

**HOME GYM
MG1.2**



ENGLISH MANUAL

IMPORTANT SAFETY INFORMATION

Please keep this manual in a safe place for reference.

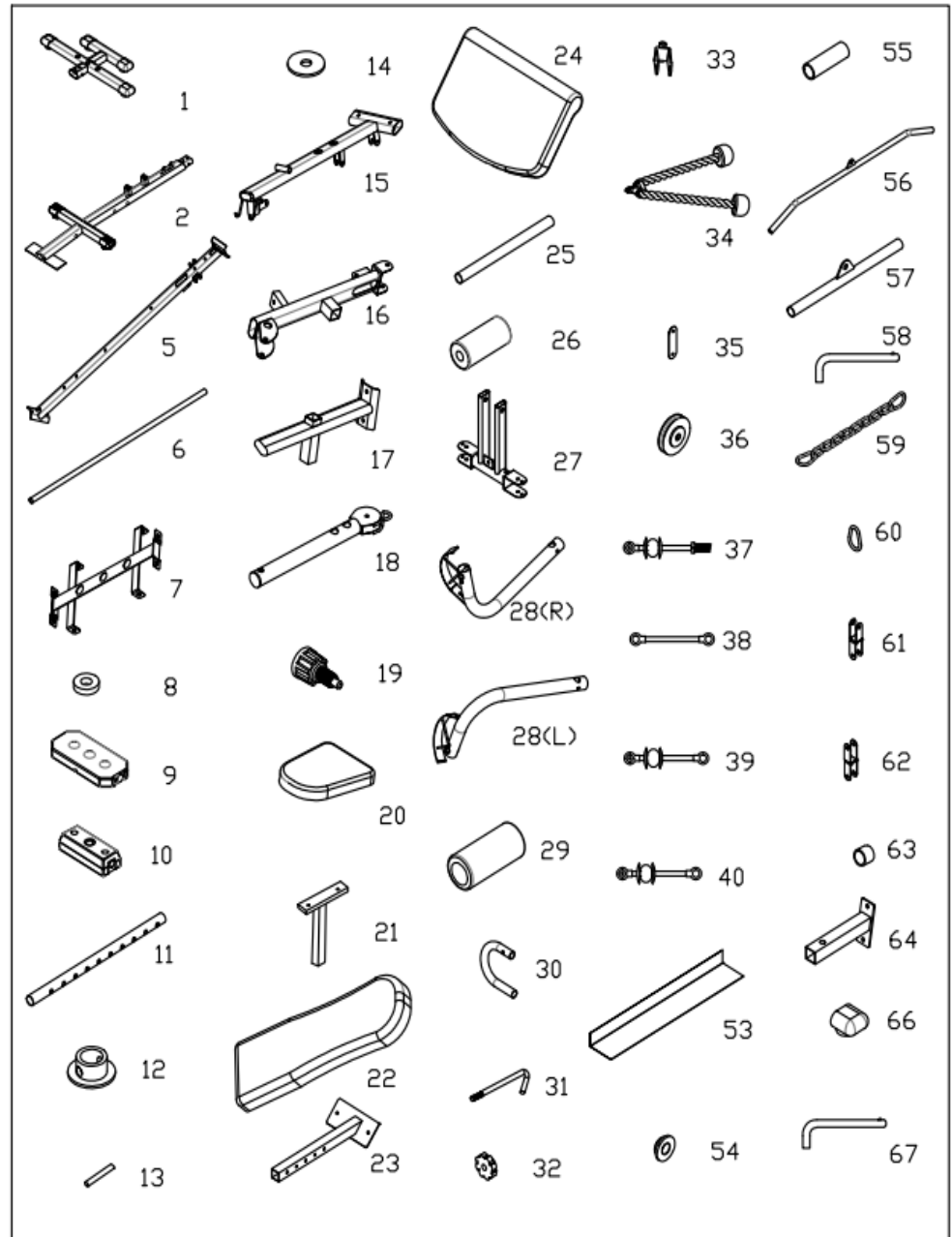
1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.75 meter of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested and certified to EN957 under class H. Suitable for domestic, home use only.
Maximum weight of user: 120kg.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

PARTS LIST

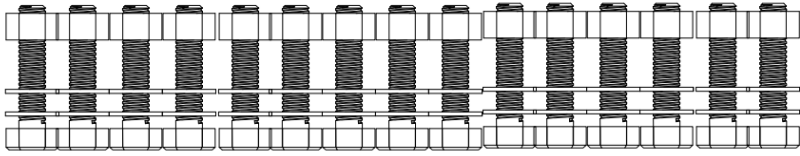
NO.	NAME	Q'TY	NO.	NAME	Q'TY
1	Rear Stabilizer base	1	42	Bolt (M12X85)	2
2	Main base	1	43	Bolt (M10X45)	16
5	Vertical support	1	44	Bolt (M8X55)	2
6	Chrome bars	2	45	Bolt (M8X40)	3
7	Weight cover support	2	46	Bolt (M12X150)	1
8	Cylindrical rubber stop	2	47	Bolt (M10X60)	6
9	Weights	11	48	Bolt (M8X15)	6
10	Upper weight	1	49	Bolt (M10X65)	2
11	Weight selector	1	50	Bolt (M10X70)	1
12	Upper weight socket	1	51	Bolt (M10X20)	4
13	Pin for upper weight socket	1	52	Bolt (M6X16)	16
14	Upper weight washer	1	53	Weight cover	4
15	Upper support	1	54	Bushing	6
16	Front seat support tube	1	55	Plastic sleeve	6
17	Seat support	1	56	Bar for upper pulley	1
18	Extension lever	1	57	Tension bar	1
19	Locking knob (assembled)	2	58	Selector PIN	1
20	Seat	1	59	Chain	2
21	Height adjustment for seat	1	60	Harness clip	7
22	Padded back	1	61	Double crutch for pulley	1
23	Metal support for biceps pad	1	62	Same direction wheel card	1
24	Cushion for biceps pad	1	63	Glove tubeø16*13	4
25	Cylinder holder shaft	2	64	Prop support	1

NO.	NAME	Q'TY	NO.	NAME	Q'TY
26	Foam	4	65	Bolt (M10X55)	4
27	Chest press	1	66	End cap	6
28	Arm (L&R)	2	67	Pin	2
29	Big foam	2			
30	Curve bar	2			
31	Handle screw for block lever(L)	1			
32	Knob	1			
33	Pulley support	2			
34	Abdominal muscle cable	1			
35	Screw plates for pulleys	2			
36	Pulley	16			
37	Selection bar cable 2560mm	1			
38	Butterfly arms cable 2850mm	1			
39	Cable for abdominal 2200mm	1			
40	Lower pulley cable 2740mm	1			
41	Bolt (M10X100)	1			

EXPLODED PARTS DIAGRAM



NO:01



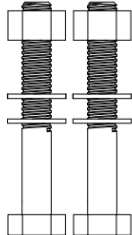
43# M10*45 16PCS



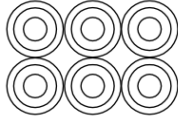
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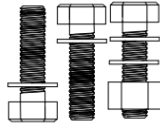
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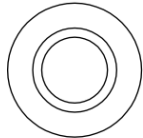
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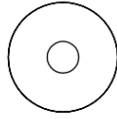
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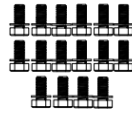
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12# 1PCS



14# 1PCS

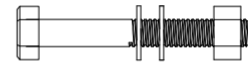


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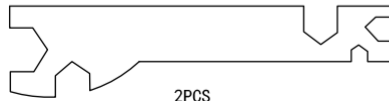
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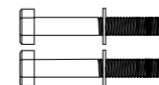
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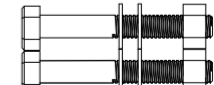
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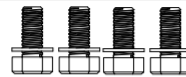
2PCS



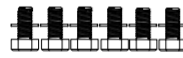
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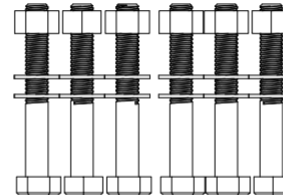
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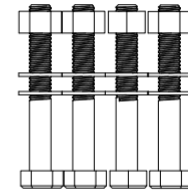
51# M10*20 4PCS



48# M8*15 6PCS



47# M10*60 6PCS

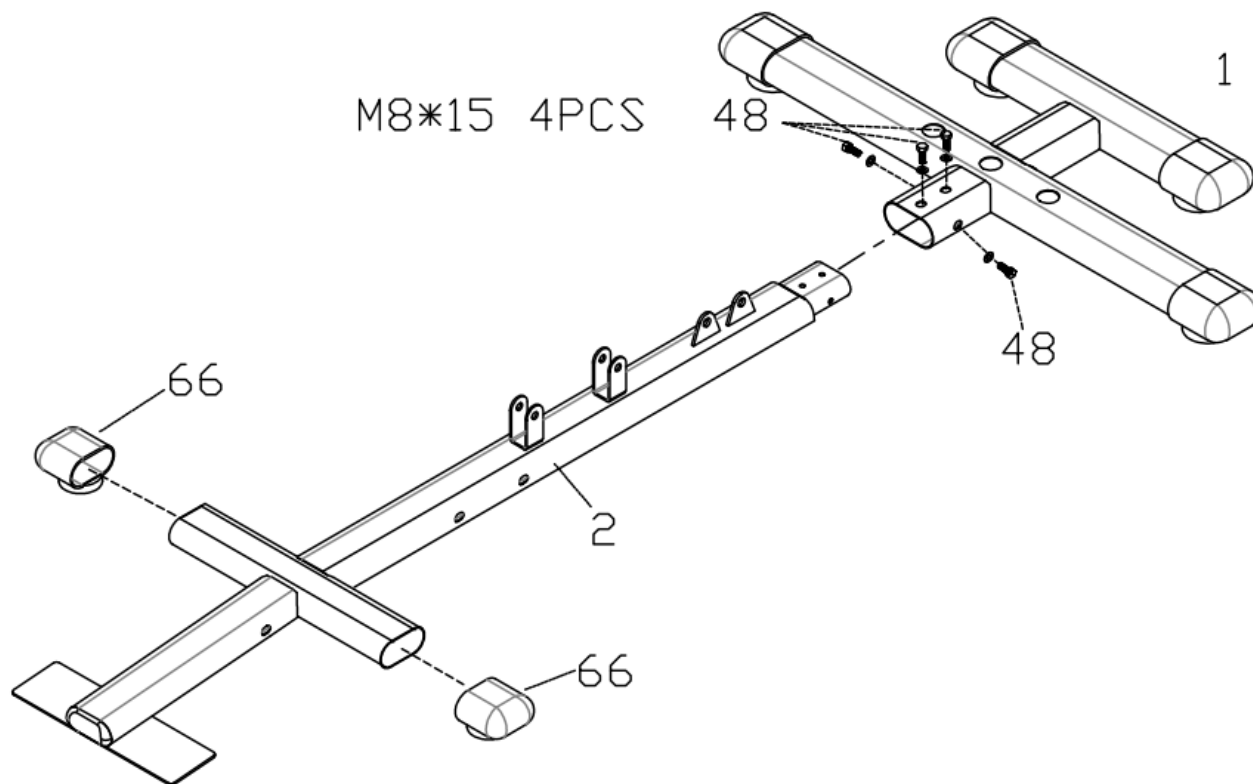


65# M10*55 4PCS

ASSEMBLY INSTRUCTION

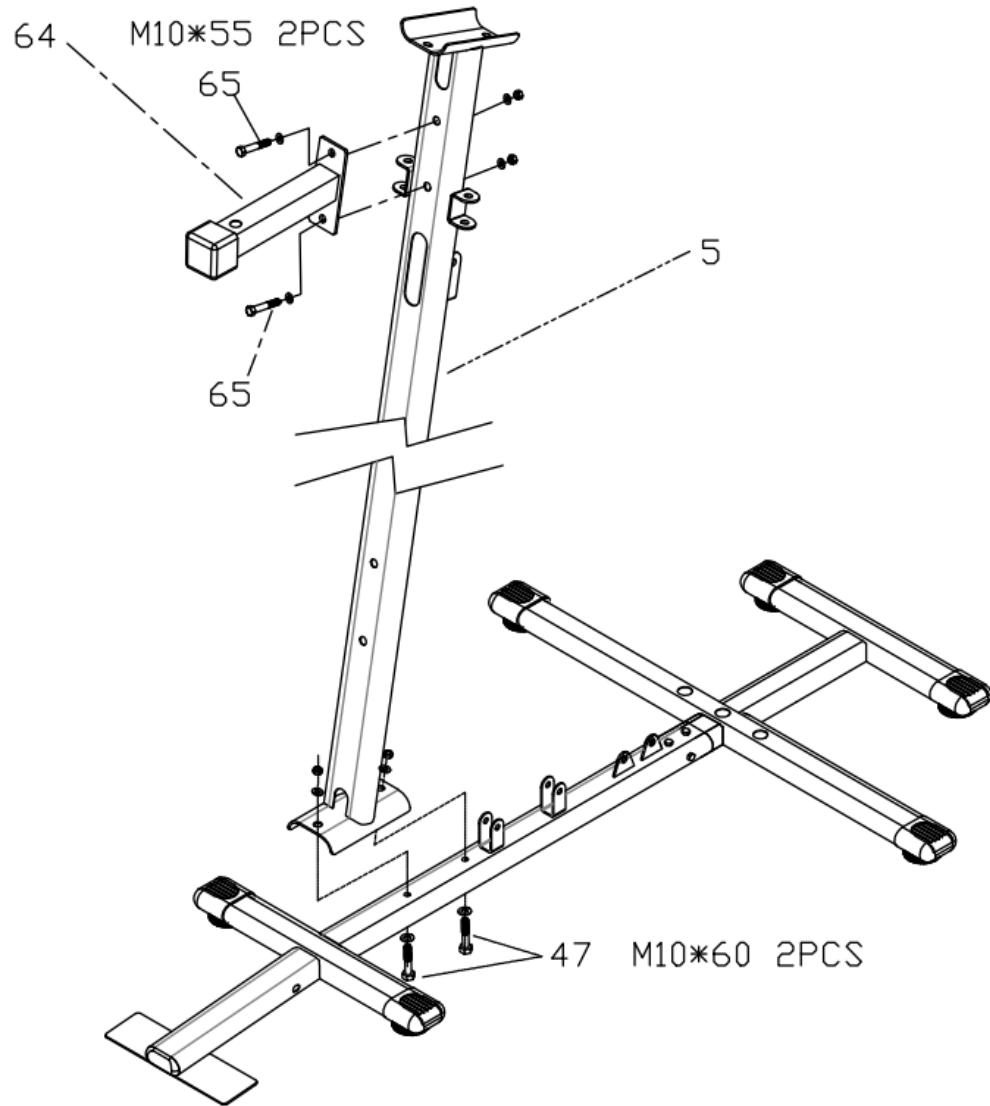
STEP 1

1. Attach Rear Stabilizer base (1) to the Main base (2) using Washer and Bolt (48).
2. Attach End cap (66) to the Main base (2).



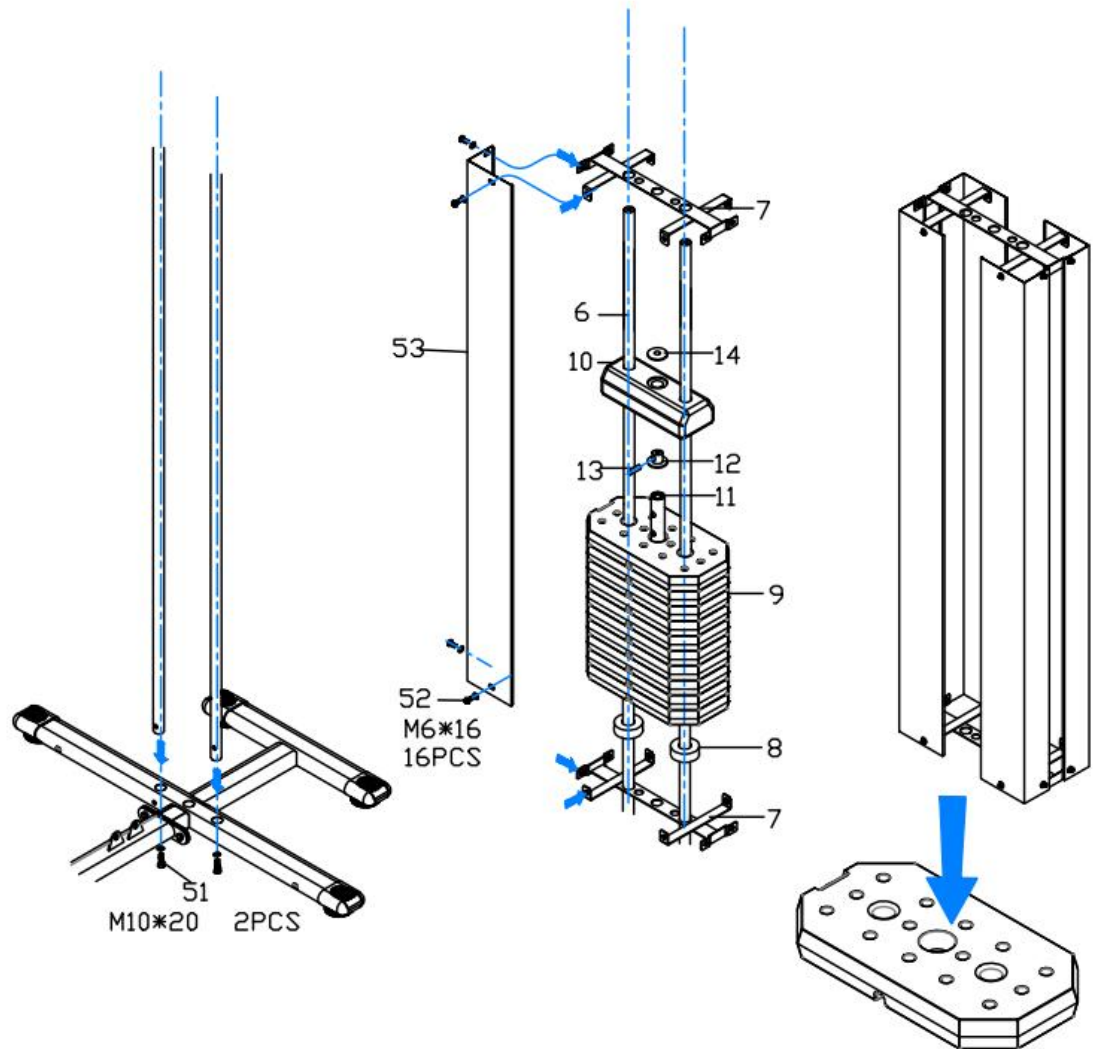
STEP 2

1. Attach Vertical support (5) to the Main base (2) using Bolt, Washer and Nut (47).
2. Attach Prop support (64) to vertical support (5) using Bolt, Washer and Nut (65).



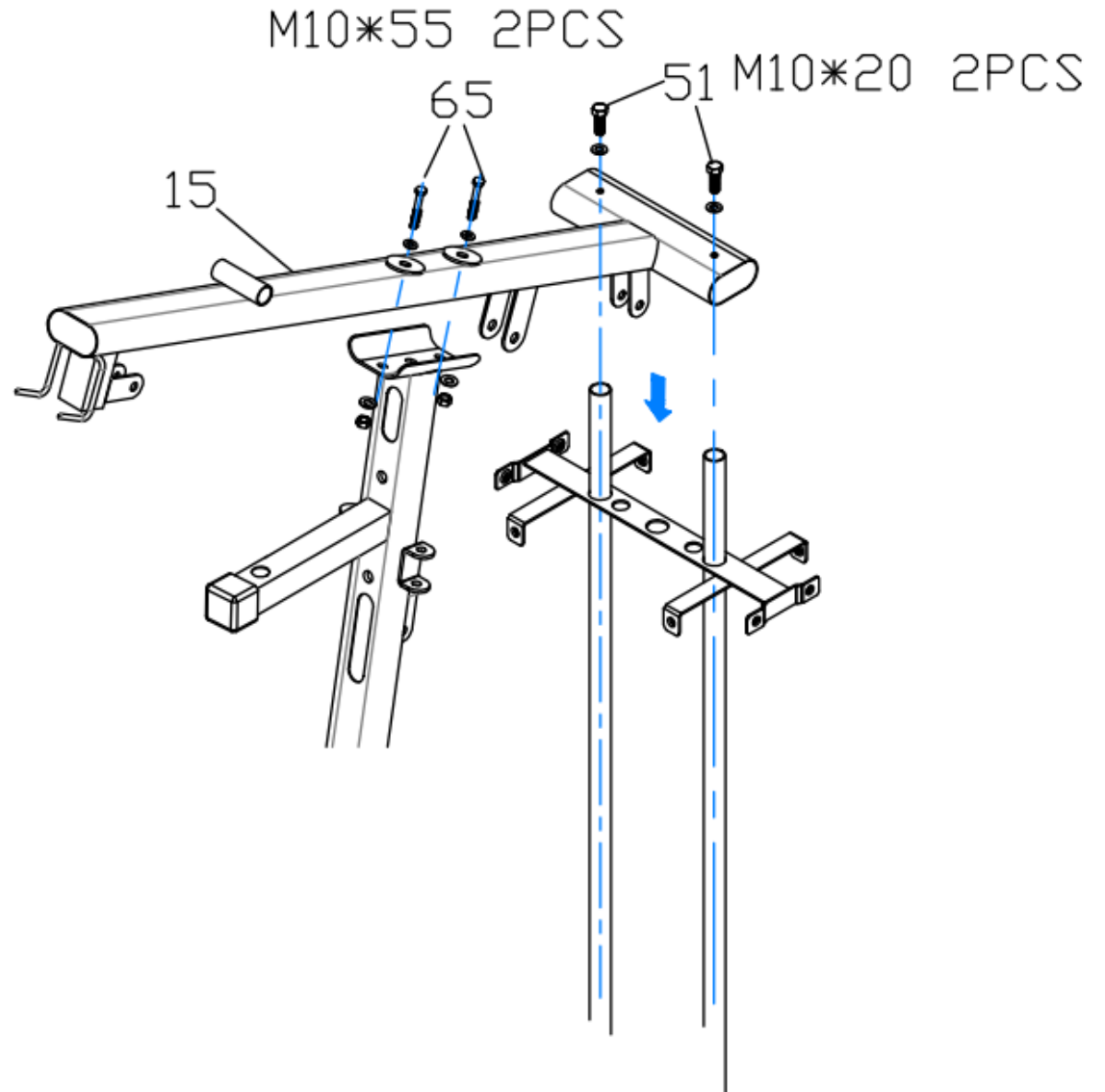
STEP 3

1. Attach Chrome bars (6) to the Rear stabilizer base (1) using washer and Bolt (51).
2. Slide Slider Weight cover support (7), Cylindrical rubber stop (8), Weights (9) into the Chrome bars (6). (**NOTE: groove for selector pin on weight (9) should face down**)
3. Slide the Weight selector (11) through the hole in the center of the Weights (9).
4. Pass the upper weight (10) through the bars and Upper weight socket (12) in such a way that it fits in the base of the upper weight (10). Place the Washer (14) over the hole in the center of the upper weight (10).
5. Pass the Upper weight socket (12) through the Weight selector (11) and join both parts to the Pin (13).
6. Slide the Weight cover support (7) into into the Chrome bars (6).
7. Attach weight cover (53) to the Weight cover support (7) using washer and Bolt (52).



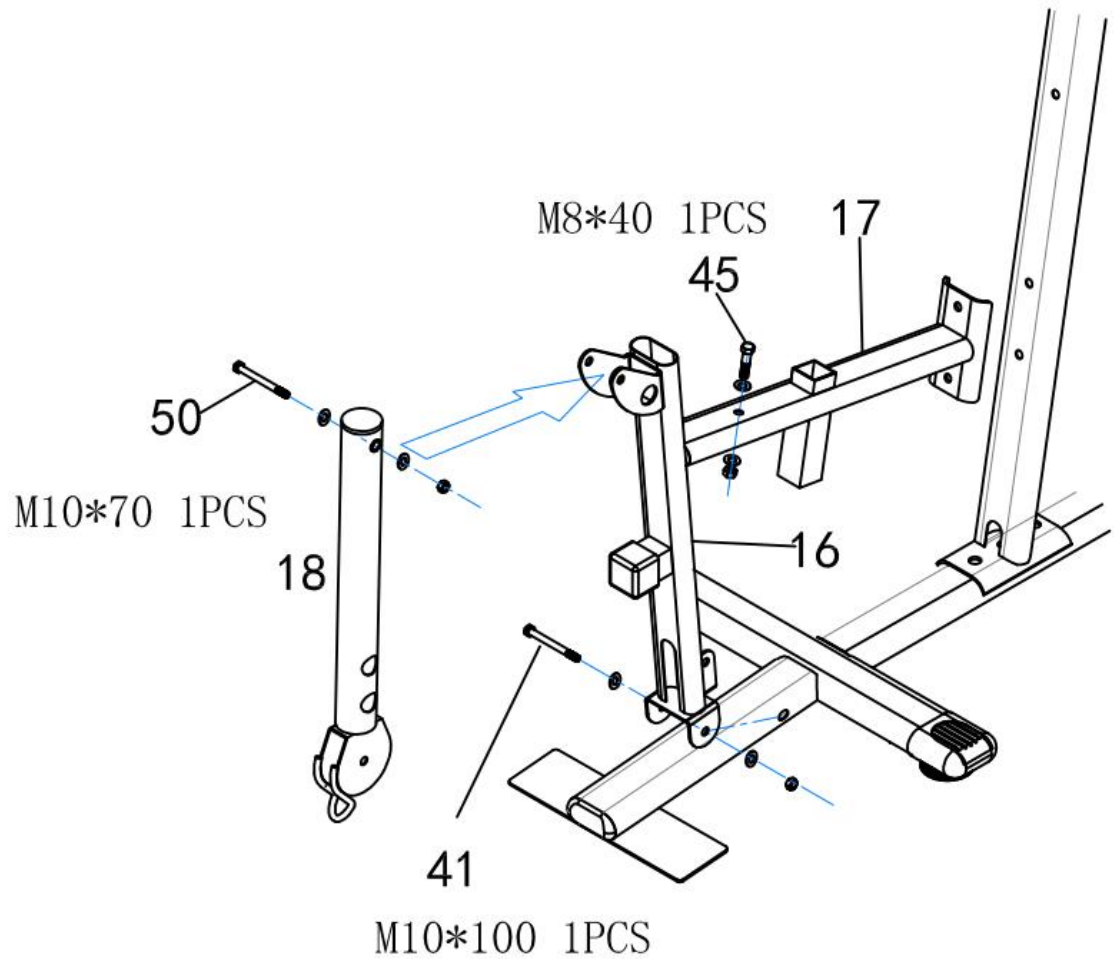
STEP 4

1. Attach Upper support (15) to the Chrome bars (6) using washer and Bolt (51).
2. Attach Upper support (15) to the Vertical support (5) using Bolt, Washer and Nut (65).



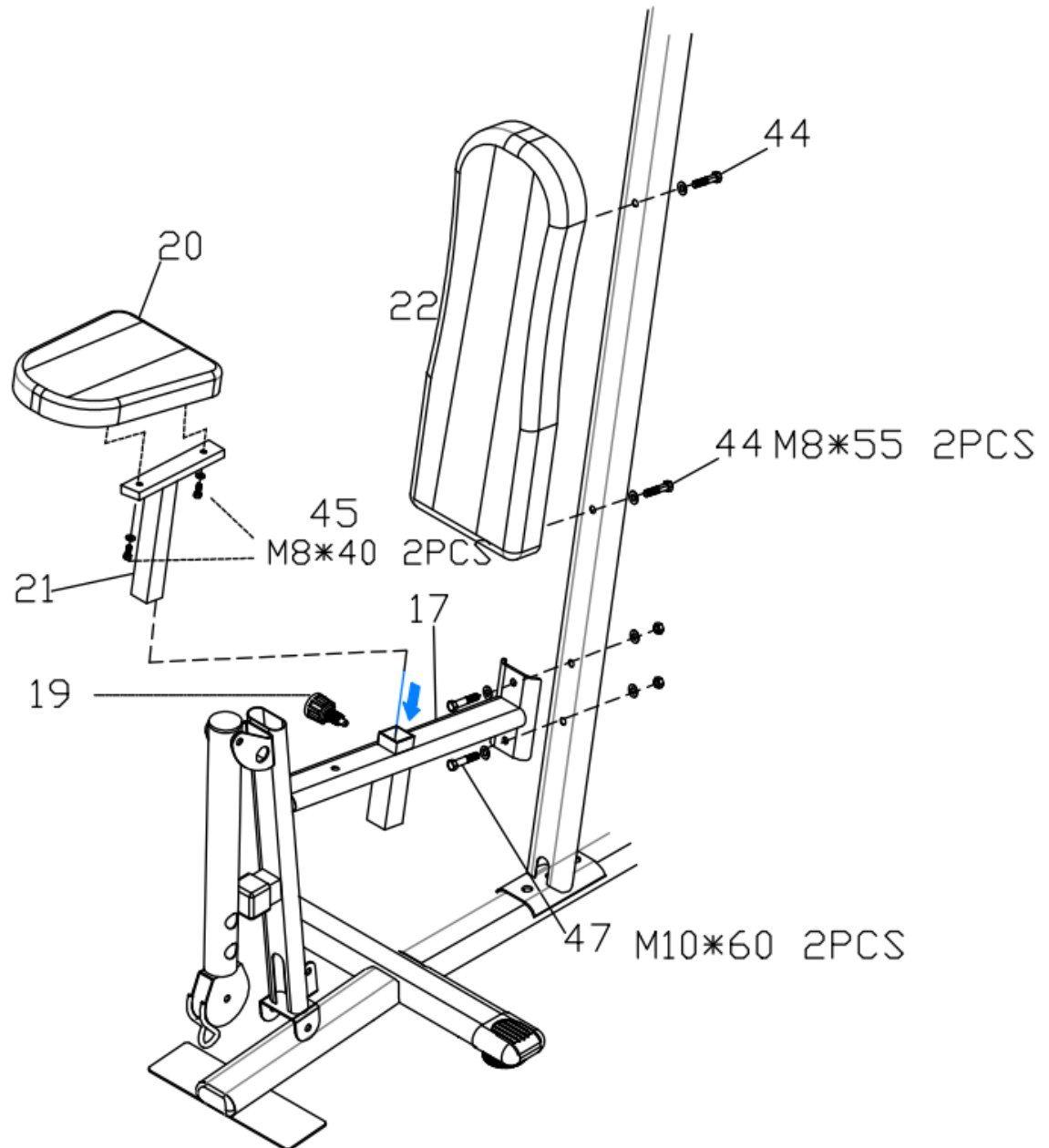
STEP 5

1. Attach Front seat support (16) to the Main base (2) using Bolt, Washer and Nut (41).
2. Attach Seat support (17) to the Front seat support (16) using Bolt, Washer and Nut (45).
3. Attach Extension lever (18) to the Front seat support (16) using Bolt, Washer and Nut (50).



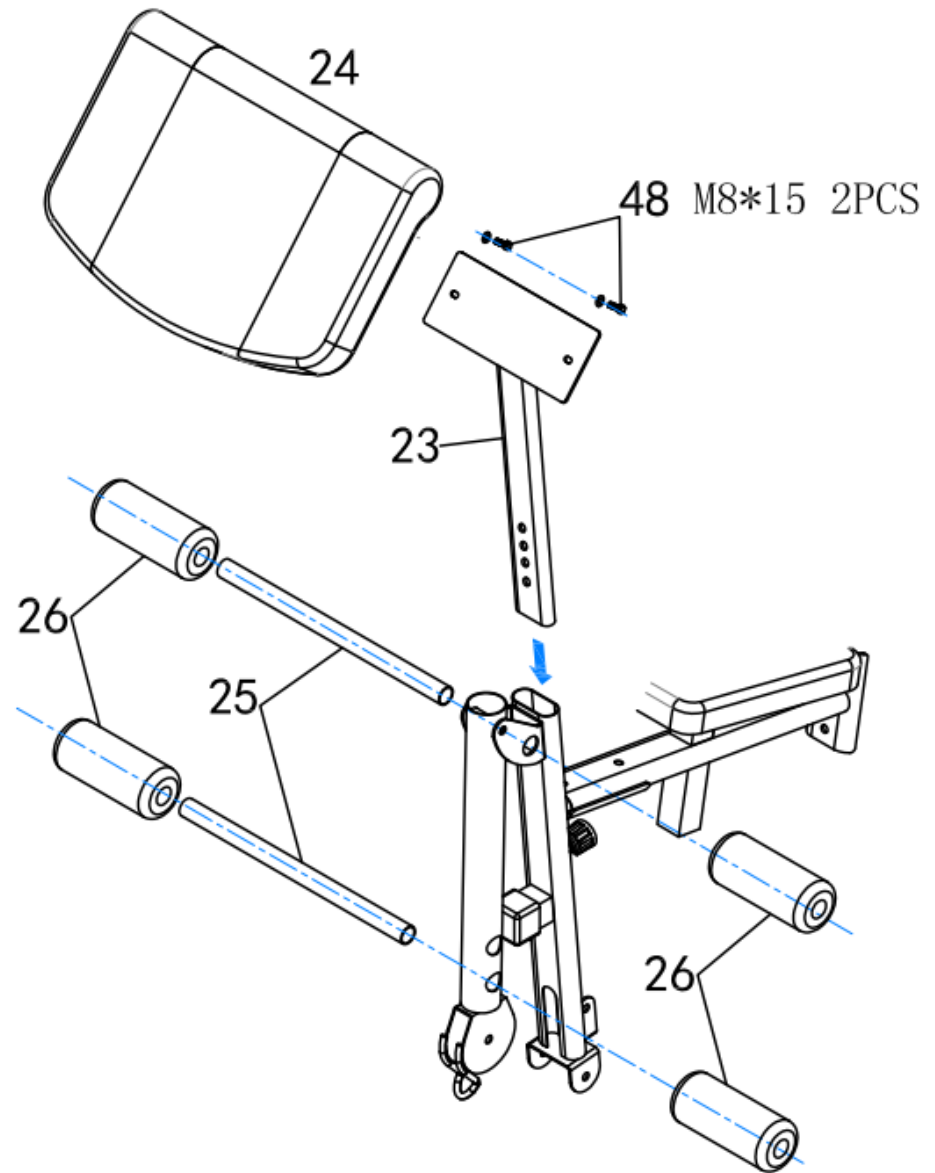
STEP 6

1. Attach Seat support (17) to Vertical support (5) using Bolt, Washer and Nut (47).
2. Attach Seat (20) to Height adjustment (21) using Bolt and Washer (45) then insert to Seat support (17) use Knob (19).
3. Attach Padded back (22) to Vertical support (5) use Bolt and Washer (44).



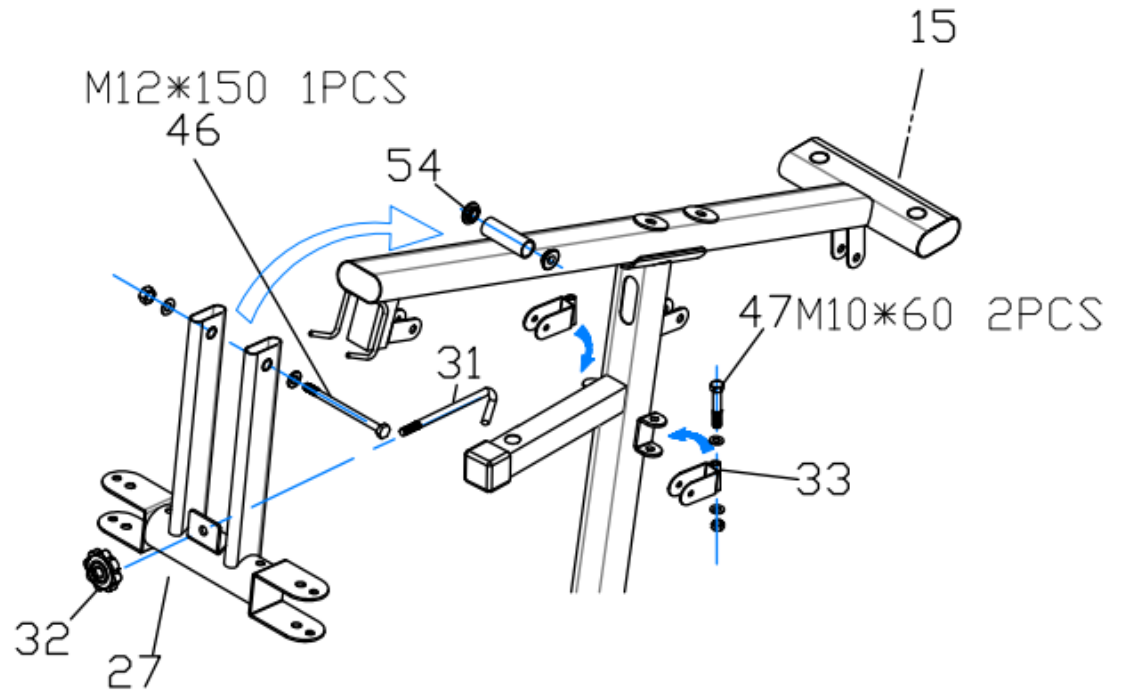
STEP 7

1. Attach Cushion (24) to the Metal support (23) using Bolt and Washer (48), then insert to Front seat support (16) use Knob (19).
2. Insert Cylinder holder shaft (25) to Extension lever (18) and attach foam (26).



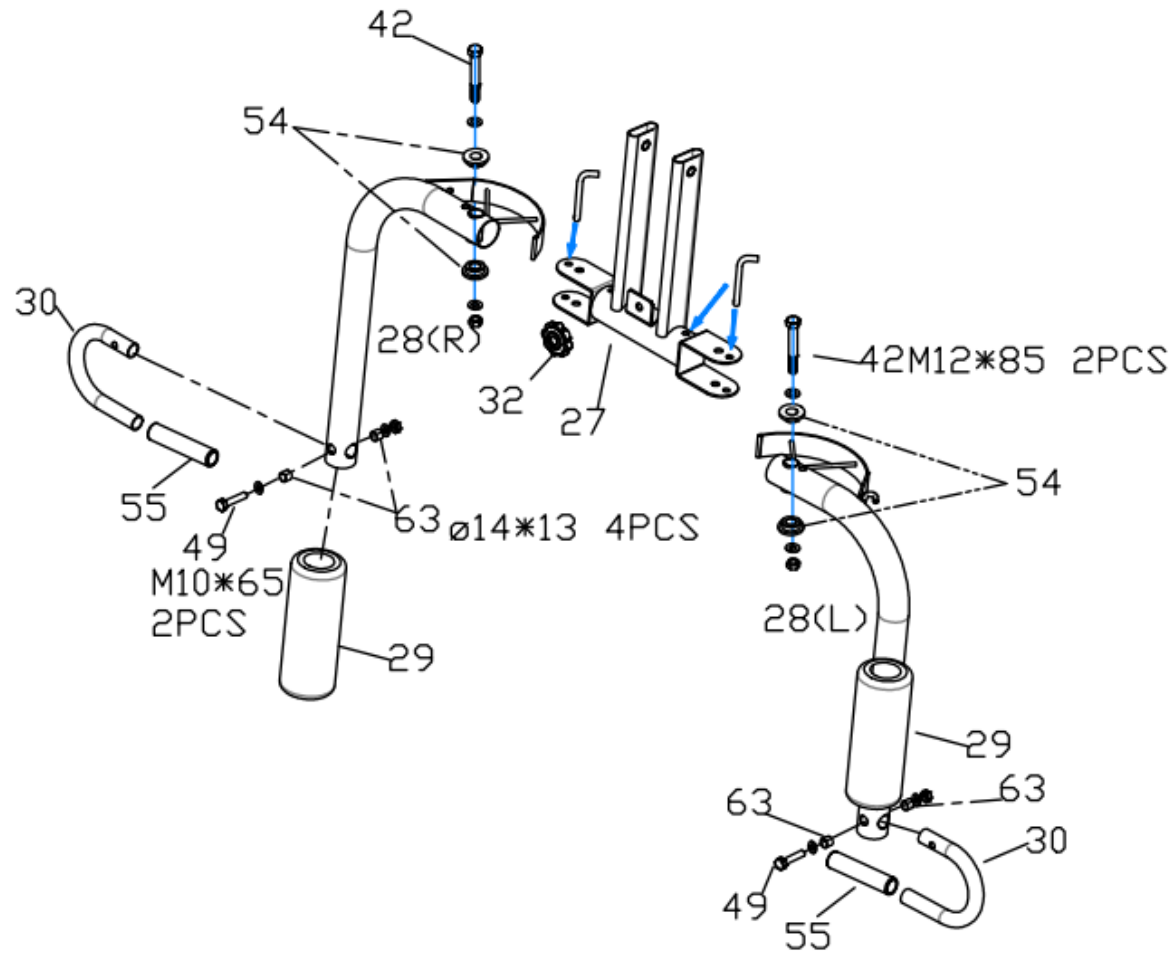
STEP 8

1. Insert Bushing (54) to Upper support (15).
2. Attach Chest press (27) to the Upper support (15) using Bolt, Washer and Nut (46).
3. Attach Pulley support (33) to Vertical support (5) using Bolt, Washer and Nut (47).
4. One end of the Hook (31) is hooked into the (64), and the other end passes through the (27) and is fixed by Knob (32).



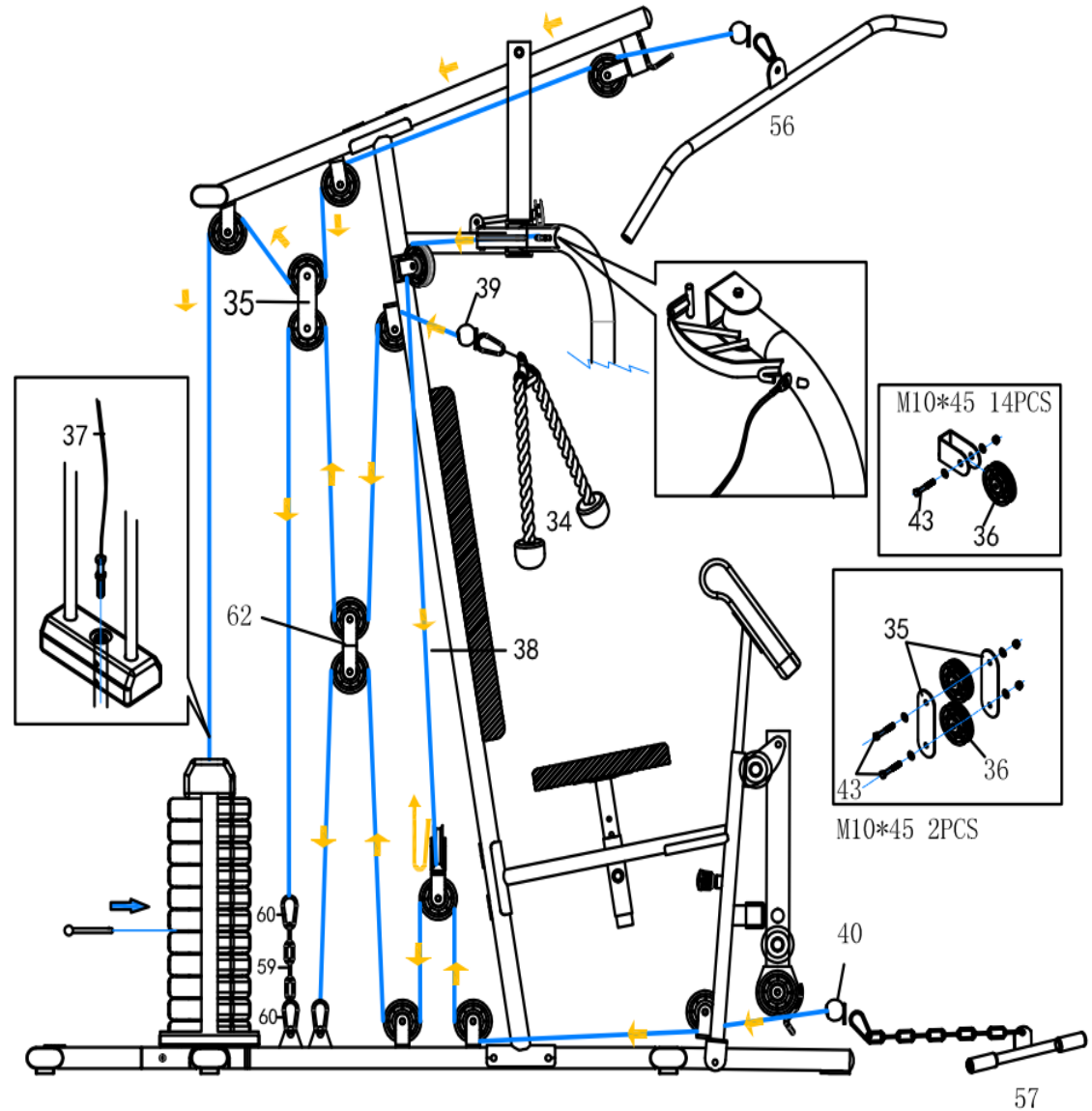
STEP 9

1. Attach Arm (28R/L) to Chest press (27) using bush (54), Bolt, Washer and Nut (42), join the pin(67) to arm (28) & chest press (27).
2. Insert Foam (29) to Arm (28R/L) and attach Curve bars (30) to Arm (28R/L) using glove tube (63), Bolt, Washer and Nut (49), then attach plastic sleeve(55).



STEP 10

99% of cases of breakage of the cables are due to them coming out of the grooves in the pulleys. The cables can come loose due to a slackening in tension. Check that they are not slack; should they be, tighten them by using the chain & the spring hooks (i.e. shorten the chain by one link and re-inspect to ensure the cables are never slack). **WARNING:** After assembly and every time before this equipment is used, check the nuts and bolts and the cables are tight. Stop using the unit and adjust whenever you notice a fixing working loose. This can happen over a period of time. Failure to check the fixings and cables are tight could result in injury to persons or damage to property. Enjoy your exercise!



LOADING ADJUSTMENT

- 1) Insert the PIN into Weight stack selector hole.
- 2) When you choose weight training, Please start from the lightest weight(one weight (9)+one upper weight (10)). Then increase mildly until the weight which suit your capacity

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**ΠΟΛΥΟΡΓΑΝΟ
MG1.2**



GREEK MANUAL

ΣΗΜΑΝΤΙΚΕΣ ΟΔΗΓΙΕΣ ΑΣΦΑΛΕΙΑΣ

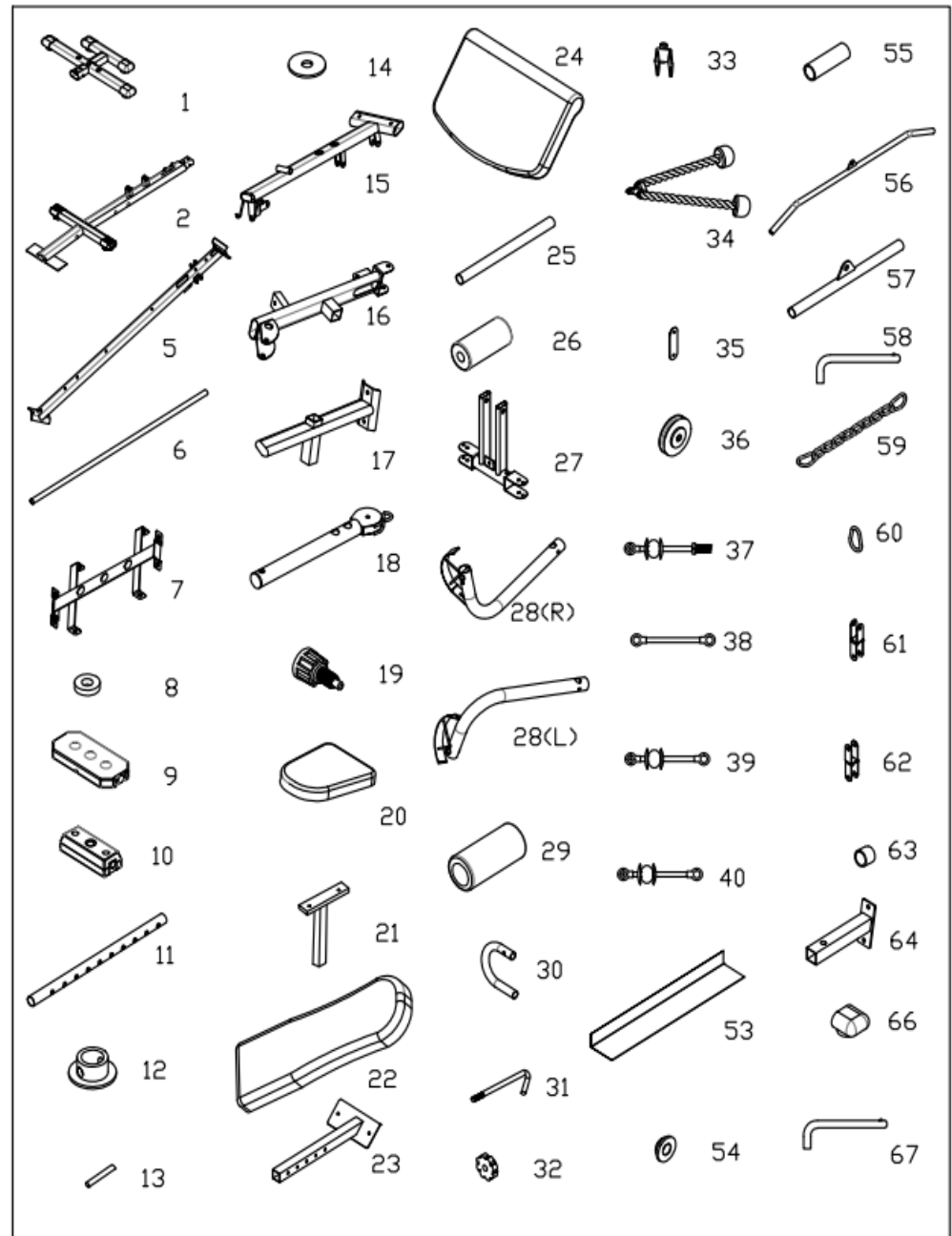
1. Είναι σημαντικό να διαβάσετε ολόκληρο το εγχειρίδιο πριν συναρμολογήσετε και χρησιμοποιήσετε το μηχάνημα. Ασφαλής και αποτελεσματική χρήση μπορεί να επιτευχθεί μόνο αν το μηχάνημα συναρμολογηθεί, συντηρείται και χρησιμοποιείται σωστά. Είναι στην ευθύνη σας να διασφαλίσετε ότι όλοι οι χρήστες του μηχανήματος έχουν ενημερωθεί για όλες τις προειδοποιήσεις και τις προφυλάξεις.
2. Πριν ξεκινήσετε οποιοδήποτε πρόγραμμα εξάσκησης πρέπει να συμβουλευτείτε το γιατρό σας για να εξακριβώσετε αν βρίσκεστε σε οποιαδήποτε ιατρική ή φυσική κατάσταση που θα μπορούσε να θέσει την υγεία ή την ασφάλειά σας σε κίνδυνο, ή που θα σας εμπόδιζε να χρησιμοποιείτε το μηχάνημα σωστά. Η συμβουλή του γιατρού σας είναι ουσιώδης αν παίρνετε φάρμακα που επηρεάζουν τους παλμούς της καρδιάς σας, την πίεσή σας ή τα επίπεδα χοληστερίνης.
3. Να δίνετε σημασία στα σήματα του σώματός σας. Λανθασμένη ή υπερβολική εξάσκηση μπορεί να κάνει κακό στην υγεία σας. Σταματήστε την εξάσκηση αν αισθανθείτε κάποιο από τα παρακάτω συμπτώματα: πόνο, σφίξιμο στο στήθος, αρρυθμία, υπερβολικό λαχάνιασμα, πονοκέφαλο, ζαλάδα ή αίσθημα ναυτίας. Αν αισθανθείτε κάποια από τις παραπάνω καταστάσεις, πρέπει να συμβουλευτείτε το γιατρό σας πριν συνεχίσετε με το πρόγραμμα εξάσκησής σας.
4. Κρατάτε τα παιδιά και τα ζώα μακριά από το μηχάνημα. Το μηχάνημα έχει σχεδιαστεί μόνο για χρήση από ενήλικες.
5. Χρησιμοποιείτε το μηχάνημα σε σταθερή επίπεδη επιφάνεια με ένα προστατευτικό κάλυμμα για το πάτωμα ή το χαλί σας. Για να είστε σίγουροι για την ασφάλειά σας, το μηχάνημα πρέπει να έχει το λιγότερο 0.75 μέτρα γύρω από αυτό.
6. Πριν χρησιμοποιήσετε το μηχάνημα, ελέγξτε ότι τα μπουλόνια και τα παξιμάδια είναι σφιγμένα με ασφάλεια.
7. Η ασφάλεια του μηχανήματος μπορεί να διασφαλιστεί μόνο αν το εξετάζετε τακτικά για ζημιές και / ή φθορές.
8. Να χρησιμοποιείτε πάντοτε το μηχάνημα όπως σας υποδεικνύουμε. Αν βρείτε ελαττωματικά εξαρτήματα ενώ συναρμολογείτε ή ελέγχετε το μηχάνημα, ή ακούτε ασυνήθιστους θορύβους να προέρχονται από το μηχάνημα κατά τη διάρκεια της χρήσης, σταματήστε αμέσως. Μη χρησιμοποιήσετε το μηχάνημα μέχρι να επιδιορθωθεί το πρόβλημα.
9. Να φοράτε κατάλληλα ρούχα όταν χρησιμοποιείτε το μηχάνημα. Αποφεύγετε να φοράτε φαρδιά ρούχα που μπορεί να πιαστούν στο μηχάνημα ή που μπορούν να περιορίσουν ή να εμποδίσουν την κίνηση.
10. Το μηχάνημα έχει ελεγχθεί και πιστοποιηθεί σε EN957 τάξης H. Κατάλληλο μόνο για οικιακή χρήση. Μέγιστο βάρος χρήστη: 120 κιλά.
11. Το μηχάνημα δεν είναι κατάλληλο για θεραπευτική χρήση.
12. Πρέπει να προσέχετε όταν σηκώνεται ή μετακινείτε το μηχάνημα ώστε να μην τραυματίσετε την πλάτη σας. Χρησιμοποιείτε πάντα τις κατάλληλες τεχνικές ανύψωσης και / ή να ζητάτε βοήθεια αν το κρίνετε απαραίτητο.

ΛΙΣΤΑ ΕΞΑΡΤΗΜΑΤΩΝ

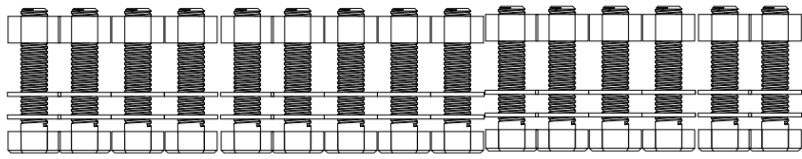
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11	Weight selector	1	50	Bolt (M10X70)	1
12	Upper weight socket	1	51	Bolt (M10X20)	4
13	Pin for upper weight socket	1	52	Bolt (M6X16)	16
14	Upper weight washer	1	53	Weight cover	4
15	Upper support	1	54	Bushing	6
16	Front seat support tube	1	55	Plastic sleeve	6
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18	Extension lever	1	57	Tension bar	1
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30	Curve bar	2			
31	Handle screw for block lever(L)	1			
32	Knob	1			
33	Pulley support	2			
34	Abdominal muscle cable	1			
35	Screw plates for pulleys	2			
36	Pulley	16			
37	Selection bar cable 2560mm	1			
38	Butterfly arms cable 2850mm	1			
39	Cable for abdominal 2200mm	1			
40	Lower pulley cable 2740mm	1			
41	Bolt (M10X100)	1			

ΟΔΗΓΙΕΣ ΣΥΝΑΡΜΟΛΟΓΗΣΗΣ



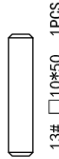
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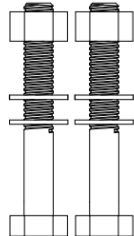
43# M10*45 16PCS



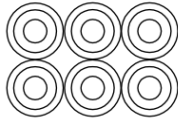
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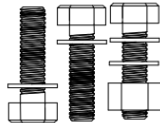
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42# M12*85 2PCS



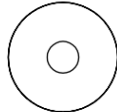
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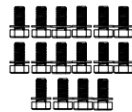
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12# 1PCS

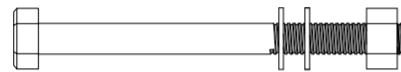


14# 1PCS

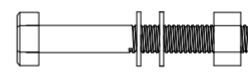


52# M6*16 16PCS

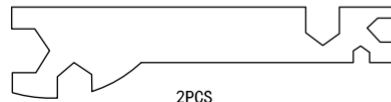
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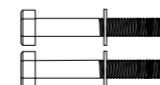
46# M12*150 1PCS



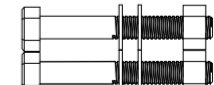
50# M10*70 1PCS



2PCS



44# M8*55 2PCS



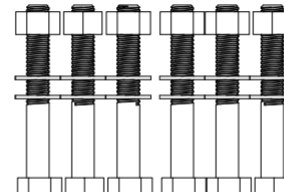
49# M10*65 2PCS



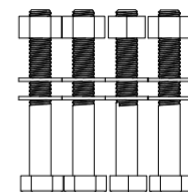
51# M10*20 4PCS



48# M8*15 6PCS



47# M10*60 6PCS

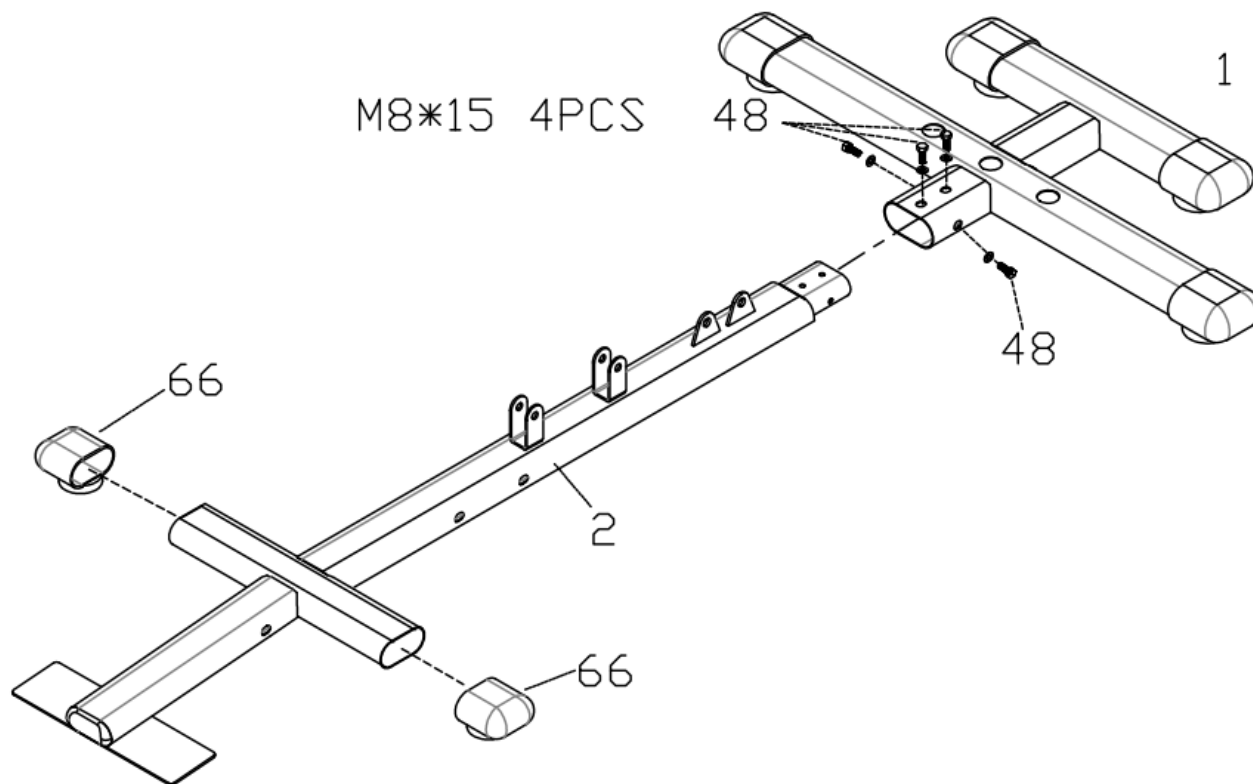


65# M10*55 4PCS

ΟΔΗΓΙΕΣ ΣΥΝΑΡΜΟΛΟΓΗΣΗΣ

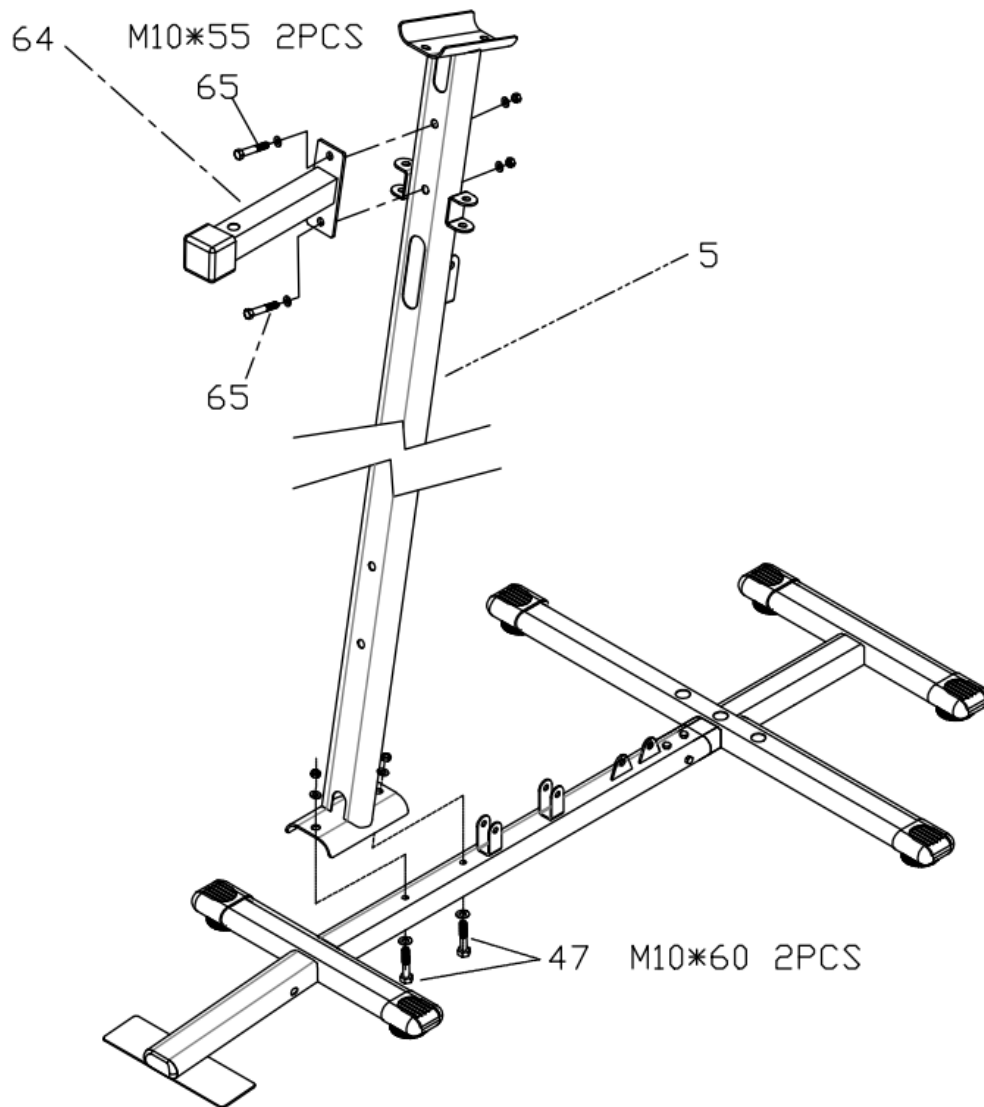
ΒΗΜΑ 1

1. Προσάρμοσε τον οπίσθιο σταθεροποιητή (1) στο κύριο πλαίσιο (2) χρησιμοποιώντας βίδες και ροδέλες (48).
2. Προσάρμοσε τις πλαστικές τάπες (66) στο κύριο πλαίσιο (2).



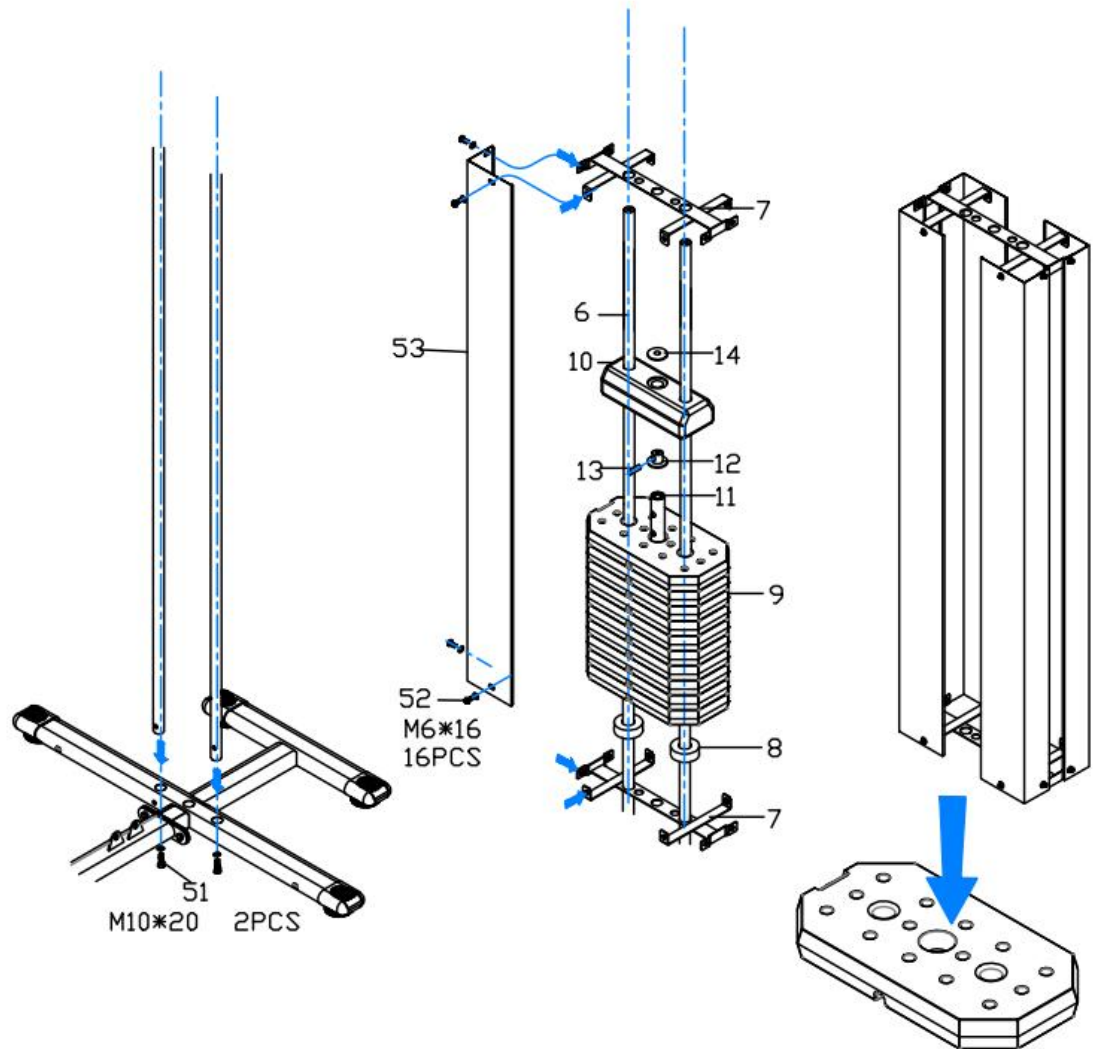
ΒΗΜΑ 2

1. Προσάρμοσε το κύριο κατακόρυφο πλαίσιο (5) στο κύριο πλαίσιο (2) χρησιμοποιώντας βίδες, ροδέλες & παξιμάδια (47).
2. Προσάρμοσε τον άξονα (64) στο κύριο κατακόρυφο πλαίσιο(5) χρησιμοποιώντας βίδες, ροδέλες & παξιμάδια (65).



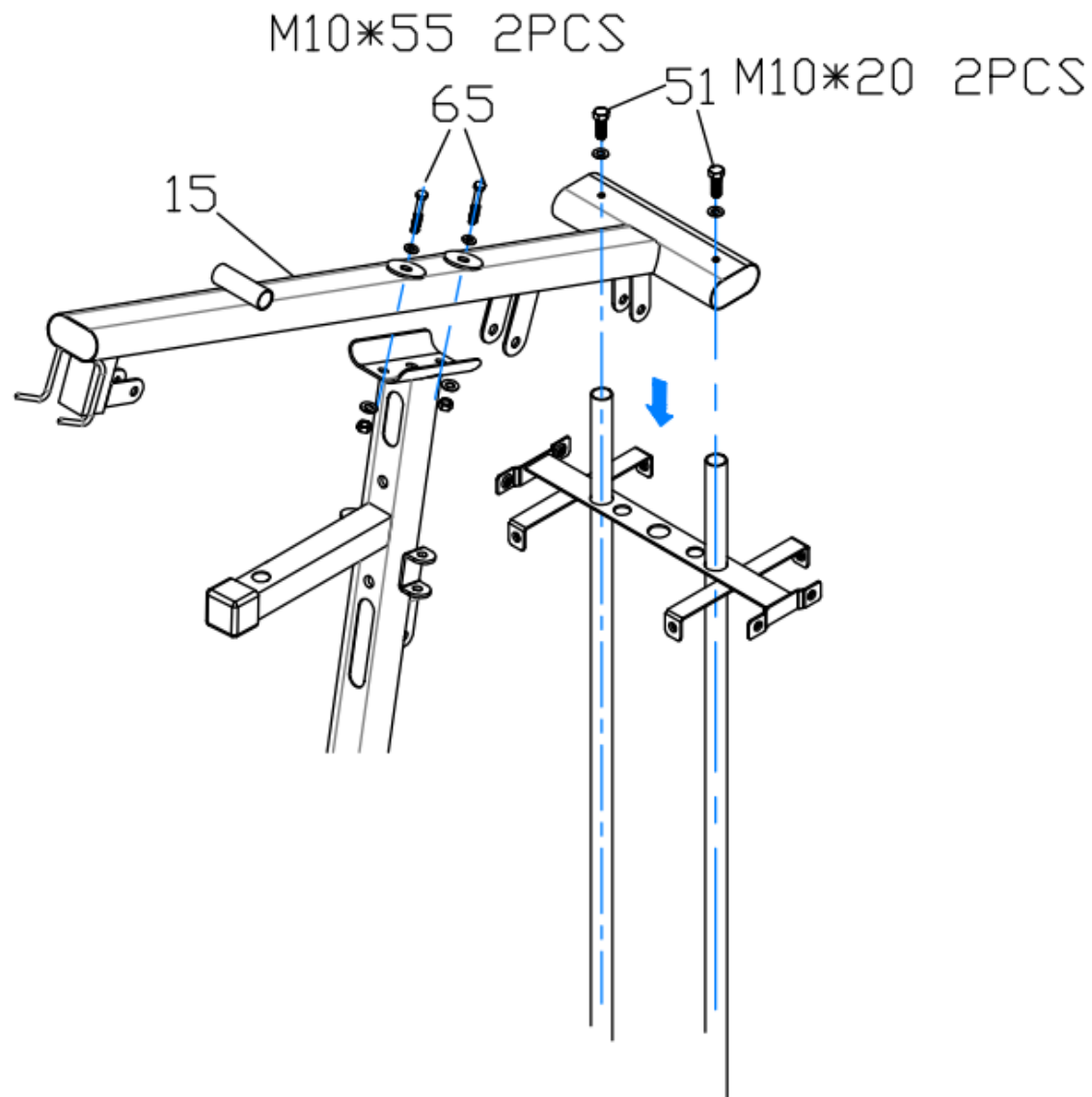
ΒΗΜΑ 3

1. Εισάγετε τους ράβδους στήριξης για τα βάρη (6) στον οπίσθιο σταθεροποιητή (1) χρησιμοποιώντας βίδες και ροδέλες (51).
2. Εισάγετε την βάση (7), τους αποστάτες (8) και τις πλάκες βάρη (9) στις ράβδους στήριξης (6). (Σημείωση: η εγκοπή για τον επιλογέα για τα βάρη στις πλάκες(9) πρέπει να είναι στραμμένη προς τα κάτω).
3. Εισάγετε τον επιλογέα για τα βάρη (11) μέσα στην οπή στο κέντρο των πλακών (9).
4. Εισάγετε το δακτύλιο (12) με τέτοιο τρόπο ώστε να χωράει στο αντίβαρο (10) και έπειτα το αντίβαρο (10) μέσα στους ράβδους στήριξης. Προσαρμόστε την ροδέλα (14) πάνω από την οπή στο κέντρο του αντίβαρου (10).
5. Εισάγετε τον δακτύλιο (12) μέσα από τον επιλογέα για τα βάρη (11) και συνδέστε τα με τον πείρο (13).
6. Εισάγετε συρταρωτά την βάση (7) στις ράβδους στήριξης (6).
7. Συνδέστε τα καλύμματα (53) στην βάση (7) χρησιμοποιώντας βίδες και ροδέλες (52).



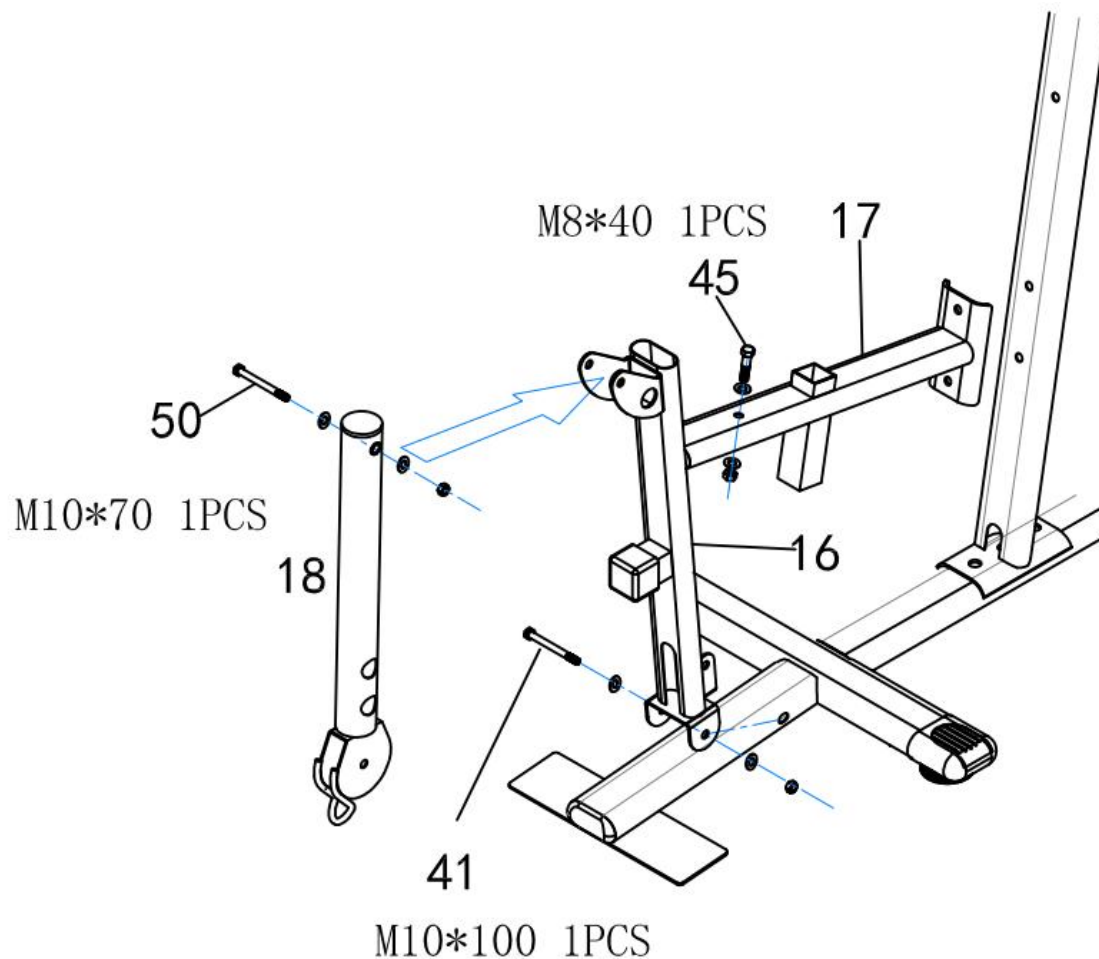
ΒΗΜΑ 4

1. Προσαρμόστε τον εγκάρσιο άνω άξονα (15) στις ράβδους στήριξης (6) χρησιμοποιώντας ροδέλες και βίδες (51).
2. Προσαρμόστε τον εγκάρσιο άνω άξονα (15) στο κύριο κατακόρυφο πλαίσιο (5) χρησιμοποιώντας βίδες, ροδέλες και παξιμάδια (65).



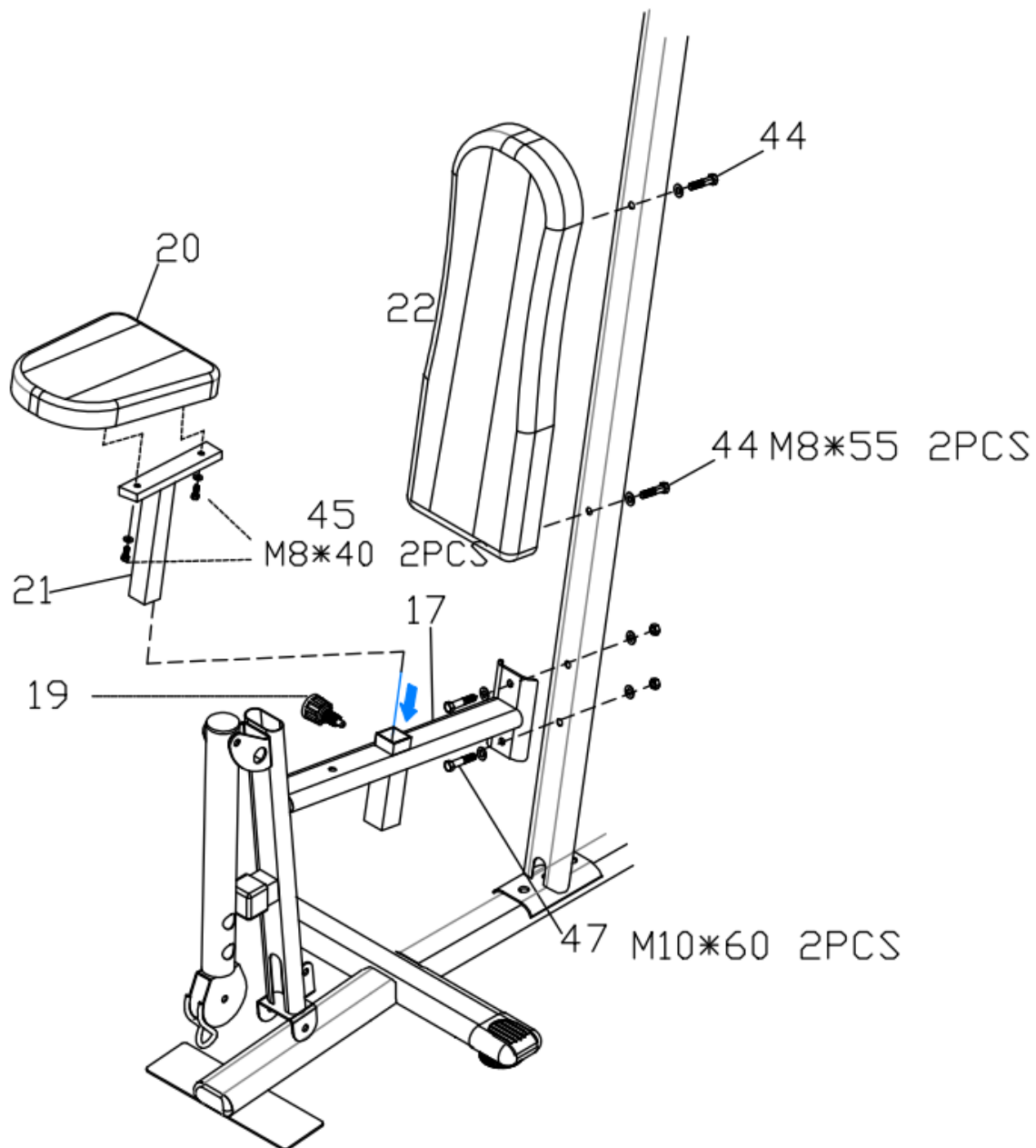
ΒΗΜΑ 5

1. Προσάρμοσε την μπροστινή στήριξη του καθίσματος (16) στο κύριο πλαίσιο (2) χρησιμοποιώντας βίδες, ροδέλες και παξιμάδια (41).
2. Προσάρμοσε την στήριξη του καθίσματος (17) στην μπροστινή στήριξη του καθίσματος (16) χρησιμοποιώντας βίδες, ροδέλες και παξιμάδια (45).
3. Προσάρμοσε την προέκταση των ποδιών(18) στην μπροστινή στήριξη του καθίσματος (16) χρησιμοποιώντας βίδες, ροδέλες και παξιμάδια (50).



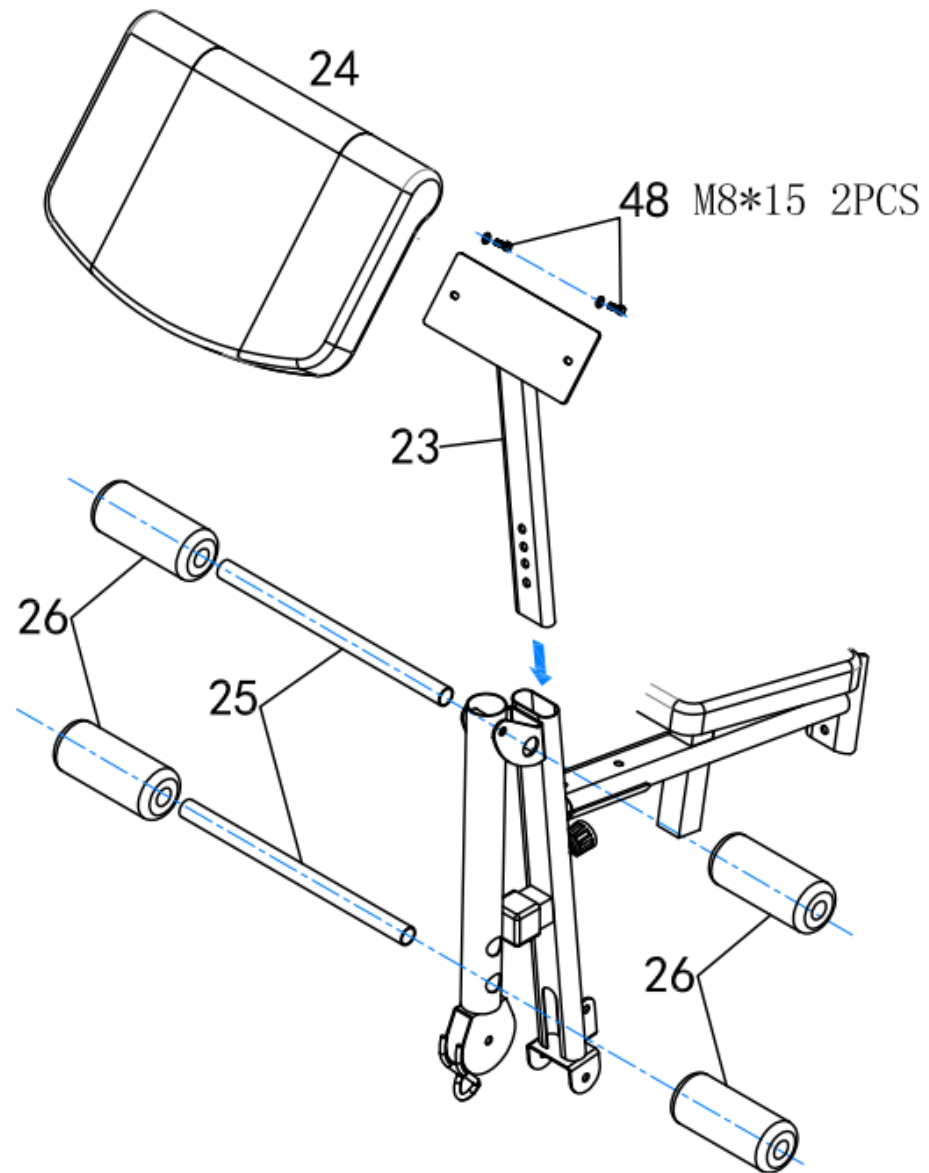
ΒΗΜΑ 6

1. Προσάρμοσε την στήριξη του καθίσματος (17) στο κύριο κατακόρυφο πλαίσιο (5) χρησιμοποιώντας βίδες, ροδέλες και παξιμάδια (47).
2. Προσάρμοσε το κάθισμα (20) στη βάση (21) χρησιμοποιώντας βίδες και ροδέλες (45) και έπειτα τοποθετήστε το στη στήριξη του καθίσματος (17) χρησιμοποιώντας τον πείρο κλειδώματος (19).
3. Προσάρμοσε το μαξιλάρι πλάτης (22) στο κύριο κατακόρυφο πλαίσιο (5) χρησιμοποιώντας βίδες και ροδέλες (44).



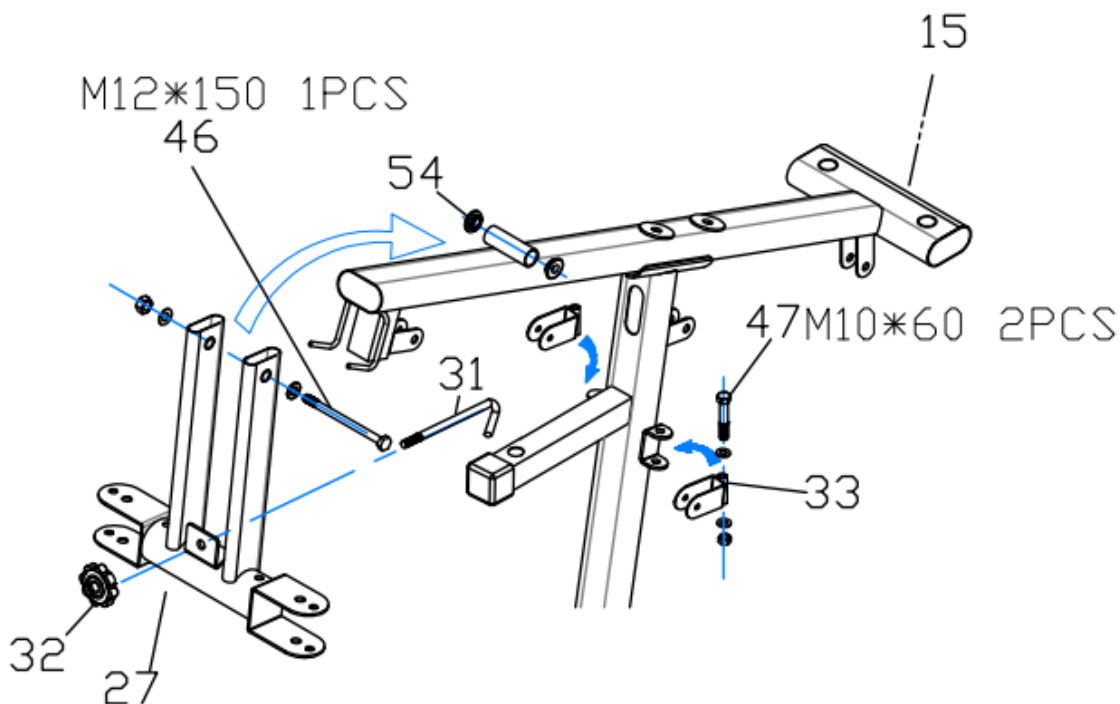
ΒΗΜΑ 7

1. Προσάρμοσε το μαξιλάρι των χεριών (24) στη βάση στήριξης των χεριών(23) χρησιμοποιώντας βίδες και ροδέλες (48) και έπειτα τοποθετήστε το στην μπροστινή στήριξη του καθίσματος (16) και ασφαλίστε με τον πείρο κλειδώματος(19).
2. Εισάγετε τους σωλήνες στήριξης (25) στην προέκταση των ποδιών (18). Έπειτα εισάγετε τα αφρώδη μέρη (26) σε κάθε πλευρά από τους σωλήνες στήριξης.



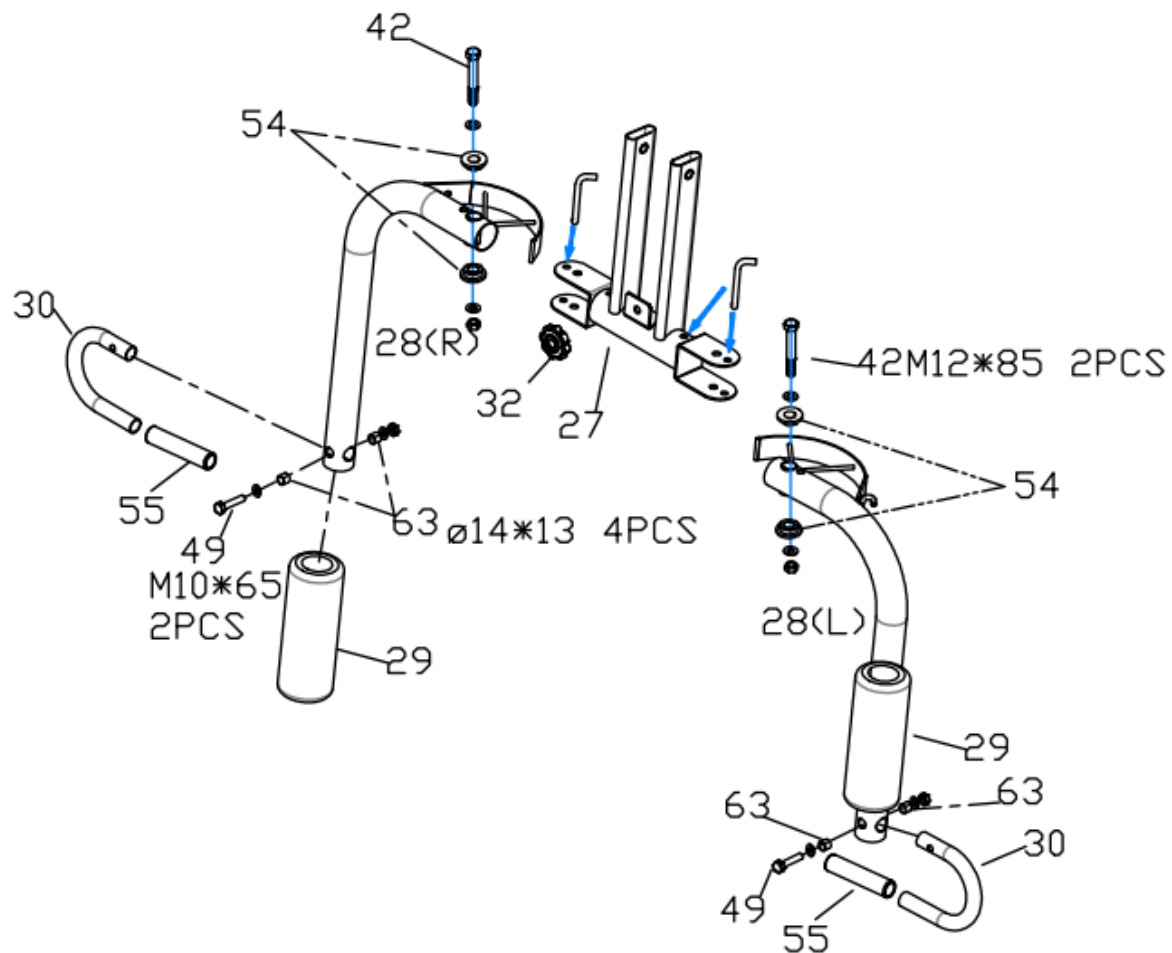
ΒΗΜΑ 8

1. Εισάγετε τις ροδέλες (54) στον μπροστινό άνω άξονα(15)
2. Προσαρμόστε τον άξονα πίεσης (27) στον εγκάρσιο άνω άξονα (15) χρησιμοποιώντας βίδες, ροδέλες και παξιμάδια (46).
3. Προσαρμόστε τις περιστροφικές βάσεις (33) στο κύριο κατακόρυφο πλαίσιο (5) χρησιμοποιώντας βίδες, ροδέλες και παξιμάδια (47).
4. Το ένα άκρο του γάντζου (31) είναι αγκιστρωμένο στο άξονα (64) και το άλλο άκρο περνά μέσω του άξονα πίεσης (27) και στερεώνεται από το πείρο κλειδώματος(32).



ΒΗΜΑ 9

1. Προσαρμόστε τον δεξιό & αριστερό άξονα στήριξης στήθους (28R/L) στον άξονα πίεσης (27) χρησιμοποιώντας μεγάλες ροδέλες (54) βίδες, ροδέλες και παξιμάδια (42) και έπειτα συνδέστε τον πείρο (67) με τον άξονα στήριξης στήθους (28) και τον άξονα πίεσης (27).
2. Εισάγετε τα μεγάλα αφρώδη μέρη (29) στον δεξιό & αριστερό άξονα στήριξης στήθους (28R/L) και βιδώστε τις χειρολαβές (30) στον δεξιό & αριστερό άξονα στήριξης (28R/L) χρησιμοποιώντας παξιμάδι (63) και βίδες, ροδέλες και παξιμάδια (49) και έπειτα βιδώστε τα πλαστικά μέρη (55).



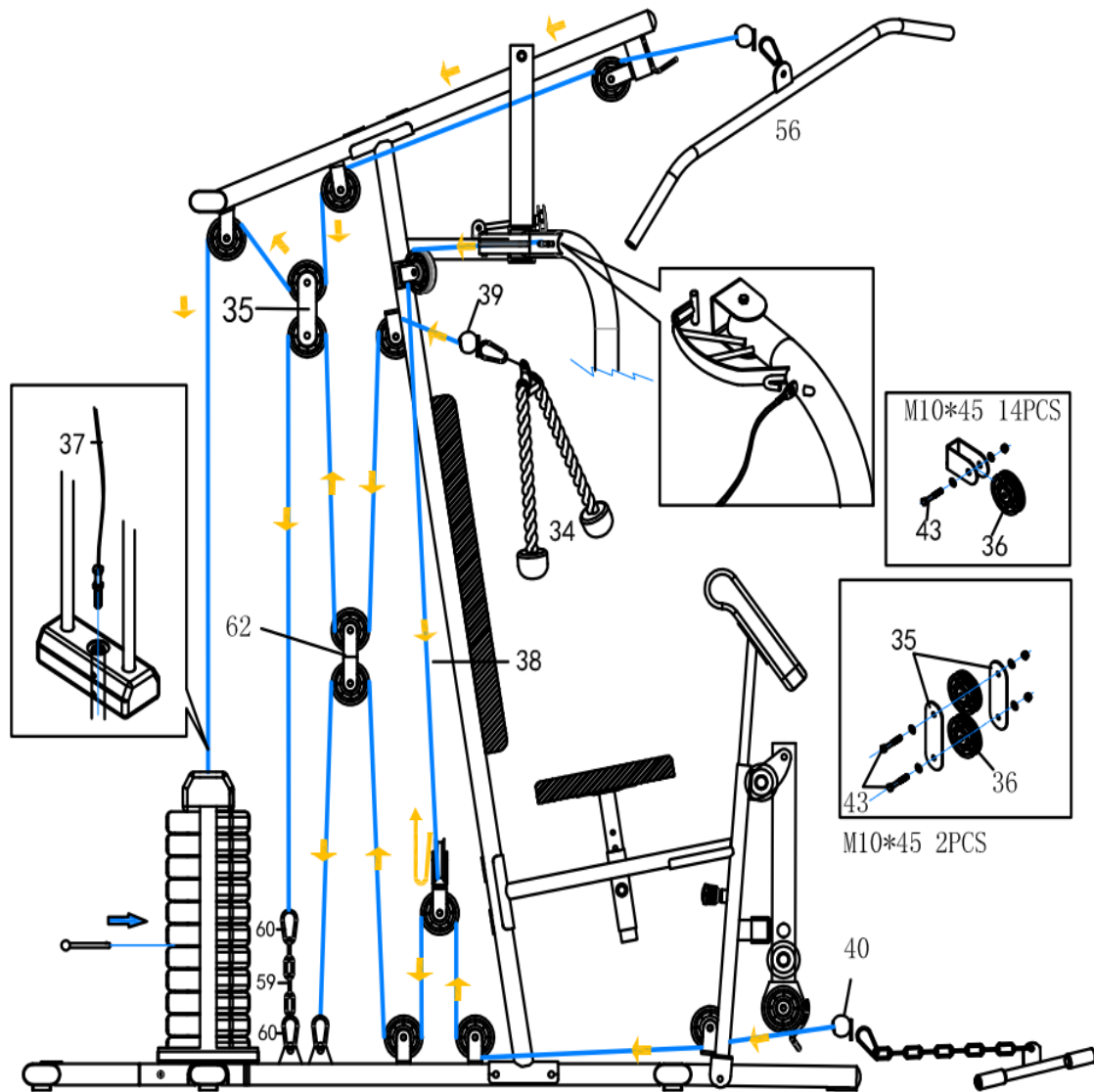
ΒΗΜΑ 10

Το 99% των περιπτώσεων θραύσης του περιβλήματος των καλωδίων οφείλονται στο γεγονός ότι τα καλώδια είναι χαλαρά. Τα καλώδια θα πρέπει πάντα να είναι σφιχτά και τεντωμένα. Μπορείτε να τα σφίξετε με την αλυσίδα και το άγκιστρο μέχρι τα καλώδια να παραμείνουν τεντωμένα.

ΠΡΟΣΟΧΗ: Μετά από την συναρμολόγηση του πολυοργάνου και πριν από κάθε χρήση πρέπει να ελέγχετε ότι τα παξιμάδια, οι ροδέλες και τα καλώδια είναι σφιχτά.

ΡΥΘΜΙΣΗ ΤΟΥ ΦΟΡΤΙΟΥ ΒΑΡΟΥΣ

- 1) Εισάγετε τον πείρο στην οπή του επιλογέα για τα βάρη.
- 2) Ξεκινήστε την προπόνηση σας με βάρη επιλέγοντας την ελαφρύτερη πλάκα βάρους και σταδιακά αυξήστε το βάρος σύμφωνα με τις ικανότητες σας.



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ΕΓΓΥΗΣΗ ΠΟΛΥΟΡΓΑΝΟΥ/ΠΑΓΚΟΥ

Η εγγύηση ισχύει για (2) δύο έτη από την ημερομηνία αγοράς του προϊόντος.

- Η εγγύηση καλύπτει τυχόν κατασκευαστικό λάθος.
 - Η τυχόν αντικατάσταση ανταλλακτικού είναι στην κρίση των τεχνικών.
 - Η Συναρμολόγηση, έλεγχος και η ρύθμιση του προϊόντος βαρύνει τον καταναλωτή.
 - Η επίσκεψη του τεχνικού πέραν των 14 ημερολογιακών ημερών από την ημερομηνία αγοράς επιβαρύνει χρηματικά τον καταναλωτή, με την εκάστοτε χρέωση από την εταιρεία.
 - Εκτός ορίων service, θα αποστέλλονται στο κεντρικό service.
1. Βλάβη μέσα σε 14 ημέρες από την ημερομηνία αγοράς θα παραλαμβάνονται μέσω μεταφορικής από τον χώρο του πελάτη. Σε αυτή την περίπτωση τα έξοδα μεταφοράς βαρύνουν την εταιρεία. (Εφόσον είναι υπαιτιότητα της συσκευής).
 2. Βλάβη μετά της 14 ημέρες από την ημερομηνία αγοράς θα μεταφέρονται από τον πελάτη στην μεταφορική εταιρεία. Τα έξοδα μεταφοράς από την μεταφορική μέχρι το service & το αντίστροφο βαρύνουν την εταιρεία. (Εφόσον είναι υπαιτιότητα της συσκευής).
- Η εγγύηση ισχύει μόνο για τον πρώτο αγοραστή του προϊόντος.
 - Η εγγύηση ισχύει μόνο εάν το προϊόν λειτουργεί σε σπίτι & εσωτερικό χώρο (και όχι σε γυμναστήρια, συλλόγους κ.α.).
 - Η επισκευή οποιασδήποτε βλάβης πραγματοποιείται το συντομότερο δυνατόν.
 - Κάθε απαίτηση αποζημίωσης του πελάτη, είτε λόγω έλλειψης ανταλλακτικών είτε λόγω καθυστέρησης επισκευής, δεν είναι δυνατή.
 - Τα έξοδα μεταφοράς του προϊόντος από ή προς το συνεργείο της αντιπροσωπείας θα επιβαρύνουν τον πελάτη, εφόσον είναι υπαιτιότητα του.

Η ΕΓΓΥΗΣΗ ΔΕΝ ΕΧΕΙ ΙΣΧΥ

- Όταν η βλάβη προέλθει από κακή χρήση ή κακή συντήρηση, πτώσεις, φωτιά.
 - Επίσης η εγγύηση δεν καλύπτει αναλώσιμα υλικά όπως πλαστικά μέρη, συρματόσχοινα (ντίζες), τροχαλίες, μαξιλάρια, αφρώδη, ιμάντες τα οποία φθείρονται από την χρήση ή άλλης αιτίας.
 - Η εγγύηση δεν καλύπτει βλάβη από υπαιτιότητα μη εξουσιοδοτημένων ατόμων για την επισκευή
 - Η εγγύηση δεν καλύπτει βλάβη που προκλήθηκε από κακή συναρμολόγηση.
 - Για να ισχύ η εγγύηση πρέπει να συνοδεύεται από την απόδειξη αγοράς.
- Σε όλες τις παραπάνω περιπτώσεις ο χρήστης επιβαρύνεται με το κόστος επίσκεψης και ανταλλακτικών.
- Η εταιρεία και ο εισαγωγέας δεν ευθύνονται για τυχόν τυπογραφικά λάθη.
 - Το προϊόν έχει έγκριση κυκλοφορίας στην Ευρωπαϊκή Κοινότητα, CE

INTERSPORT ATHLETICS SA

18-20 SOROU

15125 MAROUSI

GREECE +302102806019

**APARAT DE FITNESS
MULTIFUNCȚIONAL
MG1.2**



ROMANIAN MANUAL

INSTRUCȚIUNI DE SIGURANȚĂ IMPORTANTE

Vă rugăm să păstrați acest manual într-un loc sigur, astfel încât să puteți avea acces la el cu ușurință.

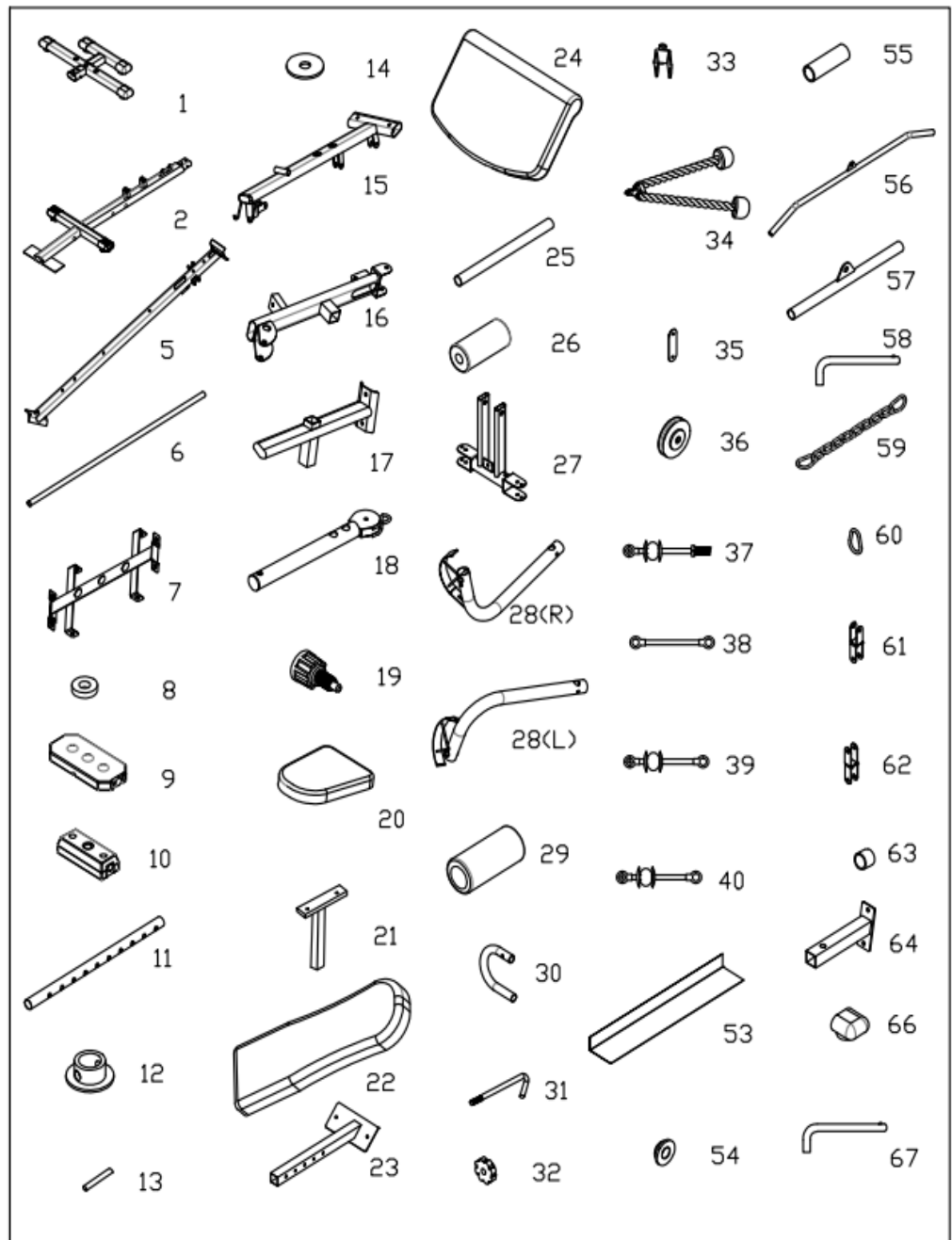
1. Este important să citiți întregul manual înainte să asamblați și să folosiți echipamentul. Utilizarea sigură și eficientă poate fi realizată numai în cazul în care echipamentul este asamblat, întreținut și utilizat în mod corespunzător. Este responsabilitatea dumneavoastră să vă asigurați că toți utilizatorii echipamentului sunt informați cu privire la toate avertismentele și măsurile de precauție.
2. Înainte de a începe orice program de exerciții trebuie să vă consultați cu medicul dumneavoastră pentru a stabili dacă aveți vreo condiție medicală sau fizică care ar putea să vă pună în pericol sănătatea sau siguranța sau care v-ar putea împiedica să utilizați în mod corespunzător echipamentul. Sfatul medicului dumneavoastră este esențial dacă luați medicamente care vă afectează ritmul cardiac, tensiunea arterială sau nivelul colesterolului.
3. Acordați importanță semnalelor corpului dvs. Antrenamentul excesiv sau efectuat în mod eronat vă poate afecta sănătatea. Puneți capăt antrenamentului dacă simțiți vreunul dintre următoarele simptome: durere, senzație de strângere în piept, aritmie, gâfâit excesiv, durere de cap, amețeli sau greață. Dacă aveți una dintre aceste senzații, consultați-vă medicul înainte de a continua programul de exerciții fizice.
4. Țineți copiii și animalele departe de aparat. Aparatul este proiectat pentru a fi utilizat doar de către adulți.
5. Folosiți echipamentul pe o suprafață plană, stabilă, cu un înveliș de protecție pentru podea sau un covor. Pentru a fi siguri de siguranța dumneavoastră, aparatul trebuie să fie la cel puțin 0,75 metri în jurul acestuia.
6. Înainte de a utiliza aparatul, verificați dacă buloanele și piulițele sunt bine strânse.
7. Siguranța aparatului poate fi garantată doar dacă verificați în mod regulat dacă a suferit pagube și/sau deteriorări.
8. Folosiți întotdeauna aparatul conform indicațiilor. Dacă găsiți vreo componentă defectă în timp ce îl asamblați sau verificați aparatul sau dacă auziți zgomote neobișnuite de la aparat în timpul utilizării acestuia, opriți-vă imediat. Nu utilizați aparatul până când nu se repară problema.
9. Purtați îmbrăcăminte potrivită când utilizați aparatul. Evitați hainele largi care se pot prinde de aparat sau care pot restricționa sau bloca mișcarea.
10. Aparatul a fost testat și are certificatul EN957 clasa H.C. Potrivit numai pentru uz casnic. Greutatea maximă a utilizatorului: 120 kg. Capacitatea de frânare este independentă de viteză.
11. Aparatul nu este adecvat pentru utilizare terapeutică.
12. Trebuie să aveți grijă când ridicați sau mutați aparatul ca să nu vă răniți spatele. Utilizați întotdeauna tehnicile adecvate de ridicare și/sau solicitați ajutor dacă considerați necesar

LISTA COMPONENTELOR

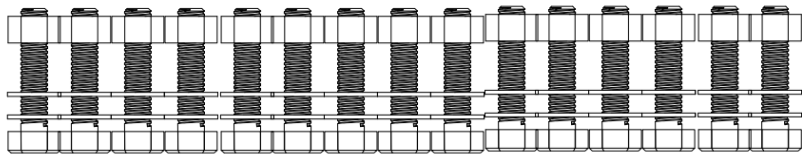
NO.	NAME	Q'TY	NO.	NAME	Q'TY
1	Rear Stabilizer base	1	42	Bolt (M12X85)	2
2	Main base	1	43	Bolt (M10X45)	16
5	Vertical support	1	44	Bolt (M8X55)	2
6	Chrome bars	2	45	Bolt (M8X40)	3
7	Weight cover support	2	46	Bolt (M12X150)	1
8	Cylindrical rubber stop	2	47	Bolt (M10X60)	6
9	Weights	11	48	Bolt (M8X15)	6
10	Upper weight	1	49	Bolt (M10X65)	2
11	Weight selector	1	50	Bolt (M10X70)	1
12	Upper weight socket	1	51	Bolt (M10X20)	4
13	Pin for upper weight socket	1	52	Bolt (M6X16)	16
14	Upper weight washer	1	53	Weight cover	4
15	Upper support	1	54	Bushing	6
16	Front seat support tube	1	55	Plastic sleeve	6
17	Seat support	1	56	Bar for upper pulley	1
18	Extension lever	1	57	Tension bar	1
19	Locking knob (assembled)	2	58	Selector PIN	1
20	Seat	1	59	Chain	2
21	Height adjustment for seat	1	60	Harness clip	7
22	Padded back	1	61	Double crutch for pulley	1
23	Metal support for biceps pad	1	62	Same direction wheel card	1
24	Cushion for biceps pad	1	63	Glove tubeø16*13	4
25	Cylinder holder shaft	2	64	Prop support	1

NO.	NAME	Q'TY	NO.	NAME	Q'TY
26	Foam	4	65	Bolt (M10X55)	4
27	Chest press	1	66	End cap	6
28	Arm (L&R)	2	67	Pin	2
29	Big foam	2			
30	Curve bar	2			
31	Handle screw for block lever(L)	1			
32	Knob	1			
33	Pulley support	2			
34	Abdominal muscle cable	1			
35	Screw plates for pulleys	2			
36	Pulley	16			
37	Selection bar cable 2560mm	1			
38	Butterfly arms cable 2850mm	1			
39	Cable for abdominal 2200mm	1			
40	Lower pulley cable 2740mm	1			
41	Bolt (M10X100)	1			

INSTRUCȚIUNI DE MONTARE



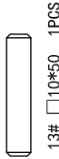
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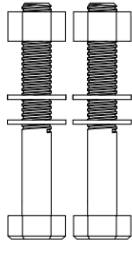
43# M10*45 16PCS



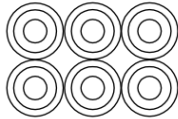
41# M10*100 1PCS



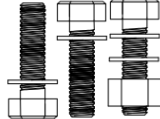
13# M10*50 1PCS



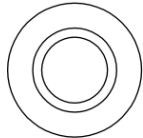
42# M12*85 2PCS



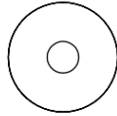
54# M8*40 6PCS



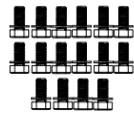
45# M8*40 3PCS



12# 1PCS



14# 1PCS

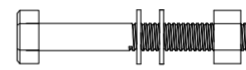


52# M6*16 16PCS

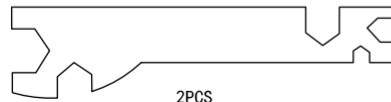
NO:02



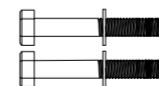
46# M12*150 1PCS



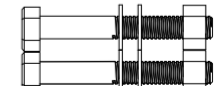
50# M10*70 1PCS



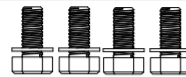
2PCS



44# M8*55 2PCS



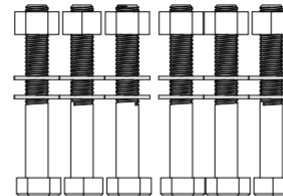
49# M10*65 2PCS



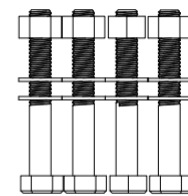
51# M10*20 4PCS



48# M8*15 6PCS



47# M10*60 6PCS

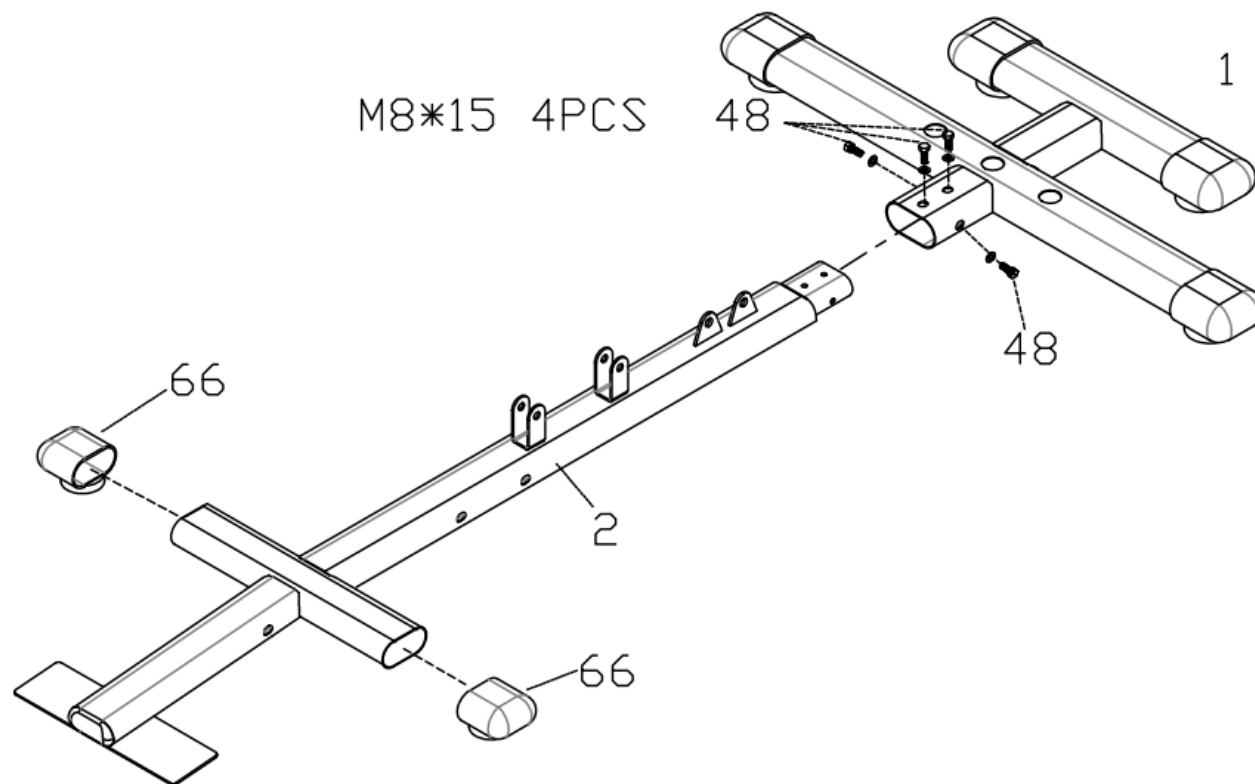


65# M10*55 4PCS

INSTRUCȚIUNI DE MONTARE

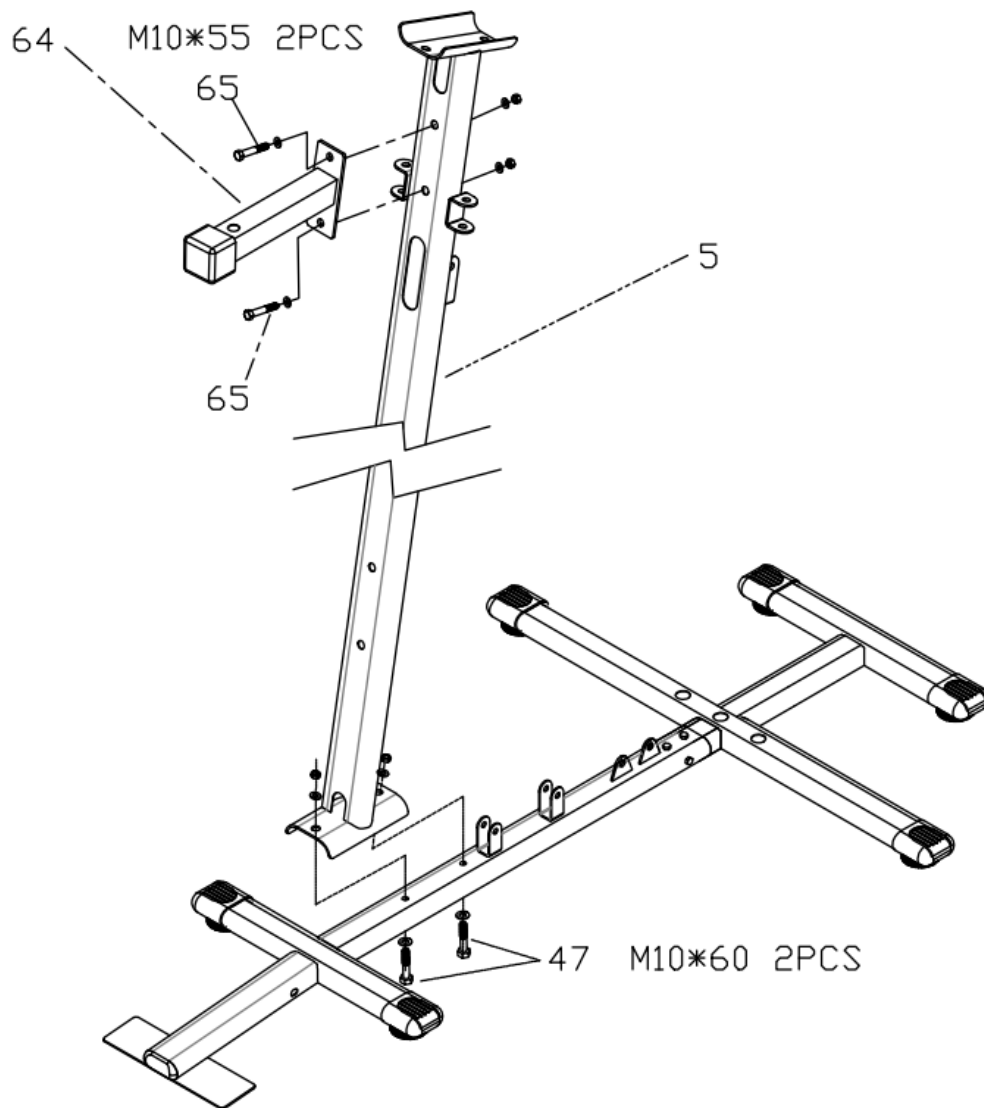
PASUL 1

1. Montați stabilizatorul posterior (1) la cadrul principal (2), folosind șuruburi și șaibe (48).
2. Adaptați dopurile din plastic (66) pe cadrul principal (2).



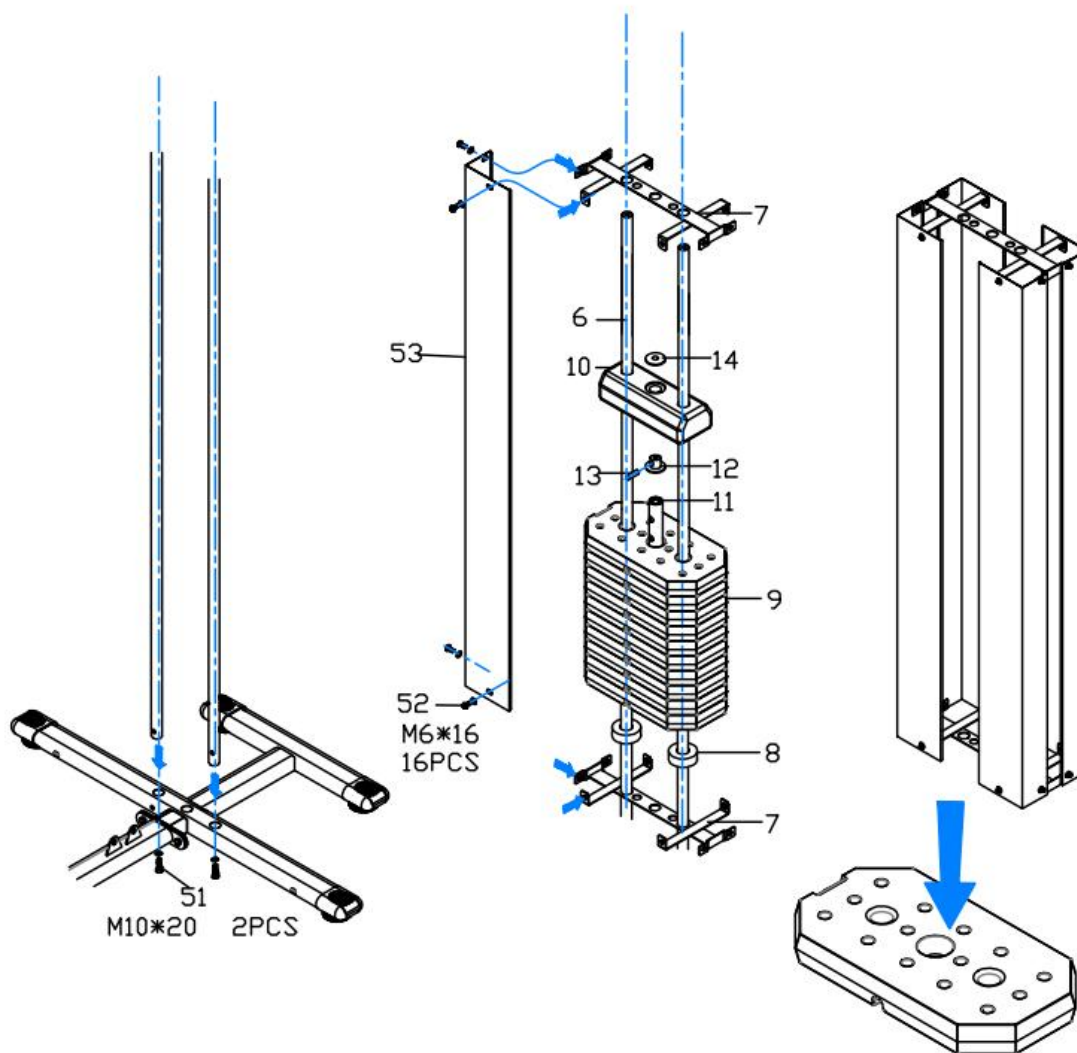
PASUL 2

1. Ataşați cadrul principal vertical (5) la cadrul principal (2) cu șuruburi + șaibe + și piulițe(47).
2. Montați axul (64) pe cadrul vertical principal (5) cu șuruburi + șaibe + și piulițe(65).



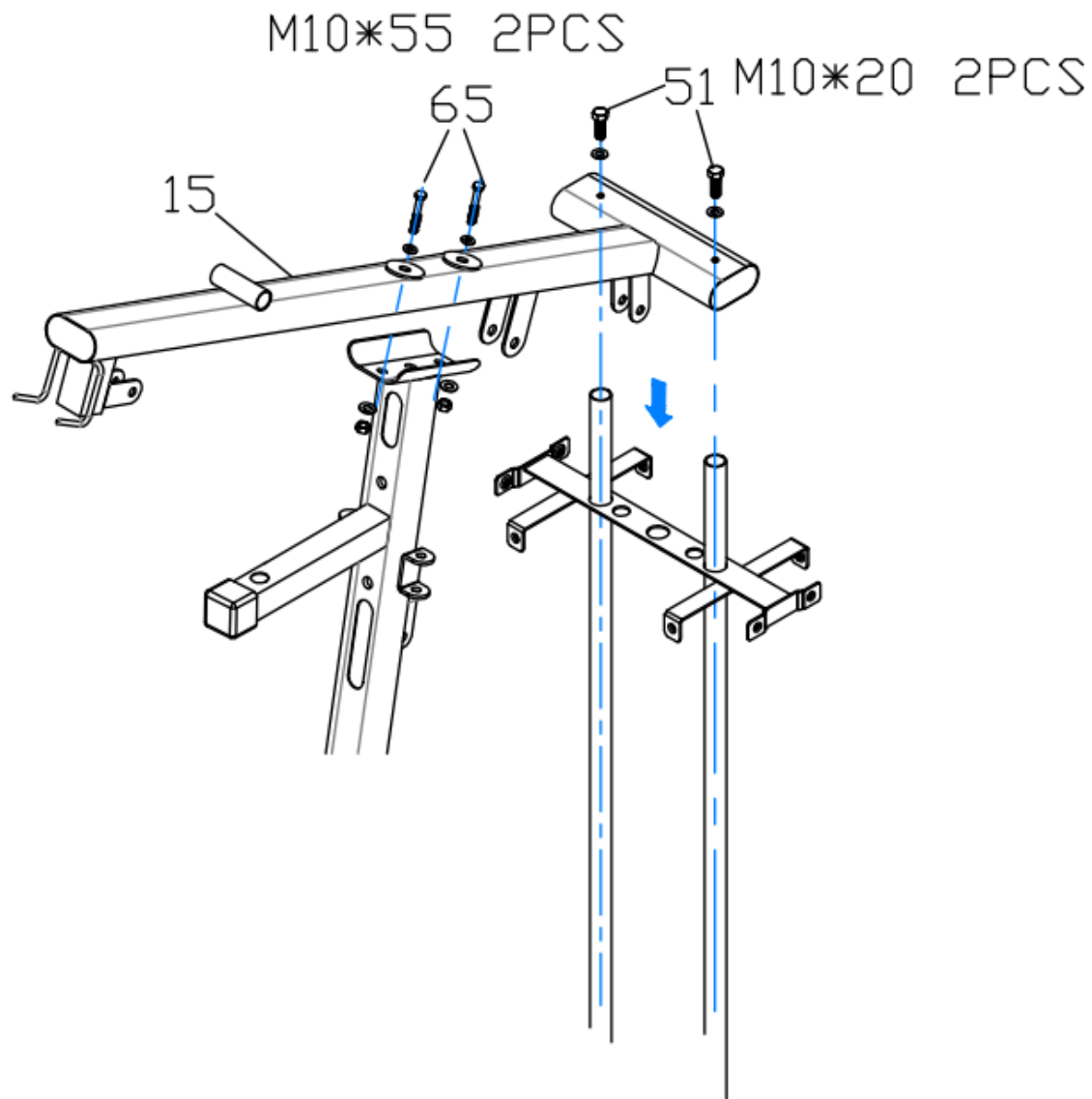
PASUL 3

1. Introduceți barele de susținere a greutăților (6) în stabilizatorul din spate (1) folosind șuruburi și șaibe (51).
2. Mai întâi introduceți cele două distanțiere (8) în suport (7) și plăcile - greutatele (9) în barele de susținere (6) (Notă: creștătura pentru selectorul de greutate pe plăci (9) trebuie să fie îndreptată spre jos)
3. Introduceți selectorul de greutate (11) în plăcile - greutatea (9).
4. Introduceți inelul (12) în așa fel încât să încapă în contragreutate (10) iar apoi contragreutatea (10) în barele de suport. Adaptați șaiba (14) pe deasupra găurii din centrul contragreutății (10).
5. Introduceți inelul (12) prin selectorul greutăților (11) și conectați-le la boltă (13)
6. Glisați baza (7) în tije de susținere (6).
7. Conectați capacele (53) la baza de susținere (7) folosind șuruburi și șaibe (52).



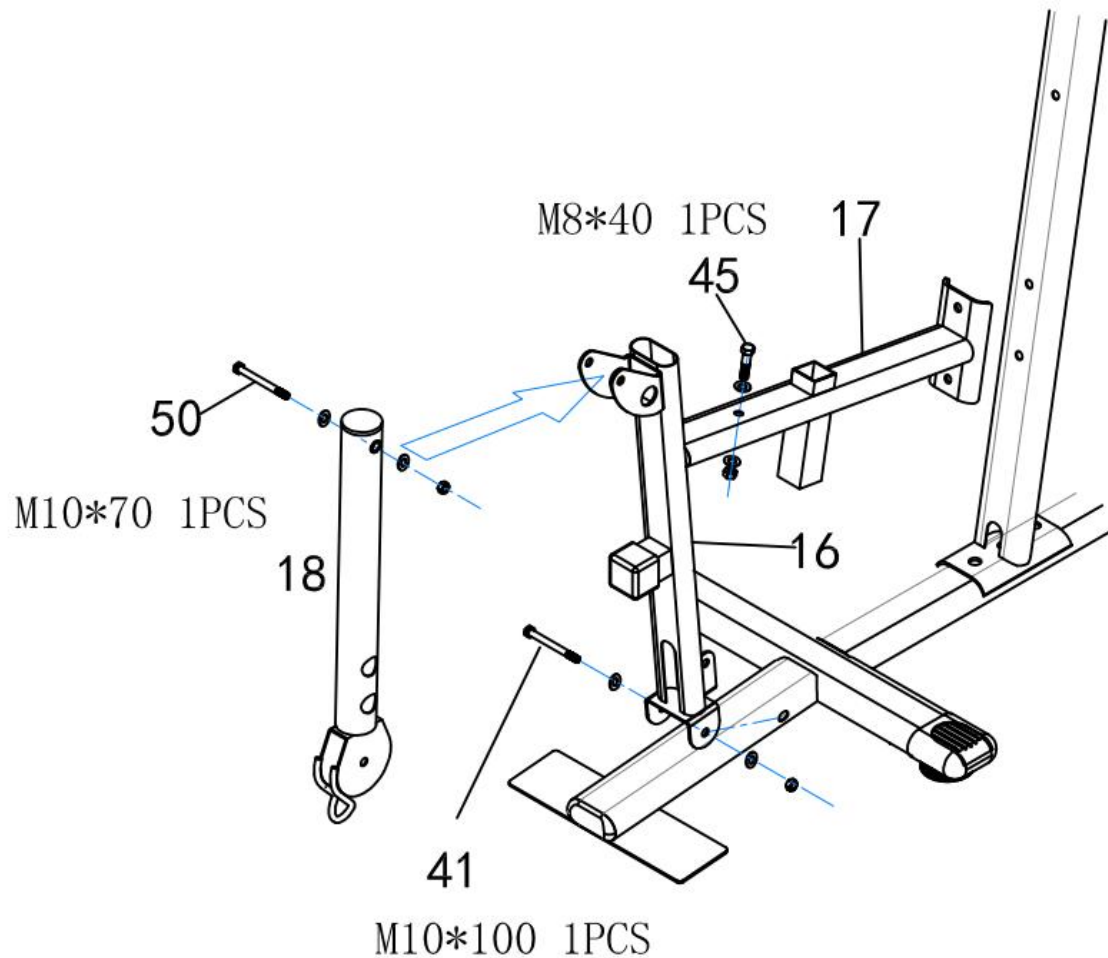
PASUL 4

1. Atașați bara transversală superioară (15) în barele de susținere (6), folosind șuruburi și șaibe (51).
2. Atașați bara transversală superioară (15) la cadrul vertical principal (5) folosind șuruburi și șaibe (65).



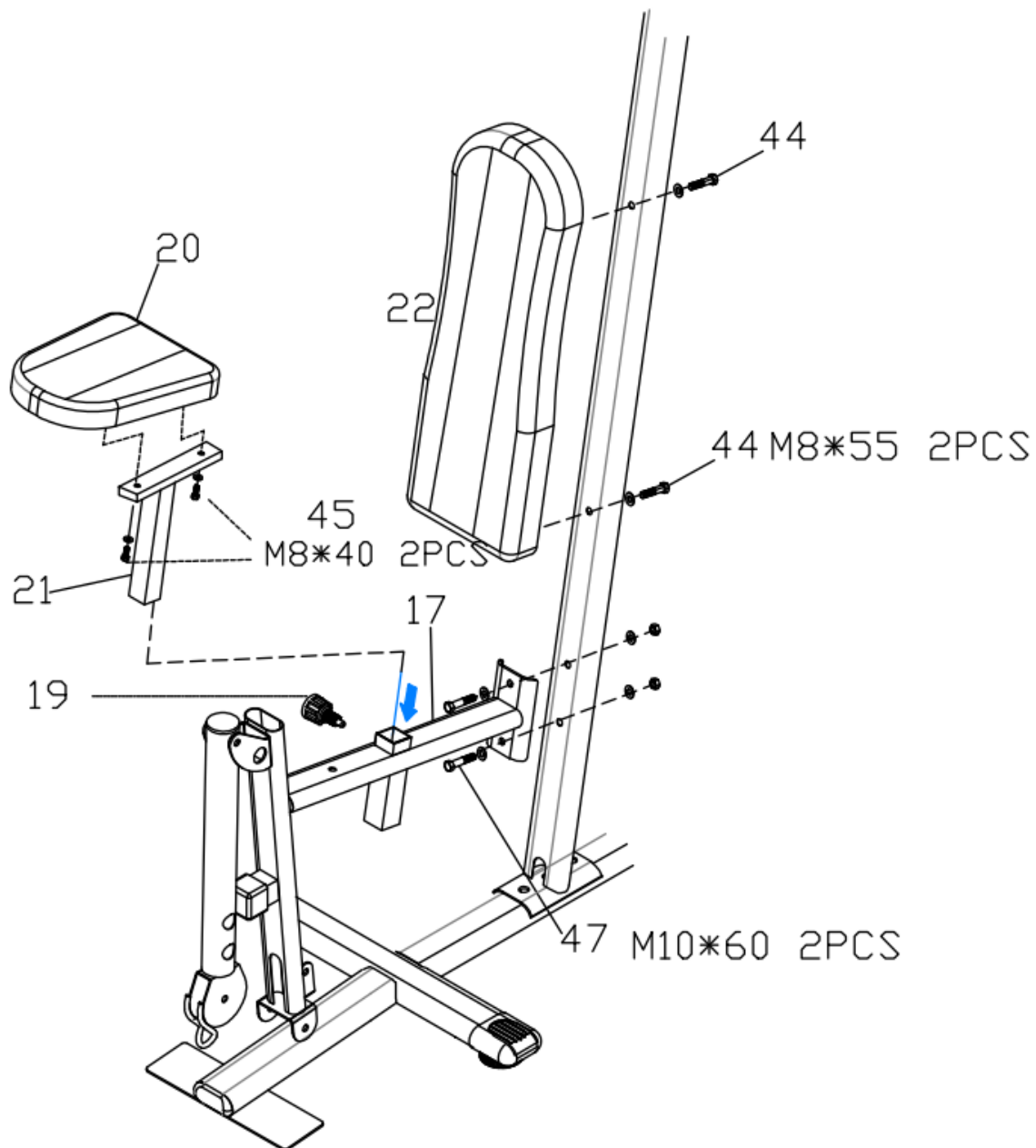
PASUL 5

1. Adaptați suportul frontal al scaunului (16) pe cadrul principal (2) cu șuruburi + șaibe + și piulițe(41).
2. Adaptați suportul scaunului (17) pe suportul frontal al scaunului (16) cu șuruburi + șaibe + și piulițe(45).
3. Montați extensia piciorului (18) pe suportul frontal al scaunului (16) cu șuruburi + șaibe + și piulițe(50).



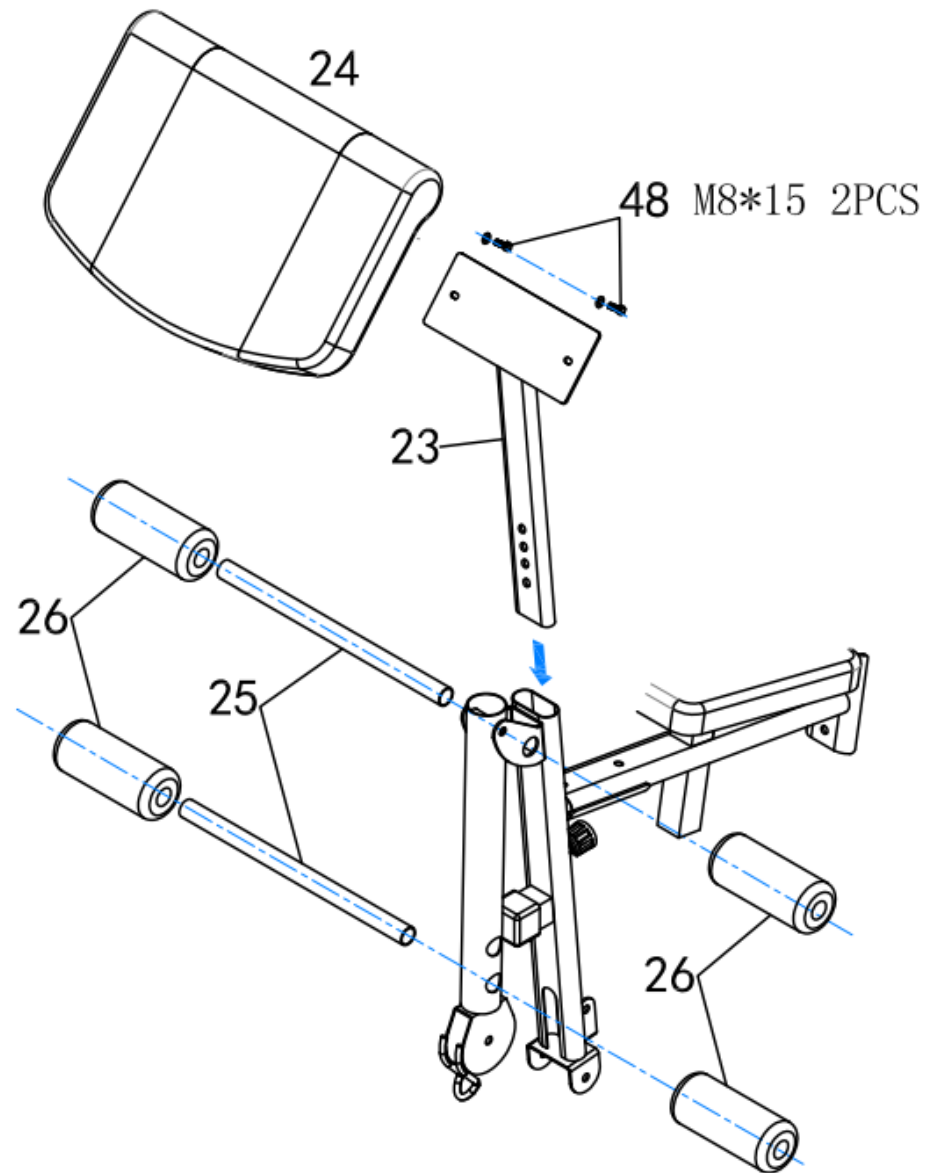
PASUL 6

1. Adaptați suportul scaunului (17) pe cadrul vertical (5) cu șuruburi + șaibe + și piulițe(47).
2. Adaptați scaunul (20) pe bază (21) folosind șuruburi și șaibe (45) iar apoi montați-l pe suportul scaunului (17) folosind bolțul de blocare (19).
3. Montați perna spătarului (22) la cadrul vertical principal (5) folosind șuruburi și șaibe (44).



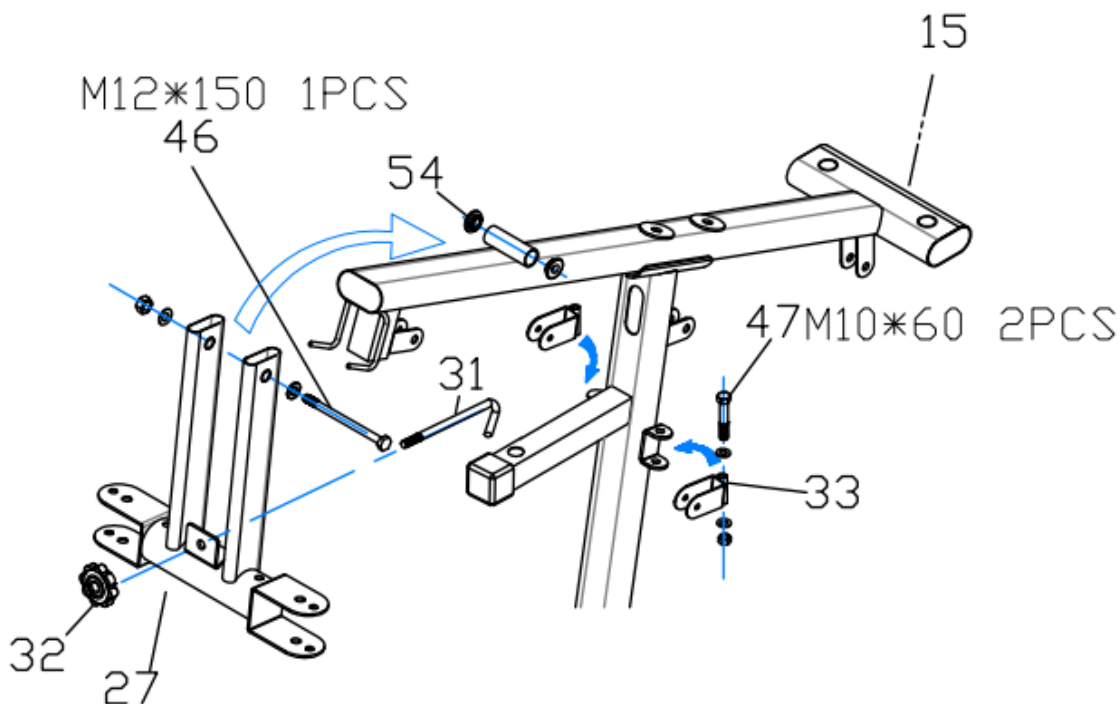
PASUL 7

1. Montați perna de susținere a mâinii (24) pe suportul de susținere a mâinilor (23) cu șuruburi + șaibe (48) și apoi montați-l pe suportul frontal al scaunului (16) și asigurați cu bolțul de blocare (19).
2. Introduceți tuburile de susținere (25) în extensia pentru picioare (18). Introduceți părțile cu burete (26) pe fiecare parte a tuburilor de susținere .



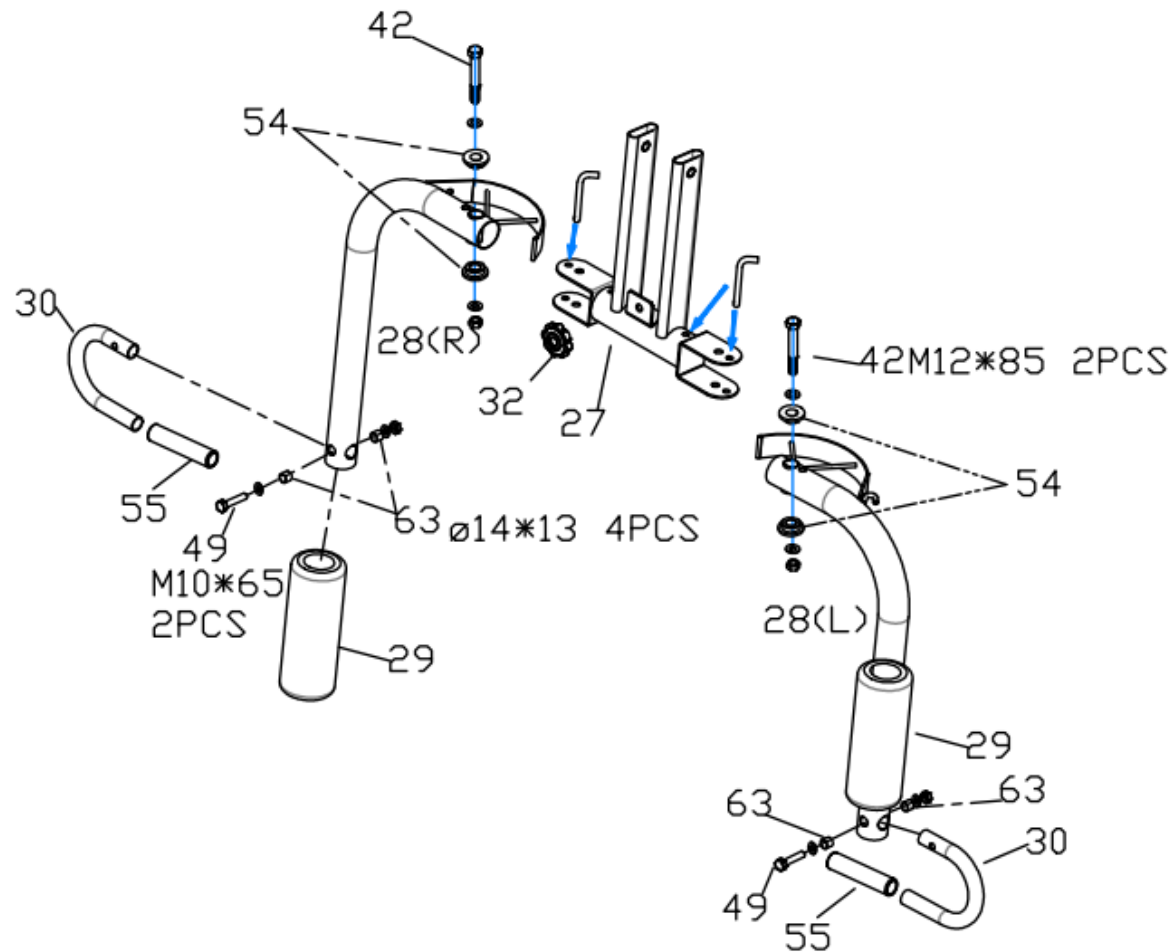
PASUL 8

1. Montați șaibe (54) la axul transversal superior (15).
2. Montați axul de presiune (27) la axul transversal superior (15) cu șuruburi + șaibe + piulițe de siguranță (46).
3. Adaptați bazele rotative (33) pe cadrul vertical principal (5) cu șuruburi + șaibe + și piulițe(47).
4. Un capăt al cârligului (31) este agățat la axă (64) iar celălalt capăt trece prin axa de presiune (27) și se fixează de către bolțul de blocare (32).



PASUL 9

1. Atașați axul drept și stâng de susținere a pieptului (28R/L) la axul de presiune (27) cu șaibe mari (54) cu șuruburi + șaibe + piulițe de siguranță (42) apoi conectați boltul (67) la axa de sprijin al pieptului (28) și la axa de presiune (27).
2. Introduceți părțile mari cu burete (29) în axul drept și stâng de susținere pentru piept (28R/L). Înșurubați mânerele (30) în axul de susținere drept și stâng (28R/L) piulițe de siguranță (63) cu șuruburi + șaibe + piulițe de siguranță (49) apoi înșurubați părțile din plastic (55).



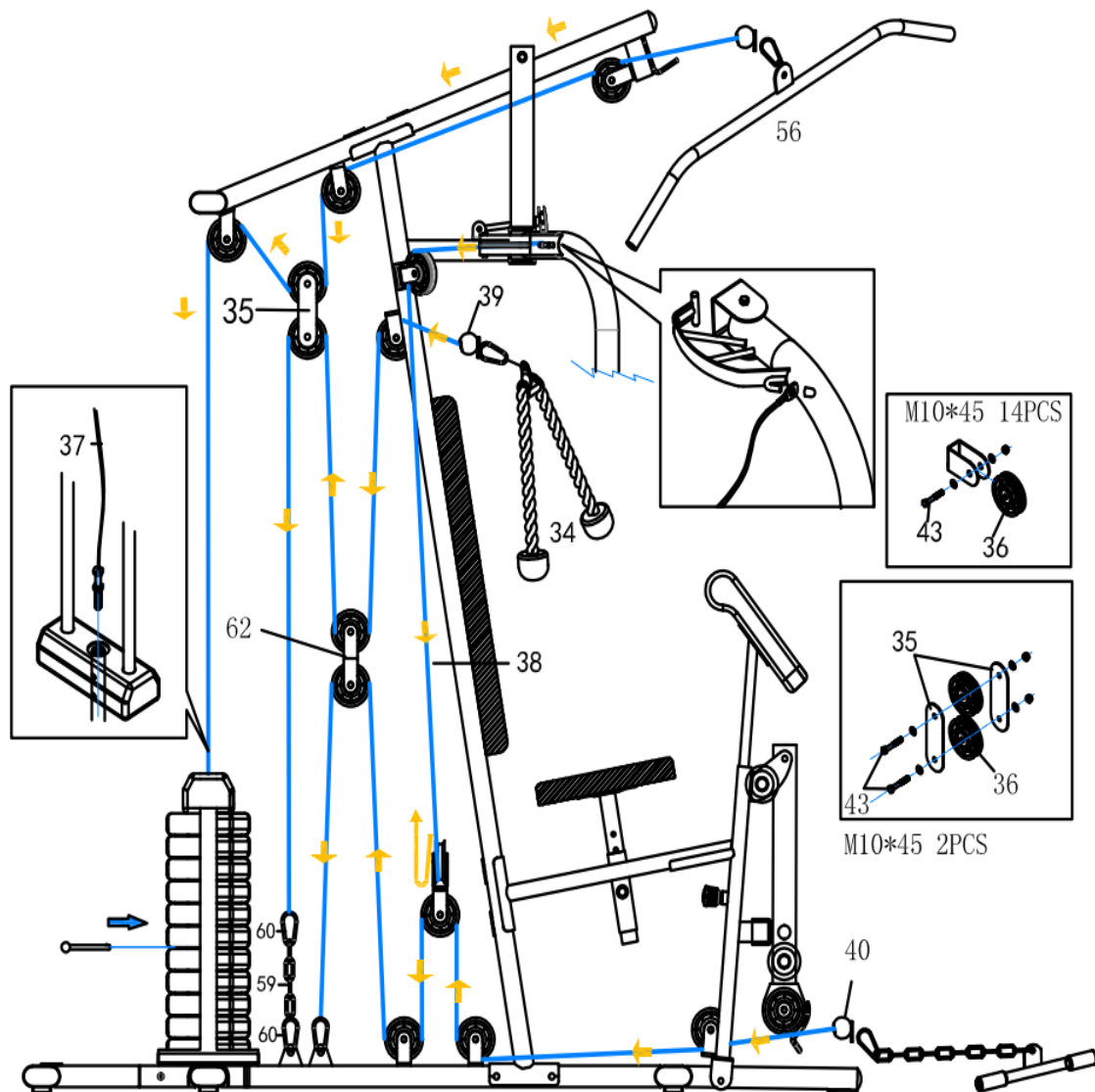
PASUL 10

99% din cazurile de rupere a căptușelii cablurilor se datorează faptului că cablurile se atârnă. Cablurile trebuie întotdeauna să fie strânse și întinse. Puteți să le strângeți cu lanțul și cârligul până cablurile să rămână întinse.

ATENȚIE: După asamblarea aparatului multifuncțional și înainte de fiecare utilizare trebuie să verificați ca piulițele, șaibele și cablurile să fie strânse.

REGLAREA GREUTĂȚII

1. Introduceți bolțul în gaura selectorului de greutate.
2. Porniți antrenamentul dvs. cu greutateți selectând cea mai ușoară placă și treptat creșteți greutatea după capacitățile dvs.



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GARANȚIA APARATULUI DE FITNESS MULTIFUNȚIONAL/ BĂNCII

Garanția este valabilă doi (2) an de la data achiziției produsului

- Garanția acoperă orice eroare de fabricație.
 - Eventuala înlocuire a unei piese de schimb este la latitudinea tehnicianului.
 - Costul asamblării și al verificării sunt acoperite de consumator.
 - Vizita tehnică după 14 zile calendaristice de la data achiziționării va fi plătită de către consumator, care va achita taxa cerută de firmă.
 - Dacă se depășesc limitele service-ului, aparatul va fi trimis la service-ul central.
1. În cazul defectării în termen de 14 zile de la data cumpărării, produsul va fi preluat printr-o firmă de transport de la locația clientului. În acest caz, costurile de transport sunt suportate de companie.
(Dacă este o defecțiune a dispozitivului).
 2. În cazul defectării după 14 zile de la data cumpărării produsul va fi transportat de către client la firma de transport. Costurile transportului de către firma de transport până la service și viceversa sunt acoperite de către companie. (Dacă este o defecțiune a dispozitivului).
- Garanția se aplică numai primului cumpărător al produsului.
 - Garanția se aplică numai dacă produsul funcționează în casă - în interior și nu în săli de sport, cluburi, zone de folosință comună, în aer liber etc.
 - Repararea oricărei defecțiuni se realizează cât mai repede posibil.
 - Nu este posibilă cererea de despăgubire a clientului, fie din cauza lipsei pieselor de schimb, fie din cauza unei întârzieri a reparării.
 - Costurile de transport de la compania de transport la service și invers sunt acoperite de client.(Dacă aceasta este o defecțiune client).

GARANȚIA NU ESTE VALABILĂ

- Când deteriorarea rezultă din pricina utilizării incorecte sau a întreținerii necorespunzătoare, căderi, foc.
- De asemenea, garanția nu acoperă materiale consumabile, cum ar fi piese din plastic, cabluri, scribeți, tamponi, bureți, curele care se deteriorează prin uz sau din alte cauze.
- Garanția nu acoperă pagubele produse de persoane neautorizate pentru reparații.
- Garanția nu acoperă daunele rezultate din asamblarea necorespunzătoare.
- Pentru a fi valabilă garanția, trebuie să se prezinte dovada achiziției.

În toate aceste cazuri, utilizatorul plătește vizita și piesele de schimb.

- Compania și importatorul nu sunt responsabili pentru eventualele erori tipografice.
- Produsul are o autorizație de introducere pe piață în Comunitatea Europeană, CE

Date de contact

Contact normal deschis	INTERSPORT România
Țara	România
Denumirea companiei	SC GENCO TRADE SRL
Adresa 1	Strada Biharia, numărul 67-77, Sector 1
Adresa 2	-
Codul Poștal	013981
Orașul	București
Județul	-
Țara	România
Telefon	+40 21 201 11 80
Fax	+40 21 201 11 87
Internet	www.inlersport.ro
E-mail	office@genco.ro
Mențiuni	-

**КОМБИНИРАН
ФИТНЕС УРЕД
MG1.2**



BULGARIAN MANUAL

ВАЖНИ ИНСТРУКЦИИ ЗА БЕЗОПАСНОСТ

Моля, съхранявайте това ръководство на сигурно място, за да можете лесно да го използвате в бъдеще.

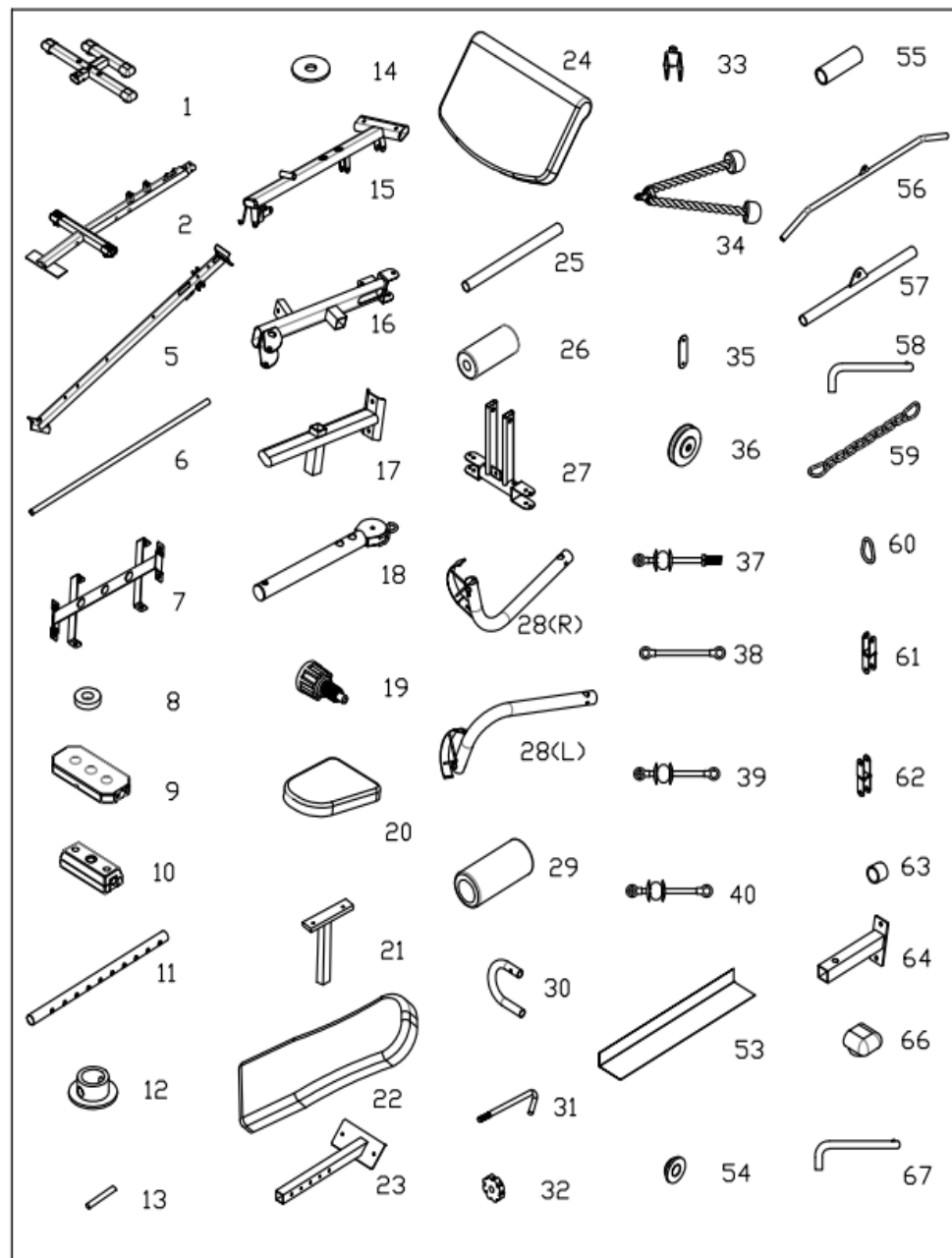
1. Важно е да прочетете цялото ръководство преди да пристъпите към сглобяване и използване на уреда. Сигурната и ефективна употреба може да се постигне само ако уредът е сглобен и се поддържа и използва правилно. Ваша отговорност е да се уверите, че всички потребители на уреда са информирани за всички предупреждения и предпазни мерки.
2. Преди да започнете каквато и да е тренировъчна програма, трябва да се консултирате с Вашия лекар, за да определите дали се намирате в каквото и да е медицинско или физическо състояние, което би могло да изложи на риск Вашето здраве или безопасност или да предотврати правилното използване на уреда. Съветът на Вашия лекар е от съществено значение, ако приемате лекарства, които влияят на сърцето, кръвното налягане или нивата на холестерол.
3. Обръщайте внимание на сигналите на тялото. Неправилното или прекомерно упражняване може да е вредно за вашето здраве. Спрете упражнението, ако получите някой от следните симптоми: болка, стягане в гърдите, аритмия, прекомерно задъхване, главоболие, замаяност или гадене. Ако изпитате някое от тези състояния, трябва да се консултирате с Вашия лекар, преди да продължите тренировъчната си програма.
4. Пазете децата и животните далеч от уреда. Уредът е предназначена само за възрастни.
5. Използвайте уреда на стабилна, равна повърхност със защитно покритие за пода или килима. За да сте сигурни в безопасността си, уредът трябва да бъде поне на 0,75 метра около нея.
6. Преди да използвате уреда, проверете дали болтовете и гайките са здраво затегнати.
7. Безопасността на уреда може да бъде гарантирана само ако правите редовни проверки за повреди и / или износване.
8. Винаги използвайте уреда според указанията. Ако откриете дефектни части при сглобяването или проверката на уреда, или когато чуete необичайни шумове от уреда по време на употреба, спрете незабавно. Не използвайте уреда, докато проблемът не бъде разрешен.
9. Носете подходящо облекло, когато използвате уреда. Избягвайте да носите широки дрехи, които могат да се захванат за уреда или да ограничат или блокират движението.
10. Уредът е тестван и сертифициран в клас H.C. EN957 Подходящ е само за домашна употреба. Максимално тегло на потребителя: 120 кг. Спирачният капацитет не зависи от скоростта.
11. Уредът не е подходящ за терапевтична употреба.
12. Внимавайте, когато повдигате или премествате уреда, така че да не нараните гърба си. Винаги използвайте подходящите техники за повдигане и / или поискайте помощ, ако смятате, че е необходимо

СПИСЪК НА ЧАСТИТЕ

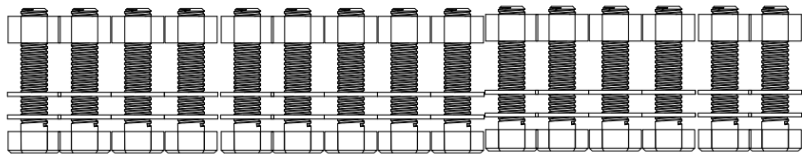
NO.	NAME	Q'TY	NO.	NAME	Q'TY
1	Rear Stabilizer base	1	42	Bolt (M12X85)	2
2	Main base	1	43	Bolt (M10X45)	16
5	Vertical support	1	44	Bolt (M8X55)	2
6	Chrome bars	2	45	Bolt (M8X40)	3
7	Weight cover support	2	46	Bolt (M12X150)	1
8	Cylindrical rubber stop	2	47	Bolt (M10X60)	6
9	Weights	11	48	Bolt (M8X15)	6
10	Upper weight	1	49	Bolt (M10X65)	2
11	Weight selector	1	50	Bolt (M10X70)	1
12	Upper weight socket	1	51	Bolt (M10X20)	4
13	Pin for upper weight socket	1	52	Bolt (M6X16)	16
14	Upper weight washer	1	53	Weight cover	4
15	Upper support	1	54	Bushing	6
16	Front seat support tube	1	55	Plastic sleeve	6
17	Seat support	1	56	Bar for upper pulley	1
18	Extension lever	1	57	Tension bar	1
19	Locking knob (assembled)	2	58	Selector PIN	1
20	Seat	1	59	Chain	2
21	Height adjustment for seat	1	60	Harness clip	7
22	Padded back	1	61	Double crutch for pulley	1
23	Metal support for biceps pad	1	62	Same direction wheel card	1
24	Cushion for biceps pad	1	63	Glove tubeø16*13	4
25	Cylinder holder shaft	2	64	Prop support	1

NO.	NAME	Q'TY	NO.	NAME	Q'TY
26	Foam	4	65	Bolt (M10X55)	4
27	Chest press	1	66	End cap	6
28	Arm (L&R)	2	67	Pin	2
29	Big foam	2			
30	Curve bar	2			
31	Handle screw for block lever(L)	1			
32	Knob	1			
33	Pulley support	2			
34	Abdominal muscle cable	1			
35	Screw plates for pulleys	2			
36	Pulley	16			
37	Selection bar cable 2560mm	1			
38	Butterfly arms cable 2850mm	1			
39	Cable for abdominal 2200mm	1			
40	Lower pulley cable 2740mm	1			
41	Bolt (M10X100)	1			

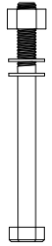
ИНСТРУКЦИИ ЗА МОНТАЖ



NO:01



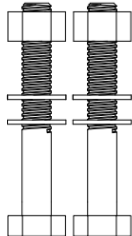
43# M10*45 16PCS



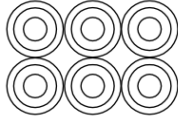
41# M10*100 1PCS



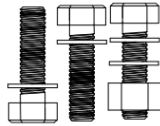
13# M10*50 1PCS



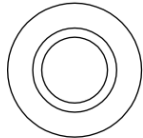
42# M12*85 2PCS



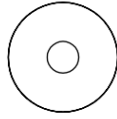
54# M8*40 6PCS



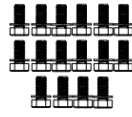
45# M8*40 3PCS



12# 1PCS



14# 1PCS

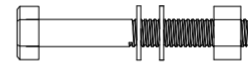


52# M6*16 16PCS

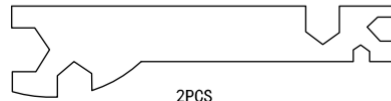
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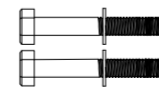
46# M12*150 1PCS



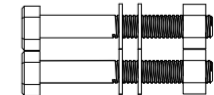
50# M10*70 1PCS



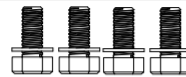
2PCS



44# M8*55 2PCS



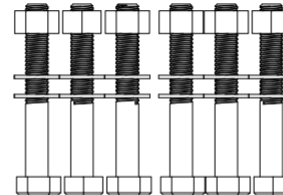
49# M10*65 2PCS



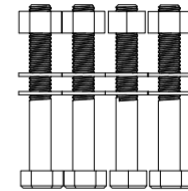
51# M10*20 4PCS



48# M8*15 6PCS



47# M10*60 6PCS

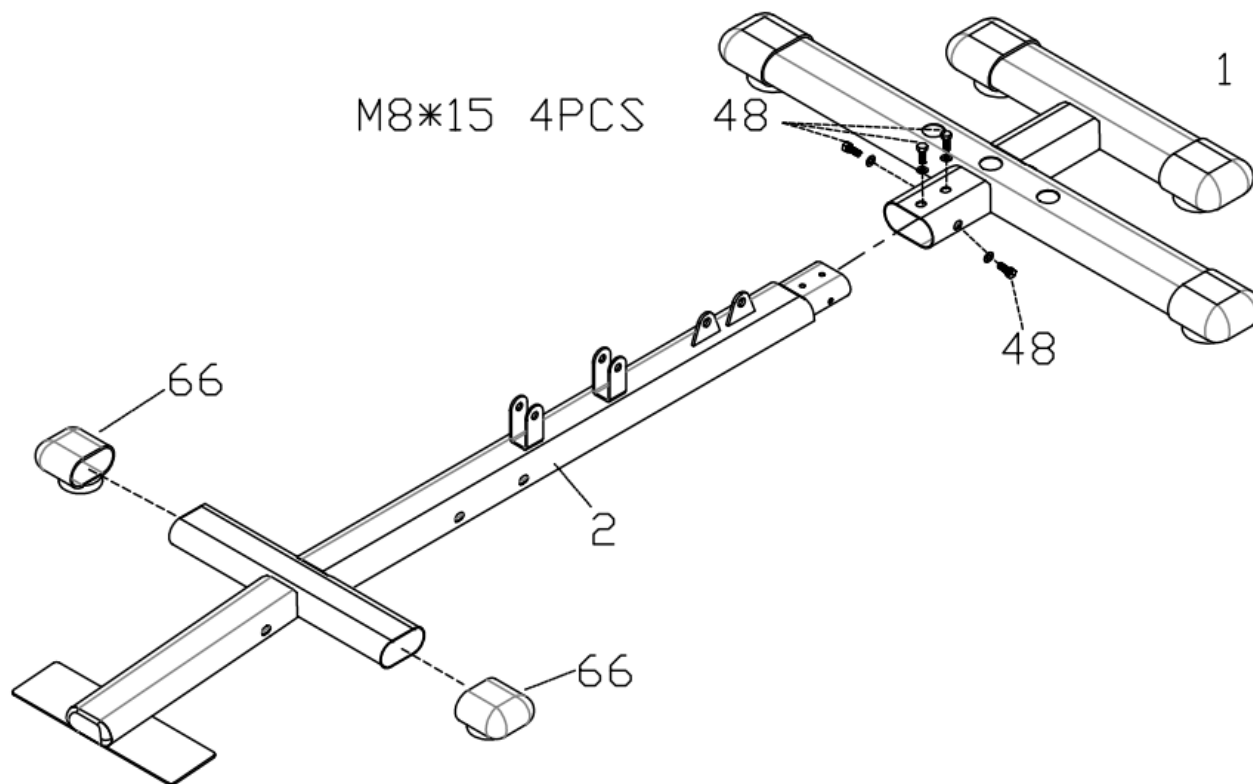


65# M10*55 4PCS

ИНСТРУКЦИИ ЗА МОНТАЖ

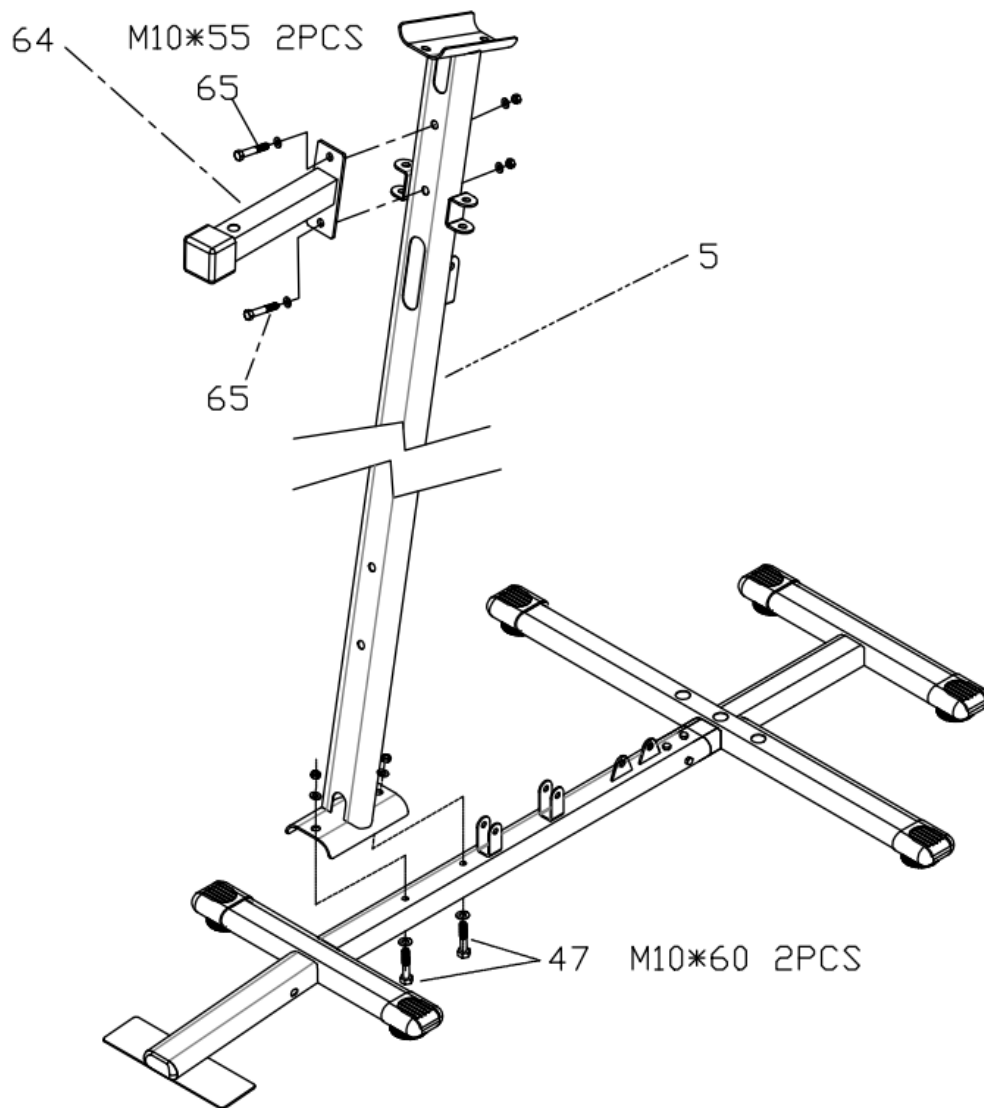
СТЪПКА 1

1. Закрепете задния стабилизатор (1) към основната рамка (2), като използвате винтове и шайби (48).
2. Поставете пластмасовите тапи (66) на основната рамка (2).



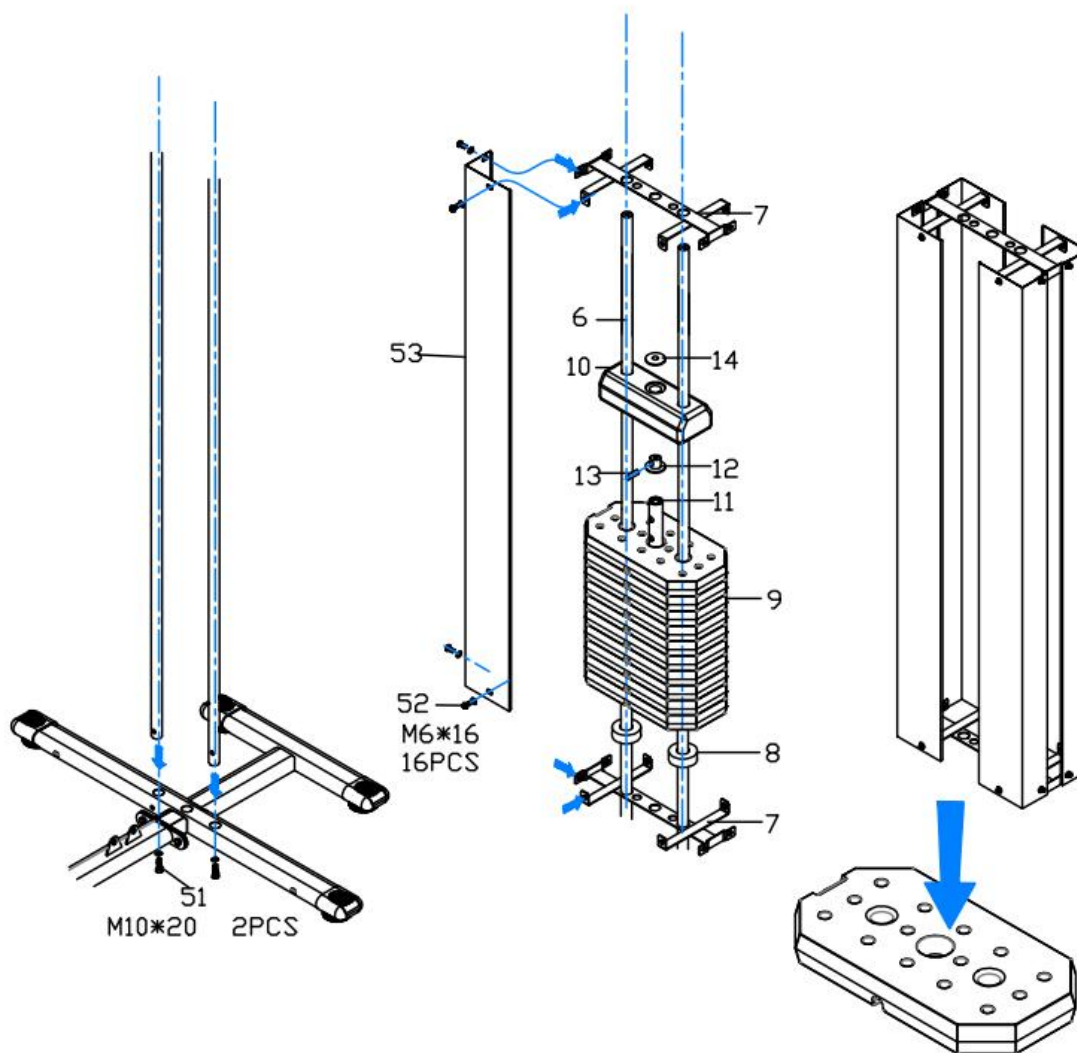
СТЪПКА 2

1. Закрепете основната вертикална рамка (5) към основната рамка (2) с винта + шайби + предпазни (47).
2. Закрепете оста (64) към основната вертикална рамка (5) с винта + шайби + предпазни (65).



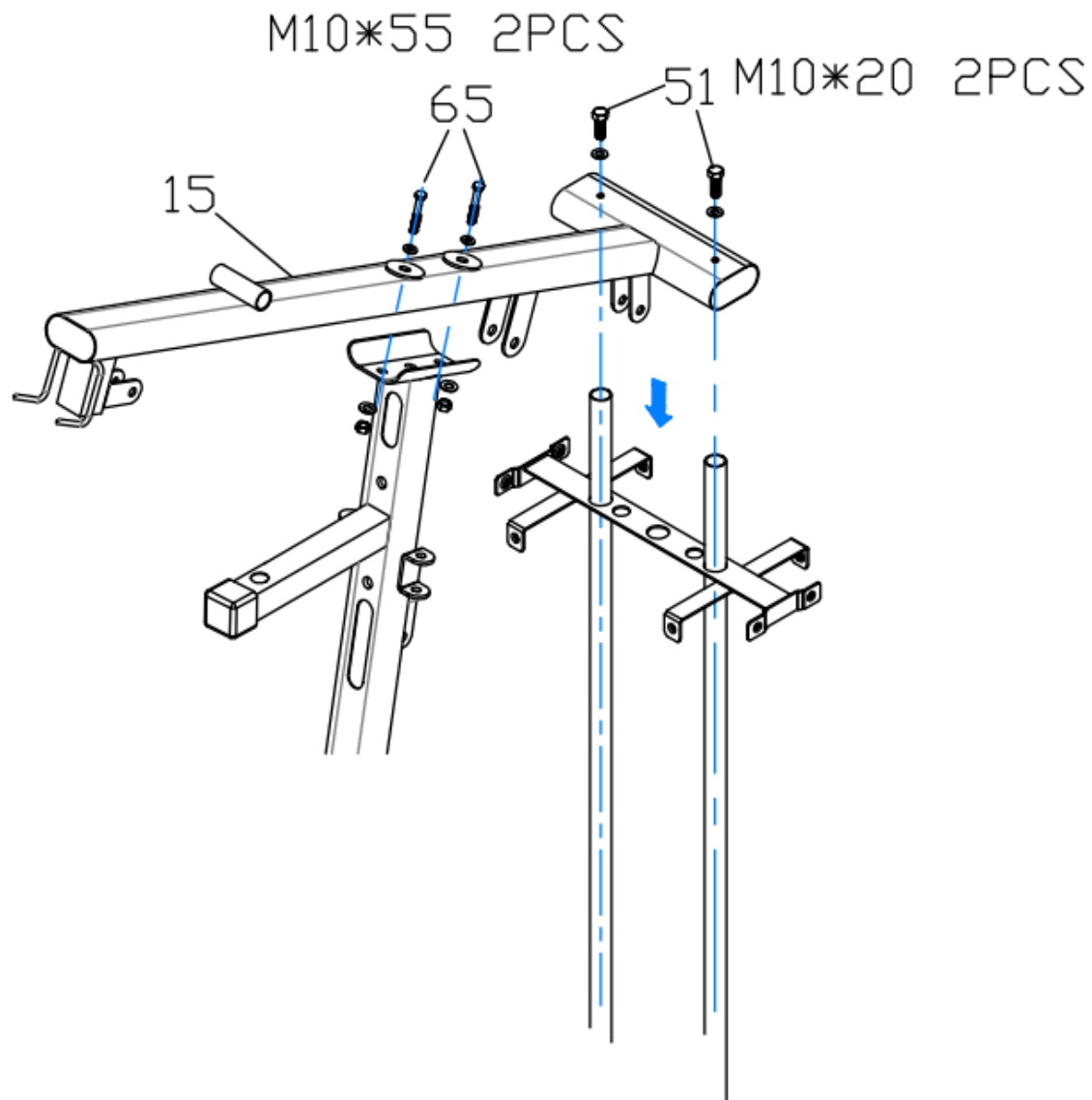
СТЪПКА 3

1. Поставете опорния прът за тежестите (6) и в задния стабилизатор (1) като използвате винтове и шайби (51).
2. Първо поставете двата дистанционера (8) в основата (7) и плочите - тежести (9)
3. в опорните пръти (6) (**Забележка:** прорезът на селектора за тежести върху плочите (9) трябва да е обърнат надолу)
4. Поставете селектора за тегло (11) в плочите - тежести (9).
5. Поставете пръстена (12) по такъв начин, че да се побере в противотежестта (10) и след това поставете противотежестта (10) в носещите пръти. Регулирайте шайбата (14) над отвора в центъра на противотежестта (10).
6. Поставете пръстена (12) в селектора за тежести (11) и го прикрепете към щифта (13).
7. Плъзнете основата (7) в опорните пръти (6).
8. Свържете капаци (53) с опорна (7) като използвате винтове и шайби (52).



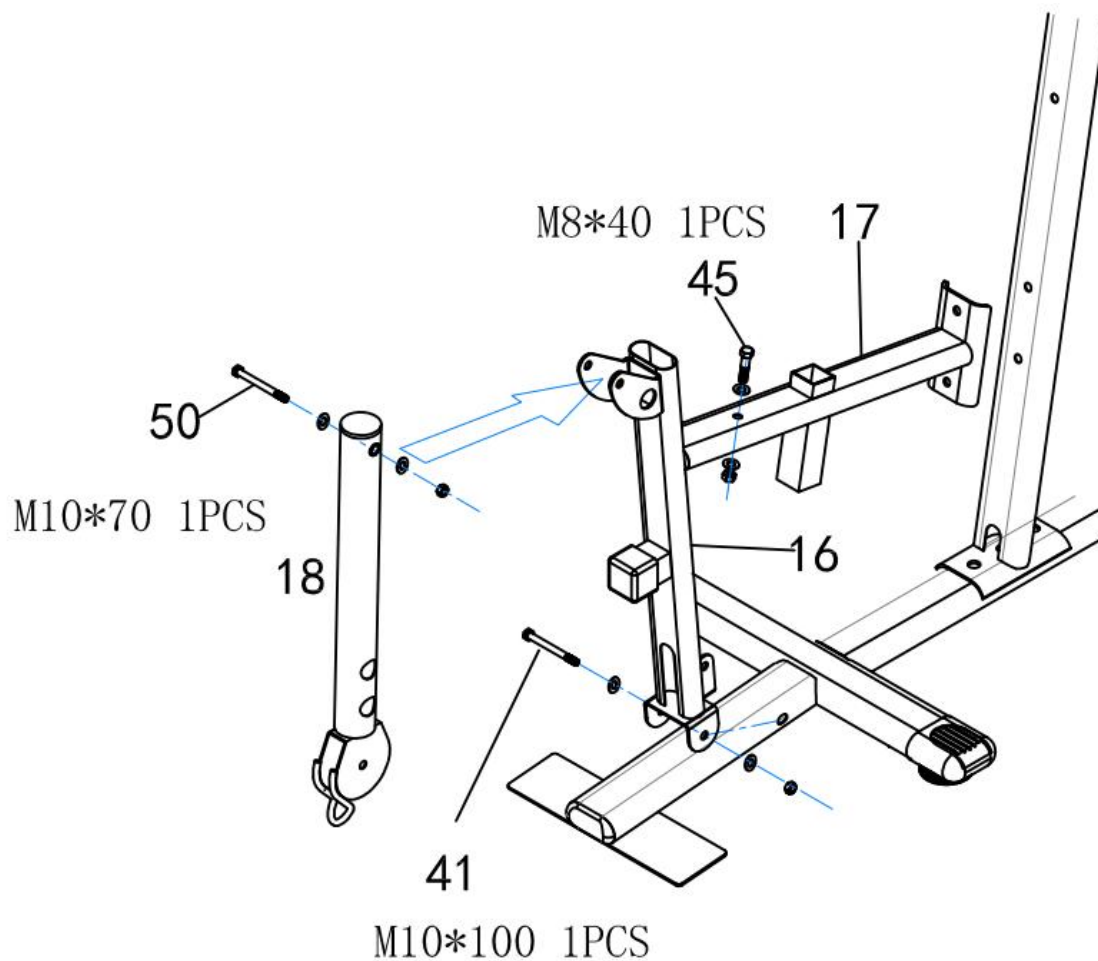
СТЪПКА 4

1. Прикрепете напречната горна ос (15) в опорните пръти (6) като използвате винтове и шайби (51).
2. Прикрепете напречната горна ос (15) към главната вертикална рамка (5) като използвате винтове и шайби (65).



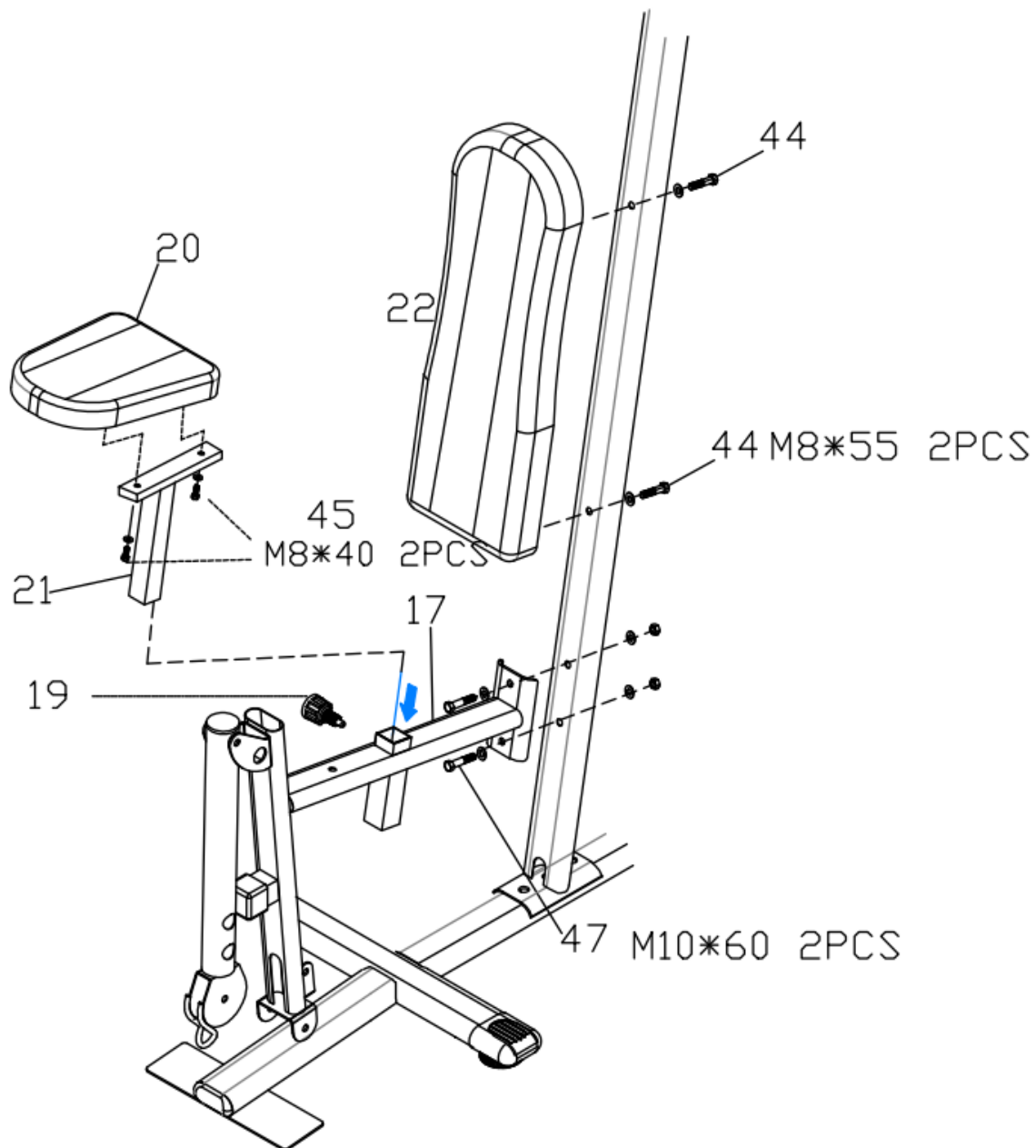
СТЪПКА 5

1. Регулирайте предната опора на седалката (16) в основната рамка (2) с винта + шайби + предпазни (41).
2. Регулирайте опората на седалката (17) в предната опора на предната седалка (16) с винта + шайби + предпазни (45).
3. Прикрепете удължението за краката (18) в предната опора на предната седалка (16) с винта + шайби + предпазни (50).



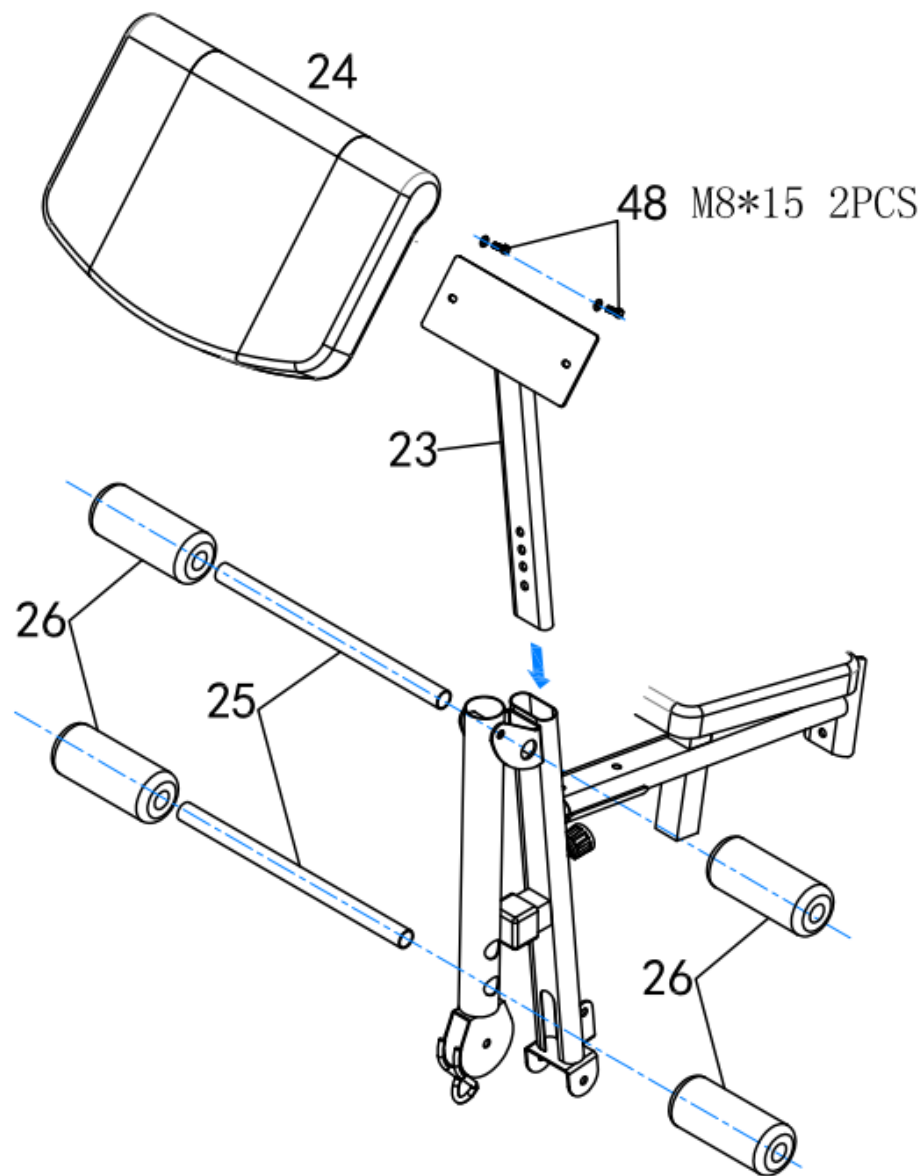
СТЪПКА 6

1. Регулирайте опората на седалката (17) в основната вертикална рамка (5) с винта + шайби + предпазни (47).
2. Регулирайте седалката (20) в основата (21) с помощта на винтове и шайби (45) и след това я прикрепете към опората на седалката (17) с помощта на заключващия щифт (19).
3. Поставете възглавницата на облегалката (22) на основната вертикална рамка (5) като използвате винтове и шайби (44).



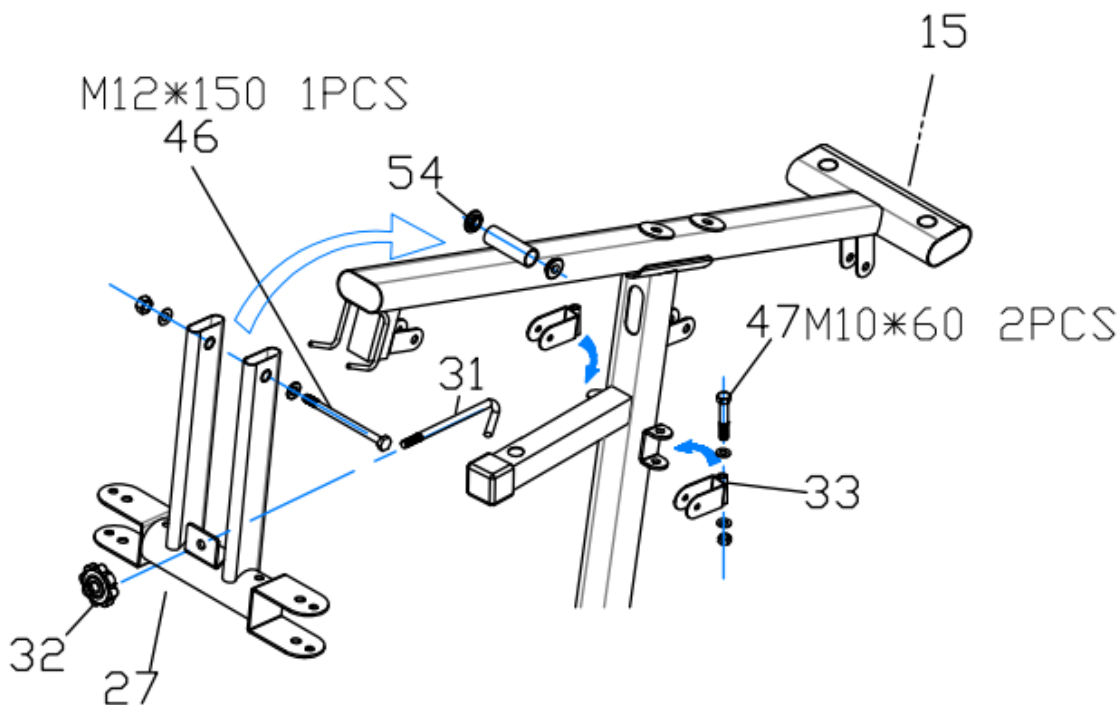
СТЪПКА 7

1. Прикрепете възглавницата за ръцете (24) към опорната основа (23) с винта + шайби (48) след това поставете върху предната опора на седалката (16) и фиксирайте със заключващия щифт (19).
2. Поставете опорните тръби (25) на удължението за краката (18). Поставете дунапреновите части (26) от всяка страна на опорните тръби .



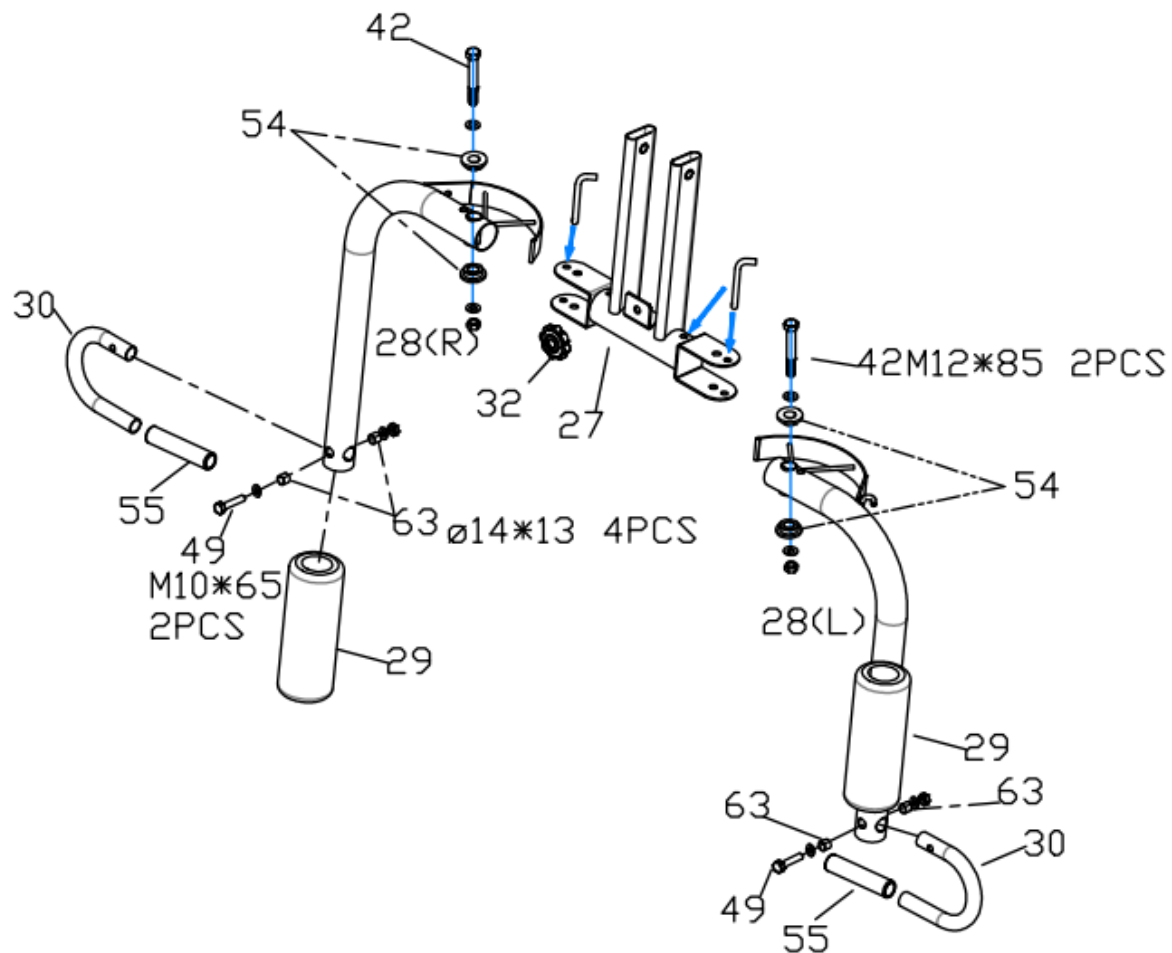
СТЪПКА 8

1. Поставете шайби(54) към напречната горна ос (15)
2. Монтирайте оста за налягане (27) към напречната горна ос (15) и винта + шайби + предпазни гайки (46).
3. Регулирайте въртящите се основи (33) към основната вертикална рамка (5) с винта + шайби + предпазни (47).
4. Единият край на куката (31) е закачен за оста (64), а другият край преминава през притискащата ос (27) и е фиксиран от заключващия щифт (32).



СТЪПКА 9

1. Закрепете дясната и лявата опорна ос за гърдите (28R/L) към оста за налягане (27) използване на големи шайби (54) и винта + шайби + предпазни гайки (42). след това свържете щифта (67) към опорната ос за гърдите (28) и притискащата ос (27).
2. Поставете големите дунапренови части (29) в дясната и лява опорна ос за гърдите (28R/L) Завинтете дръжките (30) към дясната и лявата опорна ос (28R/L) предпазни гайки (63) и винта + шайби + предпазни гайки (49) след това завинтете пластмасовите части (55).



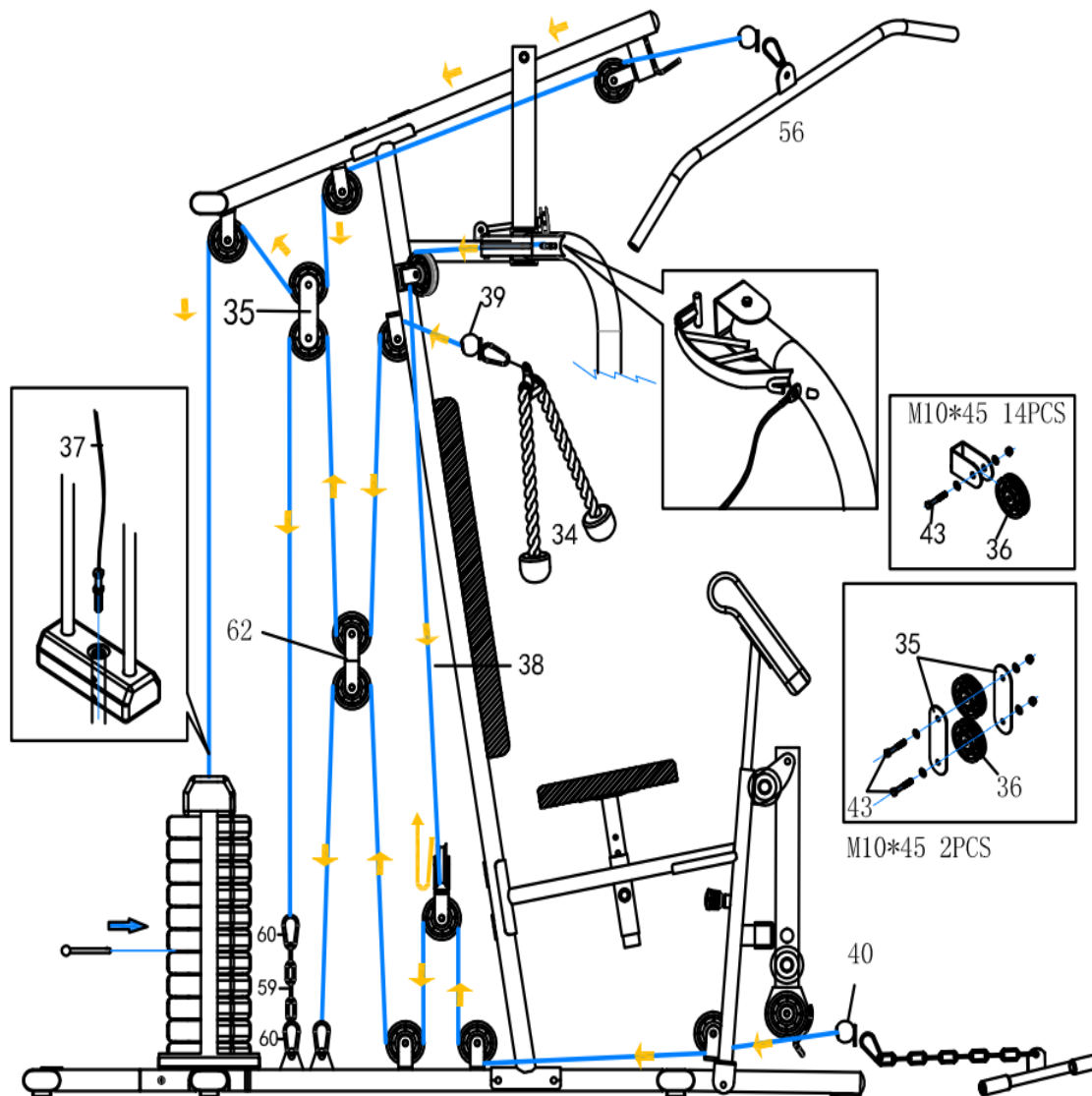
СТЪПКА 10

99% от случаите на счупване на обвивките на кабелите се дължат на факта, че кабелите са разхлабени. Кабелите винаги трябва да са стегнати и опънати. Можете да ги притиснете с веригата и куката, докато кабелите се опънат.

ВНИМАНИЕ: След сглобяването на мултиоргана и преди всяка употреба трябва да проверите дали гайките, шайбите и кабелите са стегнати.

РЕГУЛИРАНЕ НА ТЕЖЕСТТА НА НАТОВАРВАНЕ

1. Поставете щифта в отвора за избор на тегло.
2. Започнете тренировките си с тежести, като изберете най-леката плоча с тежести и постепенно увеличавайте теглото според вашите възможности.



57

ГАРАНЦИЯ НА КОМБИНИРАН ГИМНАСТИЧЕСКИ УРЕД /ПЕЙКА

Гаранцията е валидна за Две (2) години от датата на покупката

- Гаранцията покрива всички производствени грешки.
 - Подмяната на резервни части е по преценка на техника.
 - Сглобяването и проверката са за сметка на потребителя.
 - Посещението на техник след 14-те календарни дни от датата на покупката ще бъде начислено на потребителя с валидната такса на компанията.
 - Извън границите на сервизната услуга уредът ще се изпраща в основното сервизно помещение.
1. Уреди, повредени в рамките на 14 дни от датата на покупката, ще се получават от транспортна компания от местоположението на клиента. В този случай транспортните разходи се поемат от дружеството. (Ако става дума за неизправност на уреда).
 2. Уреди, повредени след 14 дни от датата на покупката ще се транспортират от клиента в транспортната компания. Транспортните разходи от транспортната компания до сервизното помещение и обратно са за сметка на компанията. (Ако става дума за неизправност на уреда).
- Гаранцията важи само за първия купувач на продукта.
 - Гаранцията важи само ако продуктът работи в дом - на закрито и не във фитнес зала, спортни зали, клубове, помещения на открито и др.
 - Ремонтирайте всички повреди възможно най-скоро.
 - Искове за обезщетение на клиента, поради липса на резервни части или поради забавяне на ремонта, не се приемат.
 - Транспортните разходи от транспортната компания до сервизната зала и обратно са за сметка на клиента. (Ако това е неизправност на потребителя).

ГАРАНЦИЯТА НЕ ВАЖИ

- Когато повредата е резултат от неправилна употреба или лоша поддръжка, падане, пожар.
- Също така гаранцията не покрива консумативи като пластмасови части, телени въжета (кабели), ролки, възглавници, дунапрени, еластични ленти, които са износени от употреба или по друга причина.
- Гаранцията не покрива щети поради виновност на неупълномощени за извършването на ремонт лица.
- Гаранцията не покрива повреди, причинени от лошо сглобяване.
- За да важи, гаранцията трябва да бъде придружена от доказателство за покупка.

Във всички горепосочени случаи потребителят поема разходите за посещение и резервни части.

- Компанията и вносителят не носят отговорност за евентуални печатни грешки.
- Продуктът е одобрен за търговия в Европейската общност, СЕ.

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**CALIŐMA İSTASYONU
MG1.2**



TURKISH MANUAL

ÖNEMLİ GÜVENLİK TALİMATLARI

Lütfen bu kılavuzu her zaman yanınızda bulundurunuz.

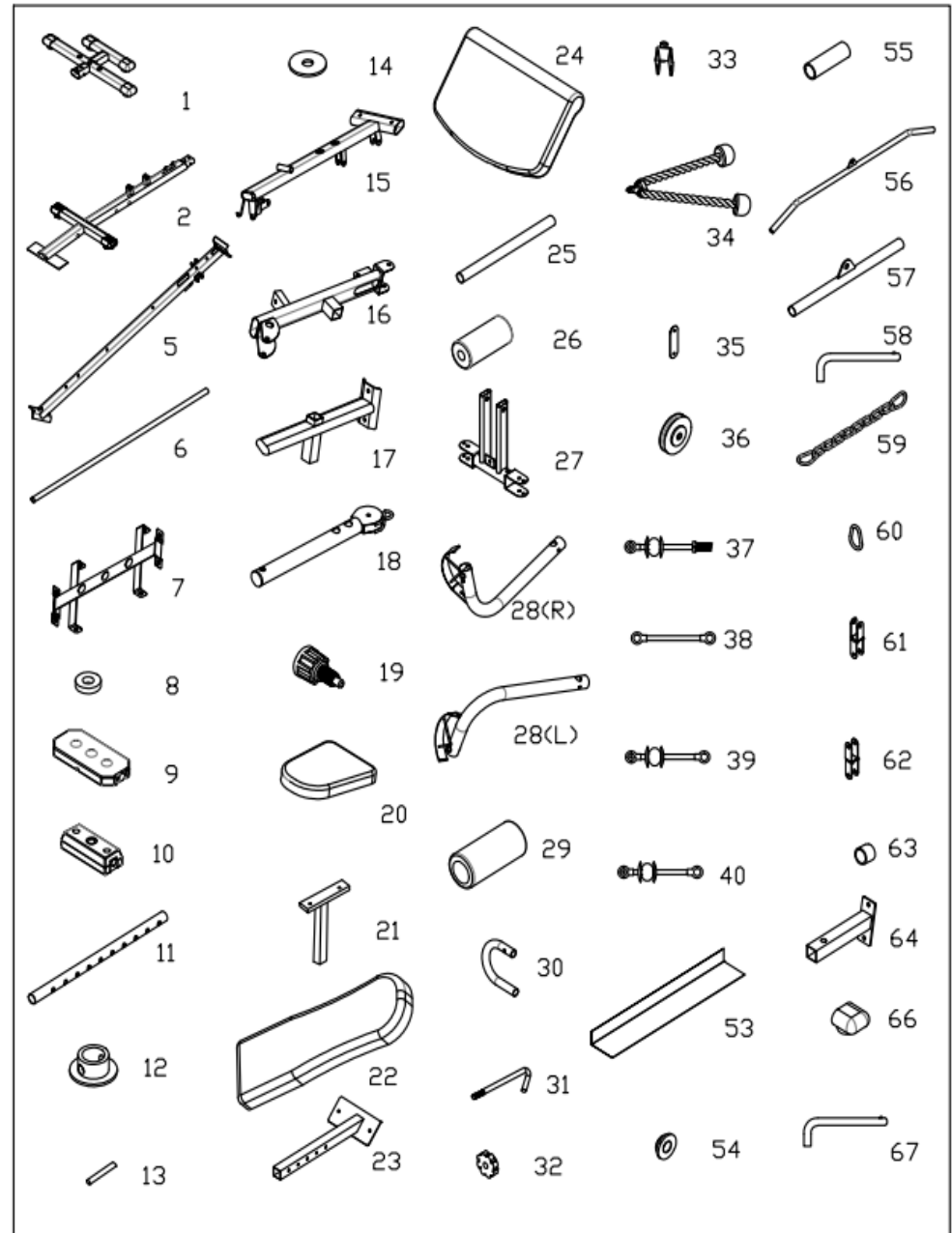
1. Bu ekipmanı monte etmeden ve kullanmadan önce, bu kılavuzun tümünü okumanız önemlidir. Ekipmanın doğru bir şekilde monte edilmesi, bakımının yapılması ve kullanılması durumunda ancak güvenli ve etkin bir şekilde kullanılabilir. Tüm kullanılcının tüm uyarılar ve önlemler hakkında bilgi verilmesi, sizin sorumluluğunuzdadır.
2. Herhangi bir egzersiz programına başlamadan önce, sağlığını ve güvenliğini riske sokabilecek ya da ekipmanı uygun bir şekilde kullanmanızı engelleyebilecek herhangi bir tıbbi ya da fiziksel durumunuzu tespit etmek için, doktorunuza danışmanız gerekmektedir. Kalp atışı hızınızı, kan basıncınızı ya da kolesterol seviyenizi etkileyen bir tedavi görüyorsanız, doktorunuzun tavsiyesi gereklidir.
3. Vücudunuzun verdiği tepkilere dikkat ediniz. Yanlış yada fazla egzersiz sağlığınıza zarar verebilir. Aşağıdaki bulgulardan biriyle karşılaşmanız durumunda, egzersiz yapmayı bırakın: ağrı, göğüs ağrısı, düzensiz kalp atışı, nefesin fazla kesilmesi, bayılma hissi, baş dönmesi ya da bunaltı hissi. Eğer bu durumlardan herhangi birini tecrübe ediyorsanız, egzersiz programınızı devam etmeden önce, doktorunuza danışmanız gerek.
4. Çocukları ve evcil hayvanları ekipmandan uzak tutunuz. Bu ekipman sadece yetişkinlerin kullanımı için tasarlanmıştır.
5. Bu ekipmanı sert ve düz bir yüzey üzerinde, zemin ya da halı için koruyucu bir örtü ile birlikte kullanınız. Güvenliği sağlamak için ekipmanın çevresi ile her yönden 0,75 metre boşluğu olmalıdır.
6. Ekipmanı kullanmadan önce, civataların ve somunların doğru şekilde sıkıldığından emin olunuz.
7. Ekipmanın güvenliğini, düzenli olarak hasar olup olmadığını kontrol ederek sağlayabilirsiniz.
8. Ekipmanı, her zaman belirtildiği şekilde kullanınız. Eğer ekipmanı monte ederken ya da kontrol ederken herhangi bir hasarlı parçanın bulunması ya da kullanım sırasında ekipmandan herhangi bir olağan dışı ses duyarsanız, hemen durdurun. Sorun çözülmeden ekipmanı kullanmayınız.
9. Ekipmanı kullanırken uygun giysiler giyiniz. Ekipmana takılabileceğinden veya hareketi sınırlandırıp, engelleyebileceğinden ötürü bol giysiler giymekten kaçınınız.
10. Ekipman, H.C sınıfına tabi olarak maksimum kullanıcı ağırlığı olarak 120kg için test edilmiştir. Fren özelliği, hızdan bağımsızdır.
11. Ekipman terapötik kullanım için uygun değildir.
12. Sirtınıza zarar vermemek için, ekipmanı taşıırken ya da kaldırırken gerekli özen gösterilmelidir.

PARÇA LİSTESİ

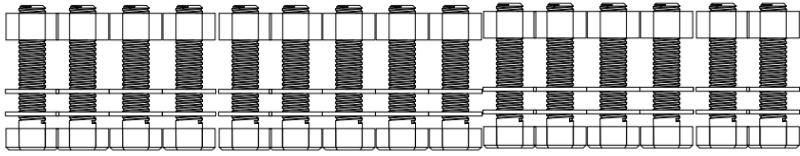
NO.	NAME	Q'TY	NO.	NAME	Q'TY
1	Rear Stabilizer base	1	42	Bolt (M12X85)	2
2	Main base	1	43	Bolt (M10X45)	16
5	Vertical support	1	44	Bolt (M8X55)	2
6	Chrome bars	2	45	Bolt (M8X40)	3
7	Weight cover support	2	46	Bolt (M12X150)	1
8	Cylindrical rubber stop	2	47	Bolt (M10X60)	6
9	Weights	11	48	Bolt (M8X15)	6
10	Upper weight	1	49	Bolt (M10X65)	2
11	Weight selector	1	50	Bolt (M10X70)	1
12	Upper weight socket	1	51	Bolt (M10X20)	4
13	Pin for upper weight socket	1	52	Bolt (M6X16)	16
14	Upper weight washer	1	53	Weight cover	4
15	Upper support	1	54	Bushing	6
16	Front seat support tube	1	55	Plastic sleeve	6
17	Seat support	1	56	Bar for upper pulley	1
18	Extension lever	1	57	Tension bar	1
19	Locking knob (assembled)	2	58	Selector PIN	1
20	Seat	1	59	Chain	2
21	Height adjustment for seat	1	60	Harness clip	7
22	Padded back	1	61	Double crutch for pulley	1
23	Metal support for biceps pad	1	62	Same direction wheel card	1
24	Cushion for biceps pad	1	63	Glove tubeø16*13	4
25	Cylinder holder shaft	2	64	Prop support	1

NO.	NAME	Q'TY	NO.	NAME	Q'TY
26	Foam	4	65	Bolt (M10X55)	4
27	Chest press	1	66	End cap	6
28	Arm (L&R)	2	67	Pin	2
29	Big foam	2			
30	Curve bar	2			
31	Handle screw for block lever(L)	1			
32	Knob	1			
33	Pulley support	2			
34	Abdominal muscle cable	1			
35	Screw plates for pulleys	2			
36	Pulley	16			
37	Selection bar cable 2560mm	1			
38	Butterfly arms cable 2850mm	1			
39	Cable for abdominal 2200mm	1			
40	Lower pulley cable 2740mm	1			
41	Bolt (M10X100)	1			

MONTAJ TALİMATLARI



NO:01



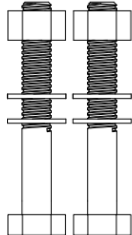
43# M10*45 16PCS



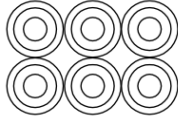
41# M10*100 1PCS



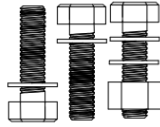
13# M10*50 1PCS



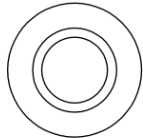
42# M12*85 2PCS



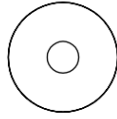
54# M8*40 6PCS



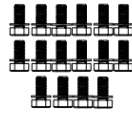
45# M8*40 3PCS



12# 1PCS



14# 1PCS

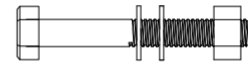


52# M6*16 16PCS

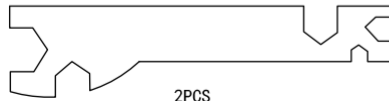
NO:02



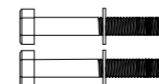
46# M12*150 1PCS



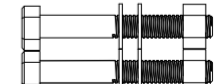
50# M10*70 1PCS



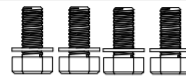
2PCS



44# M8*55 2PCS



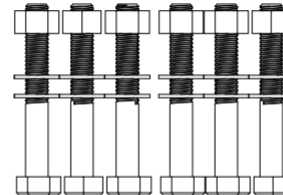
49# M10*65 2PCS



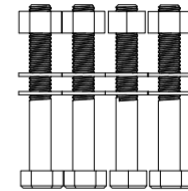
51# M10*20 4PCS



48# M8*15 6PCS



47# M10*60 6PCS

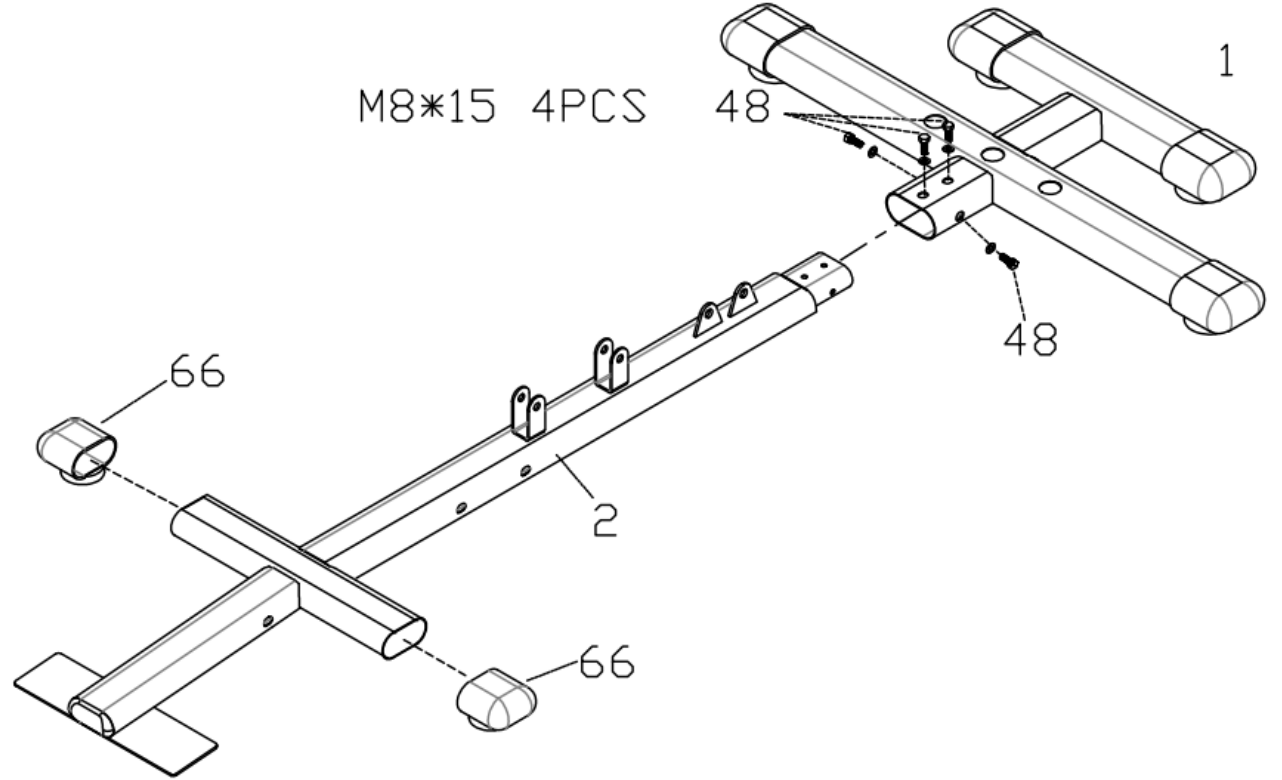


65# M10*55 4PCS

MONTAJ TALİMATLARI

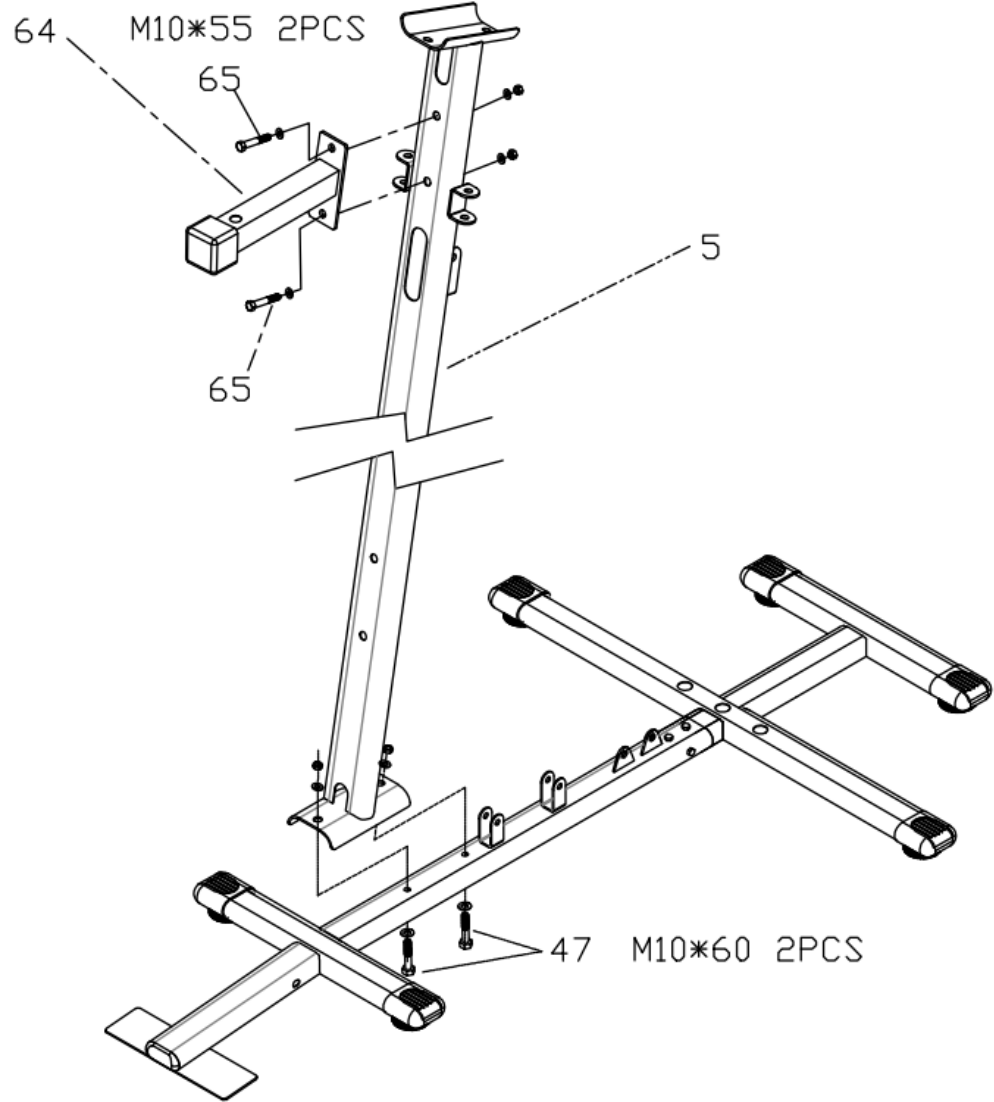
ADIM 1

1. Arka dengeleyiciği (1) civata ve rondela (48) kullanarak ana gövdeye (2) takınız.
2. Plastik tapaları (66) ana gövdeye (2) yerleştirin.



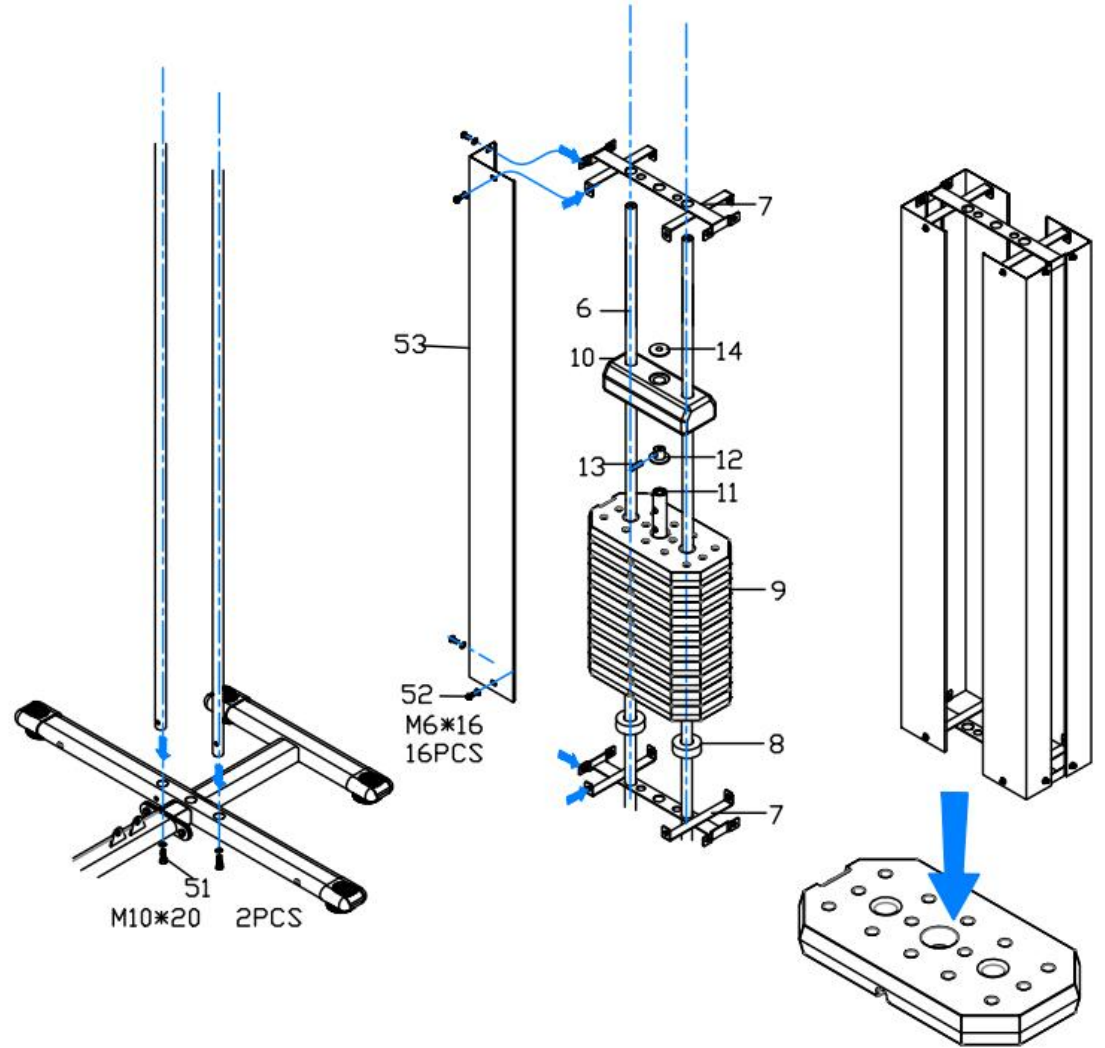
ADIM 2

1. Dikey destek borusunu (5) ile adet civata + rondela + somun (47) kullanarak ana gövdeye (2) takınız.
2. Direnç cubuğunu (64) ile adet civata + rondela + somun (65) kullanarak dikey destek borusuna (5) takınız.



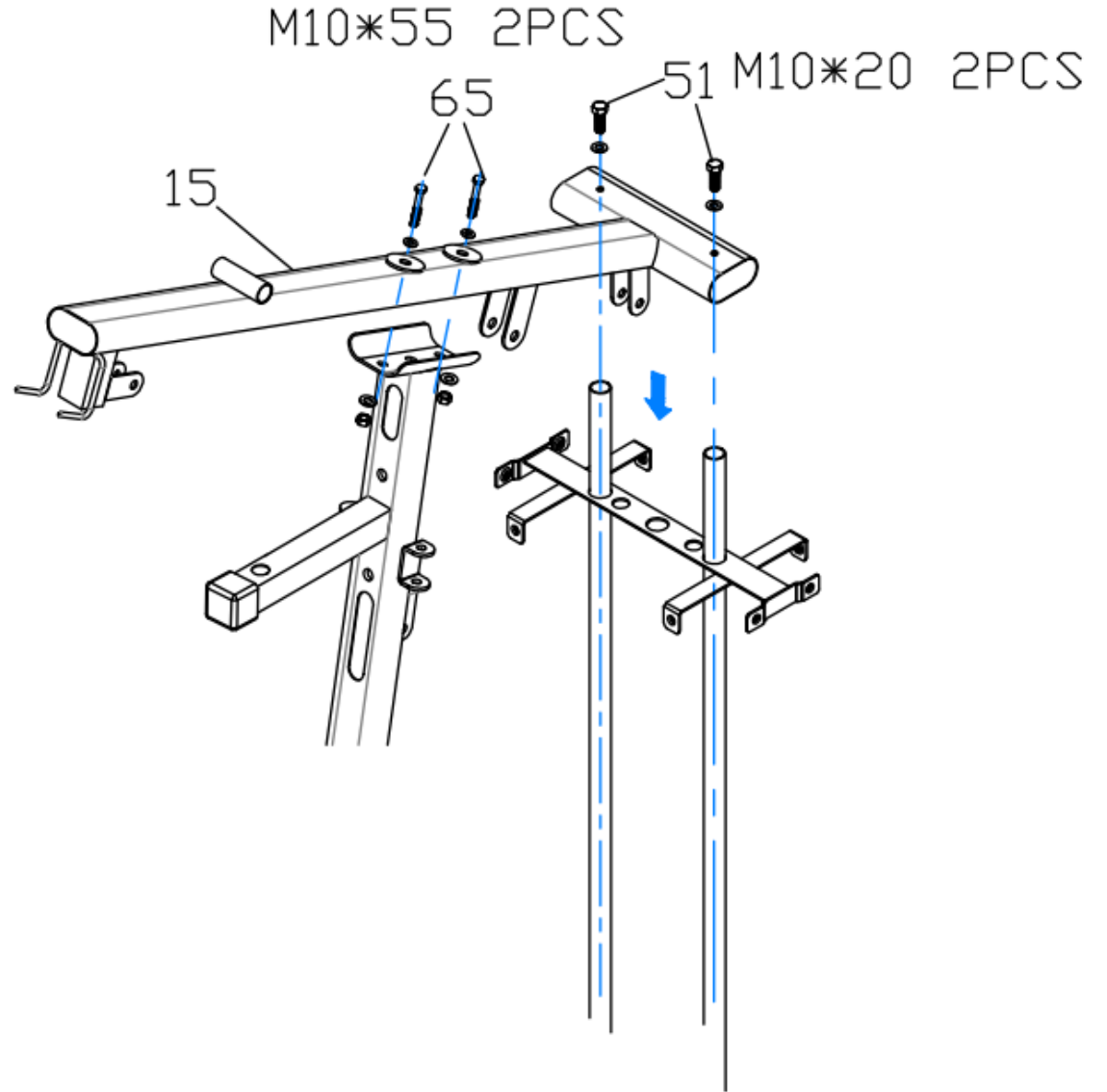
ADIM 3

1. Kılavuz çubuklarını (6) ve arka dengeleyiciğe (1) ile adet civata + rondela (51) kullanarak sabitleyiniz.
2. İlk önce lastik halkalarını (8) taban standına (7) ve ağırlık plakalarını (9) kılavuz çubuklarına (6) geçiriniz (Not: Plakaların (9) üzerindeki ağırlık seçici çentiği aşağı bakmalıdır)
3. Ardından seçme çubuğunu (11) ağırlık plakalarına (9) geçiriniz.
4. Halkayı (12) karşı ağırlığa (10) ve ardından karşı ağırlığı (10) destek çubuklarının içine oturacak şekilde yerleştirin. Rondelayı (14) karşı ağırlığın (10) merkezindeki deliğin üzerine yerleştirin.
5. Halkayı (12) ağırlık seçiciden (11) geçirin ve pime (13) takın.
6. Taban standını (7) kılavuz çubuklarına (6) geçiriniz.
7. Kaplamaları (53) civata ve rondela (52) kullanarak taban standına (7) takınız.



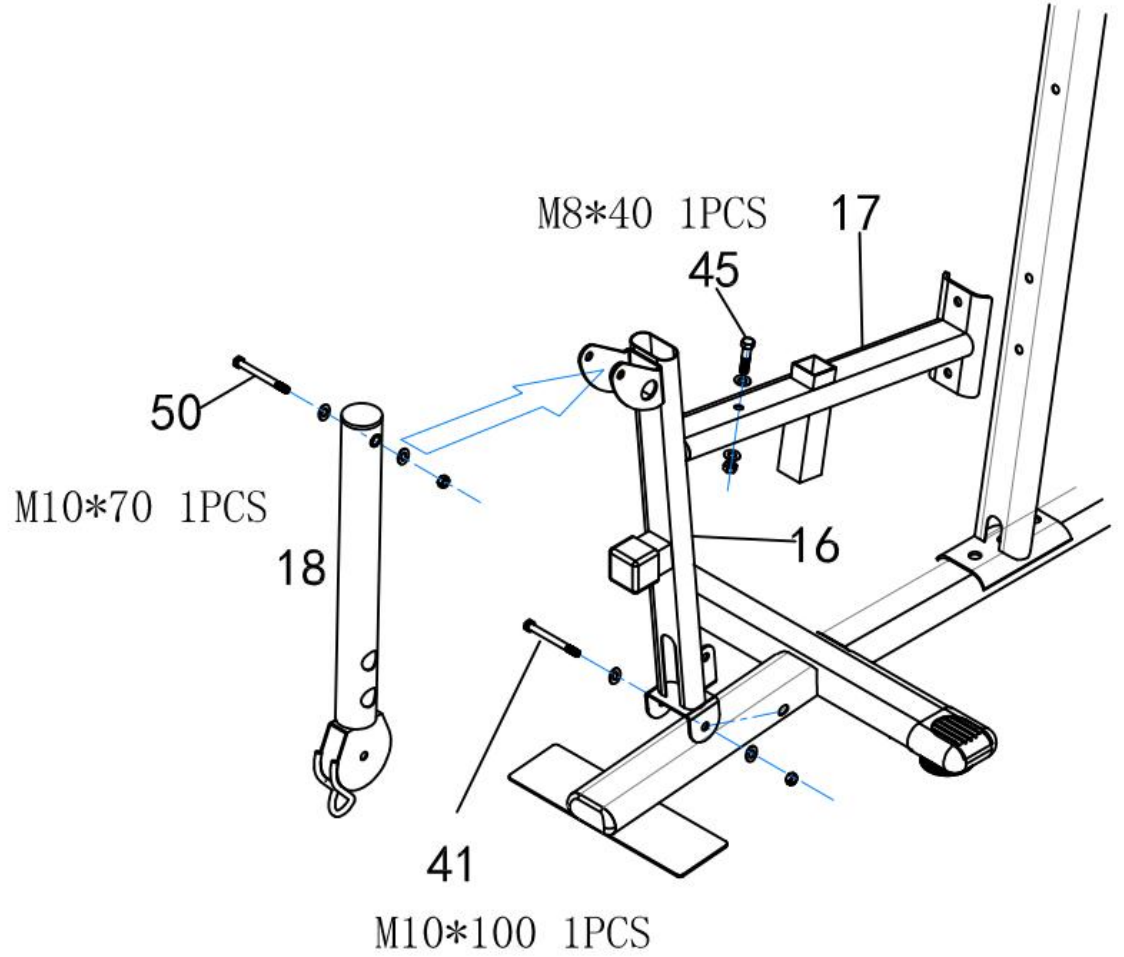
ADIM 4

1. Köprü borusunu(15) ile adet civata + rondela (51) kılavuz çubuklarına (6) takınız.
2. Köprü borusunu(15) ile adet civata + rondela + somun (65) kullanarak dikey destek borusuna (5) takınız.



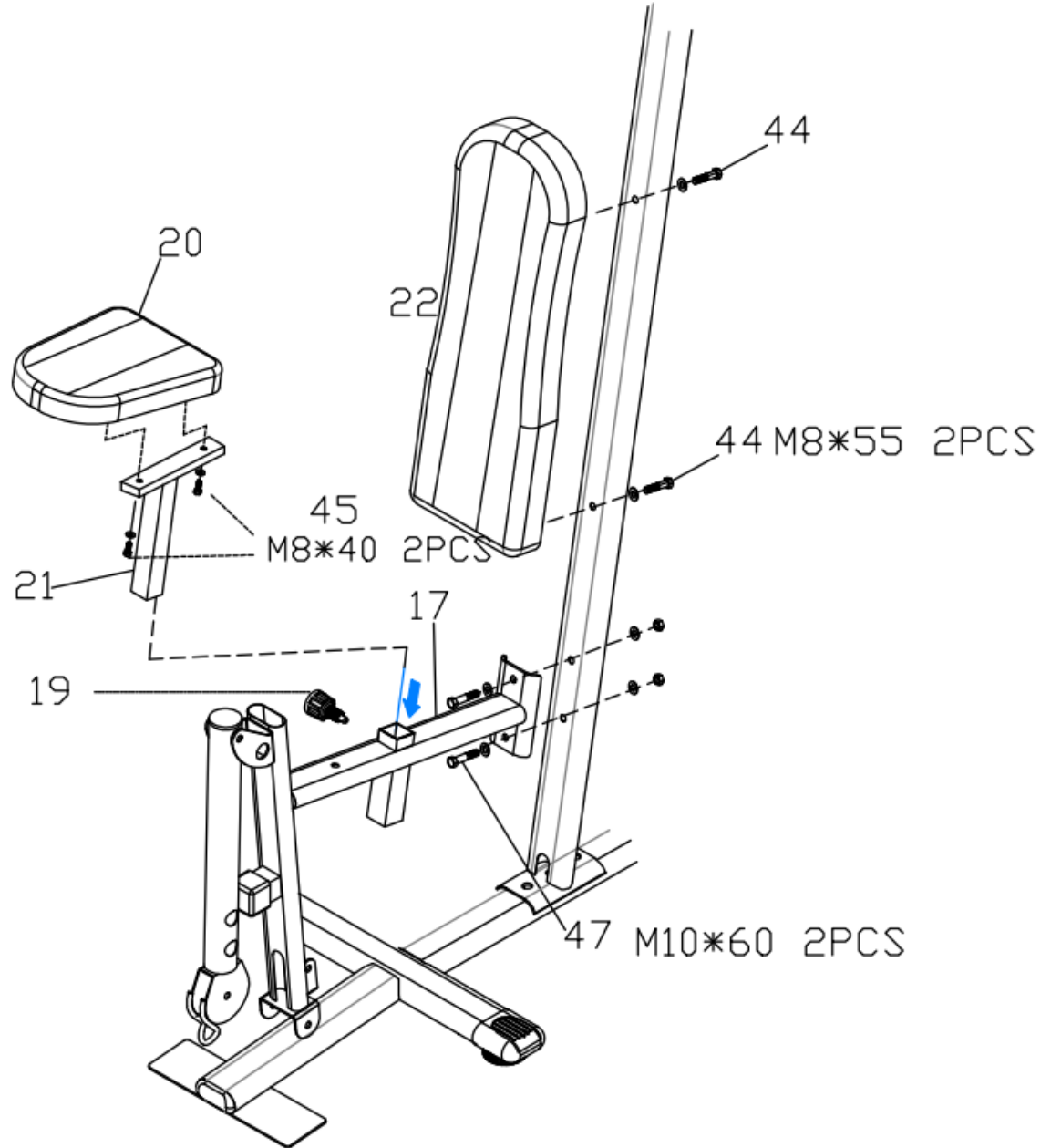
ADIM 5

1. Ön koltuk desteğini (16) ile adet civata + rondela + somun (41) ana gövdeye (2) yerleştirin.
2. Koltuk desteğini (17) ile adet civata + rondela + somun (45) ön koltuk desteğine (16) yerleştirin.
3. Ayak kıvrımı borusunu (18) ile adet civata + rondela + somun (50) ön koltuk desteğine (16) yerleştirin.



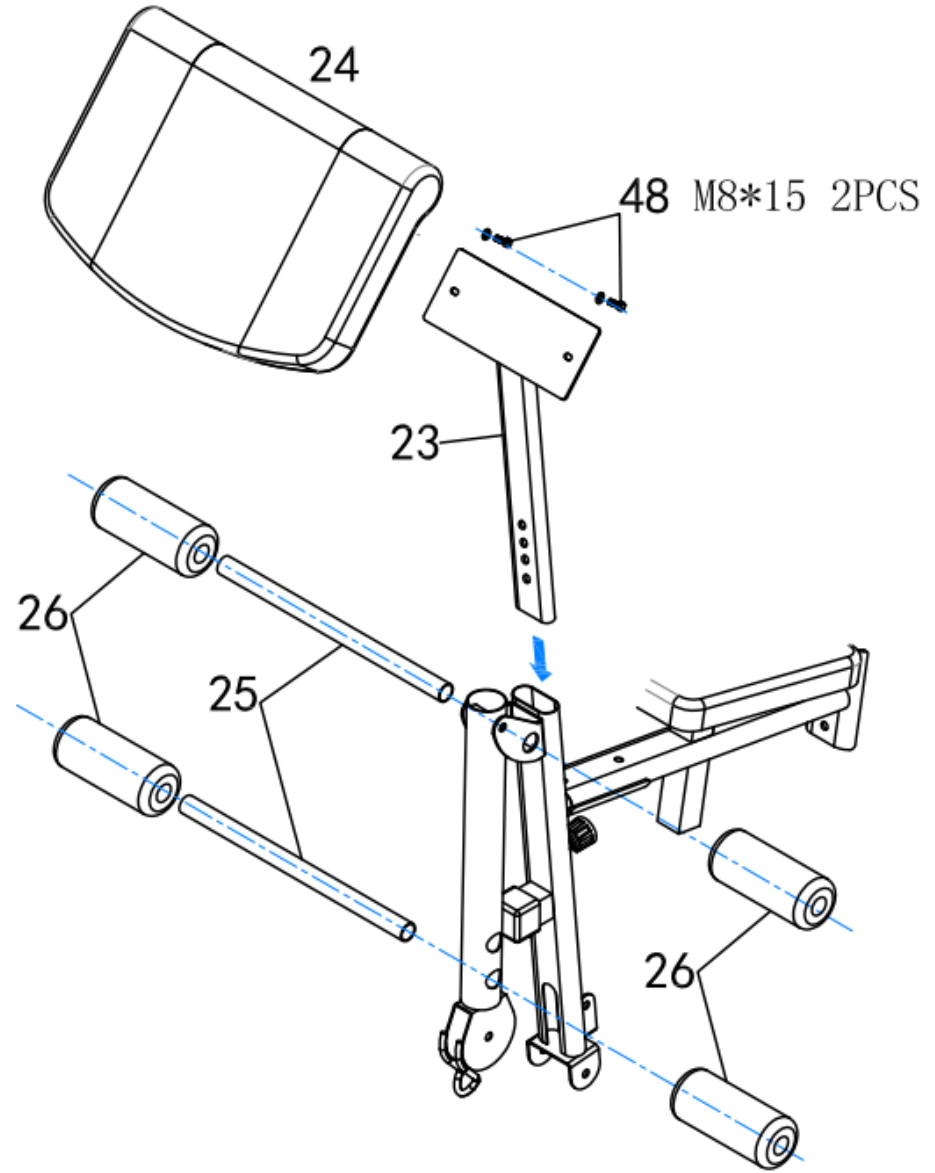
ADIM 6

1. Koltuk desteğini (17) ile adet civata + rondela + somun (47) ana dikey gövdeye (5) yerleştirin.
2. Vidaları ve rondelaları (45) kullanarak koltuğu (20) tabana (21) yerleştirin ve ardından kilitleme pimini (19) kullanarak koltuk desteğine (17) takın.
3. Sırt yastığını (22) adet civata + rondela (44) kullanarak dikey destek borusuna (5) takınız.



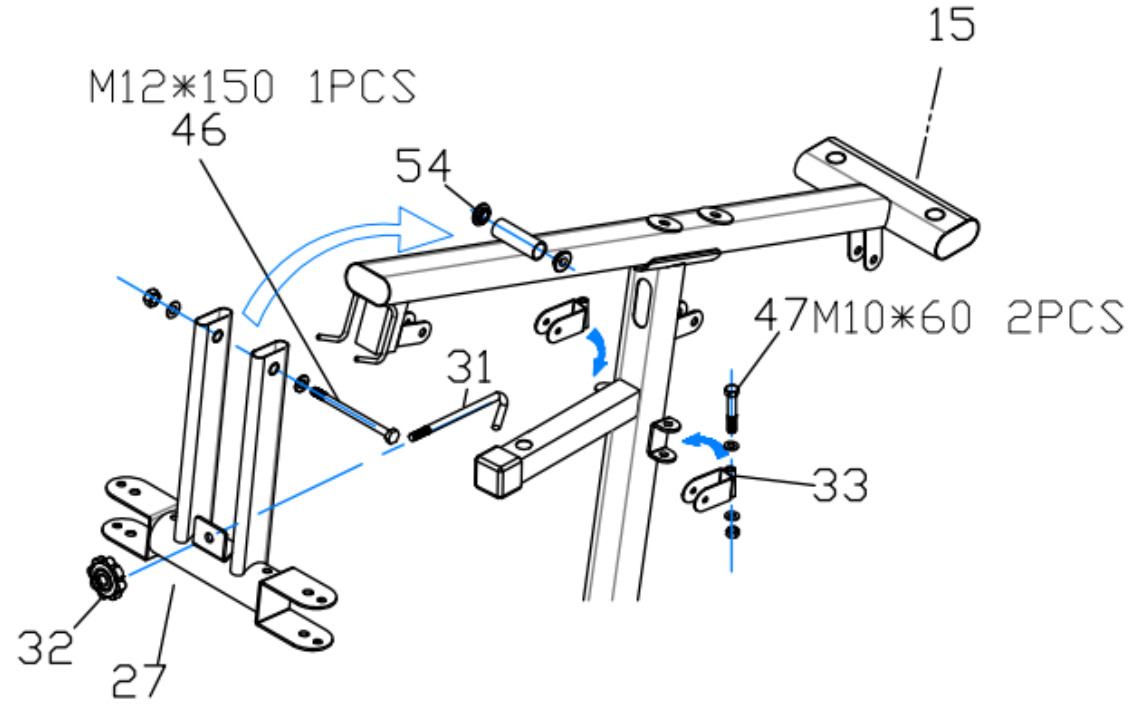
ADIM 7

1. Dirsek yastığını (24) adet civata + rondela (48) kullanarak dirsek yastığı borusuna (23) takınız ve ardından ön koltuk desteğinin (16) üzerine yerleştirin ve kilitleme pimi (19) ile sabitleyin.
2. Ayak kıvrımı için köpük çubuklarını (25) ayak kıvrımı borusuna (18) geçirin. Köpükleri (26) her köpük çubuğuna geçirin.



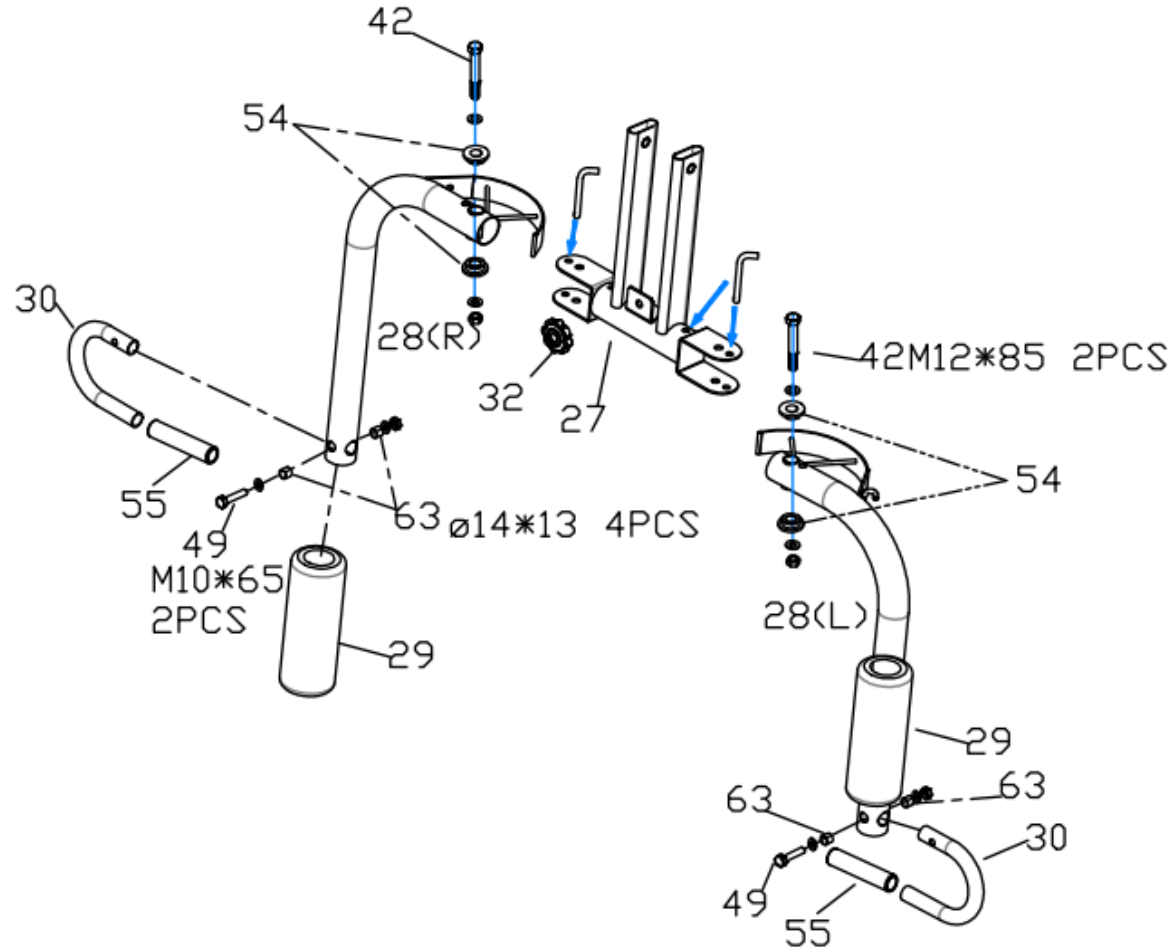
ADIM 8

1. Yıkıntıları (54) ön üst aksa takın(15)
2. Çekme ünitesini (27) civata + rondela + kilit somun (46) kullanarak köprü borusuna (15) takınız.
3. Döner tabanları (33) ile adet civata + rondela + somun (47) ana dikey gövdeye (5) yerleştirin
4. Çubuğun (31) bir ucu mile (64) asılmakta diğer ucu ise basınç milinden (27) geçerek kilitleme pimi (32) ile sabitlenmektedir.



ADIM 9

1. Sağ ve sol kelebek kolarını (28R/L) büyük rondela (54) civata + rondela + kilit somun (42) kullanarak çekme ünitesine (27) takınız daha sonra pimi (67) göğüs destek miline (28) ve basınç miline (27) bağlayın.
2. Kelebek kolu köpüklerini (29) sağ ve sol kelebek kolarına (28R/L) geçirin. Gidonları (30) kilit somun (63) civata + rondela + kilit somun (49) kullanarak sağ ve sol kelebek kolarına (28R/L) takınız ardından plastik parçaları (55) vidalayın.



CALIŐMA İSTASYONU GARANTİSİ

Ürünün satın alındığı tarihten iki (2) yıl boyunca geçerlidir.

- Garanti herhangi bir üretim hatasını kapsar.
 - Yedek parçanın değiştirilmesi teknisyenlerin takdirine bağlıdır.
 - Montaj,kontrol tüketici tarafından karşılanır.
 - Ürünün satın alındığı tarihten 14 gün sonra teknisyen tarafından bakımı için şirket tarafından gösterilecek ücret, tüketici tarafından karşılanır.
 - Servisin olmadığı alanlarda, ürün ana servise gönderilecektir.
1. Ürün satın alındığı tarihinden itibaren 14 gün içinde gerçekleşen bir hasarda müşterinin evinden kargo ile teslim alınacaktır. Bu durumda kargo maliyetleri şirket tarafından karşılanır. (Cihaz kaynaklı bir arıza ise).
 2. Ürünün satın alındığı tarih üzerinden 14 gün geçmesi durumunda yaşanan bir hasarda, ürün kargo şirketine müşteri tarafından ulaştırılacaktır. Ürünün kargo şirketinden servis merkezine gönderilme masrafları şirket tarafından karşılanacaktır. (Cihaz kaynaklı bir arıza ise).
- Garanti yalnızca ürünün ilk alıcısı için geçerlidir.
 - Garanti sadece ürünün (spor salonlarında, kulüplerde, ortak alanlarda değil)
 - ev ürünü olarak kullanılması durumunda geçerlidir.
 - Hasar mümkün olan en kısa süre içinde onarılır.
 - Gerek yedek parça eksikliği gerekse onarımda yaşanan gecikmeyle ilgili olarak müşteri hiçbir tazminat talebinde bulunamaz.(İstemci kaynaklı bir arıza ise)

GARANTİ GEÇERLİ, DEĞİLDİR

- Hasarın kötü kullanım veya yetersiz bakım kaynaklı olması durumunda, geçerli değildir.
- Garanti plastik parça, tel halat, makara, yastık, köpüklü parça, kemer gibi sarf malzemelerin kötü kullanımdan veya başka bir nedenden dolayı zarar görmelerini kapsamaz.
- Garanti cihazın yetkisiz kişiler tarafından onarımını veya bakımını sırasında verdiği hasarı kapsamaz.
- Garanti kötü montajdan oluşan hasarı kapsamaz.
- Garantinin geçerli olması için ürüne alışveriş fişinin/faturasının da eşlik etmesi gerekir.

Yukarıdaki tüm durumlarda, teknik servisin ziyaretinin ve yedek parça masraflarının maliyeti kullanıcıya aittir.

- Şirket ve ithalatçı yazım hatalarından sorumlu değildir.
- Ürün, Avrupa Topluluğu'nda,(CE) pazarlama onayına sahiptir.

INTERSPORT TURKISH

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