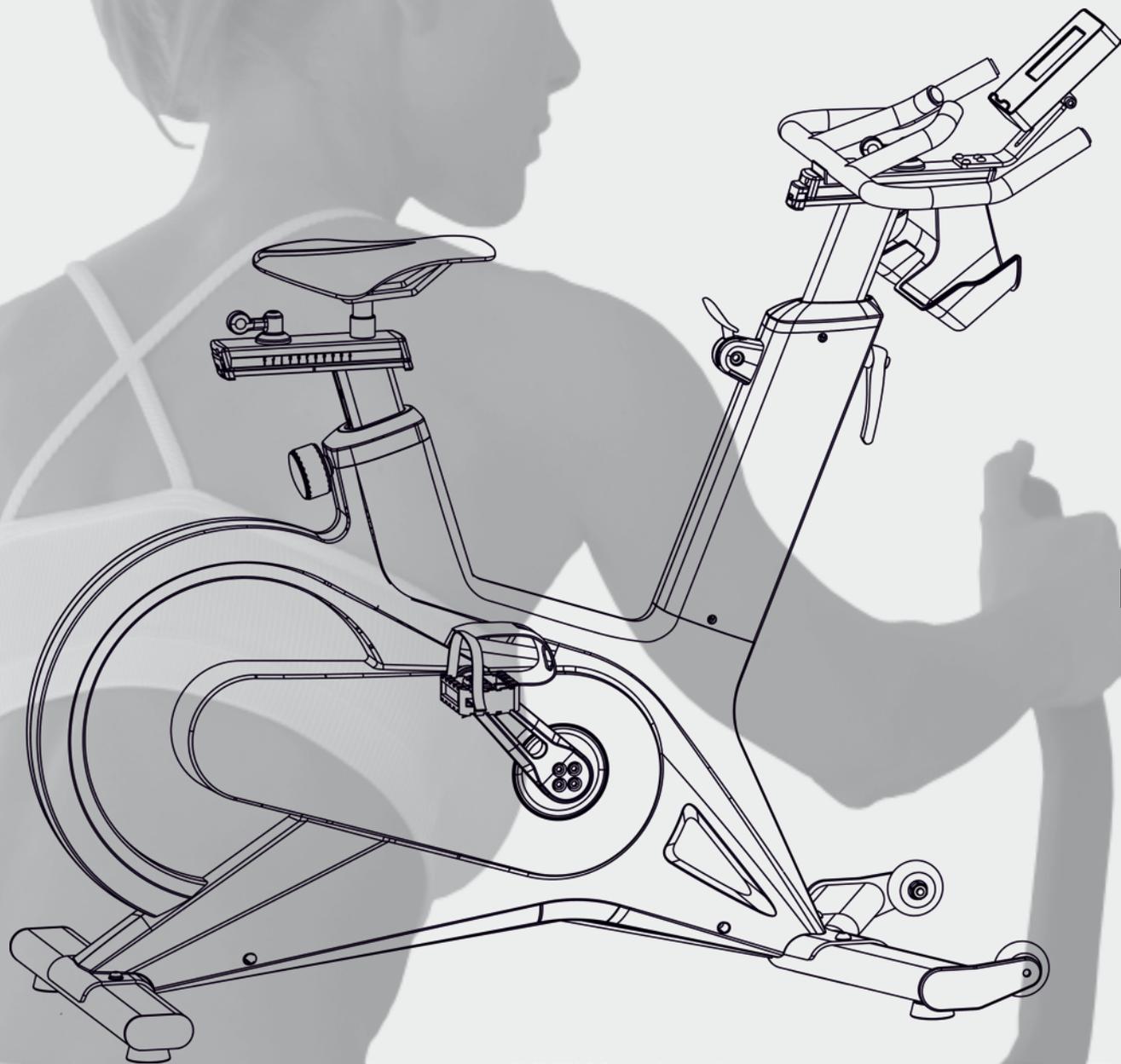


# **SpeedBike SX3**



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**MAXXUS<sup>®</sup>**

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Before you start exercising, be sure to read the entire user guide, especially the safety information, the maintenance & cleaning information and the training information. Take care too that everyone who uses this training device is also familiar with this information and observes it.

Be sure to carefully follow the maintenance and safety instructions in this manual.

This training device may only be used for its specific purpose. Improper use may present a risk of accidents, damage to health or damage to the exercise device. No liability whatsoever is accepted by the distributor for injury or damage caused by improper use.

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

- A mains voltage of 220-230V is required for the operation of the device.
- The exerciser may only be connected to a professionally installed, earthed, 16 A, fused single socket with the mains cable supplied.
- The training device is switched on and off only using the ON / OFF switch.
- Always disconnect the power plug from the power outlet when moving the exerciser.
- Before carrying out any cleaning, maintenance or other work, always disconnect the mains plug from the socket.
- When connecting the mains plug, do not use socket strips or cable reels.
- If an extension cable is required, then it must comply with DIN standards, VDE regulations and guidelines, technical rules issued by other European Union member states or other states which are party to the Agreement on the European Economic Area.
- Always lay the power cord in such a way that it can neither be damaged nor is a tripping hazard.
- In operating or standby mode, electrical devices such as mobile phones, PCs, Televisions (LCD, plasma, tube, etc.), game consoles etc. will emit electro-magnetic radiation. For this reason, all these types of devices should be kept away from your training device as they could lead to malfunction, disturbances or false outputs being shown in heart rate measurements.

### Training environment

- Select a suitable space for your training device to provide an optimum amount of free space and highest level of safety. You should leave a free space of at least 100 cm in front of and behind the device and a minimum of 100 cm to each side of the training device.
- Ensure good ventilation and that optimal oxygen is available during exercise. Avoid draughts.
- Your exercise equipment is not suitable for outdoor use, so storage and training is only possible in temperate, clean dry rooms.
- Do not operate or store your training device in wet areas, such as swimming pools, saunas, etc.
- Make sure that your exercise equipment is always mounted on a level clean surface is. Unevenness in the ground must be removed or compensated.
- To protect delicate floors, such as wood, lamina, tiles, etc. and from damage such as scratches, it is recommended to put a floor protection (carpet piece, mat, etc.) permanently under the device. Make sure that the pad is secured against slipping.
- Do not place the exerciser on pale or white carpets, as the feet of the appliance may cause marks.
- Make sure that your exercise equipment, including the power cord, does not come into contact with hot objects and there is a sufficient safety distance from any heat source, such as radiators, stoves, open fireplaces, etc.

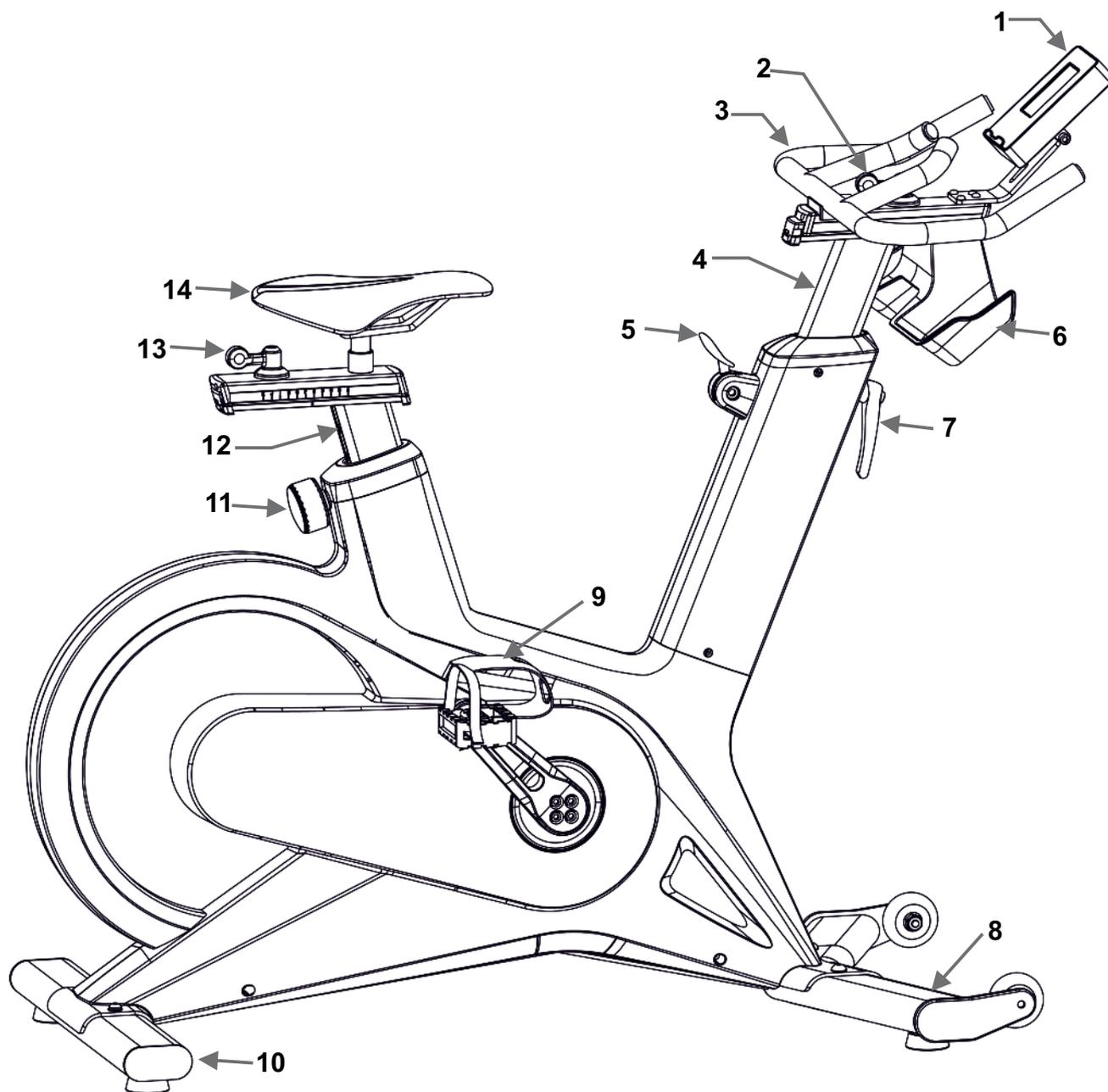
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### Personal safety instructions for training

- Remove the batteries or mains cable (if present) when the training device is not in use to avoid inappropriate or uncontrolled use by any other third party, e.g. children
- You should make a health check with your doctor before your first workout.
- If you feel any physical discomfort or experience breathing problems, stop training immediately.- Always start your workouts with a light load and increase it during the course of your workout evenly and gently. Reduce the load towards the end of your training session.
- Be sure to wear suitable sportswear and sports shoes during exercise. Note that loose clothing can get caught in the running belt or rollers during exercise.
- Your exercise equipment can only be used by one person at a time.
- Check whether your device is in perfect condition before every training session. Never use your exerciser if it has any faults or defects.
- Independent repair work can only be done after agreement and approval from our service department has been received. Only original spare parts may be used.
- Your exercise equipment must be cleaned after each use. In particular, remove all residues caused by body perspiration or other liquids.
- Always make sure that liquids (drinks, body sweats, etc.) never enter the vibrating plate or penetrate the cockpit, as this leads to corrosion and damage to the mechanical and electronic components.
- Your exercise equipment is not suitable for use by children.
- During training, third parties - especially children and animals - must have a sufficient safety zone.
- Before any training, check whether there are objects under your training device and remove them. Never exercise with your exerciser when there are objects underneath.
- Always make sure that your exerciser is not misused by children as a toy or climbing equipment.
- Make sure that you and third parties never bring body parts close to moving mechanisms.

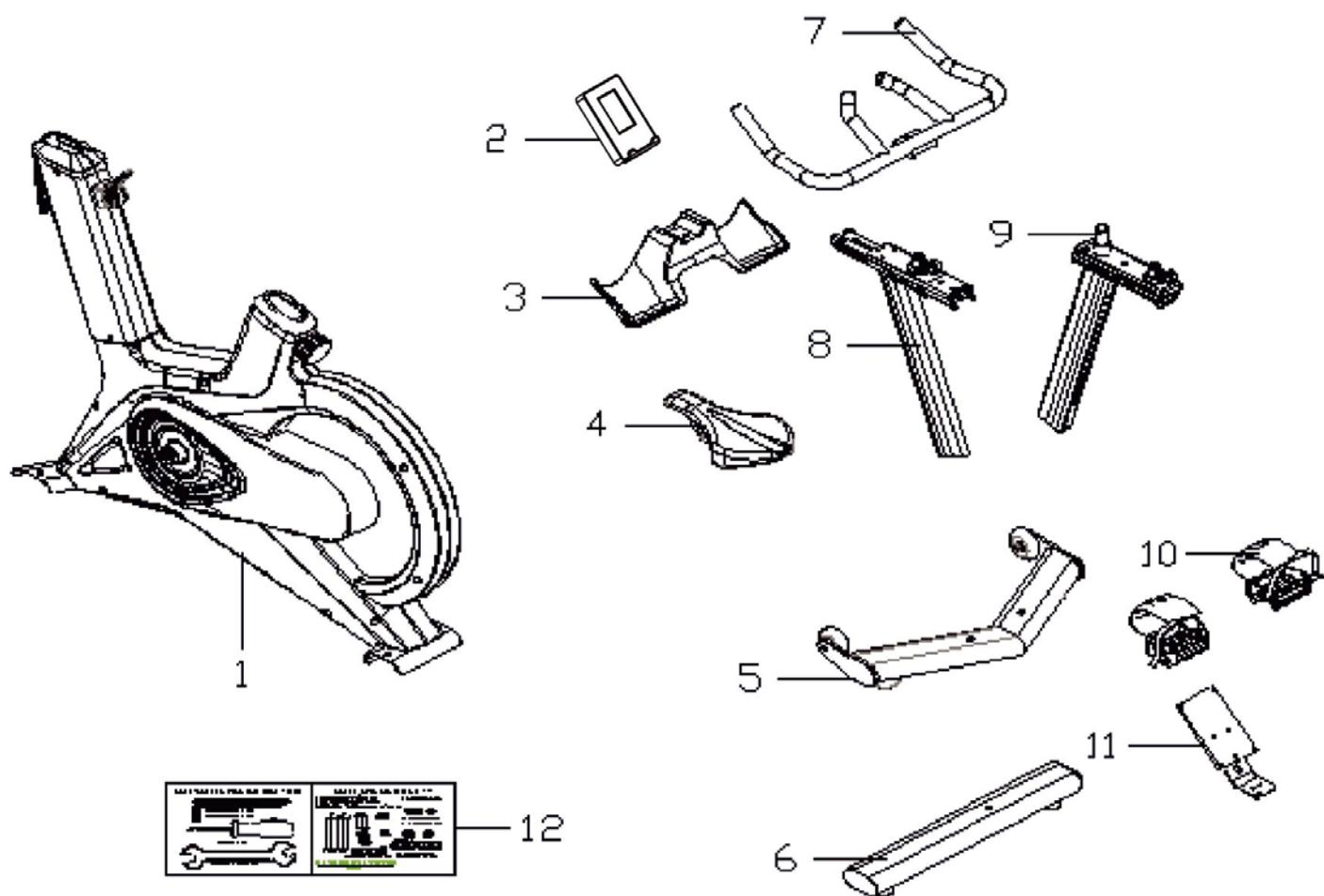
The construction of this training device is based on state-of-the-art technology and highest modern technical safety standards. This training device is to be used by adults only! Extreme misuse and/or unplanned training can cause damage to your health!

## Overall View of the Device



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

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

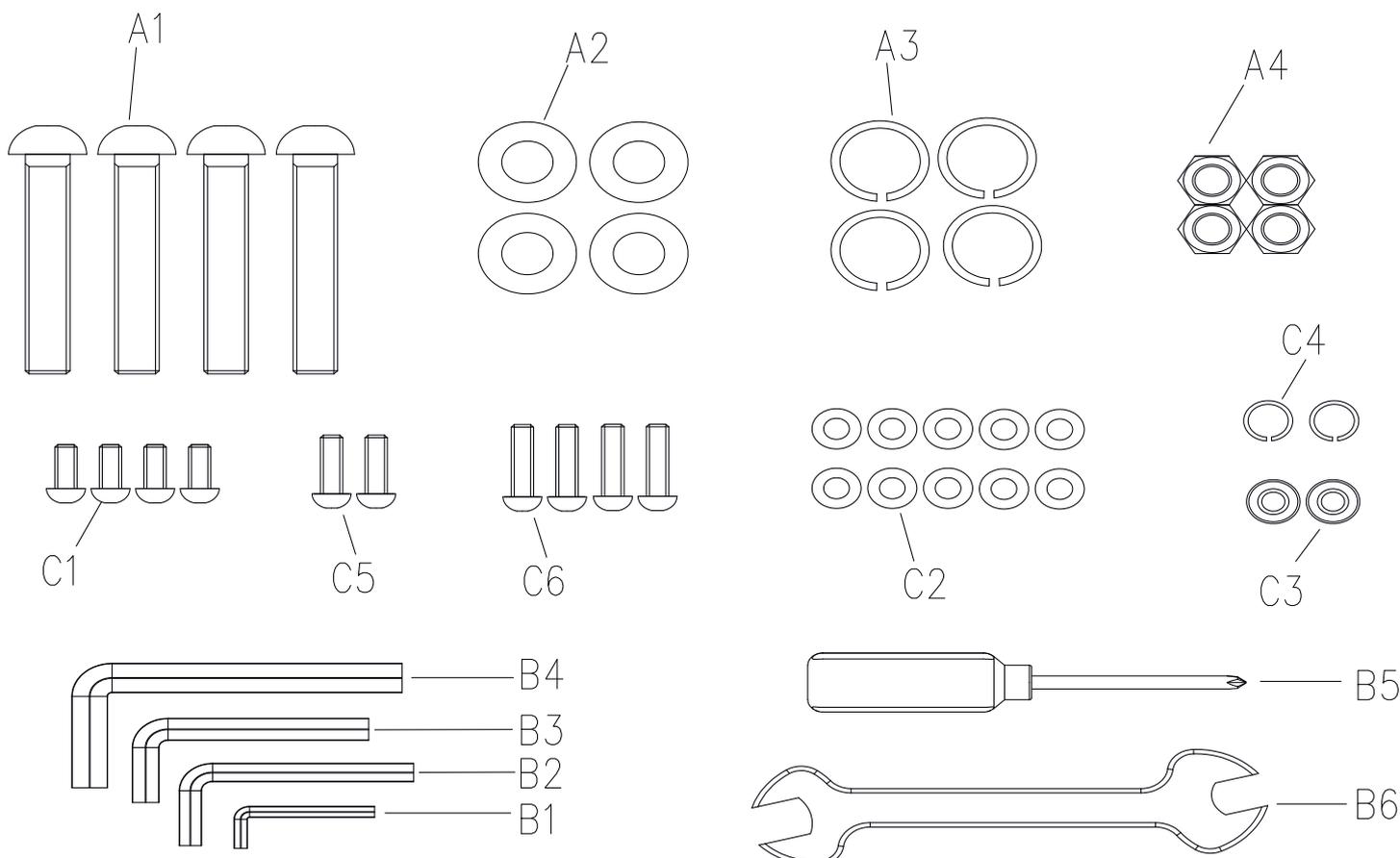


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No.	Description	Qty.
1.	Base Frame	1
2	Cockpit	1
3	Bottle Holder	1
4	Seat	1
5	Stand, front	1
6	Stand, rear	1
7	Handlebars	1

No.	Description	Qty.
8	Handlebar Tube	1
9	Seat Tube	1
10	Pedals	2
11	Cockpit Bracket	1
12	Set of Screws	1

## Scope of Delivery



No.	Description	Qty.
C1	Allen Screw M5x12	4
C2	Washer M5	10
C3	Washer, Plastic	2
C4	Spring Washer	2
C5	Allen Screw M5x16	2
C6	Allen Screw M5x20	4
A1	Allen Screw M10x60	4
A2	Washer M10	4

No.	Description	Qty.
A3	Spring Washer M10	4
A4	Safety Nut M10	4
B1	Allen Key 4mm	4
B2	Allen Key 5mm	1
B3	Allen Key 6mm	1
B4	Allen Key 8mm	1
B5	Phillips Screwdriver	1
B6	Spanner	1

## Assembly

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

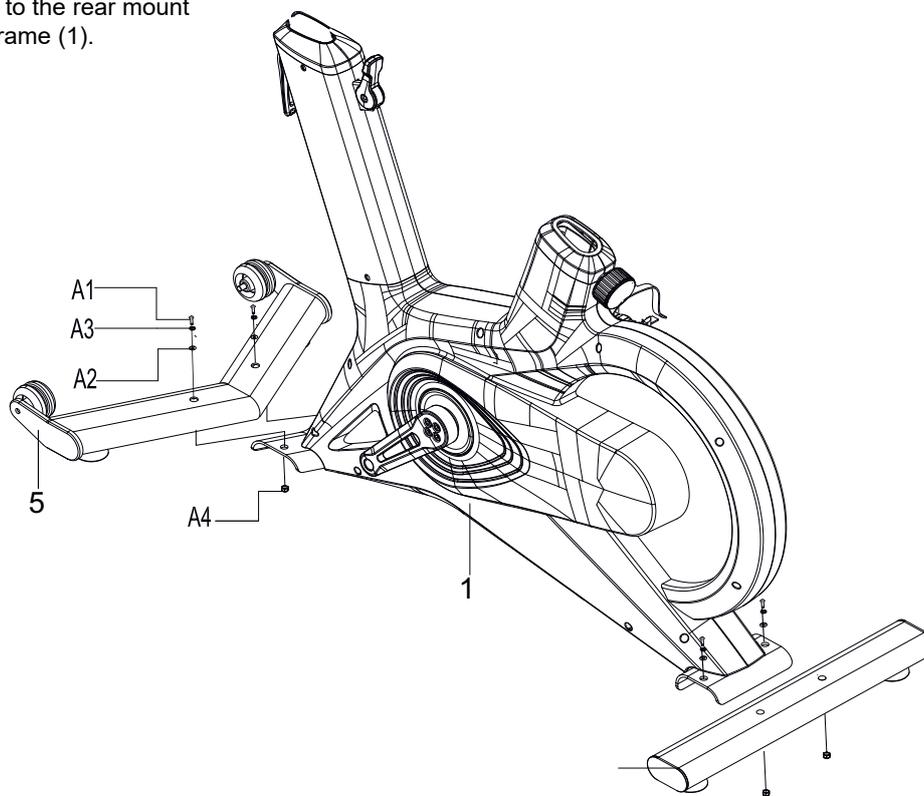
Carefully carry out the installation as damage that has arisen due to assembly errors are not covered by the warranty or guarantee. Read the instructions carefully before starting, follow the sequence of installation steps exactly and follow the instructions for each individual step. Installation of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

### Step 1: Mounting the Front Stand

Attach the front stand (5) with two Allen screws M10x60 (A1), two spring washers M10 (A3) and two washers Ø10 (13) to the front mount of the base frame (1).

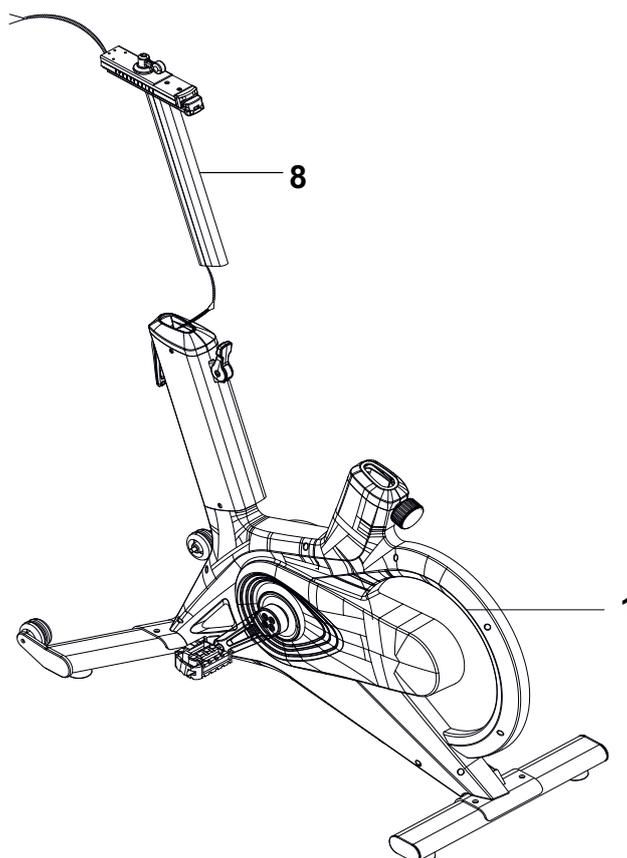
Then fix the rear standpipe (6) also with two hexagon socket screws M10x60 (A1), two spring washers M10 (A3) and two washers Ø10 (13) to the rear mount of the base frame (1).

Then also fix the rear stand (6) with two Allen screws M10x60 (A1), two spring washers M10 (A3) and two washers Ø10 (13) to the rear mount of the base frame (1).



### Step 2: Assembly of the Handlebar Tube:

Connect the cable protruding out of the handlebars (8) with the cable protruding out of the base frame (1). Place handlebar tube (8) into the base frame (1). Make sure you have the handlebars the right way around.



### Step 3: Assembly of the Handlebar Unit

#### Step 3.1: Assembly of the Cockpit

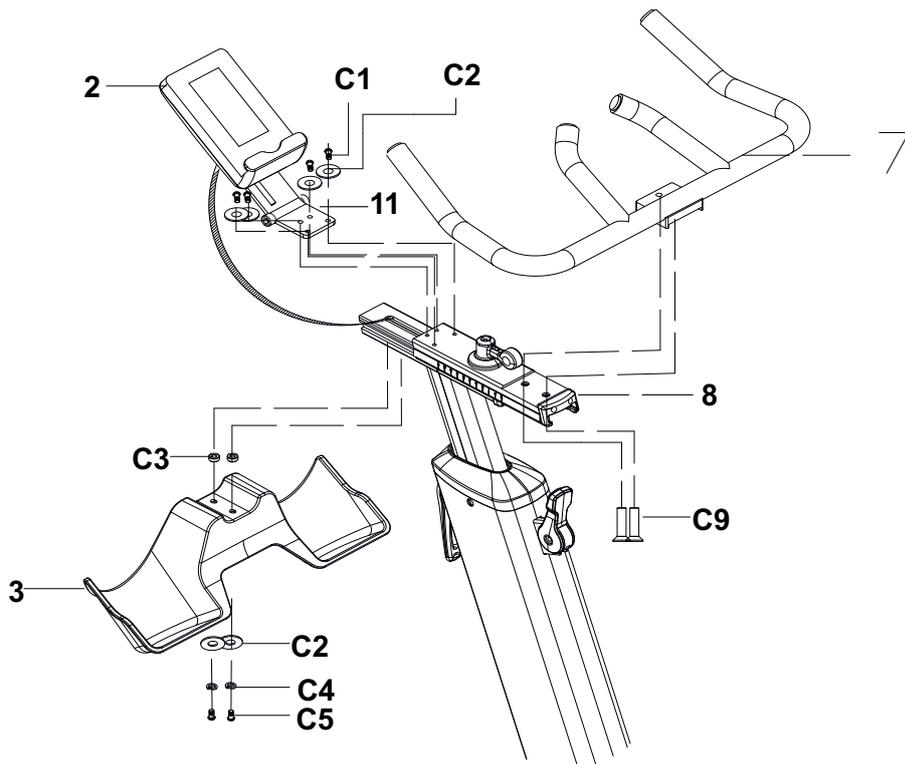
Undo the screws on the back of the cockpit. Connect the cable protruding out of the handlebar tube (8) to the cockpit and then fix the cockpit back onto the cockpit bracket with the screws previously undone.

#### Step 3.2: Assembly of the Bottle Holder

Fix bottle holder (3) using two Allen screws M5x16 (C5), two spring washers M5 (C4), two washers M5 (C2) and two plastic washers M5 (C3) from below to the front end of the sliding bracket of the handlebars.

#### Step 3.3: Assembly of the Handlebars

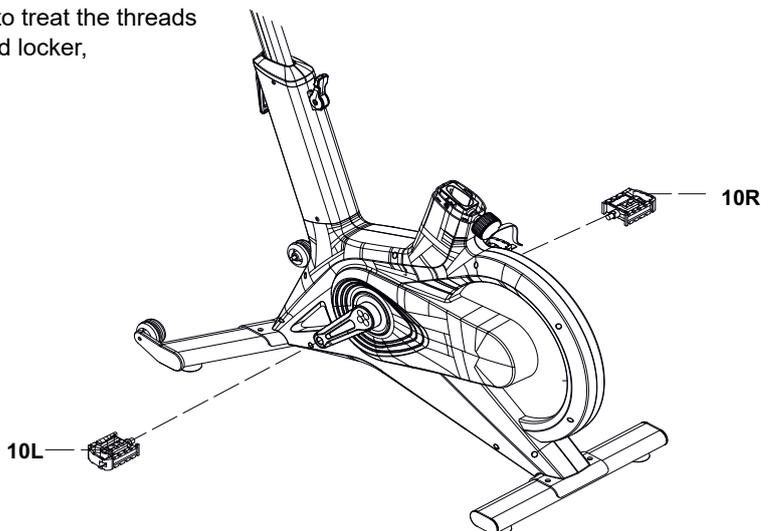
Undo the pre-assembled screws (C9) on the handlebars. Fix the handlebars (7) to the front end of the handlebar bracket with the previously loosened screws (C9)



### Step 4: Assembly of the Pedals

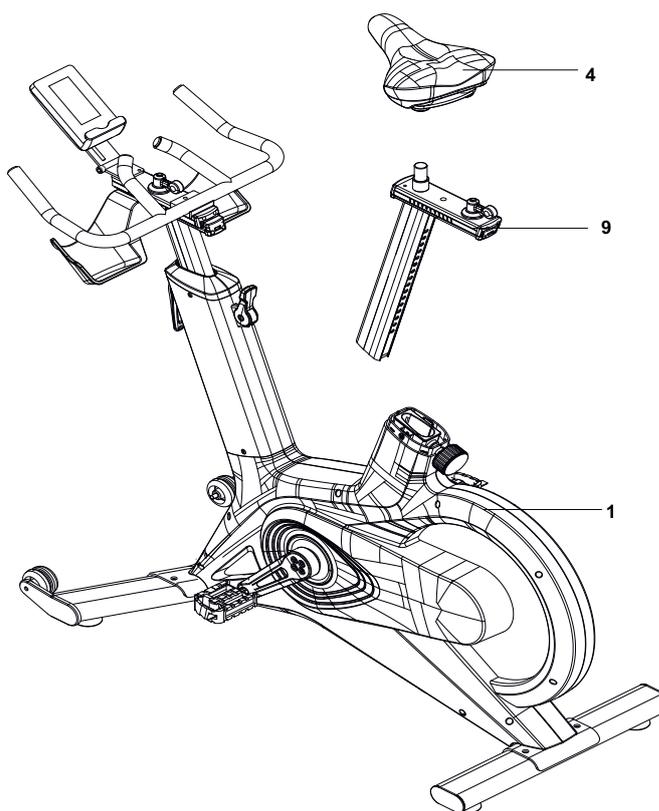
Place the pedal (10) marked R in to the thread of the right pedal arm and screw it tight by turning it in a clockwise direction (standard righthand thread). Then place the pedal (10) marked L in to the thread of the left pedal arm and screw it tight by turning it in an anticlockwise direction (lefthand thread). Please ensure that both pedals have been tightened securely to stop them coming loose whilst in use in training.

**Note:** Prior to assembly, you are welcome to treat the threads of the pedals with a medium-strength thread locker, e.g. LOCTITE® 243.



## Step 5: Assembly of the Seat and Seat Tube

Place the seat (4) onto the pivot of the seat tube (9) and tighten the screws of the seat bracket. Then insert the seat tube (9) into the mount on the base frame (1) and adjust it to the desired height using the knob.



## Mains Connection

### Mains Cable

Insert the connector of the supplied mains adapter cable into the socket located on the front of the main housing. Then connect the mains adapter cable to a power socket.

#### **⚠ WARNING**

This device is only to be connected to an earthed socket installed by a qualified electrician. Do not use a socket strip. If an extension cable is required, then it must comply with DIN standards, VDE regulations and guidelines, technical rules issued by other European Union member states or other states which are party to the Agreement on the European Economic Area.



### Connecting the Device

#### **⚠ CAUTION:**

Before connecting the mains adapter to the device, always check that it is the mains adapter supplied with the device. Using a different mains adapter may damage the electronic components of the device, for which the manufacturer assumes no liability.

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

### Switching on the Device

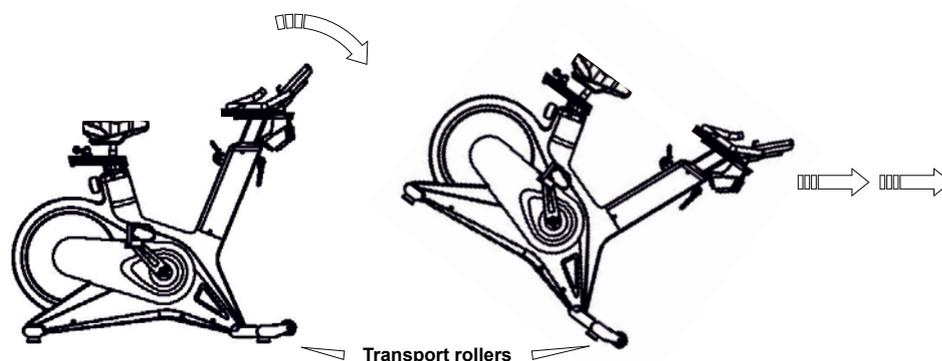
First connect the mains adapter cable to the training device and then plug it into the power socket. The cockpit will turn on automatically. If the training device is already connected to the mains, but the cockpit is in stand-by mode, activate it by pressing any key or by moving the pedals.

### Turning off the Device

As soon as you have finished training you must disconnect the training device from the mains. Always remove the plug from the power socket first and then remove the connector of the mains adapter cable from the device.

## Transport

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



## Location & Storage

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

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

Please choose a dry, level and warm place to store your training device. For your own sake, also make sure that you choose a training area which is sufficiently ventilated to ensure optimum oxygenation during training. Before putting your training device back into operation after a long period of non-use, make sure that all fastenings are secure.

## Maintenance & Care

### **⚠ WARNING**

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

### **Cleaning**

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

Never use solvents.

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

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

### **Maintenance**

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

### **Checking the fastenings**

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

### **Checking the components**

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

### **⚠ WARNING:**

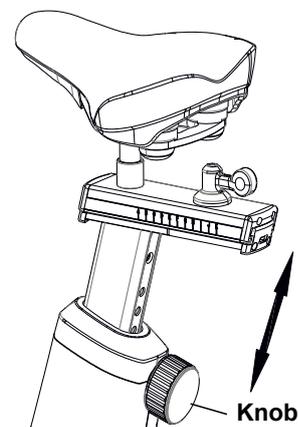
Never train if one or more of these components are loose.

## Vertical Seat Adjustment

You can change the position of the seat vertically, i.e. adjust the height. With this you can find the optimal distance to the pedals. Loosen the knob on the seat tube. Adjust the seat to the desired height and then tighten up the knob again.

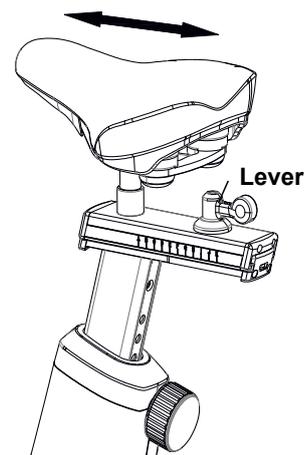
### CAUTION:

The maximum adjustable height of the seat is marked on the seat tube with "STOP".



## Horizontal Seat Adjustment

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

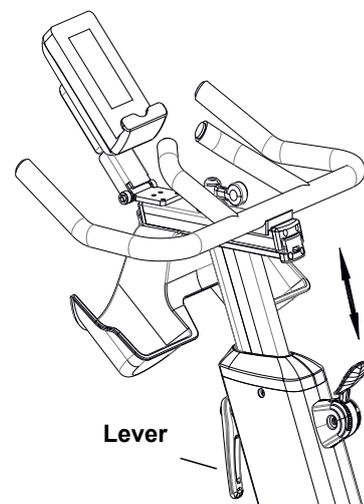


## Vertical Handlebar Adjustment

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

### CAUTION:

The maximum adjustable height of the handlebars is marked on the handlebar tube with "STOP".



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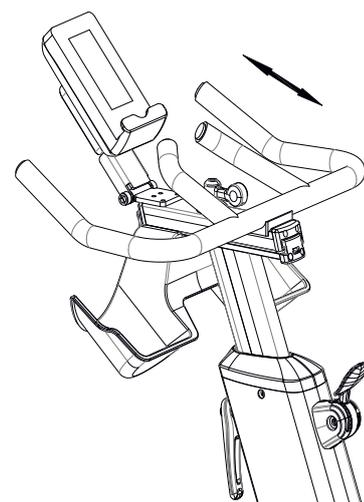
## Horizontal Handlebar Adjustment

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

### CAUTION:

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

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



## Adjusting Position of the Seat & Handlebars

### Seat Position

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

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

### Handlebar Position

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

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

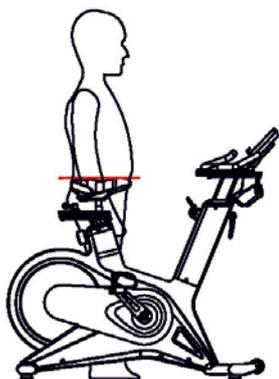


Fig. 1



Fig. 2



Fig. 3

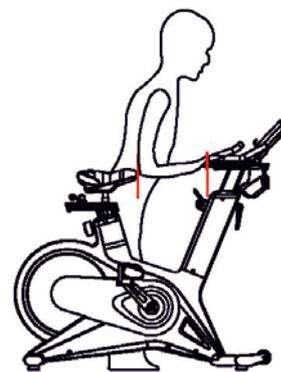
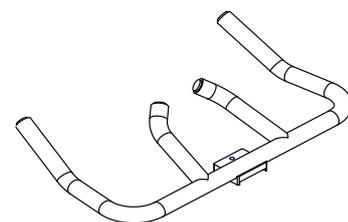


Fig. 4

### Handle Position

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

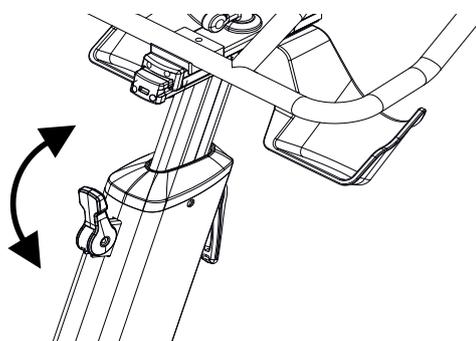


### Adjusting the Braking Resistance

There are 32 braking resistance levels and these can be adjusted electronically via the cockpit.

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

Press the emergency stop lever down to stop the flywheel quickly during operation.

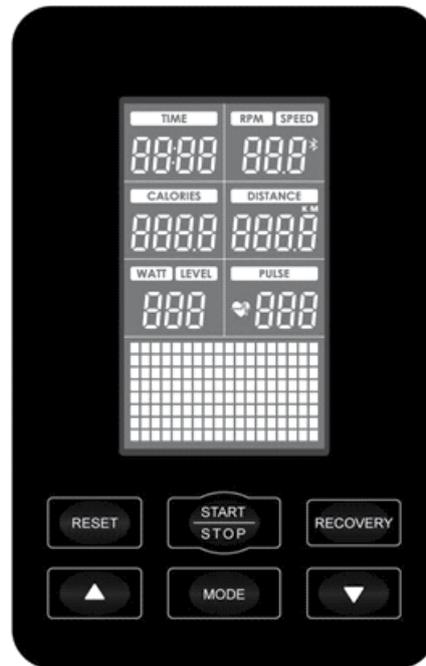


### Important warning about the emergency stop

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

Please always train at a speed that you have under control at all times. In an emergency, simply press down the red emergency brake lever to stop the pedalling movement quickly and in a controlled manner.

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



## Key Pad

<b>RESET</b>	Resets the training value to zero, ends the training completely. Switches the cockpit back on from standby mode.
<b>START/STOP</b>	Starts or pauses the selected training
<b>MODE</b>	Training program selection
<b>▲/▼</b>	Increases or reduces the braking resistance from level 1 to 31 or entries made during programming.
<b>RECOVERY</b>	Starts the recovery pulse measurement

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## Display Values

<b>TIME</b>	Displays the training time – pre-set value option from 10 to 99 minutes
<b>SPEED/RPM</b>	Alternating display of SPEED in km/h and revolutions per minute (RPM).
<b>CALORIES*</b>	Displays the calories – pre-set value option from 10 to 9,999 calories
<b>DISTANCE</b>	Displays the training distance – pre-set value option from 1 to 9,999 kilometres
<b>WATT/LEVEL</b>	Alternating display of Watts** and braking resistance pre-set value options from 20 to 999 Watts and a braking resistance from level 1 to 32.
<b>PULSE</b>	Displays the heart rate***

### \*Note on calorie measurement

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

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

The watt display is not calibrated. An optionally available heart rate transmitter belt is required for this purpose. MAXXUS recommends the use of the POLAR T34.

### \*\*\*Note on the watt display

The watt display is not calibrated.

## Switching on the Cockpit

Connect the cable of the mains adapter to the connection socket on the training device. Now connect the mains adapter to a mains socket. The cockpit will switch on automatically.

## Switching on the Cockpit in stand-by mode

If you do not disconnect the mains adapter from the training device or the socket after you have finished your training, the cockpit switches off automatically after approx. 4 minutes.

If you want to switch it on again, press the RESET button for approx. 5 seconds.

## Switching off the Cockpit

Approx. 4 minutes after the end of the training session, the cockpit switches off automatically. If you want to switch off the device completely, first disconnect the mains adapter from the socket and then unplug the cable of the mains adapter from the device.

## QUICKSTART Function

After switching on the cockpit, press the START button. The training time starts to run automatically and you can now start training directly. By pressing the ▲/▼ keys you can individually adjust the resistance from level 1 to 32.

## Manual Training (P00)

With this program the user can set a target value for time or calories. Training will end as soon as the target value has been reached.

### Step 1: Program Selection

Switch on the cockpit. Select the desired training profile P001 by pressing the MODE key. The Program will be shown in the "SPEED/RPM" window at the top right of the display.

### Step 2: Entering the User Data

#### Step 2.1: Age Input (AGE)

Press the MODE key. "AGE" will appear in the display. Enter the age of the user using the ▲/▼ key. Entries from 10 to 99 years are possible.

#### Step 2.2: Weight Input (WEIGHT)

Press the MODE key. "WEIGHT" will appear in the display. Enter the body weight of the user using the ▲/▼ key. Entries from 30 to 140kg are possible.

### Step 3: Entering the Training Target

There are three training targets to choose from.

#### Step 3.1: Training Time

Press the MODE key. The TIME window will start to flash. If you wish to enter the training time as your training target enter a time from 10 to 99 Minutes using the ▲/▼ keys. If you want to enter a different training target set this value to zero using the ▲/▼ keys.

#### Step 3.2: Training Distance

Press the MODE key. The "DISTANCE" window will start to flash. If you wish to enter the training distance as your training target enter the distance from 1 to 9,999 km using the ▲/▼ keys. If you want to enter a different training target set this value to zero using the ▲/▼ keys.

#### Step 3.3: Calorie Consumption

Press the MODE key. The "CALORIE" window will start to flash. If you wish to enter calorie consumption as your training target enter a value from 10 to 9,999 calories using the ▲/▼ keys. . If you want to enter a different training target set this value to zero using the ▲/▼ keys.

### Step 4: Training Start

Press the START/STOP key to start training.

You can change the level of workload of the selected profile during training using the ▲/▼ keys

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

### Training Profile (P01-P10)

These are permanent pre-set training profiles.

#### Step 1: Program Selection

Switch on the cockpit. Select the desired training profile P00. The Program will be shown in the "SPEED/RPM" window at the top right of the display. Now select the desired training profile from P01 to P10 using the ▲/▼ keys.

#### Step 2: Entering the User Data

##### Step 2.1: Age Input (AGE)

Press the MODE key. "AGE" will appear in the display. Enter the age of the user using the ▲/▼ key. Entries from 10 to 99 years are possible.

##### Step 2.2: Weight Input (WEIGHT)

Press the MODE key. "WEIGHT" will appear in the display. Enter the body weight of the user using the ▲/▼ key. Entries from 30 to 140kg are possible.

#### Step 3: Training Time Input

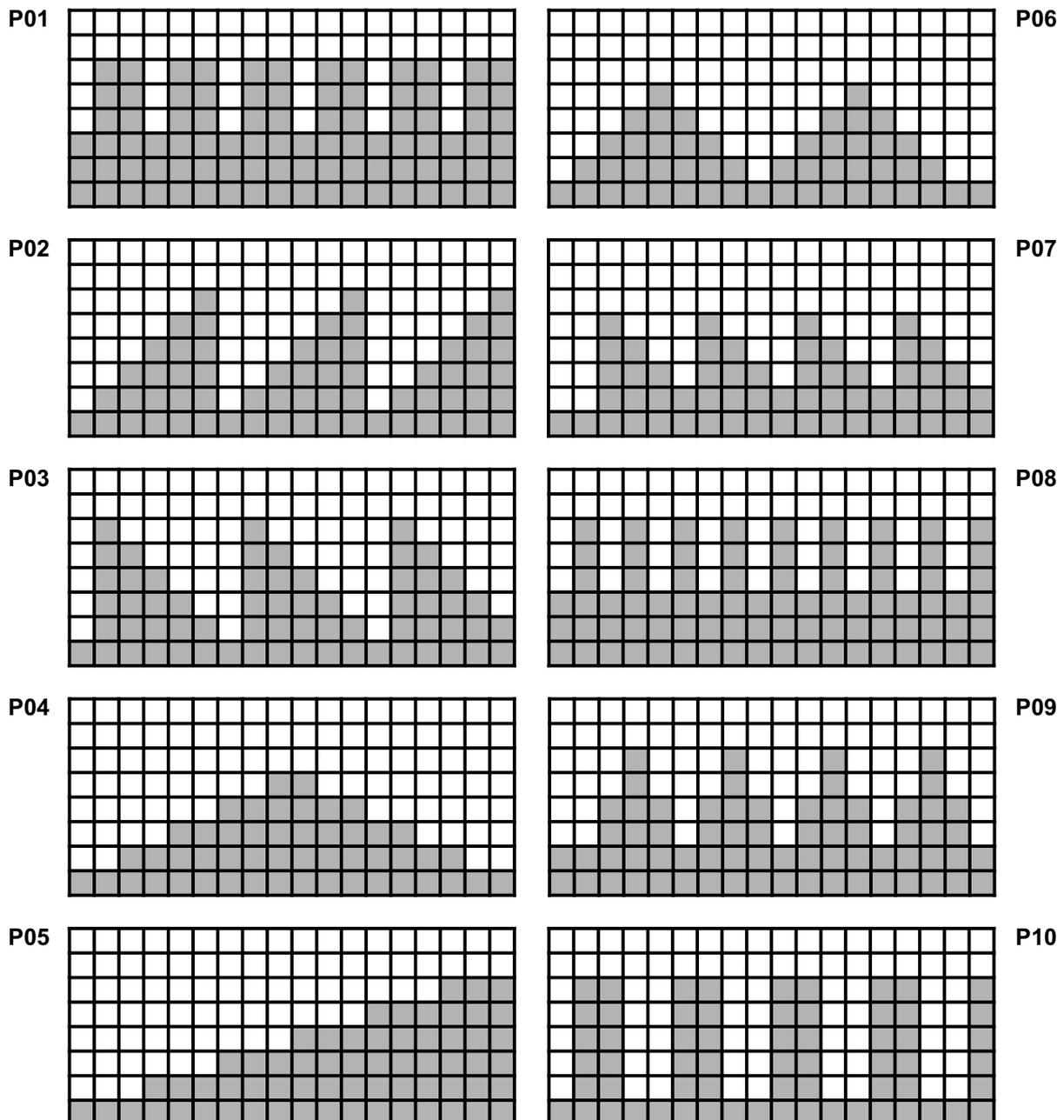
Press the MODE key. The TIME window will start to flash. If you wish to enter the training time as your training target enter a time from 10 to 99 Minutes using the ▲/▼ keys.

#### Step 4: Training Start

Press the START/STOP key to start training.

You can change the level of workload of the selected profile during training using the ▲/▼ keys

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



## Personal Training Profiles (U01-U02)

Here there are two free memory slots in which the user can permanently save their own individual training profiles.

### Step 1: Program Selection

Switch on the cockpit. Select the desired training profile P00. The Program will be shown in the "SPEED/RPM" window at the top right of the display. Now select the desired training profile from U01 or U01 using the ▲/▼ keys.

### Step 2: Entering the User Data

#### Step 2.1: Age Input (AGE)

Press the MODE key. "AGE" will appear in the display. Enter the age of the user using the ▲/▼ key. Entries from 10 to 99 years are possible

#### Step 2.2: Weight Input (WEIGHT)

Press the MODE key. "WEIGHT" will appear in the display. Enter the body weight of the user using the ▲/▼ key. Entries from 30 to 140kg are possible.

### Step 3: Training Time Input

Press the MODE key. The TIME window will start to flash. If you wish to enter the training time as your training target enter a time from 10 to 99 Minutes using the ▲/▼ keys.

### Step 4. Segment Input – Braking Resistance

Press the MODE key. The first segment of the training profile and the resistance (LEVEL) will start to flash. Enter the desired braking resistance from level 1 to 32 for this first segment. Confirm your entry by pressing the MODE key again.

Now the second segment will start to flash. The training profile consists of 18 segments in total. Enter the resistance levels for all segments in the same way as instructed for segment 1. Once you have entered all 18 segments and confirmed your last entry by pressing the MODE key, please continue with Step 5.

### Step 5: Training Start

Press the START/STOP key to start training.

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

## Training with an already existing Training Profile (U01 / U02)

Complete Steps 1 to 3 as instructed. After entering the training time start training by pressing the START/STOP key.

## Heart Rate Controlled Programs (♥1 / ♥2 / ♥3)

With these training programs the cockpit regulates the resistance levels automatically according to the target heart rate entered by the user.

To do this the cockpit requires permanent and accurate transfer of the current heart rate of the user and so for these programs it is necessary to have a transmitter chest belt. This is not included in delivery.

### Step 1: Program Selection

Switch on the cockpit. Select the desired training profile P00. The Program will be shown in the "SPEED/RPM" window at the top right of the display. Now select the desired training profile from ♥1 / ♥2 / ♥3 using the ▲/▼ keys.

- ♥1 Based on your age and the formula described here under Section "Heart Rate Measurement" cockpit will calculate a target heart rate of 60% of your maximum heart rate.
- ♥2 Based on your age and the formula described here under Section "Heart Rate Measurement" cockpit will calculate a target heart rate of 70% of your maximum heart rate.
- ♥3 Based on your age and the formula described here under Section "Heart Rate Measurement" cockpit will calculate a target heart rate of 80% of your maximum heart rate.

### Step 2: Entering the User Data

#### Step 2.1: Age Input (AGE)

Press the MODE key. "AGE" will appear in the display. Enter the age of the user using the ▲/▼ key. Entries from 10 to 99 years are possible

#### Step 2.2: Weight Input (WEIGHT)

Press the MODE key. "WEIGHT" will appear in the display. Enter the body weight of the user using the ▲/▼ key. Entries from 30 to 140kg are possible.

**Step 3: Training Time Input**

Press the MODE key. The TIME window will start to flash. If you wish to enter the training time as your training target enter a time from 10 to 99 Minutes using the ▲/▼ keys.

**Step 4. Target Heartrate Input**

Press the MODE key. The value in the PULSE window will start to flash. Here the display will show the heart rate value calculated by the cockpit in accordance with the users age and the program selected. If you want to continue with this value, continue now to Step 5. Or you can change the calculated values individually by +/- 5 by using the ▲/▼ keys.

**Step 5: Training Start**

Press the START/STOP key to start training.

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

**Watt constant programme (WATT)**

This is a training program in which the cockpit of the training device keeps the load (watts) constant.

The user enters the watt power they desire and the cockpit continually adjusts the resistance so that the pedalling speed of the user results in the desired power. This is also referred to as speed-independent training.

**Step 1: Program Selection**

Switch on the cockpit. Select the desired training profile P00. The Program will be shown in the "SPEED/RPM" window at the top right of the display. Now select the desired training profile "WATT" using the ▲/▼ keys.

**Step 2: Entering the User Data****Step 2.1: Gender Input (SEX)**

Press the MODE key. "SEX" will appear in the display. Enter the gender of the user using the ▲/▼ key. Here "0" is male and "1" is female.

**Step 2.2: Age Input (AGE)**

Press the MODE key. "AGE" will appear in the display. Enter the age of the user using the ▲/▼ key. Entries from 10 to 99 years are possible

**Step 2.3: Weight Input (WEIGHT)**

Press the MODE key. "WEIGHT" will appear in the display. Enter the body weight of the user using the ▲/▼ key. Entries from 30 to 140kg are possible.

**Step 3: Training Time Input**

Press the MODE key. The TIME window will start to flash. If you wish to enter the training time as your training target enter a time from 10 to 99 Minutes using the ▲/▼ keys.

**Step 4: Watt Power Input**

Press the MODE key. The WATT window will start to flash. Now enter the desired watt power from 20 to 1,000 Watts using the ▲/▼ keys.

**Step 5: Training Start**

Press the START/STOP key to start training.

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

**RECOVERY - Recovery pulse measurement**

The recovery pulse measurement determines how quickly the heart recovers after exercise. The quicker the pulse rate goes down, the more highly trained your heart and circulation are. The difference between the exercise pulse and the recovery pulse indicates how quickly the heart recovers after exercise. Press the RECOVERY key.

The cockpit counts a 60-second countdown. After the 60 seconds have elapsed, your result will appear in the display.

An optionally available transmitter chest belt is required to use this function.

F1 = very good

F2 = good

F3 = satisfactory

F4 = sufficient

F5 = poor

F6 = insufficient

## Service Menu

### Step 1: Selecting a Service Menu

Switch on the cockpit. Now press the START, MODE & RESET keys simultaneously for approx. 3 seconds. "EM" will appear in the display. Now press the MODE key.

### Selecting the Different Menu Points

Select the different menu points by pressing the ▲/▼ keys.

### Key Test (KEY TEST)

With this you can test the functionality of the individual keys.

Step 1: Press the MODE key

Step 2: "PRESS ALL KEYS" will appear in the display. Press each key from the left top to the right bottom key. Each time a key is pressed, a short signal sounds and the number of the respective key will appear in the display. When all keys have been pressed, "OK" appears in the display.

### Display Test (DISPLAY TEST)

With this you can test the functionality of the LCD display.

Step 1: Press the MODE key. All LCD's in the display will light up for a short time.

### Functions (FUNCTIONS)

Press the MODE key to get to the sub-menu.

Then press the ▲/▼ keys to select the different sub-menu items.

### Switching the Standby Mode ON/OFF

When standby mode is activated, the cockpit automatically switches to standby mode after 5 minutes of inactivity. If you want to deactivate or activate the standby mode, proceed as follows:

Step 1: Press the MODE key. The display shows the current setting. Here, "OFF" stands for deactivated and "ON" for activated.

Step 2: Press the ▲/▼ buttons to select the desired setting.

Step 3: Press the MODE button to confirm.

### Resetting the total values (ODO)

When you switch on the cockpit, the total training time and total training distance completed so far will be displayed. If you want to reset these values to zero, proceed as follows in this menu:

Step 1: Press the MODE key two times in succession.

### Changing the display from kilometres to miles (UNITS)

Here you can change the display of the training distance and speed from kilometres and kilometres/h to miles and miles/h.

Step 1: Press the MODE key. The display shows the current setting. Here "KM" stands for kilometres and "MILE" for miles.

Step 2: Press the ▲/▼ keys to select between the two values.

Step 3: Press the MODE key to confirm.

To exit the submenu, press the RESET key.

### Locking function (SECURITY)

To protect the training device from being used by unauthorised persons, e.g. children, with the exception of the START/STOP and MODE keys you can deactivate the keypad here.

Step 1: Press the MODE key. The current setting appears in the display. Here "ON" means the locking function is active and "OFF" means the locking function is inactive.

Step 2: Press the ▲/▼ keys to select between the two settings.

Step 3: Press the MODE key to confirm.

If you have activated the lock function, the following appears in the display after you have switched on the cockpit. "CONSOLE LOCKED". To unlock the display, press and hold the START/STOP and MODE keys simultaneously for approx. 3 seconds.

### Display of the Software Version (FACTORY SET)

The version of the cockpit software is displayed here.

Step 1: Press the MODE key. The software version will appear in the display.

Step 2: Press the MODE key again to return to the menu.

**Device selection (MACHINE)**

The version of your training device is stored here. The correct version "300" has already been set in the factory. Please do not change this information, otherwise the parameters will no longer match and the training values may be displayed incorrectly.

- Step 1: Press the MODE key. The current setting of the device version will be shown in the display.  
 Step 2: Select the version "300" by pressing the ▲/▼ keys.  
 Step 3: Confirm your selection by pressing the MODE key.

**Exiting the Service Menu (EXIT)**

To exit the service menu, select the menu item "EXIT" by pressing the ▲/▼ keys. Confirm your selection by pressing the MODE key.

**Error message**

In the event of an error, the corresponding error message will appear in the display

**Error message E1**

Error description: The cockpit is not receiving any data.

Measures:

1. Disconnect the mains adapter from the socket for approx. 10 seconds.
2. Check if the cockpit cable has come loose from the cockpit or if it is completely disconnected.  
→ Connect the cockpit cable to the cockpit.
3. Check if the cockpit is damaged.  
→ Contact the MAXXUS Service Department.

**Error Message E8**

Error description: FLASH malfunction (error of the EEPROM IC).

Measures:

1. Disconnect the mains adapter from the mains socket for approx. 2 minutes and then switch the cockpit back on again.

If the error message appears again, please contact the MAXXUS Service Department.

**Error Message E81**

Error description: Malfunction of the resistance setting.

Measures:

Disconnect the mains adapter from the mains socket for approx. 2 minutes and then switch the cockpit back on again.

If the error message appears again, please contact the MAXXUS Service Department.

**Error Message E82**

Error description: Calibration malfunction

Measures.

1. Disconnect the mains adapter from the mains socket for approx. 2 minutes and then switch the cockpit back on again.

If the error message appears again, please contact the MAXXUS Service Department.



Your cockpit is equipped with a Bluetooth receiver. This supports the BLE connection standard and therefore enables the use of the Zwift APP.

**Step 1:**

Download the Zwift APP from the Google Play Store (Android) or the Apple Store (iOS). Please note that the use of the Zwift APP may incur costs. For more information, please refer to the information in the respective APP store.

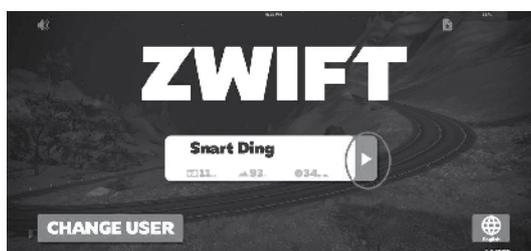
**Step 2:**

Register with Zwift. This is normally carried out by e-mail as Zwift does not currently support registration via Facebook or Google.

**Step 3:**

To connect to your training device switch on the cockpit. The Bluetooth symbol appears at the edge of the upper part of the display. Connect Zwift to your training device. The following instructions were created on an Apple iPad. The procedure may differ for other devices.

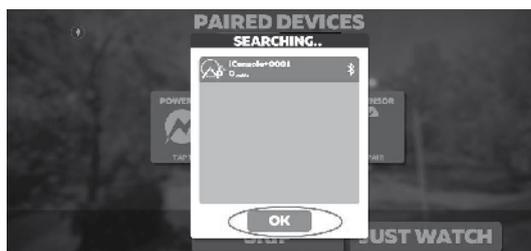
**Step 3.1:** Select the user (USER)



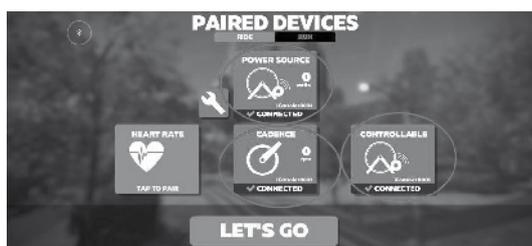
**Step 3.2:** After you have selected the user (USER), Zwift will prompt you to select the device type. Select "POWER SOURCE" here.



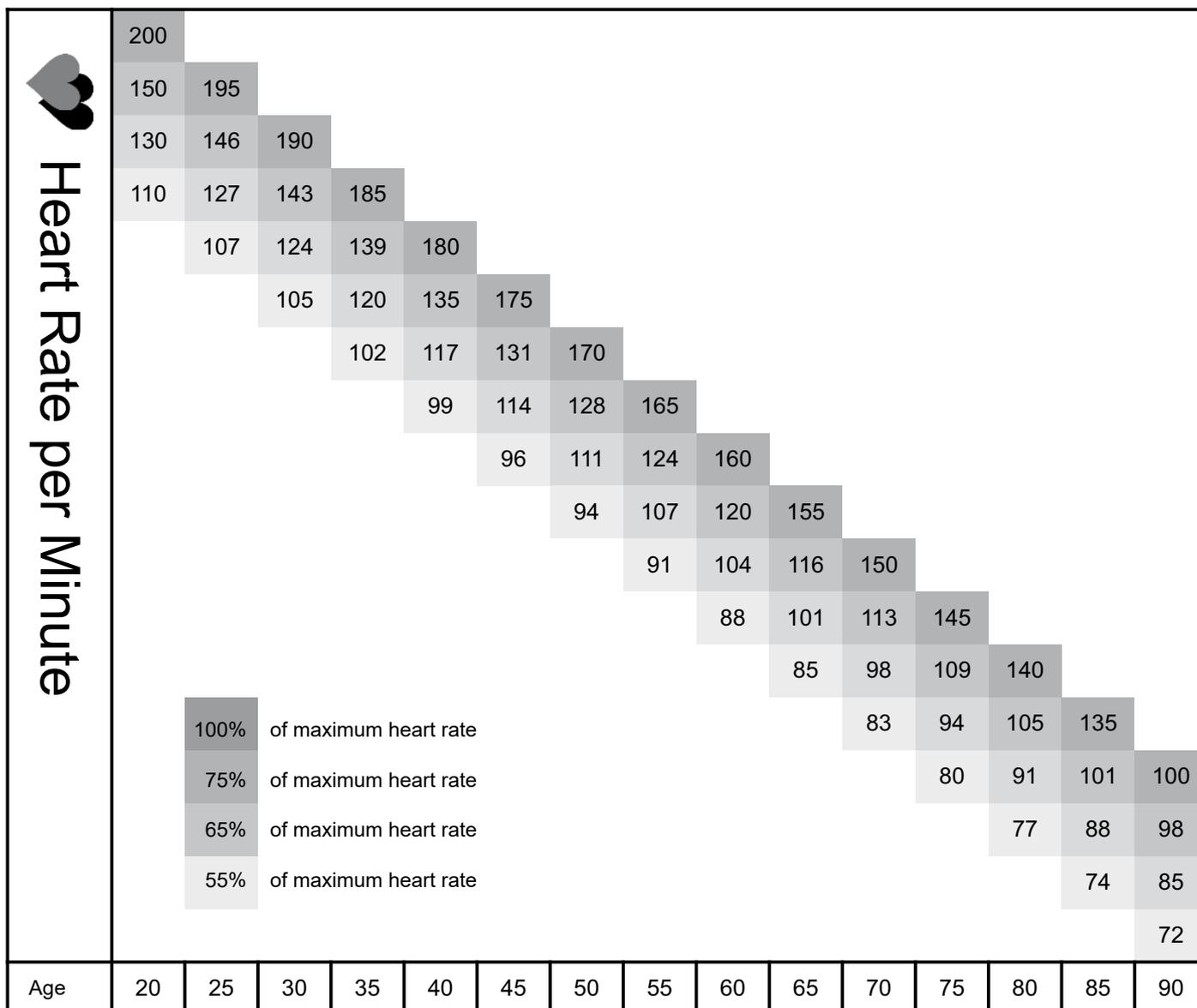
**Step 3.3:** A selection of Bluetooth compatible devices will appear. Please select your training device.



**Step 3.4:** As soon as the connection is established, the following display appears. You can now start training



Please note that MAXXUS Group GmbH & Co. KG is not the producer or provider of the Zwift APP. If you have any questions or problems with the APP, please contact Zwift directly. You can find out more information and application videos at [www.zwift.com](http://www.zwift.com).



ENG

**Calculating your personal heart rate when training**

Calculate your personal heart rate when training as follows:

**220 - Age = maximum heart rate**

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

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

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

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

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

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

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

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

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

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

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

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

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

#### **Pulse Rate Monitoring using Hand Sensors**

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

#### **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](http://www.maxxus.com).

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

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

#### **CAUTION**

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

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

This applies especially to those who:

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

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

**Preparation Before Training**

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

**Training Plan**

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

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

**Warm-Up Before Training**

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

**Cool-Down After Training**

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



**Front Thigh Muscles**

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

ENG



**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.

## Training Recommendations

### Hydration

Adequate hydration is essential before and during exercise. During a training session of 30 minutes it is possible to lose up to 1 litre of liquid. To compensate for this fluid loss apple spritzer mixed in the ratio of one-third apple juice to two-thirds mineral water is ideal since it contains electrolytes and minerals to replace those that the body loses through sweat. You should drink about 330 ml 30 minutes before the beginning of your training session. Take care to maintain balanced hydration during the workout.

### Training Frequency

Experts recommend that you do endurance training 3-4 days a week to keep the cardiovascular system fit. Of course, the more you train, the faster you will achieve your set training goal. Note however, that you should plan sufficient training breaks during your workout plan, to give your body enough time for rest and regeneration. After each training session you should take at least one day off. Also for that fitness and endurance training: Less is more!

### Exercise Intensity

In addition to the mistake of exercising too often, mistakes are made in the intensity of the training. If your training goal is to train for a triathlon or marathon, your training intensity will certainly be high. But since most people have training goals such as weight reduction, cardiac / exercise training, improvement of physical condition, stress reduction, etc. to strive for, training intensity to meet these goals should be adjusted. It makes most sense to work with the appropriate heart rate for the respective training goal. The information on the heart rate and the corresponding table in this manual will help you further.

### Duration of the individual training session

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

### Training Documentation

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

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

Enclosed you will find a recommendation for a weekly plan.

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

**Cockpit:**

Displays:

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

**Technical Details:**

Braking System:	Motor controlled magnetic brake system
Resistance Levels:	1 to 32 Levels, electronically adjustable
Drive Type:	two-stage longitudinal ribbed belt
Installation dimensions:	Approx. 126 x 50 x 100 cm
Total weight:	Approx. 42.5kg
Maximum user weight:	150 kg
Value Adjustment:	Via a keypad
Power supply:	220-230V - 50Hz
Temperature Range:	10° to 30° for operation and storage
<b>Field of application:</b>	<b>Home - exclusively for private use!</b>

\*Suitable for non-therapeutic purposes

\*\* wattage is not calibrated

**Disposal**



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



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

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

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

**ENG**

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

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

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

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

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

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

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

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

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

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

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

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

**My feet fall asleep during training.**

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

**Recommended Accessories**

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

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

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

**MAXXUS® Floor Protection Mats**

Due to its extreme density and material thickness of 0,5cm, these mats provide perfect protection for floors and floor coverings against damaging, scratches and soiling through body sweat. Noise caused by running and movement is significantly reduced.

Available in the following sizes:

- 160 x 90 cm
- 210 x 100 cm

**MAXXUS® Degreaser Spray** - Optimum cleaner for cleaning off dirt and maintaining the guide pipes and roller surfaces.

**MAXXUS® Lubricating Spray** – Optimum lubrication for guide pipes.

**MAXXUS® Anti-Static Spray** – Effective against the static charges created in frames, clothing and training computers. Devices which are located on carpets or synthetic floors will become statically charged. MAXXUS® Anti-Static Spray will deter this. Synthetic surfaces treated with MAXXUS® Anti-Static Spray do not attract dust as quickly and will remain clean for longer.

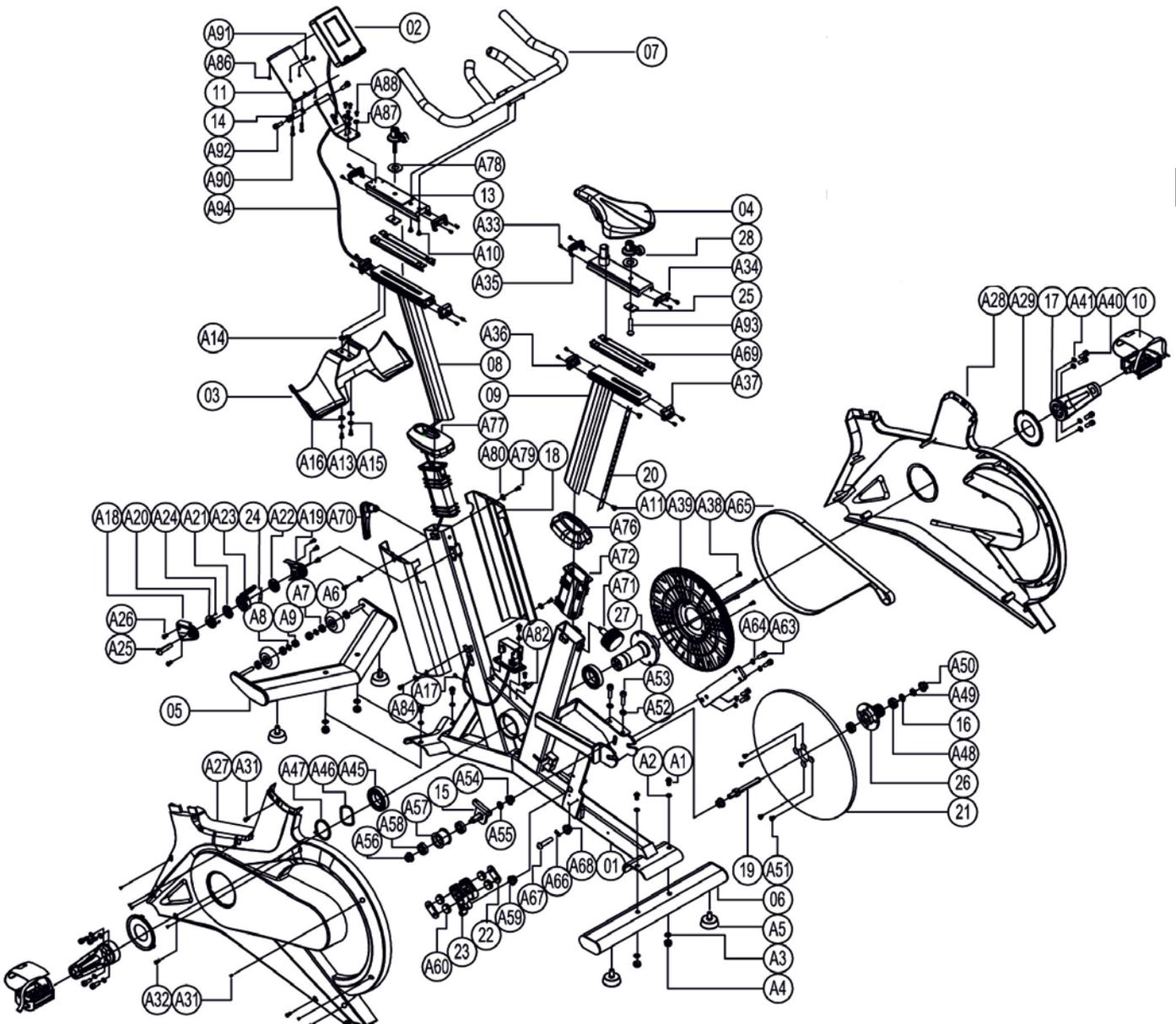
**MAXXUS® Special Foam Cleaner** – Use for regular cleaning of your training device. Plastic covers and metal frames can be easily cleaned and perfectly maintained with MAXXUS® Special Foam Cleaner. It is also suitable for cleaning pulse belts and other training accessories.

Part No.	Description	Specification	Qty.
ET-600340-1	frame		1
ET-600340-2	console		1
ET-600340-3	bottle cage		1
ET-600340-4	saddle		1
ET-600340-5	front foot set		1
ET-600340-6	rear foot set		1
ET-600340-7	handlebar set		1
ET-600340-8	handlebar adjustmenttube set		1
ET-600340-9	saddle post set		1
ET-600340-10	pedal		1
ET-600340-11	console base		1
ET-600340-13	handlebar slider		1
ET-600340-14	U-shape plate		1
ET-600340-15	idler tighten-up set		1
ET-600340-16	short sleeve		1
ET-600340-17	crank		2
ET-600340-18L	aluminium decorative shell, left		1
ET-600340-18R	aluminium decorative shell, right		1
ET-600340-19	rear axle		1
ET-600340-20	saddle plate		1
ET-600340-21	flywheel		1
ET-600340-22	magnet fixing plate		2
ET-600340-23	resistance rotatingblock		1
ET-600340-24	brake line		2
ET-600340-25	sliding block		2
ET-600340-26	main wheel axle		1
ET-600340-27	front axle		2
ET-600340-28	knob		2
ET-600340-A1	semicircular head innerhexagonal screws	M10x60	4
ET-600340-A2	washer	Ø10	4
ET-600340-A3	spring washer	Ø10	4
ET-600340-A4	non-slip nut	M10	4
ET-600340-A5	leveling feet	S063 Ø48x15	4
ET-600340-A6	PU wheel	S3716	2
ET-600340-A7	deep groove bearing	608	4
ET-600340-A8	washer	Ø8	2
ET-600340-A9	non-slip nut	M8	2
ET-600340-A10	flat countersunk headinner hexagonal screws	M8x16	2
ET-600340-A11	flat countersunk headinner hexagonal screws	M5x12	4
ET-600340-A13	semicircular head crossflower screw	M5x16	2
ET-600340-A14	nylon ring	S1151	2
ET-600340-A15	spring washer	Ø5	2
ET-600340-A16	washer	Ø5	2
ET-600340-A17	semicircular head innerhexagonal screw	M5x16	1
ET-600340-A18	brake outer shell 1	S3718	1
ET-600340-A19	brake outer shell 2	S3719	1
ET-600340-A20	spring column fixturepiece	S3720	1

## Spare Parts List

Part No.	Description	Specification	Qty.
ET-600340-A21	gear set	S3721	1
ET-600340-A22	handlebar limit	S3722	1
ET-600340-A23	resistance adjustmentarm	S3723	1
ET-600340-A24	spring top bead	07.04.THdz	2
ET-600340-A25	polished rod lock screw	04.10.LSGG0830	1
ET-600340-A26	semicircular head innerhexagonal screw	M6x10	4
ET-600340-A27	left shell	S3640	1
ET-600340-A28	right shell	S3641	1
ET-600340-A29	outer shell round cover	S3634	2
ET-600340-A30	semicircular head cross flower self-tappingscrew	ST4x16	7
ET-600340-A31	semicircular head crossflower screw	M4x12	2
ET-600340-A32	cylindrical head innerhexagonal screw	M5x12	4
ET-600340-A33	cylindrical head innerhexagonal screw	M4x12	16
ET-600340-A34	decorative cover 1	S3646	2
ET-600340-A35	decorative cover 2	S3647	2
ET-600340-A36	decorative cover 3	S3648	2
ET-600340-A37	decorative cover 4	S3649	2
ET-600340-A38	semicircular head innerhexagonal screw	M8x16	4
ET-600340-A39	pulley	S3639	1
ET-600340-A40	Cylindrical head innerhexagonal screw	M10x30	8
ET-600340-A41	spring washer	Ø10	8
ET-600340-A45	6008 axle	Ø68*Ø40*15	2
ET-600340-A46	wave washer	Ø40	1
ET-600340-A47	Outer circlip in C-shape	Ø40	1
ET-600340-A48	6001 axle	Ø28xØ12x8	2
ET-600340-A49	washer	Ø12	2
ET-600340-A50	non-slip nut	M12	2
ET-600340-A51	flat countersunk headinner hexagonal screw	M8x12	4
ET-600340-A52	washer	Ø8	2
ET-600340-A53	cylindrical head innerhexagonal screw	M8x40	2
ET-600340-A54	washer	Ø10	1
ET-600340-A55	non-slip nut	M10	1
ET-600340-A56	Non-slip nut	M8	1
ET-600340-A57	idler	X9107-0900Ø45x30	1
ET-600340-A58	deep groove ballbearing	6002	2
ET-600340-A59	non-slip nut	M10	1
ET-600340-A60	strong magnetic	CT03 Ø25xT8	4
ET-600340-A61	cylindrical head innerhexagonal screw	M5x30	1
ET-600340-A62	non-slip nut	M5	1
ET-600340-A63	cylindrical head innerhexagonal screw	M10x20	4
ET-600340-A64	spring washer	Ø10	4
ET-600340-A65	multi-ditch belt	8PJ-1371	1
ET-600340-A66	spring	TH085	1
ET-600340-A67	cylindrical head innerhexagonal screw	M6x45	1
ET-600340-A68	non-slip nut	M6	1
ET-600340-A69	sliding reducer	S2917	4
ET-600340-A70	pull-out in 7 shape	LX066	1

Part No.	Description	Specification	Qty.
ET-600340-A71	pull-out knob	LX067	1
ET-600340-A72	reducing sleeve	S3644 S3645	2
ET-600340-A76	nozzle a	S3642 380x340x480	1
ET-600340-A77	nozzle b	S3643 380x340x580	1
ET-600340-A78	saddle lock pad	S3635	2
ET-600340-A79	semicircular head crossflower screw	M4x12	4
ET-600340-A80	washer	Ø4	4
ET-600340-A82	speed sensor	DK0166	1
ET-600340-A85	flat countersunk head cross flowerself-tapping screw	ST3.5x16	4
ET-600340-A86	flat countersunk head cross flowerself-tapping screw	ST3.5*12	4
ET-600340-A87	washer	Ø5	4
ET-600340-A88	semicircular head crossflower screw	M5x12	4
ET-600340-A89	cylindrical head innerhexagon screw	M6x25	1
ET-600340-A90	semicircular head innerhexagonal screw	M5x10	2
ET-600340-A91	non-slip nut	M5	2
ET-600340-A92	cylindrical head innerhexagonal screw	M8x12	1
ET-600340-A93	semicircular head innerhexagonal screw	M12x40	1
ET-600340-A94	Console connecting line		1



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

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

### Areas of Application & Warranty Periods

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

#### Home Use:

Exclusively for private use  
Warranty Period: 2 Years

#### Semi-Professional Use:

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

#### Professional Use:

Use in a fitness studio or similar establishment under supervision by trained personnel.  
Warranty Period: 1 Year  
Use of your training device in an area which is not suitable for your device will cause immediate expiry of its guarantee and cancel your right to claim warranty!  
Sole private use and warranty period of 2 years assumes that the purchase invoice is made out to the end user.

#### Proof of Purchase and Serial Number

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

#### Terms and Conditions of Warranty:

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

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

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

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

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

#### Service Outside the Warranty and Ordering Spare Parts

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

In this case please contact us by email direct to:

[service@maxxus.de](mailto:service@maxxus.de)

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

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

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



**Device Details**

Product Name: **SPEEDBIKE SX3** Product Group: **Bike/Ergometer**  
 Serial Number: \_\_\_\_\_ Invoice Number: \_\_\_\_\_  
 Date of Purchase: \_\_\_\_\_ Where Purchased: \_\_\_\_\_  
 Accessories: \_\_\_\_\_

**Type of Use:**

Private Use  Commercial Use

**Personal Details**

Company: \_\_\_\_\_ Contact Person: \_\_\_\_\_  
 First Name: \_\_\_\_\_ Second Name: \_\_\_\_\_  
 Street: \_\_\_\_\_ House Number: \_\_\_\_\_  
 Post Code / Town/City: \_\_\_\_\_ Country: \_\_\_\_\_  
 E-Mail: \_\_\_\_\_ Tel.No.: \_\_\_\_\_  
 Fax. No.\*: \_\_\_\_\_ Mobile No.\*: \_\_\_\_\_

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

**Fault Description**

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

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

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

\_\_\_\_\_

Date Location Signature

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

**Post\***: Maxxus Group GmbH & Co KG, Service Department, Nordring 80, 64521 Groß-Gerau  
**Fax**: +49 (0) 6151 39735 400  
**E-Mail\*\***: customerservice@maxxus.com

\* Please stamp with sufficient postage – letters which are not sent postage paid will unfortunately not be accepted.  
 \*\* Submission by E-Mail is only possible as a scanned document with original signature.

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

# MAXXUS<sup>®</sup>



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