

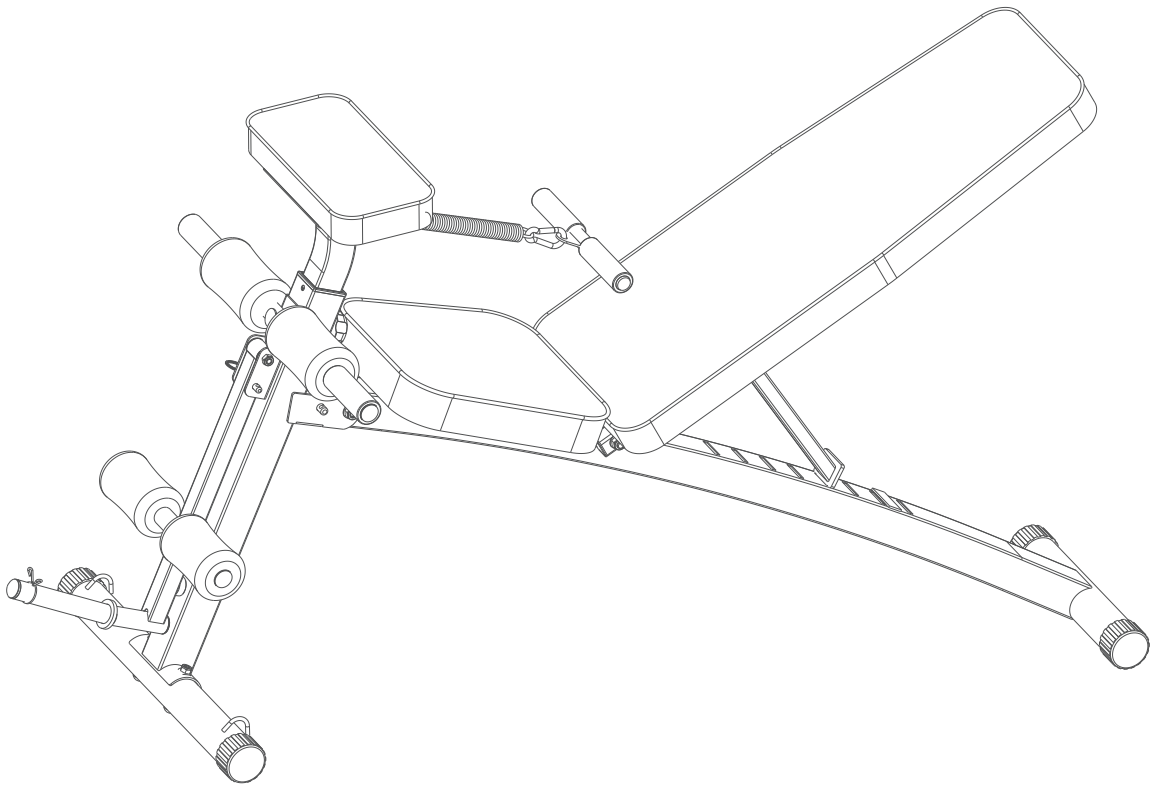


IN231000278V01\_UK\_FR\_ES\_PT\_DE\_IT

**A91-062\_A91-062V00**

## Dumbbell Bench

**EN**



Please read this manual carefully before installing and using this product, and keep this manual!

# ASSEMBLY INSTRUCTIONS

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**Assembly instructions**

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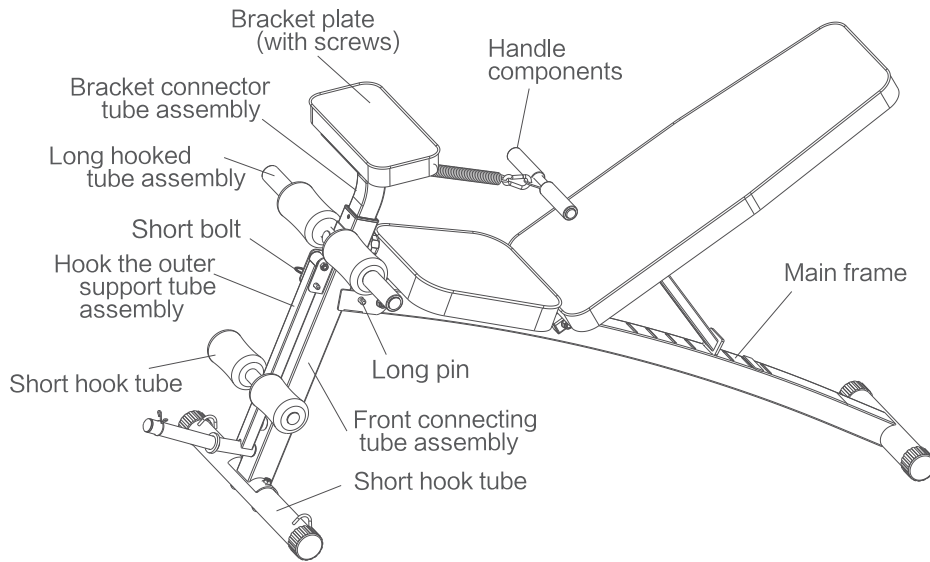
## Safety and maintenance instructions

Although the training equipment has taken safety precautions into consideration as much as possible during the design and manufacturing process, there are some safety precautions to be observed during the operation. Please read the instruction manual carefully before assembling and using the training equipment, In particular, the following safety precautions:

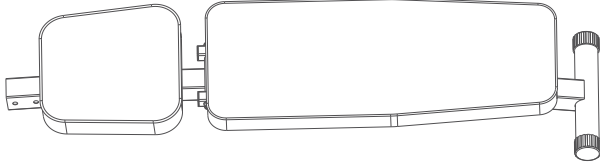
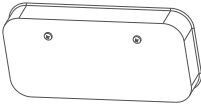
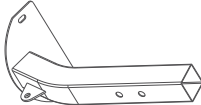
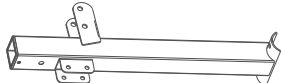

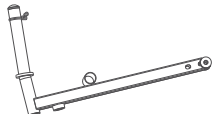





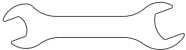

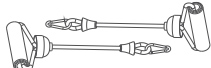

- 1, to avoid allowing children and pets close to the training equipment, and should not allow unattended children to stay alone in the room where the training equipment.
- 2, the training equipment at the same time only allow one person to use.
- 3, if the user feels dizzy, nausea, chest tightness or other symptoms, stop using immediately and see a doctor immediately.
- 4, the training equipment placed in a neat, flat surface, not near the water source or in the outdoors using the training equipment.
- 5, the hands can not be used near any rotating parts.
- 6, when using the training equipment for training, the dress should be suitable for training, do not wear large or other types of clothing may be stuck in the training process, also recommended that the training process as much as possible to wear sports shoes or health shoes .
- 7, in the process of using the training equipment, only in accordance with the instructions in the manner of training, prohibit the use of training instructions not mentioned in the training.
- 8, around the training equipment, avoid placing any sharp parts of the items.
9. No person with a disability may not use the training equipment unless he or she is under guardianship.
- 10, before training, usually through a variety of stretching exercises to warm up.
- 11, if the training equipment malfunction, prohibit the use.
- 12, in the training process need to be ready to train records.
- 13, This product is only suitable for home use, trainers weighing no more than 120kg.

### Warning

Consult your doctor before you start training, which is especially important for users over the age of 35 or who have a medical record. Before using any exercise equipment must read carefully all the instructions for use and operation, due to the harm caused by their own reasons, the company will not bear any responsibility.



Instructions

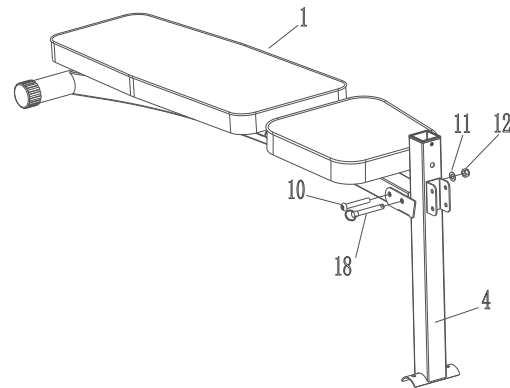
<p>1. Main frame</p> 			
<p>2. Bracket plate (with screws)</p> 	<p>3. Bracket connector tube assembly</p> 	<p>4. Front connecting tube assembly</p> 	
<p>5. Front leg assembly</p> 	<p>6. Hook the outer support tube assembly</p> 	<p>7. Foam 2PCS</p> 	<p>8. Long hooked tube assembly</p> 
<p>9. Handle components</p> 	<p>19.No. 5 Allen wrench</p> 	<p>20. 6 hex wrench</p> 	<p>21. 13-17 Open-end wrench</p> 
<p>22.Foam tube 1PCS</p> 	<p>23.Draws a rope</p> 	<p>25.Snap ring</p> 	

## Parts list

No.	Name	Specification	QTY
10	Hexagon flat round head screw	M10x70	1
11	Flat pad	$\phi$ 10	1
12	Locknut	M10	1
14	Locknut	M8	2
15	Round head square neck bolt	M8x60	2
16	Arc-shaped gasket	$\phi$ 8	2
17	Short bolt	$\phi$ 8	1
18	Long pin	$\phi$ 10	1
24	screw	M6x12	2

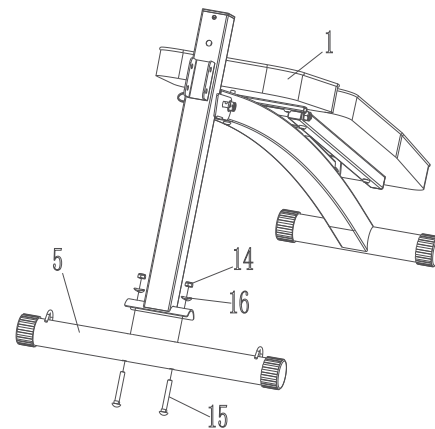
### Assembly procedure (1)

Assemble the 4 # – front connecting pipe on the # 1–main frame using one 10 # hexagon socket head cap screw M10x70, one flat pad  $\phi$  10 and one # 12 locknut M10, 20–6 hex wrench and # 21–13–17 open–end wrench to tighten the nut in a clockwise direction, and finally insert the # 18–long pin  $\phi$  10 into the hole as shown in the figure and fix it on the main frame.



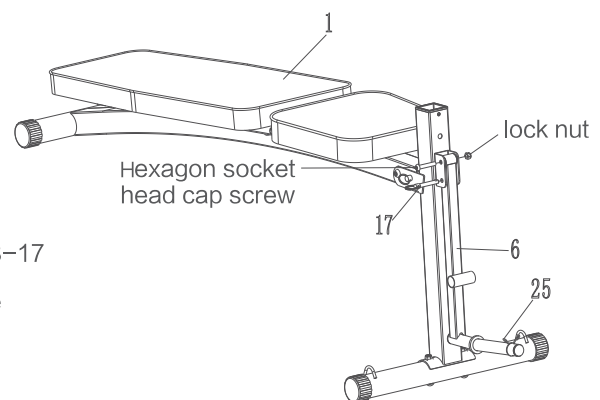
### Assembly procedure (2)

Assemble the 5 # – forefoot tube assembly to the # 1 – main frame using two # 14–lock nuts M8, two # 16–arc washers  $\phi$  8, and two # 15–round neck square neck bolts, Use a # 21–13–17 open ended wrench to tighten the nut clockwise.



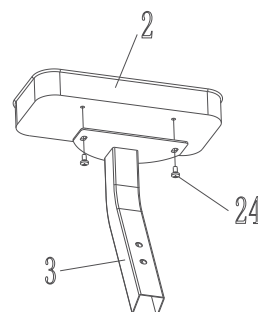
### Assembly procedure (3)

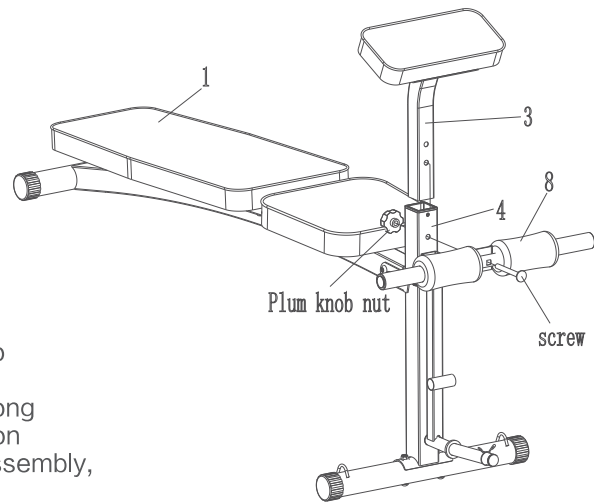
Assemble the 6 # – hooked outer support tube assembly on the # 1–main frame using one hexagon socket head cap screw M8x45 and one lock nut M8 using # 19–5 Hex wrench and # 21–13–17 open–end wrench to tighten the nut in a clockwise direction. Insert the # 17–short pin  $\phi$  8 into the hole as shown in the figure and fix it on the main frame.



### Assembly procedure (4)

Use #19-5 Allen wrench cross to tight the # 24 Phillips pan head screw M6x12 and place the # 2–bracket board over the # 3 bracket connector tube assembly and tighten .



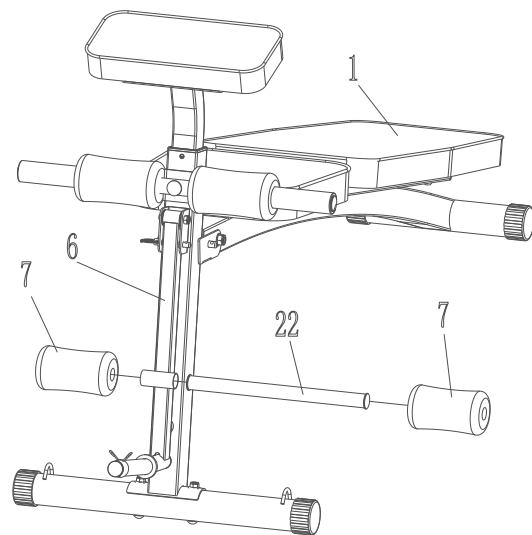


### Assembly procedure (5)

Insert the # 3–bracket connector assembly into the # 1–mainframe as shown in the figure and loosen the plum blossom knob nut on the # 8 long hook assembly. Pass the # 4 – Front connection tube assembly, # 3 Bracket connection tube assembly, plum blossom knob nut lock.

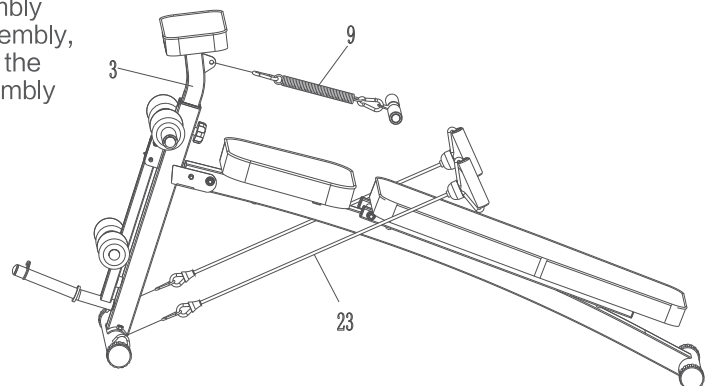
### Assembly procedure (6)

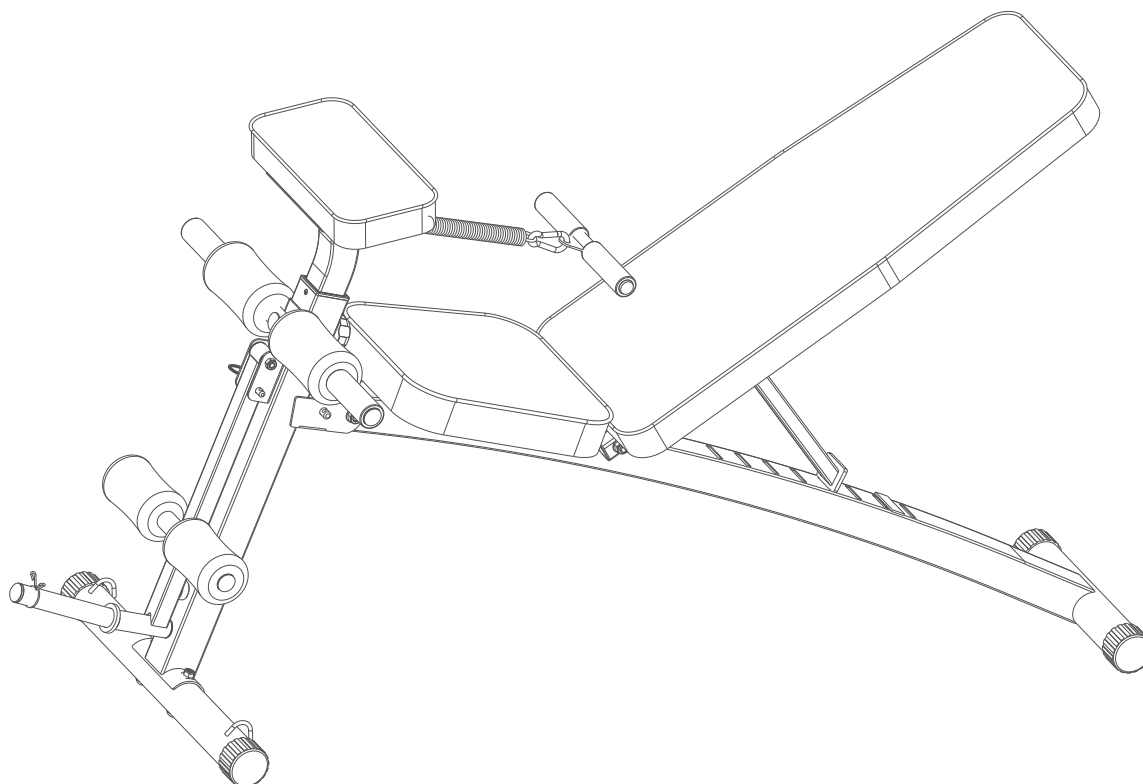
Insert the # 22–foam tube into the # 6–hook outer support tube assembly and insert # 7–Foam at each end.



### Assembly procedure (7)

Hang the buckle in the # 9–handle assembly into the # 3–bracket connecting pipe assembly, and finally hang the # 23–drawstrings on the leg pipe as shown. At this point, the assembly is completed.





## **Banc de musculation**



Veillez lire attentivement ce manuel avant d'installer et d'utiliser ce produit. Veillez conserver ce manuel pour vous y référer ultérieurement.



# CONTENU

Consignes de sécurité et d'entretien-----2

## Instructions de montage

Liste des pieces-----3-4

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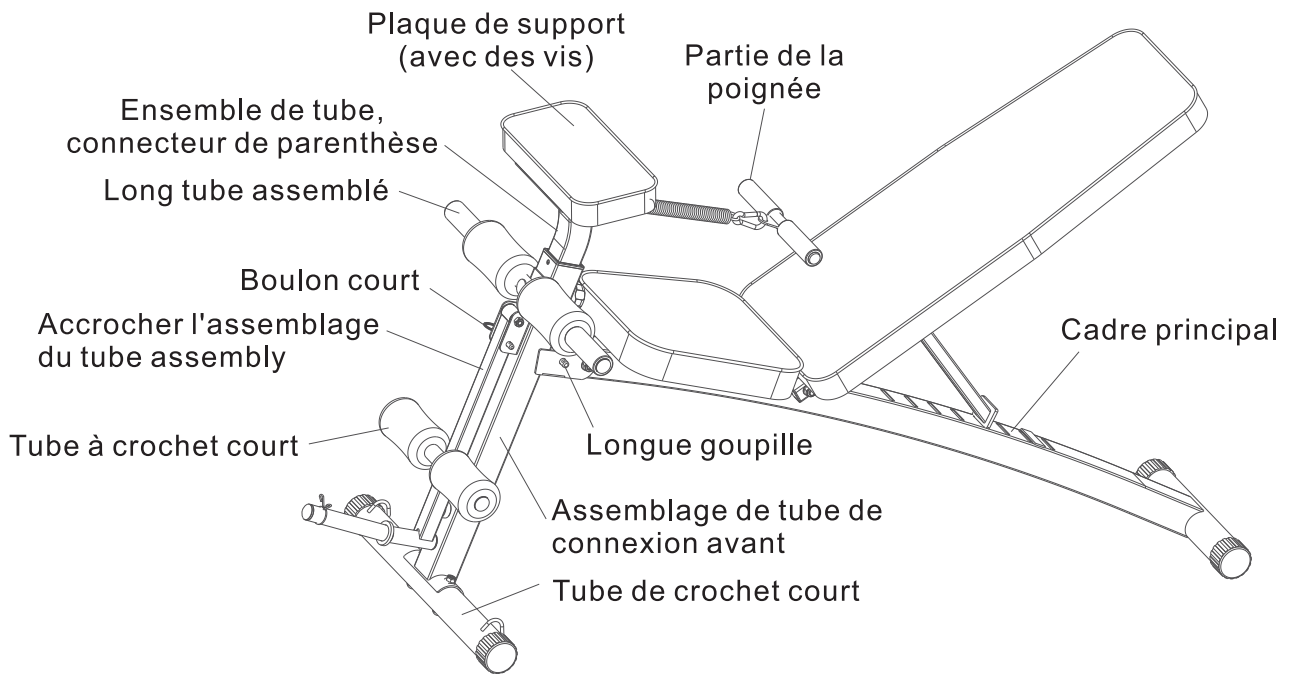
## Consignes de sécurité et d'entretien

Bien que nous ayons pris toutes les précautions de sécurité pendant la conception et la fabrication du produit, certaines précautions supplémentaires doivent être observées durant l'utilisation du produit. Veuillez lire attentivement le mode d'emploi avant d'assembler et utiliser le banc de musculation, en particulier les précautions suivantes :

1. Ne pas laisser les enfants ou animaux de compagnie à proximité de l'équipement. Ne pas laisser les enfants sans surveillance à proximité de l'équipement.
2. L'équipement doit être utilisé par une seule personne à la fois.
3. Si l'utilisateur a des vertiges, nausées, une oppression thoracique ou d'autres symptômes, arrêtez immédiatement d'utiliser l'équipement et consultez immédiatement un médecin.
4. L'équipement d'entraînement doit être disposé sur une surface plane et propre.
5. Ne pas laisser ses mains près des pièces rotatives.
6. Lors de l'utilisation de l'équipement, veuillez porter une tenue adaptée et évitez les vêtements amples qui pourraient se coincer dans l'équipement.
7. Lorsque vous utilisez l'équipement, veuillez suivre et respecter les consignes de sécurité.
8. Ne pas utiliser d'objets tranchants sur l'équipement.
9. Veuillez n'utiliser cet équipement que si vos conditions physiques vous le permettent.
10. Veuillez réaliser des exercices d'échauffement avant l'entraînement.
11. Si l'équipement présente le moindre défaut, veuillez ne pas l'utiliser.
12. Je ne comprends pas cette phrase.
13. Ce produit est réservé à un usage domestique uniquement, le poids maximal recommandé étant de 120kg.

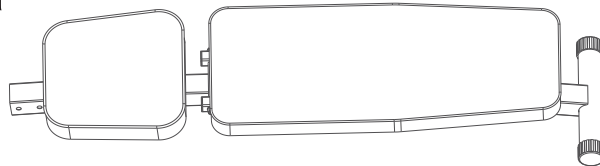
### Attention

Veuillez consulter votre médecin avant de commencer votre entraînement. Veuillez lire attentivement la notice, le vendeur ne pourra être tenu responsable de tout préjudice causé par une mauvaise utilisation du produit.

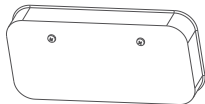


## Instructions d'emploi

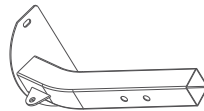
### 1. Cadre principa



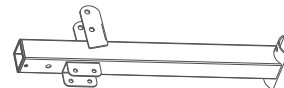
### 2. Plaque de support (avec des vis)



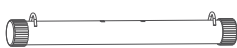
### 3. Ensemble de tube de connecteur de parenthèse



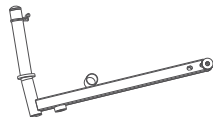
### 4. Assemblage du tube de connexion avant



### 5. Assemblage de jambe avant



### 6. Accrochez l'assemblage du tube de support externe



### 7. Mousse 2PCS



### 8. Long tube raccorde



### 9. Manipuler les composants



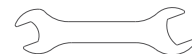
### 19. Clé Allen No.5



### 20. 6 clé hexagonale



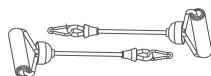
### 21. 13-17 Clé ouverte



### 22. Tube de mousse 1PCS



### 23. Dessine une corde



### 25. Anneau à ressort

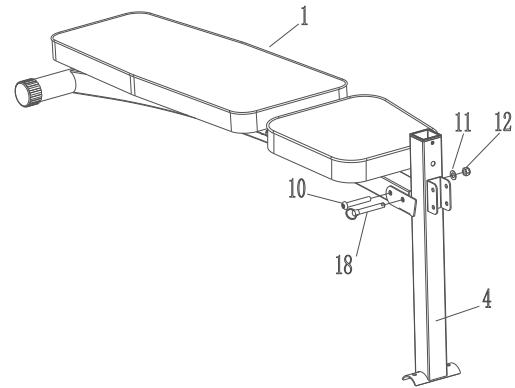


**Liste des outils**

No.	Nom	Specification	QTY
10	Vis plate à tête ronde hexagonale	M10x70	1
11	Coussin plat	φ 10	1
12	Contre-écrou	M10	1
14	Contre-écrou	M8	2
15	Boulon carrée à tête ronde	M8x60	2
16	Joint arque	φ 8	2
17	Boulon court	φ 8	1
18	Longue goupille	φ 10	1
24	Vis	M6x12	2

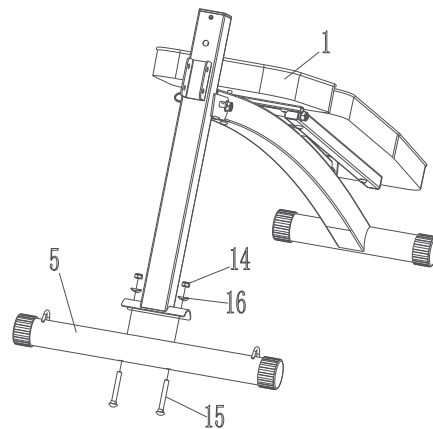
### Procédure d'assemblage (1)

Assembler le tuyau de raccordement # 4 sur le cadre # 1 à l'aide d'une vis à tête cylindrique à six pans creux #10 M10x70, d'un coussinet plat  $\Phi 10$  et d'un contre-écrou M10, d'une clé hexagonale ouverte 20-6 et # 21-13-17 - fixer la clé pour serrer l'écrou dans le sens des aiguilles d'une montre, et enfin insérer la broche # 18-longue  $\Phi 10$  dans le trou comme indiqué sur la figure et la fixer sur le cadre principal.



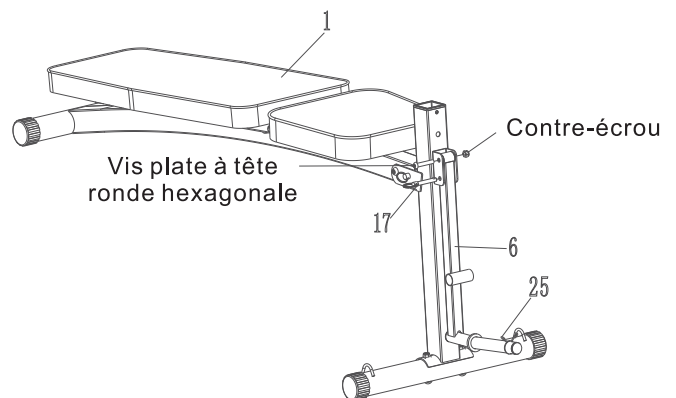
### Procédure d'assemblage (2)

Assemblez l'assemblage du tube de # 5 pieds au cadre principal #1 à l'aide de deux écrous de # 14 blocage M8, deux rondelles à # 16 arceaux  $\Phi 8$  et deux boulons à col carré n # 15, Utilisez un # 21-13- 17 clé à fourche pour serrer l'écrou dans le sens des aiguilles d'une montre.



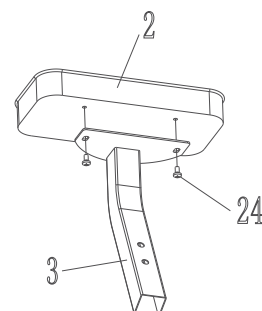
### Procédure d'assemblage (3)

Assembler l'assemblage du tube de support extérieur à # 6 sur le cadre # 1 à l'aide d'une vis plate à tête ronde hexagonale M8x45 et d'un contre-écrou M8 à l'aide de la clé hexagonale # 19-5 et une clé à fourche # 21-13-17 pour serrer l'écrou dans le sens des aiguilles d'une montre. Insérez la goupille courte # 17  $\Phi 8$  dans le trou comme indiqué sur la figure et fixez-la sur le cadre principal.



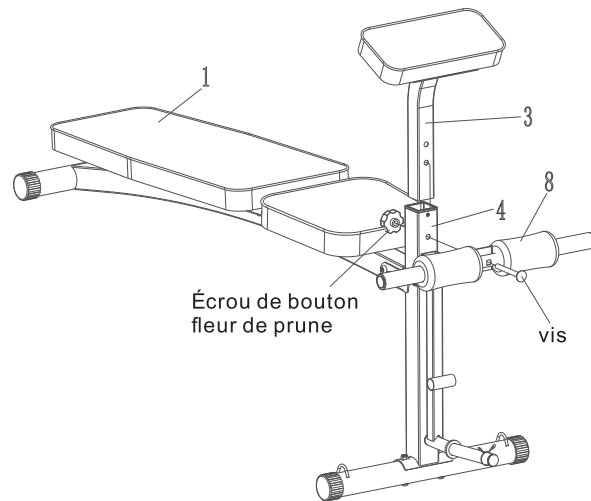
### Procédure d'assemblage (4)

Utilisez une clé hexagonale #19-5 pour serrer la vis à tête cylindrique Phillips M6x12 (#24) et placez la plaque de fixation # 2 sur l'assemblage de tube de raccord # 3 et serrez.



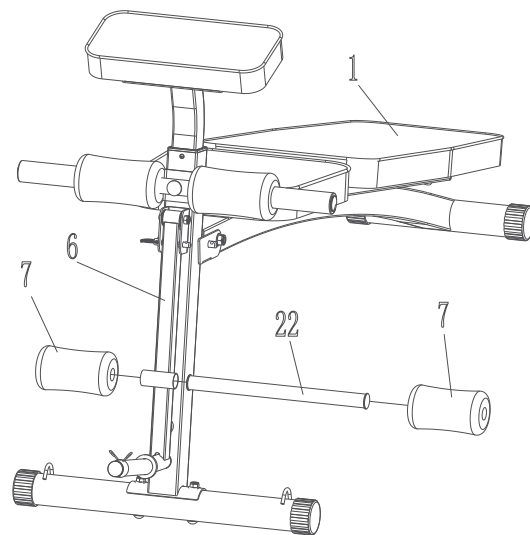
### Procédure d'assemblage (5)

Insérez l'assemblage du connecteur du support # 3 dans l'armature # 1 comme indiqué sur la figure et desserrez l'écrou du bouton de la fleur de prunier sur l'assemblage du crochet long # 8. Passez l'assemblage du tube de connexion # 4-Avant, l'assemblage du tube de connexion du support # 3 et le verrouillage de l'écrou du bouton de fleur de prune.



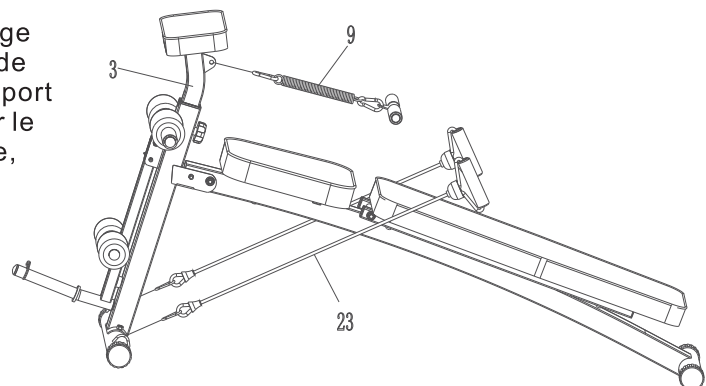
### Procédure d'assemblage (6)

Insérez le tube en mousse # 22 dans l'assemblage du tube de support externe à # 6 crochets et insérez la mousse # 7 à chaque extrémité.



### Procédure d'assemblage (7)

Accrochez la boucle dans l'assemblage de la poignée # 9 dans l'assemblage de la tuyauterie de raccordement du support # 3 et enfin accrochez les cordons sur le tuyau # 23 comme indiqué. À ce stade, l'assemblage est terminé.

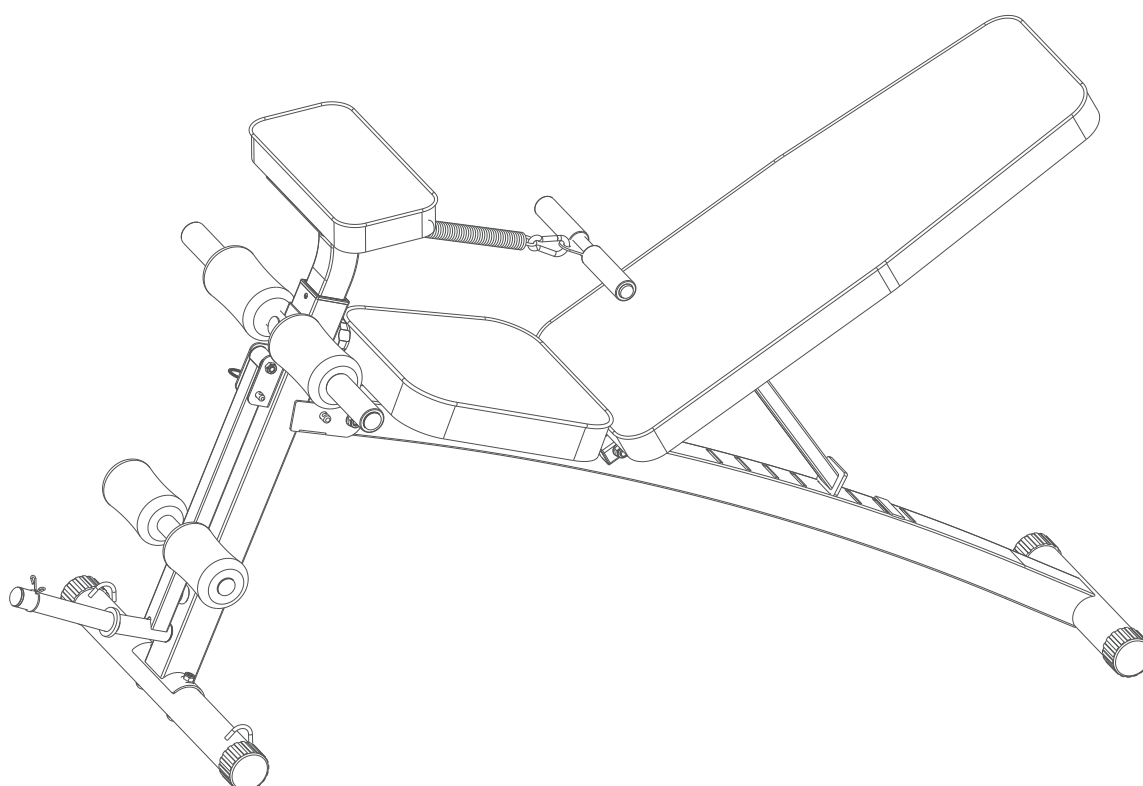




IN231000278V01\_UK\_FR\_ES\_PT\_DE\_IT

**A91-062\_A91-062V00**

**ES**



## **Banco de Pesas**



¡Por favor lea este manual cuidadosamente antes de instalar y usar este producto y guárdelo!

**INSTRUCCIONES DE MONTAJE**

# CONTENIDO

Instrucciones de mantenimiento y seguridad -----2

## Instrucciones de Montaje

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Pasos de montaje(1, 2)-----5

Pasos de montaje (3, 4)-----5

Pasos de montaje (5, 6)-----6

Pasos de montaje (7)-----6



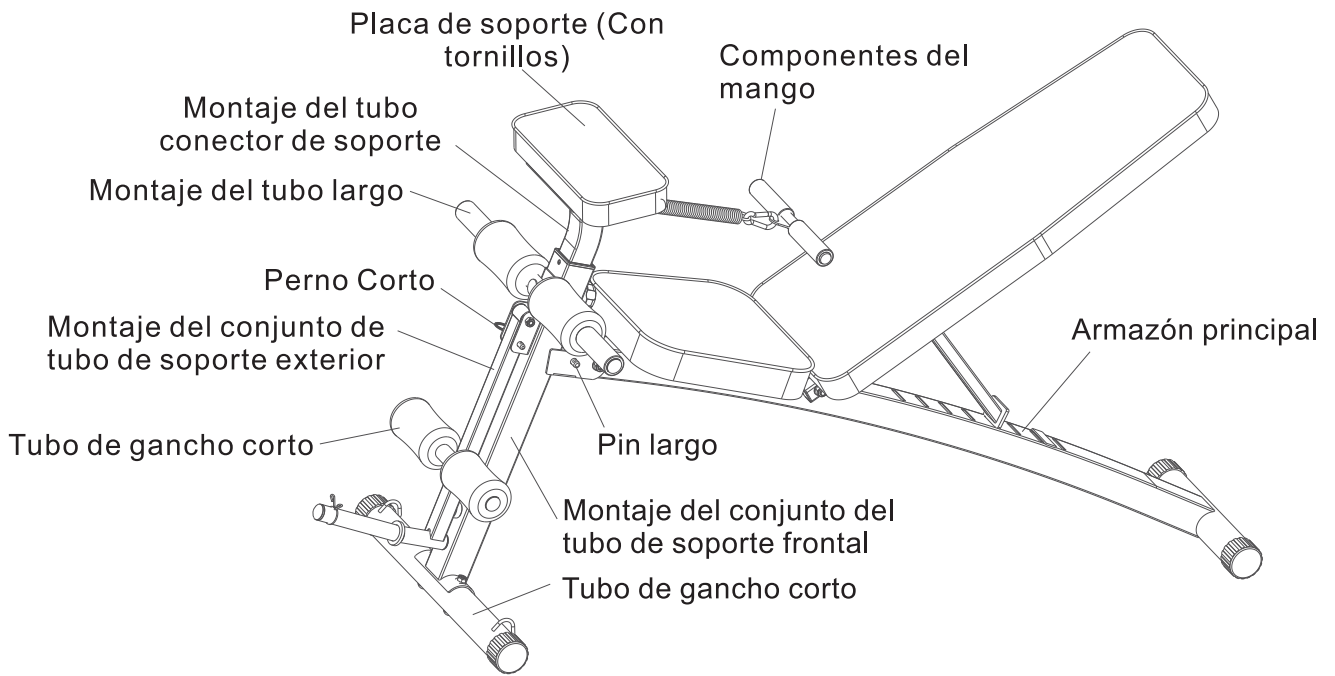
## Instrucciones de mantenimiento y seguridad

Este producto se ha diseñado y fabricado a fin de que cumpla con todas las medidas de seguridad posibles. No obstante, siempre se deben de tomar medidas de seguridad con el uso de los equipos de entrenamiento. Lea atentamente el manual de instrucciones antes de montar y utilizar este banco de pesas en particular. Y tenga en cuenta las siguientes precauciones de seguridad:

1. Evite que los niños y las mascotas estén cerca del banco de pesas. No permita que los niños estén solos en la habitación donde se encuentra el equipo de entrenamiento sin la supervisión de un adulto.
2. Este banco de pesas sólo puede ser utilizado por una persona a la vez.
3. Si el usuario se siente mareado, con náuseas, opresión en el pecho u otros síntomas, debe dejar de usar inmediatamente el producto y consultar a un médico de inmediato.
4. Colocar el banco de pesas sobre una superficie plana y ordenada. No lo coloque cerca de fuentes de agua ni al aire libre.
5. Las manos no pueden ponerse cerca de ninguna parte giratoria.
6. Utilizar ropa adecuada para el entrenamiento, no usar ropa grande o que pueda quedar enganchada a la máquina. Utilice calzado deportivo acorde.
7. Evite colocar objetos con partes afiladas o puntiagudas cerca del banco de pesas a fin de evitar golpes o lesiones.
8. Las personas con alguna discapacidad o minusvalía pueden usar el producto, pero siempre bajo la supervisión de un adulto responsable.
9. Se recomienda que antes de empezar a entrenar con el banco de pesas se hagan estiramientos a fin de evitar posibles lesiones.
10. Si el equipo de entrenamiento falla, prohíba el uso.
11. Este producto solo es apto para uso doméstico y puede soportar hasta 120 kg.

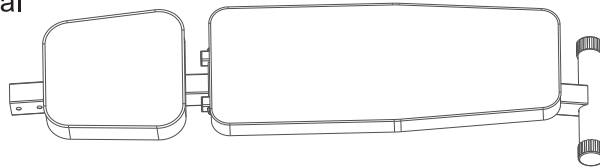
## Advertencia

Consulte a su médico antes de comenzar a entrenar, lo cual es especialmente importante para usuarios mayores de 35 años o que tengan un registro médico. Antes de utilizar cualquier equipo de ejercicios debe leer detenidamente todas las instrucciones de uso y operación, debido al daño causado por sus propios motivos, la empresa no tendrá ninguna responsabilidad.

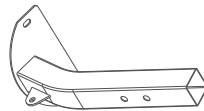


## Instrucciones

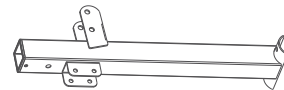
### 1. Marco principal



2. Placa de soporte (con tornillos)



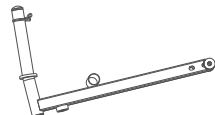
3. Montaje de tubo conector de soporte



4. Montaje de tubo de conexión frontal



5. Montaje de pata frontal



6. Montaje del conjunto de tubo de soporte exterior



7. Protecciones de espuma



8. Montaje del tubo largo



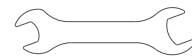
9. Componentes del mango



19. Llave Allen No. 5



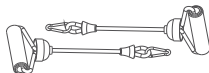
20. Llave Hexagonal No. 6



21. Llave de boca 13-17



22. Tubo de espuma 1 pieza



23. Cordones



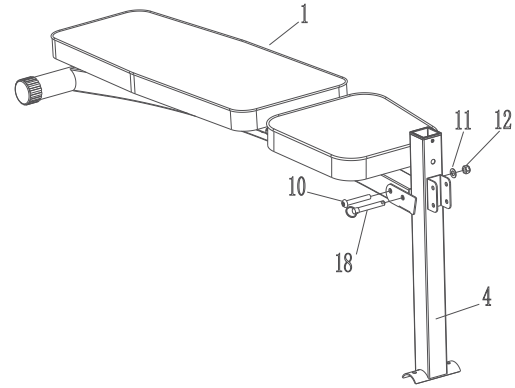
25. Anillo de retención

## Lista de Piezas

NO.	Nombre	Especificaciones	Cant.
10	Tornillo de cabeza plana hexagonal	M10x70	1
11	Almohadilla Plana	$\phi$ 10	1
12	Contratuerca	M10	1
14	Contratuerca	M8	2
15	Perno de cuello con cabeza redonda	M8x60	2
16	Arandela curvada	$\phi$ 8	2
17	Perno corto	$\phi$ 8	1
18	Perno largo	$\phi$ 10	1
24	Tornillo	M6x12	2

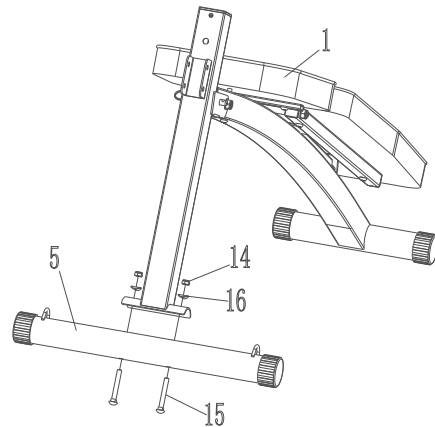
### Procedimiento de montaje (1)

Monte el tubo de conexión frontal No. 4 en el armazón principal No. 1 con un tornillo de cabeza plana hexagonal M10 x 70 (No. 10), una almohadilla plana  $\Phi 10$  (No.11) y una contratuerca M10 (No. 12), llave hexagonal (No. 20) y llave abierta 13-17 (No. 21) jale de la llave para apretar la tuerca en el sentido de las agujas del reloj, y finalmente inserte el pasador  $\Phi 10$  (No.18) en el orificio como se muestra en la figura y fijelo en el armazón principal.



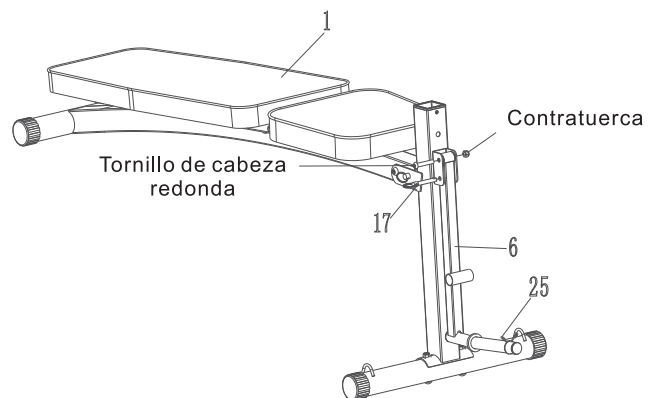
### Procedimiento de Montaje (2)

Monte la pata de base del tubo No. 5 al armazón principal No. 1 usando dos contratuercas No. 14, dos arandelas curvadas No. 16 y dos pernos de cuello con cabeza redonda No. 15, use una llave abierta 13- 17 (No.21) para apretar la tuerca en el sentido de las agujas del reloj.



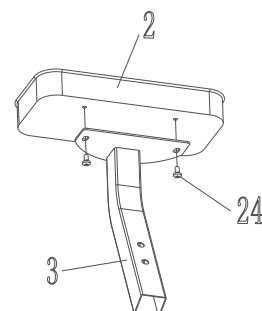
### Procedimiento de montaje (3)

Monte el tubo de soporte exterior No. 6 en armazón principal No. 1 con una contratuerca M8 con la llave hexagonal No. 19-5 y Llave de boca abierta 21-13-17 (No.21) para apretar la tuerca en el sentido de las agujas del reloj. Inserte el pasador corto  $\Phi 8$  (No.17) en el orificio como se muestra en la figura y fijelo en el armazón principal.



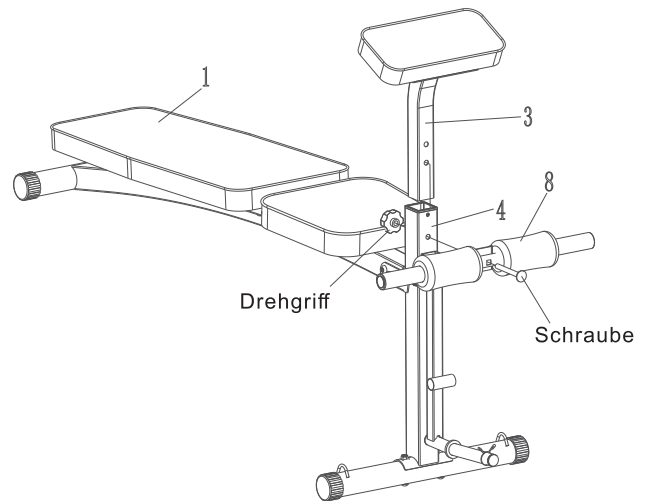
### Procedimiento de montaje (4)

Use una llave Allen No. 5 (No.19) para apretar el tornillo de cabeza plana M6 x 12 (No.24) y coloque la placa de soporte No.2 en el ensamble del tubo de la junta No.3 y apriételo.



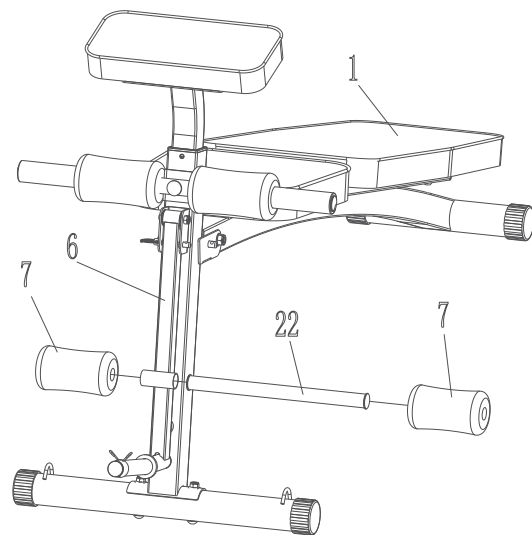
### Procedimiento de montaje (5)

Inserte el tubo conector del soporte No. 3 en el armazón principal No. 1 como se muestra en la figura y afloje la tuerca de botón en el tubo largo No. 8. Pase el tubo conector de soporte frontal No. 4 y el tubo conector de soporte No. 3 y conectar la perilla y el tornillo.



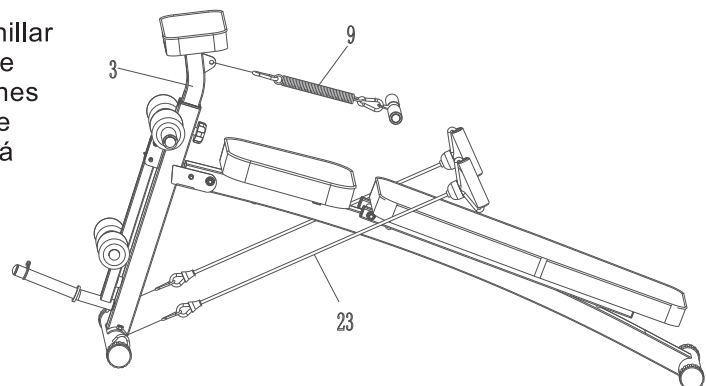
### Procedimiento de montaje (6)

Introducir el tubo de esponja No. 22 en el tubo de soporte exterior No. 6 e introducir las protecciones de espuma en cada extremo No. 7.



### Procedimiento de montaje (7)

Cuelgue la hebilla del conjunto del manillar No. 9 en el conector del tubo de soporte No. 3 y finalmente, cuelgue los cordones No. 23 en la tubería de la base como se muestra. En este punto, el montaje está completo.

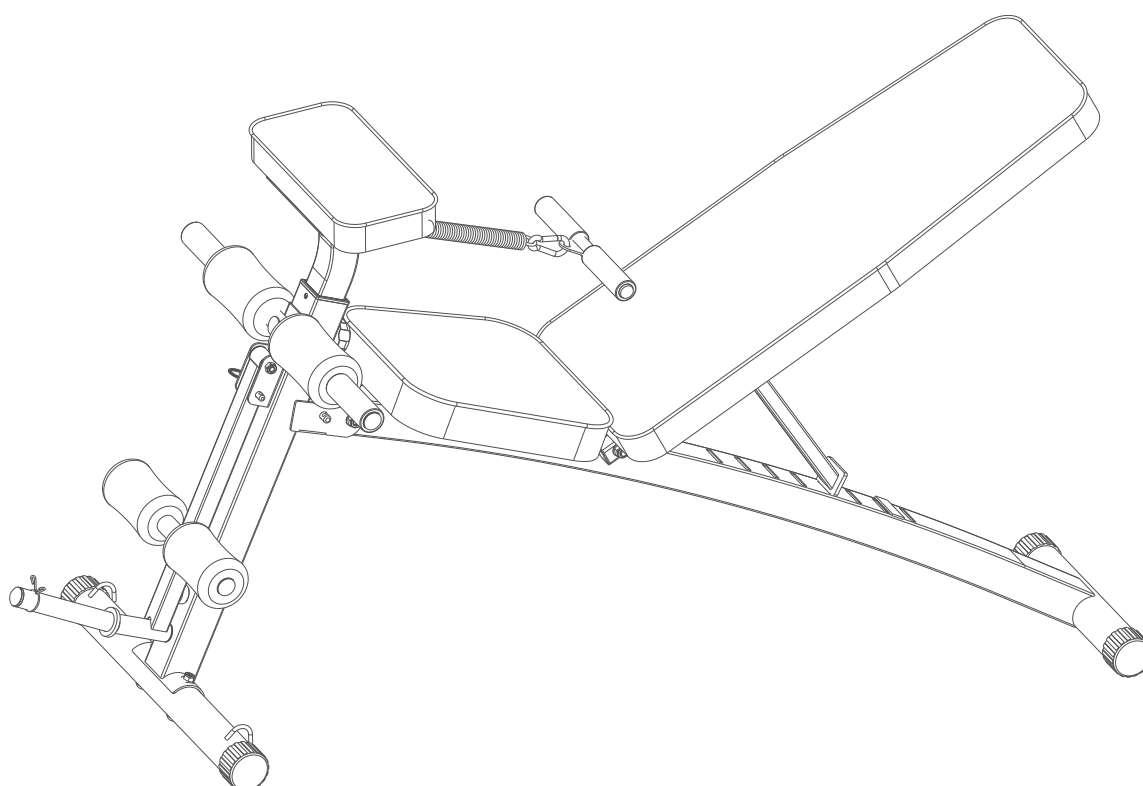




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**PT**



## **Banco de Peso**



Por favor, leia atentamente este manual antes de montar e utilizar este produto e guarde-o!

# MANUAL DE INSTRUÇÕES

# CONTEÚDO

Instruções de manutenção e segurança -----2

## Instruções de montagem

Lista de Peças-----3-4

Pasos de montagem(1, 2)-----5

Pasos de montagem (3, 4)-----5

Pasos de montagem (5, 6)-----6

Pasos de montagem (7)-----6

## Instruções de manutenção e segurança

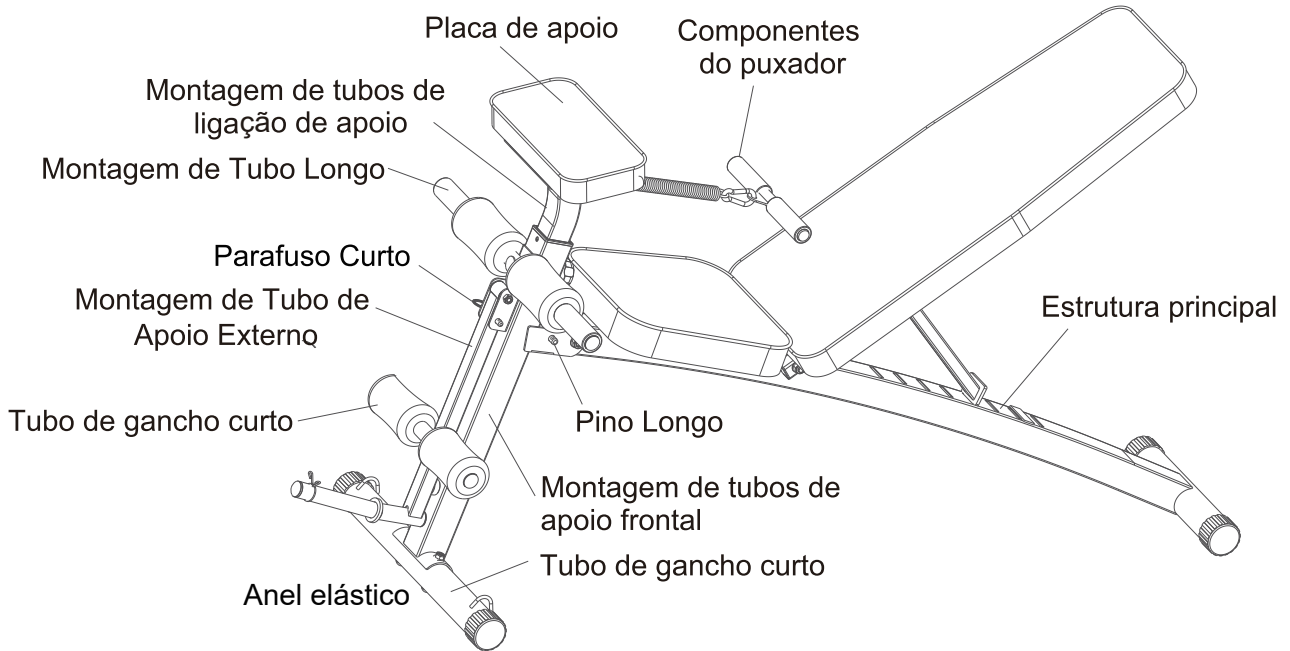
Este produto foi concebido e fabricado para cumprir todas as medidas de segurança possíveis. No entanto, devem ser sempre tomadas precauções de segurança quando se utiliza o equipamento. Ler cuidadosamente o manual de instruções antes de montar e utilizar o equipamento, em particular. Tenha em conta as seguintes precauções de segurança:

1. Impedir que crianças e animais de estimação estejam perto do equipamento de treino, e as crianças não supervisionadas não devem permanecer no local.
2. O banco de peso só pode ser utilizado por uma pessoa de cada vez.
3. Se o utilizador sentir tonturas, náuseas, aperto no peito ou outros sintomas, interromper imediatamente a utilização e consultar imediatamente um médico.
4. O equipamento de treino deve ser colocado numa superfície limpa e plana, não deve estar perto de uma fonte de água ou utilizá-lo ao ar livre.
5. As mãos não podem ser colocadas perto de qualquer peça rotativa.
6. Ao utilizar o banco de peso para treinar, o vestuário deve ser adequado, não usar roupa grande ou roupa que possa ficar presa, recomenda-se também que durante o treino utilize, calçado desportivo ou calçado ortopédico.
7. Em torno do equipamento de treino, evite colocar qualquer tipo de artigos pontiagudos ou afiados.
8. Nenhuma pessoa com uma deficiência pode utilizar o equipamento de treino a não ser sob supervisão.
9. É recomendado fazer exercícios de alongamento para aquecer, antes de utilizar o banco de pesos.
10. Se o equipamento de treino falhar, deve proibir a sua utilização.
11. Este produto é apenas adequado para uso doméstico, usuário com peso não superior a 120kg

## Advertência

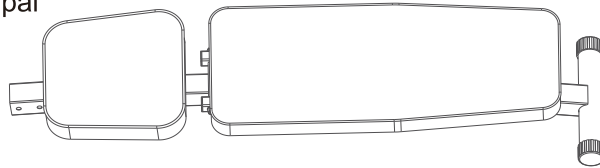
Consulte o seu médico antes de começar a treinar, o que é especialmente importante para utilizadores com mais de 35 anos ou que tenham um registo médico. Antes de utilizar qualquer equipamento de treino deve ler cuidadosamente todas as instruções de utilização e funcionamento, devido a danos causados pelos seus próprios motivos, a empresa não terá qualquer responsabilidade.



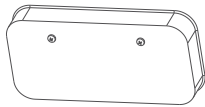


## Instruções

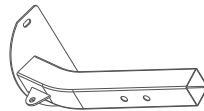
### 1. Estrutura principal



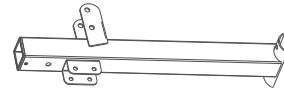
### 2. Placa de apoio



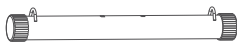
### 3. Tubo de ligação de apoio



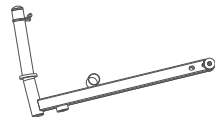
### 4. Tubo de ligação frontal



### 5. Perna dianteira



### 6. Tubo de apoio exterior (com parafuso de cabeça redonda e contraporca pré-instalados)



### 7. Espuma 2 Pçs.



### 8. Tubo largo



### 9. Componentes do guidão



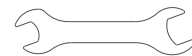
### 19. Chave Allen No. 5



### 20. Chave Hexagonal No. 6



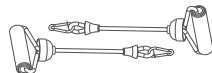
### 21. Chave de boca aberta 13-17



### 22. Tubo de Espuma 1 Peça



### 23. Cordas



### 25. Anel elástico

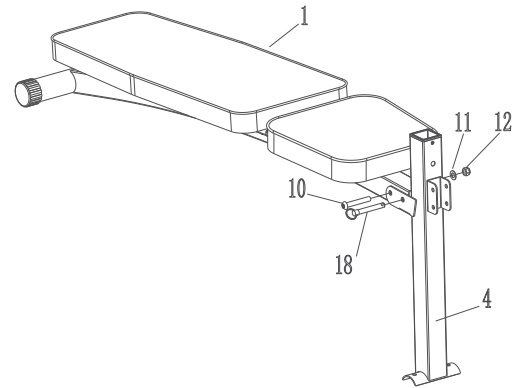


**Lista de Peças**

NO.	Nome	Especificações	Qua.
10	Parafuso de cabeça plana hexagonal	M10x70	1
11	Almofada plana	$\phi$ 10	1
12	Contraporca	M10	1
14	Contraporca	M8	2
15	Parafuso de colarinho com cabeça redonda	M8x60	2
16	Arruela curva	$\phi$ 8	2
17	Cavilha curta	$\phi$ 8	1
18	Pino longo	$\phi$ 10	1
24	Parafuso de cabeça redonda	M6x12	2

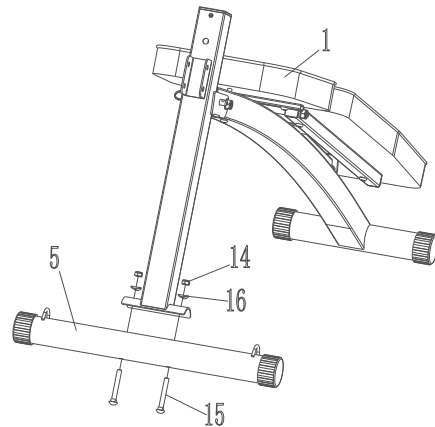
### Procedimento de montagem (1)

Montar o tubo de ligação frontal No. 4 na armação principal No. 1 com um parafuso de cabeça plana hexagonal M10 x 70 (No. 10), uma almofada plana  $\Phi 10$  (No.11) e uma contraporca M10 (No. 12), uma chave hexagonal (No. 20) e uma chave aberta 13-17 (No.21) puxar a chave para apertar a porca no sentido dos ponteiros do relógio, e finalmente inserir o pino  $\Phi 10$  (No.18) no orifício como mostra a figura e fixá-lo à armação principal.



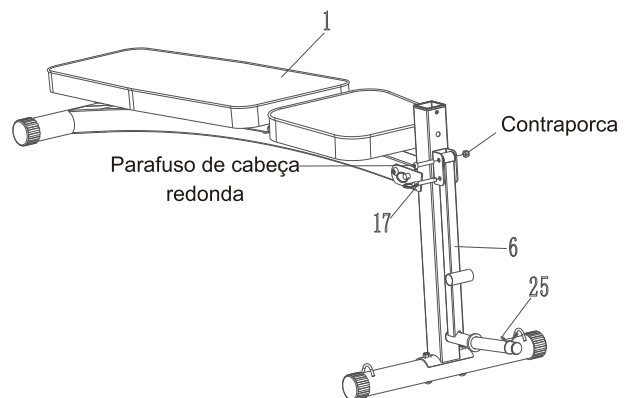
### Procedimento de montagem (2)

Montar a perna da base do tubo No. 5 na armação principal No. 1 usando duas porcas de fixação No. 14, duas anilhas curvas No. 16 e dois parafusos de colarinho de cabeça redonda No.15, usar uma chave de extremidade aberta 13-17 (No.21) para apertar a porca no sentido dos ponteiros do relógio.



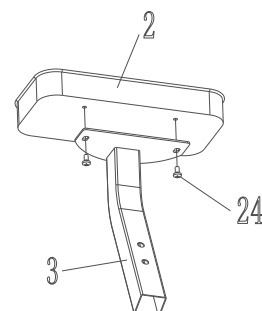
### Procedimento de montagem (3)

Montar o tubo de suporte exterior No. 6 na estrutura principal No. 1 com contraporca M8 (pré-instalada) usando a chave hexagonal No. 19-5 e a chave de fenda de boca aberta 13-17 (No.21) para apertar o parafuso de cabeça redonda no sentido dos ponteiros do relógio. Inserir o pino curto  $\Phi 8$  (No.17) no orifício como mostra a figura e fixá-lo na moldura principal.



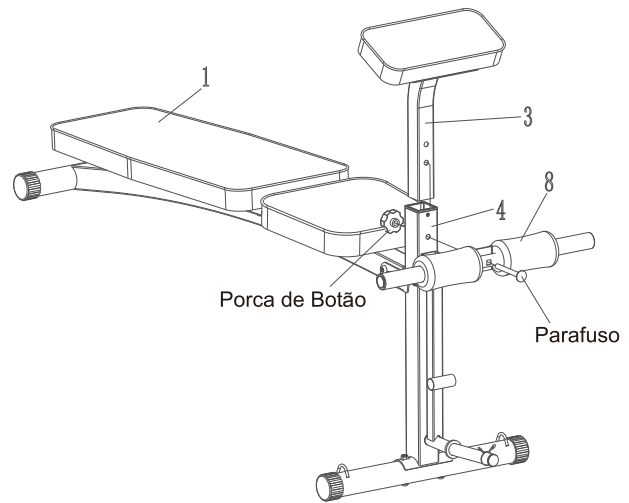
### Procedimento de montagem (4)

Utilize a chave Allen 5 (No. 19) para afrouxar os parafusos de cabeça redonda M6 x 12 (No.24) na placa de suporte e coloque a placa de suporte No. 2 sobre a montagem do tubo conector No. 3 e aperte novamente.



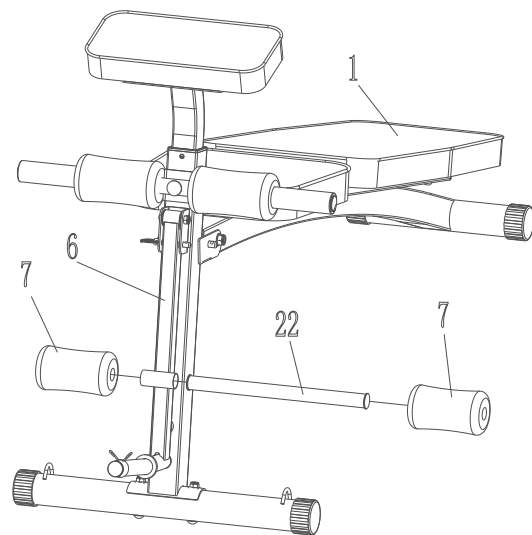
### Procedimento de montagem (5)

Inserir o tubo conector de suporte No. 3 na armação principal No. 1 como mostra a figura e soltar a porca de botão no tubo longo No. 8. Passar o tubo conector de suporte frontal No. 4 e o tubo conector de suporte No. 3 e a porca de botão no parafuso.



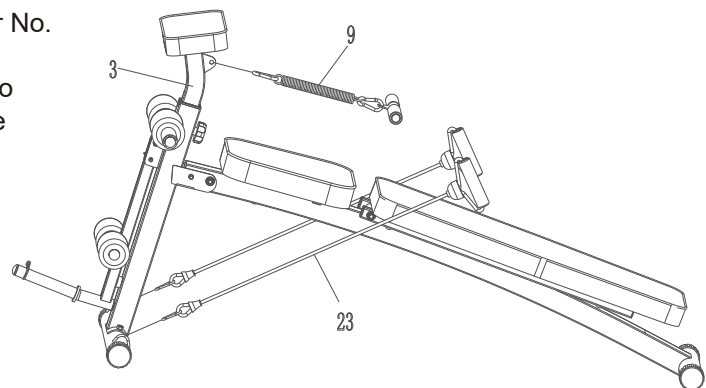
### Procedimento de montagem (6)

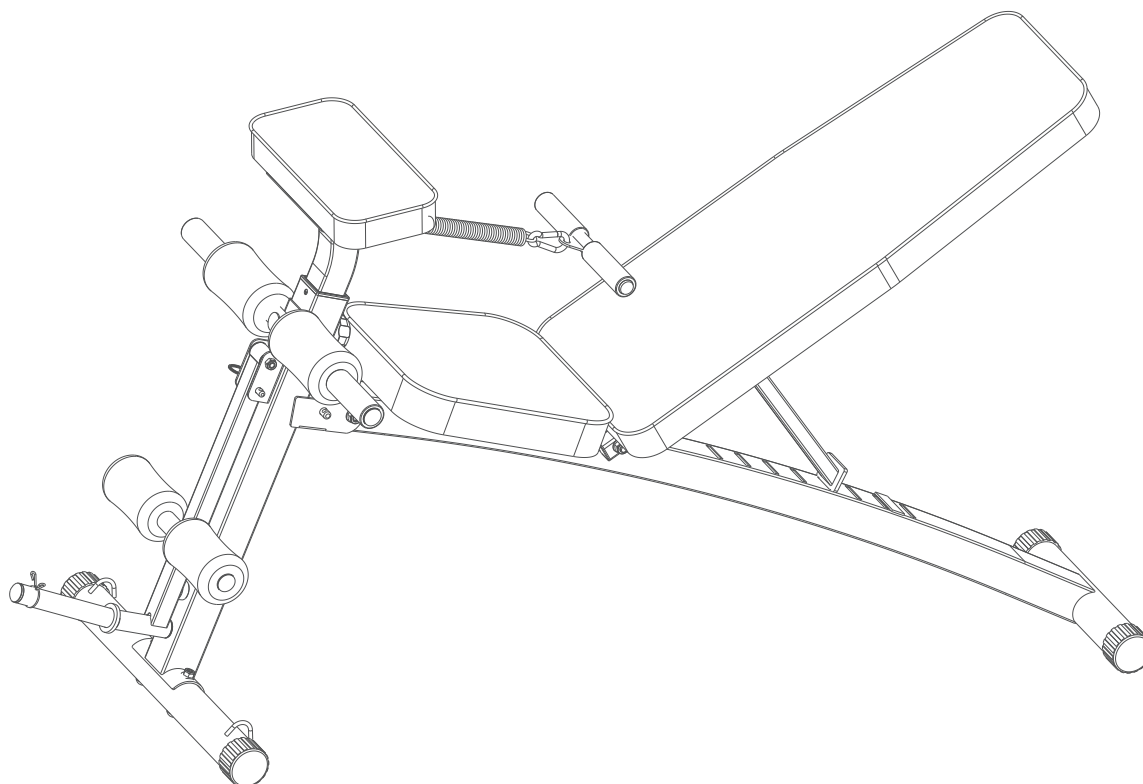
Inserir o tubo de espuma No. 22 no tubo de suporte exterior No. 6 e inserir as espumas em cada extremidade No. 7.



### Procedimento de montagem (7)

Pendurar a fivela do conjunto do guiador No. 9 no conector do tubo de suporte No. 3 e, finalmente, pendurar as cordas No. 23 no tubo de base, conforme mostrado. Neste momento, a montagem está completa.





## Hantelbank



Bitte lesen Sie dieses Handbuch sorgfältig durch, bevor Sie dieses Produkt installieren und benutzen, und bewahren Sie es auf!

# INHALT

Sicherheits- und Warnhinweise -----2

## Montageanleitungen

Liste der Einzelteile-----3-4

Montageschritte (1, 2)-----5

Montageschritte (3, 4)-----5

Montageschritte (5, 6)-----6

Montageschritte (7)-----6

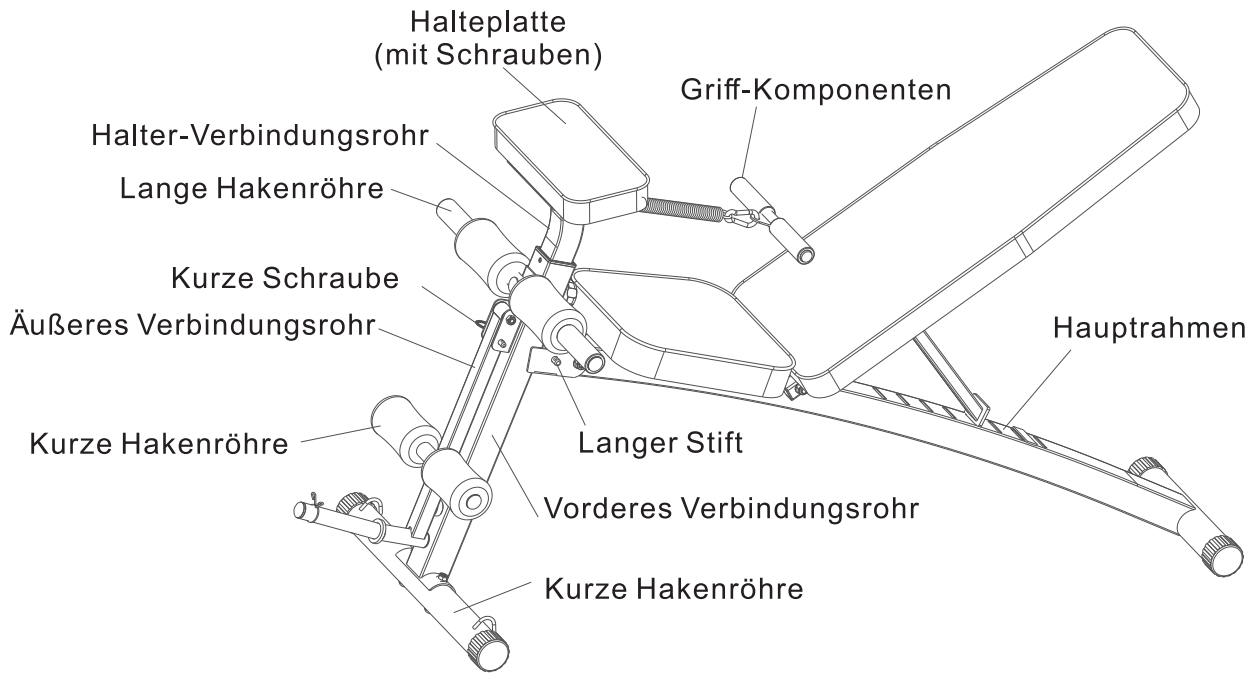
## Sicherheits- und Wartungshinweise

Obwohl das Trainingsgerät die Sicherheitsvorkehrungen während des Konstruktions- und Herstellungsprozesses so weit wie möglich berücksichtigt hat, sind einige Sicherheitsvorkehrungen während des Betriebs zu beachten. Bitte lesen Sie die Bedienungsanleitung sorgfältig durch, bevor Sie das Trainingsgerät montieren und benutzen, insbesondere die folgenden Sicherheitsvorkehrungen:

1. Vermeiden Sie, dass sich Kinder und Haustiere in der Nähe der Trainingsausrüstung aufhalten, und erlauben Sie nicht unbeaufsichtigten Kindern, alleine in dem Raum zu bleiben, in dem sich die Trainingsausrüstung befindet.
2. Das Trainingsgerät darf nur von einer Person benutzt werden.
3. Wenn sich der Benutzer schwindlig fühlt, wenn Übelkeit, Engegefühl in der Brust oder andere Symptome auftreten, die Anwendung sofort abbrechen und sofort einen Arzt aufsuchen.
4. Legen Sie das Trainingsgerät auf eine saubere, flache Oberfläche, nicht in der Nähe einer Wasserquelle oder im Freien.
5. Berühren Sie keine rotierenden Teile mit Ihren Händen.
6. Wenn Sie das Trainingsgerät für das Training verwenden, sollten Sie für die Übung geeignet angezogen sein. Tragen Sie keine weite oder andere Arten von Kleidung, die in der Ausrüstung stecken könnte. Es wird auch empfohlen, Sportschuhe oder Gesundheitsschuhe zu tragen.
7. Verwenden Sie das Gerät nur gemäß den Anweisungen. Die Verwendung anderer Trainingsanweisungen ist untersagt.
8. Vermeiden Sie scharfe Gegenstände um das Produkt herum.
9. Keine Person mit einer Behinderung darf das Trainingsgerät benutzen, wenn sie nicht überwacht wird.
10. Wärmen Sie sich vor dem Gebrauch mit Dehnübungen auf.
11. Wenn das Trainingsgerät defekt ist, benutzen Sie es nicht.
12. Schreiben Sie Ihre Trainingsfortschritte auf.
13. Dieses Produkt ist nur für den Heimgebrauch geeignet und kann ein maximales Gewicht von nicht mehr als 120 kg aufnehmen.

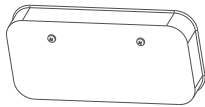
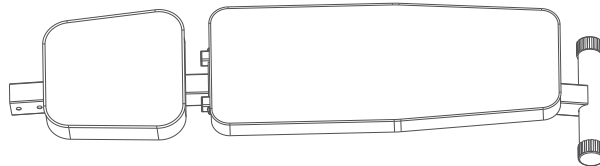
## Warnung

Konsultieren Sie Ihren Arzt, bevor Sie mit dem Training beginnen, dies ist besonders relevant für Benutzer über 35 Jahre oder solche mit medizinischen Problemen. Bevor Sie ein Trainingsgerät benutzen, lesen Sie sorgfältig alle Anweisungen für Gebrauch und Betrieb. Das Unternehmen übernimmt keine Verantwortung für Verletzungen, die aufgrund falscher Verwendung entstehen.

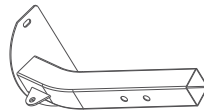


## Anweisungen

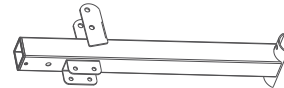
### 1. Haupttrahmen



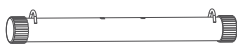
2. Halteplatte (mit Schrauben)



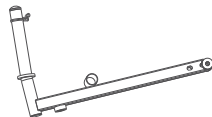
3. Halter-Verbindungsrohr



4. Vorderes Verbindungsrohr



5. Vorderbein



6. Äußeres Verbindungsrohr



7. Schaumstoffgriffe 2 Stück



8. Lange Hakenröhre



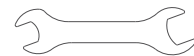
9. Griff Komponenten



19. Nr.5 Inbusschlüssel



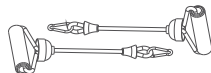
20. Nr.6 Sechskantschlüssel



21.13-17 Gabelschlüssel



22. Schaumstoffröhre 1 Stück



23. Zugschnüre



25. Sprenging

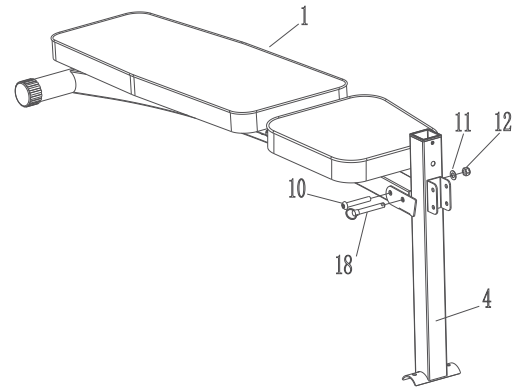


**Teilliste**

Nr.	Name	Spezifikation	Anzahl
10	Flache Sechskant Rundkopfschrauben	M10x70	1
11	Flache Scheibe	φ 10	1
12	Sicherungsmutter	M10	1
14	Sicherungsmutter	M8	2
15	Rundkopf-Vierkant-Halsschraube	M8x60	2
16	Bogenförmige Dichtung	φ 8	2
17	kurzen Stift	φ 8	1
18	langen Stift	φ 10	1
24	Schrauben	M6x12	2

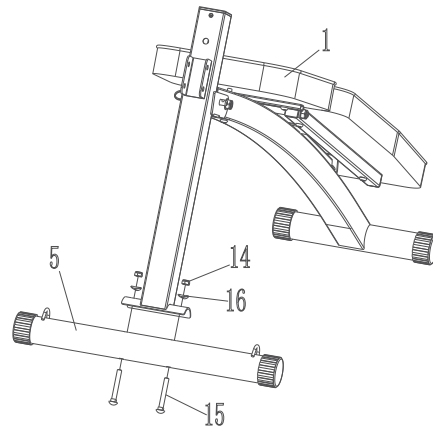
### Aufbauschnitt (1)

Montieren Sie das #4 -vordere Verbindungsrohr am # 1-Haupttrahmen mit einer # 10 Innensechskantschraube M10x70, einer flachen Scheibe  $\Phi 10$  und einer # 12 Sicherungsmutter M10. Verwenden Sie einen # 20-6-Inbusschlüssel und einen # 21-13-17-Gabelschlüssel, um die Mutter im Uhrzeigersinn festzuziehen, und führen Sie schließlich den # 18 langen Stift  $\Phi 10$  in das Loch ein, wie in der Abbildung gezeigt, und befestigen Sie ihn an dem Haupttrahmen.



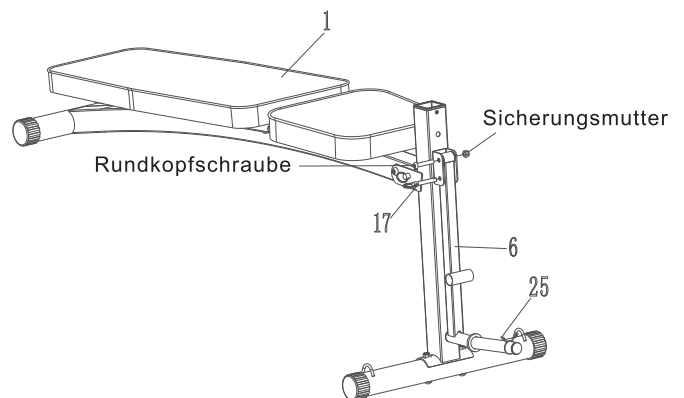
### Aufbauschnitt (2)

Montieren Sie das # 5 -Vorderbein an den # 1 - Haupttrahmen mit zwei # 14-Sicherungsmuttern M8, zwei # 16-Bogenförmige Dichtungen  $\Phi 8$  und zwei # 15-Rundhals-Vierkantschrauben. Mit einem Gabelschlüssel # 21-13-17 die Mutter im Uhrzeigersinn festziehen.



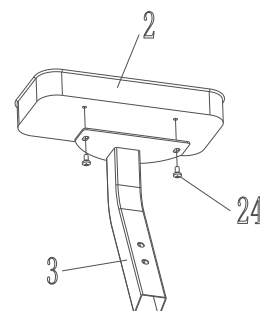
### Aufbauschnitt (3)

Montieren Sie die # 6 - äußere Hakenröhre auf dem #1-Haupttrahmen mit einer Sicherungsmutter M8. Verwenden Sie den Sechskantschlüssel # 19-5 und den Gabelschlüssel # 21-13-17, um die Mutter im Uhrzeigersinn festzuziehen. Setzen Sie den # 17-kurzen Stift  $\Phi 8$  wie in der Abbildung gezeigt in das Loch ein und befestigen Sie ihn am Haupttrahmen.



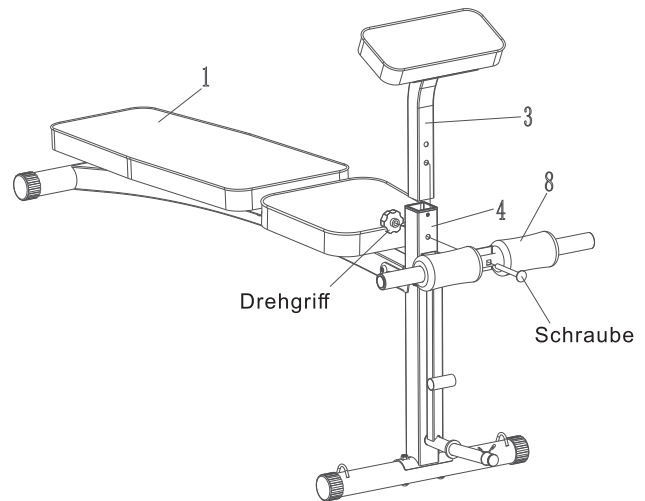
### Aufbauschnitt (4)

Verwenden Sie das Inbusschlüssel-Kreuz # 19-5, um die M6x12 Linsenkopfschraube (# 24) festzuziehen und die # 2-Halteplatte über der # 3 Halte-Verbindungsrohr zu platzieren und festzuziehen.



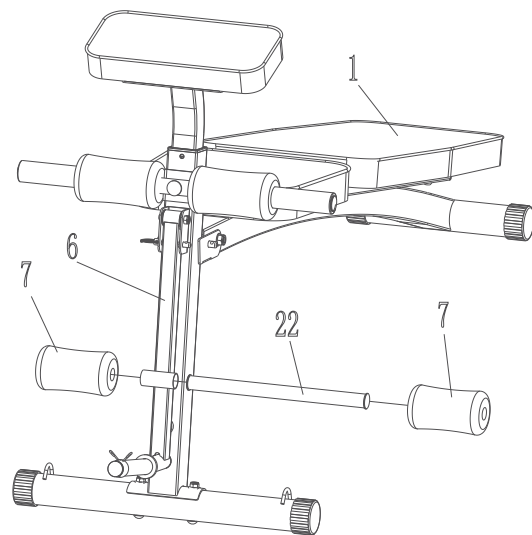
### Aufbauschrift (5)

Setzen Sie das # 3-Halte-Verbindungsrohr in den # 1-Haupttrahmen ein, wie in der Abbildung gezeigt, und lösen Sie den Drehknopf an der # 8 langen Hakeneinheit. Befestigen Sie die Schraube an der #4 vorderen Verbindungsrohre, #3 Halte-Verbindungsrohre und am Drehgriff.



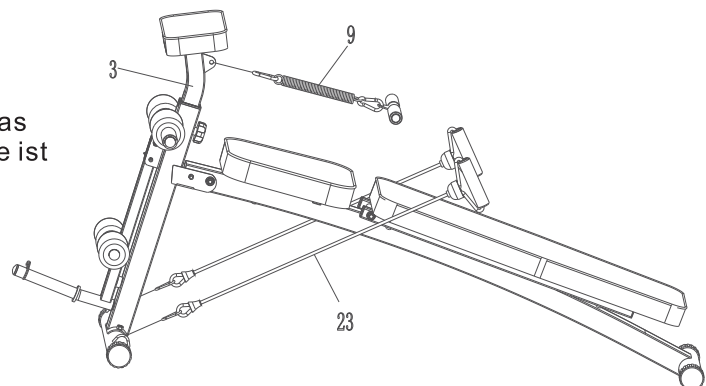
### Aufbauschrift (6)

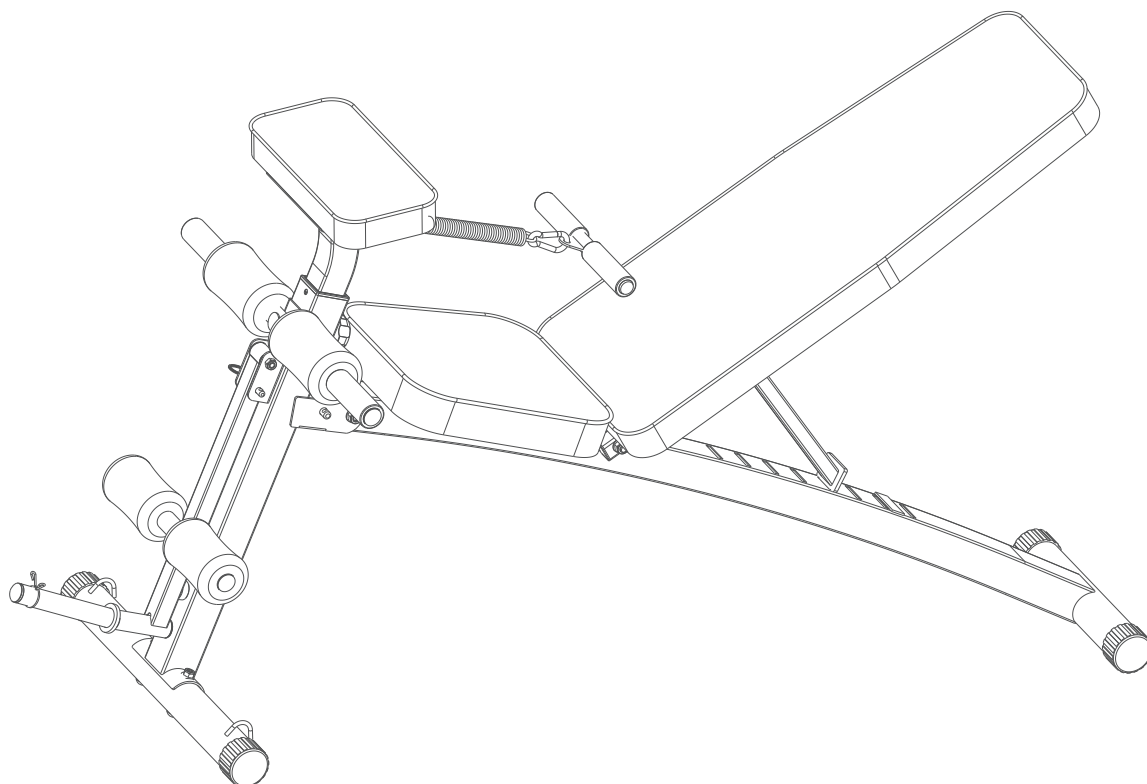
Stecken Sie die # 22-Schaumstoffröhre in das # 6-äußere Verbindungsrohr und bringen Sie an beiden Enden die # 7-Schaumstoffgriffe an.



### Aufbauschrift (7)

Hängen Sie die Schnalle in die # 9-Halterung in die # 3-Halter-Verbindungsrohr und hängen Sie schließlich die # 23-Zugschnüre an das Vorder-Bein wie gezeigt. Die Montage ist hiermit abgeschlossen.





## **Panca per manubri**



Leggere attentamente questo manuale prima di installare e utilizzare questo prodotto e conservare questo manuale!

## CONTENUTO

Istruzioni di sicurezza e manutenzione -----2

### Istruzioni di montaggio

Elenco delle parti-----3-4

Procedura di assemblaggio(1, 2)-----5

Procedura di assemblaggio (3, 4)-----5

Procedura di assemblaggio (5, 6)-----6

Procedura di assemblaggio (7)-----6

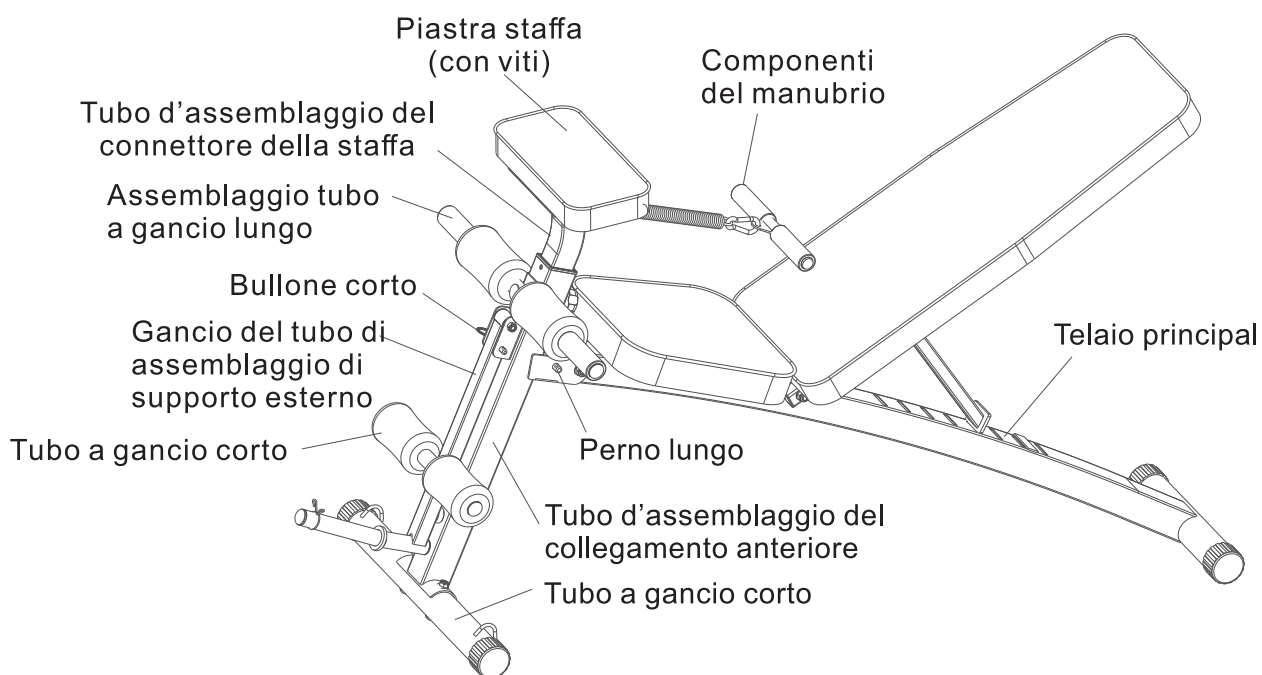
## Istruzioni di sicurezza e manutenzione

Sebbene l'attrezzatura per l'allenamento abbia preso in considerazione le precauzioni di sicurezza il più possibile durante il processo di progettazione e produzione, ci sono alcune precauzioni di sicurezza da osservare durante l'operazione. Si prega di leggere attentamente il manuale di istruzioni prima di assemblare e utilizzare l'attrezzatura di allenamento. In particolare, le seguenti precauzioni di sicurezza:

1. Evitare di lasciare bambini e animali domestici vicino all'apparecchiatura di allenamento e non lasciare che i bambini incustoditi rimangano da soli nella stanza in cui si trovano le attrezzature di allenamento.
2. L'attrezzatura di allenamento consente solo a una persona di usarla alla volta.
3. Se l'utente avverte capogiri, nausea, senso di costrizione toracica o altri sintomi, deve interrompere immediatamente l'uso e consultare immediatamente un medico.
4. L'attrezzatura per l'allenamento dev'essere collocata in una superficie piana e pulita, non vicino a fonti d'acqua o all'esterno.
5. Le mani non possono essere utilizzate in prossimità di parti rotanti.
6. Quando si utilizza l'attrezzatura di allenamento per l'allenamento, gli abiti devono essere adatti all'allenamento, non indossare abiti di grandi dimensioni o di altro tipo che possono essere bloccati nel processo di allenamento. Inoltre si raccomanda d'indossare delle scarpe da ginnastica o adatte all'allenamento per evitare danni alla salute.
7. Nel processo di utilizzo dell'attrezzatura di allenamento che deve essere in conformità con le istruzioni sul modo di allenamento, è proibito usare dell'istruzioni non menzionate in questo libretto.
8. Evitare di posizionare parti taglienti degli articoli attorno all'apparecchiatura di allenamento.
9. Nessuna persona con disabilità fisiche o mentali può utilizzare l'attrezzatura di allenamento a meno che non sia sotto tutela.
10. Prima dell'allenamento, è solito eseguire degli esercizi di stretching per riscaldarsi.
11. E vietato l'uso dell'apparecchiatura in caso di malfunzionamento dell'apparecchiatura.
12. Durante l'allenamento è importante notare i nuovi record personali.
13. Questo prodotto è adatto solo per l'uso domestico, gli istruttori non devono pesare più di 120 kg.

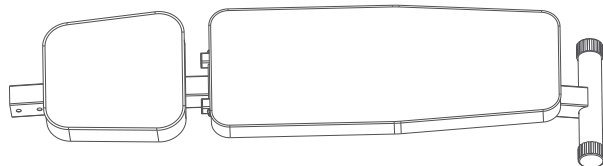
## Avvertimento

Consultare il proprio medico prima di iniziare l'allenamento, che è particolarmente importante per gli utenti di età superiore ai 35 anni o che hanno una cartella clinica. Prima di utilizzare qualsiasi attrezzo ginnico bisogna leggere attentamente tutte le istruzioni per l'uso e il funzionamento. A causa dei danni che possono essere causati per proprie ragioni, la società non si assume alcuna responsabilità.

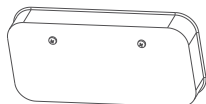


## Istruzioni

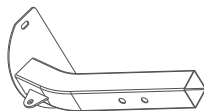
### 1. Telaio principale



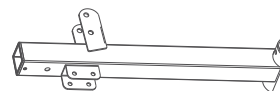
### 2. Piastra staffa (con viti)



### 3. Tubo d'assemblaggio del connettore della staffa



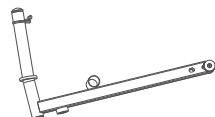
### 4. Tubo d'assemblaggio del collegamento anteriore



### 5. Assemblaggio della gamba anteriore



### 6. Gancio del tubo di assemblaggio di supporto esterno



### 7. Cuscinetti 2 pezzi



### 8. Tubo d'assemblaggio a gancio lungo



### 9. Componenti del manubrio



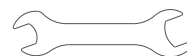
### 19. Chiave a brugola No. 5



### 20. 6 chiavi esagonali



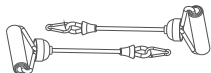
### 21. 13-17 Chiave inglese



### 22. Cuscinetto a tubo 1 pezzo



### 23. Cordoncino



### 25. Anello a scatto



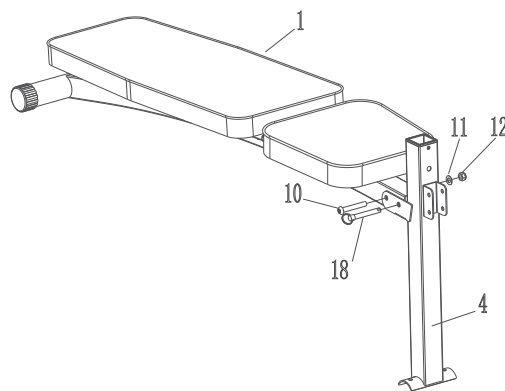
**Lista delle parti**

NO.	Nome	Specifiche	QtÀ
10	Vite a testa tonda piatta esagonale	M10x70	1
11	Cuscinetto piatto	φ 10	1
12	Dado di bloccaggio	M10	1
14	Dado di bloccaggio	M8	2
15	Bullone a testa quadrata a testa tonda	M8x60	2
16	Guarnizione a forma di arco	φ 8	2
17	Bullone corto	φ 8	1
18	Perno lung	φ 10	1
24	Vite	M6x12	2



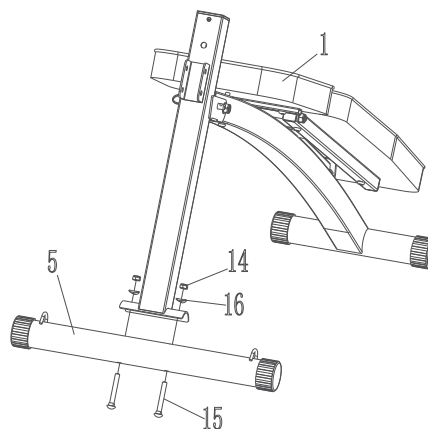
### Procedura di assemblaggio (1)

Assemblare il tubo di collegamento frontale (#4) sul telaio principale (#1) utilizzando una vite a testa esagonale M10x70 (#10), un cuscinetto piatto  $\Phi 10$  e un controdado M10 (#12) e una chiave esagonale (#20-6) e una chiave inglese (#21-13-17) per serrare il dado in senso orario, e infine inserire il perno lungo  $\Phi 10$  (#18) nel foro come mostrato nella figura e fissarlo sul telaio principale.



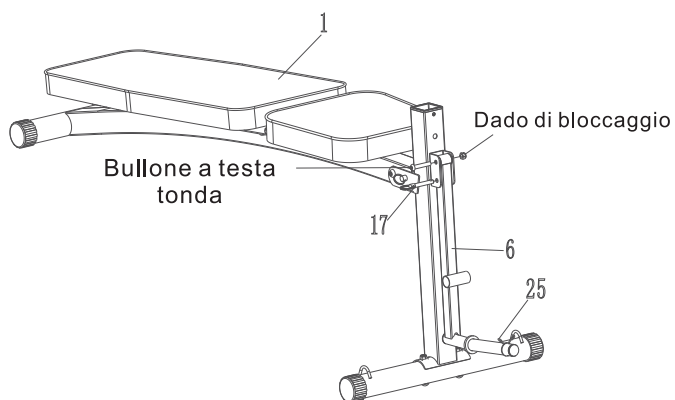
### Procedura di assemblaggio (2)

Assemblare il gruppo del tubo d'assemblaggio del piede (#5) al telaio principale (#1) usando due dadi M8 (#14), due rondelle ad arco  $\Phi 8$  (#16) e due bulloni quadrati con collo rotondo (#15). Utilizzare una chiave aperta (#21-13-17) per serrare il dado in senso orario.



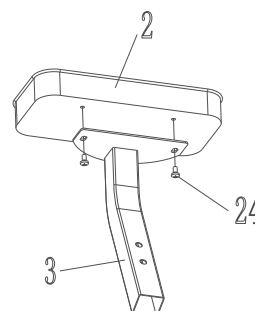
### Procedura di assemblaggio (3)

Assemblare il gruppo del tubo di supporto esterno (#6) sul telaio principale (#1) usando un dado M8 con la chiave esagonale (#19-5) e la chiave inglese (#21-13-17) per serrare il dado in senso orario. Inserire il perno corto (#17) nel foro come mostrato nella figura e fissarlo sul telaio principale.



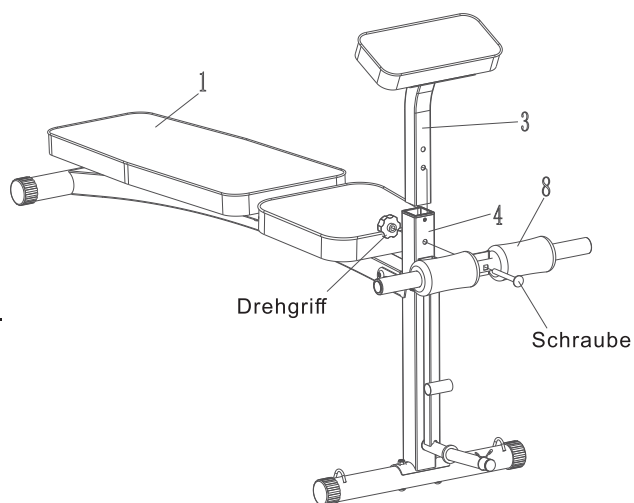
### Procedura di assemblaggio (4)

Utilizzare una chiave a brugola (#19-5) incrociata per allentare la vite a testa cilindrica Phillips M6x12 (#24) sulla scheda della staffa (#2) e posizionare la staffa sopra il gruppo del tubo connettore della staffa (#3) e serrare nuovamente.



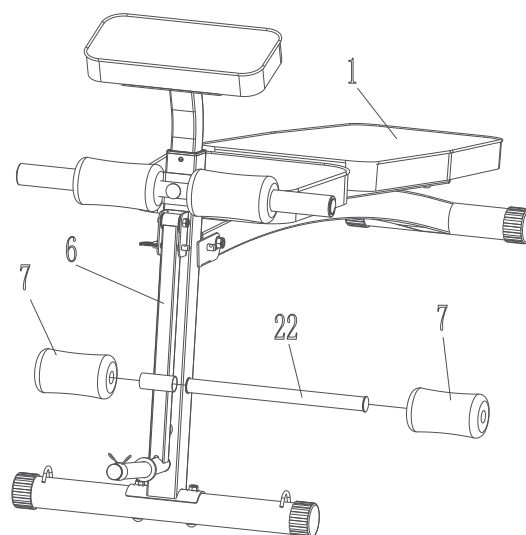
### Procedura di assemblaggio (5)

Inserire il tubo d'assemblaggio del connettore della staffa (# 3) nel telaio principale (# 1) come mostrato nella figura e allentare il dado della manopola del fiore di prugna sul gruppo del gancio lungo (# 8). Passare il tubo d'assemblaggio del collegamento anteriore (# 4), il tubo d'assemblaggio del connettore della staffa (# 3) e il pomello di regolazione a forma di fiore.



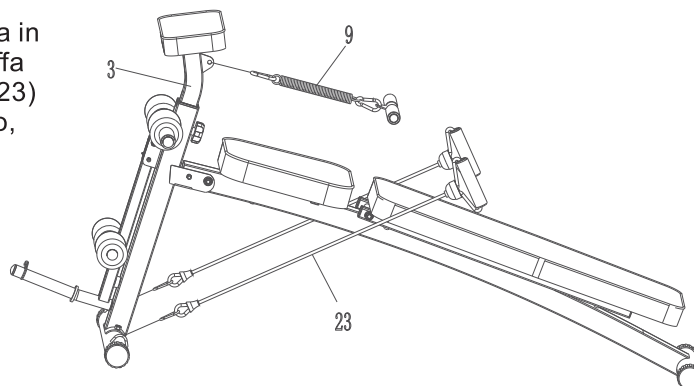
### Procedura di assemblaggio (6)

Inserire il tubo di schiuma (# 22) nel gruppo del tubo di supporto esterno del crochet (# 6) e inserire una schiuma (# 7) su ciascuna estremità.



### Procedura di assemblaggio (7)

Appendere la fibbia nel gruppo maniglia in (#9) il gruppo tubo di collegamento staffa (# 3) e infine appendere i cordoncini (#23) sul tubo come mostrato. A questo punto, l'assemblaggio è completato.



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