

Index

| Index | 2 |
|----------------------------|---------|
| Safety Instructions | 3 |
| Overall View of the Device | 4 |
| Tools Included in Delivery | 4 |
| Fixing Materials | 5 |
| Assembly | 6 – 11 |
| Location & Storage | 12 |
| Transport | 12 |
| Levelling the Device | 12 |
| Maintenance & Care | 13 |
| Mains Connection | 13 |
| Cockpit | 14 – 21 |
| Pulse & Heart Rate | 22 – 23 |
| Training Recommendations | 24 – 25 |
| Technical Details | 26 |
| Disposal | 26 |
| Exploded Drawing | 27 – 28 |
| Spare Parts List | 29 |
| FAQ | 30 |
| Recommended Accessories | 30 |
| Warranty | 34 |
| Service Contract | 35 |

© 2019 MAXXUS Group GmbH & Co. KG All rights reserved / All rights reserved

This publication may not be reproduced, stored in a retrieval system, or transmitted in whole or in part, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise without the prior written permission of Maxxus Group GmbH & Co. KG.

Errors, colour and technical modification subject to change, reproduction as well as electronic duplication only with written permission of MAXX-US Group GmbH & Co. KG.

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.

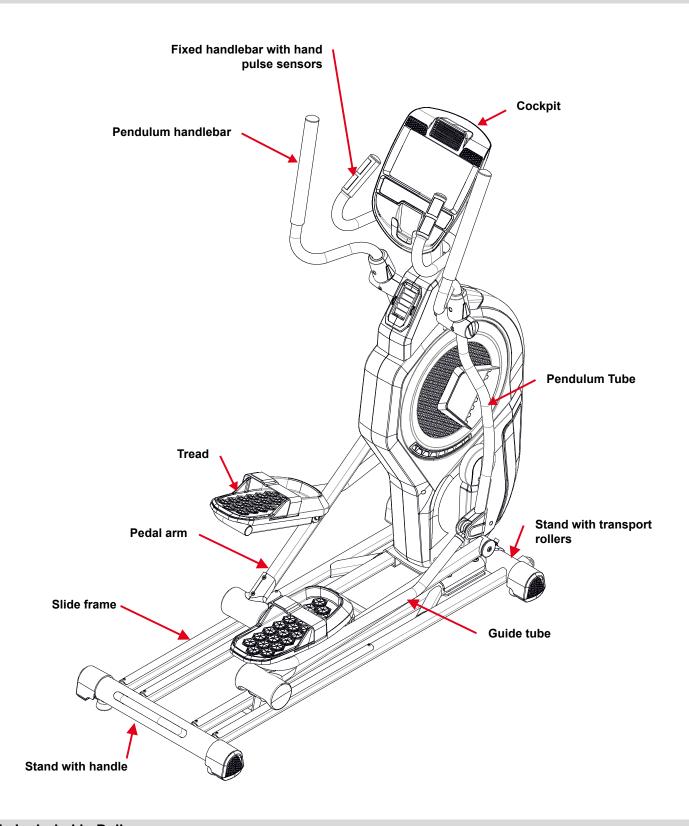
Training environment

- 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 50 cm long and 100 cm wide behind the training device. A minimum of 100 cm free space to each side and 50 cm in front of the training device should be allowed for.
- 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.

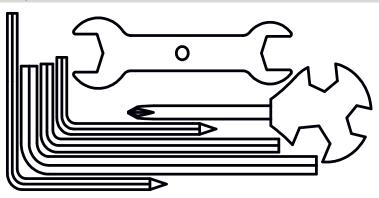
Personal safety instructions for training

- 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!



Tools Included in Delivery



Fixing Materials

| | | | i ixiiig iliatorialo |
|---|---|--|---|
| | | | |
| Part 44 Washer Ø8.5xØ20 4 pcs | Part 47 Washer Ø10xØ22 4 pcs | Part 45 Washer Ø8.2xØ25 4 pcs | Part 49 Corrugated washer Ø10.5xR100, 2 pcs |
| | | | |
| Part 51 Spring washer Ø8 3 pcs | Part 52 Spring washer Ø10 6 Stück | Part 50 Spacer Ø8.5 7 Stück | Part 62 Tapping screw St 4 x 16 10 pcs |
| | | | |
| Part 65 Round head screw M5x15 12 pcs | Part 66 Allen screw M6x12 2 pcs | Part 67 Allen screw M6x50 6 pcs | Part 69 Allen screw M8x40 6 pcs |
| | | | ENG |
| Part 72 Sleeve nut MØ9.4x23.5/M6 2 pcs | Part 68 Allen screw M8x20 5 pcs | Part 70 Allen screw M8x60 4 pcs | Part 26 Allen screw M10x70 |
| | | | |
| Part 57 Lock nut M8 | Part 95 Allen screw M10x90 | | |

5

2 pcs

2 pcs

Assembly

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

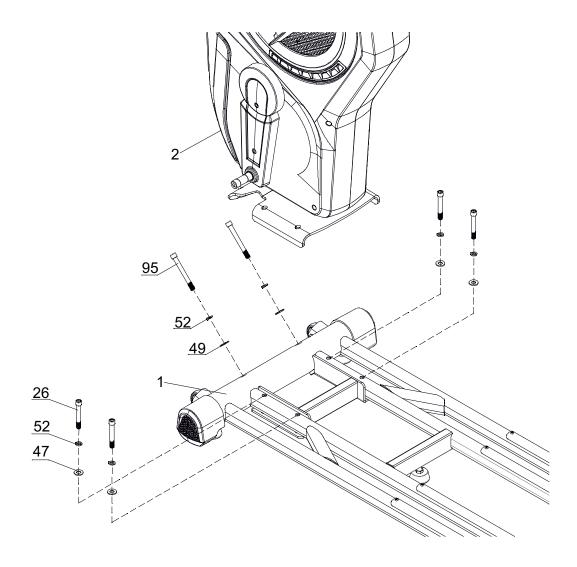
Check that all the parts and fixing materials (screws, nuts, etc.) have been delivered.

Assemble the parts carefully as any damages or defects occurring due to mistakes made at the time of assembly are not covered by the warranty or guarantee. Therefore, read through the assembly instructions carefully before you start assembling, follow each assembly step exactly as described and keep to the correct sequence of assembly as instructed. Take care of your own safety especially during assembly. Wear suitable work gloves and get a second person to help you with large or heavy parts. Secure any moving parts so that no parts of the body can get jammed in them during assembly. Assembly of the training device must be carried out thoroughly by adults only.

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

Step 1: Assembly of the Base Frame

Insert the main frame (2) on the front mount of the slide frame (1) and fasten it on the right and left using two Allen screws M10x70 (26), two spring washers Ø10 (52) and two washers Ø10 (47). From the front fasten the frame using two hexagon socket screws M10x90 (95), two spring washers Ø10 (52) and two corrugated washers Ø10.5 (49).

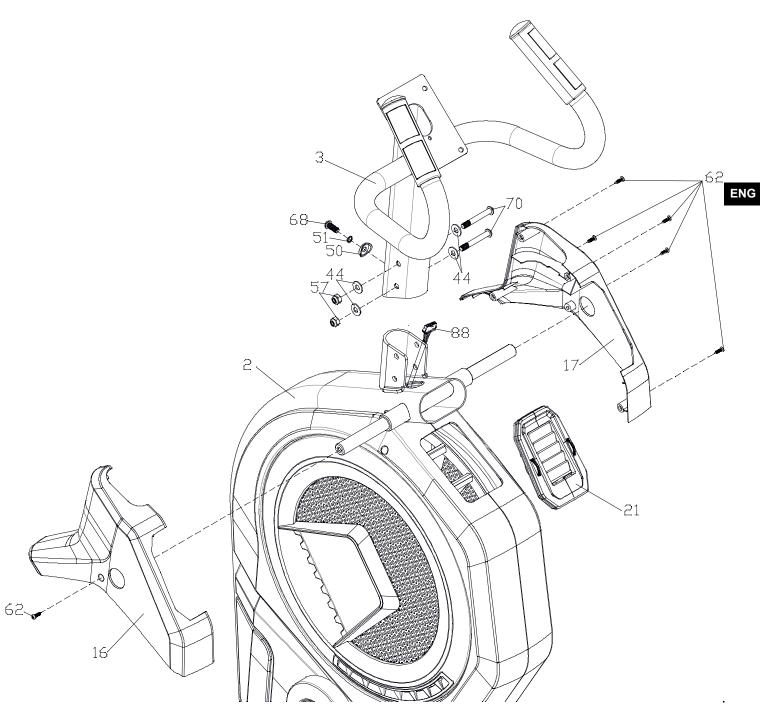


Step 2: Assembly of the Cockpit Frame

Feed the cockpit cable (88) protruding from the main frame (2) from below and up through the cockpit frame (3). Then place the cockpit frame (3) in the main frame (2) and fasten it laterally with two Allen screws M6x50 (70), four washers Ø8.5 (44) and two lock nuts M8 (57). From the front fix it with an Allen screw M8x20 (68), one spring washer Ø8 (51) and a spacer Ø8.5 (50). Then place the side covers (17-right / 16-left) and the ventilation housing (21) on the frame and secure these with six tapping screws St4x16 (62).

A CAUTION:

Make sure when inserting the cockpit frame (3) into the main frame (2) that you do not pinch or damage the cable.



Step 3: Assembly of the Pendulum Tubes

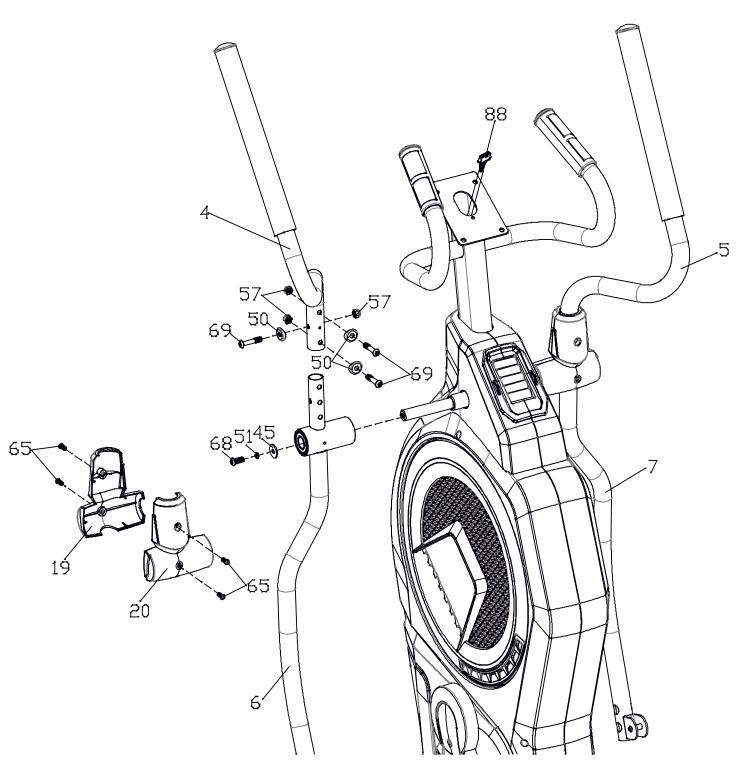
Place the left pendulum tube (6) in the axle on the left side of the main frame.

Note: It is good here to lubricate the axle well with commercially available multipurpose grease. Then secure the pendulum tube (6) with an Allen screw M8x20 (68), one spring washer Ø8 (51) and a washer Ø8.2xØ25 (45).

Then insert the left handle (4) from above into the left pendulum tube (6) and fasten it with three Allen screws M8x40 (69), three spacers $\emptyset 8.5$ (50) and three lock nuts M8 (57).

Then place the two pendulum-tube covers (19-front / 20-rear) onto the pendulum tube and fix them with two round head screws M5x15 (65).

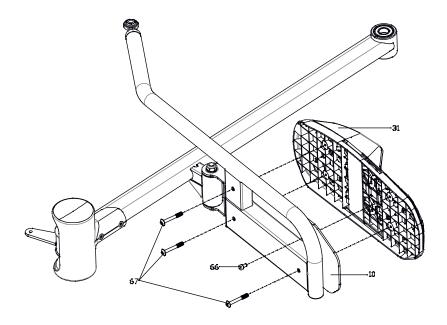
Repeat this procedure with the right pendulum tube (7) and the right-hand handle (5).



Step 4: Assembly of the Pedals

Fix the left tread (31) onto the left guide tube (10) using three Allen screws M6x50 and one Allen screw M6x13 (66).

Repeat this procedure and fix the right tread (32) onto the right guide tube (11).



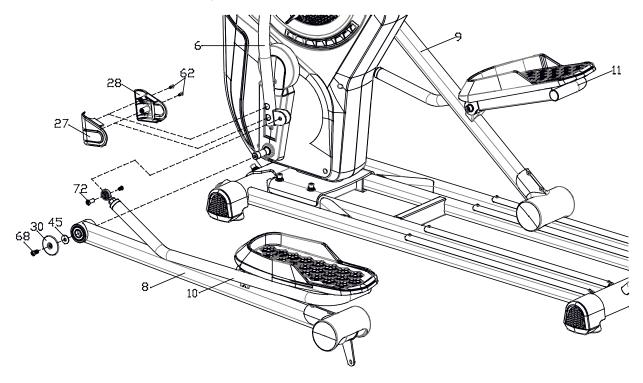
Step 5: Assembly of the Articulated Joint (joint between pendulum tube and pedal arm)

Slide the front mount of the left pedal arm (8) onto the axle on the base frame and fix it with one Allen screw M8x20 (68), a large screw cover, round (30), a washer \emptyset 8,2x \emptyset 25 (45). Then place the fisheye joint on the bottom of the left guide tube (10) onto the mount of the left pendulum tube (6). Fasten these with a sleeve nut and screw M \emptyset 9,4x23,5/M6 (72)

Connect them to a sleeve nut with screw (72). Tighten up this screw connection.

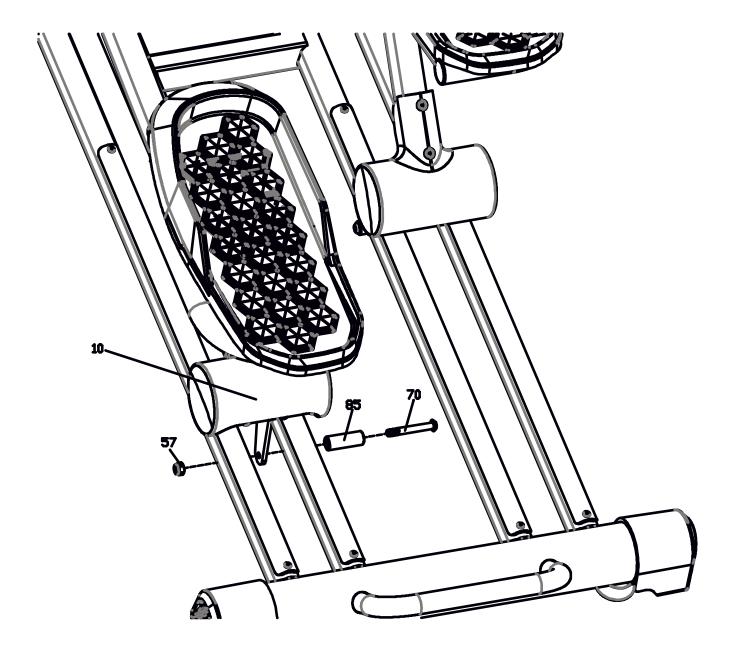
Now attach the articulation joint covers (27-left / 28-right) at the transition from the pendulum tube (6) to the guide tube (10) using two self-tapping screws ST4x16 (62).

Repeat this procedure with the right side of the device.



Step 6: Assembly of the Roller Guides
Secure the spacer sleeve (85) to the bracket on the left guide tube (10) and below the slide tracks using an M8x60 Allen screw (70) and locknut M8 (57).

Repeat this procedure with the right guide tube.



Step 7: Assembly of the Cockpit and Tablet Holder

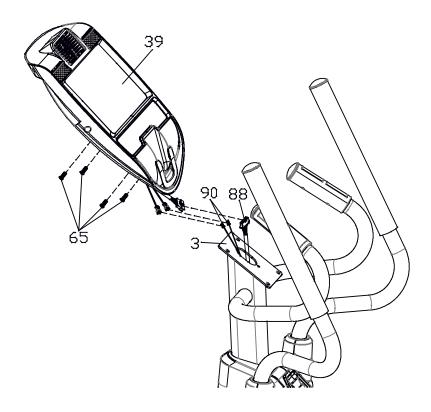
Step 7.1 Assembly of the Cockpit

Connect the cables protruding out of the cockpit to the cables (88 & 90) protruding out of the cockpit mount on the handlebar shaft (3).

88 - Computer cable

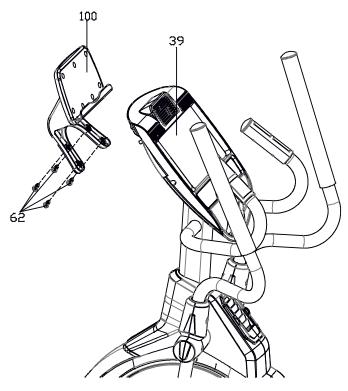
90 – Cable of hand pulse measurement. Here the connectors are identical and it does not matter in which order they are connected. It is not possible to connect the cables in the wrong order.

Now insert the cockpit (39) into the mount on the handlebar shaft (3) and fix it at the back with four M5x15 round head screws (65).



Step 7.2 Assembly of the Tablet Holder

Attach the tablet holder (100) to the back of the cockpit (39) using four self-tapping screws 4x16 (62).



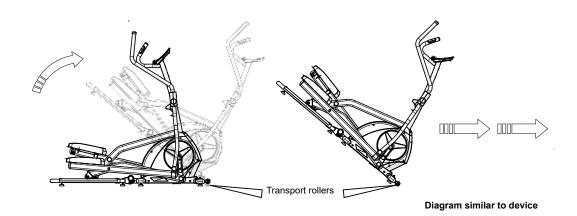
Location & Storage

This training device was designed for use in dry, warm indoor areas. It is not to be used or stored in damp or wet areas such as saunas, swimming pools, etc. or in outdoor areas, such as balconies, terraces, gardens, garages, etc. Due to the high humidity or low temperatures possible in any of these areas, damage may occur to the electronics or corrosion and rust defects may arise. No warranty claims for damage of this kind will be accepted.

Please choose a warm, dry, level location for your training equipment both for when in operation and in storage. For your own comfort, make sure that the training area is sufficiently ventilated during exercise to allow optimal oxygenation. Before using your training device after a long period of non-use, make sure that all fastenings are secure.

Transport

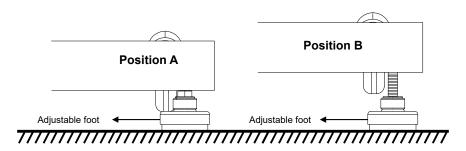
In order to transport your training device simply and safely, the front stand is equipped with transport rollers and the rear stand with a handle. To transport the exerciser, stand at the rear end of the glide frame and grasp the rear cross tube with both hands. Now tip the training device upwards until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



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 safe standing of the training device, please check the surface of the location and, if necessary, choose a different location, where a safe and level position can be ensured.





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 mains cable is disconnected 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. Use a damp cloth and soap. Never use solvents. Regular cleaning contributes significantly to the preservation and longevity of your training device. Due to the chemical composition of body sweat, this is the main cause of corrosion (rust) if not removed immediately. Therefore, after every training session, check whether body perspiration and / or other fluids have got onto the device. If this is the case, the affected components / housing parts must be cleaned.

Please note that damages caused by body sweat or any other liquids are not in any way covered by the warranty. During training, make sure that no fluid can enter the training device or the computer.

Maintenance

Checking the fastenings

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

Lubricating the sliding tubes

The top of the sliding tubes must be cleaned and lubricated regularly. Clean the sliding tubes with a damp cloth and some liquid hand soap or detergent. For professional cleaning we recommend the MAXXUS® Degreaser Spray. Then dry the sliding tubes thoroughly and lubricate the top of the tubes with liquid silicone or MAXXUS® lubricant spray to form a thin layer.

With frequent use, you should clean and lubricate the sliding tubes once a week. Lubricate the sliding tubes immediately if squeaking sounds occur during training. Care and cleaning agents are available in our online shop at www.maxxus.com.

Lubricating the axles on the handlebar stem and on the drive discs

The two transverse axles on the handlebar stem, and the axles on the large drive discs, should be lubricated once every 6 months with multipurpose grease - please refer to the appropriate section in this manual.

ENG

Mains Connection

Mains Adapter (9V/1.000mA)

Plug the mains cable on the supplied mains adapter into the socket located on the front of the main body. Then plug the mains cable into a power socket.



The device may only be connected to an earthed socket that has been professionally installed. Do not use multiple sockets to connect the exerciser. If you use an extension cable, it must comply with the guidelines of the VDE or equivalent.

Connecting the device



Before connecting mains adapter to the unit, always check that it is the adapter delivered with the unit. Using a different mains adapter may cause damage to the electronic components of the device, for which the manufacturer cannot assume liability.

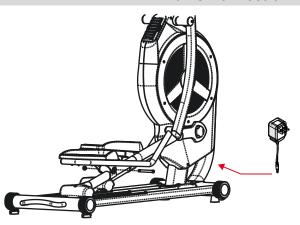
Always connect the mains cable to the training device before connecting it to a power outlet. If you want to disconnect your exerciser from the power supply, always disconnect the power cable from the mains first.

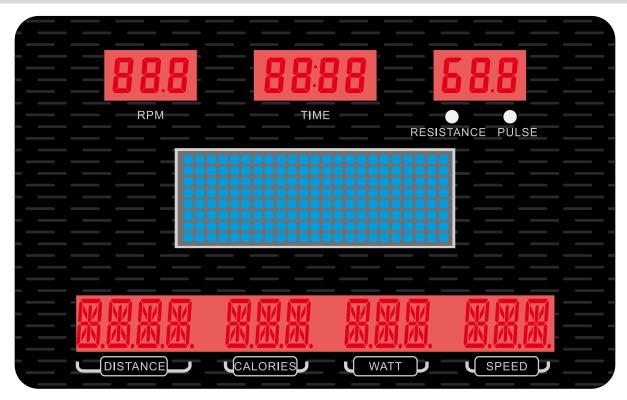
Switching on the device

First connect the power cable to the training device and then to the power outlet. The cockpit will turn on automatically. If the training device is already connected to the power supply but the cockpit is in stand-by mode, activate the cockpit by pressing any key or by moving the pedals.

Switching off the device

After 4 minutes of inactivity the cockpit automatically switches into stand-by mode. Always disconnect the training device from the mains once you have finished your workout. Unplug the power cable from the wall socket first and then remove the mains adapter from the device.





The cockpit gives information about the following training values:

SPEED - Speed in km/h

Display of the speed in km/h

RPM - Wheel Revolutions per Minute

Display of the stepping speed/number of wheel revolutions per minute.

WATT - Power in Watts

Display of the current power in Watts**

TIME - Training Time

This is the training time completed in the current training session from 0:00 to a maximum of 99:59 minutes.

DISTANCE

Displays the current training distance in kilometres from 0 to a maximum of 99.9 kilometres.

CALORIES^{*}

Displays the number of calories consumed in the current training session from 0 to a maximum of 999 calories.

RESISTANCE

Display of the current resistance level from 1 to 24.

Pulse or heart rate display - PULSE

This is a display of:

- the current pulse rate when using the hand pulse sensors
- the current heart rate when using a transmitter chest belt (not included in delivery).

* 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

The displayed value in Watts is not a calibrated value.



Program

Key to select the different programs

RECOVERY

Key for recovery pulse measurement.

BODY FAT

Key for body fat measurement in %

Minus/Plus Keys

Before training: for input of values

During training: to change the resistance level

MODE

Key to confirm inputs

START/STOP

START function: Start the selected program by pressing this key. If training is interrupted (pause function)

training can be continued by pressing the start key again.

PAUSE Function: The current training can be interrupted by pressing this key.

RESET

Use this key to reset all values to "zero".

Switching on the Device

Shortly after moving the pedals the cockpit will start automatically.

Switching off the Device

The device will switch off automatically after the pedals have stopped moving for a short while.

Quick-Start Function

After you have started pedalling and the cockpit has activated, press the START/STOP key.

The training time will start to run automatically and you can immediately start training. Use the +/- keys to enter the desired resistance level or change the resistance level at any time during training. Since no target values can be specified during this type of training the training session must be ended by the user themselves.

User Details

You must first enter your personal details in order to use the programs of the device. These details are then permanently stored in the device. There are 4 user profiles available for this purpose.

Once you have entered the details, you can select a program and start training. For all future training sessions, you can select a training profile from U1 to U4 using the +/- keys. Then confirm your selection by pressing the MODE key. Now the cockpit will ask for your individual data.

Confirm this by pressing the Mode key. Should any values have changed over time, such as the weight or age of the user, simply change them by pressing the +/- keys and confirm it with the MODE key.

Start pedalling to turn on the cockpit.

Step 1: Selecting a User Profile

The display flashes "U1." Select the desired user profile from U1 to U4 by pressing the +/- keys. Confirm your selection by pressing the MODE key.

Step 2: Gender Input

Press the +/- keys to select the gender of the current user. \circlearrowleft stands for "male" and \supsetneq for "female". Confirm your entry by pressing the MODE key.

Step 3: Age Input

Press the +/- keys to enter the age of the current user. Confirm your entry by pressing the MODE key.

Step 4: Height Input

Enter the height of the current user by pressing the +/- keys. Confirm your entry by pressing the MODE key.

Step 5: Body Weight Input

Enter the body weight of the current user by pressing the +/- keys. Confirm your entry by pressing the MODE key.

The "Profimatrix" will display an "M" and now you can continue with the program selection.

If you want to change the user, end the current training, press the "R" key briefly once (single-reset). "M" will flash in the display again. Now press the "R" key for approx. 5 seconds (complete-reset). Now you can select a free user profile and enter the new user data or select a previously saved user.

Manual Training

Step 1: Select a Program

After you start pedalling and the cockpit has switched itself on, and you have selected your user profile, select program "M" by pressing the PROGRAM key. Confirm your selection by pressing the MODE key.

Step 2: Select a Training Target

You can now specify one of three different training target values:

Step 2.1: Training time

"0:00" flashes in the TIME window. If you want to specify the training time as the training target, select the desired training time from 01:00 to 99:00 by pressing the +/- keys. Confirm your entry by pressing the MODE key.

If you want to select a different training target, press the MODE key directly.

Step 2.2: Training Distance

"0.00" flashes in the DISTANCE window. If you want to specify the "training distance" as the training target, enter the desired training distance from 00:00 to 99:50 kilometres by pressing the +/- keys. Confirm your entry by pressing the MODE key.

If you want to select a different training target, press the MODE key directly.

Step 2.3: Calorie Consumption

"0" flashes in the "CALORIES" window." If you want to specify "Calorie consumption" as the training target, enter the desired calorie consumption from 0 to 990 calories by pressing the +/- keys. Confirm your entry by pressing the MODE key.

NOTE:

It does not make sense to specify more than one of the possible three training targets so you should decide on one target before you start with your training session.

Step 3: Specification of the Top Pulse Limit

The window PULSE flashes "0." If you want to set a top pulse limit enter this by pressing the +/- keys. Confirm your entry by pressing the MODE key.

Step 4: Training Start

Press the START / STOP key to start training.

During training you can select and change the workload level by pressing the +/- keys.

The training session ends automatically when the given training target has been reached.

ENG

Training profile (PROGRAM)

Step 1: Select a Program

After you start pedalling and the cockpit has switched itself on, and you have selected your user profile, select program "P" by pressing the PROGRAM key. Confirm your selection by pressing the MODE key.

Step 2: Select a Training Profile

Select the desired training profile from P1 to P2 by pressing the +/- keys. Confirm your selection by pressing the MODE key.

Step 3: Select a Training Target

You now have the option to specify one of three different training target values:

Step 3.1: Training Time

"0:00" flashes in the TIME window. If you want to specify the training time as the training target, select the desired training time from 01:00 to 99:00 minutes by pressing the +/- keys. Confirm your entry by pressing the MODE key.

If you want to select a different training target, press the MODE key directly.

Step 3.2: Training Distance

The "DISTANCE" window flashes "0.00." If you want to specify distance as the training target, select a desired distance from 00:00 to 99:50 kilometres by pressing the +/- buttons. Confirm your entry by pressing the MODE key.

If you want to select a different training target, press the MODE key directly.

Step 3.3: Calorie Consumption

"0" flashes in the "CALORIES" window. If you want to specify "Calorie Consumption" as the training target, select the desired number of calories from 0 to 990 by pressing the +/- keys. Confirm your entry by pressing the MODE key.

Step 4: Specification of the Top Pulse Limit

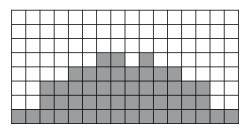
The window PULSE flashes "0." If you want to set a top pulse limit enter this by pressing the +/- keys. Confirm your entry by pressing the MODE key.

Step 5: Training Start

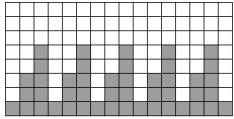
Press the START / STOP key to start training.

Training will automatically end when the specified training target has been reached.

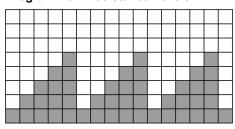
Program P1 - Resistance Levels



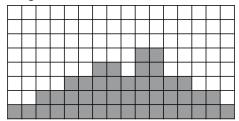
Program P2 - Resistance Levels



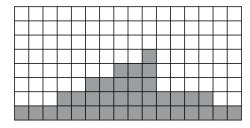
Program P3 - Resistance Levels



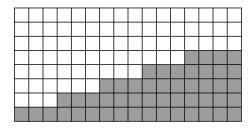
Program P4 – Resistance Levels



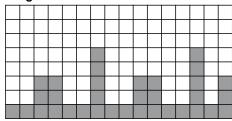
Program P5 – Resistance Levels



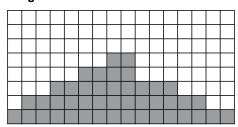
Program P6 – Resistance Levels



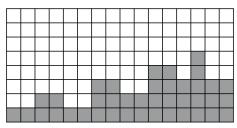
Program P7 – Resistance Levels



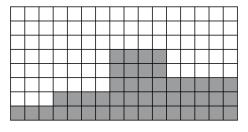
Program P8 - Resistance Levels



Program P9 – Resistance Levels

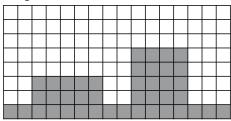


Program P10 – Resistance Levels

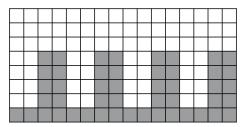


ENG

Program P11 - Resistance Levels



Program P12 - Resistance Levels



USER Training Profile

Step 1: Select a Program

After you start pedalling and the cockpit has switched itself on, and you have selected your user profile, select program "U" by pressing the PROGRAM key. Confirm your selection by pressing the MODE key.

Step 2: Segment specification - Resistance Levels

The first segment of the training profile and the resistance level will flash. Enter the desired resistance level for this segment by pressing the +/- keys. Confirm your entry by pressing the MODE key.

Now the segment 2 will flash. As the training profile consists of 16 segments you will need to repeat the procedure for segment 1 to make an entry for all 16 segments. When the last entry for segment 16 has been completed, press the MODE key to confirm and proceed to Step 3.

Step 3: Specification of the Training Time

Press the MODE key for approx. 3 to 5 seconds until the value in the TIME window flashes. Now enter the desired training time from 01:00 to 99:00 minutes by pressing the +/- keys.

Step 4: Training Start

Press the START / STOP key to start training.

Training ends automatically when the specified training time has been reached.

Training with an already created and saved training program

Step 1: Select a Program

After you start pedalling and the cockpit has switched itself on, and you have selected your user profile, select program "U" by pressing the PROGRAM key. Confirm your selection by pressing the MODE key.

Step 2: Specification Training Time

The existing training profile will be displayed and the first segment will flash. Press the MODE key for about 3 to 5 seconds until the value in the TIME window flashes. Now enter the desired training time from 01:00 to 99:00 minutes by pressing the +/- keys.

Step 4: Training Start

Press the START / STOP key to start training.

Training ends automatically when the specified training time has been reached.

Heart Rate Controlled Training (H.R.C.)

These programs are training programs where the cockpit automatically regulates the resistance level depending on the target heart rate which has been defined by the user. Since this requires the cockpit to receive permanent and accurate data on the heart rate of the user it is only possible to use these programs together with a transmitter chest belt. (not included in delivery).

Step 1: Select a Program

After you start pedalling and the cockpit has switched itself on, and you have selected your user profile, select program "♥" by pressing the PROGRAM key. Confirm your selection by pressing the MODE key.

Step 2: Specification of the Target Heart Rate

Press the +/- keys to select one of the four different target heart rates values:

- The cockpit calculates the target heart rate of 55% of your maximum heart rate based on your age and the formula given here in the "Heart Rate Measurement" section.

 Confirm your selection by pressing the MODE key.
- 75% The cockpit calculates the target heart rate of 75% of your maximum heart rate based on your age and the formula given here in the "Heart Rate Measurement" section.
 Confirm your selection by pressing the MODE key.
- 90% The cockpit calculates the target heart rate of 90% of your maximum heart rate based on your age and the formula given here in the "Heart Rate Measurement" section.
 Confirm your selection by pressing the MODE key.
 CAUTION: This target pulse should be used only by well-trained athletes in the short term to increase performance be used.
- Here you can specify an individual target heart rate. Press the MODE key and then enter desired target heart rate by pressing the +/- keys. Confirm your entry by pressing the MODE key.

Step 3: Specification of the Training Time

"0:00" flashes in the TIME window. If you want to specify the training time as the training target, select the desired training time from 01:00 to 99:00 minutes by pressing the +/- keys. Confirm your entry by pressing the MODE key.

Step 4: Training Start

Press the START / STOP key to start training.

Training will end automatically when the specified training target has been reached.

Watt Constant Training (WATT)

Here the user specifies a value in Watts * which the cockpit then automatically keeps constant while training.

Step 1: Select a Program

After you start pedalling and the cockpit has switched itself on, and you have selected your user profile, select program "W" by pressing the PROGRAM key. Confirm your selection by pressing the MODE key.

Step 2: Specification of the Watts

"120" will flash in the WATT window. Now enter the desired wattage by pressing the +/- keys.

Step 3: Specification of the Training Time

"0:00" flashes in the TIME window. Now select the desired training time from 01:00 to 99:00 minutes by pressing the +/- keys. Confirm your entry by pressing the MODE key.

Step 4: Training start

Press the START / STOP key to start training.

Training will end automatically when the specified training target has been reached.

The specified wattage can be changed at any time during training by pressing the +/- key.

Body Fat Analysis & BMI (BMI)

In this program the cockpit calculates the percentage of body fat in ratio to the body weight of the user.

Step 1: Select the Program

After you start pedalling and the cockpit has switched itself on, and you have selected your user profile, press the "BODY FAT" key.

Step 2: Body Fat Analysis

Take hold of the hand pulse sensors immediately after pressing the "BODY FAT" key. After successful measurement the result will be shown in the display.

F = percentage of body fat in the body weight

B = BMI

If the measurement was not successful "E1" will appear in the display. In this case repeat the measurement.

Body fat analysis - body fat percentage

In this type of measurement an electronic pulse is sent through the body via the hand sensors. Since body fat is not, or only a very poor conductor, the percentage of fat contained in the body is determined by the electrical resistance.

CAUTION:

Please note that this form of measurement is an upper body measurement. If you also have weighing scales with body fat measurement, this may give a different result in comparison. The explanation for this is that weighing scales with body fat analysis measure the body fat in the lower body and so the two results are not comparable.

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. The formula for calculation is:

The table shows the optimum BMI value for your age:

| Age | ВМІ |
|---------------|---------|
| 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 |

RECOVERY Measurement

The recovery test measures how quickly your pulse rate recovers after an athletic load. The quicker your pulse rate decreases, the better your heart and blood circulation are in training. The difference between the stressed pulse and the recovery pulse indicates how quickly the heart recovers after exercise. Press the RECOVERY key at the end of your training program and grasp the hand pulse sensors with both hands. If you are wearing a transmitter chest belt (available as an accessory) whilst training it is not necessary to take hold of the hand sensors and may even lead to incorrect measurements. The cockpit counts down for 60 seconds and at the end the result will appear in the display.

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

Pulse & Heart Rate

| | 200 | | | | | | | | | | | | | | |
|-----------------------|-----|-----------------------------------|--------|--------|-----------|----------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| | 150 | 195 | | | | | | | | | | | | | |
| | 130 | 146 | 190 | | | | | | | | | | | | |
| | 110 | 127 | 143 | 185 | | | | | | | | | | | |
| l är | | 107 | 124 | 139 | 180 | | | | | | | | | | |
| 🕇 | | | 105 | 120 | 135 | 175 | | | | | | | | | |
| a | | | | 102 | 117 | 131 | 170 | | | | | | | | |
| (F) | | | | | 99 | 114 | 128 | 165 | | | | | | | |
| þe | | | | | | 96 | 111 | 124 | 160 | | ı | | | | |
| Heart Rate per Minute | | | | | | | 94 | 107 | 120 | 155 | | ı | | | |
| ≦ | | | | | | | | 91 | 104 | 116 | 150 | | ı | | |
| ור | | | | | | | 88 | 101 | 113 | 145 | | ı | | | |
| te | | | ı | | | | | | | 85 | 98 | 109 | 140 | | |
| | | 100% | of max | imum h | eart rate | | | | | | 83 | 94 | 105 | 135 | |
| | | 75% | of max | imum h | eart rate | | | | | | | 80 | 91 | 101 | 100 |
| | | 65% of maximum heart rate 77 88 9 | | | | | | 98 | | | | | | | |
| | | 55% | of max | imum h | eart rate | | | | | | | | | 74 | 85 |
| | | | | | | - | | | | 1 | 1 | ı | 1 | | 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.

Pulse Rate Monitoring using Hand Sensors

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

A CAUTION.

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

Please check in the case of a faulty or failed measurement, whether this occurs only with one or with several people. If the display of the pulse does not work only in individual cases, the device is not defective. In this case we recommend the use of a chest belt to achieve a permanently correct pulse display. This is available as an accessory

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 strap) allows you to wire-lessly measure heart rate. The chest belt is as accessories available.

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 of a chest belt for heart rate measurement during heart rate-controlled programs.

A 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.

Training Recommendations

Preparation Before Training

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

Training Plan

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

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

Warm-Up Before Training

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

Cool-Down After Training

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



Front Thigh Muscles

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



Inner Thigh Muscles

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



Legs, Calves and Buttocks

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



Leg and Lower Back Muscles

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

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 be high. But since most people have training goals such as weight reduction, cardiac / exercise training, improvement of physical condition, stress reduction, etc.to strive for, training intensity to meet these goals should be be adjusted. It makes most sense to work with the appropriate heart rate for the respective training goal. The information on the heart rate and the corresponding table in this manual will help you further.

Duration of the individual training session

For optimal endurance or weight reduction training, the duration of the individual training session should be between 25 and 60 minutes. Beginners and returnees should start with a low training period of 10 minutes or less in the first week and then slowly increase week by week.

Training Documentation

In order to design and evaluate your training effectively, you should prepare yourself a training plan in written form or as a computer table before starting your training

Here you should document training session. Data, such as distance, training time, brake force setting and pulse values should be recorded as well as personal data, e.g. body weight, blood pressure, resting heart rate (measured morning immediately after waking up) and personal well-being during exercise.

Enclosed you will find a recommendation for a weekly plan.

ENG

| Calendar | Calendar Week: Year: 20 | | | | | |
|----------|-------------------------|-------------------|-------------------|--------------------------|--------------|----------|
| Date | Day | Exercise duration | Exercise distance | Calorie con- sumption | Ø Heart rate | Comments |
| | Monday | | | | | |
| | Tuesday | | | | | |
| | Wednesday | | | | | |
| | Thursday | | | | | |
| | Friday | | | | | |
| | Saturday | | | | | |
| | Sunday | | | | | |
| Week Re | sult: | | | | | |

Technical Details

Cockpit

Display of:

- Time

- Distance - Speed

Calorie Consumption
 Power – WATT *
 Resistance – Level
 Wheel revolutions per Minute – RPM
 Pulse Rate (when using the hand sensors)
 Heart Rate (when using an optional chest belt)

Technical details:

Resistance System: Motorised permanent magnetic brake system

Resistance adjustment: Electronic
Resistance levels: 1 - 24
Fly Wheel Weight: Ø450mm/8kg
Drive System: 2-Stage Ribbed Belt

Dimensions: approximately 1,620x650x1,800mm (LxWxH)

Total Weight: approximately 139.5 kg

Maximum User Weight: 150 kg

Power Supply: 220-230V - 5Hz Mains Adapter: 9V/1.000mA

Area of Application: - Home use

- Semi-professional use

Disposal



European Disposal Regulations 2012/19/EU

Do not dispose your training device in the normal household rubbish.

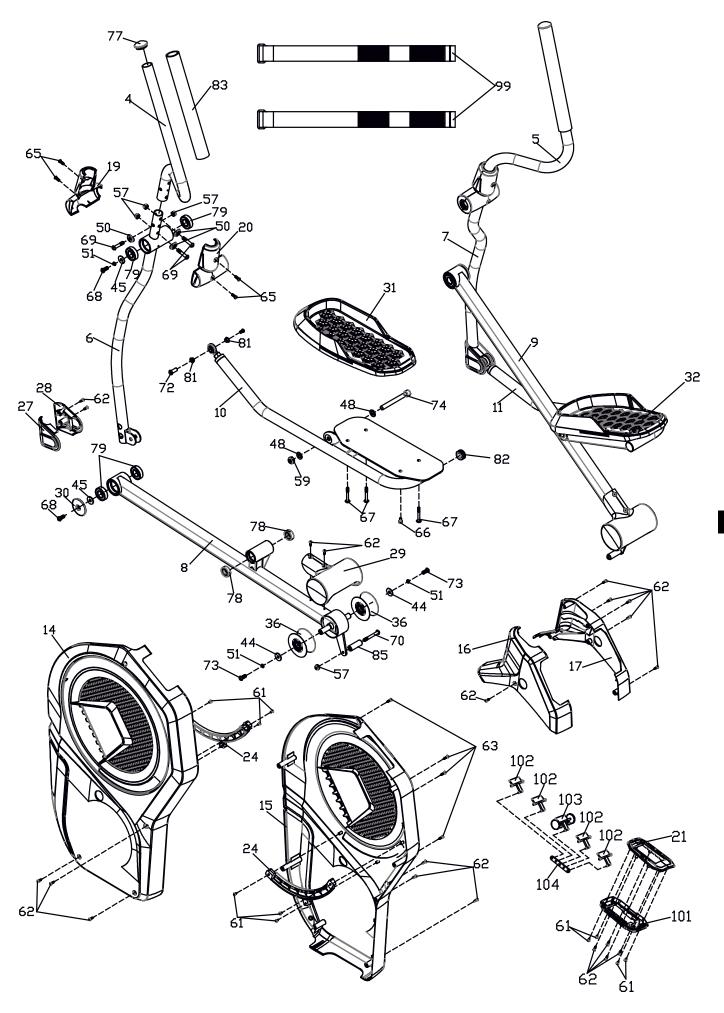
Dispose the device at a communal waste disposal facility or at a registered waste disposal company. Observe current regulations which apply accordingly. If in doubt seek advice from your local government office or county council as to where you can dispose of the device properly and in an environmentally sound manner.

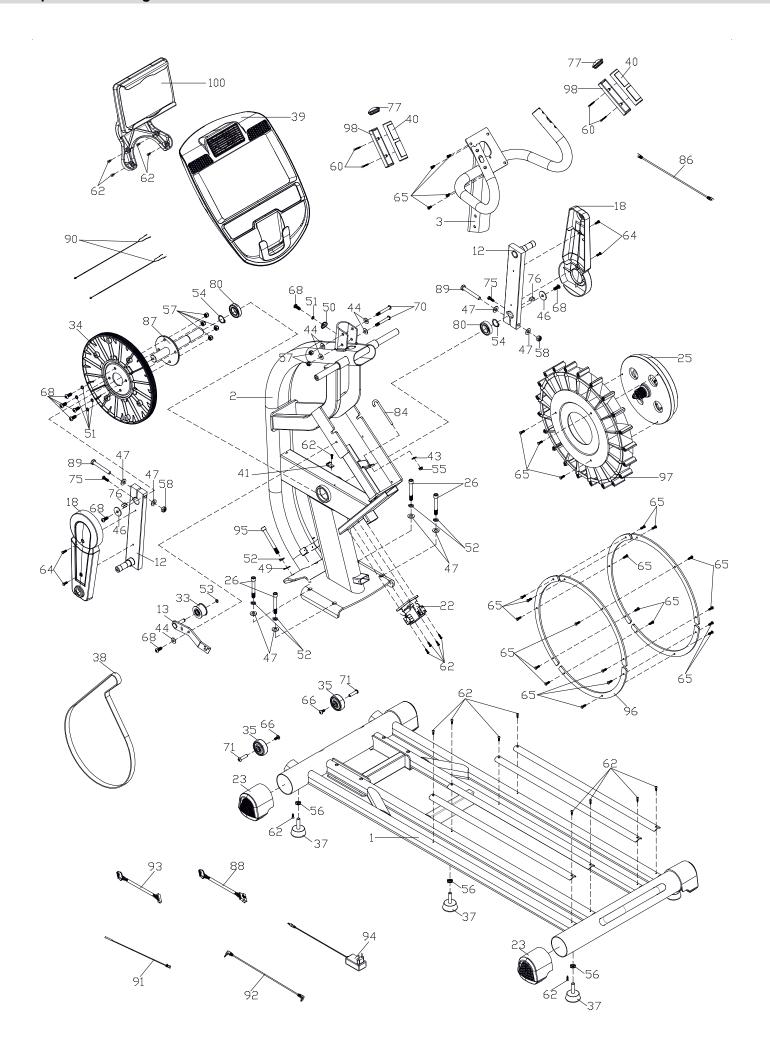
Batteries / Rechargeable Batteries

Batteries and rechargeable batteries should never be disposed of in the household rubbish.

Please be aware that all batteries can contain toxic substances and all consumers are obliged by law to dispose these at an appropriate collection point either at your local government office, county council or retail outlet. If in doubt seek advice from your local government office or county council as to where you can dispose batteries properly and in an environmentally sound manner. Only dispose of batteries when they are empty.

^{*}not suitable for therapeutic use as the Watt display is not calibrated!





| Part No. | Description | Type | Qty |
|----------|-----------------------------|---------------------|---------|
| 1 | Basic frame | | 1 |
| 2 | Main frame | | 1 |
| 3 | Console fix frame | | 1 |
| 4 | Upper swing arm-left | | 1 |
| 5 | Upper swing arm-right | | 1 |
| 6 | Bottom swing arm-left | | 1 |
| 7 | Bottom swing arm- | | 1 |
| | right | | |
| 8 | Pedal group-left | | 1 |
| 9 | Pedal group-right | | 1 |
| 10 | Pedal connection | | 1 |
| | leg-left | | |
| 11 | Pedal connection | | 1 |
| | leg-right | | |
| 12 | Crank | | 2 |
| 13 | Tensioning wheel fixer | | 1 |
| 14 | Out cover-left | | 1 |
| 15 | Out cover-right | | 1 |
| 16 | Top cover-left | | 1 |
| 17 | Top cover-right | | 1 |
| 18 | Crank cover | | 2 |
| 19 | Handlebar cover 1 | | 2 |
| 20 | Handlebar cover 2 | | 2 |
| 21 | Air outlet cover | | 1 |
| 22 | Magnet control motor | | 1 |
| 23 | Tube cover | | 4 |
| 24 | Out cover decoration | | 2 |
| | strip | | |
| 25 | Inside magnet fly- wheel | | 1 |
| 26 | Allen cylinder head | M10×70×20 | 4 |
| | half thread bolt | | |
| 27 | Bottom wing arm | | 2 |
| | cover-left | | |
| 28 | Bottom wing arm | | 2 |
| | cover-right | | |
| 29 | Wheel cover | | 2 |
| 30 | Crank axle screw | | 2 |
| | cover | | |
| 31 | Pedal-left | | 1 |
| 32 | Pedal-right | | 1 |
| 33 | Tensioning wheel | | 1 |
| 34 | Belt pulley | | 1 |
| 35 | Wheel | | 2 |
| 36 | Pulley | | 4 |
| 37 | Feet pad | | 5 |
| 38 | Motor belt | | 1 |
| 39 | Console group | | 1 |
| 40 | Hand pulse top cover | | 2 |
| 41 | Magnet sensor fixer | | 1 |
| 42 | Sliding rail alumimum sheet | 670×29.5×11.2 | 4 |
| 43 | Flat washer | Ø6ר20×t2.0 | 1 |
| 44 | Flat washer | Ø8.5ר20×t1.5 | 11 |
| 45 | Flat washer | Ø8.2ר25×t2.0 | 4 |
| 46 | Flat washer | Ø32ר8.5×t2.0 | 2 |
| 47 | Flat washer | Ø10ר22×2.0 | 8 |
| 48 | Flat washer | Ø12.5ר22×t2.0 | 4 |
| | | Ø10.5×R100×t2.0 | 2 |
| | Lurved washer | | . – |
| 49 | Curved washer Curved washer | | 7 |
| | Curved washer Spring washer | Ø8.5×R25×t2.0 Ø8 | 7 11 |

| 53 Spring washer Ø10 1 54 Spring washer Ø25 2 55 Allen nut M6 1 56 Allen nut M10 5 57 Hex self-locking nut M8 16 58 Hex self-locking nut M10 2 69 Philips C.K.S. self-tapping screw ST3×30 4 61 Philips C.K.S. self-tapping screw ST4×10 10 62 Philips C.K.S. self-tapping screw ST4×20 4 63 Philips C.K.S. self-tapping screw ST4×20 4 64 Philips C.K.S. self-tapping screw ST4×20 4 64 Philips C.K.S. self-tapping screw ST4×20 4 65 Philips C.K.S. sull thread bolt M5×10 4 66 Philips C.K.S. sull thread bolt M6×10 4 67 M6×50×20 6 6 68 M8×20 6 6 69 M8×40×20 6 6 | Dowt No. | Description | Time | 04. |
|--|----------|--------------------------|----------|--|
| 54 Spring washer Ø25 2 55 Allen nut M6 1 56 Allen nut M10 5 57 Hex self-locking nut M8 16 58 Hex self-locking nut M12 2 69 Philips C.K.S. self-tapping SCRW ST3×30 4 61 Philips C.K.S. self-tapping screw ST4×10 10 62 Philips C.K.S. self-tapping screw ST4×20 4 63 Philips C.K.S. self-tapping screw ST4×20 4 64 Philips C.K.S. full thread bolt M5×10 4 65 Philips C.K.S. full thread bolt M6×12 4 66 Allen pan head full thread bolt M6×12 4 67 M6×50×20 6 6 68 M8×20 12 69 M8×40×20 4 70 M8×60×20 4 71 Ø8×33×M6×15 2 72 Ø9.4×23.5-M6/M6×12 2 75 | Part No. | Description | Type | Qty |
| 55 Allen nut M10 5 56 Allen nut M10 5 57 Hex self-locking nut M10 2 58 Hex self-locking nut M10 2 59 Hex self-locking nut M12 2 60 Philips C.K.S. self-tapping screw ST4×10 10 61 Philips C.K.S. self-tapping screw ST4×16 43 63 Philips C.K.S. self-tapping screw ST4×20 4 64 Philips C.K.S. full thread bolt M5×15 33 65 Philips C.K.S. full thread bolt M6×15 3 66 Allen pan head full thread bolt M6×12 4 67 M6×50×20 6 6 68 M8×20 12 4 69 M8×40×20 4 4 70 M8×60×20 4 4 71 Ø8×33×M6×15 2 2 72 Ø9.4×23.5-M6/M6×12 2 2 75 M6×20 | | | | - |
| 56 Allen nut M8 16 57 Hex self-locking nut M8 16 58 Hex self-locking nut M12 2 60 Philips C.K.S. self-tapping screw ST3×30 4 61 Philips C.K.S. self-tapping screw ST4×10 10 62 Philips C.K.S. self-tapping screw ST4×20 4 63 Philips C.K.S. self-tapping screw ST4×20 4 64 Philips C.K.S. self-tapping screw ST4×20 4 65 Philips C.K.S. full thread bolt M5×10 4 66 Allen pan head full thread bolt M6×12 4 67 M6×50×20 6 8 68 M8×20 12 8 69 M8×40×20 6 6 70 M8×60×20 4 4 71 Ø8×33×M6×15 2 2 72 Ø9.4×23.5-M6/M6×12 2 2 73 M8×15 4 4 74 M12×105× | | · · · | | ł — — — |
| 57 Hex self-locking nut M10 2 58 Hex self-locking nut M10 2 59 Hex self-locking nut M12 2 60 Philips C.K.S. self-tapping screw ST3×30 4 61 Philips C.K.S. self-tapping screw ST4×10 10 62 Philips C.K.S. self-tapping screw ST4×16 43 63 Philips C.K.S. self-tapping screw ST4×20 4 64 Philips C.K.S. full thread bolt M5×15 33 65 Philips C.K.S. full thread bolt M6×12 4 66 Allen pan head full thread bolt M6×12 4 67 M6×50×20 6 6 68 M8×20 12 6 69 M8×40×20 6 6 70 M8×60×20 4 4 71 Ø8×33×M6×15 2 2 72 Ø9.4×23.5-M6/M6×12 2 2 75 M6×20 2 4 76 <t< td=""><td></td><td></td><td></td><td></td></t<> | | | | |
| 58 Hex self-locking nut M10 2 59 Hex self-locking nut M12 2 60 Philips C.K.S. self-tapping screw ST3×30 4 61 Philips C.K.S. self-tapping screw ST4×10 10 62 Philips C.K.S. self-tapping screw ST4×20 4 63 Philips C.K.S. self-tapping screw ST4×20 4 64 Philips C.K.S. full thread bolt M5×15 33 65 Philips C.K.S. full thread bolt M6×12 4 66 Allen pan head full thread bolt M6×20 6 68 M8×20 12 69 M8×40×20 6 70 M8×60×20 4 71 Ø8×33×M6×15 2 72 Ø9.4×23.5-M6/M6×12 2 73 M8×15 4 74 M12×105×15 2 75 M6×20 2 76 8×10×18 2 77 BLF82/ 2 Ø39×3030×27.5 | | | | - |
| 59 Hex self-locking nut M12 2 60 Philips C.K.S. self-tapping screw ST3×30 4 61 Philips C.K.S. self-tapping screw ST4×10 10 62 Philips C.K.S. self-tapping screw ST4×20 4 63 Philips C.K.S. full thread bolt M5×10 4 64 Philips C.K.S. full thread bolt M5×15 33 65 Philips C.K.S. full thread bolt M6×12 4 67 M6×50×20 6 6 68 M8×20 12 2 69 M8×40×20 6 6 70 M8×60×20 4 4 71 Ø8×33×M6×15 2 2 72 Ø9.4×23.5-M6/M6×12 2 2 73 M8×15 4 4 74 M12×105×15 2 2 75 M6×20 2 2 76 8×10×18 2 2 76 8×10×18 2 2 <td></td> <td>•</td> <td></td> <td>-</td> | | • | | - |
| 60 Philips C.K.S. self-tapping screw 61 Philips C.K.S. self-tapping screw 62 Philips C.K.S. self-tapping screw 63 Philips C.K.S. self-tapping screw 64 Philips C.K.S. self-tapping screw 65 Philips C.K.S. self-tapping screw 66 Philips C.K.S. self-tapping screw 66 Philips C.K.S. full M5×10 | | - | | |
| Pinilips C.K.S. self-tapping screw Philips C.K.S. full thread bolt M5×10 4 4 4 4 4 4 4 4 4 | - | - | | - |
| Pinilips C.K.S. self-tapping screw ST4×16 A3 | 60 | | S13×30 | 4 |
| 62 Philips C.K.S. self-tapping screw ST4×16 43 63 Philips C.K.S. self-tapping screw ST4×20 4 64 Philips C.K.S. full thread bolt M5×10 4 65 Philips C.K.S. full thread bolt M5×15 33 66 Allen pan head full thread bolt M6×12 4 67 M6×50×20 6 6 68 M8×20 12 6 69 M8×40×20 6 6 70 M8×60×20 4 4 71 Ø8×33×M6×15 2 2 72 Ø9.4×23.5-M6/M6×12 2 2 73 M8×15 4 4 74 M12×105×15 2 2 75 M6×20 2 2 76 8×10×18 2 2 77 BLF82/ Ø39×830×27.5 4 2 78 6201-ZZ 4 4 80 6005-ZZ 2 2 81 | 61 | | ST4×10 | 10 |
| 63 Philips C.K.S. self-tapping screw 4 64 Philips C.K.S. full thread bolt M5×10 4 65 Philips C.K.S. full thread bolt M5×15 33 66 Allen pan head full thread bolt M6×12 4 67 M6×50×20 6 6 68 M8×20 12 69 M8×40×20 6 6 70 M8×60×20 4 7 71 Ø8×33×M6×15 2 2 72 Ø9.4×23.5-M6/M6×12 2 2 73 M8×15 4 4 74 M12×105×15 2 2 75 M6×20 2 2 76 8×10×18 2 2 77 BLF82/ Ø39ר30×27.5 4 4 79 6004-ZZ 4 4 80 6005-ZZ 8 8 81 E12/Ø16ר12×6.3 4 4 82 Ø32×11.5 2 2 | 62 | Philips C.K.S. self-tap- | ST4×16 | 43 |
| 64 Philips C.K.S. full thread bolt M5×10 4 65 Philips C.K.S. full thread bolt M5×15 33 66 Allen pan head full thread bolt M6×12 4 67 M6×50×20 6 68 68 M8×20 12 69 M8×40×20 6 6 70 M8×60×20 4 4 71 Ø8×33×M6×15 2 2 72 Ø9.4×23.5-M6/M6×12 2 2 73 M8×15 4 4 74 M12×105×15 2 2 75 M6×20 2 2 76 8×10×18 2 2 76 8×10×18 2 2 77 BLF82/ Ø39ר30×27.5 4 4 79 6004-ZZ 8 8 80 6005-ZZ 8 8 81 E12/Ø16ר12×6.3 4 4 82 Ø32×11.5 2 2 | 63 | Philips C.K.S. self-tap- | ST4×20 | 4 |
| 65 Philips C.K.S. full thread bolt 66 Allen pan head full thread bolt 67 M6×50×20 68 M8×20 69 M8×40×20 70 M8×60×20 71 Ø8×33×M6×15 72 Ø9.4×23.5-M6/M6×12 73 M8×15 74 M12×105×15 75 M6×20 76 8×10×18 77 BLF82/ Ø39ר30×27.5 78 6201-ZZ 79 6004-ZZ 80 6005-ZZ 81 E12 /Ø16ר12×6.3 82 Ø32×11.5 83 Ø30×13.0×350 84 103ר26×M6×50 85 L-450ר5ר1.2×M5 87 Ø25×220 88 L-1300mm 89 M10×75×20 90 Hand pulse communication line 91 Magnet sensor 92 MP3 communication line 93 Power communication line 94 Power adapter 95 Allen cylinder head half thread bolt 96 Flywheel weight stack 97 Wind wheel group 98 Hand pulse bottom cover 100 I-pad holder 101 Air outlet bottom cover 100 I-pad holder 101 Air outlet bottom cover 1102 Hinge 103 Sliding wheel hinge | 64 | Philips C.K.S. full | M5×10 | 4 |
| thread bolt Allen pan head full thread bolt M6×12 4 Allen pan head full thread bolt M6×50×20 6 M8×40×20 12 M8×40×20 6 M8×40×20 4 T1 Ø8×33×M6×15 2 Ø9.4×23.5-M6/M6×12 2 T3 M8×15 4 M12×105×15 2 T6 8×10×18 2 T7 BLF82/ Ø39ר30×27.5 T8 6201-ZZ 4 M6×20 2 T9 6004-ZZ 8 M6 6005-ZZ 2 B1 E12 /Ø16ר12×6.3 4 E12 /Ø16ר12×6.3 4 M103ר26×M6×50 1 B6 L-450ר5ר1.2×M5 1 M8 M10×75×20 2 MP3 communication line M6×12 4 M6×12 1 M8×15 1 M7 BLF82/ Ø39ר30×27.5 M8 E1-4300mm 1 M8 DM10×75×20 2 MP3 communication line M91 Magnet sensor 1 Magnet sensor 1 MP3 communication line MP3 communication line MP3 Power communication line MP3 Power communication line MP3 Power dalpter 1 MP3 communication line 2 MP3 communication line 1 Mp3 Power dalpter 1 MP3 communication line 2 MP3 communication line 1 MP3 communication line 2 MP3 communication line 3 MP3 communication line 4 MP3 communication line 1 Mp3 Power dalpter 1 Mp3 Power | G.F. | | ME v 1 E | 22 |
| thread bolt 67 M6×50×20 6 68 M8×20 12 69 M8×40×20 6 70 M8×60×20 4 71 Ø8×33×M6×15 2 72 Ø9.4×23.5-M6/M6×12 2 73 M8×15 4 74 M12×105×15 2 75 M6×20 2 76 8×10×18 2 77 BLF82/ Ø39ר30×27.5 78 6201-ZZ 4 80 6005-ZZ 8 81 E12/Ø16ר12×6.3 4 82 Ø32×t1.5 2 83 Ø30×t3.0×350 2 84 103ר26×M6×50 1 86 L-450ר5ר1.2×M5 1 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 91 Magnet sensor 1 92 MP3 communication line 93 Power communication line 94 Power adapter 1 95 Allen cylinder head half thread bolt 96 Flywheel weight stack 97 Wind wheel group 98 Hand pulse bottom cover 1 98 Hand pulse bottom cover 1 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | 65 | | M5×15 | 33 |
| 67 M6×50×20 6 68 M8×20 12 69 M8×40×20 6 70 M8×60×20 4 71 Ø8×33×M6×15 2 72 Ø9.4×23.5-M6/M6×12 2 73 M8×15 4 74 M12×105×15 2 75 M6×20 2 76 8×10×18 2 77 BLF82/ Ø39ר30×27.5 78 6201-ZZ 4 80 6005-ZZ 8 81 E12/Ø16ר12×6.3 4 82 Ø32×11.5 2 83 Ø30×13.0×350 2 84 103ר26×M6×50 1 86 L-450ר5ר1.2×M5 1 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 91 Magnet sensor 1 92 MP3 communication line 93 Power communication line 94 Power adapter 1 95 Allen cylinder head half thread bolt 96 Flywheel weight stack 97 Wind wheel group 98 Hand pulse bottom cover 1 98 Hand pulse bottom cover 1 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | 66 | 1 | M6×12 | 4 |
| 68 M8×20 12 69 M8×40×20 6 70 M8×60×20 4 71 Ø8×33×M6×15 2 72 Ø9.4×23.5-M6/M6×12 2 73 M8×15 4 74 M12×105×15 2 75 M6×20 2 76 8×10×18 2 77 BLF82/ Ø39ר30×27.5 4 79 6004-ZZ 4 80 6005-ZZ 2 81 E12 /Ø16ר12×6.3 4 82 Ø32×t1.5 2 83 Ø30×t3.0×350 2 84 103ר26×M6×50 1 86 L-450ר5ר1.2×M5 1 87 Ø25×20 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 1 91 Magnet sensor 1 92 MP3 communication line 1 94 | 67 | | | 6 |
| 69 M8×40×20 6 70 M8×60×20 4 71 Ø8×33×M6×15 2 72 Ø9.4×23.5-M6/M6×12 2 73 M8×15 4 74 M12×105×15 2 75 M6×20 2 76 8×10×18 2 77 BLF82/ Ø39ר30×27.5 4 78 6201-ZZ 4 79 6004-ZZ 8 80 6005-ZZ 2 81 E12 /Ø16ר12×6.3 4 82 Ø32×t1.5 2 83 Ø30×t3.0×350 2 84 103ר26×M6×50 1 86 L-450ר5ר1.2×M5 1 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 1 91 Magnet sensor 1 92 MP3 communication line 1 94 <td></td> <td></td> <td></td> <td>12</td> | | | | 12 |
| 70 M8×60×20 4 71 Ø8×33×M6×15 2 72 Ø9.4×23.5-M6/M6×12 2 73 M8×15 4 74 M12×105×15 2 75 M6×20 2 76 8×10×18 2 77 BLF82/ Ø39ר30×27.5 4 78 6201-ZZ 4 79 6004-ZZ 8 80 6005-ZZ 2 81 E12 /Ø16ר12×6.3 4 82 Ø32×t1.5 2 83 Ø30×t3.0×350 2 84 103ר26×M6×50 1 86 L-450ר5ר1.2×M5 1 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 1 91 Magnet sensor 1 92 MP3 communication line 1 93 Power adapter 1 94 Power adipter 1 95 Allen cylinder head half thread bo | | | | ł — — — |
| 72 Ø9.4×23.5-M6/M6×12 2 73 M8×15 4 74 M12×105×15 2 75 M6×20 2 76 8×10×18 2 77 BLF82/ Ø39ר30×27.5 4 79 6004-ZZ 8 80 6005-ZZ 2 81 E12 /Ø16ר12×6.3 4 82 Ø32×t1.5 2 83 Ø30×t3.0×350 2 84 103ר26×M6×50 1 86 L-450ר5ר1.2×M5 1 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 2 91 Magnet sensor 1 92 MP3 communication line 1 93 Power communication line 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack | 70 | | | 4 |
| 72 Ø9.4×23.5-M6/M6×12 2 73 M8×15 4 74 M12×105×15 2 75 M6×20 2 76 8×10×18 2 77 BLF82/ Ø39ר30×27.5 4 79 6004-ZZ 8 80 6005-ZZ 2 81 E12 /Ø16ר12×6.3 4 82 Ø32×t1.5 2 83 Ø30×t3.0×350 2 84 103ר26×M6×50 1 86 L-450ר5ר1.2×M5 1 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 2 91 Magnet sensor 1 92 MP3 communication line 1 93 Power communication line 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack | | Ø8×33×M6×15 | | 2 |
| 73 M8×15 4 74 M12×105×15 2 75 M6×20 2 76 8×10×18 2 77 BLF82/ Ø39ר30×27.5 4 78 6201-ZZ 4 79 6004-ZZ 8 80 6005-ZZ 2 81 E12 /Ø16ר12×6.3 4 82 Ø32×t1.5 2 83 Ø30×t3.0×350 2 84 103ר26×M6×50 1 86 L-450ר5ר1.2×M5 1 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 2 91 Magnet sensor 1 92 MP3 communication line 1 93 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 1 100 <td></td> <td></td> <td></td> <td></td> | | | | |
| 74 M12×105×15 2 75 M6×20 2 76 8×10×18 2 77 BLF82/ Ø39ר30×27.5 4 79 6004-ZZ 8 80 6005-ZZ 2 81 E12 /Ø16ר12×6.3 4 82 Ø32×t1.5 2 83 Ø30×t3.0×350 2 84 103ר26×M6×50 1 86 L-450ר5ר1.2×M5 1 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 2 91 Magnet sensor 1 92 MP3 communication line 1 93 Power communication line 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 1 100 I-pad holder 1 | | | | |
| 75 M6×20 2 76 8×10×18 2 77 BLF82/ Ø39ר30×27.5 4 78 6201-ZZ 4 79 6004-ZZ 8 80 6005-ZZ 2 81 E12 /Ø16ר12×6.3 4 82 Ø32×t1.5 2 83 Ø30×t3.0×350 2 84 103ר26×M6×50 1 86 L-450ר5ר1.2×M5 1 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 2 91 Magnet sensor 1 92 MP3 communication line 1 93 Power communication line 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 1 100 I-pad holder 1 | | | | |
| 76 8×10×18 2 77 BLF82/ Ø39ר30×27.5 4 78 6201-ZZ 4 79 6004-ZZ 8 80 6005-ZZ 2 81 E12 /Ø16ר12×6.3 4 82 Ø32×t1.5 2 83 Ø30×t3.0×350 2 84 103ר26×M6×50 1 86 L-450ר5ר1.2×M5 1 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 2 91 Magnet sensor 1 92 MP3 communication line 1 93 Power communication line 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 | | | | |
| 77 BLF82/ Ø39ר30×27.5 4 78 6201-ZZ 4 79 6004-ZZ 8 80 6005-ZZ 2 81 E12 /Ø16ר12×6.3 4 82 Ø32×t1.5 2 83 Ø30×t3.0×350 2 84 103ר26×M6×50 1 86 L-450ר5ר1.2×M5 1 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 2 91 Magnet sensor 1 92 MP3 communication line 1 93 Power communication line 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4< | | | | ł |
| Ø39ר30×27.5 4 78 6201-ZZ 4 79 6004-ZZ 8 80 6005-ZZ 2 81 E12 /Ø16ר12×6.3 4 82 Ø32×t1.5 2 83 Ø30×t3.0×350 2 84 103ר26×M6×50 1 86 L-450ר5ר1.2×M5 1 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 2 91 Magnet sensor 1 92 MP3 communication line 1 93 Power communication line 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom | | | | - |
| 78 6201-ZZ 4 79 6004-ZZ 8 80 6005-ZZ 2 81 E12 /Ø16ר12×6.3 4 82 Ø32×t1.5 2 83 Ø30×t3.0×350 2 84 103ר26×M6×50 1 86 L-450ר5ר1.2×M5 1 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 2 91 Magnet sensor 1 92 MP3 communication line 1 93 Power communication line 1 93 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 <td> ''</td> <td></td> <td></td> <td></td> | '' | | | |
| 80 6005-ZZ 2 81 E12 /Ø16ר12×6.3 4 82 Ø32×t1.5 2 83 Ø30×t3.0×350 2 84 103ר26×M6×50 1 86 L-450ר5ר1.2×M5 1 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 2 91 Magnet sensor 1 92 MP3 communication line 1 93 Power communication line 1 93 Power adapter 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | 78 | 6201-ZZ | | 4 |
| 81 E12 /Ø16ר12×6.3 4 82 Ø32×t1.5 2 83 Ø30×t3.0×350 2 84 103ר26×M6×50 1 86 L-450ר5ר1.2×M5 1 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 2 91 Magnet sensor 1 91 Magnet sensor 1 92 MP3 communication line 1 93 Power communication line 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | 79 | 6004-ZZ | | 8 |
| 82 Ø32×t1.5 2 83 Ø30×t3.0×350 2 84 103ר26×M6×50 1 86 L-450ר5ר1.2×M5 1 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 2 91 Magnet sensor 1 92 MP3 communication line 1 93 Power communication line 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | 80 | 6005-ZZ | | 2 |
| 83 Ø30×t3.0×350 2 84 103ר26×M6×50 1 86 L-450ר5ר1.2×M5 1 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 2 91 Magnet sensor 1 92 MP3 communication line 1 93 Power communication line 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | 81 | E12 /Ø16ר12×6.3 | | 4 |
| 84 103ר26×M6×50 1 86 L-450ר5ר1.2×M5 1 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 2 91 Magnet sensor 1 92 MP3 communication line 1 93 Power communication line 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | 82 | | | 2 |
| 86 L-450ר5ר1.2×M5 1 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 2 91 Magnet sensor 1 92 MP3 communication line 1 93 Power communication line 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | 83 | Ø30×t3.0×350 | | 2 |
| 86 L-450ר5ר1.2×M5 1 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 2 91 Magnet sensor 1 92 MP3 communication line 1 93 Power communication line 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | 84 | 103ר26×M6×50 | | 1 |
| 87 Ø25×220 1 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 2 91 Magnet sensor 1 92 MP3 communication line 1 93 Power communication line 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | | | | 1 |
| 88 L-1300mm 1 89 M10×75×20 2 90 Hand pulse communication line 2 91 Magnet sensor 1 92 MP3 communication line 1 93 Power communication line 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | | Ø25×220 | | 1 |
| 89 M10×75×20 2 90 Hand pulse communication line 2 91 Magnet sensor 1 92 MP3 communication line 1 93 Power communication line 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | 88 | L-1300mm | | 1 |
| cation line 91 Magnet sensor 1 92 MP3 communication line 1 93 Power communication line 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | 89 | | | 2 |
| 91 Magnet sensor 1 92 MP3 communication line 1 93 Power communication line 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | 90 | | | 2 |
| 92 MP3 communication line 1 93 Power communication line 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | 91 | | | 1 |
| 93 Power communication line 1 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | | MP3 communication | | |
| 94 Power adapter 1 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | 93 | Power communication | | 1 |
| 95 Allen cylinder head half thread bolt 2 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | 94 | | | 1 |
| half thread bolt 6 96 Flywheel weight stack 6 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | | | | - |
| 97 Wind wheel group 1 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | | half thread bolt | | |
| 98 Hand pulse bottom cover 2 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | | | | <u> </u> |
| cover 100 I-pad holder 1 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | | 1 | | <u> </u> |
| 101 Air outlet bottom cover 1 102 Hinge 4 103 Sliding wheel hinge 1 | 98 | cover | | 2 |
| 102 Hinge 4 103 Sliding wheel hinge 1 | 100 | | | 1 |
| 103 Sliding wheel hinge 1 | 101 | Air outlet bottom cover | | 1 |
| | 102 | Hinge | | 4 |
| 104 Hinge fix plate | 103 | Sliding wheel hinge | | 1 |
| - | 104 | Hinge fix plate | | 1 |

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.

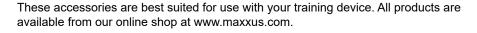
My training device makes creaking noises during training.

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

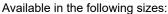


POLAR® Transmitter Chest Belt T34 (uncoded)

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.



- 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.







Notes

Warranty*

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

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

Areas of Application & Warranty Periods

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

Home Use:

Exclusively for private use Warranty Period: 2 Years

Semi-Professional Use:

Use under instruction in hotels, physiotherapy practices, etc.
Use in a fitness studio or similar establishment is hereby excluded!
Warranty Period: 1 Year

Professional Use:

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

Warranty Period: 1 Year

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

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

Proof of Purchase and Serial Number

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

Terms and Conditions of Warranty:

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

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

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

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

For assistance with warranty service or warranty repair enquiries for devices not in Germany, please contact our Service Department at MAXXUS Group GmbH & Co KGM by sending an Email to: service@maxxus.de and we will be happy to help.

Service Outside the Warranty and Ordering Spare Parts

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

In this case please contact us by email direct to:

service@maxxus.de

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

spareparts@maxxus.de

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

^{*}Version: June/2016

ENG



| Device Details | | | | | |
|--|--|--|--|--|--|
| Product Name: CX 9.1 | 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 fie | | | | | |
| | | | | | |
| A copy of the proof of purchase / invoice / receipt is attached. | | | | | |
| I accept the General Terms and Conditions of MAXXUS® Grou | p GmbH & Co. KG. | | | | |
| I hereby instruct the company MAXXUS® Group GmbH & Co. KG to for the cost. The costs for repairs which are excluded from liability for immediately. In cases of repairs carried out on site, our staff are entimy signature. | or defects in quality will be charged to me and must be settled | | | | |
| Date Loca | ation Signature | | | | |
| Please be aware that contracts can only be processed if this form ha invoice. Send the fully completed Service Contract to: | as been completed in full. Be sure to attach a copy of your purchase | | | | |
| Post*: Maxxus Group GmbH & Co KG, Service Department, Zeppel Fax: +49 (0) 6151 39735 400 E-Mail**: customerservice@maxxus.com | instr. 2, 64331 Weiterstadt | | | | |



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

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

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



