

# USER MANUAL



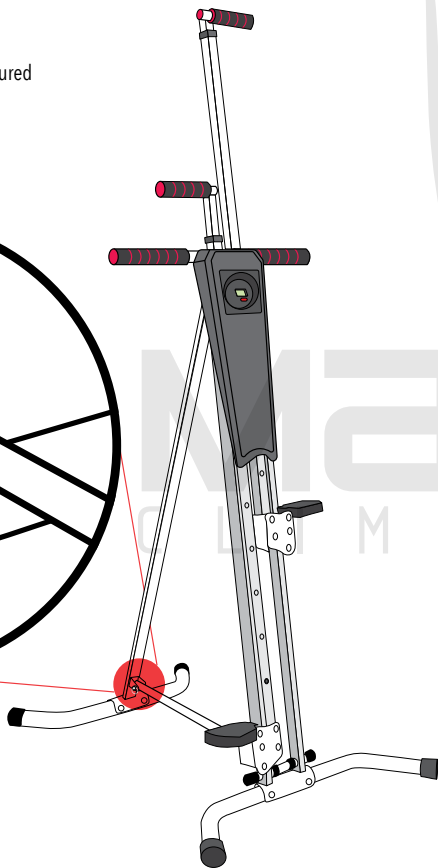
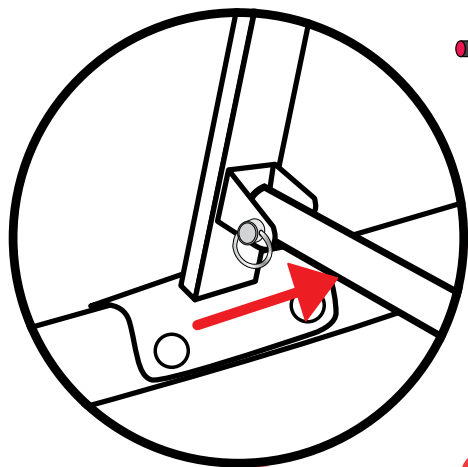
**Maxi**<sup>®</sup>  
CLIMBER  
**FULL-BODY WORKOUT**

**inova**<sup>®</sup>  
Out of the Ordinary

[www.maxiclimber.com](http://www.maxiclimber.com)

## 1. SAFETY

**WARNING:** Make sure the locking pin is secured before getting on the machine.



### WARNING

- SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED.
- Read the user manual prior to using the machine.
- CONSULT YOUR PHYSICIAN prior to beginning an exercise program.
- Keep head, limbs, fingers, and hair clear of all moving parts and inspect machine before every use.
- Do not use if it appears damaged or inoperable.
- Use the machine only for intended use.
- Be careful getting on and off the machine.

### IMPORTANT SAFETY INFORMATION

**IMPORTANT:** Please read and follow all instructions thoroughly before using your MaxiClimber®.

- ALWAYS BE CAREFUL WHEN GETTING ON AND OFF THE MaxiClimber®. READ THE INSTRUCTIONS ABOUT PROPER WAYS TO GET ON AND OFF THE MaxiClimber®.
- KEEP BODY PARTS, HANDS AND FEET, AWAY FROM THE PULLEY ON THE BACK OF THE COVER AND OFF THE FOLDING PEDALS AND MOVING RAILS. SEVERE INJURY CAN RESULT IF BODY PARTS, HANDS OR FEET, ARE PLACED ON ANY OF THESE MOVING PARTS.
- KEEP THE MaxiClimber® OUT OF THE REACH OF CHILDREN. The MaxiClimber® is not a toy and it's not meant to be used by or near children and pets. Please keep children and pets away from the MaxiClimber® during use, as well as when the product is left unattended.
- Consult your physician before beginning any exercise or diet program, especially if you have concerns about your physical fitness levels and overall suitability for exercising with the MaxiClimber®.
- If you experience any pain or unusual discomfort during exercise, stop your workout at once and consult a physician before continuing.
- When using the MaxiClimber® follow the instructions provided in this booklet. Do not use the product for any other exercises or motions that are not contained herein.

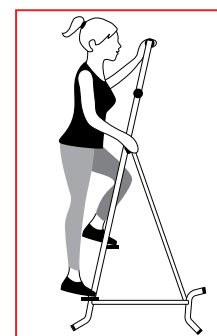
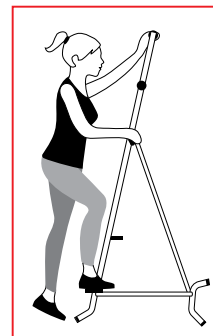
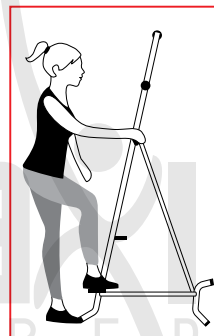
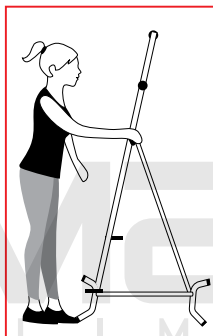
ONLY USE THE MaxiClimber® ON A FLAT, STABLE SURFACE. DO NOT USE THE MaxiClimber® ON A SMALL AREA RUG THAT MAY TEND TO MOVE WHILE EXERCISING.

DO NOT OVER EXERT YOURSELF! IMMEDIATELY STOP THIS OR ANY OTHER EXERCISE IF YOU FEEL FAINT, DIZZY, SHORTNESS OF BREATH OR ANY OTHER PHYSICAL DISCOMFORT.

- DO NOT ATTEMPT TO USE THE MaxiClimber® WITHOUT HOLDING ONTO ANY OF THE HANDLES.
- To avoid the risk of injuries to your face, do not lean your body against the MaxiClimber® while performing the exercise holding the fixed handles. See Picture for Proper Body Positioning. Always perform this exercise with an upright posture parallel to the MaxiClimber® with the arms in a half extended position.
- Use only accessories and attachments recommended by the manufacturer. Do not use any other attachments or accessories as this is not recommended by the manufacturer and will void the warranty.
- Always choose the proper level which best suits your physical strength and flexibility workout.
- Know your limits and train within them. Always use common sense when exercising. If you have any questions regarding your exercise program, please see your physician.
- DO NOT USE THE MaxiClimber® if it is damaged in any manner. Inspect it before each use. Failure to observe this warning could result in personal injury while exercising.
- Use the machine only for intended use as described herein.
- Do not replace any parts with parts from other equipment or other manufacturers. Use only parts provided by the manufacturer.
- Inova US IS NOT RESPONSIBLE FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THE MaxiClimber®.
- Maximum user weight is 240 lbs (110Kg).
- This product is intended for home use only and is not intended for commercial facilities such as Health Clubs, Hotels or Fitness Centers.
- DO NOT LEAN BACK OR STRAIGHTEN THE ARMS BECAUSE THE MACHINE MAY BECOME UNSTABLE AND TIP OVER.
- SAVE THESE INSTRUCTIONS AND ENSURE THAT OTHER USERS READ THESE INSTRUCTIONS PRIOR TO USING THE MaxiClimber® FOR THE FIRST TIME.

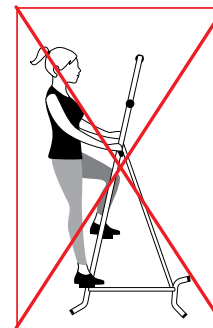
## 2. HOW TO MOUNT THE UNIT

- (1) Grab the right fixed handle with your right hand.
- (2) Without letting go the fixed handle, put your right leg over the right pedal.
- (3) Climb and grab the left upper handle with your left hand.
- (4) Finally put your left foot over the left pedal. Then put your right hand over the upper right handle. And start your exercise!

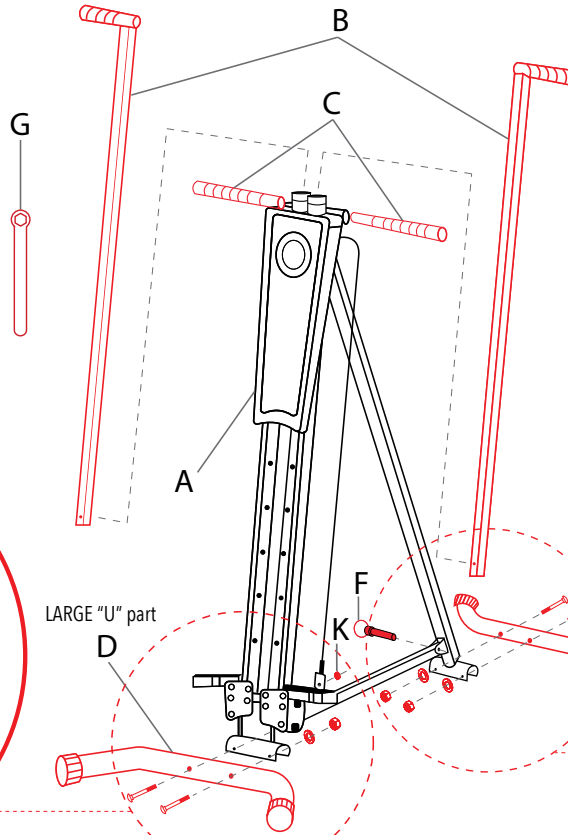


## 3. WARNING: PROPER POSITIONING

**Avoid these positions for your own safety , do not pull back too much or you may fall with the unit. Also avoid being too close or you can accidentally hit your face.**



## 4. PARTS



#	PARTS	PICTURE	QTY
A	Body		1
B	Left + Right Arm		2
C	Fixed Handles		2
D	Large "U" Bar		1
E	Small "U" Bar		1
F	Safety Pin		1
G	Wrench packed with user manual		1
H	Nut packed with user manual		4
I	Screw packed with user manual		4
J	Washer packed with user manual		4
K'	Nut attached to the body		1

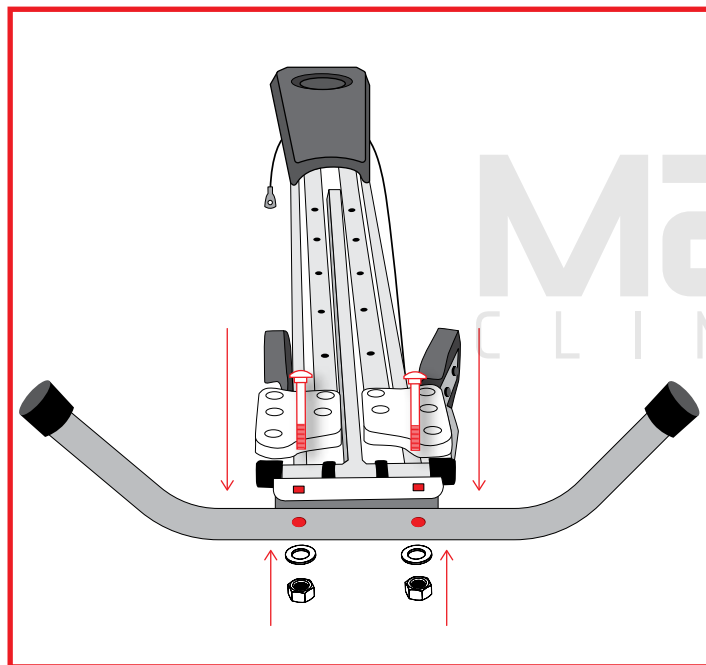
SMALL "U" part

LARGE "U" part

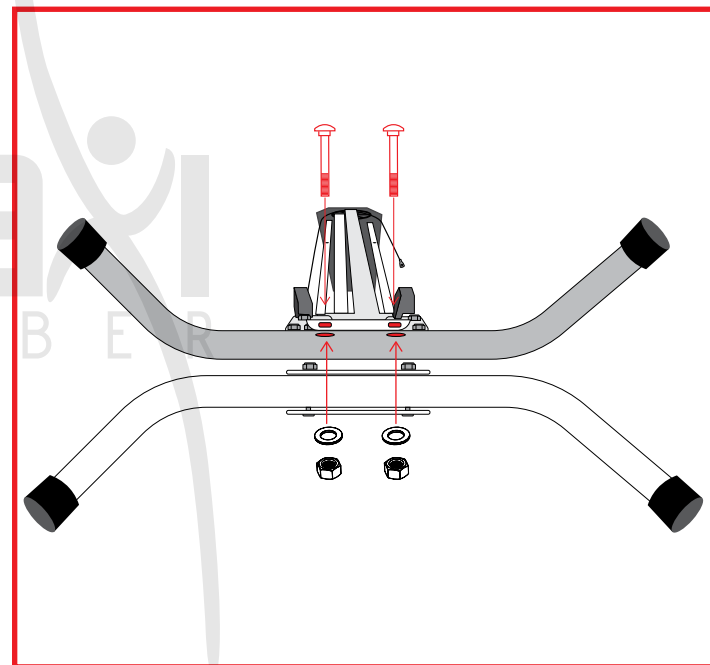
## 5. ASSEMBLY

MaxiClimber® can be assembled in 15 minutes by only one person. Screws and nuts only need to be tightened with the wrench (part G). When assembling the MaxiClimber® follow these instructions:

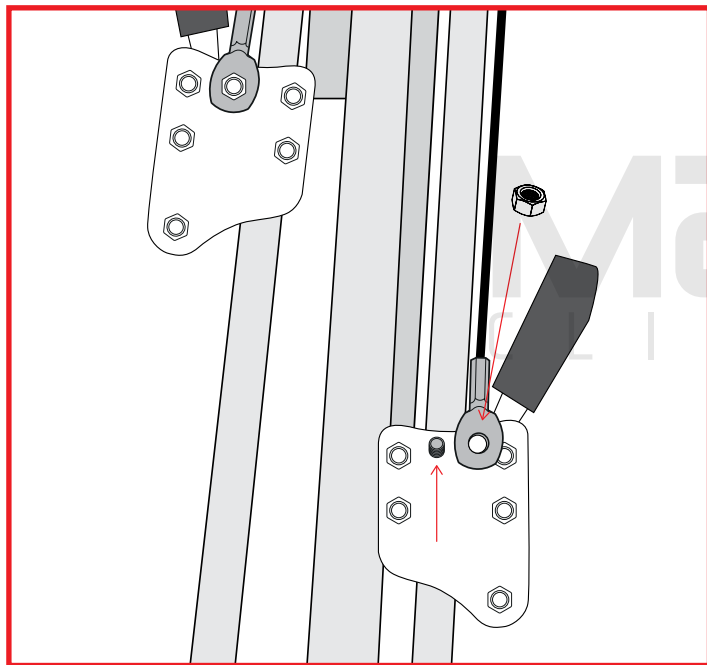
**(1)** Insert 2 screws (part I) in the larger "U" bar (part D). Place washers (part J) and nut (part H), screw (part I) on and tighten with wrench (part G). Make sure it's tightened. See picture.



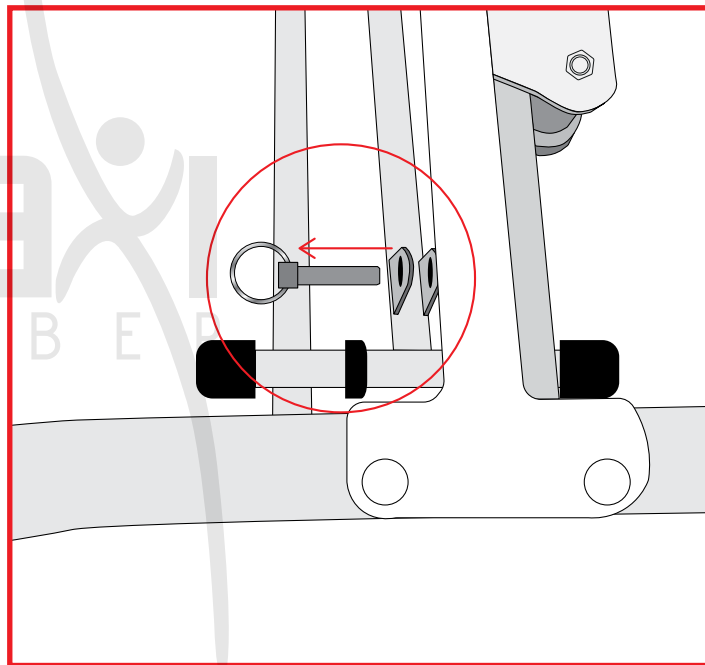
**(2)** Insert 2 screws (part I) in the small "U" bar (part E). Place washers (part J) and nut (part H) screw on and tighten with wrench (part G). Make sure it's tightened. See picture.



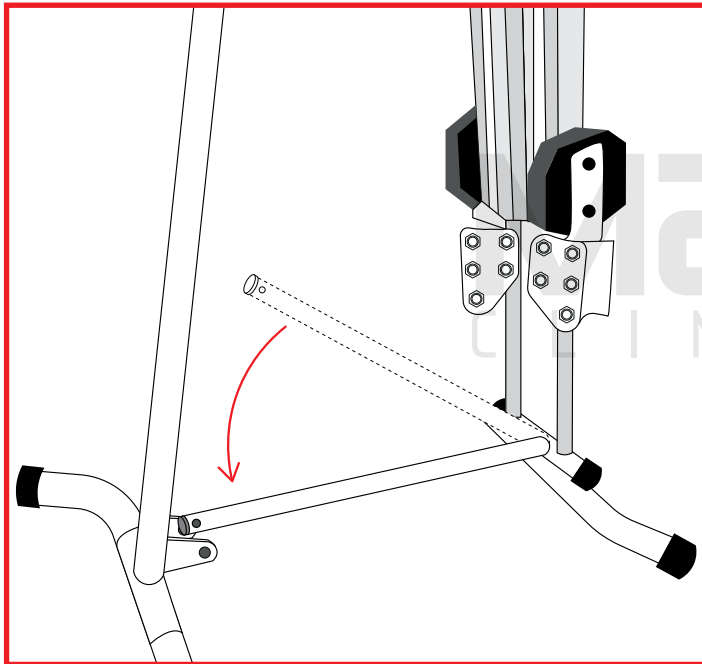
- (3) Release the loose nut (part K) already attached to the body (part A) on the fixed screw at the base of the foot and insert the rounded tip of cable into the fixed screw. Tighten the nut using wrench (part G). See the picture.



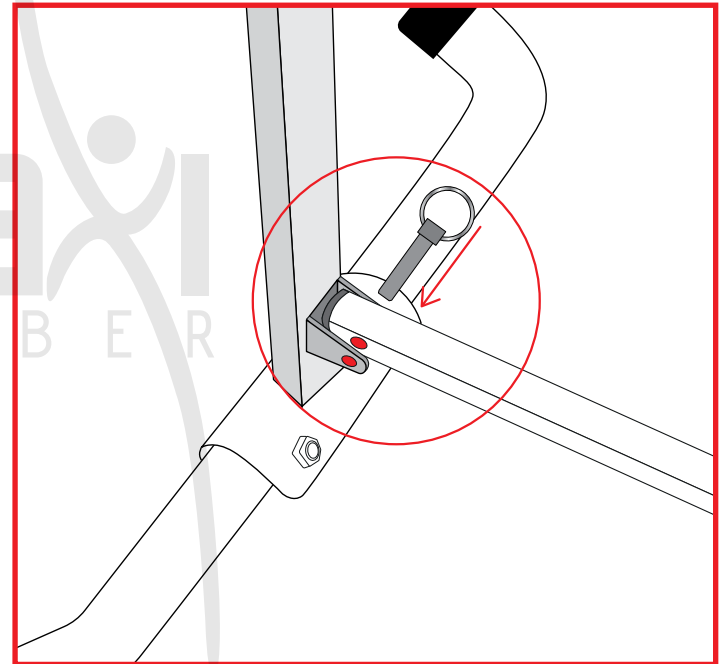
- (4) Remove safety pin (part F). See picture.



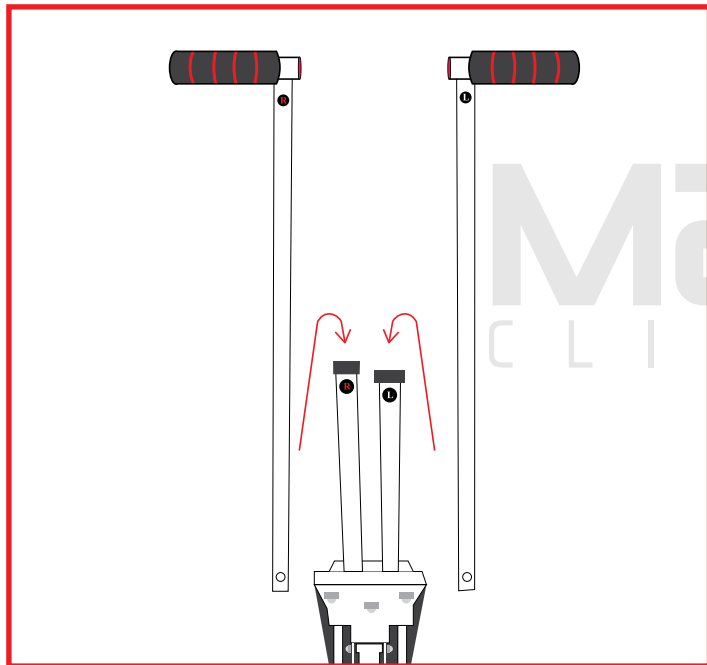
(5) Pull-open the back supporting bar and lower the middle arm until it's parallel to the floor.  
See picture.



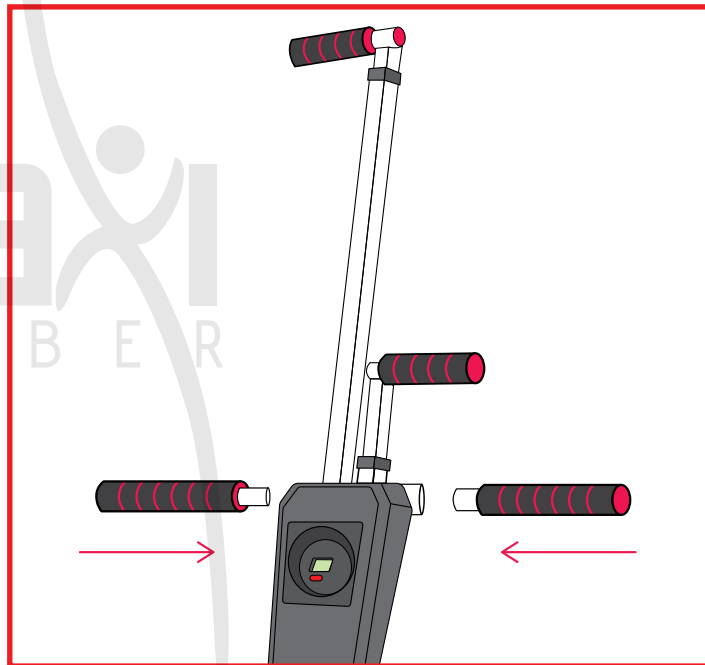
(6) Get the safety pin in (part F), to secure the middle arm with the small "U" bar (part E).  
See picture.



(7) Insert the upper left and right handles (part B). Make sure to press the securing push button with your thumb. See pictures.

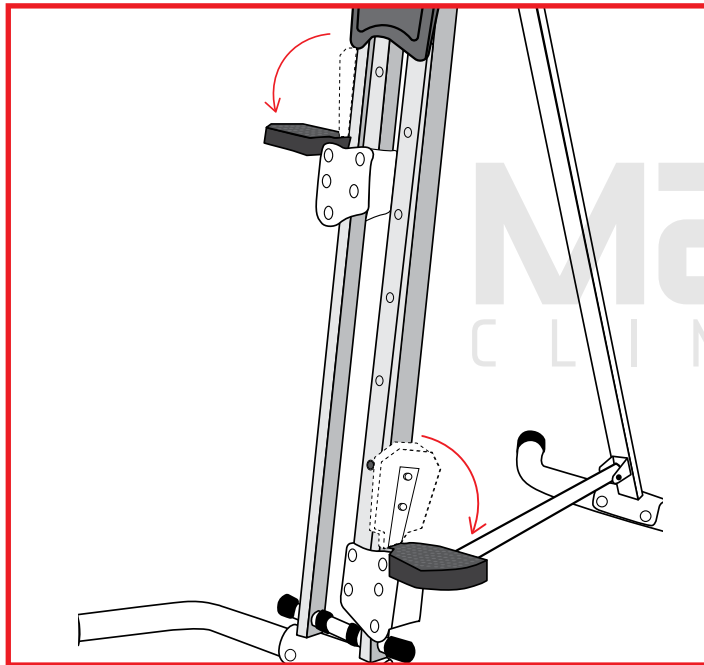


(8) Insert the fixed handles (part C) into the main body. Make sure to press the securing push button with your thumb. See picture.

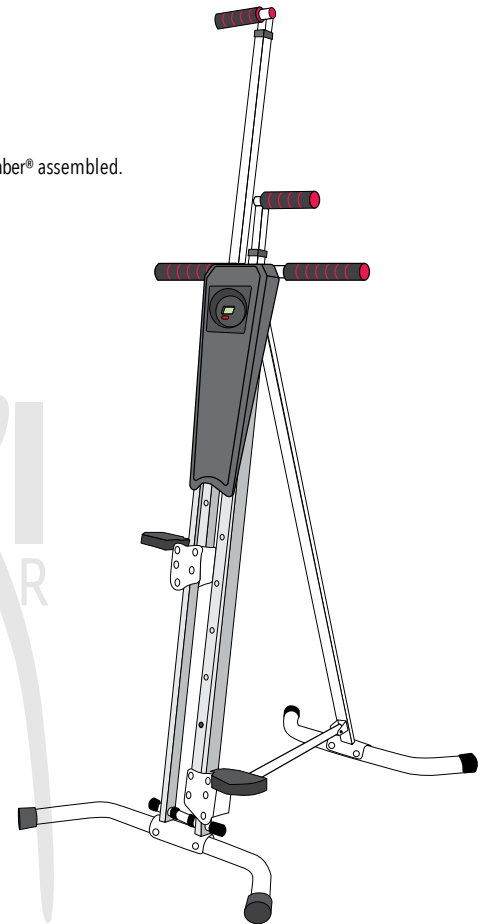




(9) Open the pedals. See picture.

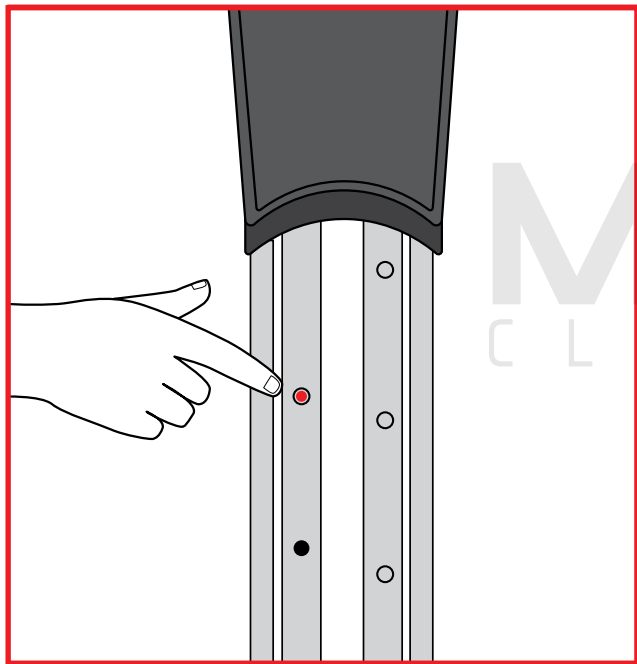


MaxiClimber® assembled.



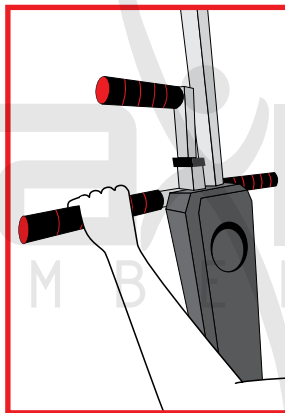
## 6. HEIGHT ADJUSTMENTS

There are five different height settings in the MaxiClimber® so you can customize the machine to your size. Press with your thumb the push-button shown in the picture, and at the same time, with your opposite hand, move the respective post up or down according to your desired setting. See picture.

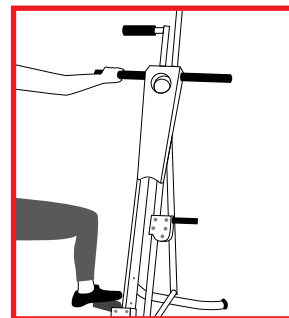


## 7. GETTING STARTED

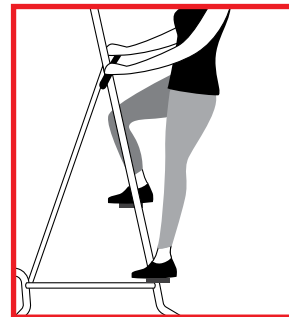
First you need to adjust the height of the moving handles (See Height Adjustment in section 4). Once you have adjusted the moving handles, get on the MaxiClimber® by placing one hand over the fixed handle and grab it firmly (See picture).



Then place the same side foot over the pedal and stand on it (See picture).



With your free hand grab the opposite handle and place your other foot on the opposite pedal (See picture).

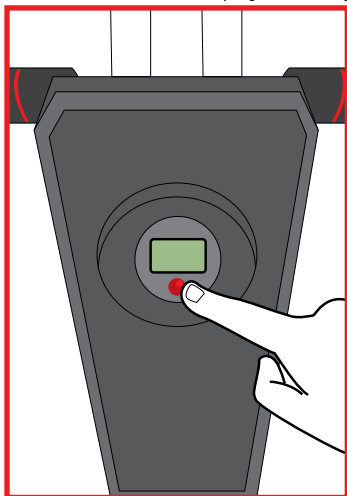


Perform a few up and down movements (about 2 minutes) when using your MaxiClimber® for the first time and before actually starting your workout to get used to the machine and the motion. Remember that the alternating movement of your legs should never be such that the base of the foot actually touches the bottom frame of the machine. You should change direction to the upward movement before the base of the foot touches the bottom frame of the machine. The idea is to perform one single up and down fluid movement with your arms and legs. Once you are familiar with the movement, you can place and grab the moving handles one after the other to begin your current workout.

## 8. ALL-IN-ONE WORKOUT RECORD KEEPING

Timer, step and calorie counter. This monitor allows you to keep track of your workout time, the calories burned, and the accumulated steps. Before starting your workout, reset the monitor by pushing the red button for at least 3 seconds until you see a "0" on the screen. Once you reset it, the monitor will automatically start timing, adding the steps and the calories burned. It will stop as soon as you finish your workout. It will restart when you begin moving your legs again.

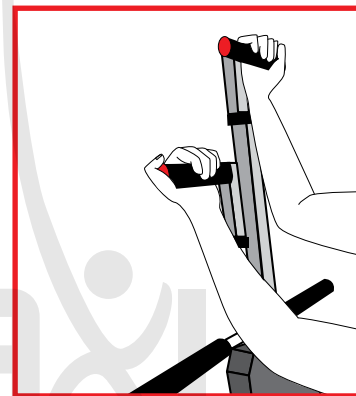
To switch between record keeping features in your screen, simply press down on the button:



1. When you press the button once, you will start the step counting feature for this particular workout session. The screen will display the following message: **CNT**.
2. When you press the button twice you will activate an accurate time-keeping feature to record the length of your workout session. The screen will display the following message: **TMR**.
3. When you press the button three times, you will receive information as to the cumulative results of all your workout sessions. The screen will display the following message: **TOT CNT**.
4. When you press the button four times you will obtain the total calories burned during each workout session. The screen will display the following message: **CAL**.

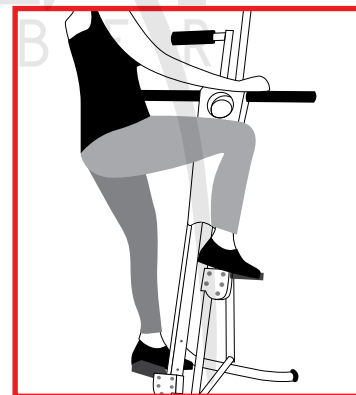
To reset your record keeping features, you must press down on the button and hold it for three seconds. (Note: The third function is not resettable)

## 9. ALTERNATE MOVEMENTS



### Biceps

You can target your biceps by holding the hand grip with your hands facing towards you. See picture.



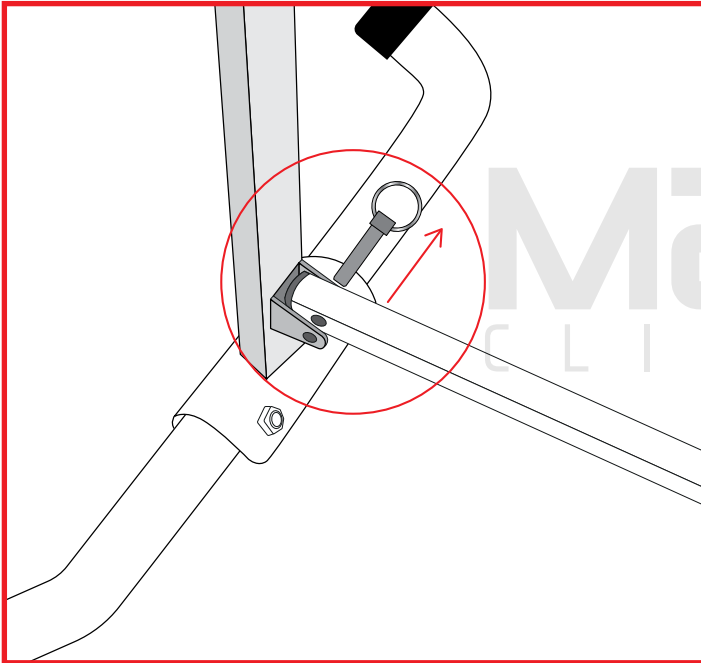
### Stepping

You can perform a simple step workout by placing both hands on the fixed handles targeting the movement in your legs. See picture.

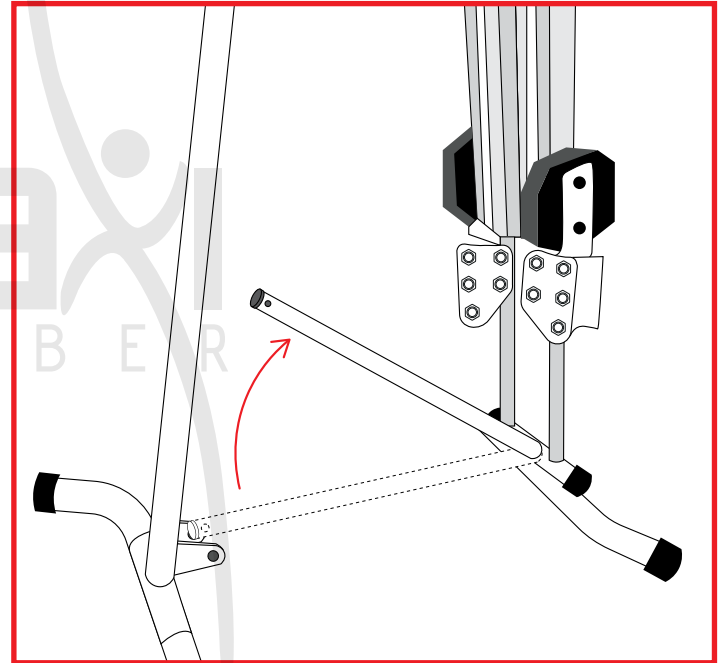
## 10. FOLDING AND STORAGE

MaxiClimber® takes up very little space as it can be easily folded by performing the following steps:

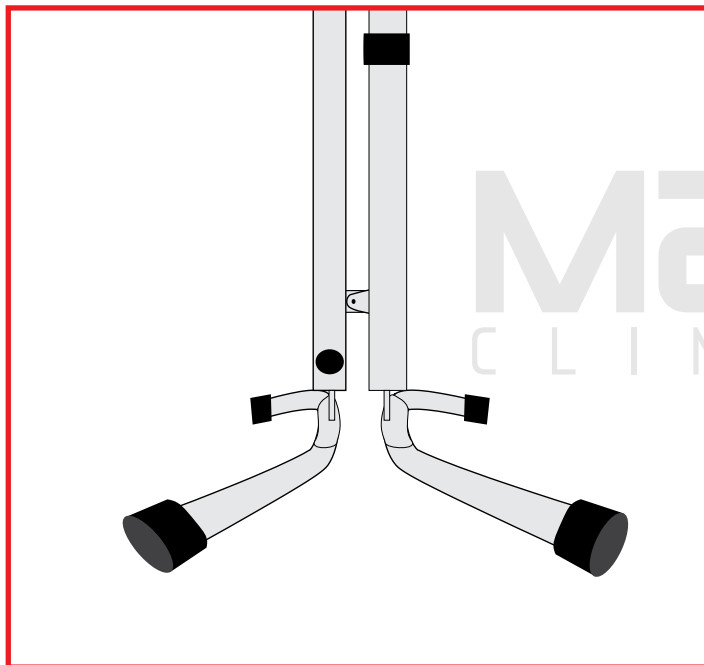
(a) Remove the safety pin (part F). See picture.



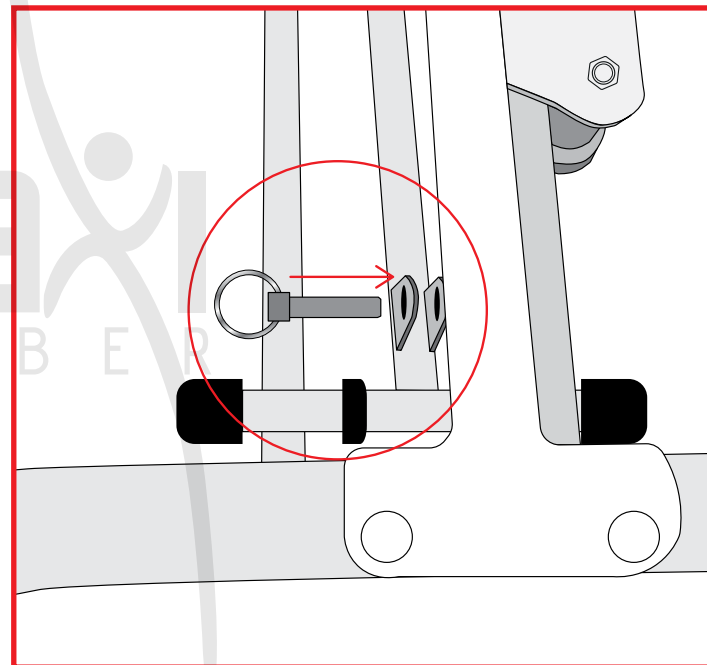
(b) Lift the middle bar until it is set between the double front bars and vertical to the ground. See picture.



(c) Hold the back bar and move it towards the opposite front double bar until they are parallel with each other and vertical to the floor. See picture.



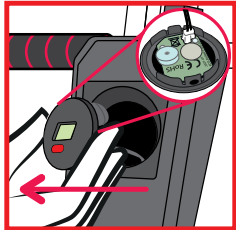
(d) Put back the safety pin (part F). See picture.



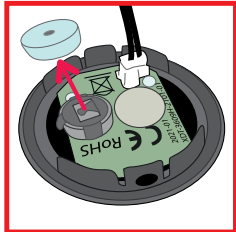
## 11. BATTERY CAUTION & DISPOSAL INFORMATION

1. For best results, use battery type **LR44 (DC1.5V)**.
2. Install only new batteries of the same type in your product.
3. Failure to insert batteries in the correct polarity, as indicated in the battery compartment, may shorten the life of the batteries or cause batteries to leak.
4. Do not mix old and new batteries.
5. Do not mix Alkaline, Standard (carbon-zinc) or Rechargeable (nickel cadmium) or (Nickel Metal Hydride) batteries.
6. Do not dispose off batteries in fire.
7. Batteries should be recycled or disposed off as per state and local guidelines.

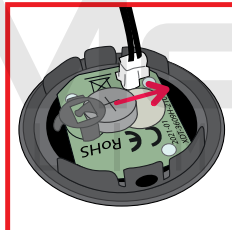
## 12. MaxiClimber® BATTERY REPLACEMENT



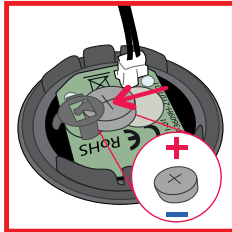
- 1**  
Remove the counter from the main unit.



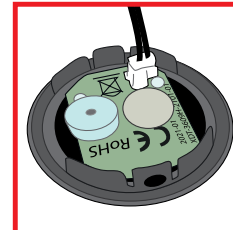
- 2**  
Take off the plastic cover.



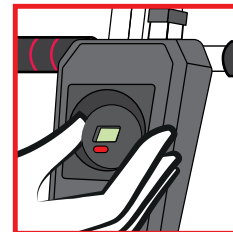
- 3**  
Push out the battery and remove it.



- 4**  
Insert and install a new battery with the (+) Positive pole upward.



- 5**  
Put the plastic cover on.



- 6**  
Fix the counter back on the main unit.

## BEFORE RETURNING THIS PRODUCT TO THE STORE

We will be happy to correct any problem that you may have or to answer any of your questions regarding the purchase of this product. Please contact us at our Toll-Free **Customer Service Line (888)433-9083**.

You may also e-mail us at **customerservice@maxiclimber.com** or visit our web site at **www.maxiclimber.com**

*Thank you!*



## MaxiClimber® LIMITED WARRANTY ONE (1) YEAR (VALID ONLY FOR PURCHASES IN USA AND ITS TERRITORIES)

Warranty: Inova US ("Inova") warrants to the original MaxiClimber® purchaser ("Customer"), and only to the Customer, that the MaxiClimber® ("Product") for which the Customer received this warranty was designed, developed, manufactured and/or assembled using all due reasonable commercial care and good manufacturing practices. Inova US Product shall be, when properly assembled and used, free from defects in material and workmanship and fit for the ordinary purpose for which such Product is used for one (1) year from original date of purchase. Inova's sole obligation under this warranty is to repair or replace the Product, at Inova's option. Inova's obligations to the buyer hereunder shall be conditioned upon the buyer's notifying Inova of the claimed defect within thirty (30) days of the discovery thereof and upon the Product: (I) being returned, freight prepaid, to Inova at the address below; (II) being found defective; (III) being found to have been properly assembled and used (if assembled and/or used); and (IV) being returned within one (1) year from the date of sale to the buyer.

Warranty and Liability Disclaimer: INOVA MAKES NO OTHER WARRANTIES OR REPRESENTATIONS OF ANY KIND WHATSOEVER, EXPRESS OR IMPLIED, EXCEPT THAT OF TITLE, AND ALL IMPLIED WARRANTIES INCLUDING ANY WARRANTY OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED. Notwithstanding the foregoing, the duration of any implied warranty or condition of merchantability, fitness for a particular purpose, or otherwise, on the Product that may be found to be made shall be limited to the duration of the express warranty set forth above. In no event shall Inova be

liable for any loss, inconvenience, damage, or personal injury, whether direct, incidental, consequential or otherwise, resulting from breach of any express or implied warranty or condition of merchantability, fitness for a particular purpose or otherwise with respect to the Product, or from use of the Product, except as set forth herein. Some states or countries do not allow limitation on how long an implied warranty lasts and some do not allow exclusions or limitations of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may have other rights which may vary from location to location. This warranty will be interpreted pursuant to the laws of the United States and the State of Florida. The original English version (meaning) of this warranty controls over all translations; Inova is not responsible for any errors in translation of this warranty and/or any Product instructions. This warranty is not intended to confer any additional legal, jurisdictional or warranty rights to you other than those set forth herein or required by law. If any portion of this warranty is held to be invalid or unenforceable for any reason, such finding will not invalidate any other provision.

Warranty Service Options: For service under this warranty you must notify Inova in writing within 30 days to obtain a Returned Merchandise Authorization (RMA). When requesting your RMA, you must specify the Product in question by providing the order number.

TO OBTAIN ASSISTANCE in USA and its Territories Contact MaxiClimber® Customer Care Center:

By Phone: 1-888-433-9083  
By email: customerservice@maxiclimber.com  
Website: MaxiClimber.com

Any insurance and/or shipping costs incurred in returning your Product under the approved Returned Material warranty option are your responsibility. Inova will not be responsible for any products lost or damaged in shipment.

Warranty Exclusions: Representatives and brokers of Inova products and services are not authorized to modify this warranty in any way. It is the Customer's responsibility to examine the Product regularly to determine the need for normal service or replacement. This warranty does not cover the following:

- Products that have been modified, neglected or poorly maintained, misused, abused, or involved in accidents or natural disasters;
- Damage occurring during shipment of the Product (such claims must be presented directly to the freight forwarder or shipping company);
- Damage to the Product resulting from improper maintenance or repair, the use or installation of parts and/or accessories that are not compatible with the original intended use of the Product, or the failure to follow the Product warnings and usage instructions or by anyone weighing more than 240 pounds (110 kg);
- Any products for which the Customer does not follow the warranty procedures outlined above.

**Warranty for other Countries/Territories  
see attached sheet.**