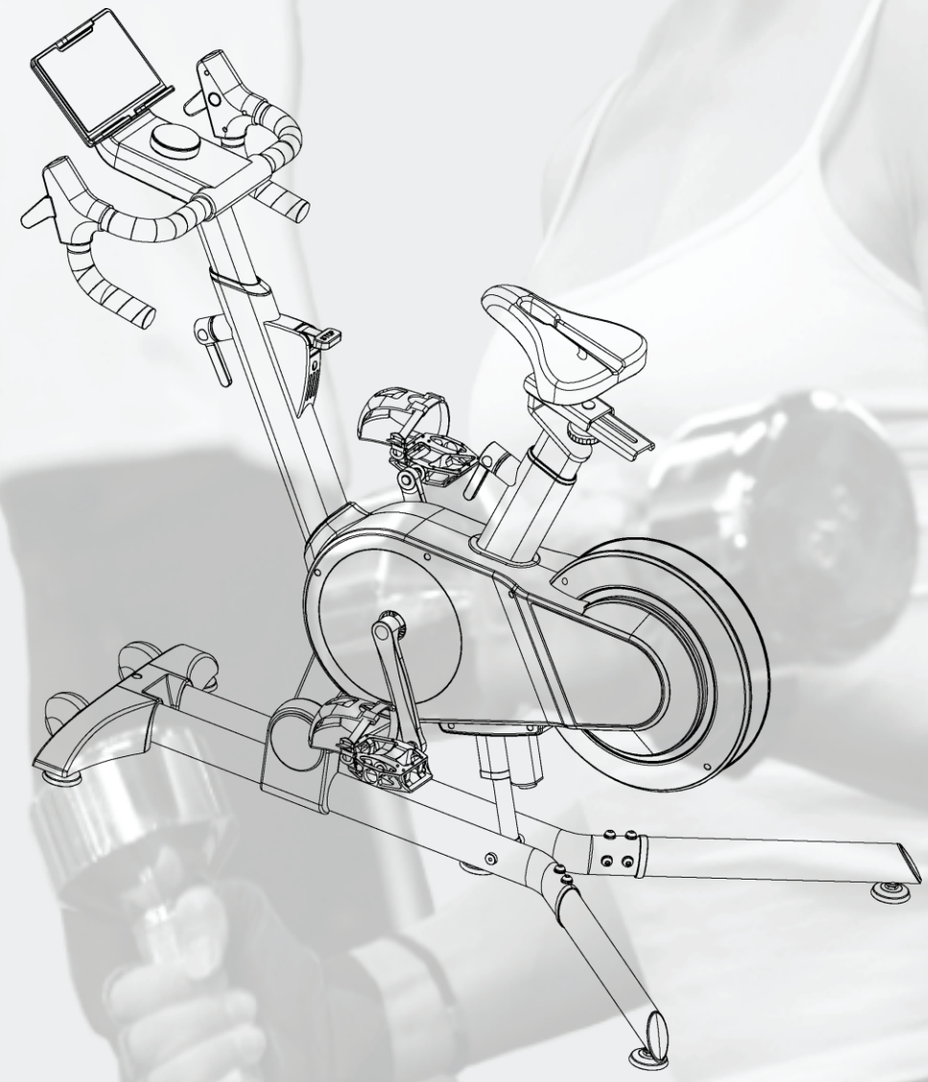
INSTALLATION & OPERATING MANUAL

MAXXUS

Spinning Bike

S2

GSMX-600421-00019-0001



ENG

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DEAR CUSTOMER,

Thank you for choosing our product. Please read this manual carefully to avoid any damage from improper use. If you share the product, be sure to pass on this manual.

IMPORTANT INFORMATION AND SAFETY INSTRUCTIONS

General information

Please ensure that everyone using the device has read and understood the assembly and operating instructions. These instructions must be considered part of the product and kept in a safe place for future reference. Adhering strictly to the safety and maintenance instructions is crucial. Any deviation from these instructions may result in health issues, accidents, or damage to the device, for which the manufacturer and distributor cannot be held liable.

Personal safety

Before using the device, consult your family doctor to determine whether the training is suitable for you from a health perspective. This is particularly important for individuals with a hereditary predisposition to high blood pressure or heart disease, smokers, those with high cholesterol levels, overweight individuals, and those who have not exercised regularly in the past year. If you are taking medication that affects your heart rate, medical advice is essential. Excessive exercise can be harmful to your health. If you experience weakness, nausea, dizziness, pain, shortness of breath, or any other abnormal symptoms during training, stop immediately and consult a doctor.

As a general rule, sports equipment is not a toy. Unless otherwise stated, the equipment may only be used by one person at a time. It should be used as intended and by appropriately informed and instructed individuals. Children and persons with disabilities should only use the device under the supervision of someone who can assist and guide them. Measures should be taken to prevent unsupervised children from using the device. Ensure that no one stands or moves near the moving parts of the device during use.

Wear appropriate training clothes and shoes when using the device. Clothing should be such that it cannot become entangled in the equipment during use. Training shoes should provide a firm grip and have non-slip soles.

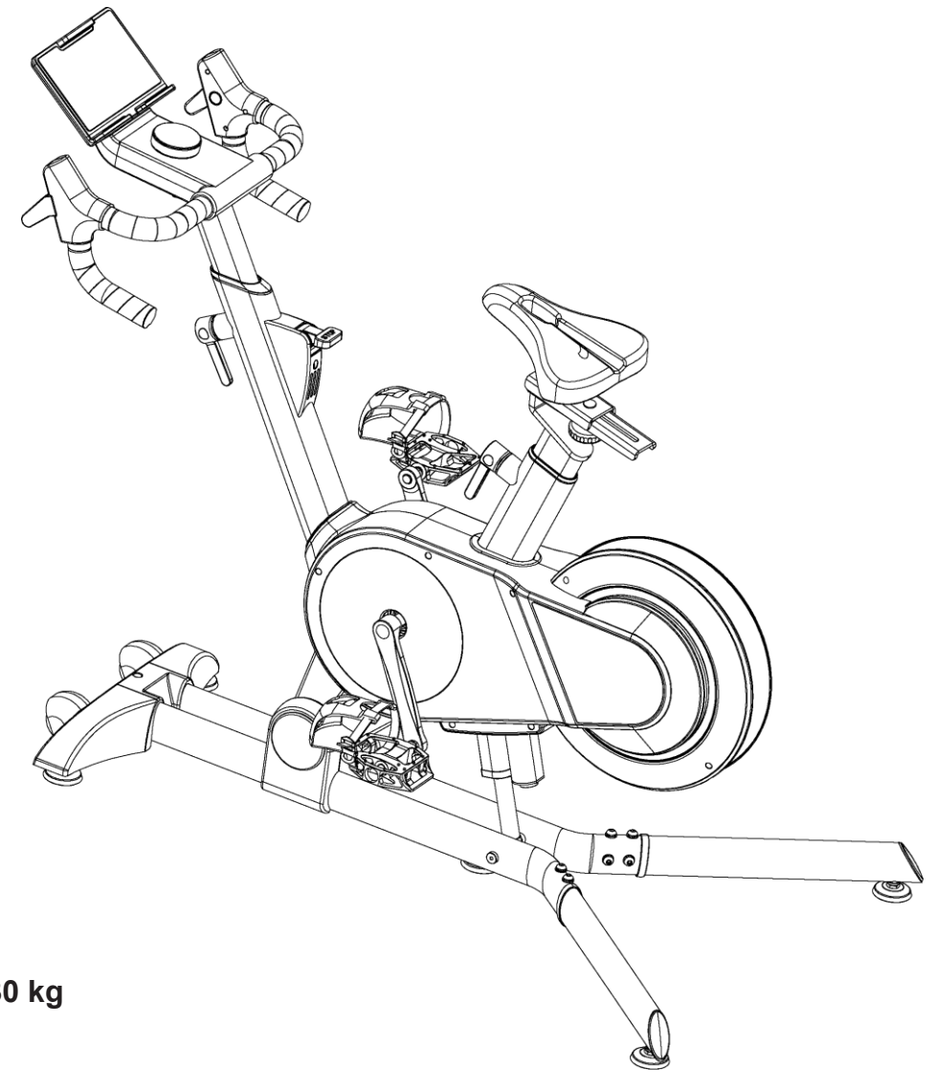
Assembly

Check that all parts and tools listed in the parts list are present. Some parts may be pre-assembled. Keep children and animals away from the assembly area. Tools, packaging materials (e.g., foil), or small parts may pose injury or suffocation risks. Ensure enough space to move during assembly. Before using the device for the first time, and at regular intervals, check the tightness of all screws, nuts, and other connections to ensure safe operation. Any use other than its intended purpose is not permitted and may result in accidents, health risks, or damage to the training device. The distributor is not liable for any damage caused by improper or inappropriate handling.

Location

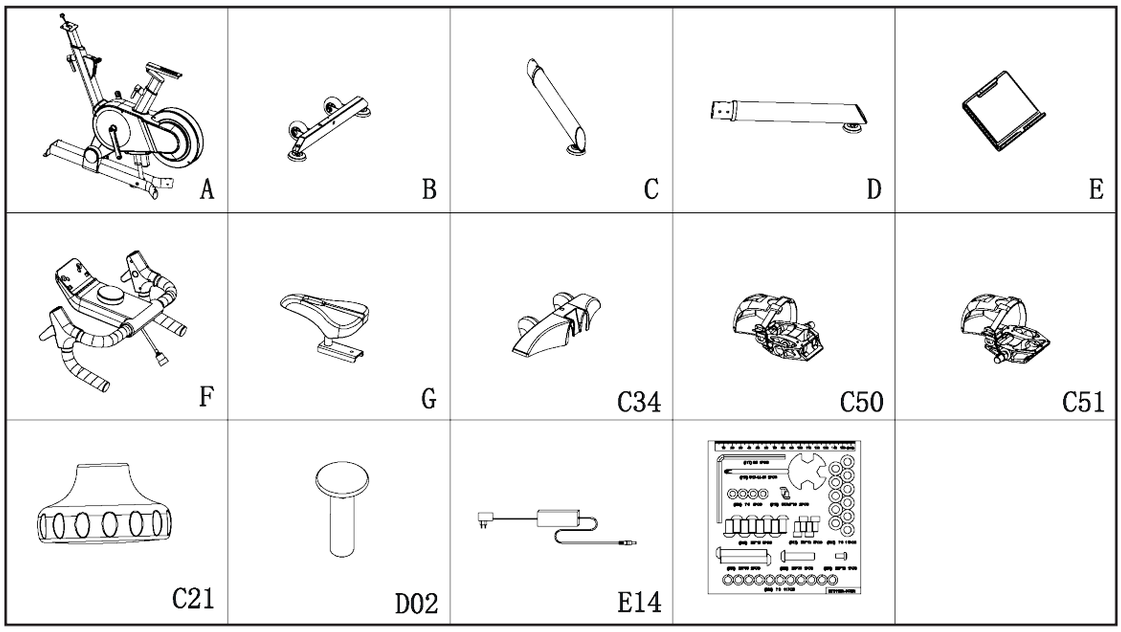
Set up the device on a flat, stable, and dry surface. If available, use adjustable parts of the device to compensate for uneven surfaces. To protect sensitive surfaces from pressure marks and dirt, place a floor protection mat underneath. Remove all objects within the required training radius before starting. Outdoor use or use in rooms with high humidity is not permitted.

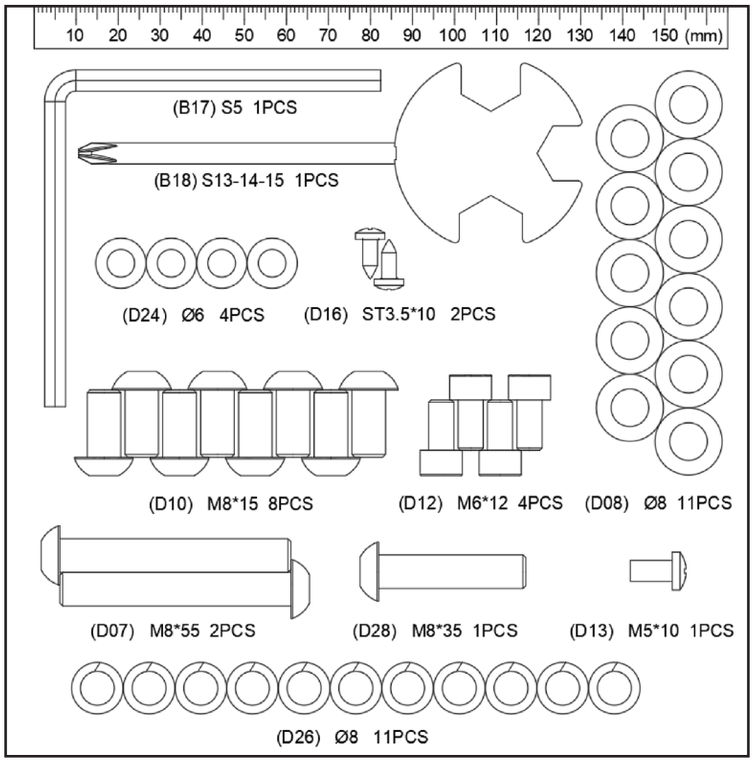
TECHNICAL DATA OVERVIEW



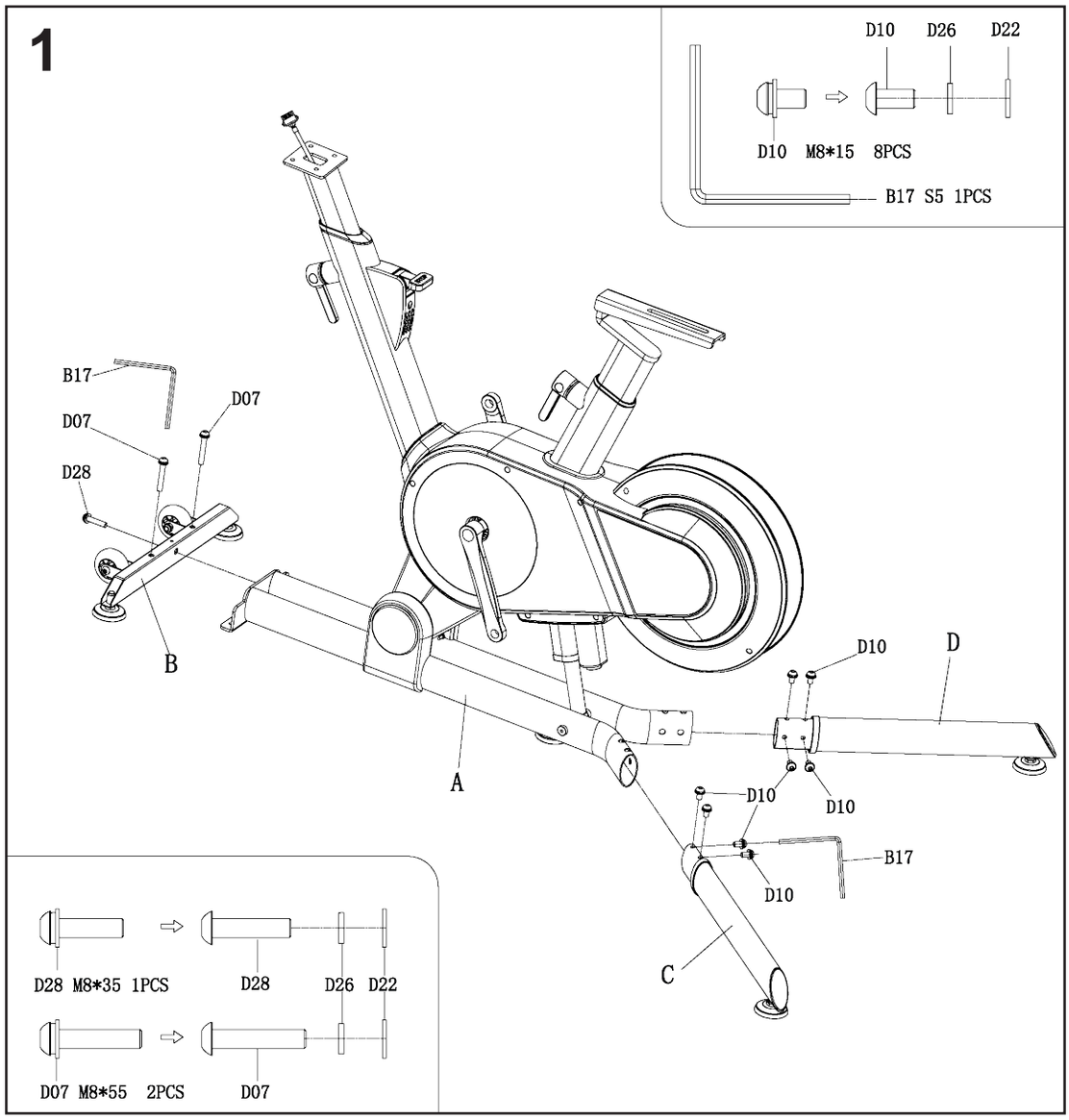
Max user weight: 130 kg
Length: 150 cm
Width: 80 cm
Height: 116.5 cm

PARTS LIST

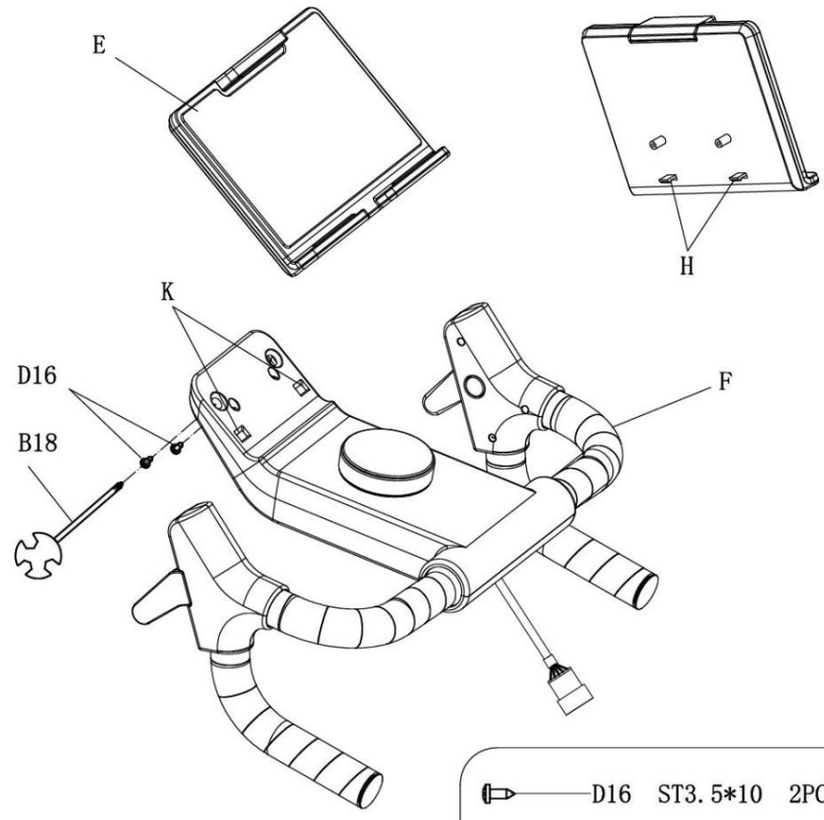

A
B
C
D
E
F
G
C34
C50
C51
C21
D02
E14


10 20 30 40 50 60 70 80 90 100 110 120 130 140 150 (mm)
(B17) S5 1PCS
(B18) S13-14-15 1PCS
(D24) Ø6 4PCS
(D16) ST3.5*10 2PCS
(D10) M8*15 8PCS
(D12) M6*12 4PCS
(D08) Ø8 11PCS
(D07) M8*55 2PCS
(D28) M8*35 1PCS
(D13) M5*10 1PCS
(D26) Ø8 11PCS

ASSEMBLY STEPS



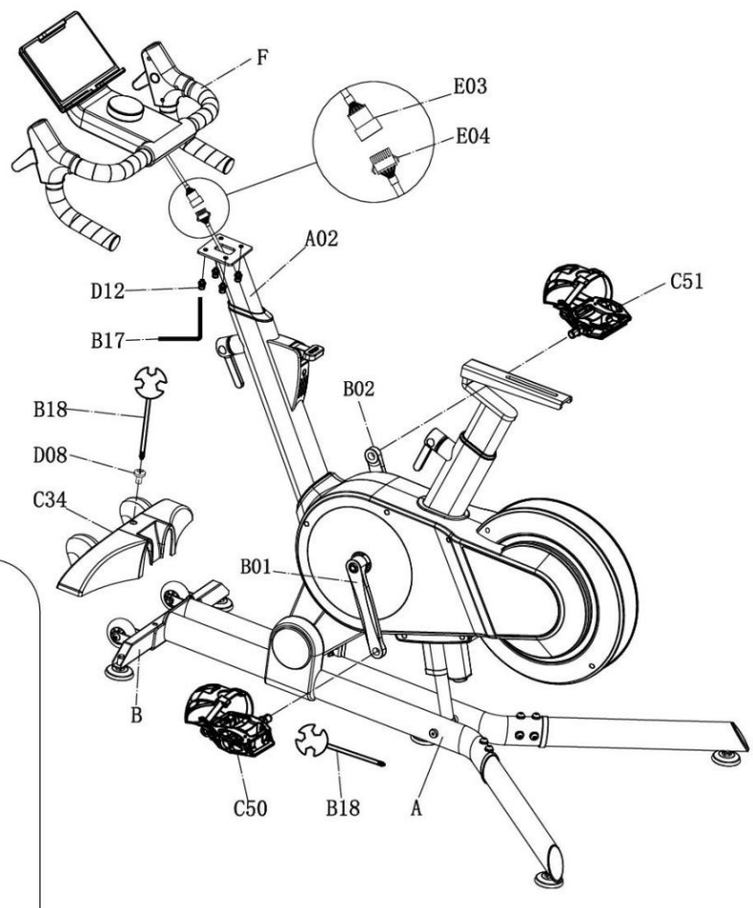
2



D16 ST3.5*10 2PCS

B18 S13-14-15 1PCS

3



D08 M5*10 1PCS

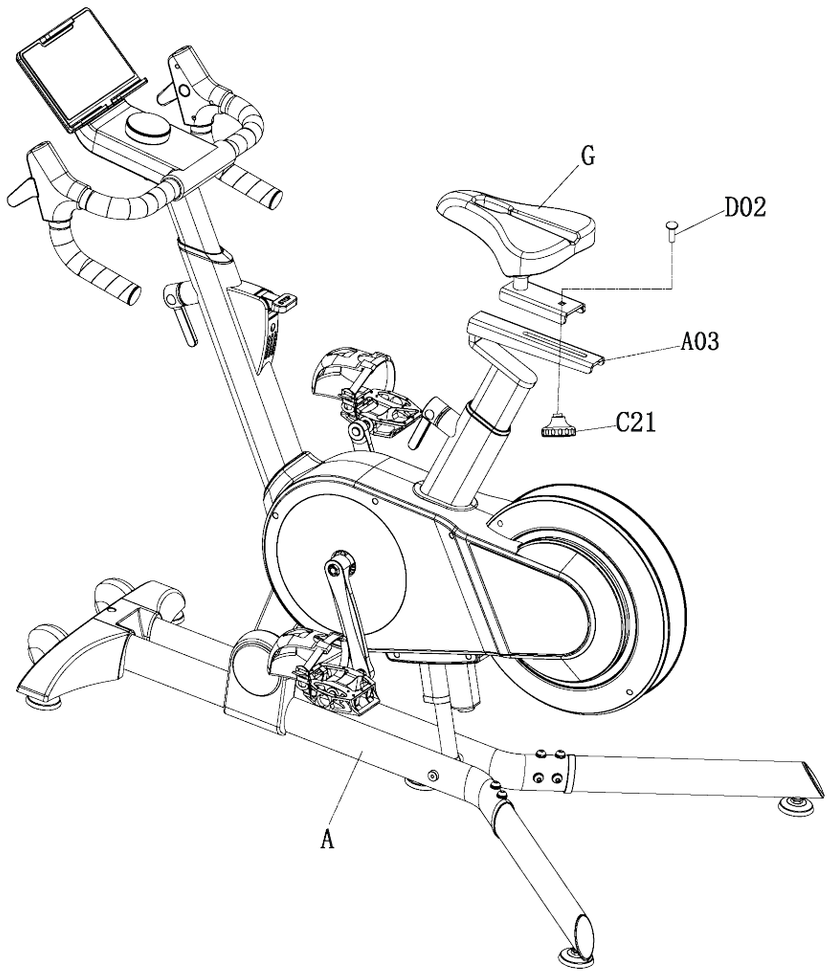
D12 D24

D12 M6*12 4PCS

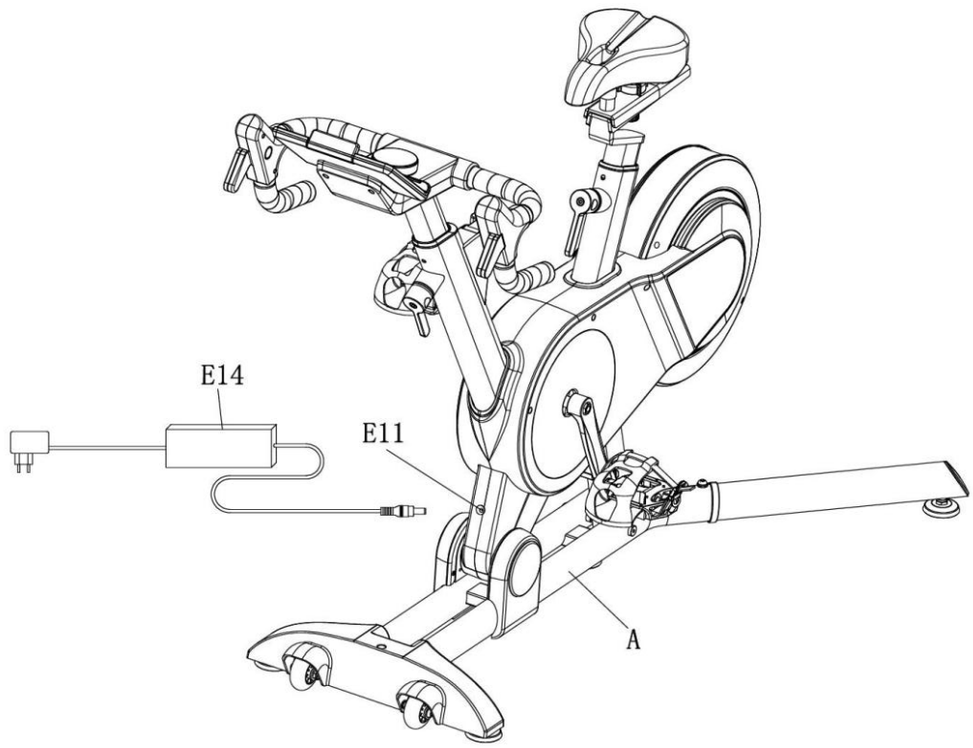
B18 S13-14-15 1PCS

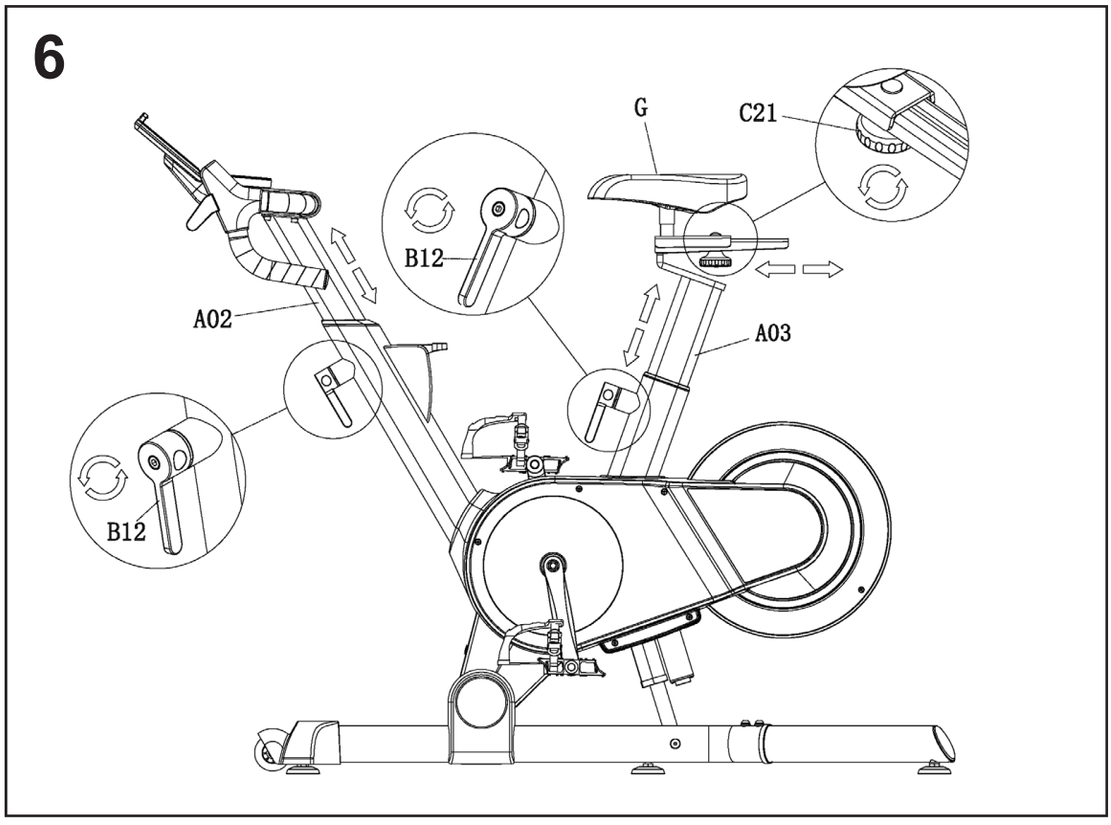
B17 S5 1PCS

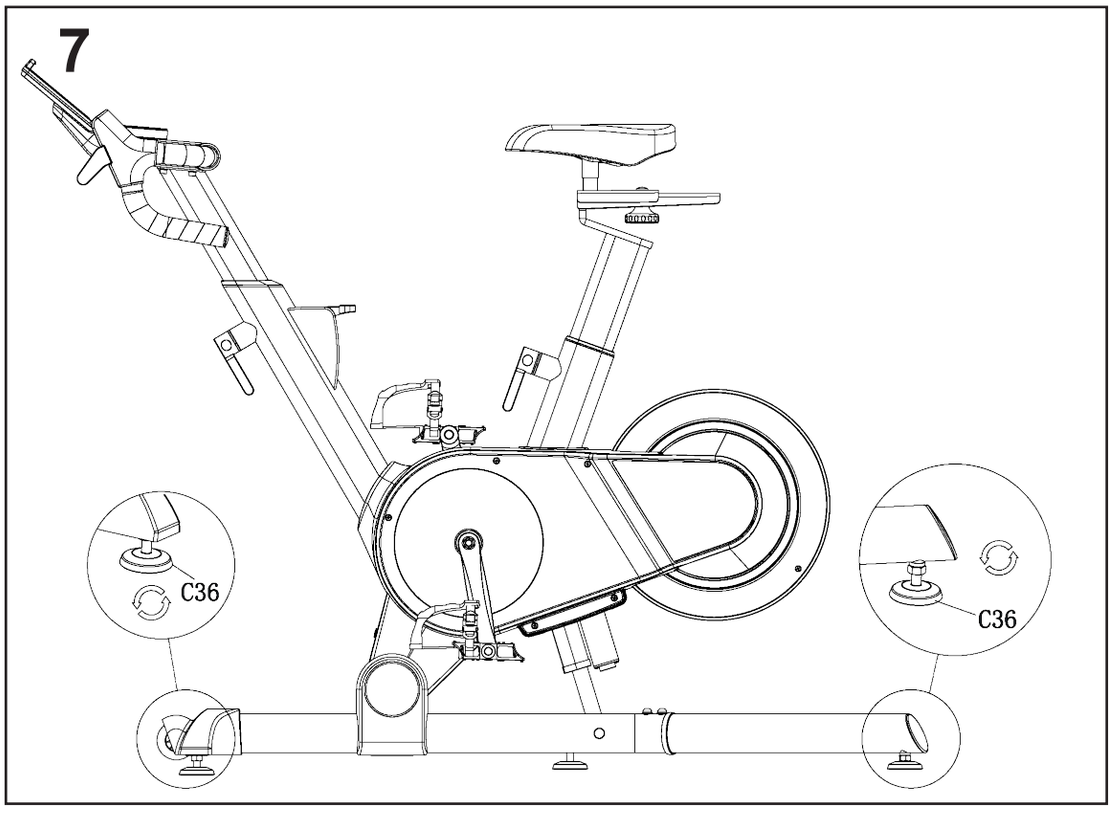
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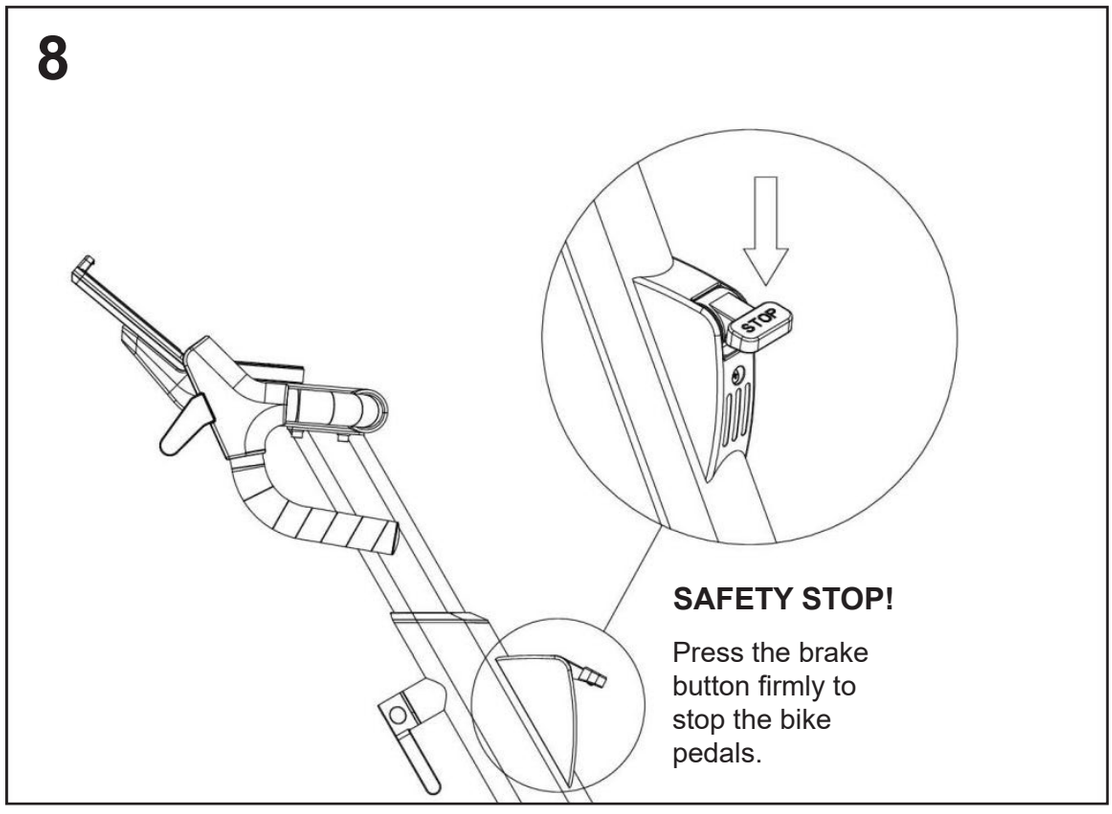
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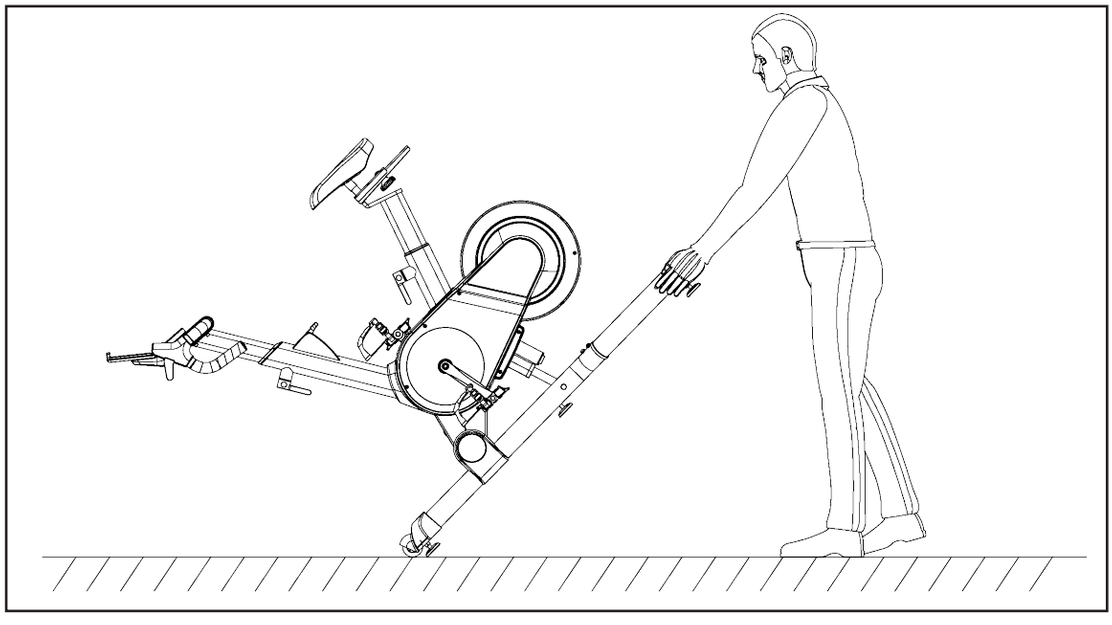

6
G
C21
B12
A02
A03
B12


7
C36
C36

ASSEMBLY STEPS



ADDITIONAL INFORMATION



EASY TO TRANSPORT:

Hold the left and right rear foot tubes with both hands and lift the machine at a 45-degree angle. The bike moves easily on its 2 wheels and can be pushed forward or pulled backward.

COMPUTER OPERATION



Window and Button Description:

1. LED Display Functions

The LED display on your indoor cycling bike provides real-time information for several key metrics. The display cycles through these metrics every 5 seconds during use. When you adjust the resistance or incline, those values will take priority on the display.

- **Time Window:** Displays the total workout time. The timer counts up from 0:00 to 99:59. Once it reaches 99:59, it resets to 0:00 and continues counting.
- **Distance Window:** Shows the distance covered during your workout. The distance counts up from 0.00 to 99.9 kilometers or miles. After reaching 99.9, it resets to 0.00 and continues.
- **Resistance Window:** Indicates the current resistance level, which can be adjusted within a range of 1 to 32 levels.
- **RPM (Revolutions Per Minute) Window:** Displays your current pedaling speed, ranging from 0 to 200 RPM.
- **Watt Window:** Shows the power output of your workout, measured in watts.
- **Bluetooth Icon:** Lights up when a Bluetooth connection is active.
- **Incline/Decline Icon:** Displays the current incline or decline level, ranging from -8 to 8.

2. Control Buttons and Knob Functions

The control interface includes a multifunctional knob and additional external buttons to easily start, stop, and adjust your workout.

- **Start/Stop Button (Center of the Knob):**
  - Start: Press to begin your workout. The bike will start running and tracking your metrics.
  - Stop: Press again to pause the workout. To resume, press for 1 second. To reset all data, hold the button for 3 seconds while paused.

- **Knob Functions:**
  - Clockwise Rotation: Increases the resistance level during your workout. In standby mode, it allows you to select from built-in programs (P1, P2, P3).
  - Counterclockwise Rotation: Decreases the resistance level during your workout. In standby mode, it allows you to select from built-in programs (P1, P2, P3).

- **External Buttons:**
  - Resistance Adjustment: Allows you to increase or decrease the resistance level during your workout.
  - Incline/Decline Adjustment: Allows you to adjust the incline or decline level during your workout.

This overview will help you navigate the controls and display functions of your indoor cycling bike, allowing you to maximize the benefits of your workouts.

COMPUTER OPERATION

PROGRAMS: THE SYSTEM SWITCHES BETWEEN SEGMENTS EVERY 10 SECONDS.

Time / Incline		Running time:10 seconds															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	gears	10	12	14	16	18	16	16	14	14	13	13	12	12	10	8	6
	incline	0	6	8	-2	-8	0	8	0	-8	8	0	-6	6	-2	4	0
P2	gears	10	10	12	18	20	20	20	20	16	16	14	14	12	12	8	6
	incline	0	6	8	2	-8	0	6	-6	6	0	-8	8	2	-3	4	0
P3	gears	10	18	22	24	18	18	21	24	22	20	18	14	12	10	8	6
	incline	0	8	-8	6	-8	4	-8	0	6	-6	4	-6	6	-2	4	0

DISPLAY RANGE OF EACH VALUE:

	Initial	Set initial value	Set range	Display range
Time(min:sec)	0:00	00:00	N/A	0:00-99:59
RPM	0.0	0.0	N/A	0－200
Resistance	0	0	N/A	1-32
Distance(km)	0.0	0.00	N/A	0.00-99.9
Watt	0	0	N/A	0－9999
Incline/Decline	0	0	N/A	-8-8

Speed Calculation

- The bike calculates speed using the following metric: 60 RPM (Revolutions Per Minute) equates to 21.5 km/h.
- Distance Tracking: distance is recorded only when a speed signal is detected. If no speed signal is present, the distance will not be counted.

Sleep and Auto-Stop Function

- Auto Pause: If there is no speed signal for 1 minute during operation, the system will automatically enter a suspended state.
- Hibernate Mode: If the bike remains stopped or in a suspended state without any user interaction for 10 minutes, it will enter hibernation mode. To reactivate the system, press any key or turn the knob.

Shutdown

You can safely turn off the system at any time by switching off the power. This will not cause any damage to the system.

Important Notes

- Always ensure the power supply is connected before starting your workout.
- If the bike malfunctions, contact the distributor for assistance. Do not attempt to disassemble or repair the machine yourself, as this could cause further damage.

COMPUTER OPERATION

Slope Motor Calibration

- Automatic Incline Learning: In standby mode, press and hold both the incline increase and decrease buttons simultaneously for 3 seconds. The system will then enter automatic incline calibration mode. Once calibration is complete, the system will automatically exit this mode.
- Error Handling: If an E04 error occurs during calibration, check the motor, motor signal cable, or consider replacing the motor driver.

CLEANING/ MAINTENANCE/DISPOSAL

Cleaning

Clean your training device after each training session. Use only a slightly damp cloth for cleaning. Never use gasoline, thinner, or other aggressive cleaning products as they may damage the surface. The device is only suitable for private, indoor use. Keep the device clean and dry. Damage caused by body sweat or other liquids is not covered under warranty.

Maintenance

Check the screws and moving parts at regular intervals. The device should only be used for training if it is in proper working condition. For repairs or spare parts, contact customer service.

WARNING: The device must not be used until successfully repaired.

Disposal

Do not dispose of packaging materials, empty batteries, or parts of the device with household waste. Dispose of them in designated collection containers or at suitable collection points. Follow current regulations.

WARRANTY

The warranty is valid for 24 months and applies to new goods upon first purchase, starting from the date of the invoice or delivery. During the warranty period, any defects will be repaired free of charge. If you discover a defect, you must report it immediately to the seller. It is at the seller's discretion to fulfill the warranty by sending spare parts or a replacement. In the case of spare parts being shipped, the seller reserves the right to make replacements without voiding the warranty. On-site repairs are excluded. Devices intended for home use are not suitable for commercial or industrial purposes. Any misuse will result in a reduction or loss of warranty coverage. The warranty only covers defects in materials or workmanship. Wear and tear, damage caused by misuse, improper handling, force, or any unauthorized interventions made without prior consultation with our service department will void the warranty. If possible, please retain the original packaging for the duration of the warranty period to protect the goods in case of a return, and do not send any goods with carriage forward to our address. A warranty claim does not extend the warranty period. Claims for compensation for damages that may occur beyond the device (unless liability is legally required) are excluded.

Manufacturer:
Gorilla Sports GmbH
Nordring 80
64521 Groß-Gerau

Here you can find an overview of our international partners:
www.gorillasports.eu

TRAINING INFORMATION

Training Preparations

Before starting training, ensure that both the equipment and your body are in good condition. If you haven't engaged in strength or endurance training for a long time, consult your family doctor and undergo a fitness check-up. Discuss your training goals with your doctor, especially if you are over 35, overweight, or have cardiovascular issues.

Workout Planning

Effective, goal-oriented, and motivating training requires planning. Incorporate your fitness training into your daily routine. Unplanned training can be easily disrupted or postponed. Plan your workouts long-term, for months at a time, not just day-to-day or week-to-week. Include motivation strategies during your workouts, such as listening to music. Set realistic goals, like losing 1 kg in four weeks or increasing your training weight by 10 kg in six weeks and reward yourself when you achieve them.

Training Frequency

Experts recommend 3 to 4 days of endurance/strength training per week. The more often you train, the faster you'll reach your goals. However, ensure you take sufficient breaks between sessions to allow your body time to recover and regenerate. Take at least one day off after each training session.

Hydration

Adequate fluid intake is crucial before and during training. During a 60-minute session, you can lose up to 0.5 litres of fluid. To compensate, drink an apple spritzer in a ratio of one-third apple juice to two-thirds mineral water, which replenishes lost electrolytes and minerals. Drink about 330 ml 30 minutes before starting your session and ensure balanced hydration throughout your workout.
Warm-Up

Warm-up

Warm up your body for 5-7 minutes at a low intensity, using a skipping rope, cross-trainer, or similar equipment. This prepares your body for the upcoming workout.

Cool-Down

Don't stop abruptly after your workout. Gradually decrease your intensity over 5-7 minutes on an exercise bike, cross trainer, or similar equipment, then stretch your muscles well.

WARM-UP/STRETCHING



Thighs

Support yourself with your right hand against a wall or your exercise equipment. Lift your left foot backward and hold it with your left hand, with your knee pointing straight down. Pull your thigh back until you feel a slight stretch in the muscle. Hold for 15-20 seconds, then slowly release your foot and lower your leg. Repeat with the right leg.



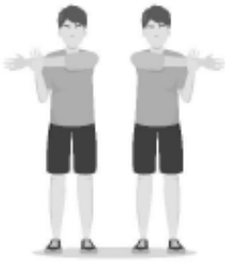
Leg and Lower Back

Sit on the floor with your legs stretched out. Try to grasp the tops of your feet with both hands, stretching your arms and bending your upper body slightly forward. Hold for 15-20 seconds, then slowly straighten your upper body.



Triceps and Shoulders

Reach behind your head to your right shoulder with your left hand. Pull on your left elbow with your right hand until you feel a slight stretch. Hold for 15-20 seconds, then repeat with your right hand.



Upper Body

Extend your left arm past your right arm at shoulder level. Pull on your left upper arm with your right hand until you feel a slight stretch. Hold for 15-20 seconds, then repeat with your right hand.

MAXXUS

LEADING BEYOND FITNESS



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