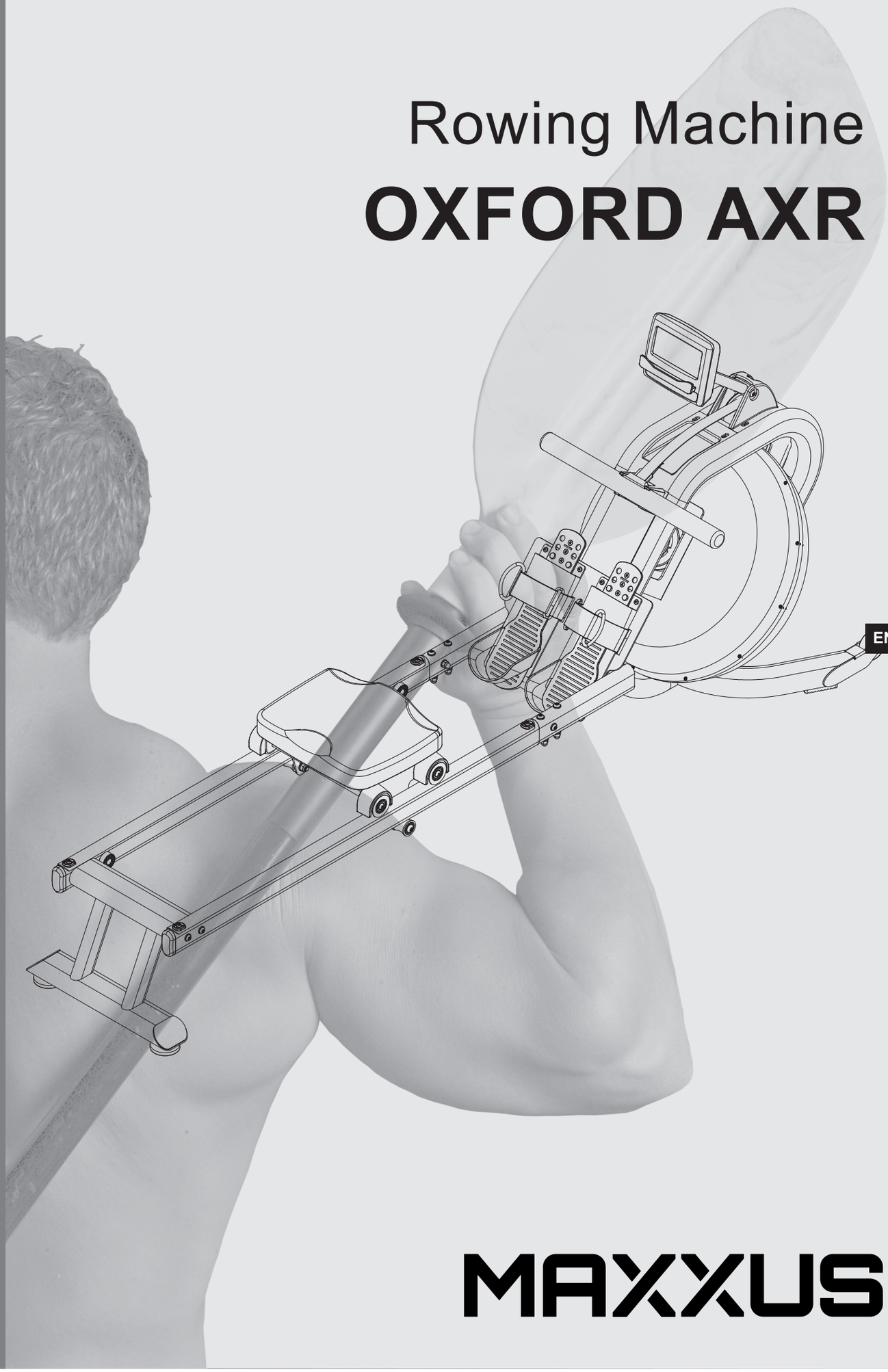
INSTALLATION & OPERATING MANUAL

Rowing Machine

OXFORD AXR



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Please read and observe all sections of this Operating Manual before you start with training. Thorough attention should be paid to the safety, cleaning and maintenance instructions and the training information. Please also make sure that anyone using this device is familiar with all this information.
It is very important to adhere strictly to the safety and maintenance instructions contained in this Manual. This training device is only to be used for its intended purpose. If this equipment is used for any other purposes than intended, there is a possible risk of accident, damage to health or damage to the training device for which the Distributor cannot be held responsible.

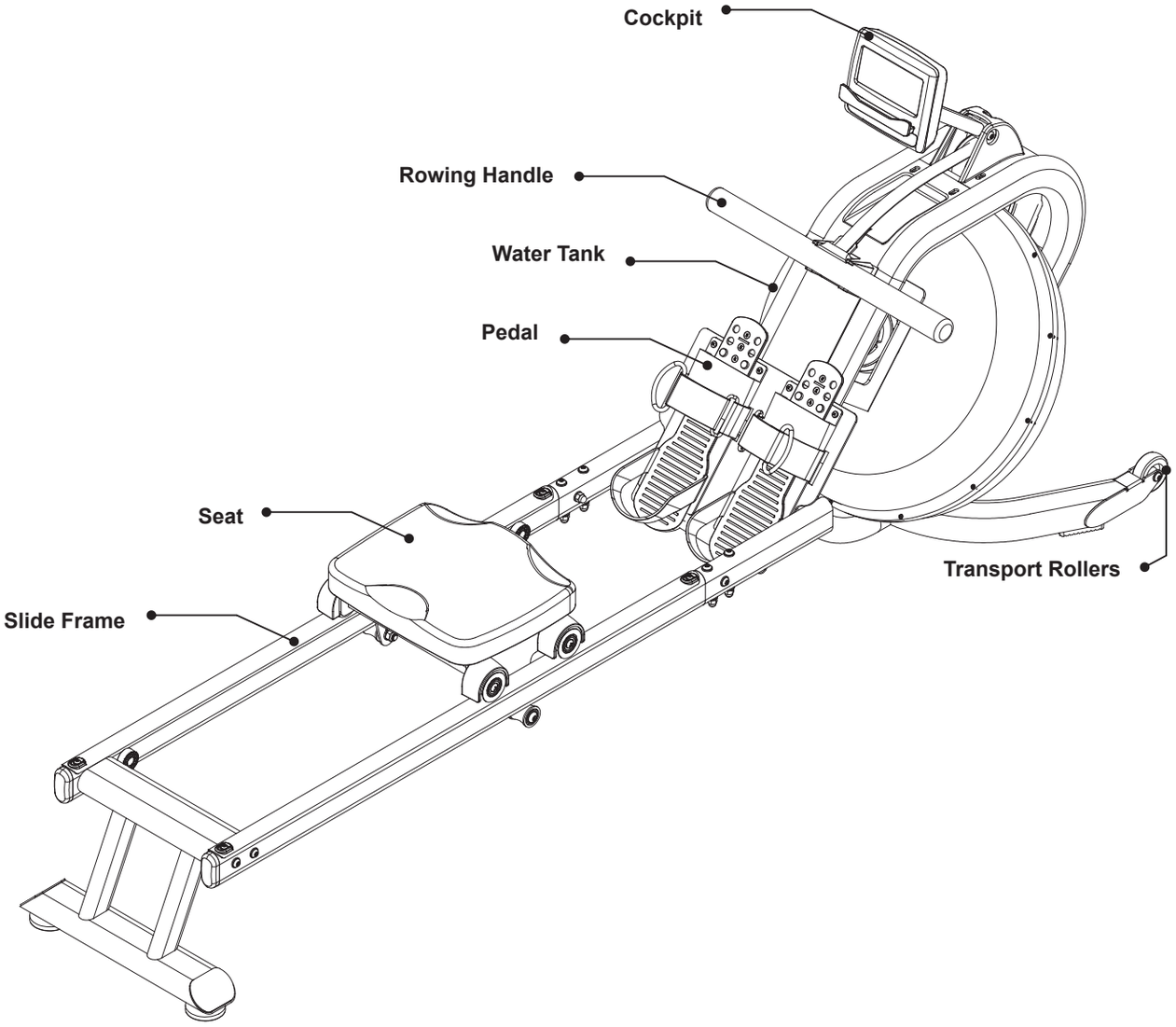
Electrical Connection (only applies to devices with an external electrical connection)
- A mains voltage of 220-230V is required to operate this training device.
- The training device is only to be connected to the mains with the mains cable supplied using a 16A individually fused and earthed socket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

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

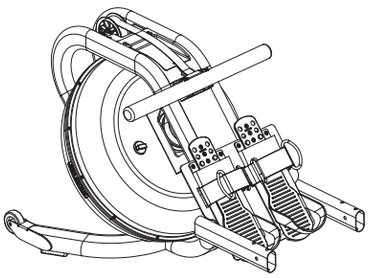
Personal Safety Instructions for Training
- Remove the batteries or mains cable (if present) when the training device is not in use to avoid inappropriate or uncontrolled use by any other third party, e.g. children.
- You should have a health check carried out by your doctor before you start any training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

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!

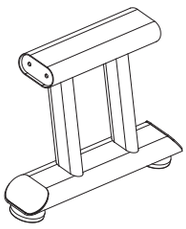
Overall View of the Device



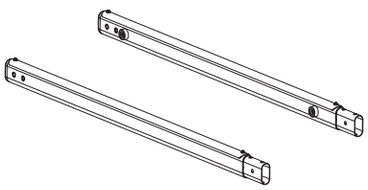
Scope of Delivery



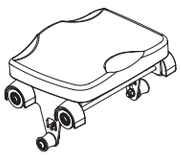
Part 1 – Base Frame



Part 2 – Stand

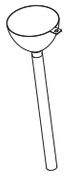


Part 3 – R&L Slide Rail



Part 38 – Seat

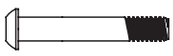
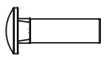
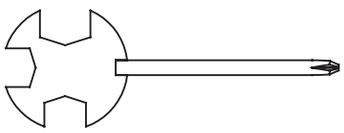
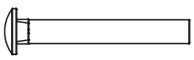
Part 54 – Cockpit with Holder



Part 52 – Funnel

Part 53 – Pump

Fixing Material

Diagram	Part No.	Description	Size	Qty
	63	Bolt	M8x45	4
	65	Bolt	M6x15	6
	68	Bolt	M8x15	4
	74	Washer	Ø20xØ8.5xT1.5	4
	77	Sleeve nut	M8x27	2
	93	Allen key	M6 / 5mm	1
	94	Spanner / Phillips Screwdriver	13 / 17	1
	99	Sleeve nut	M8x57	4

Assembly

Damage that has arisen due to assembly errors is not covered by the warranty. Please read the instructions carefully before starting, follow the sequence of assembly steps exactly and follow the instructions of each assembly step. Installation of the exercise equipment must be performed by competent adults. Since some components may have sharp edges, wear suitable work gloves during assembly.

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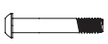
Carry out the assembly of your training equipment in a place that is level, clean and free from obstructions. Carry out assembly with 2 people. Only after assembly is fully completed can training begin on your device.

Step 1:

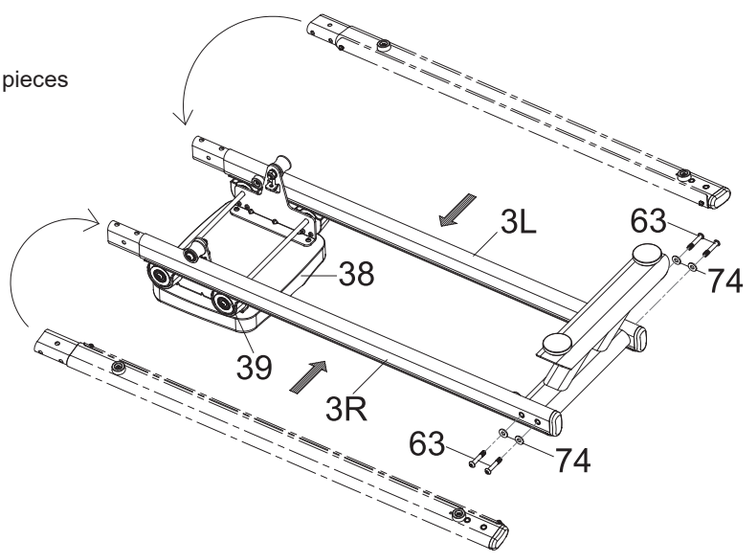
- Place the seat upside down on the floor
- Place the right and left slide rails (3R/3L) next to the seat as shown in the diagram.
- Insert the right and left slide rails into the slide rollers on the seat. Make sure that the aluminium rail has contact with the rollers.
- Fix the stand to the rear end of the slide rails using two bolts M8x45 (63) and two washers Ø20xØ8.5 (74) on each side.



(63) Bolt M8x45 – 4 pieces

(74) Washer Ø20xØ8.5 – 4 pieces

(93) Allen key



Assembly

Step 2:

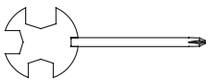
- Place the base frame (1) on the floor with the mounts for the slide rails facing upwards.
- Insert the slide rails (3R&3L) into the mounts on the base frame (1).
- Fix the slide rails to the base frame. To do this use two bolts M6x15 (65) with two sleeve nuts M8x57 (99) and a bolt M6x15 (65) with a sleeve nut M8x27 (77) on each side.

(99) Sleeve nut M8x57 – 4 pieces

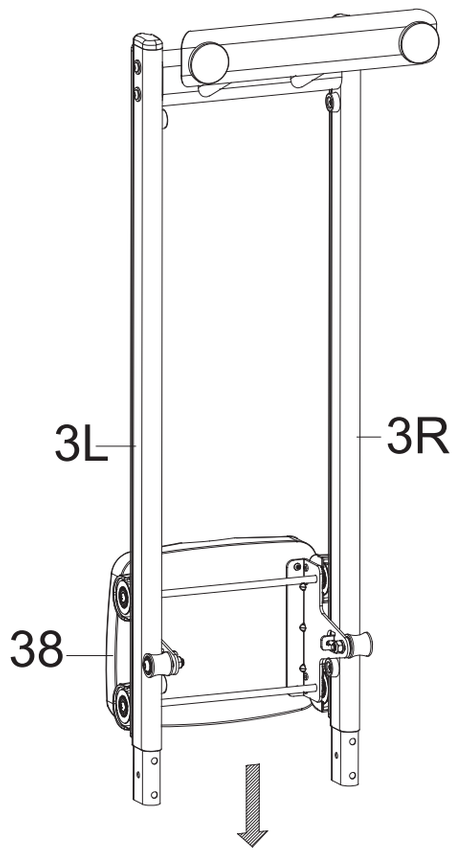
(77) Sleeve nut M8x27 – 2 pieces

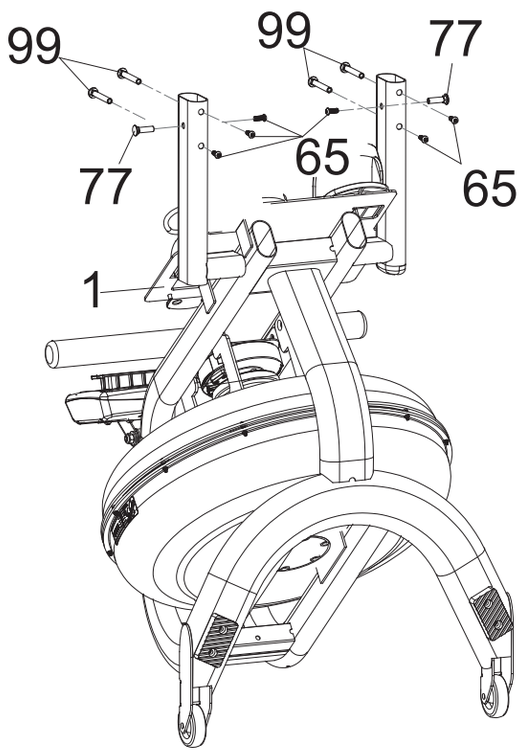
(65) Bolt M6x15 – 6 pieces

(93) Allen key



(94) Screw driver



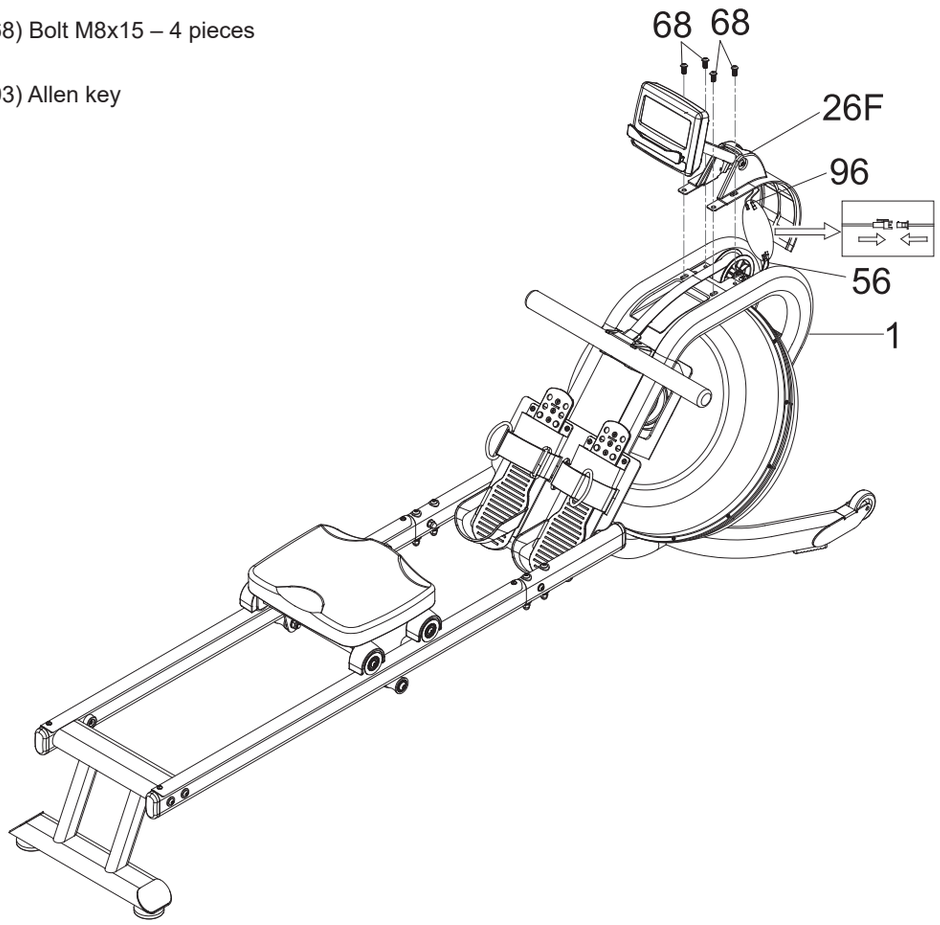


Step 3:

- Connect the cable (96) protruding out of the cockpit frame (26F) with cable (56) protruding out of the base frame (1).
- Insert the cockpit frame (26F) in the mounts on the base frame (1). Make sure you do not crush or damage the cables when doing this.
- Fix the cockpit frame (26F) to the base frame (1). To do this use four bolts M8x15 (68).

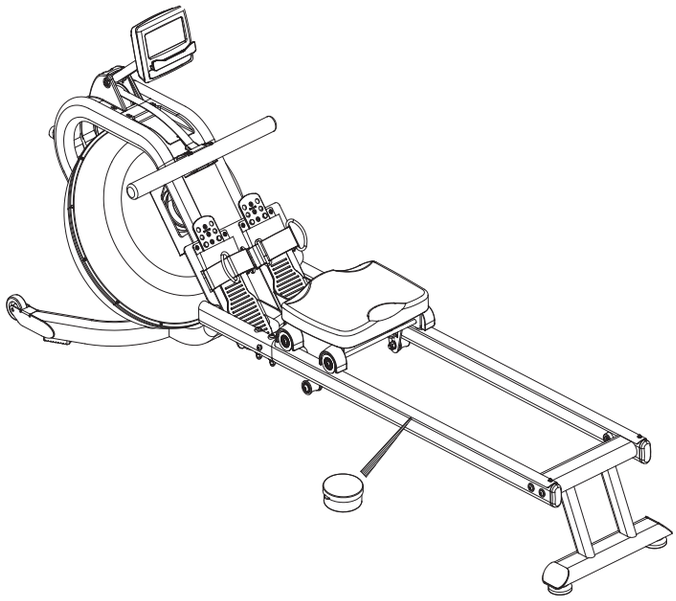
(68) Bolt M8x15 – 4 pieces

(93) Allen key



Step 4:

- Clean the surfaces of the aluminium slide rails before initial use and then at regular intervals after that. To do this use some slightly soapy water or for best results clean the slide rails with the MAXXUS degreaser spray.
- Then lightly lubricate the surfaces of the aluminium slide rail with the lubricator included in delivery. For regular lubrication we recommend you to use MAXXUS lubricating spray.



Filling the Water Tank

There is of course a direct link between rowing and the element of water. The MAXXUS OXFORD AXR is therefore the ideal training device on which to implement your rowing training realistically as it provides a realistic simulation of rowing on water.

The user work load is regulated by the user themselves. Rowing speed is determined by number of rowing strokes per minute and the pulling power. To increase or decrease the speed of the rowing boat, the rower must increase or decrease the pulling power and or the number of strokes per minute. This way the user can adjust their rowing training according to their own current fitness level. Even your form on any particular day can determine the work load.

The advantage of rowing above other types of endurance sports is that it uses almost 80% of all body muscles and the calorie consumption with rowing is significantly higher.

Water Tank

The resistance when rowing with the OXFORD AXR is created by water. The water tank needs to be filled for this. We recommend using plain tap water for doing this. Tap water contains all the necessary additives to avoid any build up of algae. These additives have been removed from distilled or any otherwise purified or filtered water which could cause a build-up of algae in the water in the short or mid-term. After filling immediately add a water treatment tablet to the tank. Do not at any time use any chlorine bleach or chlorine used for swimming pools. This can damage the device tank.

Replace the water in the tank every 6 months and add a water treatment tablet to the tank each time you do this.

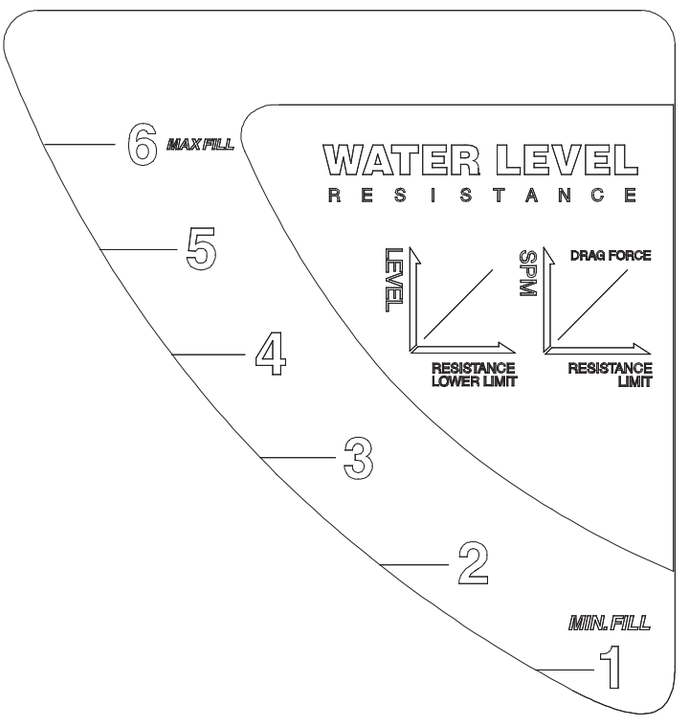
Water Tank Display and Filling Amount

On the water tank there is a water level scale showing 6 different levels of filling. The amount of water filled simulates or changes the relative weight or size of the boat. The filling amount has no effect on the resistance but on the mass which the rower has to move. A smaller filling amount represents then a smaller, lighter boat and the maximum filling amount at level 6 represents a large and heavy boat.

CAUTION:
Please ensure that the current filling level of water never goes below Level 1 or above Level 6. This can cause significant and serious damage to the training device.

Summary of the Filling Levels:

- Level 1 = 8.5 litres
- Level 2 = 9.5 litres
- Level 3 = 10.5 litres
- Level 4 = 11.1 litres
- Level 5 = 11.9 litres
- Level 6 = 12.8 litres



Filling the Water Tank

Step 1:
Remove the tank cap (50)

Step 2:
Insert the funnel into the opening of the tank.

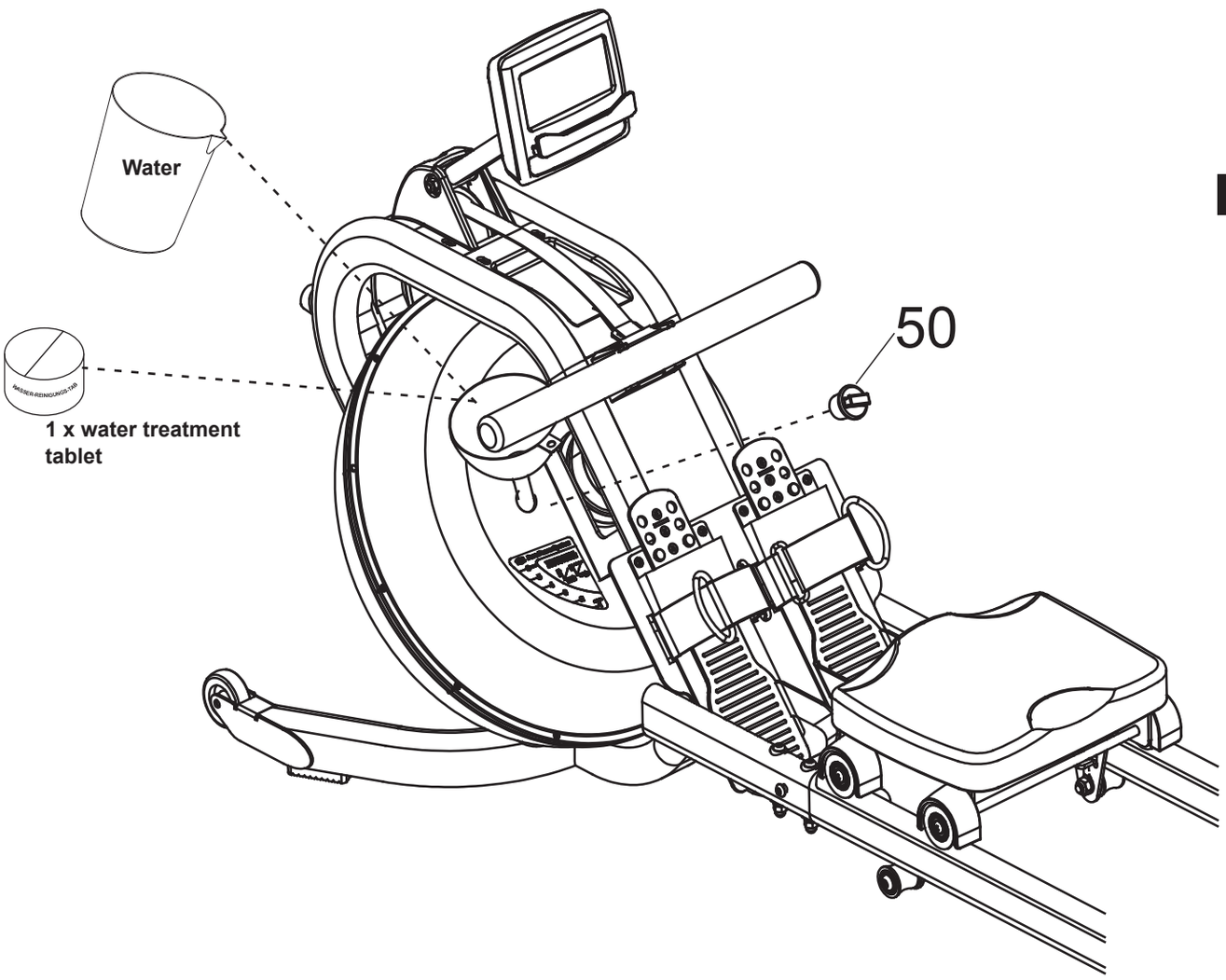
Step 3:
Fill the desired amount of water into the tank.

CAUTION:
Do not overfill above the maximum filling level of Level 6 and do not underfill the minimum filling level of Level 1. This can lead to damages to your training device.

Step 4:
Add a water treatment tablet to the water in the tank.

Step 5:
Close the tank opening by replacing the cap (50).

Step 6:
Check that the cap (50) is fitted correctly and that the water level is being shown. Remove any traces of water which may have been spilled on the device or on the floor whilst filling the tank.



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Filling the Water Tank

Emptying the Water Tank

Step 1:
Remove the tank cap (50).

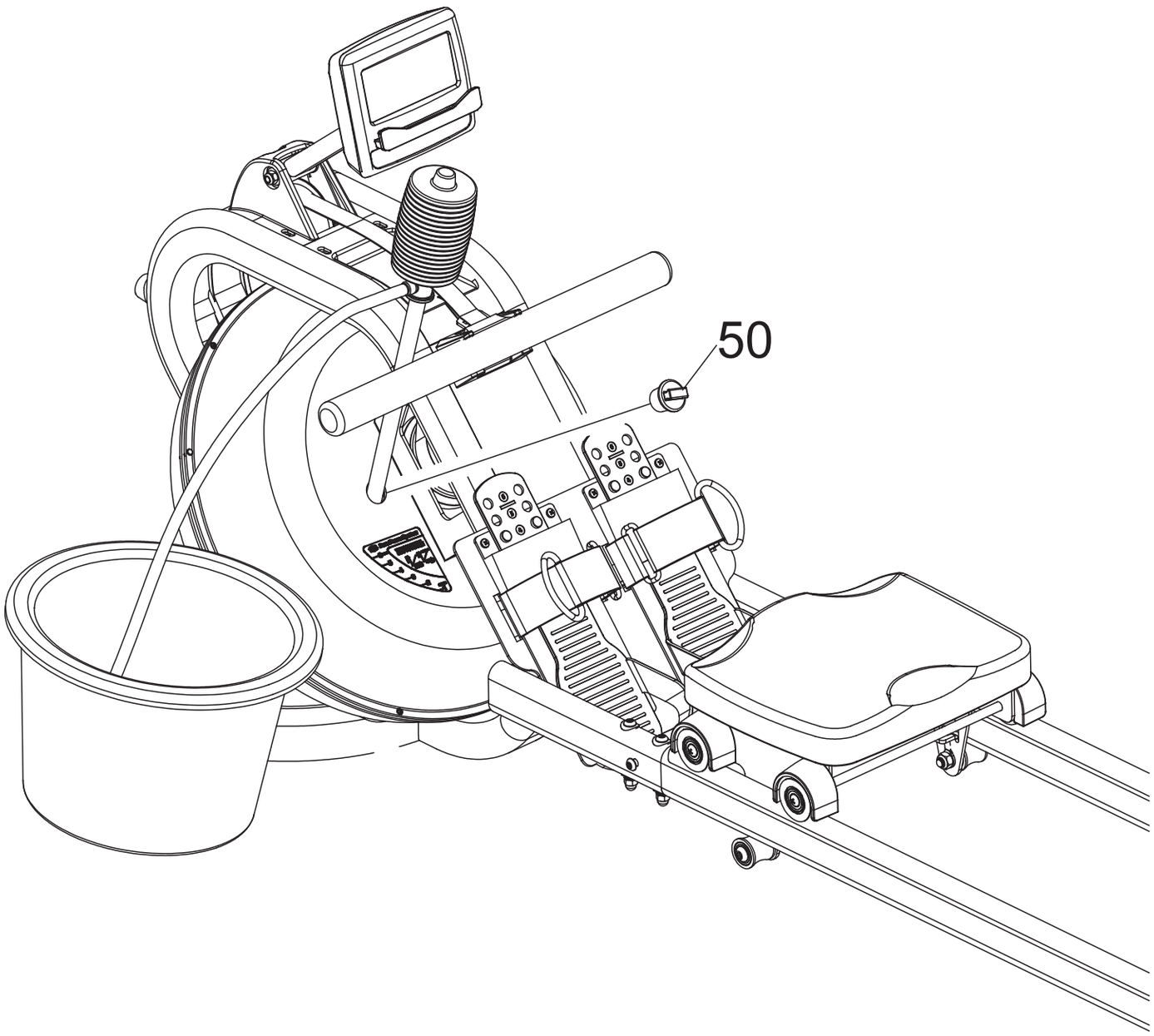
Step 2:
Place a suitable container such as a bucket next to the tank of the rowing device.

Step 3:
Insert the tube on the pump into the tank and place the hose into the container made available.

Step 4:
Pump out the water completely or to the water level you require.

Step 5:
Close the tank opening by replacing the cap (50).

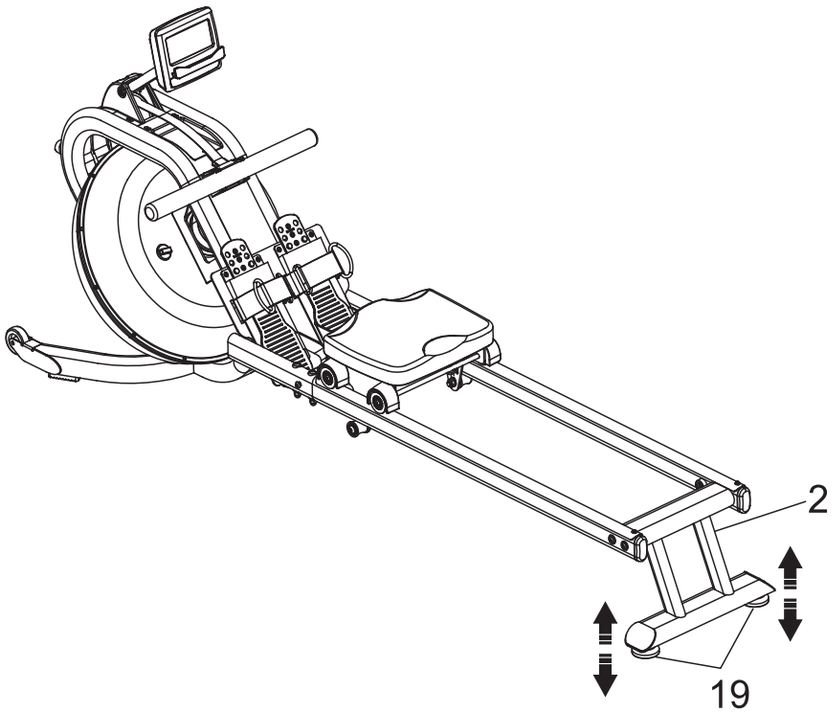
Step 6:
Remove any traces of water which may have been spilled on the device or on the floor whilst emptying the tank.



Levelling the Device

For the rowing machine to stand safely and securely, the rear stand (2) is equipped with two adjustable feet (19). With these it is possible to level out the device and compensate for any unevenness in the floor.

Screw both adjustable feet (19) as far as they will go into the stand (2). Now both feet are at the same level to start from. Put the rowing machine in the desired location and check to see if it is stable and standing securely on the floor. If it is slightly wobbly, unscrew the appropriate adjustable foot until the device is stable. If the floor in the chosen location is so uneven that the wobbling cannot not be eliminated using the adjustable feet, then you must select another location which is more even for your rowing machine.



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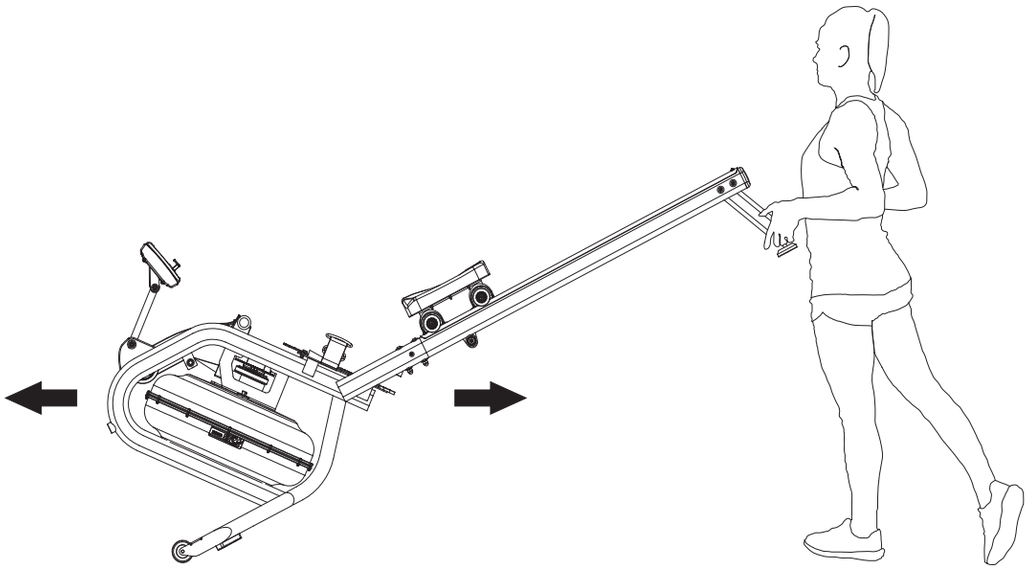
Transport

This rowing machine is fitted with transport rollers on the front stand to make it easy for you to transport it. To push the rowing machine into another location, lift the rear stand far enough up until the transport rollers are contacting the floor. Now you can push or pull the device into the desired new location. Lower the rear stand gently onto the floor. Make sure when lifting, transporting and putting down the device that you have a secure footing and that you hold onto it firmly.



Selecting a good location and storage space

Please choose a dry, level and temperate place to locate and store your training device. In your own interests make sure that the selected training area is well ventilated to provide you with optimal oxygenation.

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.

High humidity and low temperatures prevailing in such locations lead to defects in the electronics, corrosion and rust. Damage of this kind is not covered under the warranty.

Before using the device after a longer period of non-use, make sure that all the fixing materials are fitted correctly and securely tightened.

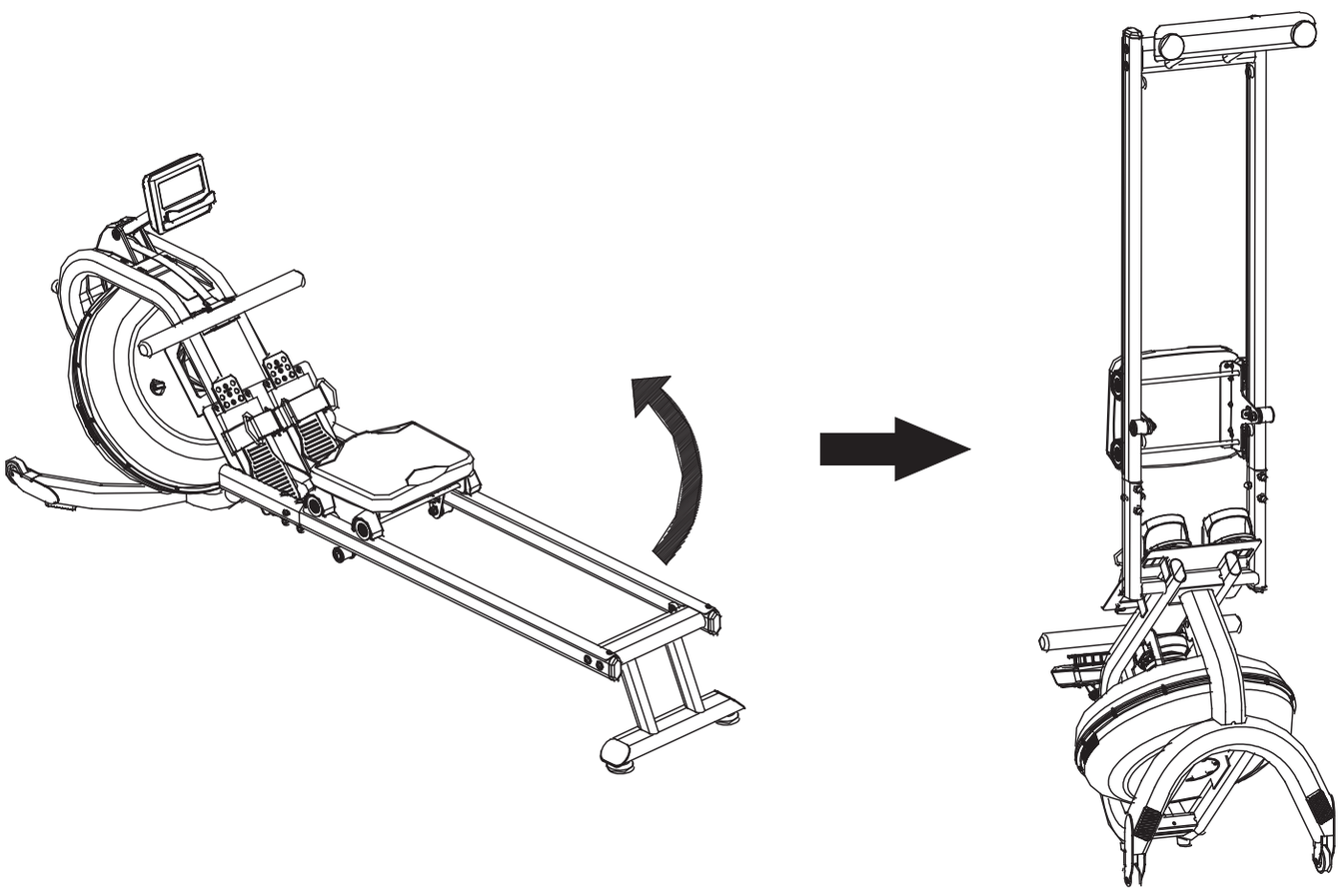
Storage

Your rowing machine has been designed so that it can be stored upright which enables you to save space and put it away or store it very quickly and easily.

To do this transport the device on the transport rollers into the desired position and then lift it further upwards until it is standing on the front stand.

Please note the following points:

- Before putting the rowing machine in the upright position, push the seat right forwards as far as it can go. If you do not do this the seat will slide automatically and uncontrolled forwards.
- Make sure when you put the rowing machine in the upright position that you have a secure footing and that you can lift up the device in a controlled manner. In particular make sure that rear stand does not hit against your head or body.
- If you intend on storing the rowing machine in the upright position for more than one month please make sure that you completely empty the water tank first.



Adjusting the Pedals

Your rowing machine is equipped with a special foot support system that adjusts to your shoe size in a few simple steps.
You should wear suitable sports shoes for rowing training. We recommend running shoes because they are ideal for foot movement during rowing due to their slightly curved shape.
Make sure that you do not over-tighten the shoes before training as this is can restrict circulation during exercise and cause numbness in the feet.

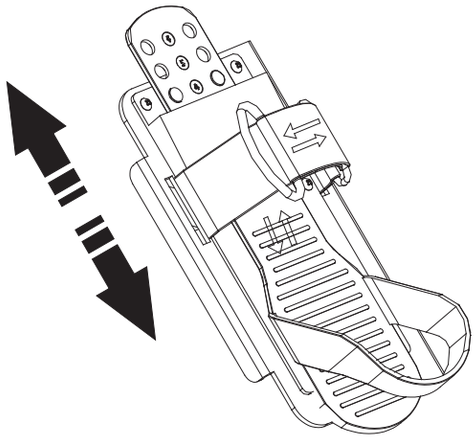
Adjusting the Foot straps

The fastening system of the pedals consists of two elements. One is the sizing to adjust the length, the other is the straps that secure the foot to the pedal.

Step 1:
Undo the Velcro fastenings on the straps.

Step 2:
Adjust the size to the correct length.

Step 3:
Place your feet on the pedals
and fix them by tightening the straps. Make sure that they hold the feet firmly but do not pull them too tight. Close the Velcro fasteners.
Fastening the feet firmly is very important for the correct execution of the rowing movement.
In order to move your body forwards you need a firm hold on your feet.



Power Supply

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The cockpit is powered by two batteries type AA. If the display on the cockpit should become weak or go out completely, replace these batteries with new ones. Please observe the disposal instructions included in this manual when you dispose of the old batteries.

The battery compartment is on the back of the cockpit. Make sure that you put the batteries the right way around in the battery compartment.

Care and Maintenance

Before first use or after a long break from training

Check if the rowing machine is standing safely. There must be no objects on or under the device.

Make sure that all screws are tight and the sliding area of the seat is completely clear. Also check if the slide rail is free of contaminants and foreign bodies.

Maintenance & Cleaning Intervals:

Clean the rowing machine after each workout with a damp cloth to remove possible perspiration and other liquid residues. Under no circumstances should you use solvents. Dry any damp areas thoroughly.

To ensure optimal smooth running of the seat, clean the seat, roller guides and aluminium slide rails regularly. MAXXUS Lubricant Spray & MAXXUS Degreaser Spray are ideal for this and can be ordered online from www.maxxus.com

Damage due to failure or lack of cleaning, maintenance and / or care is excluded from the warranty and guarantee.

Cockpit

Training Values

TIME	Display of the training time. Using the ▲/▼ keys, the time can be set using up to 99:00 minutes in 1-minute increments
TIME/500M	Display of the average time the user takes to cover a distance of 500 metres based on their current rowing speed. This value is permanently updated by the cockpit as soon as the rower changes their rowing speed.
SPM	Display of the average number of rowing strokes per minute.
DISTANCE	Display of the rowing distance in meters. Using the ▲/▼ keys the distance can be set up to 99,900 metres in 100-meter increments.
STROKES	Display of the number of strokes taken previously taken in the current training session. Using the keys ▲/▼ the number of rowing strokes can be set up to 9,990 strokes in 10-stroke increments.
TOTAL STROKES	Display of the total number of rowing strokes taken
DRAG FORCE	Display of the current drag force
WATT*	Display of the current output in Watt
CALORIES**	Display of the calorie consumption. Using the keys ▲/▼ the calorie consumption can be set to up to 9,990 calories in 10-calorie increments
PULSE***	Display of the current heart rate from 30 to 220 beats/minute. The current heart rate still be shown here if you are using an optionally available chest belt.

***Note on Wattage Output**

As this is a non-therapeutic training device the wattage is not calibrated. Therefore, the displayed Wattage may differ from the actual wattage.

****Note on Calorie Measurement**

Calorie consumption is calculated by means of a general formula. Unfortunately, the exact calorie consumption of the individual cannot be determined here as this requires a significant amount of personal data.

***** Note on Hear Rate Masurement**

This function can only be used together with a transmitter chest belt which is available as an optional extra. MAXXUS recommends the use of a POLAR® T34 chest belt.

Keypad

RECOVERY	Key to activate the recovery pulse rate measurement
RESET	Key to reset all values. To set all values back to zero and/or to restart the cockpit, press and hold this key constantly for approximately 3-5 seconds.
START/STOP	Starts or ends the current training program
ENTER	– **Confirmation Function (in the start menu)** Key to confirm selections and inputs – **Change the Display Function (during training)** Press this key during training to change which values are shown in the display.
▲ - Key	Key to increase input values
▼ - Key	Key to reduce input values

Inserting the Batteries

There is a battery compartment on the back of the cockpit. Insert the two 1.5V AA batteries included in delivery. Please replace the batteries as soon as the cockpit display becomes dim or does not display any information. Please observe the disposal instructions for batteries included in this manual. When inserting the batteries make sure put them in the correct way around.

Input of the Filling Quantity

After inserting the batteries and switching on the cockpit you can enter the current filling quantity of water in the tank from L1 to L6. The value of “L6” is programmed ex-works. You can change this to the correct current value by pressing the ▲/▼ keys. Confirm your entry by pressing the ENTER key.

Switching on the Cockpit

The cockpit switches on automatically as soon as any key is pressed.

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Switching off the Cockpit

The cockpit switches into stand-by mode automatically 4 minutes after training has stopped. Here all training values will automatically be deleted apart from the value for the number of TOTAL STROKES.

QUICK START Function

To start with training immediately without entering any values, switch the cockpit on. Select „QUICK START“ by pressing the ▲/▼ keys. Then press the START key. The training session will start and you can begin your training.

Please note that you must end this type of training yourself as the cockpit does not have any target values.

Manual Training with Set Targets

To start a training session with set targets, switch the cockpit on. Select „QUICK START" by pressing the ▲/▼ keys and confirm your selection by pressing the ENTER key.

Step 1: Setting a Training Target
It is now possible to select a training target and to set the desired target value.

The selection options are:
- Training Time (TIME)
- Distance (DISTANCE)
- Calorie Consumption (CALORIES)
- Top Heart Rate Limit (T.H.R.)

The values will each be flashing in the display. If you would like to enter a value for the desired training target press the ▲/▼ keys until the correct value is shown.

- TIME – Input of the training time 99:00 minutes
- DISTANCE – Input of the training distance 99.900 Meter
- CALORIES – Input of the calorie consumption 9.990 calories
- T.H.R. – Input of the top heart rate limit 90 to 200 heart beats/minute

Note on Top Heart Rate Limit
If the set top heart rate is exceeded during training, a warning signal will sound. In this case you should reduce your rowing speed and/or the drag force.

Step 2: Training Start
After entering the desired training target, press the START key. Training will start automatically. The training target set in Step 1 will be counted down backwards. Training will stop when the target value reaches zero.

Manual Training with a Pre-Set Training Target

To do a training session with a fixed set training target, switch on the cockpit.
Select „STANDARD" using the ▲/▼ keys and confirm your selection by pressing the ENTER key.

Step 1: Selecting a Training Target
It is now possible to select a training target.
These are the options:
- 2000m (here the training distance is pre-set to 2,000 meters)
- 5000m (here the training distance is pre-set to 5,000 meters)
- 10000m (here the training distance is pre-set to 10.000 meters)
- 30:00 (here the training time is pre-set to 30 minutes)
- 500m/1:00 (here it is necessary to cover the training distance of 500 meters in one minute)

Select the desired training target by pressing the ▲/▼ keys.

Step 2: Training Start
After you have selected your training target press the START key. Training will start automatically. The target value entered in Step 1 will be counted in reverse order down to zero. Training ends when the target value reaches zero.

Target Interval Training

To carry out target interval training, switch the cockpit on. Select “TARGET INTERVAL” using the ▲/▼ keys and confirm your selection by pressing the ENTER key.

Step 1: Selecting an Interval
You have the option to select a type of interval training by pressing the ▲/▼ keys.

Available options are:

- **INTERVAL TIME**

This type of interval training is called a time interval training program or “HIIT Training”. Here there is a specified time for intensive training and a specified time for recovery.

An example of this type of program is:
Time 1 = 30 seconds intensive rowing (intensive training period)
Time 2 = 60 seconds slow rowing (rest period)

Enter the desired time for the intensive training period. Confirm this entry by pressing the ENTER key. Now enter the desired REST TIME.

- **INTERVAL DISTANCE**

This type of interval training is called a distance/time interval program. Here there is specified distance for intensive training and a specified time for recovery.

An example of this type of program is:
Distance 1 = 500 metres intensive rowing (intensive training period)
Time 1 = 60 seconds slow rowing (rest period)

Enter the desired distance for the intensive training period. Confirm this entry by pressing the ENTER key. Now enter the desired REST TIME.

- **VARIABLE INTERVAL**

This type of interval training is called a distance/time interval program with rest periods. Here there is a specified distance and a time set for intensive training and a time set for recovery.

An example of this type of program is:
Distance 1 500 metres intensive rowing (intensive training period)
Time 1 = 30 seconds intensive rowing (intensive training period)
Time 2 = 60 seconds slow rowing (rest period)

Enter the desired distance for the intensive training period. Confirm this entry by pressing the ENTER key. Now enter the desired time for the intensive training period. Confirm this by pressing the ENTER key. Now enter the desired REST TIME.

Step 2: Training Start
Press the START key after you have entered all the values for the selected interval program. Training will start automatically and must be stopped by the user themselves.

Interval Training with Pre-Set Values

To carry out interval training with pre-set values switch the cockpit on. Select “CUSTOM” using the ▲/▼ keys and confirm your entry by pressing the ENTER key.

Step 1: Selecting an Interval
You can now select an interval training type by pressing the ▲/▼ keys.

Available options are:

- **V:30/:30R**
This interval training is a time interval program.
The specified time for the intensive training period is 30 seconds and the specified time for the rest period is also 30 seconds.

- **V1:00/1:00R**
This interval training is a time interval program.
The specified time for the intensive training period is 60 seconds and the specified time for the rest period is also 60 seconds.

- **V2000m/3:00R**
This interval training is a distance/time interval program.
The specified distance for the intensive training period is 2,000 metres and the specified time for the rest period is 3 minutes.

- **V1:40/:20R**
This interval training is a time interval program.
The specified time for the intensive training period is 1 minute and 40 seconds and the specified time for the rest period is 20 seconds.

Step 2: Training Start
Press the START key after you have entered all the values for the interval program selected.

RACE Simulation

This is a motivating training program in which you are up against a computer simulated opponent.
Before the race you set the time in which your opponent requires to cover 500 meters.
The rowing speed of your opponent remains the same throughout the race. Switch on the cockpit and select “RACE“ using the ▲/▼ keys.

Step 1: Specification of Time/500 meters for the Computer Opponent
For example, „L1” is flashing in the display and the corresponding value will be shown in the TIME/500M window (see table). Now select the desired performance level or Time/500 meters for your opponent using the ▲/▼ keys. Confirm your entry by pressing the ENTER key.

Performance Level	L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15
Time/500 metres	8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30	4:00	3:30	3:00	2:30	2:00	1:30	1:00

Step 2: Specified Target for the Training Distance
The value will flash in the DISTANCE window. Enter the desired training distance using the ▲/▼ keys. Confirm your entry by pressing the ENTER key.

Step 3: Training Start
The program will start automatically as soon as you press the START key.
The value entered for the training distance will count down in reverse. The user’s boat will be shown as “U” in the top line of the display and the computer opponent on the bottom line as “PC”.
The program ends when the value has reached zero and the result will be shown in the display. “USER WIN” will appear in the display if the user has won and “PC WIN” if the computer opponent has won.

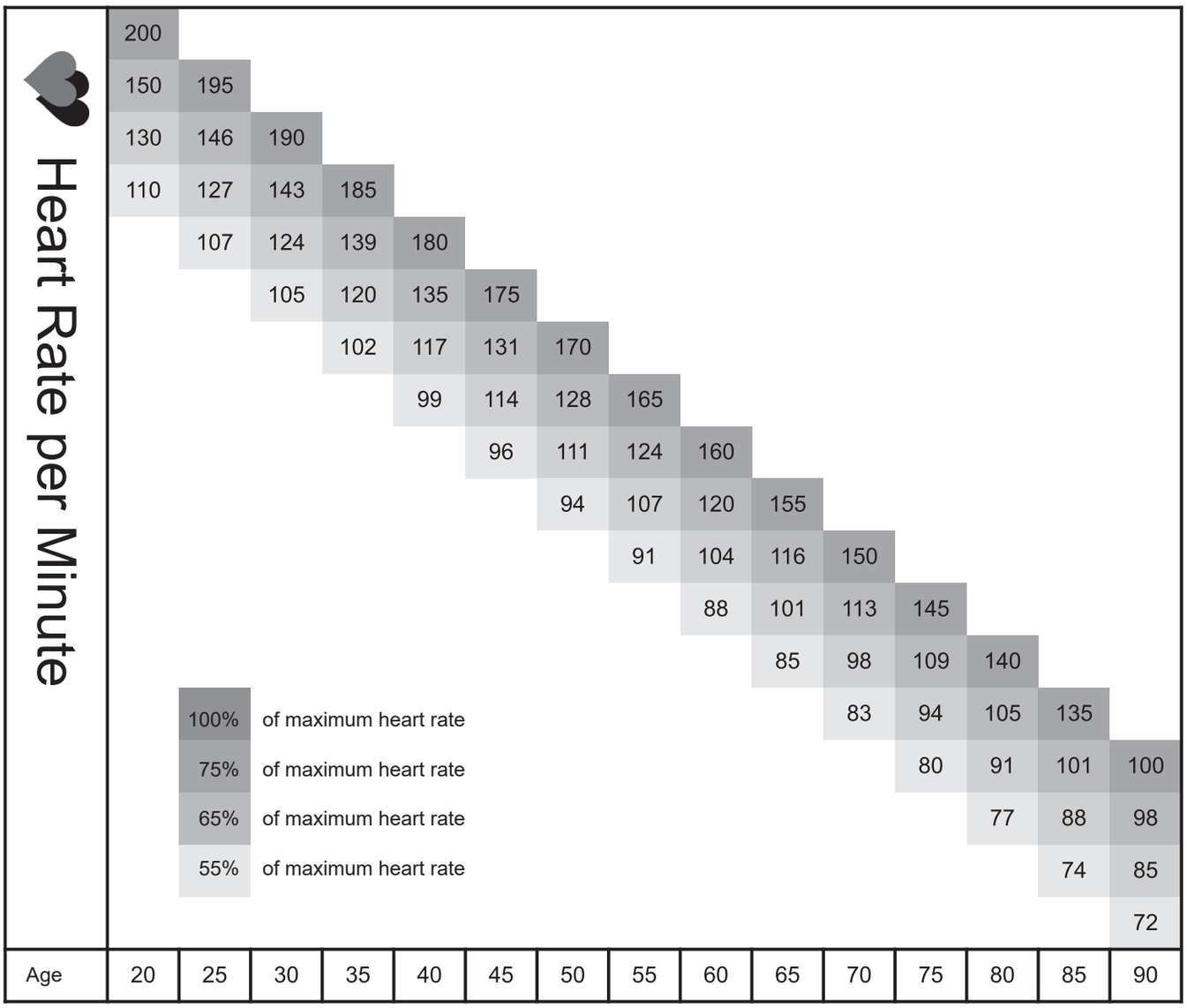
RECOVERY Pulse Rate Measurement

To use the recovery pulse rate measurement, you will require an optionally available chest belt to measure your heart rate.
If the user is wearing a chest belt, the current heart rate will be shown in the PULSE window of the display. After training ends press the RECOVERY key to start measurement. 60 seconds will be counted down in the TIME window. Following measurement, the cockpit will compare the pulse rate at the beginning of the measurement with the pulse rate after the 60 seconds and give an evaluation.

F1	Very good
F2	Good
F3	Satisfactory
F4	Sufficient
F5	Deficient
F6	Unsatisfactory

CAUTION:
Please make sure that you do not press any keys on the cockpit during the recovery measurement process. This can lead to system failure and may cause the display on the cockpit to “freeze” If this is the case, normally the stand-by display (Date, Time, and Temperature) will appear. The cockpit will then no longer react to any key inputs.
To re-start the cockpit, remove the batteries for approximately 10 to 20 seconds and then insert them again. It may be necessary to enter the values for time and date again.

Heart & Pulse Rate



Age	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90
100%	200	195	190	185	180	175	170	165	160	155	150	145	140	135	100
75%	150	146	143	139	135	131	128	124	120	116	113	109	105	101	98
65%	130	127	124	120	117	114	111	107	104	101	98	94	91	88	85
55%	110	107	105	102	99	96	94	91	88	85	83	80	77	74	72

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 ⚠

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

Heart Rate Measurement using a Chest Belt

A large number of MAXXUS® training devices are fitted with a wireless receiver as standard.
The use of 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 as an accessory.

This optimal, ECG-accurate type of measurement takes the heart rate by means of a transmitter chest strap directly from the skin.
The chest strap then sends the pulses via an electromagnetic field to the built-in cockpit receiver.

We recommend always using a chest belt for heart rate measurement during use heart rate controlled programs.

⚠ WARNING
The determination of the current heart rate by means of the chest strap serves only to display the current heart rate during exercise. This value says nothing about the safe or effective training heart rate. 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 training programme for you. Create and implement your exercise plan before you start exercising.

This is especially true for persons:
- who have not been physically active for a long period of time
- are overweight
- are older than 35 years
- have high or low blood pressure
- have heart problems

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

Safety Instructions – Rowing Machines

In addition to the Safety Instructions on page 3 of this manual, please also read and observe the following Safety Instructions for Rowing Devices.

⚠ Important Safety Instructions ⚠

- The use of this rowing machine while components such as rollers, rail, rowing mechanism are defective or worn can cause injury to the user and / or further substantial damage to the device.
  Therefore, check the condition of the rowing machine before each use.

- If you are not confident in the condition of any of the components of the rowing machine you should consider replacements. If in doubt, contact our service department.
  Only use original components.

- Make sure that the rowing machine is on a level, clean and stable surface. Strong rowing movements can move the device on smooth surfaces and carpets. Ensure a secure footing.
  Ideally, place a MAXXUS floor mat under the unit.
  The rower must never be bolted to the ground or fixed in any other way. This can result in substantial damage to the device.

- Keep children, pets and other people away while using the rowing machine especially from the seat rollers and slide rail where there is a risk of injury!

- For your own safety, wear tight-fitting sportswear, loose clothing can catch in the seat rollers. Keep body parts such as hands and fingers away from the rollers - there is a risk of crushing. Secure long hair so that it cannot catch in the rollers during exercise.

- Rowing is a very intense form of training. Before you start rowing training we recommend that you take a health check with your doctor, especially advisable for users with a low level of fitness or after a long break from training.

- Always hold the rowing handle with both hands during exercise, never row with just one hand. Always ensure a firm, secure grip.

- Always pull the rowing handle straight and bring it straight back.
  Never twist the rope as this may damage the device.

- When you finish your workout, do not let go of the grip. Put it carefully in one of the two brackets.

- When storing the unit always make sure that the rowing machine and its parts are secured against falling over. Always store it so that it does not can be damaged.

In the following you will find instructions and tips to help you to do the rowing movements correctly.

Rowing Movement – complete body

Step 1: Preparation
Make sure that your feet are in positioned correctly on the pedals and that they are adjusted correctly to fit your shoe size with the straps firmly around your feet. Grasp the rowing handle from above with both hands. Your hands should be approximately 20 cm apart.

Step 2: Starting Position
Lean forward with your upper body as far as possible with your knees bent.

Step 3:
Now use your feet to push yourself backwards.

Step 4: End Position
Push yourself far enough back with your feet so your knees are only slightly bent. **CAUTION**: Never completely straighten your knees!
At the same time pull your arms towards you until your hands lightly touch your body just below your ribcage in the region of your solar plexus. Straighten your body far enough for your back to be pulled straight and pull your shoulders slightly back. **CAUTION**: Never bend your back too far backwards!

Step 5: Return to the Starting Position
Pull yourself forwards again with your feet and lean forwards with your upper body with your arms stretched out in front of you.

Rowing Movement – Legs Only

Step 1: Preparation
Make sure that your feet are in positioned correctly on the pedals and that they are adjusted correctly to fit your shoe size with the straps firmly around your feet. Grasp the rowing handle from above with both hands. Your hands should be approximately 20 cm apart.

Step 2: Starting Position
Lean forward with your upper body as far as possible with your knees bent.

Step 3:
Now use your feet to push yourself backwards.

Step 4: End Position
Push yourself far enough back with your feet so your knees are only slightly bent.
CAUTION: Never completely straighten your knees!

Step 5: Return to the Starting Position
Pull yourself forwards again with your feet.

Rowing Movement – Arms Only

Step 1: Preparation
Make sure that your feet are in the optimum position, ie, that the shoe size is adjusted correctly and the foot straps are tightened properly. Hold the rowing grip with both hands gripping over the bar.
Your hands should be approximately 20 cms apart

Step 2: Starting Position
Push yourself backwards on the seat as far as possible but keeping your knees still slightly bent.

Step 3:
Hold the rowing grip with your arms stretched out forwards at the same level as your solar plexus.

Step 4: End Position
Pull the rowing grip far enough towards you to touch your stomach pulling back your shoulders at the same time.

CAUTION:
Your legs should remain in the starting position and not move at all.

Step 5: Return Back to the Starting Position
Allow the rowing grip to go forwards away from you until your arms are stretched out in front of you again.

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

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

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

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

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

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

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

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

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

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 workou.

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

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

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

Training Documentation
In order to design and evaluate your training effectively, you should prepare yourself a training plan in written form or as a computer table before starting your training
Here you should document training session. Data, such as distance, training time, brake force setting and pulse values should be recorded as well as personal data, e.g. body weight, blood pressure, resting heart rate (measured morning immediately after waking up) and personal well-being during exercise.

Enclosed you will find a recommendation for a weekly plan.

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:						

My training device makes noises during training – is this normal?
In addition to the air resistance braking system which creates construction and the air flow noises when in use, noises also occur from the chain pulley. Your MAXXUS® training device is fitted with extremely high-quality components which ensure that all operating, air flow and chain noises are greatly reduced.

However, it is possible and normal that slight mechanical noises can be heard during training. These mechanical noises, which can occur either continually or at intervals, are created by the sometimes very high speed of the sliding seat during training. Also, the moving parts can generate noise during training due to the hollow metal tubes which act as a resonator and amplify the sound.

It is completely normal for the operating noise to get louder during training. This can be explained by an increase in training speed. The components can also expand with the heat generated during training.

The cockpit does not show anything in the display when I turn it on.
Check if the battery is charged and change them if necessary. Check if the control cable has been pinched or jammed during assembly and / or if the connector has come loose.

The values for rowing strokes/minute and distance are at “0” during training
Check if the control cable has been pinched or jammed during assembly and / or if the connector has come loose.

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.

Technical Details

Technical Details:

Brake system:	Water resistance
Slide rail:	Aluminium
Installation dimensions:	approx. 200x50.5x74cm (LxWxH)
Total weight:	approx. 35 kg
Maximum user weight:	150 kg
Value adjustment:	Keypad
Power supply:	Batteries Type AA, 2 pieces
Class:	SC according to EN ISO 20957-1 and ISO 20957-7
Application:	Home use Semi-professional fields Professional fields

Recommended Accessories

This accessory is the optimal supplement for your training device. All products are available in our online shop at www.maxxus.com

POLAR® Transmitter Chest Belt T34 (uncoded)
Chest belt with optimised transmission range for determining heart rates.
This accessory is required to use the pulse-controlled programs and for continual determination of current heart rate.

MAXXUS® Floor Protection Mat
Due to its extreme density and material thickness of 0,5cm, this mat provides 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
- 240 x 100 cm (ideal for rowing machines)

MAXXUS® Degreaser Spray - Optimum cleaner for cleaning off dirt and maintaining the guide pipes, rollers and 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.

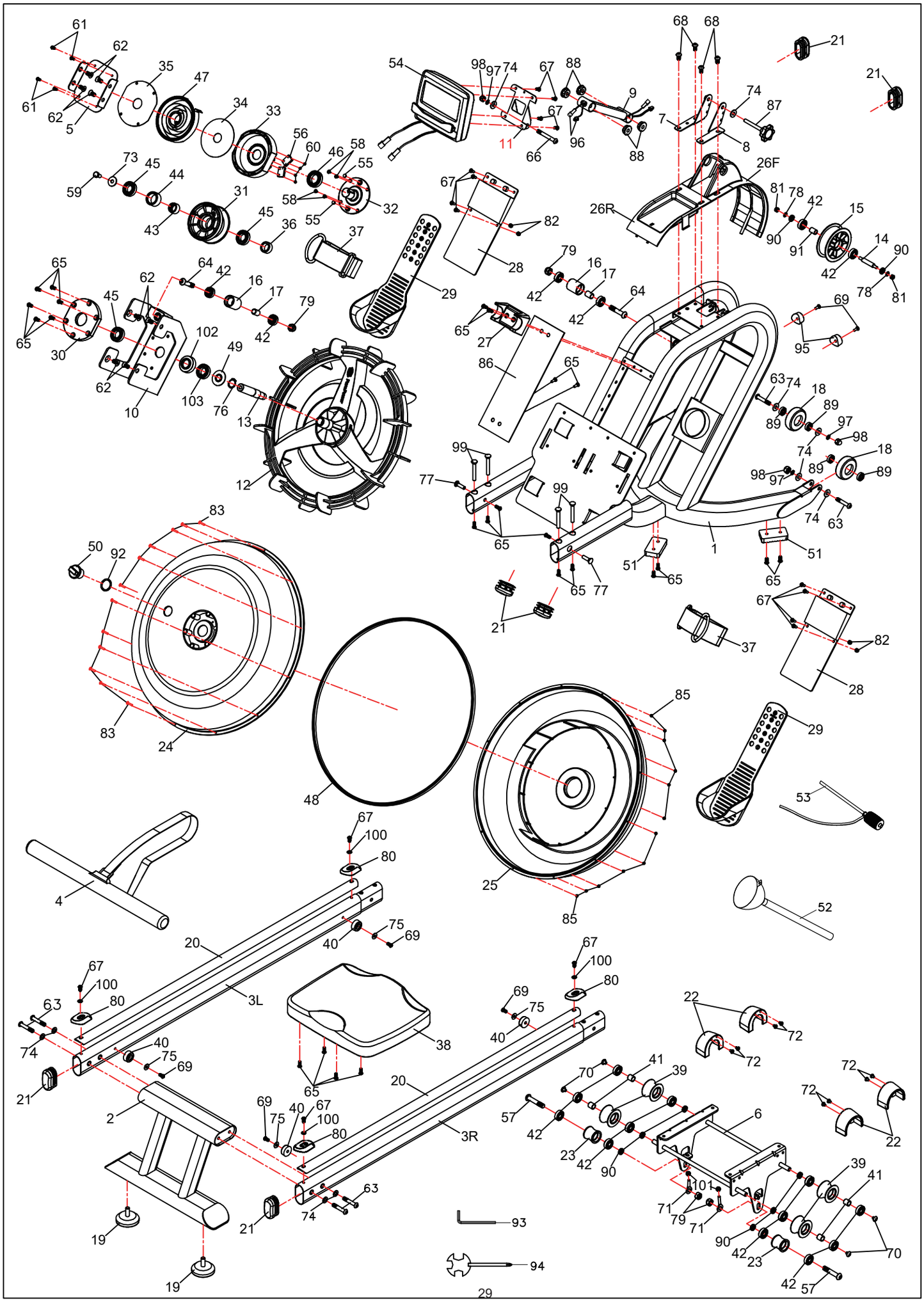
MAXXUS® Special Foam Cleaner – Use for regular cleaning of your training device. Plastic covers and metal frames can be easily cleaned and perfectly maintained with MAXXUS ® Special Foam Cleaner. It is also suitable for cleaning pulse belts and other training accessories.

Disposal

European Disposal Directive in Accordance with the Electrical and Electronic Equipment Act
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 rechargeable 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.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Spare Parts List

Part No.	Description	Qty
1	Main Frame	1
2	Rear Stabilizer	1
3	Slide Rail R/L	2
4	Handlebar	1
5	Spring Fixed Plate	1
6	Seat Carriage	1
7	Sensor Stand L	1
8	Sensor Stand R	1
9	Support for Computer	1
10	Tank Plate	1
11	Support Plate	1
12	Impeller	1
13	Impeller Shaft	1
14	Mesh Belt Wheel Shaft	1
15	Belt Wheel	1
16	Guide Roller	2
17	Spacer for Guide Roller	2
18	Moving Wheel	2
19	Adjustable Knob	2
20	Aluminum Plate	2
21	Oval End cap	6
22	Cover for Roller	4
23	Lower Roller for Rail	2
24	Upper Tank	1
25	Lower Tank	1
26	Decorate Cover F/R	1
27	Handlebar Seat	1
28	Lower Pedal	2
29	Upper Pedal	2
30	Bearing Seat	1
31	Mesh Belt Wheel	1
32	Axle for Volute Spring	1
33	Base of Volute Spring	1
34	PC Board	1
35	Outer PC Board	1

Part No.	Description	Qty
36	Spacer for mesh belt wheel	1
37	Pedal Strap	2
38	Seat	1
39	Seat Roller	4
40	Stopper	4
41	Spacer for Roller	4
42	Bearing	18
43	One-way Bearing	1
44	Bushing for One-way Bearing	1
45	Bearing	3
46	Bearing	1
47	Volute Spring	1
48	Rubber Sealing Ring	1
49	Impeller Shaft Seal	1
50	Fill Plug	1
51	Skid Pad	2
52	Funnel	1
53	Pumping Siphon	1
54	Computer TZ-8138	1
55	Magnet	2
56	Sensor Wire	1
57	M10*55 Bolt	2
58	ST5.0*12 Flat head Screw	4
59	M8*15 hexagon head Screw	1
60	ST3*6 Screw	4
61	ST4.2*19 Screw	4
62	M8*15Flat head Screw	8
63	M8*45 Bolt	6
64	M10*50 Bolt	2
65	M6*15 Screw	24
66	M8*65 Bolt	2
67	M5*15 Screw	16
68	M8*15 Screw	4
69	M6*15 Crosshead Screw	6
70	M6*10 Screw	4

Part No.	Description	Qty
71	M6*30 Adjusting Screw	2
72	ST4*16 Screw	8
73	OD24*ID8.5*2.0 Washer	1
74	OD20*ID8.5*1.5 Washer	10
75	OD18*ID6.5*T1.5 Washer	4
76	C Clip	1
77	M8*27 Carriage Bolts	2
78	OD13*ID6.5*T1.5 Washer	2
79	M10 Nylon Nut	4
80	Aluminum Plate Cover	4
81	M6 Nylon Nut	2
82	M5 Nylon Nut	4
83	M4*17 Screw	12
85	Flange Nut-M4	12
86	Main Frame Plate	1
87	Computer Adjustable Knob	1
88	Plastic Bushing	4
89	Bearing	4
90	Spacer for Seat Roller	8
91	Spacer for Belt Wheel	1
92	O Shape Ring	1
93	Allen Wrench	1
94	Spanner	1
95	Storage Pad	2
96	Connection Wire	2
97	Spring Washer	4
98	M8 Acorn Nut	4
99	M8*57 Carriage Bolts	4
100	OD10*ID5.2*1.5 Washer	4
101	M6 Nut	2
102	Lower Bearing Seat	1
103	Bearing	1

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Notes

Warranty*

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

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

Areas of Application & Warranty Periods

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

Home Use:
Exclusively for private use
Warranty Period: 2 Years

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

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

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

Terms and Conditions of Warranty:

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

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

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

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

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

Service Outside the Warranty and Ordering Spare Parts

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

service@maxxus.de

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

spareparts@maxxus.de

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

*Version: June/2016

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Device Details

Product Name: **OXFORD AXR**

Product Group: **Rowing Machine**

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**: service@maxxus.de

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

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

MAXXUS

LEADING BEYOND FITNESS

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