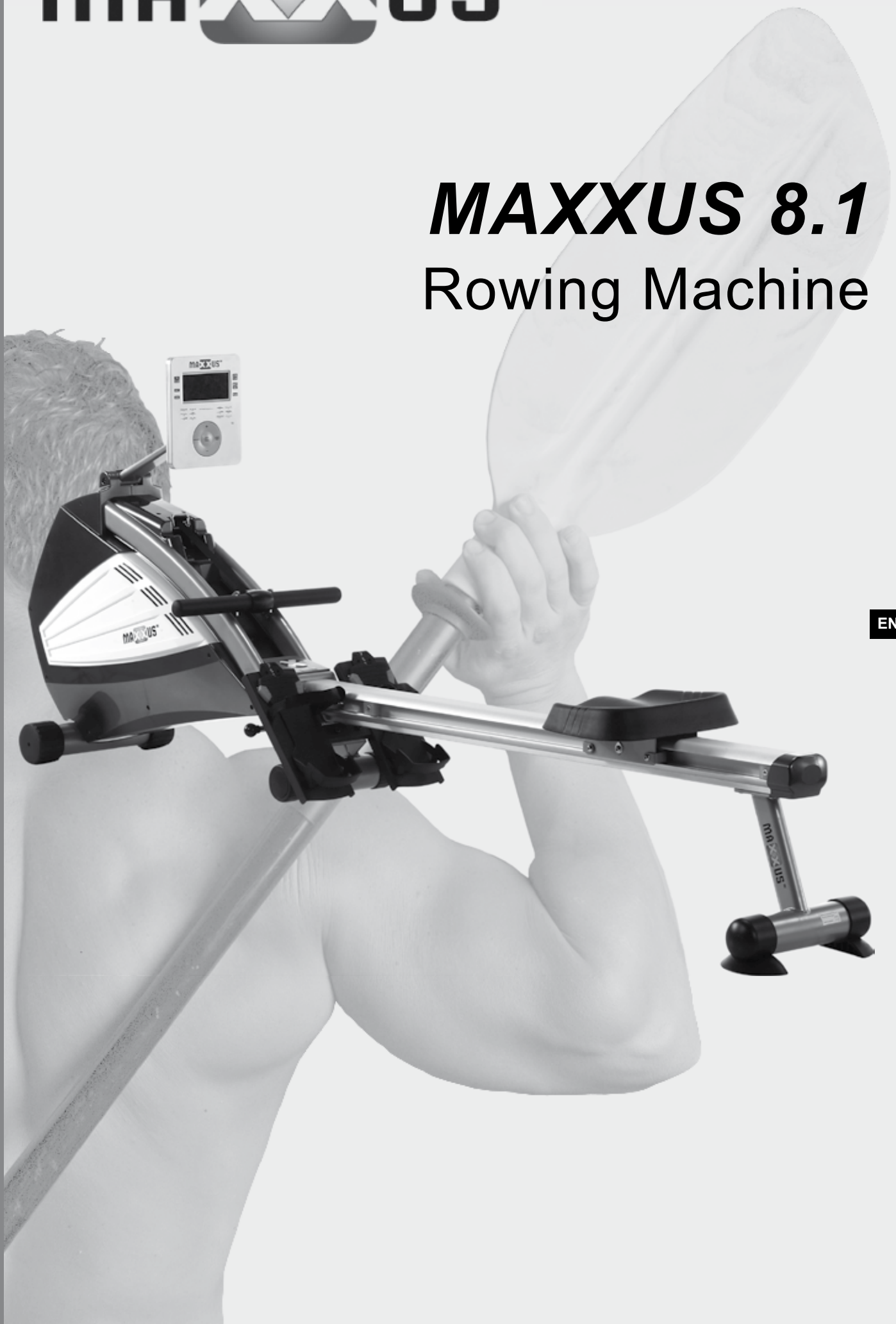
INSTALLATION & OPERATING MANUAL

MAXXUS®

MAXXUS 8.1

Rowing Machine



ENG

Index

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.

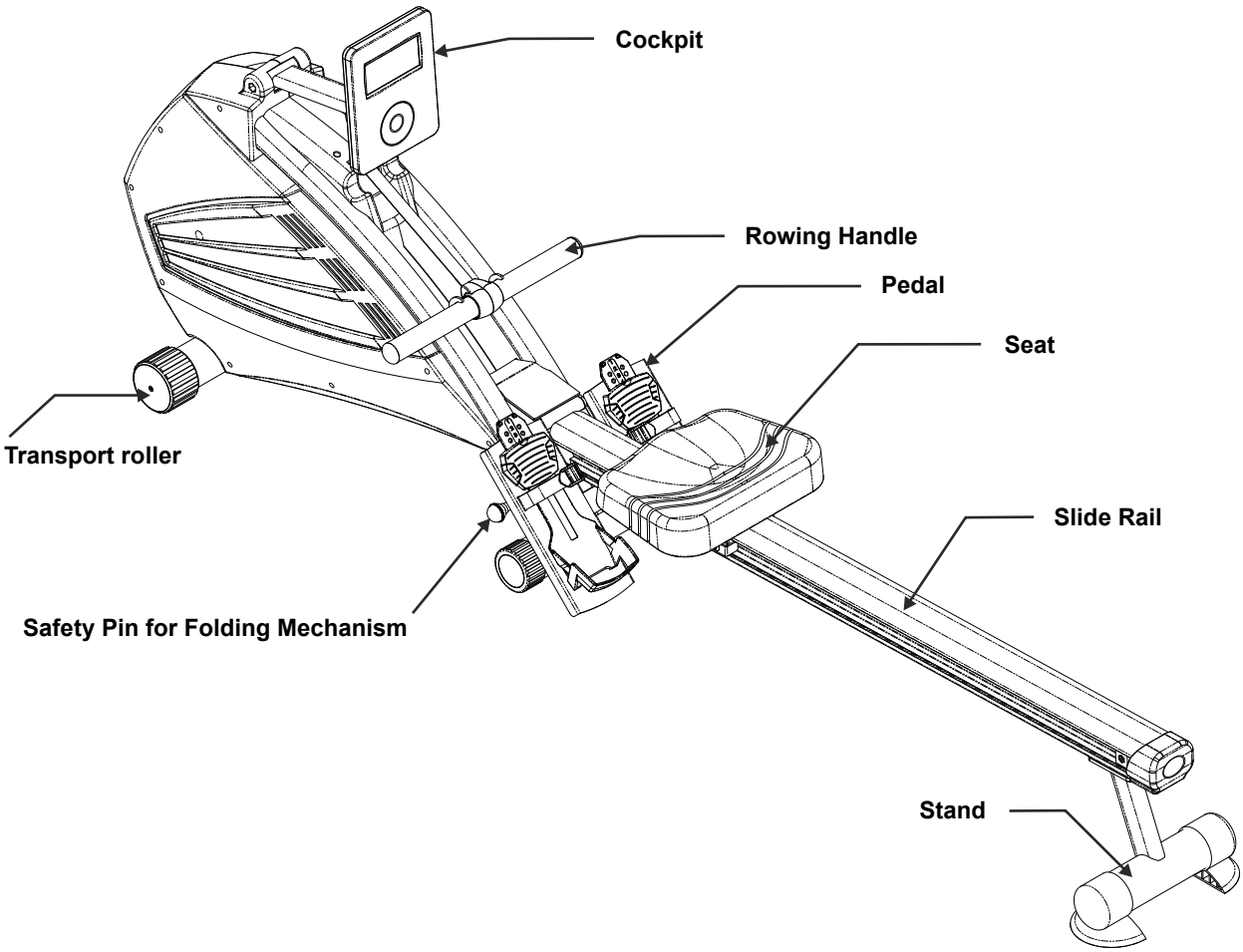
Electrical Connection (only applies to devices with an external electrical connection)
- A mains voltage of 220-230V is required to operate this training device.
- The training device is only to be connected to the mains with the mains cable supplied using a 16A individually fused and earthed socket 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.

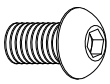
Personal Safety Instructions for Training
- Remove the batteries or mains cable (if present) when the training device is not in use to avoid inappropriate or uncontrolled use by any other third party, e.g. children.
- You should have a health check carried out by your doctor before you start any training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

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!

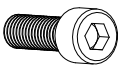
Overview of the Device



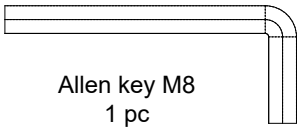
Fixing Material



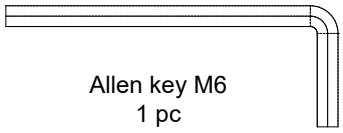
Allen screw – Part 41
M8x16mm
14 pcs



Allen screw – Part 69
M8x25mm
2 pcs



Allen key M8
1 pc

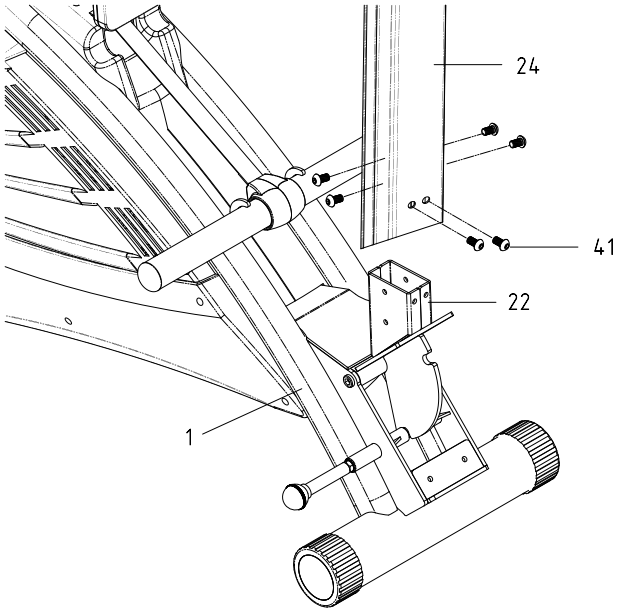


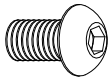
Allen key M6
1 pc

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.

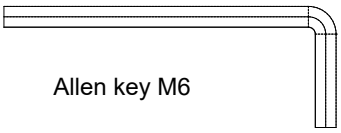
Carry out the assembly of your training equipment in a place that is level, clean and free from obstructions. Carry out assembly with 2 people. Only after assembly is fully completed can training begin on your device.

Step 1: Assemble the Aluminium Slide Rail
Place the aluminium slide rail (24) onto mount (22) on the base frame and then secure it with six M8x16mm Allen screws (41) using the appropriate Allen key.





Allen screw – Part 41
M8x16mm
6 pcs



Allen key M6

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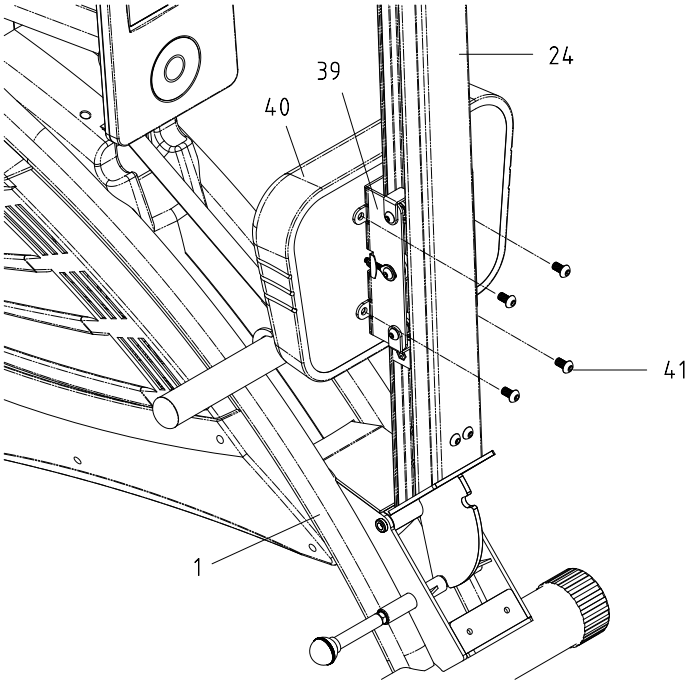
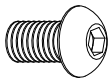
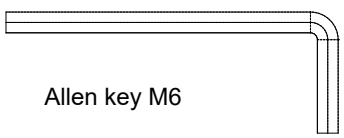
Step 2: Assemble the Seat
Attach the seat pad (40) to the slide rail (39) using four M8x16mm Allen screws (41).





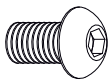
Allen screw – Part 41
M8x16mm
4 pcs



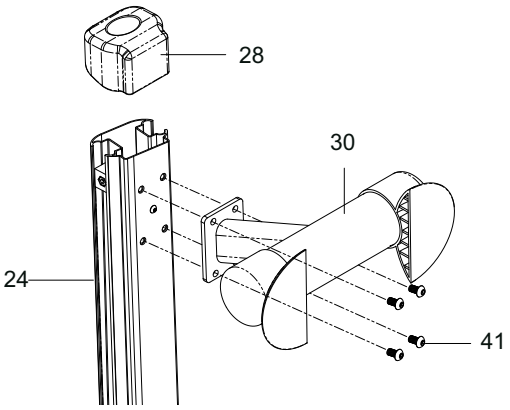
Allen key M6

Assembly

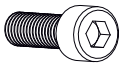
Step 3: Assemble the Rear Stand
Attach the rear stand (30) using four M8x16 mm Allen screws (41) at the rear lower end of the aluminium slide rail (24).
Then slide rear cap (28) onto the end of the slide rail (24).



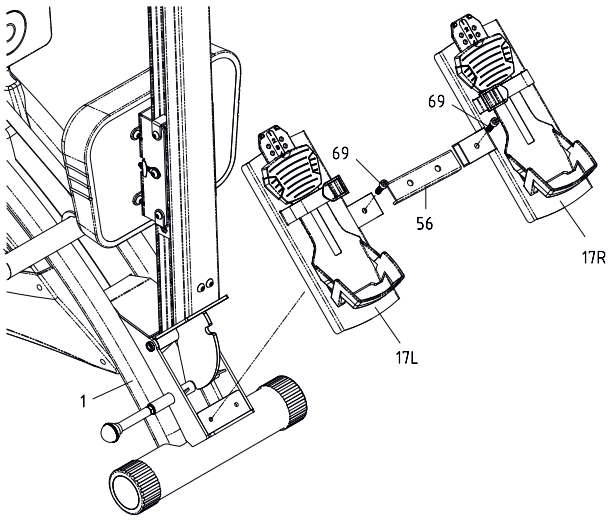
Allen screw – Part 41
M8x16mm
4 pcs



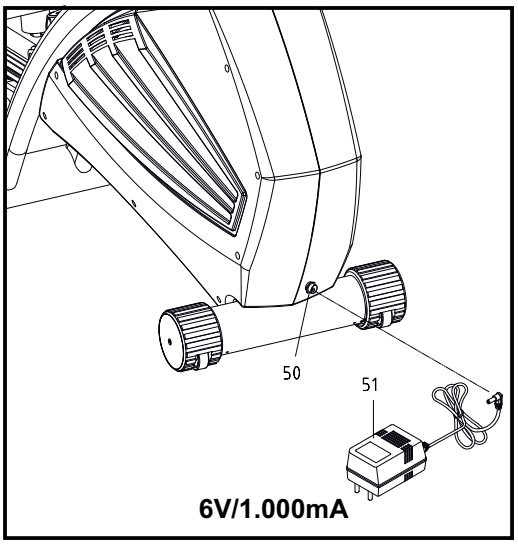
Step 4: Assemble the pedals
Place the right and left pedals (17R & 17L) with the connecting plate (56) onto the bracket on the base frame (1). Then attach them to bracket on the base frame (1) using two Allen screws M8x25 mm (69).



Allen screw – Part 69
M8x25mm
2 pieces



Mains Connection



Mains Adapter
Plug in the connector on the AC mains adapter (51), which is included in delivery, into the socket on the front of the main frame (50). Then plug the AC adapter into a wall mains socket.

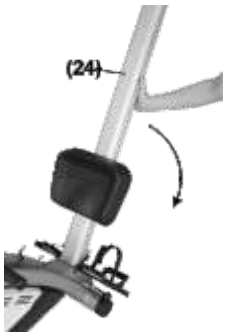
⚠ CAUTION:
Before connecting the mains adapter to the device, always check that it is the same as the one supplied with the device.
Using another mains adapter may damage the electronic components of the device for which the manufacturer can accept no liability.
Always plug in the connector with the training device before connecting it to a wall mains socket. If you disconnect your training device from the power supply, always disconnect the power cable from the wall mains socket first.
The device may only be connected to a socket that has been professionally installed and earthed. Do not connect the training device to multiple sockets.
If you use an extension cable, you must ensure that this complies with the guidelines of the VDE or the equivalent in your country.

To disconnect the mains adapter always remove the plug from the wall socket first. Only then should you remove the mains adapter from the rowing machine.

Folding Down the Slide Rail

Step 1:
Securely hold on to slide rail (24) with one hand and pull safety pin (34B) outwards with the other hand to release it.

Step 2:
Carefully fold down the slide rail (24) until the rear stand (31) is standing securely on the floor.



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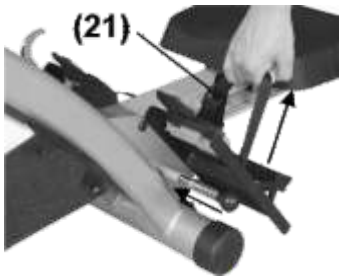
Step 3:
Pull pedal strap (21) on the left pedal until you hear the safety pin (34B) lock in.



Step 4:
Check that safety pin (34B) is safely locked in before you start training.

CAUTION: Before every training session please check that safety pin (34B) is safely locked in.

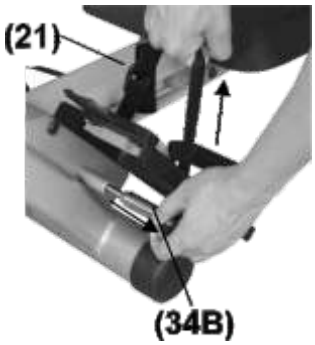
Safety Pin (34B) in unlocked position

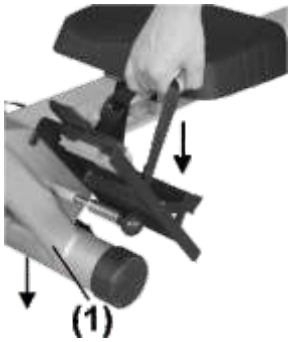
Safety Pin (34B) in locked position

Folding Mechanism

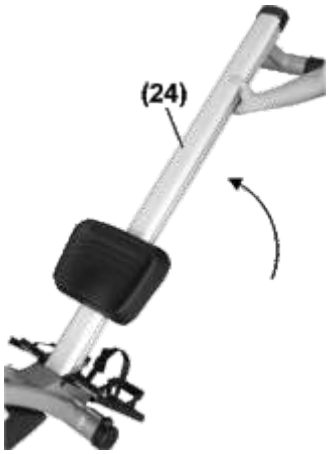
Folding Up the Slide Rail

Step 1:
Pull strap (21) on the left pedal upwards with one hand. At the same time pull out the safety pin (34B) with the other hand. Hold safety pin (34B) securely in this position and let go of the pedal strap (21).



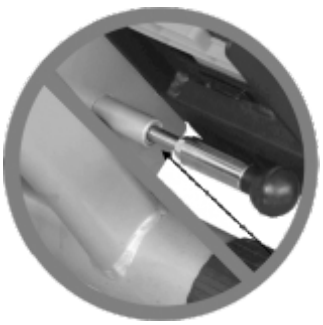


Step 2:
Carefully fold up slide rail (24) until it is upright and you hear the safety pin (34B) locking in.



Step 3:
Check that safety pin (34B) is safely locked in and that the sliding rail is secured safely.

⚠ **CAUTION:** Every time you fold up the slide rail you must check to make sure that the safety pin (34B) is safely locked in!



Safety pin (34B) pulled out

Safety pin (34B) locked in

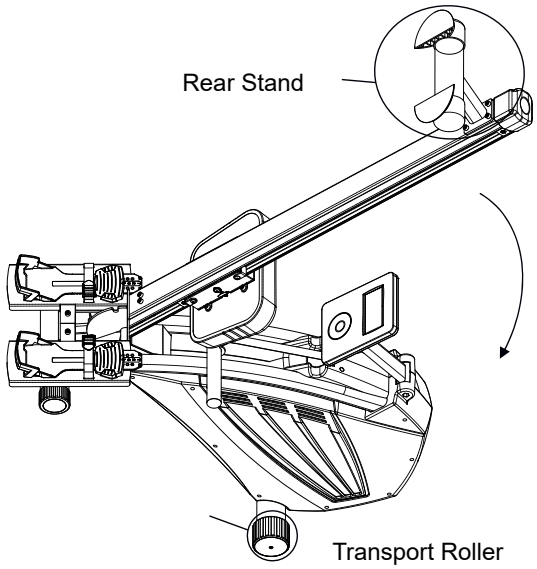
Location & Storage

This exercise equipment has been designed for use only 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.

High humidity and low temperatures prevailing in such locations lead to defects in the electronics, corrosion and rust. Damage of this kind is noy covered under the warranty.
Please choose a dry, level and well-ventilated training or storage area as a location for your training equipment.
For your own sake make sure that the training location is sufficiently ventilated to provide optimal oxygenation.

Before you start using your training device after a long period of non-use, make sure that all fasteners are tightened firmly and safely.

Transport



The front stand has transport rollers for you to transport your rowing machine easily and safely. To transport the training device, fold the slide rail as instructed in the previous “Folding Mechanism” section. Now stand in front of the rowing machine and grab the rear stand with both hands. Push the device into itself pushing the slide rail down until the main weight of the device is on the transport rollers. Now you can easily push the rower on its rollers into the desired position. Always take care that you have a firm and secure footing whenever you lift, transport or put down the device.

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Care and Maintenance

⚠ CAUTION

Before you begin cleaning, maintenance and / or repair work, the training device must be switched off and completely disconnected from the mains power. Disconnect the power plug from the wall outlet and then disconnect the power cable from the exerciser. The power cable may only be reconnected to the exerciser and the mains when all work has been fully completed and the device has been restored to its proper training position.

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 guide 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.
Costs for the repair of a badly maintained training device can quickly cost several hundred euros. A high price that can be avoided by the regular care and maintenance.

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.

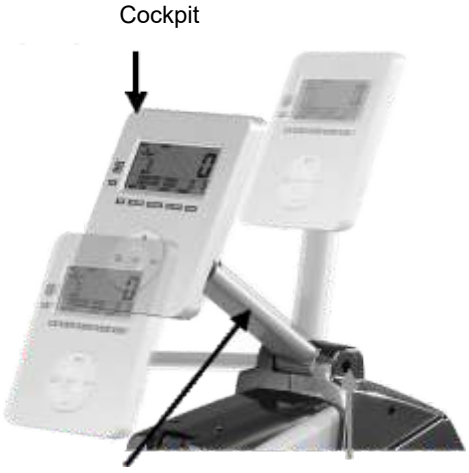
Adjusting the Foot straps
The fastening system of the pedals consists of two elements. One is the sizing to adjust the length, the other is the straps that secure the foot to the pedal.

Step 1:
Press the two size adjustment buttons and set the optimum position of the pedals. The individual positions are numbered in order to remember them easily and be able to adjust quickly. Once you have found the optimal size setting, release the buttons to lock.

Step 2:
Place your feet on the pedals and fix them by tightening the straps. Make sure that they hold the feet firmly but are not too tight.
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.

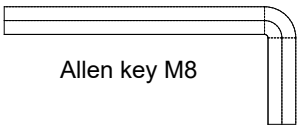
Adjustment buttons

Positioning the Cockpit



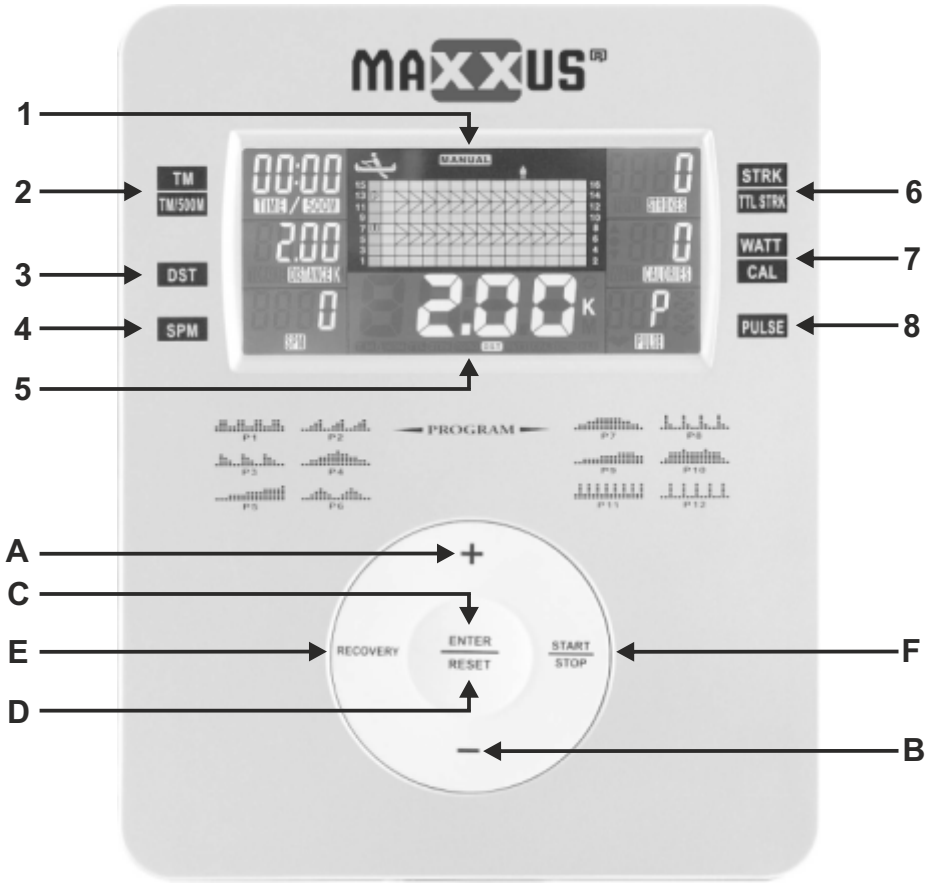
Cockpit arm Screw (59)

To be able to read the cockpit of your rowing machine optimally or to adjust the cockpit position for different body sizes, the inclination of the cockpit arm and the cockpit are stepless adjustable by hand. Check regularly the tightness of screws (59) which fixes the cockpit arm. If necessary, use the Allen key M8 to tighten it again.


Allen key M8

Rowing Handle Storage

If you want to interrupt or end your training session, always put the rowing handle back in the holder provided. Your rowing machine is fitted with holders in two different positions for this.



1. Profile Matrix (16x8 dots)
The profile matrix shows the graphical progression of the selected training profile or the currently selected resistance level.

2. Time Display (change display of TM and TM / 500M)
TM: Displays the current training time. If the training time has been specified this value will be counted as a countdown back to 00:00.
TM / 500M: Displays the average time the user requires at the currently selected speed to go 500 metres. This value is continually updated.

3. Distance Display (DST)
Shows distance currently completed. If the training distance has been specified, this value will be counted in a countdown back to 0.00.

4. Rowing Strokes per Minute (SPM)
Displays the current rowing speed in rowing strokes per minute. This value is continually updated.

5. Value Display with Scan Function
This display alternately displays all training values. During training, press the ENTER key to display the scan function icon in the top right of the window. If you would like permanently to see a training value displayed, wait until this value appears in the display and then press the ENTER key again. The scan icon will go off and the desired value will be permanently displayed.

6. Rowing Strokes (alternate display of STRK and TTL STRK)
STRK: Displays the rowing strokes for the current training session.
TTL STRK: Displays the total number of rowing strokes.

7. Calorie Consumption Display * (CAL) and Power ** (WATT)
WATT: Displays the average wattage per rowing stroke
CAL: Displays the current calorie consumption. If the calorie consumption has been specified this value will be counted in a countdown back to 0.00

*** Note on calorie measurement**
Calculation of energy consumption is done by means of a general formula. It is not possible to exactly measure your individual energy consumption without a large amount of personal data. This is therefore an approximate and not an exact value.

**** Note on the Watt Display**
Since this is a training device suitable for non-therapeutic purposes only, the Watt value displayed is approximate and not a calibrated value. The displayed power may differ from the actual power.

Function keys:

A. Plus key
Before training:
- key to select the programs
- key for entering values

During training:
- key to increase the resistance level

B. Minus key
Before training:
- key to select the programs
- key for entering values

During training:
- key to reduce the resistance level

C. ENTER key
Before training:
- key to confirm entries

During training:
- key to activate or deactivate the scan function

D. Delete key (RESET)
Pressing this key for about 2 seconds will reset all data to zero.

E. Recovery Pulse Measurement (RECOVERY)
Starts the recovery pulse measurement

F. START / STOP
Starts and ends the currently selected training session.

Turning on the Cockpit
The cockpit turns on automatically as soon as the power cable is connected to the power outlet. If the cockpit is in stand-by mode (with the power cable attached) then turn it on by pressing any key or by starting to row.

User selection U1 - U4 + Guest Profile U0

After the cockpit has been switched on the display shows “U0”.

Step 1: Select the User Profile
Select the desired user profile by pressing the +/- keys.
U1 to U4: The values of the users are stored permanently
U0 - Guest Profile: The values are deleted after training ends.
Confirm your selection by pressing the ENTER key.

Step 2: Enter Personal Information
Enter your personal data for:

- Gender (= male / = female)
- Age
- Height (Ht)
- Body Weight (Wt)

by pressing the +/- keys and confirm each entry by pressing the ENTER key. After confirming the last entry by pressing the ENTER key, the cockpit changes automatically to the training programs.

Before each training, please select your user profile and confirm all entries with the ENTER key. Should any values such as body weight or age change, simply adjust the values accordingly.

QUICK-START

Start training directly by pressing the START key. If you use this function you cannot enter any training goals and you must end the training session yourself. You can regulate the resistance level from 1 to 16 by pressing the +/- keys.

MANUAL - manual training

Step 1: Program selection
After selecting the user profile and confirming the personal data, select the “MANUAL” program by pressing the +/- keys and confirm your selection by pressing the ENTER key.

Step 2: Selecting the Resistance Level
The resistance levels will flash in the display.
Now enter the desired resistance level from L1 to L16 by pressing the +/- keys.
Confirm your selection by pressing the ENTER key.
Note: The specified resistance level can be changed at any time during training by pressing the +/- keys.

Step 3: Specification of the Training Target & Upper Pulse Limit
You now have the option to specify a training target.
You can choose from:
- Training time (TIME)
- Training distance (DISTANCE)
- Calorie consumption (CALORIES)
- Setting the upper pulse limit
  After you have programmed your training target Press the ENTER key repeatedly until the pulse value flashes.
  Now enter a desired upper limit by pressing the +/- keys. Confirm this limit by pressing the ENTER key. A warning signal will sound as soon as the pulse value reaches the upper pulse limit.
  NOTE: To display the pulse value you will require a transmitter chest belt which is available as an optional extra.
- Rowing Strokes (STROKES)

Please note that it does not make sense to specify more than one training goal.
Select the desired value by pressing the ENTER key and enter the training target by pressing the +/- buttons. If you do not want to specify the value and a value is already in this window then reset the value to zero by pressing the +/- keys. Then confirm your entries by pressing the ENTER key.

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Step 4: Training Start
Now press the START key and start exercising.

Training End:
Training will end automatically once the training target has been reached.

Pre-Programmed Training Profiles

The cockpit of your rowing machine offers you 12 different pre-programmed training profiles. The graphic progression of the programs is displayed below the display on the cockpit housing.

Step 1: Program Selection
After selecting the user profile and confirming the personal data select “PROGRAM” by pressing the +/- keys and confirm your selection by pressing the ENTER key.

Step 2: Profile Selection
Press the +/- keys to select the desired training profile from P1 to P12 and confirm your selection by pressing the ENTER key.

Step 3: Specification of the Profile Level
The current profile level flashes in the display. By pressing the +/- keys you can adjust the selected profile level.
Confirm your selection by pressing the ENTER key.
Note: The selected level can be changed at any time during training by pressing the +/- keys.

Step 4: Specification of the Training Target
You now have the option to specify a training target
You can choose from:
- Training time (TIME)
- Training distance (DISTANCE)
- Calorie consumption (CALORIES)
- Rowing strokes (STROKES)

Select the desired value by pressing the ENTER key up to four times to get to “Rowing Strokes” and specify the training target by pressing the +/- keys.
Then confirm your entry by pressing the ENTER key.
Please note that it does not make sense to specify more than one training target.

Step 5: Specification of the Pulse Upper Limit
After programming your training target Press the ENTER key until the pulse value flashes.
Now enter the desired upper limit by pressing the +/- keys.
Confirm this entry by pressing the ENTER key.
A warning signal will sound as soon as the pulse value reaches the upper pulse limit.
NOTE: To display the pulse value you will require a transmitter chest belt which is available as an optional extra.

Step 6: Training Start
Now press the START key and start exercising.

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

Performance Constant Training (WATT)
With this program the power required by the user is held constant.

Step 1: Selecting the Program
After selecting the user profile and confirming the personal data, select the “WATT” program by pressing +/- keys and confirm your selection by pressing the ENTER button.

Step 2: Specification of the Wattage
The value in the Watt window flashes. Now enter the desired wattage from 10 to 350 by pressing the +/- keys. Confirm your selection by pressing the ENTER key.
Note: The selected power level can be changed at any time during exercise by pressing the +/- keys.

Step 3: Specification of the Training Target & Pulse Upper Limit
You now have the option to specify a training target.
You can choose from:
- Training time (TIME)
- Training track (DISTANCE)
- Calorie consumption (CALORIES)
- Select a pulse upper limit
  After you have programmed your training target press the ENTER key repeatedly until the pulse value flashes. Now enter a desired upper limit by pressing the +/- keys and confirm your selection by pressing the ENTER key. A warning signal will sound as soon as the pulse value reaches the upper pulse limit.
  NOTE: To display the pulse value you will require a transmitter chest belt which is available as an optional extra.
- Rowing strokes (STROKES)

Please note that it does not make sense to specify more than one training target.
Select the desired value by pressing the ENTER key and enter the training target by pressing the +/- buttons. If you do not want to specify the value and a value is already in this window then reset the value to zero by pressing the +/- keys. Then confirm your entries by pressing the ENTER key.

Step 4: Training start
Now press the START key and start exercising.

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

Note: If the cockpit can no longer maintain the selected wattage by regulating the resistance level, the display will show “---“. If this is the case, the rowing speed must be reduced or increased accordingly.

USER PROFILE - free memory space for individual training profiles

User profiles U1 - U4 are 4 free memory spaces available for creating and saving individual training profiles.

Step 1: Program Selection
After selecting the user profile and confirming the personal data, select the “USER” program by pressing +/- buttons and confirm your selection by pressing the ENTER key.

Step 2: Programming the Segments
The first segment of the profile matrix from a total of sixteen segments flashes.
Now enter the desired resistance level from 1 to 16 by pressing the +/- keys. Confirm your selection by pressing the ENTER key.

Segment 2 will then be 2 flashing. Repeat the procedure for all remaining segments as described for segment 1.
When you have confirmed the last segment by pressing the ENTER key, segment 1 will start flashing again. Hold down the ENTER key until the value flashes in the TIME window.

Step 3: Specification of the training target & pulse upper limit
You now have the option to specify a training target.
You can choose from:

- Training time (TIME)
- Training track (DISTANCE)
- calorie consumption (CALORIES)
- Select a pulse upper limit
  After you have programmed your training target press the ENTER key repeatedly until the pulse value flashes. Now enter a desired upper limit by pressing the +/- keys and confirm your selection by pressing the ENTER key. A warning signal will sound as soon as the pulse value reaches the upper pulse limit.
  NOTE: To display the pulse value you will require a transmitter chest belt which is available as an optional extra.
- Rowing stroke (STROKES)

Please note that it does not make sense to specify more than one training target.
Select the desired value by pressing the ENTER key and enter the training target by pressing the +/- buttons. If you do not want to specify a value but there is a value already in this window, reset the value to zero by pressing the +/- keys. Then confirm your entries by pressing the ENTER key.

Step 4: Training Start
Now press the START key and start exercising.

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

Note on training with a previously programmed user profile
If you want to train with previously created and saved USER profile, hold down the ENTER key after Step 1 until the value in the TIME window flashes. Now continue with Step 3.

Heart Rate Controlled Training (HRC)

These programs are a heart-rate controlled exercise programs. Here the user pre-sets a desired target heart rate. The cockpit continually compares this value with the current heart rate of the user. If the current heart rate is lower than the desired target heart rate, the cockpit will automatically increase the braking resistance. If the value is higher, the cockpit automatically reduces the braking resistance.

An important requirement for these programs is the permanent and accurate transmission of the heart rate readings. Because of this, these programs can only be used together with a heart rate chest belt available as an optional accessory from our online shop www.maxxus.com . Please also read the section “Heart Rate Measurement” in this manual.

Step 1: Program Selection
After selecting the user profile and confirming the personal data, select the “HRC” program using the +/- keys and confirm your selection by pressing the ENTER key.

Step 2: Select the target heart rate
The cockpit offers you a choice of 4 different HRC programs:

- 55% - Training with a target heart rate of 55% of the maximum heart rate
- 75% - Training with a target heart rate of 75% of the maximum heart rate
- 90% - Training with a target heart rate of 90% of the maximum heart rate
- TAGR - Training with an individual target heart rate

Select the desired program using the +/- keys and confirm your selection by pressing the ENTER key.

Step 3: Specification of the target heart rate
If you have chosen one of the programs 55%, 75% or 90% in Step 2, then skip this step and proceed directly to Step 4.

If you have chosen TAGR, the value flashes in the pulse window. Now enter the desired target heart rate using the +/- keys and confirm your selection by pressing the ENTER key.

Step 4: Specification of the training target
You now have the option to specify a training target.
You can choose from:

- Training time (TIME)
- Training track (DISTANCE)
- Calorie consumption (CALORIES)
- Rowing strokes (STROKES)

Select the desired value by pressing the ENTER key up to four times to get to “Rowing Strokes” and specify the training target by pressing the +/- keys.
Then confirm your entry by pressing the ENTER key.
Please note that it does not make sense to specify more than one training target.

Step 5: Training Start
Now press the START key and start exercising.

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

Note:
If your current heart rate is higher than the target heart rate

Race Simulation (RACE)

This program simulates a race with a computer opponent (Pacer).

Step 1: Program Selection
After selecting the user profile and confirming the personal data, select the “RACE” program using the +/- keys and confirm your selection by pressing the ENTER key.

Step 2: Specify the Rowing Strokes per Minute of the Opponent
Press the +/- key to enter the rowing strokes per minute (SPM) for the computer opponent (Pacer) and confirm your entry by pressing the ENTER key.

Step 3: Specification of the competition distance
Enter the race distance using the +/- keys and confirm your entry by pressing the ENTER key.

Step 4: Race Start
Start the race simulation by pressing the START key.
The letters “U” and “P” indicate the current placement. “U” stands for the user and “P” for the computer opponent.

Training End:
The display shows “WIN” if the user has won or “LOSE” if the user has lost.
During the race the resistance levels can be changed individually by the user.

Recovery Heart Rate

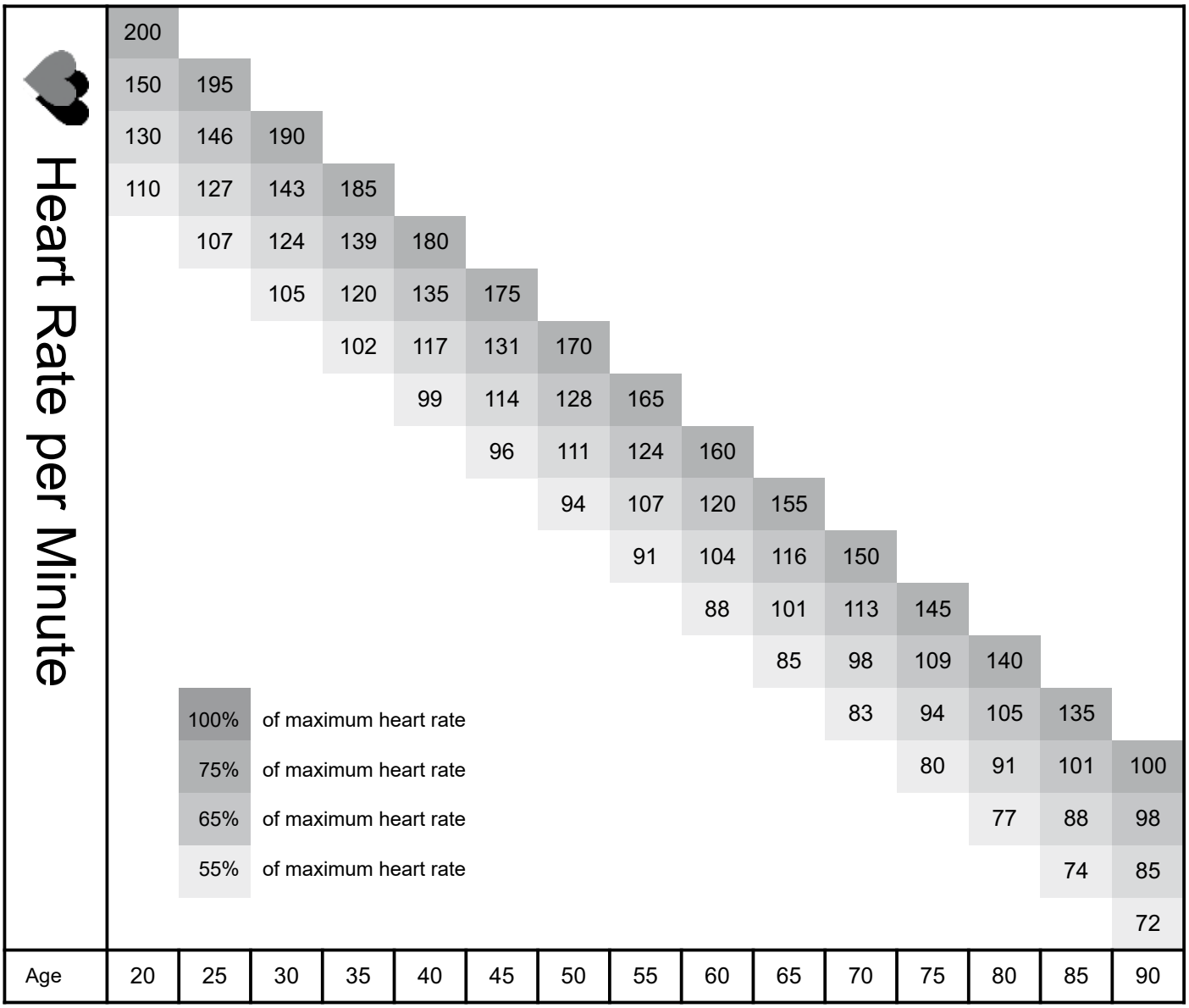
The recovery pulse measurement determines how quickly the heart rate recovers after physical exercise. The pulse rate decreases more quickly the more in training the heart and circulation are. The difference between the stressed pulse and the recovery pulse indicate how quickly the heart rate recovers after strenuous exercise. To use this feature, you need an transmitter chest belt which is available as an optional extra (not included).

Press the RECOVERY key shortly before your current training program ends.
The cockpit counts down for 60 seconds. After the 60 second countdown the result will appear in the display.

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

Note:
It is not possible to use the recovery function in STOP mode or as an individual program.
This feature is only available during a training program. It is recommended always to start this function just before the end of the current program. It is not possible to return to the original program once the RECOVERY measurement and evaluation has been completed.

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.

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

Rowing Motion – 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.

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 training device makes creaking noises during training.
Check if the training device is standing firmly and evenly on the ground. If necessary re-adjust the stabilizers.

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.

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, 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:
- 100 x 100 cm
- 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 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.

Cockpit
Display of:

- Time
- Distance
- Calorie consumption
- Time/500m
- Rowing strokes per minute
- Watts
- Heart rate (when using chest belt available as an optional extra)
- Strokes – total number

Technical Details:

Brake system 1:	Air Resistance
Brake system 2:	Motorised permanent magnetic brake
Drive:	Poly V grooved belt
Pulley system:	Belt pulley with ergonomically shaped handle
Slide rail:	Aluminium
Installation dimensions:	approx. 2,480 x 465 x 1,025 mm (LxWxH)
Folded dimensions:	approx. 1,235 x 465 x 1,800 mm (LxWxH)
Total weight:	approx. 30 kg
Maximum user weight:	150 kg
Value adjustment:	Keypad
Power supply:	Mains adapter

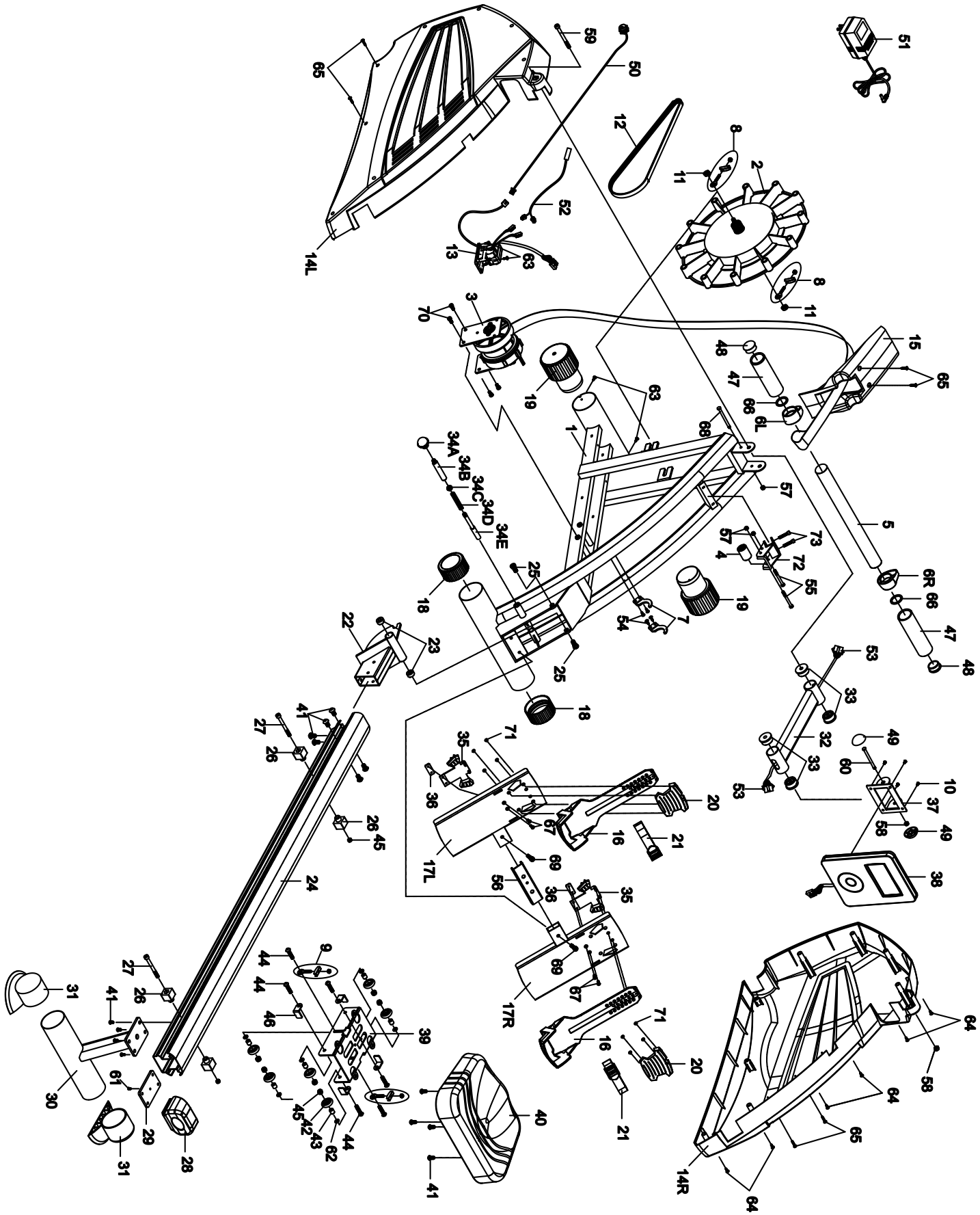
Application: Exclusively for home use!

Disposal

European Disposal Regulations 2012/19/EU
Do not dispose your training device in the normal household rubbish.
Dispose the device at a communal waste disposal facility or at a registered waste disposal company.
Observe current regulations which apply accordingly. If in doubt seek advice from your local government office or county council as to where you can dispose of the device properly and in an environmentally sound manner.

Batteries / Rechargeable Batteries
Batteries and rechargeable batteries should never be disposed of in the household rubbish.
Please be aware that all batteries can contain toxic substances and all consumers are obliged by law to dispose these at an appropriate collection point either at your local government office, county council or retail outlet.
If in doubt seek advice from your local government office or county council as to where you can dispose batteries properly and in an environmentally sound manner. Only dispose of batteries when they are empty.

Exploded Drawing



Part No.	Description	Qty
1	Main Frame	1
2	Plastic fan with sensor magnet	1
3	Pulling strap transmission set	1
4	Strap wheel set	1
5	Handlebar	1
6R	Handlebar cover, right	1
6L	Handlebar cover, right	1
7	Handlebar hook holder	2
8	Tension bracket & eyebolt set I	2
9	Tension bracket & eyebolt set II	2
10	Bolt for computer M5x10 mm	4
11	Nut 3/8"	2
12	Belt 350J6	1
13	DC Motor	1
14R	Cover, right	1
14L	Cover, left	1
15	Handlebar cover	1
16	Adjustable footplate	2
17R	Lower foot pedal, right	1
17L	Lower foot pedal, left	1
18	Round cap	2
19	Front stabilizer end cap with transportation wheel	2
20	Pedal pad	2
21	Pedal strap	2
22	Shaft bracket	1
23	Shaft bushing Ø21,5x12mm	2
24	Aluminum beam	1
25	Hexagon Socket Countersunk Head cap bolt 10x16	2
26	Bumper Stopper 28x28x37	4
27	Hexagon Socket Countersunk Head cap bolt M8x80 mm	2
28	Aluminum beam cover	1
29	Rear connect plate	1
30	Rear stabilizer	1
31	Rear stabilizer end cap	2
32	Computer post	1
33	Computer post bushing Ø38-3/8"	4
34A	Lock pin ball	1
34B	Lock pin Ø15x80mm	1
34C	Nut	1
34D	Spring	1
34E	Lock pin shaft	1

Part No.	Description	Qty
35	Foot pedal button	2
36	Foot pedal button plate	2
37	Computer bracket	1
38	Computer UT-6911-1	1
39	Seat carriage	1
40	Seat	1
41	Hexagon Socket Head bolt M8x16mm	14
42	Seat roller	6
43	Spacer Ø8xØ12x11	6
44	Hexagon Socket Head bolt M8x35mm	6
45	Nylon nut M8	8
46	Carriage stop	4
47	Handlebar foam grip HDRØ30x3Tx215mm	2
48	Handlebar End cap Ø1 1/4"	2
49	Bolt cap Ø42	2
50	Power supply cable	1
51	Adapter - 6V/1.000mA	1
52	Sensor wire, 400mm	1
53	Computer wire, 400mm	1
54	Hexagon Socket Head bolt M5x10mm	4
55	Hexagon head bolt M6x60mm	2
56	Foot Pedal Connection Plate	1
57	Nylon Locknut M6	3
58	Nylon Locknut 3/8"	2
59	Hexagon Socket Countersunk Head cap bolt 3/8"x3 3/4"	1
60	Hexagon Head bolt 3/8"x4"	1
61	Hexagon Socket Head bolt M6x10mm	1
62	Flat washer M8xØ16x1.5T	6
63	Self tapping screw 5/32"x1/2"	6
64	Self tapping screw 3/16"x5/8"	6
65	Self tapping screw 3/16"x1/2"	6
66	Plastic washer Ø32,45xØ38,5x2T	2
67	Cross head bolt M5x15	4
68	Hexagon head bolt M6x90mm	1
69	Hexagon Socket Countersunk Head cap bolt M8x25 mm	2
70	Hexagon Socket Countersunk Head cap bolt M8x25 mm	4
71	Self tapping screw M4x8 mm	8
72	Strap Wheel Set Bracket	1
73	Hexagon Socket Countersunk Head Cap Bolt M6x30mm	2

Notes

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

Device Details

Product Name: **MAXXUS 8.1**

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 ....)

ENG

☐ 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, Zeppelinstr. 2, 64331 Weiterstadt
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

MAXXUS®

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