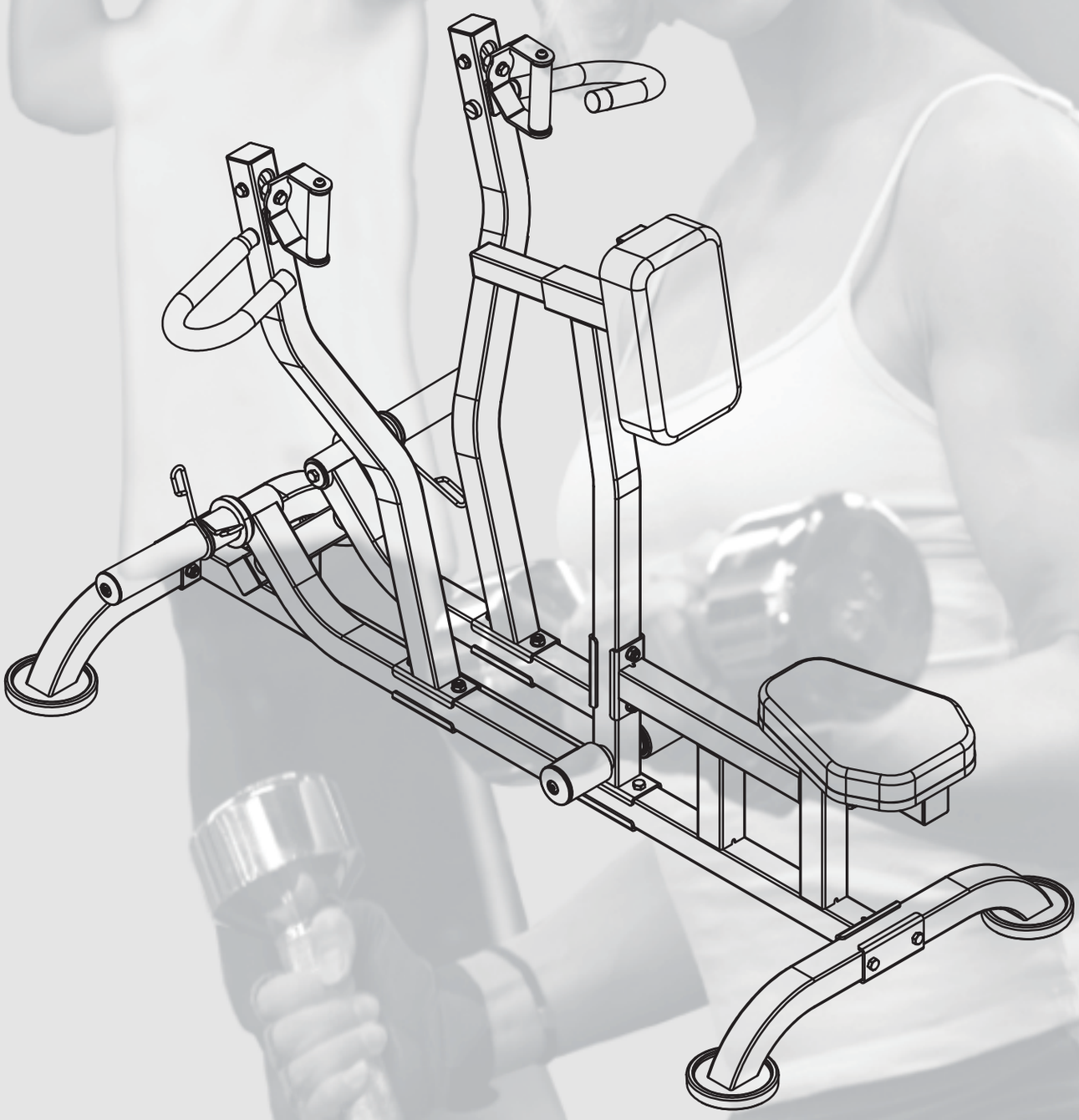
INSTALLATION & OPERATING MANUAL

MAXXUS

SEATED ROWING MACHINE

GSMX-600416-00019-0001



ENG

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Important information and safety instructions

General Information

Please ensure all users have read and understood the assembly and operating instructions before use. These instructions are integral to the product and should be kept readily accessible for future reference. Adherence to the safety and maintenance guidelines is crucial. Deviating from these instructions may lead to health risks, accidents, or damage to the device, absolving the manufacturer and distributor of liability.

Personal safety

Before using this device, consult your doctor to ensure the training is suitable for your health. This is particularly important for individuals with a family history of heart disease or high blood pressure, smokers, those with high cholesterol, overweight individuals, and those who have been inactive over the past year. If you are on heart-related medication, seeking medical advice is critical. Be aware that excessive exercise can pose serious health risks. If you experience weakness, nausea, dizziness, pain, shortness of breath, or other unusual symptoms during training, stop immediately and seek medical attention. Sports equipment is not a toy and should be used only as intended, typically by one person at a time. Only those properly informed and instructed should operate this equipment. Vulnerable individuals, including children, and those with physical or mental impairments, should use the device only under supervision. Precautions must be taken to prevent unsupervised children from accessing the equipment. Ensure that all users and bystanders avoid placing any body parts near moving components.

Wear appropriate fitness clothing and shoes while using this device. Ensure clothing is form-fitting and cannot catch in any part of the device. Choose training shoes that provide a firm grip and feature non-slip soles.

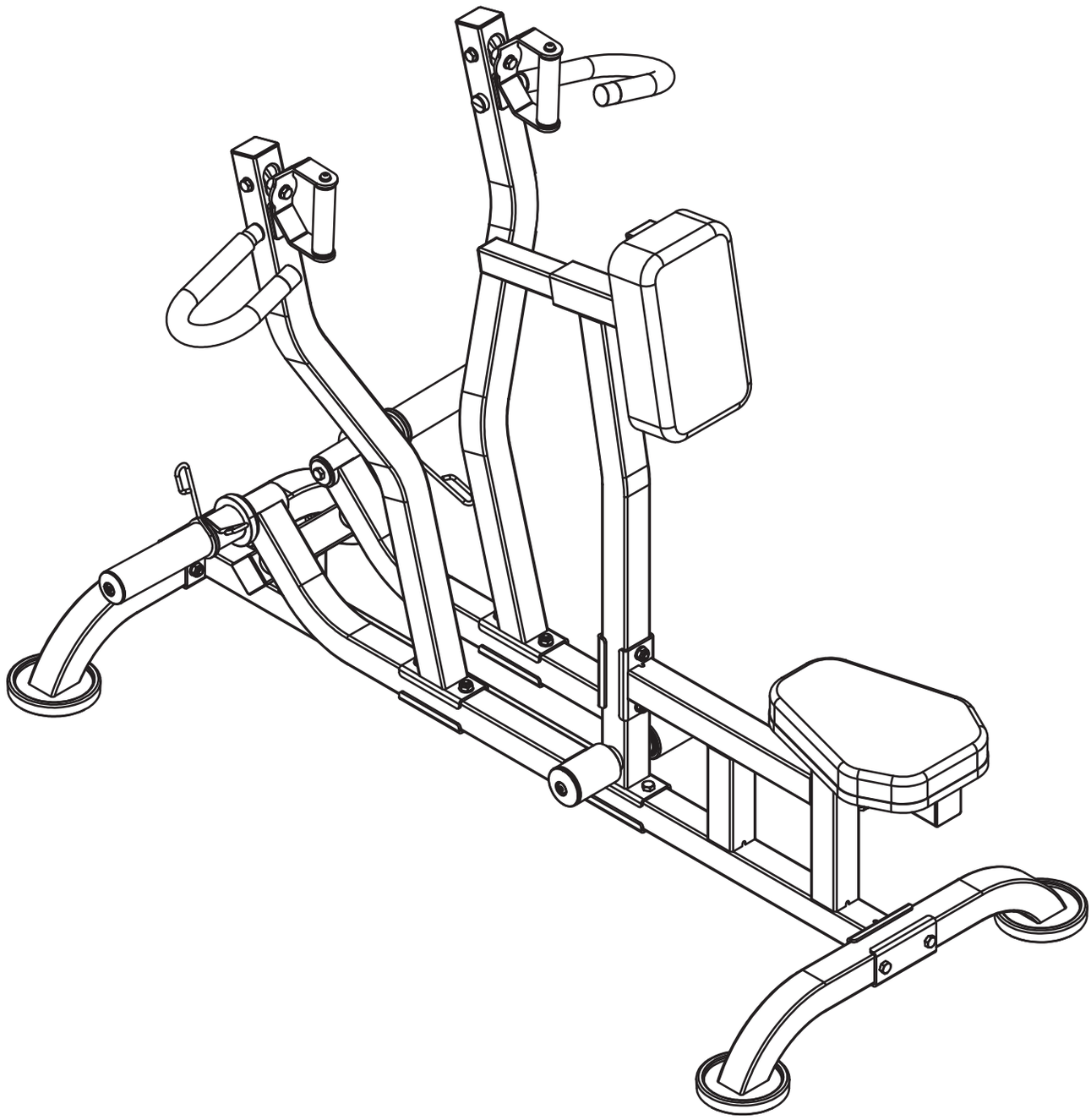
Assembly

Ensure all parts and tools listed in the parts list are present, noting some parts may be pre-assembled. Keep children and pets away from the assembly area to prevent injury or suffocation from tools and packaging materials. Ensure ample space is available for assembly. Regularly check and tighten all screws, nuts, and connections before initial use and periodically thereafter to maintain the device’s safe operation.

Location

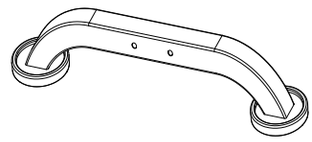
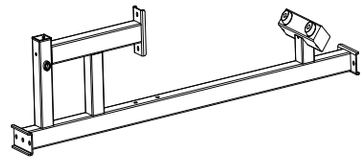
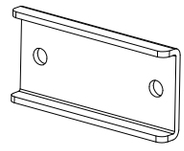
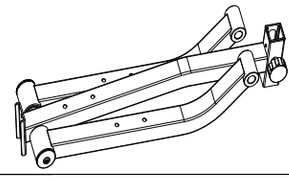
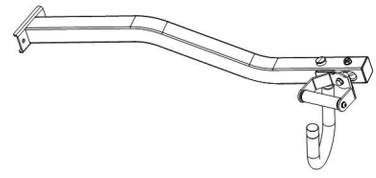
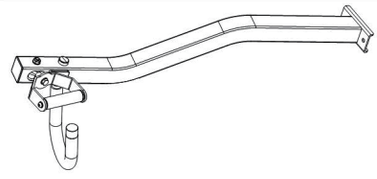
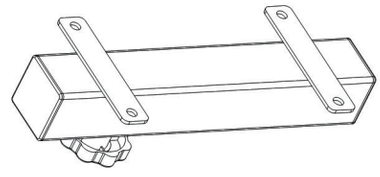
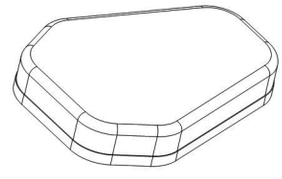
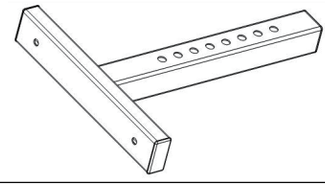
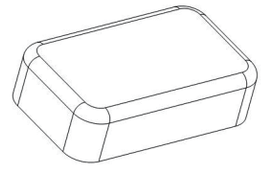
Install the device on a flat, stable, and dry surface. If the surface is uneven, use adjustable parts of the device to level it, if available. Place a floor protection mat underneath to guard against pressure marks and dirt. Remove all objects from the training area before starting. Do not use the device outdoors or in humid environments.

Technical data overview



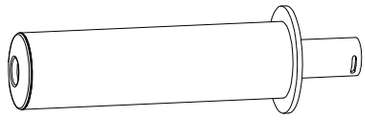
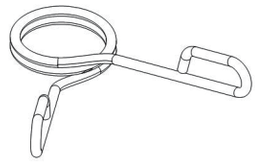
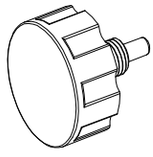
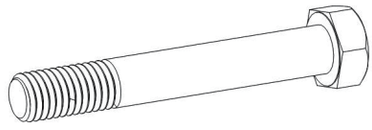
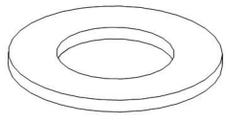
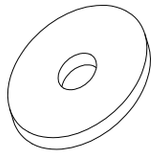
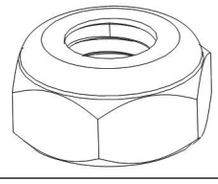
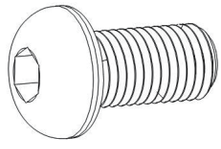
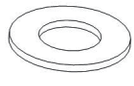
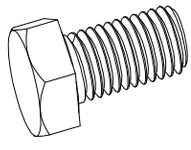
Parts list

Installation accessories

No.	Accessories name	Diagram	Qty.
1	Stabilizer assembly		2
2	Main frame assembly		1
3	U-shaped fixing plate		6
4	Upright tube assembly		1
5	**Handlebar assembly-R**		1
6	**Handlebar assembly-L**		1
7	**Seat cushion fixing assembly**		1
8	**Seat cushion**		1
9	**Back cushion adjustment assembly**		1
10	**Back cushion**		1

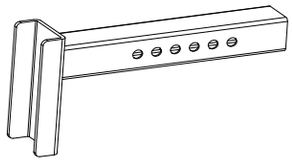
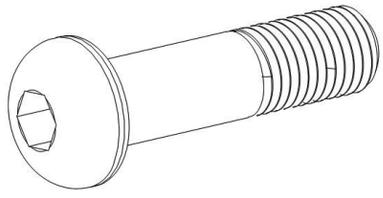
Parts list

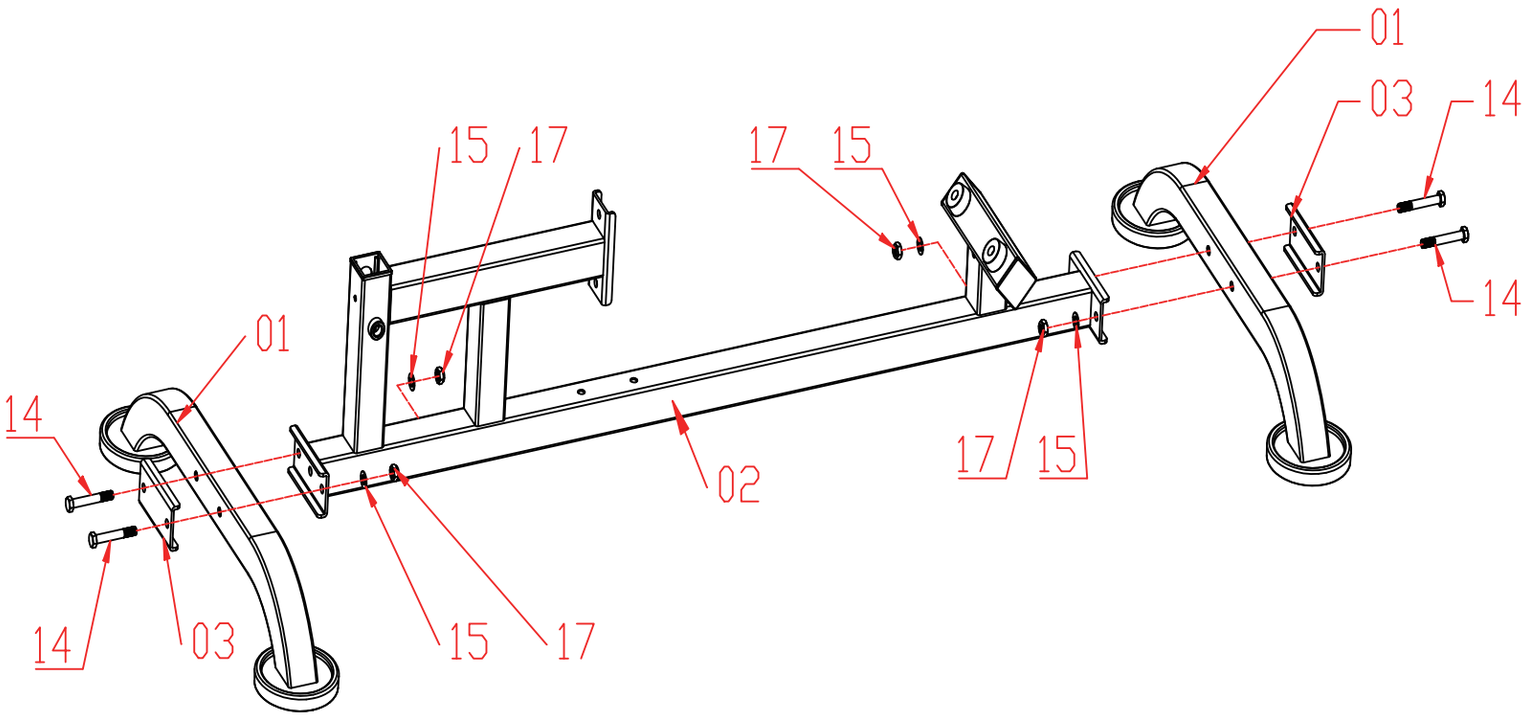
Installation accessories

No.	Accessories name	Diagram	Qty.
11	**Hang the barbell assembly**		2
12	**Φ50 Spring clamp**		2
13	M16 Elastic bolt		1
14	**Outer hexagon screw M10*70**		12
15	**Flat washer Φ10**		12
16	**Big washer Φ38**		2
17	**Outer hexagon locking nut M10**		12
18	**Pan head hexagon screw M8*25**		4
19	**Flat washer Φ8**		6
20	**Outer hexagon screw M10*20**		2

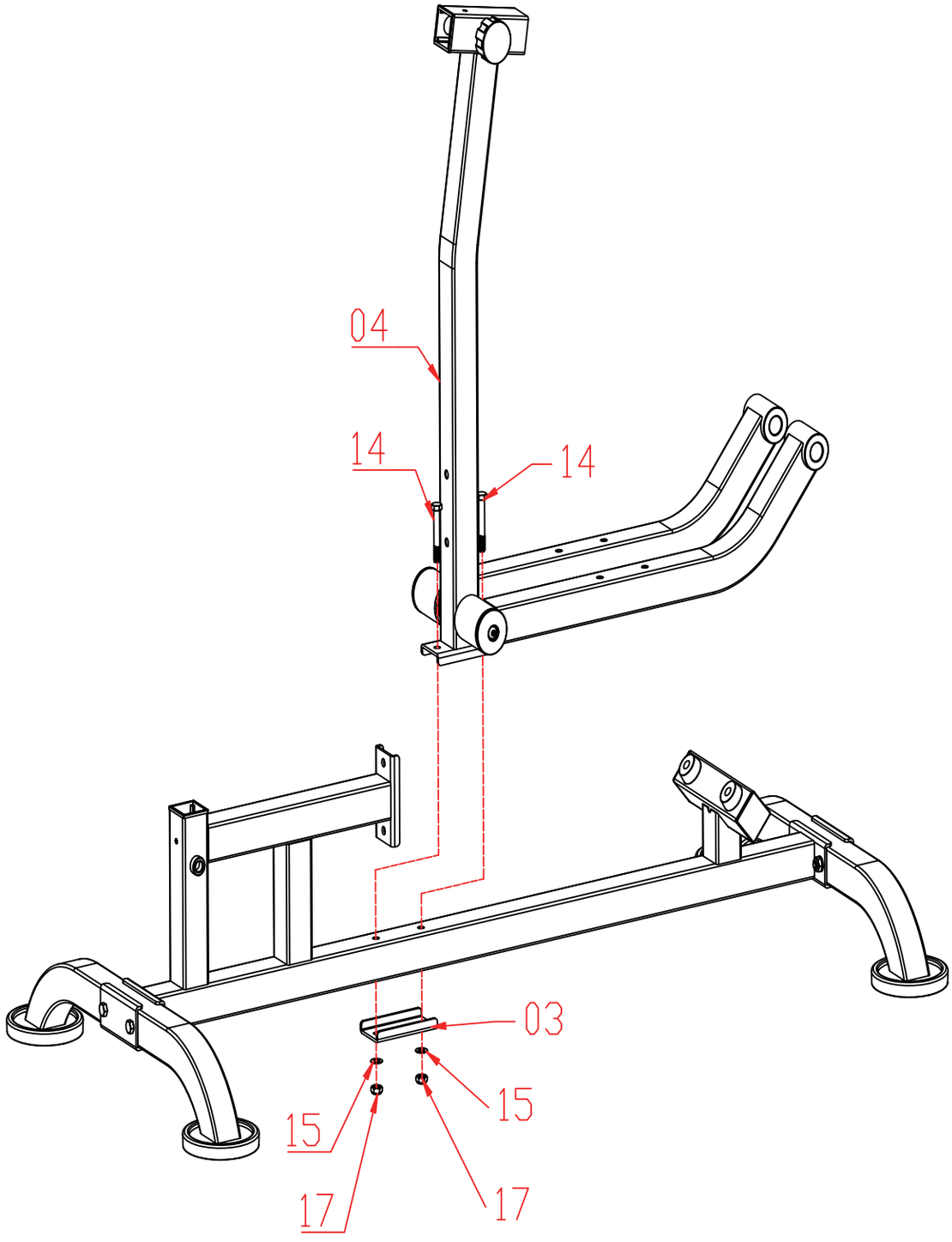
Parts list

Installation accessories

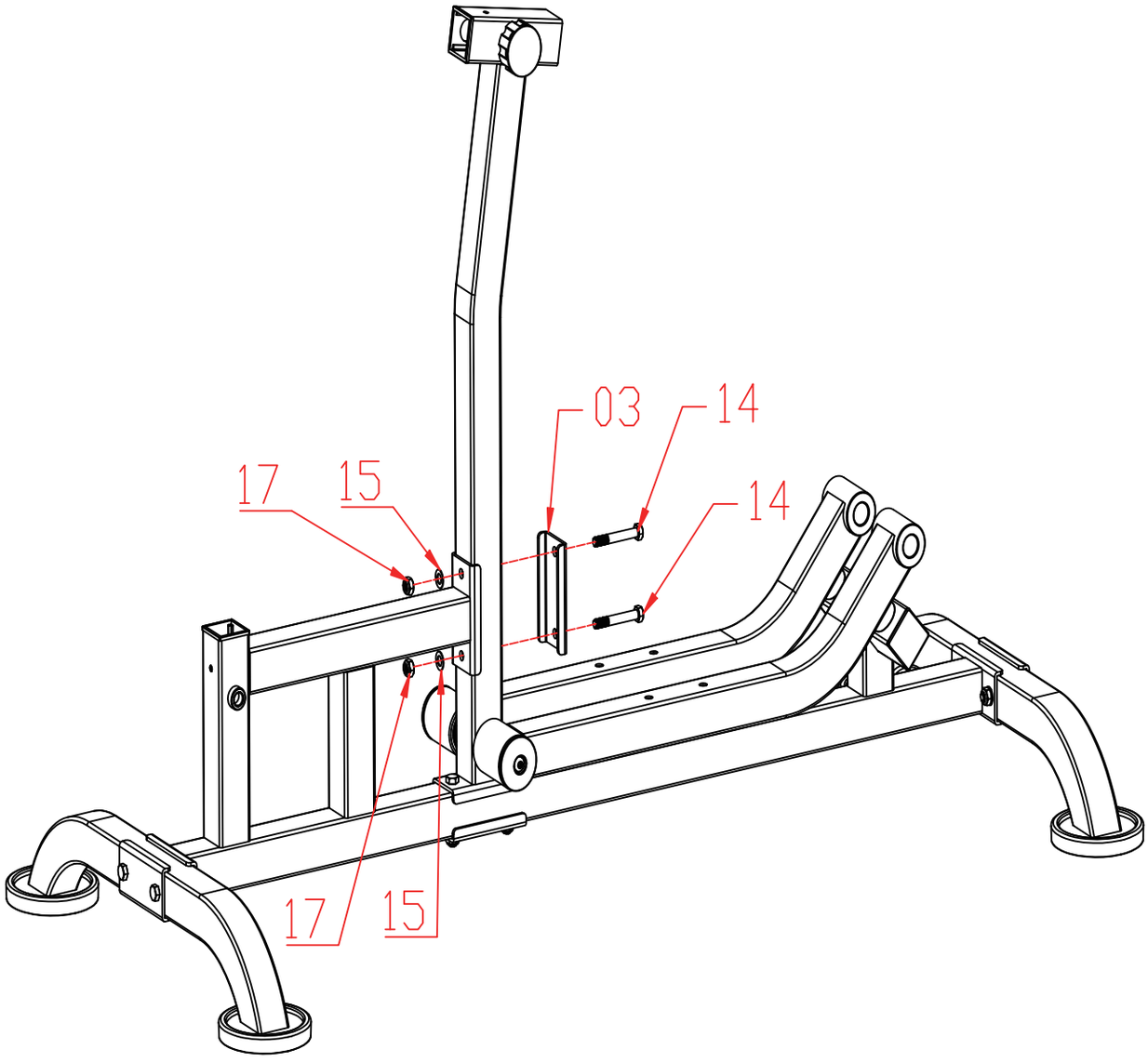
No.	Accessories name	Diagram	Qty.
21	Seat cushion height adjustment tube		1
22	**Pan head hexagon screw M8*40**		2



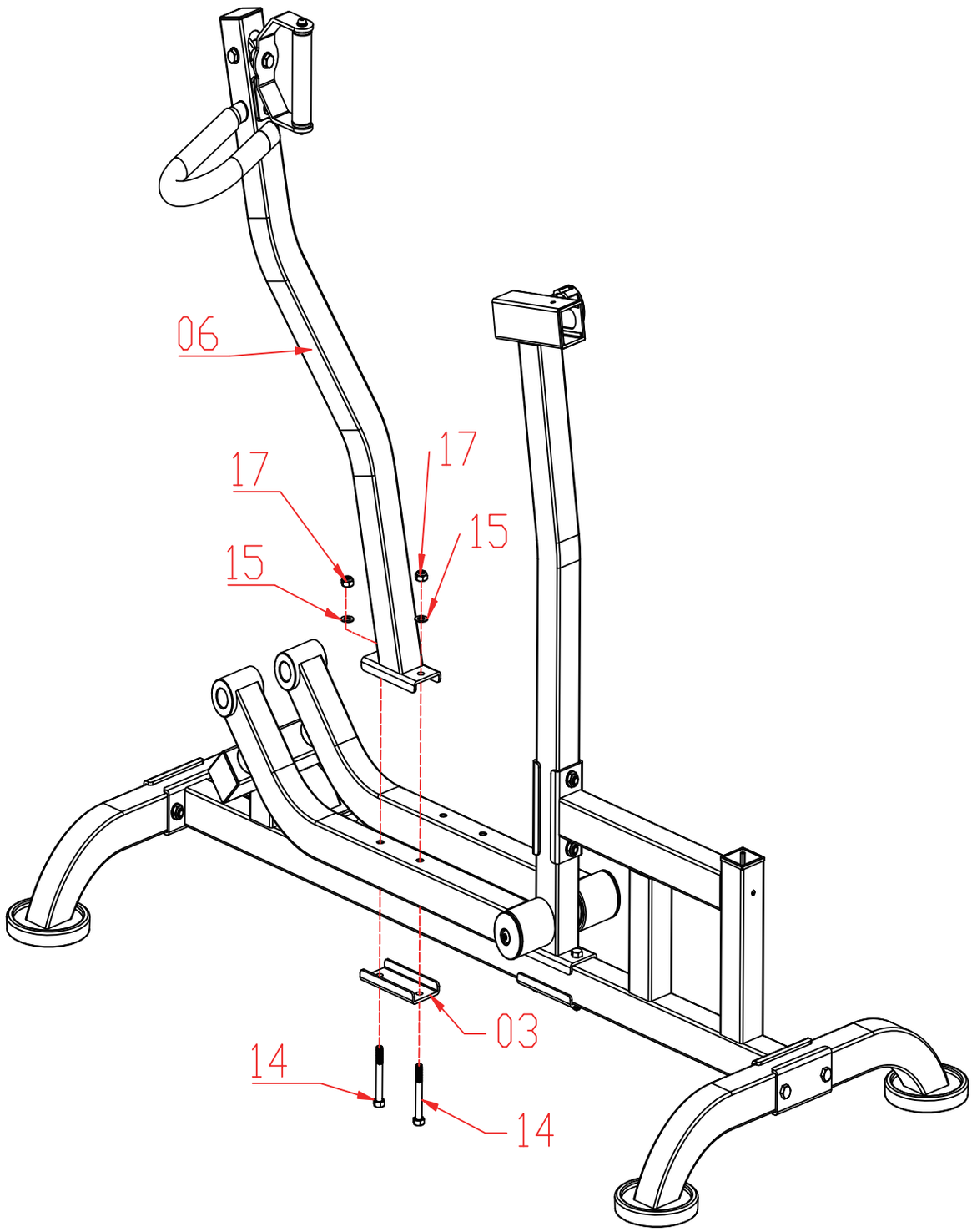
Accessories needed of Step						
No.	Accessories name	Qty.		No.	Accessories name	Qty.
01	Stabilizer assembly	**2**		**15**	**Flat washer :Φ10**	**4**
02	Main frame assembly	**1**		**17**	**Outer hexagon locking nut :M10**	**4**
03	U-shaped fixing plate	**2**				
14	**Outer hexagon screwM10*70**	**4**				



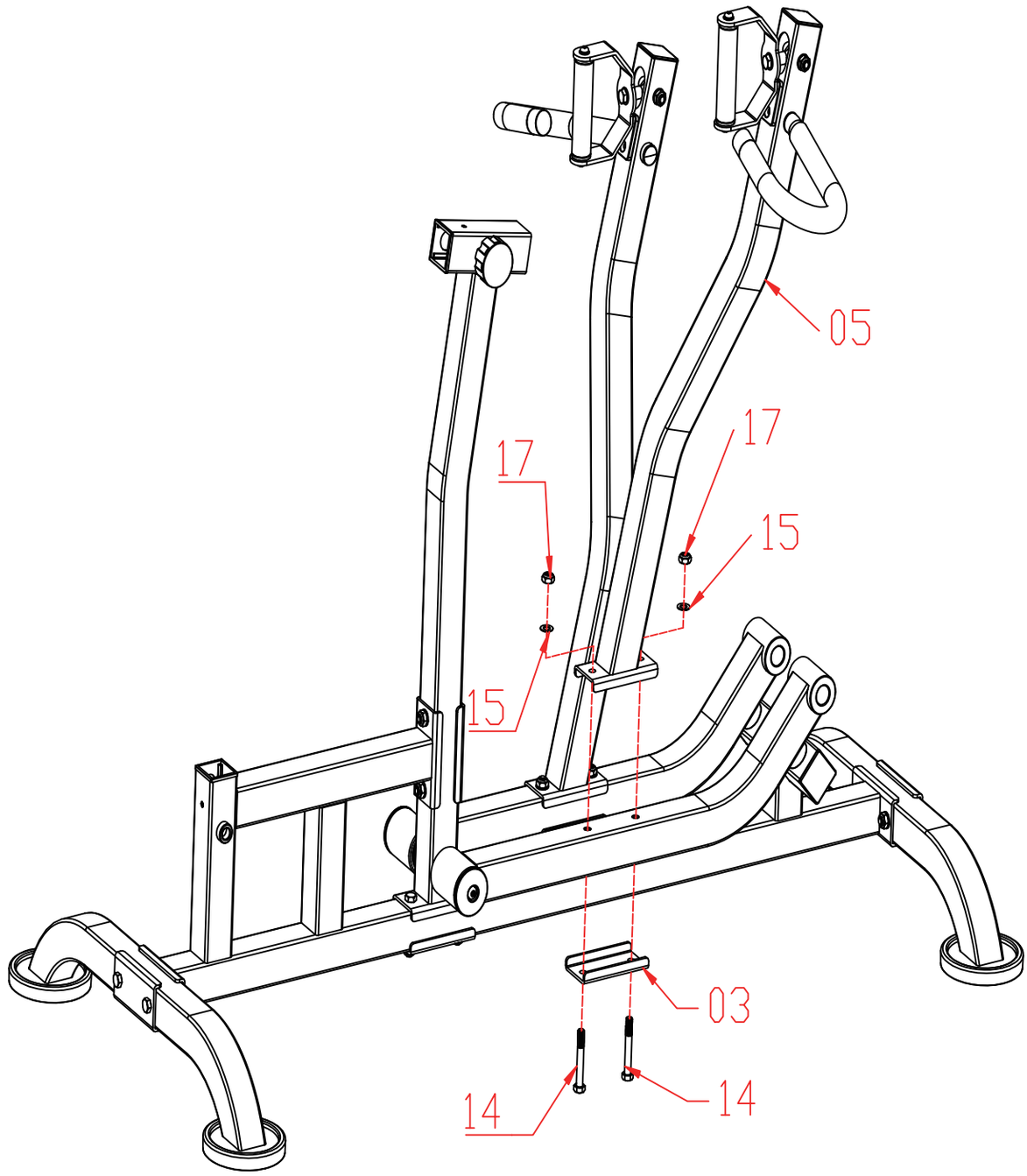
Accessories needed of Step						
No.	Accessories name	Qty.		No.	Accessories name	Qty.
03	U-shaped fixing plate	**1**		**15**	**Flat washer :Φ10**	**2**
04	Upright tube assembly	**1**		**17**	**Outer hexagon locking nut :M10**	**2**
14	**Outer hexagon screw： M 10*70**	**2**				



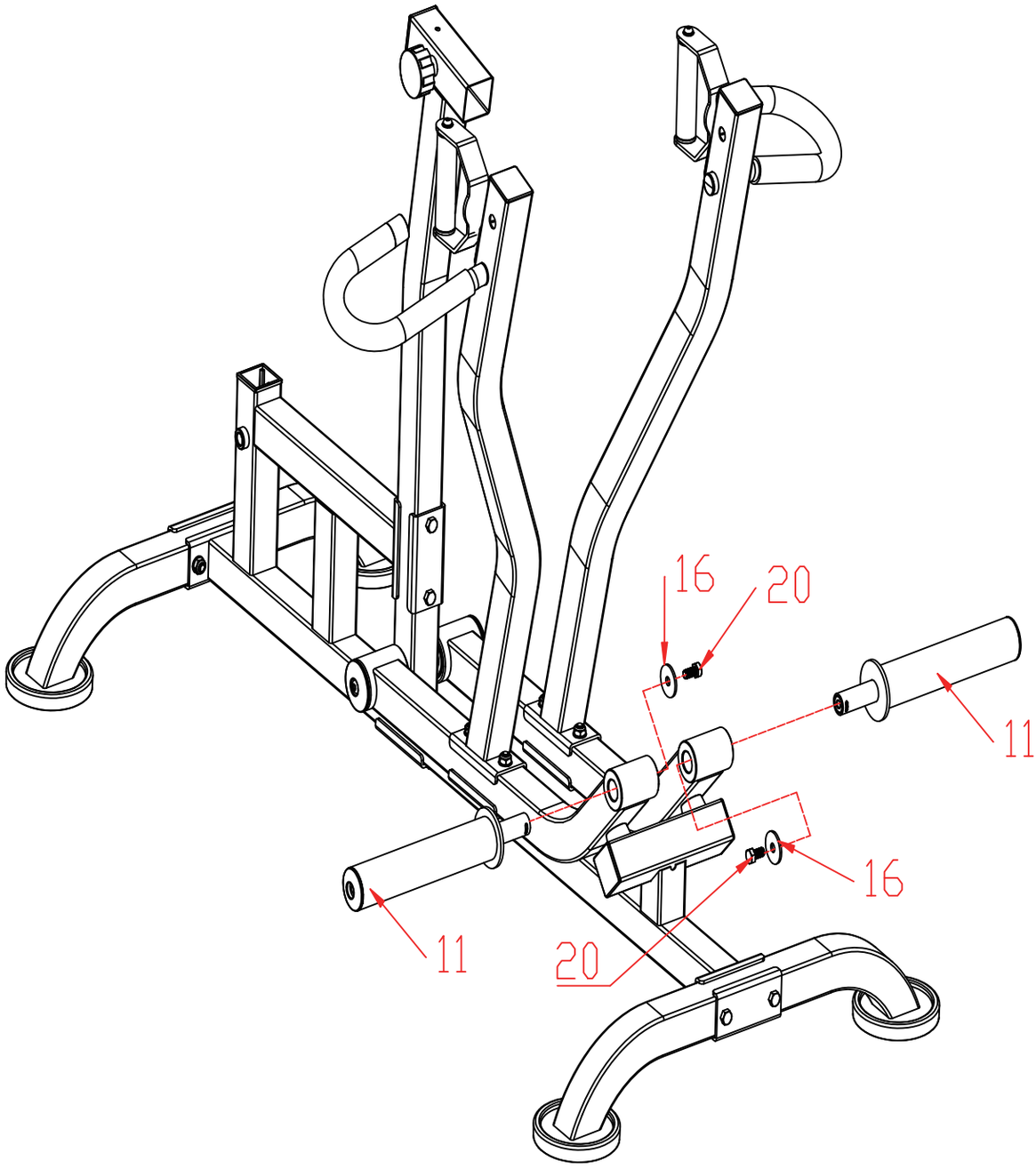
Accessories needed of Step						
No.	Accessories name	Qty.		No.	Accessories name	Qty.
03	U-shaped fixing plate	**1**				
14	**Outer hexagon screwM10*70**	**2**				
15	**Flat washer :Φ10**	**2**				
17	**Outer hexagon locking nut :M10**	**2**				



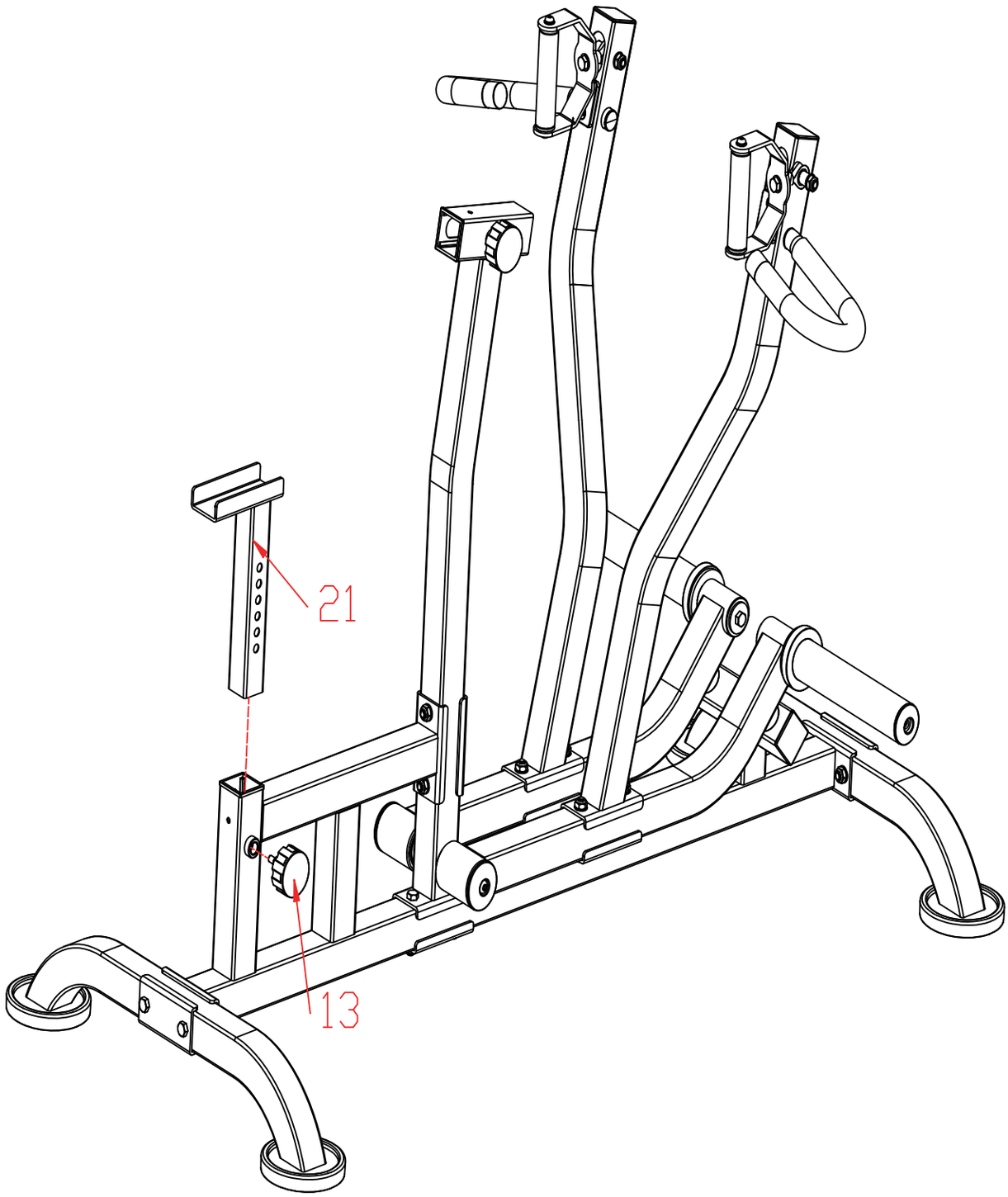
Accessories needed of Step						
No.	Accessories name	Qty.		No.	Accessories name	Qty.
03	U-shaped fixing plate	**1**		**15**	**Flat washer :Φ10**	**2**
06	**Handlebar assembly-L**	**1**		**17**	**Outer hexagon locking nut :M10**	**2**
14	**Outer hexagon screwM10*70**	**2**				



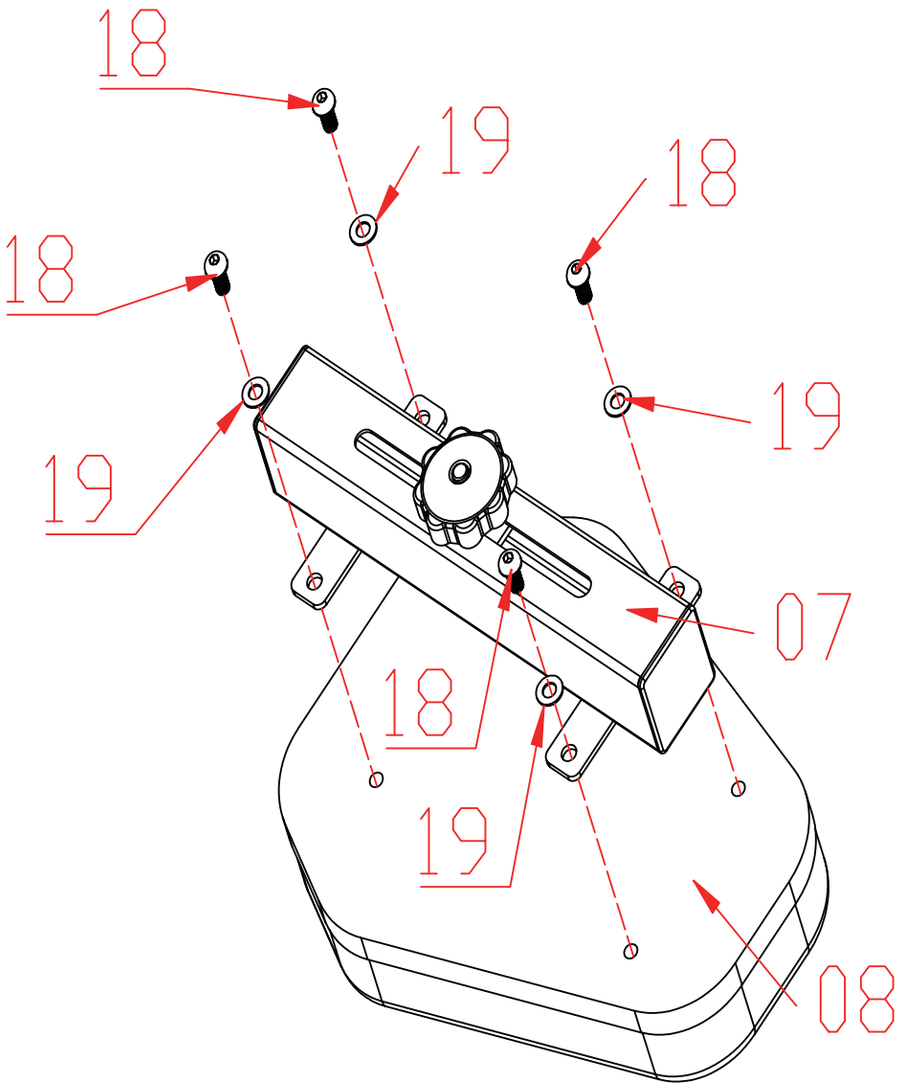
Accessories needed of Step						
No.	Accessories name	Qty.		No.	Accessories name	Qty.
03	U-shaped fixing plate	**1**		**15**	**Flat washer :Φ10**	**2**
05	**Handlebar assembly-R**	**1**		**17**	**Outer hexagon locking nut :M10**	**2**
14	**Outer hexagon screwM10*70**	**2**				



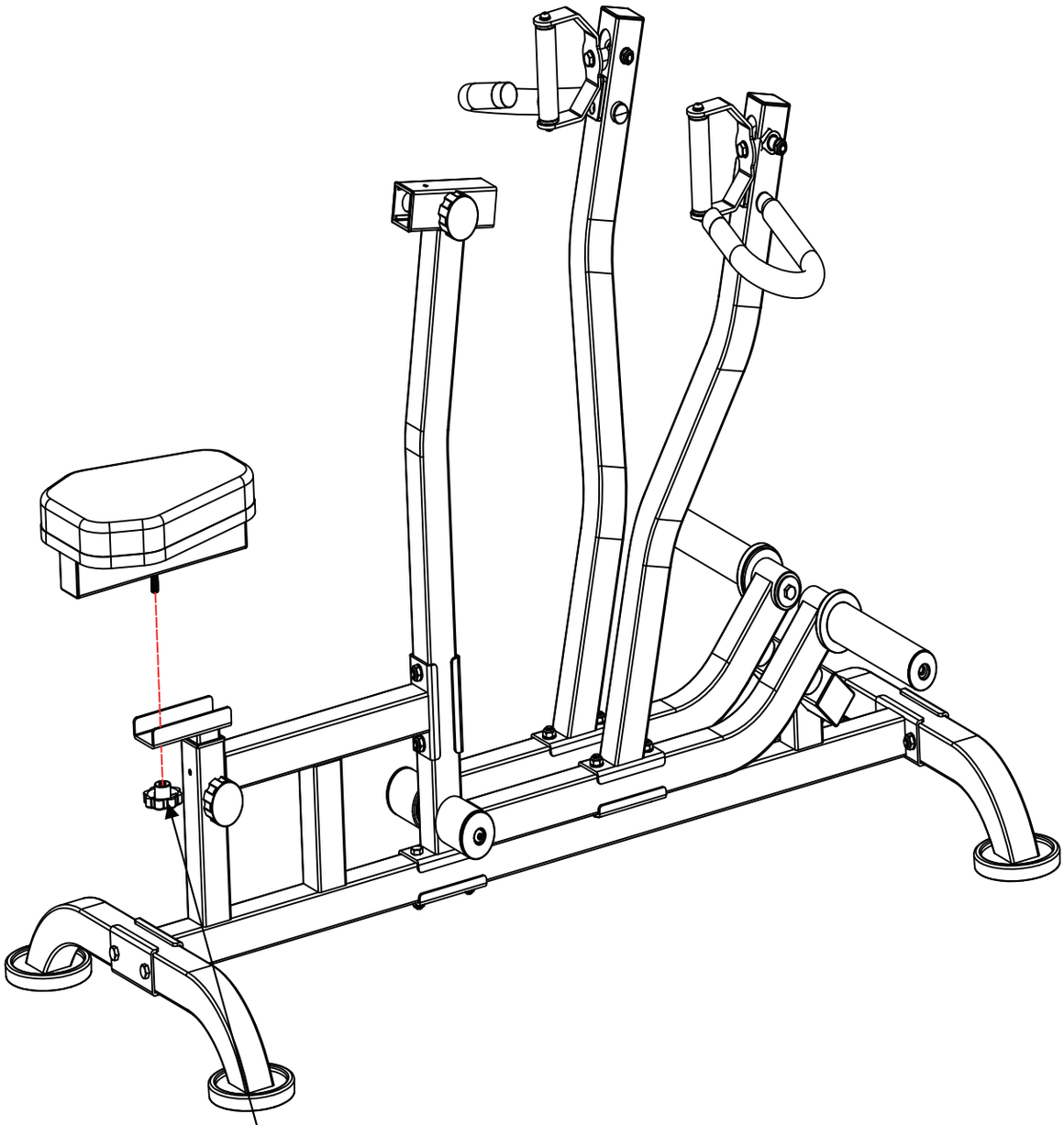
Accessories needed of Step						
No.	Accessories name	Qty.		No.	Accessories name	Qty.
11	**Hang the barbell assembly**	**2**		**20**	**Outer hexagon screw:M10*20**	**2**
16	**Big washer :Φ38**	**2**				



Accessories needed of Step						
No.	Accessories name	Qty.		No.	Accessories name	Qty.
13	M16 Elastic bolt	**1**				
21	Seat cushion height adjustment tube	**1**				



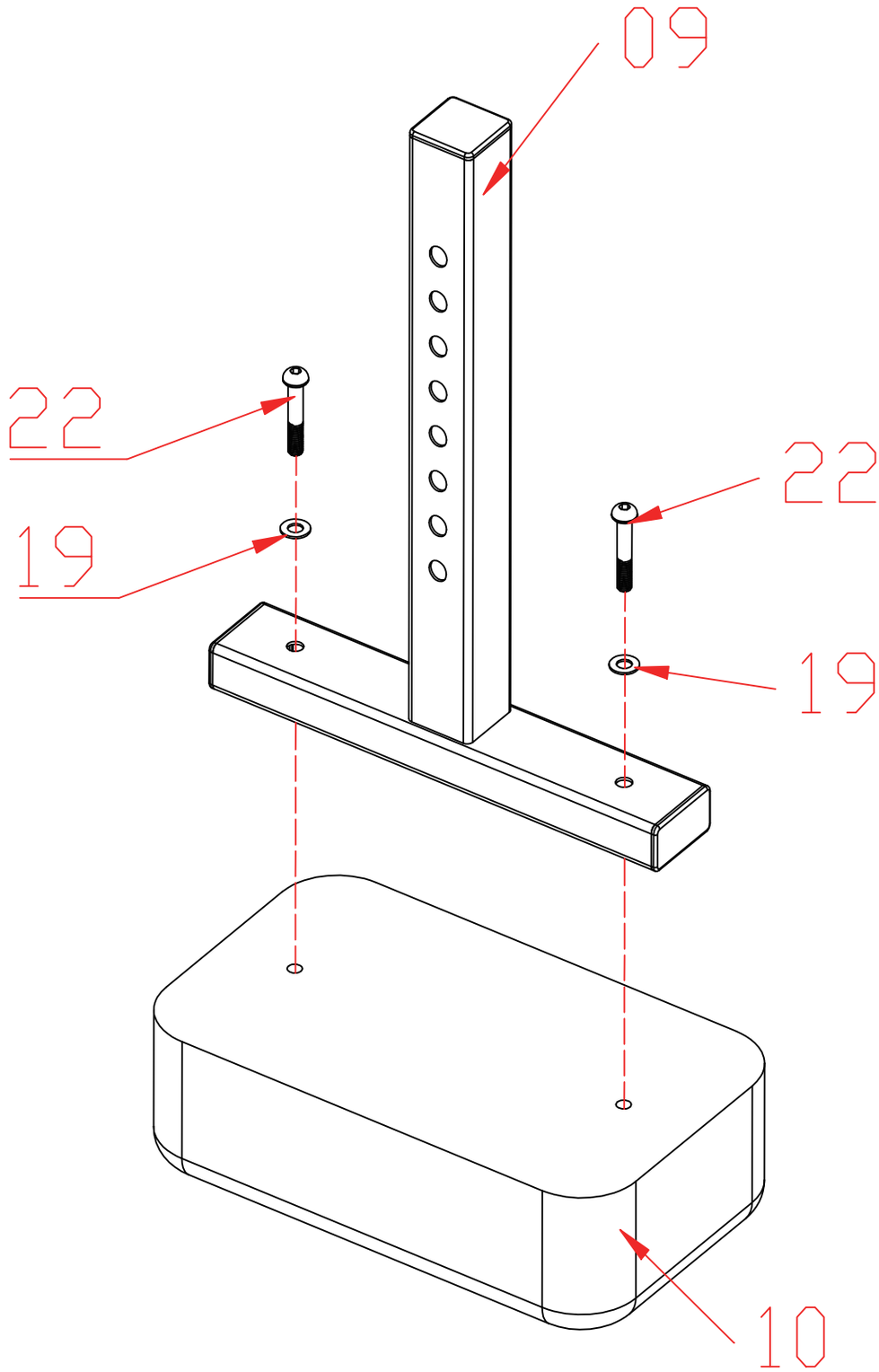
Accessories needed of Step						
No.	Accessories name	Qty.		No.	Accessories name	Qty.
07	**Seat cushion fixing assembly**	**1**		**18**	**Pan head hexagon screw:M8*25**	**4**
08	**Seat cushion**	**1**		**19**	**Flat washer ：** φ8	**4**



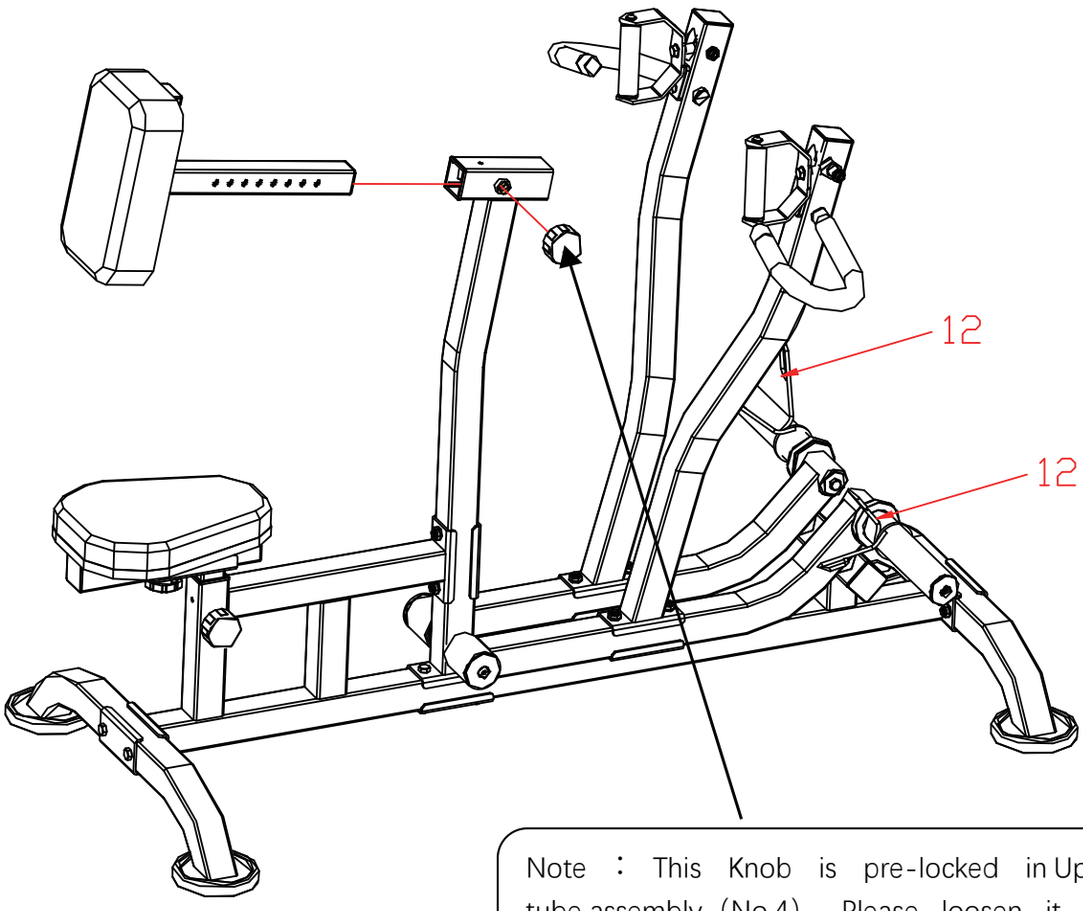
Note ： This Knob is pre-locked in Seat cushion .Please loosen it when install Seat cushion fixing assembly（No.7）.

Note：The Seat cushion can be adjusted forward, backward and high.

Accessories needed of Step						
No.	Accessories name	Qty.		No.	Accessories name	Qty.



Accessories needed of Step						
No.	Accessories name	Qty.		No.	Accessories name	Qty.
09	**Back cushion adjustment assembly**	**1**		**15**	**Flat washer : Φ10**	**2**
10	**Back cushion**	**1**		**22**	**Pan head hexagon screw:M8*40**	**2**
19	**Flat washer ：** φ8	**2**				



Note ： This Knob is pre-locked in Upright tube assembly (No.4) . Please loosen it when install Back cushion adjustment assembly .

Accessories needed of Step						
No.	Accessories name	Qty.		No.	Accessories name	Qty.
12	**Φ50 Spring clamp**	**2**				

Cleaning / maintenance / disposal

Cleaning

Clean the device using only a slightly damp cloth. Attention! Avoid using gasoline, thinner, or other harsh cleaning agents, as they may damage the surface. This device is intended solely for private, indoor use. Ensure it remains clean and dry; damage from body sweat or other liquids is not covered under the warranty.

Maintenance

Regularly check screws and moving parts to ensure the device is functioning properly before use. The device may only be used for training if it is working properly. For repairs or spare parts, contact our customer service. WARNING: Only use the device after successful repairs have been completed.

Disposal

For environmental protection, do not dispose of packaging materials, empty batteries, or device parts with household waste. Instead, deposit them in designated recycling bins or at appropriate collection points. Please comply with current disposal regulations.

Warranty

The warranty lasts for 24 months from the date of purchase or delivery, applicable only to new goods. Defects identified during the warranty period will be repaired at no charge. Defects must be reported immediately to the seller. The seller may choose to fulfill the warranty obligations by providing spare parts or a replacement, with the right to replace parts without affecting the warranty. On-site repairs are not included. This warranty does not cover devices used for commercial or industrial purposes; such use will void the warranty. Coverage is limited to material or manufacturing defects. Wear parts, damages from misuse, excessive force, or unauthorized modifications are not covered. Keep the original packaging during the warranty period for safe transport if returns are needed. Do not send goods carriage forward. The warranty period is not extended by warranty claims. Compensation for external damages is excluded unless liability is mandated by law.

Manufacturer:

Gorilla Sports GmbH
Nordring 80
64521 Groß-Gerau

Find an overview of our international partners at: www.gorillasports.eu

Training information

Training preparations

Before you start training, ensure both your equipment and body are prepared. If you've been inactive in strength or endurance training for a while, consult your family doctor for a fitness check-up before starting. Discuss your training goals with your doctor to gain valuable tips and insights, especially if you're over 35, overweight, or have cardiovascular concerns.

Workout planning

Effective, goal-oriented training requires careful planning. Integrate fitness sessions as a regular part of your daily routine to avoid disruptions or indefinite postponements. Plan your workouts months in advance, rather than day-to-day or week-to-week. To stay motivated during your sessions, consider using music and setting up rewards for meeting realistic goals. For instance, aim to lose 1 kg in four weeks or increase your training weight by 10 kg in six weeks. Reward yourself upon achieving these milestones to maintain motivation and commitment.

Training frequency

Experts suggest engaging in endurance or strength training 3 to 4 days per week. While frequent training can accelerate progress towards your goals, it's crucial to incorporate adequate rest. Ensure you schedule at least one rest day after each session to allow your body ample time to recover and regenerate.

Hydration

Maintaining adequate fluid intake before and during your workout is vital. In a typical 60-minute session, you might lose up to 0.5 liters of fluid. To replenish this loss, consider drinking an apple spritzer made with one-third apple juice and two-thirds mineral water, as it restores the electrolytes and minerals lost through sweat. Drink approximately 330 ml for about 30 minutes before starting your session and continue to hydrate consistently throughout your workout.

Warm-Up

Always begin your training session with a 5 to 7-minute warm-up. Use low-intensity activities like skipping rope or using a cross trainer to prepare your body for the workout ahead. This is essential for optimal performance during your session.

Cool-Down

Avoid stopping abruptly after your main training session. Instead, continue with a 5- to 7-minute cool-down on an exercise bike, cross-trainer, or similar equipment at low intensity, like your warm-up routine. Always conclude your session by stretching your muscles thoroughly.



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. Ensure your knee points straight down. Pull your thigh back until you feel a slight stretch in the muscle. Hold this position for 15-20 seconds. Slowly release your foot and gently place your leg down. Repeat this exercise 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 this position for 15-20 seconds. Release the tops of your feet and slowly straighten your upper body.



Triceps and shoulder

Reach behind your head to your right shoulder with your left hand and pull on your left elbow with your right hand until you feel a slight tug. Hold this position for 15-20 seconds. Repeat this exercise with the right hand.



Upper body

Extend your left arm past your right arm at shoulder level and pull on your left upper arm with your right hand until you feel a slight tug. Hold this position for 15-20 seconds. Repeat this exercise with your right arm.

Notes

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