



We, at MAXPRO Fitness, want to provide the highest level of satisfaction for our customers.

Should you have any issues or concerns, or wish to order any replacement parts, please contact customer service at:

customerservice@maxprofitfitness.com
or call 1-773-GOMAXGO

www.maxprofitfitness.com



INSTRUCTION MANUAL

MAXPRO All-In-One Gym
SmartConnect (MXP-C-001)



- Health Guidelines & Warning..... 2
- What is Included..... 3
- What You Need To Know..... 4
- Quick Start Guide..... 7
- Care & Maintenance..... 21
- Troubleshooting.....23

To see the most up-to-date
instruction manual go to:
www.maxprofitfitness.com/pages/manual

Health Guidelines and Warning! DO NOT IGNORE

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

- These warnings, 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.

What is Included

- ① MAXPRO Unit (1)
- ② Door Mount Brackets (2)
- ③ Door Mount Strap (1)
- ④ Workout Handles (2)
- ⑤ 3-Piece Long Bar (1)
- ⑥ Ankle/Wrist Straps (2)
- ⑦ Charging cord (1)
- ⑧ Door guards (8)
- ⑨ Allen wrench (1)

For SmartConnect Model Only:

Li-ion Battery 18650 (1)
(Not shown)



WHAT YOU NEED TO KNOW BEFORE USING YOUR MAXPRO

WARNING!
TO AVOID HINGE BREAKING



NEVER STEP ON HINGE DURING USE.
Step at ends of MAXPRO ONLY.



DO NOT PULL ON SIDE THAT DOES NOT HAVE FOOT SUPPORT.



WHEN PULLING ON ONE HANDLE ONLY,
PLACE FOOT ON SAME SIDE OF PULL.



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).

WHAT YOU NEED TO KNOW BEFORE USING YOUR MAXPRO

- 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.



IMPORTANT
Widen Feet to
Maximum Width

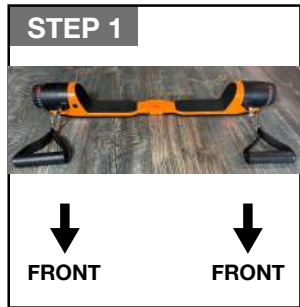


Scan to view
tutorial library

- 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.

Quick Start Guide

Your new MAXPRO comes fully assembled and is designed to be ready to use out of the box, however these simple start up instructions will guide you on proper use. *For door mounting or track mounting follow separate instructions included. For starter exercises, follow exercise instructions on your MAXPRO app downloadable in the Google Play or Apple Store, or more experienced users can workout freestyle.



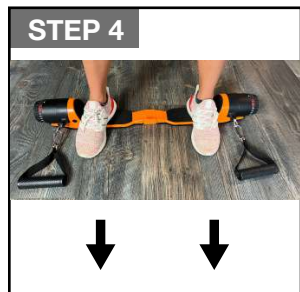
Remove from box, open MAXPRO and place it flat on level ground. NOTE: The cable rest position is the front of your MAXPRO.



Connect the handles using the enclosed carabiner clips.



Adjust the resistance to the desired level by turning the resistance dials at each end of your MAXPRO.



Stand on your MAXPRO with both feet pointing forward in the same direction as the cable rest position. The back half of your feet (your heels) should be on your MAXPRO platform while keeping the front of your feet FIRMLY on the ground.



Assure secure footing before using *IMPORTANT: Fully widen the feet to maximum width of MAXPRO platform.

Quick Start Guide - CAUTION

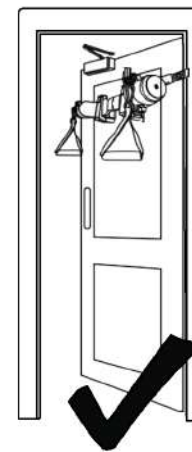
CAUTION: Failure to read and follow the safety instructions stated in this owners manual, and/or exercises outlined in the manual/app may result in serious injury, death or property damage.

CAUTION: MAXPRO is designed to be installed on solid wood, composite or metal doors only. Failure to use on specified door, can cause damage to door, property, or cause serious bodily harm or death. DO NOT USE ON HOLLOW DOORS.

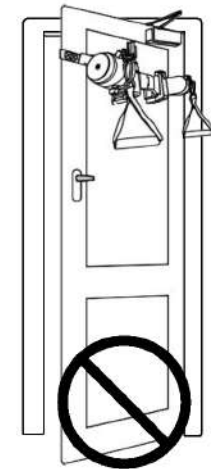
CAUTION: Use of MAXPRO brackets can cause damage to door, or paint, please use caution during installation and use to minimize damage to door. By using this product you agree that MAXPRO Fitness, LLC assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

CAUTION: MAXPRO is designed to be installed with MAXPRO fixed to the opposite side of an in-swing door. This allows the whole door frame to be used as a counter-support structure during exercise. Do not install on the same side as the door opens. Failure to do can result in serious bodily injury or even death.

WARNING: MAXIMUM ALLOWABLE RESISTANCE IS BASED ON THE STRENGTH OF THE DOOR AND FRAME.



CORRECT
MAXPRO mounted
OUTSIDE of an
IN-SWING DOOR



NOT CORRECT
MAXPRO mounted
INSIDE of an
IN-SWING DOOR

Door Strap and MAXPRO Mounting Bracket Instruction

Choose your solid wood, composite or metal door that you will be using for your MAXPRO.

CAUTION: MAXPRO is designed to be installed with MAXPRO fixed to the oppo-site side of an in-swing door. This allows the whole door frame to be used as a counter-support structure during exercise. Do not install on the same side as the door opens. Failure to do can result in serious bodily injury or even death.

STEP 1: The MAXPRO door straps can be installed at any height on the door (see image) depending on the exercises to be performed.

Open the door halfway and thread the flat end of the strap (end without ratchet) through the opening on the hinge side of the door. You will want to thread around 24" of strap through that side of the door.

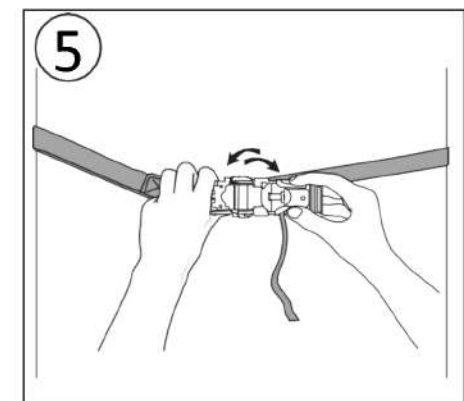
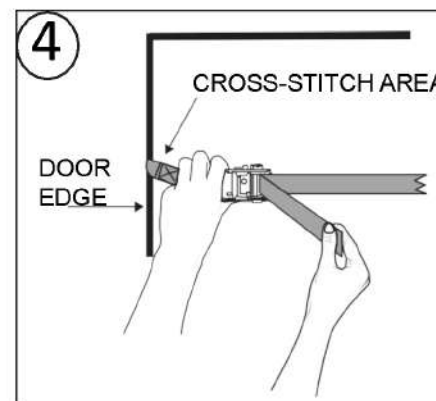
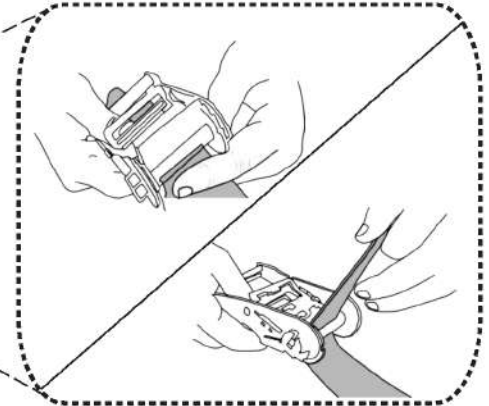
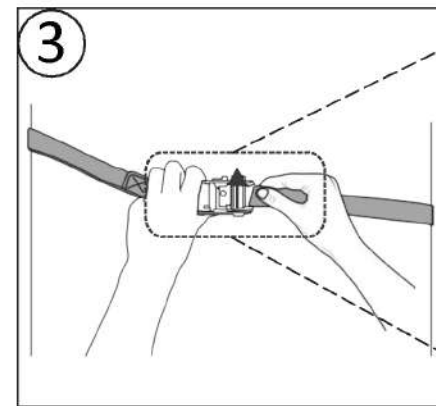
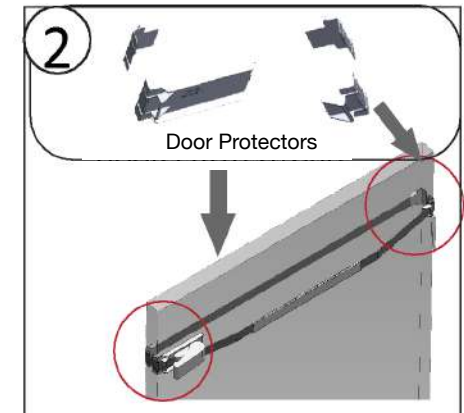
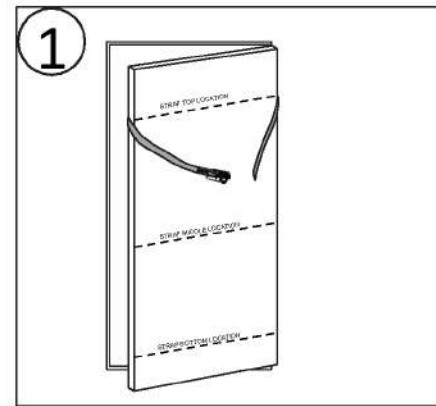
Bring around ratchet end to front side of door (the side that you are mounting your MAXPRO on). Confirm that the strap is not twisted and is flat to door all the way around.

STEP 2: Optional: If you choose to install the door edge protectors, thread strap through protector with the long shaped protector at the edge of the door to be placed under the ratchet as shown.

STEP 3: Pull the loose strap end from underneath the ratchet and through the middle of the 2-piece cylinder (see magnified view).

STEP 4: Position the cross stitched section near the edge of the door and make sure it does not interfere with the secure closing of the door and thread through about 6-8 inches of strap.

STEP 5: While holding loose strap end, crank the ratchet handle to wind and LOOSELY tighten strap (*Do not fully tighten strap yet).



Door Strap and MAXPRO Mounting Bracket Instructions

Repeat the steps 1 through 5 for the second strap installation. The second strap is OPTIONAL and the door mount systems can be used with one strap, but the second strap is recommended for a more steady and stable system.

STEP 6: To install the door mounting brackets, open bracket door by pressing on the bottom part of the latch with your thumb while simultaneously pulling the upper part with finger.

STEP 7: With bracket door open, pinch strap into the designated strap routing position and close door. Repeat steps with second bracket.

Install door mount bracket one at a time. **MAKE SURE BRACKETS ARE INSTALLED WITH ARROWS UP:**(▲)

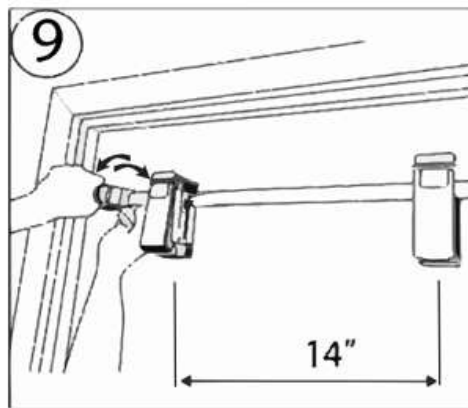
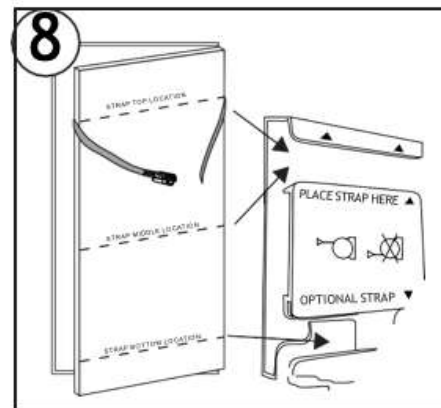
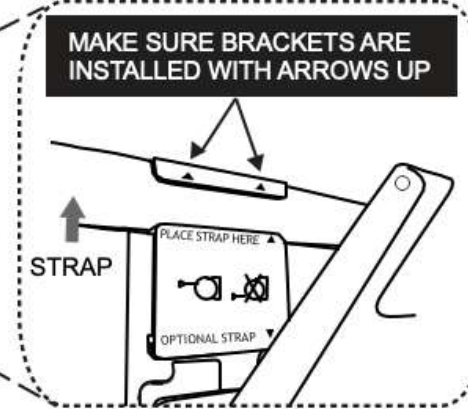
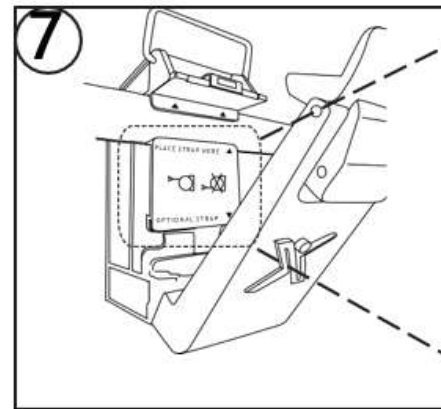
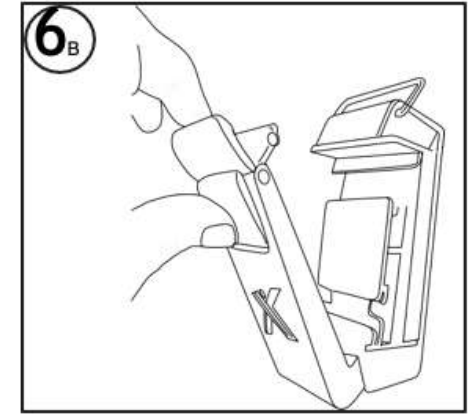
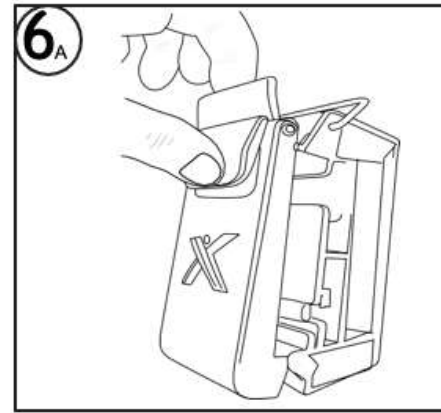
STEP 8: IMPORTANT: If you are mounting the strap to the upper or middle position of the door route the strap through upper strap slot. If mounting the strap to the upper or middle position of the door route the strap through the OPTIONAL STRAP slot.

VERY IMPORTANT – Confirm that your MAXPRO brackets are spread apart a distance of at least 14” as shown in figure X before tightening strap completely with ratchet. ***Strap should be taut with no slack.***

There should be little or no movement of the brackets when being pulled on. If brackets move, continue to tighten strap with ratchet. Final ratchet position may require extra effort for fully tightened strap.

Do not pull or hang on the door bracket while it is open. Failure to do so can break the door mounting bracket.

Your MAXPRO mounting brackets are now ready to use.



Door Strap and MAXPRO Mounting Bracket Instructions

STEP 10: Your MAXPRO cable can pull out slightly past 9 feet. To ensure you will not exceed this distance, temporarily place a piece of tape 9 feet from the door for your reference. This will indicate your maximum distance allowed to extend your MAXPRO cables.

Failure to follow this instruction may result in damage to your door or MAXPRO or could result in bodily harm or even death.

STEP 11: Gently place (DO NOT DROP) your MAXPRO into the 2 OPEN brackets with cable locks ALWAYS exiting from the top of your MAXPRO not the bottom:

Failure to place your MAXPRO in the door brackets with the cable locks exiting from the TOP will cause brackets to move excessively and provide a sub-standard work-out experience and/or can cause damage to property or severe bodily harm.

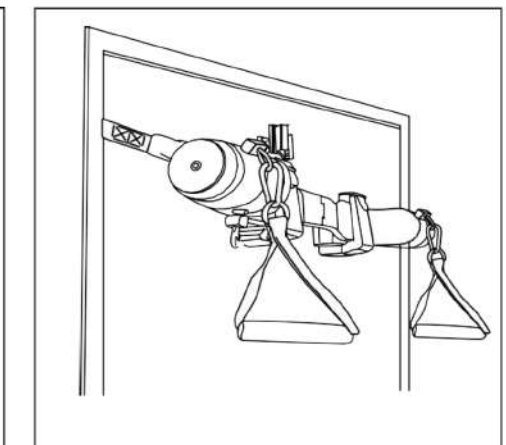
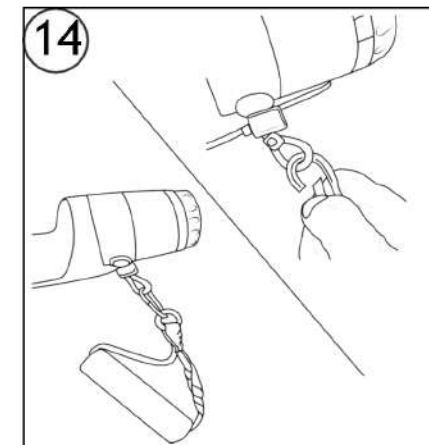
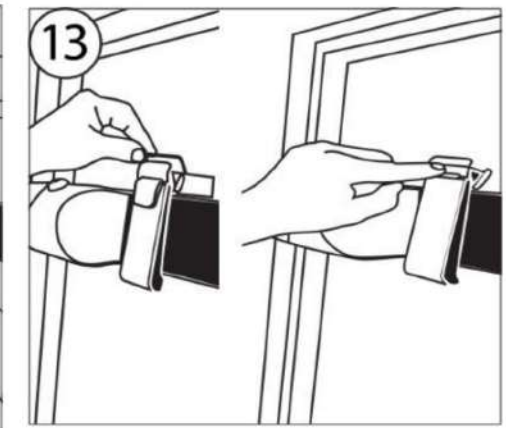
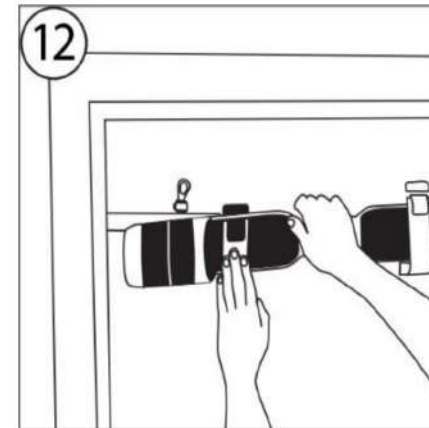
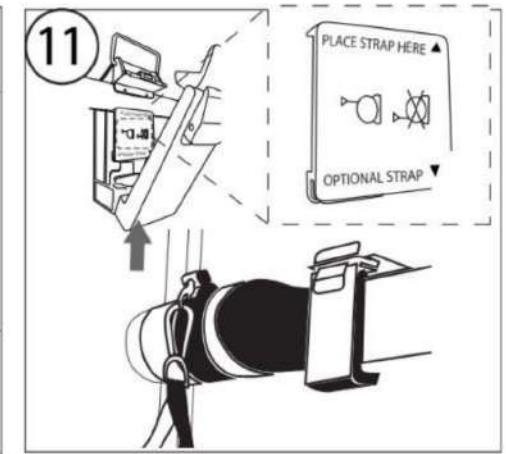
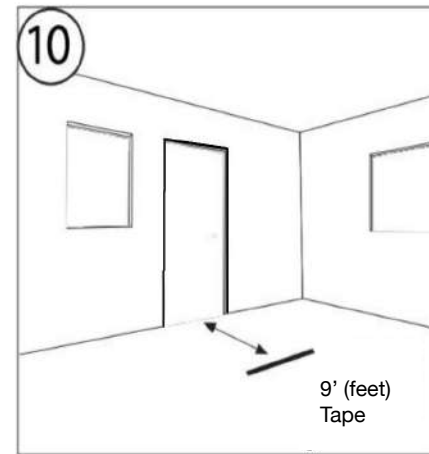
STEP 12: To close bracket doors: Press up on the middle of your MAXPRO while closing the bracket doors by pressing on your MAXPRO "X" logo. MAKE SURE THE LATCH IS FULLY ENGAGED: You will here a click sound when latch fully engages.

STEP 13: VERY IMPORTANT: For safety and proper use be sure to bring the METAL SAFETY RING over the top of the bracket latch and listen for a CLICK sound. Failure to do so can result in your MAXPRO dislodging from brackets and causing seriously bodily harm or death. DO NOT USE YOUR MAXPRO WITH DOOR BRACKETS OPEN AND SAFETY LATCH DISENGAGED.

STEP 14: Connect workout handles to the cable lock hooks using the included carabiner clips.

Your MAXPRO is ready to use!
See the MAXPRO Coaching App for all the exercises you can do.
Hint: To loosen strap, press the release lever on the ratchet, open the handle all the way to 180 degrees and pull on strap portion already around door to loosen.

Please note: You can find video tutorials on our MAXPRO App.



Calibration Process

Calibration Process

Maxpro unit is calibrated from factory according to the resistance chart located at the Maxpro app. You can also recalibrate your Maxpro if you need to by following the below steps. For this process, you will need a 3 mm Allen Hex wrench, supplied from your Maxpro kit.

STEP 1: Using the 3 mm Allen wrench, remove the two side screws on each side of the Maxpro. Attach the handles on the Maxpro

STEP 2: By stepping or kneeling on the Maxpro, pick a level from the resistance chart values from knob level 10 to 15 (Higher level can improve accuracy) and pull the handles on one side

STEP 3: If the cable resistance feels similar to the chart level, then you can place the side screw. If the cable resistance feels heavier than the resistance chart level, then decrease the knob level and test again until you find the right resistance level. Similarly, try increasing the knob level if the resistance level feels lighter than the resistance chart level,

STEP 4 Once the resistance level is found, the knob cap is removed and placed again at the appropriate level corresponding to that resistance level

STEP 5: Same Process is repeated for the other side of the Maxpro, and the side screws are placed back in place

Please note: You can find video tutorials on our MAXPRO App.

Cable Lock For Resistance Training

Cable Locks may be used for resistance or suspension training.

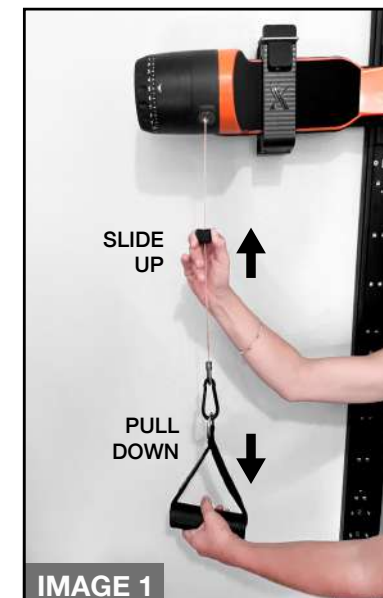
For Resistance Exercises



To make it easier to reach the handles prior to starting an exercise, you can use the cable locks to pre-position handles out at a certain length depending on the exercise to be performed.

To use cable locks, pull handle to desired length. Then, simply press down on top button and slide the cable lock to the desired stop position (see image 1).

When using cable locks on cables, try to make sure that both handles are at equal lengths. If one handle is longer, you can push the cable lock button slightly to retract the longer cable to make it even.



Cable Lock For Suspension Training

Steps to perform Suspension Mode:

For any suspension exercise, start slowly and with little body weight at first, until you get used to the motion of the exercise.

You can change the difficulty level by adjusting your body angle to change the amount of body weight being used for each exercise.

STEP 1: Position your MAXPRO at the upper most door or wall track position and connect maxpro suspension handles if available. (Regular handles may also be used.)

STEP 2: Depending on the suspension exercise to be performed, pull out handle to desired length, and slide cable lock up to desired stop position.

As a general rule, lock the handles out about half-way down to the ground for upper body suspension exercises, and about 10" from the ground for leg suspension exercises (see Image 1).

FOR UPPER BODY SUSPENSION

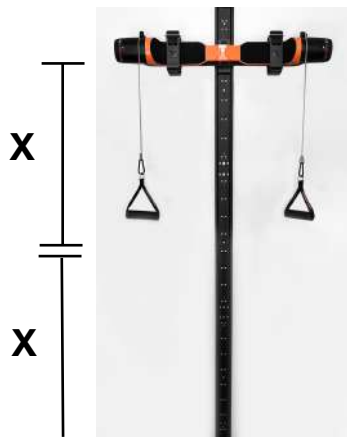


IMAGE 1

MAXPRO PLACED IN UPPER MOST POSITION IN TRACK OR ON DOOR

FOR LOWER BODY SUSPENSION



IMAGE 2

Cable Lock For Suspension Training

STEP 3: IMPORTANT: After positioning handles to desired length, and before performing any suspension exercises, YOU MUST TURN THE HANDLES TO THE **RED LOCK POSITION** TO ENSURE THE CABLE DOES NOT MOVE DURING EXERCISE (see Image 2). FAILURE TO DO SO CAN RESULT IN SEVERE BODILY INJURY OR HARM.

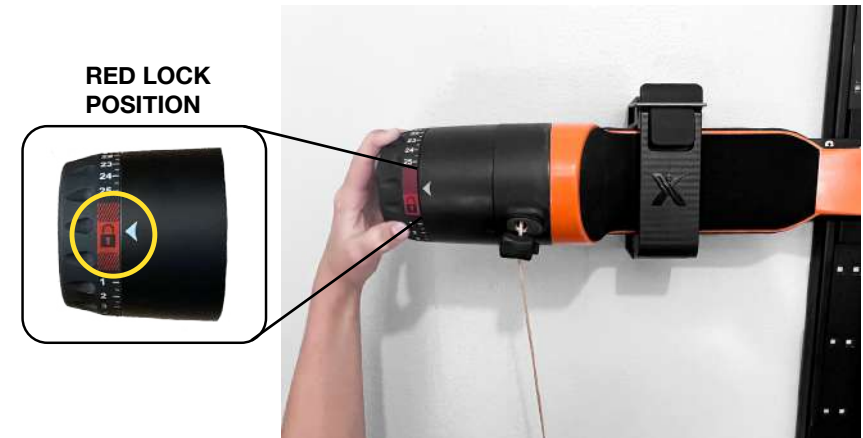


IMAGE 2

WARNING

SUSPENSION EXERCISES ARE USUALLY MORE DIFFICULT TO PERFORM AND SHOULD BE RESERVED FOR MORE EXPERIENCED USERS. PLEASE USE EXTREME CAUTION WHEN FIRST PERFORMING SUSPENSION EXERCISES.

DO NOT HANG ON MAXPRO WITH FULL BODY WEIGHT. BODY SHOULD ALWAYS BE PARTIALLY SUPPORTED WITH EITHER HANDS OR FEET PLANTED ON THE GROUND TO BALANCE WEIGHT LOAD. USER BODY WEIGHT LIMIT IS 300LBS (136KG).

CONFIRM THAT THE DOOR OR WALL STRUCTURE CAN WITH-STAND FULL SUSPENSION WEIGHT PRIOR TO DOING ANY SUSPENSION TRAINING.

SHOULD YOU NOTICE ANY WEAKNESS IN THE MAXPRO MOUNTING STRUCTURE OR ANY CABLE WEAR, PLEASE DISCONTINUE MAXPRO USE IMMEDIATELY AND CONTACT THE CUSTOMER CARE TEAM AT CUSTOMERSERVICE@MAXPROFITNESS.COM.

MAXPRO Care and Maintenance

Cable Hop procedure

During the recoil of the cables inside the Maxpro, the cables overlap and end up getting bunched up on one side, which will cause jerkiness, jumping, a not smooth feeling when pulling the cable, or an annoying sound. This is called Cable Hop phenomenon and can be eliminated with five simple steps.

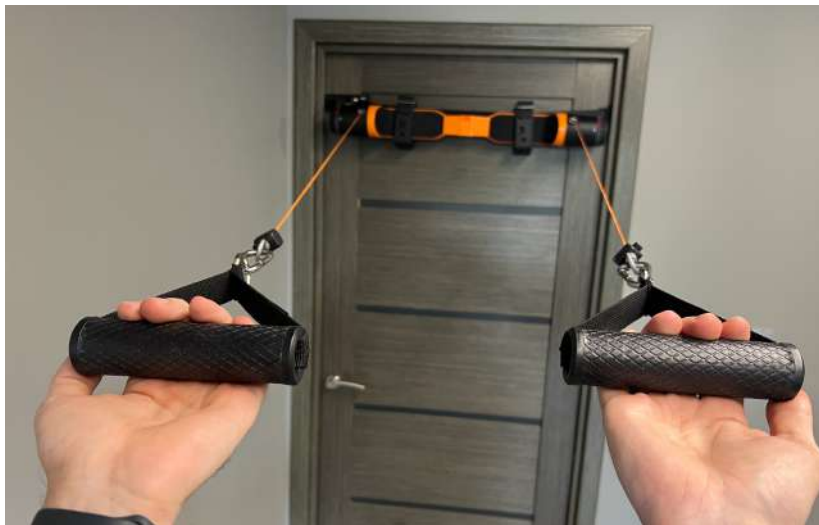
STEP 1: Mount your MAXPRO up in your door mount or wall track system

STEP 2: Pull out both cables about 9 feet (or as long as you have room for it)

STEP 3: Make sure the cables are not twisted. You can use the cable lock feature when the cable is in suspension position

STEP 4: Slowly allow the cables to retract back inside the Maxpro

STEP 5: Repeat steps 2 through 5 several times for better results



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

Travel Guideline

The battery inside of the MAXPRO is UN38.3 certified and okay for air travel. Please note that although the MAXPRO can be carried on the long bar must be checked with your bags.

- DO NOT bring sharp objects in contact with the cable. Failure to do so can result in a broken or severely weakened cable 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 cable



Clean MAXPRO with a damp cloth ONLY

Bluetooth Connection

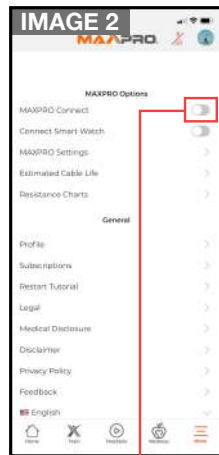
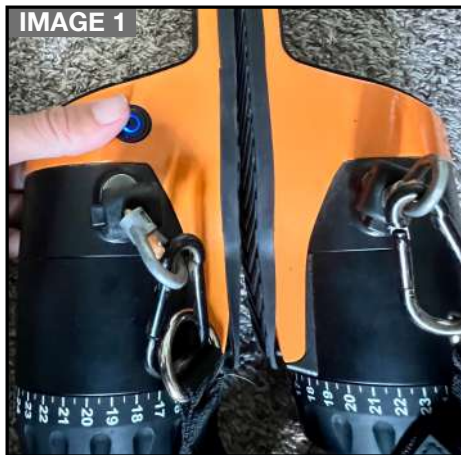
STEP 1: There's a security plastic tab under the power button at the bottom of your MAXPRO. Remove the tab to allow the battery to supply the Maxpro.

STEP 2: Confirm that your device's Bluetooth and GPS/location services are 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 (see image 1).

STEP 3: Open your MAXPRO app. Click on the "MAXPRO Connect" (see image 2). Once "Select your MAXPRO device" pops up, click on your MAXPRO device and then hit "Apply".

STEP 4: Once your MAXPRO is connected to your app the power button light should turn solid BLUE.

STEP 5: Now your MAXPRO App will be able to record your detailed workout information.



Click on the "MAXPRO Connect" button

Click on your MAXPRO device



Scan to Download App

Charging and Power Light Chart

Function	Power Button Color
1. Power Off	No light
a. During Charging	Green LED blink
b. Charging Completion	Green LED stays ON
2. Power ON- before connecting to Bluetooth	Blue LED blink
a. During Charging	Blue/Green LED blink
b. Charging Completion	Blue/Cyan LED blink
c. Low Battery	Blue/Purple/Off
3. Power ON- after connecting to Bluetooth	Blue LED stays ON
a. During Charging	Blue/Cyan LED blink
b. Charging Completion	Blue/Cyan LED blink
c. Disconnecting from Bluetooth	Blue LED blink
d. Low Battery	Blue/Purple/Off
e. During Upgrade	Red LED ON & Green LED blink



CHARGING YOUR MAXPRO:

Your MAXPRO battery should last a while between charges as long as you power down your MAXPRO when you are finished with it.

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.

CAUTION: Only charge the battery with the cable that came with your MAXPRO. Contact customer service for a replacement.

BATTERY REPLACEMENT

Battery Replacement

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

STEP 1: Turn your MAXPRO over. Remove the bottom pad at the power button end of your MAXPRO by carefully detaching the side tabs one by one.

STEP 2: Unscrew the 4 battery cover screws.

STEP 3: Remove old battery. Replace battery with Li-ion 18650 type battery.

STEP 4: Replace battery cover, screws, and bottom pad in the reverse order as disassembly.



Battery & Charger Safety

WARNING: If the included Type 18650 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.

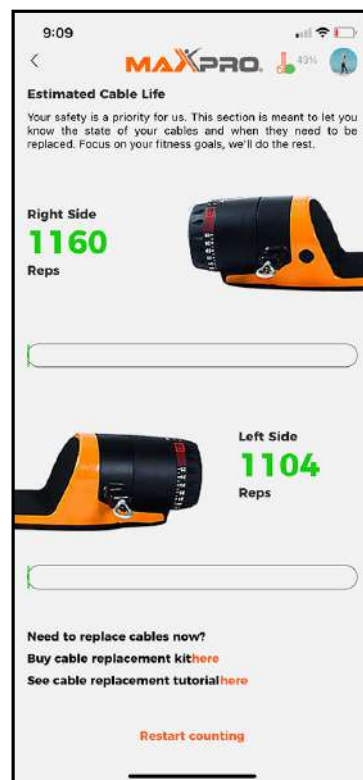
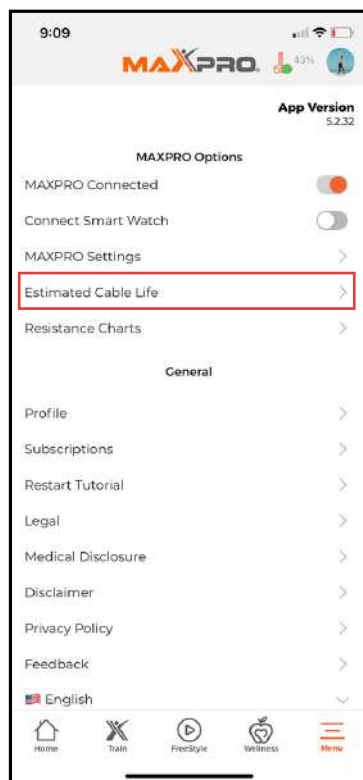
DO NOT ABUSE THE CORD. To reduce the risk of damage to the electric cord or plug, never carry the charger by the cord or yank the cord to unplug. Always grasp the plug and pull to disconnect. Always keep the cord away from heat, oil and sharp edges.

Cable Life

The MAXPRO's cables are considered a 'wear' item and will need to be monitored with frequent use. You can do this on your own or you can use the MAXPRO app.

To track the life of your MAXPRO cables, download and create an account in the MAXPRO app. From there, click on the menu and click "**Estimated Cable Life**". That section is meant to let you know the state of your cables and when they need to be replaced.

A replacement cable kit can be purchased on the website or by contacting customer service.



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.