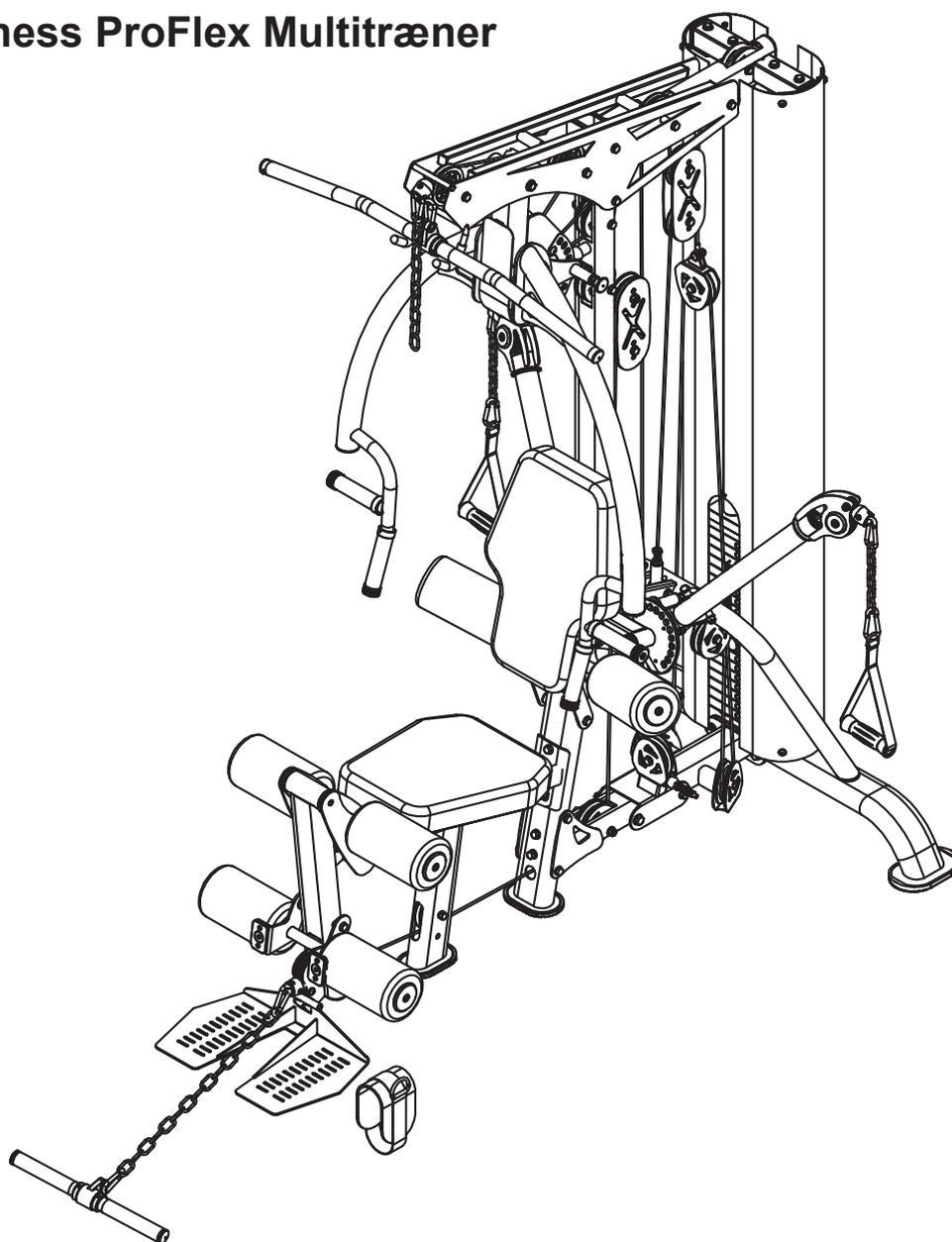




MANUAL

PF-HG8800

Peak Fitness 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:

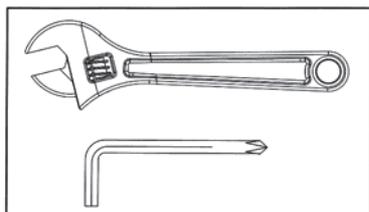
1. Hold altid børn og kæledyr væk fra maskinen. EFTERLAD IKKE børn uden opsyn i samme rum med maskinen.
2. Kun én person ad gangen bør bruge maskinen.
3. Hvis brugeren oplever svimmelhed, kvalme, bryst smerter eller andre unormale symptomer, STOP træningen med det samme. KONSULTER STRAKS EN LÆGE.
4. 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.

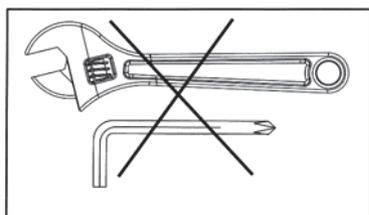
VIGTIG SAMLINGS INFORMATION

- ❖ 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** er kun 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

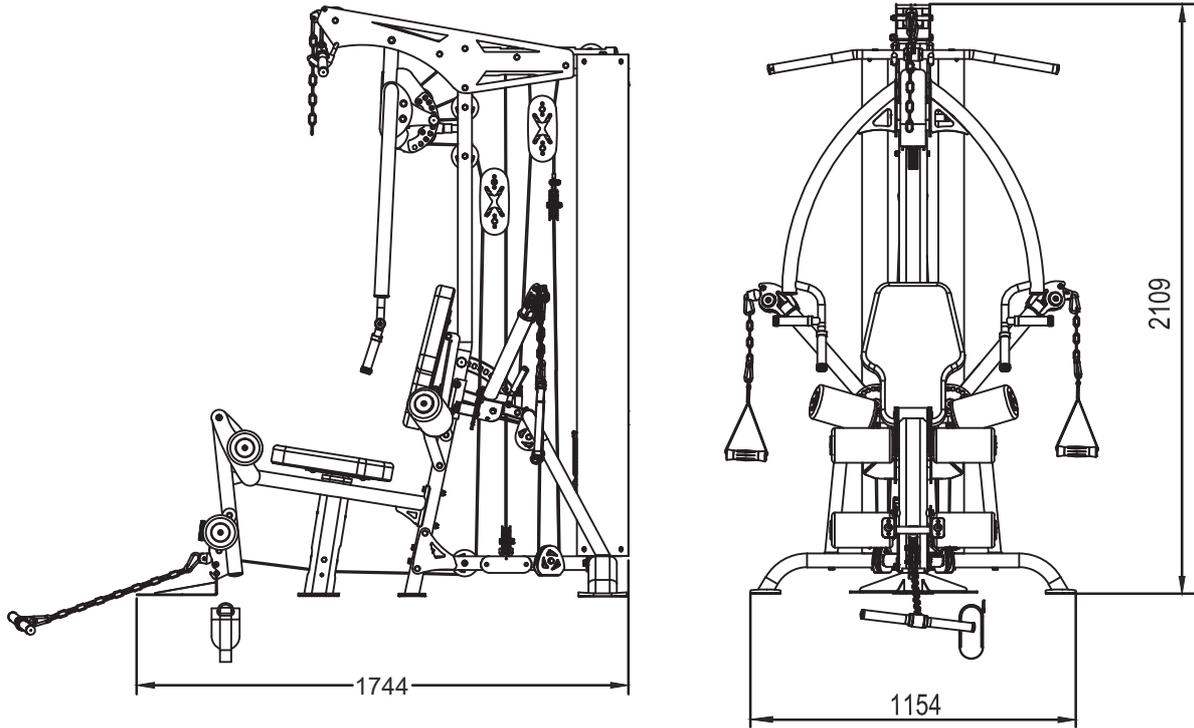


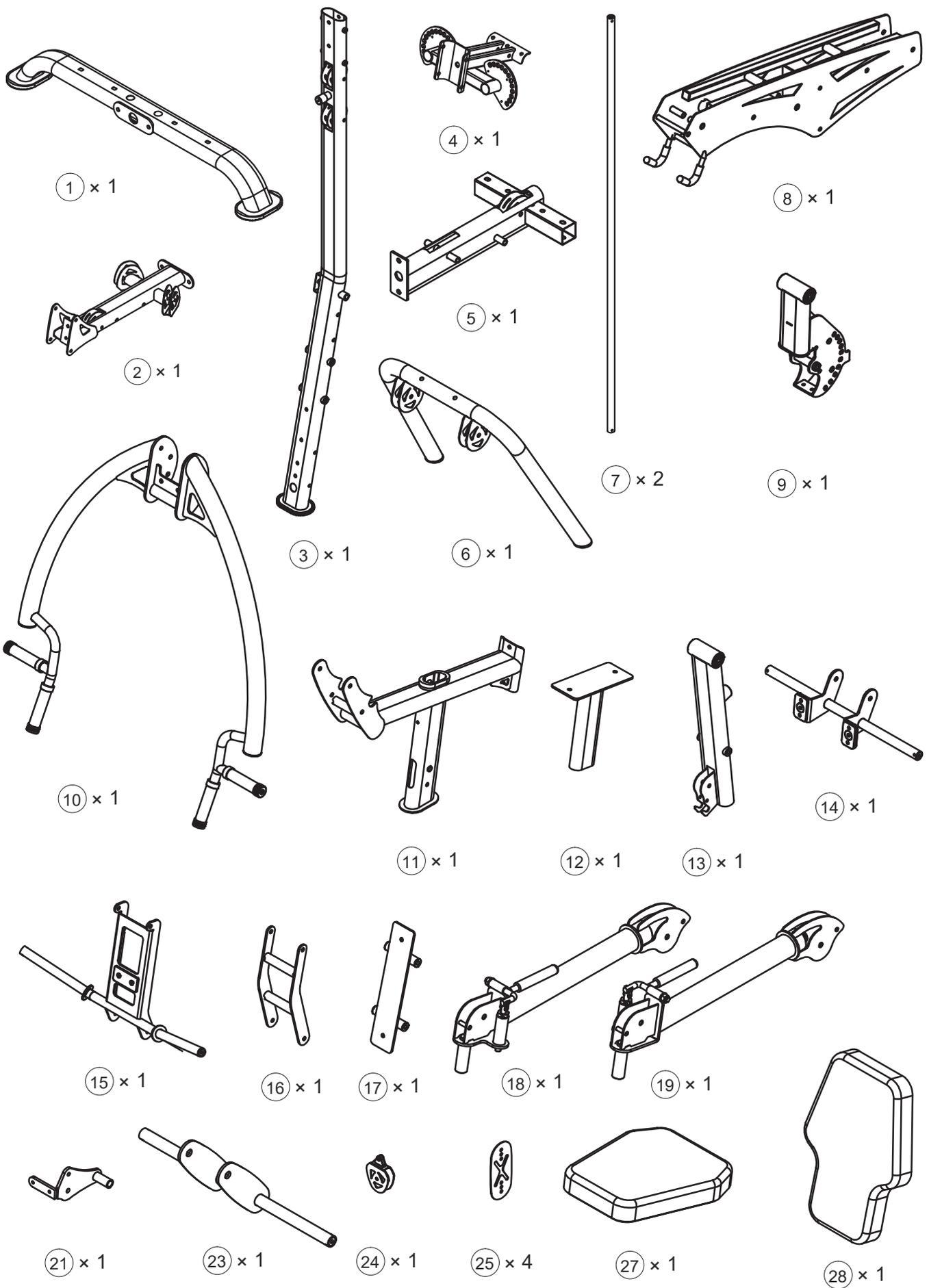
Stram sikkert alle møtrikker og bolte efter alle komponenter er samt i nuværende og tidligere trin. NOTE: Lad vær med at over stramme enhver komponent med dreje funktioner. Vær sikker på at alle drejende komponenter kan bevæge sig frit

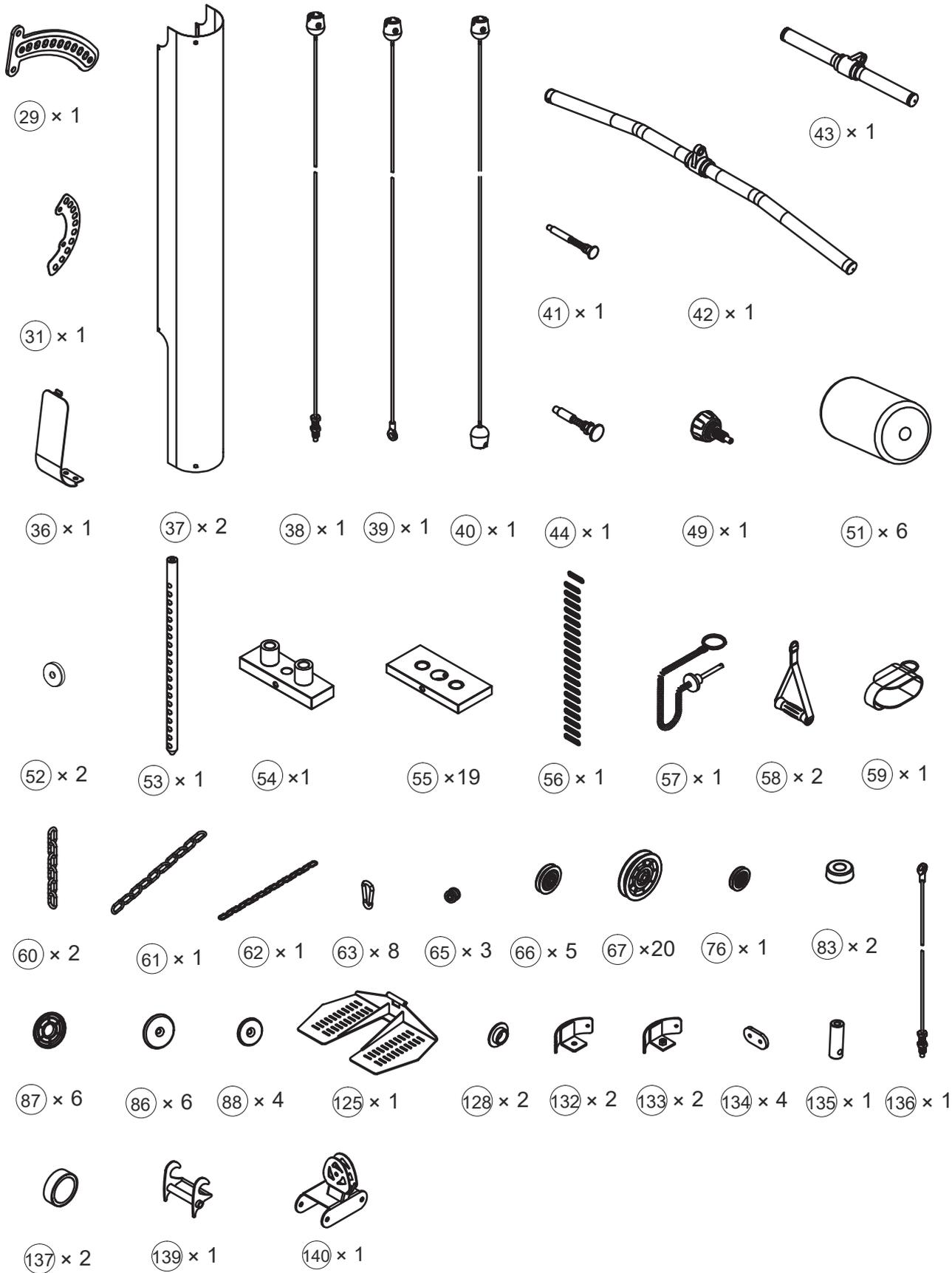


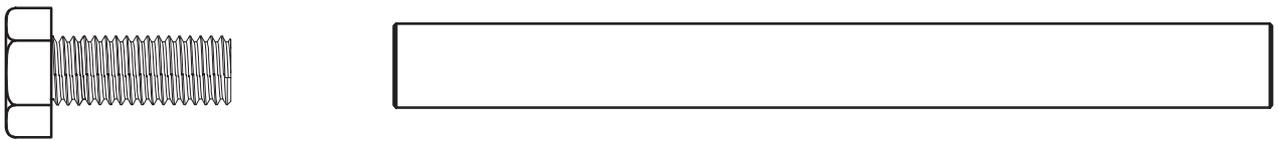
Lad vær med at stramme alle møtrikker og bolte i dette trin

Samlede Dimensioner: 1744mm x 1154mm x2109mm



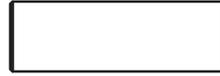
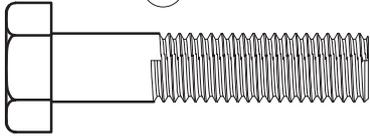






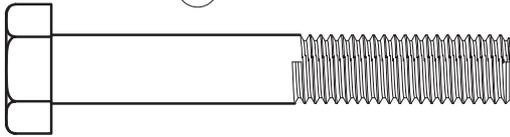
98 × 4

34 × 2

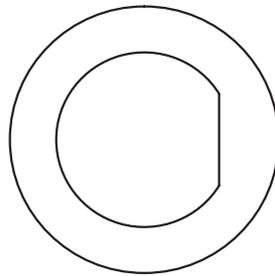
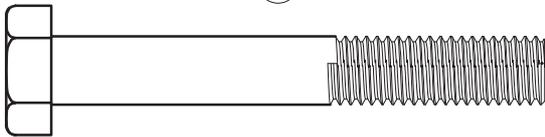


99 × 13

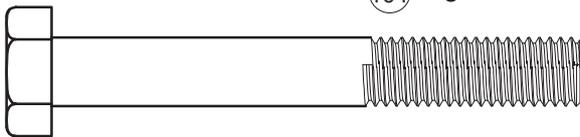
35 × 2



100 × 11

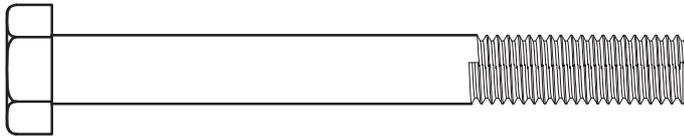


101 × 5

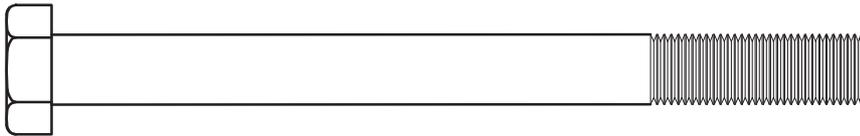


102 × 2

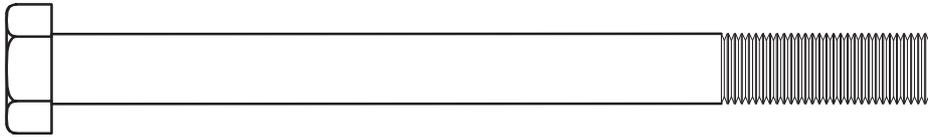
33 × 2



103 × 1

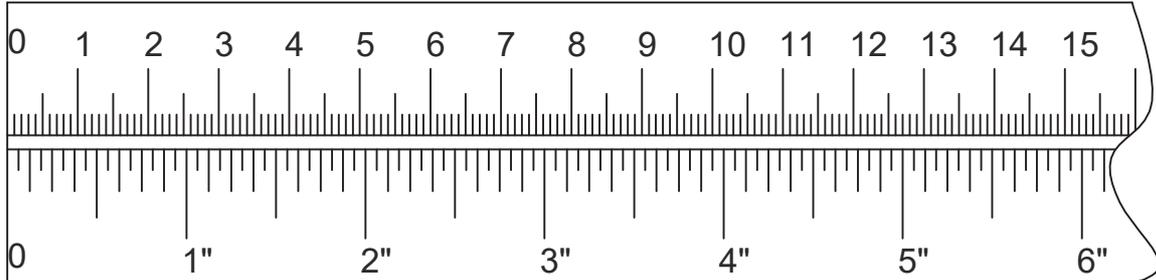


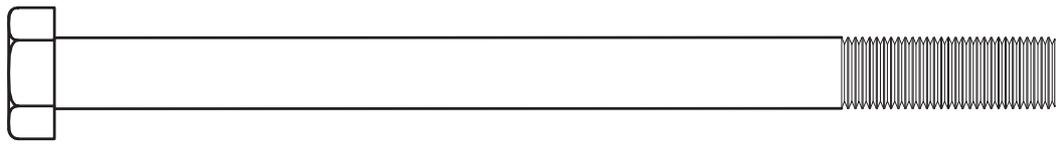
104 × 3



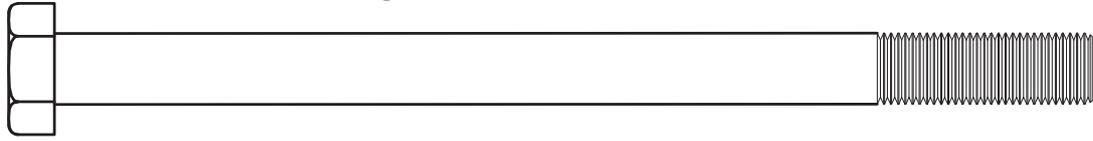
105 × 2

mm

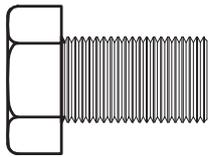




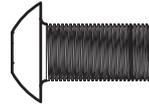
⑩⑥ × 6



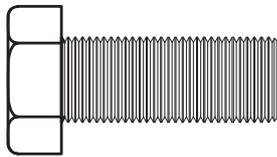
⑩⑦ × 5



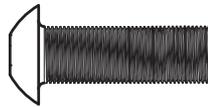
⑩⑧ × 1



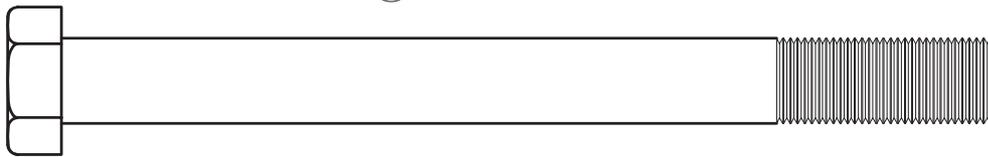
⑩⑫ × 8



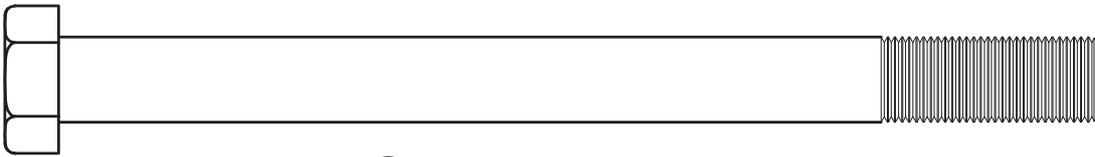
⑩⑨ × 2



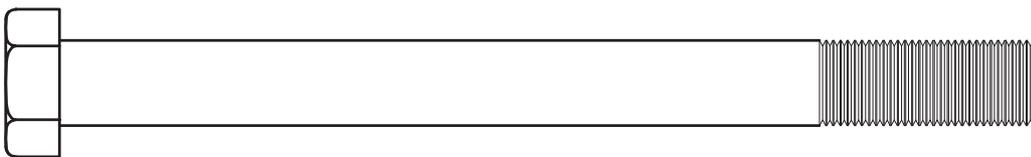
⑩⑬ × 6



⑩⑩ × 2

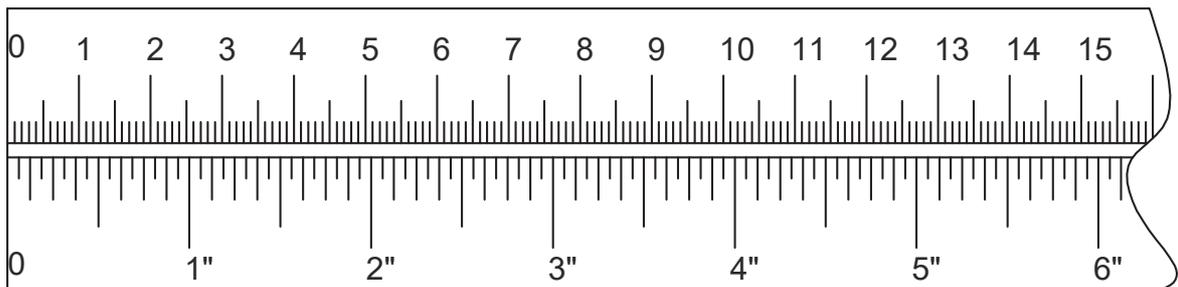


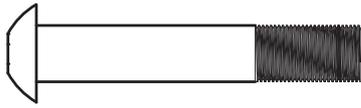
⑩⑪ × 2



⑩⑭ × 2

mm

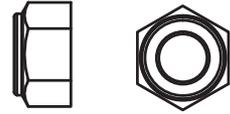




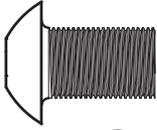
114 x 3



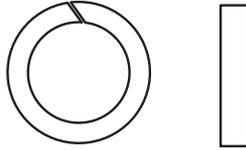
89 x 2



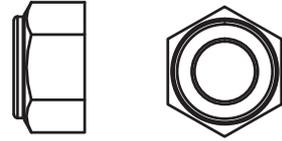
95 x 3



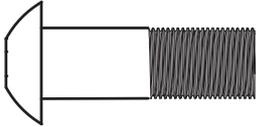
115 x 4



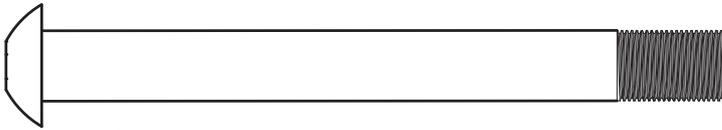
90 x 4



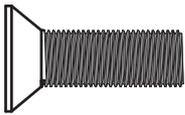
96 x 41



116 x 1



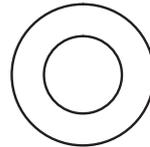
117 x 2



118 x 10



91 x 18



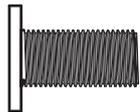
92 x 96



97 x 6



120 x 8



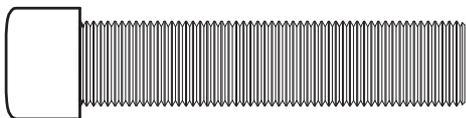
123 x 4

6# x 1

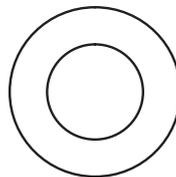
5# x 2

4# x 1

3# x 1



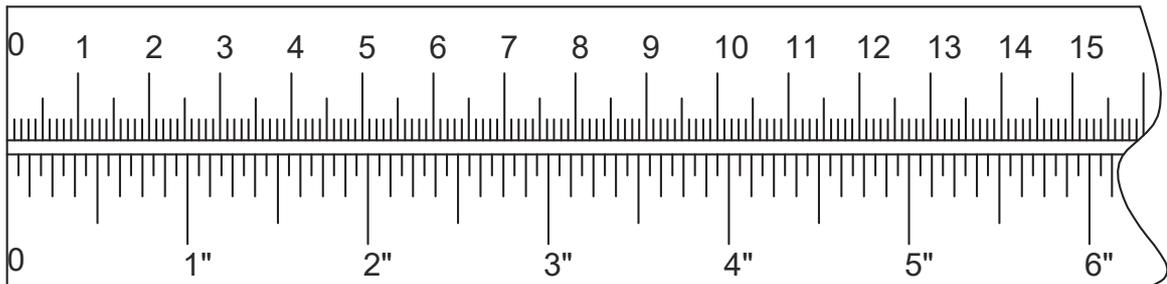
131 x 1

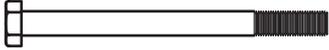
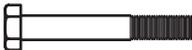
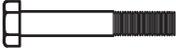


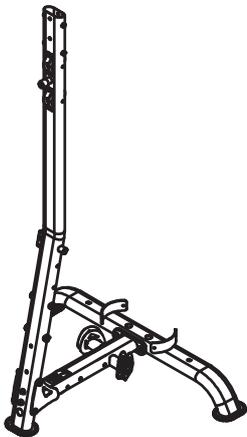
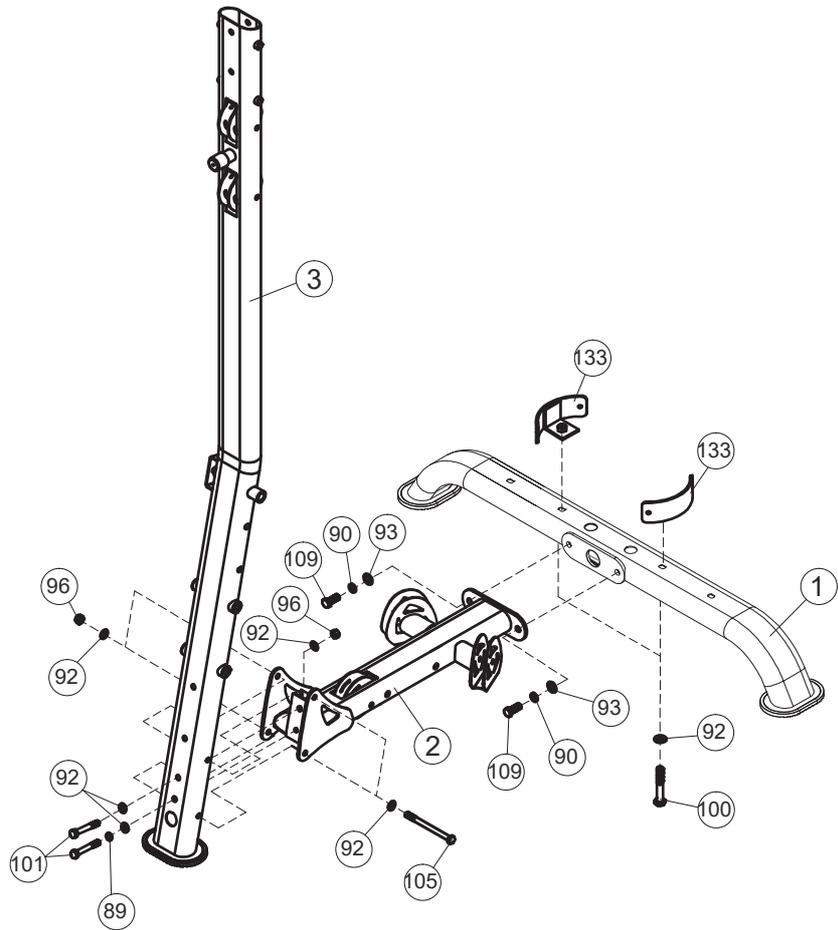
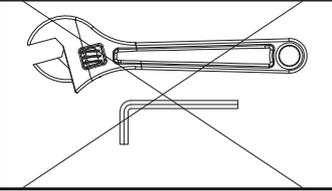
93 x 15



mm



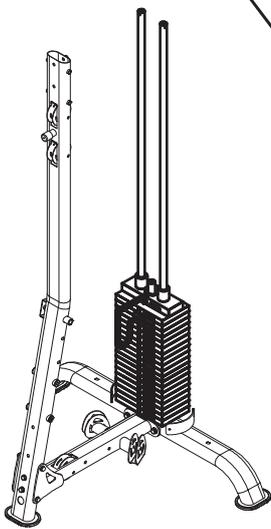
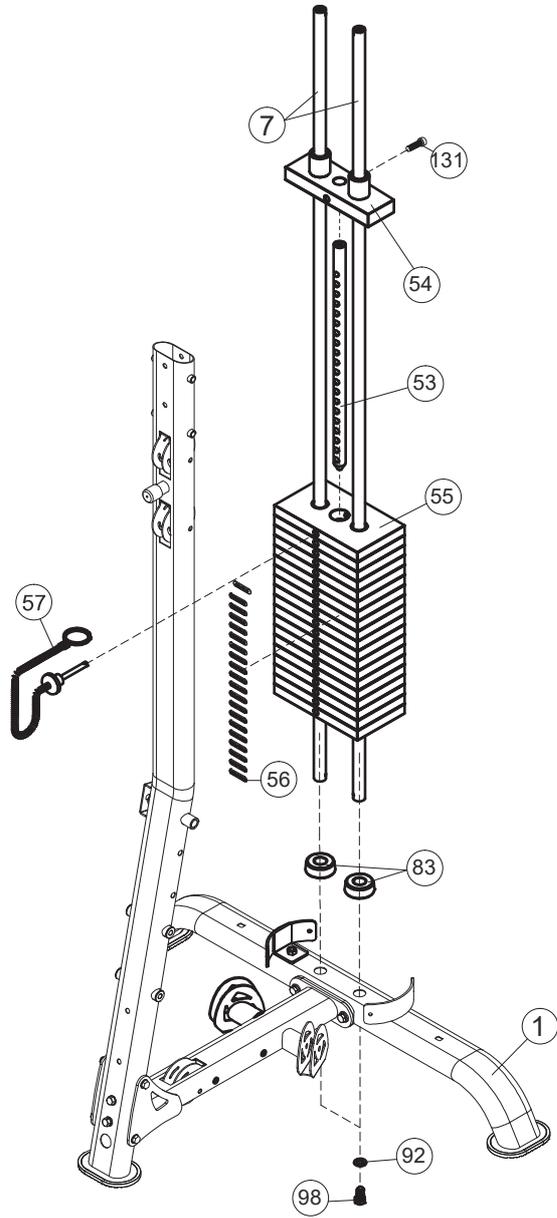
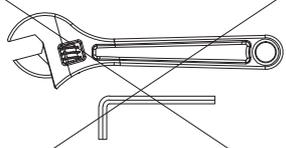
- | | | |
|--|---|---|
| (105)  ×2 M10×125 | (90)  ×2 Φ12 | (89)  ×1 Φ10 |
| (101)  ×2 M10×70 | (93)  ×2 Φ12 | (92)  ×9 Φ10 |
| (100)  ×2 M10×65 | (109)  ×2 M12×30 | (96)  ×3 M10 |

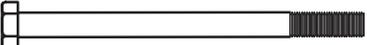


98  ×2 M10×25

92  | ×2 Φ10

131  ×1 M10×55

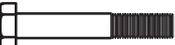


⑩⑥  ×2 M10×140

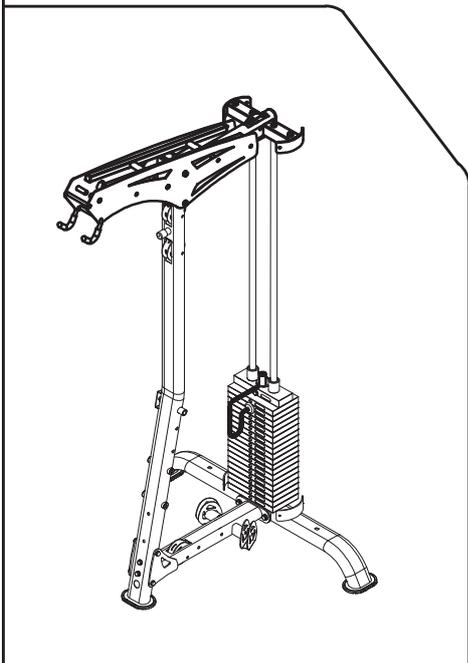
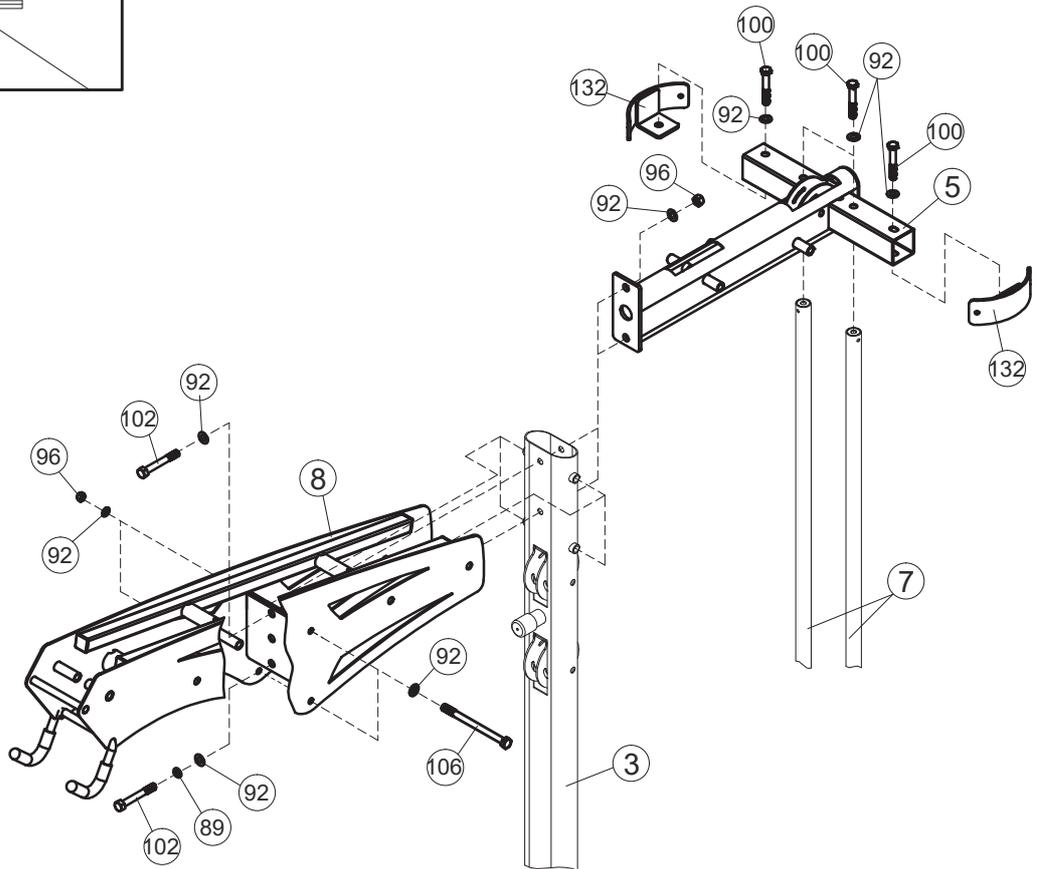
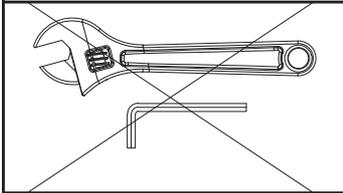
⑧⑨  | ×1 Φ10

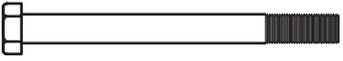
⑩②  ×2 M10×75

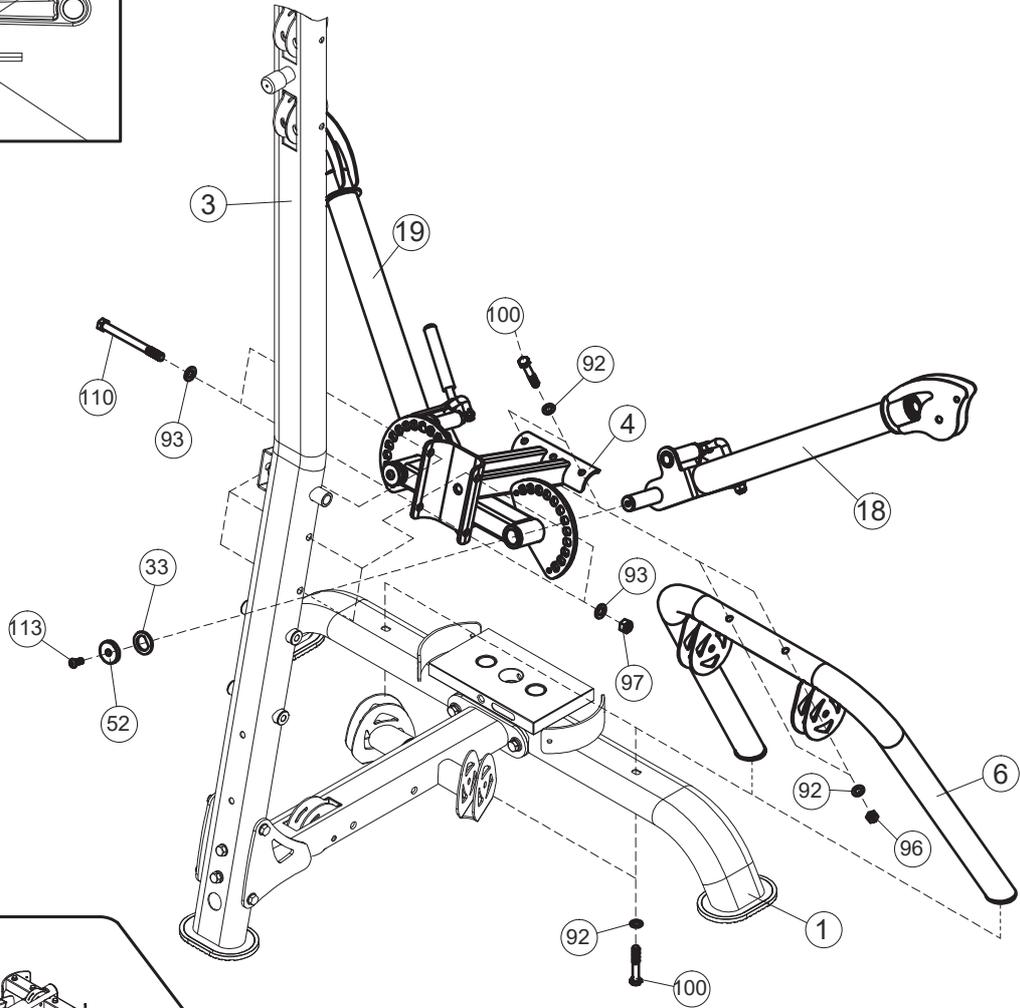
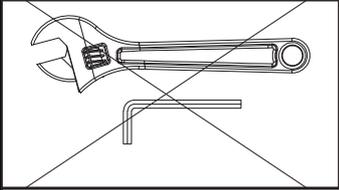
⑨②  | ×11 Φ10

⑩①  ×4 M10×65

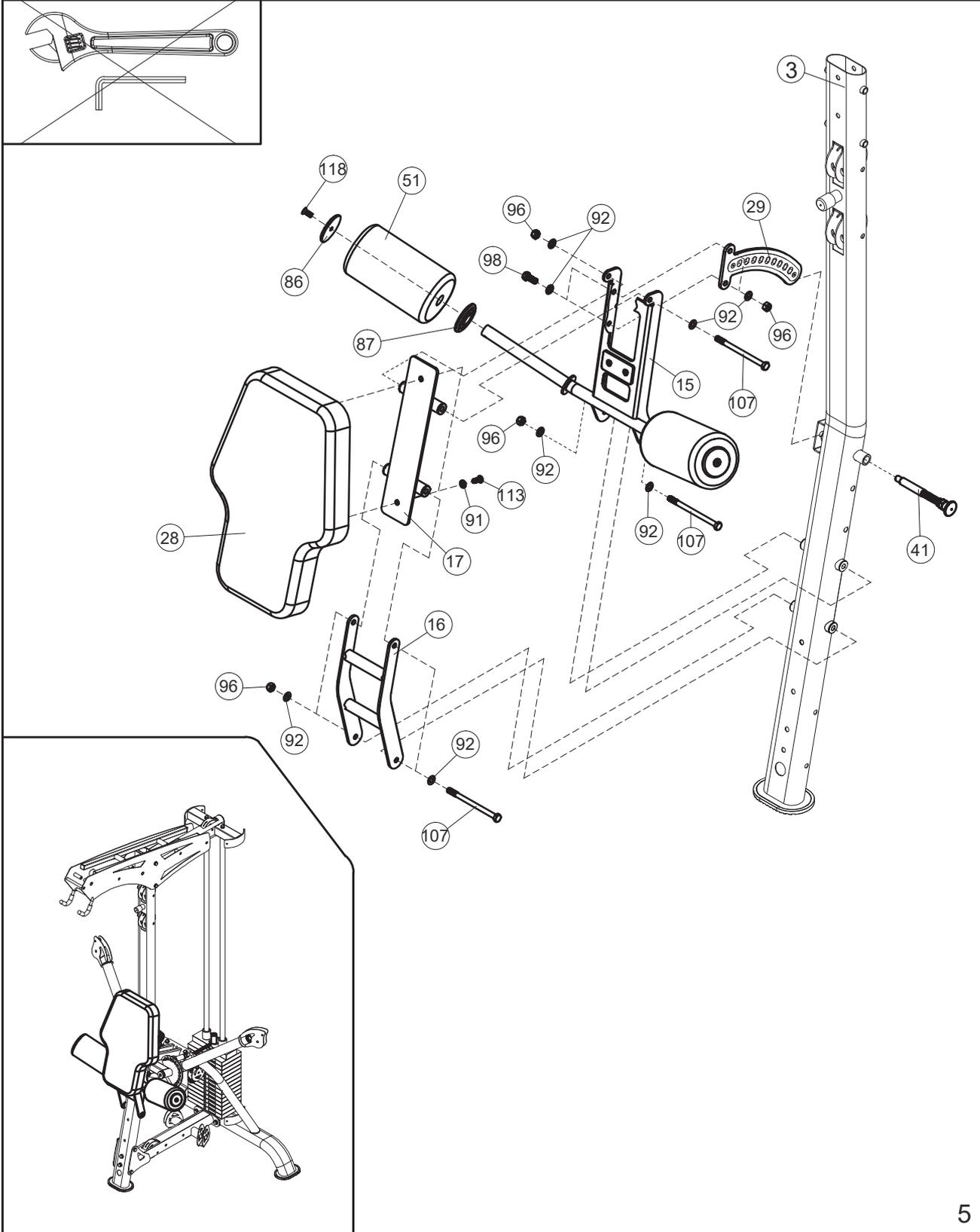
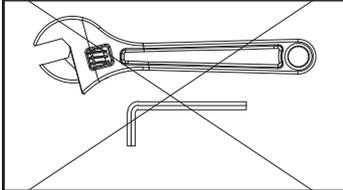
⑨⑥   ×3 M10

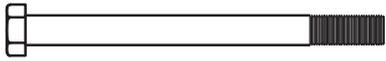


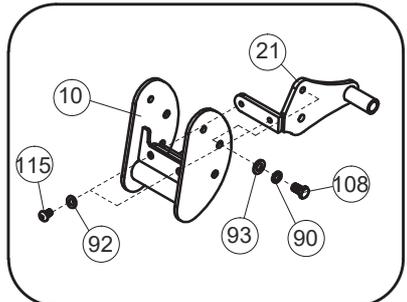
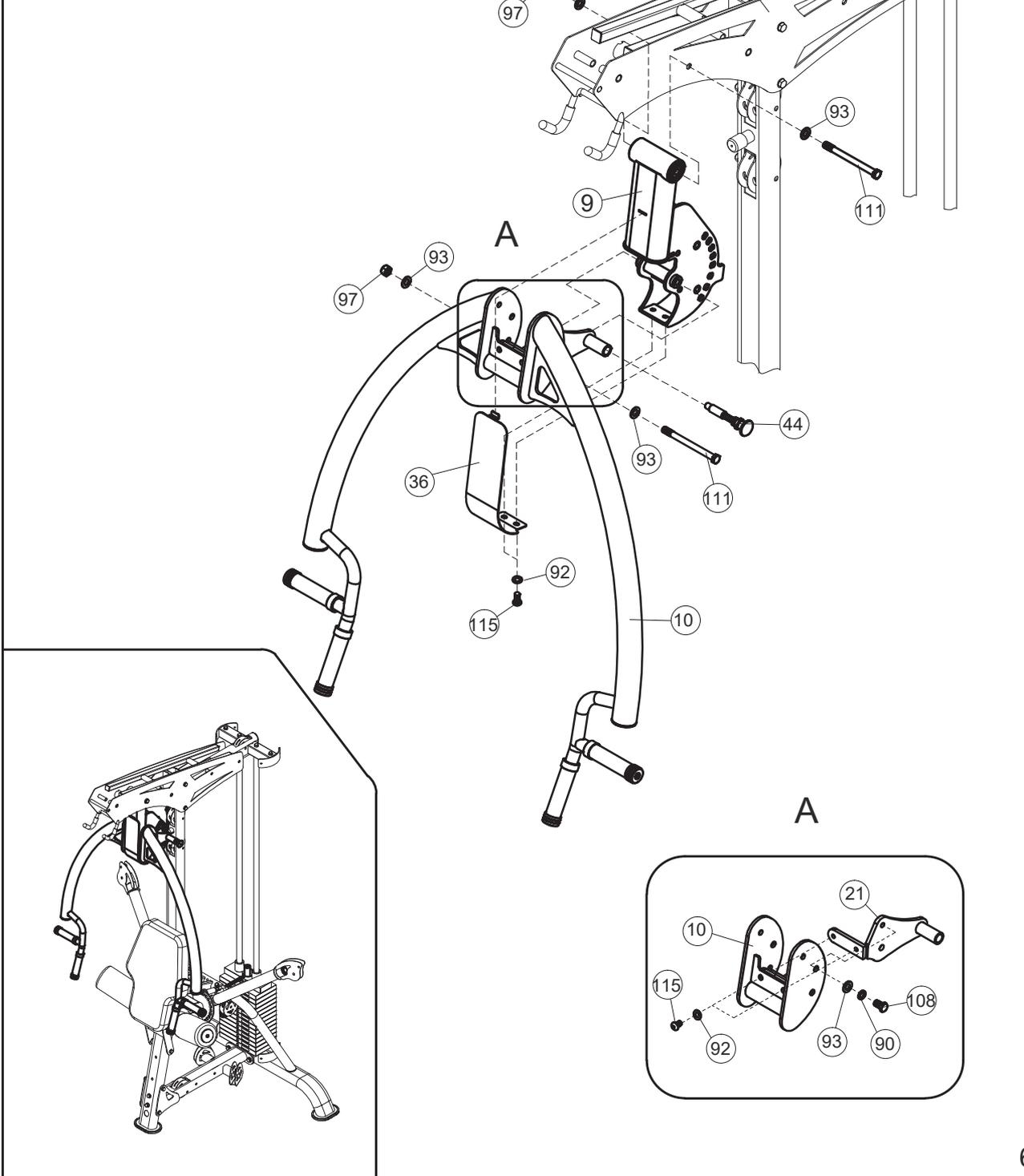
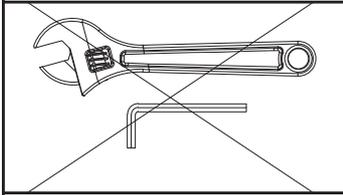
- | | | | | | | | |
|-----|---|----|---------|----|---|----|-----|
| 110 |  | x2 | M12x130 | 92 |  | x6 | Φ10 |
| 100 |  | x4 | M10x65 | 33 |  | x2 | |
| 113 |  | x2 | M 8x25 | 96 |  | x2 | M10 |
| | | | | 97 |  | x2 | M12 |
| | | | | 93 |  | x4 | Φ12 |

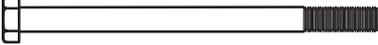


- (107) ×4 M10×145
(118) ×2 M 8×20
- (98) ×2 M10×25
(91) ×2 Φ 8
(92) ×12 Φ10
- (113) ×2 M 8×25
(96) ×6 M10

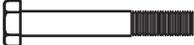


- | | | | | | | | | | | | |
|-----|---|----|---------|----|---|----|-----|----|---|----|-----|
| 111 |  | ×2 | M12×145 | 93 |  | ×5 | Φ12 | 90 |  | ×2 | Φ12 |
| 108 |  | ×1 | M12×20 | 97 |  | ×2 | M12 | 92 |  | ×4 | Φ10 |
| 115 |  | ×4 | M10×16 | | | | | | | | |



⑩⑦  ×1 M10×145

⑨②  | ×6 Φ10

⑩①  ×2 M10×70

⑨⑥   ×3 M10

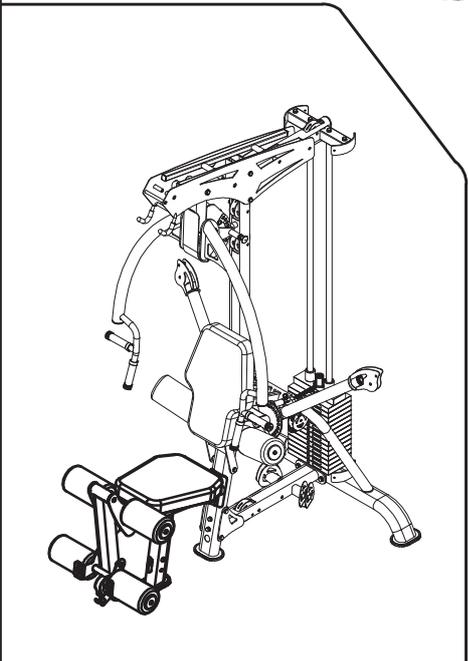
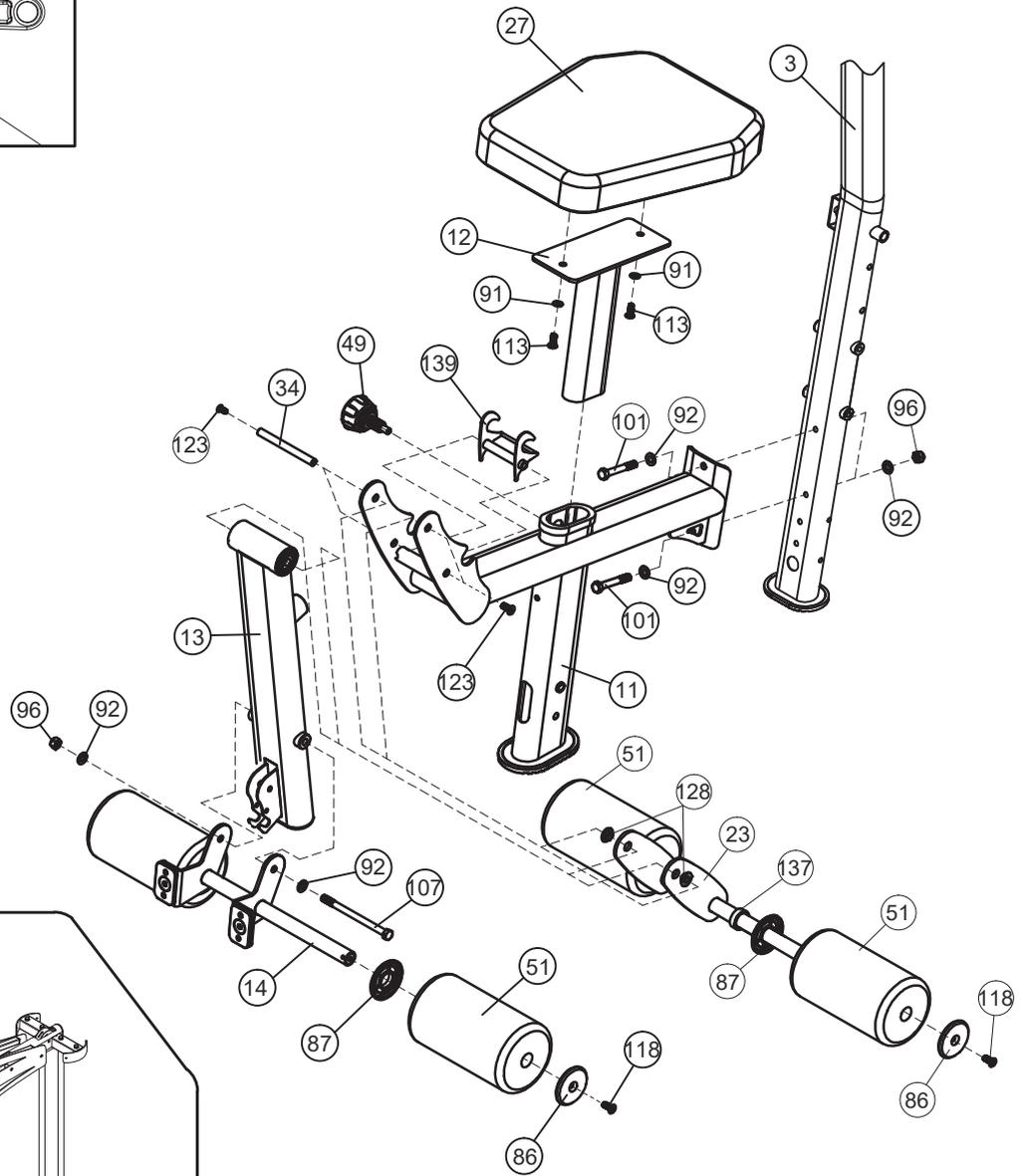
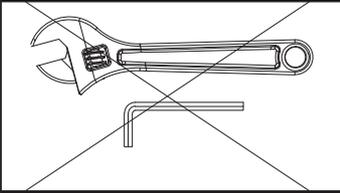
⑩③  ×2 M 8×25

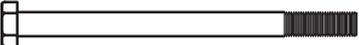
⑩②③  ×4 Φ20×M 8×12

⑨①  | ×2 Φ 8

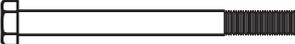
⑩⑧  ×4 M 8×20

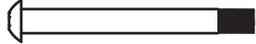
③④  ×2 Φ12×124×M8



106  ×4 M10×140

99  ×2 M10×45

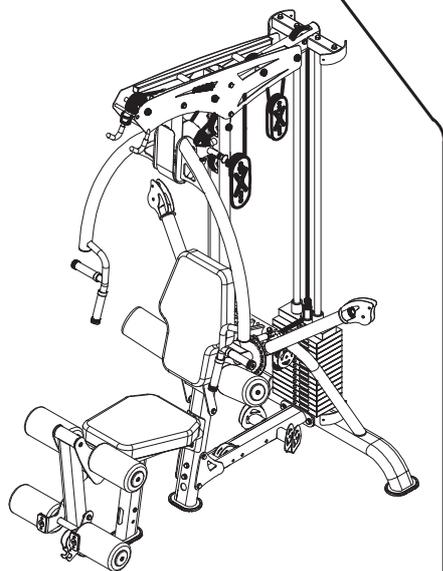
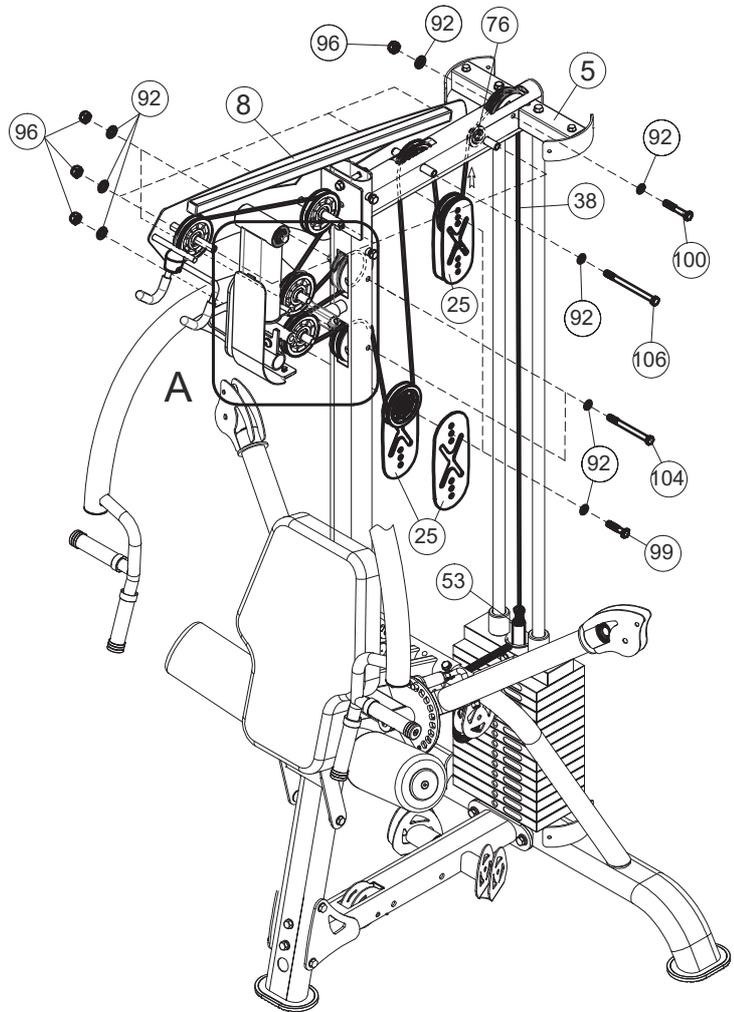
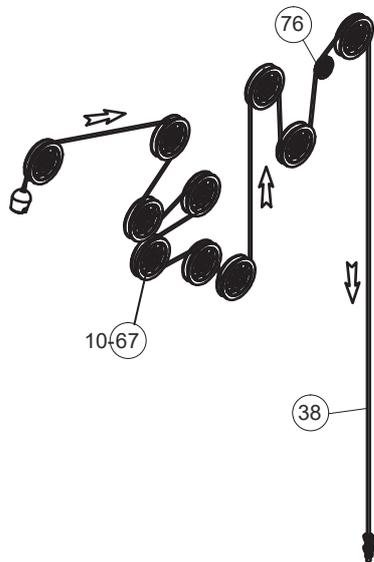
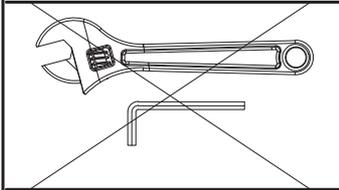
104  ×2 M10×115

117  ×2 M10×95

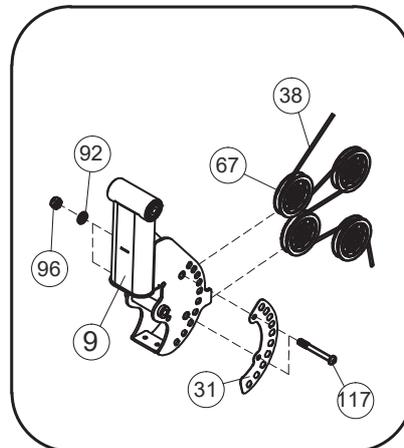
100  ×1 M10×65

92  ×20 Φ10

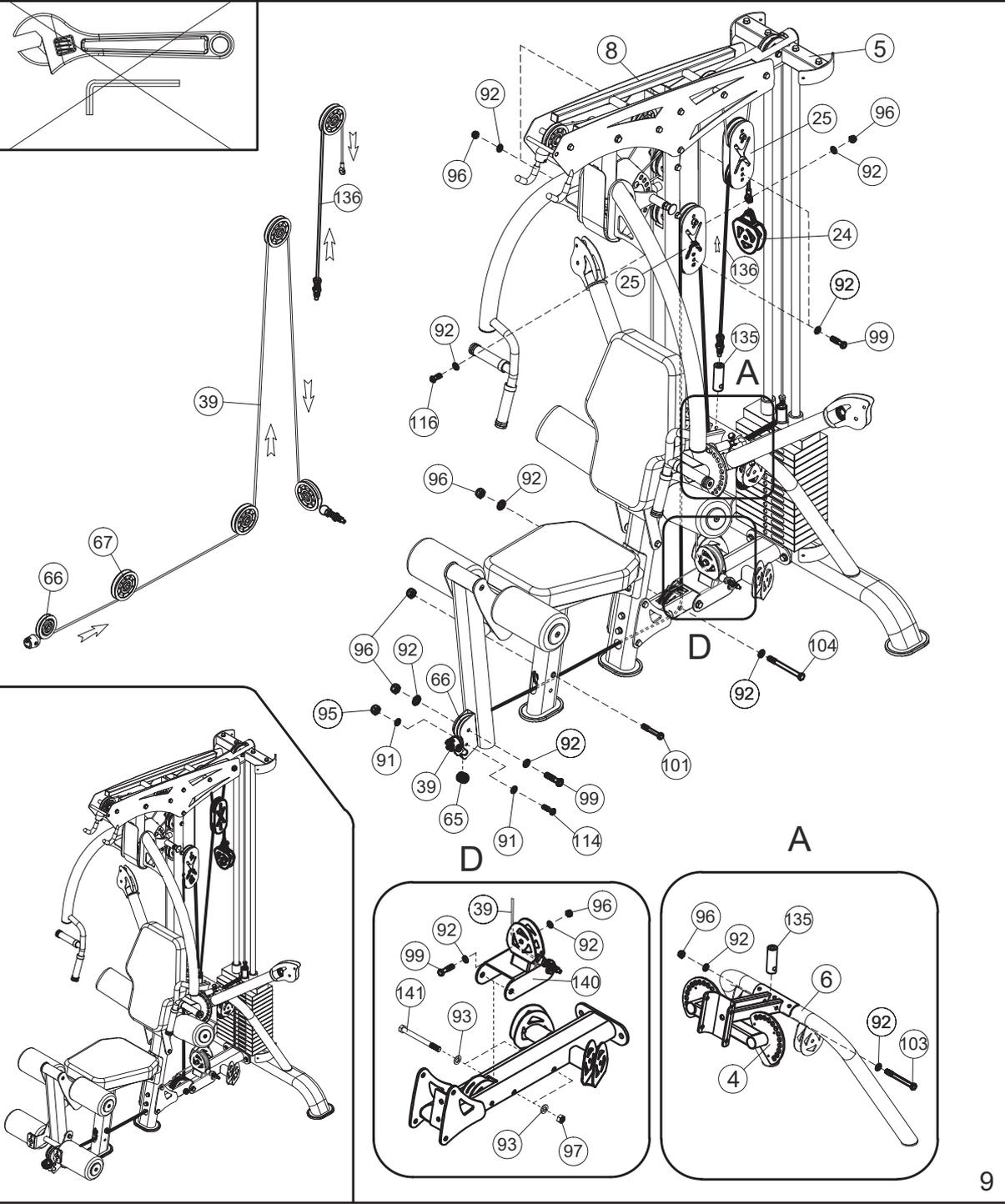
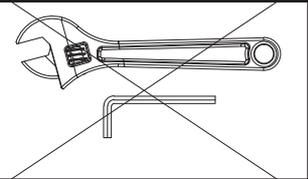
96  ×11 M10



A



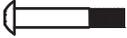
- | | | | | | |
|-----|--|------------|-----|--|-----------|
| 104 | | x1 M10x115 | 116 | | x1 M10x30 |
| 103 | | x1 M10x90 | 114 | | x1 M8x45 |
| 101 | | x1 M10x70 | 92 | | x14 Φ10 |
| 99 | | x4 M10x45 | 91 | | x2 Φ8 |
| 141 | | x2 M12x135 | 97 | | x2 M12 |
| | | | 96 | | x8 M10 |
| | | | 95 | | x1 M8 |
| | | | 93 | | x4 Φ12 |



99  ×7 M10×45

91  ×4 Φ8

95  ×2 M 8

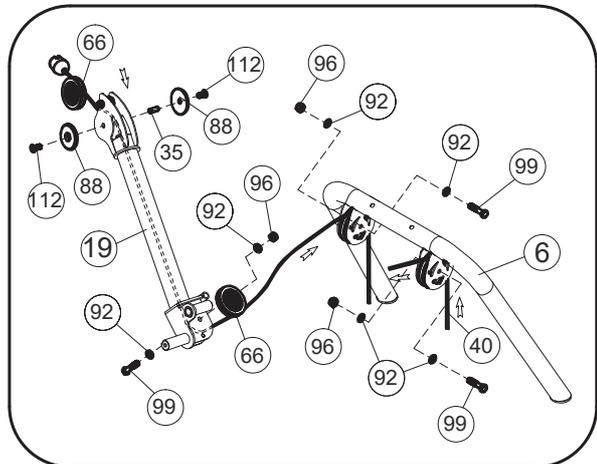
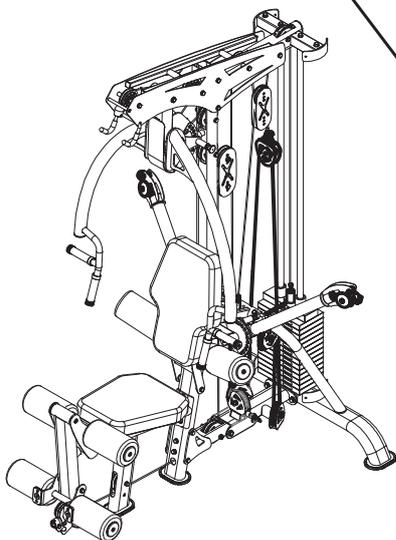
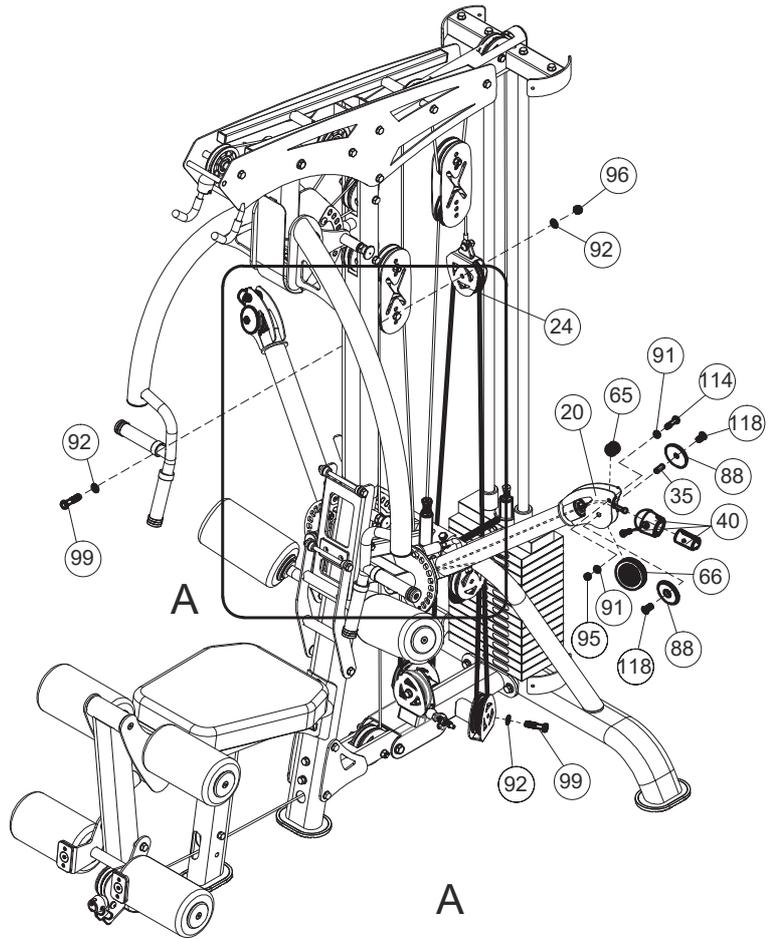
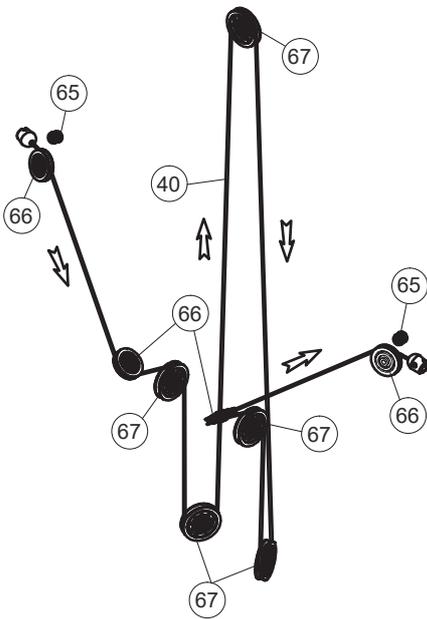
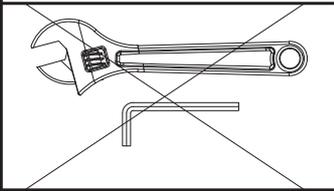
114  ×2 M8×45

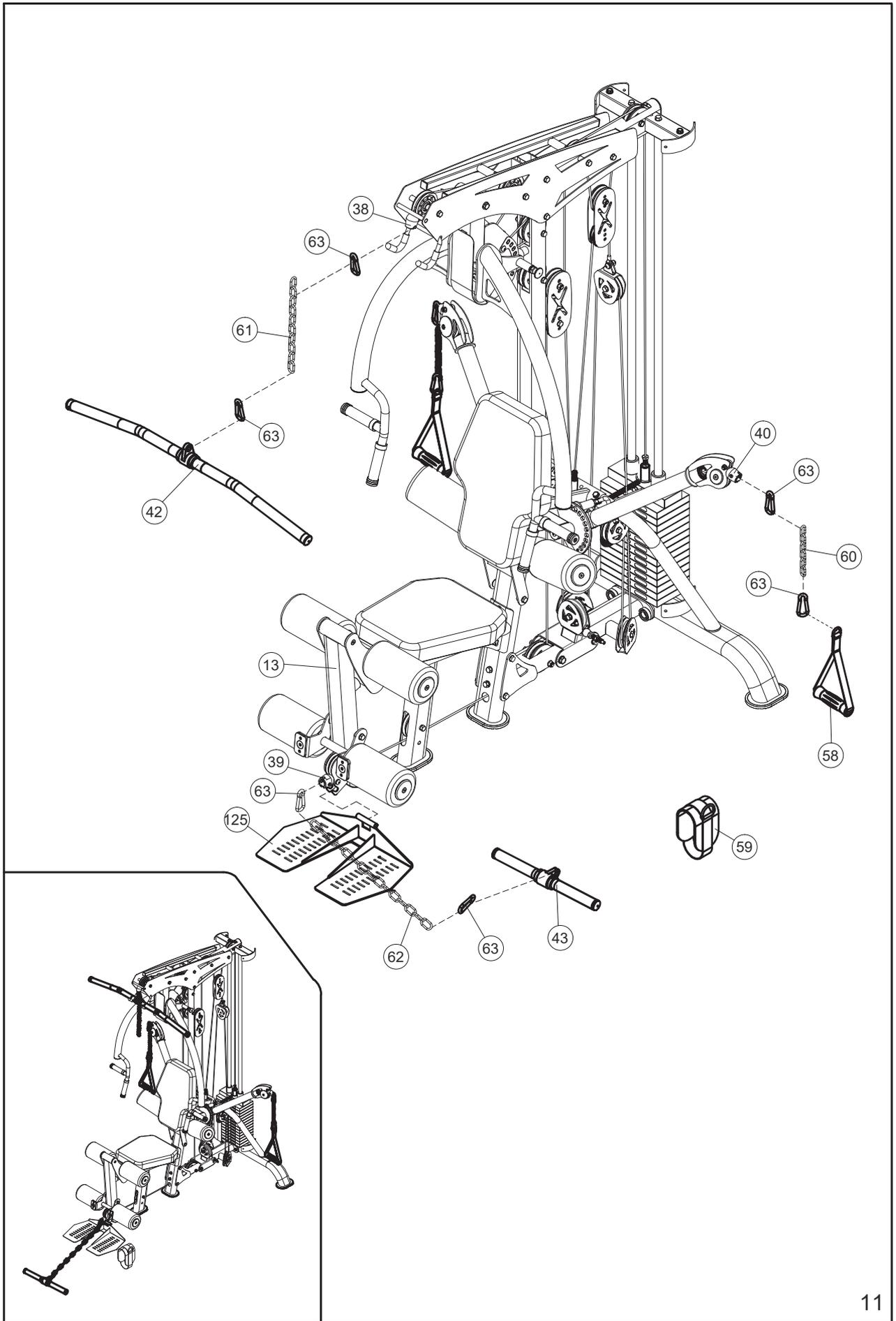
92  ×12 Φ10

96  ×5 M10

118  ×4 M8×20

35  × 2 Φ10×30×M8

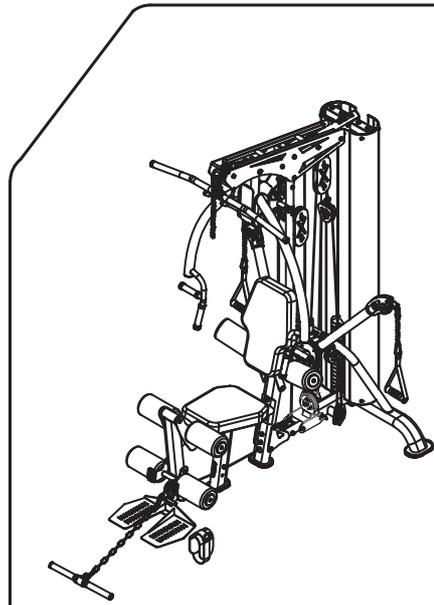
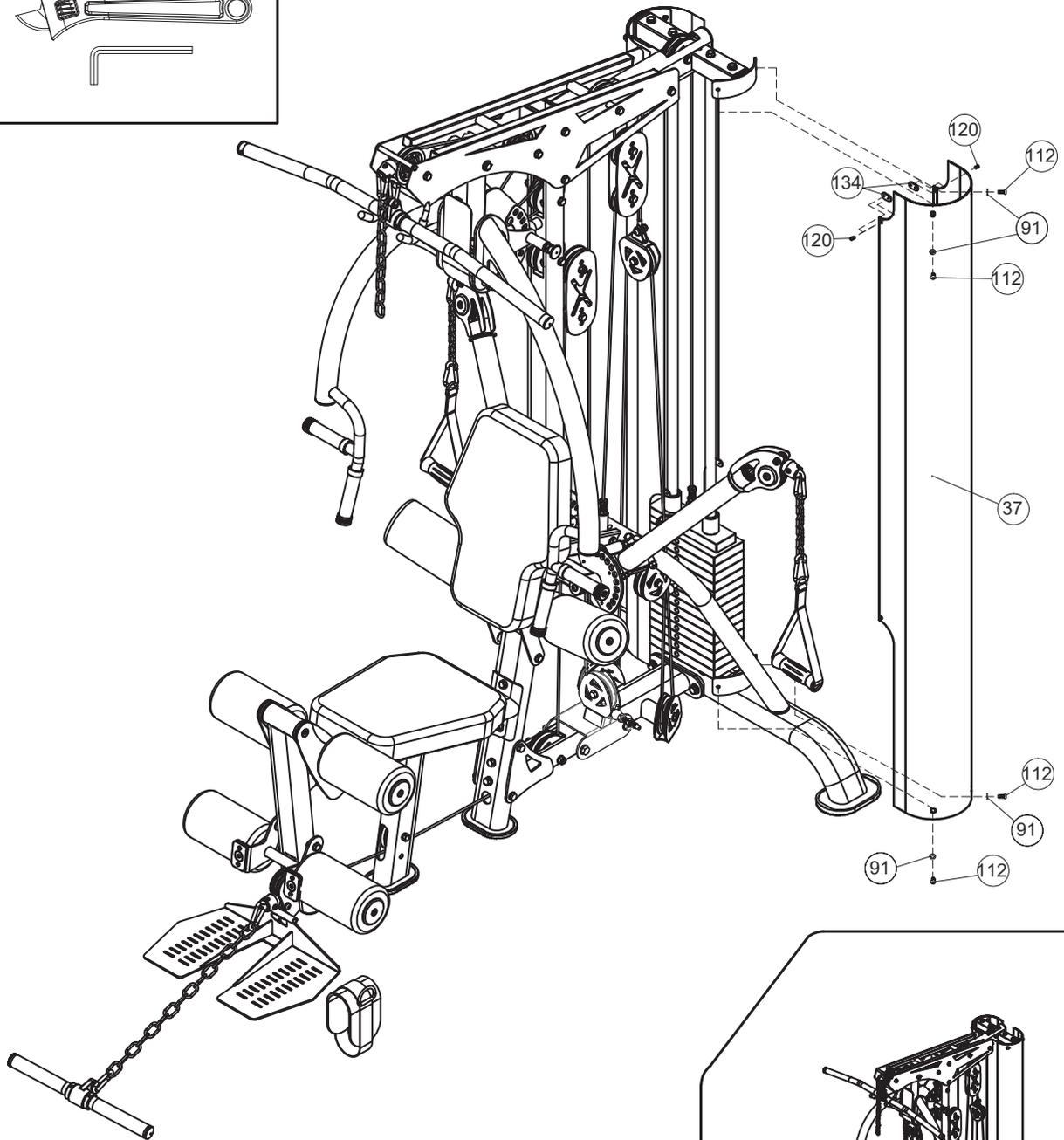
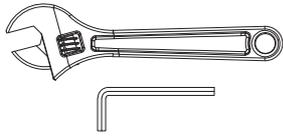




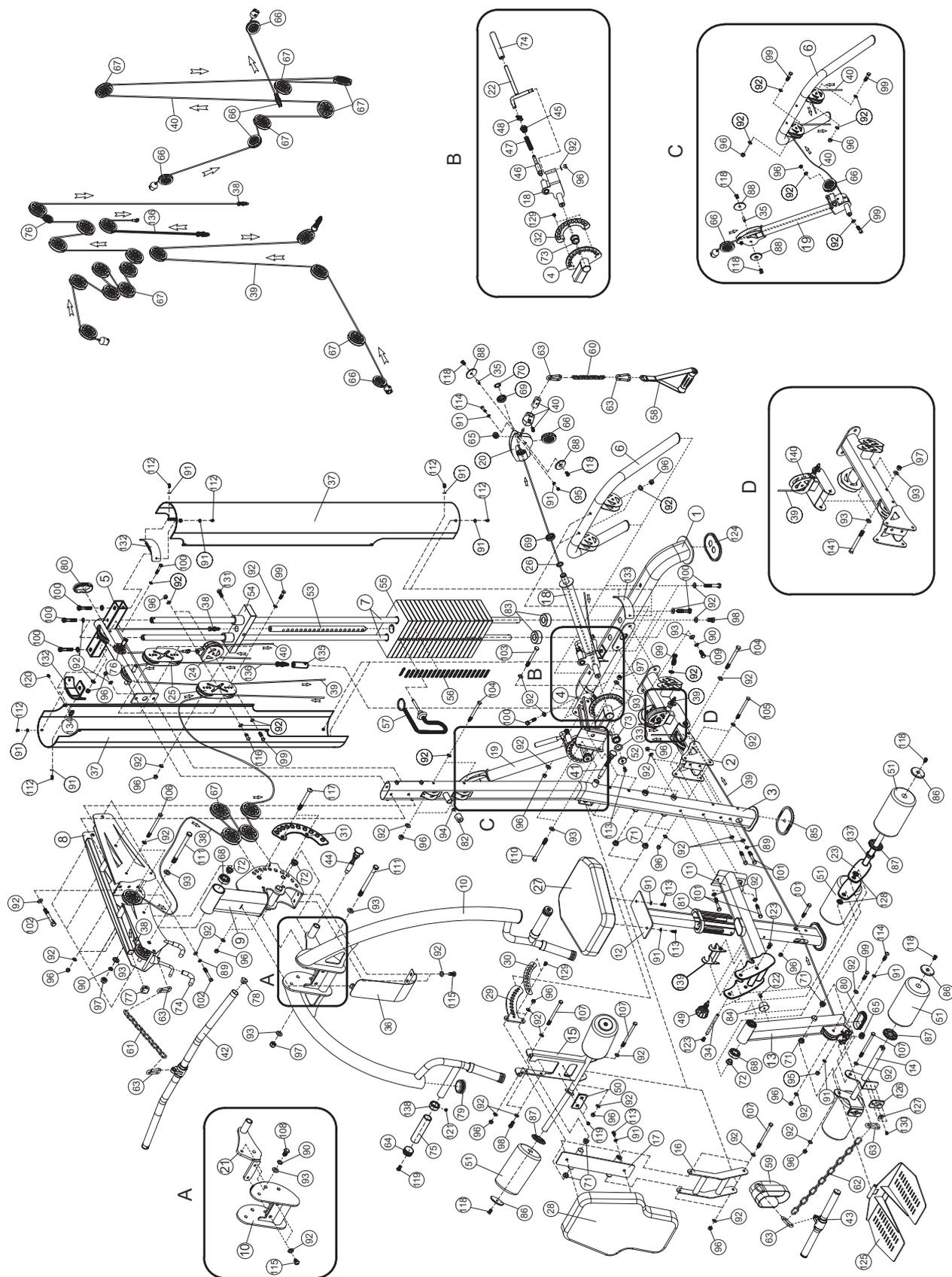
112  x8 M8x16

120  x8 M4x6

91  | x8 $\Phi 8$



12



PARTS LIST

KEY NO.		SPEC	QTY
1	Base Frame Rear		1
2	Base Frame Front		1
3	Stand Vertical Frame Front		1
4	Butterfly Support		1
5	Upper Frame		1
6	Support Rear		1
7	Guide Rod Rear		2
8	Top Frame		1
9	Front Press Base		1
10	Front Press		1
11	Support Front		1
12	Seat Support		1
13	Leg Developer		1
14	Foam Frame		1
15	Top Connecting Frame		1
16	Base Connecting Frame		1
17	Backrest Support		1
18	Butterfly L		1
19	Butterfly R		1
20	Pulley Case		2
21	Front Press Base		1
22	Adjustable Shiver Bar		2
23	Foam Rod		1
24	Pulley Bracket		1
25	Adjustable Pulley Bracket	236×101×3	4
26	Bushing	φ30×φ25.5×3	2
27	Seat Pad	360×250×430×65	1
28	Backrest Board	366×520×65	1
29	draoB tserkcaB Adjustable	R290×R240×6	1
30	Decorative plate	R287×R243×1.5	1
31	Decorative plate	R125×R80×1.5	1
32	Decorative plate	R85×R45×1.5	2
33	D Washer	φ38×3	2
34	Silk shaft	Φ12×131×M8	2
35	Silk shaft	Φ10×30×M8	2
36	Front Lover	272×107×90×2	1
37	Weight Stack Cover	1793×R91.5×1	2
38	Upper Cable	L=4305	1
39	Connectable Cable	L=3580	1
40	Butterfly Cable	L=5600	1
41	Lock Knob		1
42	Lat Bar		1
43	Shiver Bar		1
44	Lock Knob		1

KEY NO.		SPEC	QTY
45	Cover Cap	21×M18×1.5×18	2
46	Pin Axle	Φ16×106	2
47	Spring	φ12.4×φ1.2×38.2	2
48	Chain joint	08A(12.7)	2
49	Lock Knob	M18×φ10	1
50	Rack Liner	90×45×5	1
51	Foam Roll	φ125×φ22×215	6
52	Bar End	φ38×φ9×8	2
53	Selector Rod	Φ25×563 (19+1)	1
54	Top Weight Plate	230×65×72	1
55	Weight Plate	250×100×25.4 (10LB)	19
56	Weight Plate Sticker	10LB-200LB	1
57	Weight Selector Pin		1
58	Nylon Strap Iso-Handle	L=245mm	2
59	Ankle Strap		1
60	6-Joint Chain	6	2
61	10-Joint Chain	10	1
62	15-Joint Chain	15	1
63	Hook	φ8	8
64	Decorative cover	φ37.5×φ6.5×19	4
65	Wheel	φ27×24	3
66	Small Pulley with Bearing	φ72×φ10	5
67	Pulley	φ96	20
68	Bearing	6004	4
69	Bearing	61905	4
70	Hole circlip	25	2
71	Bushing	φ25×φ10.5×12	10
72	Bushing	φ25×φ20×φ12.2×10	6
73	Bushing	φ38×φ34×φ25×22	4
74	Handle	Φ20×114	4
75	Handle	Φ27.5×3×135	4
76	Small Pulley with Bearing	Φ50×Φ10	1
77	End Cap	□25	4
78	End Cap	φ32	4
79	End Cap	φ50	2
80	End Cap	PT50×100	2
81	Slide Guide	PT50×100/PT40×80×147	1
82	Rubber Stopper	φ30×φ25×30	1
83	Rubber Stopper	φ62×φ24.5×25	4
84	Rubber Stopper	φ45×40	1
85	Floor End Cap	PT145×95×9	4
86	Foam Baffle	φ68×5.7	6
87	Foam Inner Baffle	φ70×φ26×9.5	6
88	End Cover	φ50×5.7	4
89	Spring Washer	10/336HV	2

KEY NO.		SPEC	QTY
90	Spring Washer	12	4
91	Washer	8	18
92	Washer	10	98
93	Washer	12	15
94	Washer	Φ25×11×2	1
95	Nut	M8	3
96	Nut	M10	43
97	Nut	M12	6
98	HEX Bolt	M10×25	4
99	HEX Bolt	M10×45	13
100	HEX Bolt	M10×65	11
101	HEX Bolt	M10×70	5
102	HEX Bolt	M10×75	2
103	HEX Bolt	M10×90	1
104	HEX Bolt	M10×115	3
105	HEX Bolt	M10×125	2
106	HEX Bolt	M10×140	6
107	HEX Bolt	M10×145	5
108	HEX Bolt	M12×20	1
109	HEX Bolt	M12×30	2
110	HEX Bolt	M12×130	2
111	HEX Bolt	M12×145	2
112	Allen Bolt	M8×16	8
113	Allen Bolt	M8×25	6
114	Allen Bolt	M8×45	3
115	Allen Bolt	M10×16	4
116	Allen Bolt	M10×30	1
117	Allen Bolt	M10×95	2
118	Hexagon socket countersunk head screws	M8×20	10
119	Hexagon socket countersunk head screws	M6×10	6
120	Philips Screw	M4×6	8
121	Set screw	M6×6	4
122	Philips Screw	M6×16	1
123	Allen Bolt	φ 20×M8×12	4
124	Floor End Cap	PT170×107×15	2
125	Foot Plate		1
126	Rack Liner	70×45×5	2
127	Magnet	φ25×φ5×4	2
128	Bushing	φ25×φ16×φ12.2×5	2
129	Philips Screw	M5×12	8
130	Philips Screw	M4×10	6
131	Allen Bolt	M10×55 (全丝)	1
132	Upper Frame		2
133	Lower Frame		2
134	Plate	30×14×3×M4	4

KEY NO.		SPEC	QTY
135	Regulating Shaft	$\varnothing 25 \times 75$	1
136	Cable	L=1180	1
137	Spacer Sleeve	$\varnothing 30 \times 2 \times 8$	2
138	Retaining ring	$\varnothing 38 \times \varnothing 29.2 \times 14.5 \times M6$	4
139	Locking Frame		1
140	Pulley Bracket		1
141	HEX Bolt	M12 \times 135	2
	Allen wrench	6#	1
	Allen wrench	5#	2
	Allen wrench	4#	1
	Allen wrench	3#	1

Importør: Fitnessgruppen A/S