INSTALLATION & OPERATING MANUAL

SmartGym H1



ENG

MAXXUS

Index

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Safety Instructions

Please read and observe all sections of this Operating Manual. Thorough attention should be paid to the safety, service and maintenance instructions and to the training information at all times. Please ensure that anyone using the training device is equally familiar with these instructions and that they follow them. Keep this manual in a safe place for further reference on information, maintenance and cleaning and for details on ordering of spare parts. It is very important strictly to follow the service and maintenance and safety instructions contained in this Manual. This training device is only to be used for its intended purpose. This means it is to be used for body workouts by adults only. If this equipment is used for any other purposes than intended, there is a possible risk of accident, damage to health or damage to the training device. The Distributor cannot be held responsible for damages caused by improper use.

Training Environment

− Select a suitable space for your training device to provide an optimum amount of free space and highest level of safety. − Ensure that the load capacity of the floor or ground of the chosen area is sufficient for the load. − Make sure that the area is well ventilated and that an optimum amount of oxygen is available during training. Avoid draughts. − It is not permitted to locate your training device in busy areas or areas near to main walkways (emergency exits, doors or passageways) − Your training device is not suitable for outside use and so storage and training can only take place in a temperate, dry clean room. − Operation and storage of your training device in wet areas such as in swimming pools, saunas etc. is not possible. − Make sure that your training device is kept on flat, hard and clean ground both in operation and at standstill. Any uneven surfaces must be removed or made good. − It is recommended that a floor covering (carpet, mat, etc.) should be placed under the device to protect damageable floors such as wood, laminates, floor tiles etc. We recommend placing MAXXUS® floor protection mats permanently under the device. Please ensure that these mats cannot slip or slide. − Do not put this training device on pale or white coloured carpets or rugs as the feet of the device may leave marks. − Make sure that your training device is kept out of contact with hot items and is kept at a safe distance from any sources of heat e.g. central heating, hot stoves, furnaces, ovens or open fires.

Personal Safety Instructions for Training

− You should go to the doctor and have a health check before you start working out.
− Stop training immediately if you feel physically unwell or are experiencing any breathing difficulties.
− Always start your training session at a low workload increasing it slowly but steadily throughout. Reduce the workload again towards the end of your training session.
− Suitable sports shoes and clothes should always be worn during training sessions. Make sure that loose clothes do not get caught up in any moving parts of the device.
− Your training device is only to be used by one person at a time.
− Check each time before a training session to see if your device is in perfect condition. Never use your training device if it is faulty or defective.
− You are only permitted to carry out repairs to the device yourself after having contacted our Service Department and on receipt of explicit permission to do so. Only original spare parts may be used at any time.
− Improper repairs or structural modifications (attachment of non-permissible parts, removal of original parts etc) are not permitted. This can impair the technical safety of the device and cause risk for the user.
− Your training device must be cleaned after each use. Remove all dirt including body sweat or any other liquids.
− Your training device is not suitable for use by children.
− Third parties, especially children and animals, must be kept at an appropriate safety distance during training.
− Check before each training session if there are any items underneath the training device and remove them without fail. Never use the training device when items are underneath it.
− Do not allow children to use your training device as a toy or climbing frame at any time.
− Ensure that no body parts of your own or of third parties ever come into contact with any of the moving mechanisms.
− Warn anyone present at your training sessions, especially children, of the possible risk. This applies to the areas where weight plates, weight stacks or barbells.
− Check all parts at regular intervals (at least once a month) and make sure that all screws and nuts are tightened properly

Safety Instructions

The construction of this training device is based on state of the art technology and highest modern technical safety standards. This training device is to be used by adults only! Extreme misuse and/or unplanned training can cause damage to your health! Any manipulation of or interference with the device can cause damage to the device and be a danger to people. If you have any questions or queries contact your specialist dealer or the MAXXUS Service Team and they will be pleased to help you further.

Carefully unpack all delivered parts. **Have someone there to help you** as some of the training device parts are bulky and heavy.
Check that all the parts and fixing materials (screws, nuts, etc.) have been delivered.
Assemble the parts carefully as any damages or defects occurring due to mistakes made at the time of assembly **are not covered** by the warranty or guarantee. Therefore, read through the assembly instructions carefully before you start assembling, follow each assembly step exactly as described and keep to the correct sequence of assembly as instructed.

Assembly of the training device must be carried out thoroughly by an adult person only.
Assemble the training device in a location which is level, clean and clear of obstructions. 2 people are required to carry out the assembly.
Please be aware a possible risk of injury at the time of assembly and at each time of using this device exists. For this reason, always be careful and thorough in your actions when assembling this device.
Make sure that the parts necessary for each stage of assembly are initially only hand tightened together. Only tighten parts completely when all parts have been fitted together perfectly.
Training can only start when the training device has been fully and correctly assembled.

Note:
As some of the components may have sharp edges, please wear suitable protective gloves during the entire assembly process.

Assembly Step 1

Remove all components from the packaging.
Mark the drill holes on the wall where the HomeGym H1 is to be mounted. Make sure in advance that the wall is suitable.

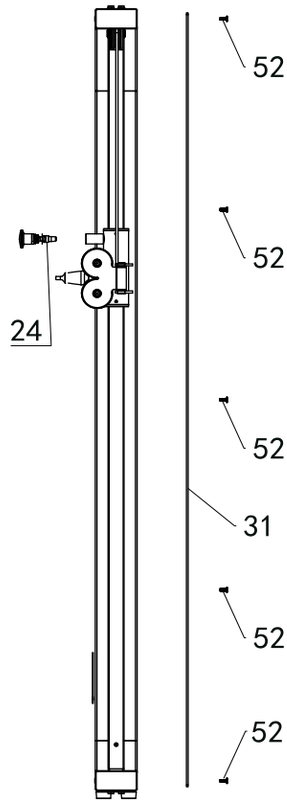
Only use wall plugs and screws which are suitable for the particular type of wall you are mounting the HomeGym H1 to. Consult a specialist builder or your DIY store if you are in any doubt.

To mark the drill holes exactly in the right place on the wall, we recommend you place the base frame of the HomeGym H1 against the wall in the appropriate place. Be sure to ask one or two other people to help you. Use a spirit level to check that the HomeGym H1 is level before you mark the holes.

Once it is level, drill the holes in the wall.

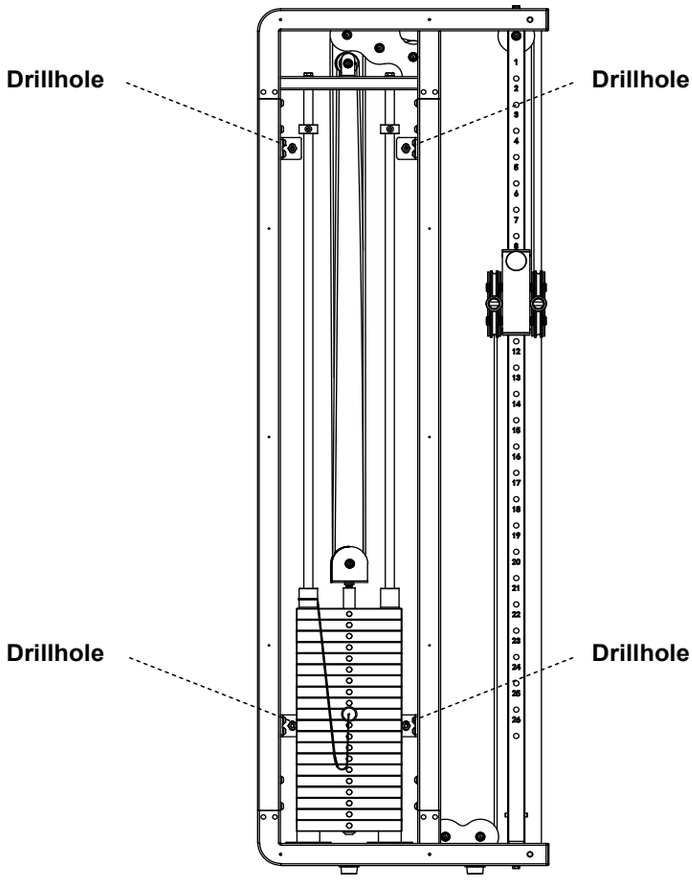
Assembly Step 2

Insert the locking pin (24) into the traction unit of the HomeGym H1.
Then attach the rear panel (31) to the back of the HomeGym H1 using the M6 x15 screws (52).



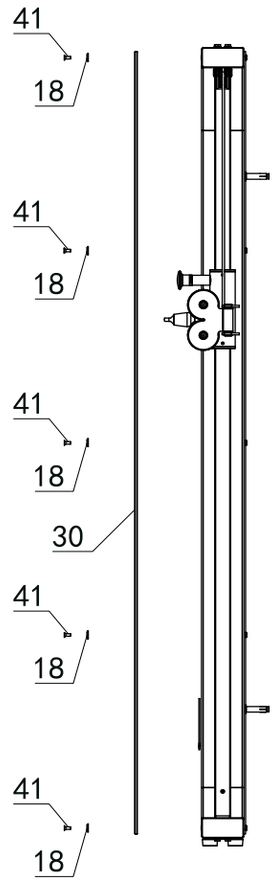
Assembly Step 3

Fix the HomeGym H1 to the wall. Once you have fixed the four screws make sure they are properly secured and firmly fixed.



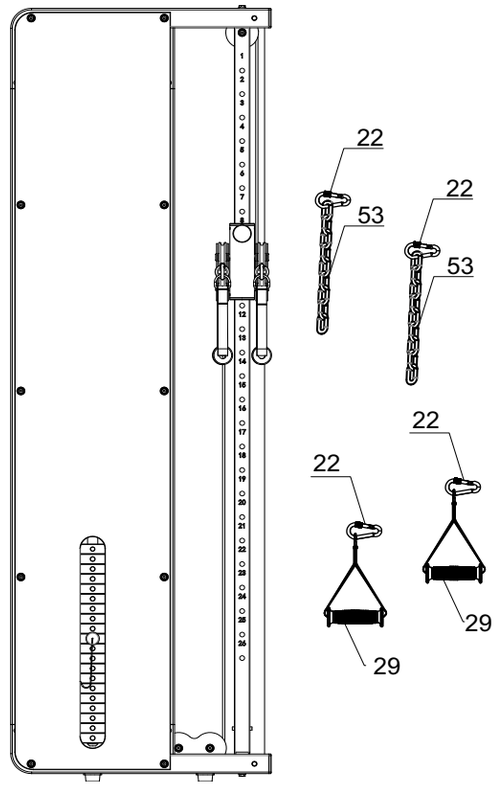
Assembly Step 4

Fix the front cover using the washers (18) and screws M8x15 (41) to the front of the HomeGym H1.



Assembly Step 5

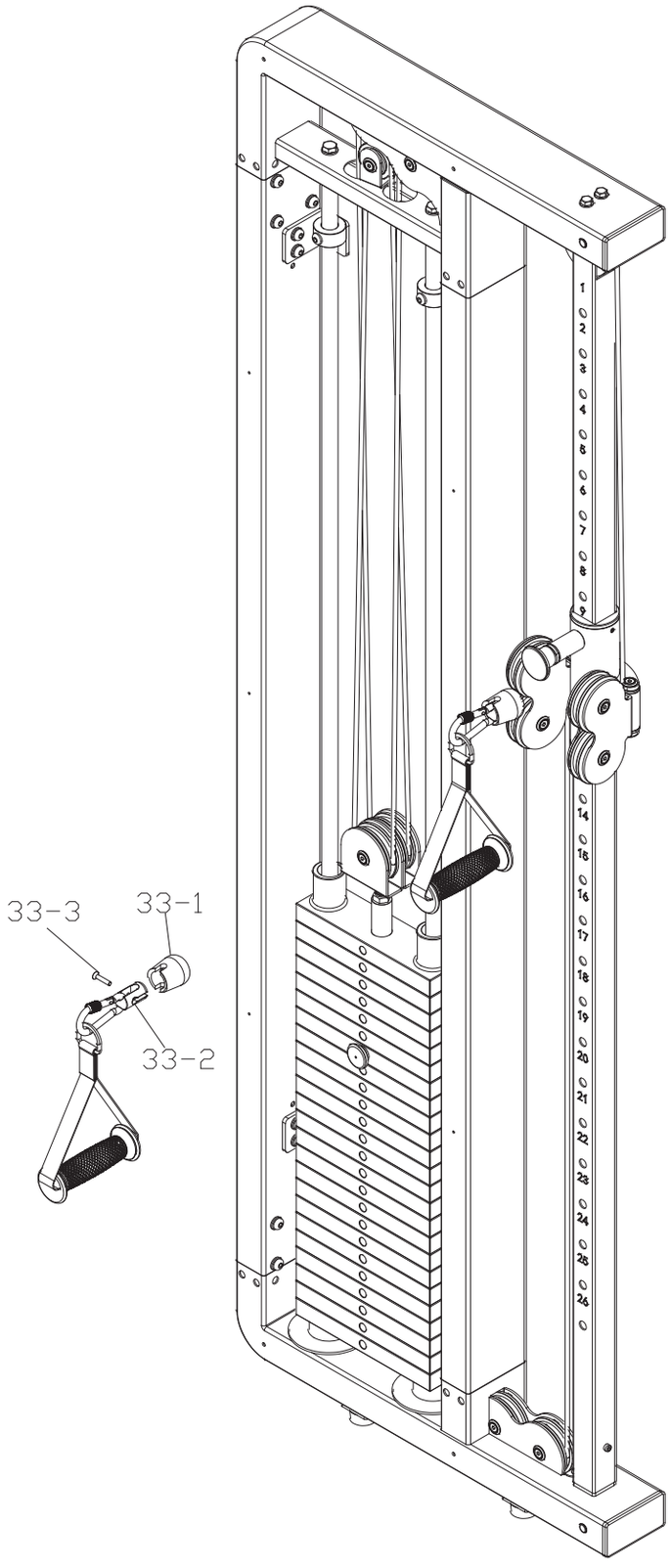
Hook the 2 handles (29) onto the two brackets on the traction unit using the snap hooks (22).
If you need this to be longer, use the chains included in delivery (53). If necessary, you can also use longer chains. You usually obtain suitable chains for this from any DIY or hardware store.



HomeGym H1 can be installed to be facing a different direction.

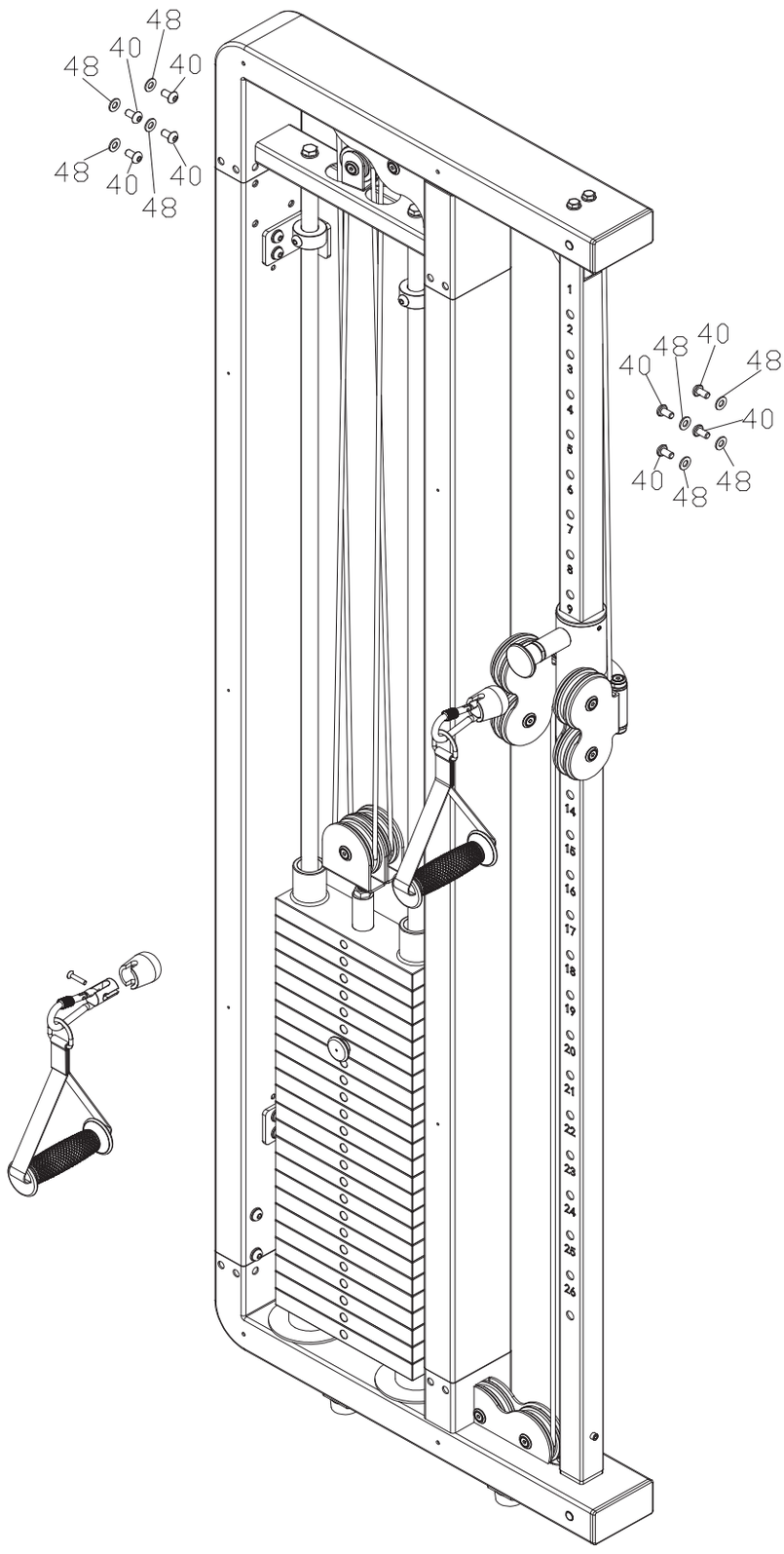
Assembly Step 1

First loosen the cable and use the No.4 wrench to loose the screw M5*25 (33-3). Take out the cable (35) from the stainless connect jack (33-2) slowly. Take down together with the plastic sleeve (33-1).



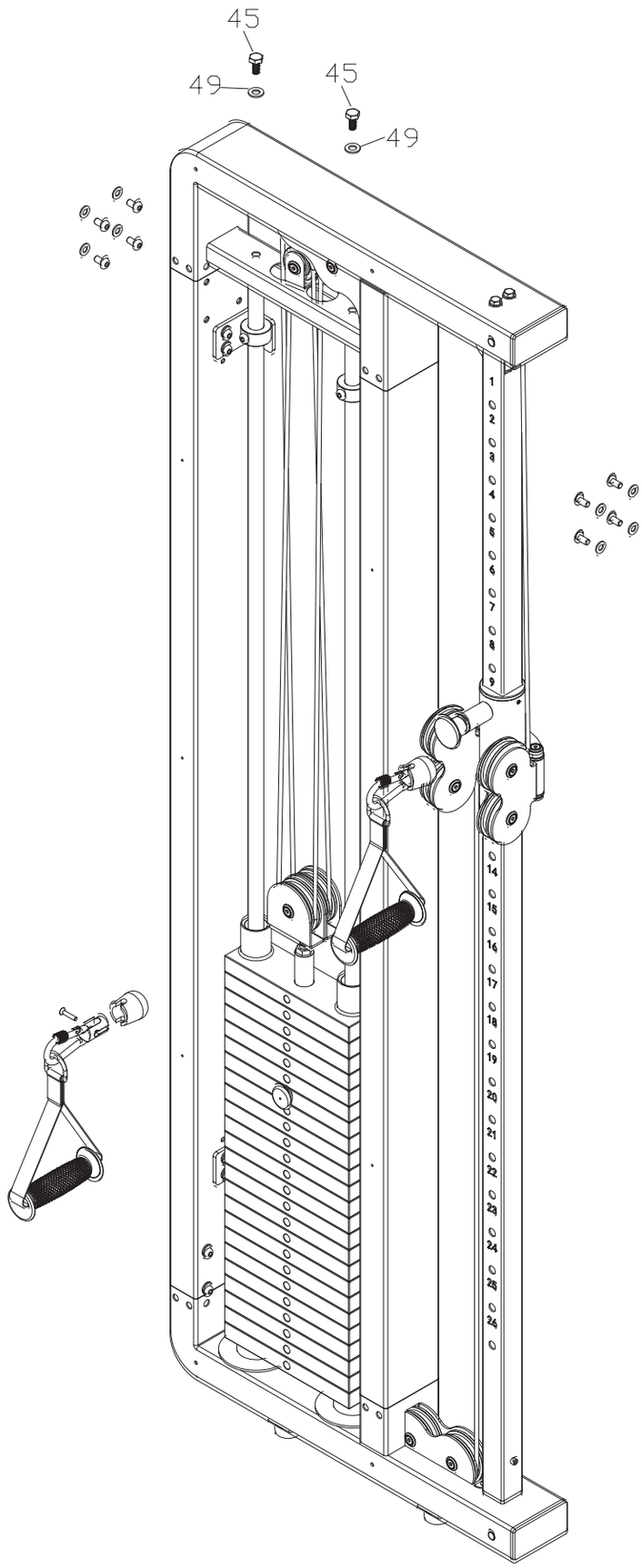
Assembly Step 2

Use wrench to take out the 8 screws 8*15 mm (40) and the washer Ø8.5xØ16xT1.5 (48) from the left upright (3) and the right upright (4).



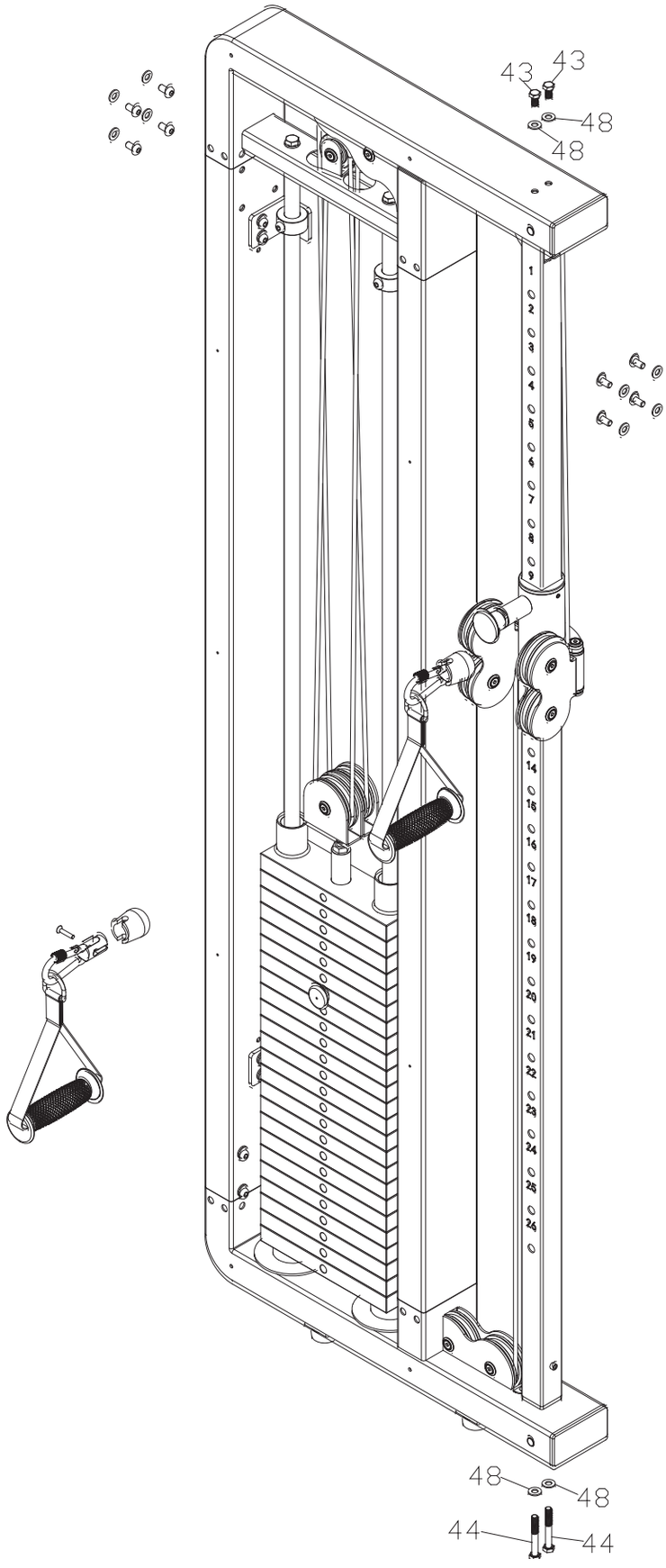
Assembly Step 3

Use No.17 wrench to take out the screw M10*20mm (45) and the washer Ø10.5xØ20xT2.0 (49).



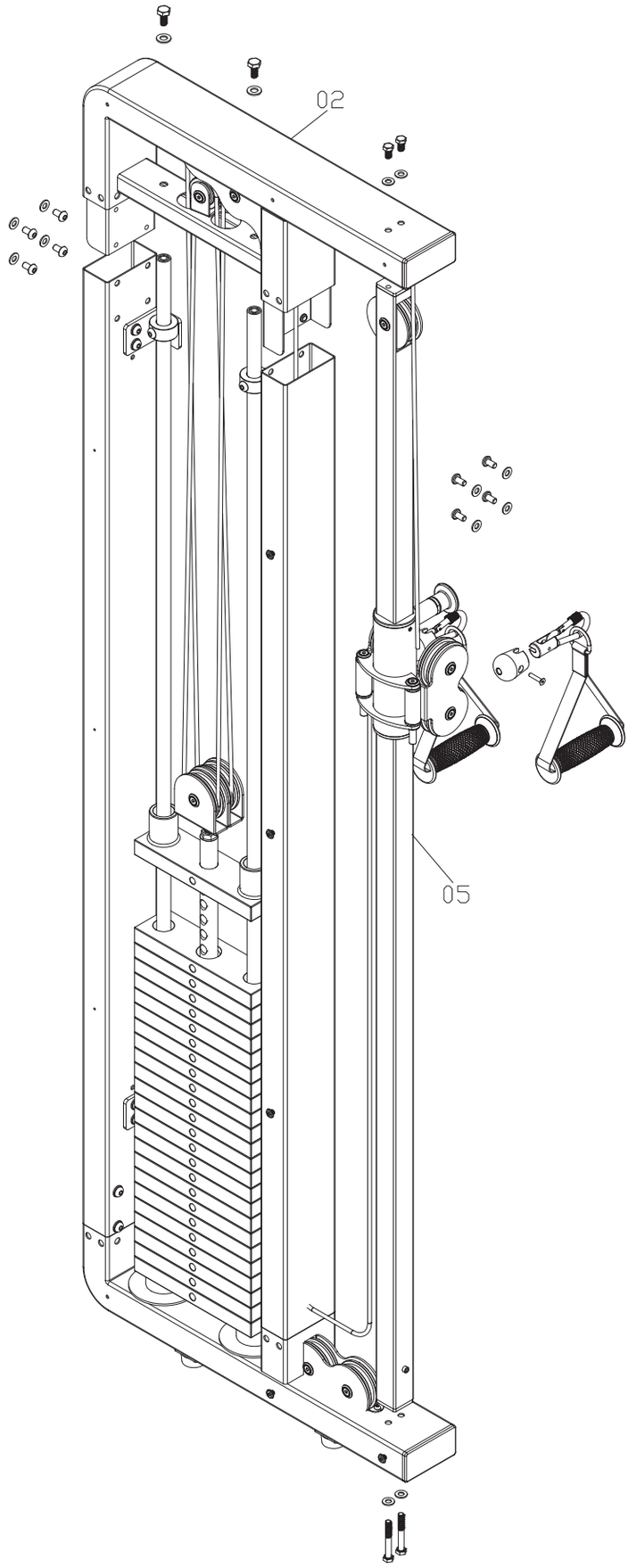
Assembly Step 4

Use No.13 wrench to take out the screw M8*15mm (43), the screw M8*60mm (44) and the washer Ø8.5xØ16xT1.5 (48).



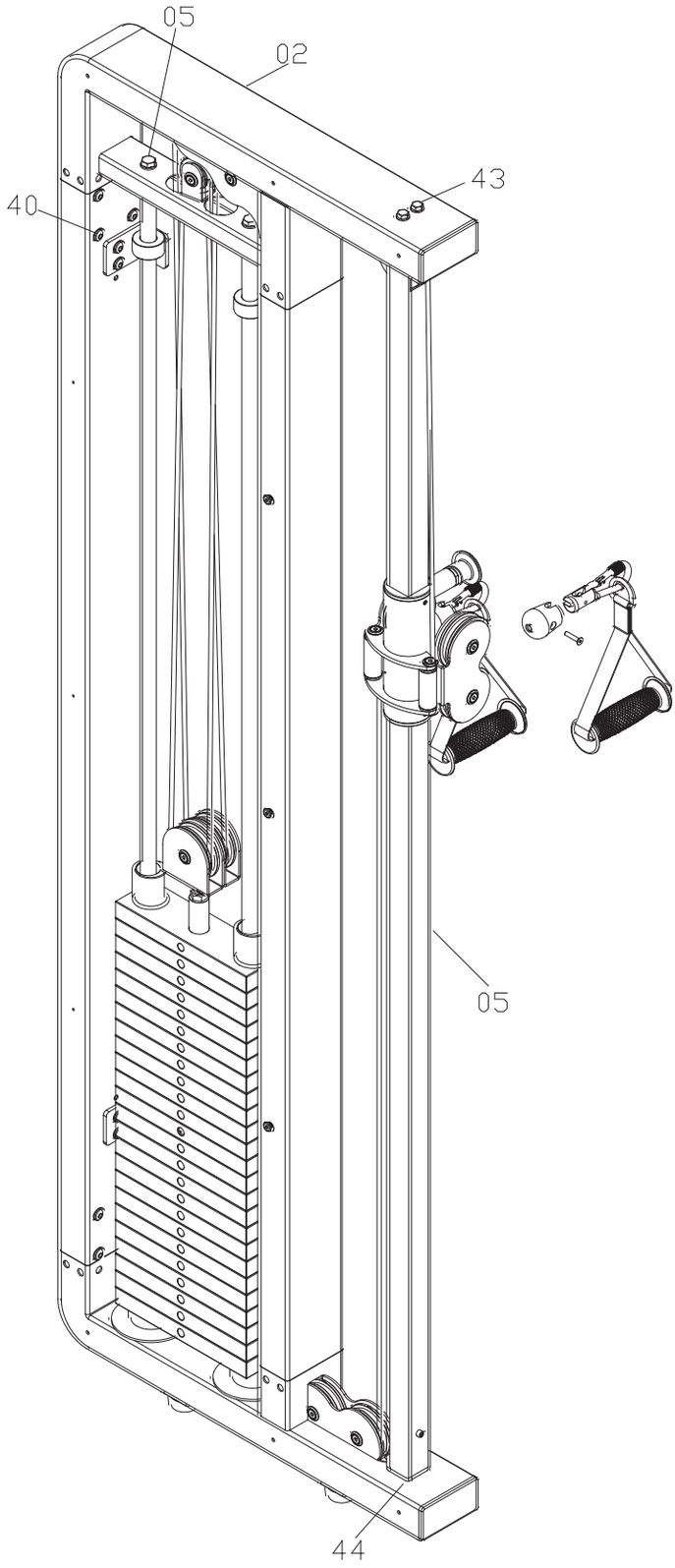
Assembly Step 5

Lift the headpiece (2) a little then overturn stainless steel (5) upright. Take out the cable first, then pull it through stainless steel (5) upright from another side.



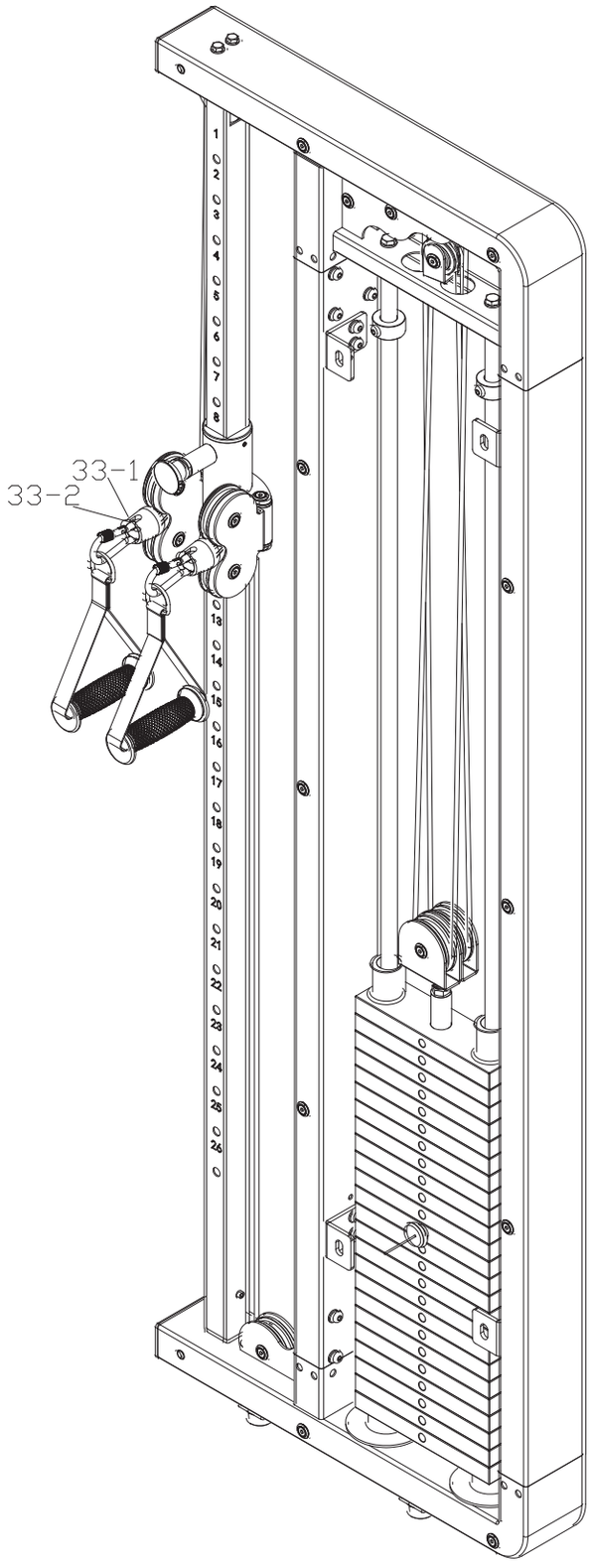
Assembly Step 6

Put stainless steel (5) upright to the frame. Use the No.13 wrench to lock down the screw M8*60mm (44) first. Assemble the headpiece (2). Assemble the screw M8*15 mm (43) and the screw M8*15mm (40) on Stainless steel (5) upright. Assemble the screw M10*20mm (45) on Stainless steel guide bar (8).



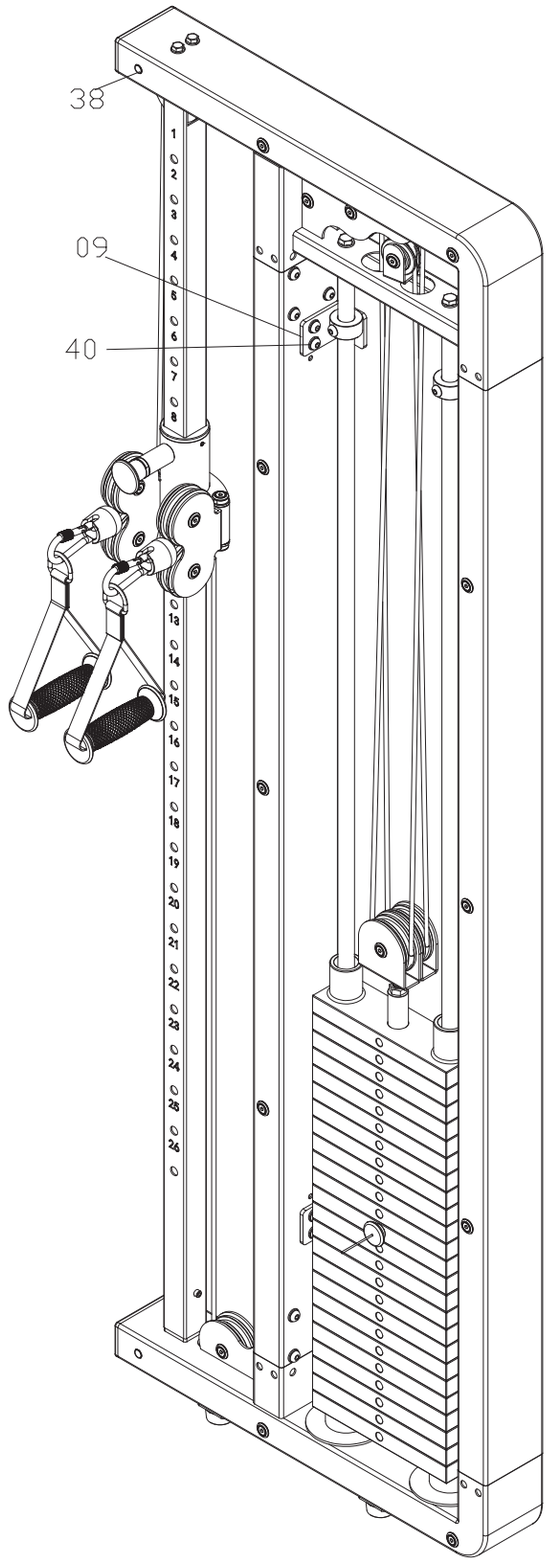
Assembly Step 7

Pull the cable (33) through the plastic sleeve (33-1) to the stainless connect jack (33-2) as before. Use the No.4 wrench to tighten the screw M5*25mm (33-3).



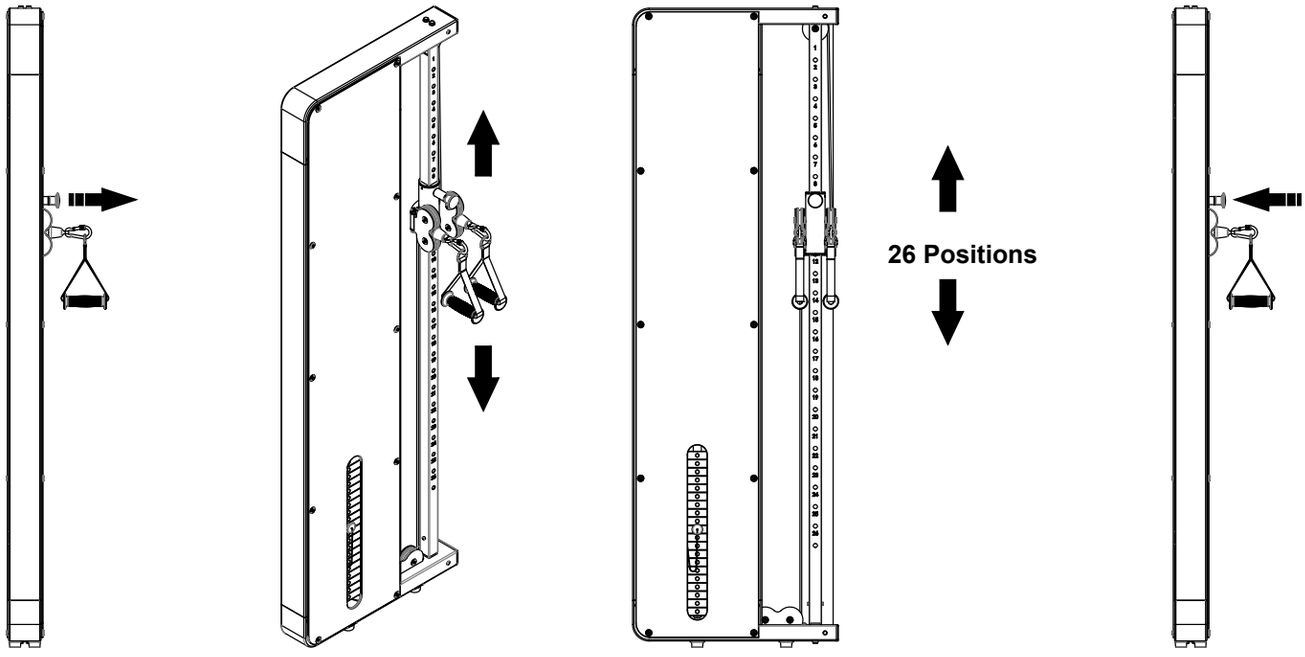
Assembly Step 8

Use the No.5 wrench to take out the screw M8*15 (40) from the connection wallboard (9). Overturn the connection wallboard (9) then lock the screw M8*15mm (39). Take out the screw (38), then put in the corresponding surface.



Funktions

You can adjust the traction unit of the HomeGym H1 in 26 different vertical positions.
To do this, pull out the handle of the safety pin from the traction unit. Now adjust it to the desired position and let the safety pin snap back in to place again.



Care, Cleaning & Maintenance

Cleaning

Clean the training device each time after training with a damp cloth to remove any sweat and or liquids. Do not use solvents. Dry off the cleaned areas thoroughly. Regular cleaning helps to keep your device in good condition and therefore also significantly contributes to the length of its service life. The costs of repairing a training device which has not been properly maintained will not be covered in any way by the warranty. Also clean the traction cables regularly.

Cleaning and Lubricating the Chrome Guide

Pipes The barbell bar guide pipes must also be cleaned and lubricated regularly to guarantee optimum smooth running. To achieve this clean the guide pipes with a damp cloth and some liquid soap or washing up liquid. Alternatively, you can use the MAXXUS® degreaser spray (optionally available). After this, dry the guide pipes off thoroughly and lubricate them with MAXXUS® lubricant spray (optionally available) leaving a thin film on the surface. With regular use you should lubricate the guide pipes once a month. If squeaking noises occur during training the pipes require lubricating immediately. MAXXUS® degreaser and lubricating sprays are available from our Online Shop at www. maxxus.de or from our Showrooms in Groß-Gerau.

Maintenance

Checking the Fixing Materials

At least 1 x Monthly you must check that the screws and nuts are tightened securely and tighten them if necessary.

Disposal

This device is recyclable. At the end of its service life you must dispose of it properly. Do not dispose the 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.

Recommended Accessories

These accessories are best suited for use with your training device. All products are available from our online shop at www.iconic.com or direct from our showroom.



MAXXUS® Floor Protection Mats Due to its extreme density and material thickness of 0.5 cm and 1.2 cm, these mats provide 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 – thickness 0.5 cm
− 210 x 100 cm – thickness 0.5 cm
− 100 x 100 cm - thickness 1.2 cm



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.

Training Recommendations

Preparation Before Training
Before you start training make sure that not only your training device is in perfect condition, your body must also be prepared for training. Therefore, if you have not done any endurance training for some time, you should consult your GP and undergo a fitness check-up. Also discuss your training target; they will certainly be able to give you valuable advice and information. This applies to people who are over 35, have problems with overweight, heart or circulatory system problems.

Training Plan
Essential to effective, target orientated, and motivating training is to have a forward-looking trainings plan. Plan your fitness training as an integral part of your daily routine. If you don't have a fixed plan, training can easily interfere with regular commitments or continually be put off to another unspecified time.
If possible, create a long term monthly plan and not just from day to day or week to week. A training plan should also include sufficient motivation and distraction during training sessions. An ideal distraction is to watch TV during training as this diverts your attention both visually and acoustically. Make sure that you reward yourself and set realistic targets such as to losing 1 or 2kgs in four weeks or to increase your training time by 10 minutes within two weeks for example. If you reach your targets, then reward yourself with a favourite meal which you have not allowed yourself till then.

Warm-Up Before Training
Warm-up on your training device for 3-5 minutes at minimum resistance. This will best prepare your body for the up-coming exertion in training.

Cool-Down After Training
Do not just get off your training device immediately the training session is finished. Like with the warm-up stage you should continue for 3-5 minutes at minimum resistance to cool down. After training you should stretch your muscles thoroughly.



Front Thigh Muscles
Support yourself with your right hand against the wall or on your training device. Bend your knee and raise your left foot backwards so you can hold it with your left hand. Your knee should be pointing straight down to the floor. Pull your leg backwards until you feel a light pulling in your thigh muscles. Hold this position for 10 to 15 seconds. Let your foot go and stand it back on the floor. Repeat the exercise with your right leg.



Inner Thigh Muscles
Sit on the floor. Pull the soles of your feet together in front of you raising your knees slightly. Grasp the upper sides of your feet and place your elbows on your thighs. Press your thighs down towards the floor with your arms until you feel a light pulling in your thigh muscles. Hold this position for 10 to 15 seconds. Make sure to keep your upper body straight throughout the exercise. Release the pressure from your thighs and slowly stretch out your legs to the front. Stand up slowly steadily.



Legs, Calves and Buttocks
Sit on the floor. Stretch out your right leg and bend your left leg to place the sole of your foot on your right thigh. Bend your top body over so you can stretch out your right hand to touch your right toes. Hold this position for 10 to 15 seconds. Let go of your toes and sit slowly and steadily up straight again. Repeat this exercise with your left leg.



Leg and Lower Back Muscles
Sit on the floor with your legs stretched out. Stretch forward with your hands and try to grasp the tips of your toes with both hands. Hold this position for 10 to 15 seconds. Let go of your toes and slowly and steadily sit back up straight again.

Training Recommendations

Intake of Liquids
The intake of sufficient liquids before and during training is vital. During a 60-minute training session it is possible to lose up to 0.5 litres of liquid. To compensate for this loss, you can drink a mix of one third apple juice to two thirds water to replace all electrolytes and minerals which your body loses through sweat. 30 minutes before you begin training you should drink approx. 330 ml. Make sure that you take in enough liquids during training.

Training Frequency
Experts recommend doing weight training 3 to 4 days a week. You will of course reach your training target quicker if you train more regularly.
Make sure that you allow for sufficient breaks in your training plan to give your body time to recover and regenerate. After each training session you should take at least a one-day break. The rule of “less is often more” even applies to fitness and weight training!

Trainings Records
To optimise your training and make it as effective as possible you should work out a training plan, before you start training, which you either write down or create a table for in your computer. Here you should make a record of training session and how you feel during the training session.

Here is a recommended weekly plan.

Calendar Week:_____ Year: 20____						
Date	**Exercise**	**Sequence 1**	**Sequence 2**	**Sequence 3**	**Sequence 4**	**Comments**
		___kg___Rep.	___kg___Rep.	___kg___Rep.	___kg___Rep.	
		___kg___Rep.	___kg___Rep.	___kg___Rep.	___kg___Rep.	
		___kg___Rep.	___kg___Rep.	___kg___Rep.	___kg___Rep.	
		___kg___Rep.	___kg___Rep.	___kg___Rep.	___kg___Rep.	
		___kg___Rep.	___kg___Rep.	___kg___Rep.	___kg___Rep.	
		___kg___Rep.	___kg___Rep.	___kg___Rep.	___kg___Rep.	
		___kg___Rep.	___kg___Rep.	___kg___Rep.	___kg___Rep.	

Rep. = Repetition

Explanation of Terms:
Weight training exercises are usually made up of three or four training sequences. Each training sequence is normally made up of 10 to 12 repetitions of an exercise. At the end of each training sequence you should have a 1 to 2-minute recovery break. Normally the weights used in training are increased from sequence to sequence.

A Training Session could be as follows:
1. Training Sequence – Training Weight 20 kg - 10 Repetitions
Break 1 Minute
2. Training Sequence – Training Weight 25 kg - 10 Repetitions
Break 1 Minute
3. Training Sequence – Training Weight 30 kg - 10 Repetitions
Break 1 Minute
4. Training Sequence – Training Weight 35 kg - 10 Repetitions
Break 1 Minute

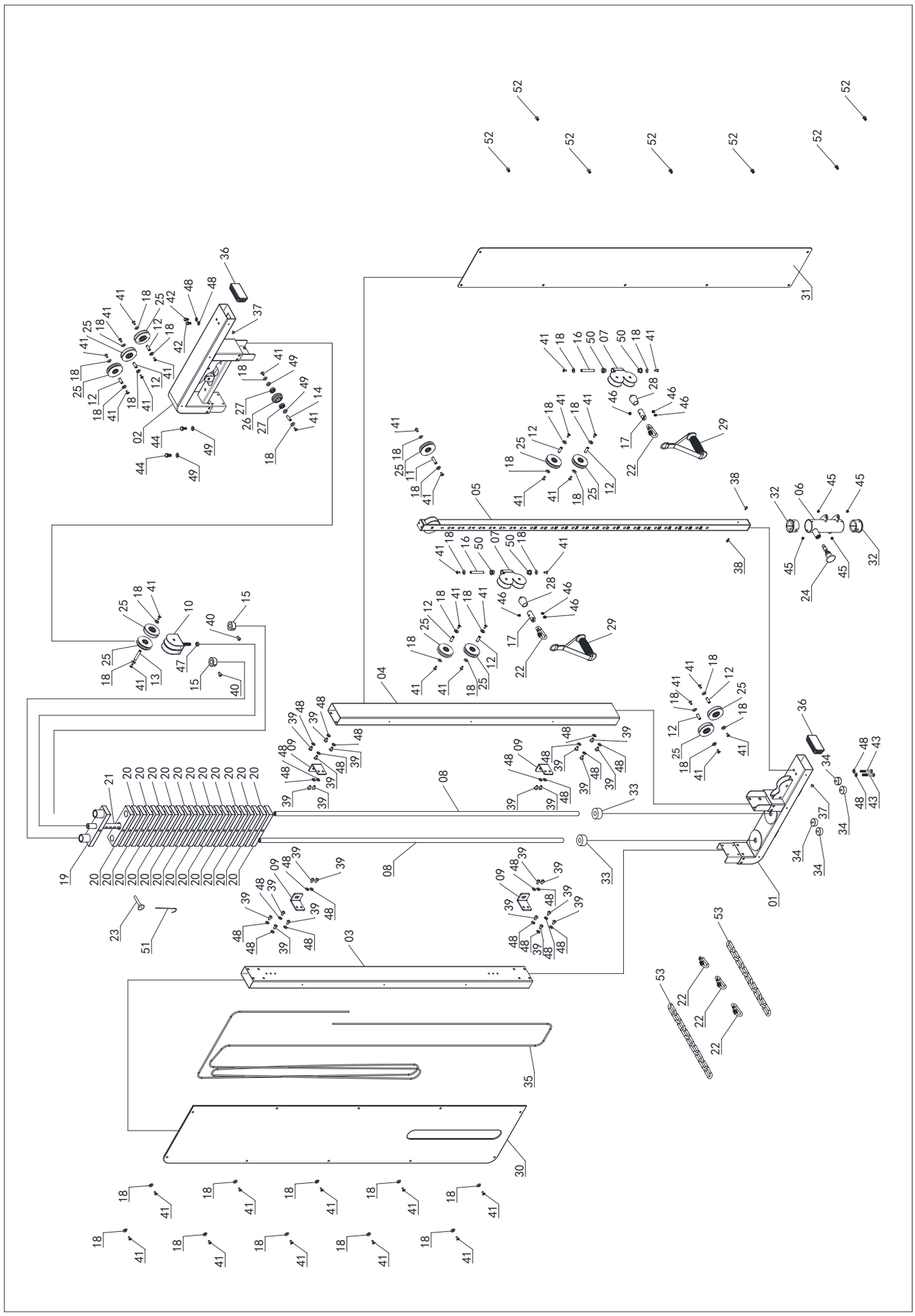
Parts List

No.	Description	Spec.	Qty
01	Base feet		1
02	Head piece		1
03	Left upright		1
04	Right upright		1
05	Stainless steel upright		1
06	Sliding seat		1
07	Double pulley		1
08	Stainless steel guide bar		1
09	Connection wall board		1
10	Double pulley seat		1
11	Pulley connection, long	Ø10x36,5	1
12	Pulley connection, short	Ø10x27,5	9
13	Double pulley connection shaft	Ø10x56,5	1
14	Small pulley shaft	Ø10x29,5	1
15	Location sleeve	Ø40xØ20,5x20	2
16	Rotation pulley seat shaft	Ø10x72	2
17	Cable connection	Ø22x60	2
18	Screw cover	Ø19,5x2,5H	38
19	Upper weight stack	T25.4x65x230	1
20	Lower weight stack	T25,4x65x230	23
21	Weight choice lifting bar	Ø25x562,5	1
22	Guard hook		5
23	Three pin in one		1
24	Four pin in one		1
25	Pulley	75	12
26	Pulley	50	1
27	Shaft	Ø26xØ10x8	2
28	Cable connecting sleeve	Ø35x50	2
29	handrail		2
30	Front cover	T6.0x380x1934	1
31	Rear cover	T4.0x260x1934	1
32	Hollow short sleeve	Ø60x35	2
33	Cushion	Ø50xØ20x25	2
34	Flat cushion	Ø37xØ34x16	4
35	Cable	Ø3,3xØ2,38x19x9560	1
36	Square inner tube	50x100xT1,8	2
37	Stopper A	Ø12xØ5x9,8	2
38	Screw	M5x10	2

Parts List

No.	Description	Spec.	Qty
39	Screw	M8x15	24
40	Screw	M6x15	2
41	Screw	M6x15	38
42	Screw	M8x15	2
43	Screw	M8x60	2
44	Screw	M10x20	2
45	Screw	M6x10	4
46	Screw	M8x10	6
47	Nut	M12x1,75	1
48	Washer	Ø8,5xØ16xT1,5	28
49	Washer	Ø10,5xØ20xT2,0	4
50	Nylon sleeve	Ø22x13	4
51	Nylon rope	Ø2,0x850	1
52	Screw	M6x15	7
53	Chain		2

Exploded Drawing



ENG

Warranty*

For MAXXUS® Support Team to help you as quickly as possible with service, we will require certain information about your fitness device and about you. To find the exact spare parts required, we will need the product name, date of purchase and serial number. If necessary, please fill out completely the Repairs Contract/Damage Report form attached to this User Manual and send it to us by post or by fax.

Areas of Application & Warranty Periods
Depending on the model, fitness devices from MAXXUS® are suitable for use in different areas. Find the appropriate area of use for your fitness device from the “Technical Data” in this User Manual.

Home Use:
Exclusively for private use
Warranty Period: 2 Years

Semi-Professional Use:
Use under instruction in hotels, physiotherapy practices, etc.
Use in a fitness studio or similar establishment is hereby excluded!
Warranty Period: 1 Year

Professional Use:
Use in a fitness studio or similar establishment under supervision by trained personnel.
Warranty Period: 1 Year
Use of your training device in an area which is not suitable for your device will cause immediate expiry of its guarantee and cancel your right to claim warranty!
Sole private use and warranty period of 2 years assumes that the purchase invoice is made out to the end user.

Proof of Purchase and Serial Number
To claim your right to service works within the warranty period we will in each case require proof of purchase. Keep your proof or purchase or purchase invoice in a safe place and in warranty cases send us a copy together with your Repairs Contract/Damage Notification. This will ensure that we can process the service work as quickly as possible. So that we can identify which model version requires to be serviced correctly, we will require; Product Name, Serial Number and Date of Purchase.Number and Date of Purchase.

Terms and Conditions of Warranty:
The warranty period for your training device starts on the date of purchase and applies solely to products which were purchased directly from the MAXXUS Group GmbH & Co. KG, or one of the MAXXUS Group GmbH & Co. KG direct and authorised distribution partners.
The warranty covers defects caused by production or material faults and only applies to devices purchased in Germany. The warranty does not apply to damages or defects caused by culpable improper use, negligent or purposeful destruction, lack or failure to carry out maintenance and/or cleaning measures, force majeure, operational causes and to normal wear and tear, damages caused by penetration of liquids, damage caused by repairs or modifications made with spare parts from a different supplier. The warranty also does not apply for damages due to faulty assembly or damages which occur because of faulty assembly. Certain component parts will wear out during use or from normal wear and tear. This includes for example:
- Cables
- Rollers
- Bearings

Signs of wear and tear on wearing parts are not items covered under the warranty.
If your training device requires to be collected from your address, you will be required to dismantle and make available the device and receive and re-assemble the device yourself. These works are not in any way covered by the warranty. Prior to sending any component parts to our service address, please contact the service department and ensure the parts are well packed.

Service Outside the Warranty and Ordering Spare Parts
The MAXXUS® Service Team is happy to be of assistance to help solve any problems with faults which may arise following expiry of the warranty period, or in cases of defects arising which are not covered by the warranty.
In this case please contact us by email direct to: service@maxxus.de
Orders for Spare Parts or Worn Parts should be sent along with information on the Product Name, spare part description and number and the quantity required to: spareparts@maxxus.de
Please be informed that additional fixing materials such as screws, bolts, washers etc are not included in the scope of delivery for component spare parts. These should be ordered separately.
*Version: Juni/2016

MAXXUS

Repair order / damage report

Device Details

Product Name: **Multipress 8.1**

Product Group: **Multipress**

Serial Number: _____

Invoice Number: _____

Date of Purchase: _____

Where Purchased: _____

Accessories: _____

_____

Type of Use:

☐ Private Use

☐ Commercial Use

Personal Details

Company: _____

Contact Person: _____

First Name: _____

Second Name: _____

Street: _____

House Number: _____

Post Code / Town/City: _____

Country: _____

E-Mail: _____

Tel.No.: _____

Fax. No.*: _____

Mobile No.*: _____

* The fields marked with an asterisk are optional. The remaining fields are mandatory fields that must be completed.

Fault Description

Please enter a short description of the error as precisely as possible below:
(For example, when, where and how does the error occur? Frequency, after which period, at what Use, etc ....)

☐ A copy of the proof of purchase / invoice / receipt is attached.

☐ I accept the General Terms and Conditions of MAXXUS® Group GmbH & Co. KG.

I hereby instruct the company MAXXUS® Group GmbH & Co. KG to repair the above defects. In Warranty cases I will not be charged for the cost. The costs for repairs which are excluded from liability for defects in quality will be charged to me and must be settled immediately. In cases of repairs carried out on site, our staff are entitled to collect payment. This agreement is confirmed with here with my signature.

_____	_____	_____
Date	Location	Signature

Please be aware that contracts can only be processed if this form has been completed in full. Be sure to attach a copy of your purchase invoice. Send the fully completed Repairs Contract / Notification of Damage Claim to:

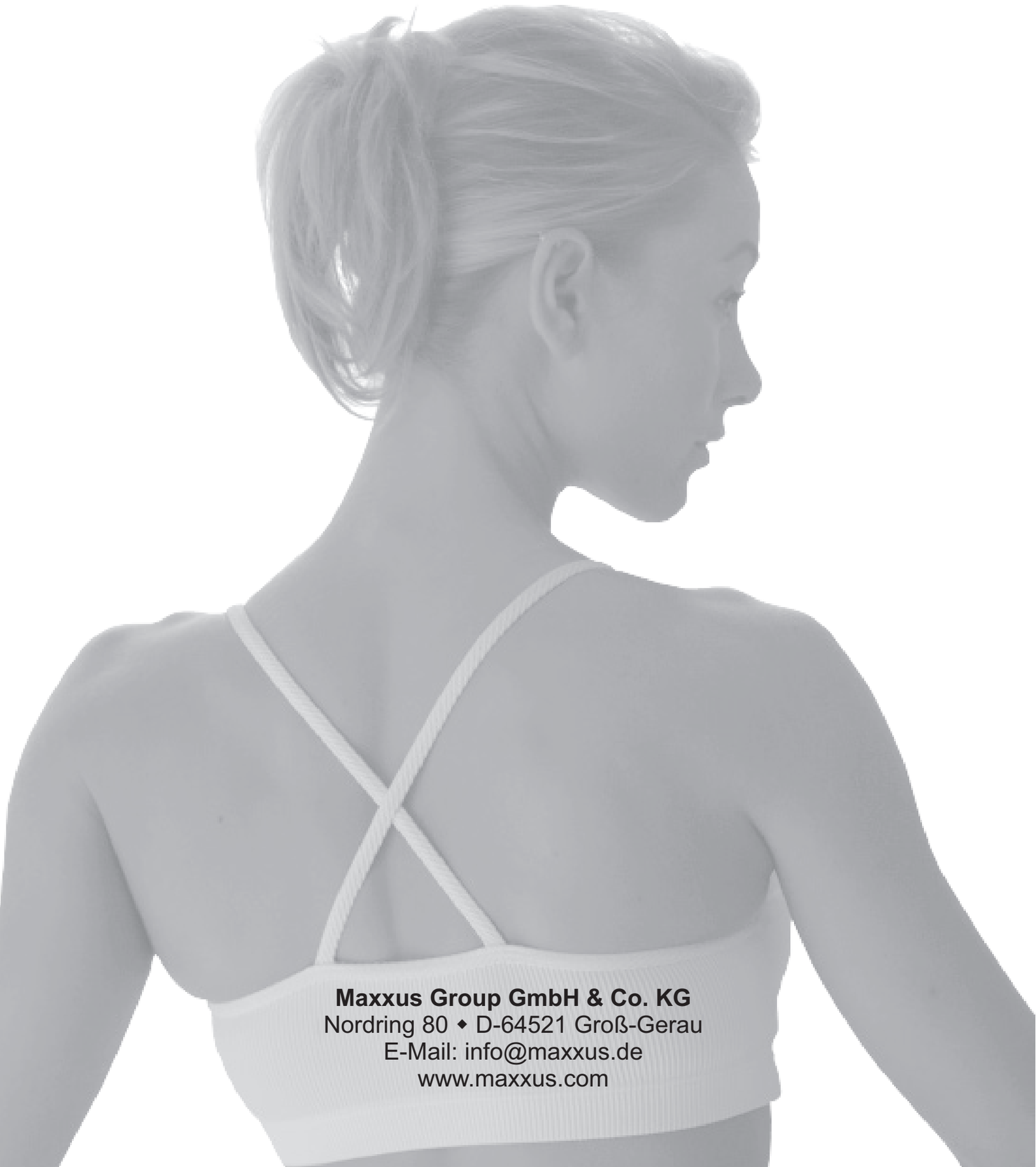
Post*: Maxxus Group GmbH & Co KG, Service Department, Zeppelinstr. 2, 64331 Weiterstadt
Fax: +49 (0) 6151 39735 400
E-Mail**: customerservice@maxxus.de

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

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

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E-Mail: info@maxxus.de
www.maxxus.com