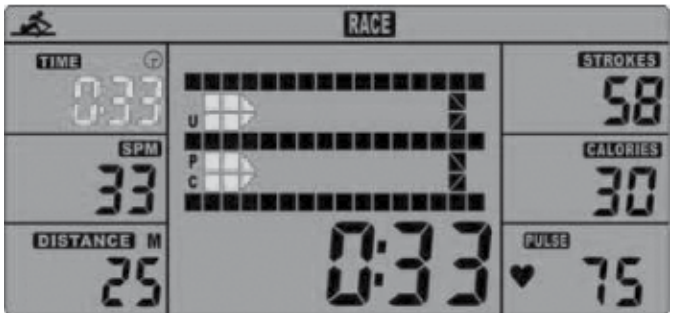
Confirm your selection by pressing the ENTER key.

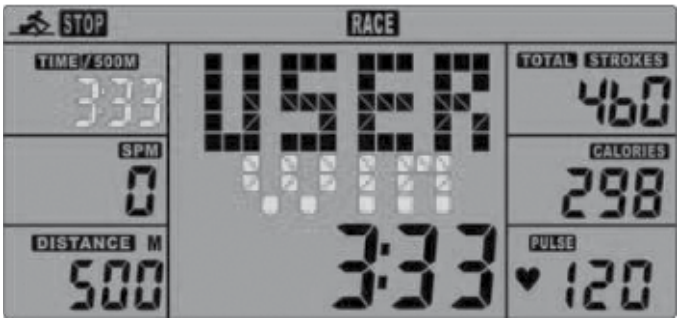
Step 2: Specifying the training distance
The value now flashes in the DISTANCE field. Select a value in the range of 500 to 10,000 metres in 500-meter steps by pressing the ▲/▼ keys.

Confirm your entry by pressing the ENTER key.

Step 3: Training-Start
The program starts automatically as soon as you press the START key.
The selected training distance value counts backwards.
The display shows the user’s boat in the top line “U” and that of the computer opponent in the bottom line “PC”.

The program finishes when the value has reached zero and the display shows the result. If the user has won “USER WIN” will be shown in the display. If the computer opponent has won “PC WIN” will be shown in the display.





RECOVERY - Recovery Heart Rate

To be able to use the recovery pulse measurement, an optionally available chest belt is required to measure the heart rate.

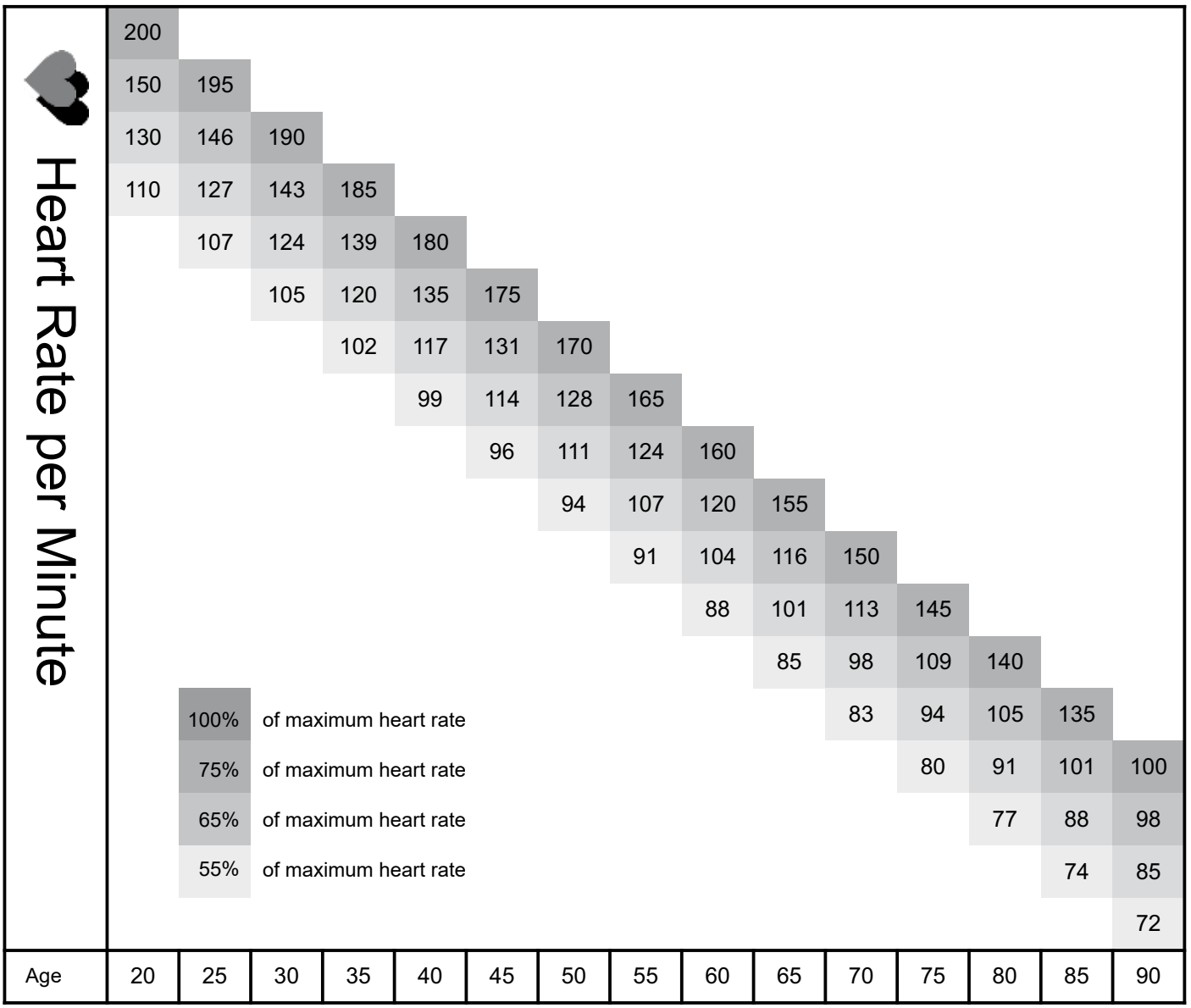
If the user is wearing this chest belt, the current heart rate is shown in the PULSE window of the display and measurement starts when the RECOVERY key is pressed after training is completed..

The time counts back 60 seconds in the TIME window. At the end of measurement, the cockpit compares the starting pulse with the pulse value determined after 60 seconds and gives a rating.

F1	Very good
F2	Good
F3	Satisfactory
F4	Sufficient
F5	Deficient
F6	Unsatisfactory

CAUTION: Please note that while recovery pulse is being measured, no cockpit key should be pressed. This can lead to a system error resulting in the display of the cockpit “freezing”. If this happens, usually the stand-by screen (date, time and temperature) will be shown and the cockpit stops responding to inputs made on the keypad.

To restart the cockpit, remove the batteries for about 10 to 20 seconds and then replace them. It may now be necessary to re-enter the time and date values.



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

Calculating your personal heart rate when training
Calculate your personal heart rate when training as follows:

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

Wellness and Health - target zones = 50 to 60% of the maximum heart rate.
This training zone is ideally suitable for people who are over-weight and/or older beginners, or people starting again after a longer break from training. Training in this zone the body will burn approx. 4-6 calories per minute to produce energy.
The percentage ratio per calorie is approx. 70% fat, 25% carbohydrate, and 5% protein.

Fat burning - target zone = 60 to 70% of the maximum heart rate
This training zone is suitable for athletes and sports people who aim to lose weight.
Training in this zone the body will burn approx. 6-10 calories per minute to produce energy.
The percentage rate per calorie is approx. 85% fat,10% carbohydrate, and 5% protein.

Condition & Fitness - target zone = 70 to 80% of maximum heart rate
This training zone is ideally suitable for athletes and sports people who aim to improve their stamina and/or condition.
Training in this zone the body will burn approx. 10-12 calories per minute to produce energy.
The percentage rate per calorie is approx. 35% fat,60% carbohydrate, and 5% protein.

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

Wellness & Health - target zone average value = 55% of maximum heart rate
Fat burning - target zone average value = 65% of maximum heart rate
Kondition & Fitness - target zone average value = 75% of maximum heart rate

Warning about Pulse & Heart Rate Monitors

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

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

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

IIn addition to the safety instructions listed on page 3 of this manual, please also pay attention to the following safety instructions for rowing machines.

Important Safety Instructions

- The use of this rowing machine while components such as rollers, rail, rowing mechanism are defective or worn can cause injury to the user and / or further substantial damage to the device.
  Therefore check the condition of the rowing machine before each use.

- If you are not confident in the condition of any of the components of the rowing machine you should consider replacements. If in doubt, contact our service department.
  Only use original components.

- Make sure that the rowing machine is on a level, clean and stable surface. Strong rowing movements can move the device on smooth surfaces and carpets. Ensure a secure footing.
  Ideally, place a MAXXUS floor mat under the unit.
  The rower must never be bolted to the ground or fixed in any other way. This can result in massive damage to the device.

- Keep children, pets and other people away while using the rowing machine especially from the seat rollers and slide rail where there is a risk of injury!

- For your own safety, wear tight-fitting sportswear, loose clothing can catch in the seat rollers. Keep body parts such as hands and fingers away from the rollers - there is a risk of crushing. Secure long hair so that it cannot catch in the rollers during exercise.

- Rowing is a very intense form of training. Before you start rowing training we recommend that you take a health check with your doctor, especially advisable for users with a low level of fitness or after a long break from training.

- Always hold the rowing handle with both hands during exercise, never row with just one hand. Always ensure a firm, secure grip.

- Always pull the rowing handle straight and bring it straight back.
  Never twist the rope as this may damage the device.

- When you finish your workout, do not let go of the grip. Put it carefully in one of the two brackets.

- When storing the unit always make sure that the rowing machine and its parts are secured against falling over. Always store it so that it does not can be damaged.

In the following you will find instructions and tips to help you to do the rowing movements correctly.

Rowing Motion – complete body

Step 1: Preparation
Make sure that your feet are in positioned correctly on the pedals and that they are adjusted correctly to fit your shoe size with the straps firmly around your feet. Grasp the rowing handle from above with both hands. Your hands should be approximately 20 cm apart.

Step 2: Starting Position
Lean forward with your upper body as far as possible with your knees bent.

Step 3:
Now use your feet to push yourself backwards.

Step 4: End Position
Push yourself far enough back with your feet so your knees are only slightly bent. **CAUTION**: Never completely straighten your knees!
At the same time pull your arms towards you until your hands lightly touch your body just below your ribcage in the region of your solar plexus. Straighten your body far enough for your back to be pulled straight and pull your shoulders slightly back. **CAUTION**: Never bend your back too far backwards!

Step 5: Return to the Starting Position
Pull yourself forwards again with your feet and lean forwards with your upper body with your arms stretched out in front of you.

Rowing Movement – Legs Only

Step 1: Preparation
Make sure that your feet are in positioned correctly on the pedals and that they are adjusted correctly to fit your shoe size with the straps firmly around your feet. Grasp the rowing handle from above with both hands. Your hands should be approximately 20 cm apart.

Step 2: Starting Position
Lean forward with your upper body as far as possible with your knees bent.

Step 3:
Now use your feet to push yourself backwards.

Step 4: End Position
Push yourself far enough back with your feet so your knees are only slightly bent.
CAUTION: Never completely straighten your knees!

Step 5: Return to the Starting Position
Pull yourself forwards again with your feet.

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.

Training Recommendations

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 workou.

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 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 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:						

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FAQ

My training device makes noises during training – is this normal?
In addition to the air resistance braking system which creates construction and the air flow noises when in use, noises also occur from the chain pulley. Your MAXXUS® training device is fitted with extremely high-quality components which ensure that all operating, air flow and chain noises are greatly reduced.

However, it is possible and normal that slight mechanical noises can be heard during training. These mechanical noises, which can occur either continually or at intervals, are created by the sometimes very high speed of the sliding seat during training. Also, the moving parts can generate noise during training due to the hollow metal tubes which act as a resonator and amplify the sound.

It is completely normal for the operating noise to get louder during training. This can be explained by an increase in training speed. The components can also expand with the heat generated during training.

The cockpit does not show anything in the display when I turn it on.
Check if the battery is charged and change them if necessary. Check if the control cable has been pinched or jammed during assembly and / or if the connector has come loose.

The values for rowing strokes/minute and distance are at “0” during training
Check if the control cable has been pinched or jammed during assembly and / or if the connector has come loose.

My training device makes creaking noises during training.
Check if the training device is standing firmly and evenly on the ground. If necessary re-adjust the stabilizers.

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.

Technical Details

Brake system 1:	Air resistance
Brake system 2:	Magnetic brake system
Resistance control:	Manual - 8 levels
Slide Rail:	Aluminium
Installation dimensions:	Approx. 230x54x107cm (LxWxH)
Total weight: approx.	34.5 kg
Maximum user weight:	120 kg
Value adjustment:	Keypad
Power supply:	Battery type AA, 2 pieces
Application:	**Home use**

Recommended Accessories

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

POLAR® Transmitter Chest Belt T34 (uncoded)
Chest strap for determining the heart rate with optimized transmission ranges. Required accessory for the application of pulse-controlled programs and for continuous determination of the current heart rate.

MAXXUS® Floor Protection Mats
Due to its extreme density and material thickness of 0,5cm, this mat provides perfect protection for floors and floor coverings against damaging, scratches and soiling through body sweat. Noise caused by running and movement is significantly reduced.

Available in the following sizes:
- 160 x 90 cm
- 210 x 100 cm
- 240 x 100 cm (ideal for rowing machines)

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.

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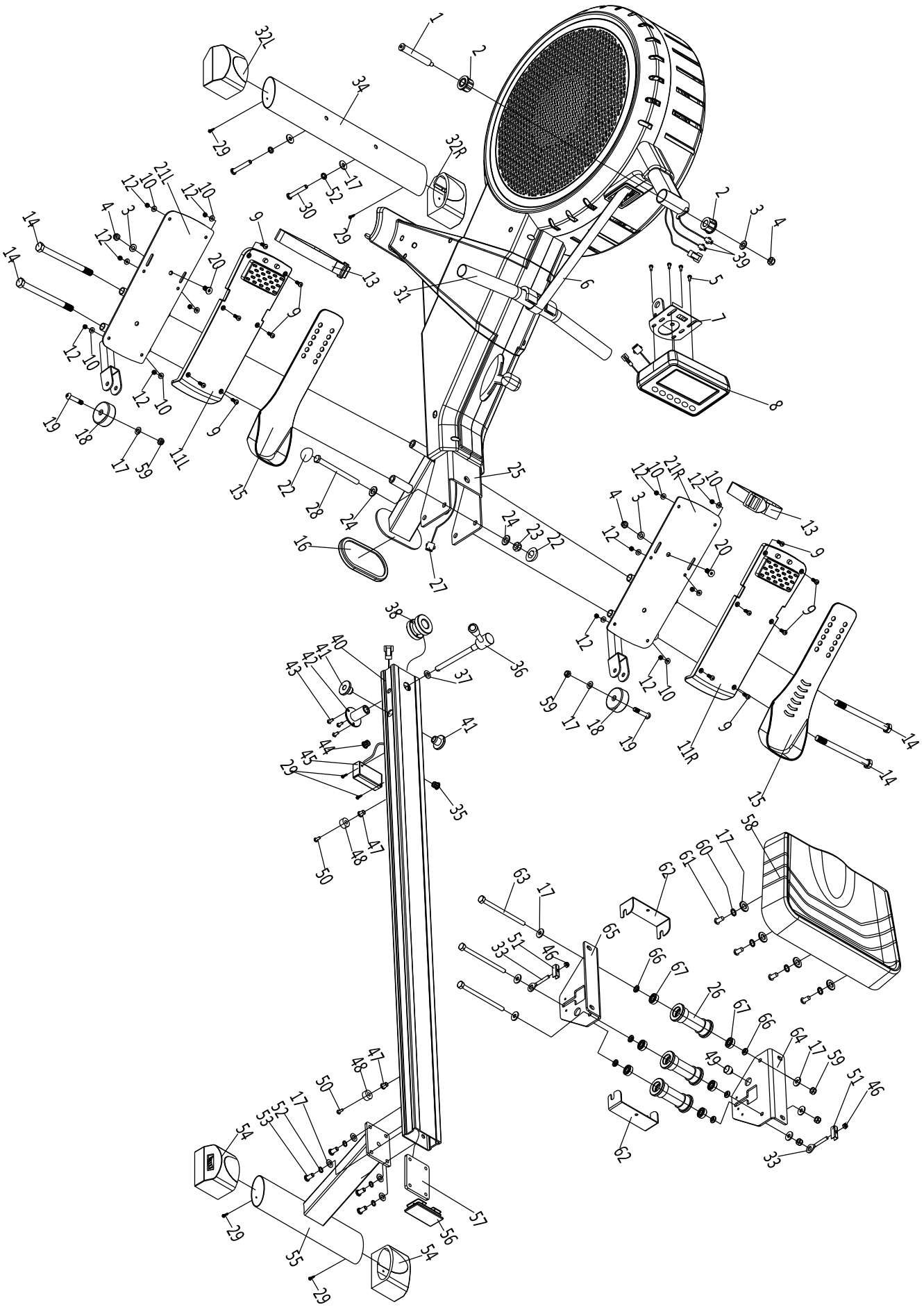
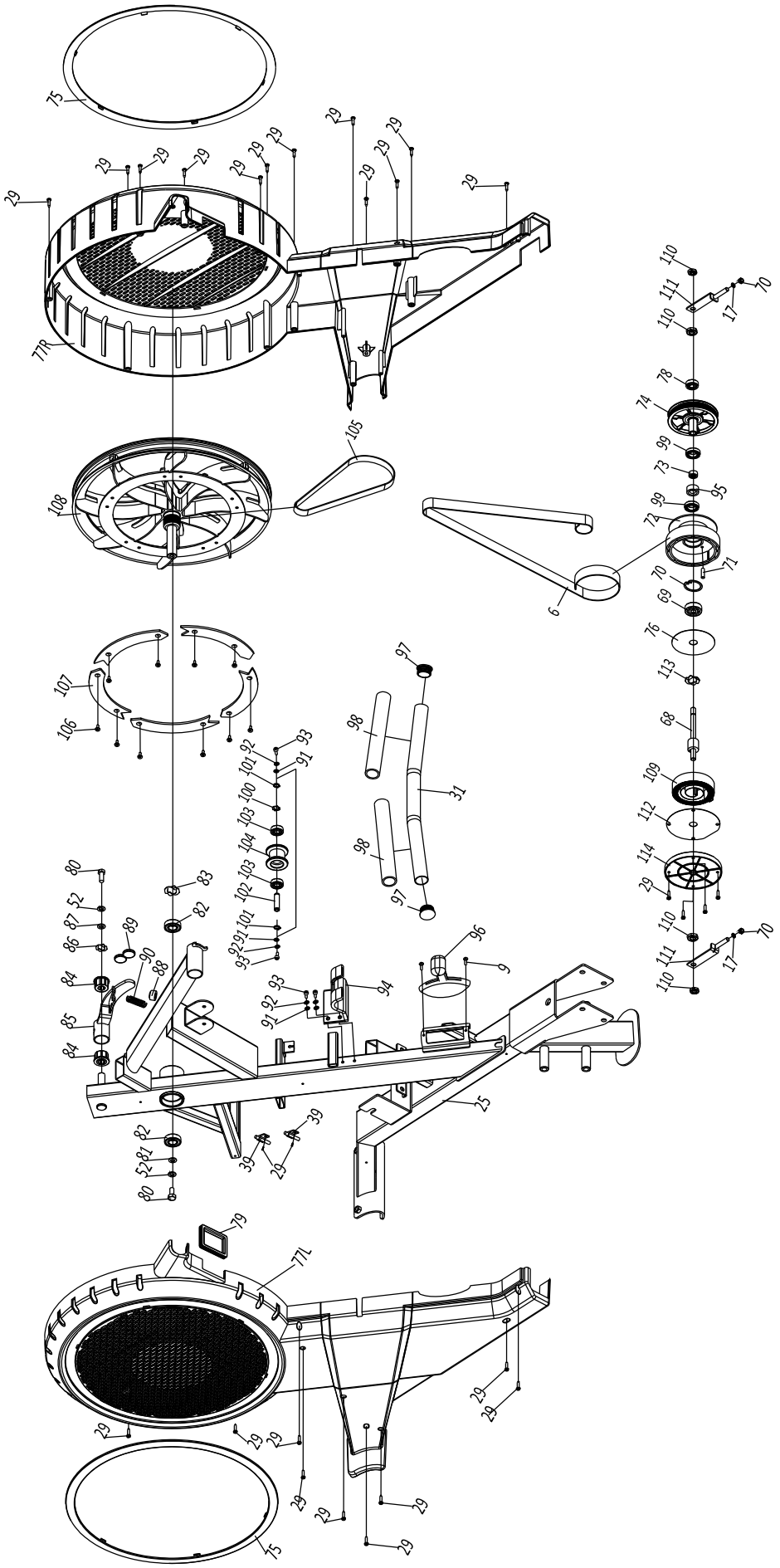
Disposal

European Disposal Regulations 2012/19/EU
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.

Exploded Drawing

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Spare Parts List

Part Nr.	Description	Qty
1	Step bolt	1
2	Shaft sleeve	2
3	Washer	1
4	Nylon nut	3
5	Cross pan head bolt	4
6	Belt	1
7	Display support	1
8	Display	1
9	Cross pan head screw	14
10	Washer	12
11	Footrest fixation block	2
12	Nylon nut M5	12
13	Fixation band	2
14	Hex bolt	4
15	Foot rest	2
16	Rubber pad	1
17	Washer	20
18	Wheel	2
19	Inner hex bolt	2
20	Inner hex countersunk bolt M8x20	2
21L/R	Foot rest support	1pair
22	Sphere end cap	2
23	Nylon nut	1
24	Washer	2
25	Mainframe	1
26	Wheel	3
27	Trunk wire	1
28	Hex bolt	1
29	Cross pan head self-drilling srew	33
30	Inner hex pan head bolt	2
31	Handlebar	1
32L/R	Front stabilizer end cap	1pair
33	Bolt for chain adjustment	2
34	Front stablizer	1
35	Wire holder	1
36	Knob	1
37	Washer	1
38	Strengthen column	1
39	Sensor wire	2
40	Aluminum guide rail	1
41	Guide rail sleeve	2
42	Limited column	1
43	Cross pan head countersunk screw	3
44	Wire holder	1
45	Pulse box	1
46	Nylon nut M6	2
47	Nut	2
48	Cushion pad	2
49	Round magnet	1
50	Inner hex cylinder head bolt	2
51	U seat	2
52	Spring washer	8
53	Inner hex bolt	4
54	Adjustable end cap	2
55	Rear stabilizer	1
56	Aluminum guide rail end cap	1
57	Nut plate	1
58	Saddle	1
59	Nylon nut M8	5

Part Nr.	Description	Qty
60	Spring washer	4
61	Hex bolt	4
62	U block	2
63	Hex bolt	3
64	Saddle support assembly	1
65	Saddle support	1
66	Wheel sleeve	6
67	Bearing 608Z	6
68	Belt wheel shaft	1
69	Bearing 6300-2RS	1
70	Circlip for hole	1
71	Shaft for belt fixation	1
72	Friction belt wheel	1
73	One way bearing	1
74	Belt wheel	1
75	YK-AR1801 buckle	2
76	PC plate	1
77L/R	Chain cover	1pair
78	Bearing 6000-2RS	1
79	Rubber gasket ring	1
80	Hex bolt	2
81	Washer	1
82	Bearing 6004-2RS	2
83	Corrugated washer	1
84	Shaft sleeve	2
85	Magnet plate	1
86	Corrugated washer	1
87	Washer	1
88	Bush for spring	1
89	Round magnet	2
90	Pressing spring	1
91	Washer	4
92	Spring washer	4
93	Inner hex cylinder head bolt	4
94	Handlebar fixation plate	1
95	Bearing circle	1
96	AL 902H resitance controller	1
97	Round end cap	2
98	Foam	1
99	Bearing 16003-2RS	2
100	Corrugated washer	1
101	Shaft ring	2
102	Shaft of band wheel	1
103	Bearing 6000-ZZ	1
104	Belt pulley	1
105	Multi-V belt	10
106	Cross countersunk head self-drilling screw	5
107	Aluminum plate	1
108	Magnet air wheel	1
109	Curl spring	1
110	Hex thin nut	4
111	L chain adjusting bolt	1
112	PC cover	1
113	Corrugated washer	1
114	Band wheel outer end cap	1
115	PC plate	1
116	Coil spring	1
117	Band wheel shaft	1

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 Service Contract form attached to this User Manual and send it to us by post or you are welcome to use our online form "Service Contract" which you will find under the "Service" section at www.maxxus.com

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 Service Contract. 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
- Rollers
- Switches and push-buttons
- Treadmill belts (bands)
- Treadmill decks (running deck)

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 KGM by sending an Email to: service@maxxus.de and we will be happy to help.

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 individual spare parts. These should be ordered separately.

*Version: June/2016

Device Details

Product Name: **MAXXUS 7.4**

Product Group: **Rowing Machine**

Serial Number: _____

Invoice Number: _____

Date of Purchase: _____

Where Purchased: _____

Accessories: _____

_____

Type of Use:

☐ Private Use

☐ Commercial Use

Personal Details

Company: _____

Contact Person: _____

First Name: _____

Second Name: _____

Street: _____

House Number: _____

Post Code / Town/City: _____

Country: _____

E-Mail: _____

Tel.No.: _____

Fax. No.*: _____

Mobile No.*: _____

* 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 Service Contract to:

Post*: Maxxus Group GmbH & Co KG, Service Department, Zeppelinstr. 2, 64331 Weiterstadt
Fax: +49 (0) 6151 39735 400
E-Mail**: customerservice@maxxus.com

* 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.

You are welcome to use our online form “Service Contract” which you will find under the “Service” section at www.maxxus.com

MAXXUS®

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