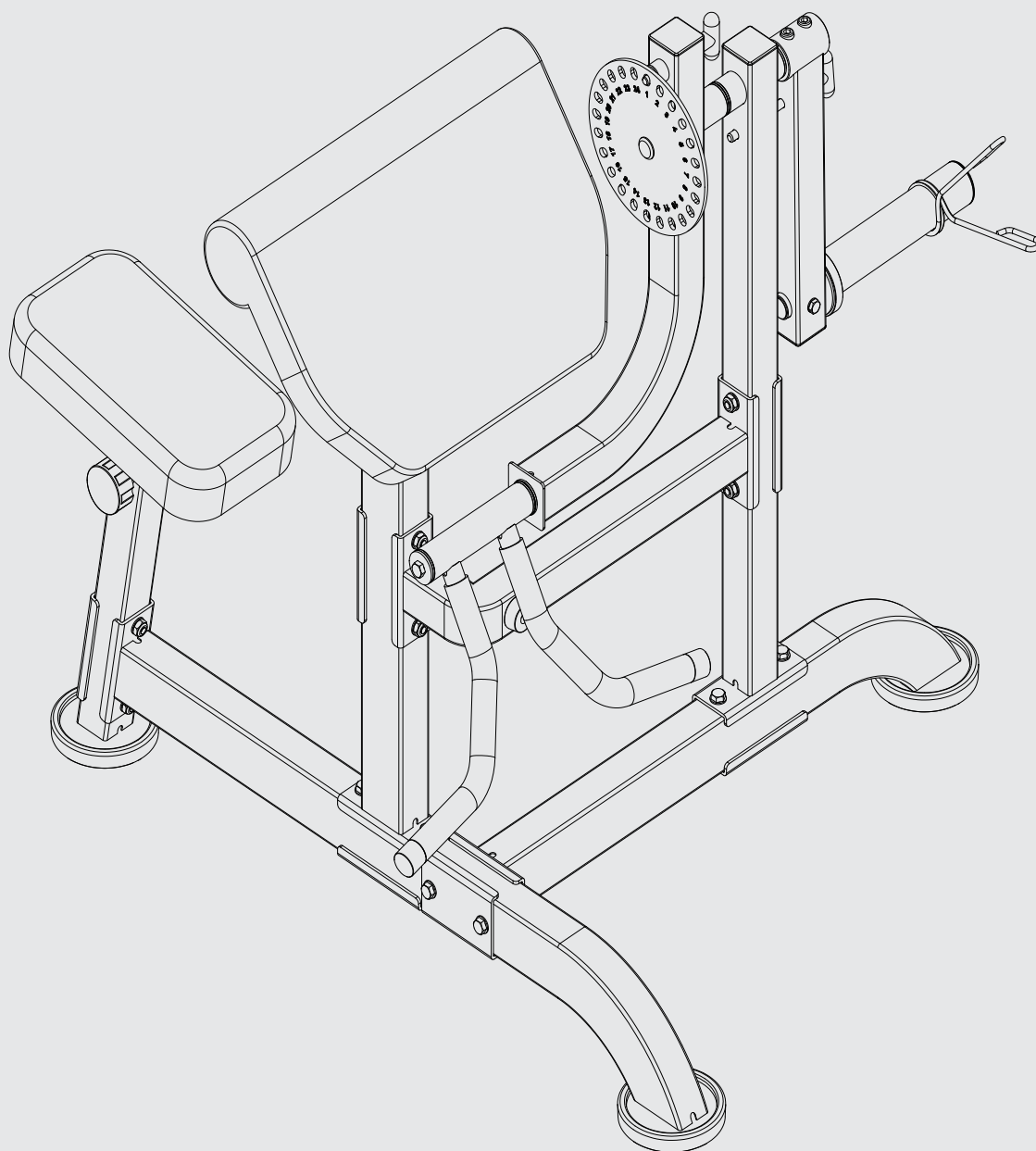


MAXXUS

# *Scott Curl Machine*



ENG

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## Important Information and Safety Instructions

### General Information

Please ensure that all people using the device have read and understood the assembly and operating instructions.

The assembly and operating instructions must be regarded as part of the product and kept in a safe place so that they can be referred to at any time if necessary. Ensure that the safety and maintenance instructions are followed exactly.

Any use that deviates from these instructions may result in health damage, accidents, or damage to the device, for which the manufacturer and distributor cannot accept any liability

### Personal Safety

- Before starting to use the device, consult your family doctor to determine whether the training is suitable for you from a health point of view. This applies especially to people who have a hereditary predisposition to high blood pressure or heart disease, smoke, have high cholesterol levels, are overweight, and/or have not exercised regularly in the last year. If you are on medication that affects your heart rate, medical advice is essential
- Please also note that excessive exercise can seriously jeopardize your health. If you experience any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms during training, stop training immediately and consult a doctor in case of emergency.
- Generally, sports equipment is not a toy. Unless otherwise described, the equipment may only be used by one person at a time for training. It may therefore only be used as intended and by appropriately informed and instructed people. Persons such as children and individuals with physical impairments should only use the device in the presence of another person who can provide assistance and guidance. Suitable measures should be taken to prevent unsupervised children from using the device. It must be ensured that the user and other people never move or stand with any parts of their body near moving parts

## Important Information and Safety Instructions

### **Training Clothes and Shoes**

Appropriate clothing and shoes suitable for fitness training must be worn with the device.

The clothing should be designed in such a way that it cannot get caught in the device during training due to its shape (e.g., length).

Training shoes should be selected to match the training equipment, provide a firm grip, and have a non-slip sole.

### **Assembly**

Ensure all parts and tools listed in the parts list are present. Please note that some parts may come pre-assembled.

Keep children and animals away from the assembly area to avoid any risk of injury or suffocation from tools, packaging materials (e.g., foil), or small parts. Ensure you have enough space to move around during assembly.

Before using the device for the first time and at regular intervals, check the tightness of all screws, nuts, and other connections to ensure the safe operating condition of the device.

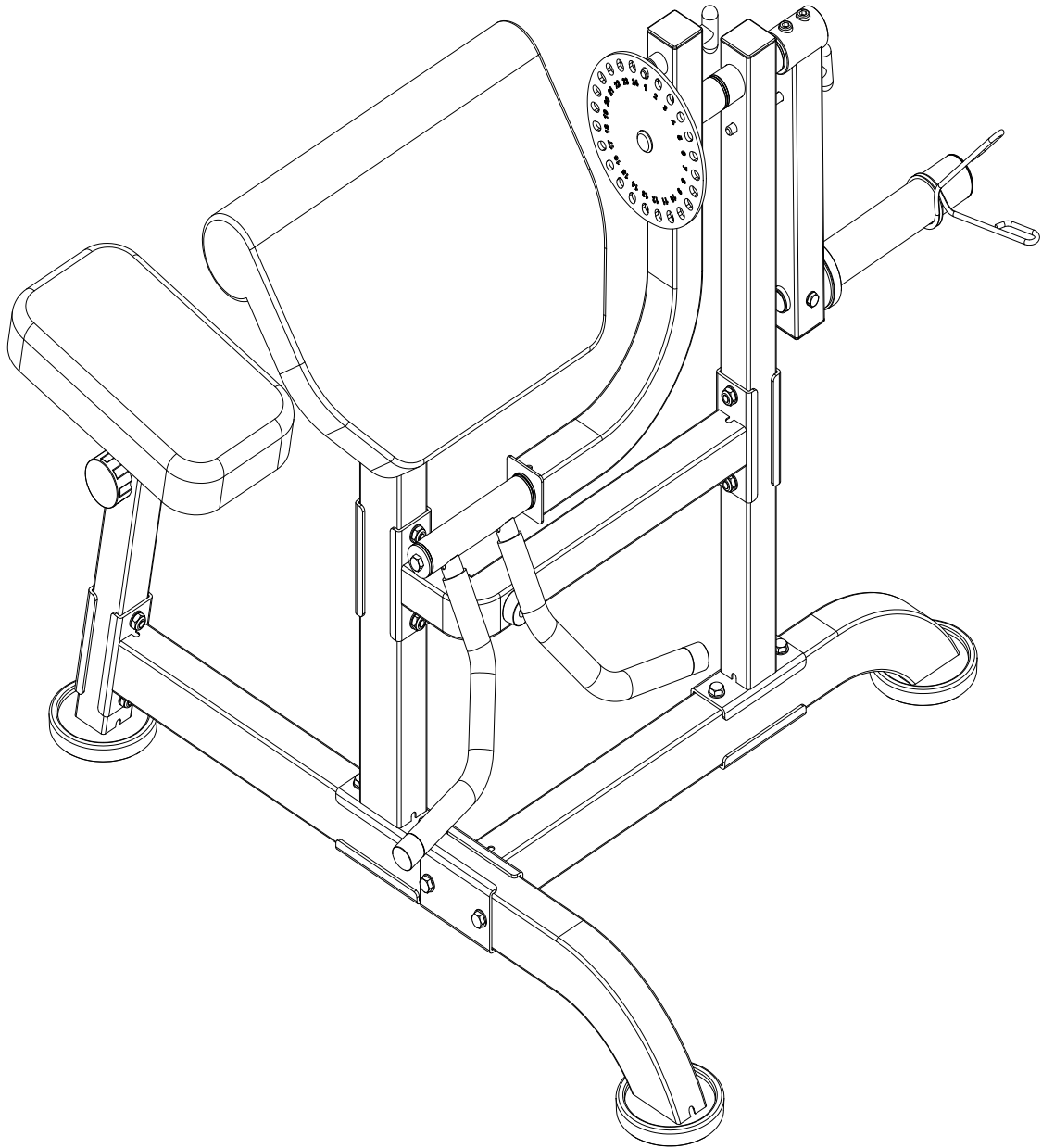
### **Location**

Set up the device in a flat, stable, and dry place. Uneven surfaces can be compensated by adjustable parts of the device, if available.

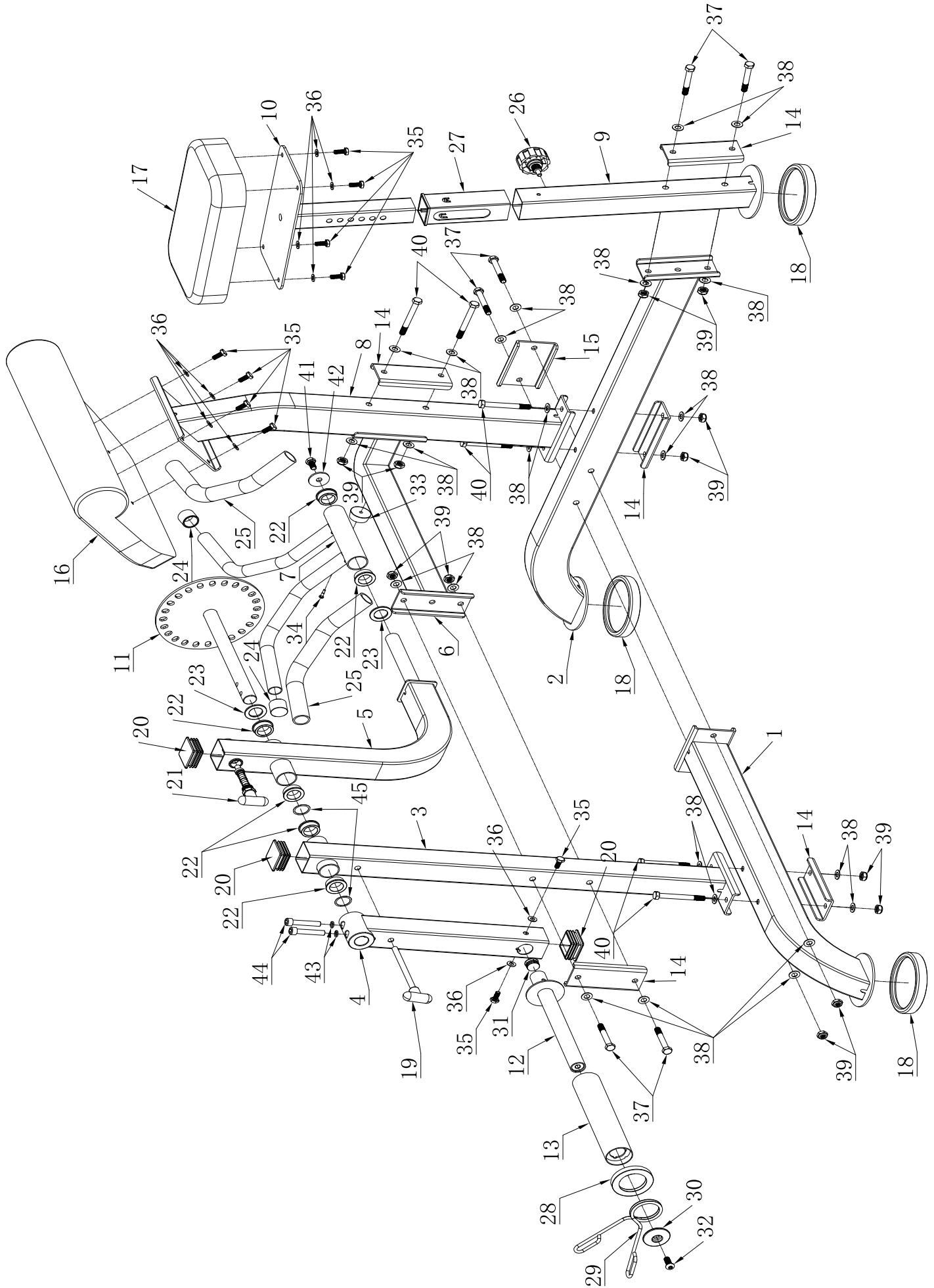
To protect sensitive surfaces from pressure marks and dirt, we recommend placing a floor protection mat underneath.

Remove all objects within the required training radius before starting training.

Use of the device outdoors or in rooms with high humidity is not permitted.



# Parts List

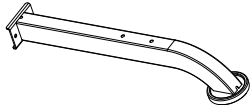
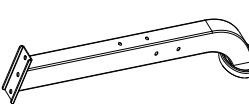
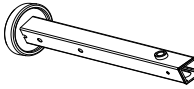
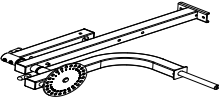
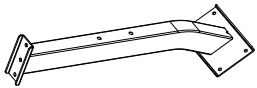
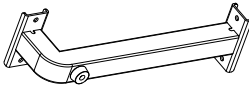
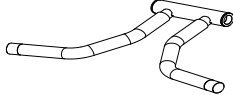
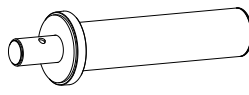
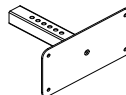
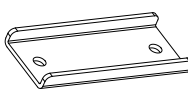
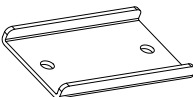
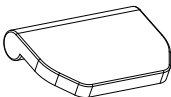
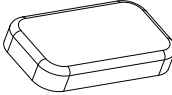

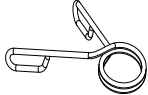


## Parts List

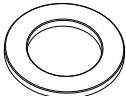


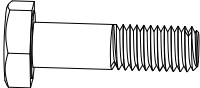


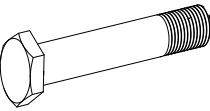
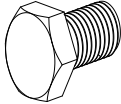
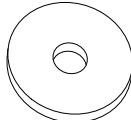

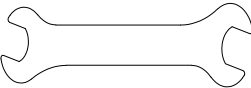
No.	Part Name	Qty.
01	Side bottom tube assembly	1
02	Bottom tube assembly	1
03	Front upright tube assembly	1
04	Barbell counterweight assembly	1
05	Adjustment tube assembly	1
06	Connector assembly	1
07	Handle assembly	1
08	Elbow pad support assembly	1
09	Seat cushion support assembly	1
10	Seat cushion adjustment tube assembly	1
11	Swing limit assembly	1
12	Hang the barbell assembly	1
13	Barbell casing assembly	1
14	Upright tube fixed U-shaped plate	5
15	Main frame fixed U-shaped plate	1
16	Elbow pad	1
17	Seat cushion	1
18	Round foot pad	3
19	T-bolt	1
20	Inner plug 50*50	3
21	Elastic bolt	1
22	Rotating sleeve	6
23	Big flat washer ( $\phi 25.5 * \phi 38 * 2$ )	2
24	Electroplated plug	2
25	Handle foam	2
26	M16 Elastic bolt	1
27	50 to 40 bushing between tube	1
28	Barbell limit pad	1
29	$\phi 50$ Spring clip	1
30	Aluminum cover	1
31	$\phi 25$ Inner round plug	1
32	Pan head hexagon screw M10*25	2
33	Cushion pad	1
34	Cross pan head self-tapping self-drilling screws ST4.2*19	1
35	Outer hexagon screw M8*25	10
36	Flat washer $\phi 8$	10
37	Outer hexagon screw M10*70	6
38	Flat washer $\phi 10$	24
39	Locking nut M10	12
40	Outer hexagon screw M10*90	6
41	Outer hexagon screw M10*20	1
42	Big flat washer ( $\phi 10.5 * \phi 38 * 2$ )	1
43	Spring washer $\phi 8$	2
44	Cylindrical head inner hexagon screws M8*50	2
45	Wave washer	2

## Parts List

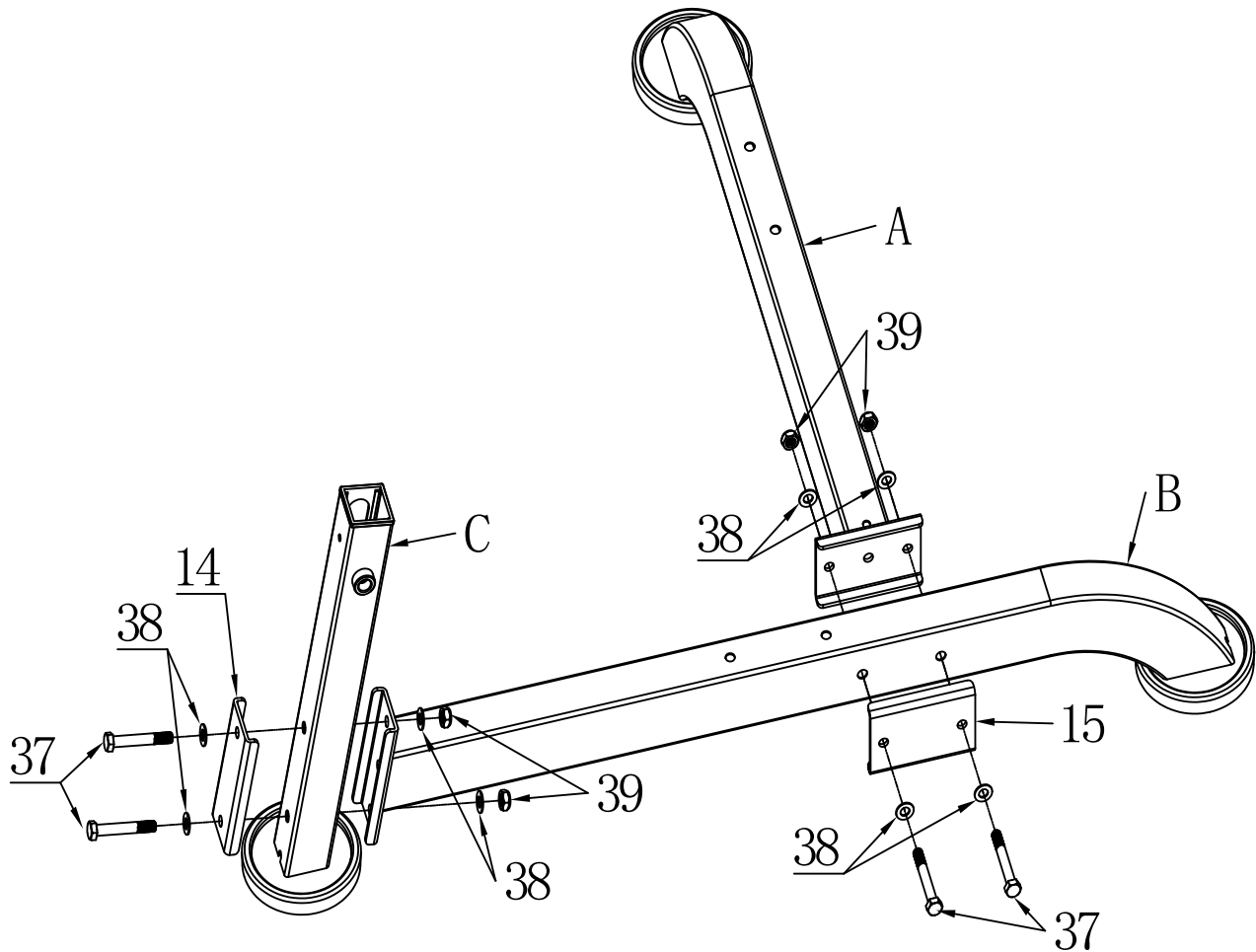
Pre-assembled parts

	A		B
	C		D
	E		F
	G		H
	10		14
	15		16
	17		26
	29		

Screw list

	23		35
Big flat washer( $\phi 25.5 \times \phi 38 \times 2$ )1pcs		Outer hexagon screw (M8*25)*10pcs	
	36		37
Flat washer ( $\phi 8$ )10pcs		Outer hexagon screw (M10*70)*6pcs	
	38		39
Flat washer ( $\phi 10$ )24pcs		Locking nut (M10)*12pcs	
	40		41
Outer hexagon screw (M10*90)*6pcs		Outer hexagon screw (M10*20)*1pcs	
	42		5
Big flat washer( $\phi 10.5 \times \phi 38 \times 2$ )1pcs		Allen wrench 5# 1pcs	
			
Open-end wrench 14#17# 2pcs			





### Step 1:

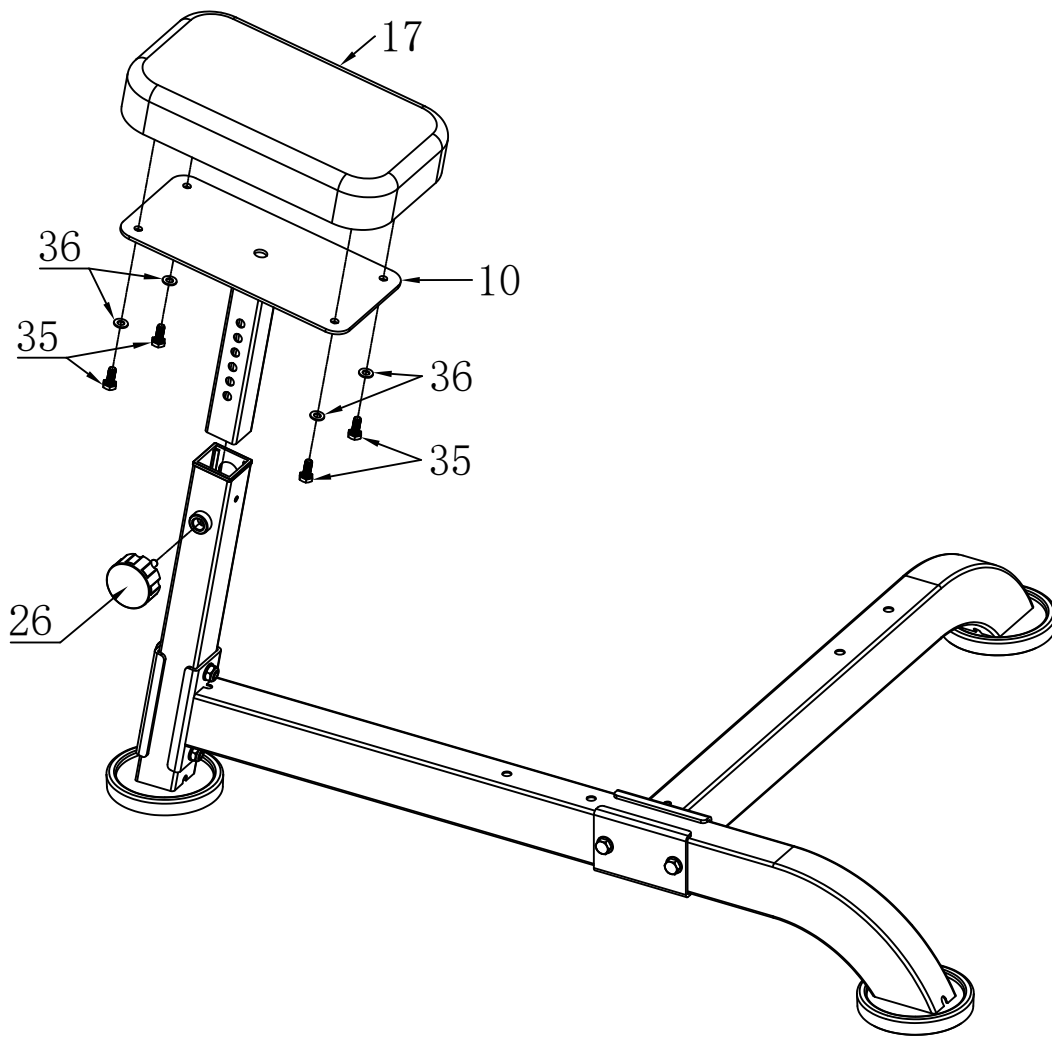
Lock pre-assembled part (A) into Pre-assembled part (B) using:

- 2 pieces of Outer hexagon screw M10x70 (No.37)
- 4 pieces of Flat washer  $\Phi 10$  (No.38)
- 1 piece of Main frame fixed U-shaped plate (No.15)
- 2 pieces of Locking nut M10 (No.39)

### Step 2:

Lock pre-assembled part (C) into Pre-assembled part (B) using:

- 2 pieces of Outer hexagon screw M10x70 (No.37)
- 4 pieces of Flat washer  $\Phi 10$  (No.38)
- 1 piece of Upright tube fixed U-shaped plate (No.14)
- 2 pieces of Locking nut M10 (No.39)



### Step 3:

Lock Seat cushion (No.17) into Seat cushion adjustment tube assembly (No.10) using:

- 4 pieces of Outer hexagon screw M8×25 (No.35)
- 4 pieces of Flat washer  $\Phi 8$  (No.36)

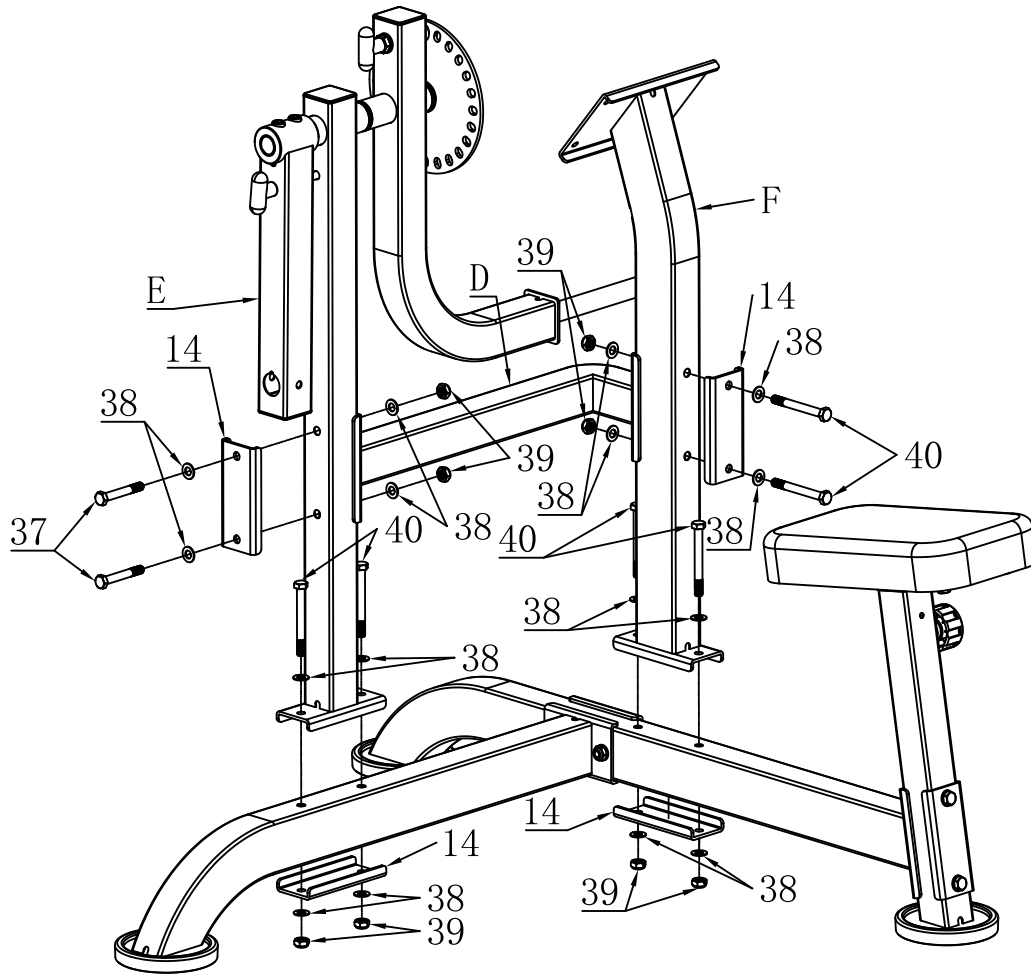
### Step 4:

Insert Seat cushion adjustment tube assembly (No.10) into pre-assembled part (C), then lock it securely with:

- M16 Elastic bolt (No.26)

Adjust to the suitable position before tightening.

## Assembling Steps



### Step 5:

Lock pre-assembled part (D) into Pre-assembled parts (E) and (F) respectively using:

- 2 pieces of Outer hexagon screw M10×70 (No.37)
- 4 pieces of Flat washer Φ10 (No.38)
- 1 piece of Main frame fixed U-shaped plate (No.15)
- 2 pieces of Locking nut M10 (No.39)
- 2 pieces of Outer hexagon screw M10×90 (No.40)
- 4 pieces of Flat washer Φ10 (No.38)
- 1 piece of Upright tube fixed U-shaped plate (No.14)
- 2 pieces of Locking nut M10 (No.39)

### Step 6:

Lock pre-assembled part (E) into Pre-assembled part (A) using:

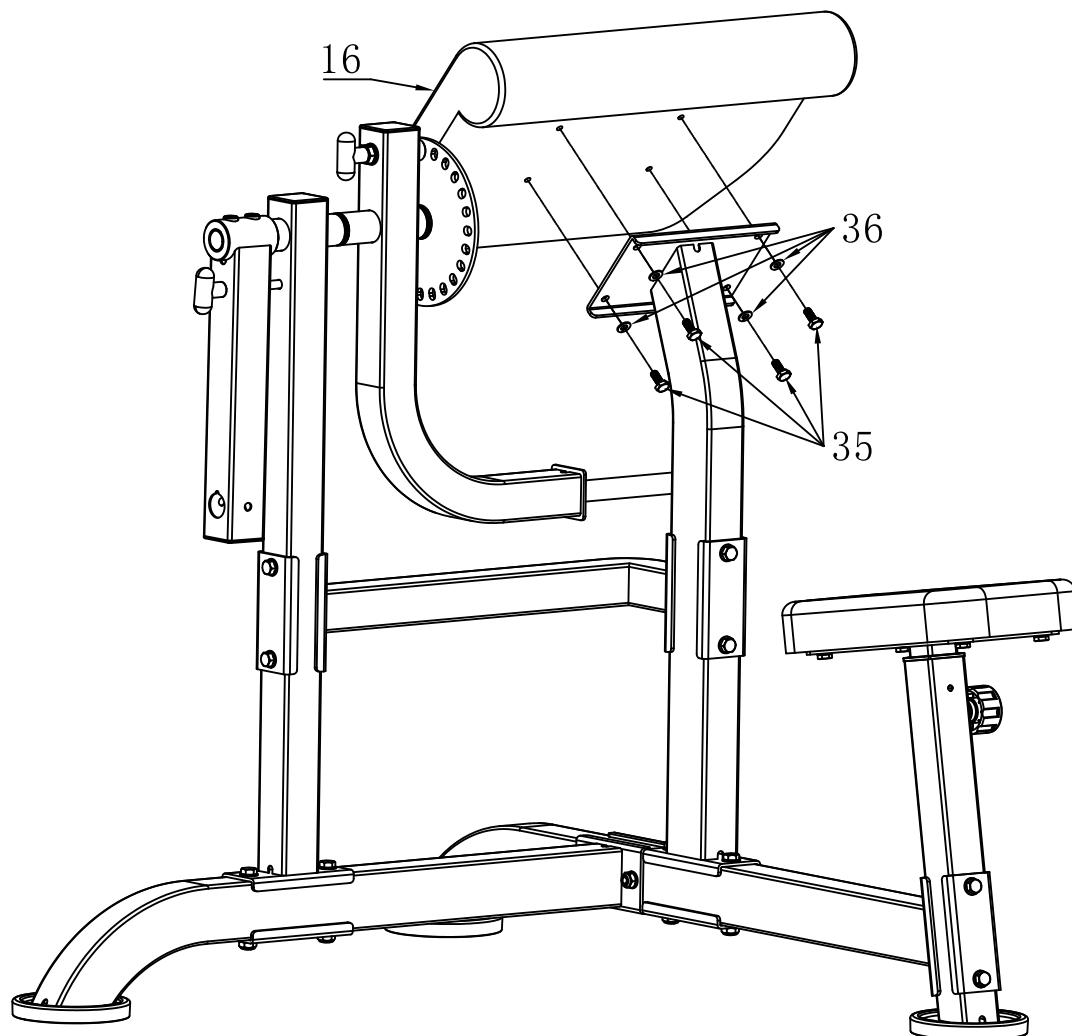
- 2 pieces of Outer hexagon screw M10×90 (No.40)
- 4 pieces of Flat washer Φ10 (No.38)
- 1 piece of Upright tube fixed U-shaped plate (No.14)
- 2 pieces of Locking nut M10 (No.39)

### Step 7:

Lock pre-assembled part (F) into Pre-assembled part (B) using:

- 2 pieces of Outer hexagon screw M10×90 (No.40)
- 4 pieces of Flat washer Φ10 (No.38)
- 1 piece of Upright tube fixed U-shaped plate (No.14)
- 2 pieces of Locking nut M10 (No.39)

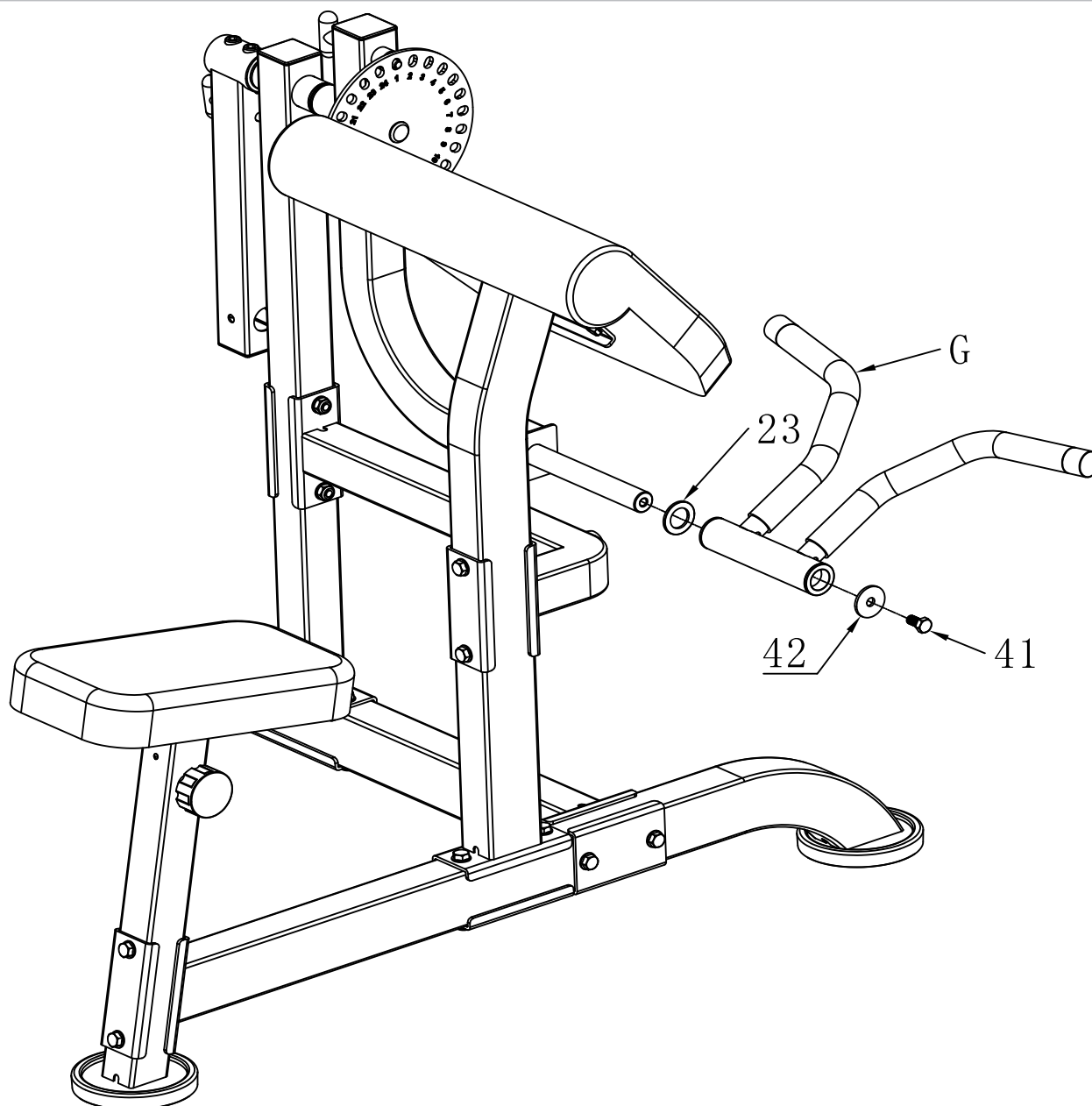
## Assembling Steps



### Step 8:

Lock the Elbow pad (No.16) into the support plate of pre-assembled part (F) using:

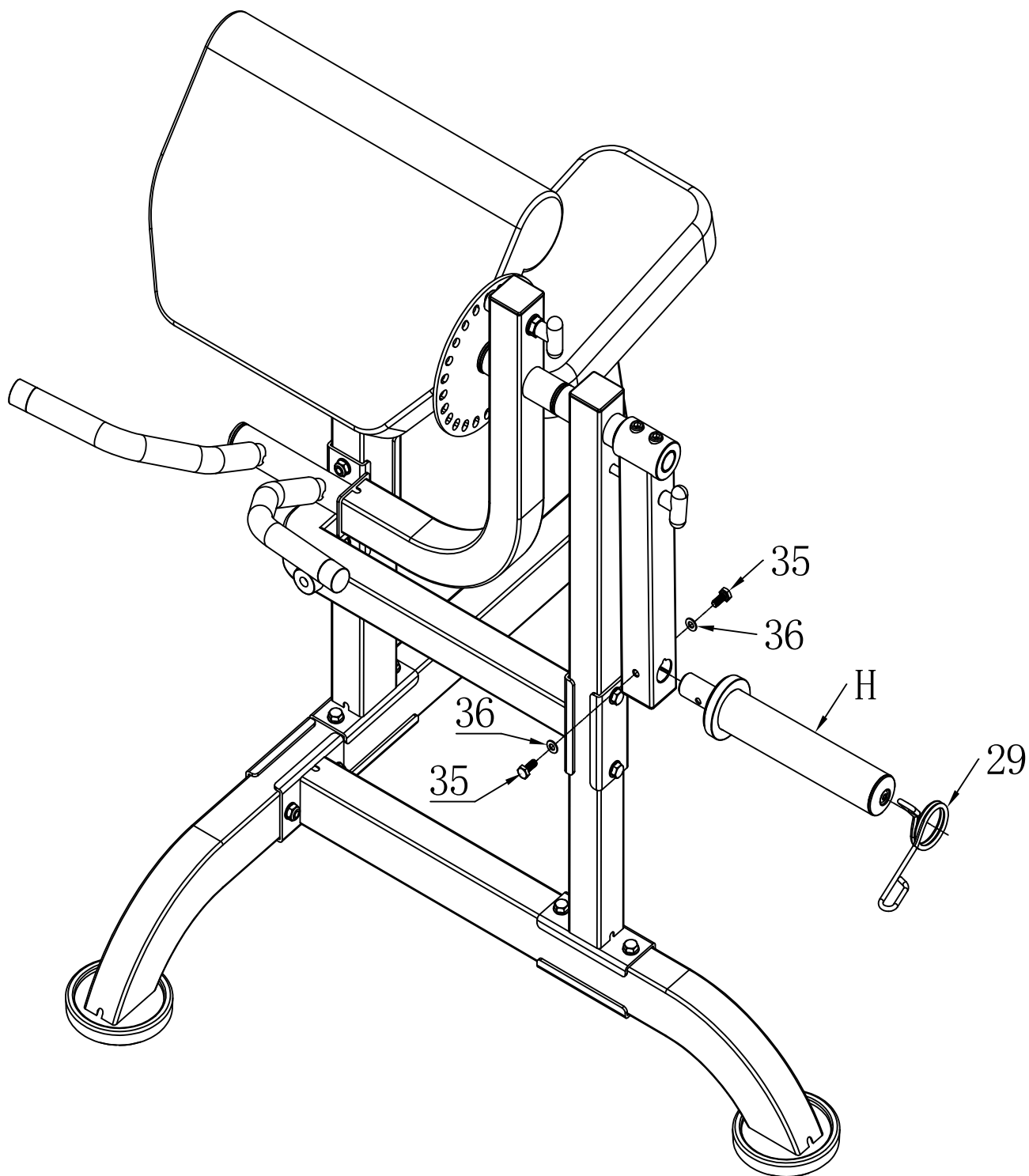
- 4 pieces of Outer hexagon screw M8×25 (No.35)
- 4 pieces of Flat washer  $\Phi 10$  (No.36)



### Step 9:

Lock pre-assembled part (G) into the pole of pre-assembled part (E) using:

- 1 piece of Outer hexagon screw M10×20 (No.41)
- 1 piece of Big flat washer  $\Phi 25.5 \times \Phi 38 \times 2$  (No.23)
- 1 piece of Big flat washer  $\Phi 38 \times \Phi 10.5 \times 2$  (No.42)



### Step 10:

Lock pre-assembled part (H) into the hole of pre-assembled part (E) using:

- 2 pieces of Outer hexagon screw M8×25 (No.35)
- 2 pieces of Flat washer  $\Phi 8$  (No.36)

### Step 11:

Insert  $\Phi 50$  Spring clip (No.29) into pre-assembled part (H)

### Cleaning

Please use only a slightly damp cloth for cleaning.

**Attention!** Never use gasoline, thinner, or other aggressive cleaning products, as these may cause damage. The device is only suitable for private home and indoor use. Keep the device clean and free from moisture. Damage caused by body sweat or other liquids is not covered by the warranty under any circumstances.

### Maintenance

We recommend checking the screws and moving parts at regular intervals. The device may only be used for training if it is working properly. For repairs or spare parts, please contact our customer service.

**WARNING:** The device may only be used after it has been successfully repaired.

### Disposal

In the interest of the environment, do not dispose of packaging materials, empty batteries, or parts of the device with household waste. Use designated collection containers or hand them in at suitable collection points. Observe the current regulations.

## Warranty

The warranty is 24 months and applies to new goods at the first purchase, beginning with the invoice or delivery date. During the warranty period, any defects will be repaired free of charge. If you find a defect, you are obliged to report it immediately to the seller. It is at the seller's discretion to fulfil the warranty by sending spare parts or a replacement. In case of shipment of spare parts, the seller has the right to replace them without loss of warranty. Repairs at the place of installation are excluded. Devices for home use are not suitable for commercial or industrial use; violation of this use will result in warranty reduction or loss.

Warranty coverage applies only to defects in materials or workmanship. Wear parts or damage caused by misuse, improper handling, use of force, and interventions made without prior consultation with our service department will void the warranty. If possible, please keep the original packaging for the duration of the warranty period to adequately protect the goods in the event of a return, and do not send any goods carriage forward to our address. A claim under warranty does not result in an extension of the warranty period. Claims for compensation for damage that may occur outside the device (unless liability is mandatory regulated by law) are excluded.

Manufacturer

Gorilla Sports GmbH

Nordring 80

64521 Groß-Gerau

For an overview of our international partners, visit: [www.gorillasports.eu](http://www.gorillasports.eu)



### Training Preparations

Before you start training, not only must the training equipment be in perfect condition, but you should also ensure that your body is ready for training.

If you have not engaged in strength or endurance training for a long time, consult your family doctor before starting your training and carry out a fitness check-up. Discuss your training goals with your doctor, as they can provide valuable tips and information. This is especially important for people over 35 years of age, those who are overweight, and/or those with cardiovascular problems.

### Workout Planning

Effective, goal-oriented, and motivating training begins with planning your workouts. Integrate your fitness training into your daily routine as a fixed component. Unplanned training can quickly become a disruptive factor or be postponed indefinitely. Plan your workouts for the long term, spanning months, rather than just day-to-day or week-to-week.

Ensure sufficient motivation during workouts, such as listening to music. Set realistic goals, like losing 1 kg in four weeks or increasing your training weight by 10 kg in six weeks, and reward yourself when you achieve them.

### Training Frequency

Experts recommend doing endurance or strength training 3 to 4 days a week. The more frequently you train, the faster you will reach your training goals. However, ensure to take sufficient breaks to allow your body time to recover and regenerate. You should take at least one day off after each training session.

### Hydration

Sufficient fluid intake is essential before and during training. During a 60-minute training session, you can lose up to 0.5 litres of fluid. To compensate for this loss, apple spritzer with a mixing ratio of one-third apple juice to two-thirds mineral water is ideal. It contains and replaces all the electrolytes and minerals lost through sweat. Drink about 330 ml 30 minutes before your training session and ensure a balanced fluid intake during your workout.

### Warm-Up

Complete a warm-up before each training session.

Warm up your body for 5-7 minutes at a low intensity using activities like skipping rope, a cross trainer, or similar exercises. This is the best way to prepare yourself for the upcoming workout.

### Cool-Down

Never stop training immediately after finishing your actual training program.

Let your body cool down for 5-7 minutes at a low intensity on an exercise bike, cross trainer, or similar equipment. Afterwards, always stretch your muscles well.



### Thighs

Support yourself with your right hand against a wall or your exercise equipment. Lift your left foot backward and hold it with your left hand. Ensure your knee points straight down. Pull your thigh back until you feel a slight stretch in the muscle. Hold this position for 15-20 seconds. Slowly release your foot and gently place your leg down. Repeat this exercise with the right leg.



### Legs and lower back

Sit on the floor with your legs stretched out. Try to grasp the tops of your feet with both hands, stretching your arms and bending your upper body slightly forward. Hold this position for 15-20 seconds. Release the tops of your feet and slowly straighten your upper body.



### Triceps and shoulder

Reach behind your head to your right shoulder with your left hand and pull on your left elbow with your right hand until you feel a slight tug. Hold this position for 15-20 seconds. Repeat this exercise with the right hand.



### Upper body

Extend your left arm past your right arm at shoulder level and pull on your left upper arm with your right hand until you feel a slight tug. Hold this position for 15-20 seconds. Repeat this exercise with your right arm.



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