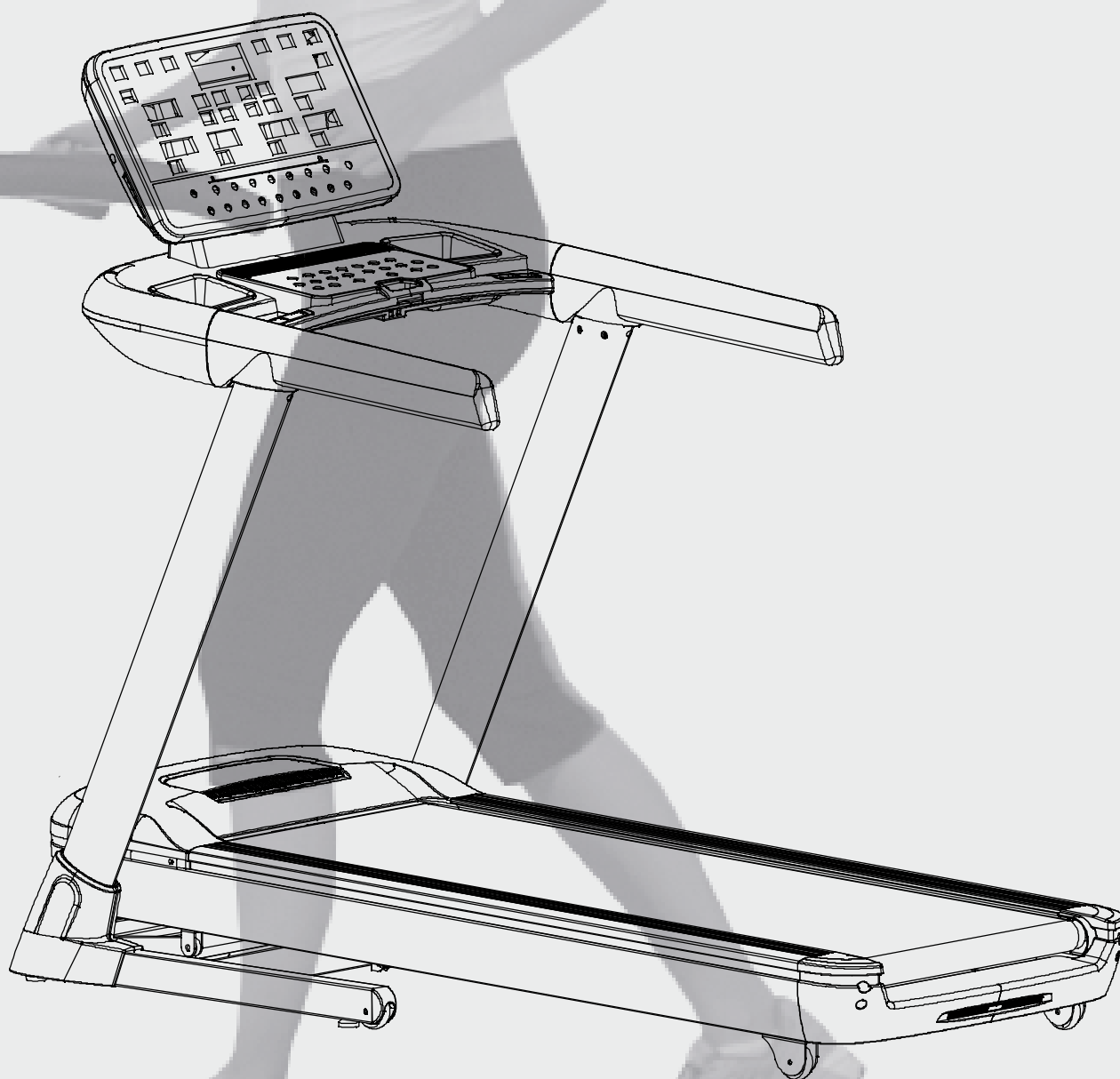


MAXXUS[®]

RunMAXX 9.1

Treadmill

ENG



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

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

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

Power connection

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

Training environment

- Choose a location that offers the greatest possible firm space on all sides of the exerciser. The safety area behind the training device should be at least 200 cm long and 100 cm wide. Allow at least 100 cm to each side of the training device and 100 cm in front of the training device.
- Ensure good ventilation and that optimal oxygen is available during exercise. Avoid draughts.
- Your exercise equipment is not suitable for outdoor use, so storage and training is only possible in temperate, clean dry rooms.
- The temperature range to operate or store this device is between a minimum of 10° and maximum of 30°
- 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.

ENG

Personal safety instructions for training

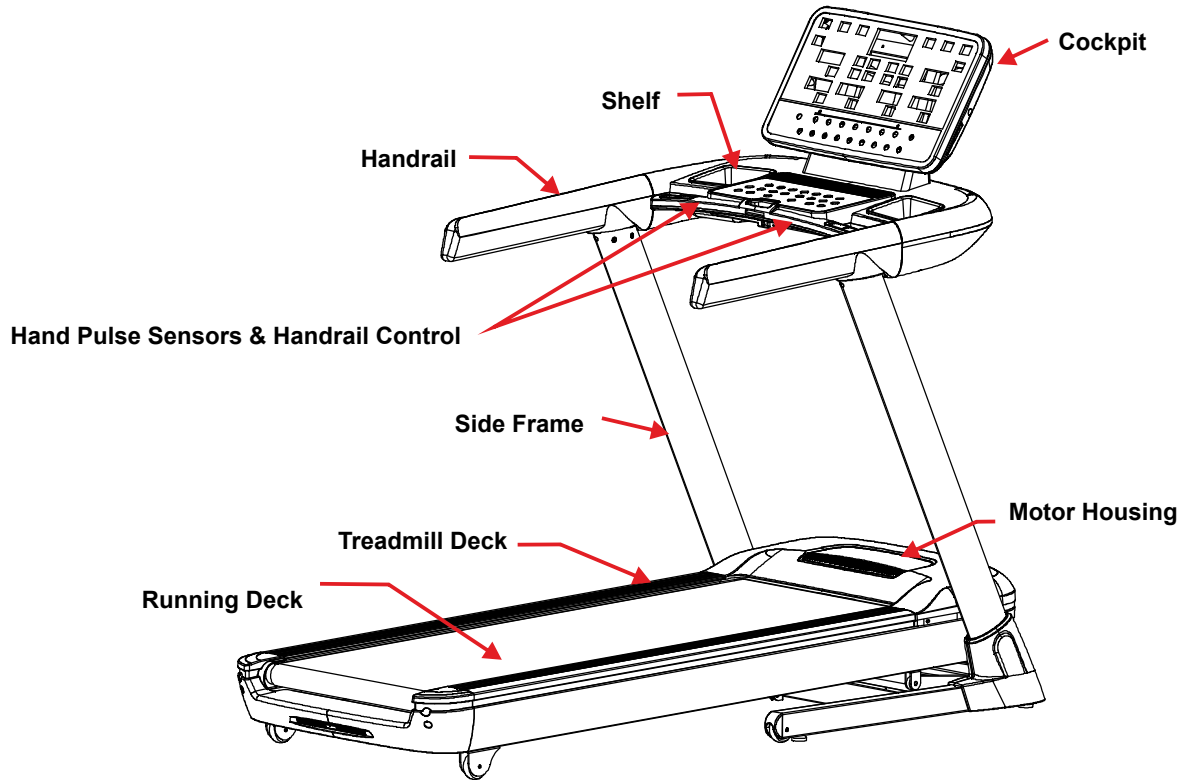
- The safety key must be correctly inserted before each training session.
- While the exerciser is not in use, remove the safety key and mains cable to prevent improper or unsupervised use by third parties, such as children.
- You should make a health check with your doctor before your first workout.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

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

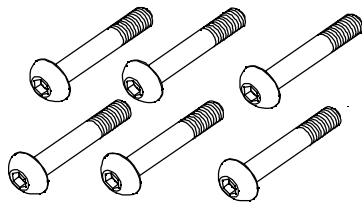
This training device should only be used by adults!

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

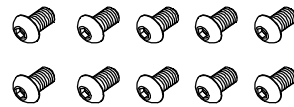
Overall View of the Device



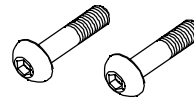
Assembly Materials & Tools



**Hexagon Socket Screw
M8x60
6 Pieces**



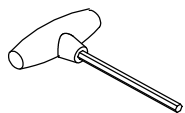
**Hexagon Socket Screw
M8x15
8 Pieces**



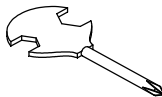
**Hexagon Socket Screw
M8x30
2 Pieces**



**Tapping Screw
ST4x16
4 Pieces**



Allen Key



**Multi-Tool
Allen Key/
Spanner**



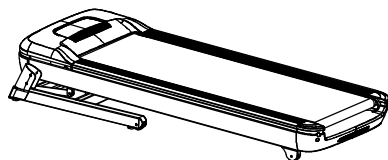
**Hexagon Socket Screw
M8x20
2 Pieces**



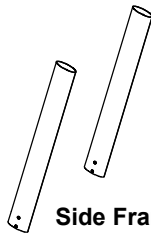
**Tapping Screw
ST4x12
4 Pieces**

You are welcome to supplement or replace the tools included with your own tools. Make sure that you use suitable tools which are an appropriate fit.

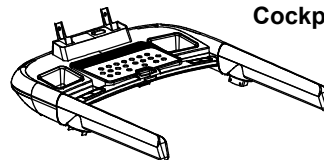
Scope of Delivery



Base Frame



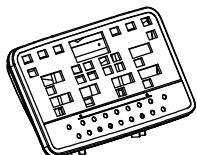
Side Frames



Cockpit Frame



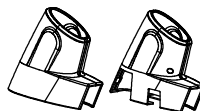
**Assembly &
Instruction Manual**



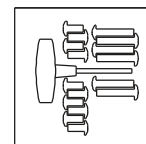
Cockpit



Cockpit Rear Cover



Side Frame Covers



Screw Set



Care Oil

Carefully unpack all delivered parts. Have someone there to help you as some of the training device parts are bulky and heavy.

Check that all the parts and fixing materials (screws, nuts, etc.) have been delivered.

Assemble the parts carefully as any damages or defects occurring due to mistakes made at the time of assembly are not covered by the warranty or guarantee. Therefore, read through the assembly instructions carefully before you start assembling, follow each assembly step exactly as described and keep to the correct sequence of assembly as instructed. Assembly of the training device must be carried out thoroughly by adults only.

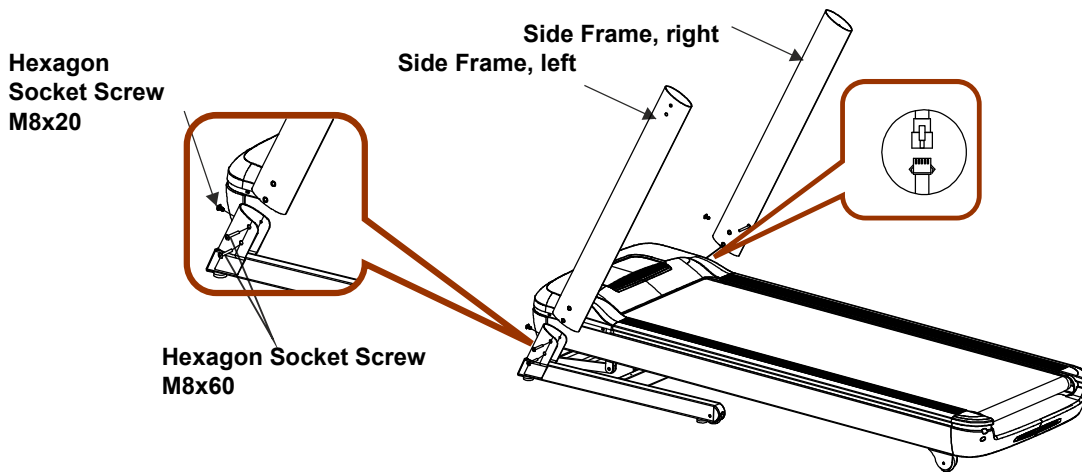
Assemble the training device in a location which is level, clean and clear of obstructions. 2 people are required to carry out the assembly. Training can only start when the training device has been fully assembled.

Step 1: Assembly of the Side Frames

Connect the cable that protrudes down from the right side-frame with the cable that comes out of the base frame. Insert the right side-frame into the base frame and secure it laterally with two hexagon socket screws M8x60 and from the front with a hexagon socket screws M8x20.

CAUTION: Make sure that the cable does not get damaged or jammed.

Repeat this procedure to assemble the left side frame (Note: there are no cable connections on this side).

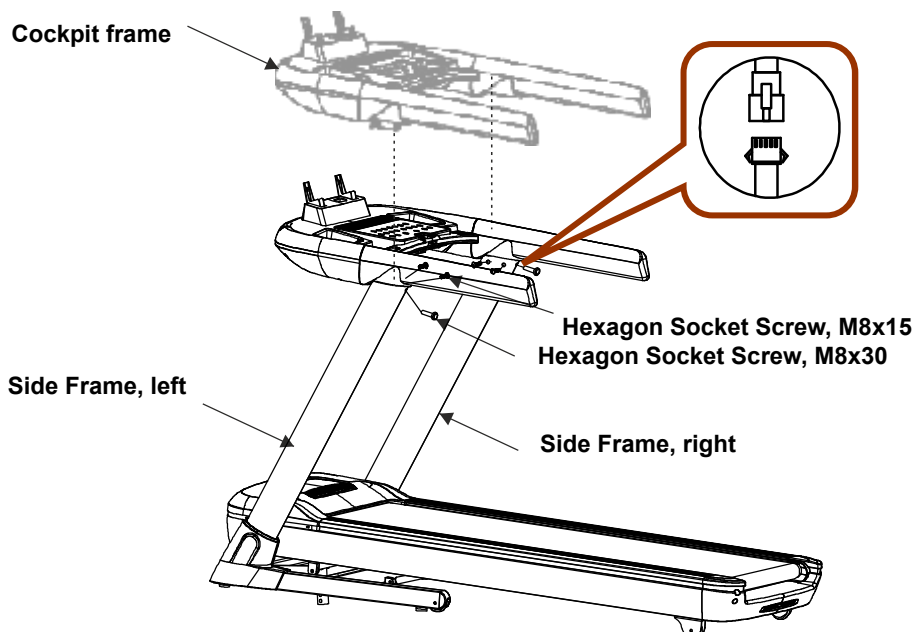


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Step 2: Assembly of the Cockpit Frame

Connect the cables protruding out of the right side -frame with the cable protruding out of the right cockpit hand-rail. Place the cockpit frame from above onto the side frames. Carefully fix this on the inside of the side-frame using two hexagon socket screws M8x15 on each side. Then also fix an M8x30 screw to the back of the side-frames. Tighten these screws very carefully and not too tight so as not cause deformation to the side-frames.

CAUTION: Make sure that the cable does not get damaged or jammed.



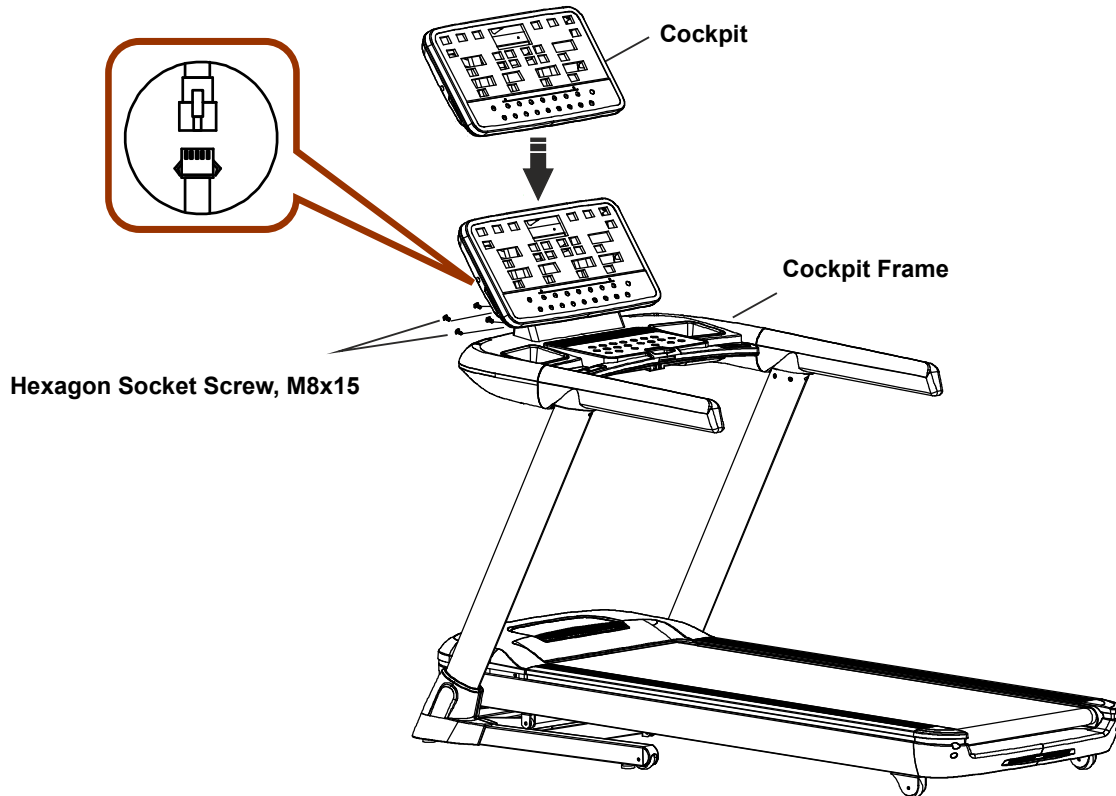
Step 3: Assembly of the Cockpit

Ideally, you will need 2 people for this step.

Connect the plug on the cable protruding from the cockpit to the appropriate plug on the cable protruding out of the cockpit frame. In this case, a confusion is not possible because the plug connectors are easy to identify. Now insert the cockpit from above into the corresponding mounts of the cockpit frame and slide the cockpit as down until the four boreholes are aligned with the boreholes on the cockpit mounts. Fix the cockpit to the cockpit frame using four Allen screws M8x15.

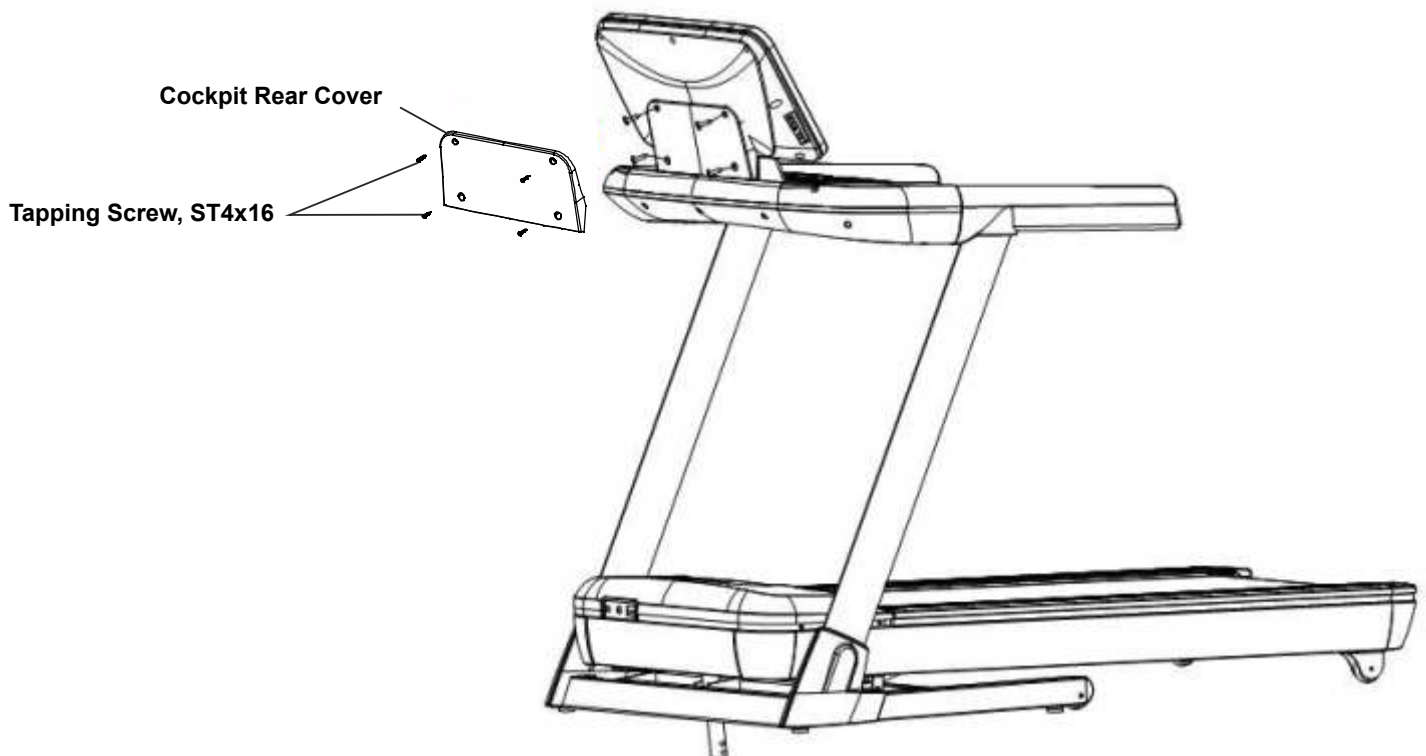
CAUTION:

Make sure that the cables do not get damaged or jammed when you insert the cockpit into the frame.



Step 4: Assembly of the Cockpit Rear Cover

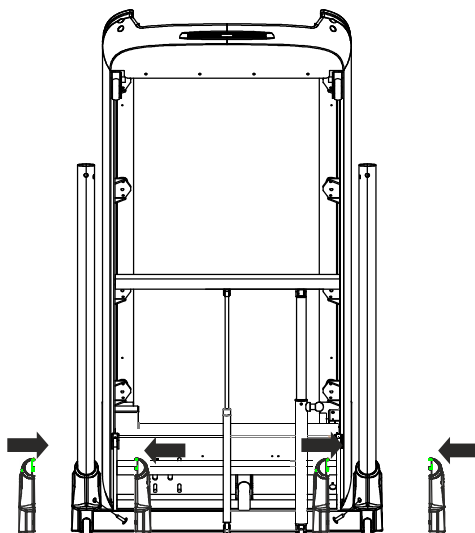
Place the rear cockpit cover onto the back of the cockpit and fix it with four tapping screws ST4x16.



Step 5: Assembly of the Side-Frame Covers

Fold up the running deck on the base frame – see here also the section “Folding Up the Running Deck” in this manual.

Now place the right and left side covers onto the left side-frame and fix them with a tapping screw 4x12. Repeat this procedure with the right side-frame

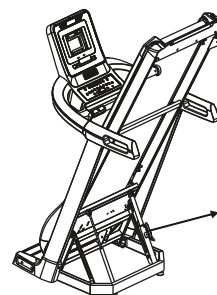


Folding Mechanism

Hydraulic Cylinder

The folding mechanism relies on hydraulic cylinders. These are filled with oil and under high pressure. If a cylinder be damaged, the safe folding of the treadmill deck is no longer guaranteed. It must then be replaced before raising the treadmill deck again.

This treadmill is equipped with a folding mechanism. To save space, fold the treadmill deck up and down as follows:



Hydraulic Cylinder

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Folding up the Treadmill Deck

Step 1:

Make sure that the deck incline level is at “0”, switch the treadmill off at the main switch and remove the mains plug from the socket.

⚠ CAUTION:

Never fold up the treadmill deck without the incline in “0” position or without switching it off.

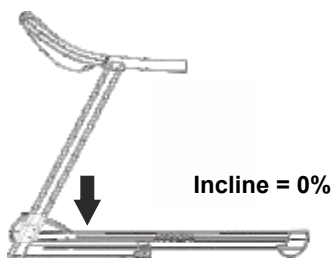
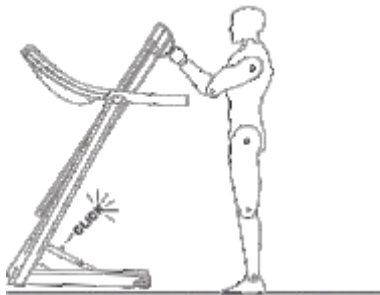


Figure similar to the treadmill!

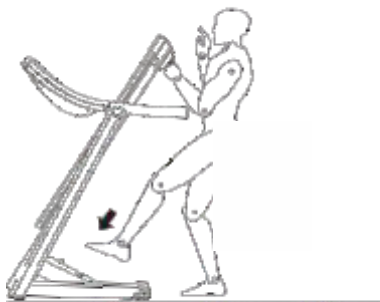


Step 3:

Push up the deck until you hear it lock into the catch.

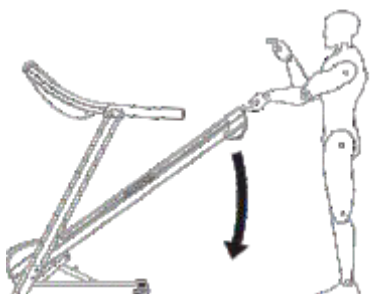
Check that it is locked safely in the upright position by gently shaking the deck.

Folding Down the Treadmill Deck



Step 1:

Take hold of the rear end of the deck with both hands. Press down the safety lever on the catch with your foot to release the lock. Pull the treadmill deck down gently to the floor.



Step 2:

The treadmill deck is equipped with a Soft-Fold-System.

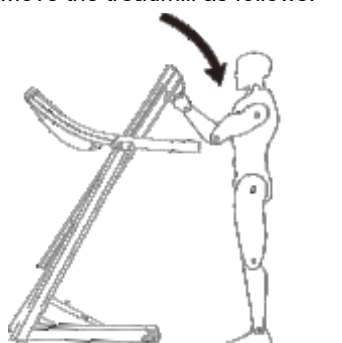
This allows the deck to move slowly down until it reaches contact with the floor. You should never leave the deck to fold down unsupervised.

⚠ CAUTION:

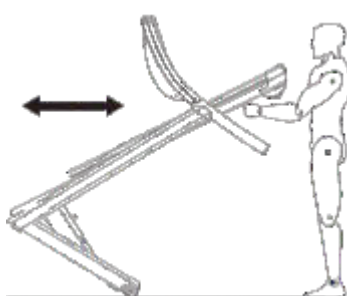
Children are never to fold-up or fold-down the treadmill running deck. Always make sure that there are no items, creatures, pets or children under the treadmill deck whilst it is being raised or lowered.

Transport

When folded, the treadmill can be moved around easily and without much effort. Move the treadmill as follows:



Step 1



Step 2



Step 3

Step 1:

Fold up the treadmill as instructed here in the Folding Mechanism section. Take hold of the top ends of the deck on both sides with your left and right hands and pull the deck towards you until the weight of the deck is resting on the transport rollers. Make sure that you are standing with your feet firmly on the ground.

Step 2:

The treadmill can now be moved easily and without much effort. Make sure that there are no items, pets or children in the way when you are moving the treadmill. Make sure that your feet are steadily on the ground when moving the treadmill.

Step 3:

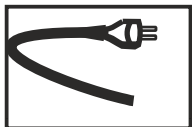
To set the treadmill safely down again, lift the deck right up until the front frame base is completely on the ground.

⚠ CAUTION:

The treadmill should only be moved by an adult.

Figure similar to the treadmill!

Mains Cable



Mains Cable

Connect the power cable coupling to the corresponding plug on the Treadmill. Then connect the power cable to an electrical socket.



The device may only be plugged in to grounded sockets which have been installed by a professional electrician. Do not use multiple sockets to connect the treadmill.

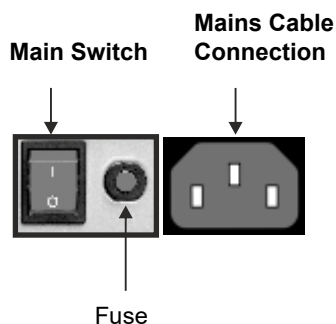
If you need to use an extension cable, it must comply with the VDE guidelines.

Main Switch

The main switch is located next to the power connection on the front of the Treadmill. This switch turns the treadmill on or off.

Switch position "I" = treadmill switched on

Switch position "0" = treadmill switched off



May vary depending on the model

Fault-Current Switch (depending on the model)

There is a fault-current button-switch next to the main switch on the front of the motor cover to prevent the treadmill from being damaged by electrical surges in the network. This button-switch is triggered off by if a surge in the electrical supply occurs and acts as a circuit breaker. In this case the treadmill will be completely switched off. If this occurs, switch off the treadmill at the main switch, and pull the mains cable out of the socket with the plug. Press the button on the fault-current switch back in. Re-connect the mains cable with the plug and switch the treadmill back on at the main switch.

Fuse (depending on model)

To protect the treadmill from damage caused by overvoltage of the mains there is a fuse next to the main switch on the front of the engine cover. This breaks the circuit in the event of an overvoltage, the treadmill is completely switched off. If this happens, turn off the treadmill with the main power switch and unplug the power cable from the wall socket. Check the fuse and replace if necessary. Then re-connect the power cable to the socket and switch the treadmill back on using the main switch.

ENG

Disabling Function

To protect the treadmill from being used by unauthorised third parties, always remove the mains cable and keep it stored away in a separate place and out of the reach of unauthorised persons, such as children.

Safety Key

The treadmill will only operate if the safety key is correctly in contact with contact point in the cockpit. The treadmill will stop automatically if the safety key is no longer in contact.

Before each training session make sure to attach the safety key to your clothing with the clip.

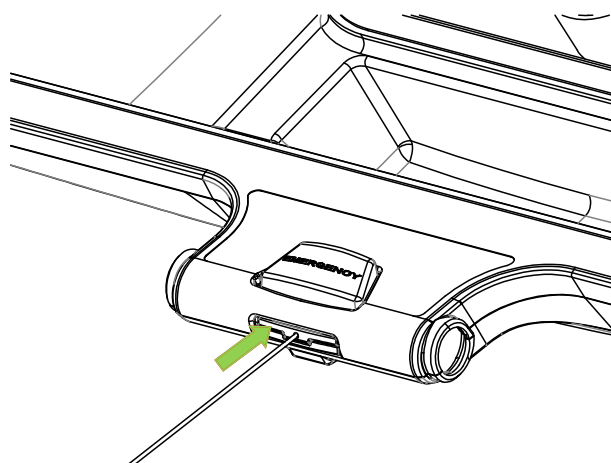
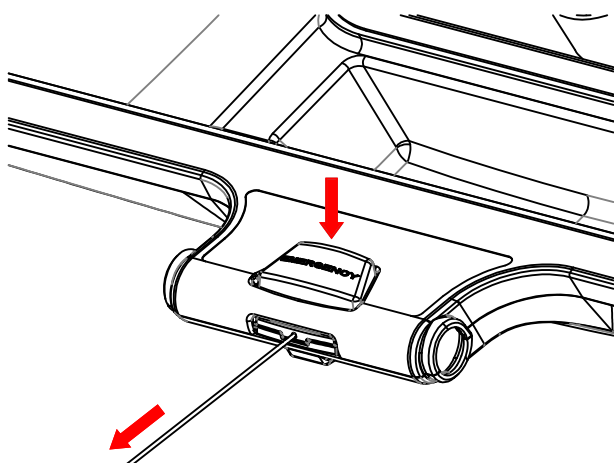
If you either want to stop the treadmill quickly, cannot keep up with the speed, or any other emergency arises, pull the string to remove the safety key out of the cockpit or press down the EMERGENCY button (see Figure 1). If the safety key is connected to your clothing it will automatically be pulled out of the cockpit if you fall. It is therefore vital to make sure that the clip is securely fastened to your clothing and cannot fall off simply when you move to train.

Adjust the length of the string to hang down loosely during training.

It is not possible to operate the treadmill without the safety key being correctly inserted.

If the safety key is pulled from the contact point during training or the EMERGENCY button is pressed, the treadmill will stop automatically. An "E-07" message will be shown in the display and a warning signal will sound.

The incline will remain in the adjusted position and can only be lowered after the safety key has been re-connected. To do this push the plastic element marked with an arrow in Figure 2 back again.



Function test of Safety Key and EMERGENCY button

Before each use of the treadmill, check the functioning of the Safety Key and the EMERGENCY button. To do this, start the treadmill while standing beside it and pull the safety key from its contact position. The treadmill should stop immediately. Run this test again for the EMERGENCY button. Restart the treadmill while standing beside it and then press the EMERGENCY button. The treadmill should stop immediately.

⚠ CAUTION: Never use the treadmill if the Safety Key or the EMERGENCY button are not functioning properly.

What to do in an Emergency

Safety Distance

Select a suitable place to keep your training device with a free safety area space of at least 200 cm long and 100 cm wide behind the training device.

Furthermore, during training, a safety distance down the length of the treadmill with a minimum width of 100 cm should be kept to the right and/or left-hand side of the treadmill.

What to do in an Emergency

Stop training immediately if you realise that you cannot keep up with the pace, if you start feeling sick or if any other emergency arises, pull the safety key out with the string to make an emergency stop.

Hold on firmly with both hands onto the handrails and place your feet on the foot rails on each side of the tread belt. If you trip during training, hold onto the handrails immediately with both hands, support yourself with your hands and arms on the handrails and put your feet on the foot rails on either side of the tread belt.

You should practice this several times so that you will know what to do if an emergency arises.

Wear the safety key every time you use the treadmill. Make sure that all third parties are familiar with the safety instructions and that they always use the safety key correctly whilst training!

WARNING

Before you perform any care, cleaning, maintenance, repair or similar work on your training device, turn off your exerciser and remove the power cord. Check before starting the planned work that your exerciser is completely disconnected and switched off. Only when all work is fully completed and the device is completely re-assembled, may the training device be reconnected to the mains and turned on.

Before first use or after a long break from training

Check that the treadmill is safe. There must be no objects on or under the device. Make sure that there is a continuous film of lubricant (silicone) on the running deck. If this is not the case, then use the enclosed silicone and apply a lubricant film.

Maintenance & Cleaning Intervals:

After each workout, clean the treadmill with a damp cloth to remove possible perspiration and / or other liquid residues. Under no circumstances use solvents for this purpose. Dry the cleaned areas thoroughly.

Checking the lubrication of the running belt: once a week

If your regular checks show that there is no longer sufficient lubrication, immediately lubricate and adjust the check interval accordingly. If the treadmill has a folding mechanism and has been standing upright for a long time, check whether there is still enough lubricant present.

Check the belt run: once a week

The alignment of the running belt must be checked regularly. Should you notice that the belt is running to one side, this must be corrected immediately. Please read the corresponding section the guide.

Cleaning the motor compartment: once a month

To clean the motor compartment, remove the motor cover bolts and cover.

ATTENTION: This work may only be performed when the exerciser is switched off and the power plug is removed. Vacuum the visible dust with the small nozzle of a vacuum cleaner. Never use detergent or compressed air under any circumstances.

Checking the mounting materials: once a month

Check the bolts and nuts at least once a month. Tighten it, if necessary.

Why is maintenance of my treadmill so important?

In order for you to enjoy your treadmill for a long time, it is important to do some basic maintenance regularly and conscientiously. The intervals of this work depend very much on the degree of utilization of the device and therefore, the specified intervals can be quite short.

What can happen if there is a lack of maintenance?

There is friction between the running belt and the running deck when in use. Any kind of friction means wear and thus reduces the life of your training device. By lubricating between the board and mat with silicone the friction is reduced, thus increasing the life of both parts. If the treadmill runs dry the running board gets hot, the surface of the running board and the running belt may be destroyed. Friction can also lead to a static charge which can discharge on body contact with the frame. This is not only unpleasant, but can also destroy the electronics of the treadmill.

Why do I have to clean the motor compartment?

Due to movement of the running belt and ventilation of the motor, the treadmill attracts dust from the environment. This deposits both under and in the device. At some point, the interior of the device would be so dusty that it causes a short to electronic components. To avoid this, regular cleaning necessary.

Damage caused by neglect or lack of maintenance and care are excluded from the Warranty and Guarantee.

Costs for the repair of a non-maintained training device can therefore quickly amount to several hundred euros. A high price that can be avoided by regular care and maintenance

The most important maintenance work to do to a treadmill is regular and timely lubrication and care and maintenance of the belt. Damages or defects caused by failure or lack of maintenance and care are in no way covered by the warranty or guarantee.

The treadmill belt must always be lubricated if a significant increase of friction is detected. This will become apparent if the belt makes jerking movements during training or if fault message E1 appears in the display on the cockpit.

Insufficient lubrication or care and the resulting increase in friction will inevitably lead to an increase in wear and cause damage to the treadmill belt, deck, motor and circuit board.

How often you use the treadmill will generally determine how often you must carry out the maintenance measures. As this varies from person to person, we would recommend that you keep a maintenance book. You should set a specific day every week in the first 6 months of use to check the treadmill belt lubrication.

Lift up the front third part of the belt and feel with your hand if there is still lubrication in the middle of the belt. If lubrication is present, then write "ok" next to the date in your maintenance book. If there is little or no lubrication present, then lubricate the belt and write this down in your maintenance book accordingly. In time it will be possible to see at what time intervals lubrication is required.

⚠ Even if you do not want to keep a maintenance book, you must check the lubrication of the treadmill belt at least once a week!

If the treadmill is not used, or if the treadmill remains folded-up for some longer period you must check the lubrication of the belt before use and lubricate it if necessary.

To achieve optimum lubrication of the belt use the MAXXUS maintenance oil bottle, remove the normal screw bottle top (Diagram 1) and screw on the thin tube top (Diagram 2). Before lubricating the belt, make sure that the treadmill is switched-off and that the belt is no longer moving. Lift up the belt (Diagram 3).

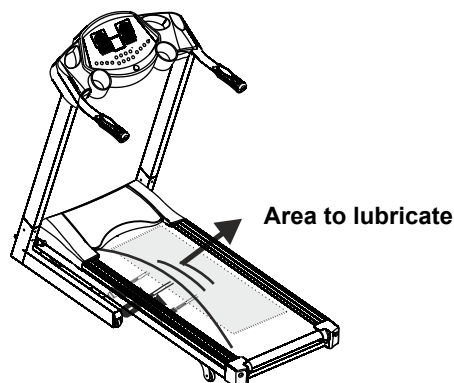
Diagram 1



Diagram 2

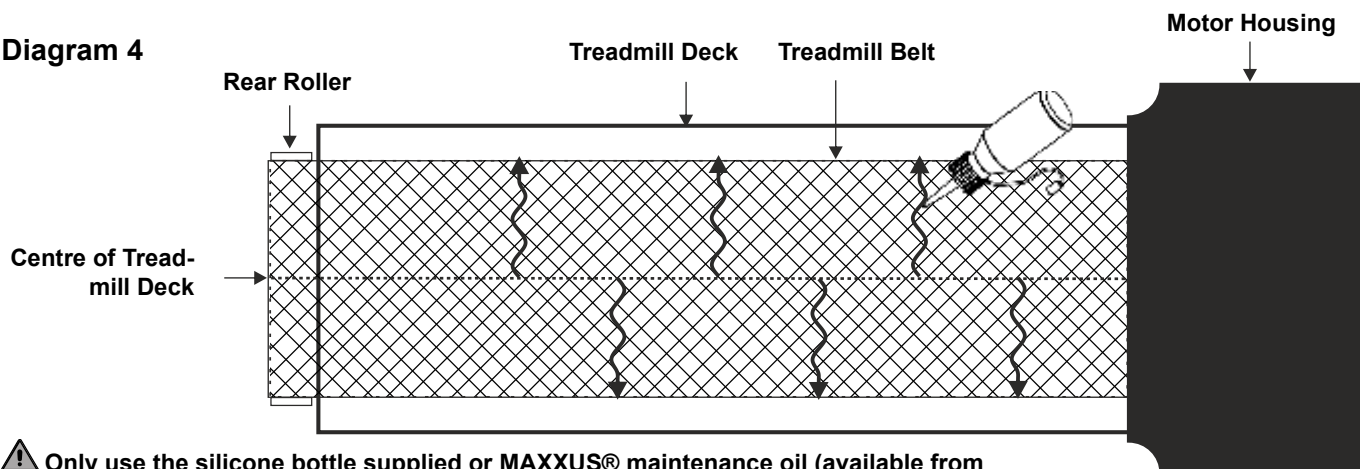


Diagram 3



The belt should be lubricated from both sides. Lift up the belt from one side high enough so that you can reach the middle of the belt with the end of the thin tube on the silicone oil bottle. Apply a wavy line of silicone oil from the middle of the belt towards the sides. You should apply three to four lines of silicone oil running from the middle of the belt to the sides. At each lubrication process you should not apply more than 10 to max 20ml of silicone oil. If too much silicon is applied this may lead to the treadmill belt slipping through. In this case remove the excess oil from the deck and drive rollers with a dry cloth.

Diagram 4

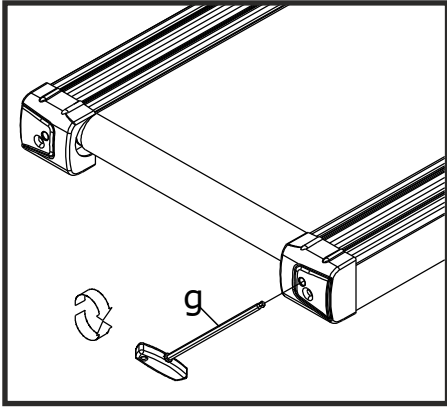


⚠ Only use the silicone bottle supplied or MAXXUS® maintenance oil (available from www.maxxus.de) to lubricate the treadmill belt. Do not at any time use any other types of silicone or lubricants!

After completing a lubrication process, walk and run on the treadmill with the belt running at a speed of 3 - 4 km/h for approx. 3 to 5 minutes. Whilst doing this, change your position constantly from left to right and in the middle of the belt to distribute the silicone oil well.

⚠ Following lubrication do not fold up the treadmill for at least 3 days.

Adjusting the Treadmill Belt



! The treadmill belt must always be switched off with the mains cable plug removed from the socket before starting any maintenance, cleaning, repairs or any other works!

To achieve as long a service life as possible, the belt should always be kept running straight along the centre of the deck. Check therefore before each training session if the belt is straight and running in the middle of the deck or if it has changed position. Possible reasons for it changing position are:

- The ground on which the treadmill is standing is either uneven or at an incline.
- Personal running style (eg. distribution of weight to one side, in or out-turned feet etc)

The treadmill belt can be adjusted in the following way:

1. Start-up the treadmill belt and let it run at a constant speed of 4 km/h.
- 2.1 If the belt is running towards the left, turn the left adjustment screw located at the back end of the belt by 1/8 turn clockwise and the right adjustment screw 1/8 turn anti-clockwise. Wait for a short while to see the results as this will not immediately be apparent.

! The running direction of the belt will be changed with just a turn of 1/8 of the adjustment screw. Therefore, only adjust the screws a little at a time.

- 2.2 If the belt is running towards the right, turn the right adjustment screw by 1/8 turn clockwise and the left adjustment screw 1/8 turn anti-clockwise.
3. If the belt is now running in the middle of the deck, the adjustment will be correct. If this is still not the case, repeat the steps described in 2.1 and 2.2 until the belt is running in the middle.

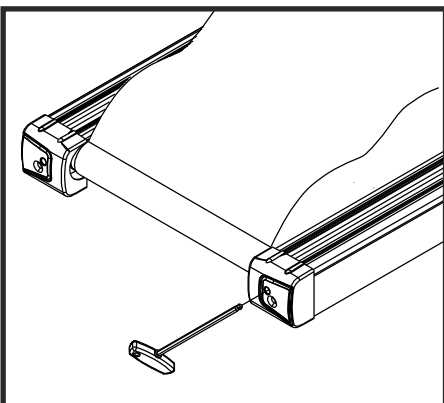
If the belt cannot be adjusted, please contact a specialist immediately.

! If the belt has become so displaced that it is rubbing along one of the foot rails, this will cause friction and defects to the treadmill belt. Damage caused by failure or insufficient adjustments made to the treadmill belt will not be covered by the warranty or guarantee under any circumstances.

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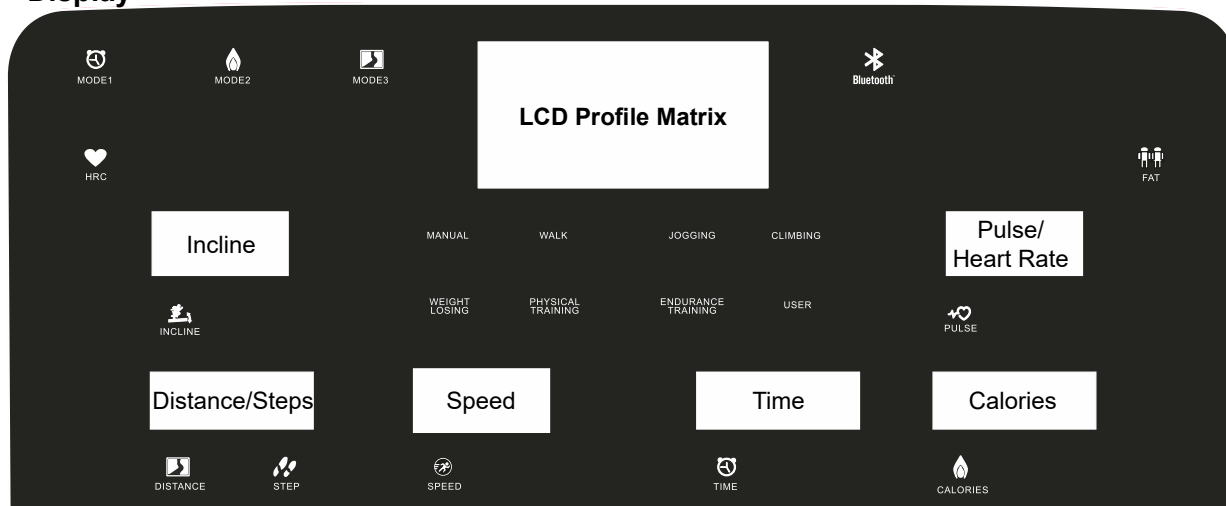
Re-tensioning the Treadmill Belt

If the belt is slipping on the drive rollers during operation (this will be made apparent by the belt jolting noticeably during running) the belt requires to be re-tensioned. The belt is re-tensioned using the same adjustment screws as when adjusting the belt.



1. Start-up the treadmill belt and let it run at a constant speed of 4 km/h.
2. Turn one adjustment screw after the other by 1/8 of a turn in a clockwise direction.
3. Try to slow down the belt by walking on it as if you are walking down a steep slope. If the front roller is still turning, repeat the tensioning process once again. The treadmill belt should be tensioned so that the front roller only turns with heavy braking.

Display



The display of the display informs you about the following training values:

INCLINE	Incline
DISTANCE	Training distance in km alternating with STEP which is the number of steps.
SPEED	Speed in km/h
TIME	Training Time
CALORIES*	Energy consumption in kcal
PULSE	-when using the hand sensors: pulse display -when using a chest belt transmitter (available as an additional accessory): heart rate display

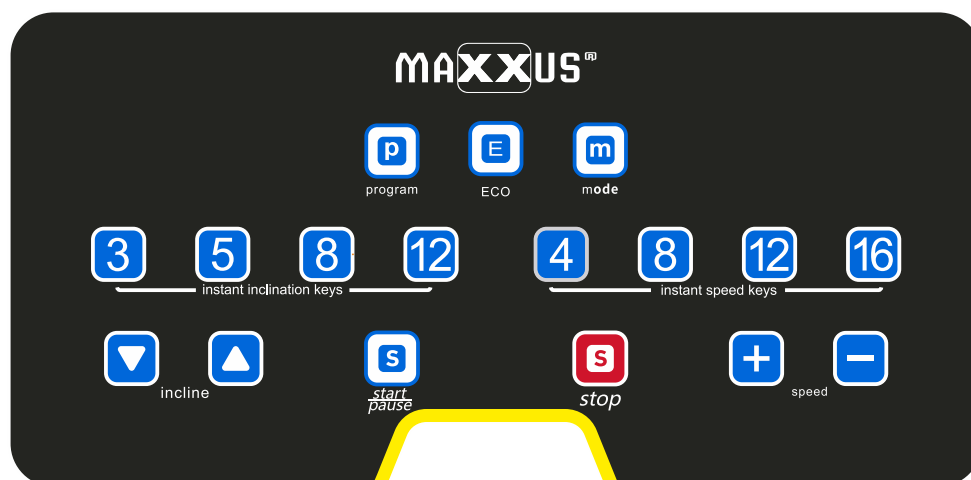
*Note on calorie measurement

The calculation of the energy consumption is done by means of a general formula. It is not possible to determine an exact individual energy consumption this requires a significant amount of personal data. The displayed energy consumption is therefore an approximate one and not an exact value.

LCD Profile Matrix

The graphical representation of the programs takes place via a dot profile matrix. The current training area is indicated by a flashing segment.

Keypad



PROGRAM KEY (P)

Key to select a program

MODE KEY (M)

Key to select your training targets

Heart Rate Measurement

Your treadmill cockpit is fitted as standard with a polar compatible receiver. A transmitter chest belt is available as an optional accessory.

INSTANT INCLINE KEYS

The treadmill cockpit has 4 quick selection keys for inclination

With these direct selection keys, you can quickly and easily select certain pre-set incline levels. These cannot be changed by the user.

INSTANT SPEED KEYS

The treadmill cockpit has 4 quick selection keys for speed.

With these direct selection keys, you can quickly and easily select certain pre-set speed levels. These cannot be changed by the user.

INCLINE ▲/▼

With keys you can adjust the incline from level 0 to 15 in single step increments.

▲ = incline increased

▼ = incline decreased

SPEED +/-

With keys +/- you can adjust the speed in 0.1 km/h levels.

+ = speed increased

- = speed decreased

START Key

Start the Quick Start function or the training program selected.

Pause Function:

During training the treadmill will stop by pressing the START key once. The cockpit will switch into pause mode for 5 minutes. If the START key is pressed within these five minutes, training will continue from where it stopped. After the five-minute break, the cockpit will automatically reset, and all values will be set back to zero. If the pause function is used, training can be continued by re-pressing the START key.

STOP Key

Press the STOP/RESET key once and the treadmill belt will stop. If the STOP key is pressed twice, this will set all values back to zero.

ECO Key (E)

If you press this during training the current incline will increase by 3 levels. If you press it again the incline will reduce again by 3 levels.

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Further Functions**Hand Pulse Sensors**

Serve for short-term pulse measurement. Hold the hand sensors in both hands. After a short time, the current pulse rate will be shown in the display. Please also read the section "Pulse Monitoring using Hand Sensors" and "Warning about Pulse and Heart Rate Measurements" in this manual.

Heart Rate Receiver

The treadmill cockpit is fitted as standard with a receiver for wireless heart rate monitoring. This requires a transmitter chest belt which is not included in delivery. The chest belt must transmit at 5KHz frequency and be uncoded. Use of a Bluetooth chest belt is not possible. Please also read the section "Heart Rate Monitoring using a Chest Belt" and "Warning about Pulse and Heart Rate Measurements" in this manual.

Switching on the Treadmill

Connect the mains plug on the power cable to a grounded, 16 A socket which has an individual fuse and been installed by a professional electrician.

Now switch on the treadmill with the on / off button (located on the back of the motor housing)

Switching off the Treadmill

Press the On/Off key again to switch off the treadmill. Remove the mains plug from the electrical socket.

CAUTION:

Before you switch off the treadmill, always make sure that the incline level is at zero.

Quick start

Press the START button.

The treadmill starts automatically after a countdown and the exercise time will start to run.

Use the SPEED keys to adjust the speed, and the INCLINE keys to adjust the incline during your workout.

To have a break or stop the workout, press the STOP button

Manual training with Set Training Time (MODE 1)**Step 1: Mode Selection**

Switch on the treadmill. Then press the M key once. "MODE1" will appear in the display and the value will flash in the TIME window.

Step 2: Selecting the Training Time:

Enter the required training time from 05:00 to 99:00 minutes in 1-minute increments by pressing the +/- key for speed.

Step 3: Training Start

After entering the required training time press the START key. The display will show a countdown. Every countdown value is sounded with an acoustic signal. After completion of the countdown the treadmill will start automatically.

Training Finish

The treadmill will stop automatically when the training time has been reached.

Manual training with Set Calorie Consumption (MODE 2)**Step 1: Mode Selection**

Switch on the treadmill. Then press the M key twice. "MODE2" will appear in the display and the value will flash in the CALORIES window.

Step 2: Selecting the Calorie Consumption:

Enter the required calorie consumption from 20 to 9,000 calories by pressing the +/- key for speed.

Step 3: Training Start

After making the required entry press the START key. The display will show a countdown. Every countdown value is sounded with an acoustic signal. After completion of the countdown the treadmill will start automatically.

Training Finish

The treadmill will stop automatically when the set target has been reached.

Manual training with Set Training Distance (MODE 3)**Step 1: Mode Selection**

Switch on the treadmill. Then press the M key three times. "MODE3" will appear in the display and the value will flash in the DISTANCE window.

Step 2: Selecting the Training Distance:

Enter the required training distance from 1.0 to 99 kilometres in 1-km increments by pressing the +/- key for speed.

Step 3: Training Start

After making the required entry press the START key. The display will show a countdown. Every countdown value is sounded with an acoustic signal. After completion of the countdown the treadmill will start automatically.

Training Finish

The treadmill will stop automatically when the set target has been reached.

Training Profile P1 – P36

Training with Pre-Set Training Profiles

Step 1: Selecting a Profile:

Switch on the treadmill.

Select the required training profile from P1 to P36.

Step 2: Time Input

In the "TIME" display window the value 30:00 will be flashing. Enter the training time from 05:00 to 99:00 minutes in 1-minute increments.

Step 3: Profile Start

Now press the START key.

A countdown will be shown in the display and every countdown value is sounded with an acoustic signal. At the end of the countdown the treadmill will start automatically.

Training Finish

The treadmill will stop automatically when the training goal has been reached.

			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Walk	P1	km/h	1.0	3.0	3.0	7.0	7.0	5.0	5.0	5.0	7.0	7.0	5.0	5.0	5.0	5.0	3.0	2.0
		Incline	2	2	6	6	8	8	6	6	4	4	4	6	6	2	2	2
	P2	km/h	2.0	3.0	3.0	6.0	5.0	5.0	8.0	5.0	5.0	6.0	8.0	8.0	8.0	5.0	4.0	3.0
		Incline	3	3	9	9	9	2	2	8	8	4	1	1	4	4	4	4
	P3	km/h	2.0	3.0	5.0	5.0	7.0	7.0	8.0	5.0	5.0	6.0	8.0	8.0	8.0	5.0	4.0	3.0
		Incline	1	2	3	4	5	5	7	7	4	4	4	4	6	3	2	2
	P4	km/h	2.0	2.0	3.0	5.0	5.0	5.0	8.0	8.0	8.0	8.0	5.0	5.0	5.0	3.0	3.0	2.0
		Incline	3	3	6	6	6	9	9	9	9	9	9	6	6	6	2	2
	P5	km/h	3.0	4.0	5.0	6.0	7.0	8.0	9.0	10.0	10.0	10.0	9.0	8.0	7.0	5.0	4.0	3.0
		Incline	2	2	4	4	8	8	6	6	6	6	8	7	6	5	1	1

			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Jogging	P6	km/h	3.0	4.0	5.0	5.0	6.0	6.0	7.0	7.0	7.0	9.0	9.0	10.0	10.0	11.0	5.0	3.0
		Incline	1	8	8	8	8	8	7	7	7	7	7	5	5	3	3	1
	P7	km/h	3.0	4.0	9.0	4.0	11.0	4.0	10.0	4.0	9.0	4.0	8.0	4.0	11.0	5.0	3.0	2.0
		Incline	1	1	4	4	4	6	6	6	8	8	8	10	10	10	6	2
	P8	km/h	3.0	5.0	8.0	3.0	5.0	7.0	9.0	3.0	5.0	7.0	10.0	3.0	5.0	7.0	11.0	5.0
		Incline	3	3	8	8	3	3	7	7	3	3	6	6	3	3	5	5
	P9	km/h	3.0	7.0	9.0	4.0	7.0	10.0	4.0	7.0	11.0	5.0	7.0	12.0	4.0	7.0	12.0	6.0
		Incline	3	6	6	3	7	7	3	8	8	3	9	9	3	3	7	7
	P10	km/h	3.0	5.0	6.0	6.0	6.0	9.0	10.0	6.0	6.0	9.0	10.0	6.0	6.0	6.0	11.0	3.0
		Incline	2	7	7	7	5	5	5	8	8	8	8	8	8	4	4	4
	P11	km/h	4.0	5.0	7.0	9.0	10.0	11.0	9.0	6.0	8.0	9.0	10.0	10.0	11.0	9.0	6.0	5.0
		Incline	1	6	6	6	3	3	3	7	7	4	4	4	4	6	6	6

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			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Climbing	P12	km/h	4.0	6.0	10.0	10.0	7.0	10.0	10.0	10.0	7.0	7.0	10.0	10.0	10.0	10.0	6.0	5.0
		Incline	3	8	8	6	9	9	5	5	8	8	8	4	4	4	4	4
	P13	km/h	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
		Incline	4	8	10	12	4	8	10	12	4	8	10	12	4	8	10	12
	P14	km/h	2.0	3.0	3.0	6.0	9.0	11.0	3.0	6.0	9.0	11.0	3.0	6.0	9.0	11.0	3.0	6.0
		Incline	5	9	11	12	5	9	11	12	5	9	11	12	5	9	11	12
	P15	km/h	4.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0
		Incline	2	3	4	5	6	8	7	8	8	7	7	6	5	4	3	2
	P16	km/h	2.0	4.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
		Incline	2	4	5	6	2	4	5	6	2	4	5	6	2	4	5	6
	P17	km/h	2.0	2.0	2.0	4.0	6.0	6.0	9.0	11.0	11.0	2.0	4.0	6.0	6.0	11.0	11.0	9.0
		Incline	2	4	6	8	10	12	12	12	12	12	12	10	8	6	4	2

Cockpit

			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Weight Losing	P18	km/h	3.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0
		Incline	2	6	8	2	6	8	2	6	8	2	6	8	2	6	8	2
	P19	km/h	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
		Incline	10	8	6	4	10	8	6	4	10	8	6	4	10	8	6	4
	P20	km/h	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
		Incline	12	8	2	12	8	2	12	8	2	12	8	2	12	8	2	2
	P21	km/h	2.0	6.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0
		Incline	12	9	3	12	9	3	12	9	3	12	9	3	12	9	3	3
	P22	km/h	4.0	6.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0
		Incline	2	4	10	2	4	10	2	6	12	6	8	12	6	8	12	2
	P23	km/h	4.0	6.0	11.0	6.0	6.0	2.0	11.0	6.0	6.0	2.0	11.0	6.0	6.0	2.0	11.0	6.0
		Incline	2	3	4	5	6	6	7	8	10	11	12	12	12	12	10	2

			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Physical Training	P24	km/h	4.0	6.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0
		Incline	4	4	5	6	7	8	10	10	12	12	12	12	12	12	10	2
	P25	km/h	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
		Incline	5	9	11	12	5	9	11	12	5	9	11	12	5	9	11	12
	P26	km/h	3.0	4.0	4.0	7.0	10.0	12.0	4.0	7.0	10.0	12.0	4.0	7.0	10.0	12.0	4.0	7.0
		Incline	6	10	12	12	6	10	11	12	6	10	12	12	6	10	12	12
	P27	km/h	5.0	7.0	12.0	12.0	10.0	7.0	12.0	12.0	10.0	7.0	12.0	12.0	10.0	7.0	12.0	12.0
		Incline	3	4	5	6	7	9	8	9	9	8	8	7	6	5	4	3
	P28	km/h	3.0	5.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
		Incline	3	5	6	7	3	5	6	7	3	5	6	7	3	5	6	7
	P29	km/h	3.0	3.0	3.0	5.0	7.0	7.0	10.0	12.0	12.0	3.0	5.0	7.0	7.0	12.0	12.0	10.0
		Incline	3	5	7	9	11	12	12	12	12	12	12	11	9	7	5	3

			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Endurance Training	P30	km/h	4.0	7.0	4.0	7.0	7.0	4.0	7.0	7.0	4.0	7.0	7.0	4.0	7.0	7.0	4.0	7.0
		Incline	3	7	9	3	7	9	3	7	9	3	7	9	3	7	9	3
	P31	km/h	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
		Incline	11	9	7	5	11	9	7	5	11	9	7	5	11	9	7	5
	P32	km/h	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0
		Incline	12	9	3	12	9	3	12	9	3	12	9	3	12	9	3	3
	P33	km/h	3.0	7.0	3.0	7.0	12.0	3.0	7.0	12.0	3.0	7.0	12.0	3.0	7.0	12.0	3.0	7.0
		Incline	12	10	4	12	10	4	12	10	4	12	10	4	12	10	4	4
	P34	km/h	5.0	7.0	12.0	7.0	3.0	12.0	7.0	3.0	12.0	7.0	3.0	12.0	7.0	3.0	12.0	7.0
		Incline	3	5	11	3	5	11	3	7	12	7	9	12	7	9	12	3
	P35	km/h	5.0	7.0	12.0	7.0	7.0	3.0	12.0	7.0	7.0	3.0	12.0	7.0	7.0	3.0	12.0	7.0
		Incline	3	4	5	6	7	7	8	9	11	12	12	12	12	12	11	3
	P36	km/h	5.0	7.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0
		Incline	5	5	6	7	8	9	11	11	12	12	12	12	12	12	11	3

Free Memory Slots User U01, U02, and U03

There are three free memory spaces available in which the user can create their own training profiles.

Programming

Step 1: Program Selection.

After switching on the treadmill select the required program U01, U02 or U03. The appropriate program will appear in the display and the value of "30:00" will be flashing.

Step 2: Specification of the Training Speed and Incline

In the display the value for speed (1.0km/h) and incline (Level 0) will be flashing in the first of the sixteen segments.

Enter the required speed by pressing the +/- key or by pressing the quick selection key for speed, then enter the required value for incline with the ▲/▼ key or by pressing the quick select keys for incline. Confirm your entry by pressing the M key.

Now the values for speed and incline will be flashing in the second segment.

Repeat this procedure and make your entries for all the segments from 02 to 16.

Step 3: Specification of the Training Time

After you have confirmed your entry for the last segment by pressing the M key, the value of 30:00 will flash in the time window. Enter your required time from 5:00 to 99:00 by pressing the +/- key for speed.

Step 4: Program Start

Now press the START button. The display shows a countdown. After the countdown has finished, the treadmill starts automatically.

Training Finish

The treadmill will stop automatically when the training goal has been reached.

Training with an Existing User Profile U01 – U03

Step 1: Program Selection.

After switching on the treadmill select the required user profile U01, U02 or U03 by pressing the P key.

Step 2: Specification of the Training Time

Enter the required training time using the +/- key for speed. The display shows a countdown. After the countdown has finished, the treadmill starts automatically.

Step 3: Training Start

Now press the START key.

The display shows a countdown. With every countdown value there is an acoustic signal. The training time starts on completion of the countdown and the treadmill starts automatically.

Training Finish

The treadmill will stop automatically when the training time has been reached.

Heart Rate-Controlled Programs (HRC)

These programs are heart rate-controlled exercise programmes.

The user specifies a target heart rate. This is continuously compared with the actual heart rate of the user by the cockpit. If the actual heart rate is lower than the target heart rate, the treadmill automatically increases the speed. If the value is higher, the treadmill automatically reduces the speed. The main requirement for these programmes is a permanent, accurate transmission of heart rate values. For this reason, these programmes can only be done using an uncoded heart rate chest belt. This is available as an accessory. Using these programmes with the hand pulse sensors is not possible. Please also read the chapters "Heart Rate Monitoring using a Chest Belt" and "Warning about Pulse & Heart Rate Monitors" in this manual.

Step 1: Program Selection

Switch on the treadmill. Select the required program from HRC1, HRC2 or HRC3 by pressing the P key.

The maximum speed of each program is different.

HRC1 = Maximum speed 9 km/h

HRC2 = Maximum speed 11 km/h

HRC3 = Maximum speed 13km/h

It is necessary to make this selection so to avoid unintended over exertion of the user. Please select the program with the appropriate maximum speed for you which will not be exceeded by the computer during training.

Step 2: Age Input

The value of 25 will be flashing in the display. Enter the age of the user by pressing the +/- for speed. Confirm your entry using the M key.

Step 3: Selection of Target Pulse

The target heart rate calculated by the cockpit is shown in the display. This is 60% of the maximum heart rate. If you want to train with the calculated value confirm this by pressing the M key.

If you want to train with an individual target heart rate, enter it by pressing +/- key for speed. Confirm this by pressing the M key.

Please also read the chapters on pulse and heart rate measurement in this manual.

Step 4: Time Input

The value of 30:00 minutes will be flashing in the time display window. Enter the training time you require between 05:00 and 99:00 by pressing the +/- key for speed.

Step 5: Profile Start

Now press the START key.

A countdown will be shown in the display. The training time will start to run as soon as the countdown ends, and the treadmill will start automatically.

Training End

The treadmill stops automatically at the end of the selected time.

Calculating the Body Mass Index (FI)

Step 1: Selecting the Program

Switch on the treadmill and select the FAT program using the P key.

Step 2: Gender Input

F1 will be shown in the display. Now press the appropriate gender for the user by pressing the +/- key for speed. Select "1" for "male" and "2" for "female". Confirm your input by pressing the M key.

Step 3: Age Input

F2 will be shown in the display. Enter the age of the user by pressing the +/- key for speed. Confirm your entry by pressing the M key.

Step 4: Height Input

F3 will be shown in the display. Enter the height of the user by pressing the +/- key for speed. Confirm your entry by pressing the M key.

Step 5: User Weight Input

F4 will be shown in the display. Enter the weight of the user by pressing the +/- key for speed. Confirm your entry by pressing the M key.

Step 6: Program Start

"----" will now be shown in the display. Take hold of the pulse rate hand sensors with one in each hand and hold onto them firmly.


Step 7: Program End

Following successful measurement, the BMI (Body Mass Index) will be shown in the display.

Body Mass Index (BMI)

This value is calculated from the ratio of body weight to height and is used to assess the body weight of a person in relation to his body size. Please note that the BMI is only a rough guideline, as it does not consider physique and gender or the individual composition of the body mass of fat and muscle tissue of a person. The "ideal" BMI depends on the age. The table shows BMI values for different age groups.

Age	BMI
19 - 24 years	19 - 24
25 - 34 years	20 - 25
35 - 44 years	21 - 26
45 - 54 years	22 - 27
55 - 64 years	23 - 28
> 64 years	24 - 29

 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 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.

Pulse Rate Monitoring using Hand Sensors

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

WARNING

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

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

Heart Rate Monitoring using a Chest Belt

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

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

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

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

WARNING

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

This is especially true for persons:

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

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

Preparation Before Training

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

Training Plan

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

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

Warm-Up Before Training

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

Cool-Down After Training

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



Front Thigh Muscles

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

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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:						

Cockpit:

Display of:

- Time
- Distance
- Calorie consumption
- Speed
- Incline
- Pulse Rate (when using the hand sensors)
- Heart Rate (when using an optional chest strap)

Technical details:

Motor:	DC motor
Constant Motor Power:	approx 3.0 5HP/2.21kW
Drive type:	Grooved belt
Speed:	1.0 - 20 km/h, in 0.1 km/h adjustable levels
Adjustable Incline:	0 - 15%, in 1.0% electronically adjustable levels
Running deck:	approx. 1,540 x 550 mm
Dimensions:	approx. 1,925 x 925 x 1,470 mm (LXBXH)
Dimensions, folded:	approx. 1.402 x 925 x 1.541 mm (LxBxH)
Total Weight:	approx. 104 kg
Maximum User Weight:	140 kg
Power Supply:	220-230V - 50Hz

Area of Application:

Home Use – for private use only!
Semi-Professional Use

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.

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Recommended accessories

These accessories are the perfect supplement for your training device. All products are available in our online shop at www.maxxus.de or directly in our showroom in Gross-Gerau.

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 mat

The extreme high density of material and 0.5 cm thickness of this floor mat, gives protection against damage, scratches and dirt due to sweat, liquids and movement. Noises are greatly minimized.

Available in following sizes:

- 160 x 100 cm
- 210 x 100 cm



MAXXUS® Degreaser Spray - Optimal cleaning agent for sliding tubes and rollers.
Frees the sliding tubes and rollers of dirt and cares for the surface.

MAXXUS® Silicone

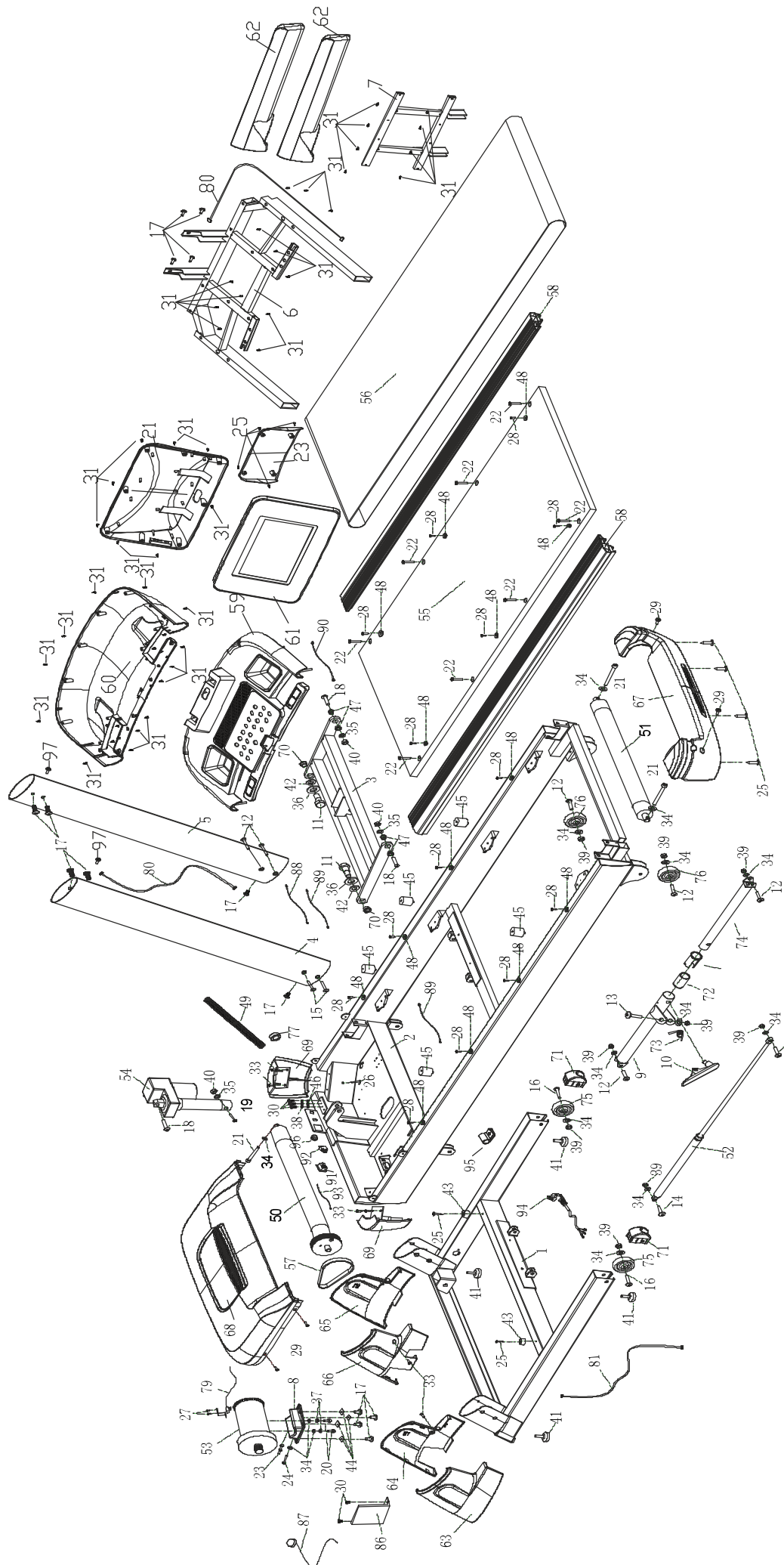
Optimal lubricant and release agent for running belt and running deck.

Available in the following sizes:

- 50 ml
- 250 ml



Exploded Drawing



Parts List

No.	Description	Qty
1	Base frame	1
2	Platform frame	1
3	Incline frame	1
4	Upright post (L)	1
5	Upright post (R)	1
6	Console frame	1
7	Display frame	2
8	Motor installation panel	1
9	Outer telescopic tube	1
10	Pedal	1
11	Hex half head screw M12×Φ14×35×19	2
12	Allen C.K.S. half thread screw M8×40×20	4
13	Allen C.K.S. half thread screw M8×45×20	1
14	Allen C.K.S. half thread screw M8×30×20	2
15	Allen C.K.S. half thread screw M8×60×20	4
16	Allen C.K.S. half thread screw M8×50×20	2
17	Allen C.K.S. full thread screw M8×20	10
18	Allen C.K.S. half thread screw M10×35×20	3
19	Allen C.K.S. half thread screw M10×65×20	1
20	Allen Column full thread screw M8×15	2
21	Allen Column full thread screw M8×75	3
22	Allen countersunk head full thread screw M6×30×Φ16	8
23	Motor bolt -1 M8×65	1
24	Hex full head screw M8×75	1
25	Phillips C.K.S self-tapping Screw ST4×16	8
26	Phillips C.K.S self-tapping Screw ST4×40	2
27	Phillips countersunk head self-tapping screw ST3×10	2
28	Phillips countersunk head self-tapping screw ST4×15	12
29	Phillips C.K.S full head Screw M5×10	6
30	Phillips C.K.S full head Screw M4×10	9
31	Phillips C.K.S self-tapping Screw ST4×15	35
32	Phillips Pan Head self-tapping Screw ST3×25	4
33	Phillips C.K.S self-tapping Screw ST4×12	14
34	Flat washer Φ8	19
35	Flat washer Φ10	3
36	Flat washer Φ14	2
37	Spring washer Φ8	2
38	Spring washer Φ5	3
39	Hex locked nut M8	9
40	Hex locked nut M10	3
41	Feet pad adjustment Φ35×37×12×M8	4
42	Plastic flat washer Φ24×Φ16×t2.0	2
43	Taper feet pad Φ23×Φ18×Φ5×11	2
44	Cushion 35×35×t5.0×Φ8	4
45	Cushion Φ30×30×M6×6	6
46	Serrated lock washers Φ5	3
47	Incline axle Φ25×Φ17×Φ10×6×1	4
48	Side rail guider Φ25×Φ5×4.5	12
49	Wire protector	1
50	Front roller	1
51	Rear roller	1
52	Cylinder	1
53	Motor	1
54	Incline motor	1
55	running deck	1

No.	Description	Qty
56	Running belt	1
57	Motor belt	1
58	Side rail	2
59	Console upper cover	1
60	Console lower cover	1
61	Panel	1
62	Handle bar	2
63	Base cover (L) -1	1
64	Base cover (L)-2	1
65	Base cover (R)-1	1
66	Base cover (R)-2	1
67	End cap	1
68	Motor cover	1
69	Main frame front cover	2
70	Powder Metallurgy set	2
71	Curved pipe plug	2
72	Hollow tubes plug	1
73	Column spring	1
74	Inner telescopic tube -1	1
75	Wheel	2
76	Wheel	2
77	Magnetic ring	1
78	console set	1
79	Speed sensor	1
80	Wire	1
81	Wire	1
82	Wire	1
83	Handle pulse	2
84	Handle pulse wire	2
85	controller	1
86	Safety key	1
87	Power cord	1
88	Power cord	1
89	Wire (Ground wire)	1
90	Wire (Ground wire)	2
91	Rocker switch	1
92	Automotive switch	1
93	Power cord	2
94	Plug	1
95	Cable clamp	2
96	Wire clip	1
97	Allen C.K.S. half thread screw M8×30×20	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.

IMPORTANT:

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

Service Outside the Warranty and Ordering Spare Parts

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

In this case please contact us by email direct to: service@maxxus.de

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.



Repair order / damage report

Device Details

Product Name: **RunMAXX 9.1**Product Group: **Treadmill**

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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