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PRODUCTION AND SALE OF SPORTS GOODS

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DATA SHEET

Multifunctional sports equipment for rehabilitation

TB001; TB002; TB004



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1. GENERAL INFORMATION

The purpose and content of this document. This document is a data sheet for rehabilitation machine Medical (document code by GOST 2/601-2006) and contains a general description of the machine 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.
- Know and rigidly adhere to the general rules for doing sports and trainings at sports equipment;
- Consult a doctor concerning the ability and safeness to use the sports equipment for the user's health.

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 machine is aimed to be used for kinesiotherapy at home to support physical health of the disabled user. By home the manufacturer means the use of the machine indoors, safe from external factors (rain, snow, sun-rays, etc.)

Characteristics:			TB001	TB002	TB004
Length	mm	:	703	2882	2882
Width	mm	:	684	684	1904
Height	mm	:	2226	2226	2226
Weight (with loads - 40 kg)	kg	:	90	175	355
Working environment			Home conditions		
Maximum user's weight	kg	:	150		
The country of manufacturer		:	Ukraine		
Working temperature indoors	C°	:	+ 15/+25		
Air humidity	%	:	40 - 60		

Working principal of the machine consists in muscles load transfer due to motion path of separate parts of the machine. Due to the level of physical state of a particular person, the machine can be regulated for different loading state.

Marking and sealing. The machine has a special marking (product code, date of manufacturing, mark of technical control departure). The packaging of the machine does not contain any marking. There are no sealings at the equipment.

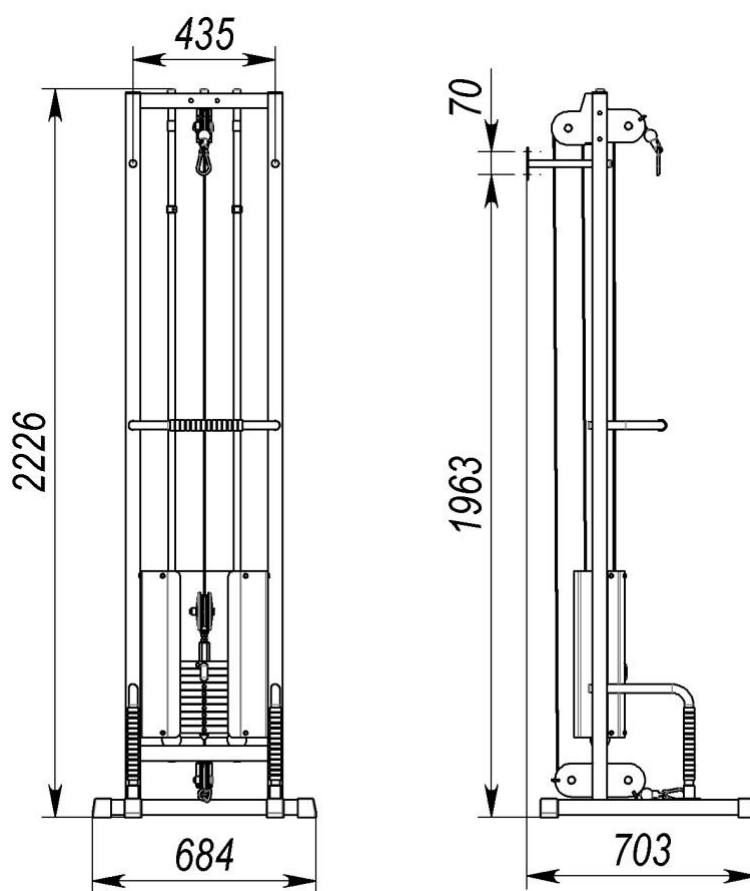
Packaging. The machine is transported in carton packaging to avoid damages during transporting procedure. Separate parts can be packed in polyethylene.

3. GENERAL CHARACTERISTICS AND COMPLETE SET

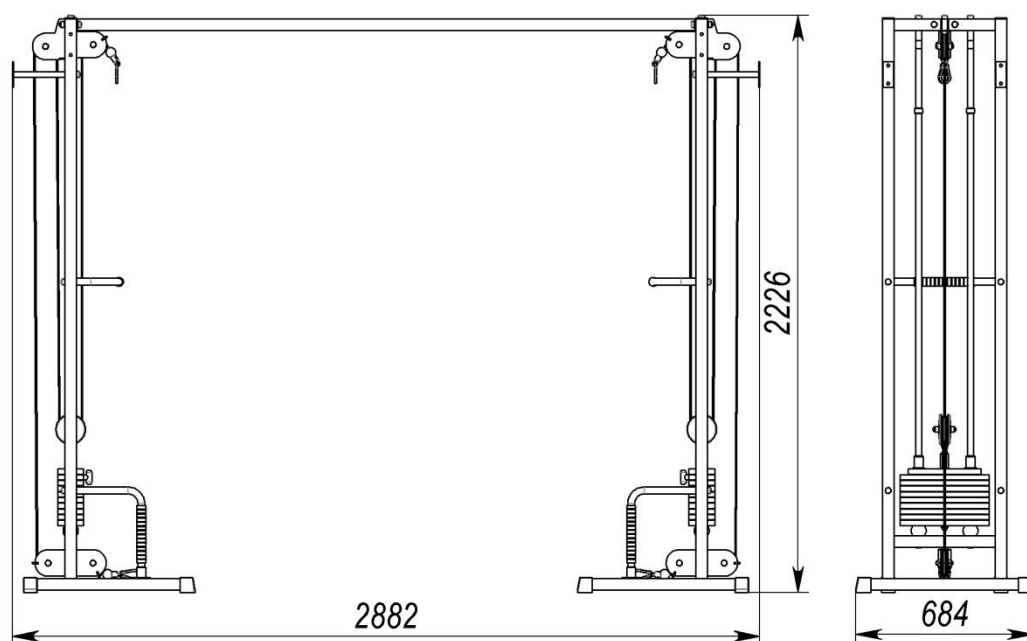
The names of the main parts of the machine:

№	Name
1	Metal mended rack
2	Cord
3	Loads sets (from 40 till 100 kg)
4	Plugs, protecting elements
5	Connecting elements (bolts, nuts, washers, lockwashers)

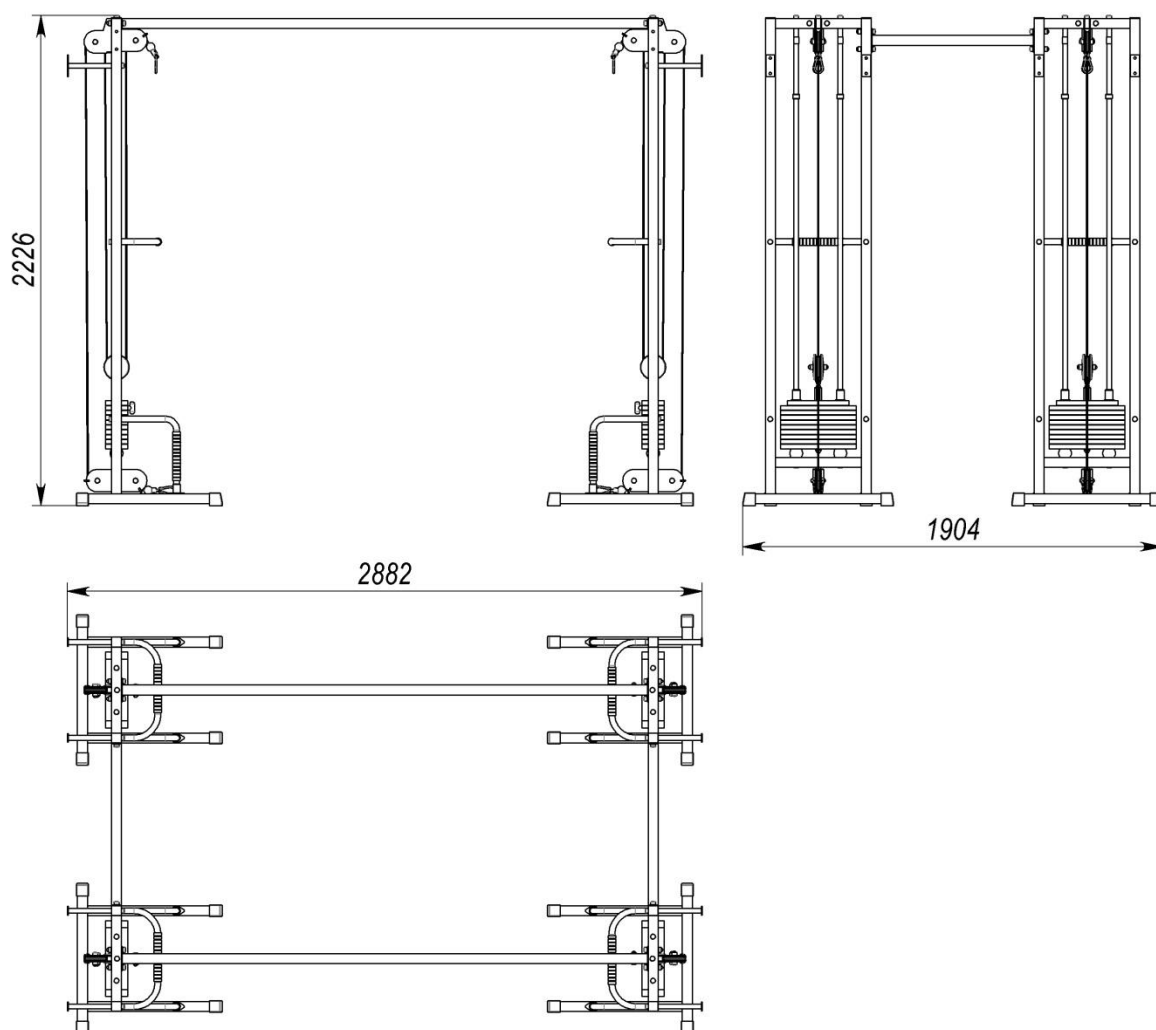
Note: instrument needed for assembling and installation is not a part of a set.



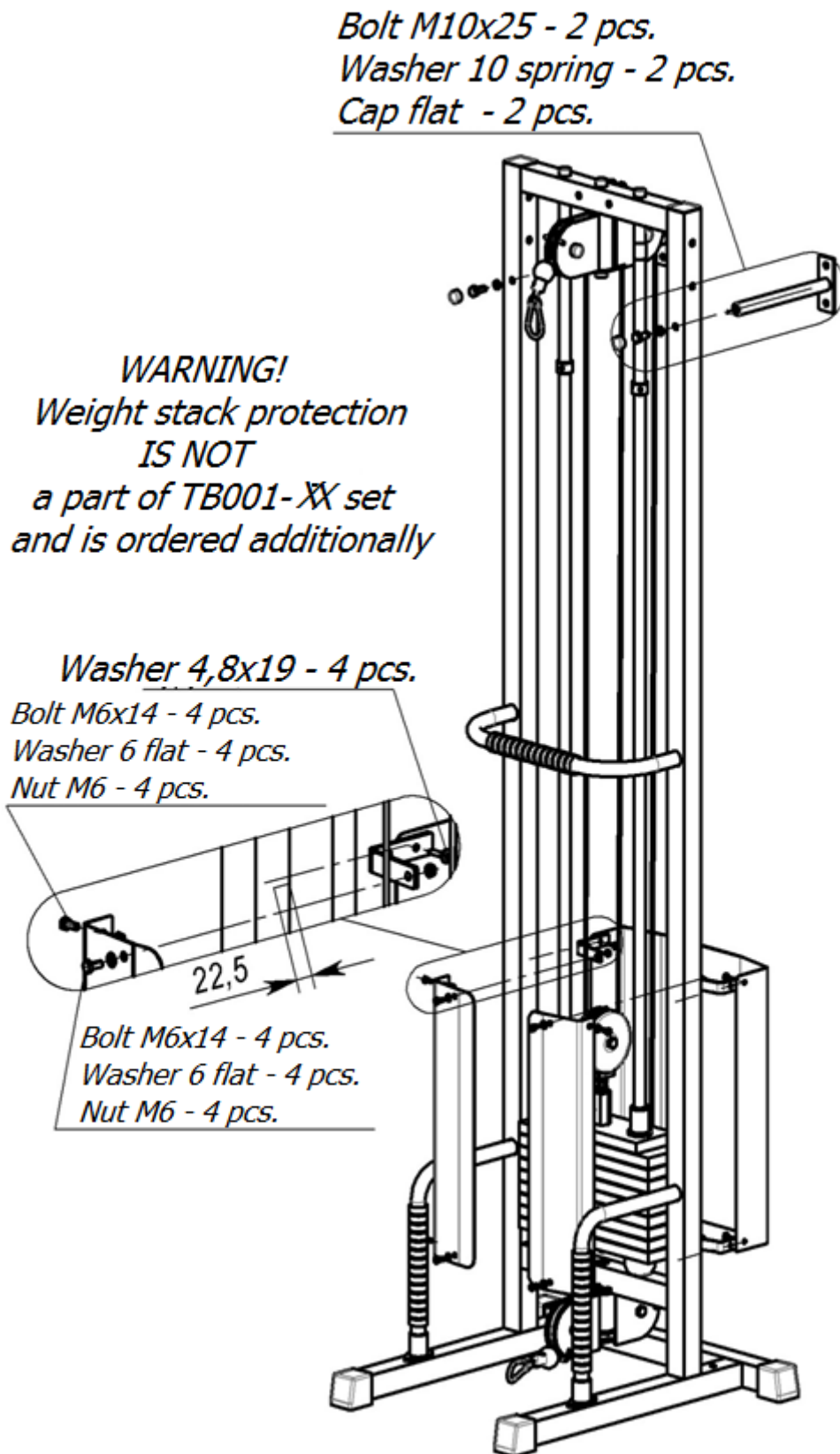
Picture 1. General view of the machine TB001



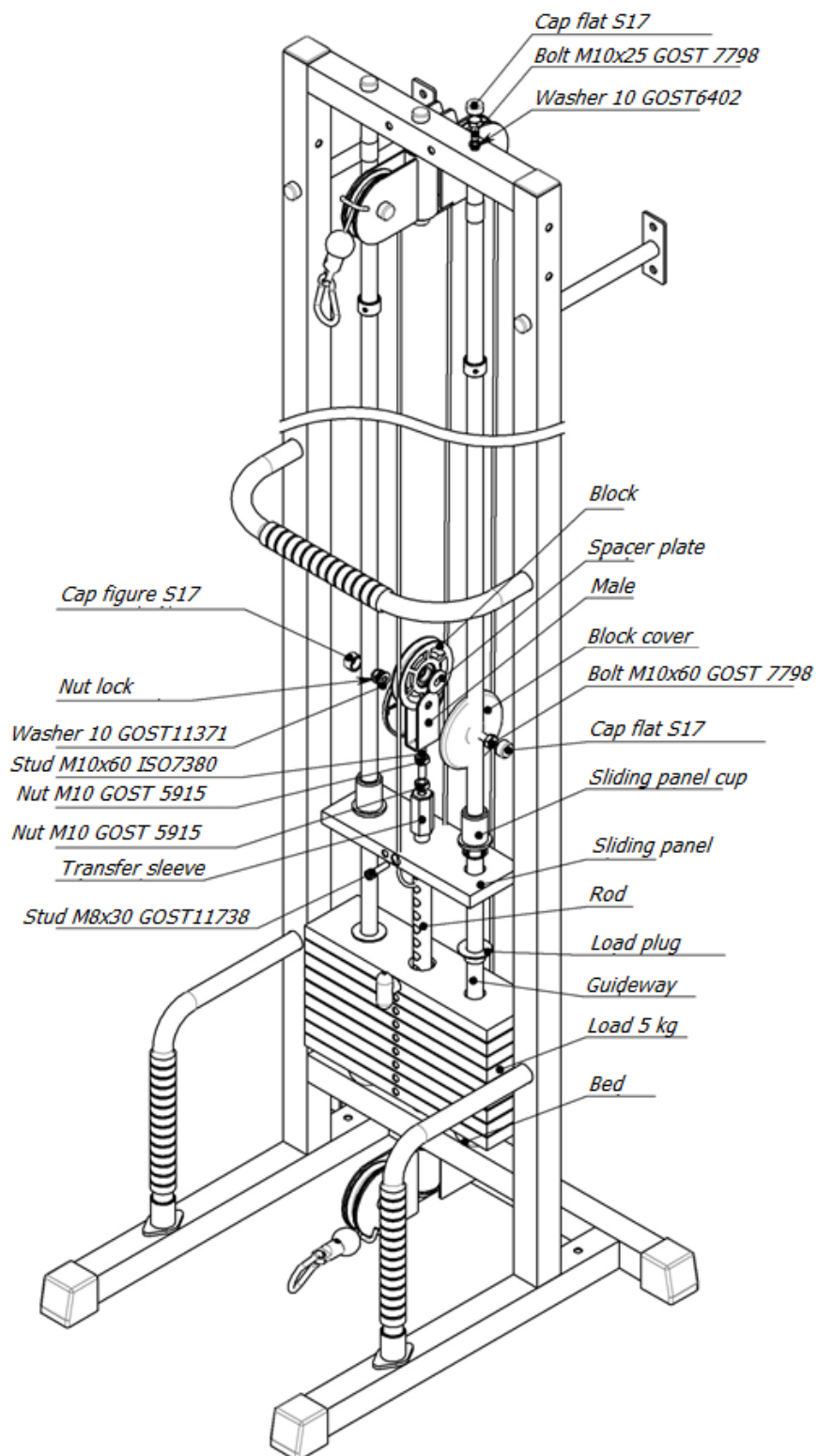
Picture 2. General view of the machine TB002



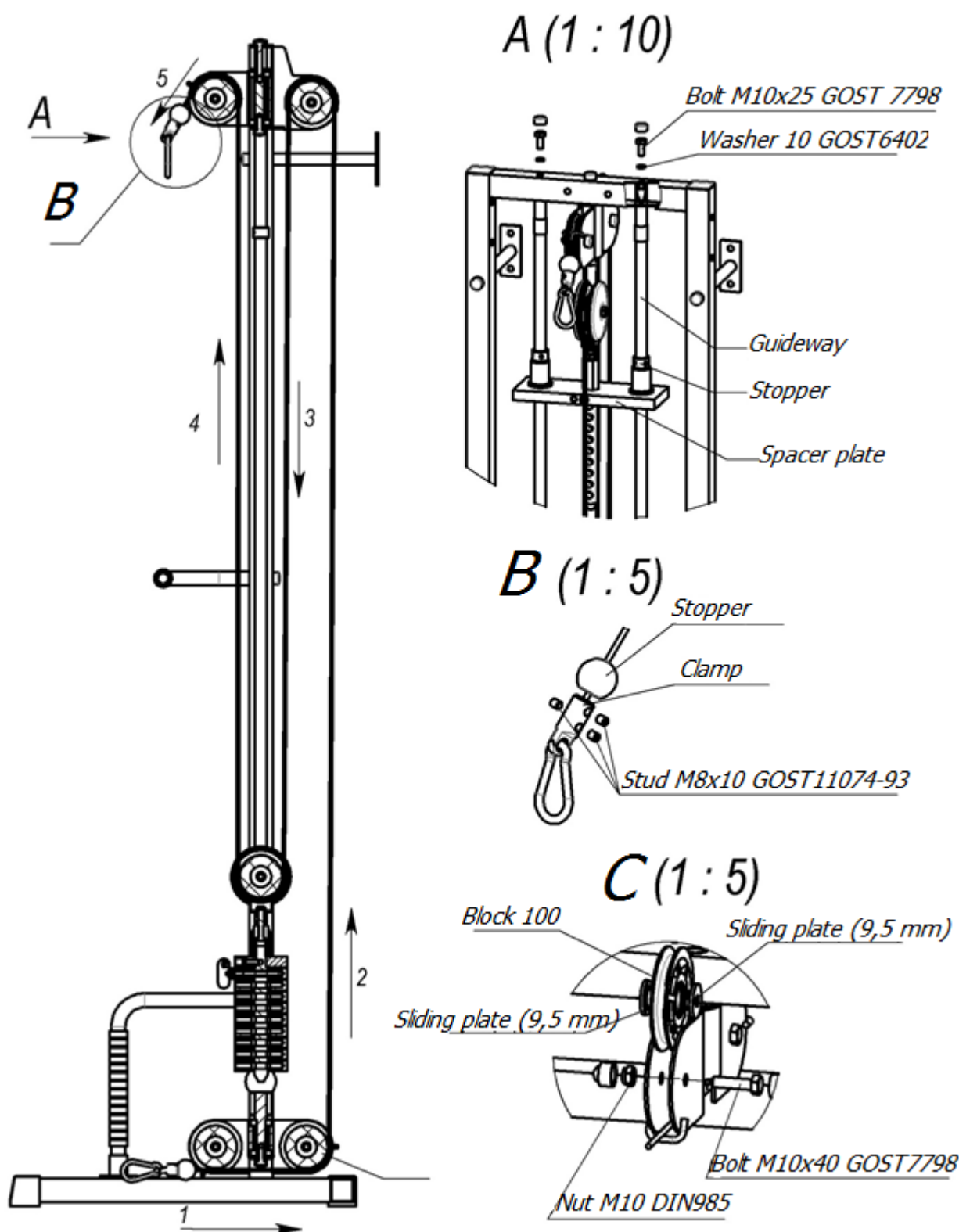
Picture 3. General view of the machine TB004



Picture 4. Assembly scheme of protection panels and fixings



Picture 5. Assembly scheme of load block

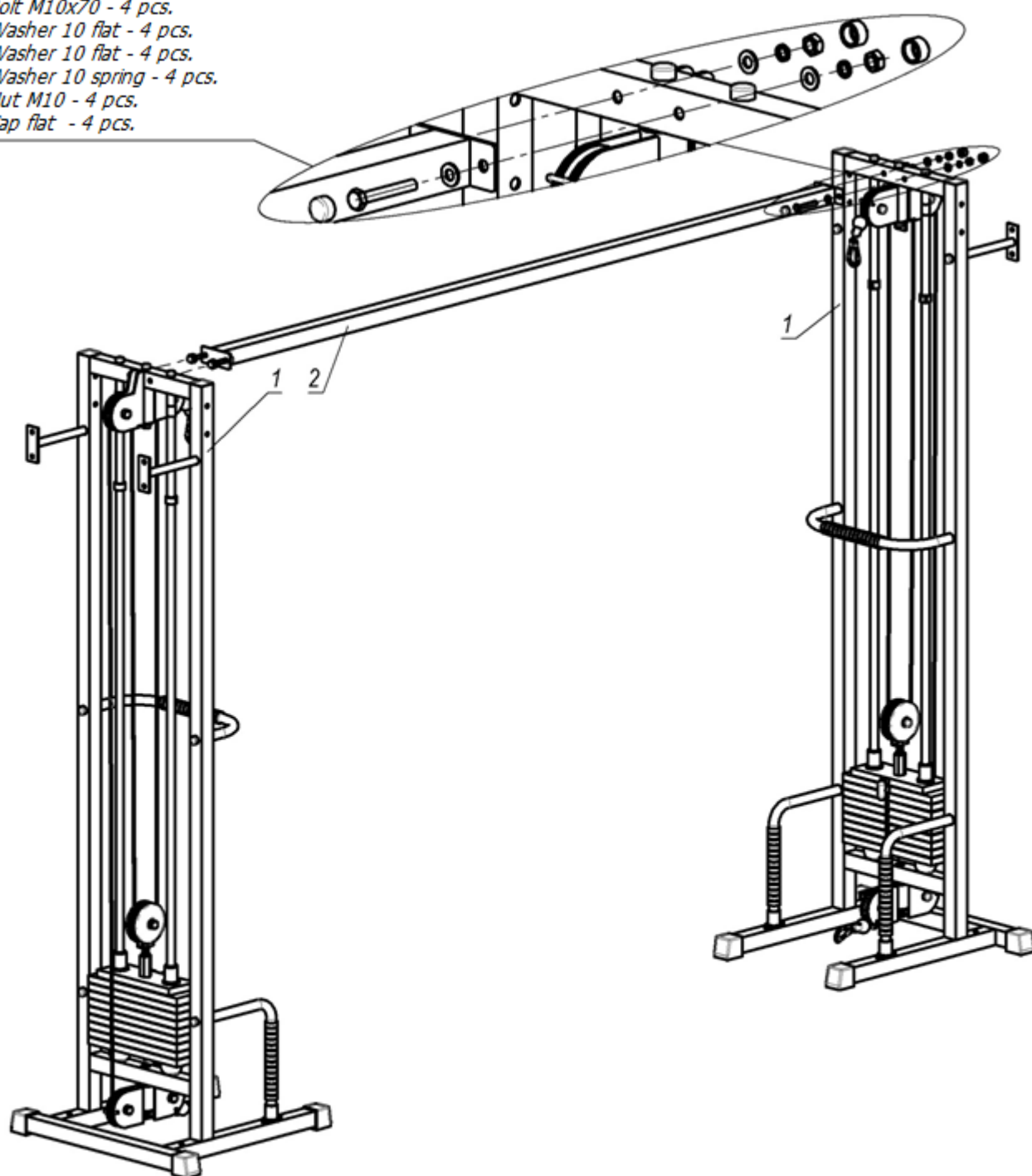


For loads free sliding: ease off fixing bolts of guideways (part A), lift up sliding panel manually at the highest possible position (up to the stoppers). Holding the sliding panel, fix a guideway with bolts and lift down the sliding panel.

For steering the cord: assemble the bolts as it is presented at the scheme (part C). Fix one end of the cord with clamp (part B). Loose end is needed to be steered through the blocks (numbers 1-5 at the main view). Fix another loose end in accordance with the scheme of the first one (part B).

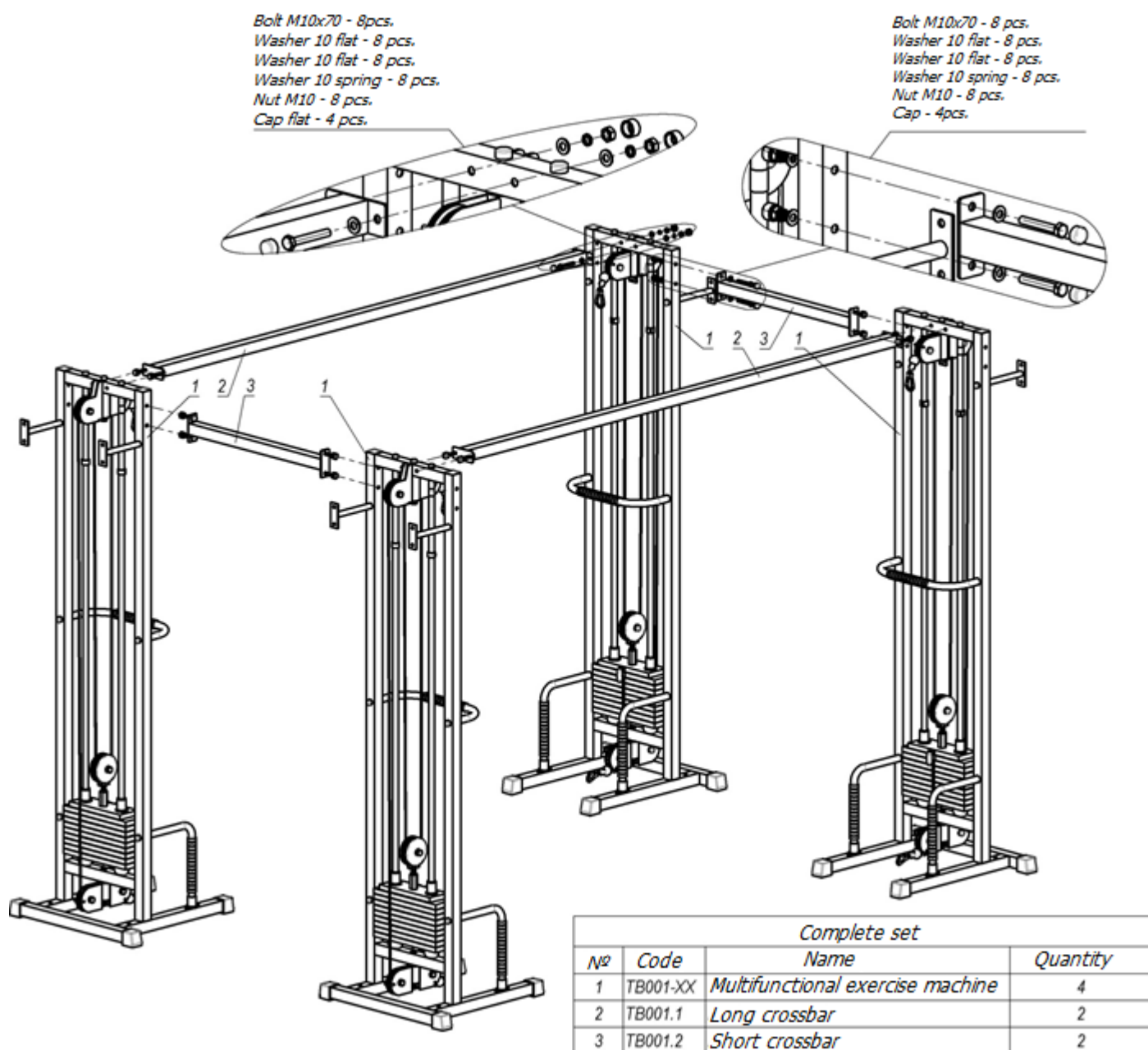
Picture 6. Cord steering scheme

Bolt M10x70 - 4 pcs.
 Washer 10 flat - 4 pcs.
 Washer 10 flat - 4 pcs.
 Washer 10 spring - 4 pcs.
 Nut M10 - 4 pcs.
 Cap flat - 4 pcs.



Complete set			
Nº	Code	Name	Quantity
1	TB001-XX	Multifunctional exercise machine	2
2	TB001.1	Crossbar	1

Picture 7. Assembly scheme TB002



Picture 8. Assembly scheme TB004

4. INSTRUCTIONS FOR SAFE USE

Working limits. Each machine should be used as per its purpose and taking into account all the requirements provided in this document.

Equipment preparation before usage.

Before using the equipment, it is needed to be sure that it has been assembled in full taking into account all the requirements of this Data sheet and other documents (in case there are some added to the set of the equipment).

Safety actions using the machine.

Be aware of all points of this document before assembling and starting using this machine.

Doing exercises is allowed just in case there are two people in the room. The machine must be used just by one person, except the spotting and trainings at multistations.

Do not make changes in data sheet. Do not use the machine with damages occurred.

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

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.

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.

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).

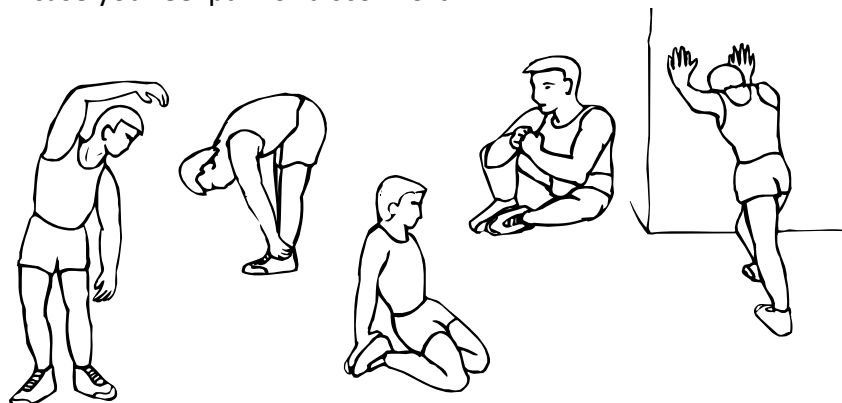
Do not do sports after drinking alcohol or taking any medicines.

Moving 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.

Machine usage.

Check working capacity and absence of breakages (defects) before the usage of the product – in case there are some breakages of the product or its partial or full down state the usage of the product is forbidden.

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.



You can start doping sports using machines after the warm up. Stick to the procedure below:

1. Choose the level of loading putting the disks of particular weight.
2. Hold right starting position.
3. Do the exercise in accordance with coach's recommendations (instructor).
4. After the exercise is done turn movable parts back to their initial positions.

The procedure of checking the working capacity of the machine.

The machine should be installed in accordance to this document.

It should be done by the specialist, for example, a coach who finished the safety education.

5. TECHNICAL MAINTENANCE

General information

The machine must be installed and checked in accordance with the requirements of this document.

Safety measures by technical maintenance

Technical maintenance should be completed by the person with special education who knows the prevention of accidents norms.

Machine checking

Once a month, also by machine installation, the product must be under checking procedure by loading the machines 1,5 times more for a couple of minutes. The date of attestation is registered in the inspection report and is verified by a signature. Dirty surfaces of the machine can be cleaned with household chemicals without abrasive elements and solvents in its content. Technical maintenance procedure and instructions are mentioned at each machine at a special label.

Equipment working checking

Check the completeness of the machine parts and safeness of its junctions. Pay special attention to a right cord tension and metal cord fixing.

Temporary shutdown

In case the machine is kept for more than 1 month chrome parts should be marked with oil body without abrasive elements and solvents in its content.

6. 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 product 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 product is required, the following storage rules must be observed (the list of conditions is not complete):

- place the product in a closed dry room with natural ventilation;
- protect the product 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 product during storage;
- chrome details should be marked with oil body.

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

- remove the product 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;
- check all the junctions of the machine;

- clear the surface from oil that has been used for temporary shutdown;
- check the machine and readiness of all the parts of the machine before using it;
- provide working capacity of the machine for about 20 minutes with a middle loading before usage.

The sports equipment is transported the same way it was done initially (assembled or unassembled) in carton packaging. The way of packaging is the same. It should be done in accordance to save the machine from external factors, such as rain, snow, sun-rays, water, air humidity, etc.

The durability of the sports equipment is 10 years. After this period is ended, some separate parts and mechanisms of the machines might be dangerous for people and environment.