



Owner's Manual V.2



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.



**NOTE: MAXIMUM WEIGHT CAPACITY FOR THE
PHYSIOMAX IS 500 LBS. (227 KGS)**

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 **PhysioMax** from HCI Fitness. We believe that you have purchased one of the highest quality and affordable total body trainers on the market today. Prior to using your new **PhysioMax** please review the owner'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 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, the front of the user manual, and on the box)

Serial #:_____ **Purchase Date:**_____

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

NOTE

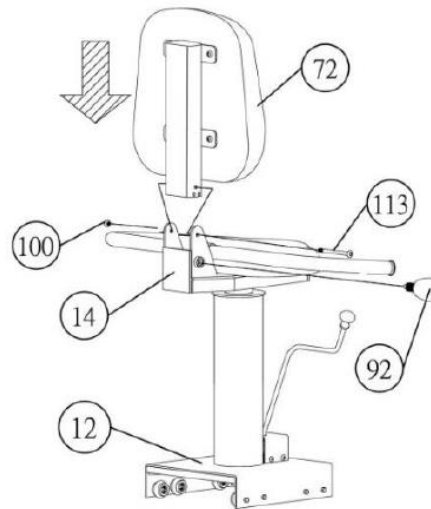
Before you start to assemble this unit, please note that some of the parts and screws needed for assembly are already in place on the unit.

TOOL SET:

Tool	QTY
(112) 5mm Allen Wrench Tool	1
(113) Extended 6mm Allen Wrench Tool	1
(111) 13*15 Screwdriver/Wrench Combo Tool	1

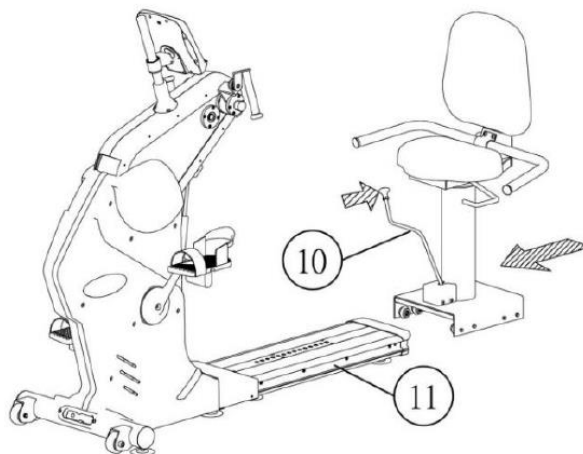
Assembly Instructions

STEP 1: Assembling the Seat Back



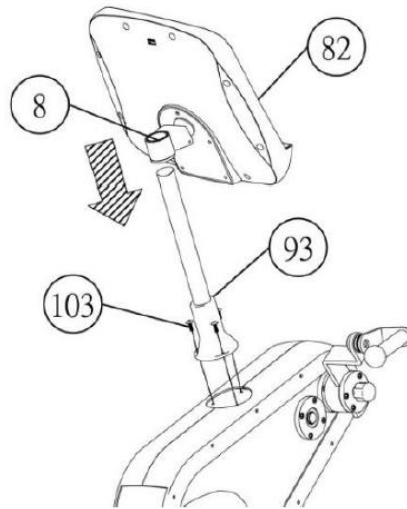
Insert the seat back support frame (14) that is connected to the seat back (72) into the seat base frame (12). Using the bolt (113) and the nut (100) secure in place.

STEP 2: Connecting Seat to Frame



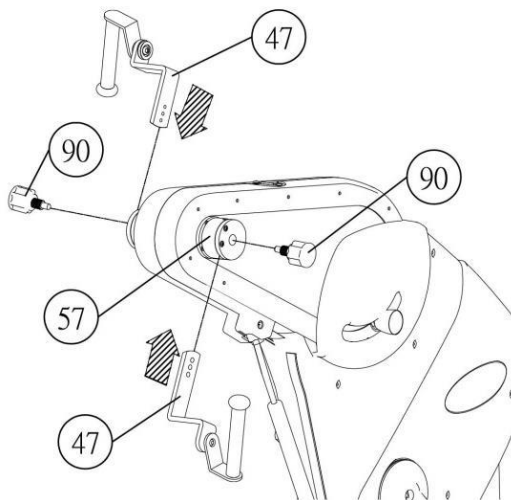
Pull back and hold the Movement Lever (10) then slide the entire assembly forward into the seat-rail, making sure the rollers are moving smoothly within the Aluminum rail (11).

STEP 3: Attaching the Display



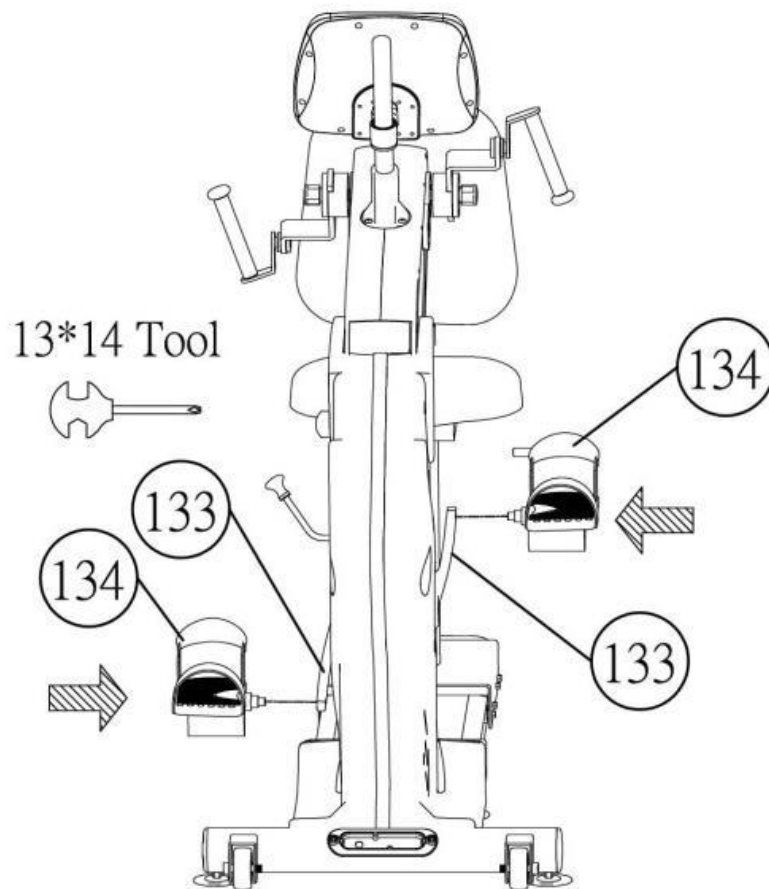
Attach the Display post (93) to the PhysioMax using 3 of the M5 screws (103). Slide the Display (82) onto the Display post (8), and tighten the screws.

STEP 4: Inserting the Arm Cranks



Place each arm crank handle rod (47) through the slot into the crank hub (57). To secure the crank handle, fasten with the black adjustment knob (90).

STEP 5: Attaching the foot pedals



Fasten each foot pedal (134) to the pedal cranks (133) using the open-end wrench, tool “13*14”. Please note the LEFT pedal will be a REVERSE thread. Check that the pedals are tight at least once a month and tighten if needed. together (no. 91 and no. 92) so that the Wire Harness is not pinched. If the wire harness is pinched, the Display Panel will not function.

Please note:

Connect the power adaptor to the unit and power on before use.

Quick Tips

AC Adaptor:

The **PhysioMax** does need to be plugged into a standard electrical outlet. The AC adaptor connects at the rear base of the unit, at ground level, on the end of the unit that is beneath the seat. The display is powered by the adaptor and does not need batteries.

Levelers:

There are levelers in the front of the unit, beneath the shroud. Please adjust the levelers to stabilize the unit on your floor.

Seat Adjustments:

The **PhysioMax** seat position can be adjusted forward and backward by pulling the long yellow bar located on the right side of the seat. The handle on the left of the seat allows the seat to swivel for easy access. In addition you can adjust the tilt of the **PhysioMax** seat back by pulling the knob located on the back cushion support.



Quick Start:

If you would like to start a simple workout, press the Start Button and use the arrows to set the resistance. It will automatically start you at level 1.

Heart Rate:

If you would like to monitor your heart rate while using the **PhysioMax**, simply use any chest belt. There is a wireless heart rate receiver in the display and it will automatically connect with all common brands of chest belts (i.e. Polar, Garmin etc). If you don't already have one, local sporting goods stores are a good place to purchase. The FT1 is one model that works well.

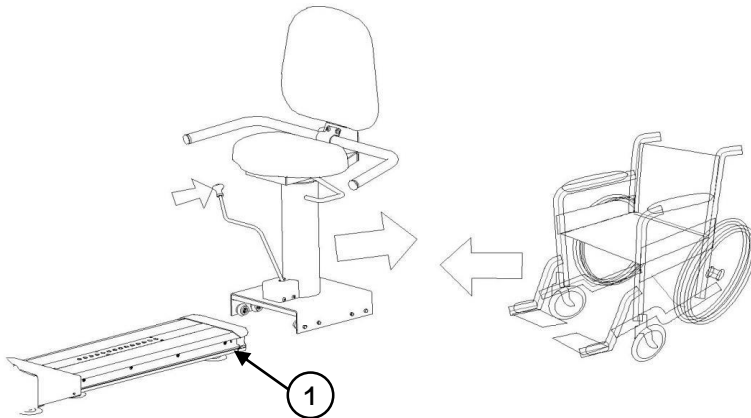
USB Workout Summary Report:

The **PhysioMax** features a USB workout summary report. The USB slot is located on the back of the display. Simply insert a USB into the back of the display before you start your work out and press the **REPORT** button when you are finished with your workout. Please view **page 17** for more detail.

The USB workout summary feedback reports total time, total calories, total distance, as well as Averages and Peaks for METS, WATTs, Heart Rate, Steps Per Minute, and Speed

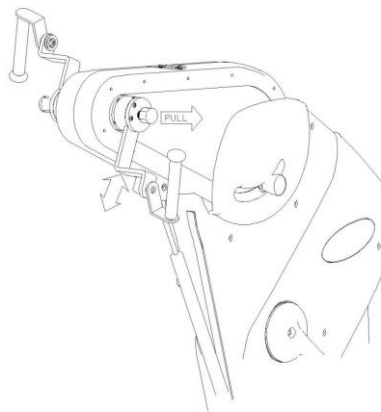
Operating Adjustments:

Wheel Chair Access:



Remove the two rubber stoppers located on each side of the seat rail (1). Pull back on the seat adjustment lever to adjust the seat position. Continue to slide the seat off the rail to allow for wheel chair access.

Crank Arm Length:

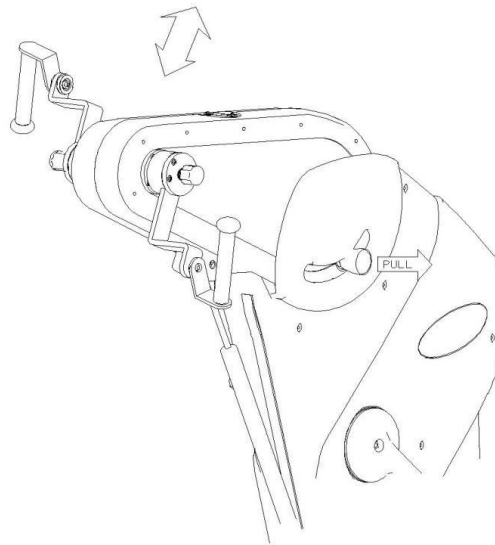


Pull out the black knob to adjust the crank arm length, there are 3 positions. Be sure to hold onto the handle so the arm does not drop.

The crank arms can also be adjusted to be used in the same direction by removing the set screw and inserting the crank arm from the other side.

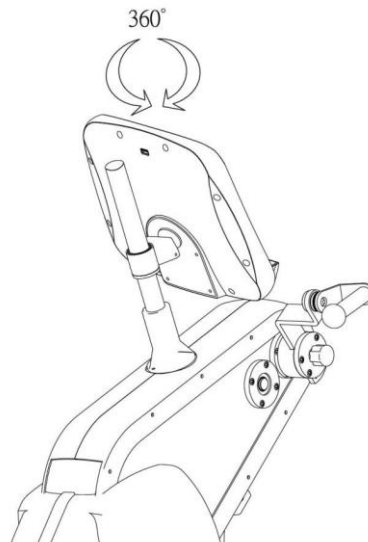
**Be sure to put the set screw back after changing the position of the crank arm.*

Upper Unit Position:



Pull out the orange knob to adjust the arm crank height and positioning, there are multiple angle settings. Lock into place by releasing the orange knob and tightening.

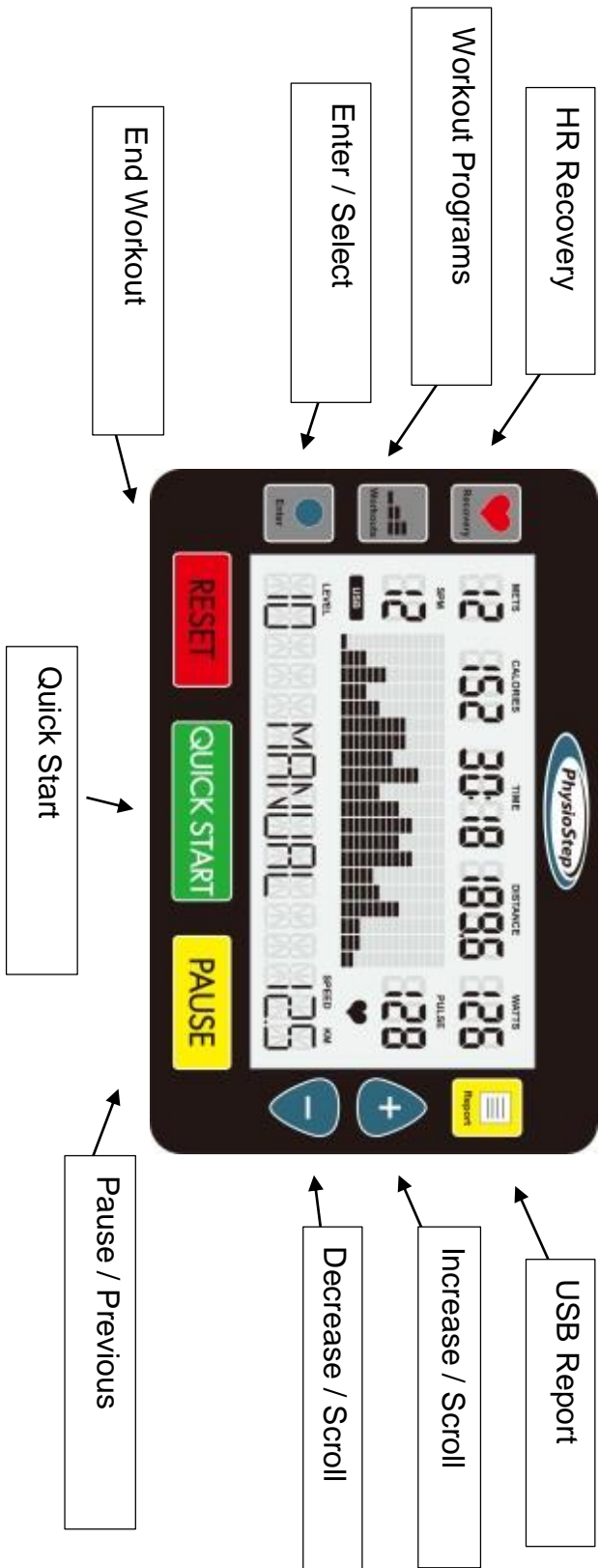
Rotating Display:



The display rotates 360 degrees for adjusted viewing angles. Use the easy release clip to adjust the display up and down as well as swivel.

**Tightening or loosening the set screw will change the ease of adjustment.*

PhysioMax Display Console



Button Functions

1. QUICK START BUTTON

1.1. Pressing the **QUICK START** button starts a manual workout.

2. ENTER BUTTON

2.1. The **ENTER** button selects programs and confirms data entry.

3. [+] / UP BUTTON

3.1. Press the **[+]** button to increase values.

3.2. Holding the **[+]** button will rapidly increase values.

4. [-] / DOWN BUTTON

4.1. Press the **[-]** button to decrease values.

4.2. Holding the **[-]** button will rapidly decrease values.

5. WORKOUTS BUTTON

5.1. Before you start your workout, press the **WORKOUTS** button to choose a preset program. Continue to press the **WORKOUTS** button to cycle through the programs.

5.2. If you have already started a workout, press **RESET** twice then use the **WORKOUTS** button as explained above.

6. RECOVERY BUTTON

6.1. The recovery function is only available when using a HR monitor.

6.2. Press the **RECOVERY** button to enter the cool down mode.

6.3. When in the recovery mode, all other buttons are disabled.

7. PAUSE BUTTON

7.1. While exercising press the **PAUSE** button to pause your workout. The display will show "*Press QUICKSTART to resume or RESET for workout summary*".

7.2. Press the **QUICKSTART** button to resume your workout.

7.3. Press the **RESET** button to view your workout summary.

7.4. In the Report Mode, the **PAUSE** button will return you to the last step.

8. RESET BUTTON

8.1. To end your workout and view your workout summary press the **RESET** button.

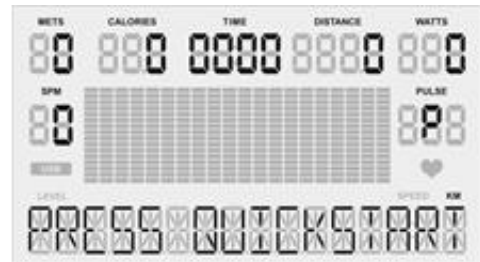
8.2. Holding down the **RESET** button for 3 seconds will reset the display.

9. REPORT BUTTON

9.1. Enables the USB workout report export function in summary mode.

Quick Start –Sit, Start, & Step!

1. Adjust your seat and handles to a comfortable position allowing your legs and arms to use the full range of motion.
2. Press the **QUICK START** button.
3. Start Stepping! You can use **[+]** / **[-]** buttons to adjust the resistance level at any time during your workout.



OR

Select a Workout Program

1. Press the **WORKOUTS** button to view programs.
2. To scroll through the different programs continue to press the **WORKOUTS** button.
3. Then press the **Enter** button to select your desired workout program.
4. Follow the steps described in the next section to start your desired workout.

*If you have not selected anything after 5 minutes the display will automatically power off.

Setup your Workout Programs

Before starting your workout make sure that your seat is comfortably adjusted.

NOTE: Use the **WORKOUTS** button to cycle through programs. Press the **WORKOUTS** button again to view the next workout. Press **ENTER** to select your desired workout.

User Setup:

After selecting your desired workout the first step is to enter your user information. This step will be the same for all workouts.

Use the **PAUSE** button to return to the previous step when entering user info.

Gender: Use the **[+] / [-]** buttons to change Male (**M**) or Female (**F**).

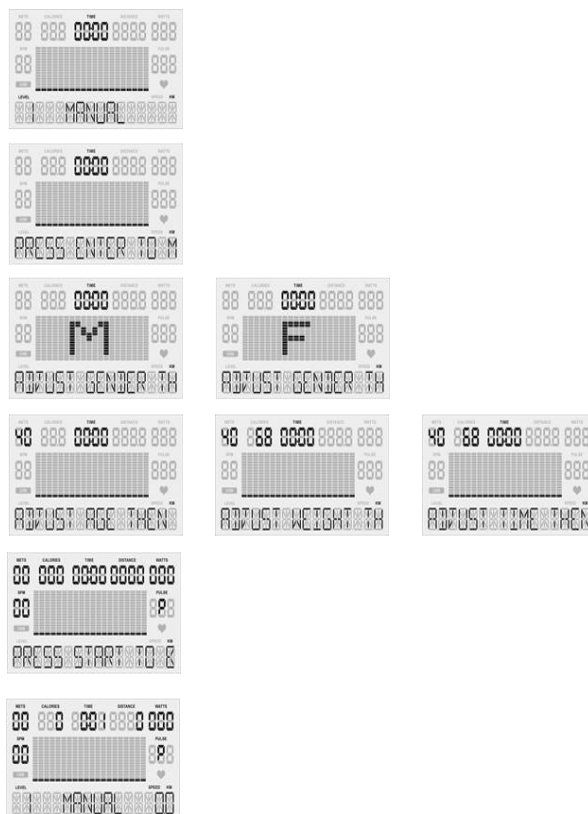
Press the **ENTER** button to set gender.

Age: Use the **[+] / [-]** buttons to change your age.

Press the **ENTER** button to set age.

Weight: Use the **[+] / [-]** buttons to change your weight.

Press the **ENTER** button to set weight.



1. Basic Programs

Manual, Warm Up, Interval, Valley, Ramp, Mountain, Rolling, Climb, Random, Hill, Fat Burn, Cardio, and Strength.

1.1. **User Setup** - You will be prompted gender, age, weight, and time.

Use the **PAUSE** button to return to the previous step when entering user info.

1.2. **Set Time:** Use the **[+] / [-]** buttons to set workout time. (Counting Down)

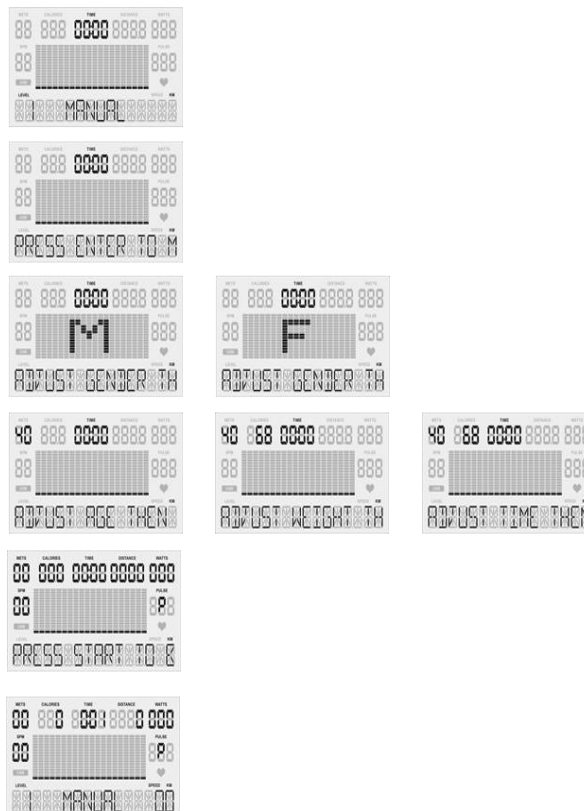
1.2.1.1. Press the **ENTER** button to set workout time.

1.3. Once your user information has been entered press **Quick Start!**

1.4. In the basic programs you can use the **[+] / [-]** buttons to change the resistance level.

1.5. Once your workout is complete a 3 minute Cool Down will begin.

Basic Programs Screens



2. Heart Rate Programs (HR 65% / HR 85%) *Requires HR Monitor

2.1. **User Setup** - You will be prompted gender, age, weight, time, & HR.

Use the **PAUSE** button to return to the previous step when entering user info.

2.1.1. **Set Time:** Use the **[+] / [-]** buttons to set workout time. (Counting Down)

2.1.1.1. Press the **ENTER** button to set workout time.

2.1.2. **Pulse:** Use the **[+] / [-]** buttons to change your target heart rate.

(Shown as percentage [65% or 85%] of full target heart rate)

2.1.2.1. Press the **ENTER** button to set your target heart rate.

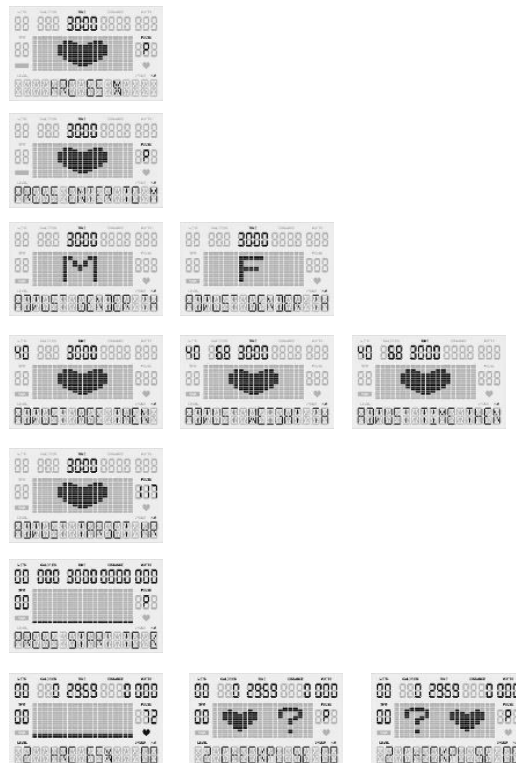
2.2. Once your user information has been entered press **Quick Start!**

2.3. If your heart rate cannot be detected, the screen will show [? ♥] and reset to the home screen.

2.4. In the Heart Rate programs your resistance level will automatically increase or decrease to help reach your target heart rate.

2.5. Once your workout is complete a 3 minute Cool Down will begin.

Heart Rate Programs Screens



3. Constant Programs (SPM / WATTS)

3.1. **User Setup** - You will be prompted gender, age, weight, time & constant.

Use the **PAUSE** button to return to the previous step when entering user info.

3.1.1. **Set Time:** Use the **[+] / [-]** buttons to set workout time. (Counting Down)

3.1.1.1. Press the **ENTER** button to set workout time.

3.1.2. **Set SPM / WATTS:** Use the **[+] / [-]** buttons to change your constant metric.

3.1.2.1. Press the **ENTER** button to set your constant metric.

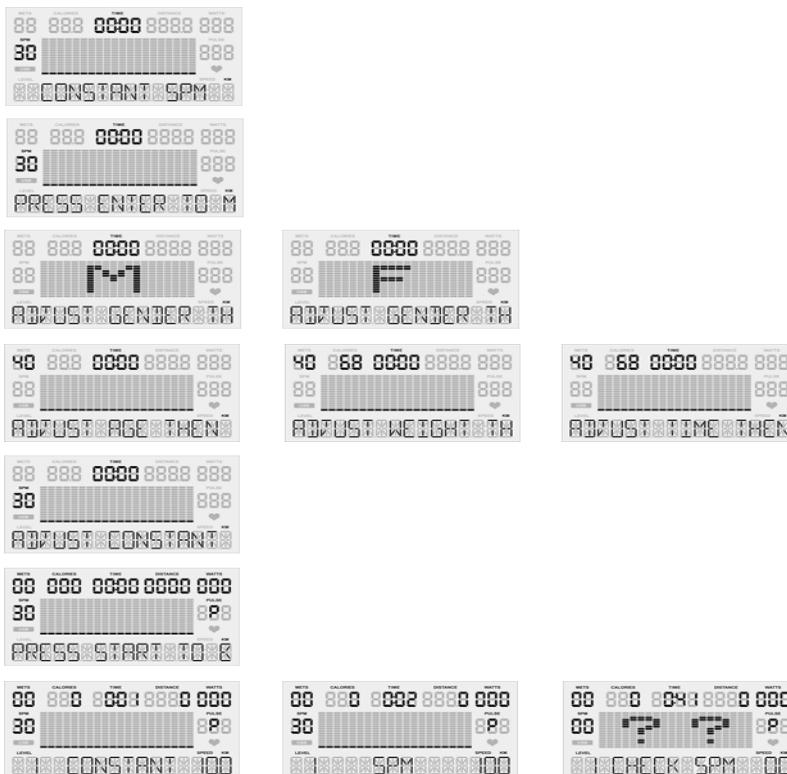
3.2. Once your user information has been entered press **Quick Start!**

3.3. If you are not using the machine, the screen will show “[?] *Check SPM*”

3.4. In the constant programs your resistance level will automatically increase or decrease to maintain constant SPM or WATTS.

3.5. Once your workout is complete a 3 minute Cool Down will begin.

Constant Programs Screens



4. Goal Set Programs (Calories / Distance)

4.1. **User Setup** - You will be prompted gender, age, weight, time, & goal.

Use the **PAUSE** button to return to the previous step when entering user info.

4.1.1. **Set Time:** Use the **[+] / [-]** buttons to set workout time. (Counting Down)

4.1.1.1. Press the **ENTER** button to set workout time.

4.1.2. **Set Calories / Distance:** Use the **[+] / [-]** buttons to change your goal.

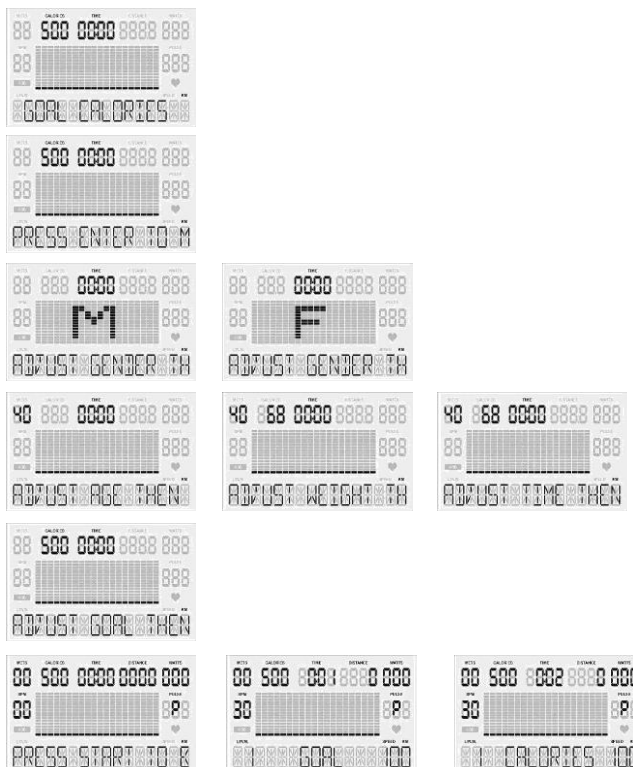
4.1.2.1. Press the **ENTER** button to set your goal.

4.2. Once your user information has been entered press **Quick Start!**

4.3. In the Goal programs your workout will complete once your goal is reached. Use the **[+] / [-]** buttons to change the resistance level.

4.4. Once your workout is complete a 3 minute Cool Down will begin.

Goal Set Programs Screens



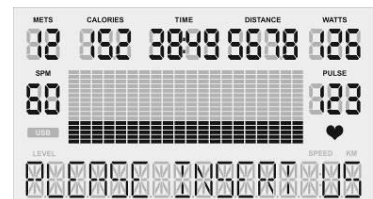
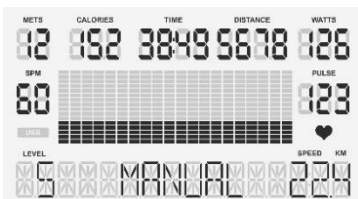
Cool Down Mode

1. After completing your workout program a **3 minute cool down** will automatically start.
2. Press the **PAUSE** button to pause your cool down, and **QUICK START** to resume your cool down.
3. Press the **RESET** button to skip the cool down and view workout summary.

Workout Summary Mode

** After cool down mode, the display shows workout summary**

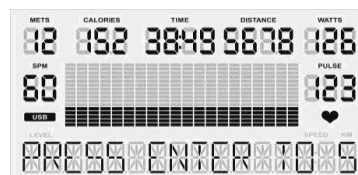
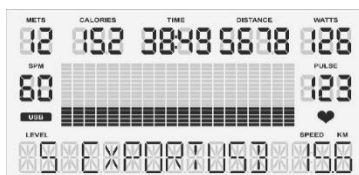
1. The workout summary mode displays your personal data as shown below:
Total Time, Distance and Calories; as well as Average METs, WATTS, Steps per Minute (SPM) and Pulse.



Export Workout Summary to USB

USB Slot Located on Back of Display

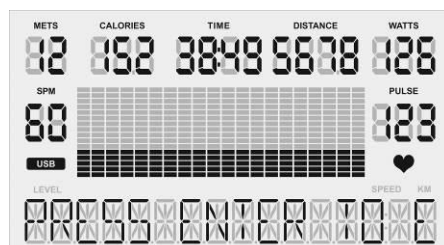
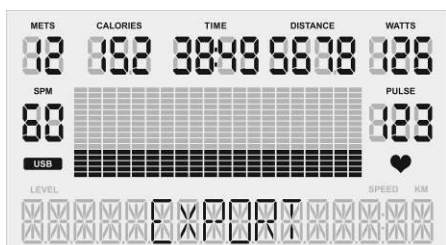
1. Insert your USB into the USB slot on the back of the display.
2. When the USB is correctly inserted the display will show the symbol "USB."
3. When you have completed your workout and are on the Workout Summary Mode screen, press the **REPORT** button to begin the export process.
4. Press the **ENTER** button twice to set your Workout ID.



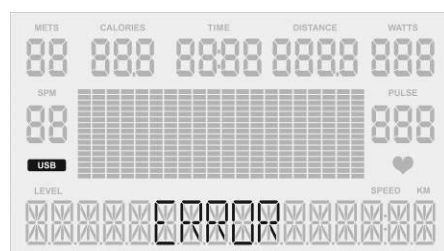
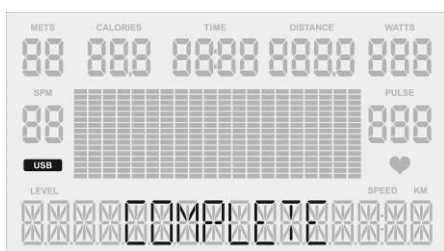
5. Use the **[+] / [-]** buttons to scroll through values (a-z and #0-9). Press the **ENTER** button to select a value and move to the next space.
6. Set your ID by pressing the **ENTER** button until you reach the last space.

PLEASE NOTE: At any time you can press **PAUSE** to return to the previous step.

- After you have set your personal ID, press **ENTER** to select the date (Day / Month / Year). Use the **[+] / [-]** buttons to scroll through the values [a-z and #0-9]. Once the date is selected, press the **ENTER** button to confirm and complete.



- Once the date is complete, the display will show the messages “*Export*” and “*Press Enter to Export Data*”. Press the **ENTER** button to export your workout summary report to USB. Saving your workout summary will take a few seconds.
- Your workout summary report will be saved in a .csv file that you can open in excel. The display will read “*Complete*” when it has been exported successfully.
- If there is an error during the data export, the display will read “*Error.*” If this happens, press the **PAUSE** button to return to the previous step and export again.



Sleep Mode

- If you do not use the unit for five minutes the display will automatically power off.
- In sleep mode, the LCD monitor will be powered off; any buttons or USB functions will be disabled.
- To wake the unit – start using the machine again and it will power on.

Recovery Mode

**Requires HR Monitor*

1. At any time during a workout program you can press the **RECOVERY** button to enter the recovery mode to see how quickly your body returns to its resting heart rate.
2. Once in the recovery mode the user's peak heart rate is displayed on the top left with the active heart rate below. You will have 1 minute to monitor your heart rate in recovery mode.
3. When the recovery is complete, the screen will display: Excellent (F1.0), Very Good (F2.0), Good (F3.0), Satisfactory (F4.0), Sufficient (F5.0) or Fail (F6.0) based on the rate of recovery.
4. P0 = the user's heart rate when the recovery mode was initiated.
P1 = the user's heart rate after completing the recovery mode.

Using Optional Heart Rate Monitors

1. Chest Strap
 - 1.1. In order to insure the chest strap is working correctly please refer to the manufacturer's instructions. In general, the chest strap must remain wet to accurately work. Moistening the electrodes is very important. Be sure to fasten the strap correctly below your pectoral muscle.

General Maintenance

1. **Cleaning** - Use soap and warm water or antibacterial wipes to clean your unit.
2. **Tightening** - Periodically inspect your unit to insure that all screws, nuts, and bolts are tightened and retighten if necessary. Do not over tighten.

General Display Information

1. Gender

1.1. Men are MALE, Women are FEMALE (preset value is MALE).

1.2. The display shows [M] / [F] when setting.

2. Age

2.1. The age range is between 10 and 99, preset value is 40 years old.

2.2. Age is shown in the top left of the display in the METS window.

3. Weight

3.1. The weight range is between 40 – 400 lbs (30 – 180 KG), preset value is 150 lbs (68 KG).

3.2. Weight is shown next to age in the calories window.

4. Target Heart Rate (THR)

4.1. Using the Heart Rate Control (HRC) programs the user can train at 65% or 85% of their target heart rate.

4.2. When setting age in the Heart Rate Control programs, the computer will calculate a proposed target heart rate for the user. The target heart rate shown on the screen is a percentage (65% or 85%) of your full target heart rate. You can adjust your target heart rate using the **[+]** / **[-]** buttons and set your desired target heart rate by pressing **ENTER**.

4.3. Target Heart Rate Formula = $(220 - \text{AGE}) * X\%$

NOTE: Target Heart Rate Function is only available when using a HR monitor.

5. Pulse

5.1. When using a heart rate monitor, your heart rate will show in the pulse window on the right side of the display. If your heart rate cannot be detected, the pulse window will show (_P_).

6. Units

6.1. Miles are denoted as M, Kilometers are denoted as KM. Preset value: **M**

6.2. To change units please view the Change Units Section on page 21

7. METs

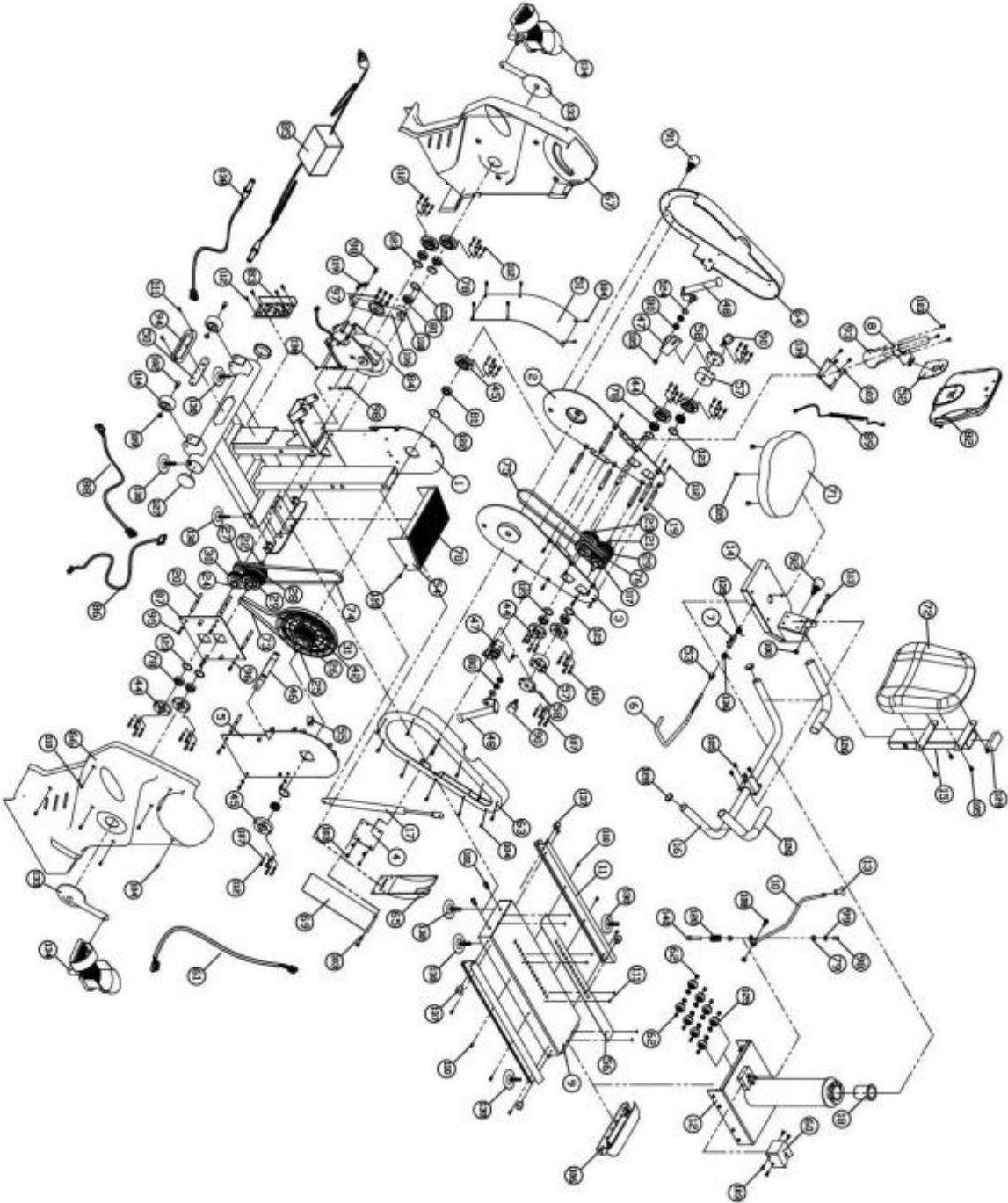
7.1. The Metabolic Equivalent of Task (MET), or simply metabolic equivalent, is a physiological measure expressing the energy cost of physical activities and is defined as the rate of energy consumption during a specific physical activity.

7.2. The range of METs is between 1 – 3 and displays on the top left.

8. Steps Per Minute (SPM)

8.1. Calculates your steps per minutes based on your revolutions per minute (RPM). Steps per minute are shown on the left of the display.

Exploded Diagram



Parts List

No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	36	Interval Tube(3) 14.5L	1
2	Left Plate	1	37	Interval Tube(9) 5.5L	1
3	Right Plate	1	38	Interval Tube(5) 3.5L	1
4	Cylinder Bracket	1	39	Interval Tube(4) 10.5L	2
5	Stabilizer Board(C)	1	40	Plate Washer	1
6	Swivel Handle	1	41	Plastic Washer-2T	6
7	Located Pin	1	42	Aluminum Pulley	1
8	Display Post	1	43	Interval Tube(11) 38L	1
9	Rail-Board	1	44	Bearing Base(A)	8
10	Movement Level	1	45	Bearing Base(B)	2
11	Aluminum Rail	2	46	Housing Stabilizing	1
12	Seat Base Frame	1	47	Arm Crank Handle	2
13	Level Head	1	48	Hand Bar	2
14	Seat Support Frame	1	49	Located Block	1
15	Back Seat Fixed	1	50	Power Connected Board	1
16	Seat Handle	1	51	Cover Plate	1
17	Cylinder	1	52	Display Bracket	1
18	POM Bushing	1	53	Located Tube	1
19	Fixed Column	7	54	Feet Board	1
20	Fixed Column	7	55	Magnet Seat	1
21	Upper Main Axis	1	56	Decorated Tin Plate	1
22	Lower Main Axis	1	57	Crank Hub	2
23	Upper Sub Axis	1	58	Crank Seat Covered	2
24	Lower Sub Axis	1	59	Plastic Washer	4
25	Mid Axis	1	60	Level Base Cover	1
26	Timing Pulley A	1	61	Controller Line	1
27	Timing Pulley B	2	62	Interval Tube for Roller	8
28	Timing Pulley C	1	63	Upper Housing(L)	1
29	Main Gear	2	64	Upper Housing(R)	1
30	Sub Gear	2	65	Decorated cover	1
31	Pulley Sleeve	1	66	Lower Housing(L)	1
32	Copper Washer(2) D56*d35.5*2T	2	67	Lower Housing(R)	1
33	Copper Washer(1) D48*d20.3*2T	4	68	Interval Ring(10) 23.5L	1
34	Interval Tube(6) 7.5L	1	69	PC Sleeve	1
35	Interval Tube(7) 39L	1	70	Sand Paper	1

No.	Description	Qty	No.	Description	Qty
71	Seat	1	106	Back Covered	1
72	Back Seat	1	107	Spring Washer M6	52
73	V-Belt 450 J6	1	108	Hex Head Bolt M8*22L	4
74	Timing Belt HTD5M1050	1	109	Nylon Nut M8	2
75	Timing Belt HTD5M1200	1	110	Set Screw M5	2
76	Timing Belt HTD5M400	2	111	Set Screw M4	2
77	One-Way Bearing HL3530-INA	4	112	Hex Bolt M6*15L	62
78	Bearing #6004zz	10	113	Mushroom Head Hex Bolt M8*100L	2
79	Sleeve Bearing STC-F1006+8	2	114	Grey PU Roller	2
80	Bearing #6001zz	4	115	Spring Washer M10	2
81	Bearing #6204zz	3	116	Idle Support	1
82	Display	1	117	Timing Pulley(D)	1
83	PCB Control Board	1	118	Idle Pulley	1
84	EMS Magnetic Flywheel	1	119	Tension Spring	1
85	Power Adapter	1	120	Compress Spring	1
86	Speed Sensor & Magnet	1	121	C-Ring S20	10
87	Stabilizer Board	1	122	R-Ring R47	3
88	Power Inlet	1	123	R-Ring R42	8
89	Display Wire	1	124	R-Ring R28	2
90	Black Knob	2	125	Roller	8
91	Grey Knob(25mm)	1	126	Handle Sponge ID31.8*550L	2
92	Grey Knob(19mm)	1	127	Round Plug OD76	2
93	Display Arm	1	128	Round Plug OD31.8	2
94	Power Connect Cover	1	129	Square Plug 40*80*1.5T	1
95	Hex Bolt M8*15L	14	130	Adj.Fix Cushion 3/8" *25L	8
96	Plate Washer ID8*OD18*1.5T	14	131	Square Key 6*6*20L	4
97	Interval Column for Idler	3	132	Square Key 6*6*65L	1
98	Hex Bolt M6*20L	5	133	Crank(Pair)	1
99	Plate Washer ID6.5*16*1.5T	15	134	Foot Paddle(Pair)	1
100	Nylon Nut M8	11	135	Scroll Spring(R)	1
101	Hex Bolt M12*25L	4	136	Scroll Spring(L)	1
102	Hex Bolt M10*55L	2	137	Stopper	4
103	Mushroom Screw M5*15L	22	138	Power Cable	1
104	Mushroom Screw M5*6L	40	139	Arms Seat	1
105	Mushroom Head Bolt M8*25L	8	140	Located Pin	1