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DATA SHEET

PROFESSIONAL SPORTS EQUIPMENT

XRS line



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1. INTRODUCTION

Purpose and content of this document. This document is a combined operating manual for sports equipment (document code according to DSTU GOST 2.601-2006) and contains a general description of the training equipment and its operation, as well as information on installation, intended use, maintenance, transportation and storage of the training equipment.

Level of special training of the machine user. Before using the sports equipment each user is required to:

- read and study this document in detail;
- strictly adhere to the requirements and recommendations of this document;
- know and strictly adhere to the general rules of sports (physical exercise) and training on sports equipment;
- consult your doctor about the possibility and safety of training on the machine for your health.

Distribution of this document on product modifications. The manufacturer can make changes to the design of the machine to improve its performance, change its design, etc. This document may not contain a description of such changes, but it applies to such modified machines.

2. DESCRIPTION AND WORK

Purpose of sports equipment. The names, list of machines, and their designations are given in Table 1. The appearance of the machines is shown in Tables 2 and 3. The machine is designed for sports (physical training) in gyms. The use of the machine in gyms means the use of the equipment in a closed room (protected from external factors such as rain, snow, direct sunlight, etc).

The use of sports equipment in rooms with swimming pools, saunas and other sources of high humidity is forbidden.

Characteristics of sports equipment. The individual characteristics of the machines are shown in the table

1. General characteristics of machines:

Max. user weight	Kg	:	150
Country of manufacture	-----	:	Ukraine
Operating temperature indoors	C°	:	from +10 to +30
Air humidity	%	:	60-80

Completeness of machines. The delivery set includes:

- The machines listed in the table 1;
- Fasteners for equipment supplied in disassembled form;
- Packaging;
- Manual.

Names of the main components of the machines:

№	Description of parts
1	Metal welded frame with movable and fixed levers (nodes)
2	Soft parts (seats, cushions)
3	Cable (depending on the type of machine)
4	Weight block (depending on the type of machine)
5	Guides (depending on the type of machine)
6	Protection of the weight block (depending on the type of machine)
7	Plastic handles, plugs, protective elements, cap, stand
8	Connecting elements (bolts, nuts, washers, spring washers)

Construction and operation. The principle of operation of machines is to transfer the load to the muscles during training by means of a special movement trajectory of individual parts of the machine and artificial mechanical complication or facilitation of such movement in order to regulate the load. Depending on the level of physical fitness of a particular person, the machine can be adjusted to different load modes.

Tools and accessories. The machine set does not include the tools necessary for assembling the machine.

Marking and sealing. Each machine of the line has special markings (product code, date of manufacture, 'QTC-technical control department' mark). The packaging of the machine does not have any markings.

There are no seals.

Packaging. The machines are delivered in cardboard packaging to prevent damage during transportation. Depending on the model and type of machine, individual parts may be additionally wrapped in polyethylene. The cardboard packaging must be retained by the Customer (the machine can only be returned in its packaging). There are no seals on the packaging.

Table 1 – Technical characteristics

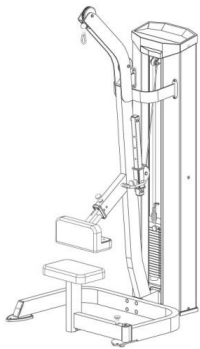
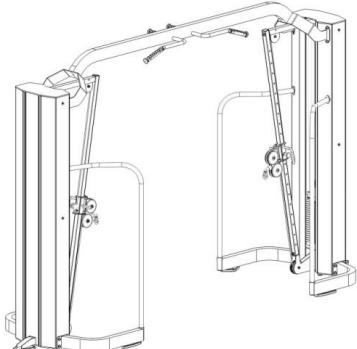
№	Product code	Name	Overall dimensions			Веса тренажера, кг	Weight of weight stack, kg	Equivalent peak load	Status of equipment shipment	Note	Quantity, pcs.
			Length, mm	Width, mm	Height, mm						
1	2	3	4	5	6	9	10	11	12	13	14
1	XRS601	Lat pull down	1155	1092	2259	251,8	100	100	P	MBC	
2	XRS603	Cross over cable machine	3853	1156	2386	473,1	2x100	2x50	P	-	
3	XRS605	Triceps machine	1020	1349	1572	244,7	100	75	3	MBC	
4	XRS606	Biceps Machine	1094	1349	1572	243,4	100	75	3	MBC	
5	XRS607	Leg extension	1225	1221	1572	280,5	100	80	3	-	
6	XRS607.1	Footrest	464	656	170	19,5	-	-	-	-	
7	XRS608	Leg curl	1246	1175	1572	286,3	100	80	3	-	
8	XRS610	Seated calf machine	1266	951	1572	212	100	320	3	-	
9	XRS612	Rowing machine	1470	1304	1958	285,7	100	-	P	MBC	
10	XRS613	Deltoid machine	1218	1422	1572	275,3	100	2x25	3	MBC	
11	XRS614	Abductor machine	1802	686	1572	245,9	100	2x50	3	-	
12	XRS615	Adductor machine	1802	1465	1572	244,8	100	2x40		-	
13	XRS616	Anatomic abdominal machine	748	1266	1572	252,6	100	40	3	-	
14	XRS622	Butterfly	1105	1416	1894	279,3	100	2x45	3	MBC	
15	XRS624	Rear deltoid/Pectoral fly	1263	1632	1905	277,2	100	2x15	3	MBC	
16	XRS625	Assisted chin/Dip	1510	1187	2441	343	100	-100	3	-	
17	XRS627	Vertical press	1223	1451	1572	288,2	100	80	3	MBC	
18	XRS628	Incline press	1252	1451	2232	305,0	100	80	3	MBC	
19	XRS629	Seated machine chest press	1248	1451	2187	290,7	100	80	3	MBC	
20	XRS630	Cross over cable machine (single)	975	1156	2165	224,8	100	50	3	-	
21	XRS635	Back extension	1425	1439	1574	248,2	100	80	3	-	

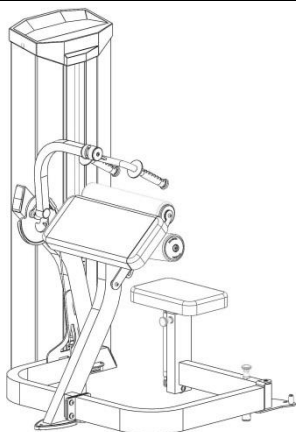
3 – assembled shipping condition (if shipping condition is not discussed).

P – disassembled shipping condition (if shipping condition is not discussed).

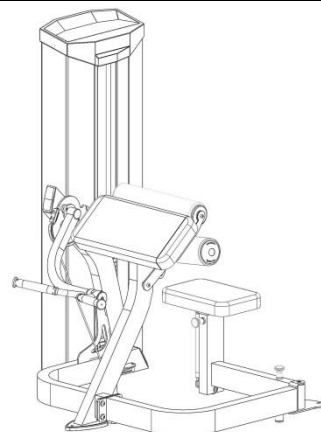
MBC – seat reclining mechanism

Table 2. Appearance of machines:

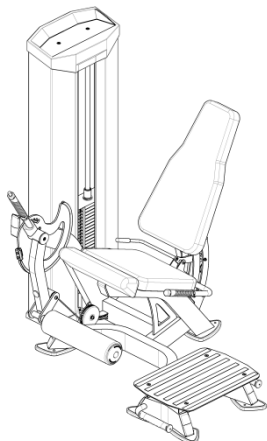
	
XRS601	XRS603



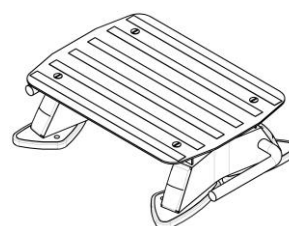
XRS605



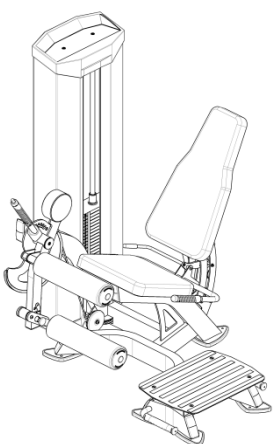
XRS606



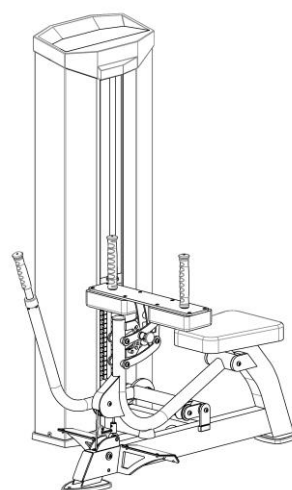
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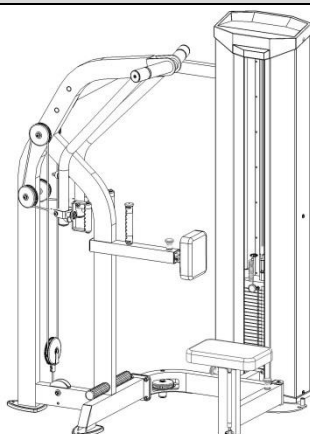
XRS607.1



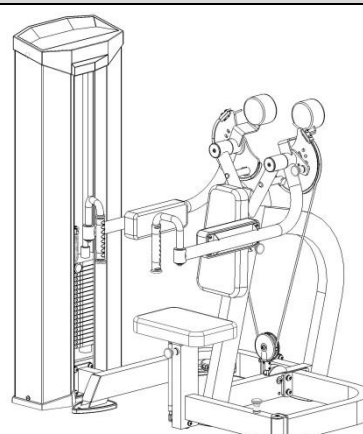
XRS608



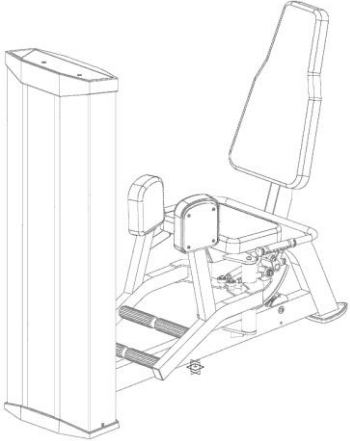
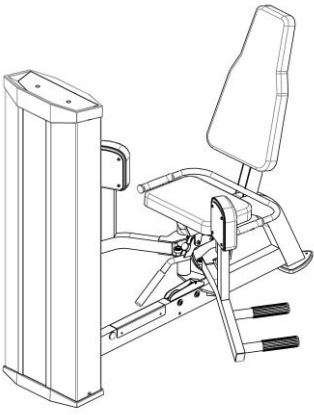
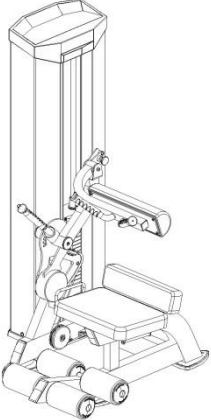
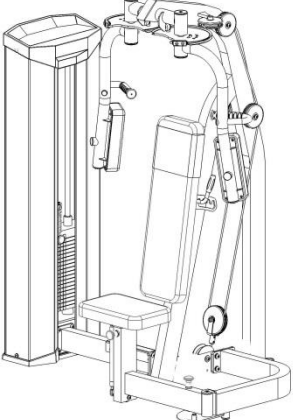
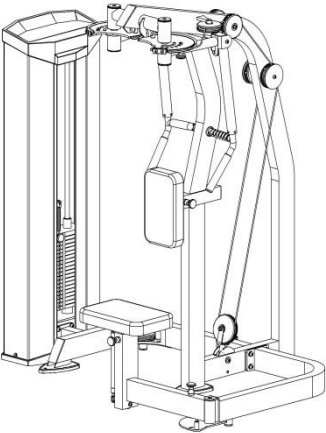
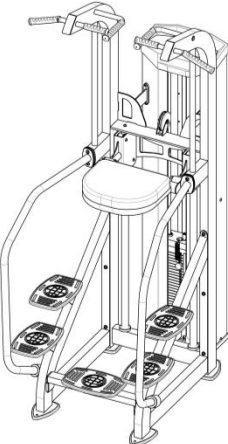
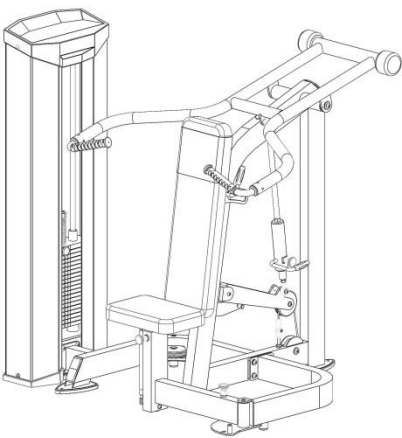
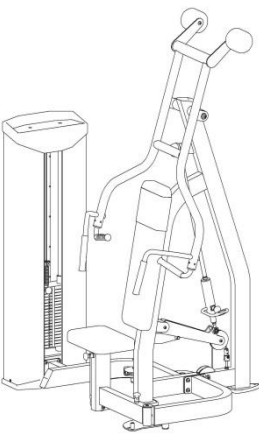
XRS610

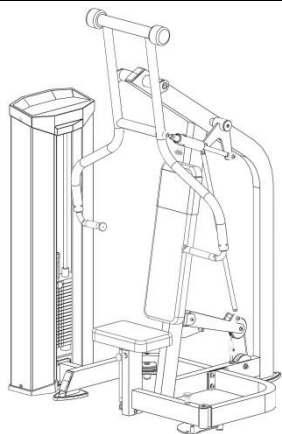


XRS612

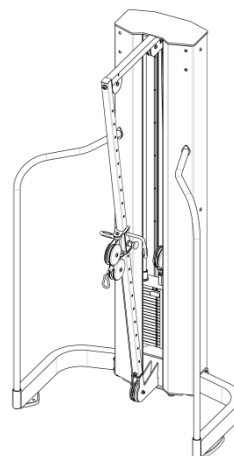


XRS613

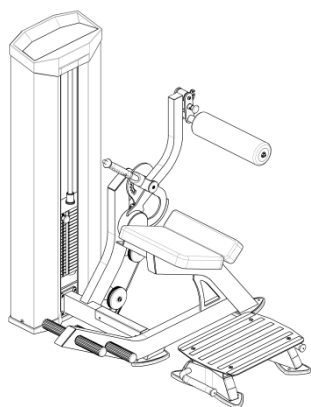
	
XRS614	XRS615
	
XRS616	XRS622
	
XRS624	XRS625
	
XRS627	XRS628



XRS629



XRS630



XRS635

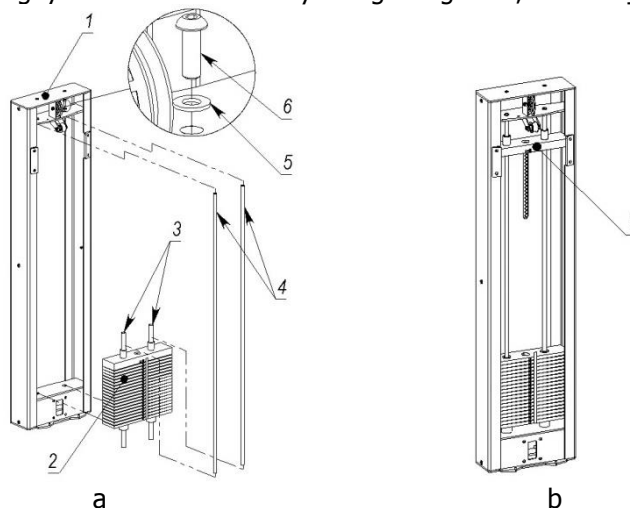
Instructions for assembling the machines

(when supplying equipment in disassembled condition at the customer's request)

1. Set the weight block rack pos. 1 (Pic. 1a) in a vertical position.
2. Install the load package pos. 2 (Pic. 1a).
3. Remove the temporary guides pos. 3 (Pic. 1a) and replace them with the guides pos. 4 (Pic. 1a) that come with the machine.
4. Install the weight block guides pos. 4 (Pic. 1a, b) with a washer 10 GOST 11371 and a screw M10x30 ISO 7380.

At the same time, bogey pos. 1 must be in the upper position, as shown in picture 1b.

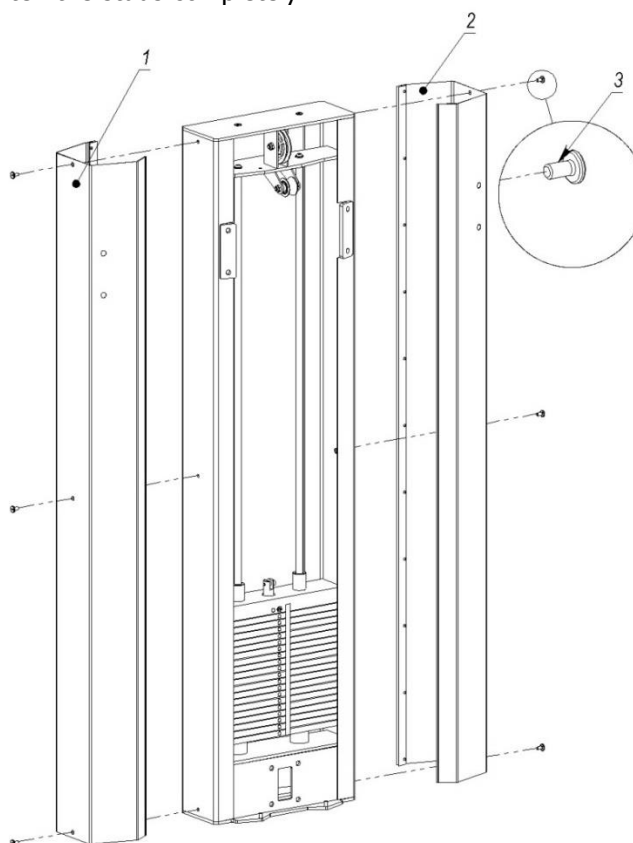
After installation, the bogey must move smoothly along the guides, without jerks or jamming.



Picture 1 – Scheme of installing a package of goods in a weight block rack

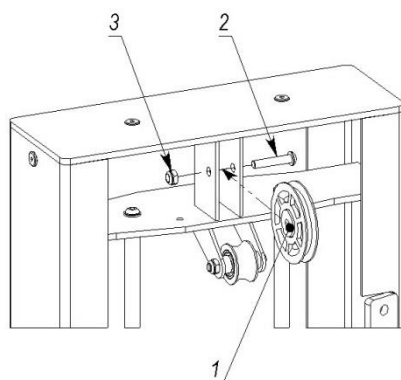
a) 1-Rack; 2-Cargo package; 3-Temporary (transport) guides;
4-Guides; 5-Washer 10 GOST11731; 6-Stud M10-30 ISO7308
b) 1-bogey

5. Install the left and right protection pos.1, 2 (Pic.2) to the weight block rack with six M8x16 studs pos.3 (Pic.2). Do not tighten the studs completely.

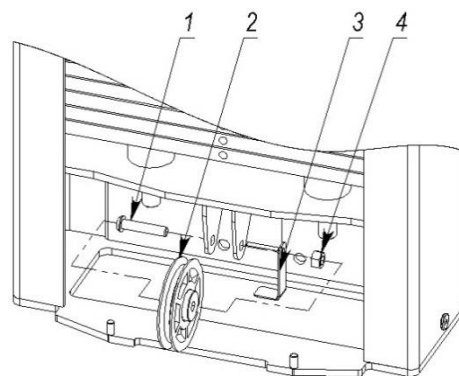


Picture 2 – Installation scheme for side protections
1-Left side protection; 2-Right side protection; 3-M8x16 stud

6. Unscrew the upper block fastening stud and remove the block pic. 3a (pos. 1).
7. For machines where the cable exits from the bottom, unscrew the lower block fasteners and remove it pic. 3 b (pos. 2).
8. Pass the free end of the cable with the clamp attached as shown in picture 4.
9. Picture 4a is for machines with the cable coming out from the top, picture 4b is for machines with the cable coming out from the bottom.

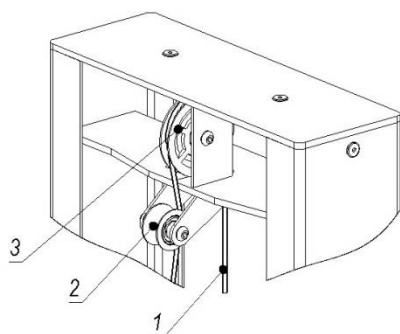


a

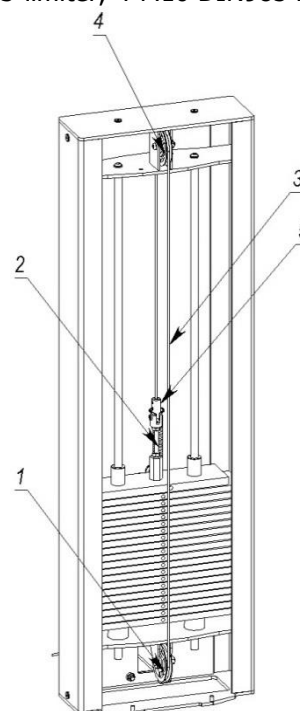


b

Picture 3 – Scheme of removal and installation of the upper and lower blocks
a) upper side: 1-block; 2-M10 DIN985 nut; 3-M10x50 ISO7380 stud
b) lower block: 1-M10x50 ISO7380 stud 2-block; 3-limiter; 4-M10 DIN985 nut



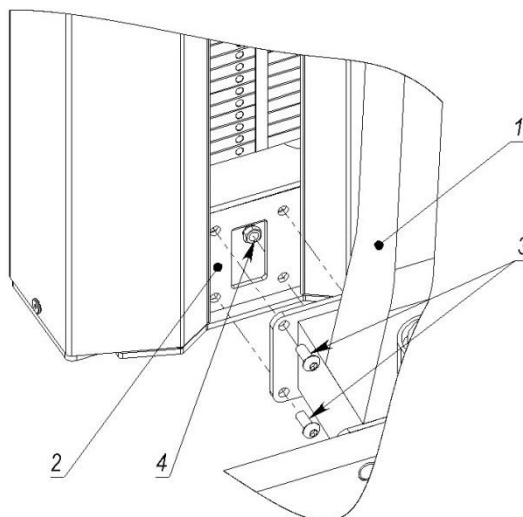
a



b

Picture 4 – Cable installation scheme
a) 1-Cable; 2-Roller; 3-Block
b) 1-Lower block; 2-Adjustable plug;
3-Cable; 4-Upper block; 5-Cable clamp

10. Connect the frame of the machine to the weight block using four M12x30 ISO7380 studs and M12 DIN985 nuts, picture 5. Tighten the studs pos. 3 (pic. 5) completely.

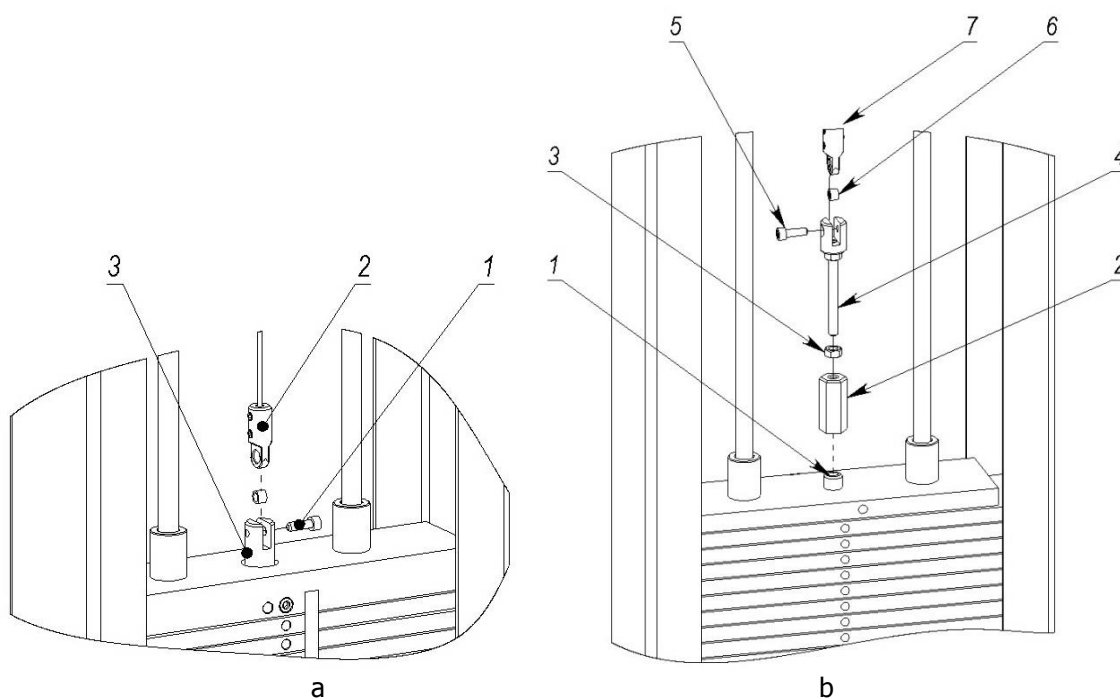


Picture 5 – Connection scheme of the machine frame to the weight block frame (step 1)

1-Machine frame; 2-Weight block frame (rack);

3-Stud M12x30 ISO7380; 4-Nut M12 DIN985

11. Connect the cable clamp to the bogey plug, pos. 3 (Pic. 6 a), or connect the cable to the adjustable plug, pos. 4 (Pic. 6 b).



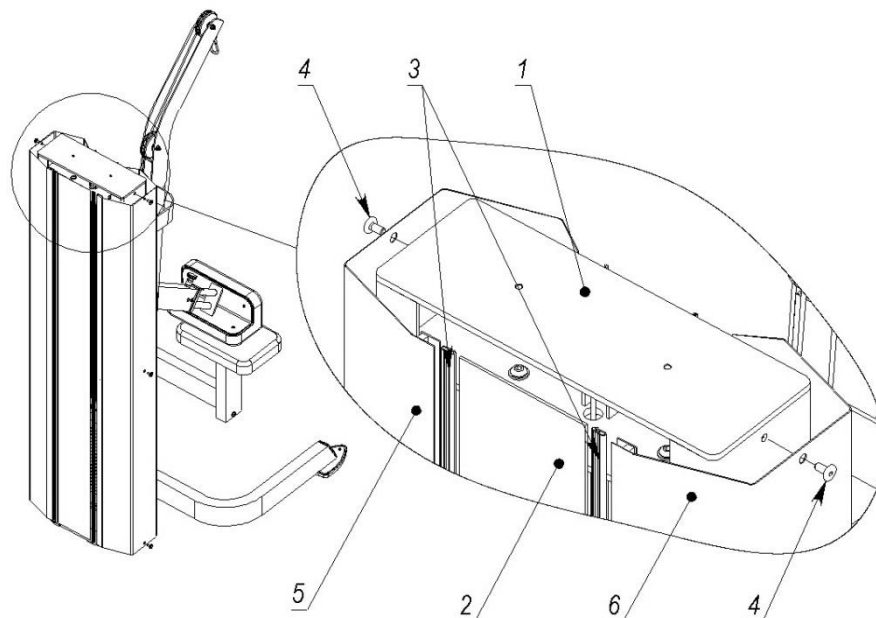
Picture 6 – Cable fastening scheme

a) completeness with bogey plug: 1-Stud M8x25 GOST11738; 2-Cable clamp; 3-Bogey plug

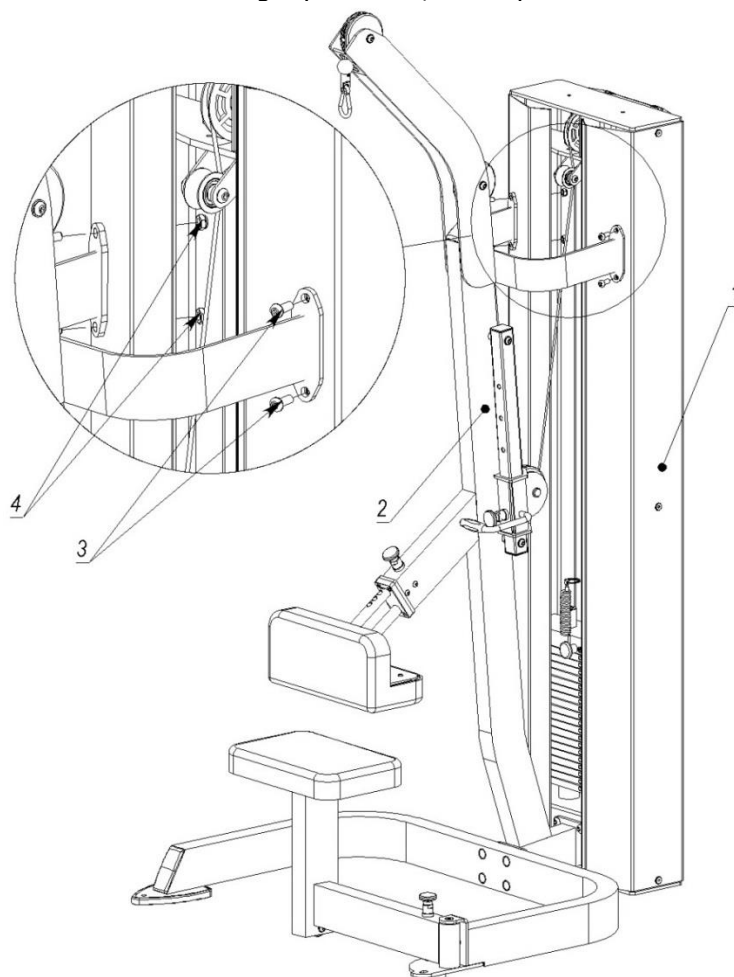
b) completeness with adapter plug: 1-Bogey plug; 2-Adapter bushing; 3-M10 nut GOST5915;

4-Adjustable plug; 5- M8x25 stud GOST11738; 6-Bushing; 7-Cable clamp

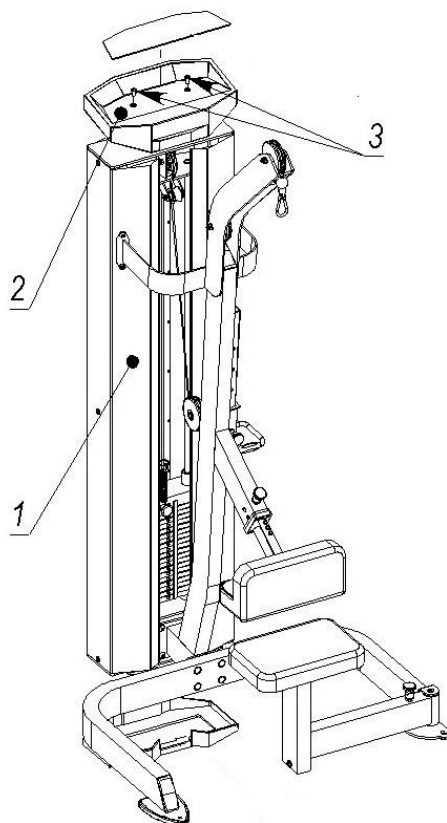
12. Install the gasket pos. 3 (Pic. 7) on the protective panel pos. 2 (Pic. 7). Loosen the previously screwed right and left protection and insert the protective panel into the protection grooves, as shown in Pic. 7. Tighten the M8x16 studs pos. 4 (Pic. 7) completely.



Picture 7 – Protective panel installation scheme
 1-Weight block frame; 2-Protective panel; 3-Gasket; 4-M8x16 stud;
 5-Right protection; 6-Left protection



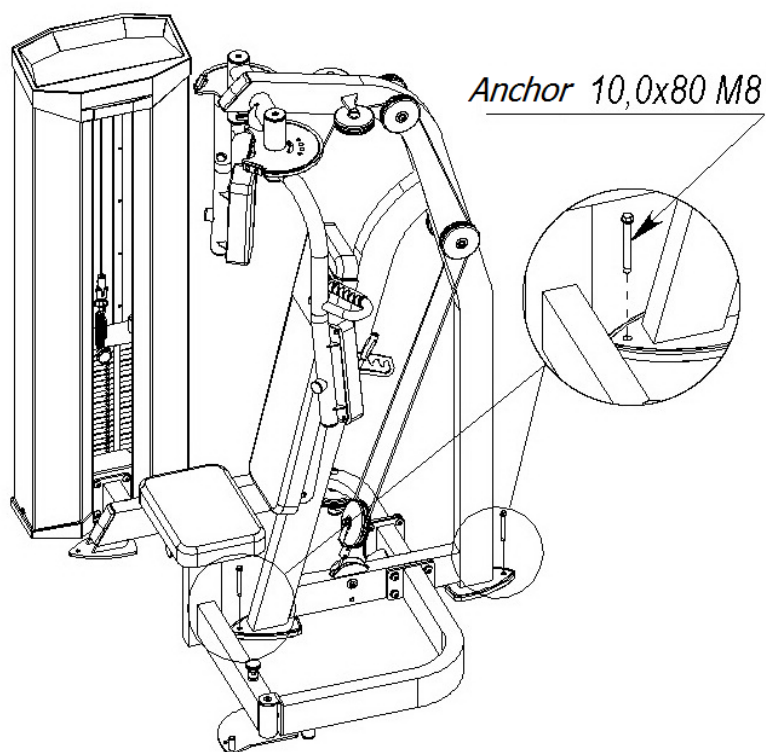
- Picture 8 – Connection scheme of the machine frame to the weight block frame (step 2)
 1- Weight block; 2- Machine frame; 3-Stud M10x30 ISO7380; 4-Nut M10 DIN985
13. Connect the upper part of the machine frame to the weight stack with four M10x30 ISO7380 studs and M10 DIN985 nuts. Tighten the studs completely. This operation is performed on equipment where additional fastening of the frame to the weight stack rack is provided (see table 2).
 14. Install the cap base pos. 3 (pic. 9) under the weight block pos. 1 (pic. 9), place cap pos. 2 (pic. 9) on top of the weight block and fasten it with two studs M8x25 pos. 4 (pic. 9), stick rubber pad pos. 5 (pic.9).



Picture 9 – Installation scheme of the top cap

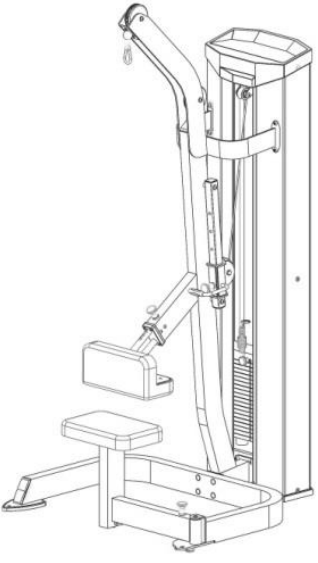
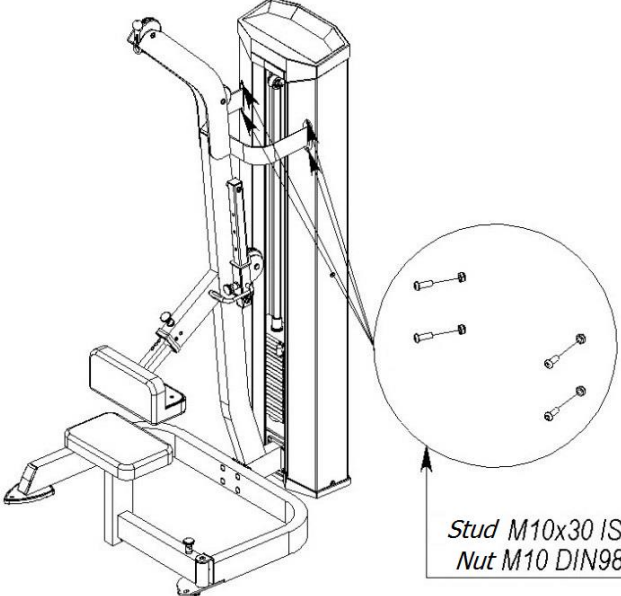
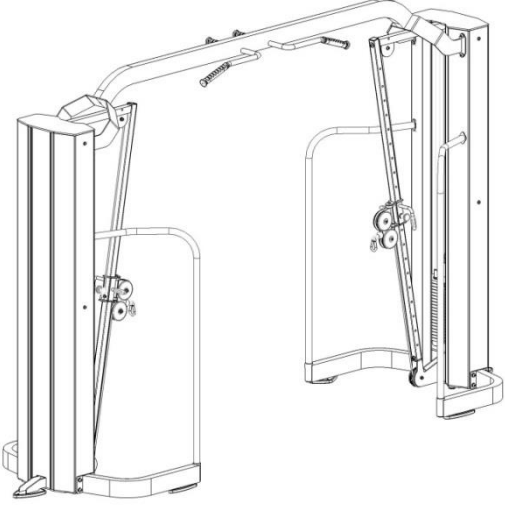
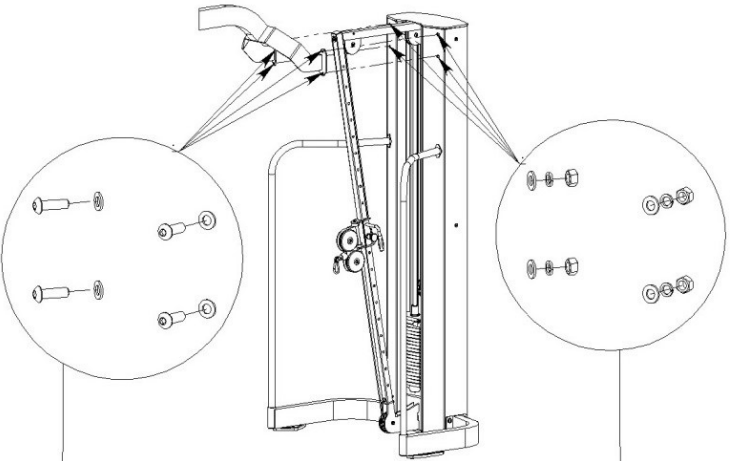
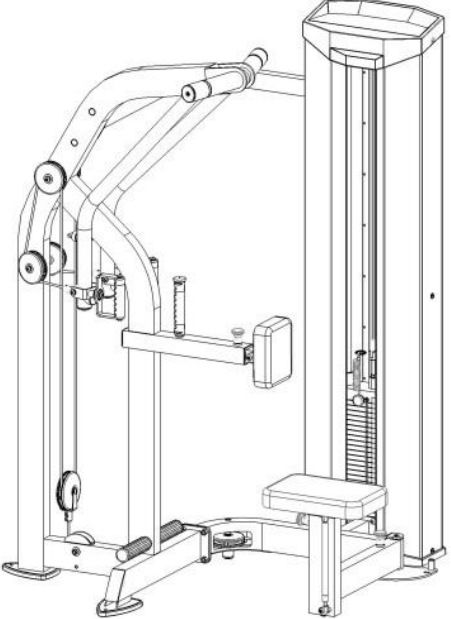
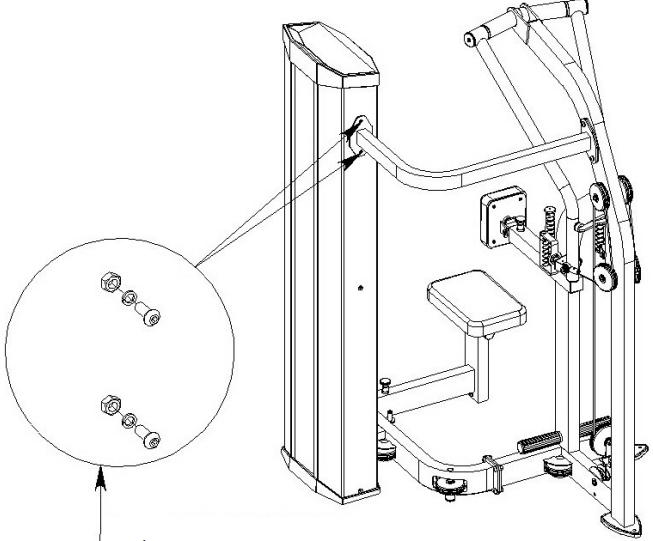
1- Weight block; 2- Cap; 3- Stud M8x25

15. Finally tighten all connecting elements and check performance at maximum load.
16. After complete assembly and operation check of the machine, fasten the equipment to the floor with two anchors (supplied with the machine) if specified by the manufacturer (see pic. 10). List of machines that must be fastened to the floor: XRS612; XRS613; XRS622; XRS627; XRS628; XRS629. This operation is performed directly at the machine's place of use.



Picture 10 – Anchor installation scheme

Table 3. Appearance of sports equipment that requires assembly

Lat pull down	XRS601
	 <i>Stud M10x30 ISO7380 Nut M10 DIN985</i>
Cross over cable machine	XRS603
	 <i>Washer 12 GOST11371 - 4 pcs. Stud M12x40 ISO7380 - pcs. Nut M12 GOST5915 - 4 pcs. Washer 12 GOST6402 - 4 pcs. Washer 12 GOST11371 - 4 pcs.</i>
Rowing machine	XRS612
	 <i>Stud M10x25 ISO7380 Washer 10 GOST6402 Nut M10 GOST5915</i>

3. USE OF MACHINES FOR THEIR PURPOSE

Operational limitations. Each piece of equipment must be used exclusively for its intended purpose and in compliance with the requirements of this document.

Preparing the machine for use. Before use the equipment must be assembled in full compliance with the requirements of this Data Sheet and other documents relating to the assembly of the equipment (if such documents are supplied with the kit).

Assembly instructions for the machine. All machines are delivered assembled and ready for use, except for the following models (Table 4):

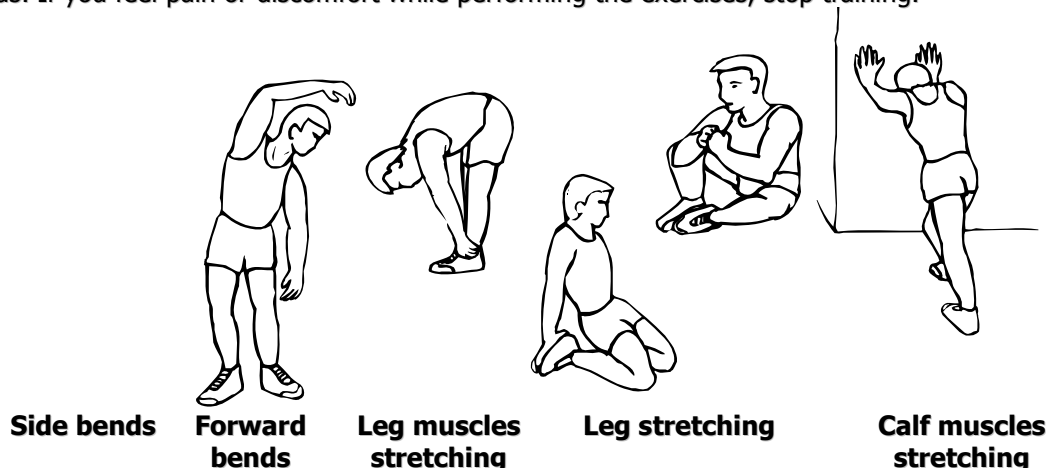
Nº	Name of machine	Machine code
1	Lat pull down	XRS601
2	Cross over cable machine	XRS603
3	Rowing machine	XRS612

The assembly procedure for these models is shown in the corresponding pictures in (table 3).

Use of the machine.

Before using the equipment check the reliability of all bolt connections, its operability and the absence of malfunctions (damage) – if there are any malfunctions of the equipment, its complete or partial malfunction – the use of the equipment is forbidden.

Before starting your workout on the machine, you need to warm up – a set of exercises to warm up your muscles in order to prevent injuries and increase the effectiveness of your workout. We recommend that you perform the following set of exercises before each workout on the machine. Each exercise should be performed for at least 30 seconds. If you feel pain or discomfort while performing the exercises, stop training.



After warming up you can start training directly on the machine, following these steps and rules:

1. Select the load level by setting the load limiter to the desired position.
2. Assume the correct starting position on the machine.
3. Perform the exercise according to the trainer's (instructor's) recommendations.
4. After completing the exercise, smoothly return the moving parts of the machine to their original position.

Procedure for checking the serviceability of the equipment.

The equipment must be installed and certified in accordance with these instructions.

This must be done by a specialist, such as a trainer who has undergone safety training and has the appropriate certification. Training may only begin after the trainer has certified the equipment is in good working condition by signing the inspection log.

List of possible malfunctions during the use of the machine for its intended purpose and recommendations for user actions when they occur.

If the machine stops working please contact the manufacturer's service centre.

Safety precautions when using the machine for its intended purpose.

Please read this document carefully before assembling and using the equipment. All users of the equipment must familiarise themselves with this document.

Exercises may be performed if there are at least two people in the room. It is forbidden for more than one person to use a single piece of equipment at the same time, except in cases of safety assistance and training at multi-position

stations.

It is forbidden to conduct classes on an uncertified and faulty complex. It is forbidden to make changes to the design of the equipment.

Safe and effective training on the machine is only possible if it is assembled correctly and maintained regularly and in a timely manner.

Before using the equipment consult your doctor about the safety of training on this equipment for your health, as well as determine the physical characteristics of your body that may pose a risk to your health and safety or prevent you from using the equipment effectively. A doctor's consultation is especially necessary if you are taking medications that affect your heart rate, blood pressure, and cholesterol levels.

Monitor your body's response! Incorrect use of the machine or excessive loads can be harmful to your health. Stop training if you experience the following symptoms: pain, chest pressure, irregular heartbeat or breathing, weakness or dizziness. If these symptoms occur regularly, consult your doctor before continuing your workout.

Do not allow children or animals near the machine. The machine is intended for adults only.

For normal and safe operation of the equipment there must be free area within a radius of at least 50 cm from the extreme parts of the equipment at the maximum extreme working position of such parts.

Before each use of the machine, check its technical condition and serviceability, in particular, make sure that all studs and connections are securely fastened.

In order to avoid premature wear and tear, regularly perform preventive checks of the equipment.

Make sure that the machine is installed on a solid horizontal surface and that it is level. Always use the machine for its intended purpose only. If you hear unusual noises (sounds) or notice that the machine is not working properly, stop using it until the fault has been identified and completely rectified.

Wear comfortable sportswear for training – clothing getting caught in the moving parts of the machine can lead to injury and damage of the equipment. Always hold on tightly to the handles of the machine and do not leave the seat (if the seat is provided by the design of the machine).

Do not exercise on the machine after consuming alcohol or any medication.

Move the equipment carefully to avoid damage to the equipment and injury to your back. Always use the correct technique when lifting the equipment or ask others for help when moving the equipment to another location.

Warning.

Do not allow children under 12 years of age to use the equipment. People with disabilities and children aged 13 and older should be supervised.

The machine should be used only for its intended purpose, performing only those exercises that are intended for this type of machine, in the specified order and under the specified conditions. Any other use is considered improper and may be dangerous. Do not use accessories not recommended by the manufacturer.

The machine should only be placed and used in areas where the owner regulates access and presence.

The owner of the gym/ machine is responsible for ensuring that there is sufficient free area around each machine for safe use and passage.

Installing the machine on the floor.

The manufacturer does not recommend using equipment that is not properly secured. The procedure for securing the equipment is described below.

Equipment fastening:

To ensure maximum stability and prevent rocking, tipping and overturning, the equipment should be fastened with anchor bolts to a solid and level surface using the existing holes for anchor bolts.

The fastener must have a tensile strength of at least 250 kg. It is recommended to use bolts of strength class 8.8. Each bolt must have a tensile strength of at least 100 kg.

If the support frames do not touch the surface, DO NOT tighten them with anchor bolts. Place flat washers under the frame or support that does not touch the surface.

Due to the wide variety of floor coverings to which equipment can be attached or installed, consult a qualified licensed contractor to determine which fastening and installation methods should be used.

4. PRODUCT MAINTENANCE

General instructions.

The sports complex must be installed and certified in accordance with this manual.

Safety precautions during maintenance.

Maintenance of the machine must be carried out by a person with appropriate technical education who has

undergone safety training.

Maintenance procedure for the equipment.

At least once a month, as well as when installing the equipment, it must be certified by loading the equipment included in it with a weight exceeding the maximum permissible weight by 1.5 times for several minutes. The date of certification is recorded in the inspection log and certified by the signature of the responsible person in accordance with section 3 of this manual. If needed, dirty surfaces of the equipment can be cleaned with cleaning products that don't have abrasive elements or solvents. The procedure and content of technical maintenance are indicated on each piece of equipment on a special label.

Checking the product's performance.

Carefully check the integrity of the elements and the reliability of the tightness of threaded connections.

Conservation (deconservation).

If the equipment is stored for more than 1 month, chrome parts must be preserved with grease. When removing the equipment from storage, the grease must be removed with a dry cloth or cleaning agents that do not contain abrasive elements or solvents.

5. PRODUCT STORAGE

Procedure for preparing the machine for storage and removing it from storage. *ATTENTION!* The machine is designed for continuous use as intended (subject to the restrictions specified in this document) after assembly. Given this fact, it is not recommended to leave the machine unused for a long period of time (more than 30 calendar days). During the downtime of the machine, the action of natural (physical) factors can lead to the loss of the appearance of the machine (its parts), malfunctioning of individual parts and mechanisms, and, as a result, damage to the machine. In view of the above, the repair of malfunctions caused by prolonged non-use of the equipment, as well as bringing the equipment into working order after a long period of inactivity, is not covered by the warranty repair (maintenance) of the equipment.

If circumstances require prolonged non-use of the machine, we recommend that you adhere to the following storage conditions (the list of storage conditions is not exhaustive):

- place the machine in a closed, warm, dry room, protected from direct sunlight;
- protect the machine from external factors (dust, water droplets during cleaning, etc.) with a large plastic bag, leaving space for air to circulate freely;
- take all other measures to preserve the appearance and characteristics of the equipment during storage;
- chrome-plated parts must be preserved with grease.

When removing the equipment from storage and starting to use it, follow these recommendations:

- remove any protective materials (polyethylene, paper, etc.) from the machine);
- remove dust and other dirt from the surface of the machine;
- check the reliability of all connections of the machine;
- remove all grease used for preservation from the surface of the machine;
- when starting the equipment, use the minimum load mode and check that all components of the equipment are in good working order and functioning correctly;
- make sure the machine can work at minimum load for at least 20 minutes.

6. TRANSPORTATION

The equipment is transported in the condition in which it was delivered by the manufacturer (assembled or disassembled), in its packaging. The packaging method must correspond to the packaging method used before the first assembly of the equipment. Transportation must be carried out in such a way as to protect the equipment in its packaging from external factors (rain, snow, sunlight, water, moisture, etc.).

7. DISPOSAL

After the end of the machine's service life, its individual components and mechanisms pose a threat to people and the environment. Therefore, if you decide to dispose of the machine, please contact the manufacturer or specialised organisations.