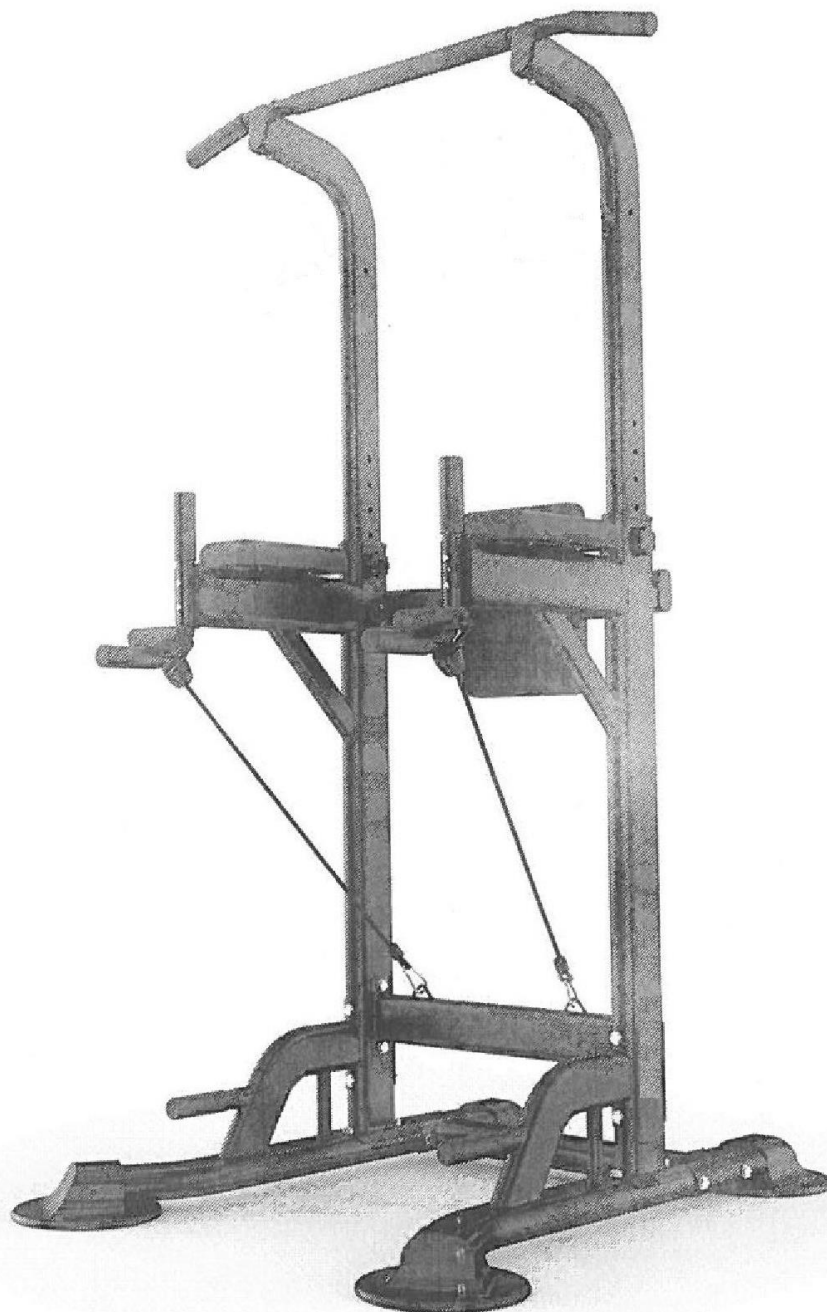


Manual de instructiuni

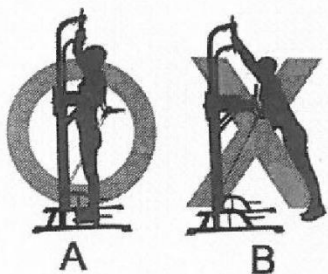


ATENTIE (CITITI MANUALUL DE INSTRUCIUNI INAITE DE A INCEPE SA MONTATI)

1. Asamblati produsul urmand instructiunile din manual.
 2. Verificati ca produsul este asamblat complet inainte de al folosi.
 3. Verificati starea produsului inainte de fiecare exercitiu.
 4. Plasati produsul pe o suprafata plana fara denivelari
 5. Mergeti sa va consulte un medic inainte de a incepe orice program de antrenament.
 6. Femeile gravide, persoanele cu probleme de natura cardiaca nu trebuie sa foloseasca acest produs.
- a. Nu folositi aparatul in moduri sau pentru exercitii pentru care nu a fost conceput exista riscul sa va accidentati daca faceti asta.
- b. Daca vi se face rau sau aveti stare de lesin in timpul antrenamentului. Opriti-l imediat si mergeti sa va consulte un medic.

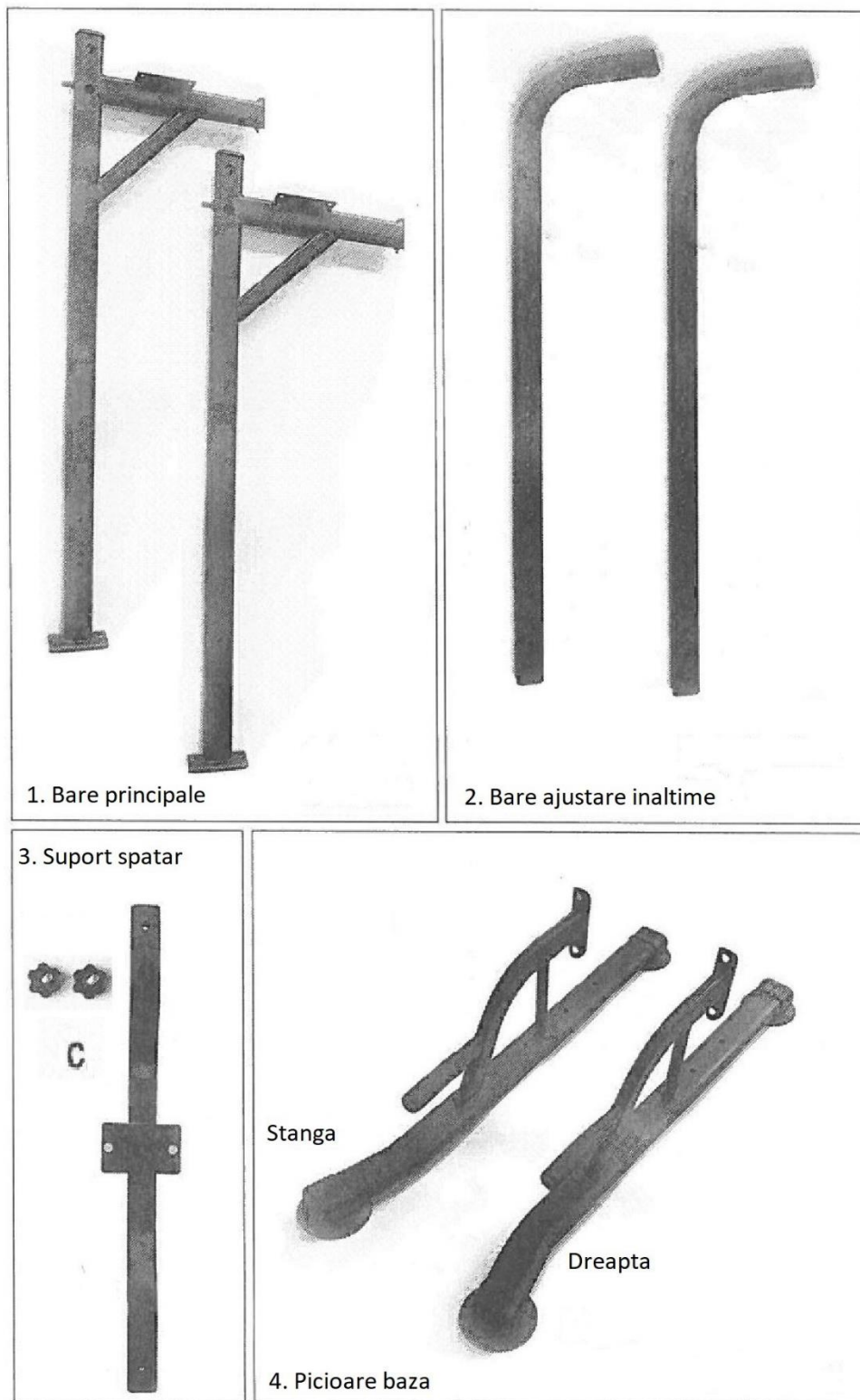
ATENTIE:

Poza A arata modul corect in care trebuie efectuate tractiunile la bara de sus.



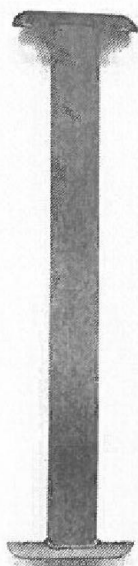
Poza B arata modul incorect de efectua o tractiune la bara. In acest fel riscati sa puneti aparatul intr-un unghi gresit si riscati ca acesta sa cada peste dvs.

Lista piese





5. Bara tractiuni



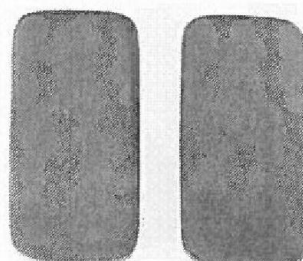
6. Bara
conectare
picioare



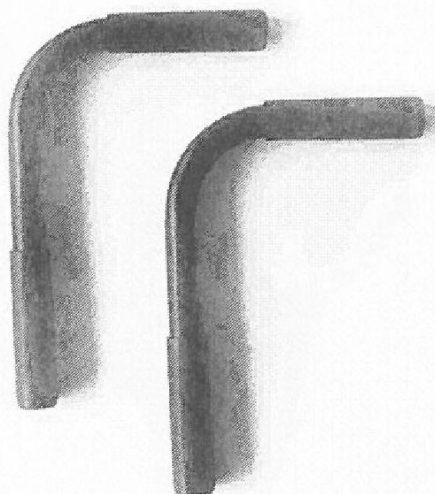
7. Bara
conectare bare
principale



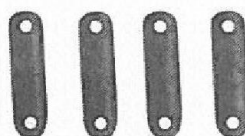
8. Spatar



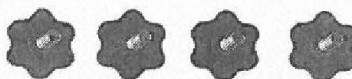
9. Suport coate



10. Manere bare paralele



a. Placute metalice arcuite *4

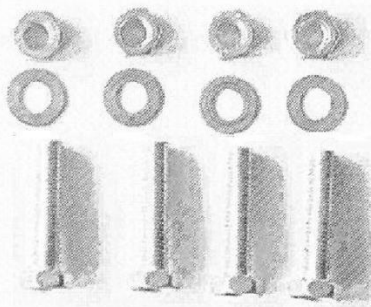
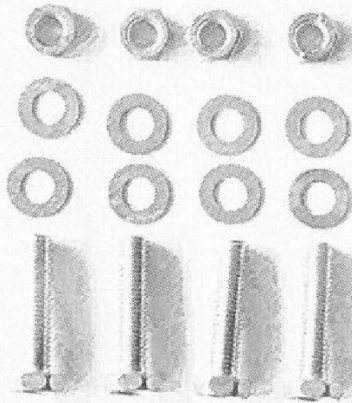
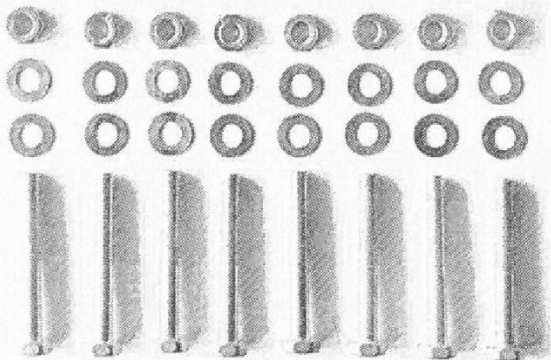
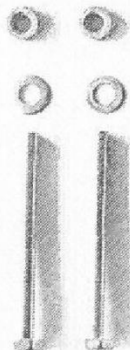
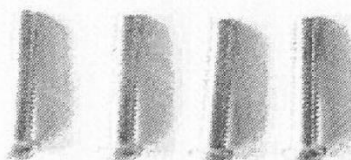
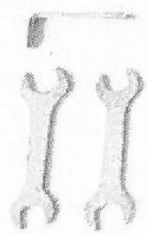


c. Suruburi de ajustare * 4

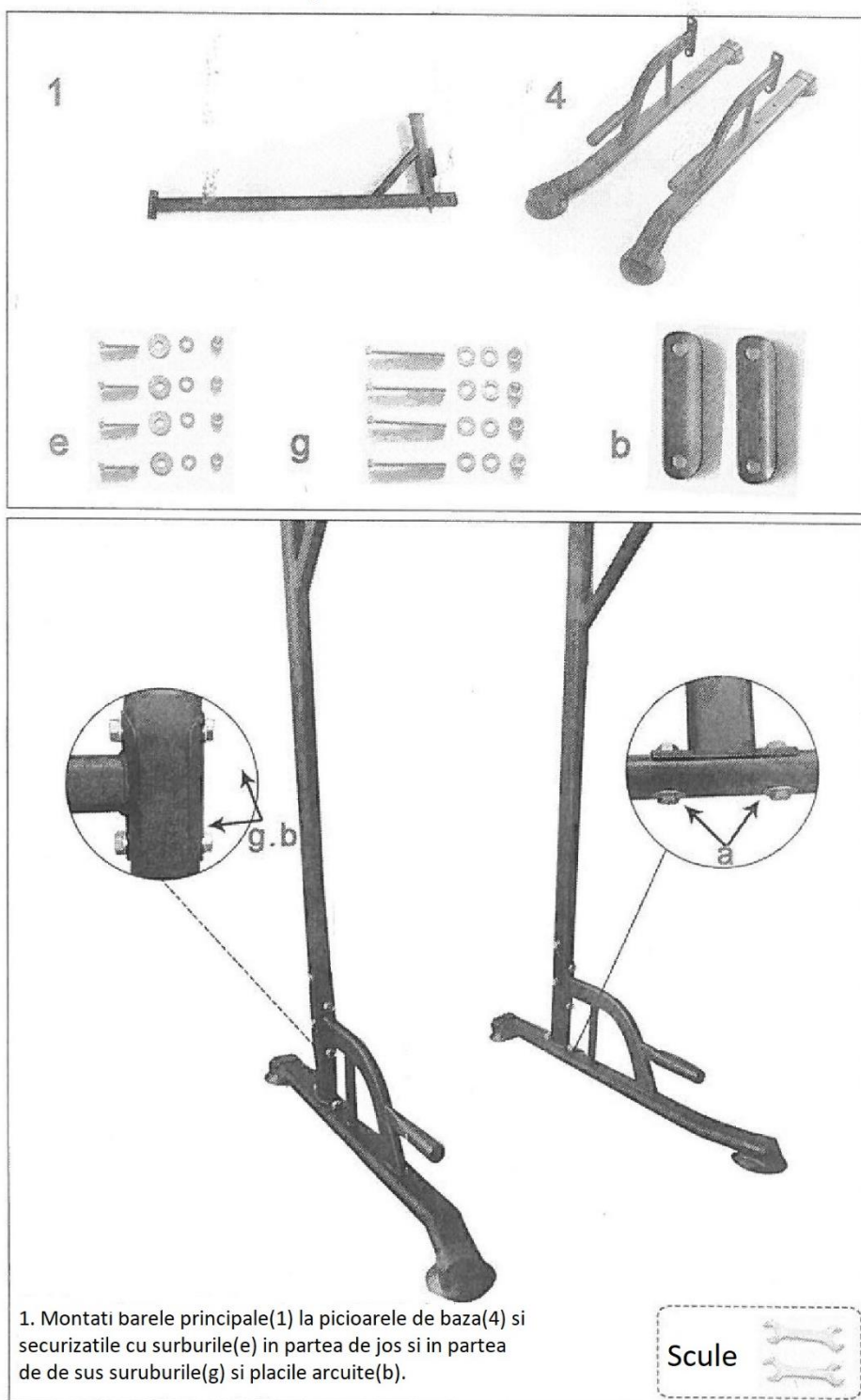


d. Suruburi de ajustare * 2

Lista piese

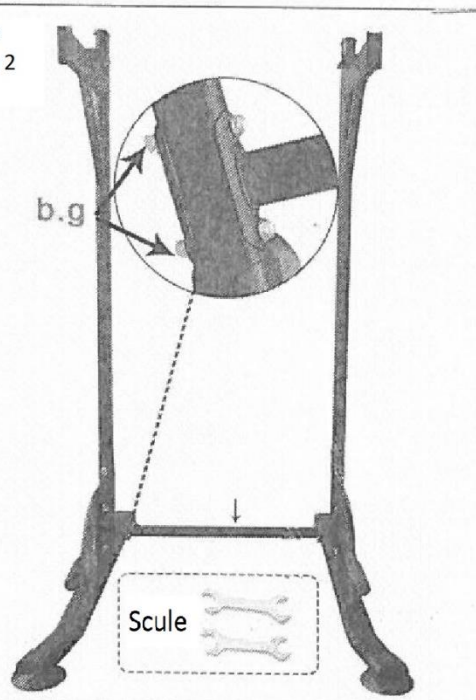
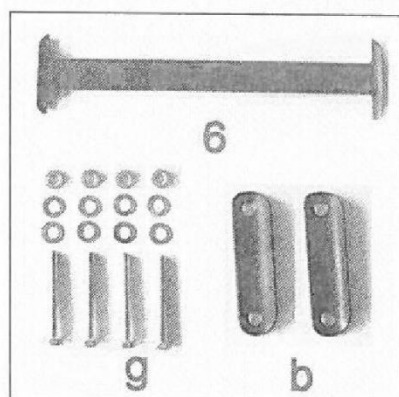
 e. 10*45 surbu * 4	 f. 10*45 surbu * 4	
 g. 10*75 surbu * 8	 h. 8*85 surbu * 2	
 i+. 8 *16 surbu * 2	 j. 8*35 surbu * 4	
	 k. 8*35 surbu *4	 Scule

Asamblare pasul 1



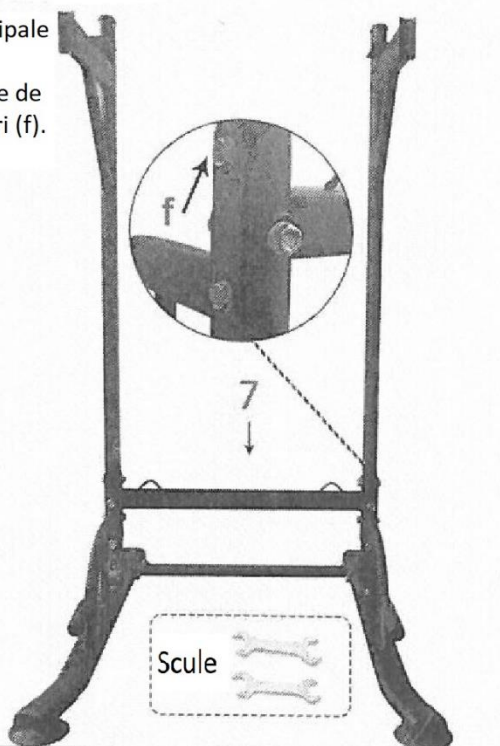
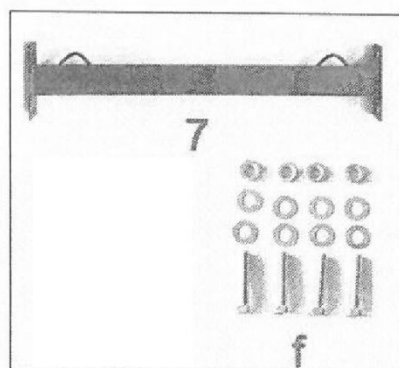
Asamblare pasul 2

1. Montati bara de conectare picioare(6) intre cele doua picioare de baza (4) si securizatio cu 2 placute metalice arcuite(b) si 4 suruburi(g).

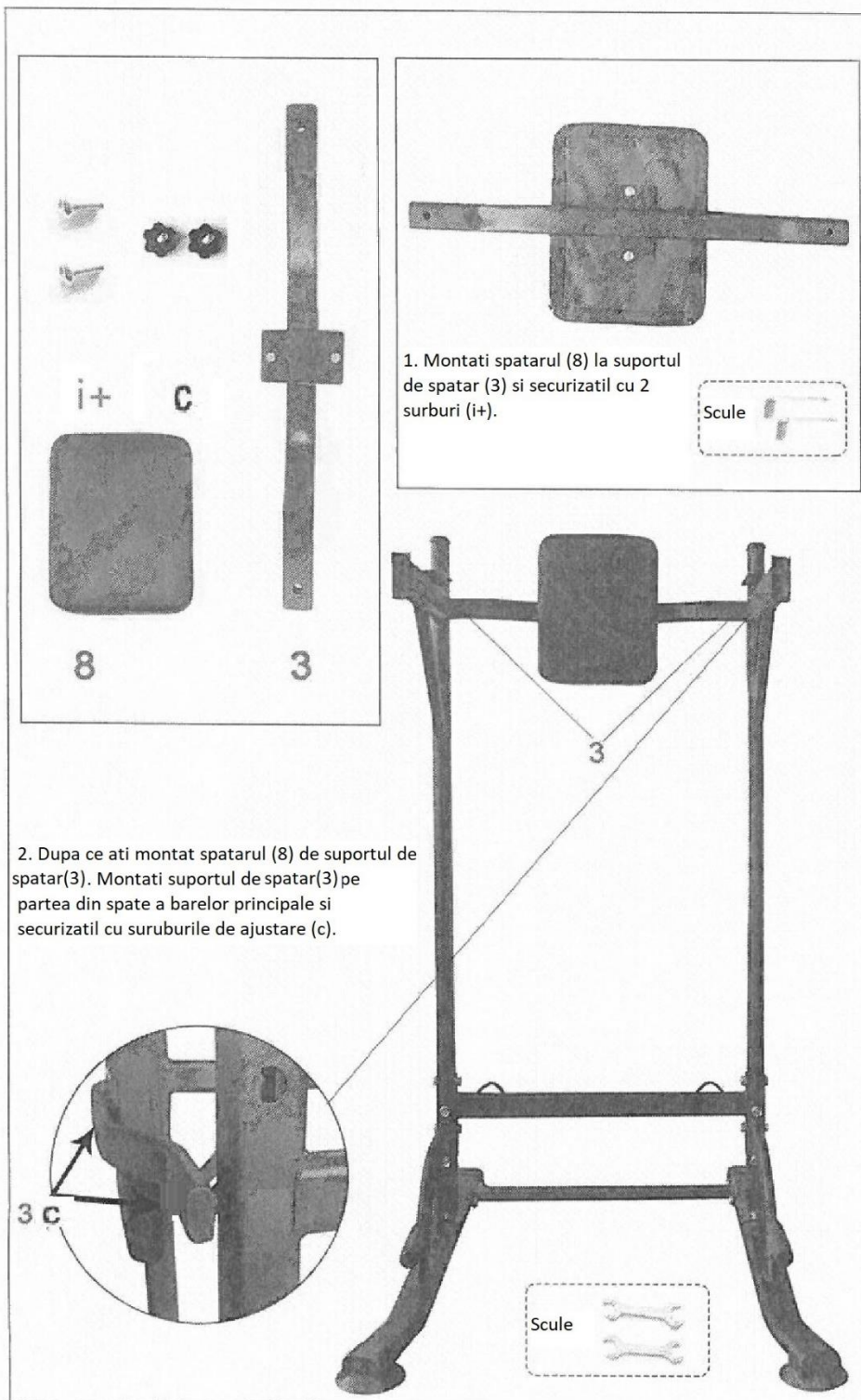


Asamblare pasul 3

1. Montati bara de conectare bare principale (7) intre cele doua bare principale (1) si asigurativa ca o montati cu cele 2 puncte de agatare in sus si securizatio cu 4 suruburi (f).

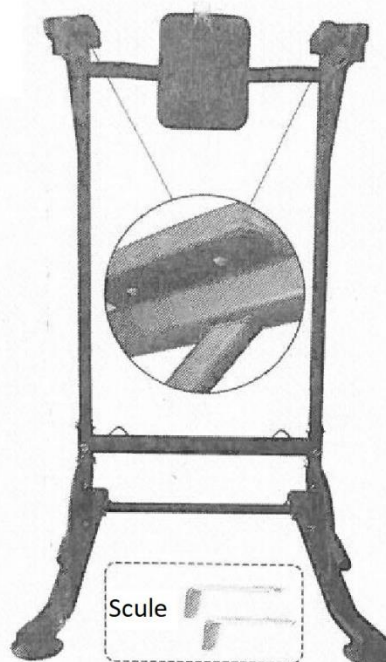
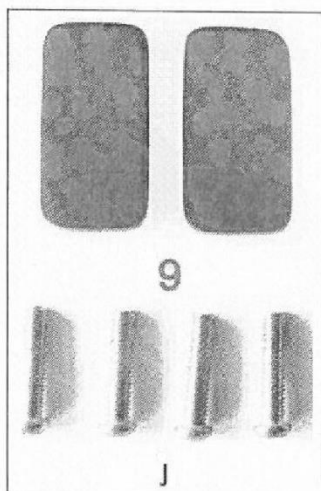


Asamblare pasul 4



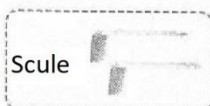
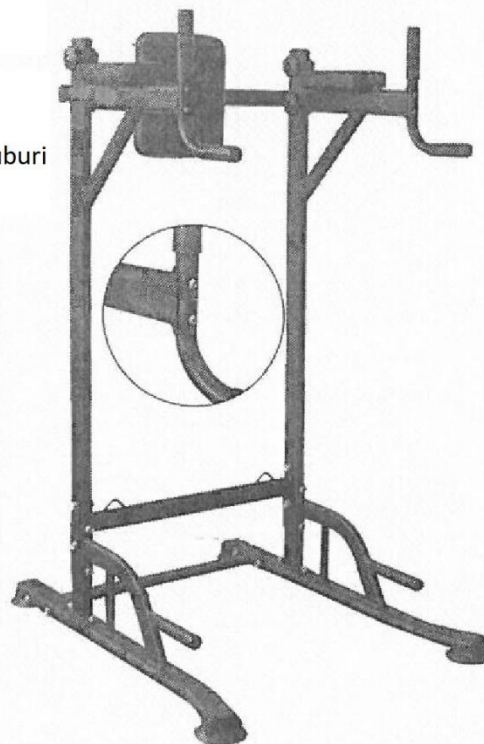
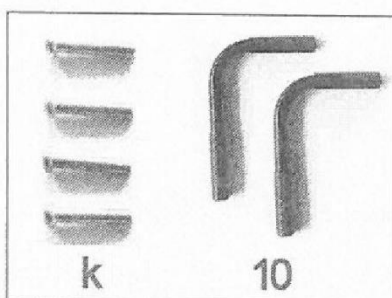
Asamblare pasul 5

1. Montati suporturile de coate (9) pe barele principale (1) si securizati-le cu surburile (j) 2 pentru fiecare suport.



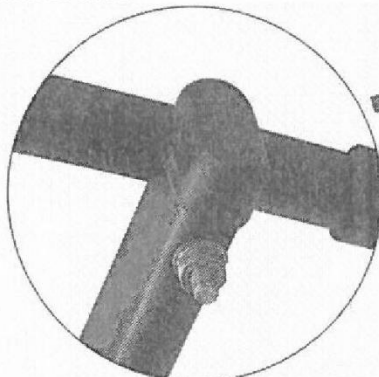
Asamblare pasul 6

1. Montati manerele pentru barele paralele (10) in suportii de pe barele principale (1) si securizati-le cu 4 suruburi (k) cate 2 pentru fiecare maner.

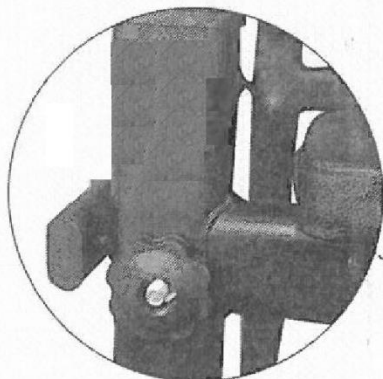


Asamblare pasul 7

ATENȚIE: Verificați ca toate suruburile să fie bine stranse.



1. Montați bara de tracțiuni(5) pe barele de ajustare înălțime(2) și prindeți-le cu 2 suruburile 8*85 (h), 2 saibe și 2 piulite.



2. Introduceți barele de ajustare înălțime în barele principale, ajustați-le la înălțimea dorită și securizați-le cu suruburile de ajustare (d și c)

