

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using (this appliance).

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

- 1) An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- 2) Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 3) Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- 4) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 5) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- 6) Do not carry this appliance by supply cord or use cord as a handle.
- 7) Keep the cord away from heated surfaces.
- 9) Never drop or insert any object into any opening.
- 10) For household use only. Do not use outdoors.
- 11) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 12) Prevent unintentional starting. Ensure the switch is in the off-position before connecting to battery pack, picking up or carrying the appliance. Carrying the appliance with your finger on the switch or energizing appliance that have the switch on invites accidents.
- 13) Disconnect the battery pack from the appliance before making any adjustments, changing accessories, or storing appliance. Such preventive safety measures reduce the risk of starting the appliance accidentally.
- 14) Recharge only with the charger specified by the manufacturer. A charger that is suitable for one type of battery pack may create a risk of fire when used with another battery pack.
- 15) Use appliances only with specifically designated battery packs. Use of any other battery packs may create a risk of injury and fire.
- 16) When battery pack is not in use, keep it away from other metal objects, like paper clips, coins, keys, nails, screws or other small metal objects, that can make a connection from one terminal to another. Shorting the battery terminals together may cause burns or a fire.
- 17) Under abusive conditions, liquid may be ejected from the battery; avoid contact. If contact accidentally occurs, flush with water. If liquid contacts eyes, additionally seek medical help. Liquid ejected from the battery may cause irritation or burns. (This advice is considered correct for conventional NiMh, NiCd, lead acid and lithium-ion cell types. If this advice is incorrect for a cell design that differs from these, then the correct advice may be substituted.)
- 18) Do not use a battery pack or appliance that is damaged or modified. Damaged or modified batteries may exhibit unpredictable behavior resulting in fire, explosion or risk of injury.

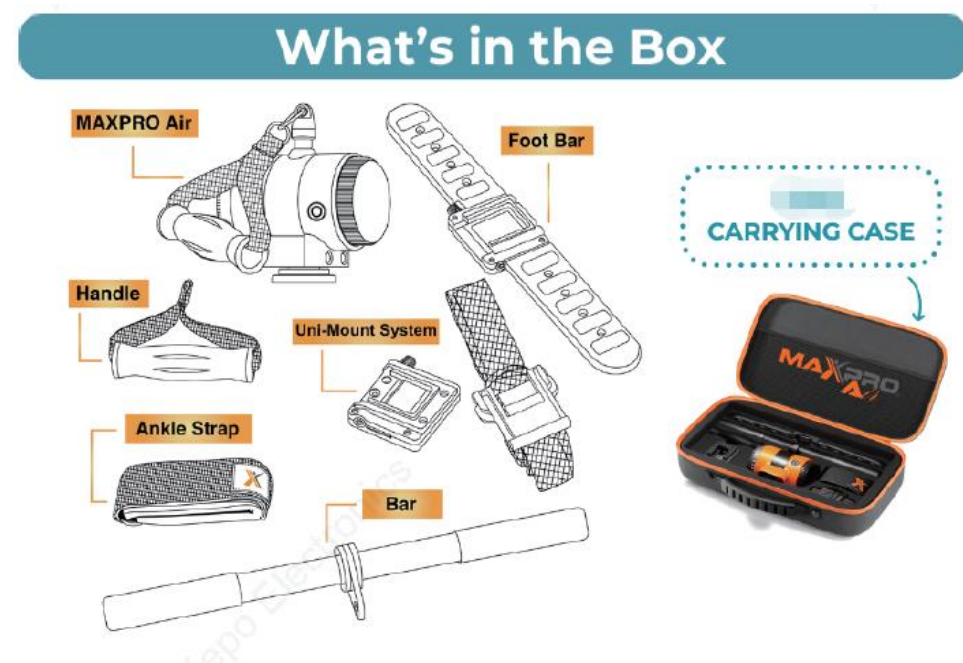
19) Do not expose a battery pack or appliance to fire or excessive temperature. Exposure to fire or temperature above 1300C may cause explosion. The temperature of 1300C can be replaced by the temperature of 2650F.

20) Follow all charging instructions and do not charge the battery pack or appliance outside of the temperature range specified in the instructions. Charging improperly or at temperatures outside of the specified range may damage the battery and increase the risk of fire.

21) Have servicing performed by a qualified repair person using only identical replacement parts. This will ensure that safety of the product is maintained.

22) Do not modify or attempt to repair the appliance or the battery pack(as applicable) except as indicated in the instructions for use and care.

SAVE THESE INSTRUCTIONS



Health Guidelines and Warning!

DO NOT IGNORE

Carefully read and follow these important warnings and guidelines prior to exercising.

- These warnings, combined with a common sense approach to a fitness program designed in conjunction with your doctor, should reduce the likelihood of injury.

Proper use of this product is essential to your safety.

- Before using this product, consult your physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. **CAUTION:** Consult your physician before starting this or any other exercise program. Fitness training can result in serious injury or death.

• If any discomfort should result from your use of this product, stop exercising and consult your doctor immediately.

- Please keep all children away from the equipment during use and when equipment is unattended.

- Always wear appropriate clothing, including athletic shoes when exercising. Do not wear loose clothing that could become caught during exercise.

- You should begin any fitness regime slowly and gradually increase the difficulty of your fitness routine, especially if you were not following a fitness regime prior to using this equipment. If you find that you are unable to complete a set of repetitions without feeling overly fatigued or without maintaining proper form, reduce the difficulty of your regimen. **Consult a certified personal trainer if unsure of how to perform any exercise.**

- Periodic maintenance is required on all exercise equipment in order to keep it in good condition. Inspect product for cuts, tears or abrasions prior to each use.

MAXPRO Care and Maintenance

Your new MAXPRO is designed to be relatively maintenance free, however following these simple instructions can help you to get the longest use of your MAXPRO.

- It's important to note that this is an exercise machine meant to be subjected to harsh treatment during use. Therefore, it is possible to wear certain components and/or scratch the paint. This should be expected.

- Inspect your MAXPRO before, during, and after each use. Should you notice any damaged or excessively worn items discontinue use.

To order any replacement parts please contact MAXPRO customer service at: customerservice@maxprofitness.com

- DO NOT bring sharp objects in contact with the cord. Failure to do so can result in a broken or severely weakened cord which could result in severe bodily injury or even death.

- DO NOT SUBMERGE YOUR MAXPRO IN WATER.

- DO NOT USE on loose ground surfaces like sand or gravel to avoid risk of these materials entering your MAXPRO causing substandard performance.

- Clean your MAXPRO with a damp cloth. A gentle soap sponge or rag can be used if necessary.



Do not submerge
your MAXPRO in water



Keep sharp
objects
away from
MAXPRO's cord



Clean MAXPRO with a
damp cloth ONLY

The appliance has no user serviceable parts and any other servicing should be authorized service representative.

It is recommended that the ambient temperature for charging, use and storage of the appliance be limited to + 4 - + 40 °C.

WHAT YOU NEED TO KNOW BEFORE USING YOUR MAXPRO

MAXPRO is a highly engineered workout machine that will give you many years of health and fitness benefits. However, it is a new and different workout experience, so here are some things you need to know.

- 1 - MAXPRO is designed with a multi-plate clutch resistance mechanism with special friction discs in between the stainless-steel plates (see image 1).

THIS FRICTION MATERIAL REQUIRES A BREAK-IN PERIOD FOR EVERY NEW MAXPRO. If you feel a slight or intermittent “catching” or “stutter” in the cable while in motion (usually at higher resistance levels), please note that this is completely NORMAL and it should decrease after frequent use. **INCREASING THE SPEED OF YOUR PULL MOTION WILL OVERCOME THIS SENSATION.**



- 2 - MAXPRO's adjustment dial MAY have slight variances of resistance between left and right dials when set at the same resistance levels (potential differences of 1 lbs to 2 lbs (.5kg to 1kg)).

- 3 - **TO AVOID THE MAXPRO FROM LIFTING UNDER YOUR FOOT DURING HIGHER RESISTANCE EXERCISES**, be sure to have the proper footing with **BACK HALF OF FOOT FULLY SPREAD WIDE AND FIRMLY** on the MAXPRO platform, while the front foot is firmly on the ground. You will drive the counter-resistance forces downward primarily **THROUGH THE HEELS OF THE FOOT**. This will keep the MAXPRO grounded.

DO NOT BOUNCE OR LIFT FOOT DURING EXERCISE FOR RISK OF BREAKING THE HINGE.

Drive force
through heels
directly
onto MAXPRO.



- 4 - If you are accustomed to weight training, please note that the MAXPRO resistance training is different in feel, but not in effectiveness. To get some of the same muscle building benefits of weights, you should increase your resistance and increase the speed of your "down" movements versus what you would normally do with traditional weights. This will increase "time under tension" and give you maximum muscle building results.

Bluetooth Connection For SmartConnect Model Only

STEP 1: Confirm that your device's bluetooth is turned on. Turn on your MAXPRO by pressing the power button for 3 seconds until a blinking blue light appears AND you hear a beep.

STEP 2: Open your MAXPRO app. Click on the "Connect MAXPRO button". Once "select device to connect" pops up, click on your MAXPRO device.

STEP 3: Once your MAXPRO is connected to your app the power button light should turn solid BLUE.

STEP 4: Now your MAXPRO App will be able to record your detailed workout information.

Note: You will now be able to record your workouts which includes: resistance level, rep count, time for each rep, distance pulled for each rep, velocity of pull, acceleration of pull.

MAXPRO Charging

STEP 1: To charge your MAXPRO, first connect the round end of the charge cable to your MAXPRO and then the USB end to an outlet charging adapter or any USB power source. The light will blink green and blue when charging and turn solid green when finished charging.

NOTE: Red light will come on when battery is at 15% and MAXPRO will be in need of charging soon.

Please refer to the "Power Button Light Chart" for more information on various light pattern meanings.

Power Button Light- Blink/Color Code (SmartConnect MODEL ONLY)

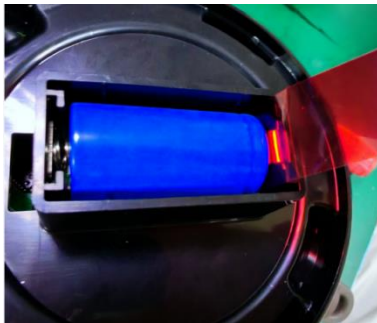
Function	Power Button Color
1. Power Off	No Light
a. During Charging	Blue/Green LED Blink
b. Charging Completion	Green/Cyan LED Blink
2. Power ON- Before Connection Bluetooth	Blue LED Blink
a. During Charging	Blue/Green LED
b. Charging Completion	Green/Cyan LED Blink
c. Low Battery	Blue/Red LED Blink/Off
3. Power ON- After Connecting to Bluetooth	Blue LED Stays ON
a. During Charging	Blue/Cyan LED Blink
b. Charging Completion	Cyan Stays On
c. Disconnecting from Bluetooth	Blue LED Blink
d. Low Battery	Blue/Purple/Off
e. During Upgrade	Red LED ON & Green LED Blink

BATTERY REPLACEMENT

Battery replacement (SmartConnect Version Only)

MAXPRO battery is designed for hundreds of recharges, should your battery become inoperable or damaged, follow these instruction for replacement.

1. Open the back cover
2. Remove the original battery
3. Replace with new battery



Battery & Charger Safety

WARNING: If the included Type 16340 lithium-ion battery no longer charges properly or is damaged, then dispose of battery as hazardous waste in accordance with all municipal requirements. **CAUTION:** Risk of Fire and Burns. Do Not Open, Crush, Heat Above 40°Celsius or incinerate.

DO NOT INCINERATE A DISCARDED BATTERY. It can explode in a fire.

DO NOT USE AN EXTENSION CORD. Plug the charger cord directly into a USB port or power supply.

CHARGE THE BATTERY ONLY WITH THE LISTED CLASS 2 CHARGING CABLE SUPPLIED WITH THE MAXPRO.

DO NOT USE THE CHARGING CABLE IN WET OR DAMP CONDITIONS. It is intended for indoor charging only. Do not charge MAXPRO near sinks or bathtubs. Do not immerse the charger in water during charging.

DO NOT ALLOW THE CORD TO HANG OVER THE EDGE OF A TABLE OR COUNTER OR TOUCH HOT SURFACES. The charger should be placed away from sinks and hot surfaces.

DO NOT USE THE CHARGER TO CHARGE ANY BATTERIES OTHER THAN THE MAXPRO BATTERY. Other batteries may explode.

DO NOT OPERATE CHARGER IF CORD OR PLUG IS DAMAGED. Replace damaged cord and plug immediately.

FOR BEST RESULTS charge the MAXPRO battery when the temperature range of the battery and the work area is 0-40°C (32-104°F).

UNPLUG THE CHARGE WHEN NOT IN USE and before cleaning or maintenance.

DO NOT ABUSE THE CORD. To reduce the risk of damage to the electric cord or plug, never carry the charger by the cord or yank the cord to unplug. Always grasp the plug and pull to disconnect. Always keep the cord away from heat, oil and sharp edges.

Tips for a Successful Exercise Program

- When beginning any new fitness program, start with light resistance until you are comfortable with the form and motion of each exercise.
- Beginners can start with 10–12 repetitions total for any exercise. To progress, add a second set.
- Allow at least 24 hours between strength training workouts to allow the body to recover.
- Muscle soreness is common 24–48 hours after a strength training workout. Stretching can help reduce soreness.
- You can supplement your strength training with a cardiovascular program, by performing at least 20–30 minutes of cardio with your MAXPRO, 3–4 days a week.
- If you are just beginning a cardio program, start slowly and gradually increase your duration and frequency (times per week).
- Proper nutrition is essential for making healthy, permanent changes to your life and body.
- It is important to start your day with water. Drink water throughout the day including before, during, and after your workout.

Before starting any new fitness regime, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor immediately. Proper use of this product is essential.

We recommend below exercising rate:

Level 1-Level 10:1Meter/3 second(pull & go back total 6s)

Level 11-Level 15:1Meter/5 second(pull & go back total 10s)

Level 16-Level 20:1Meter/7 second(pull & go back total 14s)

Level 21-Level 25:1Meter/10second(pull & go back total 20s)

Maxpro work 30 minutes need stop 60minutes

Then work 30 minutes stop 60 minutes, circulation

Instructions shall be legible and contrast with the background. They shall include the name and address of the manufacturer or supplier or any other agent responsible for placing the appliance or battery on the market.

Supplier: Maxpro Fitness LLC

Address: 71 Walnut Blvd, suite 205 ROCHESTER MI 48307

FCC Warning:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.