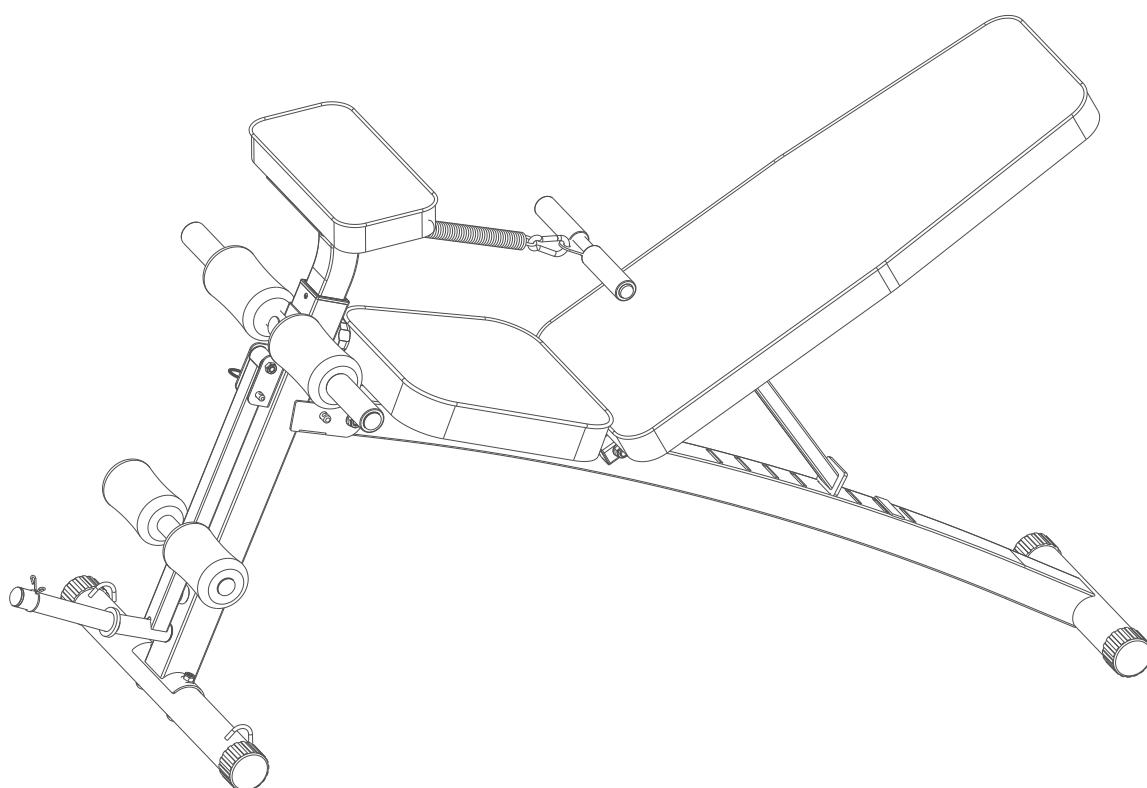




Banco de Pesas



¡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

Lista de Piezas-----3-4

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

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

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

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

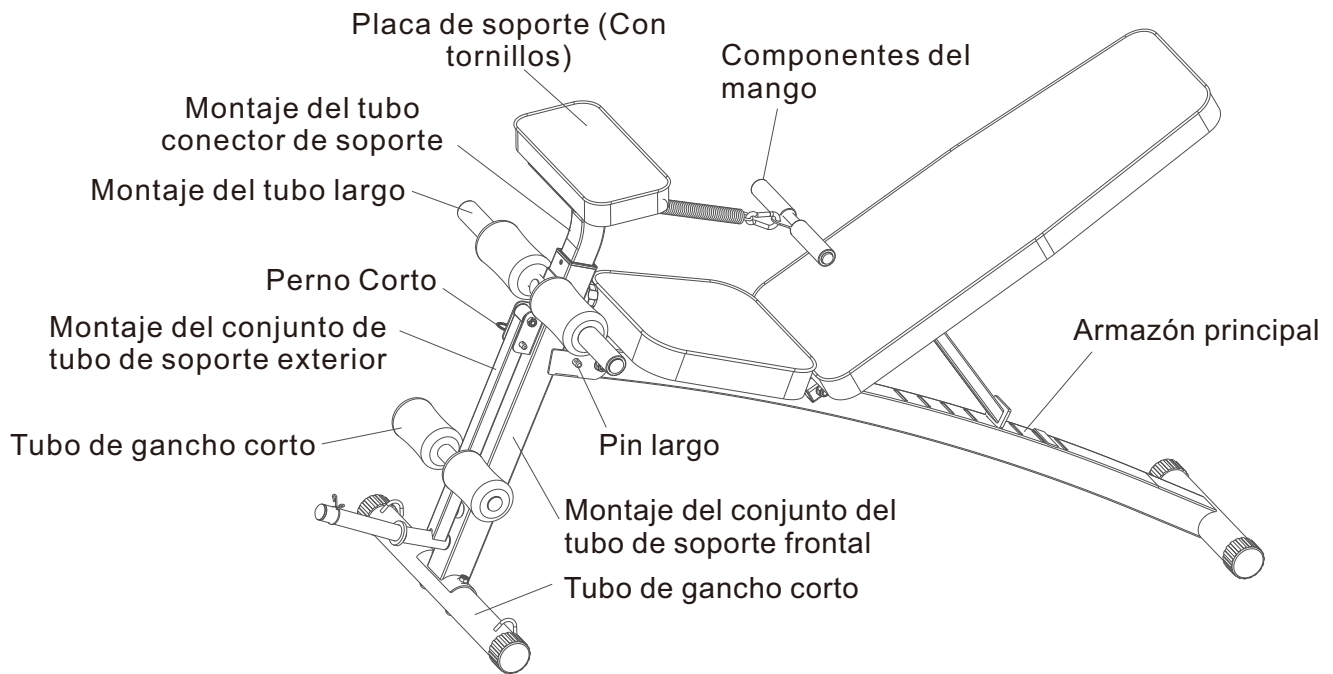
Instrucciones de mantenimiento y seguridad

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.

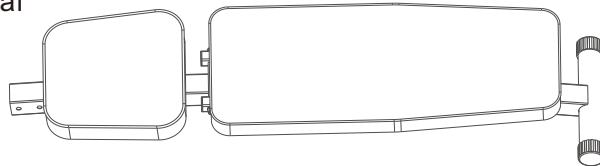
Advertencia

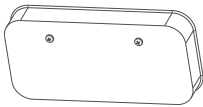
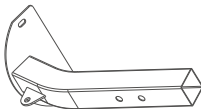
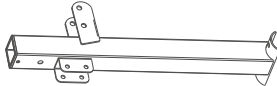
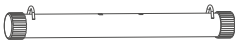
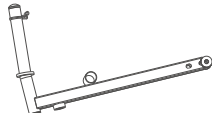
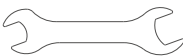
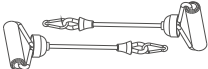
Consulte a su médico antes de comenzar a entrenar, lo cual es especialmente importante para usuarios mayores de 35 años o que tengan un registro médico. Antes de utilizar cualquier equipo de ejercicios debe leer detenidamente todas las instrucciones de uso y operación, debido al daño causado por sus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



Instrucciones

1. Marco principal



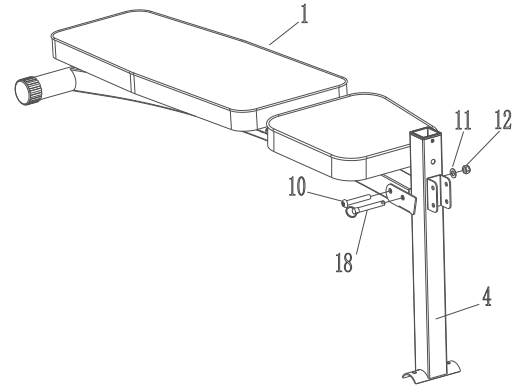
			
2. Placa de soporte (con tornillos)	3.Montaje de tubo conector de soporte	4. Montaje de tubo de conexión frontal	
			
5. Montaje de pata frontal	6. Montaje del conjunto de tubo de soporte exterior	7. Protecciones de espuma	8.Montaje del tubo largo
			
9. Componentes del mango	19. Llave Allen No. 5	20. 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	ϕ 10	1
12	Contratuerca	M10	1
14	Contratuerca	M8	2
15	Perno de cuello con cabeza redonda	M8x60	2
16	Arandela curvada	ϕ 8	2
17	Perno corto	ϕ 8	1
18	Perno largo	ϕ 10	1
24	Tornillo	M6x12	2

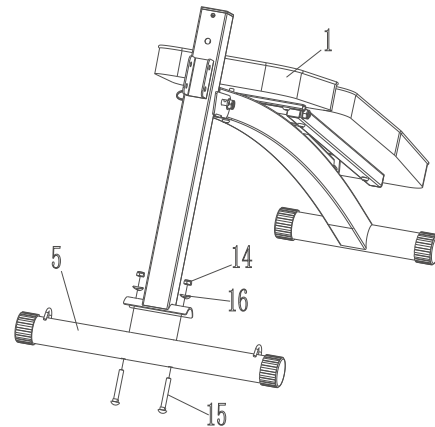
Procedimiento de montaje (1)

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 fíjelo en el armazón principal.



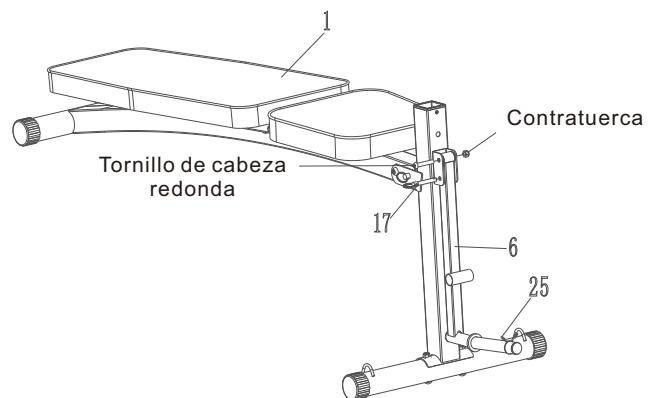
Procedimiento de Montaje (2)

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.



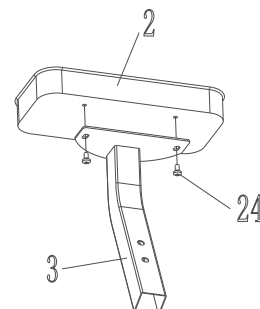
Procedimiento de montaje (3)

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 fíjelo en el armazón principal.



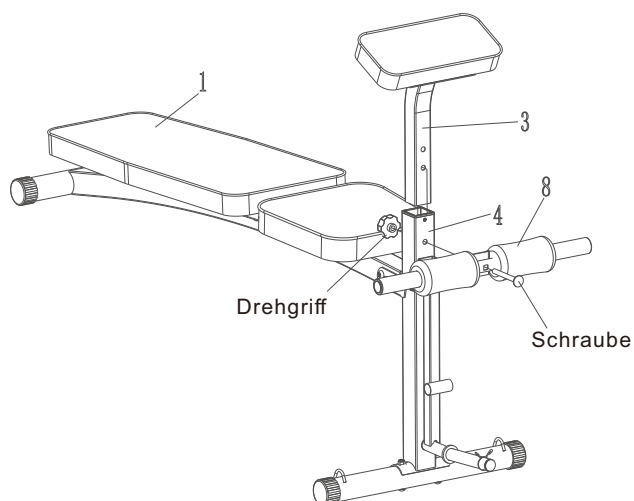
Procedimiento de montaje (4)

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.



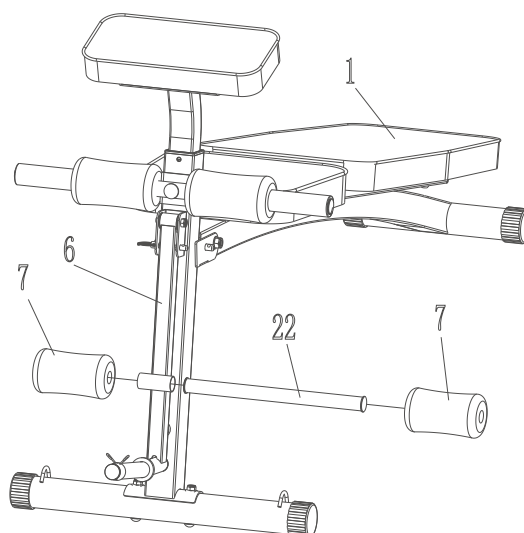
Procedimiento de montaje (5)

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.



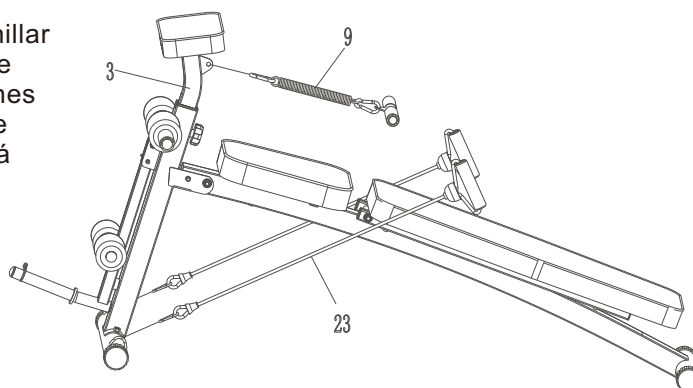
Procedimiento de montaje (6)

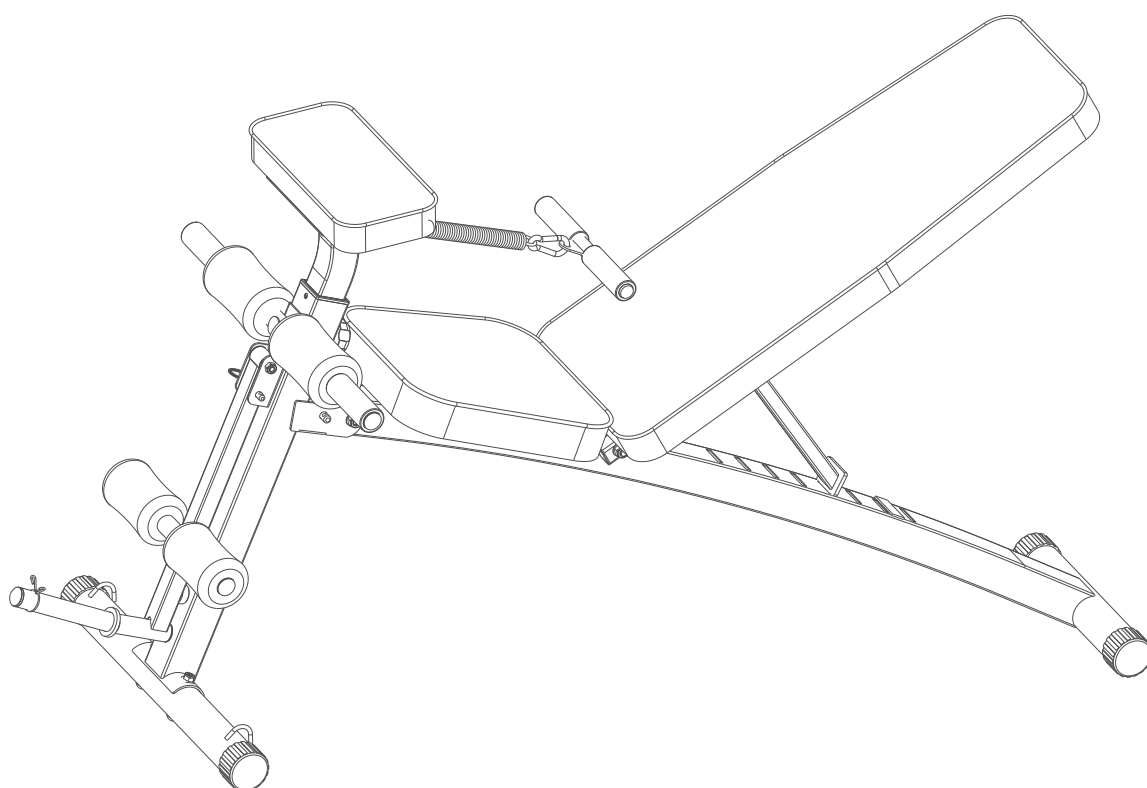
Introducir el tubo de esponja No. 22 en el tubo de soporte exterior No. 6 e introducir las protecciones de espuma en cada extremo No. 7.



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.





Banco de Peso



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

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

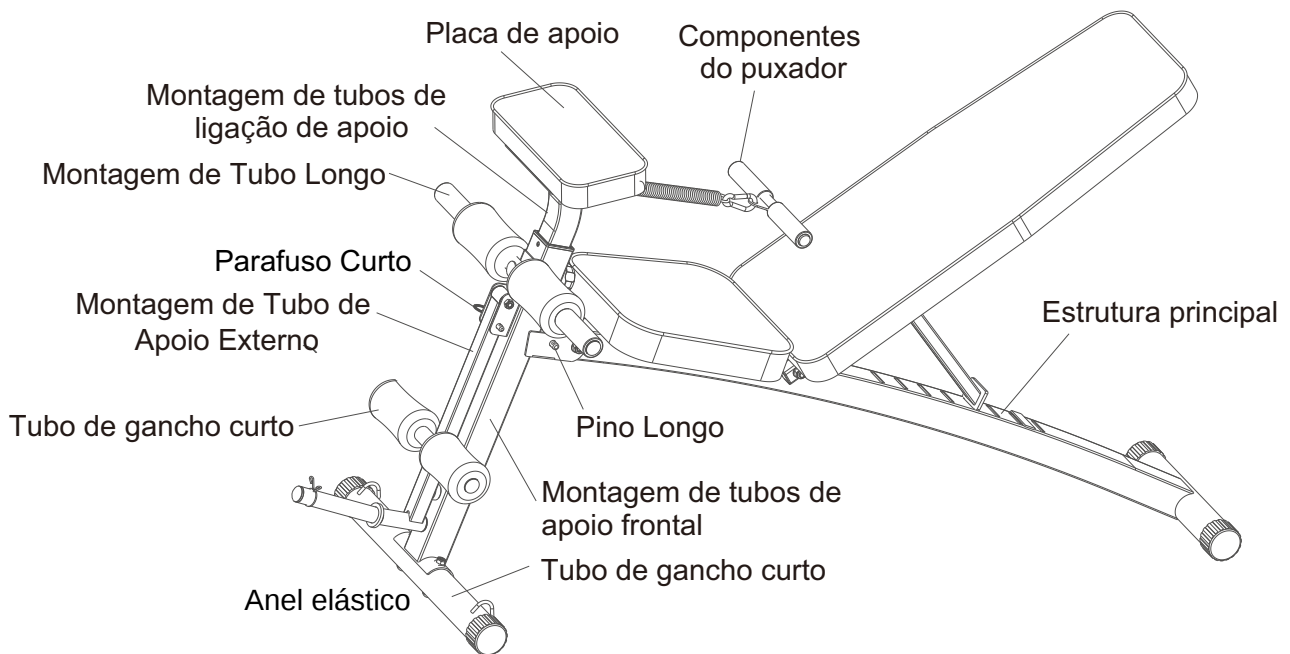
Instruções de manutenção e segurança

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

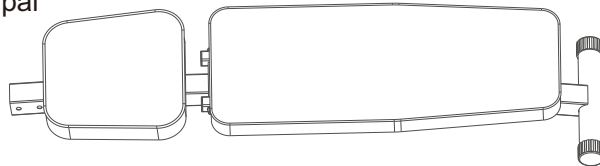
Advertência

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.

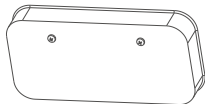


Instruções

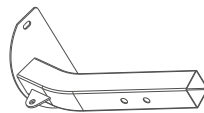
1. Estrutura principal



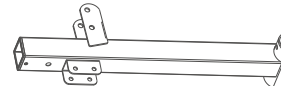
2. Placa de apoio



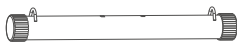
3. Tubo de ligação de apoio



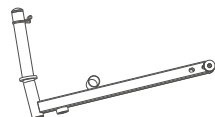
4. Tubo de ligação frontal



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 guiador



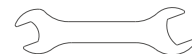
19. Chave Allen No. 5



20. Chave Hexagonal No. 6



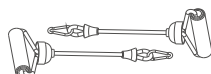
21. Chave de boca aberta 13-17



22. Tubo de Espuma 1 Peça



23. Cordas



25. Anel elástico

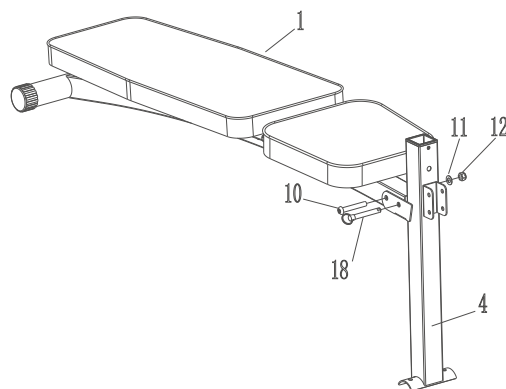


Lista de Peças

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

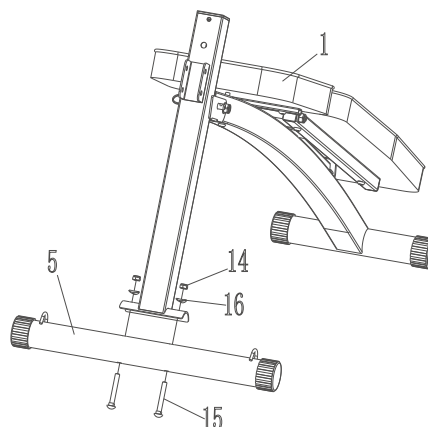
Procedimento de montagem (1)

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.



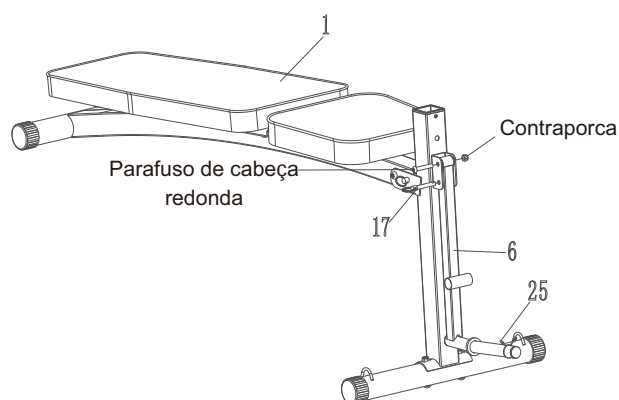
Procedimento de montagem (2)

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.



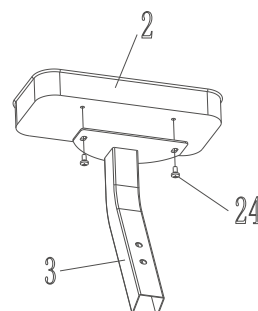
Procedimento de montagem (3)

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.



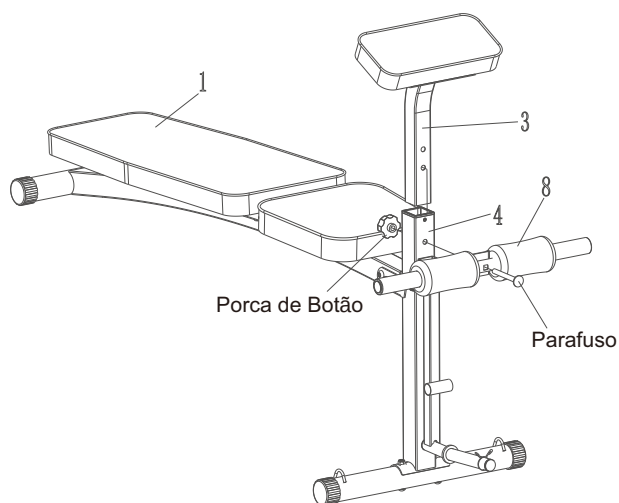
Procedimento de montagem (4)

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.



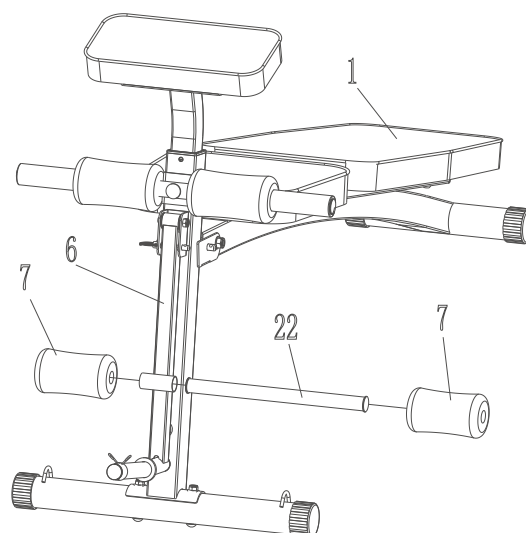
Procedimento de montagem (5)

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.



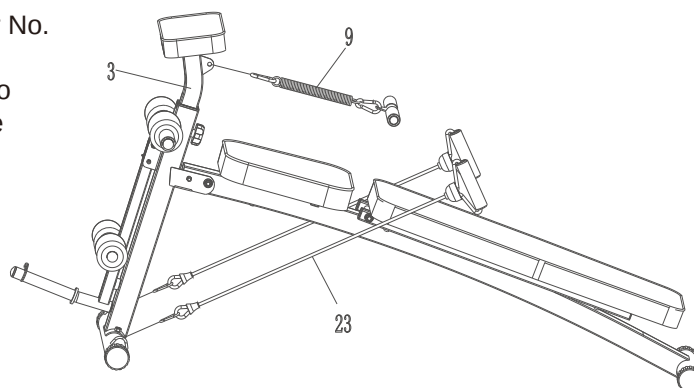
Procedimento de montagem (6)

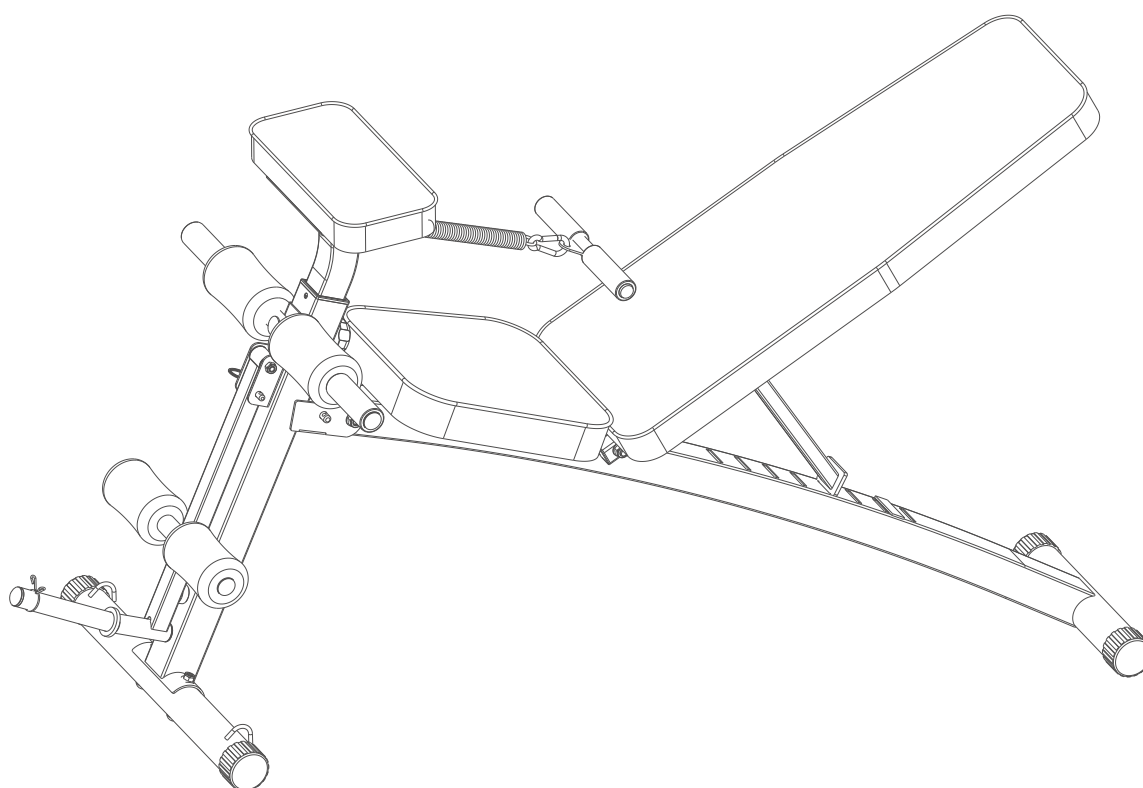
Inserir o tubo de espuma No. 22 no tubo de suporte exterior No. 6 e inserir as espumas em cada extremidade No. 7.



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.





Dumbbell Bench



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

ASSEMBLY INSTRUCTION

CONTENTS

Safety and maintenance instructions ————— 9

Assembly instructions

Parts list ————— 10-11

Assembly steps (1, 2) ————— 12

Assembly steps (3, 4) ————— 12

Assembly steps (5, 6) ————— 13

Assembly steps (7) ————— 13

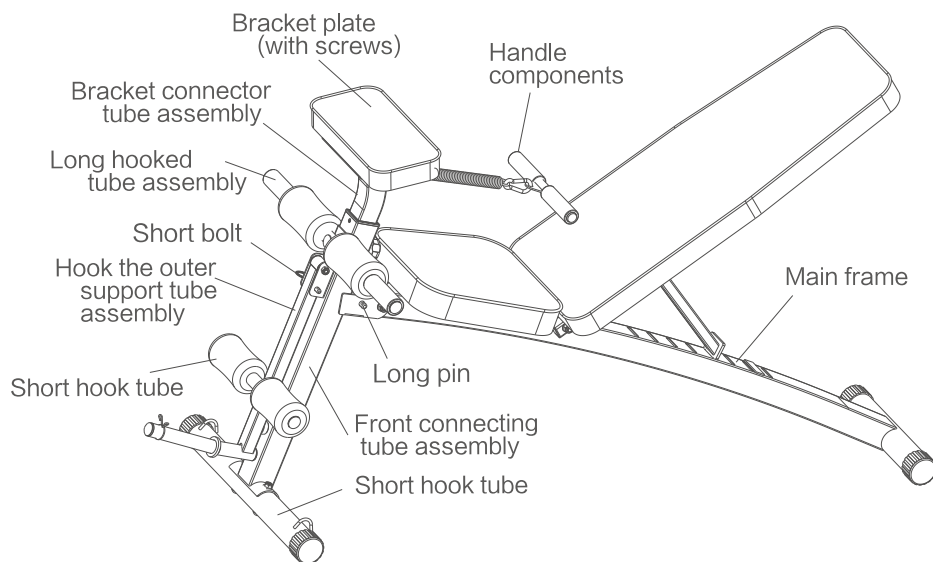
Safety and maintenance instructions

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

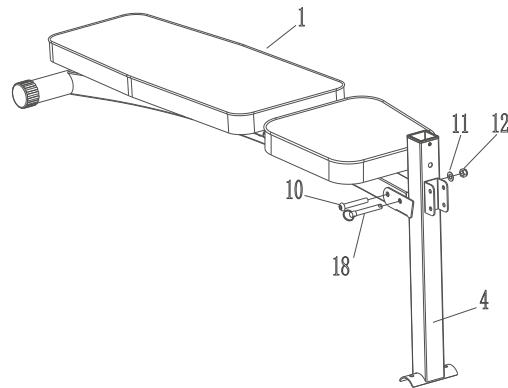
1. Main frame			
2. Bracket plate (with screws)	3. Bracket connector tube assembly	4. Front connecting tube assembly	
5. Front leg assembly	6. Hook the outer support tube assembly	7. Foam 2PCS	8. Long hooked tube assembly
9. Handle components	19.No. 5 Allen wrench	20. 6 hex wrench	21. 13-17 Open-end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

Parts list

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

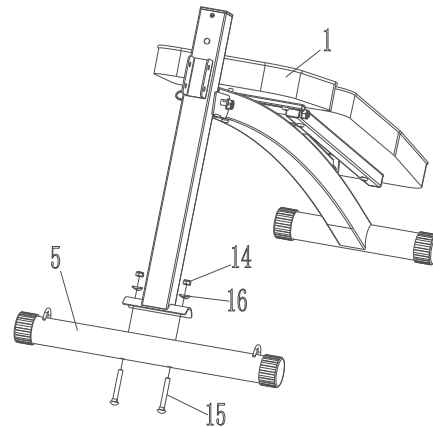
Assembly procedure (1)

Assemble the 4 # – front connecting pipe on the # 1 – main frame using one 10 # hexagon socket head cap screw M10x70, one flat pad ϕ 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 ϕ 10 into the hole as shown in the figure and fix it on the main frame.



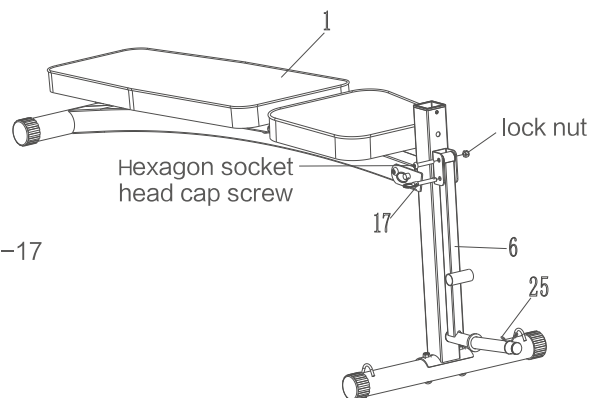
Assembly procedure (2)

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



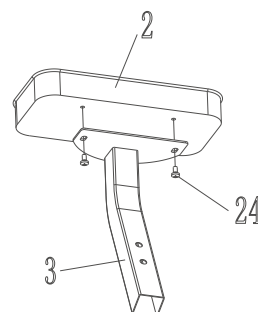
Assembly procedure (3)

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 ϕ 8 into the hole as shown in the figure and fix it on the main frame.



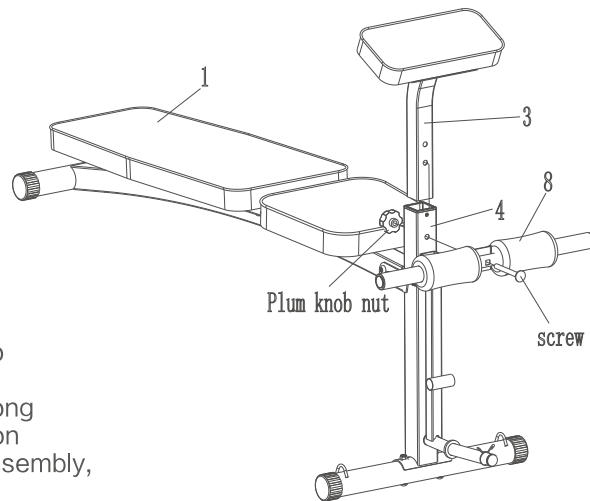
Assembly procedure (4)

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 .



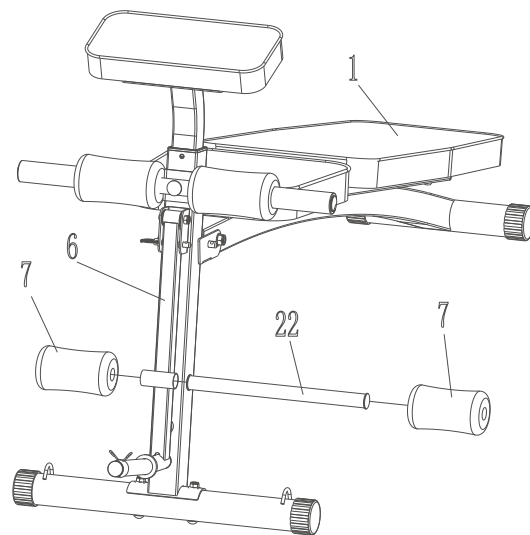
Assembly procedure (5)

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.



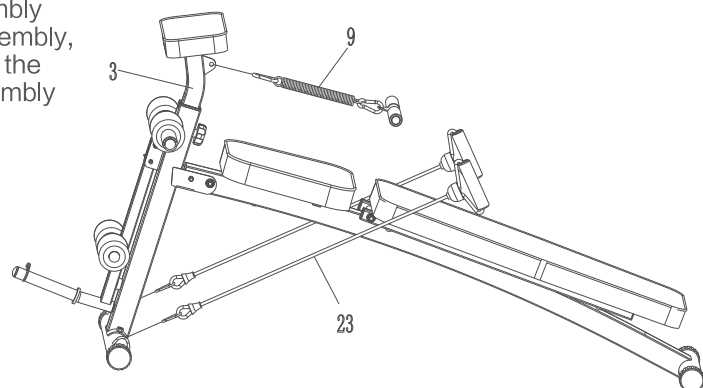
Assembly procedure (6)

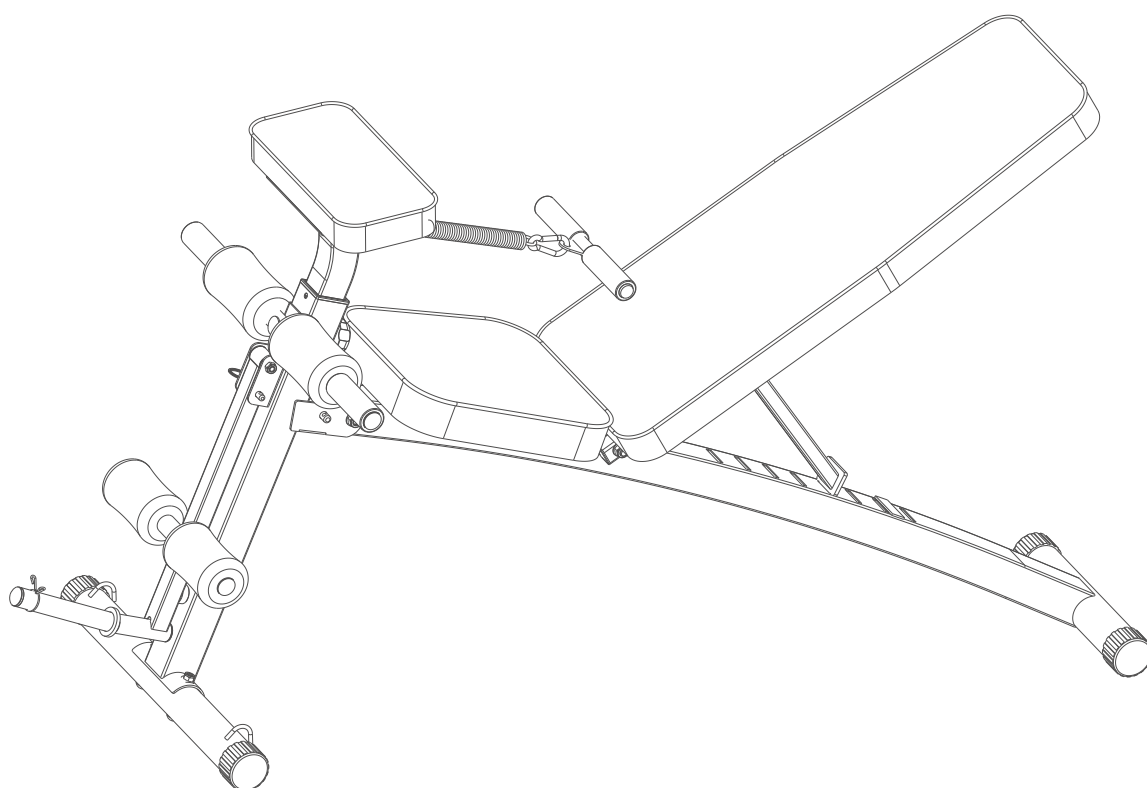
Insert the # 22-foam tube into the # 6-hook outer support tube assembly and insert # 7-Foam at each end.



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.





Dumbbell Bench



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

ASSEMBLY INSTRUCTION

CONTENTS

Safety and maintenance instructions ————— 23

Assembly instructions

Parts list ————— 24-25

Assembly steps (1, 2) ————— 26

Assembly steps (3, 4) ————— 26

Assembly steps (5, 6) ————— 27

Assembly steps (7) ————— 27

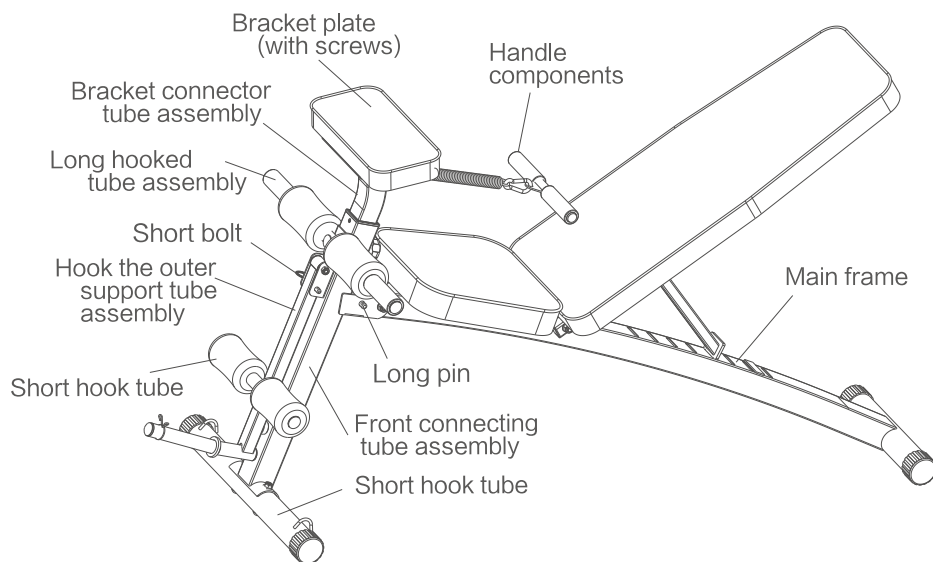
Safety and maintenance instructions

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:

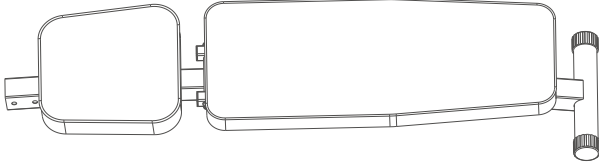
- 1, to avoid allowing children and pets close to the training equipment, and should not allow unattended children to stay alone in the room where the training equipment.
- 2, the training equipment at the same time only allow one person to use.
- 3, if the user feels dizzy, nausea, chest tightness or 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

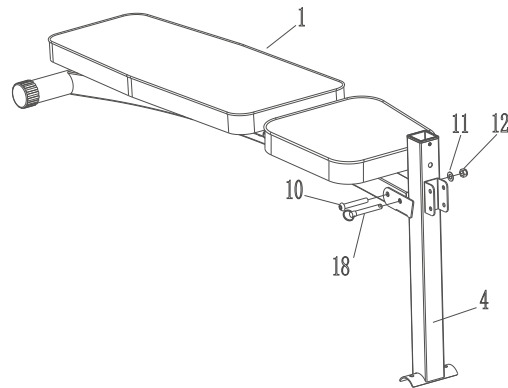
1. Main frame			
			
2. Bracket plate (with screws)	3. Bracket connector tube assembly	4. Front connecting tube assembly	
5. Front leg assembly	6. Hook the outer support tube assembly	7. Foam 2PCS	8. Long hooked tube assembly
9. Handle components	19.No. 5 Allen wrench	20. 6 hex wrench	21. 13-17 Open-end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

Parts list

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

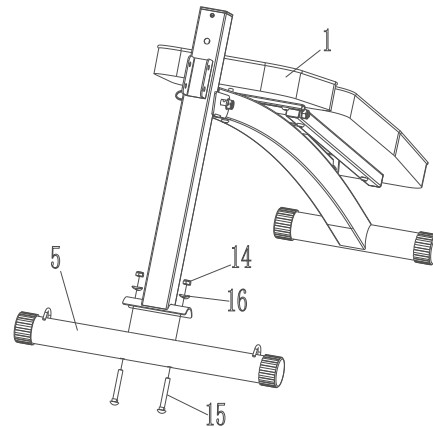
Assembly procedure (1)

Assemble the 4 # – front connecting pipe on the # 1 – main frame using one 10 # hexagon socket head cap screw M10x70, one flat pad ϕ 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 ϕ 10 into the hole as shown in the figure and fix it on the main frame.



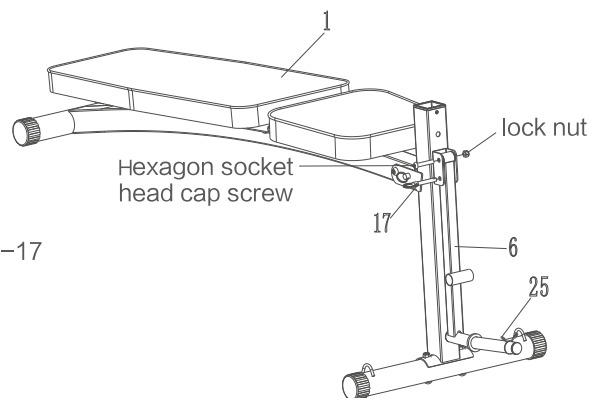
Assembly procedure (2)

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



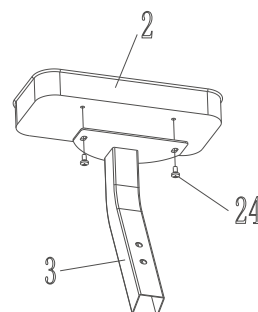
Assembly procedure (3)

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 ϕ 8 into the hole as shown in the figure and fix it on the main frame.



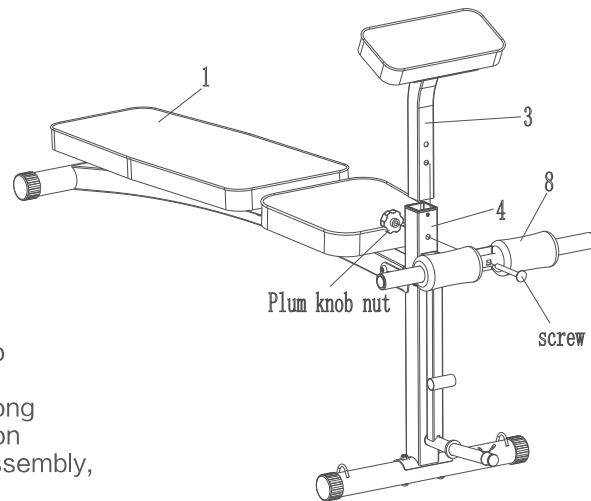
Assembly procedure (4)

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 .



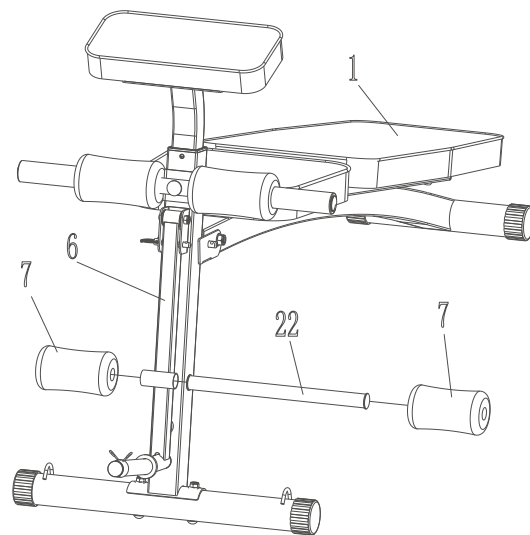
Assembly procedure (5)

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.



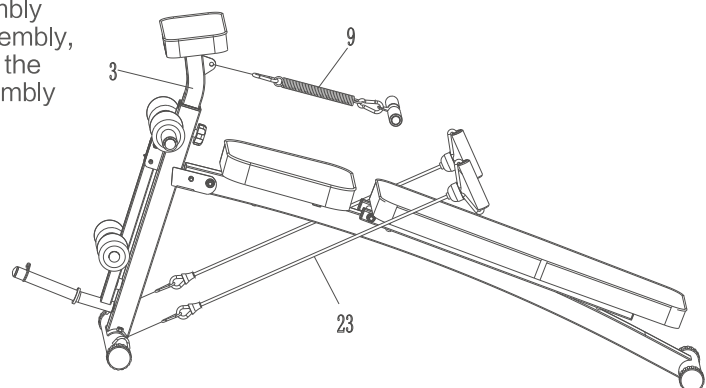
Assembly procedure (6)

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.



ES

Si tiene alguna pregunta, comuníquese con nuestro Centro de Atención al Cliente.
Nuestros datos de contacto son los siguientes:



0034-931294512



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Os nossos dados de contacto são os seguintes:



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