

Customer support:

☎ +38 095 273 81 53

prof.interatletika.com

✉ export.team@interatletika.com

DATA SHEET

PROFESSIONAL SPORTS EQUIPMENT



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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 of the product. The name of the product, the list of machines, their markers are mentioned in table 1. General view of the machines is presented in table 2,3. The machines is intended for doing sports (physical training) in gyms. By using the machines in gyms is meant the usage of the machine indoors (safe from external factors, such as rain, snow, sun-rays, etc.).

The characteristics of the machines. Individual characteristics of the machines are presented in table

1. General characteristics of the machines:

Maximum user's weight	kg	:	150
The country of manufacturer	-----	:	Ukraine
Working temperature indoors	C°	:	from +10 till +30
Air humidity	%	:	60-80

Complete set. Complete set includes:

- Machines, mentioned in table 1;
- Fasteners for the equipment that is transported unassembled;
- Packaging;
- Data sheet.

The names of the main parts of the product:

Nº	Name
1	Iron mended rack
2	Soft parts (seats, rollers)
3	Ways (depend on the type of the machine)
4	Plastic handles, plugs, protection elements
5	Connecting elements (bolts, nuts, washers, spring washers)

Complete set and characteristics. Function principle is intended for muscles gains, metabolic enhancement, and muscle definition formation as well. Machines can be adjusted to each user depends on their physical culture.

Instrument and tools. No instrument needed for assembling the machine is a part of a set.

Marking and sealing. Each machine has special marking (product code, date of manufacturing, mark "BTK-department of technical control"). The packaging of the machine does not have any markings.

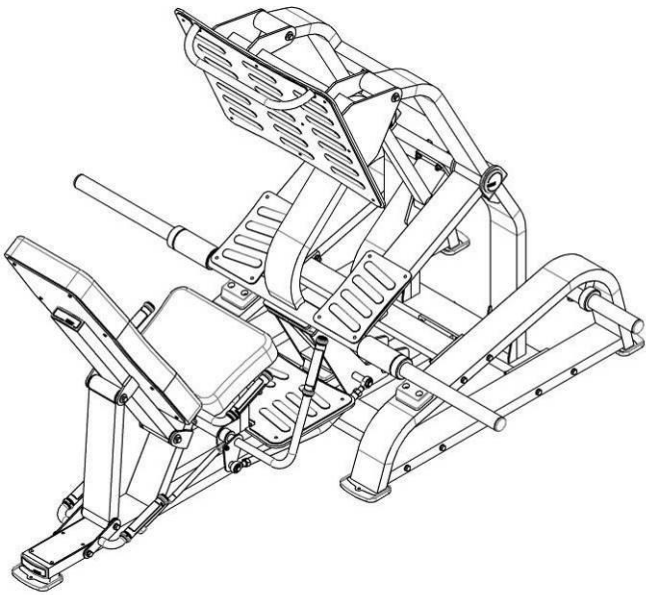
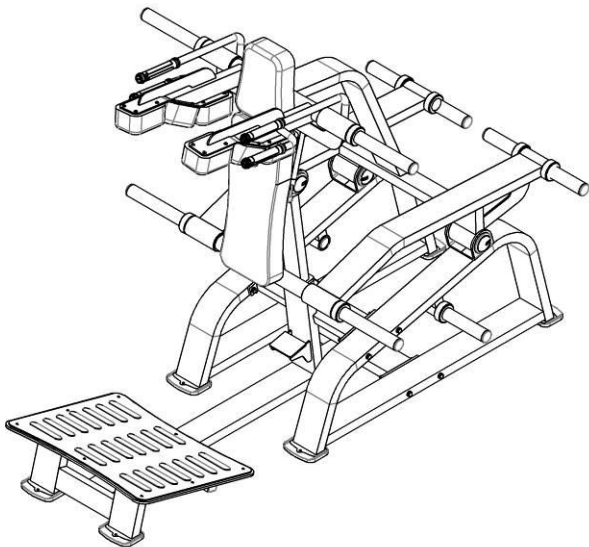
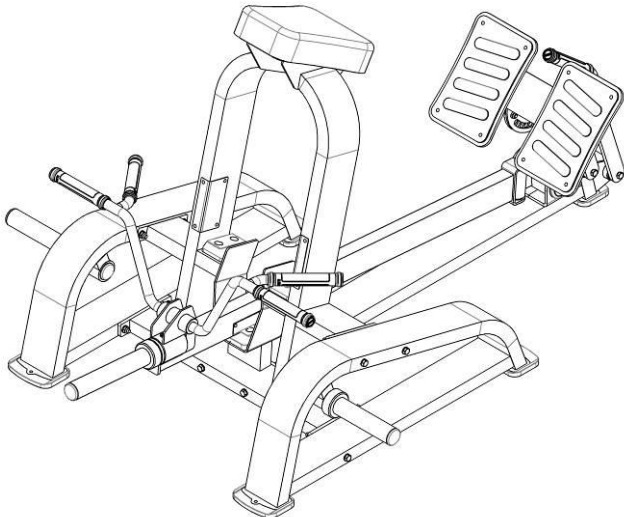
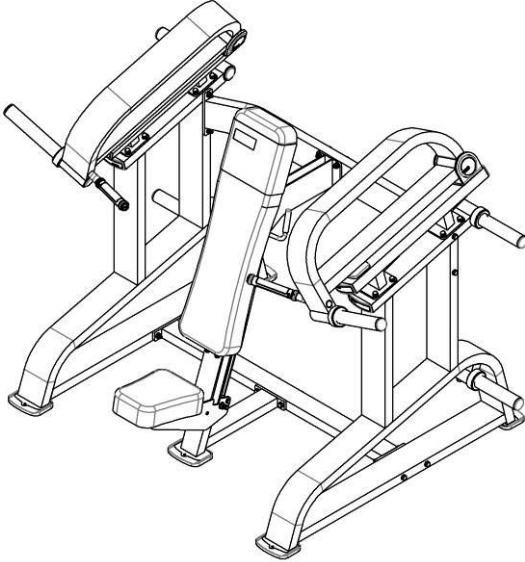
Packaging. The product is transported in carton packing. Depending on the model and the type of the product some particular parts can be packed in polyethylene packaging.

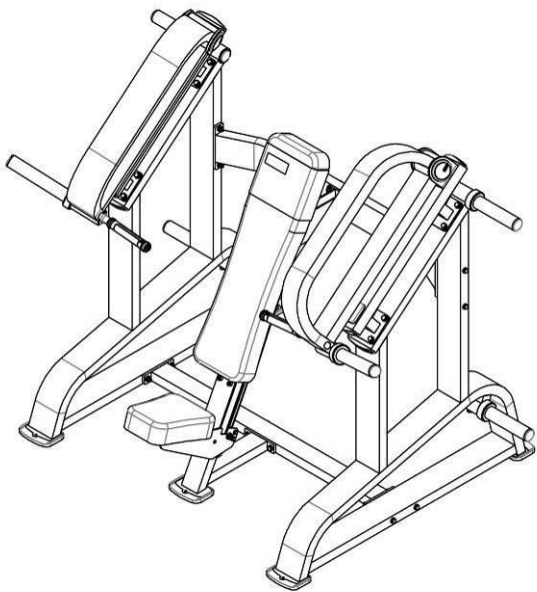
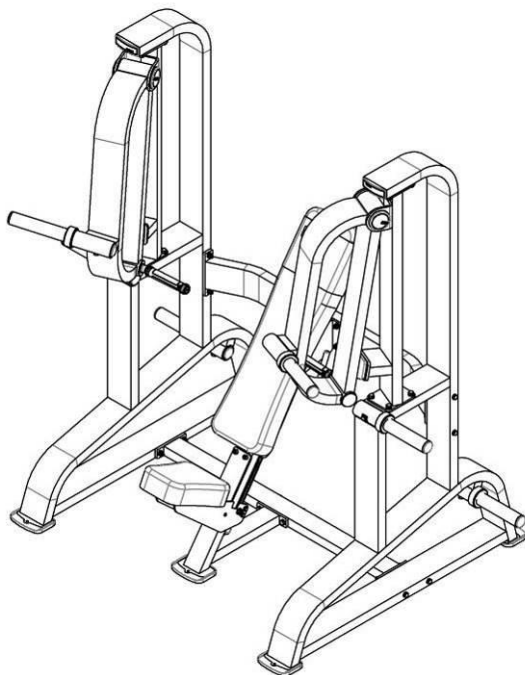
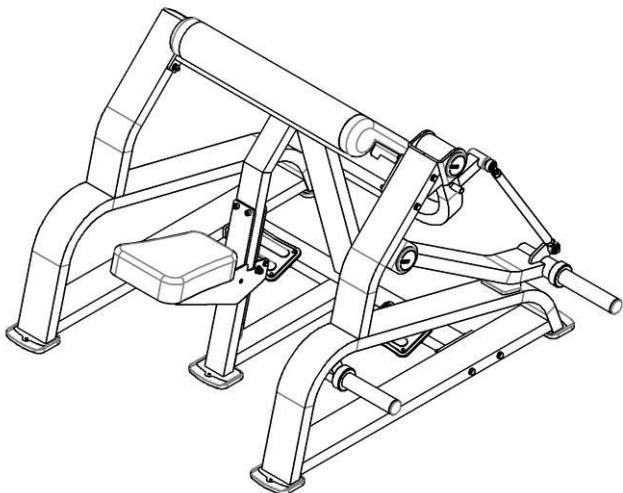
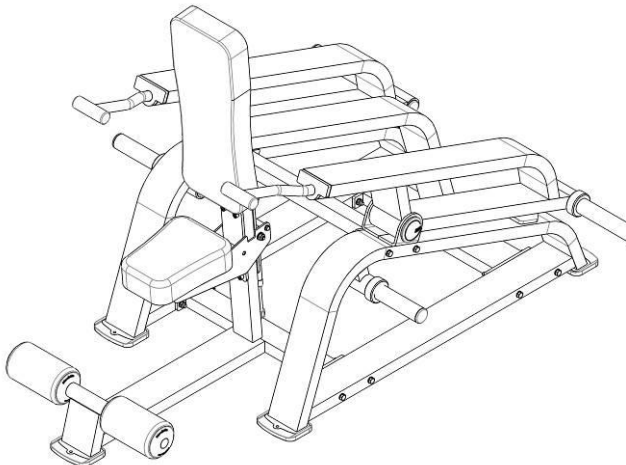
Description and characteristics of the parts of the machines.

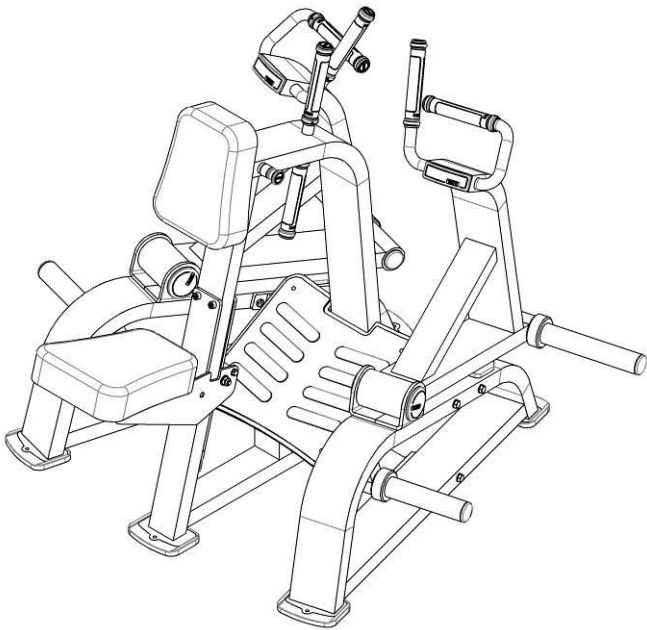
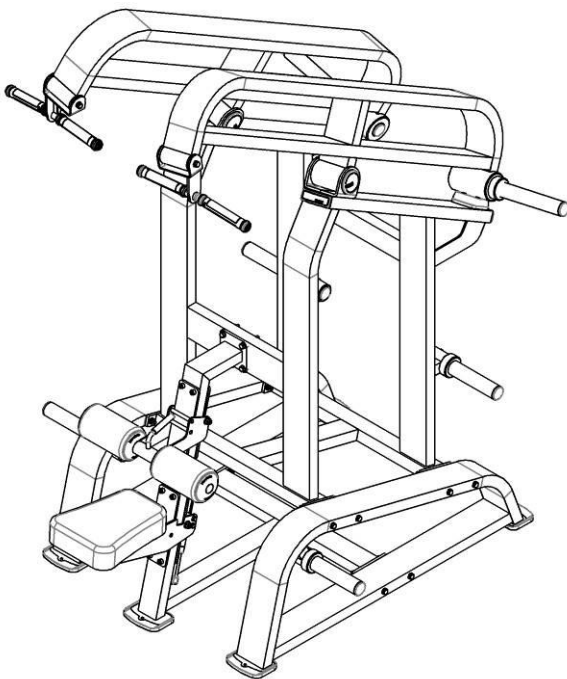
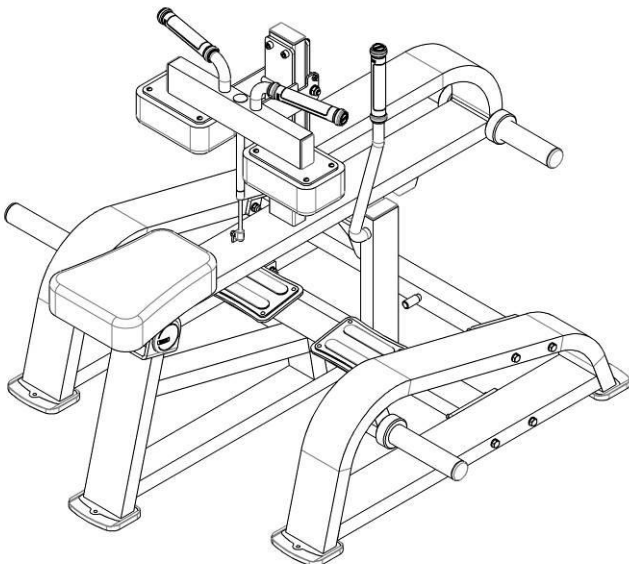
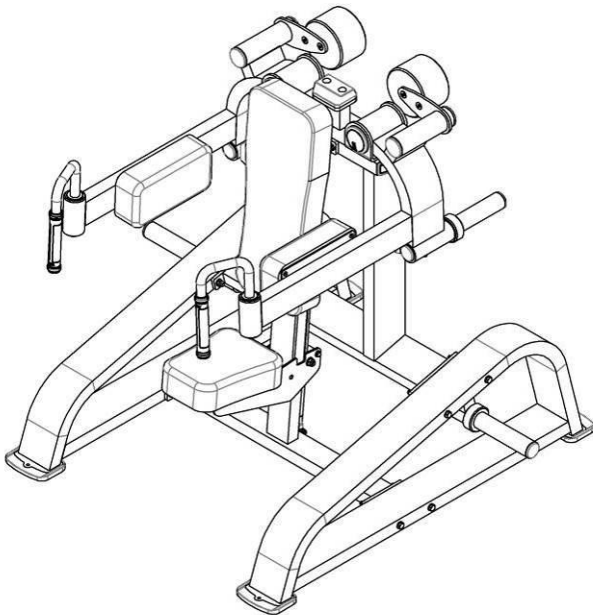
Table 1. General list with technical characteristics									
№	Name of the machine	Product code	Overall dimensions, MM			Weight, kg	Max. available user's weight, kg	Max loading, kg	Assembled (A)/ unassembled (U)
			Length	Width	Height				
1	Angled leg press	V202	2353	1920	1574	326,9	500	92+1,06F	A
2	Hack squat	V203	2169	1390	1583	242,5	300	70(55)+0,9F(0,7 F)	A
3	T-Bar row exercise machine	V204	1985	1440	1132	136,9	125	20+1,2F	A
4	Shoulder press	V205	1350	1934	1400	197,4	2x125	2*10+2*1,0F	A
5	Incline press	V206	1350	1880	1544	201,0	2x125	2*10+2*1,1F	A
6	Supine press	V207	1264	1870	1892	218,2	2x125	2*10+0,85F	A
7	Biceps machine	V208	1470	1290	1000	133,3	125	12+0,75F	A
8	Triceps machine	V209	1838	1380	1272	163,6	2x125	2x5+2*1,1F	A
9	Row machine	V210	1346	1380	1120	141,7	2x125	2x10+2*0,8F	A
10	Lat pull down machine	V211	1680	1440	2210	249,5	2x125	2*0.9F	A
11	Calf machine, sitting positon	V213	1293	1441	1030	116,0	125	55+3,4F	A
12	Deltoid machine	V216	1311	1490	1210	171,8	2x75	11,2*2+2*1,2F	A
13	Smith machine, with counterweight	V217	1262	2224	2270	266,0	120	7,5+F	U
14	Leg extension	V218	1178	1599	1240	159,3	2x75	2*13,2+2*0,71F	A
15	Leg curl	V219	1264	1800	1297	175,2	2x75	2*10+2*0,7F	A
16	Thrust for trapezius muscles	V220	1823	1603	732	138,2	2x125	2*20+2*0,5F	A
17	Decline press	V221	1350	1870	1842	222,2	2x125	2*12+2*0,8F	A
18	Abdominal machine	V223	1390	1580	1600	180,5	75	0,7F/0,85F	A
19	Reverse hyperextension	V224	1530	1450	1280	157,0	125	4+0,45F/12+0,7 F	A
20	Rear kick	V225	1391	1317	1597	140,5	125	38+F	A
21	Glute bridge	V226	2100	1390	795	160,4	250	17,5+F	A
22	Belt squat machine	V227	1961	1690	1435	211,5	250	22+0,55F	U
23	Adjustable bench	V302	1384	770	482	47,2	200		A
24	Scott bench	V303	1000	802	990	56,1	150		A
25	Flat bench	V304	1945	1690	1274	155,3	300		A
26	Incline press	V305	2154	1690	1565	179,4	300		A
27	Shoulder press bench	V307	1210	1690	1722	160,0	300		A
28	Squat frame	V316	1493	1630	2274	247,0	300		U
29	Plate tree	V404	1031	1250	1176	73,2	500		A

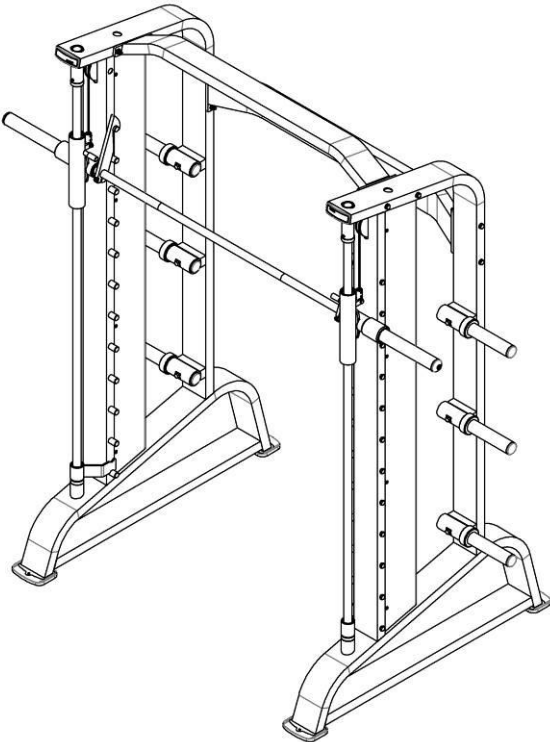
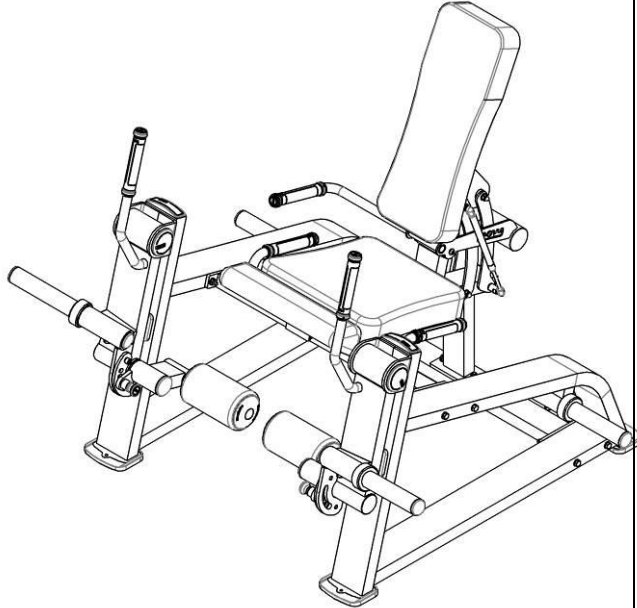
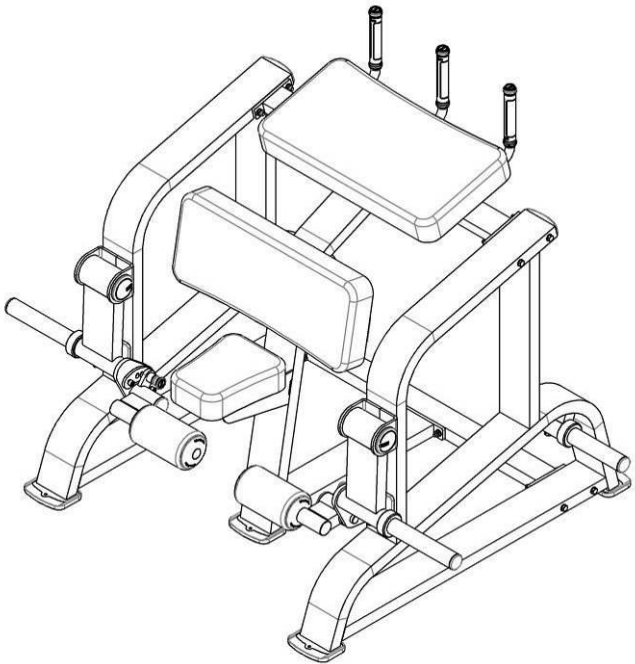
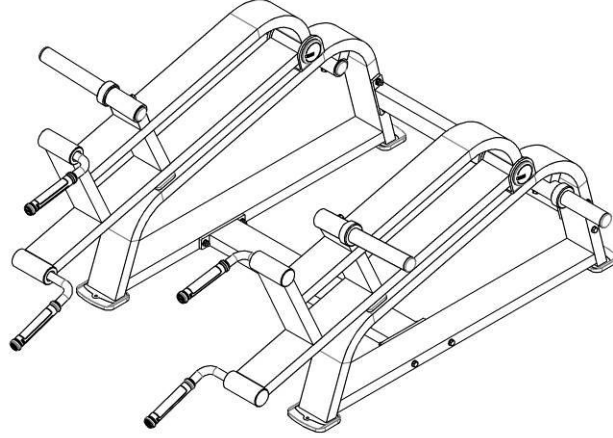
A – assembled (can be changed under the approvment).
U – unassembled (can be changed under the approvment).
F – weight of lift-up disks.

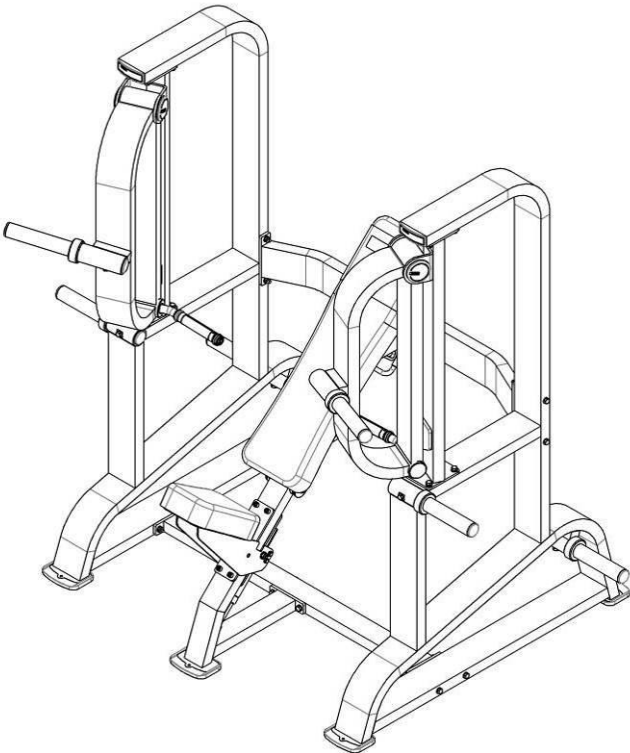
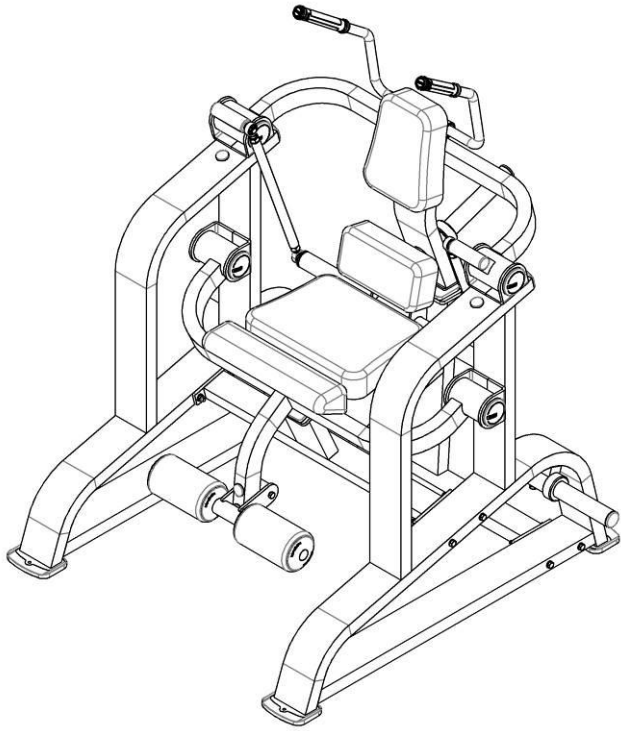
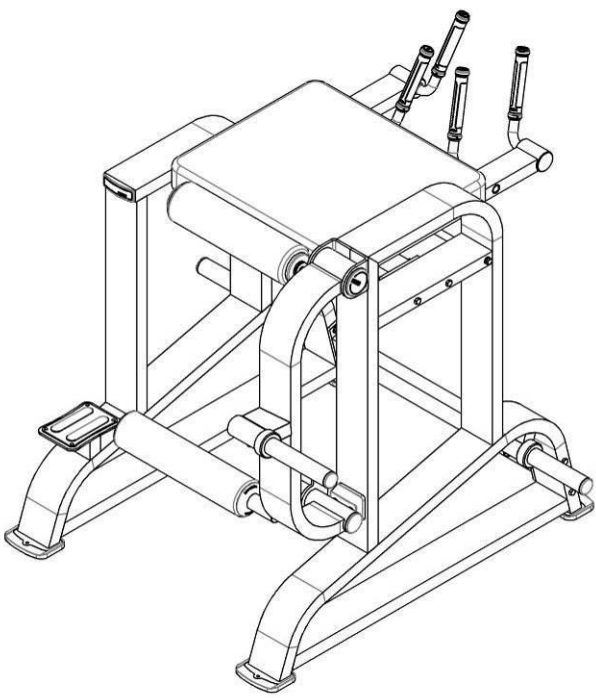
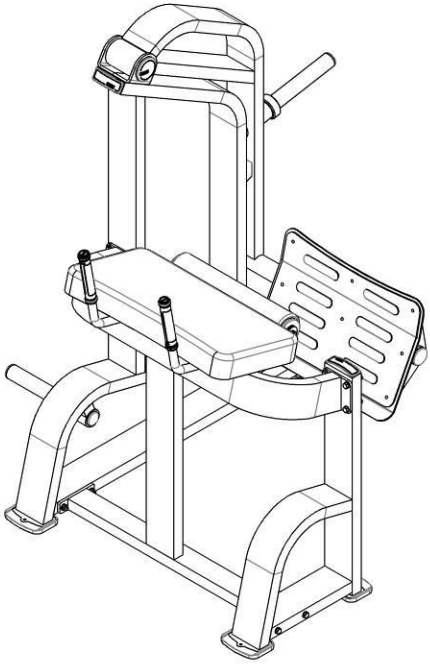
Table 2. General view of the machines:

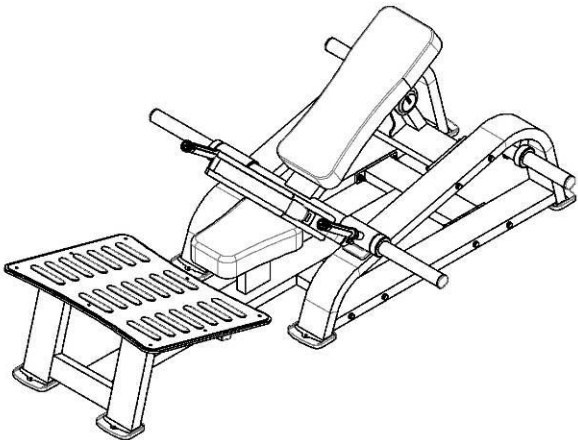
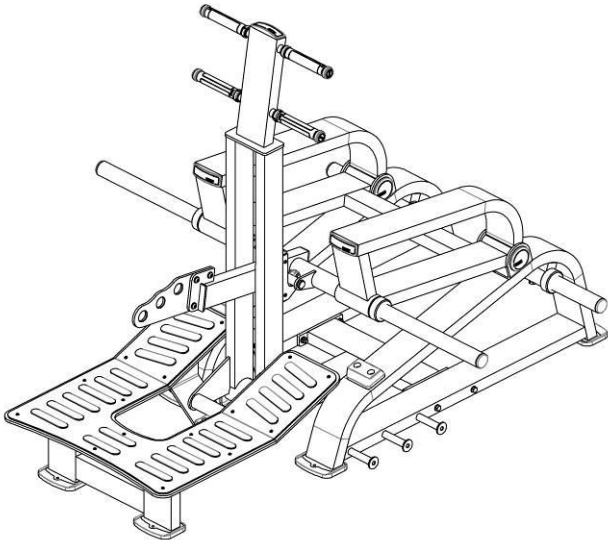
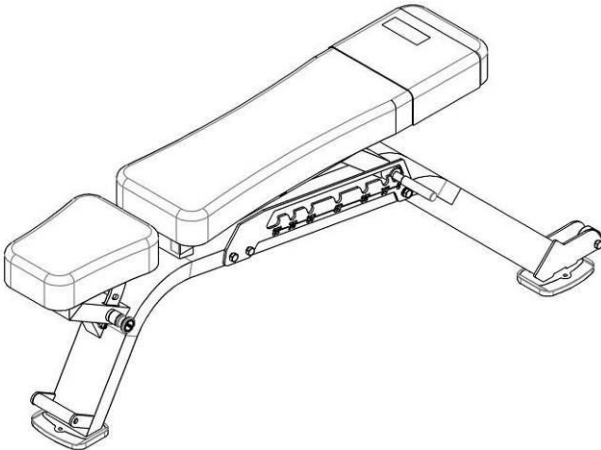
Angled leg press	V202	Hack squat	V203
			
T-Bar row exercise machine	V204	Shoulder press	V205
			

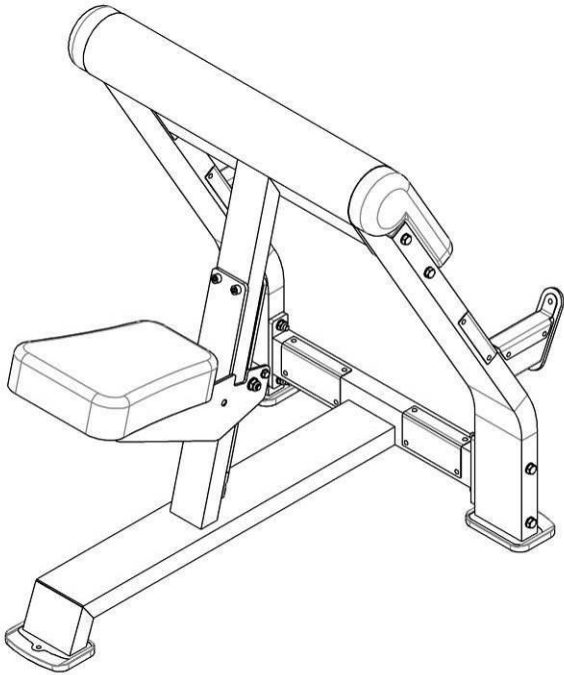
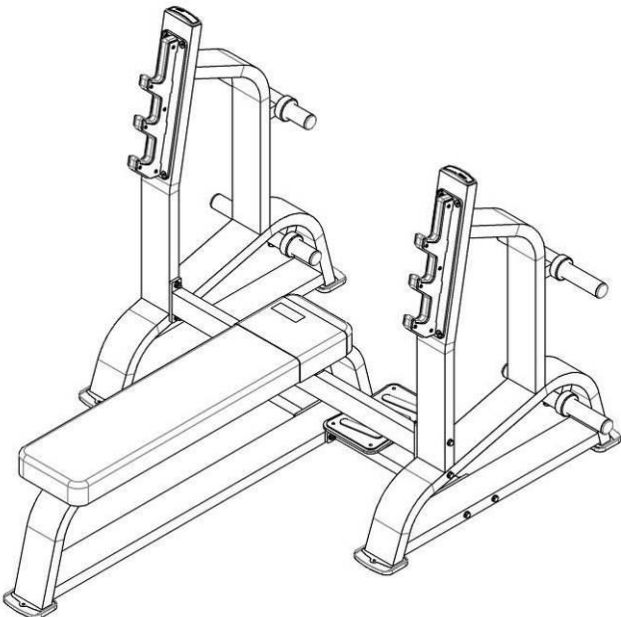
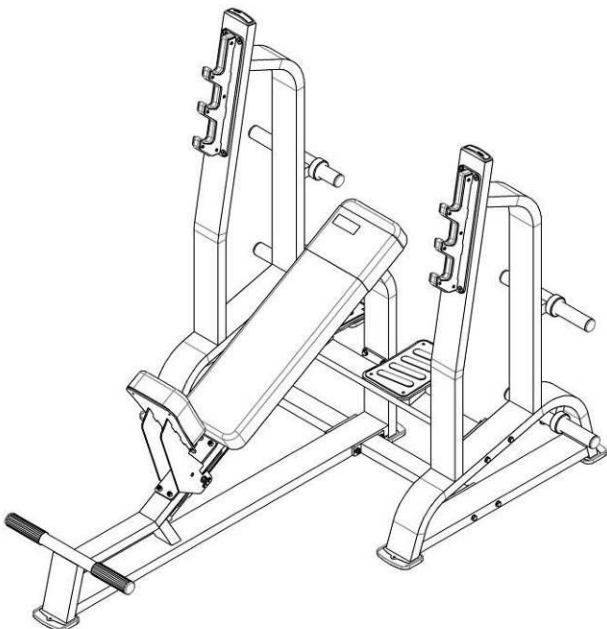
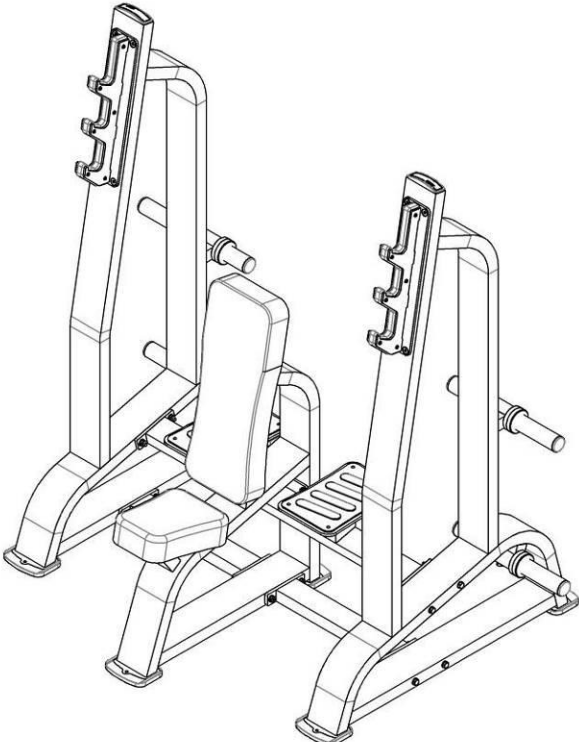
Incline press	V206	Supine press	V207
			
Biceps machine	V208	Triceps machine	V209
			

Row machine	V210	Lat pull down machine	V211
			
Calf machine, sitting position	V213	Deltoid machine	V216
			

Smith machine, with counterweight	V217	Leg extension	V218
			
Leg curl	V219	Thrust for trapezius muscles	V220
			

Decline press	V221	Abdominal machine	V223
			
Reverse hyperextension	V224	Rear kick	V225
			

Glute bridge	V226	Belt squat machine	V227
			
Adjustable bench	V302		
			

Scott bench	V303	Flat bench	V304
			
Incline press	V305	Shoulder press bench	V307
			

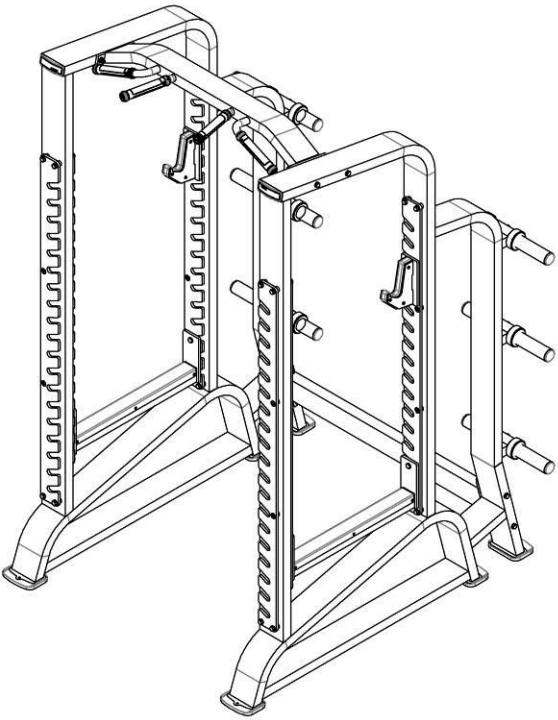
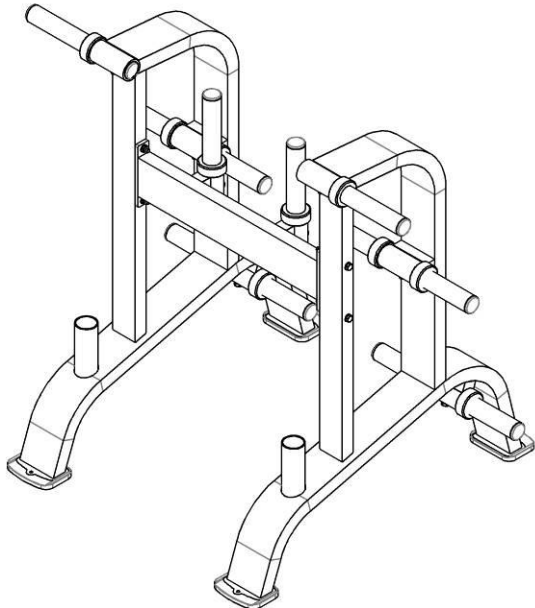
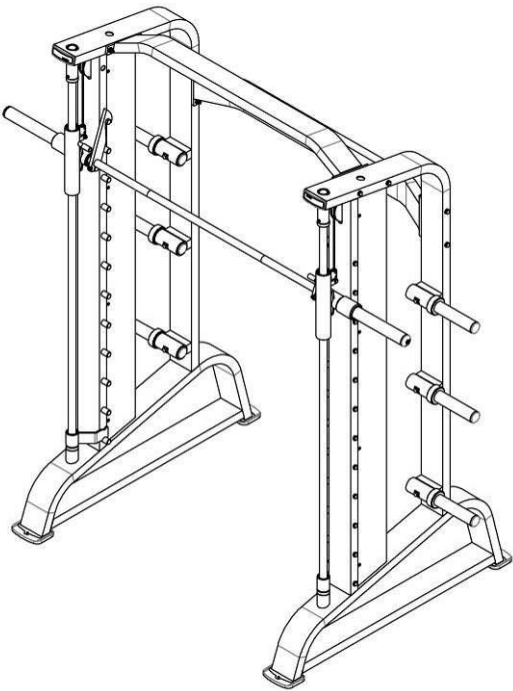
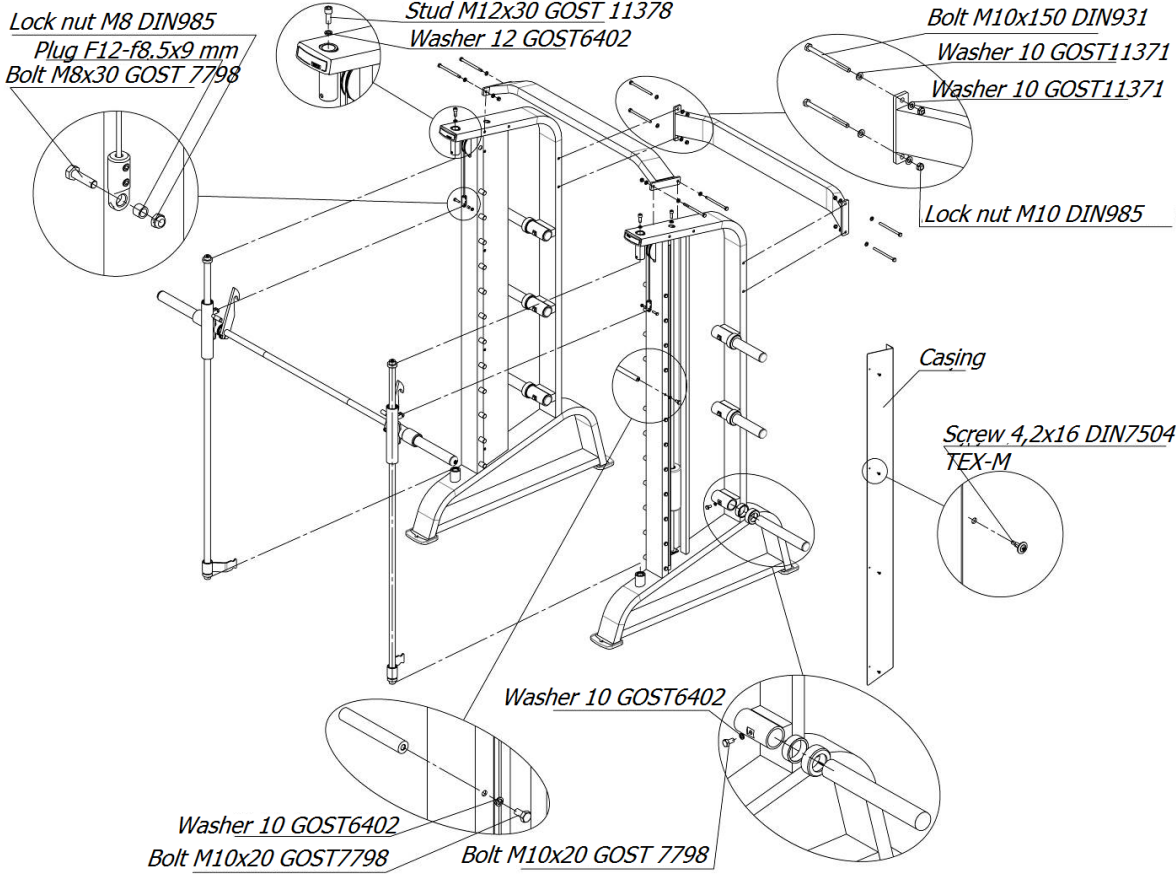
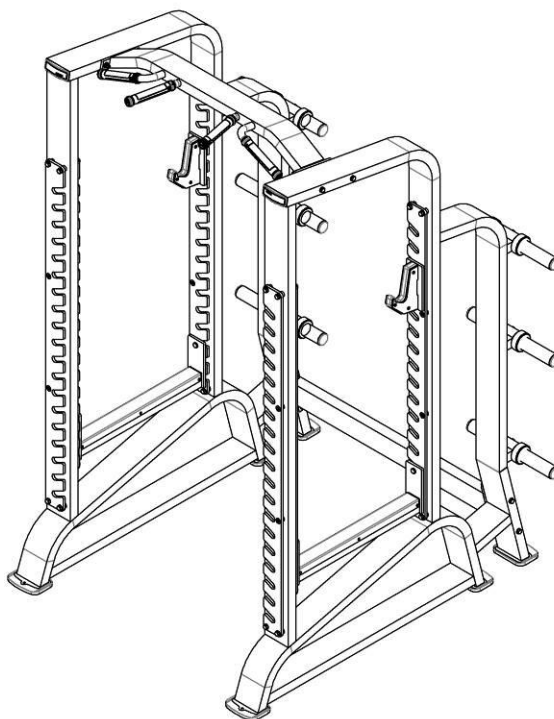
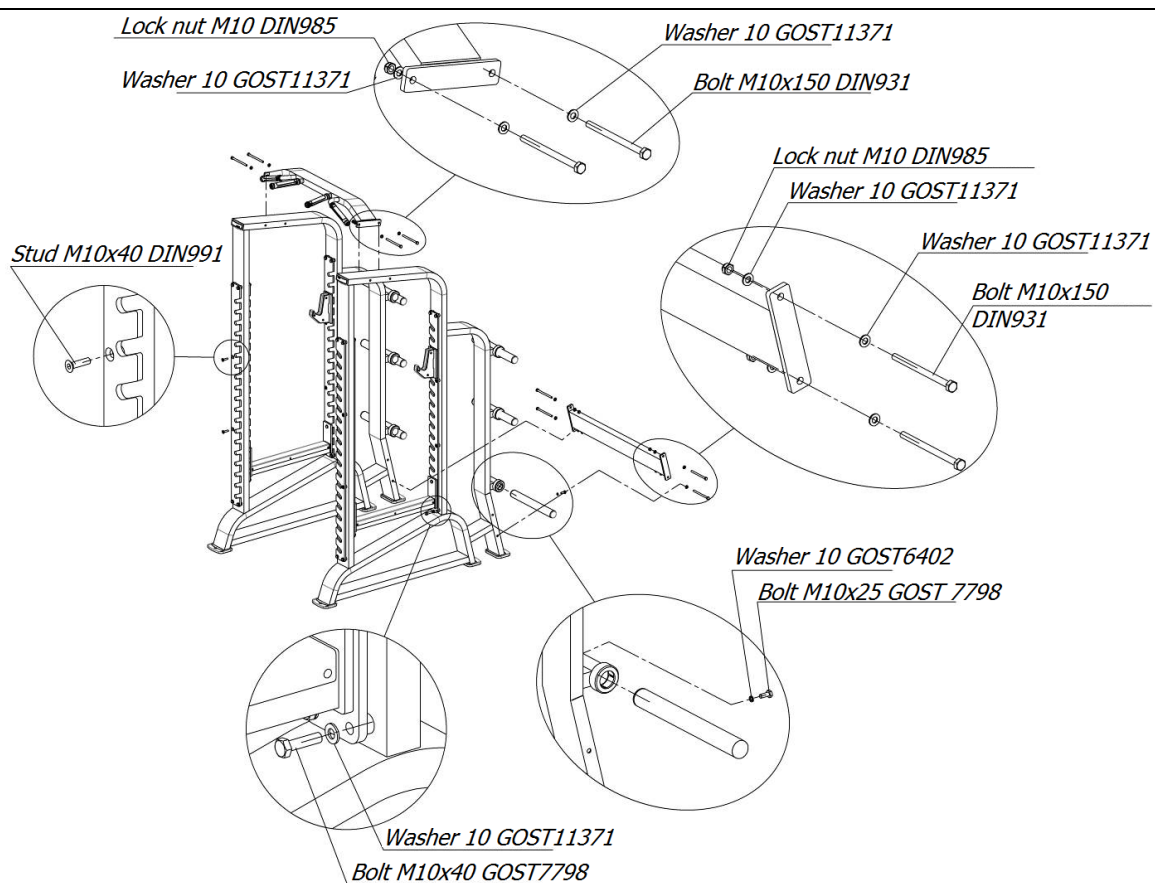
Squat frame	V316	Plate tree	V404
			

Table 3. General view of the machines with assembly procedure scheme:

Smith machine, with counterweight	V217
	
Assembly machine scheme	
 Lock nut M8 DIN985 Plug F12-f8.5x9 mm Bolt M8x30 GOST 7798 Stud M12x30 GOST 11378 Washer 12 GOST6402 Bolt M10x150 DIN931 Washer 10 GOST11371 Washer 10 GOST11371 Lock nut M10 DIN985 Casing Screw 4,2x16 DIN7504 TEX-M Washer 10 GOST6402 Bolt M10x20 GOST7798 Washer 10 GOST6402 Bolt M10x20 GOST 7798	
The machine should be fixed with anchor bolts to flat and hard surface using all the bores to provide the maximum capability and to avoid swinging and overturning.	



Machine assembly scheme



3. 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.

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. All the machines are transported assembled and ready for usage except the models below (Table 4):

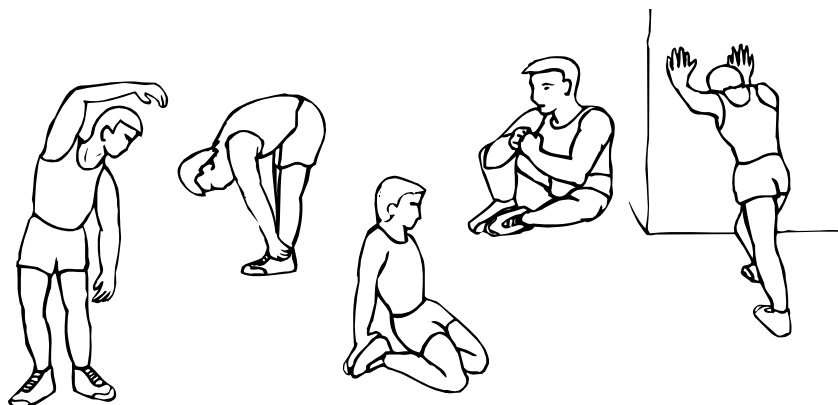
№	Name	Product code
1	Smith machine, with counterweight	V217
2	Squat frame	V316

Product assembly order is presented at the pictures in (table 3).

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.



Side body bend

Forward bend

**Leg muscles
stretching**

**Legs
stretching**

**Calves muscles
stretching**

After warming up you can start training at the equipment in accordance with the procedure provided 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.

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.

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.

Notice.

Do not allow children under 12 years to use the product. Watch disabled people and children during using the machine.

The machines should be used just in accordance with their purpose, doing just the exercises that are to be done at this type of machine in accordance with the procedure and mentioned conditions. Any other correction considers to be out of its purpose and may be dangerous. Do not use the parts that are not recommended by the manufacturer.

The machine should be placed and used just in the places the manufacturer recommended.

The owner of gym/ machine is responsible for free room around the machine that is necessary for using the product.

Product installing at the floor.

The manufacturer doesn't recommend to use the machines that are not fixed appropriately. The installation procedure is provided below.

Installation procedure:

Fix the product with anchor bolts to the flat and hard surface using the existing bores to provide maximum fastness and to avoid swinging and turning-over.

Fixing element should have bearing capacity of 250 kg. Bolts of 8.8 strength are recommended to be used for fixing. Each bolt should be of 100 kg bearing capacity.

Do not tighten anchor bolts in case backbone rack does not touch the surface. Put plat washers under the racks in case they do not reach the surface.

4. TECHNICAL MAINTENANCE

General information.

Training complex must be assembled and installed in accordance with this data sheet.

Technical maintenance procedure.

Technical maintenance should be done by the specialist who knows the prevention of accidents norms.

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.

Product working checking.

Check the completeness of the product parts and safeness of its junctions.

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.

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 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.