

Triangular fitness machine

Instructions

ID: 42769

EAN: 8591792427691



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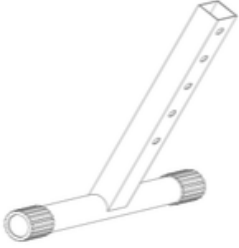




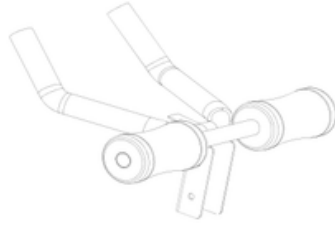







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Important Safety Information

Please keep this manual in a safe place for easy reference.

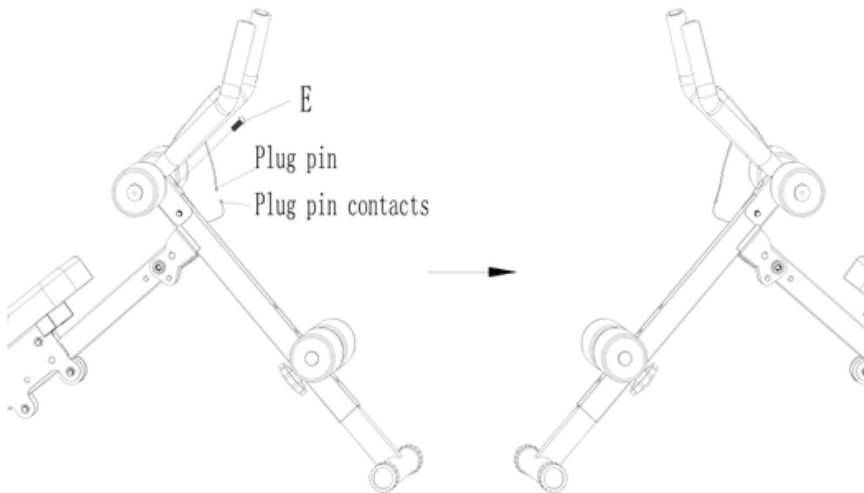
1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential especially if you are taking medicine that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, light headedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet.
6. Before using the equipment, check that the nuts and bolts are securely tightened.
7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
10. Any of the adjustment devices that could interfere with the user's movement should not be left projecting.
11. Parents and others in charge of children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.
12. If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a children's toy.
13. The training equipment is in compliance with EN ISO 20957-1:2013 Class H.C. Maximum weight of user: 100kgs. Braking ability is independent of speed.
14. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.

Parts List:

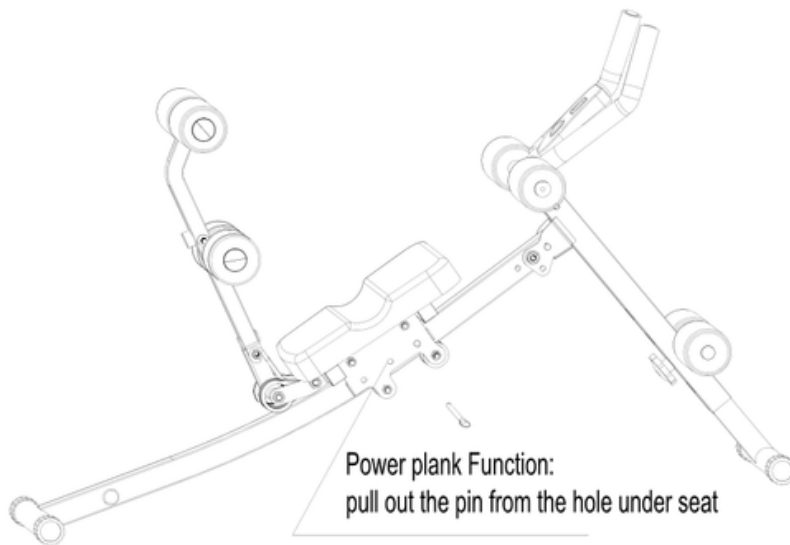
<p>A 1PC</p> 	<p>B 1PC</p> 	<p>C 1PC</p> 	
<p>D 1PC</p> 	<p>E 1PC</p> 	<p>F 1PC</p> 	
<p>a 1PC</p> 	<p>b 2PCS</p> 	<p>c 2PCS</p> 	
<p>d 2PCs M8*55</p> 	<p>e 1PC</p> 	<p>f 1PC</p> 	<p>g 1PC</p> 

	Name	Quantity		Name	Quantity
A	T shape tube	1	a	Electronic display	1
B	Leg support	1	b	Foam cotton	2
C	Frontsupport tube	1	c	Plastic cover	2
D	main body	1	d	Screw	1
E	Screw M8	1	e	Pin	1
F	Hand support	1	f	Tools	1
			g	Tools	1

Step 3:



Fasten the screw into the frame and insert the Plug pin into Pin contacts, please check the Function of computer is Normal.

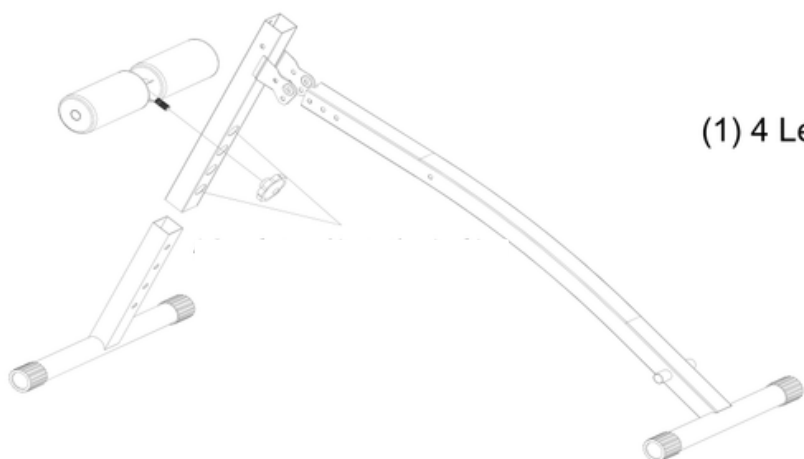


Function: Power plank and Sit up bench.

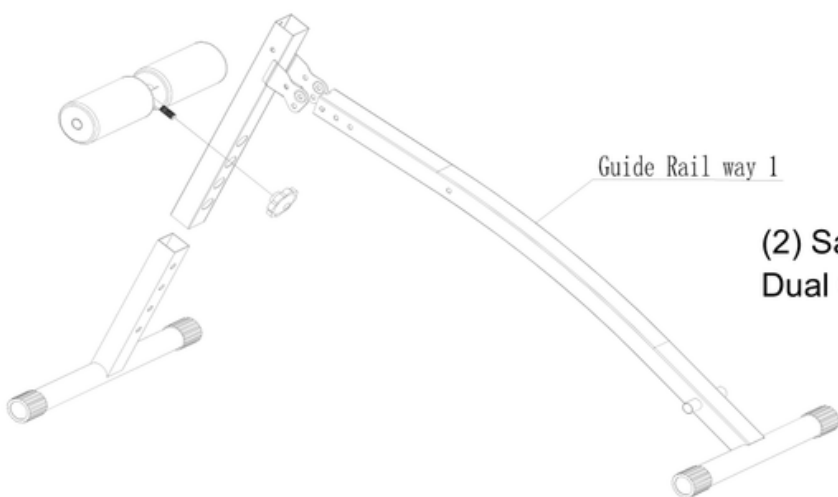
1: The Pin (e) pull out from the hole under seat, the backrest will be slip down to end of frame, it's could be used to Power plank. The pin you can insert to the hole of front tube as picture show.

2: If the pin not pull out from the hole under seat, it's could be used to Sit up bench.

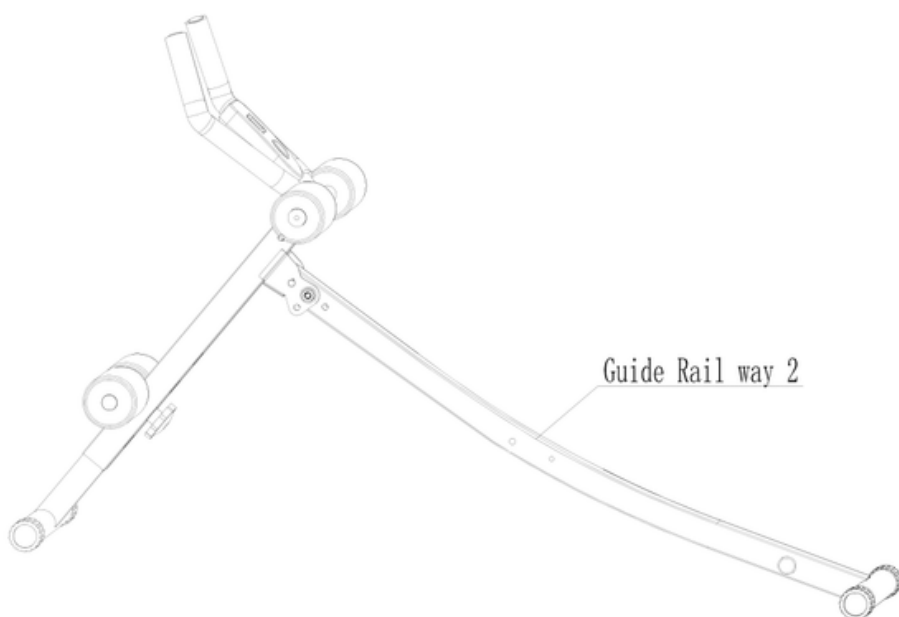
How to adjust incline:



(1) 4 Level to adjust the incline



(2) Same frame tube with
Dual Guide Rail to change

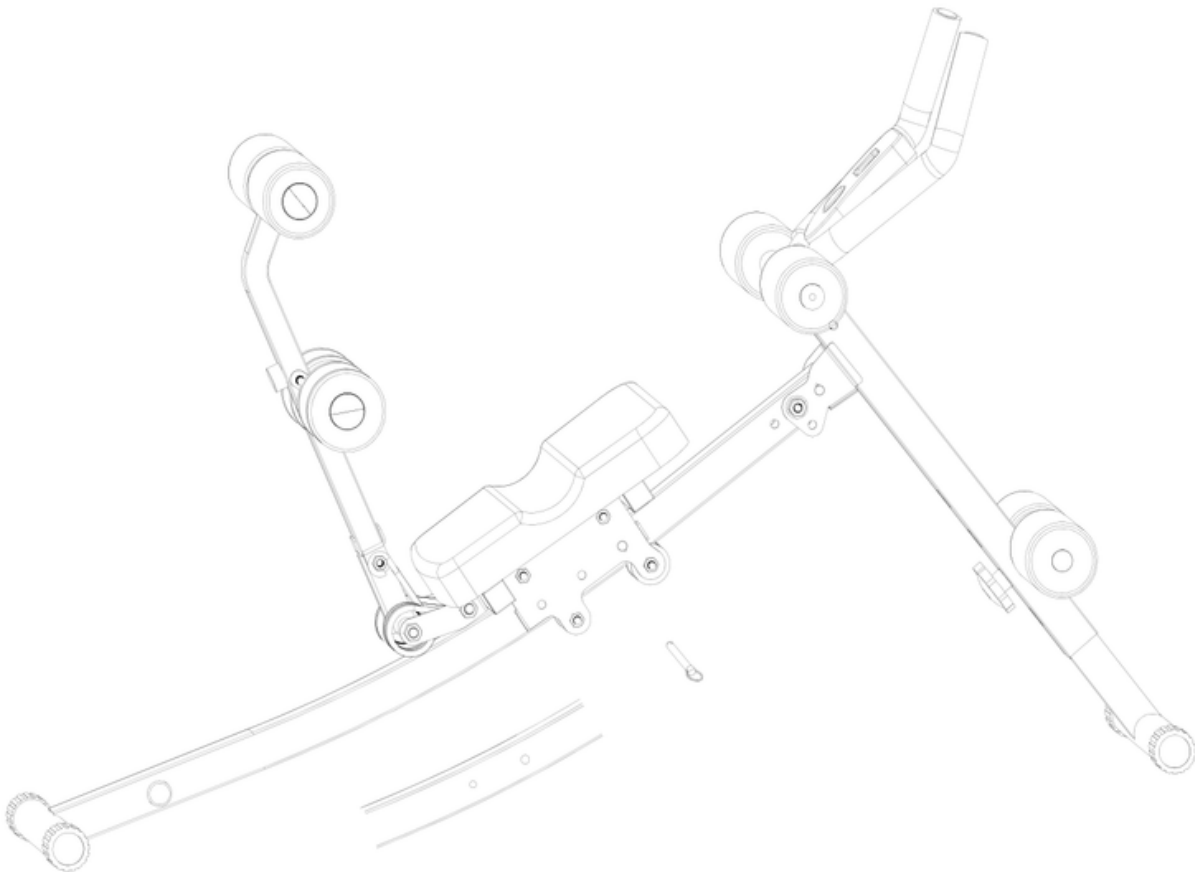


How to make exercise

There are 2 below functions for your choice:

- 1、 Sit up bench
- 2、 Power Plank

1: Sit up bench Function:

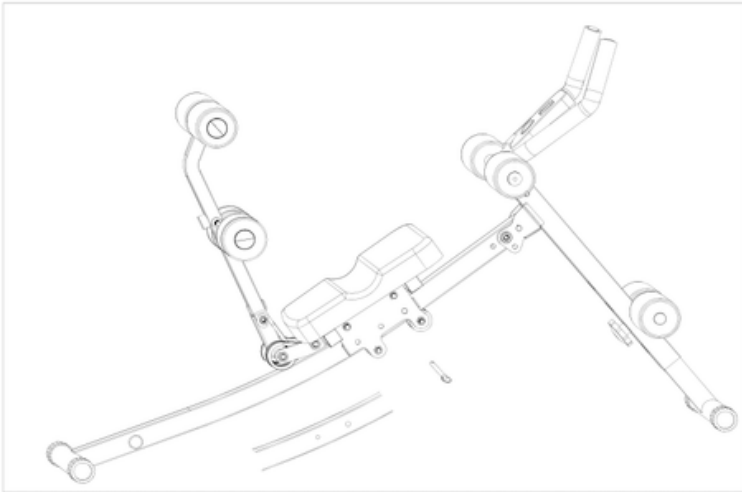


Step:Adjust the position of seat and make the hole which is under seat match with the hole of frame tube, then insert the Pin to fasten.

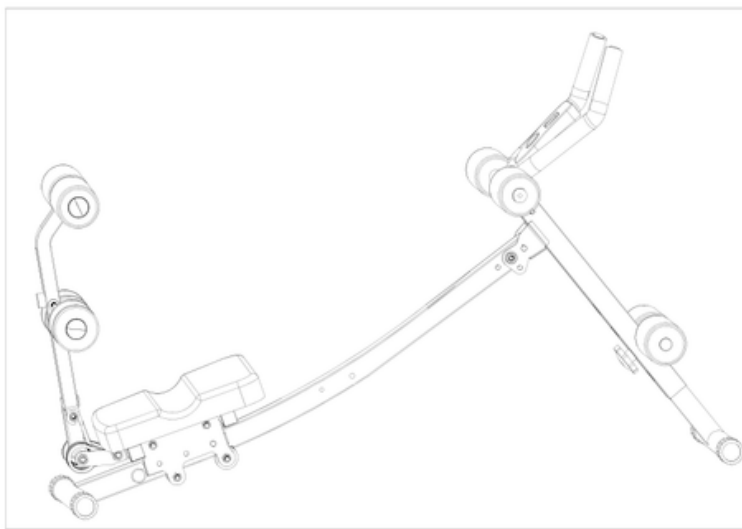
Please make sure the seat won't move before you use it.

You can find 3 holes under seat, you can choose one of them to match with the hole of frame to fasten by Pin according to yourself exercise.

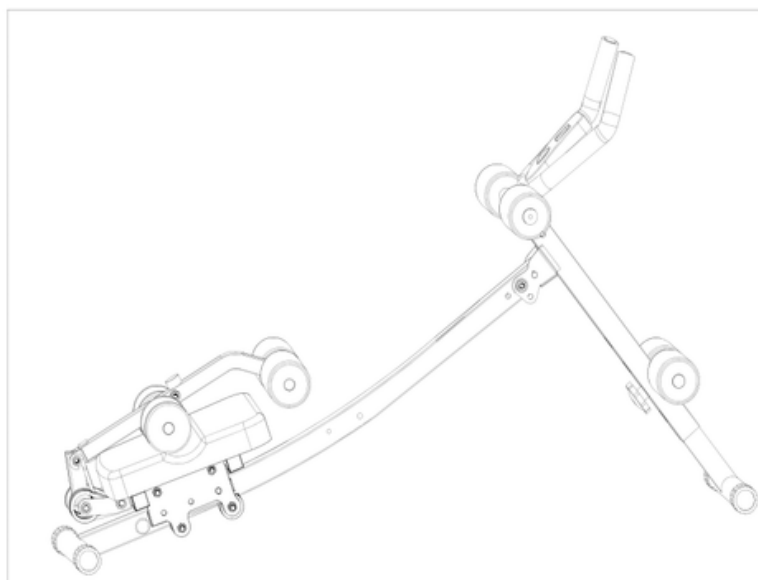
2:Power plank function:



Step 1: Pull out the Pin and make sure the Seat can be move easier.



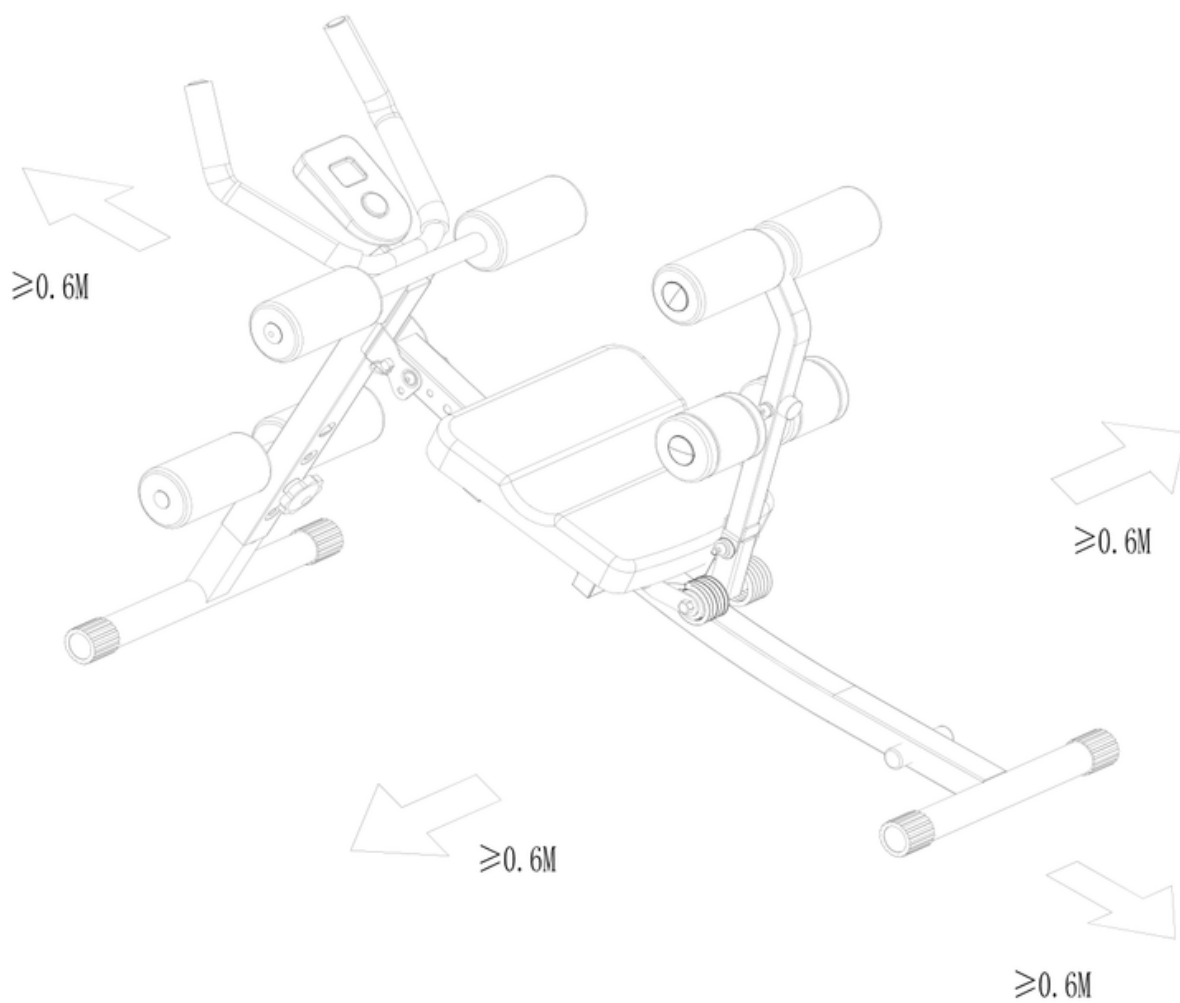
After the pin pull out, the seat will be slip down to bottom of frame tube

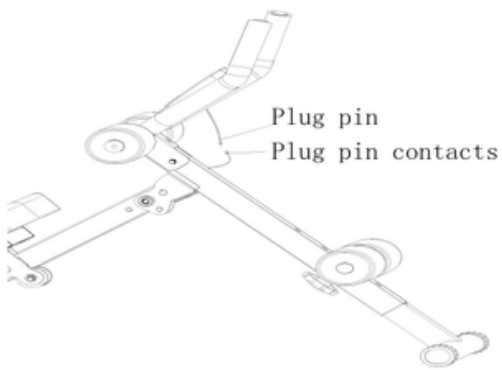


Step 2: Adjust the backrest onto the seat as like left picture

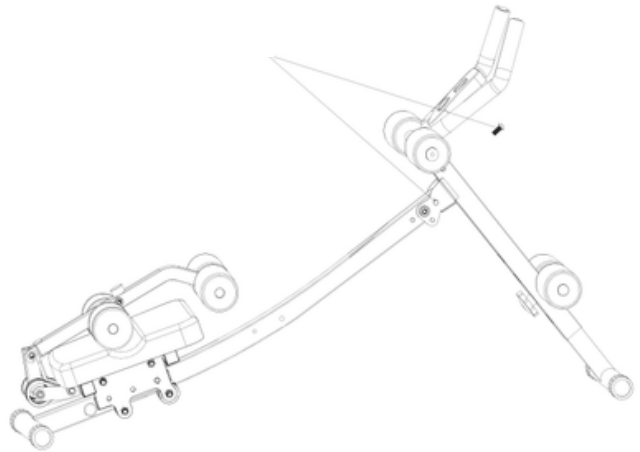
Important note

Free area shall be not less than 0.6m greater than training area in the direction from which the equipment is accessed .Free area must also include the area for emergency dismount.

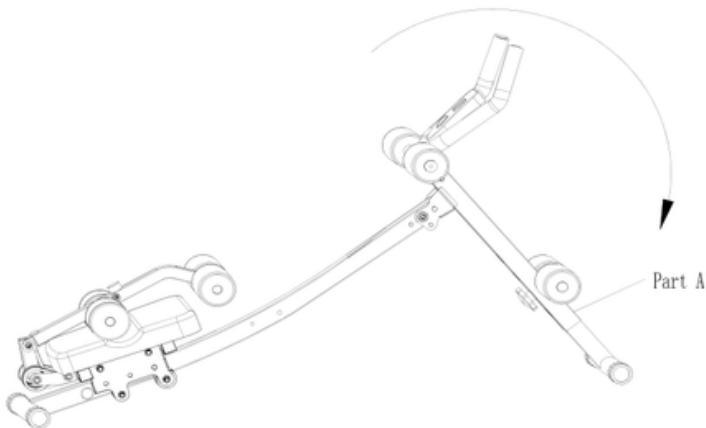




Step 1: pull out the Plug- Pin of computer from Plug-Pin contacts.

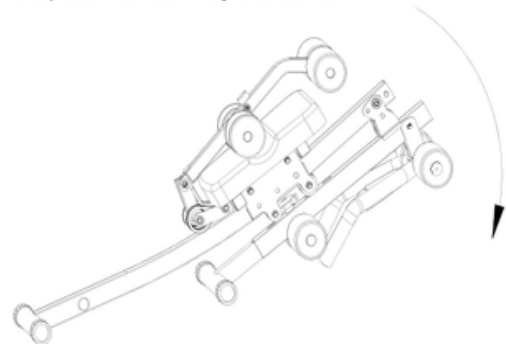


Step 2: Remove 2XM8 Knob as above picture



Step 3: Rotary Part A with 90 degree as like arrow appointed

Rotary Handle bar with 90 degree as like arrow



Step 4: Fold the handle bar as like above showed.

When you take it out to exercise, please assemble with opposite of fold step.

Instructions for the computer



1. Step/Min: number of movement in 1 minute.
2. SCAN: Exercise time, movement times, total number of times, and calorie consumption are shown in turn.
3. CNT: The number of movements.
4. TIME: The control display will show the time for movement when you start to exercise.
5. CAL: Burn calories.

MODE: The parameters can be displayed in two modes, i.e., [SCAN] and [LOCK].

*To activate the [SCAN] function: Press the MODE button until a triangle arrow appears beside the SCAN mark on the stop watch

*To activate the [LOCK] function: Press the MODE button until a triangle arrow is moved beside the parameter which you want to lock and there is no triangle arrow beside the SCAN mark.

Maintenance and Cleaning

1: Be sure to check all parts like all nuts, bolts, screws and frame in order to be sure that they are tight and secure especially after you start to do the exercise. This is to assure that all the parts are in good condition and not suffered any long-term wear that may cause the machine to break down.

2: Periodically spray the plastic surface with cleaner to keep the dust, sweat and marks off your unit.

3: Periodically check the wheels under the knee bowls to ensure that they are tight and secure and have not suffered any long-term wear and tear.

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