

USER'S MANUAL



Equipment group: Strength machines

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I. INSTALLATION

- a) The equipment must be installed on a solid, flat and level surface.
- b) All devices should be anchored to the ground in a way that prevents their overturning. Failure to anchor the device poses a risk to life and health of the users.
- c) All anchor points must withstand a breaking force of 340 kg (750 lb; 3.3 kN).

II. BEFORE USE

Please note that while using this device, there may be threats to life and health. Observe the following instructions to avoid hazards:

- a) Children must not use sports equipment without the supervision of a guardian.
- b) UThe device should only be used for its intended purpose. Please read the operating instructions before using it.
- c) Check the device before using it. Damaged equipment should not be used.
- d) The device should not be used as a substitute for other physical exercises.
- e) During training with the device, always use the help of an observer who will ensure your safety against injury.
- f) Do not exceed the maximum allowable load weight indicated for the device.
- g) Do not exceed the maximum allowable user weight.
- h) During use, the loads must be secured against falling by means of securing elements designed for this purpose – if required for this device.
- i) Loads should be evenly distributed on the surface designated for this purpose.
- j) In the event of a threat to life or health when using the device, immediately refrain from further use and report this fact to the service.
- k) Keep body parts, hair, loose clothing, etc. away from the moving parts of the bicycle.
- l) It is recommended to anchor the devices to the ground in order to avoid the risk of overturning.
- m) In the case of using the Smith Machine, before starting and ending the exercises, make sure that the barbell protection is functional and that the barbell is properly set aside.
- n) If the device is equipped with emergency safety measures, use them during training.
- o) If you are adjusting the position of the adjustable elements, before you start exercising, make sure that the adjustment lock is operational and that it is firmly seated in the opening.

III. OPERATION

- a) Do not exceed the maximum allowable user weight.
- b) Do not exceed the maximum allowable load weight.
- c) Before starting the training, the adjustment elements should be properly set in order to ensure the proper ergonomics of the training. If you are adjusting the position of the adjustable elements, before you start exercising, make sure that the adjustment lock is operational and that it is firmly seated in the opening – if required for this device.
- d) Sit down in a way that enables you to perform the training correctly and safely.
- e) Train with a load that you can safely control during training.
- f) Remember that the incorrect adjustment of the load can lead to injury.

IV. MAINTENANCE

- a) Do not use equipment that is damaged or has damaged or worn components.
- b) Do not remove labels and markings applied by the seller.
- c) Preventive maintenance plays a key role in the trouble-free operation of the equipment and minimizes the user's liability for possible faults. Check the condition of the equipment regularly.
- d) Ensure that anyone who carries out any adjustment, maintenance or repair work is properly qualified.

IV. DEVICE CHECKLIST

Description	Frequency
Czyszczenie Cleaning the upholstery **	Every day
Cleaning the handles **	Every day
Inspection of the machine cables *	Every day
Checking screw connections	Once a week
Cleaning the frame	Once a week
Frame inspection	Once a month
Czyszczenie prowadnic	Once a month
Lubricating the guides ***	As required

Failure to perform the checks leads to the loss of the warranty

* If applicable.

** For cleaning, use agents that are safe for the materials, for example water with a mild detergent.

*** For lubrication, use the lubricants recommended by the seller. The use of other substances may void the warranty.

VI. ADDITIONAL REMARKS

The equipment may be used only under the supervision of the owner or persons designated by them. The owner is responsible for indicating the persons authorized to supervise, control and use the device.

The device is intended for indoor commercial use.



Distribution & Service