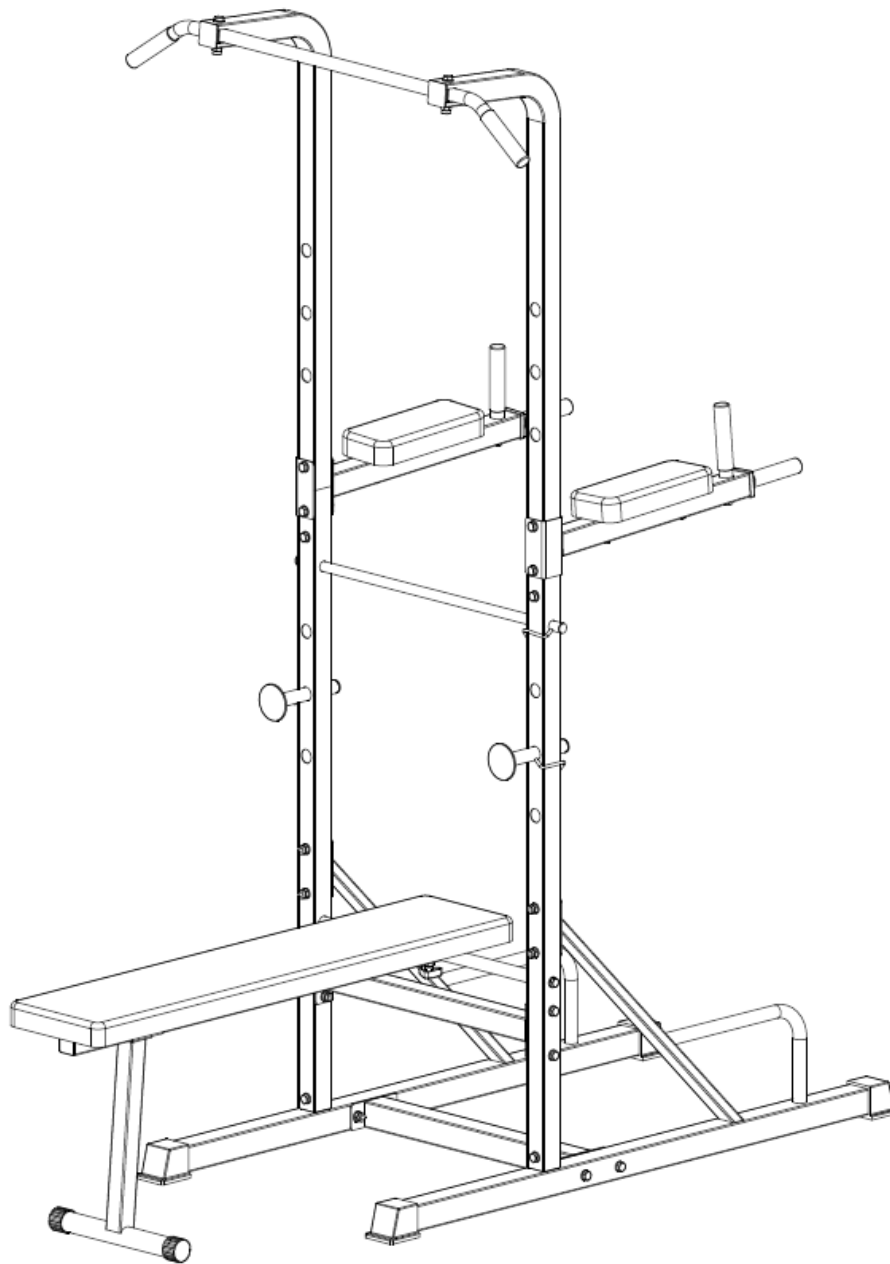




MANUAL DE UTILIZARE

**12433IN Aparat multifunctional inSPORTline Power Tower
X150**



INSTRUCTIUNI DE SIGURNTA

Inainte de a incepe orice program de exercitii, va recomandam sa consultati un medic. Folosirea corecta a produsului este esentiala. Cititi intregul manual de utilizare inainte de a asambla aparatul sau a incepe antrenamentul.

- Copiii nu trebuie sa se apropie de produs atunci can acesta este utilizat. Este interzis ca acestia sa se urce pe aparat sau sa se joace cu acesta.
- Feriti-va degetele de componentele in miscare.
- Pentru siguranta dvs. asigurati-va ca exista un spatiu liber de cel putin 0.6 m in toate directiile in jurul produsului.
- Verificati in mod regulat daca toate suruburile si piulitele sunt bine stranse. Verificati piesele mobile daca prezinta semne de uzura.
- Curatati produsul cu o carpa umeda. Nu folositi solventi.
- Inainte de a utiliza produsul, asigurati-va ca acesta este asezat pe o suprafata dreapta si solida. Daca este necesar, asezati un covor de protectie sub aparat pentru a evita riscul de alunecare.
- Purtati imbracaminte si incaltaminte sport atunci cand va antrenati. Nu purtati bijuterii sau haine largi.
- **Greutate maxima a utilizatorului: 120kg**

DEPOZITARE

Produsul trebuie folosit in incaperi curate si uscate. Nu depozitati aparatul in incaperi cu umiditate excesiva, reci, deoarece acest lucru poate duce la coroziune si alte probleme.

INAINTE DE A INCEPE

Unelte necesare:

- Cheie (14/17mm)



Pregatirea spatiului de lucru

Este important sa asamblati produsul intr-un spatiu curat, liber. Astfel, veti avea posibilitatea sa va miscati in jurul produsului, si sa diminuati riscul de accidentare in timpul asamblarii.

Solicitati ajutor

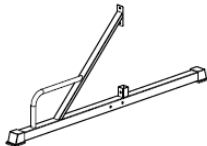
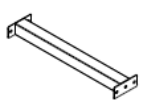

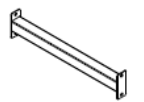
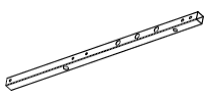
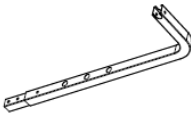
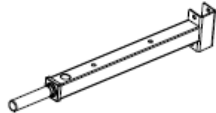
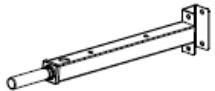
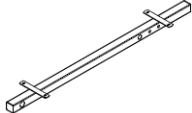
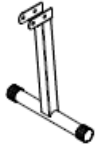
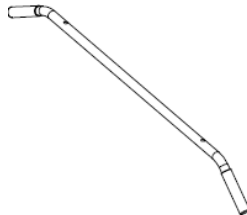
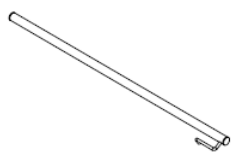
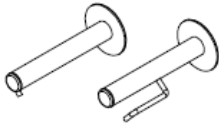
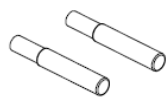


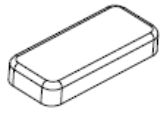
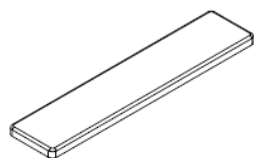
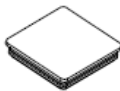
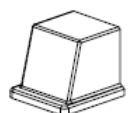
Va fi mai rapid, mai usor si mai sigur daca asamblati produsul impreuna cu inca o persoana. Unele componente pot fi prea mari sau prea grele pentru a fi manevrate de o singura persoana.

Deschiderea cutiei

Deschideti cutia cu grija si scoateti fiecare componenta verificand lista de piese, pentru a va asigura ca nu lipseste nimic. Atentie! Unele piese sunt pre-asamblate din fabrica la componente mai mari.

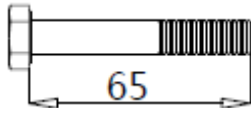
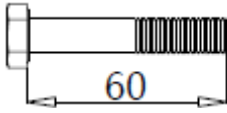
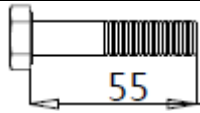
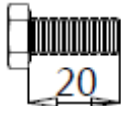
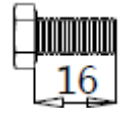
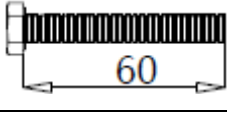
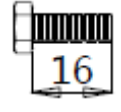
CONTINUT CUTIE

COMPONENTE



<p>C1. BUC. 2 Baza</p> 	<p>C2. BUC. 1 Bara transversala A</p> 	<p>C3. BUC. 1 Ax</p> 	<p>C4. BUC. 1 Bara transversala B</p> 	<p>C5. BUC. 2 Bara verticala</p> 
<p>C6. BUC. 2 Bara verticala superioara</p> 	<p>C7. BUC. 1 Brat (drept)</p> 	<p>C8. BUC. 1 Brat (stang)</p> 	<p>C9. BUC. 1 Cadru banca</p> 	<p>C10. Qty 1 Suport banca</p> 
<p>C11. BUC. 1 Bara tractiuni</p> 	<p>C12. BUC. 1 Suport stabilizator</p> 	<p>C13. BUC. 2 Suport bara haltera</p> 	<p>C14. BUC. 2 Maner</p> 	<p>C15. BUC.1 Rotita (M10*20)</p> 
<p>C16. BUC. 1 Bolt de siguranta (10*60)</p> 	<p>C17. BUC. 2 Suport brate</p> 	<p>C18. BUC. 1 Spatar</p> 	<p>C19. BUC. 2 Capace (45*45)</p> 	<p>C20. BUC. 4 Capace (50*50)</p> 

PIESE


SURUBURI

Numar	Denumire	Buc.	Desen
21	Surub M10*65mm	6	
22	Surub M10*60mm	9	
23	Surub M10*55mm	4	
24	Surub M10*20mm	4	
25	Surub M10*16mm	8	
26	Surub M8*60mm	4	
27	Surub M8*16mm	4	

SAIBE

28	Saiba M10	50	
29	Saiba M8	8	

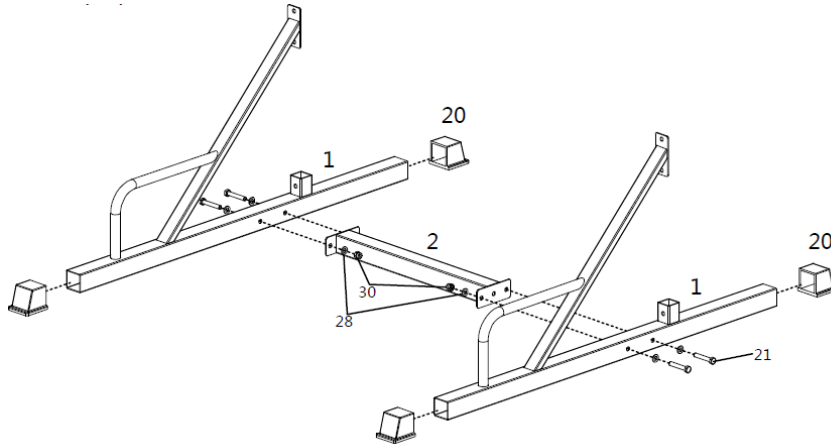
PIULITE

30	Piulita M10	19	
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ASAMBLARE

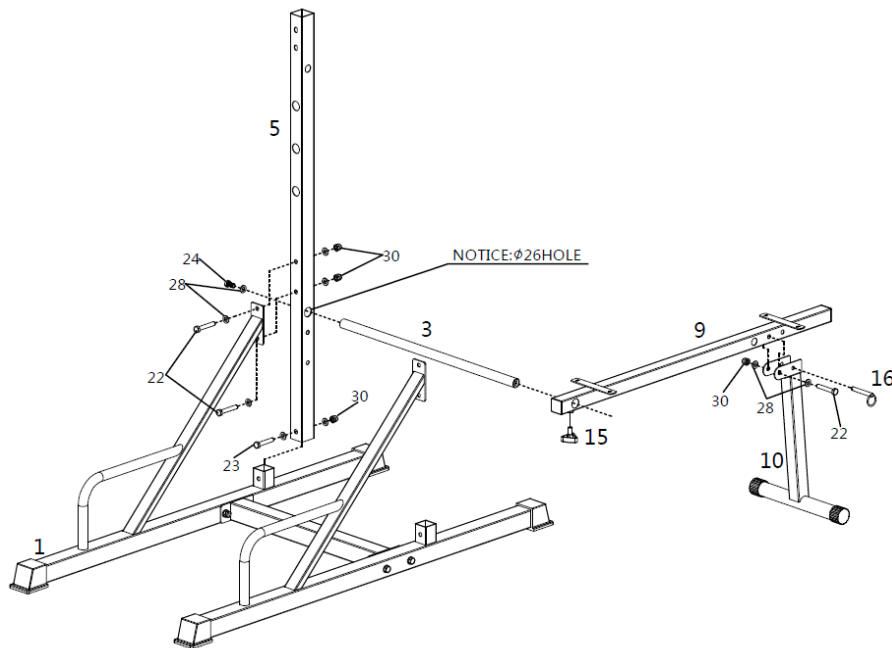
PAS 1

1. Asezati capacele (20) la capetele bazei aparatului (1).
2. Conectati baza aparatului (1) la bara transversala A (2) folosind suruburi M10 x 65mm (21), saibe M10 (28) si piulite M10 (30).



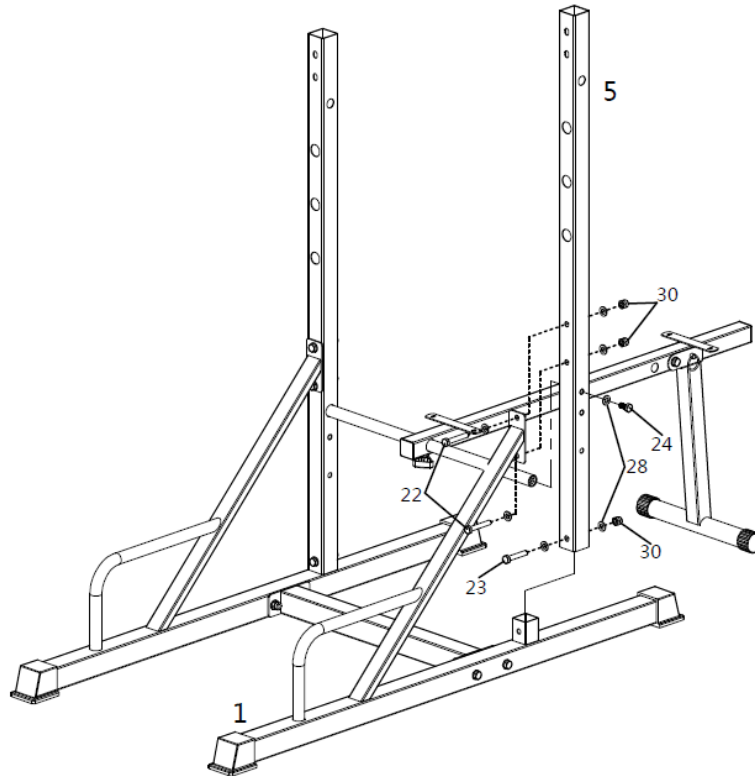
PAS 2

1. Atasati o bara verticala (5) la baza (1) folosind suruburi M10 x 55mm (23), suruburi M10 x 60mm (22), saibe M10 (28) piulite M10 (30).
2. Insetati un capat al axului (3) in bara verticala (5) folosind suruburi M10 x 20mm (24) saibe M10 (28), iar celalalt capat introduceti-l in gaura ($\text{\O}26$) cadrului spatarului (9) folosind rotita (15) pentru a le bloca.
3. Atasati suportul pentru banca (10) la banca (9), folosind suruburi M10 x 60mm (22), saibe M10 (28), piulite M10 (30) si inserati boltul de blocare (16) in gaura ($\text{\O}11$) corespunzatoare de la banca (9) pentru blocare.



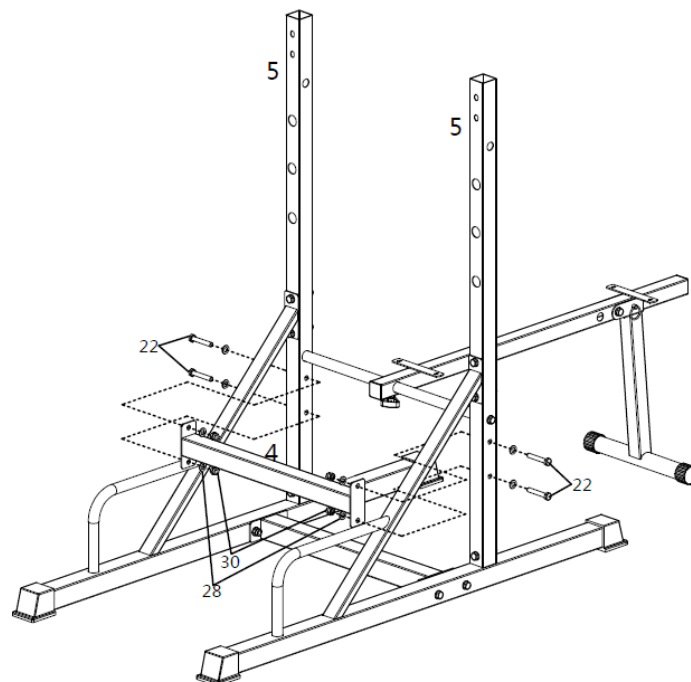
PAS 3

1. Atasati a doua bara verticala (5) la baza (1) folosind suruburi M10 x 55mm (23), suruburi M10 x 60mm (22), saibe M10 (28) si piulite M10 (30).
2. Inserati celalalt capat al axului (3) in bara verticala (5) si fixati folosind suruburi M10 x 20mm (24), saibe M10 (28).



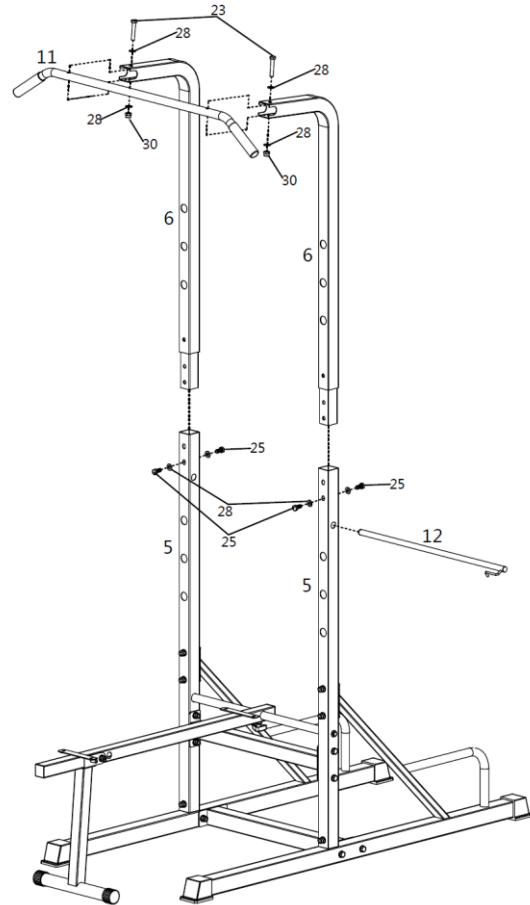
PAS 4

Atasati bara transversala B (4) la barele verticale (5) folosind suruburi M10 x 60mm (22), saibe M10 (28) si piulite M10 (30).



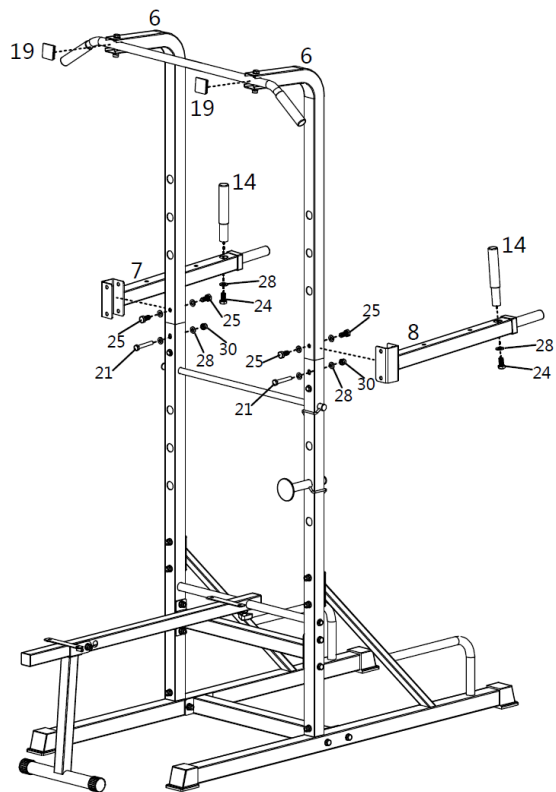
PAS 5

1. Inserati barele verticale superioare (6) in barele verticale (5) folosind suruburi M10 x 16mm (25), saibe M10 (28).
2. Atasati bara de tractiuni (11) la barele verticale superioare (6) folosind suruburi M10 x 55mm (23), saibe M10 (28) si piulite M10 (30).
3. Inserati suportul stabilizatorului (12) in gaura barelor verticale (5).



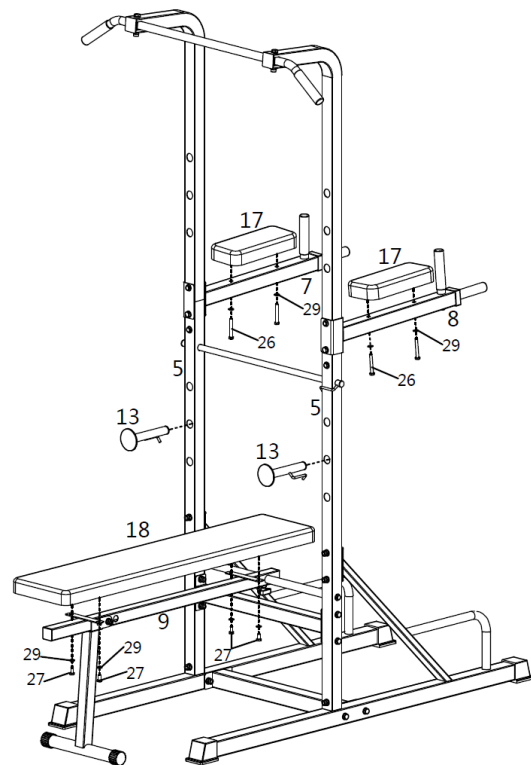
PAS 6

1. Atasati bratele (7, 8) la barele verticale (5, 6) folosind suruburi M10 x 65mm (21), M10 x 16mm (25), saibe M10 (28) si piulite M10 (30).
2. Inserati manerele (14) in cele doua brate (7, 8) folosind suruburi M10 x 20mm (24) saibe M10 (28).
3. Atasati capacele (19) la capetele barelor verticale (6).



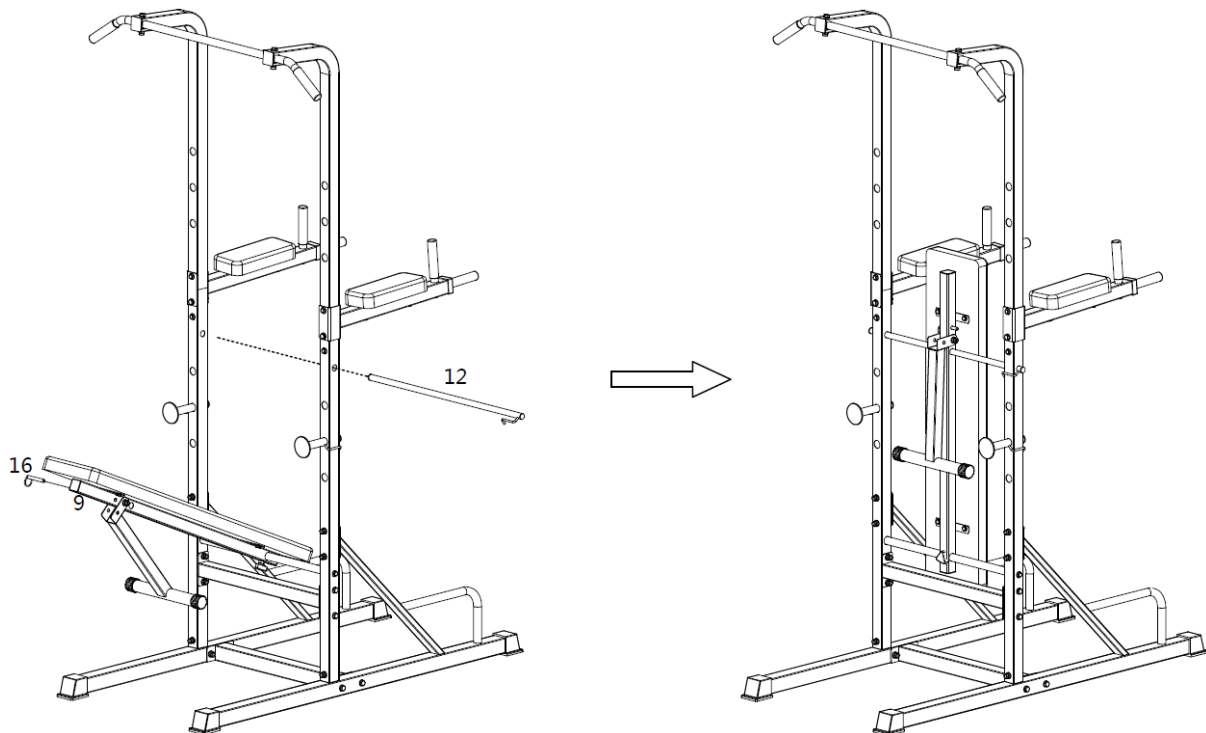
PAS 7

1. Atasati suporturile pentru brate (17) la bratele aparatului (7, 8) folosind suruburi M8 x 60mm (26) saibe M8 (29).
2. Atasati spatarul (18) la cadrul bancii (9) folosind suruburi M8 x 15mm (27), saibe M8 (29).
3. Atasati suporturile pentru bara haltera (13) la barele verticale (5).



PAS 8

Scoateti boltul de siguranta (16) de la banca (9) si pliatii banca folosind suportul stabilizatorilor (12) pentru blocare.



LISTA COMPONENTE

Nr.	Denumire	BUC.
1	Baza	2
2	Bara transversala A	1
3	Ax	1
4	Bara transversala B	1
5	Bara verticala	2
6	Bara verticala superioara	2
7	Brat (drept)	1
8	Brat (stang)	1
9	Cadru banca	1
10	Suport banca	1
11	Bara tractiuni	1
12	Suport stabilizatori	1
13	Suport bara haltera	2
14	Maner	2
15	Rotita	1
16	Bolt de siguranta	1
17	Suport brate	2
18	Spatar	1
19	Capace	2
20	Capace	4
21	Surub M10 x 65mm	6
22	Surub M10 x 60mm	9
23	Surub M10 x 55mm	4
24	Surub M10 x 20mm	4
25	Surub M10 x 16mm	8
26	Surub M8 x 60mm	4
27	Surub M8 x 16mm	4
28	Saiba M10	50

29	Saiba M8	8
30	Piulita M10	19