

interatletika™

PRODUCTION AND SALE OF SPORTS GOODS

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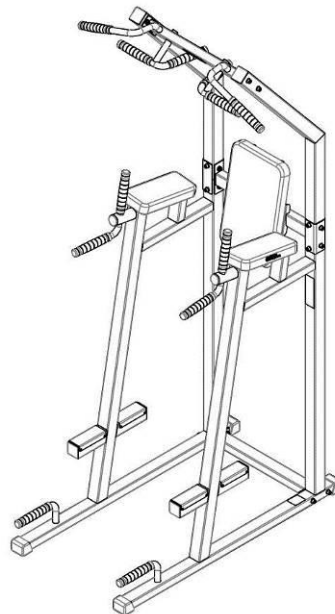
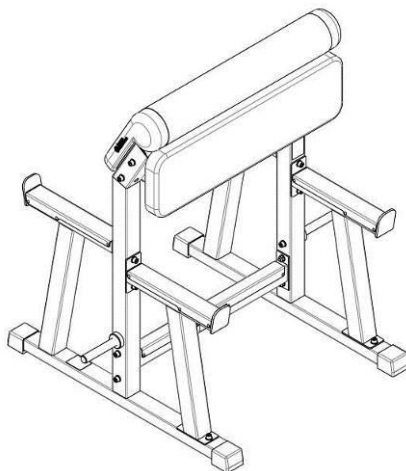
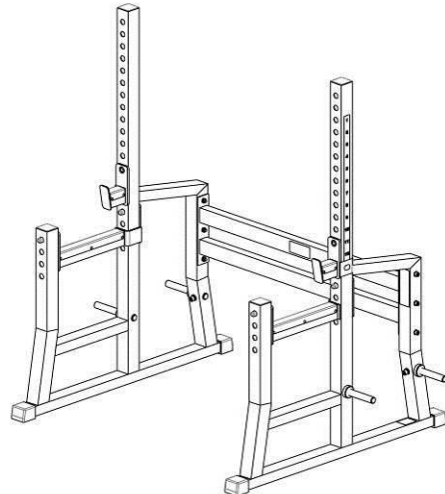
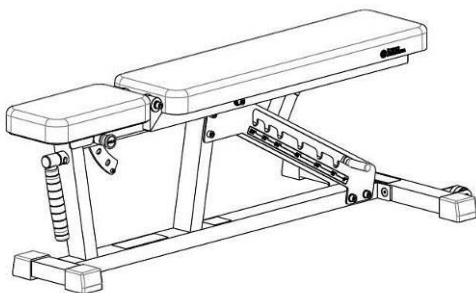
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DATA SHEET

LC

SPORTS EQUIPMENT FOR HOME AND HALF COMMERCIAL USAGE

LC302, LC303, LC303.1, LC309, LC311, LC312, LC313



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FOR NOTES

[illegible]

1. GENERAL INFORMATION

The purpose and content of this document. This document is a data sheet for sport and playing product for children's use (code of the document GOST 2.601-95) and contains a general description of the product and its maintenance, also information on safe use, technical maintenance, transport and disposal.

The level of proficiency of the user. To use the product each of the adult user should:

- Become acquainted with this document in details;
- Rigidly adhere to the requirements of this document.

Children should use the product under adult control.

This product has the same "unsafe" level as the others. This is the reason the Manufacturer (Deliverer) bears no responsibility by injuries.

Reproduction of this document and product modification. The manufacturer can make changes to the product design to improve its performance, change the design, etc. This document may not contain a description of such changes, but applies to the following modified products.

2. TECHNICAL DATA

The purpose: LC – sports equipment for home and half commercial usage (physical trainings). By home means the usage of the machines at home. Higher durability of the parts of the machine, peculiarities of assembled system of junctions and compact dimensions makes the usage of the machine in half commercial place possible. By half commercial places the manufacturer means the place with 100 m² square, moreover higher loading of the machine is possible in contrast with the machine for home usage.

Technical characteristics:

Individual characteristics are presented in table 1.

General characteristics:

Maximum user's weight	kg	:	150 kg
The country of manufacturer	---	:	Ukraine
Working temperature indoors	°C	:	+10/+30
Air humidity	%	:	40- 80

Complete set. Complete set consist of:

- The machine mentioned in table 1;
- Packaging
- Data sheet.

Table №1 – The list of sports equipment

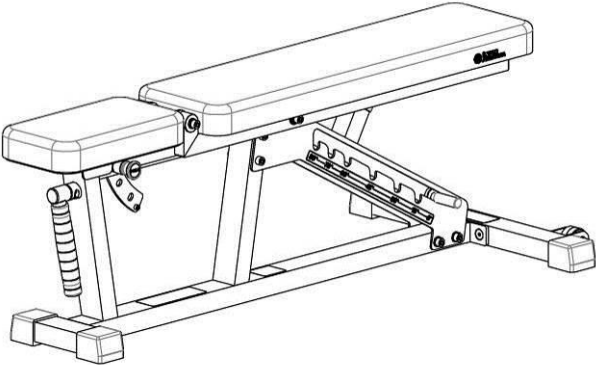
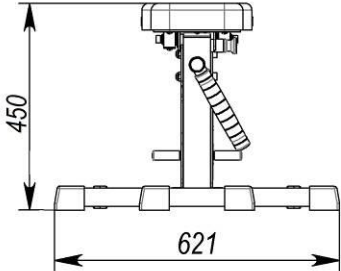
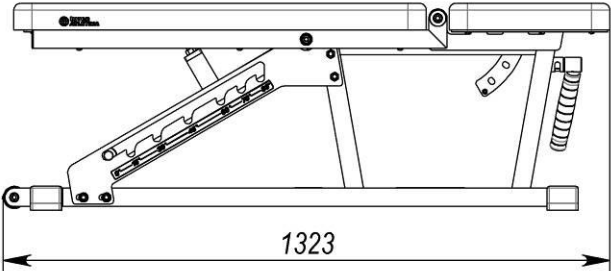
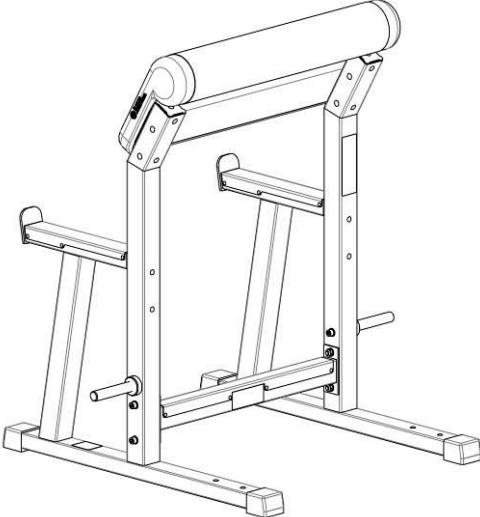
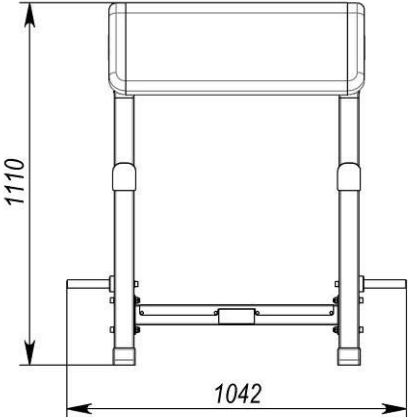
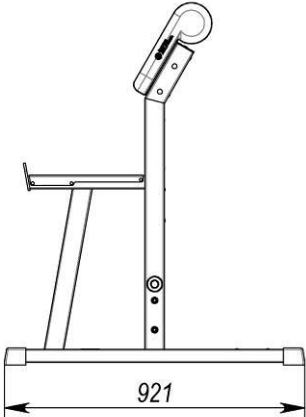
№	Product code	Name	Overall dimensions, mm			Weight, kg
			Length	Width	Height	
1	LC302	Adjustable Bench	1323	621	450	33
2	LC303	Scott Bench	921	1042	1110	38
3	LC303.1	Scott Bench (double)	921	1042	1110	55
4	LC309	Barbell Rack	1141	1512	1541	60
5	LC311	Abdominal bench, adjustable	1340	621	466	36
6	LC312	Pull-Up/Dip/Abdominal Combo	1276	1071	2386	82
7	LC313	Hyperextension	1213	740	922	47

Instrument and tools. The tools and instructions are a part of a set.

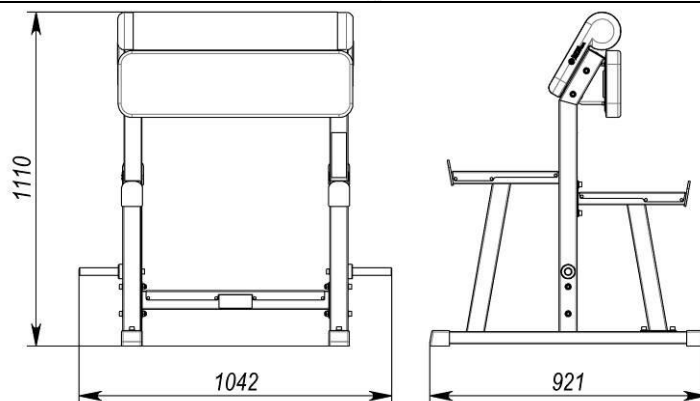
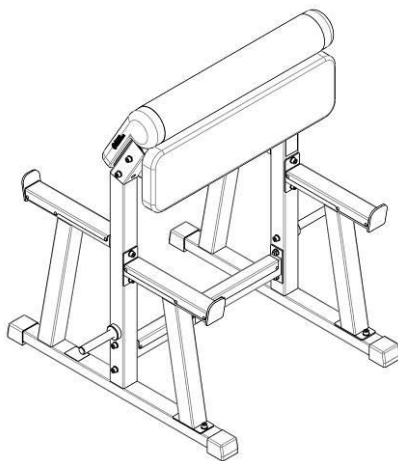
Marking. Due to different design decisions used during the manufacturing of the machine its body might have marks (name of the model, product code), that does not influence its quality and is not a sign of selling non-official product. Packaging has the marks such as logo "Inter Atletika", model code. Due to eternal modernization, code at the packaging might be different from the code mentioned at a title page.

Packaging. The machine is transported in a box. Separate parts may be packed in polyethylene or carton depends on the model and type of equipment.

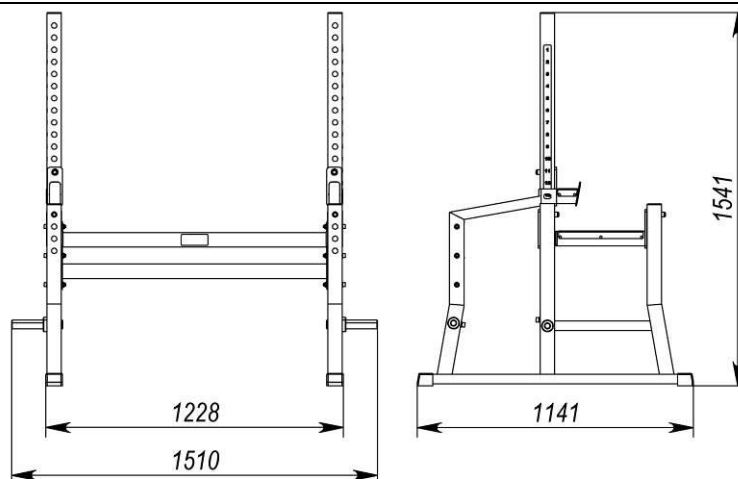
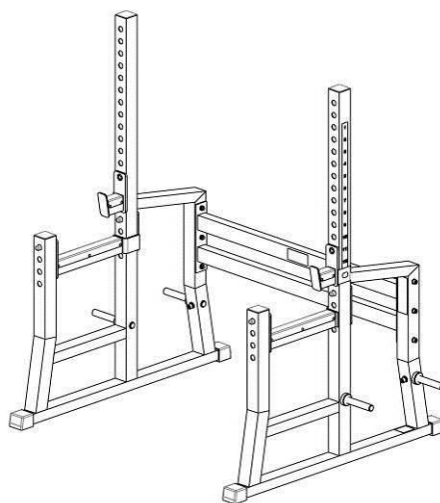
Table 2 – Parameters and general view of the equipment

LC302 Adjustable bench	
	
	
LC303 Scott Bench	
	
	

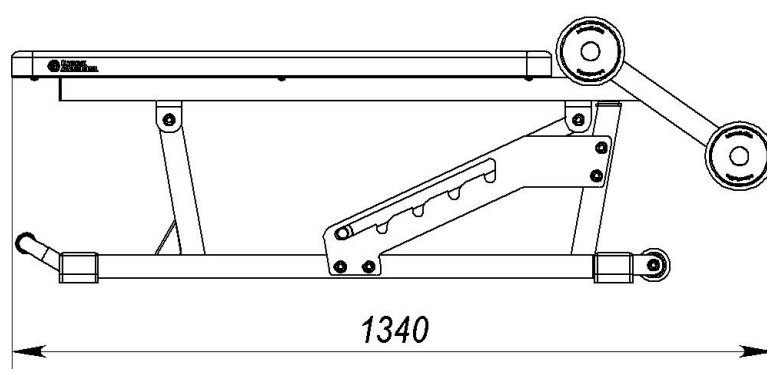
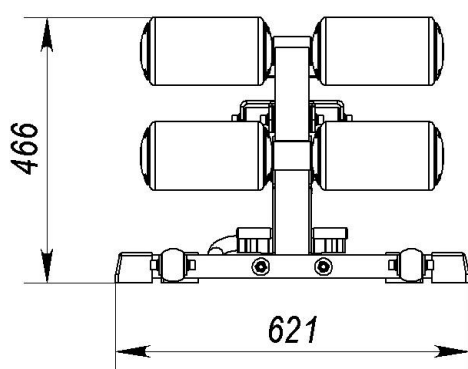
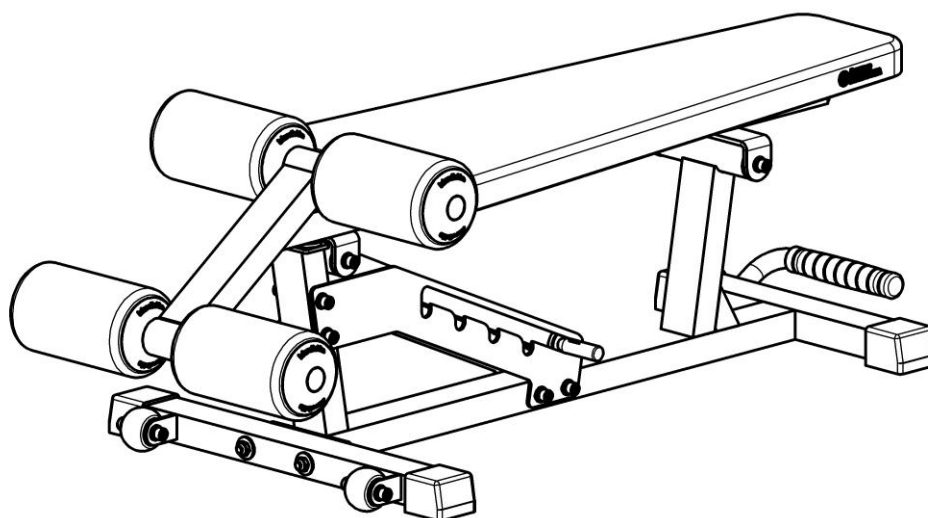
LC303.1 Scott Bench (double)



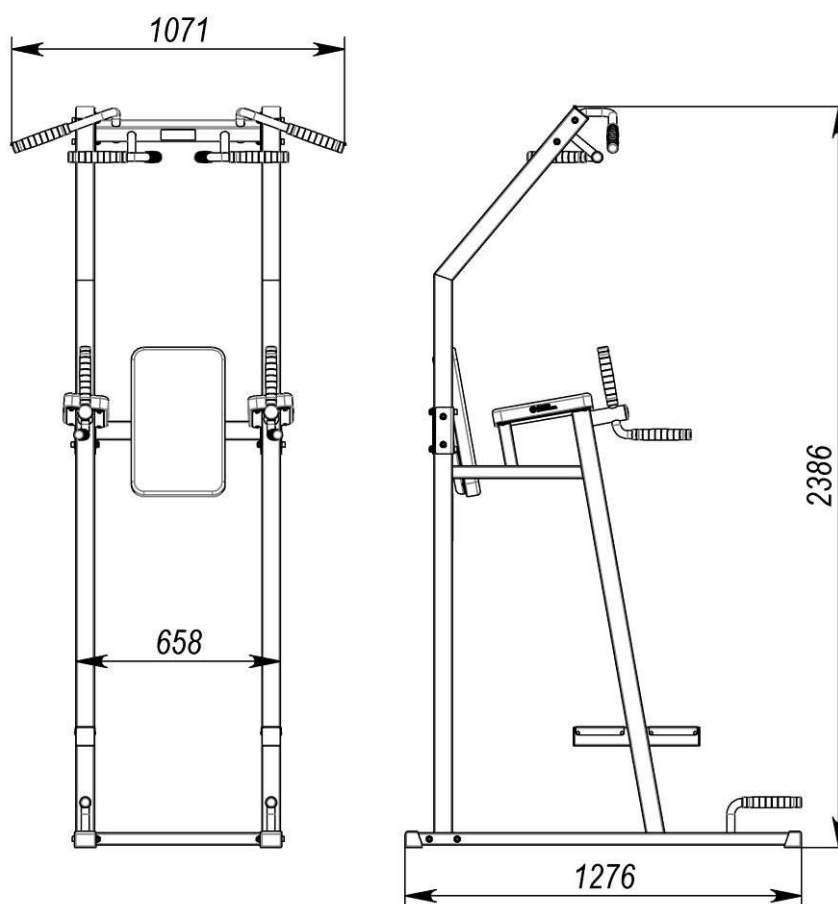
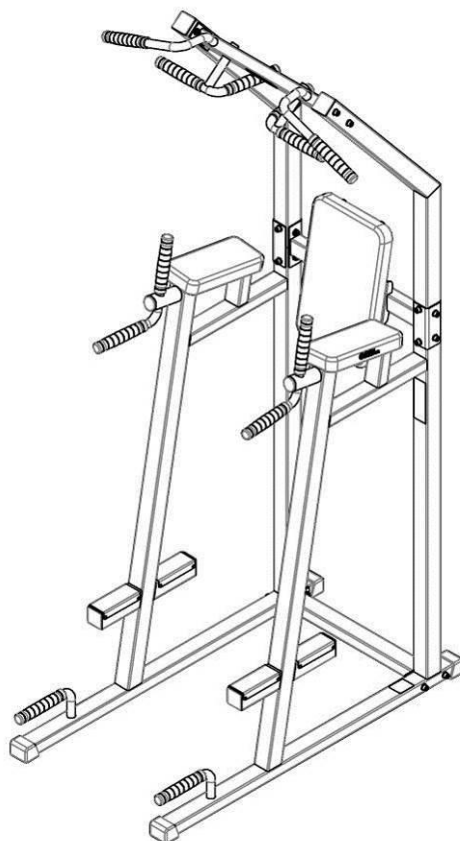
LC309 Barbell Rack



LC311 Abdominal bench, adjustable



LC312 Pull-up/Dip/Abdominal Combo



LC313 Hyperextension

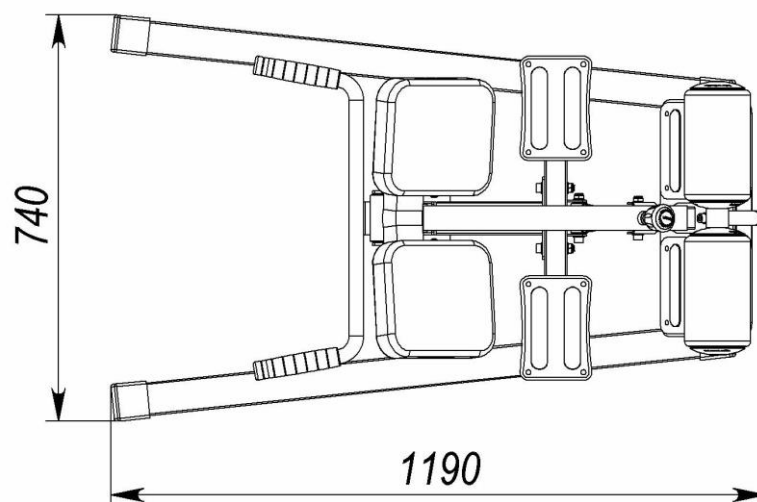
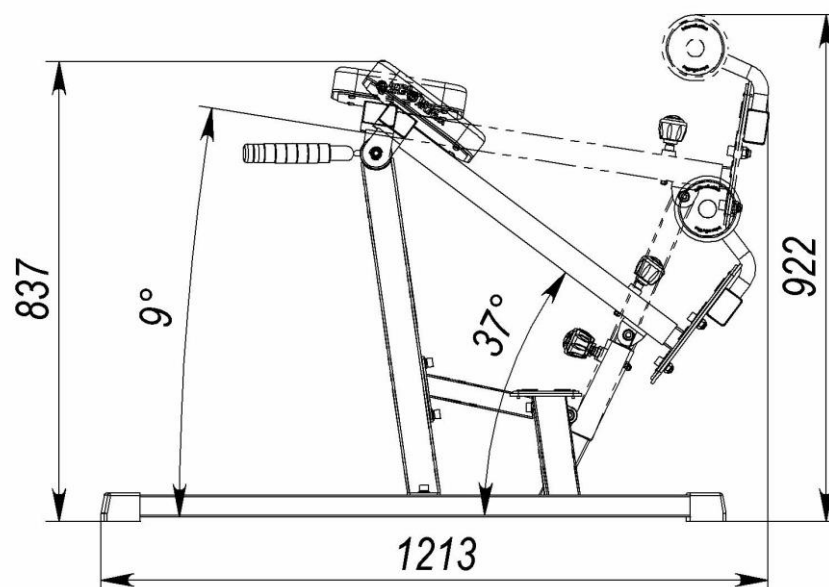
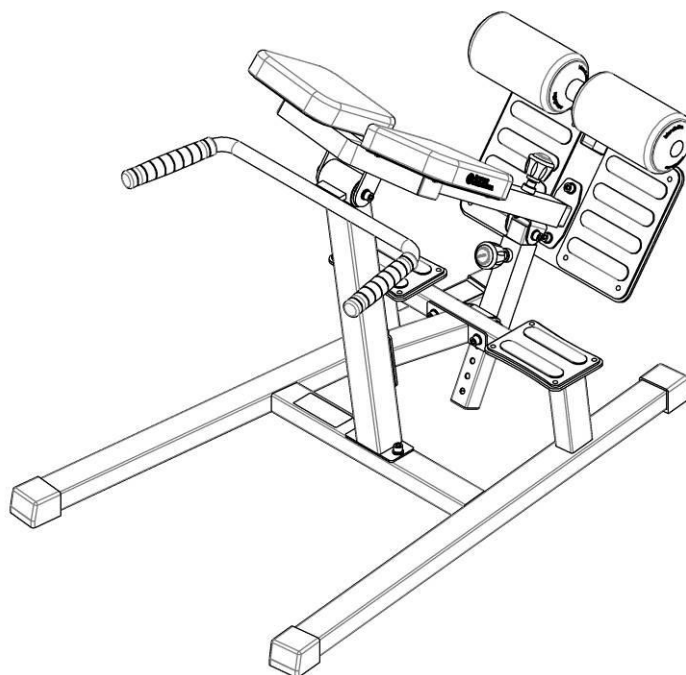
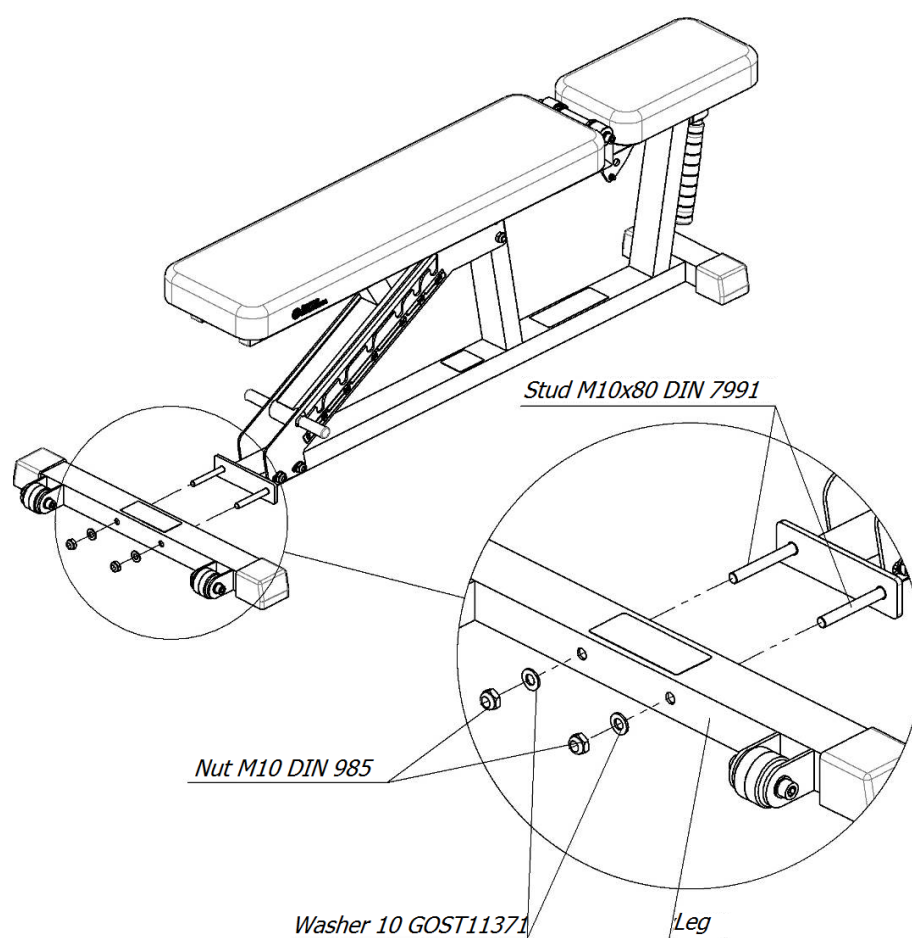
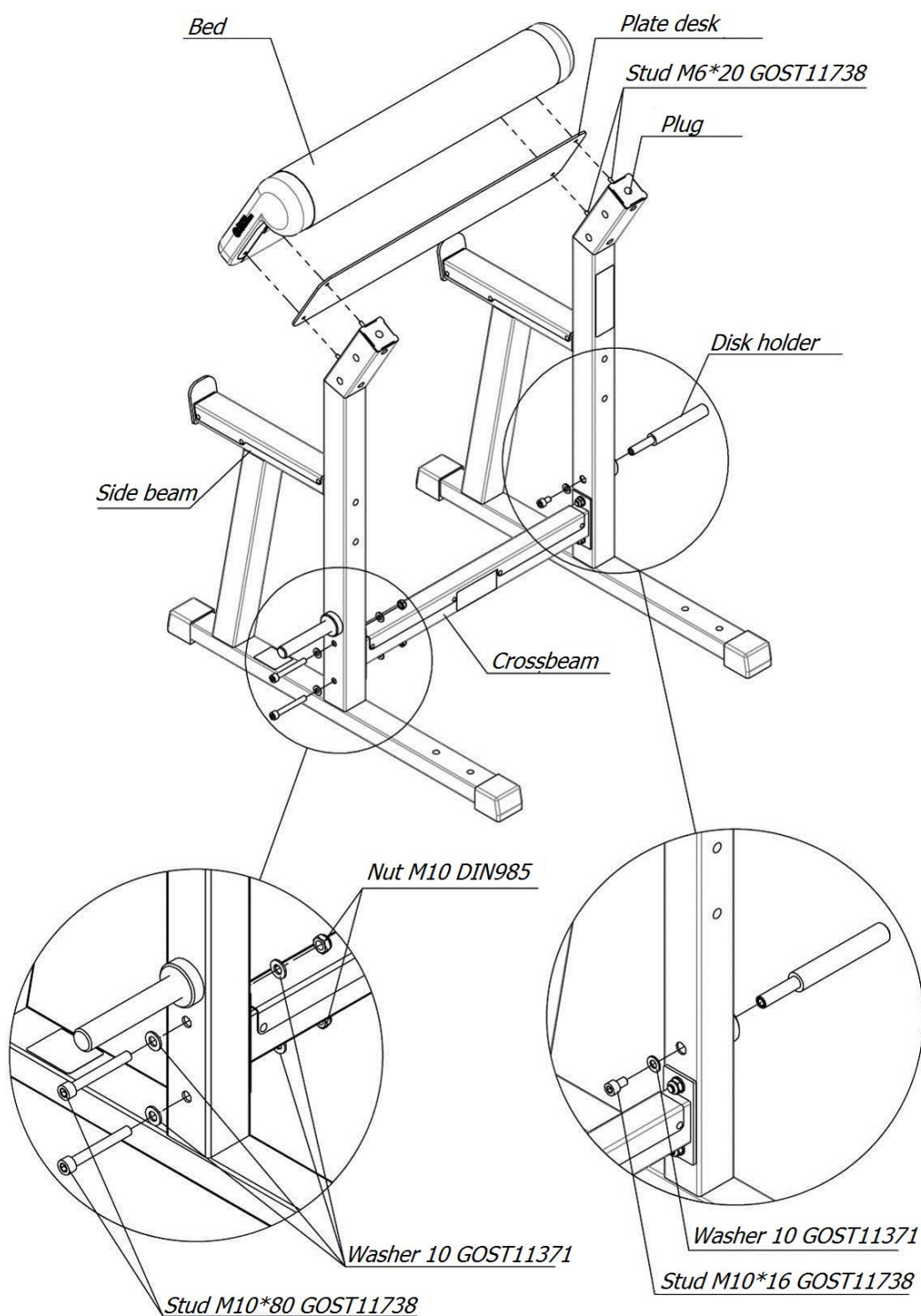


Table 3. Equipment assembly scheme:

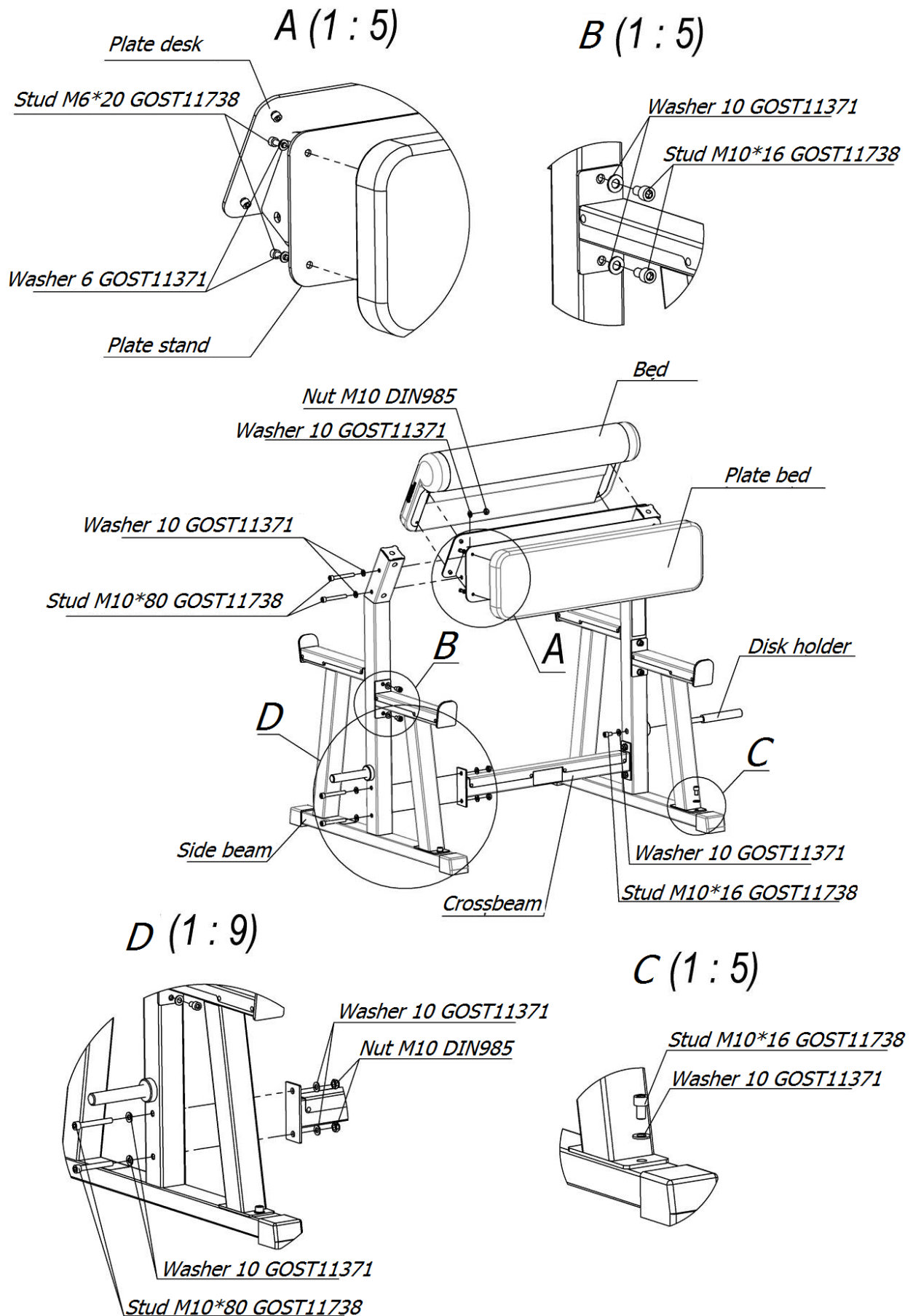
LC302 Adjustable bench



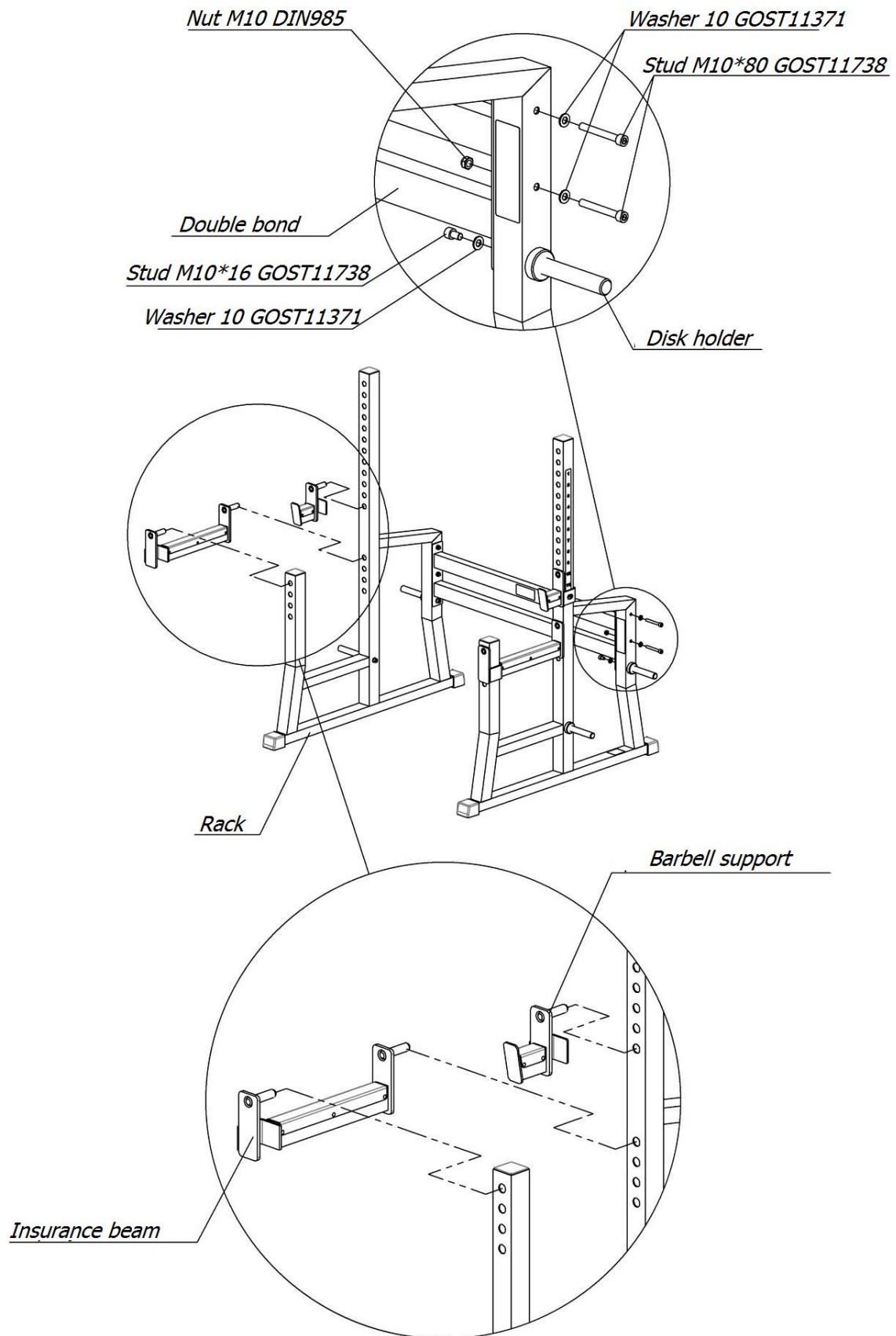
LC303 Scott Bench

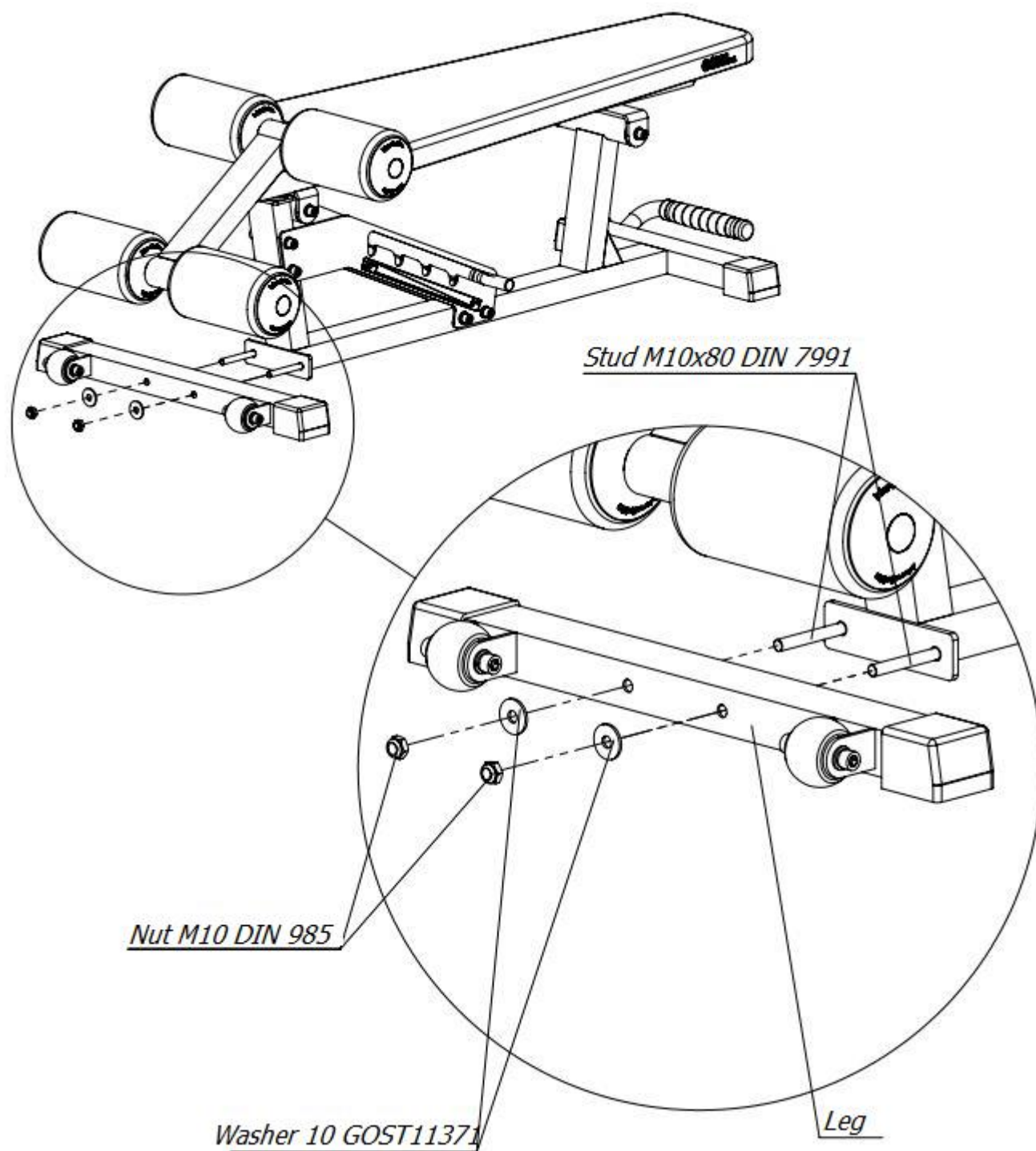


LC303.1 Scott Bench (double)

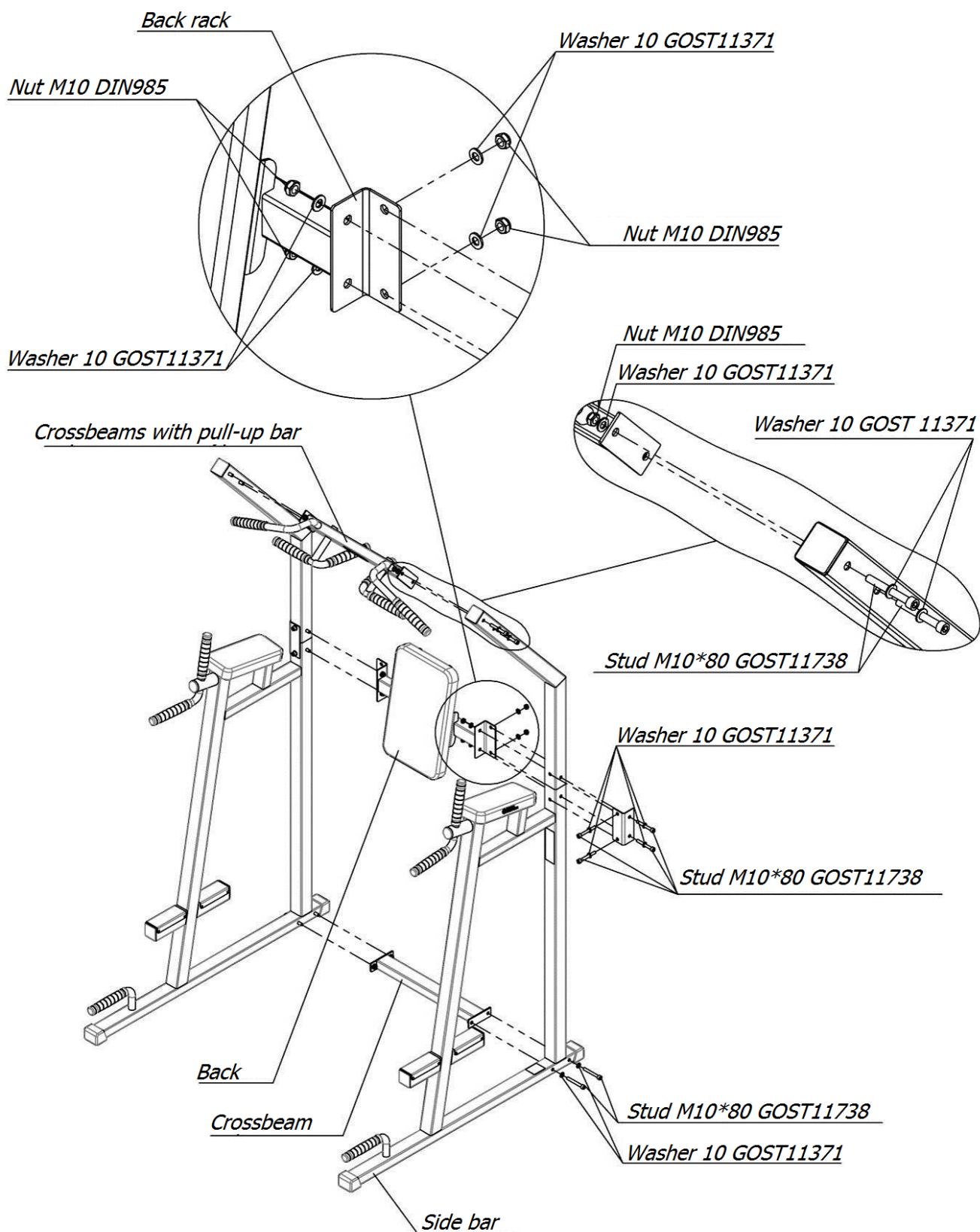


LC309 Barbell Rack

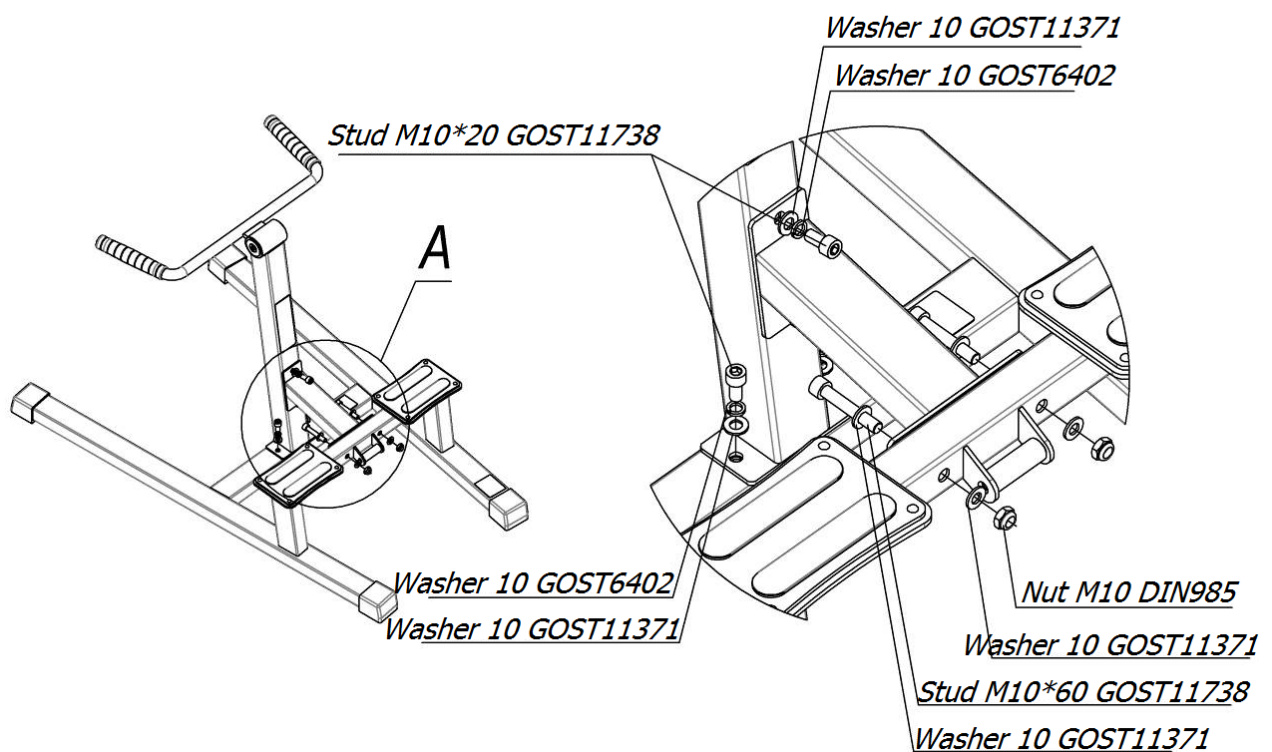




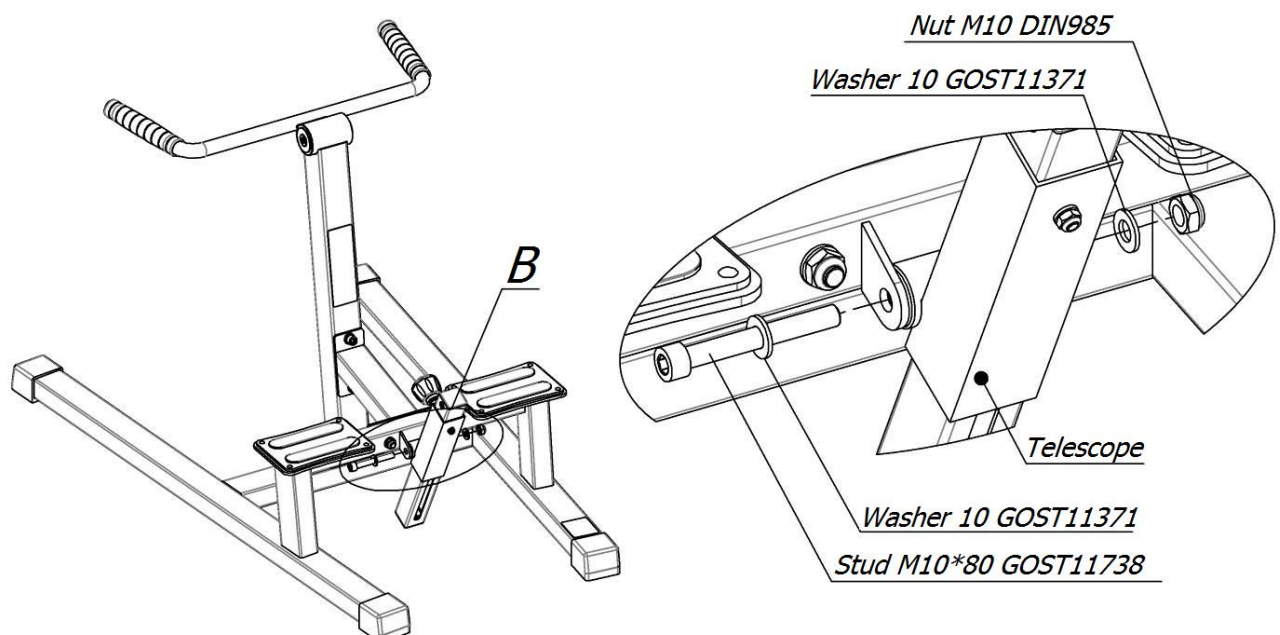
LC312 Pull-up/Dip/Abdominal Combo



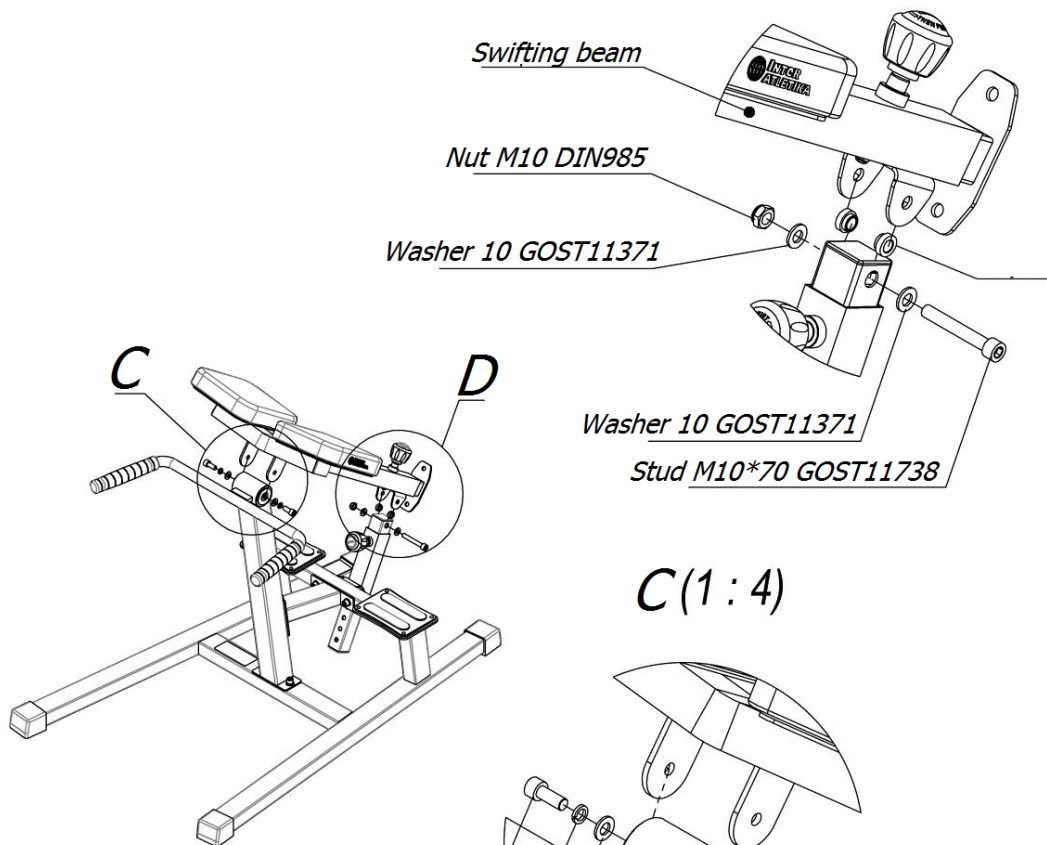
A (1 : 5)



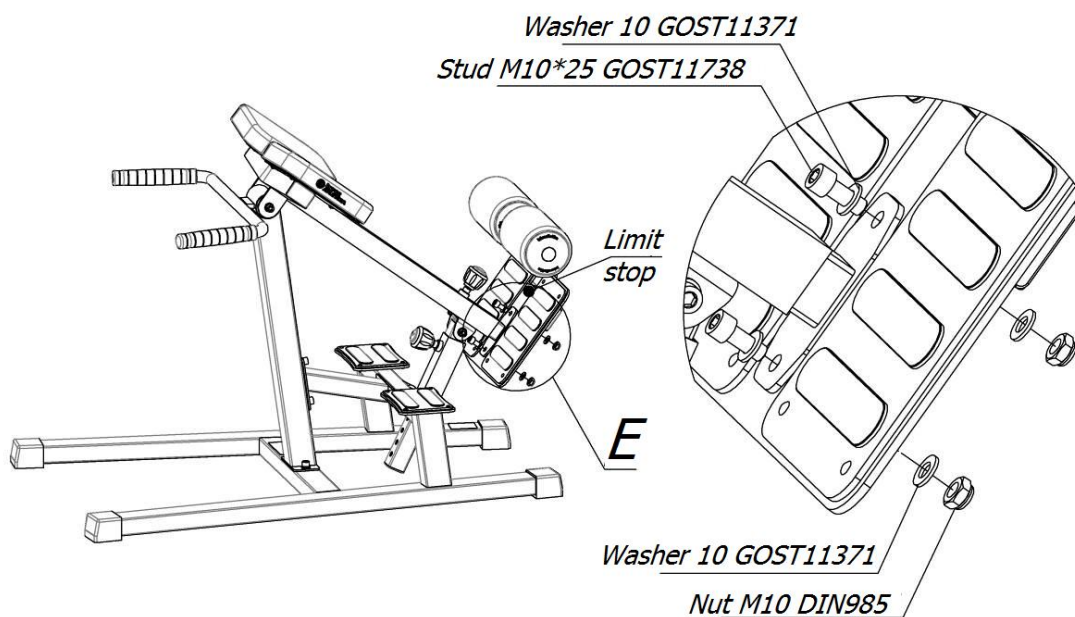
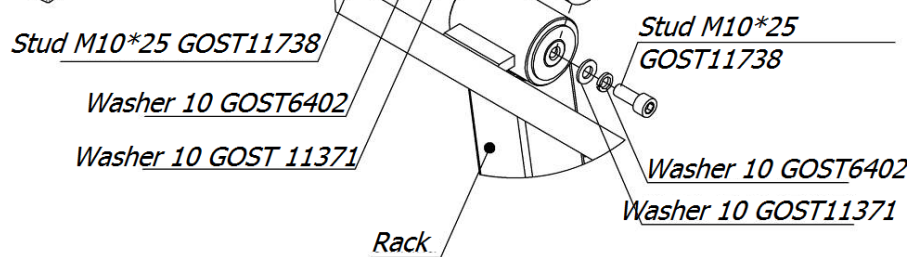
B (1 : 3)



D (1 : 4)



C (1 : 4)



3. INSTRUCTIONS FOR SAFE USE

Working limits. Sport equipment is intended to be used at home and half commercial use (physical training). Using the machines at home means to use the sport equipment indoors safe from external factors (rain, snow, sun-rays, etc.)

This sports equipment can be installed in:

- hotels and hotel complexes;
- country clubs and residential;
- office fitness gyms, etc.

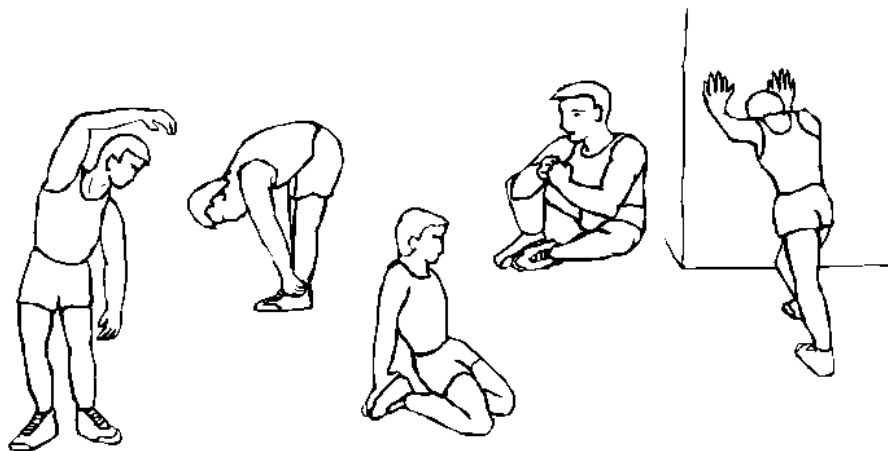
Preparation before usage. The sports equipment should be assembled in accordance to the requirements of this document and other documents on assembling (in case such documents are a part of a set) before using.

Instructions for safe sue

Before using the product, clear the safety area of any unnecessary objects that may cause damage to the user (debris, tools left over from assembly and installation, etc.).

Do not use the product in adverse weather conditions (ice, snow, rain, hail, strong winds, etc.), which may cause injury to the user.

Warm up (do some exercises to warm up the muscles to avoid injuries and make the level of effectiveness higher) before starting doing exercises. It is recommended to do the complex of exercises provided below before every time the product is used. Each exercise should be done for 30 seconds or more. Stop training in case you feel pain or discomfort.



Side body bend

**Forward
bend**

**Leg muscles
stretching**

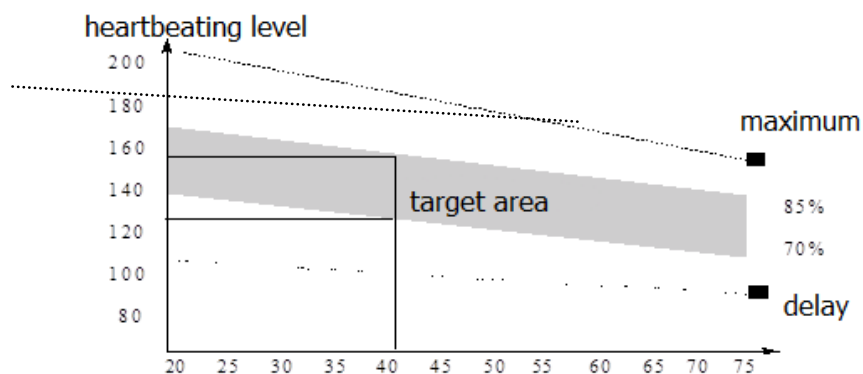
**Legs
stretching**

Calves muscles stretching

Recommendations for training. After regular trainings leg muscles will be stronger. Try to keep to a neutral temp of doing exercises during the training. Your pulse should be in the target area that is indicated at the picture during the training.

Training should be no longer than 12 minutes, but most people start it at 15-20 minute.

Finalizing the training. Your pulse should become neutral and muscles should be calm during the training. It is recommended to do the exercises that were done during the warm up. Firstly, make the temp lower and continue training during 5 minutes. Continue doing stretching exercises. Stop training in case you feel pain or discomfort. You will be able to do trainings with higher temp in the future. It is recommended to do the trainings 3 times a week.



Musculature toning. It is necessary to indicate a high level of intensity for musculature toning. It will make the intensity higher and will cut the time needed for the training. Training program is obligatory in case you want to make your physical condition better. Make higher intensity for the legs at the end of the training. In case your pulse is higher than target area, make the temp lower.

Decrease of weight. The most important factor of weight decreasing is your wish to do it. More often and longer

your trainings are more calories you lose.

Safety measures by using sports equipment in accordance with its purpose.

Kindly read thoroughly this document before assembling and starting using the equipment.

Familiarization with this document is an obligatory term for all the users.

Safe and effective training is possible just in conditions of right assembly and in-time and regular checking.

Consult the doctor before using the machine and check your health to indicate physical state of your body. Consulting the doctor is compulsory in case you take medicines that influence your heartbeating, blood pressure and cholesterol level.

Watch your body reactions! Wrong product usage or overloading may cause harm to your health. Stop doing exercises in case you feel the symptoms mentioned below: pain, chest pressure, heartbeat or breath disorder, weakness or dizziness. In case such symptoms occur regularly, consult a doctor before continuing the training.

Do not allow children or animals to the machine. It is intended to be used just by adults.

Free space with 50sm diameter is necessary for normal and safe work with the machine.

Before using the machine, check its technical condition and correct functioning, moreover check all the bolt junctions to be sure they are fixed correctly.

Complete regular checking procedure to avoid premature damages and breakdowns.

Assure the machine is assembled at the hard horizontal surface and at the level needed. Use the machine just in accordance to its purpose. Stop using the machine in case some noise or sounds occur or notice wrong working of the machine till the damage is checked and modified.

Use comfortable sport wear for doing sports – sticking the clothes in movable parts of the machine may cause the injuries of the user and damaging the product. Always firmly hold the hand cranks of the machines and do not stand up (in case the user is needed to be in seating position).

Do not do sports after drinking alcohol or taking any medicines.

Move the machine by line and level to avoid its damage and back injuries. Use right technic in case the machine is being moved or ask specialists for assistance.

4. TECHNICAL MAINTENANCE

Technical maintenance means, first of all, responsibility of the user regarding all the recommendations mentioned in this document, starting with every-day checking of general view of the machine.

Check working capacity and possible damages before using the equipment – by damages, full or partial defects the usage of the equipment is forbidden.

Working instruction and soft parts care.

4.1. Soft parts usage (seats, backs, puffs):

Warning!

Moving the sport equipment by seats and backs is forbidden.

- regulate seats and backs positions by moving special handles or metal rack;
- avoid abrasive materials to be at vinylis leather;
- avoid putting disks and bars at the seats, etc.;
- examine the upholstery after use;

Take off the packaging and cords carefully to avoid upholstery damage of soft parts of sports equipment.

Transporting should be completed at -20 till +50 0C to avoid damage of vinylis leather.

Do not change the positions of seats, back or puffs at the temperature -40 till -20 0C to avoid their damage. Щоб

4.2. Service of vinylis leather and varnishing stains:

- use soft, wet clothes with soap solution for cleaning;
- rub dirty parts with quiet movements without any force;
- dry the upholstery after cleaning.

4.3. Precautions:

- do not put the equipment near heaters or any other sources of high temperature, the distance should be more than 30 sm;
- avoid sun-rays at the clothes;
- do not use bleaching solutions;
- dust the equipment with a wet duster once a week.

5. INFORMATION ON STORAGE, TRANSPORT AND DISPOSAL

Product storage and disposal orders. *WARNING!* The product is aimed to regular using according to its purpose (taking into account all the limits, that are mentioned in this document) after its installation. It is not recommended to leave the equipment without using (more than 30 calendar days). External (physical) factors can lead to losing the shop-front of the product (or its parts), wrong working on the product or its parts during a long-time down time, and as a result it might lead to breakage of the product.

If long-term storage of the equipment is required, the following storage rules must be observed (the list of conditions is not complete):

- place the machine in a closed dry room with natural ventilation;
- protect the machine from external factors (dust, water drops, etc.) with a large plastic bag, leaving space for free air circulation;
- take other measures to preserve the appearance and characteristics of the machine during storage.

When removing the equipment from storage and preparing for installation, follow the next recommendations:

- remove the equipment from the packaging material (polyethylene, cardboard, other packaging materials);
- remove dust and other contaminants from the surface of the product;
- check completeness and absence of parts damage.

The equipment is transported unassembled in carton packing. Transporting should be accomplished by the way of protecting the product from external factors (rain, snow, sun-rays, water, moisture, etc.)

After the term of product use is over the Customer determine its further usage by themselves.