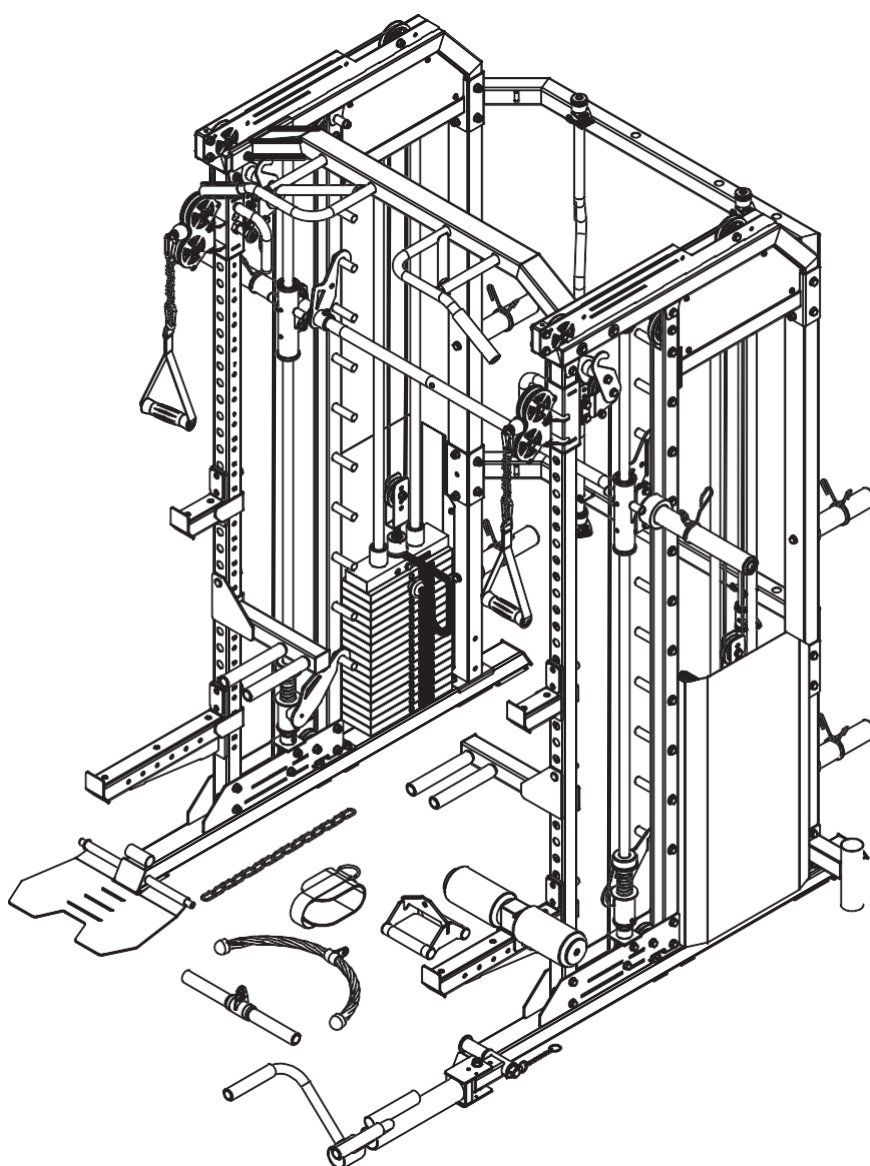




OWNER'S MANUAL

PF-X6 PLUS



OBS!

Læs alle forholdsregler og instruktioner i denne vejledning, før du bruger dette udstyr.

20230926-V1.0

SIKKERHEDSMEDDELELSE

FORHOLDSREGLER

Denne træningsmaskine er bygget til optimal sikkerhed. Der gælder dog visse forholdsregler, når du betjener et træningsredskab. 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.
Lad være med at efterlade 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 jævn vandret overflade.
BRUG IKKE maskinen i nærheden af vand eller udendørs.
5. Hold hænderne væk fra alle bevægelige dele.
6. Brug altid passende træningstøj, når du træner.
Løb eller aerobe sko er også anbefalet, 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. Brug ikke maskinen, hvis maskinen ikke fungerer korrekt.
11. Maks brugervægt: 160 kg.
12. Maks belastning (inkl. Bruger): 360 kg.

ADVARSEL:

FØR DU BEGYNDER ET TRÆNINGSPROGRAM, SØG DIN LÆGE. DETTE ER SÆRLIG VIGTIGT FOR PERSONER OVER 35 ALDER ELLER PERSONER MED EKSISTERENDE SUNDHEDSPROBLEMER.

LÆS ALLE INSTRUKTIONER, FØR DU BRUGER ETHVERT FITNESSUDSTYR.

VI PÅTAGER SIG INTET ANSVAR FOR PERSONSKADE ELLER EJENDOMSSKADE OPHOLDT AF ELLER VED BRUGEN AF DETTE PRODUKT.

GEM DISSE INSTRUKTIONER.

Importør:

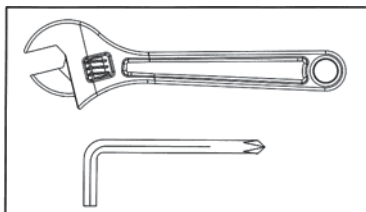
Fitnessgruppen A/S

www.fitnessgruppen.dk

VIGTIG SAMLE INFORMATION

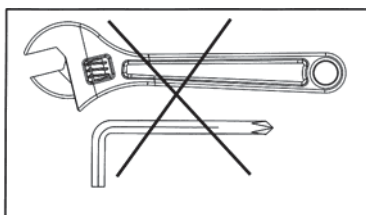
- ❖ Værktøj til at samle udstyret: Justerbar skruenøgle og umbrakonøgler
- ❖ Bemærk: Det anbefales kraftigt at være to personer til at samle udstyret, for at undgå personskade.
- ❖ Sørg for at **Carriage bolts (bræddebolte)** føres igennem de **firkantede huller** på de dele der skal samles. Spændeskriver sættes kun på ved møtrikken.
- ❖ Brug **Allen Bolts eller Hex Bolts** i de **runde huller**.
- ❖ Vent altid, indtil alle bolte er samlet på bænken, før du spænder boltene. Spænd ikke boltene lige efter de er monteret.

Spænd møtrikker og bolte.



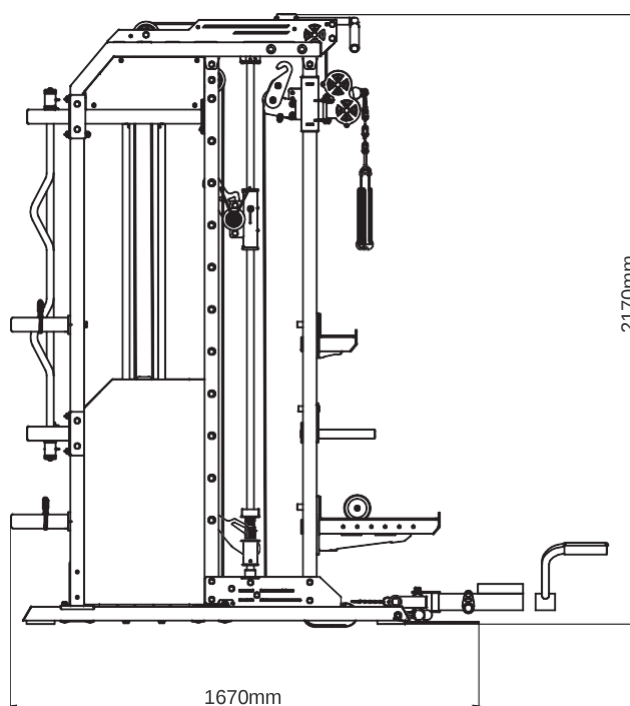
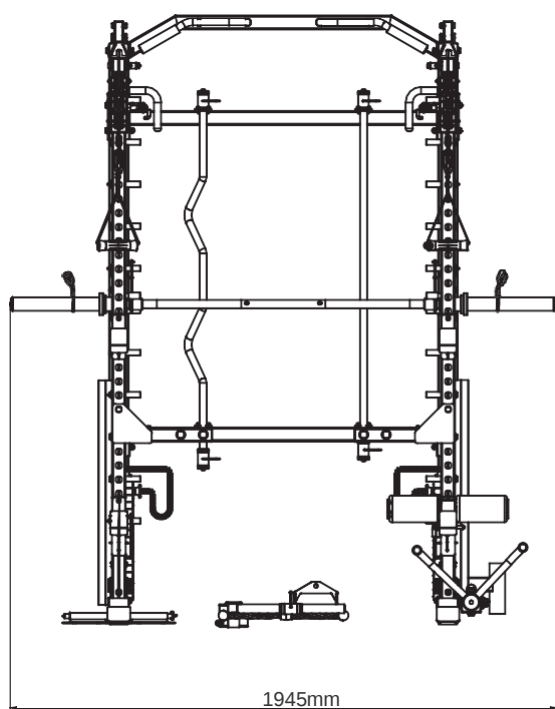
Spænd møtrikker og bolte efter alle komponenterne er blevet samlet i foregående step.

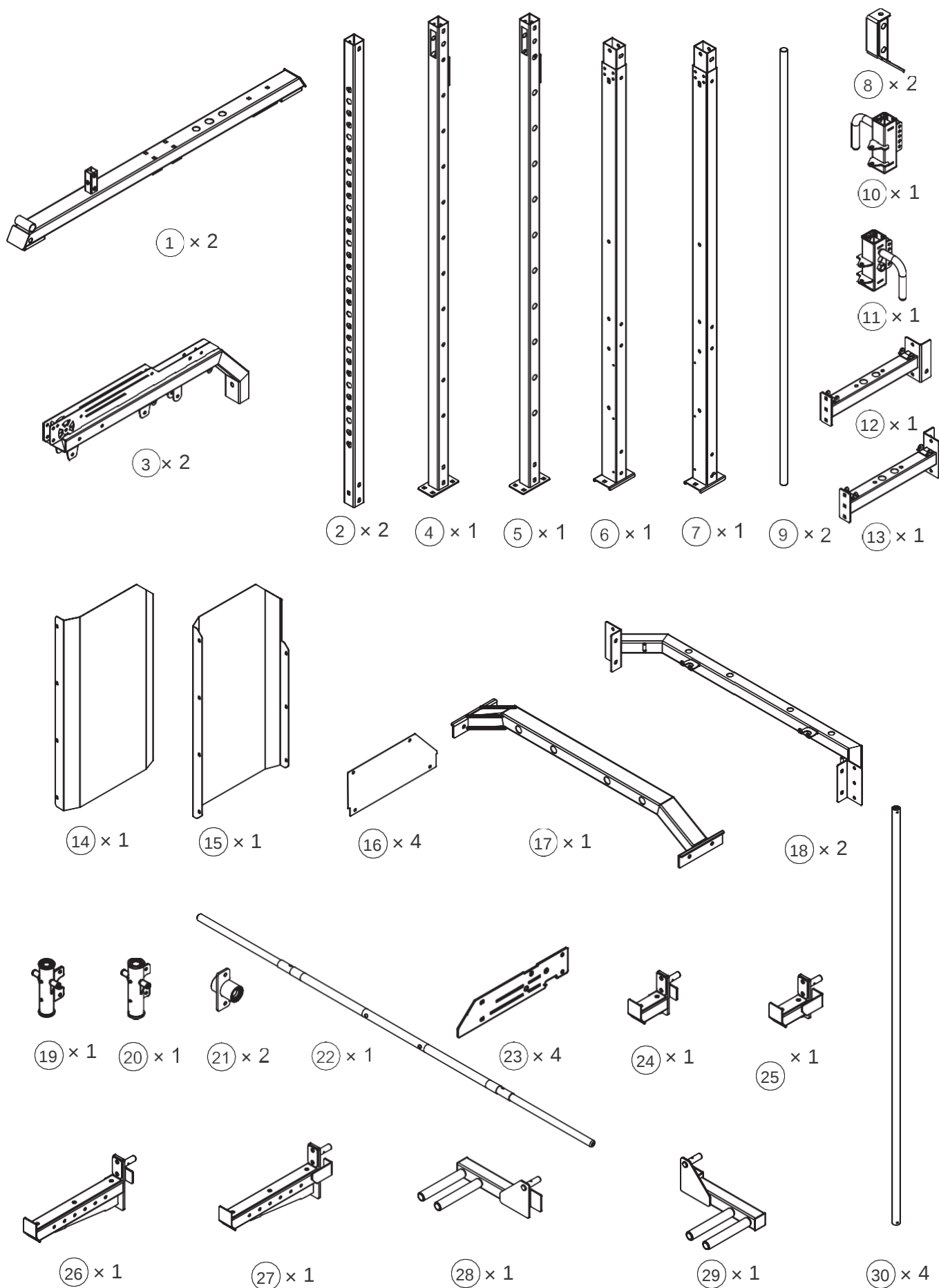
OBS: Spænde ikke drejelige dele for hårdt.
Drejelige dele skal kunne bevæge sig frit.

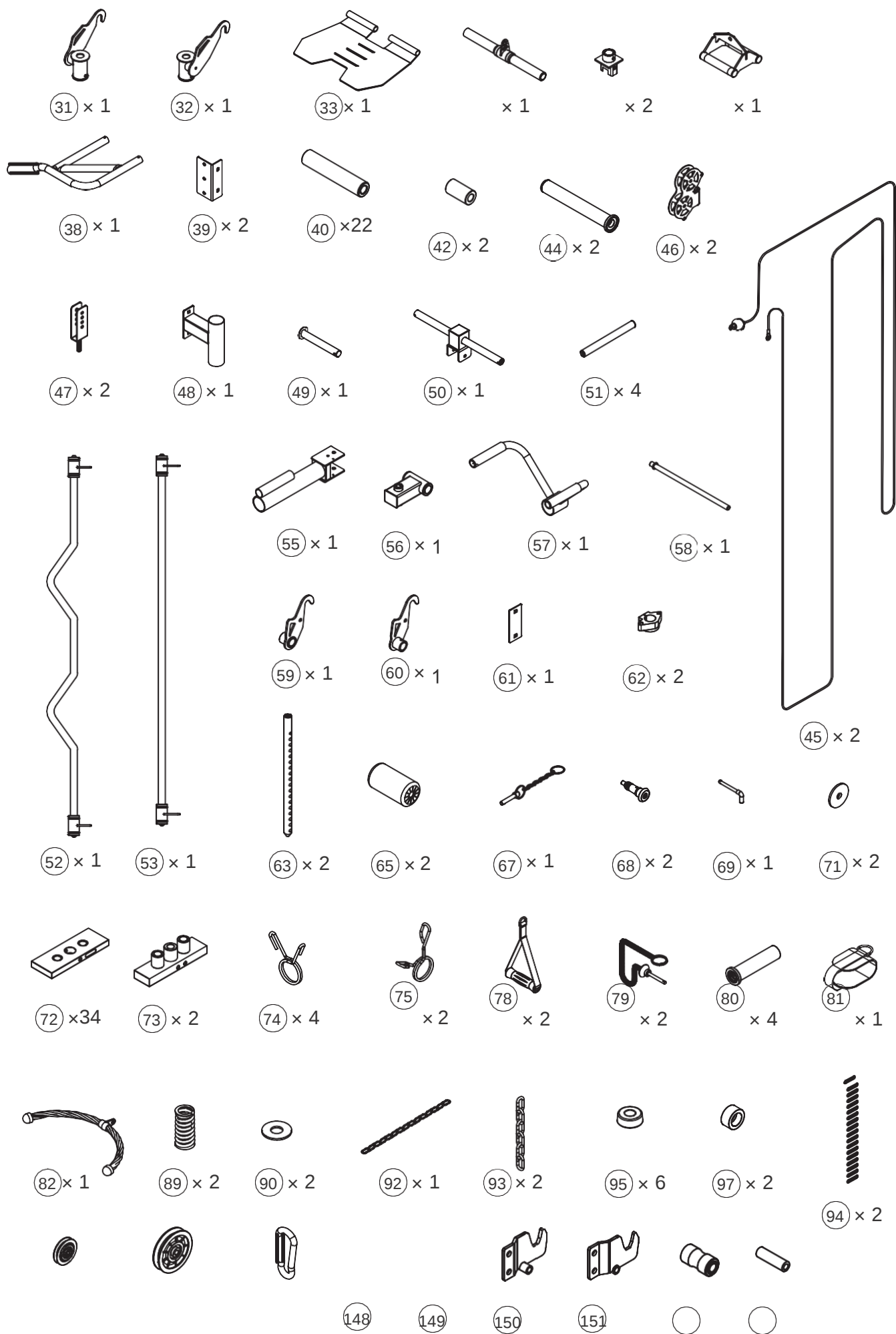


Spænd ikke møtrikker og bolte i dette step.

Assembled Dimension: 1945mm x 1670mm x2170mm







$$\textcircled{98} \times 8$$

$$\textcircled{99} \times 12$$

$$\textcircled{112} \times 4$$



$$\times 2$$



$$\times 2$$

$$\times 2$$

$$\times 2$$

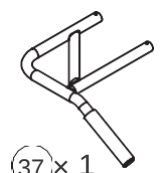
$$153 \times 2$$

$$154 \times 2$$

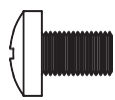
$$\textcircled{34}$$

$$\textcircled{35}$$

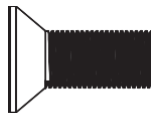
$$\textcircled{36}$$



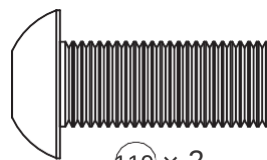
$$\textcircled{37} \times 1$$



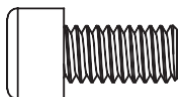
115 × 30



117 × 2



119 × 2



120 × 2



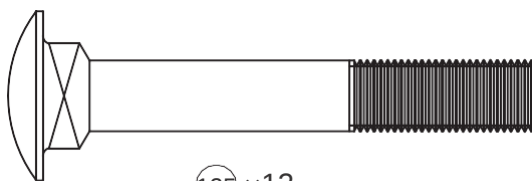
121 × 4



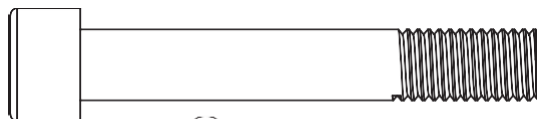
122 × 2



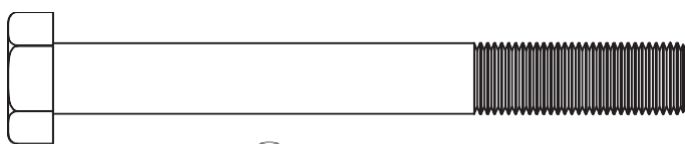
124 × 2



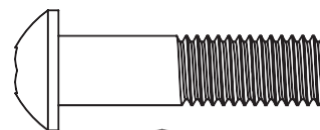
125 × 12



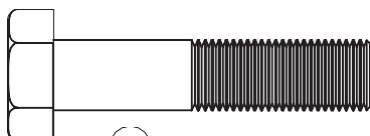
126 × 2



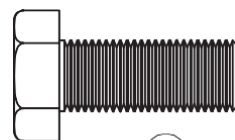
128 × 8



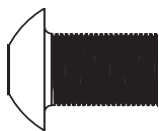
129 × 2



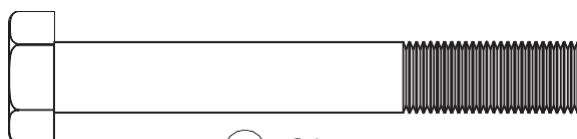
130 × 14



131 × 16

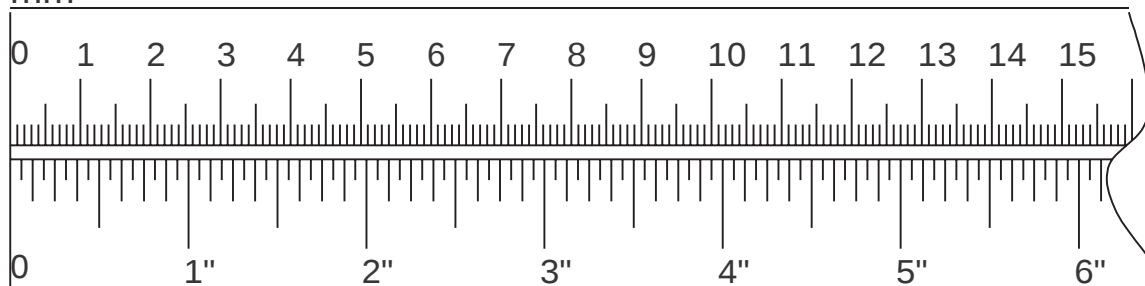


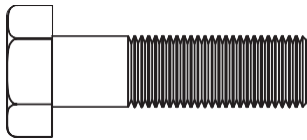
132 × 8



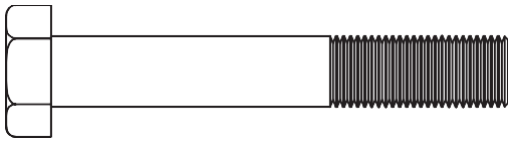
133 × 24

mm

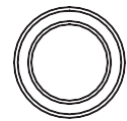
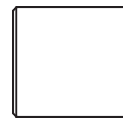




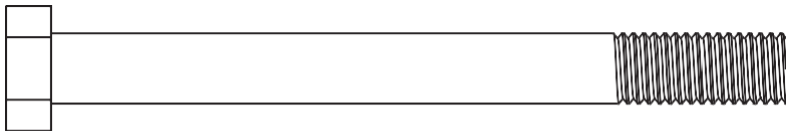
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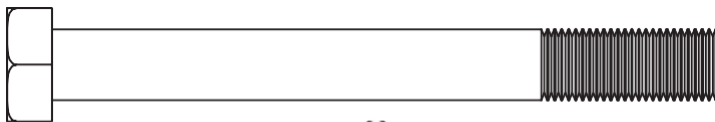
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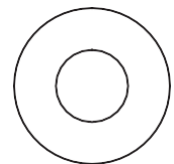
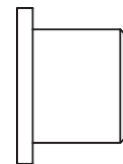
41 × 8



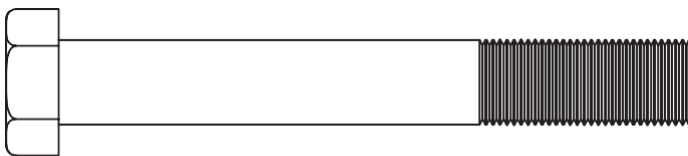
136 × 2



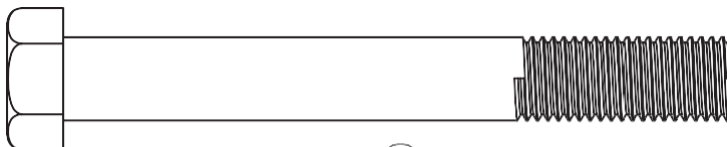
137 × 12



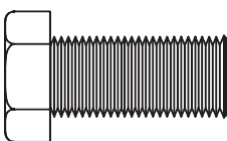
91 × 4



138 × 1

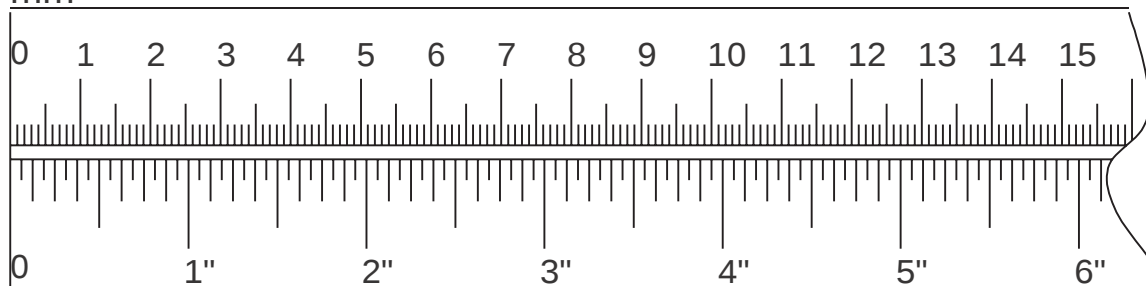


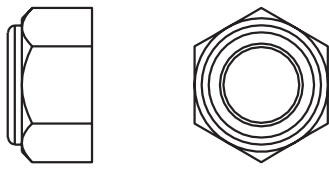
139 × 2



140 × 22

mm

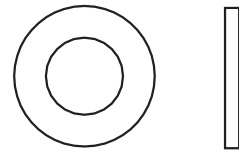




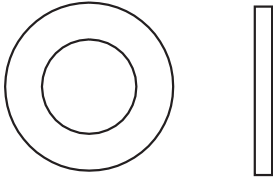
①41 × 3



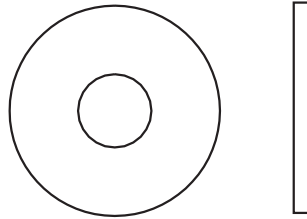
①42 × 34



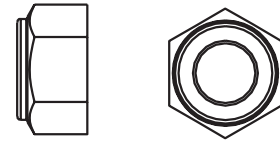
①44 × 168



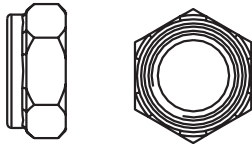
①45 × 28



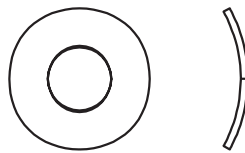
①46 × 4



①47 × 86



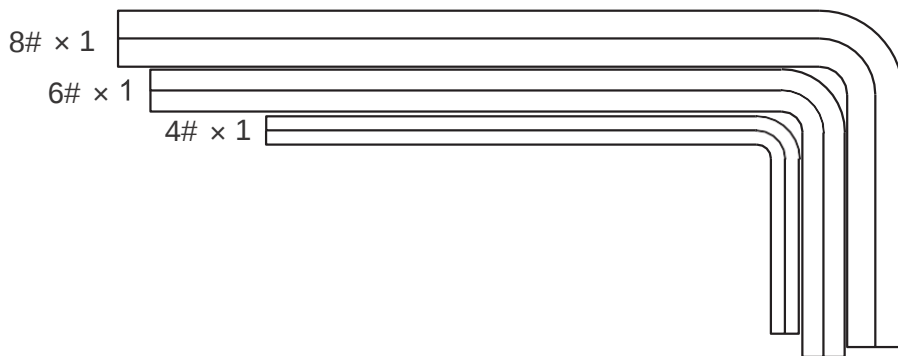
①27 × 2

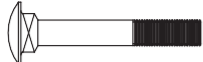
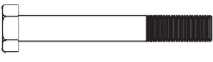
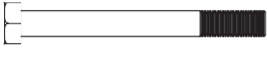


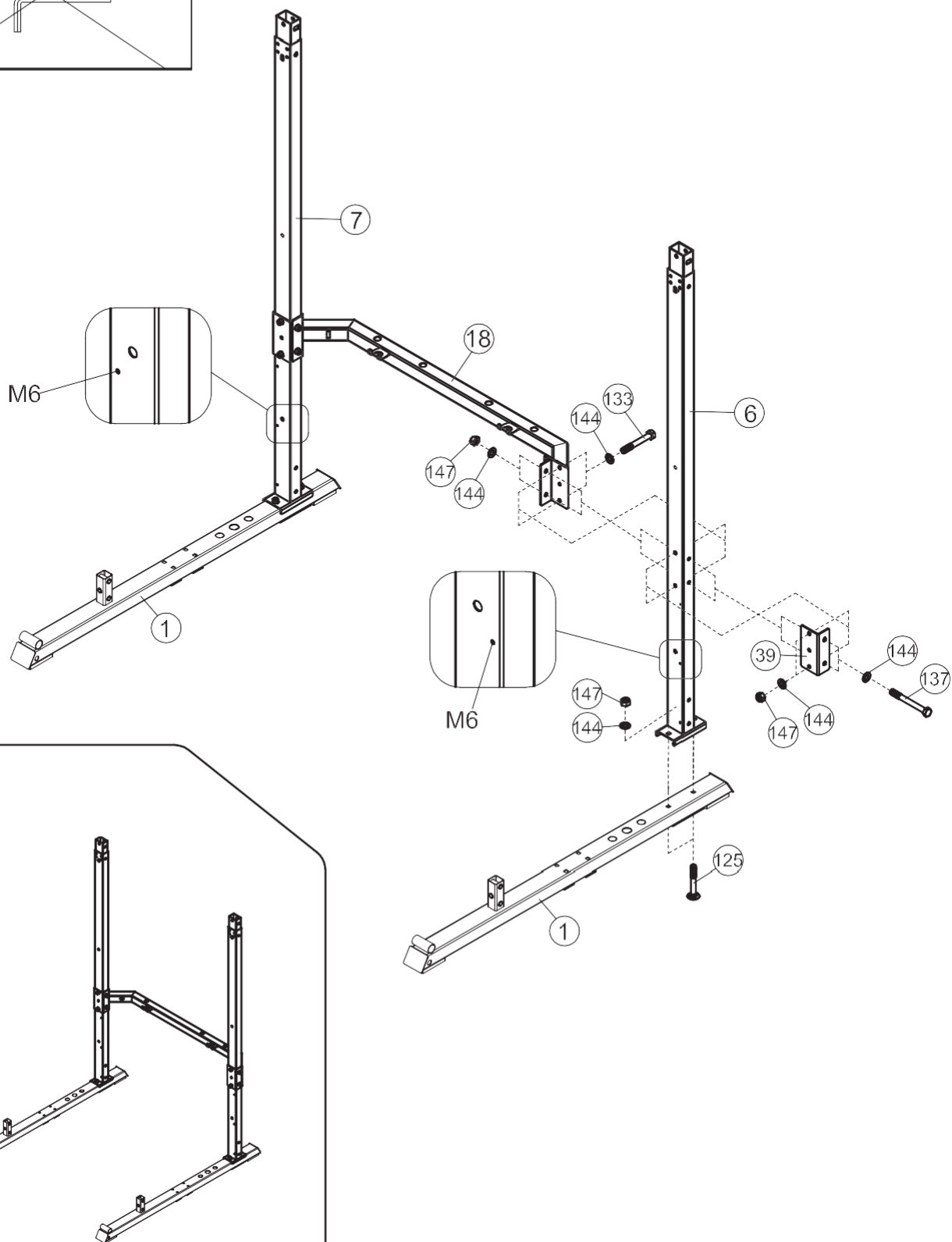
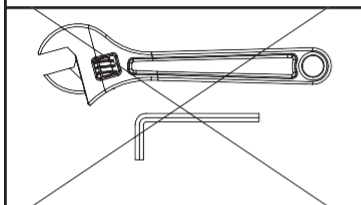
①13 × 2

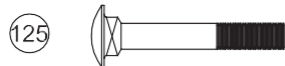


①14 × 2



125		×4	M10×70	144		×20	Φ10
133		×4	M10×75	147		×12	M10
137		×4	M10×95				





×8 M10×70

144



×12 Φ10

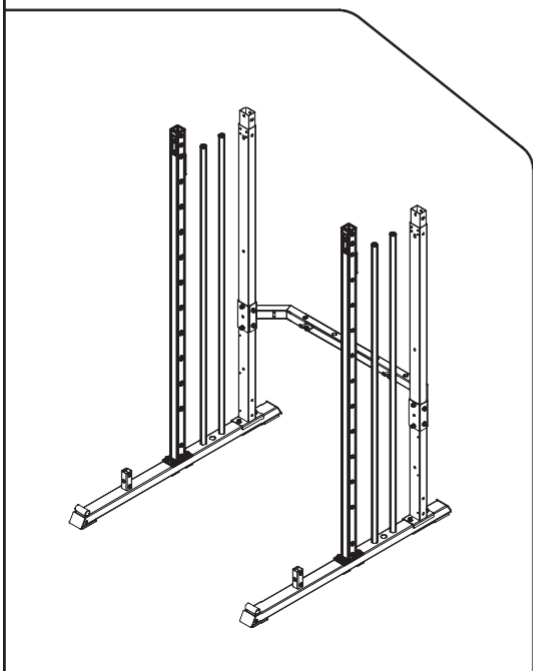
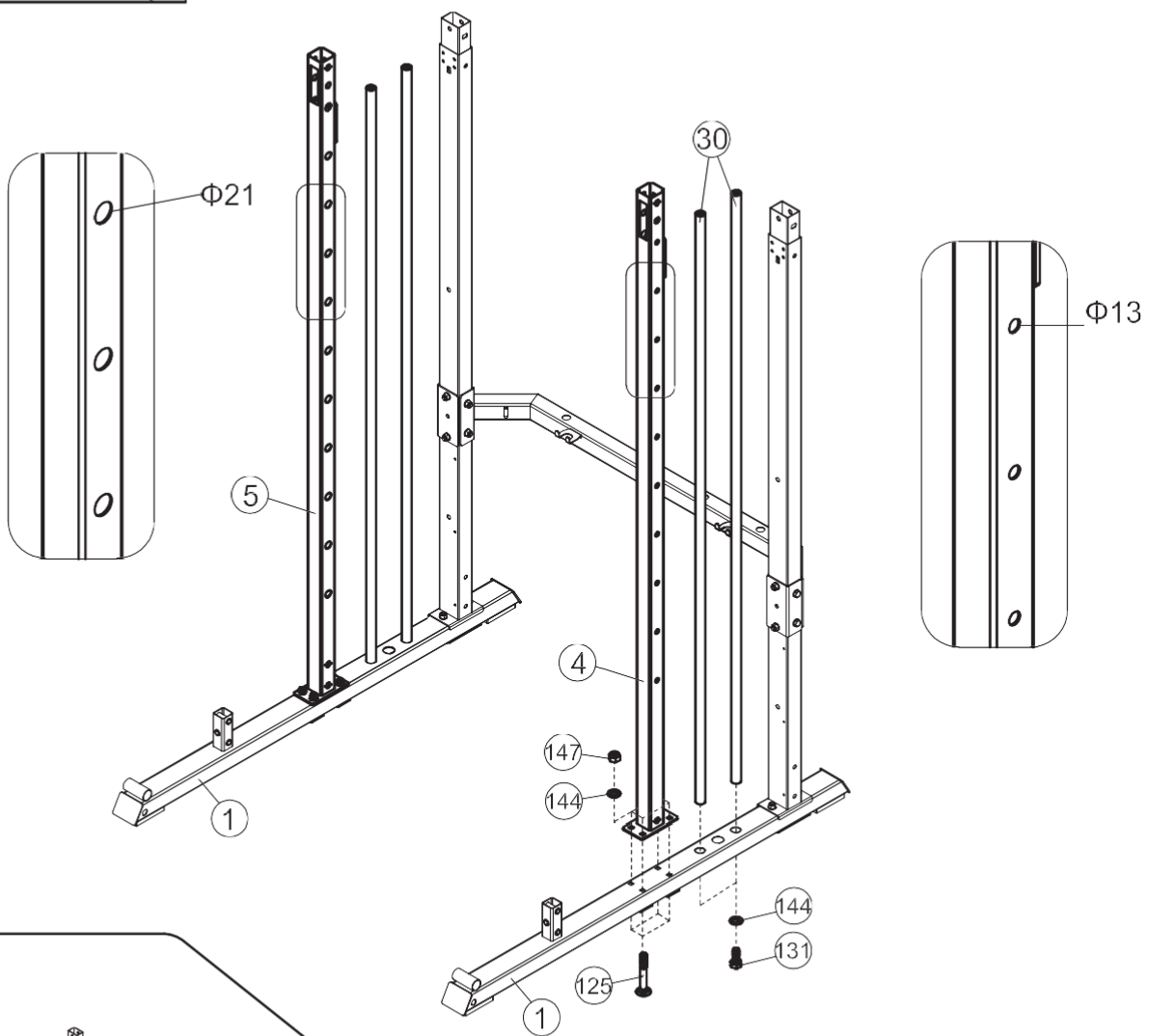
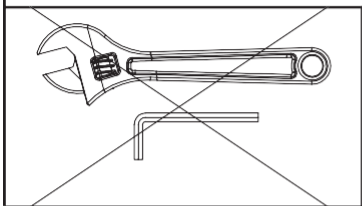


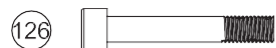
×4 M10×25

147



×8 M10





×2 M10×65



×4 Φ10



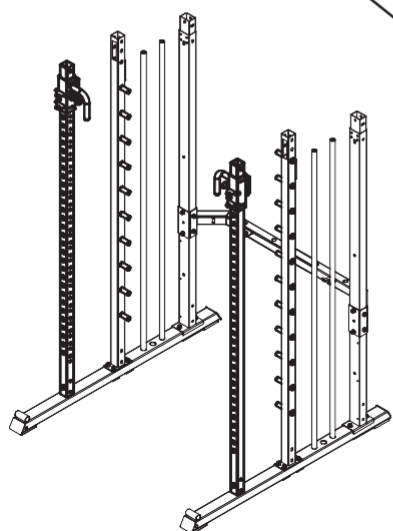
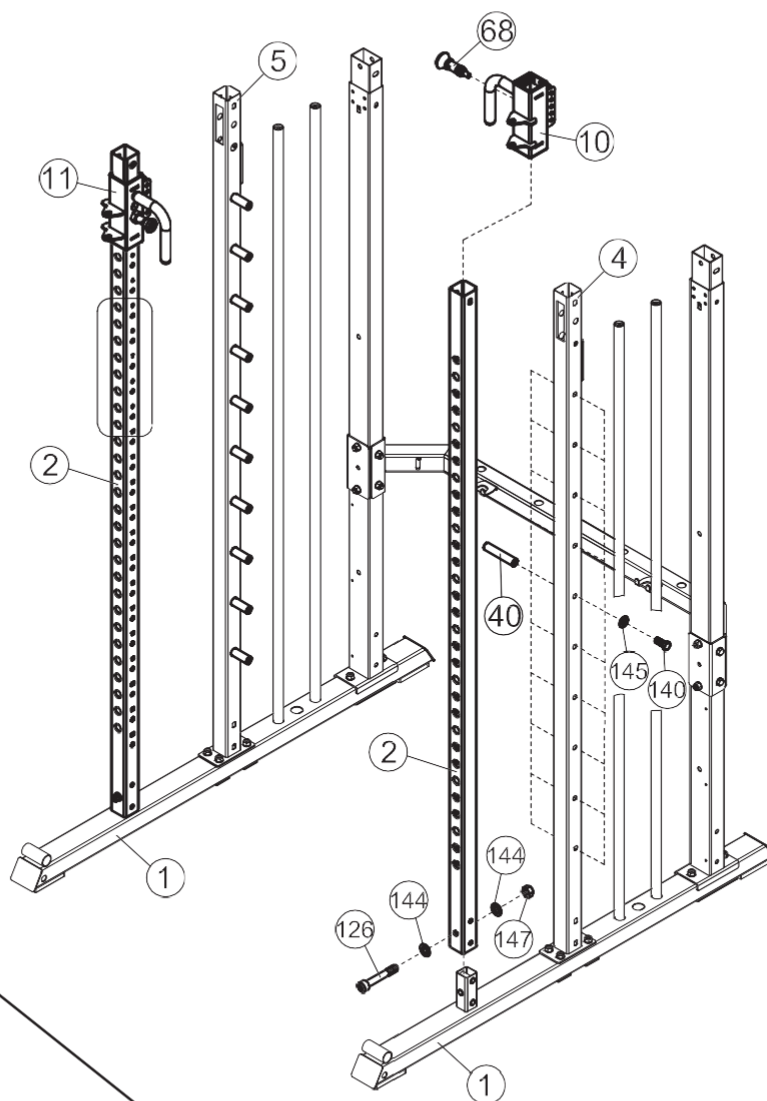
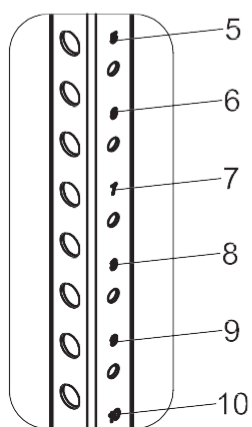
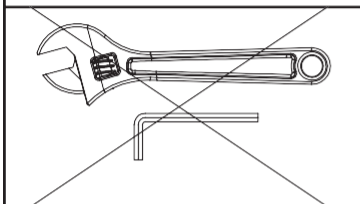
×22 M12×25



×22 Φ12



×2 M10



115



×14

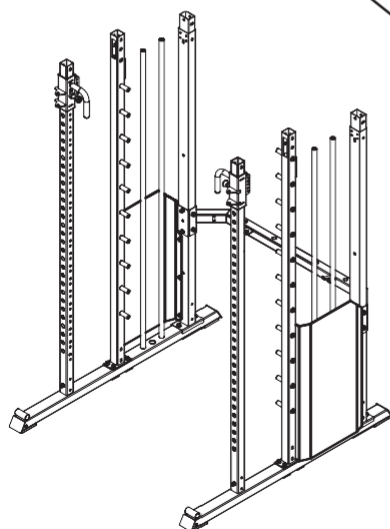
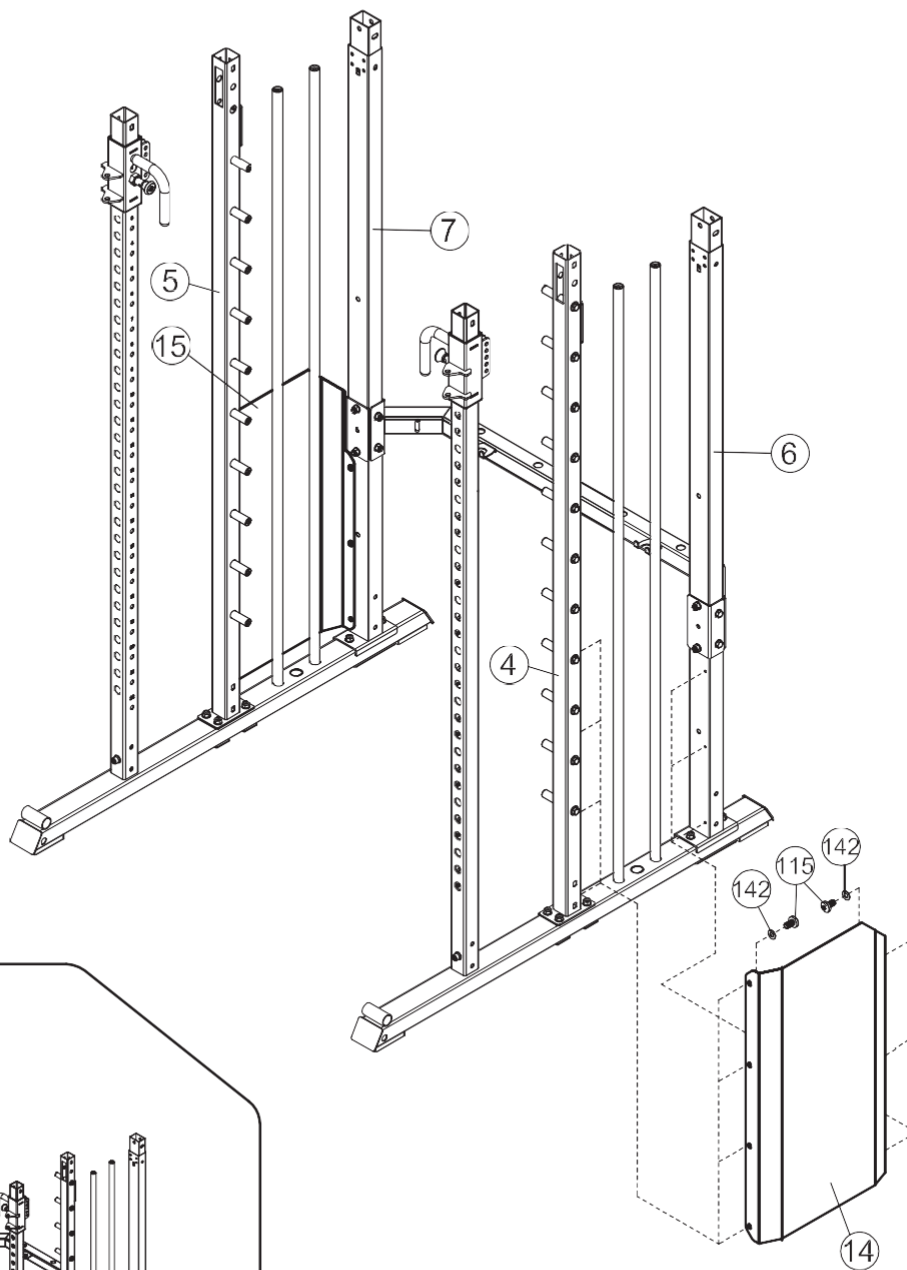
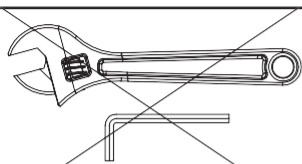
M6×10

142



×14

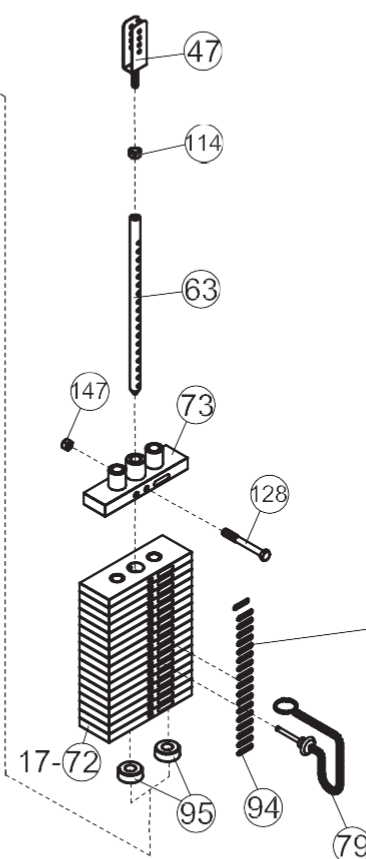
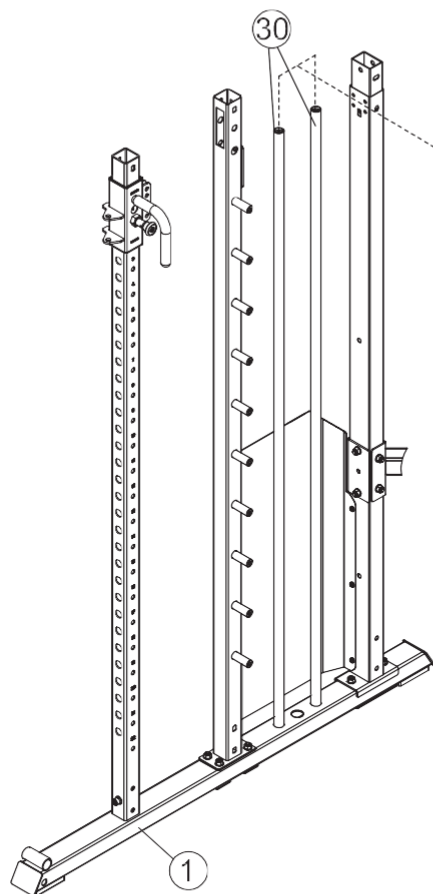
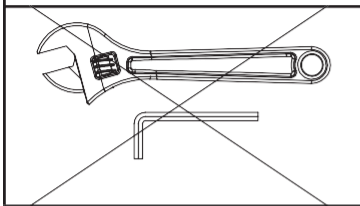
Φ6



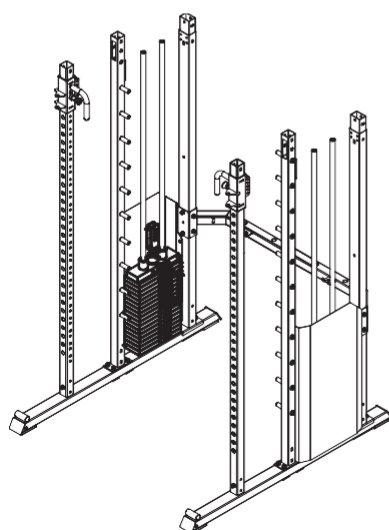
128  ×2 M10×90

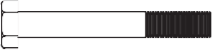
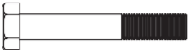
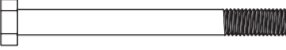
114   ×2 M12

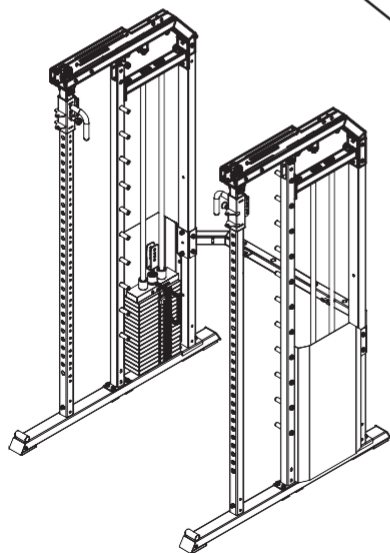
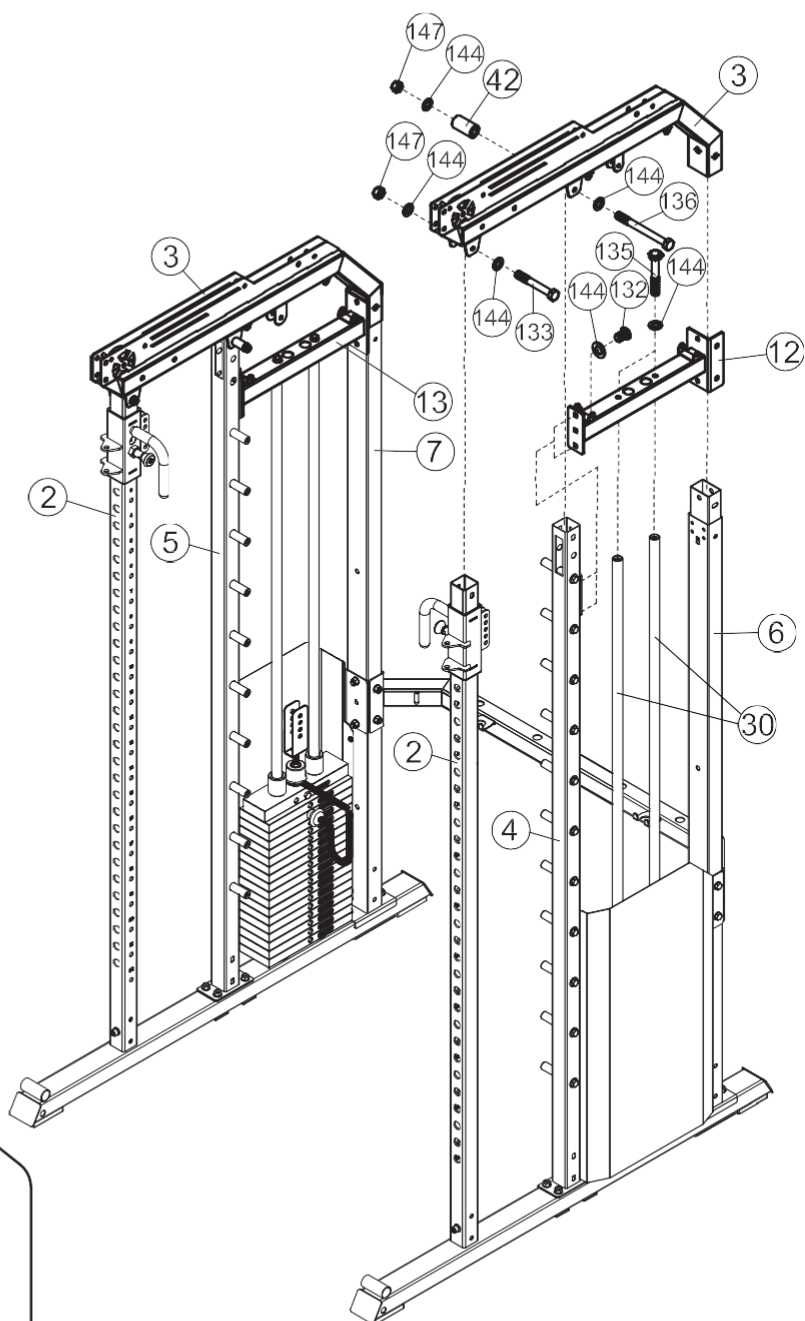
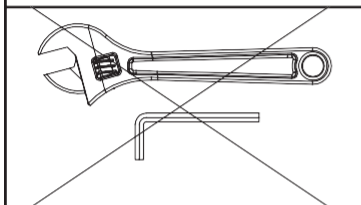
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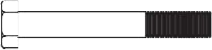
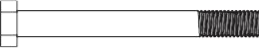


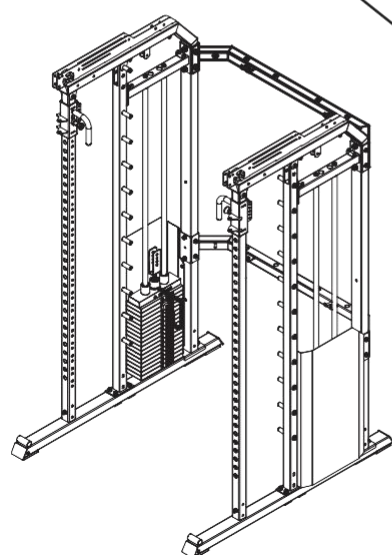
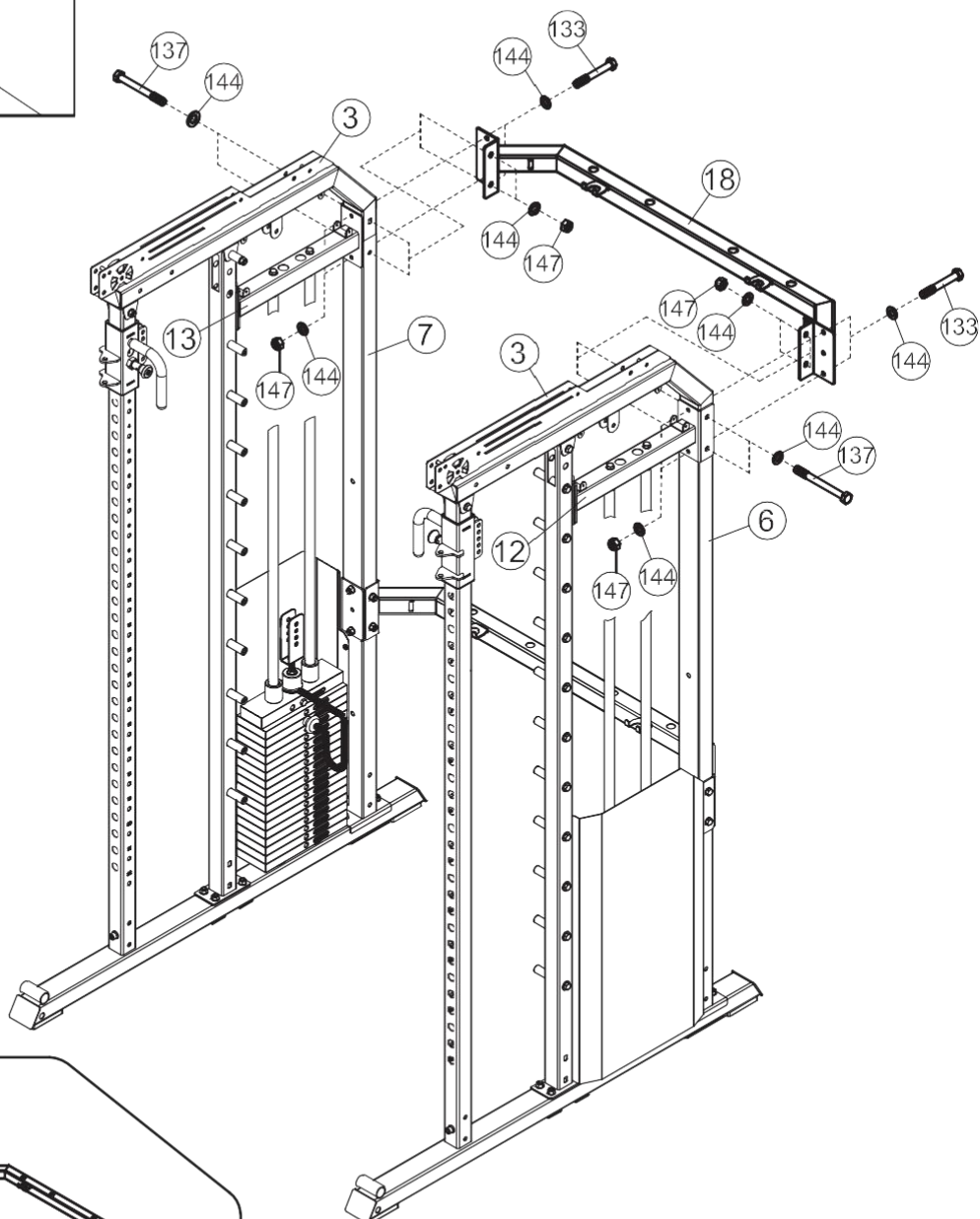
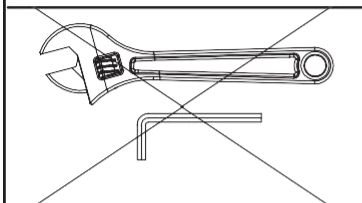
- 5KG/11LB
- 10KG/22LB
- 15KG/33LB
- 20KG/44LB
- 25KG/55LB
- 30KG/66LB
- 35KG/77LB
- 40KG/88LB
- 45KG/99LB
- 50KG/110LB
- 55KG/121LB
- 60KG/132LB
- 65KG/143LB
- 70KG/154LB
- 75KG/165LB
- 80KG/176LB
- 85KG/187LB
- 90KG/198LB

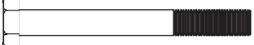


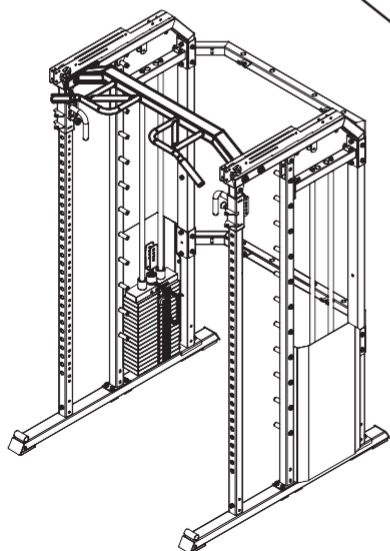
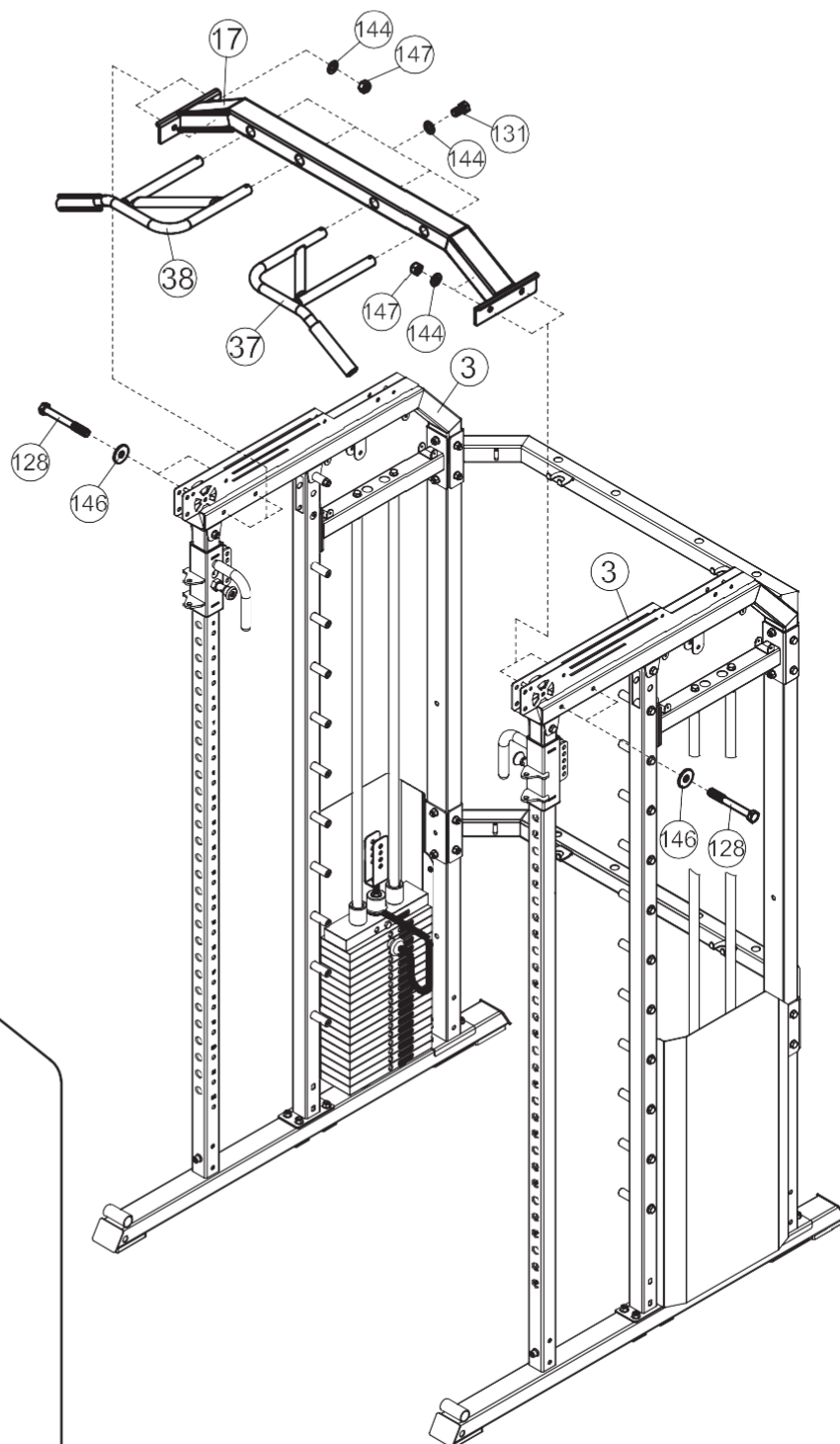
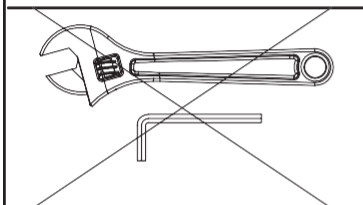
(133)		×2	M10×75	(132)		×4	M10×16
(135)		×4	M10×65	(144)		×16	Φ10
(136)		×2	M10×105	(147)		×4	M10



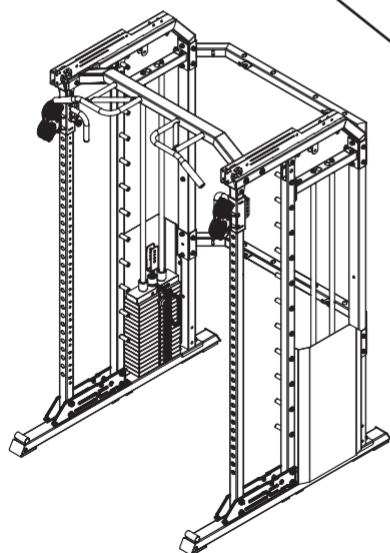
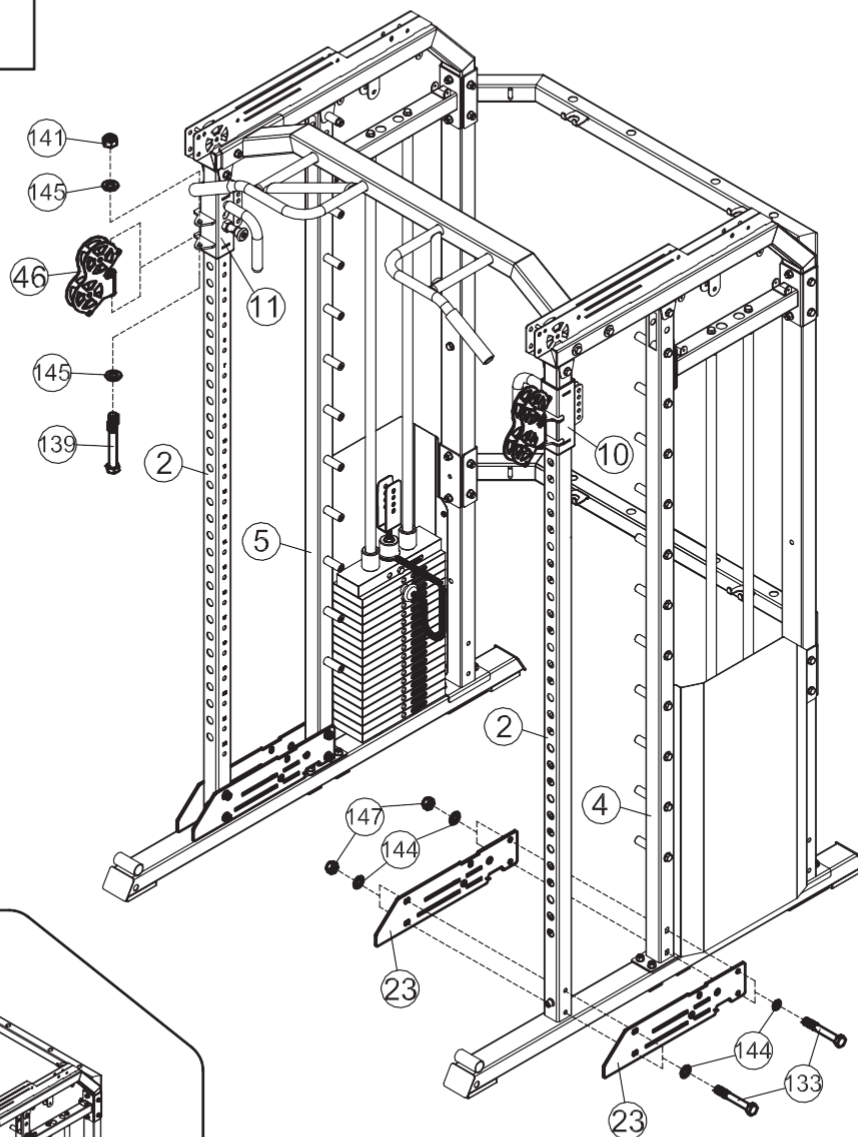
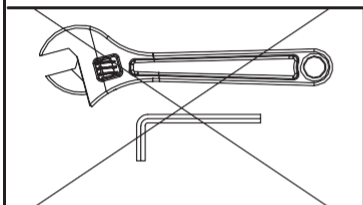
- | | | | | | | | |
|-------|---|----|--------|-------|--|-----|-----|
| (133) |  | ×4 | M10×75 | (144) |  | ×16 | Φ10 |
| (137) |  | ×4 | M10×95 | (147) |  | ×8 | M10 |



- | | | | | | | | |
|-------|---|----|-----------|-------|--|----|-----|
| (131) |  | ×4 | M10×25 | (144) |  | ×8 | Φ10 |
| (128) |  | ×4 | M10×90 | (147) |  | ×4 | M10 |
| (146) |  | ×4 | Φ30×Φ10.5 | | | | |



- | | | | | | | | |
|-------|--|----|--------|-------|--|-----|-----|
| (133) | | x8 | M10x75 | (144) | | x16 | Φ10 |
| (139) | | x2 | M12x95 | (145) | | x4 | Φ12 |
| (147) | | x8 | M10 | (141) | | x2 | M12 |





×4 M6×30



×4 Φ6



×2 M5×25



×4 Φ10



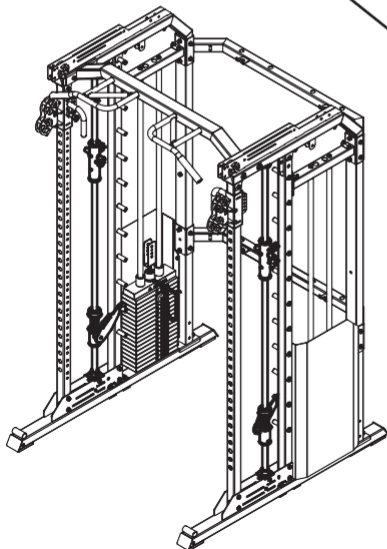
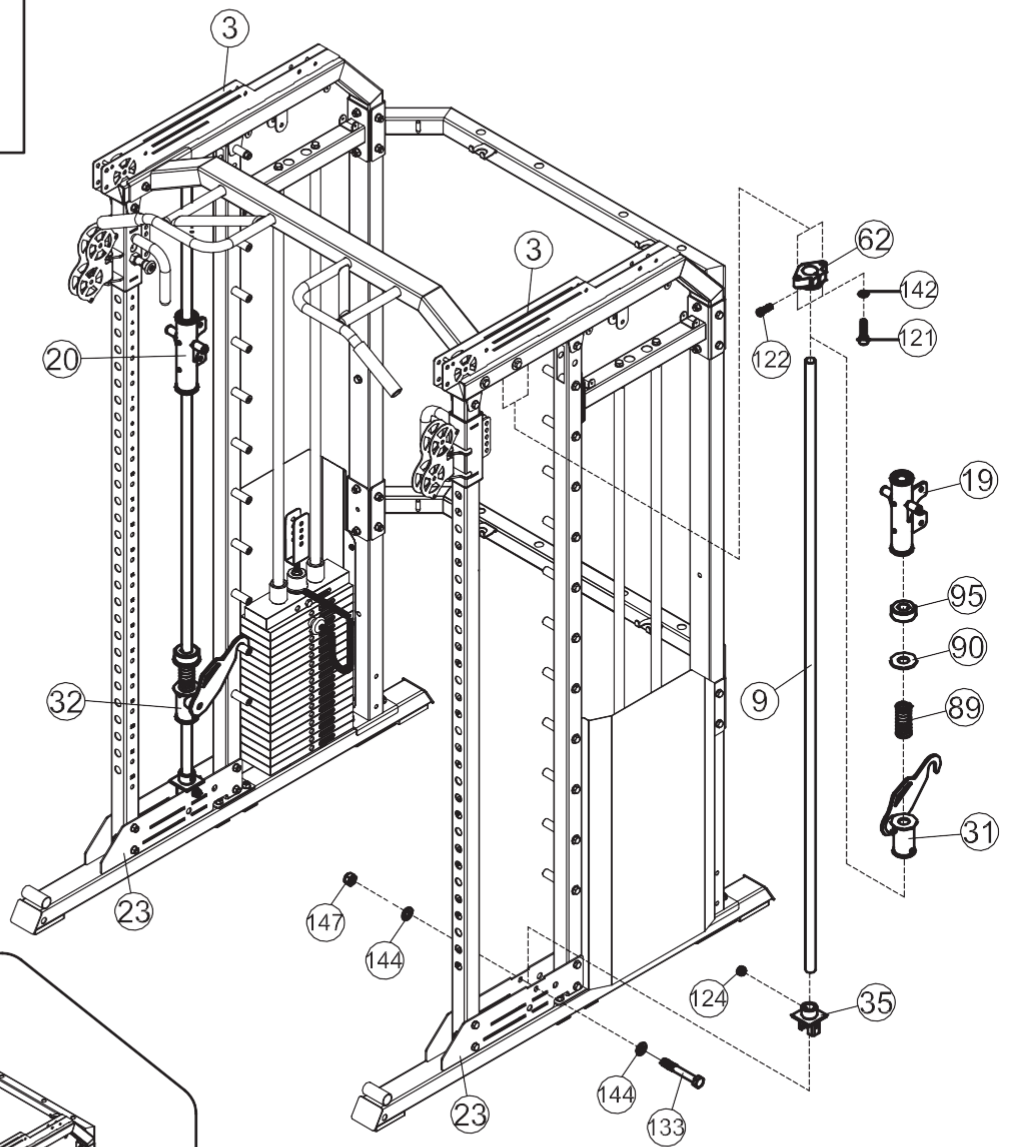
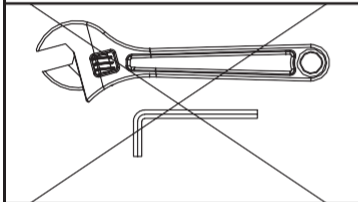
×2 M8×8



×2 M10



×2 M10×75



120 

×2 M8×16

113 

×2 20×R20×Φ9

131 

×4 M10×25

144 

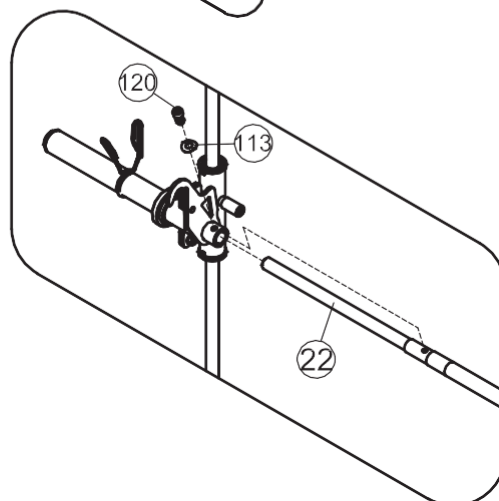
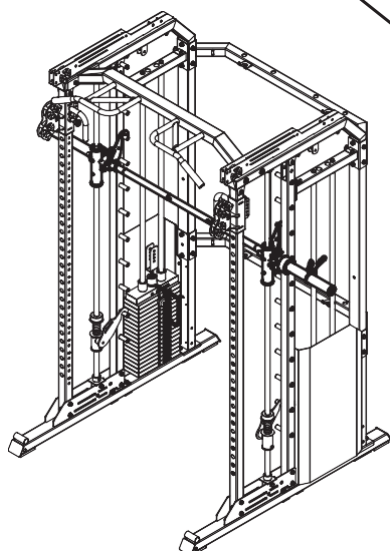
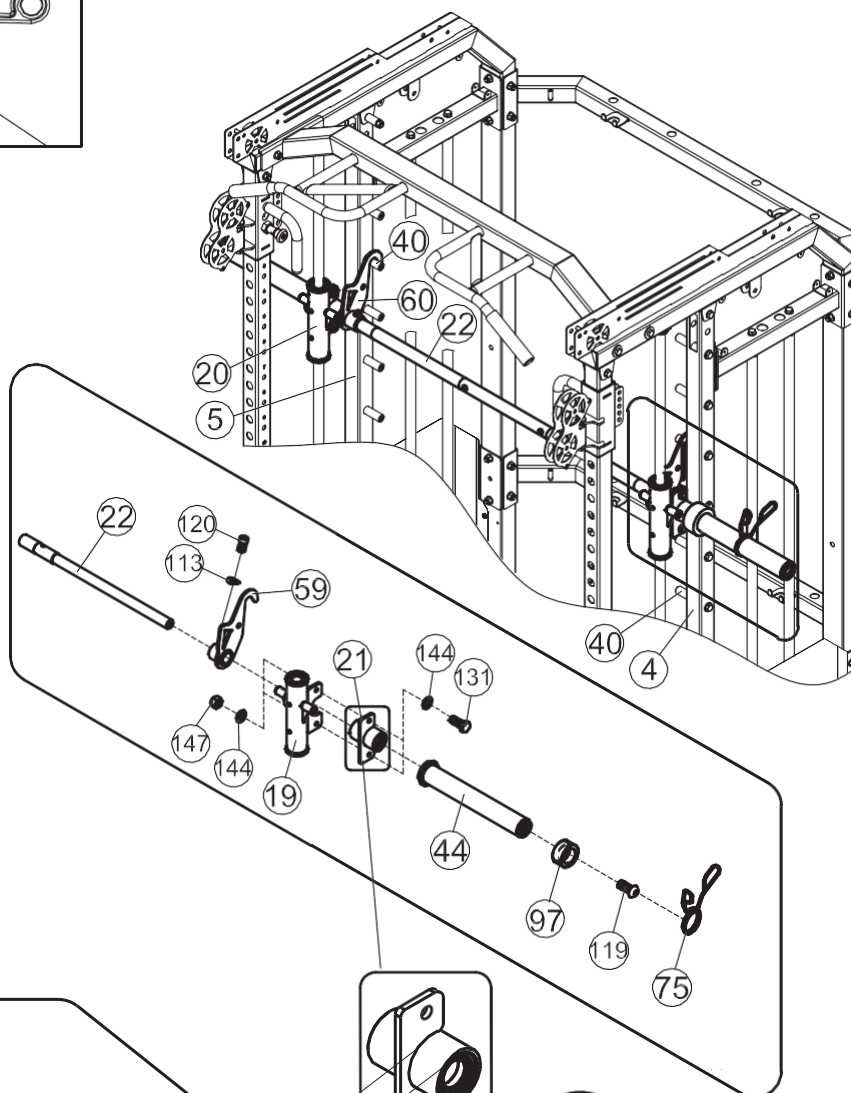
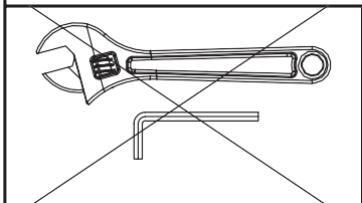
×8 Φ10

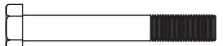
119 

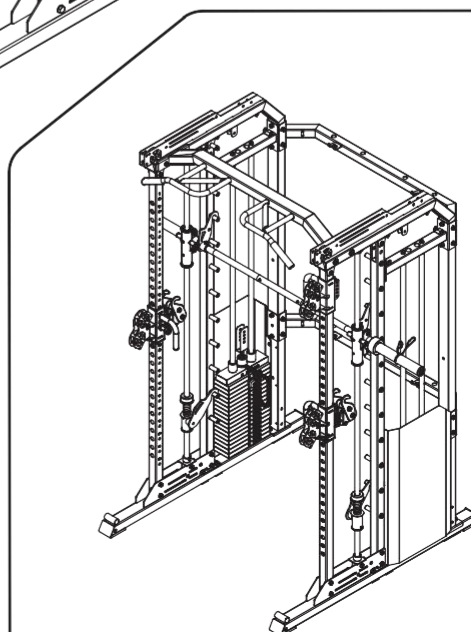
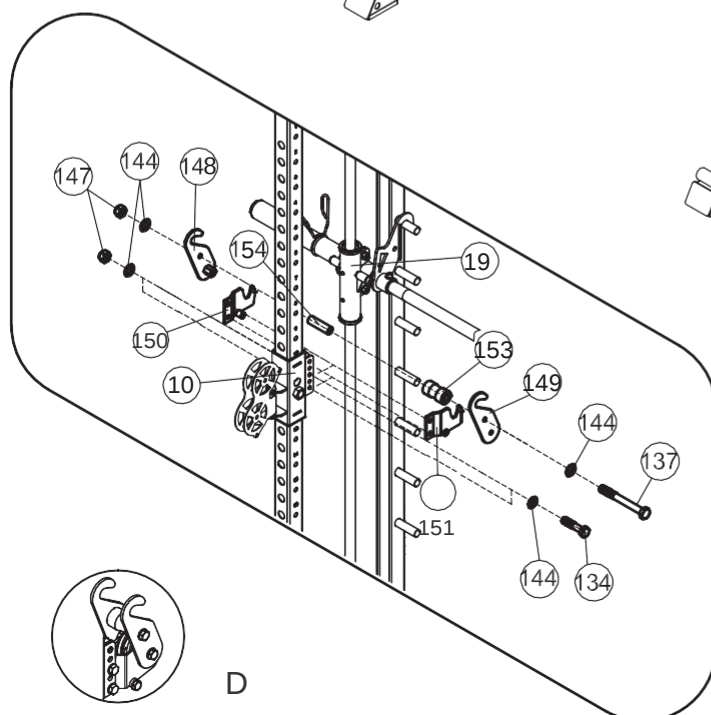
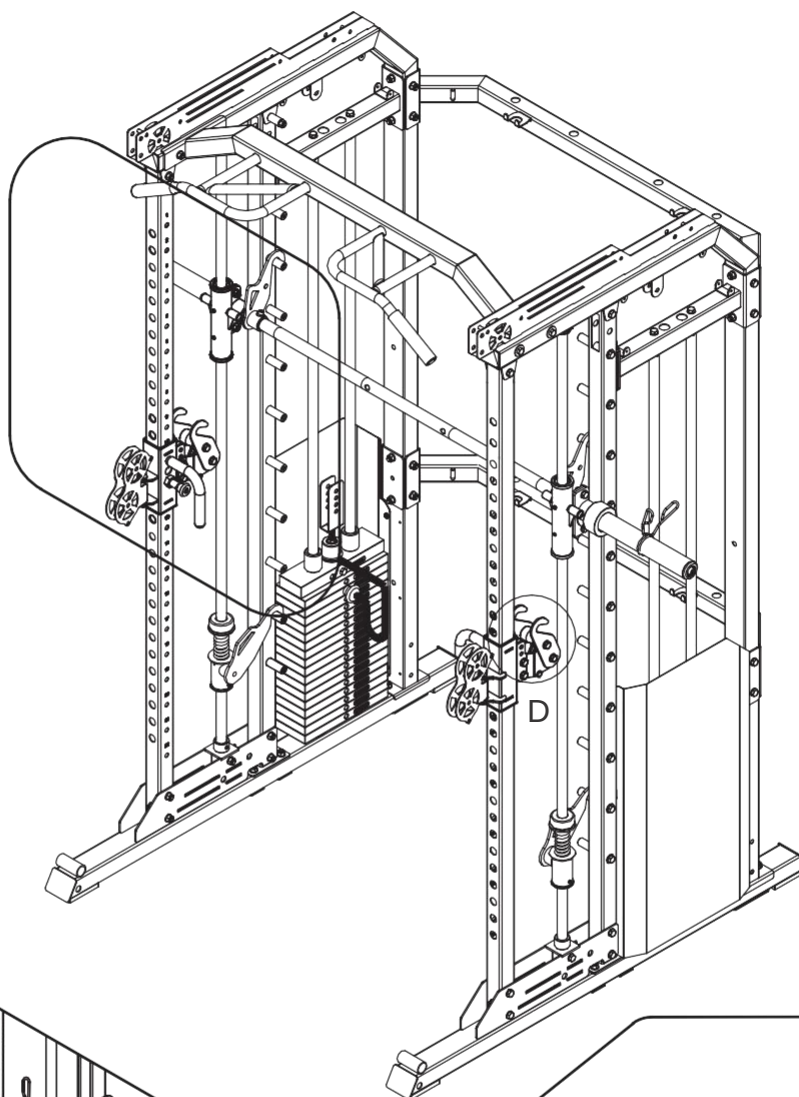
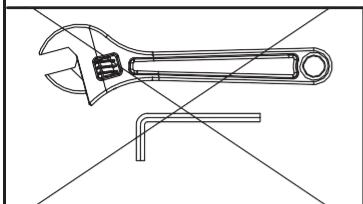
×2 M12×30

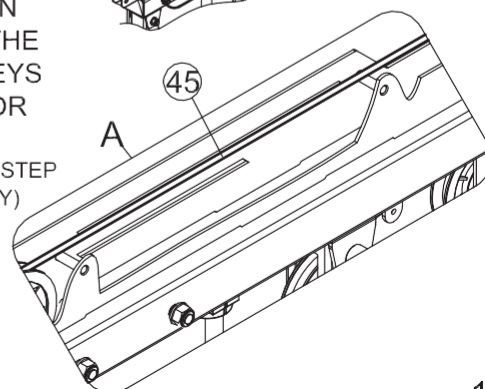
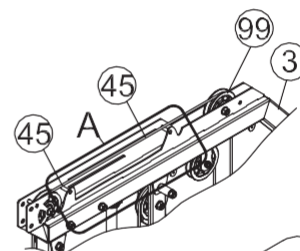
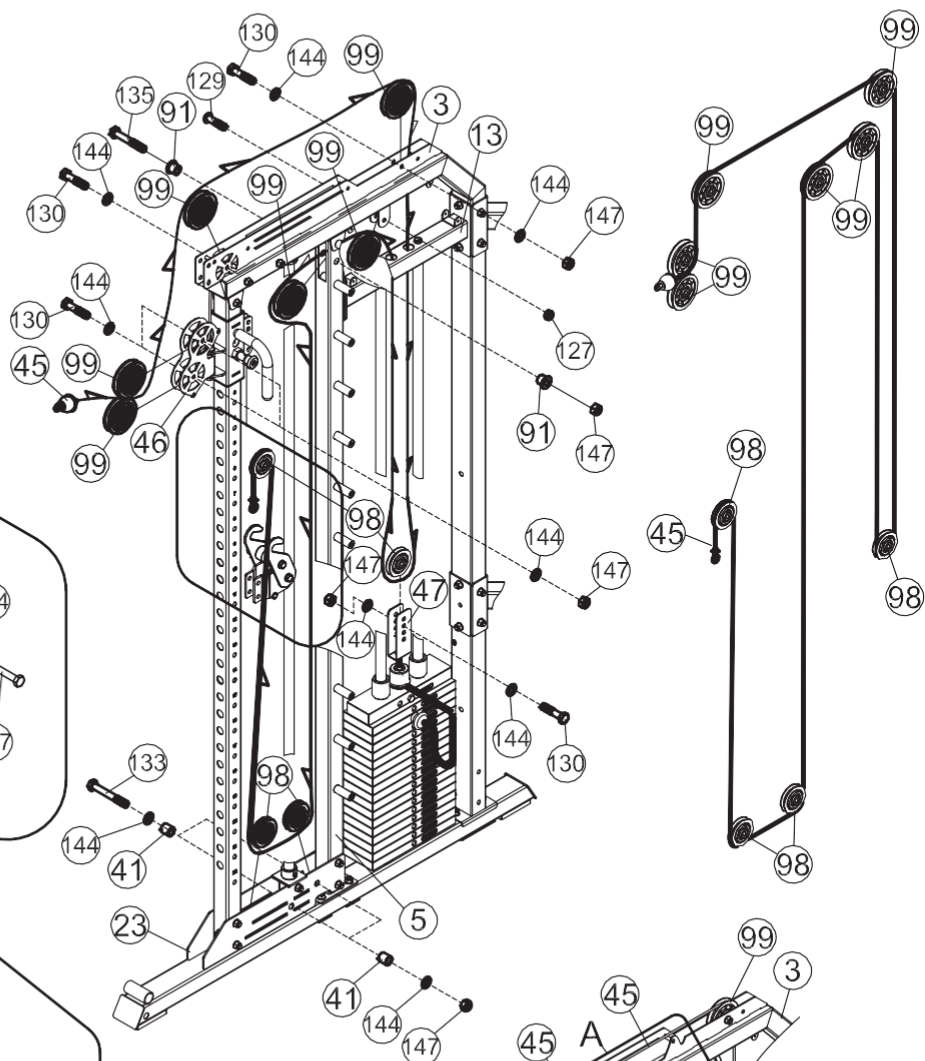
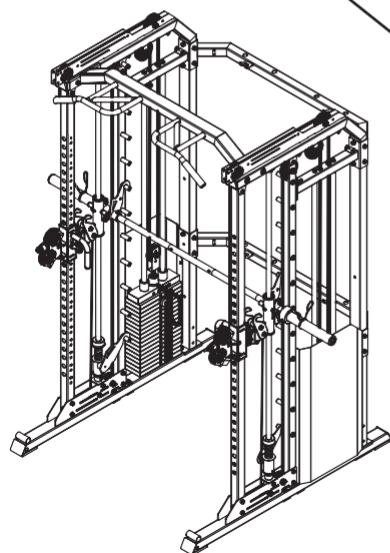
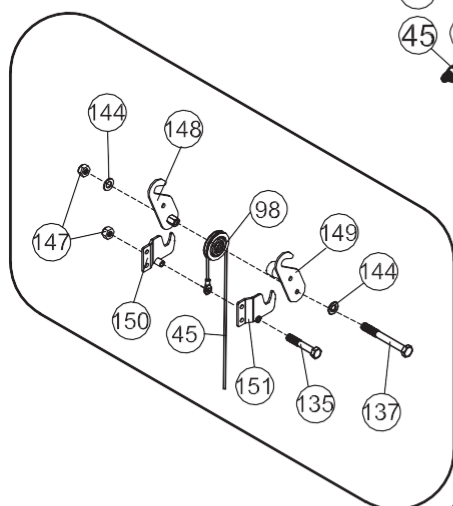
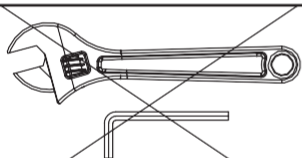
147 

×4 M10



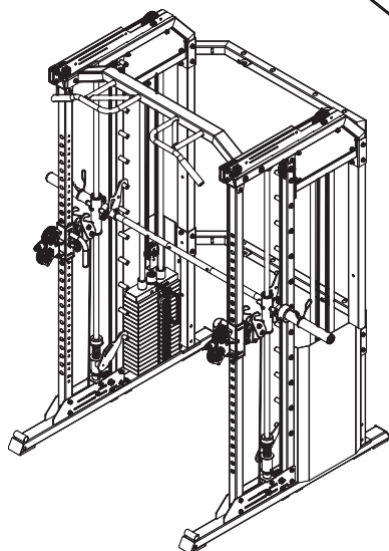
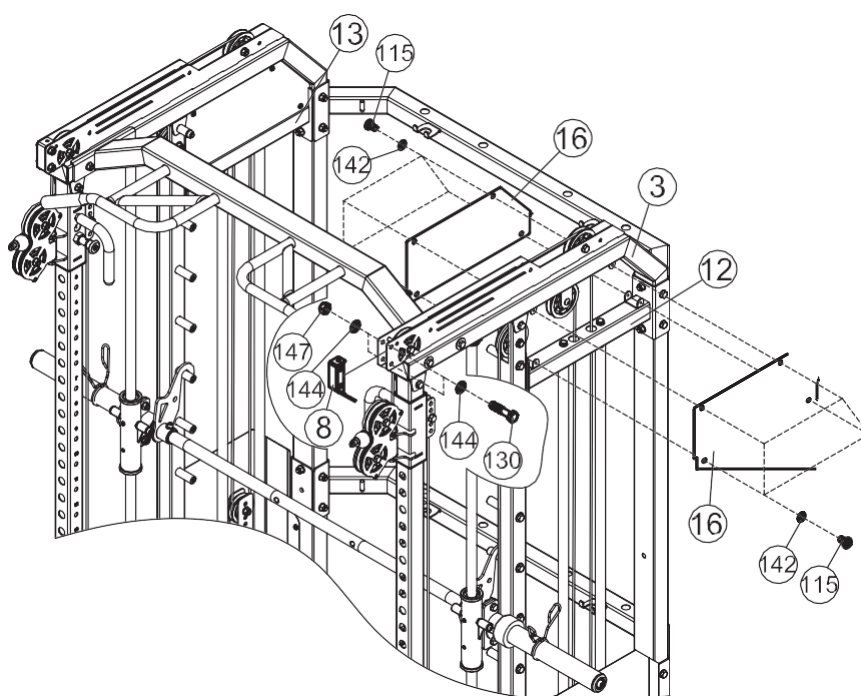
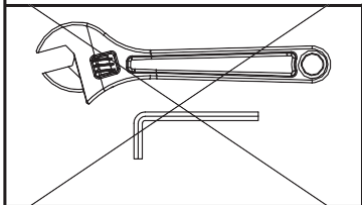
- | | | | | | | | |
|-------|---|----|--------|-------|--|-----|-----|
| (137) |  | ×2 | M10×95 | (144) |  | ×12 | Φ10 |
| (134) |  | ×4 | M10×35 | (147) |  | ×6 | M10 |



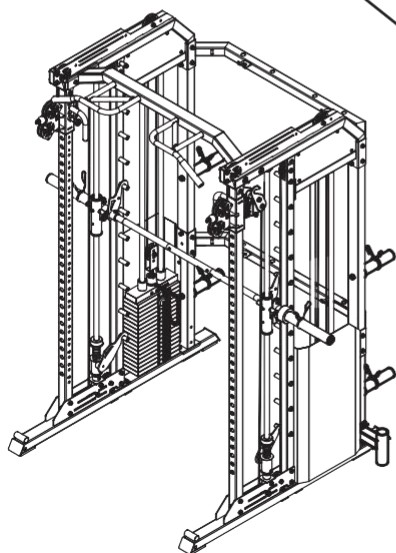
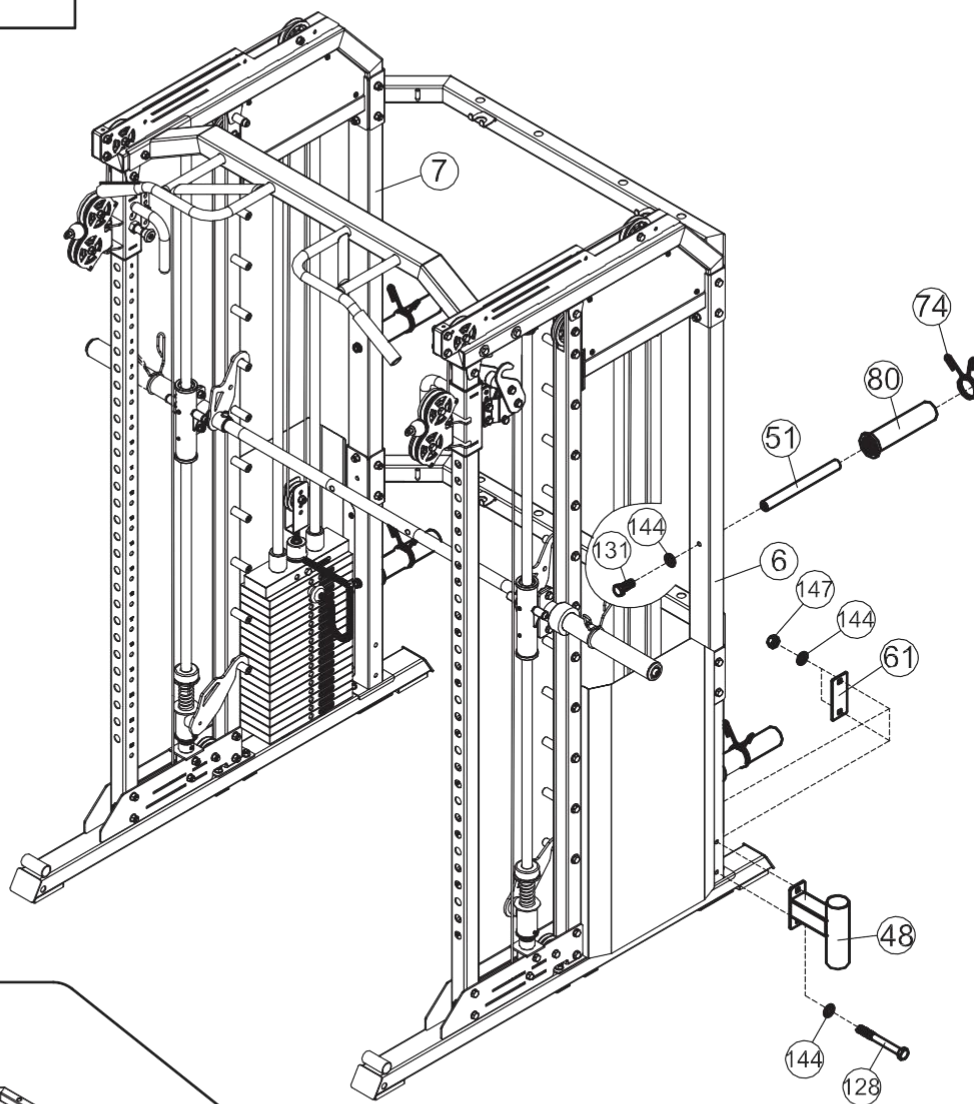
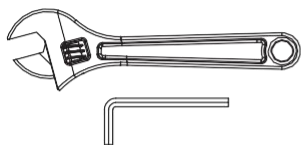


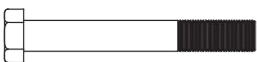
CABLE 45 MUST RUN STRAIGHT ACROSS THE TOP BETWEEN PULLEYS AS SHOWN ABOVE OR CABLE WILL RUB!
(FAILURE TO FOLLOW THIS STEP VOIDS CABLE WARRANTY)

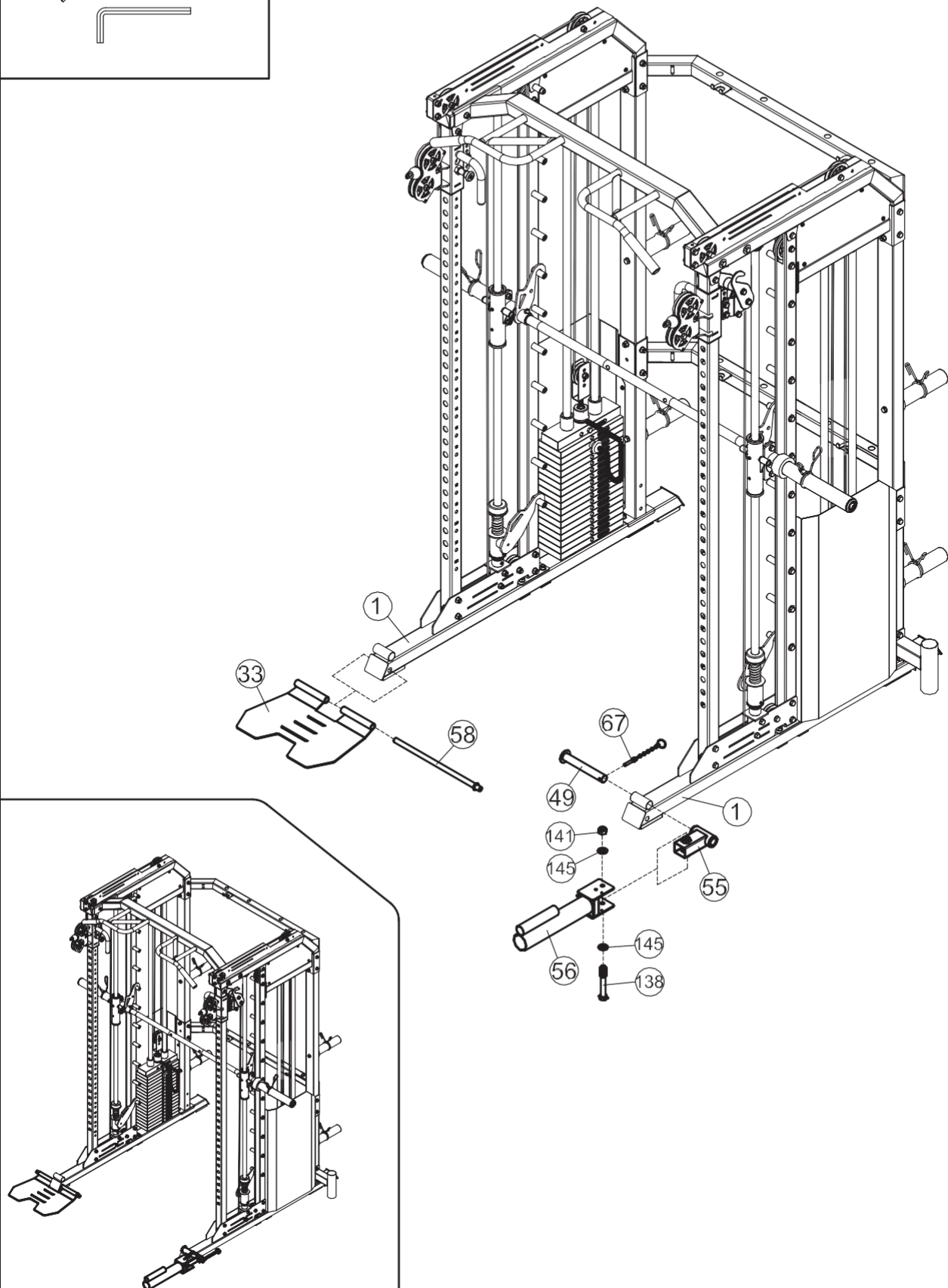
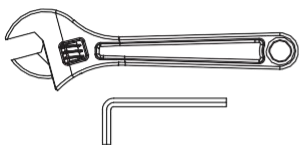
115		×16	M6×10	144		×8	Φ10
130		×4	M10×45	147		×4	M10
142		×16	Φ6				



- | | | | | | | | | |
|-------|--|----|--------|-------|--|---|---|-----|
| (128) | | ×2 | M10×90 | (144) | | × | 8 | Φ10 |
| (131) | | ×4 | M10×25 | (147) | | × | 2 | M10 |



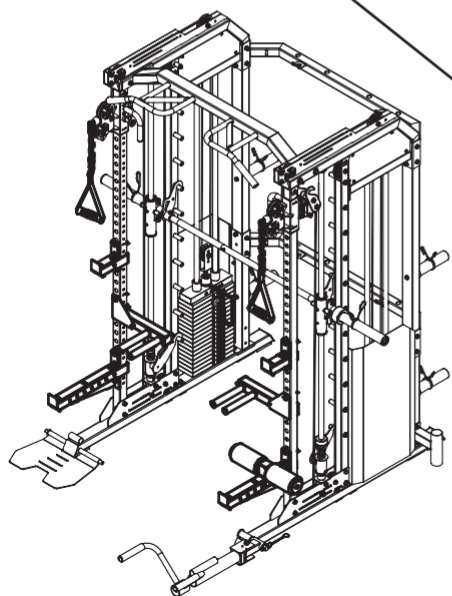
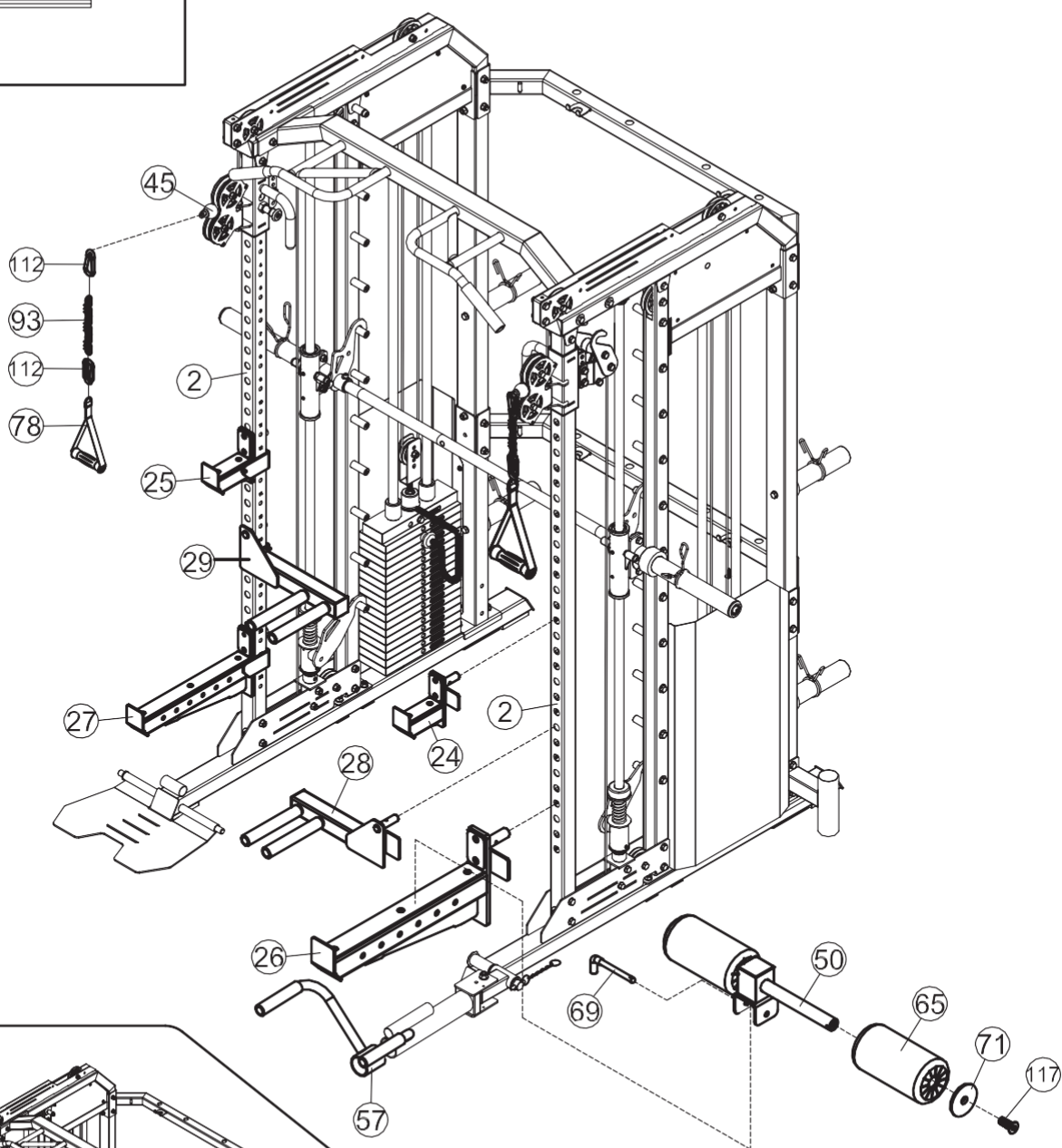
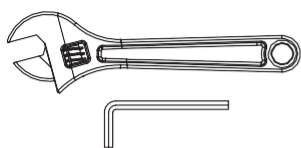
- 138  ×1 M12×90
 145  ×2 Φ12
 141  ×1 M12

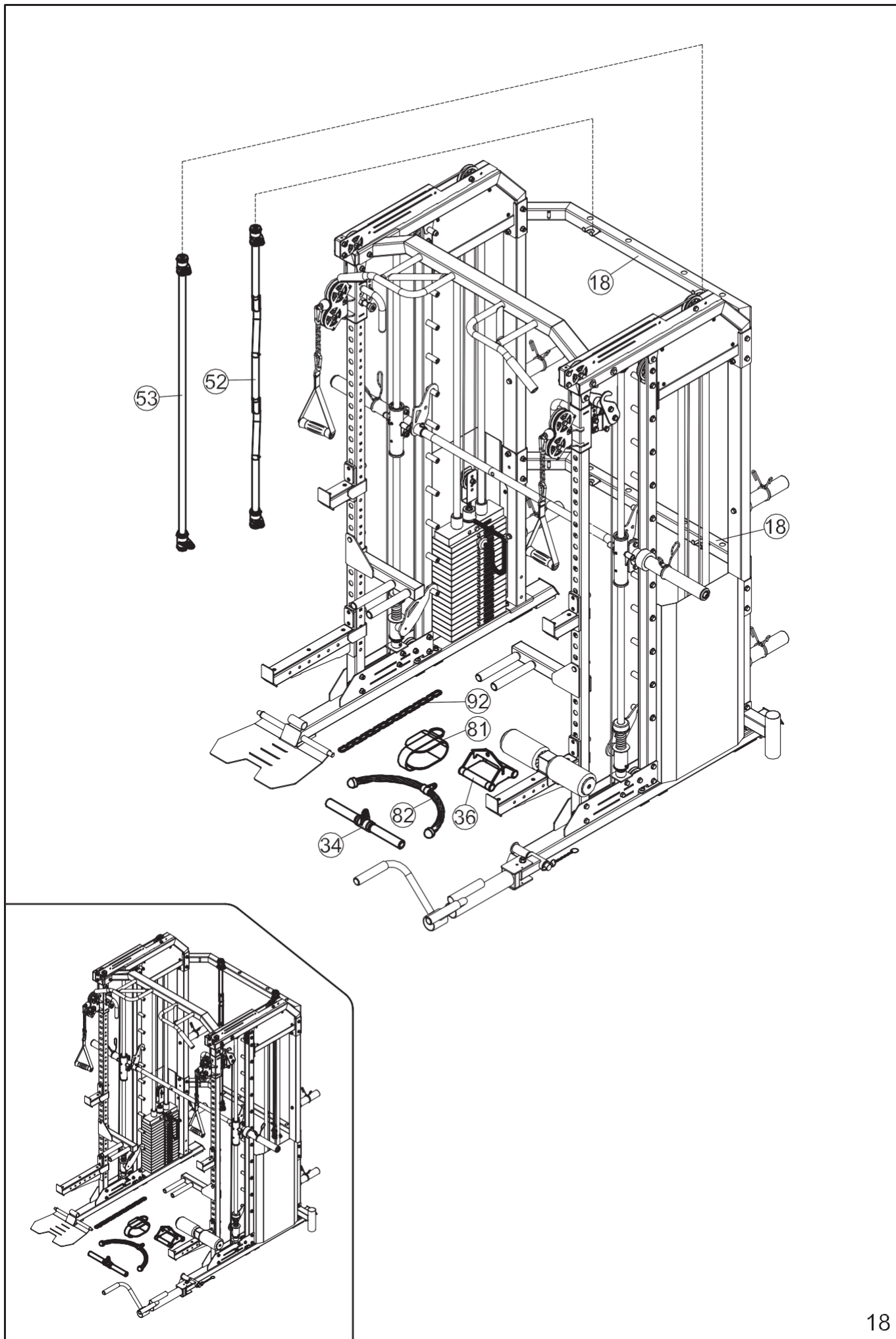


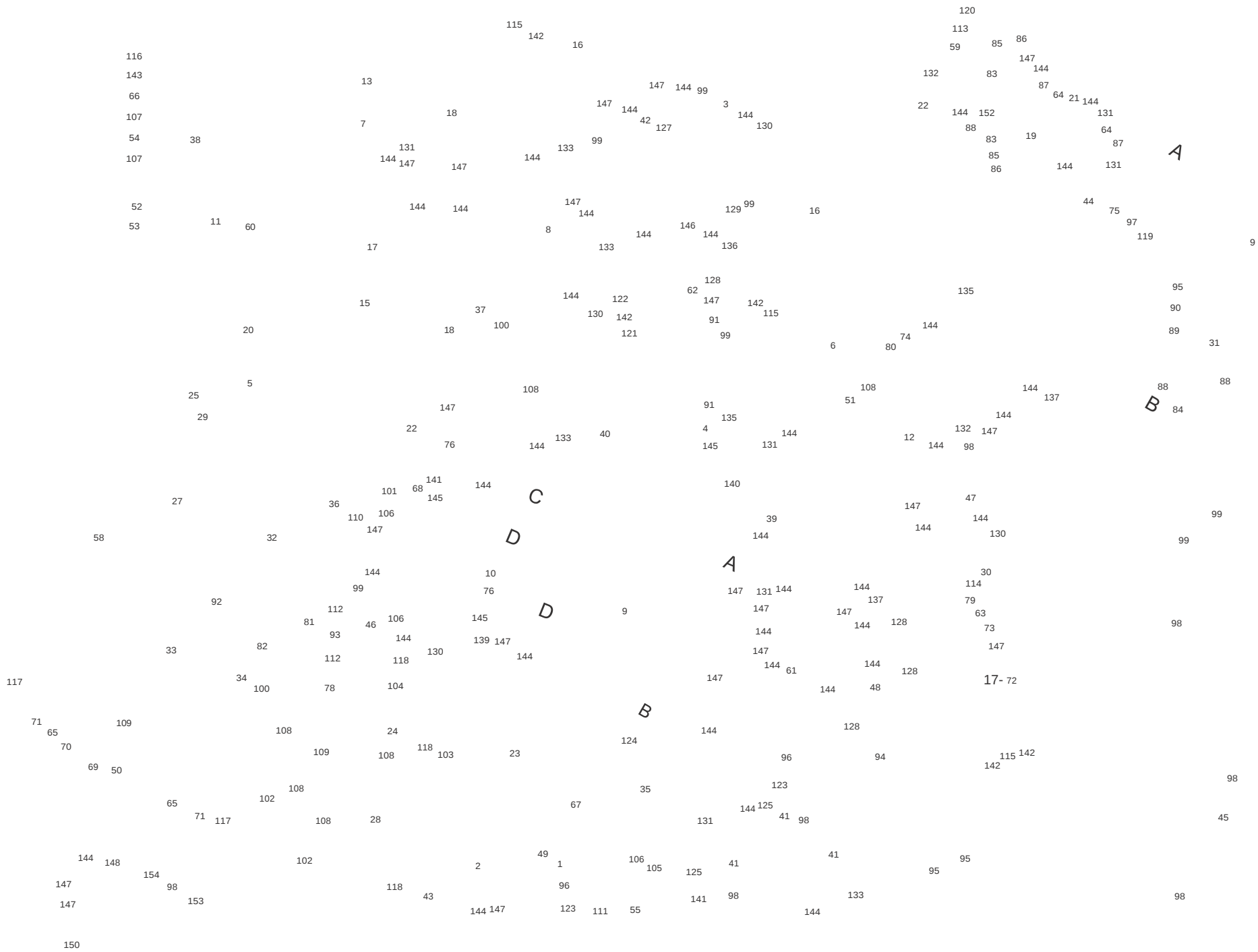
117



×2 M8×20







PARTS LIST

KEY NO.		SPEC	QTY
1	Base Frame		2
2	Guide Shaft	□50×1954	2
3	Top Frame		2
4	Intermediate Stand L		1
5	Intermediate Stand R		1
6	Rear Post L		1
7	Rear Post R		1
8	Decorative cover		2
9	Guide rod	Φ25×1846	2
10	Sliding frame L		1
11	Sliding frame R		1
12	Upper connecting frame L		1
13	Upper connecting frame R		1
14	Weight Stack Cover L	800×428×70×60×1	1
15	Weight Stack Cover R	800×428×70×60×1	1
16	Top Cover	426×188×1	4
17	Horizontal bar		1
18	Connecting Frame Rear		2
19	Mobile rack R		1
20	Mobile rack L		1
21	Shaft frame		2
22	Weight Rod	φ30×φ28×φ25×1914	1
23	Bottom Plate	484×105×4	4
24	Short Safety Rack L		1
25	Short Safety Rack R		1
26	Long Safety Rack L		1
27	Long Safety Rack R		1
28	Dip Bar L		1
29	Dip Bar R		1
30	Guide Rod Rear		4
31	Safety hook Bracket L		1
32	Safety hook Bracket R		1
33	Foot Pedal Set		1
34	Small grip frame		1
35	Fixing frame		2
36	V-type handle		1
37	Left Chin-up Bar		1
38	Right Chin-up Bar		1
39	Bracket	155×75×50×4	2

KEY NO.		SPEC	QTY
40	Hanging post	φ20×115	22
41	Tube	φ16×φ11×17	8
42	Tube	φ20×φ10.2×32	2
43	Rack Liner	415×45×5	2
44	Long Spacer		2
45	Double pull cable	φ5×7880	2
46	Pulley Case		2
47	Pulley Case		2
48	Barbell Socket		1
49	Fixed pedestal		1
50	FOAM Frame		1
51	Weights Stow Rod		4
52	Cambered Bar (attachment)		1
53	Straight Bar (attachment)		1
54	Hub		4
55	Spacer		1
56	Rotating Frame		1
57	Handle		1
58	Rotating Shaft		1
59	Hanging Bar L		1
60	Hanging Bar R		1
61	Bracket	120×50×3	1
62	Fixing frame	70×42×24×M5	2
63	Selector Rod	φ25×525	2
64	Bearing		4
65	FOAM	φ95×φ22×180	2
66	Bar End	φ38×φ9×8	4
67	Pop pin		1
68	Moving Lock Pin		2
69	L spring pins	φ10×115	1
70	Rubber sleeve	φ13×φ9.5×58	1
71	plate	φ68×5	2
72	Weight Plate	285×102×25(5kg)	34
73	Top Weight Plate	285×75×34	2
74	Spring Clip	φ49	4
75	Long Spring Clip	Φ47	2
76	Slide Guide	□60×2×□50×23.5	4
78	Nylon Strap Iso-Handle		2
79	Weight Selector Pin		2
80	Short Spacer	φ50×210	4

KEY NO.		SPEC	QTY
81	Ankle Strap		1
82	Rope		1
83	Sliding Rod Guide	$\phi 55 \times \phi 46 \times \phi 40 \times 73$	4
84	Safety hook Bracket Guides	$\phi 55 \times \phi 46 \times \phi 27 \times 41$	2
85	Linear Motion Bearing	LB254058	4
86	Hole circlip	d0=40	4
87	Hole circlip	42	4
88	Screw	ST4.0×9	8
89	Spring	$\phi 43 \times \phi 27 \times \phi 8 \times 80$	2
90	Washer	$\phi 65 \times \phi 27 \times 4$	2
91	Bushing	$\phi 22 \times \phi 10.2 \times 15$	4
92	15-Joint Chain	$\phi 5$	1
93	6-Joint Chain	$\phi 5$	2
94	Weight Plate Sticker (90kg)	52×13	2
95	Rubber Stopper	$\phi 62 \times \phi 24.5 \times 25$	6
96	Rubber Stopper	65×100×12	4
97	Rubber Stopper	$\Phi 78 \times \Phi 50 \times 39$	2
98	Small Pulley with Bearing	$\phi 75$	8
99	Pulley with Bearings	$\phi 96$	12
100	Dips Handle	$\Phi 23 \times 150$	6
101	Dips Handle	$\phi 24 \times \phi 18 \times 227$	2
102	Dips Handle	$\phi 23 \times 200$	4
103	Rack Liner	75×45×5	4
104	Rack Liner	120×45×5	2
105	Bushing	$\phi 38 \times \phi 34 \times \phi 25 \times 22$	2
106	Bushing	$\phi 25 \times \phi 21.8 \times \phi 12.2 \times 8$	6
107	Bushing	$\phi 38 \times \phi 34 \times \phi 27 \times 26$	8
108	End Cap	$\phi 25$	18
109	End Cap	□50	3
110	End Cap	$\phi 28$	4
111	End Cap	□40×50	1
112	Hook	$\phi 8$	4
113	Bent Washer	20×R20× $\phi 9$	2
114	Hex nuts	M12	2
115	Allen Bolt	M6×10	30
116	Allen Bolt	M8×25	4
117	Hexagon socket countersunk head	M8×35	2
118	Hexagon socket countersunk head	M6×12	18
119	Allen Bolt	M12×30	2
120	Hexagon socket button head screws	M8×16	2

KEY NO.		SPEC	QTY
121	Hexagon socket button head screws	M6×30	4
122	Hexagon socket button head screws	M5×25	2
123	Allen Bolt	M8×16	8
124	Set screw	M8×8	2
125	Carriage Bolt	M10×70	12
126	Hexagon socket button head screws	M10×65	2
127	Nut	M10	2
128	HEX Bolt	M10×90	8
129	Allen Bolt	M10×38	2
130	HEX Bolt	M10×45	14
131	HEX Bolt	M10×25	16
132	Allen Bolt	M10×16	8
133	HEX Bolt	M10×75	24
134	HEX Bolt	M10×35	4
135	HEX Bolt	M10×65	8
136	HEX Bolt	M10×105	2
137	HEX Bolt	M10×95	12
138	HEX Bolt	M12×90	1
139	HEX Bolt	M12×95	2
140	HEX Bolt	M12×25	22
141	Nut	M12	3
142	Washer	6	34
143	Washer	8	4
144	Washer	10	168
145	Washer	12	28
146	Washer	φ30×φ10.5×2.5	4
147	Nut	M10	86
148	Left Hook		2
149	Right Hook		2
150	Left Bracket		2
151	Right Bracket		2
152	Tube	φ20×1.5×32	4
153	Roller Wheel		2
154	Tube	φ16×φ10.5×69	2
	Allen wrench	4#	1
	Allen wrench	6#	1
	Allen wrench	8#	1