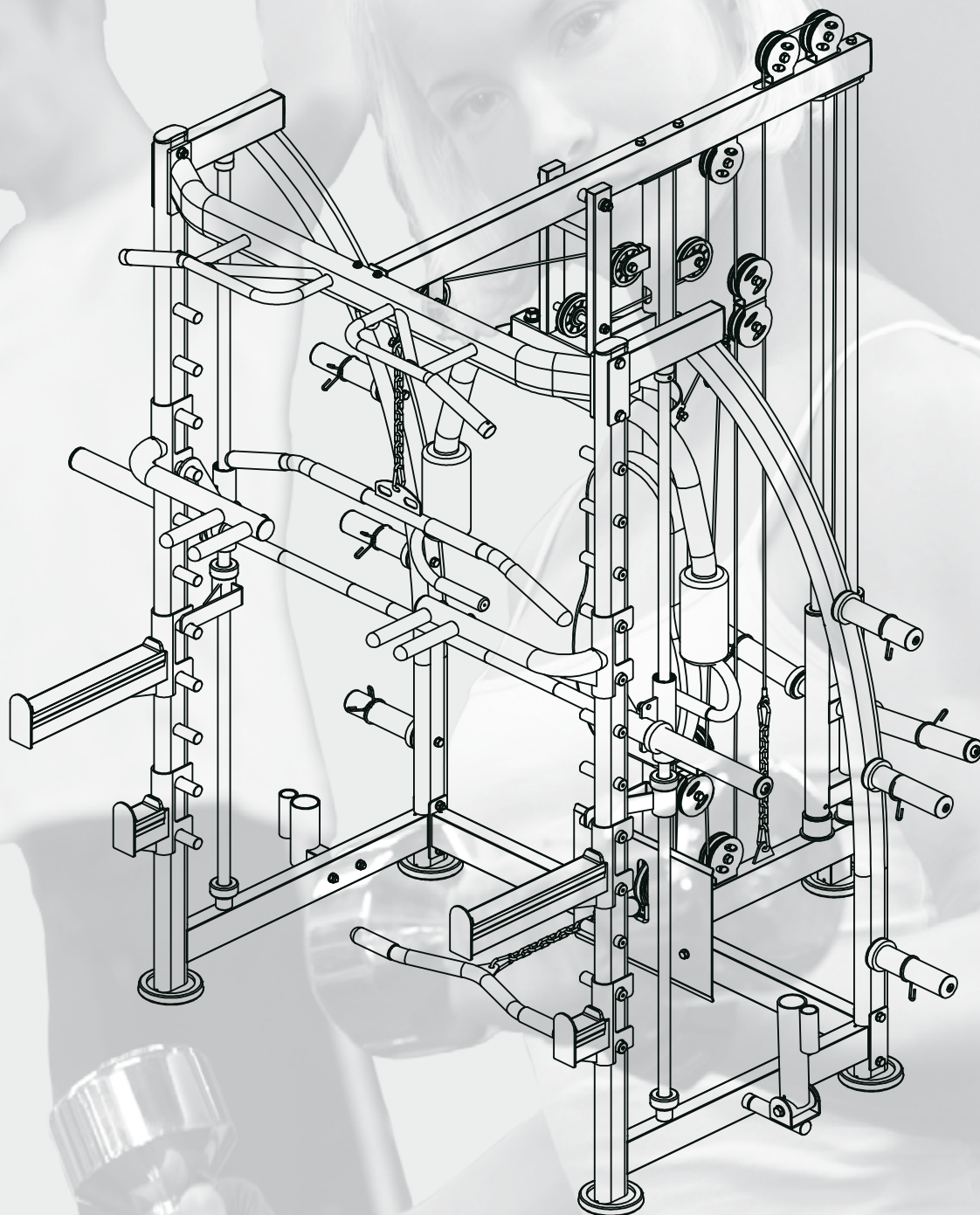


**MAXXUS<sup>®</sup>**

## Multipress 8.1



ENG

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**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.

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 only hand tightened together and only tighten parts completely when all parts have been fitted together perfectly.

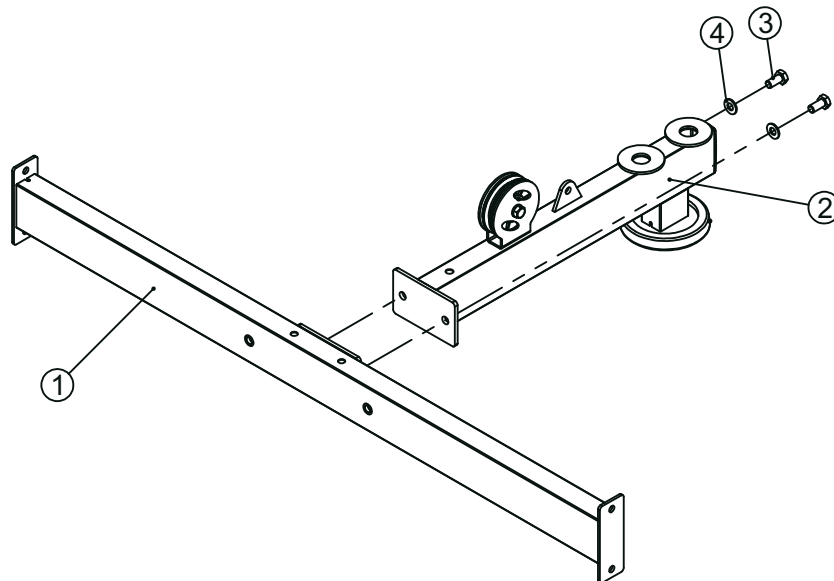
Training can only start when the training device has been fully assembled.

**CAUTION:** all necessary screws, nuts and washers required to assemble this training device are delivered pre-assembled. Please loosen the fixing materials before each assembly step and follow the instructions as shown in the drawings and descriptions and then tighten up the fixing materials again afterwards.

### Assembly Step 1

Attach the rear stand (2) with the cross-pipe (1)

To do this use two screw sets (3+4)



## Assembly Step 2

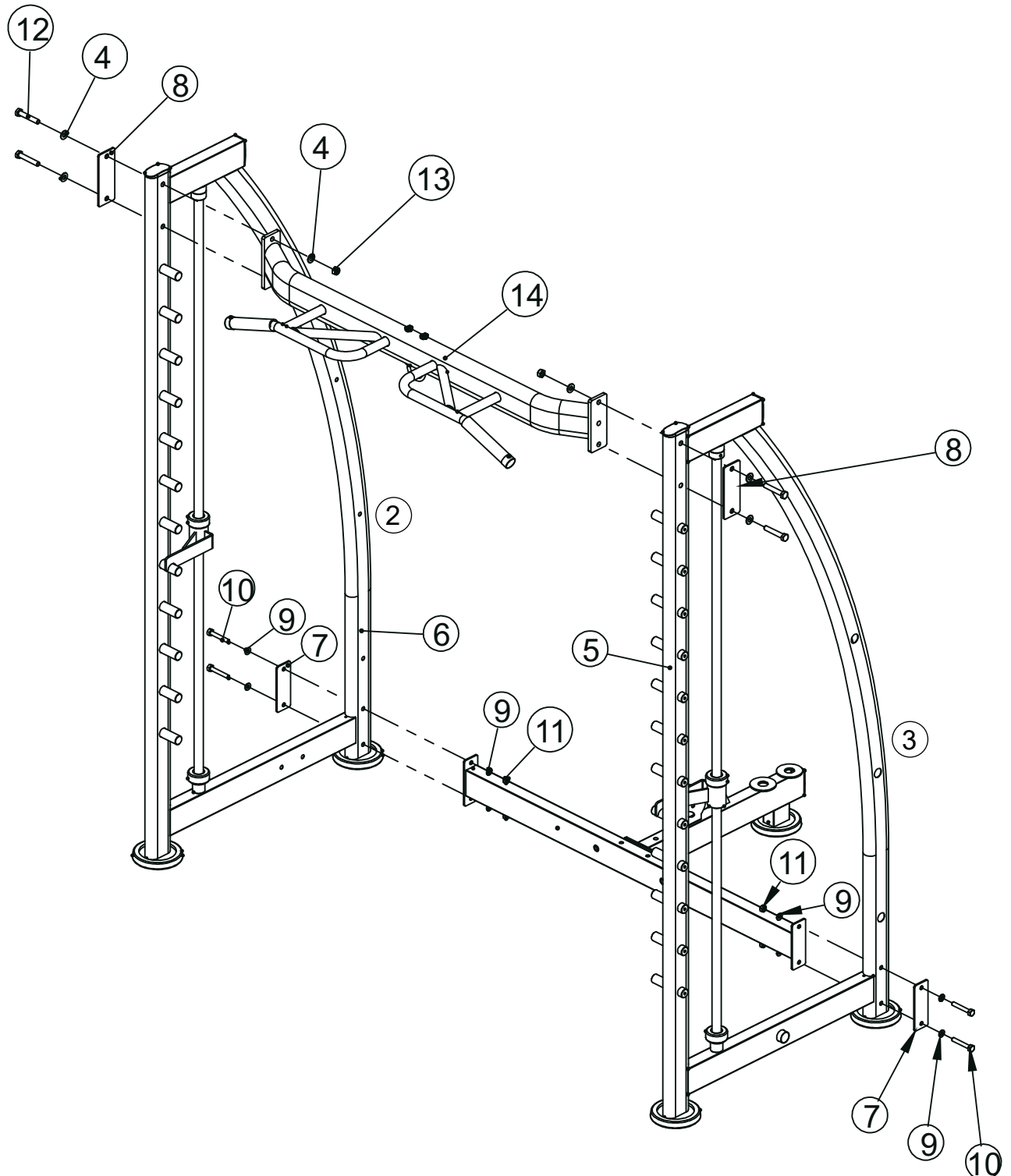
Connect the left side-frame (5) and right side-frame (6) to the top of the pull-up frame (14) at the front. To do this use two screw sets (12+4) and one fixing plate (8) on each side.

Connect the rear left side-frame (2) and the right side-frame (3) at the bottom with the the T-frame (1+2) already assembled in Assembly Step 1.

To do this use two screw and nut sets (10+9/11+9) and a fixing plate (7) on each side.

### Note:

Please only tighten screws by hand until all component parts have been fitted together properly. Only after this should all screws be tightened securely.



## Assembly Step 3

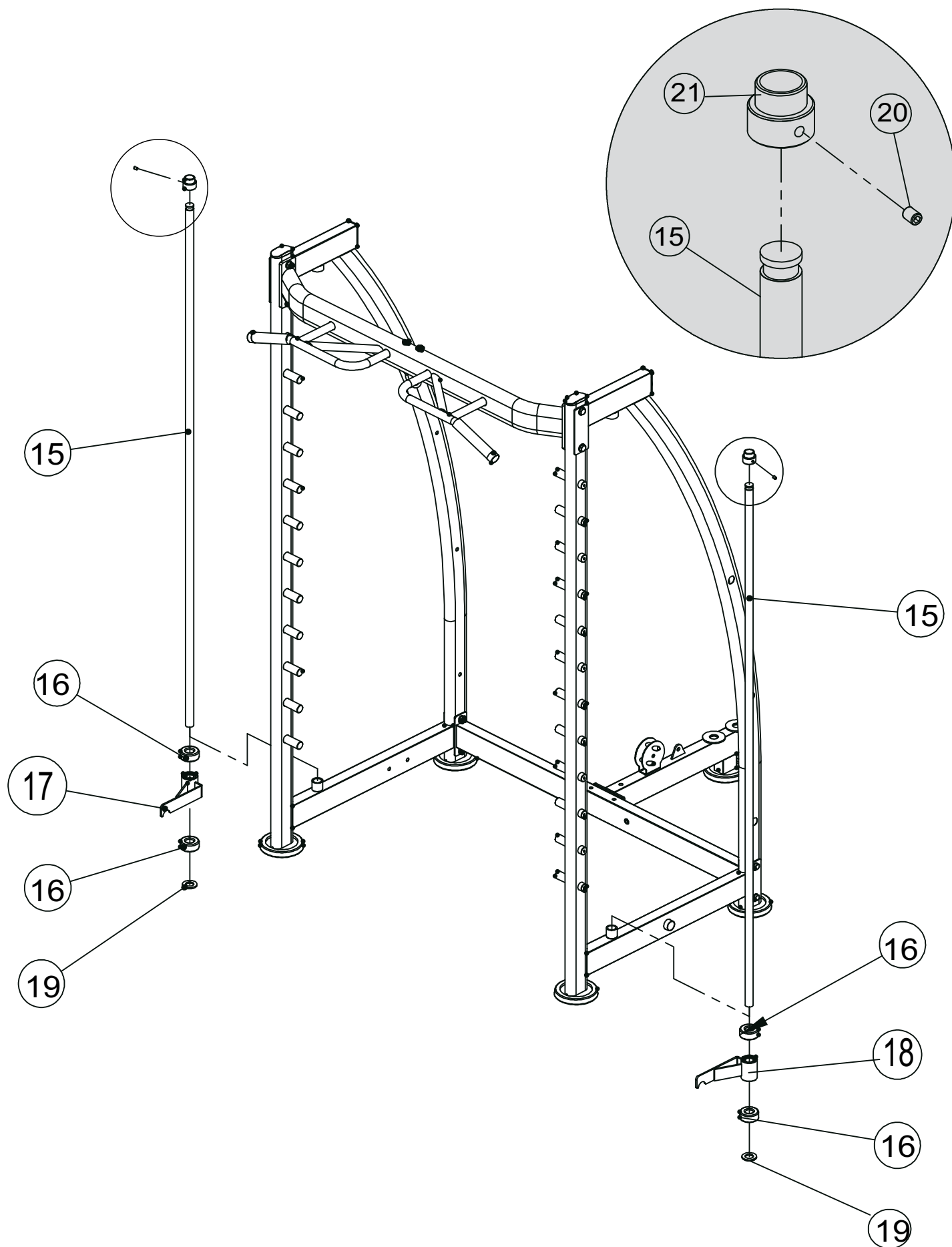
Loosen the headless screw (20) and remove pipe retainer ring (21) from the top of the left-hand slide pipe (15). Take the left slide pipe out of the left side-frame.

Now, remove the following components from the left-hand slide pipe:

2 x rubber stops, round (16)

1 x safety bracket, left (18)

1 x rubber ring (19)

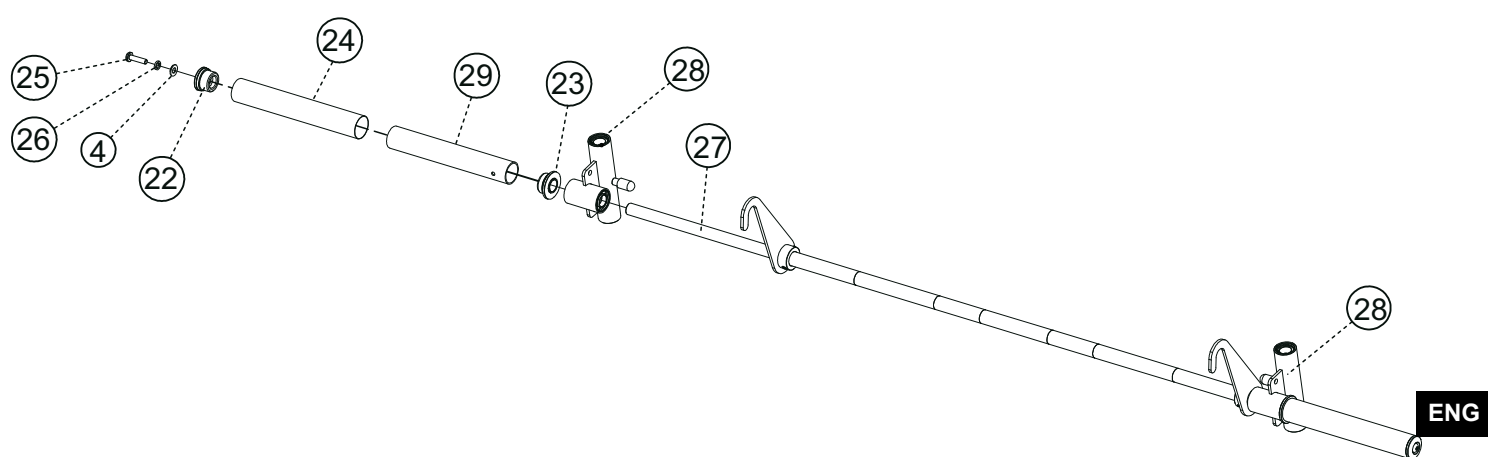


### Assembly Step 4

Loosen and remove the hexagonal head screw M12x40 (25) on the outer righthand side of the dumbbell bar (27). Then remove:

- Spring Washer Ø12 (26)
- Washer Ø12 (4)
- Cap (22)
- Sleeve (29)
- Aluminium Ring (23)
- Guide Piece (28)

**CAUTION:** Only do this assembly step at the right end of the dumbbell bar (27)!



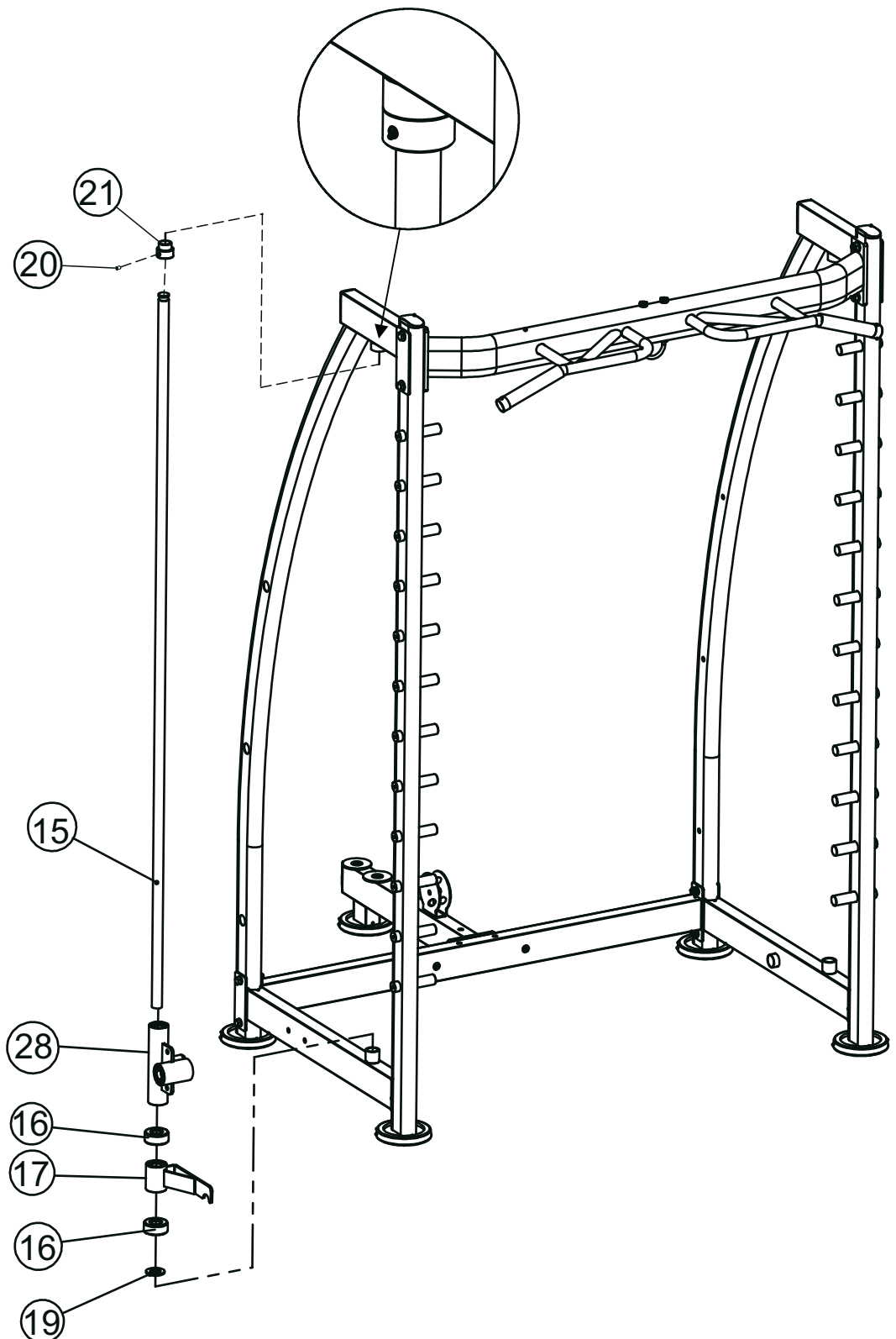
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## Assembly Step 5

Place the components onto the end of the slide pipe (15) in the following order:

- Guide piece (28)
- Rubber stop, round (16)
- Safety bracket (17)
- Rubber stop, round (16)
- Rubber ring (19)

Place the right guide pipe (15) in the lower mounting on the right side-frame. Slide the pipe holder (21) onto the end of the right guide pipe (15) and then put this in the upper mounting on the right side-frame. Slide the pipe holder up to the top and fix it with the headless screw (20).





## Assembly Step 6

Place the components onto the bottom end of the slide pipe (15) in the following order:

- Guide piece with dumbbell bar (28+27)

### CAUTION:

There are linear slide bearings in the guide piece. Place the slide pipe very carefully into the guide piece (28). Do not use any force when putting them together!

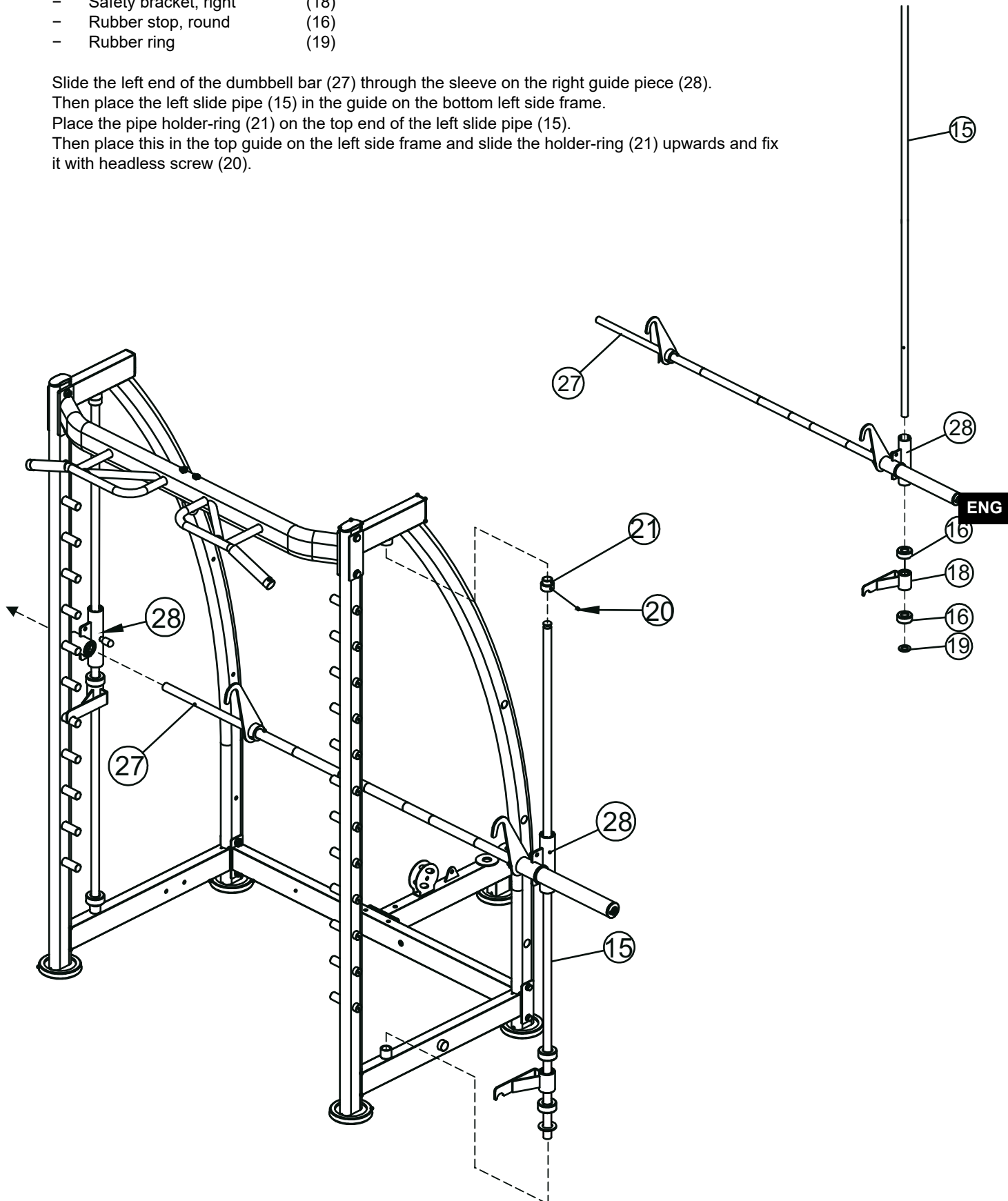
- Rubber stop, round (16)
- Safety bracket, right (18)
- Rubber stop, round (16)
- Rubber ring (19)

Slide the left end of the dumbbell bar (27) through the sleeve on the right guide piece (28).

Then place the left slide pipe (15) in the guide on the bottom left side frame.

Place the pipe holder-ring (21) on the top end of the left slide pipe (15).

Then place this in the top guide on the left side frame and slide the holder-ring (21) upwards and fix it with headless screw (20).

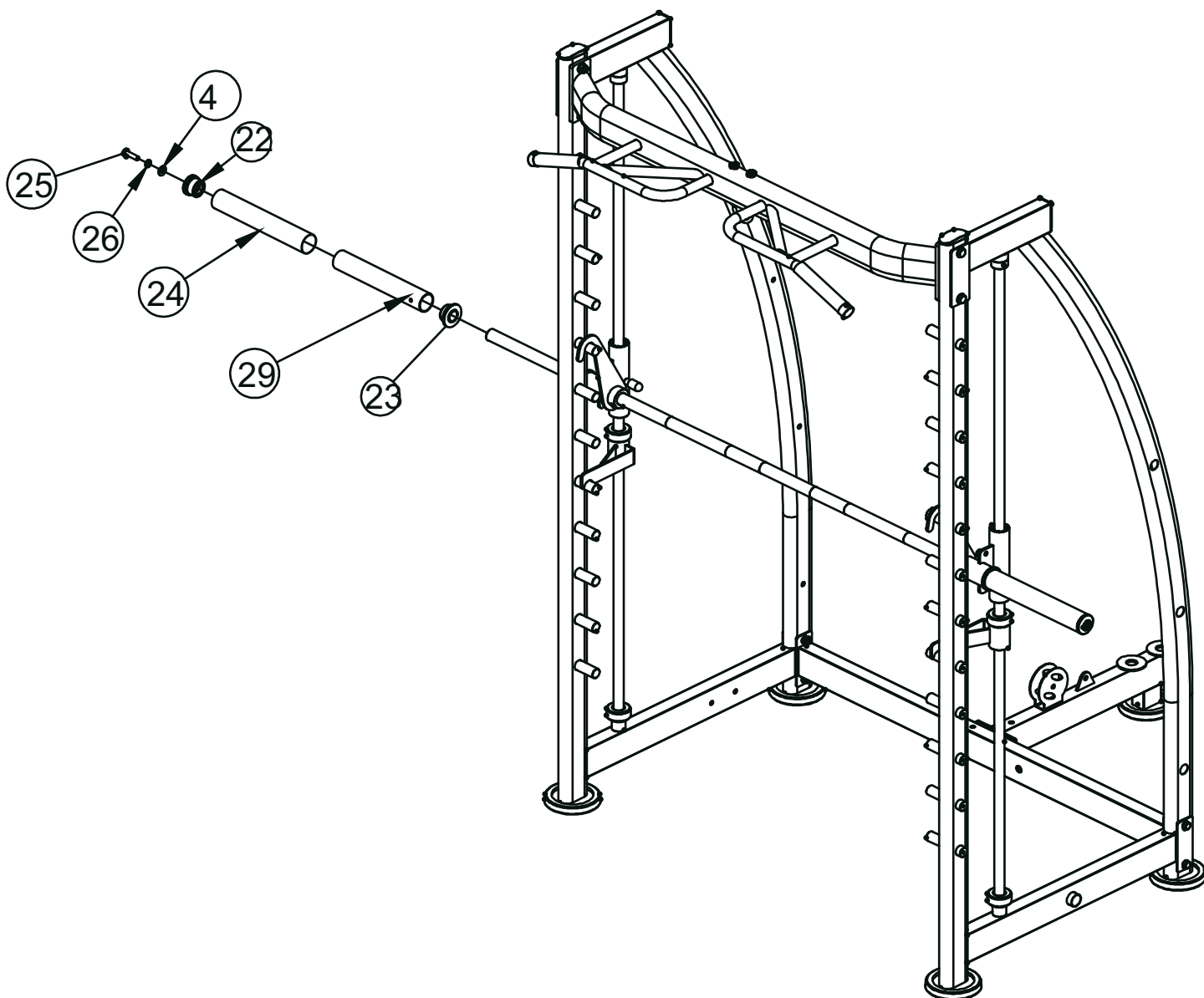


### Assembly Step 7

Now slide the following components onto the righthand end of the dumbbell bar (27)

- Aluminium Ring (23)
- Pipe (29)
- Sleeve (24)
- Cap (22)
- Washer Ø12
- Spring Washer Ø12

At the end of this assembly step, screw a hexagonal screw M12x40 (25) into the right end of the dumbbell bar (27) and tighten it securely.

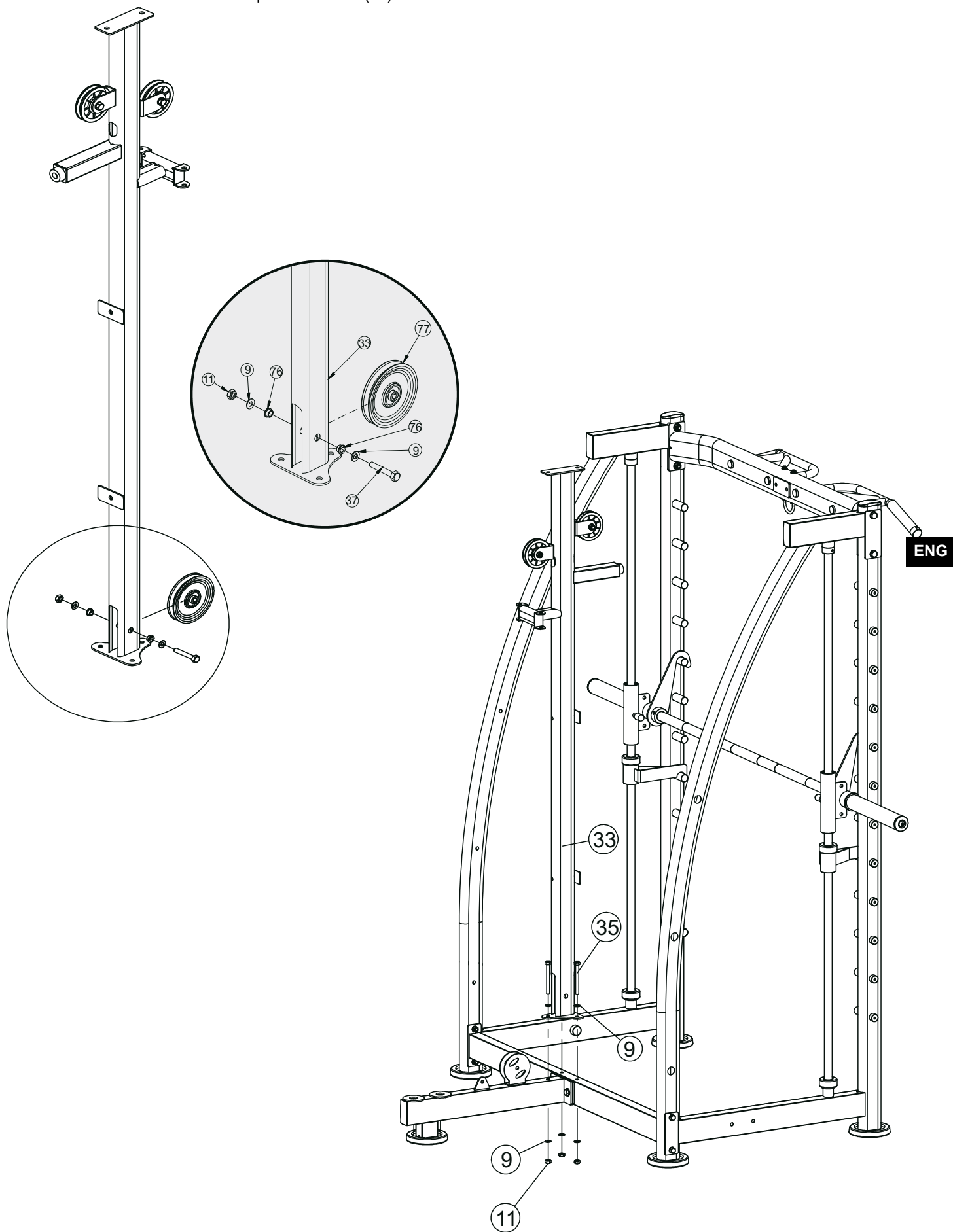


### Assembly Step 8

Remove the roller (77) from the centre upright frame (33).

Place the upright centre frame (33) onto the T-frame already assembled in Step 1 and screw them both together with three screw/nut sets (35+9/11+9)

Now replace the roller (77).



## Assembly Step 9

Place both dumbbell weight holders (36) right and left on the weight slide (30) and fix them both with a headless screw (20) – see circular section diagram.

Place both guide pipes (34) into the mounts on the weight slide (30).

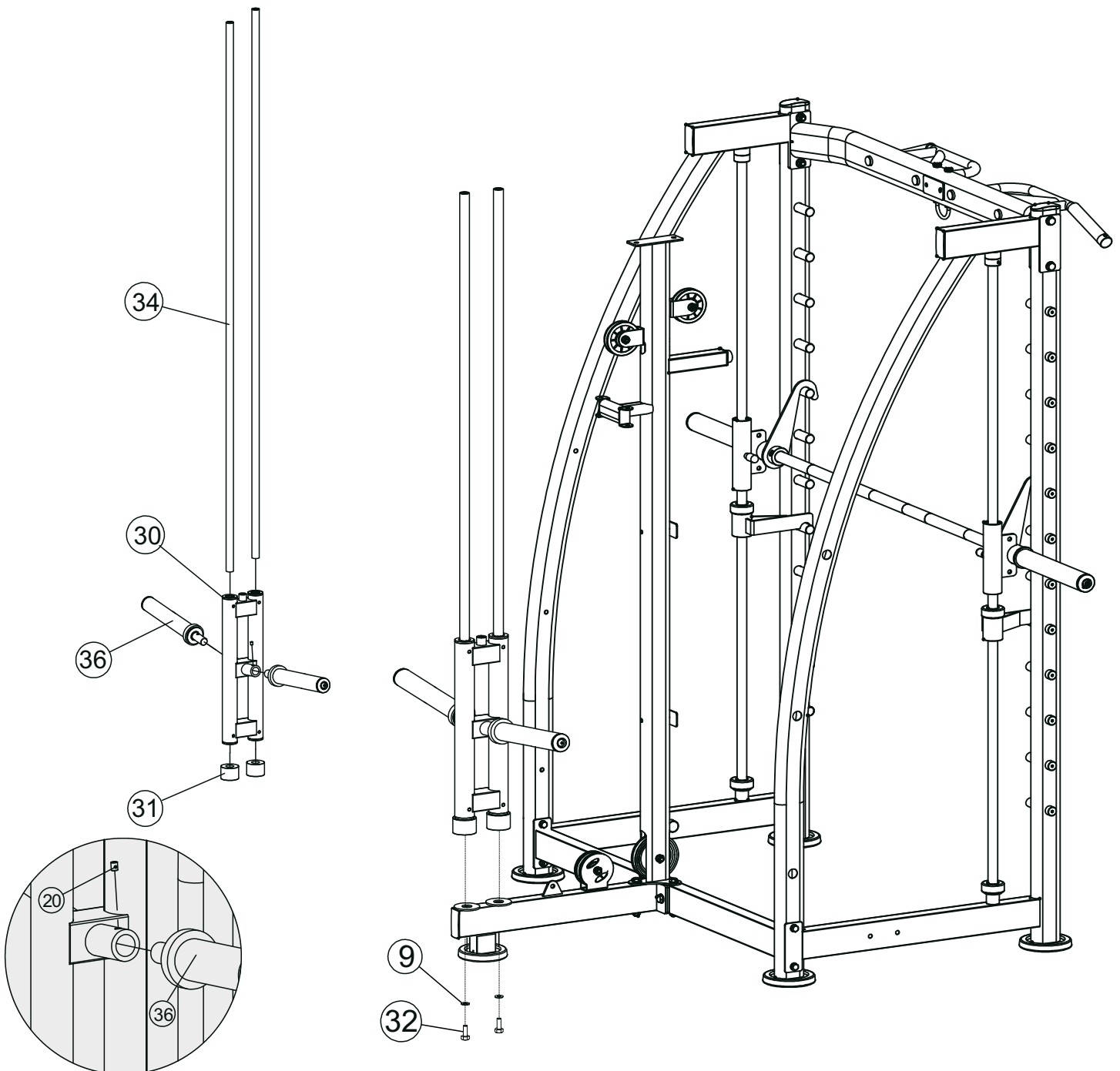
Make sure here that the two dumbbell weight brackets on the weight slide are pointing upwards.

Slide one of the rubber stops (31) from the bottom onto the guide pipe (34).

Now place the guide pipes (34) into the drill holes on the lower T-frame and fix each of them with a screw M10x25 (32) and a washer Ø10 (9).

### Note:

Please only tighten screws by hand until all component parts have been fitted together properly. Only after this should all screws be tightened securely.



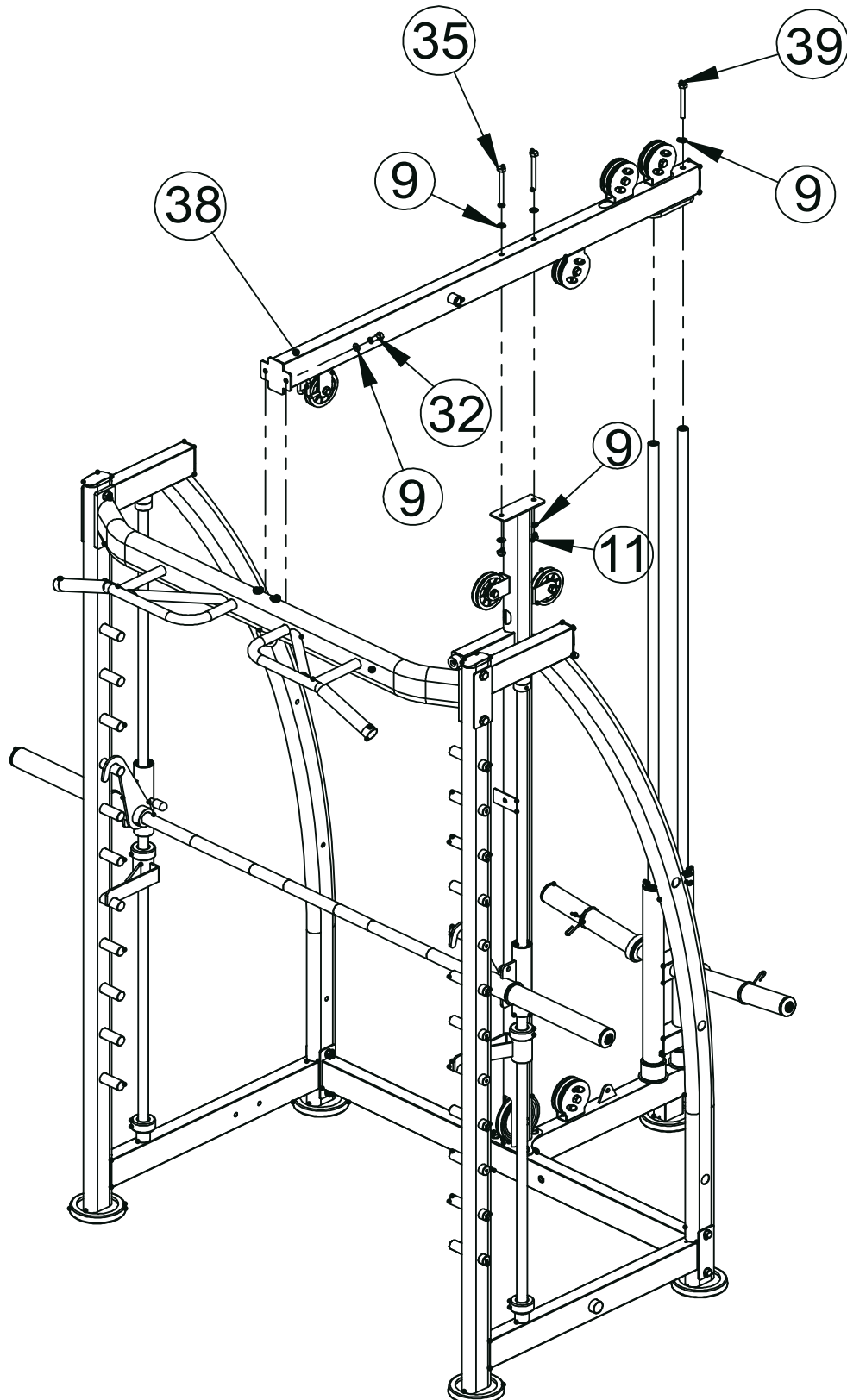
## Assembly Step 10

Fix the upper frame (38) from above onto the upright centre frame with two screw/nut sets (35+9/11+9) and then fix it to the rear slide pipe (34) with one screw set (39+9)

Now fix the upper frame (38) to the pull-up frame at the front. To do this use two screw sets (32+9).

### Note:

Please only tighten screws by hand until all component parts have been fitted together properly. Only after this should all screws be tightened securely.



## Assembly Step 11

Fix the foot plate (40) on the front of the lower T-frame using two screw sets (32+9)

Attach the butterfly joint (41) with the shaft pin (45) to the upper frame and fix the shaft pin (45) at each end using two nut sets (11+46).

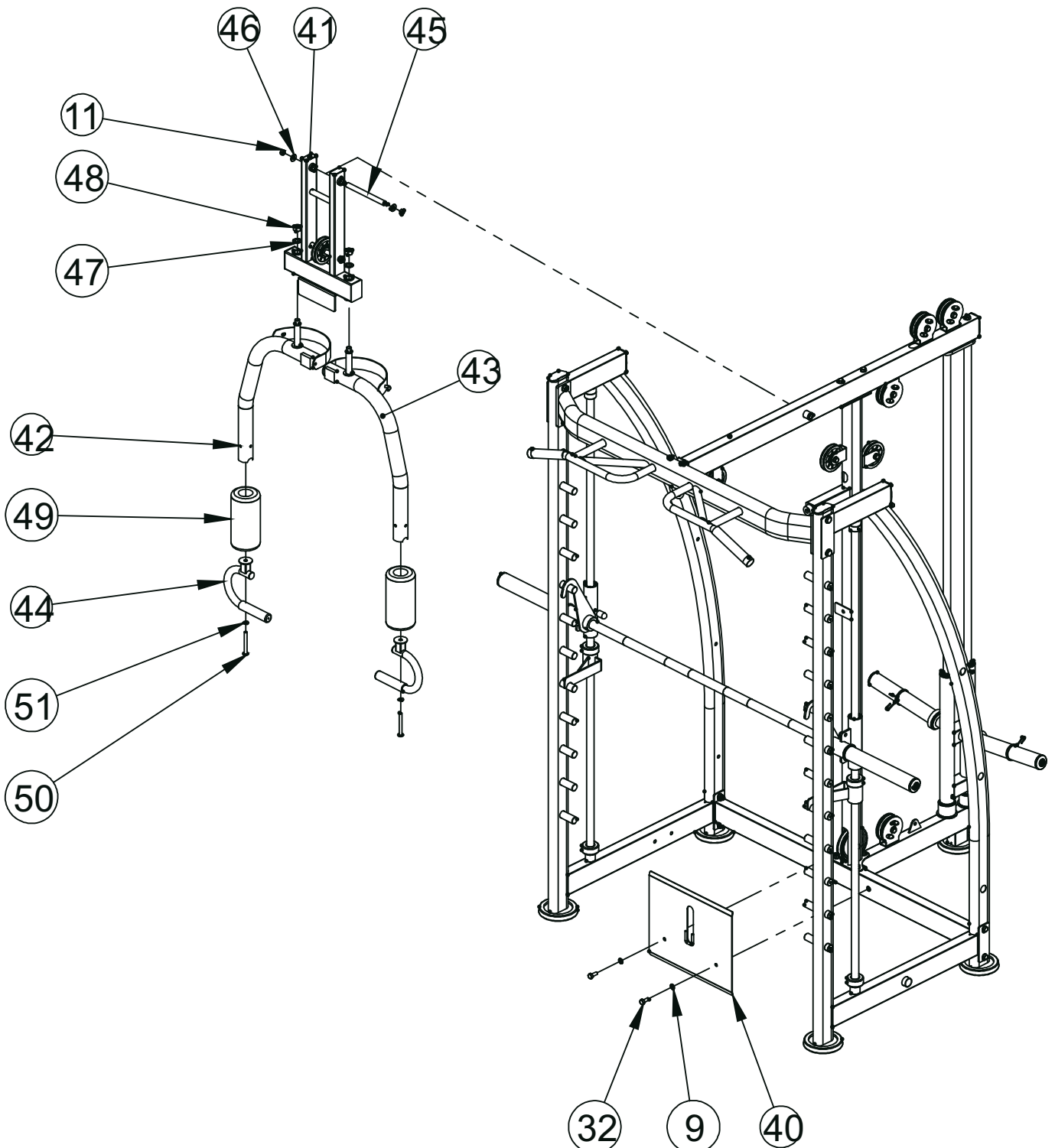
Fix the left and right butterfly arms (43 – left/42 right) each with a nut set (48+47) to the appropriate mountings on the butterfly joint (41).

Slide a round foam cushion (49) onto both the left and right butterfly arms.

Fix a hand grip on the end of each butterfly arm using a screw set (50+51).

### Note:

Please only tighten screws by hand until all component parts have been fitted together properly. Only after this should all screws be tightened securely.



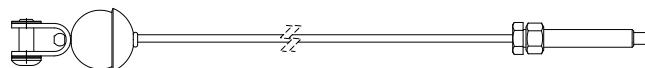
## Assembly Step 12

Remove the ball bracket from the end of the traction cable (54) – see circular section diagram.  
Screw the other threaded end of traction cable (54) into the screw hole on the slide carriage.  
Feed the traction cable over the rollers as shown in the diagram:

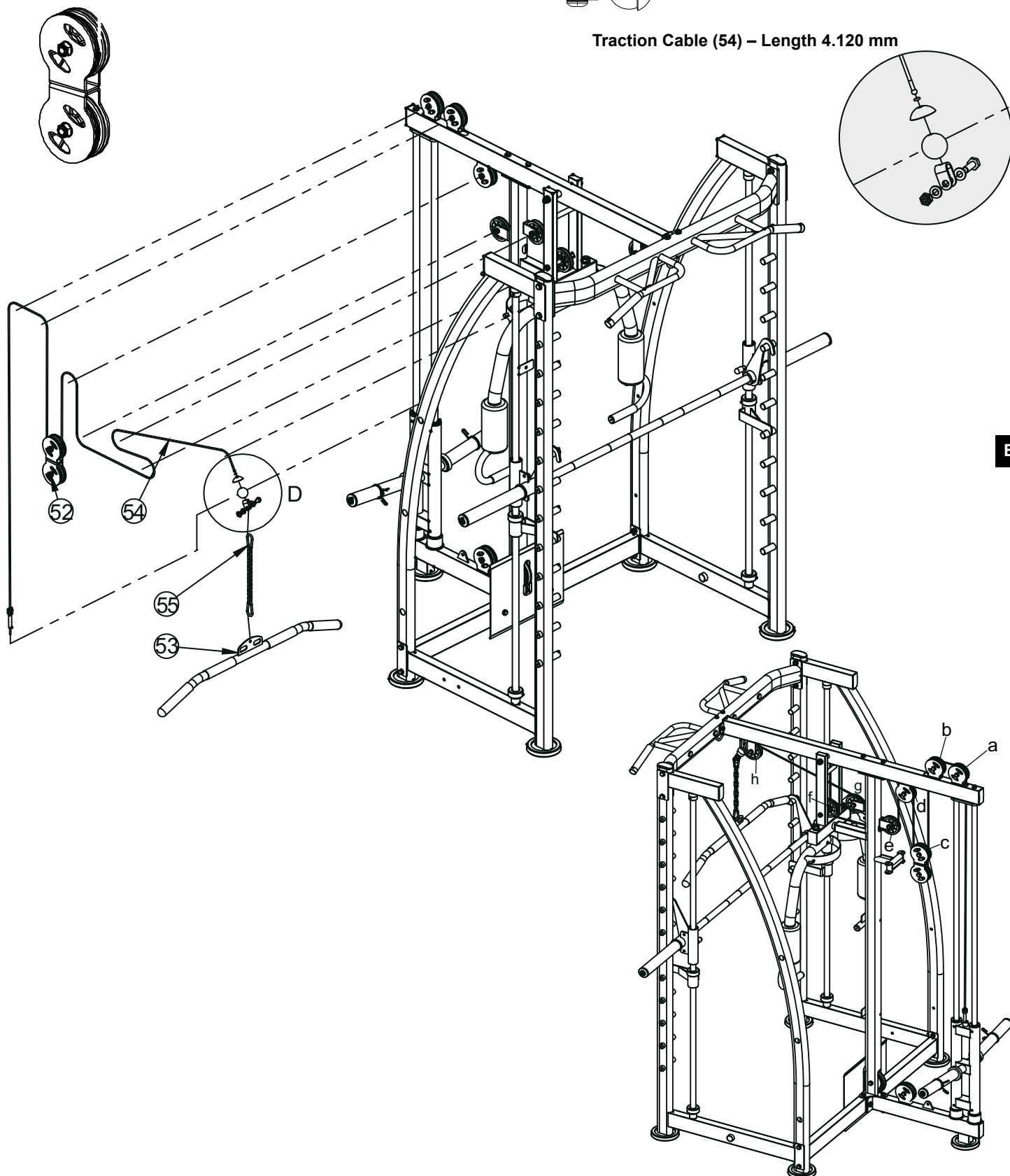
a - b - c (upper roller on the double roller) - d - e - f - g - h

Finally, attach the ball bracket back onto the traction cable (54).

Double roller, parallel (52)



Traction Cable (54) – Length 4.120 mm



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## Assembly Step 13

Attach the roller bracket (57) to the appropriate mount on the upright centre frame. To do this use a screw/nut set (10+9/11+9) – Circular Section Diagram 1.

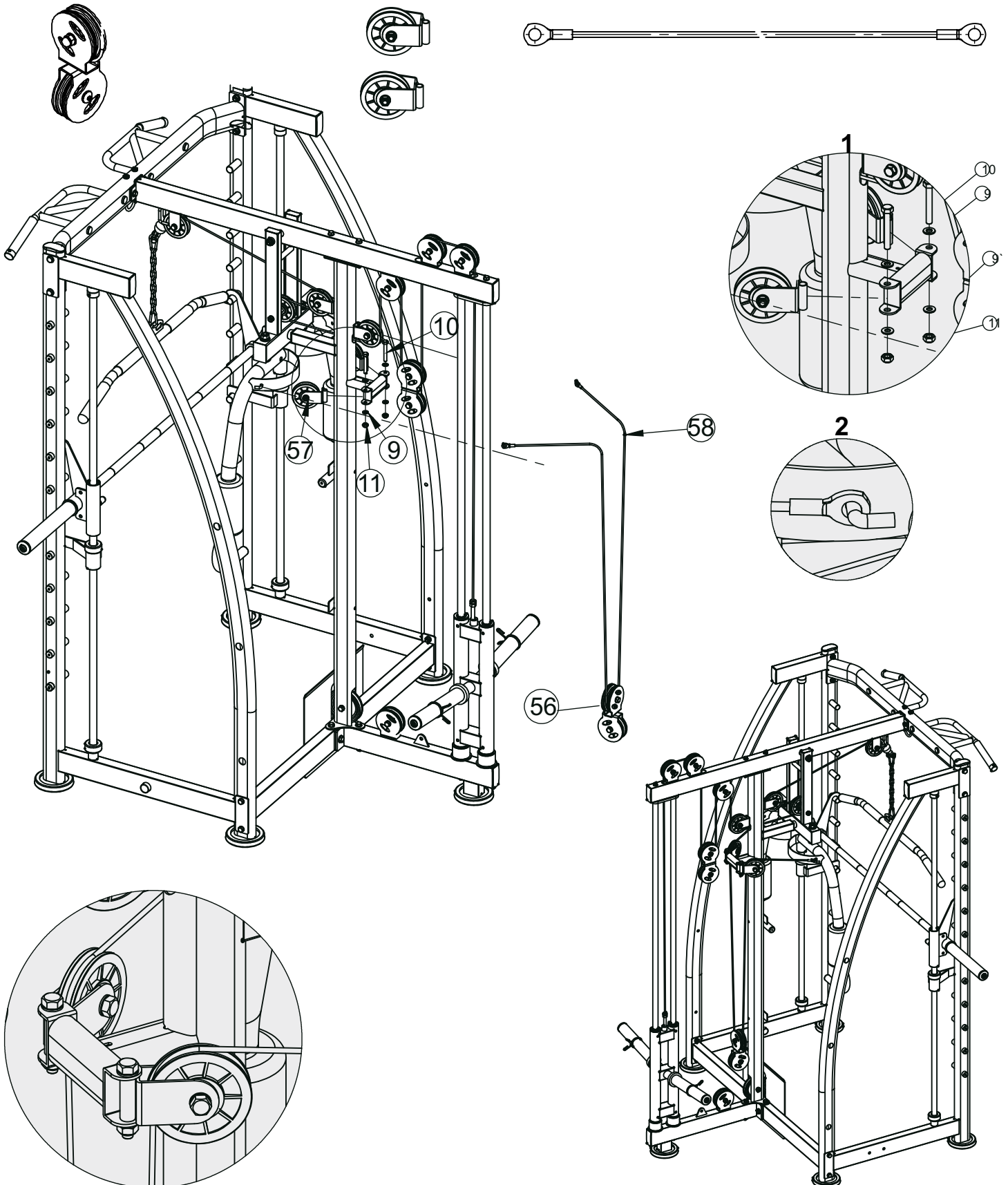
Hang the eyelet on the traction cable (58) onto the hook in the left butterfly arm – Circular Section Diagram 2.

Run the cable through as shown in the Diagram and hook the other end of the traction cable (58) onto the right butterfly arm with the hook.

Double roller, cross connected (30)

Roller bracket (57),

2x Traction Cable (58) - Length 3.045 mm





## Assembly Step 14

Remove the ball bracket on the end of the traction cable (60) – see Circular Section Diagram.  
Connect a carabiner hook from chain (55) with the eyelet on the end of the traction cable (60). Clip the other carabiner hook onto the eyelet on the lower T-frame.

Now run the other end of the traction cable (60) through the rollers in the order marked and shown in the Diagram: i - j - k - l

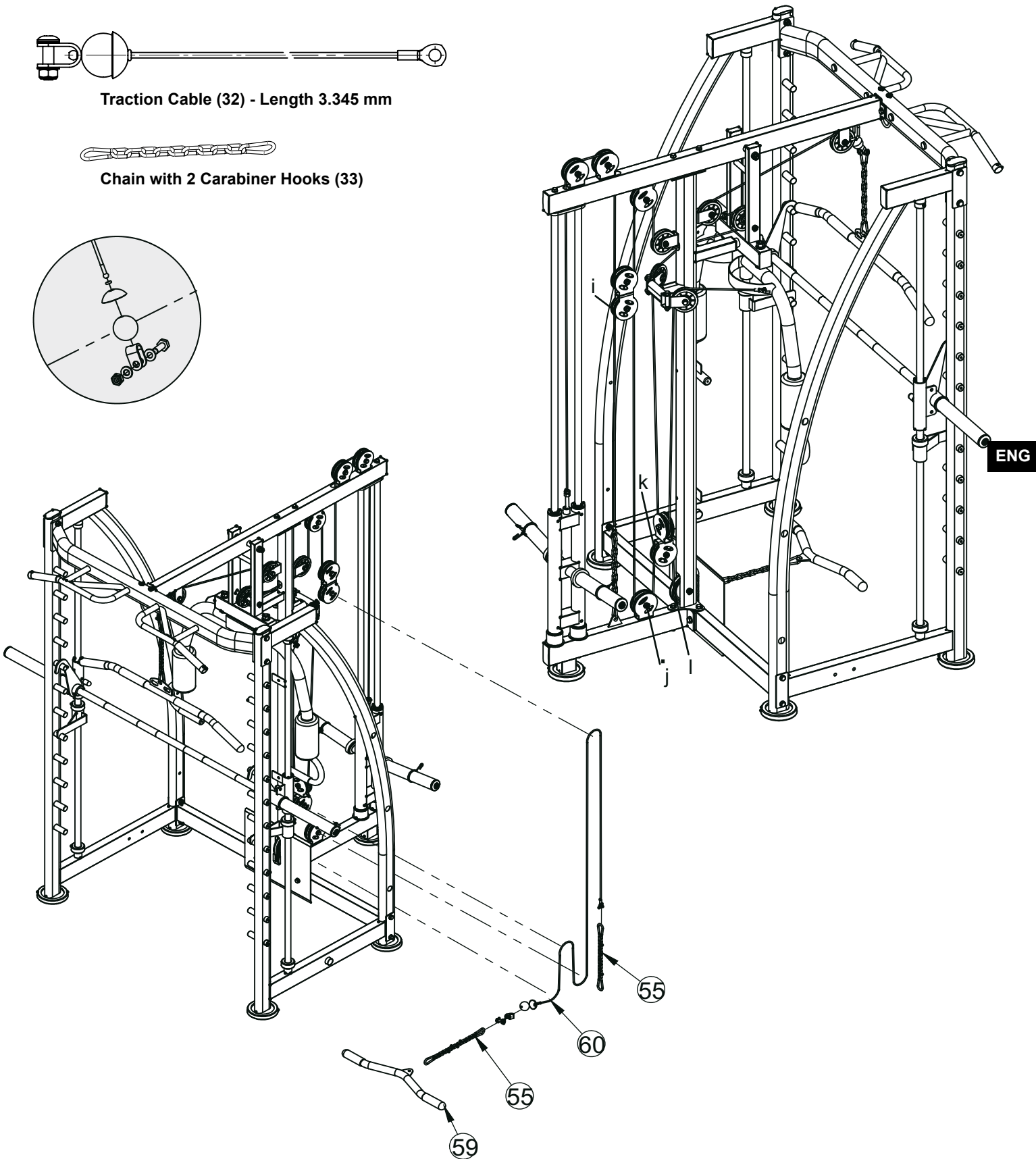
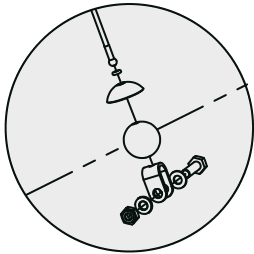
After you have fed the traction cable through the opening in the foot plate, replace the ball bracket and clip the second chain onto it with the carabiner hook.



**Traction Cable (32) - Length 3.345 mm**



**Chain with 2 Carabiner Hooks (33)**



## Assembly Step 15

Connect the three dumbbell weight brackets (61) onto the outside of the left and right rear curved frame pipes using the pre-assembled screws and washers already on the dumbbell weight brackets. to the left side frame.

Now fit a butterfly cap (62) onto the end of each of the brackets (61).

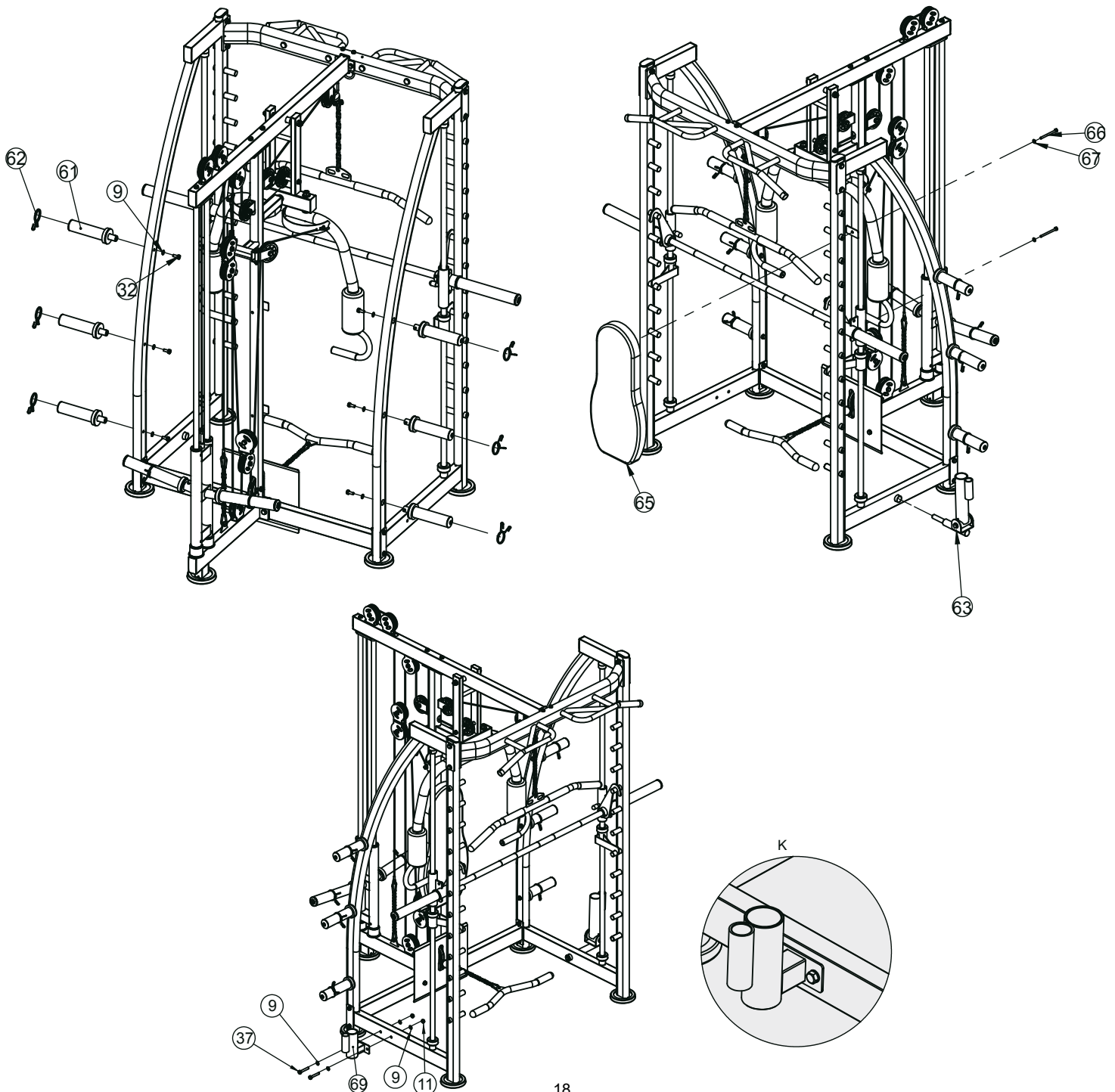
Then fix the back cushion (65) using two screw sets (66+67) to the upright centre frame.

Now fix the adjustable dumbbell brackets (63) onto the lower frame of the left side frame.

Connect the fixed dumbbell bracket (69) to the outside of the lower frame pipe on the right hand side- frame. To do this use two screw/nut sets (37+9/11+9).

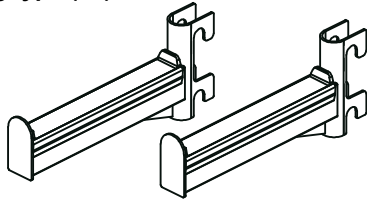
### Note:

The adjustable dumbbell brackets (63) can be fixed onto the outside or the inside of the left side frame. However, if there is enough room beside the training device to have the brackets on the outside of the frame, we would recommend doing this.

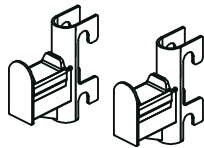


## Accessories

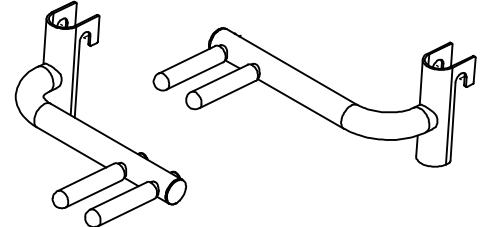
Storage rack and safeguard for free training with barbells, long type (70)



Storage rack and safeguard for free training with barbells, short type (75)



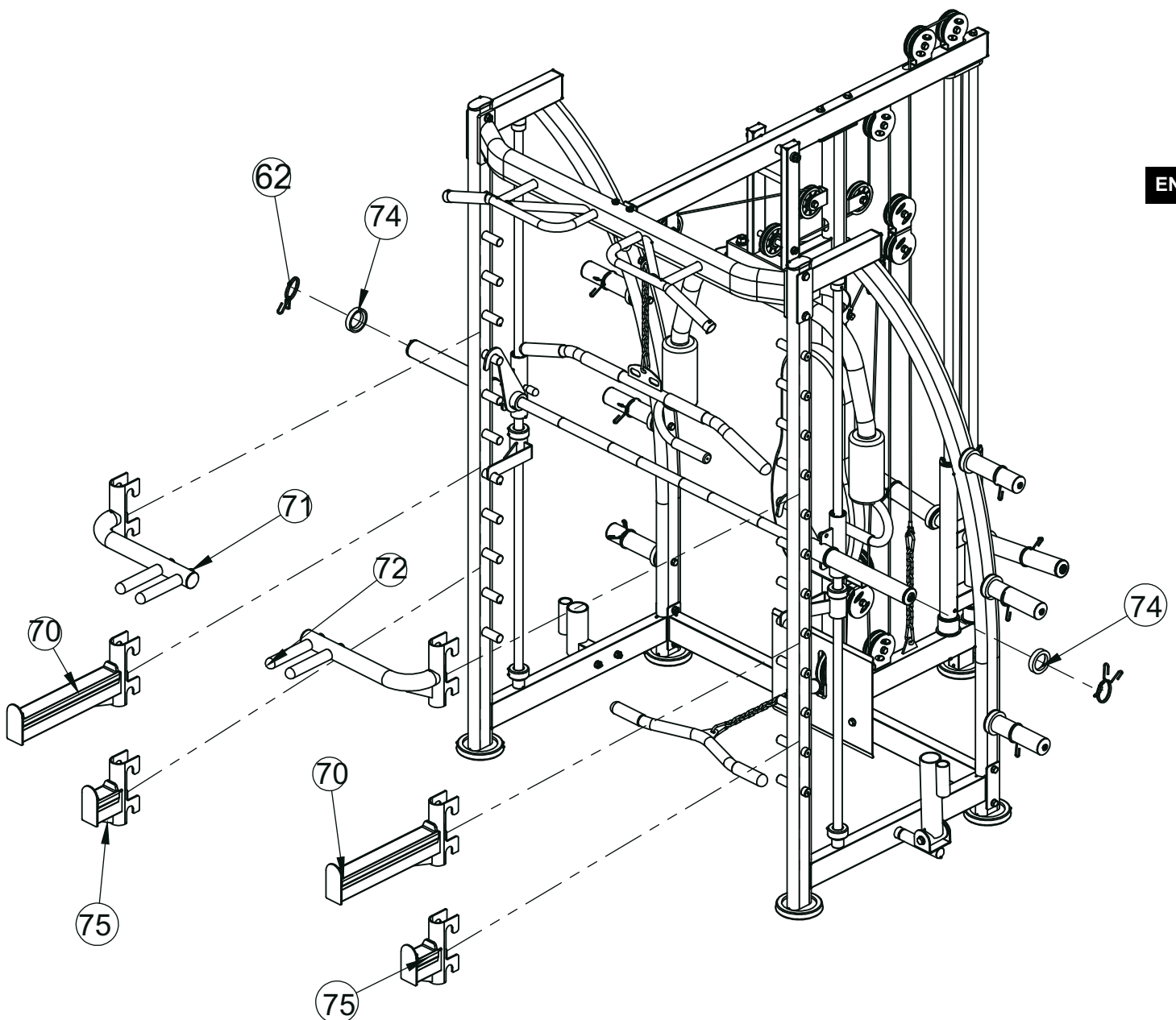
Hand grips for dips and press-ups (71/72)



Butterfly Cap (62)



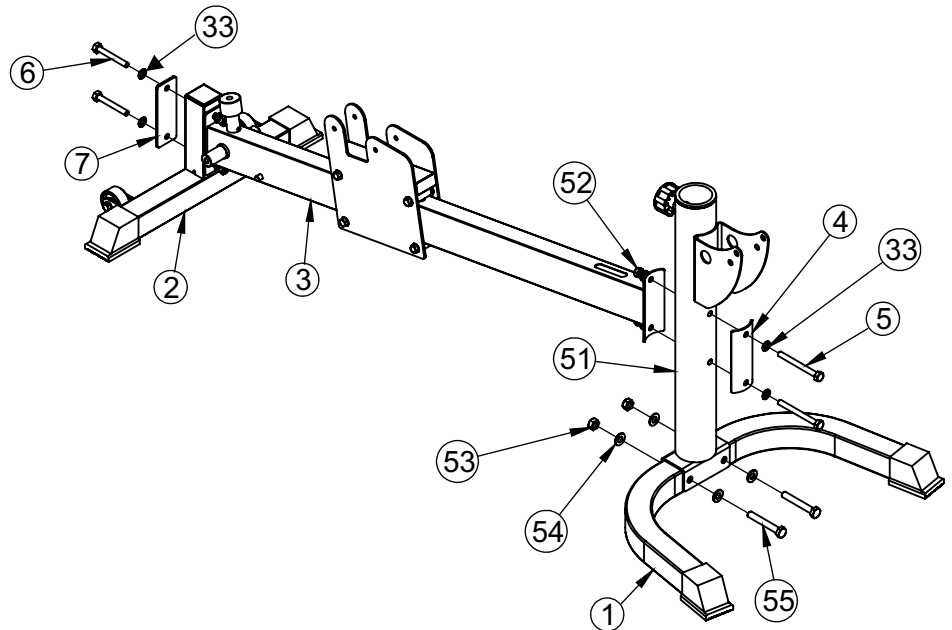
Rubber Band (74)



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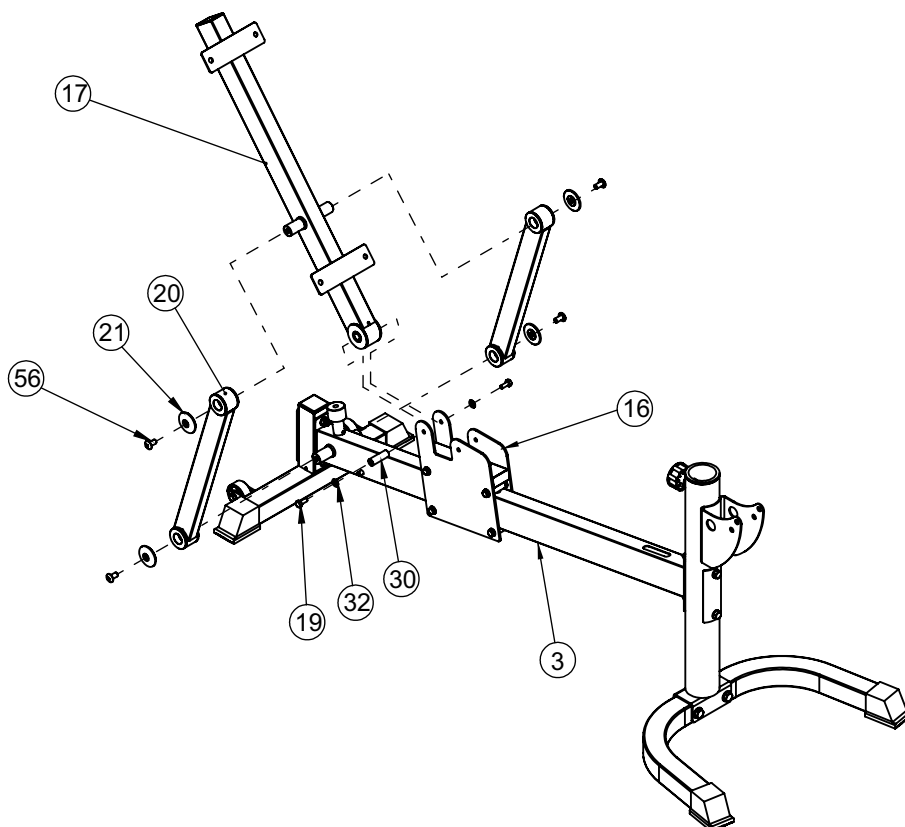
## Assembly Step 1

Fix the rear floor bar (2) to base bar (3) using two hexagonal head screws M10x75 (6), four washers Ø10 (33), two safety nuts M10 (52) and straight retaining plate (7). Place standpipe (51) onto front floor bar (1) and fix it with two hexagonal screws M12x75 (55), four washers Ø12 (54) and two safety nuts (53). Fix the standpipe (51) to the base bar (3). For this use two hexagonal screws M10x100 (5), four washers Ø10 (33), and two safety nuts M10 (52) and the bent mounting plate (4).



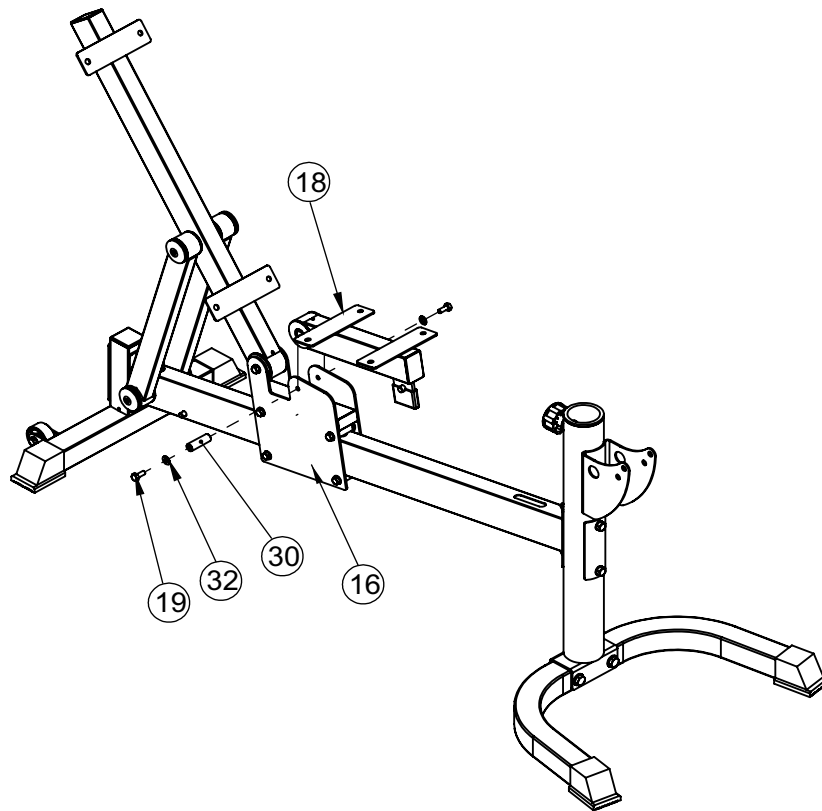
## Assembly Step 2

Fix support tube (17) each with two hexagonal head screws M8x20 (19), two washers Ø8 (32) and distance tube (30) on the rear mount of the sliding carriage (16). Then place the two guide pipes (20) in the left and right mounts on the base bar (3) and in the mount on standpipe (17) and fix them each with two aluminium caps (21) and two headless screws M10x16 (56).



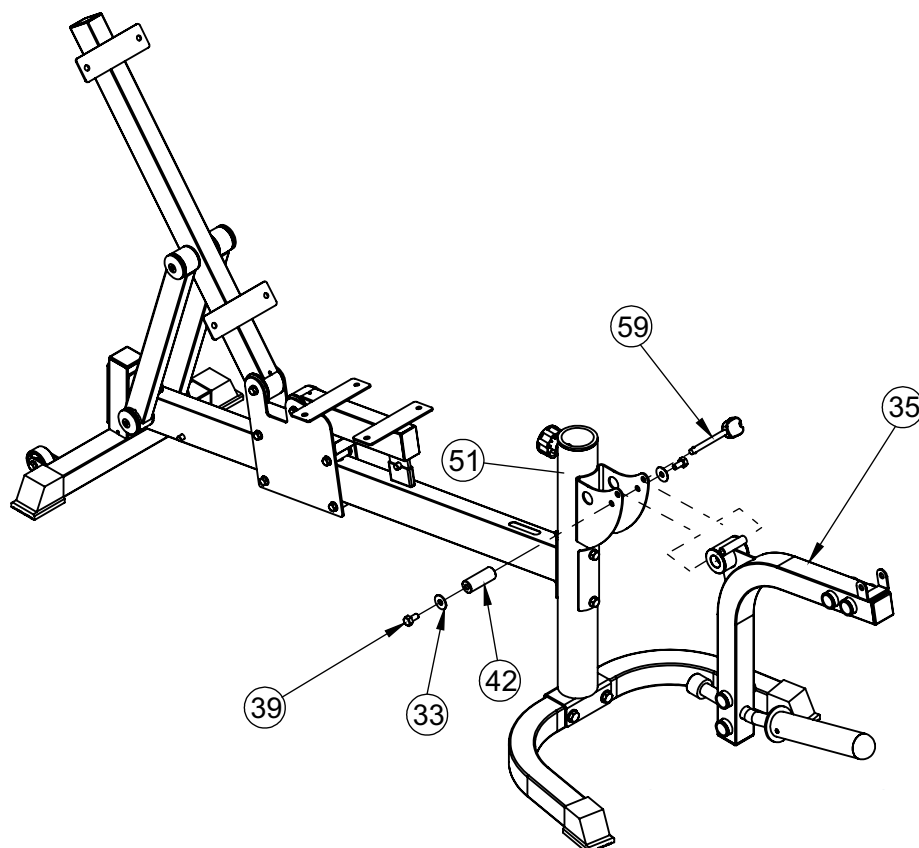
## Assembly Step 3

Now fix the base frame (18) to the front mount of the sliding carriage (16). For this use two hexagonal head screws M8x20 (19), two washers Ø8 (32) and a distance tube (30).



## Assembly Step 4

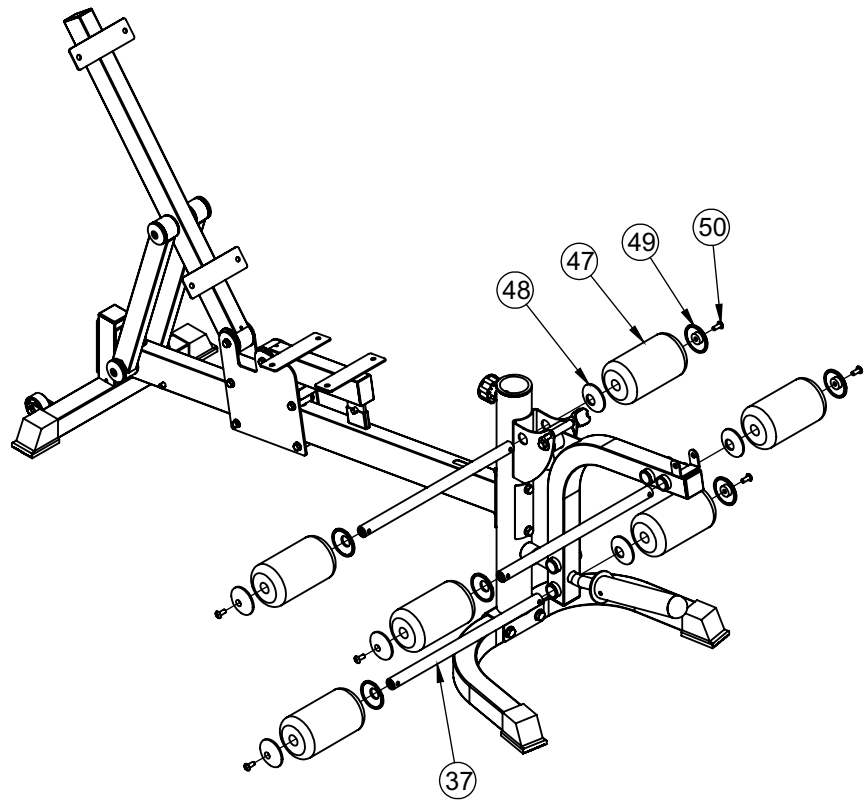
Fix swivel bracket (35) using two hexagonal head screws M10x20 (39), two washers Ø10 (33) and distance tube (42) to the mount on standpipe (51). To fix swivel bracket (35) secure it with a safety split pin (59).



## Assembly Step 5

Place the three cross pipes (37) – into the swivel bracket and base – as shown in the Diagram. Push a cover plate (large opening) (48) on to both ends of each cross pipe (37) with the opening facing outwards (see Diagram).

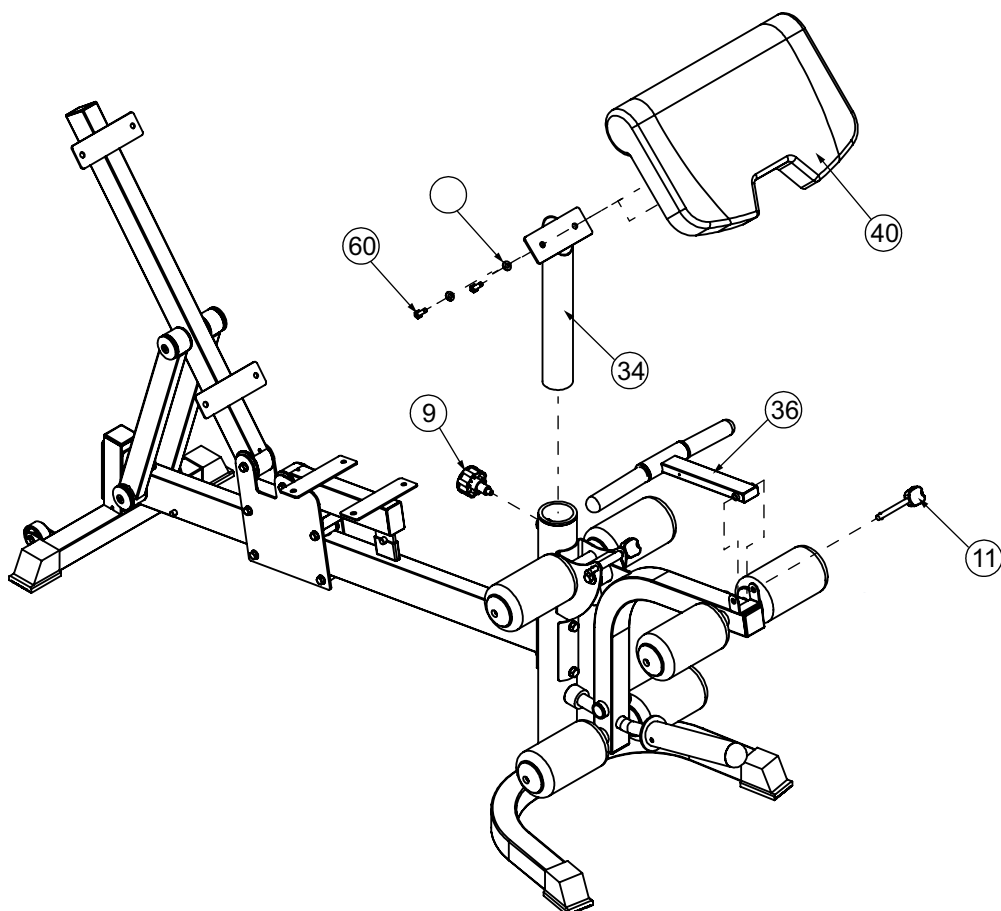
Slide on a round cushion (47) on the right and left ends of each cross pipe (37) and fix them with a cover plate (small opening) (49) and a hexagonal head screw M8x25 (50).



## Assembly Step 6

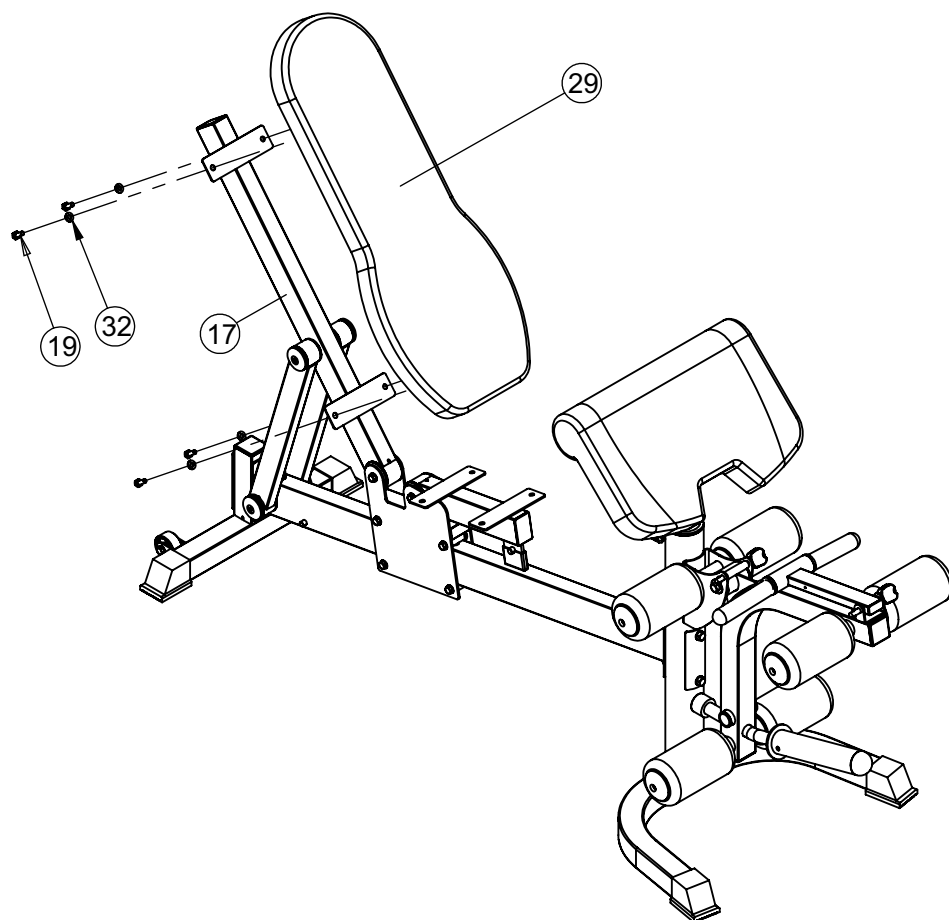
Place the shaft pipe (34) in the upper opening of the stand pipe and fix it with a grip screw (11). Fix the arm curler cushion (40) onto mounting on shaft pipe (34) using two hexagonal head screws M8x25 (60) and two washers Ø8 (32).

At the front end of the swivel bracket, fix the swivel pipe of the arm curler (36) with safety split pin (11)



### Assembly Step 7

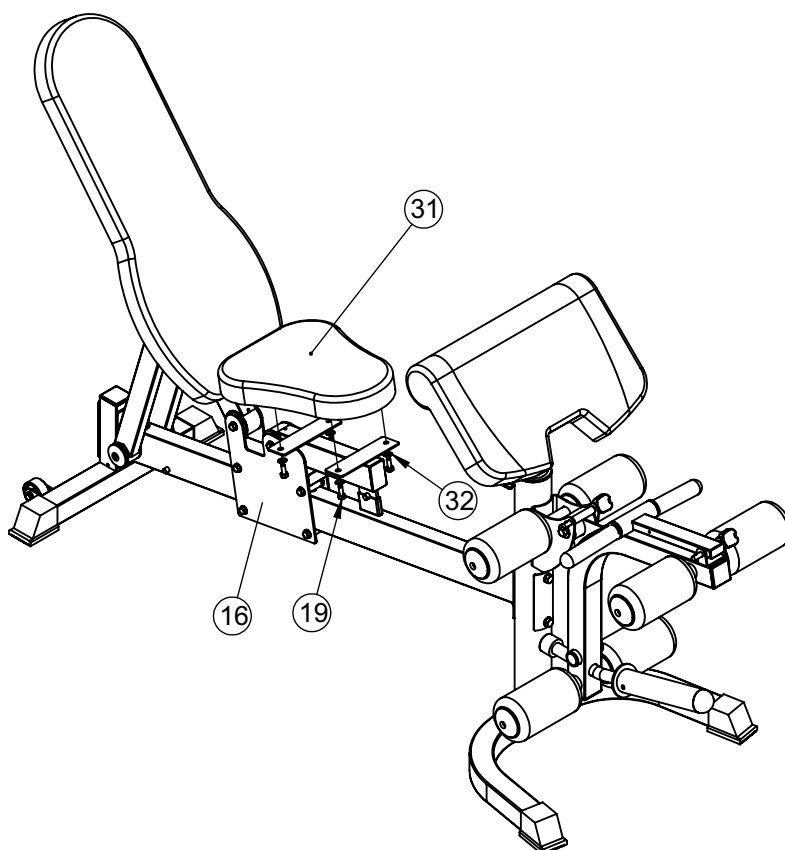
Attach back rest cushion (29) to the back-rest support tube (17) using four hexagonal screws M8x20 (19) and four washers Ø8 (32)



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### Assembly Step 8

Attach the seat cushion (31) to the sliding carriage (16) using four hexagonal screws M8x20 (19) and four washers Ø8 (32).



### 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](http://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](http://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.



## 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.

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### 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.

## 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.	

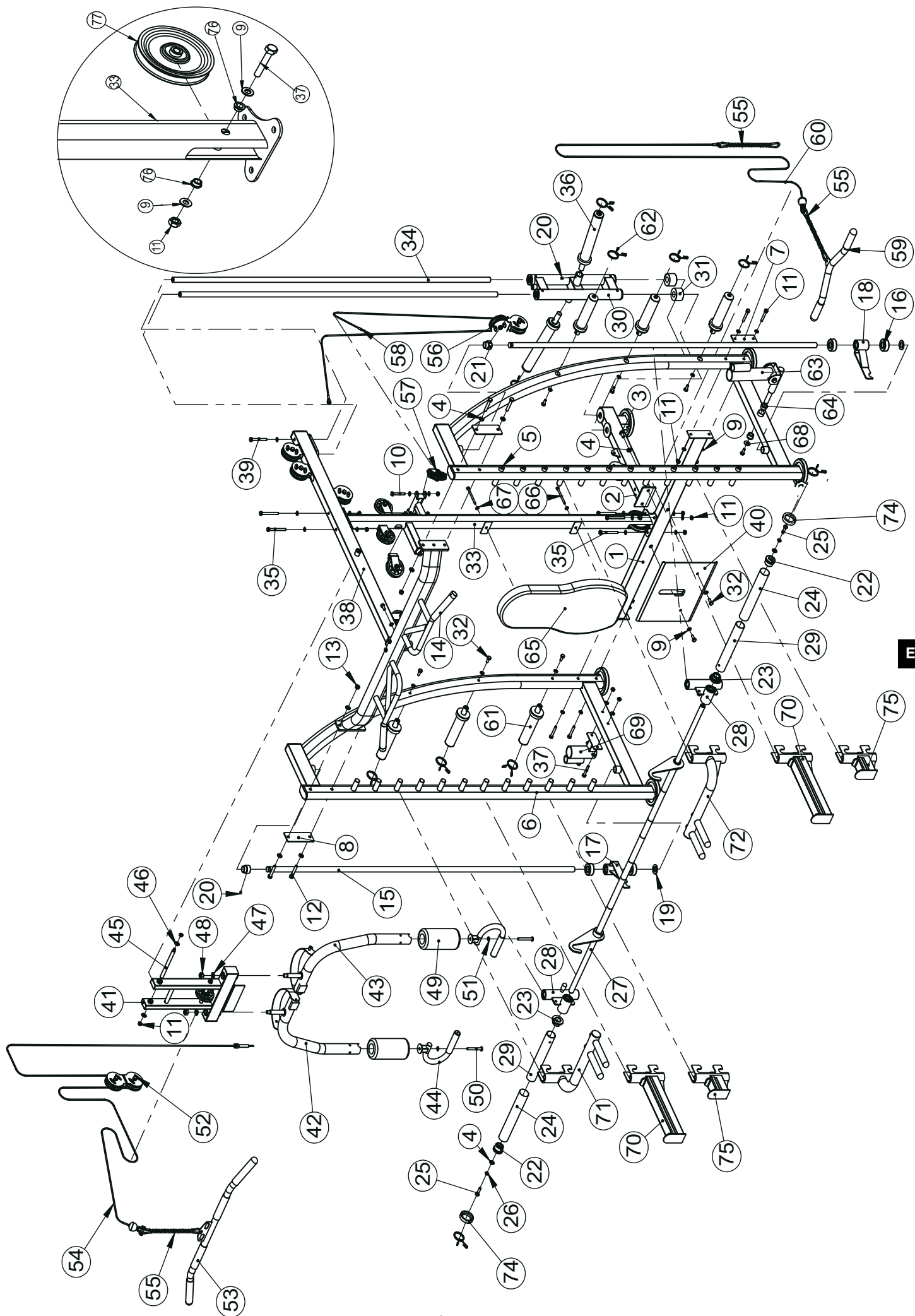
Rep. = Repetition

## 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:

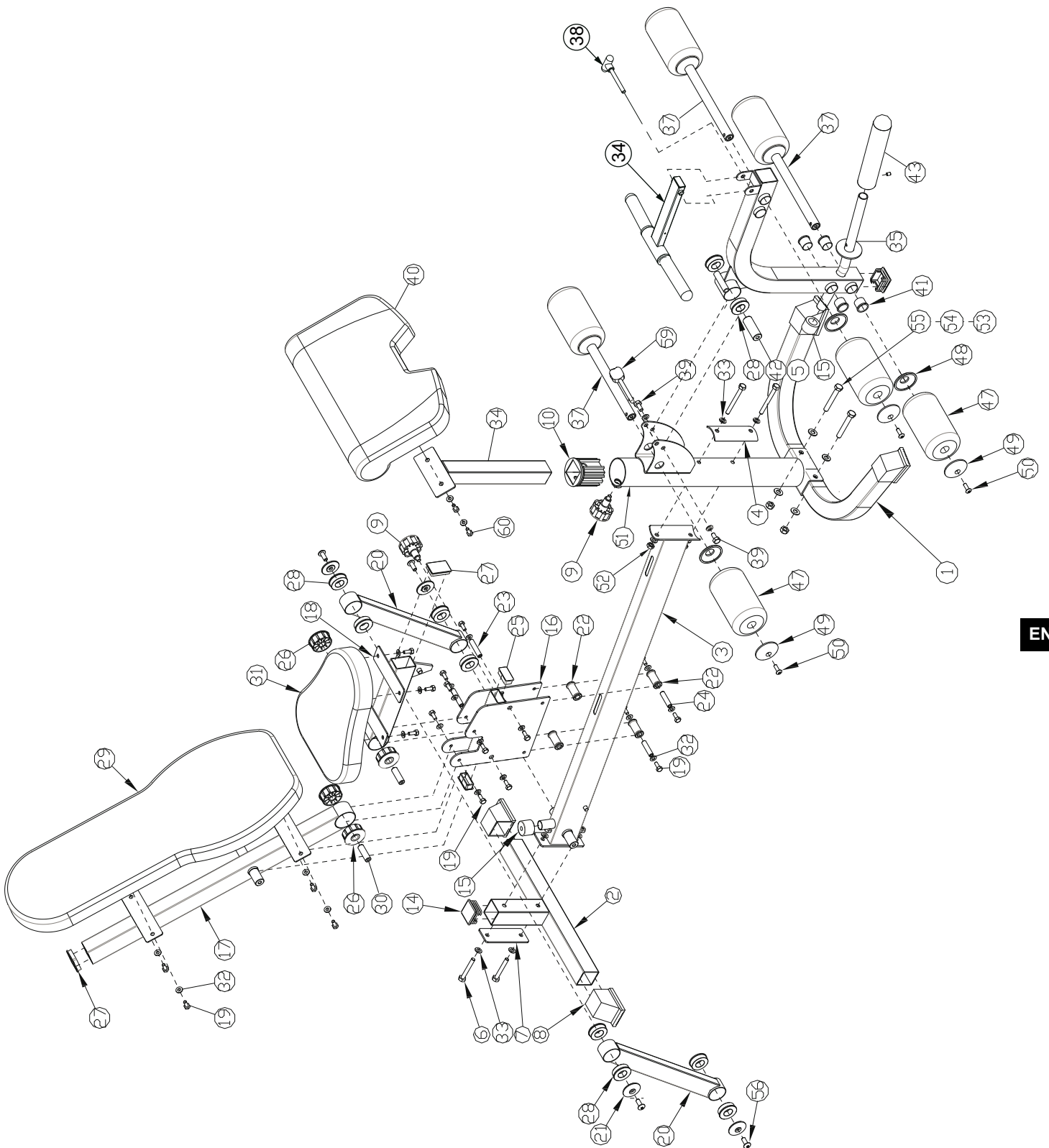
1. Training Sequence – Training Weight 20 kg - 10 Repetitions  
Break 1 Minute
2. Training Sequence – Training Weight 25 kg - 10 Repetitions  
Break 1 Minute
3. Training Sequence – Training Weight 30 kg - 10 Repetitions  
Break 1 Minute
4. Training Sequence – Training Weight 35 kg - 10 Repetitions  
Break 1 Minute



## Parts List – Multipress

Part No.	Description	Type	QTY
1	back ground link tube		1
2	back short ground link tube		1
3	hexagon bolt	M12x30	2
4	washer	Ø12	14
5	left frame		1
6	right frame		1
7	fixing plate	50x140mmxT4.0	2
8	fixing plate	60x140mmxT4.0	2
9	washer	Ø10	41
10	hexagon bolt	M10x65	6
11	lock nut	M10	16
12	hexagon bolt	M12x70	4
13	lock nut	M12	4
14	front up link tube		1
15	guide bar		2
16	rubber cushion		4
17	safety hook left		1
18	safety hook right		1
19	rubber cushion washer		2
20	headless hexagon bolt	M8x10	4
21	guide rod lock sleeve		2
22	barbell bar plug		4
23	aluminium ring		2
24	stainless steel pipe		2
25	hexagon bolt	M12x40	2
26	spring washer	Ø12	2
27	barbell bar		2
28	sliding sleeve		2
29	lined tube		2
30	barbell bar holder		1
31	rubber cushion	Ø27xØ60x42	2
32	hexagon bolt	M10x25	12
33	upright frame		1
34	sliding rod		2
35	hexagon bolt	M10x100	5
36	back barbell plate hang bar		2
37	hexagon bolt	M10x60	3
38	up link tube		1
39	hexagon bolt	M10x90	1

Part No.	Description	Type	QTY
40	footplate		1
41	arm extension frame		1
42	arm extension le		1
43	arm extension right		1
44	handle		2
45	shaft	Ø15.8x206	1
46	big washer	Ø25xØ10x2	2
47	washer	Ø16	2
48	lock nut	M16	2
49	sponge	Ø100xØ50x2	2
50	hexagon bolt	M10x85	2
51	curved washer	Ø10	2
52	double shape pulley frame		1
53	long bar		1
54	cable	L=4,110mm	1
55	chain+snap hook		3
56	cross shape pulles frame		1
57	U-shaped bracket		2
58	cable	L=3,045mm	1
59	short bar		1
60	cable	L=3,345mm	1
61	barbell plate hang bar		6
62	butterfly clip		10
65	back cushion		1
66	hexagon bolt	M8x100	2
67	washer	Ø8	2
69	barbell bar sleeve		1
70	long safety catch		2
71	horizontal bar right		1
72	horizontal bar left		1
74	rubber band		2
75	short safety catch		2



## Parts List - Training Bench

Part No.	Description	Type	QTY
1	Base Bar, front		1
2	Base Bar, rear		1
3	Base Bar		1
4	Mounting Plate, bent	T3.0x59x140	1
5	Hexagonal Head Screw	M10x100	2
6	Hexagonal Head Screw	M10x75	2
7	Mounting Plate, straight	T4.0x50x140mm	1
9	Grip Screw with Locking Pin	M18x1.5mm	2
16	Sliding Carriage		
17	Support Tube for Back-Rest		1
18	Base Frame for Seat Cushion		1
19	Hexagonal Head Screw	M8x20	12
20	Guide Pipe		2
21	Aluminium Cap, round	Ø50xØ11x9.5mm	4
29	Back-Rest Cushion	840x330x50mm	1
30	Distance Tube	Ø16x50mm	2
31	Seat Cushion	370x300x50mm	1
32	Washer	Ø8	14
33	Washer	Ø10	10
34	Shaft Pipe for Arm Curler		1
35	Swivel Bracket for Leg Curler		1
36	Swivel Bracket for Arm Curler		1
37	Cross Pipe	Ø25xT2.0x450	3
38	Safety Split Pin	Ø10x85	1
39	Hexagonal Head Screw	M10x20	2
40	Cushion for Arm Curler		1
42	Distance Tube	Ø25x67	1
47	Round Cushion		6
48	Cover Plate (large opening)		6
49	Cover Plate (small opening)		6
50	Hexagonal Head Screw	M8x25	6
51	Stand Pipe		1
52	Safety Nut	M10	4
53	Safety Nut	M12	2
54	Washer	Ø12	4
55	Hexagonal Head Screw	M12x75	2
56	Headless Screw	M10x20	4
59	Safety Split Pin	Ø10x100	1
60	Hexagonal Head Screw	M8x25	2

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 of 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.

### **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.

**ENG**

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.



## 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.



# MAXXUS<sup>®</sup>

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**Maxxus Group GmbH & Co. KG**  
Zeppelinstr. 2  
D-64331 Weiterstadt  
Germany  
E-Mail: [info@maxxus.de](mailto:info@maxxus.de)  
[www.maxxus.de](http://www.maxxus.de)