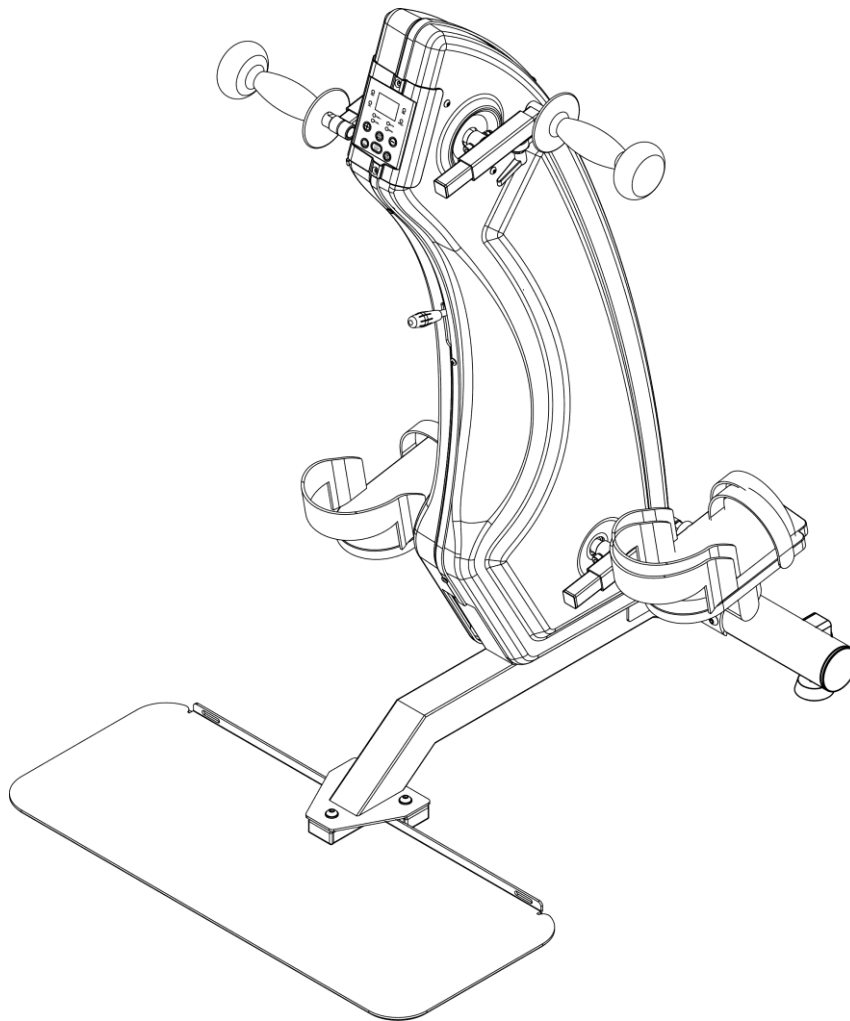


motoMax

OWNER'S MANUAL



HealthCare International, Inc.

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Safety Precautions

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine.

Also, please note the following **safety precautions**:

1. Read all instructions carefully before using the machine.
2. Consult your physician or other health care professional before beginning this or any type of exercise program.
3. Always wear proper exercise apparel when using the machine.
4. If at any time you feel faint, light-headed or dizzy while operating the machine, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
5. Keep children and pets away from the machine while in use.
6. Only one person can use the machine at a time.
7. Make sure your machine is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use and retighten periodically.
8. Do not operate this or any exercise equipment if it is damaged.
9. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
10. Keep clothes, jewelry and loose items away from moving parts.



WARNING:

BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PEOPLE WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THIS FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

Dear Valued Customer,

Thank you for your recent purchase of the **motoMax** from HCI Fitness. We believe that you have purchased one of the highest quality and affordable active and passive trainers on the market today. Prior to using your new **motoMax** please review the operator's manual and product tips to maximize your workout experience.

Wishing you the best of luck in reaching your health and fitness goals!

HealthCare International is a leading supplier and distributor of innovative products for Health, Wellness, Fitness & Active Aging. Visit our website – www.HCIFitness.com for information on all of our products.

Warranty Information

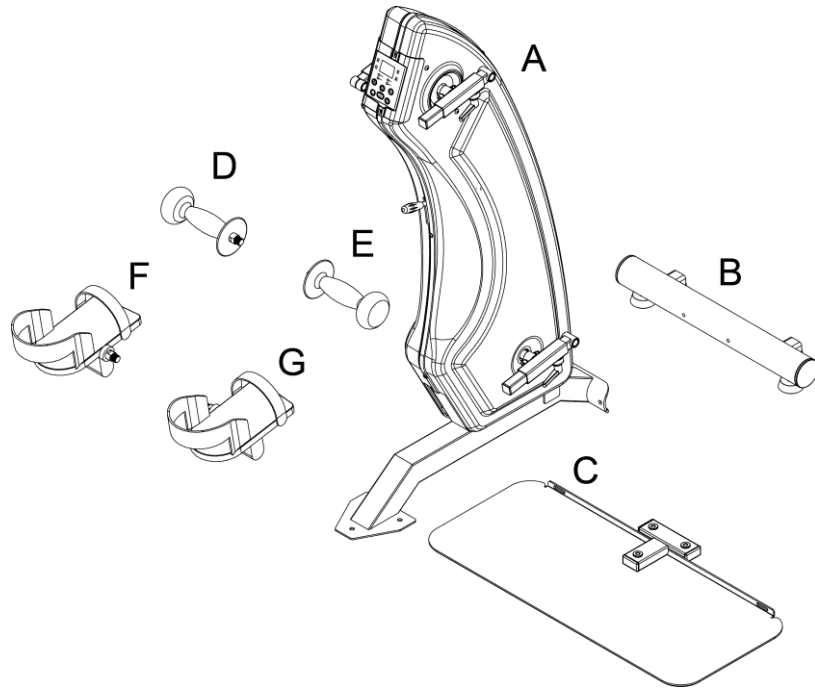
(Your Serial Number is found on a white sticker at the rear base of the unit and on the box)

Serial #: _____ Purchase Date: _____

3 Year Parts Warranty, One Year Labor, Lifetime Main Frame

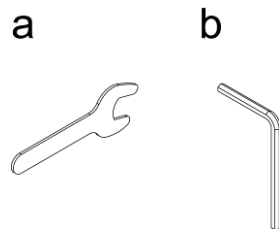
Assembly Instructions

Assembly Parts List



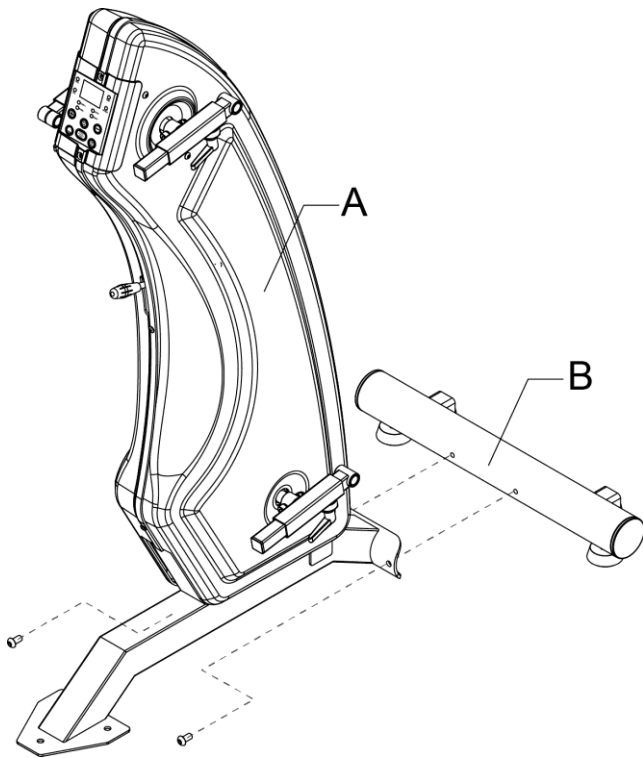
ITEM	Description	Qty
A	Main frame set	1
B	Front stabilizer	1
C	Stabilization Platform	1
D	Handrail set (left)	1
E	Handrail set (right)	1
F	Pedal board (left)	1
G	Pedal board (right)	1

Tool Set



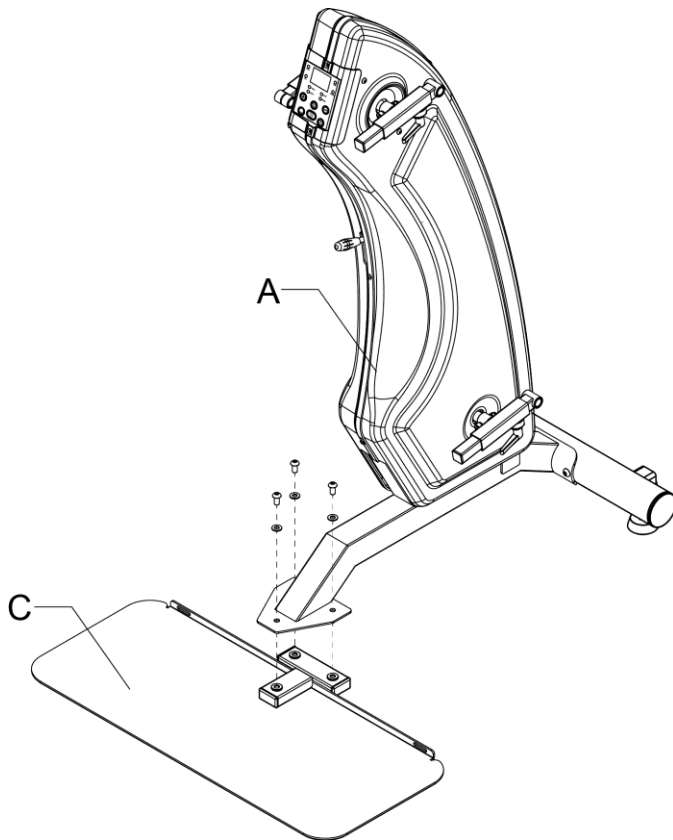
ITEM	Description	Qty
a	15mm Opening wrench	1
b	5mm x 30mm x 120mm L-shaped hex wrench	1

Step 1



Unscrew the two screws from the front stabilizer (B). Then place the screws through the main frame (A) and tighten the screws into the front stabilizer (B).

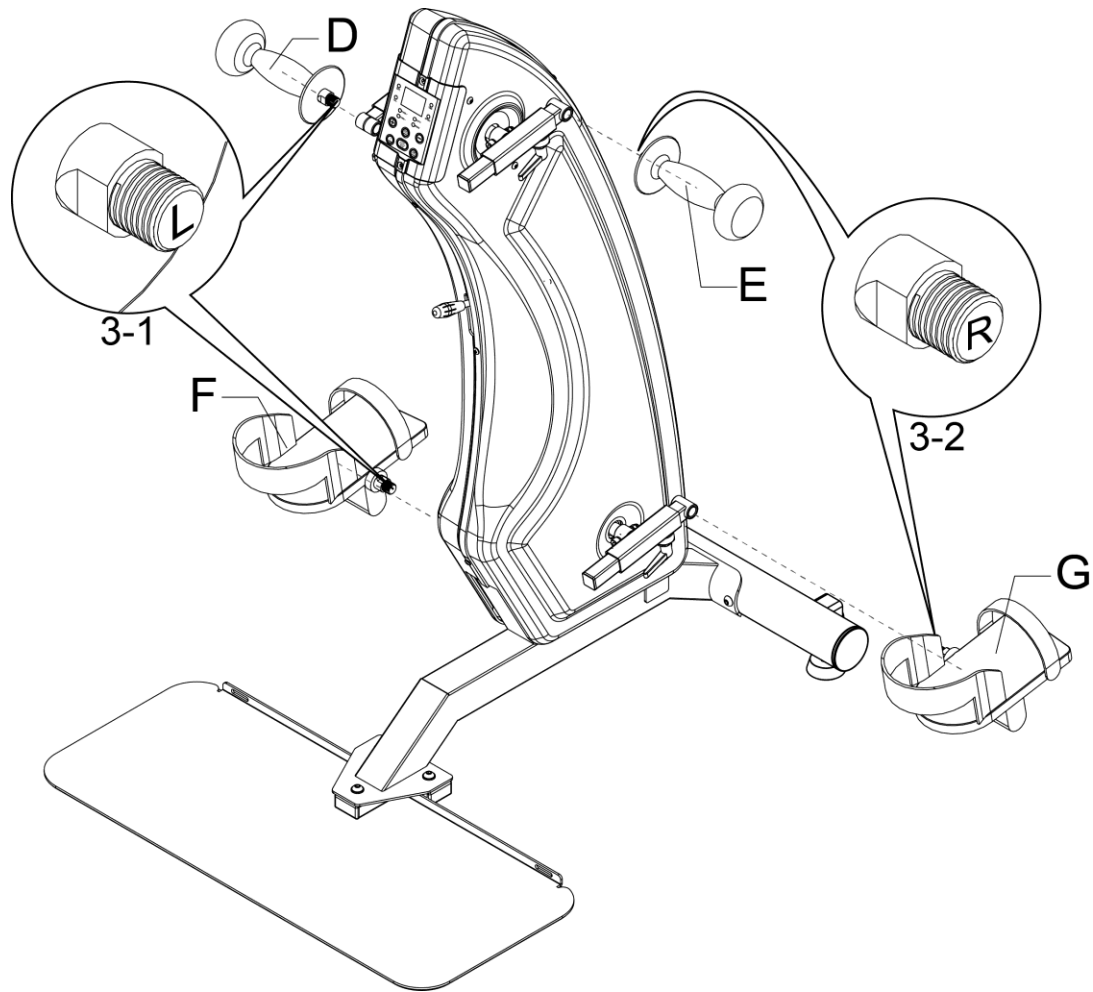
Step 2



Unscrew the 3 screws from the stabilization platform (C).

Then place the screws through the main frame (A) and tighten the screws into the stabilization platform (C).

1.1.1. Step 3



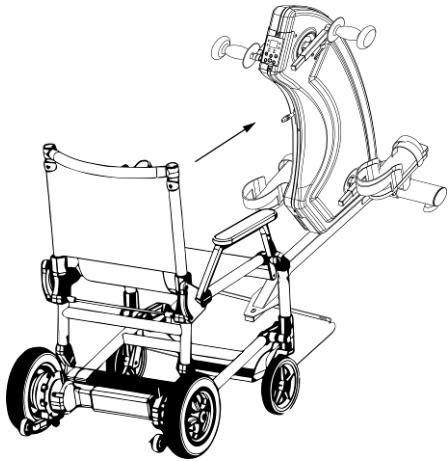
Attach the handles and pedals to the motoMax. Please note that the pedals are labeled for the left and right sides.

The left side handle and pedal have reverse threads so, turn counterclockwise to tighten the left side handle and pedal.

Accessories

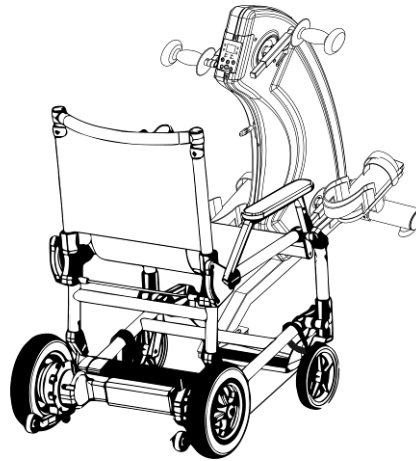
Wheelchair Straps

STEP 1



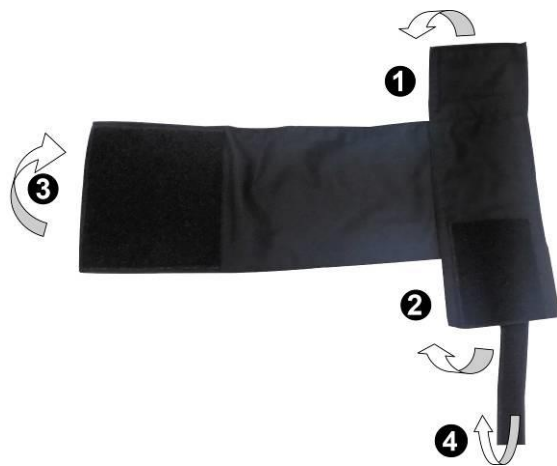
Bring the wheelchair into position to use the motoMax.

STEP 2



Attach to the wheelchair straps to the mounts on the stabilization platform, then secure the wheelchair with the straps.

Hand Grip Accessory



Universal hand grip allows users to secure their hands to handles.

1 → **2** → **3** → **4**, as shown below:



1 / **2**



3 / **4**

Leg Stabilizer Accessory

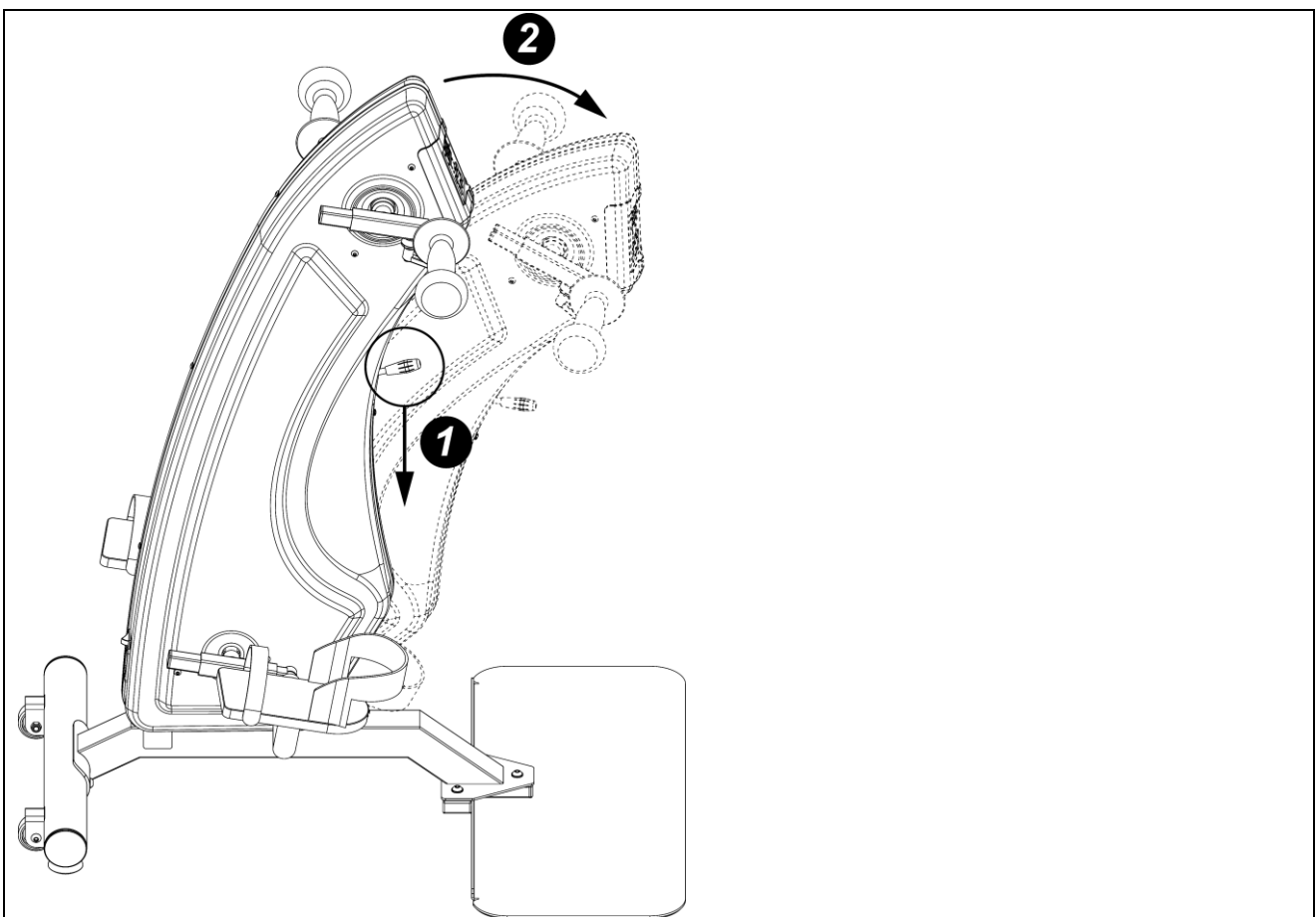
Option 1: Attach the leg stabilizers to each leg, then to each other.



Option 2: Attach the leg stabilizers to each leg, then to the side of the wheelchair.

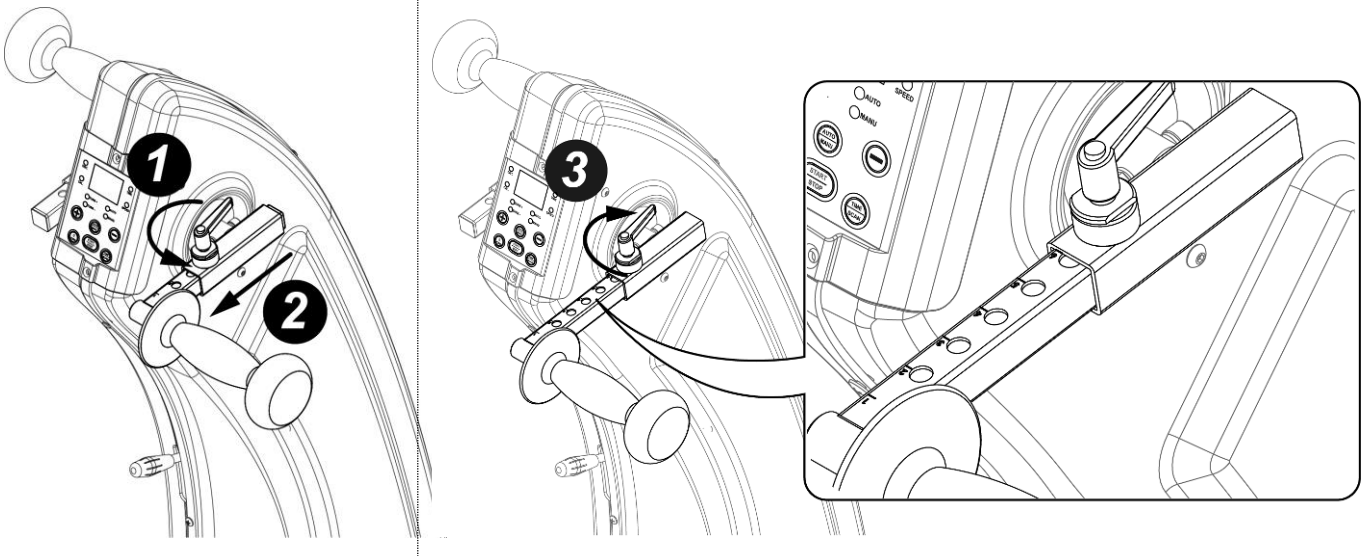


Tilt Adjustment



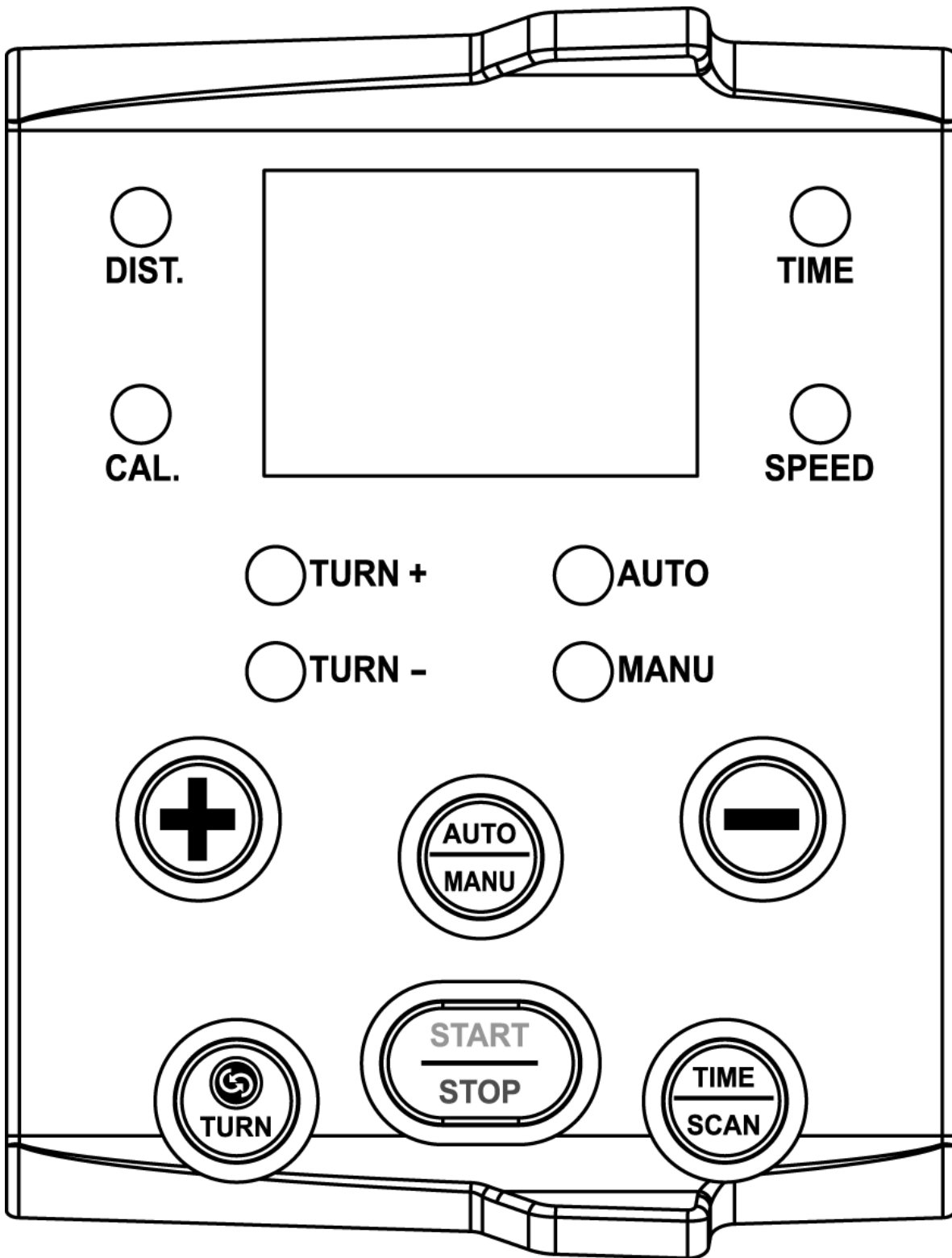
1. Press down on the tilt adjust lever.
2. While holding down the lever use your other hand to change the angle of the motoMax.
3. Release the tilt adjust lever to lock the motoMax in place.

Handle & Pedal Length Adjustment









1. Turn the locking knob counterclockwise to loosen the handle or pedal.
2. Then adjust the extension handle or pedal to the proper position.
3. Secure the handle or pedal in place by tightening down the locking knob.



Display



Key function

Button instruction			
	Icon	Purpose	Operation
1.		Start or Stop Button	Press the Start/Stop Button to begin your workout. Press the Start/Stop Button again to stop your workout.
2.		Change between Active (MANUAL) and Passive (AUTO) Mode	The default setting is passive mode (AUTO) indicated by LED light on the display. During operation press the Start/Stop button then press the Auto/Manu button to change modes. Press Start/Stop to begin the workout in the alternate mode.
3.		Change Direction	Press the Turn button to change the direction of the handles and pedals. The display will indicate direction. Turn + = Clockwise Turn - = Counterclockwise
4.		Decrease key	Decrease speed adjustment or resistance.
5.		Increase key	Increase speed adjustment or resistance.
6.		Workout Time	1. While setting up your workout, the workout time can be set by pressing the Time button then + or – keys. The time range is 5 to 30 minutes in 5-minute increments. 2. During operation, press the Scan button to cycle through speed→calories→distance→time. Press the Scan button again to stop cycling on a particular feedback.
		And Scan Through Workout Feedback	



Quick Start Guide

1. Plug in the motoMax and turn the power switch to the on position.
2. You will hear a Beep sound and see CHECK on the screen.
3. The data on the screen will be 0 and  /  will have a constant light on.

Passive Mode (AUTO)



Motorized Training – Caution the Machine will start moving when you press Start

In Passive Mode, the motor will stop for 3 seconds and restart in the reverse direction if a spasm is detected.

1. Press Start - Starting Speed Level 1 (10RPM).
2. Use the  ,  change the speed level, the range: Level 1-15(10-25RPM)
3. Press Stop to end your workout.
4. 2-1. During operation of AUTO mode, when the motor is blocked by the external force for about 3 seconds, it will start the reversed rotation.

Active Mode (MANU)

User is pedaling on their own strength with resistance.

1. Press Start
2. Press MANU button to change to active mode
3. Use the  ,  change the resistance level, the range: Level 1-15
4. Press Stop to end your workout.