



Original instructions
Instructions d'origine
Originalbetriebsanleitung
Instrucciones originales
Istruzioni originali

EN_IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY.
FR_IMPORTANT : A LIRE ATTENTIVEMENT ET A CONSERVER POUR VOUS Y
REFERER ULTERIEUREMENT
ES_IMPORTANTE, LEA Y GUARDE PARA FUTURAS REFERENCIAS.
DE_WICHTIG! SORGFÄLTIG LESEN UND FÜR SPÄTER NACHSCHLAGEN
AUFBEWAHREN.
IT_IMPORTANTE! CONSERVARE IL PRESENTE MANUALE PER FUTURO
RIFERIMENTO E LEGGERLO ATTENTAMENTE.

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1. INFORMATIONS ET AVERTISSEMENTS IMPORTANTS

POUR VOTRE SÉCURITÉ, LISEZ ATTENTIVEMENT TOUTES LES INFORMATIONS CONTENUES DANS CE MANUEL.

- Avant de commencer tout programme d'exercice, consultez un médecin et/ou un coach sportif.
- C'est important pour les personnes de tous âges ou qui ont des problèmes de santé préexistants.
- Si vous ressentez des douleurs, des tensions, des battements cardiaques irréguliers, un essoufflement ou un inconfort pendant l'exercice, arrêtez et consultez votre médecin avant de continuer.
- Une seule personne à la fois doit utiliser cet équipement.
- Tenez les enfants et les animaux de compagnie à l'écart de l'équipement.
- Attention : Un exercice excessif ou insuffisant peut causer des blessures.
- Il est recommandé de ne pas faire de l'exercice immédiatement après les repas. Attendez au moins 1 heure avant de commencer votre séance.
- Il est recommandé que les personnes ayant peu de capacités physiques/sensorielles, des troubles mentaux, peu d'expérience ou de connaissances, soient accompagnées d'un coach pendant la pratique de l'exercice physique.

2. INSTRUCTIONS GÉNÉRALES DE SÉCURITÉ

- Il incombe au propriétaire de s'assurer que tous les utilisateurs sont correctement informés des précautions à prendre pour leur sécurité.
- Cet appareil est conçu uniquement pour un usage domestique et de bureau. Il n'a aucune finalité thérapeutique.
- Pour votre sécurité, assurez-vous que toutes les pièces sont correctement fixées, que l'appareil est posé sur une surface solide, que la zone autour est dégagée et que l'appareil est en parfait état avant chaque utilisation.
- Portez des vêtements d'exercice appropriés et évitez les accessoires qui pourraient être accrochés par l'équipement.
- Pour assurer la sécurité des enfants et/ou des animaux de compagnie, ne les laissez pas jouer sur ou près de l'appareil.

CONSIDÉRATIONS GÉNÉRALES

- N'utilisez jamais d'abrasifs ou de solvants pour nettoyer l'équipement.
- Ne laissez pas l'équipement exposé aux agents naturels tels que la lumière du soleil, la pluie, la rosée, la poussière, les embruns salins, etc.
- Ne placez pas l'équipement dans des endroits poussiéreux et humides, des saunas ou tout endroit non ventilé.

L'utilisation de cet équipement vous apportera plusieurs avantages. Il améliorera votre forme, tonifiera vos muscles et, associé à un régime alimentaire contrôlé, vous aidera à perdre du poids.

Cet exercice améliorera votre circulation et fera fonctionner vos muscles correctement. Il est recommandé de faire quelques exercices d'étirement avant de l'utiliser, comme indiqué ci-dessous.

Chaque étirement doit être effectué pendant environ 30 secondes.

Ne forcez pas vos muscles et si vous ressentez une douleur en vous étirant, ARRÊTEZ.

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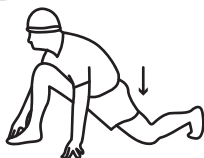
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3. SANTÉ

1. Avant de commencer tout programme d'exercices, consultez votre médecin ou votre coach sportif. Cela vous aidera à déterminer la fréquence, l'intensité et la durée des exercices adaptés à votre âge et à votre condition physique. Si vous ressentez une douleur ou une oppression thoracique, des battements de cœur irréguliers, un essoufflement, des étourdissements ou tout inconfort pendant l'exercice, **ARRÊTEZ-VOUS IMMÉDIATEMENT !** Consultez votre médecin avant de continuer. Ceci est important pour les personnes de tout âge ou souffrant d'un problème de santé persistant.

2. Attention : Un exercice excessif et/ou inapproprié peut causer des blessures.

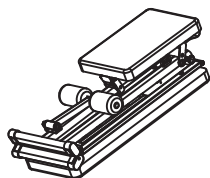
3. Cet appareil est conçu uniquement pour un usage résidentiel et intérieur et n'est pas destiné à des fins thérapeutiques.

4. Il est recommandé de ne pas faire d'exercice immédiatement après les repas. Attendez au moins 1 heure avant de commencer votre séance.

5. Il est recommandé que les personnes ayant des capacités physiques / sensorielles / mentales réduites, ou peu d'expérience ou de connaissances, soient accompagnées d'un coach de sécurité pendant l'exercice physique.

4. CONTENU DE LA BOÎTE

En ouvrant la boîte, vous trouverez les pièces suivantes :



Structure principale
(QTÉ : 1)



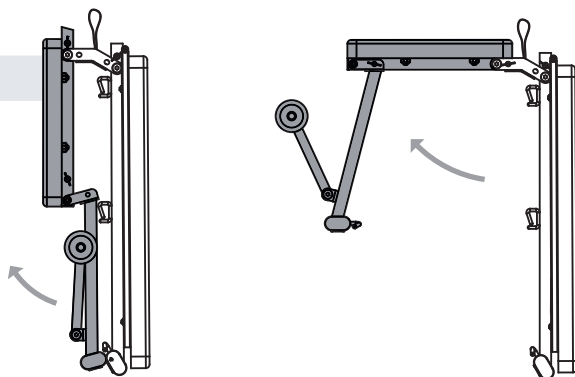
Goupille
(QTÉ : 3)



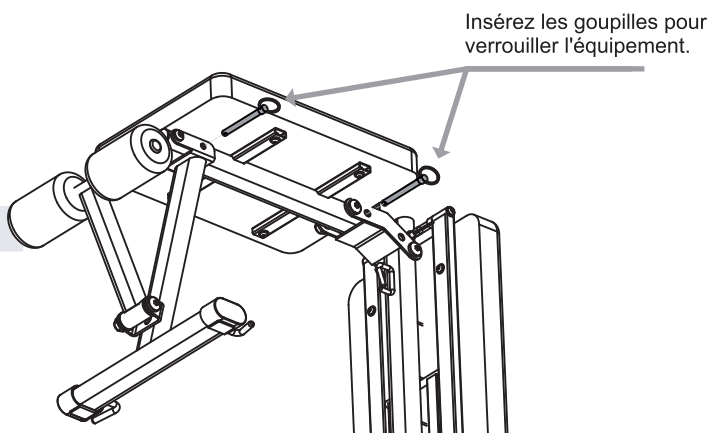
Manuel d'utilisation
(QTÉ : 1)

5. ASSEMBLAGE DE L'ÉQUIPEMENT

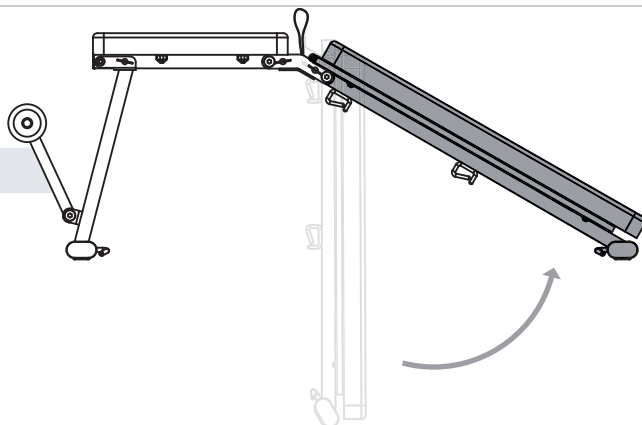
ÉTAPE 1



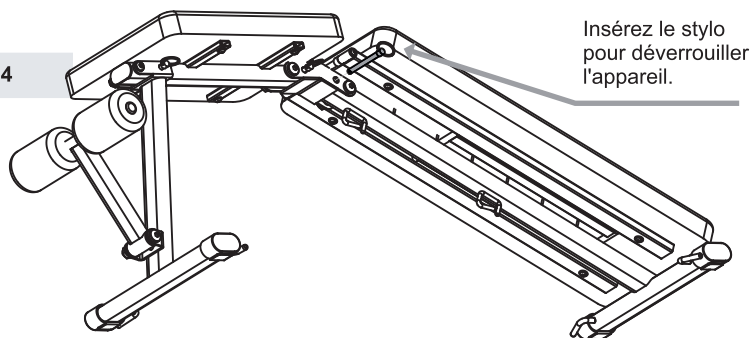
ÉTAPE 2



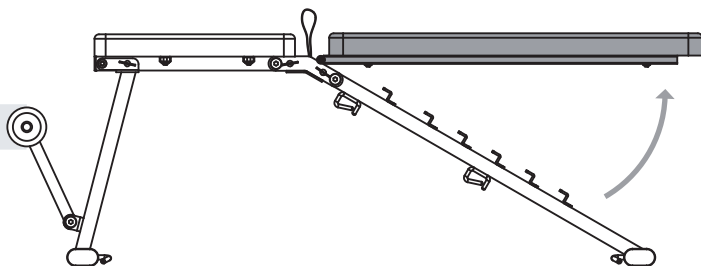
ÉTAPE 3



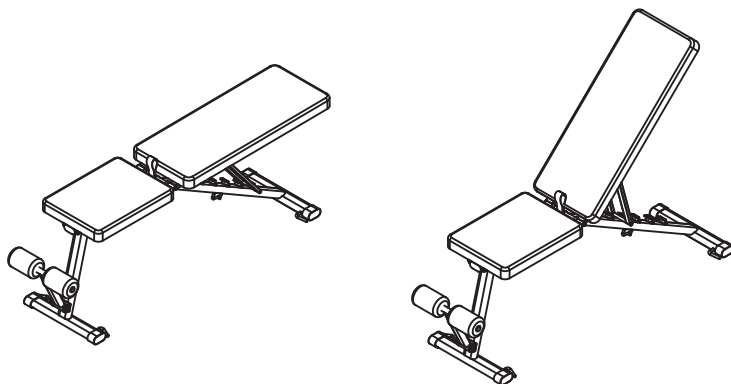
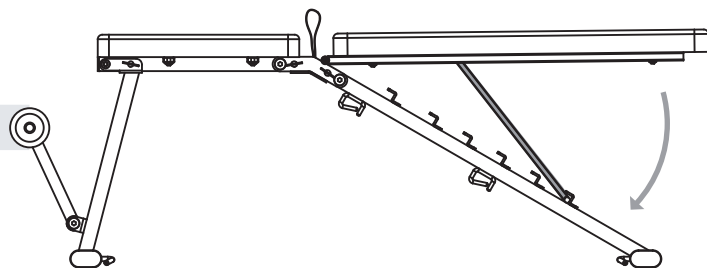
ÉTAPE 4



ÉTAPE 4



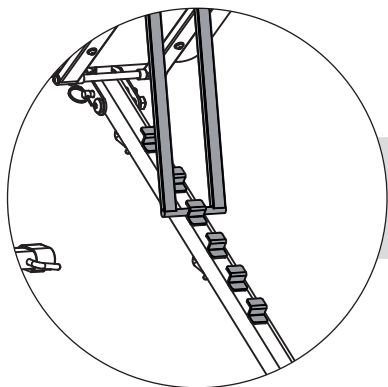
ÉTAPE 5



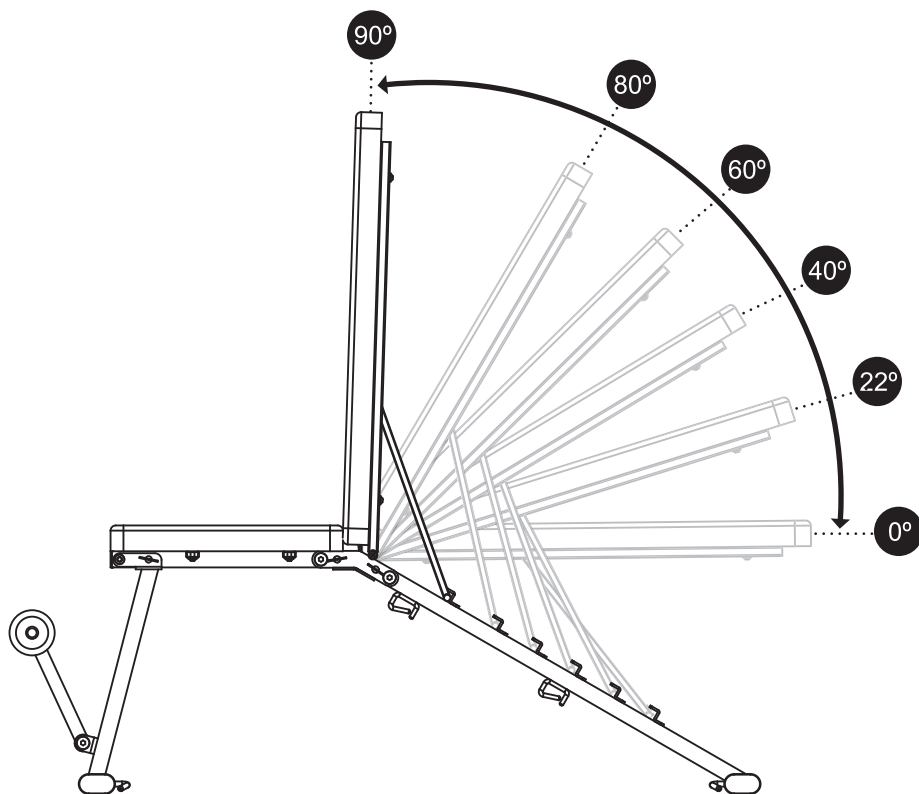
6. POSITION ET RÉGLAGES

Le tabouret ergonomique Bench Smart permet une large gamme de réglages d'angle. Trouvez la position qui vous procure le plus de confort.

Pour régler l'angle du siège, suivez ces étapes simples mais importantes :



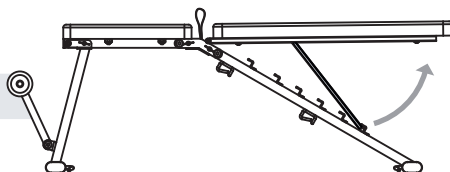
Choisissez la meilleure position selon chaque exercice.



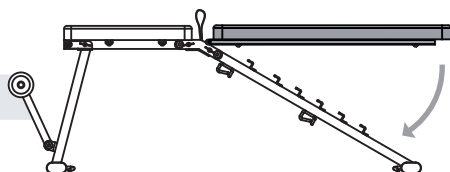
7. PLIAGE ET RANGEMENT

Suivez ces étapes simples mais importantes et stockez où vous voulez :

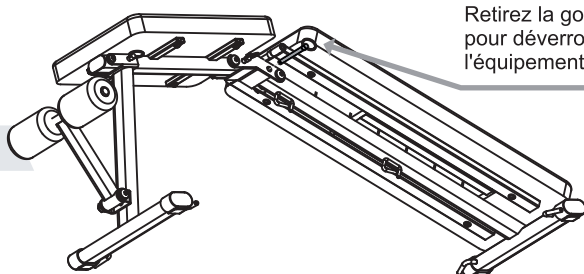
ÉTAPE 1



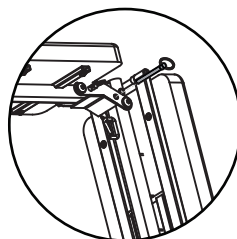
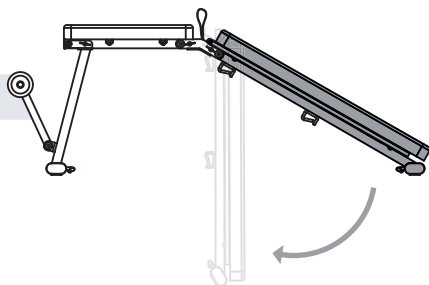
ÉTAPE 2



ÉTAPE 3

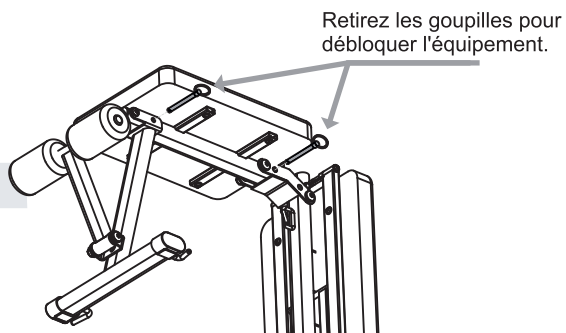


ÉTAPE 4

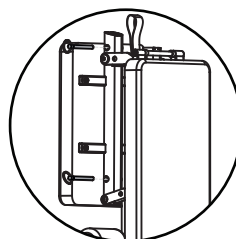
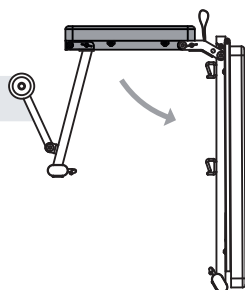


Après avoir abaissé l'assemblage, réinsérez la goupille.

ÉTAPE 5

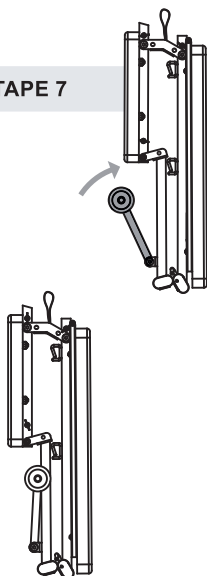


ÉTAPE 6

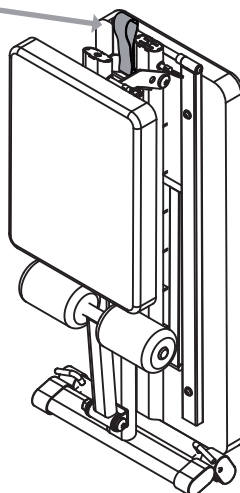


Après avoir abaissé l'assemblage, réinsérez la goupille.

ÉTAPE 7

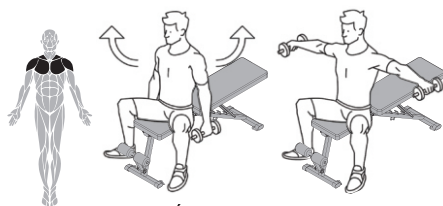


Vous pouvez utiliser la poignée pour tenir et transporter l'équipement.

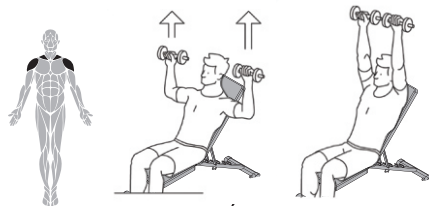


8. GUIDE D'ENTRAÎNEMENT

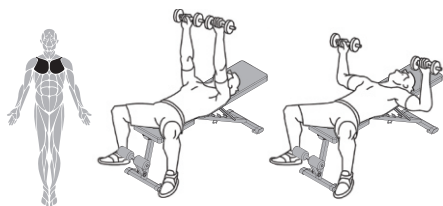
HAUT DU CORPS



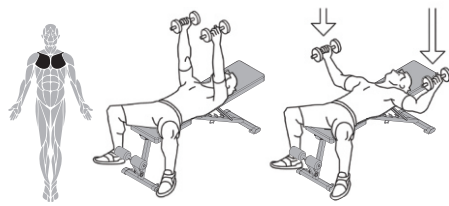
Élévation latérale



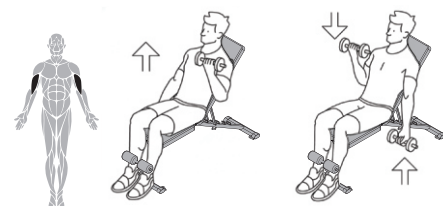
Presse Épaules



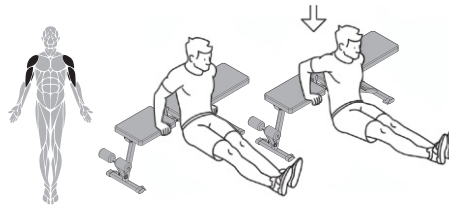
Développé couché



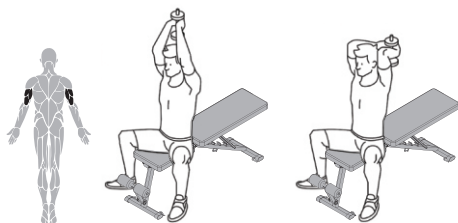
Mouvement Papillon



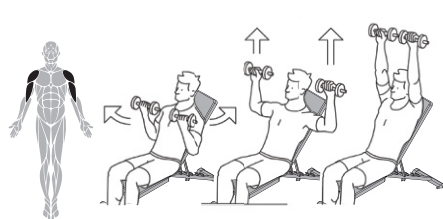
Biceps Curl Alterné



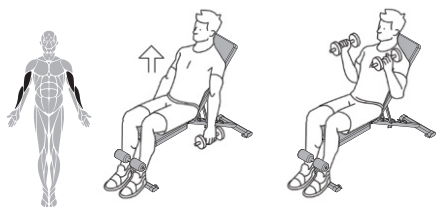
Dips Triceps



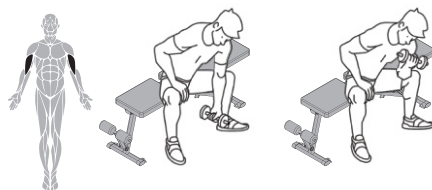
Extension des Triceps



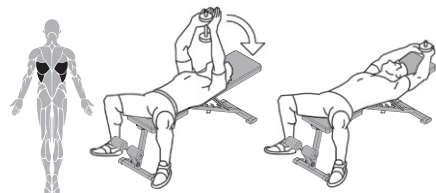
Arnold Press



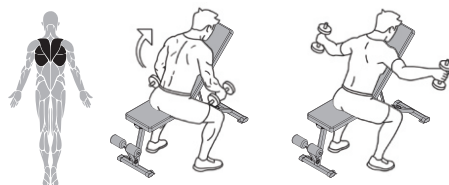
Curl marteau



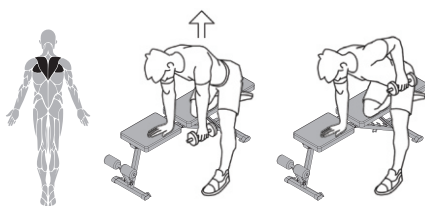
Concentration Curl



Développé couché incliné avec haltères

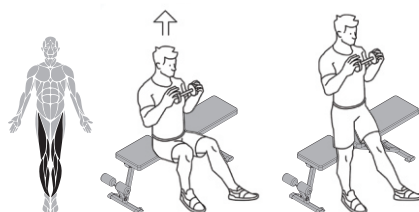
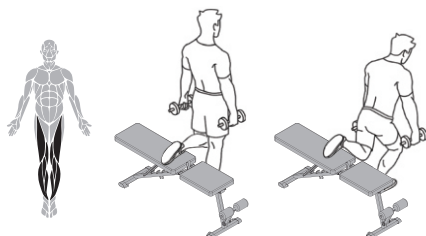


Rameur Incliné



Traction Unilatérale

CŒUR ET JAMBES



Squat pistolet

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1. WICHTIGE INFORMATIONEN UND WARNUNGEN

ZU IHRER SICHERHEIT, LESEN SIE SORGFÄLTIG ALLE INFORMATIONEN IN DIESEM HANDBUCH.

- Bevor Sie mit einem Trainingsprogramm beginnen, konsultieren Sie einen Arzt und/oder einen Fitnesstrainer.
- Das ist wichtig für Menschen jeden Alters oder für diejenigen, die bereits bestehende Gesundheitsprobleme haben.
- Wenn Sie während des Trainings Schmerzen, Engegefühl, Herzrhythmusstörungen, Atemnot oder Unwohlsein verspüren, brechen Sie ab und konsultieren Sie Ihren Arzt, bevor Sie fortfahren.
- Nur eine Person sollte dieses Gerät gleichzeitig verwenden.
- Halten Sie Kinder und Haustiere von dem Gerät fern.
- Achtung: Übermäßiges oder unzureichendes Training kann zu Verletzungen führen.
- Es wird empfohlen, nicht unmittelbar nach den Mahlzeiten zu trainieren. Warten Sie mindestens 1 Stunde, bevor Sie mit Ihrer Übung beginnen.
- Es wird empfohlen, dass Menschen mit geringen körperlichen/sensorischen Fähigkeiten, psychischen Störungen, wenig Erfahrung oder Wissen während der Ausübung der körperlichen Übung von einem Trainer begleitet werden.

2. ALLGEMEINE SICHERHEITSANWEISUNGEN

- Es liegt in der Verantwortung des Besitzers, sicherzustellen, dass alle Benutzer ordnungsgemäß über die Sicherheitsvorkehrungen informiert werden.
- Dieses Gerät ist ausschließlich für den häuslichen und Bürogebrauch konzipiert. Es hat keine therapeutischen Zwecke.
- Zu Ihrer Sicherheit: Stellen Sie vor jedem Gebrauch sicher, dass alle Teile ordnungsgemäß befestigt sind, das Gerät auf einer festen Oberfläche steht, der Bereich drumherum frei von Hindernissen ist und das Gerät sich in einwandfreiem Zustand befindet.
- Tragen Sie angemessene Sportbekleidung und vermeiden Sie Accessoires, die vom Gerät erfasst werden könnten.
- Um die Sicherheit von Kindern und/oder Haustieren zu gewährleisten, lassen Sie sie nicht auf oder in der Nähe des Geräts spielen.

ALLGEMEINE HINWEISE

- Verwenden Sie niemals Schleifmittel oder Lösungsmittel zur Reinigung des Geräts.
- Lassen Sie das Gerät keinen natürlichen Einflüssen wie Sonnenlicht, Regen, Tau, Staub, Salznebel usw. ausgesetzt.
- Stellen Sie das Gerät nicht an staubigen und feuchten Orten, in Saunen oder an nicht belüfteten Stellen auf.

Die Nutzung dieses Gerätes bietet Ihnen verschiedene Vorteile. Es verbessert Ihre Form, strafft Ihre Muskeln und hilft Ihnen, in Kombination mit einer kontrollierten Ernährung, Gewicht zu verlieren.

Diese Übung verbessert Ihre Durchblutung und sorgt für eine ordnungsgemäße Funktion Ihrer Muskeln. Es wird empfohlen, vor der Benutzung einige Dehnübungen durchzuführen, wie unten dargestellt.

Jede Dehnung sollte für etwa 30 Sekunden gehalten werden.

Belasten Sie Ihre Muskeln nicht übermäßig und wenn Sie während des Dehnens Schmerzen verspüren, HÖREN SIE AUF.

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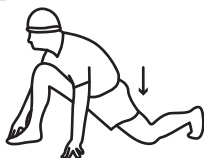
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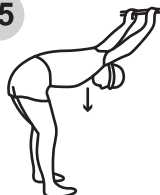
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3. GESUNDHEIT

1. Bevor Sie mit einem Trainingsprogramm beginnen, konsultieren Sie Ihren Arzt oder Fitnesscoach. Dies hilft Ihnen, die Trainingshäufigkeit, -intensität und -dauer festzulegen, die Ihrem Alter und Fitnesslevel angemessen sind. Wenn Sie während des Trainings Brustschmerzen oder Engegefühl, unregelmäßigen Herzschlag, Atemnot, Schwindel oder Unwohlsein verspüren, **HÖREN SIE SOFORT AUF!** Konsultieren Sie Ihren Arzt, bevor Sie fortfahren. Dies ist wichtig für Personen jeden Alters oder für diejenigen mit anhaltenden gesundheitlichen Problemen.

2. Vorsicht: Übermäßiges und/oder falsches Training kann zu Verletzungen führen.

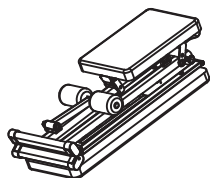
3. Dieses Gerät ist ausschließlich für den privaten, innenräumlichen Gebrauch bestimmt und nicht für therapeutische Zwecke gedacht.

4. Es wird empfohlen, nicht unmittelbar nach den Mahlzeiten zu trainieren. Warten Sie mindestens 1 Stunde, bevor Sie mit Ihrer Übung beginnen.

5. Es wird empfohlen, dass Personen mit eingeschränkten körperlichen / sensorischen / geistigen Fähigkeiten sowie Personen mit wenig Erfahrung oder Wissen während der körperlichen Betätigung von einem Sicherheitscoach begleitet werden sollten.

4. LIEFERUMFANG

Beim Öffnen der Verpackung finden Sie folgende Teile:



Haupttrahmen
(STK: 1)



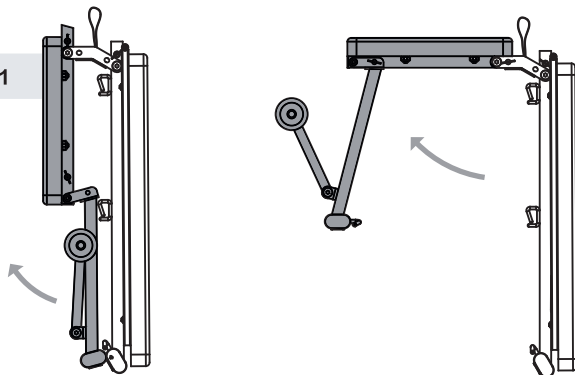
Stift
(STK: 3)



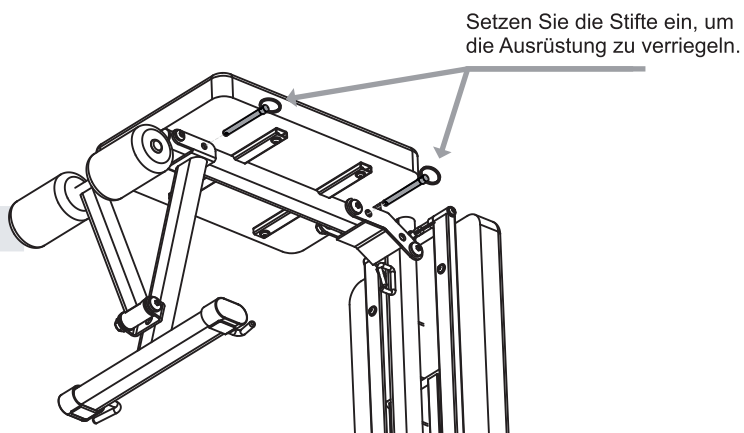
Benutzerhandbuch
(STK: 1)

5. AUSRÜSTUNGSMONTAGE

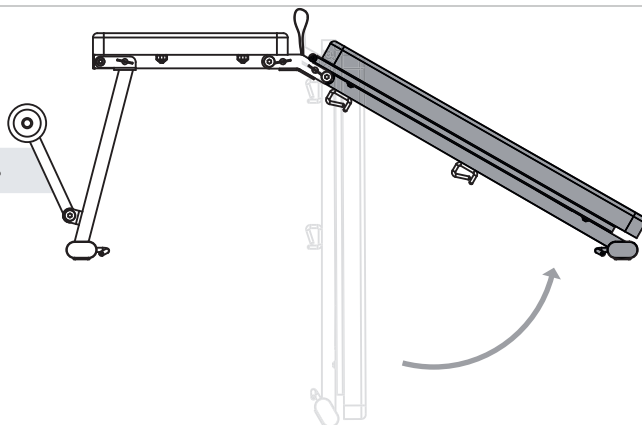
SCHRITT 1



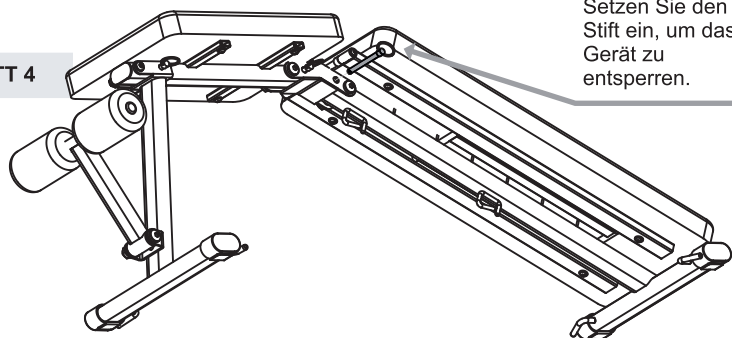
SCHRITT 2



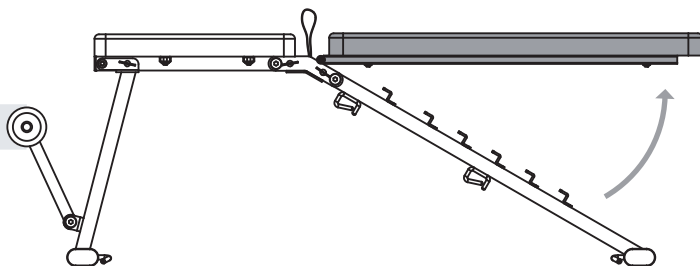
SCHRITT 3



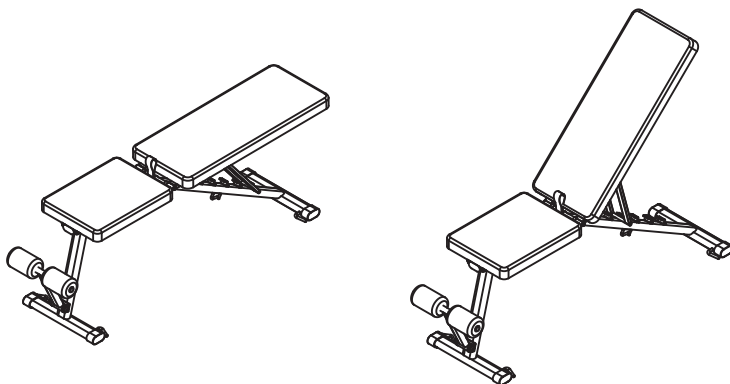
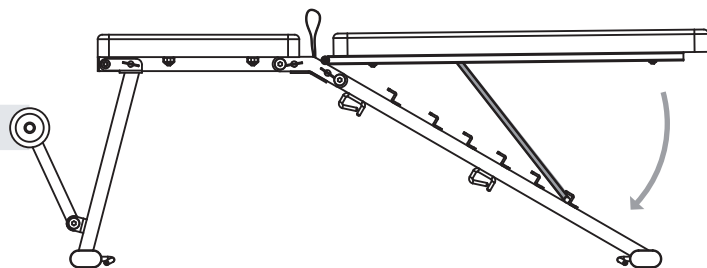
SCHRITT 4



SCHRITT 4



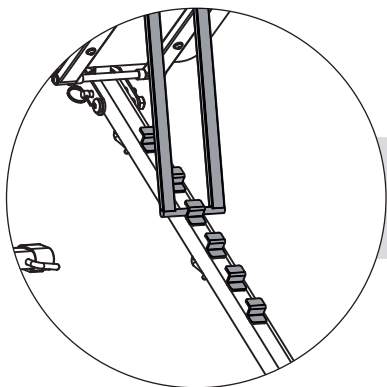
SCHRITT 5



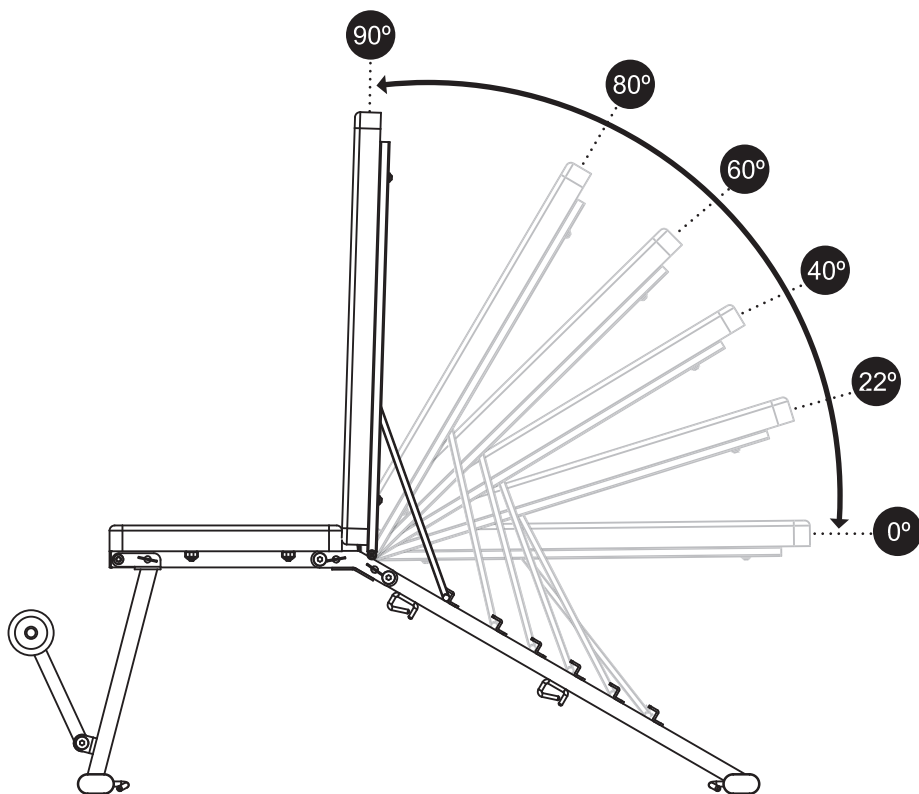
6. POSITION UND EINSTELLUNGEN

Der ergonomische Hocker Bench Smart ermöglicht eine große Bandbreite an Neigungseinstellungen. Finden Sie die Position, die Ihnen den größten Komfort bietet.

Um den Sitzwinkel einzustellen, befolgen Sie diese einfachen, aber wichtigen Schritte:



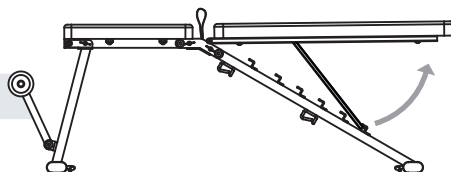
Wählen Sie je nach Übung die bessere Position.



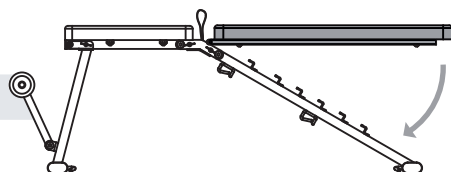
7. FALTEN UND AUFBEWAHRUNG

Folgen Sie diesen einfachen aber wichtigen Schritten, um die Ausrüstung sicher zu lagern:

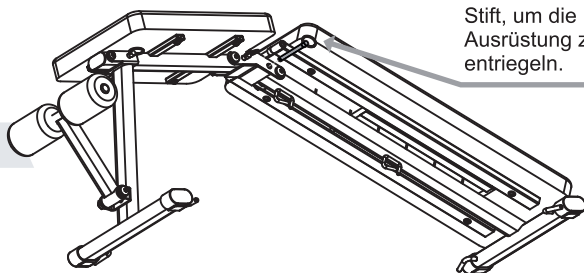
SCHRITT 1



SCHRITT 2

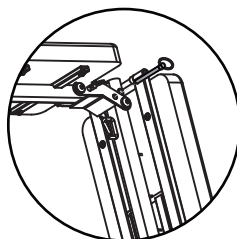
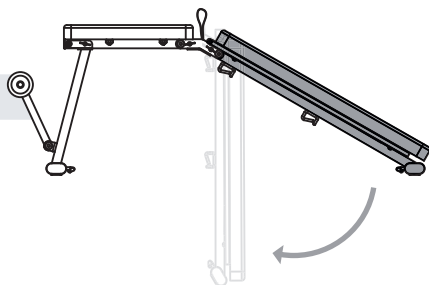


SCHRITT 3



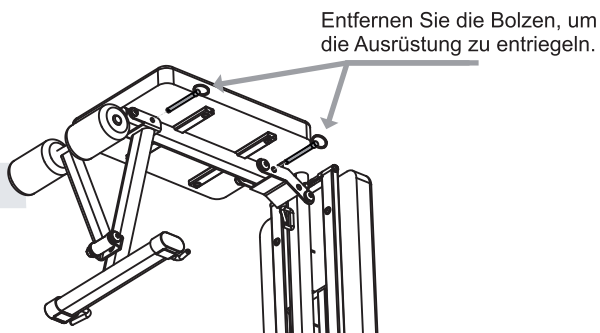
Entfernen Sie den
Stift, um die
Ausrüstung zu
entriegeln.

SCHRITT 4

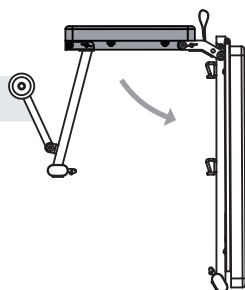


Nach dem Absenken
der Baugruppe den
Bolzen wieder
einstecken.

SCHRITT 5

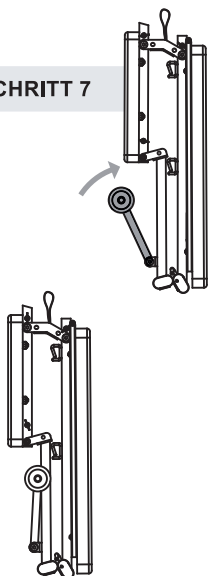


SCHRITT 6

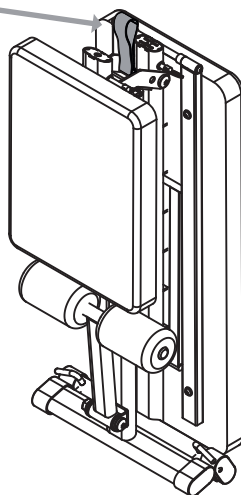


Nach dem Absenken der Baugruppe den Stift wieder einstecken.

SCHRITT 7

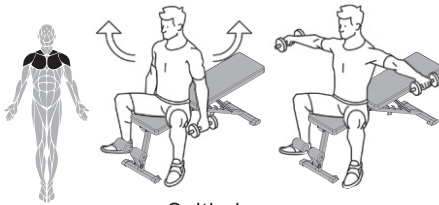


Sie können den Griff verwenden, um die Ausrüstung zu halten und zu tragen.

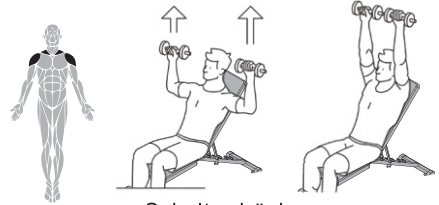


8. TRAININGSFÜHRER

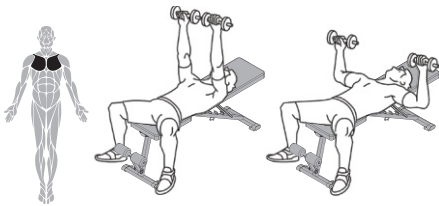
OBERKÖRPER



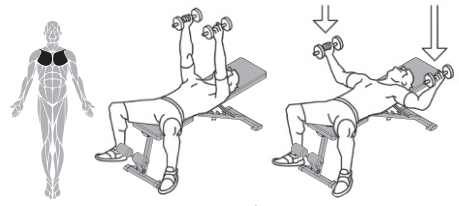
Seitheben



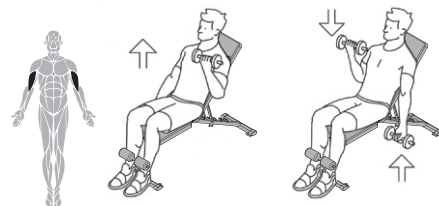
Schulterdrücken



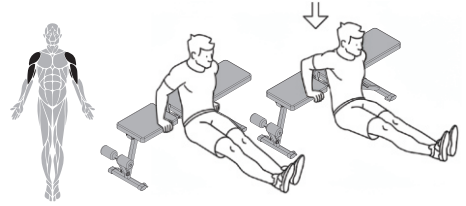
Bankdrücken



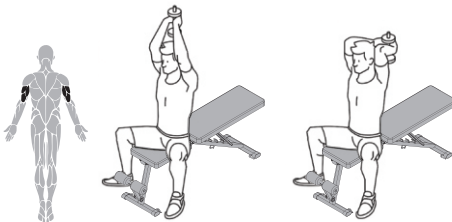
Butterfly



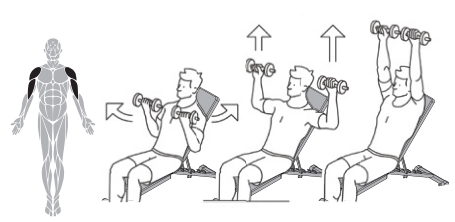
Bizeps-Curls abwechselnd



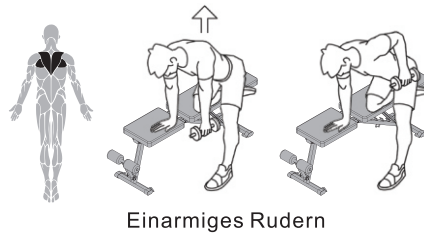
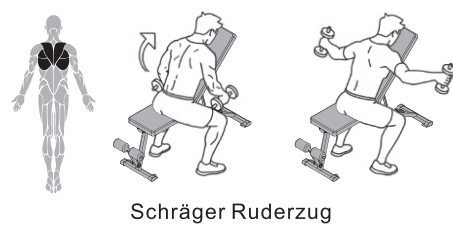
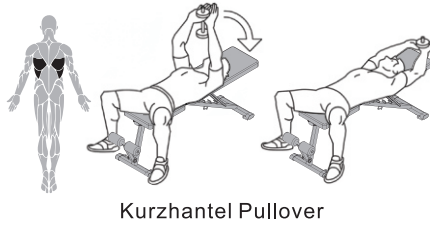
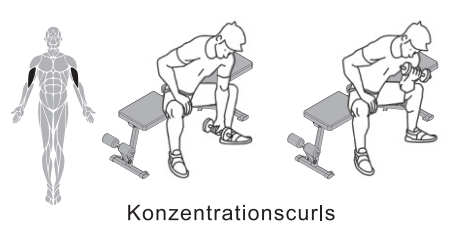
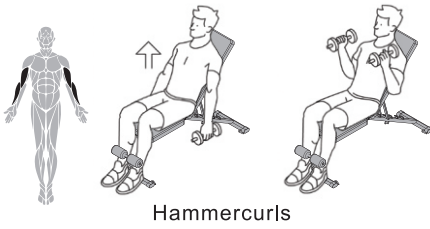
Trizeps-Dips



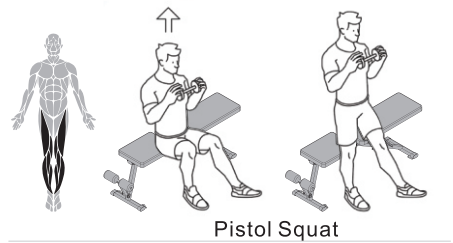
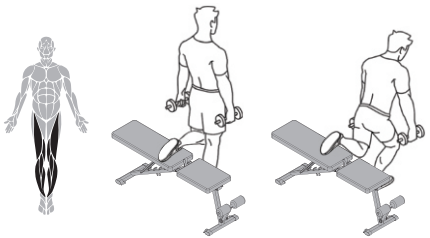
Trizepsdrücken



Arnold-Press



CORE UND BEINE



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1. INFORMACIÓN IMPORTANTE Y ADVERTENCIA

PARA SU SEGURIDAD, LEA CUIDADOSAMENTE TODA LA INFORMACIÓN DE ESTE MANUAL.

- Antes de comenzar cualquier programa de ejercicio, consulte a un médico y/o a un entrenador físico.
- Esto es importante para personas de todas las edades o que tengan cualquier problema de salud preexistente.
- Si experimenta cualquier dolor o tensión, irregularidad en el latido del corazón, falta de aire o malestar durante el ejercicio, deténgase y consulte a su médico antes de continuar.
- Solo una persona a la vez debe usar este equipo.
- Mantenga a los niños y mascotas alejados del equipo.
- Precaución: El ejercicio excesivo o inadecuado puede causar lesiones.
- Se recomienda no hacer ejercicio inmediatamente después de las comidas. Espere al menos 1 hora antes de comenzar su práctica.
- Se recomienda que las personas con poca capacidad física/sensorial, trastornos mentales, o personas con poca experiencia o conocimiento, estén acompañadas por un entrenador durante la práctica del ejercicio físico.

2. INSTRUCCIONES GENERALES DE SEGURIDAD

- Es responsabilidad del propietario asegurarse de que todos los usuarios estén debidamente informados sobre las precauciones para su seguridad.
- Este aparato está diseñado únicamente para uso doméstico y en oficinas. No tiene fines terapéuticos.
- Por su seguridad, asegúrese de que todas las piezas estén correctamente fijadas, de que el aparato se encuentre sobre una superficie sólida, de que el área a su alrededor esté libre de obstáculos y de que el aparato esté en perfectas condiciones antes de cada uso.
- Use ropa de ejercicio adecuada y evite usar accesorios que puedan quedar atrapados por el equipo.
- Para garantizar la seguridad de los niños y/o mascotas, no permita que jueguen sobre o cerca del dispositivo.

CONSIDERACIONES GENERALES

- Nunca utilice abrasivos o disolventes para limpiar el equipo.
- No exponga el equipo a agentes naturales como la luz solar, la lluvia, el rocío, el polvo, el aerosol salino, etc.
- No coloque el equipo en lugares polvorientos y húmedos, saunas o cualquier lugar que no esté ventilado.

Usar este equipo le proporcionará varios beneficios. Mejorará su forma física, tonificará sus músculos y, combinado con una dieta controlada, le ayudará a perder peso.

Este ejercicio mejorará su circulación y hará que sus músculos funcionen correctamente. Se recomienda realizar algunos ejercicios de estiramiento antes de usarlo, como se muestra a continuación.

Cada estiramiento debe realizarse durante aproximadamente 30 segundos.

No fuerces los músculos y si sientes dolor al estirar, DETENTE.

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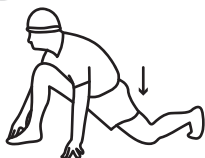
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3. SALUD

1. Antes de iniciar cualquier programa de ejercicio, consulta con tu médico o entrenador físico. Te ayudará a establecer la frecuencia, intensidad y duración del ejercicio apropiadas para tu edad y condición física. Si experimentas dolor u opresión en el pecho, latidos cardíacos irregulares, dificultad para respirar, mareos o cualquier molestia mientras haces ejercicio, ¡DETENTE INMEDIATAMENTE! Consulta con tu médico antes de continuar. Esto es importante para personas de todas las edades o que tengan algún problema de salud persistente.

2. Precaución: El ejercicio excesivo y/o inadecuado puede causar lesiones.

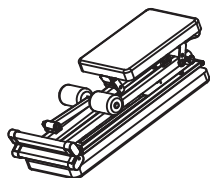
3. Este aparato está diseñado únicamente para uso residencial en interiores y no está destinado a fines terapéuticos.

4. Se recomienda no hacer ejercicio inmediatamente después de las comidas. Espere al menos 1 hora antes de comenzar su práctica.

5. Se recomienda que las personas con capacidades físicas / sensoriales / mentales reducidas, o con poca experiencia o conocimiento, estén acompañadas por un monitor de seguridad durante el ejercicio físico.

4. CONTENIDO DE LA CAJA

Al abrir la caja, encontrará las siguientes piezas:



Estructura Principal
(Cantidad: 1)



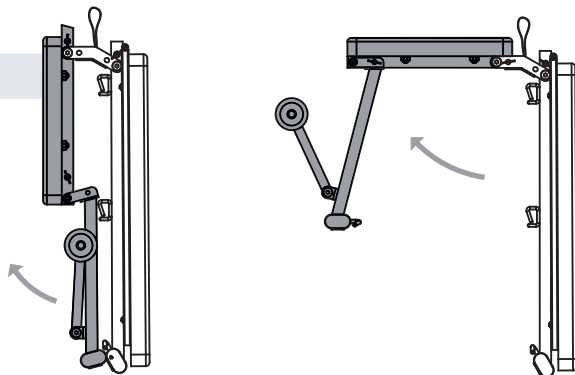
Clavija
(Cantidad: 3)



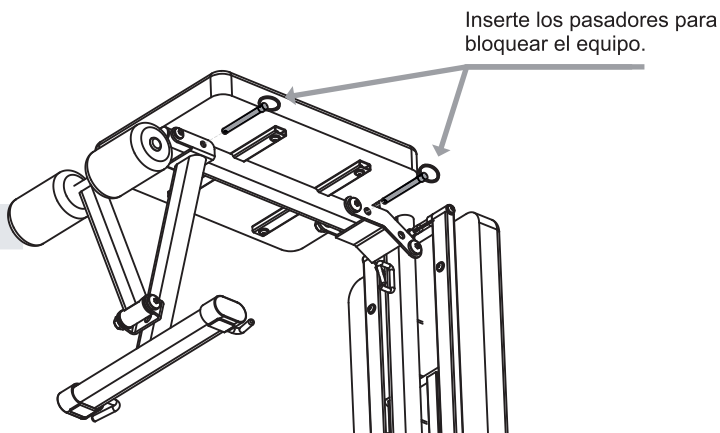
Manual de Usuario
(Cantidad: 1)

5. ENSAMBLAJE DEL EQUIPO

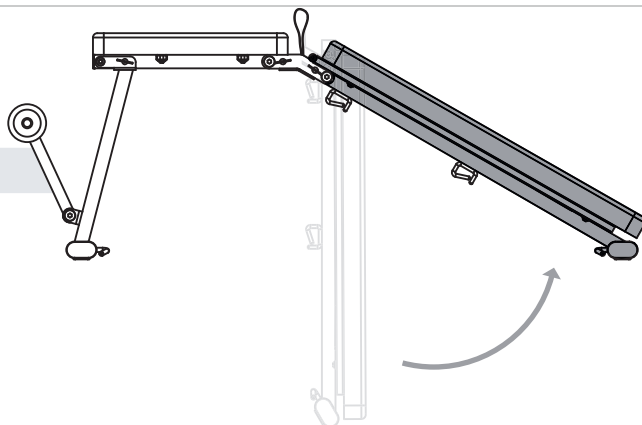
PASO 1



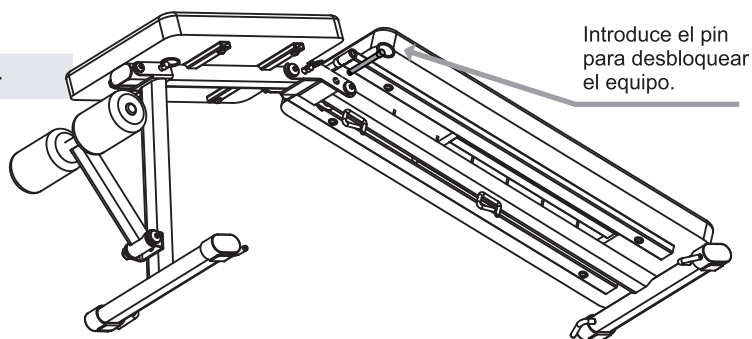
PASO 2



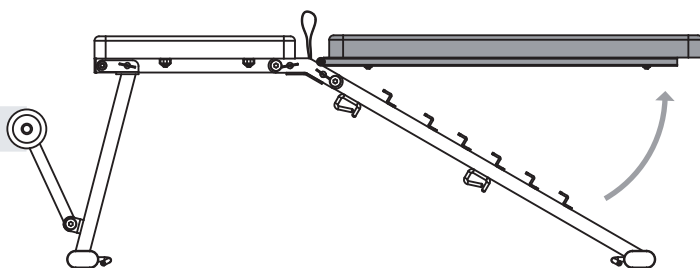
PASO 3



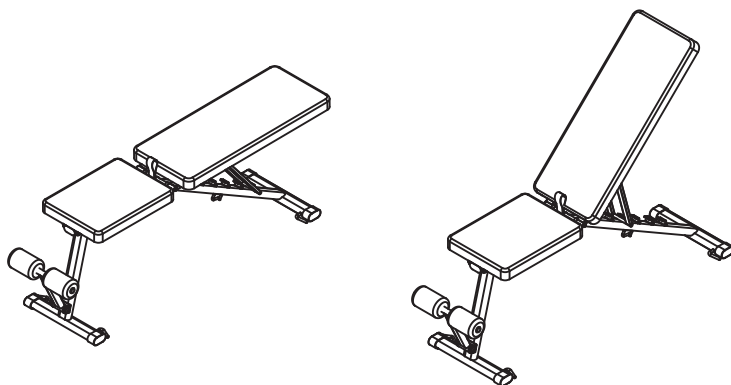
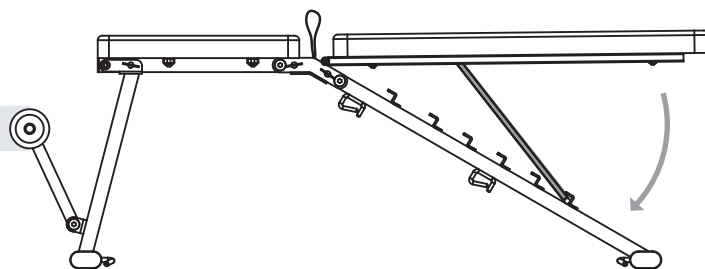
PASO 4



PASO 4



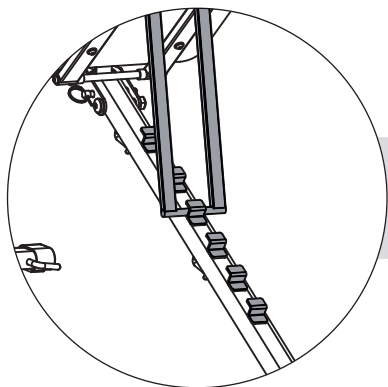
PASO 5



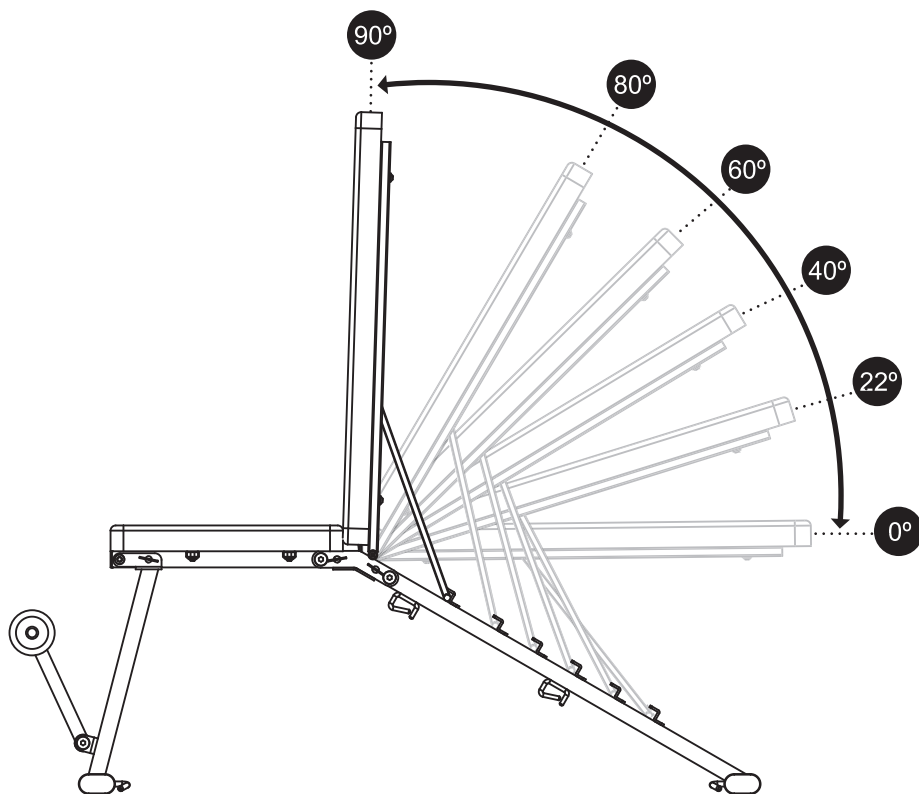
6. POSICIÓN Y AJUSTES

El taburete ergonómico Bench Smart permite una amplia gama de ajustes de ángulo. Encuentra la posición que te proporcione mayor comodidad.

Para ajustar el ángulo del asiento, sigue estos pasos sencillos pero importantes:



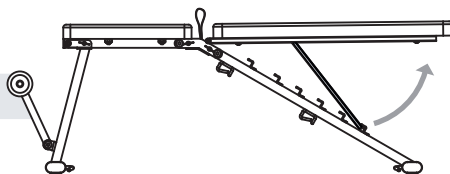
Elija la mejor postura de acuerdo con cada ejercicio.



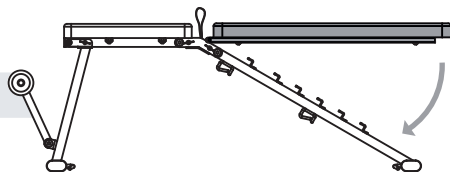
7. PLIEGUE Y ALMACENAMIENTO

Siga estos sencillos pero importantes pasos y guarde donde quiera:

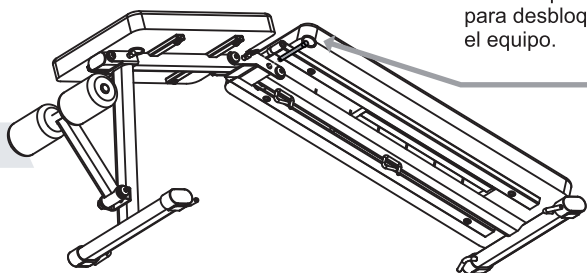
PASO 1



PASO 2

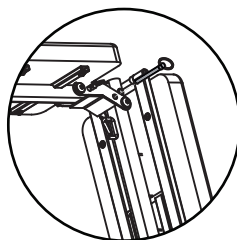
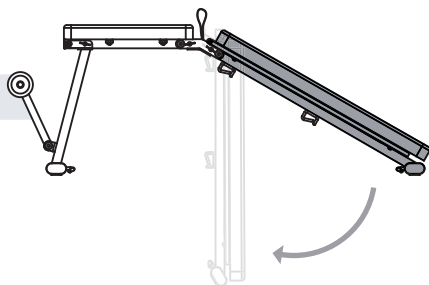


PASO 3



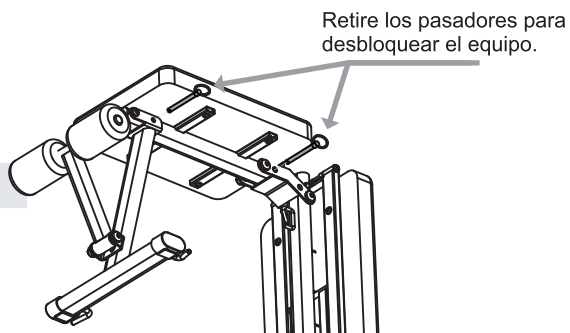
Retire el pasador
para desbloquear
el equipo.

PASO 4

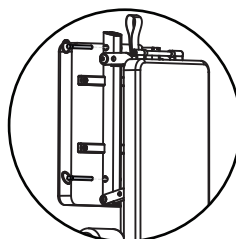
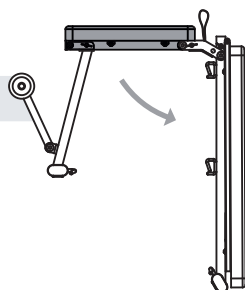


Tras bajar el
conjunto, vuelva a
insertar el pasador.

PASO 5

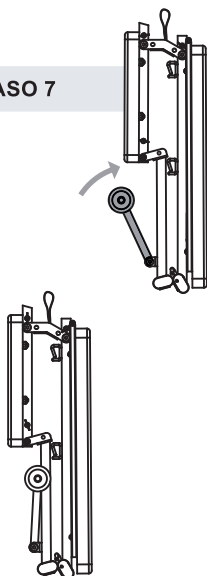


PASO 6

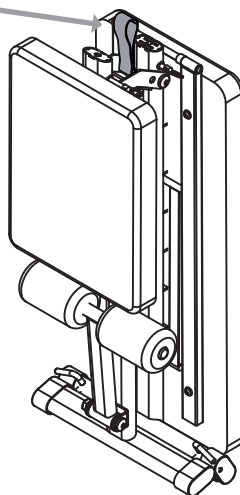


Después de bajar el conjunto, vuelva a insertar el pasador.

PASO 7

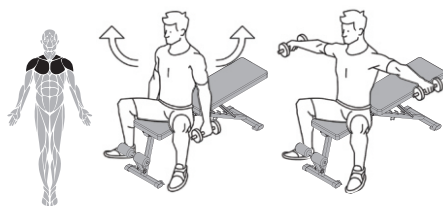


Puedes usar el mango para sostener y transportar el equipo.

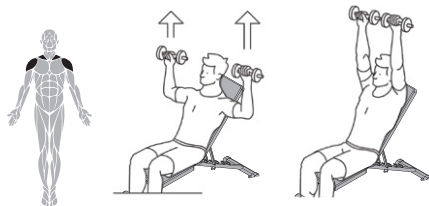


8. GUÍA DE ENTRENAMIENTO

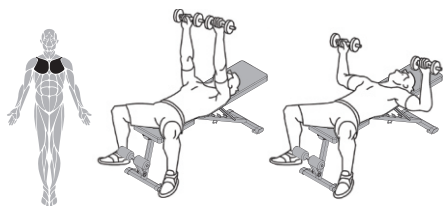
PARTE SUPERIOR DEL CUERPO



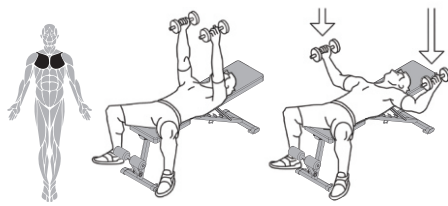
Elevaciones Laterales



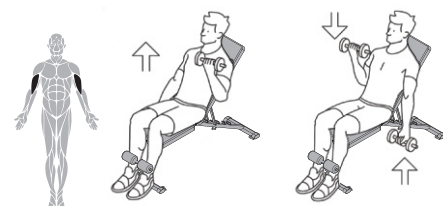
Press de Hombros



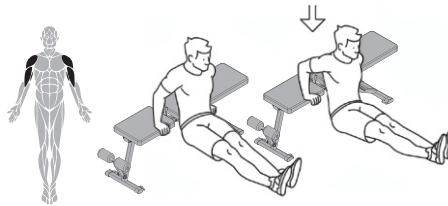
Press de banca



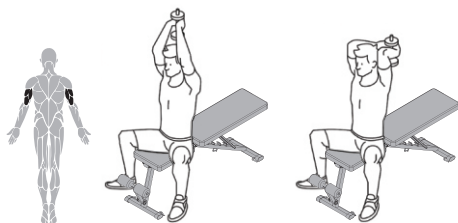
Apertura de Pecho



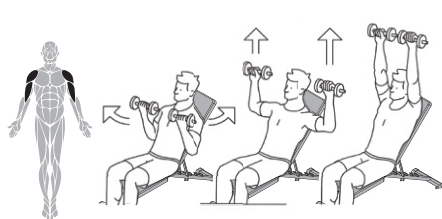
Curl de Bíceps Alternado



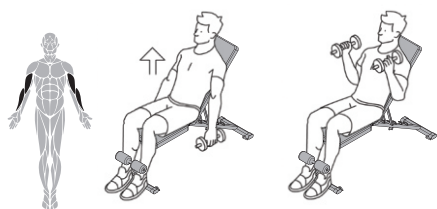
Inmersiones de tríceps



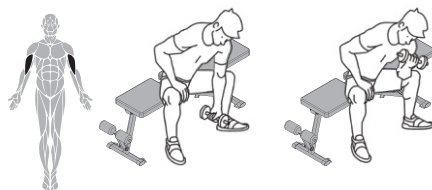
Extensión de Tríceps



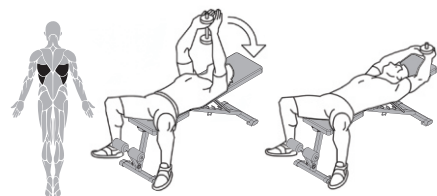
Press de Arnold



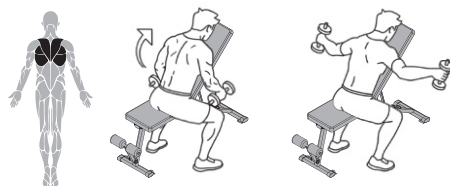
Curl con Martillo



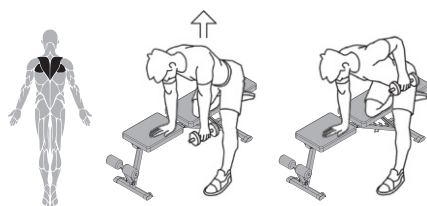
Curl de Concentración



Dumbbell Pullover

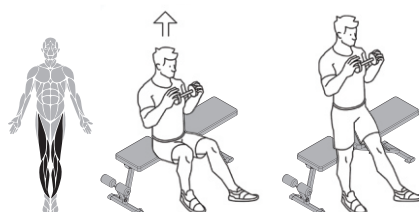
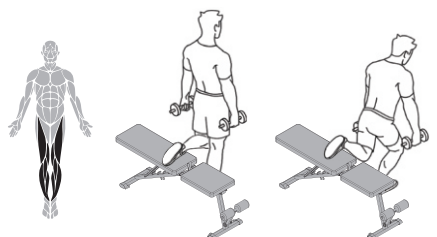


Remo Inclinado



Remo a un brazo

CORE Y PIERNAS



Sentadilla Pistola

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1. INFORMAZIONI IMPORTANTI E AVVERTENZE

PER LA TUA SICUREZZA, LEGGI ATTENTAMENTE TUTTE LE INFORMAZIONI IN QUESTO MANUALE.

- Prima di iniziare qualsiasi programma di esercizio fisico, consulta un medico e/o un personal trainer.
- Questo è importante per persone di tutte le età o che hanno problemi di salute preesistenti.
- Se durante l'esercizio avvertite dolori o costrizioni, battito cardiaco irregolare, mancanza di respiro o fastidio, fermatevi e consultate il vostro medico prima di continuare.
- Solo una persona alla volta dovrebbe utilizzare questa attrezzatura.
- Tenete lontani i bambini e gli animali domestici dall'attrezzatura.
- Attenzione: un esercizio eccessivo o inadeguato può causare infortuni.
- Si raccomanda di non praticare esercizio fisico subito dopo i pasti. Attendere almeno 1 ora prima di iniziare la propria sessione.
- Si raccomanda che le persone con scarse capacità fisiche/sensoriali, disturbi mentali, poca esperienza o conoscenza, siano accompagnate da un istruttore durante la pratica dell'esercizio fisico.

2. ISTRUZIONI GENERALI DI SICUREZZA

- È responsabilità del proprietario assicurarsi che tutti gli utenti siano adeguatamente informati sulle precauzioni per la propria sicurezza.
- Questo apparecchio è progettato esclusivamente per uso domestico e d'ufficio. Non ha scopi terapeutici.
- Per la vostra sicurezza, assicuratevi che tutte le parti siano correttamente fissate e che l'apparecchio sia posizionato su una superficie solida, che l'area circostante sia libera da ostacoli e che l'apparecchio sia in perfette condizioni prima di ogni utilizzo.
- Indossate abiti sportivi adeguati ed evitate accessori che possano essere impigliati dall'attrezzatura.
- Per garantire la sicurezza dei bambini e/o degli animali domestici, non permettere loro di giocare sul dispositivo o nelle sue vicinanze.

CONSIDERAZIONI GENERALI

- Non utilizzare mai abrasivi o solventi per pulire l'apparecchiatura.
- Non esporre l'apparecchiatura ad agenti naturali come luce solare diretta, pioggia, rugiada, polvere, salsedine, ecc.
- Non posizionare l'attrezzatura in luoghi polverosi e umidi, saune o qualsiasi posto non ventilato.

L'utilizzo di questa attrezzatura ti offrirà diversi benefici. Migliorerà la tua forma fisica, tonificherà i tuoi muscoli e, combinato con una dieta controllata, ti aiuterà a perdere peso.

Questo esercizio migliorerà la tua circolazione e farà funzionare correttamente i tuoi muscoli. Si raccomanda di fare alcuni esercizi di stretching prima di usarlo come mostrato di seguito.

Ogni allungamento dovrebbe essere fatto per circa 30 secondi.

Non sforzare i muscoli e, se senti dolore durante lo stretching, FERMATI.

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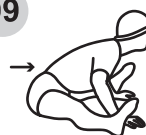
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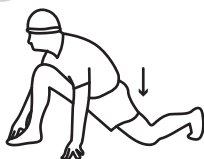
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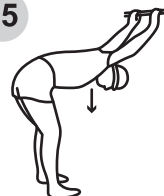
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14



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3. SALUTE

1. Prima di iniziare qualsiasi programma di esercizio, consulta il tuo medico o allenatore. Questo ti aiuterà a stabilire la frequenza, l'intensità e la durata degli esercizi adatti alla tua età e forma fisica. Se avverti dolore o oppressione al petto, battito cardiaco irregolare, respiro corto, senso di svenimento o qualsiasi disagio durante l'esercizio, **FERMATI IMMEDIATAMENTE!** Consulta il tuo medico prima di continuare. Questo è importante per persone di tutte le età o che soffrono di qualche problema di salute persistente.

2. Attenzione: Un esercizio eccessivo e/o improprio può causare lesioni.

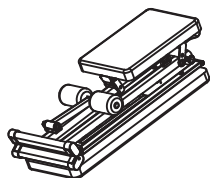
3. Questo apparecchio è progettato per un uso residenziale e indoor e non è destinato a scopi terapeutici.

4. Si consiglia di non fare esercizio fisico immediatamente dopo i pasti. Attendere almeno 1 ora prima di iniziare l'allenamento.

5. Si raccomanda che le persone con ridotte capacità fisiche/sensoriali/mentali, o con poca esperienza o conoscenza, siano accompagnate da un istruttore di sicurezza durante l'esercizio fisico.

4. CONTENUTO DELLA CONFEZIONE

Aprendo la scatola troverai i seguenti componenti:



Struttura Principale
(QT: 1)



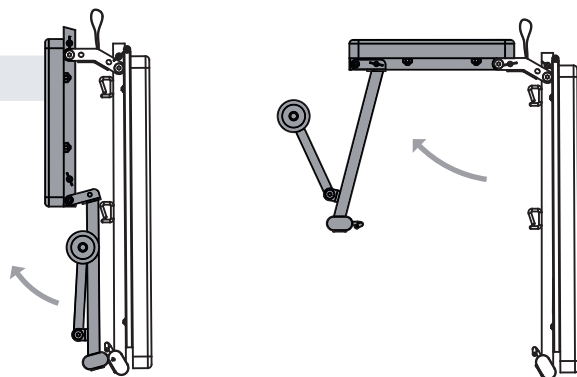
Perno
(QT: 3)



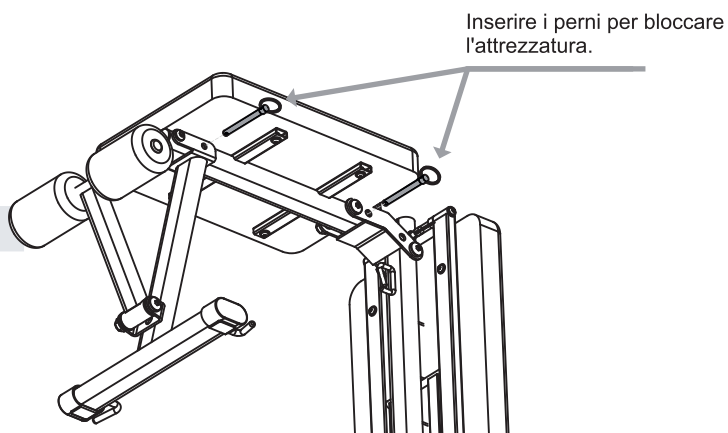
Manuale Utente
(QT: 1)

5. MONTAGGIO ATTREZZATURA

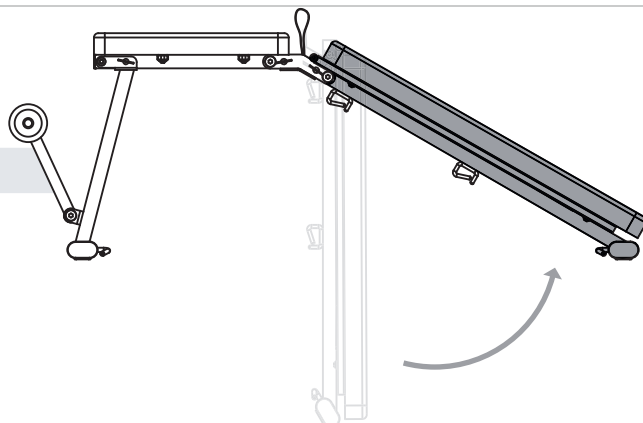
PASSO 1



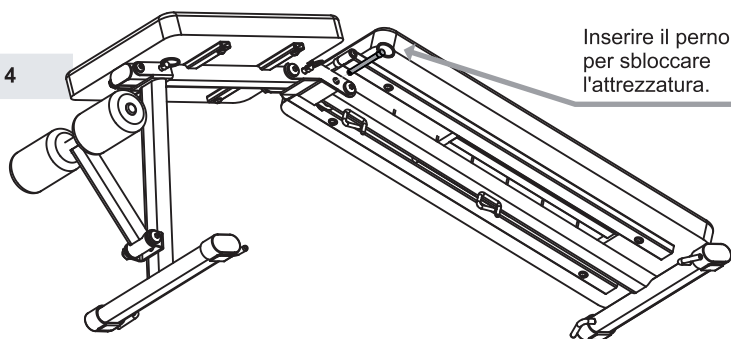
PASSO 2



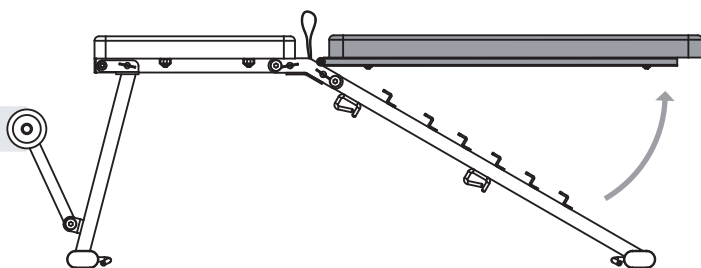
PASSO 3



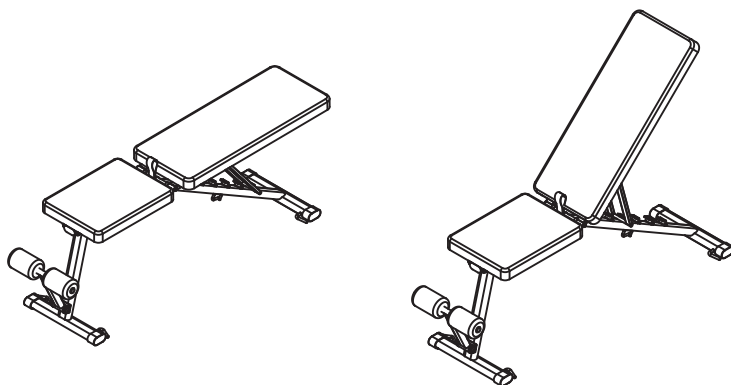
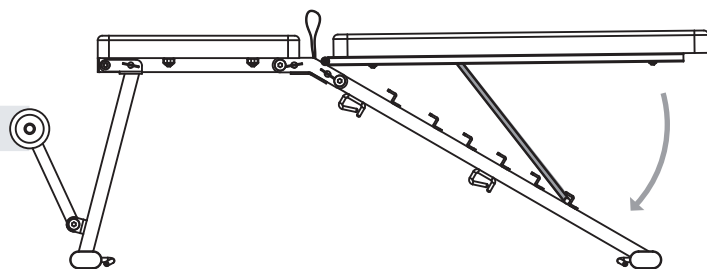
PASSO 4



PASSO 4



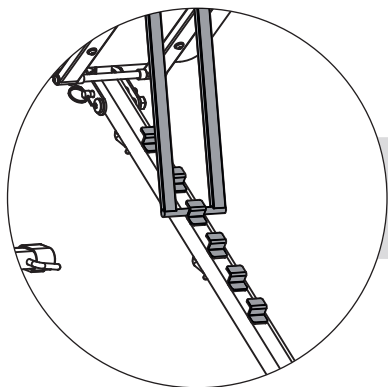
PASSO 5



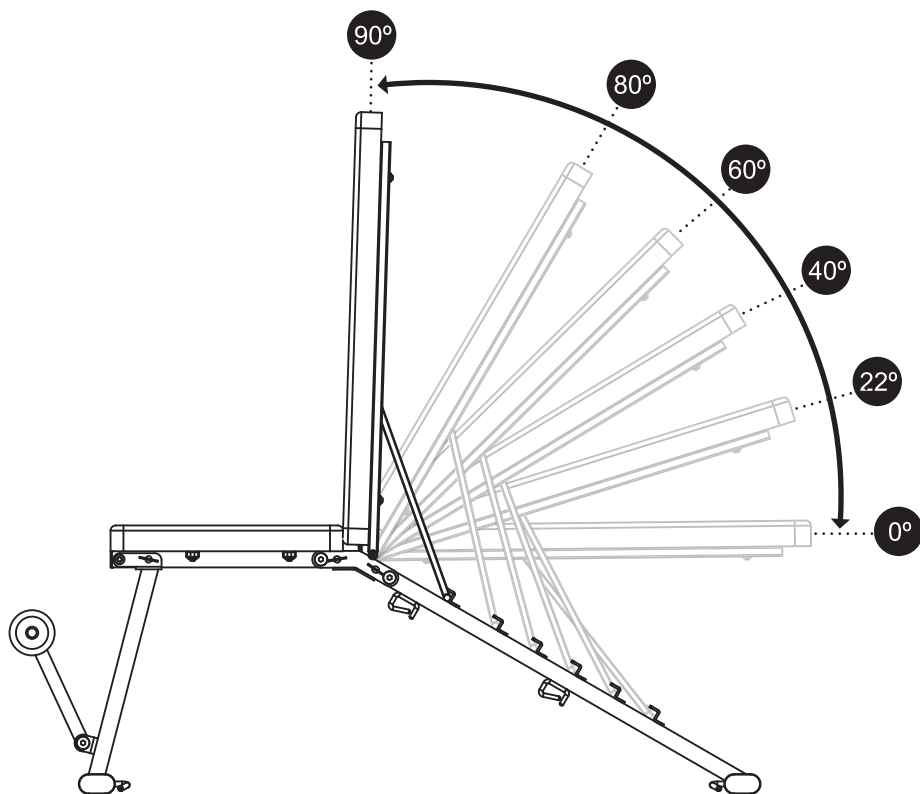
6. POSIZIONE E REGOLAZIONI

La sedia ergonomica Bench Smart consente un'ampia gamma di regolazioni dell'angolo. Trova la posizione che ti offre il massimo comfort.

Per regolare l'angolo della seduta, segui questi semplici ma importanti passaggi:



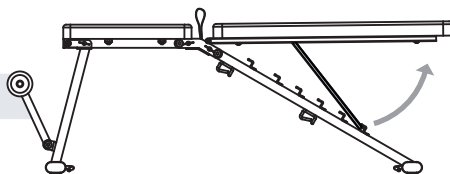
Scegli la posizione migliore per ciascun esercizio.



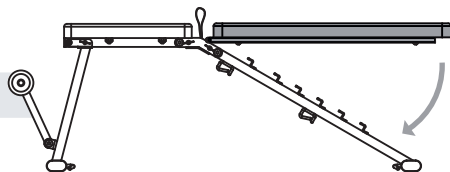
7. Pieghevole e Riposo

Segui questi semplici ma importanti passaggi e conserva dove preferisci:

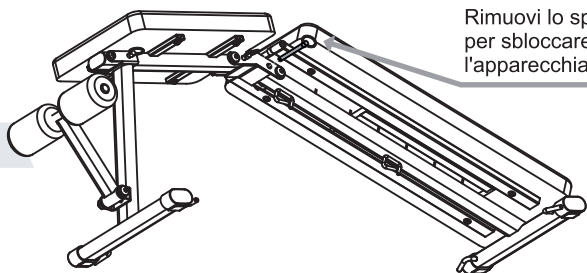
PASSO 1



PASSO 2

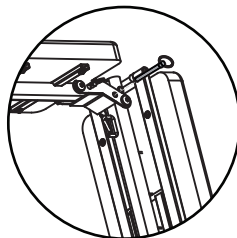
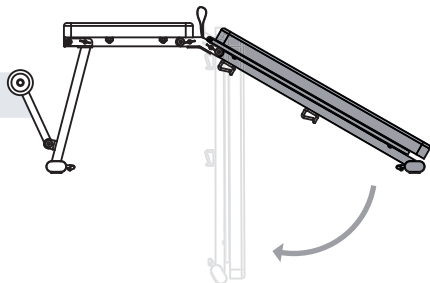


PASSO 3



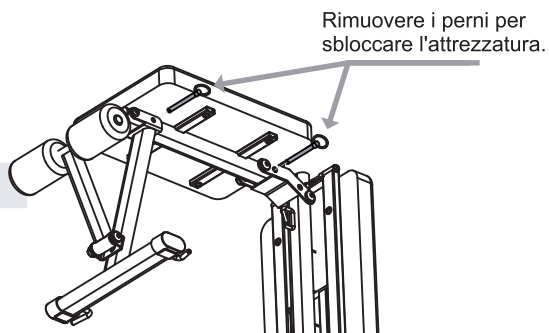
Rimuovi lo spillo
per sbloccare
l'apparecchiatura.

PASSO 4

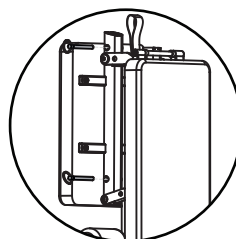
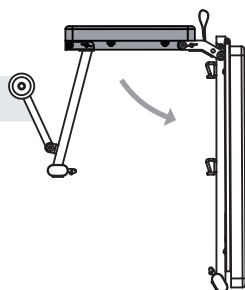


Dopo aver abbassato
l'assemblaggio,
reinserire il perno.

PASSO 5

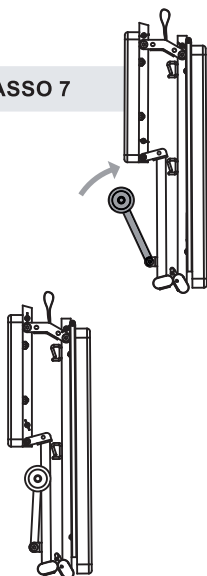


PASSO 6

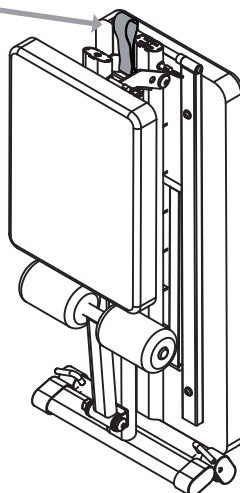


Dopo aver abbassato l'assemblaggio, reinserisci il perno.

PASSO 7

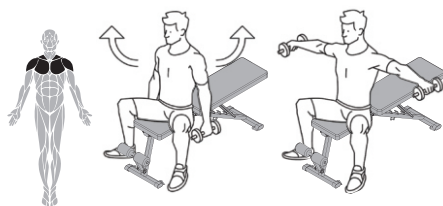


Puoi usare la maniglia per tenere e trasportare l'attrezzatura.

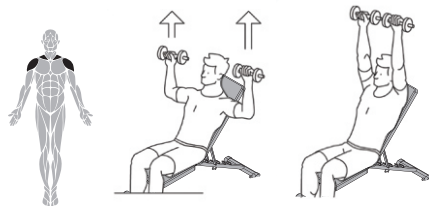


8. GUIDA ALL'ALLENAMENTO

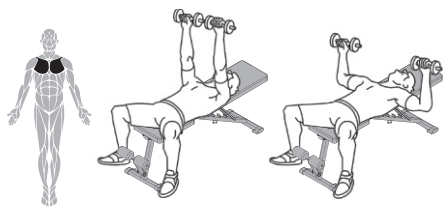
PARTE SUPERIORE DEL CORPO



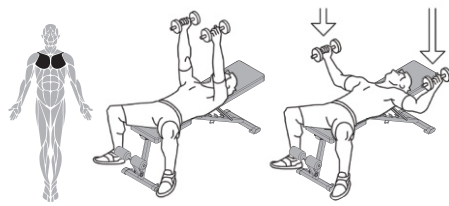
Alzata Laterale



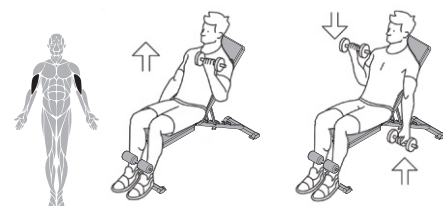
Pressa per le spalle



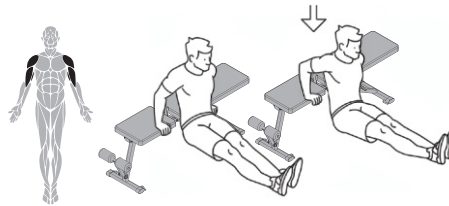
Panca piana



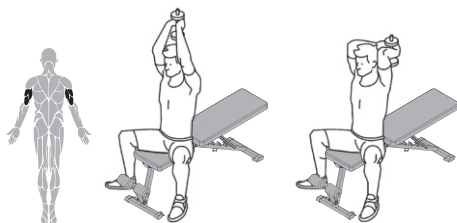
Chest Fly



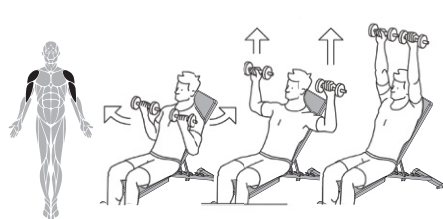
Bicipiti Curl Alternato



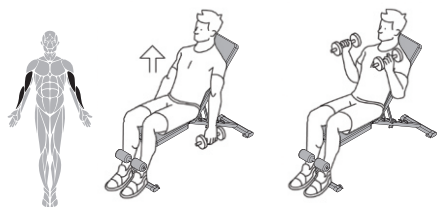
Immersioni per Tricipiti



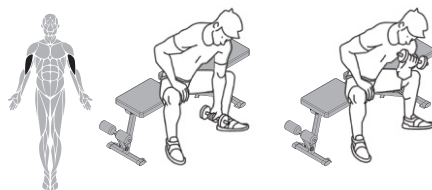
Estensione dei tricipiti



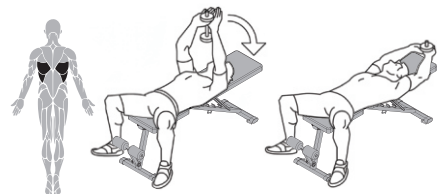
Arnold Press



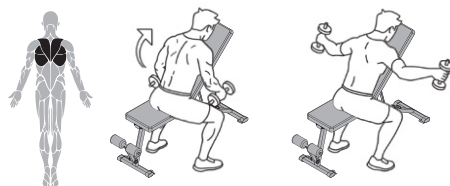
Curl con manubri a martello



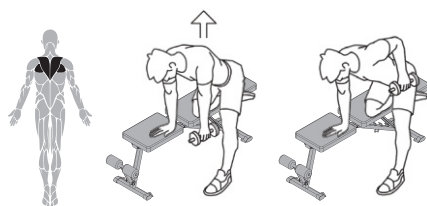
Concentration Curl



Stacco con Manubrio

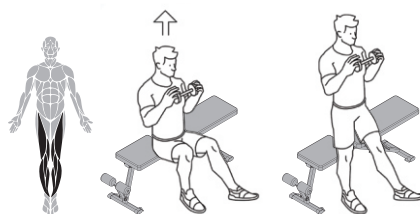
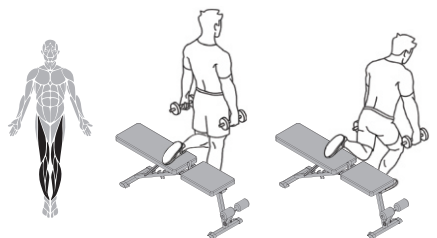


Remata inclinata



Rematore Unilaterale

ADDOME E GAMBE



Pistol Squat

1. Important Information and Warning..... 51

2. General Safety Instructions 51

3. Health 53

4. Box Contents 54

5. Equipment Assembly 55

6. Position and Adjustments 57

7. Folding and Storage 58

8. Workout Guide 60

1. IMPORTANT INFORMATION AND WARNING

FOR YOUR SAFETY, READ CAREFULLY ALL THE INFORMATION IN THIS MANUAL.

- Before beginning any exercise program consult a physician and/or a fitness coach.
- This is important for people of all ages or who have any pre-existing health problem.
- If you experience any pain or tightness, heart beat irregularity, breathlessness or discomfort during exercise, stop and consult your doctor before continuing.
- Only one person at a time should use this equipment.
- Keep children and pets away from the equipment.
- Caution: Excessive or Inadequate Exercise may cause injury.
- It is recommended not to exercise immediately after meals. Wait at least 1 hour before starting your practice.
- It is recommended that people with little physical/sensory abilities, mental disorders, people with little experience or knowledge, be accompanied by a coach during the practice of the physical exercise.

2. GENERAL SAFETY INSTRUCTIONS

- It is the owner's responsibility to ensure that all users are properly informed about the precautions for their safety.
- This appliance is designed for home and office use alone. It has no therapeutic purposes.
- For your safety, make sure all parts are properly attached and the appliance is on a solid surface and that the area around it is free of obstructions and make sure the appliance is in perfect condition before each use.
- Wear appropriate exercise clothing and avoid accessories that may get caught by the equipment.
- To ensure the safety of children and/or pets, do not allow them to play on or near the device.

GENERAL CONSIDERATIONS

- Never use abrasives or solvents to clean the equipment.
- Do not leave the equipment exposed to natural agents such as sunlight, rain, dew, dust, salt spray, etc.
- Do not place the equipment in dusty and humid places, saunas or anyplace not ventilated.

Using this equipment will provide you with several benefits. It will improve your shape, tone your muscles and, combined with a controlled diet, help you lose weight.

This exercise will improve your circulation and make your muscles function properly. It is recommended to do some stretching exercises before using it as it's shown below.

Each stretch should be done for approximately 30 seconds.

Do not strain your muscles and if you feel pain while stretching, STOP.

01



02



03



04



05



06



07



08



09



10



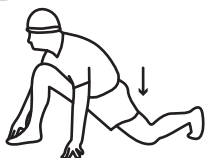
11



12



13



14



15

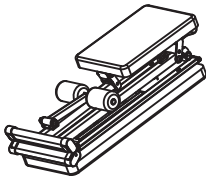


3. HEALTH

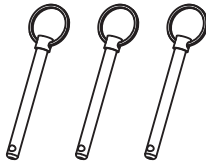
1. Before beginning any exercise program, consult your doctor or fitness coach. It will help you establish the exercise frequency, intensity and timing appropriate to your age and fitness. If you experience chest pain or tightness, irregular heartbeat, shortness of breath, faintness or any discomfort while you exercise, **STOP IMMEDIATELY!** Consult your doctor before continuing. This is important for people of all ages or who have some persistent health problem.
2. Caution: Excessive and/or improper exercise may cause injury.
3. This appliance is designed for residential, indoor use only and is not intended for therapeutic purposes.
4. It is recommended not to exercise immediately after meals. Wait at least 1 hour before starting your practice.
5. It is recommended that people with reduced physical / sensory / mental abilities, people with little experience or knowledge, should be accompanied by a safety coach during physical exercise.

4. BOX CONTENTS

When you open the box you will find the following parts:



Main Structure
(QTY: 1)



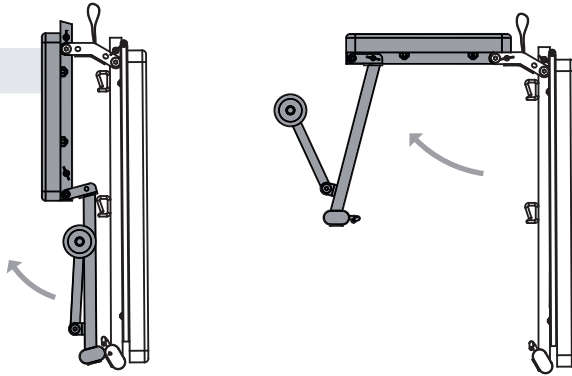
Pin
(QTY: 3)



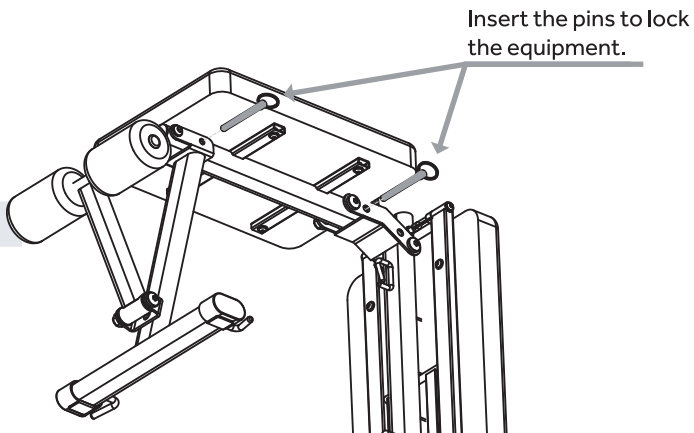
User Manual
(QTY: 1)

5. EQUIPMENT ASSEMBLY

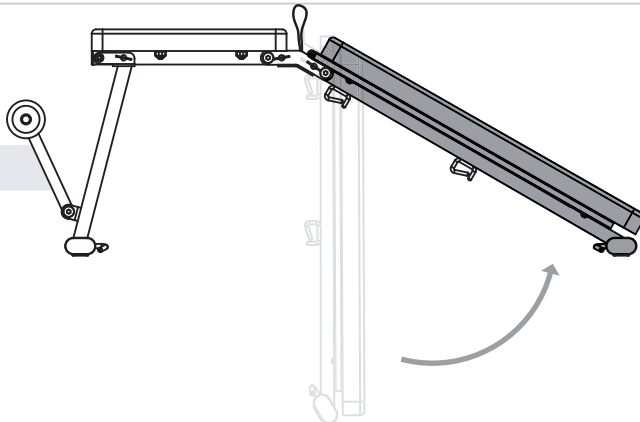
STEP 1



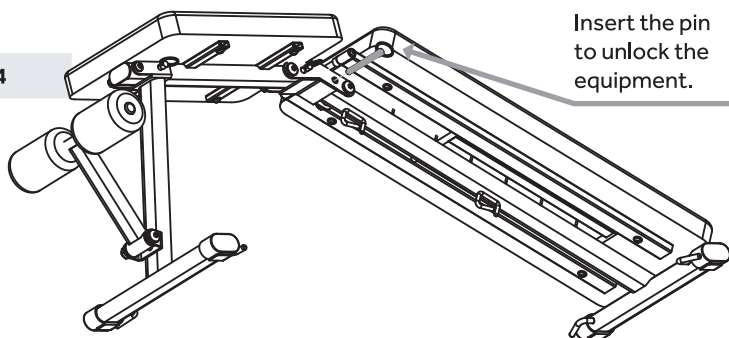
STEP 2



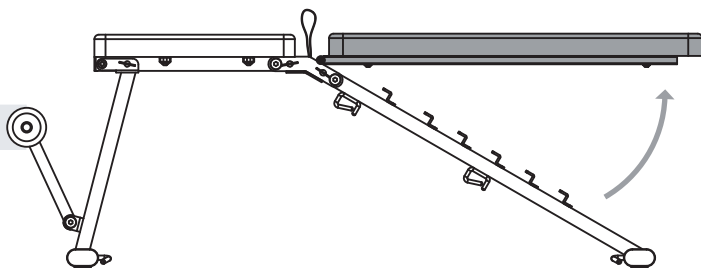
STEP 3



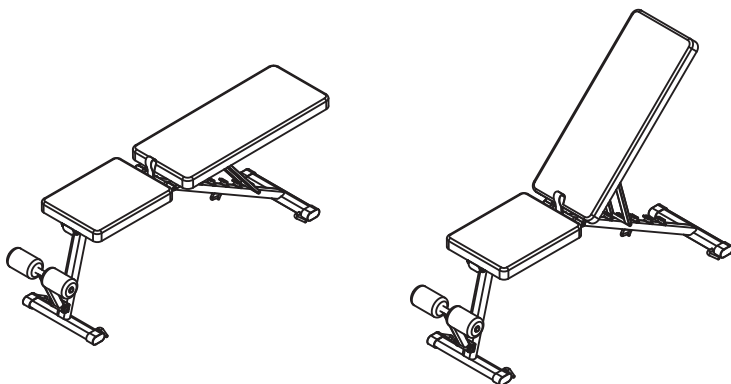
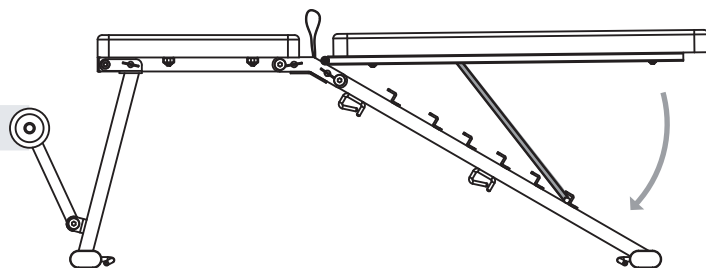
STEP 4



STEP 4



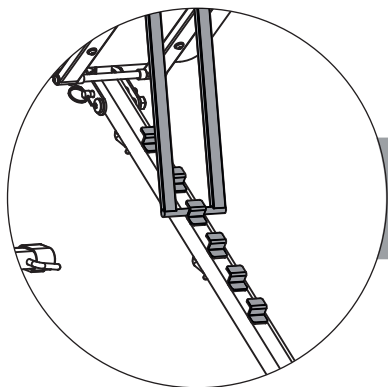
STEP 5



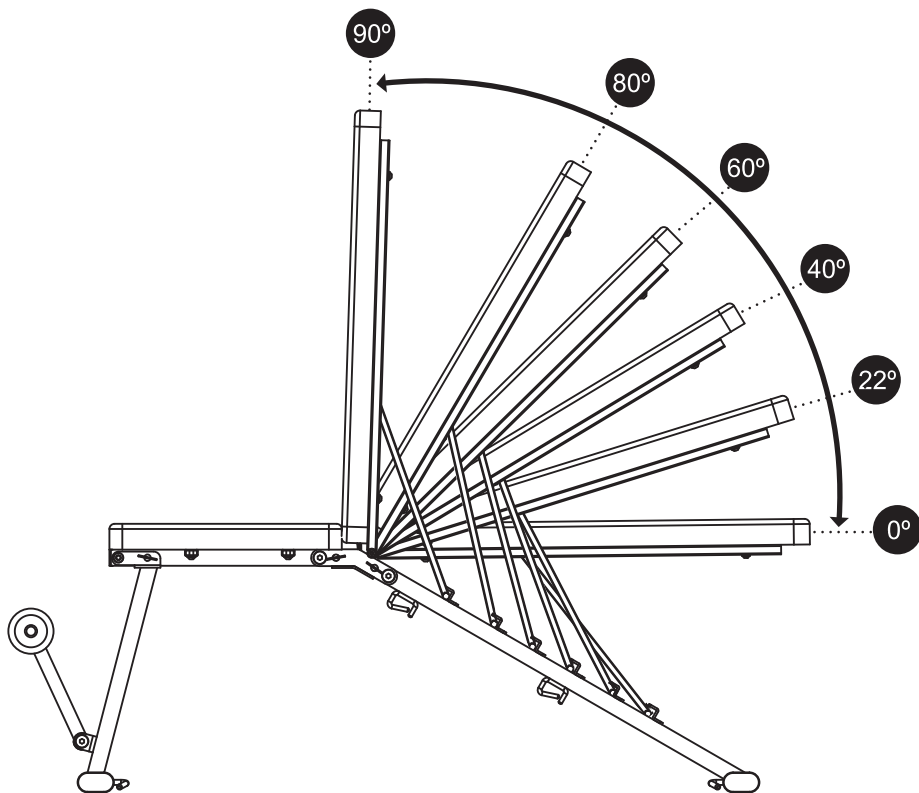
6. POSITION AND ADJUSTMENTS

The Bench Smart ergonomic stool allows for a wide range of angle adjustments. Find the position that provides you with the most comfort.

To adjust the seat angle, follow these simple yet important steps:



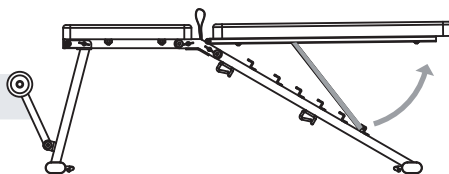
Choose the better position according to each exercise.



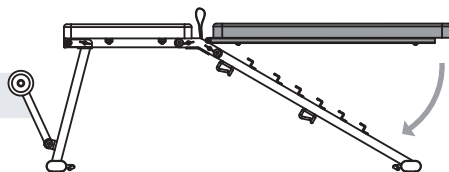
7. FOLDING AND STORAGE

Follow these simple but important steps and to store wherever you want:

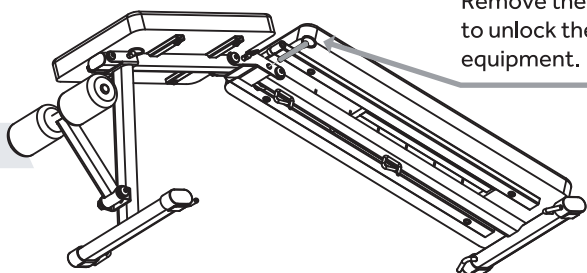
STEP 1



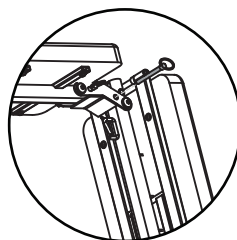
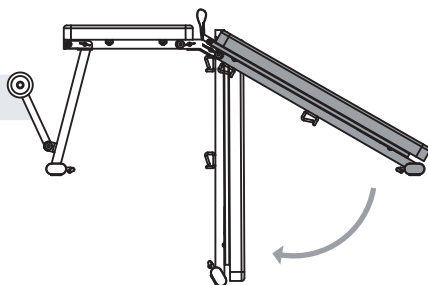
STEP 2



STEP 3



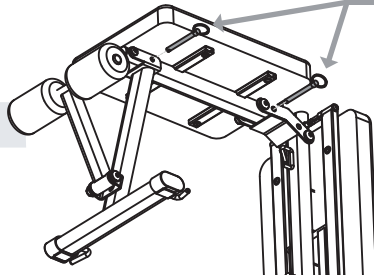
STEP 4



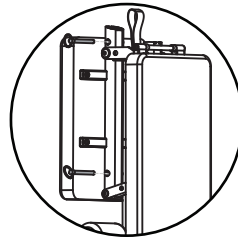
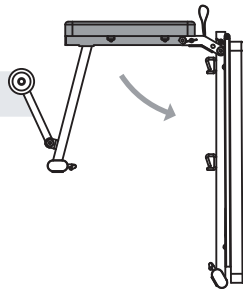
After lowering the assembly, reinsert the pin.

Remove the pins to unlock the equipment.

STEP 5

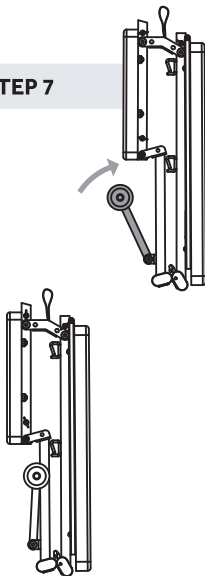


STEP 6

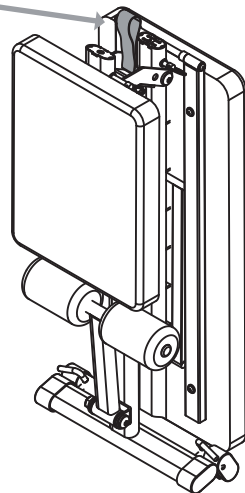


After lowering the assembly, reinsert the pin.

STEP 7

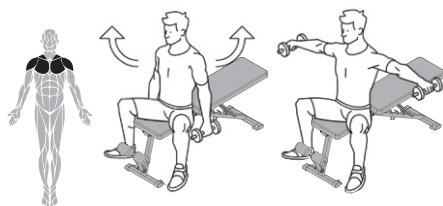


You can use the handle to hold and carry the equipment.

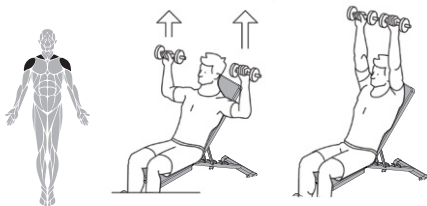


8. WORKOUT GUIDE

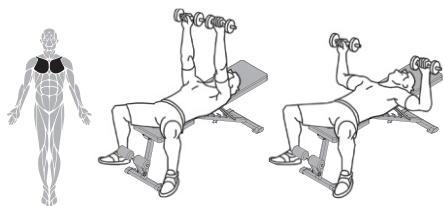
UPPER BODY



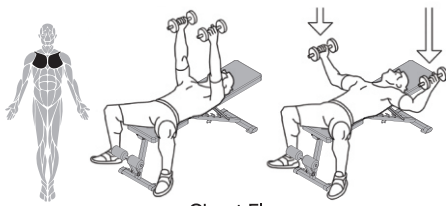
Side Raise



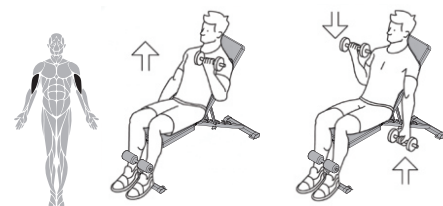
Shoulder Press



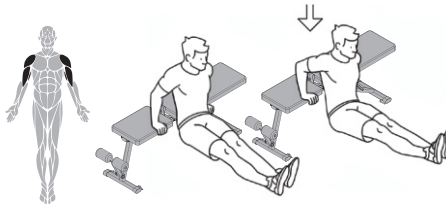
Bench press



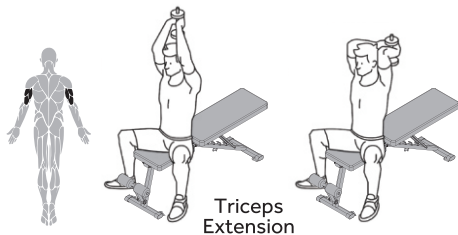
Chest Fly



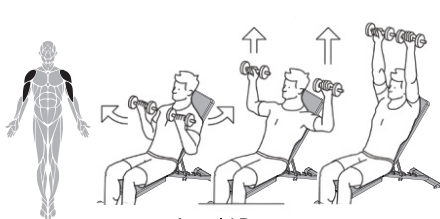
Biceps Alternate Curl



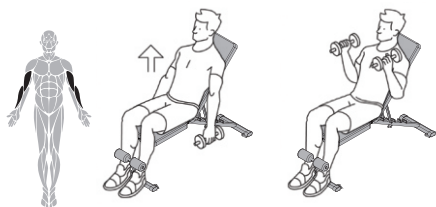
Triceps Dips



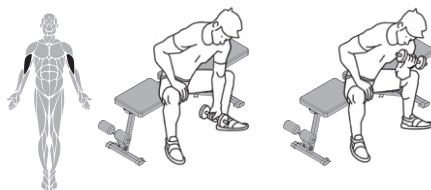
Triceps Extension



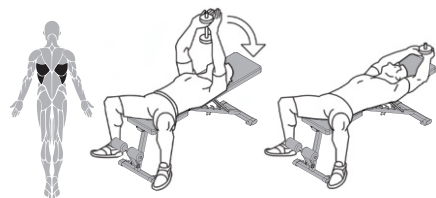
Arnold Press



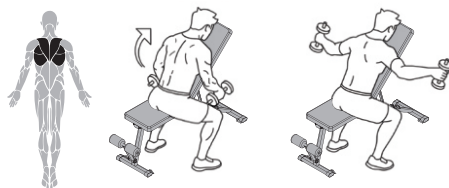
Hammer Curl



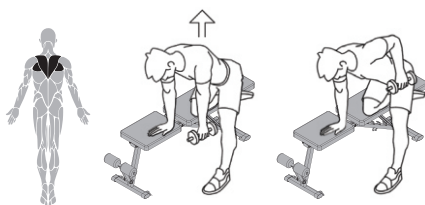
Concentration Curl



Dumbbell Pullover

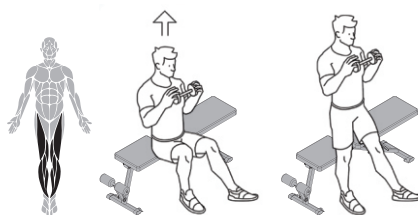
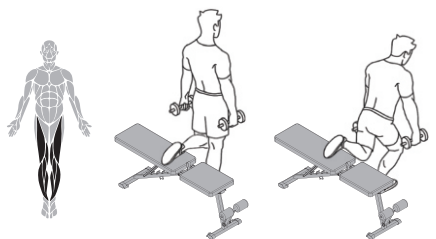


Incline Row



Single Arm Row

CORE AND LEGS



Pistol Squat

UK

If you have any questions, please contact our customer care center.

Our contact details are below:



0044-800-240-4004



enquiries@mhstar.co.uk

IMPORTER ADDRESS:

MH STAR UK Ltd

1 Northampton Cross Logistics Park

Northampton Cross Road

Northampton

NN4 9FH

Made in china

ES

Si tiene alguna pregunta, comuníquese con nuestro Centro de Atención al Cliente.

Nuestros datos de contacto son los siguientes:



0034-931294512



atencioncliente@aosom.es

Importador/Fabricante/REP:

Spanish Aosom, S.L.

C/ Roc Gros, nº 15. 08550, Els Hostalets de

Balenya, Spain.

B66295775

www.aosom.es

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TEL: 931294512

HECHO EN CHINA

FR

Si vous avez la moindre question, veuillez contacter notre centre d'assistance à la clientèle.

Nos coordonnées sont les suivantes:



0033-1-84166106



aosom@mhfrance.fr

Importé par/Fabricant/REP:

MH France

2, rue Maurice Hartmann

92130 Issy-les-Moulineaux

France

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Adresses sur quefairedemesdechets.fr

DE

Wenn Sie Fragen haben, wenden Sie sich bitte an unser Kundendienstzentrum.

Unsere Kontaktdaten stehen unten:



0049-0(40)-87408465



service@aosom.de

Importeur/Hersteller/REP:

MH Handel GmbH

Wendenstra e 309

D-20537 Hamburg

Germany

IN CHINA HERGESTELLT

IT

In caso di dubbio, si prega di contattare il nostro centro assistenza clienti.

I nostri dettagli di contatto sono di seguito:



0039-0249471447



clienti@aosom.it

IMPORTATO DA/Produttore/REP:

AOSOM Italy srl

Centro Direzionale Milanofiori

Strada 1 Palazzo F1

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FATTO IN CINA

