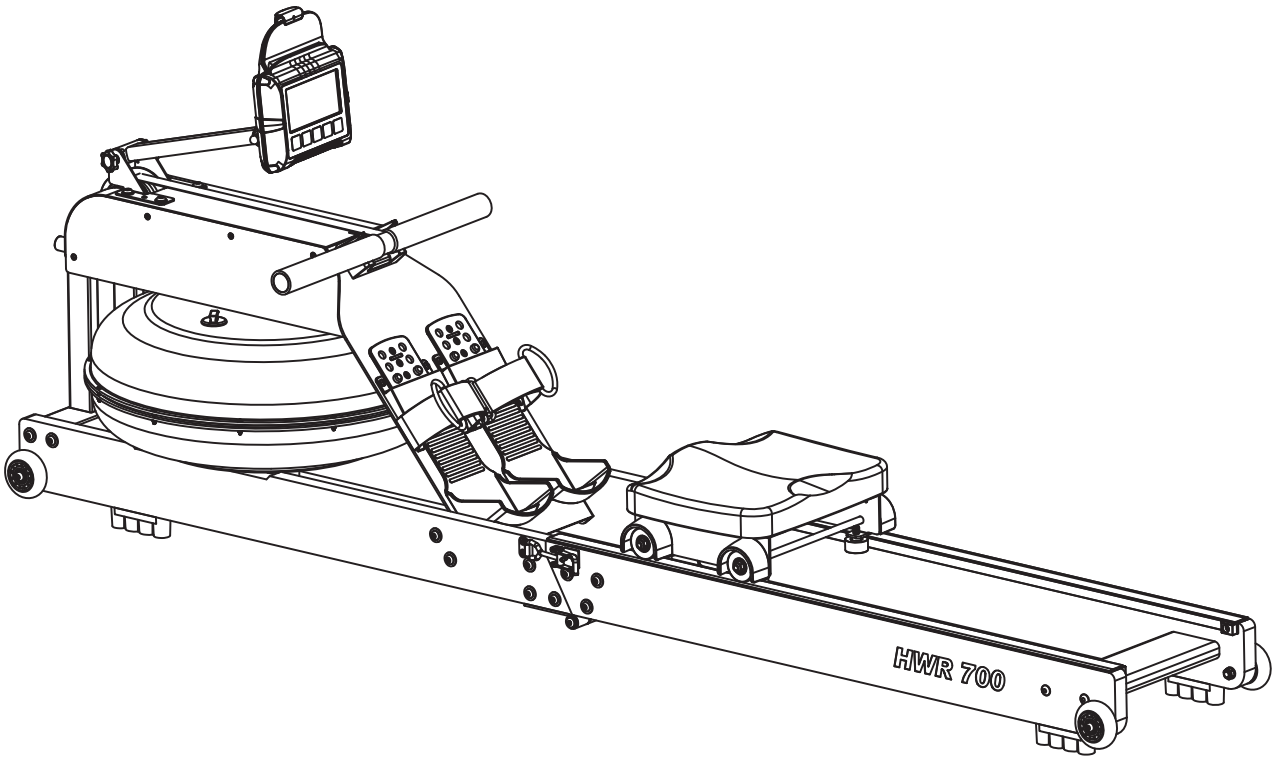
MAXXUS

ROWING MACHINE
HWR 700



GSMX-600425-00019-0001

Installation & Operating Manual | EN

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.

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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 its intended purpose is not permitted and may result in accidents, health risks, or damage to the training device. The distributor is not liable for any damage caused by improper or inappropriate handling.

Personal Safety

Before using the device, consult your family doctor to determine whether the training suits 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. Medical advice is essential if you are taking medication that affects your heart rate. 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.

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.

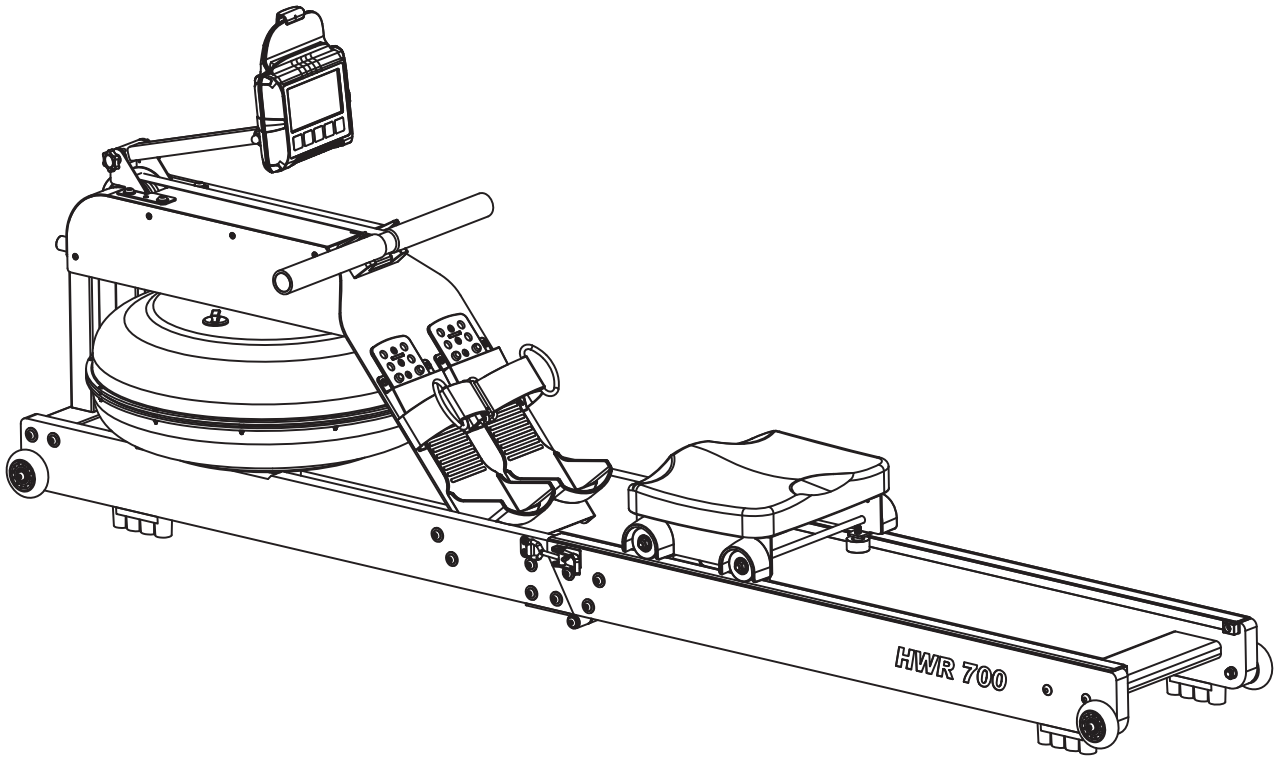
Training Clothes

Wear appropriate training clothes and shoes when using the device. Clothing should be such that it cannot become entangled in the equipment during use. Training shoes should provide a firm grip and have non-slip soles.

Location and 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, wood rod 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.

OVERVIEW OF THE DEVICE

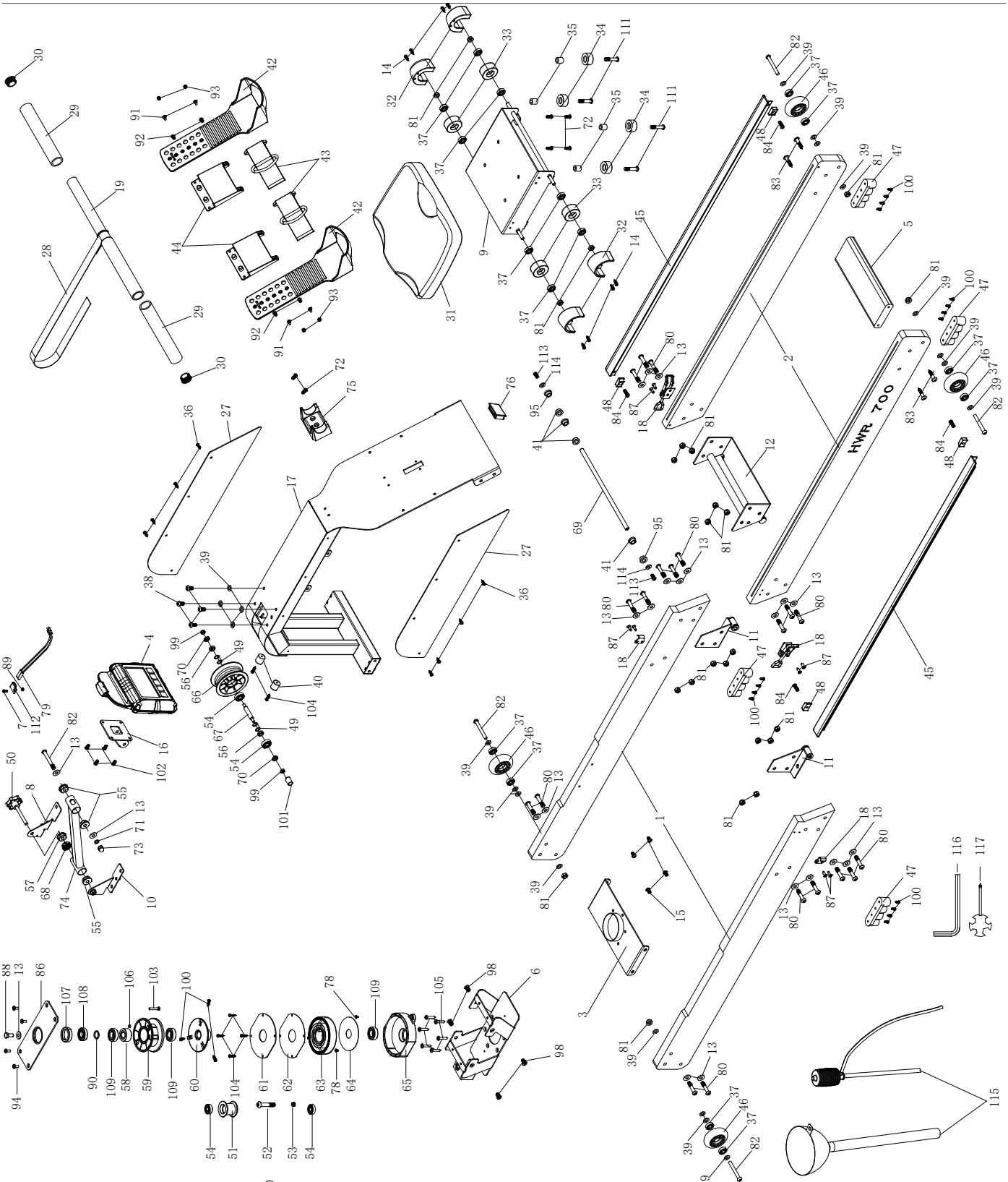


TECHNICAL DATA

Total dimensions (L x W x H): 200.5 x 51.5 x 96 cm
Folded dimensions (L x W x H): 76 x 51.5 x 104 cm

Maximum user weight: 150 kg
Maximum user height: 195 cm

EXPLODED OVERVIEW



PARTS LIST

No.	Description	Spec.	Qty.
1	Front bottom plate L/R	L999*W100*H25	1/1
2	Slide rail L/R	L1030*W100*H25	1/1
3	Lower tank fix plate		1
4	Console	SI57088	1
5	Rail connection plate	L260*W90*H25	1
6	Top tank fix plate		1
7	Screw	M4*12	1
8	Sensor stand R		1
9	Seat carriage		1
10	Sensor stand L		1
11	Front connection plate		2
12	Rear connection plate		1
13	Washer	OD20*ID8.5*T1.5	23
14	Flat Head Screw	ST4*16	8
15	Bolt	M6*16	4
16	Support Plate		1
17	Main frame		1
18	Lock catch		2
19	Handlebar	Φ28.6	1
20	Upper Tank	PC	1
21	Lower Tank	PC	1
22	Plastic Impeller	Black	1
23	Rubber Sealing Ring	Rubber,black	1
24	Fill Plug	Rubber,black	1
25	Impeller shaft	40Cr	1
26	Mechanical sealing ring	Φ28	1
27	Cover plate		2
28	Mesh	L2800	1
29	Hand foam	Φ33*3*215	2
30	Pipe plug	PP	2
31	Seat	PU,Black	1
32	Roller cover	PP, Black	4
33	Seat Roller	PU, black	4

No.	Description	Spec.	Qty.
34	Auxiliary wheel	Φ32*16	4
35	Seat sleeve	OD12*ID8.2*10	4
36	Screw	ST4.2*19	10
37	Bearing	608ZZ	16
38	Bolt	M8*15	4
39	Washer	OD16*ID8.5*T1.5	20
40	Storage Pad	PVC,black	2
41	Powder gasket 1	Φ19*3*Φ15.8	4
42	Upper Pedal	PP	2
43	Pedal Strap		2
44	Lower Pedal	PP	2
45	Plastic track	PE, L1020	2
46	Moving Wheel	PU, black	4
47	Foot pad	PVC, black	4
48	Limit Pad	PVC	4
49	Guide roller spacer	OD14*ID1.5*19	1
50	Adjusting knob	Φ45*24*M8*65	1
51	Guide roller	POM, black	1
52	Bolt	M10*50	1
53	Nylon Nut	M10	1
54	Bearing	6000ZZ	4
55	Bushing	Φ25.4*Φ8.2*10	3
56	Roller spacer sleeve	Φ16*Φ10.2*5.5	2
57	Inner bushing	Φ19*Φ8.2*12	1
58	One-way Bearing	HF1716	1
59	Mesh Belt Wheel	POM, black	1
60	Axle for Volute Spring	POM, black	1
61	Spring Fixed Plate		1
62	Outer PC Board	OD120*ID33*0.5mm, PC	1
63	Volute Spring	5000mm	1
64	PC Board	OD101*ID24*0.5mm, PC	1
65	Base of Volute Spring	POM,Black	1
66	Belt wheel	POM,Black	1

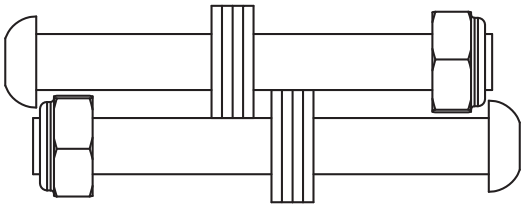
No.	Description	Spec.	Qty.
67	Belt wheel shaft	Φ10*67*M6	1
68	Outer bushing	Φ25.4*Φ11*10	1
69	Folding axis	Φ10*306	1
70	Washer	OD13*ID6.5*T1.5	2
71	Spring washer	OD12*ID8.5*T2.0	1
72	Bolt	M6*15	6
73	Cap nut	M8	1
74	Support for computer		1
75	Handlebar Seat	TPR,Black	1
76	Square tube plug	PP□25*75	1
77	Stainless Washer	Φ46	1
78	Screw	M4*6	2
79	Sensor Wire	L400	1
80	Bolt	M8*40	20
81	Nylon Nut	M8	24
82	Bolt	M8*65	5
83	Self tapping step screw	Φ8*25*ST7*30	4
84	Screw	M6*20	4
85	O-Shaped Ring	Rubber,black	1
86	Fixed plate		1
87	Screw	ST5.0*20	8
88	Outer Hex Screw	M8*15	1
89	Nylon Nut	M4	1
90	Washer	OD22*ID17.2*2.5	1
91	Screw	M5*15	4
92	Screw	M5*10	4
93	Nylon Nut	M5	4
94	Screw	M6*10	4
95	Powder gasket 2	Φ20*Φ15.8*17.5	2
96	Screw	M4*18	12
97	Flange nut	M4	12
98	countersunk screw	M8*15	4
99	Nylon Nut	M6	2

No.	Description	Spec.	Qty.
100	Round Head Screw	ST4*16	19
101	Belt wheel spacer	OD16*ID10.2*16	1
102	Screw	M5*12	4
103	Screw	M5*35	1
104	Screw	ST4*19	4
105	Screw	ST5.5*20	6
106	Magnet	Φ10*5	1
107	Bearing rubber sleeve	Φ40*10	1
108	Bearing	16003ZZ	1
109	Bearing	6003ZZ	3
110	Locating ring	PVC, OD51.8*ID43*6	1
111	Bolt	M8*30	4
112	Sensor bracket	Black	1
113	Bolt	M6*10	2
114	Washer	OD18*ID6.5*1.5	2
115	Funnel+Pumping Siphon	Assembly	1
116	Allen Wrench	S5	1
117	Spanner	S13-17	1
118	Screw	ST4*25	2

HARDWARE PACKAGE

Step - 1

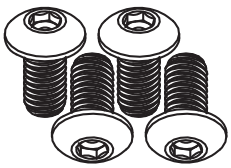
#81 M8 2PCS #82 M8*65 2PCS



#39 OD16*ID8.5*T1.5 8PCS

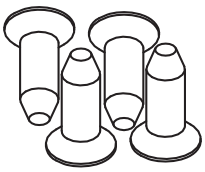
Step - 2

#15 M6x16 4PCS

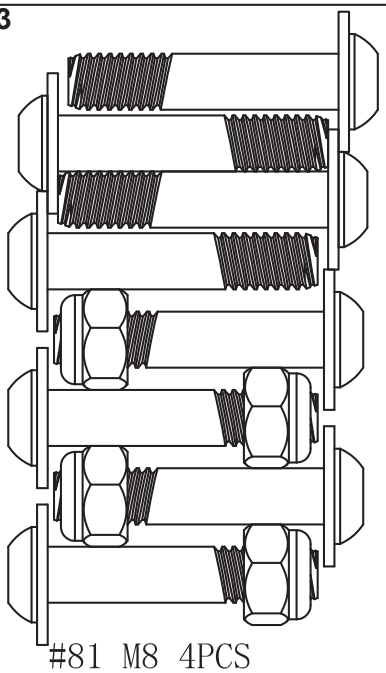


Step - 4

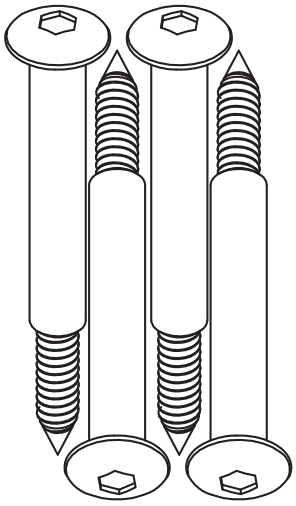
#87 ST5*20 4PCS



Step - 3

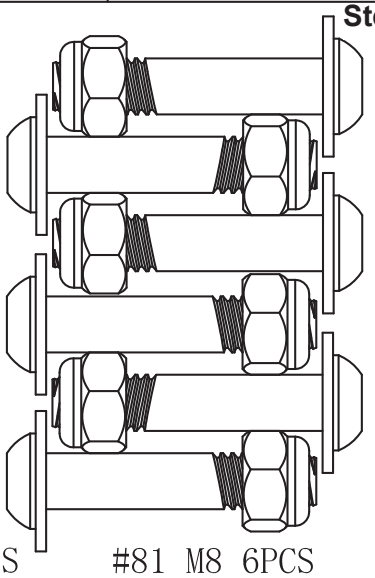


#81 M8 4PCS
#80 M8*40 8PCS
#13 OD20*ID8.5*T1.5 8PCS



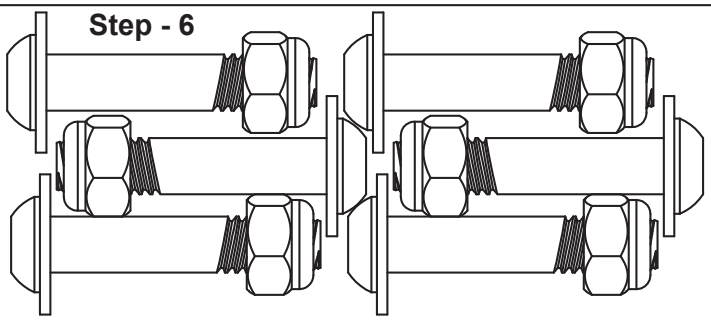
#83 Φ8*25*ST7*30 4PCS
#13 OD20*ID8.5*T1.5 6PCS

Step - 5



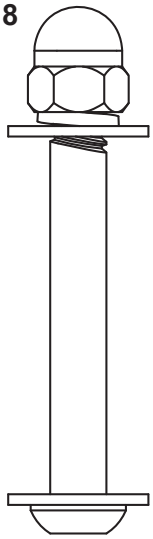
#81 M8 6PCS
#80 M8*40 6PCS

Step - 6

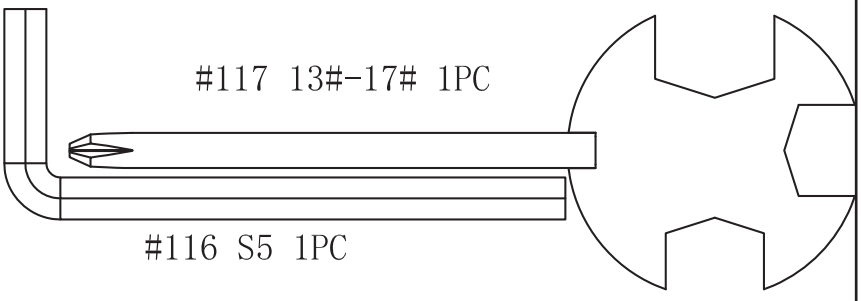


#80 M8*40 6PCS #81 M8 6PCS
#13 OD20*ID8.5*T1.5 6PCS

Step - 8



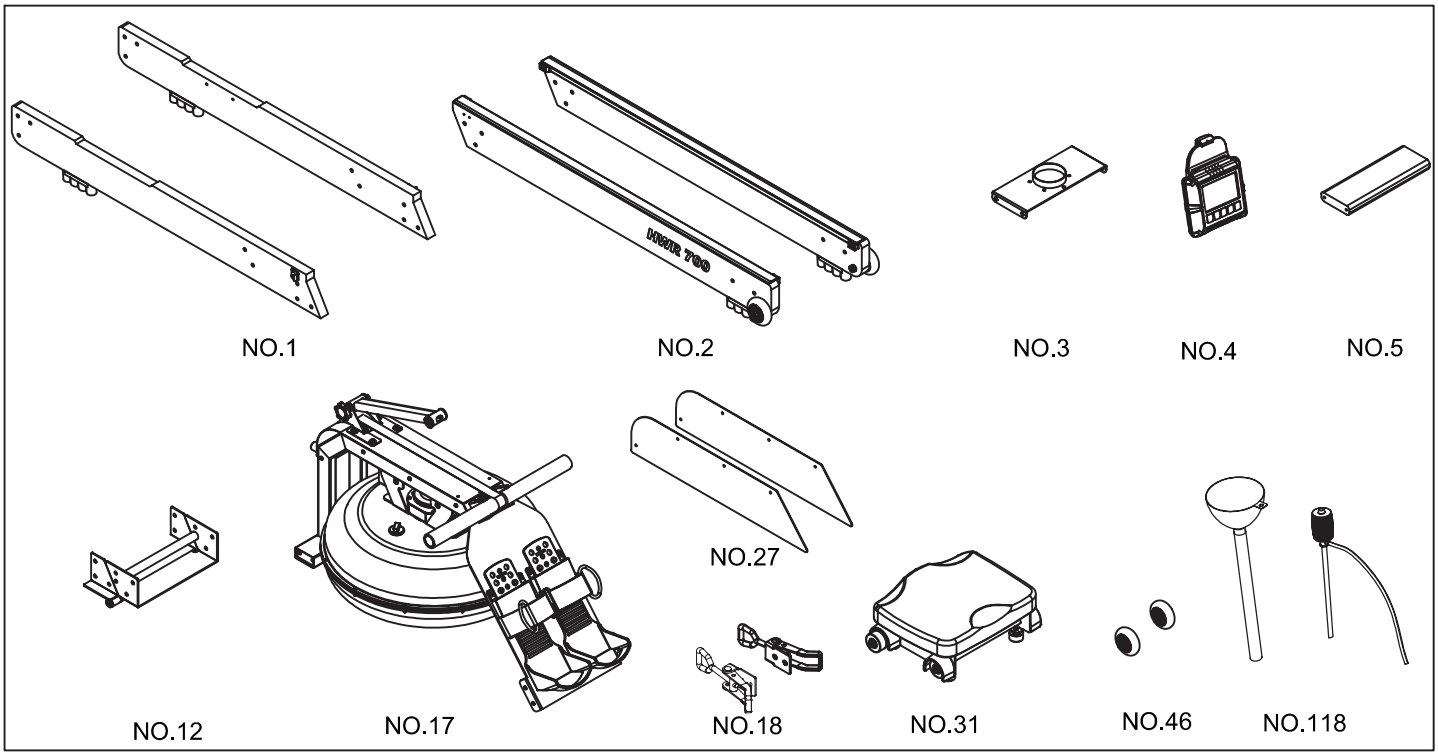
#82 M8*65 1PC
#71 OD12*ID8.5*T2.0 1PC
#73 M8 1PC
#13 OD20*ID8.5*T1.5 2PCS



#117 13#-17# 1PC

#116 S5 1PC

PRE-ASSEMBLY CHECK LIST

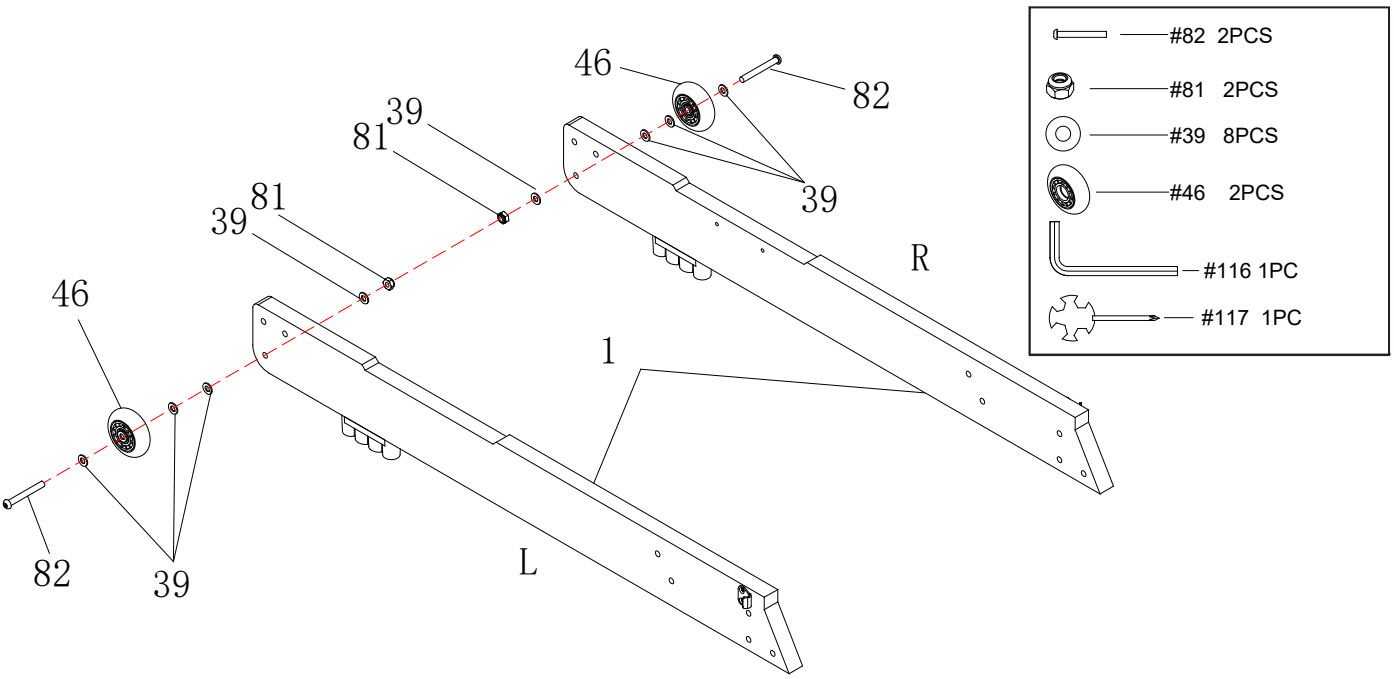


No. 1 – 1x Front bottom plate L/R (each side)
No. 2 – 1x Slide rail L/R (each side)
No. 3 – 1x Lower tank fix plate
No. 4 – 1x Console
No. 5 – 1x Rail connection plate
No. 12 – 1x Rear connection plate
No. 17 – 1x Main frame
No. 18 – 2x Lock catch
No. 31 – 1x Seat
No. 46 – 2x Moving wheel
No. 115 – 1x Funnel + 1x Pumping siphon
No. 27 – 2x Cover Plate

Note: It is recommended that two people assemble the product for safety and ease of assembly.

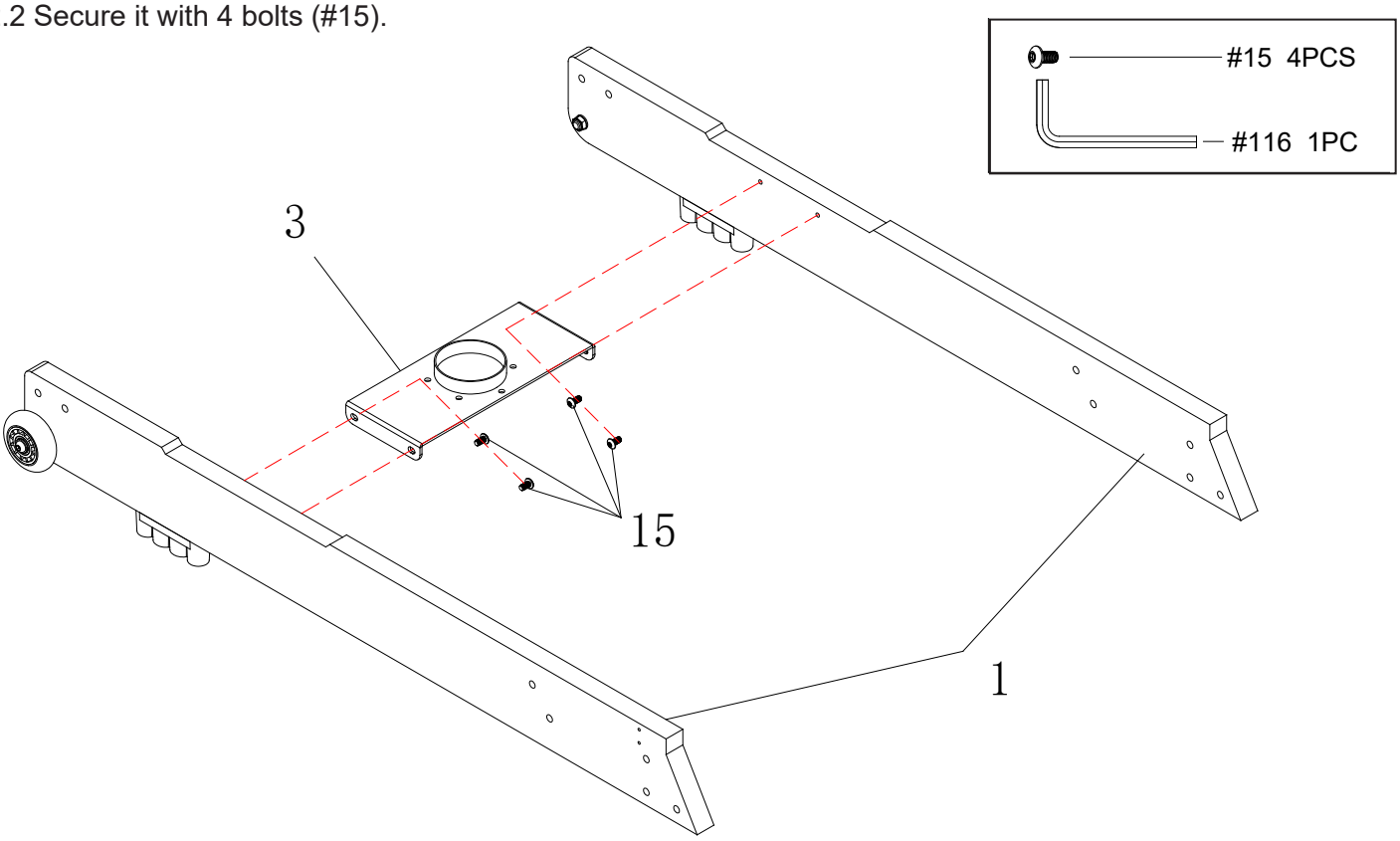
Step 1

1.1 Attach the two moving wheels (no. 46) to the left/right front bottom plate (no. 1).
1.2 Secure them with 2 bolts (#82), 2 nylon nuts (#81), and 8 washers (#39).



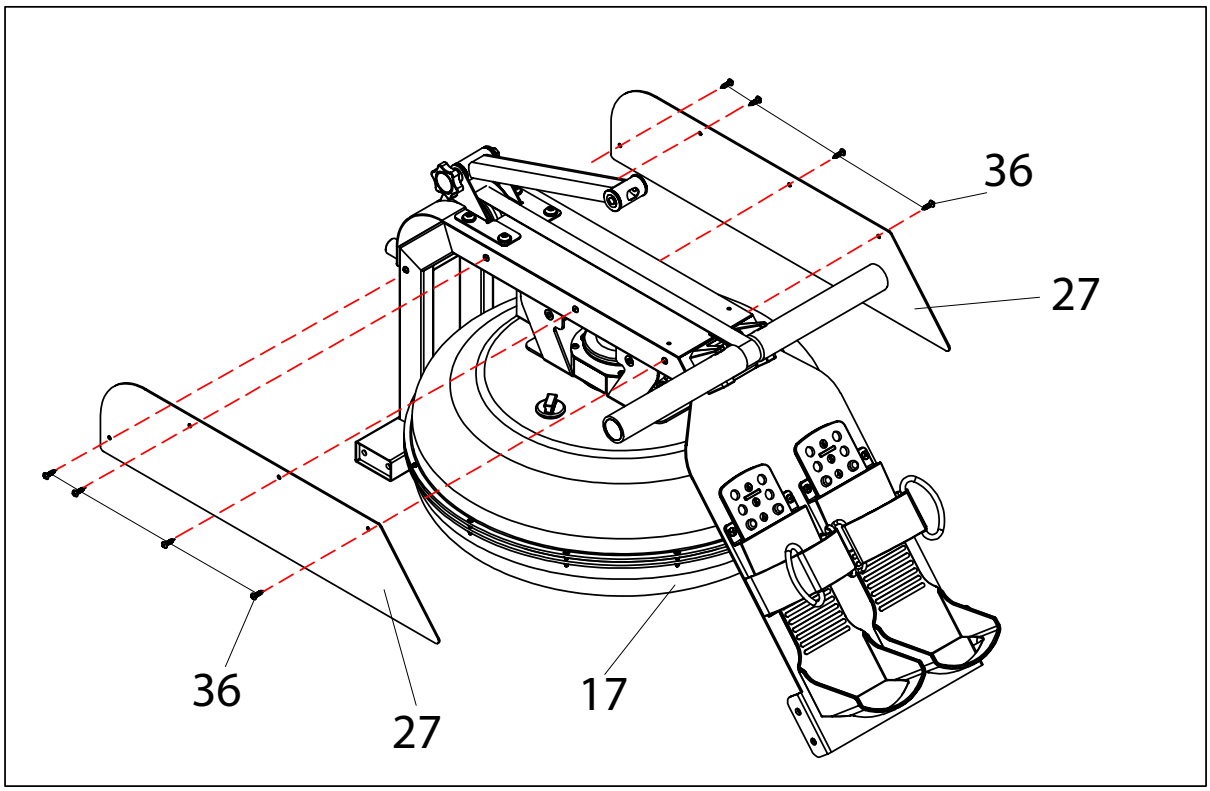
Step 2

2.1 Attach the lower tank fix plate (No. 3) to the left/right front bottom plate (No. 1).
2.2 Secure it with 4 bolts (#15).

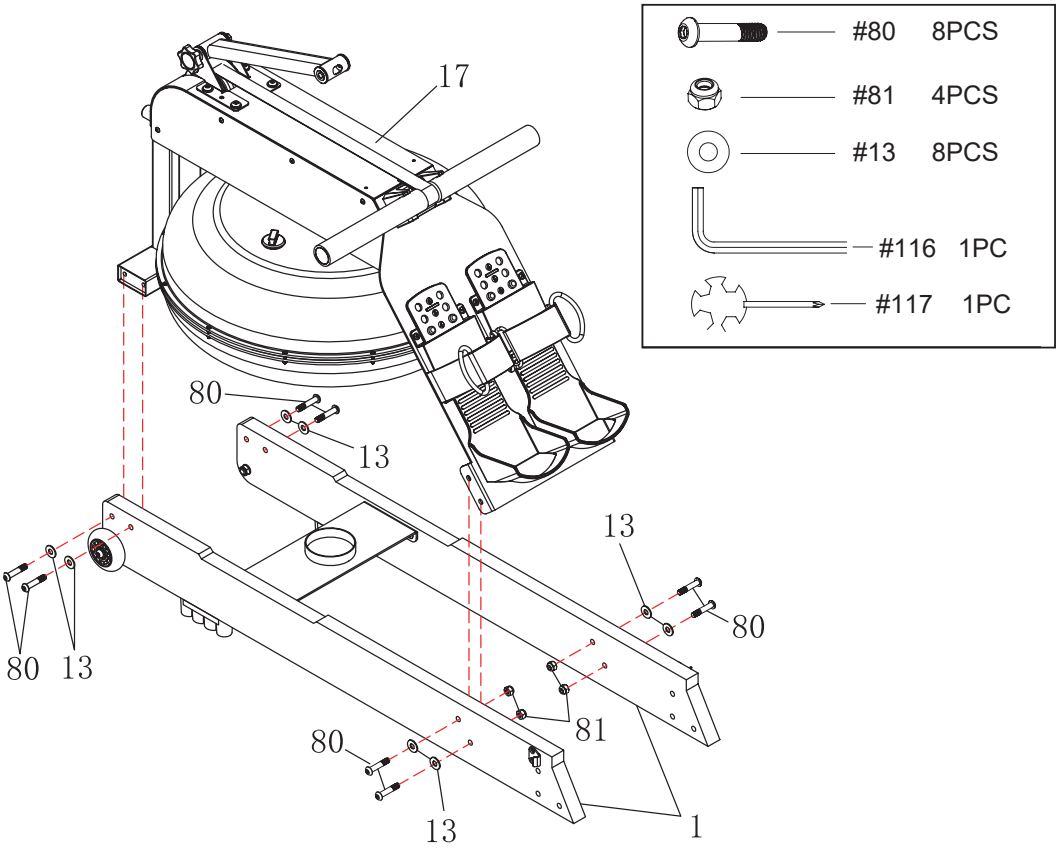


Step 3

3.1. Remove the pre-assembled screws (#36) from the main frame (#17).
3.2. As shown in the figure, use the same screws (#36) to attach the two cover plates (#27) back onto the main frame (#17).

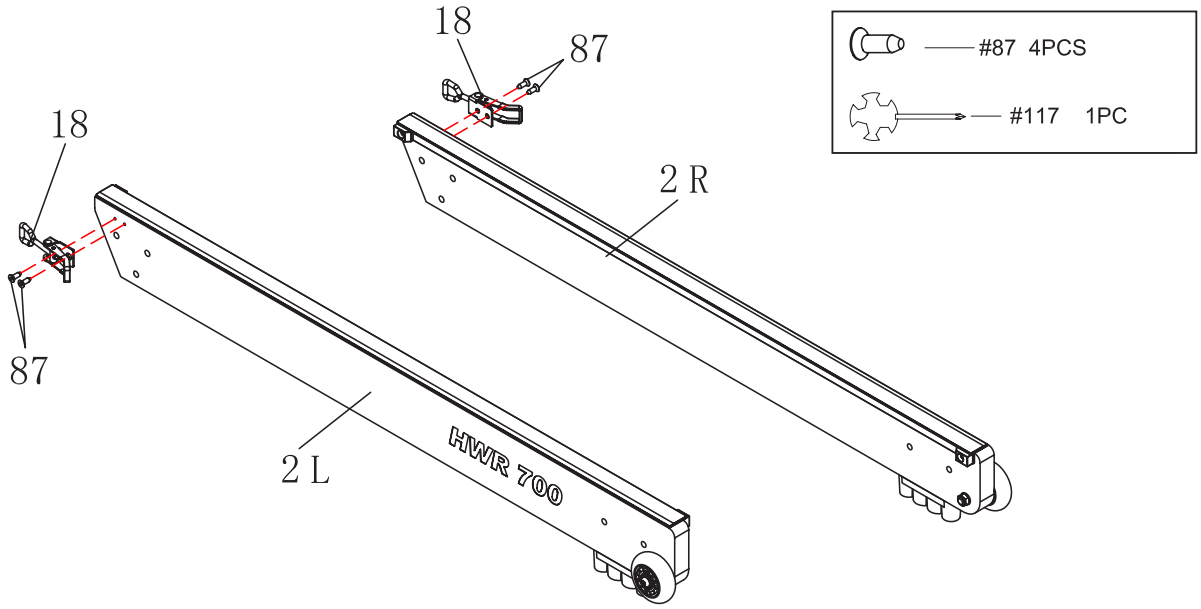


3.3. Align the main frame (no. 17) with the left/right front bottom plate (no. 1) at the hole positions.
3.4. Secure with 8 bolts (#80), 4 nylon nuts (#81), and 8 washers (#13).



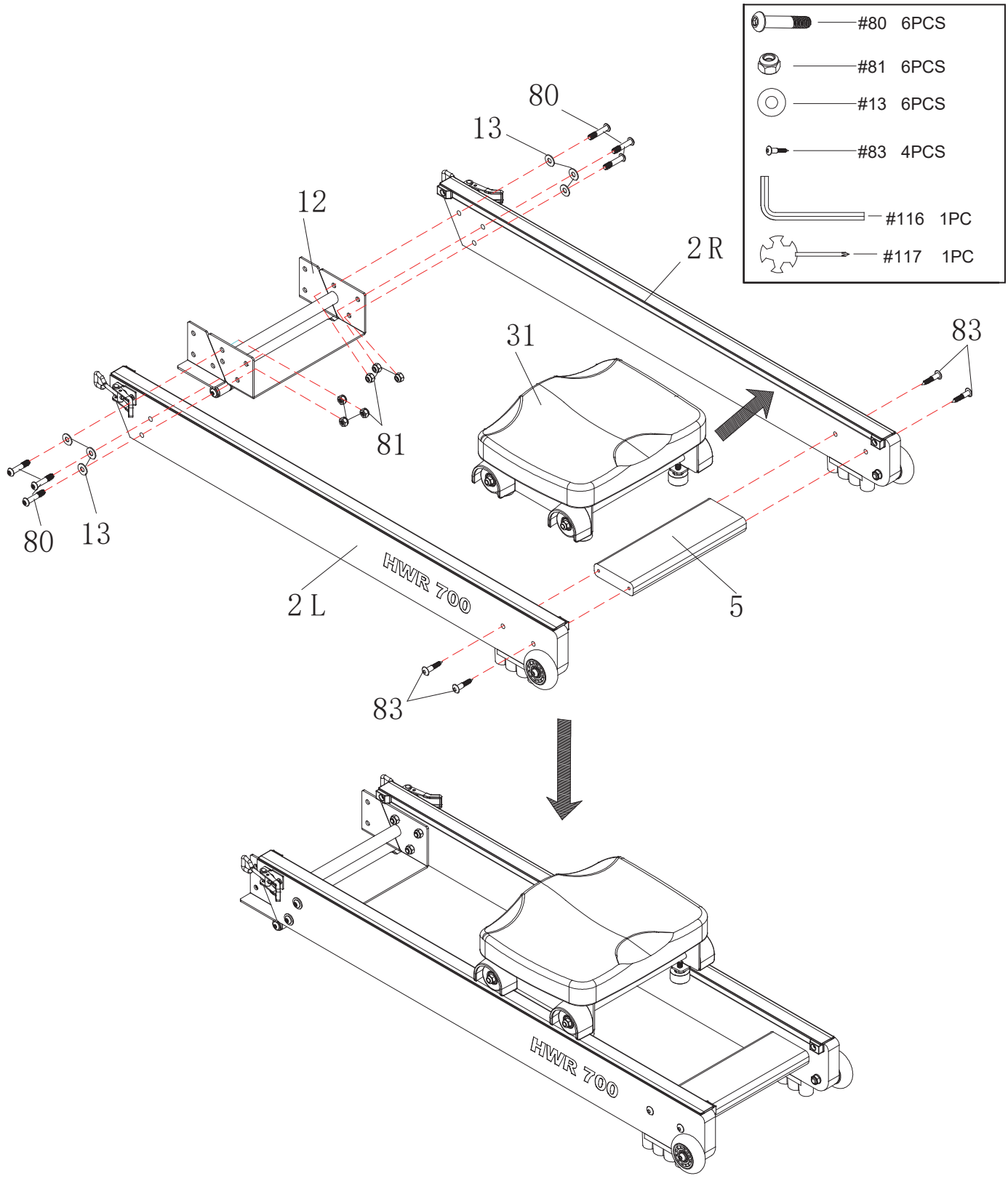
Step 4

4.1 As shown in the figure, align the left and right slide rails (#2) with the holes of the lock catch (#18).
4.2 Secure them using four screws (#87).



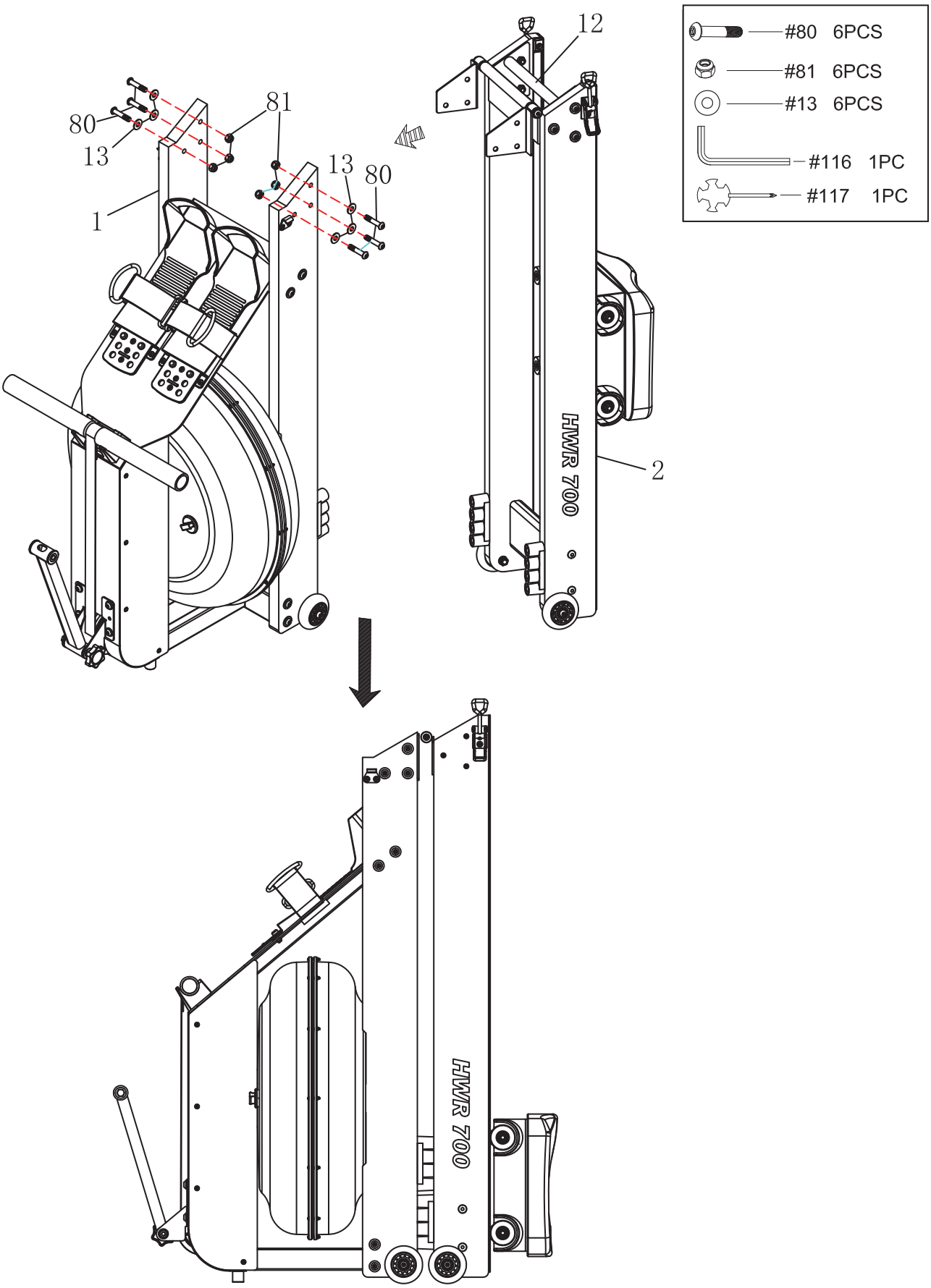
Step 5

5.1. Align the slide rail L/R (no. 2) with the holes of the rear connection plate (no. 12) and the rail connection plate (no. 5).
5.2. Secure with 6 bolts (#80), 6 nylon nuts (#81), 6 washers (#13), and 4 self-tapping screws (#83), but do not fully tighten the screws yet. Keep the slide rail L/R (no. 2) movable.
5.3. Insert the seat (no. 31) between the slide rail L/R (no. 2).
5.4. Once the seat is in place, tighten all the bolts.



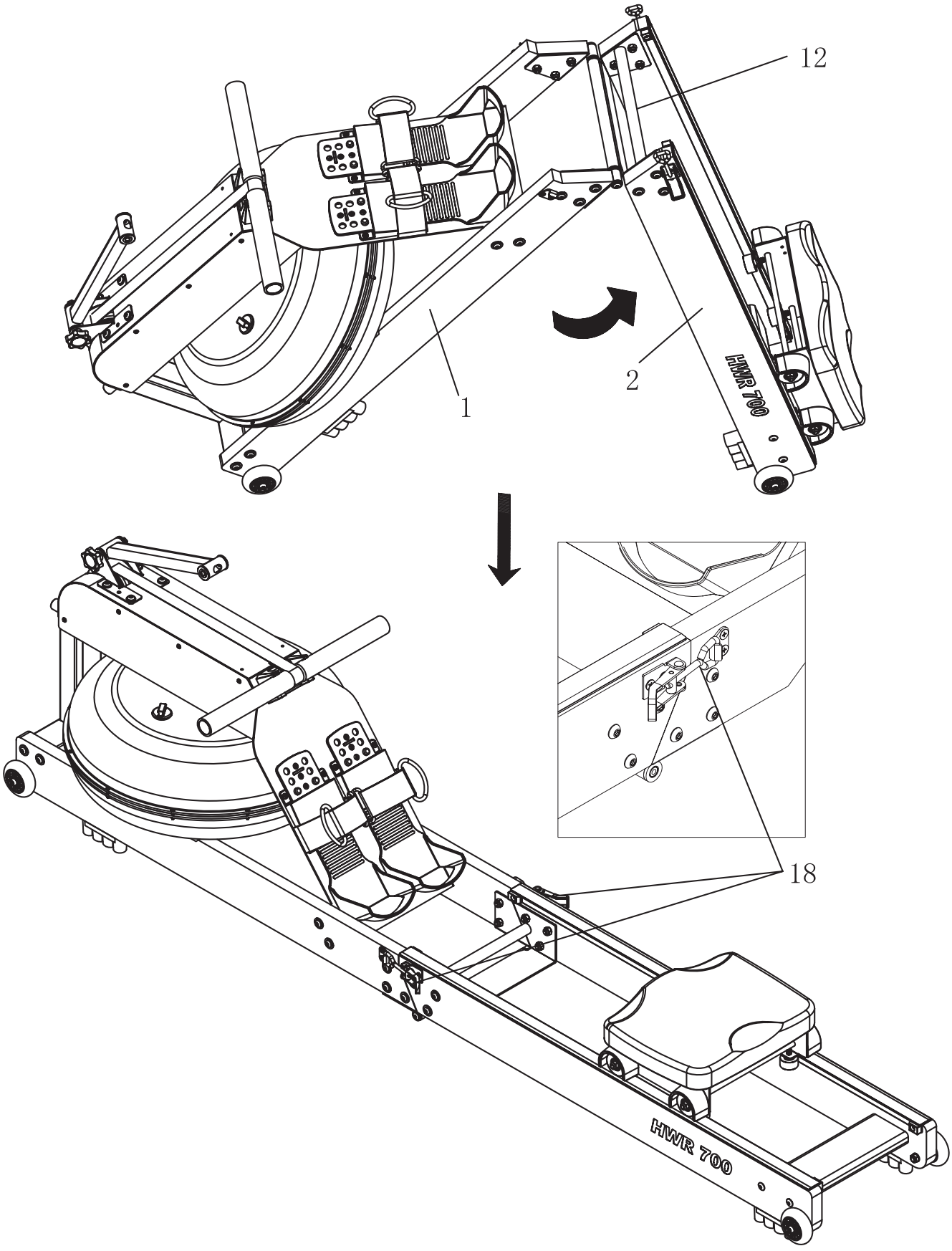
Step 6

6.1 As shown in the figure, stand the front bottom plate (#1) and the slide rail (#2) upright, and align the holes. (Note: the seat cushion may slide down when standing the unit upright.)
6.2 Secure the parts using six bolts (#80), six nylon nuts (#81), and six washers (#13).



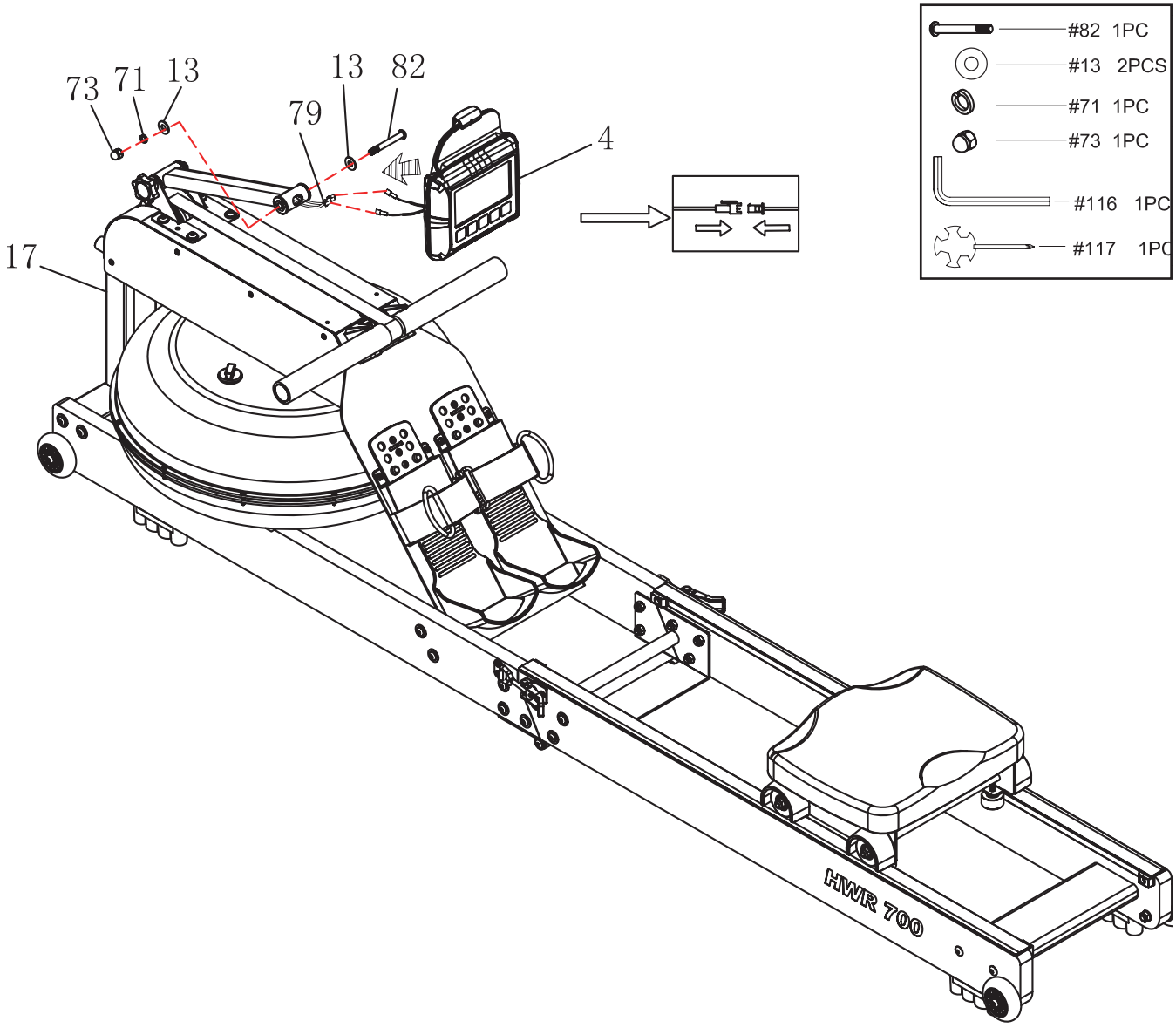
Step 7

7.1 As shown in the figure, lift the rear connecting plate assembly (#12), then slowly level the front bottom plate (#1) and slide rail (#2), and fasten them to the lock catch (#18).



Step 8

8.1 Connect the sensor wire (#79) to the console (#4).
8.2 Secure the parts using one bolt (#82), one cap nut (#73), two washers (#13), and one spring washer (#71).



HOW TO FILL AND EMPTY THE TANK

1. Remove the fill plug (no. 24) from the upper tank cover (no. 20).
2. To fill the tank with water, refer to fig. A. Insert the funnel (no. 115) into the tank, then use a cup or the siphon pump (no. 115) and a bucket to fill the tank. Use the water level gauge on the side of the tank to measure the desired water level.
3. To empty the tank, refer to fig. B. Place a bucket next to the rower, and use the siphon pump (no. 115) to pump the water from the tank into the bucket.
4. Insert the fill plug (no. 24) back into the upper tank cover (no. 20) and wipe off any excess water from the frame.

Note:

- Fill the tank only with tap water. Add one water-purification tablet (1 packet is included). Never use pool chlorine or chlorine bleach, as this will damage the tank and void the warranty.
- Add a water-purification tablet every six months or as needed. If the water becomes cloudy, replace it.
- Do not consume the tank water. Dispose of the water after pumping it out of the tank.

Water Level

- Refer to fig. A. The water level gauge is on the side of the tank. The maximum fill level is 6. Never exceed this limit, as doing so will void the warranty.
- The resistance depends on the water level in the tank. Water level 1 offers the lowest resistance, while level 6 provides the highest resistance.

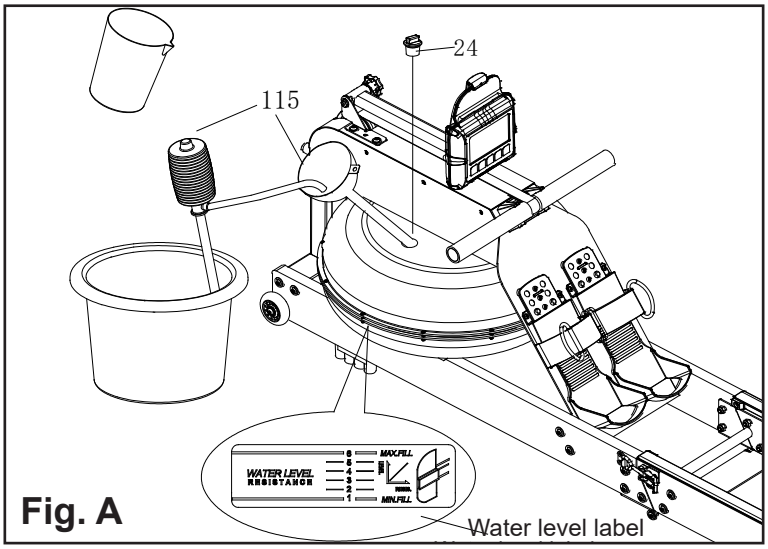


Fig. A

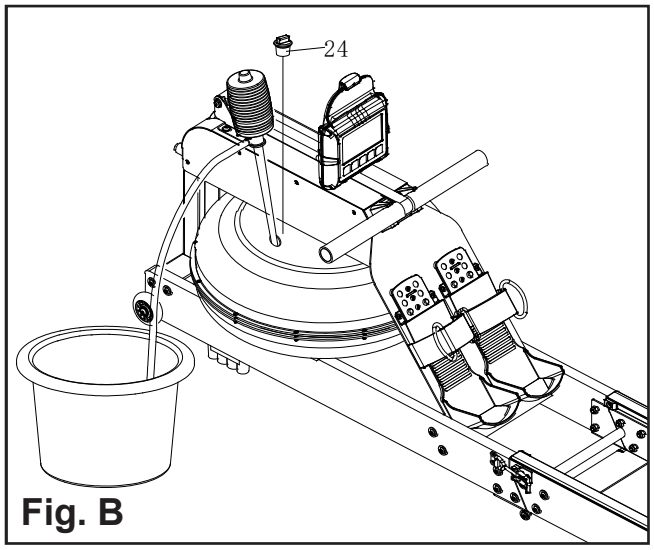
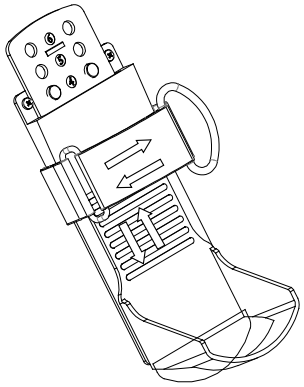


Fig. B

PEDAL ADJUSTMENT



The pedal strap is adjustable and can be customized to fit the user's foot size.

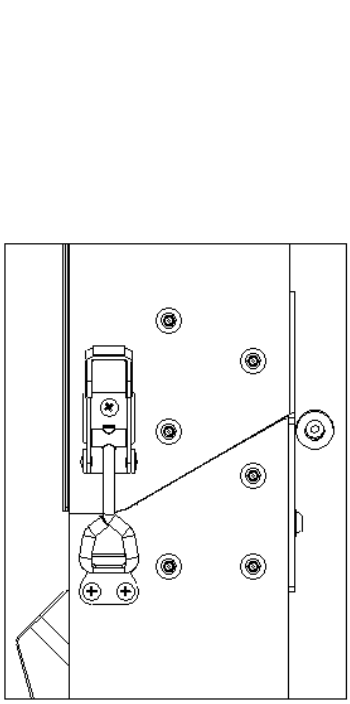
To adjust, detach the Velcro end of the strap from the mesh side by pulling it upwards, then to the left.

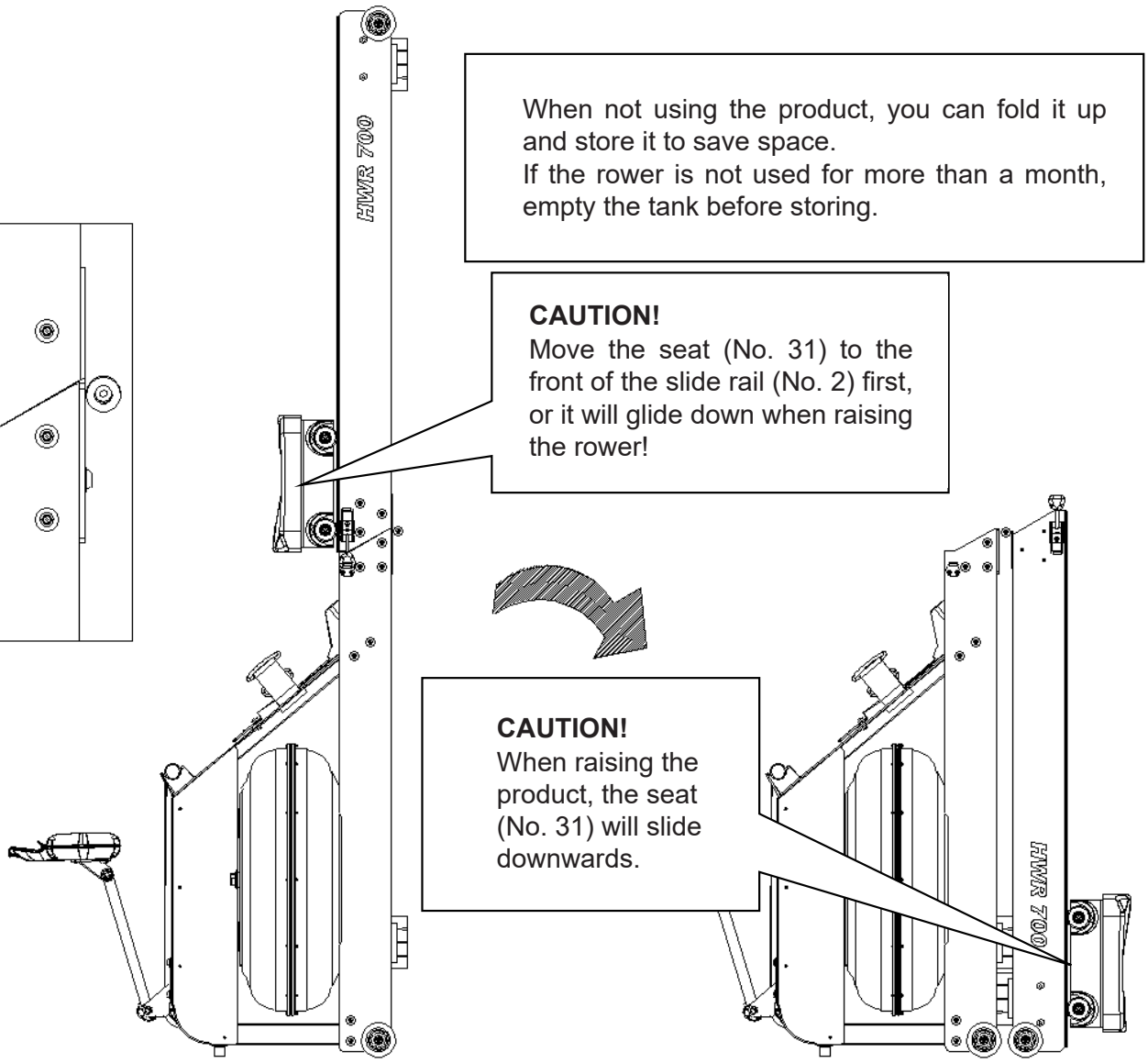
To widen the strap, pull the mesh end upwards and to the right.

To tighten, pull the Velcro end upwards, then to the right and press it down onto the mesh side to secure it in place.

STORAGE GUIDE

CAUTION!
Moving parts, such as the seat, can cause injury. Keep hands clear of the sliding rail during use!





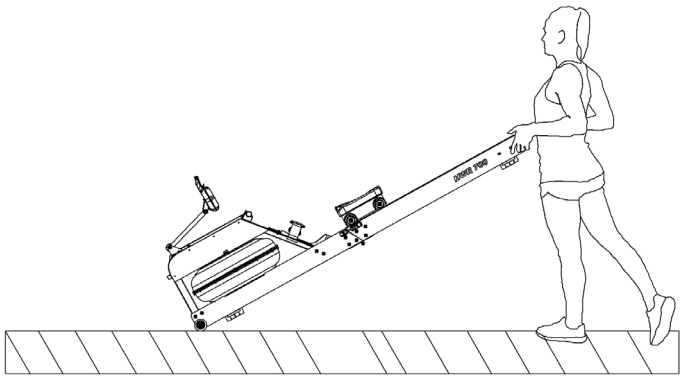
When not using the product, you can fold it up and store it to save space.
If the rower is not used for more than a month, empty the tank before storing.

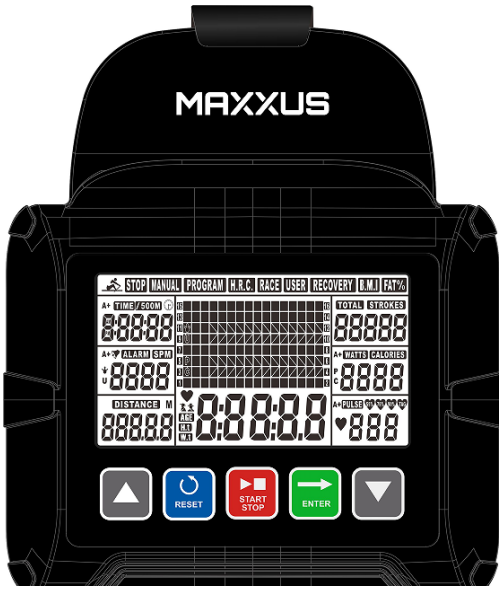
CAUTION!
Move the seat (No. 31) to the front of the slide rail (No. 2) first, or it will glide down when raising the rower!

CAUTION!
When raising the product, the seat (No. 31) will slide downwards.

MOVING THE ROWING MACHINE

To move the product, lift it as shown until the wheels touch the ground. Once lifted, you can roll the product to the desired location.





Function Buttons

UP▲/ DOWN▼:
Press these buttons to scroll through available selections and adjust function values up or down.

ENTER: Confirms selection. During training, press to scan each display function.

START / STOP: Starts or stops your selected workout program.

RESET: Resets the computer back to the main menu.

Display Functions

TIME: Preset target time by pressing the UP and DOWN buttons (1 min ~ 99 min). The increase or decrease setting is 1 minute.

TIME/500m: Displays and continuously updates your average 500-meter time.

SPM: Strokes per minute.

DISTANCE: Preset target distance by pressing the UP and DOWN buttons (0 ~ 99,900 meters). The increase or decrease setting is 100 meters.

STROKES: Preset target strokes by pressing the UP and DOWN buttons (0 ~ 9,990 strokes). The increase or decrease setting is 10 strokes.

TOTAL STROKES: Accumulates total strokes from 0 up to 9999

CALORIES: Preset target calories by pressing the UP or DOWN buttons (0 ~ 9,990 Cal). The increase or decrease setting is 10 Cal.

PULSE: Preset target pulse value by pressing UP or DOWN (30 to 240 bpm). The increase or decrease setting is 1 bpm. The LCD displays the user's heart rate during training. The pulse measurement function is used with a chest belt system.

WATT: Displays current workout watts, ranging from 0 to 999.

Operation

1. Install 4 AA batteries → a long beep will sound for 2 seconds (Fig. 1). The console will display the type for 2 seconds (Fig. 2), then enter the LX (L1 ~ L6) selection menu. The matrix window will display the LX value and flash (Fig. 3). Press UP or DOWN to select the level. Once confirmed, you will enter training mode (Fig. 4).

FIG. 1

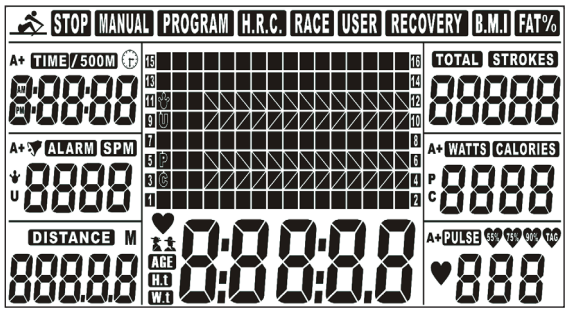


FIG. 2

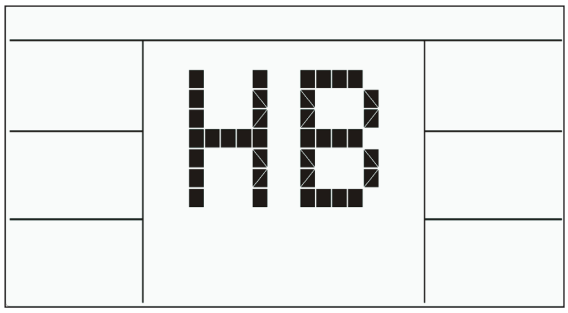
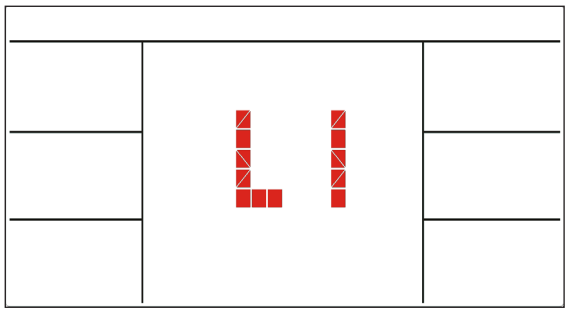


FIG. 3: Load



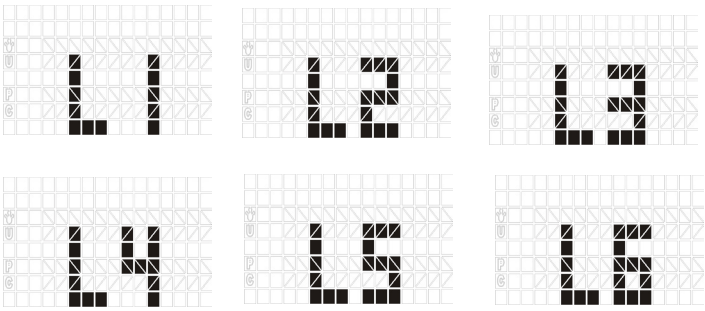
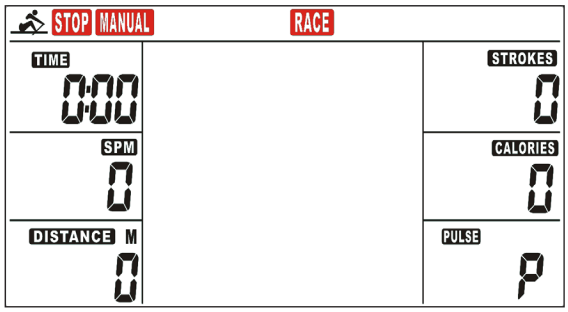


FIG. 4



When you enter the SPORT screen, the MANUAL and RACE options will blink, indicating they are available for selection.

Press UP or DOWN to choose the desired option, then press ENTER to confirm your selection.

MANUAL MODE:

A. Enter MANUAL mode and press UP to set the flickering TIME figure. Press ENTER to confirm. You can press UP to set values for DISTANCE, STROKES, CALORIES, PULSE, or TIME. (Note: If you set a target value for TIME, DISTANCE cannot be set, and vice versa.)

B. Press the START key to begin; the STOP icon will disappear. You can adjust the function values using UP or DOWN.

C. The drag force value will display in the matrix as picture.

D. When the selected function counts down to zero or you press the STOP button, the console will display the current value. The average for TIME/500M, SPM, WATTS, and PULSE will be shown for the remainder of the training session.

FIG. 5

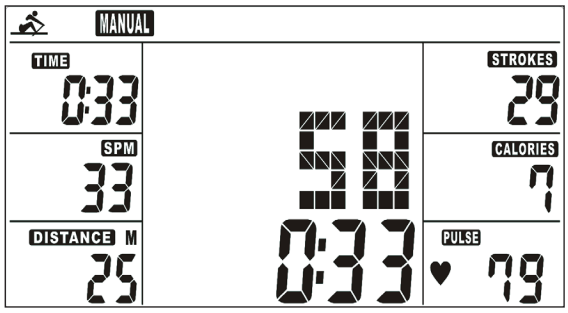
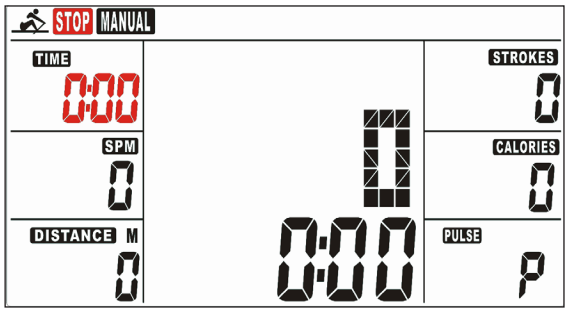


FIG. 6



RACE:

A.Enter the RACE mode, and L9 will flash, with the TIME/500M set to 4:00. You can press UP or DOWN to adjust from L1 to L15, then press ENTER to confirm. Afterward, set the race distance (500M to 10,000M) while the DISTANCE figure blinks.

Press ENTER, and the race graphic will appear clearly on the screen.

The TIME/500M figures will display as follows:

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

FIG. 7

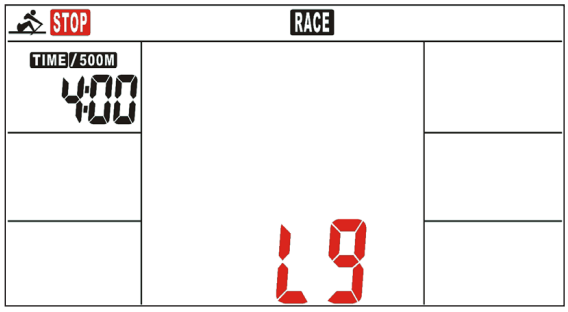


FIG. 8

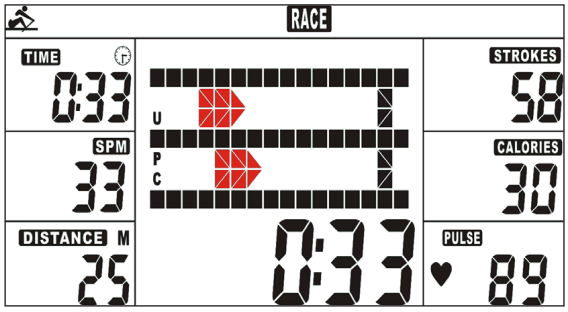


FIG. 9

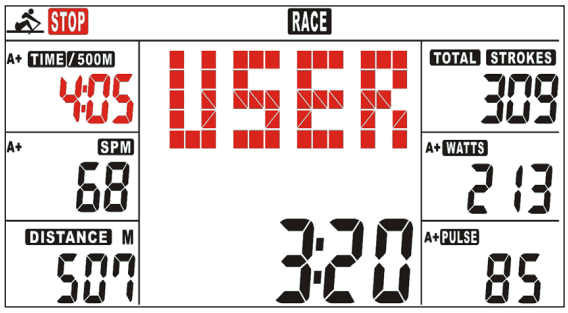
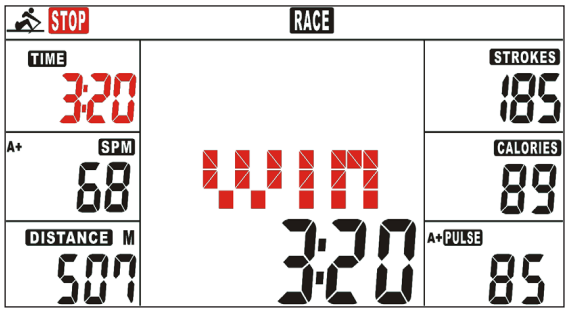


FIG. 10



B. Press the START key to begin, and the STOP icon will disappear.

USER & PC will be displayed in the matrix (FIG 8), and the monitor will stop once the set race distance has been completed.

The matrix will then display ‘PC WIN’ or ‘USER WIN’ (FIG 9 - FIG 10).

C. When the race is over, you can press START to race again. Press RESET to exit the race screen.

APP Connection

Note:
This console can connect to an app on a smart device via Bluetooth. Once connected, the console will stop displaying data on its own screen

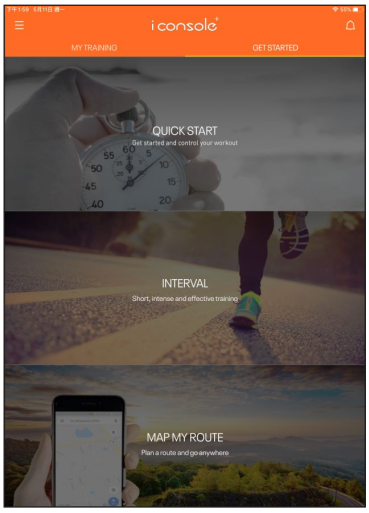
Suitable Apps:
iConsole+ Training Kinomap

Download on the App Store ANDROID APP ON Google play

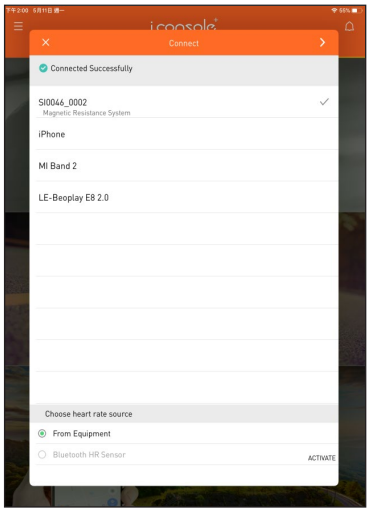
How To Connect Your Smart Device

iConsole+ Training APP

Step 1: Download iConsole+ Training APP
Step 2: Open the iConsole+ Training App & choose QuickStart or other training mode.

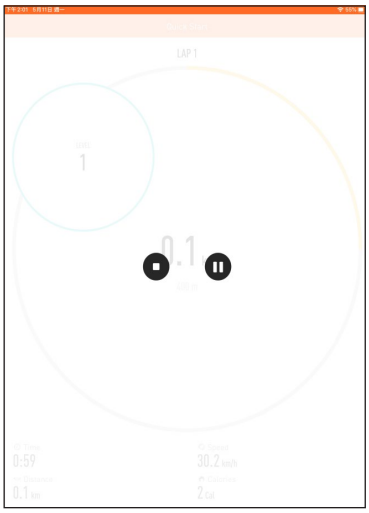


Step 3: Select the Bluetooth device, then press the arrow key in the upper right corner to enter the training screen.



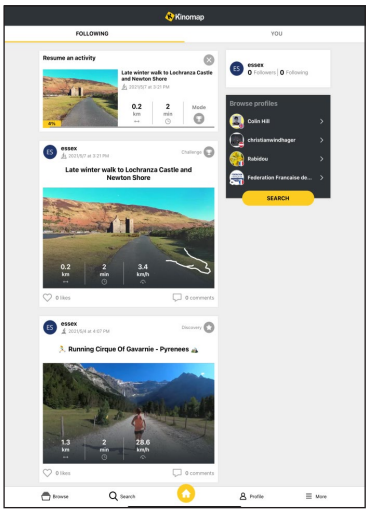


Step 4: Press the screen to display the resistance adjustment button, pause button (Stop training), and stop button (End training).

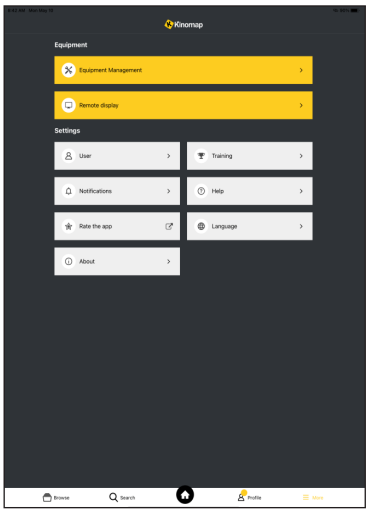


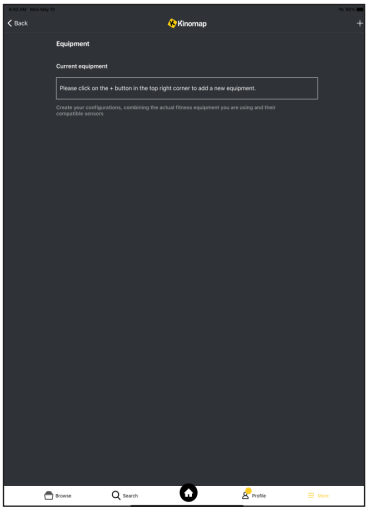
Kinomap APP

Step 1: Download the Kinomap APP.
Step 2: Open the Kinomap App and click the button in the lower right corner to add devices.

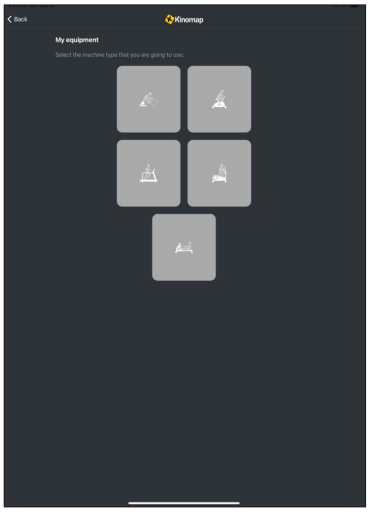


Step 3: Click on “Equipment Management,” then click the “+” to start adding equipment.



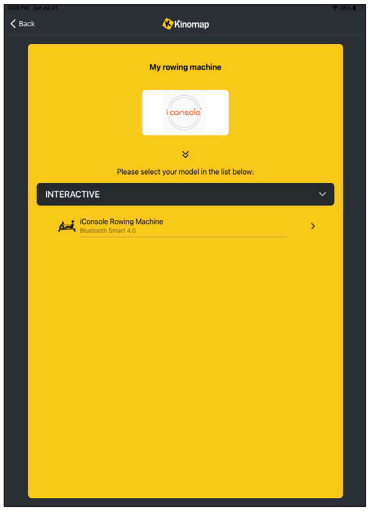


Step 4: Select the “Rowing” graphic, then enter the brand connection screen. Choose FTMS or iConsole.



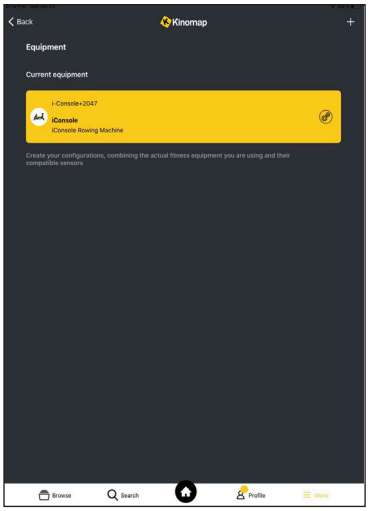


Step 5: Select “Rowing Machine,” then connect via Bluetooth Device.

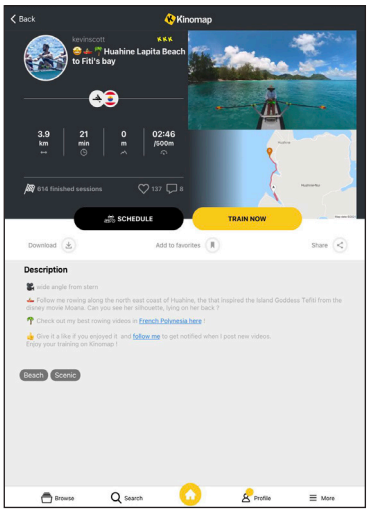


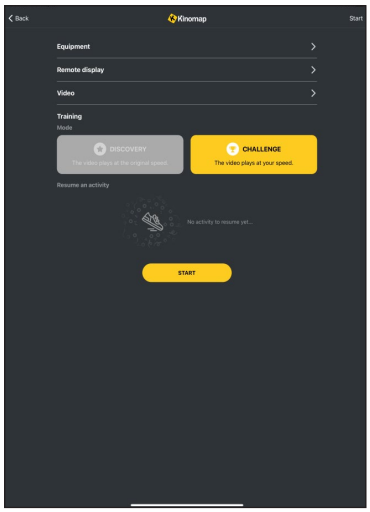


Step 6: Press the Home button to return to the main menu after adding the device.

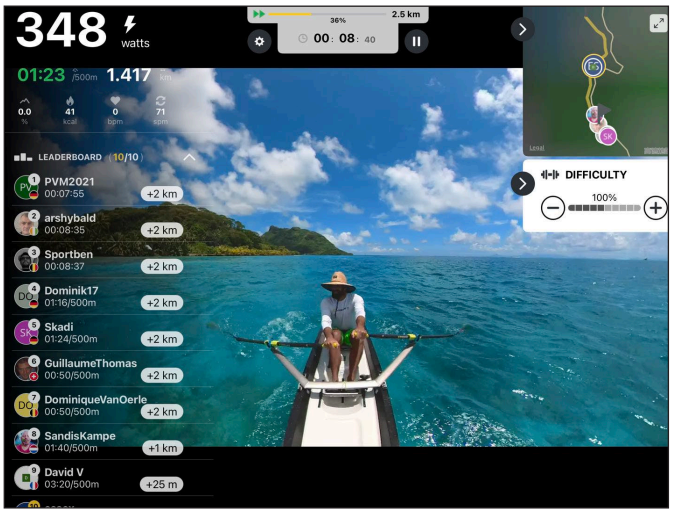


Step 7: To select the training video, you must select the type of Rowing and press the button to enter the training screen.

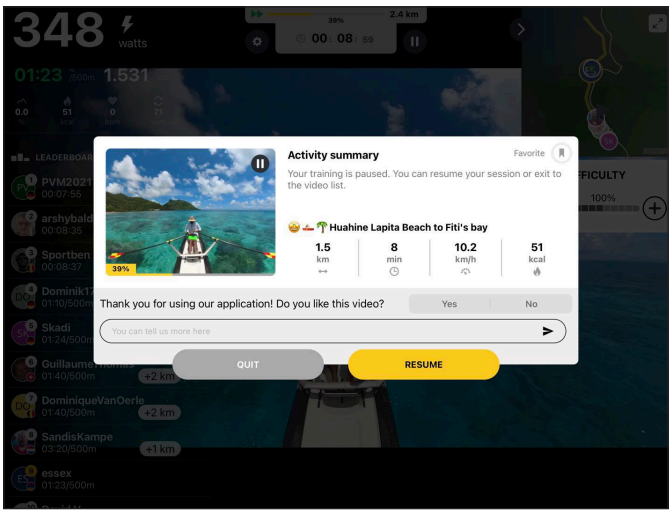




Step 8: Start training. Press the pause button at the top of the screen to stop the training.



At the pause screen, you can choose to continue or exit to end the training.



Cleaning

Clean your training device after each training session. Use only a slightly damp cloth for cleaning. Never use gasoline, thinner, or other aggressive cleaning products as they may damage the surface. The device is only suitable for private, indoor use. Keep the device clean and dry. Damage caused by body sweat or other liquids is not covered under warranty.

Maintenance

Check the screws and moving parts at regular intervals. The device should only be used for training if it is in proper working condition. For repairs or spare parts, contact customer service.

WARNING: The device must not be used until successfully repaired.

TRAINING INSTRUCTIONS

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

Rowing Motion – Complete Body

Step 1: Preparation
Ensure your feet are correctly positioned on the pedals and adjusted to fit your shoe size, with the straps secured firmly around your feet. Grip 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:
Now use your legs to push yourself backwards.

Step 4: End Position
Push yourself back far enough so that your knees are only slightly bent.

Caution: Never fully straighten your knees! At the same time, pull your arms towards you until your hands lightly touch your body just below your ribcage, around the solar plexus. Straighten your back and pull your shoulders slightly back. Caution: Never bend your back too far backwards!

Step 5: Return to the Starting Position
Move yourself forwards again with your legs, leaning your upper body forward, and extend your arms out in front of you.



Rowing Movement – Legs Only

Step 1: Preparation
Ensure your feet are correctly positioned on the pedals and adjusted to fit your shoe size, with the straps secured firmly around your feet. Grip 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:
Now use your legs to push yourself backwards.

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
Move yourself forwards again with your legs.



TRAINING INFORMATION

Training Preparations

Before starting training, ensure that both the equipment and your body are in good condition. If you haven't engaged in strength or endurance training for a long time, consult your family doctor and undergo a fitness check-up. Discuss your training goals with your doctor, especially if you are over 35, overweight, or have cardiovascular issues.

Workout Planning

Effective, goal-oriented, and motivating training requires planning. Incorporate your fitness training into your daily routine. Unplanned training can be easily disrupted or postponed. Plan your workouts long-term, for months at a time, not just day-to-day or week-to-week. Include motivation strategies during your workouts, such as listening to music. Set realistic goals, like losing 1 kg in four weeks or increasing your training weight by 10 kg in six weeks, and reward yourself when you achieve them.

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.

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.



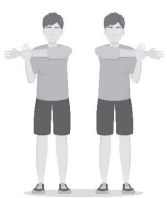
Triceps and Shoulder

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.



ENVIRONMENTAL PROTECTION

European Disposal Regulations 2012/19/EU

Please dispose of the unit, its accessories, and packaging in an environmentally friendly way, ensuring they are not discarded with household waste. In the EU, this symbol indicates that the product must not be treated as regular household waste. It contains valuable recyclable materials that should be processed through appropriate recycling systems to protect both the environment and human health, which may be harmed by improper disposal.

To dispose of this product, use suitable collection systems or return it to the point of purchase for recycling. Alternatively, if you are no longer using the item, it is your responsibility to ensure proper recycling. You can also drop it off at a collection point that adheres to national waste and recycling regulations. For information on public collection sites, please contact your local authority.

Batteries / Rechargeable Batteries

Batteries and rechargeable batteries should never be disposed of in household rubbish. Please note that all batteries can contain toxic substances, and all consumers are legally required to dispose of them 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 on where you can dispose of batteries properly and in an environmentally sound manner. Only dispose of batteries when they are fully discharged.

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):

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-original 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!

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