

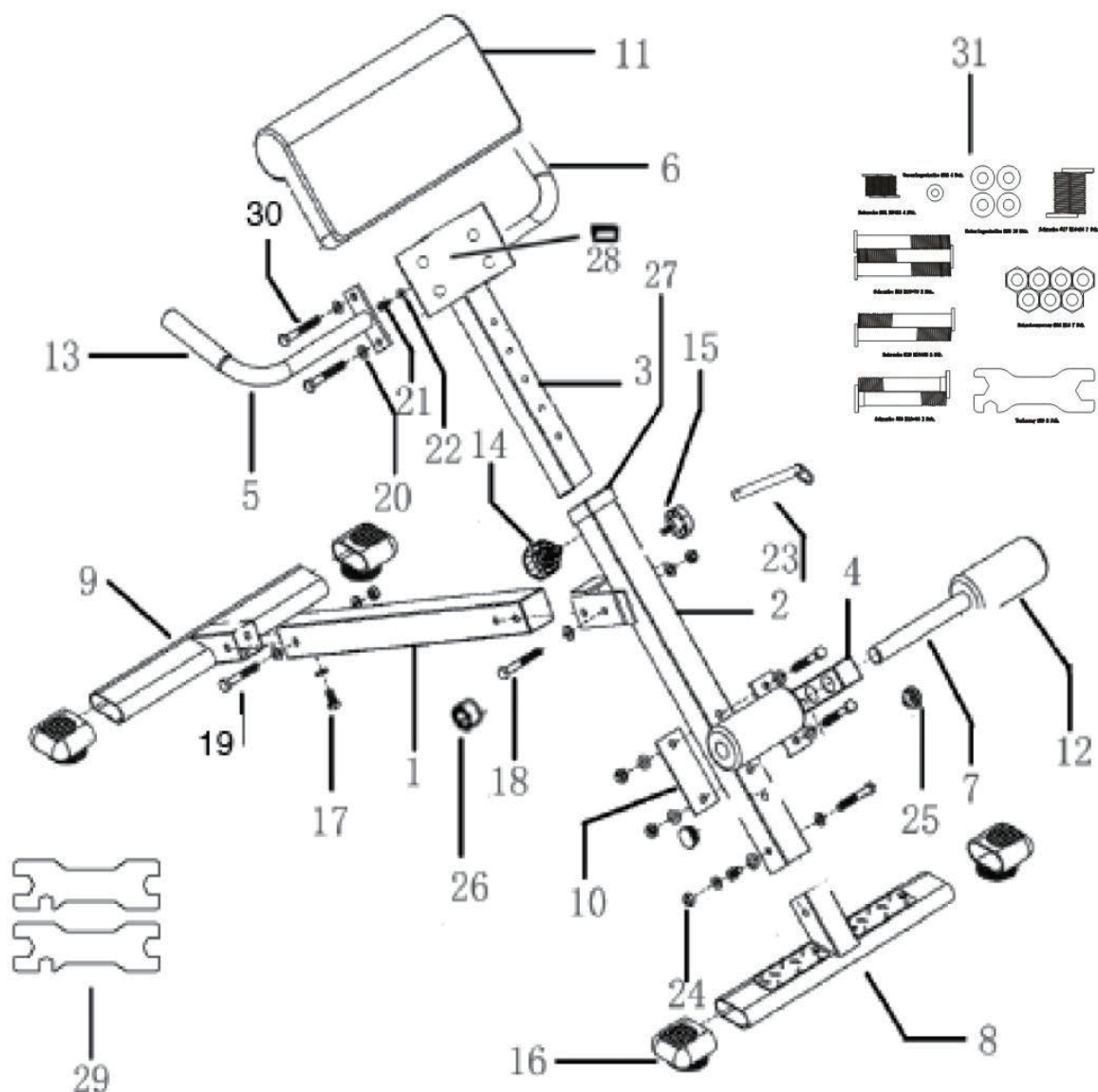
MANUALE DELLE ISTRUZIONI TRAINER DORSALE



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY & INSTRUCTION MANUAL

DIAGRAMMA ESPLOSO

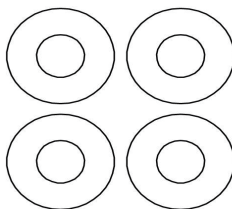


No.	Descrizione	Qat'	No.	Descrizione	Qat'
1	Tubo di supporto posteriore	1	17	Vite M10*20	2
2	Tubo di supporto anteriore	1	18	Vite M10*70	3
3	Tubo di supporto regolabile	1	19	Vite M10*65	2
4	Supporto gamba per fissaggio	1	20	Rondella	16
5	Tubo impugnatura (Left)	1	21	Vite M6 *15	4
6	Tubo impugnatura (Right)	1	22	Rondella	4
7	Tubo (fissaggio gambe)	1	23	Perno di sicurezza	1
8	Cavalletto anteriore	1	24	Dado M10	7
9	Cavalletto posteriore	1	25	Protezione in plastica	2
10	Piastra regolabile	1	26	Protezione vite	16
11	Cuscinetto	1	27	Protezione in plastica	1
12	Rullo in spugna	2	28	Protezione in plastica	1
13	Impugnatura in spugna	2	29	Chiave	2
14	Manopola di regolazione	1	30	Vite M10 *60	2
15	Bullone	1	31	Imballaggio in blister	1
16	Protezione montante	4			

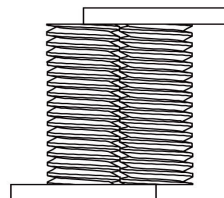


Vite #21 M6*15 4PCS

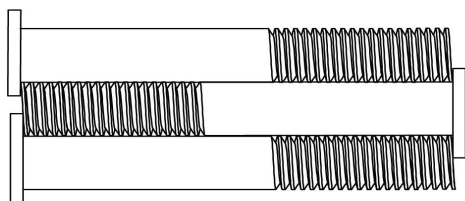
Rondella #22 4PCS



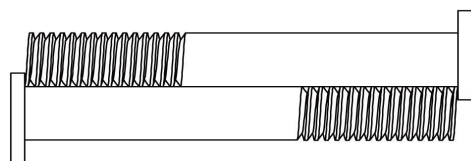
Rondella #20 16PCS



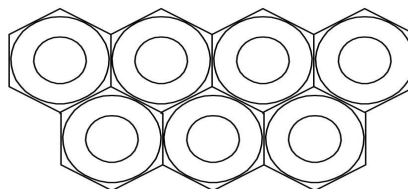
Vite #17 M10*20 2PCS



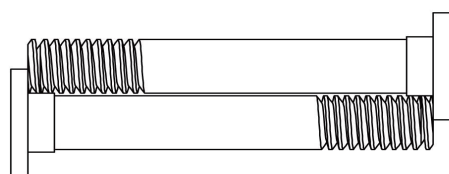
Vite #18 M10*70 3PCS



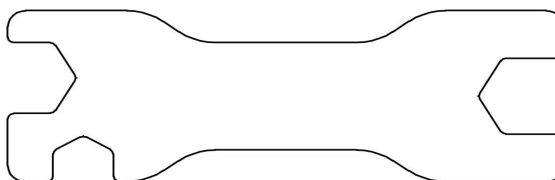
Vite #19 M10*65 2PCS



Dado #24 M10 7PCS



Vite #30 M10*60 2PCS



Chiave #29 2PCS

ASSEMBLAGGIO



1.1



1.2



1.3

1. Fissare il cavalletto anteriore (8) con la vite (19), due rondelle (20) e il dado (24) sul tubo di supporto anteriore (2). Installare sempre una rondella sotto la testa del bullone e del dado. Fissare con vite (17) e rondella (20) sul retro del tubo di supporto anteriore.



2.1



2.2



2.3

2. Fissare il cavalletto posteriore (9) con la vite (19) due rondelle (20) e il dado (24) al supporto posteriore (1). Fissare con vite (17) e rondella (20) sul retro del tubo di supporto posteriore.



3.1



3.2



3.3



3.4

3. Collegare ora il tubo di supporto posteriore (1) con la vite (18), due rondelle (20) e il dado (24) sul tubo di supporto anteriore. Infine, spingere ulteriormente il perno di sicurezza (23) attraverso fori sottostanti delle due parti.



4. Fissare il tubo al supporto gamba per fissaggio (4) sul tubo di supporto anteriore (2) con la piastra regolabile (10) utilizzando viti (18), rondelle (20) e dadi (24).



5. Fissare il tubo (7) al supporto gamba per fissaggio (4) e inserire un rullo in spugna (12) su ciascun lato del tubo (7).



6. Inserire, se non già montato, la protezione in plastica (27) nell'estremità del tubo di supporto anteriore (2). Far scorrere il tubo di supporto regolabile (3) nel tubo di supporto anteriore. Fissarli con vite (14) e bullone (15).



7. Montare il cuscinetto (11) sul tubo di supporto regolabile (3) con viti (21) e rondelle (22).



8. Quindi montare l'impugnatura sinistra e destra (5 e 6) sul tubo di supporto regolabile (3) utilizzando viti (30) e rondelle (22).



9. Applicare le protezioni delle viti (26) con i bulloni e i dadi.

SESSIONE DI ALLENAMENTO

1.Sollevamento dorsale del corpo

1a



1b



1c



1d



2. Sollevamento dorsale con rotazione

2



3. Sollevamento dorsale laterale

3



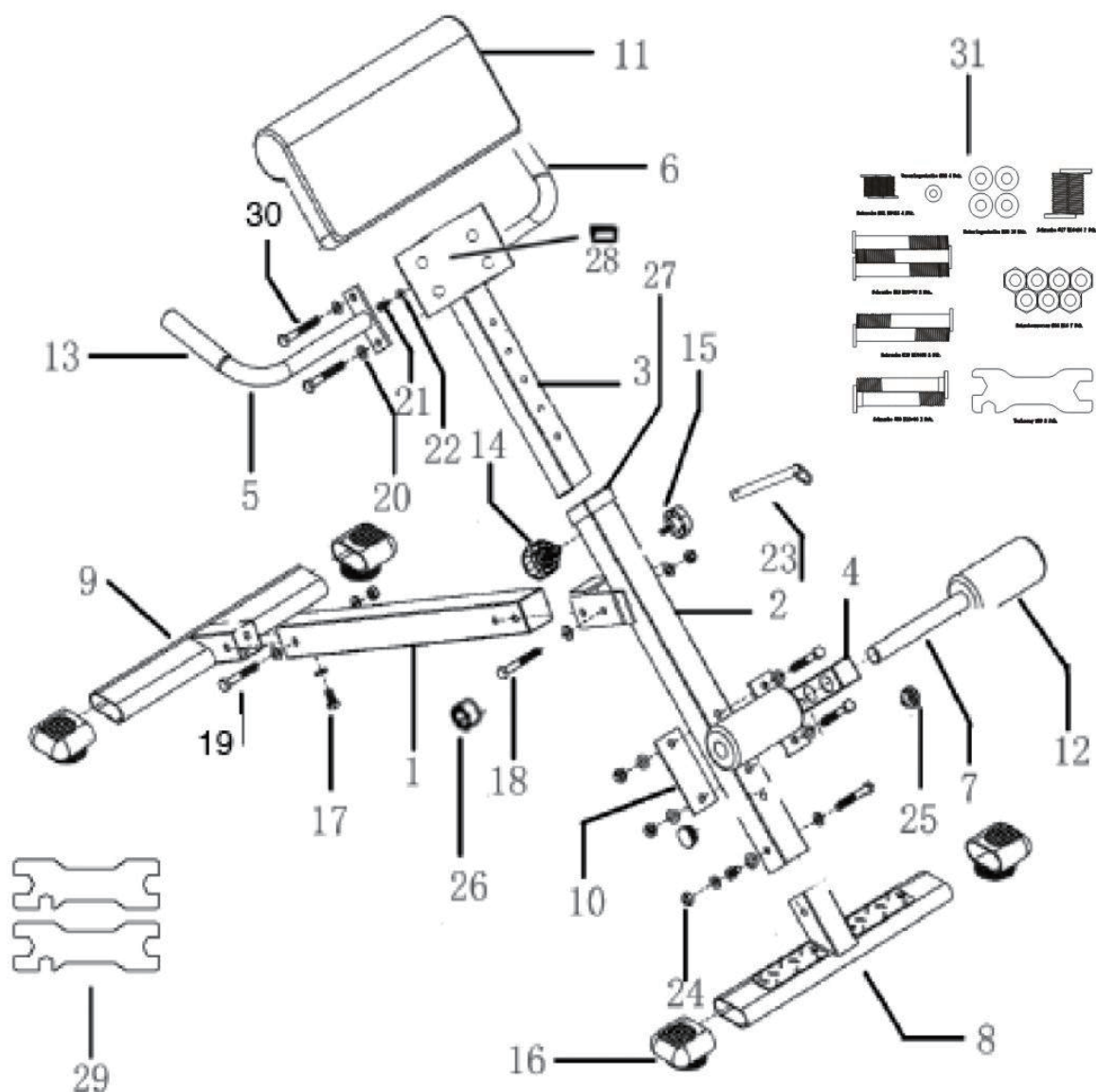
MANUAL INSTRUCTION

BACK TRAINER

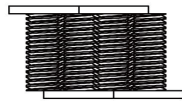


IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

EXPLOSION VIEW

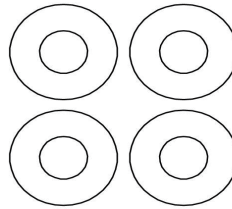


No.	Description	Qty.	No.	Description	Qty.
1	Rear support tube	1	17	Screw M10*20	2
2	Front support tube	1	18	Screw M10*70	3
3	Adjustable support tube	1	19	Screw M10*65	2
4	Leg holder for fixing	1	20	Washer	16
5	Handle tube (Left)	1	21	Screw M6 *15	4
6	Handle tube (Right)	1	22	Washer	4
7	Pipe (Leg fixation)	1	23	Safety pin	1
8	Front stand	1	24	Nut M10	7
9	Rear stand	1	25	Plastic cover	2
10	Adapter plate	1	26	Screw cover	16
11	Padded cushion	1	27	Plastic cover	1
12	Foam roller	2	28	Plastic cover	1
13	Grip foam	2	29	Tool	2
14	Adjusting knob	1	30	Screw M10 *60	2
15	Bolt	1	31	Blister packing	1
16	Stand cover	4			

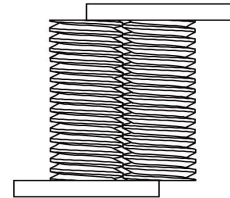


SCREW #21 M6*15 4PCS

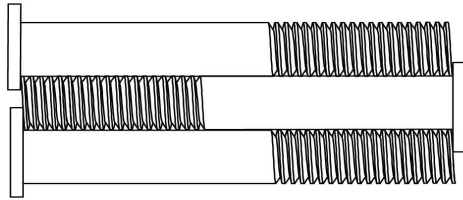
WASHER #22 4 PCS



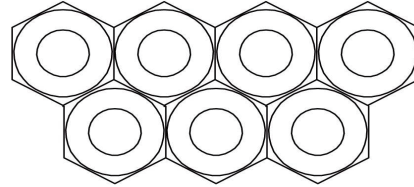
WASHER #20 16 PCS



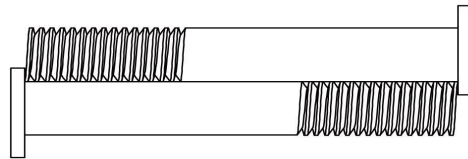
SCREW #17 M10*20 2PCS



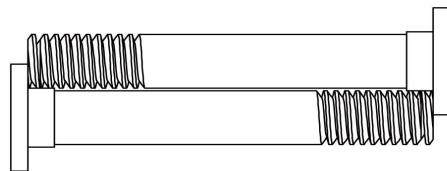
SCREW #18 M10*70 3PCS



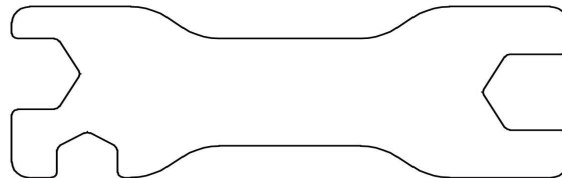
NUT #24 M10 7PCS



SCREW #19 M10*65 2 PCS



SCREW #30 M10*60 2PCS



TOOL #29 2 PCS

ASSEMBLY



1.1

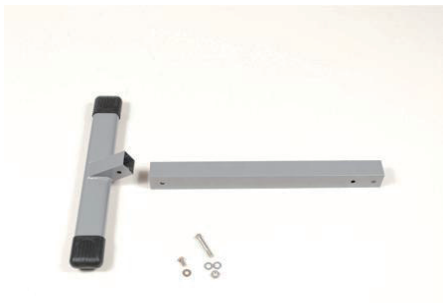


1.2



1.3

1. Mounting the front stand (8) with the screw (19), two washers (20) and the nut (24) on the front support tube (2). A washer is always installed under the bolt head and the nut. On the back of the front support tube, attach the screw (17) with washer (20).



2.1



2.2



2.3

2. Mounting the rear pedestal (9) with the screw (19) comprises two washers (20) and the nut (24) at the back support (1). On the back of the rear support tube, attach the screw (17) with Washer (20).



3.1



3.2



3.3



3.4

3. Now connect the rear support tube (1) with the screw (18), two washers (20) and the Screw nut (24) on the front support tube. Finally, you still push the locking pin (23) by the underlying holes of the two parts.



4. Attach the bracket to the leg clamp (4) on the front support tube (2) with the Adapter plate (10) and the screws (18), washers (20) and the nuts (24).



5. Plug the tube (7) into the hole on the bracket for the leg fixation (4) and insert a Foam roller (12) on each side of the tube (7).



6. Insert if not already assembled, the plastic cover (27) into the end of the front support tube (2). Slide the adjustable support tube (3) into the front support tube. Attach these to the Screw (14) and the bolt (15).



7. Assemble the cushion (11) on the adjustable support (3) with the screws (21) and the Washers (22).



8. Now mount the left and right handle (5 and 6) on the adjustable support (3) using the screws (30) and washers (22).



9. Insert the screw covers (26) with the bolts and nuts

EXERCISE SESSION

1.Back lift upper body

1a



1b



1c



1d



2. back lift with rotation

2



3. Lateral back lift

3



