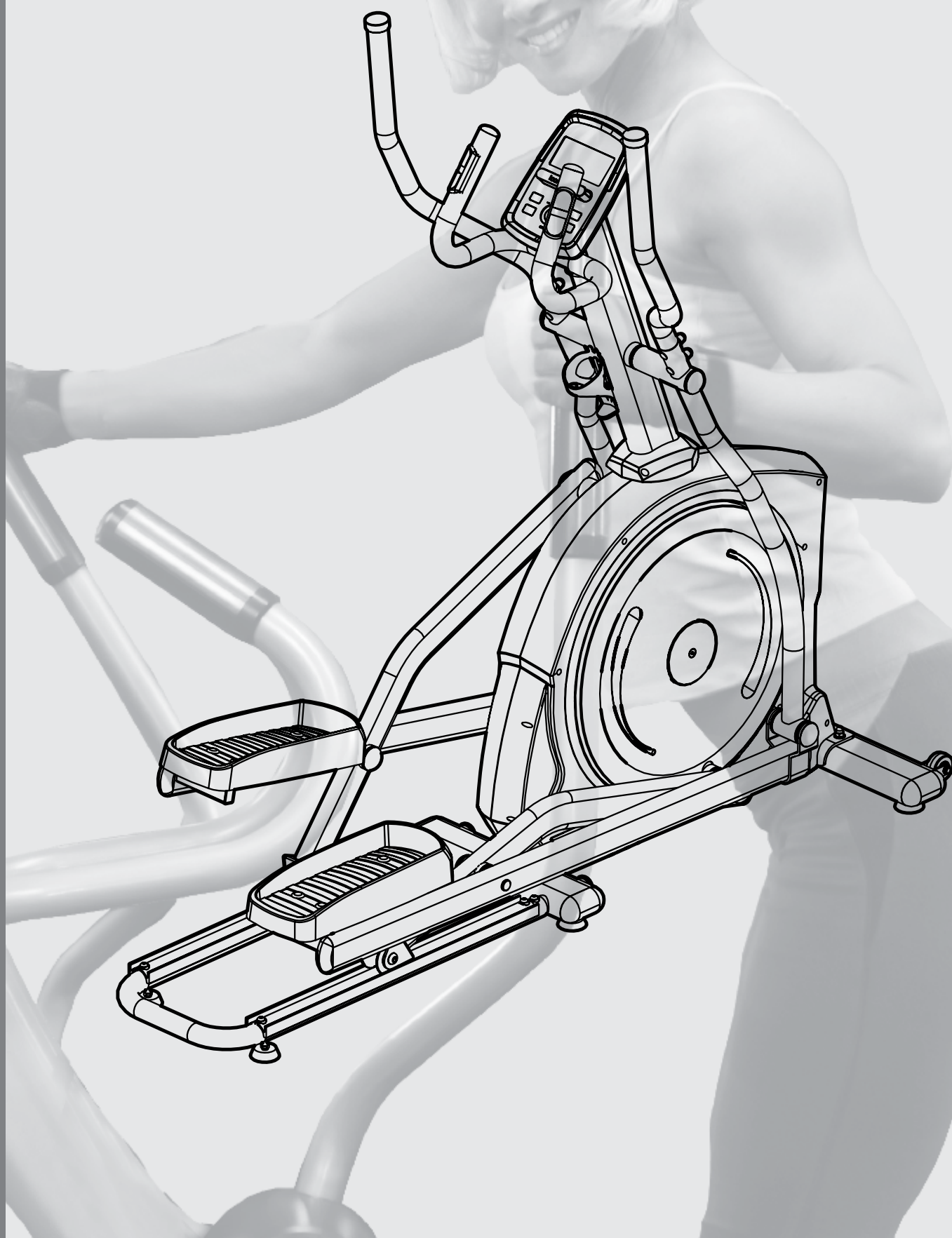


MAXXUS

MAXXUS CX 5.1 Cross-Trainer



ENG

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Version 5.1



Safety Instructions



Before starting your exercise routine, make sure to read the entire user guide, paying special attention to the safety information, maintenance and cleaning instructions, and training guidelines. It is important that everyone using this training device is familiar with and adheres to this information.

Carefully follow the maintenance and safety instructions provided in this manual.

This training device should only be used for its intended purpose, as improper use may pose risks such as accidents, health damage, or harm to the device. The distributor assumes no liability for any injuries or damages resulting from improper use.

Power Connection (only applies to devices with an external electrical connection):

- The device requires a mains voltage of 220-230V for operation.
- The exerciser should only be connected to a professionally installed, earthed, 16 A, fused single socket using the provided mains cable.
- Use the ON/OFF switch to turn the training device on and off.
- Always disconnect the power plug from the outlet when moving the exerciser.
- Before performing 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, it must comply with the VDE regulations and guidelines.
- Ensure that the power cord is properly laid to prevent damage and avoid creating a tripping hazard.
- In operating or standby mode, electrical devices such as mobile phones, PCs, televisions (LCD, plasma, tube, etc.), game consoles, etc., emit electromagnetic radiation. Therefore, keep all such devices away from your training device, as they can cause malfunctions, disturbances, or inaccurate heart rate measurements.
- For safety reasons, always disconnect the mains cable from the socket when the appliance is not in use.

Training Environment

- Select a suitable space for your training device to provide an optimum amount of free space and the 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 optimal oxygen availability during exercise. Avoid draughts.
- Your exercise equipment is not suitable for outdoor use, so storage and training are only possible in temperate, clean, dry rooms.
- The temperature range for operation and storage should be between a minimum of 10° and a maximum of 30° Celsius.
- 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. Unevenness in the ground must be removed or compensated.
- To protect delicate floors, such as wood, laminate, tiles, etc., and prevent damage such as scratches, it is recommended to permanently place a MAXXUS floor protection mat under the device. Ensure 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.

Personal Safety Instructions for Training:

- Remove the batteries or mains cable (if present) when the training device is not in use to prevent inappropriate or uncontrolled use by third parties, such as children.
- Before your first workout, consult your doctor for a health check.
- If you experience any physical discomfort or breathing problems, stop training immediately.
Begin your workouts with a light load and gradually increase it evenly and gently throughout the session. Reduce the load towards the end of your training.
- Wear suitable sportswear and sports shoes during exercise, avoiding loose clothing that may get caught in the running belt or rollers.
- Only one person should use the exercise equipment at a time.
- Before each training session, ensure that your device is in perfect condition. Do not use the exerciser if it has any faults or defects.
- Independent repair work is only allowed after receiving agreement and approval from our service department.
Only use original spare parts.
- Clean your exercise equipment after each use, removing residues caused by body perspiration or other liquids.
- Ensure that liquids (drinks, body sweats, etc.) never enter the vibrating plate or cockpit, as this can cause corrosion and damage to mechanical and electronic components.
- The exercise equipment is not suitable for use by children.
- During training, maintain a sufficient safety zone for third parties, especially children and animals.
- Before training, check for objects under your exercise equipment and remove them. Never exercise when there are objects underneath.
- Prevent children from misusing the exerciser as a toy or climbing equipment.
- Ensure that you and third parties never bring body parts and hair close to moving mechanisms.

The construction of this training device is based on state-of-the-art technology and highest modern technical safety standards.

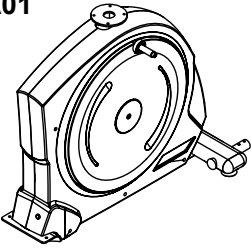
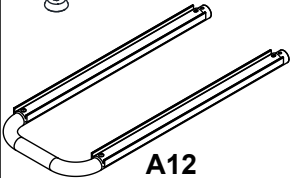
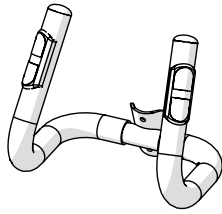
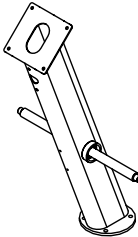
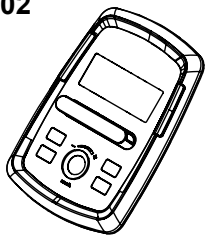
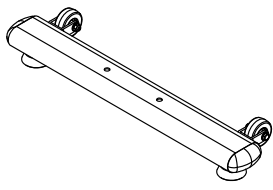

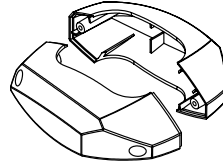
This training device is to be used by adults only!

Extreme misuse and/or unplanned training can cause damage to your health!

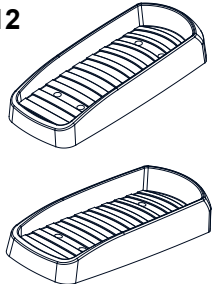
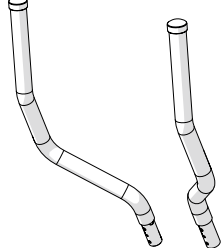
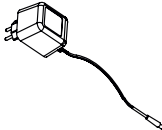
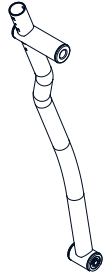
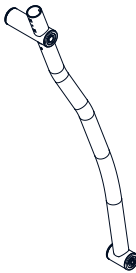
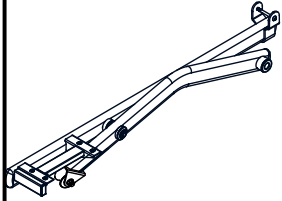
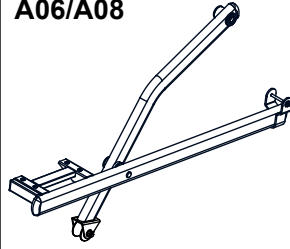

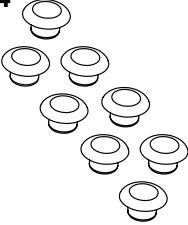
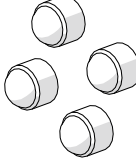
This training device is suitable for non-therapeutic use.

Scope of Delivery

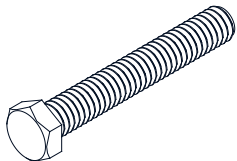

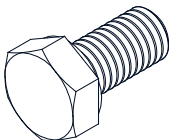


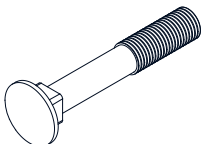
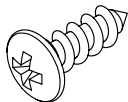
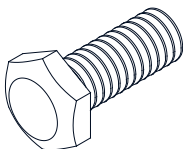
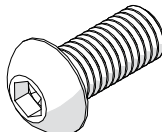
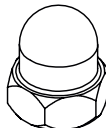
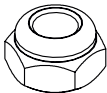
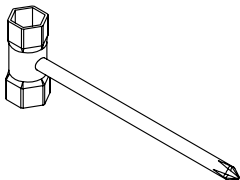
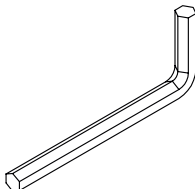
Box 1

A01 	C05  A12	A16 	A02 	D02 
Main Frame	A12 - Slide Frame C05 - Stand Feet	Fixed Handlebar	Handlebar Stem	Cockpit
A09 	C27 	C07/C08 		
Stand, front	Bottle Holder	Cover for Handlebar Stem		

Box 2

C12 	A13/A14 	D08 	A03 	A04 
Pedals - 2 pcs.	Side handles left A13/ right A14	Mains Adapter 9V/1,500mA	Swing arm, left	Swing arm, right
A05/A07 	A06/A08 	C11 	C14 	C17 
Pedal & guide tube left	Pedal & guide tube right	Covers, round 8 pcs.	Covers for Pedals 8 pcs.	Nut Covers 4 pcs.

Fixing Material & Tools

1 (B20) 	2 (B33) 	4 (B32) 	5 (B21) 	6 (B30) 
Hexagon Screw 3/8" x 64 mm 2 pcs.	Washer 5/16" x 20 x 2.0 4 pcs.	Hexagon screw M8 x 16 mm 4 pcs.	Washer 3/8" x 20 x 2.0 4 pcs.	Curved Washer M8 x 20 x 1.5 10 pcs.
7 (B28) 	8 (B40) 	9 (B44) 	12 (B13) 	13 (B22) 
Carriage Bolt M8 x 50 mm 4 pcs.	Parker Screw M5 x 16 mm 2 pcs.	Hexagon Screw M8 x 20 mm 4 pcs.	Allen Screw M8 x 18 mm 6 pcs.	Cap nut 3/8" 2 pcs.
14 (B29) 	10 	11 		
Lock nut M8 4 pcs.	Screwdriver & Wrench 1 pc.	Allen key M5 1 pc.		

Assembly

Carefully unpack all parts of the delivery. Two people are required because some parts of your exercise machine are bulky and heavy. Before starting, check the completeness of the fastening material (screws, nuts, etc.) and the components.

Damage or defects resulting from assembly mistakes are not covered by the warranty or guarantee under any circumstances. Therefore, please read the instructions carefully before assembly, follow the sequence of assembly steps exactly, and adhere to the instructions provided for each individual assembly step. The installation of the training device must be carried out by responsible adults. Since some components may have sharp edges, it is advisable to wear appropriate work gloves while assembling.

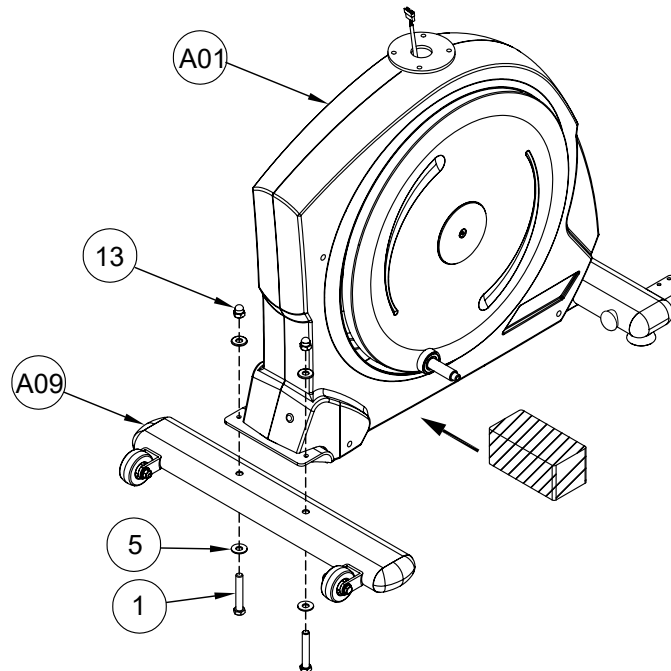
Please assemble your training device in a level, clean area free from any objects that may obstruct the assembly process. Carry out the assembly with 2 people. Remember, you can only begin exercising once the assembly of your training device is complete.

Assembly

Step 1: Assembling the Stand

To make it easier for you to assemble the stand (A09), slide a support (eg a Styrofoam block from the packaging) under the main frame – see picture below.

Then attach the stand (A09) to the front of the main frame (A01). Use two hexagon screws 3/8 "x64mm (1), four washers 3/8 "x20 (5) and two cap nuts 3/8" (13).



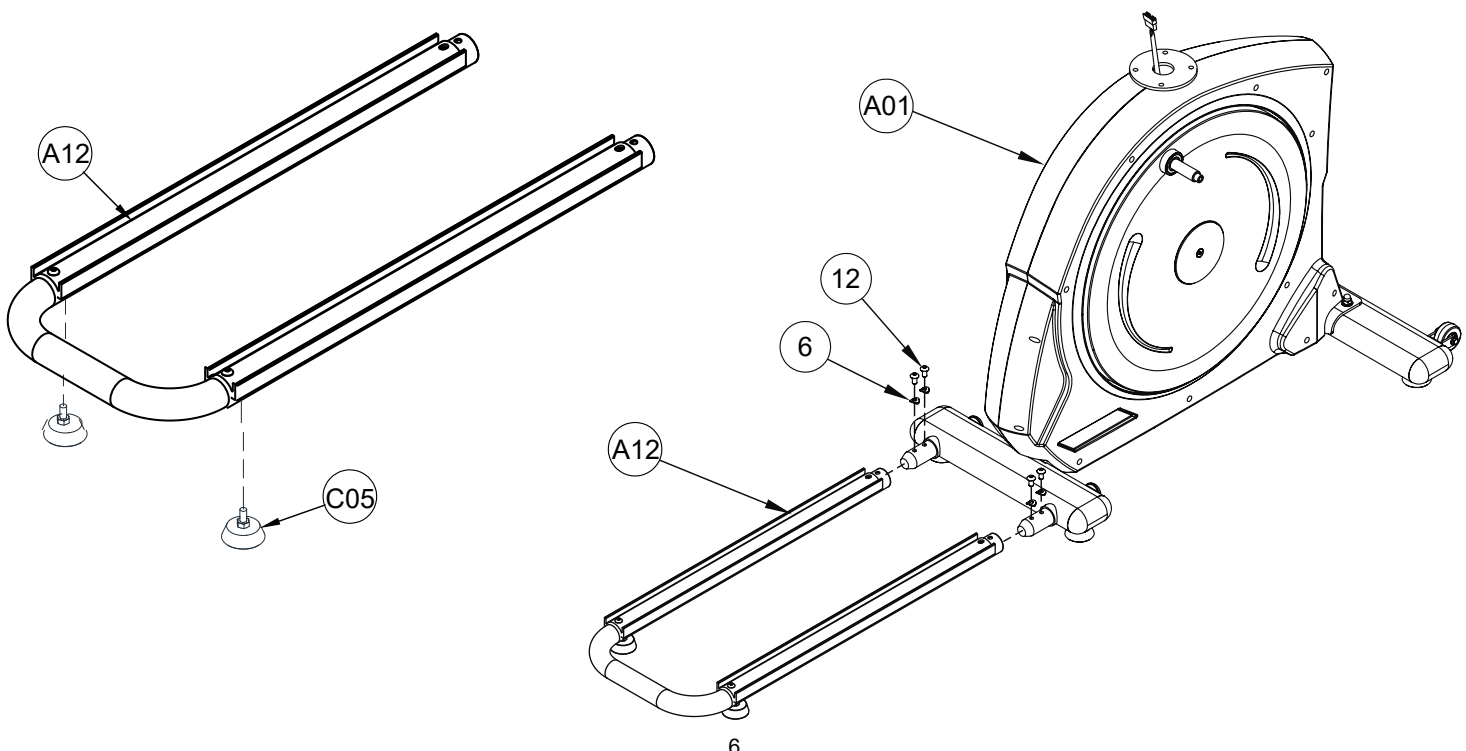
Step 2: Assembling the Slide Frame

Attach the two stand feet with floor level adjustment (C05) to the rear end of slide frame (A12).

Before mounting the slide frame (A12), first loosen and remove four allen screws M8 (B13) and four curved washers M8 (B30) that are already pre-mounted on the rear mountings of the main frame (A01). Fix the slide frame (A12) to the rear receptacles of the main frame (A01).

Use four allen screws M8 (B13) and four curved washers M8 (B30) that were previously loosened.

Note: To ensure the secure fixation of the slide frame (A12) onto the mountings of the main frame (A01), it may be necessary to use a rubber hammer as support during the insertion process. Please refrain from using a regular hammer, as it may cause damage or deformation to the slide frame.



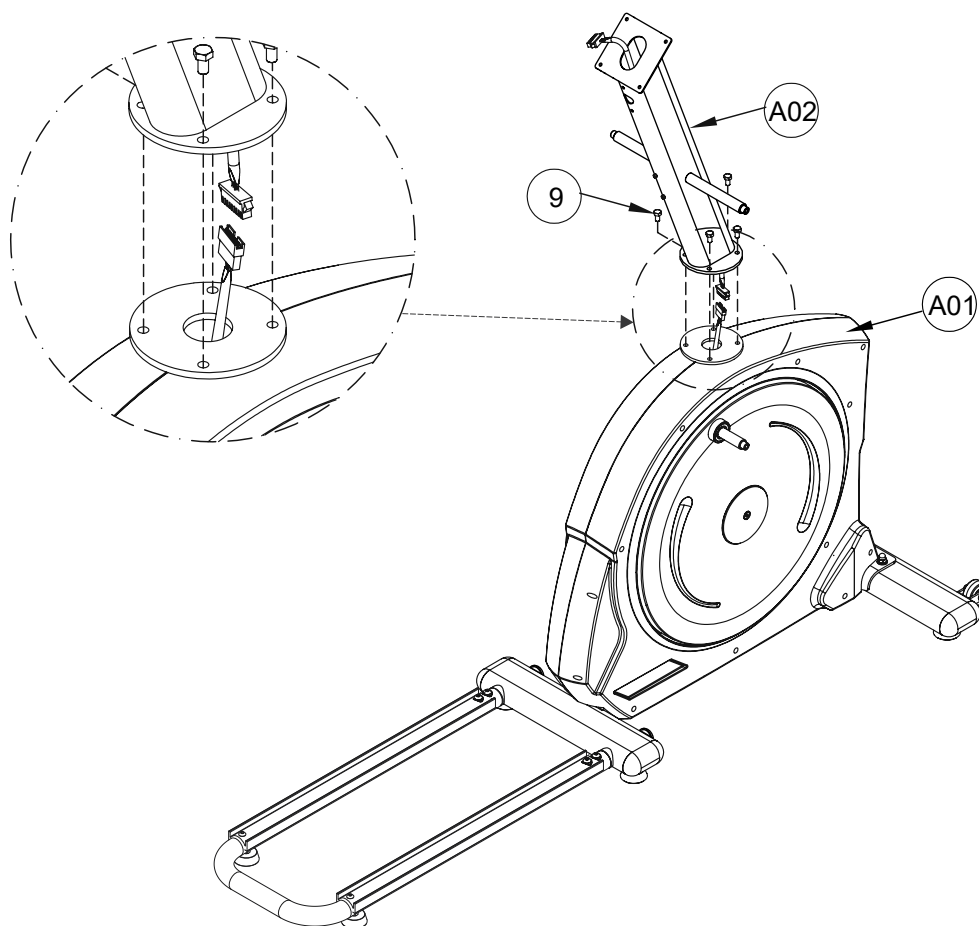
Assembly

Step 3: Assembling the Handlebar

Connect the cable that protrudes from the bottom of the handlebar stem (A02) to the cable that protrudes from the receptacle of the main frame (A01).

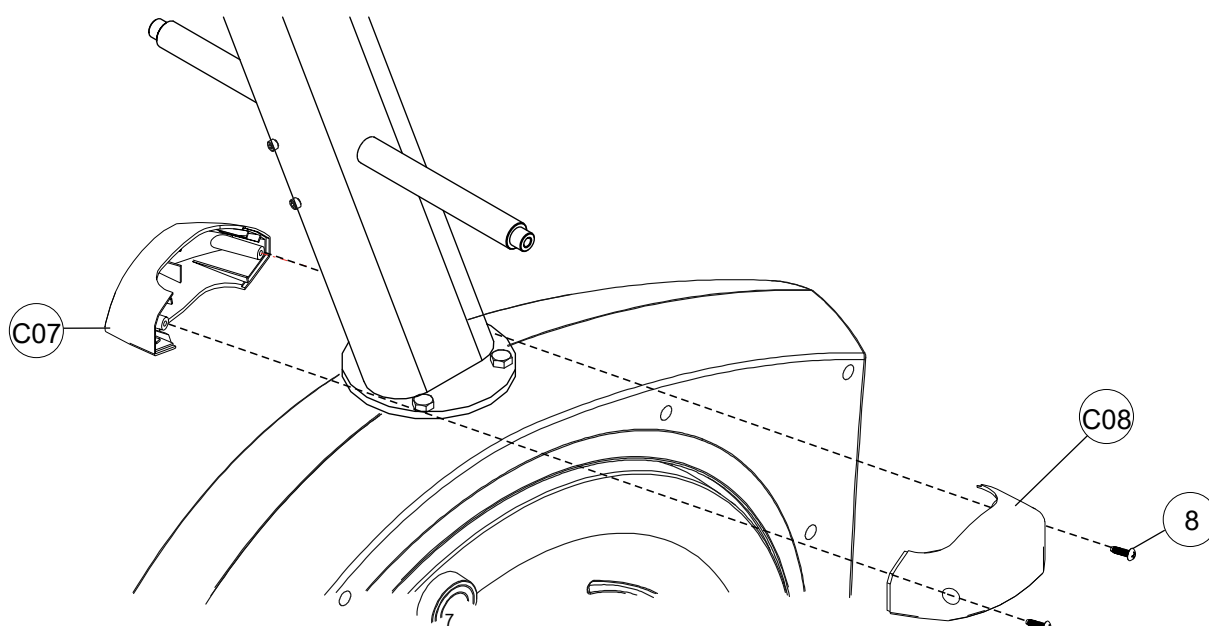
Then fix the handlebar stem (A02) to the main frame (A01) with four hexagon screws M8x20 (9).

▲ **CAUTION:** Make sure that cables do not get pinched or damaged while assembling the handlebar stem.



Step 4: Assembling the Handlebar Stem Cover

Fix the two handlebar stem covers (C07-left/C08-right) with two parker screws M5x16 (8) at the transition between the handlebar stem (A02) and the main frame (A01).

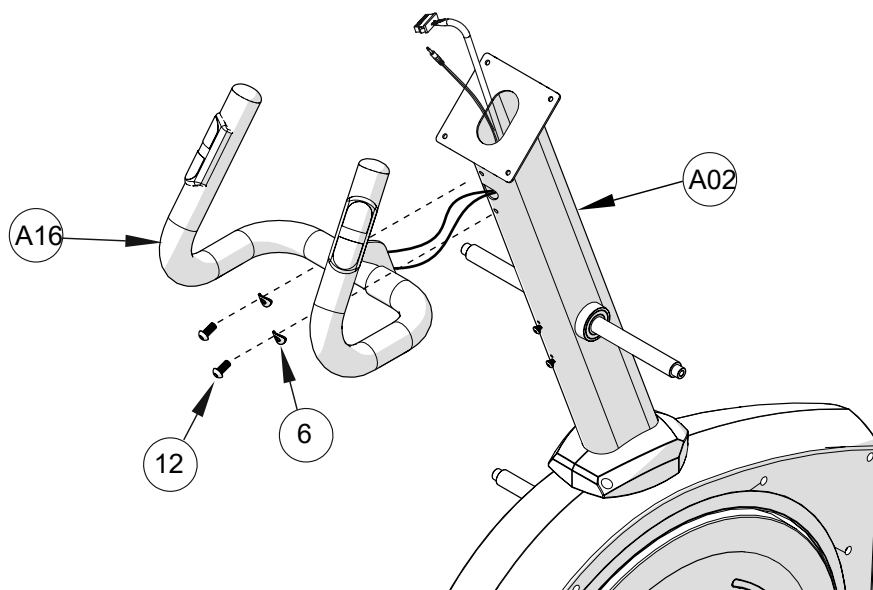


Step 5: Assembling the Fixed Handlebar

Feed the cable that protrudes from the fixed handlebar (A16) through the opening on the front of the handlebar stem (A02) and out of the top of the handlebar stem.

Then fasten the fixed handlebar (A16) with two allen screws M8x18 (12) and two curved washers M8x20x1.5 (6) on the front of the handlebar stem (A02).

▲ **CAUTION:** When mounting the fixed handlebar, make absolutely sure that you do not pinch or damage the cables.



Step 6: Assembling the Swing Arms

Place the right swing arm (A04) on the right axle of the handlebar stem (A02).

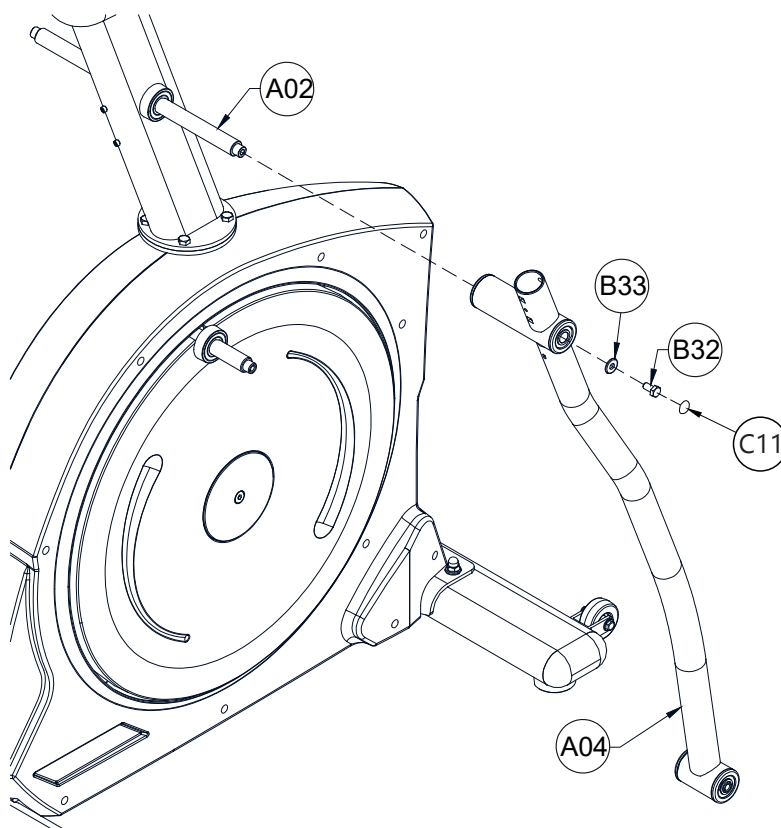
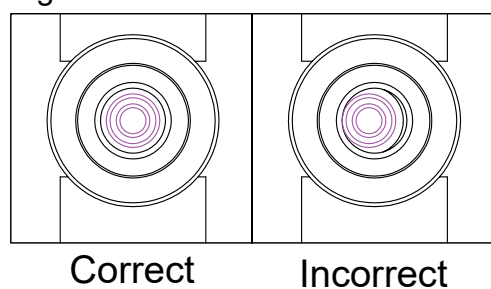
Fix the swing arm (A04) with a hexagon screw M8x16 (4) and a washer 5/16 "x20x2,0 (2).

When inserting the washer (2), make sure that it is centred on the axle - see figure 1.

Note:

To optimize the running properties of the swing arms, it is strongly recommended to lubricate the two transverse axles of the handlebar stem with a high-quality multi-purpose grease before mounting the swing arms. This will help reduce friction and ensure smooth operation.

Figure 1

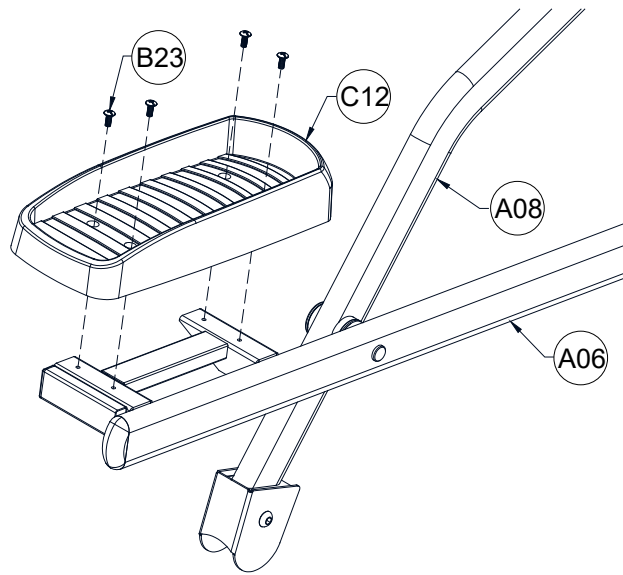


Assembly

Step 7: Assembling the Pedals

Loosen and remove four allen screws (B23) on the mounting of the right pedal tube (A06).

Attach the pedal (C12) to the right pedal tube (A06) using the allen screws (B23) that were previously loosened.



Step 8: Assembling the Guide Tube

Slide the front mount of the right guide tube (A08) onto the small axle (A11) located on the right drive pulley of the main frame.

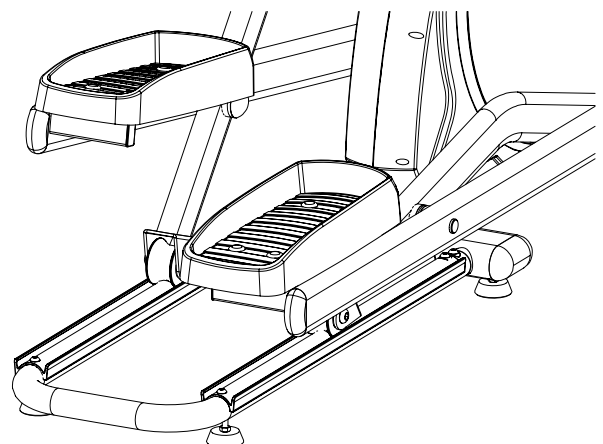
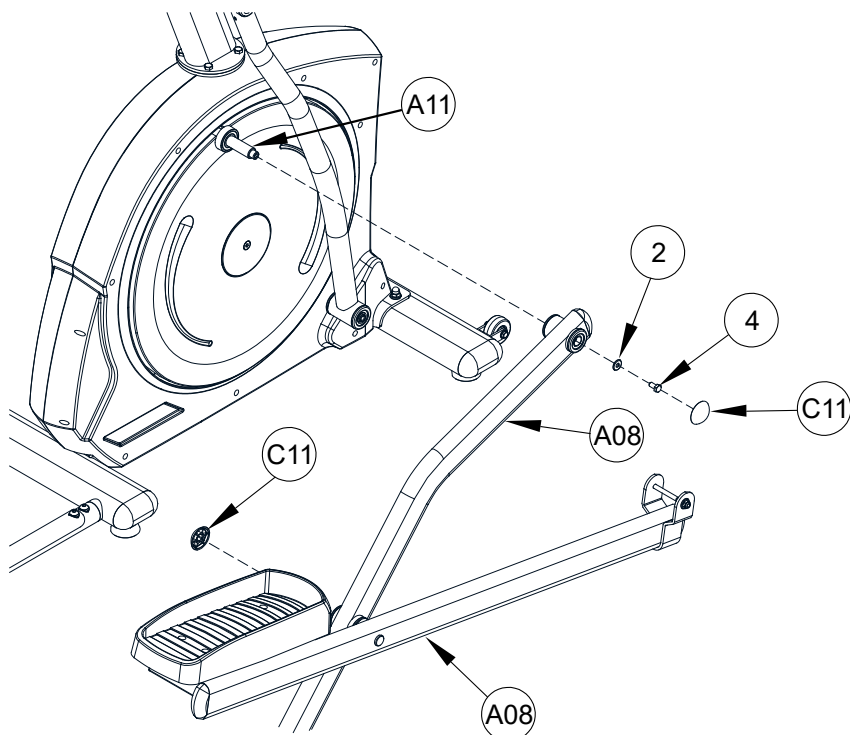
Insert the sliding roller on the right rails of the slide frame.

Note:

To optimize the running characteristics of the pedal tubes, it is recommended to lubricate the axle (A11) of the drive pulleys with a multi-purpose grease before mounting the pedal tube.

Attach the right guide tube (A08) to the axle (A11) using a hexagon screw M8x16 (4) and a washer 5/16 "x20x2.0 (2).

Place a round screw cover (C11) on the screw head of the hexagon screw (4).



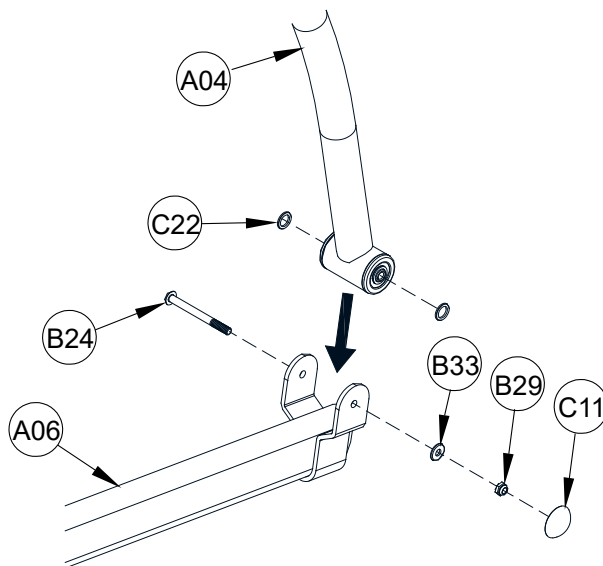
Step 9: Assembling the Joint Connection of the Pedal Tube to the Swing Arm

Loosen and remove the pre-assembled screw (B24), washer (B33), and nut (B29) from the front mount of the pedal tube (A06).

Connect the swing arm (A04) to the pedal tube (A06). Use the previously loosened screw (B24), washer (B33), and nut (B29). Ensure that the two washers (C22) are correctly attached to the swing arm (A04). Place the round screw covers (C11) on the nut (B29).

CAUTION:

When tightening the screw (B24) during the assembly of the joint connection between the swing arm (A04) and the pedal tube (A06), ensure that the joint has optimal freedom of movement. Over-tightening the screw (B24) can cause joint connection to become blocked during training. This can be indicated by a clicking noise when both pedals are at the same height during training. If you notice this clicking noise, it is necessary to slightly loosen the screw (B24).



Step 10:

Repeat steps 6, 7, 8, and 9 on the left side of the device.

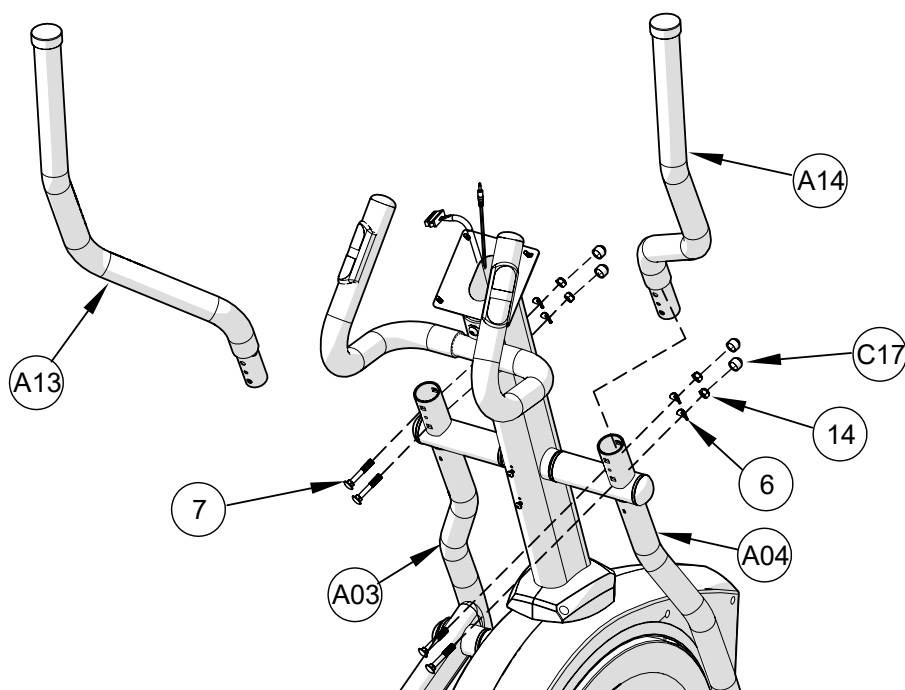
Step 11: Assembling the Side Handles

Position the right handle (A14) into the receptacle of the right swing arm (A04).

Secure the handle (A14) using two carriage bolts M8x50 (7), two curved washers M8x20x1.5 (6), and two lock nuts M8 (14).

Place one nut cap (C17) on each of the nuts (14) for a finished appearance.

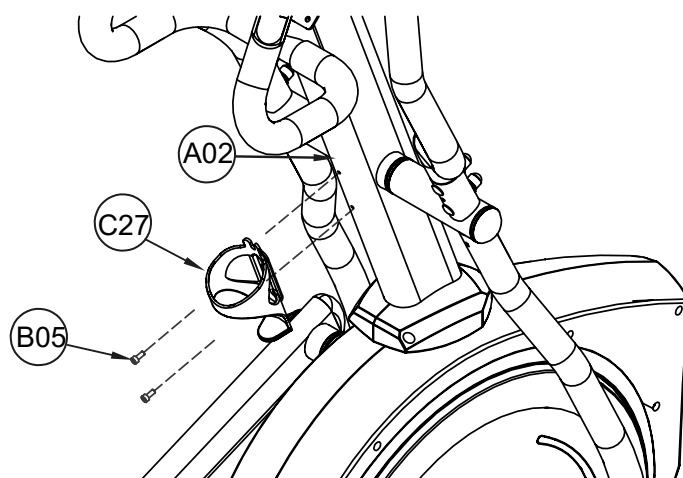
Repeat the same process with the left handle (A13). You can easily identify both side handles using the corresponding stickers.



Step 12: Assembling the Bottle Holder

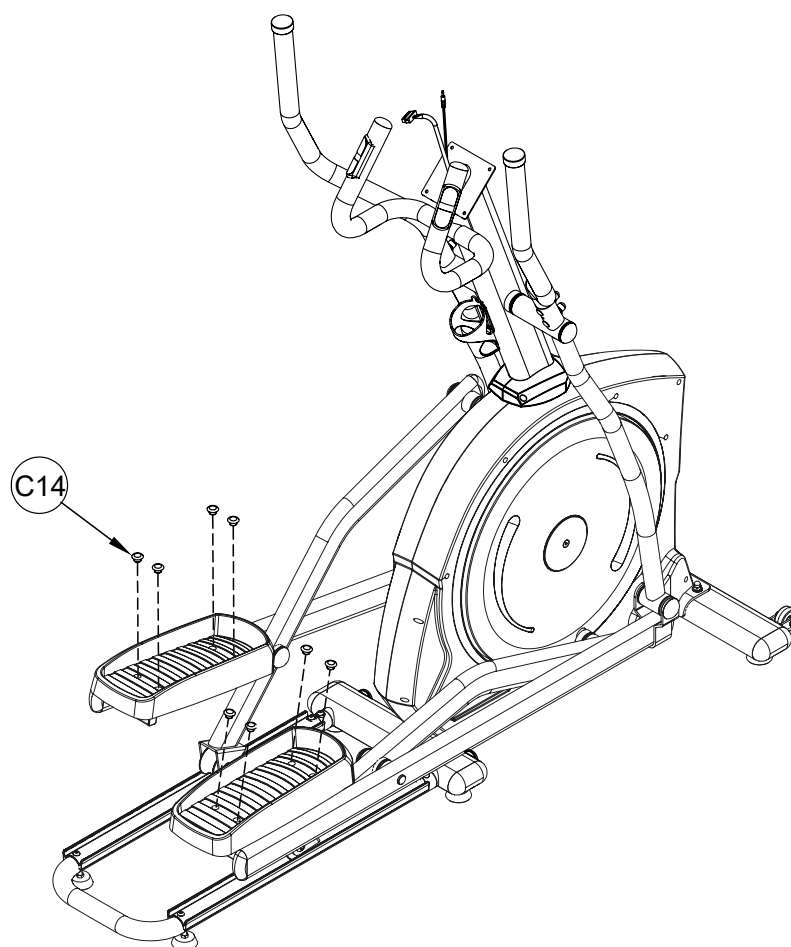
Loosen and remove two screws M5 (B05) which are preassembled on the handlebar stem (A02).

Attach the bottle holder (C27) to the handlebar stem using the two screws (B05) that were just loosened.



Step 13: Assembling the Pedal Covers

Now press four covers (C14) into the round holes on the top of each pedal.



Step 14: Assembling the Cockpit

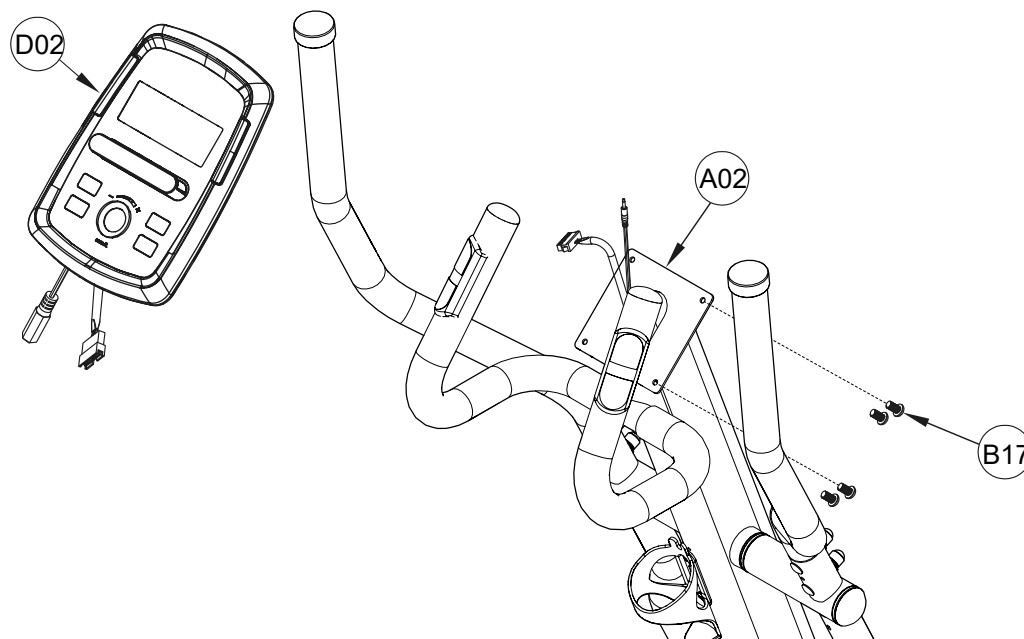
Loosen and remove the four pan head screws (B17) preassembled on the back of the cockpit. Connect the cables from the cockpit (D02) with the cables that protrude from the fixed handlebars.

Please note that the cables can be easily identified by their connections.

Now fix the cockpit (D02) to the cockpit bracket on the handlebar stem (A02) with four previously loosened pan-head

ATTENTION:

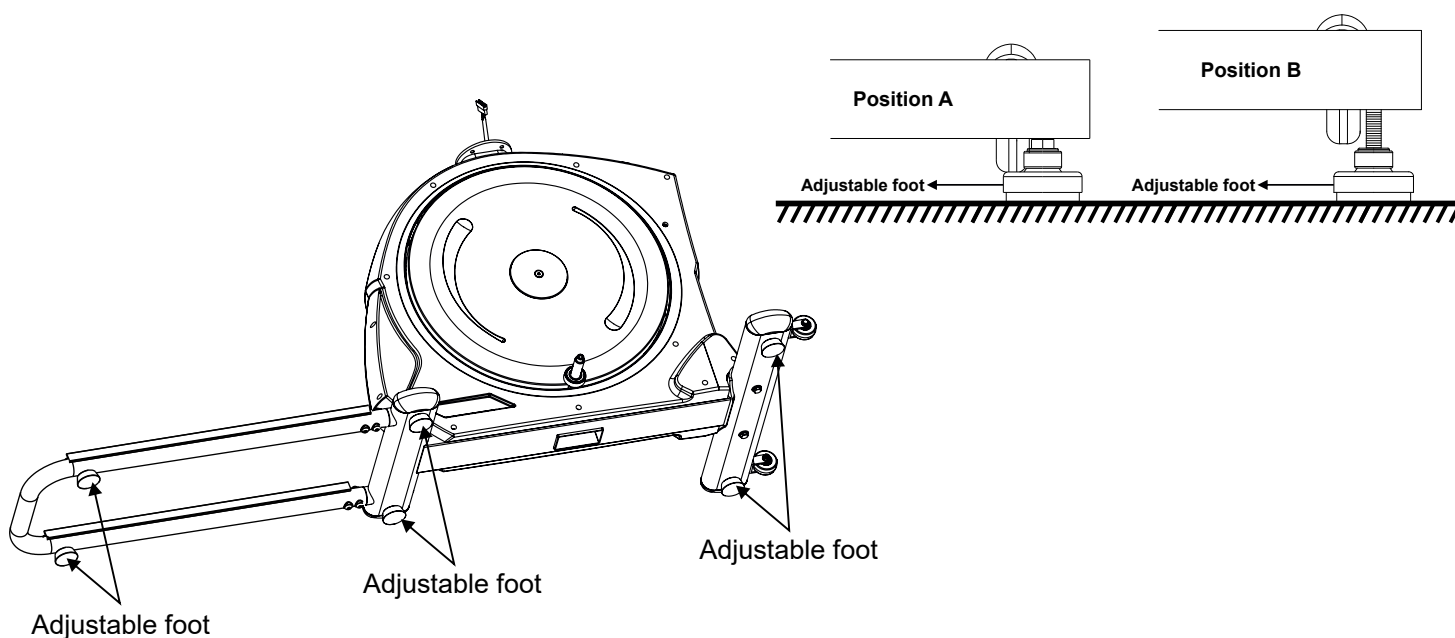
Make absolutely sure that you do not pinch or damage the cables during assembly.



Step 15: Levelling the Device

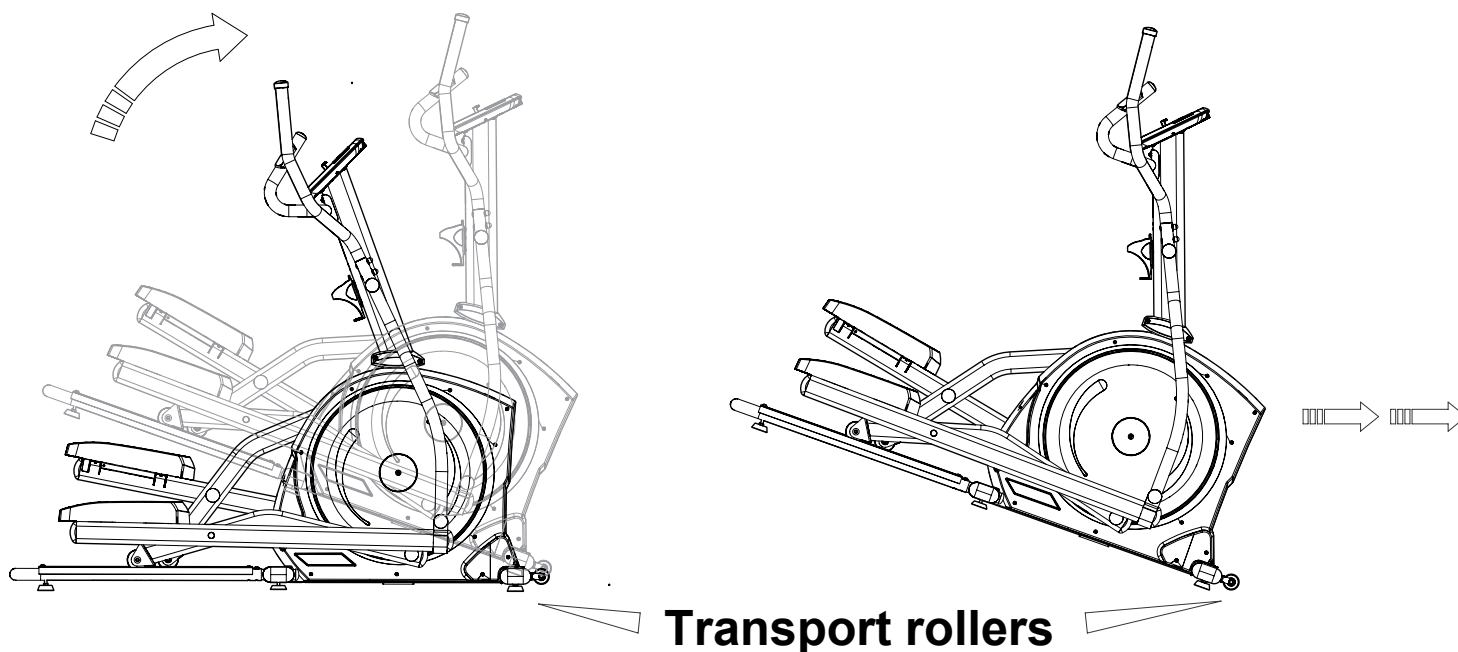
Make sure your exercise equipment is always level. In order to compensate for minor bumps or slopes in the floor, adjustable feet are fitted on the right and left of the front and rear stands and on the sliding frame. To make sure the position of the device is level, first turn all feet to the lowest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

If the adjustment range of the levelling feet is not enough to allow the training device to stand safely, please check the surface of the location and, if necessary, choose a different location, where a safe and level position can be ensured.



Transport

In order to transport your training device simply and safely, the front stand is equipped with transport rollers. To transport the exerciser, stand at the rear end of the glide frame and grasp the rear cross tube with both hands. Now tip the training device upwards until the main weight of the training device rests on the transport rollers. Now you can simply push the device on the transport rollers into the required position. Always make sure that you have a firm and secure footing when lifting, transporting, and putting down the device.



Location and Storage

This training device is specifically designed for use in dry, warm indoor areas. It is essential to avoid using or storing the device in damp or wet environments such as saunas, swimming pools, etc., as well as outdoor areas like balconies, terraces, gardens, garages, etc. Exposure to high humidity or low temperatures in these areas may lead to damage to the electronics or the development of corrosion and rust. Please note that no warranty claims will be accepted for damage of this nature.

When selecting a location for your training equipment, it is important to choose a warm, dry, and level area both during use and for storage. Additionally, ensure that the training area is adequately ventilated to facilitate optimal oxygenation during exercise.

Before using the training device following a prolonged period of non-use, it is recommended to check that all fastenings are secure to ensure safe operation.

⚠ CAUTION:

Prior to engaging in any cleaning, maintenance, or repair work, it is crucial to disconnect the exerciser completely from the power supply. This can be achieved by disconnecting the mains cable both from the power socket and from the training device.

Therefore, first disconnect the electrical plug from the power socket, and then disconnect the mains 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 functional condition of the device has been restored.

Cleaning

Clean your training device after each workout using a damp cloth and soap. Avoid using solvents as they may cause damage. Regular cleaning is vital for preserving and prolonging the life of your training device. Body sweat contains chemicals that can lead to corrosion (rust) if not promptly removed. Therefore, after every training session, check if body perspiration or other fluids have come into contact with the device. If this is the case, clean the affected components and housing parts.

Please note that damages caused by body sweat or any other liquids are not covered by the warranty.

During training, ensure that no fluids can enter the training device or the computer.

Maintenance

Checking the Fastenings

Regularly check the tightness of nuts and bolts, at least once a month, and re-tighten as necessary.

Lubricating the Sliding Tubes

Clean the top of the sliding tubes regularly using a damp cloth and mild liquid hand soap or detergent. For professional cleaning, MAXXUS® Degreaser Spray is recommended. Ensure the sliding tubes are thoroughly dried, then apply a thin layer of liquid silicone or MAXXUS® lubricant spray to the top of the tubes.

For frequent use, clean and lubricate the sliding tubes once a week. If squeaking sounds occur during training, lubricate the sliding tubes immediately. Care and cleaning agents are available for purchase on our online shop at www.maxxus.com.

Lubricating the Axles on the Handlebar Stem and Drive Discs

Every 6 months, it is recommended to lubricate the two transverse axles on the handlebar stem and the axles on the large drive discs using multipurpose grease.

Mains Adapter

Take the connection cable of the mains adapter (D08) included in the delivery. Plug the connection cable into the socket on the front of the main frame (A01). Then, connect the mains adapter (D08) to a power socket.

⚠ CAUTION:

This device should only be connected to an earthed socket that has been installed by a qualified electrician. Do not use a socket strip for the connection. If an extension cable is necessary, ensure that it complies with the VDE regulations and guidelines.

Connecting the Device

⚠ CAUTION:

Before connecting the mains adapter to the device, always ensure that you are using the mains adapter supplied specifically with the device. Using a different mains adapter may result in damage to the electronic components, for which the manufacturer cannot be held liable.

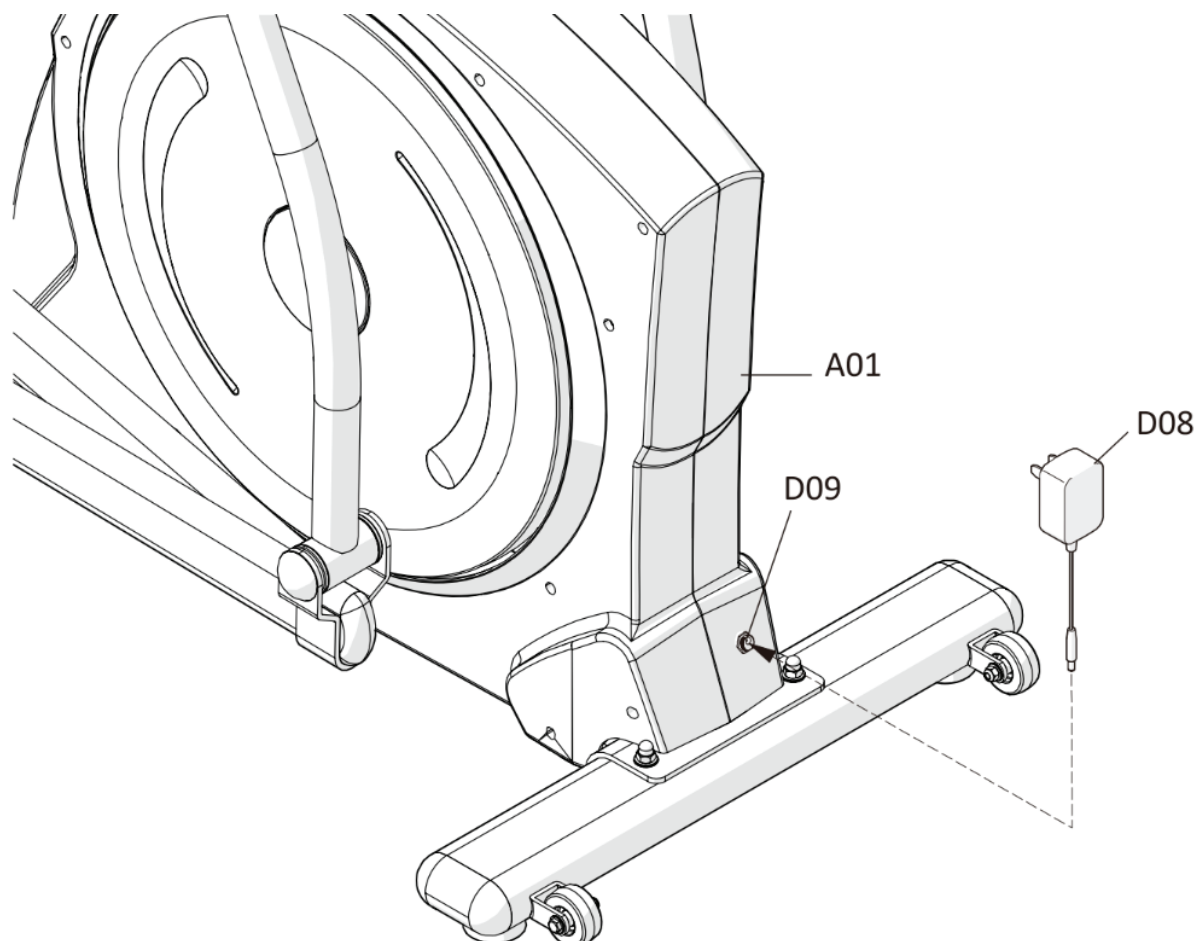
When connecting the device to the power supply, always connect the power cable to the exerciser first before plugging it into a power outlet. Likewise, when disconnecting the exerciser from the power supply, always disconnect the power cable from the mains first.

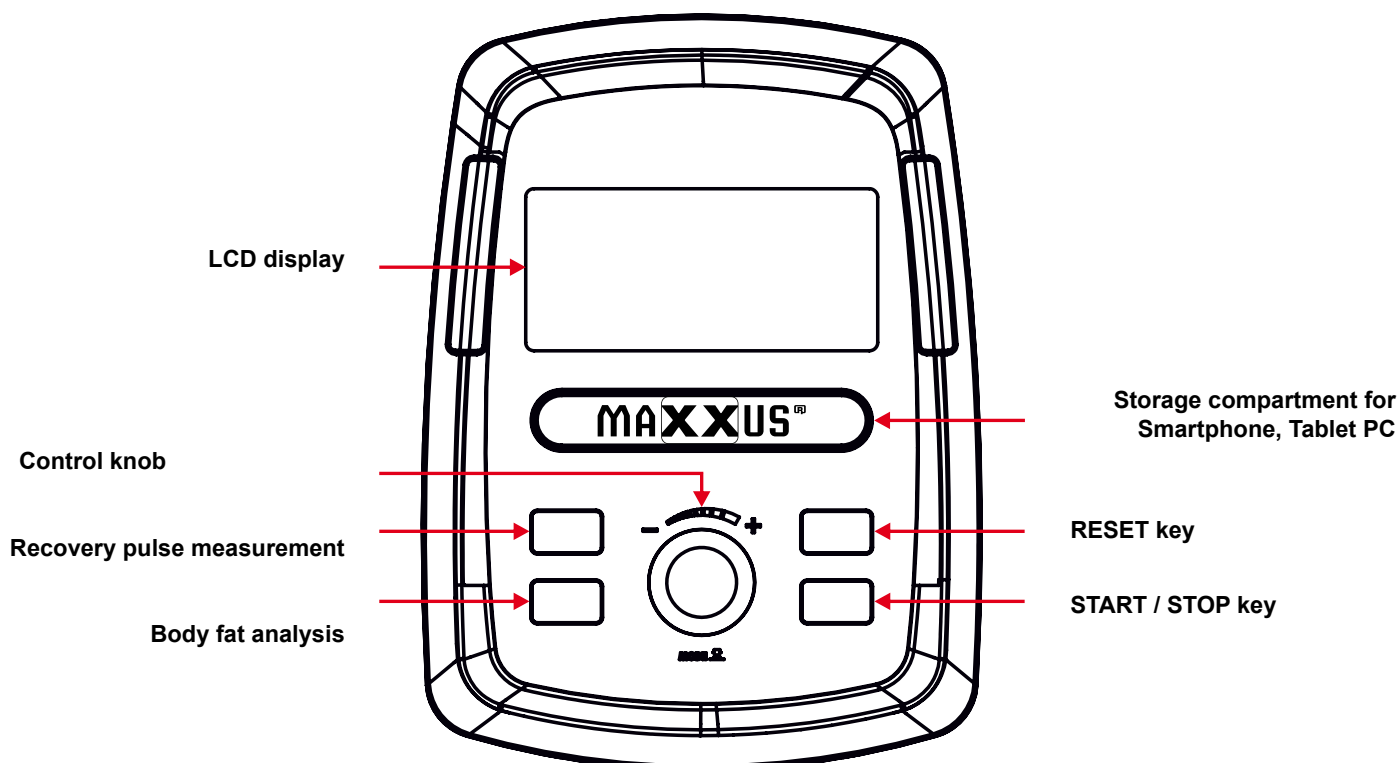
Switching on the Device

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

Turning off the Device

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





The cockpit constantly shows the current training values.

TIME

Specification of the training time. For a given training session, the computer counts down the time to "00:00." The training time can be set from "01:00" to "99:00" minutes in one-minute increments. If no time is specified, the computer will count the training time from „00:00" up to a maximum of „99:00" minutes.

DISTANCE

Specification of the training distance in kilometres. For a given training session, the computer counts down the distance back to "0.00." The training distance can be set from 1.0 to 99.0 Kilometres in 1.0 km increments to maximum of 99.0 kilometres. If no training distance is specified, the computer will count the kilometres from 0.0 to a maximum of 99.0 kilometres.

CALORIES*

Indication of energy consumption in Kcal. For a given calorie consumption, the computer counts the calories down to 0. The calorie consumption can be set from 10 to 990 K in 10-Kcalorie increments. If the calorie consumption is not specified, the computer counts the K-calories from 0 to a maximum of 990 K-calories

Pulse or heart rate display - PULSE

When using the hand pulse sensors displays the current pulse value in beats per minute. When using an optional transmitter chest belt (not included) displays the current heart rate in beats / minute.

SPEED

Current speed in km / h. Value is displayed alternately with RPM in the same window.

Revolutions per minute - RPM

Specification of the current wheel revolution per minute (RPM). Value is displayed alternately with SPEED in the same window.

Resistance - LEVEL

Display of the currently selected resistance level from 1 to 16.

Power - WATT**

Display of the power output in Watts.

* Warning about the calorie measurement

Energy consumption is calculated by means of a general formula. It is not possible to determine the exact energy consumption individually as this requires a large amount of personal data. The energy consumption displayed is approximate and not an exact value.

**Warning about the Watt display

Since this is a training device suitable for non-therapeutic purposes, the displayed value in Watts is not a calibrated value. The displayed power generated may differ from the actual power generated.

Keypad

START/STOP Key

START Function:

- Start the selected training program or training profile
- Activate the QUICK START function

PAUSE Function:

If the START / STOP key is pressed during training, the display of training values stops, and the pause mode is activated. This allows an interruption of training.
To end the pause, press the START / STOP key again.

RESET Key

If the key is pressed constantly for more than 5 seconds, all values are automatically reset to zero.

To change the user, exit the current program by pressing the START / STOP key. Then press the RESET until the display switches on again.

Control Knob

Turning Function:

- Specification of training values
- Input of date (eg age)
- Regulating the resistance level

Pressing Function:

- Confirmation of inputs

RECOVERY

Key to start the recovery pulse measurement.

Body Fat Measurement - FAT

Key to start the body fat measurement.

User Settings

After the cockpit has been switched on, the display shows "U1". There are four user profiles available U1 ~ U4. These are fixed, i.e. the user data is stored permanently.

Selecting a User Profile

Turn the control knob to select the desired user profile and confirm your selection by pressing it.

Gender Input

Turn the control knob to select your gender and confirm your selection by pressing it.

Age Input

Enter your age by turning the control knob and confirm your entry by pressing it.

Height Input

Enter your height by turning the control knob and confirm your entry by pressing it.

Weight Input

Enter your body weight by turning the control knob and confirm your entry by pressing it. After you have confirmed the input of body weight the display automatically changes to the training menu.

If you have already created a user profile, select this as soon as you have switched on the cockpit by turning the control knob. Then the information for gender, age, height and body weight will be checked. If the details are still correct, confirm them by pressing the control knob. If some inputs have changed, correct them accordingly and confirm by pressing the control knob

Quick-Start

Turn on the training device and press the START / STOP key. The training time will start to run, and you can start training. At any time during training, you can adjust the resistance level from 1 to 16 by turning the control knob clockwise / anti-clockwise. Since no target value can be specified in this type of training, you must end the training yourself.

Manual Training - MANUAL

Step 1: Program Selection

Turn on the exerciser. An "M" will flash in the upper part of the display. If a different symbol is flashing, select "M" by turning the control knob clockwise / anti-clockwise. Confirm your selection by pressing the control knob.

Step 2: Program Selection Resistance Level

The value in the "LEVEL" window will flash. Set the desired resistance level from 1 to 16 by turning the control knob clockwise / anti-clockwise. This can be changed individually during training at any time. Confirm your selection by pressing the control knob.

Step 3: Specification of the Target Values

You now have the choice of three different goals:

Training Time ("TIME"):

The value in the "TIME" window flashes. If you want to specify the training time, enter it by turning the control knob clockwise / anti-clockwise. You can set the exercise time from 1:00 to 99:00 minutes in 1-minute increments. Confirm your selection by pressing the control knob.

If you do not want to specify the training time, press the control knob directly to confirm. The value in the "TIME" window should show "00:00".

Training Distance ("DISTANCE"):

The value in the "DISTANCE" window flashes. If you want to specify the training distance, enter it by turning the control knob clockwise / anticlockwise. You can set the training distance from 1.0 to 99.0 kilometres in 1-kilometre increments. Confirm your selection by pressing the control knob. If you do not want to specify the training distance, press the control knob directly to confirm. The value in the "DISTANCE" window should show "0.00".

Calorie Consumption ("CALORIES"):

The value in the "CALORIES" window flashes. If you want to specify the calorie consumption, enter it by turning the control knob clockwise / anticlockwise. You can set calorie consumption from 10 to 990 K-calories in 10 K-calorie increments. Confirm your selection by pressing the control knob.

If you do not want to specify the calorie consumption, press the control knob directly to confirm. The value in the "CALORIES" window should show "0".

Note:

It does not make sense to specify more than one training goal per training session. If you do, training will stop after reaching the first target value.

Step 4: Specifying the Pulse Upper Limit

The value in the "PULSE" window flashes. You can now set a pulse upper limit of 30 to 230 heartbeats / minute by turning the control knob clockwise / anticlockwise. If your actual heart rate reaches this level during exercise, a warning will sound. If you do not want to set a pulse upper limit, press the control knob directly to confirm. The value in the PULSE "window should show " 0 ".

Step 5: Training Start

Press the START / STOP key to start exercising.

End Training

After the predetermined training goal has been reached, training will end automatically

Controlling the Resistance Level

During exercise, you can change the currently selected brake level at any time by turning the control knob clockwise / anti-clockwise.

Power Supply

The cockpit is supplied with power via the mains adapter included in the scope of delivery. Plug the connection cable of the included mains adapter into the connection socket on the back of the main housing. Then, connect the mains adapter to a power socket.

CAUTION:

The device may only be connected to a socket that has been installed and grounded by a specialist. Do not use multiple sockets to connect the training device. If you use an extension cable, it must comply with the VDE guidelines.

Connecting the Device

Always connect the mains adapter to the training device before plugging it into a power socket.

When disconnecting the training device from the mains, remember to unplug the mains adapter from the socket first.

CAUTION:

Before connecting the training device to the mains adapter, always ensure that you are using the correct mains adapter intended for the training device. Mains adapters with the wrong voltage can severely damage the electronics of the device. It is recommended to mark the mains adapter of the exerciser to avoid confusion.

Switching on the Device

As soon as the training device is connected to the mains, it switches on automatically. If the exerciser is in standby mode, switch it on by pressing a button on the Cockpit or by moving the pedal.

Switching off the Device

If the device is not used for approximately 4 minutes after the training session, the standby mode is automatically activated. For optimal safety and energy efficiency, it is recommended to disconnect the training device from the power supply when not in use.

Training Profiles P1 – P12

In this type of training, the user can choose from twelve pre-programmed training profiles. The profile is not changeable; however, the user has the option of adjusting the intensity of the respective profile according to their current state of fitness.

Step 1: Program Selection

Turn on the exerciser. The upper part of the display flashes "M". Select the desired training profile by turning the control knob clockwise / anti-clockwise.

Step 2: Setting the Training Level

Select the desired training level by turning the control knob clockwise / anti-clockwise. Confirm your selection by pressing the control knob.

Step 3: Setting the Training Time

The value in the "TIME" window flashes. Enter the training time by turning the control knob clockwise / anticlockwise. You can set the exercise time from 1:00 to 99:00 minutes in 1-minute increments.

Step 4: Training Start

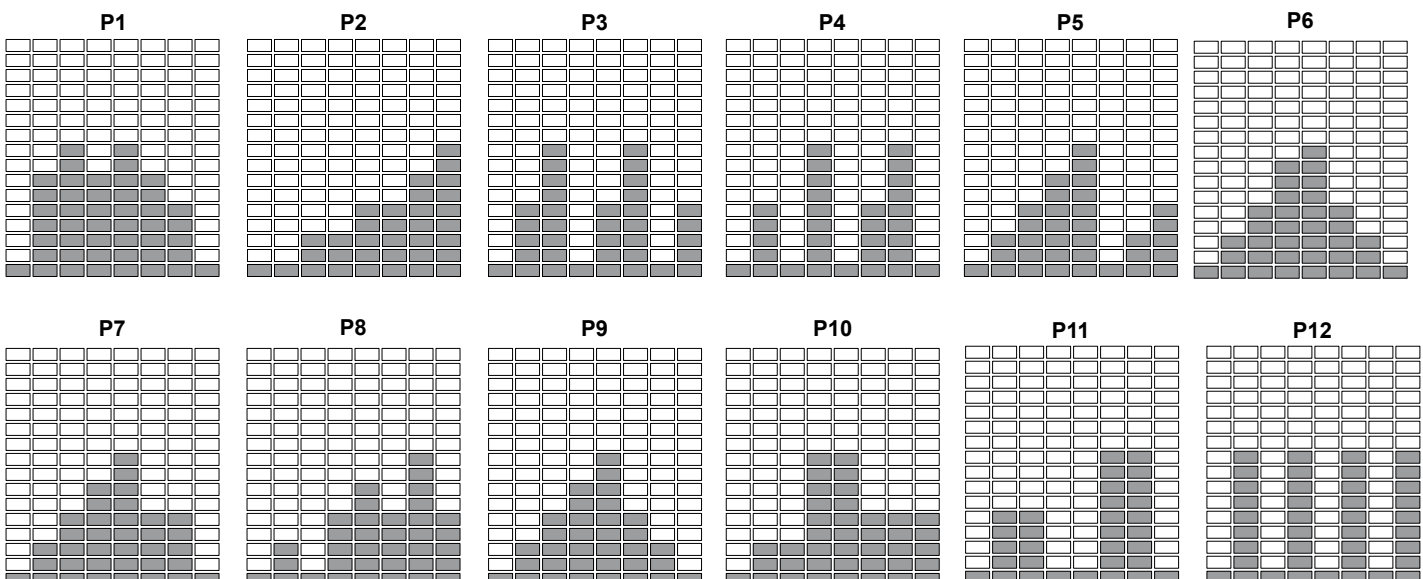
Press the START / STOP key to start exercising.

Training End

When the desired training time has been reached, training will end automatically.

Setting the Training Level

During training, you can change the currently selected training level within the given frame by turning control knob clockwise / anti-clockwise at any time.



Free Training Profile (USER)

Here you can create a training profile per user profile yourself and save it permanently.

Step 1: Selecting a Program

Turn on the exerciser. The upper part of the display flashes "M". Select the program "U" by turning the control knob clockwise / anti-clockwise and confirm your selection by pressing it.

Step 2: Programming the Training Segments

The first of a total of eight training segments will flash in the display. Set the desired resistance level from 1 – 16 for the first training segment by turning control knob clockwise / anti-clockwise and confirm your entry by pressing it. Now the second segment flashes. Repeat this procedure with this segment and all the way through to segment 8. After you have confirmed the input for the 8th segment by pressing the control knob, this training profile will be permanently stored.

Step 3: Setting the Training Time

When the first segment flashes again. Press the control knob until the value in the "TIME" window flashes. Then enter the exercise time by turning the control knob clockwise / anti-clockwise. You can set the exercise time from 1:00 to 99:00 minutes in 1-minute increments.

Step 4: Training Start

Press the START / STOP key to start exercising.

Training End

After the training time has expired, the training will end automatically.

NOTE:

If you want to change the saved training program, switch on the cockpit. Select the program "U" by turning the dial clockwise / anti-clockwise and confirm your selection by pressing it. Now the first segment flashes again. Press the control knob until the value in the "TIME" window flashes. Enter the exercise time by turning the dial clockwise / anti-clockwise.

You can set the exercise time from 1:00 to 99:00 minutes in 1-minute increments. Now press the START / STOP key to start training.

Heart Rate Controlled Programs (HRC)

These programs are heart-rate-controlled exercise programs. The user specifies a desired target heart rate. This is permanently compared by the cockpit with the actual heart rate of the user. If the actual heart rate is lower than the desired target heart rate, the cockpit automatically increases the resistance. If the value is higher, the cockpit automatically reduces the resistance.

The main requirement for these programs is a permanent and accurate transmission of heart rate values. For this reason, these programs can only be used together with an uncoded heart rate chest belt which is available as an extra accessory. It is not possible to use these programs with hand-pulse sensors. Please also read the chapter "Heart rate measurement" in this manual.

Step 1: Selecting a Program

Turn on the exerciser. The upper part of the display flashes "M". Select the heart symbol by turning the control knob clockwise / anti-clockwise and confirm your selection by pressing it.

Step 2: Age Input

The display will show the letter "A" and the value "25" will flash, enter your age from 1 to 99 years by turning the control knob clockwise / anticlockwise, and confirm your entry by pressing it.

Step 3: Selecting the HRC Mode

By pressing the UP & DOWN keys, you can now choose between the following HRC modes:

50% – Training with a target heart rate of 50% of the maximum heart rate

75% – Training with a target heart rate of 75% of the maximum heart rate

90% – Training with a target heart rate of 90% of the maximum heart rate

TA – Training with an individual target heart rate

Please also read the section "Warning for Pulse & Heart Rate Measurement" in this manual.

Select the desired modes by turning the control knob clockwise / anti-clockwise.

If you select 55%, 75% or 90%, the corresponding target heart rate will be displayed directly. Confirm your selection by pressing the control knob.

To train with an individual target heart rate, select the TA mode by turning the control knob clockwise / anti-clockwise and confirm the selection by pressing it. The "PULSE" window will flash "100." Now enter the desired target heart rate between 30 and 230 heartbeats / minute again by turning the control knob clockwise / anticlockwise and confirm your entry by pressing it.

Step 4: Setting the Training Time

The value in the "TIME" window flashes. Enter the training time by turning the control knob clockwise / anti-clockwise. You can set the exercise time from 1:00 to 99:00 minutes in 1-minute increments.

Step 5: Training Start

Press the START / STOP key to start exercising.

Training End

After the training time has expired, the training is automatically ended.

Program Procedure

The cockpit determines the current heart rate of the user and compares it continually with the desired target heart rate. If the current heart rate is lower or higher than the target heart rate, the cockpit automatically increases or decreases the resistance level.

If the current heart rate is within +/- 5 beats / minute below or above the target heart rate, the cockpit will maintain the current resistance level.

If the cockpit cannot determine the user's heart rate, the display shows "?". In this case, check the correct position and battery power of the chest belt and make sure that it is an uncoded belt with the 5 kHz transmission frequency.

Example:

Target heart rate is 120 - no change in the brake level at a current heart rate of 115 ~ 125 beats / minute.

Watt-controlled training programs (WATT)

In this type of training the power in watts selected by the user is kept constant permanently by the cockpit. The user's output (watts) results from the current resistance level and the current pedalling speed. To keep the power constant, the cockpit reduces the resistance level as soon as the user increases the pedalling speed. If the user reduces the pedalling speed, the cockpit automatically increases the resistance level. This is also called speed-independent training

The user has three fixed watt-training profiles and a watt-constant program to choose from.

Step 1: Selecting a Program

Turn on the exerciser. An "M" will flash in the upper part of the display. Select the program "W" by turning the control knob clockwise / anticlockwise and confirm your selection by pressing it.

Step 2: Setting Watt Value

The value in the "WATT" window flashes. Enter the desired wattage by turning the dial clockwise / anti-clockwise. Inputs from 10 to 350 watts in 5-watt increments are possible. Confirm your entry by pressing the control knob.

Step 3: Setting the Training Time

The value in the "TIME" window flashes. Enter the desired training time by turning the control knob clockwise / anti-clockwise and confirm your entry by pressing it.

Step 4: Training Start

Press the START / STOP key to start exercising.

Training End

After the training time has expired, training will end automatically.

Recovery Heart Rate (RECOVERY)

The recovery test measures how quickly you recover, i.e. how quickly and by how much your heart rate decreases after training.

After completing a workout, or after stopping the workout by pressing the Stop key, press the RECOVERY key and immediately place your hands on the hand pulse sensors. If you are wearing a chest strap, you do not need to hold on to the hand pulse sensors. Now the cockpit will try to determine your pulse for 10 seconds. If this fails, the test is automatically terminated.

If the cockpit has detected your pulse, a countdown of 60 seconds starts in which you must keep hold of the hand pulse sensors all the time (this is also not necessary if you are wearing a chest strap).

After the 60 seconds have elapsed, you can read the result on the display and compare it with the following table.

Result	Evaluation
F1	Excellent
F2	Very good
F3	Good
F4	Satisfactory
F5	Sufficient
F5	Poor

Body Fat Analysis (Body Fat)

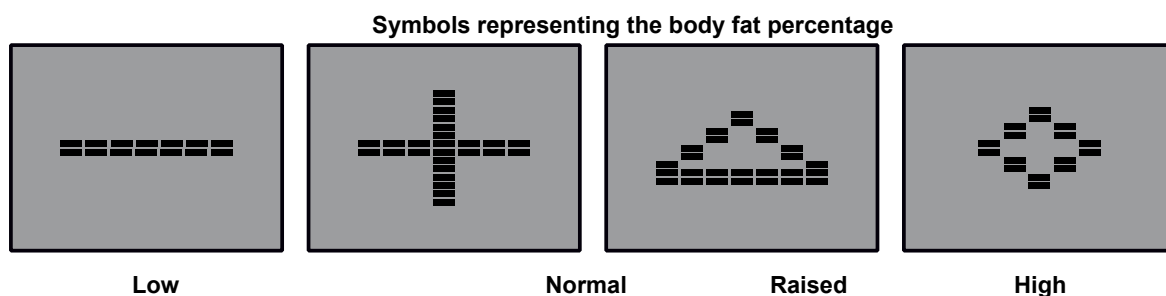
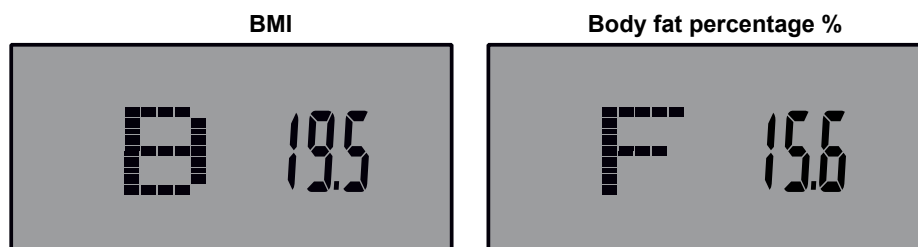
This program determines the percentage of body fat and the BMI of the user.

Press the FAT key. The currently selected user profile is displayed as "U1". If the wrong user profile has been selected, press the RESET key and select the correct user profile. Then press the FAT key again and grasp the hand pulse sensors with your hands. After successful measurement, the percentage of body fat is displayed with the corresponding symbol and BMI.

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

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 their height. Please note that the BMI is only a rough guideline, as it does not account for physique and gender or the individual composition of the body mass of fat and muscle tissue. The "ideal" BMI depends on the age





Bluetooth Receiver and APP Usage

The cockpit of your training device comes ready fitted with an integrated Bluetooth receiver. This Bluetooth receiver allows the fitness device to be controlled from your smartphone or tablet PC via an App.

Connect the iC+ Training-App with your training device as follows:

Step 1

Download the iC+ Training-App from the appropriate Store onto your smartphone or tablet PC.



For requirements of compatible devices and required software versions, please refer to the appropriate store page.

*** Note:** If the links are no longer valid, please enter "iC + Training" or "iConsole +" in the search bar of the relevant store.

The logo to search for for the "iConsole+" APP has orange writing on a white background.



Step 2

Activate the Bluetooth function on your smartphone or tablet PC
Open the iC+ Training App

Step 3

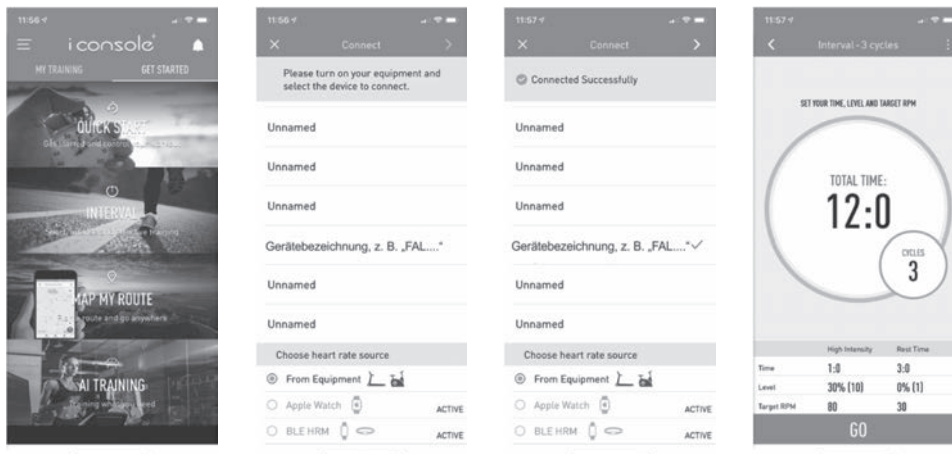
Select "GET STARTED" in the top right of the menu. Then select the required training type, such as "QUICK START"

Step 4


A list of available Bluetooth devices will appear on the display of your smartphone or tablet PC. Make sure your training device is switched on. Select your training device from the list. The name of the training device starts with "FAL ..." or "MAXXUS". After successful connection, a tick symbol will appear. Your training device will now be stored by the iC + Training App so you can start training straight away the next time you want to train.

Step 5

After successfully pairing the App with your training device, you can continue training by clicking on the arrow in the top right corner of the display.



Please note that the MAXXUS Group GmbH & Co. KG is not the manufacturer of the iC + Training App and therefore are not responsible for their content or features.

 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 for calculating your personal training heart rate. Set your calculated heart rate at 100%.

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

This training zone is ideal for overweight individuals, older beginners, or those returning to training after a long break. When training in this zone, your body will burn approximately 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 sportspeople aiming to lose weight. When training in this zone, your body will burn approximately 6-10 calories per minute to produce energy. The percentage ratio 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 ideal for athletes and sportspeople aiming to improve their stamina and overall condition. When training in this zone, your body will burn approximately 10-12 calories per minute to produce energy. The percentage ratio per calorie is approx. 35% fat, 60% carbohydrate, and 5% protein.

For optimal training results, calculate the average value of the selected target zone (refer to the table above)

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 lead to serious injury or even death. If you feel unwell or faint, stop training immediately. Ensure that all users of your exercise device are aware of this information, understand it, and follow it without hesitation.

Pulse Rate Monitoring Using Hand Sensors

Most exercise equipment is equipped with hand pulse sensors, typically located in the cockpit or integrated into the handrails. These hand sensors are used for short-term determination of the pulse rate. To measure your pulse rate, cover the sensors with both hands simultaneously. After a brief period, the display will show the current pulse rate. This measuring system is based on changes in electrical skin resistance, which is measured by the hand sensors due to the heartbeat and resulting blood pressure fluctuations. These changes are combined to provide an average value, which is then displayed as the current pulse rate.

ATTENTION

For a significant portion of the population, the pulse-induced change in skin resistance is so minimal that usable values cannot be obtained from the measurement results. Additionally, calluses on the palms, damp hands, and body shakes, which are often inevitable during various forms of exercise, can interfere with accurate measurements. In such cases, the displayed pulse value may be incorrect or not shown at all.

If you encounter a faulty or failed measurement, please check whether this issue occurs only with one individual or with several people. If the pulse display doesn't work correctly in isolated cases, it indicates that the device is not defective. In such instances, we recommend using a chest belt as an accessory to achieve consistently accurate pulse display. This is available as an accessory.

Heart Rate Measurement using a Chest Belt

Many MAXXUS® training devices come equipped with a standard receiver. To wirelessly measure your heart rate, we recommend using an uncoded POLAR® chest strap exclusively. The chest belt is available as an accessory.

This type of measurement, known for its ECG accuracy, directly captures the heart rate from the skin using a transmitter chest belt. The chest belt then transmits the pulse to the built-in cockpit receiver through an electromagnetic field.

For heart rate-controlled programs, we always recommend using a chest belt to measure your heart rate.

ATTENTION

The determination of the current heart rate using a chest belt is solely intended for displaying the heart rate during exercise. This value does not provide any information about the safety and effectiveness of the training. Additionally, this type of measurement is not designed or suitable for medical diagnostic purposes.

Therefore, it is important to consult with your family doctor to determine the most suitable approach for you and create an exercise plan before you start exercising. This especially applies to individuals who:

- Have been physically inactive for an extended period
- Are overweight
- Are older than 35 years
- Have high or low blood pressure
- Have heart problems

If you are wearing a pacemaker or a similar device, it is important to discuss this with your medical specialist before using a heart rate chest belt.

Preparation Before Training

Before you begin training, ensure that both your training device and your body are in optimal condition. It's important to prepare your body for training. If you haven't engaged in endurance training for a while, it is advisable to consult your GP and undergo a fitness check-up. Additionally, discuss your training goals with them as they can provide valuable advice and information. This is particularly important for individuals who are over 35 years old, have issues with overweight, or experience heart or circulatory system problems.

Training Plan

An essential aspect of effective, goal-oriented, and motivating training is to have a well-defined training plan. Incorporate your fitness training as an integral part of your daily routine. Without a structured plan, training can easily interfere with regular commitments or consistently be postponed to an unspecified time. Whenever possible, create a long-term monthly plan rather than planning day-to-day or week-to-week. A comprehensive training plan should also include elements of motivation and distraction during training sessions. An ideal form of distraction is to watch TV while training, as it provides both visual and auditory diversion. Ensure that you set realistic targets and reward yourself accordingly. For example, aim to lose 1 or 2 kilograms in four weeks or increase your training time by 10 minutes within two weeks. Once you achieve your targets, reward yourself with a favorite meal that you haven't allowed yourself until then.

Warm-Up Before Training

Prior to your training session, warm up on your training device for a minimum of 3-5 minutes at the lowest resistance setting. This will effectively prepare your body for the upcoming physical exertion during training.

Cool-Down After Training

After completing your training session, it is important not to immediately stop using the training device. Similar to the warm-up stage, continue exercising for 3-5 minutes at the lowest resistance setting to cool down your body. Additionally, after training, make sure to stretch your muscles thoroughly.



VFront Thigh Muscles

Stand near a wall or use your training device for support. Place your right hand against the wall or on the training device. Bend your left knee and lift your left foot backwards so you can hold it with your left hand. Ensure that your knee is pointing straight down to the floor. Slowly pull your leg backwards until you feel a light pulling in your thigh muscles. Hold this position for about 10 to 15 seconds. Release your foot and place it back on the floor. Repeat the exercise with your right leg.



Inner Thigh Muscles Exercise

Sit on the floor and 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 while keeping your upper body straight. Release the pressure from your thighs and slowly stretch out your legs to the front. Stand up slowly and steadily.



Legs, Calves, and Buttocks Exercise

Sit on the floor. Stretch out your right leg and bend your left leg, placing the sole of your foot on your right thigh. Bend your upper body forward, reaching out with your right hand to touch your right toes. Hold this position for 10 to 15 seconds. Release your toes and slowly sit up straight again. Repeat the exercise with your left leg.



Leg and Lower Back Muscles Exercise

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

Training Recommendations

Hydration

Ensuring adequate hydration is crucial before and during exercise. It's possible to lose up to 1 litre of liquid during a 30-minute training session. To replenish the fluid loss, an ideal option is an apple spritzer mixed in the ratio of one-third apple juice to two-thirds mineral water. This mixture contains electrolytes and minerals that help replace those lost through sweat. It is recommended to consume about 330 ml of this mixture 30 minutes before starting your training session. Additionally, it's important to maintain balanced hydration throughout the workout.

Training Frequency

Experts recommend engaging in endurance training 3-4 days a week to maintain cardiovascular fitness. It's important to note that the more frequently you train, the faster you may reach your desired training goals. However, it is essential to plan sufficient training breaks within your workout plan to allow your body ample time for rest and recovery. After each training session, it is advised to take at least one day off.

Remember, when it comes to fitness and endurance training, sometimes less is more!

Exercise Intensity

In addition to the error of exercising too frequently, mistakes can also occur in terms of training intensity. While training intensity will be high for individuals aiming to participate in a triathlon or marathon, most people have different training goals such as weight reduction, cardiovascular training, improving physical condition, and stress reduction. The training intensity should be adjusted accordingly to meet these goals. It is advisable to work with the appropriate heart rate range for the specific training objective. The information provided on heart rate and the corresponding table in this manual will assist you further in determining the appropriate intensity.

Duration of the Individual Training Session

To achieve optimal endurance or weight reduction training, aim for training sessions lasting between 25 and 60 minutes. If you are a beginner or returning to training, start with shorter sessions of 10 minutes or less during the first week, and gradually increase the duration as you progress each week.

Training Documentation

To ensure effective design and evaluation of your training, it is recommended to create a written training plan or use a computer table before starting your training. In this document, you should record various data such as distance, training time, brake force setting, and pulse values. Additionally, it is important to include personal information like body weight, blood pressure, resting heart rate (measured in the morning immediately after waking up), and your overall well-being during exercise.

Enclosed with this information, you will find a suggested weekly plan as a reference.

Calendar Week: _____ Year: 20____						
Date	Day	Exercise Duration	Exercise Distance	Calorie Consumption	Ø Heart Rate	Comments
	Monday					
	Tuesday					
	Wednesday					
	Thursday					
	Friday					
	Saturday					
	Sunday					
Week Result:						

Technical Details

Cockpit

Display of:

- ♦ Time
- ♦ Distance
- ♦ Calories burned*
- ♦ Level
- ♦ Watts**
- ♦ Speed
- ♦ Cycling revolutions per minute
- ♦ Pulse (when using hand sensors)
- ♦ Heart rate (when using optional chest strap)

*Note on Calorie Measurement

The energy consumption displayed on the device is calculated using a general formula. It is important to note that it is not possible to determine an individual's energy consumption precisely, as this would require a significant amount of personal data. Therefore, the energy consumption shown on the device is an approximation and not an exact value.

**Note on the Wattage Display

Please be aware that the wattage display on this training device is not calibrated, as it is intended for non-therapeutic purposes. The wattage value shown on the display is an approximation and should be considered as an estimate rather than an exact value.

Technical Details

Braking system:	Motor-controlled permanent magnet brake system
Brake force adjustment:	Computer controlled
Resistance levels:	1 to 16
Drive Type:	Two-stage longitudinal ribbed belt
Dimensions:	Approx. 1.720 x 67 x 1.700 mm (LxWxH)
Total weight:	Approx. 77 kg
Maximum user weight:	160kg
Power supply:	220-230V - 50Hz

Application: Home use

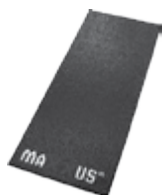
Recommended Accessories

POLAR



POLAR® Transmitter Chest Belt T34

Uncoded chest strap designed for determining heart rate with optimized transmission ranges. This accessory is required for pulse-controlled programs and continuous monitoring of the current heart rate.



MAXXUS® Floor Protection Mat

These mats provide excellent protection for floors and floor coverings against damage, scratches, and soiling caused by body sweat. With an extreme density and material thickness of 0.5cm, they also significantly reduce noise from running and movement.

- ♦ 160 x 90 cm
- ♦ 210 x 100 cm
- ♦ 240 x 100 cm (ideal for rowing machines)



MAXXUS® Degreaser Spray

Optimal cleaner for removing dirt and maintaining the slide tubes and roller surfaces.

MAXXUS® Lubricating Spray

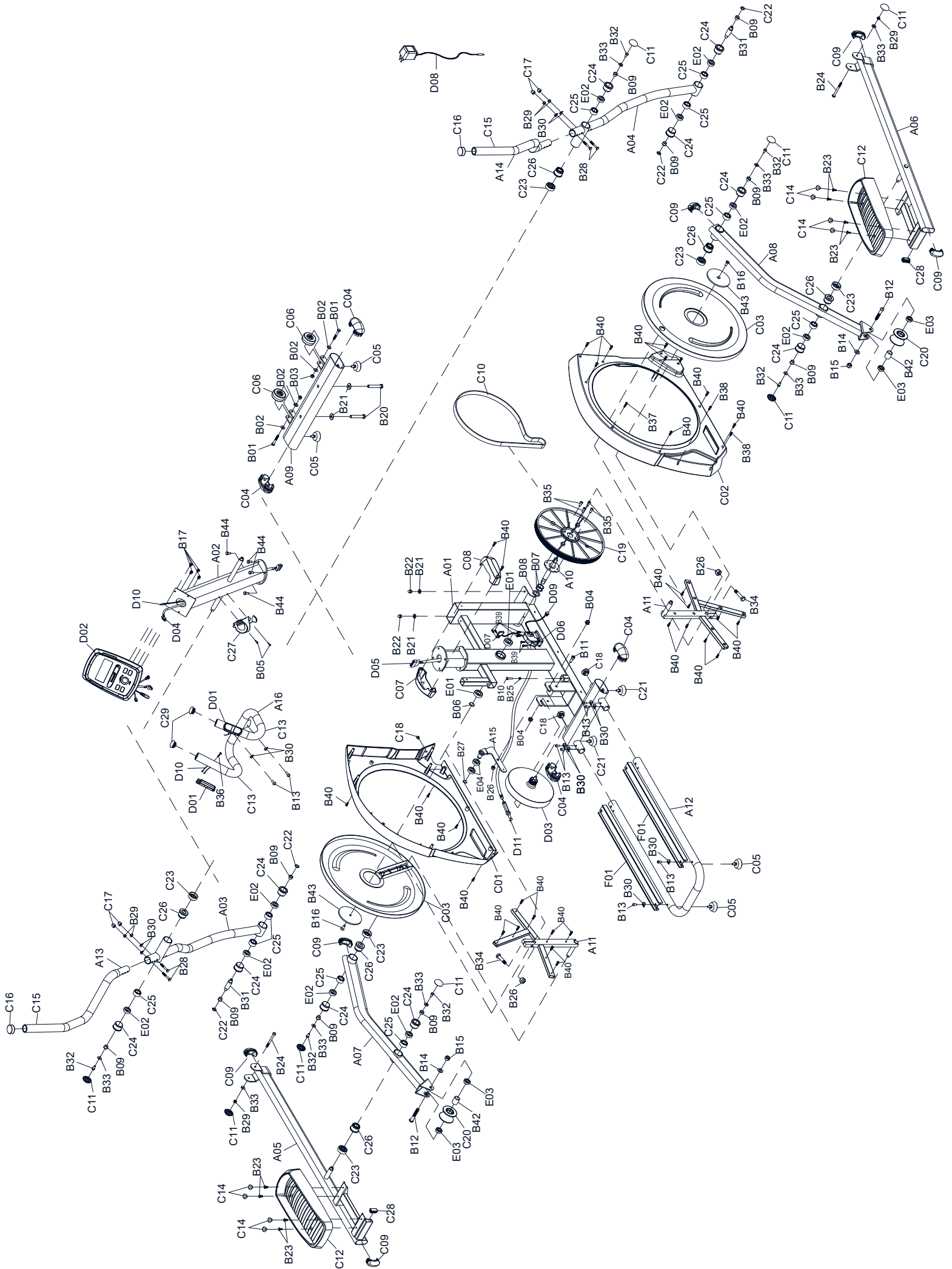
Optimal lubricant for slide tubes.



MAXXUS® Special Foam Cleaner

Use it for regular cleaning of your fitness equipment. MAXXUS foam cleaner can perfectly maintain plastic covers and metal frames. It is also suitable for cleaning pulse belts and other training accessories.

Exploded Drawing



Parts List

Part no.	Description	Qty	Part no.	Description	Qty
A01	Main frame	1	B39	Sheet metal screw, M4	6
A02	Upright support	1	B40	Sheet metal screw, M5	32
A03	Dual action tube, left	1	B42	Bushing	2
A04	Dual action tube, right	1	B43	Zinc plate	2
A05	Foot pedal tube, left	1	B44	Hex head screw, M8	4
A06	Foot pedal tube, right	1	C01	Main cover, right	1
A07	Foot pedal, left	1	C02	Main cover, left	1
A08	Foot pedal, right	1	C03	Disc cover	1
A09	Stabilizer tube	1	C04	End cap for stabilizer bar	4
A10	Shaft pulley	1	C05	Height adjuster	4
A11	Crank assembly	2	C06	Transportation wheel	2
A12	Tube, guide rails	1	C07	Upright joint cover, left	1
A13	Dual action handle bar, left	1	C08	Upright joint cover, right	1
A14	Dual action handle bar, right	1	C09	End cap for foot pedal tube	6
A15	Tension wheel arm, welded	1	C10	Belt	1
A16	Hand pulse handle bar	1	C11	Nut cap	8
B01	Hex bolt, 1/4"	2	C12	Foot pedal	2
B02	Washer, 1/4"	4	C13	Foam grip	2
B03	Lock nut, 1/4"	2	C14	Plug for foot pedal	8
B04	Nut, 3/8"	2	C15	Foam grip	2
B05	Screw, M5	2	C16	Dome end cap	2
B06	C-clip	1	C17	Nut cap	4
B07	Wave washer, M21	2	C18	Round end cap, Ø1-1/4"	2
B08	Washer, M20	1	C19	Pulley	1
B09	Bushing spacer	10	C20	Roller	2
B10	Hex head screw, M10	1	C21	Height Adjuster	2
B11	Allen key screw, M10	1	C22	Washer	4
B12	Allen key screw, M12	2	C23	Spacer	6
B13	Allen key screw, M8	8	C24	Bearing bushing	10
B14	Washer, Ø1/2"	2	C25	Bearing housing	10
B15	Lock nut, M12	2	C26	Bushing	6
B16	Screw, M8	2	C27	Water bottle holder	1
B17	Screw for computer	4	C28	Square end cap	2
B20	Bolt, M5	2	C29	End cap	2
B21	Hex head screw, 3/8"	4	C30	End cap	1
B22	Dome nut, 3/8"	2	D01	Hand pulse sensor	1
B23	Allen key screw, M6	8	D02	Computer	1
B24	Allen key screw, M8	2	D03	Magnetic flywheel	1
B25	Black nut, M8	1	D04	Cable	1
B26	Lock nut, M10	3	D05	Cable	1
B27	C-clip	1	D06	Motor with cable	1
B28	Carriage bolt, M8	4	D07	Sensor cable	1
B29	Lock nut, M8	6	D08	AC adapter 9V, 1.500 mA	1
B30	Curve washer, M8	12	D09	AC plug cable	1
B31	Saft for dual action arm	2	D10	Hand pulse cable	1
B32	Pivot Hex head screw, M8	6	D11	Motor tension cable	1
B33	Washer, Ø5/16"	8	E01	Bearing 6004	2
B34	Hex head screw, M10	2	E02	Bearing 6003	10
B35	Allen key screw, M8	4	E03	Bearing 6001	4
B36	Sheet metal screw, M3	2	E04	Bearing 6203	2
B37	Sheet metal screw, 3/16"	1	F01	Aluminum guide rail	2
B38	Sheet metal screw, M3	2			



Do not dispose of your training device in regular household waste. Instead, take the device to a communal waste disposal facility or a registered waste disposal company. It is important to adhere to the current regulations that apply in your area. If you are unsure, seek advice from your city or municipal administration to determine the proper and environmentally sound method of disposal for the device.

Batteries/rechargeable batteries (if available):

According to the Battery Ordinance, as the end user, you are legally obliged to return all used batteries and rechargeable batteries. **Disposal in normal household waste is prohibited by law.**

Most batteries already have a symbol on them to remind you of this regulation. Next to this symbol, there is usually an indication of the heavy metal content. These heavy metals require environmentally sound disposal. Therefore, every consumer is legally obliged to take batteries to the appropriate collection point in their town or municipality, or to the retailer.

If you are in doubt, ask your city or municipal administration for appropriate and environmentally friendly disposal options.

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

Your MAXXUS® training device is designed with high-quality ball bearings and a grooved belt, along with a premium magnetic braking system that is entirely wear and friction-free. These exceptional components significantly reduce functional noises, making your MAXXUS® training device one of the quietest products available in the fitness market. However, it is normal to experience slight mechanical noises during training. These noises can occur continuously or intermittently at specific intervals due to the high rotational speed of the flywheel. Moving parts may also produce sounds that are amplified by the hollow metal tubes of the frame. Additionally, it is common for the running noise to become slightly louder as you increase your training speed and as the device components heat up and expand during your workout.

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

Check if the power cable is correctly attached to the device and properly plugged into the socket. Also, inspect if there is any damage to the cable.

Examine the control cable to see if it has been pinched or jammed during assembly. Additionally, check if the connector has come loose.

The pulse rate value is not shown or is indicated incorrectly

Please refer to the „Pulse & Heart Rate Monitoring” 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. Also, check whether the screws connecting the swing arms at the articulated joint to the pedal tubes are too tight.

My feet fall asleep during training

The reason for this is often tight training shoes. It is suggested to loosen the shoes as your feet will expand during exertion. Seeking advice from sports shops or specialist running shoe shops is recommended.

Warranty*

For the MAXXUS® Support Team to assist you promptly with service, we require specific information about your fitness device and yourself. To determine the exact spare parts needed, please provide the product name, date of purchase, and serial number.

If necessary, please fill out the Service Contract form attached to this User Manual and send it to us by e-mail as a scan or by post. Alternatively, you can use our online form "Service Contract" available in the "Service" section at www.maxxus.com.

Areas of Application & Warranty Periods

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

Home Use:

Exclusively for private use

Warranty Period: 2 Years

Semi-Professional Use:

Use under instruction in hotels, physiotherapy practices, etc.

Use in fitness studios or similar establishments is hereby excluded!

Warranty Period: 1 Year

Professional Use:

Use in fitness studios or similar establishments under supervision by trained personnel.

Warranty Period: 1 Year

If the training device is used in an area not intended for its use, any guarantee or warranty claims will be voided. For an exclusive private use and to qualify for a 2-year warranty period, the purchase invoice must be made out to a consumer.

Proof of Purchase and Serial Number

To exercise your right to warranty service within the warranty period, we require proof of purchase. Keep your purchase invoice in a safe place and, in the case of warranty claims, send us a copy along with your Service Contract. This will facilitate a prompt processing of the service work. Additionally, provide the Product Name, Serial Number, and Date of Purchase to identify the correct model version for servicing.

Terms and Conditions of Warranty

The warranty period for your training device begins on the date of purchase and applies only to products purchased directly from MAXXUS Group GmbH & Co KG or an authorized distribution partner of MAXXUS Group GmbH & Co KG.

The warranty covers defects caused by production or material faults and is applicable to devices purchased in Germany. It does not cover damages or defects resulting from improper use, intentional destruction, failure to perform maintenance and/or cleaning, force majeure, operational causes, normal wear and tear, liquid damage, repairs or modifications using non-OEM parts, faulty assembly, or damages caused by 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 on these wearing parts are not covered by the warranty.

If your training equipment needs to be collected from you for repair, it is necessary to disassemble and package the equipment properly. Similarly, when the repaired equipment is returned, it should be received and reassembled.

These services are generally not covered by the warranty. In the case of individual parts requiring repair, the defective parts must be securely packaged and sent to our service address after making prior arrangements.

Service Outside the Warranty and Ordering Spare Parts

The MAXXUS® Service Team is happy to assist in solving any problems with faults that may arise following the expiry of the warranty period or in cases of defects not covered by the warranty.

In such cases, please contact us directly by email at **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 **service@maxxus.de**

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

MAXXUS**Service Contract****Device Details**Product Name: **MAXXUS CX 7.8**Product Group: **Cross-Trainer**

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)

☐ A copy of the proof of purchase / invoice / receipt is attached.☐ I accept the General Terms and Conditions of MAXXUS® Group GmbH & Co. KG.

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

Date

Location

Signature

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

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

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

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

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

MAXXUS

LEADING BEYOND FITNESS



Maxxus Group GmbH & Co. KG
Nordring 80 ♦ D-64521 Groß-Gerau
E-Mail: info@maxxus.de
www.maxxus.com