

interatletika

PRODUCTION AND SALE OF SPORTS EQUIPMENT

Customer support:

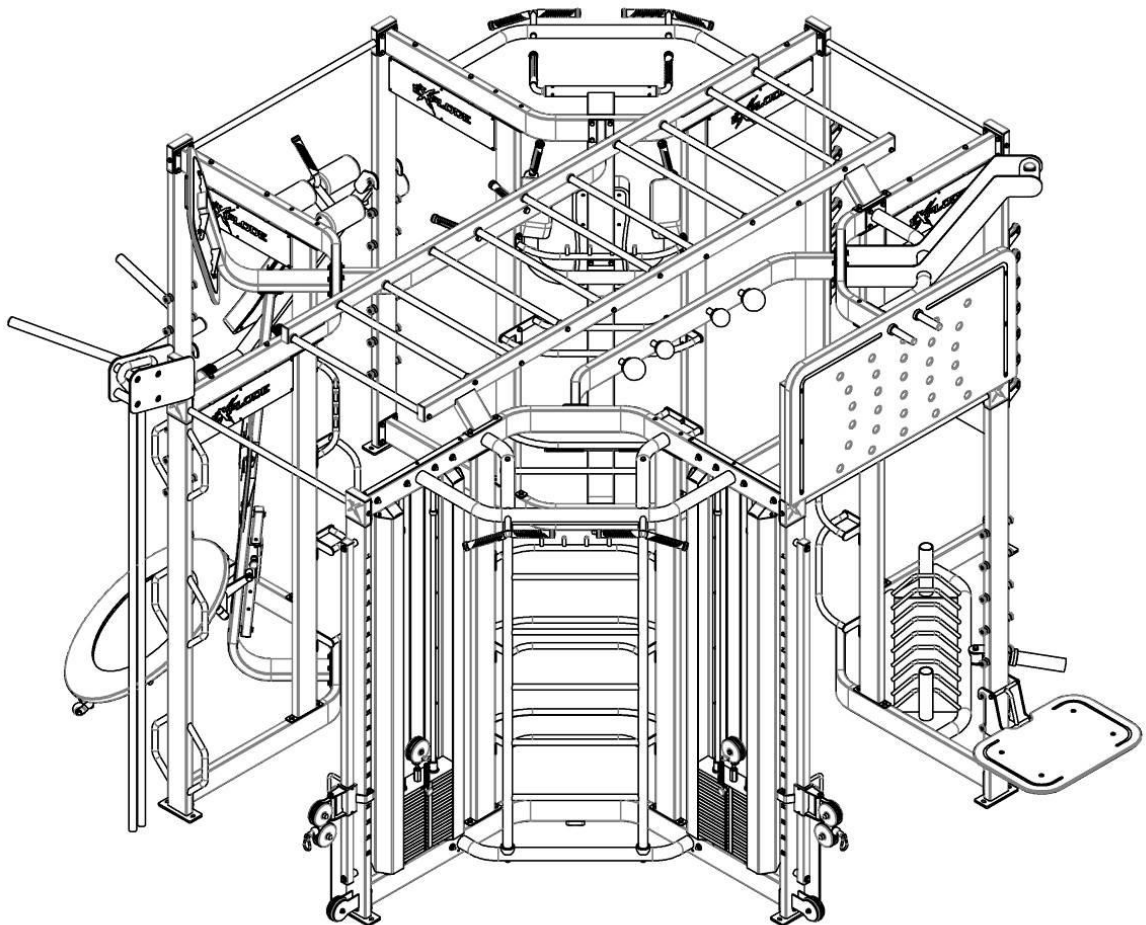
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KF-S5 – Multistation

DATA SHEET



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FOR NOTES

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

1. GENERAL INFORMATION

Purpose and Content. This document is a comprehensive operating manual and contains a general description of the sports equipment and its operation, as well as information on installation, intended use, maintenance, routine repairs, transportation, and storage.

User Training Requirements. To use the equipment, each user is required to:

- thoroughly review and study this document;
- strictly adhere to the requirements and recommendations of this document;
- know and strictly adhere to the general rules for engaging in sports (physical exercise);
- consult a doctor regarding the feasibility and safety of training for one's health.

Applicability to product modifications. The manufacturer may make changes to the design aimed at improving its performance, altering the design, etc. This document may not contain a description of such changes, but it applies to such modifications.

2. COMPLETE SET AND CHARACTERISTICS

Intended use. The name and general view are noted at the title page. This equipment is designed for CrossFit workouts and general physical training. It may only be used indoors (protected from external factors such as rain, snow, direct sunlight, etc.) at the temperatures specified in the technical specifications.

Technical characteristics:

Individual characteristics presented in Table 1.

General characteristics:

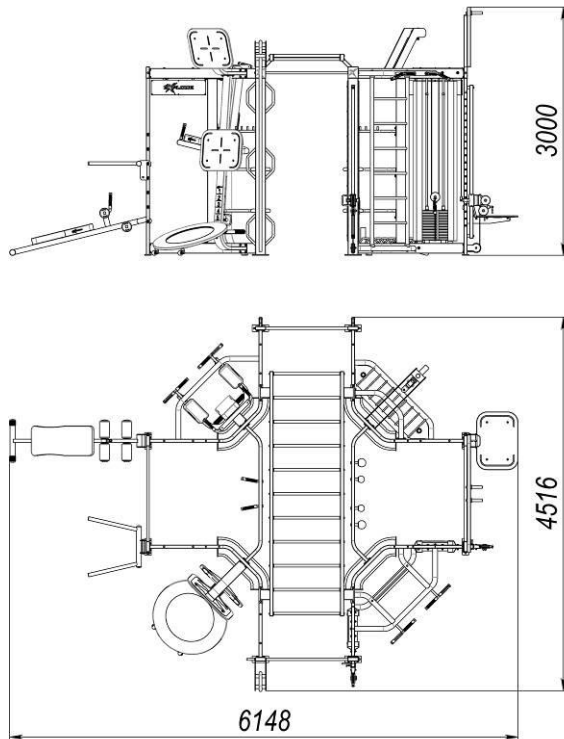
Maximum user's weight	kg	:	150 kg
Country of manufacturer	---	:	Ukraine
Working temperature indoors	°C	:	+10/+30
Humidity indoors	%	:	40- 80

Complete set. Delivery complete set includes:

- Machine mentioned in Table 1;
- Packing;
- Data sheet.

Table №1 – List of equipment

№	Product code	Name	Overall dimensions, mm			Weight, kg
			Length	Width	Height	
1	KF-S5	Multiststaion	6148	4516	3000	1266



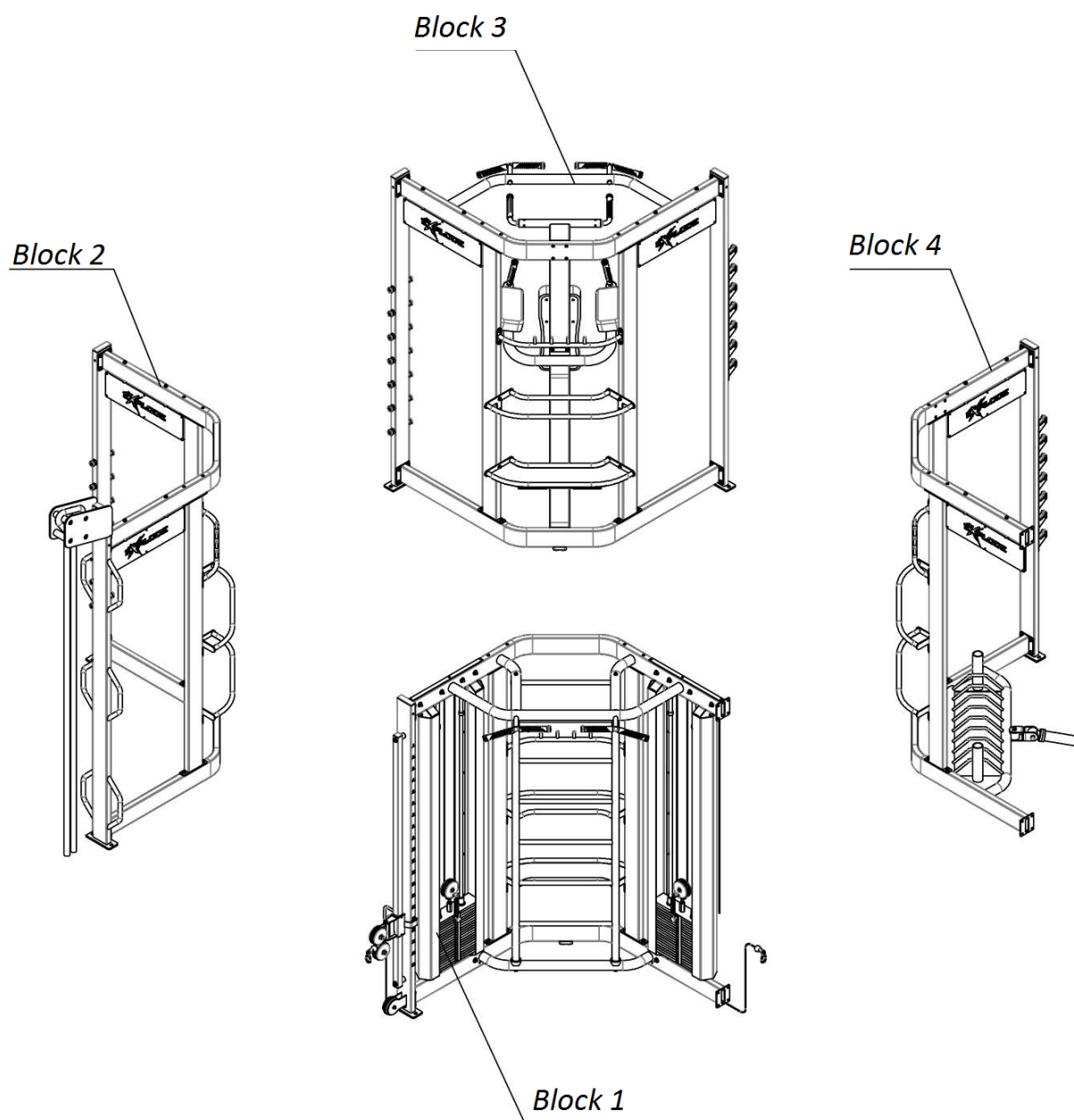
Instruments and tools. The package does not include the tools required for assembly.

Marking. Due to the use of various design solutions in the manufacturing of this equipment, its housing may not bear any markings (model name, product code); this does not affect its quality and does not indicate that

the product is an unofficial item. The packaging contains the following markings: the "Inter Atletika" logo and the model code. Due to ongoing modernization efforts, the code on the packaging may differ from the code listed on the title page.

Packing. The product is shipped in plastic packaging. Depending on the model and type of equipment, individual parts may be additionally packaged in plastic or cardboard. The packaging must be retained by the Buyer (returns are accepted only in the original packaging).

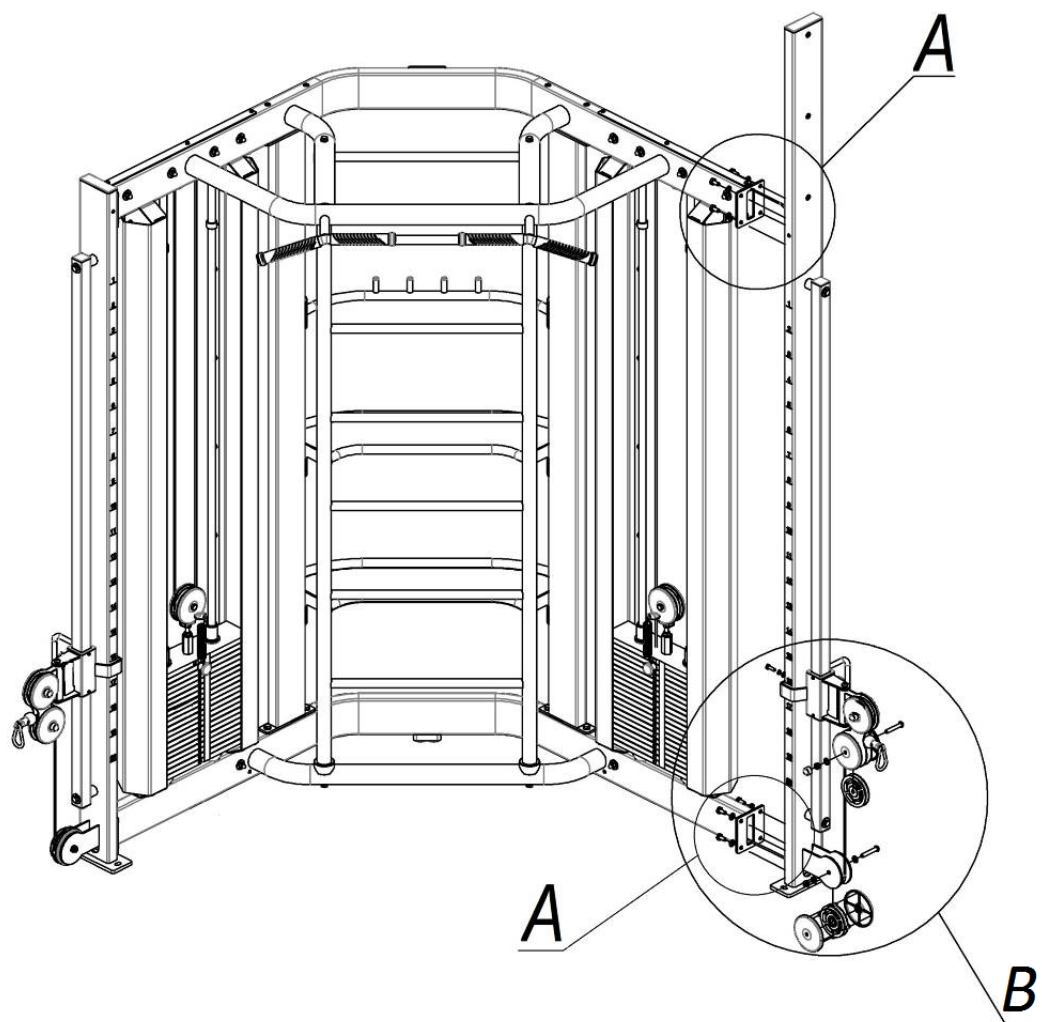
Assembly scheme for multistation KF-S5



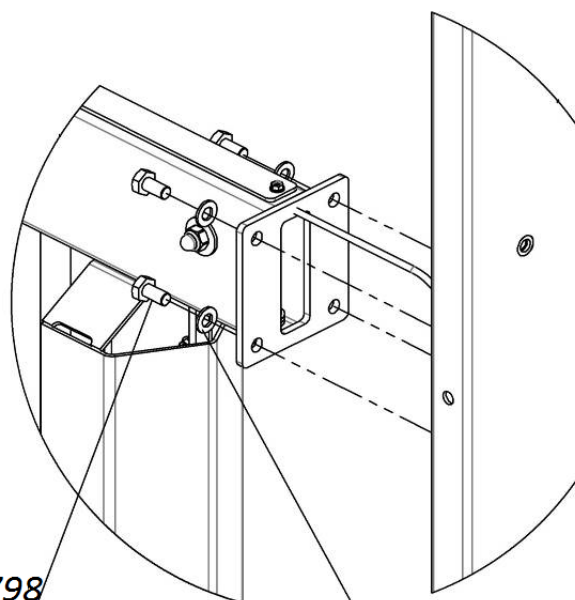
For convenience in assembling divide the multistation into 4 blocks

Picture 1

Assembly scheme «Block 1 »



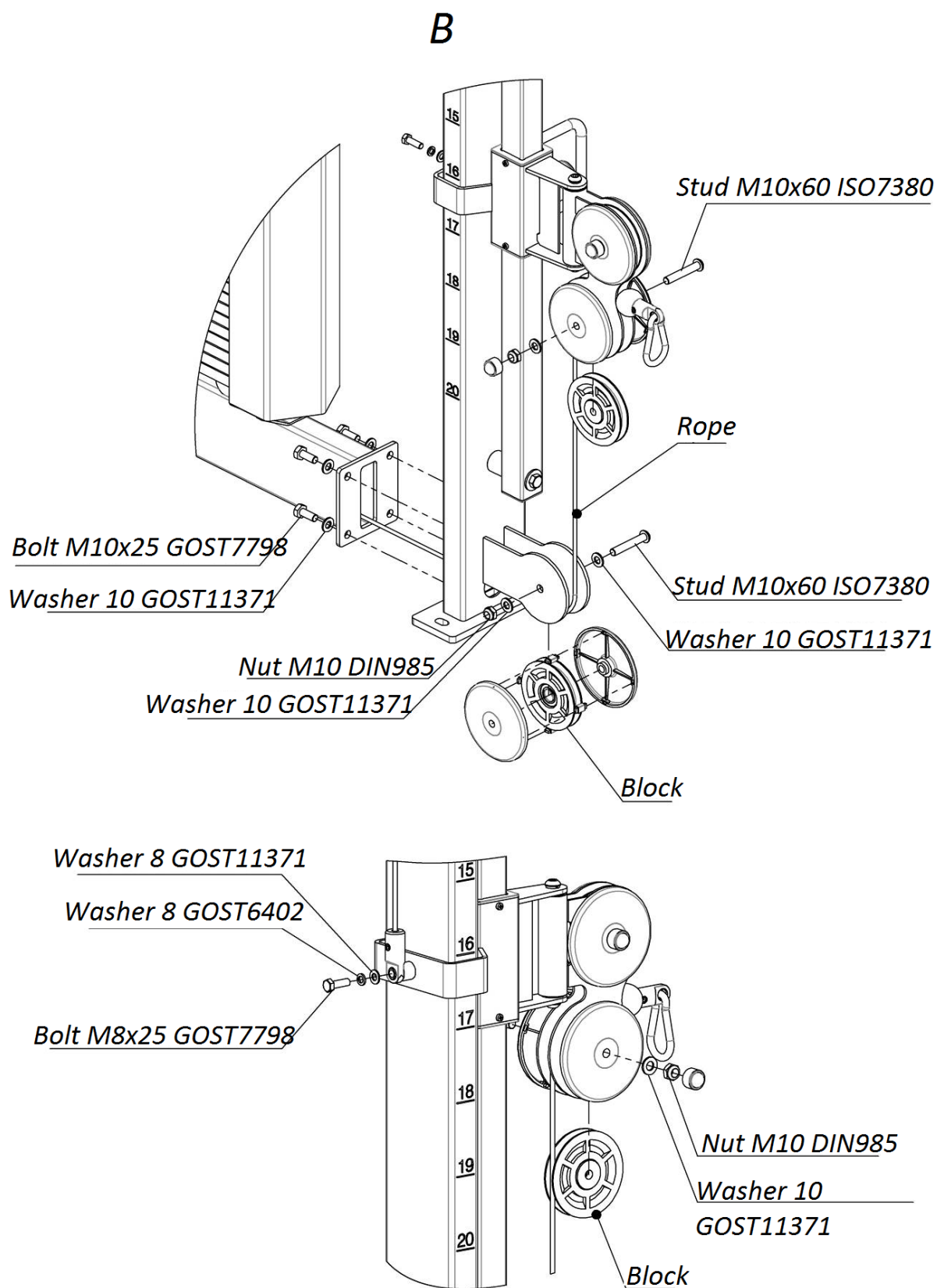
A



Bolt M10x25 GOST7798

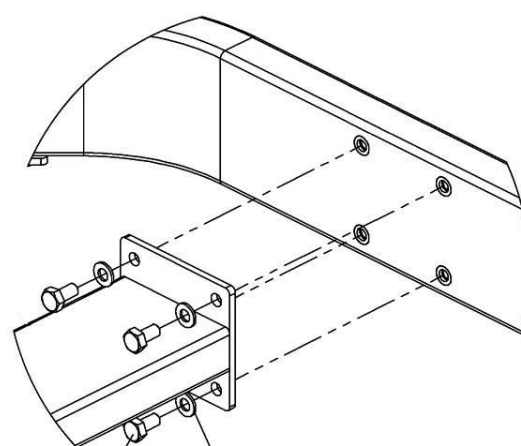
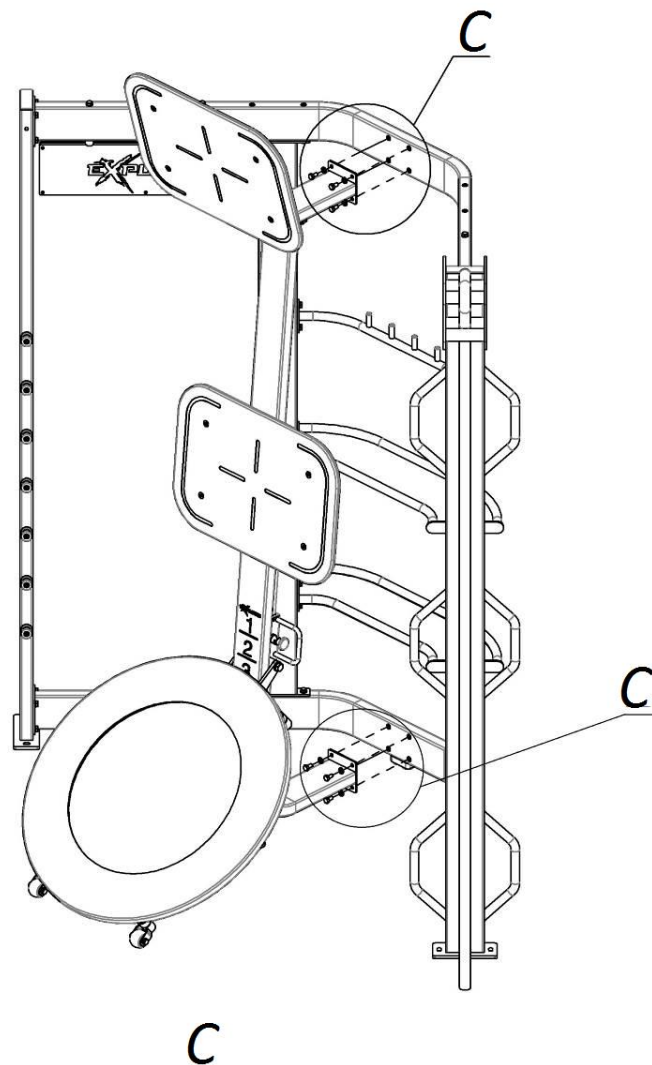
Washer 10 GOST11371

Picture 2 – Rack installation



Picture 3 – Rope and clock installation scheme

Assembly scheme «Block 2»

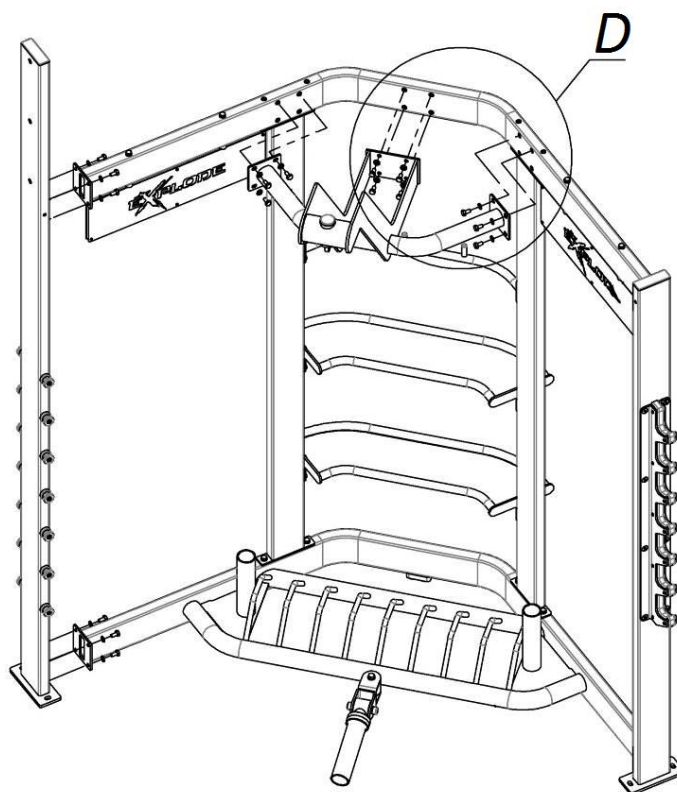


Bolt M10x25 GOST7798

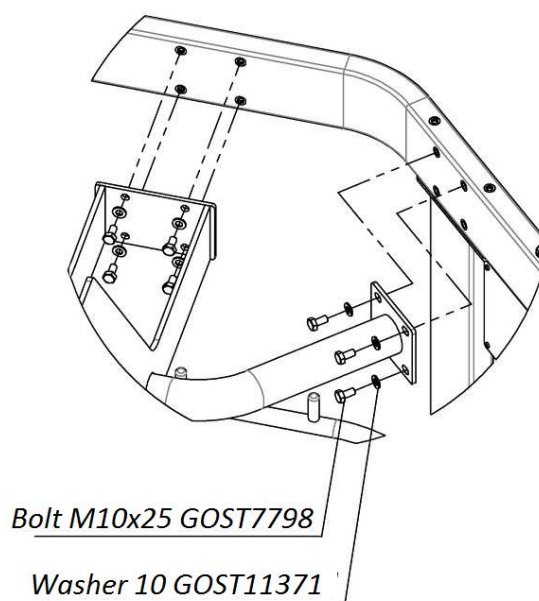
Washer 10 GOST11371

Picture 4 – Targets for medball with a trampoline installation

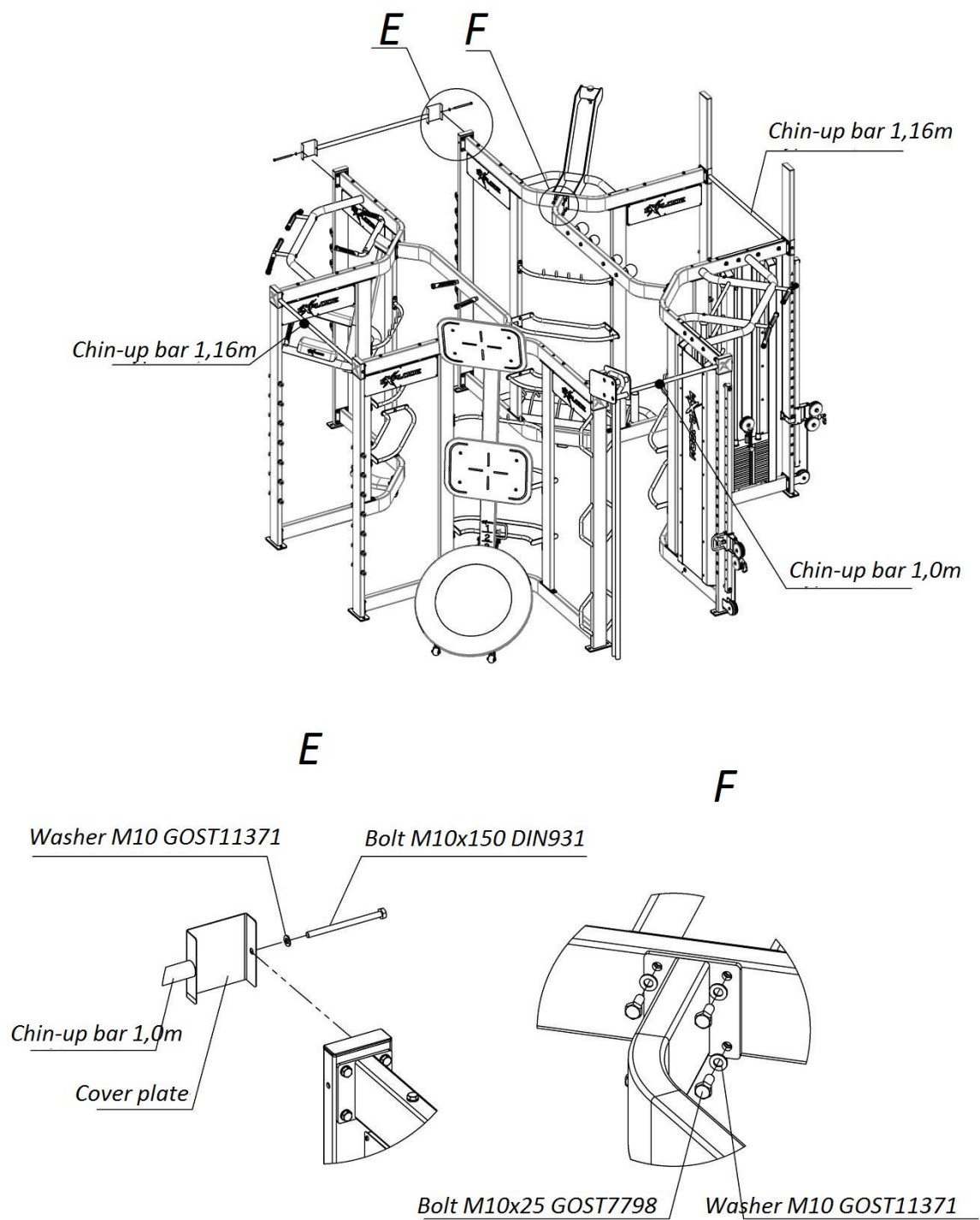
Assembly scheme «Block 4»



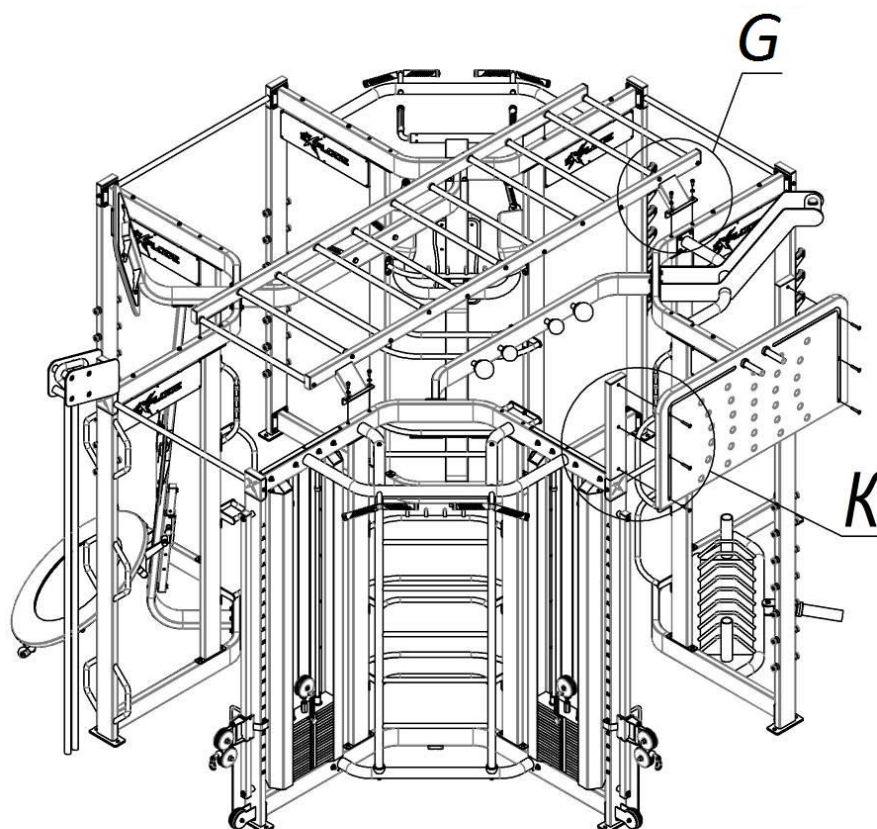
D



Picture 5 – Bearing element for punching bag



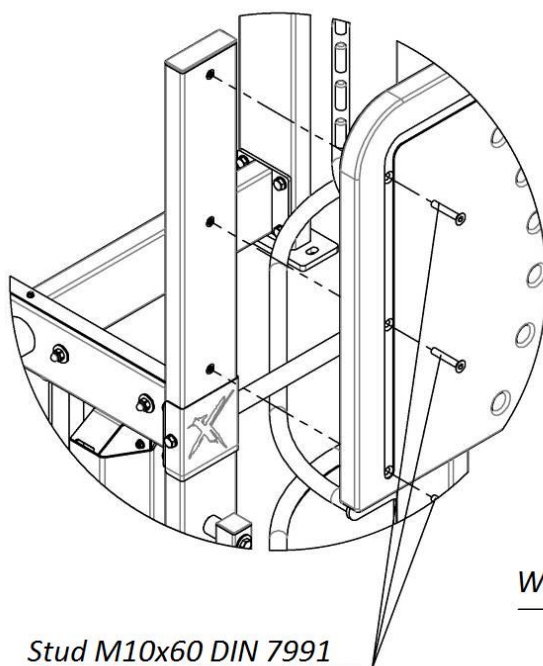
Picture 6 – Chin-ups and beams installation



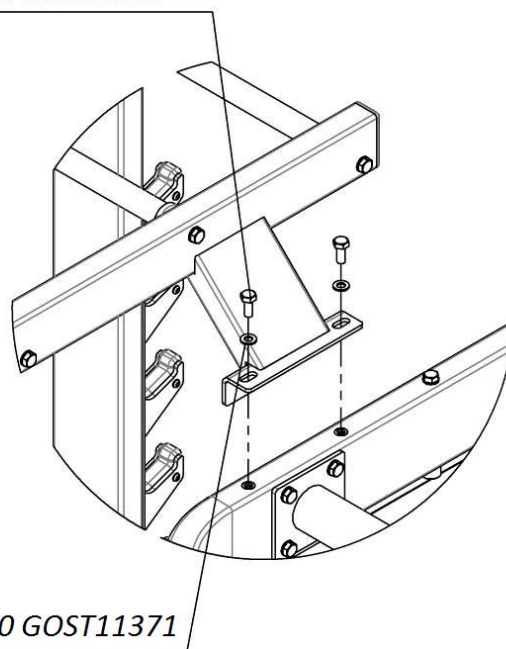
K

G

Bolt M10x25 GOST7798

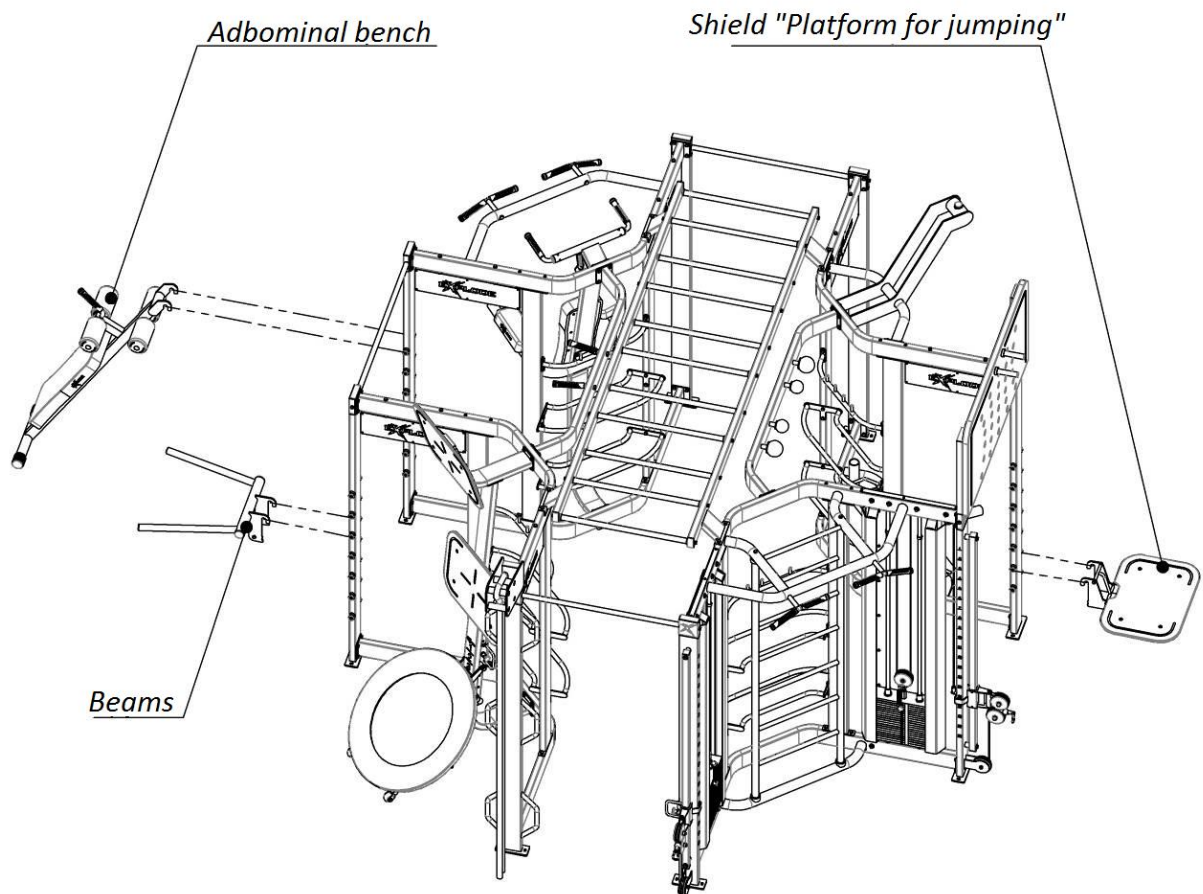


Stud M10x60 DIN 7991

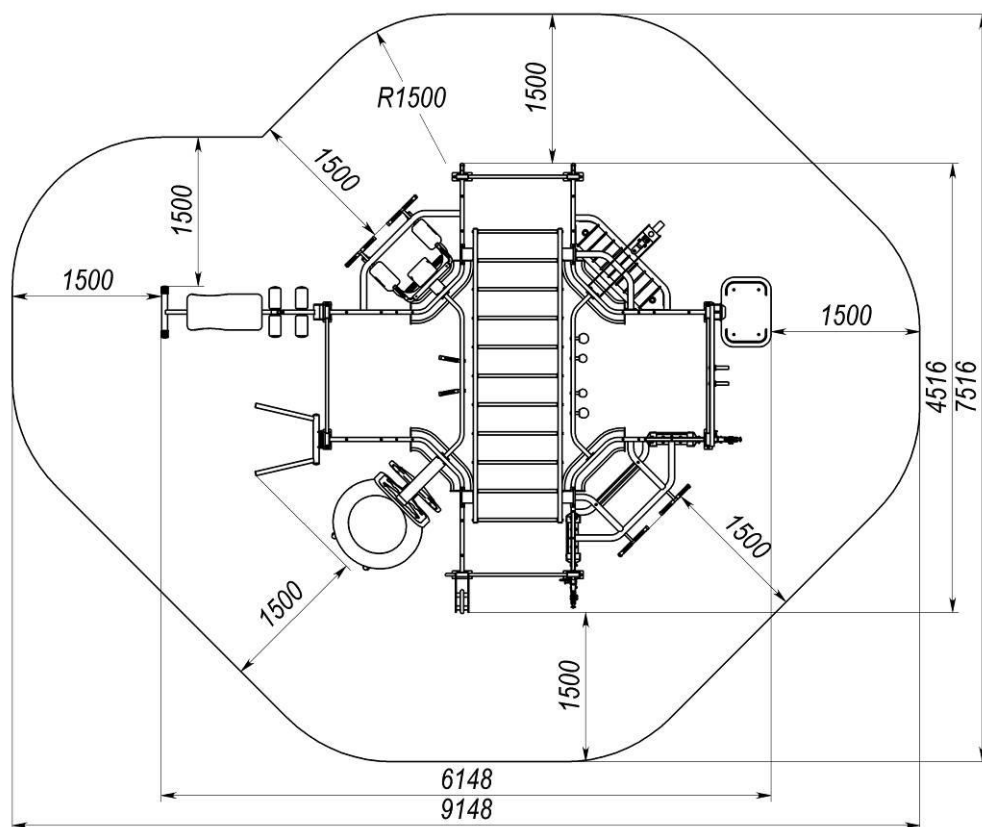


Washer M10 GOST11371

Picture 7 – Monkey bar and pegboard installation



Picture 8 – Install beams, abdominal bench, platform for jumping on hooks



Picture 9 – Working zone

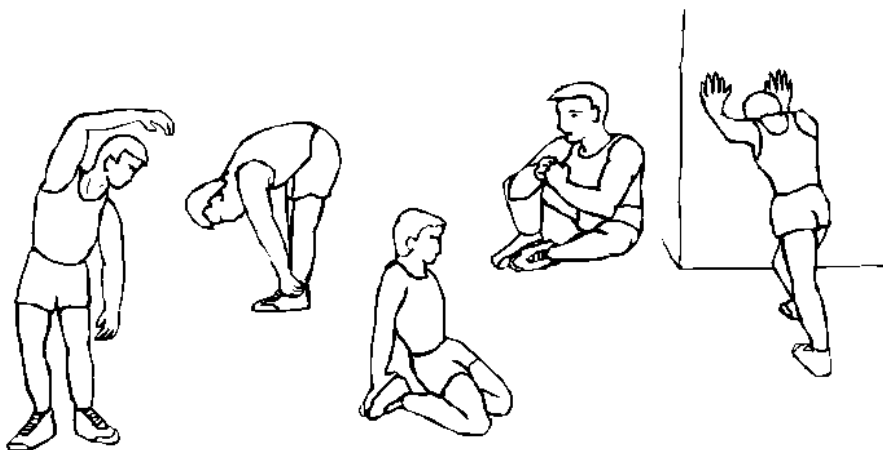
3. INSTRUCTION FOR SAFE USE

Product preparation before usage. Before using the product, 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 product).

Product assembly order.

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.



Side body bend

Forward bend

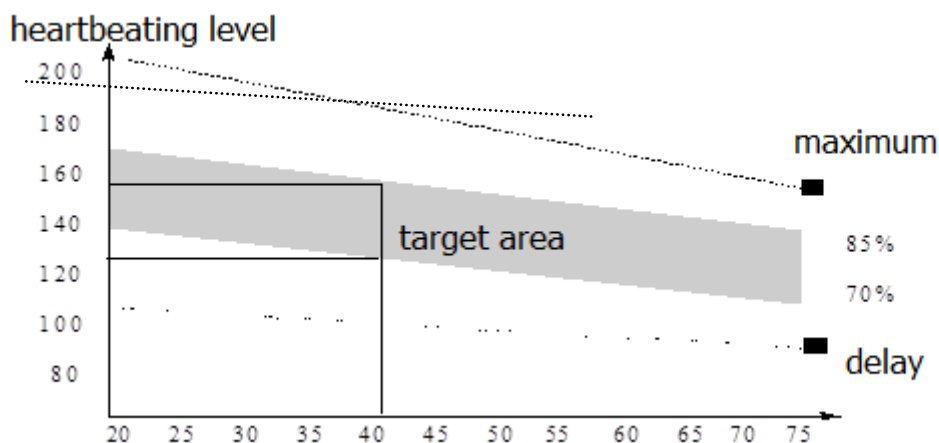
Leg muscles
stretching

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.

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 precautions for the proper use of sports equipment.

Please read this document carefully before assembling and using the equipment. All users are required to review this document.

Safe and effective training is only possible if the equipment is properly assembled and maintained on a regular basis.

Before starting your workout, consult a doctor to ensure it is safe for your health and to identify any physical

conditions that could pose a risk to your health and safety or prevent you from using the exercise equipment effectively. Consulting a doctor is especially important if you are taking medications that affect your heart rate, blood pressure, or cholesterol levels.

Pay attention to how your body reacts! Improper use of sports equipment or excessive strain can be harmful to your health. Stop exercising if you experience the following symptoms: pain, chest tightness, irregular heartbeat or breathing, weakness, or dizziness. If these symptoms occur regularly, consult a doctor before continuing your workouts.

Keep children and pets away from this sports equipment; it is intended exclusively for adults.

Place the equipment at a flat, level surface (use a mat or other material to prevent damage to the floor). For normal and safe operation, ensure there is at least 100 cm of free space around the outermost parts of the equipment when those parts are in their outermost operating position.

Before each use of sports equipment, check its condition and ensure it is in good working order; in particular, make sure that all screws and connections are securely fastened.

To prevent premature wear or equipment failure, perform regular preventive maintenance checks.

Make sure the exercise equipment is placed on a firm, level surface and is properly leveled. Always use it strictly for its intended purpose. If you hear unusual noises or notice that it is not functioning properly while using it, stop exercising until the problem has been identified and completely resolved.

Wear comfortable workout clothes—clothing caught in moving parts can cause injury and damage the equipment. Always hold on tightly to the handrails and stay seated (if the seat is provided).

Do not exercise after consuming alcohol or any medications.

Handle the equipment with care to avoid damaging it or injuring your back. Always use proper technique or ask others for help when moving or lifting sports equipment to another location.

4. TECHNICAL MAINTENANCE

Maintenance primarily involves the user's responsibility to follow all recommendations set forth in this document, starting with a daily visual inspection of the equipment's external condition.

If you notice any unusual noise while using the equipment, you must immediately notify the service center staff.

Before using the equipment, check that it is in good working order and free of damage—if there is any damage or a complete or partial malfunction, use is prohibited.

Instructions for Use and Care of Soft Parts.

4.1. Upholstery use (seats, backs, puffs):

Warning!

When moving sports equipment, do not carry it by the seats or backrests.

- adjust the position of the seats and backrests by moving the special handles or the steel frame;
- do not allow abrasive materials to come into contact with the vinyl leather;
- do not place heavy objects, barbell bars, weight plates, etc., on the seats;
- after use, clean the upholstery;

To avoid upholstery damage of athletic equipment soft parts the packing materials (corrugated cardboard or bubble wrap) should be taken off with particular caution

To avoid vinyl leather damage the transportation should be conducted by temperature from -20 up to +50 °C.

At temperatures ranging from -40 to -20 °C, do not subject the seats, backrests, and headrests to deformation, as this can damage the vinyl leather.

4.2. Caring for vinyl leather, removing stains:

- to clean, use a soft, damp cloth dipped in a cool soapy solution;
- wipe soiled areas gently without applying pressure;
- allow the surface to dry completely after cleaning.

4.3. Warnings:

- do not put the equipment by heating elements and other sources of high temperature, the distance must be at least 30 cm;
- avoid direct sunlight at the equipment;
- do not use bleach;
- save from dust, wipe it with a damp cloth once a week.

5. STORAGE

Procedure for Preparing Equipment for Storage and Removing It from Storage. ATTENTION! Sports equipment is designed for continuous use as intended (subject to the limitations specified in this document) after assembly. Given this, it is not recommended to leave the equipment unused for an extended period (more than 30 calendar days). During periods of inactivity, the effects of natural (physical) factors may lead to deterioration of the equipment's (or its parts') appearance, malfunction of individual parts and mechanisms, and, as a result, breakdowns. In light of the above, the repair of breakdowns caused by prolonged disuse, as well as restoring the equipment to working condition after a prolonged period of inactivity, is not covered by the warranty (service).

If circumstances require that the equipment remain unused for an extended period, we recommend adhering to the following storage conditions (this list is not exhaustive):

- Store the equipment in a closed, warm, dry room, protected from direct sunlight;
- Protect it from external factors (dust, water splashes during cleaning, etc.) using a large plastic bag, while leaving space for free air circulation;

- Take other measures to preserve the appearance and properties of the equipment during storage.
- When removing the equipment from storage and starting operation, follow these recommendations:
- Remove protective materials (polyethylene, paper, etc.) from the equipment;
 - Remove dust and other contaminants from the surface;
 - Check the tightness of all connections;
 - At the start of operation, run the equipment at minimum load for at least 20 minutes and ensure that all components are functioning properly.

6. TRANSPORTATION

The equipment is shipped disassembled in a cardboard box. The packaging method must correspond to the packaging used prior to the first assembly. The equipment must be shipped in such a way as to protect the sports equipment inside the packaging from external factors (rain, snow, sunlight, water, humidity, etc.).

7. DISPOSAL

At the end of its useful life, certain components and mechanisms of the equipment may pose a risk to people and the environment. Therefore, if you decide to dispose of the equipment, please contact the manufacturer or specialized organizations.