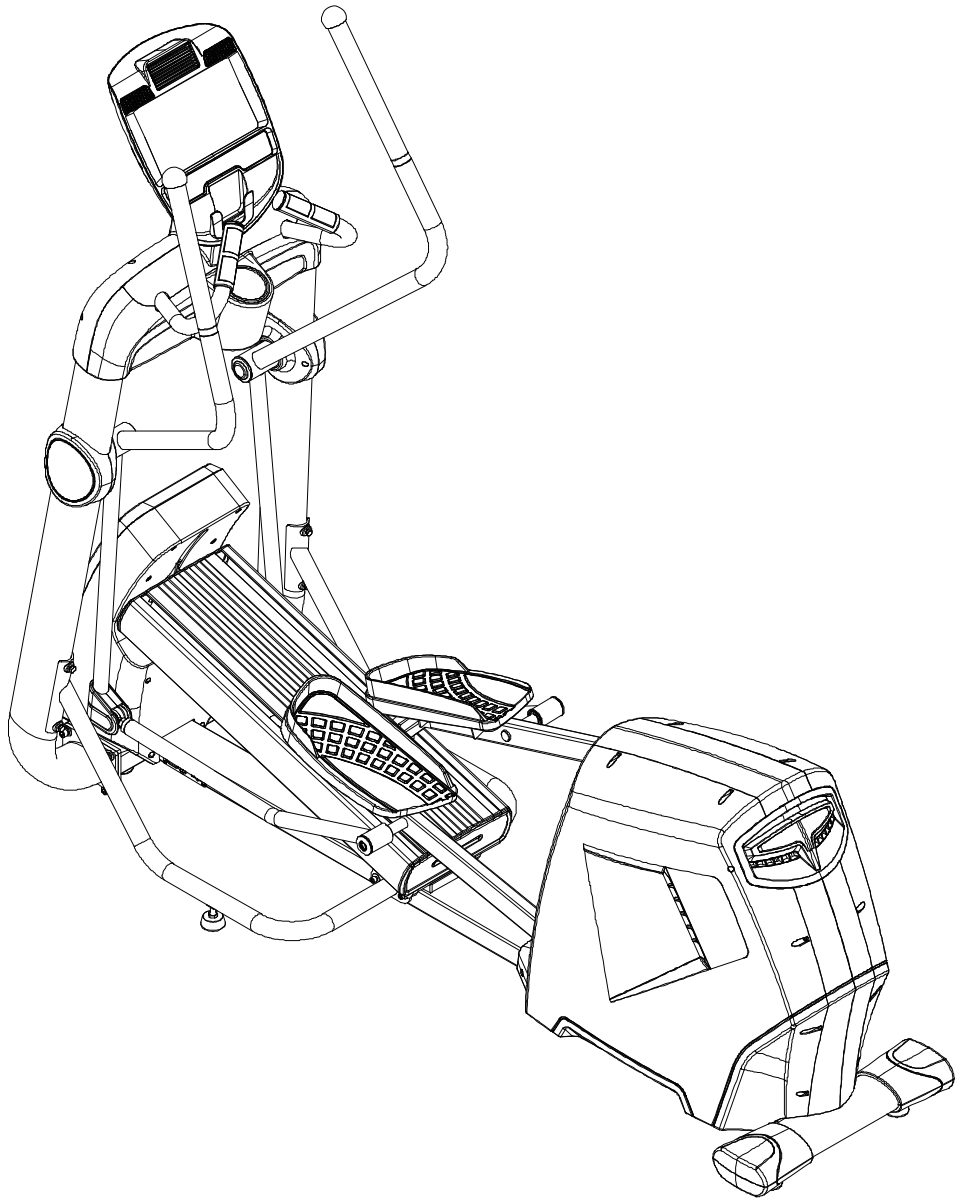


CX 90 PRO

Owner's manual

MAXXUS[®]



Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Thanks for purchasing this product. The product will help you exercise your muscles in the correct way and to improve your fitness – and all this in a familiar environment.

Precautions

WARNING: This elliptical trainer has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the elliptical trainer. The following safety precautions should also be observed:

- ◆ It is the responsibility of the owner to ensure that all users of the elliptical trainer are adequately informed of all precautions. Use the elliptical trainers only as described in this manual.
- ◆ Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this elliptical trainer is kept.
- ◆ Inspect and assemble all parts regularly. Replace and worn parts immediately.
- ◆ Place the elliptical trainer on a level surface, with at least 1.0 m of clearance on each side of elliptical trainer. To protect the floor or carpet from damage, place a mat under the elliptical trainer.
- ◆ Keep the elliptical trainer indoors, away from moisture and dust. Maintain the using place ventilation. DO NOT use it in the airless place.
- ◆ Don't put any sharp things around the elliptical trainer.
- ◆ Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical trainer. Always wear athletic shoes for foot protection while exercising.
- ◆ Do not use this product if more than 150kg of weights. Please choose our other series of elliptical trainers.
- ◆ Do not put your hands on the moving parts to prevent injuries.
- ◆ Keep your pedaling speed in a controlled way.
- ◆ If you find your elliptical trainer works abnormal, do not use it immediately.
- ◆ No more than one person should operate the elliptical trainer at one time.
- ◆ If you feel pain or dizziness while exercising, stop exercising immediately and ask for a doctor.

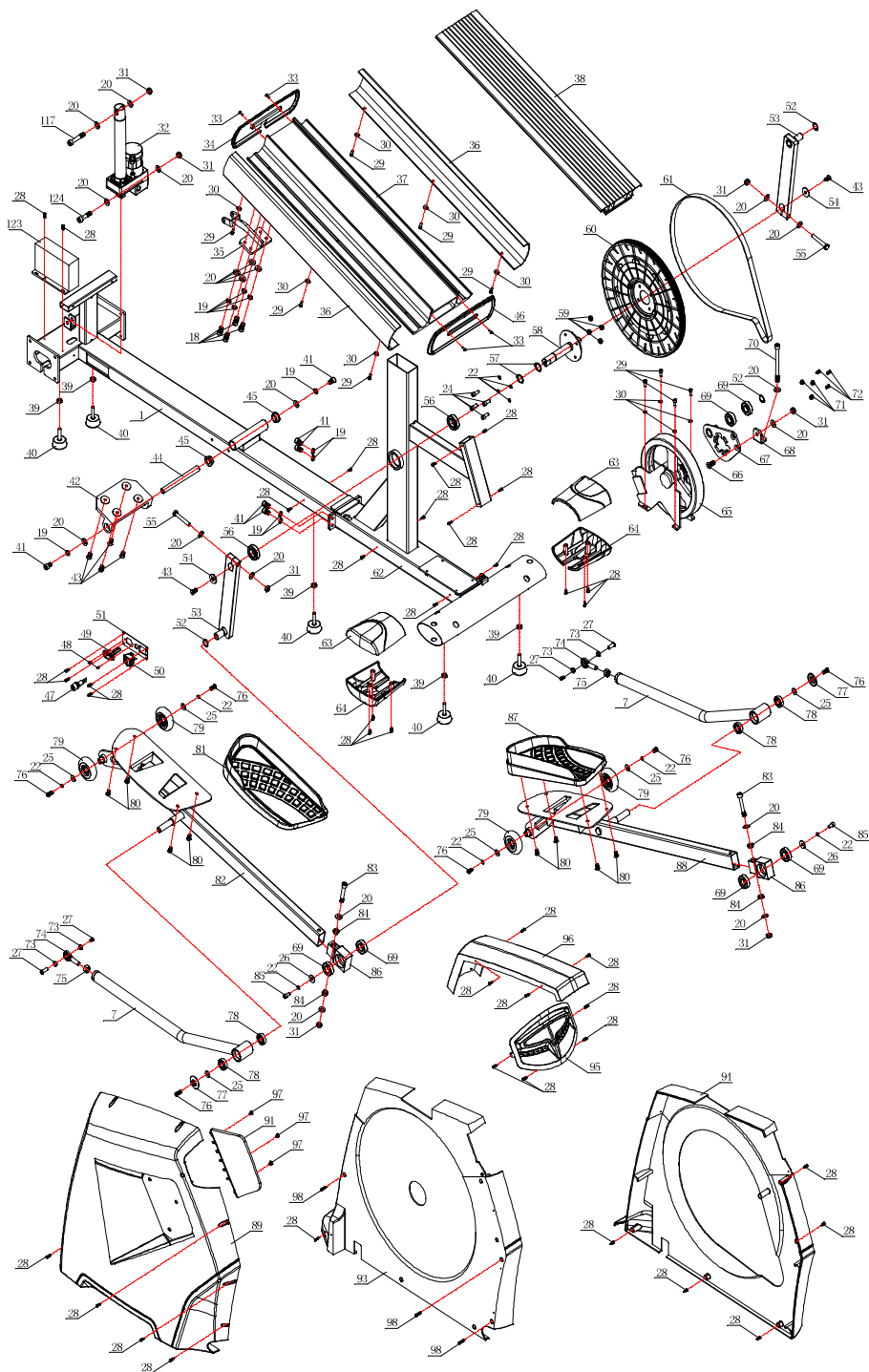
Safety notice

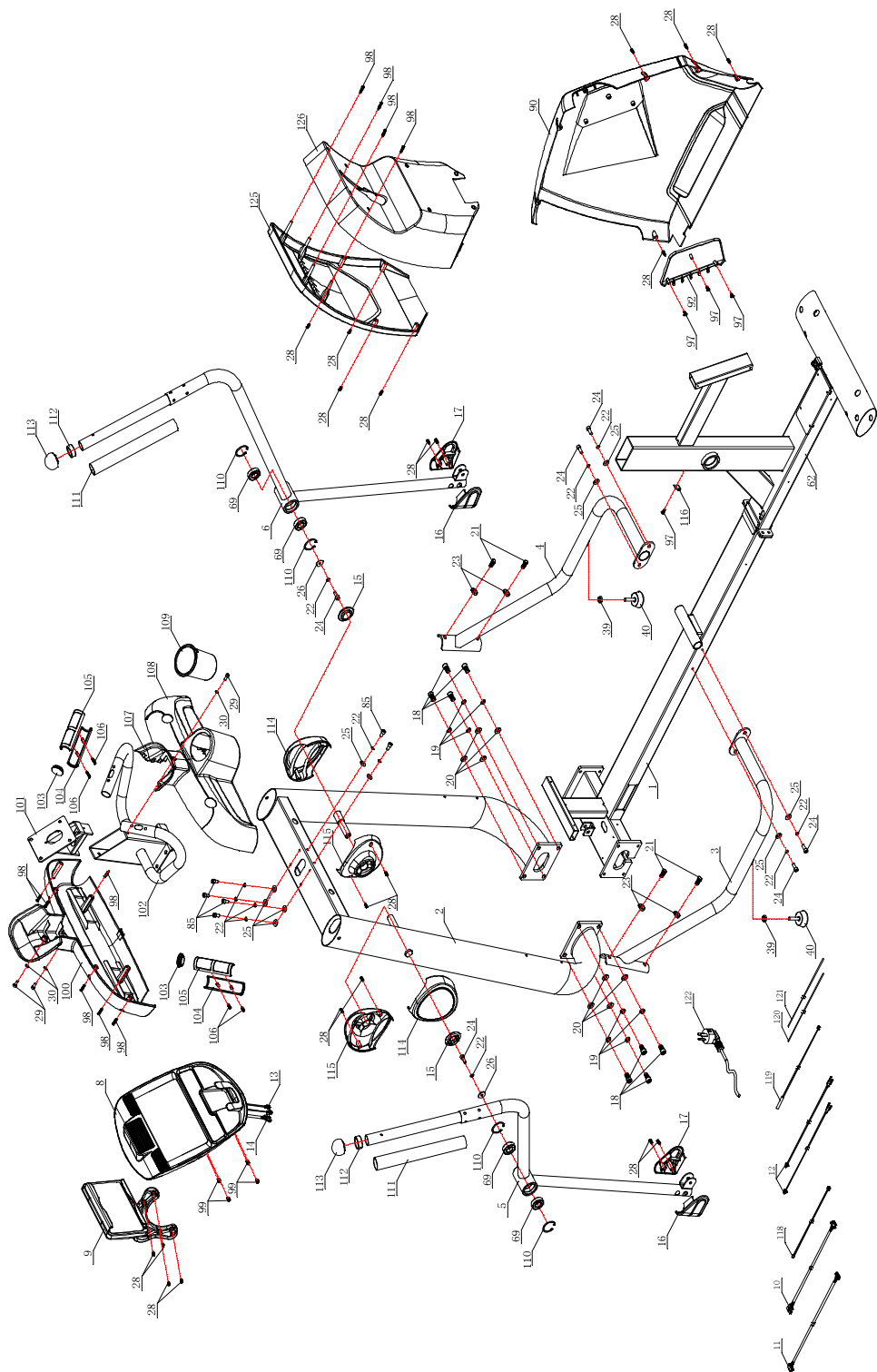
When you are remedial or have below symptoms, after discussing with your doctor, then could use this elliptical trainer.

1. Waist pain now and leg, waist, neck hurt before, legs, waist, neck and hand numbly please do not use.
 2. Have anamorphic arthritis, rheumatic and gout.
 3. Have osteoporosis and other abnormality.
 4. Have perfunctory system obstacle (heart disease, blood obstacle, hypertension).
 5. Have breath obstacle.
 6. Using the manpower pulse adjust machine or insert into the body machine.
 7. Have sarcomata.
 8. Have thrombus or other symptoms.
 9. Have diabetes or be caused by diabetes feeling obstacle.
 10. Have skin trauma.
 11. Hyperpyrexia caused by sick(38 ℃ or over 38 ℃).
 12. Abnormal back bone or back bone bending.
 13. Pregnant or catamenia.
 14. Feel physical abnormality, need convalesce.
 15. Body condition is not very well.
 16. The aim is to healing.
 17. Except the upper symptoms, feel other physical abnormality.
- Maybe cause the accident or the poor body condition.

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems. To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical trainer before using your elliptical trainer.

Explode Drawing:



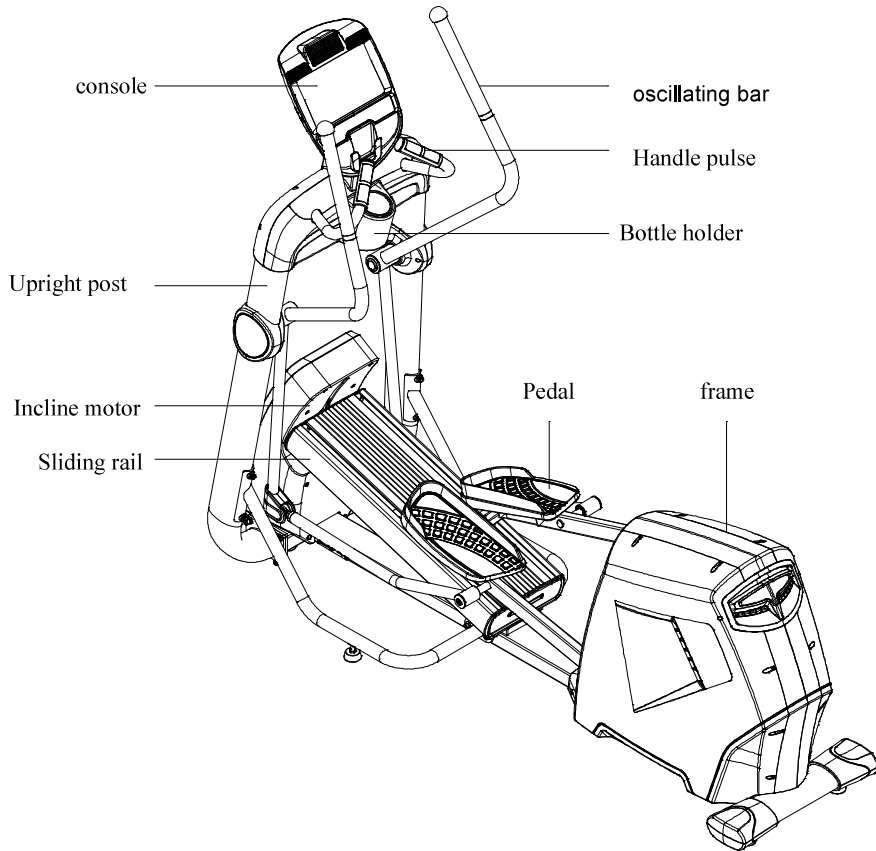


Part list:

No.	Description	Specification	Qty	No.	Description	Specification	Qty
1	Front main frame		1	38	Upper Aluminum track cover		1
2	Upright post		1	39	Hex nut	M10	7
3	Front-left supporting tube		1	40	Foot pad		7
4	Front-right supporting tube		1	41	Allen C.K.S. full thread screw	M10×15	6
5	Left oscillating bar		1	42	Aluminum track seat		1
6	Right oscillating bar		1	43	Allen C.K.S. full thread screw	M8×20	6
7	Side pull rod		2	44	Rotating axis	Φ16×170,4	1
8	console		1	45	Powder set	Φ32×Φ16×12.7	2
9	i-Pad holder	(optional)	1	46	Rear Aluminum track cover		1
10	Communication wire	L-2100mm	1	47	Fuse seat	6A	1
11	Communication wire	L-500mm	1	48	Philips C.K.S. self-tapping screw	ST3×10	2
12	Handle pulse wire	L-900mm	2	49	Power cord		1
13	wire		2	50	switch		1
14	Computer wire		1	51	Computer fixed piece		1
15	oscillating bar cover (3)	Φ56×16.5	2	52	Circle for shaft	Φ20	3
16	Lower oscillating bar cover -L	96×91×26	2	53	Crank unit		2
17	Lower oscillating bar cover -R	96×91×29	2	54	Flat washer	Φ8×Φ30×t3,0	2
18	Allen C.K.S. full thread screw	M10×20	12	55	Allen C.K.S. half thread screw	M10×65×20	2
19	Spring washer	Φ10	18	56	Deep groove ball bearing	6005-ZZ	2
20	Flat washer	Φ10×Φ22×2.0	28	57	Circle for shaft	Φ25	2
21	Allen C.K.S. full thread screw	M8×20	4	58	Crank axle		1
22	Spring washer	Φ8	22	59	Hex nut	M8	4
23	Arc-shaped washer	Φ8,5×R25×t2,0	4	60	Belt pulley	Φ385×22	1
24	Allen C.K.S. full thread screw	M8×20	10	61	Motor belt	560PJ8	1
25	Flat washer	Φ8,5×Φ20×t1,5	16	62	Rear main frame		1
26	Flat washer	Φ8,2×Φ25×t2,0	4	63	Upper cover for stick to tube		2
27	Allen C.K.S. hollow thread screw	Φ9,4×23,5-M6	2	64	Lower cover for stick to tube		2
28	Philips C.K.S. self-tapping screw	ST4×16	54	65	EMS flywheel		1
29	Allen C.K.S. full thread screw	M6×15	13	66	Allen C.K.S. full thread screw	M10×25	1
30	Flat washer	Φ6	13	67	Belt roller		1
31	Hex locking nut	M10	7	68	Linking part for adjust pin		1
32	Incline motor		1	69	Deep groove ball bearing	6004-ZZ	10
33	Philips C.K.S. full head screw	M4×15	4	70	Allen C.K.S. half thread screw	M10×125×25	1
34	Front Aluminum track cover		1	71	Powder metallurgy	Φ13×Φ8,5×8,4	3
35	Linking part for incline		1	72	Philips C.K.S. full head screw	M5×15	3
36	Side cover for Aluminum track		2	73	bushing	Φ16×Φ12×6,3	4
37	Aluminum track		1	74	Rod end joint bearing	SA12-TK	2

No.	Description	Specification	Qty	No.	Description	Specification	Qty
75	Hex nut	M12×P1.75	2	101	Fixing set for computer		1
76	Allen C.K.S. full thread screw	M8×20	6	102	Upper Fixing set for computer		1
77	Screw cover	Φ42×4.6	2	103	Round cap	Φ39×Φ30×27.5	2
78	Deep groove ball bearing	6003-ZZ	4	104	Handle pulse cover (lower)		2
79	Roller	Φ76×24	4	105	Handle pulse cover (upper)		2
80	Allen C.K.S. full thread screw	M6×12	4	106	Philips C.K.S. self-tapping screw	ST3×30	4
81	Pedal L		1	107	Upright post cover (2)		1
82	Left treadle group		1	108	Upright post cover (3)		1
83	Allen C.K.S. half thread screw	M10×65×15	2	109	Bottle holder		1
84	Powder set	Φ20×Φ10×8	4	110	Circlip for holes	Φ42	4
85	Allen C.K.S. full thread screw	M8×15	8	111	Foam grip	Φ30×t3.0×320	2
86	Adjusting bracket		2	112	sleeve	Φ38×Φ32.2×15	2
87	Pedal R		1	113	Ball head tube plug		2
88	Right treadle group		1	114	oscillating bar cover(1)		2
89	Left outer cover		1	115	oscillating bar cover(2)		2
90	Right outer cover		1	116	Magnetic induction block		1
91	Left decoration cover		1	117	Allen C.K.S. half thread screw	M10×60×20	1
92	Right decoration cover		1	118	Brake line	L-2200mm	1
93	Left fixed cover		1	119	Magnetic sensor	L-2200mm	1
94	Right fixed cover		1	120	Power wire	L-450mm(black)	1
95	Rear decoration cover		1	121	Power wire	L-450mm(red)	1
96	Upper decoration cover		1	122	Power cord		1
97	Philips C.K.S. self-tapping screw	ST4×12	7	123	controller		1
98	Philips C.K.S. self-tapping screw	ST4×25	13	124	Allen C.K.S. half thread screw	M10×45×20	1
99	Philips C.K.S. full head screw	M5×15	4	125	Front cover for incline		1
100	Upright post cover (1)		1	126	Rear cover for incline		1

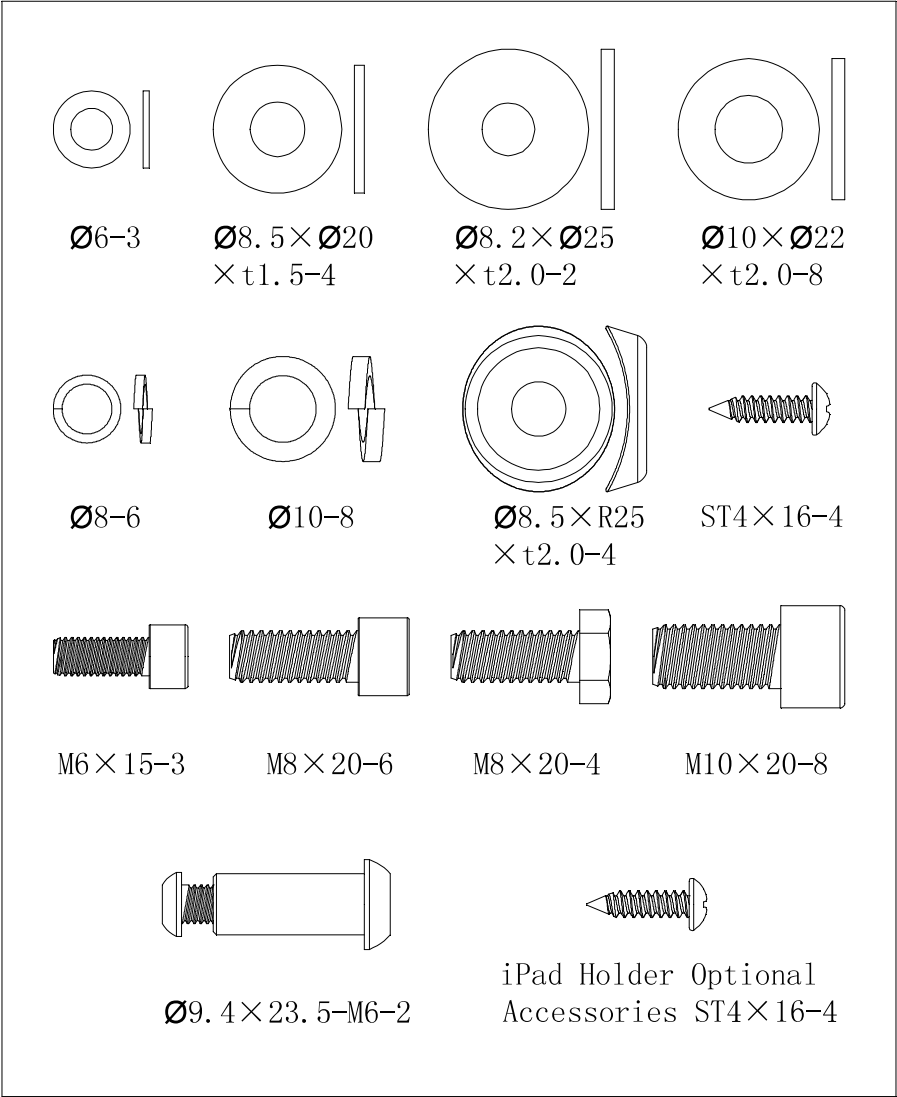
Product instruction



Technical Parameter:

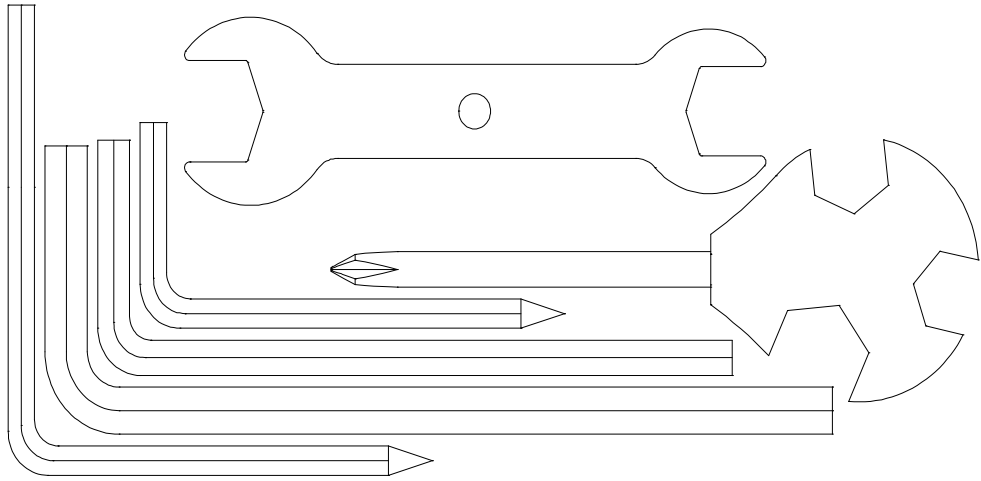
Model No.	E12
Dimension	unfold: 2150×770×1900mm
Max. Loading	150KG
Ratio	12.5
Flywheel	EMS (two-way), Φ265/12kg
Resistance Stage	1-20
Step length	500×220

***WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.**



Hardware kit list:

No.	Description	Specification	Qty	No.	Description	Specification	Qty
18	Allen C.K.S. full thread screw	M10×20	8	25	Flat washer	Ø8.5×Ø20×t1.5	4
19	Spring washer	Φ10	8	26	Flat washer	Ø8.2×Ø25×t2.0	2
20	Flat washer	Φ10×Φ22×2.0	8	27	Allen C.K.S. hollow thread screw	Ø9.4×23.5-M6	2
21	Allen C.K.S. full thread screw	M8×20	4	28	Philips C.K.S. self-tapping screw	ST4×16	4
22	Spring washer	Φ8	6	29	Allen C.K.S. full thread screw	M6×15	3
23	Arc-shaped washer	Ø8.5×R25×t2.0	4	30	Flat washer	Φ6	3
24	Allen C.K.S. full thread screw	M8×20	6	28	Philips C.K.S. self-tapping screw	ST4×16(optional)	4



Tool kit list:

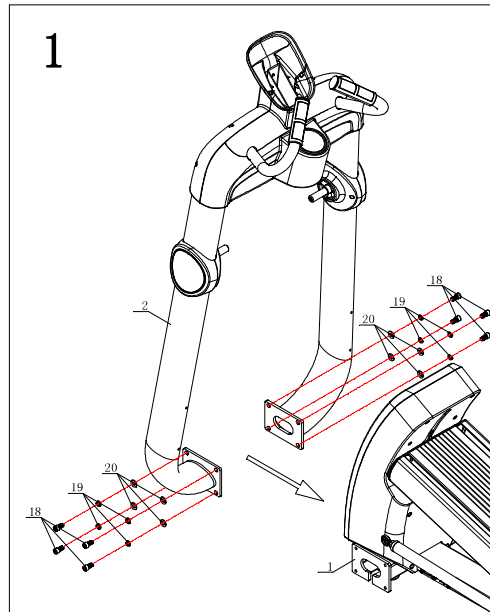
Description	Spec.	Qty
L-shape spanner	5×80×80S	1
L-shape spanner	5×35×85S	1
L-shape spanner	6×40×120	1
L-shape spanner	8×45×145	1
Cross open wrench	14×17×75	1
Open wrench	15#&17#	1

Assembly Instructions

Step 1:

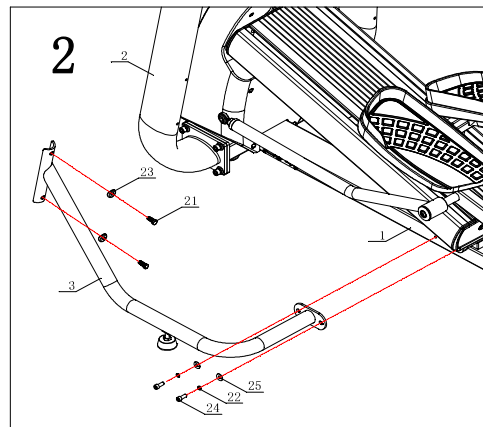
Attach the upright post(2) to the front main frame(1) with 2 flat washer (20)、spring washer(19) and Allen C.K.S. full thread screw (18) on both side, do not lock tightly.

Attention: Take care of the communication wire before assemble the upright post (2).



Step 2:

Attach the Front-left supporting tube (3) to the front main frame (1) and upright post (2) with 2 pieces of arc-shaped washer(23)、Allen C.K.S. full thread screw (21) and 2 pieces of flat washer(25)、spring washer(22)、Allen C.K.S. full thread screw (24), do not lock tightly.



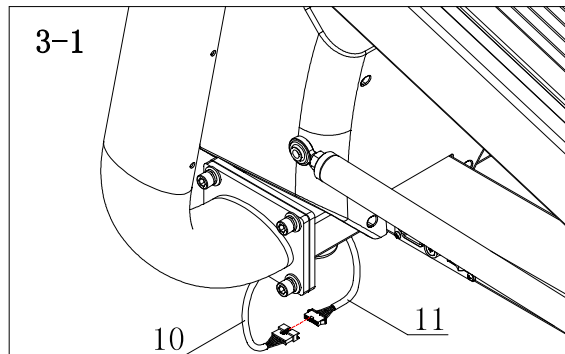
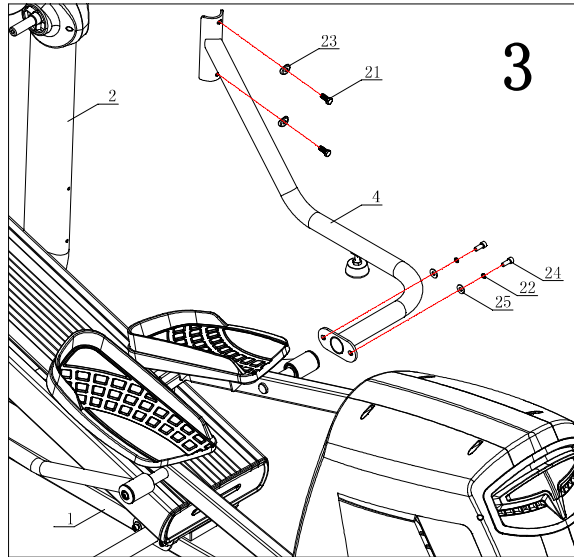
Step 3:

1. Attach the Front-right supporting tube (4) to the front main frame (1) and upright post (2) with 2 pieces of arc-shaped washer (23), Allen C.K.S. full thread screw (21) and 2 pieces of flat washer (25), spring washer (22), Allen C.K.S. full thread screw (24), do not lock tightly.

2. Tighten all the screws well in previous steps.

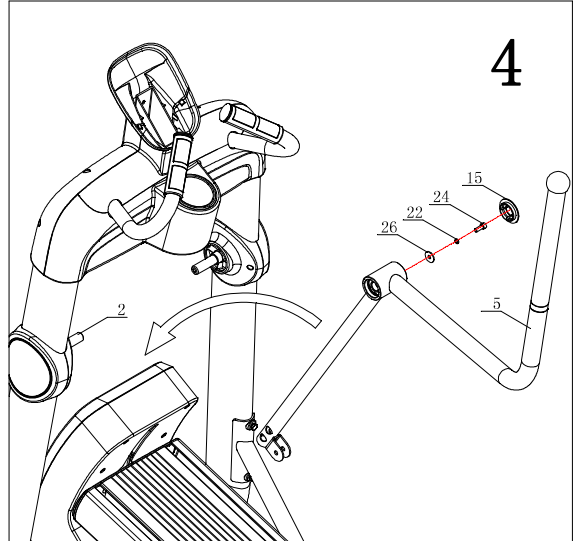
3. lift up the main frame and connect the communication wires (10) and (11), and put them inside the front main frame (1).

Attention: need 2 persons at least to perform this, you should lift up the main frame steadily to avoid the frame's pressure to the body while connect the wires.



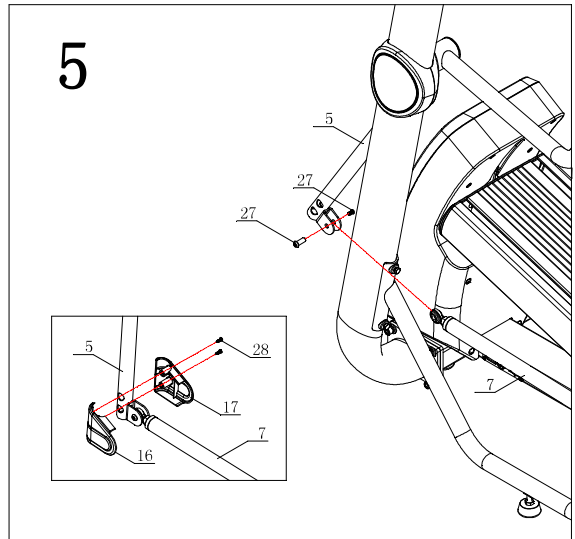
Step 4:

1. Attach the left oscillating bar (5) to the left shaft of upright post (2) with 1pc of flat washer(26), spring washer (22), Allen C.K.S. full thread screw (24) and lock well.
2. Cover the left oscillating bar (5) with oscillating bar cover-3 (15).



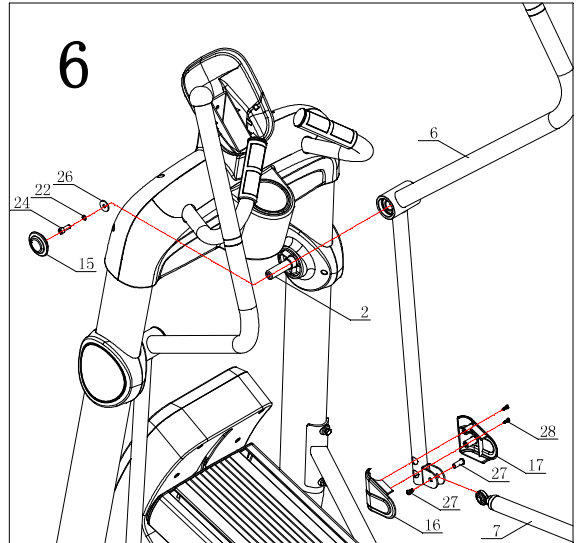
Step 5:

1. Attach the side pull rod (7) to the left oscillating bar (5) with one pc of Allen C.K.S. hollow thread screw (27) and lock well.
2. Cover the left oscillating bar (5) with oscillating bar cover-1 (16) and oscillating bar cover-2 (17), and then lock well with 2 pcs of Philips C.K.S. self-tapping screw(28).



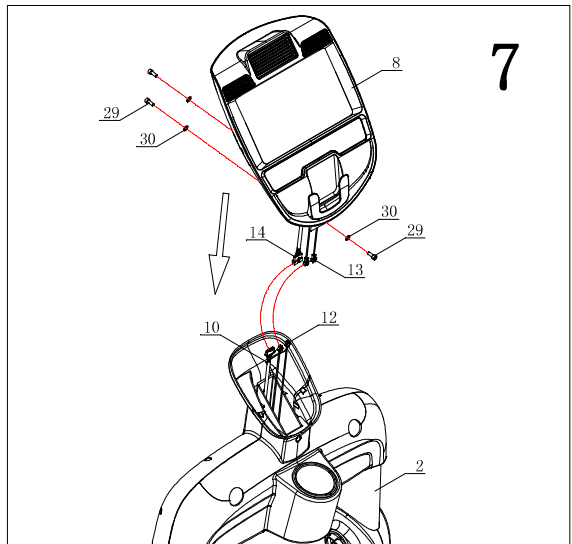
Step 6:

Repeat step 4 and 5 to attach the right oscillating bar (6) to the upright post (2).



Step 7:

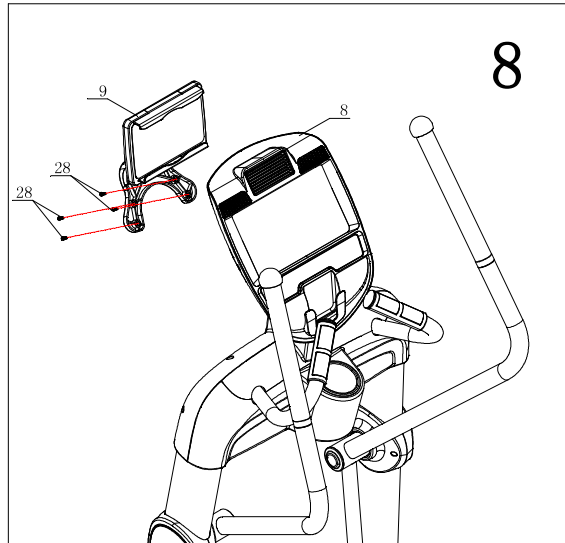
1. Connect the computer wire (14) and wire (10), handle pulse wire (13) and (12).
2. Install and lock the console (8) on the upright post (2) with 3 pcs of flat washer (30) and screws (29).



Step 8:

1. Lock the i-Pad holder (9) on the console (8) with 4 pcs of Philips C.K.S. self-tapping screw (28).

Attention : Only the product with i-Pad will need this.



Assembly material list:

No.	Description	Specification	Qty	No.	Description	Specification	Qty
1	Front main frame		1	17	Lower oscillating bar cover -R	96×91×29	2
2	Upright post		1	18	Allen C.K.S. full thread screw	M10×20	8
3	Front-left supporting tube		1	19	Spring washer	Φ10	8
4	Front-right supporting tube		1	20	Flat washer	Φ10×Φ22×2.0	8
5	Left oscillating bar		1	21	Allen C.K.S. full thread screw	M8×20	4
6	Right oscillating bar		1	22	Spring washer	Φ8	6
7	Side pull rod		2	23	Arc-shaped washer	Φ8.5×R25×t2.0	4
8	console		1	24	Allen C.K.S. full thread screw	M8×20	6
9	i-Pad holder	(optional)	1	25	Flat washer	Φ8.5×Φ20×t1.5	4
10	Communication wire	L-2100mm	1	26	Flat washer	Φ8.2×Φ25×t2.0	2
11	Communication wire	L-500mm	1	27	Allen C.K.S. hollow thread screw	Φ9.4×23.5-M6	2
12	Handle pulse wire	L-900mm	2	28	Philips C.K.S. self-tapping screw	ST4×16	4
13	wire		2	29	Allen C.K.S. full thread screw	M6×15	3
14	Computer wire		1	30	Flat washer	Φ6	3
15	oscillating bar cover (3)	Φ56×16.5	2	28	Philips C.K.S. self-tapping screw	ST4×16(optional)	4
16	Lower oscillating bar cover -L	96×91×26	2				

COMPUTER OPERATION

Key Function

START/STOP	To start or stop exercise.
RESET	1/ Press this key in “PAUSE” mode will return to “IDLE “ mode. 2/ Long press this key for 5 seconds can restart the computer; 3/ Press this key while setting parameters will back to the previous item.
MODE	1/ Press this key can set or modify the value; 2/ You can press this key to manual switch the exercise info. while exercising.
RESISTANCE +/-	1/ Press this key can increase /decrease the resistance value, if press this key over 1 sec. it will continuously increase or decrease. 2/ Single click RESISTANCE +/- will increase or decrease one level of resistance while exercising.
INCLINE +/-	1/ Press this key can increase /decrease the incline value, if press this key over 1 sec. it will continuously increase or decrease. 2/ Single click INCLINE +/- will increase or decrease one level of incline while exercising.
PROGRAM	When press this key in “IDLE” mode, you can choose any mode you want;
RECOVERY	Test the heart rate recovery status;
BODY FAT	Body fat measurement.

Exercise Data Display

TIME	Display Range: 0:00 ~ 99:99; Setting Range: 0:00 ~ 99:99 min;
DISTANCE	Display Range: 0 ~ 9999; Setting Range: 0 ~ 9999 KM;
CALORIES	Display Range: 0 ~ 999; Setting Range: 0 ~ 999 CAL;
SPEED	0.0 ~99.9 KPH/MPH
RESISTANCE LEVEL	1~20
INCLINE	1~15
PULSE	Display Range: 40~220
WEIGHT	1/ Setting Range in metric system: 30~150KG, default value: 70KG; 2/ Setting Range in British system: 40~400LB; default value: 155LB
HEIGHT	Setting Range: 90~210CM
AGE	Setting Range: 10~99 Y
RPM	0~999

PROGRAM OPERATING

Insert the adapter plug to power socket and connect the power, turn on the power, there will be one long “bee” sound in the first boot screen, all icons that will be used will display for 2 seconds at the same time, TIME window will show total hours and DISTANCE window will show total miles. Waiting for 3 seconds the system will judge if the incline is in its lowest position, if not, it will automatically return to 0% position, and MW will show “INITIALIZE”; If it is already in its lowest position the system will enter into “IDLE” mode.

IDLE MODE

A: You can directly enter into “QUICK START MODE” under this mode, just press “START/STOP” key the user can do exercise accordingly and the computer will record the exercise data.

B: If you don’t want to enter into “QUICK START MODE”, you can select the programs you want according the following “PROGRAM SELECTION”.

PROGRAM SELECTION

While under IDLE MODE, you can press “PROGRAM” key to select any one from MANUAL, PROGRAM, USER PROGRAM, HRC, and press “MODE” key to set.

a: If the user would like to select “MANUAL”, first press “RESET” to back to “IDLE” mode, then press “PROGRAM” one time under IDLE MODE, thus you will enter into the “MANUAL MODE”. The RPM window will show the program name “P001”, you can press “START” key to run “MANUAL MODE” or press “MODE” key to set the age, press RESISTANCE +/- key can modify the value, and then press “MODE” key to set weight/time/distance/calories in turn, after all setting done, press “START/STOP” key, the computer will begin to record the exercise data.

b: If the user would like to select “USER PROGRAM”, first press “RESET” to back to “IDLE” mode, then press “PROGRAM” key to select USER PROGRAM (there are 4 PROGRAM mode in total). The RPM window will show corresponding program name “U01~U04”, you can choose any USER PROGRAM directly start or press “MODE” key to set the age, press RESISTANCE +/- key can modify the value, and then press “MODE” key to set weight/time/distance/calories in turn, after all setting done, press “START/STOP” key, the computer will begin to record the exercise data.

The resistance level can adjust between 1~20, press “RESISTANCE +/-” key to modify the value, after setting you can press “MODE” key to enter into the next, you need to set from 1~24 in turn.

The incline can adjust between 1~15, press “INCLINE +/-” key to modify the value, after setting you can press “MODE” key to enter into the next, you need to set from 1~24 in turn.

c: If the user would like to select “HRC”, first press “RESET” to back to “IDLE” mode, then press “PROGRAM” key to select HRC (there are 3 HRC mode in total). The RPM window will show corresponding program name “H01~H03”, you can choose any HRC PROGRAM directly start or press “MODE” key to set the age, press RESISTANCE +/- key can modify the value, and then press “MODE” key to set weight/time/distance/calories in turn, after all setting done, press “START/STOP” key, the computer will begin to record the exercise data.

d: Body Fat test mode

Press “BODY FAT” key to enter Body Fat Mode in IDLE MODE, MW window will show “BODY FAT”. Press “MODE” key to set the sex, press RESISTANCE +/- key can modify the value, and then press “MODE” key to set age/weight/height in turn, after all setting done, press “MODE” key to begin the body fat test, first there will be 10 seconds of heartbeat detection, if heartbeat detected within 10 seconds, it will execute the body fat test for 25 seconds.

While testing, the user must hold the handle pulse with both hands, all other function won't display. The last 10 seconds will count down in TIME window and display 0:10, the PULSE window show the heartbeat value, MW window display “TESTING”. If heartbeat detected within 10 seconds, it will enter into 25 seconds count down, TIME window display 0:25 and counting down, the PULSE window show the heartbeat value, MW window display “BODY FAT”.

After count down over, DM will show the body fat percentage, 10 seconds later or press “BODY FAT” key will return to the status before enter into BODY FAT with 2 BEE sounds.

RECOVERY MODE

Press “RECOVERY” key under RUN/PAUSE/END status will enter into “RECOVERY MODE”, first there will be 10 seconds of heartbeat detection, if heartbeat detected within 10 seconds, it will execute the HEART RATE RECOVERY for 60 seconds. All other function won't display. The last 10 seconds will count down in TIME window and display 0:10, the PULSE window show the heartbeat value, MW window display “TESTING”. If heartbeat detected within 10 seconds, it will

enter into 60 seconds count down, the PULSE window show the heartbeat value, MW window display “RECOVERY”.

After count down over, DM will show FX (X=1-6), MW window will show corresponding prompt character (see below chart), 10 seconds later or press “RECOVERY” key will return to the status before enter into RECOVERY with 2 BEE sounds.

F1	EXCELLENT
F2	VERY GOOD
F3	GOOD
F4	SATISFACTORY
F5	POOR
F6	VERY POOR

You can press “RECOVERY” to reset under “RECOVERY MODE”.

Remark:

While in IDLE MODE, DISPLAY OFF and no RPM input, and no any key press within 5 min, the control board will enter into the power saving mode.

If abnormal error appeared on cosole, please remove the adapter plug or turn off the power.

General fitness tips

Start your exercise program slowly, i.e. one exercise unit every 2 days. Increase your exercise session week by week. Begin with short periods per exercise and then increase these continually. Start slowly with the exercise sessions and don't set yourself impossible targets. In addition to these exercises, do other forms of exercise such as jogging, swimming, dancing and/or cycling.

Always warm up thoroughly before exercising. To do so, carry out at least five minutes of stretching or gymnastic exercises to avoid muscle strains and injuries.

Check your pulse regularly. If you do not have a pulse measuring instrument, ask your GP how you can measure your heart rate effectively. Determine your personal exercise frequency range to achieve optimal training success. Take into account both your age and your level of fitness. The table on page 16 will give you a reference point for determining the optimal exercise pulse.

Make sure you breathe regularly and calmly when exercising.

Take care to drink enough while exercising. This ensures that the liquid requirement of your body is satisfied. Consider that the recommended drinking amount of 2-3 liters per day is strongly increased through physical strain. The fluid you drink should be at room temperature.

When exercising on the device always wear light and comfortable clothing as well as sports shoes. Do not wear any loose clothing that could tear or become caught in the device whilst exercising.
Exercises for your personal work-out.

Warm-up / stretching exercises

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

NECK EXERCISES

Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again. You can repeat this exercise alternately several times.



1

EXERCISES FOR THE SHOULDER AREA

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.



2

ARM STRETCHING EXERCISES

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.



3

EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.



4

INSIDE UPPER THIGH

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.



5

TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.



6

EXERCISES FOR THE KNEES

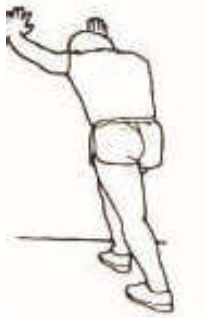
Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.



7

EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.



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