here is a example, show how to set the max height.

First step, Set the max height 295mm   (#define MANUAL_Z_HOME_POS 290)

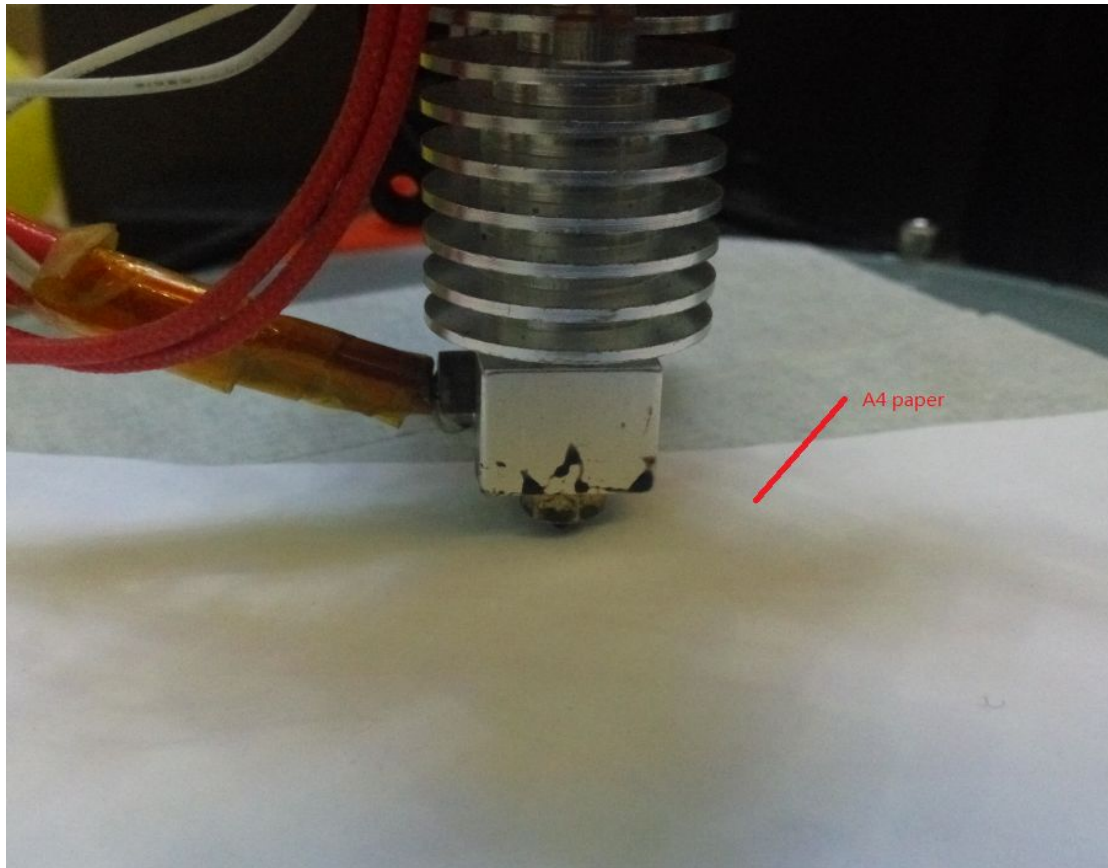Second step,flash the firmware to motherborad.

Third step, put one pcs A4 paper on the glass, adjust the nozzle location,when the nozzle could touch the paper is ok.   e.g as the pic, the nozzle could almost press the paper,and the Z coordinate show 4.48.
So the max height is 295-4.48=291.52mm.

A4 paper

Fourth step

Flash firmware with the height value 291.52mm,as the pic show.