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ENG

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

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

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

Electrical Connection

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

Training Environment

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

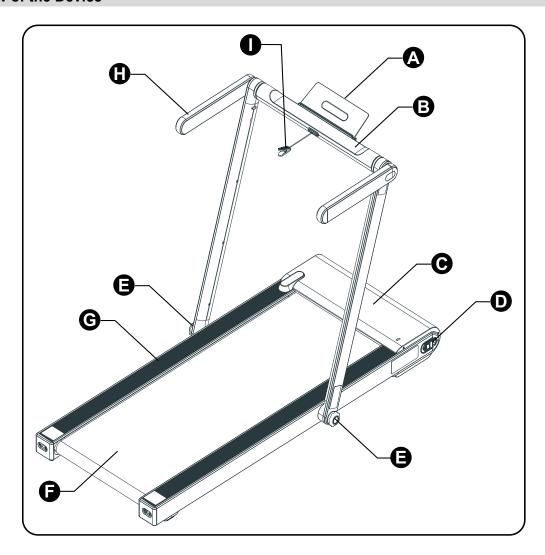
Personal Safety Instructions for Training

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

Warning for pulse and heart rate measurement

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

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



Description of Parts

Tablet Holder (A): foldable, strong holder for tablet PC's, smartphones, E-books, etc.

Cockpit (B): key pad and LCD display showing the training values

Motor Housing (C): to protect the motor and electronic components from dirt and soiling.

Main Switch/Fuse/Mains Connection (D): Here are the main switch to turn the treadmill on and off, the connector for the mains cable and the fuse.

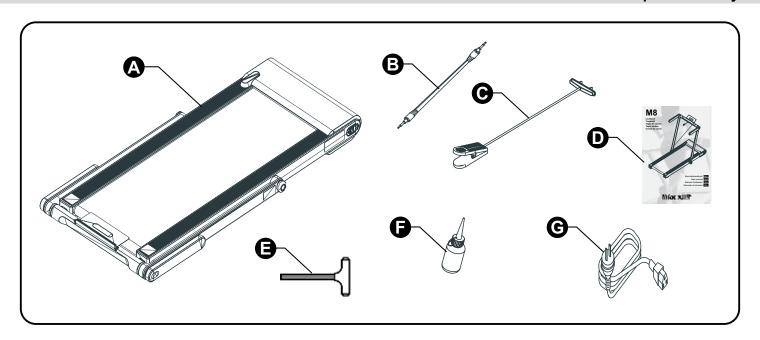
Safety Knob (D): This safety knob must be used to allow the cockpit frame, handrails and side frame to be lowered.

Treadmill Deck (F): Wide treadmill deck and belt with diamond shaped ribs for optimum grip and safety when training.

Side Treads (G): Allow users to get on and off the treadmill deck safely. By fatigue or danger, the user can safely get a secure grip by standing on the side treads.

Hand Rails (H): Ensure safety and stability when getting on and off the treadmill deck or if the user loses their balance. Also ideal for holding onto for walking or jogging training.

Safety Key (I): Emergency Stop



Included in delivery:

Treadmill Belt (A)

The treadmill belt is already pre-assembled. There are no other components to be assembled here.

Audio Cable (B):

Use this Hi-Fi stereo RCA jack cable to connect an audio source (smartphone, tablet PC, MP3 player, etc.) to the treadmill.

Safety Key (C):

Safety key for the emergency stop on the treadmill and to secure the treadmill against unsupervised use by unauthorised persons. More information about this can be found in the Safety Key Section in this manual.

User Manual (D):

Detailed operating manual for this treadmill.

Allen Key with T-Grip (E):

Use this Allen key to re-tighten and adjust the treadmill belt. It should be stored at the right front end of the side frame.

Care Oil for Treadmills (F):

This oil is for the first lubrication of the treadmill belt. You will find more information about this later in this manual.

Mains Cable (G):

This appliance coupler cable is for the connection of the treadmill to a power socket.

Carefully unpack all delivered parts. Have someone there to help you as the treadmill has a deadweight of approximately 43kg. Before assembly check that all parts in the scope of delivery have been delivered.

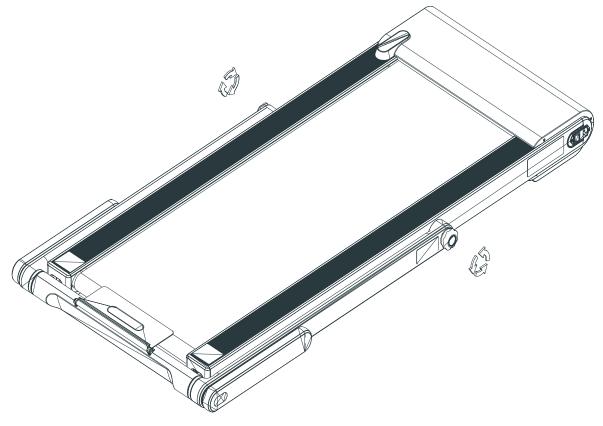
Assemble the parts carefully as any damages or defects occurring due to mistakes made at the time of assembly are not covered by the warranty or guarantee. Therefore, read through the assembly instructions carefully before you start assembling, follow each assembly step exactly as described and keep to the correct sequence of assembly as instructed. Assembly of the training device must be carried out thoroughly by adults only.

Assemble the training device in a location which is level, clean and clear of obstructions. 2 people are required to carry out the assembly. Training can only start when the training device has been fully assembled.

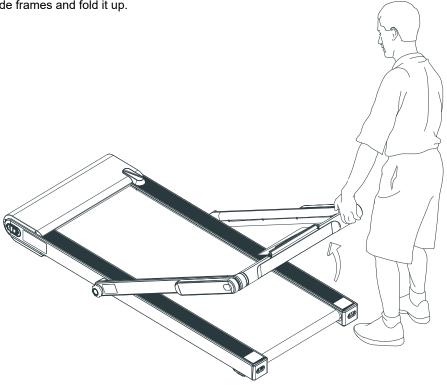


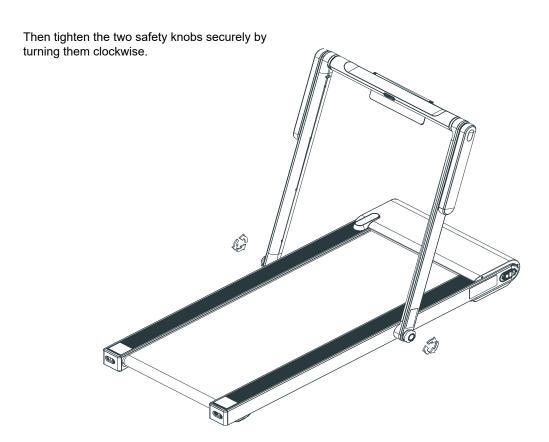
Step 2 Folding Up the Side Frames

Loosen the two safety knobs approximately half-way by turning them anti-clockwise. 3 to 5 turns each should be sufficient. Do not remove the safety knobs completely.



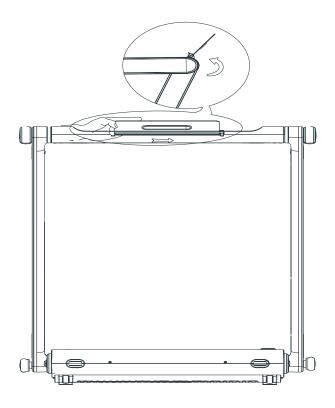
Now lift the cockpit frame with the two side frames and fold it up.





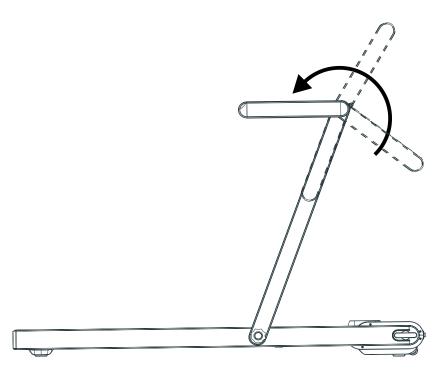
Step 3: Folding Up the Tablet Holder

After raising the tablet holder upwards in the direction of the arrow (see illustration) then slide it along to the left. Test if the tablet holder is secure by shaking it lightly with your hand. Only use the tablet holder if you have made sure it is fitted correctly and securely.



Step 4: Folding Up the Hand Rails

Pull the right and left hand-rails upwards as shown in the illustration until they are pointing backwards and horizontal to the back end of the treadmill deck.



Step 5: Inserting the Safety Key

To complete the assembly insert the safety key into its slot on the treadmill cockpit frame.

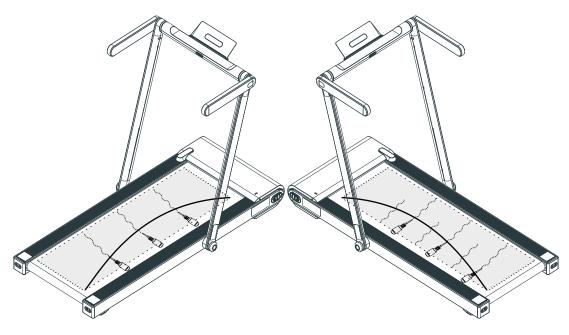


The treadmill cannot be used if the safety key is not inserted correctly!

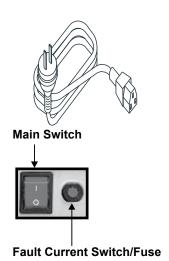


Step 6: Lubricating the Treadmill Belt

The treadmill belt has already been pre-lubricated at the factory. As the lubricant can dry out over time, please check before using the treadmill if the treadmill belt is sufficiently lubricated. If not, lubricate it if necessary. To do this, please read the "Maintenance & Care" section in this manual.



Mains Connection



Mains Cable

Connect the power cable to an electrical socket.

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

Main Switch

The main switch is located next to the power connection on the side of the motor housing. This switch is used to turn the treadmill on or off.

Switch position "I" = treadmill switched on

Switch position "0" = treadmill switched off

May vary depending on the model

Fault-Current Switch (depending on the model)

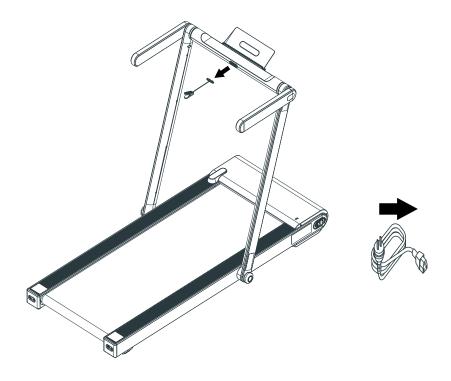
There is a fault-current button-switch next to the main switch on the front of the motor cover to prevent the treadmill from being damaged by electrical surges in the network. This button-switch is triggered off by if a surge in the electrical supply occurs and acts as a circuit breaker. In this case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

Fuse (depending on model)

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

Disabling Function

To protect the treadmill from being used by unauthorised third parties, always remove the safety key and keep it stored away in a separate place and out of the reach of unauthorised persons, such as children.



Thanks to the transport rollers, the treadmill can easily be pushed and moved around in both its assembled or pre-assembled condition.



The treadmill should only be moved by an adult.

Transport in Assembled Condition

Step 1:

Remove the mains cable at the plug from the electrical socket. Take hold of the back of the treadmill deck with both hands and lift it upwards until the majority of its weight is resting on the transport rollers. Make sure that you have a secure footing whilst doing this.

Step 2:

Now the treadmill can be pushed around easily without much effort. Make sure that there are no objects, children or animals obstructing the way. Make sure when moving the treadmill that you have a secure and firm footing.

Step 3:

To put the treadmill deck back down again, lower it slowly and gently until the base frame is standing completely back down on the floor.

Transport in Pre-Assembled Condition

Step 1:

Remove the mains cable at the plug from the electrical socket. To fold-down the treadmill again, repeat the steps for assembly in the reverse order.

Step 2:

Once fully folded down, take hold of the back of the treadmill deck with both hands and lift it upwards until the majority of its weight is resting on the transport rollers. Make sure that you have a firm and secure footing whilst doing this.

If you want to move the treadmill with it in its vertical position to store it for example between a cupboard and the wall, lift the treadmill deck up so that it is standing vertically. Now you can move the treadmill to the left and right on its transverse transport rollers.



Make sure that you have a firm and secure footing whilst doing this and that the treadmill cannot topple over. If in doubt, ask a second person to assist. If you store the treadmill in a vertical position, make certain that it cannot fall or crash down.

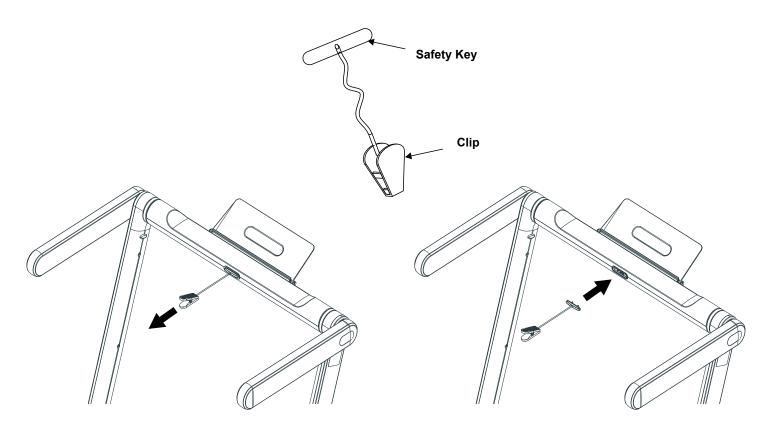
Safety Key

The treadmill will only operate if the safety key is correctly in contact with contact point in the cockpit. The treadmill will stop automatically if the safety key is no longer in contact.

Before each training session make sure to attach the safety key to your clothing with the clip.

If you either want to stop the treadmill quickly, cannot keep up with the speed, or any other emergency arises, pull the string to remove the safety key out of the cockpit. If the safety key is connected to your clothing it will automatically be pulled out of the cockpit if you fall. It is therefore vital to make sure that the clip is securely fastened to your clothing and cannot somehow be pulled off. Adjust the length of the string to hang down loosely during training.

It is not possible to operate the treadmill without the safety key being correctly inserted. If the safety key is pulled from the contact point during training the treadmill stops automatically. The message "E-07" or "E00" will appear in the display .



Safety Distance

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

Furthermore, whilst training on the treadmill you will require a minimum safety area measuring 100cm wide down the length of each side of the treadmill. You will also require a minimum safety area which is at least the width of the treadmill and measures a minimum of 50cm long in front of the treadmill.

What to do in an Emergency

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

If you trip during training, hold onto the handrails immediately with both hands, support yourself with your hands and arms on the handrails and put your feet on the foot rails on either side of the tread belt.

You should practice this several times so that you will know what to do if an emergency arises.

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



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

Before first use or after a long break from training

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

Maintenance & Cleaning Intervals:

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

Check the lubrication of the running belt: once a week

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

Check the alignment of the belt: once a week

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

Clean the motor compartment: once a month

To clean the motor compartment, remove the motor cover bolts and cover.

CAUTION: This work may only be performed when the training device is switched off and the power plug is removed. Vacuum the visible dust with the small nozzle of a vacuum cleaner. Never use detergent or compressed air under any circumstances.

Check the mounting materials: once a month

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

Why is maintenance of my treadmill so important?

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

What can happen if there is a lack of maintenance?

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

Why do I have to clean the motor compartment?

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

Damage caused by neglect or lack of maintenance and care are excluded from the Warranty and Guarantee.

Costs for the repair of a non-maintained training device can therefore quickly amount to several hundred euros. A high price that can be avoided by regular care and maintenance

Lubricating the Treadmill Belt

The most important maintenance measure for a treadmill is regular and timely lubrication and regular maintenance and care of the running belt. Damage or defects to the running belt resulting from lack of or failure to care for or lubricate the running belt, are not covered by the warranty or guarantee under any circumstances.

The treadmill belt must always be lubricated if a significant increase in friction of the running belt is noted. This can be detected by a jerking movement of the belt while training, or an error message (eg. "E1") in the cockpit display.

Inadequate lubrication or care and the associated significant increase in friction inevitably leads to increased wear and causes damage to the running belt, running deck, engine and circuit board. The frequency of use of the treadmill largely dictates how often you must perform maintenance. Because this varies from user to user, we recommend creating a service booklet. You should set a fixed day of the week to check the lubrication of the running belt during the first 6 months of use. To do this, lift the front third of the running belt and feel with your hand towards the middle if there is still lubricant present. If so, enter the date and "ok" in the service booklet. If little or no lubricant is present, lubricate the belt and enter this with the date. After some time, you can see the lubrication interval which is required.

Even if you do not want to keep a service book, be sure to check the lubrication of the running belt once per week!

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

Step 1

Remove the normal screw cap from the MAXXUS Care Oil bottle and replace it with the screw top with nozzle. (Fig. 1).

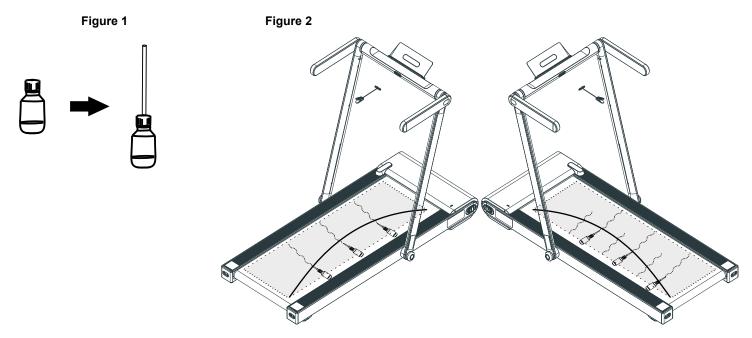
Step 2:

Before lubricating the belt, make sure that the treadmill is switched off. To be sure, also remove the plug from the power socket.

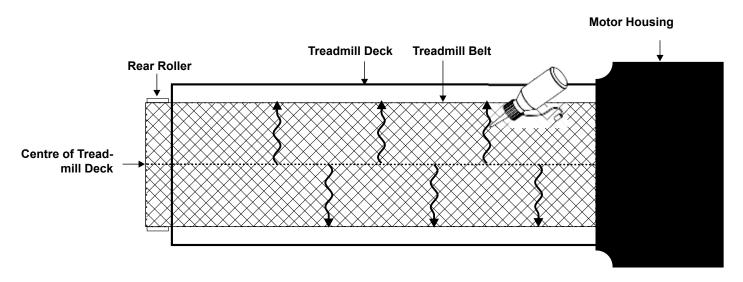
Step 3:

Lift the belt on the right side up high enough so that you can reach to the middle with the end of the thin nozzle on the care oil bottle between the underside of the raised treadmill belt and the surface of the treadmill deck. In the middle of the deck apply a wavy line of care oil going from the centre to the outside of the deck. Move the tip of the nozzle over the surface of the treadmill deck pressing gently on the care oil bottle to leave a line of oil on the deck. Make two more lines to the right and left of your central line leaving a distance of about 20 to 30 cm on each side. Repeat this procedure from the left side of the deck by raising the left side of the belt. The lines on this side should be equally staggered between the three lines you have just done from the other side (Fig. 2).

For an entire lubrication process you should use a maximum of 15 to 20 ml of care oil (not per line!!). If you apply too much care oil this may lead to the treadmill belt slipping through. Any excess care oil must be removed from the treadmill deck and drive rollers using a dry cloth.



Never lubricate the top surface of the treadmill belt!! Lubrication is only to be applied to the surface of the treadmill deck.



A CAUTION:

Only use the oil bottle supplied or MAXXUS® care oil (available from www.maxxus.de) to lubricate the treadmill belt. Do not use any other kinds of silicone or lubricants! We do not recommend the use of silicone sprays at any time!

Step 4:

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

A CAUTION:

For treadmills with foldable treadmill decks or with treadmills which can be stored vertically, do not fold or store vertically for at least 3 days after lubrication.

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Adjusting the Treadmill Belt

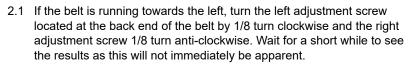
The treadmill belt must always be switched off with the mains cable plug removed from the socket before starting any maintenance, cleaning, repairs or any other works!

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

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

The treadmill belt can be adjusted in the following way:







The running direction of the belt will be changed with just a turn of 1/8 of the adjustment screw. Only turn the screw a little at a time.

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

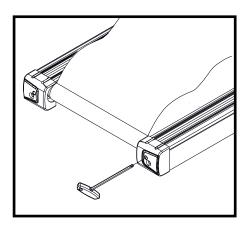
If the belt cannot be adjusted, please contact a specialist immediately.



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

Re-tensioning the Treadmill Belt

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



Step 1:

Start-up the treadmill belt and let it run at a constant speed of 4 km/h.

Turn each adjustment screw one after the other by 1/8 of a turn in a clockwise direction.

Step 3:

Try to slow down the belt by walking on it as if you are walking down a steep slope. If the front roller is still turning, repeat the tensioning process once again. The treadmill belt should be tensioned so that the front roller only turns through with heavy braking.

Display





Display of the distance travelled from 0.00 bis 99.0 kilometres.

Alternating Display:



Display of the training time from 0:00 to 99:59 minutes. Training will end automatically when the display reaches the value of 99:59 minutes.



Display of the number of steps taken (pedometer) from 0 to 9,999 steps.

Alternating Display:



Display of the number of calories consumed from 0.00 to 999 calories*



Display of the current heart rate **

*Note on calorie measurement

The calculation of the calorie consumption is done by means of a general formula. It is not possible to determine your exact individual calorie consumption as this requires a great deal of personal data. Therefore, the displayed calorie consumption is an approximate and not an accurate value.

**Note on heart rate measurement

An optional transmitter chest belt is required for this.



Display of the current speed from 1.0 to 12.0 km/h

Key Pad



START/PAUSE Key

Start Function

This starts the Quick Start function or starts the training program selected.

Pause Function:

During training the treadmill belt can be stopped by pressing the START key once. The cockpit will switch into pause mode for 5 minutes. If the START key is pressed within these five minutes, training will continue from where it stopped. After the five-minute break, the cockpit will automatically reset, and all values will be set back to zero. If the pause function is used, training can be continued by re-pressing the START key.

STOP Key

Stops the current training

+

SPEED +/- Keys

Use these keys to adjust the speed in 0.1 k/h increments.

+ = increase the speed

- = decrease the speed

3

Quick Selection Keys for Speed

The cockpit has 2 quick selection keys for speed.

These quick selection keys can be used to select

These quick selection keys can be used to select pre-set speeds quickly and easily. Speeds: "3km/h" and "5km/h"

lacksquare

Heart Rate Measurement

The cockpit on your treadmill is standard equipped with a Polar compatible receiver. A chest belt is available as an optional extra.

Use this key to select the heart-rate controlled program.

Heart Rate Receiver

The treadmill cockpit is fitted as standard with a receiver for wireless heart rate monitoring. This requires a transmitter chest belt which is not included in delivery. The chest belt must transmit at 5KHz frequency and be uncoded. MAXXUS® recommends using a POLAR® T34 transmitter chest belt for this. Use of a Bluetooth chest belt is not possible. Please also read the section "Heart Rate" in this manual.

Blue Tooth Receiver

The cockpit of your treadmill is fitted as standard with a Bluetooth receiver. You can connect the treadmill to your smartphone or tablet PC using the free APP FitShow

Switching on the Treadmill

Connect the power cable to the treadmill. Now connect the mains plug on the power cable to a grounded, 16 A socket which has an individual fuse and been installed by a professional electrician.

Now switch on the treadmill with the on / off switch (located on the side of the motor housing)

Switching off the Treadmill

Press the On/Off switch again to switch off the treadmill. Remove the mains plug from the electrical socket. Remove the power cable from the treadmill and store it somewhere separately to protect it from being used unsupervised by any unauthorised persons (eg. children).

Starting the Treadmill

Switch the treadmill on and press the START key.

After a countdown of 3 seconds, the treadmill will start automatically at a speed of 1.0 km/h. The training data will simultaneously start to be counted. Regulate the speed during training using the SPEED keys +/- or using the quick selection keys. To stop training, press the STOP key.

HRC – Heart Rate Controlled Training Program

Switch on the treadmill and press the ♥ key.

Enter the maximum heart rate which is not to be exceeded during training by pressing the +/- keys. Entries of between 80 and 180 are possible.

Press the START key and start training. Enter the desired speed using the +/- keys or by using the quick selection keys. If your actual heart rate exceeds the maximum set heart rate, a warning signal will sound and the current speed will automatically be reduced by 1.0 km/h.

If your actual heart rate continues to exceed the maximum set heart rate for a further period of 3 minutes, a warning signal will sound again and the current speed will be reduced again automatically by 1.0km/h.

If your actual heart rate continues to exceed the maximum set heart rate for a further period of 3 minutes a warning signal will sound and the current speed will automatically be reduced to bring the treadmill to a complete standstill.

The purpose of this training program is to protect the user from over straining themselves and to save the user from continually having to monitor their heart rate whilst training.

For this reason, when using this program, you should select a realistic speed which is suitable for your current training condition. Before using this program, you should test how high your heart rate is when you are running "comfortably" and then set the maximum heart rate limit to be a maximum of 10 heart beats higher than this. This will also avoid unwanted interruptions in your training sessions if the maximum heart rate limit has been set too low.



Before using this program or heart rate measurement, please read the section "Heart Rate" in this manual and pay particular attention to the warnings!



Please note that MAXXUS is not the producer or distributor of the FitShow App and is therefore also not responsible for content of the App. The following instructions were provided by the producer of the App and maybe subject to modifications and errors by them. For questions about the App, technical problems, improvement or change requests, please contact the producers directly via the appropriate App store.



Installation of the FitShow App

Scan the barcode and the FitShow App will be shown in the appropriate App Store (Apple Store & Google Play Store).

Please note that you will need a QR scanner on your smartphone or tablet PC in order to do this.



Creating a User Name and Password

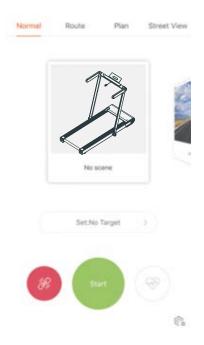
- 1. To use the App for the first time a user name and password must be created. This will ensure that your data is protected from being accessed by any other third party. If you have already registered you can login with your user name and your password.
- 2. Register with an email address or a telephone number and select a user name and a password for your FitShow login.



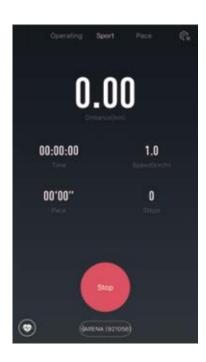
Synchronising the Device

Switch the treadmill on and activate the Bluetooth function on your smartphone or tablet PC. Then start the device search in your Bluetooth menu and connect with the treadmill.

Cockpit



If you click on the image of the device after connection, the corresponding device details with the range of specifications available will appear.



As soon as you start training, the following training progress will appear for:

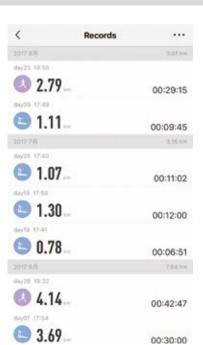
- Training time
- Calorie consumption
- Distance travelled
- Steps per minute
- Heart Rate (only together with an optionally available transmitter chest belt).
- Average speed

As soon as you have finished with training, click on the "Stop" key and the treadmill will stop. You can choose if you would like to continue with training or stop it in order for the current training session to be saved in your training history.



By pressing on the "Settings" key you can see and customise your personal settings, training records, software settings, connect a heart rate device etc. Please note that this App is currently only available in English.

ENG



You will find your training history in the "Records" section.

Pulse & Heart Rate

	200														
	150	195													
	130	146	190												
 	110	127	143	185											
l är		107	124	139	180										
🕇			105	120	135	175									
a				102	117	131	170								
(F)					99	114	128	165							
þe						96	111	124	160		ı				
Heart Rate per Minute							94	107	120	155		ı			
\leq								91	104	116	150		ı		
ור									88	101	113	145		ı	
te			ı							85	98	109	140		
		100%	of max	imum he	eart rate						83	94	105	135	
		75%	of max	imum he	eart rate							80	91	101	100
		65%		imum he									77	88	98
		55%	of max	imum he	eart rate									74	85
						-				1	1	ı	1		72
Age	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90

Calculating your personal heart rate when training

Calculate your personal heart rate when training as follows:

220 - Age = maximum heart rate

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

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

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

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

This training zone is suitable for athletes and sports people who aim to lose weight.

Training in this zone the body will burn approx. 6-10 calories per minute to produce energy.

The percentage rate per calorie is approx. 85% fat,10% carbohydrate, and 5% protein.

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

This training zone is ideally suitable for athletes and sports people who aim to improve their stamina and/or condition.

Training in this zone the body will burn approx. 10-12 calories per minute to produce energy.

The percentage rate per calorie is approx. 35% fat,60% carbohydrate, and 5% protein.

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

Wellness & Health - target zone average value Fat burning - target zone average value Kondition & Fitness - target zone average value

- = 55% of maximum heart rate
- = 65% of maximum heart rate
- = 75% of maximum heart rate

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

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

Pulse Rate Monitoring using Hand Sensors

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

A CAUTION.

For large parts of the population, the pulse-induced skin resistance change is so minimal that usable values cannot be derived from the measurement results. Also callouses on the palms, damp hands and body shakes, which in many forms of exercise inevitable, prevents correct measurement. In such cases, the pulse value is displayed incorrectly or not at all.

Please check in the case of a faulty or failed measurement, whether this occurs only with one or with several people. If the display of the pulse does not work only in individual cases, the device is not defective. In this case we recommend the use of a chest belt to achieve a permanently correct pulse display. This is available as an accessory

Heart Rate Measurement using a Chest Belt

Many MAXXUS® training devices are already fitted with a receiver as standard.

Using a chest belt (we recommend the exclusive use of an uncoded POLAR® chest strap) allows you to wire-lessly measure heart rate. The chest belt is as accessories available.

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

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

A CAUTION

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

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

This applies especially to those who:

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

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

Training Recommendations

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.

Hydration

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

Training Frequency

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

Exercise Intensity

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

Duration of the individual training session

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

Training Documentation

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

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

Enclosed you will find a recommendation for a weekly plan.

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Calendar Week: Year: 20						
Date	Day	Exercise duration	Exercise distance	Calorie con- sumption	Ø Heart rate	Comments
	Monday					
	Tuesday					
	Wednesday					
	Thursday					
	Friday					
	Saturday					
	Sunday					
Week Re	sult:					

Technical Details

Cockpit

Display of:

TimeCalorie Consumption

Speed
 Heart Rate (when using a chest belt which is available as an

Distance optional extra)

Technical details:

Motor: DC-Motor

Constant Motor Power: approx 2.0 HP/1.47kW

Drive type: Grooved belt

Speed: 1.0 – 12.0 km/h, in 0.1 km/h adjustable levels

Running Deck: approx. 125 x 45 cm

Dimensions: approx. 151.5 x 77 x 101 cm (LxWxH)

Dimensions, pre-assembled: approx. 13.8 x 77 x 158.1 cm (LxWxH) – when standing vertically

Total Weight: approx. 43 kg
Maximum User Weight: 100 kg

Power Supply: 220-230V - 50Hz

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

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.

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 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

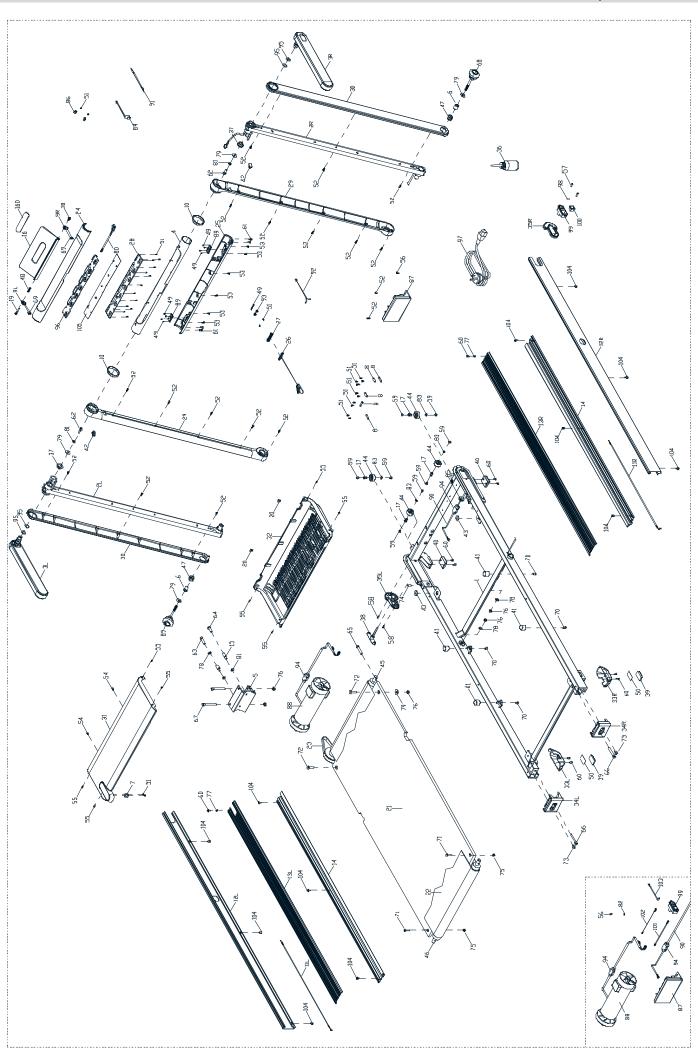
Due to its extreme density and material thickness of 0.5cm, this mat provides perfect protection for floors and floor coverings against damaging, scratches and soiling through body sweat. Noise caused by running and movement is significantly reduced. Available in the following sizes:

160 x 90 cm | 210 x 100 cm | 240 x 100 cm

MAXXUS® Care Oil for Treadmills

Optimal lubricating and releasing agent for treadmill belts and treadmill decks. Available in the following sizes:

- 50 m
- 250 ml



Spare Parts Lists

Part No.	Description	Specification	Qty
1	Main Frame		1
2L	L Upright	20*50*T1.5*967L	1
2R	R Upright	20*50*T1.5*967L	1
3L	Foam handrail	L 20*40*T1.5*381L	1
3R	Foam handrail	R 20*40*T1.5*381L 1	1
4	Meter bracket horizontal tube	Ф50*T2.0*608L	1
5	Motor seat		1
6	Sleeve	Ф30*23.7	2
7	Motor cover fixed plate	T1.5	1
8	Cable press sheet	T1.5*10*30L	5
9L	Pad connecting seat L		1
9R	Pad connecting seat R		1
10	Meter ring	Ф62*10L	2
11L	Edging fixing hook L	Ф3.2*610L	1
11R	Edging fixing hook R	Ф3.2*610L	1
12L	Aluminium alloy side edging L	22*75*1442L	1
12R	Aluminium alloy side edging R	22*75*1442L	1
13L	Edging insert sheet L	7.4*79.7*1288L	1
13R	Edging insert sheet R	7.4*79.7*1288L	1
14	Edging	73.9*16.7*1218L	2
15	Motor adjusting screw	Ф12*M8*34.5L	2
16	Pad bracket	18.3*109.8*273L	1
17	Supporting wheel axis	Ф12*16.5L	4
18	Pad bracket fixing screw right		1
19	Pad bracket fixing screw left		1
20	M4 nut clip plate		2
21	Running board	T15*550*1170L	1
22	Running belt	T1.6*453*2605	1
23	Multi-groove belt	160-J6	1
24	Meter upper cover	610*62*53	1
25	Meter under cover	610*62*30.7 1	1
26	Safety key		1
27	Safety key supporting seat	55*15*10.5	1
28	PC board light bracket	309*48*808	1
29R	Upright inner side decorative cover R	983*63*34.8	1
29L	Upright inner side decorative cover L	983*63*34.8	1
30R	Upright outter side decorative cover R	983*63*23	1
30L	Upright outter side decorative cover L	983*63*23	1
31	Upper motor cover	606*267.5*59.2	1
32	Motor under cover	606*280*83.8	1
33L	Supporting foot pad decorative cover L	124*47.3*51	1
33R	Supporting foot pad decorative cover R	124*47.3*51	1
34L	Rear end cover L	877*74.4*52	1
34R	Rear end cover R	877*74.4*52	1
35L	Edging decorative stopple L	99.3*75*11.5	1
35R	Edging decorative stopple R	99.3*75*11.5	1
36	Silicon oil	35.5 . 5 . 1.0	1
37	Sleeve		2
38	Wrench		1
39	Bracket rear supporting pad	4*44.5*8 ABS	2
40	Bracket front supporting pad	45*37*14	2
41	cushion	Φ24*21.5*M6	4
42	Rubber spacing cushion	28.9*15.8*9.5	2
43	Running board shock absorber	Φ25*Φ19*Φ8.2*t9	2
43	Supporting moving wheel	Φ34*Φ10*15Η	4
	Font roller	Ψ04 Ψ10 10Π	<u> </u>
45 46	Rear roller		1
		Φ10*Φ22*Φ2 Ε*40 EI	1
47	Compression spring	Φ18*Φ23*Φ2.5*18.5L	2
48	Compression spring	Φ0.6*Φ4.9*23L	1
49	Screw	M2.5*5 12.9	12
50	Rear supporting foot pad dual adhesive		2

Part No.	Description	Specification	Qty
51	Screw	M3*8	28
52	Screw	M4*15	18
53	Screw	M4*12	6
54	Screw	M4*15	2
55	Screw	M4*10	8
56	Screw	M4*8	1
57	Screw	M4*15	2
58	Screw	M4*10	2
59	Screw	M5*8	8
60	Screw	M5*10	10
61	Screw	M6*10	4
62	Screw	M8*20	2
63	Screw	M8*25	1
64	Screw	M8*40	1
65	Screw	M8*45	1
66	Screw	M8*55	2
67	Screw	M8*70	2
68	Screw	M8*80	2
69	Screw	M4*8	4
70	Screw	M6*12	4
71	Screw	M6*27	2
72	Screw	M8*35	2
73	Screw	M8*12	2
74	Screw	M6*30	1
75	Nut	M6	2
76	Nut	M8	6
77	Washer	Ф5.5*Ф12*1.2	2
78	Washer	Ф9*Ф16*t1.6	3
79	Washer	Ф9*Ф23*t1.6	6
80	Upper wire		
81	Wrench	Ф8.1*Ф12.3*t2.1	2
82	Wrench	Ф4.1*Ф4.4*t1.0 1	1
83	Snap Rings	Ф10	4
84	Mp3-PC board		1
85	Ring wire plug		1
86	Module fixing cap		2
87	Controller		1
88	DC motor		1
89	Loudspeaker and the connecting line		2
90	Lower wire		1
91	Mp3 line		1
92	Safety lock connecting wire		1
93	Bronze plate seat		2
94	Magetic ring		2
95	O shape ring		4
96	Meter keyboard		1
97	Power cord		1
98	Fuse		1
99	Power switch		1
100	Switch		1
101	Single wire (red)	200mm	1
102	Single wire (black)	200mm	1
103	Single wire grouding wire	400mm	1
104	Screw	M5*10	12
105	Panel sticker		1
106	Pad bracket single-sided adhesive tape	T1.0*25.5*149.5L	1
NA	inductor		1
NA	filter		1

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
 Bearings
 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: M8	Product Group: Treadmill
Serial Number:	Invoice Number:
Date of Purchase:	Where Purchased:
Accessories:	
Type of Use:	
☐ Private Use	☐ Commercial Use
Personal Details	
Company:	Contact Person:
First Name:	Second Name:
Street:	House Number:
Post Code / Town/City:	Country:
E-Mail:	Tel.No.:
Fax. No.*:	Mobile No.*:
* The fields marked with an asterisk are optional. The remaining fields are mandatory f	ields that must be completed.
A copy of the proof of purchase / invoice / receipt is attached.	
☐ I accept the General Terms and Conditions of MAXXUS® Grou	ир GmbH & Co. KG.
I hereby instruct the company MAXXUS® Group GmbH & Co. KG t for the cost. The costs for repairs which are excluded from liability f immediately. In cases of repairs carried out on site, our staff are entry signature.	
Date Loc	ation Signature
Please be aware that contracts can only be processed if this form hinvoice. Send the fully completed Service Contract to: Post*: Maxxus Group GmbH & Co KG, Service Department, Nordri Fax: +49 (0) 6151 39735 400 E-Mail**: customerservice@maxxus.com	as been completed in full. Be sure to attach a copy of your purchase ing 80, 64521 Groß-Gerau



^{*} Please stamp with sufficient postage – letters which are not sent postage paid will unfortunately not be accepted.

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

^{**} Submission by E-Mail is only possible as a scanned document with original signature.





E-Mail: Info@maxxus.de