VERIMARK

MAXXUS STEP UP



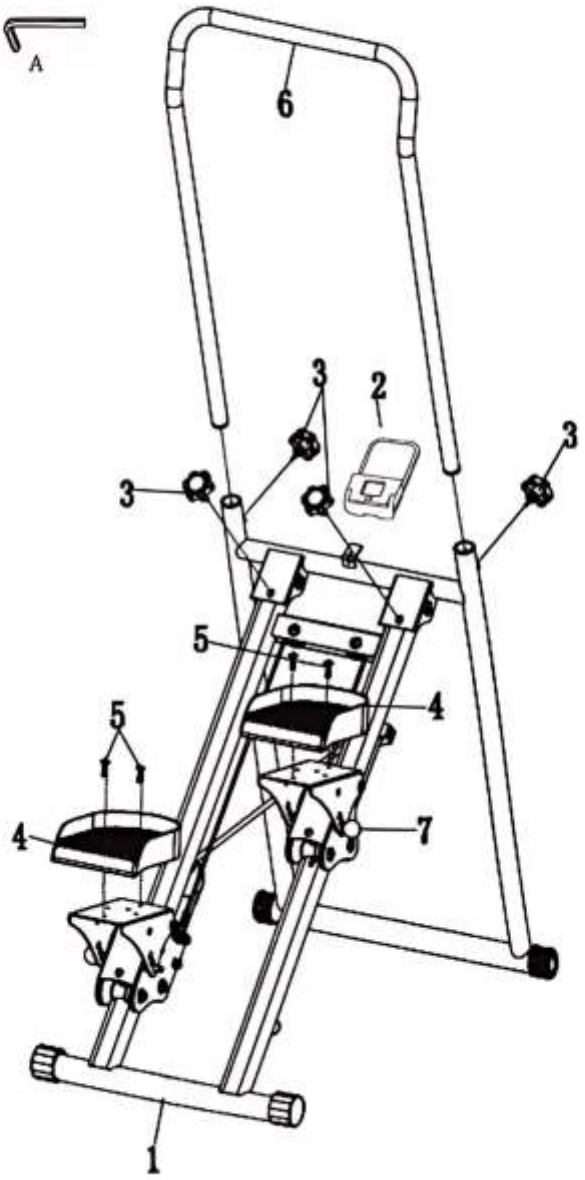
INSTRUCTIONAL USER MANUAL

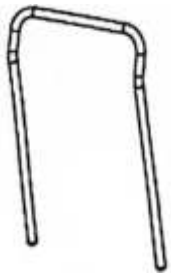
Please read the manual carefully before using your MAXXUS.

Important Safety Information
Please keep this manual as a reference for important information.

1. It is very important to carefully read the full contents of this manual before assembling and using your MAXXUS. Correct assembly, usage and maintenance are essential for safety and effective training. It is your responsibility to ensure that all users are informed of all safety measures and precautions.
2. Before using your MAXXUS, you should consult a doctor if you have any physical or health ailments to prevent health or safety incidents during training. Your physician's/doctor's advice is essential if you do have physical or health ailments, or both.
3. Be aware of the condition of your body and physical form during training. Incorrect training methods may cause body pain and injury. If you experience symptoms such as headaches, chest tightness, irregular heart beats, shortness of breath, dizziness, nausea etc., slow down your pace or stop training immediately, and consult a doctor/physician.
4. Keep children and pets away from the equipment. The equipment is to be used only by adults.
5. Place your MAXXUS on a hard, flat surface and use a non-slip protective mat or carpet on the floor to prevent your MAXXUS from slipping and to prevent damage to the floor.
6. Before using your MAXXUS, ensure all bolts and nuts are tightened.
7. The safety of your MAXXUS can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Your MAXXUS should be stored indoors and in a dry environment to prevent rusting and deterioration. If your MAXXUS is stored outside and exposed to moisture, please cover your MAXXUS with a protective cover to prevent rusting and deterioration.
9. Always refer to the Assembly section of the manual when you are ready to assemble your MAXXUS. If you find defective parts while assembling, if there are missing parts or if you hear noises from your MAXXUS during exercise, please stop immediately and take it to the retailer you purchased your MAXXUS from and request a full inspection. Don't use it until the problem is resolved.
10. Wear suitable clothing while using your MAXXUS. Avoid wearing loose clothing that may become entangled in the equipment.
11. The MAXXUS is suitable for home use only. The maximum user weight is 120kg.
10. The equipment is not intended for medical use.
12. Proper lifting or moving your MAXXUS is required. Use correct operating procedures, if necessary, seek assistance from others.

Part List



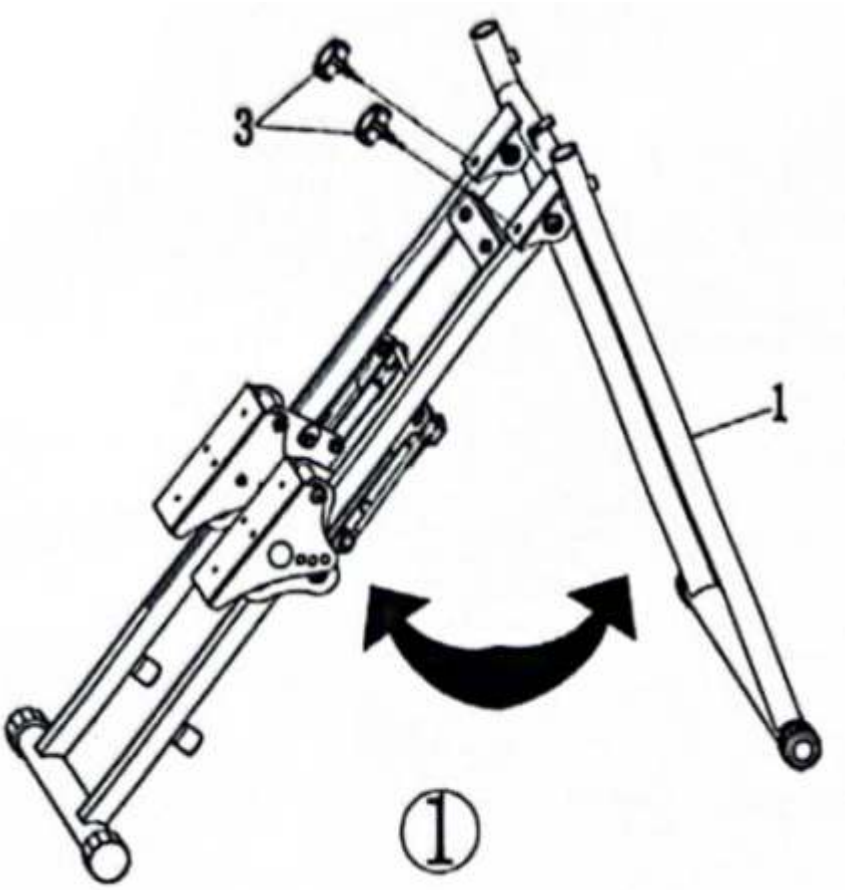
No.	Name	Photo	Quantity
1	Main frame		1
2	Digital counter		1
3	Plum knob		4
4	Pedal		2
5	Screw		4
6	Armrest tube		1
7	Pin （fixed to the main pedal iron）		2
A	Wrench		1

Assembly Steps

1.Plum knob assembly:

Take out the main frame No.1,open the front and back horizontal pipes.

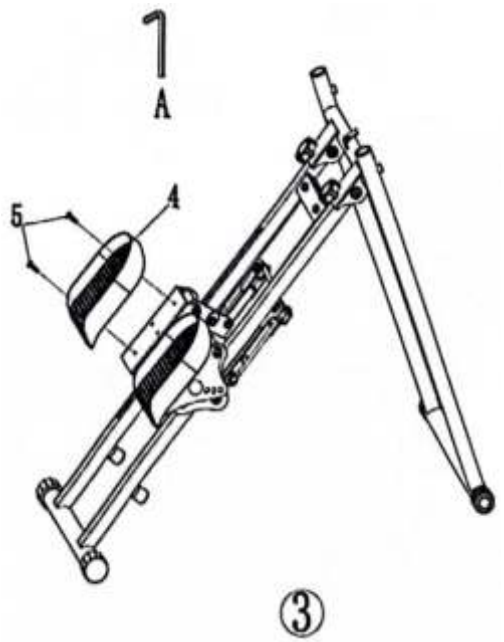
Take out 2 pieces of plum knob No.3 and lock them on the hole position.



2. Pedal assembly：

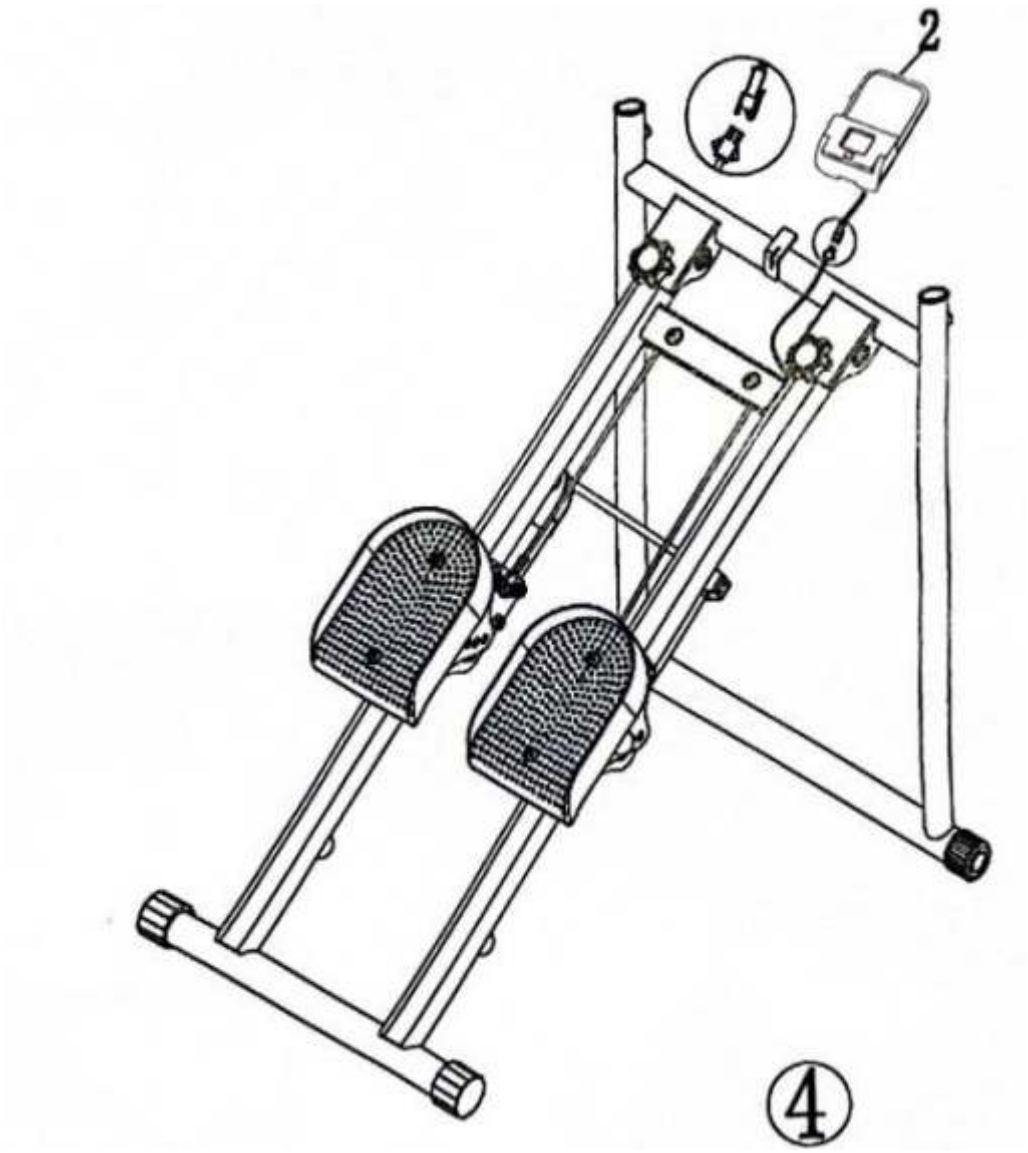
Take out pedal No.4 ,Lock pedal screw No.5 and tighten with the wrench No.A .





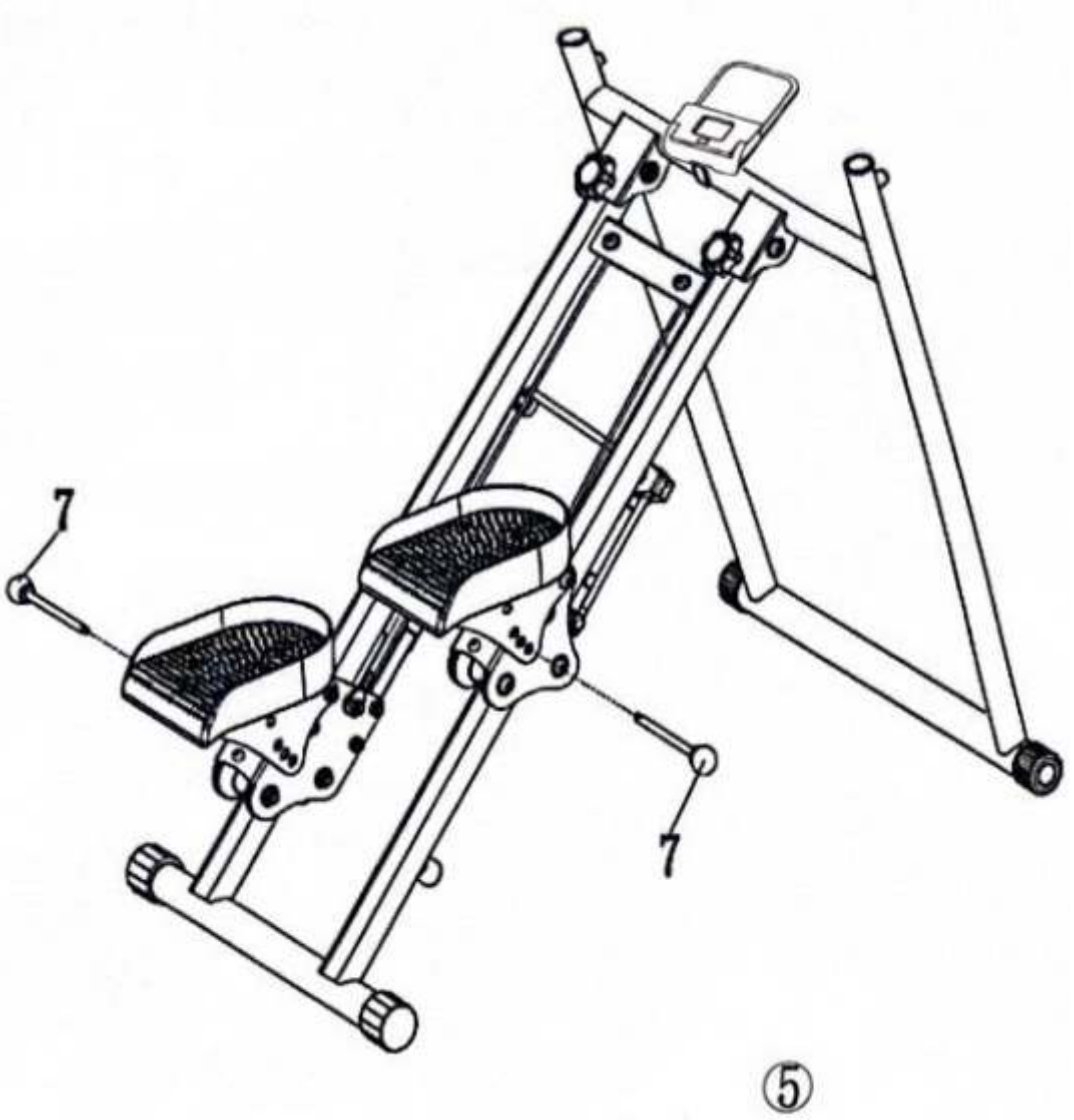
3. Digital counter assembly:

1) Take out the digital counter No.2,install one AA battery.
2) Insert the digital counter and connect the induction line as the following.

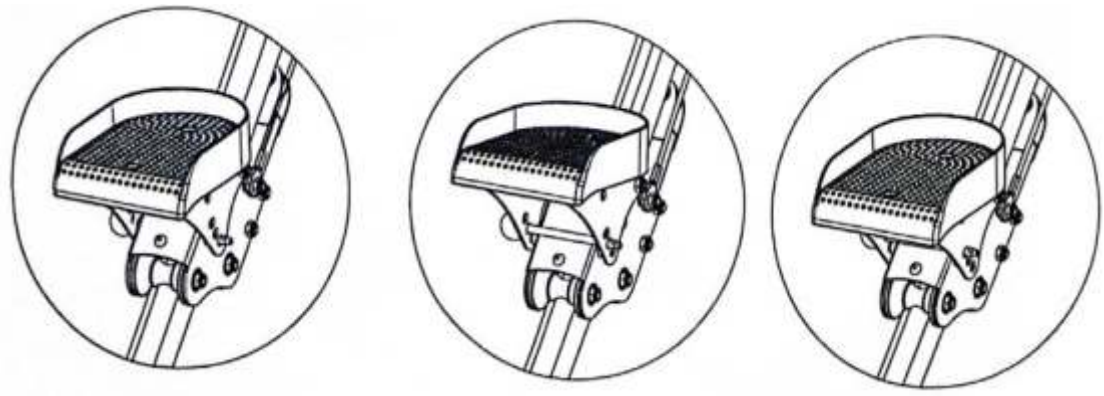


4. Pin assembly:

Take out the pin No.7 ,insert the corresponding 3-gear hole according to the user's need.

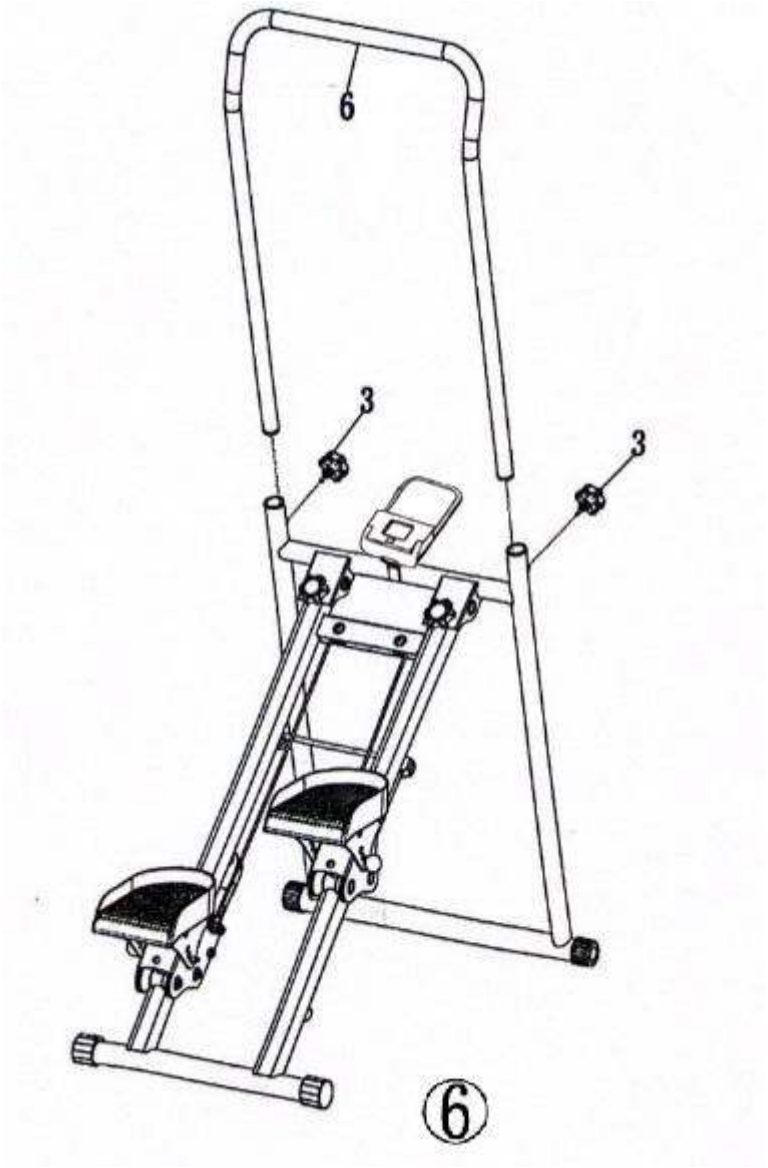


The pedals are adjustable



5. Armrest tube assembly

Take out armrest tube No.6 and insert it into the main body.Lock the plum knob No.3.



Finish !