MAXXUS®

RunMaxx 7.4 T
Treadmill

ENG

Index

Before you start exercising, be sure to read the entire operating manual, especially the Safety Information, the Maintenance and Cleaning Information and the Training Information. Also make sure that anyone else who uses this training device is familiar with this information and observes it.

Always follow the maintenance and safety instructions in this manual very carefully.

This training device may only be used for its specific intended use. Any misuse can cause risk of possible accident, damage to health or damage to the device for which the Distributor will not assume any liability.

Electrical Connection
- A mains voltage of 220-230V is required to operate this training device.
- The training device is only to be connected to the mains with the mains cable supplied using a 16A individually fused and earthed socket installed by a qualified electrician.
- The training device is only to be switched on and off using the ON/OFF switch.
- Always remove the electric plug from the socket before moving the training device.
- Remove the electric plug from the socket before commencing any cleaning, maintenance or other works.
- Do not connect the mains plug to a socket on a socket strip or on a cable drum.
- If using a cable extension please ensure that this complies with DIN standards, VDE regulations and guidelines, technical rules issued by other European Union states.
- Always place the mains cable so it cannot be damaged or cause a tripping hazard.
- In operating or standby mode, electrical devices such as mobile phones, PCs, Televisions (LCD, plasma, tube, etc.), game consoles etc. will emit electro-magnetic radiation. For this reason, all these types of devices should be kept away from your training device as they could lead to malfunction, disturbances or false outputs being shown in heart rate measurements.
- For safety reasons, always remove the electrical plug from the socket when the device is not in use.

Training Environment
- 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 measuring a minimum of 200 cm long and at least the width of the treadmill behind the device. A free space measuring a minimum of 50cm long and at least the width of the treadmill should be left in front of the device.
- Make sure that the area is well ventilated and that an optimum amount of oxygen is available during training. Avoid draughts.
- Your training device is not suitable for outside use and so storage and training can only take place in a temperate, clean dry room.
- The temperature range to operate or store this device is between a minimum of 10° and maximum of 30°
- Do not operate or store your training device in wet areas such as in swimming pools, saunas etc.
- Make sure that your training device is kept on flat, hard, clean ground both in operation and at rest. Any uneven surfaces must be removed or made good.
- It is recommended that a floor covering (carpet, mat, etc.) should be placed under the device to protect damageable floors such as wood, laminates, floor tiles etc. Please ensure that this underlay cannot slip or slide.
- Do not put this training device on pale or white coloured carpets or rugs as the feet of the device may leave marks.
- Make sure that your training device and mains cable are kept out of contact with hot surfaces and are kept at a safe distance from any sources of heat e.g. central heating, hot stoves, furnaces, ovens or open fires.

ENG

## Personal Safety Instructions for Training
- The safety key must be inserted correctly before each training session can begin.
- Remove the safety key and mains cable from the training device when not in use to avoid inappropriate or uncontrolled use by any other third party, e.g. children.
- You should have a health check carried out by your doctor before you start any training
- Stop training immediately if you feel physically unwell or are experiencing any breathing difficulties.
- Always start your training session at a low workload increasing it slowly but steadily throughout. Reduce the workload again towards the end of your training session.
- Suitable sports shoes and clothes should always be worn during training sessions. Make sure that loose clothes do not get caught up in the treadmill belt or rollers.
- Your training device is only to be used by one person at a time.
- Check each time before a training session to see if your device is in perfect condition. Never use your training device if it is faulty or defective.
- You are only permitted to carry out repairs to the device yourself after having contacted our Service Department and on receipt of explicit permission to do so. Only original spare parts may be used at any time.
- Your training device must be cleaned after each use. Remove all dirt including body sweat or any other liquids.
- Always make sure that liquids (drinks, body sweat, etc.) do not get onto the vibrating plate or into the cockpit as this can cause damage to the mechanical and electronic components.
- Your training device is not suitable for use by children.
- Third parties, especially children and animals, must be kept at an appropriate safety distance during training.
- Check if there are any items underneath the training device before each training session and remove them without fail. Never use the training device when items are underneath it.
- Do not allow children to use your training device as a toy or climbing frame at any time.
- Ensure that no body parts of your own or of third parties ever come in contact with any of the moving mechanisms.

Warning for pulse and heart rate measurement
Pulse and heart rate monitoring systems may be inaccurate. Excessive training can lead to serious injury or lead to death. If you feel unwell and / or faint, you must stop training immediately. Make sure that all persons using this exercise device are familiar with and understand this information and abide by it without fail.

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

Overall View of the Device

Cockpit

Bottle Holder

Hand Grip

Hand Pulse Sensors

Side Frame

Safety Key

Motor Housing

Treadmill Deck

Side Tread

Scope of Delivery

A	**B**	**C**	**C06**	**C07**
E08	**E30**	**D11**	**D15**	**D35** / **D18**
D32	**D31**	**B09**	**B08**	**B10**
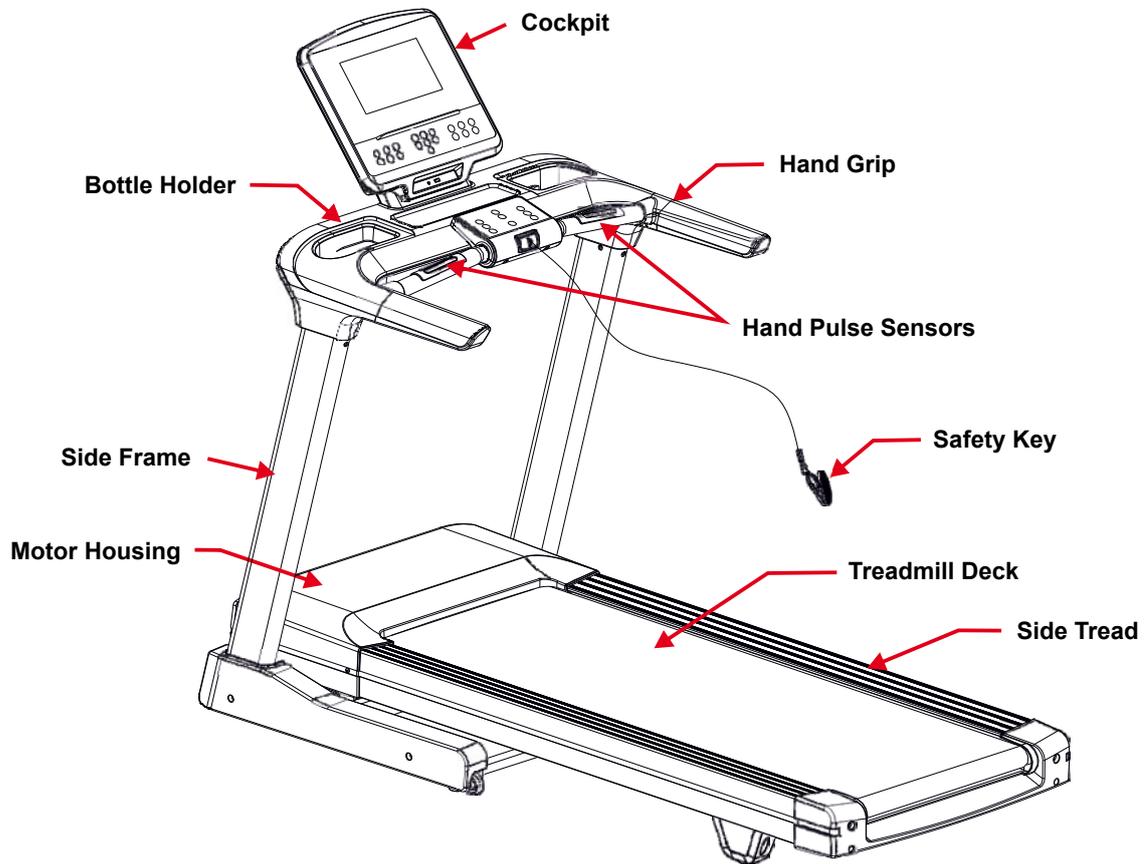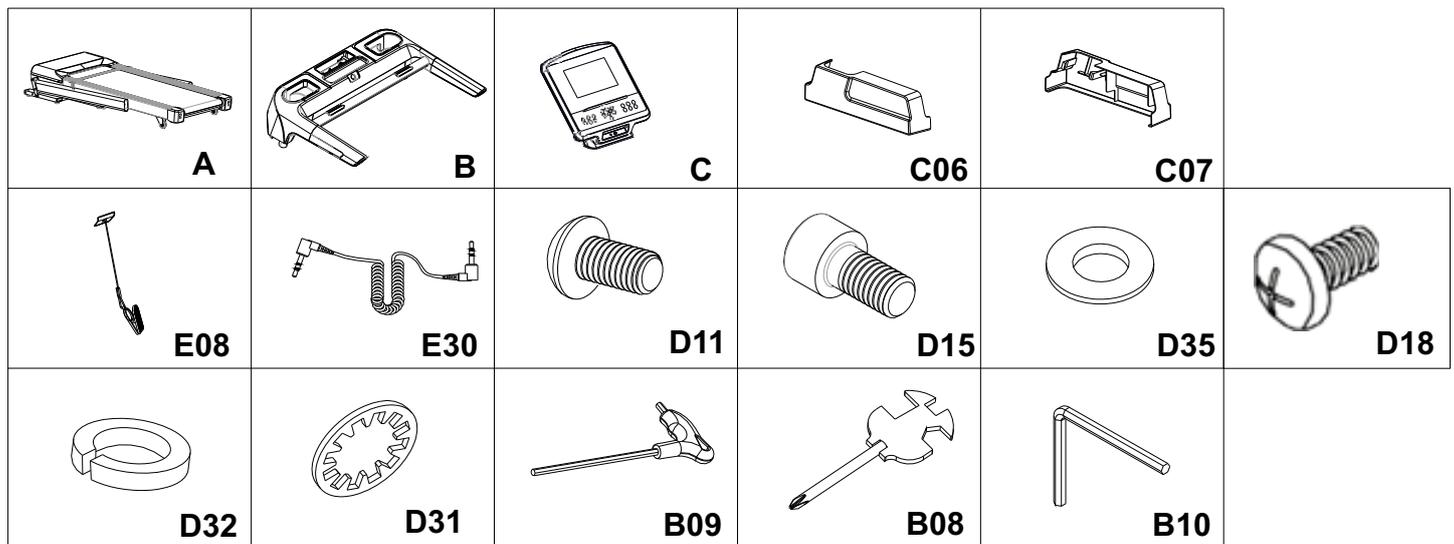
Part	Description	Qty
A	Main Frame	1
B	Cockpit Frame	1
C	Cockpit	1
C06	Cover, left	1
C07	Cover, right	1
E08	Safety Key	1
E30	RCA audio cable	1
D11	Hexagon socket screw M8x15	10

| Part	Description	Qty
D15	Hexagon socket screw, M8x15	4
D18	Pan head screw M5x16	4
D35	Washer M8	4
D32	Spring washer, M8	4
D31	Locking washer, M8	10
B09	Allen key, 6mm	1
B08	Wrench / Phillips screwdriver	1
B10	Allen key, 5mm	1

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

Carefully carry out the installation as damage that has arisen due to assembly errors are not covered by the warranty or guarantee. Read the instructions carefully before starting, follow the sequence of installation steps exactly and follow the instructions for each individual step. Installation of the device must be carried out by competent adults. Perform the assembly in a location that is level, clean and free from obstructions. Carry out the assembly with two people. Only start training after fully completing the installation.

Preparing for Assembly
Unpack the main frame (A) and place it in the designated assembly area which should be level and clean.

ATTENTION: Do not remove the transport safety strap (P) until you are instructed to do so, premature removal of the safety strap (P) can cause the tread to fold up suddenly.
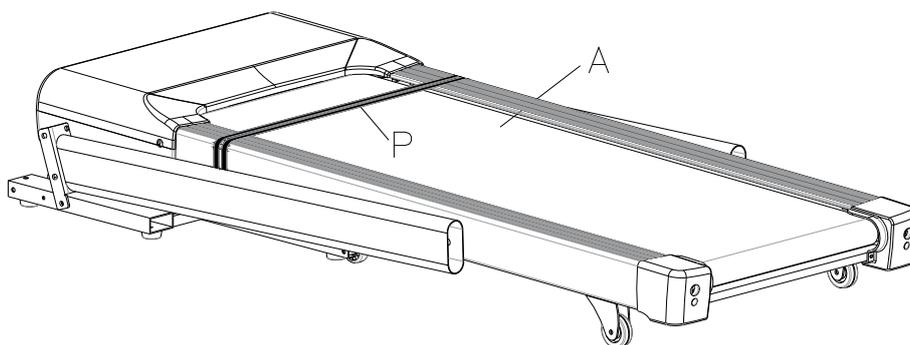

Step 1 - Assembly of the Side Frames:
Fold up the left side frame (A07).

Attach the left side frame (A07) to the main frame from the side with two Allen bolts M8x15 (D11) and two M8 locking washers (D31) and from above with an M8x15 Allen bolt (D11) and an M8 washer (D31).

Then do the same with the right side frame (A08).
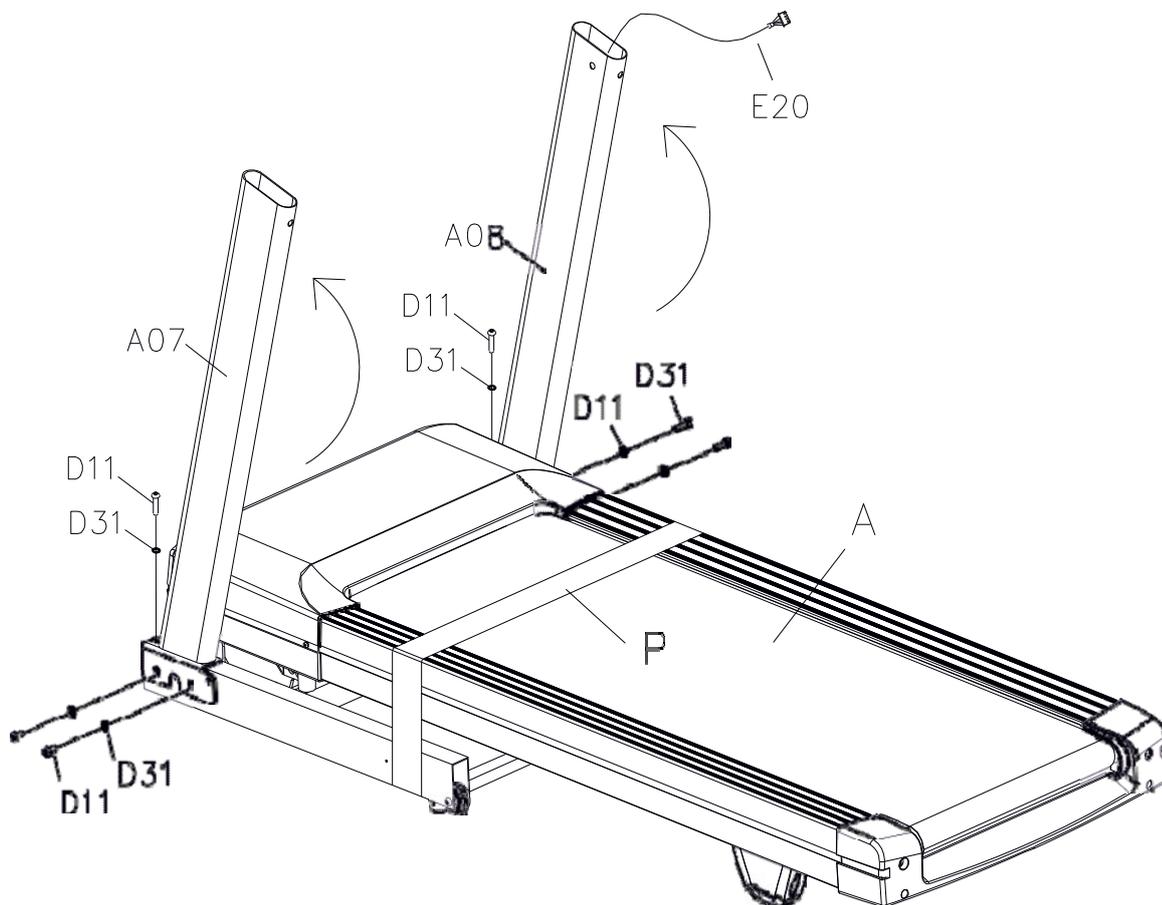
Step 2 - Assembly of the Cockpit Frame:
Connect the cable (E20) that protrudes from the top of the right-hand side frame with the cable (E19) that protrudes from the right-hand side of the cockpit frame (B).

Then insert the cockpit frame (B) from above into the side frames (A07 / A08).

ATTENTION: Make sure that you do not squeeze or damage the cables.

Secure the cockpit frame (B) from the front and the inside each side with an
Allen bolt M8x15 (D11) and an M8 washer (D31) on the right and left
side frames (A08/ A07).
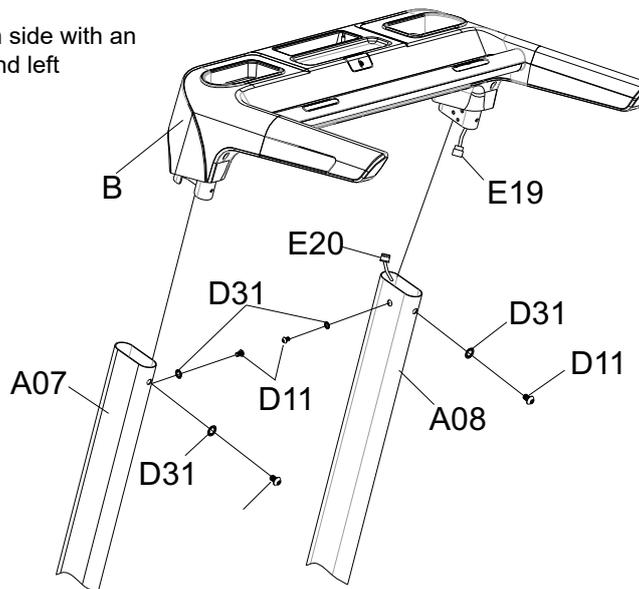
Step 3: Assembly of the Cockpit
Remove the cover (C11) from the underside of the cockpit frame (B) by loosening and removing the screw
(D22).

Connect the cables from the cockpit (C) with the cables that protrude from the cockpit frame (B). Insert the
cockpit (C) in the cockpit frame (B).

ATTENTION: Make sure that you do not crush or damage the cables.

Attach the cockpit (C) to the cockpit frame (B) with four Allen bolts M8x15 (D15), four spring washers M8 (D32)
and four washers M8 (D35).
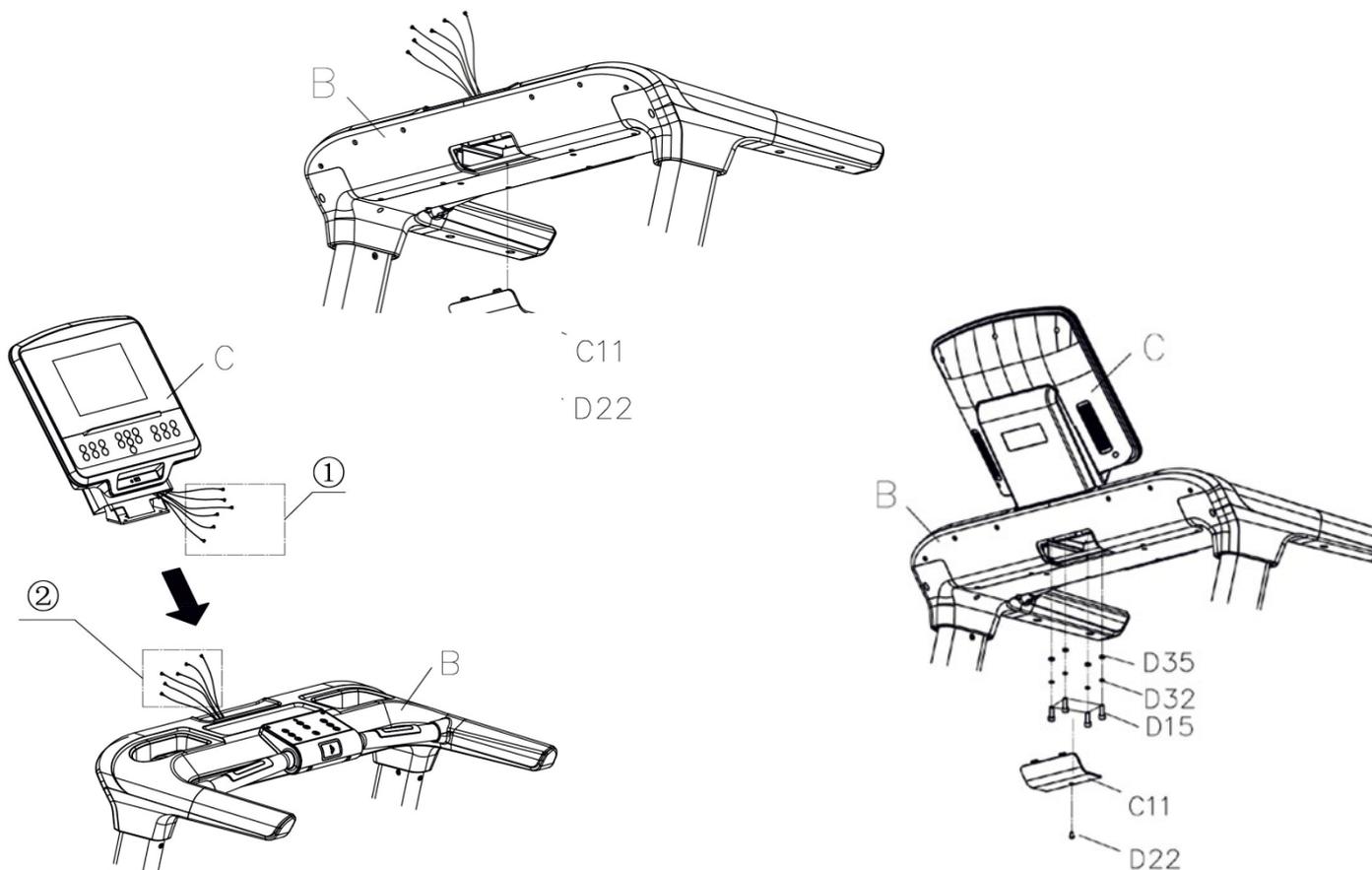
Step 4 - Insert the Safety Key
Insert the safety key (D) in the cockpit. Cut and re-move the transport belt (P).
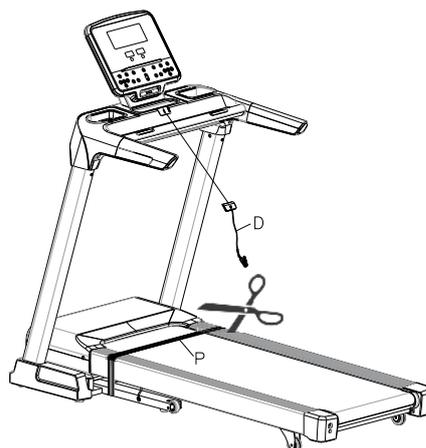
Step 5 - Remove the Transport Lock
Loosen and remove the Allen bolt M8x15 (b) which fastens the steel cable (f) to the main frame (position a).

Lift up the treadmill deck.

Note: Keep the steel cable (f) and the two screws (b) to use if you need to transport the treadmill in future.
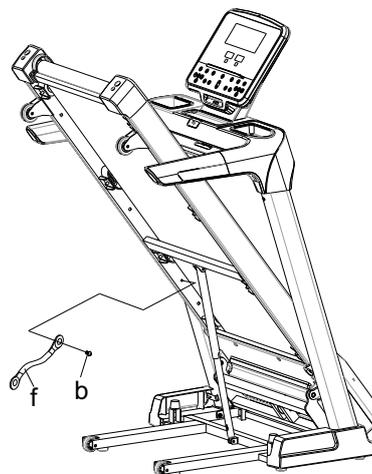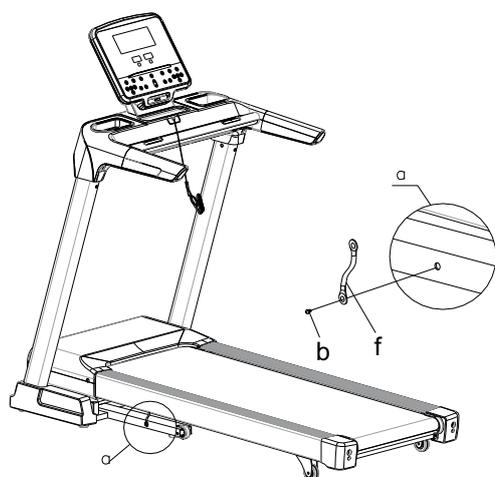
Step 6 - Assembly of the Side Covers
Insert the left side cover (C06) into the main frame (A) and secure with two M5x16 pan head screws (D18).

Repeat with the right side cover (C07).
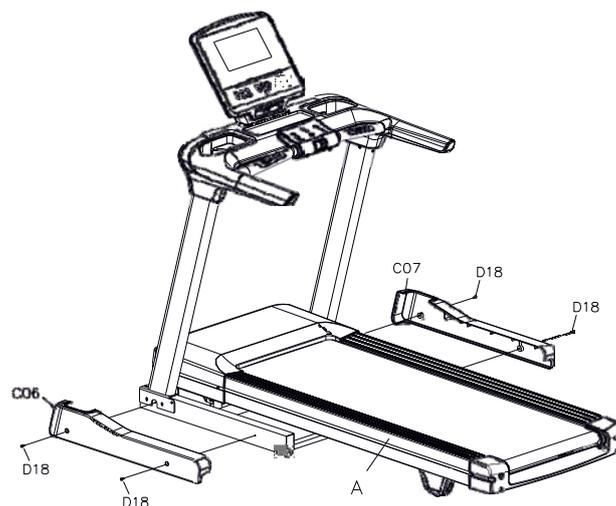
Step 7 - Adjusting the Feet

To compensate for slight bumps in the location where you want to set up and use the treadmill, the front feet (B02) of the treadmill are equipped with adjustment screws.

Fold up the deck of the treadmill and carefully lay the treadmill on the floor as shown in picture A.

B02

A
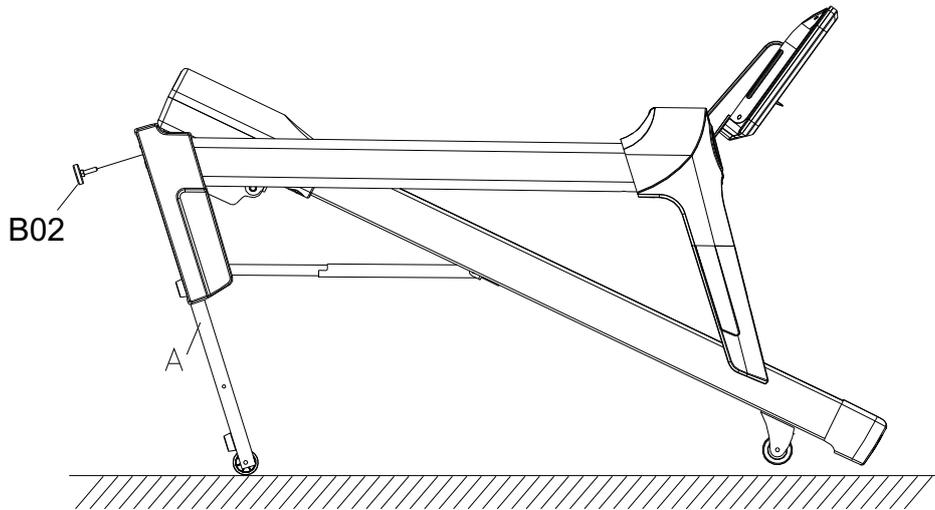
Adjust the two feet (B02) so that the treadmill is level. Use a suitable wrench (B08 included in delivery) to fix the feet (B02).

A

C 31

C 31
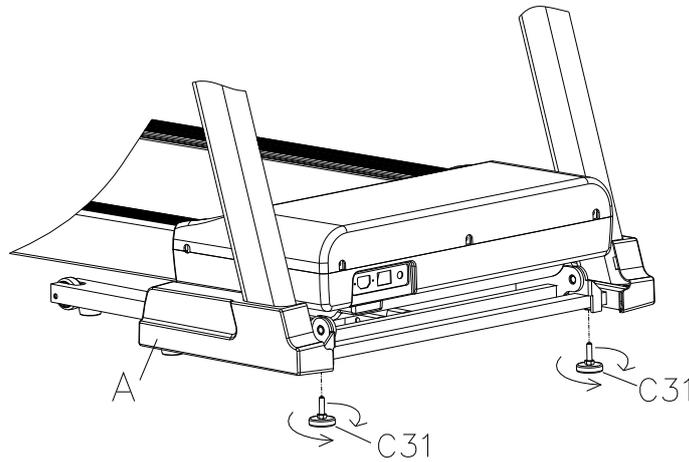
Step 8 - Checking the Lubrication of the Treadmill Belt

The treadmill belt has been lubricated at the factory but there is a possibility that the lubrication may have dried out slightly due to delivery time, storage time and warm weather.

For this reason, check if the running belt is sufficiently lubricated and lubricate if necessary. Please read the chapter "Lubricating the Treadmill Belt" in this manual.

Area to lubricate
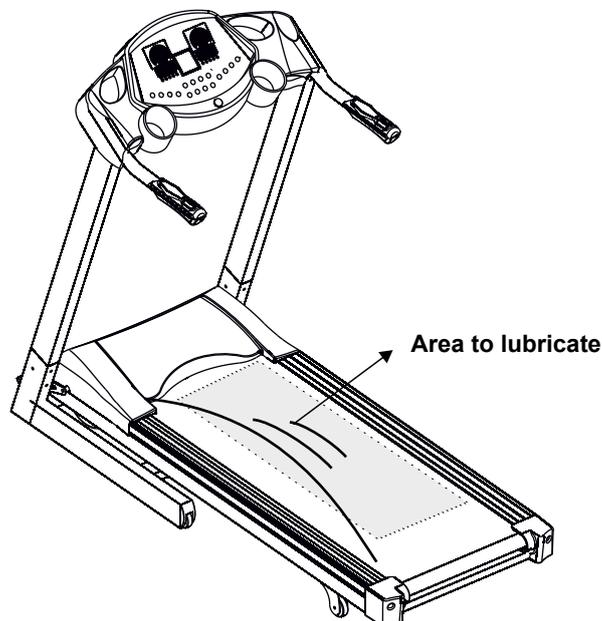
Figure shows similar treadmill

Hydraulic Cylinder

The folding mechanism relies on a hydraulic cylinder. This is filled with oil and is under high pressure. If the cylinder is damaged, the safe folding of the treadmill deck is no longer guaranteed. It must therefore be replaced without fail before the treadmill deck is raised again.

Hydraulic Cylinder

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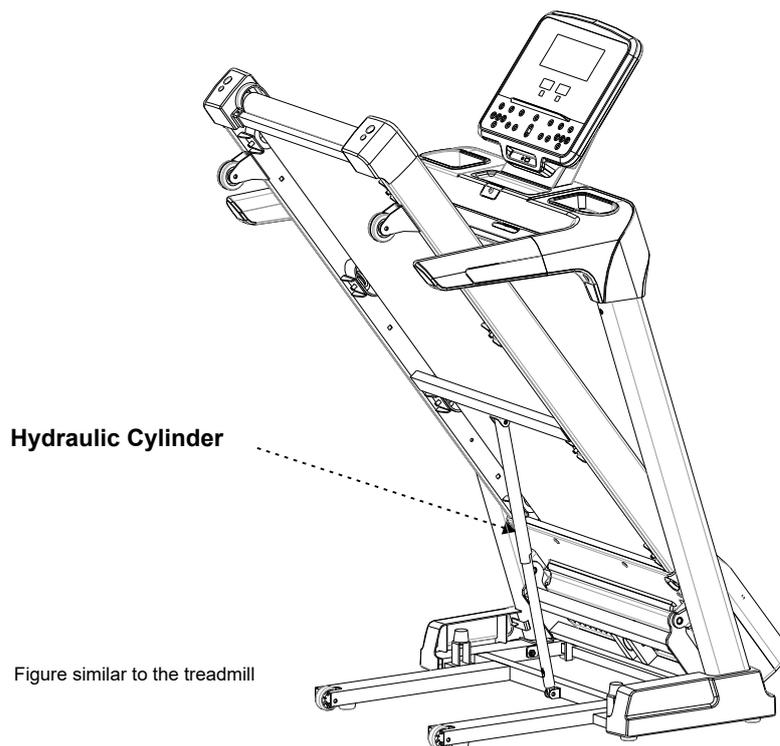
This treadmill is equipped with a folding mechanism. To save space, fold the treadmill deck up and down as follows:

ENG
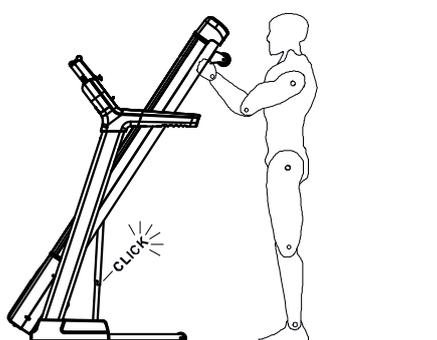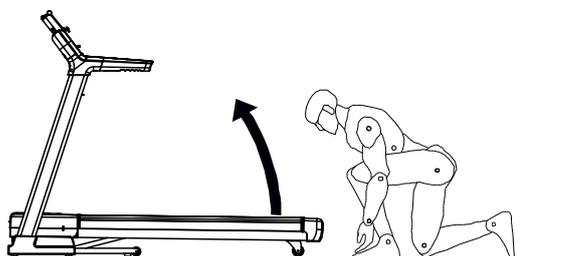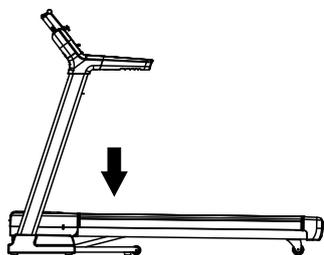
Folding up the Treadmill Deck

Step 1:
Make sure that the deck incline level is at "0", switch the treadmill off at the main switch and remove the mains plug from the socket.

CAUTION:
Never fold up the treadmill deck without the incline in "0" position or without switching it off.

Step 2:
Hold onto the rear end of the treadmill deck and lift it upwards.
Make sure that you are standing with your feet firmly on the ground.

Step 3:
Push up the deck until you hear it click into the catch.
Check that it is locked safely in the upright position by gently shaking the deck.

Folding Mechanism
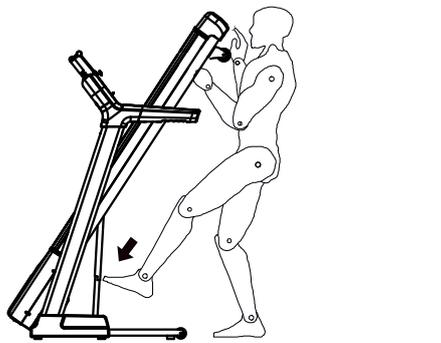
Folding Down the Treadmill Deck

Step 1:
Take hold of the rear end of the deck with both hands. Press down the safety lever on the catch with your foot to release the lock. Pull the treadmill deck down gently to the floor.

Step 2:
The treadmill deck is equipped with a Soft-Fold-System.

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

CAUTION:
Children are never to fold-up or fold-down the treadmill running deck. Always make sure that there are no items, creatures, pets or children under the treadmill deck whilst it is being raised or lowered. The treadmill must never be operated whilst in this folded state.
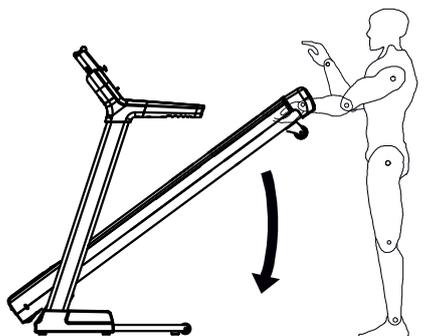
Transport

When folded, the treadmill can be moved around easily and without much effort.

Move the treadmill as follows:
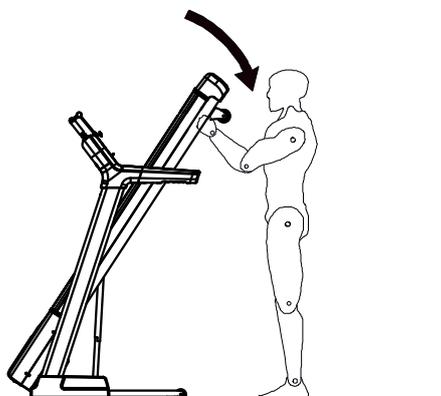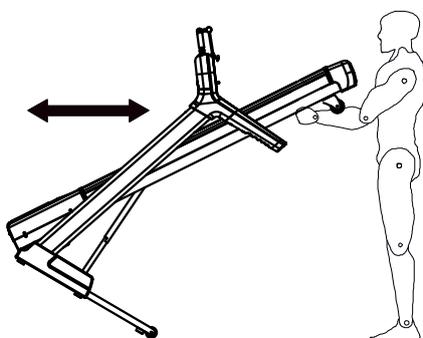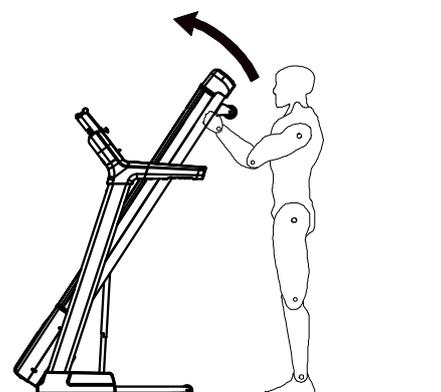
| **Step 1** | **Step 2** | **Step 3** |

Figure similar to the treadmill!

Step 1:
Remove the mains cable from the electrical socket. Fold up the treadmill as instructed above in the Folding Mechanism section. Take hold of the top ends of the deck on both sides with your left and right hands and pull the deck towards you until the weight of the deck is resting on the transport rollers. Make sure that you are standing with your feet firmly on the ground.

Step 2:
The treadmill can now be moved easily and without much effort. Make sure that there are no items, pets or children in the way when you are moving the treadmill. Make sure that your feet are steadily on the ground when moving the treadmill.

Step 3:
To set the treadmill safely down again, lift the deck right up until the front frame base is completely on the ground.

CAUTION:
The treadmill should only be moved by an adult.

Main Switch   **Mains cable connection**

Fuse

May vary depending on the model

Mains Cable
Connect the power cable to an electrical socket.

The device may only be plugged-in to grounded socket which has been installed by a professional electrician. Do not use multiple sockets to connect the treadmill. If you need to use an extension cable, it must comply with the VDE or equivalent guidelines.

Main Switch
The main switch is located next to the power connection on the front of the treadmill. This switch is used to turn the treadmill on or off.

Switch position "I"   = treadmill switched on

Switch position "0"   = treadmill switched off

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

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

Select a suitable place for your training device which when in operation leaves a free safety area behind the device measuring a minimum of 200 cm long and which is at least the width of the treadmill.

Furthermore, whilst training on the treadmill you will require a minimum safety area of 100cm down each side of the treadmill and a safety area stretching at least the width of the treadmill for a minimum of 50cm in front of the treadmill.

To protect the treadmill from being used by unauthorised third parties, always remove the mains cable and the safety key when not in use and keep them stored away in a separate place and out of the reach of unauthorised persons, such as children.
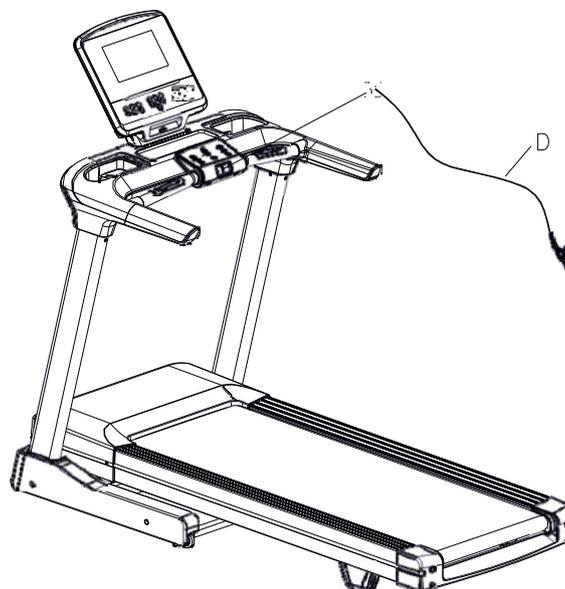
Safety Key
The treadmill will only operate if the safety key is correctly in contact with contact point in the cockpit. The treadmill will stop automatically if the safety key is no longer in contact.
Before each training session make sure to attach the safety key to your clothing with the clip.
If you either want to stop the treadmill quickly, cannot keep up with the speed, or any other emergency arises, pull the string to remove the safety key out of the cockpit. If the safety key is connected to your clothing it will automatically be pulled out of the cockpit if you fall. It is therefore vital to make sure that the clip is securely fastened to your clothing and cannot somehow be pulled off. Adjust the length of the string to hang down loosely during training.
It is not possible to operate the treadmill without the safety key being correctly inserted.
If the safety key is pulled from the contact point during training the treadmill stops automatically.
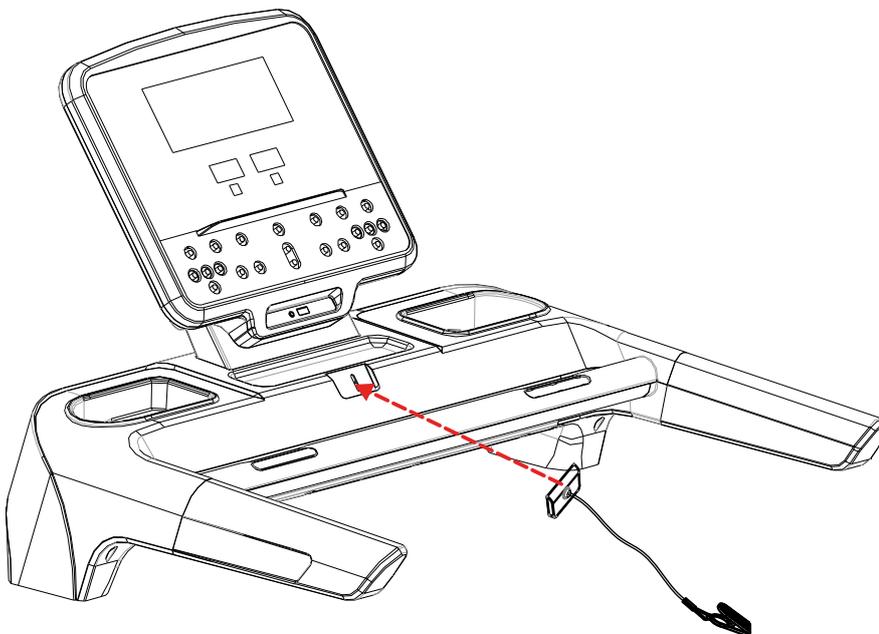
Functional Test of the Safety Key
Check the proper function of the safety key each time before using the treadmill. To do this, start the treadmill without getting on it. Pull the safety key out of its contact position. The treadmill should stop immediately.

CAUTION:
Never use the treadmill if the safety key is not working properly

What to do in an Emergency

Stop training immediately if you realise that you cannot keep up with the pace, if you start feeling sick or if any other emergency arises, pull the safety key out with the string to make an emergency stop.
Hold on firmly with both hands onto the handrails and place your feet on the foot rails on each side of the tread belt.

If you trip during training, hold onto the handrails immediately with both hands, support yourself with your hands and arms on the handrails and put your feet on the foot rails on either side of the tread belt.
You should practice this several times so that you will know what to do if an emergency arises.

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

⚠ **CAUTION:**
Before you perform any care, cleaning, maintenance, repair or similar work on your training device, switch off the power and remove the power cable from the electrical socket. Check before starting the planned work that your exerciser is completely disconnected and switched off. Only when all work is fully completed, and the device is completely re-assembled, may the training device be reconnected to the mains and switched on.

Before first use or after a long break from training
Check that the treadmill is safe. There must be no objects on or under the device. Make sure that there is a continuous film of lubricant (silicone) on the running deck. If this is not the case, then use the supplied silicone to apply a lubricant film.

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

Check the lubrication of the running belt: once a week
If your regular checks show that there is no longer enough lubrication, lubricate the belt immediately and shorten the checking interval accordingly as necessary. If the treadmill has a folding mechanism and has been standing upright for a long time, check whether there is still enough lubricant present.

Check the alignment of the belt: once a week
The alignment of the running belt must be checked regularly. Should you notice that the belt is running to one side, this must be corrected immediately. Please read the corresponding section in the manual.

Clean the motor compartment: once a month
To clean the motor compartment, remove the motor cover bolts and cover.
CAUTION: This work may only be performed when the training device is switched off and the power plug is removed. Vacuum the visible dust with the small nozzle of a vacuum cleaner. Never use detergent or compressed air under any circumstances.

Check the mounting materials: once a month
Check the bolts and nuts at least once a month. Tighten, if necessary.

ENG

Why is maintenance of my treadmill so important?
For you to enjoy your treadmill for a long time, it is important to do some basic maintenance regularly and conscientiously. The intervals of this work depend very much on the degree of utilisation of the device and therefore, the intervals may need to be shorter than specified.

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

Why do I have to clean the motor compartment?
Due to movement of the running belt and ventilation of the motor, the treadmill attracts dust from the environment. This dust will be deposited both under and in the device. Without cleaning, the interior of the device would at some point get so dusty that a short would be caused in the electronic components. To avoid this, regular cleaning is necessary.

Damage caused by neglect or lack of maintenance and care are excluded from the Warranty and Guarantee.
Costs for the repair of a non-maintained training device can therefore quickly amount to several hundred euros. A high price that can be avoided by regular care and maintenance

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

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

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

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

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

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

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

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

Diagram 1   **Diagram 2**   **Diagram 3**

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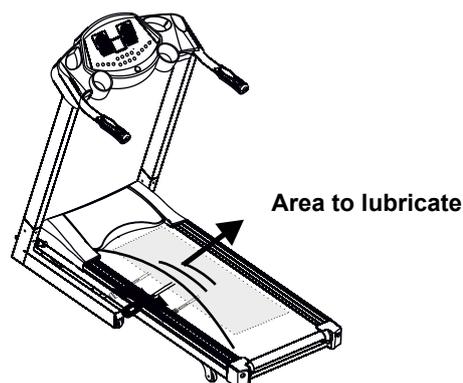
The belt should be lubricated from both sides. Lift up the belt from one side high enough so that you can reach the middle
of the belt with the end of the thin tube on the silicone oil bottle. Apply a wavy line of silicone oil from the middle of the belt
towards the sides. You should apply three to four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

Diagram 4

Labels: Motor Housing, Treadmill Deck, Treadmill Belt, Rear Roller, Centre of Tread-mill Deck
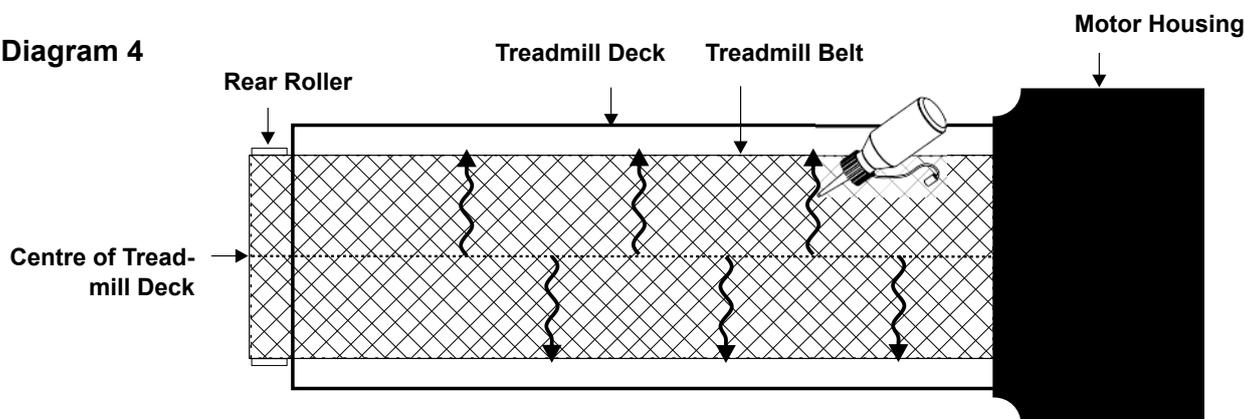
⚠ **CAUTION:**
Only use the silicone bottle supplied or MAXXUS® maintenance oil (available from www.maxxus.com) to lubricate the
treadmill belt. Do not use any other kinds of silicone or lubricants! We do not recommend the use of silicone sprays at any
time!

After completing a lubrication process let the belt run without any load at a speed of 4 km/h for approx. 5 minutes to distrib-
ute the silicone oil well.

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

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

Adjusting the Treadmill Belt

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

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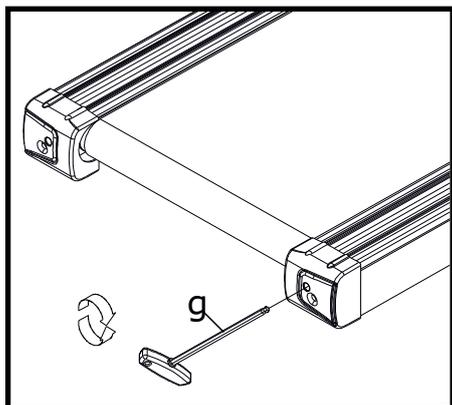
The treadmill belt can be adjusted in the following way:

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

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

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

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

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

Re-tensioning the Treadmill Belt

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

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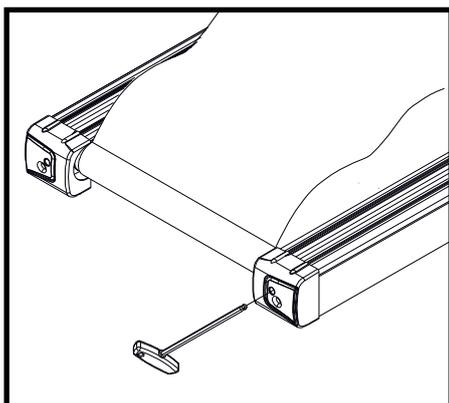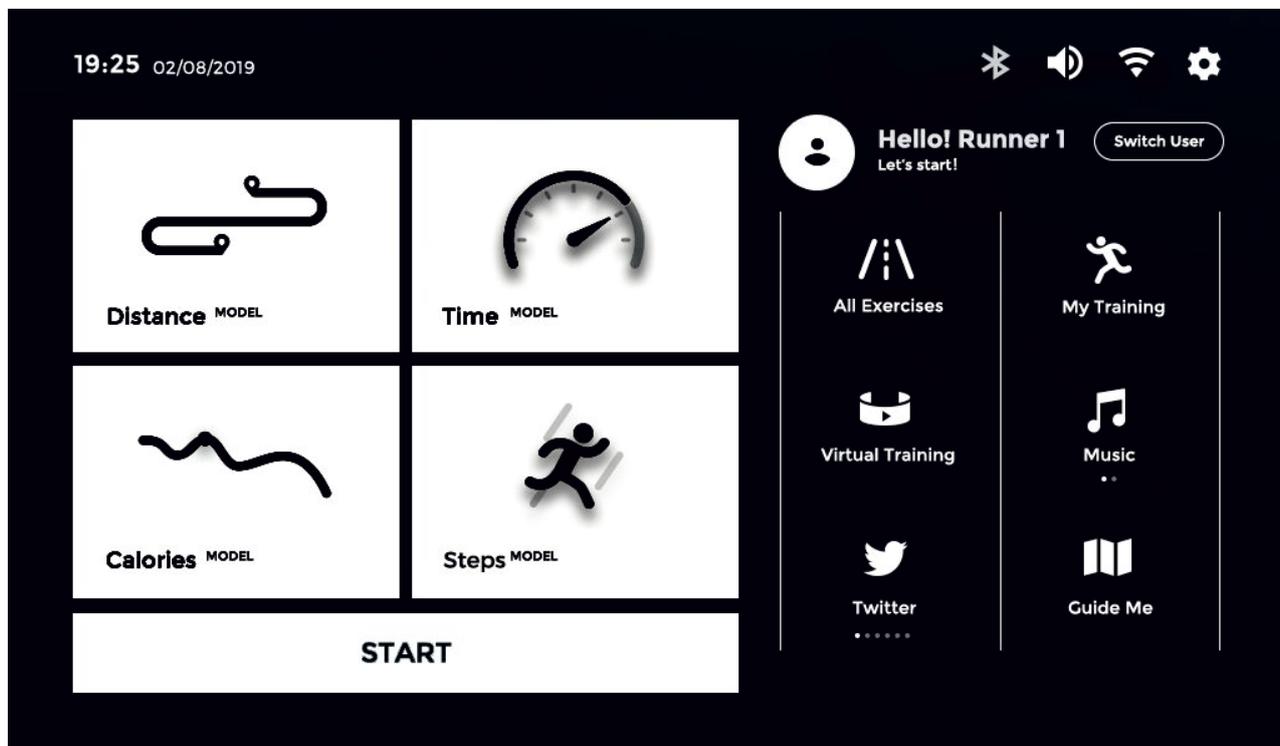
Cockpit

Symbol / Display	Description
19:25 02/08/2019	Display shows the time and date. The data will update automatically as soon as the cockpit is connected to a WiFi network.
(wifi icon)	This symbol is displayed as soon as the cockpit is connected to a WiFi network.
(volume icon)	Press this icon to get to the volume control menu
(user icon)	Displays the current user. Press the "Switch User" key to save a new user or to select a different one.
(settings icon)	Press this symbol to get to the "settings" menu

Menu Item	Description
WiFi	To establish the WiFi connection
Display & Brightness	To adjust the brightness level of the display
Language	To select the language of the display
Change Units	To change the units for distance and speed between "Metric" (kilometres) or "Imperial" (miles).
Time Setting	To set the current time zone.

Settings – Language Selection
Press the "Language" selection key to get to the language selection menu. Now you can select the preferred language. To do this, press on your selected language.

- English
- German (Deutsch)
- French (Francais)
- Spanish (Espanol)
- Portuguese (Portuguese)
- Russian (Pyccknn)
- Italian (Italiano)

The set language will be marked with a tick.

Settings – Internet Connection
Press the "WiFi"key to get to the internet connection menu. All available WiFi connections will then automatically be displayed. Select the desired WiFi network by pressing it on the display. Then enter the password for this WiFi network and then press "Connect".
As soon as the device is connected to the selected WiFi network, the WiFi symbol will appear at the top righthand edge of the screen.
You can activate or deactivate WiFi by pressing the grey or white square.

Settings – Screen Brightness
Press the "Screen Brightness" key to get to the menu for adjusting the brightness of the screen. Here you can make the screen brighter or darker by moving the white square further towards the large white sun symbol to make it brighter, or further towards the smaller sun symbol to make it darker.

Settings – Unit Change
Press the "Unit Change" key to get to the menu to change the units for speed and distance. Here you can select if information is to be displayed in kilometres (Metric) or miles (Imperial). Press on your preferred setting. The currently selected setting will be marked with a tick.

Settings – Time Setting
Press the "Time Setting" key to get to the menu to set the time format. To currently selected time zone will appear to the right of the words "Time Zone". To change this, press the highlighted time zone to open the selection menu. The menu showing the available time zones will open. Select the time zone you require, eg. Central European Normal Time" by swiping the menu up or down. Now press on the symbol showing the desired time zone and then press "OK".

ENG

Press this symbol to return to the home screen

Press this symbol to go back a menu item, press this symbol

Cockpit

Overview of the Keypad

Home	Key to return to the home screen
Back	Key to go back a menu item
Incline ⌃ ⌄	Key to adjust the incline
SPEED +/-	Key to adjust the speed
START	Key to start the current training program or quick start function
STOP	Key to end the current training session
PAUSE	Key to interrupt the current training session
Quick Selection Key SPEED	Quick selection key for speeds 6, 8 and 10 km/h
Quick Selection Key INCLINE	Quick selection key for incline levels 3, 5 and 7

My Workout 🏃

Press the "My Workout" 🏃 key to get to this menu.

Here you have the following options:Enter user details or change the current user

- Access the workout report
- Create your own workout programs
- Fitness test and body fat measurement

Entering the User Details

Press on "My Workout" 🏃 in the home screen.

You can change the user here. To create a new profile or to change an existing profile press on "Edit" and then on "Edit Information". Now enter the details for:

- User Name
- Gender
- Date of Birth
- Height
- Weight

Now press "CONTINUE" and then on 🏠 to return to the home screen.

The user details for the selected profile will now be saved. These can be deleted, overwritten or edited at any time.

My Report (Workout Report)

Press "My Workout" 🏃 on the home screen.
Now select "My Reports" You will now see the reports for the currently selected user.

The following information will be shown:

- Time (total)
- Distance (total)
- Calories (total)
- Steps (total)
- Speed (average)
- Tempo* (average)

*The "Tempo" value is the time it would take to go one kilometre based on the current speed.

Press the "Delete Data" key to reset all the values of the report to zero.

Please note that these values will then be permanently deleted.

My Programs

Press "My Workout" 🏃 in the home screen. Now select "My Programs"

Here each user can create and save up to 6 of their own training programs. You will find a detailed explanation of this menu item under "Creating Your Own Training Programs" in this manual.

My Tests

Press "My Workout" 🏃 in the home screen. Now select "My Tests".

Here you can take a fitness test or measure your body fat percentage. A detailed explanation of this menu item can be found in this manual under "Fitness Test" and "Body Fat Analysis".

ENG

Display of the Training Values

The following values of the training are displayed:

Distance	Specifies the distance travelled during the training session.
Time	Indicates the completed training time.
Calories	Indicates the kilocalories consumed*
Pulse Rate	When using the hand pulse sensors – Indicates the current pulse rate When using a transmitter chest belt** – Indicates ECG accurate heart rate
Incline	Indicates the current set incline level
Steps	Indicates the number of steps taken
Tempo	Indicates the time required for one kilometre
Speed	Indicates the current set speed

Note on calorie measurement
Energy consumption is calculated using a general formula. It is not possible to determine an individual energy consumption exactly, because a large amount of personal data is required for this purpose. The displayed energy consumption is an approximate and not an exact value.

**Note on heart rate measurement*
Transmitter chest belt optionally available - MAXXUS recommends the use of a POLAR T34 chest belt.

Further Functions

Hand Pulse Sensors
Used for short-term pulse control. Hold the hand sensors with both hands. After a short time, the current pulse is shown on the display. Please also read the sections "Pulse Measurement Using Hand Sensors" and "Warning About Pulse and Heart Rate Measurement" in this manual.

Heart Rate Measurement
The cockpit of this treadmill is already equipped with a receiver for wireless heart rate measurement. A transmitter chest belt, not included in the scope of delivery, is required for this. This chest belt must transmit at a frequency of 5 KHz and be uncoded. MAXXUS® recommends the use of a POLAR® T34 transmitter chest belt. The use of Bluetooth chest belts is not possible.

Please also read the sections "Heart rate Measurement Using Chest Belt" and "Warning About Pulse and Heart Rate Measurement" in this manual.

Line-In Connection & Speakers
The cockpit of the treadmill is equipped with a line-in connection and speakers. The line-in cable included in delivery allows you to connect an external music source (such as smartphone, MP3 player, etc.) and play the audio source through the speakers. The volume is controlled via the externally connected device. It is not possible to regulate the volume via the cockpit.

USB Connection
It is possible to connect a USB stick to play audio or video files (USB stick not included in delivery).

Switching on the Treadmill.
Connect the mains plug of the power cable to a grounded 16A individually fused socket which has been installed by a professional electrician. Now switch the treadmill using the On/Off switch (located on the back of the motor housing).

Turning off the Treadmill
To turn the Treadmill off, press the power switch again. Then remove the remove the plug from the power socket.

CAUTION:
Before you turn off the treadmill, always make sure the incline is at zero level.

Quickstart
Turn on the treadmill and press the START key.
The treadmill will start automatically after a countdown and the training time will start running now.
The user can adjust the speed and incline individually via the display or using the keypad.

Training Pause:
To interrupt the current training session briefly, press "PAUSE" on the display or press the PAUSE key on the keypad. To resume training and training press "CONTINUE" on the display or the START key on the keypad.

End of Training:
To end the current training session, press "STOP" on the display or press the STOP key on the keypad. The treadmill will stop and the display will show a summary of the training values for the completed training session.

Manual Training

In this form of training, the user specifies a training target. The specified value begins when training starts and runs downwards in a countdown. When the pre-set value is reached, the training session ends automatically.
It is possible to pre-set the training time, training distance, calorie consumption or the number of steps.

Step 1: Program Selection.
Switch on the treadmill and press the corresponding key for your preferred training target on the home screen:

- Distance
- Time
- Calories
- Steps

Step 2: Select/Set the Training Target

Step 2.1: Training Target "Distance"
Here you can choose from the pre-set distances:

- 5 km
- 10 km
- 15 km
- Half marathon (21.098 km)
- Marathon (42,195 km)

To set an individual training distance, press "Adjust".
Now you can set the desired distance from 0.1 to 99.9 kilometres. Then press "Confirm".

Step 2.2: Training Target "Time"
Here you can choose from the pre-set training times:

- 10 minutes
- 20 minutes
- 30 minutes
- 40 minutes
- 60 minutes

To set an individual training time, press "Adjust".
Now you can set the desired time from 1 to 999 minutes. Then press "Confirm".

Step 2.3: Training Target "Calories"
Here you can choose from the pre-set calorie consumptions:

- 150 calories
- 300 calories
- 500 calories
- 800 calories
- 1,000 calories

To set an individual calorie consumption, press "Adjust".
Now you can set the desired calorie consumption from 1 to 9,999 calories. Then press "Confirm".

Step 3: Training Start
Press "START" on the display or the START key on the keypad to start the training session.

Pausing the Training Session
To temporarily interrupt the current training session, press "PAUSE" on the display or press the PAUSE key on the keypad. To end the pause and resume training, press "CONTINUE" or the START key on the keypad.

Training End
The training session ends automatically when the set training target is reached.
To end the training prematurely, press "STOP" on the display or press the STOP key on the keypad.
The treadmill will stop and the display will show a summary of the training values for the training completed.

Training Programs
Here the user can choose from 36 pre-set training profiles.

Step 1: Program selection
Turn on the treadmill and press "All Exercises" on the home screen.
Now select "Training Programs".

Step 2: Selecting the Training Profile
In the upper part of the display you can now select the desired training profile from P1 to P36 by swiping the available options to the right or left and then pressing the desired profile. The selected profile is brightly illuminated and the incline and speed for that profile will be displayed graphically

Step 3: Setting the Time
In the lower part of the display you can select the desired training time from 5 to 60 minutes in 1-minute increments.

Step 4: Training Start
Press "START" on the display or the START key on the keypad to start the training session.

Pausing the Training Session
To temporarily interrupt the current training session, press "PAUSE" on the display or press the PAUSE key on the keypad. To end the pause and resume training, press "CONTINUE" or the START key on the keypad.

Training End
The training session ends automatically when the set training target is reached.
To end the training prematurely, press "STOP" on the display or press the STOP key on the keypad.The treadmill will stop and the display will show a summary of the training values for the training completed.

P1

P2

P3

P4

P5

P6

P7

P8

P9

P10

P11

P12

P13

P14

P15

P16

P17

P18

P19

P20

P21

P22

P23

P24

P25

P26

P27

P28

P29

P30

P31

P32

P33

P34

P35

P36
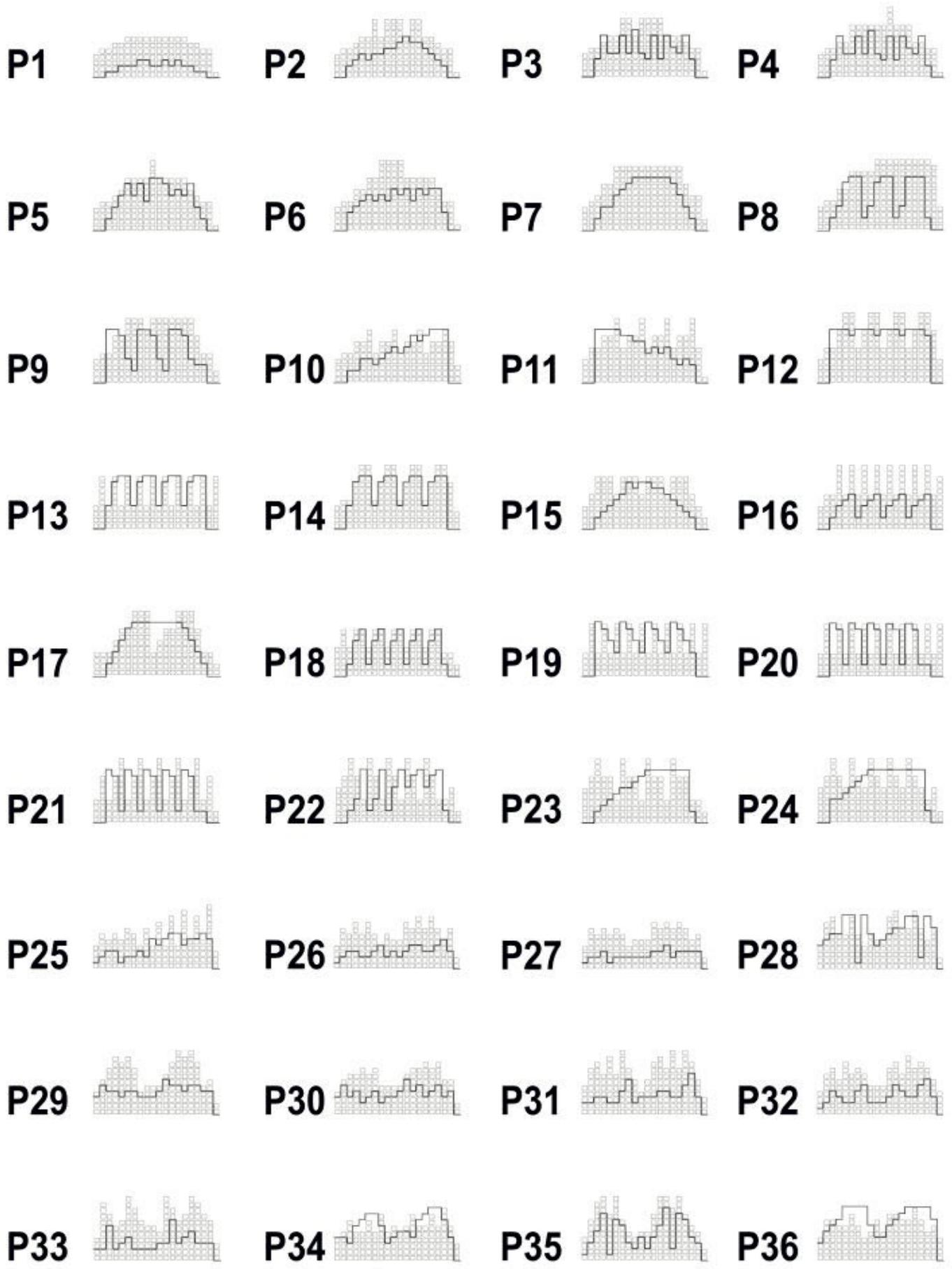
Heart-Rate Controlled Training

This program is a heart-rate controlled training program.

The user sets a desired target heart rate. The treadmill cockpit permanently compares this value with the actual heart rate of the user. If the actual heart rate is lower than the desired target heart rate, the treadmill will automatically increase the speed. If the value is higher, the treadmill will automatically reduce the treadmill speed. To avoid speeds being reached which could overstrain the user, a maximum speed can also be set which the cockpit will not exceed if the user has reached their set desired target heart rate. If the target heart rate is not yet reached when the maximum running speed is reached, the treadmill will increase the incline.

The main prerequisite for this program is a permanent and accurate transmission of heart rate values. For this reason, this program can only be used with an uncoded heart rate chest belt which is available as an accessory. Please also read the sections "Heart Rate Measurement", "Warning About Pulse & Heart Rate Measurement" in this manual.

Step 1: Program selection
Switch on the Treadmill and press "All Exercises" on the home screen. Now select "Heart Rate Control".

Step 2: Setting the User Age
The age of the currently selected user is shown in the display.

Step 3: Time setting
The pre-set running time can be changed by sliding the control below the time display between the 10 to 99 minute mark.

Step 4: Setting the Target Heart Rate
Based on the age of the currently selected user, the cockpit will display the target heart rate which is 65% of the maximum heart rate for the user. If you want to change this value you can slide the control below the intensity value into the desired position. You can choose values from 65, 75, 85 and 95% of the maximum heart rate.

Step 5: Setting the maximum speed
The pre-set maximum speed can be adjusted by sliding the control below the maximum speed displayed. The maximum speed can be changed from 3 to 16 km.

Step 6: Training Start
Press "START" on the display or the START key on the keypad to start the training session.

Pausing the Training Session
To temporarily interrupt the current training session, press "PAUSE" on the display or press the PAUSE key on the keypad. To end the pause and resume training, press "CONTINUE" or the START key on the keypad.

Training End
The training session ends automatically when the set training target is reached.
To end the training prematurely, press "STOP" on the display or press the STOP key on the keypad.
The treadmill will stop and the display will show a summary of the training values for the training completed.

Running Track

Here training is simulated on a 400-meter track. The user enters the target number of laps they want to complete. The graphical display of the race track shows the current position of the runner.

Step 1: Program selection
Switch on the Treadmill and press "All Exercises" on the home screen. Now select "Running Track".

Step 2: Setting the Laps
Set the desired number of laps by pressing the "+" or "-" keys.

Step 3: Training Start
Press "START" on the display or the START key on the keypad to start the training session.

Pausing the Training Session
To temporarily interrupt the current training session, press "PAUSE" on the display or press the PAUSE key on the keypad. To end the pause and resume training, press "CONTINUE" or the START key on the keypad.

Training End
The training session ends automatically when the set training target is reached.
To end the training prematurely, press "STOP" on the display or press the STOP key on the keypad.
The treadmill will stop and the display will show a summary of the training values for the training completed.

Virtual Training
With this program, the user can choose between three different running routes.

Step 1: Program Selection
Switch on the treadmill and press "Virtual Training" on the home screen.

Step 2: Select Virtual Running Track
Now select the desired running distance by pressing the arrows "+" and "-".

Available for selection:

− Meadow
− Canyon
− Watefront

Step 3: Training Start
Press "START" on the display or the START key on the keypad to start the training session.

Pausing the Training Session
To temporarily interrupt the current training session, press "PAUSE" on the display or press the PAUSE key on the keypad. To end the pause and resume training, press "CONTINUE" or the START key on the keypad.

Training End
The training session ends automatically when the set training target is reached.
To end the training prematurely, press "STOP" on the display or press the STOP key on the keypad.

Individual Training Programs
Here the user can create and permanently save their own training programs.
There are 6 memory slots U1 - U6 available per user profile.

ENG

Step 1: Program Selection
Press "My Workout" 🏃 in the home screen. Now select "My Programs".

Step 2: Select the Memory Slot
The memory slots U1 to U6 are shown in the upper part of the display. Select and press the memory slot you require. The currently selected memory slot will be highlighted.

Step 3: Setting the Speed & Incline
You can now select the desired speed for each of the 20 segments of the training program by sliding the appropriate control into to the desired position. The speed will be shown in the in the bottom graph.
To set the incline for the 20 segments, change to "Incline" by pressing key the appropriate menu.
Now enter the incline for the individual segments in the same way, as previously described for speed.

Step 4: Setting the Training Time

Enter the desired training time by pressing the "+" and "-" keys next to the time. It is possible to enter a time of between 5 to 60 minutes.

Note:

The duration of the individual segments results from the total time.
If, for example, the time was set to 20 minutes, the time of a segment is 1 minute.
With 60 minutes, a segment takes 3 minutes.

Step 5: Training Start

Press "START" on the display or the START key on the keypad to start the training session.

Pausing the Training Session

To temporarily interrupt the current training session, press "PAUSE" on the display or press the PAUSE key on the keypad. To end the pause and resume training, press "CONTINUE" or the START key on the keypad.

Training End

The training session ends automatically when the set training target is reached.
To end the training prematurely, press "STOP" on the display or press the STOP key on the keypad.
Skip Step 3 if you want to use a profile which has already been saved.
A saved profile can be overwritten at any time.

Fitness Test

This is the Cooper test which has been used for many years to make performance diagnostics for runners. This performance test, originally developed for the US Air Force, is still used today by the German police, Armed Forces and for sports degrees.

Procedure

The task in this test is to cover the largest possible distance within 12 minutes. Using the following table the user can compare the distance he has run with corresponding reference values for age and gender.

Male	Up to 30 Years	30 - 39 Years	40 - 49 Years	50 - 60 Years
Very good	2,800 Meters	2,650 Meters	2,500 Meters	2,400 Meters
Good	2,400 Meters	2,250 Meters	2,100 Meters	2,000 Meters
Satisfactory	2,000 Meters	1,850 Meters	1,650 Meters	1,600 Meters
Unsatisfactory	1,600 Meters	1,500 Meters	1,350 Meters	1,300 Meters
Female	Up to 30 Years	30 - 39 Years	40 - 49 Years	50 - 60 Years
Very good	2,600 Meters	2,500 Meters	2,300 Meters	2,150 Meters
Good	2,150 Meters	2,000 Meters	1,850 Meters	1,650 Meters
Satisfactory	1,850 Meters	1,650 Meters	1,500 Meters	1,350 Meters
Unsatisfactory	1,550 Meters	1,350 Meters	1,200 Meters	1,050 Meters

For the test result the cockpit uses the maximum oxygen intake (VO2max).
This value is an important parameter for estimating aerobic performance and is expressed in millilitres of oxygen intake per minute and kilogram of body weight (mlO2/min/kg).

Step 1: Program Selection

Press "My Workout" 🏃 in the home screen. Now select "My Test".

Step 2: Test Start
To start the test, press the "Fitness Test" key. Before the actual 12 minute test, the treadmill will begin a 3 minute warm-up and at an initial speed of 3 km/h. This can be changed by the user at any time.
The test starts at 3:00 minutes. Now the cockpit sets the speed to 8.5 km/h by default.
This is the initial speed, which is then increased by 0.5 km/h every minute until 10:00 minutes.
From minute 10:00 to 15:00 the speed remains constant.

ATTENTION:
Please set the speed from minute 3:00 onwards according to your fitness level and please also consider that you will also have to maintain the speed from 10:00 minutes onwards without any problems.

Please abort the test or reduce the speed immediately if it overstrains you. You should also stop the test immediately if you feel at all unwell.
The treadmill will stop automatically at 15:00 minutes and the test result will be shown in the display.

	Age	V02 Max (ml/min/kg				
Males	20 - 29	V<38	38≤V<42	42≤V<46	46≤V<51	V≤51
	30 - 39	V<37	37≤V<41	41≤V<44	44≤V<48	V≤48
	40 - 49	V<35	35≤V<38	38≤V<42	42≤V<46	V≤46
	50 - 59	V<32	32≤V<36	36≤V<39	39≤V<43	V≤43
	60 - 69	V<29	29≤V<32	32≤V<36	36≤V<40	V≤40
	70 - 79	V<26	26≤V<29	29≤V<32	32≤V<37	V≤37
Females	20 - 29	V<32	32≤V<36	36≤V<40	40≤V<44	V≤44
	30 - 39	V<31	31≤V<34	34≤V<38	38≤V<42	V≤42
	40 - 49	V<29	29≤V<33	33≤V<36	36≤V<40	V≤40
	50 - 59	V<27	27≤V<30	30≤V<33	33≤V<37	V≤37
	60 - 69	V<25	25≤V<27	27≤V<30	30≤V<33	V≤33
	70 - 79	V<24	24≤V<26	26≤V<28	28≤V<31	V≤31
Test Result		Unsatisfactory	Satisfactory	Good	Very Good	Excellent
Note		E	D	C	B	A

ENG

Body Fat Analysis
Here the cockpit determines the percentage of fat in the body.

Step 1: Program Selection
Press "My Workout" in the home screen
Select "My Test" and then "Body Fat".

The display shows the current user data. Please check that the correct user has been selected, otherwise the test result will be incorrect.

Step 1: Starting the Analysis
Press START and immediately grasp the hand pulse sensors with both hands.

Test Result
After successful measurement, the test result will be shown on the display.

Percentage of Body Fat	Result
≤ 19%	Thin
= 20 to 25%	Normal Weight
= 26 to 29%	Overweight
≥3 0%	Very Overweight

Audio Playback
There are two options on this device which enable you to play back an audio source over the integrated loudspeakers in the cockpit.

1. Connect an External Audio Source via the MP3 RCA Connection
You can connect an external audio source (MP3 player, smartphone etc.) to the training device via the RCA connection located on the front of the cockpit, using the audio cable supplied (3.5 mm jack plug). The prerequisite for this is that the external audio source has a suitable connector for this cable. Once the external music source is connected and the playback on the external source has been started the music, audio book, etc. will be played over the loudspeakers.

ATTENTION:
With this type of audio playback, the controls (volume control, start, pause, etc.) are exclusively via the external audio source, such as the smartphone. Control via the cockpit is not possible!

2. Connect a USB Stick Containing Audio Files to the USB Port
USB sticks up to and including USB 2.0 can be connected directly to the training device via the USB connection. The following file formats are supported: MP3 and APE.

After you have inserted the USB stick containing the MP3 audio files, press either the Music (Note Icon) or Video (Film roll Icon). These two icons will be shown alternately in the display.

Now select the "Music" to show all the existing audio files.

▶❚❚ Key to play or pause the music files

⏮ ⏭ Key to skip-forwards or backwards to the next Song title.

🔊 🔉 Keys to adjust the volume

ATTENTION:
It is not possible to play an audio file from a Smartphone or Tablet PC via Bluetooth.

Playing Back a Video File via USB
USB sticks up to and including USB 2.0 can be connected directly to the training device via the USB connection. The following file formats are supported: MP4 and MOV.

After you have inserted the USB stick containing the video files, press either the Music (Note Icon) or Video (Film roll Icon). These two icons will be shown alternately in the display.

Now select the "Video" key to show all the existing video files

▶❚❚ Key to play or pause the video files.

🔊 🔉 Keys to adjust the volume.

ATTENTION:
It is not possible to play a video file from a Smartphone or Tablet PC via Bluetooth.

APPs
The following APPs are already permanently installed:

- Youtube
- Amazon Prime Music
- Instagram
- Twitter
- Google Chrome
- Netflix
- Spotify
- Facebook
- Amazon Prime Video

Please note that some of these APPs can only be played if you have a corresponding account.
Select the APP menu using the key for APPs in the main menu (all existing APPs are displayed here).
Then select the desired APP and, if necessary, login with your access data.

Update of APPs
If an update is necessary for an APP, this will be shown on the screen. To do this press the downward arrow that will appear at the bottom of the screen to the right of the home icon (house).
Carry out the update. You will need a Google Account to do this.

It is not possible to install additional APPs.

Menu Item "Guide Me"
Here in the "Instructions" section are the current evaluation tables of the fitness test and the body fat analysis and in the "Prompt" section there will be a list of tips for stretching.
Please note that this menu item is currently only available in English.
All information however can also be found in this manual.

Fitness training with the APP FitShow
The cockpit of your treadmill is already equipped with a Bluetooth receiver as standard.
Download the "FitShow" APP using a suitable smartphone or tablet PC.
To do this scan the QR code on the back of this manual.

Step 1:
Download the "FitShow" app from the App Store and install it on your Smartphone or tablet PC.

Step 2:
Register with FitShow using a correct e-mail address, as you will need a confirmation code which will be sent to this email address.

Step 3:
Make sure the treadmill is turned on! Now go to "Indoor" in the app selection and press "Search". The Treadmill will now be shown in the display. Once you have selected your treadmill you will be ready to use the full scope of the app.

MyHomeFit - APP
For Android users there it is possible to use the free "MyHomeFit" APP.
You can find more information about this under www.myhomefit.de.

Note:
Please note that we only provide the basic information required to use this training device with an APP. For questions on how to use the app and/or the Samrtphone or Tablet PC you are using, please contact the appropriate provider direct.

Heart Rate per Minute

	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90
	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		
100% of maximum heart rate											83	94	105	135	
75% of maximum heart rate												80	91	101	100
65% of maximum heart rate													77	88	98
55% of maximum heart rate														74	85
															72
Age	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90

Calculating your personal heart rate when training

Calculate your personal heart rate when training as follows:

220 - Age = maximum heart rate

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

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

This training zone is ideally suitable for people who are over-weight and/or older beginners, or people starting again after a longer
break from training. Training in this zone the body will burn approx. 4-6 calories per minute to produce energy.
The percentage ratio per calorie is approx. 70% fat, 25% carbohydrate, and 5% protein.

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

This training zone is suitable for athletes and sports people who aim to lose weight.
Training in this zone the body will burn approx. 6-10 calories per minute to produce energy.
The percentage rate per calorie is approx. 85% fat,10% carbohydrate, and 5% protein.

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

This training zone is ideally suitable for athletes and sports people who aim to improve their stamina and/or condition.
Training in this zone the body will burn approx. 10-12 calories per minute to produce energy.
The percentage rate per calorie is approx. 35% fat,60% carbohydrate, and 5% protein.

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

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

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

Condition & 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.

⚠ 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 belt) allows you to wirelessly measure heart rate. The chest belt is available online as an accessory from www.maxxus.com.

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

The chest belt then sends the pulse via an electromagnetic field to the built-in cockpit receiver.
We recommend you always use a chest belt for heart rate measurement during heart rate-controlled programs.

⚠ CAUTION

The determination of the current heart rate by means of the chest belt serves only to display the current heart rate during exercise. This value says nothing about the safety and effectiveness of the training. Also, this type of measurement is in no way designed or suitable for medical diagnostic purposes.

Therefore, discuss with your family doctor the most suitable procedure for you and create your exercise plan before you start exercising.

This applies especially to those who:
− have not been physically active for a long period of time
− are overweight
− are older than 35 years
− have too high or too low blood pressure
− have heart problems

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

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

Training Plan
Essential to effective, target orientated, and motivating training is to have a forward-looking 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.

ENG

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.

We suggest the following as a weekly plan:

Calendar Week:_____ Year: 20____						
Date	Day	Exercise duration	Exercise distance	Calorie consumption	Ø Heart rate	Comments
	Monday					
	Tuesday					
	Wednesday					
	Thursday					
	Friday					
	Saturday					
	Sunday					
Week Result:						

Cockpit:
Display of:
- Time
- Distance
- Calorie consumption
- Speed
- Incline
- Pulse Rate (when using hand sensors)
- Heart Rate (when using a chest belt which is available as an optional extra)

Technical details:

Motor:	DC motor
Constant motor power:	3.0 hp / 2.21 kW
Drive type:	Grooved belt
Speed:	0.8 - 20.0 km / h, adjustable in 0.1 km / h increments
Incline:	0 - 15%, electronically adjustable in 0.5% increments
Tread:	Approx. 1.400x51mm
Installation dimensions:	Approx. 1.795x880x1.525 mm (LxWxH)
Total weight:	Approx. 77kg
Maximum user weight:	130 kg
Power supply:	220-230V - 50Hz

Area of Application: Home Use – for private use only!

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.

ENG

These accessories are the perfect supplement for your training device. All products are available in our online shop at www.maxxus.com.

POLAR® Transmitter Chest Belt T34 (uncoded)
Chest strap for determining the heart rate with optimized transmission ranges. Required accessory for the application of pulse-controlled programs and for continuous determination of the current heart rate.

MAXXUS® floor protection mat
The extreme high density of material and 0.5 cm thickness of this floor mat, gives protection against damage, scratches and dirt due to sweat, liquids and movement. Noises are greatly minimized.
Available in following sizes:
- 210 x 100 cm - suitable for treadmills
- 240 x 100 cm – suitable for treadmills

MAXXUS® Silicone
Optimal lubricant and release agent for running belt and running deck.
Available in the following sizes:
• 50 ml
• 250 ml
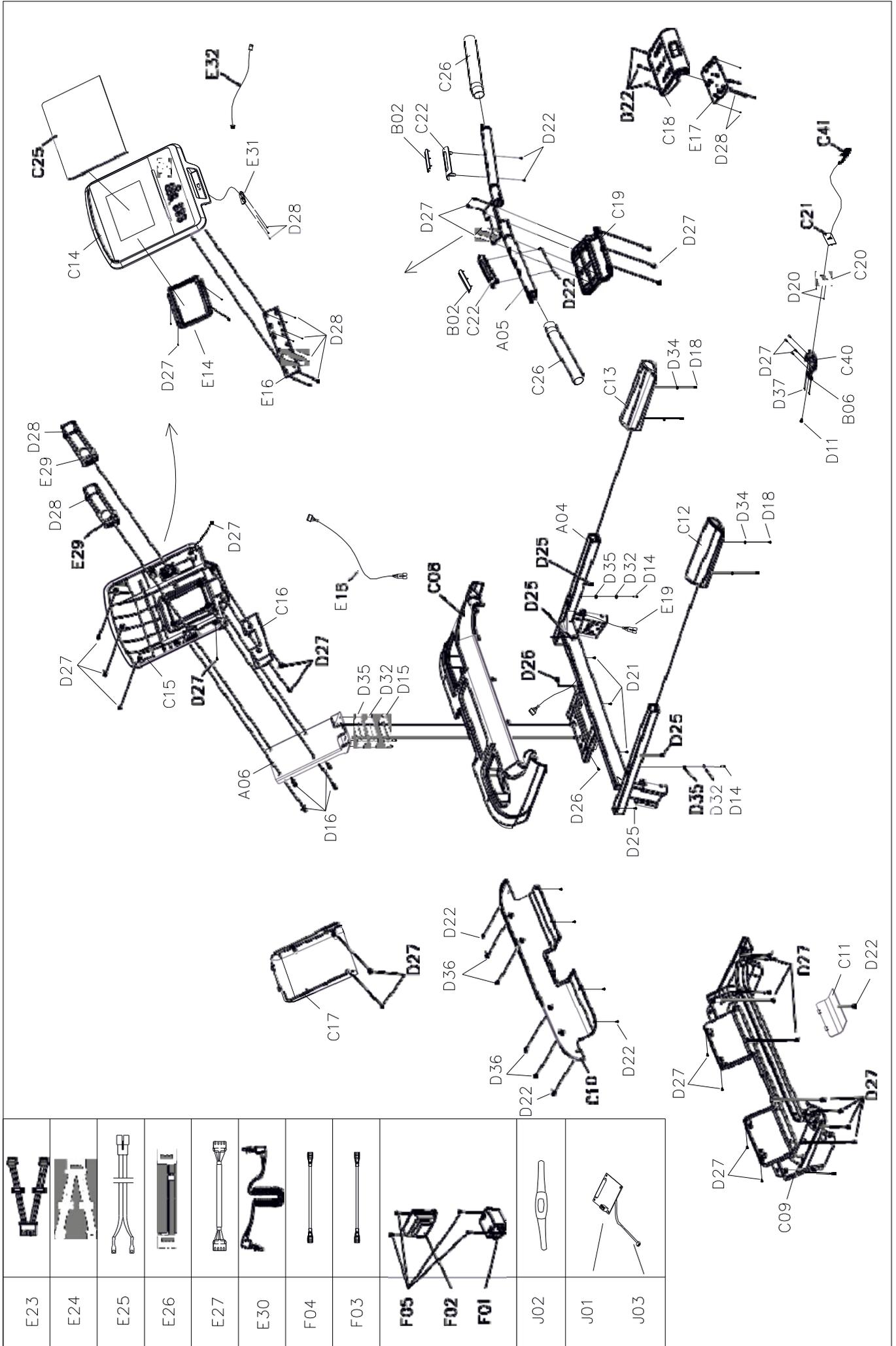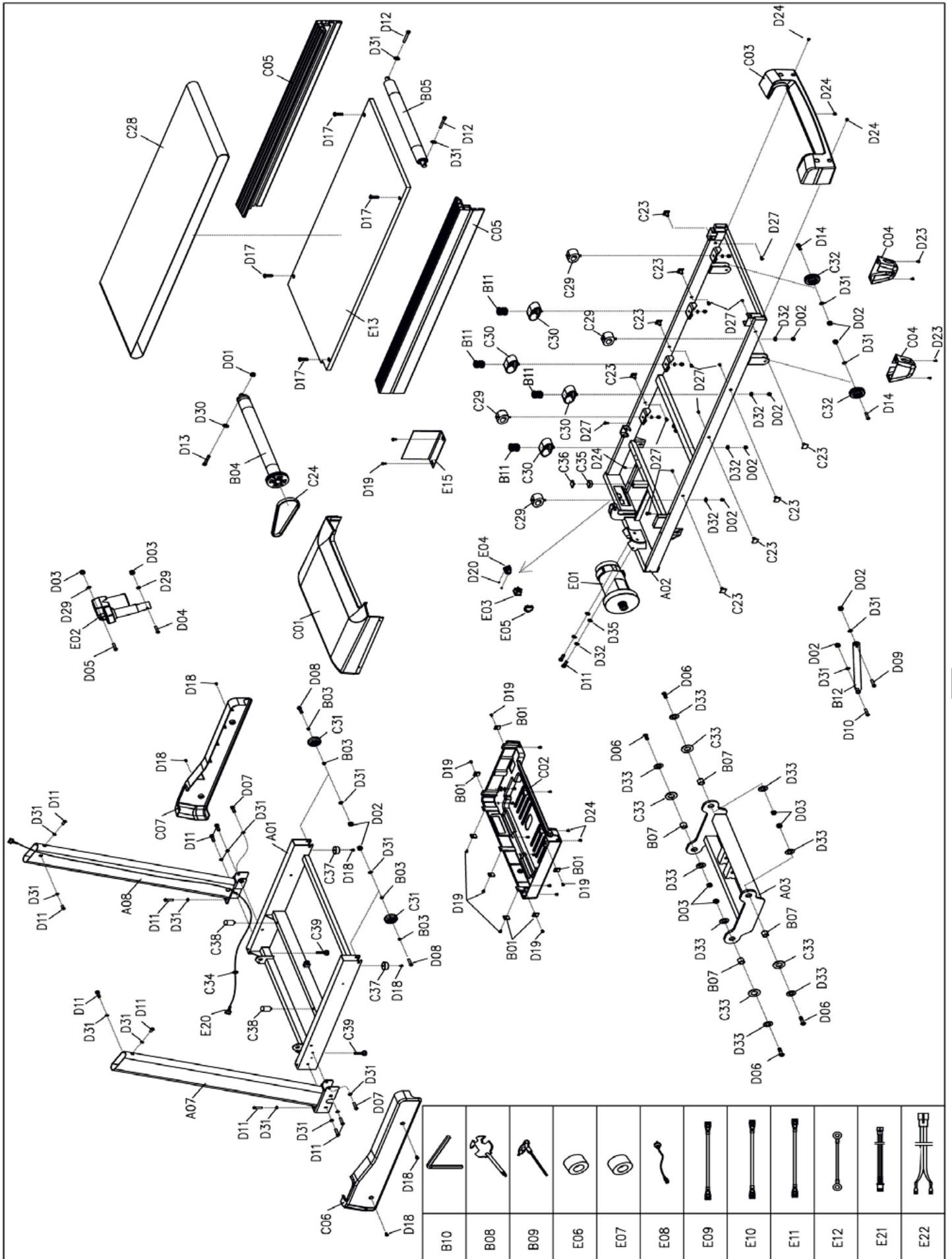
Spare Parts List

Part No.	Description	Specification	Qty
A01	Bottom frame		1
A02	Mainframe		1
A03	Incline frame		1
A04	Display frame		1
A05	Handlebar frame		1
A06	Display support frame		1
A07	Left column		1
A08	Right column		1
B01	Motor cover fixation board		7
B02	Handle pulse sheet		4
B03	Transportation wheel sleeve		4
B04	Front roller		1
B05	Rear roller		1
B06	Shrapnel		2
B07	Sleeve		4
B08	Cross solid wrench		1
B09	Inner hex wrench		1
B10	#5 Allen wrench		1
B11	Pressing spring		4
B12	Air cylinder		1
C01	Motor top cover		1
C02	Motor bottom cover		1
C03	Rear cover		1
C04	Adjustable wheel 0cover		2
C05	Side rail		2
C06	Left bottom cover		1
C07	Right bottom cover		1
C08	Display frame top cover		1
C09	Display frame bottom cover		1
C10	Display frame rear cover		1
C11	Small bottom cover		1
C12	Left foam handlebar		1
C13	Right foam handlebar		1
C14	Front panel		1
C15	Bottom panel		1
C16	Front panel support		1
C17	Bottom panel support		1
C18	Front key board		1

Part No.	Description	Specification	Qty
C19	Bottom key board		1
C20	Safety key seat		1
C21	Safety key		1
C22	Handle pulse seat		2
C23	Side rail fixation seat		8
C24	Motor belt		1
C25	Display acrylic		1
C26	Front handlebar foam		2
C28	Running belt		1
C29	Cushion pad		4
C30	Elliptical cushion pad		4
C31	Transportation wheel		2
C32	Adjustable wheel		2
C33	Plastic washer		4
C34	Annular plug		2
C35	Square end cap		1
C36	EVA pad		1
C37	Plain foot pad		2
C38	Cylinder cushion pad		2
C39	Adjustable foot pad		2
C40	Safety key jack		1
C41	Safety key clip		1
D01	Nonmetal hex lock	M6	1
D02	Nonmetal hex lock	M8	14
D03	Nonmetal hex lock	M10	6
D04	Bolt	M10x90 L20	1
D05	Bolt	M10x45 L20	1
D06	Bolt	M10x30 L15	4
D07	Bolt	M8x55 L20	2
D08	Bolt	M8x50 L20	2
D09	Bolt	M8x45 L20	1
D10	Bolt	M8x25 L15	1
D11	Bolt	M8x15	15
D12	Bolt	M8x65	2
D13	Bolt	M6x60	1
D14	Bolt	M8x40	4
D15	Bolt	M8x15	4
D16	Bolt	M6x15	4
D17	Bolt	M8x25	4
D18	Bolt	M5x16	10
D19	Bolt	M5x12	9

Part No.	Description	Specification	Qty
D20	Screw	ST2.9x8	4
D21	Screw	ST4.2x60	3
D22	Screw	ST4.2x12	18
D23	Screw	ST4.2x20	4
D24	Screw	ST4.2x12	15
D25	Screw	ST4.2x30	2
D26	Screw	ST4.2x25	2
D27	Screw	ST4.2x12	52
D28	Screw	ST2.9x8	34
D29	Lock washer	10	2
D30	Lock washer	6	1
D31	Lock washer	8	20
D32	Spring washer	8	16
D33	Big washer	φ10*φ26*2.0	8
D34	Big flat washer	φ6*φ12*1.0	4
D35	Flat washer	8	8
E01	DC motor		1
E02	Incline motor		1
E03	Square switch		1
E04	Power outlet		1
E05	Overload protector		1
E06	Magnet ring		1
E07	Magnet core		1
E08	Power cable		1
E09	AC wire	Length 200 brown	1

Part No.	Description	Specification	Qty
E10	AC wire	Length 350 brown	2
E11	AC wire	Length 350 blue	2
E12	Earthed wire	Yellow and green	1
E13	Running board		1
E14	Display		1
E15	Control board		1
E16	Keyboard plate		1
E17	Front keyboard plate		1
E18	Display upper wire		1
E19	Display middle wire		1
E20	Display bottom wire		1
E21	Pulse upper wire		1
E22	Pulse bottom wire		2
E23	Control panel upper wire		1
E24	Control panel bottom wire		1
E25	Safety key switch cable		1
E26	Center keyboard wire		1
E27	Audio signal input wire		1
E29	Speaker		2
E30	Mp3 connection wire		1
E31	USB module		1
E32	USB power wire		1

ENG

Part No.	Description	Specification	Qty
F01	Filter		1
F02	Inductor		1
F03	AC wire length 350mm		1
F04	Earthed wire length 350mm		1
F05	ScrewST4.2x12		4
J01	Wireless heart rate receiver		1
J03	HRC connection wire		1

ENG

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

MAXXUS®

Device Details

Product Name: **RunMAXX 7.4 T**   Product Group: **Treadmill**

Serial Number: _____   Invoice Number: _____

Date of Purchase: _____   Where Purchased: _____

Accessories: _____   _____

Type of Use:

☐ Private Use   ☐ Commercial Use

Personal Details

Company: _____   Contact Person: _____

First Name: _____   Second Name: _____

Street: _____   House Number: _____

Post Code / Town/City: _____   Country: _____

E-Mail: _____   Tel.No.: _____

Fax. No.*: _____   Mobile No.*: _____

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

Fault Description
Please enter a short description of the error as precisely as possible below:
(For example, when, where and how does the error occur? Frequency, after which period, at what Use, etc ....)

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

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

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

_____   _____   _____
              Date   Location   Signature

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

Post*: Maxxus Group GmbH & Co KG, Service Department, Nordring 80, D-64521 Gross-Gerau Germany
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