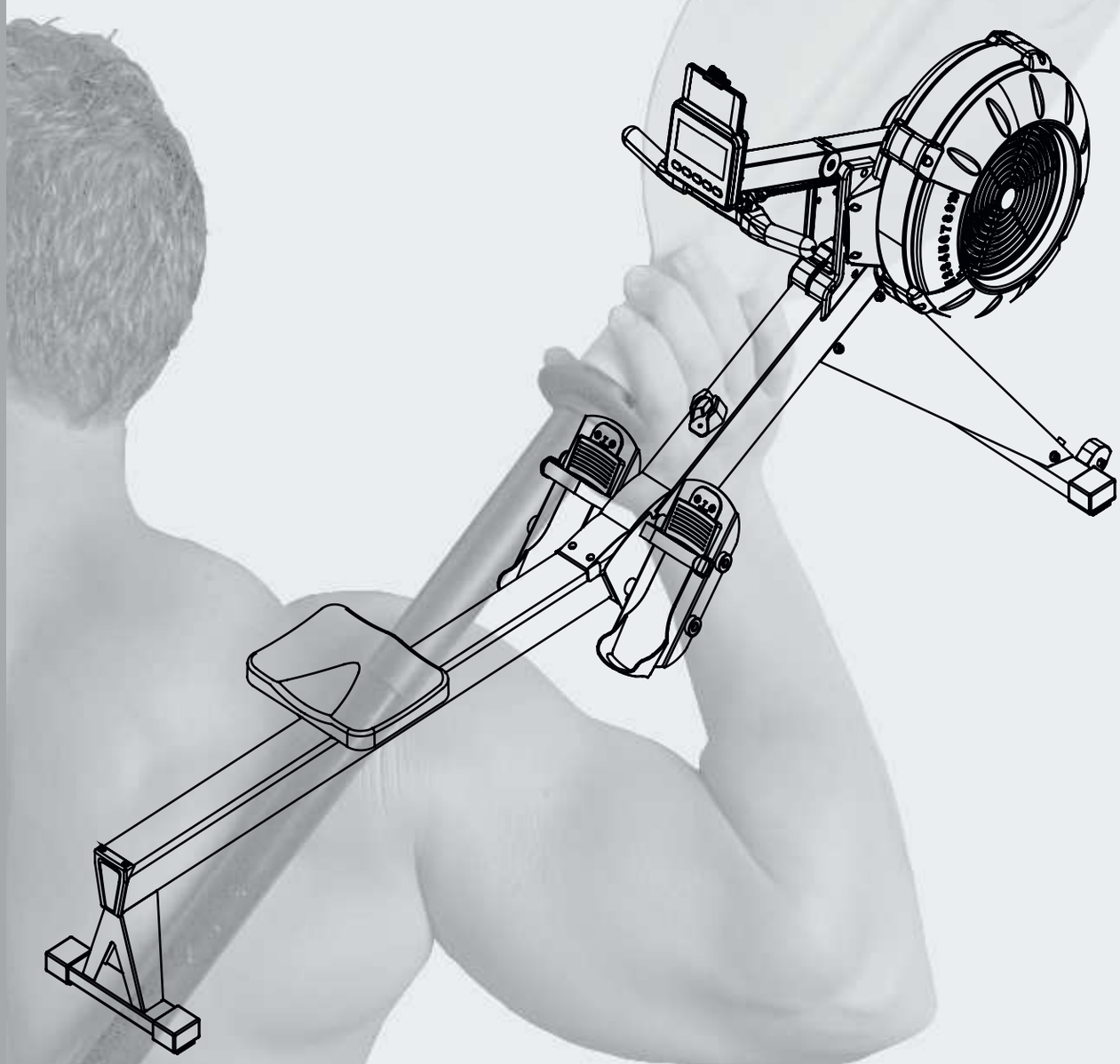
INSTALLATION & OPERATING MANUAL

MAXXUS

MAXXUS AirRow
Rowing Machine

GSMX-600287-00019-0001



ENG

INDEX

DEAR CUSTOMER,

Thank you for choosing our product. Please read this manual carefully to avoid any damage from improper use. If you share the product, be sure to pass on this manual.

IMPORTANT INFORMATION AND SAFETY INSTRUCTIONS

General information

Please ensure that everyone using the device has read and understood the assembly and operating instructions. These instructions must be considered part of the product and kept in a safe place for future reference. Adhering strictly to the safety and maintenance instructions is crucial. Any deviation from these instructions may result in health issues, accidents, or damage to the device, for which the manufacturer and distributor cannot be held liable.

Assembly

Check that all parts and tools listed in the parts list are present. Some parts may be pre-assembled. Keep children and animals away from the assembly area. Tools, packaging materials (e.g., foil), or small parts may pose injury or suffocation risks. Ensure enough space to move during assembly. Before using the device for the first time, and at regular intervals, check the tightness of all screws, nuts, and other connections to ensure safe operation. Any use other than the intended purpose is not permitted and may result in accidents, health risks, or damage to the training device. The distributor is not responsible for damage caused by improper or inappropriate handling.

Personal safety

Before using the device, consult your family doctor to determine whether the training is suitable for you from a health perspective. This is particularly important for individuals with a hereditary predisposition to high blood pressure or heart disease, smokers, those with high cholesterol levels, overweight individuals, and those who have not exercised regularly in the past year. If you are taking medication that affects your heart rate, medical advice is essential. Excessive exercise can be harmful to your health. If you experience weakness, nausea, dizziness, pain, shortness of breath, or any other abnormal symptoms during training, stop immediately and consult a doctor.

As a general rule, sports equipment is not a toy. Unless otherwise stated, the equipment may only be used by one person at a time. It should be used as intended and by appropriately informed and instructed individuals. Children and persons with disabilities should only use the device under the supervision of someone who can assist and guide them. Measures should be taken to prevent unsupervised children from using the device. Ensure that no one stands or moves near the moving parts of the device during use.

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

− A mains voltage of 220-230V is required for the operation of the device.
− The exerciser must only be connected to a professionally installed, earthed, 16 A fused single socket using the supplied mains cable.
− The training device is turned on and off using the ON/OFF switch.
− Always disconnect the power plug from the socket when moving the exerciser.
− Before performing any cleaning, maintenance, or other work, always unplug the device from the mains.
− Do not use power strips or cable reels when connecting the mains plug.
− If an extension cable is needed, it must comply with DIN standards, VDE regulations, and guidelines, as well as technical rules issued by the European Union or states in the European Economic Area.
− Always position the power cord in a way that prevents damage or tripping hazards.
− Devices such as mobile phones, PCs, TVs (LCD, plasma, tube), game consoles, and similar equipment emit electromagnetic radiation during operation or in standby mode. Keep these devices away from your training equipment to avoid malfunctions, disturbances, or inaccurate heart rate measurements.

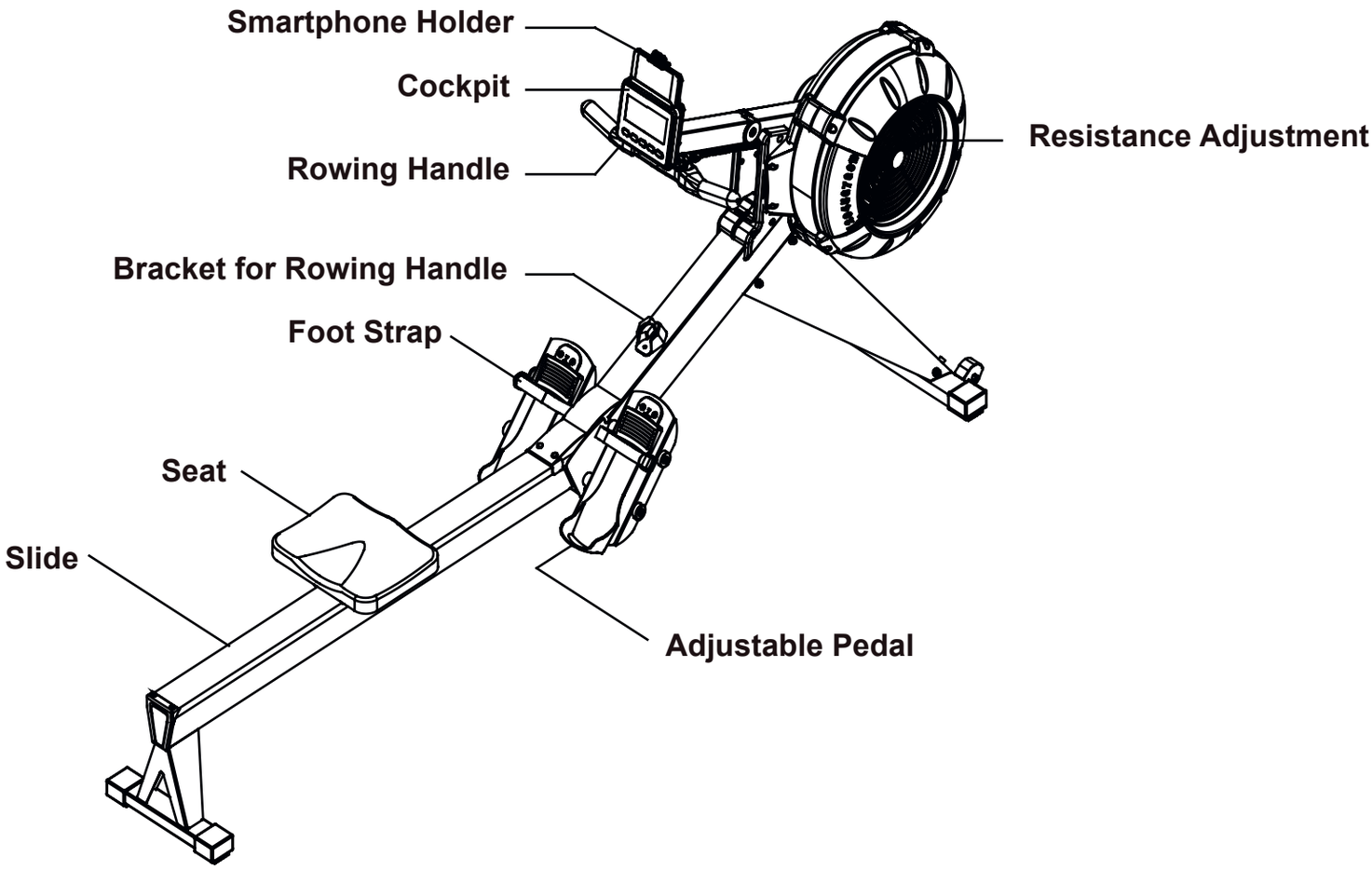
IMPORTANT INFORMATION AND SAFETY INSTRUCTIONS

Training Environment

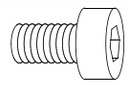
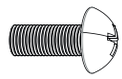
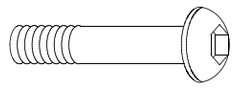
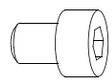
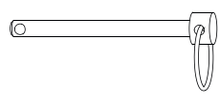
- Set up the device on a flat, stable, and dry surface. If available, use adjustable parts of the device to compensate for uneven surfaces. To protect sensitive surfaces from pressure marks and dirt, place a floor protection mat underneath. Remove all objects within the required training radius before starting. Outdoor use or use in rooms with high humidity is not permitted.

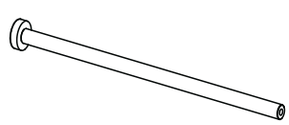
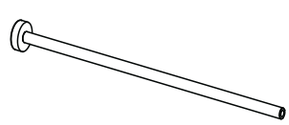
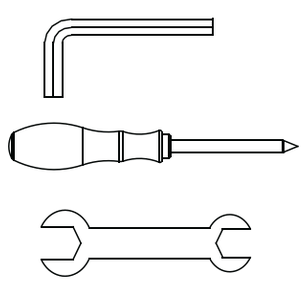
- Ensure that your exercise equipment, including the power cord, does not come into contact with hot objects and that a safe distance is maintained from any heat sources such as radiators, stoves, or open fireplaces.

OVERVIEW OF THE DEVICE



FIXING MATERIAL

Part	Desrcription	Qty	Drawing
173	Socket Head Cap Bolt M8x20mm	2	
131	Phillips Pan Head Bolt M6x12mm	3	
78	Allen Head Bolt M8x75mm	1	
81	Allen Head Bolt M8x12	8	
79	Washer M8	9	
98	Securing Pin	1	
178	Foot Pedal End Cap	2	
80	Locknut M8	1	

Part	Desrcription	Qty	Drawing
139	Pedal Shaft 16mm	1	
140	Pedal Shaft 12mm	1	
Tools Supplied: 2x Allen key 1x Phillips screwdriver 1x Combination wrench			

ASSEMBLY

Damage resulting from assembly errors is not covered by the warranty. Please read the instructions carefully before starting, follow the sequence of assembly steps precisely, and adhere to the instructions for each step.

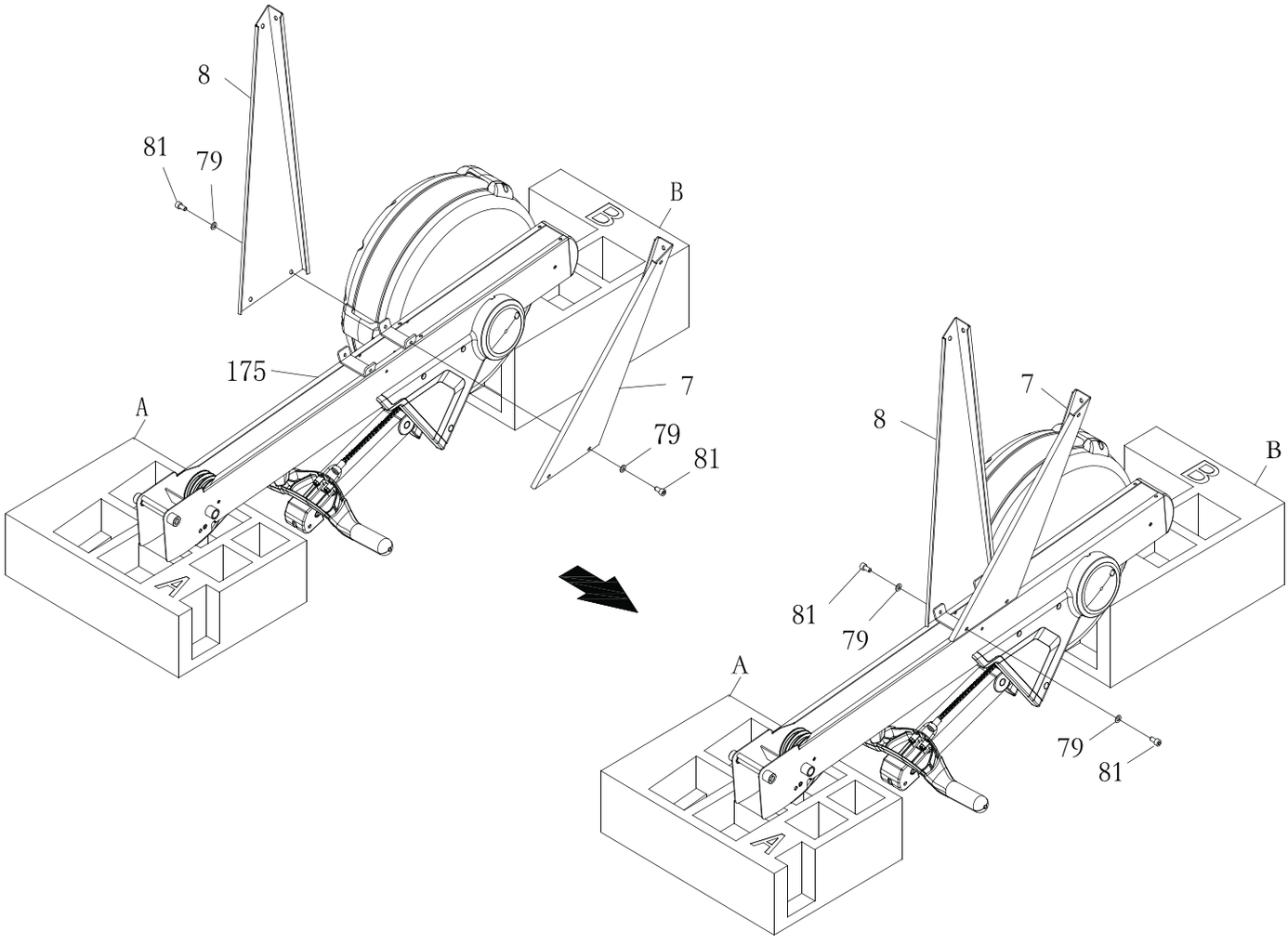
The installation of the exercise equipment must be carried out by competent adults. As some components may have sharp edges, it is advisable to wear suitable work gloves during assembly.

Assemble your training equipment in a level, clean area that is free from obstructions. It is recommended that two people carry out the assembly. Training on the device can only begin once the assembly is fully completed.

Step 1: Assemble the Base

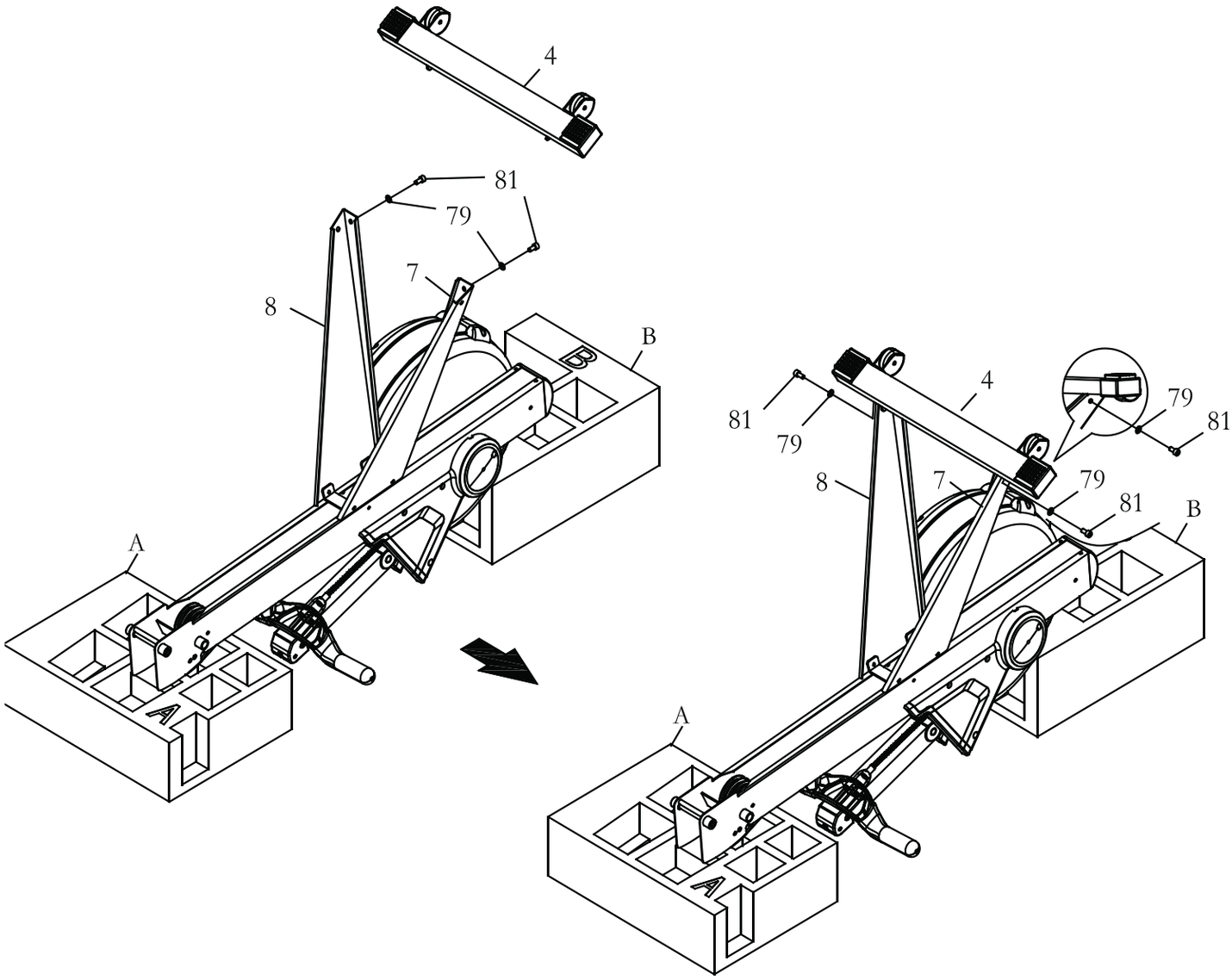
To make this step easier, use the Styrofoam blocks (A & B) from the packaging and place the base frame (1) upside down on them as shown in the image. Attach the right and left support legs (8 & 7) to the base frame (175) using two Allen screws M8x12 (81) and two M8 washers (79) per side. First, tighten the screws on the front side, then tighten the screws on the rear side.

NOTE: DO NOT FULLY TIGHTEN THE SCREWS AT THIS STEP.



Step 2: Assemble the Front Stabiliser

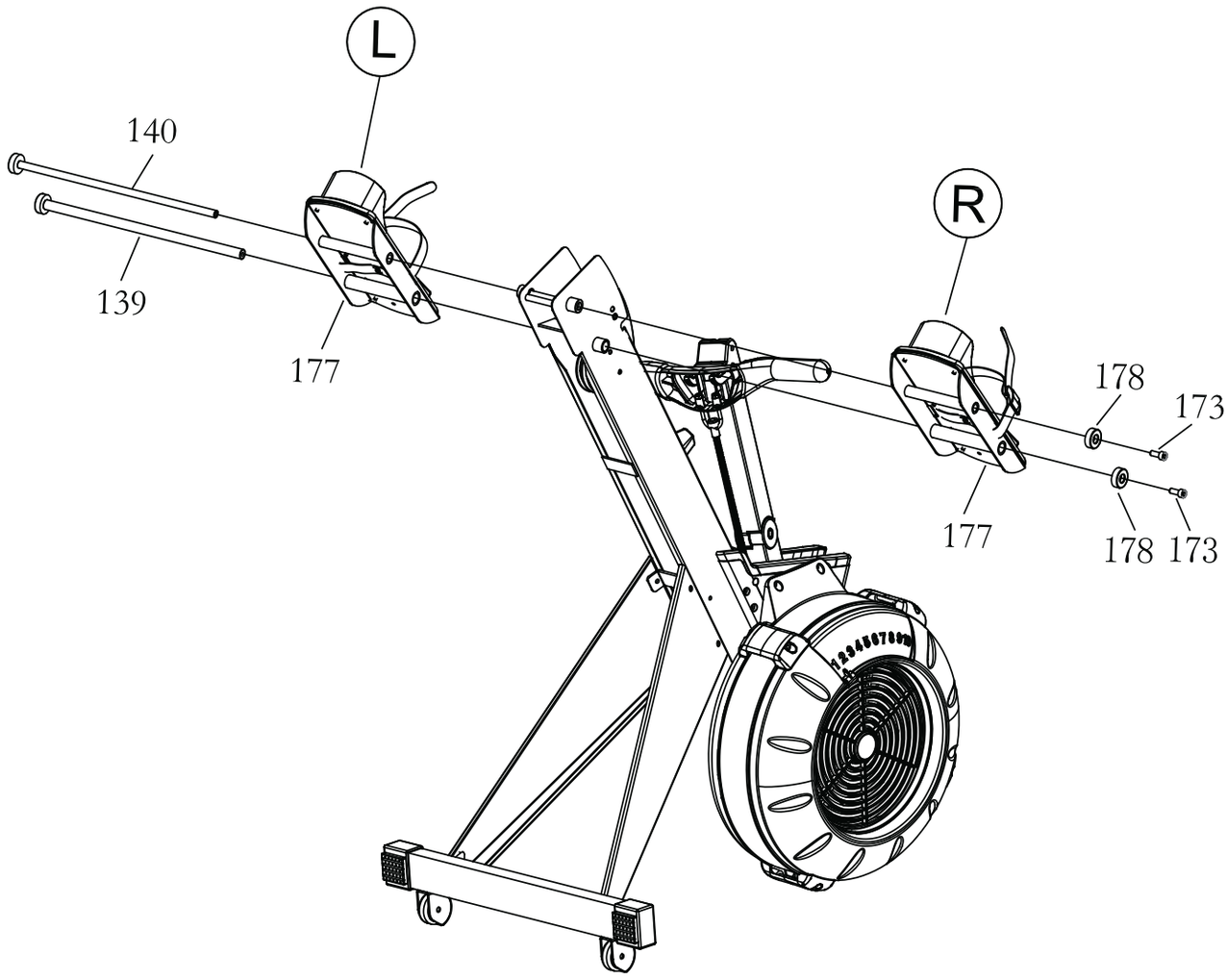
Attach the stabiliser (4) to the ends of the right and left support legs (8 & 7) using two M8x12 Allen screws (81) and two M8 washers (79) per side. Tighten the screws on the front first, then on the sides. Finally, fully tighten all screws. Ensure the stabiliser is oriented correctly, as shown in the illustration.



Step 3: Assemble the Pedals

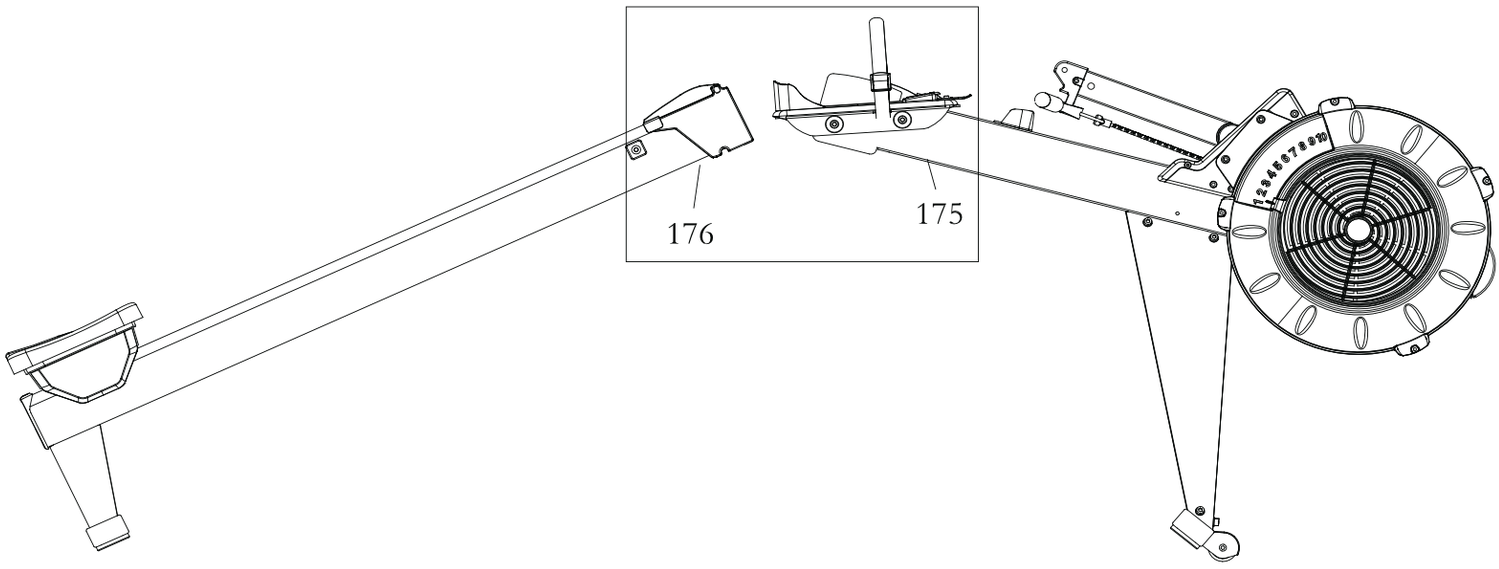
Lift the Main Frame (175). Insert the 16mm Pedal Shaft (139) and the 12mm Pedal Shaft (140) in sequence, starting from the left Pedal Support Plate (177) through the Main Frame (175), and then from the right Pedal Support Plate (177) into the Main Frame (175). Secure these parts using 2 Socket Head Cap Screws M8x20mm (173) and Foot Pedal End Caps (178).

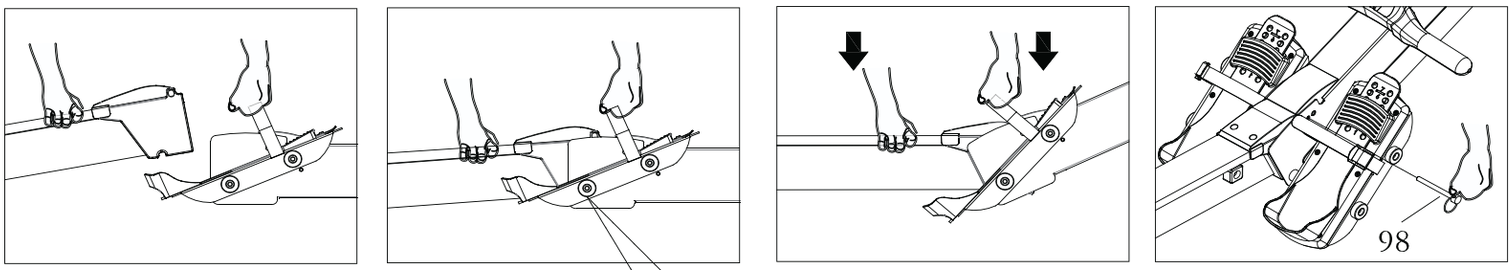
NOTE: FULLY TIGHTEN ALL BOLTS.

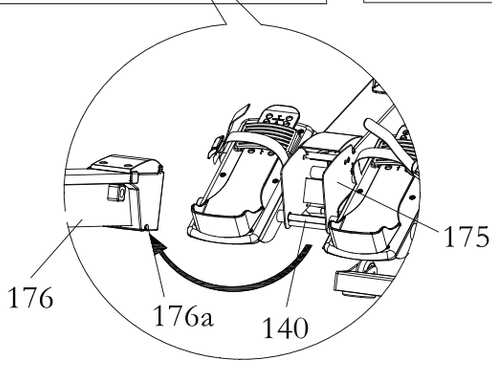


Step 4: Assemble the Slide Rail & Cockpit Frame

Hold the Pedal Strap (47) with one hand and lift the Main Frame (175) while using the other hand to lift the Rail Frame (176). Insert the Rail Frame (176) into the Main Frame (175). Ensure the Pedal Shaft 12mm (140) fits into the gap of the Rail Frame (176). Finally, insert the Pull Pin (98) into the Main Frame (175).





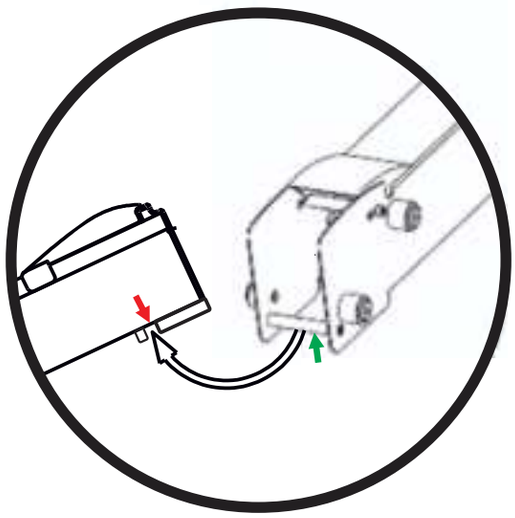


⚠ IMPORTANT SAFETY NOTICE

− Ensure that the two frame parts are securely connected and the locking pin is properly attached before each use or transportation of the device. Failure to do so may result in injury if the device is used, lifted, or moved.
− When connecting or disconnecting the two frame parts, take care to avoid potential injuries, such as pinching your hands.
− If the two frame parts are separated for storage, avoid standing them upright to prevent the risk of falling.

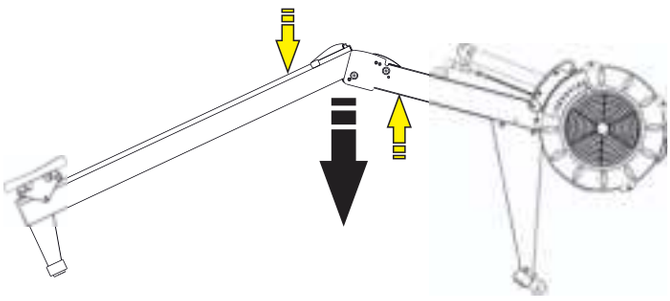
Additional Information for Step 4: Assembly and Dismantling of the Slide Rail & Cockpit Frame

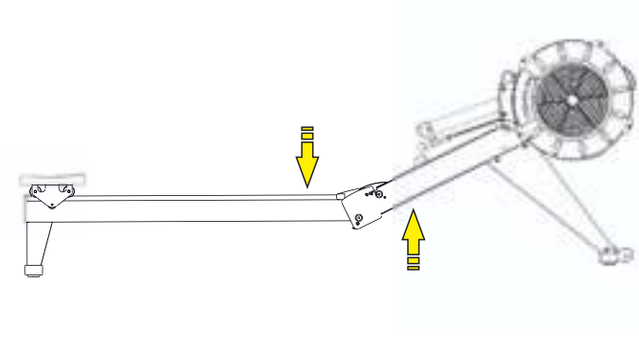
Step 1: Lift the front end of the slide rail and the rear end of the base frame to an angle of approximately 45 degrees. Then, align the slot between the two rectangular mounts on the underside of the slide rail (indicated by a red arrow in the diagram) with the axis on the base frame (marked by a green arrow in the diagram).



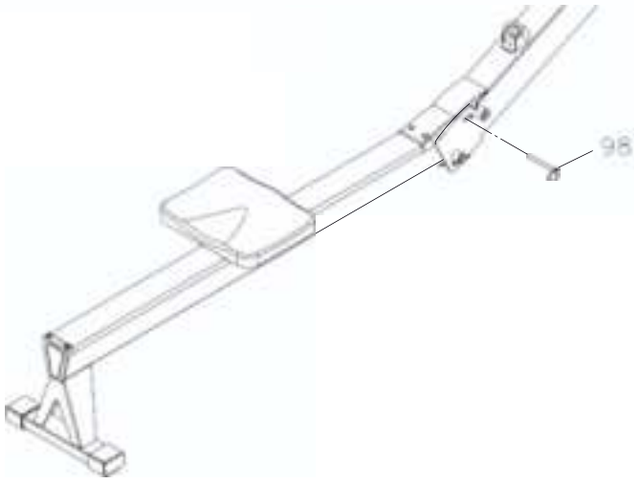
Step 2: Slowly lower both frames downwards (as shown by the black arrows in the diagram) until they are fully horizontal.

ATTENTION: You may need to apply slight pressure to help the frames slide into place (see yellow arrows in the diagram). Press the slide frame slightly downwards and the base frame slightly upwards to achieve this.





Step 3: Secure the two frames by inserting the pin (98) to lock them in place.

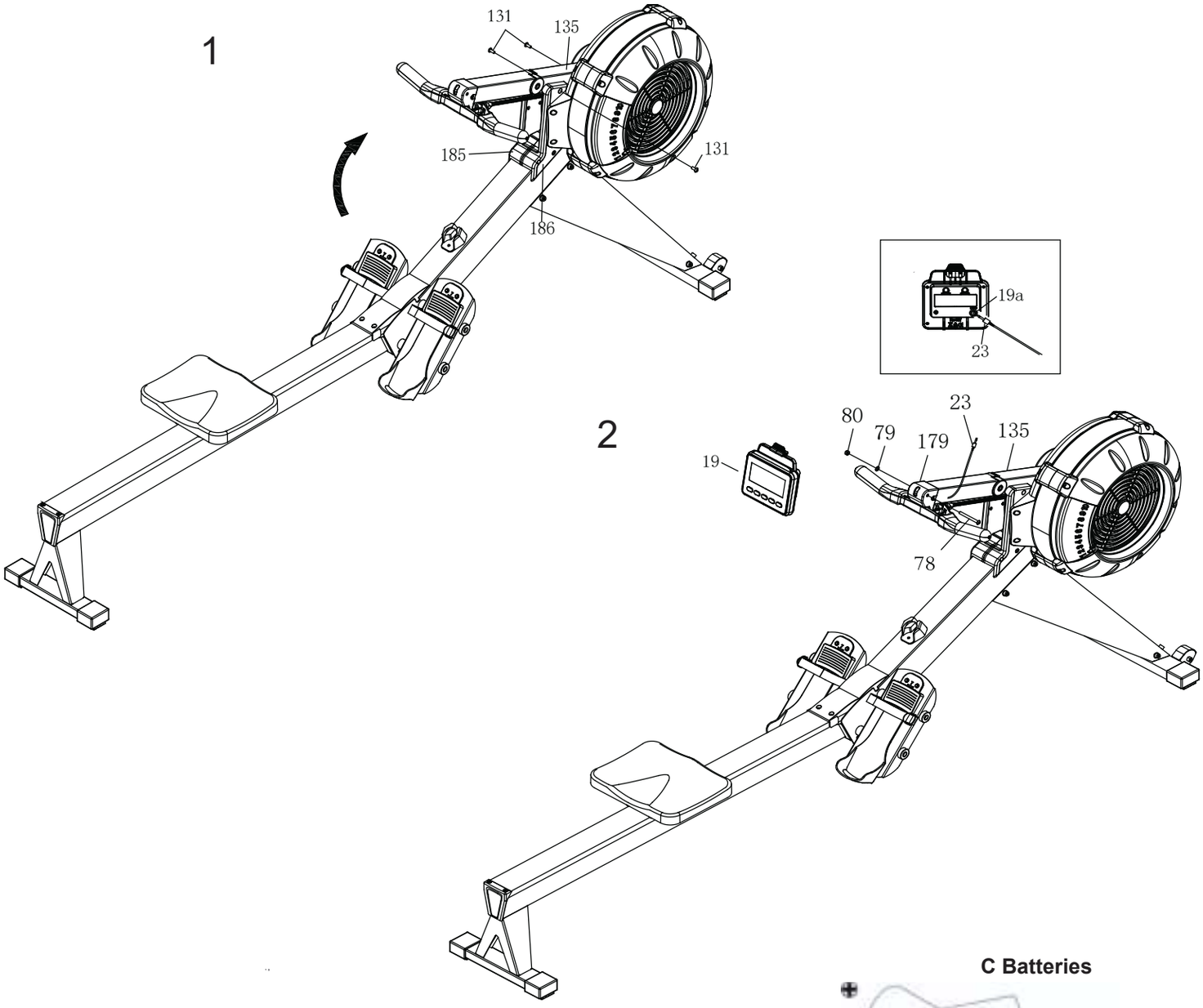


Step 5: Assemble the Cockpit

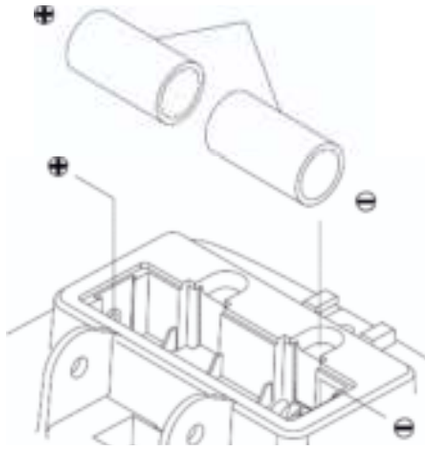
Lift the Lower Console Monitor Post (135) and attach it to the Left/Right Side Covers (57/58) using 2 Phillips Pan Head Screws, M6x12mm (131).

Next, secure the Console Monitor (19) to the Console Mounting Bracket (179) with Button Head Cap Screw, M8x75mm (78), Flat Washer M8 (79), and Nylon Lock Nut M8 (80). Finally, connect the Sensor Cable (23) into the back of the Console Monitor (19a).

NOTE: FULLY TIGHTEN ALL SCREWS AT THE END OF THIS STEP.



C Batteries



Inserting and Changing the Batteries

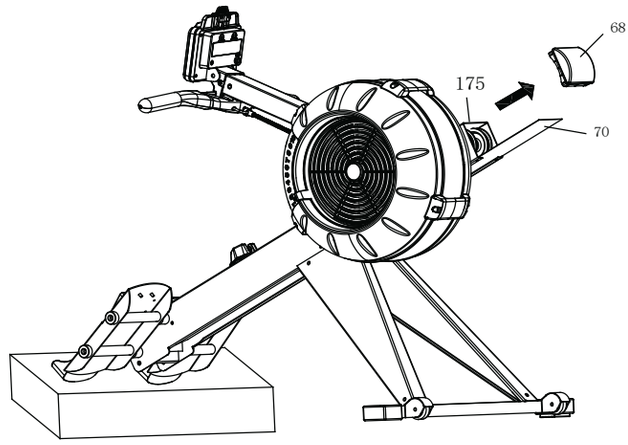
1.Open and remove the battery compartment cover.
2.Insert two C batteries, ensuring the correct orientation of the battery poles as shown in the illustration.
3.Replace the battery compartment cover.

Please note:

1.Use only new batteries when replacing.
2.Do not use rechargeable batteries.
3.Follow the disposal instructions for batteries as outlined in this manual.

ADJUSTING THE ROPE PULLEY

After approximately 250,000 rowing strokes (equivalent to around 250 training sessions at an average of 30 strokes per minute for 30 minutes per session), the pulley rope may stretch. To re-tighten the rope, follow these steps:

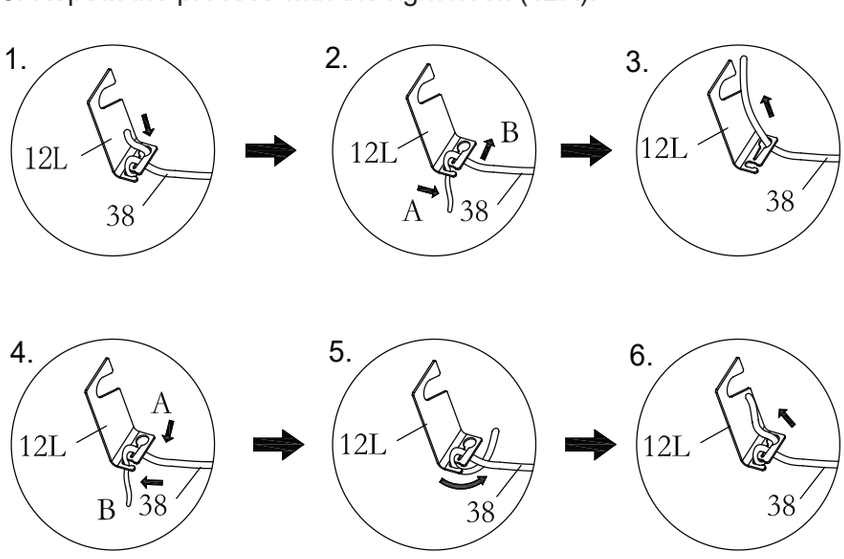


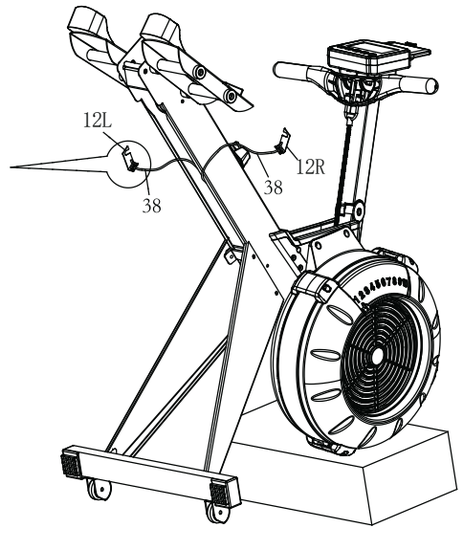
Step 1

1. Position the base frame on a block as shown.
2. Remove the cover (68).
3. Pull out the cover (70).

Step 2

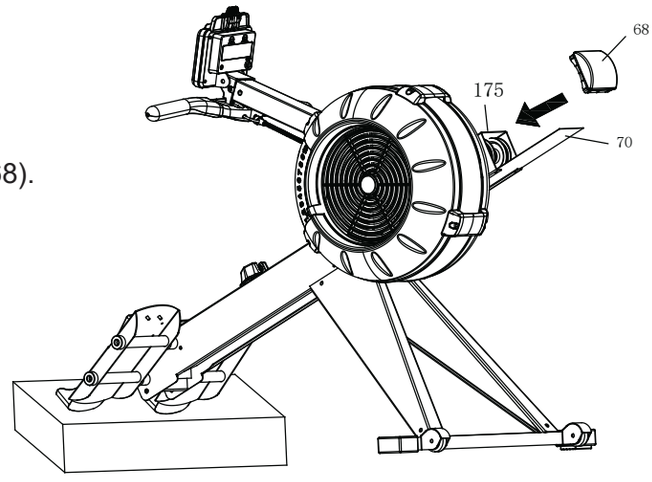
1. Position the front of the base frame as shown in the illustration.
2. Detach the left hook (12L).
3. Mark the rope (38) at the contact point to the hook (12L).
4. Release the cable (38) from the hook (12L).
5. Slide the hook (12L) about 5 cm back from the marked point along the rope (38).
6. Fix the rope (38) back to the hook (12L).
7. Reattach the left hook (12L) by holding the hook with one hand and the rope with the other.
8. Repeat the process with the right hook (12R).





Step 3

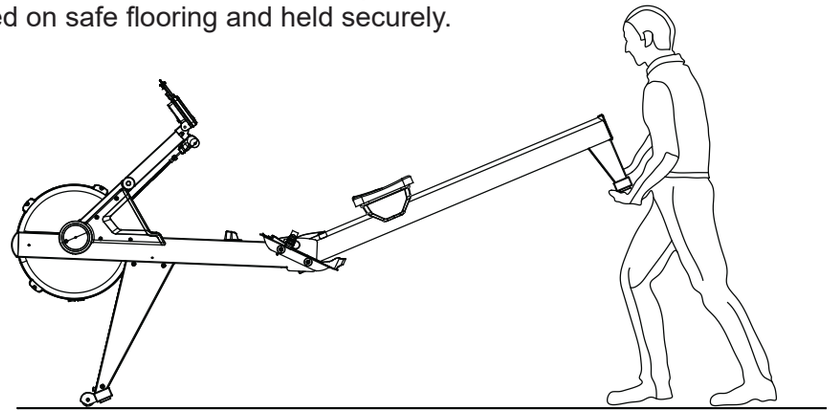
1. Position the base frame on a block as shown.
2. Reinstall the cover (70).
3. Finally, replace the cover (68).



TRANSPORT, LOCATION & STORAGE

Transport

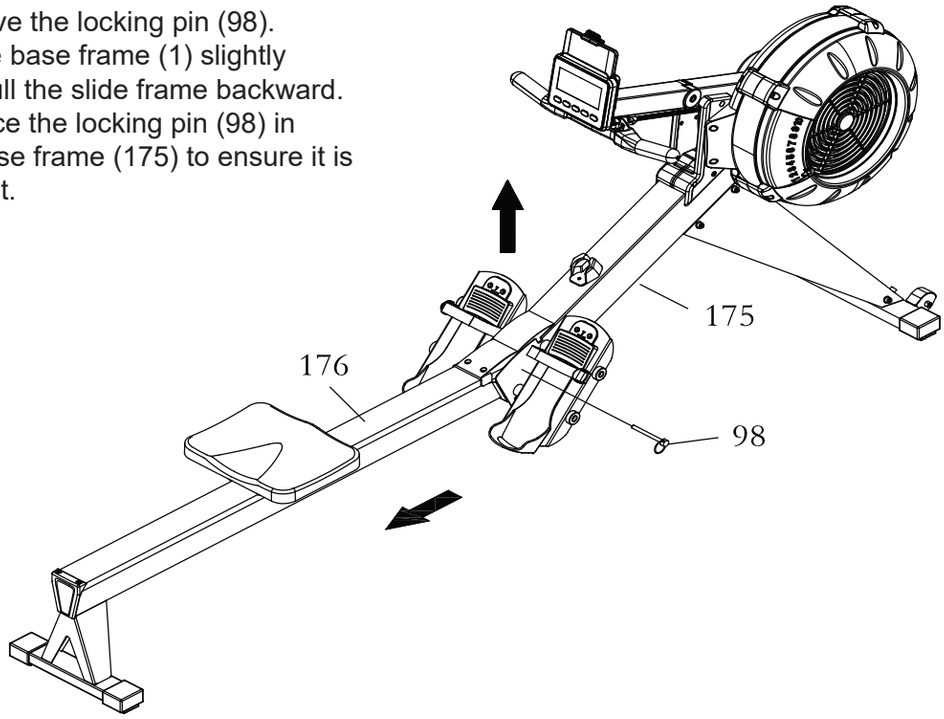
To facilitate transport, the rowing machine is equipped with transport rollers on the front of the stand. To move the rower, use both hands to grasp the rear foot and lift it until the transport rollers make contact with the ground. You can now push or pull the machine to the desired position. Carefully set the rear stand down. Take care when lifting or transporting, ensuring the unit is placed on safe flooring and held securely.



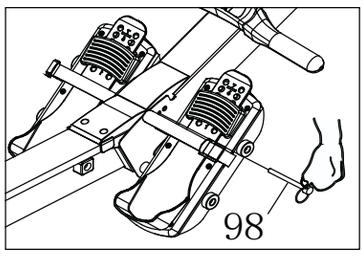
Location & Storage

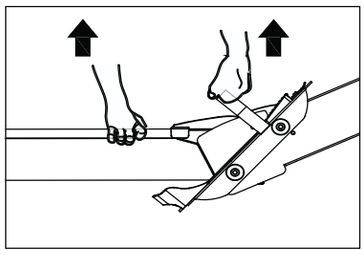
This exercise equipment is designed exclusively for use in dry, well-ventilated indoor areas. Usage or storage in damp or wet locations, such as saunas, swimming pools, or outdoor areas like balconies, terraces, gardens, or garages, is strictly prohibited. High humidity and low temperatures in such environments can lead to electronic defects, corrosion, and rust, which are not covered under warranty. Please select a dry, level, and well-ventilated location for training or storage. Ensure the training area is properly ventilated to provide optimal oxygenation. After a long period of inactivity, check that all fasteners are tight before using the device. For space-saving storage, the rowing machine can be quickly and easily disassembled into two parts.

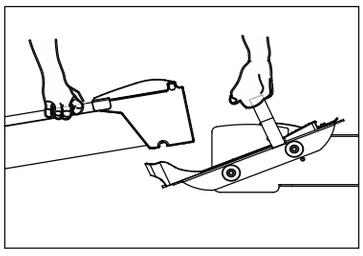
Step 1: Remove the locking pin (98).
Step 2: Lift the base frame (1) slightly and pull the slide frame backward.
Step 3: Replace the locking pin (98) in the base frame (175) to ensure it is not lost.

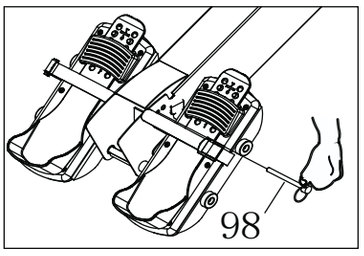


To reassemble both parts of the frame, follow the instructions outlined in Assembly Step 4 in this section.







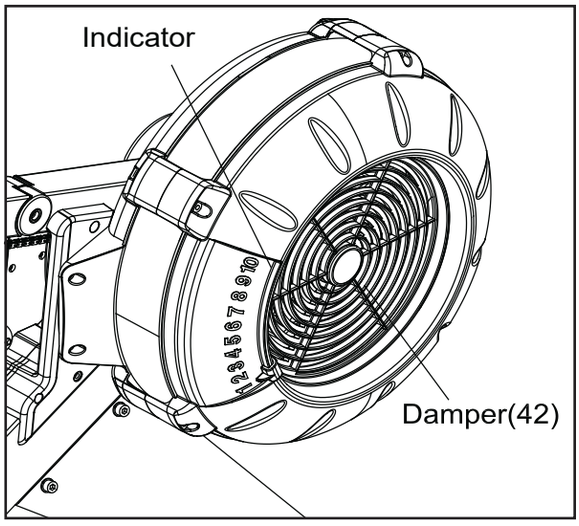


TRAINING INTENSITY

Your rowing machine uses air as a natural resistance, providing a rowing experience that closely simulates the sensation of rowing on water.

The harder and faster you row, the quicker the wind turbine in the front main housing spins, generating increased air resistance.

You can also adjust the air flaps to further control the resistance. There are 10 settings available—simply move the regulator to your preferred level. Test different settings to find the one that best suits your training style.

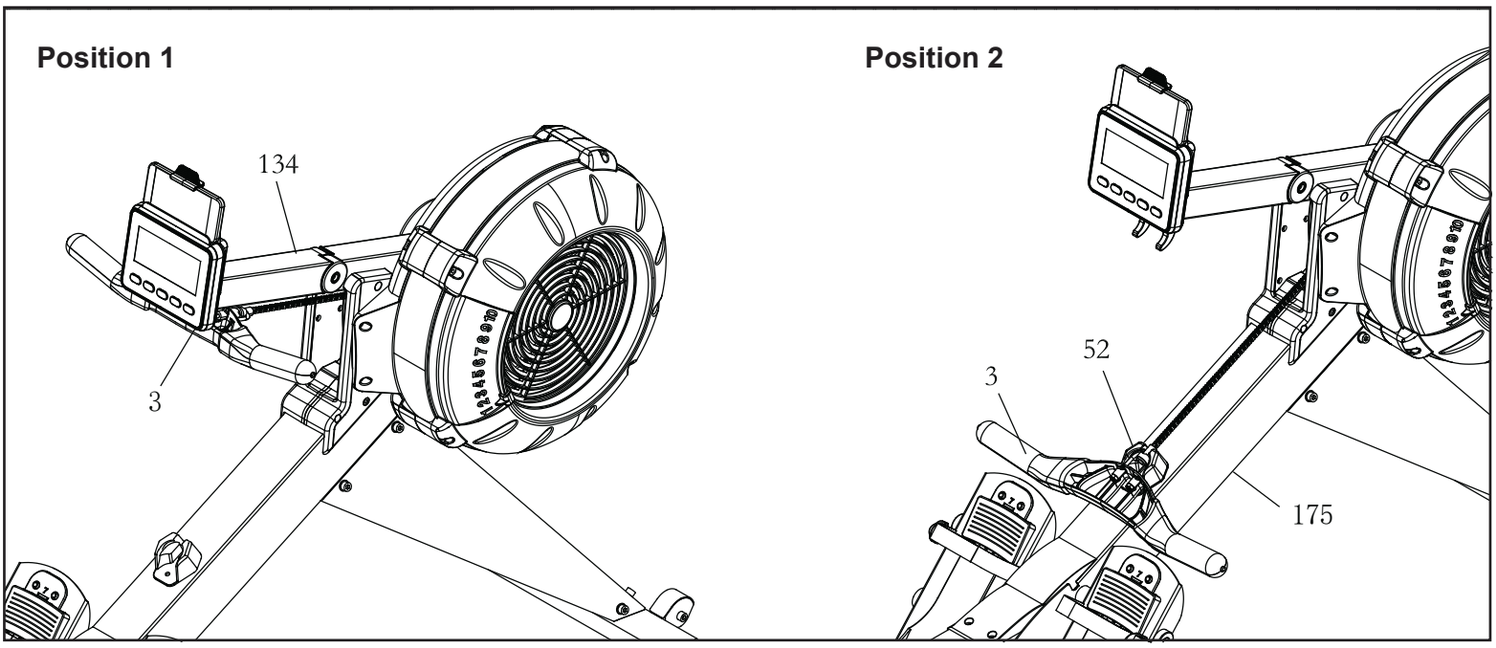


ROWING HANDLE STORAGE

Your rowing machine is equipped with two options for storing the rowing handle:

Position 1: Hook onto the bracket below the Cockpit.

Position 2: Hook onto bracket (52).



ADJUSTING THE PEDALS

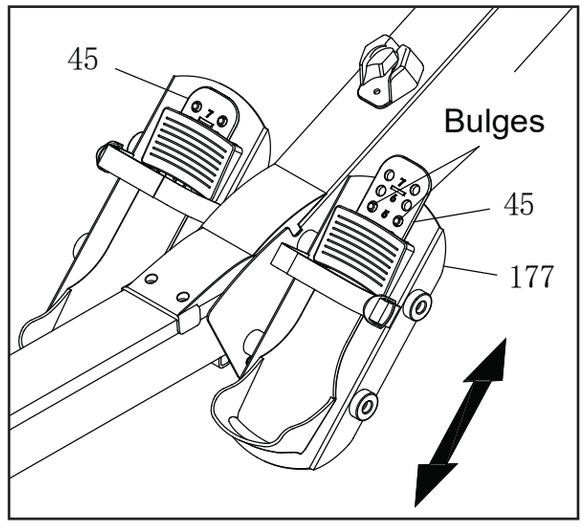
Your rowing machine comes with an adjustable foot support system, which can be easily modified to fit your shoe size. For the best experience, wear appropriate sports shoes, like running shoes, as they provide the optimal foot movement required during rowing due to their slightly curved shape. Avoid over-tightening your shoes before training, as this may restrict circulation and cause numbness in the feet.

Adjusting the Foot Straps

The pedal fastening system has two components: the size adjustment for length and the straps that secure your feet to the pedals.

Step 1:

Press the two size adjustment keys (A) to set the optimal position for the treads (45). Each position is numbered for easy reference, so you can quickly find your preferred setting. Once the optimal size is found, release the locking keys (A) to secure the setting.



Step 2:

Place your feet on the treads and tighten the straps. Ensure the straps hold your feet securely but are not too tight.
Properly securing your feet is essential for correct rowing technique, as a firm hold on the feet is necessary to drive the body forward during the rowing movement.

POWER SUPPLY

The cockpit is powered by two C-type batteries. Replace the batteries if the cockpit display fades or turns off. When disposing of old batteries, please follow the disposal instructions outlined in this manual.

CARE, CLEANING, AND MAINTENANCE

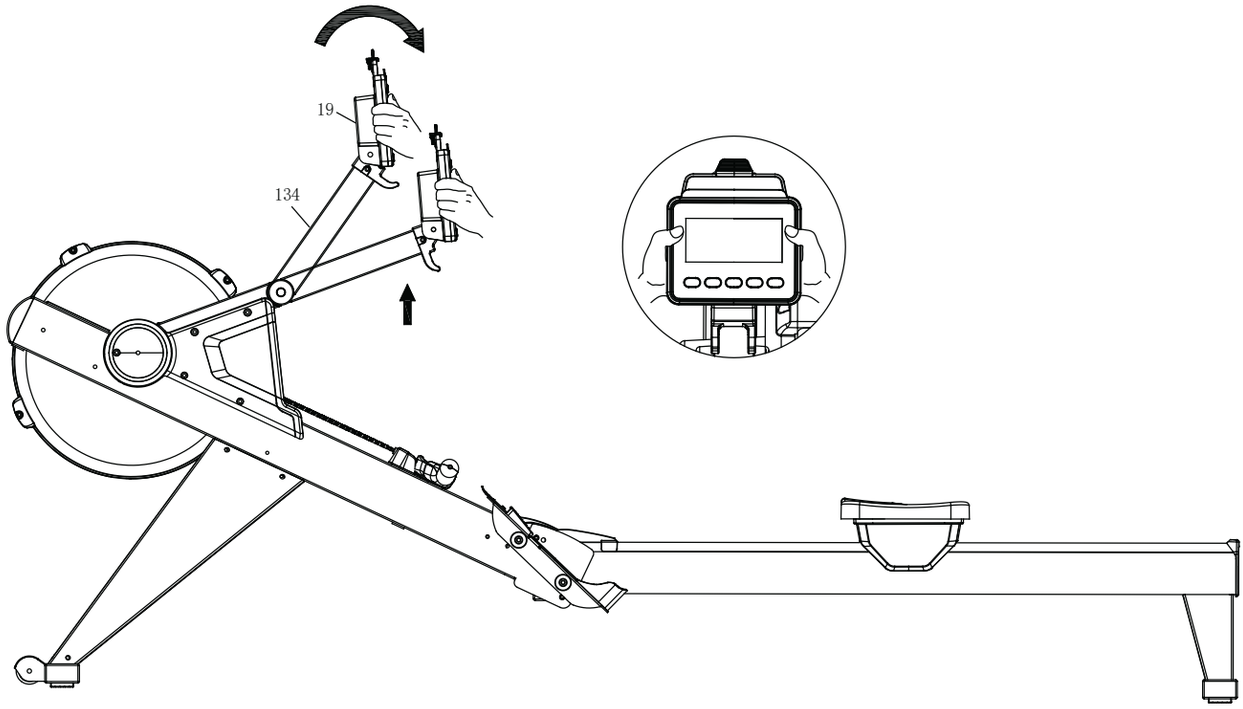
Before first use or after a long break from training, check that the rowing machine is safe for use. Ensure that there are no objects on or under the device. Verify that all screws are tight, and the seat's sliding area is completely clear. Also, inspect the slide rail to ensure it is free from contaminants and foreign bodies.

Maintenance & Cleaning Intervals: Clean the rowing machine after each workout using a damp cloth to remove perspiration and other liquid residues. Do not use solvents under any circumstances. Thoroughly dry any damp areas. To ensure optimal smooth operation of the seat, regularly clean the seat, roller guide, and aluminium slide rails. MAXXUS Lubricant Spray and MAXXUS Degreaser Spray are ideal for this purpose.

Damage resulting from insufficient cleaning, maintenance, or care is excluded from the warranty. The cost of repairing a poorly maintained training device can run into several hundred euros—a high price that can be avoided with regular care and maintenance.

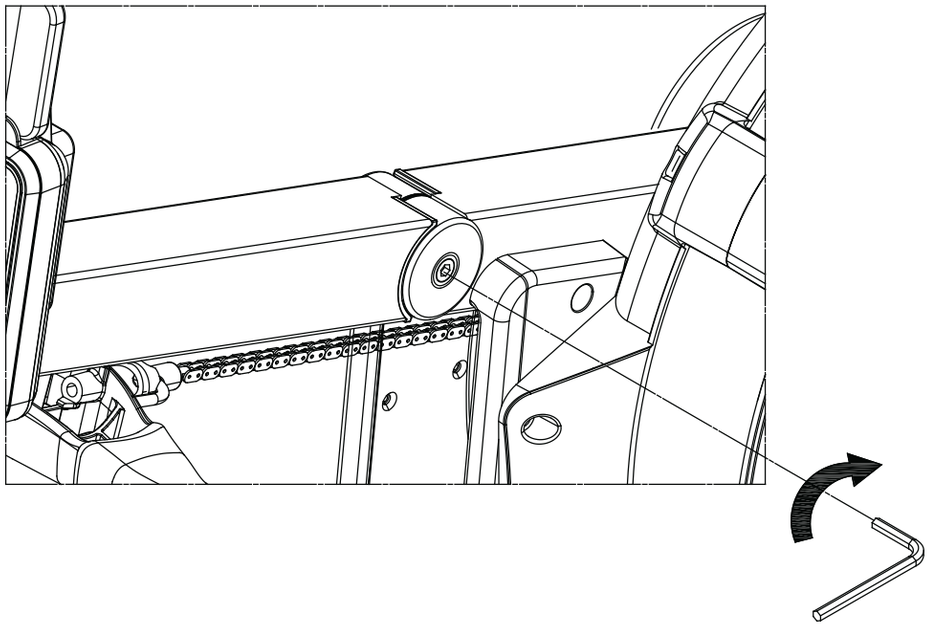
CONSOLE MONITOR ADJUSTMENT

Hold the Console Monitor (19) with both hands, and adjust the Upper Console Monitor Post (134) upward or downward to the appropriate reading position.

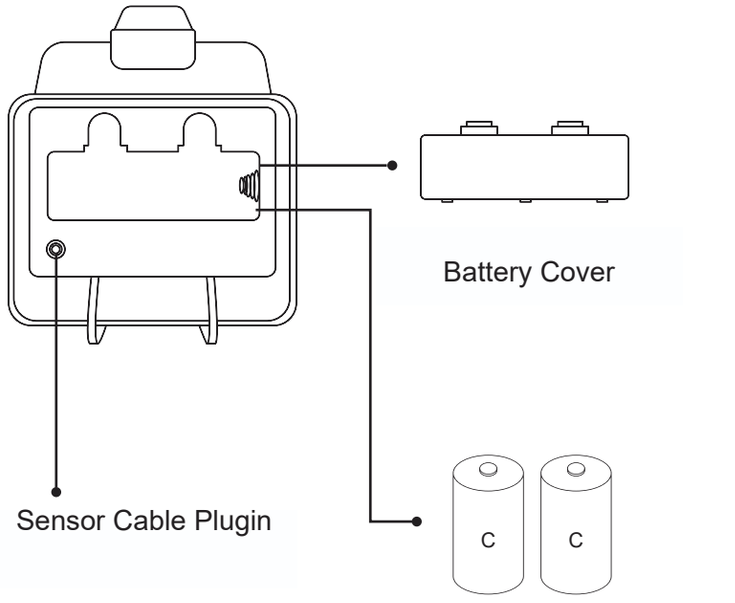


CONSOLE MONITOR POST ADJUSTMENT

If the Lower Console Monitor Post (135) becomes loose, tighten the Socket Head Cap Screw, M6x16mm (99), using a 5mm Allen Wrench.

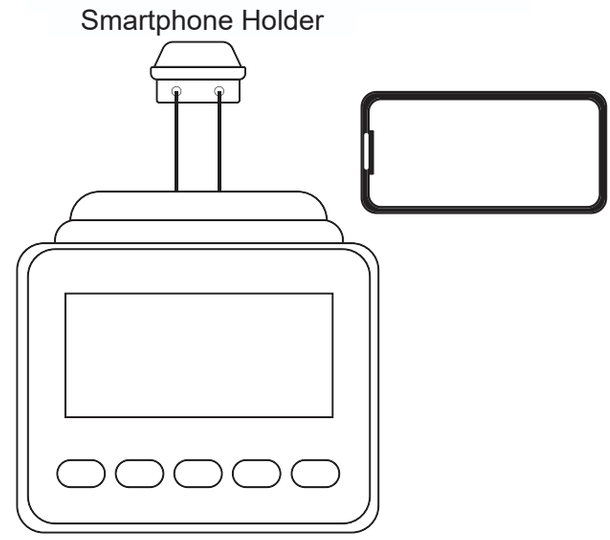


BACK VIEW



Operates on 2 Size C Batteries

FRONT VIEW



Your rower uses an air fan system to create resistance for your workout. We recommend using the computer console to vary your workout from session to session and track your progress toward your fitness goals. When used regularly, the computer console can serve as an essential source of motivation and engagement, helping to keep you on track.

Intial Setup

POWER ON

- Move the handlebar to start exercising in Quick Start Program or press any button to go into IDLE mode.

- When there are no batteries installed, monitor can still work in Quick Start Program.

POWER OFF

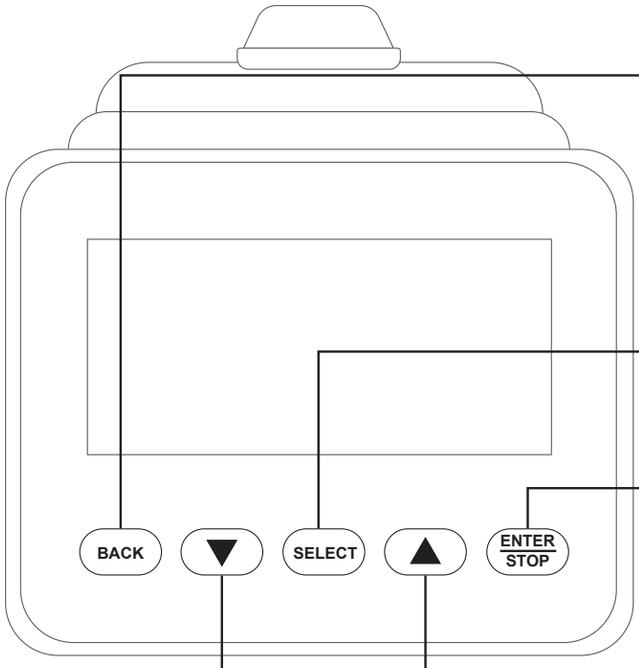
- In IDLE mode, the monitor will automatically shut off after 20 seconds of inactivity.

- During an interval program, the monitor will automatically shut off after 2 minutes of inactivity.

- In all other programs, the monitor will automatically shut off after 30 seconds of inactivity.

- The monitor will remain on when connected to Bluetooth.

Function Buttons



BACK BUTTON:
When selecting programs, press the button to return to the previous program.

After finishing a running program, press the button to return to IDLE mode.

SELECT BUTTON:
In IDLE mode, press and release SELECT to cycle through each program option. Stop on the program of your choice.
NOTE: The default exercise mode is the Quick Start program

ENTER/STOP BUTTON:
When selecting programs or presetting target values, press the button to confirm.

Press and hold the button for three seconds to reset all functions to zero and restart the computer

DOWN BUTTON:
Press to decrease preset values. Hold the button down for faster adjustments, and release it to stop.

UP BUTTON
Press to increase preset values. Hold the button down for faster adjustments, and release it to stop.

STOP BUTTON:
When the backlight is on, press the STOP button once to pause the counting of all function values.
Press the STOP button a second time to view the workout summary.

Press the STOP button a third time to return to IDLE mode.
* When the backlight is off, press any button or continue rowing to turn it on.

Console Display

STROKES
Displays the total number of strokes during exercise.

TIME
Displays the total workout time.

DIST
Displays the distance accumulated during exercise (in meters only).

STROKE PER MINUTE
Displays the current strokes per minute during exercise.

INTERVAL
Displays different cycles in the interval programs.

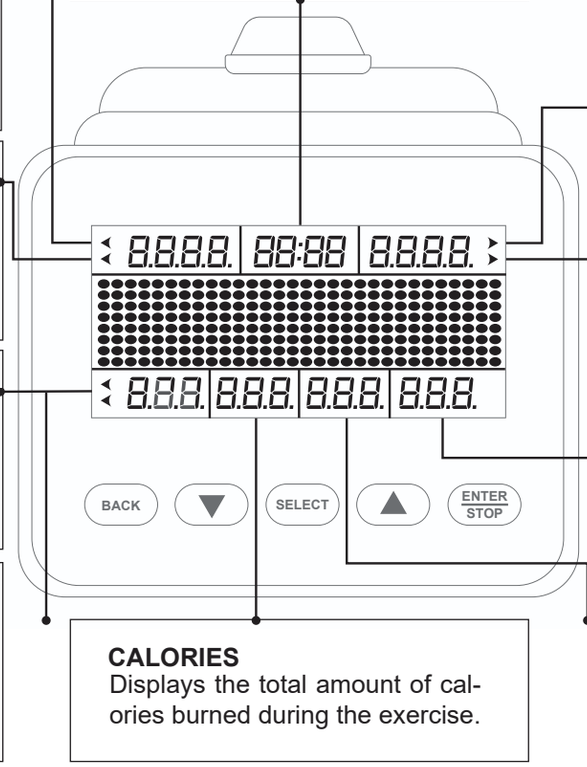
PULSE
Displays the heart rate from 40 to 220 beats per minute during exercise. To use this function, the user must wear a Heart Rate Chest Strap.

METERS PER STROKE
Displays the distance each stroke covers.

BLUETOOTH
Displays “bt” and alternates with pulse when the monitor is connected to an app.

CALORIES
Displays the total amount of calories burned during the exercise.

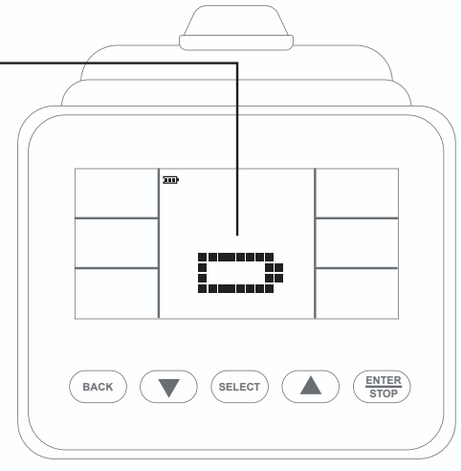
WATTS
Displays the amount of power generated at any moment during the workout.



LOW BATTERY
Display the battery symbol only when the battery is low.

SUMMARY
Press ENTER/STOP button 2 times to enter summary mode.

When the user pulls Handlebar (3) in summary mode, the monitor resumes back to display all data with a “beep” sound.



PROGRAMS

The console monitor has 8 programs. Press SELECT to cycle through workout programs in the following sequence:

Quick Start Program > Distance Countdown > Time Countdown > Calories Countdown > Game > 20/10 Interval > 10/20 Interval > 10/10 Customize Interval

1. QUICK START PROGRAM

- To Quick Start the program, pull the handlebar to begin. All function values on the console will count up.

- Press the “STOP” button once to temporarily pause counting. Pull the handlebar again to resume. Long press the “STOP” button to reset and clear all data.

- For Quick Start and the three countdown programs, press the “SELECT” button to choose the data displayed in the same window, including Time & Time/500m AVG.

- For the other seven programs, press the “BACK” button to enter IDLE mode, or hold the “ENTER/STOP” button for over 3 seconds to restart the console. Use the “SELECT” button to toggle between programs, and the “UP” and “DOWN” buttons to adjust values. Press “ENTER/STOP” to confirm.

2. DISTANCE COUNTDOWN PROGRAM

- During this workout, the “DISTANCE” program will count down from a preset value.

- The program starts once the user pulls the handlebar. When finished, the monitor displays “WINNER” with an audible alarm. Press the “BACK” button to return to IDLE mode.

- The target distance can be set between 100 and 9999 meters.

3. TIME COUNTDOWN PROGRAM

- The “TIME” program will count down from the preset time value during the workout. The program starts once the user pulls the handlebar. When finished, the monitor sounds an audible alarm. Press the “BACK” button to return to IDLE mode.

- The target time can be set from 1:00 to 99:00 minutes.

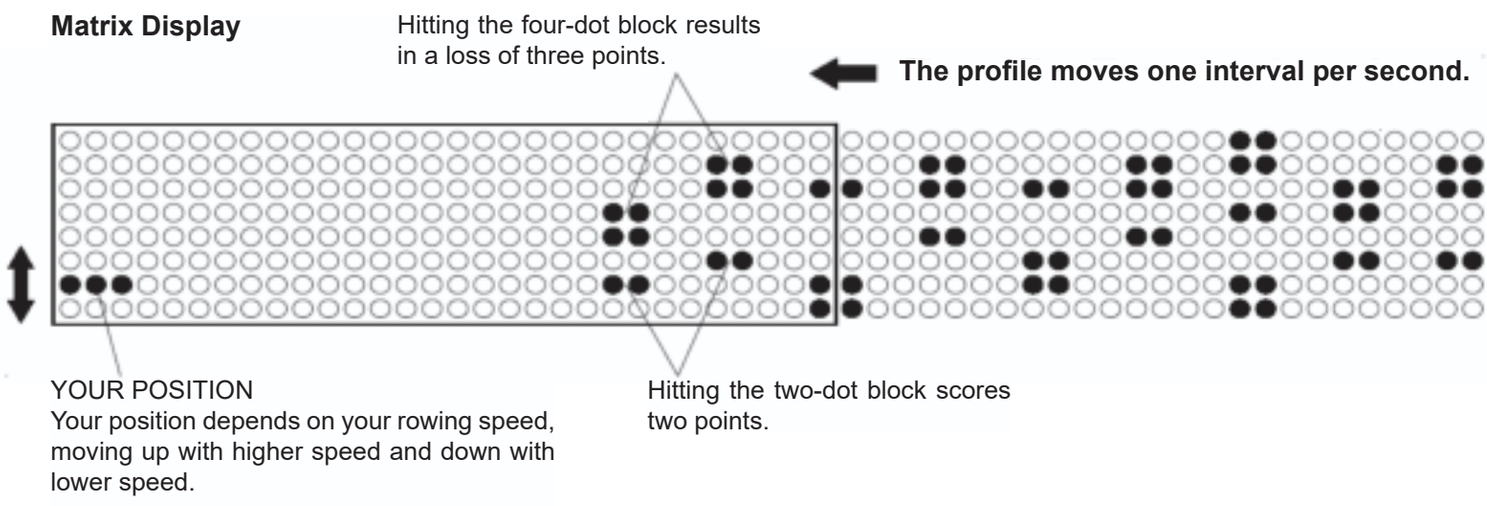
4. CALORIES COUNTDOWN PROGRAM

- The “CALORIES” program counts down from a preset calorie value during the workout. It starts once the user pulls the handlebar. When finished, the monitor displays “END” with an audible alarm. Press the “BACK” button to return to IDLE mode.

- The target calories value can be set from 10 to 999 calories.

5. GAME PROGRAM

- When the GAME program is selected, it starts once the user pulls the handlebar. No preset values are required. When the game is finished, the monitor shows the score with an audible alarm. Press the “BACK” button to return to IDLE mode.



6. 20/10 INTERVAL PROGRAM

- In the “20/10 INTERVAL” program, the console monitor will display a flashing “8” for the preset cycle value. “20” represents 20 seconds of exercise, and “10” represents 10 seconds of rest. Use the “UP” and “DOWN” buttons to set the number of cycles from 1 to 99 rounds. The user will work out for 20 seconds, followed by 10 seconds of rest. When the program is complete, the monitor will sound an audible alarm. Press the “BACK” button to return to IDLE mode.

7. 10/20 INTERVAL PROGRAM

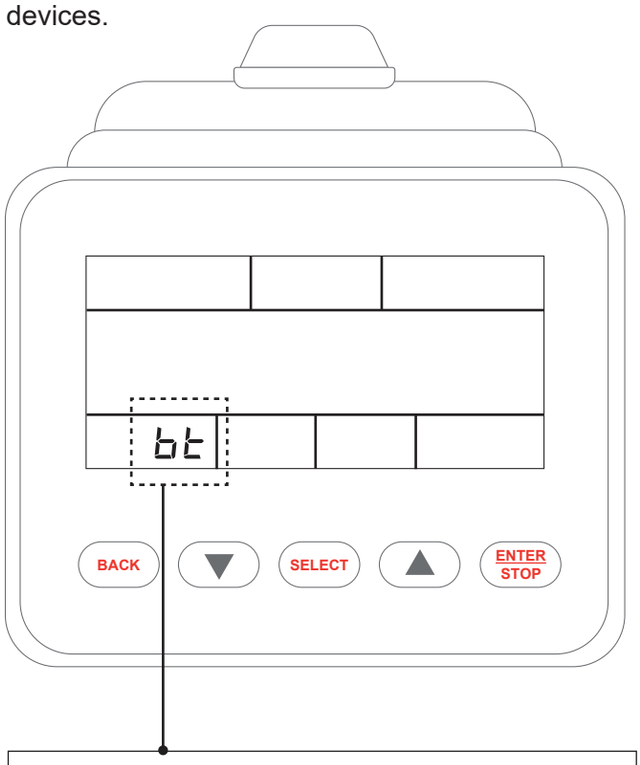
- When it is in the “10/20 INTERVAL” program, the console monitor will display flashing “8” for presetting value of cycle. Then the user can use “UP” and “DOWN” buttons to input the value from 1 to 99 rounds for cycles. User will workout for 10 seconds and then rest for 20 seconds. The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will end with an audible alarm. Press the “BACK” button to go to the IDLE mode.

8. 10/10 CUSTOMIZE INTERVAL PROGRAM

- When it is in the “10/10” INTERVAL” program, the console monitor will display flashing “8” for presetting value of cycle. Then the user can use “UP” and “DOWN” buttons to input the value from 1 to 99 for number of cycles, workout time, and rest time. The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will end with an audible alarm. Press the “BACK” button to go to the IDLE mode.

BLUETOOTH CONNECTION

Ensure the console is activated to proceed with Bluetooth connection to your smartphone or tablet. smartphone or tablet devices.



FTMS Protocol

The "bt" symbol will be displayed and will alternate with the pulse reading when connected to an app.

AVAILABLE APPS

Kinomap

D-fit

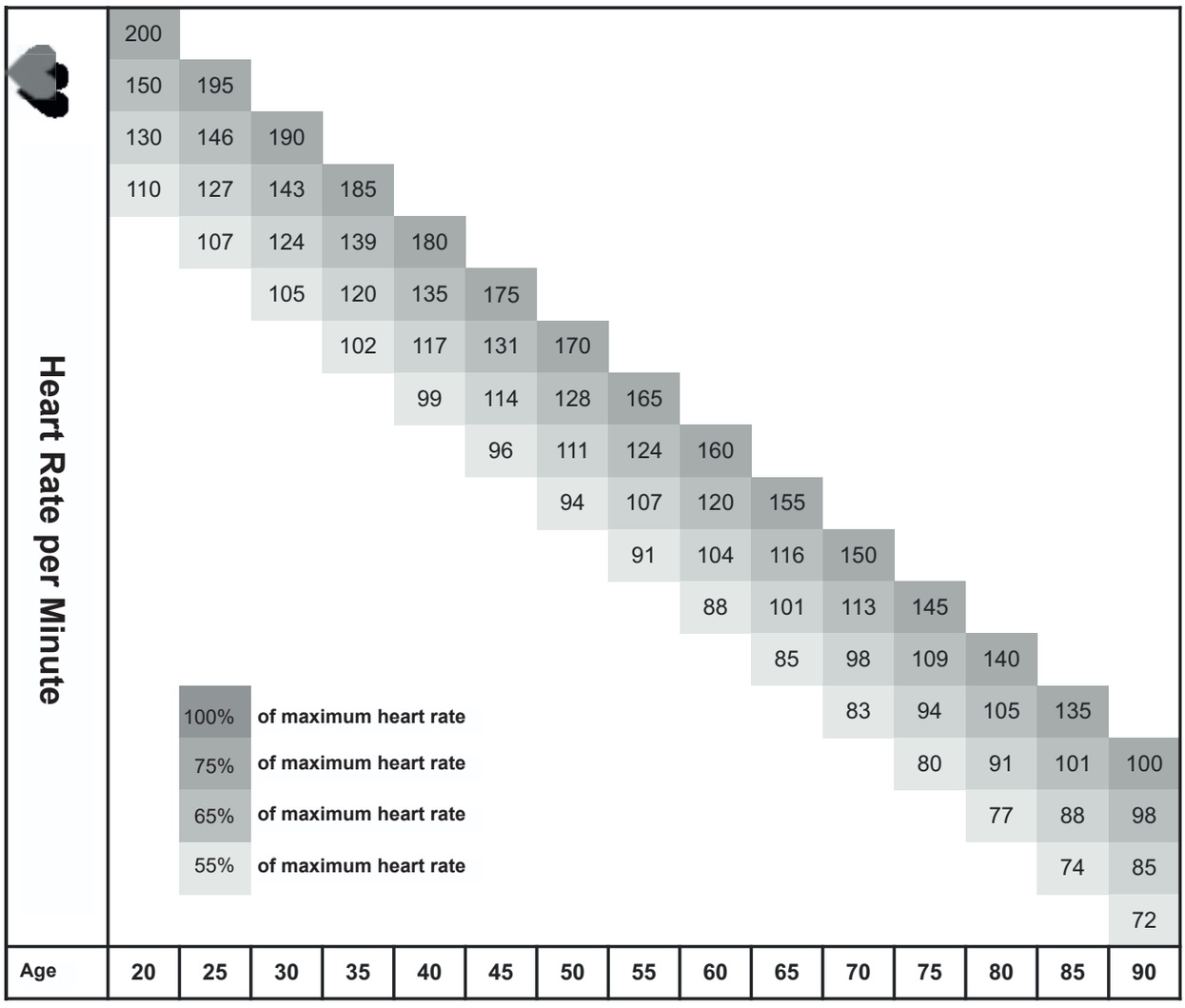
Please go to your device's settings to enable Bluetooth access for the apps.

SCAN TO DOWNLOAD

Android

IOS

HEART & PULSE RATE



Calculating Your Personal Heart Rate for Training

To calculate your personal heart rate for training, use the following formula:

220 - Age = maximum heart rate

This value represents your maximum heart rate and serves as the basis for calculating your personal training heart rate. Set this calculated heart rate at 100%.

Wellness & Health – Target Zone: 50% to 60% of Maximum Heart Rate

This zone is ideal for individuals who are overweight, older beginners, or those returning after a long break from training. Training in this zone helps the body burn approximately 4-6 calories per minute. The breakdown is typically:
70% fat, 25% carbohydrates and 5% protein.

Fat Burning – Target Zone: 60% to 70% of Maximum Heart Rate

This zone is suitable for athletes or individuals looking to lose weight. Training here burns around 6-10 calories per minute. The breakdown is:
85% fat, 10% carbohydrates and 5% protein.

Condition & Fitness – Target Zone: 70% to 80% of Maximum Heart Rate

This zone is ideal for athletes aiming to improve stamina and endurance. Training here burns about 10-12 calories per minute. The breakdown is: 35% fat, 60% carbohydrates and 5% protein
For optimal training results, you should calculate the average value of the selected target zone (refer to the table above):
Wellness & Health – target zone average value = 55% of maximum heart rate
Fat Burning – target zone average value = 65% of maximum heart rate
Condition & Fitness – target zone average value = 75% of maximum heart rate

HEART & PULSE RATE

Monitoring

⚠ WARNING:

Pulse and heart rate monitoring systems may be inaccurate. Excessive training can cause serious injury or death. If you feel unwell or faint, stop training immediately. Ensure that all users of your exercise device are familiar with this information and follow it closely.

Heart Rate Measurement Using a Chest Belt

Many MAXXUS® devices come with a built-in wireless receiver. Using a chest belt, such as a POLAR® chest belt, allows for wireless and accurate heart rate monitoring. This method uses a chest strap that sends pulses to the cockpit receiver via an electromagnetic field. For optimal results, always use a chest belt with heart rate-controlled programs.

The chest strap only serves to display the heart rate during exercise. It does not indicate whether the heart rate is safe or effective for training and is not suitable for medical diagnostics. Consult your doctor before starting any exercise program, especially if you are:

- Inactive for an extended period
- Overweight
- Over 35 years of age
- Have high or low blood pressure
- Have heart problems

If you use a pacemaker or similar device, consult your specialist before using a chest belt.

⚠ WARNING:

The chest strap only serves to display the heart rate during exercise. It does not indicate whether the heart rate is safe or effective for training and is not suitable for medical diagnostics.

If you use a pacemaker or similar device, consult your specialist before using a chest belt.

ROWING MACHINES – SAFETY ADVICE

In addition to the general safety instructions on page 3, please adhere to the following specific safety instructions for rowing machines.

TRAINING INSTRUCTIONS

Below, you will find instructions and tips to help you perform rowing movements correctly.

ROWING MOTION – COMPLETE BODY

Step 1: Preparation

Ensure your feet are positioned correctly on the pedals. Adjust the straps for a secure fit. Hold the rowing handle with both hands about 20 cm apart.

Step 2: Starting Position

Lean forward as far as possible with bent knees.

Step 3: Push

Use your feet to push yourself backward.

Step 4: End Position

Push back until your knees are slightly bent. Simultaneously, pull the handle towards your body just below your ribcage. Straighten your back and pull your shoulders back slightly.
CAUTION: Never bend your back too far or straighten your knees completely!

Step 5: Return

Pull yourself forward again using your feet and lean forward with your upper body, extending your arms.

TRAINING INSTRUCTIONS

ROWING MOTION – LEGS ONLY

Step 1: Preparation

Ensure that your feet are correctly positioned on the pedals and that they are adjusted to fit your shoe size, with the straps firmly secured around your feet. Grasp the rowing handle with both hands, approximately 20 cm apart.

Step 2: Starting Position

Lean forward with your upper body as far as possible, keeping your knees bent.

Step 3: Push

Now, use your feet to push yourself backward.

Step 4: End Position

Push yourself back far enough so that your knees are only slightly bent. CAUTION: Never fully straighten your knees!

Step 5: Return to the Starting Position

Pull yourself forward again using your feet.

Workout Planning

Effective training requires planning. Incorporate fitness into your daily routine and plan long-term, for months ahead. Motivation strategies, like listening to music, can help maintain consistency. Set realistic goals, such as losing 1 kg in four weeks or increasing training weight by 10 kg in six weeks, and reward yourself when you reach these goals.

Warm-Up

Warm up your body for 5-7 minutes at a low intensity, using a skipping rope, cross-trainer, or similar equipment. This prepares your body for the upcoming workout.

Cool-Down

Don't stop abruptly after your workout. Gradually decrease your intensity over 5-7 minutes on an exercise bike, cross trainer, or similar equipment, then stretch your muscles well.

WARM-UP/STRETCHING EXERCISES

Thighs

Support yourself with your right hand against a wall or your exercise equipment. Lift your left foot backward and hold it with your left hand, with your knee pointing straight down. Pull your thigh back until you feel a slight stretch in the muscle. Hold for 15-20 seconds, then slowly release your foot and lower your leg. Repeat with the right leg.

Legs and Lower Back

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

Triceps and Shoulder

Reach behind your head to your right shoulder with your left hand. Pull on your left elbow with your right hand until you feel a slight stretch. Hold for 15-20 seconds, then repeat with your right hand.

Upper Body

Extend your left arm past your right arm at shoulder level. Pull on your left upper arm with your right hand until you feel a slight stretch. Hold for 15-20 seconds, then repeat with your right hand.

Training Frequency

Experts recommend 3 to 4 days of endurance/strength training per week. The more often you train, the faster you'll reach your goals. However, ensure you take sufficient breaks between sessions to allow your body time to recover and regenerate. Take at least one day off after each training session.

Hydration

Adequate fluid intake is crucial before and during training. During a 60-minute session, you can lose up to 0.5 litres of fluid. To compensate, drink an apple spritzer in a ratio of one-third apple juice to two-thirds mineral water, which replenishes lost electrolytes and minerals. Drink about 330 ml 30 minutes before starting your session and ensure balanced hydration throughout your workout.

Exercise Intensity

In addition to the mistake of exercising too frequently, errors are often made in the intensity of training. If your training goal is to prepare for a triathlon or marathon, your training intensity will understandably be high. However, since most people aim for goals such as weight reduction, cardiovascular fitness, improving physical condition, stress reduction, etc., training intensity should be adjusted accordingly. It is most effective to train at the appropriate heart rate for your specific goal. The information and heart rate table provided in this manual will assist you in this regard.

Duration of the Individual Training Session

For optimal endurance or weight reduction training, the duration of each training session should range between 25 and 60 minutes. Beginners and those returning to exercise should start with shorter sessions of 10 minutes or less during the first week and gradually increase the duration week by week.

Training Documentation

To effectively plan and assess your training, it is recommended to create a training plan in written form or as a computer table before starting. In this plan, document each session's details, including data such as distance, training time, resistance setting, and pulse values. Additionally, record personal information such as body weight, blood pressure, resting heart rate (measured in the morning immediately after waking up), and how you felt during the exercise.

Below, you will find a recommendation for a weekly plan.

Calendar Week: _____ Year: ____						
Date:	**Day:**	**Exercise Duration**	**Exercise Distance**	**Calorie Consumption**	**Ø Heart Rate**	**Comments**
	Monday					
	Tuesday					
	Wednesday					
	Thursday					
	Friday					
	Saturday					
	Sunday					
Week Result:						

FAQ

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.

Technical Details

Cockpit

Displays:

-Time	-Rowing Strokes per Minute
-Distance	-Speed
-Calorie Consumption	-Total Rowing Strokes

Technical Details:

- Brake system: Air resistance
- Resistance control: Regulator with 10 levels
- Pulley system: Rope pulley with ergonomically shaped handle
- Slide rail: Aluminium
- Installation dimensions: approx. 240 x 62 x 106 cm (L x W x H)
- Total weight: approx. 39.6 kg
- Maximum user weight: 150 kg
- Value adjustment: Keyboard
- Power supply: 2 x Type C batteries

Application:

Home & Semi-professional

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 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:
- 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.

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.

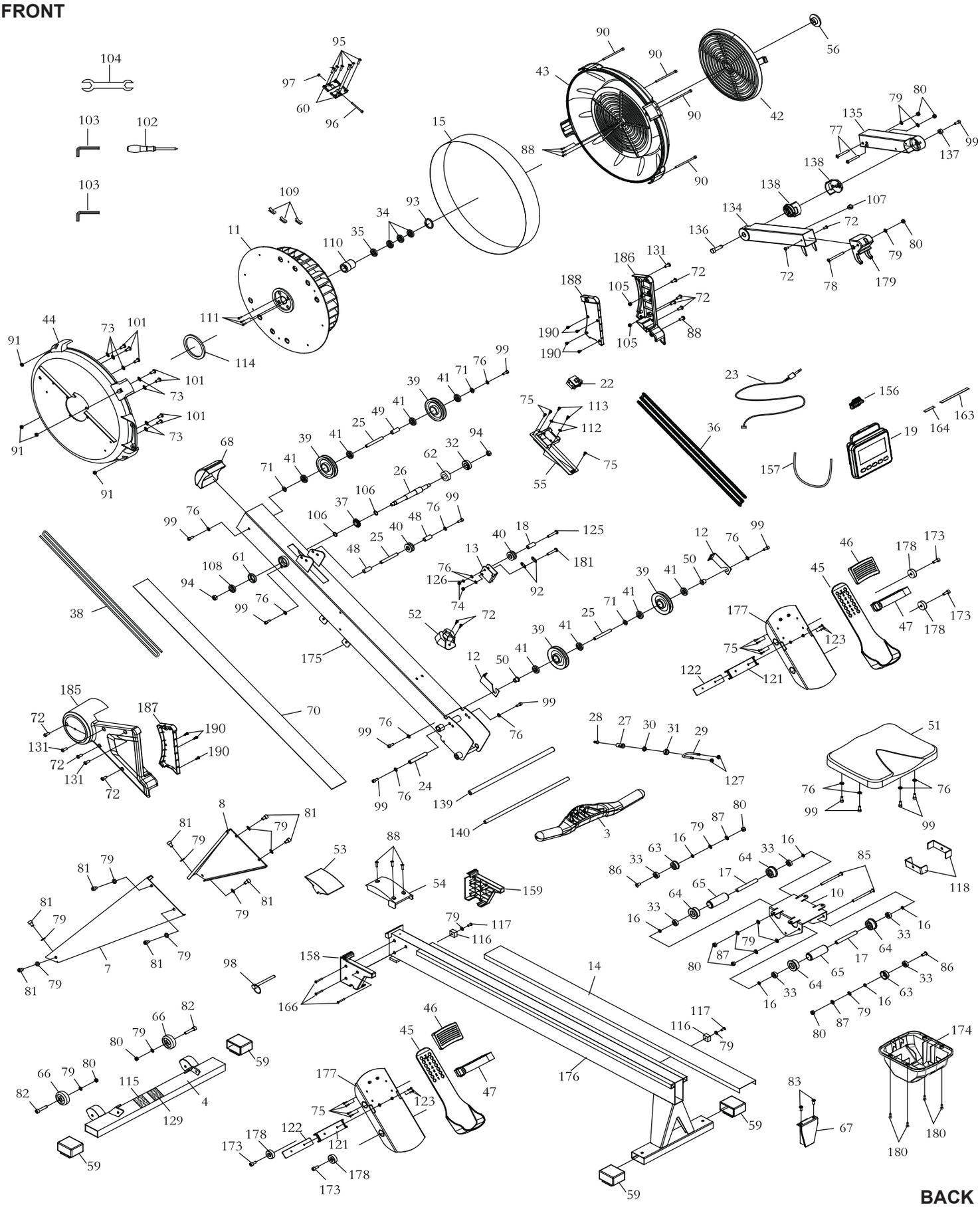
Batteries / Rechargeable Batteries

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.

Reference to our WEEE registration number: We have registered with the German registry Stiftung Elektro-Altgeräte Register (EAR Foundation), Nordostpark 72, 90411 Nürnberg as a manufacturer and distributor of electrical and / or electronic equipment under registration number (WEEE Reg. No. DE): DE 65774247

EXPLODED DRAWING

FRONT



PARTS LIST

Part	Description	Type	QTY
3	Handlebar		1
4	Front Stabilizer		1
7	Left Support Leg		1
8	Right Support Leg		1
10	Seat Carriage		1
11	Fan		1
12	Bungee Cord Hook		2
13	Chain Idler Bracket		1
14	Rail		1
15	Outlet Perforation		1
16	Spacer	Ø8.2 x Ø12 x 3.2mm	6
17	Long Spacer	Ø8.2 x Ø12 x 71.6mm	2
18	Chain Roller Spacer	Ø6.2 x Ø10 x 15.5mm	1
19	Computer		1
22	Generator		1
23	Sensor Wire		1
24	Shaft	M6 x 1, Ø11.8 x 79.5mm	1
25	Pulley Shaft	M6 x 1, Ø10 x 76.5mm	3
26	Fan Axle		1
27	Hook Connector		1
28	Chain Connector		1
29	U Bolt		1
30	Inner Spacer		1
31	Outer Collar		1
32	Bearing	6003RS	1
33	Bearing	608ZZ	6
34	Bearing	6201RS	3
35	One-way Bearing	HF2016	1
36	Chain	1/4” pitch	1
37	Sprocket		1
38	Bungee Cord		1
39	Bungee Cord Pulley		4
40	Chain Roller		2
41	Bearing	6000ZZ	8
42	Damper		1
43	Right Fan Cage		1
44	Left Fan Cage		1
45	Pedal Cap		2
46	Toe Piece		2
47	Pedal Strap		2
48	Small Chain Roller Spacer	Ø10 x Ø16 x 30.5mm	2
49	Pulley Spacer	Ø10 x Ø16 x 26.5mm	1
50	Pulley Bushing		2
51	Seat		1
52	Handlebar Holder		1
53	Joint Cover		1
54	Fixed Joint Cover		1
55	Generator Base		1
56	Damper Securing Cap		1
59	Endcap	30mm x 60mm	4
60	Connecting Plate		2
61	Bearing Cup	6001RS	1
62	Bearing Cup	6003RS	1
63	Guide Roller		2
64	Seat Roller		4
65	Roller Sleeve		2
66	Moving Wheel		2
67	Rail Cap		1
68	Main Frame Cap		1
70	Bottom Cover		1

PARTS LIST

Part	Description	Type	QTY
71	Plastic Washer	Ø10.2 x Ø14 x 1mm thick	3
72	Bolt, Round Head	M6 x 1 x 10mm	11
73	Lock Washer	Internal Tooth (M6)	7
74	Nylon Nut	M6 x 1	2
75	Screw, Round Head	ST4.2 x 10mm	11
76	Washer	M6	14
77	Bolt, Socket Head	M8 x 1.25 x 65mm	2
78	Bolt, Button Head	M8 x 1.25 x 75mm	1
79	Washer	M8	19
80	Nylon Nut	M8 x 1.25	9
81	Hex round head bolt	M8 x 1.25 x 12mm	8
82	Bolt, Socket Head	M8 x 1.25 x 40mm	2
83	Bolt, Flat Head	M6 x 1 x 16mm	2
85	Bolt, Socket Head	M8 x 1.25 x 110mm	2
86	Bolt, Button Head	M8 x 1.25 x 25mm	2
87	Lock Washer	M8	4
88	Screw, Round Head	ST4.2 x 16mm	7
89	---		--
90	Bolt, Socket Head	M5 x 0.8 x 92mm	4
91	Nut	M5 x 0.8	4
92	Chain Hook		2
93	Inner C Ring	Ø32	1
94	Nylock Nut	M10 x 1.5	2
95	Screw, Round Head Self-Tapping	ST4.2 x 6mm	6
96	Screw, Round Head	M4 x 0.7 x 45mm	1
97	Nut	M4 x 0.7	1
98	Pin		1
99	Bolt, Socket Head	M6 x 1 x 16mm	13
101	Bolt, Round Head	M6 x 1 x 10mm	7
102	Screwdriver		1
103	Allen Wrench T6	6mm	2
104	Wrench 13 - 15		1
105	Nut	M6 x 1	2
106	PU Spacer		2
107	Grommet Plug		1
108	Bearing	6001RS	1
109	Weight		3
110	Bearing Housing		1
111	Bolt, Socket Head	M4 x 0.7 x 12mm	3
112	Washer	Ø3.5 x Ø12 x 1mm thick	2
113	Screw, Round Head	ST3.5 x 12mm	2
114	Magnet Ring		1
115	Caution Label		1
116	Seat Stopper		2
117	Bolt, Socket Head	M8 x 1.25 x 20mm	2
118	Stopper Bracket		2
119	Manual		1
121	Pedal Strap Protector		2
122	Pedal Strap Stopper Plate		2
123	Phillips Flat Head Screw	M5 x 12mm	4
125	Phillips Truss Head Screw	M6 x 30mm (Tooth 10mm)	1
126	Spring Washer	M6	1
127	Nylon Nut	M6	2
131	Phillips Pan Head Screw	M6 x 12mm	2
134	Upper Console Monitor Post		1
135	Lower Console Monitor Post		1
136	Screw Shaft		1
137	Small Pulley Bushing		1
138	Rotation Sleeve		2
139	Pedal Shaft	16mm	1

PARTS LIST

Part	Description	Type	QTY
140	Pedal Shaft	12mm	1
156	Smartphone Holder		1
157	Bungee Cord of Smartphone Holder		1
158	Left Joint Cover		1
159	Right Joint Cover		1
163	Console EVA Pad		1
164	Smartphone Holder EVA Pad		1
166	Phillips Pan Head Self-Tapping Screw	ST4.2 x 35mm	3
173	Socket Head Cap Screw	M8 x 20mm	4
174	Seat Carriage Cover		1
175	Main Frame		1
176	Rail Frame		1
177	Pedal Support Plate		2
178	Foot Pedal End Cap		4
179	Console Mounting Bracket		1
180	Socket Head Cap Screw	M5 x 16mm	4
181	Phillips Truss Head Screw	M6 x 28mm	1
185	Left Side Cover		1
186	Right Side Cover		1
187	Left Inner Cover		1
188	Right Inner Cover		1
190	Phillips Flat Head Self-Tapping Screw	ST4.2 x 10mm	7

Warranty

The warranty for your device begins on the date of purchase and is valid for 24 months. It covers defects caused by manufacturing or material faults, for products purchased directly from Gorilla Sports GmbH or one of our authorized partners.

The warranty does not cover:

- Damage from improper use, negligence, or intentional harm
- Failure to perform maintenance or cleaning
- Normal wear and tear on parts like bearings, belts, rollers, etc.
- Damage caused by liquids, unauthorized repairs, or non-Gorilla Sports parts
- Issues due to incorrect assembly
- Devices intended for home use being used commercially or industrially

For best protection, we recommend keeping the original packaging during the warranty period in case you need to return the product. Please note, making a warranty claim does not extend the original warranty period.

Our Service Team is here to help with any questions or concerns during your warranty period. To be able to help you as quickly as possible, we will require certain information about your fitness device - the product name, date of purchase and serial number. Therefore, please always keep your proof of purchase or invoice and this will ensure that your service case is processed quickly. Feel free to contact us!

MAXXUS

LEADING BEYOND FITNESS

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