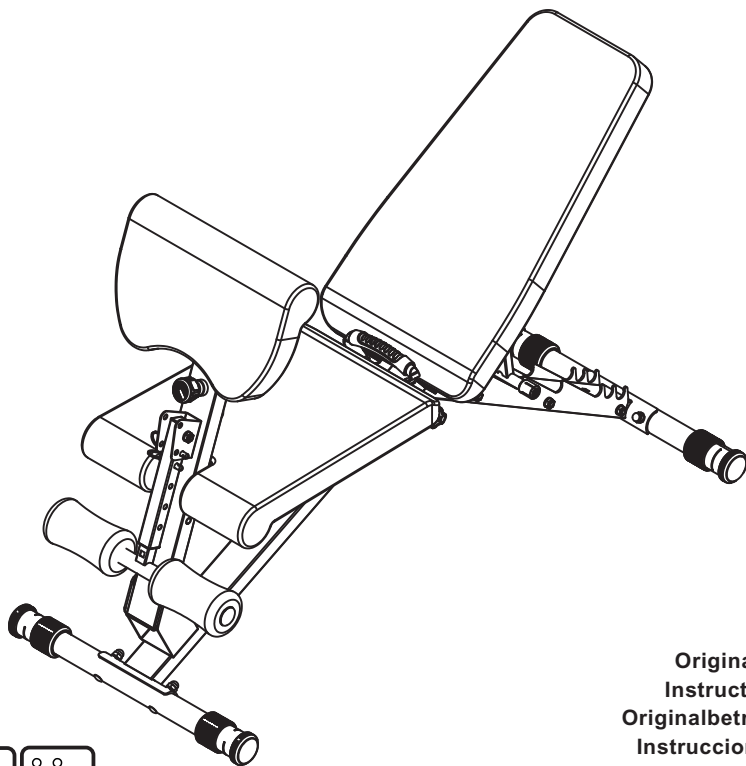




Original instructions
Instructions d'origine
Originalbetriebsanleitung
Instrucciones originales
Istruzioni originali
Instrucțiuni originale



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.
RO_IMPORTANT, PĂSTRĂȚI PENTRU REFERINȚE VIITOARE: CITIȚI CU ATENȚIE.

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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

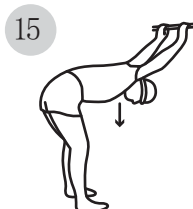
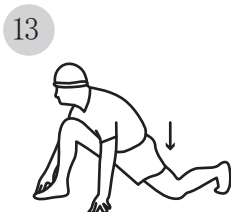
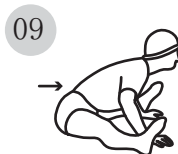
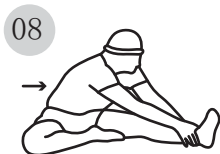
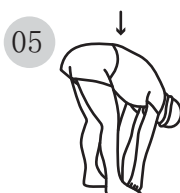
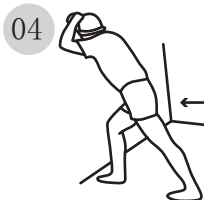
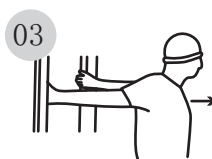
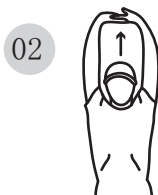
- Never use abrasives or solvents to clean the equipment.
- Do not leave the equipment exposed to natural agents such as sunlight, rain, dew, dust, salt spray, etc.
- Do not place the equipment in dusty and humid places, saunas or anyplace not ventilated.

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.

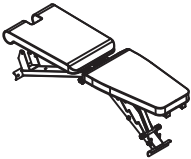
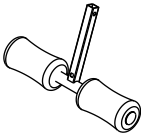
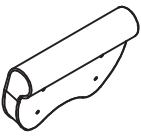
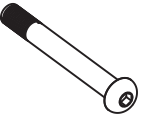
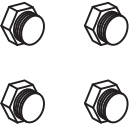
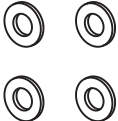
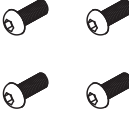
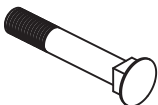


3. HEALTH

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.

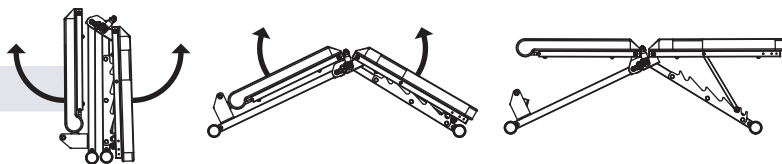
4. BOX CONTENTS

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

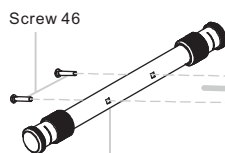
 Main Structure (QTY: 1)	 Front and Rear Stabilizer (QTY: 2)	 Leg and Arm Structure (QTY: 1)
 Leg Rest (QTY: 1)	 Arm Rest (QTY: 1)	 Screw 41 (QTY: 1)
 Nut 50 (QTY: 1)	 Screw 49 (QTY: 4)	 Washer 55 (QTY: 4)
 Washer 57 (QTY: 4)	 Screw 45 (QTY: 4)	 Washer 54 (QTY: 1)
 Screw 46 (QTY: 4)	 Allen Combination Spanner With Phillips 6mm (QTY: 1)	 14-15 Combination Spanner 17-19 Combination Spanner (QTY: 2)

5. EQUIPMENT ASSEMBLY

STEP 1

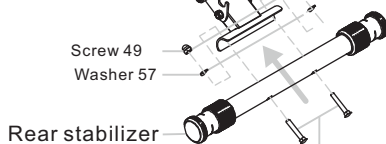
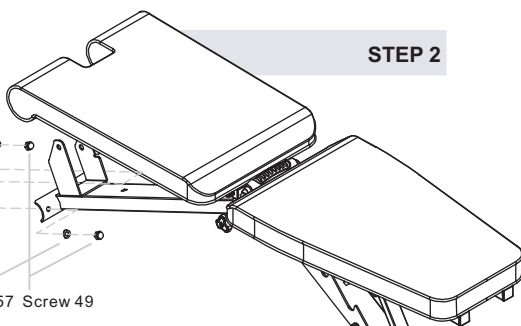


STEP 2



Front stabilizer

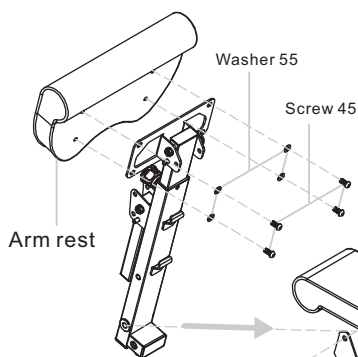
Washer 57 Screw 49



Rear stabilizer

Screw 49
Washer 57

Screw 46

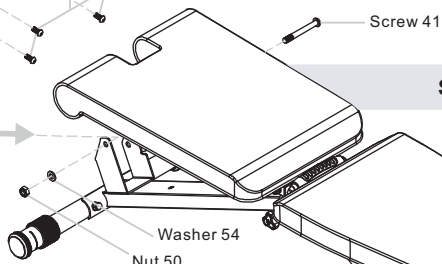


Arm rest

Washer 55

Screw 45

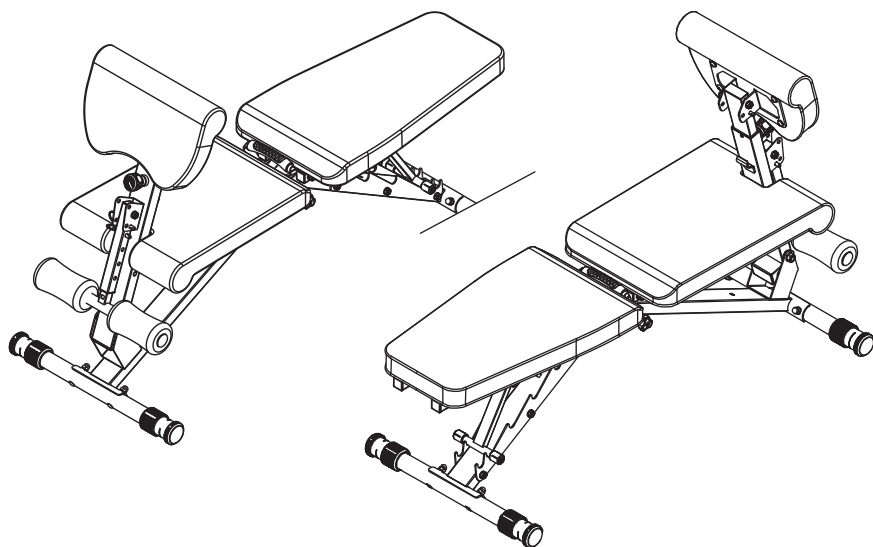
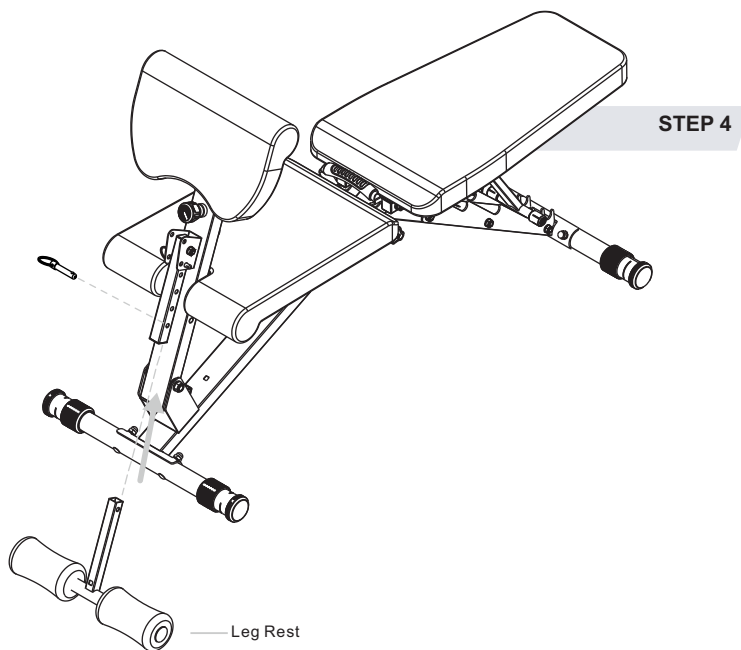
Leg and Arm Structure



Screw 41

Washer 54
Nut 50

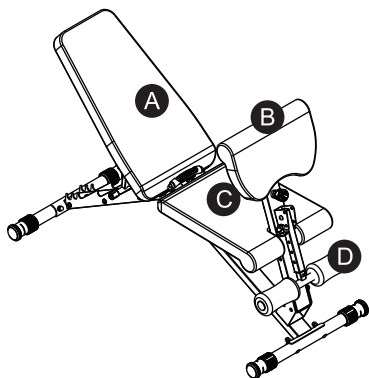
STEP 3



6. POSITION AND ADJUSTMENTS

The ergonomic Weight Bench allows a wide adjustment in both height and angle. Be aware of the position that is most comfortable for you.

To adjust both the height and angle of the seat, follow these simple but important steps:

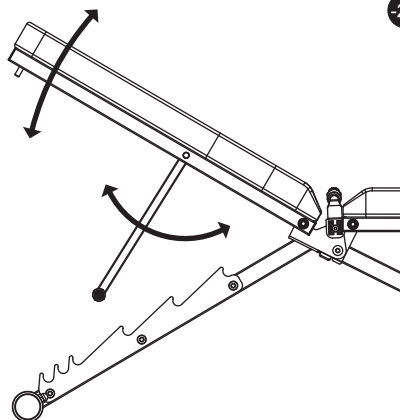
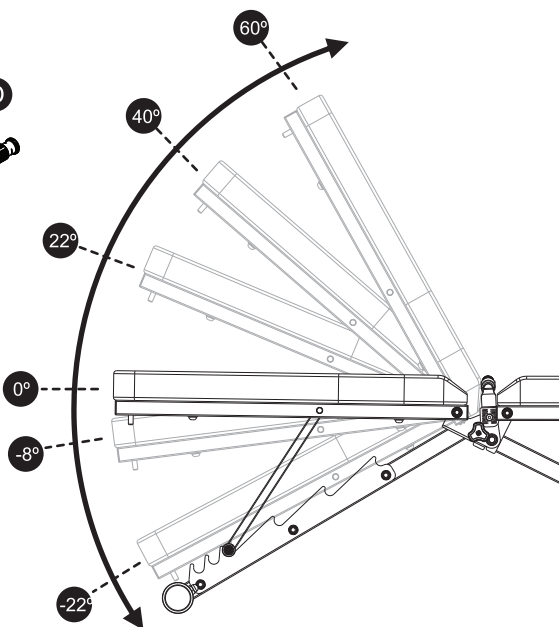


A BACKREST:

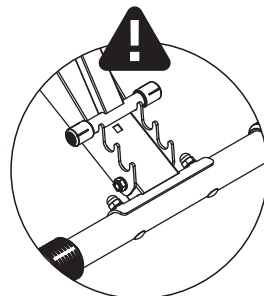
Easy and fast angle adjustment with 6 angles.

Lift the backrest to adjust the angle.

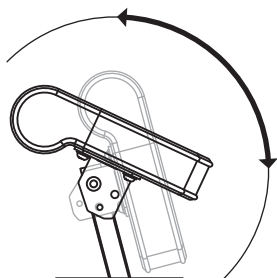
IMPORTANT: Make sure that the support is engaged.



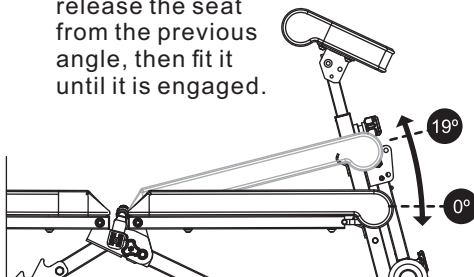
Choose the better position according to each exercise.



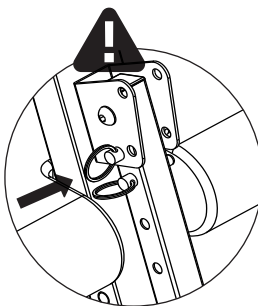
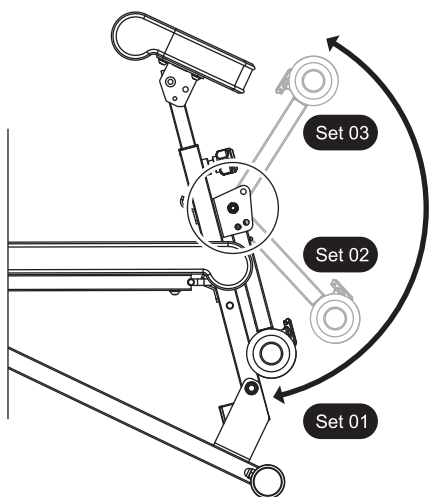
B ARM REST:
Set with 2 angles.



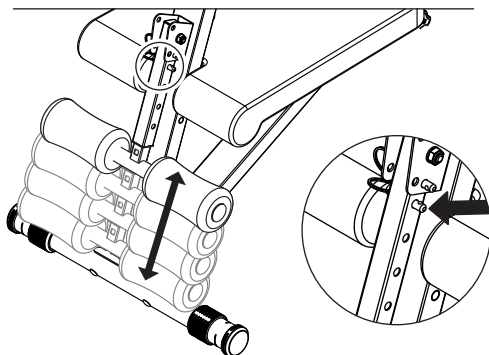
C SEAT
Set with 2 angles.
Just pull to
release the seat
from the previous
angle, then fit it
until it is engaged.



D LEG REST:
Easy and fast angle adjustment with
3 angles.
Pull the safety pin and then move
the leg rest to the desired angle,
then reattach the pin.



IMPORTANT:
Make sure that
the pin is fully
inserted.



LEG HEIGHT

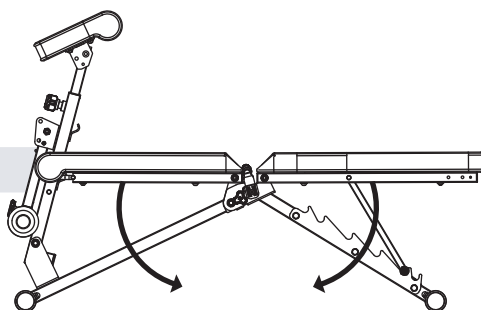
1. Holding the leg rest to prevent an accident, push the lock pin.
2. Place the leg rest at the desired level, moving it vertically. It will be locked when you hear a click.

IMPORTANT: Make sure that the
lock is properly positioned to
prevent accidents.

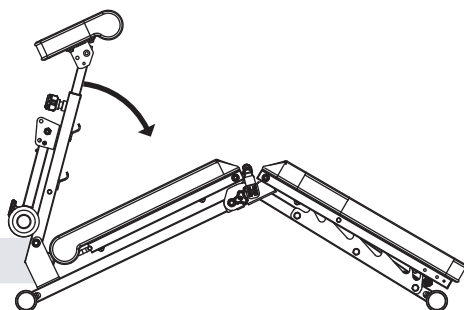
7. FOLDING AND STORAGE

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

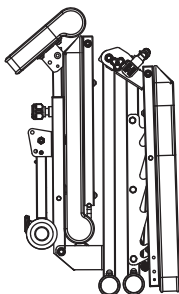
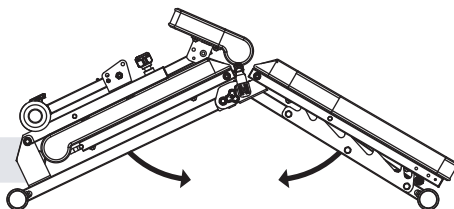
STEP 1



STEP 2

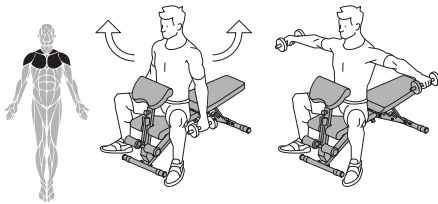


STEP 3

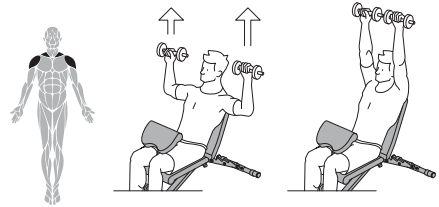


8. WORKOUT GUIDE

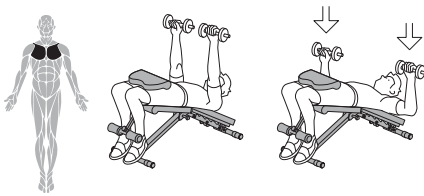
UPPER BODY



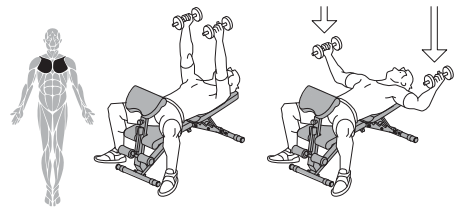
Side Raise



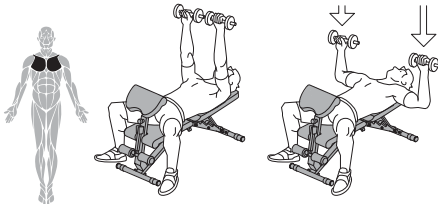
Shoulder Press



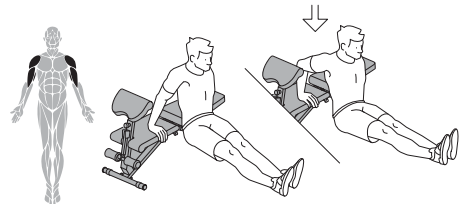
Decline Bench Press



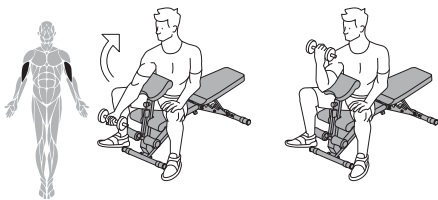
Chest Fly



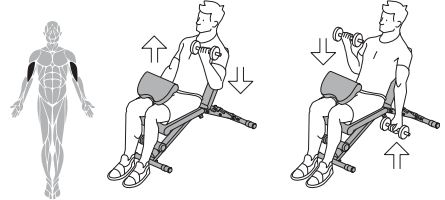
Bench press



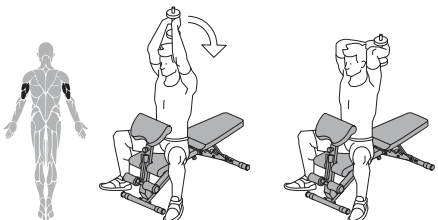
Triceps Dips



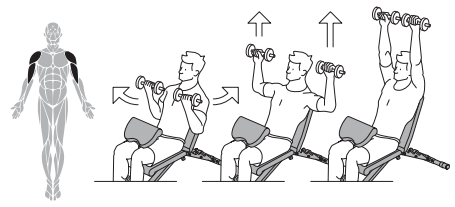
Biceps Curl Scott



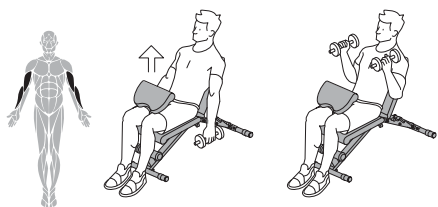
Biceps Alternate Curl



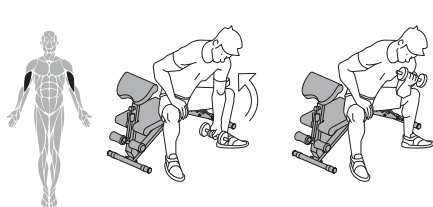
Triceps Extension



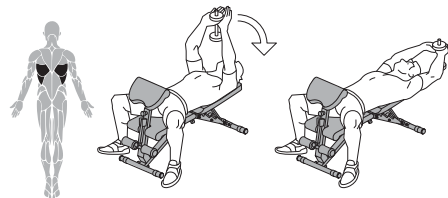
Arnold Press



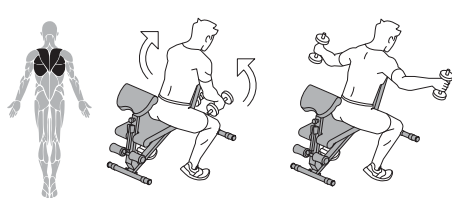
Hammer Curl



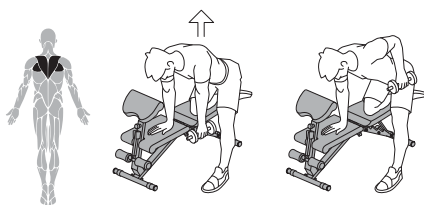
Concentration Curl



Dumbbell Pullover

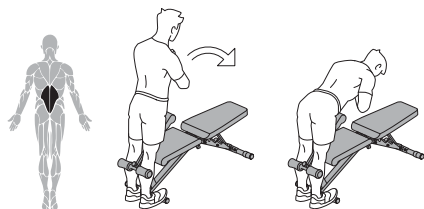


Incline Row

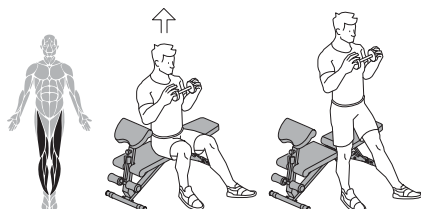


Single Arm Row

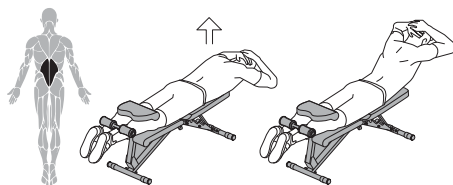
CORE AND LEGS



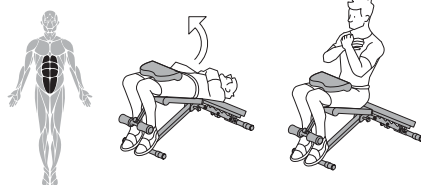
Back Extension



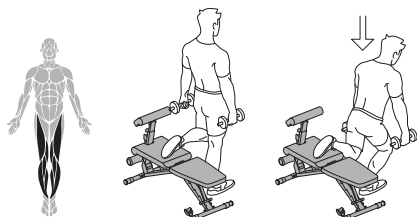
Pistol Squat



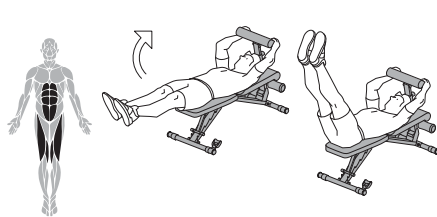
Back Hyper Extension



Crunches



Lunge



Leg Raise

INCLUDED ITEMS

1 Weight Bench

1 Instruction Manual

1 Allen Combination Spanner With Phillips 6mm

1 14-15 Combination Spanner

1 17-19 Combination Spanner

Maximum Supported Weight: 120 kg | 265 lbs

For home use only.

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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

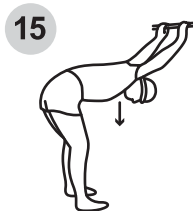
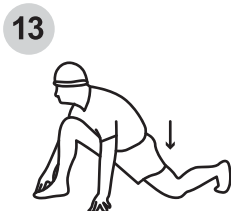
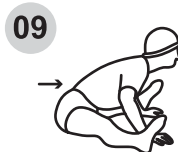
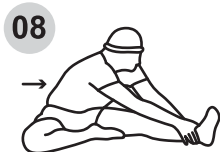
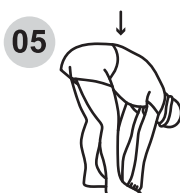
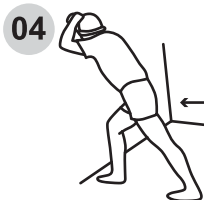
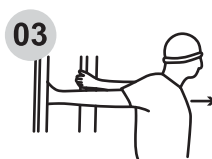
- N'utilisez jamais d'abrasifs ou de solvants pour nettoyer l'équipement.
- Ne laissez pas l'équipement exposé aux agents naturels tels que la lumière du soleil, la pluie, la rosée, la poussière, les embruns salins, etc.
- Ne placez pas l'équipement dans des endroits poussiéreux et humides, des saunas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



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.

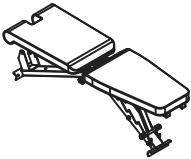
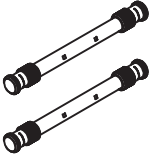
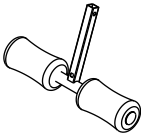
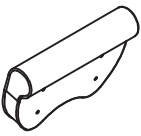
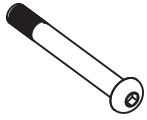
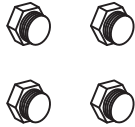
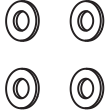
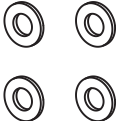
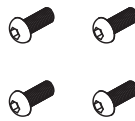
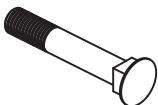
3. Cet appareil est conçu uniquement pour un usage résidentiel et intérieur et n'est pas destiné à des fins thérapeutiques.

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.

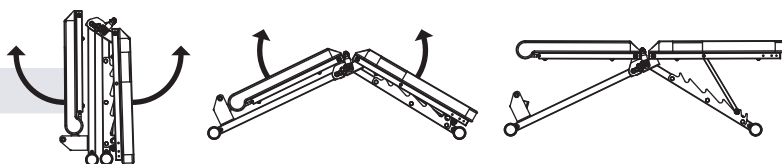
4. CONTENU DE LA BOÎTE

En ouvrant la boîte, vous trouverez les pièces suivantes :

 Structure principale (QtÉ : 1)	 Stabilisateur avant et arrière (QTÉ : 2)	 Structure de jambes et de bras (QTÉ : 1)
 Repose-jambes (QTÉ : 1)	 Accoudoir (QTÉ : 1)	 Vis 41 (QTÉ : 1)
 Écrou 50 (QTÉ : 1)	 Vis 49 (QTÉ : 4)	 Rondelle 55 (QTY : 4)
 Rondelle 57 (QTY : 4)	 Vis 45 (QTY : 4)	 Rondelle 54 (QTY : 1)
 Vis 46 (QTÉ : 4)	 Clé mixte Allen avec embout Phillips 6 mm (QTÉ : 1)	 Clé mixte 14-15 Clé mixte 17-19 (QTY : 2)

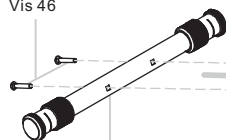
5. ASSEMBLAGE DE L'ÉQUIPEMENT

ÉTAPE 1



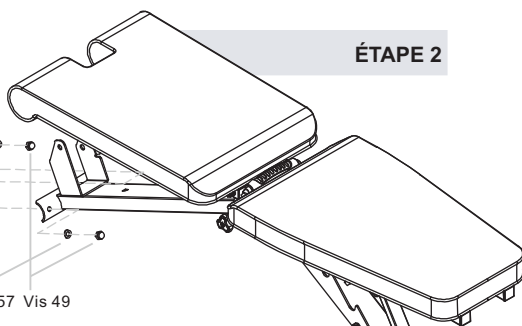
ÉTAPE 2

Vis 46



Barre stabilisatrice
avant

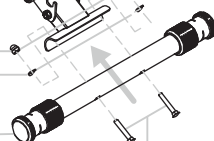
Rondelle 57 Vis 49



Vis 49
Rondelle 57

Barre stabilisatrice
arrière

Vis 46



Rondelle 55

Vis 45

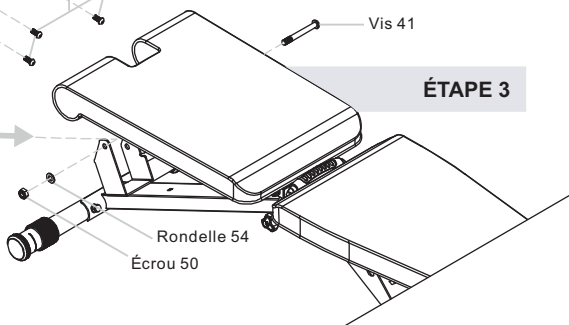
Repose-bras

Structure des jambes et
des bras

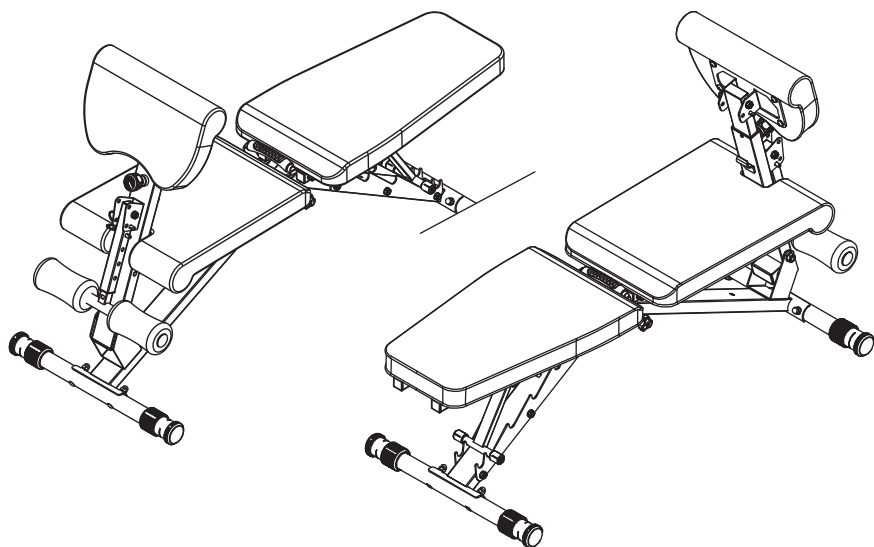
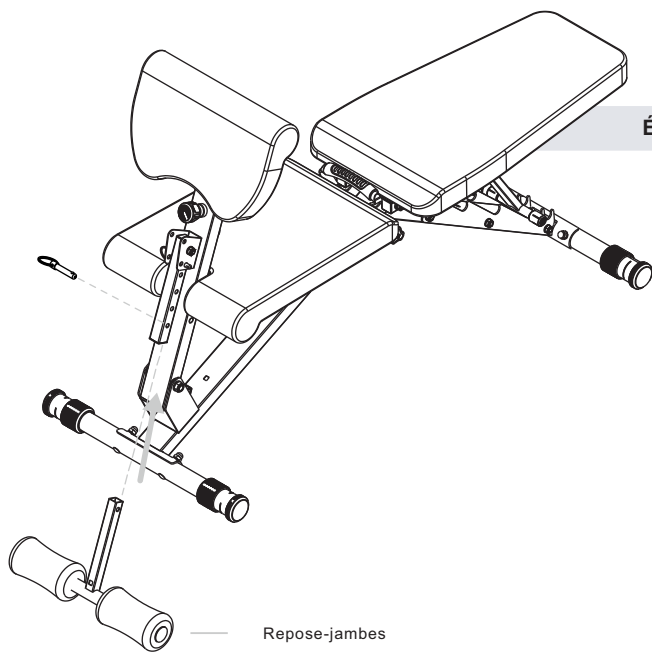


Vis 41

ÉTAPE 3



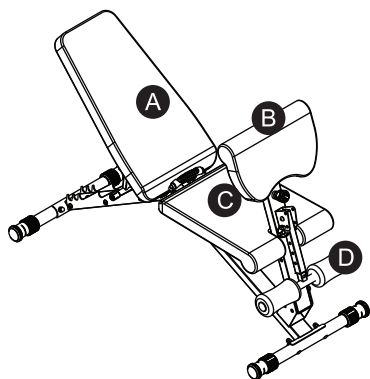
Rondelle 54
Écrou 50



6. POSITION ET RÉGLAGES

Le banc de musculation ergonomique permet un large réglage en hauteur et en inclinaison. Faites attention à la position qui vous convient le mieux.

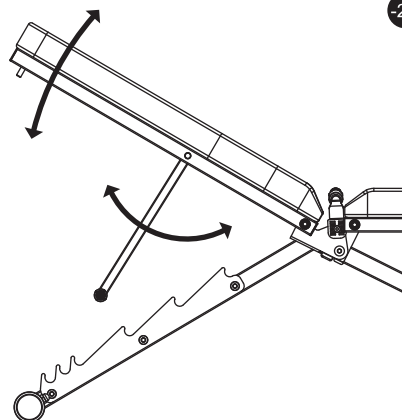
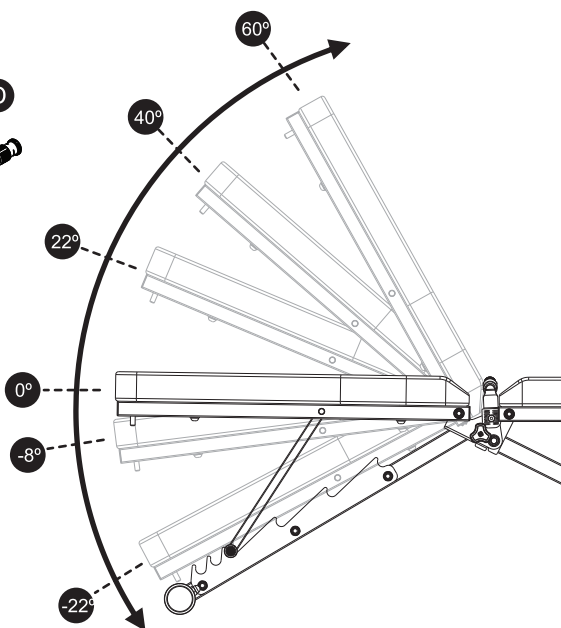
Pour régler à la fois la hauteur et l'inclinaison du siège, suivez ces étapes simples mais importantes :



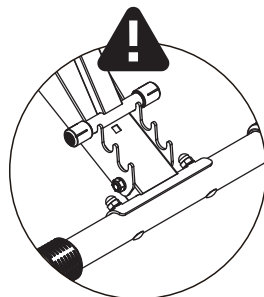
A DOSSIER :

Réglage d'angle facile et rapide avec 6 positions. Soulevez le dossier pour ajuster l'angle.

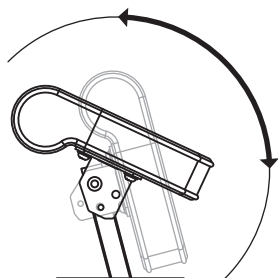
IMPORTANT : Assurez-vous que le support est engagé.



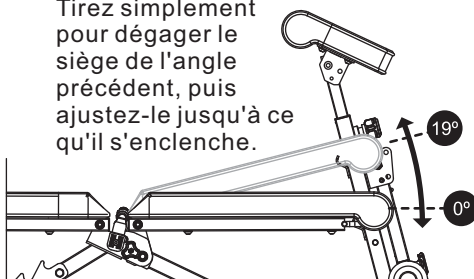
Choisissez la position la mieux adaptée à chaque exercice.



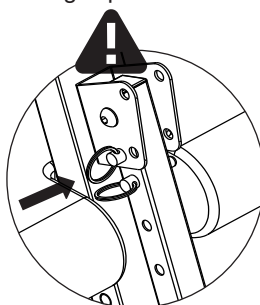
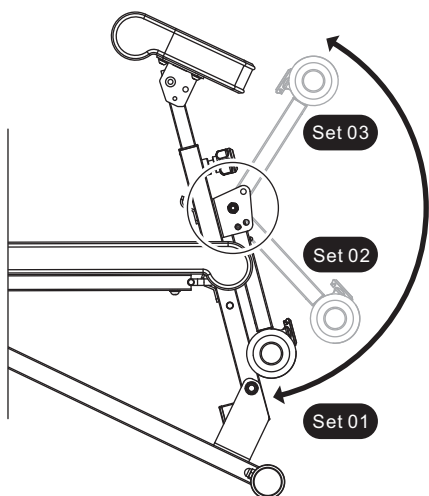
B REPOSE-BRAS :
Ensemble avec 2 angles.



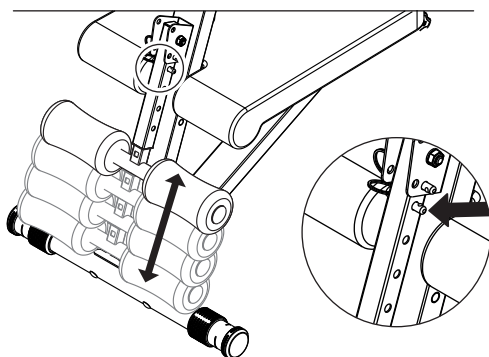
C SIÈGE
Ensemble avec 2 angles.
Tirez simplement pour dégager le siège de l'angle précédent, puis ajustez-le jusqu'à ce qu'il s'enclenche.



D REPOSE-JAMBE :
Réglage simple et rapide de l'angle sur 3 positions.
Retirez la goupille de sécurité, déplacez ensuite le repose-jambe à l'angle souhaité, puis réinsérez la goupille.



IMPORTANT :
Assurez-vous que la goupille est complètement insérée.



HAUTEUR DE LA JAMBE

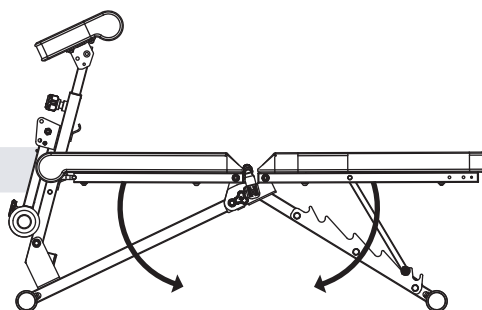
1. En tenant l'appui-jambes pour éviter tout accident, poussez la goupille de verrouillage.
2. Placez l'appui-jambes au niveau souhaité en le déplaçant verticalement. Il se verrouillera lorsque vous entendrez un clic.

IMPORTANT : Assurez-vous que le verrou est correctement positionné pour prévenir les accidents.

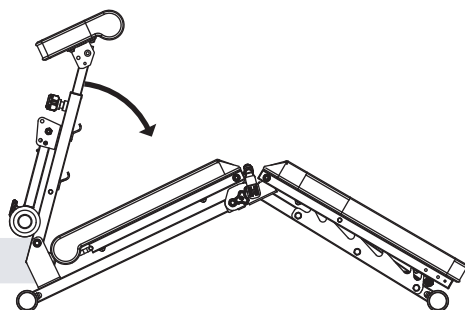
7. PLIAGE ET RANGEMENT

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

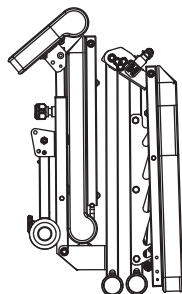
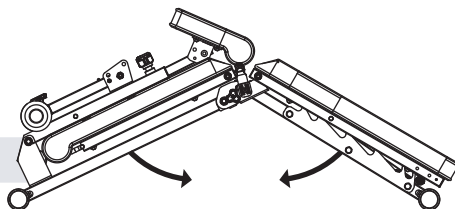
ÉTAPE 1



ÉTAPE 2

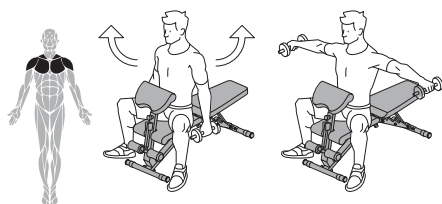


ÉTAPE 3

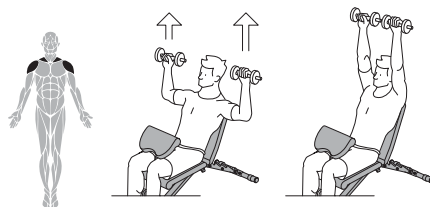


8. GUIDE D'ENTRAÎNEMENT

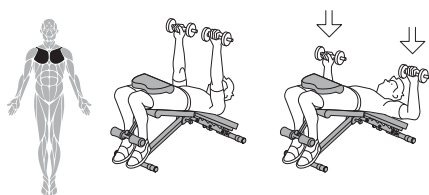
HAUT DU CORPS



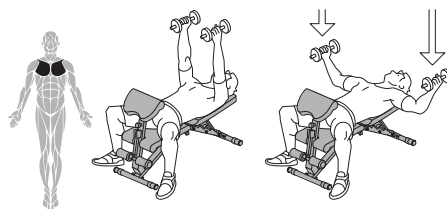
Élévation latérale



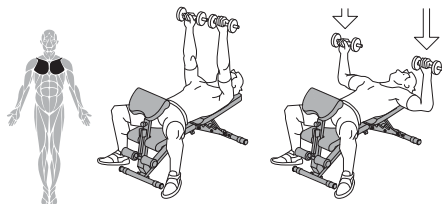
Développé militaire



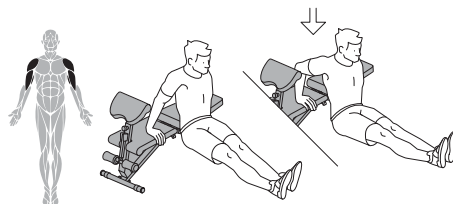
Développé couché décliné



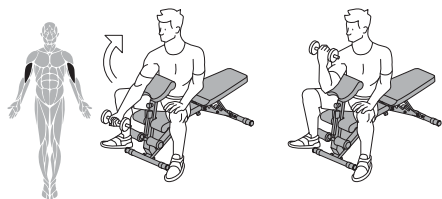
Écarté couché



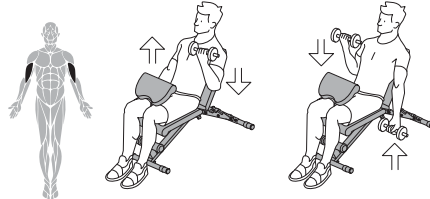
Développé couché



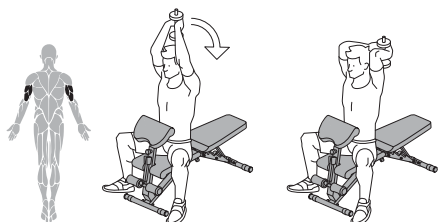
Dips pour triceps



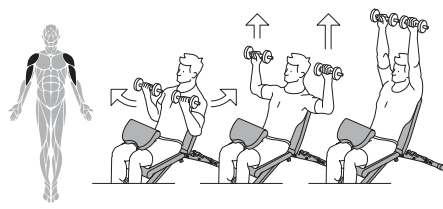
Curl biceps Scott



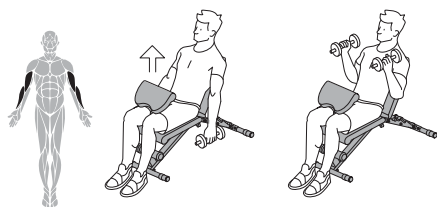
Flexion alternée des biceps



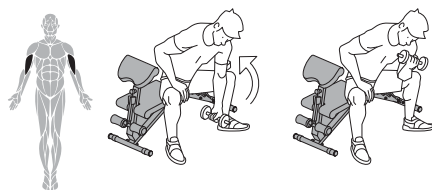
Extension des triceps



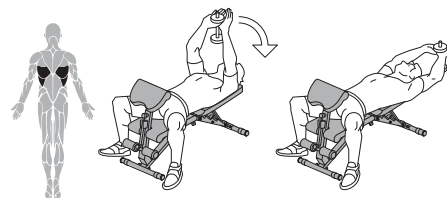
Développé Arnold



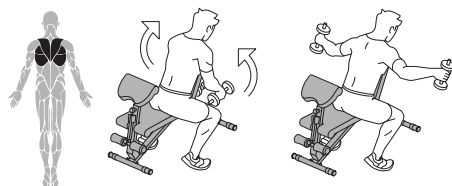
Curl marteau



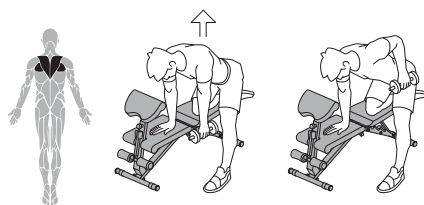
Curl de concentration



Pull-over avec haltère

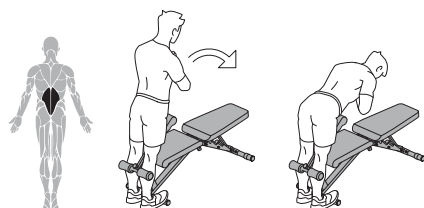


Row incliné

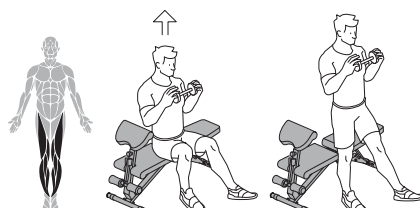


Row unilatéral

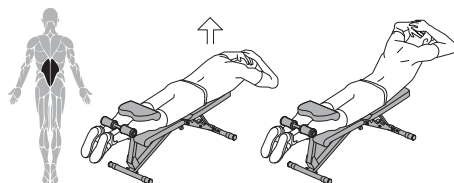
TRONC ET JAMBES



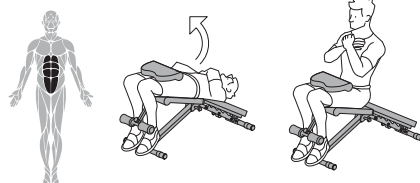
Extension du dos



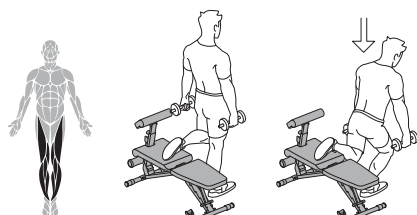
Squat pistolet



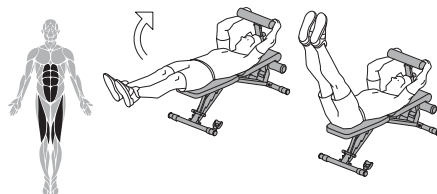
Hyperextension du dos



Crunchs



Fente



Élévation de jambe

ÉLÉMENTS INCLUS

1 Banc de musculation

1 Manuel d'instructions

1 Clé mixte Allen avec Phillips 6 mm

1 Clé mixte 14-15

1 17-19 Clé mixte

Poids maximal supporté : 120 kg | 265 lb

Pour usage domestique uniquement.

1. Wichtige Informationen und Warnungen	29
2. Allgemeine Sicherheitshinweise	29
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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

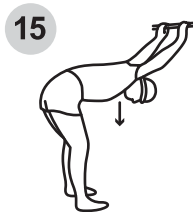
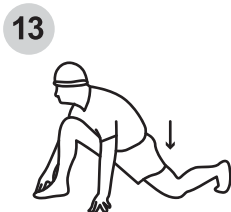
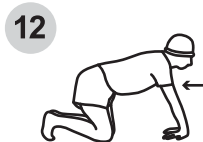
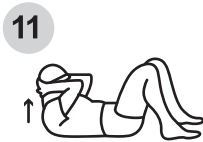
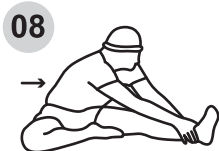
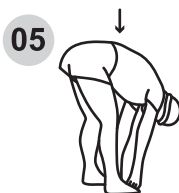
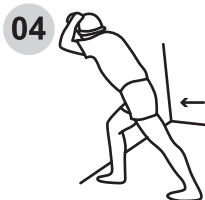
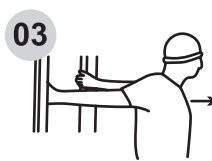
- Verwenden Sie niemals Schleifmittel oder Lösungsmittel zur Reinigung des Geräts.
- Lassen Sie das Gerät keinen natürlichen Einflüssen wie Sonnenlicht, Regen, Tau, Staub, Salznebel usw. ausgesetzt.
- Stellen Sie das Gerät nicht an staubigen und feuchten Orten, in Saunen oder an nicht belüfteten Stellen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

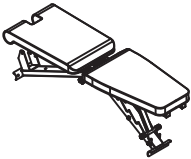
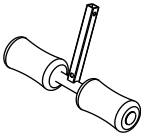
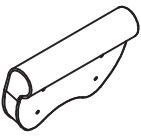
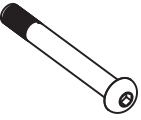
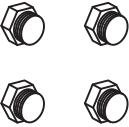
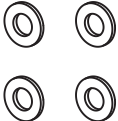
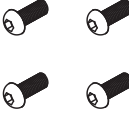
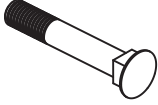


3. GESUNDHEIT

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.

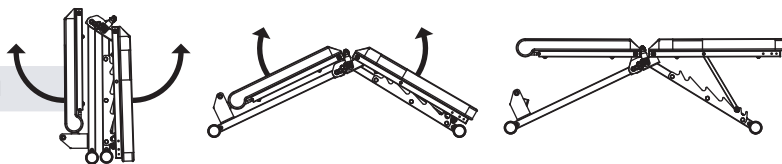
4. LIEFERUMFANG

Beim Öffnen der Verpackung finden Sie folgende Teile:

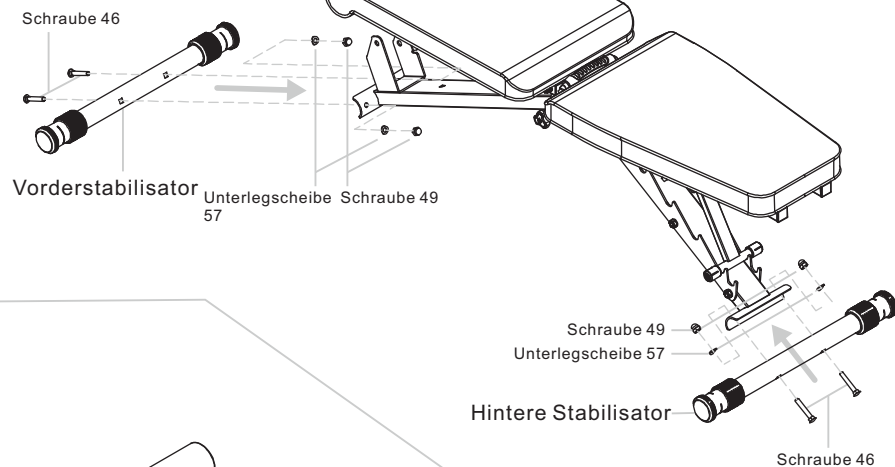
 Hauptstruktur (Stückzahl: 1)	 Vorderer und hinterer Stabilisator (Stückzahl: 2)	 Bein- und Armstruktur (Stückzahl: 1)
 Beinauflage (Stückzahl: 1)	 Armlehne (Stückzahl: 1)	 Schraube 41 (Stückzahl: 1)
 Mutter 50 (Stückzahl: 1)	 Schraube 49 (Stückzahl: 4)	 Unterlegscheibe 55 (Stückzahl: 4)
 Unterlegscheibe 57 (Stückzahl: 4)	 Schraube 45 (Stückzahl: 4)	 Unterlegscheibe 54 (Stückzahl: 1)
 Schraube 46 (Stückzahl: 4)	 Innensechskant-Kombinationsschlüssel mit Phillips 6mm (Stückzahl: 1)	 Kombinationsschlüssel 14-15 Kombinationsschlüssel 17-19 (Stückzahl: 2)

5. AUSTRÜSTUNGSMONTAGE

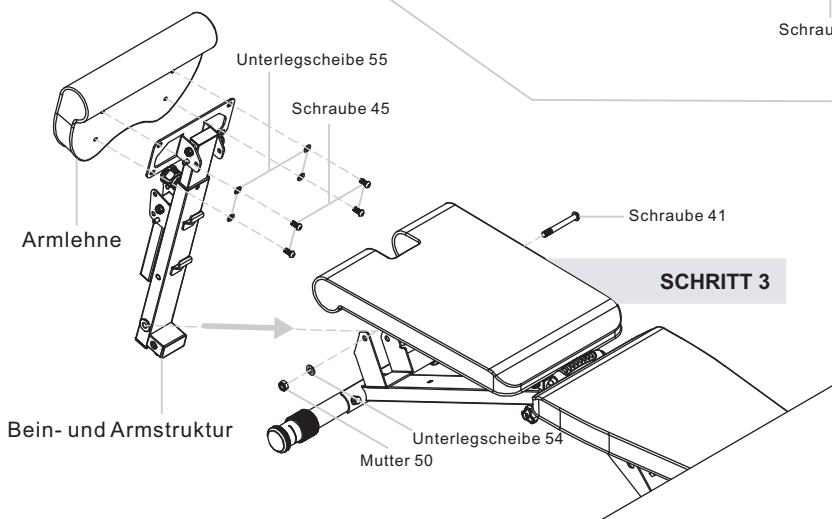
SCHRITT 1

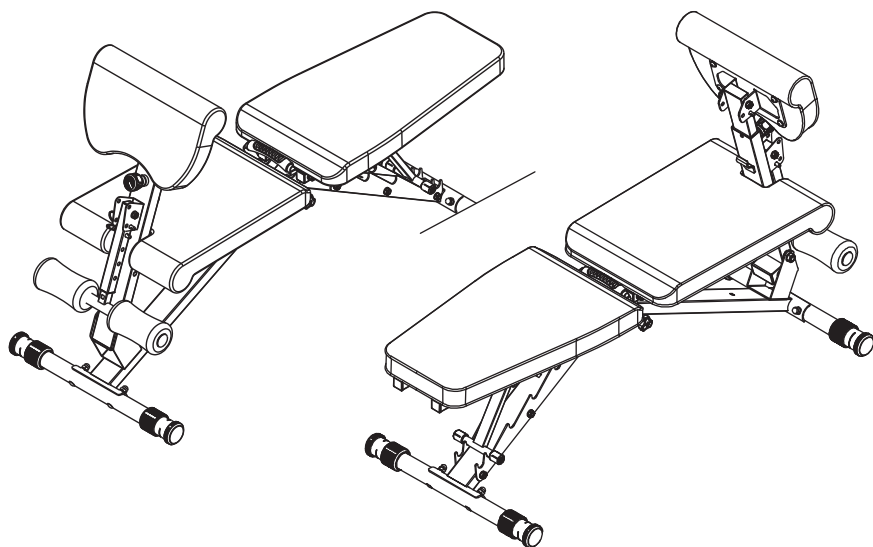
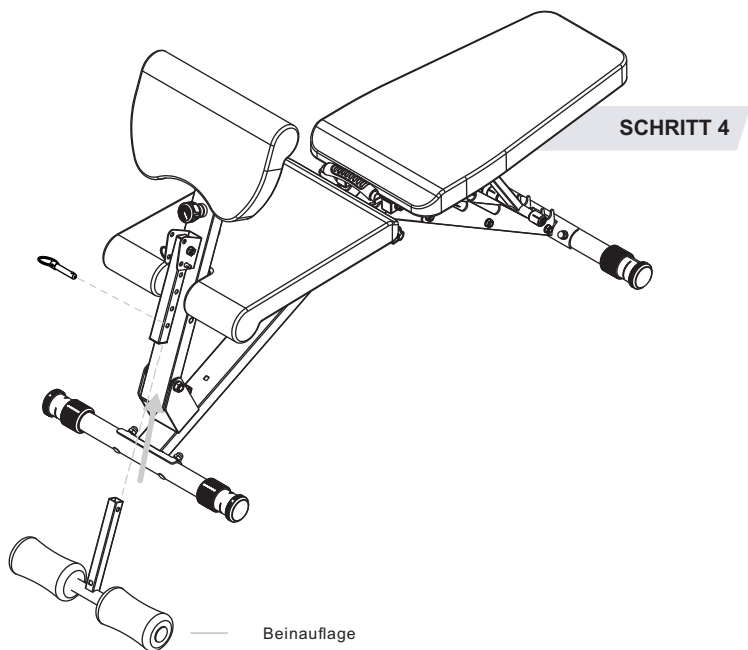


SCHRITT 2



SCHRITT 3

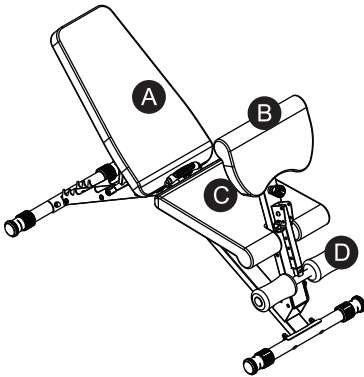




6. POSITION UND EINSTELLUNGEN

Die ergonomische Hantelbank ermöglicht eine breite Verstellung sowohl in der Höhe als auch im Winkel. Achten Sie auf die Position, die für Sie am bequemsten ist.

Um sowohl die Höhe als auch den Winkel der Sitzfläche zu verstellen, befolgen Sie diese einfachen, aber wichtigen Schritte:

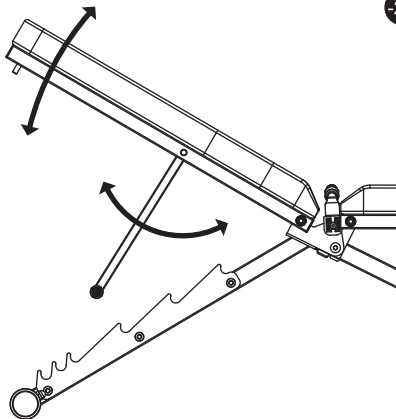
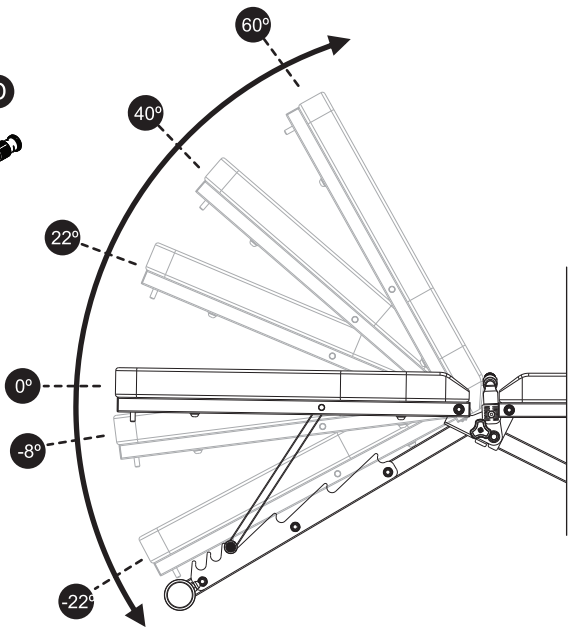


A RÜCKENLEHNE:

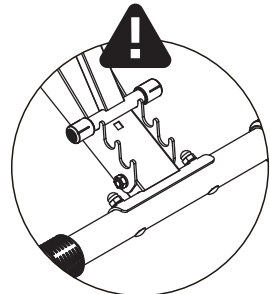
Einfache und schnelle Winkelverstellung mit 6 Positionen.

Heben Sie die Rückenlehne an, um den Winkel einzustellen.

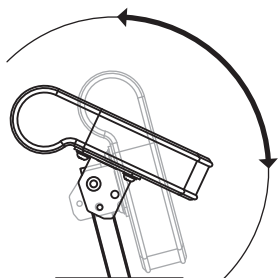
WICHTIG: Stellen Sie sicher, dass die Halterung eingerastet ist.



Wählen Sie je nach Übung die bessere Position.



B ARMLEHNE:
Satz mit 2 Winkeln.



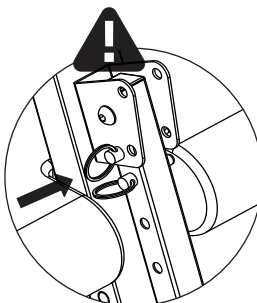
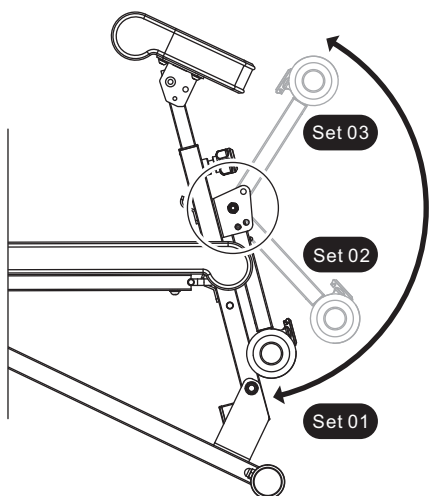
C SITZ
Satz mit 2 Winkeln.
Ziehen Sie einfach, um die Sitzfläche aus dem vorherigen Winkel zu lösen, und setzen Sie sie dann ein, bis sie einrastet.



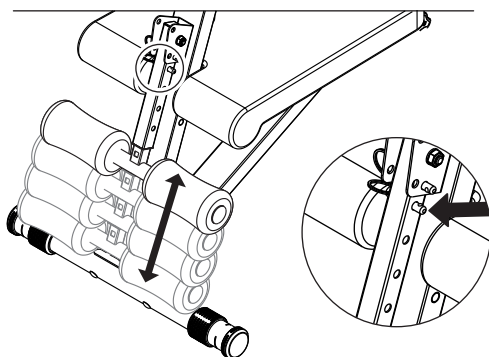
D FUßRUHETEIL:

Einfache und schnelle Winkelverstellung mit 3 Winkelstufen.

Ziehen Sie den Sicherungsstift heraus und bringen Sie das Fußruheteil in die gewünschte Stellung, dann den Stift wieder einstecken.



WICHTIG:
Stellen Sie sicher, dass der Stift vollständig eingesetzt ist.



BEINHOCHSTELLUNG

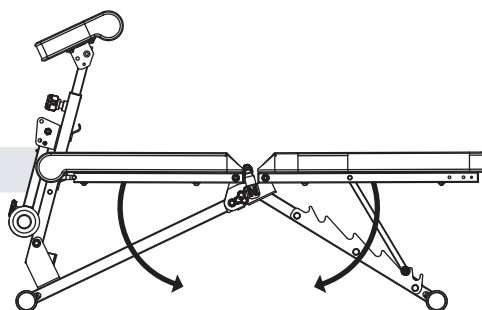
1. Halten Sie die Beinauflage fest, um einen Unfall zu verhindern, und drücken Sie den Verriegelungsstift.
2. Bringen Sie die Beinauflage auf die gewünschte Höhe, indem Sie sie vertikal bewegen. Sie wird verriegelt, wenn Sie ein Klicken hören.

WICHTIG: Stellen Sie sicher, dass die Verriegelung richtig positioniert ist, um Unfälle zu vermeiden.

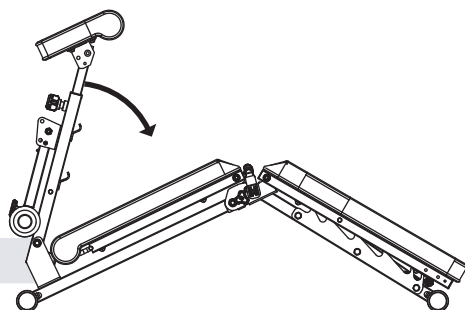
7. FALTEN UND AUFBEWAHRUNG

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

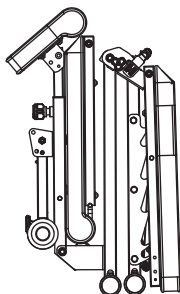
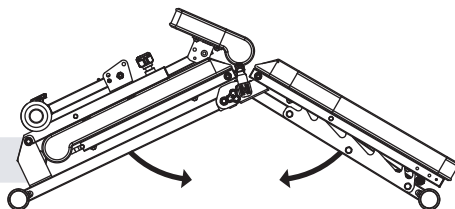
SCHRITT 1



SCHRITT 2

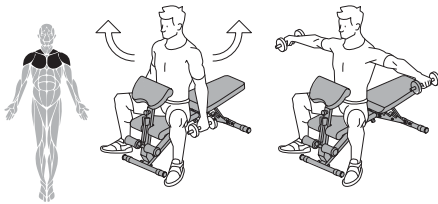


SCHRITT 3

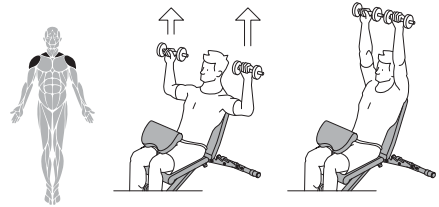


8. TRAININGSFÜHRER

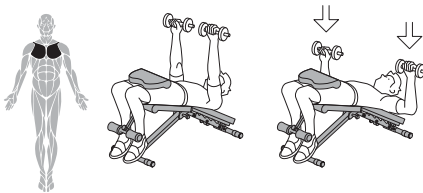
OBERKÖRPER



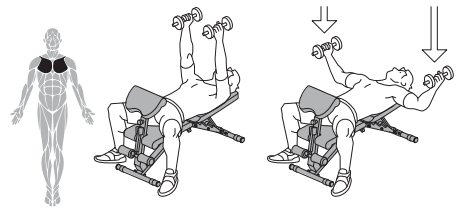
Seitheben



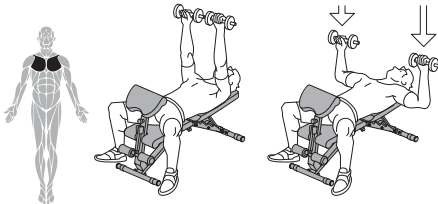
Schulterdrücken



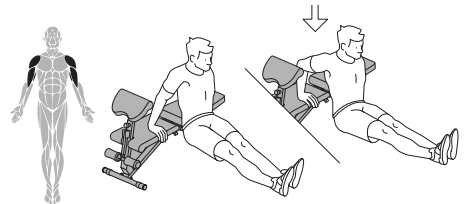
Schrägbankdrücken (negativ)



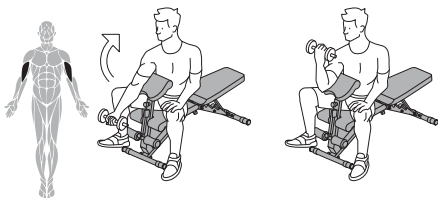
Brustfliegen



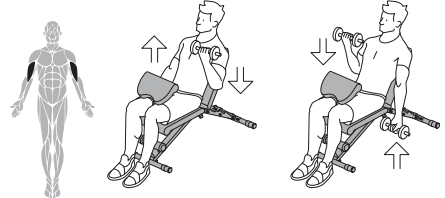
Bankdrücken



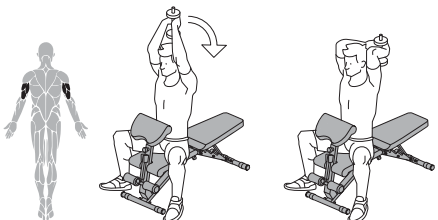
Trizeps-Dips



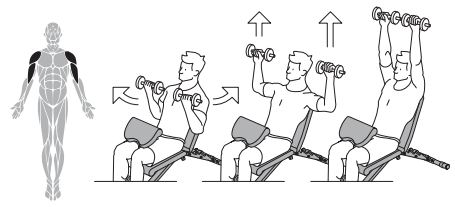
Bizepscurl auf der Scott-Bank



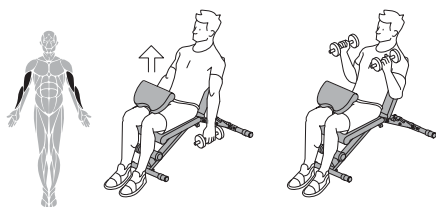
Bizeps-Wechselcurl



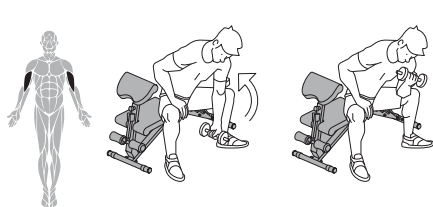
Trizepsstrecken



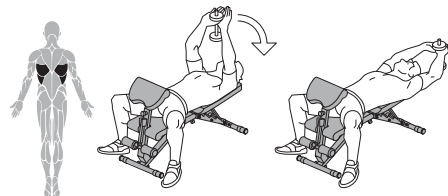
Arnold-Press



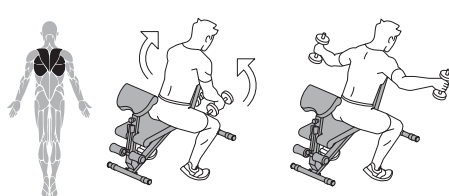
Hammer-Curl



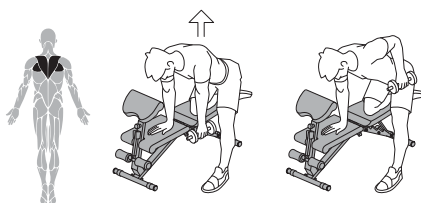
Konzentrationscurl



Kurzhantel-Pullover

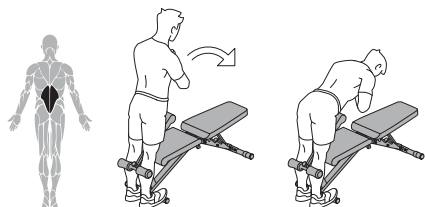


Schrägbankrudern

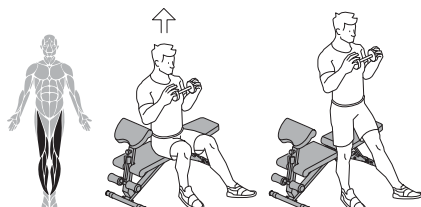


Einarmiges Rudern

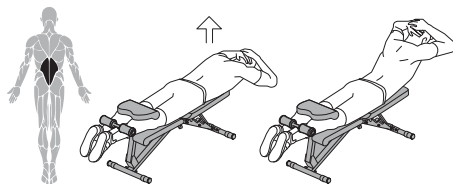
RUMPF UND BEINE



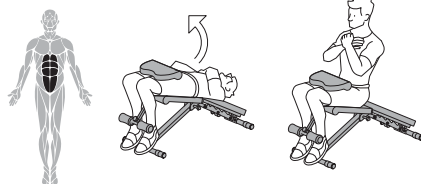
Rückenstrecker



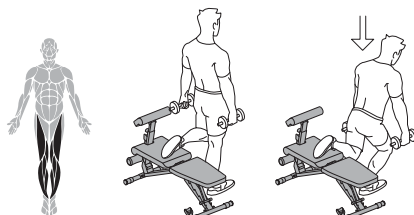
Pistol-Kniebeuge



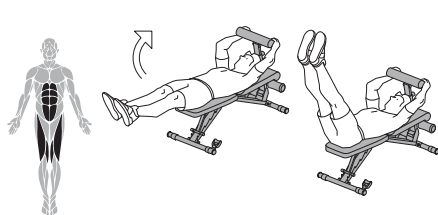
Rückenhyperextension



Crunches



Ausfallschritt



Beinheben

ENTHALTENE ARTIKEL

1 Hantelbank

1 Bedienungsanleitung

1 Inbusschlüssel-Kombinationsschlüssel mit Phillips 6 mm

1 14-15 Kombinationsschlüssel

1 17-19 Maul-Ringschlüssel

Maximal unterstütztes Gewicht: 120 kg | 265 lbs

Nur für den Hausgebrauch.

1. Información Importante y Advertencias	42
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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.

01



02



03



04



05



06



07



08



09



10



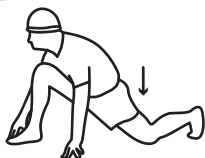
11



12



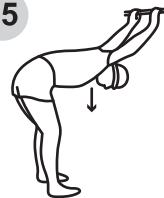
13



14



15



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.

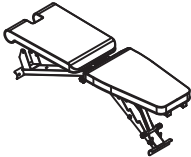
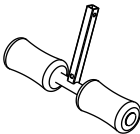
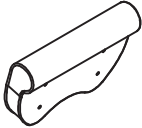
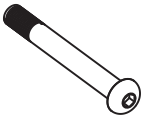
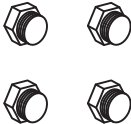
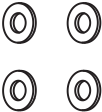
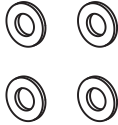
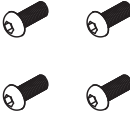
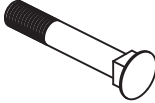
3. Este aparato está diseñado únicamente para uso residencial en interiores y no está destinado a fines terapéuticos.

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.

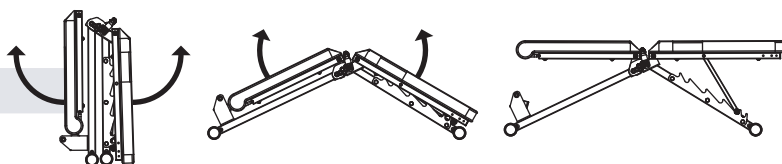
4. CONTENIDO DE LA CAJA

Al abrir la caja, encontrará las siguientes piezas:

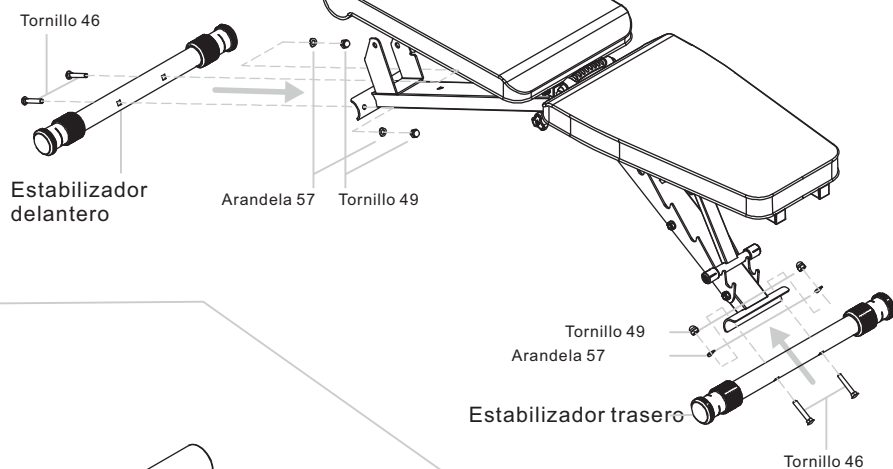
 Estructura principal (CANT: 1)	 Estabilizador delantero y trasero (CANT: 2)	 Estructura de pierna y brazo (CANT: 1)
 Reposapiés (CANT: 1)	 Reposabrazos (CANT: 1)	 Tornillo 41 (CANT: 1)
 Tuerca 50 (CANT: 1)	 Tornillo 49 (CANT: 4)	 Arandela 55 (CANT: 4)
 Arandela 57 (CANT: 4)	 Tornillo 45 (CANT: 4)	 Arandela 54 (CANT: 1)
 Tornillo 46 (CANT: 4)	 Llave combinada Allen con Phillips 6 mm (CANT: 1)	 Llave combinada 14-15 Llave combinada 17-19 (CANT: 2)

5. ENSAMBLAJE DEL EQUIPO

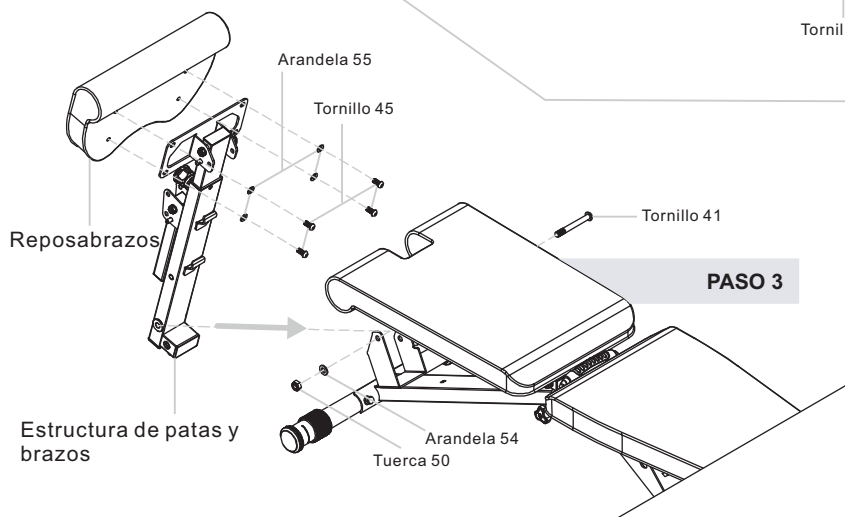
PASO 1

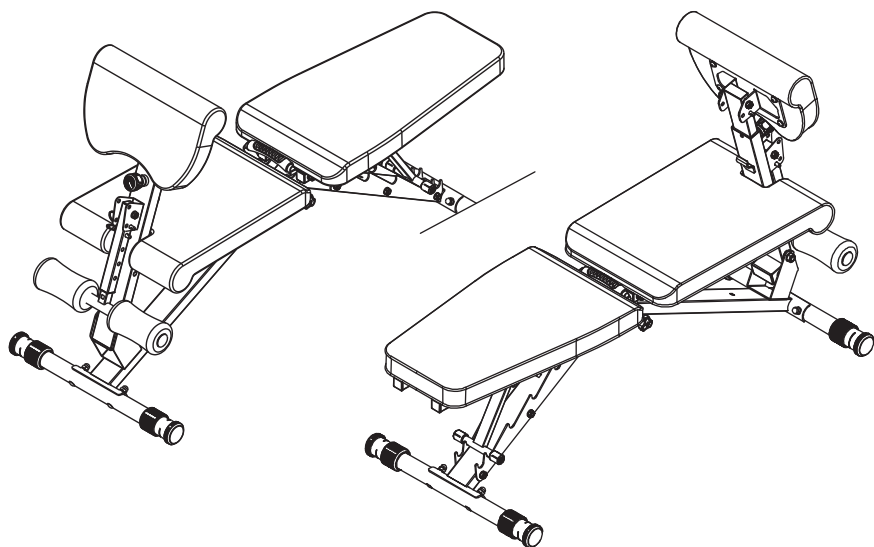
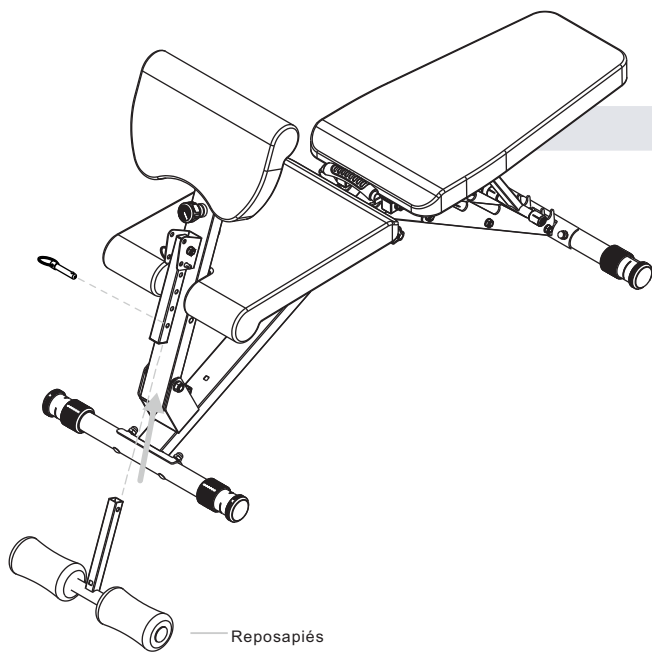


PASO 2



PASO 3

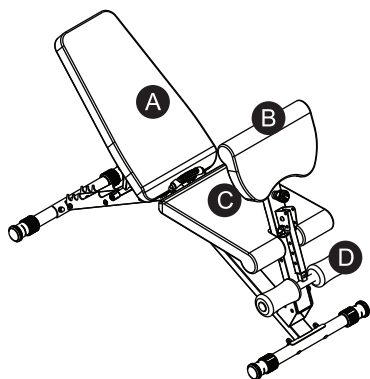




6. POSICIÓN Y AJUSTES

El banco de peso ergonómico permite un amplio ajuste tanto en altura como en ángulo. Tenga en cuenta la posición que le resulte más cómoda.

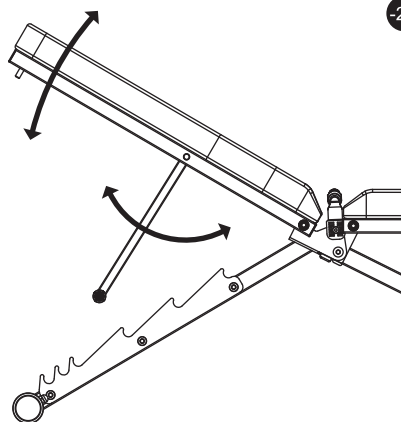
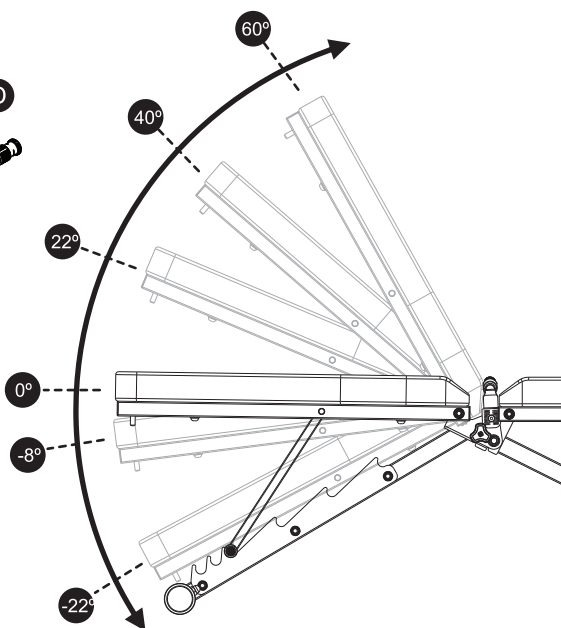
Para ajustar tanto la altura como el ángulo del asiento, siga estos pasos simples pero importantes:



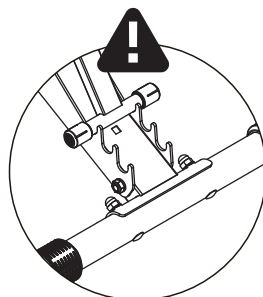
A RESPALDO:

Ajuste de ángulo fácil y rápido con 6 posiciones. Levante el respaldo para ajustar el ángulo.

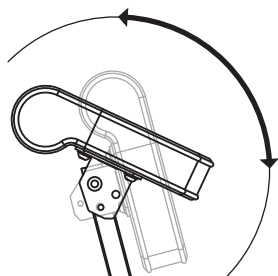
IMPORTANTE: Asegúrese de que el soporte esté enganchado.



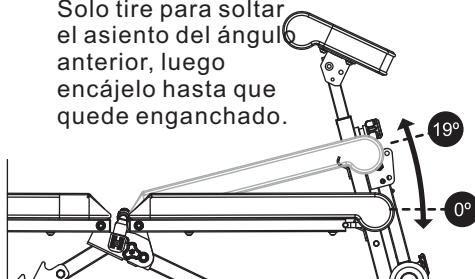
Elija la mejor posición según cada ejercicio.



B REPOSABRAZOS:
Juego con 2 ángulos.

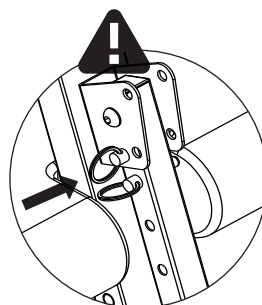
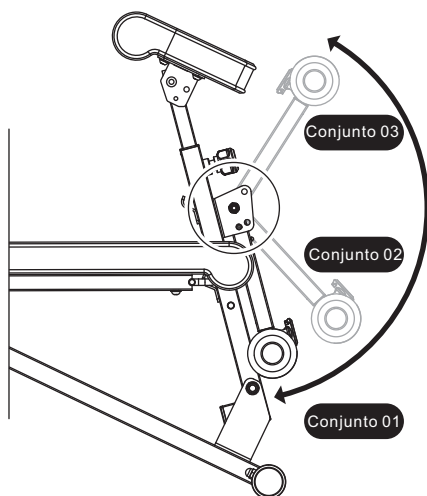


C ASIENTO
Juego con 2
ángulos.
Solo tire para soltar
el asiento del ángulo
anterior, luego
encájelo hasta que
quede enganchado.

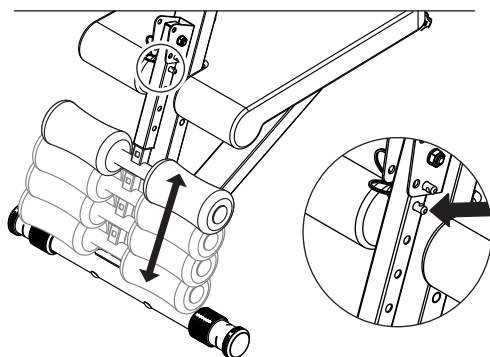


D DESCANSO DE PIERNAS:

Ajuste de ángulo fácil y rápido con 3 posiciones.
Saque el pasador de seguridad y luego mueva el reposapiés al ángulo deseado; a continuación, vuelva a colocar el pasador.



IMPORTANTE:
Asegúrese de
que el pasador
esté
completamente
insertado.



ALTURA DE LA PIERNA

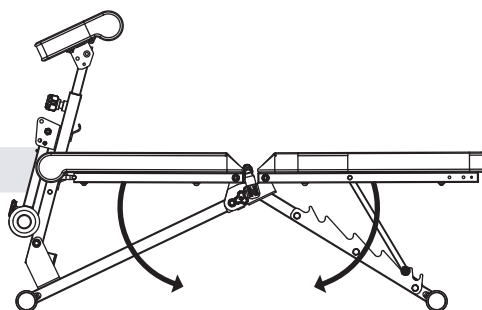
1. Sosteniendo el reposapiés para evitar un accidente, empuje el pasador de bloqueo.
2. Coloque el reposapiés al nivel deseado, moviéndolo verticalmente. Quedará bloqueado cuando escuche un clic.

IMPORTANTE: Asegúrese de que el bloqueo esté correctamente posicionado para evitar accidentes.

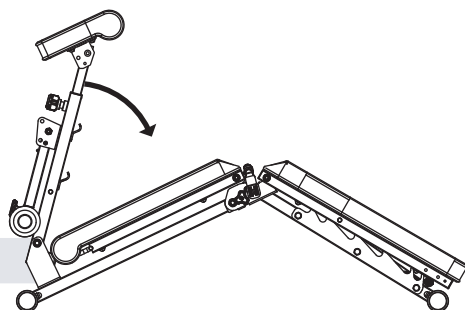
7. PLIEGUE Y ALMACENAMIENTO

Siga estos sencillos pero importantes pasos y guarde donde quiera:

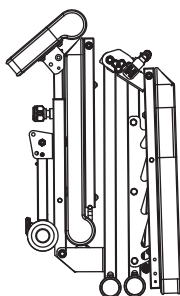
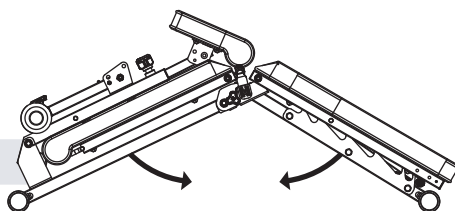
PASO 1



PASO 2

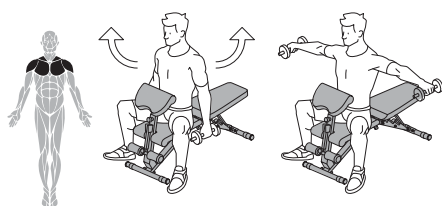


PASO 3

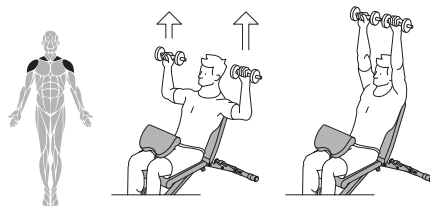


8. GUÍA DE ENTRENAMIENTO

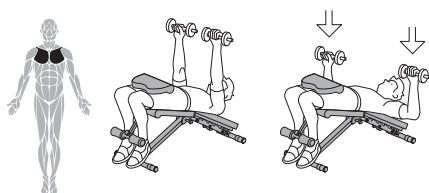
PARTE SUPERIOR DEL CUERPO



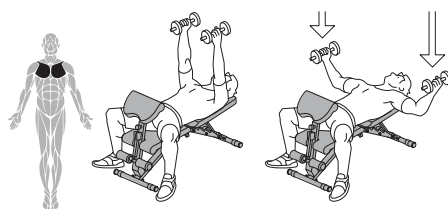
Elevación lateral



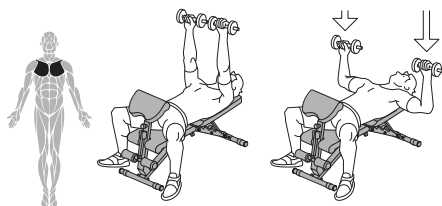
Press de hombros



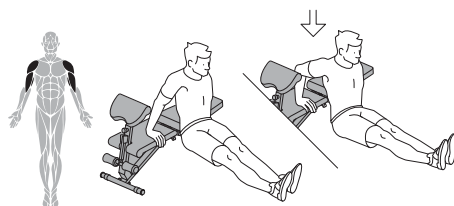
Press de banca declinado



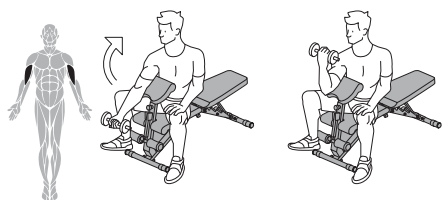
Aperturas de pecho



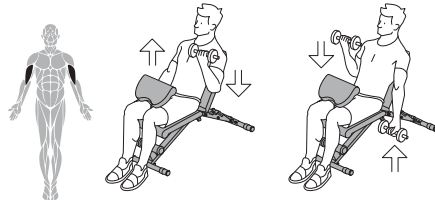
Press de banca



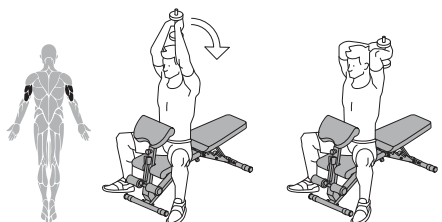
Fondos de tríceps



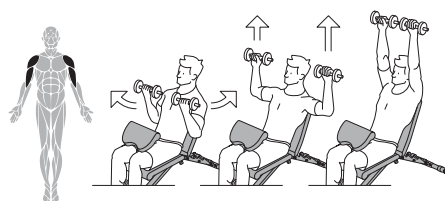
Curl de bíceps en banco Scott



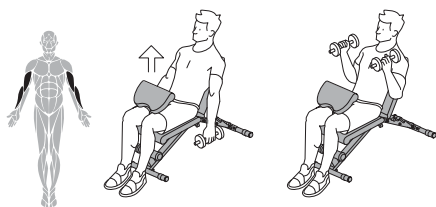
Curl alterno de bíceps



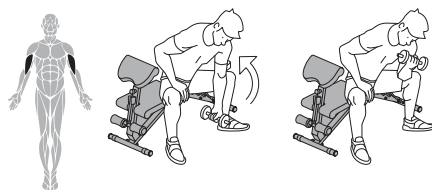
Extensión de tríceps



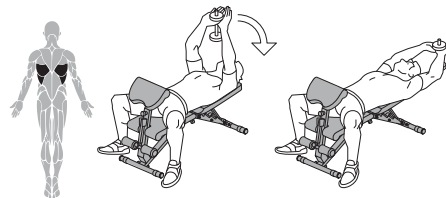
Press Arnold



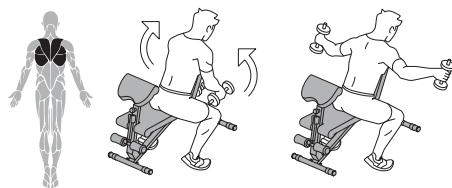
Curl martillo



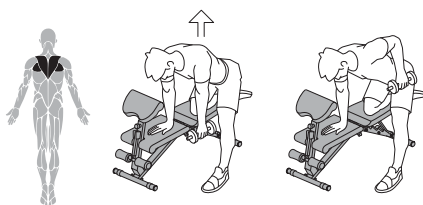
Curl de concentración



Pull-over con mancuerna

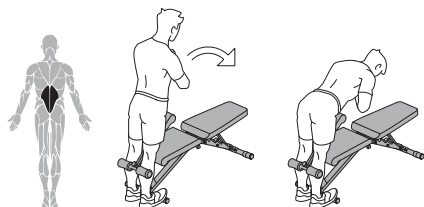


Remo inclinado

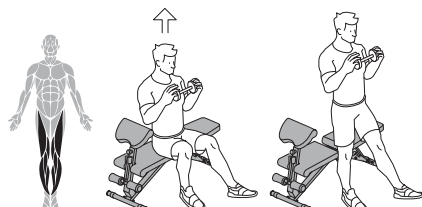


Remo a un brazo

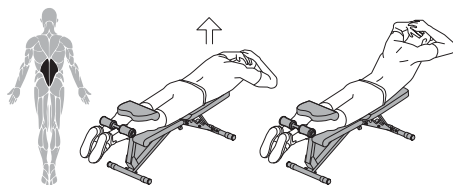
NUCLEO Y PIERNAS



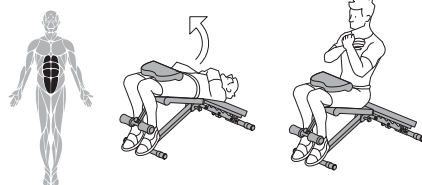
Extensión de espalda



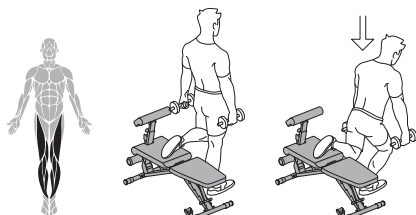
Sentadilla a una pierna (pistol squat)



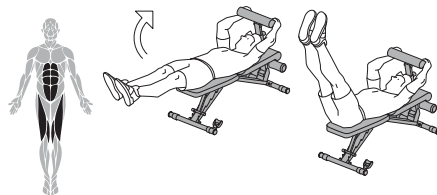
Hiperextensión lumbar



Abdominales (crunches)



Zancada



Elevación de pierna

ELEMENTOS INCLUIDOS

1 Banco de pesas

1 Manual de instrucciones

1 Llave combinada Allen con Phillips 6 mm

1 Llave combinada 14-15

1 Llave combinada 17-19

Peso máximo soportado: 120 kg | 265 lbs

Solo para uso doméstico.

1. Informazioni importanti e avvertenze.....	55
2. Istruzioni generali di sicurezza	55
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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.

01



02



03



04



05



06



07



08



09



10



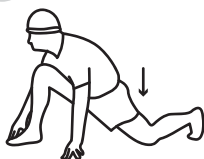
11



12



13



14



15



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.

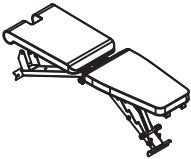
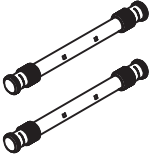
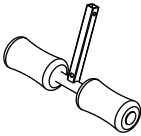
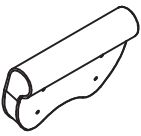
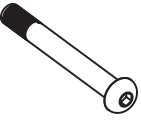
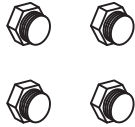
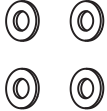
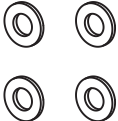
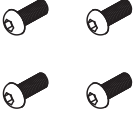
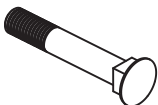
3. Questo apparecchio è progettato per un uso residenziale e indoor e non è destinato a scopi terapeutici.

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.

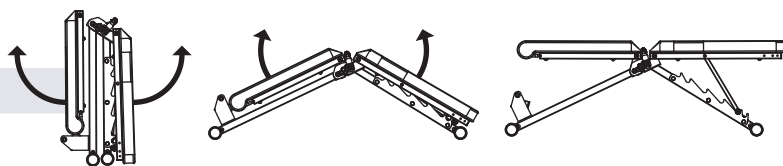
4. CONTENUTO DELLA CONFEZIONE

Aprendo la scatola troverai i seguenti componenti:

 Struttura principale (QTA: 1)	 Bara stabilizzatrice anteriore e posteriore (QTA: 2)	 Struttura delle gambe e delle braccia (QTA: 1)
 Poggiapiedi (QTA: 1)	 Bracciolo (QTA: 1)	 Vite 41 (QTA: 1)
 Dado 50 (QTA: 1)	 Vite 49 (QTA: 4)	 Rondella 55 (QTA: 4)
 Rondella 57 (QTA: 4)	 Vite 45 (QTA: 4)	 Rondella 54 (QTA: 1)
 Vite 46 (QTA: 3)	 Chiave combinata Allen con Phillips 6mm (QTA: 1)	 Chiave combinata 14-15 Chiave combinata 17-19 (QTA: 2)

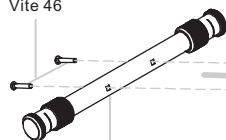
5. MONTAGGIO ATTREZZATURA

PASSO 1



PASSO 2

Vite 46



Barra stabilizzatrice
anteriore

Rondella 57

Vite 49

Vite 49

Rondella 57

Barra stabilizzatrice
posteriore

Vite 46

Bracciolo

Rondella 55

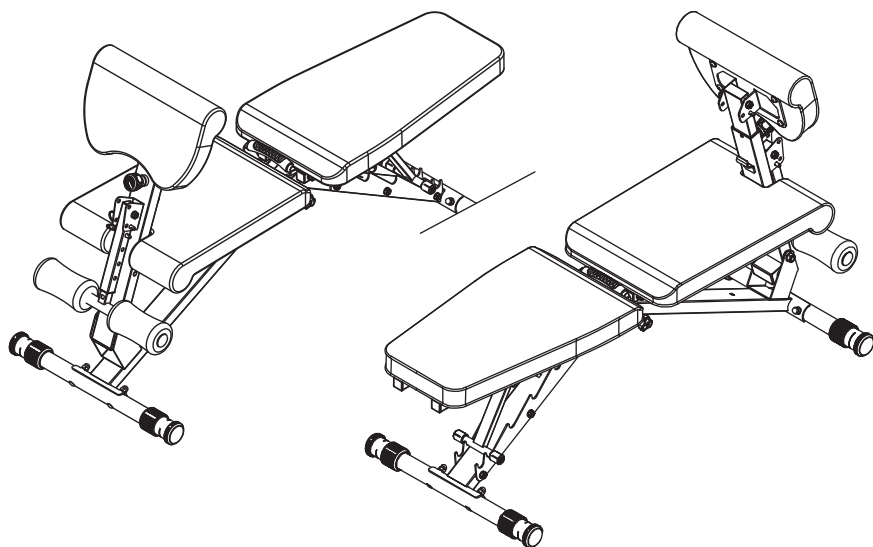
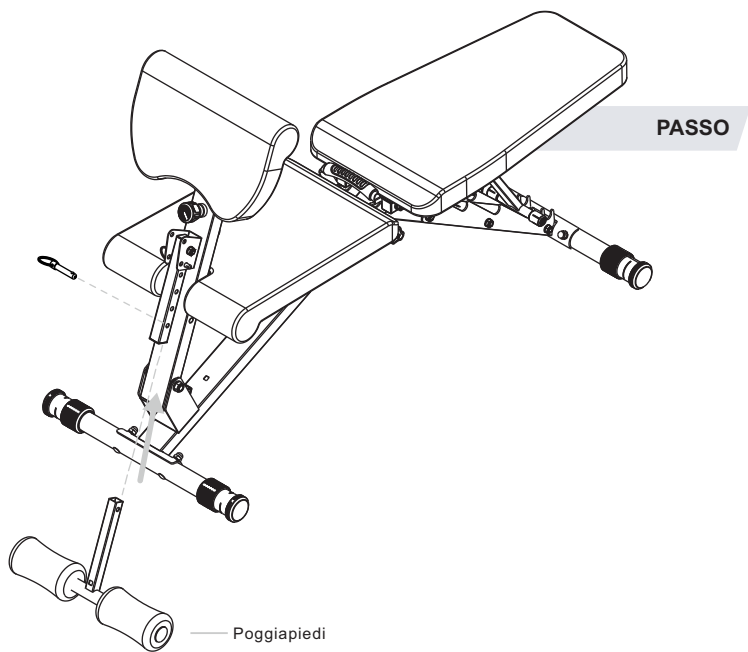
Vite 45

Vite 41

PASSO 3

Struttura di Gambe e
Braccia

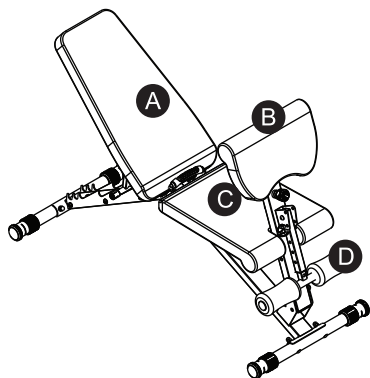
Rondella 54
Dado 50



6. POSIZIONE E REGOLAZIONI

La panca ergonomica per pesi consente un'ampia regolazione sia in altezza che in inclinazione. Accertati della posizione che risulta più comoda per te.

Per regolare sia l'altezza che l'inclinazione del sedile, segui questi passaggi semplici ma importanti:

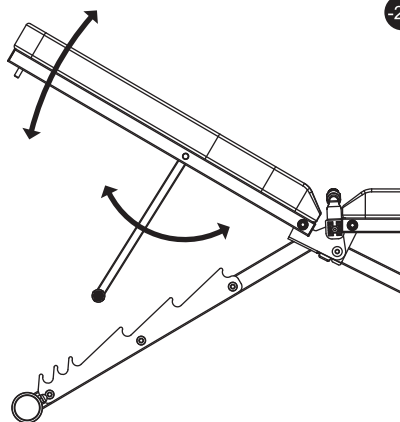
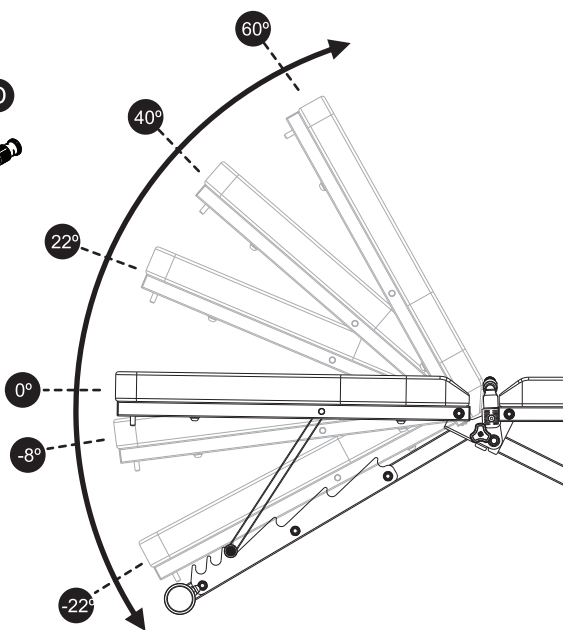


A SCHIENALE:

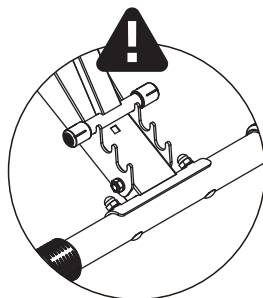
Regolazione dell'angolo semplice e rapida con 7 posizioni.

Sollevare lo schienale per regolare l'angolo.

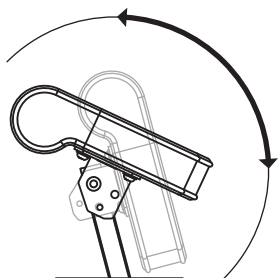
IMPORTANTE: Assicurarsi che il supporto sia bloccato.



Scegliere la posizione migliore in base a ogni esercizio.

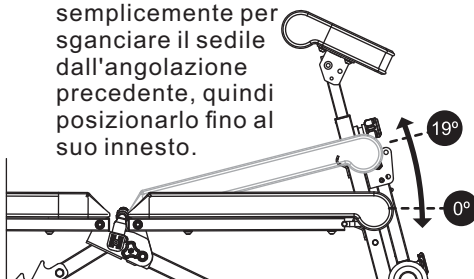


B BRACCIOLI:
Set con 2 angoli.



C SEDILE
Set con 2 angoli.

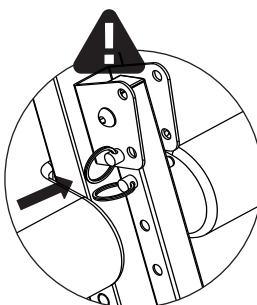
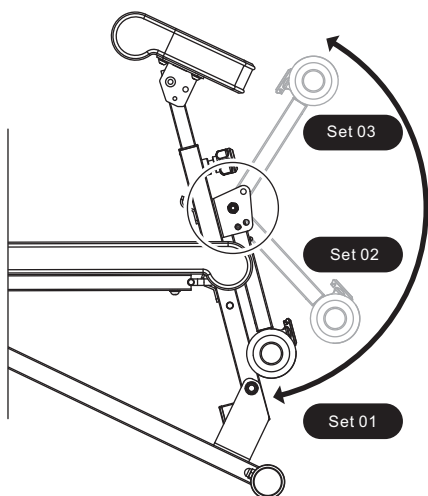
Tirare semplicemente per sganciare il sedile dall'angolazione precedente, quindi posizionarlo fino al suo innesto.



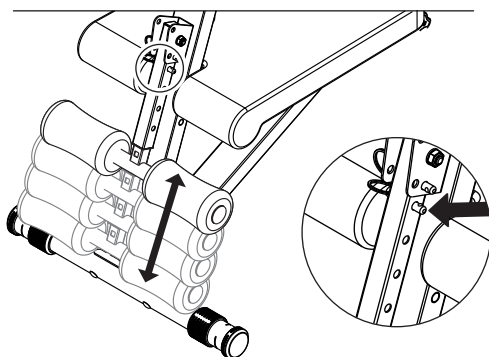
D RIPOSO GAMBE:

Regolazione dell'angolo facile e rapida con 3 posizioni.

Rimuovere il perno di sicurezza e quindi muovere il portagambe nell'angolo desiderato, quindi riattaccare il perno.



IMPORTANTE:
Assicurarsi che il perno sia inserito completamente.



ALTEZZA GAMBE

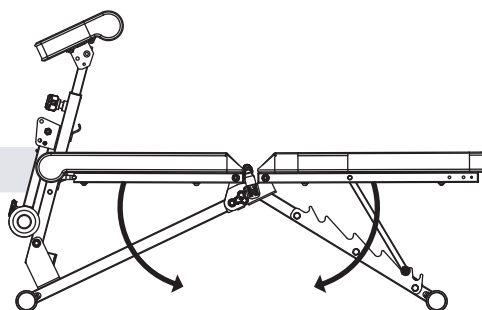
1. Tenendo il poggiamambe per evitare un incidente, spingere il perno di bloccaggio.
2. Posizionare il poggiamambe al livello desiderato, muovendolo verticalmente. Si bloccherà quando si sentirà un clic.

IMPORTANTE: Assicurarsi che il bloccaggio sia correttamente posizionato per prevenire incidenti.

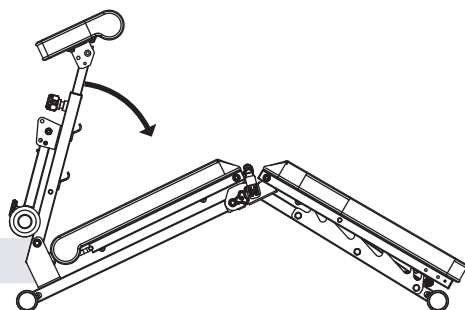
7. Pieghevole e Riposo

Segui questi semplici ma importanti passaggi e conserva dove preferisci:

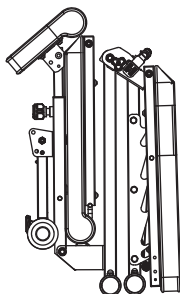
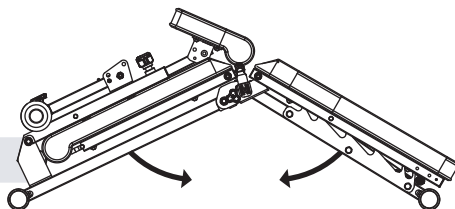
PASSO 1



PASSO 2

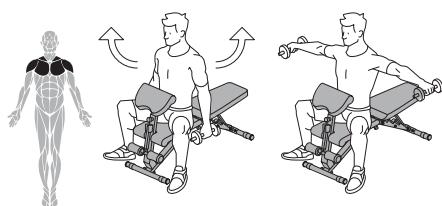


PASSO 3

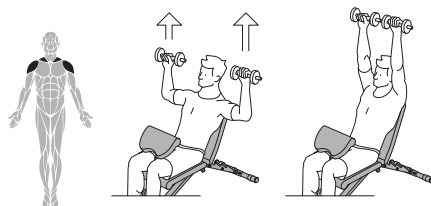


8. GUIDA ALL'ALLENAMENTO

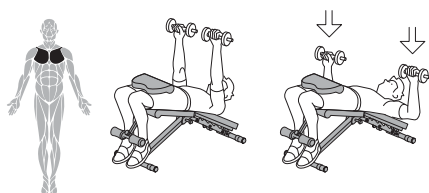
PARTE SUPERIORE DEL CORPO



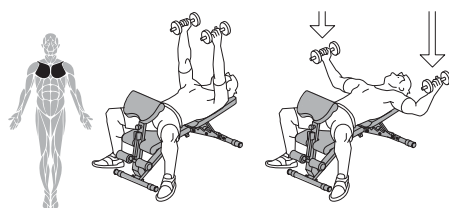
Sollevamento laterale



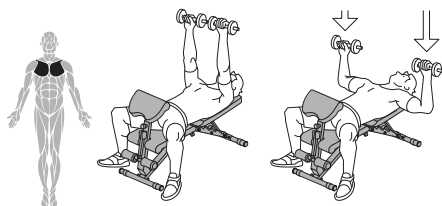
Spinta per spalle



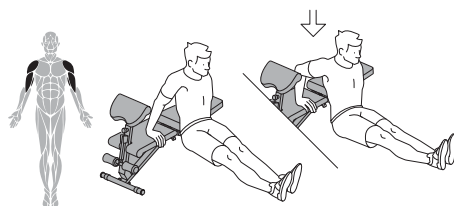
Distensioni su panca declinata



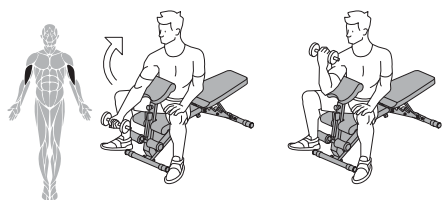
Apertura su panca



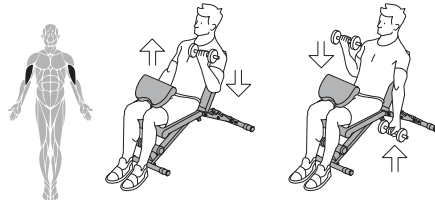
Distensioni su panca



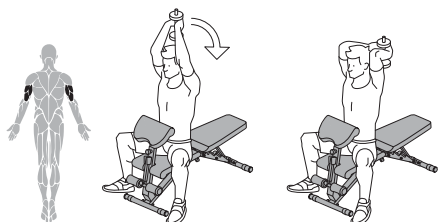
Dip per tricipiti



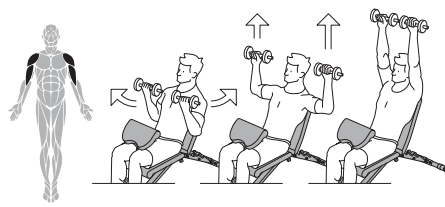
Curl per bicipiti su panca Scott



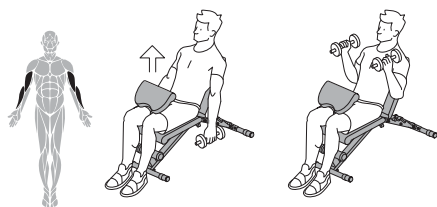
Curl alternato per bicipiti



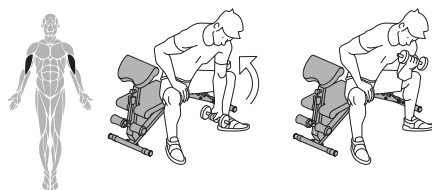
Estensione per tricipiti



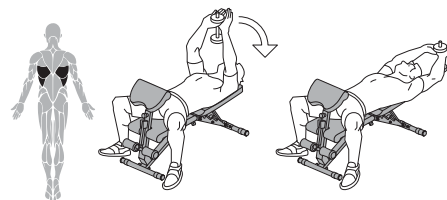
Arnold Press



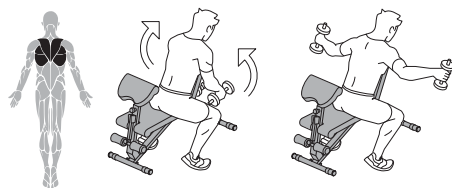
Curl a martello



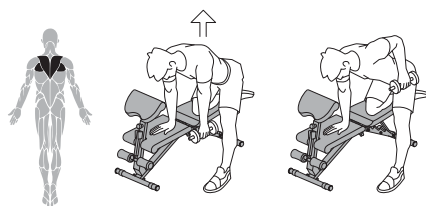
Curl di concentrazione



Pullover con manubrio

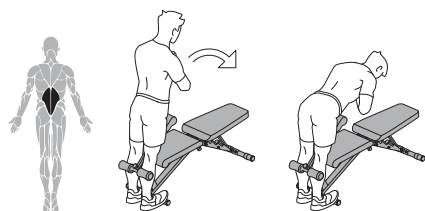


Rematore su panca inclinata

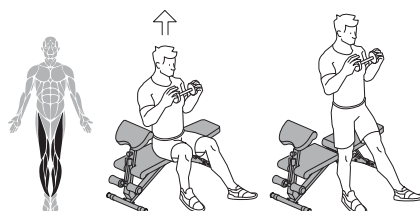


Rematore a braccio singolo

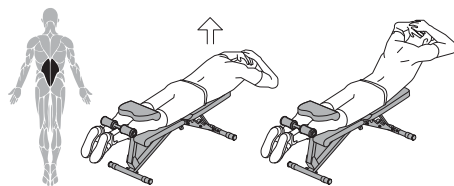
CORE E GAMBE



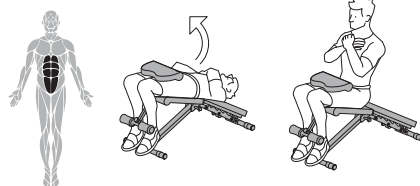
Estensione della schiena



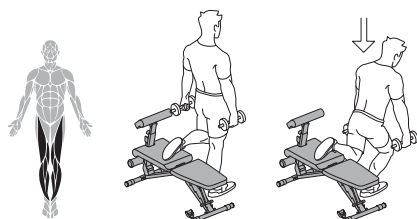
Squat pistola



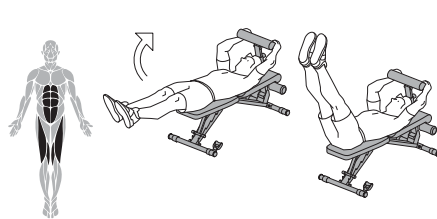
Estensione dorsale



Crunch



Affondo



Sollevamento gambe

ARTICOLI INCLUSI

1 Panca per pesi

1 Manuale di istruzioni

1 Chiave combinata Allen con Phillips 6mm

1 Chiave combinata 14-15

1 Chiave combinata 17-19

Peso massimo supportato: 120 kg | 265 lbs

Solo per uso domestico.

1. Informații importante și avertisment.....	68
2. Instrucțiuni generale de siguranță	68
3. Sănătate	70
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1. INFORMAȚII IMPORTANTE ȘI AVERTISMENT

PENTRU SIGURANȚA DUMNEAVĂSTRĂ, CITIȚI ATENT TOATE INFORMAȚIILE DIN ACEST MANUAL.

- Înainte de a începe orice program de exerciții consultați un medic și/sau un antrenor de fitness.
- Acest lucru este important pentru persoanele de toate vârstele sau care au orice problemă de sănătate preexistentă.
- Dacă experimentați orice durere sau tensiune, neregularitate a bătăilor inimii, dificultăți de respirație sau disconfort în timpul exercițiului, opriți-vă și consultați medicul înainte de a continua.
- Doar o singură persoană ar trebui să utilizeze acest echipament de fiecare dată.
- Țineți copiii și animalele de companie departe de echipament.
- Atenție: Exercițiul excesiv sau insuficient poate provoca leziuni.
- Se recomandă să nu faceți exerciții imediat după mese. Așteptați cel puțin 1 oră înainte de a începe antrenamentul.
- Se recomandă ca persoanele cu aptitudini fizice/senzoriale reduse, tulburări mentale, precum și persoanele cu puțină experiență sau cunoștințe, să fie însoțite de un antrenor în timpul practicării exercițiilor fizice.

2. INSTRUCȚIUNI GENERALE DE SIGURANȚĂ

- Este responsabilitatea proprietarului să se asigure că toți utilizatorii sunt informați corespunzător despre măsurile de precauție pentru siguranța lor.
- Acest aparat este conceput doar pentru uz casnic și de birou. Nu are scopuri terapeutice.
- Pentru siguranța dumneavoastră, asigurați-vă că toate părțile sunt atașate corect, aparatul este așezat pe o suprafață solidă, zona din jurul acestuia este liberă de obstacole și că aparatul este în stare perfectă înainte de fiecare utilizare.
- Purtați îmbrăcăminte adecvată pentru exerciții și evitați accesoriile care se pot agăța de echipament.
- Pentru siguranța copiilor și/sau a animalelor de companie, nu permiteți să se joace pe dispozitiv sau în apropierea acestuia.

CONSIDERAȚII GENERALE

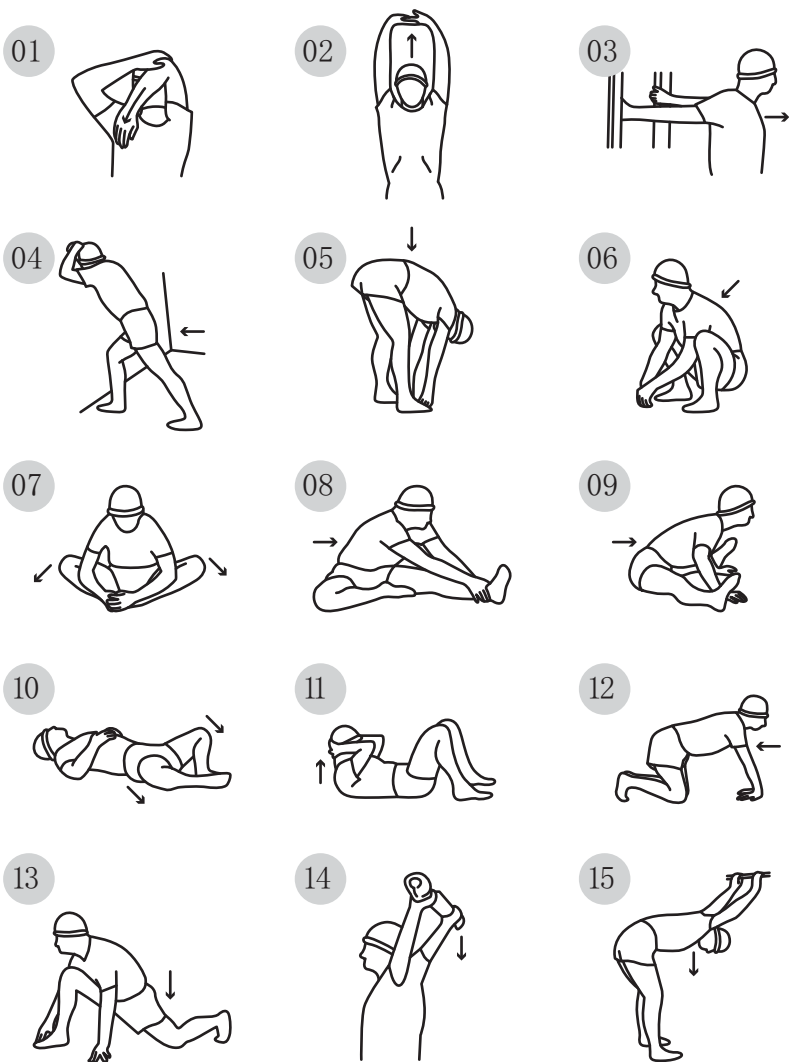
- Nu folosiți niciodată abrazivi sau solvenți pentru a curăța echipamentul.
- Nu lăsați echipamentul expus agenților naturali precum lumina soarelui, ploaia, roua, praful, spray-ul de sare etc.
- Nu puneți echipamentul în locuri prăfuite și umede, saune sau în orice loc neventilat.

Folosirea acestui echipament vă va aduce mai multe beneficii. Vă va îmbunătăți forma, vă va tonifica mușchii și, combinată cu o dietă controlată, vă va ajuta să pierdeți în greutate.

Acest exercițiu vă va îmbunătăți circulația și va face ca mușchii dvs. să funcționeze corect. Se recomandă să efectuați câteva exerciții de întindere înainte de utilizare, așa cum este arătat mai jos.

Fiecare întindere ar trebui efectuată pentru aproximativ 30 de secunde.

Nu vă forțați mușchii și dacă simțiți durere în timpul întinderii, **OPRIȚI-VĂ**.

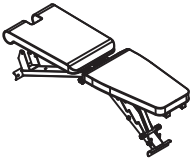
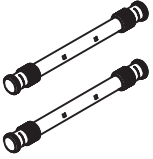
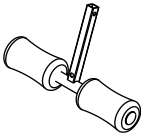
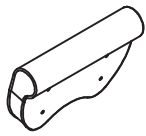
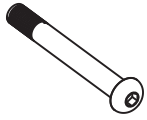
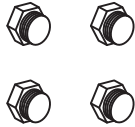
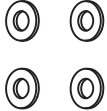
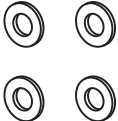
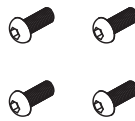
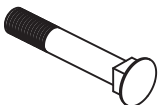


3. SĂNĂTATEA

1. Înainte de a începe orice program de exerciții, consultați medicul sau antrenorul de fitness. Acesta vă va ajuta să stabiliți frecvența, intensitatea și momentul exercițiilor potrivite pentru vârsta și condiția dumneavoastră fizică. Dacă aveți dureri în piept sau senzație de strângere, bătăi neregulate ale inimii, respirație dificilă, amețeală sau orice disconfort în timpul exercițiilor, **OPRIȚI-VĂ IMEDIAT!** Consultați medicul înainte de a continua. Acest lucru este important pentru persoanele de toate vârstele sau pentru cele care au o problemă de sănătate persistentă.
2. Atenție: Exercițiile excesive și/sau necorespunzătoare pot provoca răniri.
3. Acest aparat este conceput doar pentru uz rezidențial, în interior și nu este destinat scopurilor terapeutice.
4. Se recomandă să nu faceți exerciții imediat după mese. Așteptați cel puțin 1 oră înainte de a începe practica.
5. Se recomandă ca persoanele cu capacități fizice / senzoriale / mentale reduse, persoanele cu puțină experiență sau cunoștințe, să fie însoțite de un antrenor de siguranță în timpul exercițiului fizic.

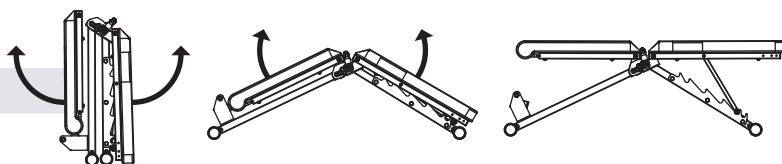
4. CONȚINUTUL CUTIEI

Când deschideți cutia veți găsi următoarele piese:

 Structură principală (BUC: 1)	 Stabilizator frontal și posterior (BUC: 2)	 Structură picior și braț (BUC: 1)
 Suport pentru picior (BUC: 1)	 Suport pentru braț (BUC: 1)	 Șurub 41 (BUC: 1)
 Piuliță 50 (BUC: 1)	 Șurub 49 (BUC: 4)	 Șaibă 55 (BUC: 4)
 Șaibă 57 (BUC: 4)	 Șurub 45 (BUC: 4)	 Șaibă 54 (BUC: 1)
 Șurub 46 (CANT: 4)	 Cheie combinată Allen cu Phillips 6mm (CANT: 1)	 Cheie combinată 14-15 Cheie combinată 17-19 (CANT: 2)

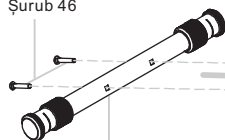
5. ASAMBLAREA ECHIPAMENTULUI

PASUL 1



PASUL 2

Șurub 46



Bară stabilizatoare
frontală

Șaibă 57

Șurub 49

Bară stabilizatoare
spate

Șurub 49

Șaibă 57

Șurub 46

Tetieră

Șaibă 55

Șurub 45

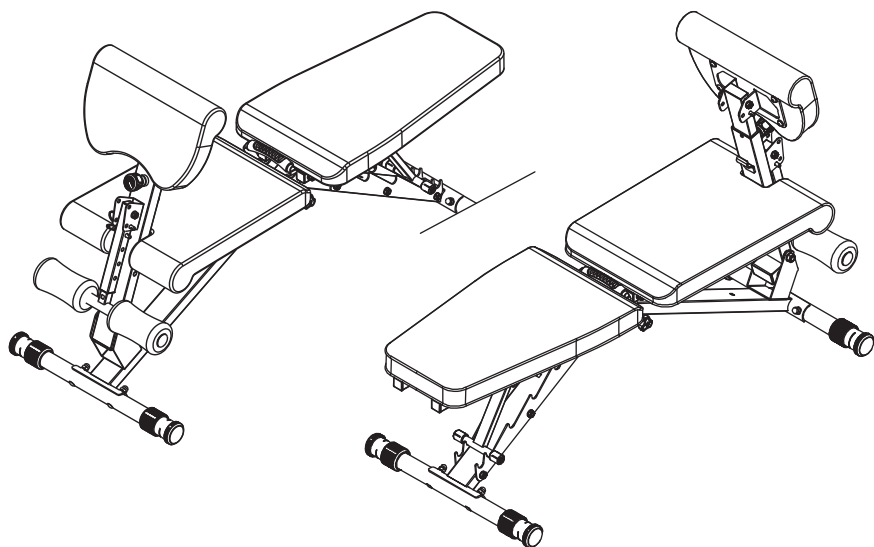
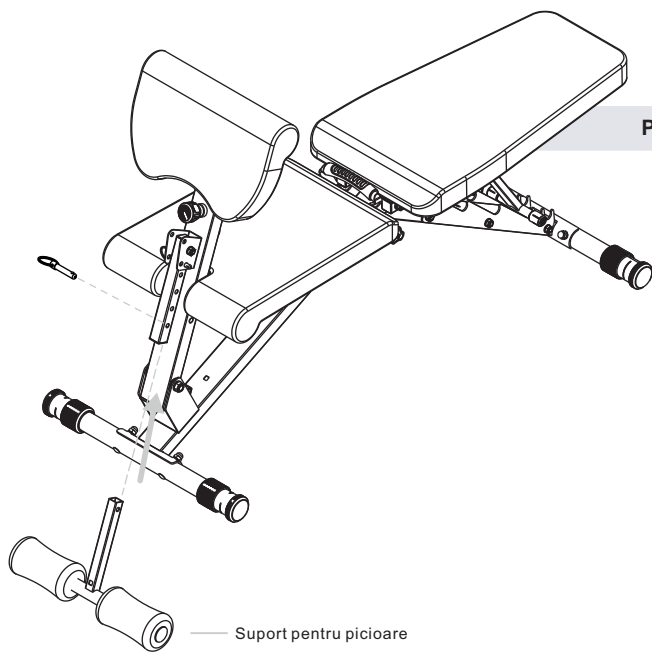
Șurub 41

PASUL 3

Structura piciorului și
brațului

Șaibă 54

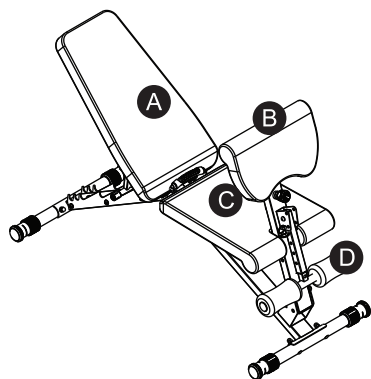
Nucă 50



6. POZIȚIE ȘI REGLETAJI

Banca de ridicare ergonomică permite o reglare largă atât în înălțime, cât și în unghi. Fii atent la poziția care îți este cea mai confortabilă.

Pentru a regla atât înălțimea, cât și unghiul scaunului, urmează acești pași simpli, dar importanți:

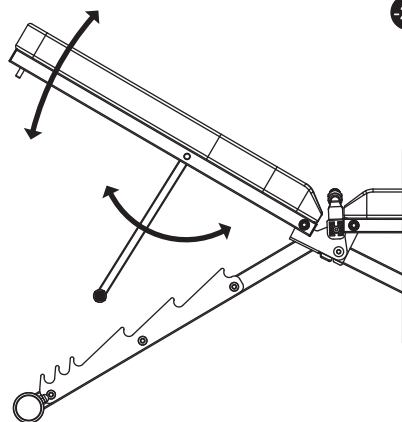
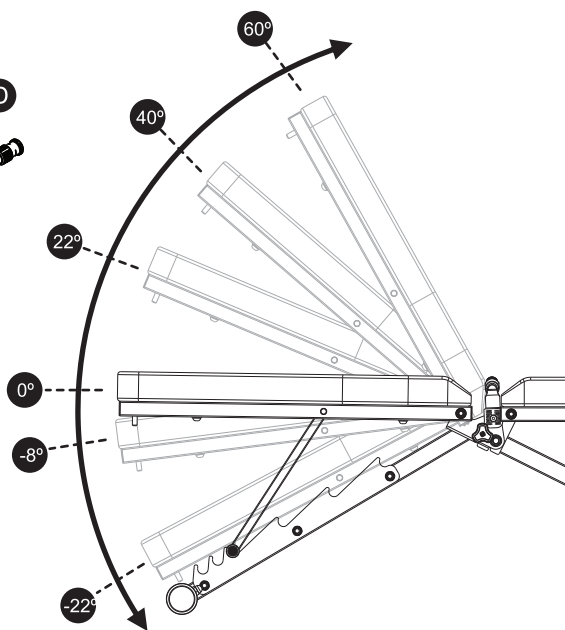


A SPĂTAR:

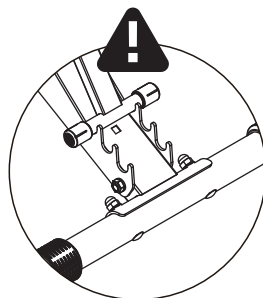
Ajustare ușoară și rapidă a unghiului în 7 trepte.

Ridicați spătarul pentru a regla unghiul.

IMPORTANT: Asigurați-vă că suportul este angajat.

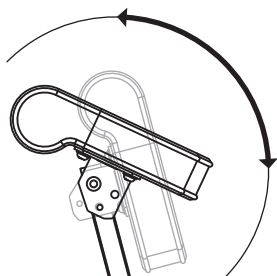


Alegeți poziția mai bună în funcție de fiecare exercițiu.



B BRAȚ SPRIJIN BRAȚ:

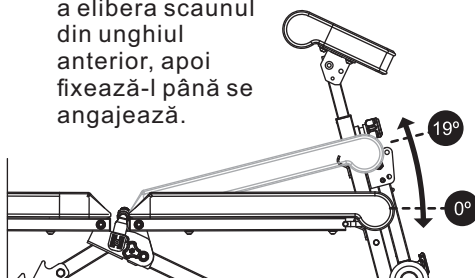
Set cu 2 unghiuri.



C SCAUN

Set cu 2 unghiuri.

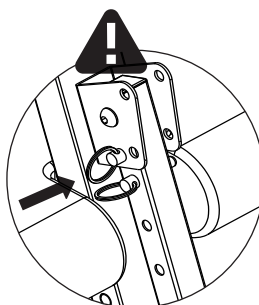
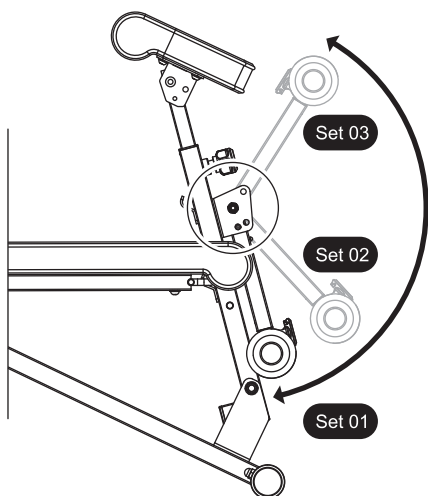
Trage doar pentru a elibera scaunul din unghiul anterior, apoi fixează-l până se angajează.



D REPOZITOR PICIOARE:

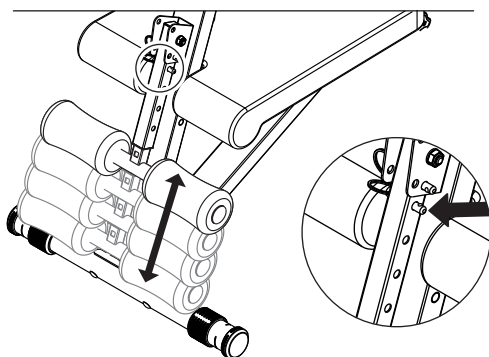
Ajustare ușoară și rapidă a unghiului în 3 poziții.

Trageți știftul de siguranță, apoi mutați repozitorul picioarelor la unghiul dorit, apoi reatașați știftul.



IMPORTANT:

Asigurați-vă că știftul este introdus complet.



ÎNĂLȚIMEA PICIORULUI

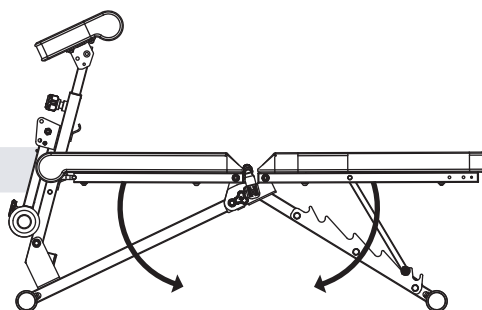
1. Ținând suportul pentru picioare pentru a preveni un accident, apăsați știftul de blocare.
2. Așezați suportul pentru picioare la nivelul dorit, deplasându-l vertical. Se va bloca când auziți un clic.

IMPORTANT: Asigurați-vă că zăvorul este poziționat corect pentru a preveni accidentele.

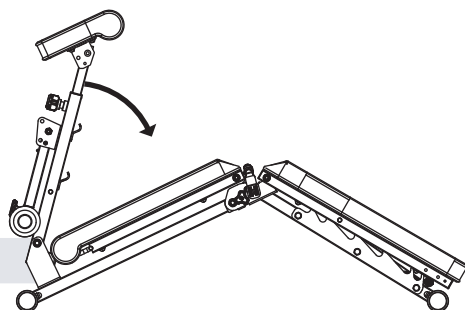
7. PLIERE ȘI DEPOZITARE

Urmați acești pași simpli dar importanți pentru a plia și depozita oriunde doriți:

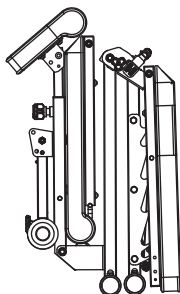
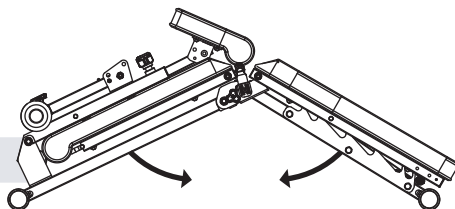
PASUL 1



PASUL 2

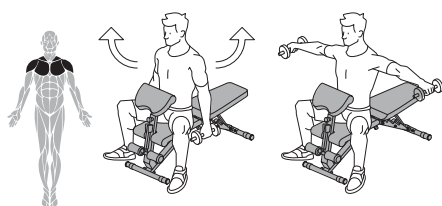


PASUL 3

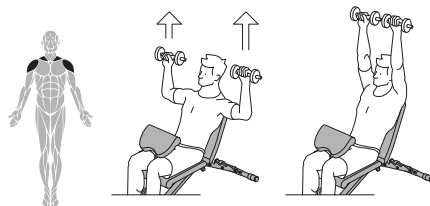


8. GHID DE ANTRENAMENT

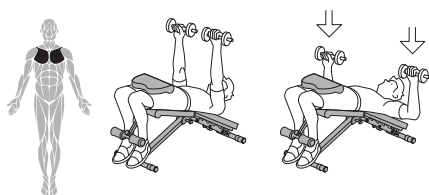
PARTEA SUPERIOARĂ A CORPULUI



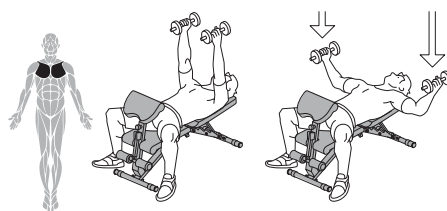
Ridicare laterală



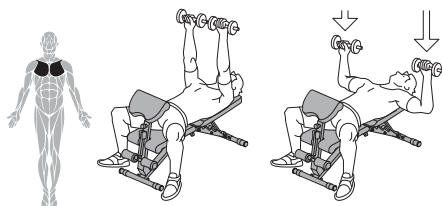
Presă pentru umeri



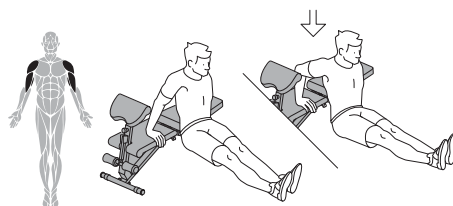
Împins la bancă în declin



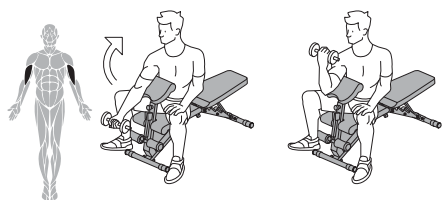
Fluturări cu gantere



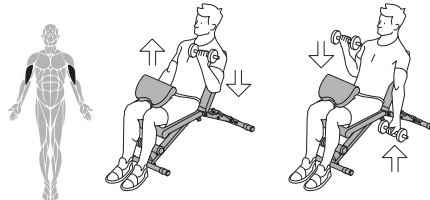
Împins din culcat



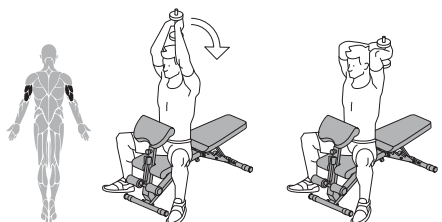
Flotări la paralele pentru triceps



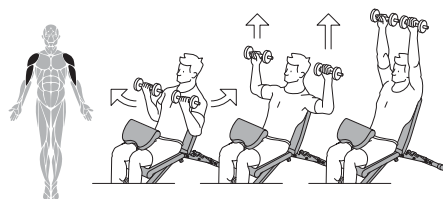
Flexii biceps la bancă Scott



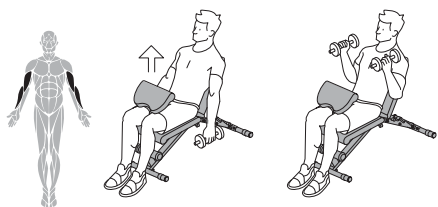
Flexie alternată pentru biceps



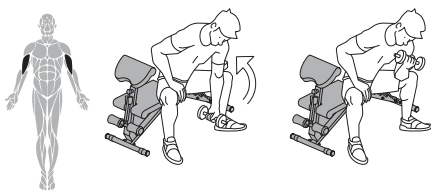
Extensie pentru triceps



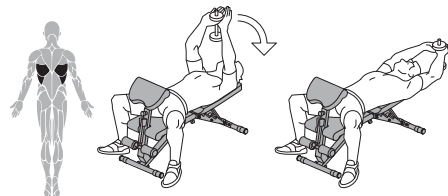
Presă Arnold



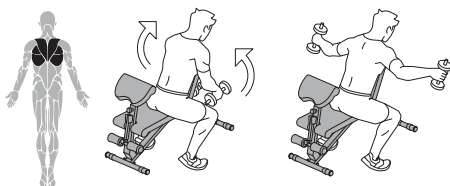
Flexie tip ciocan



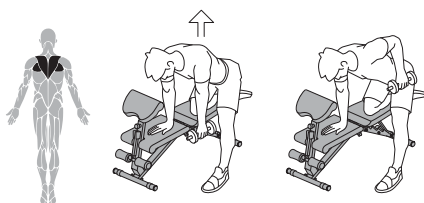
Flexie concentrată



Pullover cu gantera

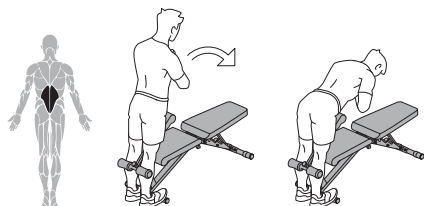


Ramat pe bancă înclinat

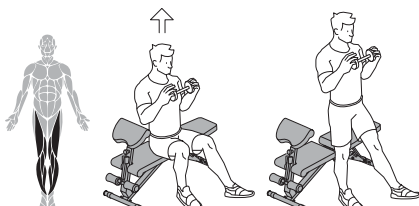


Ramat cu un braț

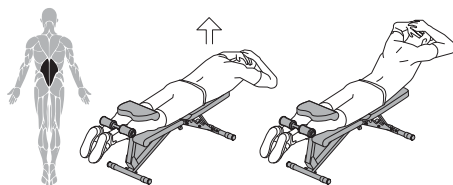
TRUNCHI ȘI PIORNE



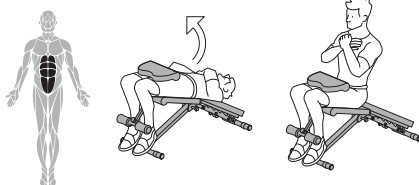
Extensie pentru spate



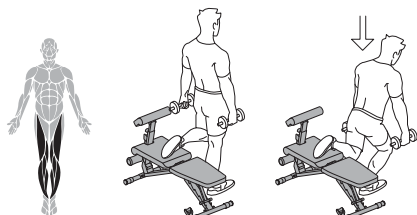
Genuflexiune pistol



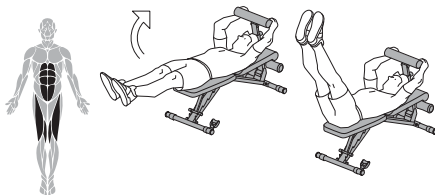
Hiperextensie pentru spate



Abdomene



Fandare



Ridicare de picioare

ELEMENTE INCLUSE

1 Bancă pentru greutate

1 Manual de instrucțiuni

1 Cheie combinată Allen cu capăt Phillips 6mm

1 Cheie combinată 14-15

1 Cheie combinată 17-19

Greutate maximă suportată: 120 kg | 265 lbs

Doar pentru uz casnic.

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 Balenyà, Spain.
B66295775
www.aosom.es
atencioncliente@aosom.es
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
Fabriqué en Chine



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ASSOCIATION

OU



LIVRAISON

OU



DÉCHÈTERIE

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
Wendenstraße 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
20057 Assago (MI)
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FATTO IN CINA

