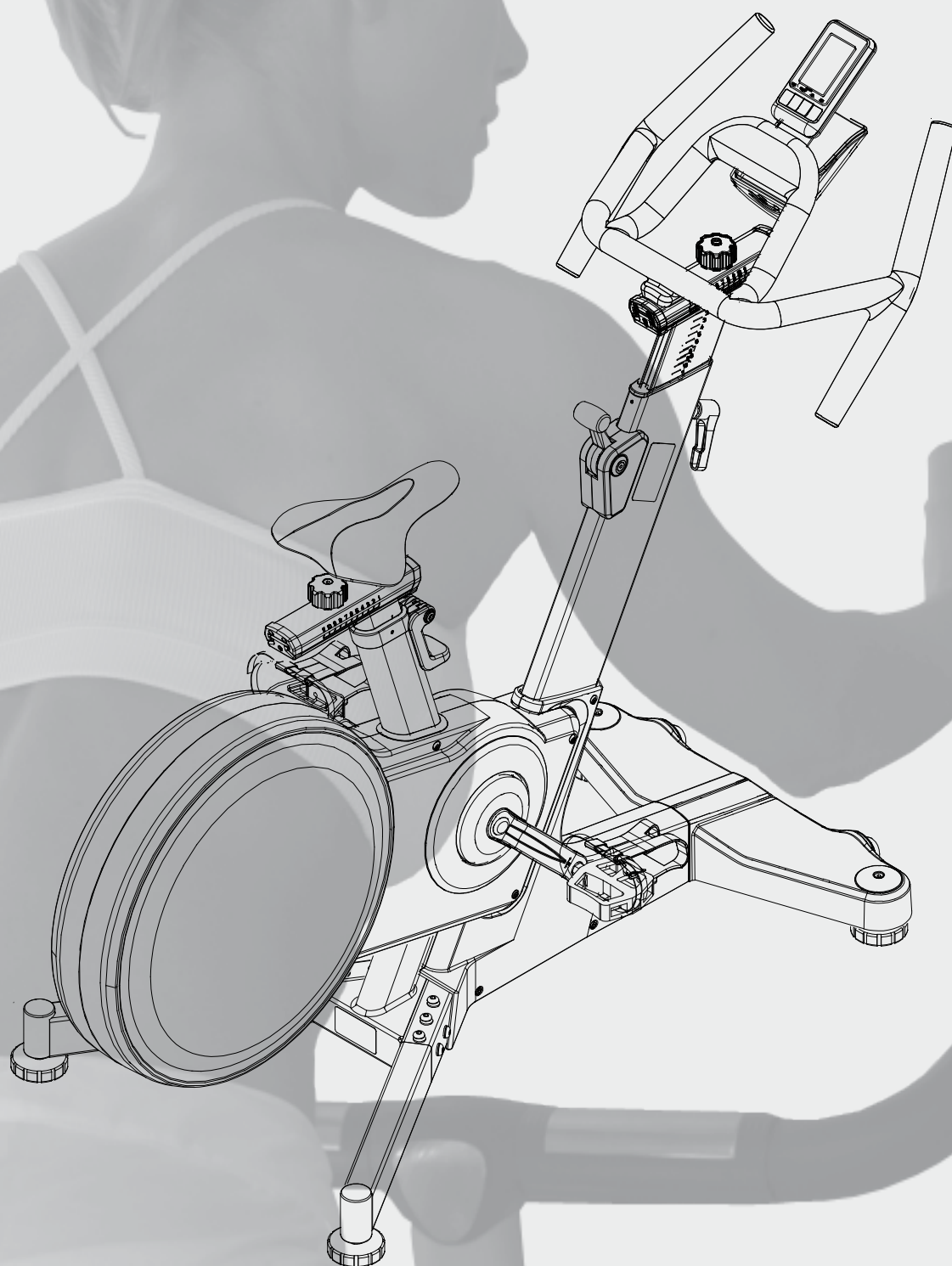


# SpeedBike S1



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# 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.

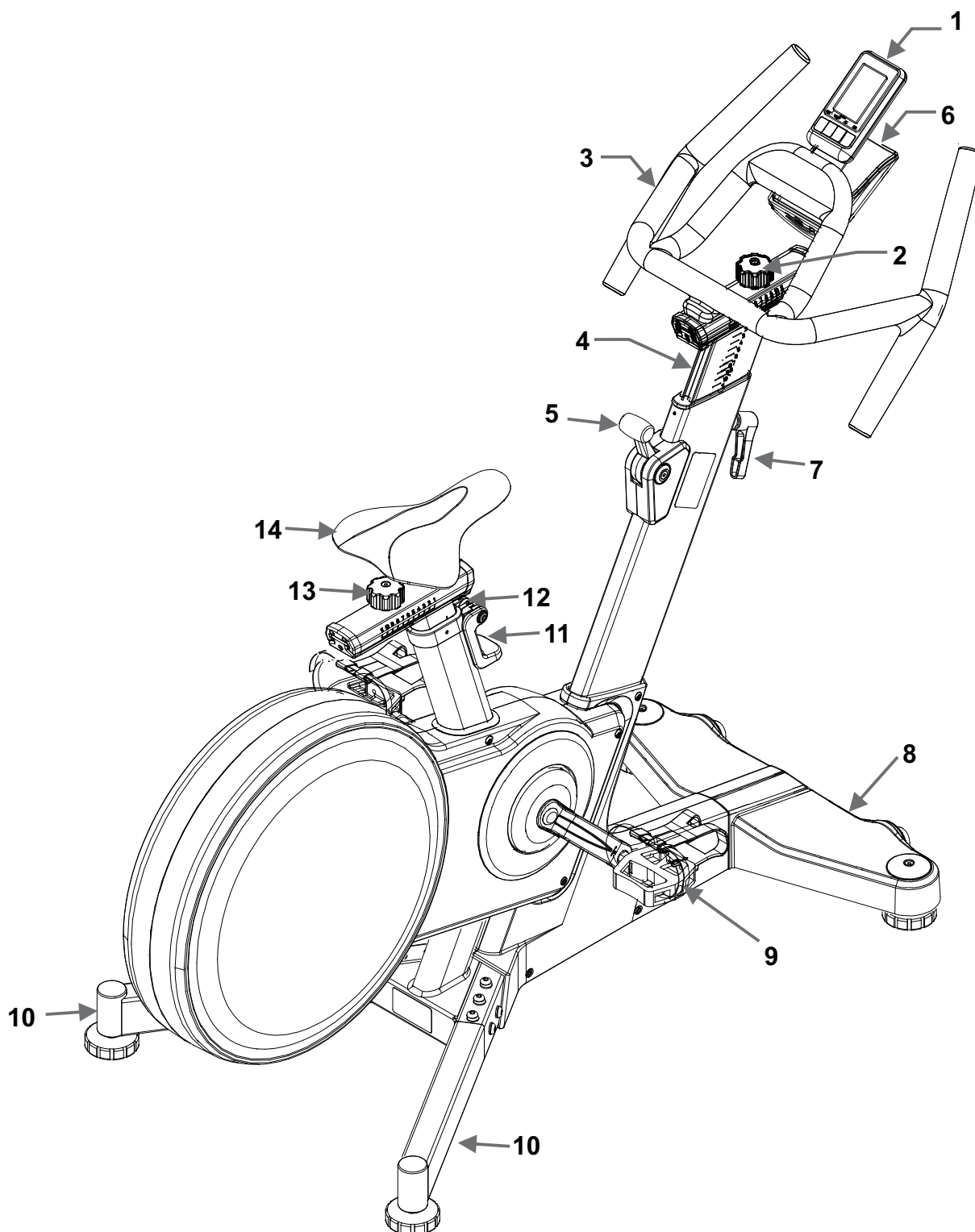
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## Personal safety instructions for training

- 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.

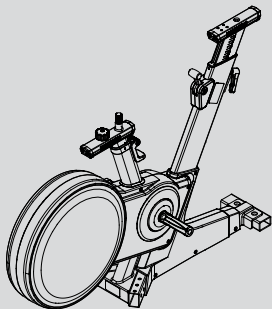
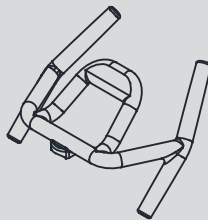
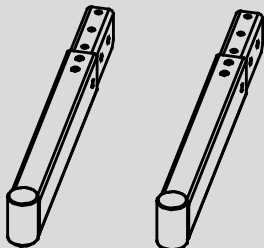
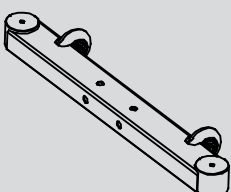
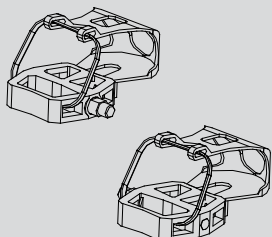
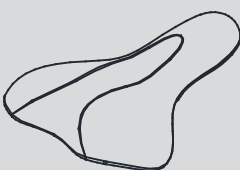
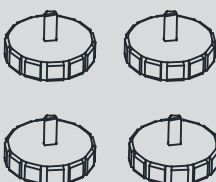
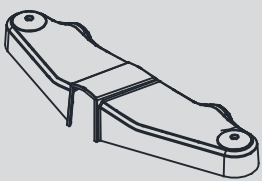
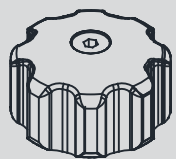
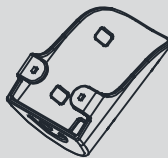
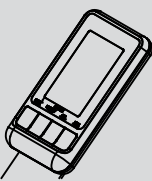
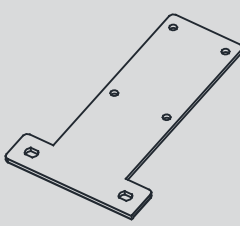
The construction of this training device is based on state-of-the-art technology and highest modern technical safety standards. This training device is to be used by adults only! Extreme misuse and/or unplanned training can cause damage to your health!

## Overall View of the Device



No.	Description
1	Cockpit
2	Handle to adjust the position of the handlebars
3	Handlebars
4	Handlebar Tube
5	Emergency Stop Lever
6	Bottle Holder
7	Lever to adjust the height of the handlebars

No.	Description
8	Stand with transport rollers
9	Pedal
10	Stand, rear
11	Lever to adjust the height of the seat
12	Seat tube
13	Knob to adjust the seat backwards and forwards.
14	Seat





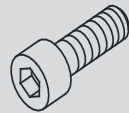








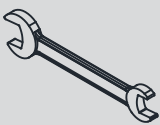
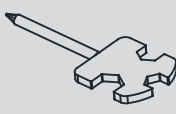
1 	4 	5 	6 
41L/R 	47 	48 	53 
59 	73 	118 	119 

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No.	Description	Qty.
1.	Base Frame	1
4	Handlebars	1
5	Stand, rear	2
6	Stand, front	1
41	Pedal L (left)/ Pedal R (right)	2
47	Seat	1
48	Stand feet	4

No.	Description	Qty.
53	Cover stand, front	1
59	Knob	1
73	Holder	1
118	Cockpit	1
119	Cockpit Bracket	1

## Scope of Delivery

81 	94 	97 	102 	103 
109 	110 	111 	120 	121 
112 	113 	114 	115 	117 

No.	Description	Qty.
81	Washer Ø6xØ16x1,6T	2
94	Washer Ø9xØ16x1,6T	10
97	Allen screw M8x12	10
102	Allen screw M6x20	2
103	Allen screw M6x12	4
109	Allen screw M10x30	2
110	Nut M10	4
111	Allen screw M6x15	2

No.	Description	Qty.
120	Allen screw M4x12	4
121	Washer Ø4,3xØ12x0,8T	4
112	Allen key 6mm	4
113	Allen key 5mm	1
114	Allen key 4mm	1
115	Spanner 13 / 15	1
117	Phillips screwdriver - combi	1

## Assembly

Carefully unpack all of the delivered items. Two people are required as some parts of your exercise equipment are bulky and heavy. Check that all of the fastening material (screws, nuts, etc.) and components are there before starting assembly.

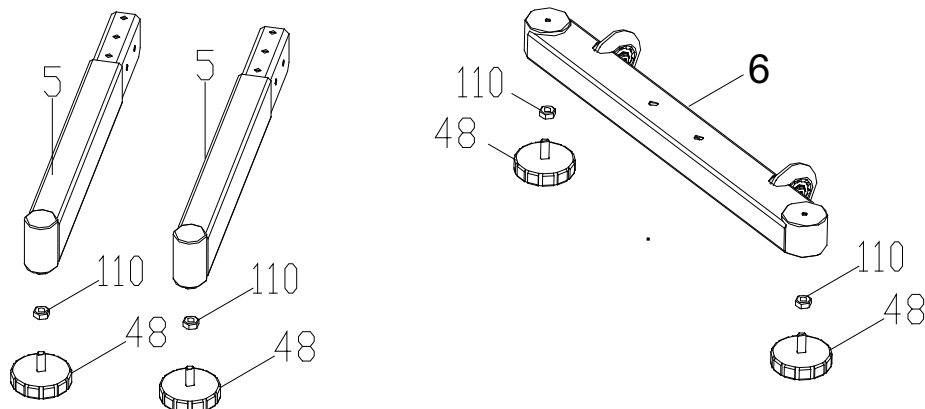
Carefully carry out the installation as damage that has arisen due to assembly errors are not covered by the warranty or guarantee. Read the instructions carefully before starting, follow the sequence of installation steps exactly and follow the instructions for each individual step. Pay particular attention to your personal safety during pay attention to your personal safety. Wear suitable work gloves, have a second person help you with heavy and bulky components and secure moving components so that no parts of the body can be trapped during assembly.

Installation of the device must be carried out by competent adults. Perform the assembly in a location that is level, clean and free from obstructions. Carry out the assembly with two people. Only start training after fully completing the installation.

### Step 1: Assembly of the Stand Feet

Screw a nut M10 (110) on each of the four stand feet (48)

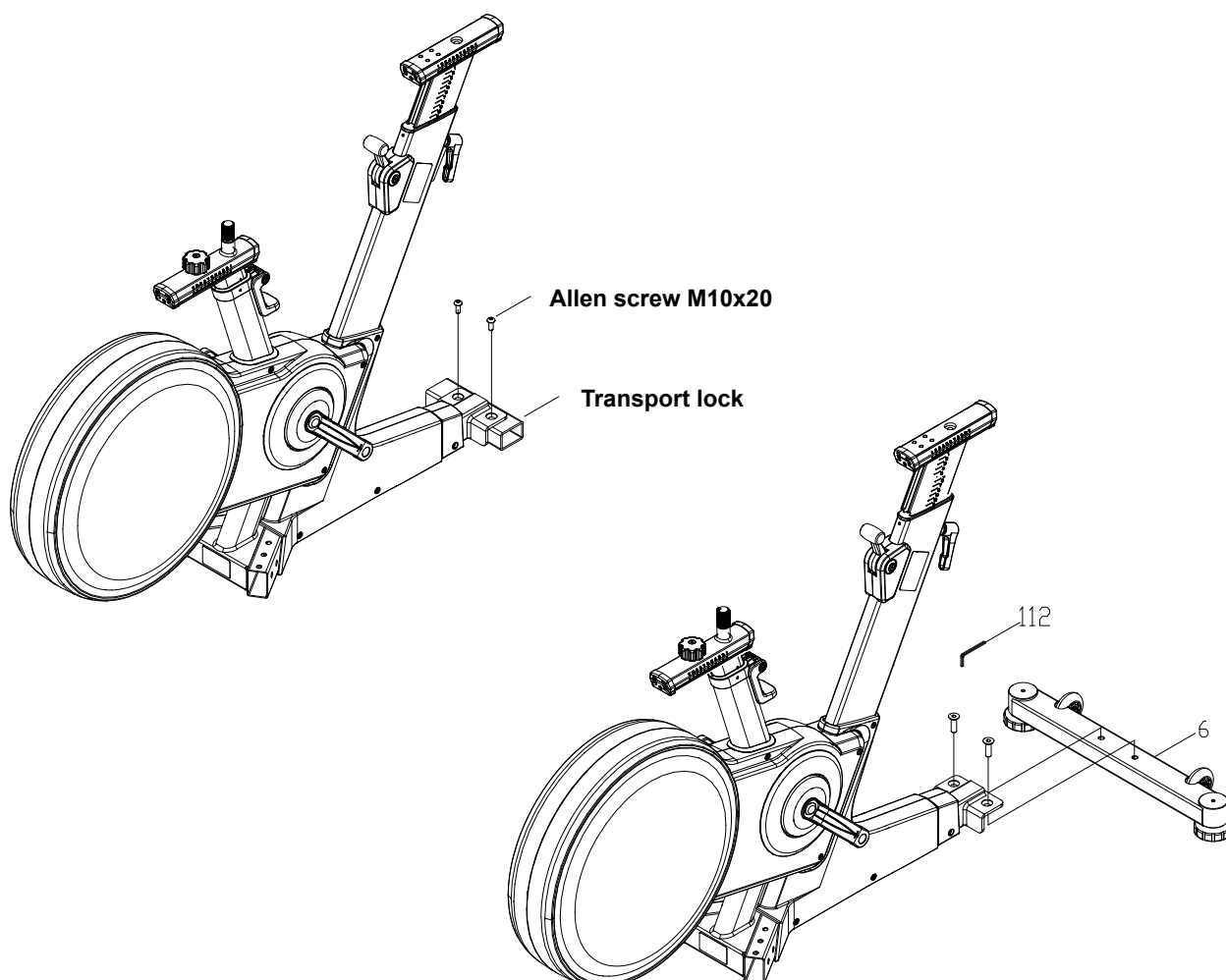
Now insert a stand foot to the underside of each of the rear stands (5) and the other two stand feet to the underside of the front stand (6).



### Step 2: Assembly of the Front Stand

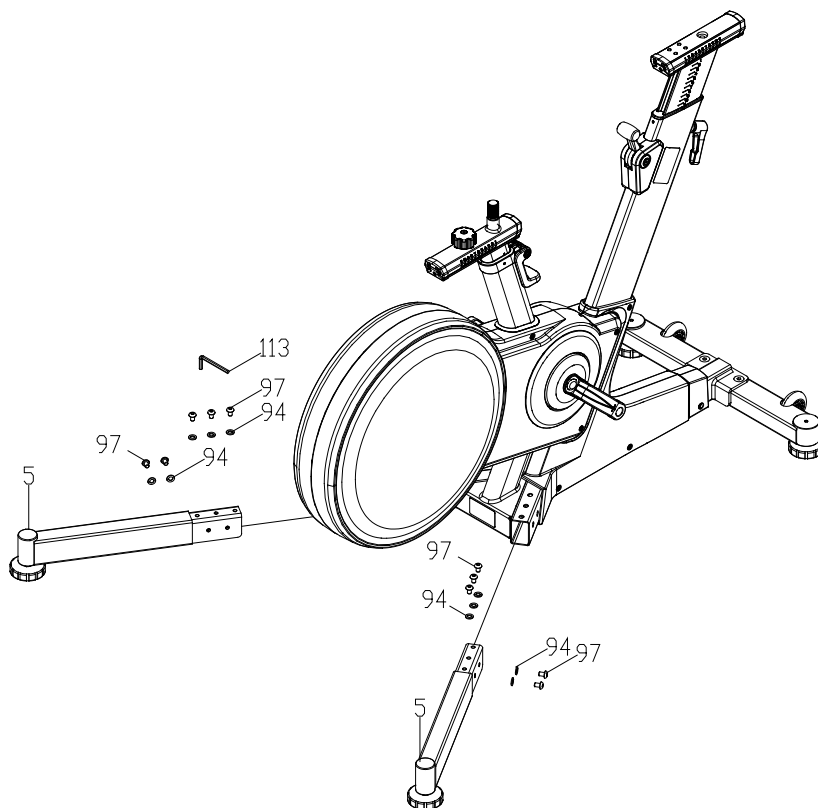
Loosen and remove the pre-assembled screws M10x20 and then remove the transport lock.

Now fix the front stand (6) using two washers Ø9xØ161,6T (94) and two Allen screws M8x12 (97).



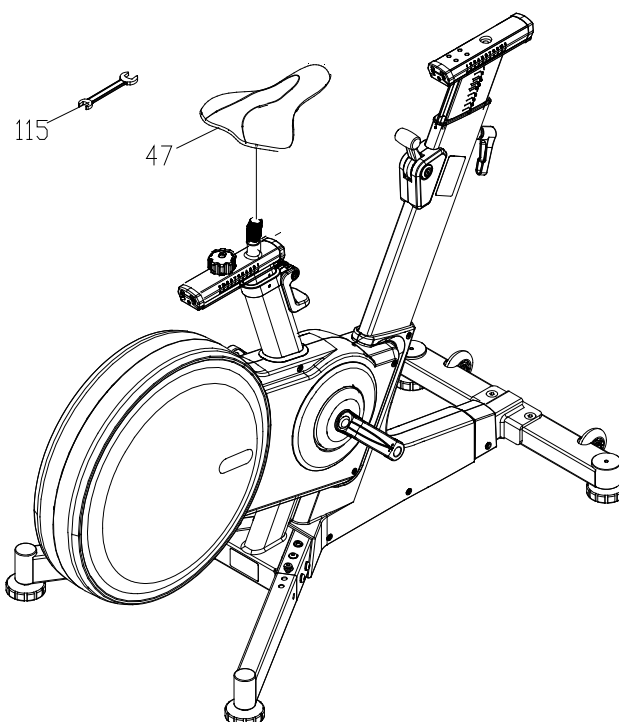
### Step 3: Assembly of the Rear Stands

Insert the two rear stands (5) into the mounts on the base frame and fix them from above using three washers Ø9xØ161,6T (94) and three Allen screws M8x12 (97) on each stand.



### Step 4: Assembly of the Seat

Place the seat (47) onto the seat stem and fix it on using the spanner (115).





**Step 5: Assembly of the Handlebars****Step 5.1:**

Insert the knob (59) with a washer  $\varnothing 6 \times \varnothing 16 \times 1.6T$  (81) from above into the handlebar shaft

**Step 5.2:**

Loosen knob (59) and slide the carriage of the horizontal handlebar to adjustment backwards towards the seat (Fig. 2 & 3).

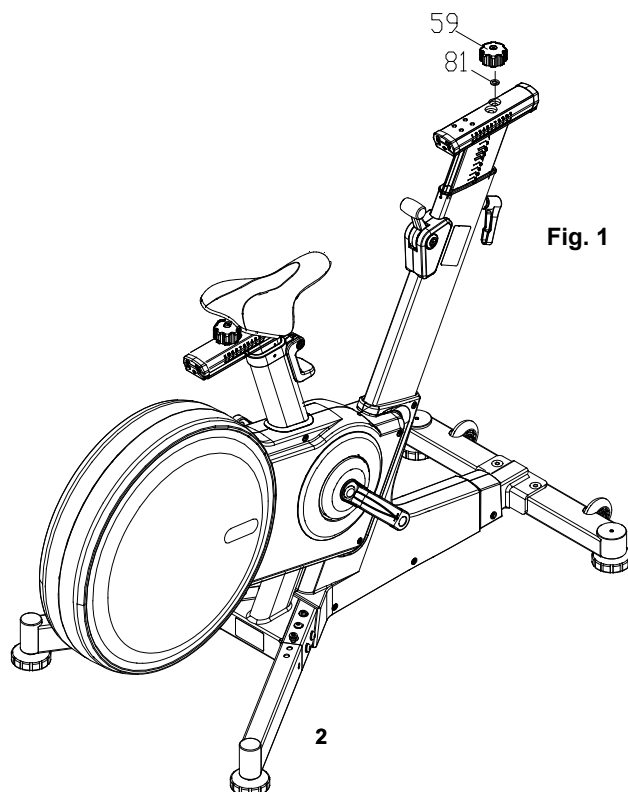


Fig. 1

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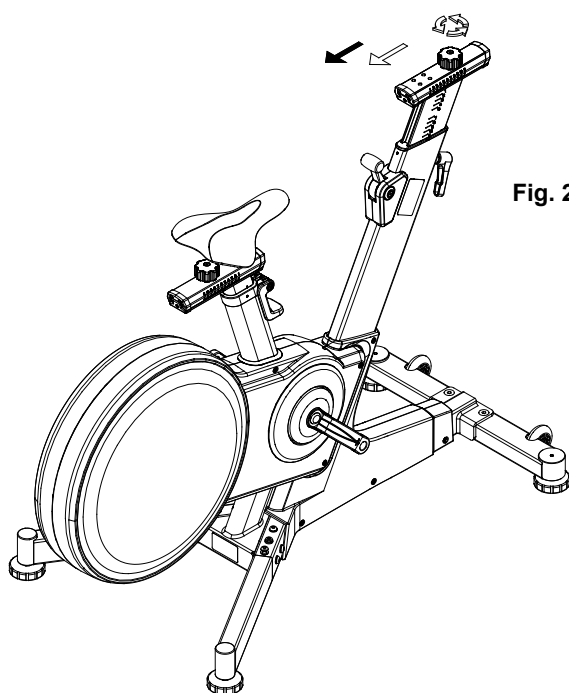


Fig. 2

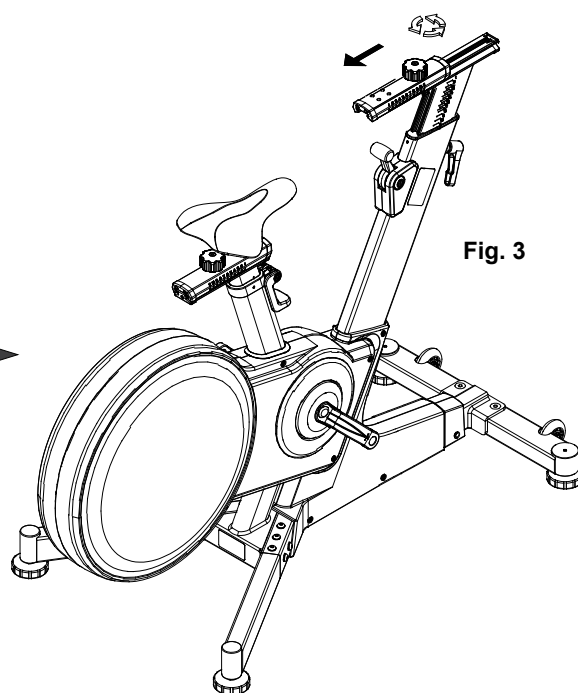
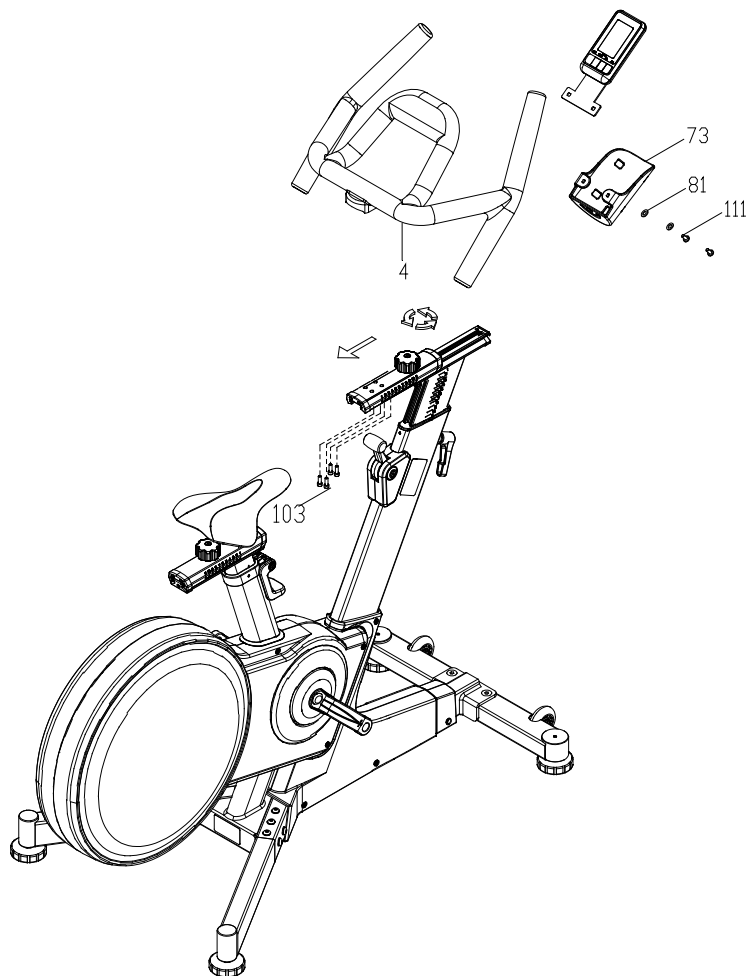


Fig. 3

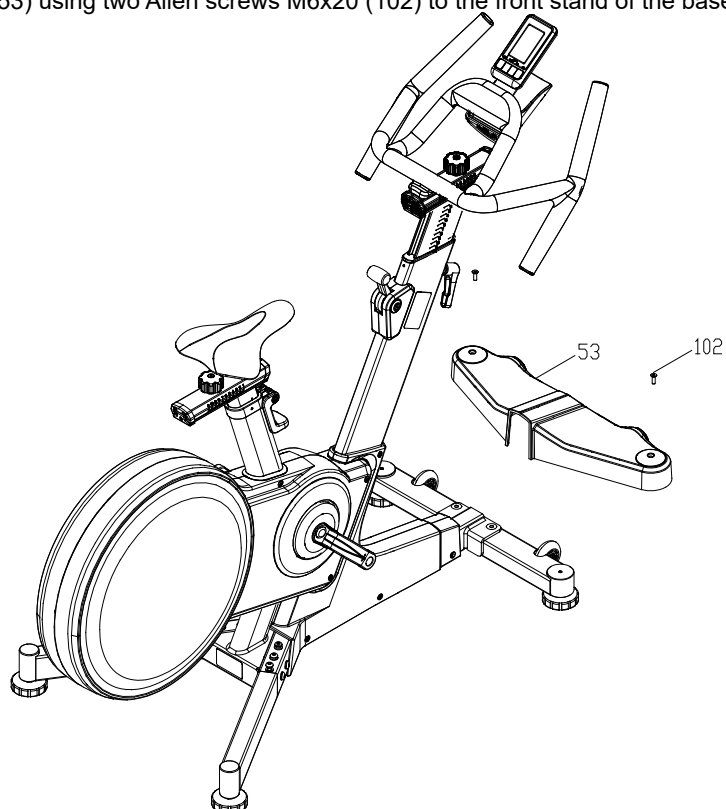
### Step 5.3:

Slot on and fix the handlebars onto the horizontal handlebar adjustment slide using four Allen screws M6x15 (103). Now attach the holder (73) and the cockpit (118) to the handlebars. To do this use two Allen screws M6x15 (111) and two washers (81).



### Step 6: Assembly of the Front Cover

Fix the front cover (53) using two Allen screws M6x20 (102) to the front stand of the base frame.



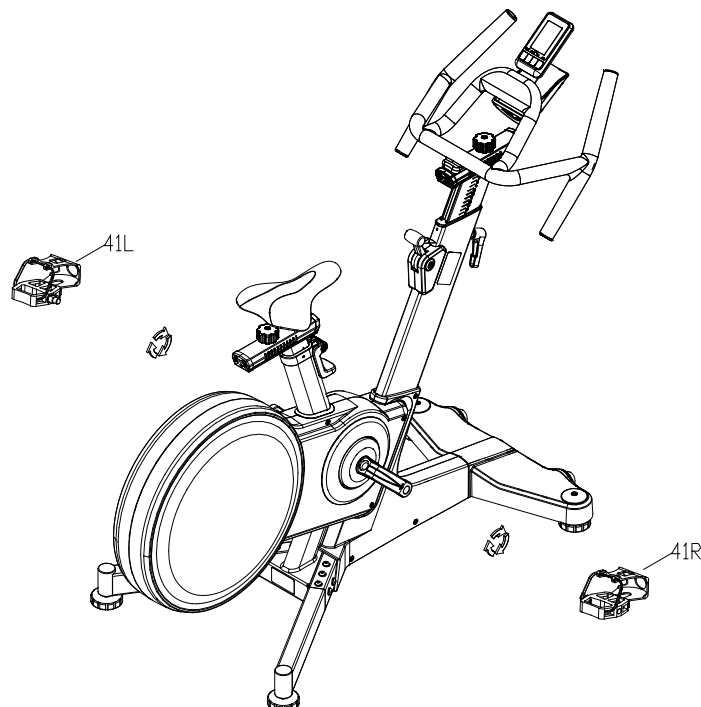
## Step 7: Assembly of the Pedals

Insert the pedal marked with an "R" (41R) into the thread of the right pedal arm and attach it by tightening it clockwise (standard right-hand thread). Now insert the pedal marked with an "L" (41L) into the thread of the left pedal arm and attach it by tightening it in an anti-clockwise direction (left-hand thread).

Please make sure that you tighten both pedals sufficiently to prevent the pedal screw connections from coming loose during training.

### Note:

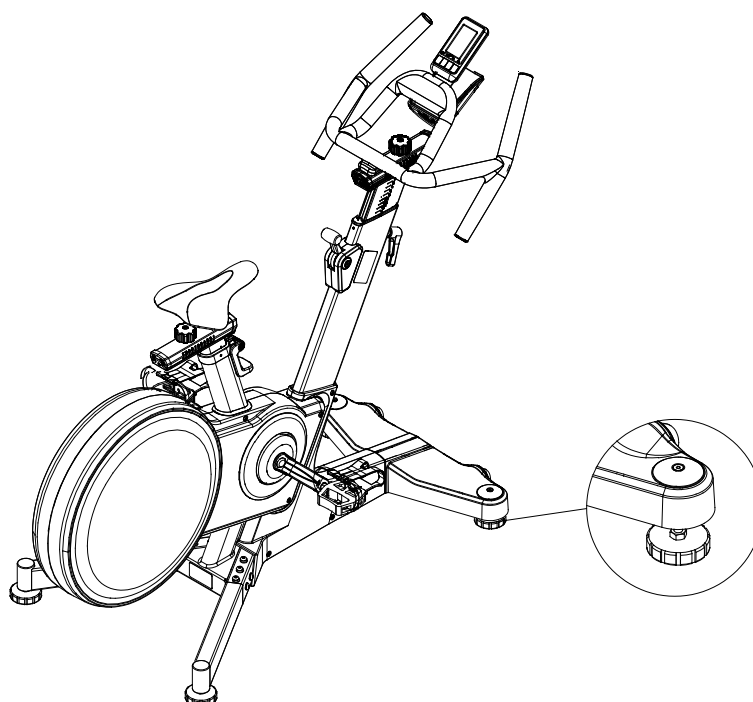
If you prefer you can treat the threads on the pedals with a medium-strength thread locking adhesive such as LOCTITE ®243.



## Levelling the Device

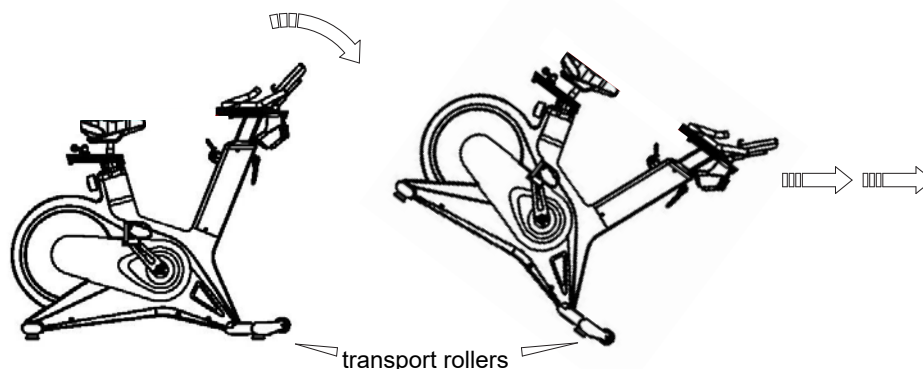
Make sure that your exercise equipment is always level. In order to compensate for minor bumps or inclinations in the floor, adjustable feet are fitted to the front and rear stands. To ensure that the device stands level, first turn all feet to the lowest position.

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



## Transport

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



## Location & Storage

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

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

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

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

## Maintenance & Care

### WARNING

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

### Cleaning

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

Never use solvents.

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

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

### Maintenance

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

### Checking the fastenings

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

### Checking the components

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

### WARNING:

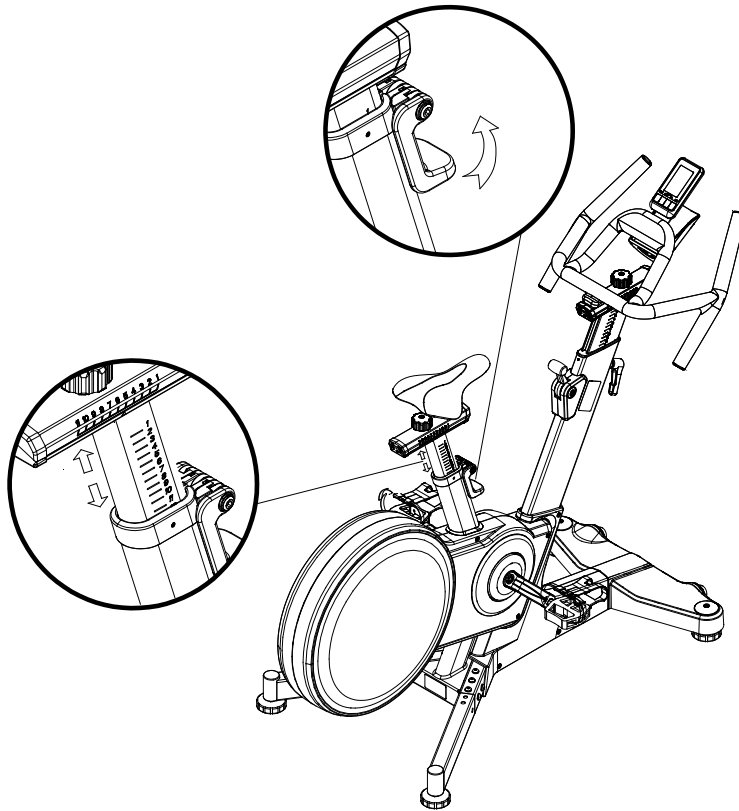
Never train if one or more of these components are loose.

### Vertical Seat Adjustment

You can change the position of the seat vertically, i.e. adjust the height. With this you can find the optimal distance to the pedals. Loosen the lever on the seat tube by pulling it upwards. Adjust the seat to the desired height and fix the seat tube in position again by pushing down the lever.

#### CAUTION:

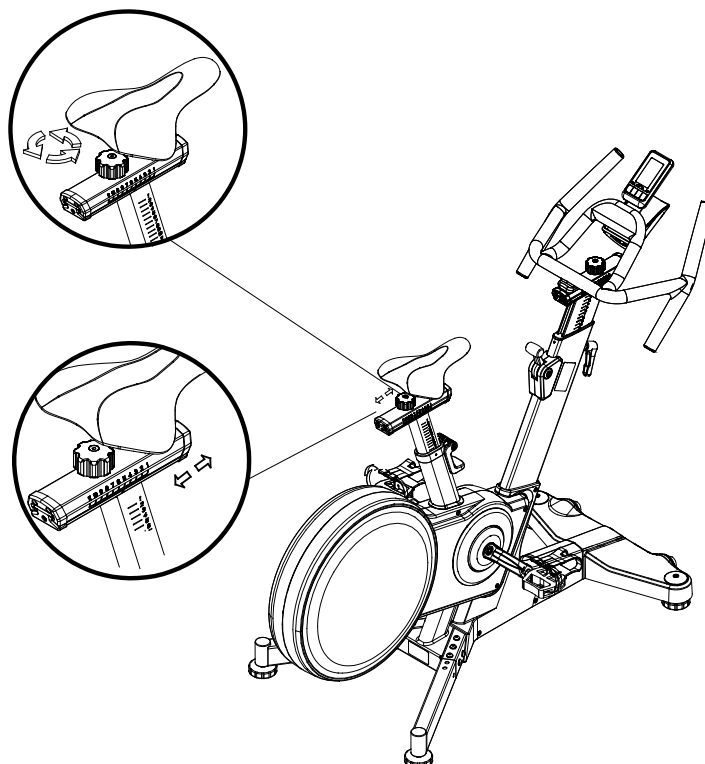
Never adjust the seat at a height where there is no equivalent marking on the seat tube.



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### Horizontal Seat Adjustment

You can change the position of the seat horizontally, i.e. adjust the position backwards and forwards. With this you can adjust the seat at an optimal distance from the handlebars. Simply loosen the knob underneath the seat and push the seat into the desired horizontal position. Then tighten the knob again.



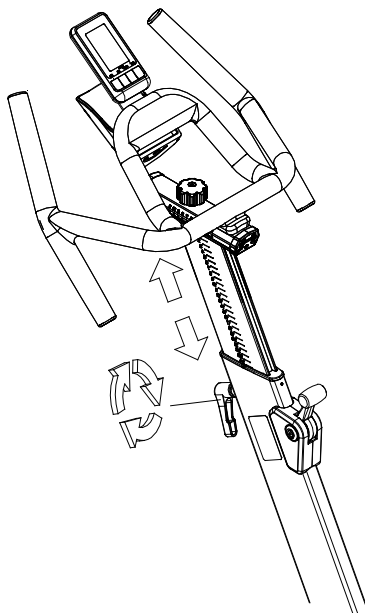
### Vertical Handlebar Adjustment

It is possible to change the vertical position, or height of the handlebars. To do this loosen the lever on the front of the handlebar shaft. Adjust the handlebars to the desired position and then tighten the lever again.



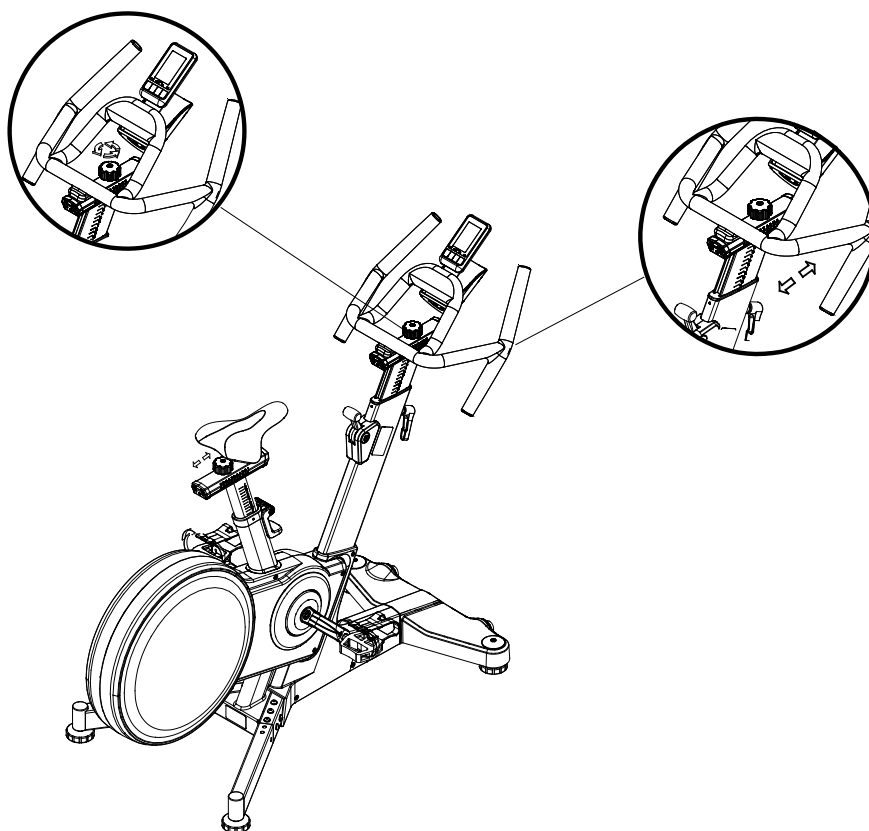
#### CAUTION:

The maximum handlebar height adjustment is marked on the handlebar stem with "STOP"



### Horizontal Handlebar Adjustment

It is possible to change the horizontal, or lengthwise position of the handlebars. With this you can find the optimal distance to the seat. Simply loosen the lever on the handlebar slide bracket. Then push the handlebars into the desired horizontal position and tighten the lever again.



#### CAUTION:

The horizontal and vertical position of the handlebars and seat must never be altered during training. Always stop your training to dismount the bike to alter these positions.

Please check that the lever and knob are both firmly tightened before each training session. Never train on this device if the knob or lever are loose.

### Seat Position

Stand next to the bike and adjust the seat to a height a width of two-fingers below your hip joint. Then sit on the seat and put your feet onto the pedals. Your knees should still be bent at a small angle when the pedal is at its lowest point. Never train with your knees completely straight at this pedal position (Fig. 1).

To achieve the optimal lengthwise position of the seat, adjust it so that when your knee joint is at its most forward position, the pedal is horizontal with the pedal arm (Fig 2).

### Handlebar Position

We recommend positioning the handlebars at the same height as the seat (Fig. 3). If your knees touch the handlebars when you pedalling in a standing position or if the user experiences any un-comfort in the shoulder/neck during longer training sessions, then the handlebars should be raised a little than the height of the seat. The horizontal position of the handlebars should be selected so that the users back is bent forwards with their upper body at a 45-degree angle.

A basic rule for the correct distance between the handlebars and the seat is that if you place your elbows on the seat, you should also be able to place your hands on the handlebars (Fig.4).

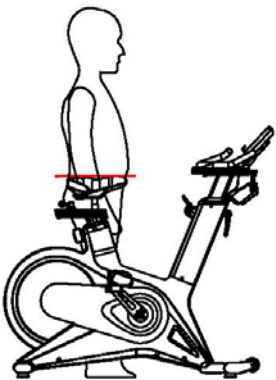


Fig. 1



Fig. 2

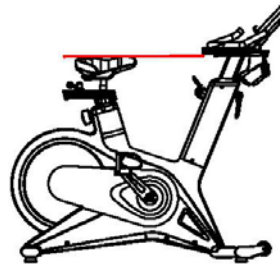


Fig. 3

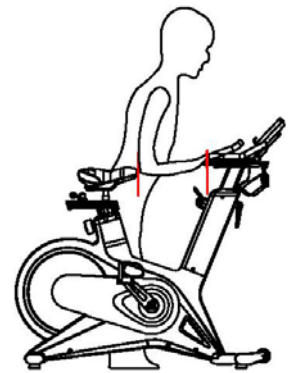
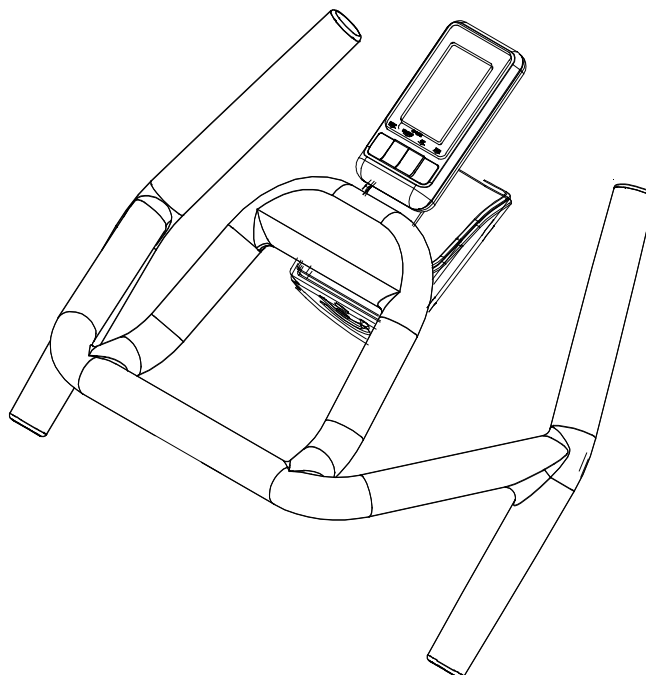


Fig. 4

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### Handle Position

The handlebars offer several handle positions for you to find the optimum position for your hands in any standing or sitting training position.

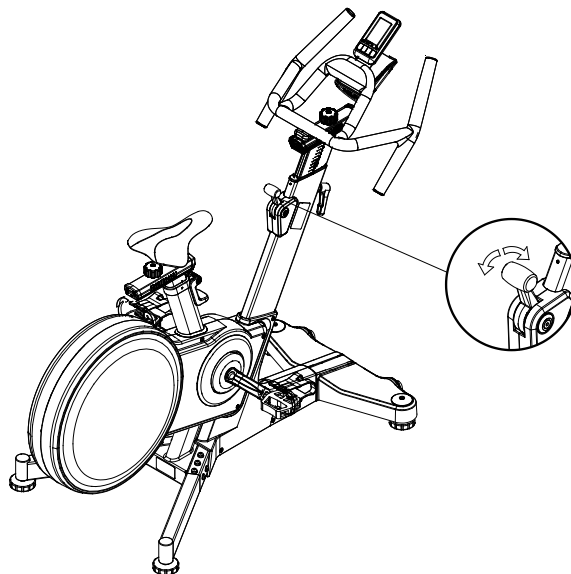


## Adjusting the Braking Resistance

The braking resistance may be adjusted using the adjustment lever. The further you push the lever down, the greater the braking resistance will be. The further upwards you push the lever, the lighter the braking resistance will be.

### Note:

You should never pedal backwards under resistance load as the screw connection of the pedals to the pedal arms can loosen and come undone.



## Emergency Stop

### Emergency Stop

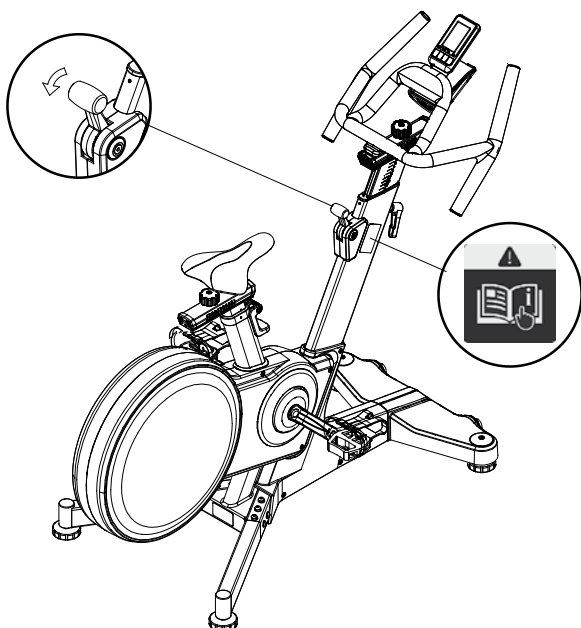
Important warning about the emergency stop

The Speed Bike cannot freewheel, i.e. the flywheel is firmly connected to the pedals and does not stop automatically as soon as the user stops pedalling.

Please always train at a speed that you have under control at all times.

In an emergency, simply press the emergency brake lever down hard to stop the pedalling movement quickly and in a controlled manner.

The Speed Bike may only be pedalled in a forward direction. When pedalling backwards, the functionality of the emergency stop is hindered.

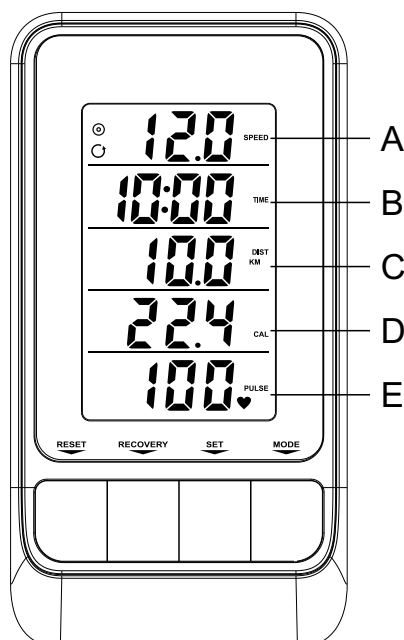


### ⚠ CAUTION:

The flywheel torque allows the pedal to continue rotating even after the user has stopped pedalling. Do not get off the bike or take your feet off the pedals before the flywheel and the pedals have come to a complete stop. Serious injuries may occur if you do not follow these instructions!

To stop the flywheel quickly during operation you must press the emergency stop lever downwards.





## Keypad

<b>RESET</b>	Resets all training values back to zero
<b>RECOVERY</b>	Starts the recovery measurement
<b>MODE</b>	Selects the display window to enter values During training: Switches on/off the regular alternating of the values in the display windows.
<b>SET</b>	Entry or pre-setting of the values during programming.

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## Displayed Values

<b>Window A</b>	Alternating display of speed / average speed / maximum speed
<b>Window B</b>	Display of the training time If the training time is not pre-set, the value will start running as soon as training begins. If training is interrupted for more than 6 seconds, the training time will stop automatically. The training time can be pre-set up to 99 minutes in 1-minute increments. The value will be counted backwards in a countdown when training begins.
	Window C Display of the training distance (KM = Kilometre / MI = Miles) If the training distance is not pre-set, the value will start running as soon as training begins. The training distance can be pre-set up to 99 Kilometres in 0.1 Kilometre increments. The value will be counted backwards in a countdown when training begins.
<b>Window D</b>	Alternating display of calories and revolutions per minute (RPM) Calorie display* If the calorie consumption value is not pre-set, the value will start running as soon as training starts. Calorie consumption can be pre-set up to 999 calories in 1 calorie increments. The value will be counted backwards in a countdown when training begins.
<b>Window E</b>	Alternating display of current heart rate** / average heart rate / maximum heart rate

\* **Energy consumption (calories)** is calculated using a general formula. It is not possible to determine individual energy consumption values exactly as this requires a large amount of personal data. The energy consumption displayed is an approximation and not an exact value.

### \*\* Note on heart rate measurement

An optionally available heart rate transmitter belt is required for this. MAXXUS recommends using a POLAR T34.

### Before you start your first training session

After assembling your Speedbike and before starting with your first training session, please check if the cockpit is receiving the signal correctly.

Insert two type AAA 1.5-volt batteries into the cockpit. Pedal for at least 2 minutes using the pedals. During this time, make sure that the cockpit has a perfect connection to the sensor. As soon you have completed this test, the cockpit will show the training data and you can now start with your training session.

Repeat this procedure each time you change the batteries.

### Changing the Batteries

Please change the batteries if the display becomes faded or if the keys start to flash. This means that the batteries do not have enough power.

Remove the battery compartment cover and replace the old batteries with two new 1.5-volt AAA UM-4 batteries.

If the computer is not receiving the signal from the sensor, it means that the power of the sensor battery is too low and must be changed as soon as possible.

To do this, undo the screw on the sensor, remove the sensor and use a coin to undo the battery cover. Change the old CR2032 battery for a new one of the same type and then replace and tighten the cover.


Place the sensor back in its appropriate place and make sure that the triangle "►" of the sensor is aligned with the magnet and that the distance between the two is less than 10 mm.

#### **Note:**

If the sensor or cockpit battery have been changed, it will be necessary to match the cockpit and sensor codes again – to do this see "Before you start your first training session" above.

### Entering the Training Values

To enter the training values into the cockpit it has to be in Stop mode.

In this case the symbol  will not be shown in the display.

Press the MODE key to select the window with the appropriate training value you require.

By pressing the SET key, enter the desired training value for time, distance or calorie consumption.

Start your training session by starting to pedal on the pedals.

**Recovery Measurement**

If the user is wearing an optionally available chest belt for heart rate measurement, the cockpit will show their current heart rate. Once training has ended, press the RECOVERY key to activate the recovery measurement function. A one-minute countdown will be shown on the display along with the current heart rate. After one minute, the recovery pulse measurement will be shown on the basis of school grades. Here F1 stands for optimal recovery following training and F6 for a very long recovery phase.

Press the RECOVERY key again to end this function.

**Switching on the Cockpit in Stand-By Mode**


Press any key on the dashboard to switch on the cockpit.

**Switching off the Cockpit**

The cockpit will switch off automatically approximately 4 minutes after the end of your training session.

**Quick Start Function**

After switching on the cockpit, start pedalling. The training time will start automatically and your training session can immediately begin.

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

### Calculating your personal heart rate when training

Calculate your personal heart rate when training as follows:

#### 220 - Age = maximum heart rate

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## **Warning about Pulse and Heart Rate Monitoring**

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

### **Heart Rate Measurement using a Chest Belt**

Many MAXXUS® training devices are already fitted with a receiver as standard.

Using 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 online as an accessory from [www.maxxus.com](http://www.maxxus.com).

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

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

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

### **CAUTION**

The determination of the current heart rate by means of the chest belt serves only to display the current heart rate during exercise. This value says nothing about the safety and effectiveness of the training. 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 procedure for you and create your exercise plan before you start exercising.

This applies especially to those who:

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

If you are wearing a pacemaker or similar device, discuss this with 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 training plan. Plan your fitness training as an integral part of your daily routine. If you don't have a fixed plan, training can easily interfere with regular commitments or continually be put off to another unspecified time.

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

### Warm-Up Before Training

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

### Cool-Down After Training

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



#### Front Thigh Muscles

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



#### Inner Thigh Muscles

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



#### Legs, Calves and Buttocks

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



#### Leg and Lower Back Muscles

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

### 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:						

ENG

## Technical Details

### Cockpit:

#### Displays:

- Time
- Speed
- Distance
- Wheel Revolutions per Minute
- Calorie Consumption
- Heart Rate  
(when using an optional chest belt)

### Technical Details:

Braking System:	manual magnetic brake system
Drive Type:	two-stage longitudinal ribbed belt
Flywheel:	approx. 18kg
Installation dimensions:	Approx. 149 x 64.5 x 127 cm
Total weight:	Approx. 63kg
Maximum user weight:	130 kg
Value Adjustment:	Via a keypad
Power supply:	Cockpit – 2 AAA 1.5-volt batteries – Sensor: 1 x C3220 battery
Temperature Range:	10° to 30° for operation and storage

### Field of application:

Home use  
Semi-professional use  
Professional use

### Standards

**EN ISO 20957-1:2013**  
**ISO 20957-5:2016 / EN 957-5:1996**

### Class:

**SB**

## Disposal



Never dispose of your training equipment in the normal household waste. All consumers are legally obliged to dispose of old appliances separately from household waste. Dispose of the device only with a municipal or an authorised disposal company. Here the disposal of this device is free of charge. This is the only way to ensure that your old device is professionally disposed of and that negative effects on the environment will be avoided. Please observe the regulations which currently apply. If in doubt, please ask your local or municipal authorities for detailed information on how to dispose of your training device properly and in an environmentally sound manner.



### Batteries / Re-chargeable Batteries (if present in the device)

According to the Batteries Directive, you as end user, are legally obliged to return all used batteries and re-chargeable batteries. **Disposal in normal household waste is an illegal offence.**

Most batteries already have the symbol to remind you of this regulation. In addition to this symbol the content of the heavy metals is also indicated. Such heavy metals must be disposed of in an environmentally sound manner. This means that all consumers are legally obliged to hand over used batteries and re-chargeable batteries to their local authority, at a municipal collection point or to return them to the retailer. If in doubt, please enquire at your municipal or local government authority on how to dispose of your batteries and rechargeable batteries properly and in an environmentally sound manner. You are also welcome to return your used batteries and rechargeable batteries to us at our head office or send them to us if sufficient postage is paid. On receipt we will dispose of them properly in accordance with the Batteries and Rechargeable Batteries Directive. Only return or dispose of batteries and rechargeable batteries when they are fully discharged.



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

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

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

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

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

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

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

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

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

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

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

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

**My feet fall asleep during training.**

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

## Recommended Accessories

These accessories are best suited for use with your training device. All products are available from our online shop at [www.maxxus.com](http://www.maxxus.com).

**POLAR® Transmitter Chest Belt T34 (uncoded)**

Chest strap for determining the heart rate with optimized transmission ranges. Required accessory for the application of pulse-controlled programs and for continuous determination of the current heart rate.

**MAXXUS® Floor Protection Mats**

Due to its extreme density and material thickness of 0,5cm, these mats provide 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:

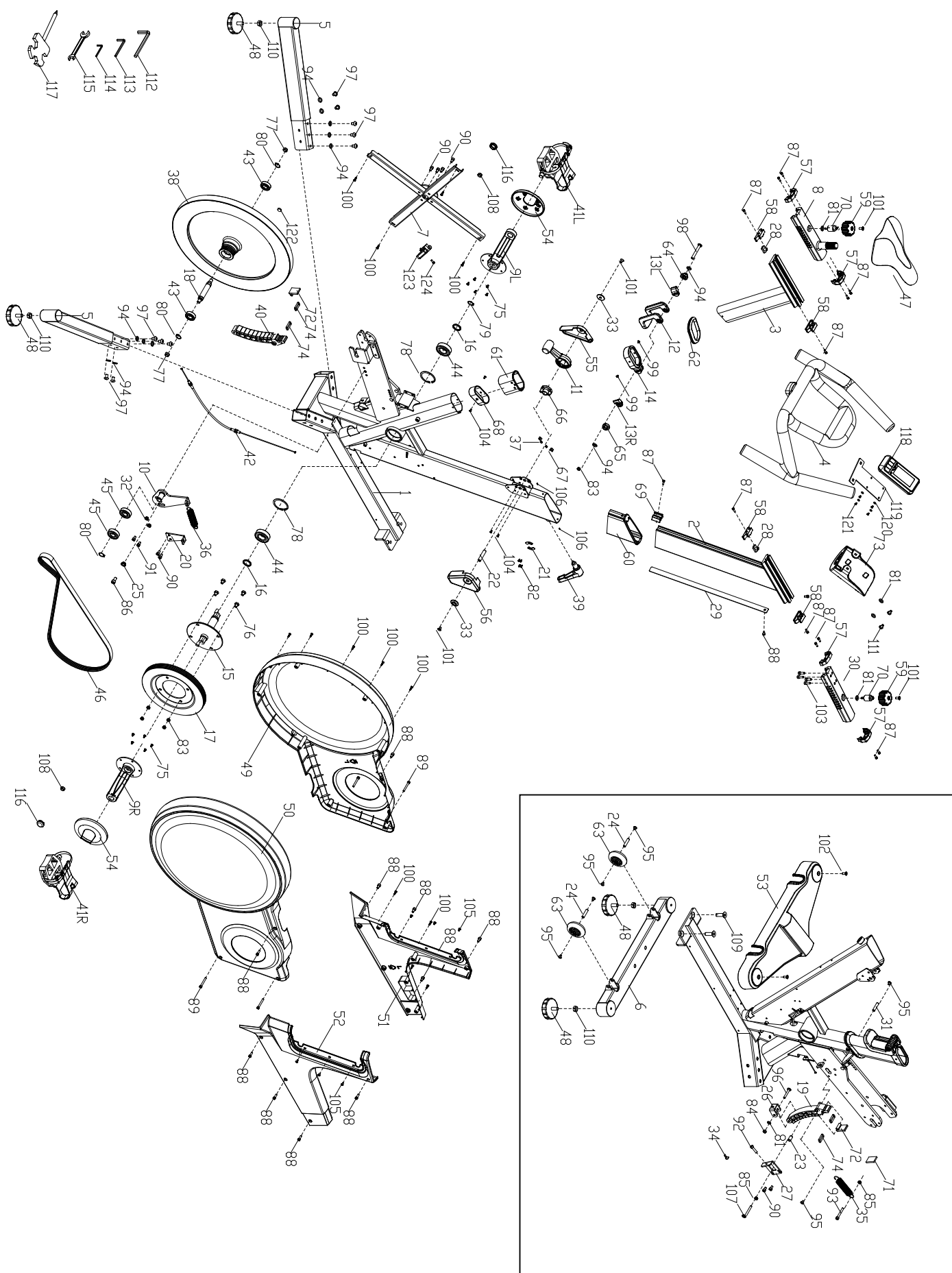
- 160 x 90 cm
- 210 x 100 cm

**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.



No.	Description	Specifications	Qty.
1	Main frame		1
2	Upright extension tube		1
3	Seat tube		1
4	Handle		1
5	Rear floor tube		2
6	Front floor tube		1
7	Cross welding		1
8	Seat tube sliding set		1
9L/9R	Crank shaft L/R		2
10	Idler wheel shaft		1
11	Brake handle		1
12	Seat handle		1
13L/13R	Seat gear seat L/R		1
14	Seat tube outer bushing		1
15	Belt pulley shaft	Ø25*159.6L	1
16	Intermediate shaft spacer sleeve	Ø25*Ø30*T4.0	2
17	Belt pulley	Ø235*21H	1
18	Flywheel shaft	Ø17*111.5L	1
19	Magnetic seat		1
20	Spring hanger	T3.0	1
21	Gear disc presser		2
22	Brake shaft	Ø10*48L	1
23	Magnetic seat limited sleeve	Ø10*18L	1
24	Moving wheel shaft	Ø8*31L	2
25	Idler wall spacer sleeve	Ø17*8.1H	1
26	Cable connector fixed plate	T4.0*20*93L	1
27	Magnetic adjusting plate	T3.0*45*75L	1
28	Nut	Ø25*14H	2
29	Upright decorating bar		1
30	Handle sliding set		1
31	Magnet seat rotating shaft	Ø8*50.4L 10.9 grade	1
32	Spacer sleeve	Ø13*7H	2
33	Moving wheel screw cover	Φ28*5	2
34	Cable compression plate	T1.0	1
35	Spring	□1.5*□15*77.8L	1
36	Spring	□3.0*□18*77L	1
37	Spring	□0.6*□4.6*6.6L	2
38	Cast iron flywheel	Ø450*18KG	1
39	Linear shape knob	M16*P1.5	1
40	Strong Magnetic	T8*15*25	9
41L/41R	Pedal	JD-304V	1
42	Brake cable		1

## Spare Parts List

No.	Description	Specifications	Qty.
43	shaft	6003ZZ	2
44	shaft	6205ZZ	2
45	shaft	6203ZZ	2
46	PK belt	PK-1345-J5, black	1
47	Seat		1
48	Adjusting foot pad		4
49	Chain cover L		1
50	Chain cover R		1
51	Upright front cover L		1
52	Upright front cover R		1
53	Front floor tube cover		1
54	Crank shaft cover	123.5*16	2
55	Brake cover L		1
56	Brake cover R		1
57	Sliding track upper cover	31.9*55.6*13	4
58	Sliding track lower cover	23*49.6*13	4
59	Knob		2
60	Upright bushing	45.6*112.4*119	1
61	Seat tube bushing	40*80*74.6	1
62	Seat tube spacer ring		1
63	Moving wheel	68*24H	2
64	Seat gear set R	24.5*14.3L	1
65	Seat gear set L	24.5*14.3L	1
66	Gear set		1
67	Gear	6.6*7*9.5L	2
68	Seat tube guide sleeve	35.6*75.6*30H	1
69	Limit pipe plug	18.6*29*30	1
70	Knob fixed shaft		1
71	Brake pad	T3.5*20*44	1
72	Brake set		1
73	Storage bracket		1
74	O-ring	Ø22.5*Ø3.1	2
75	Screw	BTM4*8	10
76	Screw	M8*15 10.9grade	4
77	Nut	M10*P1.25	2
78	Inner card spring	Ø52	2
79	C- card spring	Ø25	1
80	C- card spring	Ø17	3
81	Washer	Ø6*Ø16*t1.6	7
82	Screw	BT3*8 10.9grade	4
83	Nut	M8	5
84	Nut	M6	1

No.	Description	Specifications	Qty.
85	Nut	M6	2
86	Screw	M8*20 10.9grade	1
87	Screw	M4*12 10.9grade	13
88	Screw	M5*15 10.9grade	11
89	Screw	M5*40 10.9grade	4
90	Screw	M6*10 10.9grade	8
91	Screw	M6*15 10.9grade	2
92	Screw	M6*20 10.9grade	1
93	Screw	M6*25 10.9grade	1
94	Washer	Ø9*Ø16*t1.6	12
95	Screw	M5*8 10.9grade	6
96	Screw	M6*40 10.9grade	1
97	Screw	M8*12 10.9grade	10
98	Screw	M8*75 10.9grade	1
99	Screw	M4*6 10.9grade	2
100	Screw	BT4*15 10.9grade	13
101	Screw	M6*15 10.9grade	4
102	Screw	M6*20 10.9grade	2
103	Screw	M6*15 10.9grade	4
104	Screw	M4*8 10.9grade	4
105	Screw	M4*8 10.9grade	6
106	Screw	M4*5 10.9grade	2
107	Screw	M6*40	1
108	Nut	M12*P1.25	2
109	Screw	M10*30 10.9 grade	2
110	Nut	M10*8H	4
111	Screw	M6*15	2
112	Wrench	6#	1
113	Wrench	5#	1
114	Wrench	4#	1
115	Wrench	13-15	1
116	Crank shaft cover		2
117	Wrench	13#14#17#	1
118	Meter		1
119	Meter fixing plate		1
120	Washer	Φ4.3*φ12*T0.8	4
121	Screw	M4*12	4
122	Strong magnet		1
123	Inductor		1
124	Screw	ST2.5*15	1

For MAXXUS® Support Team to help you as quickly as possible with service, we will require certain information about your fitness device and about you. To find the exact spare parts required, we will need the product name, date of purchase and serial number.

If necessary, please fill out completely the Service Contract form attached to this User Manual and send it to us by post or you are welcome to use our online form "Service Contract" which you will find under the "Service" section at [www.maxxus.com](http://www.maxxus.com)

### Areas of Application & Warranty Periods

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

#### Home Use:

Exclusively for private use

Warranty Period: 2 Years

#### Semi-Professional Use:

Use under instruction in hotels, physiotherapy practices, etc.

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

Warranty Period: 1 Year

#### Professional Use:

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

Warranty Period: 1 Year

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

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

### Proof of Purchase and Serial Number

To claim your right to service works within the warranty period we will in each case require proof of purchase.

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

### Terms and Conditions of Warranty:

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

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

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

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

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

Orders for Spare Parts or Worn Parts should be sent along with information on the Product Name, spare part description and number and the quantity required to:

**[spareparts@maxxus.de](mailto:spareparts@maxxus.de)**

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



## Device Details

Product Name: **SPEEDBIKE S1**

Product Group: **Bike/Ergometer**

Serial Number: \_\_\_\_\_

Invoice Number: \_\_\_\_\_

Date of Purchase: \_\_\_\_\_

Where Purchased: \_\_\_\_\_

Accessories: \_\_\_\_\_

### Type of Use:

☐ Private Use

☐ Commercial Use

## Personal Details

Company: \_\_\_\_\_

Contact Person: \_\_\_\_\_

First Name: \_\_\_\_\_

Second Name: \_\_\_\_\_

Street: \_\_\_\_\_

House Number: \_\_\_\_\_

Post Code / Town/City: \_\_\_\_\_

Country: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Tel.No.: \_\_\_\_\_

Fax. No.\*: \_\_\_\_\_

Mobile No.\*: \_\_\_\_\_

\* The fields marked with an asterisk are optional. The remaining fields are mandatory fields that must be completed.

## Fault Description

Please enter a short description of the error as precisely as possible below:

(For example, when, where and how does the error occur? Frequency, after which period, at what Use, etc ....)

ENG

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

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

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

\_\_\_\_\_

Date

\_\_\_\_\_

Location

\_\_\_\_\_

Signature

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

**Post\*:** Maxxus Group GmbH & Co KG, Service Department, Nordring 80, 64521 Groß-Gerau

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

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

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

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

You are welcome to use our online form "Service Contract" which you will find under the "Service" section at [www.maxxus.com](http://www.maxxus.com)

# MAXXUS

LEADING BEYOND FITNESS



**Maxxus Group GmbH & Co. KG**  
Nordring 80  
D-64521 Groß-Gerau  
Germany  
E-Mail: [info@maxxus.de](mailto:info@maxxus.de)  
[www.maxxus.com](http://www.maxxus.com)