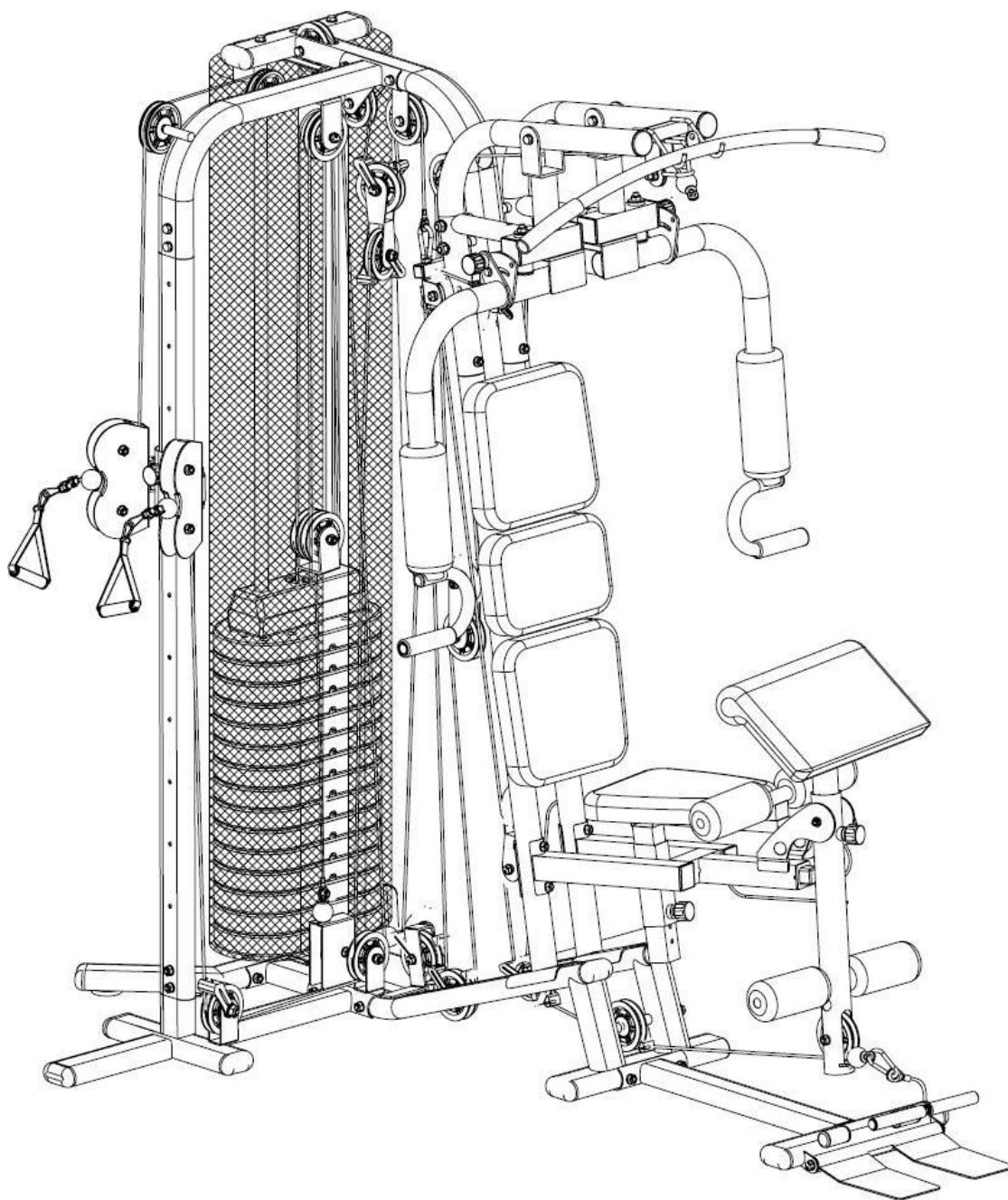




Manualul Utilizatorului – RO
IN 18401 –Aparat multifunctional ProfiGym C100



Instructiuni de Siguranta



- Pentru a asigura o buna siguranta utilizatorului, verificati periodic aparatul de defecte aparute sau piese uzate.
- Daca cedati aparatul unei alte persoane sau daca permiteti altei persoana sa-l foloseasca, asigurati-va ca aceasta persoana este familiarizata cu continutul si instructiunile de siguranta.
- Doar o singura persoana ar trebui sa foloseasca aparatul la un moment dat
- Inainte de prima utilizare si periodic asigurati-va ca toate suruburile, piulitele si alte articulatii sunt stranse corespunzator si asezat ferm.
- Inainte sa incepeti exercitiile, indepartati toate obiectele ascutite din jurul aparatului.
- Utilizati aparatul pentru exercitii, numai daca acesta functioneaza impecabil.
- Orice parte rupta, uzata sau defecta trebuie inlocuita imediat si /sau aparatul trebuie sa nu mai fie folosit pana la repararea si intretinerea sa in mod corespunzator.
- Parintii si alte persoane de supraveghere ar trebui sa fie constienti de responsabilitatea lor, din cauza unor situatii care pot aparea urmare a instinctului natural de joaca sau experimentare al copiilor, dar pentru care aparatul nu a fost conceput .
- Daca permiteti copiilor sa utilizeze acest aparat, asigurati-va ca ati luat in considerare si evaluat starea si dezvoltarea lor psihica si fizica, precum si mai presus de toate temperamentul lor. Copiii ar trebui sa foloseasca aparatul numai sub supravegherea unui adult si sa fie instruiti cu privire la utilizarea corecta si adecvata. Acest aparat nu este o jucarie.
- Asigurati-va ca exista spatiu liber suficient in jurul aparatului atunci cand il amplasati.
- Pentru a evita posibilele accidente, nu lasati copiii sa se apropie de aparat fara supraveghere.
- Va rugam sa retineti ca exercitiile incorect executate sau excesive poate fi daunatoare pentru sanatatea dumneavoastra.
- Va rugam sa retineti ca parghii si alte mecanisme de ajustare nu sunt proeminente in zona de miscare in timpul exercitiilor.
- La constituirea aparatului, asigurati-va ca este montat in picioare intr-un mod stabil si ca podeaua nu are nici o denivelare.
- Purtati intotdeauna haine si incaltaminte care sunt potrivite pentru exercitiile dumneavoastra. Hainele trebuie sa fie concepute intr-un mod, astfel incat acestea nu vor fie prinse in orice parte a aparatului in timpul exercitiilor datorita formei lor (de exemplu, lungime). Asigurati-va ca purtati incaltaminte adecvata, care este potrivita pentru exercitii, si sustine cu fermitate in pozitie si care este prevazuta cu o talpa anti-alunecare.
- Este bine sa consultati un medic inainte de a incepe orice program de exercitii fizice. El va poate da indicii si sfaturi adecvate in ceea ce priveste frecventa exercitiilor, intensitatea si durata potrivite pentru dumneavoastra, la fel de bine ca si pentru obiceiurile alimentare.

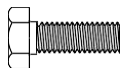
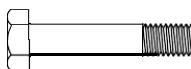
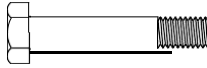
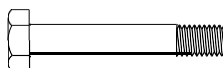
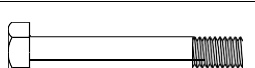
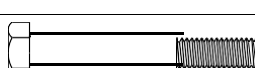
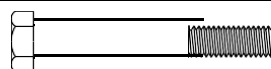
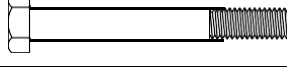
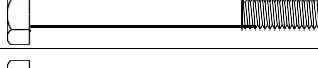
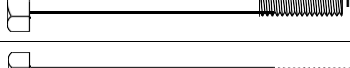
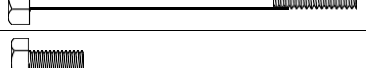


Note Importante















- Asamblati aparatul conform instructiunilor de montaj si asigurati-va ca utilizati numai piesele furnizate cu aparatul si destinate pentru acesta. Inainte de asamblare, verificati daca pachetul livrat este complet prin referire la lista de piese din instructiunile de asamblare si utilizare.
- Asigurati-va ca instalati aparatul intr-un loc uscat si drept. Intotdeauna trebuie protejat de umiditate. Daca doriti sa protejati locul in special impotriva punctelor de presiune, contaminare, etc, este recomandat sa puneti un material potrivit non-alunecare sub aparat.
- Regula generala este ca aparatele si dispozitivele de antrenament nu sunt jucarii. Prin urmare, ele trebuie sa fie utilizate numai de catre persoane informate sau instruite in mod corespunzator.
- Opriti exercitiul imediat in caz de ameteala, greata, durere toracica sau orice alte simptome fizice. In caz de dubiu, consultati imediat medicul.
- Copiii si persoanele cu handicap ar trebui sa utilizeze aparatul numai sub supraveghere si in prezenta unei alte persoane care poate acorda sprijin si instructiuni utile.
- Asigurati-va ca membrele corpului tau si cele ale altor persoane nu sunt niciodata in apropierea oricarei piese aflate in miscare a aparatului in timpul utilizarii sale.
- Cand reglati partile reglabile, asigurati-va ca acestea sunt reglate corect fara a depasi pozitia maxima de reglare.
- Nu dacetii exercitii imediat dupa ce at mancat!

LISTA DE VERIFICARE (CONTINUTUL PACHETULUI)

1	x1	2	x1	3	x1	4	x1	5	x1																		
6	x1	7	x1	8	x1	9	x1	10	x1	11	x1	12	x1	13	x1												
14	x1	15	x1	16	x1	17	x1	18	x1	19	x2	20	x1	21	x1	22	x1										
		24	x1	25	x2	31	x1	32	x1	37	x2	38	x2	39	x2	41	x1										
		43	x1	44	x2	45	x2	46	x2	47	x2	48	x2	49	x1	50	x2	51	x2								
52	x2	53	x1	54	x1	55	x1	56	x1	57	x1	58	x1	60	x1	61	x2										
62	x36	63	x36	64	x30	65	x2	66	x6	67	x1	68	x1	69	x1	70	x6	71	x4								
72	x2	73	x2	74	x1	75	x1	76	x1		x1		x4	79	x1	80	x1	81	x1								
82	x15	83	x1	84	x1	85	x1	86	x2	87	x1	88	x2	89	x6	90	x14	91	x131	92	x4	96	x2		x1		x2

SET DE SURUBURI

115		M10*25L	x8
104		M10*50L	x7
105		M10*55L	x6
106		M10*60L	x16
107		M10*65L	x6
108		M10*70L	x6
111		M10*75L	x1
109		M10*80L	x6
116		M10*90L	x1
101		M10*95L	x4
110		M10*100L	x8
125		M6*15L	x14
99		D25*D8.5*2T	x2

112		M12*251L	x2
135		D14*D6.5*0.8T	x26
134		D18*D8.5*1.2T	x20
131		D20*D11*2T	x129
132		D24*2.5T	x4
140		M6*6T	x12
141		M10*10T	x64
142		M12*12T	x4
122		M5*10L	x4
124		M8*15L	x20
121		M8	x4
93		D29*D10.2*9T	x2
94		D20*D14*20T	x2
95		D20*D14*27.5T	x2

INSTRUCTIUNI DE ASAMBLARE: PASUL 1







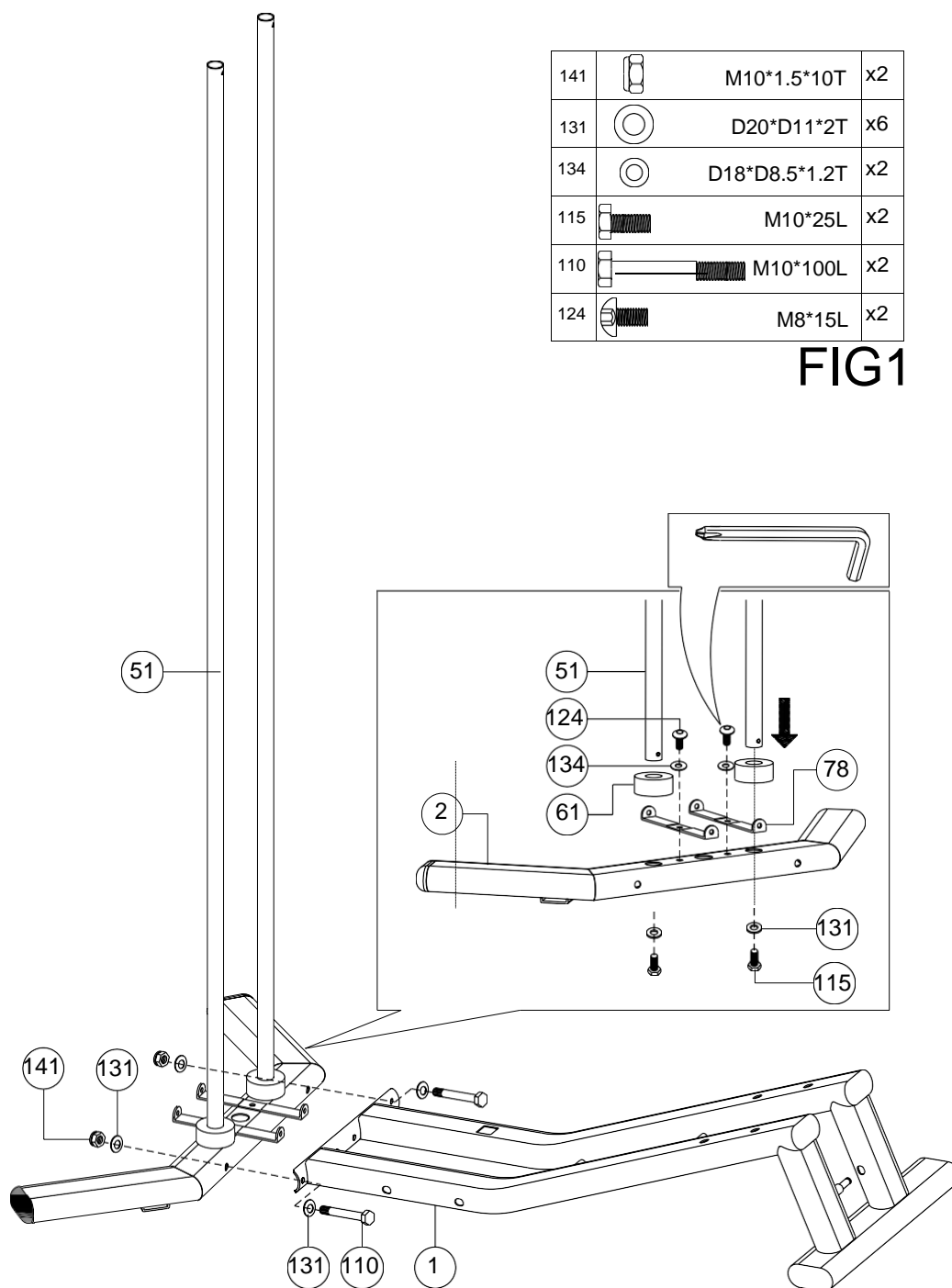
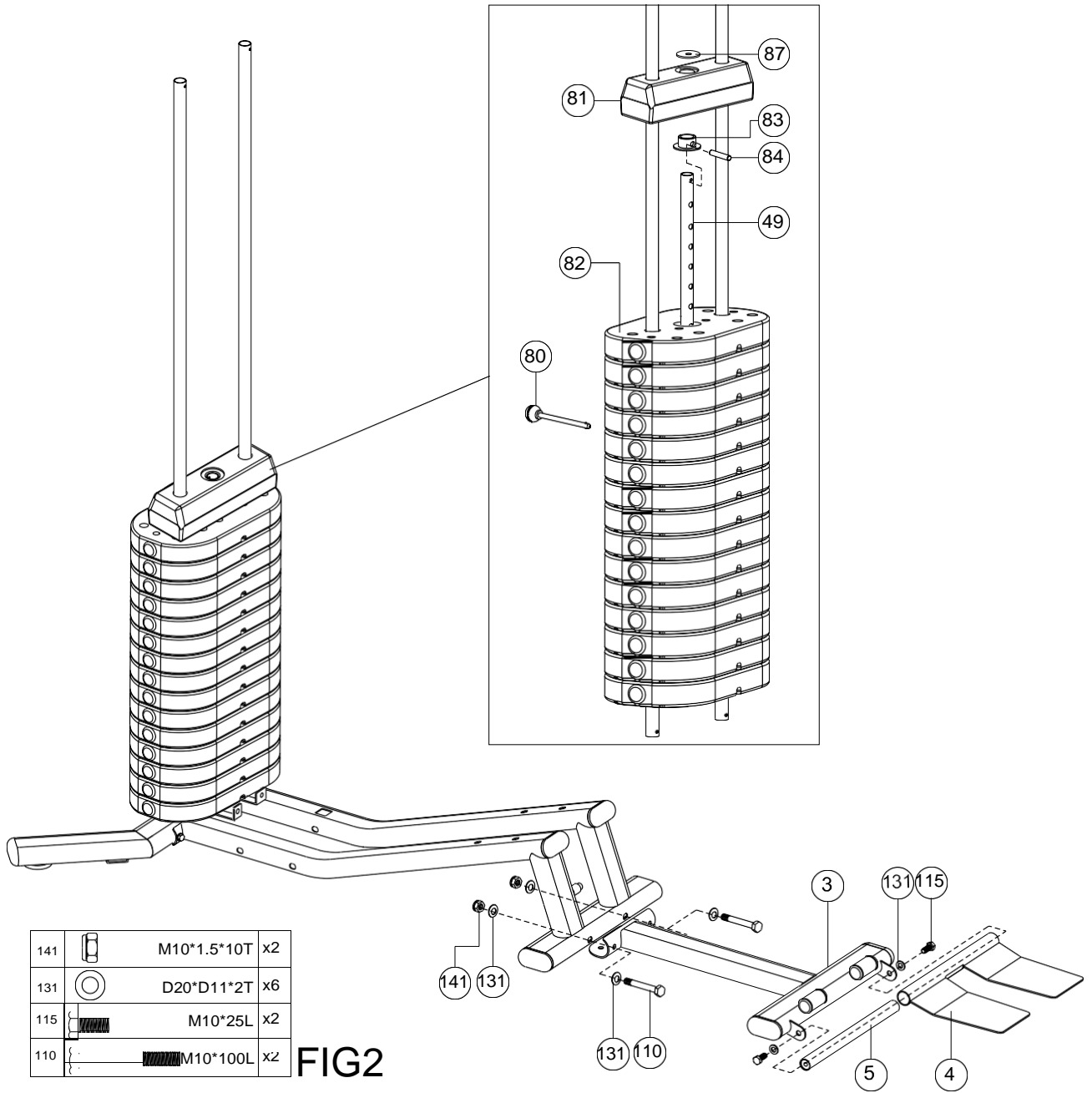
141		M10*1.5*10T	x2
131		D20*D11*2T	x6
134		D18*D8.5*1.2T	x2
115		M10*25L	x2
110		M10*100L	x2
124		M8*15L	x2

FIG1



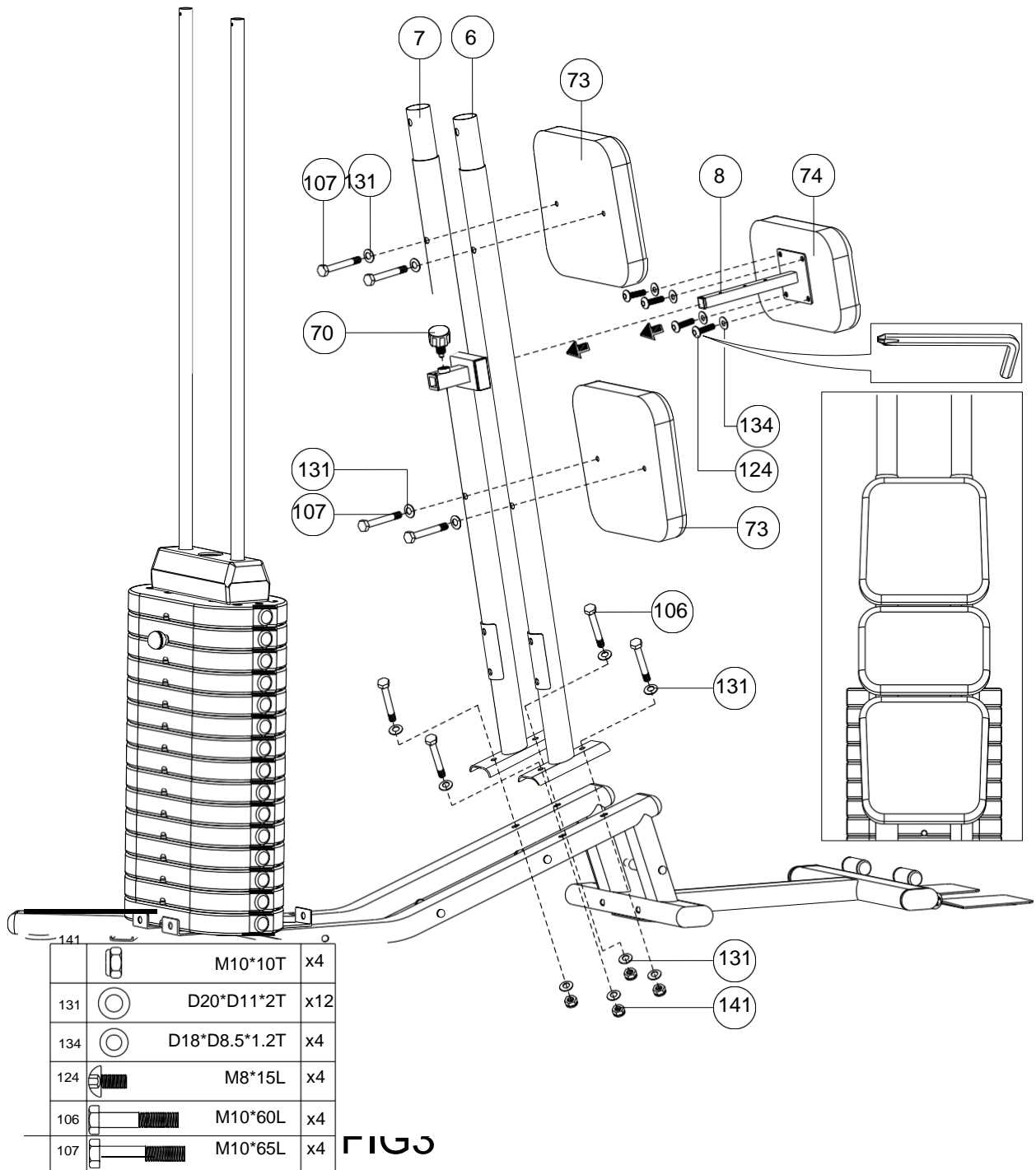
PASUL 2



141		M10*1.5*10T	x2
131		D20*D11*2T	x6
115		M10*25L	x2
110		M10*100L	x2

FIG2

PASUL 3



PASUL 4

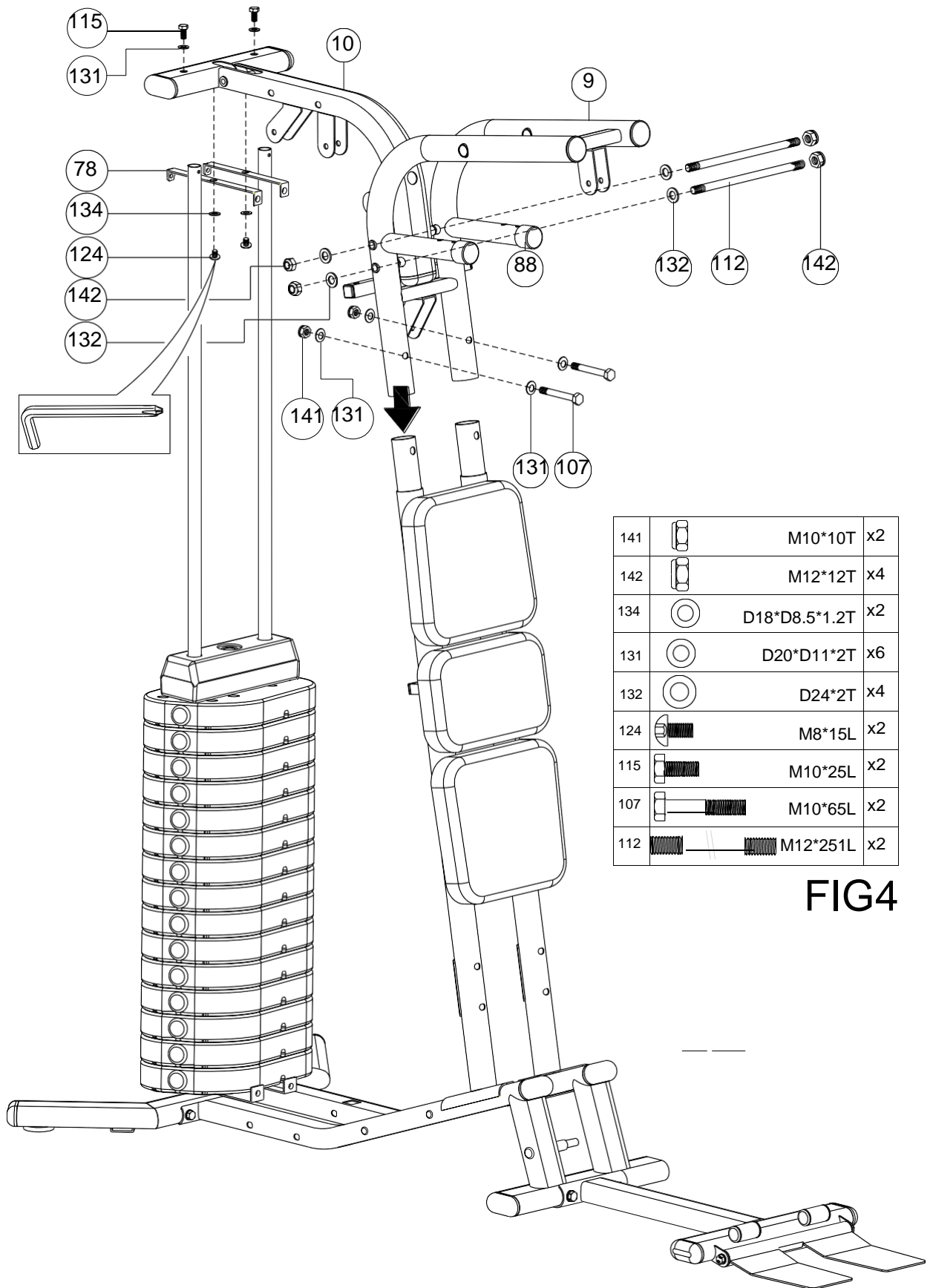









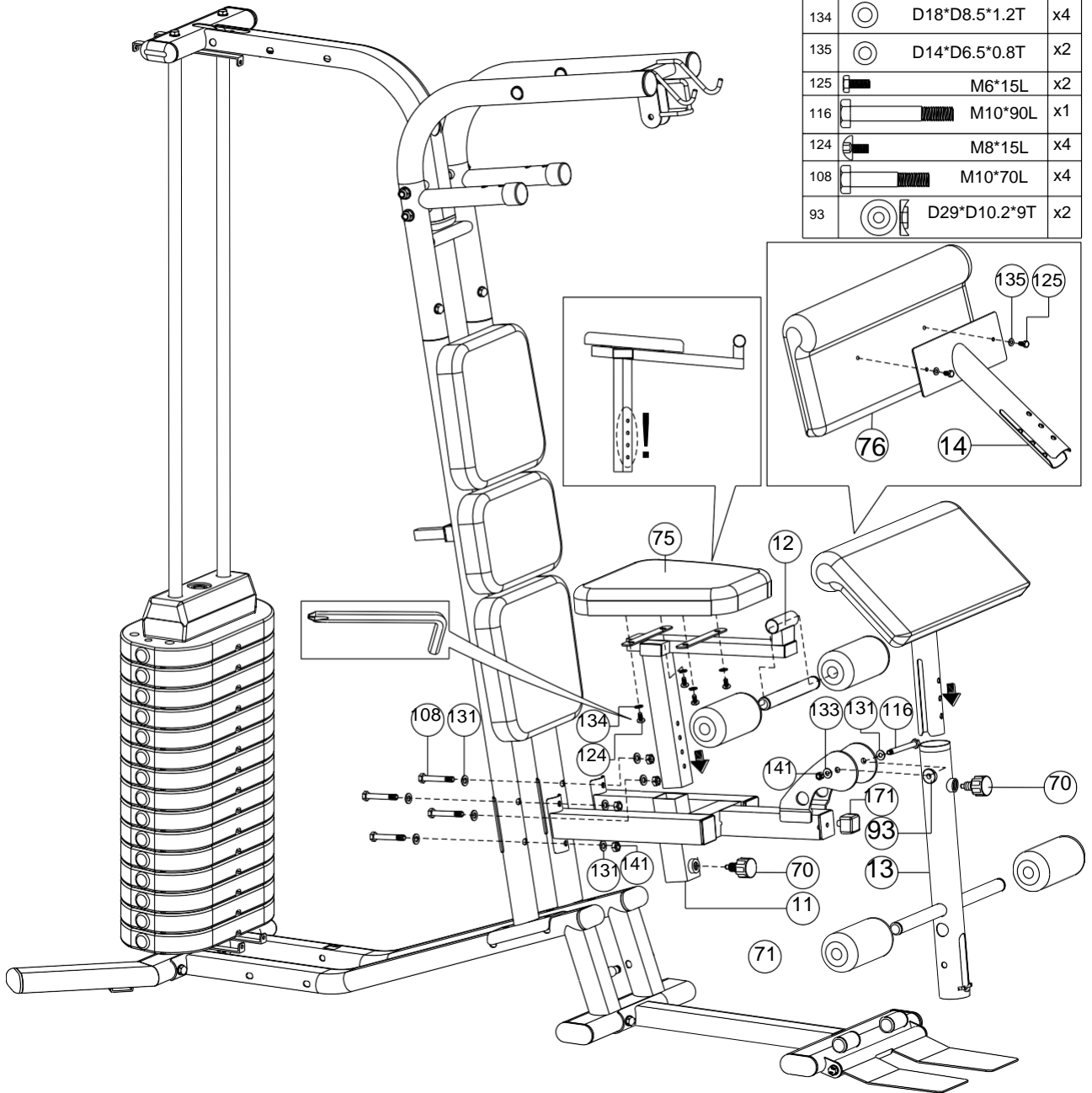


FIG4

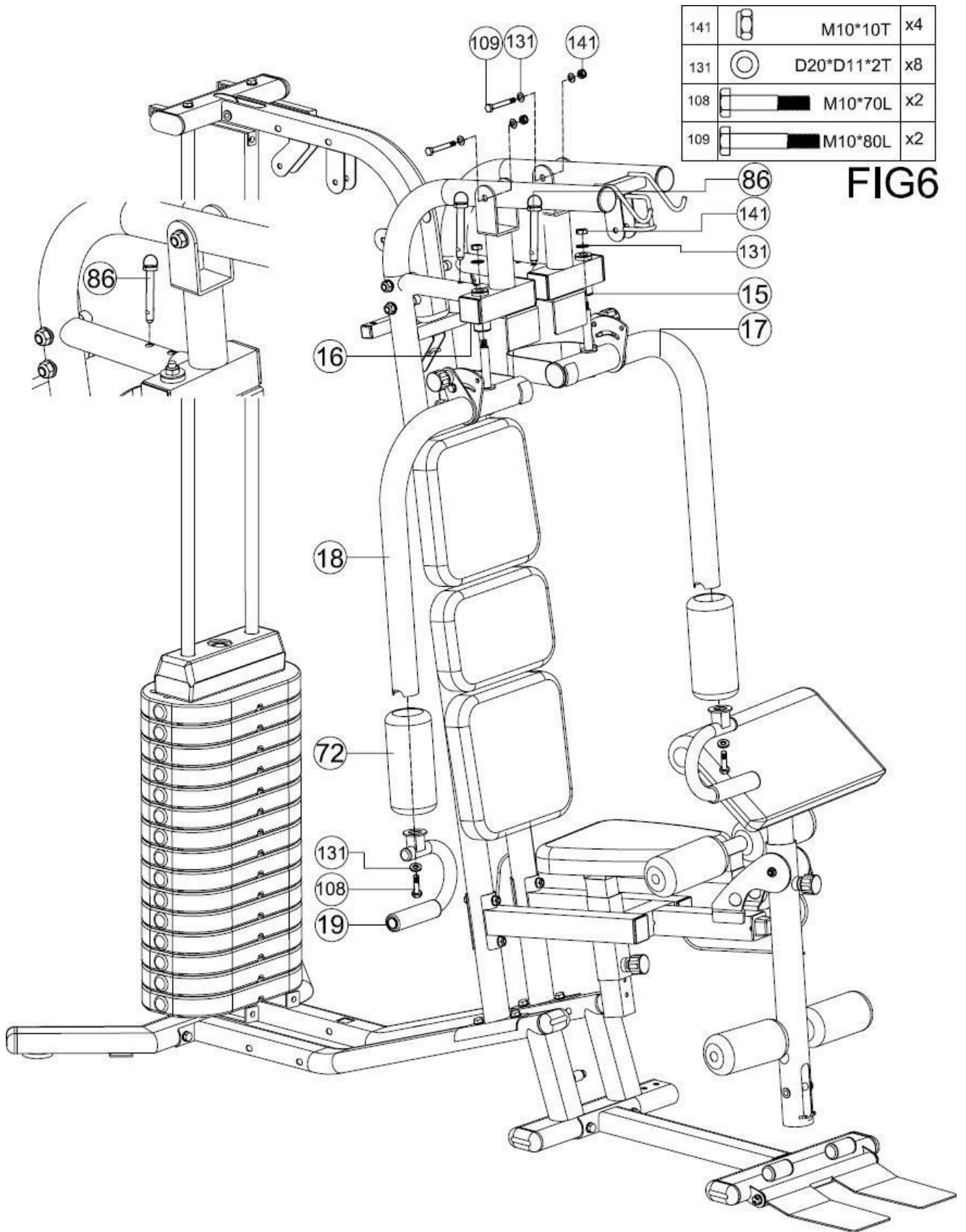
PASUL 5

FIG 5

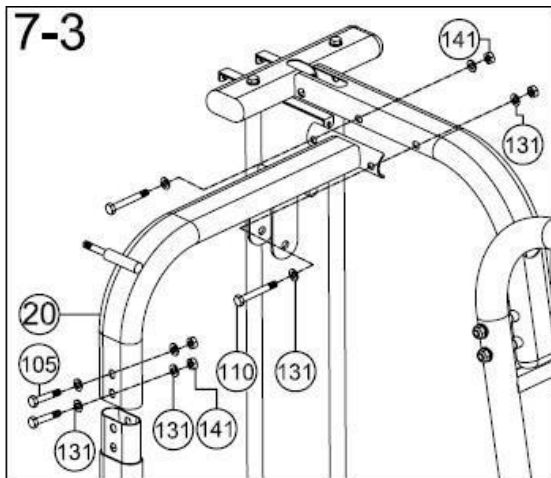
141		M10*10T	x5
131		D20*D11*2T	x10
134		D18*D8.5*1.2T	x4
135		D14*D6.5*0.8T	x2
125		M6*15L	x2
116		M10*90L	x1
124		M8*15L	x4
108		M10*70L	x4
93		D29*D10.2*9T	x2



PASUL 6

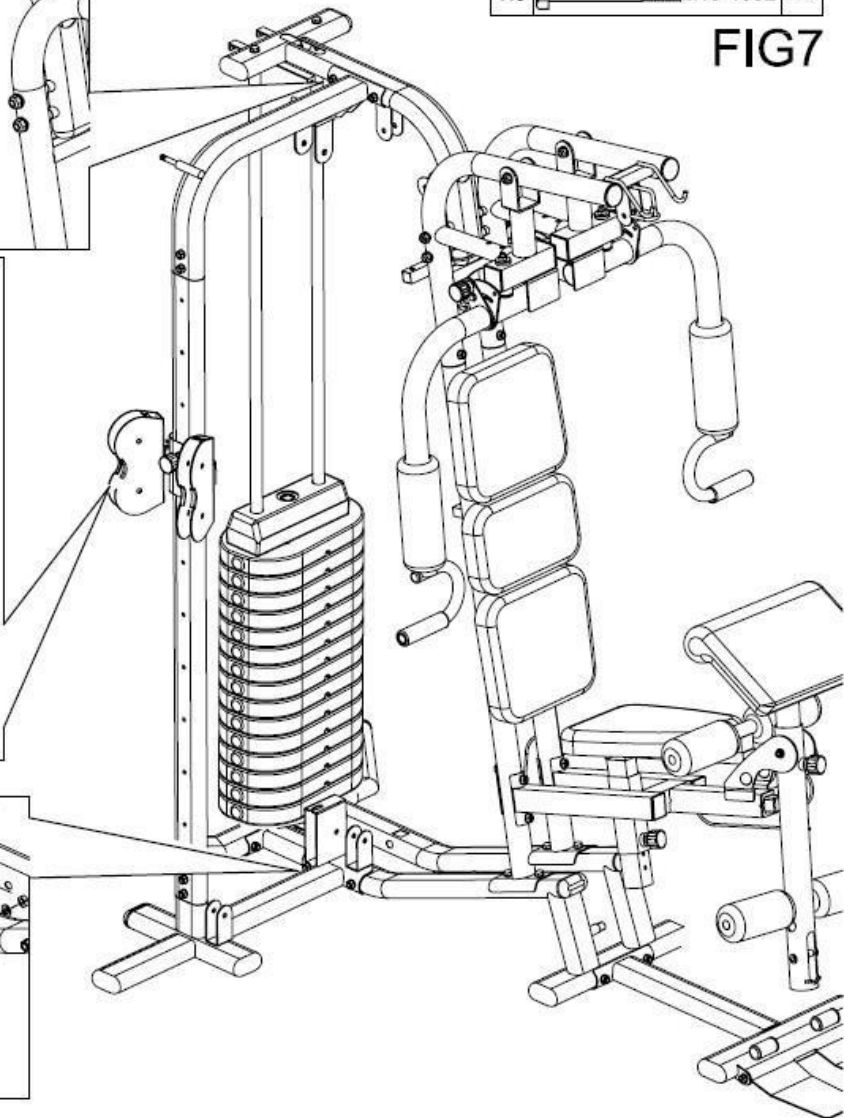
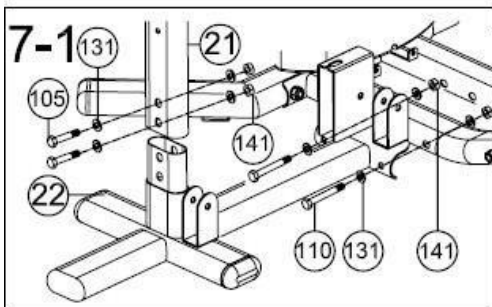
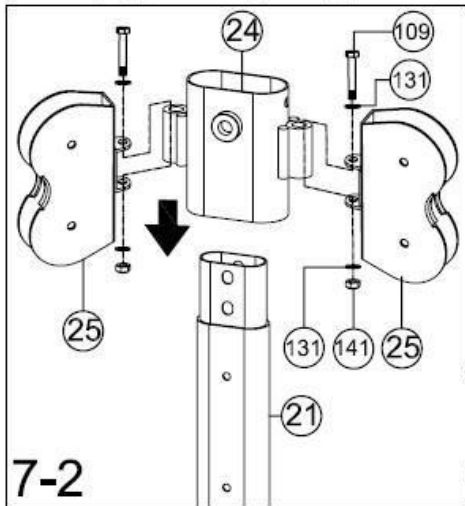


PASUL 7

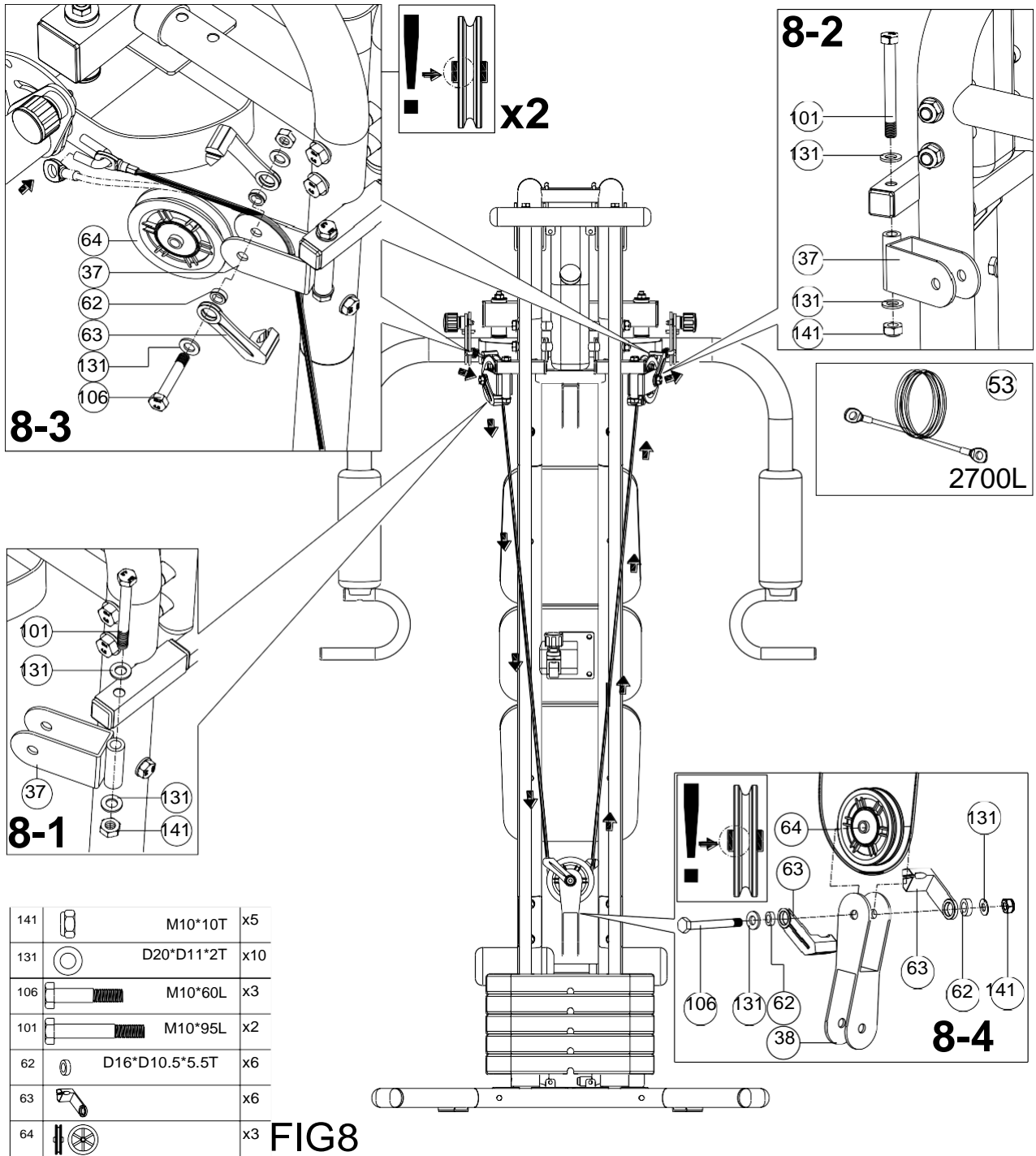


141		M10*1.5*10T	x10
131		D20*D11*2T	x20
105		M10*55L	x4
109		M10*80L	x2
110		M10*100L	x4

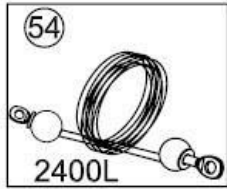
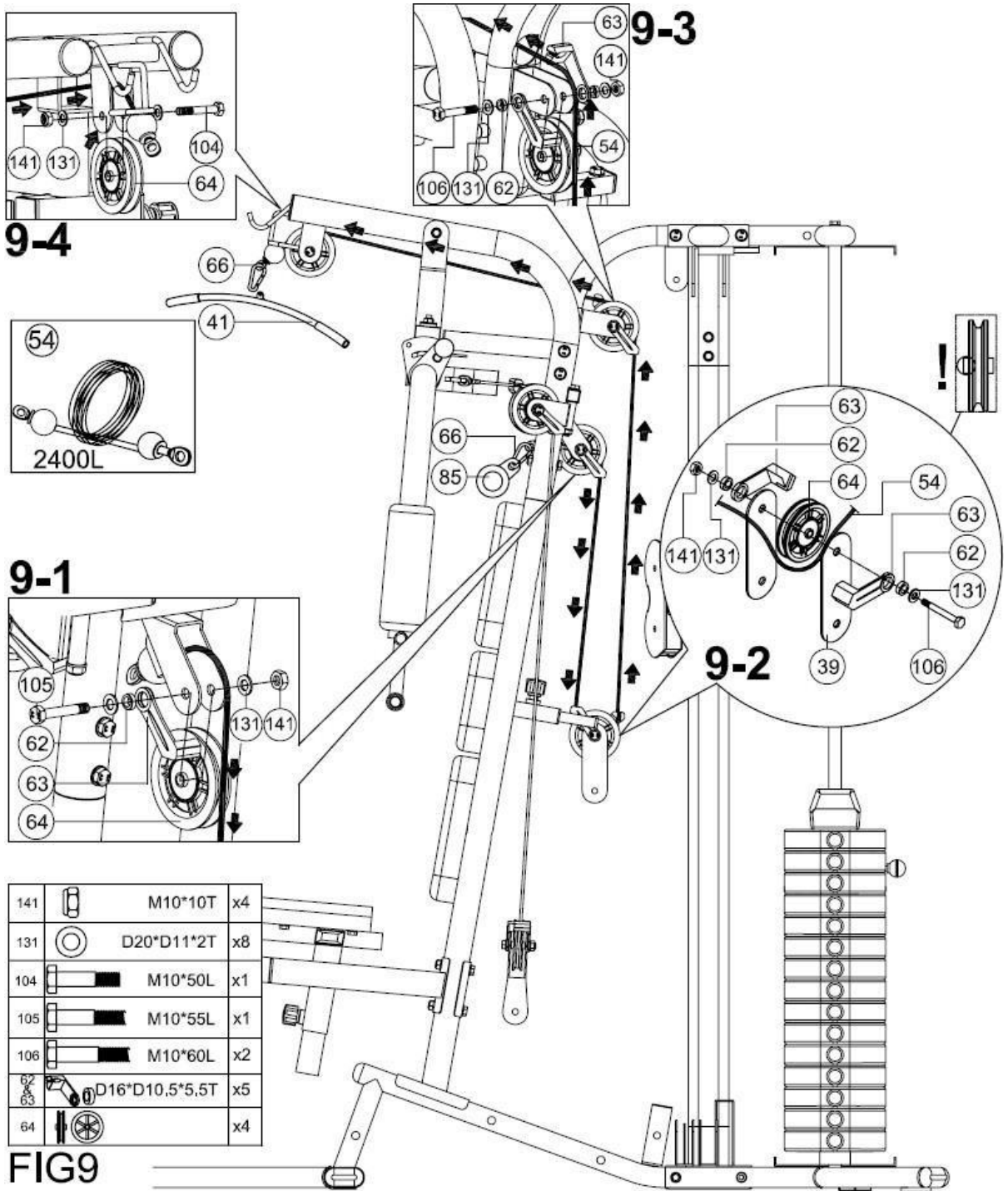
FIG7



PASUL 8



PASUL 9



PASUL 10

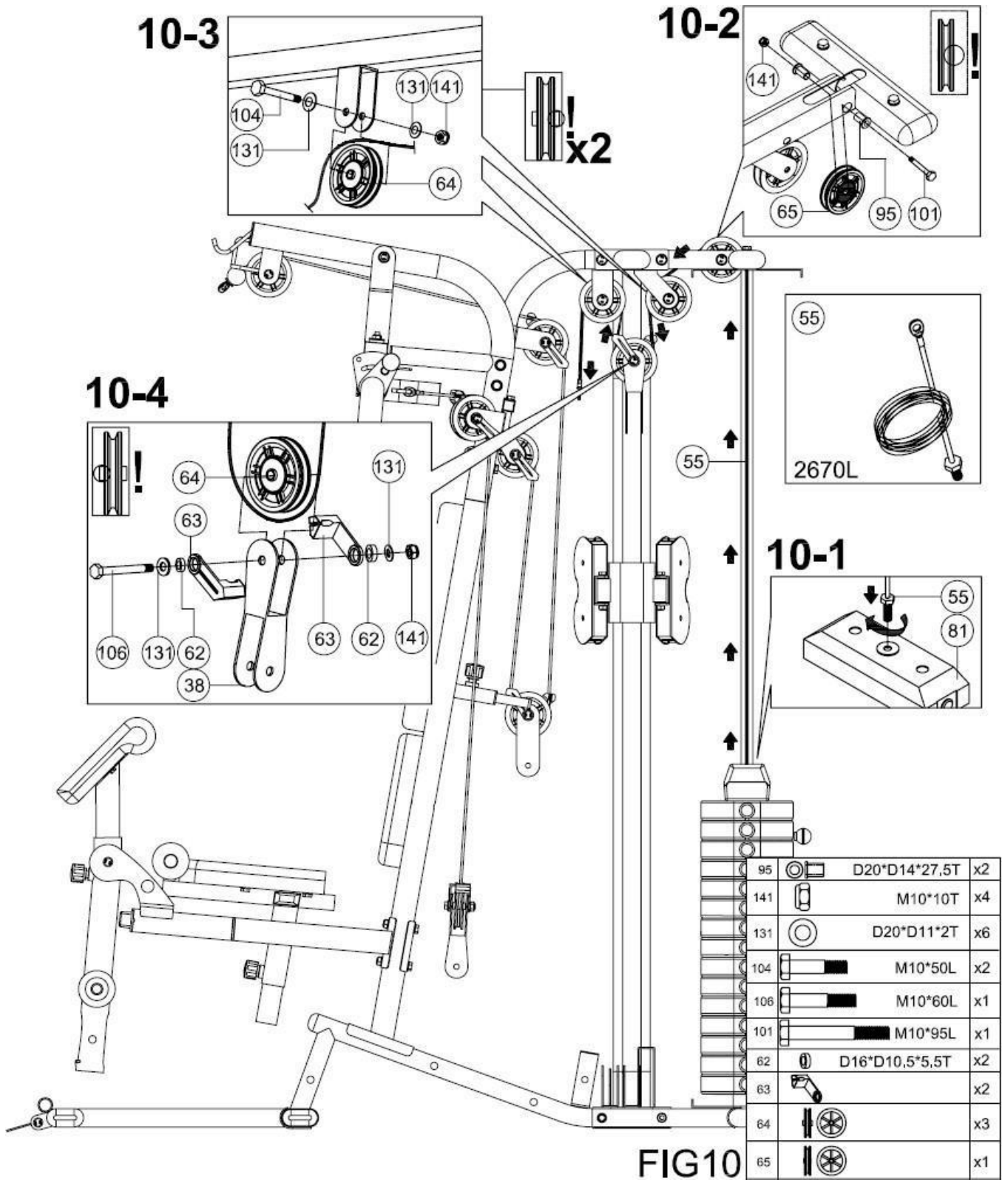


FIG10

PASUL 11










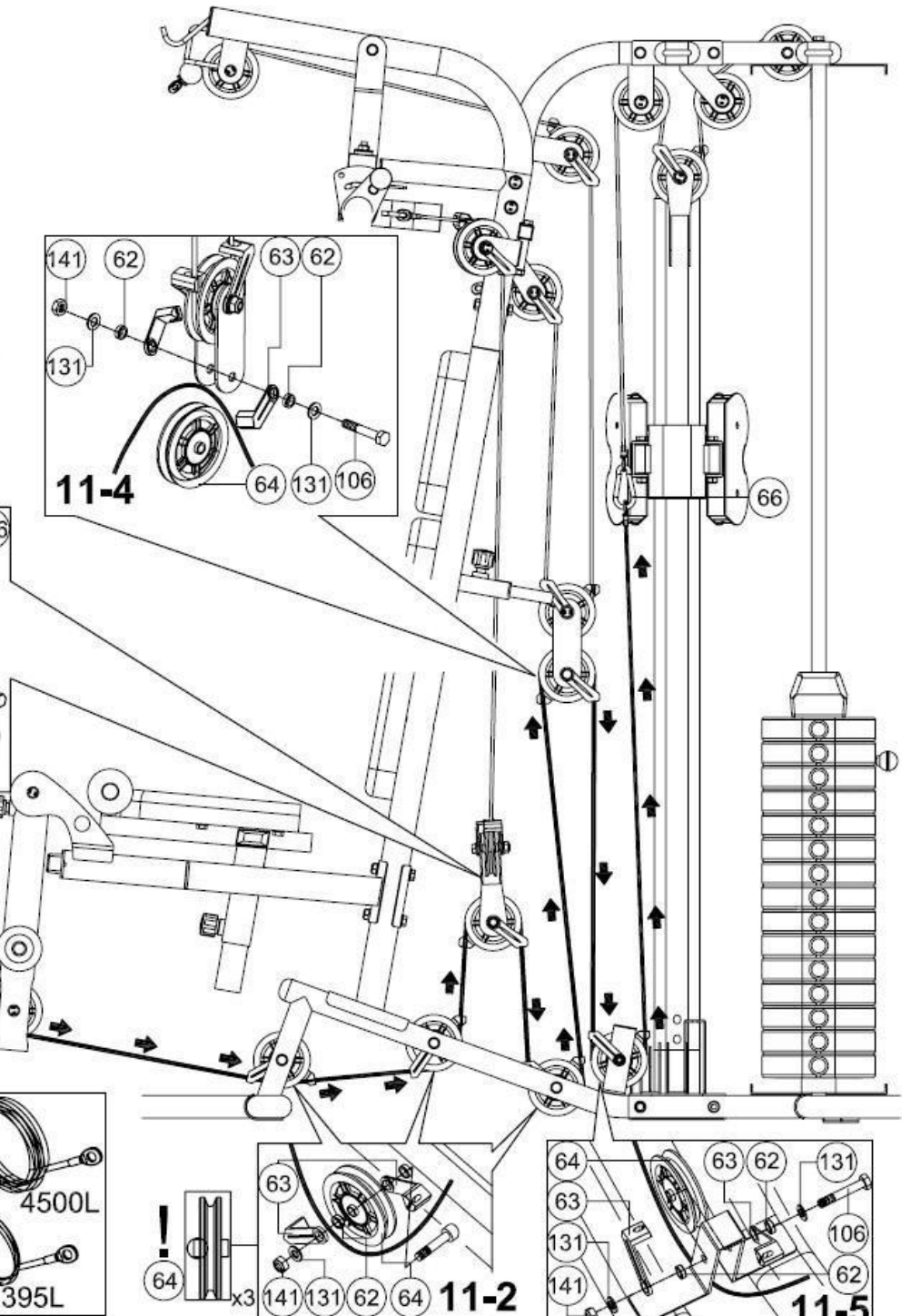
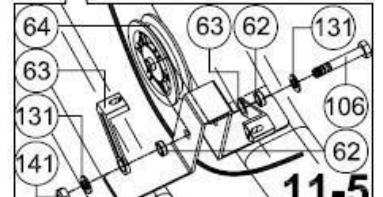
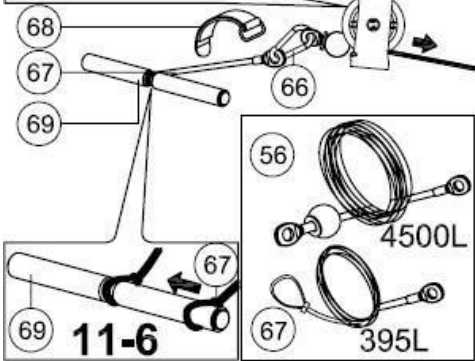
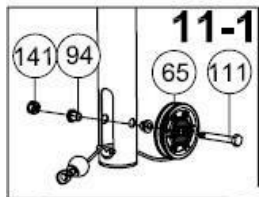
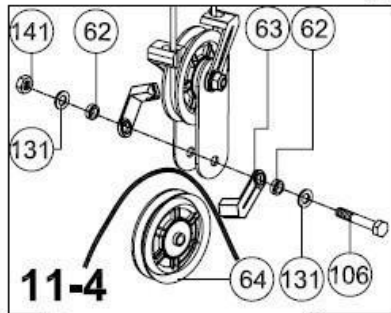
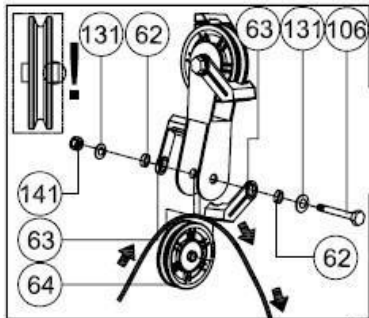
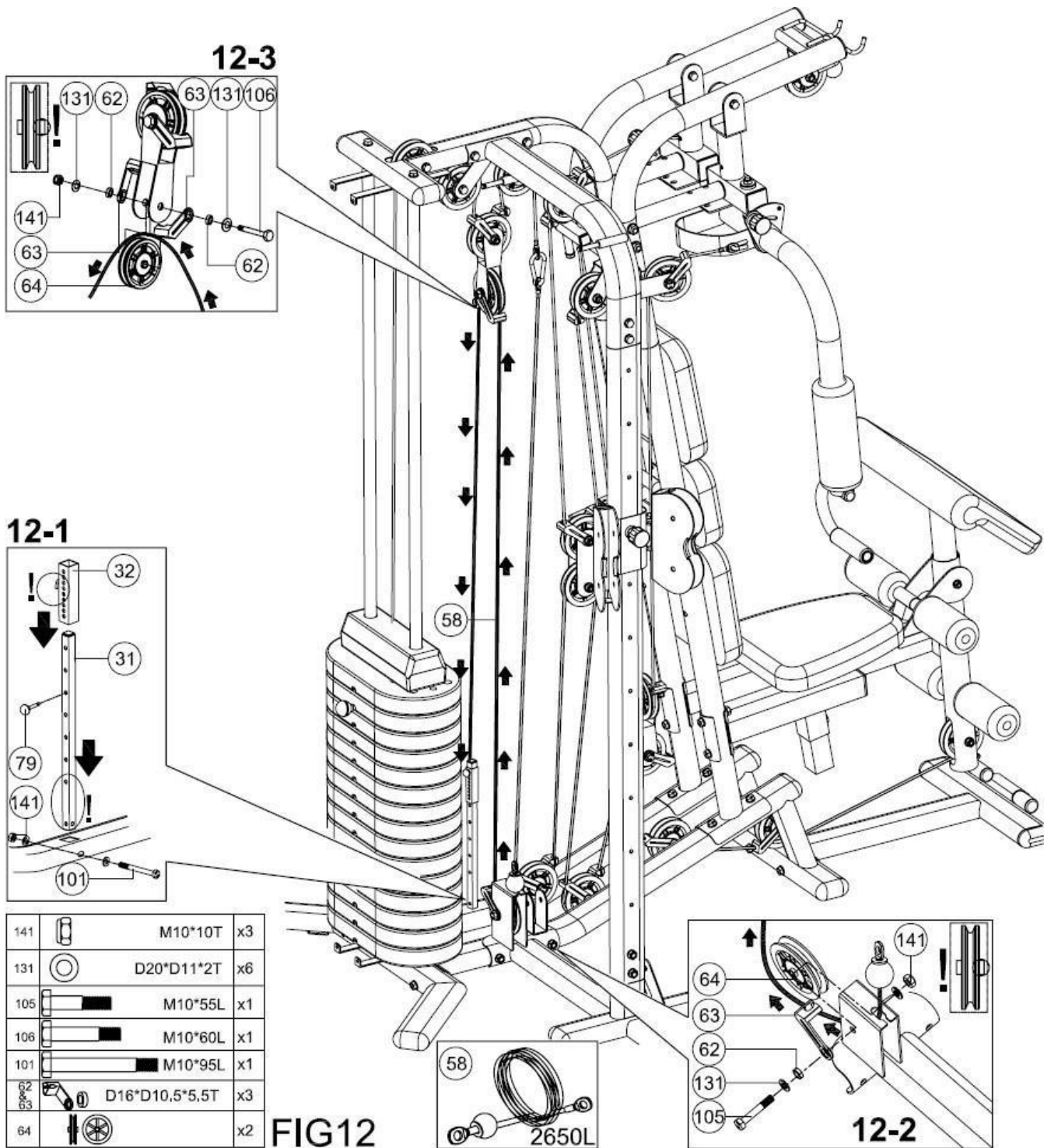
141		M10*10T	x7
131		D20*D11*2T	x9
94		D20*D14*20T	x2
106		M10*60L	x3
111		M10*75L	x1
62		D16*D10,5*5,5T	x12
63			x12
64			x6
65			x1

FIG11

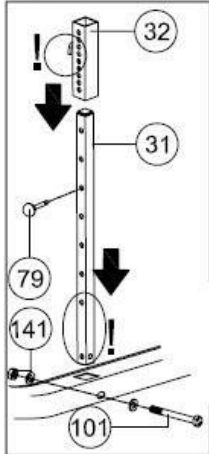
11-3



PASUL 12

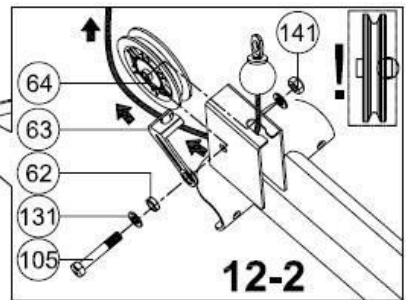
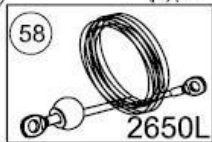


12-1



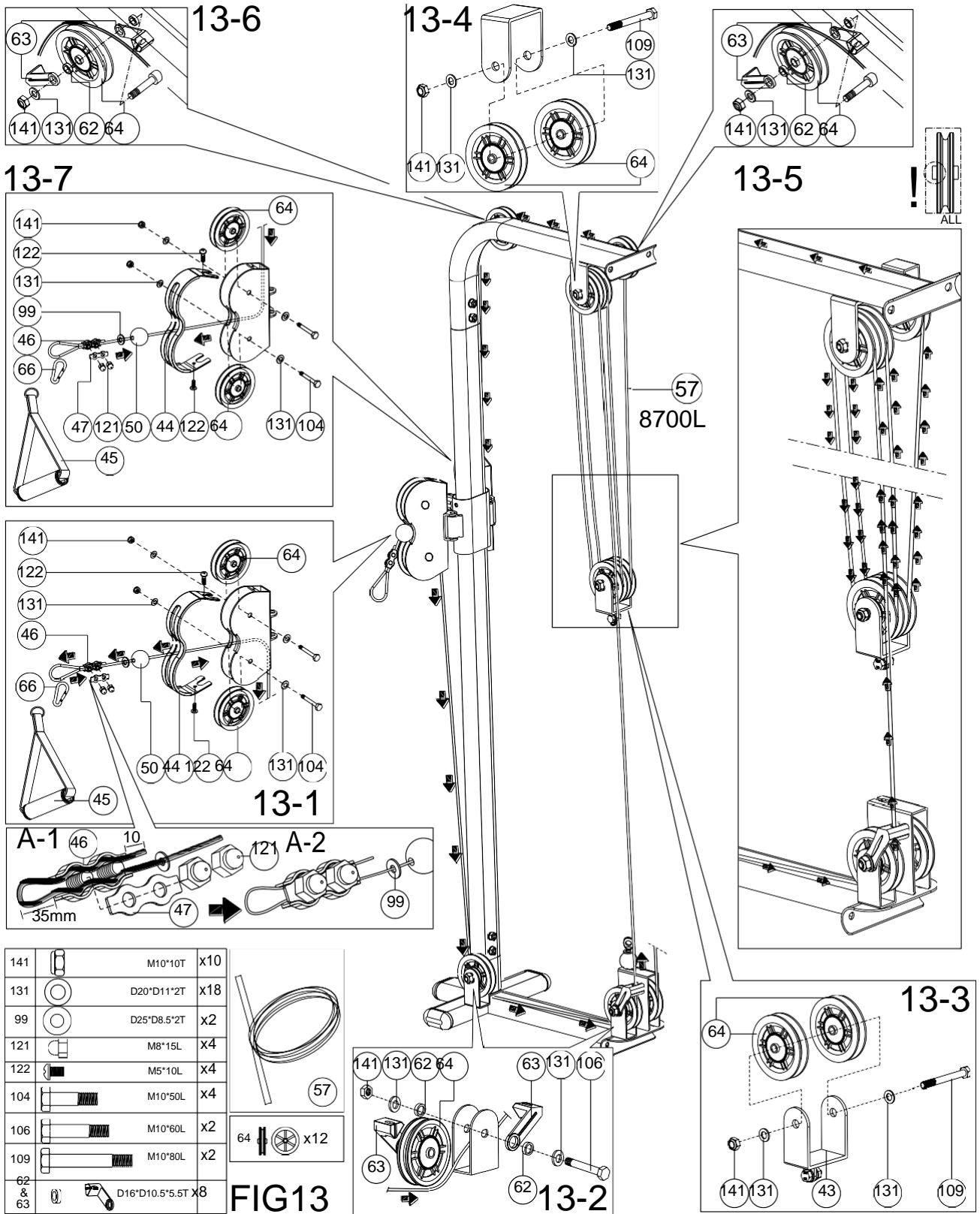
141		M10*10T	x3
131		D20*D11*2T	x6
105		M10*55L	x1
106		M10*60L	x1
101		M10*95L	x1
62 & 63		D16*D10,5*5,5T	x3
64			x2

FIG12



12-2

PASUL 13



PASUL 14

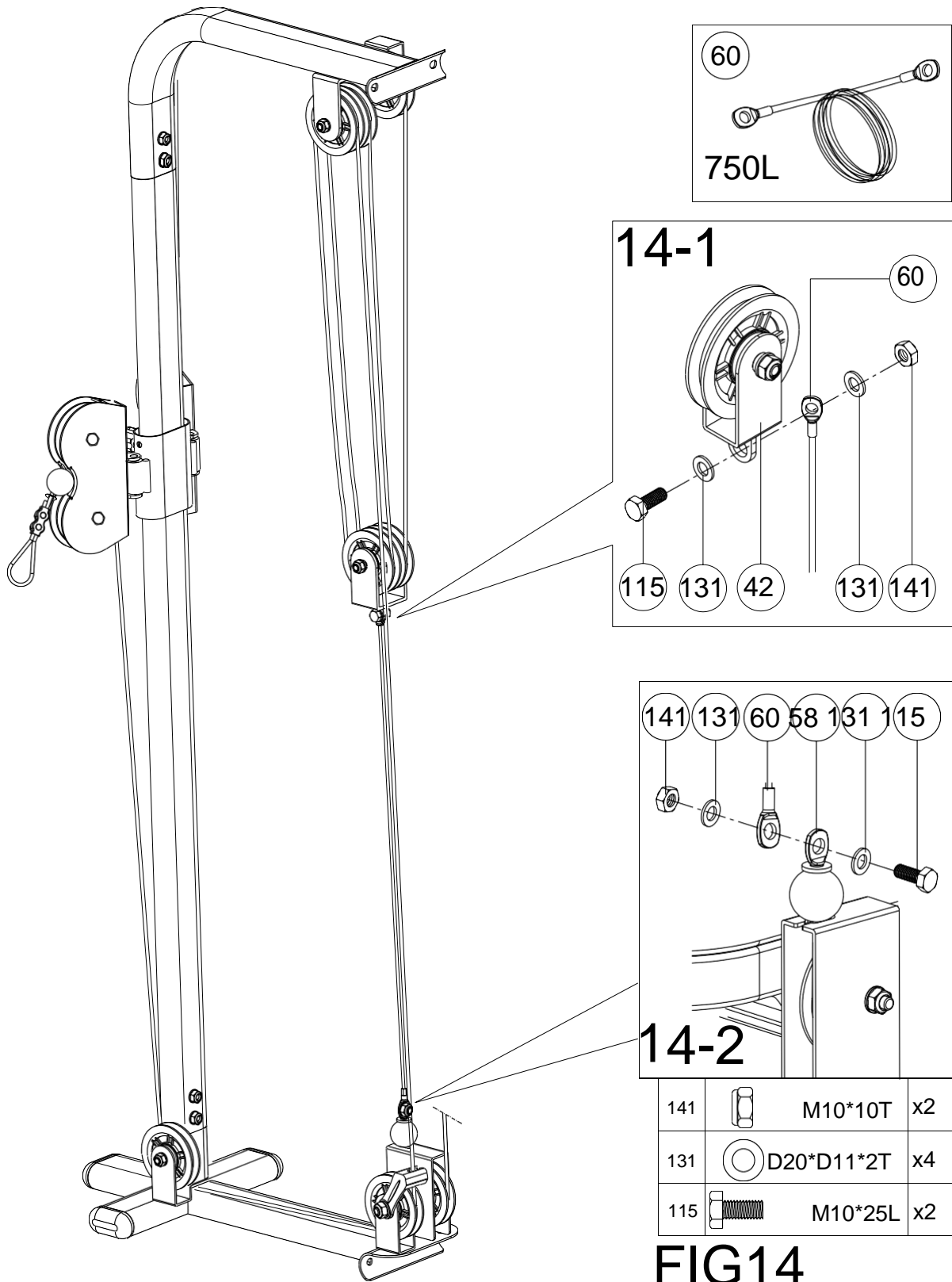





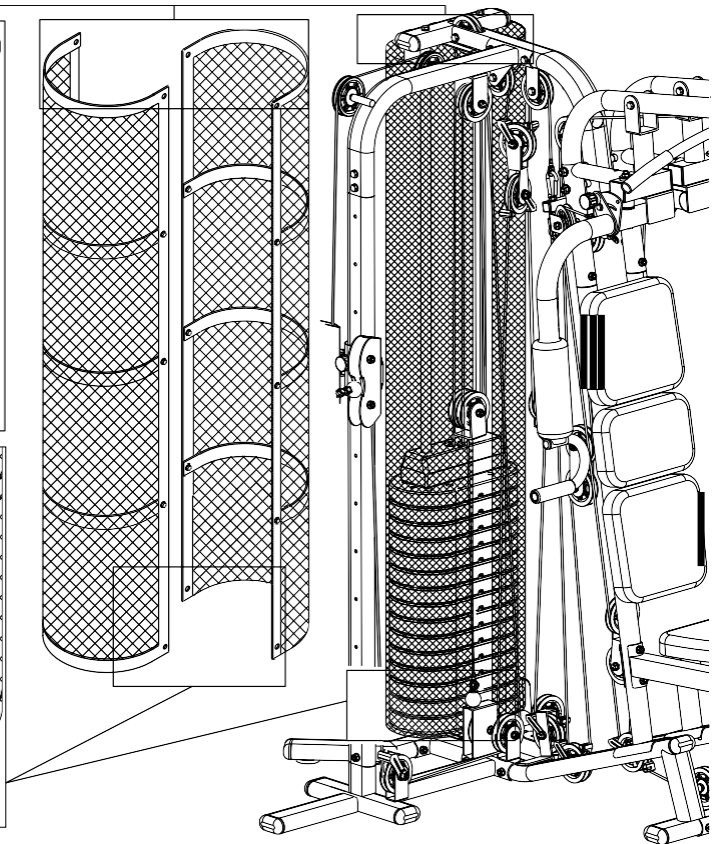
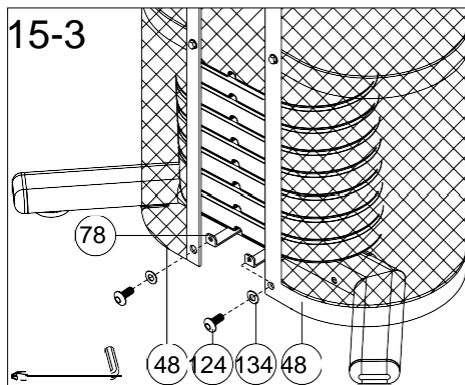
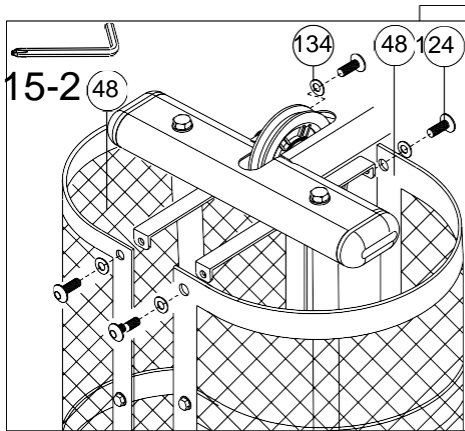
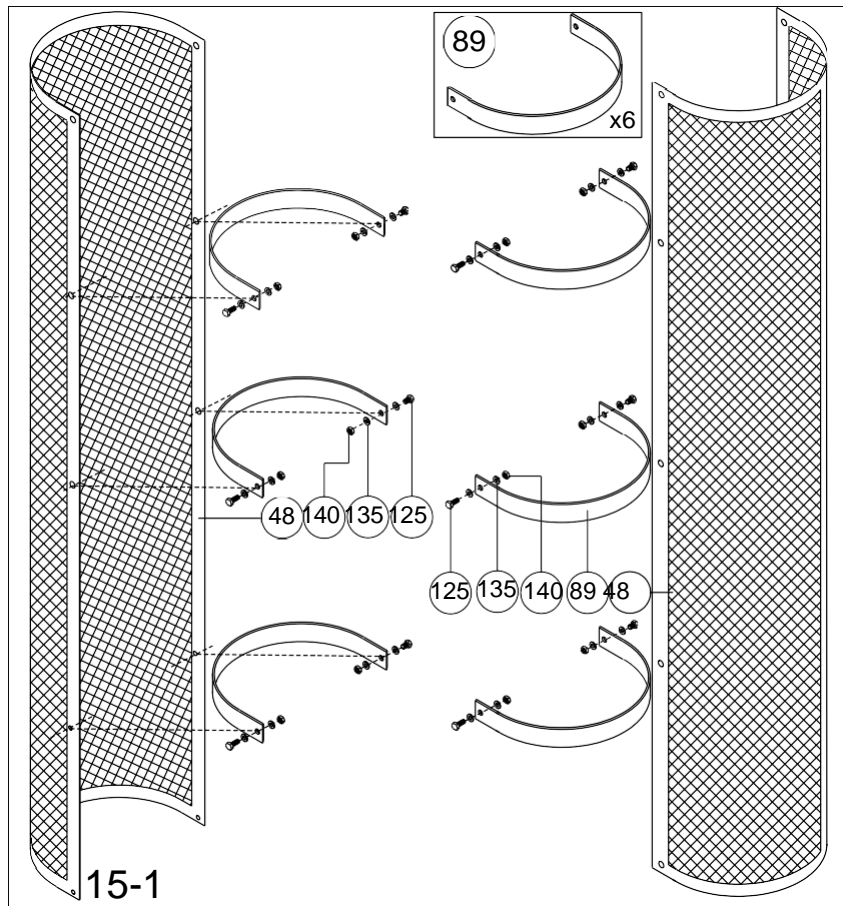


FIG14

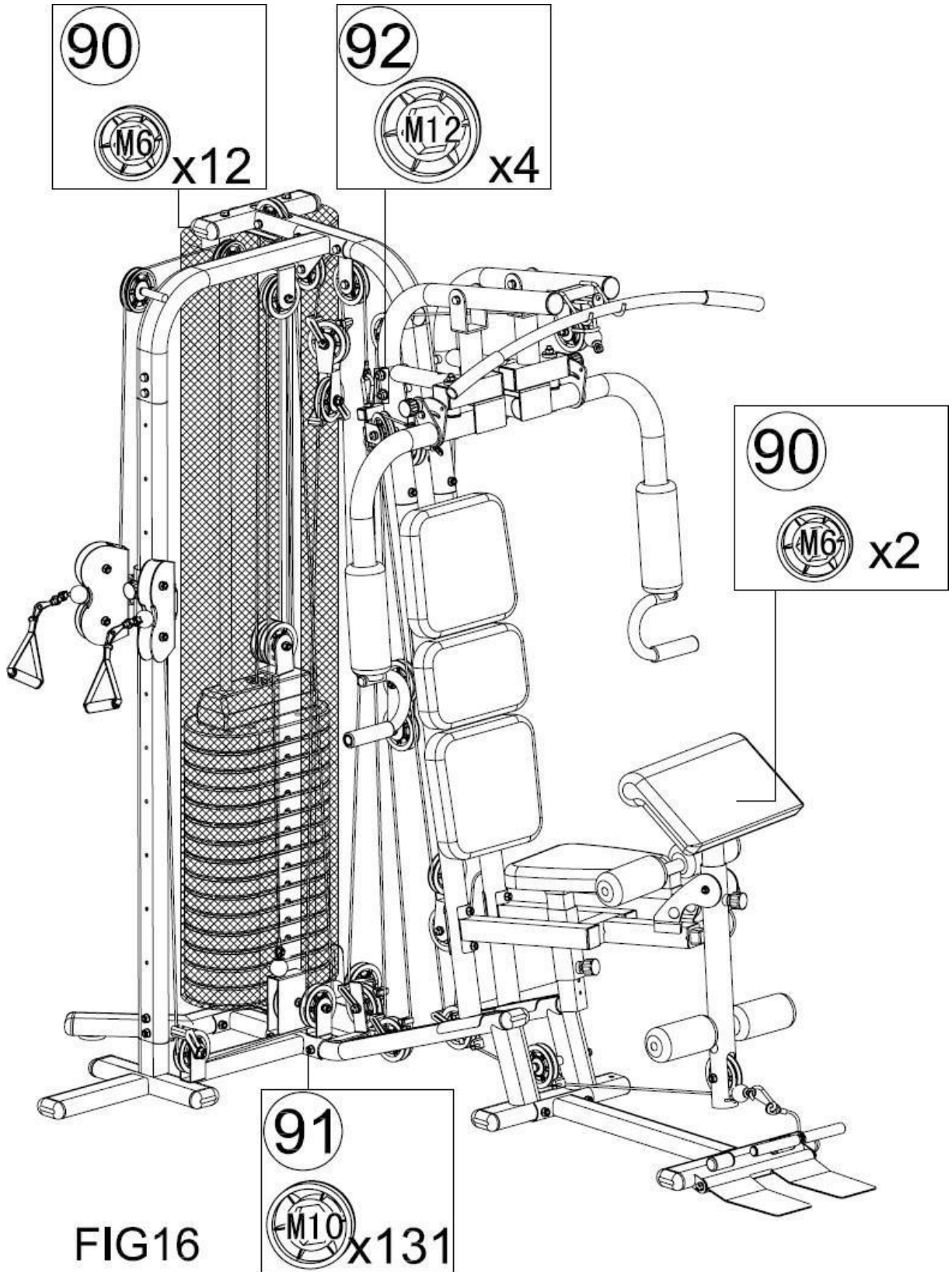
PASUL 15

FIG15

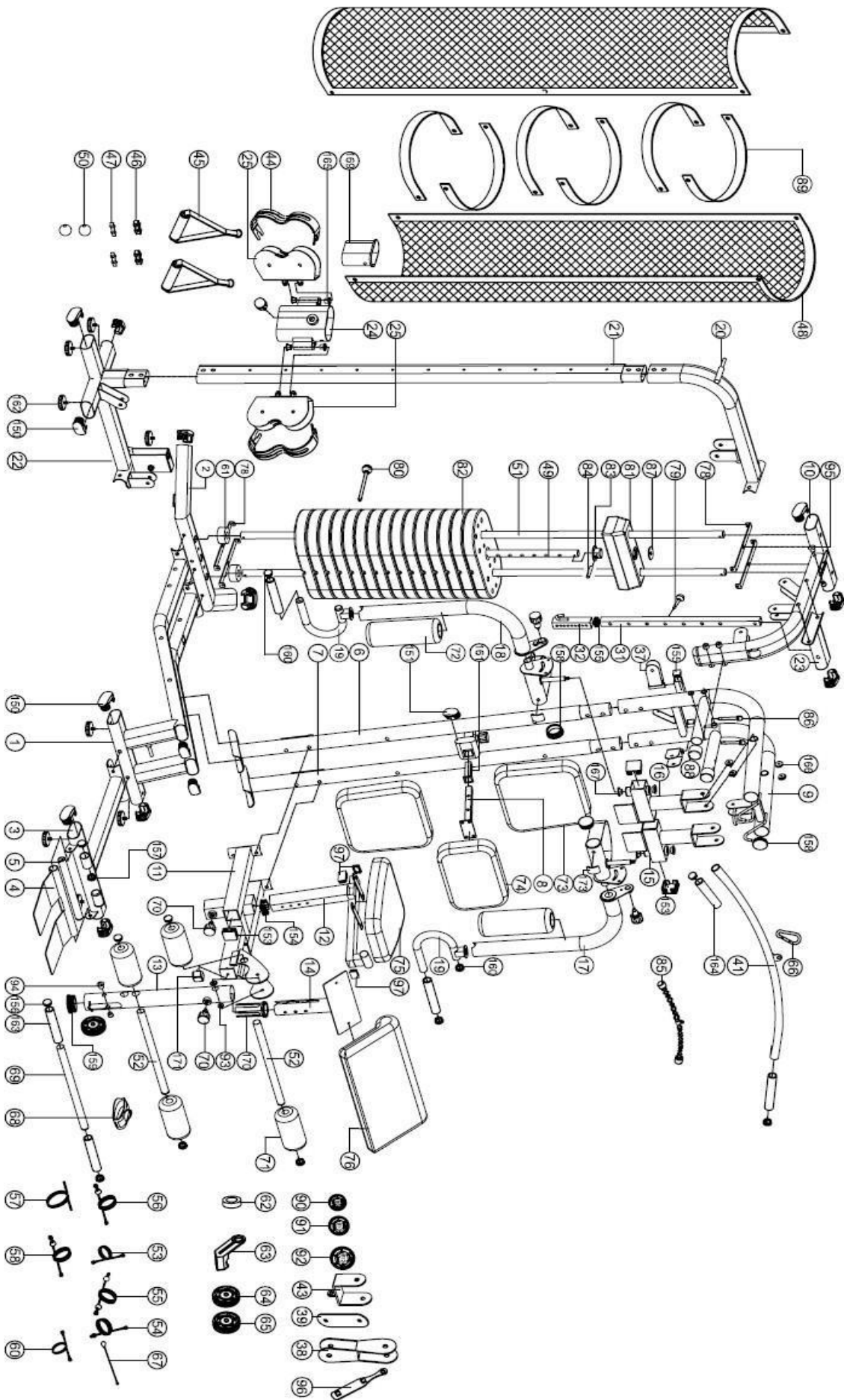
140		M6*6T	x12
135		D14*D6.5*0.8T	x24
125		M6*15L	x12
134		D18*D8.5*1.2T	x8
124		M8*15L	x8



PASUL 16



DESEN DETALIAT



Lista piese

Nr.	Descriere	Specificatie	Cant
1	Cadru principal		1
2	Tub de baza spate		1
3	Tub de baza fara		1
4	Suport pedala		1
5	Ax rotativ		1
6	Suport vertical fata dreapta		1
7	Suport vertical fata stanga		1
8	Stalp sprijin		1
9	Suport superior		1
10	Tub orizontal superior		1
11	Montant suport scaun		1
12	Suport scaun		1
13	Suport picior		1
14	Bucsa cadru		1
15	Suport brat dreapta		1
16	Suport brat stanga		1
17	Brat stanga		1
18	Brat dreapta		1
19	Parte inferioara a brat fluture		2
20	Tub scripete superior		1
21	Tub reglabil pentru suport glisare	40*80*2T*1506L	1
22	Baza principala orizontala		1
23	Tub orizontal superior		1
24	Suport glisant		1
25	Suport scripete		2
31	Tub glisant	25*25*1.5T*565L	1
32	Suport glisant pentru reglare cablu		1
37	Suport scripete		2
38	Suport scripete dublu	143.5*30*3T	2
39	Bord scripete	151*50*3T	2
41	Bara Lat		1
43	Suport scripete		1
44	Placa protectie scripete	244.8*120.8*3T	2
45	Prindere mana	240*130	2
46	Ajusare coarda		2
47	Placa fixare coarda (de sus)	50*2T	2
48	Plasa greutati	1810*502*3T	2
49	Tub selectare greutati		1
50	Bila nailon	D40	2
51	Tija ghid		2
52	Bara role de picior	D25.4*400*2.0t	2
53	Cablu (1)	2700L	1
54	Cablu (2)	2400L	1
55	Cablu (3)	2370L	1

56	Cablu (4)	4500L	1
57	Coarda	D6.0*8700L	1
58	Cablu (5)	2950	1
60	Cablu (6)	750L	1
61	Tampon (rotund)	D60xD26x52T	2
62	Suport ghid scripete	D16.5*72.5*32	36
63	Manson interior scripete	D16*D10.5*5.5T	36
64	Scripete ridicat	D100*D10*28.5	30
65	Scripete plat	D100*D10*24	2
66	Carlig	D8*80	6
67	Cablu (4)	D5.5*395L	1
68	Curea glezna	295*95	1
69	Bara rasucita		1
70	Maner	D38xM16*1.5xD8x23	6
71	Spuma	D23xD80x165L	4
72	Spuma	D47*D90*250L	2
73	Spatar	300*290*50	2
74	Spatar (Mijloc)	300*200*50	1
75	Scaun	300x340x50T	1
76	Perna	500x250x50	1
78	Placa pentru fixare protectie greutate	30*266*2T	4
79	Bolt		1
80	Bolt selector greutate		1
81	Placa greutate superioara	280x100x80	1
82	Placa greutate inferioara	370*200*42	15
83	Capac fixare placa greutate	D56*D27*23.2	1
84	Bolt	D10.5*56.5	1
85	Franghie tragere	860L	1
86	Surub	D9.5*61L	2
87	Saiba plata	D47.5*D13*3t	1
88	Capac picior (rotund)	D38x32	2
89	Placa ranforsare	R133*30*2T	6
90	Capac surub	D28*17 (M6)	14
91	Capac surub	D28*17 (M10)	131
92	Capac surub	D30*17(M12)	4
93	Bucsa	D29*D10.2*D21.5*9T	2
94	Bucsa	D20*D14*D10.2*20	2
95	Bucsa	D20*D14*D10.2*27.5	2
96	Placa protectie	179*37*3T	2
97	Capac patrat	25*50	3
99	Saiba plata	D25*D8.5*2T	2
101	Surub Hex	M10*1.5*95	4
104	Surub Hex	M10*1.5*50L	7
105	Surub Hex	M10*1.5*55L	6
106	Surub Hex	M10*1.5*60L	16
107	Surub Hex	M10*1.5*65L	6
108	Surub Hex	M10*1.5*70L	6
109	Surub Hex	M10*1.5*80	6
110	Surub Hex	M10*1.5*100L	8

111	Surub Hex	M10*1.5*75	1
112	Surub	M12*1.75*251L	2
115	Surub Hex	M10*1.5*25	8
116	Surub Hex	M10*1.5*90	1
121	Piulita bombata	M8*1.25*15L,8.8	4
122	Surub	M5*0.8*10L	4
124	Surub Allen	M8x1.25x15L,8.8	20
125	Surub Hex	M6*1*15L	14
131	Saiba plata	D20*D11*2T	129
132	Saiba plata	D24*D13.5*2.5T	4
134	Saiba plata	D18*D8.5*1.2T	20
135	Saiba plata	D14xD6.5x0.8t	26
140	Piulita nailon	M6*1*6T	12
141	Piulita nailon	M10*1.5*10T	64
142	Piulita nailon	M12*1.75*12T	4
150	Capac capat (oval)	40*80*33	13
151	Capac capat (oval)	30*70*40	1
152	Capac capat (patrat)	25*50*14	2
153	Capac capat (patrat)	50*50*20	6
154	Capac capat (patrat)	45*45*16.5	1
155	Capac capat (patrat)	25*25*13L	5
156	Capac capat (rotund)	D1"*17	14
157	Capac capat (rotund)	D31.8*19L	4
158	Capac capat (rotund)	D50.8*15	4
159	Capac capat (rotund)	D60*14	1
160	Capac capat (rotund)	D1"x17.5	4
161	Capac capat adancit	30*30*130L	1
162	Roata reglabila	D59*M10*40L	8
163	Spuma	D23x4Tx195L	2
164	Spuma	D23*4T*127L	2
165	Bucsa	D20xD14x15.4	4
166	Bucsa	D29*D21.5*D10.2*7.5	4
167	Bucsa	D32*D16.2*12T	4
169	Bucsa	50*100*125L	1
170	Bucsa	D66*D52*100L	1
171	Tampon	35*35*25	1
173	Tampon	R23*35*35	2



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Hunedoara CUI : RO33918111 ;
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