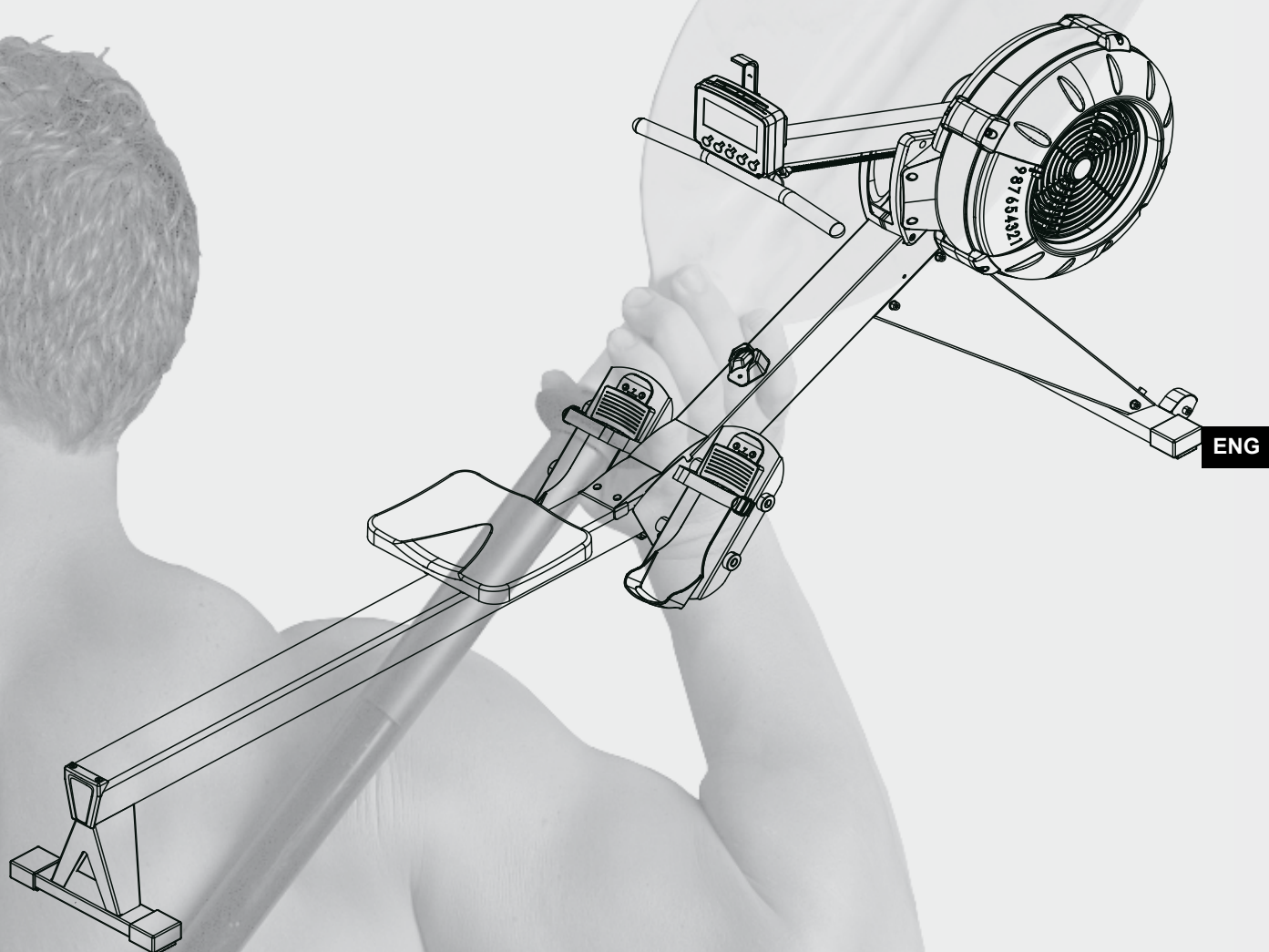


MAXXUS AirRow

Rowing Machine



ENG

MAXXUS[®]

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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 (only applies to devices with an external electrical 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

- 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.
- 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

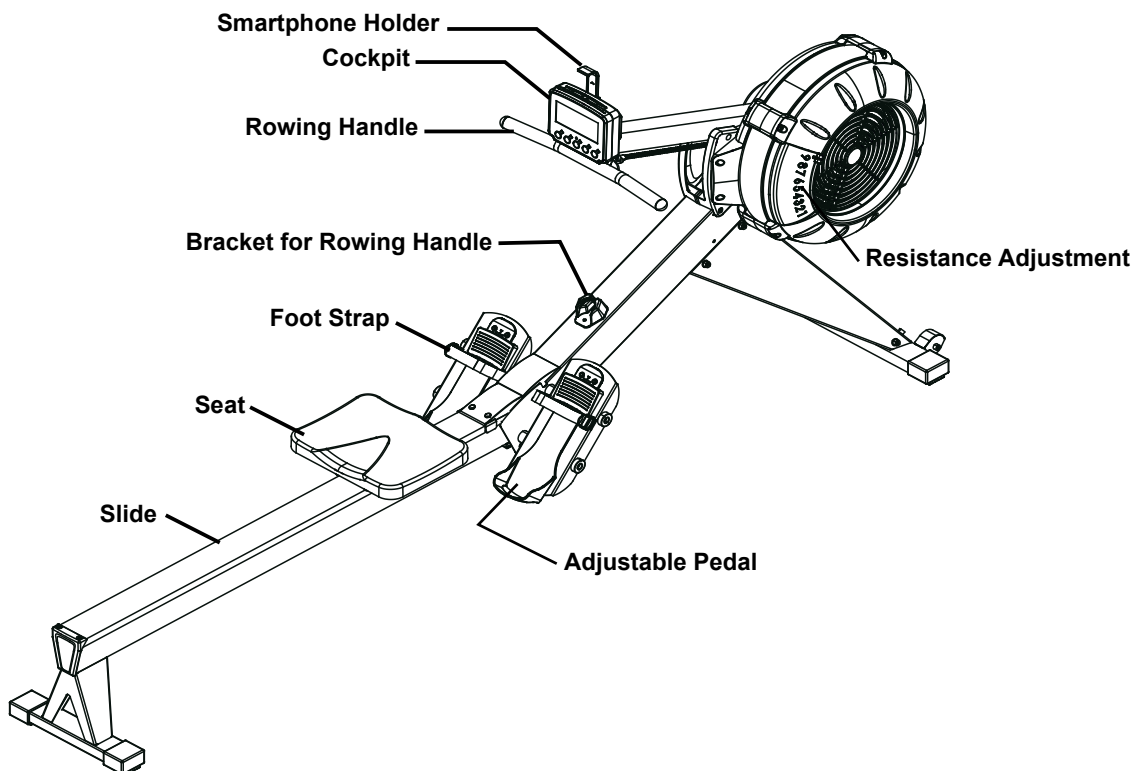
- Remove the batteries or mains cable (if present) when the training device is not in use to avoid inappropriate or uncontrolled use by any other third party, e.g. children
- You should make a health check with your doctor before your first workout.
- If you feel any physical discomfort or experience 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.






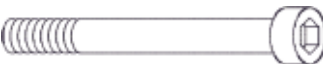




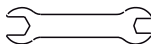
This training device should only be used by adults!

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

Overview of the Device



Fixing Material

Part	Description	Qty	Drawing
72	Round Head Bolt M61010	2	
78	Allen Head Bolt M8x75mm	1	
79	Washer M8	9	
80	Locknut M8	1	
81	Allen Head Bolt M8x12	8	
84	Allen Head Bolt M8x150	4	
98	Securing Pin	1	
9	Spacer	4	
Tools Supplied: 1x Allen key 1x Phillips screwdriver 1x Combination wrench			  

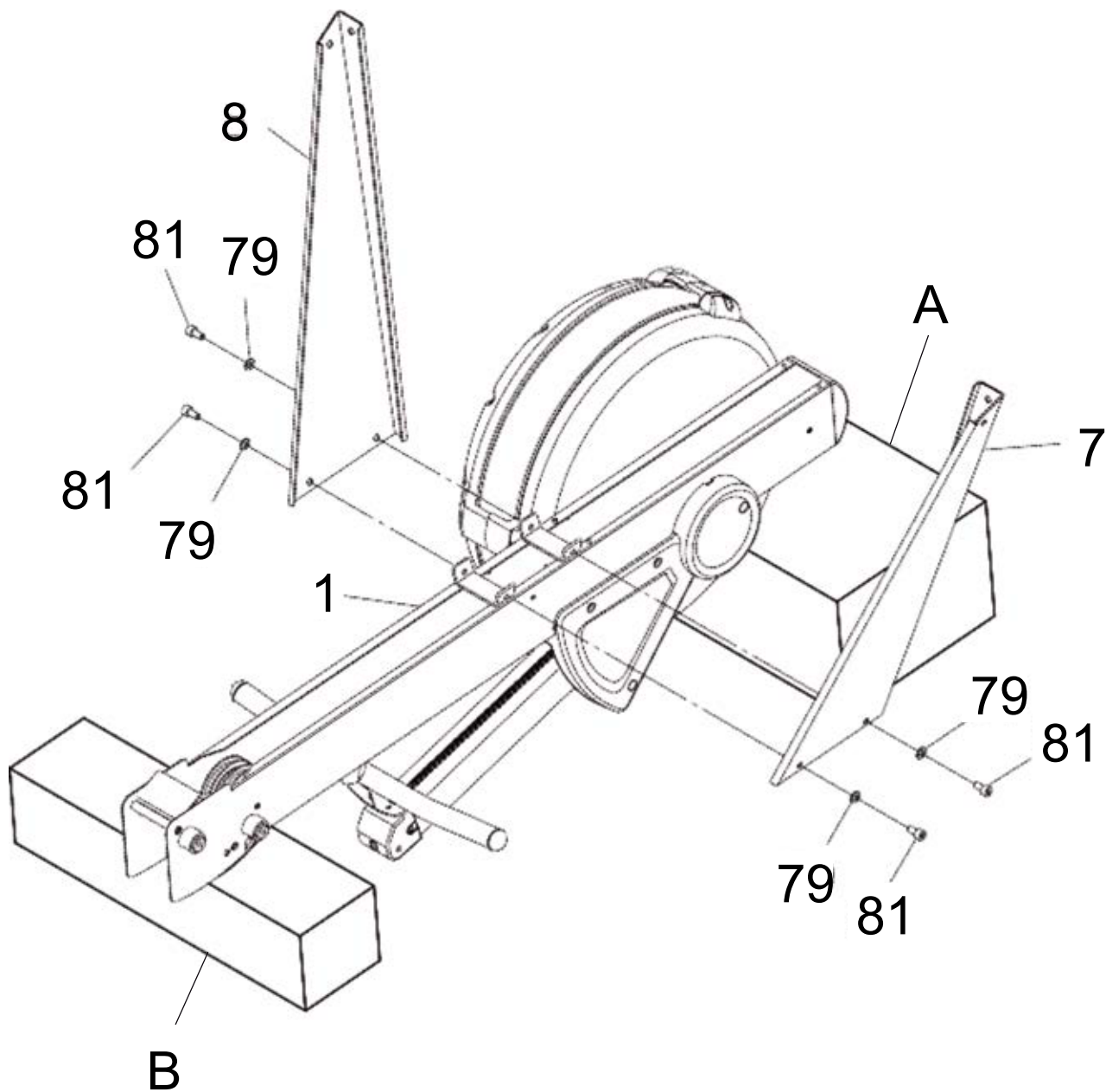
Damage that has arisen due to assembly errors is not covered by the warranty. Please read the instructions carefully before starting, follow the sequence of assembly steps exactly and follow the instructions of each assembly step. Installation of the exercise equipment must be performed by competent adults. Since some components may have sharp edges, wear suitable work gloves during assembly.

Carry out the assembly of your training equipment in a place that is level, clean and free from obstructions. Carry out assembly with 2 people. Only after assembly is fully completed can training begin on your device.

Step 1: Assemble the Base

To make this step easier, use two Styrofoam blocks (A & B) from the packaging and lay the base frame (1) upside down on them as shown in the picture.

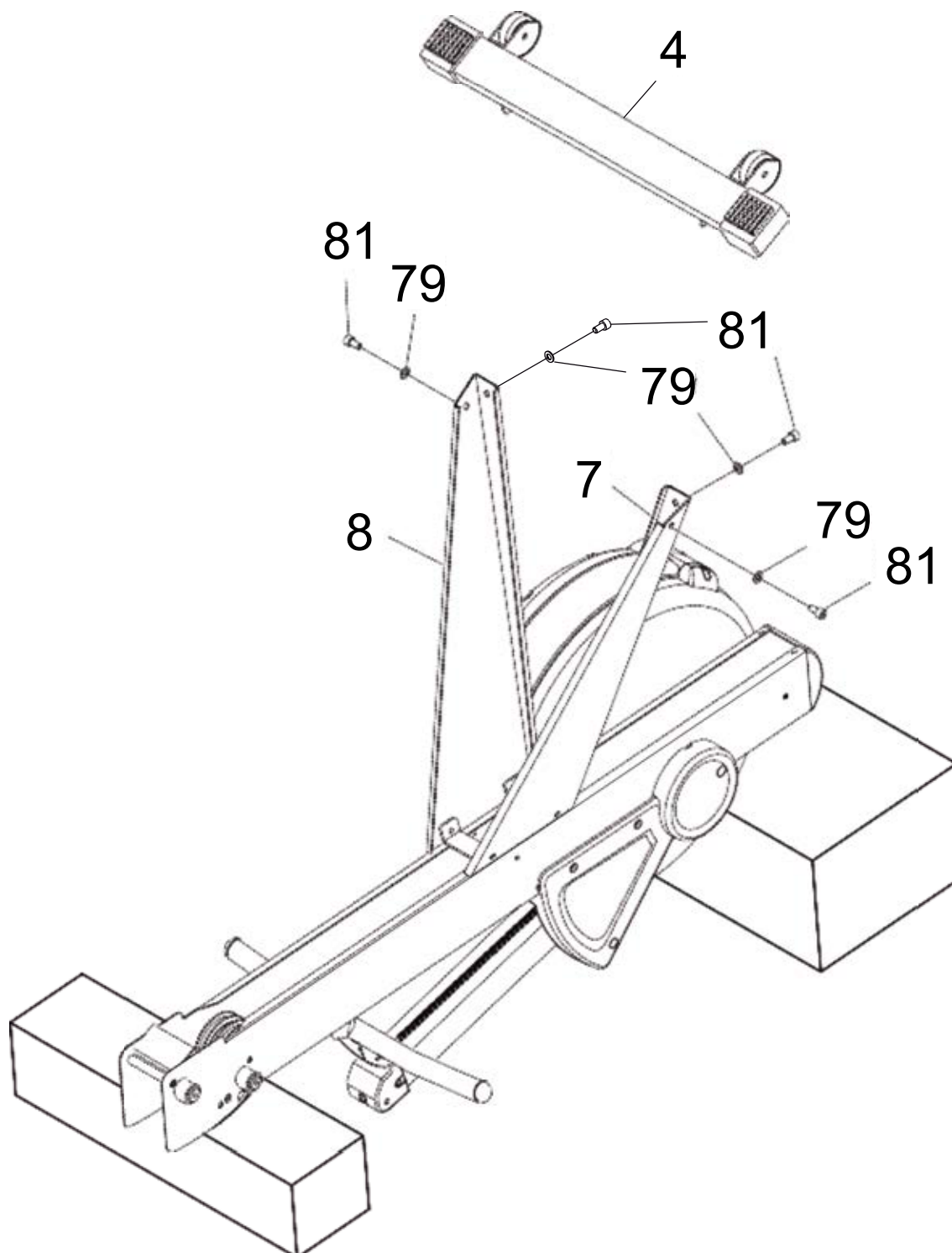
Mount the right and left support legs (8 & 7) on the base frame (1) using two Allen screws M8x12 (81) and two M8 washers per side (79).



Step 2: Assemble the Front Stabiliser

Attach the stabiliser (4) to the ends of the right and left support legs (8 & 7). Using two Allen screws M8x12 (81) and two M8 washers (79) per side.

Be sure to observe the correct orientation of the stabiliser - see illustration.



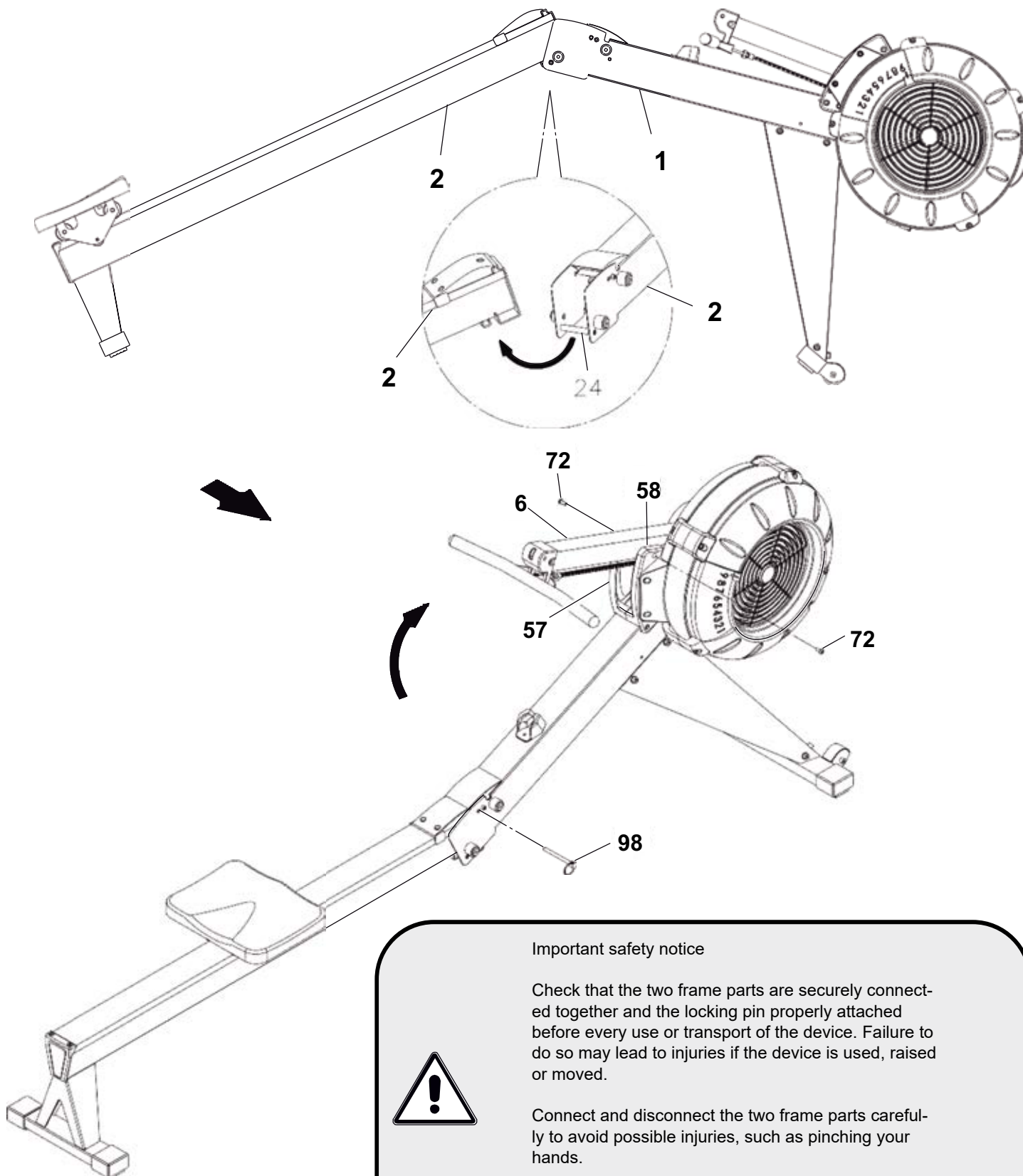
Step 3: Assemble the Slide Rail & the Cockpit Frame

Lift the slide frame (2) and the base frame (1) as shown in the illustration.

Insert the mounting of the slide frame (2) in the socket (24) of the base frame.

Raise the connected frames and secure both using the pin (98).

Raise the cockpit frame (6) and secure it with one Allen head screw M6x10 (72) each side on the right and left housings (58 & 57).



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Important safety notice



Check that the two frame parts are securely connected together and the locking pin properly attached before every use or transport of the device. Failure to do so may lead to injuries if the device is used, raised or moved.

Connect and disconnect the two frame parts carefully to avoid possible injuries, such as pinching your hands.

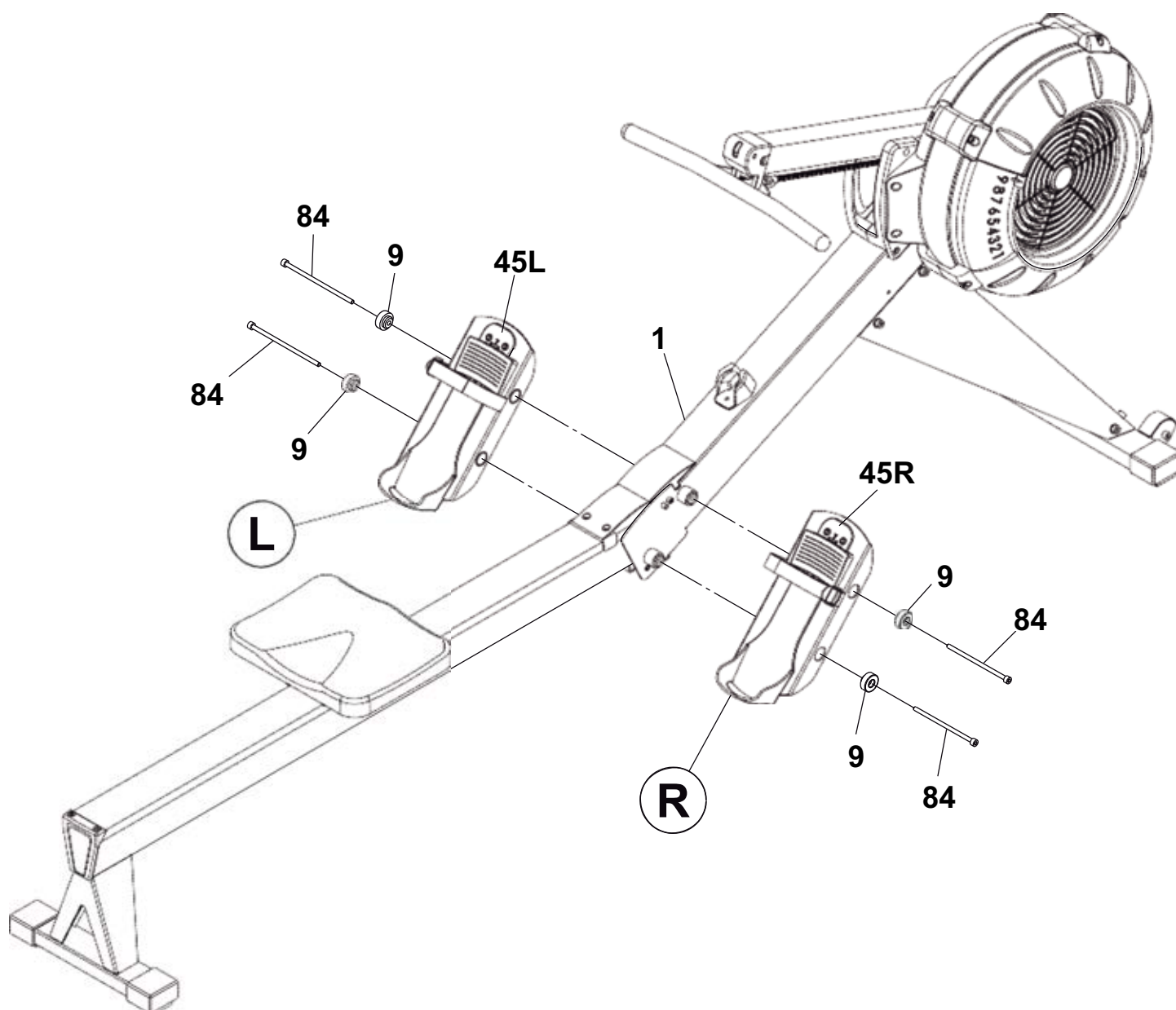
If you separate the two frame parts for storage, do not stand them upright in case they fall over.

Step 4: Assemble the Pedals

To facilitate identification of the pedals, the left one (45L) is marked with an "L" and the right one (45R) is marked with an "R".

Attach the left pedal (45L) with two Allen screws M8x150 (84) and two spacers (9) on the left side of the base frame (1).

Do the same with the right pedal (45R).

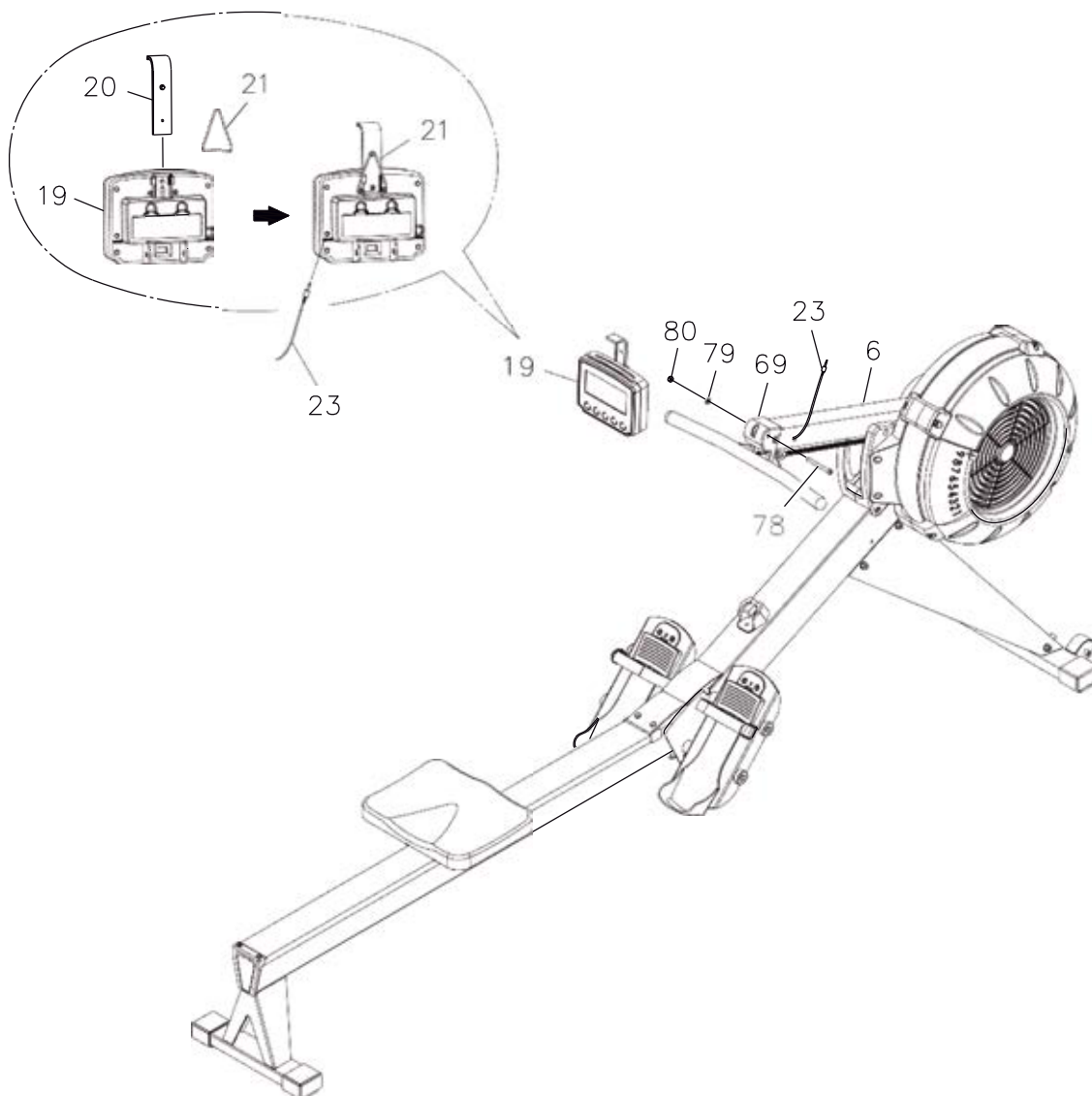


Step 5: Assemble the Cockpit

Slide the smartphone holder (20) into the corresponding slot on the back of the cockpit (19). Then put the rubber band (21) on the holder (20) and cockpit (19) as shown in the picture.

Insert the two C batteries and attach the cockpit (19) to the cockpit frame (6) using one bolt M8x75 (78), washer M8 (79) and locknut M8 (80).

Connect the cable (23) to the connector of the cockpit (19).



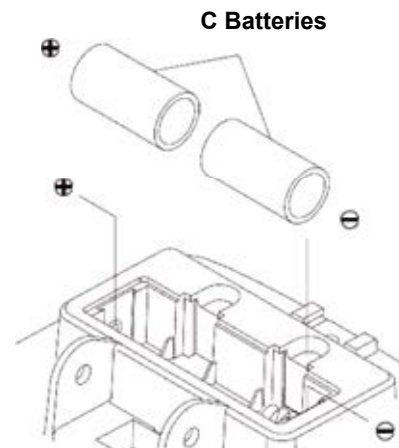
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Inserting and changing the batteries

- Step 1: Open and remove the battery compartment cover.
- Step 2: Insert two C batteries paying attention to the correct orientation of the battery poles - see illustration.
- 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

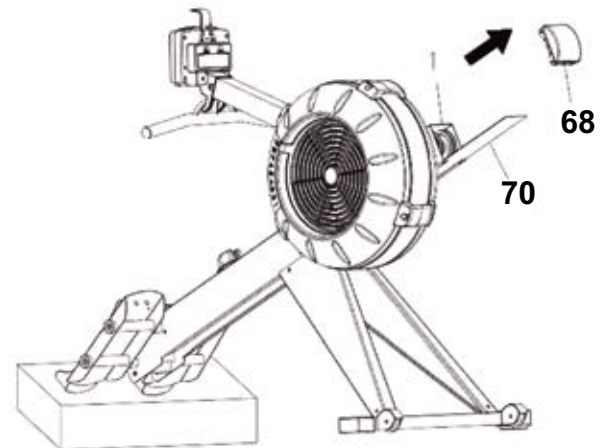


Adjusting the Rope Pulley

After about 250,000 rowing strokes (at an average of 30 strokes / minute and an average exercise time of 30 minutes this equals approximately 250 training sessions. Please note that this value may vary depending on strokes / minute, training time and intensity of training) the pulley rope can stretch. To re-tighten the rope again proceed as follows:

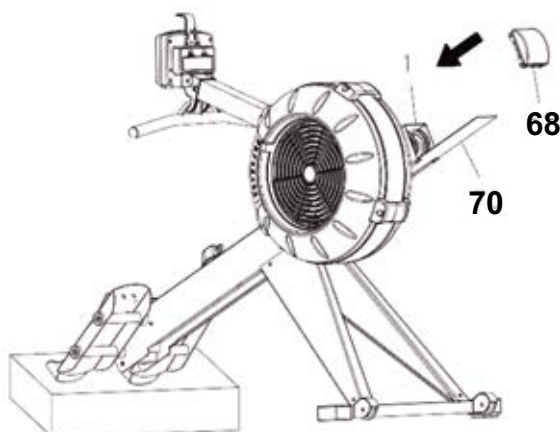
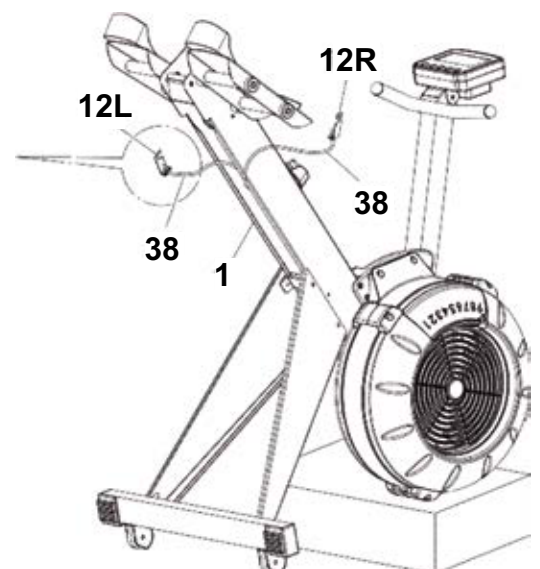
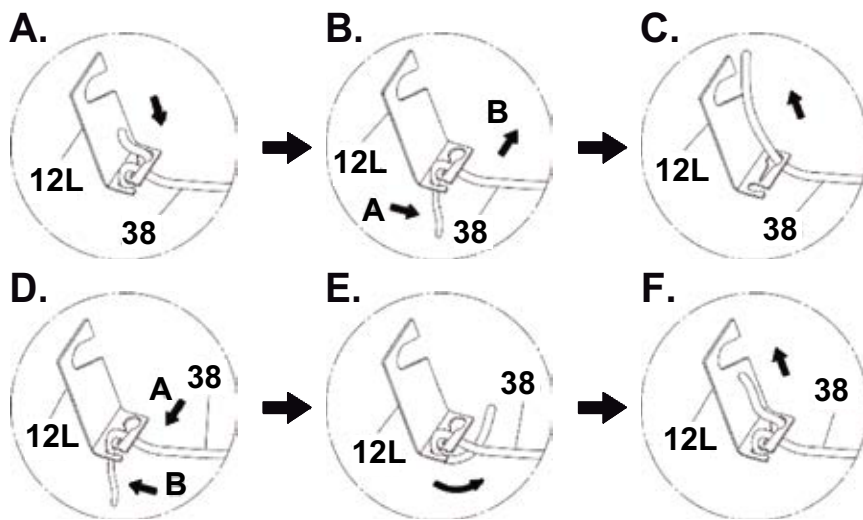
Step 1

1. Position the base frame as shown on a block.
2. Remove the cover (68).
3. Pull out the cover (70).



Step 2

1. Position the front of the base frame as shown in the illustration.
2. Detach the left hook (12L)
3. Mark the rope (38) at the contact point to the hook (12L)
4. Release the cable (38) from the hook (12L).
5. Slide the hook (12L) along the rope about 5cm (38) back from the mark
6. Fix the rope (38) back to the hook (12L)
7. Re-attach the left hook (12L) by holding the hook with one hand and the rope with the other.
8. Repeat with the right hook (12R).



Step 3

1. Position the base frame on a block as shown.
2. Reinstall the cover (70).
3. Finally, replace the cover (68).

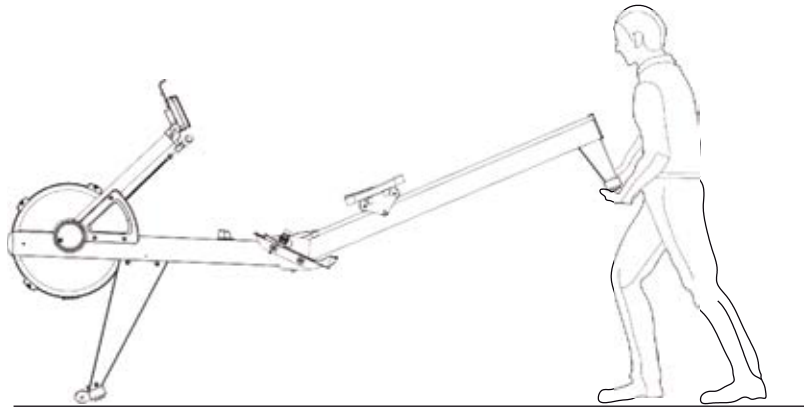
Transport

To facilitate transport, this rowing machine is fitted with transport rollers on the front of the stand.

To move the rower, use both hands to grasp the rear foot and lift it until the transport rollers are in contact with the ground.

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

Carefully put the rear stand down. Take care when lifting or transporting, always set the unit down on a safe footing and hold it firmly.



Location & Storage

This exercise equipment has been designed for use only 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.

High humidity and low temperatures prevailing in such locations lead to defects in the electronics, corrosion and rust. Damage of this kind is not covered under the warranty.

Please choose a dry, level and well-ventilated training or storage area as a location for your training equipment.

For your own sake make sure that the training location is sufficiently ventilated to provide optimal oxygenation.

Before you start using your training device after a long period of non-use, make sure that all fasteners are tightened firmly and safely.

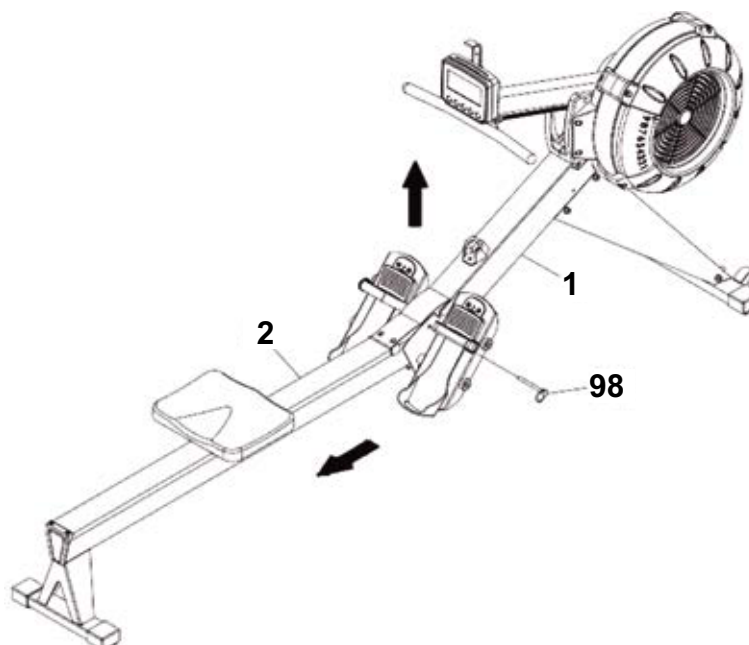
For space-saving storage during prolonged disuse, the rowing machine can be quickly and easily disassembled into two separate parts.

Step 1. Remove the locking pin (98)

Step 2: Lift the base frame (1) slightly and pull the slide frame backwards.

Step 3: Replace the locking pin (98) in the base frame (1) so you do not lose it.

To reassemble both parts of the frame, proceed as described in Assembly Step 3 in this section.

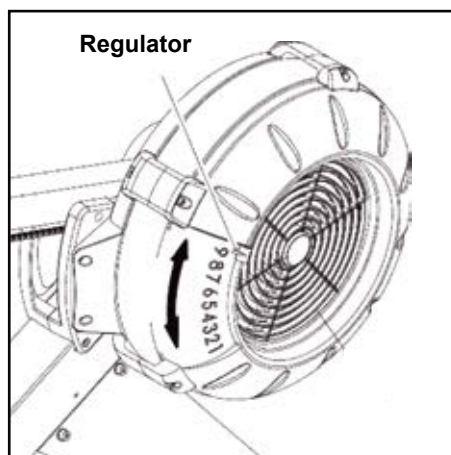


Training Intensity

Your rower uses air as a natural resistance. This creates a realistic rowing feeling very similar to rowing on water.

The more intensive your rowing strokes, the faster the wind turbine located in the front main housing turns and the greater the air resistance generated.

In addition, you have the option to adjust the air flaps to regulate and thus influence the air resistance. There are 9 settings available, just set the regulator to the desired level. Test which setting of the regulator optimally fits your training style.



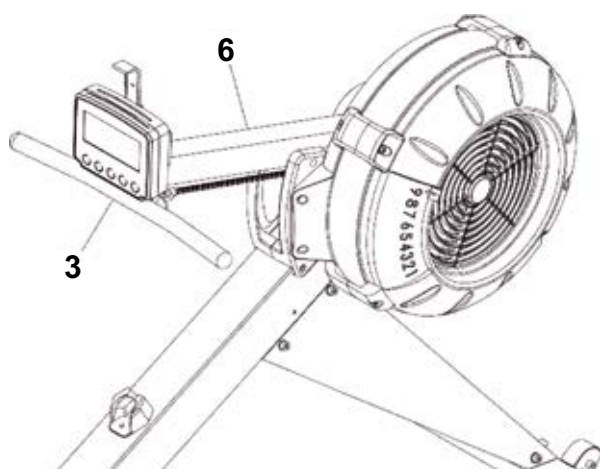
Rowing Handle Storage

Your rowing machine is equipped with two storage options for the rowing handle.

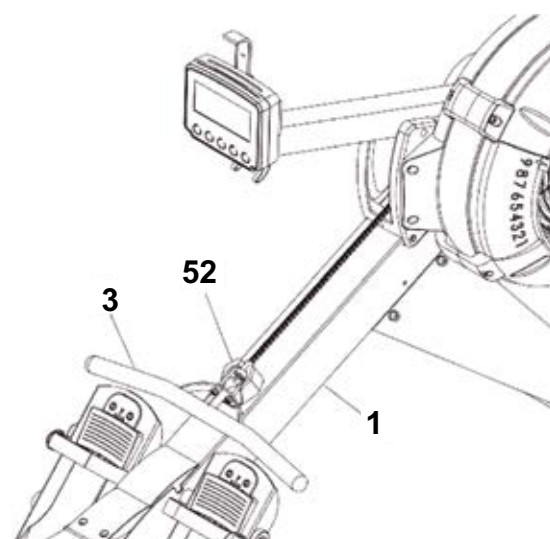
Position 1: Hook onto the bracket below the Cockpit

Position 2: Hook onto bracket (52)

Position 1



Position 2



Adjusting the Pedals

Your rowing machine is equipped with a special foot support system that adjusts to your shoe size in a few simple steps.

You should wear suitable sports shoes for rowing training. We recommend running shoes because they are ideal for foot movement during rowing due to their slightly curved shape.

Make sure that you do not over-tighten the shoes before training as this can restrict circulation during exercise and cause numbness in the feet.

Adjusting the Foot straps

The fastening system of the pedals consists of two elements. One is the sizing to adjust the length, the other is the straps that secure the foot to the tread.

Step 1:

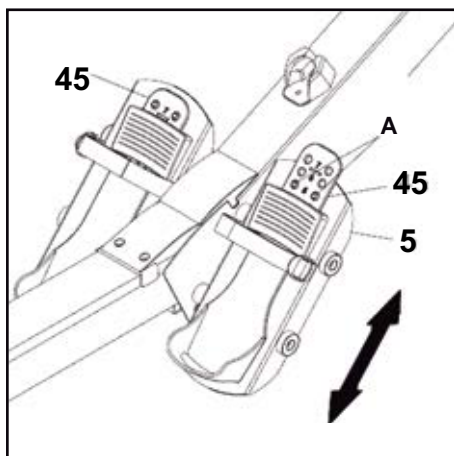
Press the two size adjustment keys (A) and set the optimum position of the treads (45). The individual positions are numbered in order to remember them easily and be able to adjust quickly. Once you have found the optimal size setting, release the locking keys (A) to lock.

Step 2:

Place your feet on the treads and fix them by tightening the straps. Make sure that they hold the feet firmly but are not too tight.

Fastening the feet firmly is very important for the correct execution of the rowing movement.

In order to move the body forward you need a firm hold of the feet.



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Power Supply

The cockpit is powered by two type C batteries.

Replace the batteries if the cockpit display fades or goes out.

When disposing of old batteries please observe the disposal instructions in this manual.

Care, Cleaning and Maintenance

Before first use or after a long break from training

Check if 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 completely clear. Also check if the slide rail is free of contaminants and foreign bodies.

Maintenance & Cleaning Intervals:

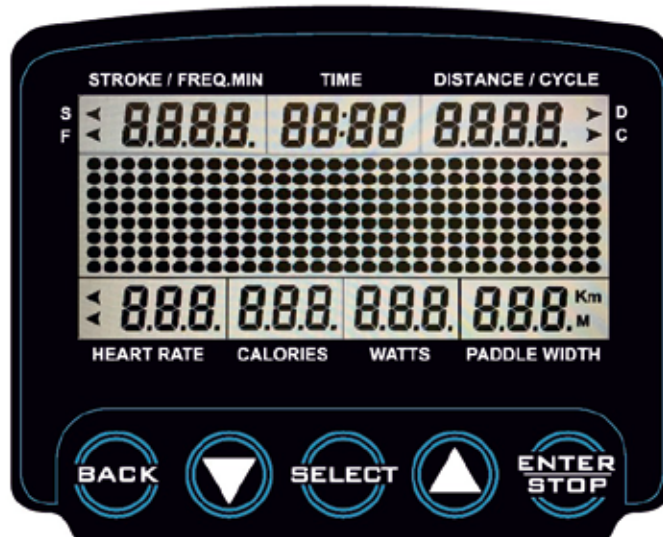
Clean the rowing machine after each workout with a damp cloth to remove possible perspiration and other liquid residues. Under no circumstances should you use solvents. Dry any damp areas thoroughly.

To ensure optimal smooth running of the seat, clean the seat, roller guide and 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 cost several hundred euros. A high price that can be avoided by the regular care and maintenance.



Switching the Cockpit On

The cockpit switches on automatically as soon as a key is pressed, or rowing starts

Switching the Cockpit Off

The cockpit will automatically switch off after:

- Approximately 20 seconds if the cockpit was switched on but rowing did not start.
- Approximately 30 seconds if rowing stops during training or after training is terminated (exception: interval programs).
- Approximately 2 minutes if rowing stops during training or after an interval training program has ended.

Keypad

SELECT Key

Key to select individual training programmes in the start menu

▲-Key

Key to increase values

▼-Key

Key to decrease values

BACK-Key

Press this key after you have finished training to return the start menu

ENTER/STOP-Key

- **Confirm Function** (in the start menu)
Key for program selection. Press this key to confirm or to select default values
- **Reset Function**
To reset all values to zero and restart the cockpit keep this key pressed for about 3-5 seconds
- **Backlight**
A backlight comes on when the cockpit is switched on to make programming easier
After approximately 10 seconds, if no key is pressed on the cockpit, the backlight will go off automatically. Pressing this key will turn the backlight back on.
- **Training End**
To end training early, press this key to activate backlight and then press it again to end training.

Training Values

DISTANCE/ CYCLE

Display of the row in metres

When the distance is set, the value "500" flashes.

Use the ▲/▼ keys to set the distance up to 9,999 metres.

When selecting the interval program, an "8" appears in the window.

The number of intervals up to 99 can be specified using the ▲/▼ keys.

The display changes between the two values every 5 seconds.

The current display is also indicated by an arrow next to "D" for DISTANCE and "C" for CYCLE.

TIME

Display of the training time

When the time is set, the value "00:00" flashes.

Use the ▲/▼ keys to set the time up to 99:00 minutes.

STROKES/ FREQ.MIN

Display for rowing strokes, total (STROKES) and strokes/ minute (FREQ. MIN)

- STROKES: shows the total number completed during the current training session
- FREQ.MIN: displays the average strokes per minute

The display changes between the two values every 5 seconds.

The current display will also have an arrow next to "S" for STROKES or "F" for FREQ.MIN.

PADDLE WIDTH

Display of the distance travelled per stroke

WATTS

Display of power output in watts *

CALORIES

Calorie consumption display **

When calorie consumption is set, the value "100" flashes.

Calorie consumption up to 999 can be preset using the ▲/▼ keys.

HEARTRATE

Displays the current heart rate from 40 to 220 beats / minute. ***

When using an optional transmitter chest strap, the current heart rate displayed.

*Note on Wattage

This is a training device that is suitable for non-therapeutic purposes, the displayed Watt value is not calibrated. The displayed performance may differ from the actual energy used.

**Note on Calorie measurement

The calculation of energy consumption is done by means of a general formula. It is not possible to determine your individual energy consumption exactly without a large amount of personal data.

***Note on Heart Rate Measurement

The use of this function is only possible with an optionally available transmitting chest belt.

Quick Start Function

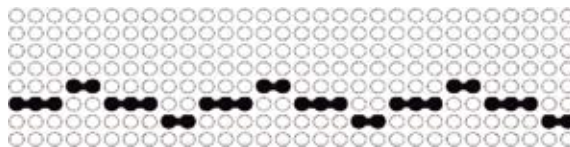
This is the fastest and easiest way to complete a training session.

Start rowing while the cockpit is switched off. The cockpit turns on automatically and the training values begin to count.

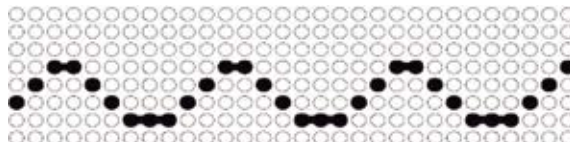
Graphic display of the current rudder speed

The display of your rowing machine shows graphically whether you are currently using a low, medium or high stroke rate for training

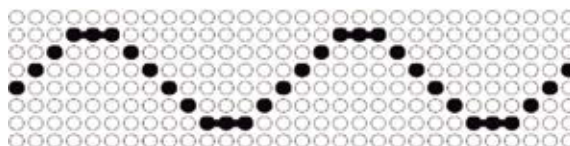
Display for low stroke rate



Display for average stroke rate



Display for high stroke rate



Manual Training with Goals for Distance, Time or Calorie Consumption

Step 1: Program Selection

Switch on the cockpit and select the desired program by pressing the SELECT key:

- DISTANCE
- TIME
- CALORIES

Note: Turn the cockpit on by pressing a key. Do not start rowing yet otherwise the training values start to count.

Press and hold the ENTER / STOP key for about 5 seconds to reset the cockpit back to the start menu.

Step 2: Specification of the Training Targets

Use the ▲/▼ keys to enter one of the three manual programs to specify your desired training target:

- DISTANCE - specification of the training distance from 500 to 9,999 metres
- TIME - Specification of the training time from 1:00 to 99:00 minutes
- CALORIES - Preset calorie consumption from 10 to 999 calories

Confirm your entry by pressing the ENTER / STOP key.

Step 3: Training Start

Training starts automatically as soon as you start rowing.

The value specified in step 2 counts backwards.

Training is over when the value reaches zero.

GAME

This is a 5-minute motivational exercise program based on a computer game.

You control the position of your rowing boat with the rowing speed.

Increasing the stroke rate changes the position of your boat upwards, reducing the stroke rate moves the boat down.

The aim is to hit as many goals as possible and avoid obstacles. 2 points received for each goal hit

3 points deducted per obstacle hit.

Graphical representation:



Boat



Goal



Obstacle

Step 1: Program Selection

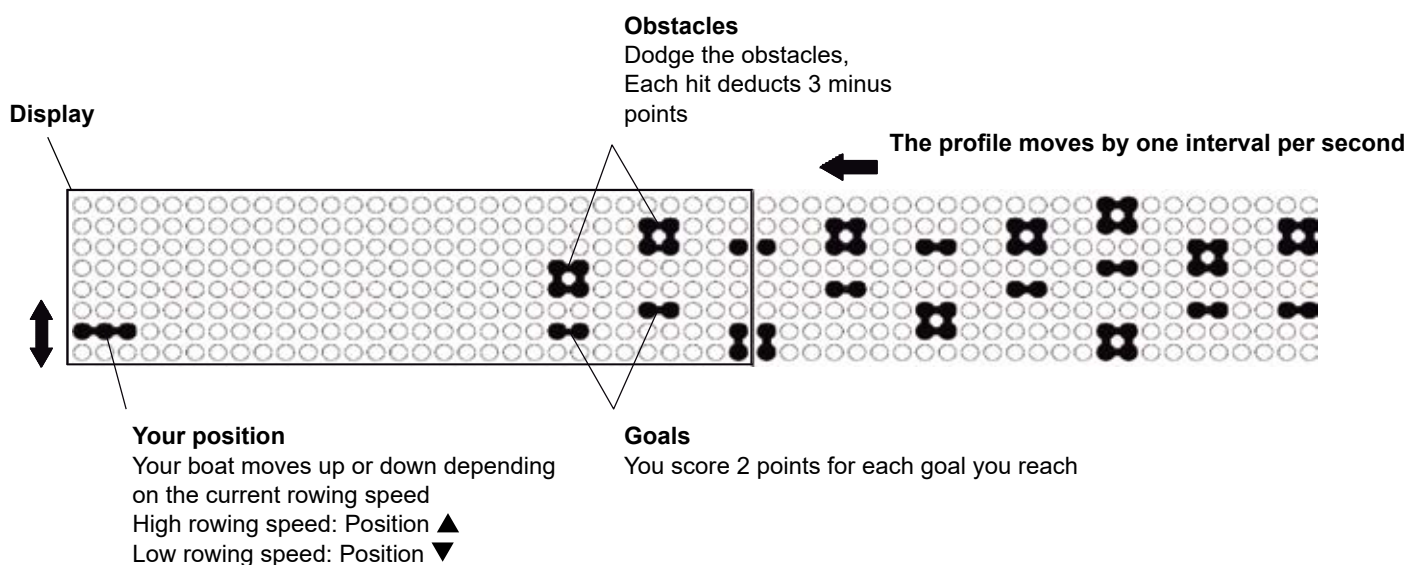
Switch on the cockpit and select the desired program by pressing the SELECT key:

– GAME

Step 2: Program Start

As soon as you start rowing, the training program starts.

After the fixed time of 5 minutes training will end automatically and the total score achieved is shown in the display.



Interval Training 20/10, 10/20 and 10/10

These are timed interval programs where the user is encouraged to alternate between high and low rowing speeds. The number of intervals can be determined from 1 to 99

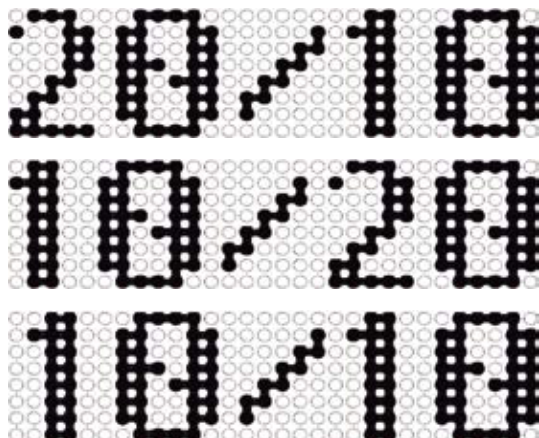
At interval 20/10 the rowing speed should be very high for 20 seconds (intensive phase) and then very low for 10 seconds (recovery phase).

At 10/20 the rowing speed should be very high for 10 seconds (intensive phase) and then very low for 20 seconds (recovery phase).

At interval 10/10 the user sets the time for the intensive phase and recovery phase from 10 to 99 seconds individually.

Step 1: Program selection

Switch on the cockpit and select the desired program by pressing the SELECT key:



Step 2: Specification of the intervals (if you choose 20/10 or 10/20)

The display shows "8".

Enter the number of intervals from 1 to 99 by pressing the ▲/▼ keys
Confirm your entry by pressing the ENTER / STOP keys.

Step 2.1: Specification of the intervals (if you choose 10/10)

The display shows "8".

Enter the number of intervals for your training session by pressing the ▲/▼ keys
Confirm your entry by pressing the ENTER / STOP key.

Step 2.2: Time specification for the intensive phase (if you chose 10/10)

Enter the time for the intensive phase from 10 to 99 seconds by pressing the ▲/▼ keys.
Confirm your entry by pressing the ENTER / STOP key.

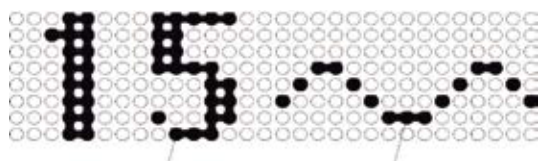
Step 2.3: Time specification for the recovery phase (if you chose 10/10)

Enter the time for the recovery phase from 10 to 99 seconds by pressing the ▲/▼ keys.
Confirm your entry by pressing the ENTER / STOP key.

Step 3: Training Start

As soon as you start rowing, the selected program starts automatically.

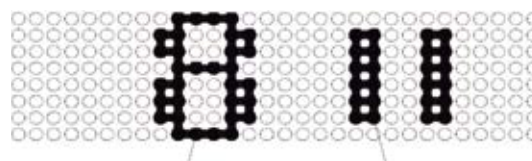
Display for the Intensive Phase



Training Time in
Seconds


Wave profile depending on
rowing speed

Display for the Recovery Phase



Recovery time in
seconds

Pause Symbol

 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	

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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.

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.

In 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.

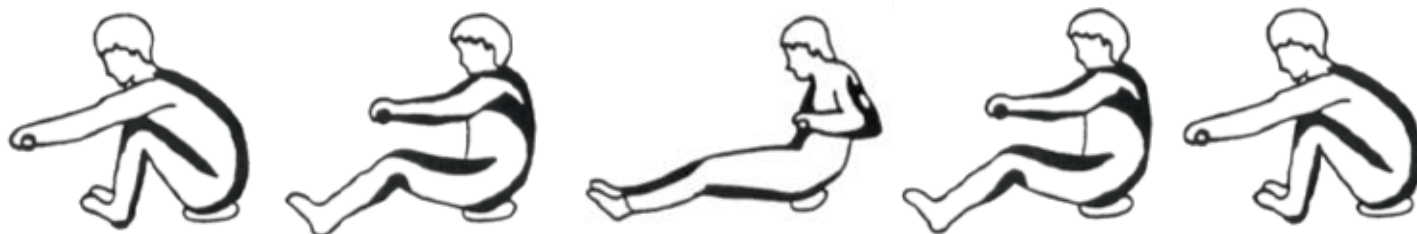
Step 4: End Position

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.

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Inner Thigh Muscles

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

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

Cockpit

Display of:

- | | |
|-----------------------|-----------------------------|
| - Time | - Rowing Strokes per Minute |
| - Distance | - Speed |
| - Calorie Consumption | - Total Rowing Strokes |

Technical Details:

Brake system:	Air resistance
Resistance control:	Regulator with 9 levels
Pulley system:	Rope pulley with ergonomically shaped handle
Slide rail:	Aluminium
Installation dimensions:	approx. 240x62x106cm (LxWxH)
Total weight:	approx. 39.6 kg
Maximum user weight:	150 kg
Value adjustment:	Keyboard
Power supply:	Type C battery, 2 pieces

Application: Home, semi-professional and professional

Recommended Accessories

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



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.

Disposal



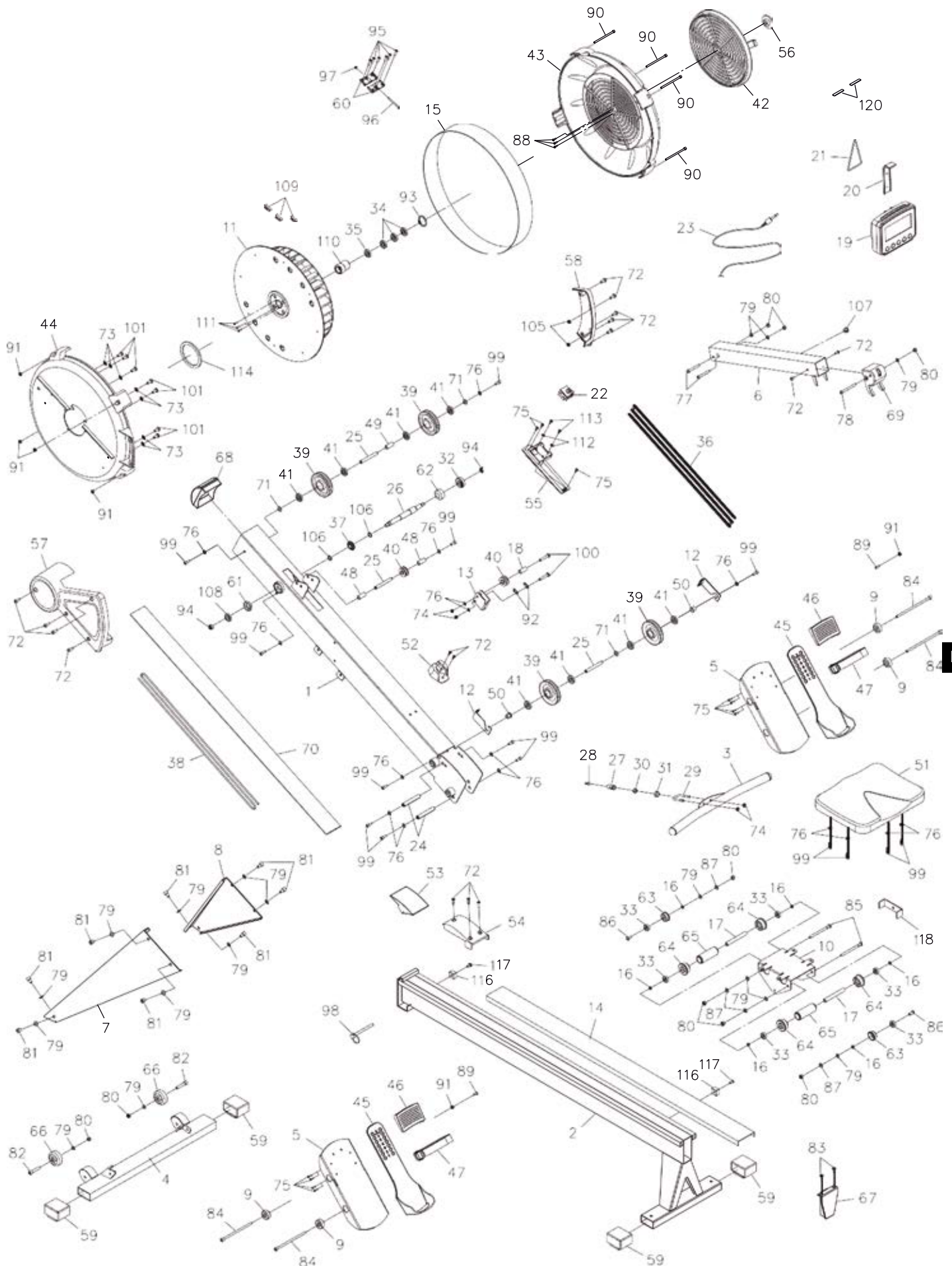
European Disposal Regulations 2002/96/EG

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.

Exploded Drawing



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Parts List

Part	Description	Type	QTY
1	Main Frame		1
2	Rail Frame		1
3	Handlebar		1
4	Front Stabilizer		1
5	Pedal Support		2
6	Computer Post		1
7	Left Support Leg		1
8	Right Support Leg		1
9	Pedal Stopper		4
10	Seat Carriage		1
11	Fan		1
12	Bungee Cord Hook		2
13	Chain Idler Bracket		1
14	Rail		1
15	Outlet Perforation		1
16	Spacer	Ø8.2 x Ø12 x 3.2mm	6
17	Long Spacer	Ø8.2 x Ø12 x 71.6mm	2
18	Chain Roller Spacer	Ø6.2 x Ø10 x 15.5mm	1
19	Computer		1
20	Cell Phone Bracket		1
21	Rubber Band		1
22	Generator		1
23	Sensor Wire		1
24	Shaft	M6 x 1, Ø11.8 x 79.5mm	2
25	Pulley Shaft	M6 x 1, Ø10 x 76.5mm	3
26	Fan Axle		1
27	Hook Connector		1
28	Chain Connector		1
29	U Bolt		1
30	Inner Spacer		1
31	Outer Collar		1
32	Bearing	6003RS	1
33	Bearing	608ZZ	6
34	Bearing	6201RS	3
35	One-way Bearing	HF2016	1
36	Chain	1/4" pitch	1
37	Sprocket		1
38	Bungee Cord		1
39	Bungee Cord Pulley		4
40	Chain Roller		2
41	Bearing	6000ZZ	8
42	Damper		1
43	Right Fan Cage		1
44	Left Fan Cage		1
45	Pedal Cap		2
46	Toe Piece		2
47	Pedal Strap		2
48	Small Chain Roller Spacer	Ø10 x Ø16 x 30.5mm	2
49	Pulley Spacer	Ø10 x Ø16 x 26.5mm	1
50	Pulley Bushing		2
51	Seat		1
52	Handlebar Holder		1
53	Joint Cover		1
54	Fixed Joint Cover		1
55	Generator Base		1
56	Damper Securing Cap		1
57	Left Cover		1
58	Right Cover		1
59	Endcap	30mm x 60mm	4
60	Connecting Plate		2

Parts List

Part	Description	Type	QTY
61	Bearing Cup	6001RS	1
62	Bearing Cup	6003RS	1
63	Guide Roller		2
64	Seat Roller		4
65	Roller Sleeve		2
66	Moving Wheel		2
67	Rail Cap		1
68	Main Frame Cap		1
69	Mounting Cap		1
70	Bottom Cover		1
71	Plastic Washer	Ø10.2 x Ø14 x 1mm thick	3
72	Bolt, Round Head	M6 x 1 x 10mm	16
73	Lock Washer	Internal Tooth (M6)	7
74	Nylock Nut	M6 x 1	4
75	Screw, Round Head	ST4.2 x 10mm	11
76	Washer	M6	16
77	Bolt, Socket Head	M8 x 1.25 x 65mm	2
78	Bolt, Button Head	M8 x 1.25 x 75mm	1
79	Washer	M8	17
80	Nylock Nut	M8 x 1.25	9
81	Hex round head bolt	M8 x 1.25 x 12mm	8
82	Bolt, Socket Head	M8 x 1.25 x 40mm	2
83	Bolt, Flat Head	M6 x 1 x 16mm	2
84	Hex round head bolt	M8 x 1.25 x 150mm	4
85	Bolt, Socket Head	M8 x 1.25 x 110mm	2
86	Bolt, Button Head	M8 x 1.25 x 25mm	2
87	Lock Washer	M8	4
88	Screw, Round Head	ST4.2 x 16mm	3
89	Screw, Round Head	M5 x 0.8 x 8mm	2
90	Bolt, Socket Head	M5 x 0.8 x 92mm	4
91	Nut	M5 x 0.8	6
92	Chain Hook		2
93	Inner C Ring	Ø32	1
94	Nylock Nut	M10 x 1.5	2
95	Screw, Round Head Self-Tapping	ST4.2 x 6mm	6
96	Screw, Round Head	M4 x 0.7 x 45mm	1
97	Nut	M4 x 0.7	1
98	Pin		
99	Bolt, Socket Head	M6 x 1 x 16mm	14
100	Bolt, Round Head	M6 x 1 x 30mm	2
101	Bolt, Round Head	M6 x 1 x 10mm	7
102	Screwdriver		1
103	Allen Wrench T6	6mm	1
104	Wrench 13 - 15		1
105	Nut	M6 x 1	2
106	PU Spacer		2
107	Grommet Plug		1
108	Bearing	6001RS	1
109	Weight		3
110	Bearing Housing		1
111	Bolt, Socket Head	M4 x 0.7 x 12mm	3
112	Washer	Ø3.5 x Ø12 x 1mm thick	2
113	Screw, Round Head	ST3.0 x 12mm	2
114	Magnet Ring		1
115	Caution Label		1
116	Seat Stopper		2
117	Bolt, Socket Head	M8 x 1.25 x 20mm	2
118	Stopper Bracket		1
119	Manual		1
120	EVA sin gle glue		2

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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 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



Repair order / damage report

Device Details

Product Name: **MAXXUS AirRow**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 Repairs Contract / Notification of Damage Claim to:

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

Fax: +49 (0) 6151 39735 400

E-Mail:** customerservice@maxxus.de

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

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

MAXXUS®



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