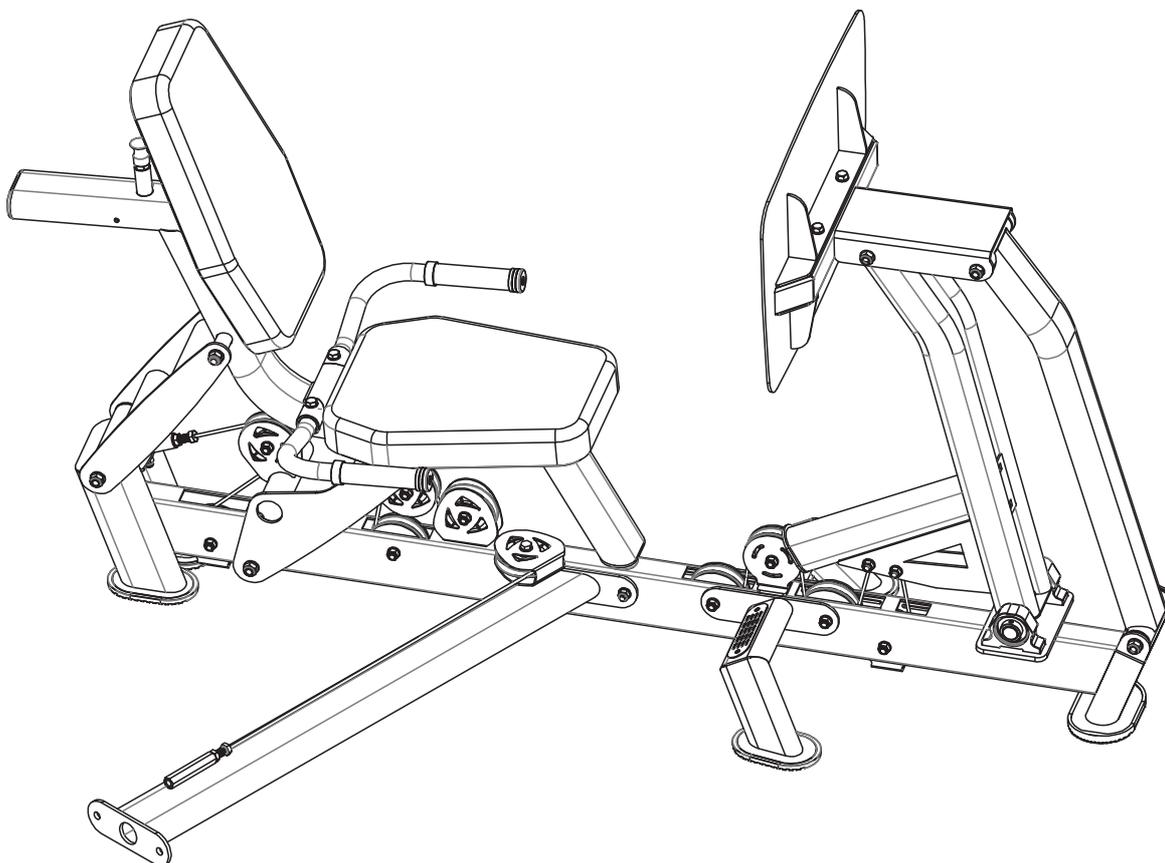




SAMLINGS MANUAL PF-HG8800-LP

Leg press til ProFlex Multitræner



FORSIGTIG!

Læs alle forholdsregler og instruktioner i denne manual før du bruger udstyret

VIGTIG SIKKERHEDSMEDDELTSE

Forholdsregler

Denne træningsmaskine er bygget til optimal sikkerhed. Der gælder dog visse forholdsregler, når du betjener et træningsudstyr. Sørg for at læse hele manualen, før du samler eller betjener din maskine. Bemærk især følgende sikkerhedsforanstaltninger:

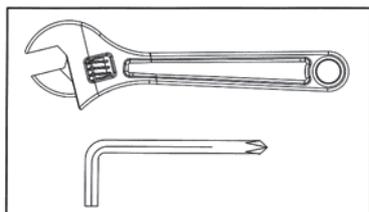
1. Hold altid børn og kæledyr væk fra maskinen. EFTERLAD IKKE børn uden opsyn i samme rum med maskinen.
2. Kun én person ad gangen bør bruge maskinen.
3. Hvis brugeren oplever svimmelhed, kvalme, brystmerter eller andre unormale symptomer, STOP træningen med det samme. KONSULTER STRAKS EN LÆGE.
4. Placer maskinen på en ren, jævn overflade. BRUG IKKE maskinen i nærheden af vand eller udendørs.
5. Hold hænderne væk fra alle bevægelige dele.
6. Bær altid passende træningstøj, når du træner. BÆR IKKE morgenkåbe eller andet tøj, der kan blive fanget i maskinen. Løbe eller sportssko er også påkrævet, når du bruger maskinen.
7. Brug kun maskinen til dens tilsigtede brug som beskrevet i denne vejledning. Brug IKKE tilbehør, der ikke er anbefalet af producenten.
8. Anbring ikke skarpe genstande omkring maskinen.
9. Handicappede personer bør ikke bruge maskinen uden en kvalificeret person eller læge til stede.
10. Før du bruger maskinen til at træne, skal du altid lave strækøvelser for at blive varmet ordentligt op.
11. Betjen aldrig maskinen, hvis maskinen ikke fungerer korrekt.

ADVARSEL: SNAK MED DIN LÆGE, FØR DU BEGYNDER ET TRÆNINGSPROGRAM. DETTE ER SÆRLIG VIGTIGT FOR PERSONER OVER 35 ÅR ELLER PERSONER MED EKSISTERENDE SUNDHEDSPROBLEMER. LÆS ALLE INSTRUKTIONER, FØR DU BRUGER ETHVERT FITNESSUDSTYR. VI PÅTAGER OS INTET ANSVAR FOR PERSONSKADE ELLER EJENDOMSSKADE SKET VED BRUGEN AF DETTE PRODUKT. GEM DISSE INSTRUKTIONER.

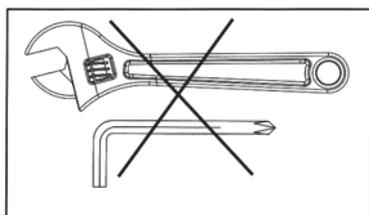
VIGTIG SAMLINGS INFORMATION

- ❖ Værktøjer behøvet for samling af bænken: Svensknøgle og unbraconøgle
- ❖ NOTE: Det er stærkt anbefalet at dette udstyr er samlet af to eller flere mennesker for undgå mulige skader
- ❖ Vær sikker på at **bræddeboltene** er indsat gennem de firkantede huller på komponenterne der skal samles. Sæt kun spændeskiven på enden af bræddebolten.
- ❖ **Unbracobolte eller sekskantede bolte** kun er indsat gennem det **RUNDE hul** på komponenter der skal samles.
- ❖ Monter boltene på bænken uden at spænde dem før alle bolte er monteret

Stram møtrikker og bolte

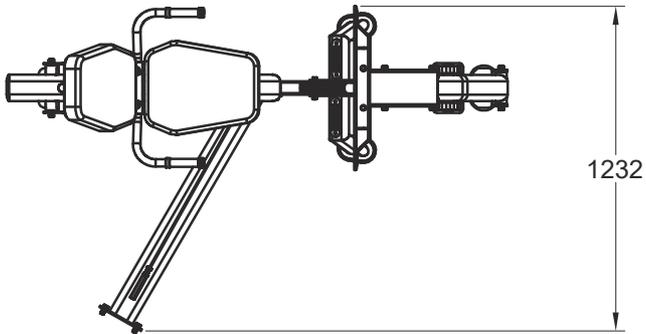
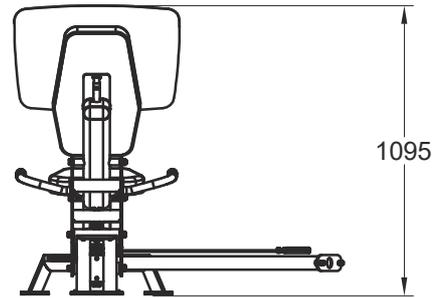
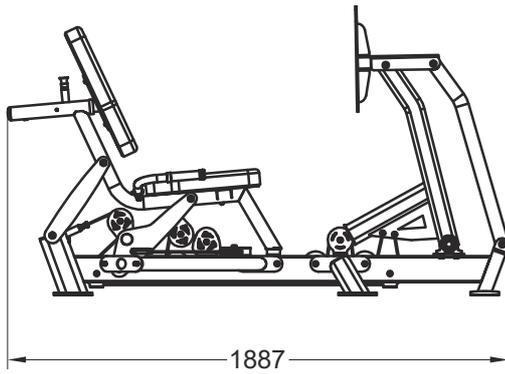


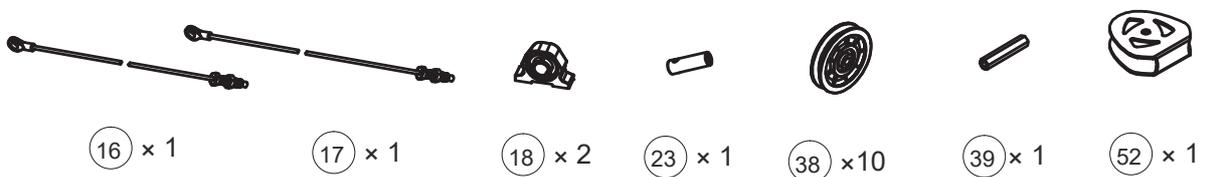
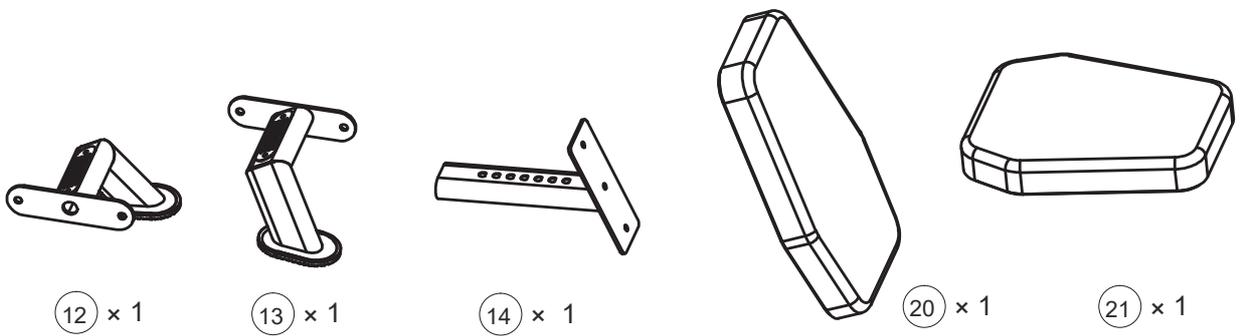
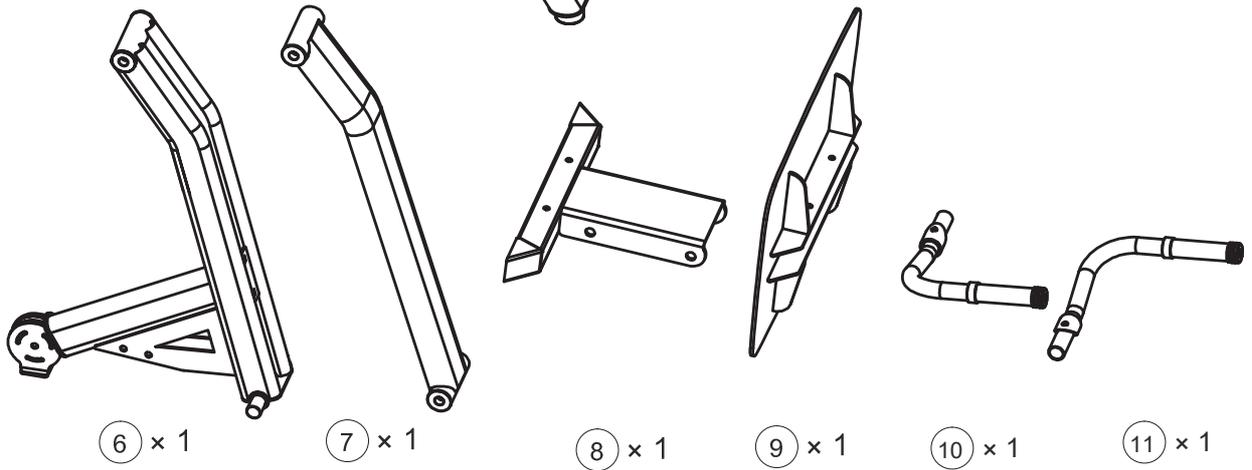
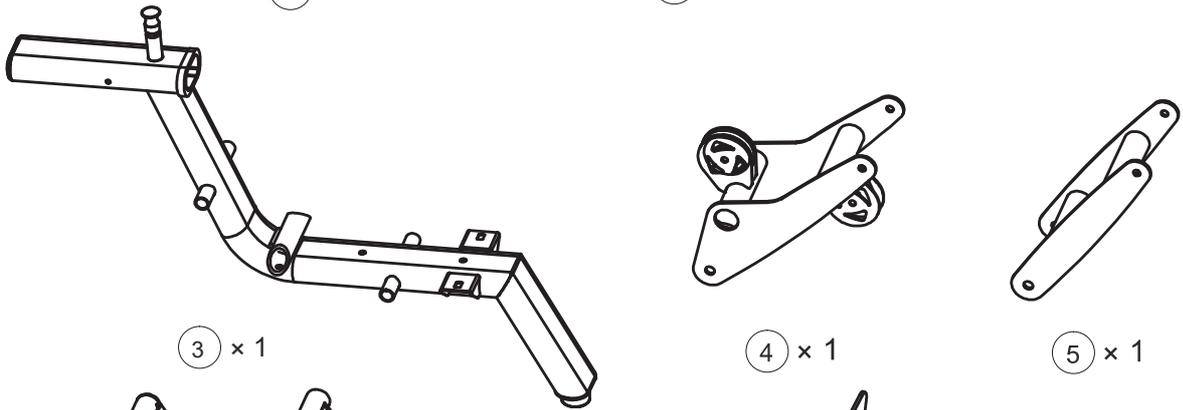
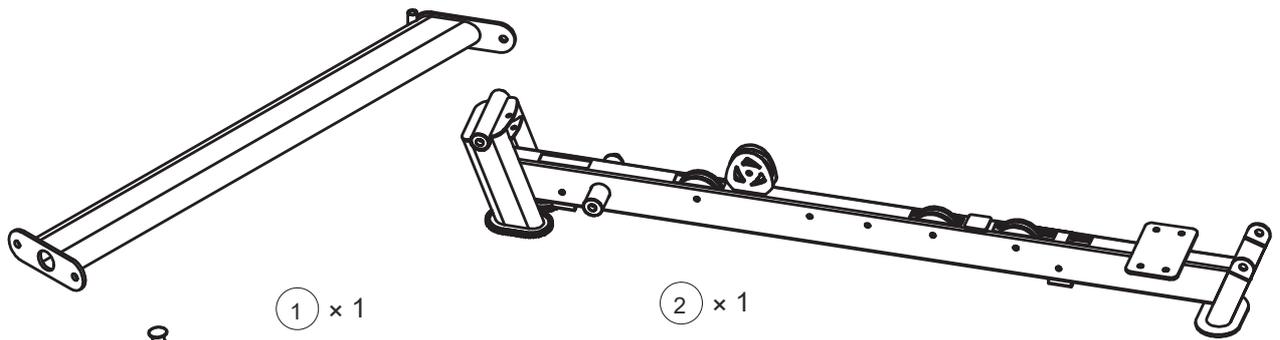
Stram sikkert alle møtrikker og bolte efter alle komponenter er samt i nuværende og tidligere trin. **NOTE:** Lad vær med at over stramme enhver komponent med dreje funktioner. Vær sikker på at alle drejende komponenter kan bevæge sig frit

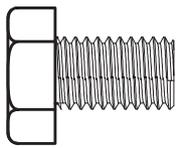


Lad vær med at stramme alle møtrikker og bolte i dette trin

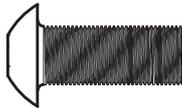
Samlet Dimensioner: 1887mm x1232mm x1095mm



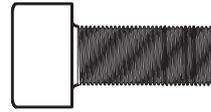




46 × 4



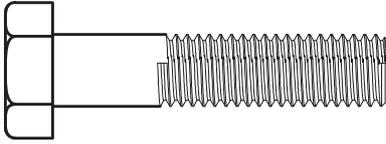
54 × 2



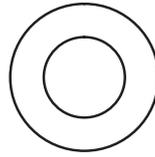
30 × 1



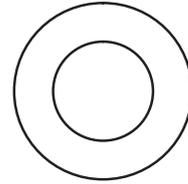
41 × 4



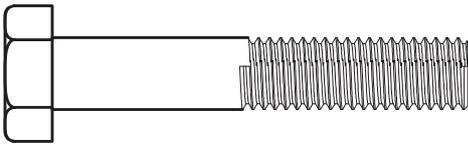
47 × 5



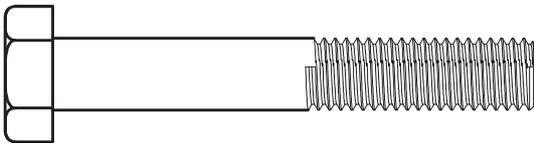
42 × 41



43 × 14



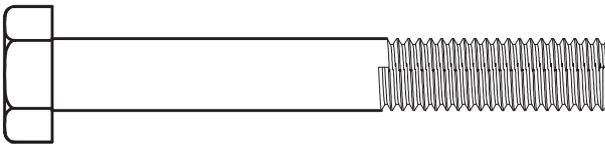
48 × 5



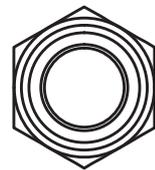
49 × 3



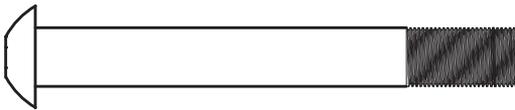
44 × 18



50 × 6



45 × 12

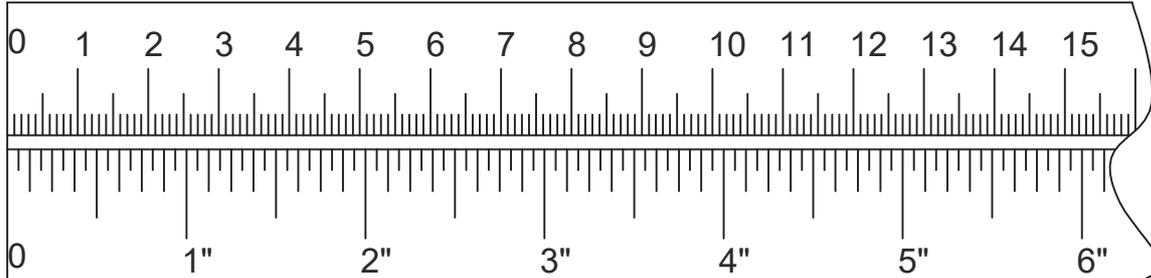


55 × 2



40 × 1

mm

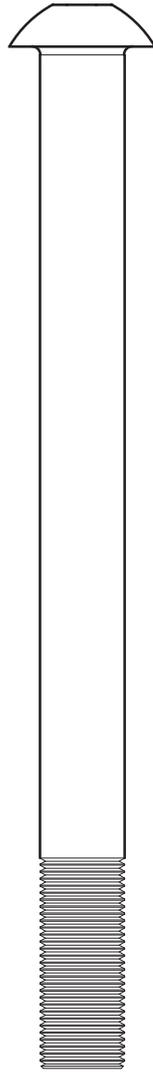




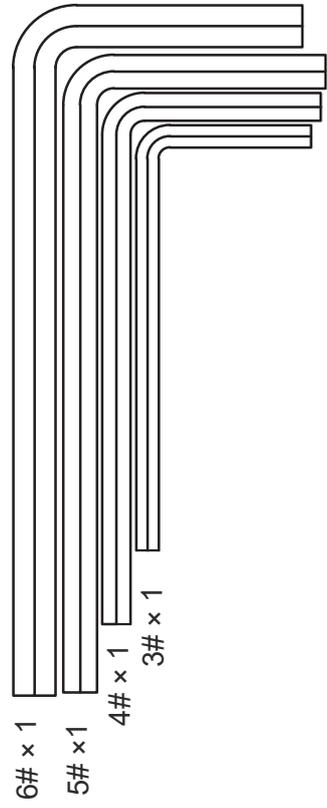
①9 × 2



②2 × 3



⑤3 × 2



6# × 1

5# × 1

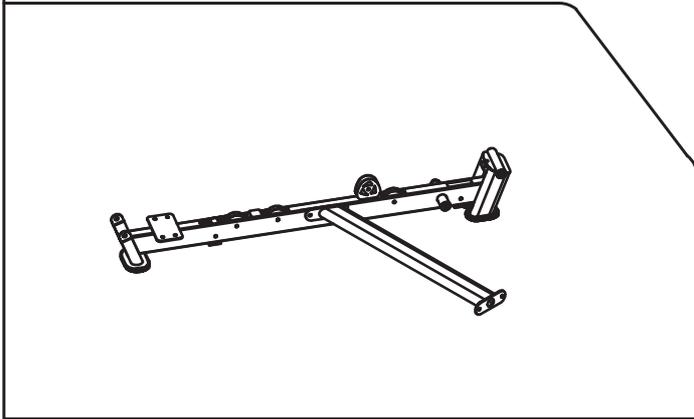
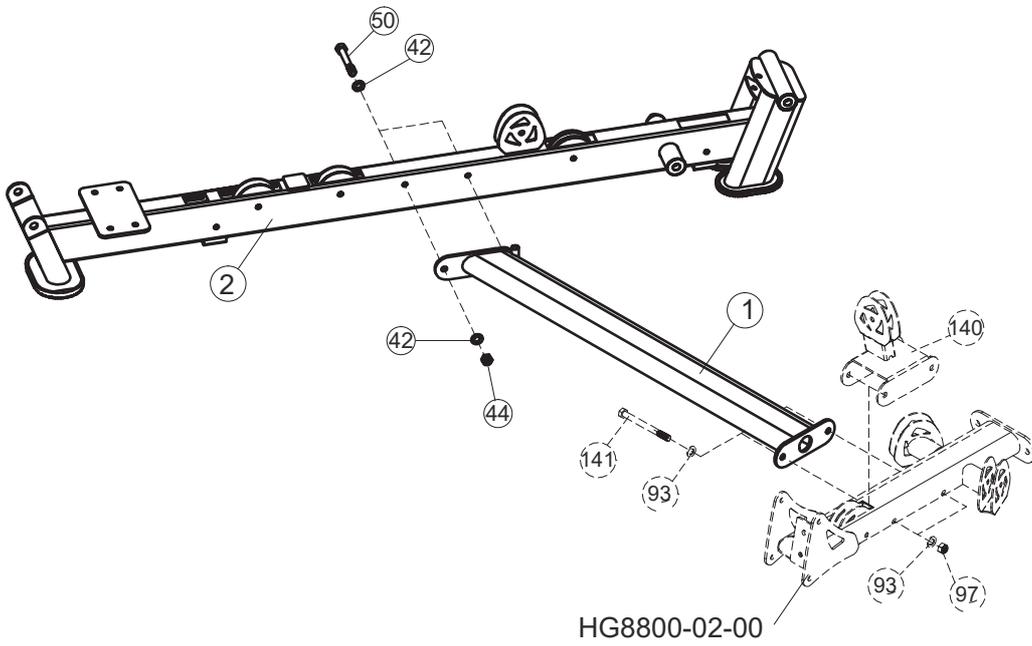
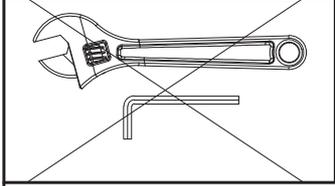
4# × 1

3# × 1

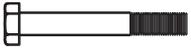
⑤①  ×2 M10×75

④②  ×3 Φ10

④④   ×1 M10

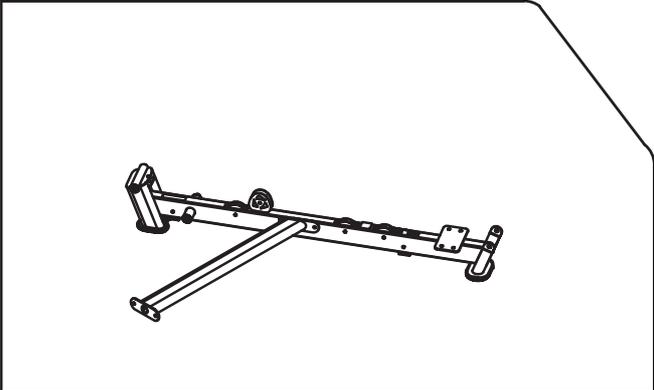
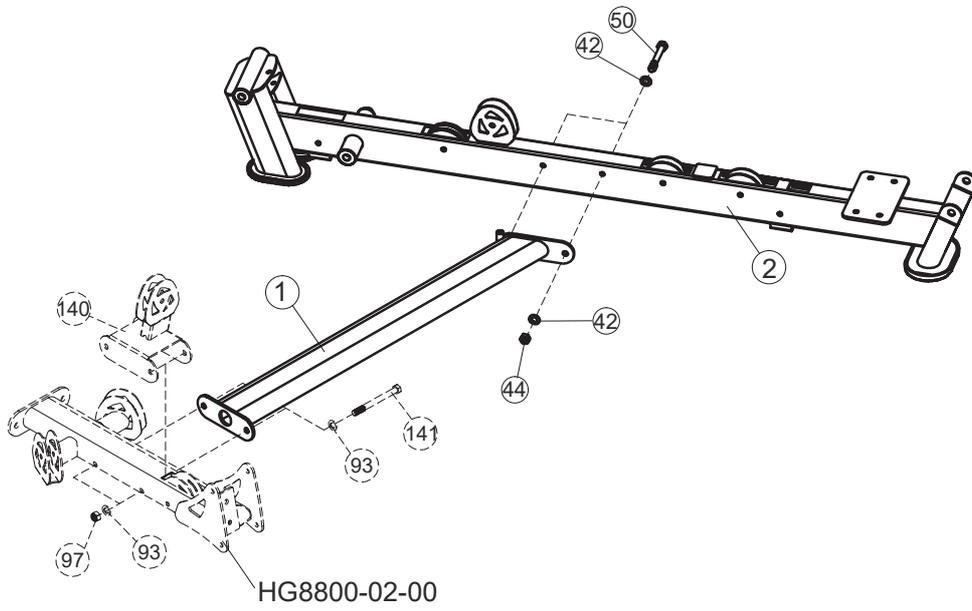
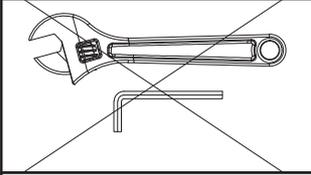


1-R

⑤①  ×2 M10×75

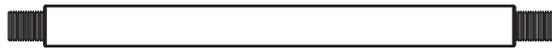
④②  ×3 Φ10

④④  ×1 M10



1-L

19



× 2 φ16×220×M12

43

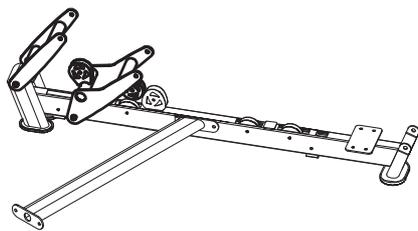
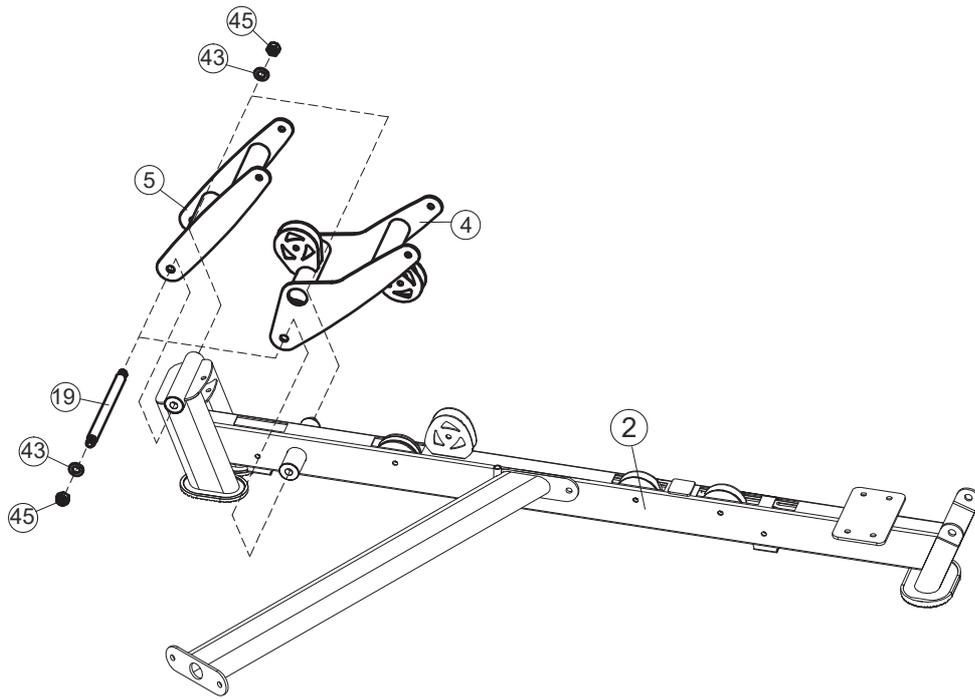
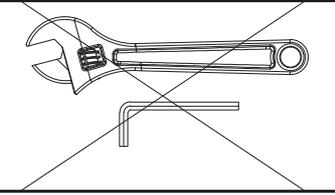


× 4 Φ12

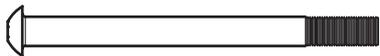
45



× 4 M12



53



×2 M12×210

43

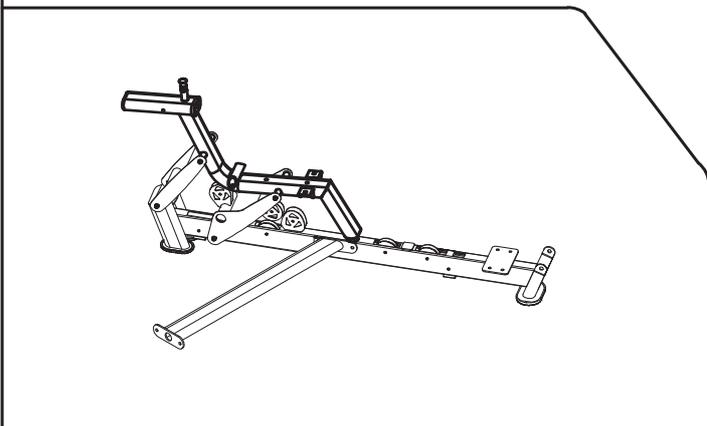
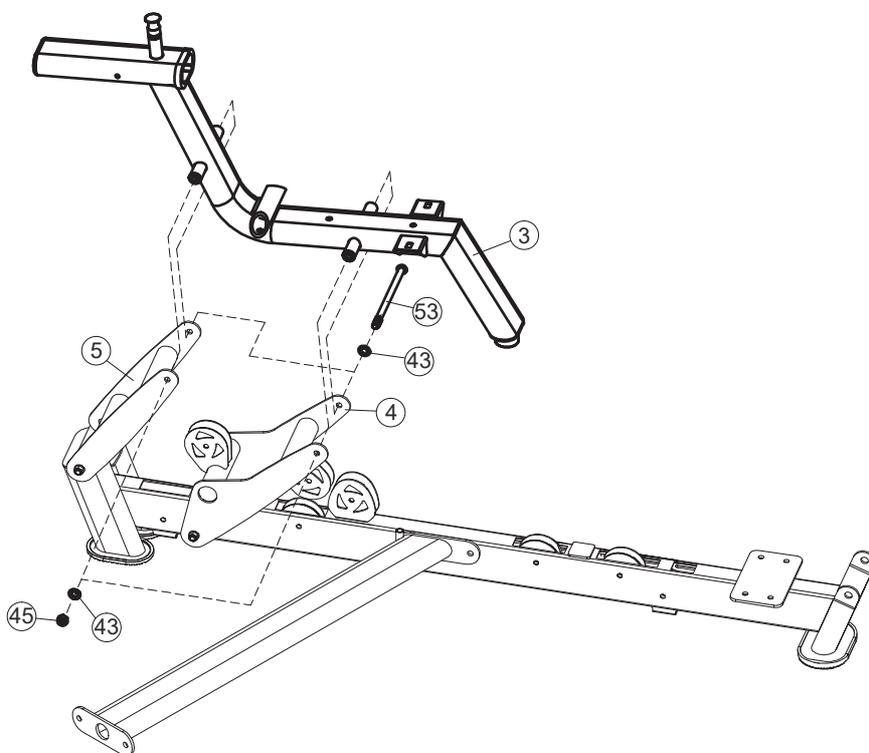
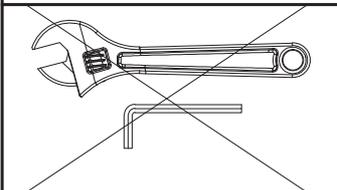


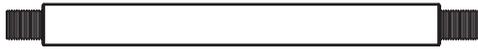
× 4 Φ12

45



× 2 M12



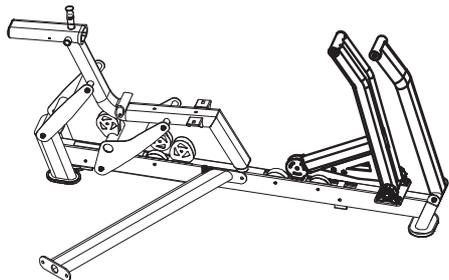
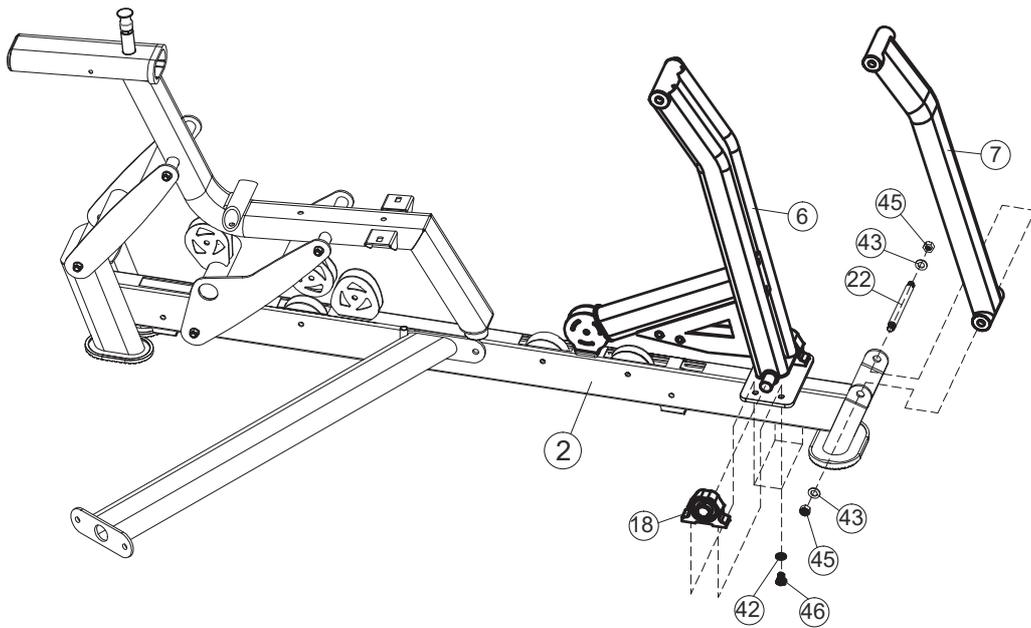
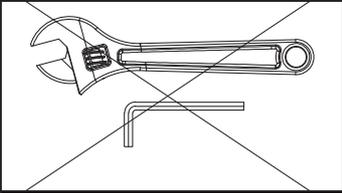
②②  × 1 $\phi 16 \times 167 \times M12$

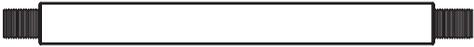
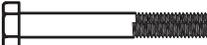
④⑥  × 4 M10×16

④②  |  × 4 $\Phi 10$

④③  |  × 2 $\Phi 12$

④⑤   × 2 M12



- 22

× 2
φ16×167×M12
- 50

×2
M10×75

42

×4
Φ10
- 43

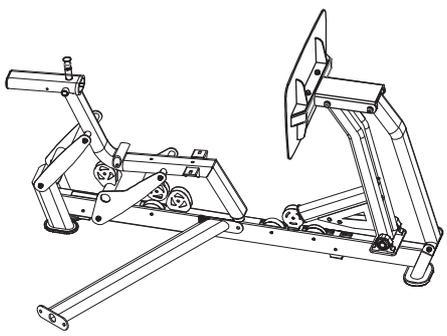
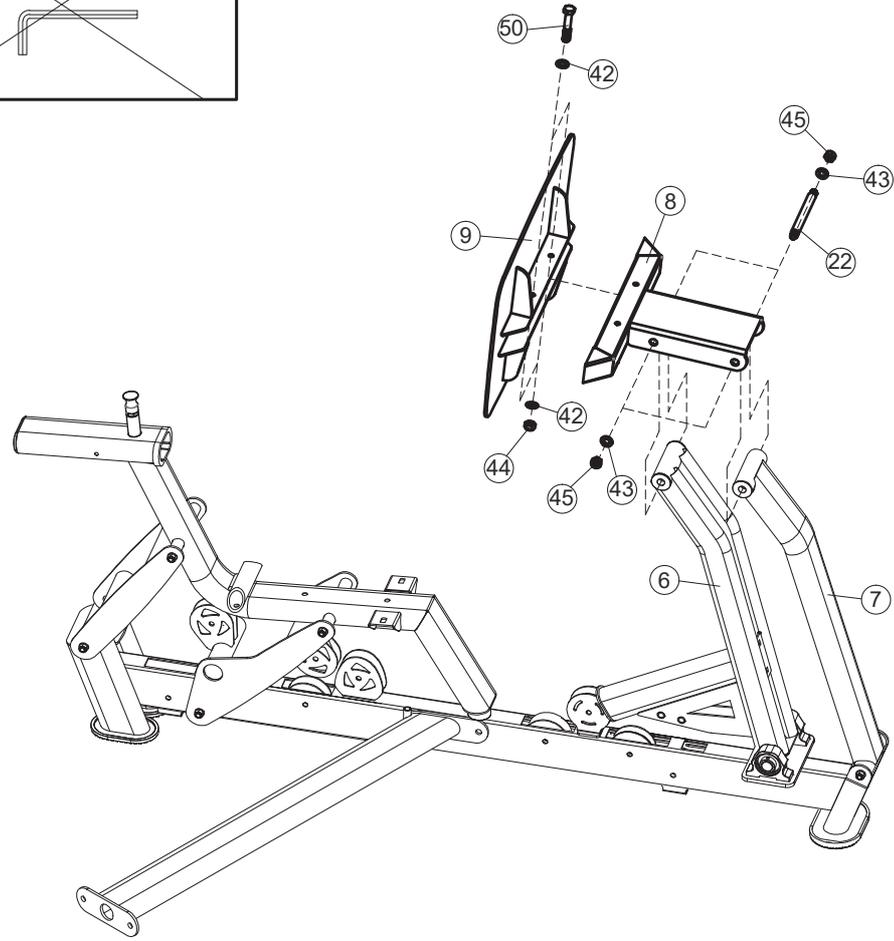
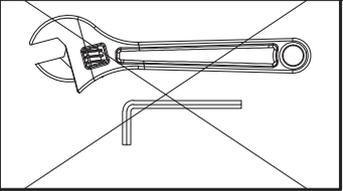
× 4
Φ12

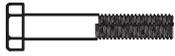
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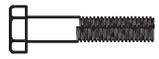
×2
M10

45

× 4
M12



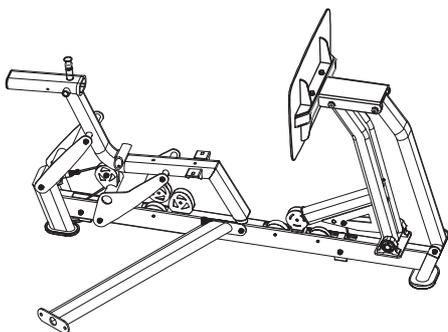
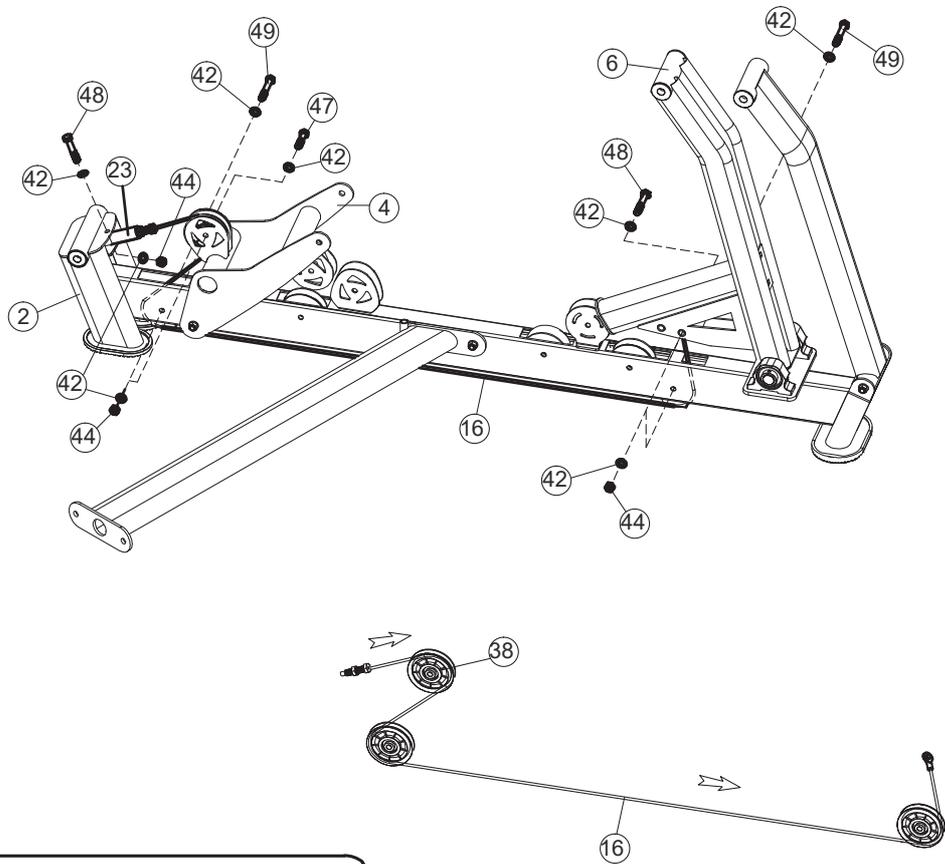
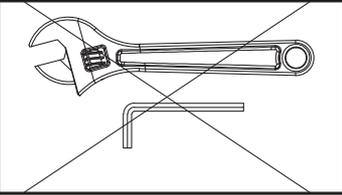
49  ×2 M10×65

48  ×2 M10×55

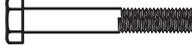
47  ×1 M10×45

42  ×10 Φ10

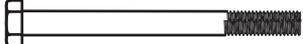
44  ×5 M10



49  ×1 M10×65

50  ×2 M10×75

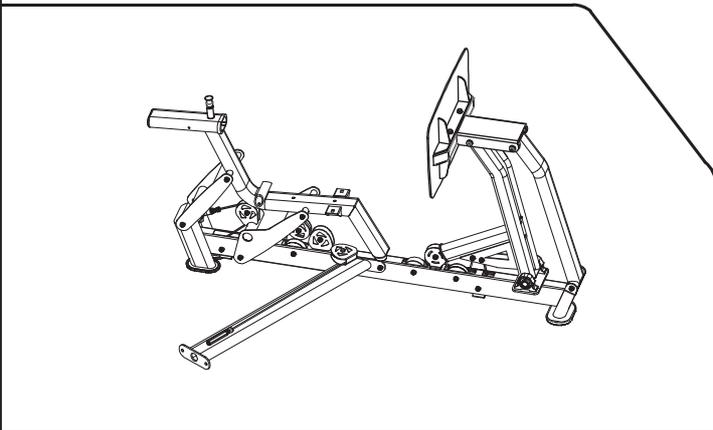
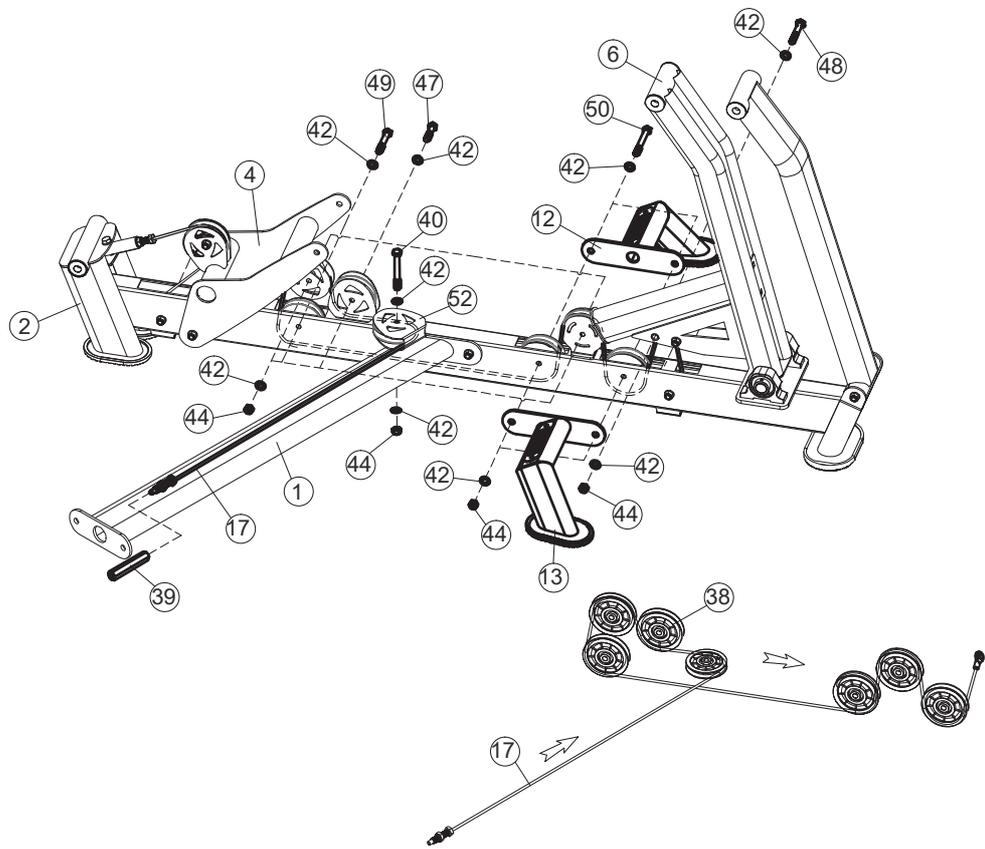
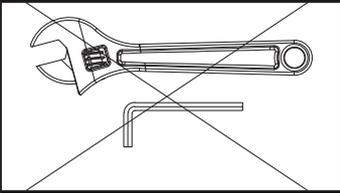
48  ×1 M10×55

40  ×1 M10×120

47  ×3 M10×45

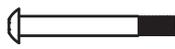
44  ×8 M10

42  ×16 Φ10



④⑧  ×2 M10×55

④①  ×4 Φ8

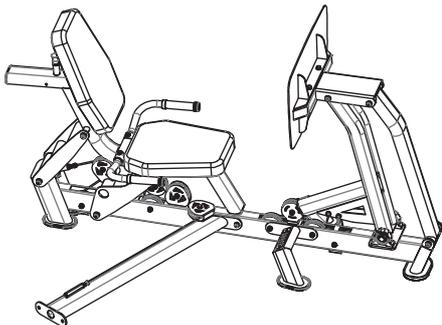
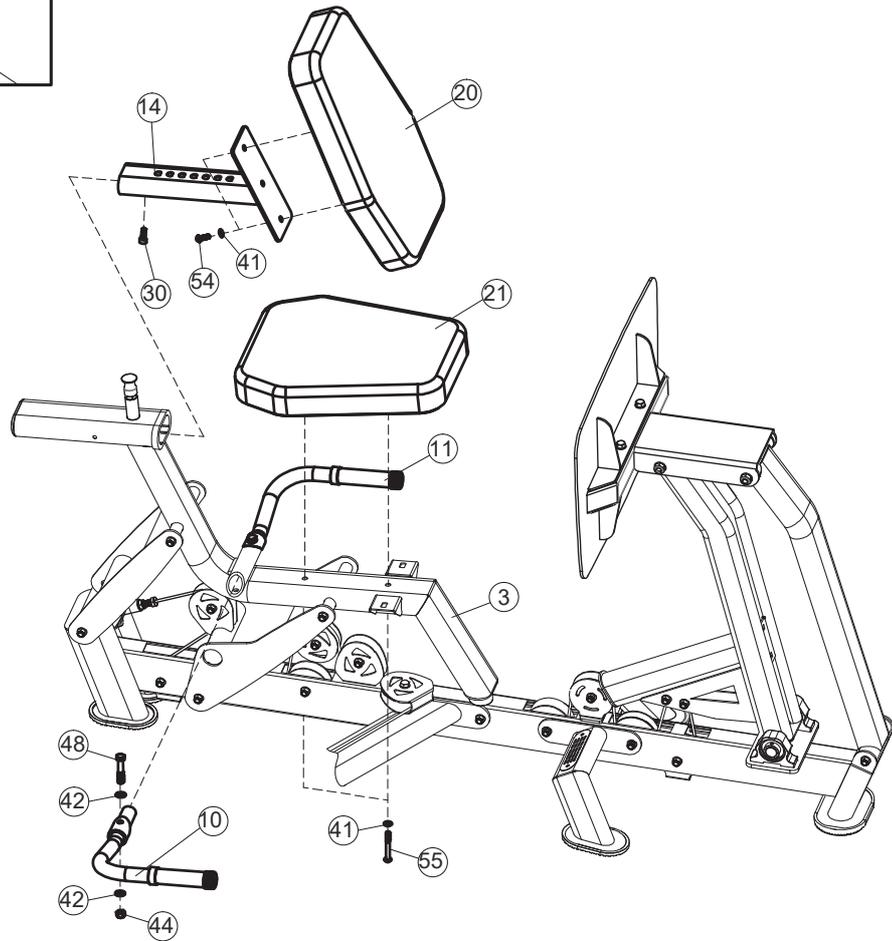
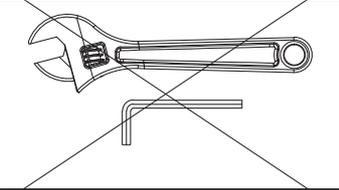
⑤⑤  ×2 M8×65

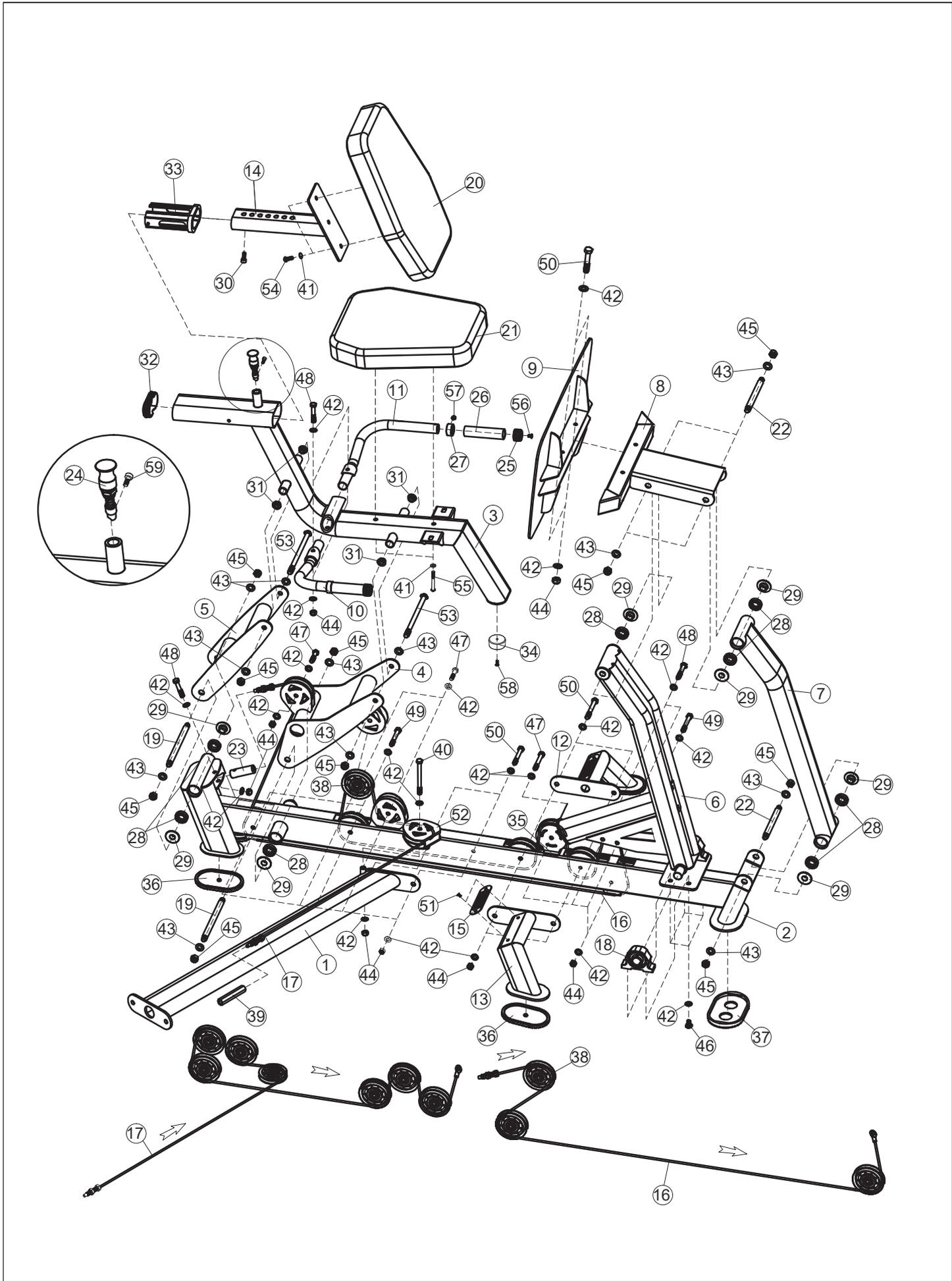
④②  ×4 Φ10

⑤④  ×2 M8×25

⑤⑨  ×1 M8×25

④④  ×2 M10





PARTS LIST

KEY NO.		SPEC	QTY
1	Connecting Frame		1
2	Base Frame		1
3	Seat Support		1
4	Seat Connecting Frame		1
5	Oscillating Frame		1
6	Stretcher Cleat		1
7	Connecting Frame Front		1
8	Supporting Structure		1
9	Foot Plate		1
10	Shiver Bar R		1
11	Shiver Bar L		1
12	Foot Plate L		1
13	Foot Plate R		1
14	Backrest Support		1
15	Decorative plate		2
16	Linkage Cable	L=1900	1
17	Brive Leg Cable	L=2520	1
18	Bearing Block		2
19	Spindle	φ16×220×M12	2
20	Backrest Board	329×520×65	1
21	Seat Pad	360×250×430×65	1
22	Spindle	φ16×167×M12	3
23	Regulating Shaft	φ25×75	1
24	Moving Lock Pin		1
25	Decorative cover	φ37.5×φ6.5×19	2
26	Dips Handle	Φ27.5×3×135	2
27	Retaining ring	φ38×φ29.2×14.5×M6	2
28	Bearing	61904-2RZ	10
29	Bearing Bush	φ42×φ25×φ16×15	10
30	Allen Bolt	M8×25	1
31	Bushing	φ25×φ20×φ12.2×10	4
32	End Cap	PT50×100	1
33	Slide Guide	PT50×100/PT40×80×147	1
34	Rubber Stopper	φ50×φ48×23	1
35	Rubber Stopper	48×48×5	1
36	Floor End Cap Floor	PT145×95×9	4
37	End Cap	PT170×107×15	1
38	Pulley	φ96	10
39	Long Nut	18×100×M12	1
40	HEX Bolt	M10×120	1
41	Washer	8	4
42	Washer	10	41
43	Washer	12	14
44	Nut	M10	18

KEY NO.		SPEC	QTY
45	Nut	M12	12
46	HEX Bolt	M10×16	4
47	HEX Bolt	M10×45	4
48	HEX Bolt	M10×55	5
49	HEX Bolt	M10×65	3
50	HEX Bolt	M10×75	6
51	Philips Screw	M4×10	4
52	Pulley Yoke		1
53	HEX Bolt	M12×210	2
54	HEX Bolt	M8×25	2
55	HEX Bolt	M8×65	2
56	Hexagon socket countersunk head screws	M6×10	2
57	Set screw	M6×6	2
58	Philips Screw	M6×16	1
59	Hexagon socket button head	M5×20	1
	Allen wrench	6#	1
	Allen wrench	5#	1
	Allen wrench	4#	1
	Allen wrench	3#	1

Importør: Fitnessgruppen