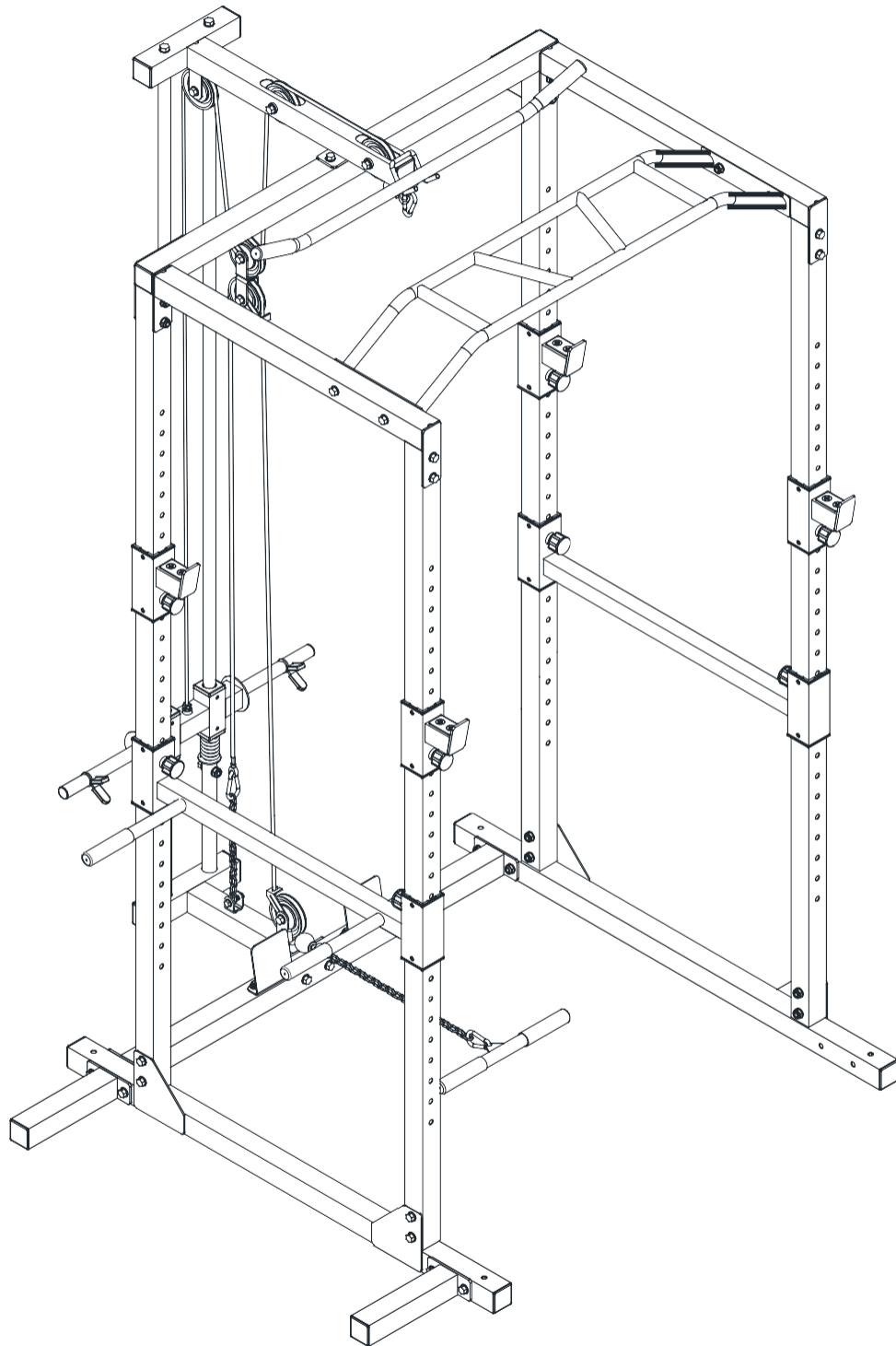


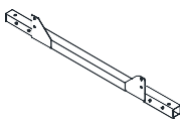
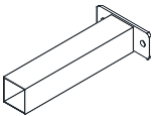
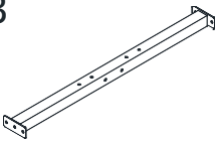
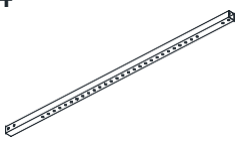
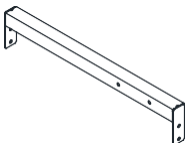
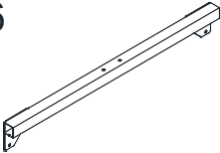
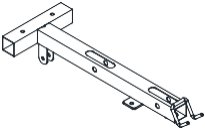
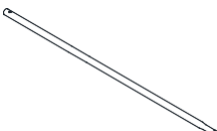
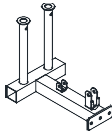
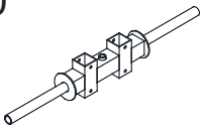
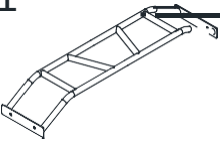
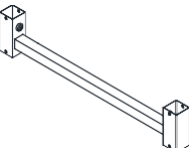
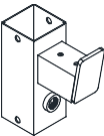
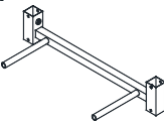
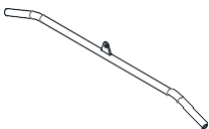
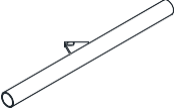
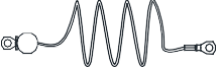
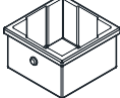
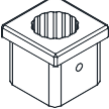
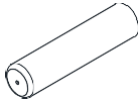
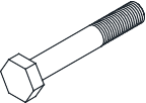
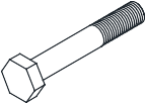
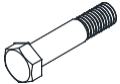


MANUAL DE UTILIZARE

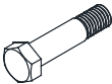
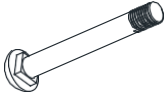
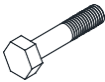
POWER RACK SPORTMANN ZAWATI



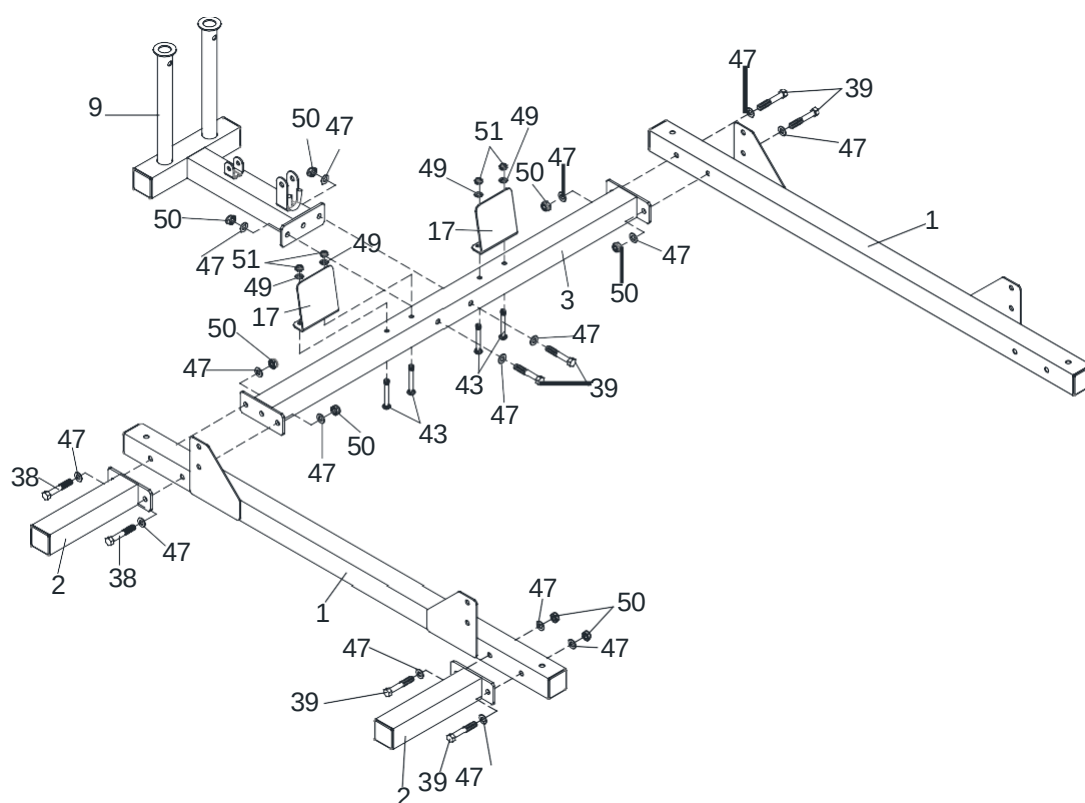
LISTA PIESE

1  Bare cadru jos 2buc.	2  Bara suport laterala 2buc.	3  Bara conectare cadru jos 1buc.	4  Bare ajustare 4buc.	5  Bare conectare sus 2buc.
6  Bara conectare sus 1buc	7  Bara transversala sus 1buc	8  Bare glisare greutati 2buc	9  Cadru greutati 1buc.	10  Suport greutati 1buc.
11  Bara de tractiuni 1buc.	12  Bara suport 1buc.	13  Suport bara haltere 4buc.	14  Bara suport cu manere 1buc.	15  Bara lunga 1buc.
16  Bara scurta 1buc.	17  Placi pentru picioare 2buc.	18  Suport scripete 1buc.	19  Saiba mare 2buc.	20  Cablus 1buc.
21  Cablus jos 1buc.	22  Carabina 4buc.	23  Lant (Lung) 1buc.	24  Lant (Scurt) 1buc.	25  Sigurante 2buc.
26  Arcuri 2buc.	27 Premontat  Surub reglare 8buc.	28  Scripete(27T) 3buc.	29  Scripete(22 T) 3buc.	30  Bucsa plastic 4buc.
31 Premontat  Dop plastic(60 X 50) 16buc.	32 Premontat  Placuta ABS 4buc.	33 Premontat  Dop plastic(45 X 26) 4buc.	34  Suport scripete 5buc.	35 Premontat  Manson manare 6buc.
36 Premontat  Capac rotund 25mm 4buc.	37 Premontat  Capac patrat 50mm 13buc.	38  Surub M10X70mm 8buc.	39  Surub M10X65mm 24buc.	40  Surub M10X48mm 3buc.

LISTA PIESE

41  Surub M10X45mm 3buc.	42 Premontat  Surub M10X20mm 2buc.	43  Surub M8X60mm 4buc.	44  Surub M8X40mm 1buc.	45 Premontat  Surb M6X10mm 8buc.
46 Premontat  Surub M5X8mm 8buc.	47 Premontat 2PCS  Saiba M10 74buc.	48  Saiba ondulata M10 4buc.	49  Saiba M8 6buc.	50  Piulita nailon M10 38buc.
51  Piulita nailon M8 5buc.				

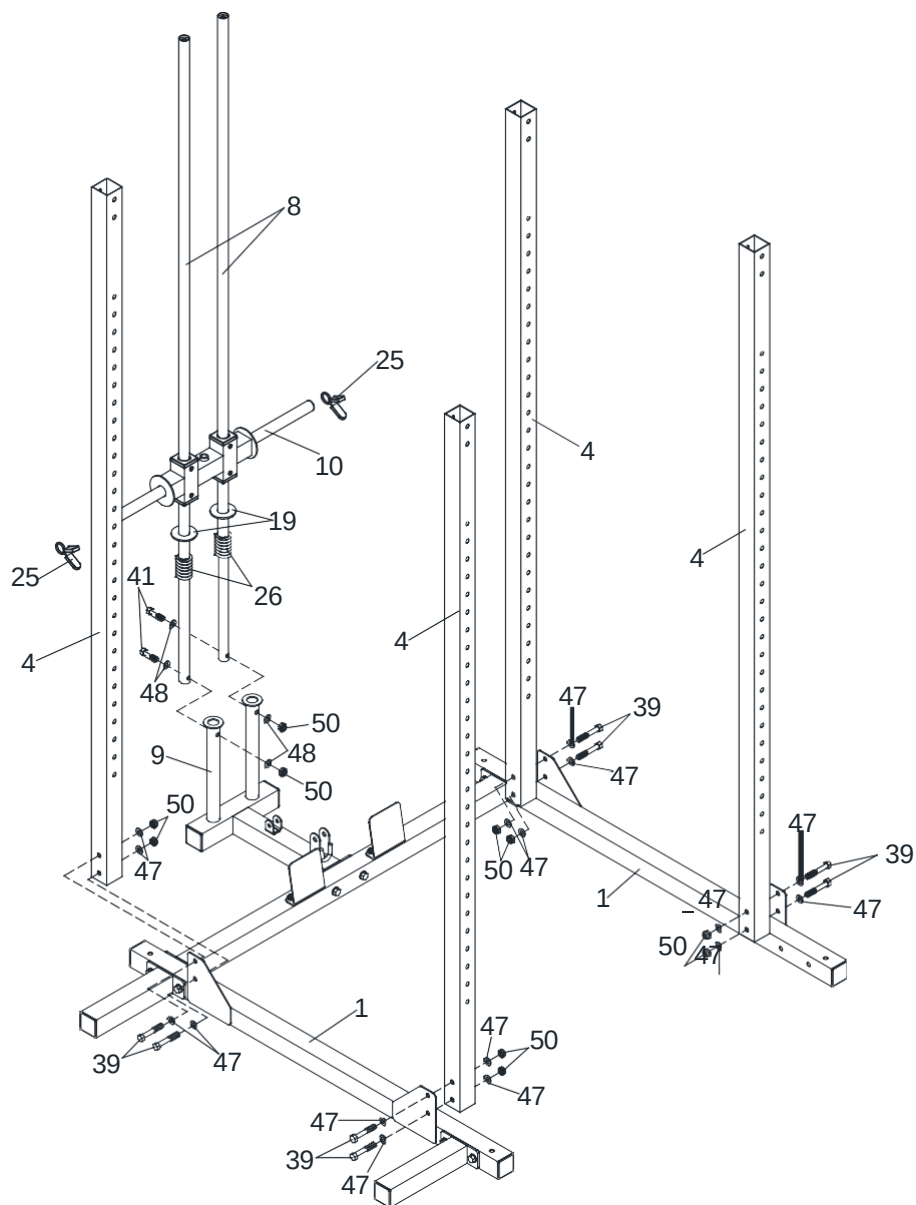
INSTRUCTIUNI ASAMBLARE



PASUL 1 :

1. Montati placile pentru picioare (17) pe bara de conectare cadru de jos (3), prindeti-l cu 4 suruburi M8X60mm (43), 4 saibe M8 (49) si piulite cu nailon M8 (51).
 2. Montati bara suport laterala (2) si bara conectare cadru de jos (3) pe bara cadru de jos (1), cu 2 suruburi M10X70mm (38) in partea de sus, 4 saibe M10 (47) si 2 piulite cu nailon M10 (50).
 3. Montati bara suport laterala (2) pe bara de cadru de jos (1), cu 2 suruburi M10X65mm (39) in partea de jos, 4 saibe M10 (47) si 2 piulite cu nailon M10 (50).
- Obs: Barele suport laterala (2) se pot monta pe oricare parte a barelor de cadru de jos (1) in functie de spatiu din sala de forta. Metoda de montare este aceasi.
4. Montati bara cadru de jos (1) pe bara de conectare cadru de jos (3), cu 2 suruburi M10X65mm (39), 4 saibe M10 (47) si 2 piulite cu nailon M10 (50).
 5. Montati cadru greutati (9) pe bara de conectare cadru de jos (3), cu 2 suruburi M10X65mm (39), 4 saibe M10 (47) si 2 piulite cu nailon M10 (50).

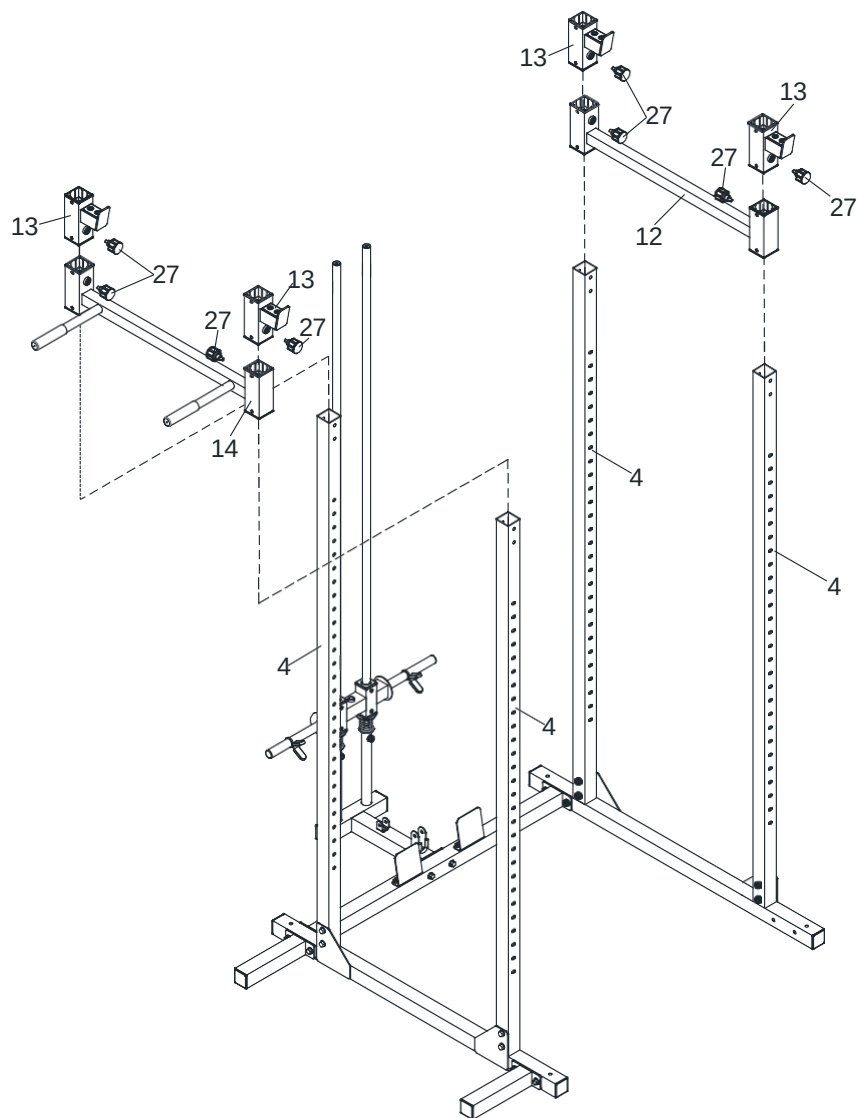
INSTRUCTIUNI ASAMBLARE



PASUL 2 :

1. Montati barele de ajustare (4) pe barele cadru de jos (1), cu 8 suruburi M10X65mm (39), 16 saibe M10 (47) si 8 piulite cu nailon M10 (50).
2. Introduceti barele de glisare greutate (8) in cadru greutate (9), cu 2 suruburi M10X45mm (41), 4 saibe ondulate M10 (48) si 2 piulite cu nailon M10 (50).
3. Introduceti cele 2 arcuri (26) si cele 2 saibe mari (19) pe barele de glisare greutate (8).
4. Introduceti suportul de greutate (10) pe barele de glisare greutate (8).
5. Introduceti cele 2 sigurante (25) pe suportul de greutate (10).

INSTRUCTIUNI ASAMBLARE



PASUL 3 :

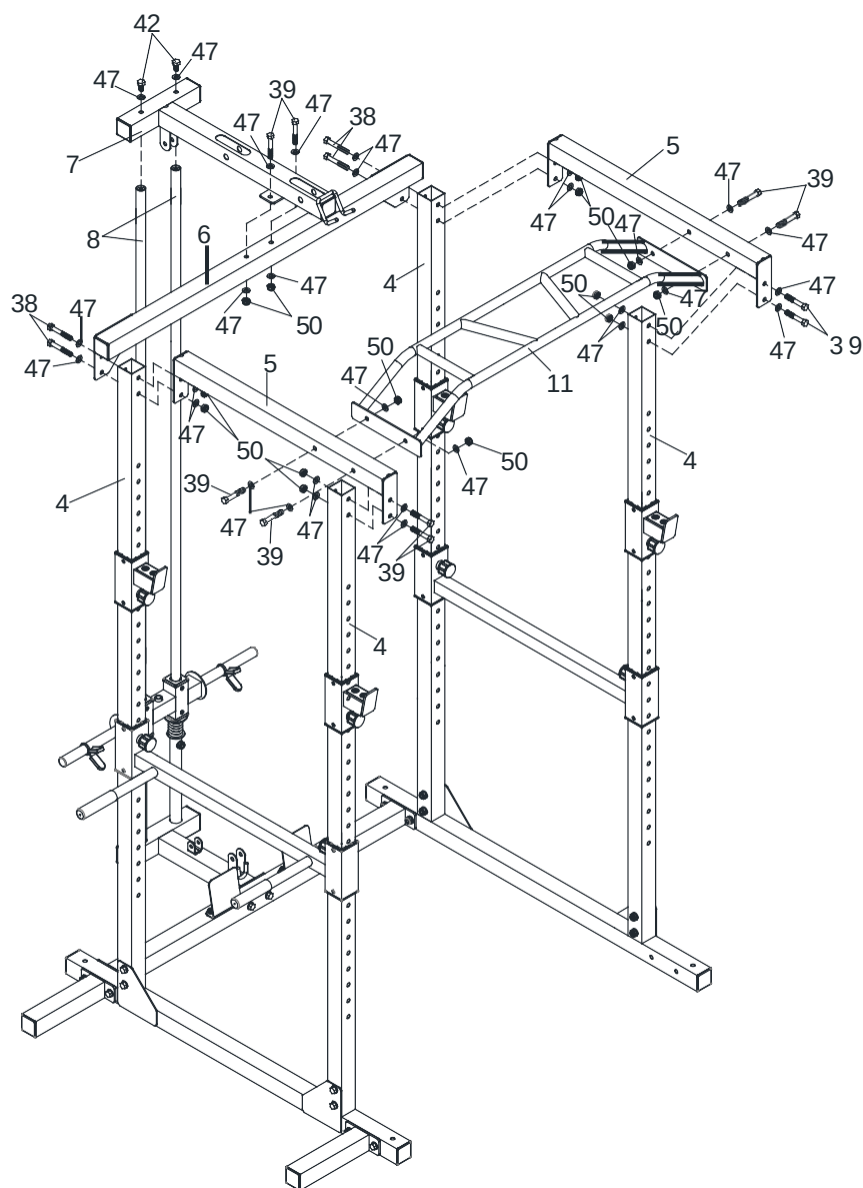
1. Introduceți bara suport cu manere (14) pe barele de ajustare (4), prindeți cu 2 suruburi de reglare (27).

Obs: Bara suport cu manere (14) trebuie să fie montată pe partea care are bara suport laterală (2).

2. Introduceți bara suport (12) pe barele de ajustare (4), prindeți cu 2 suruburi de reglare (27).

3. Introduceți cei 4 suporti bara haltere (13) pe barele de ajustare (4), prindeți cu 4 suruburi de reglare (27).

INSTRUCTIUNI ASAMBLARE



PASUL 4 :

1. Montati 2 bare de conectare de sus (5) pe barele de ajustare (4), partea din fata le prindeti cu 4 suruburi M10X65mm(39), 8 saibe M10 (47) si 4 piulite cu nailon(50).
2. Bara de conectare de sus (6) o montati pe barele de ajustare (4) si barele de conectare de sus (5) si le prindeti cu 4 suruburi M10X70mm (38), 8 saibe M10 (47) si 4 piulite cu nailon (50).
3. Montati bara de tractiuni (11) pe barele de conectare de sus (5), prindeti cu 4 suruburi M10X65mm (39), 8 saibe M10 (47) si 4 piulite cu nailon M10 (50).
4. Dati jos cele 2 suruburi M10X20mm (42) si 2 saibe M10 (47) de pe barele de glisare greutate (8).
5. Montati bara transversala de sus (7) pe barele de glisare greutate (8) si prindeti cu 2 suruburi M10X20mm (42) si 2 saibe M10 (47).
6. Montati bara transversala de sus (7) pe bara de conectare de sus (6), prindeti cu 2 suruburi M10X65mm (39), 4 saibe M10 (47) si 2 piulite cu nailon M10 (50).

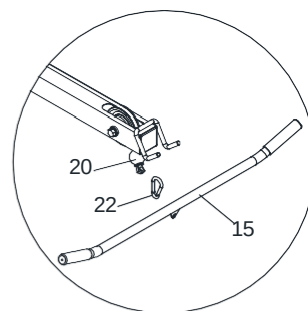
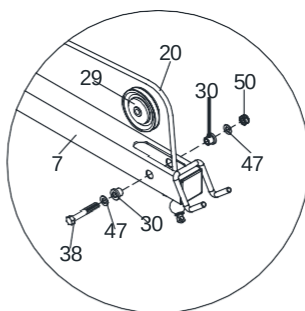
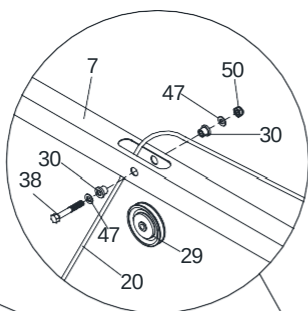
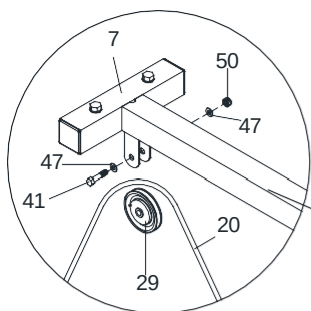
INSTRUCTIUNI ASAMBLARE

Pas 5.1c). Scripet Nr.2

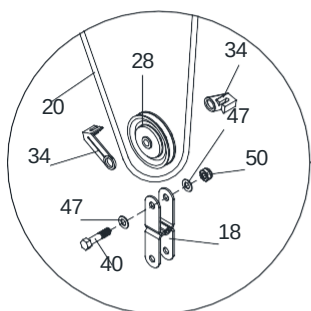
Pas 5.1b). Scripet Nr.1

Pas 5.1g)

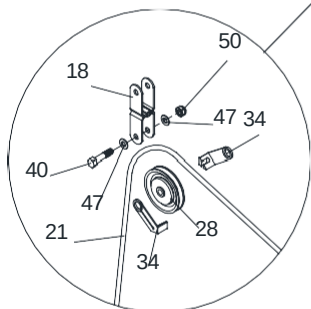
Pas 5.1d). Scripet Nr.4



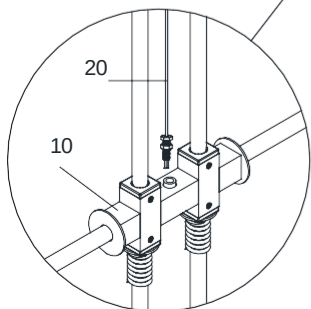
Pas 5.1f). Scripet Nr.3



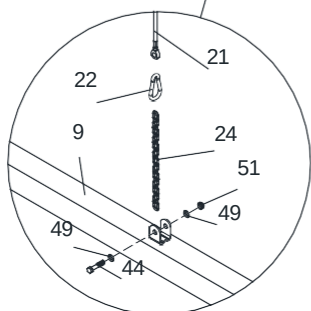
Pas 5.2c).Scripet Nr.6



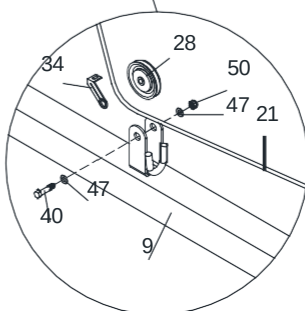
Pas 5.1e)



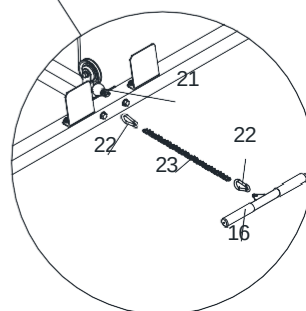
Pas 5.2d)



Pas 5.2b). Scripet Nr.5



Pas 5.2e)



INSTRUCTIUNI ASAMBLARE

PASUL 5:

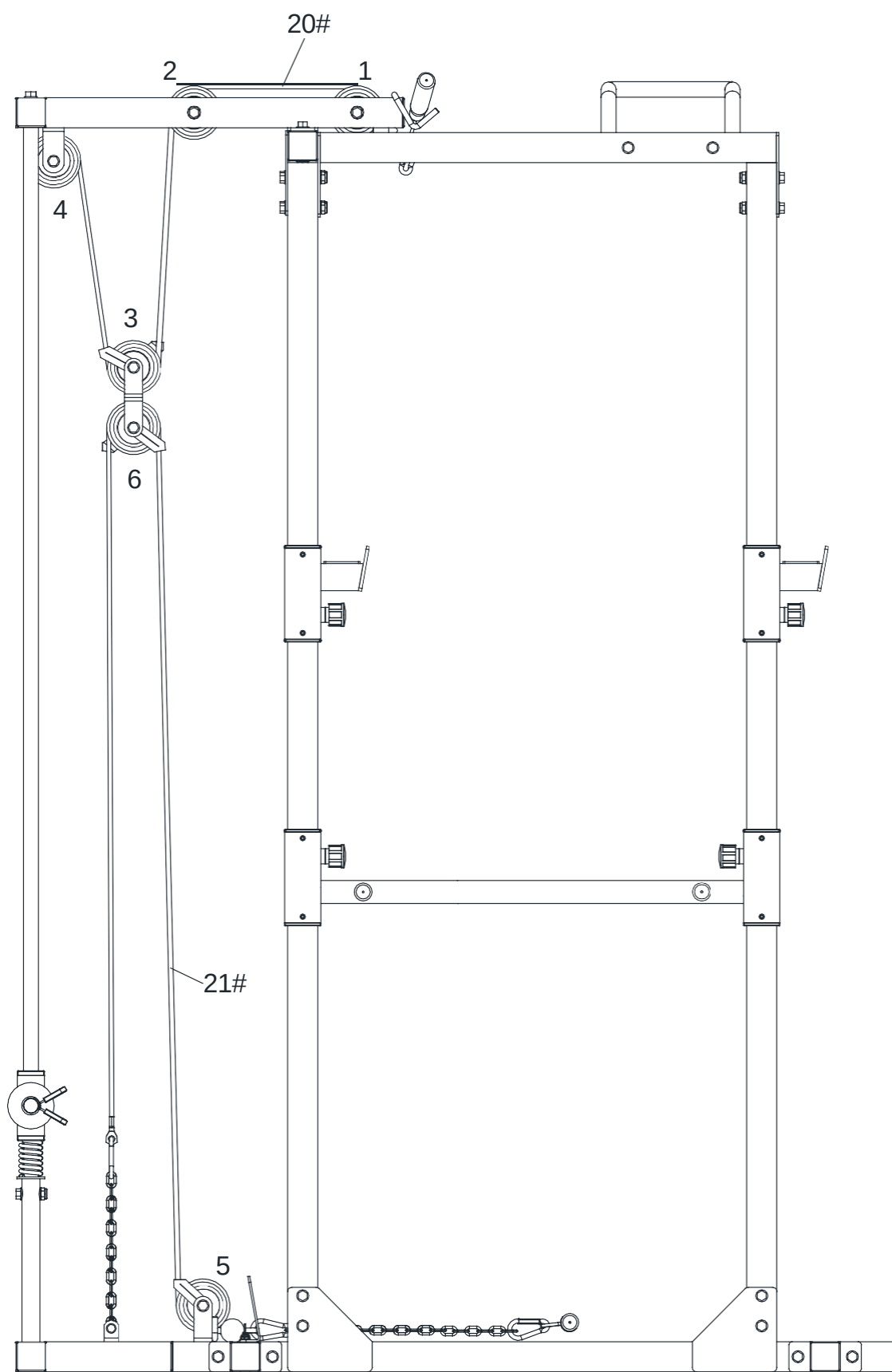
5.1. Incepeti montarea cu cablul de sus (20)

- 5.1a). Introduceti cablul de sus (20) in canalul scripetului (22T) (29) si trageți cablul de sus (20) prin bara transversala de sus (7).
- 5.1 b). Prindeti scripetele nr.1 (29) cu 2 bucse de plastic (30) un surub M10x70mm (38), 2 saibe M10 (47) si o piulita cu nailon M10 (50) pe bara transversala de sus (7).
- 5.1 c). Prindeti scripetele nr.2 (29) cu 2 bucse de plastic (30) un surub M10x70mm (38), 2 saibe M10 (47) si o piulita cu nailon M10 (50) pe bara transversala de sus (7).
- 5.1 d). Prindeti scripetele nr.4 (29) cu un surub M10x45mm (41), 2 saibe M10 (47) si o piulita cu nailon M10 (50) pe bara transversala de sus (7).
- 5.1 e). Conectati capatul cablului de sus (20) de suportul de greutate (10).
- 5.1 f). Treceti cablul de sus (20) prin canalul scripetului nr.3 (28) dupa care prindeti scripetele cu 2 suporturi de scripete (34) de suportul de scripete U (18), cu un surub M10X48mm (40), 2 saibe M10 (47) si o piulita cu nailon M10 (50).
- 5.1 g). Conectati bara lunga (15) la capatul cablului de sus (20), cu o carabina (22).

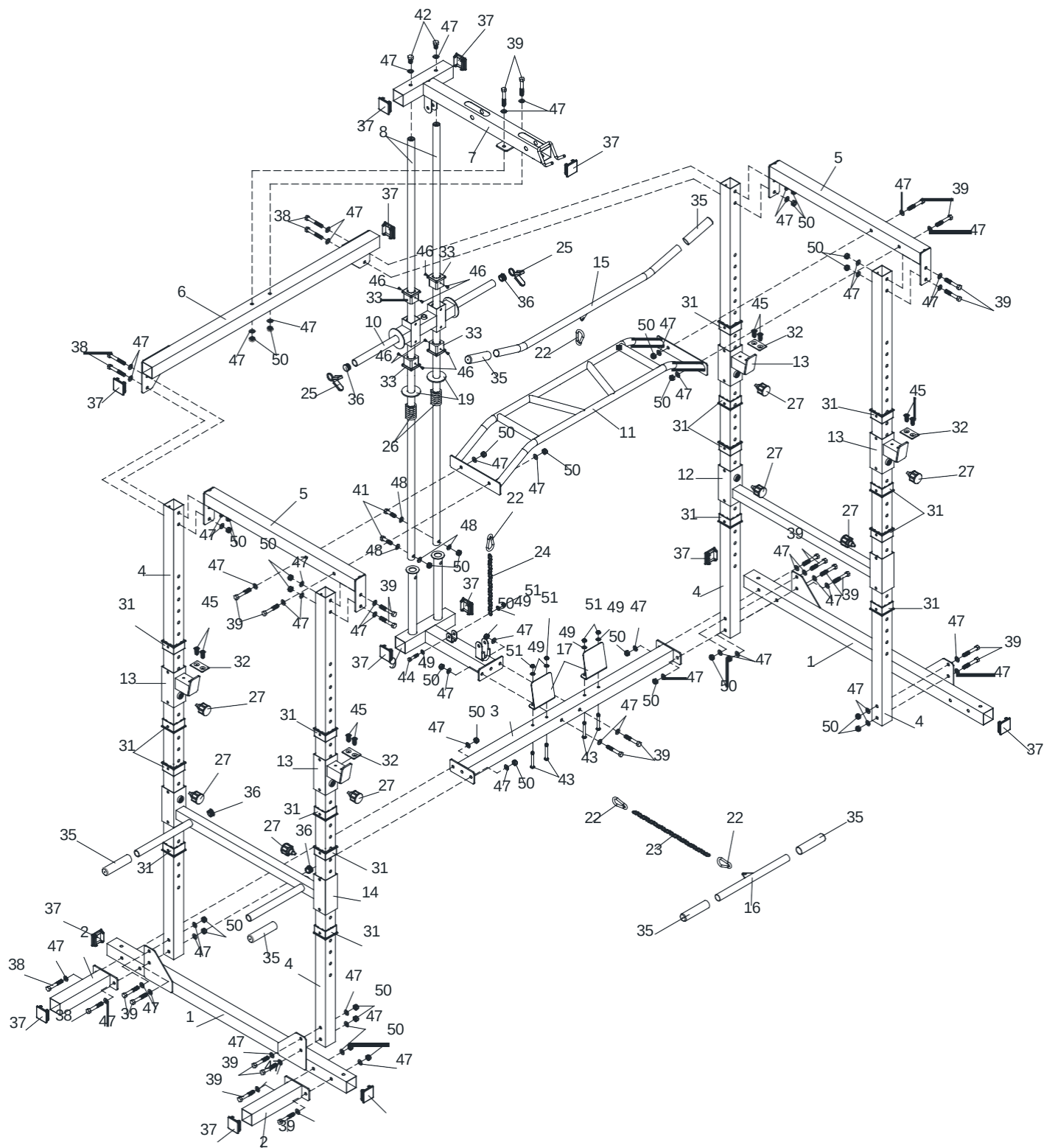
5.2. Montare cablu de jos (21)

- 5.2 a). Introduceti cablul de jos (21) in canalul scripetului (27T) (28) si trageți cablul prin cadru de greutate (9).
- 5.2 b). Prindeti scripetele nr.5 (28) si un suport de scripete (34) de cadru de greutate (9), cu un surub M10X48mm (40), 2 saibe M10 (47) si o piulita cu nailon M10 (50).
- 5.2 c). Treceti cablul de jos (21) prin canalul scripetului nr.6 (28) dupa care prindeti scripetele cu 2 suporturi de scripete (34) de suportul de scripete U (18), cu un surub M10X48mm (40), 2 saibe M10 (47) si o piulita cu nailon (50).
- 5.2 d). Prindeti capatul cablului de jos (21) de cadru de greutate (9), cu un surub M8X40mm (44), 2 saibe M8 (49) si o piulita cu nailon M8 (51), un lant (scurt) (24) si o carabina (22).
- 5.2 e). Montati bara scurta (16) la celalalt capat al cablului de jos (21), cu 2 carabine (22) si un lant (lung) (23).

INSTRUCTIUNI ASAMBLARE



DIAGRAMA





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