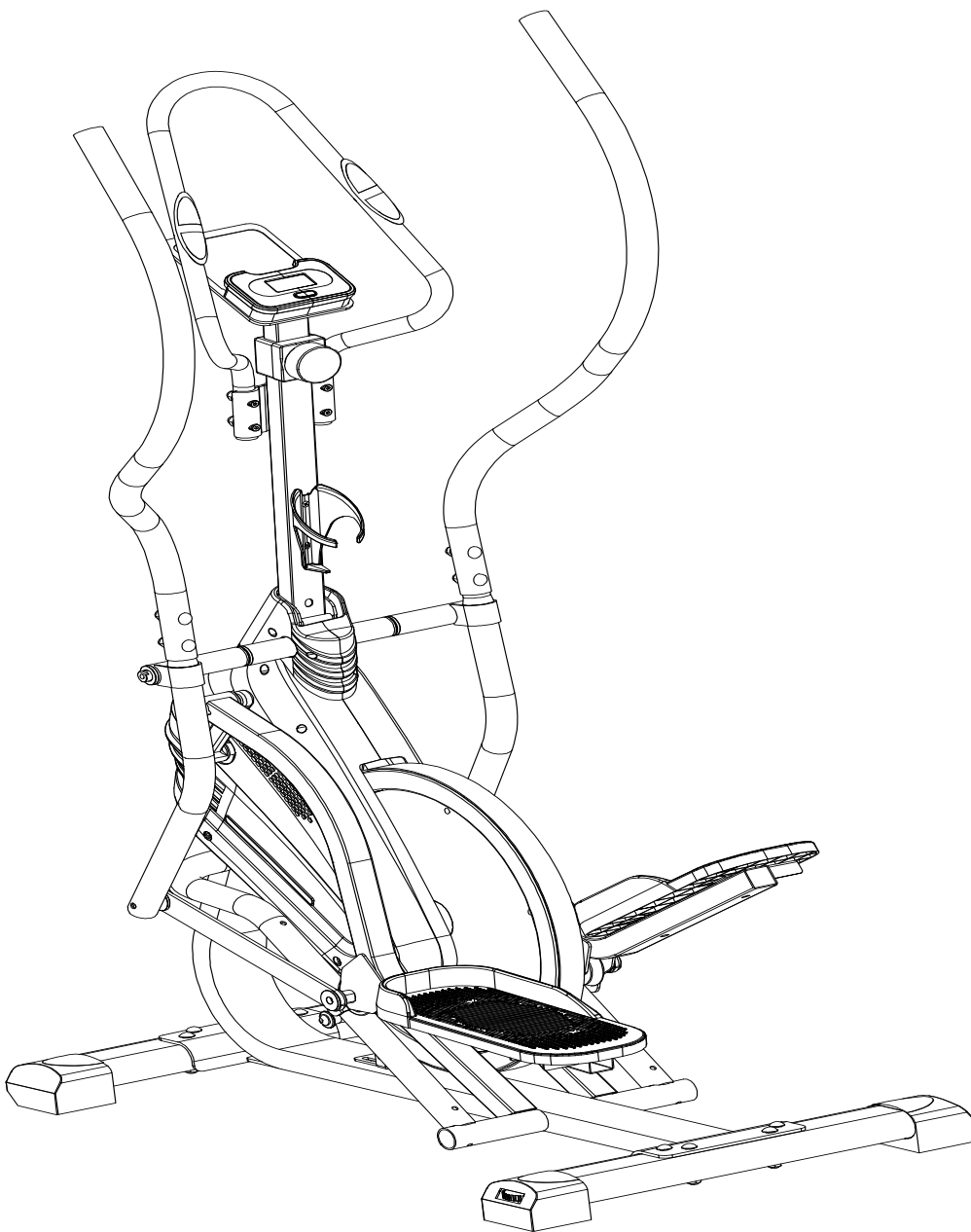


# BodyMax

## Assembly and Operating Instructions



max. 120 kg



~ 60 Min. 



 33 kg

L 96 | W 53 | H 158

FSUKCVET2706.01.03

SKU: CVET2706

**Bodymax MXT40 M2 Incline Step Trainer**



# Content

<b>1</b>	<b>GENERAL INFORMATION</b>	<b>8</b>
1.1	Technical Data	8
1.2	Personal Safety	9
1.3	Electrical Safety	10
1.4	Set-Up Place	11
<b>2</b>	<b>ASSEMBLY</b>	<b>12</b>
2.1	General Instructions	12
2.2	Scope of Delivery	13
2.3	Assembly	15
2.4	Battery Replacement	21
<b>3</b>	<b>OPERATING INSTRUCTIONS</b>	<b>22</b>
3.1	Console Display	22
3.2	Functions Button	23
3.3	Hibernation	23
3.4	Battery Compartment	23
<b>4</b>	<b>WORKOUT TIPS</b>	<b>24</b>
4.1	General Instructions	24
4.1.1	Training clothes	24
4.1.2	Warming up and stretching	24
4.1.3	Medication	25
4.1.4	Used muscle groups	25
4.1.5	Exercise frequency	25
4.2	Workout journal	27
<b>5</b>	<b>STORAGE AND TRANSPORT</b>	<b>28</b>
5.1	General Instructions	28
5.2	Transportation Wheels	28
<b>6</b>	<b>TROUBLESHOOTING, CARE AND MAINTENANCE</b>	<b>29</b>
6.1	General Instructions	29
6.2	Faults and Fault Diagnosis	29
6.3	Error Codes and Troubleshooting	30
6.4	Maintenance and Inspection Calendar	31

7	DISPOSAL	31
8	RECOMMENDED ACCESSORIES	32
9	ORDERING SPARE PARTS	33
9.1	Serial Number and Model Name	33
9.2	Parts List	34
9.3	Exploded Drawing	38
10	WARRANTY	39
11	CONTACT	41

**Dear customer,**

Thank you for choosing training equipment from BodyMax.

BodyMax is your reliable partner for home and commercial gym equipment. We are specialized in cardio and strength training machines for home and commercial use. Our products are not only strong, durable, and affordable but also designed to fit your personal needs.

The BodyMax headquarter is based in Rutherglen, Glasgow. Our brand was created with the intention of providing innovative exercise equipment at affordable prices for users of all training levels.

You can find further information at [www.bodymax-fitness.com](http://www.bodymax-fitness.com).

**Intended Use**

The equipment may only be used for its intended purpose.

The equipment is only suitable for home use. The equipment is not suitable for semi-professional (e.g. hospitals, associations, hotels, schools, etc.) and commercial or professional use (e.g. fitness studios).

**Legal Notice**

Fitshop GmbH  
Europe's No. 1 for home fitness

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**Disclaimer**

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Product and manual are subject to change. Technical data can be changed without advance notice.

# **FITSHOP**

Europe's No.1 for Home Fitness

## ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.



Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to carefully follow the instructions and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

### Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

The use classes explain the intended use of the training device.

### Use classes

**Class S** (studio): professional and/or commercial use.

These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

**Class H** (home use): use at home.

These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The following safety instructions may appear in this manual:

► **ATTENTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

⚠ **CAUTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

⚠ **WARNING**

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

⚠ **DANGER**

This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

ℹ **NOTICE**

This notice indicates further useful information.

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

## 1.1 Technical Data

### LCD Display of

- + Speed in km/h
- + MPH
- + training time in min
- + training distance
- + calories burnt
- + heart rate

Resistance system:	manual magnetic brake system
Resistance level:	8
Maximum stride length:	25.4 cm
Stride height:	18 cm
Stride width:	27 cm
Flywheel mass:	7 kg

### Weight and Dimensions:

Article weight (gross, incl. packaging):	42 kg
Article weight (net, without packaging):	38 kg
Packaging dimensions (L x W x H) approx.:	93.5 cm x 33 cm x 77.5 cm
Set up dimensions (L x W x H) approx.:	95.5 cm x 67.3 cm x 158 cm
Maximum user weight:	100 kg
Use class:	H



## 1.2 Personal Safety

### **DANGER**

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.
- + The owner must communicate all warnings and instructions to the user.

### **WARNING**

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + Remember that your device does not have a freewheel function. Therefore moving parts cannot be stopped immediately.
- + Note that the individual physical power required to perform an exercise may differ from the displayed mechanical power.
- + When ascending and descending, make sure that one of the treads is in the lowest position.
- + The equipment is strictly for use by one person at a time.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

### **CAUTION**

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- + Do not insert any objects of any kind into the openings of the device.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

## 1.3 Electrical Safety



### **DANGER**

- + In order to reduce the risk of an electric shock, always unplug the equipment from the mains socket immediately after your workout, before assembly or dismantling, and before maintenance or cleaning. Do not pull on the cable.



### **WARNING**

- + Do not leave the equipment unattended while the mains cable is plugged into the mains socket. During your absence, the mains cable must be removed from the mains socket to prevent improper use by third parties or children.
- + If the mains cable or plug is damaged or defective, contact your contract partner. Until repair, the equipment must not be used.



### **ATTENTION**

- + The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.
- + The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.
- + The socket must be protected by a fuse with a minimum fuse rating of "16 A, slow blow".
- + Do not make any changes to the mains cable or the mains plug.
- + Keep the mains cable away from water, heat, oil and sharp edges. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.
- + If your purchased item is equipped with a TFT console, software updates must be carried out regularly. Follow the instructions on the console to perform the update(s).
- + The software systems on gym equipment with TFT consoles are set up only for the pre-installed apps. Do not install any additional apps.



### **NOTICE**

- + The pre-installed apps on TFT consoles are produced and provided by external manufacturers. Fitshop does not take any responsibility for the availability, functionality or contents of these apps.

## 1.4 Set-Up Place



### **WARNING**

- + Do not place the equipment in main corridors or escape routes.



### **CAUTION**

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.



### **ATTENTION**

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
- + A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.
- + For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.

## 2.1 General Instructions



### **DANGER**

- + Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.



### **WARNING**

- + Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



### **CAUTION**

- + Ensure to have sufficient room for movement in each direction during assembly.
- + The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.



### **ATTENTION**

- + To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.



### **NOTICE**

- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

## 2.2 Scope of Delivery

The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.



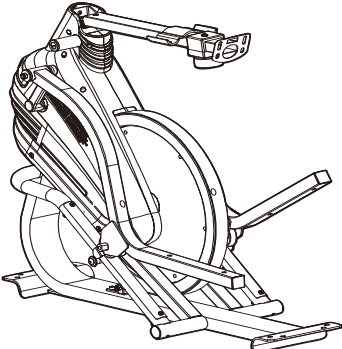
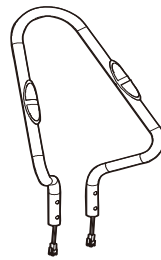





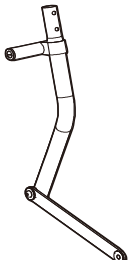
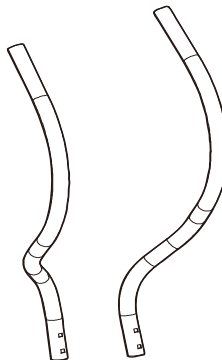
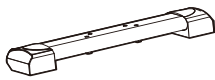

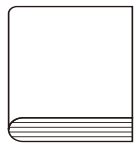
### CAUTION

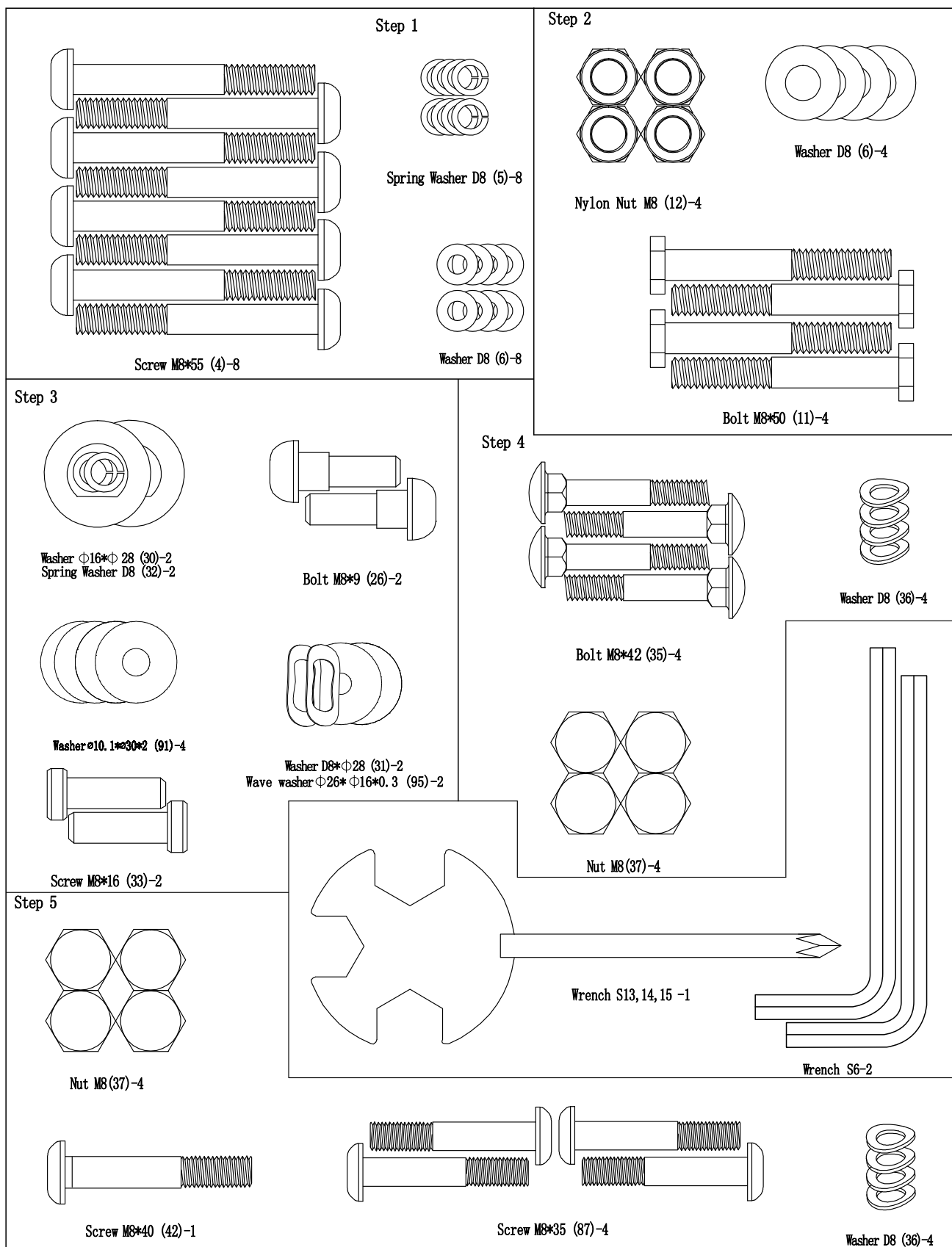
If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.



### NOTICE

Batteries are not included in the scope of delivery. The following batteries are required: 2 x AAA

 <p>NO. 1 / 9L / 9R / 39 Main Fame x 1set</p>	 <p>NO. 86 Middle Handlebar x 1set</p>	 <p>NO. 41 Monitor x 1pc</p>
	 <p>NO. 49 Long Axis x 1pc</p>	 <p>NO. 83 Pedal Subplate x 1set</p>
	 <p>NO. 29L / 25 Left Swing Rod with Connect metal x 1set</p>	 <p>NO. 89 Bottle Holder x 1pc</p>
 <p>NO. 29R / 25 Right Swing Rod with Connect metal x 1set</p>	 <p>NO. 34L / 34R L&amp;R Handlebar x 1set</p>	 <p>NO. 2 Front Bottom Tube x 1pc</p>
	<p>NO. 10L / 10 R Pedal (L/R) x 1set</p>	 <p>NO. 3 Rear Bottom Tube x 1pc</p>
		 <p>User Manual x 1pc</p>



## 2.3 Assembly

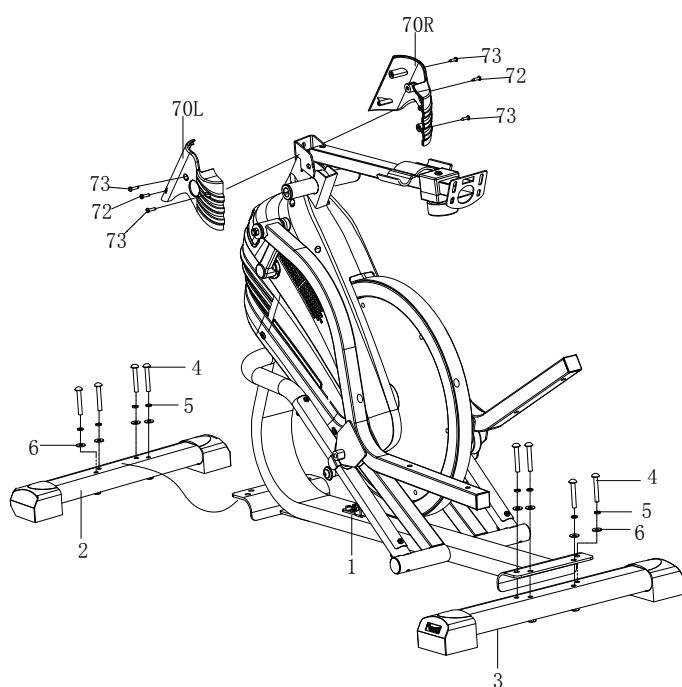
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### **NOTICE**

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

### Step 1: Assembly of the Stabilizers and the Covers

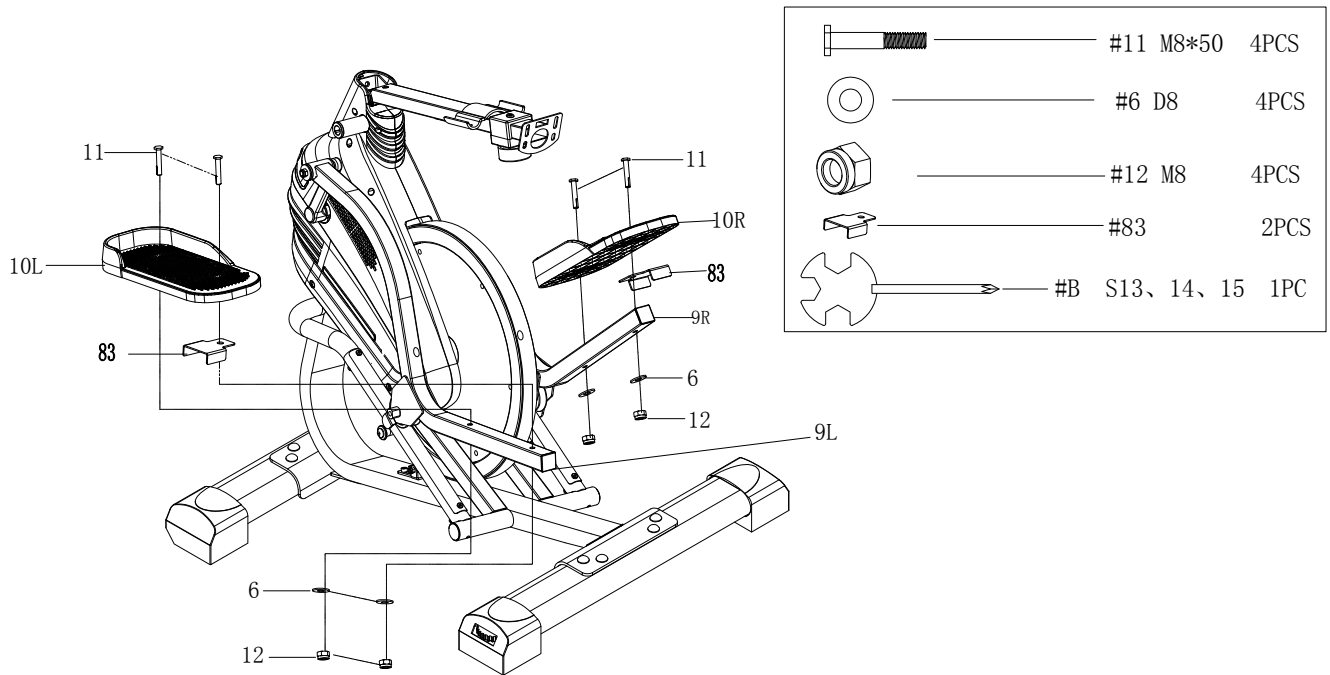
1. Mount the front stabilizer (2) and the rear stabilizer (3) to the main frame (1) with four screws (4), four spring washers (5) and four washers (6) on each of the stabilizers (2 & 3).
2. Mount the left and right decorative covers (70L & 70R) to the main frame (1) with two screws (73) and one screw (72) on each side.



	#72	ST4. 2*20	2PCS
	#73	ST4. 2*12	4PCS
	#4	M8*55	8PCS
	#5	D8	8PCS
	#6	D8	8PCS
	#A	S6	1PC
	#B	S13, 14, 15	1PC

## Step 2: Assembly of the Pedals

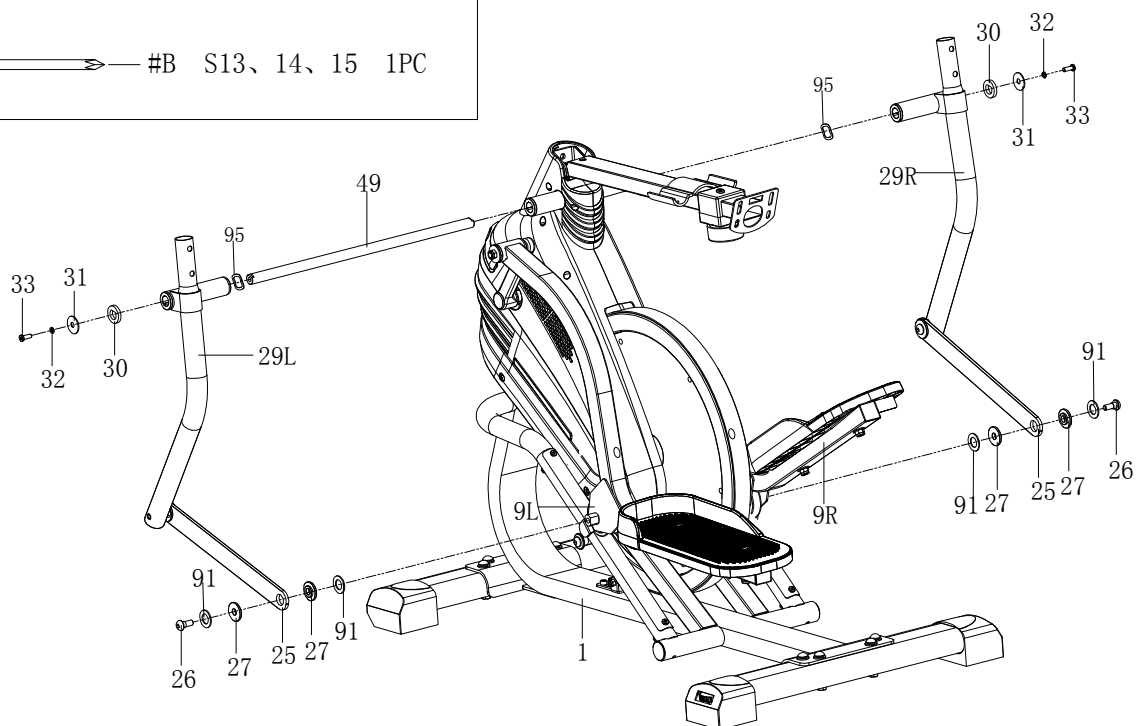
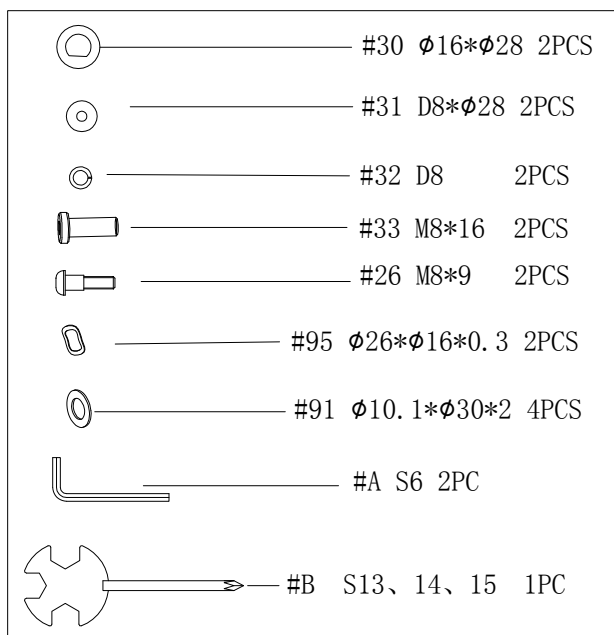
1. Place one pedal plate (83) on each of the pedal welds (9R & 9L).
2. Mount the pedals (10R & 10L) to their respective pedal weld (9R & 9L) with two screws (11), two washers (6) and two nylon nuts (12) on each side.





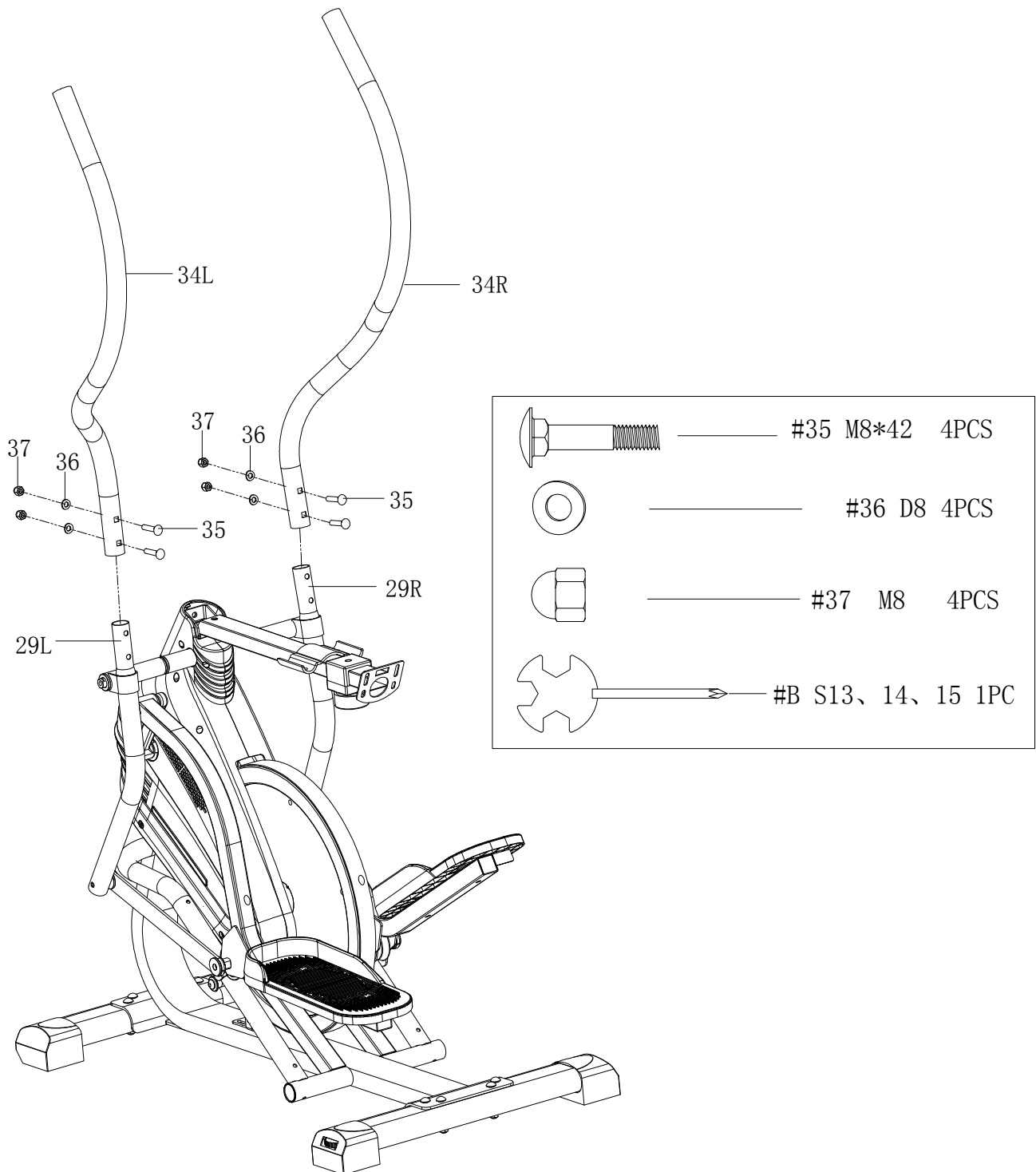
### Step 3: Assembly of the Swing Rods

1. Slide the long axis (49) through the connection at the top centre of the main frame (1).
2. Mount the right swing rod (29R) to the right of the long axis (49) with one screw (33), one spring washer (32), one washer (31), one washer (30) and one wave washer (95).
3. Mount the connect metal of the right swing rod (25) to the right pedal weld (9R) with one screw (26) and two washers (91) and two sleeves (27).
4. Repeat the steps 2 and 3 on the left side.



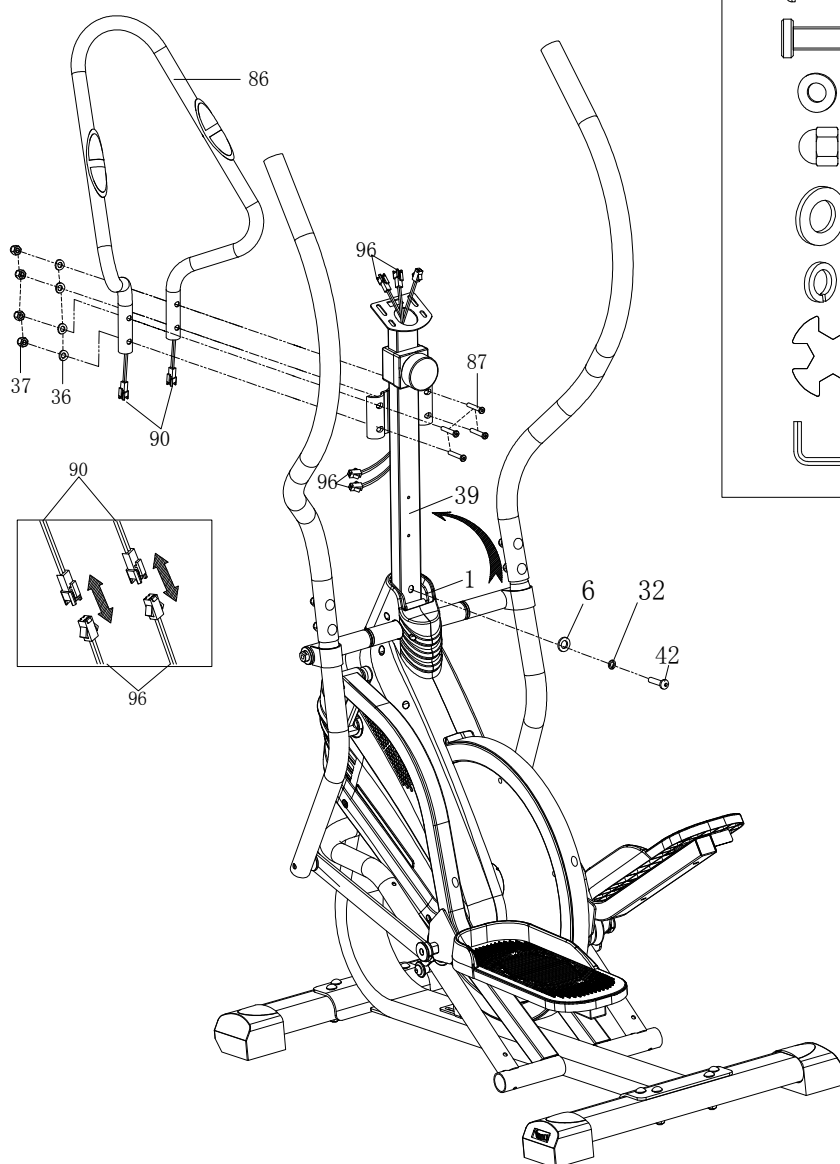
#### Step 4: Assembly of the Handlebars

Mount the left and right handlebars (34L & 34R) to their respective swing rod (29L & 29R) with two screws (35), two washers (36) and two nuts (37) on each side.



## Step 5: Assembly of the Middle Handlebar

1. Slide the mid handlebar weld (39) into the main frame (1).
2. Mount the mid handlebar weld (39) to the main frame (1) with one screw (42), one spring washer (32) and one washer (6).
3. Mount the middle handlebar (86) to the mid handlebar weld (39) with four screws (87), four washers (36) and four nuts (37).
4. Connect the hand pulse sensors of the middle handlebar (90) to the lower cables of the mid handlebar weld (96).



	#42 M8*40	1PC
	#87 M8*35	4PCS
	#36 D8	4PCS
	#37 M8	4PCS
	#6 D8	1PC
	#32 D8	1PC
	#B S13、14、15	1PC
	#A S6	1PC

## Step 6: Assembly of the Monitor and the Bottle Holder

1. Remove the two preassembled screws (84) from the monitor (41).

Use the wrench (B).

2. Connect the cables of the mid handlebar weld (80 & 96) to the cables of the monitor (41).

### ► ATTENTION

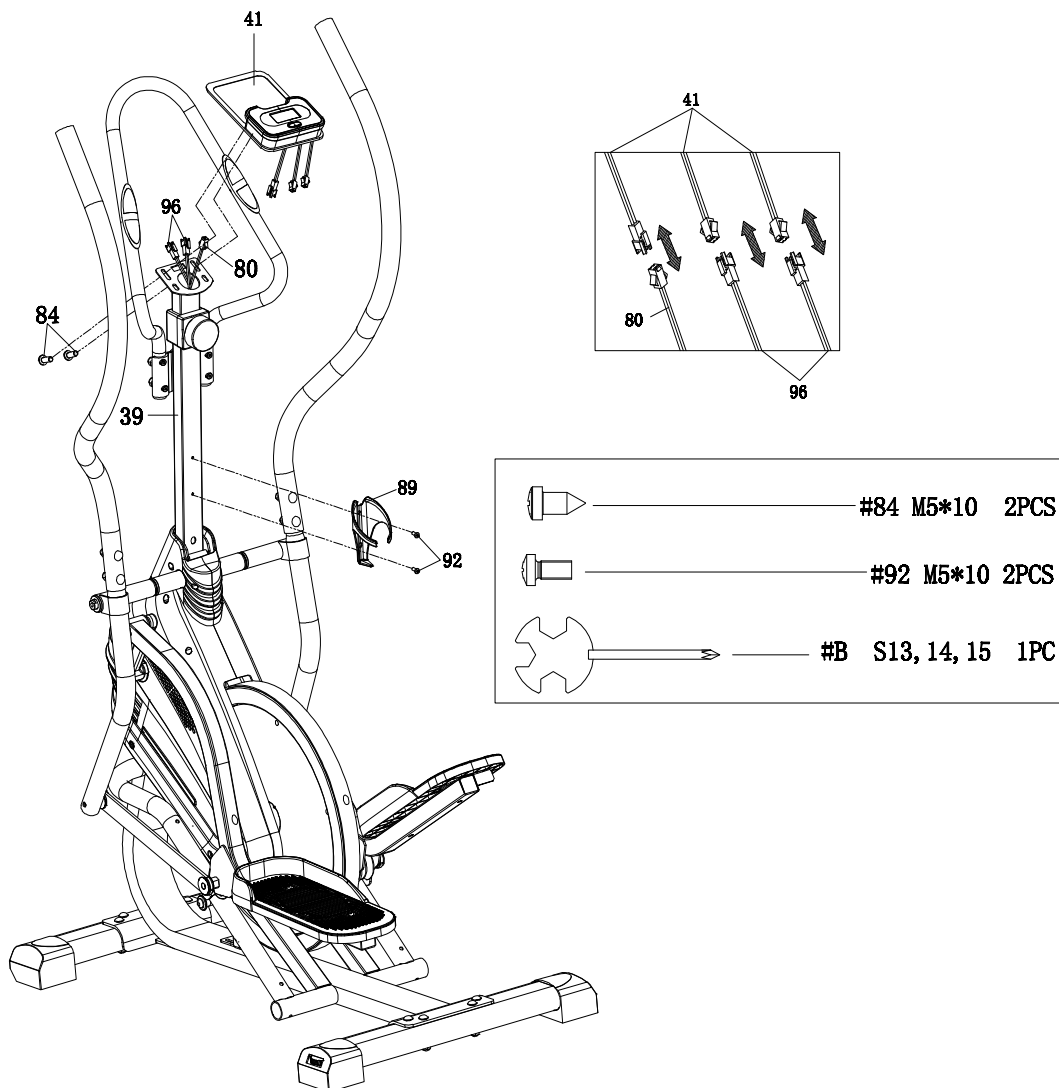
Make sure not to pinch the cables during the following step.

3. Mount the monitor (41) to the mid handlebar weld (39) with two screws (84).
4. Remove the two preassembled screws (92) from the mid handlebar weld (39).

Use the wrench (B).

5. Mount the bottle holder (89) to the mid handlebar weld (39) with two screws (92).
6. Now tighten all screw joints with the necessary tools.

→ *The assembly of the equipment is completed.*



### **Step 7: Alignment of the Feet**

If the floor is uneven, you can stabilize the equipment by turning the setting screws under the main frame.

1. Lift the equipment on the desired side and rotate the setting screws under the main frame.
2. Rotate the screws clockwise in order to remove them and to raise the equipment.
3. Rotate the screws counterclockwise in order to lower the equipment.

### **Correctly Getting On and Off**

1. To get on, grip the handles with both hands and first step onto the left pedal with your left foot or onto the right pedal with your right foot and then place your foot onto the other pedal.
2. To get off, grip the handles with both hands and place one foot next to the equipment and then the other foot.

## **2.4 Battery Replacement**

1. Open the battery compartment.
2. Remove the battery.
3. Insert a new battery.
4. Close the battery compartment.

### ① NOTICE

- + Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.
- + Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.

### 3.1 Console Display



Scan	Displays a different training value every six seconds
TIME	Displays the remaining or elapsed training time (00:00 -99:59 min.)
SPEED	Displays the current training speed (0 - 999.9 km/h)
DIST	Displays the remaining distance or the distance traveled (0 - 9999 km)
ODO	Displays the total amount of distance traveled since first use (0 - 9999 km)
CAL	Displays the total amount of burned calories (0 - 9999 kcal)

PULSE RATE	Displays the current heart rate <b>⚠ WARNING</b> Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.
BATTERY	AAA Battery (2x)
OPERATING TEMPERATURE	0~40°C (32 °F-104 °F)
STORAGE TEMPERATURE	-10~60°C

## 3.2 Functions Button

Functions Button	<ul style="list-style-type: none"> <li>+ By pressing the functions button, you can choose between functions, such as TIME - SPEED - DIST - CALORIES(CAL) - ODO - PULSE RATE wechseln</li> <li>+ In order to reset a value, press and then hold the respective button for 3 seconds</li> </ul>
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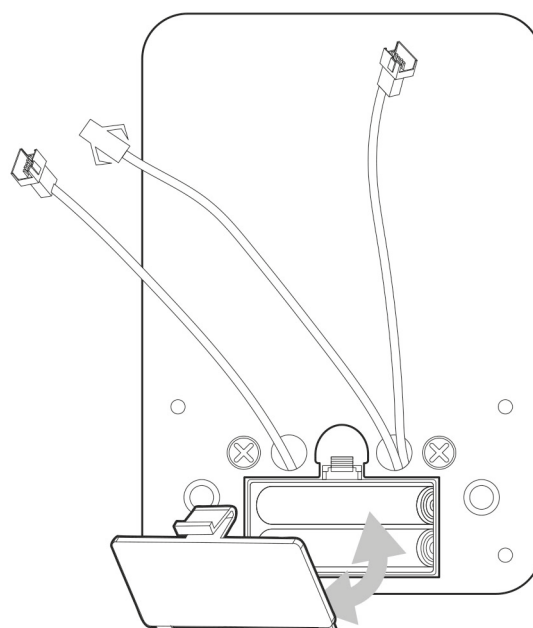
## 3.3 Hibernation

The console enters hibernation mode automatically if the sensor does not receive a signal. The console will turn on again once the functions button is pressed or the sensor receives a signal.

## 3.4 Battery Compartment

The console is powered by two AAA 1.5V batteries. In case the console is not working properly, the batteries might be running low. Follow the instructions to exchange the batteries.

1. Open the battery compartment cover and remove the batteries.
2. Insert two new AAA 1.5V batteries and close the cover again.



## 4.1 General Instructions

When training, it is important to perform the exercises correctly in order to avoid injuries and achieve the desired training effect. Make sure you use the correct technique and train at an appropriate intensity level. Always consult an expert such as a trainer or doctor if you are unsure or have health problems. Always start your training with a low load and increase it evenly and gently.

End your training with a cool-down phase. If you have any questions or uncertainties, contact your doctor.

### 4.1.1 Training clothes

During training, wear appropriate sports clothing that is comfortable and breathable. Avoid clothing that restricts you or is uncomfortable. Make sure that your shoes are suitable and offer you sufficient support. In addition, always carry a towel with you to wipe away sweat and keep the equipment clean.

### 4.1.2 Warming up and stretching

It is important to warm up and stretch properly before training to avoid injury and improve performance. Stretching helps to loosen muscles and improve flexibility. Be sure to incorporate a short stretching routine before each workout.

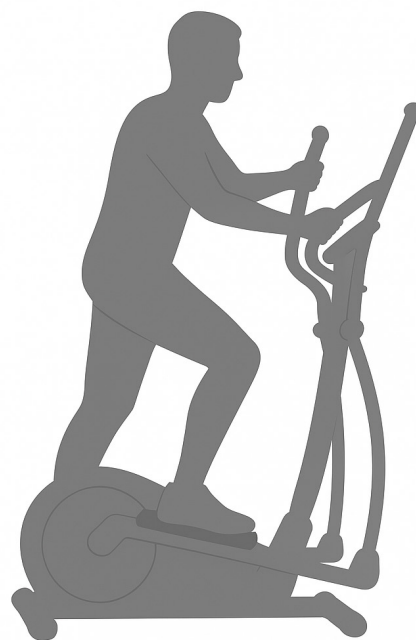
#### Warm-up exercise:

1. Stand upright with your feet about shoulder-width apart.
2. Start with gentle arm circles by slowly moving your arms forwards in small circles in a controlled manner.
3. Perform arm circles backwards to loosen your shoulders and arms.
4. Do squats by slowly squatting down and then straightening up again. Make sure that your knees do not extend beyond your toes.



#### **CAUTION**

Do not exercise with sore muscles or take it easy on the affected muscles, as this can lead to injuries.





### 4.1.3 Medication

If you regularly take medication and want to exercise, it is important to be aware of possible side effects. Ask your doctor whether your medication affects your workout.

### 4.1.4 Used muscle groups

Rowing uses the following muscle groups:

- + Gluteal muscle
- + Leg muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back.

### 4.1.5 Exercise frequency

Regular exercise is crucial to making progress and staying healthy in the long term. Continuous exercise can strengthen muscles, improve endurance and enhance overall well-being. Remember that even small workouts can be done regularly to achieve long-term results.

#### **Training with heart rate orientation**

Heart rate orientation guarantees an extremely effective and healthy training. Through your age and the following table, you can quickly and easily read and determine the optimal pulse for your training. An acoustic alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

**Fat burning (weight management):** The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

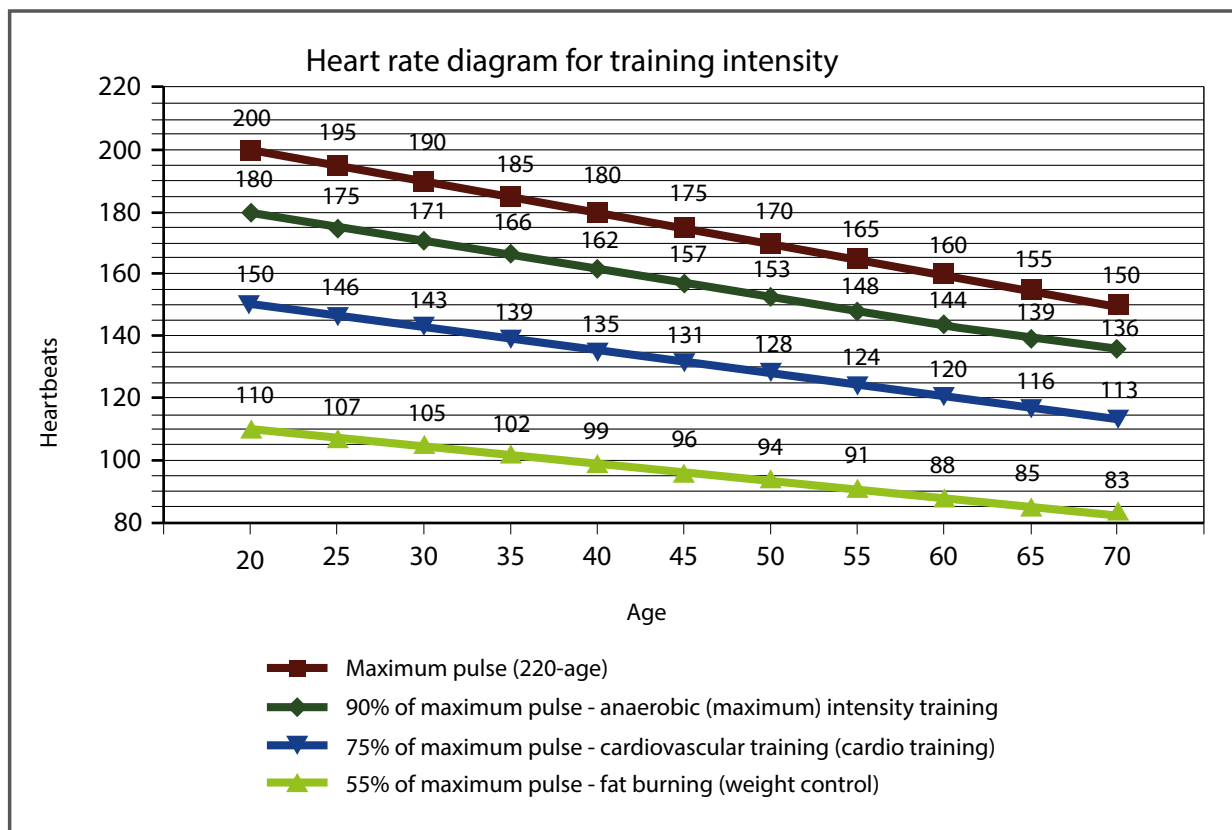
**Cardiovascular training (cardio training):** The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period is required.

**Anaerobic (maximum) load training:** The main goal of maximum load training is to improve recovery after short, intense loads in order to be able to quickly return to the aerobic zone. In order to achieve this training goal, a high intensity (approximately 90% of the maximum heart rate) with short, intense load is required, which is followed by a recovery phase in order to prevent muscle fatigue.

### Example:

For a 45-year-old man, the maximum heart rate is 175 ( $220 - 45 = 175$ ).

- + The fat burning target zone (55%) is at approximately 96 beats/min. =  $(220 - \text{age}) \times 0.55$ .
- + The cardio target zone (75%) is at approximately 131 beats/min. =  $(220 - \text{age}) \times 0.75$ .
- + The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. =  $(220 - \text{age}) \times 0.9$ .



## 4.2 Workout journal

[illegible]

Date \_\_\_\_\_



Distance



Time (min.)



Resistance level



Training weight



Ø Pulse



Calories burnt



I feel ...



### Body weight

### 5.1 General Instructions

**⚠ WARNING**

- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

**► ATTENTION**

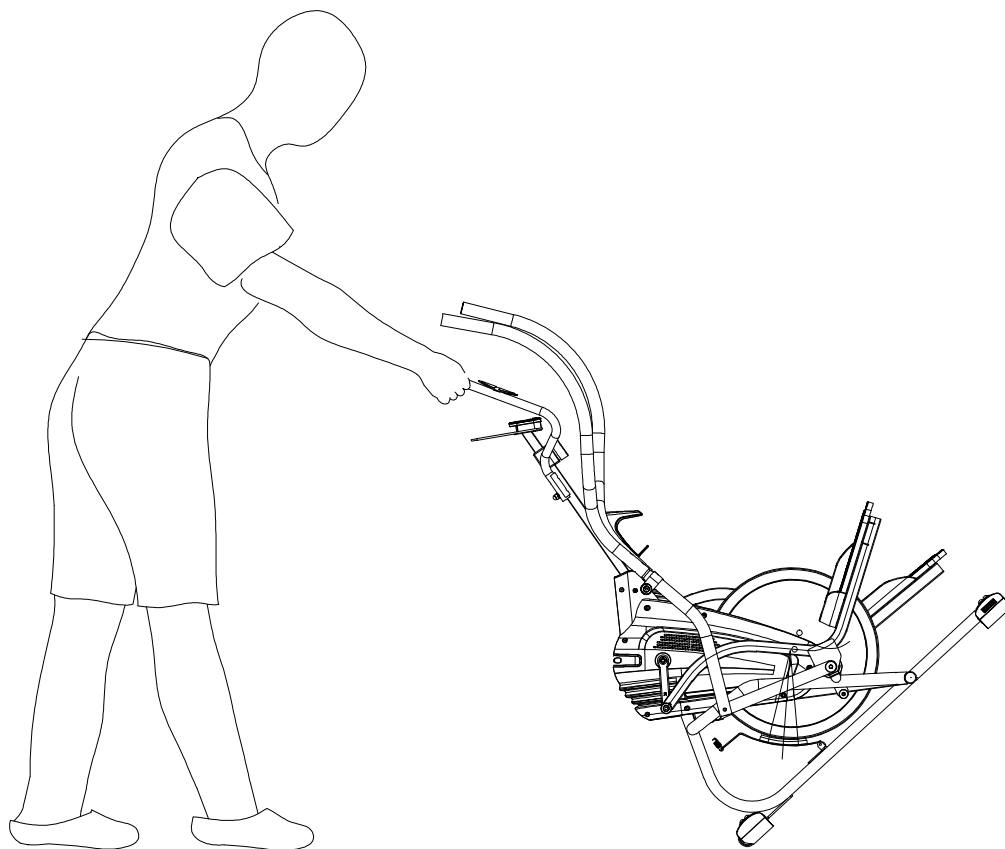
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

### 5.2 Transportation Wheels

**► ATTENTION**

If you want to transport your equipment over particularly sensitive and soft floor coverings, such as parquet, planks or laminate, lay out the transport route with cardboard or similar to avoid possible floor damage.

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions in the section 1.4 of this manual.



## 6.1 General Instructions



### WARNING

- + Do not make any improper changes to the equipment.



### CAUTION

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.



### ATTENTION

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

## 6.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Drive disks wobble/ make noises	Drive disk loose	Tighten nut (pay attention to left-hand / right-hand thread)
Display is blank/is not working	Loose cable connections	Check cable connections
Equipment wobbles	Equipment is not level	Align the feet
Creaking noises on the stepping area	Loose screws on stepping area	Tighten the screws on the stepping area
Creaking noises	Screw connections loosened or too tight	Check screw connections
Squeaking noises on the guide rails	Guide rails or rollers dirty or guide rails dry	Clean the guide rails and then lubricate them with a suitable lubricant

No pulse display	<ul style="list-style-type: none"> <li>+ Sources of interference in the room</li> <li>+ unsuitable chest strap</li> <li>+ Wrong position of chest strap</li> <li>+ Chest strap defective or battery empty</li> <li>+ Pulse display defective</li> </ul>	<ul style="list-style-type: none"> <li>+ Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...)</li> <li>+ Use a suitable chest strap (see RECOMMENDED ACCESSORIES).</li> <li>+ Reposition chest strap and/or moisten electrodes</li> <li>+ Changing batteries</li> <li>+ Check if pulse display by hand pulse possible</li> </ul>
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## 6.3 Error Codes and Troubleshooting

The electronics of the equipment continuously carries out tests. In case of deviations, an error code appears on the display and normal operation is stopped for your safety.

**Please contact the contract partner for technical support.**

## 6.4 Maintenance and Inspection Calendar

To avoid damage from sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly
Display console	C	I	
Slide rails*		C	
Lubrication of slide rails and moving parts*			I
Plastic covers	C	I	
Screws and cable connections		I	
Legend: C = clean; I = inspect			

\*Make sure to always clean the slide rails and moving parts before re-lubricating.

By scanning the QR-code with the camera function or QR-code scanner app of your smartphone/tablet, a video on general maintenance of a crosstrainer opens on YouTube. The video serves to illustrate the maintenance points described in this manual.

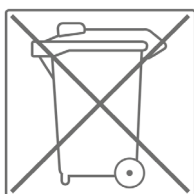
Please note that the video may not be available in your language or with appropriate subtitles.

If you cannot scan QR-codes, you can access all Fitshop videos on YouTube by first opening YouTube and entering "Fitshop" in the search field.



## 7 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.



The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

## 8 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For elliptical cross trainers this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat or **silicone spray** to keep moving parts in good shape.

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible **chest strap**, as this ensures optimum transmission of the heart rate.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Alternatively, you can use the QR-code provided. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



chest strap



floor mat



lubricant



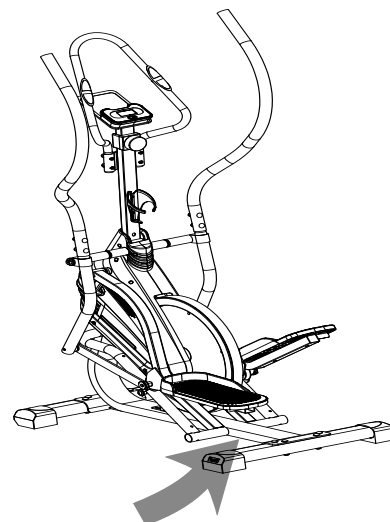
## 9.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 11 of this operating manual.

### NOTICE

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.

Enter the serial number in the appropriate field.



**Serial number:**

**Brand / Category:**

**Model Name:**

**SKU:**

## 9.2 Parts List

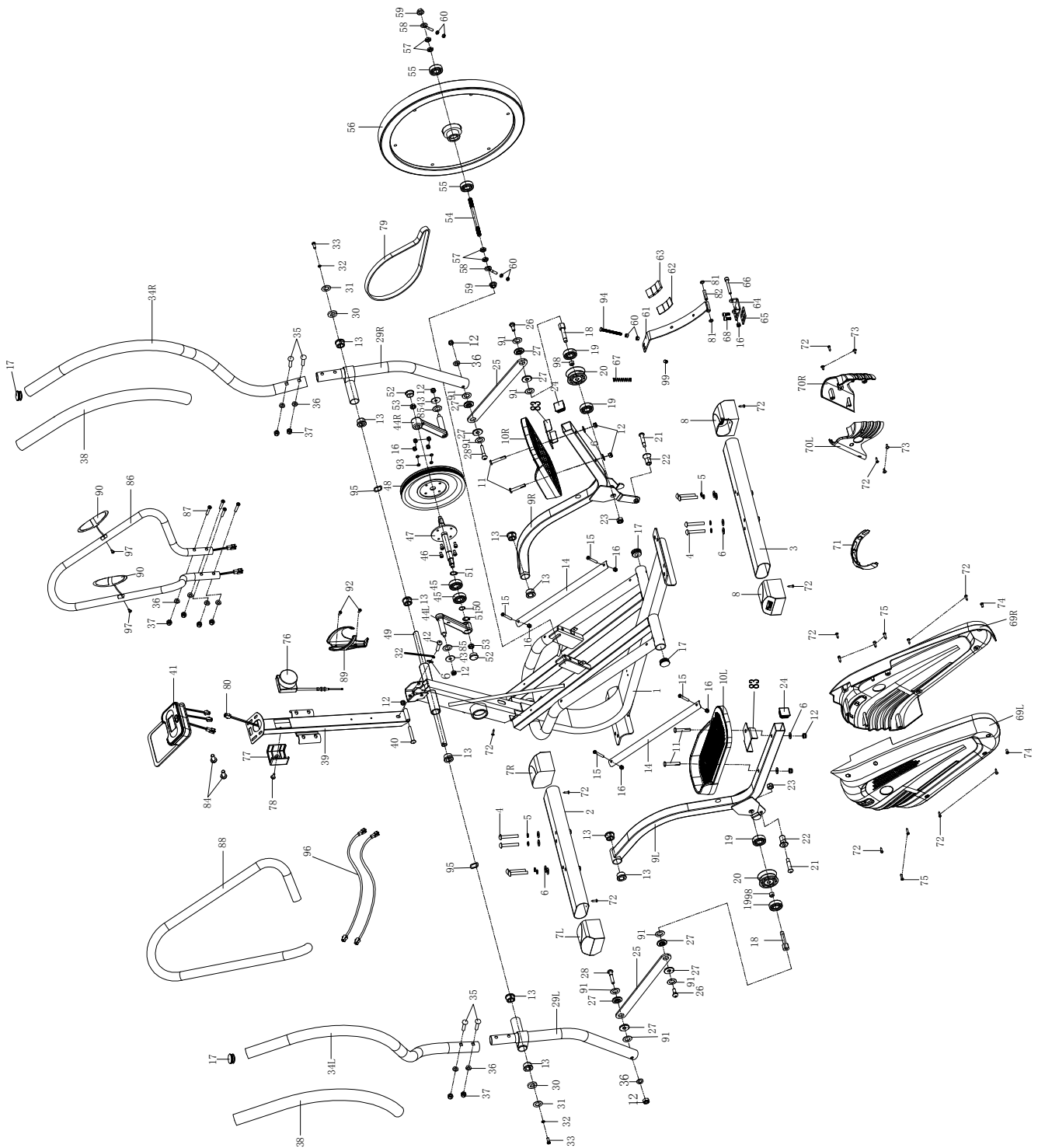
No.	Name	Qty.
1	Main Frame	1
2	Front Bottom Tube	1
3	Rear Bottom Tube	1
4	Screw M8*55	8
5	Spring washer D8	8
6	Washer D8*Φ16*15*1.5	13
7	Feet Cap	2
8	Adjust Feet Cap	2
9L/R	Pedal Weld	2
10L/R	Pedal	2
11	Bolt M8*50	4
12	Nylon Nut M8	9
13	Axis Cap	10
14	Slider Board	2
15	Screw M6*40	4
16	Nylon Nut M6	9
17	Round Tube Cap	4
18	Screw	2
19	Axis 6200Z	4
20	Slider Wheel	2
21	Bolt M8*12*Φ10*32	2
22	Sub Wheel	2
23	Nylon Nut M10	2
24	Square Cap	2
25	Connect metal	2
26	Bolt M8*9*Φ10*15	2
27	Sleeve	8
28	Bolt M8*22*Φ10*15.2*Φ8*31	2
29L/R	L&R Swing Rod	2
30	D Washer	2
31	Washer D8*Φ28*2	2
32	Spring Washer D8	3

33	Screw M8*16	2
34L/R	L&R Handlebar	2
35	Bolt M8*42	4
36	Washer D8	10
37	Nut M8	8
38	Foam	2
39	Mid Handlebar Weld	1
40	Screw M8*55	1
41	Monitor	1
42	Screw M8*40	1
43	Washer D8*Φ28*2	2
44L/R	L&R Crank	2
45	Axis 6203ZZ	2
46	Screw M6*15	4
47	Mid Axis	1
48	Belt wheel	1
49	Long Axis	1
50	Washer Φ21*Φ17.5*0.3	1
51	Snap Ring D17	2
52	Crank Cap	2
53	Nut M10*1.25	2
54	Flywheel Axis	1
55	Axis 6000RS	2
56	Flywheel	1
57	Nut M10	4
58	Chain Bolt	2
59	Nut M10*1	2
60	Nut M6	6
61	Brake Weld	1
62	Magnetic Metal Board	1
63	Magnetic	3
64	Brake Fix Seat	1
65	Brake Shock Pad	1
66	Screw M6*50	1

67	Spring	1
68	Screw M5*12	2
69L/R	L&R Chain Cover	2
70L/R	L&R Decoration Cover	2
71	Decorative Strip	1
72	Screw ST4.2*20	13
73	Screw ST4.2*12	4
74	Screw ST4.8*19	2
75	Screw ST4.2*20	5
76	Tension Control	1
77	Tension Control Back Cover	1
78	Screw M5*20	1
79	Belt	1
80	Sensor Wire	1
81	Washer $\Phi 8.5 \times \Phi 19 \times 2$	2
82	Tube Pad	1
83	Pedal Plate	2
84	Screw M5*10	2
85	Washer D16	2
86	Middle Handlebar	1
87	Screw M8*35	4
88	Foam	1
89	Bottle Holder	1
90	Hand Pulse Sensor	2
91	Flat Washer $\Phi 10.1 \times \Phi 30 \times 2$	8
92	Screw M5*10	2
93	Spring Washer D6	4
94	Screw M6*70	1
95	Wave washer $\Phi 26 \times \Phi 16 \times 0.3$	2
96	Relay wire	2
97	Screw 4.2*18	2
98	Inner Sleeve	2
99	Anti-off Pipe Plug	1

A	Wrench S6	2
B	Wrench S13,14,15	1

## 9.3 Exploded Drawing



Products from BodyMax® is subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

### **Error Descriptions**

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

**Your statutory rights are not affected.**

### **Warranty**

The warrantee is the first/original buyer.

### **Warranty periods**

The following warranty periods begin on delivery of the fitness equipment.

#### **Warranty period**

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

### **Repair Costs**

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warrantee personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

### **The terms of use are defined as follows:**

- + Home use: solely for private use in private households up to 3 hours per day
- + Semi-professional use: up to 6 hours per day (e. g. rehabilitation centres, hotels, clubs, company gyms)
- + Professional use: more than 6 hours per day (e. g. commercial gyms)

## **Warranty Service**

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

## **Warranty Conditions**

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

### **Warranty claims are invalid in case of damage resulting from:**

- + misuse or improper handling
- + environmental influences (moisture, heat, electrical surge, dust, etc.)
- + failure to follow the current safety measures for the equipment
- + failure to follow the operating instructions
- + use of force (e. g. hitting, kicking, falling)
- + interventions which were not carried out by one of our authorized service centres
- + unauthorised repair attempts

## **Proof of Purchase and Serial Number**

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.







































## **Service outside of the Warranty Period**

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

## **Communication**

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.



DE	DK	UK
<b>TECHNIK</b>  +49 4621 4210-900  +49 4621 4210-698  technik@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage.	<b>TEKNIK OG SERVICE</b>  80 90 16 50 +49 4621 4210-945  info@fitshop.dk  Åbningstider kan findes på hjemmesiden: <a href="https://stg.fit/statit7">https://stg.fit/statit7</a>	<b>CUSTOMER CARE</b>  +44 141 737 2249 or +44 141 876 3972  customercare@fitshop.co.uk  You can find the opening hours on our homepage: <a href="https://stg.fit/statitd">https://stg.fit/statitd</a>
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<b>SERVICE</b>  0800 20 20277 (kostenlos)  04621 4210 - 0  info@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a>	<b>TECHNIQUE &amp; SERVICE</b>  +33 (0) 189 530984 +49 4621 42 10 933  info@fitshop.fr  Vous trouverez les heures d'ouverture sur notre site Internet: <a href="https://stg.fit/statit4">https://stg.fit/statit4</a>	<b>TECHNIQUE &amp; SERVICE</b>  02 732 46 77 +49 4621 4210 933  info@fitshop.be  Vous trouverez les heures d'ouverture sur notre site Internet: <a href="https://stg.fit/statit8">https://stg.fit/statit8</a>
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<b>DZIAŁ TECHNICZNY I SERWIS</b>  22 307 43 21 +49 4621 42 10-948  info@fitshop.pl  Godziny otwarcia można znaleźć na stronie głównej: <a href="https://stg.fit/statit6">https://stg.fit/statit6</a>	<b>TECHNIK &amp; SERVICE</b>  0800 20 20277 (Freecall) +49 4621 42 10-0  info@fitshop.at  Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statitb">https://stg.fit/statitb</a>	<b>TECHNIK &amp; SERVICE</b>  0800 202 027 +49 4621 42 10-0  info@fitshop.ch  Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statit9">https://stg.fit/statit9</a>

Please find a detailed overview including address and opening hours for all stores of Fitshop UK on the following website:

[www.fitshop.co.uk/storelocator](http://www.fitshop.co.uk/storelocator)

# WE LIVE FITNESS


## WEBSHOP AND SOCIAL MEDIA

The Fitshop Group is Europe's largest specialist for home fitness equipment with currently 70 stores and one of the world's most renowned online mail order companies for fitness equipment.

Fitshop UK is part of the Fitshop Group. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

The Fitshop group offers a wide range of fitness equipment from renowned manufacturers, high-quality in-house developments and comprehensive services, such as a build-up service and sports scientific advice before and after the purchase. The company employs numerous sports scientists, fitness trainers and competitive athletes.

Visit us also on our social media platforms or our blog!

	<a href="https://www.fitshop.co.uk">https://www.fitshop.co.uk</a> <a href="http://www.fitshop.co.uk/blog">www.fitshop.co.uk/blog</a>
	<a href="http://www.facebook.com/fitshop.co.uk">www.facebook.com/fitshop.co.uk</a>
	<a href="http://www.instagram.com/fitshop_uk">www.instagram.com/fitshop_uk</a>
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# BodyMax

**Bodymax MXT40 M2 Incline Step Trainer**