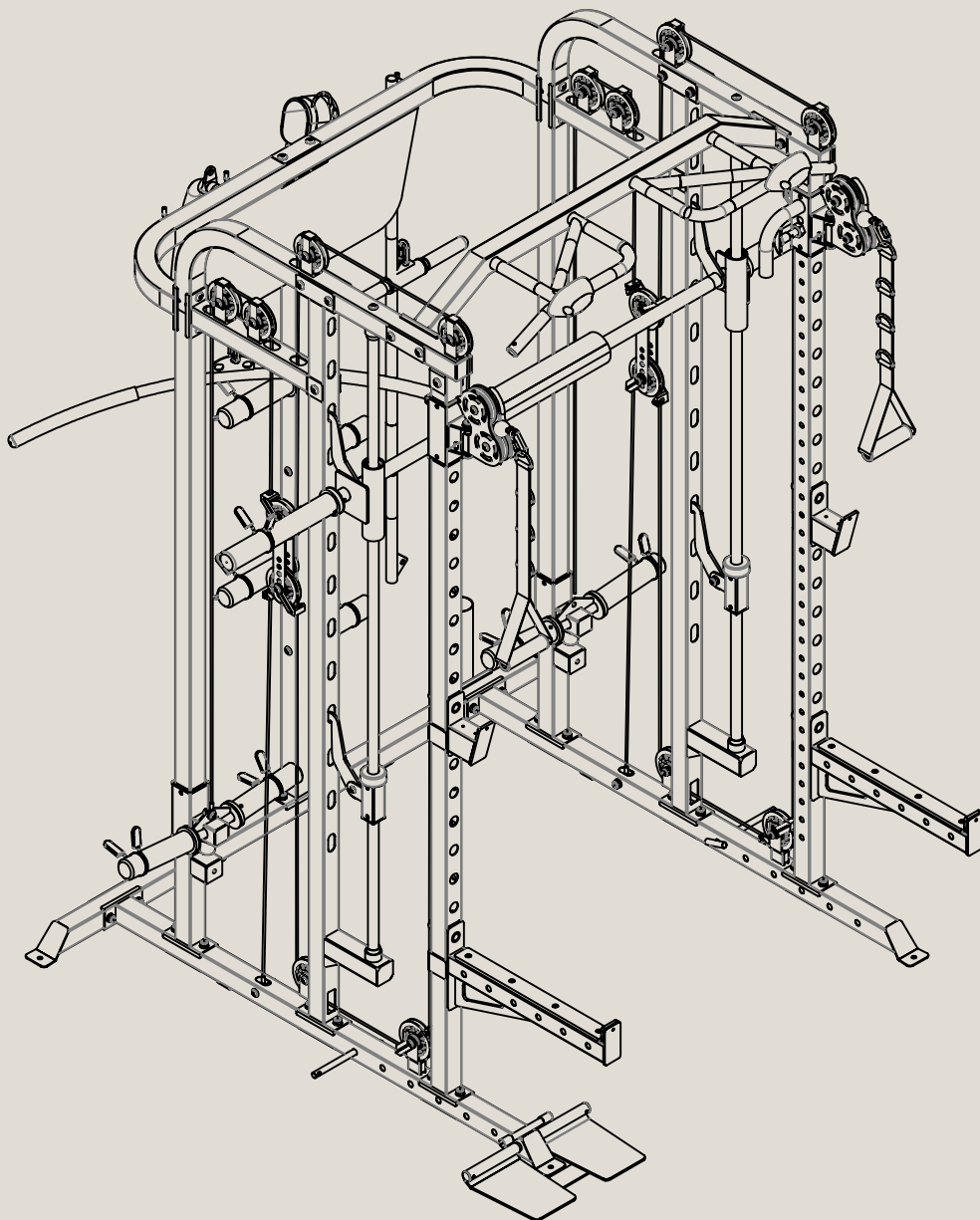


SXM150

KRAFTSTATION • SMITH MACHINE



DE

EN

ES

FR

IT

Benutzerhandbuch

Liebe Kund*innen,

wir freuen uns, dass Sie sich für ein Gerät aus dem SPORTSTECH-Sortiment entschieden haben. Mit Sportgeräten von SPORTSTECH erhalten Sie höchste Qualität und neueste Technik.

Um das Potenzial Ihres Gerätes voll und sicher auszuschöpfen und viele Jahre Freude daran zu haben, lesen Sie diese Anleitung vor Inbetriebnahme und Trainingsbeginn aufmerksam durch. Verwenden Sie das Gerät entsprechend der Anleitung.

Für Schäden durch Fehlgebrauch übernehmen wir keine Haftung.



WARNUNG! Gefahr durch Fehlgebrauch!

- Stellen Sie sicher, dass **ALLE** Personen, die das Gerät verwenden, diese Bedienungsanleitung gelesen und verstanden haben. Bewahren Sie diese Anleitung in der Nähe des Geräts auf.
- Befolgen Sie **ALLE** Sicherheitshinweise in diesem Handbuch.
- Überanstrengen Sie sich oder andere **NIEMALS** bei der Verwendung des Geräts.

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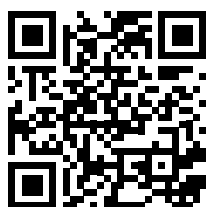
Lieferumfang

1	SXM150 POWER RACK	2	Bedienungsanleitung
3	Inbusschlüsse	4	Schraubenschlüssel
5	Latzugstange	6	Kürzere Stange
7	Trizepsseil	8	2 x Verstellbarer Handgriff
9	Chrom-Druckstange	10	2 x J-Haken
11	2 x Sicherheitsarme		

Technische Daten

Produkt-Abmessungen (LxBxH)	199,5 × 163 × 222 cm
Nettogewicht des Geräts	127 kg
Maximales Benutzergewicht	125 kg

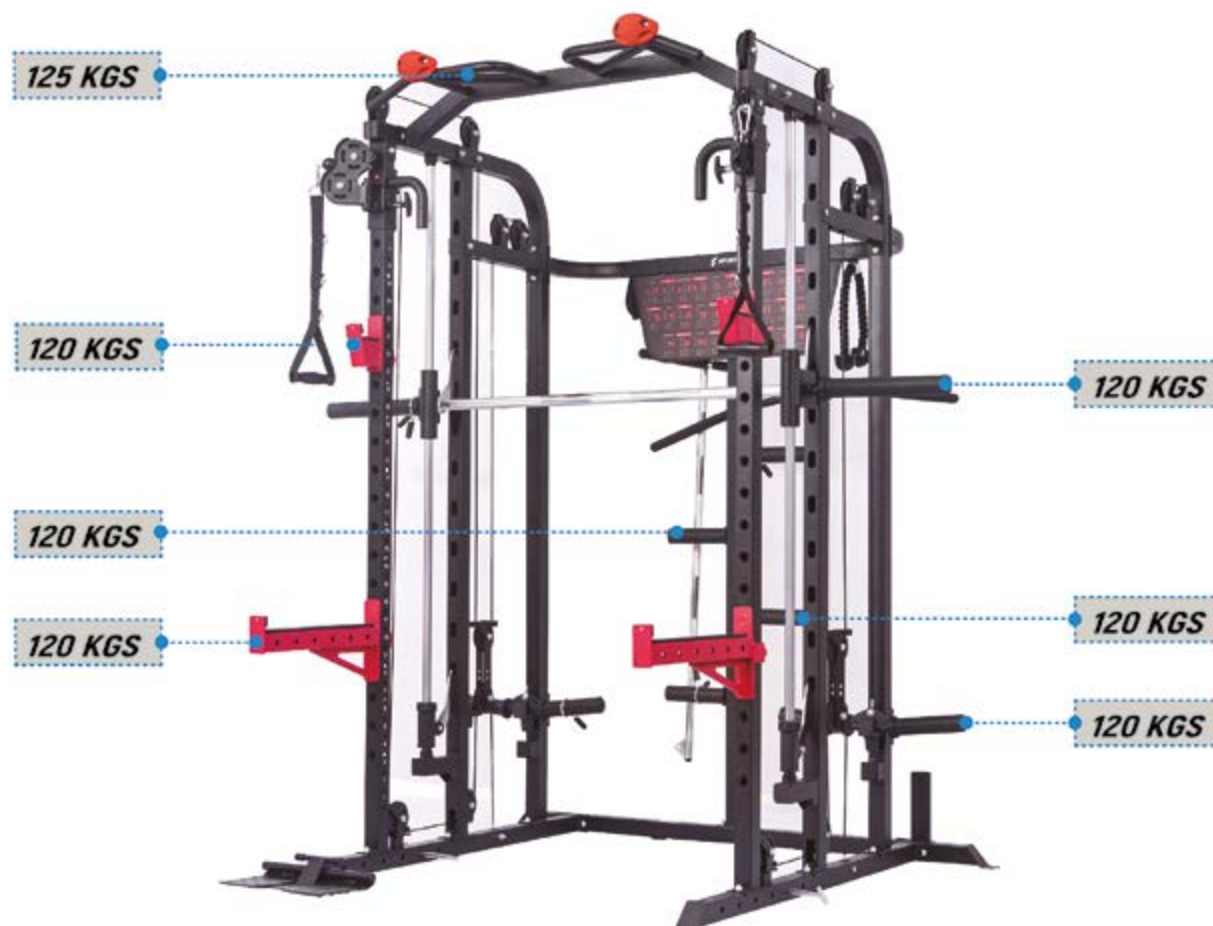
Explosionszeichnung/ Ersatzteilliste



- Identifizieren Sie mit Zeichnung und Liste das benötigte Ersatzteil und notieren Sie sich die Nummer.
- Kontaktieren Sie unseren Kundendienst per e-Mail oder Telefon und nennen Sie die Nummer des Ersatzteils. Die Kontaktdaten finden Sie auf der Rückseite des Manuals oder auf unserer Website.
- Klären Sie alle weiteren Schritte mit unseren Mitarbeitern.

Unter folgendem Link finden Sie die Explosionszeichnung und die Ersatzteile- Liste:
https://sportstech.link/sxm150_spareparts

Maximale Gewichtskapazität pro Bauteil



1. Wichtige Sicherheitshinweise



WARNUNG! Gefahr durch unsachgemäßen Gebrauch!

- Lesen Sie alle Anweisungen und Sicherheitshinweise, bevor Sie das Gerät verwenden. Befolgen Sie sie sorgfältig.
- Gefahr von Gesundheitsschäden oder sogar Tod durch unsachgemäßes oder übermäßiges Training!
- Das Gerät ist nicht für medizinische Zwecke und Anwendungen mit hoher Genauigkeit geeignet.
- Wenden Sie auch Ihren gesunden Menschenverstand an, um Risiken zu vermeiden.



PERSÖNLICHE VORAUSSETZUNGEN

ALLGEMEINE VORAUSSETZUNGEN

WARNUNG! Gefahr von Gesundheitsschäden oder sogar Tod durch unsachgemäßes oder übermäßiges Training! Die Verwendung des Geräts ist anstrengend für den Kreislauf und den Bewegungsapparat.

- Stellen Sie vorab sicher, dass **keine Erkrankungen oder Verletzungen** vorliegen, die die Verwendung des Geräts ausschließen. Konsultieren Sie gegebenenfalls einen Arzt; insbesondere bei bekannten oder vermuteten Problemen.
- Die Intensität der Nutzung (Geschwindigkeit und Steigung) darf **niemals die aktuelle Fitness der nutzenden Person übersteigen**.
- **Achten Sie auf Signale** des Körpers. **Pulsmess-Systeme können ungenau sein.**
- **Beenden Sie das Training umgehend z.B. bei folgenden Symptomen:** Schmerzen, Engegefühl in der Brust, unregelmäßiger Herzschlag, Kurzatmigkeit, Schwindel oder Übelkeit. Konsultieren Sie anschließend einen Arzt.
- Menschen mit eingeschränkten Fähigkeiten dürfen das Gerät **nur mit einer geeigneten Aufsichtsperson** und mit niedriger Geschwindigkeit benutzen.

Gewichts- und Altersvoraussetzungen

- **Nur erwachsene** Personen dürfen das Gerät benutzen.
- Das maximal **zulässige Nutzergewicht** ist **125 kg**.
- **Kinder unter 14 Jahren** dürfen das **Gerät niemals benutzen** und **keine Reinigungs oder Wartungsaufgaben** am Gerät durchführen.



ALLGEMEINE EINSATZBEDINGUNGEN

- **Gerät nicht kommerziell** nutzen, sondern nur für den Heimgebrauch. Gerät **nicht für therapeutische Zwecke** nutzen.
- Kinder und Haustiere müssen mit einem **Sicherheitsabstand** von mindestens 3 m (10 ft) vom Gerät **ferngehalten** werden. Besonders gefährlich ist der bewegte Laufgurt.



AUSPACKEN UND AUFSTELLEN

- **GEFAHR! Risiko des Erstickens!** Plastikbeutel und ähnliches von Kindern und Haustieren fernhalten.
- Für eine einfache Rücksendung bewahren Sie das Verpackungsmaterial im Rückgabezeitraum auf. Entsorgen Sie es später entsprechend den örtlich geltenden Vorgaben.
- Gerät nur auf **festem, ebenem Untergrund** in **trockenen Innenbereichen** aufstellen. Empfindliche Untergründe durch eine hitzefeste Matte schützen: Der Motorraum kann heiß werden.
- Gerät mit ausreichendem **Freiraum** in allen Richtungen aufstellen; insbesondere einen Freiraum von mindestens 2 m (6.6 ft) hinter dem Gerät einhalten (siehe Abschnitt "Aufstellung des Geräts").



MONTAGE

- Stellen Sie sicher, dass Sie alle in der Teileliste aufgeführten Komponenten und Werkzeuge haben, wobei zu beachten ist, dass einige Komponenten zur Erleichterung der Montage vormontiert sind.
- Halten Sie Kinder und Tiere vom Trainingsbereich fern, kleine Teile könnten eine Erstickungsgefahr darstellen, wenn sie verschluckt werden.
- Stellen Sie sicher, dass Sie genügend Platz haben, um die Teile vor dem Beginn der Montage auszulegen.
- Bauen Sie das Produkt so nah wie möglich an seiner endgültigen Position (im selben Raum) zusammen.
- Das Produkt muss auf einer stabilen und ebenen Fläche installiert werden.
- Entsorgen Sie alle Verpackungen sorgfältig und verantwortungsbewusst.



USING

- Halten Sie unbeaufsichtigte Kinder vom Gerät fern.
- Gesundheitsschäden können durch falsches oder übermäßiges Training entstehen.
- Wenn Einstellvorrichtungen herausstehen, können sie die Bewegung des Benutzers behindern.
- Es liegt in der Verantwortung des Eigentümers sicherzustellen, dass alle Benutzer dieses Produkts ordnungsgemäß über die sichere Nutzung informiert sind.
- Dieses Produkt ist nur für den privaten Gebrauch bestimmt.
- Nicht in gewerblichen, vermieteten oder institutionellen Umgebungen verwenden.
- Führen Sie vor der Benutzung des Geräts zum Training immer Dehnübungen durch, um sich richtig aufzuwärmen.
- Wenn der Benutzer Schwindel, Übelkeit, Brustschmerzen oder andere ungewöhnliche Symptome verspürt, brechen Sie das Training ab und suchen Sie sofort medizinische Hilfe.
- Nur eine Person sollte das Gerät gleichzeitig benutzen.
- Halten Sie Hände von allen beweglichen Teilen fern.
- Tragen Sie beim Training immer geeignete Sportkleidung. Tragen Sie keine weite oder lose Kleidung, da diese im Gerät eingeklemmt werden kann. Tragen Sie Turnschuhe, um Ihre Füße während des Trainings zu schützen.
- Legen Sie keine scharfen Gegenstände in die Nähe des Geräts.
- Behinderte Personen sollten das Gerät nicht ohne die Anwesenheit einer qualifizierten Person oder eines Arztes benutzen.
- Halten Sie das Gerät im Innenbereich, fern von Feuchtigkeit und Staub. Stellen Sie das Gerät nicht in eine Garage, ein Nebengebäude, auf eine überdachte Terrasse oder in die Nähe von Wasser.
- Wenn Kindern die Benutzung des Geräts unter Aufsicht gestattet wird, sollten ihre geistige und körperliche Entwicklung berücksichtigt werden. Sie sollten kontrolliert und in der richtigen Nutzung des Geräts unterwiesen werden. Das Gerät ist unter keinen Umständen als Spielzeug geeignet.
- Dieses Produkt ist für ein maximales Benutzergewicht von 125 kg geeignet.
- Dieses Produkt ist nicht für therapeutische Zwecke geeignet.
- Der freie Bereich sollte in den Zugangsrichtungen zum Gerät mindestens 0,6 m größer als der Trainingsbereich sein. Der freie Bereich muss auch den Bereich für den Notabstieg umfassen. Wenn Geräte nebeneinander positioniert sind, kann der Wert des freien Bereichs geteilt werden. Halten Sie unbeaufsichtigte Kinder vom Gerät fern.
- Stellen Sie das Gerät niemals auf eine Oberfläche, die die Lüftungsöffnungen blockiert.

Um den Boden oder Teppich vor Beschädigungen oder Verfärbungen zu schützen, legen Sie eine spezielle Bodenmatte unter das Gerät.



Warnung: Eltern und Aufsichtspersonen von Kindern sollten sich ihrer Verantwortung bewusst sein, da der natürliche Spieltrieb und die Experimentierfreude von Kindern zu Situationen und Verhaltensweisen führen können, für die das Trainingsgerät nicht vorgesehen ist.

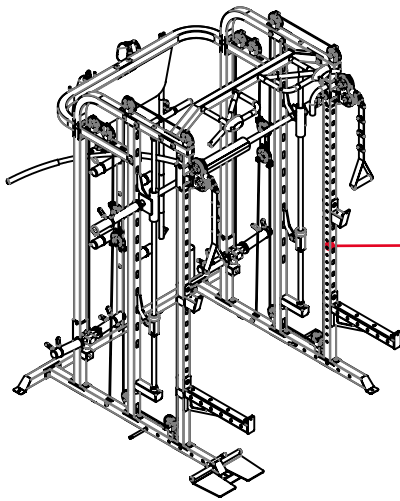
Warnung: Konsultieren Sie vor Beginn eines Trainingsprogramms Ihren Arzt. Dies ist besonders wichtig für Personen über 35 Jahre oder Personen mit bestehenden gesundheitlichen Problemen. Sie MÜSSEN alle Anweisungen lesen, bevor Sie ein Fitnessgerät verwenden. Bitte beachten Sie, dass dieses Produkt eine Gewichtstoleranz von etwa 4 % aufweisen kann.



SICHERHEITS-AUFKLEBER

Die Sicherheitsaufkleber müssen sich an den in der folgenden Abbildung gezeigten Stellen befinden.

- Achten Sie darauf, dass sie immer intakt und vollständig lesbar sind.



SPORTSTECH

Distributed by:
Sportstech Brands Holding GmbH
Karl-Liebknecht-Str. 7, 10178 Berlin, Germany

Smith Machine

Model: SXM150
Construction year: 2024
Class HC - For consumer use only!



Made in China

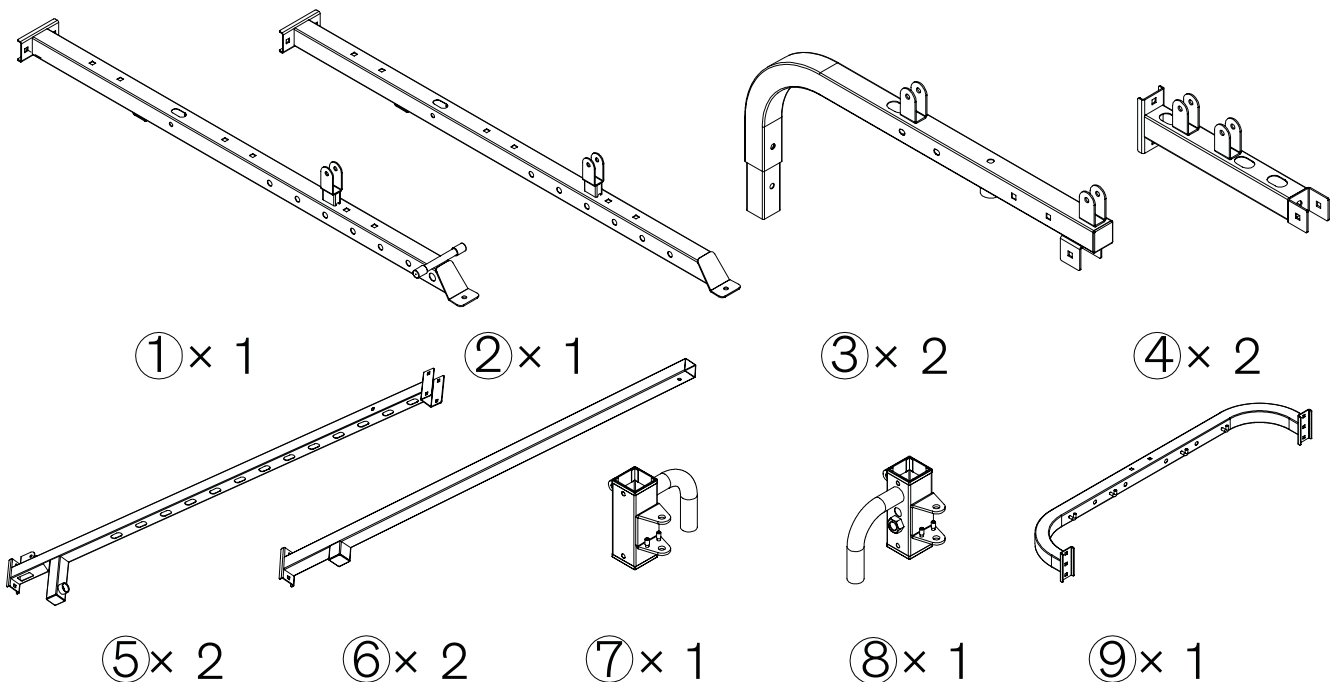
2. Aufstellen und Lagern

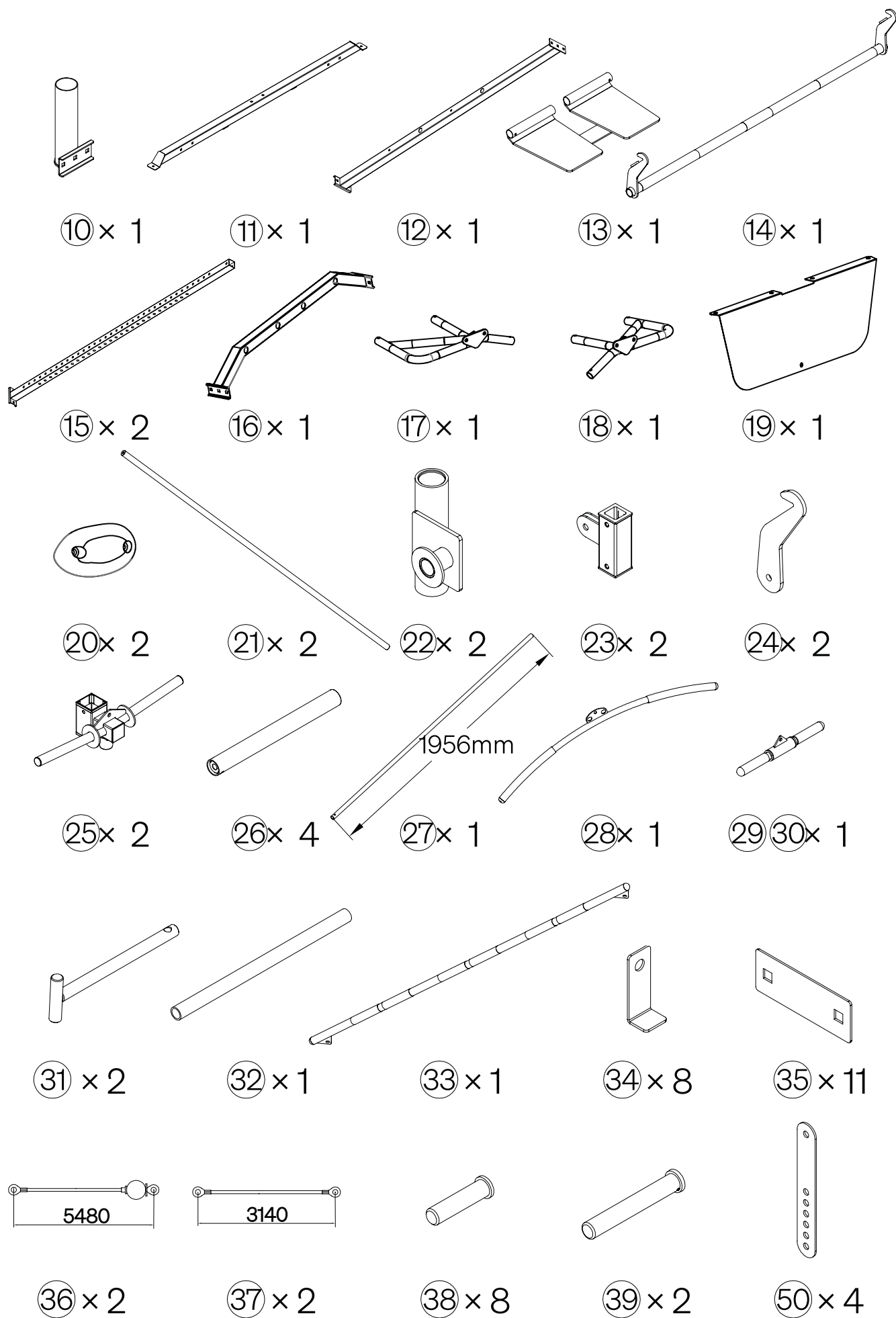
2.1 AUFSTELLORT

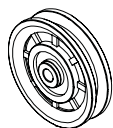
Suchen Sie einen Aufstellort für das Gerät, der folgende Voraussetzungen erfüllt:

- Trockener Innenbereich
- Gerät verdeckt keine Lüftungsöffnungen.
- Hitzefester robuster Untergrund; wenn erforderlich, Bodenschutzmatte verwenden
- Freiraum von mindestens 2 m (6.6 ft) hinter dem Gerät.
- Freiraum von mindestens 1 m (3.3 ft) auf beiden Seiten des Geräts.
- Freiraum von mindestens 30 cm (1.0 ft) vor dem Gerät.

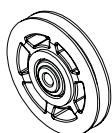
2.2 KOMPONENTEN







58 × 4



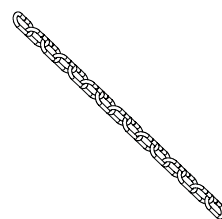
59 × 16



62 × 10



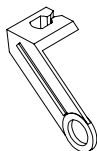
64 × 4



65 × 2



69 × 4



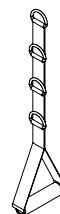
70 × 12



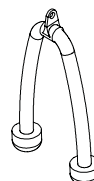
71 × 12



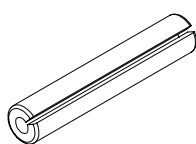
72 × 1



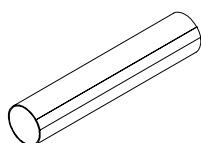
73 × 2



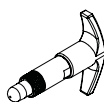
74 × 1



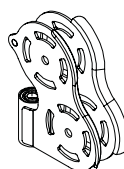
75 × 1



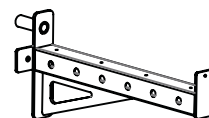
76 × 1



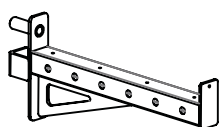
82 × 2



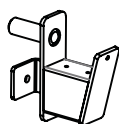
90 × 2



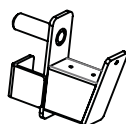
95 × 1



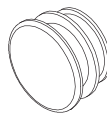
96 × 1



97 × 1



98 × 1



44 × 2

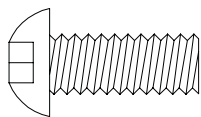


57 × 4

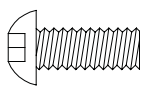


Die Komponenten mit den Nummern 40-43, 45-49, 51-56, 63, 66-68 werden für dieses Home-Gym nicht benötigt.

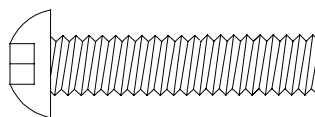
2.3 BEFESTIGUNGSKOMPONENTEN



77 × 14



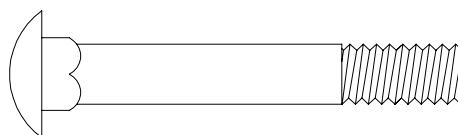
101 × 5



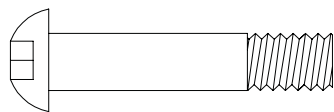
99 × 4



78 × 6



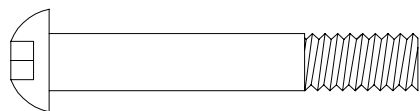
81 × 36



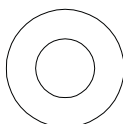
79 × 14



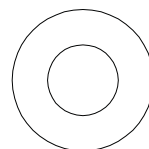
86 × 2



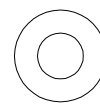
80 × 2



83 × 104



87 × 4



100 × 5



94 × 2



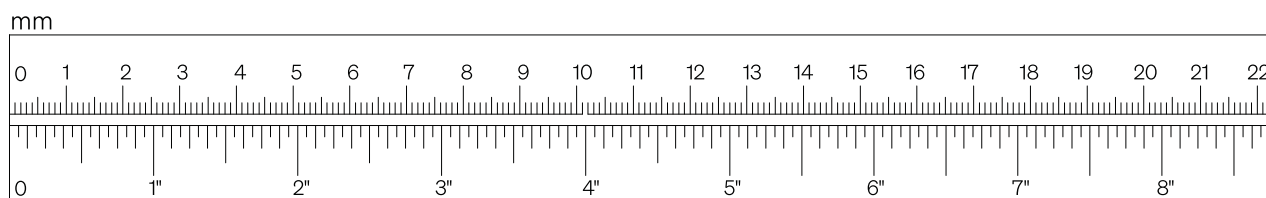
84 × 68



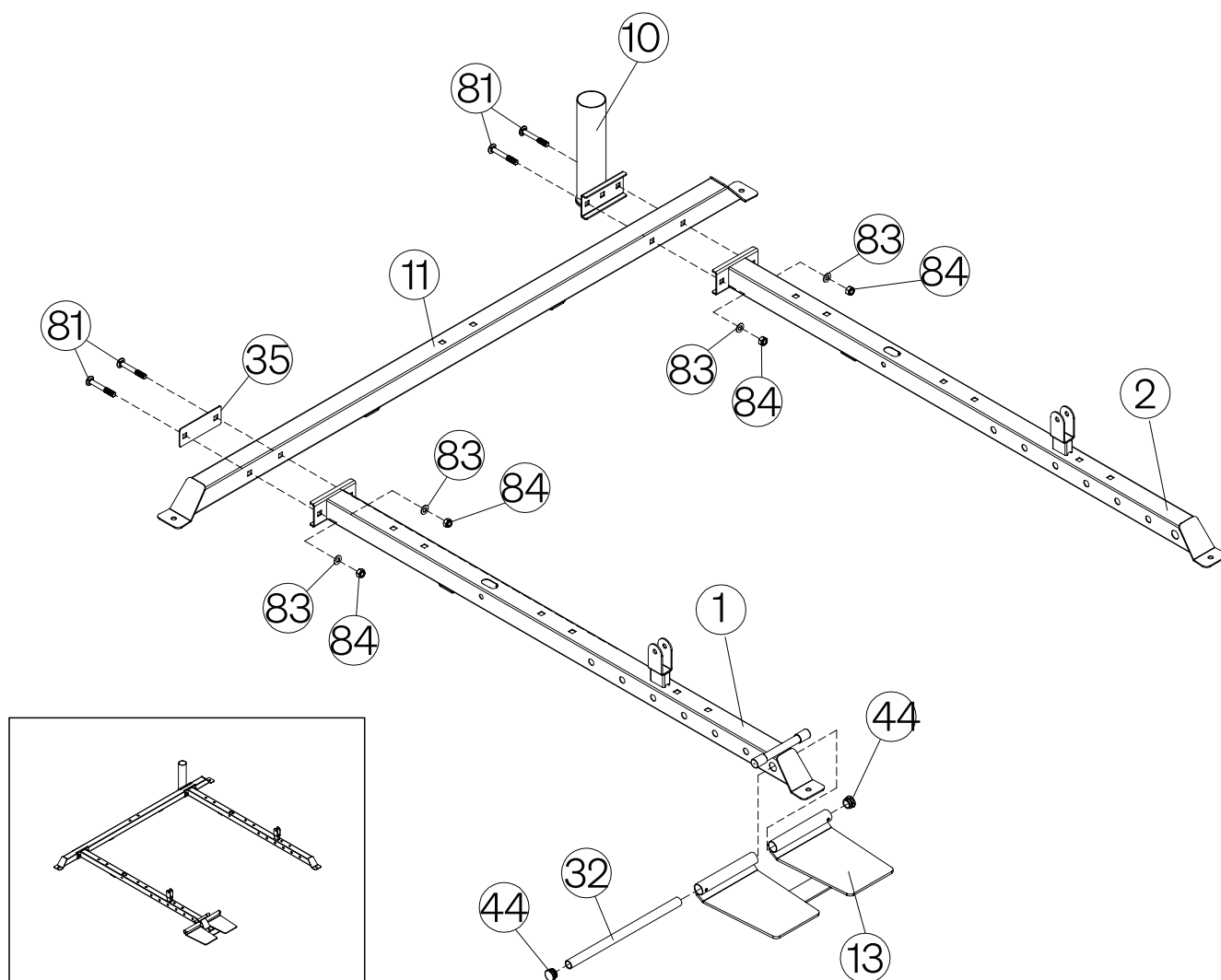
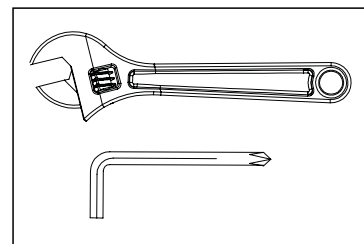
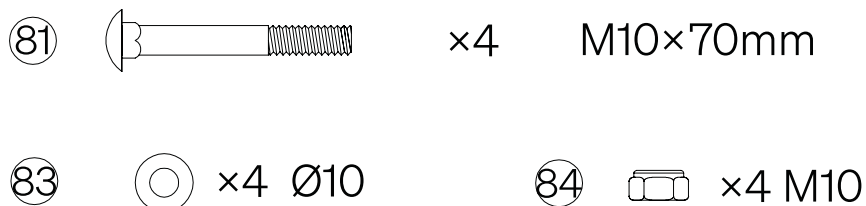
88 × 2



85 × 2

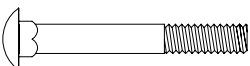


- Befestigen Sie den Hinteren Basisrahmen (#11) und 1 x Halterung (#35) am Rechten Basisrahmen (#1) mit 2 x M10×70mm Schwenkbolzen (#81), 2 x 10mm Unterlegscheiben (#83) und 2 x M10 Flugzeugmuttern (#84).
- Befestigen Sie die Langhantelablage (#10) am Linken Basisrahmen (#2) mit 2 x M10×70mm Schwenkbolzen (#81), 2 x 10mm Unterlegscheiben (#83) und 2 x M10 Flugzeugmuttern (#84).
- Befestigen Sie die Fußplatte (#13) und das Fußplattenrohr (#32) am Rechten Basisrahmen (#1) und sichern Sie beide Enden mit 2 x Endkappen (#44).

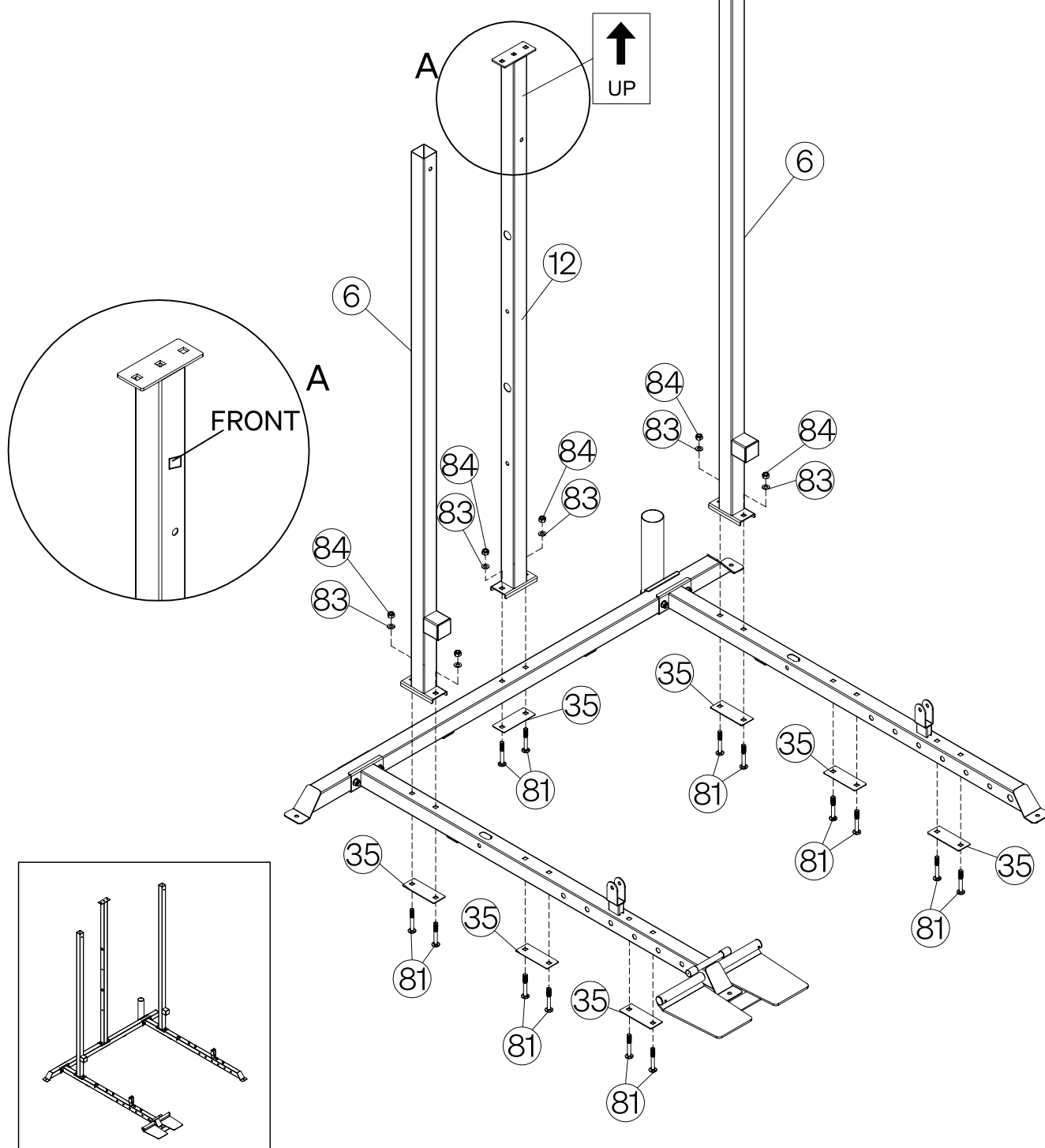
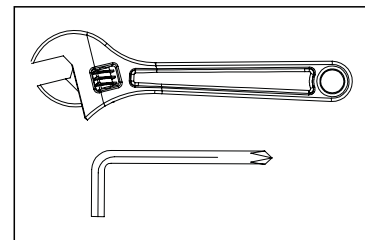


SCHRITT 2

- Befestigen Sie 1 x Hintere Vertikalrohr (#6) und 3 x Halterungen (#35) am Rechten Basisrahmen (#1) mit 6 x M10×70mm Schwenkbolzen (#81), 2 × 10mm Unterlegscheiben (#83) und 2 x M10 Flugzeugmuttern (#84).
- Befestigen Sie 1 x Hintere Vertikalrohr (#6) und 3 x Halterungen (#35) am Linken Basisrahmen (#2) mit 6 x M10×70mm Schwenkbolzen (#81), 2 × 10mm Unterlegscheiben (#83) und 2 x M10 Flugzeugmuttern (#84).
- Befestigen Sie den Gewichtplattenrahmen (#12) am Hinteren Basisrahmen (#11) mit 2 x M10×70mm Schwenkbolzen (#81), 2 × 10mm Unterlegscheiben (#83) und 2 x M10 Flugzeugmuttern (#84).

81  ×14 M10×70mm

83  ×6 Ø10 84  ×6 M10

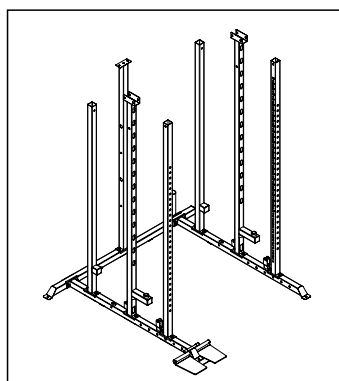
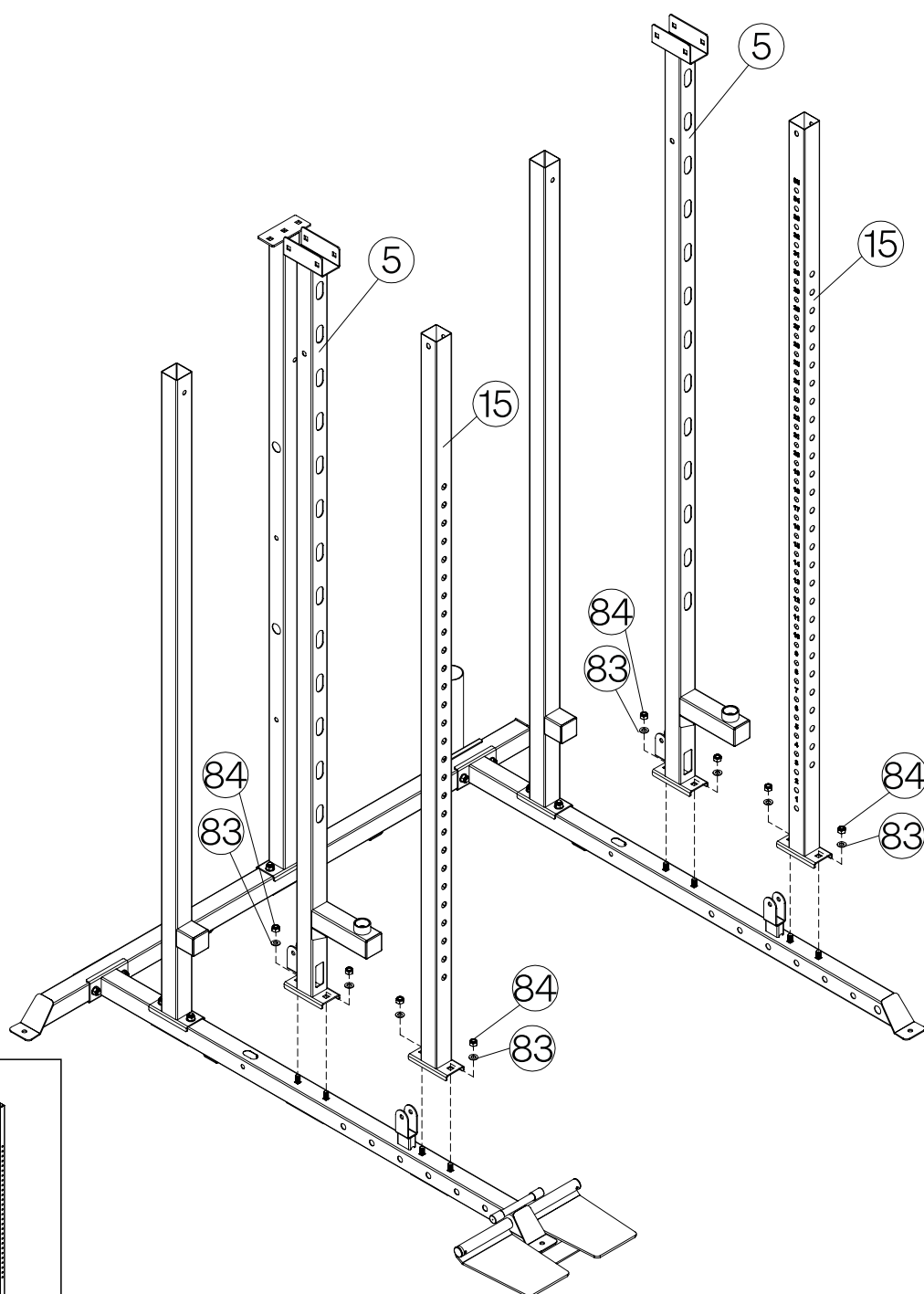
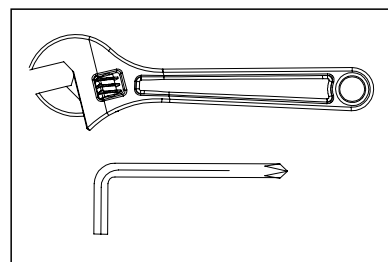


SCHRITT 3

- Befestigen Sie jeweils zwei mittlere Vertikalrohre (#5) am rechten Basisrahmen (#1) und am linken Basisrahmen (#2) mit 2 × 10mm Unterlegscheiben (#83) und 2 x M10 Flugzeugmuttern (#84).
- Befestigen Sie jeweils zwei vordere Vertikalrohre (#15) am rechten Basisrahmen (#1) und am linken Basisrahmen (#2) mit 2 × 10mm Unterlegscheiben (#83) und 2 x M10 Flugzeugmuttern (#84).

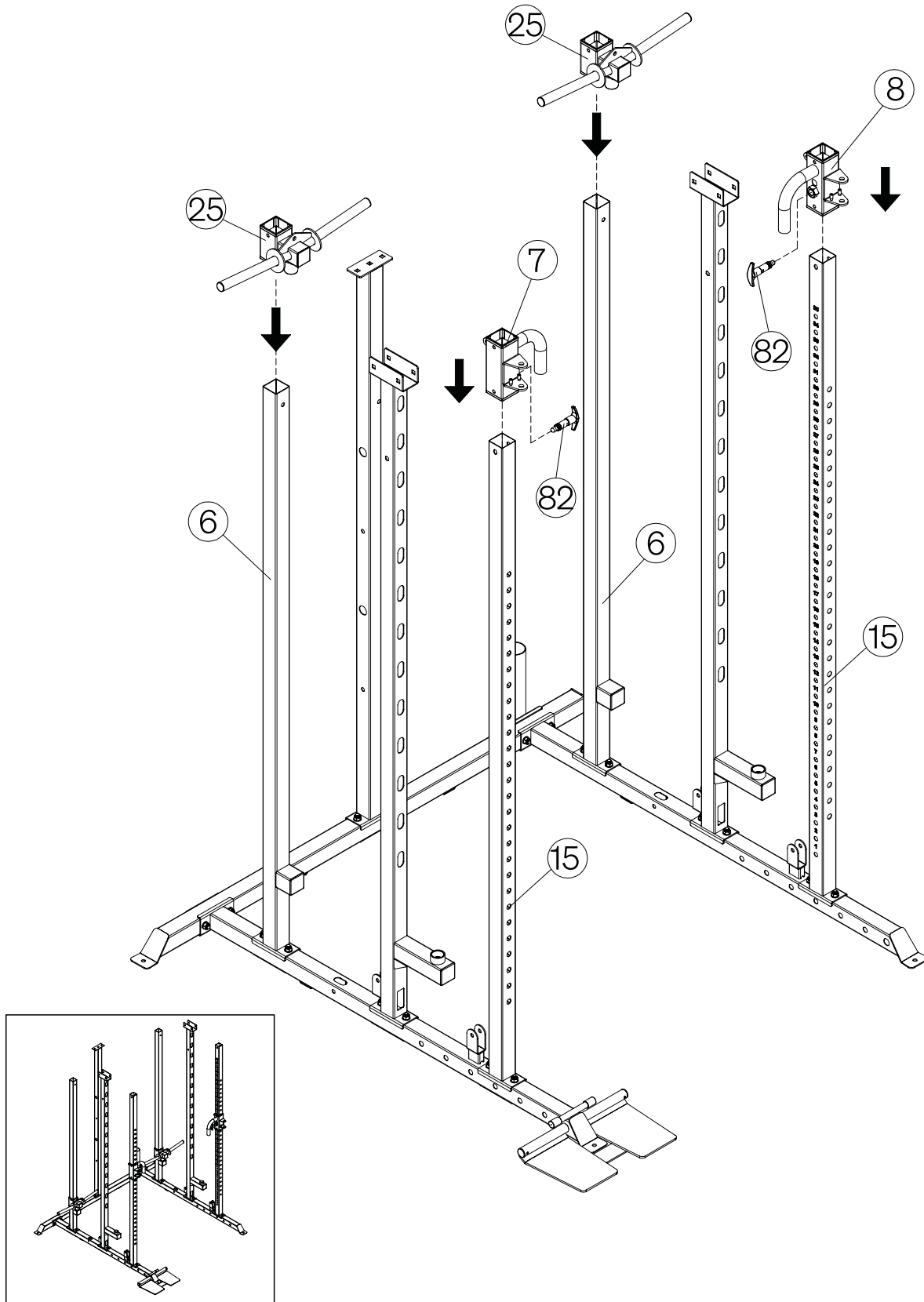
83  ×8 Ø10

84  ×8 M10



SCHRITT 4

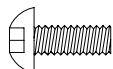
- Setzen Sie jeweils zwei Gewichtswagen (#25) auf die beiden hinteren Vertikalrohre (#6).
- Befestigen Sie die rechte Kabelrolle (#7) am rechten Basisrahmen (#1) und sichern Sie sie mit dem Kabelrollen-Sicherungsstift (#82).
- Befestigen Sie die linke Kabelrolle (#8) am linken Basisrahmen (#2) und sichern Sie sie mit dem Kabelrollen-Sicherungsstift (#82).



SCHRITT 5

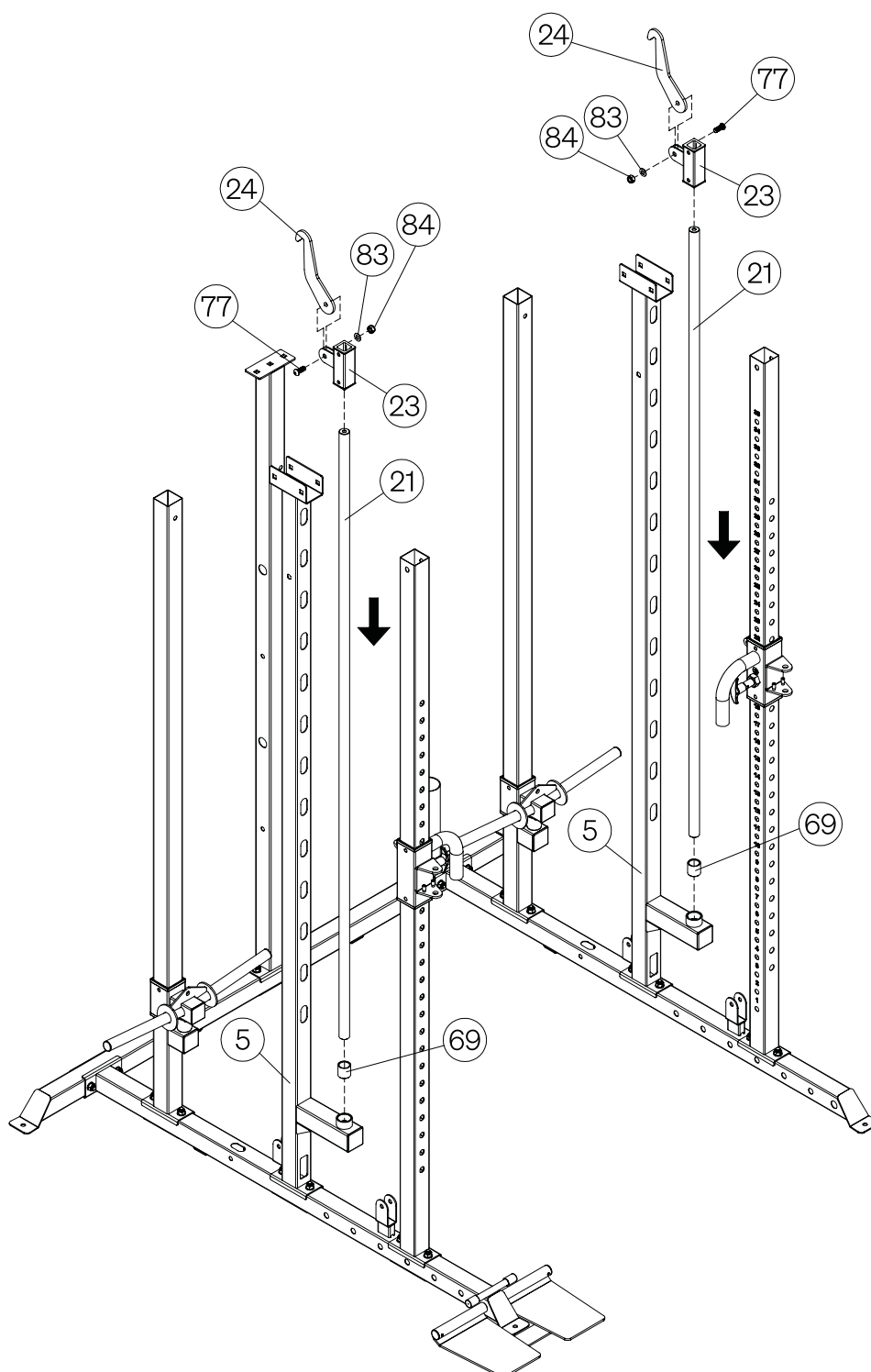
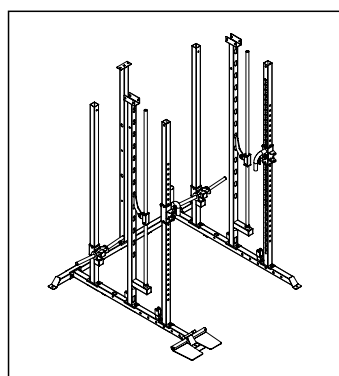
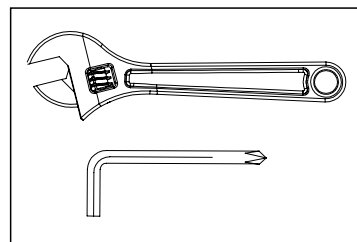
DE

- Befestigen Sie 1 x Führungs-Gummi-Puffer (#69) und 1 x Führungsstange (#21) am mittleren Vertikalrohr (#5). Befestigen Sie dann 1 x unteres Sicherheitsstoppramme (#23) und 1 x Sicherheits-Haken (#24) an der Führungsstange (#21) mit 1 x M10×25mm Inbusschraube (#77), 1 x 10mm Unterlegscheibe (#83) und 1 x M10 Flugzeugmutter (#84).
- Bauen Sie die andere Seite auf die gleiche Weise zusammen.

(77)  ×2 M10×25mm

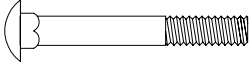
(83)  ×2 Ø 10

(84)  ×2 M10



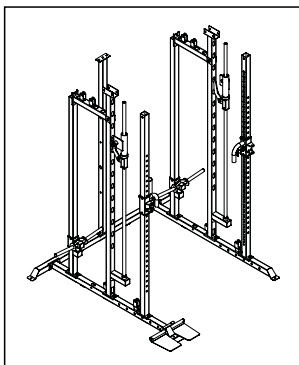
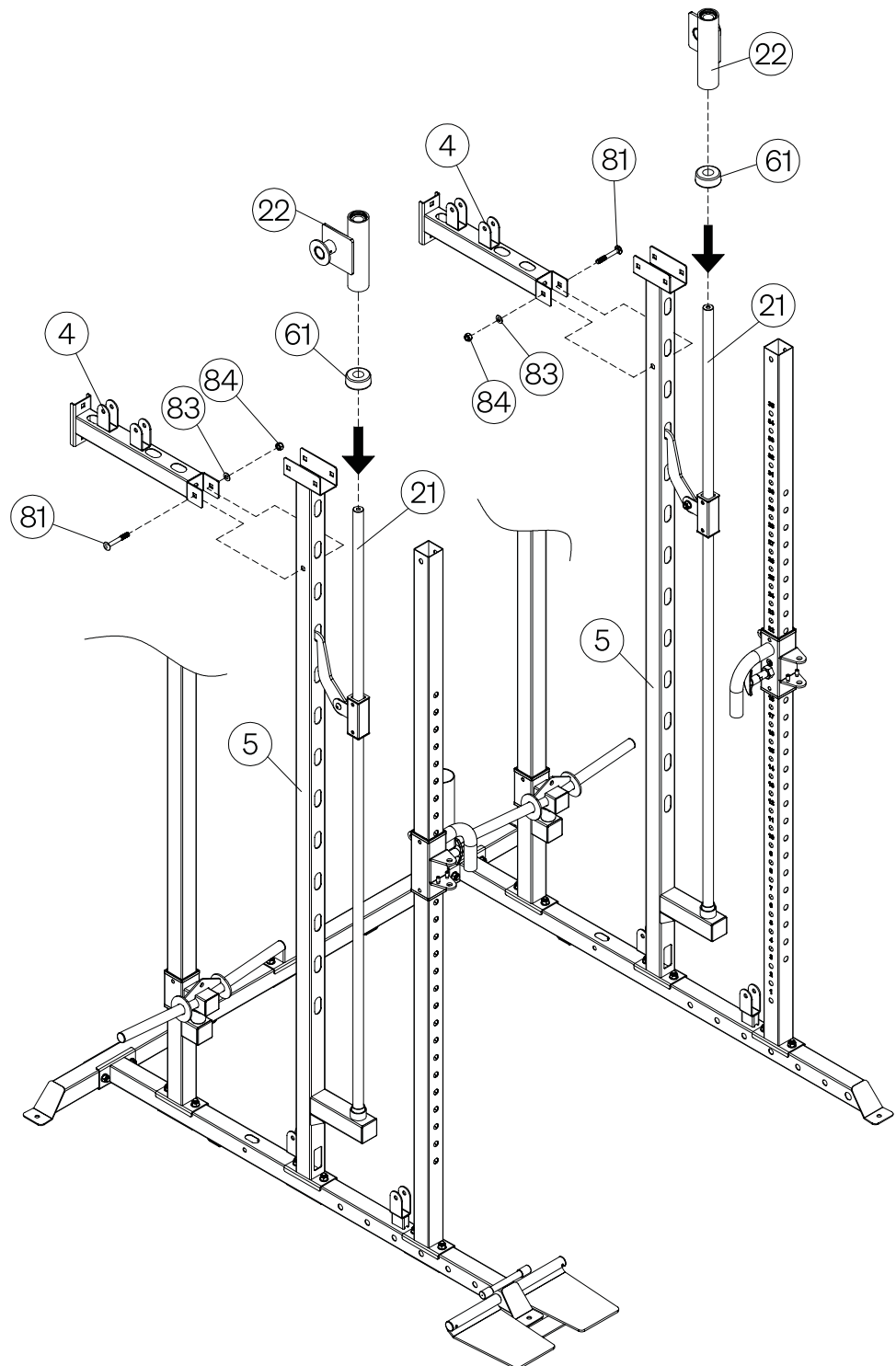
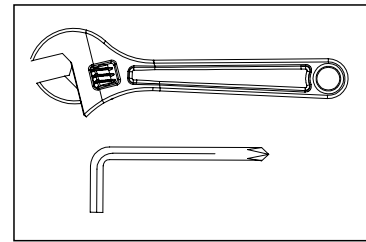
SCHRITT 6

- Befestigen Sie den oberen hinteren Stützrahmen (#4) an den mittleren Vertikalrohren (#5) jeweils auf beiden Seiten mit 1 x M10×70mm Carriage Bolt (#81), 1 x 10mm Unterlegscheibe (#83) und 1 x M10 Flugzeugmutter (#84).
- Setzen Sie jeweils auf beiden Seiten 1 x Gummi-Puffer (#61) und 1 x Führungsröhrhülse (#22) auf die Führungsstange (#21).

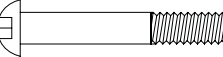
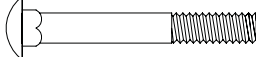
(81)  ×2 M10×70mm

(83)  ×2 Ø10

(84)  ×2 M10

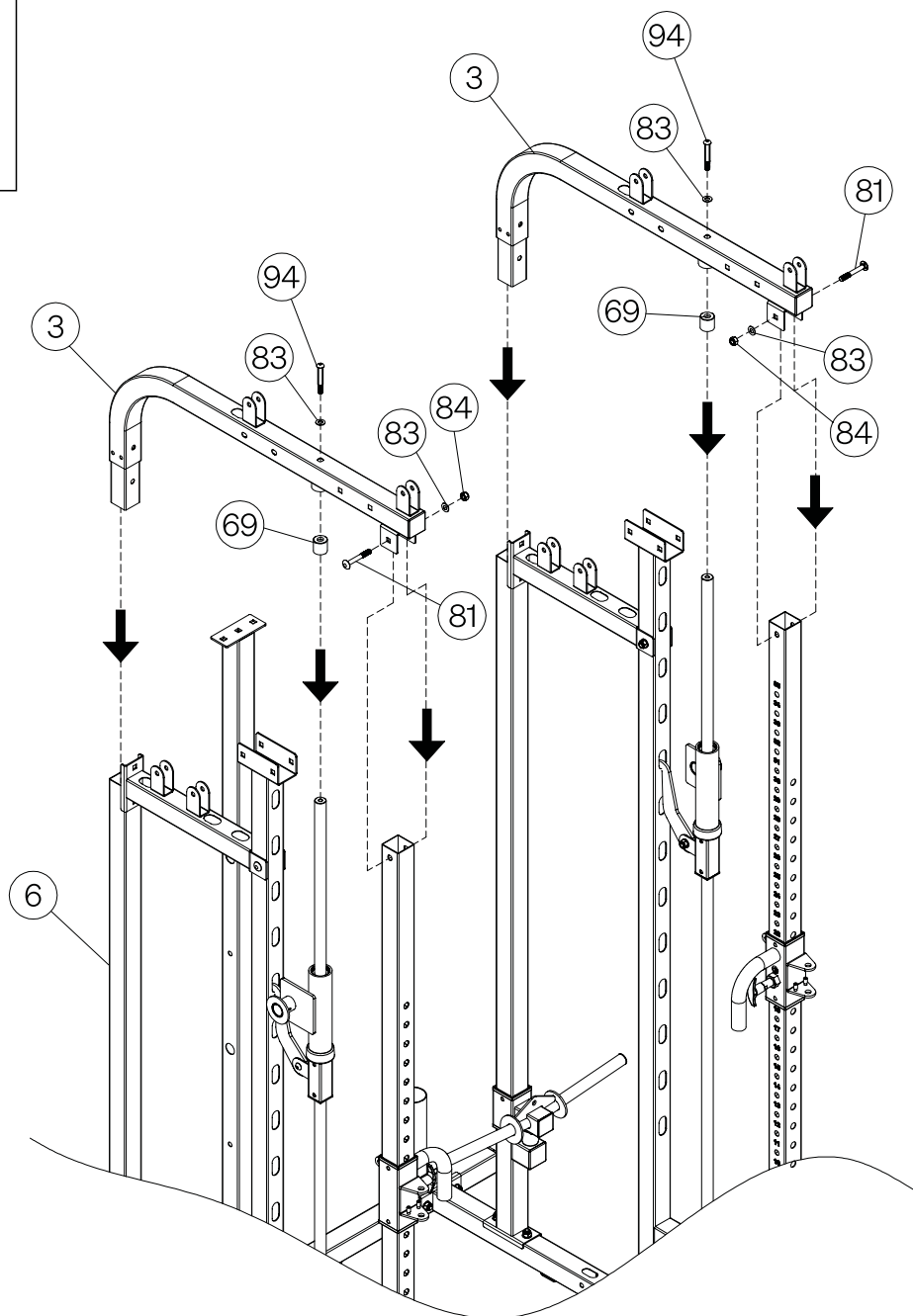
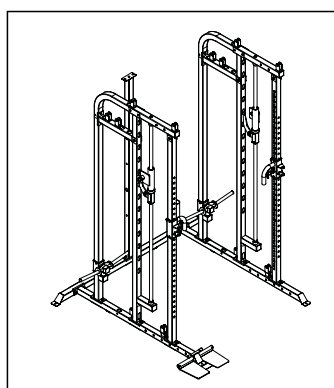
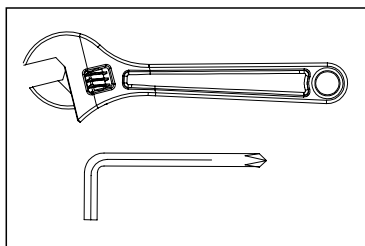


- Befestigen Sie den oberen Rahmen (#3) jeweils am hinteren Vertikalrohr (#6) und am vorderen Vertikalrohr (#15) mit 1 x Führungs-Gummi-Puffer (#69), 1 x M10×80mm Innensechskantschraube (#94), 1 x M10×70 Carriage Bolt (#81), 2 x 10mm Unterlegscheiben (#83) und 1 x M10 Flugzeugmutter (#84) jeweils auf beiden Seiten.

94  ×2 M10×80mm 81  ×2 M10×70mm

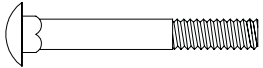
83  ×4 Ø 10

84  ×2 M10



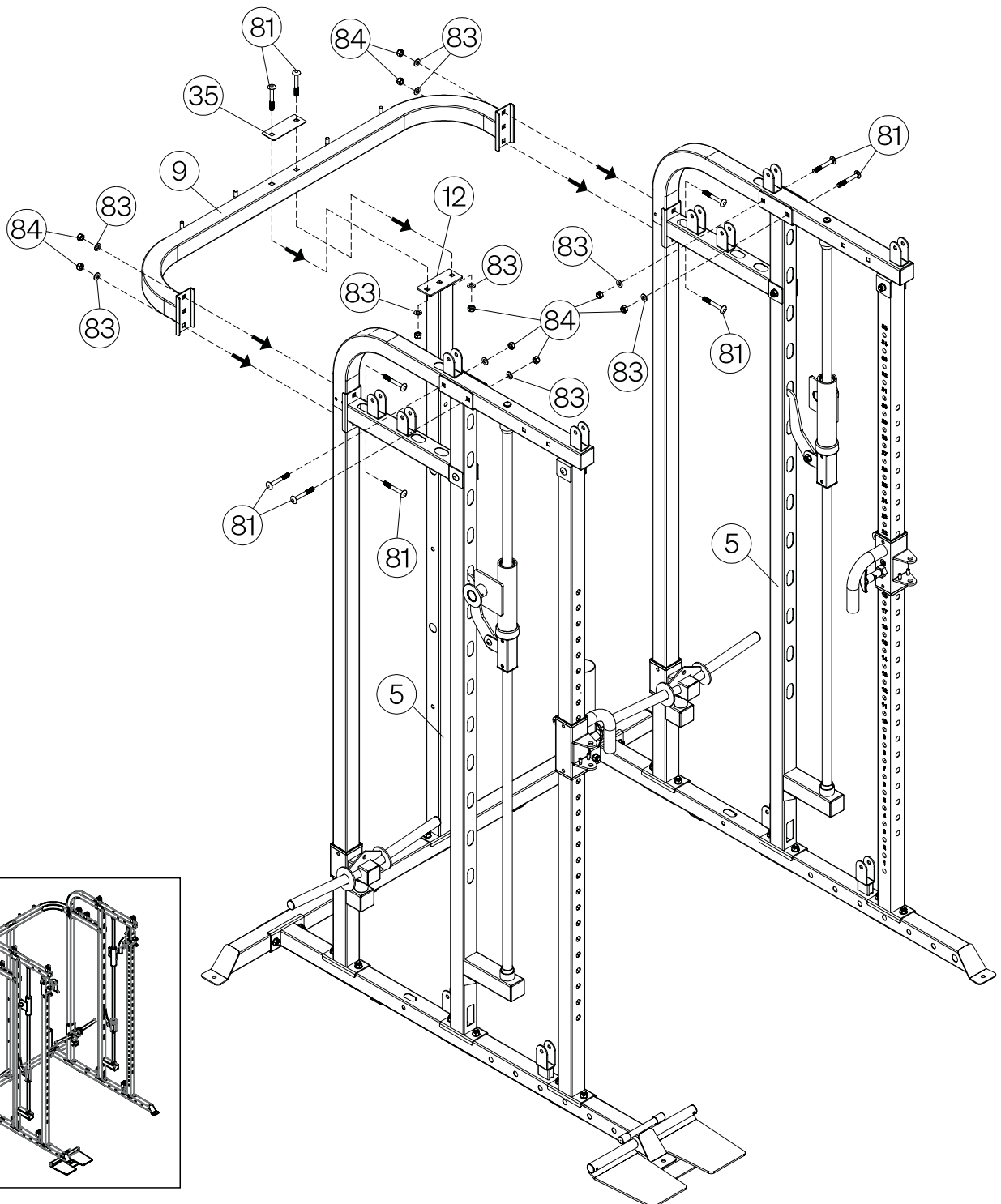
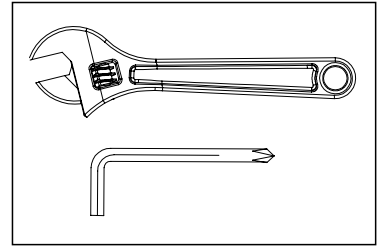
SCHRITT 8

- Befestigen Sie die obere Querstrebe (#9) am oberen Rahmen (#3) und sichern Sie sie mit 10 x M10×70mm Innensechskantschrauben (#81), 10 × 10mm Unterlegscheiben (#83) und 10 x M10 Flugzeugmuttern (#84).

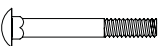
81  ×10 M10×70mm

83  ×10 Ø10

84  ×10 M10



- Befestigen Sie das Multi-Grip Klimmzuggestell (#16) an der oberen Querstrebe (#9) mit 4 x M10×25mm Innensechskantschrauben (#77), 8 × 10mm Unterlegscheiben (#83) und 8 x M10 Flugzeugmuttern (#84).
- Befestigen Sie die linke Lat-Bar (#17) am oberen Rahmen (#3) mit 2 x M10×30mm Innensechskantschrauben (#99), 2 × 10mm Unterlegscheiben (#83) und 2 x M10 Flugzeugmuttern (#84).
- Befestigen Sie die rechte Lat-Bar (#18) am oberen Rahmen (#3) mit 2 x M10×30mm Innensechskantschrauben (#99), 2 × 10mm Unterlegscheiben (#83) und 2 x M10 Flugzeugmuttern (#84).

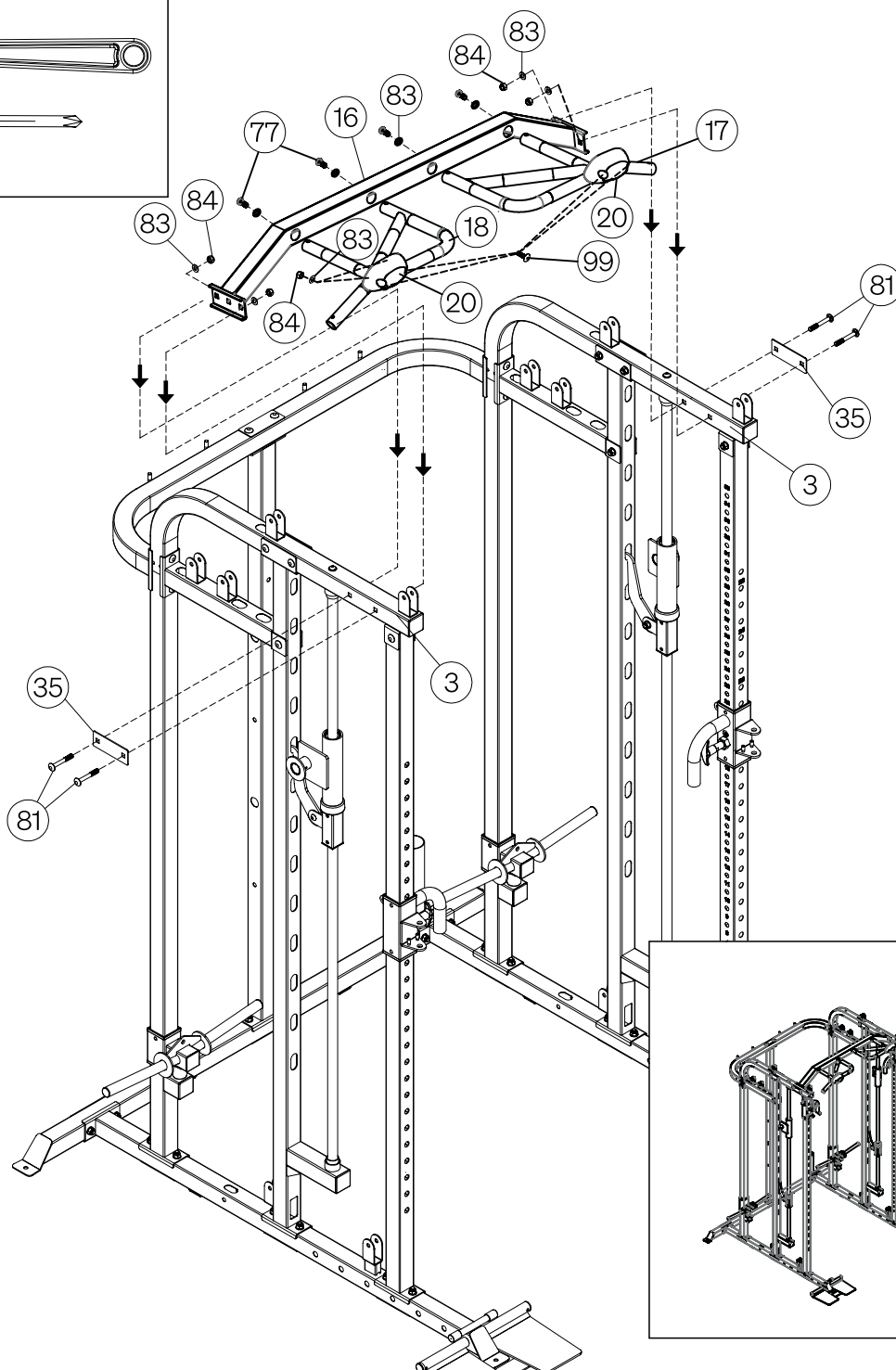
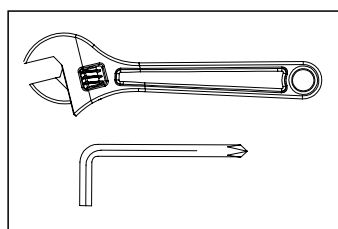
(81)  ×4 M10×70mm

(77)  ×4 M10×25mm

(83)  ×12 Ø 10

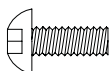
(84)  ×8 M10

(99)  ×4 M10×30mm



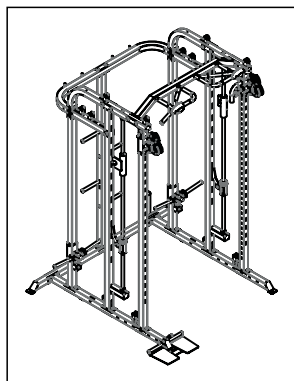
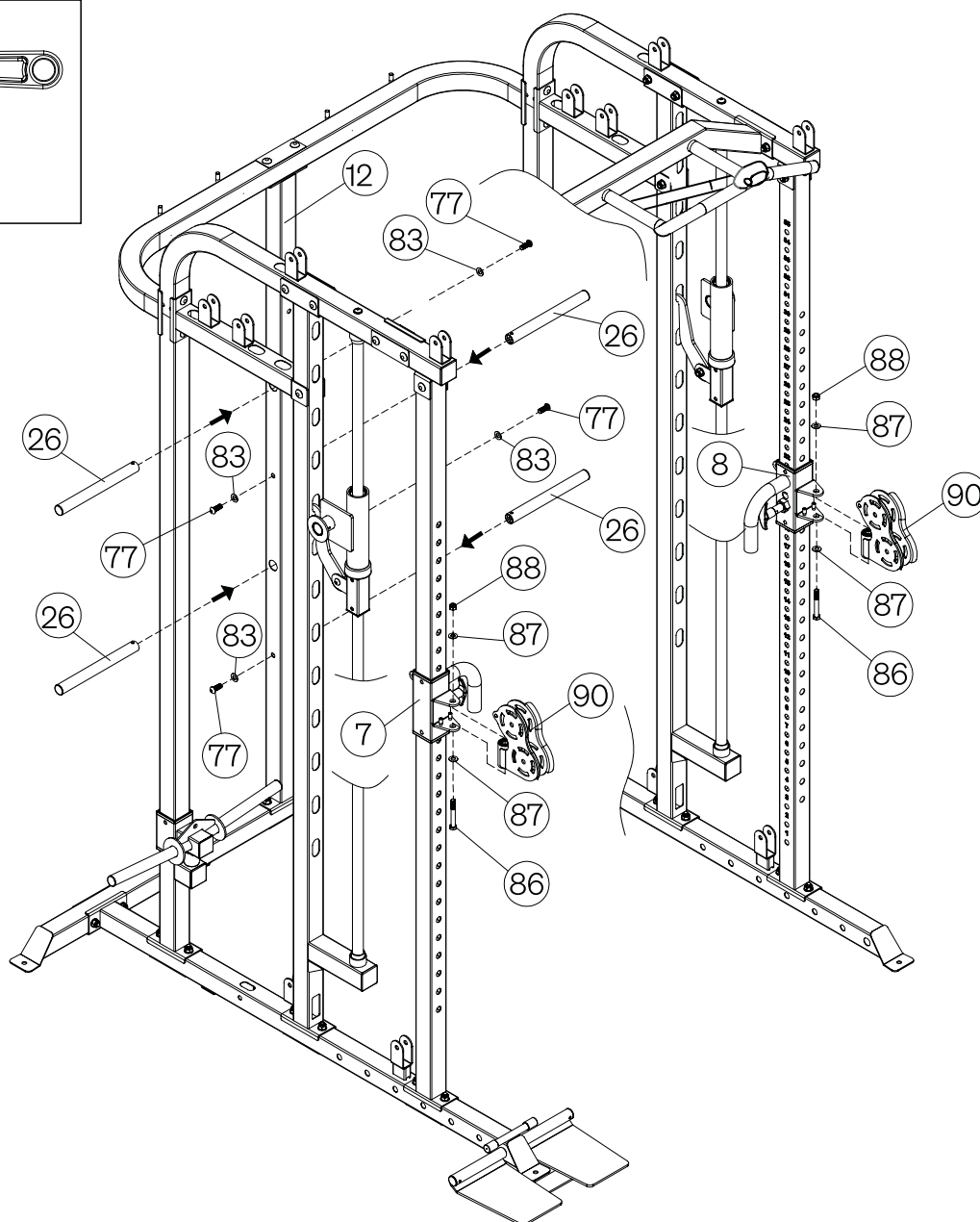
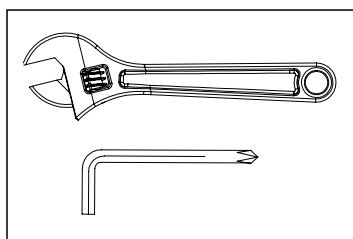
SCHRITT 10

- Setzen Sie 4 x Gewichtsschl  che (#26) in den Gewichtssplattenrahmen (#12) ein und sichern Sie sie mit 4 x M10x25mm Innensechskantschrauben (#77) und 4 x 10mm Unterlegscheiben (#83).
- Befestigen Sie 1 x Doppelrollenbaugruppe (#90) an der rechten Kabelrollenbaugruppe (#7) mit 1 x M12x90mm Innensechskantschraube (#86), 2 x 12mm Unterlegscheiben (#87) und 1 x M12 Flugzeugmutter (#88).
- Befestigen Sie 1 x Doppelrollenbaugruppe (#90) an der linken Kabelrollenbaugruppe (#8) mit 1 x M12x90mm Innensechskantschraube (#86), 2 x 12mm Unterlegscheiben (#87) und 1 x M12 Flugzeugmutter (#88).

(77)  x4 M10x25mm (86)  x2 M12x90mm

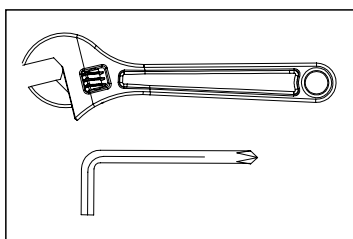
(83)  x4 Ø 10 (88)  x2 M12

(87)  x4 Ø 12

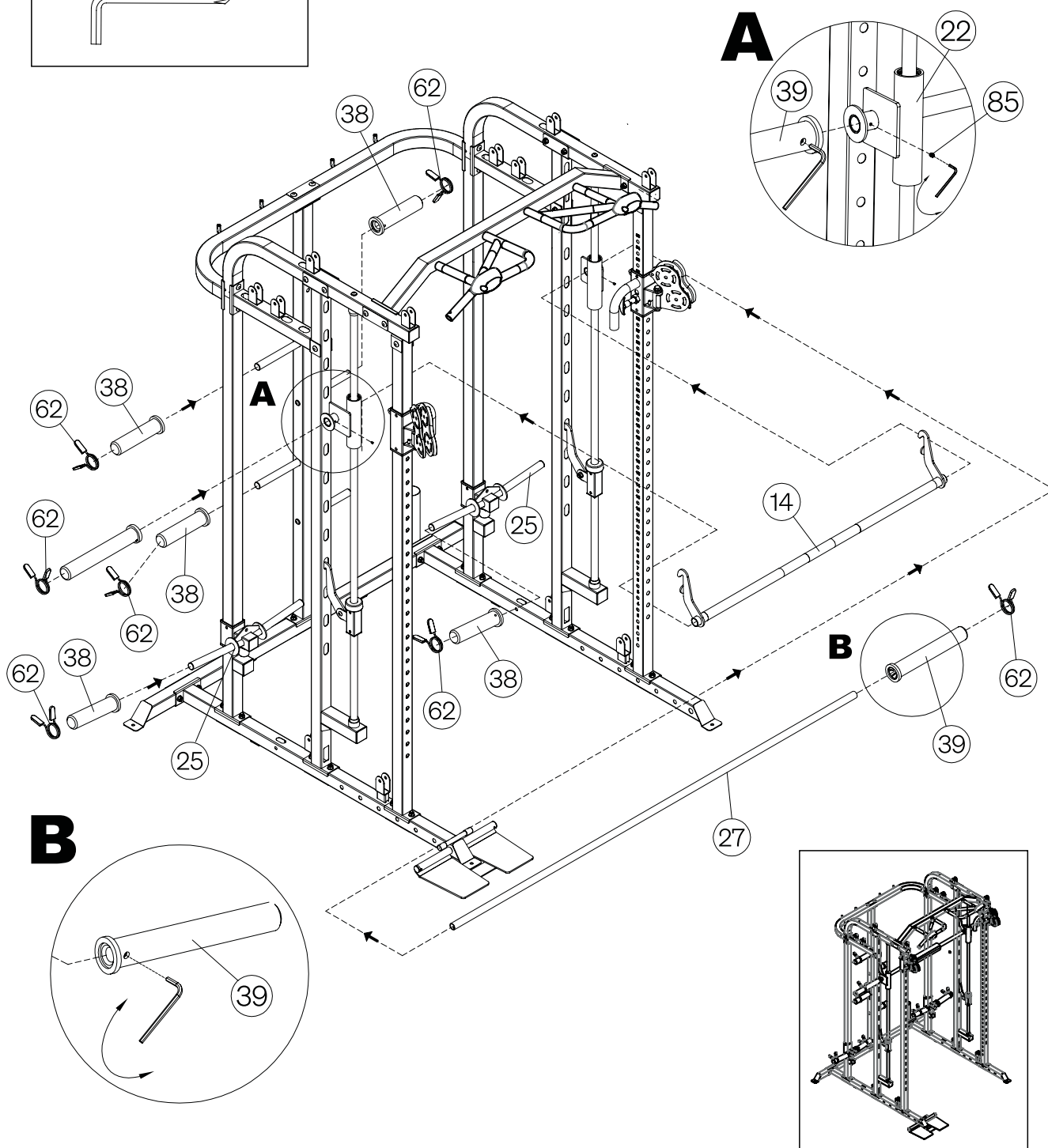


- Befestigen Sie 5 x Olympiastangenüberzüge (#38) an den Gewichtssplattenschläuchen (#26) und sichern Sie sie mit 5 x Federclips (#62).
- Befestigen Sie den langen Olympiastangenüberzug (#39) an der Gewichtsstange (#27) und sichern Sie ihn mit Federclips (#62).
- Beachten Sie in Abbildung A, dass die Gewichtsstange (#27) durch den langen Olympiastangenüberzug (#39) und die Führungsrohrhülse (#22) geschoben werden muss.

(85)  × 2 M6 × $\frac{1}{4}$ "



3# 4# Allen Wrench (Tool)



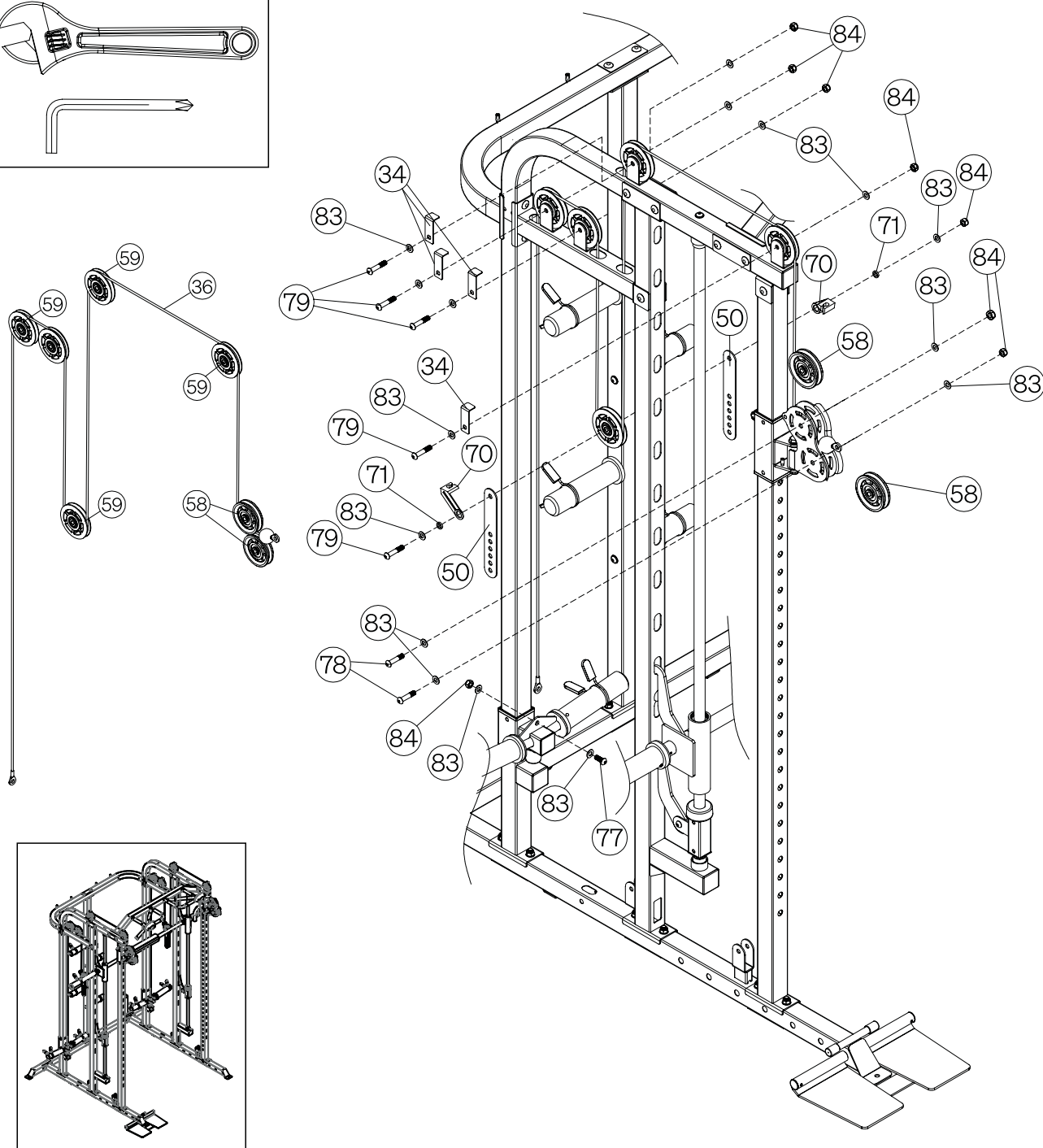
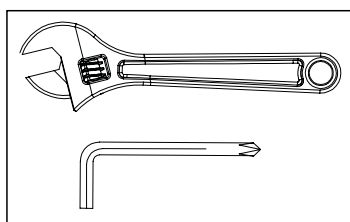
SCHRITT 12

- Installieren Sie das obere Kabel (#36) auf beiden Seiten gemäß dem oben gezeigten Diagramm unter Verwendung von 4 x #90 Riemenscheiben (#58), 10 x #97 Riemenscheiben (#59), 2 x Doppelgleitpulley-Befestigungen (#50), 4 x Kabelhalter (#70), 4 x Kabelhalterbuchsen (#71), 8 x L-Kabelhalter (#34), 2 x M10×25mm Innensechskantschrauben (#77), 4 x M10×45mm Innensechskantschrauben (#78), 10 x M10×50mm Innensechskantschrauben (#79), 32 x 10mm Unterlegscheiben (#83) und 16 x M10 Flügelmutter (#84).

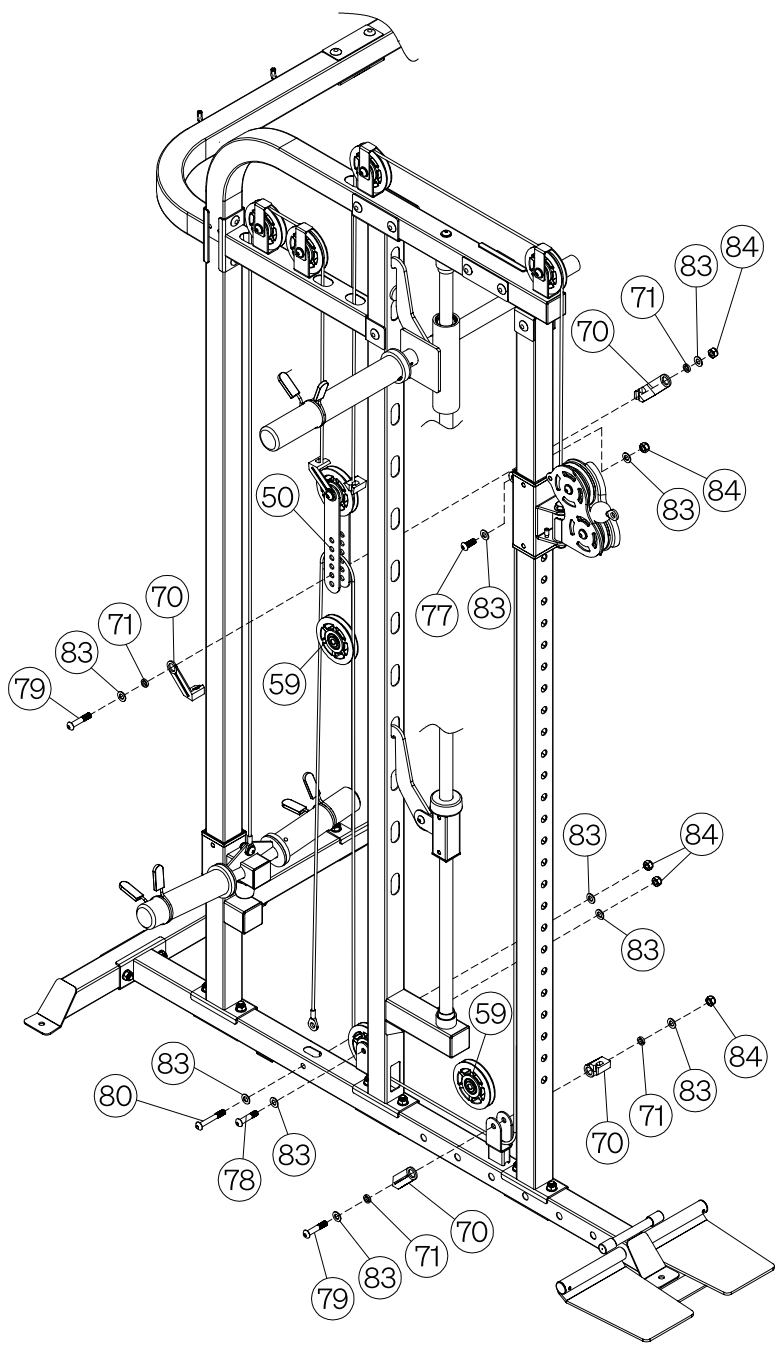
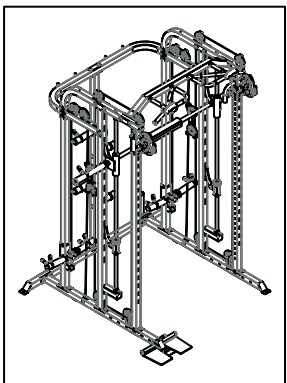
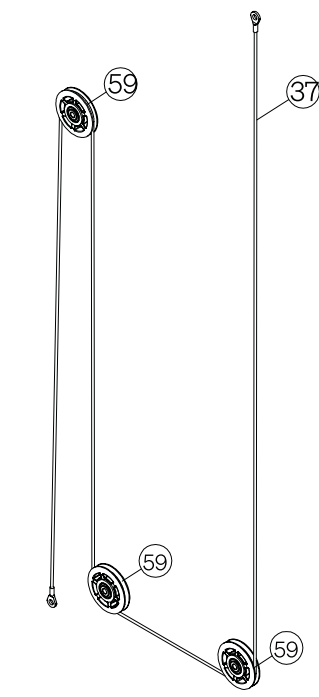
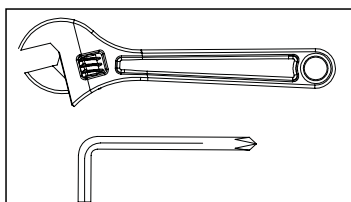
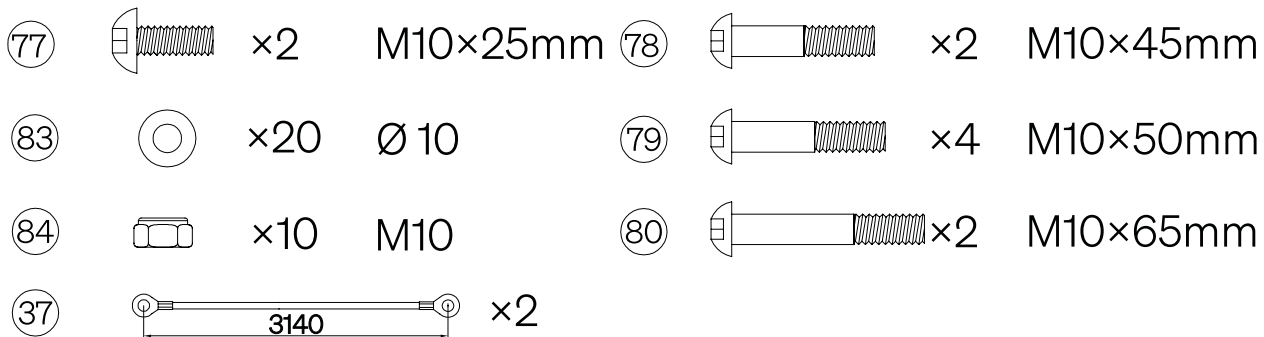
 ×2 M10×25mm
  ×4 M10×45mm

 ×32 Ø 10
  ×10 M10×50mm

 ×16 M10
  5480 ×2

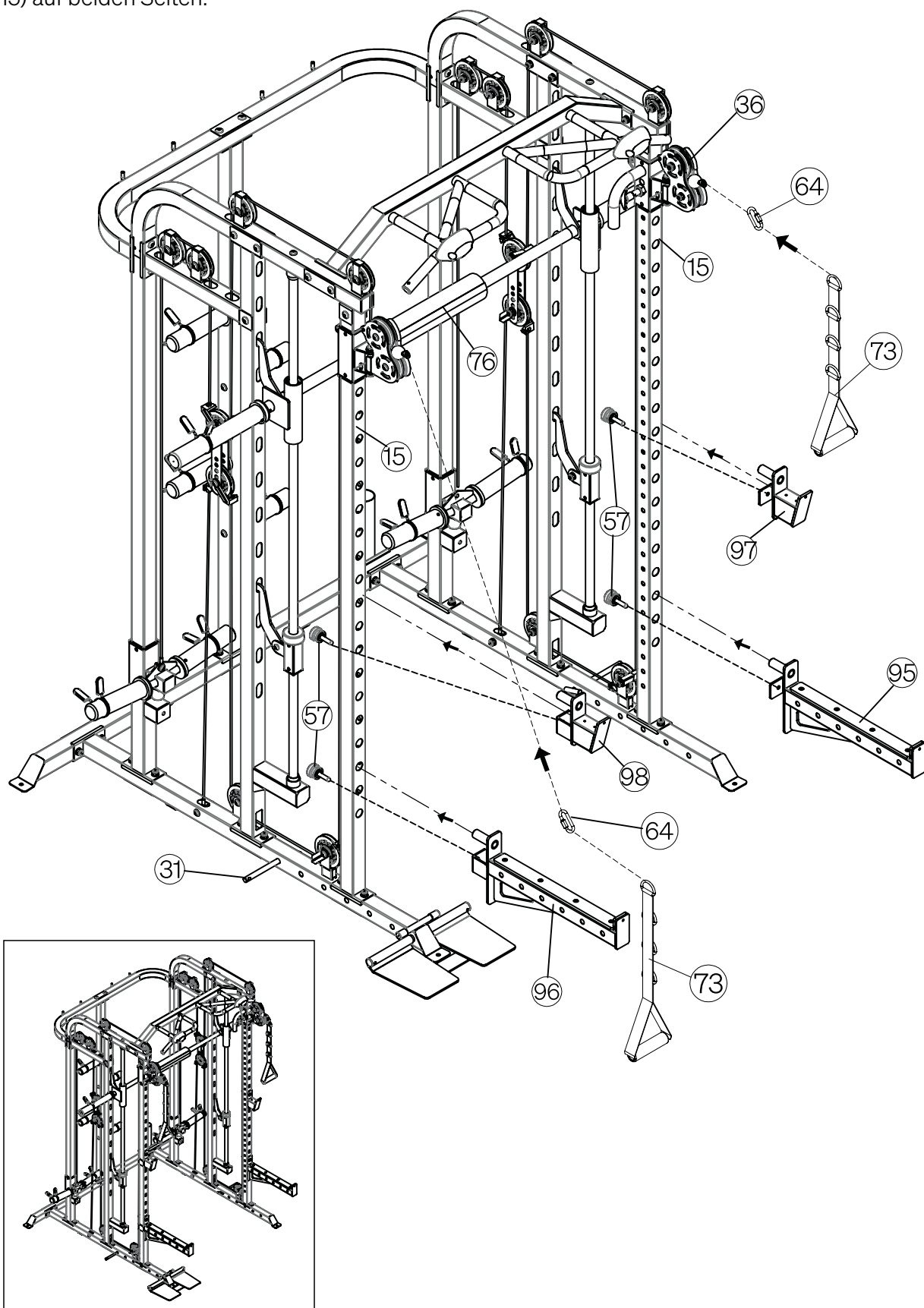


- Installieren Sie das Butterfly-Kabel (#37) auf beiden Seiten gemäß dem oben gezeigten Diagramm unter Verwendung von 6 x #97 Riemenscheiben (#59), 2 x Doppelgleitpulley-Befestigungen (#50), 8 x Kabelhaltern (#70), 8 x Kabelhalterbuchsen (#71), 2 x M10×25mm Innensechskantschrauben (#77), 2 x M10×45mm Innensechskantschrauben (#78), 4 x M10×50mm Innensechskantschrauben (#79), 2 x M10×65mm Innensechskantschrauben (#80), 20 x 10mm Unterlegscheiben (#83) und 10 x M10 Flügelmutter (#84).



SCHRITT 14

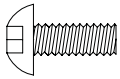
- Befestigen Sie 2 x Einzelhandriemen (#73) an dem oberen Kabel (#36) auf beiden Seiten mit 2 x C-Clips (#64).
- Befestigen Sie die rechte Parallelstange (#19) und die linke Parallelstange (#20) an dem vorderen Vertikalen Rohr (#15) auf beiden Seiten.
- Befestigen Sie den linken Sicherheitsständer (#95) und den rechten Sicherheitsständer (#96) an dem vorderen Vertikalen Rohr (#15) auf beiden Seiten.
- Befestigen Sie den linken Rack (#97) und den rechten Rack (#98) an dem vorderen Vertikalen Rohr (#15) auf beiden Seiten.

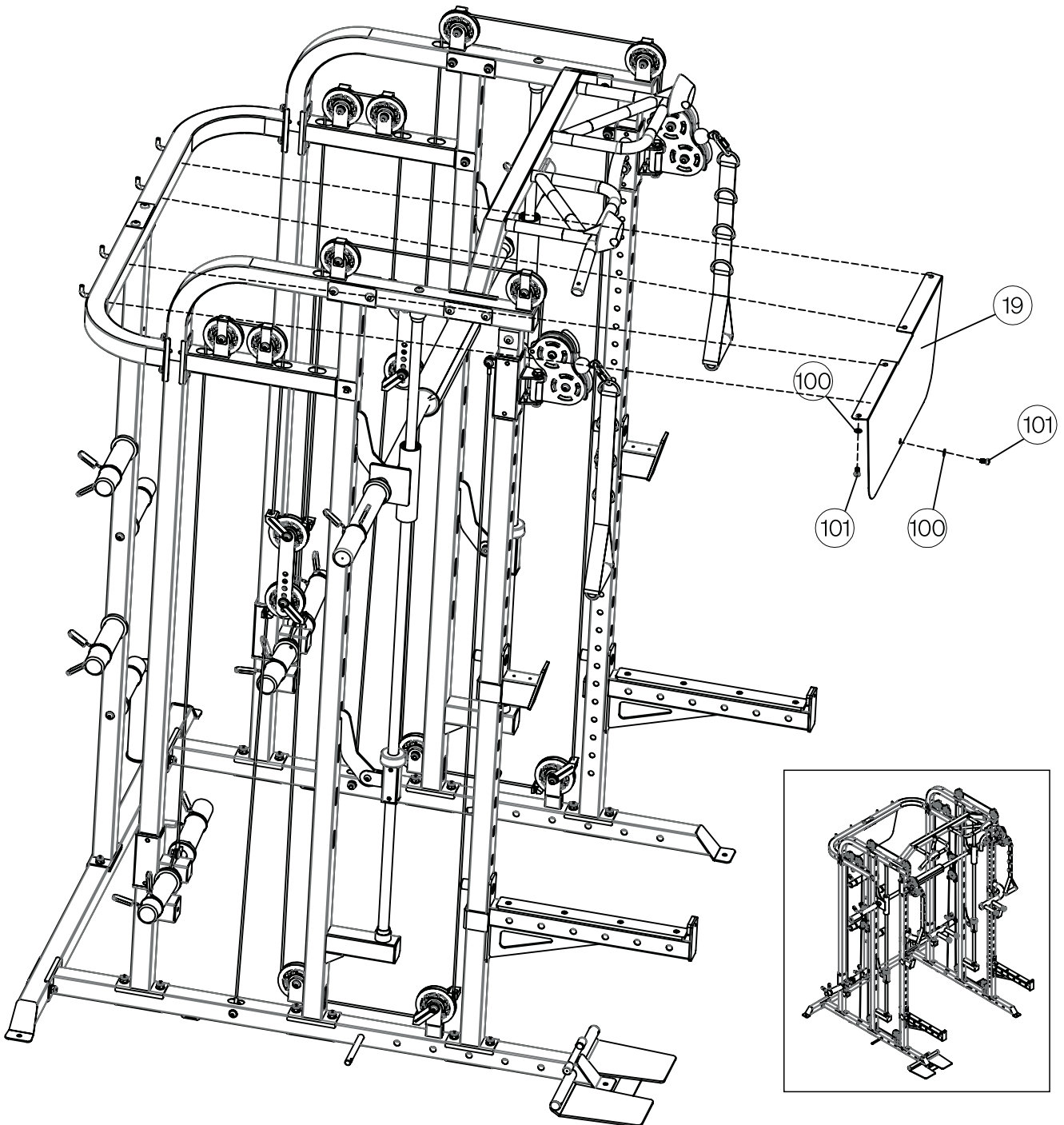


SCHRITT 15

DE

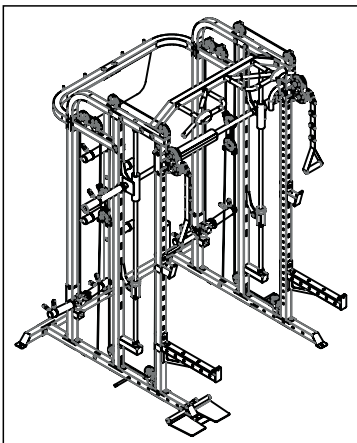
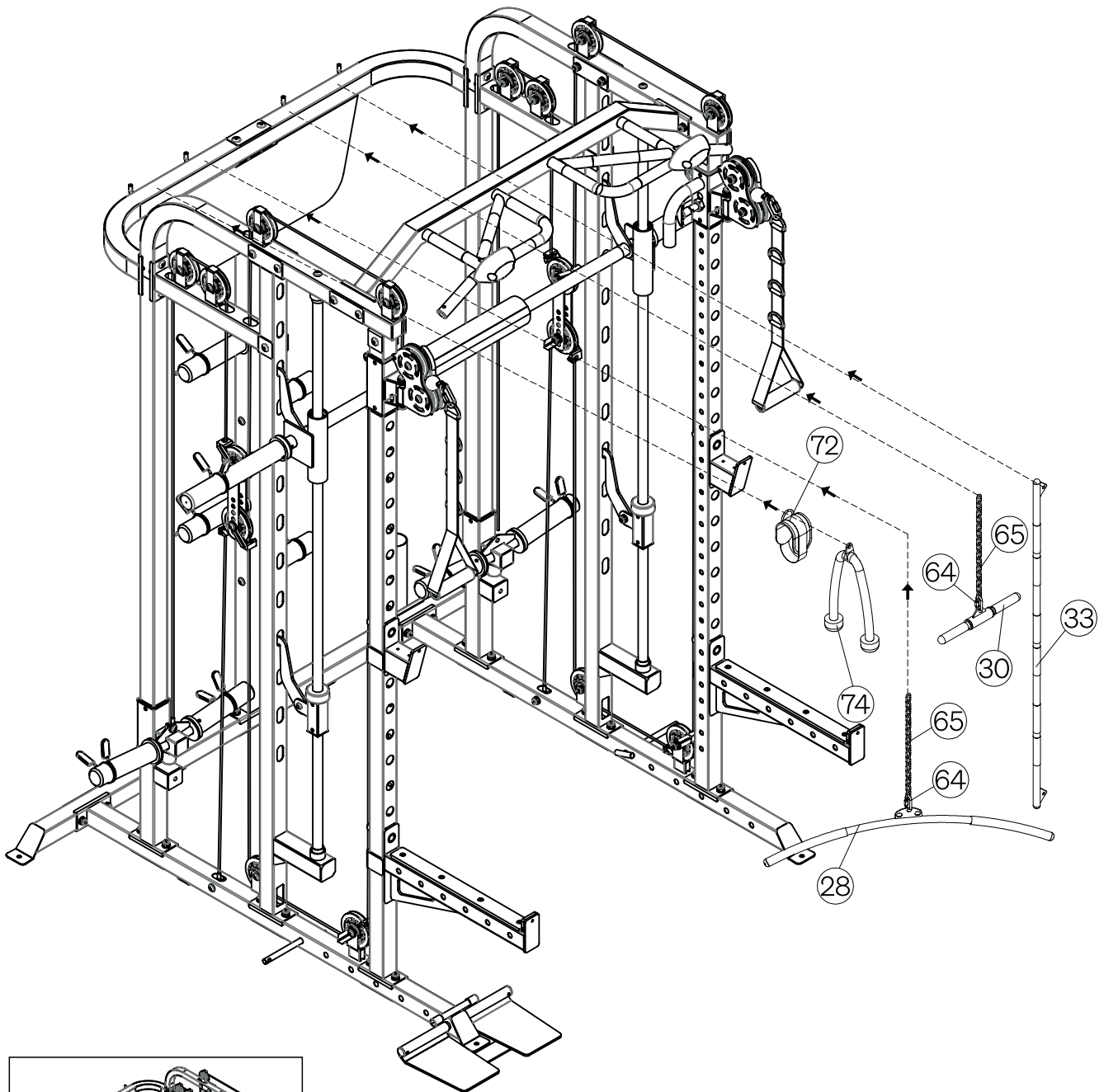
- Befestigen Sie die Plakatwand (#99) an der oberen Querverstärkung (#9) mit 2 x M8×16 Innensechskantschrauben (#101) und 2 x 8 mm Unterlegscheiben (#103).

(101)  x5 M8×16mm (100)  x5 Ø 8



SCHRITT 16

- Legen Sie die Lat-Bar (#28), die Curl-Griff (#30), die Langstange (#33), den Knöchelriemen (#72) und das Trizepsseil (#74) auf die obere Querverstärkung (#9).



3. Trainieren

3.1 DEHNÜBUNGEN ZUM AUF- UND ABWÄRMEN

- Machen Sie einige Dehnübungen, um Ihr Training zu beginnen. Überdehnen Sie niemals Ihre Muskeln.
- Wir empfehlen, jede der folgenden Übungen 10 Mal durchzuführen und den kompletten Zyklus bis zu fünf Mal zu wiederholen. Dann gestalten Sie Ihr Training nach Ihrem persönlichen Fitnesslevel.
- Machen Sie nach dem Training auch Dehnübungen, um richtig abzuwärmen.

1



MIT DEM KOPF ROLLEN

Drehen Sie den Kopf nach rechts für eine Sekunde, fühlen Sie die Streckung auf der linken Seite des Nackens, dann drehen Sie den Kopf zurück für eine Sekunde, recken Sie Ihr Kinn nach oben und lassen Ihren Mund geöffnet. Drehen Sie Ihren Kopf nach links für eine Sekunde, dann senken Sie Ihren Kopf auf die Brust für eine Sekunde.

2



SCHULTER-HEBEN

Heben Sie Ihre rechte Schulter zu Ihrem Ohr an für eine Sekunde. Danach die linke Schulter für eine Sekunde anheben und dabei gleichzeitig die rechte Schulter ablassen.

3



SEITLICHES STRECKEN

Öffnen Sie Ihre Arme zur Seite und heben Sie diese an, bis sie über Ihrem Kopf sind. Strecken Sie Ihren rechten Arm so weit wie möglich in Richtung Decke für eine Sekunde. Wiederholen Sie diese Aktion mit dem linken Arm.

4



QUADRIZEPS-DEHNUNG

Mit einer Hand an der Wand abstützen, um das Gleichgewicht besser zu halten, nach hinten greifen und den rechten Fuß nach oben ziehen. Die Ferse so nahe wie möglich an das Gesäß heranbringen. Halten Sie diese Stellung für 15 Sekunden und wiederholen es mit dem linken Fuß.

5



INNENSCHENKEL-DEHNUNG

Setzen Sie sich hin, mit den Fußsohlen gegeneinander, Ihre Knie weisen nach außen. Die Füße so nah wie möglich an den Unterleib heranziehen. Drücken Sie die Knie behutsam auf den Boden. 15 Sekunden lang halten.

6



ZEHEN BERÜHREN

Langsam von der Hüfte aus nach vorn beugen, Rücken und Schultern locker halten, während Sie sich strecken bis die Hände den Boden erreichen. So weit wie möglich strecken und 15 Sekunden lang halten.

7



ACHILLESSEHNEN-DEHNUNG

Strecken Sie Ihr rechtes Bein aus. Die Sohle des linken Fußes gegen die Innenseite des rechten Oberschenkels stützen. So weit wie möglich in Richtung Ihrer Zehen strecken. 15 Sekunden lang halten. Entspannen Sie sich und wiederholen Sie es mit dem linken Bein.

8



WADEN / ACHILLES-DEHNUNG

Lehnen Sie sich gegen eine Wand mit dem linken Bein vor dem rechten und den Armen vorwärts gerichtet. Halten Sie Ihr rechtes Bein gerade und den linken Fuß auf dem Boden, dann beugen Sie das linke Bein und lehnen sich nach vorne, indem Sie Ihre Hüften zur Wand hin bewegen. Spannung halten und dasselbe mit dem anderen Bein für 15 Sekunden wiederholen.

4. Reinigung

4.1 REINIGUNG

- Die Sicherheitsstufe des Geräts kann nur aufrechterhalten werden, wenn es regelmäßig auf Schäden und Abnutzung, z. B. an Verbindungsstellen, überprüft wird.
- Schmieren Sie bewegliche Teile regelmäßig mit leichtem Öl, um vorzeitigen Verschleiß zu verhindern.
- Überprüfen und ziehen Sie vor der Benutzung alle Teile fest, ersetzen Sie defekte Teile sofort und verwenden Sie das Gerät nicht wieder, bis es einwandfrei funktioniert.
- Das Gerät kann mit einem feuchten Tuch und mildem, nicht scheuerndem Reinigungsmittel gereinigt werden. Verwenden Sie keine Lösungsmittel.
- Versuchen Sie nicht, dieses Gerät selbst zu reparieren. Sollten Sie Schwierigkeiten beim Zusammenbauen, Bedienen oder Benutzen Ihres Trainingsgeräts haben oder denken, dass Teile fehlen, wenden Sie sich an den Händler.

5. Entsorgung



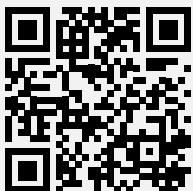
RECYCLINGKREISLAUF

Materialien können wieder dem Rohstoffkreislauf zugeführt werden. Entsorgen Sie die Verpackung und andere Materialien gemäß den aktuellen Bestimmungen. Informationen erhalten Sie bei den Rückgabe- und Sammelsystemen Ihrer Gemeinde.

SPORTSTECH LIVE APP

Die Sportstech LIVE App bietet Ihnen unter anderem:

- Individuelle Workouts von Profi-Trainer*in
- Landscape- und Outdoor-Videos
- Trainingsschwerpunkte festlegen
- Trainingsdaten in Echtzeit
- Trainingshistorie und -metriken
- Im Competition Mode mit Anderen messen – im Ranking Trophäen sammeln
- Geräteunabhängige Trainings z.B. für Yoga
- Leckere und abwechslungsreiche Kochrezepte
- ...und vieles mehr!



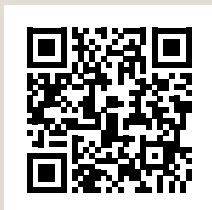
Hier informieren: <https://sportstech.link/app-download>



Weitere Informationen

Unsere **Video-Tutorials** für Sie!

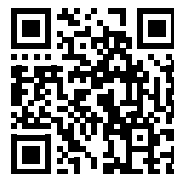
Montage, Verwendung, Demontage.



Link zu den Videos:
https://sportstech.link/SXM150_video

Uns gibt es auch auf **Social Media!**

Hol dir die neuesten Produktinfos,
Trainingsinhalte uvm. auf unserer:



Instagram-Seite
<https://sportstech.link/instagram>



Facebook-Seite
<https://sportstech.link/facebook>

User Manual

Dear customer,

We are pleased you chose a device from the SPORTSTECH product range. SPORTSTECH sports equipment offers you high quality and new technology.

In order to fully use the potential of your device and be able to enjoy it for many years, please read this manual carefully before starting up and beginning of training, and use the device according to the instructions. The operational safety and function of the device can only be guaranteed if the safety instructions in this user manual are observed.

We shall not assume any liability for damages resulting from improper use or incorrect operation.



WARNING! Danger from improper use!



- Make sure that **ALL** persons using the device have read and understood this user manual. Keep this manual in a safe place close to the device.
- Adhere to **ALL** Safety Advices in this manual.
- **NEVER** overexert yourself or others when using the device.

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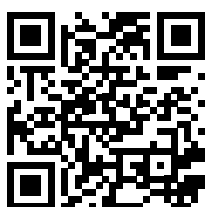
Scope of delivery

1	SXM150 POWER RACK	2	Operating manual
3	Allen key	4	Wrench
5	Lat Bar	6	Shorter bar
7	Triceps Rope	8	2 x Adjustable Handle Grip
9	Chrome Push Bar	10	2 x J-Hook
11	2 x Stop Arm		

Technical data

Product dimensions (LxWxH)	199,5 × 163 × 222 cm
Net weight of the device	127 kg
Maximum permitted user weight	125 kg

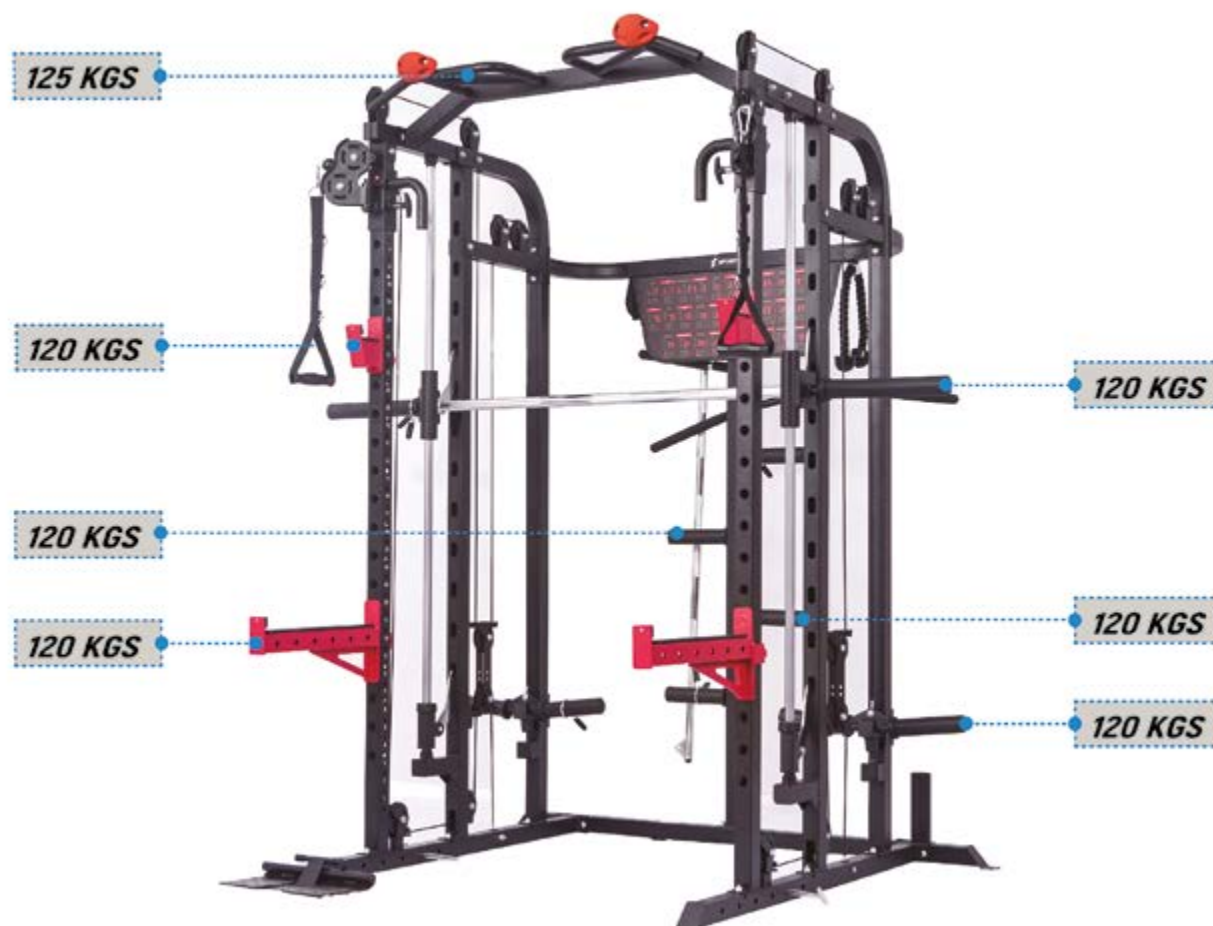
Exploded drawing/spare parts list



- With the drawing and list, identify the required spare part and note the number.
- Contact our customer service and give the number of the spare part. You find the contact details on the back of the manual or on our website.
- Clarify all further steps with our staff.

Under the following link you will find the exploded view and the spare parts list:
https://sportstech.link/sxm150_spareparts

Maximum weight capacity per component



1. Important Safety Notes



WARNING! Danger from improper use!

- Read all instructions and safety notes before using the device. Follow them carefully.
- Danger of health damage or even death due to improper or excessive training!
- The device is not suitable for medical purposes and high accuracy applications.
- Also apply common sense to prevent risks.



PERSONAL REQUIREMENTS

GENERAL PHYSICAL CONDITIONS

WARNING! Danger of health damage or even death due to improper or excessive training! Using the device is strenuous for the circulation and the musculoskeletal system.

- The intensity of use may **never exceed the current fitness of the user**.
- Always pay attention to physical signals. **The pulse measurement may be inaccurate.**
- **Stop the training immediately in case of** discomfort, weakness, body aches, chest pain, nausea, shortness of breath or similar.
- If necessary, seek medical advice before training; especially if you are older, have medical problems or have little experience with physical training.
- People with limited abilities may only use the device with a suitable supervisor.

Weight and age requirements

- **Only adult** persons are allowed to use the device.
- **The maximum permissible user weight is 125 kg.**
- **Children under 14 years of age may never use the device or perform any cleaning or maintenance tasks on the device.**



GENERAL CONDITIONS OF USE

- **Do not use the device commercially**, but only for home use. **Do not use the device for therapeutic purposes.**
- Children and animals must be kept at a **safe distance** of at least 3 m (10 ft) from the device.



UNPACKING AND SETTING-UP

- **DANGER! Risk of suffocation!** Keep plastic bags and the like away from children and pets.
- Keep the packaging material during the return period to facilitate a possible return of the goods. Dispose of the packaging material later in accordance with local regulations (e.g. recycling).
- Only set up the device on a **firm, level** surface in **dry indoor areas**. Protect sensitive surfaces with a heat-resistant mat.
- Set up the device with sufficient **clearance** in all directions; in particular, maintain a clearance of at least 2 m (6.6 ft) behind the device (see section "Setting up the device").



ASSEMBLY

- Check you have all the components and tools listed in the parts list, bearing in mind that, for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the exercise area, small parts could pose a choking hazard if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- The product must be installed on a stable and level surface.
- Dispose of all packaging carefully and responsibly.



USING

- Keep unsupervised children away from the equipment.
- Injuries to health may result from incorrect or excessive training.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only.
- Do not use in any commercial, rental, or institutional setting.
- Before using the equipment to exercise, always perform stretching exercises to properly warm up.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms stop the workout and seek immediate medical attention.
- Only one person at a time should use the equipment.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. Do not wear loose or baggy clothing, as it may get caught in the equipment. Wear trainers to protect your feet while exercising.
- Do not place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- If children are allowed to use the equipment under supervision, their mental and physical development should be taken into account. They should be controlled and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a toy.
- This product is suitable for a maximum user weight of: 125 kgs.
- This product is not suitable for therapeutic purposes.
- Free area shall be not less than 0.6m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared. Keep unsupervised children away from the equipment.
- Never place the unit on a surface if it blocks the ventilation openings.

To protect the floor or carpet from damage or discoloration, place a special floor mat under the unit.



Warning: Parents and others in charge of children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended.

Warning: Before beginning any exercise programme, consult your doctor. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment.

Please note that this product can have a weight tolerance of about 4%.

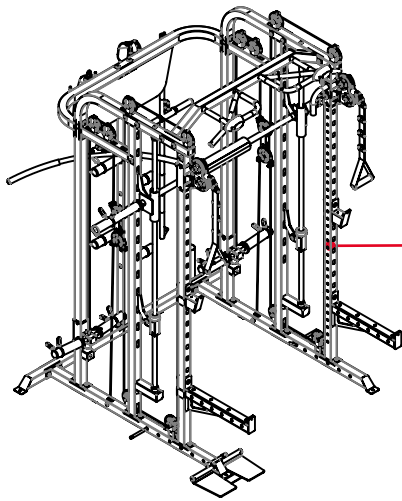


SAFETY STICKERS

EN

The safety stickers must be at the positions shown in the following figure.

- Make sure they are always intact and fully readable.



SPORTSTECH

Distributed by:
Sportstech Brands Holding GmbH
Karl-Liebknecht-Str. 7, 10178 Berlin, Germany

Smith Machine

Model: **SXM150**
Construction year: **2024**
Class HC - For consumer use only!



Made in China

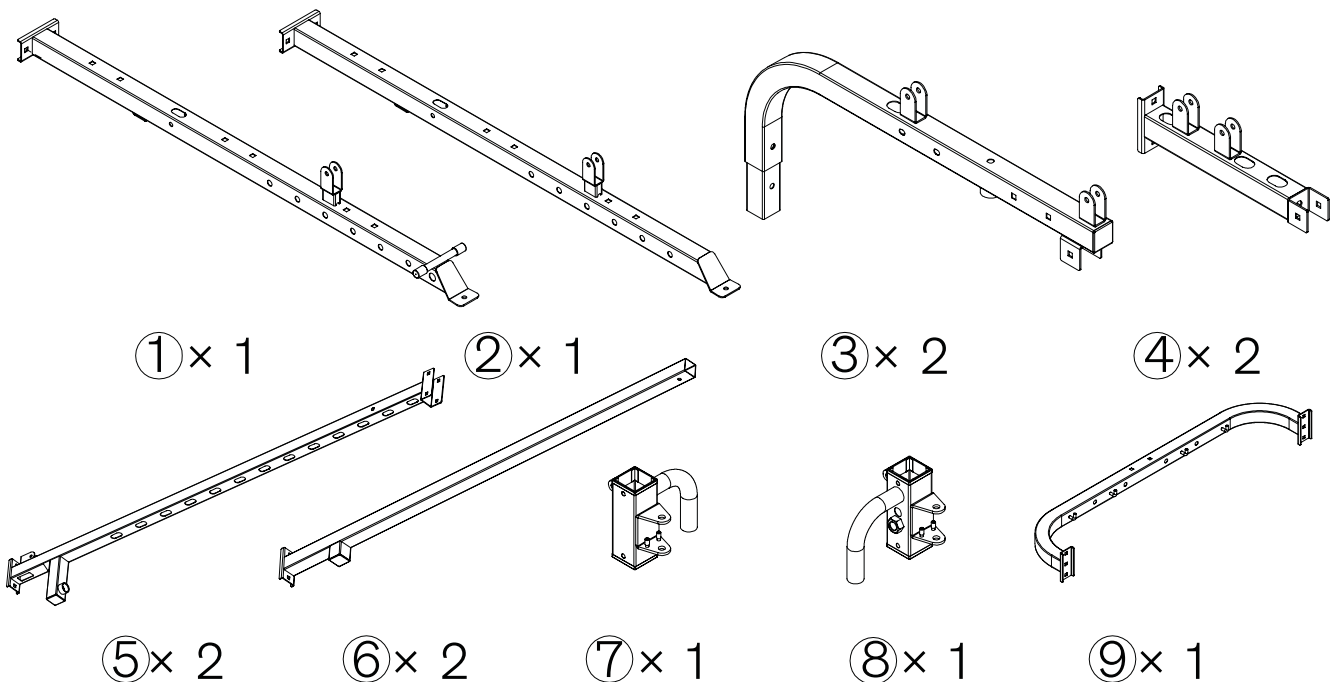
2. Setting up

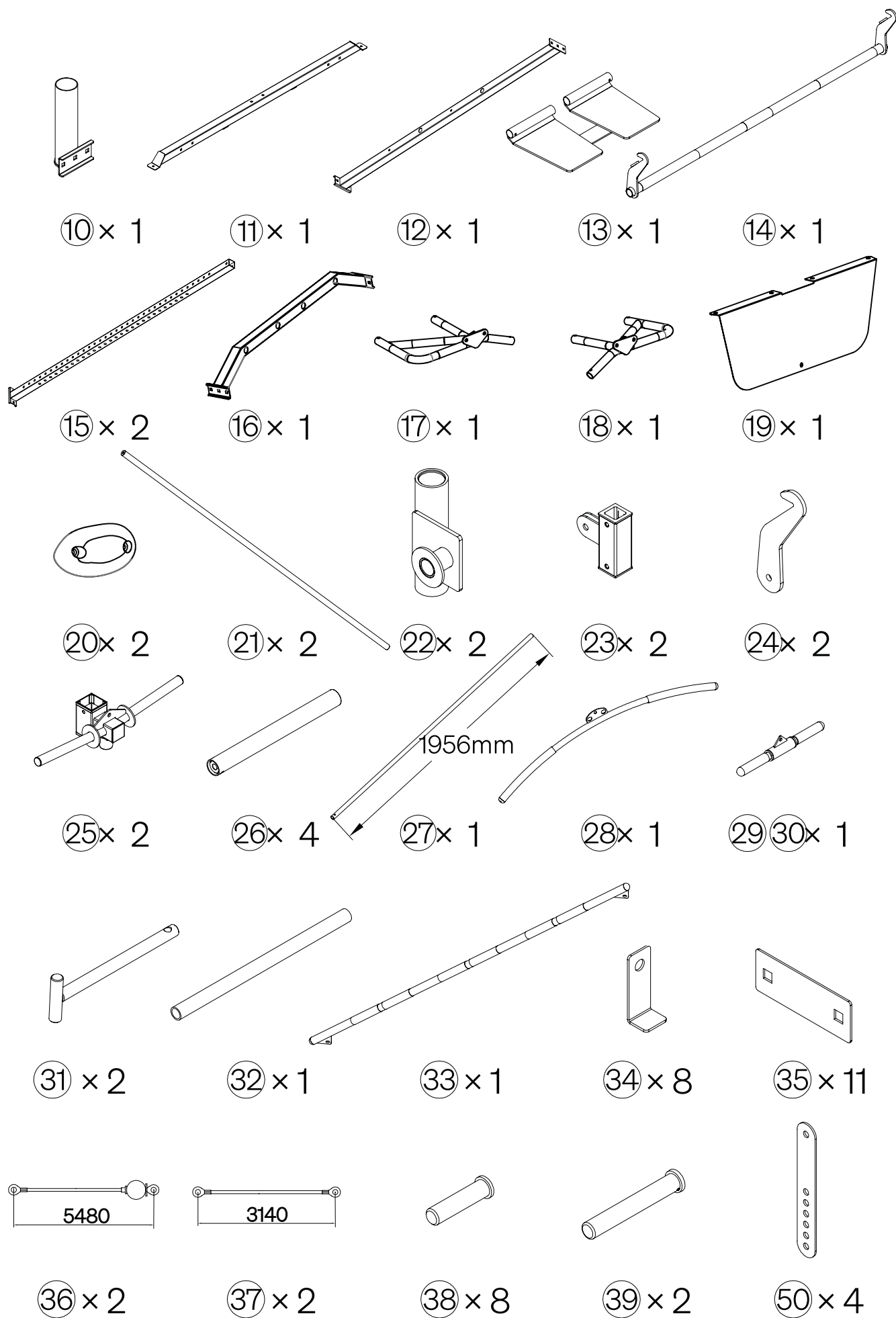
2.1 SETTING-UP

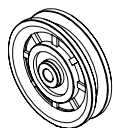
Find a location for the device that meets the following requirements:

- Dry interior
- Device does not cover any ventilation openings.
- Heat-resistant robust base; use floor protection mat if necessary
- Clearance of at least 2 m (6.6 ft) behind the device.
- Clearance of at least 1 m (3.3 ft) on both sides of the device.
- Clearance of at least 30 cm (1.0 ft) in front of the device.

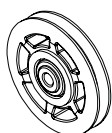
2.2 COMPONENTS







⑤⑧ × 4



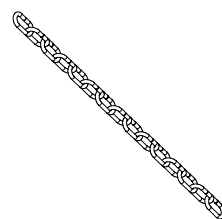
⑤⑨ × 16



⑥② × 10



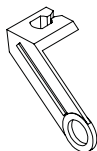
⑥④ × 4



⑥⑤ × 2



⑥⑨ × 4



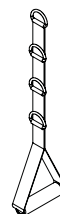
⑦⑦ × 12



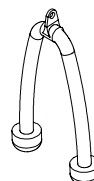
⑦① × 12



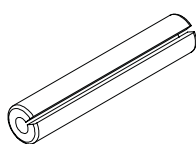
⑦② × 1



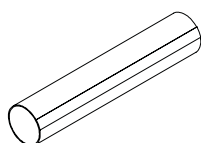
⑦③ × 2



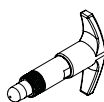
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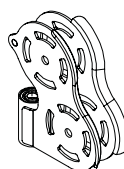
⑦⑤ × 1



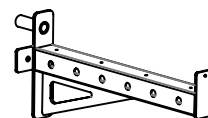
⑦⑥ × 1



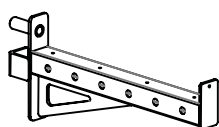
⑧② × 2



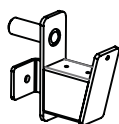
⑨⑦ × 2



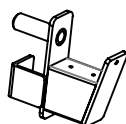
⑨⑤ × 1



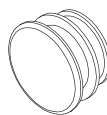
⑨⑥ × 1



⑨⑦ × 1



⑨⑧ × 1



④④ × 2

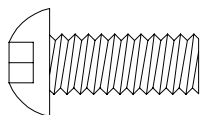


⑤⑦ × 4

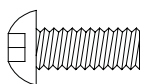


The components with the numbers 40-43, 45-49, 51-56, 63, 66-68 are not required for this home gym.

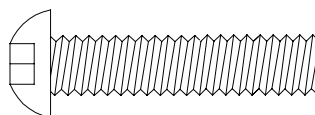
2.3 FIXING COMPONENTS



⑦⑦ × 14



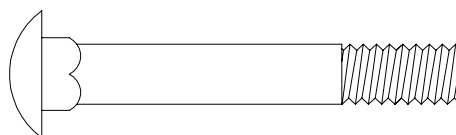
⑩① × 5



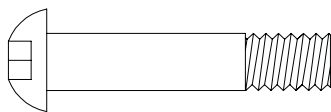
⑨⑨ × 4



⑦⑧ × 6



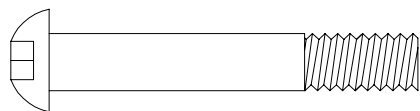
⑧① × 36



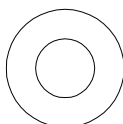
⑦⑨ × 14



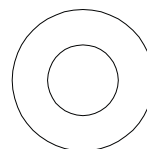
⑧⑥ × 2



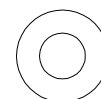
⑧⑩ × 2



⑧③ × 104



⑧⑦ × 4



⑩① × 5



⑨④ × 2



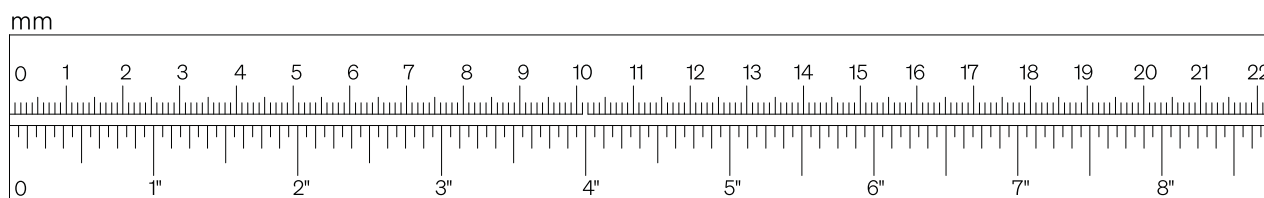
⑧④ × 68



⑧⑧ × 2

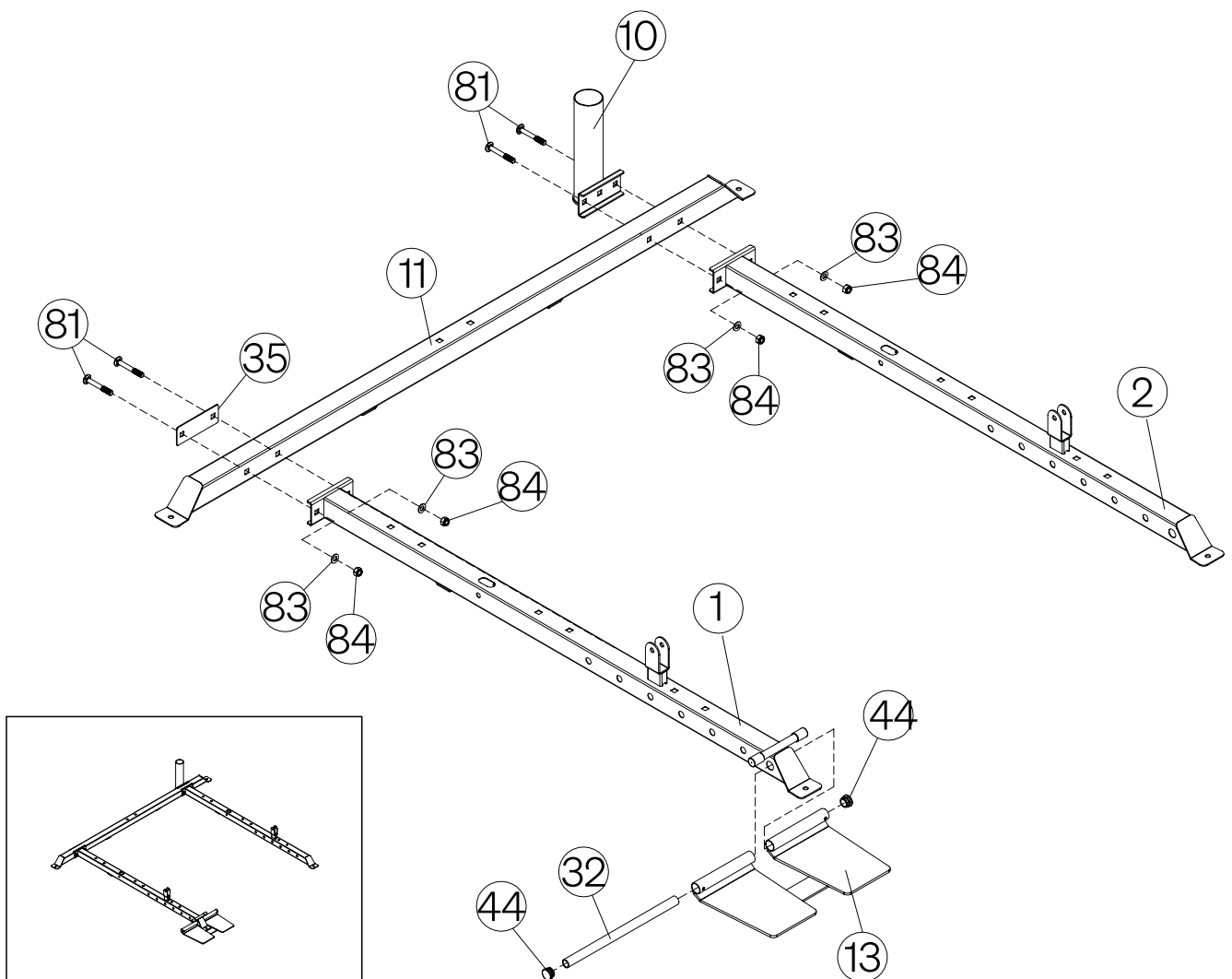
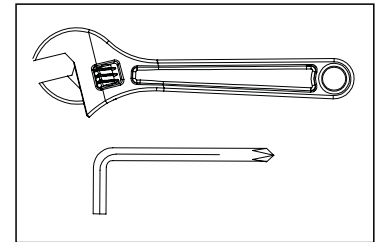
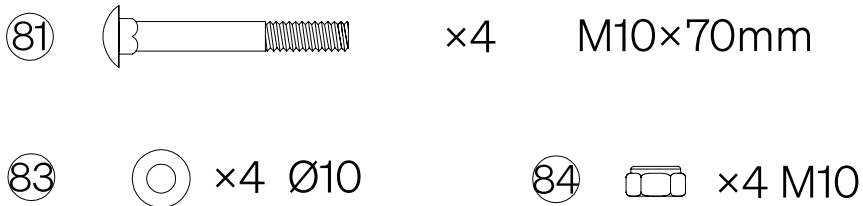


⑧⑤ × 2



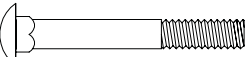
STEP 1

- Attach the Rear Base Frame (#11) and 1 x Bracket (#35) to the Right Base Frame (#1) using 2 x M10×70mm Carriage Bolts (#81), 2 x 10mm Washers (#83) and 2 x M10 Aircraft Nuts (#84).
- Attach the Barbell Storage Support (#10) to the Left Base Frame (#2) using 2 x M10×70mm Carriage Bolts (#81), 2 x 10mm Washers (#83) and 2 x M10 Aircraft Nuts (#84).
- Attach the Foot Plate (#13) and Foot Plate Tube (#32) to the Right Base Frame (#1) and secure both ends with 2 x End Caps (#44).

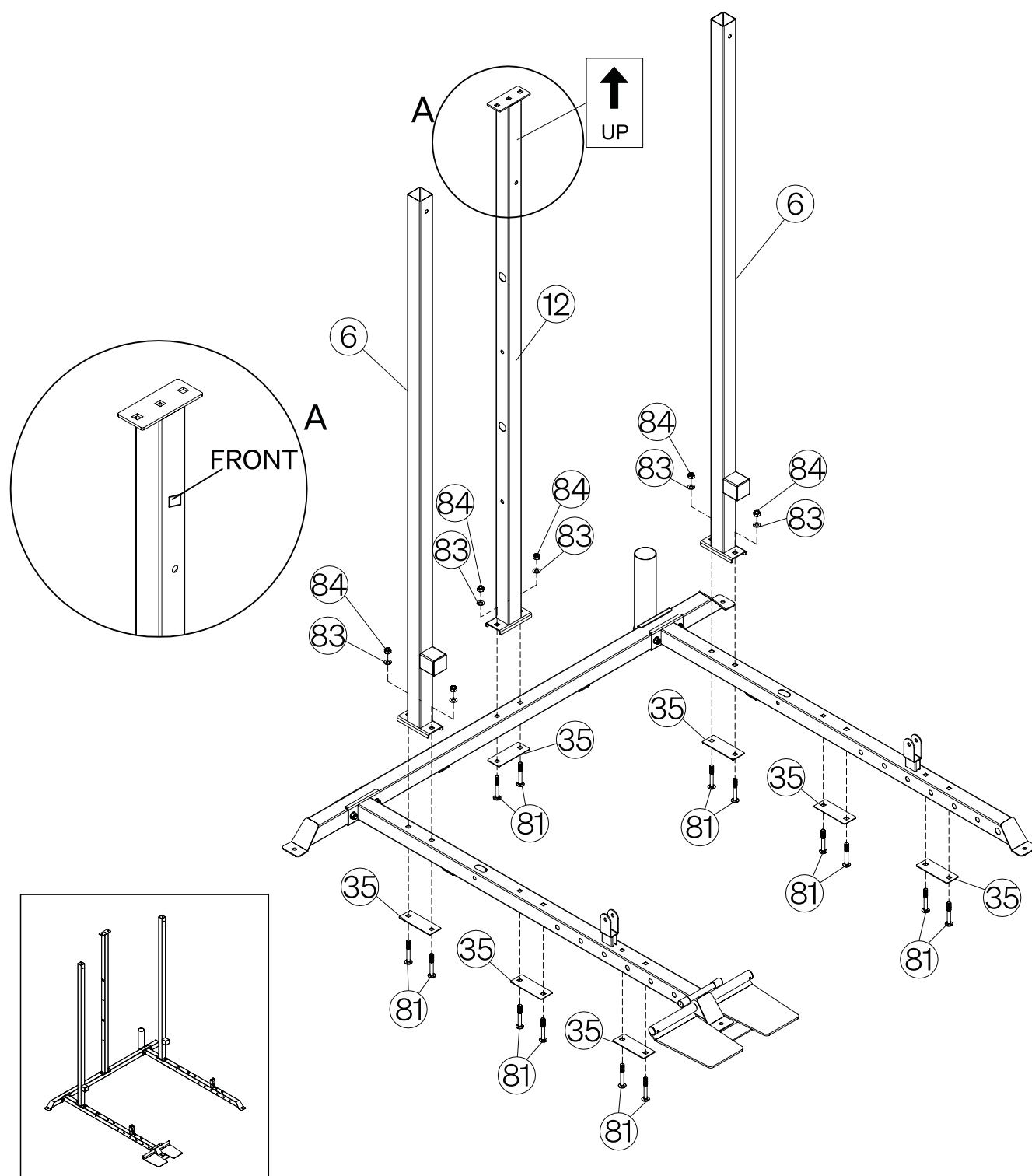
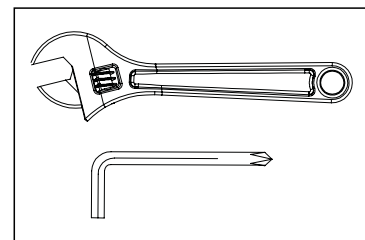


STEP 2

- Attach 1 x Rear Vertical Tubes (#6) and 3 x Brackets (#35) to the Right Base Frame (#1) using 6 x M10×70mm Carriage Bolts (#81), 2 x 10mm Washers (#83) and 2 x M10 Aircraft Nuts (#84).
- Attach 1 x Rear Vertical Tubes (#6) and 3 x Brackets (#35) to the Left Base Frame (#2) using 6 x M10×70mm Carriage Bolts (#81), 2 x 10mm Washers (#83) and 2 x M10 Aircraft Nuts (#84).
- Attach the Weight Plate Frame (#12) to the Rear Base Frame (#11) using 2 x M10×70mm Carriage Bolts (#81), 2 x 10mm Washers (#83) and 2 x M10 Aircraft Nuts (#84).

⑧①  ×14 M10×70mm

⑧③  ×6 Ø10 ⑧④  ×6 M10



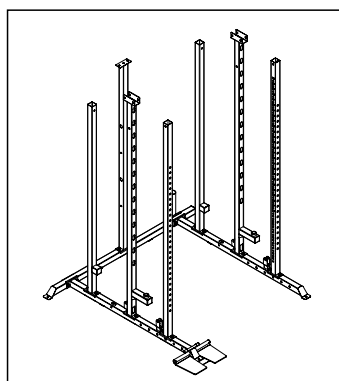
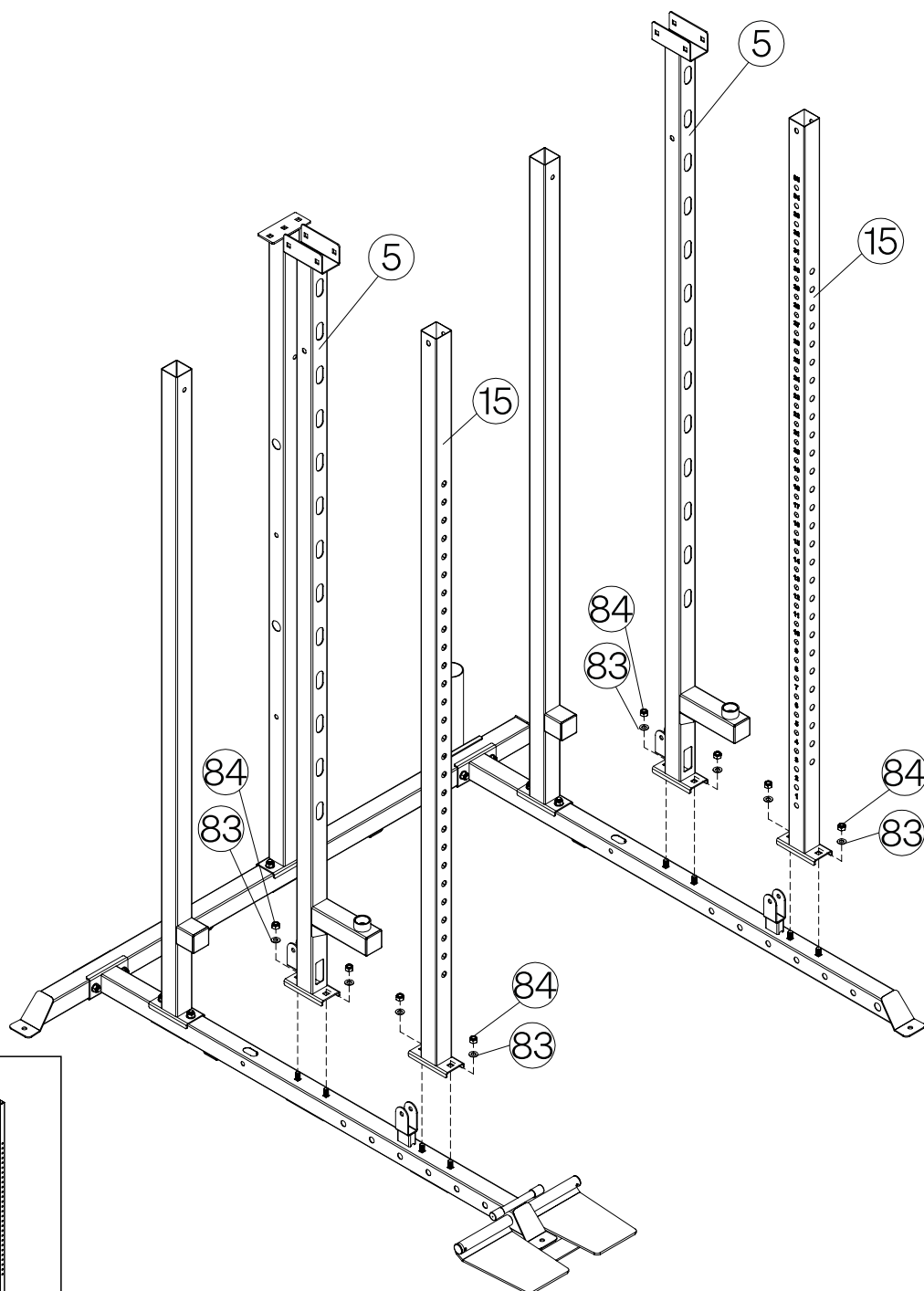
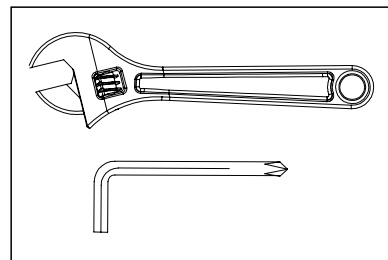
STEP 3

EN

- Respectively attach two Middle Vertical Tubes (#5) to the Right Base Frame (#1) and Left Base Frame (#2) using 2 × 10mm Washers (#83) and 2 × M10 Aircraft Nuts (#84).
- Respectively attach two Front Vertical Tubes (#15) to the Right Base Frame (#1) and Left Base Frame (#2) using 2 × 10mm Washers (#83) and 2 × M10 Aircraft Nuts (#84).

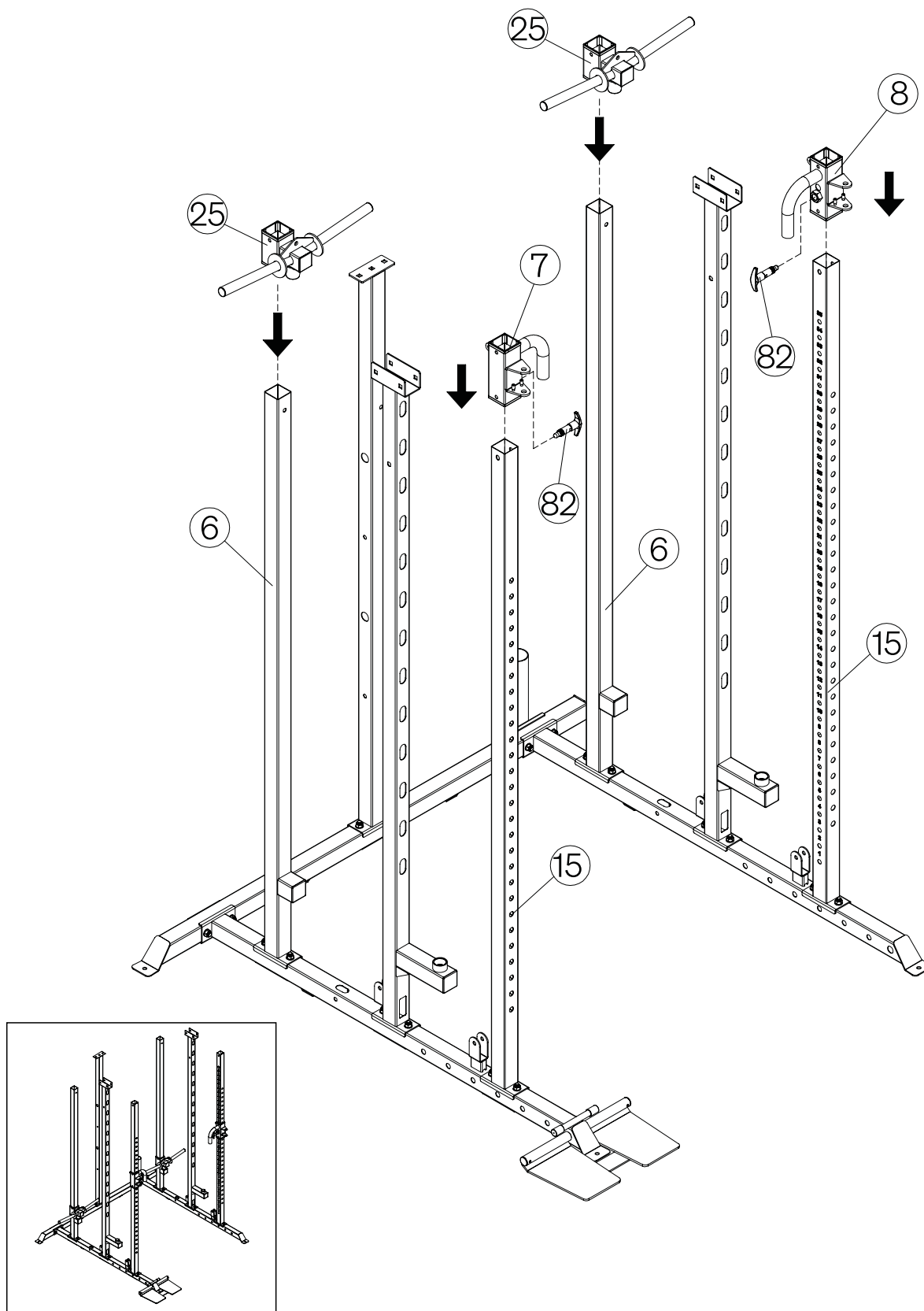
83 ×8 Ø10

84 ×8 M10



STEP 4

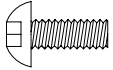
- Respectively put two Weight Trolleys (#25) on the two Rear Vertical Tubes (#6).
- Attach the Right Cable Pulley Assembly (#7) to the Right Base Frame (#1) and secure with Cable Pulley Locking Pin (#82).
- Attach the Left Cable Pulley Assembly (#8) to the Left Base Frame (#2) and secure with Cable Pulley Locking Pin (#82).



STEP 5

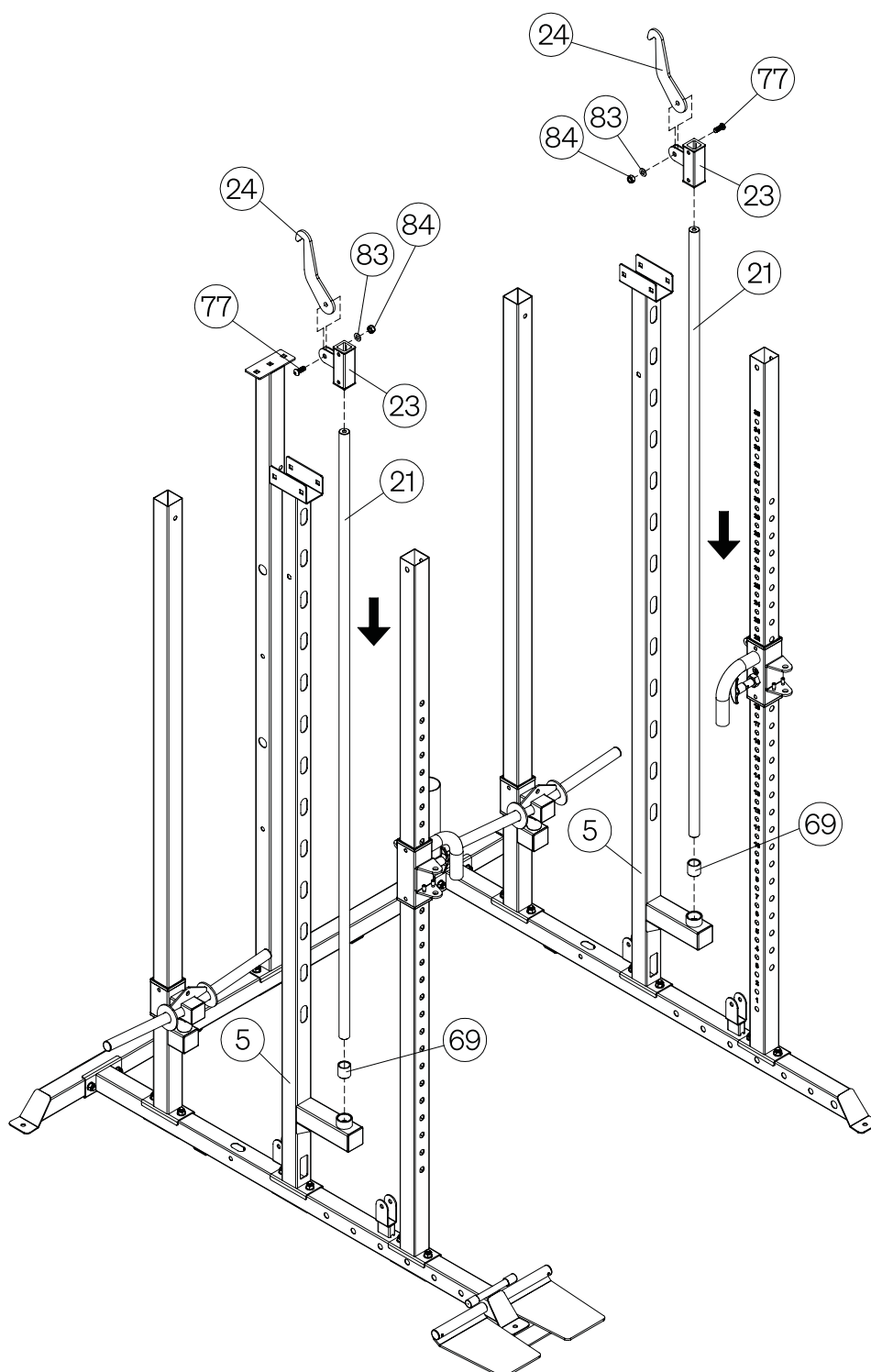
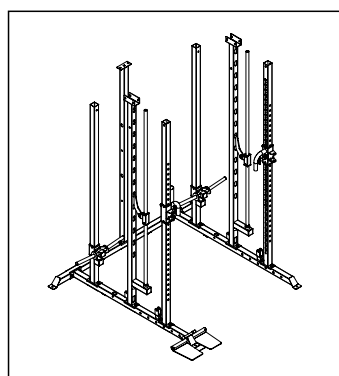
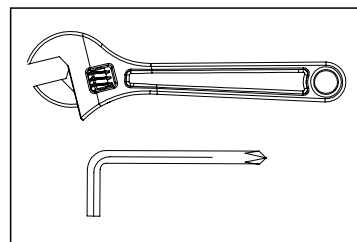
EN

- Attach 1 x Guide Rubber Bumper (#69) and 1 x Guide Rod (#21) to the Middle Vertical Tube (#5), then attach the 1 x Lower Safety Stop Frame (#23) and 1 x Safety Hook (#24) to the Guide Rod (#21) using 1 x M10×25mm Allen Bolt (#77), 1 × 10mm Washer (#83) and 1x M10 Aircraft Nut (#84).
- Using the same way to assembly another side.

(77)  ×2 M10×25mm

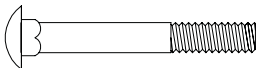
(83)  ×2 Ø 10

(84)  ×2 M10



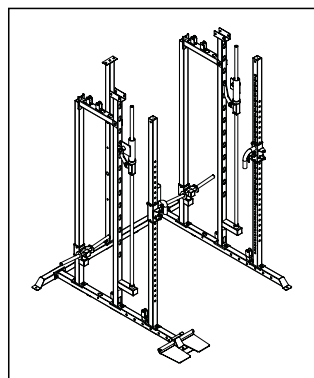
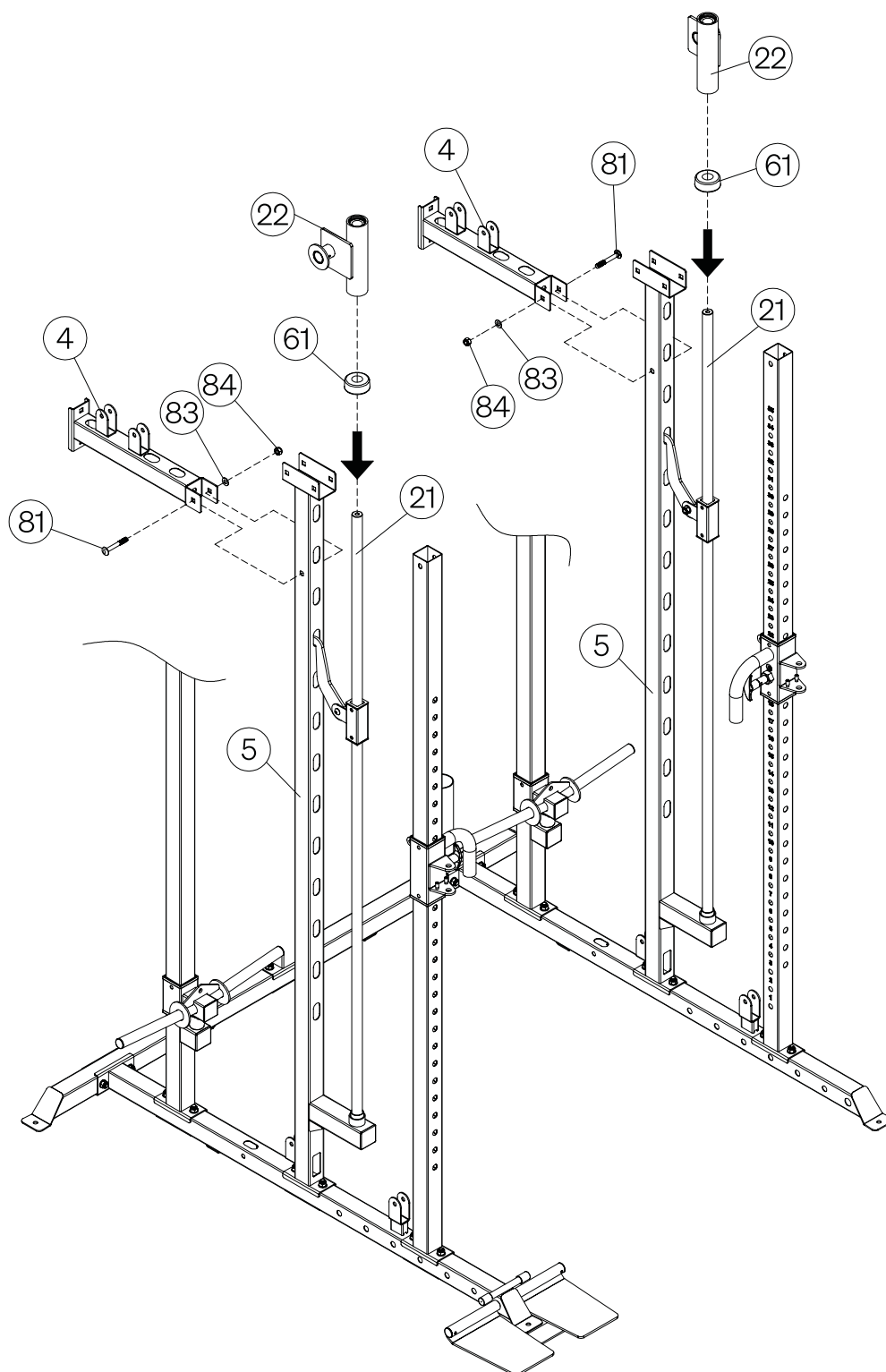
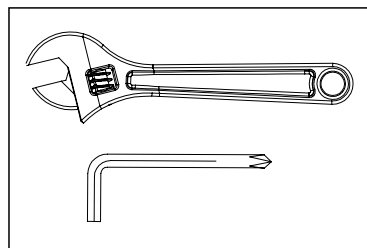
STEP 6

- Attach the Upper Rear Support (#4) to the Middle Vertical Tube (#5) respectively on both sides using 1 x M10×70mm Carriage Bolt (#81), 1 x 10mm Washer (#83) and 1x M10 Aircraft Nut (#84).
- Put 1 x Rubber Bumper (#61) and 1 x Guide Rod Sleeve (#22) on the Guide Rod (#21) respectively on both sides.

(81)  ×2 M10×70mm

(83)  ×2 Ø10

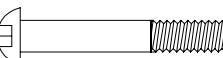
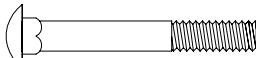
(84)  ×2 M10



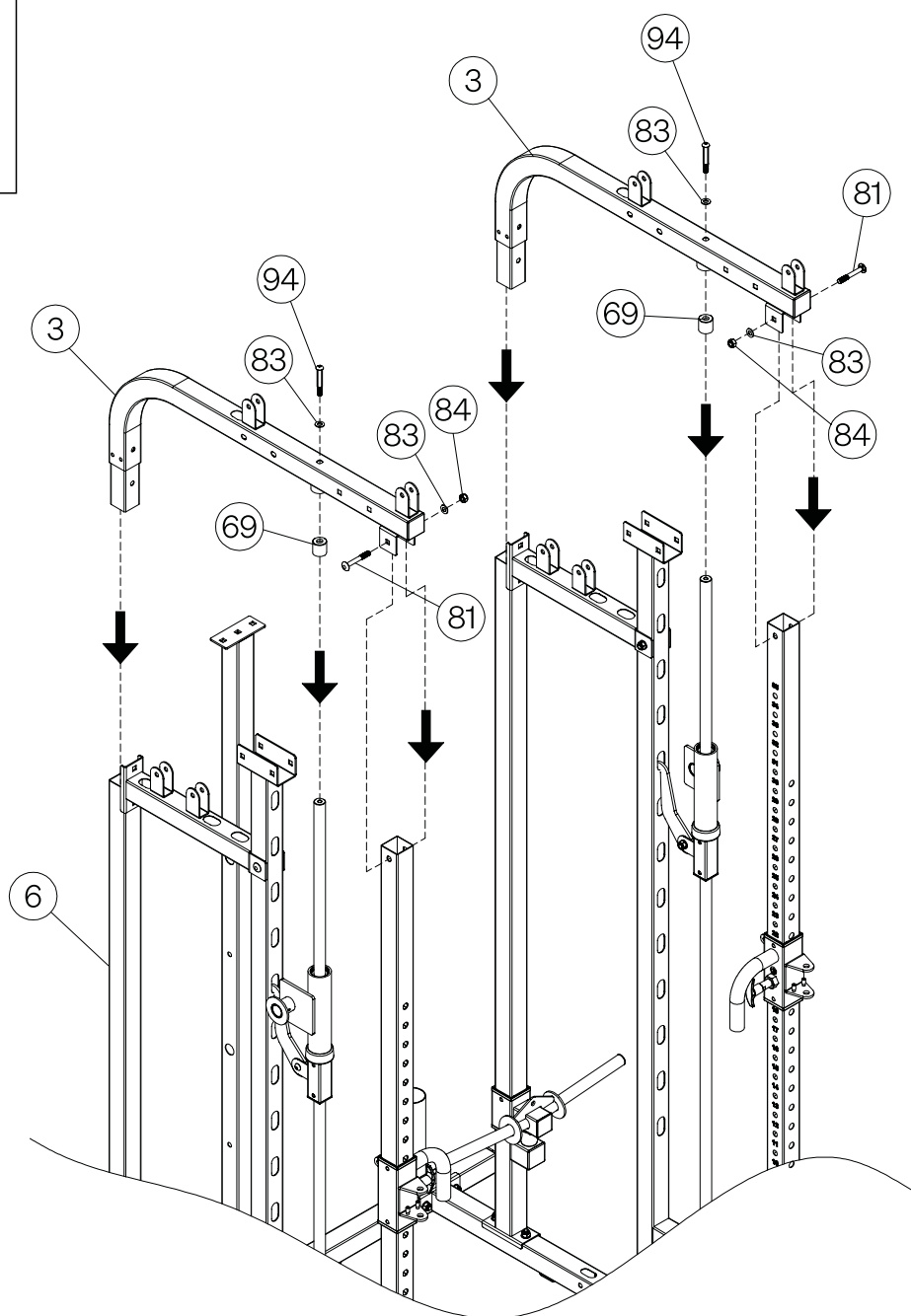
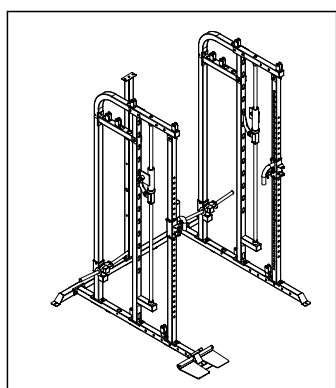
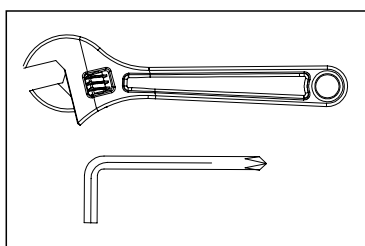
STEP 7

EN

- Attach the Upper Frame (#3) to the Rear Vertical Tube (#6) and Front Vertical Tube (#15) respectively using 1 x Guide Rubber Bumper (#69), 1 x M10×80mm Allen Bolt (#94), 1 x M10×70 Carriage Bolt (#81), 2 x 10mm Washers (#83) and 1 x M10 Aircraft Nut (#84) respectively on both sides.

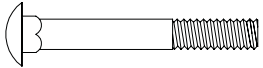
94  ×2 M10×80mm 81  ×2 M10×70mm

83  ×4 Ø 10 84  ×2 M10



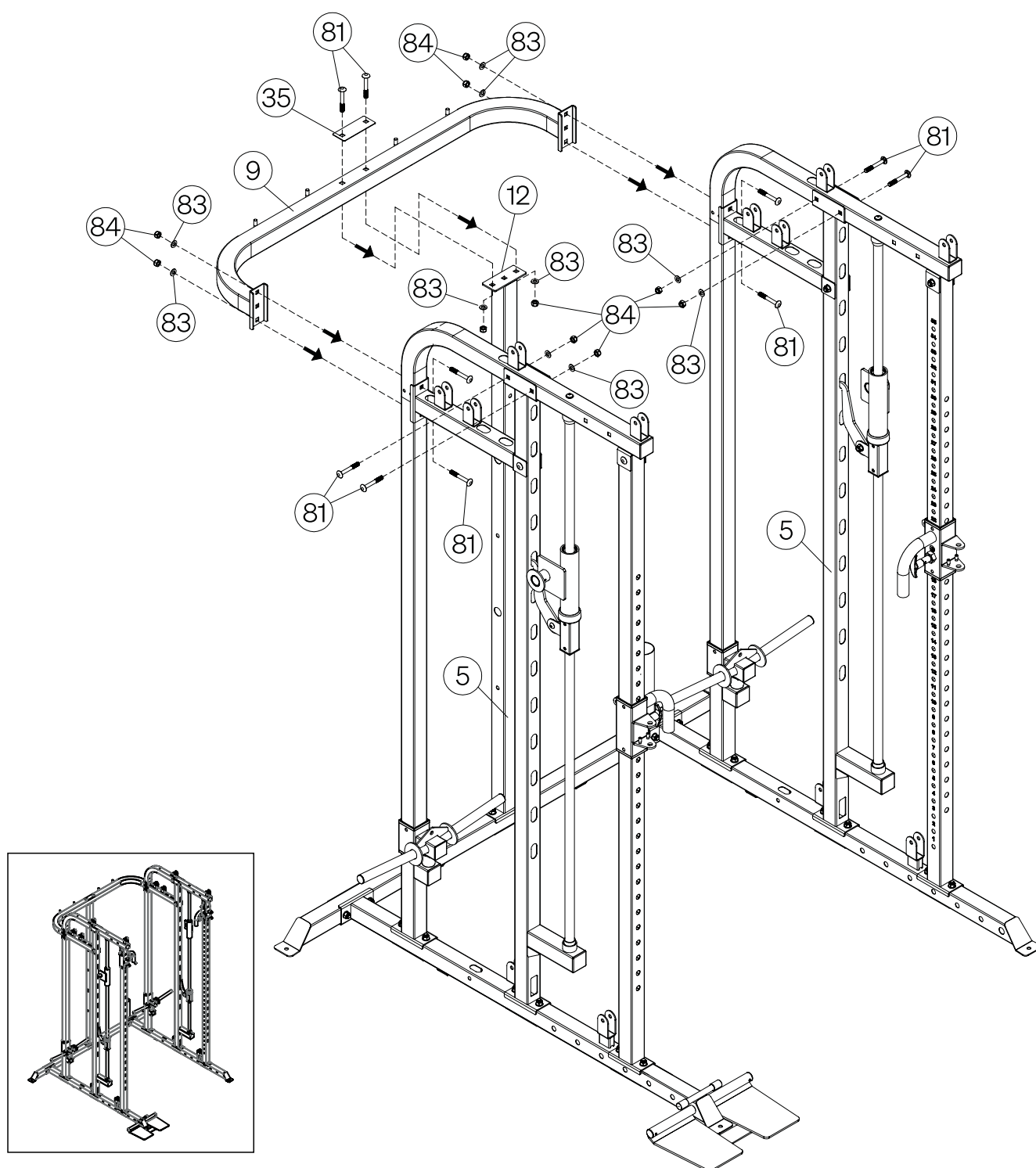
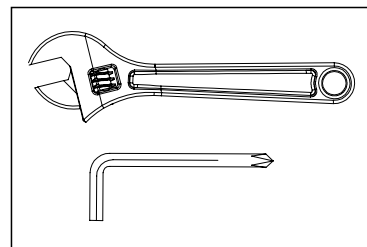
STEP 8

- Attach the Upper Cross Bracket (#9) to the Upper Frame (#3) and secure with 10 x M10×70mm Allen Bolts (#81), 10 × 10mm Washers (#83) and 10x M10 Aircraft Nut (#84).

⑧①  ×10 M10×70mm

⑧③  ×10 Ø10

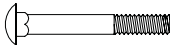
⑧④  ×10 M10



STEP 9

EN

- Attach the Multi-Grip Pull up Rack (#16) to the Upper Cross Bracket (#9) using 4 x M10×25mm Allen Bolts (#77), 8 × 10mm Washers (#83) and 8 x M10 Aircraft Nut (#84).
- Attach the Left Lat Bar (#17) to the Upper Frame (#3) using 2 x M10×30mm Allen Bolts (#102), 2 x 10mm Washers (#83) and 2 x M10 Aircraft Nut (#84).
- Attach the Right Lat Bar (#18) to the Upper Frame (#3) using 2 x M10×30mm Allen Bolts (#102), 2 x 10mm Washers (#83) and 2 x M10 Aircraft Nut (#84).

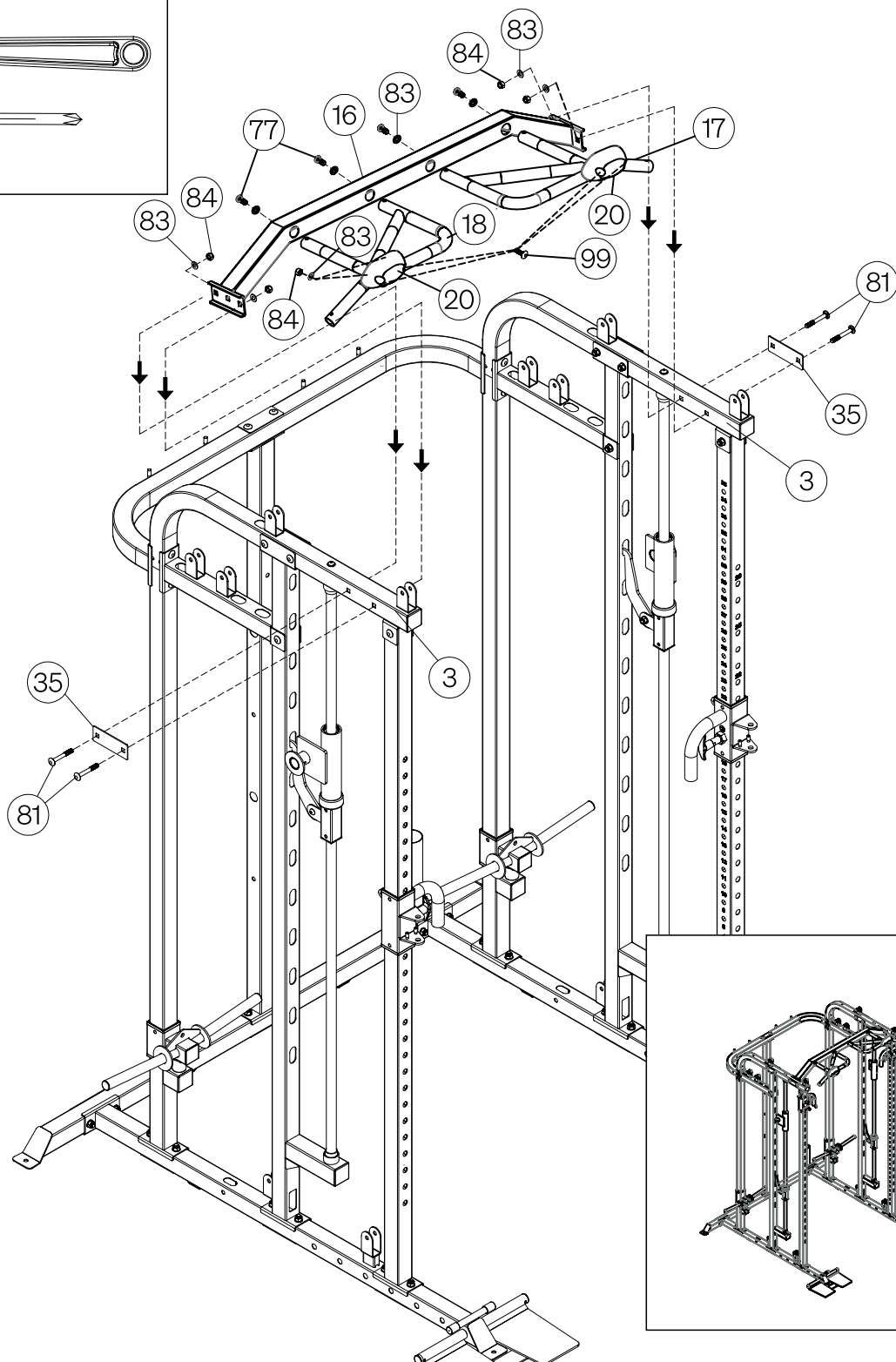
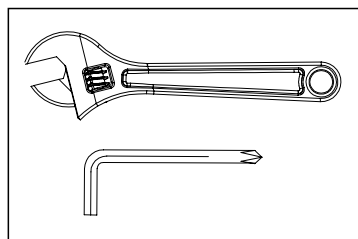
81  ×4 M10×70mm

77  ×4 M10×25mm

83  ×12 Ø 10

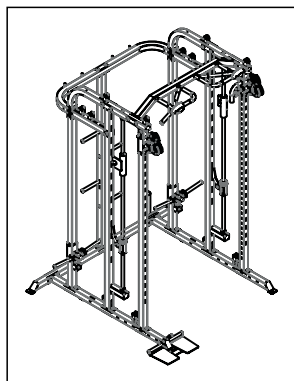
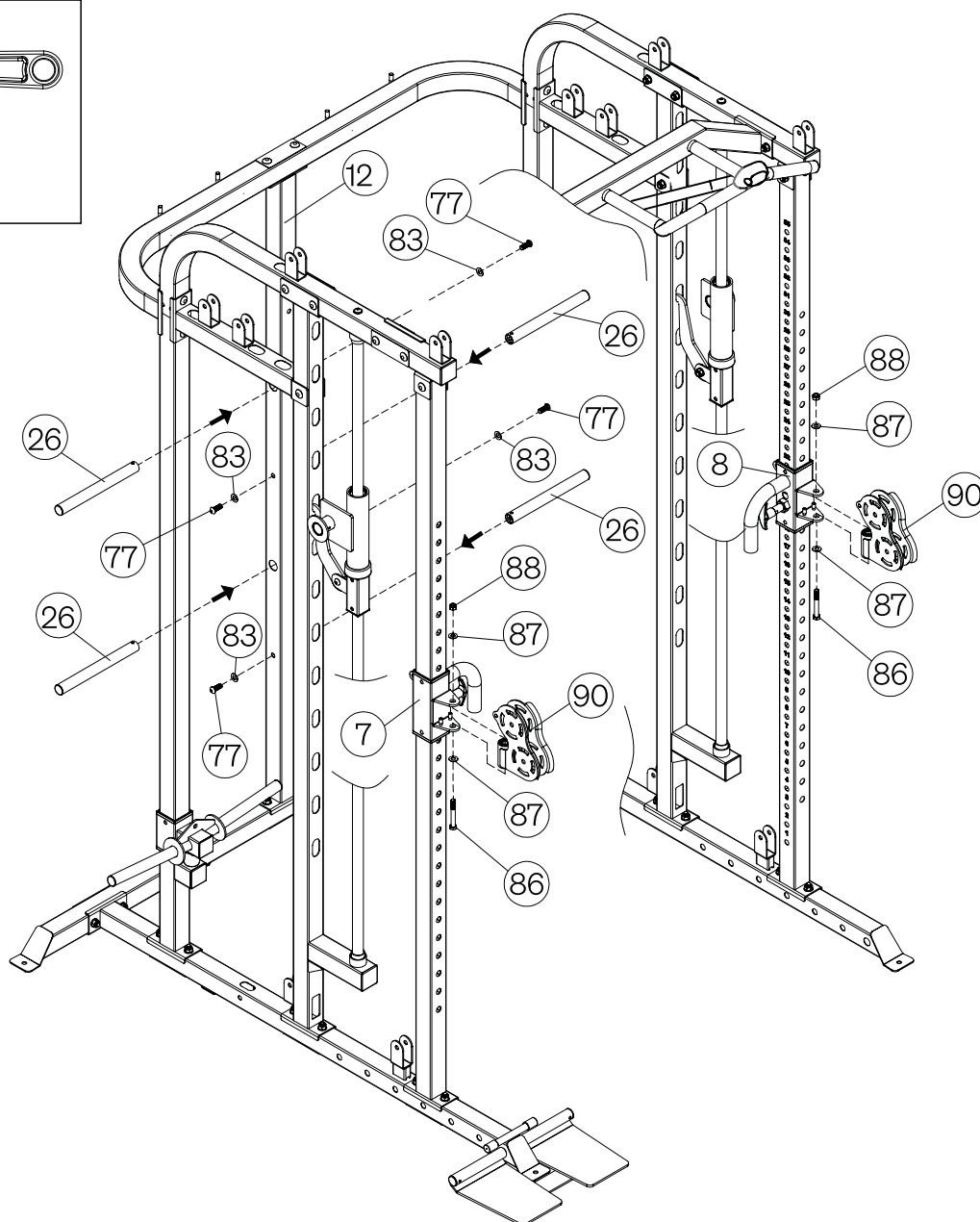
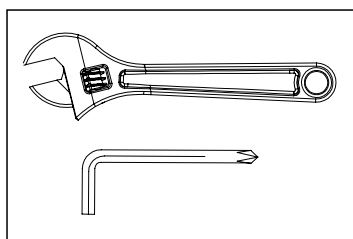
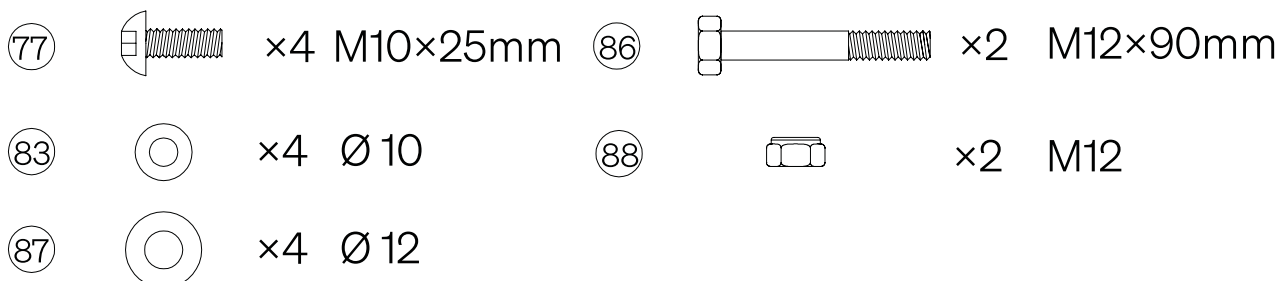
84  ×8 M10

99  ×4 M10×30mm



STEP 10

- Insert 4 x Weight Plate Tubes (#26) into the Weight Plate Frame (#12) and secure with 4 x M10×25mm Allen Bolts (#77) and 4 × 10mm Washers (#83).
- Attach 1 x Double Pulley Assembly (#90) to the Right Cable Pulley Assembly (#7) using 1 x M12×90mm Allen Bolt (#86), 2 × 12mm Washers (87) and 1 x M12 Aircraft nut (#88).
- Attach 1 x Double Pulley Assembly (#90) to the Left Cable Pulley Assembly (#8) using 1 x M12×90mm Allen Bolt (#86), 2 × 12mm Washers (87) and 1 x M12 Aircraft nut (#88).



STEP 11

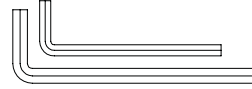
- Attach 5 x Olympic Sleeves (#38) to the Weight Plate Tubes (#26) and secure with 5 x Spring Clips (#62).
- Attach the Long Olympic Sleeve (#39) to the Weight Bar (#27) and secure with Spring Clips (#62).
- Note in Figure A that the Weightbar (#27) must be pushed through the Long Olympic Sleeve (#39) and Guide Rod Sleeve (#22).

(85)

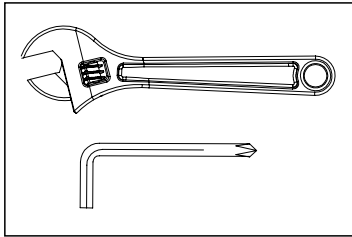
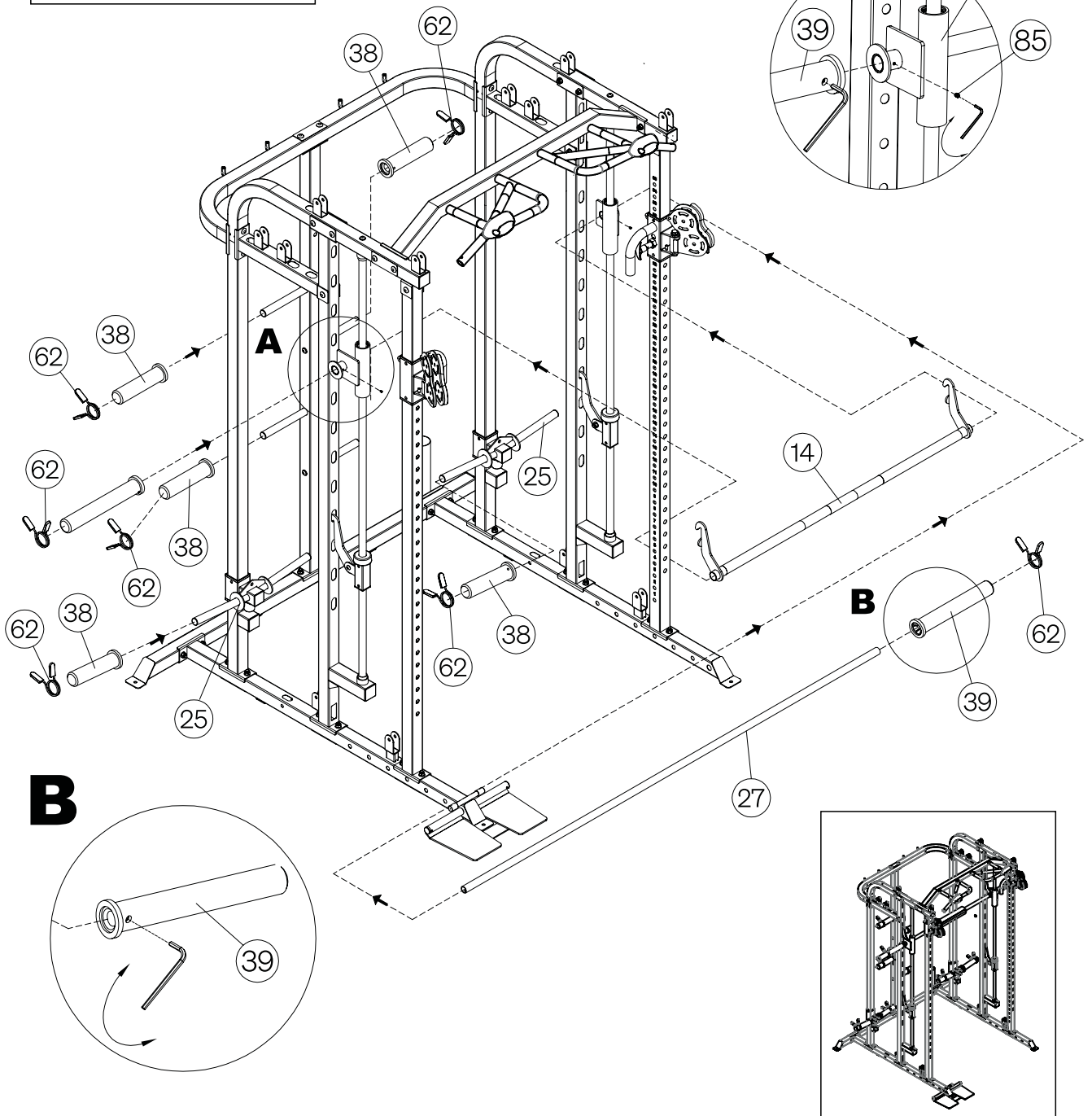
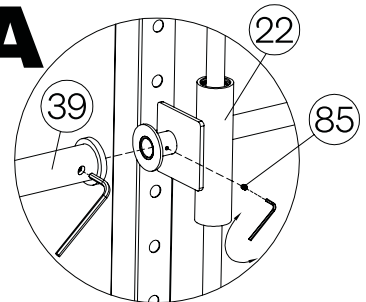
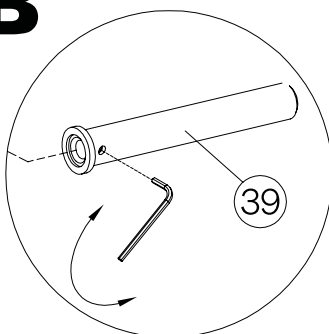


× 2

M6× 1/4"



3# 4# Allen Wrench(Tool)

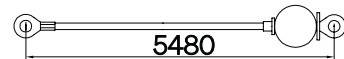
**A****B**

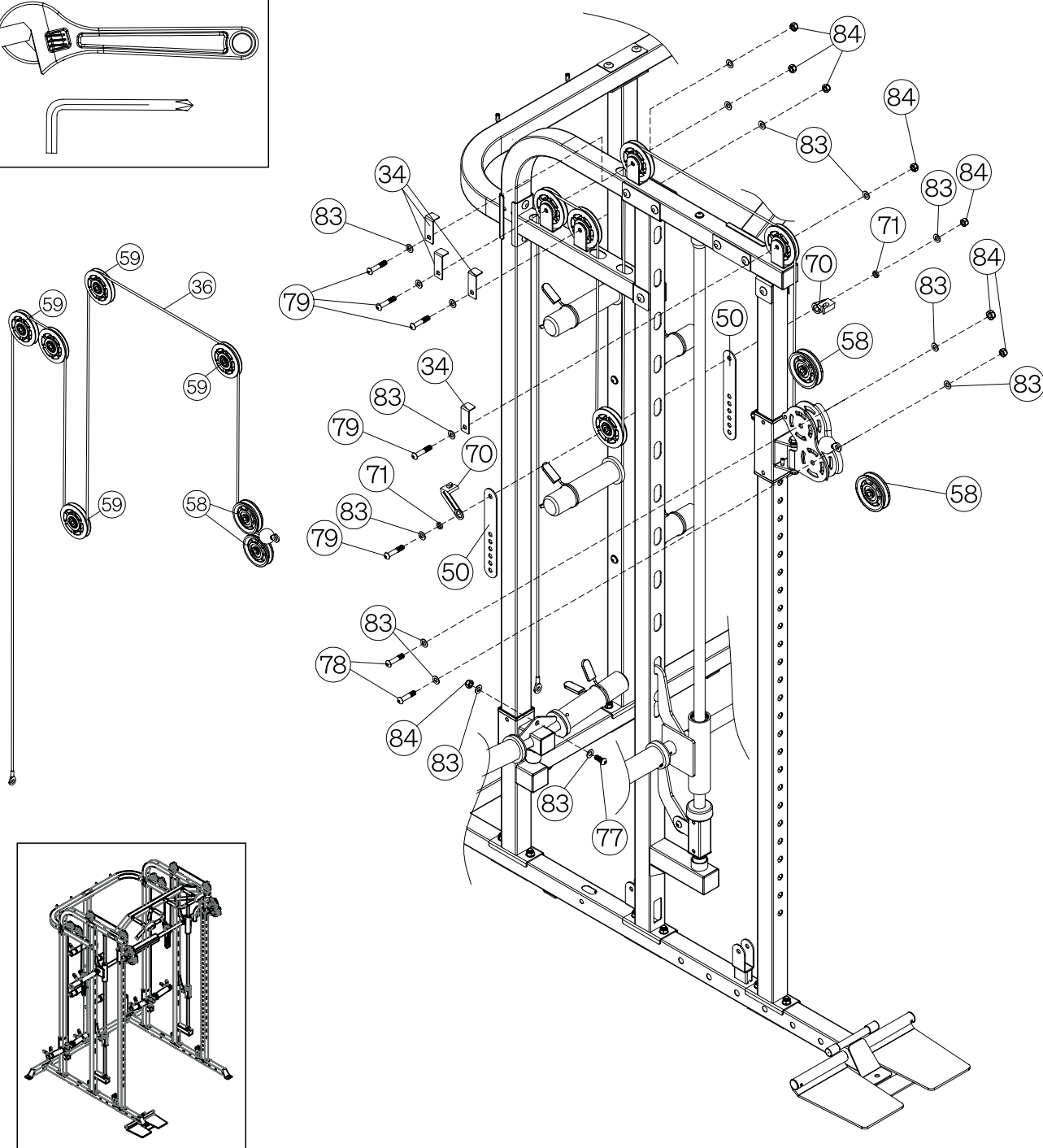
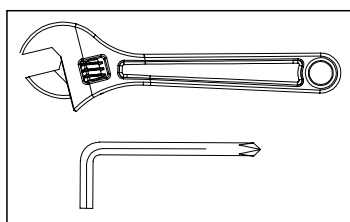
STEP 12

- Install the Upper Cable (#36) on both sides according to the diagram shown above using 4 x #90 Pulleys (58), 10 x #97 Pulleys (#59), 2 x Double Floating Pulley Brackets (#50), 4 x Cable Retainers (#70), 4 x Cable Retainer Bushings (#71), 8 x L Cable Retainers (#34), 2 x M10×25mm Allen Bolts (#77), 4 x M10×45mm Allen Bolts (#78), 10 x M10×50mm Allen Bolts (#79), 32 x 10mm Washers (#83) and 16 x M10 Aircraft Nuts (84).

 ×2 M10×25mm
  ×4 M10×45mm

 ×32 Ø 10
  ×10 M10×50mm

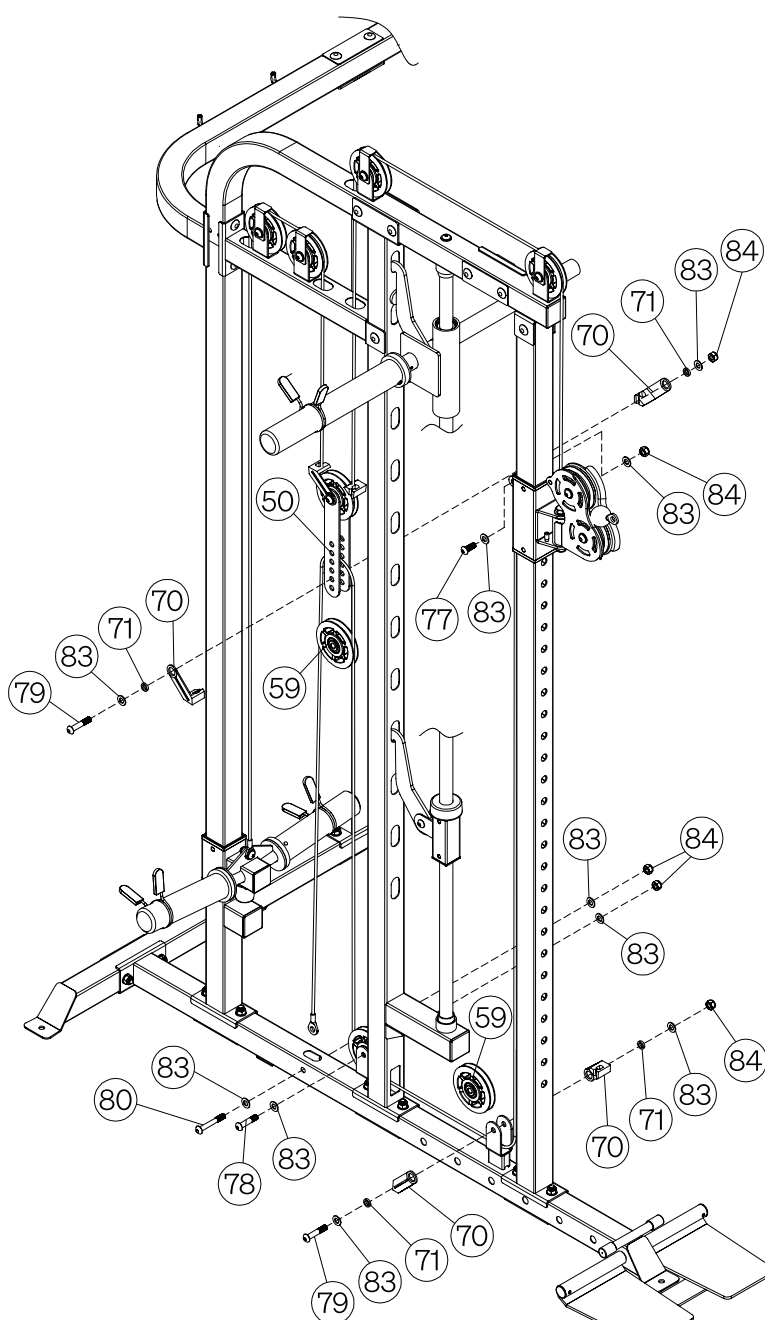
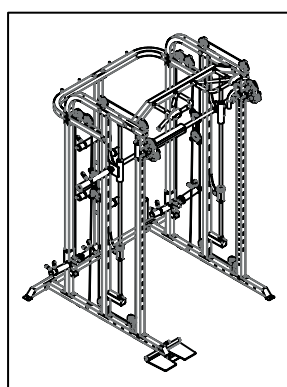
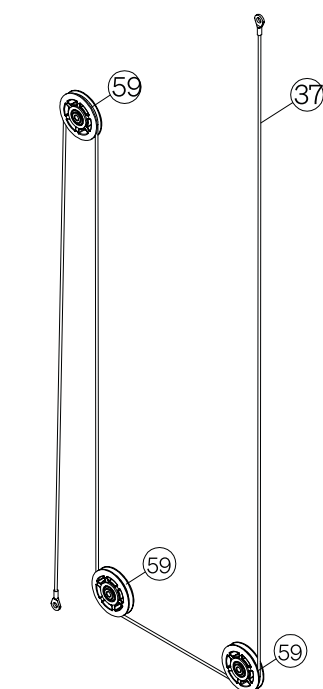
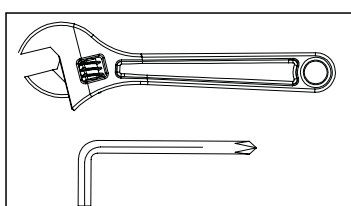
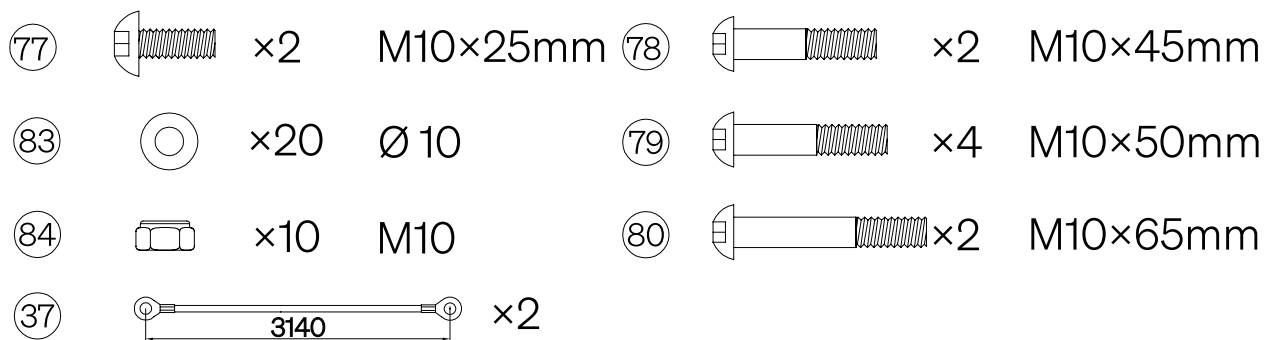
 ×16 M10
  5480 ×2



STEP 13

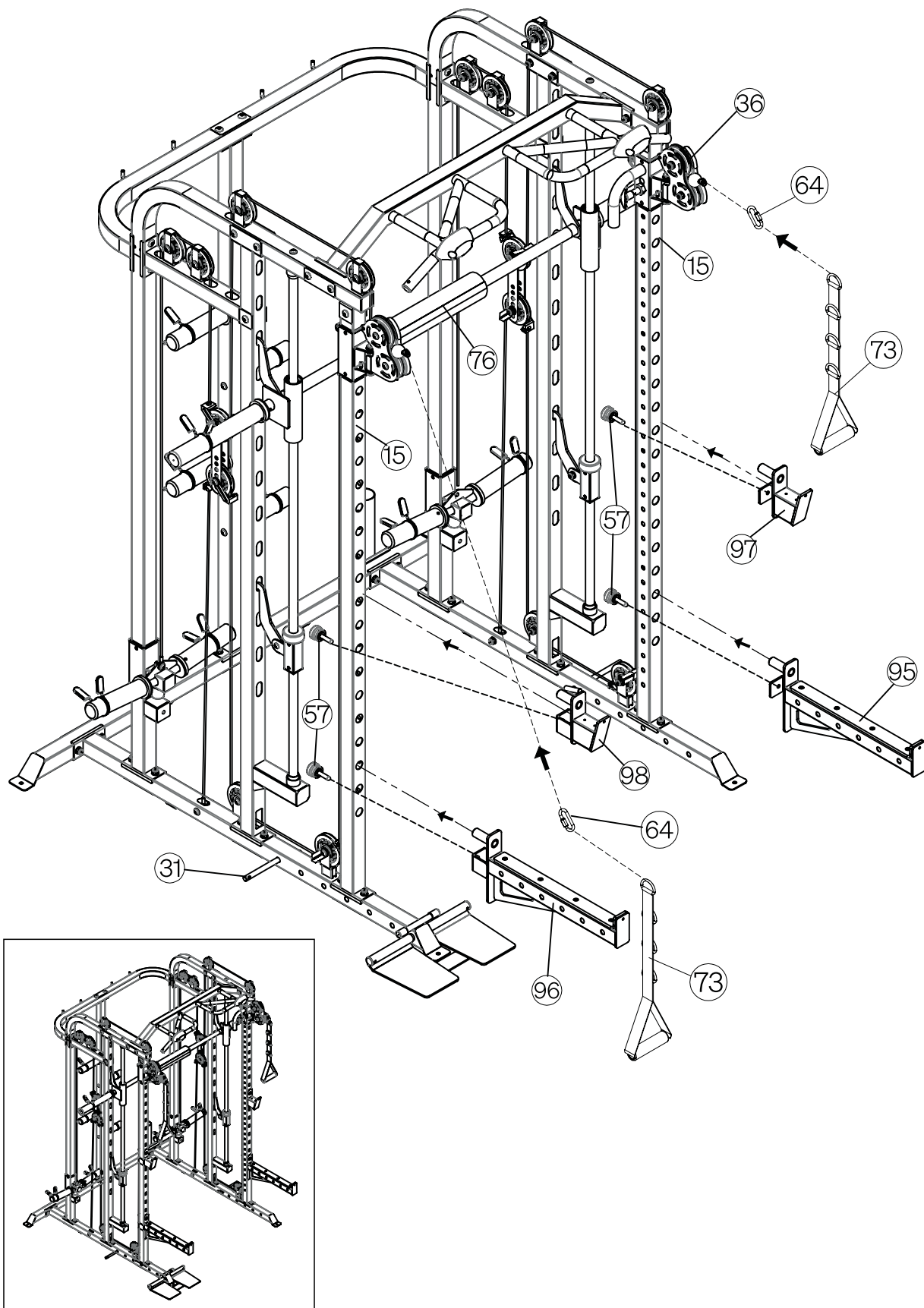
EN

- Install the Butterfly Cable (#37) on both sides according to the diagram shown above using 6 x #97 Pulleys (#59), 2 x Double Floating Pulley Brackets (#50), 8 x Cable Retainers (#70), 8 x Cable Retainer Bushings (#71), 2 x M10×25mm Allen Bolts (#77), 2 x M10×45mm Allen Bolts (#78), 4 x M10×50mm Allen Bolts (#79), 2 x M10x 65mm Allen Bolts (80), 20 x 10mm Washers (#83) and 10 x M10 Aircraft Nuts (84).



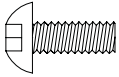
STEP 14

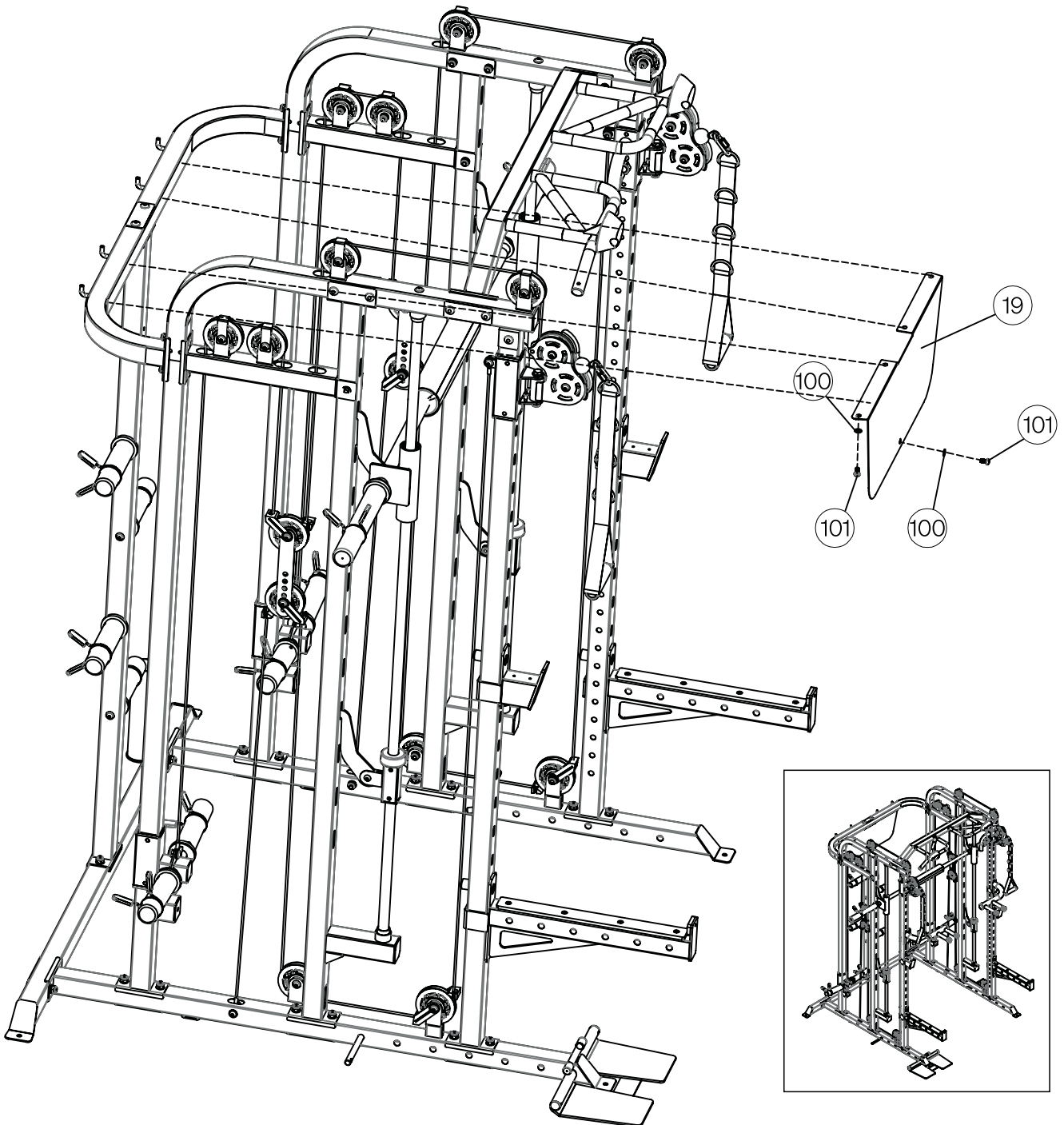
- Attach 2 x Single Handle Straps (#73) to the Upper Cable (#36) on both sides using 2 x C-clips (#64).
- Attach the Right Parallel bar (#19) and Left Parallel bar (#20) to the Front Vertical Tube (#15) on both sides.
- Attach the Left safety rack (#95) and Right safety rack (#96) to the Front Vertical Tube (#15) on both sides.
- Attach the Left Rack (#97) and Right Rack (#98) to the Front Vertical Tube (#15) on both sides.



STEP 15

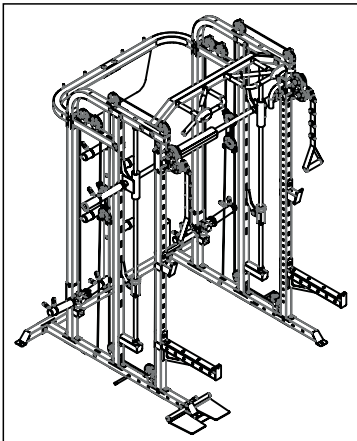
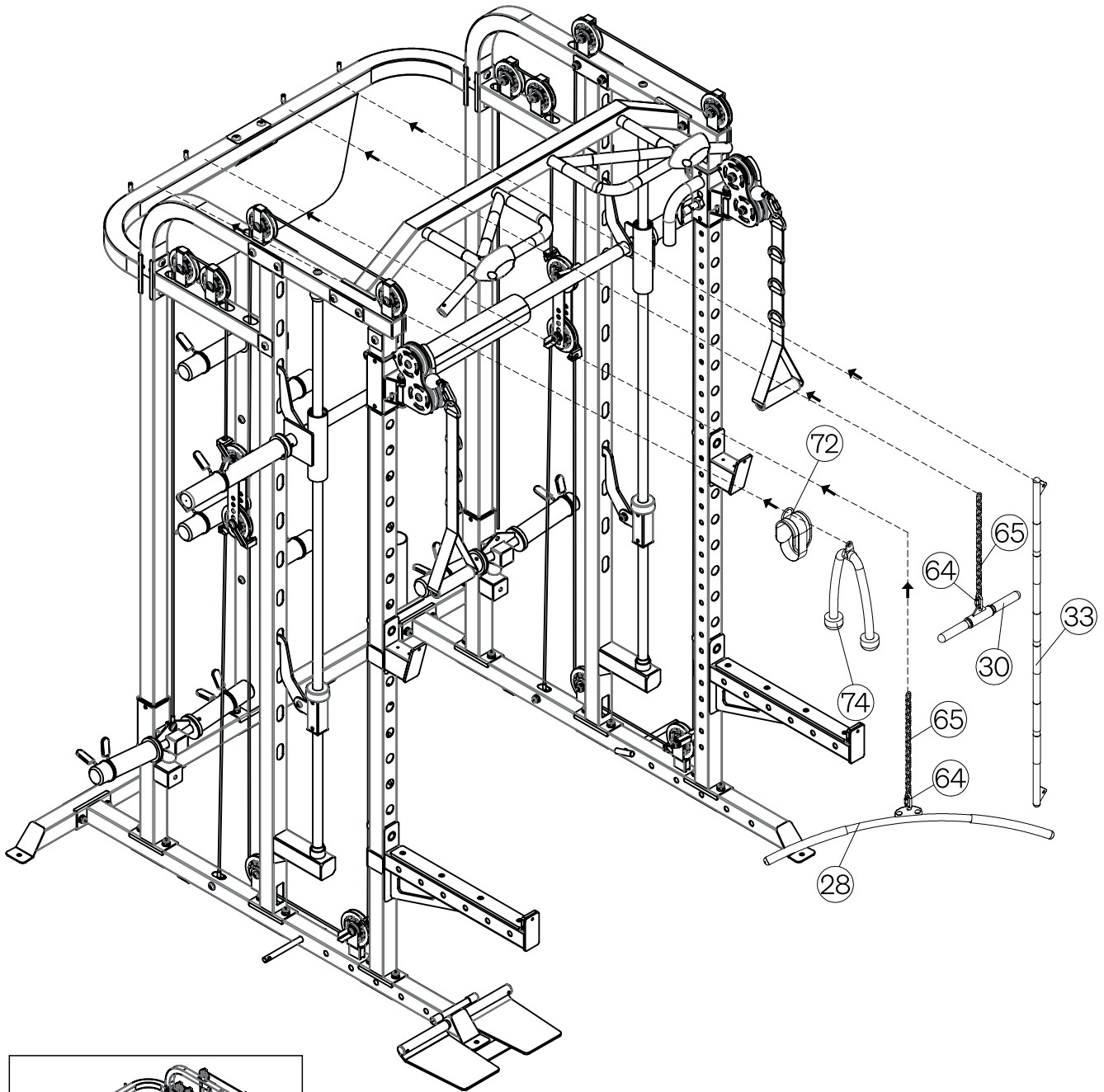
- Attach the Poster board (#99) to the Upper Cross Bracket (#9) using 2 x M8×16 Allen bolts (#101) and 2 × 8mm washers (#103).

(101)  ×5 M8×16mm (100)  ×5 Ø8



STEP 16

- Put the Lat Bar (#28), Curl Handle (#30), Long Bar (#33), Ankle Strap (#72) and Triceps Rope (#74) to the Upper Cross Bracket (#9).



3. Training

3.1 STRETCHING FOR WARMING UP AND COOLING DOWN

- To begin your training session, do some stretching. Never overstretch your muscles.
- We recommend to perform each of the following exercises 10 times and to repeat the complete cycle up to five times. Then make your training according to your personal fitness level.
- After training, also do stretching exercises to properly cool down.

1



HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.

2



SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

3



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

4



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

5



INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

6



INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

7



HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.

8



CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

4. Cleaning

4.1 CLEANING

- The safety level of the equipment can only be maintained if it is examined regularly for damage and wear e.g. connection points.
- Lubricate moving parts with light oil periodically to prevent premature wear.
- Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and do not use the equipment again until it is in perfect working order.
- The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.
- Do not attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the retailer.

5. Disposal

Recycling loop



Packaging material can be conveyed back to the raw material cycle. Dispose of packaging material in accordance with legal provisions. Information can be retrieved from the return or collections systems of your community.

Further information

Videos and other media



Link to the videos:
https://sportstech.link/SXM150_video

We are also on Social Media!

Get the latest product information, training content and much more on our:



Instagram-page
<https://sportstech.link/instagram>

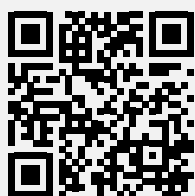


Facebook-page
<https://sportstech.link/facebook>

SPORTSTECH LIVE APP

The Sportstech LIVE App offers you, among other things:

- Individual workouts with professional trainers
- Landscape and outdoor videos
- Determining training priorities
- Training data in real time
- Training history and metrics
- Compete with others in Competition Mode - collect trophies in Ranking
- Equipment-independent workouts e.g. for yoga
- Delicious and varied cooking recipes
- ...and much more!



Information here: <https://sportstech.link/app-download>



Manual de Usuario

Querido cliente,

nos alegramos de que se haya decidido por uno de los equipos de la gama de SPORTSTECH. Con los equipos deportivos de SPORTSTECH disfrutará de una calidad óptima y de una tecnología de vanguardia.

Para exprimir al máximo el potencial de su equipo y para poder disfrutarlo durante muchos años, lea detenidamente estas instrucciones antes de ponerlo en marcha y de usarlo para entrenar. Utilice el equipo según se indica en el manual.

No nos hacemos responsables de daños ocasionados por un uso indebido.



ADVERTENCIA ¡Peligro por uso inadecuado!



- Asegúrese de que **TODAS** las personas que vayan a manejar este equipo lean y comprendan las instrucciones de uso. Conserve este manual cerca del equipo.
- Respete **TODAS** las indicaciones de seguridad descritas en este manual.
- No haga esfuerzos excesivos, ni deje que otros lo hagan, **NUNCA** cuando utilice el equipo.

Contenidos

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Datos técnicos	58
Vista desglosada / Lista de recambios	58
1. Consejos de seguridad.....	59
2. Colocación y almacenamiento.....	61
3. Entrenamiento.....	81
4. Limpieza	82
5. Desecho	82

Contenido

1	SXM150 POWER RACK	2	Manual de instrucciones
3	Llave Allen	4	Llave inglesa
5	Barra lateral	6	Barra más corta
7	Cuerda de tríceps	8	2 x Empuñadura ajustable
9	Barra de empuje cromada	10	2 x Gancho en J
11	2 x Brazo de parada		

Datos técnicos

Dimensiones del producto	199,5 × 163 × 222 cm
Peso neto del dispositivo	127 kg
Peso máximo soportado	125 kg

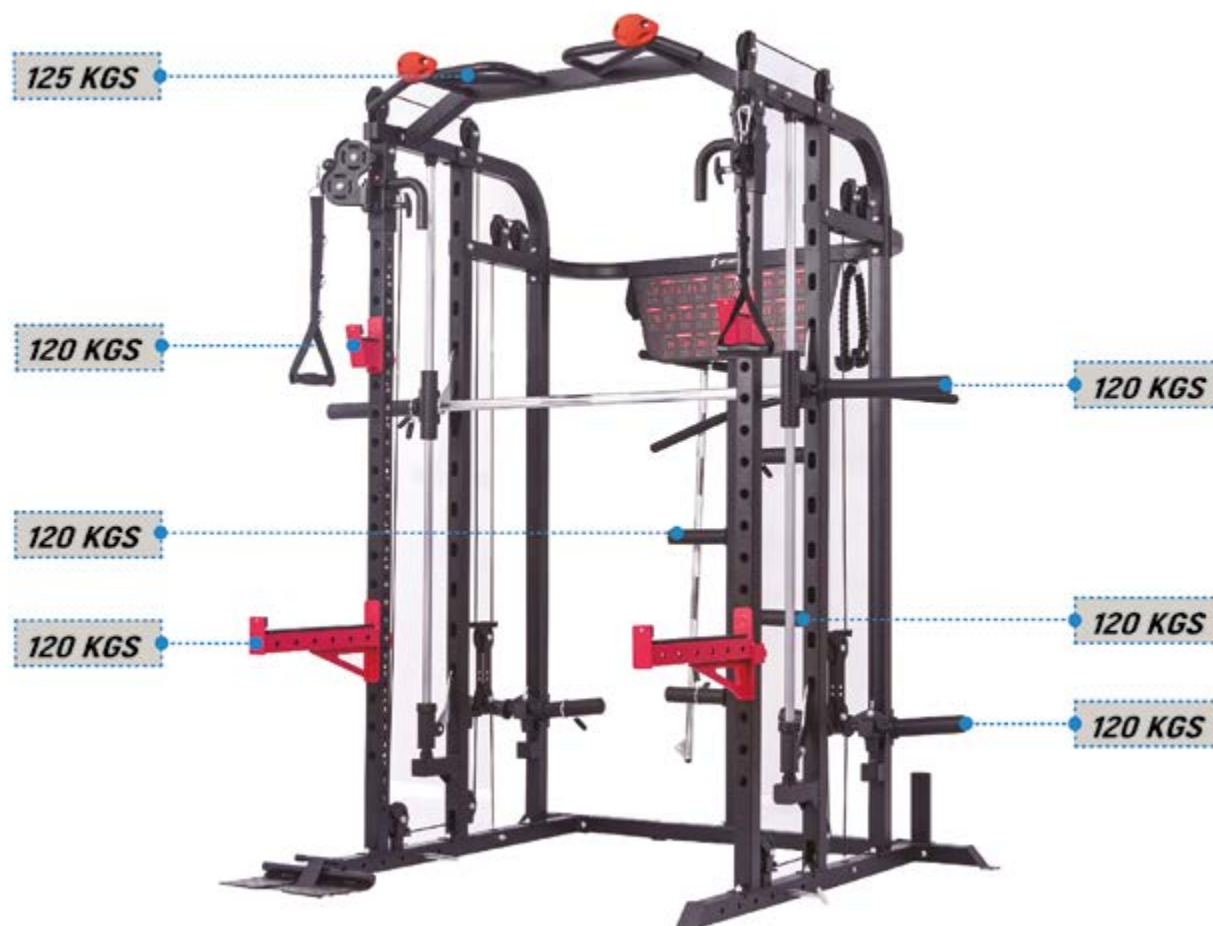
Vista desglosada / Lista de recambios



- Con el dibujo y la lista, identifique la pieza de repuesto necesaria y anote el número.
- Póngase en contacto con nuestro servicio de atención al cliente por correo electrónico o por teléfono e indique el número de pieza de repuesto. Los datos de contacto se encuentran en la parte posterior del manual o en nuestro sitio web.
- Aclare todos los pasos posteriores con nuestros empleados.

En el siguiente enlace encontrará el dibujo desglosado y la lista de piezas de repuesto:
https://sportstech.link/sxm150_spareparts

Capacidad máxima de peso por componente



1. Consejos de seguridad



ADVERTENCIA ¡Peligro por uso inadecuado!

- Lea todas las instrucciones y notas de seguridad antes de utilizar el aparato. Síguelas cuidadosamente.
- ¡Peligro de daños a la salud o incluso de muerte debido a un entrenamiento inadecuado o excesivo.
- El dispositivo no es adecuado para usos médicos y aplicaciones de alta precisión.
- Aplique también el sentido común para prevenir riesgos.



REQUISITOS PERSONALES

REQUISITOS FÍSICOS GENERALES

ADVERTENCIA ¡Peligro de daños a la salud o incluso de muerte debido a un entrenamiento inadecuado o excesivo. El uso del dispositivo es agotador para la circulación y el sistema musculoesquelético.

- Asegúrese de antemano que **no se sufran enfermedades o lesiones** que impidan el uso del dispositivo. Si es necesario, consulte a un médico; especialmente en caso de que se conozcan o sospechen estos problemas.
- La intensidad de uso (velocidad) **nunca debe exceder la condición física actual del usuario.**
- Preste atención a las señales del cuerpo. **Los sistemas de medición de pulso pueden ser imprecisos**
- **Deje de hacer ejercicio inmediatamente, por ejemplo, con los siguientes síntomas:** dolor, opresión en el pecho, arritmia, dificultad para respirar, mareos o náuseas.
- A continuación, consulte a un médico.

Requisitos de peso y edad

- **Solo las personas adultas** pueden utilizar el dispositivo.
- **El peso máximo permitido para el usuario es de 125 kg.**
- **Los niños menores de 14 años nunca deben usar el dispositivo ni realizar las tareas de limpieza o mantenimiento.**



CONDICIONES GENERALES DE USO

- **No utilice el dispositivo con fines comerciales,** sino sólo para uso doméstico. **No utilice el aparato con fines terapéuticos.**
- Los niños y los animales domésticos deben mantenerse a una **distancia de seguridad** de al menos 3 m (10 ft) del dispositivo. El movimiento de la cinta de correr es particularmente peligroso.



DESEMBALAJE E INSTALACIÓN

- **¡PELIGRO! ¡Riesgo de asfixia!** Mantenga las bolsas de plástico y similares fuera del alcance de los niños y los animales.
- Para facilitar la devolución, conserve el material de embalaje durante el período de devolución. Elimínelo después de acuerdo con la normativa local.
- Coloque el dispositivo solo sobre **una superficie firme** y plana en **zonas interiores secas.** Proteja las superficies sensibles con una alfombra resistente al calor: el compartimento del motor puede calentarse.
- Coloque el dispositivo con suficiente **espacio libre** en todas las direcciones; en particular, mantenga un espacio libre de al menos 2 m (6,6 pies) detrás del dispositivo (consulte la sección "Instalación del dispositivo").



MONTAJE

- Verifique que tenga todos los componentes y herramientas listados en la lista de piezas, teniendo en cuenta que, para facilitar el montaje, algunos componentes están preensamblados.
- Mantenga a los niños y animales alejados de la zona de ejercicio, ya que las piezas pequeñas podrían suponer un riesgo de asfixia si se ingieren.
- Asegúrese de tener suficiente espacio para disponer las piezas antes de comenzar.
- Monte el artículo lo más cerca posible de su posición final (en la misma habitación).
- El producto debe instalarse en una superficie estable y nivelada.
- Deseche todo el embalaje de manera cuidadosa y responsable.



USO

- Mantén a los niños sin supervisión alejados del equipo.
- Pueden producirse lesiones de salud debido a un entrenamiento incorrecto o excesivo.
- Si alguno de los dispositivos de ajuste queda sobresaliendo, podría interferir con el movimiento del usuario.
- Es responsabilidad del propietario asegurarse de que todos los usuarios de este producto estén correctamente informados sobre cómo usarlo de manera segura.
- Este producto está destinado solo para uso doméstico.
- No lo utilice en un entorno comercial, de alquiler o institucional.
- Antes de usar el equipo para hacer ejercicio, siempre realice ejercicios de estiramiento para calentar adecuadamente.
- Si el usuario experimenta mareos, náuseas, dolor en el pecho u otros síntomas anormales, detenga el entrenamiento y busque atención médica de inmediato.
- Solo una persona a la vez debe usar el equipo.
- Mantén las manos alejadas de todas las partes móviles.
- Siempre usa ropa adecuada para hacer ejercicio. No uses ropa suelta o holgada, ya que podría quedar atrapada en el equipo. Usa zapatillas deportivas para proteger tus pies mientras haces ejercicio.
- No coloques objetos afilados alrededor del equipo.
- Las personas discapacitadas no deben usar el equipo sin la asistencia de una persona calificada o un médico.
- Mantén este equipo en interiores, lejos de la humedad y el polvo. No coloques el equipo en un garaje, cobertizo, patio cubierto o cerca de agua.
- Si se permite a los niños usar el equipo bajo supervisión, se debe tener en cuenta su desarrollo físico y mental. Deben ser controlados e instruidos en el uso correcto del equipo. El equipo no es adecuado en ningún caso como un juguete.
- Este producto es adecuado para un peso máximo del usuario de 125 kg.
- Este producto no es adecuado para fines terapéuticos.
- El área libre no debe ser inferior a 0,6 m mayor que el área de entrenamiento en las direcciones desde las cuales se accede al equipo. El área libre también debe incluir el espacio para un desmontaje de emergencia. Cuando el equipo está colocado junto a otros, el valor del área libre puede ser compartido. Mantén a los niños sin supervisión alejados del equipo.
- Nunca coloques la unidad sobre una superficie que bloquee las aberturas de ventilación.

Para proteger el suelo o la alfombra de daños o decoloración, coloca una alfombra especial debajo de la unidad.



Advertencia: Los padres y otros responsables de los niños deben ser conscientes de su responsabilidad, ya que el instinto natural de juego y la curiosidad de los niños pueden generar situaciones y comportamientos para los que el equipo de entrenamiento no está destinado.

Advertencia: Antes de comenzar cualquier programa de ejercicios, consulta a tu médico. Esto es especialmente importante para personas mayores de 35 años o con problemas de salud preexistentes. DEBES leer todas las instrucciones antes de utilizar cualquier equipo de ejercicio.

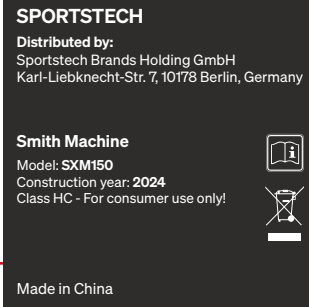
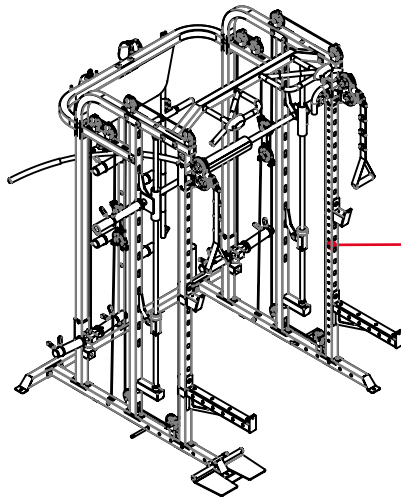
Ten en cuenta que este producto puede tener una tolerancia de peso de aproximadamente un 4%.



ETIQUETA DE SEGURIDAD

Los adhesivos de seguridad deben estar en las posiciones indicadas en la siguiente figura.

- Asegúrese de que estén siempre intactos y sean totalmente legibles.



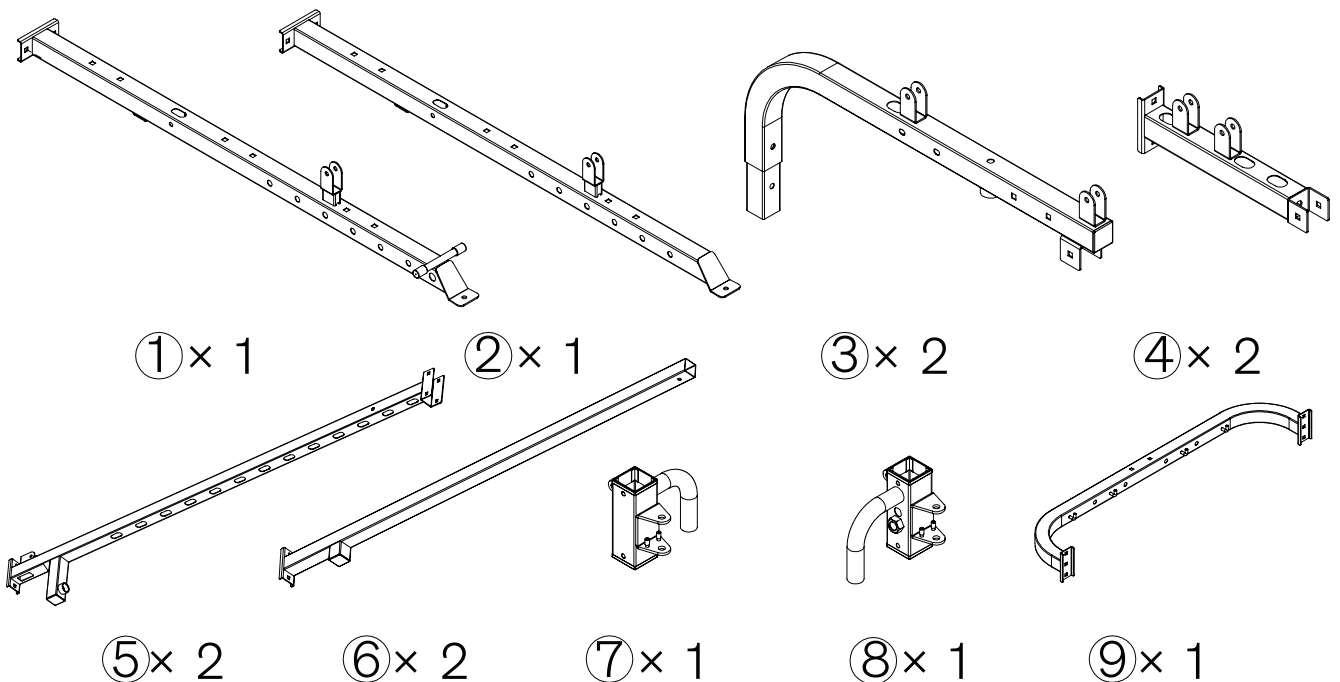
2. Colocación y almacenamiento

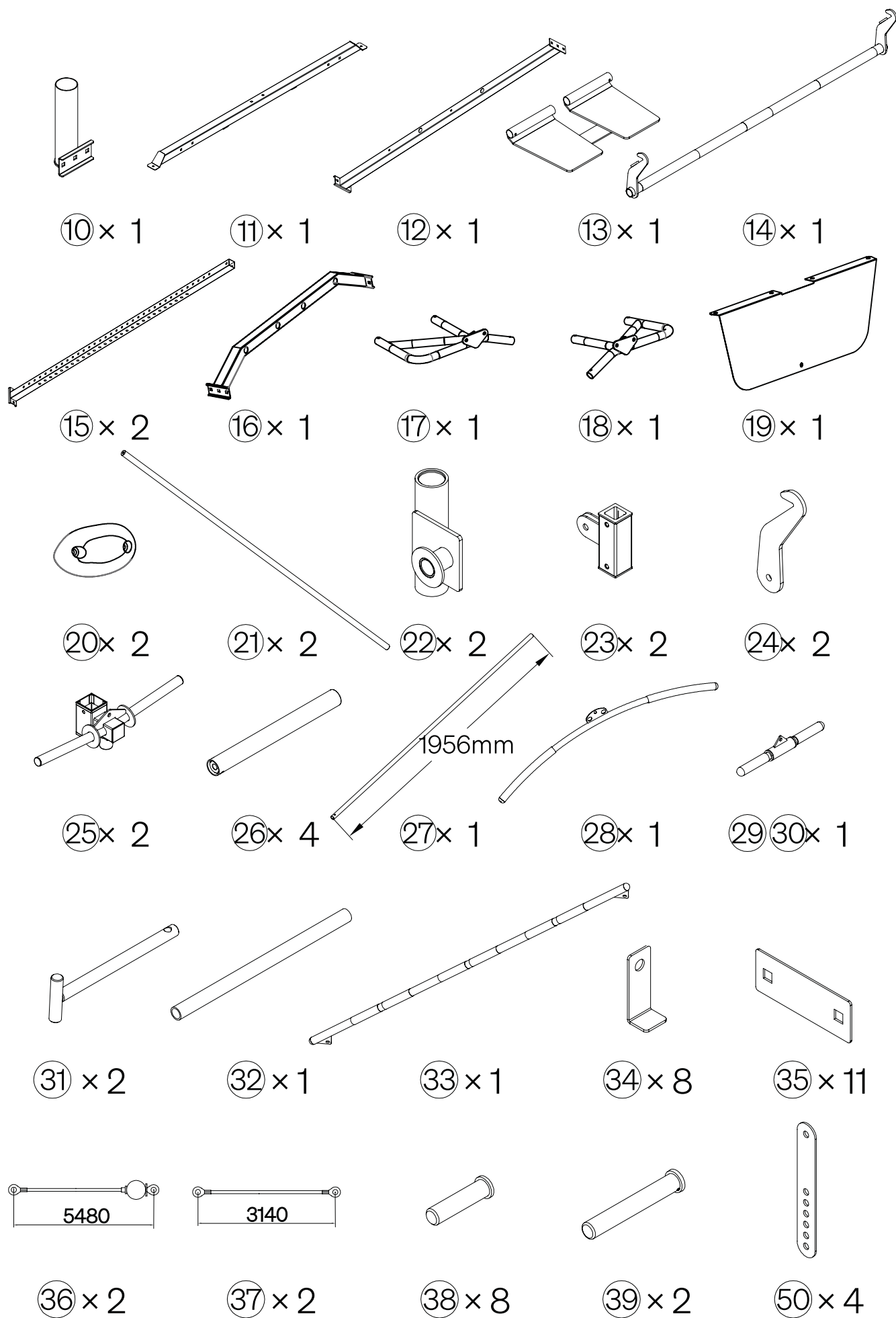
2.1 LUGAR DE INSTALACIÓN

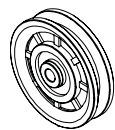
Busque una ubicación para el dispositivo que cumpla los siguientes requisitos:

- Interior seco
- El dispositivo no oculta ninguna aberturas de ventilación.
- Suelos resistentes al calor; si es necesario, utilice una alfombrilla protectora
- Espacio libre de al menos 2 m (6.6 pies) detrás del dispositivo.
- Espacio libre de al menos 1 m (3.3 pies) a cada lado del dispositivo.
- Espacio libre de al menos 30 cm (1.0 pies) delante del dispositivo.

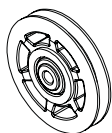
2.2 COMPONENTES







58 × 4



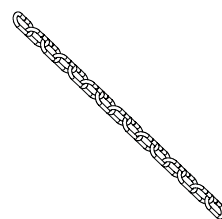
59 × 16



62 × 10



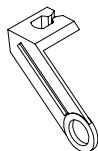
64 × 4



65 × 2



69 × 4



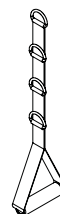
70 × 12



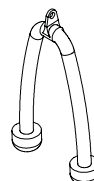
71 × 12



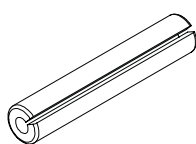
72 × 1



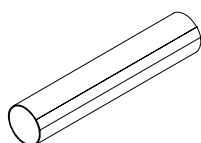
73 × 2



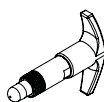
74 × 1



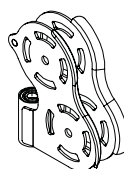
75 × 1



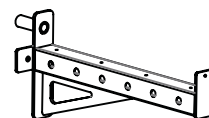
76 × 1



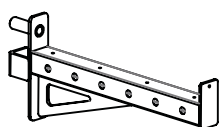
82 × 2



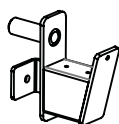
90 × 2



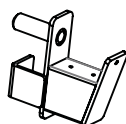
95 × 1



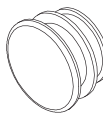
96 × 1



97 × 1



98 × 1



44 × 2

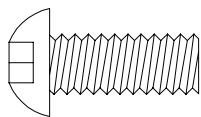


57 × 4

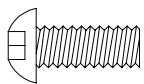


Los componentes con los números 40-43, 45-49, 51-56, 63, 66-68 no son necesarios para este gimnasio en casa.

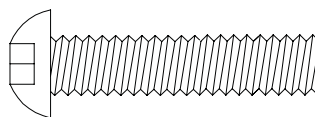
2.3 FIJACIÓN DE COMPONENTES



77 × 14



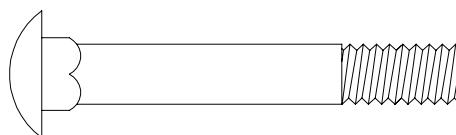
101 × 5



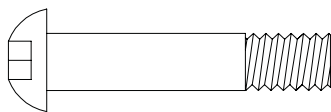
99 × 4



78 × 6



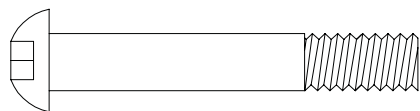
81 × 36



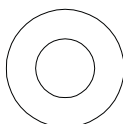
79 × 14



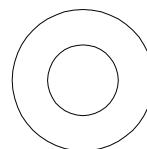
86 × 2



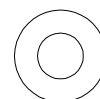
80 × 2



83 × 104



87 × 4



100 × 5



94 × 2



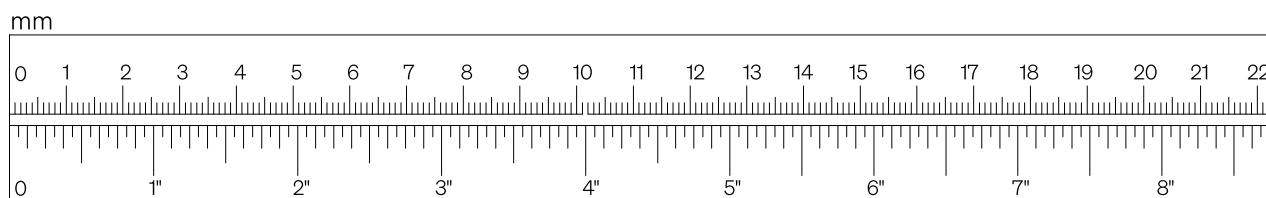
84 × 68



88 × 2

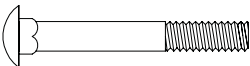


85 × 2

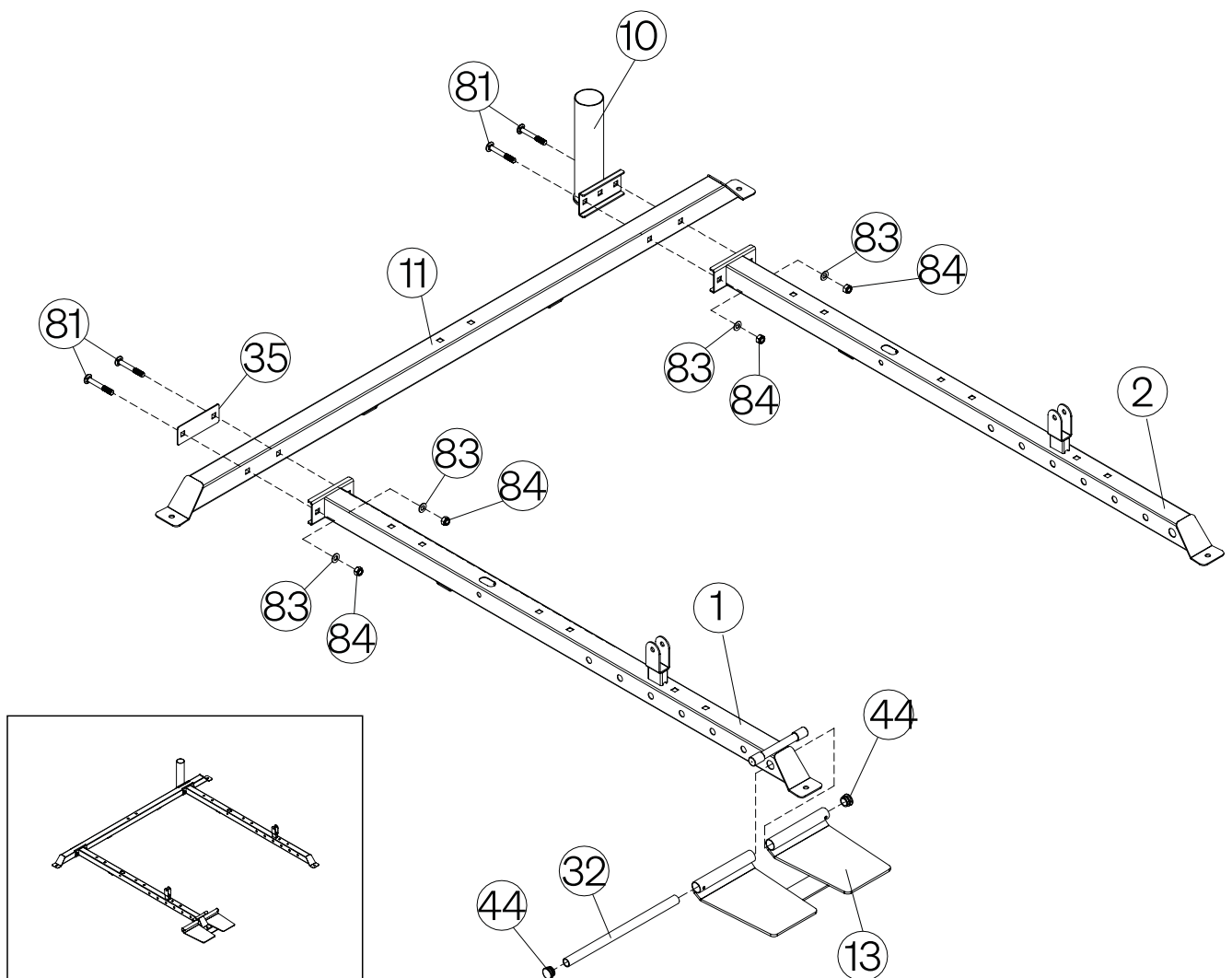
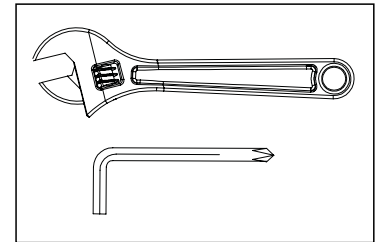


PASO 1

- Adjunte el Marco Base Trasero (#11) y 1 x Soporte (#35) al Marco Base Derecho (#1) utilizando 2 x Tornillos de Carro M10×70mm (#81), 2 x Arandelas de 10mm (#83) y 2 x Tuercas Aeronáuticas M10 (#84).
- Adjunte el Soporte de Almacenamiento para Barra (#10) al Marco Base Izquierdo (#2) utilizando 2 x Tornillos de Carro M10×70mm (#81), 2 x Arandelas de 10mm (#83) y 2 x Tuercas Aeronáuticas M10 (#84).
- Adjunte la Plataforma para Pies (#13) y el Tubo de Plataforma para Pies (#32) al Marco Base Derecho (#1) y asegure ambos extremos con 2 x Tapones de Fin (#44).

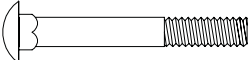
81  ×4 M10×70mm

83  ×4 Ø10 84  ×4 M10

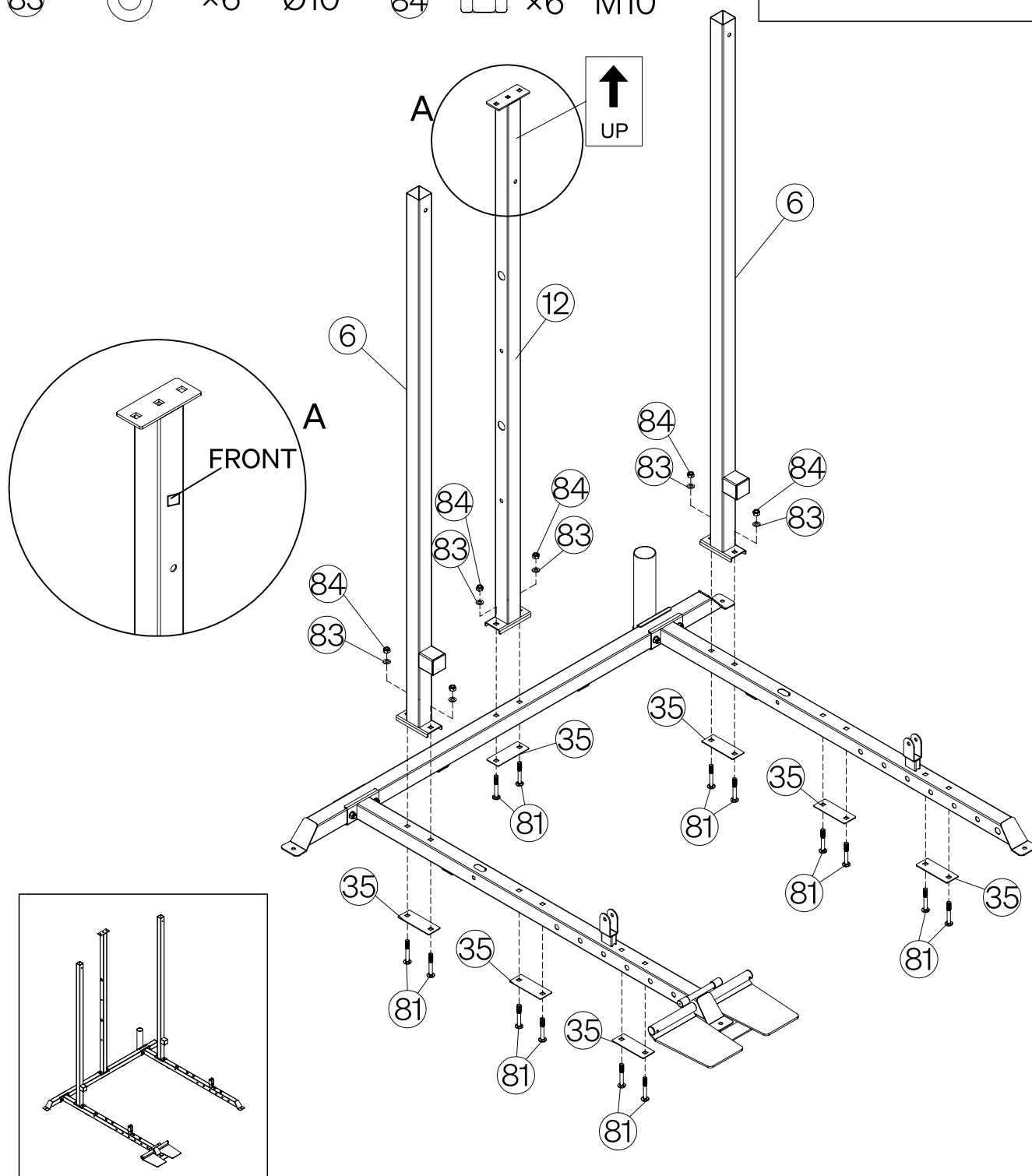
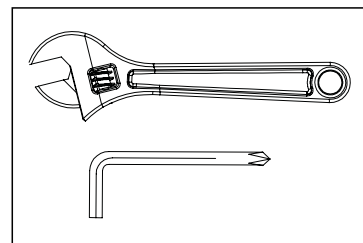


PASO 2

- Adjunte 1 x Tubos Verticales Traseros (#6) y 3 x Soportes (#35) al Marco Base Derecho (#1) utilizando 6 x Tornillos de Carro M10×70mm (#81), 2 x Arandelas de 10mm (#83) y 2 x Tuercas Aeronáuticas M10 (#84).
- Adjunte 1 x Tubos Verticales Traseros (#6) y 3 x Soportes (#35) al Marco Base Izquierdo (#2) utilizando 6 x Tornillos de Carro M10×70mm (#81), 2 x Arandelas de 10mm (#83) y 2 x Tuercas Aeronáuticas M10 (#84).
- Adjunte el Marco para Placas de Peso (#12) al Marco Base Trasero (#11) utilizando 2 x Tornillos de Carro M10×70mm (#81), 2 x Arandelas de 10mm (#83) y 2 x Tuercas Aeronáuticas M10 (#84).

81  ×14 M10×70mm

83  ×6 Ø10 84  ×6 M10



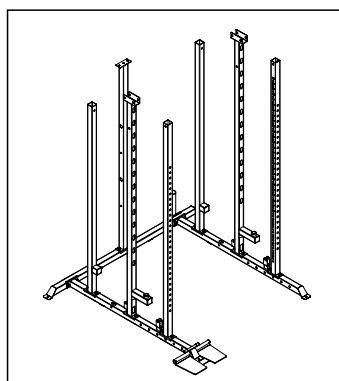
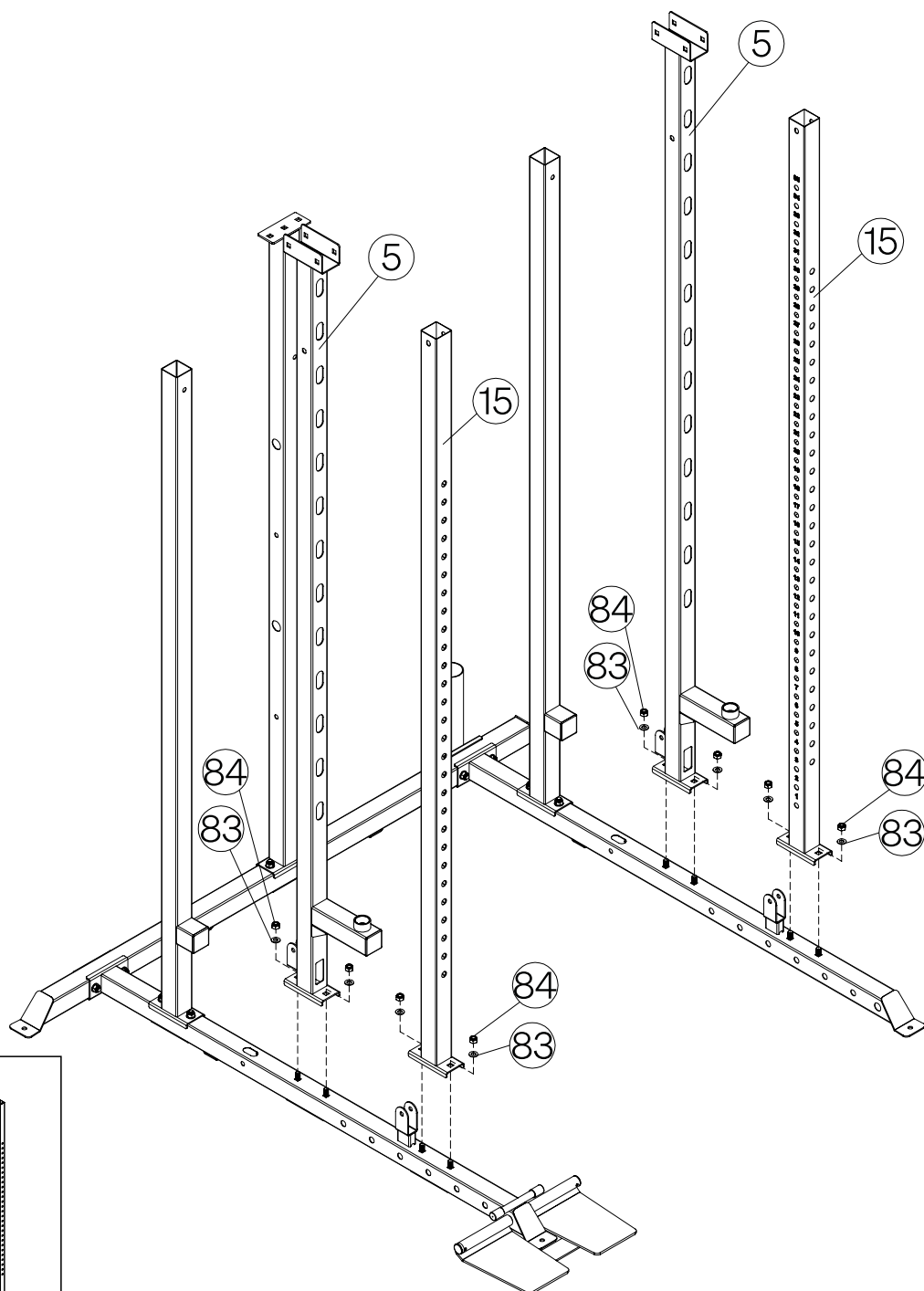
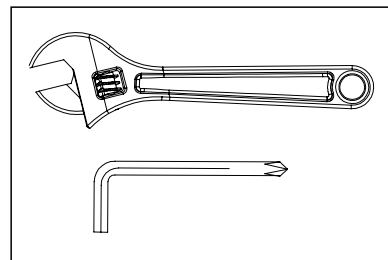
PASO 3

ES

- Adjunte respectivamente dos Tubos Verticales Medios (#5) al Marco Base Derecho (#1) y al Marco Base Izquierdo (#2) utilizando 2 x Arandelas de 10mm (#83) y 2 x Tuercas Aeronáuticas M10 (#84).
- Adjunte respectivamente dos Tubos Verticales Frontales (#15) al Marco Base Derecho (#1) y al Marco Base Izquierdo (#2) utilizando 2 x Arandelas de 10mm (#83) y 2 x Tuercas Aeronáuticas M10 (#84).

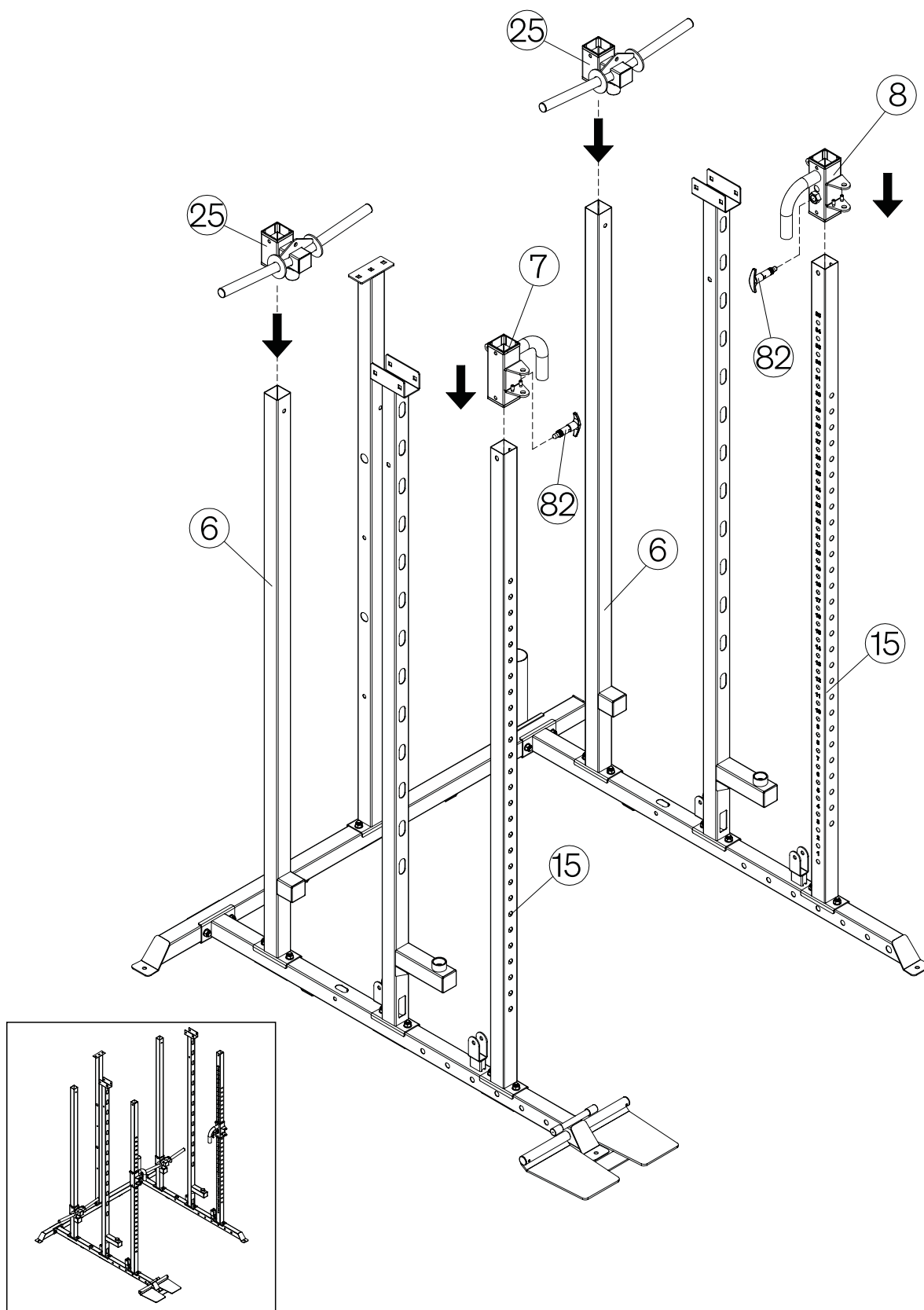
83  x8 Ø10

84  x8 M10



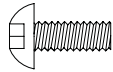
PASO 4

- Coloque respectivamente dos Carritos de Pesas (#25) en los dos Tubos Verticales Traseros (#6).
- Adjunte el Conjunto de Polea de Cable Derecho (#7) al Marco Base Derecho (#1) y asegúrelo con el Pasador de Bloqueo de Polea de Cable (#82).
- Adjunte el Conjunto de Polea de Cable Izquierdo (#8) al Marco Base Izquierdo (#2) y asegúrelo con el Pasador de Bloqueo de Polea de Cable (#82).



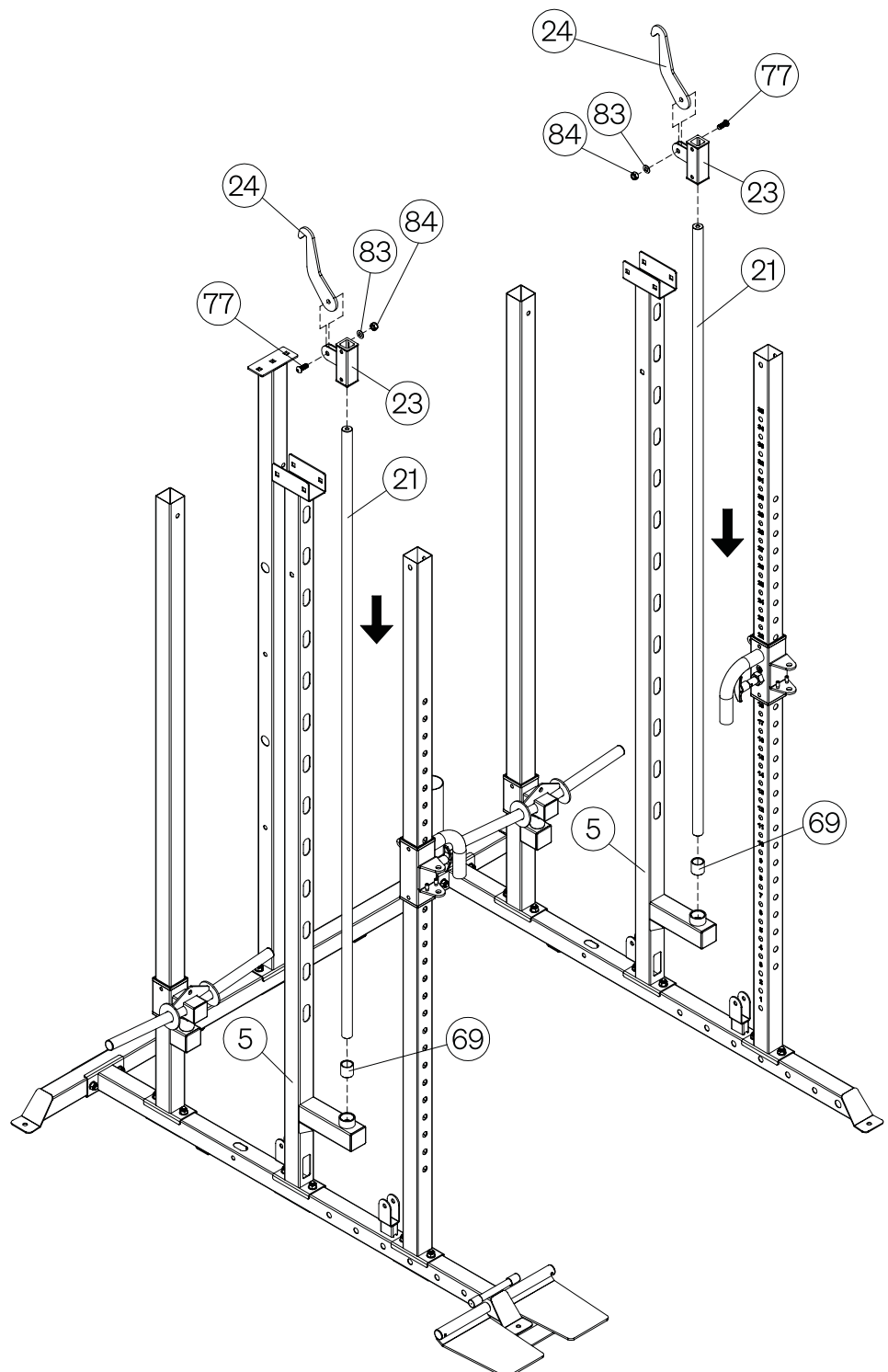
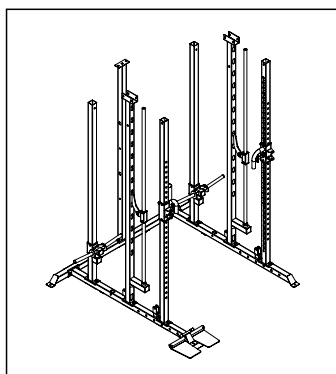
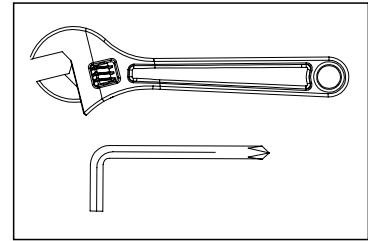
PASO 5

- Adjunte 1 x Amortiguador de Caucho Guía (#69) y 1 x Barra Guía (#21) al Tubo Vertical Medio (#5), luego adjunte 1 x Marco de Parada de Seguridad Inferior (#23) y 1 x Gancho de Seguridad (#24) a la Barra Guía (#21) utilizando 1 x Tornillo Allen M10×25mm (#77), 1 x Arandela de 10mm (#83) y 1 x Tuerca de Aeronáutica M10 (#84).
- Use la misma forma para ensamblar el otro lado.

(77)  ×2 M10×25mm

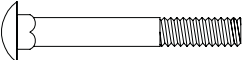
(83)  ×2 Ø 10

(84)  ×2 M10



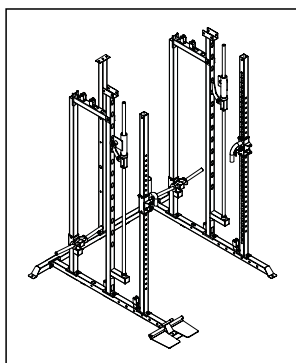
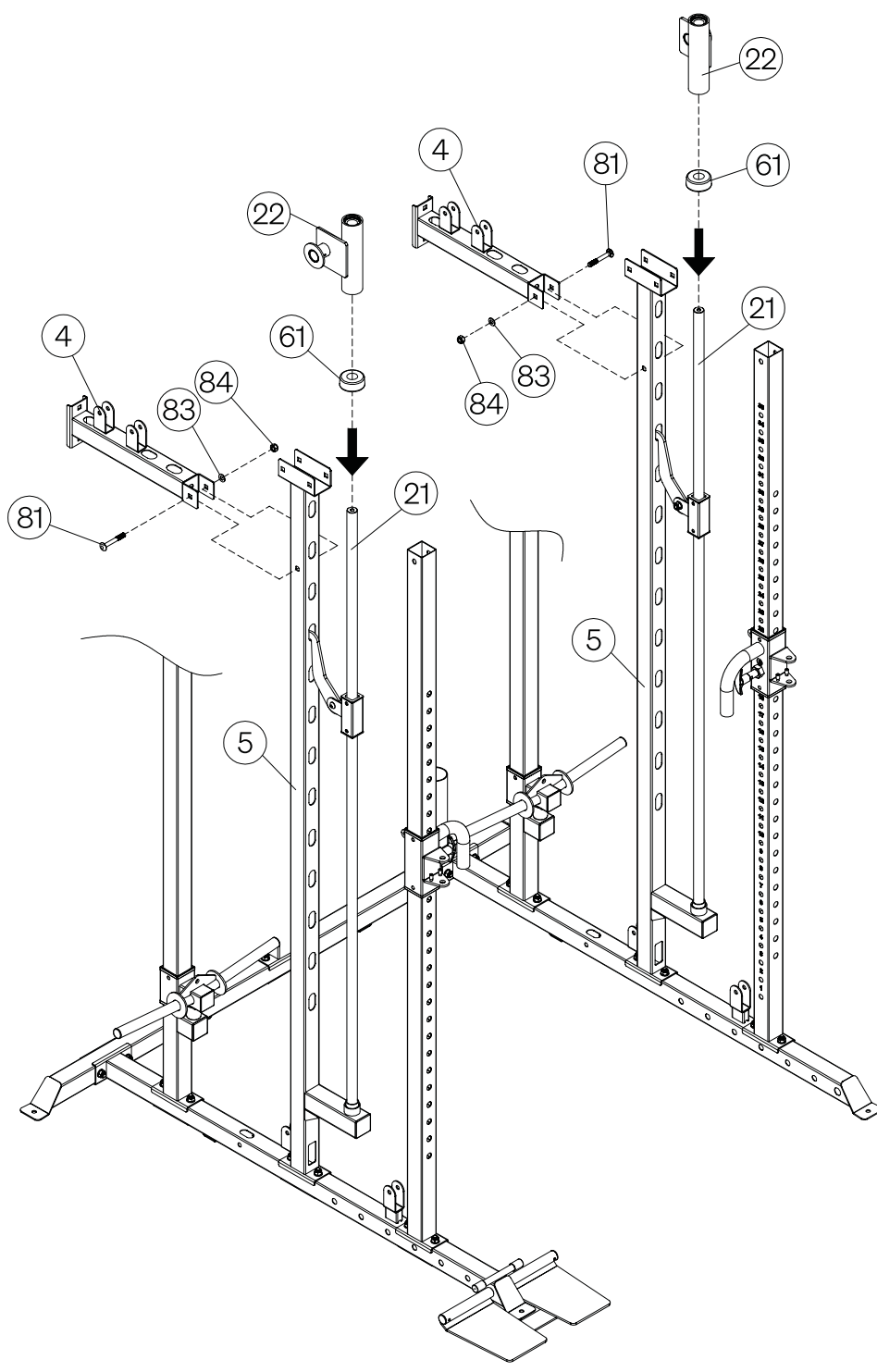
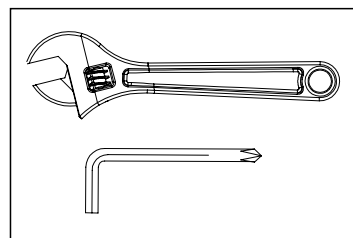
PASO 6

- Adjunte el Soporte Trasero Superior (#4) al Tubo Vertical Medio (#5) respectivamente en ambos lados utilizando 1 x Tornillo de Carro M10×70mm (#81), 1 x Arandela de 10mm (#83) y 1 x Tuerca de Aeronáutica M10 (#84).
- Coloque 1 x Amortiguador de Caucho (#61) y 1 x Manga de Barra Guía (#22) en la Barra Guía (#21) respectivamente en ambos lados.

(81)  ×2 M10×70mm

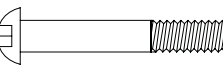
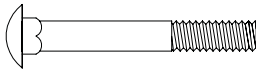
(83)  ×2 Ø10

(84)  ×2 M10

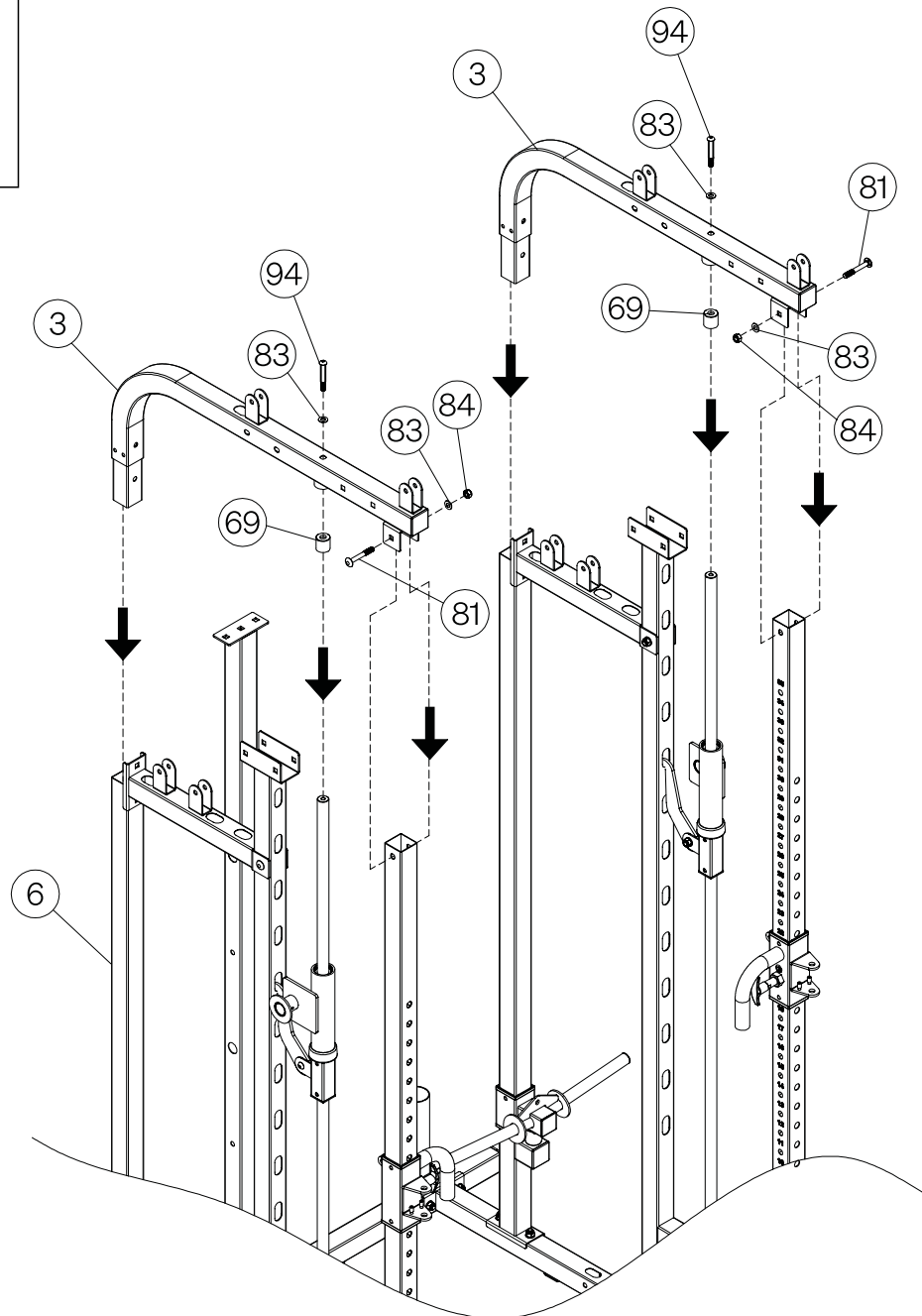
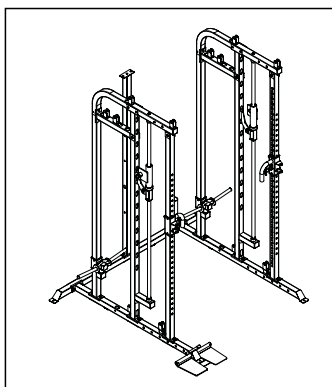
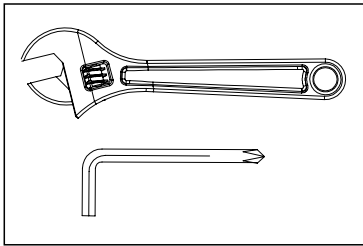


PASO 7

- Adjunte el Marco Superior (#3) al Tubo Vertical Trasero (#6) y al Tubo Vertical Frontal (#15) respectivamente utilizando 1 x Amortiguador de Caucho (#69), 1 x Tornillo Allen M10×80mm (#94), 1 x Tornillo de Carro M10×70 (#81), 2 x Arandelas de 10mm (#83) y 1 x Tuerca de Aeronáutica M10 (#84) respectivamente en ambos lados.

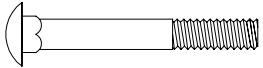
94  ×2 M10×80mm 81  ×2 M10×70mm

83  ×4 Ø 10 84  ×2 M10



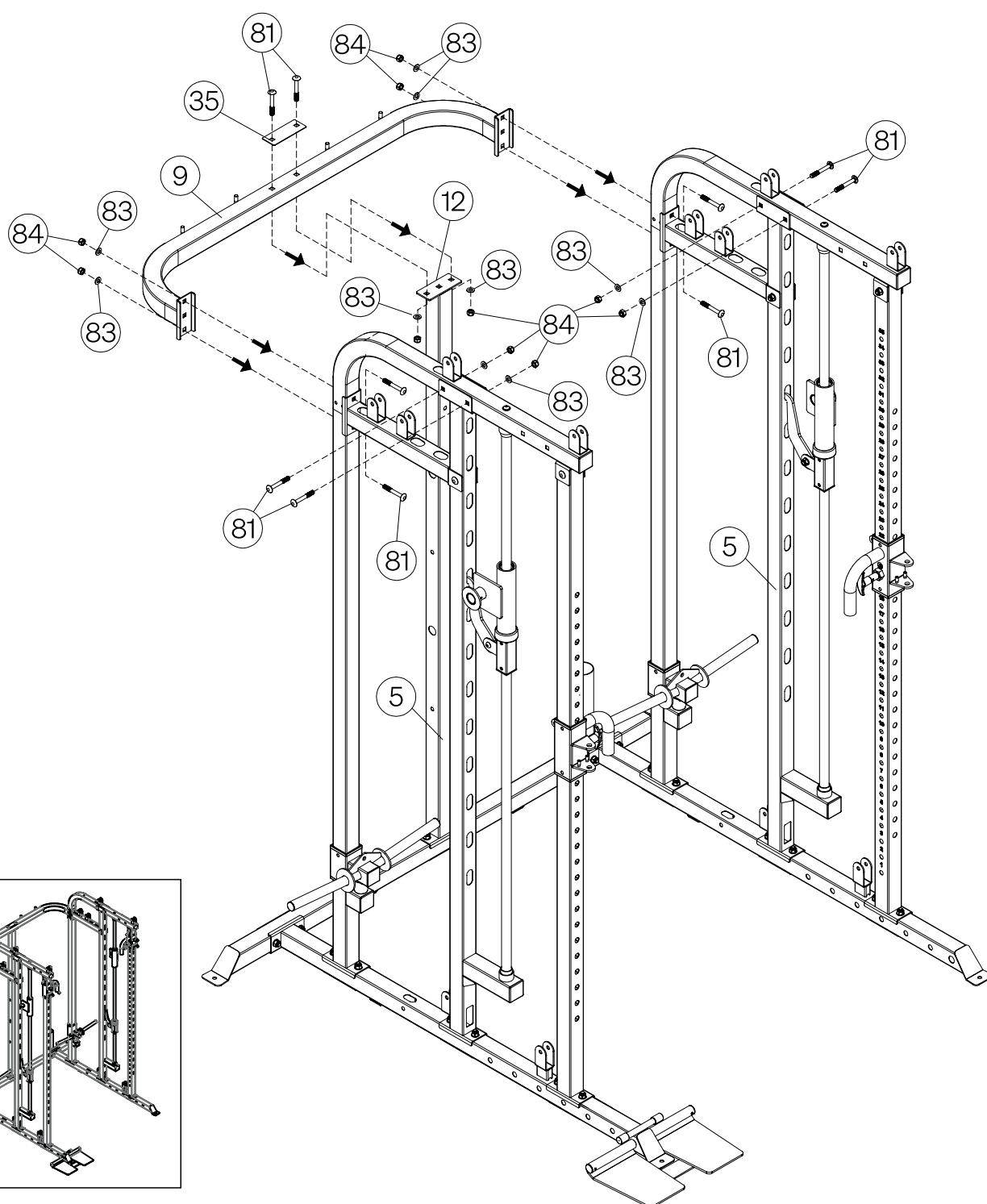
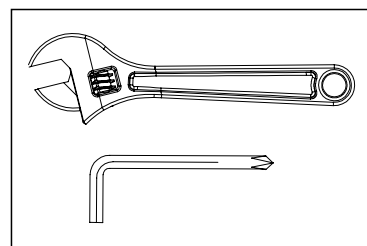
PASO 8

- Adjunte el Soporte Cruzado Superior (#9) al Marco Superior (#3) y asegúrelo con 10 x Tornillos Allen M10×70mm (#81), 10 x Arandelas de 10mm (#83) y 10 x Tuercas de Aeronáutica M10 (#84).

81  ×10 M10×70mm

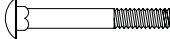
83  ×10 Ø10

84  ×10 M10

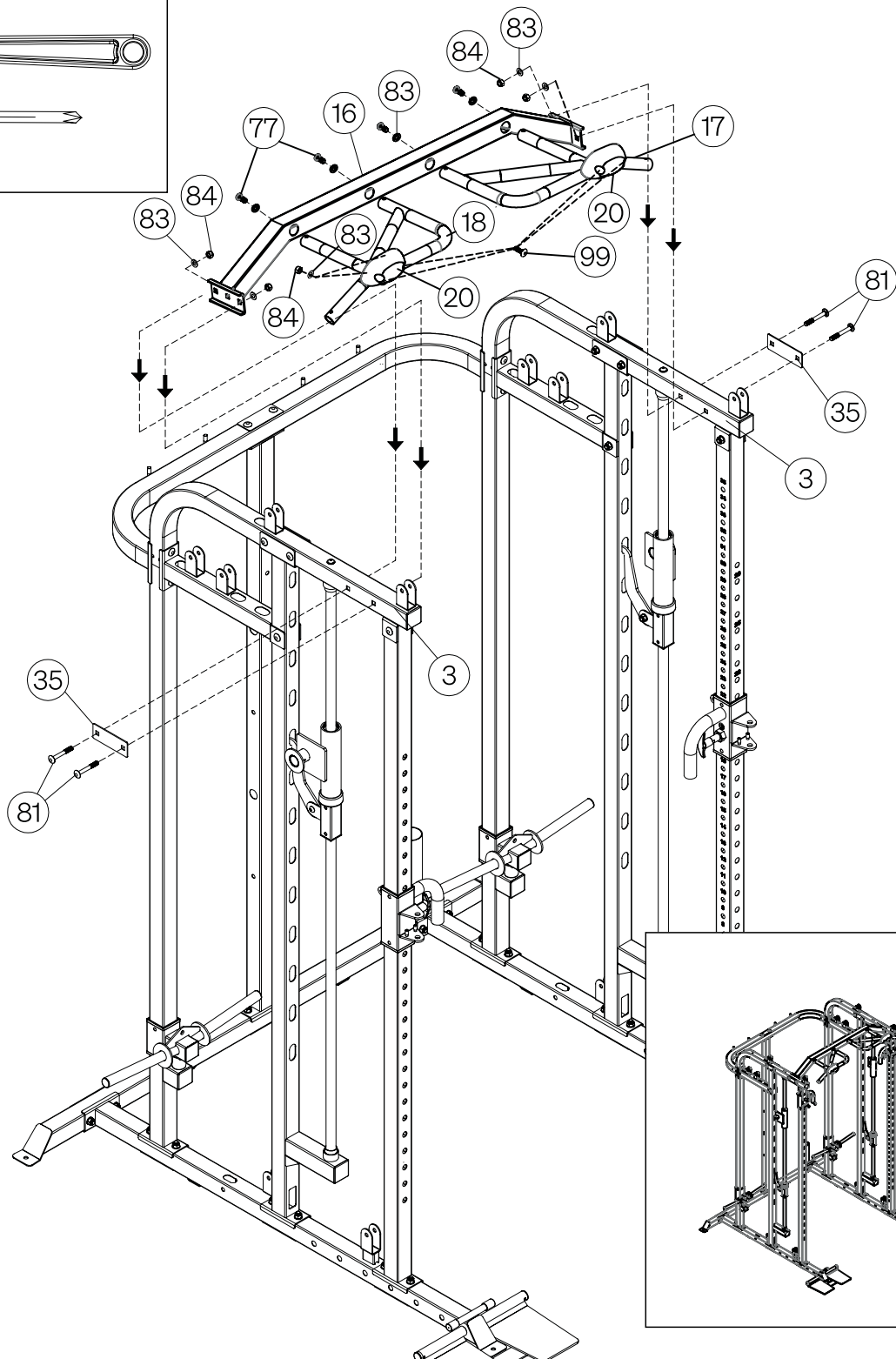
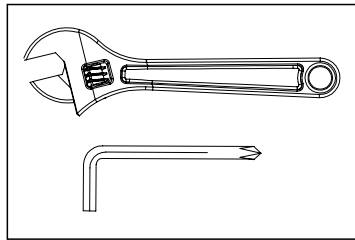


PASO 9

- Adjunte el Rack de Dominadas de Agarre Múltiple (#16) al Soporte Cruzado Superior (#9) usando 4 x Tornillos Allen M10×25mm (#77), 8 x Arandelas de 10mm (#83) y 8 x Tuercas de Aeronáutica M10 (#84).
- Adjunte la Barra de Lat Izquierda (#17) al Marco Superior (#3) usando 2 x Tornillos Allen M10×30mm (#102), 2 x Arandelas de 10mm (#83) y 2 x Tuercas de Aeronáutica M10 (#84).
- Adjunte la Barra de Lat Derecha (#18) al Marco Superior (#3) usando 2 x Tornillos Allen M10×30mm (#102), 2 x Arandelas de 10mm (#83) y 2 x Tuercas de Aeronáutica M10 (#84).

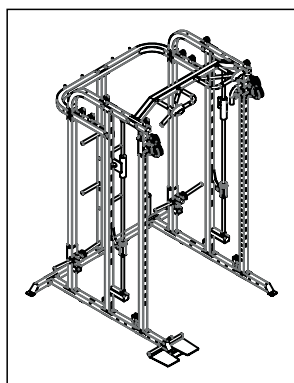
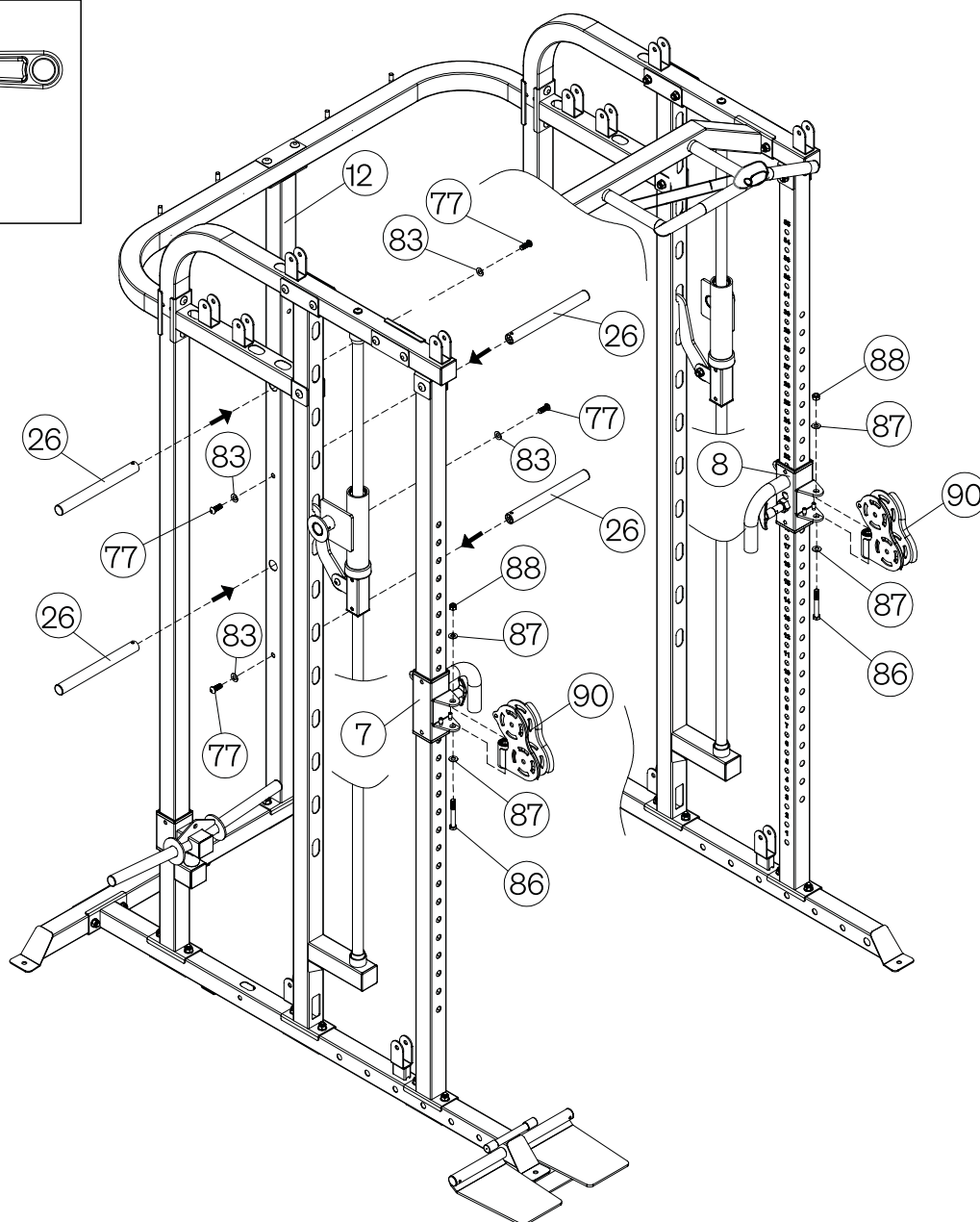
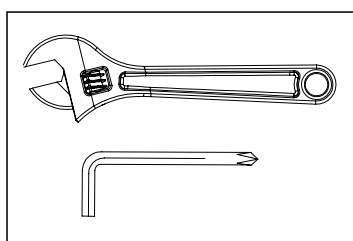
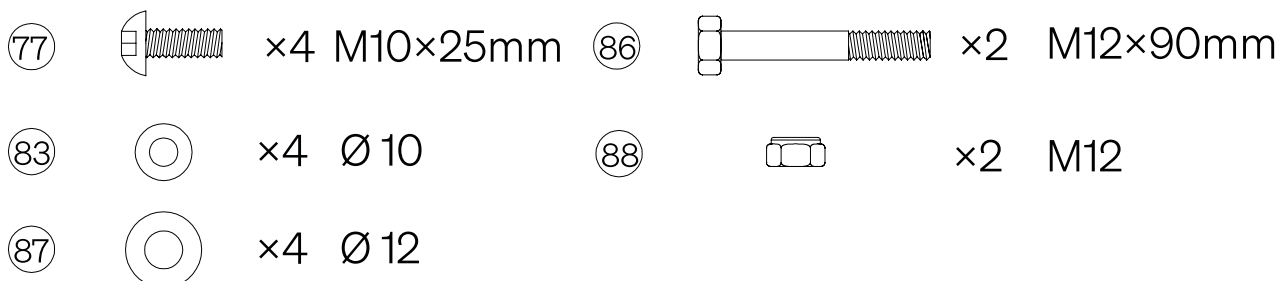
(81)  x4 M10×70mm (77)  x4 M10×25mm

(83)  x12 Ø 10 (84)  x8 M10 (99)  x4 M10×30mm



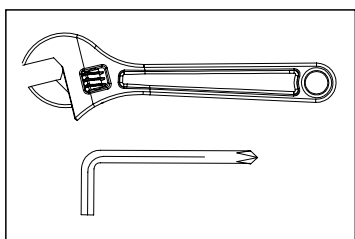
PASO 10

- Inserte 4 x Tubos para Placas de Peso (#26) en el Marco para Placas de Peso (#12) y asegúrelos con 4 x Tornillos Allen M10×25mm (#77) y 4 x Arandelas de 10mm (#83).
- Adjunte 1 x Conjunto de Polea Doble (#90) al Conjunto de Polea Derecha (#7) usando 1 x Tornillo Allen M12×90mm (#86), 2 x Arandelas de 12mm (#87) y 1 x Tuerca de Aeronáutica M12 (#88).
- Adjunte 1 x Conjunto de Polea Doble (#90) al Conjunto de Polea Izquierda (#8) usando 1 x Tornillo Allen M12×90mm (#86), 2 x Arandelas de 12mm (#87) y 1 x Tuerca de Aeronáutica M12 (#88).

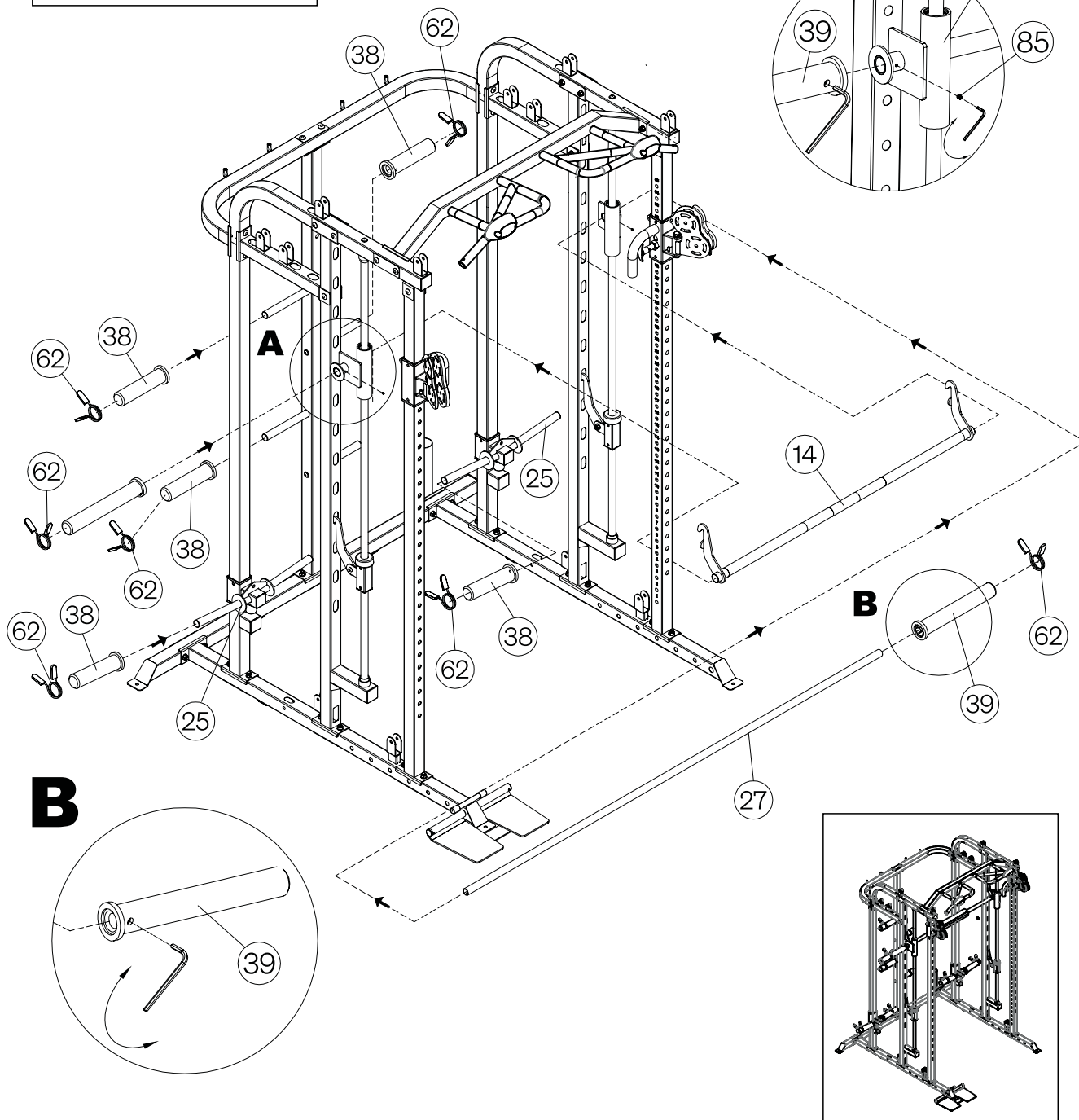
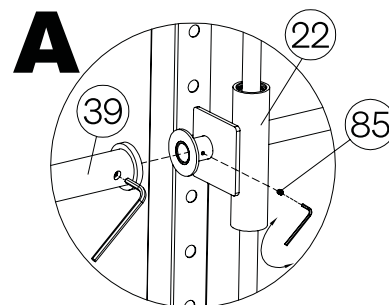


- Adjunte 5 x Manguitos Olímpicos (#38) a los Tubos para Placas de Peso (#26) y asegúrelos con 5 x Clips de Resorte (#62).
- Adjunte el Manguito Olímpico Largo (#39) a la Barra de Peso (#27) y asegúrelo con Clips de Resorte (#62).
- Tenga en cuenta en la Figura A que la Barra de Peso (#27) debe ser empujada a través del Manguito Olímpico Largo (#39) y la Manga del Rodillo Guía (#22).

(85)  × 2 M6 × $\frac{1}{4}$ "

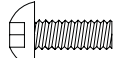
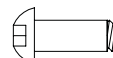


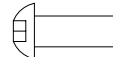
3# 4# Allen Wrench(Tool)

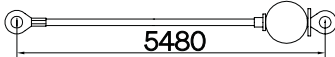


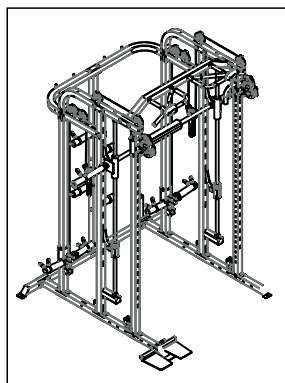
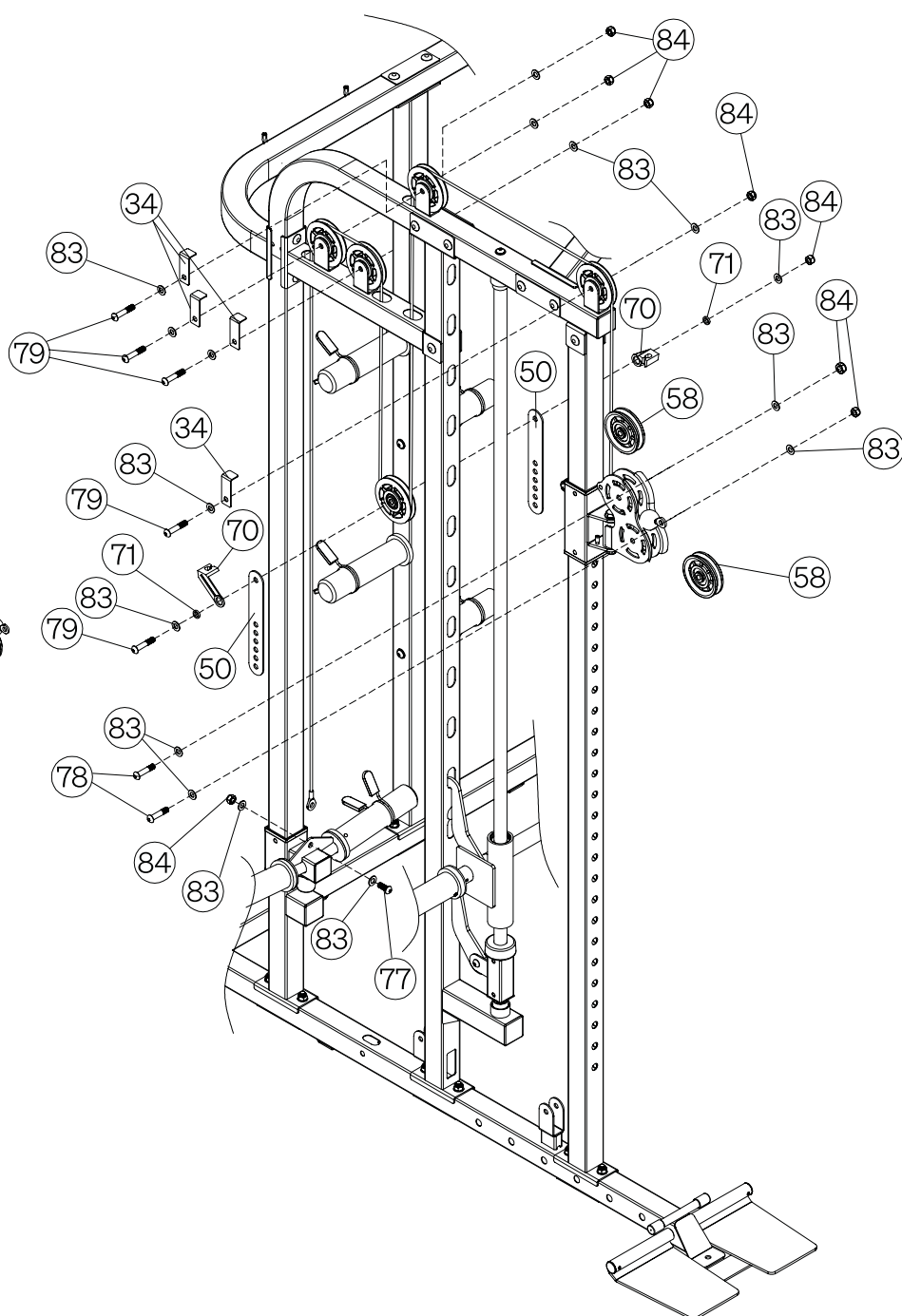
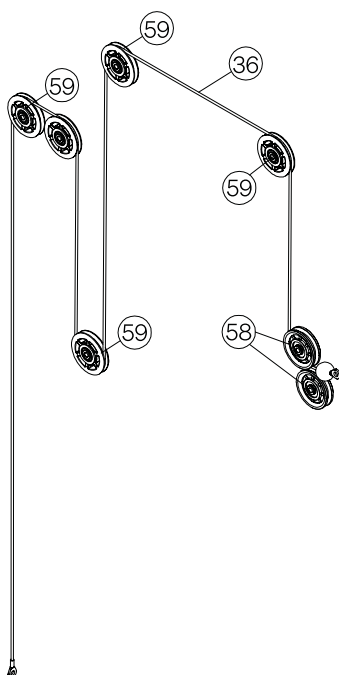
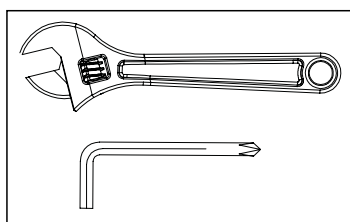
PASO 12

- Instale el Cable Superior (#36) a ambos lados de acuerdo con el diagrama mostrado arriba utilizando 4 x Poleas (#90) (58), 10 x Poleas (#97) (#59), 2 x Soportes de Polea Flotante Doble (#50), 4 x Sujetadores de Cable (#70), 4 x Bushings para Sujetadores de Cable (#71), 8 x Sujetadores de Cable en L (#34), 2 x Tornillos Allen M10×25mm (#77), 4 x Tornillos Allen M10×45mm (#78), 10 x Tornillos Allen M10×50mm (#79), 32 x Arandelas de 10mm (#83) y 16 x Tuercas de Aviación M10 (#84).

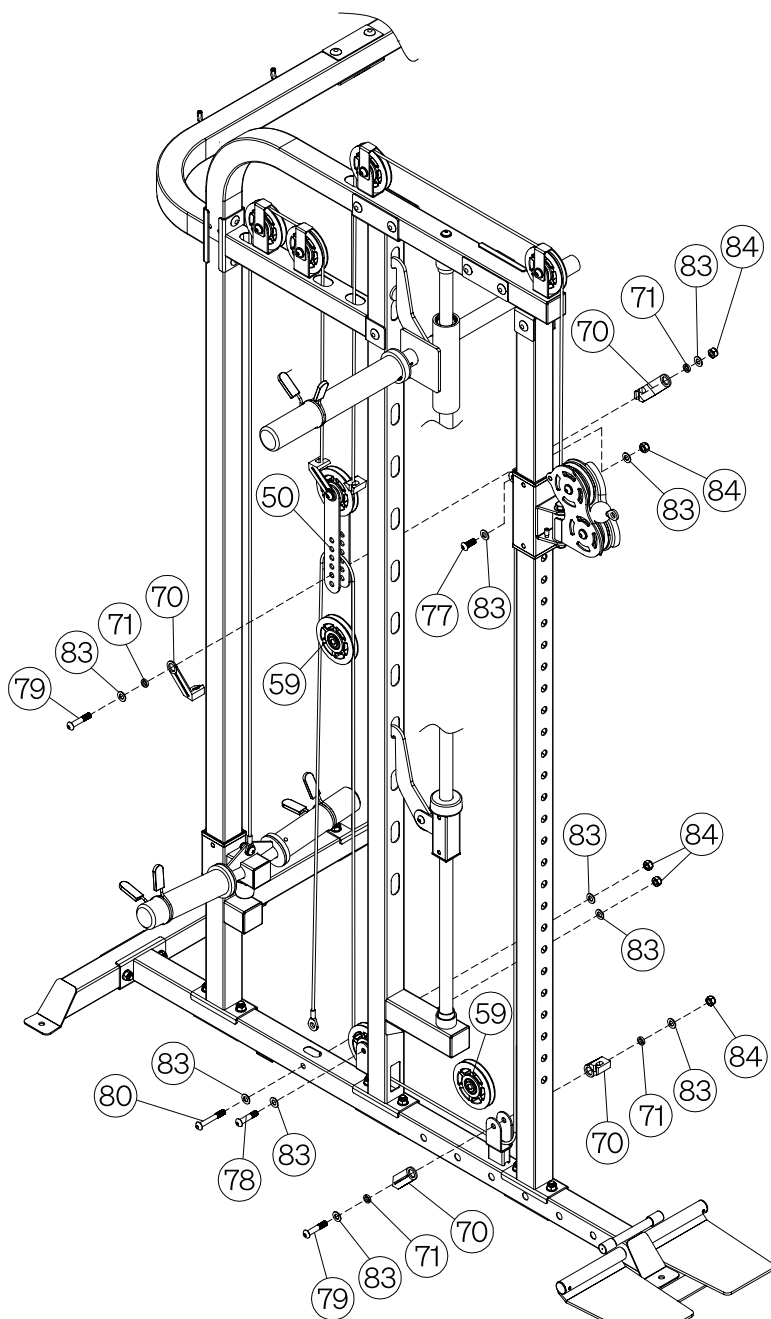
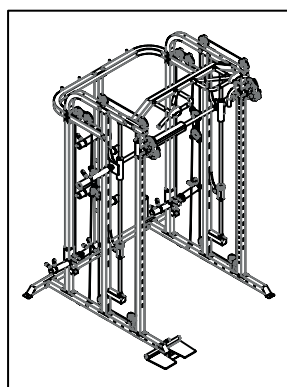
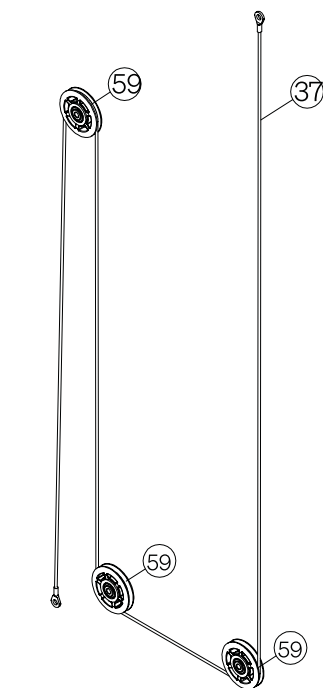
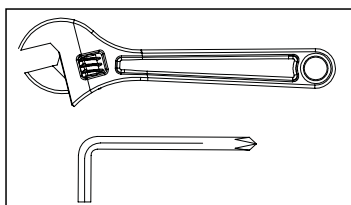
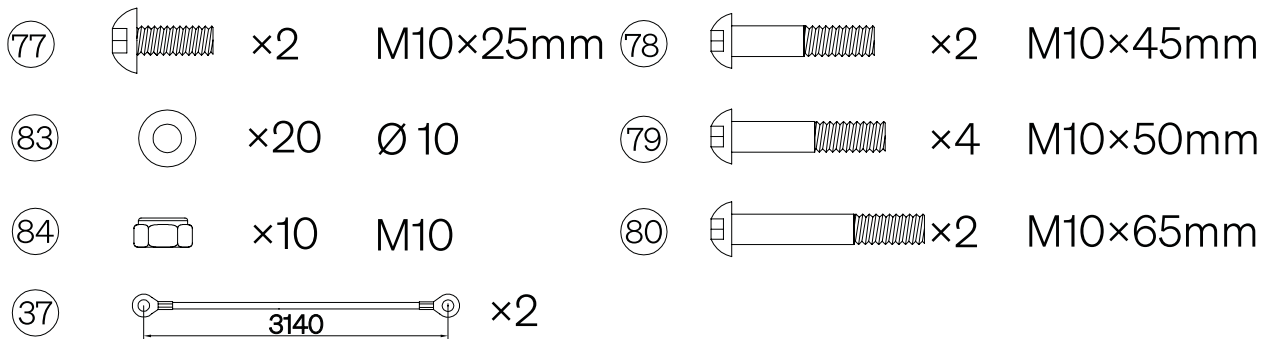
(77)  ×2 M10×25mm (78)  ×4 M10×45mm

(83)  ×32 Ø 10 (79)  ×10 M10×50mm

(84)  ×16 M10 (36)  ×2

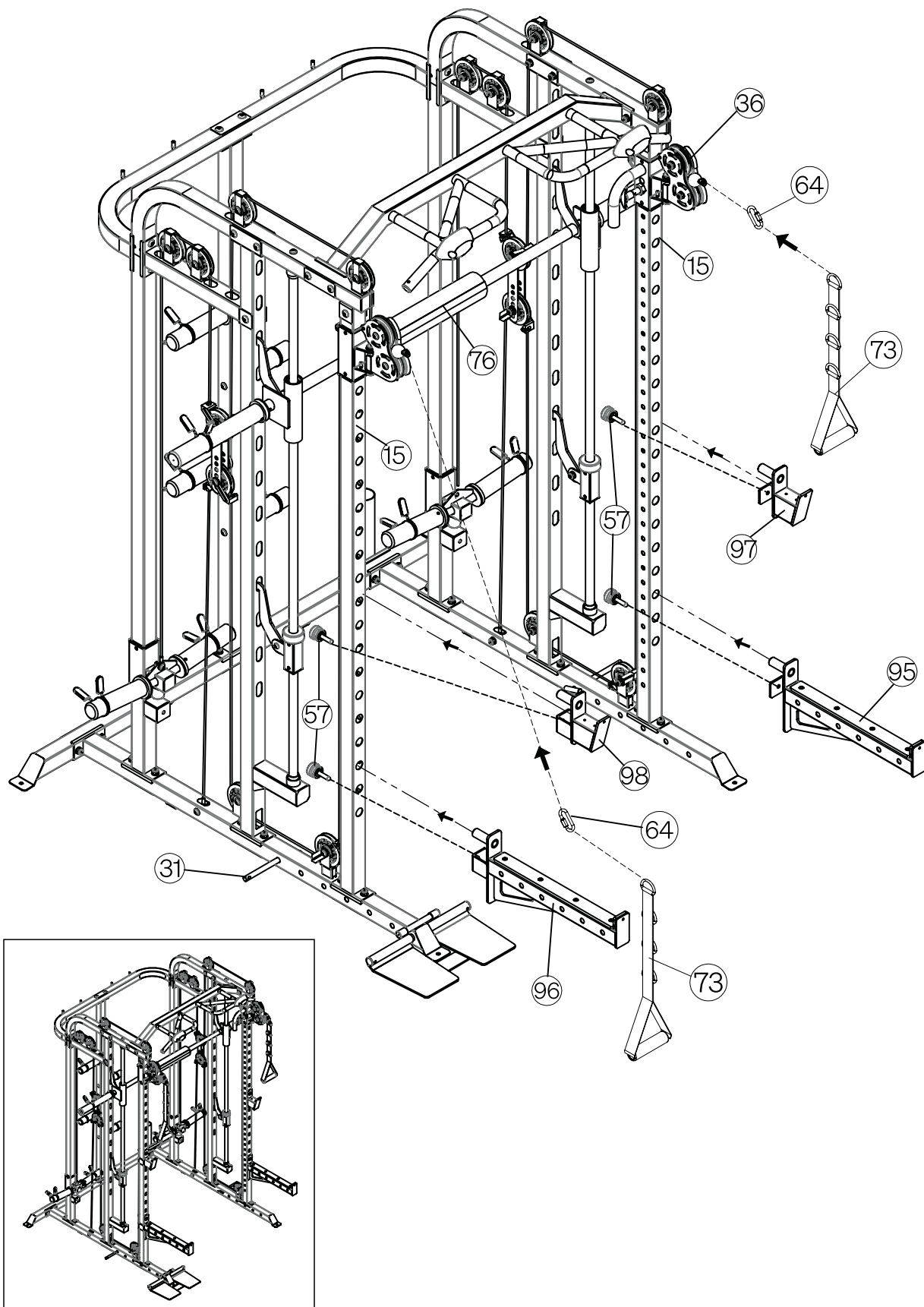


- Instale el Cable de Mariposa (#37) a ambos lados de acuerdo con el diagrama mostrado arriba utilizando 6 x Poleas (#97) (#59), 2 x Soportes de Polea Flotante Doble (#50), 8 x Sujetadores de Cable (#70), 8 x Bushings para Sujetadores de Cable (#71), 2 x Tornillos Allen M10×25mm (#77), 2 x Tornillos Allen M10×45mm (#78), 4 x Tornillos Allen M10×50mm (#79), 2 x Tornillos Allen M10×65mm (#80), 20 x Arandelas de 10mm (#83) y 10 x Tuercas de Aviación M10 (#84).



PASO 14

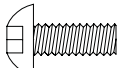
- Adjunte 2 x Correas de Asa Individual (#73) al Cable Superior (#36) en ambos lados utilizando 2 x Clips en C (#64).
- Adjunte la Barra Paralela Derecha (#19) y la Barra Paralela Izquierda (#20) al Tubo Vertical Frontal (#15) en ambos lados.
- Adjunte el Soporte de Seguridad Izquierdo (#95) y el Soporte de Seguridad Derecho (#96) al Tubo Vertical Frontal (#15) en ambos lados.
- Adjunte el Rack Izquierdo (#97) y el Rack Derecho (#98) al Tubo Vertical Frontal (#15) en ambos lados.

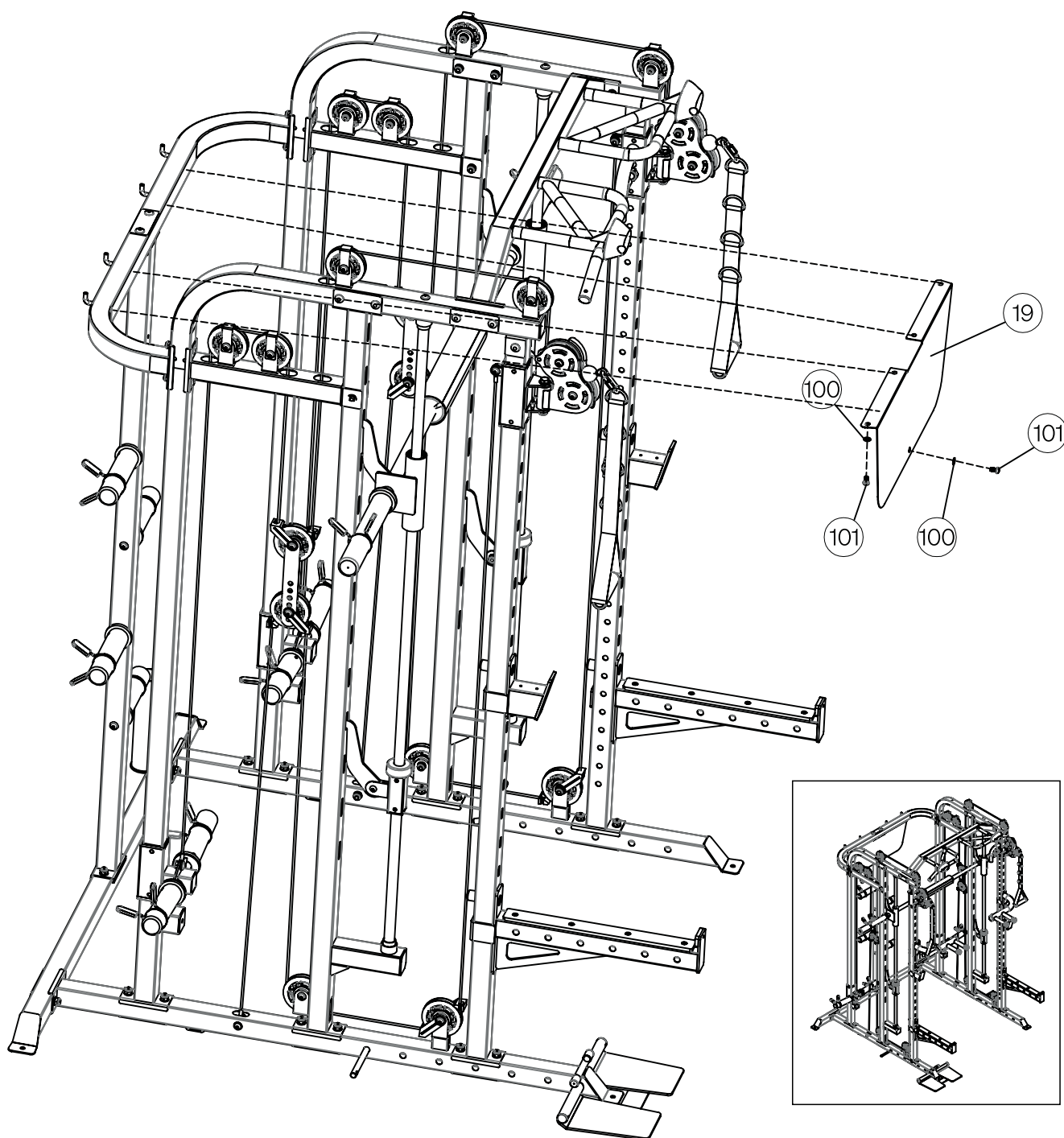


PASO 15

ES

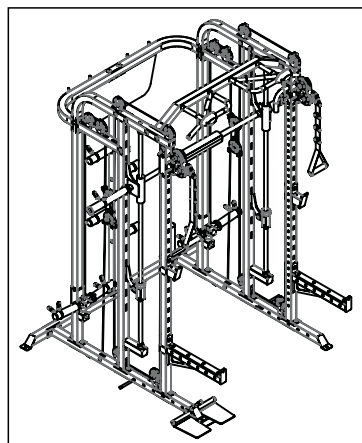
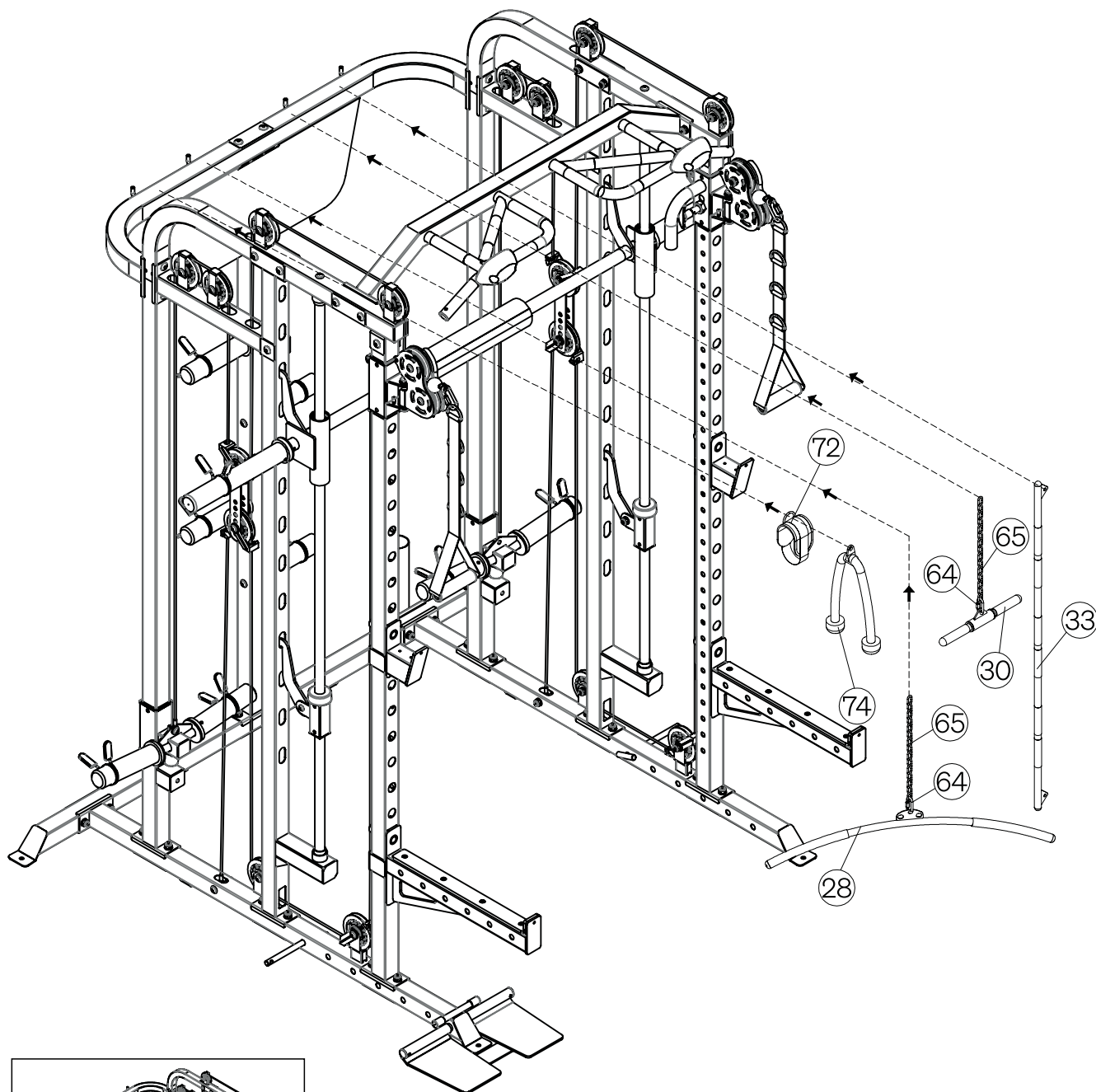
- Adjunte el Panel de Cartón (#99) al Soporte Cruzado Superior (#9) utilizando 2 x Tornillos Allen M8×16 (#101) y 2 x Arandelas de 8 mm (#103).

(101)  x5 M8×16mm (100)  x5 Ø8



PASO 16

- Coloque la Barra de Lat (#28), el Mango de Curl (#30), la Barra Larga (#33), la Correa para Tobillo (#72) y la Cuerda para Tríceps (#74) en el Soporte Cruzado Superior (#9).



3. Entrenamiento

3.1 EJERCICIOS PARA CALENTAR Y ENFRIAR

- Realice estos estiramientos para comenzar con su entrenamiento. Nunca estires demasiado los músculos.
- Le recomendamos que haga 10 repeticiones de cada uno de los siguientes ejercicios y el bloque completo hasta 5 veces.
- A continuación, planifique el entrenamiento de acuerdo con su nivel de condición física personal. Después del entrenamiento, realice también ejercicios de estiramiento para enfriar adecuadamente.

1



GIROS CON LA CABEZA

Gire su cabeza hacia la derecha por un segundo, sienta como se estira el lado izquierdo de su cuello, luego gire su cabeza hacia tras por un segundo, estirando su barbilla hacia el techo y dejando su boca abierta. Gire su cabeza hacia la izquierda por un segundo, luego deje caer su cabeza hacia su pecho por un segundo.

2



LEVANTAMIENTO DE HOMBROS

Levante su hombro hacia su oreja por un segundo. Luego levante su hombro izquierdo por un segundo a medida que baja su hombro derecho.

3



ESTIRAMIENTOS LATERALES

Abra sus brazos hacia un lado y levántelos hasta que estén sobre su cabeza. Alcance su brazo derecho hacia el techo tanto como pueda durante un segundo. Repita esta acción con su brazo izquierdo.

4



ESTIRAMIENTO DE CUÁDRICEPS

Con una mano hacia la pared para equilibrarse, mueva su otra mano hacia atrás y levante su pie derecho. Lleve su talón lo más cerca posible de sus glúteos. Aguante durante 15 segundos y repita con el pie izquierdo.

5



ESTIRAMIENTO DEL MUSLO INTERIOR

Siéntese con las suelas de sus pies juntas y sus rodillas apuntando hacia afuera. Empuje sus pies hacia su ingle tan cerca como sea posible. Empuje sus rodillas suavemente hacia el suelo. Aguante durante 15 segundos.

6



DEDOS DE LOS PIES

Inclínese lentamente hacia su cintura, dejando su espalda y brazos relajados a medida que se estira hacia los dedos de sus pies. Llegue los más lejos que pueda y aguante durante 15 segundos.

7



ESTIRAMIENTO DE TENDONES

Extienda su pierna derecha. Descanse la suela de su pie izquierdo hacia su muslo interior derecho. Estírese hacia los dedos de su pie derecho tanto como pueda. Aguante durante 15 segundos. Relaje y repita con la pierna izquierda.

8



ESTIRAMIENTO DE PANTORILLA/ TENDÓN DE AQUILES

Apóyese hacia una pared con su pierna izquierda frente a la derecha y con sus brazos hacia adelante. Mantenga su pierna derecha recta y el pie izquierdo sobre el suelo; luego doble la pierna izquierda y apóyese hacia adelante moviendo su cadera hacia la pared. Aguante, luego repita con el otro lado durante 15 segundos.

4. Limpieza

6.1 LIMPIEZA

- El nivel de seguridad del equipo solo se puede mantener si se examina regularmente en busca de daños y desgaste, por ejemplo, en los puntos de conexión.
- Lubrique las piezas móviles periódicamente con aceite ligero para evitar el desgaste prematuro.
- Inspeccione y apriete todas las piezas antes de usar el equipo, reemplace cualquier pieza defectuosa de inmediato y no use el equipo hasta que esté en perfectas condiciones de funcionamiento.
- El equipo se puede limpiar con un paño húmedo y detergente suave no abrasivo. No use solventes.
- No intente reparar este equipo usted mismo. Si tiene alguna dificultad con el ensamblaje, la operación o el uso de su producto de ejercicio, o si cree que le faltan piezas, póngase en contacto con el minorista.

5. Desecho

Recycling loop



El material de empaque puede trasladarse de nuevo al ciclo de materias primas. Deshágase del material de embalaje de acuerdo a las normativas legales. Puede encontrar información en los sistemas de recogida y retorno de residuos de su comunidad.

Más información

Nuestros videotutoriales para usted!

Montaje, uso, desmontaje.



Enlace a los videos:
https://sportstech.link/SXM150_video

¡También estamos en redes sociales!

Obtenga la última información sobre nuestros productos, entrenamientos y mucho más aquí:



Instagram
<https://sportstech.link/instagram>

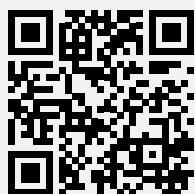


Facebook
<https://sportstech.link/facebook>

SPORTSTECH LIVE APP

La aplicación SPORTSTECH LIVE te ofrece, entre otras cosas:

- Entrenamientos individuales con entrenadores profesionales
- Videos de paisajes y aire libre
- Establecer prioridades de entrenamiento
- Datos de entrenamiento en tiempo real
- Historial y métricas de entrenamiento
- Competir con otros en el modo Competition: consigue trofeos en el ranking
- Entrenamientos sin usar dispositivos como, por ejemplo, yoga
- Recetas de cocina sabrosas y variadas
- ... y mucho más.



Consigue más información aquí: <https://sportstech.link/app-download>

Chère clientèle,

nous sommes heureux que vous ayez choisi un appareil de la gamme SPORTSTECH. Avec les équipements sportifs de SPORTSTECH, vous bénéficiez de la meilleure des qualités et de la technologie la plus récente.

Afin d'exploiter pleinement le potentiel de votre appareil et d'en profiter pendant de nombreuses années, veuillez lire attentivement ce mode d'emploi avant la mise en service et avant le début de l'entraînement. Utilisez l'appareil conformément aux instructions du mode d'emploi.

Nous déclinons toute responsabilité pour les dommages résultant d'une utilisation non conforme.



AVERTISSEMENT ! Danger en cas d'utilisation inappropriée!



- Assurez-vous que **TOUTES** les personnes utilisant l'appareil ont lu et compris ce manuel d'utilisation. Conservez ce manuel à proximité de l'appareil.
- Respectez **TOUS** les conseils de sécurité de ce manuel.
- Ne faites **JAMAIS** d'efforts excessifs pour vous-même ou pour d'autres personnes lorsque vous utilisez l'appareil.

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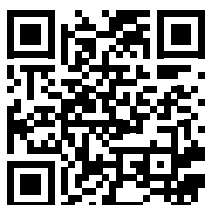
Contenu de l'emballage

1	SXM150 POWER RACK	2	Manuel d'utilisation
3	Clé Allen	4	Clé à molette
5	Barre latérale	6	Barre plus courte
7	Corde à triceps	8	2 x Poignées réglables
9	Barre de poussée chromée	10	2 x J-Hook
11	2 x Bras de sécurité		

Caractéristiques techniques

Dimensions du produit (LxIxH)	199,5 × 163 × 222 cm
Poids net de l'appareil	127 kg
Poids maximum autorisé de l'utilisateur	125 kg

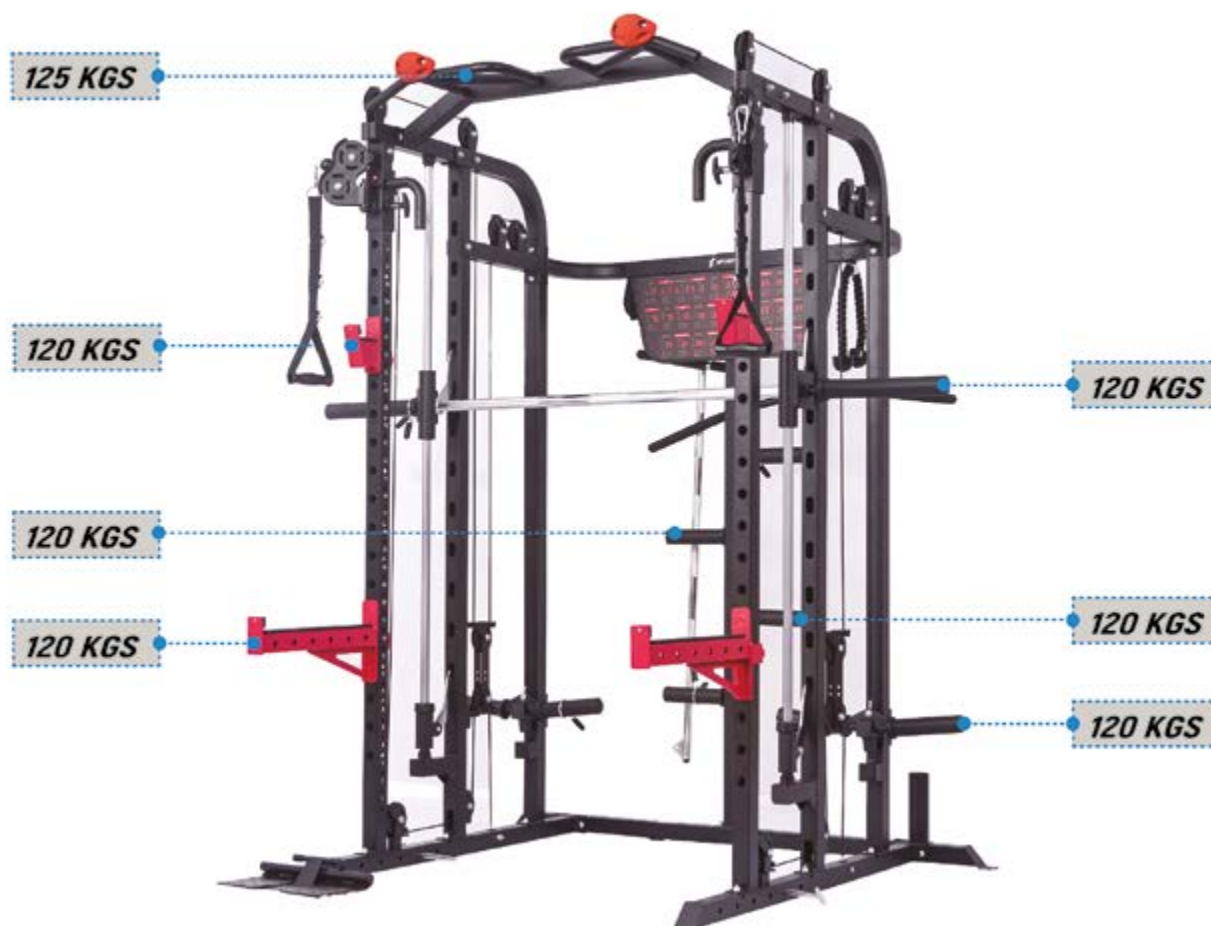
Vue éclatée/ liste des pièces détachées



- Identifiez la pièce détachée nécessaire à l'aide du dessin et de la liste et notez le numéro.
- Contactez notre service clientèle par e-mail ou par téléphone et indiquez le numéro de la pièce détachée. Vous trouverez les coordonnées au dos du manuel ou sur notre site web.
- Vérifiez avec nos collaborateurs toutes les autres démarches à effectuer.

Le lien suivant vous permet d'accéder à la vue éclatée et la liste des pièces détachées :
https://sportstech.link/sxm150_spareparts

Capacité maximale de poids par composant



1. Consignes de sécurité importantes



AVERTISSEMENT ! Danger lié à une utilisation inappropriée !

- Lisez toutes les instructions et les consignes de sécurité avant d'utiliser l'appareil. Suivez-les attentivement.
- Risque d'atteinte à la santé, voire de mort, en cas d'entraînement inapproprié ou excessif !
- L'appareil ne convient pas à des usages médicaux ou à des applications nécessitant une grande précision.
- Faites également preuve de bon sens pour prévenir les risques.



EXIGENCES PERSONNELLES

APTITUDES PHYSIQUES

AVERTISSEMENT ! Risque d'atteinte à la santé, voire de mort, en cas d'entraînement inapproprié ou excessif ! L'utilisation de l'appareil est éprouvante pour la circulation sanguine et l'appareil locomoteur.

- L'intensité d'utilisation (vitesse) **ne doit jamais dépasser la condition physique actuelle de l'utilisateur.**
- Surveillez toujours les signaux physiques. **La prise de pouls peut être approximative.**
- **Arrêtez immédiatement toute activité physique en cas de** malaise, faiblesse, douleurs dans les membres, douleurs dans la poitrine, nausées, difficultés respiratoires ou autres symptômes.
- Si nécessaire, demandez un avis médical avant de vous entraîner ; en particulier si vous êtes un peu plus âgé, si vous avez des problèmes médicaux ou si vous êtes peu entraîné.
- Les personnes présentant des contraintes ne doivent pas utiliser l'appareil sans une surveillance appropriée et à une faible vitesse.

Poids et âge autorisés

- **Seuls les adultes** sont autorisés à utiliser l'appareil.
- **Le poids maximal autorisé est de 125 kg.**
- **Les enfants de moins de 14 ans ne doivent en aucun cas utiliser l'appareil ni effectuer le nettoyage ou l'entretien de l'appareil.**



CONDITIONS GÉNÉRALES D'UTILISATION

- **Ne pas utiliser l'appareil à des fins commerciales**, mais uniquement pour un usage domestique. **Ne pas utiliser l'appareil à des fins thérapeutiques.**
- Les enfants et les animaux domestiques doivent être tenus à une **distance de sécurité** d'au moins 3 m (10 ft) de l'appareil. Le tapis en mouvement est particulièrement dangereux.



DÉBALLAGE ET INSTALLATION

- **DANGER ! Risque d'étouffement !** Tenir les sacs en plastique et autres à l'écart des enfants et des animaux.
- Pour faciliter le retour, conservez le matériel d'emballage pendant la période de retour. Éliminez-le plus tard selon les directives locales en vigueur.
- Installez l'appareil uniquement sur une **surface solide et plane** dans **un endroit sec à l'intérieur**. Protégez les surfaces fragiles par un tapis résistant à la chaleur : Le compartiment moteur peut chauffer.
- Installez l'appareil en laissant suffisamment **d'espace libre** autour ; laissez surtout un espace d'au moins 2 m (6.6 ft) derrière l'appareil (voir section "Installation de l'appareil").



ASSEMBLAGE

- Vérifiez que vous avez tous les composants et outils répertoriés dans la liste des pièces, en gardant à l'esprit que, pour faciliter l'assemblage, certains composants sont pré-assemblés.
- Gardez les enfants et les animaux à l'écart de la zone d'exercice, car les petites pièces peuvent présenter un risque d'étouffement si elles sont avalées.
- Assurez-vous d'avoir suffisamment d'espace pour disposer les pièces avant de commencer.
- Assemblez l'article aussi près que possible de son emplacement final (dans la même pièce).
- Le produit doit être installé sur une surface stable et plane.
- Éliminez tous les emballages avec soin et responsabilité.



UTILISATION

- Gardez les enfants sans surveillance à l'écart de l'équipement.
- Des blessures peuvent résulter d'un entraînement incorrect ou excessif.
- Si certains dispositifs de réglage sont laissés saillants, ils peuvent gêner les mouvements de l'utilisateur.
- Il est de la responsabilité du propriétaire de s'assurer que tous les utilisateurs de ce produit sont correctement informés de son utilisation en toute sécurité.
- Ce produit est destiné à un usage domestique uniquement.
- Ne pas utiliser dans un cadre commercial, locatif ou institutionnel.
- Avant d'utiliser l'équipement pour faire de l'exercice, effectuez toujours des étirements pour bien vous échauffer.
- Si l'utilisateur ressent des vertiges, des nausées, des douleurs thoraciques ou d'autres symptômes anormaux, arrêtez immédiatement l'entraînement et consultez un médecin.
- Une seule personne à la fois doit utiliser l'équipement.
- Gardez les mains à l'écart de toutes les parties mobiles.
- Portez toujours des vêtements adaptés pour l'exercice. Ne portez pas de vêtements amples ou trop larges, car ils pourraient se coincer dans l'équipement. Portez des baskets pour protéger vos pieds pendant l'exercice.
- Ne placez pas d'objets tranchants autour de l'équipement.
- Les personnes handicapées ne doivent pas utiliser l'équipement sans la présence d'une personne qualifiée ou d'un médecin.
- Gardez cet équipement à l'intérieur, à l'abri de l'humidité et de la poussière. Ne placez pas l'équipement dans un garage, un bâtiment extérieur, une terrasse couverte ou à proximité de l'eau.
- Si les enfants sont autorisés à utiliser l'équipement sous supervision, leur développement mental et physique doit être pris en compte. Ils doivent être contrôlés et instruits sur l'utilisation correcte de l'équipement. L'équipement n'est en aucun cas adapté comme jouet.
- Ce produit est conçu pour un poids maximal de l'utilisateur de 125 kg.
- Ce produit n'est pas adapté à des fins thérapeutiques.
- La zone libre doit être d'au moins 0,6 m de plus que la zone d'entraînement dans les directions d'accès à l'équipement. La zone libre doit également inclure la zone pour une descente d'urgence. Lorsque les équipements sont positionnés côte à côte, la valeur de la zone libre peut être partagée.
- Ne placez jamais l'appareil sur une surface bloquant les ouvertures de ventilation.

Pour protéger le sol ou le tapis des dommages ou de la décoloration, placez un tapis de sol spécial sous l'appareil.



Avertissement : *Les parents et les personnes responsables des enfants doivent être conscients de leur responsabilité, car l'instinct naturel de jeu et l'envie d'expérimenter des enfants peuvent entraîner des situations et des comportements pour lesquels l'équipement d'entraînement n'est pas prévu.*

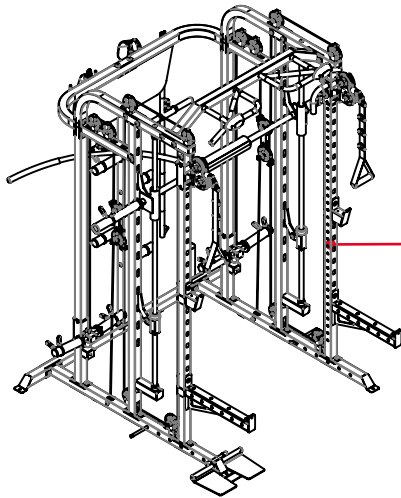
Avertissement : Avant de commencer tout programme d'exercice, consultez votre médecin. Cela est particulièrement important pour les personnes de plus de 35 ans ou souffrant de problèmes de santé préexistants. Vous DEVEZ lire toutes les instructions avant d'utiliser tout équipement de fitness. Veuillez noter que ce produit peut avoir une tolérance de poids d'environ 4 %.



AUTOCOLLANT DE SÉCURITÉ

Les autocollants de sécurité doivent se trouver aux positions indiquées sur la figure suivante

- Veillez à ce qu'ils soient toujours intacts et parfaitement lisibles.



SPORTSTECH

Distributed by:
Sportstech Brands Holding GmbH
Karl-Liebknecht-Str. 7, 10178 Berlin, Germany

Smith Machine

Model: SXM150
Construction year: 2024
Class HC - For consumer use only!



Made in China

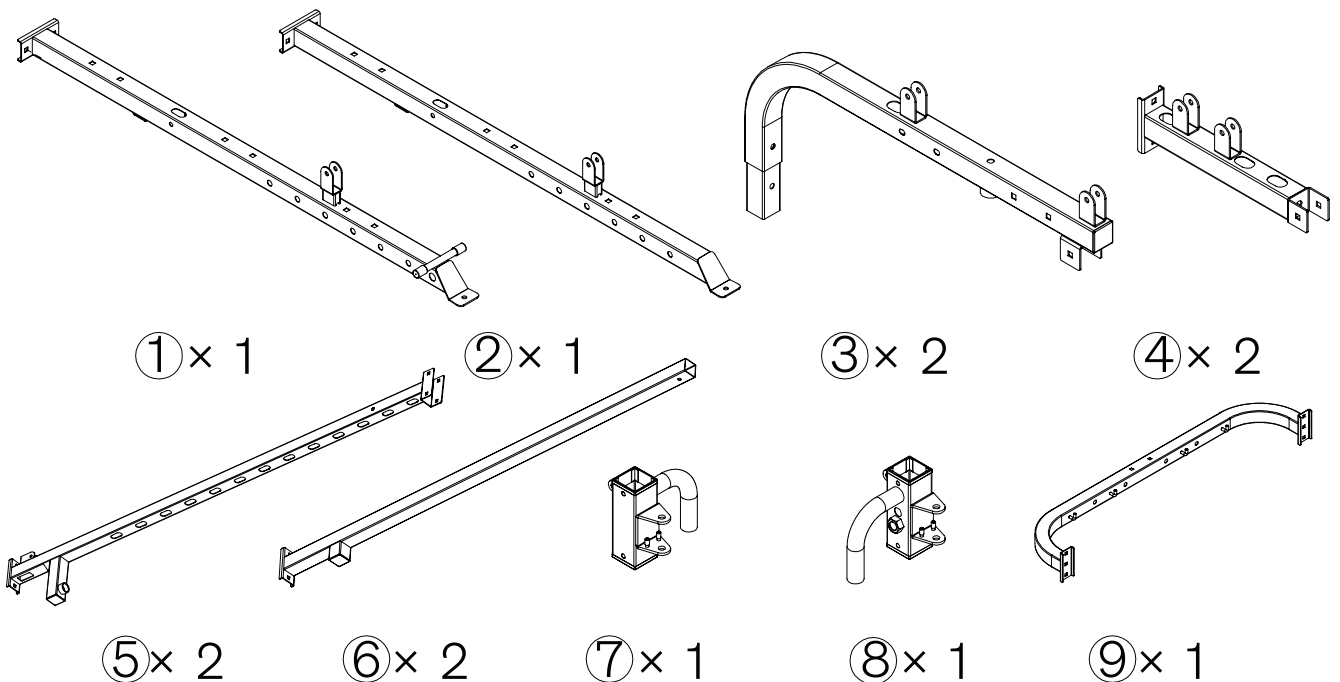
2. Installation, pliage et stockage

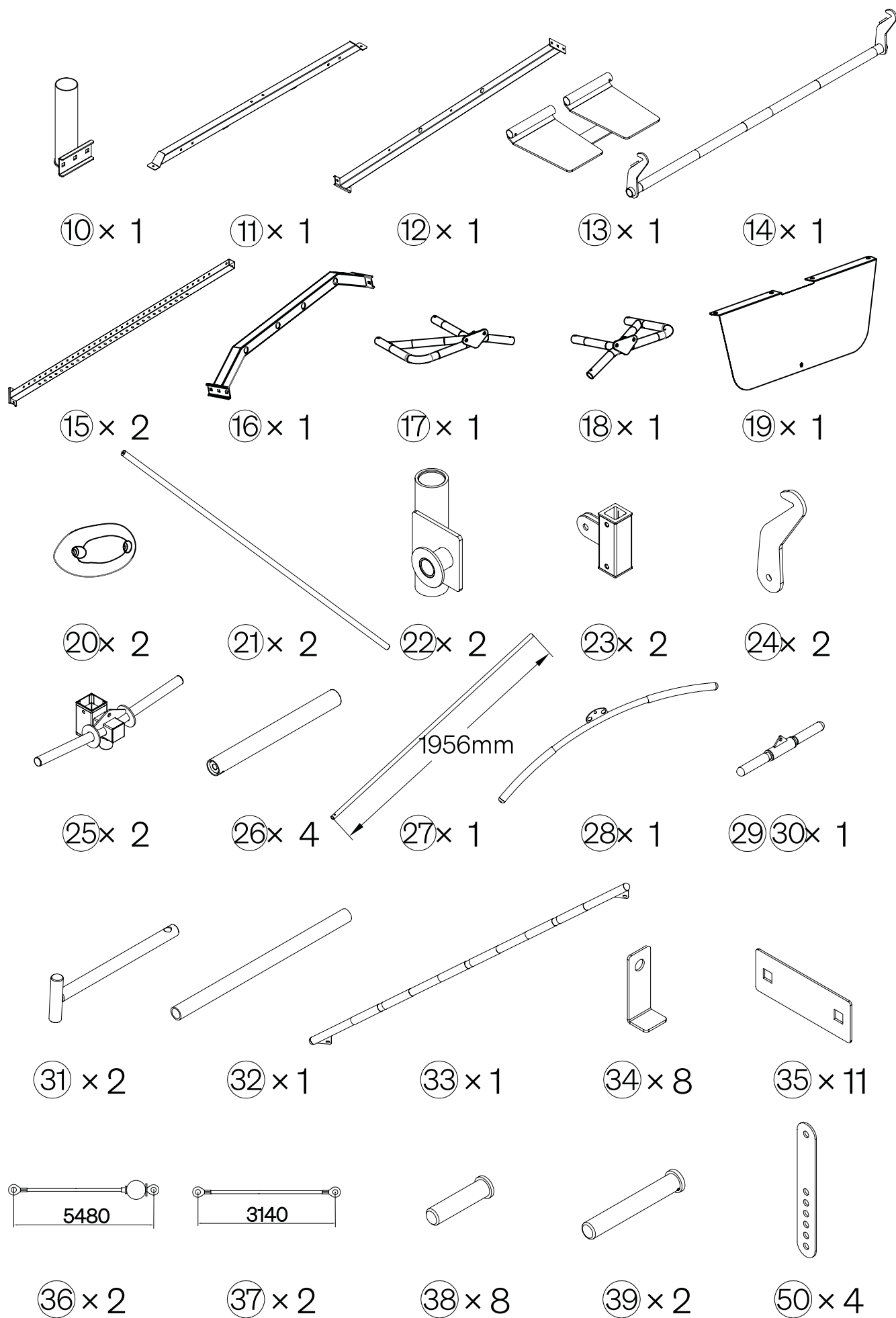
2.1 INSTALLATION

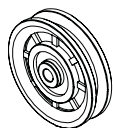
Cherchez un emplacement pour l'appareil qui remplit les conditions suivantes :

- Espace intérieur sec
- L'appareil n'obstrue pas les ouvertures de ventilation.
- Surface résistante à la chaleur ; si nécessaire, utilisez un tapis de sol.
- Espace libre d'au moins 2 m (6.6 ft) derrière l'appareil.
- Espace libre d'au moins 1 m (3.3 ft) de chaque côté de l'appareil.
- Espace libre d'au moins 30 cm (1.0 ft) devant l'appareil.

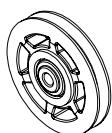
2.2 COMPOSANTS







58 × 4



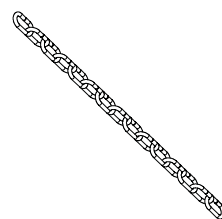
59 × 16



62 × 10



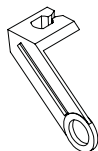
64 × 4



65 × 2



69 × 4



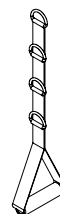
70 × 12



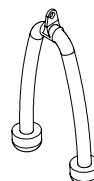
71 × 12



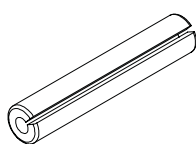
72 × 1



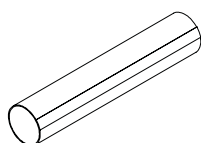
73 × 2



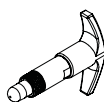
74 × 1



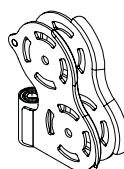
75 × 1



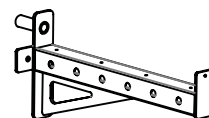
76 × 1



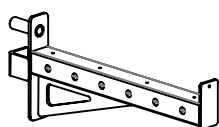
82 × 2



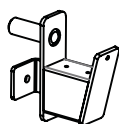
90 × 2



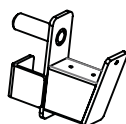
95 × 1



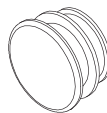
96 × 1



97 × 1



98 × 1



44 × 2

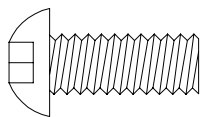


57 × 4

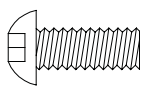


Les composants avec les numéros 40-43, 45-49, 51-56, 63, 66-68 ne sont pas nécessaires pour ce home gym.

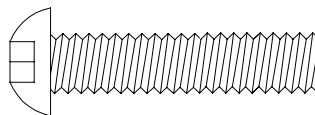
2.3 COMPOSANTS DE FIXATION



⑦⑦ × 14



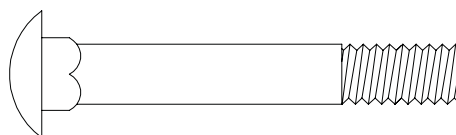
⑩① × 5



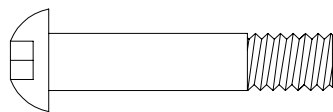
⑨⑨ × 4



⑦⑧ × 6



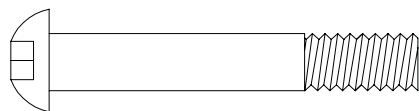
⑧① × 36



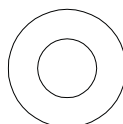
⑦⑨ × 14



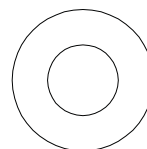
⑧⑥ × 2



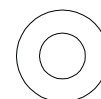
⑧⑩ × 2



⑧③ × 104



⑧⑦ × 4



⑩① × 5



⑨④ × 2



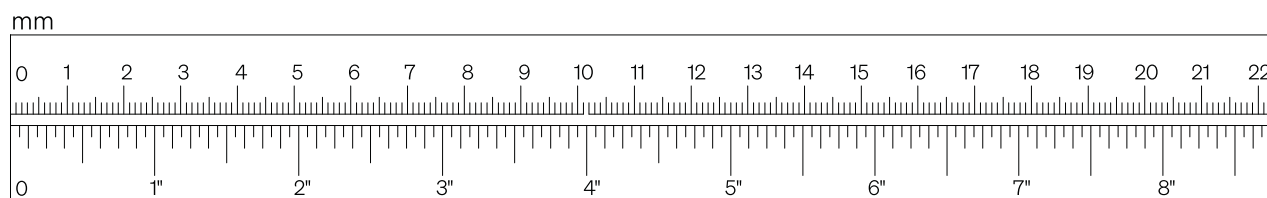
⑧④ × 68



⑧⑧ × 2



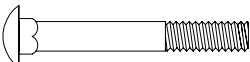
⑧⑤ × 2



ÉTAPE 1

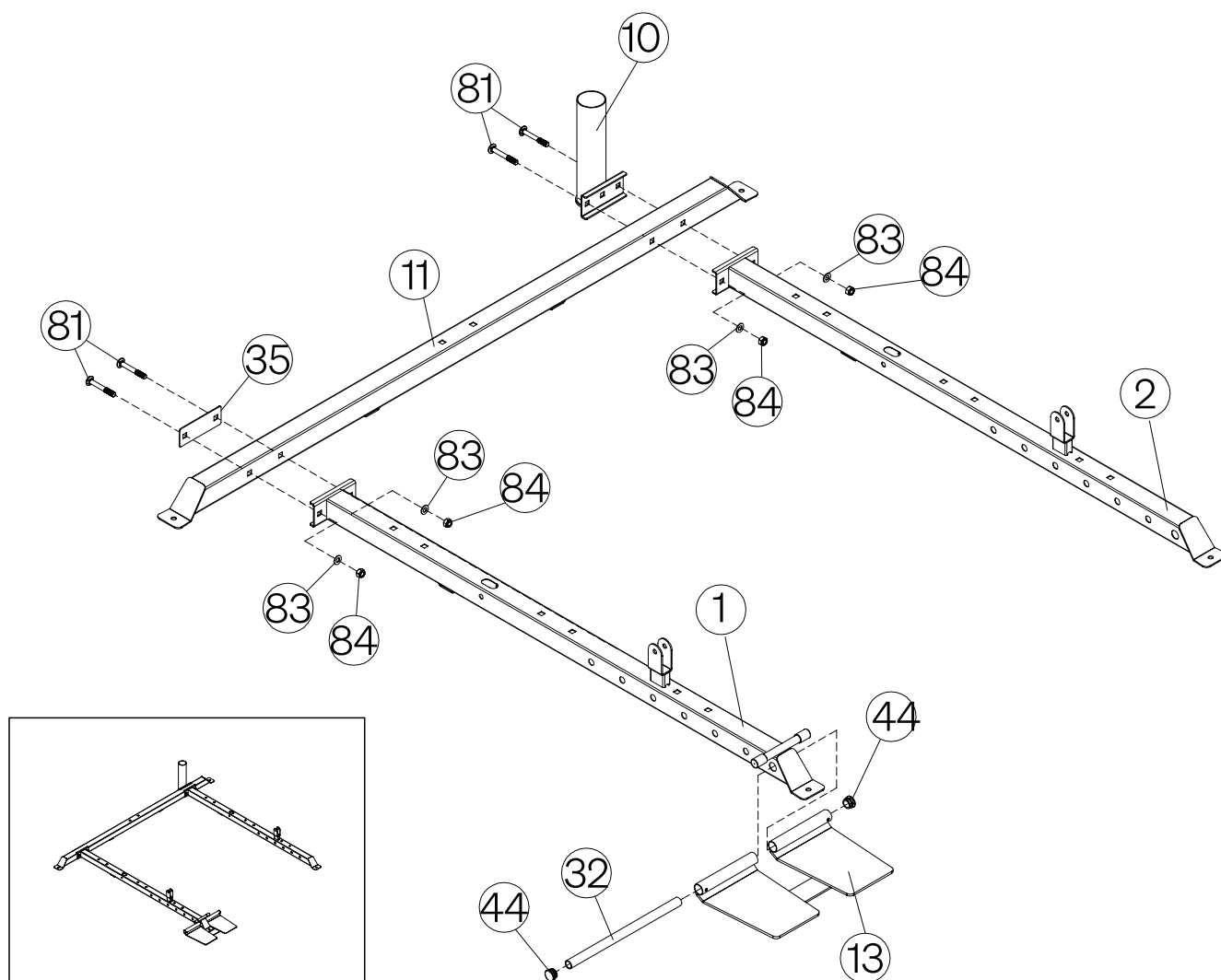
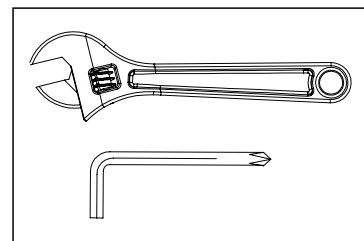
FR

- Fixez le Cadre de Base Arrière (#11) et 1 x Support (#35) au Cadre de Base Droit (#1) à l'aide de 2 x Boulons à Tête Ronde M10×70mm (#81), 2 x Rondelles de 10mm (#83) et 2 x Écrous Aéronautiques M10 (#84).
- Fixez le Support de Rangement pour Barres (#10) au Cadre de Base Gauche (#2) à l'aide de 2 x Boulons à Tête Ronde M10×70mm (#81), 2 x Rondelles de 10mm (#83) et 2 x Écrous Aéronautiques M10 (#84).
- Fixez la Plaque de Pied (#13) et le Tube de Plaque de Pied (#32) au Cadre de Base Droit (#1) et sécurisez les deux extrémités avec 2 x Capuchons de Fin (#44).

81  ×4 M10×70mm

83  ×4 Ø10

84  ×4 M10

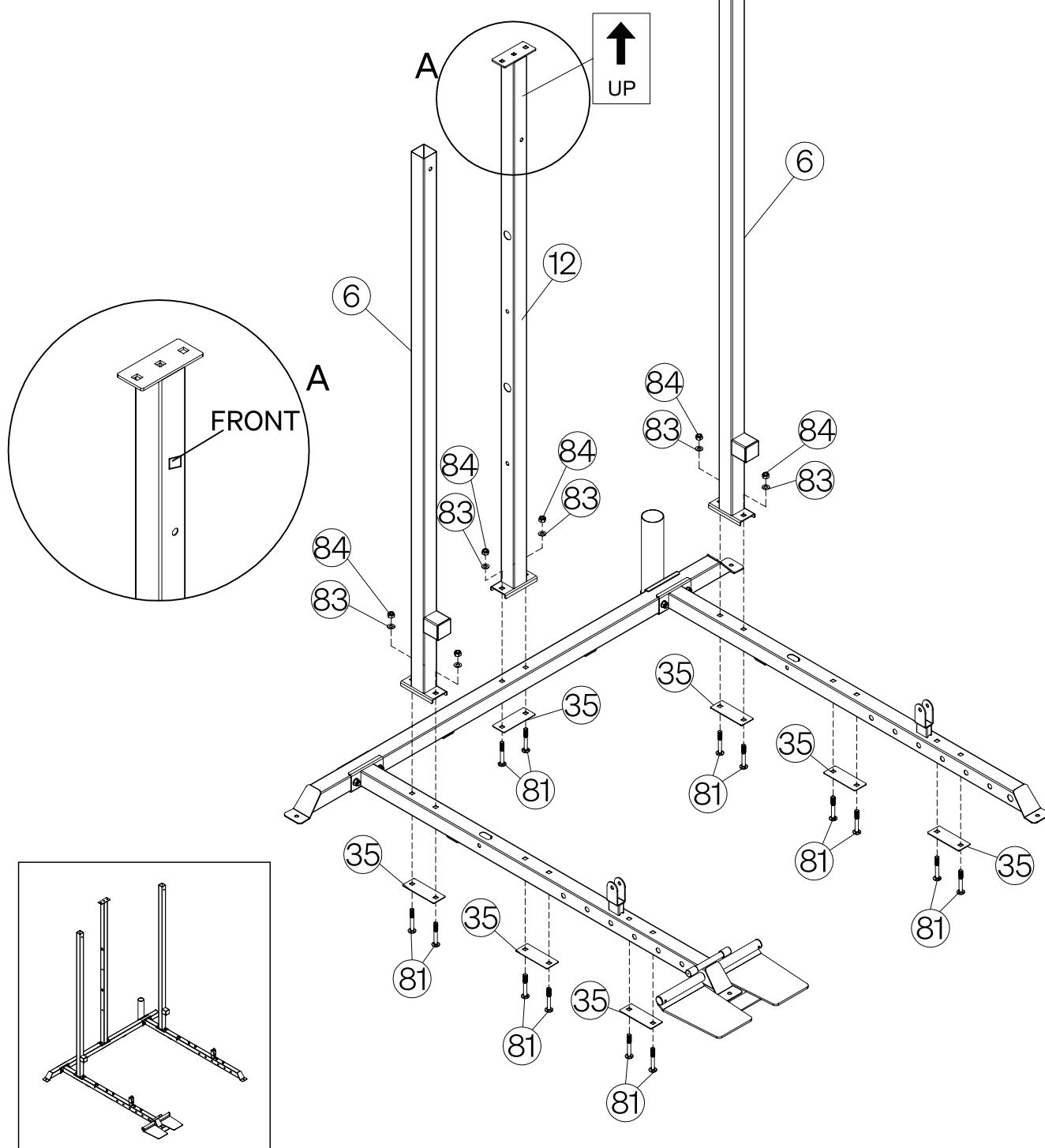
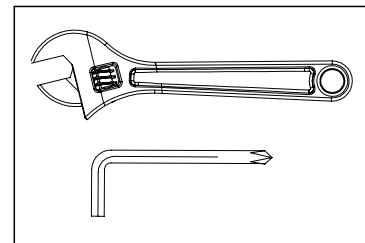


ÉTAPE 2

- Fixez 1 x Tube Vertical Arrière (#6) et 3 x Supports (#35) au Cadre de Base Droit (#1) à l'aide de 6 x Boulons à Tête Ronde M10×70mm (#81), 2 x Rondelles de 10mm (#83) et 2 x Écrous Aéronautiques M10 (#84).
- Fixez 1 x Tube Vertical Arrière (#6) et 3 x Supports (#35) au Cadre de Base Gauche (#2) à l'aide de 6 x Boulons à Tête Ronde M10×70mm (#81), 2 x Rondelles de 10mm (#83) et 2 x Écrous Aéronautiques M10 (#84).
- Fixez le Cadre de Plaque de Poids (#12) au Cadre de Base Arrière (#11) à l'aide de 2 x Boulons à Tête Ronde M10×70mm (#81), 2 x Rondelles de 10mm (#83) et 2 x Écrous Aéronautiques M10 (#84).

81  ×14 M10×70mm

83  ×6 Ø10 84  ×6 M10



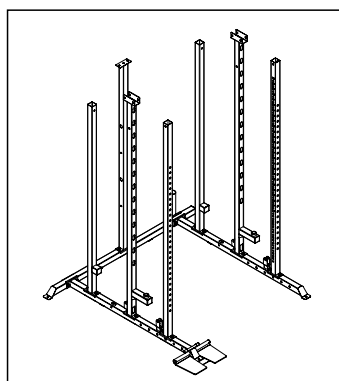
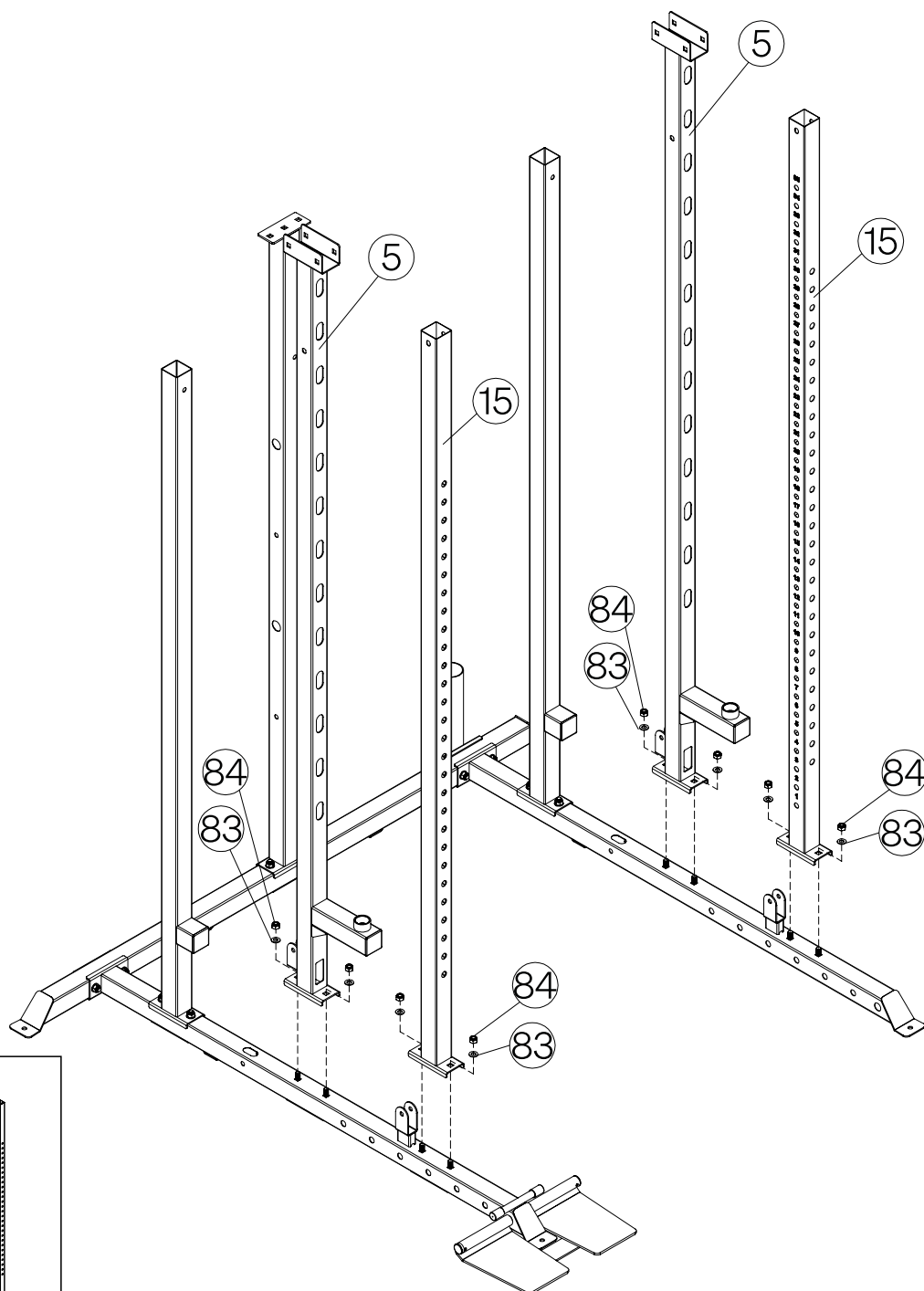
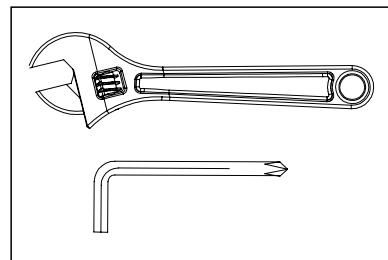
ÉTAPE 3

FR

- Fixez respectivement deux Tubes Verticaux Moyens (#5) au Cadre de Base Droit (#1) et au Cadre de Base Gauche (#2) à l'aide de 2 x Rondelles de 10mm (#83) et 2 x Écrous Aéronautiques M10 (#84).
- Fixez respectivement deux Tubes Verticaux Avant (#15) au Cadre de Base Droit (#1) et au Cadre de Base Gauche (#2) à l'aide de 2 x Rondelles de 10mm (#83) et 2 x Écrous Aéronautiques M10 (#84).

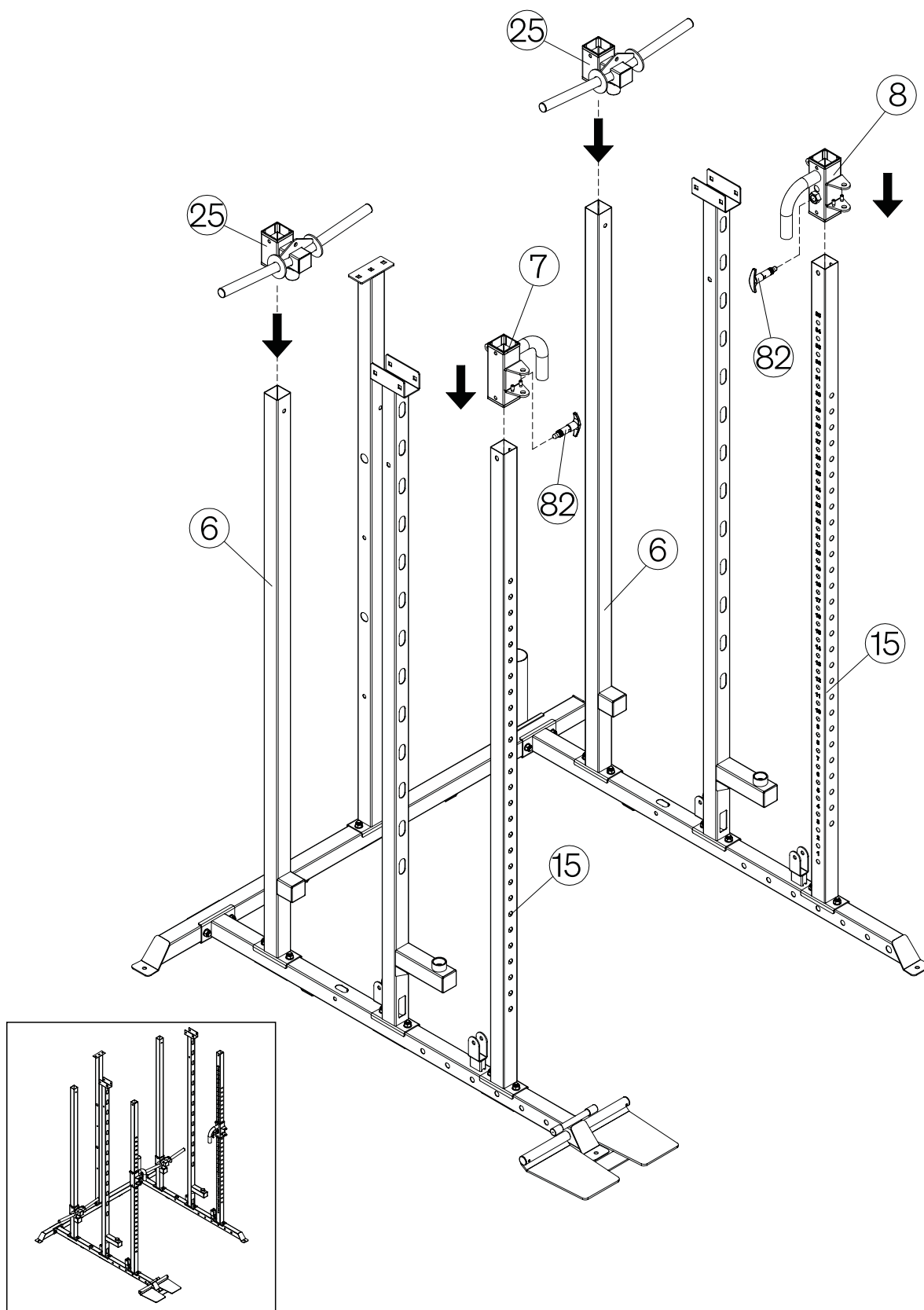
83  x8 Ø10

84  x8 M10



ÉTAPE 4

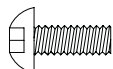
- Placez respectivement deux Chariots de Poids (#25) sur les deux Tubes Verticaux Arrière (#6).
- Fixez l'Ensemble de Poulie de Câble Droit (#7) au Cadre de Base Droit (#1) et sécurisez avec la Goupille de Verrouillage de Poulie de Câble (#82).
- Fixez l'Ensemble de Poulie de Câble Gauche (#8) au Cadre de Base Gauche (#2) et sécurisez avec la Goupille de Verrouillage de Poulie de Câble (#82).



ÉTAPE 5

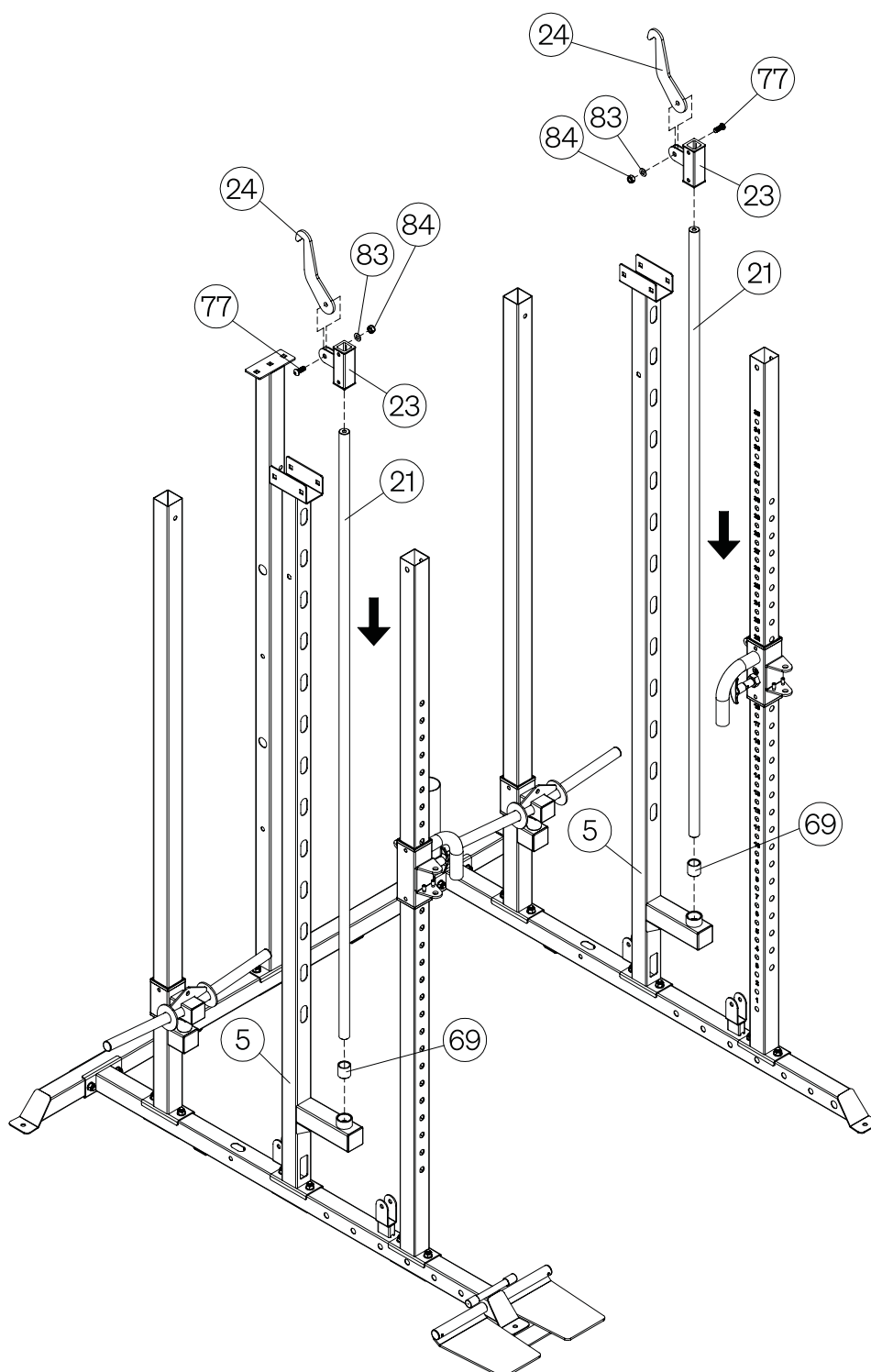
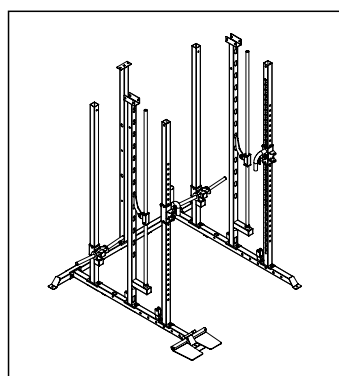
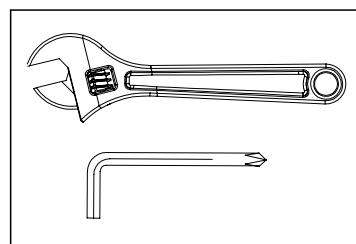
FR

- Fixez 1 x Amortisseur en Caoutchouc de Guidage (#69) et 1 x Tube de Guidage (#21) au Tube Vertical Central (#5), puis fixez 1 x Cadre de Arrêt de Sécurité Inférieur (#23) et 1 x Crochet de Sécurité (#24) au Tube de Guidage (#21) en utilisant 1 x Boulon Allen M10×25mm (#77), 1 x Rondelle de 10mm (#83) et 1 x Écrou Aéronautique M10 (#84).
- Utilisez la même méthode pour assembler l'autre côté.

(77)  ×2 M10×25mm

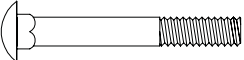
(83)  ×2 Ø 10

(84)  ×2 M10



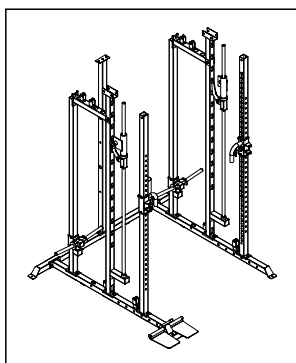
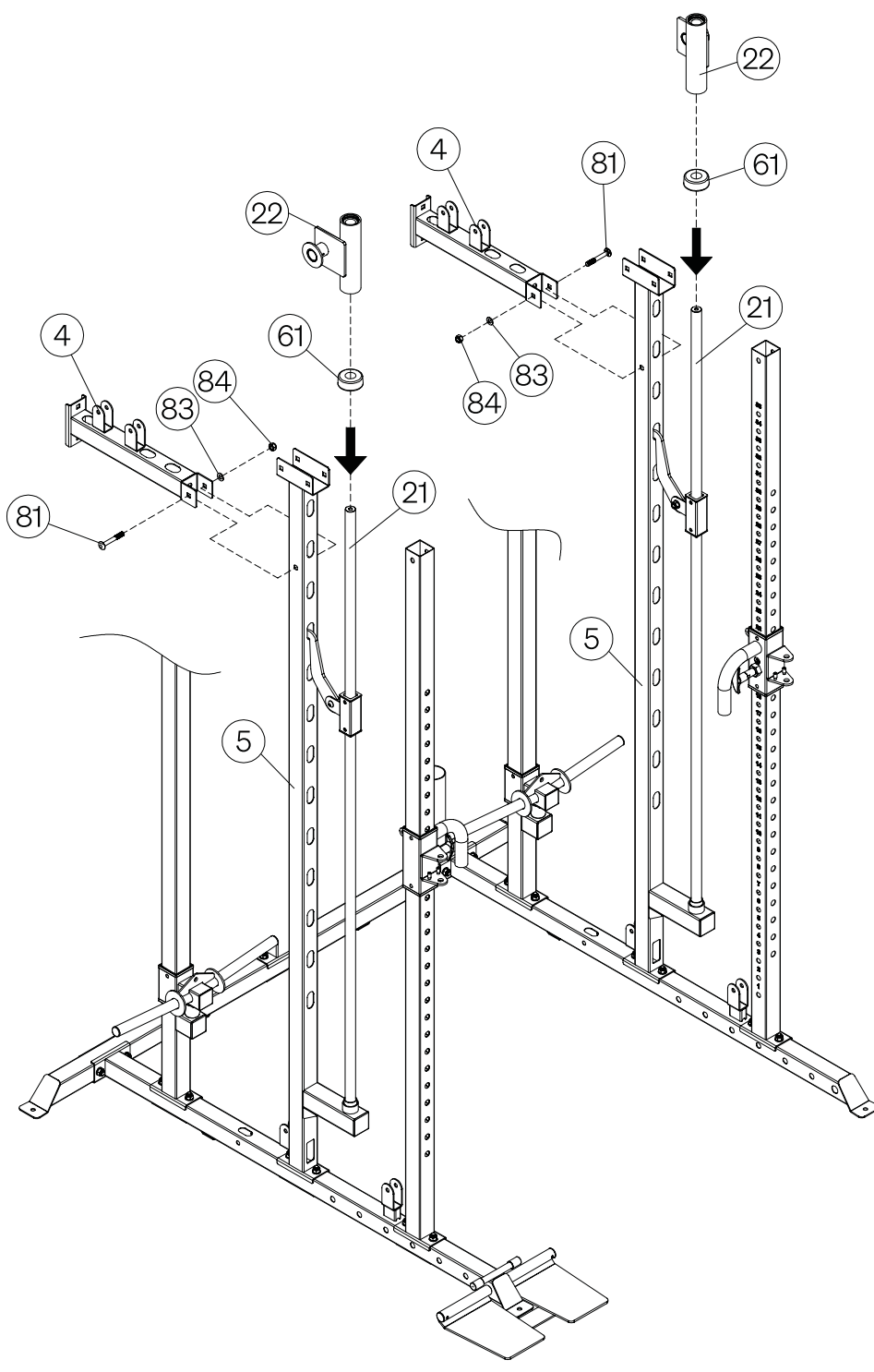
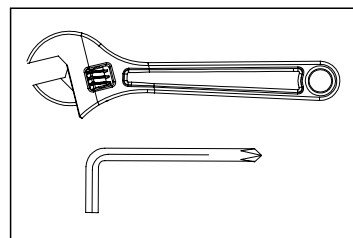
ÉTAPE 6

- Fixez le Support Arrière Supérieur (#4) au Tube Vertical Central (#5) respectivement des deux côtés en utilisant 1 x Boulon Carriage M10×70mm (#81), 1 x Rondelle de 10mm (#83) et 1 x Écrou Aéronautique M10 (#84).
- Placez 1 x Amortisseur en Caoutchouc (#61) et 1 x Manchon de Tube de Guidage (#22) sur le Tube de Guidage (#21) respectivement des deux côtés.

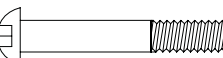
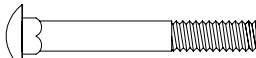
(81)  ×2 M10×70mm

(83)  ×2 Ø10

(84)  ×2 M10

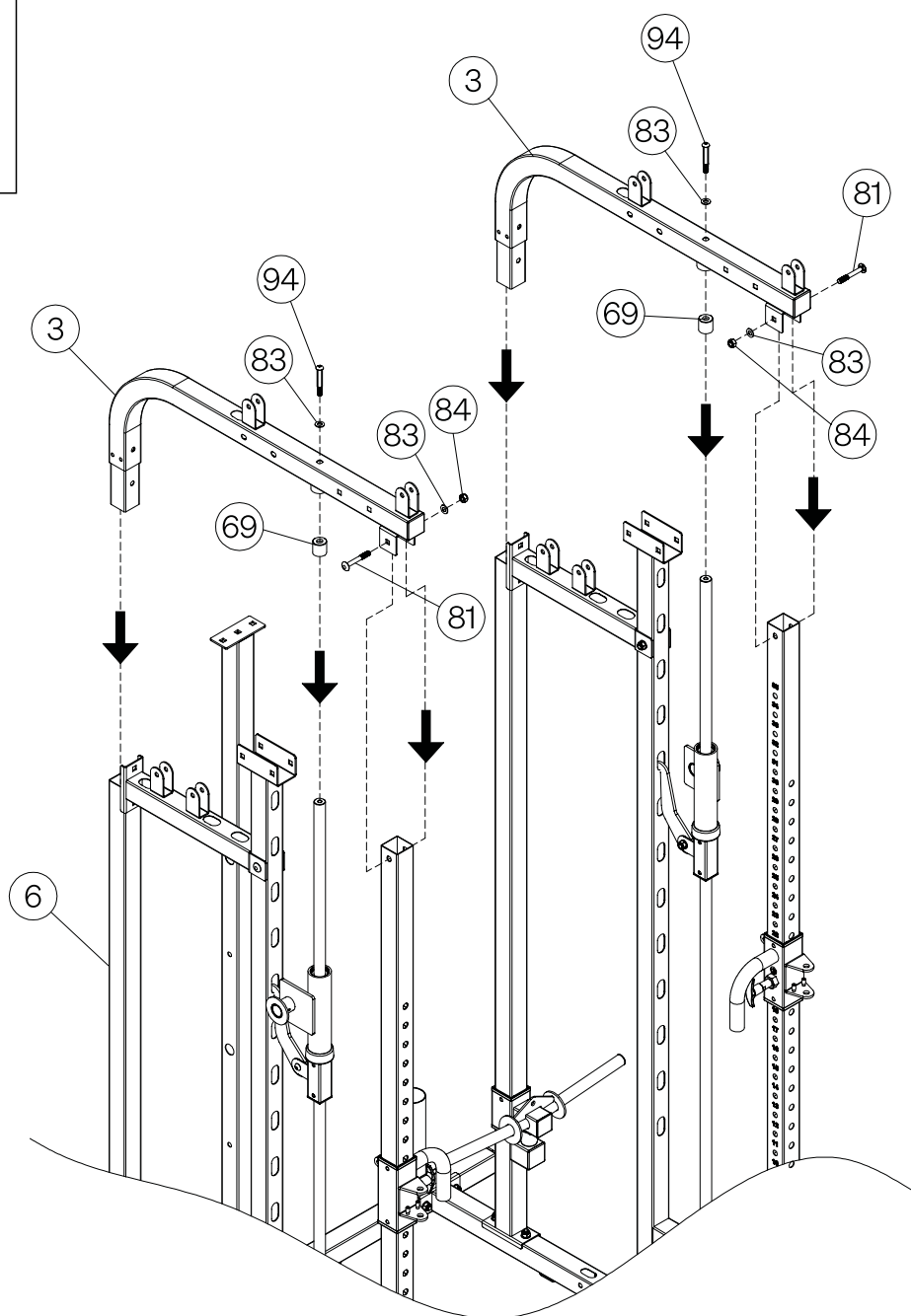
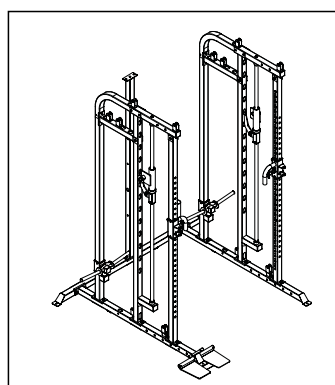
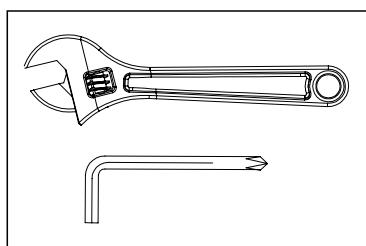


- Fixez le Cadre Supérieur (#3) au Tube Vertical Arrière (#6) et au Tube Vertical Avant (#15) respectivement en utilisant 1 x Amortisseur en Caoutchouc de Guidage (#69), 1 x Boulon Allen M10×80mm (#94), 1 x Boulon Carriage M10×70 (#81), 2 x Rondelles de 10mm (#83) et 1 x Écrou Aéronautique M10 (#84) respectivement des deux côtés.

94  ×2 M10×80mm 81  ×2 M10×70mm

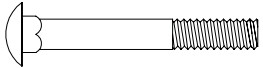
83  ×4 Ø 10

84  ×2 M10



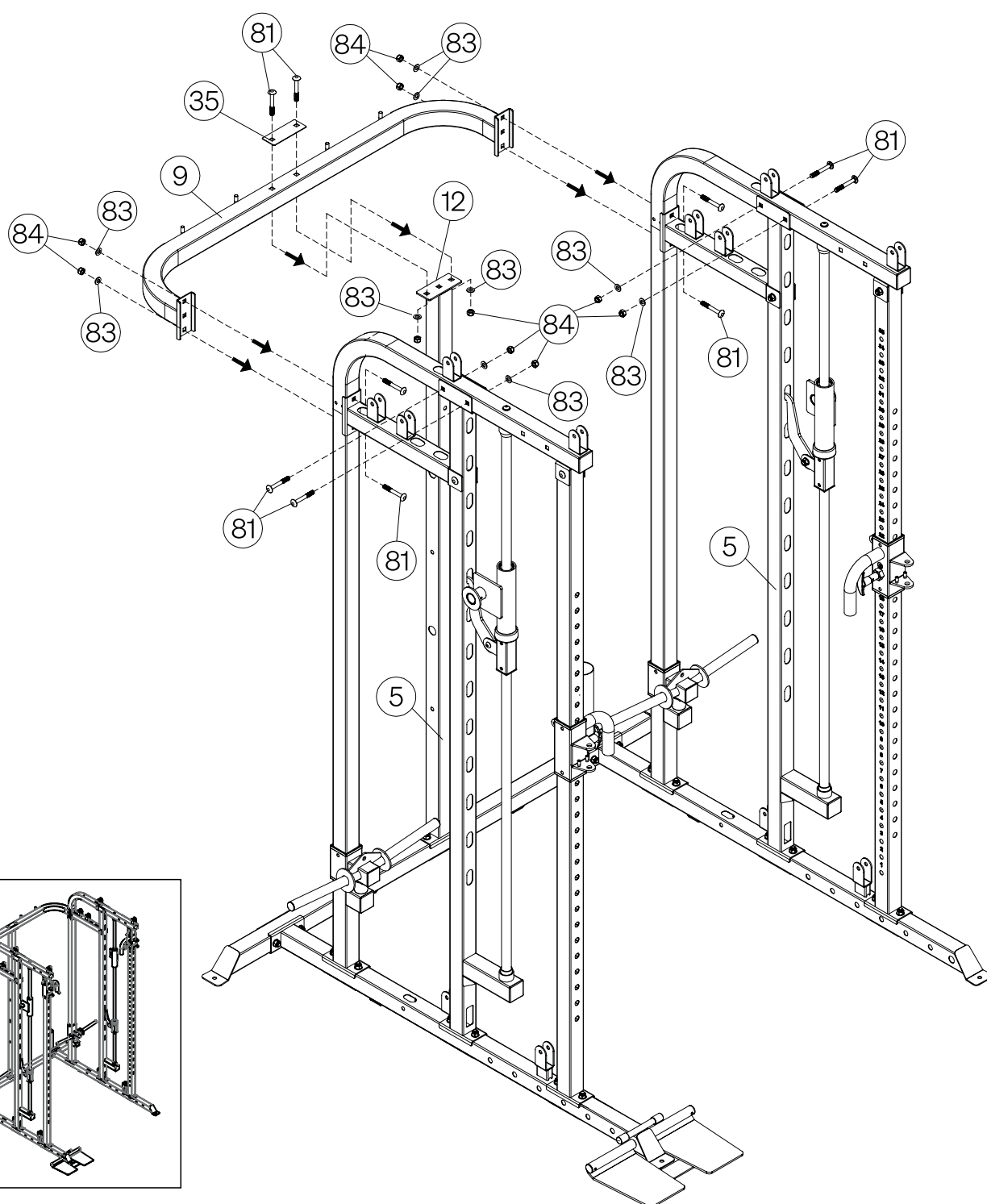
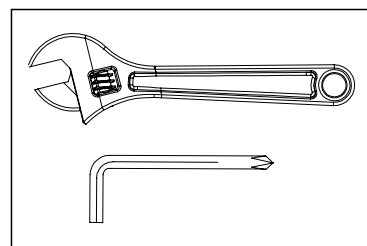
ÉTAPE 8

- Fixez le Support Transversal Supérieur (#9) au Cadre Supérieur (#3) et sécurisez avec 10 x Boulons Allen M10×70mm (#81), 10 x Rondelles de 10mm (#83) et 10 x Écrous Aéronautiques M10 (#84).

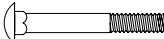
81  ×10 M10×70mm

83  ×10 Ø10

84  ×10 M10



- Fixez le Support de Traction Multi-Prises (#16) au Support Transversal Supérieur (#9) en utilisant 4 x Boulons Allen M10×25mm (#77), 8 x Rondelles de 10mm (#83) et 8 x Écrous Aéronautiques M10 (#84).
- Fixez la Barre Latérale Gauche (#17) au Cadre Supérieur (#3) en utilisant 2 x Boulons Allen M10×30mm (#102), 2 x Rondelles de 10mm (#83) et 2 x Écrous Aéronautiques M10 (#84).
- Fixez la Barre Latérale Droite (#18) au Cadre Supérieur (#3) en utilisant 2 x Boulons Allen M10×30mm (#102), 2 x Rondelles de 10mm (#83) et 2 x Écrous Aéronautiques M10 (#84).

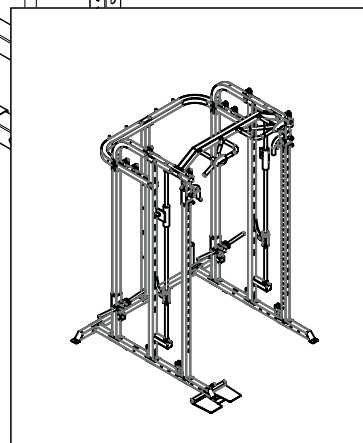
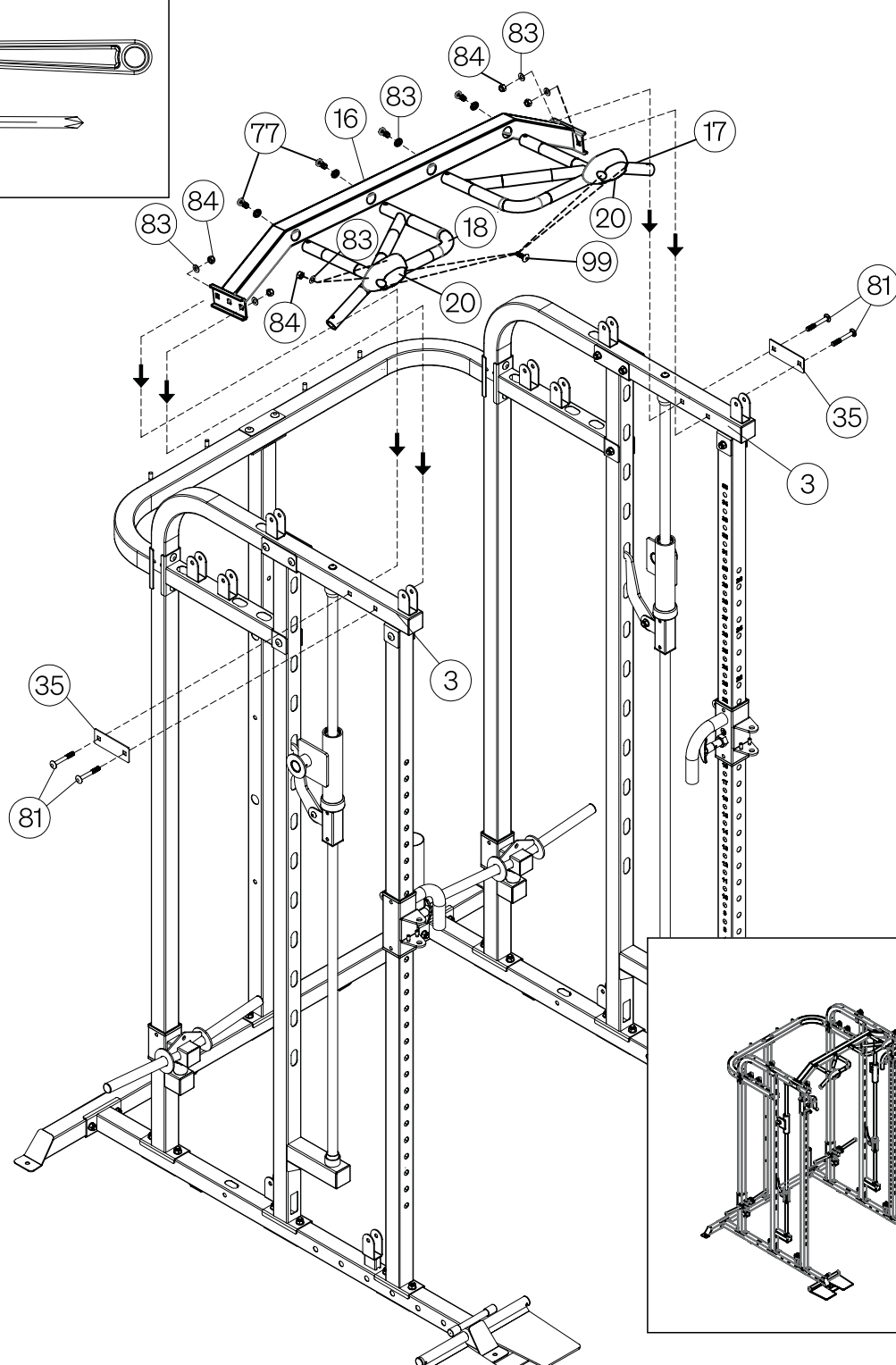
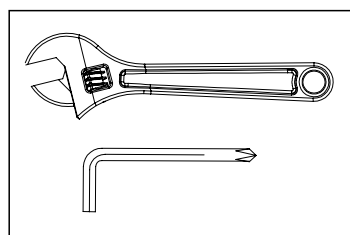
(81)  x4 M10×70mm

(77)  x4 M10×25mm

(83)  x12 Ø 10

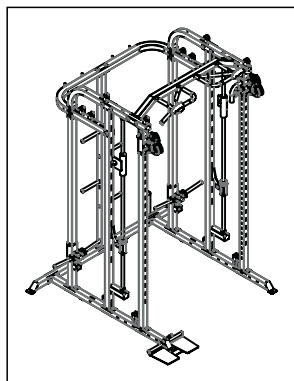
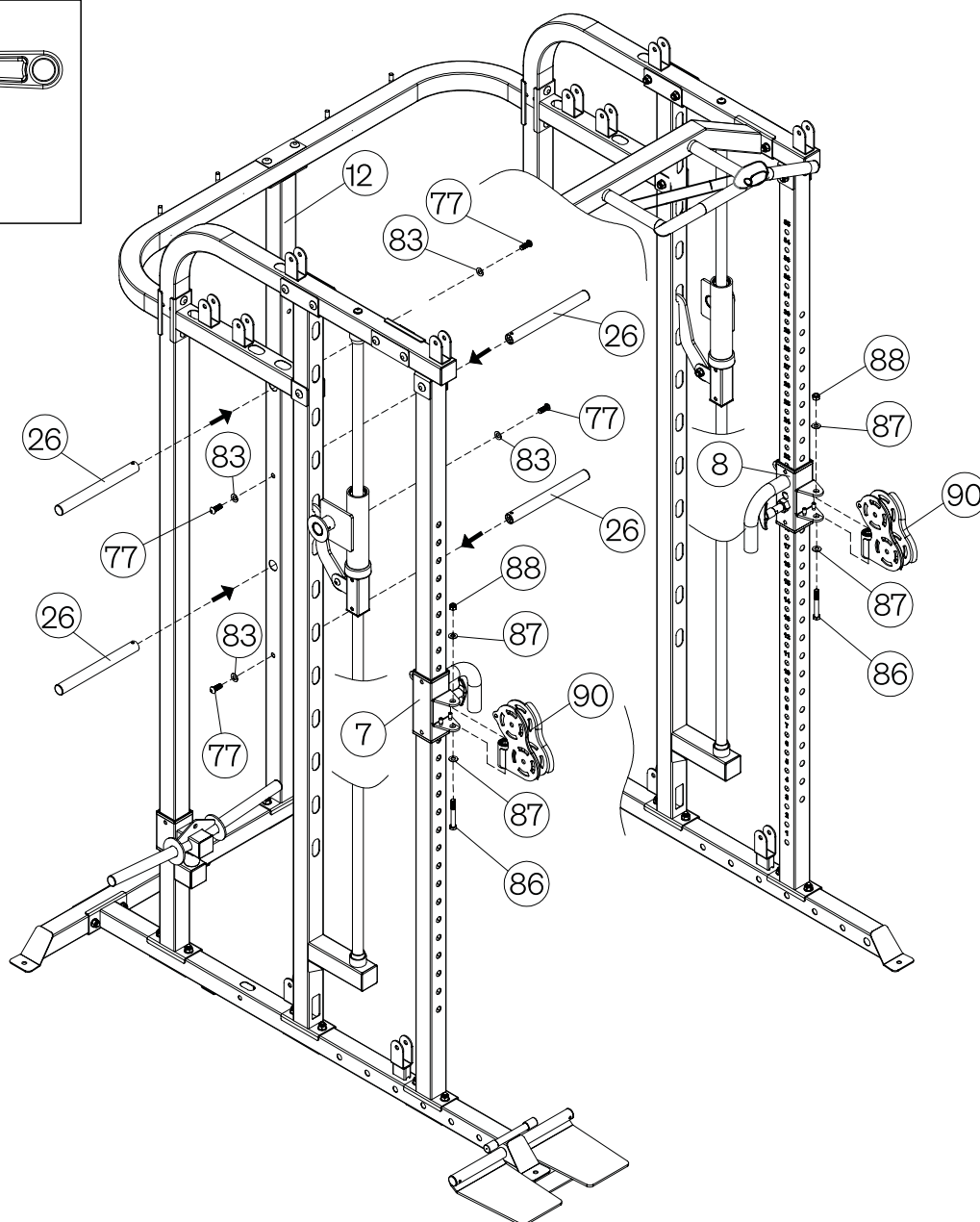
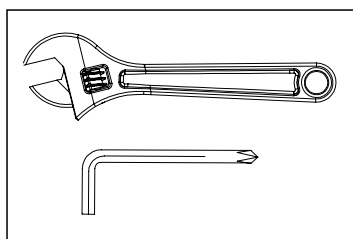
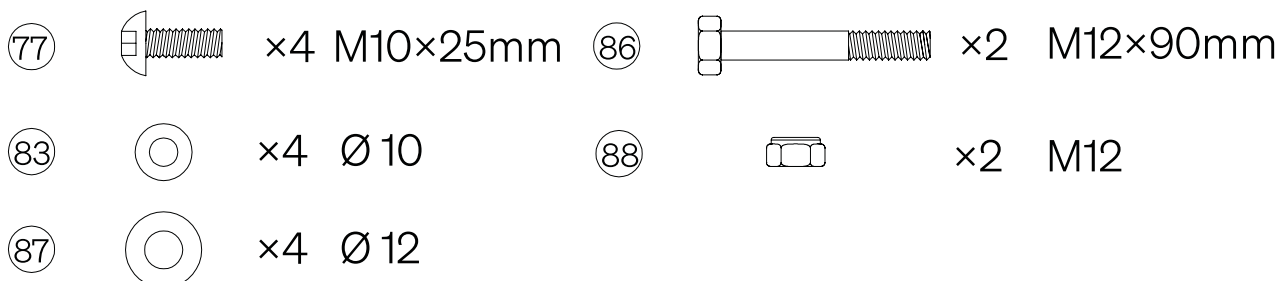
(84)  x8 M10

(99)  x4 M10×30mm



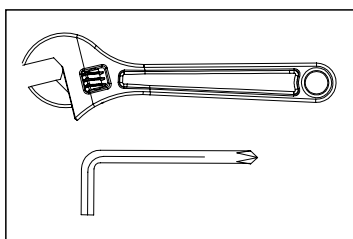
ÉTAPE 10

- Insérez 4 x Tubes de Plaque de Poids (#26) dans le Cadre de Plaque de Poids (#12) et fixez-les avec 4 x Boulons Allen M10×25mm (#77) et 4 x Rondelles de 10mm (#83).
- Fixez 1 x Assemblage de Poulie Double (#90) à l'Assemblage de Poulie Droite (#7) en utilisant 1 x Boulon Allen M12×90mm (#86), 2 x Rondelles de 12mm (#87) et 1 x Écrou Aéronautique M12 (#88).
- Fixez 1 x Assemblage de Poulie Double (#90) à l'Assemblage de Poulie Gauche (#8) en utilisant 1 x Boulon Allen M12×90mm (#86), 2 x Rondelles de 12mm (#87) et 1 x Écrou Aéronautique M12 (#88).

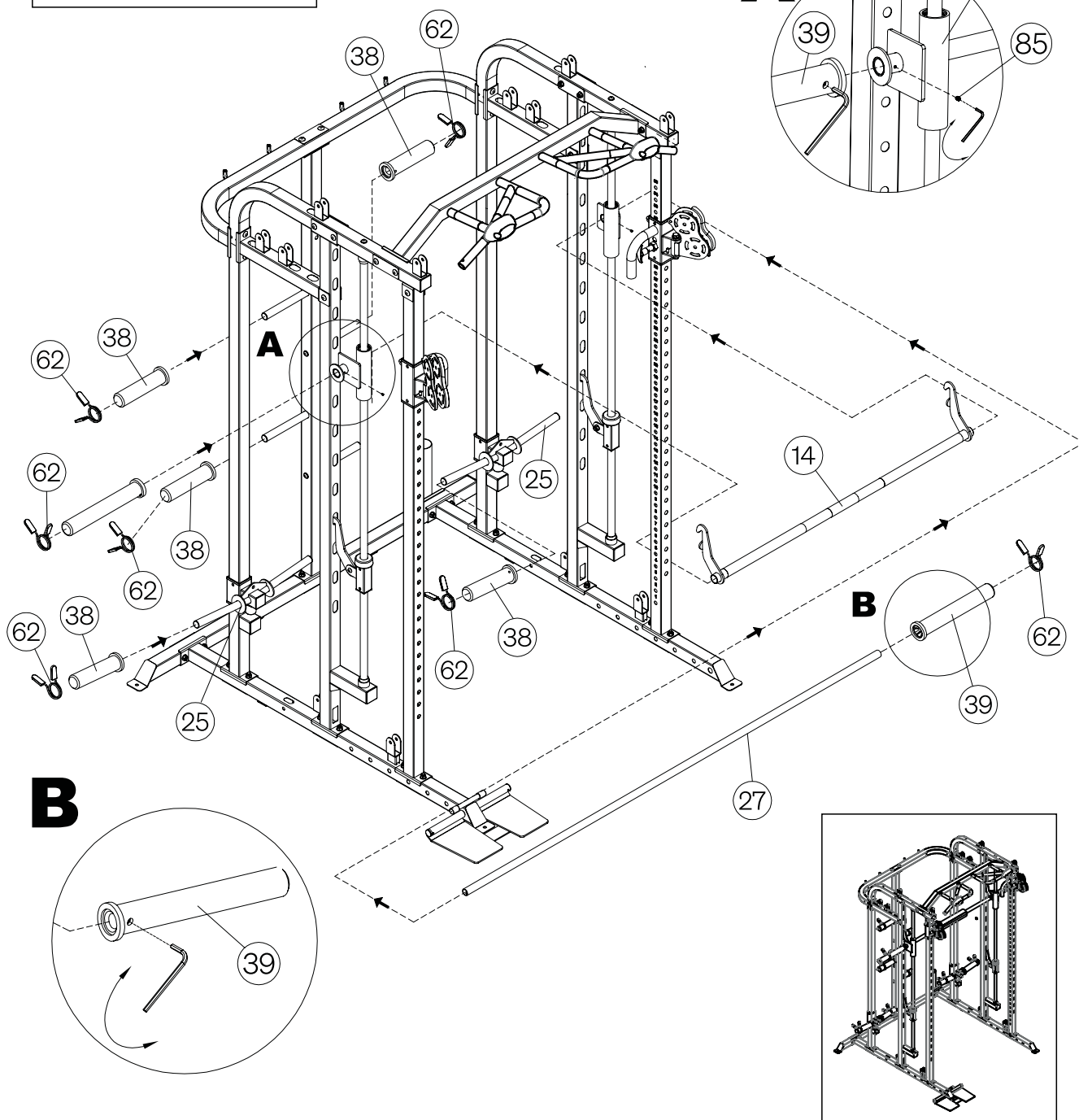
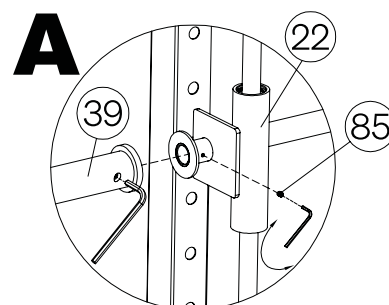


- Fixez 5 x Manchons Olympiques (#38) sur les Tubes de Plaque de Poids (#26) et sécurisez-les avec 5 x Clips Ressorts (#62).
- Fixez le Manchon Olympique Long (#39) à la Barre de Poids (#27) et sécurisez-le avec des Clips Ressorts (#62).
- Notez dans la Figure A que la Barre de Poids (#27) doit être poussée à travers le Manchon Olympique Long (#39) et le Manchon de Tige de Guidage (#22).

(85)  × 2 M6× 1/4"

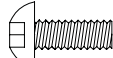
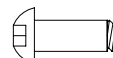


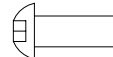
3# 4# Allen Wrench(Tool)

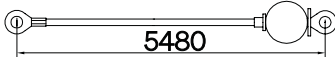


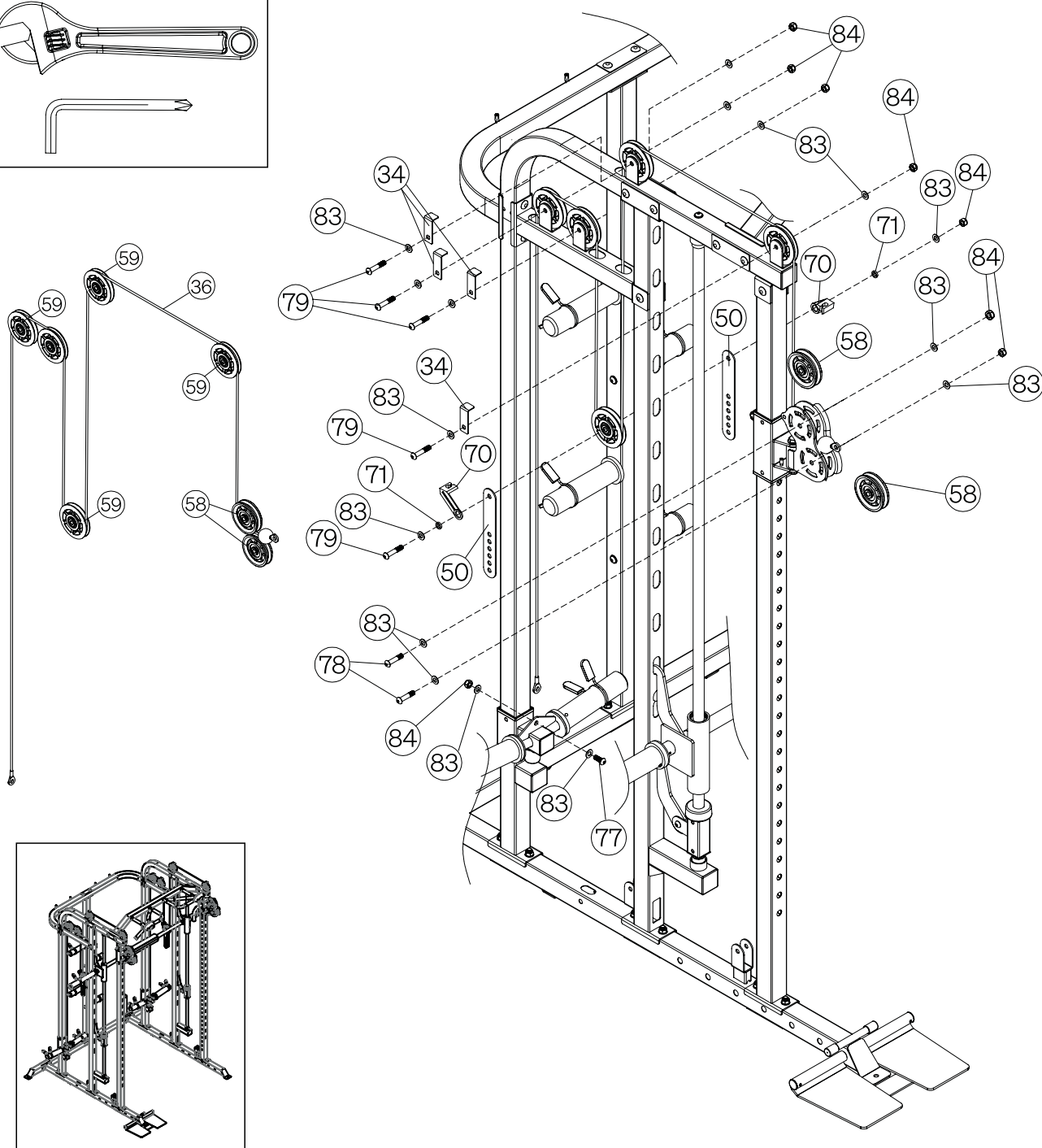
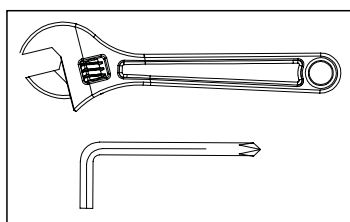
ÉTAPE 12

- Installez le Câble Supérieur (#36) des deux côtés selon le schéma montré ci-dessus en utilisant 4 x Poulies #90 (#58), 10 x Poulies #97 (#59), 2 x Supports de Poulie Flottants Doubles (#50), 4 x Retenues de Câble (#70), 4 x Bouchons de Retenue de Câble (#71), 8 x Retenues de Câble en L (#34), 2 x Boulons Allen M10×25mm (#77), 4 x Boulons Allen M10×45mm (#78), 10 x Boulons Allen M10×50mm (#79), 32 x Rondelles de 10mm (#83) et 16 x Écrous d'Avion M10 (#84).

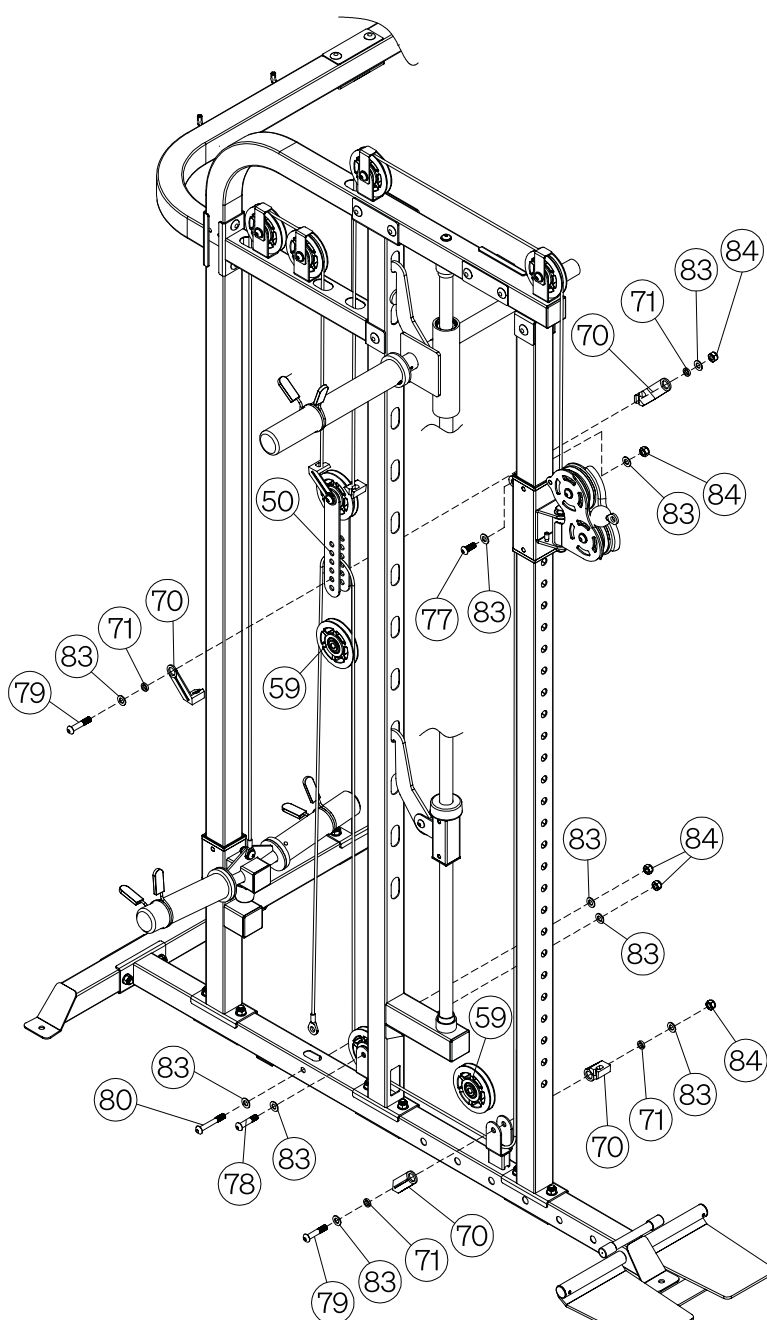
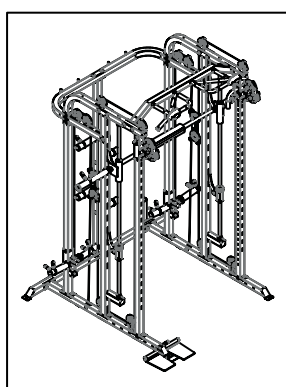
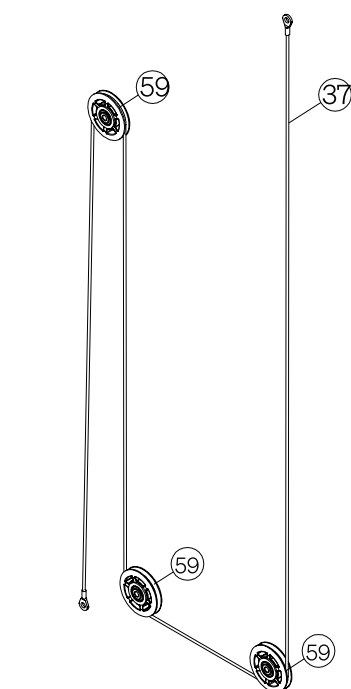
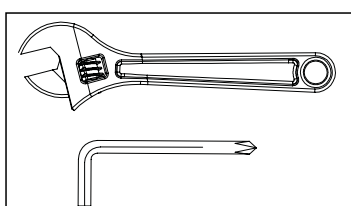
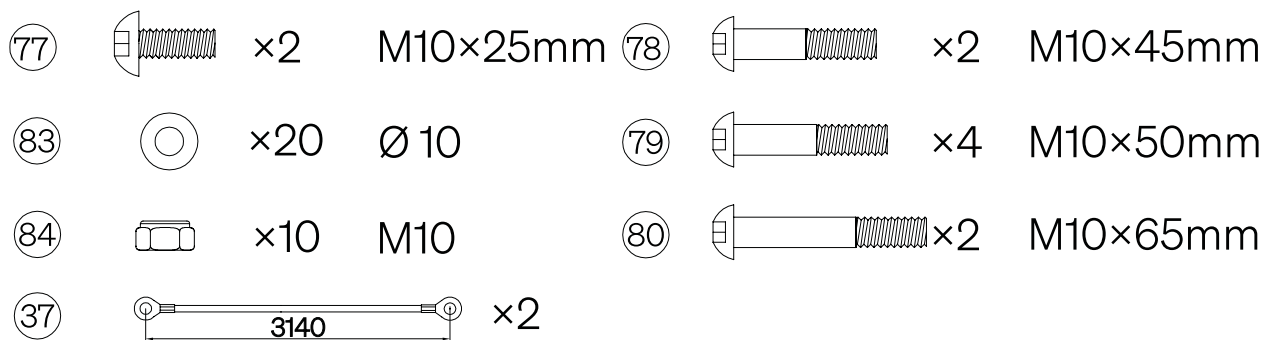
(77)  ×2 M10×25mm (78)  ×4 M10×45mm

(83)  ×32 Ø 10 (79)  ×10 M10×50mm

(84)  ×16 M10 (36)  5480 ×2

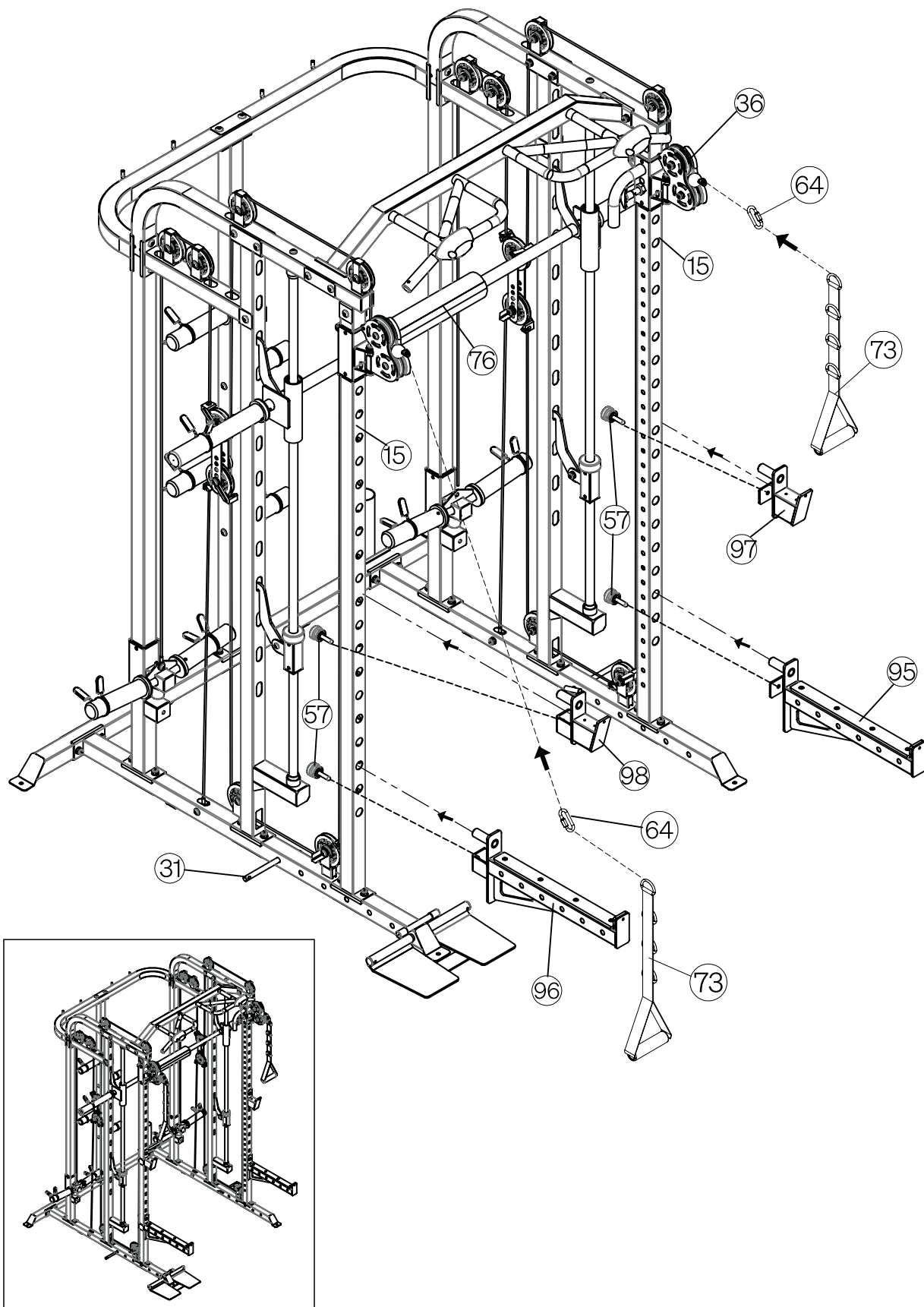


- Installez le Câble Butterfly (#37) des deux côtés selon le schéma montré ci-dessus en utilisant 6 x Poulies #97 (#59), 2 x Supports de Poulie Flottants Doubles (#50), 8 x Retenues de Câble (#70), 8 x Bouchons de Retenue de Câble (#71), 2 x Boulons Allen M10×25mm (#77), 2 x Boulons Allen M10×45mm (#78), 4 x Boulons Allen M10×50mm (#79), 2 x Boulons Allen M10×65mm (#80), 20 x Rondelles de 10mm (#83) et 10 x Écrous d'Avion M10 (#84).



ÉTAPE 14

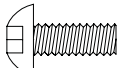
- Fixez 2 x Sangles à Poignée Unique (#73) au Câble Supérieur (#36) des deux côtés en utilisant 2 x C-clips (#64).
- Fixez la Barre Parallele Droite (#19) et la Barre Parallele Gauche (#20) au Tube Vertical Avant (#15) des deux côtés.
- Fixez le Support de Sécurité Gauche (#95) et le Support de Sécurité Droit (#96) au Tube Vertical Avant (#15) des deux côtés.
- Fixez le Rack Gauche (#97) et le Rack Droit (#98) au Tube Vertical Avant (#15) des deux côtés.

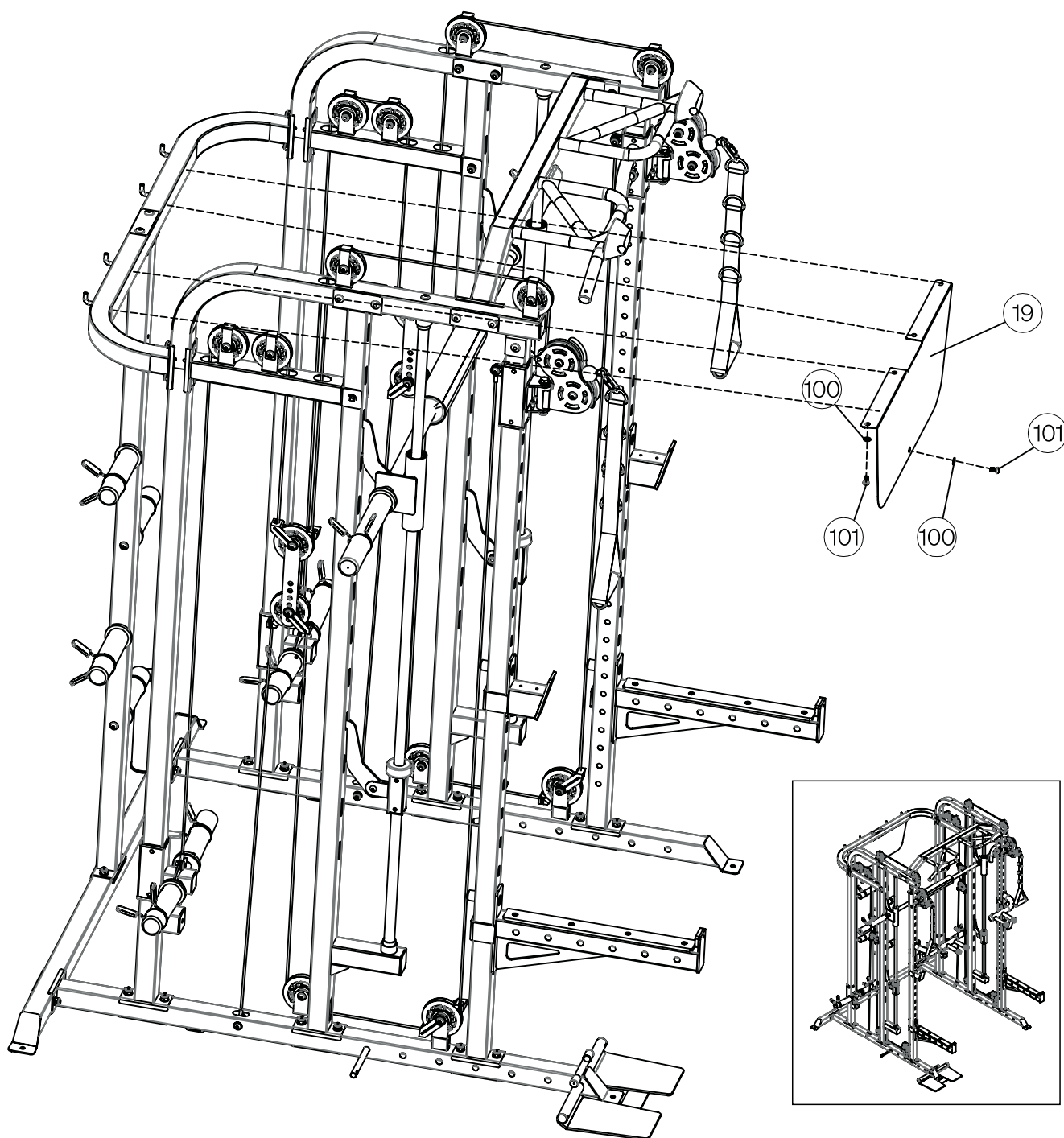


ÉTAPE 15

FR

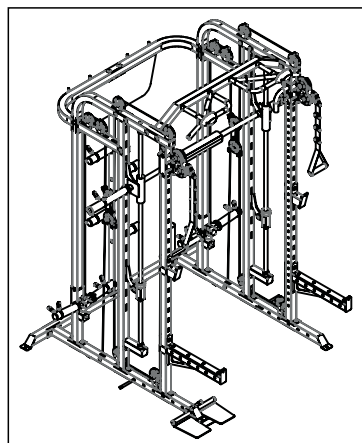
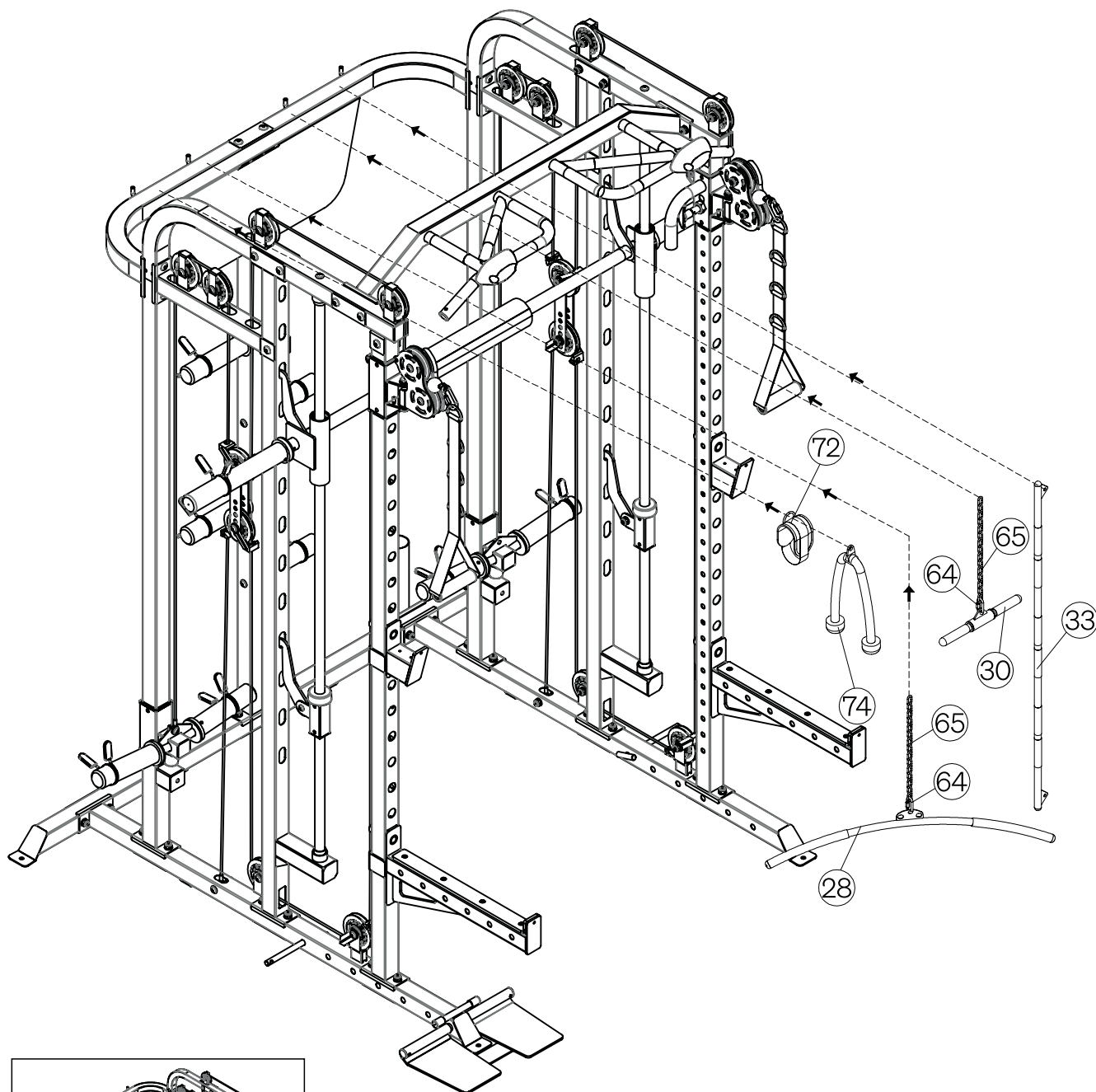
- Fixez le Panneau d’Affichage (#99) au Support Transversal Supérieur (#9) en utilisant 2 x Boulons Allen M8×16 (#101) et 2 x Rondelles de 8 mm (#103).

(101)  x5 M8×16mm (100)  x5 Ø 8



ÉTAPE 16

- Puneți Bara Lat (#28), Mânerul de Flexie (#30), Bara Lungă (#33), Cureaua pentru Glezne (#72) și Frânghia pentru Triceps (#74) pe Supportul Transversal Superior (#9).



3. Entraînement

3.1 ÉTIREMENTS POUR L'ÉCHAUFFEMENT ET LA RÉCUPÉRATION

- Pour commencer votre séance d'entraînement, faites quelques étirements. N'étirez jamais trop vos muscles.
- Nous vous recommandons d'effectuer chacun des exercices suivants 10 fois et de répéter le cycle complet jusqu'à cinq fois.
- Effectuez ensuite votre entraînement en fonction de votre condition physique personnelle. Après l'entraînement, faites également des exercices d'étirement pour bien vous refroidir.

1



ROULER LA TÊTE

Tournez la tête vers la droite une fois, en étirant le côté gauche de votre cou, puis faites pivoter votre tête en arrière une fois, étirez votre menton jusqu'au plafond et laissez votre bouche ouverte. Faites pivoter votre tête vers la gauche une fois, puis inclinez votre tête sur votre poitrine une fois.

2



EPAULE ELEVATION

Levez votre épaule droite vers votre oreille une fois. Ensuite, levez votre épaule gauche une fois en abaissant votre épaule droite.

3



ETIREMENT DES CÔTES

Ouvrez vos bras sur le côté et levez-les jusqu'à ce qu'ils soient au-dessus de votre tête. Atteignez votre bras droit aussi loin que possible sur le plafond une fois. Répétez cette action avec votre bras gauche.

4



ETIREMENT DU QUADRICEPS

D'une seule main contre un mur pour l'équilibre, essayez d'atteindre votre derrière et étendez votre pied droit. Apportez votre talon aussi près que possible de vos fesses. Comptez 15 fois et répétez avec le pied gauche.

5



ETIREMENT DE LA CUISSE

Asseyez-vous avec les plantes de vos pieds ensemble et vos genoux pointant vers l'extérieur. Tirez vos pieds aussi près de votre aine que possible. Poussez doucement vos genoux vers le sol. Comptez 15 fois.

6



TOUCHEZ VOS ORTEILS

Penchez-vous lentement vers l'avant de votre taille, laissez votre dos et vos épaules se détendre pendant que vous vous étirez vers vos orteils. Essayez d'atteindre votre orteil et comptez 15 fois.

7



ETIREMENT DU TENDON

Étendez votre jambe droite. Reposez la plante de votre pied gauche contre votre cuisse droite. Étirez-vous vers le haut de votre pied. Comptez 15 fois. Détendez-vous, puis répétez avec la jambe gauche.

8



ETIREMENT DU MOLLET/ TENDON

Penchez-vous contre un mur avec votre jambe gauche devant la droite et vos bras vers l'avant. Gardez votre jambe droite droite et le pied gauche sur le sol, puis pliez la jambe gauche et penchez-vous vers l'avant en déplaçant vos hanches vers le mur. Puis répétez de l'autre côté 15 fois.

4. Nettoyage

6.1 NETTOYAGE

- Le niveau de sécurité de l'équipement ne peut être maintenu que s'il est examiné régulièrement pour détecter des dommages et de l'usure, par exemple aux points de connexion.
- Lubrifiez périodiquement les pièces mobiles avec une huile légère pour prévenir l'usure prématurée.
- Inspectez et serrez toutes les pièces avant d'utiliser l'équipement, remplacez immédiatement toute pièce défectueuse et ne réutilisez pas l'équipement tant qu'il n'est pas en parfait état de fonctionnement.
- L'équipement peut être nettoyé avec un chiffon humide et un détergent doux non abrasif. N'utilisez pas de solvants.
- N'essayez pas de réparer cet équipement vous-même. Si vous rencontrez des difficultés lors de l'assemblage, de l'utilisation ou de l'utilisation de votre produit d'exercice, ou si vous pensez qu'il vous manque des pièces, contactez le détaillant.

5. Mise au rebut

Chaîne du recyclage

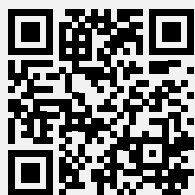


Les matériaux d'emballage peuvent être transportés vers le cycle des matières premières. La disposition des matériaux d'emballage, conformément aux dispositions légales. Les informations peuvent être récupérées à partir des systèmes de retour ou de collections.

SPORTSTECH LIVE APP

L'application Sportstech LIVE vous offre entre autres:

- Entraînements individuels par des entraîneurs professionnels
- Vidéos de paysages et d'extérieur
- Définir les priorités de la formation
- Données d'entraînement en temps réel
- Historique et métriques de formation
- Se mesurer aux autres en mode compétition - collectionner des trophées en mode classement
- Entraînements indépendants des appareils, par ex. pour le yoga
- Des recettes de cuisine savoureuses et variées
- ...et bien plus encore !



S'informer ici : <https://sportstech.link/app-download>

Informations complémentaires

Nos **tutoriels vidéo** pour vous !

Montage, utilisation, démontage.



Lien vers les vidéos :

https://sportstech.link/SXM150_video

Vous pouvez aussi nous trouver sur les **réseaux sociaux** !

Retrouve les dernières informations sur les produits, le contenu des entraînements et bien plus encore sur notre :



la page Instagram

<https://sportstech.link/instagram>



la page Facebook

<https://sportstech.link/facebook>

Manuale D'uso

Cari client*,

Siamo lieti che abbiate scelto un dispositivo della gamma SPORTSTECH. Con le attrezzature sportive di SPORTSTECH potrete usufruire della più alta qualità e della più recente tecnologia.

Per sfruttare a pieno il potenziale del dispositivo e poterlo utilizzare per molti anni, raccomandiamo di leggere attentamente questo manuale prima di iniziare l'allenamento. Utilizzare il dispositivo seguendo le istruzioni.

Non ci assumiamo alcuna responsabilità per i danni derivanti da un uso improprio o da un uso errato del dispositivo.



AVVERTENZA! Pericolo dovuto a un uso improprio!



- Assicurarsi che **TUTTE** le persone che usano l'attrezzo abbiano letto e compreso le presenti istruzioni per l'uso. Tenere questo manuale vicino all'attrezzo.
- Seguire tutte le istruzioni di sicurezza di questo manuale.
- Non sovraccaricare **MAI** se stessi o gli altri quando si usa l'attrezzo.

Indice

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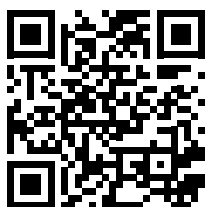
Ambito di consegna

1	SXM150 POWER RACK	2	Manuale d'uso
3	Chiave Allen	4	Chiave
5	Barra per lat	6	Barra più corta
7	Corda per tricipiti	8	2 x Manico regolabile
9	Barra spinta cromata	10	2 x Gancio J
11	2 x Braccio di stop		

Dati tecnici

Dimensioni del prodotto (LxLxH)	199,5 × 163 × 222 cm
Peso netto dell'unità	127 kg
Peso massimo utilizzatore	125 kg

Esploso/ Elenco dei pezzi di ricambio

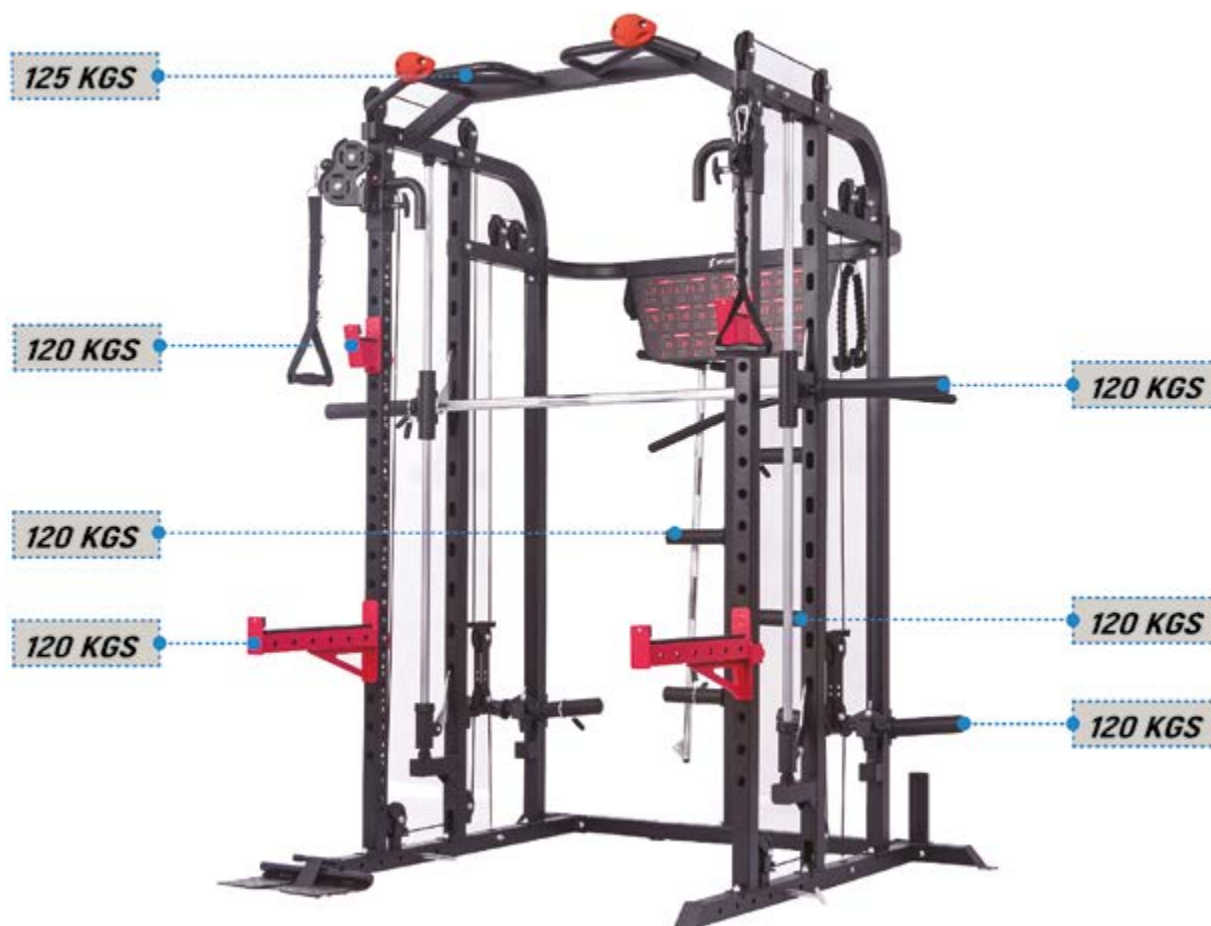


- Con il disegno e l'elenco, identificare il pezzo di ricambio richiesto e annotarne il numero.
- Contattare il nostro servizio clienti via e-mail o per telefono, indicando il numero del pezzo di ricambio. I dati di contatto sono riportati sul retro del manuale o sul nostro sito web.
- Si prega di chiarire tutti i passaggi successivi con il nostro personale.

Al seguente link troverete l'esploso e l'elenco delle parti di ricambio:

https://sportstech.link/sxm150_spareparts

Capacità massima di peso per componente



1. Importanti istruzioni di sicurezza



AVVERTENZA! Pericolo dovuto a un uso improprio!

- Prima di utilizzare il dispositivo, leggere tutte le istruzioni e le note di sicurezza. Seguirle attentamente.
- Pericolo di danni alla salute o addirittura di morte a causa di un allenamento improprio o eccessivo!
- Il dispositivo non è adatto a scopi medici e ad applicazioni di alta precisione.
- Applicare anche il buon senso per evitare rischi.



REQUISITI PERSONALI

REQUISITI FISICI GENERALI

AVVERTENZA! Pericolo di danni alla salute o addirittura di morte a causa di un allenamento improprio o eccessivo! L'uso della macchina è faticoso per la circolazione e il sistema muscolo-scheletrico.

- Assicurarsi in anticipo che non vi siano malattie o lesioni che impediscano l'uso dell'unità. Se necessario, consultare un medico, soprattutto in caso di problemi noti o sospetti.
- **L'intensità di utilizzo (velocità) non deve mai superare la forma fisica attuale della persona che utilizza la bicicletta.**
- Prestare attenzione ai segnali del corpo. **I sistemi di lettura del polso possono essere imprecisi.**
- **Interrompere immediatamente l'esercizio se si avverte uno dei seguenti sintomi:** dolore, oppressione toracica, battito cardiaco irregolare, mancanza di respiro, vertigini o nausea. Allora consultate un medico.
- Le persone con abilità limitate possono utilizzare il dispositivo solo con un responsabile adeguato e a bassa velocità.

Esigenze di peso e di età

- L'uso del prodotto deve essere consentito solo a **persone adulte**.
- **Il peso massimo consentito per gli utilizzatori è di 125.**
- **I giovani al di sotto dei 14 anni non devono mai utilizzare l'apparecchio o eseguire operazioni di pulizia o manutenzione dell'apparecchio.**



CONDIZIONI GENERALI D'USO

- **Non utilizzare il dispositivo a fini commerciali**, ma solo per uso domestico. **Non utilizzare il dispositivo per scopi terapeutici.**
- I bambini e gli animali domestici devono essere tenuti a una **distanza di sicurezza** di almeno 3 m (10 ft) dall'apparecchio. Attenzione. In particolare, il nastro di scorrimento in movimento è estremamente pericoloso.



DISIMBALLARE E INSTALLARE

- **PERICOLO! Rischio di soffocamento!** Tenere i sacchetti di plastica e simili lontano da bambini e animali.
- Per facilitare la restituzione, conservare il materiale di imballaggio durante il periodo di restituzione. Smaltirlo successivamente secondo le norme locali.
- Installare l'apparecchio solo su una **superficie stabile e piatta, in ambienti interni asciutti**. Proteggete le superfici sensibili con un tappetino resistente al calore: Il vano motore può surriscaldarsi.
- Installare l'apparecchio con uno **spazio** sufficiente in tutte le direzioni; in particolare, mantenere uno spazio libero di almeno 2 m (6,6 ft) dietro l'apparecchio (vedere la sezione "Installazione dell'apparecchio").



ASSEMBLAGGIO

- Controlla di avere tutti i componenti e gli strumenti elencati nella lista dei pezzi, tenendo presente che, per facilitare l'assemblaggio, alcuni componenti sono pre-assemblati.
- Tieni i bambini e gli animali lontani dall'area di esercizio, i piccoli pezzi potrebbero rappresentare un rischio di soffocamento se ingoiati.
- Assicurati di avere spazio sufficiente per disporre i pezzi prima di iniziare.
- Assembla l'oggetto il più vicino possibile alla sua posizione finale (nella stessa stanza).
- Il prodotto deve essere installato su una superficie stabile e livellata.
- Smaltisci con cura e responsabilità tutti gli imballaggi.



USANDO

- Mantieni i bambini non supervisionati lontano dall'attrezzatura.
- Le lesioni alla salute possono derivare da un allenamento scorretto o eccessivo.
- Se uno qualsiasi dei dispositivi di regolazione è lasciato sporgente, potrebbe interferire con il movimento dell'utente.
- È responsabilità del proprietario garantire che tutti gli utenti di questo prodotto siano adeguatamente informati su come utilizzare questo prodotto in sicurezza.
- Questo prodotto è destinato esclusivamente a uso domestico.
- Non utilizzare in alcun contesto commerciale, in affitto o istituzionale.
- Prima di utilizzare l'attrezzatura per esercitarsi, eseguire sempre esercizi di stretching per riscaldarsi correttamente.
- Se l'utente avverte vertigini, nausea, dolore al petto o altri sintomi anomali, interrompere immediatamente l'allenamento e cercare assistenza medica.
- Solo una persona alla volta dovrebbe utilizzare l'attrezzatura.
- Tenere le mani lontane da tutte le parti mobili.
- Indossare sempre abbigliamento appropriato per l'allenamento durante l'esercizio. Non indossare abiti larghi o voluminosi, poiché potrebbero impigliarsi nell'attrezzatura. Indossare scarpe da ginnastica per proteggere i piedi durante l'esercizio.
- Non posizionare oggetti appuntiti attorno all'attrezzatura.
- Le persone disabili non dovrebbero utilizzare l'attrezzatura senza la presenza di una persona qualificata o di un medico.
- Tenere questa attrezzatura al coperto, lontano da umidità e polvere. Non riporre l'attrezzatura in un garage, in un edificio secondario, su un patio coperto o vicino all'acqua.
- Se ai bambini è consentito utilizzare l'attrezzatura sotto supervisione, deve essere tenuto conto del loro sviluppo mentale e fisico. Dovrebbero essere controllati e istruiti sull'uso corretto dell'attrezzatura. L'attrezzatura non è in alcun caso adatta come giocattolo.
- Questo prodotto è adatto per un peso massimo dell'utente di: 125 kg.
- Questo prodotto non è adatto per scopi terapeutici.
- L'area libera non deve essere inferiore a 0,6 m maggiore dell'area di allenamento nelle direzioni da cui si accede all'attrezzatura. L'area libera deve includere anche l'area per la discesa di emergenza. Quando l'attrezzatura è posizionata adiacente l'una all'altra, il valore dell'area libera può essere condiviso. Mantieni i bambini non supervisionati lontano dall'attrezzatura.
- Non posizionare mai l'unità su una superficie se blocca le aperture di ventilazione.

Per proteggere il pavimento o il tappeto da danni o scolorimenti, posizionare un tappetino speciale sotto l'unità.



Avvertenza: I genitori e coloro che sono responsabili dei bambini devono essere consapevoli della loro responsabilità, poiché l'istinto naturale di gioco e la propensione a sperimentare dei bambini possono portare a situazioni e comportamenti per i quali l'attrezzatura da allenamento non è destinata.

Avvertenza: Prima di iniziare qualsiasi programma di esercizi, consultare il proprio medico. Questo è particolarmente importante per le persone di età superiore ai 35 anni o per coloro che hanno problemi di salute preesistenti. È OBBLIGATORIO leggere tutte le istruzioni prima di utilizzare qualsiasi attrezzatura fitness.

Si prega di notare che questo prodotto può avere una tolleranza di peso di circa il 4%.

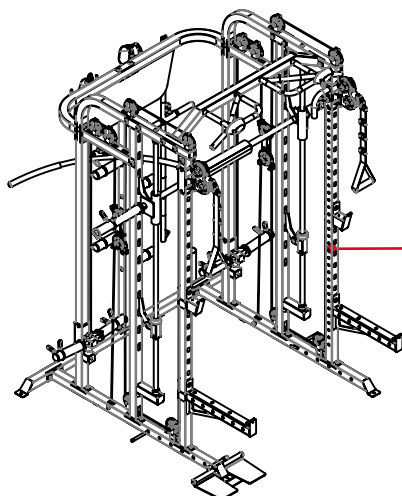


ADESIVO DI SICUREZZA

IT

Gli adesivi di sicurezza devono trovarsi nelle posizioni indicate nella figura seguente.

- Assicurarsi che siano sempre intatti e perfettamente leggibili.



SPORTSTECH

Distributed by:
Sportstech Brands Holding GmbH
Karl-Liebknecht-Str. 7, 10178 Berlin, Germany

Smith Machine

Model: **SXM150**
Construction year: **2024**
Class HC - For consumer use only!



Made in China

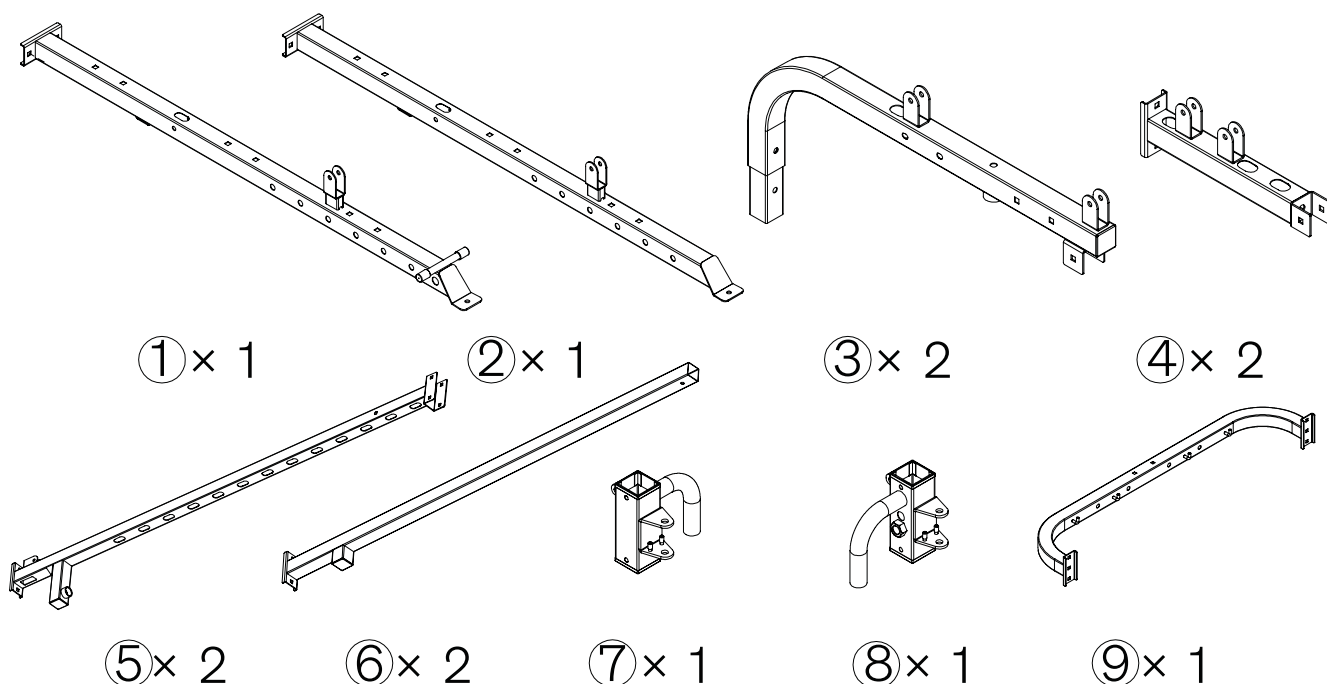
2. Localizzazione e stoccaggio

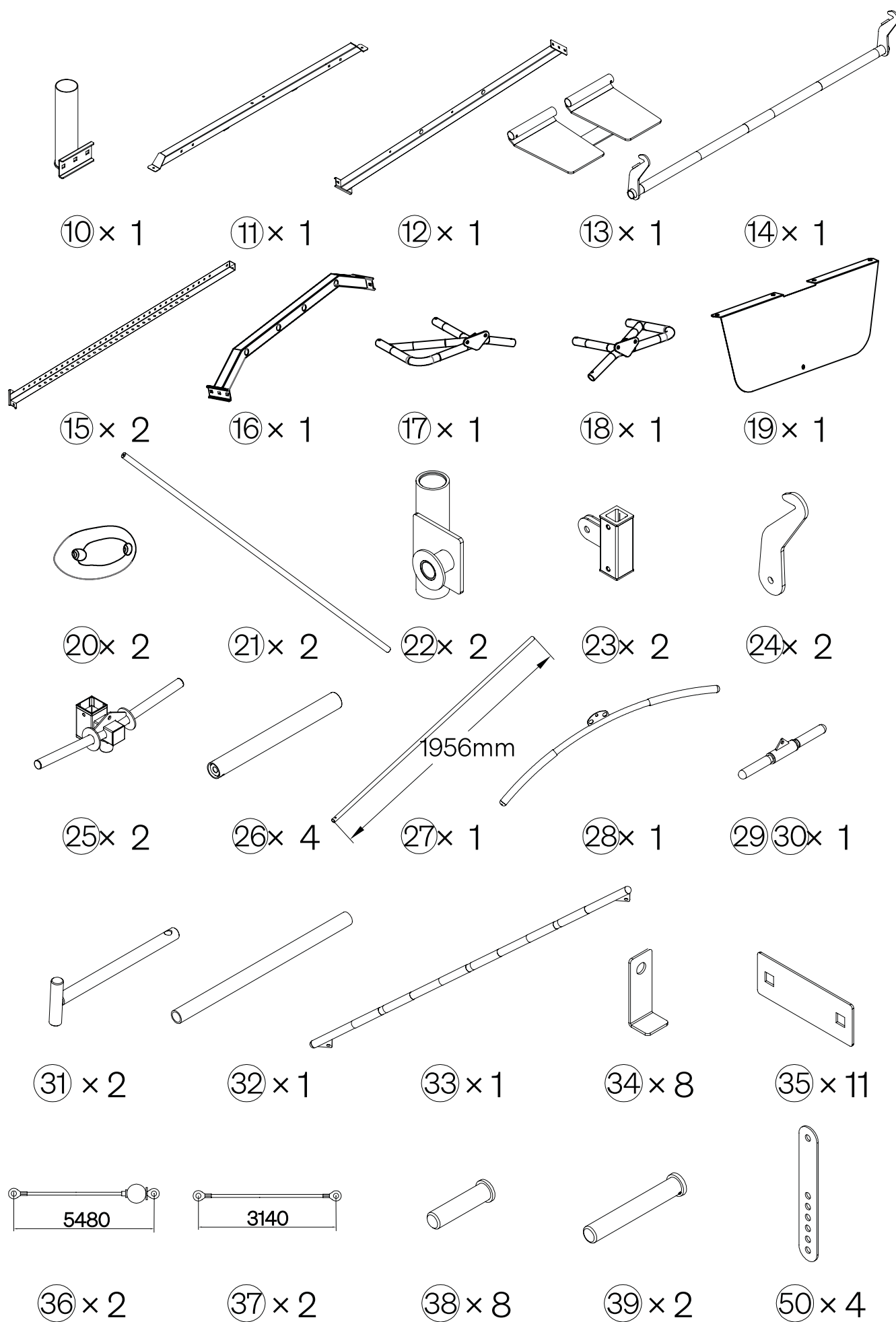
2.1 LOCALIZZAZIONE

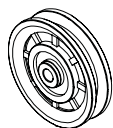
Trovare una posizione per l'unità che soddisfi i seguenti requisiti:

- Interni asciutti.
- L'unità non copre le aperture di ventilazione.
- Base robusta e resistente al calore; se necessario, utilizzare un tappetino di protezione per il pavimento.
- Spazio libero di almeno 2 m (6,6 ft) dietro l'unità.
- Spazio libero di almeno 1 m (3,3 piedi) su entrambi i lati dell'unità.
- Spazio libero di almeno 30 cm (1,0 ft) davanti all'unità.

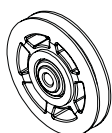
2.2 COMPONENTI







58 × 4



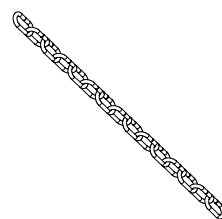
59 × 16



62 × 10



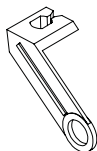
64 × 4



65 × 2



69 × 4



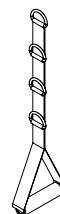
70 × 12



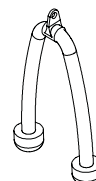
71 × 12



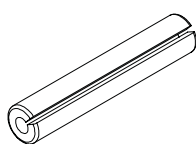
72 × 1



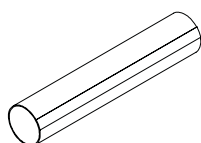
73 × 2



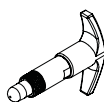
74 × 1



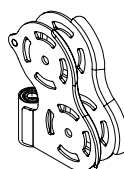
75 × 1



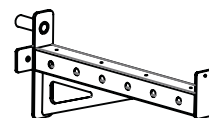
76 × 1



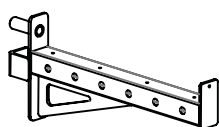
82 × 2



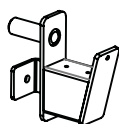
90 × 2



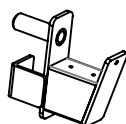
95 × 1



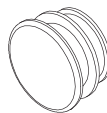
96 × 1



97 × 1



98 × 1



44 × 2

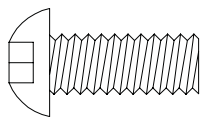


57 × 4

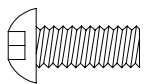


I componenti con i numeri 40-43, 45-49, 51-56, 63, 66-68 non sono necessari per questa palestra domestica.

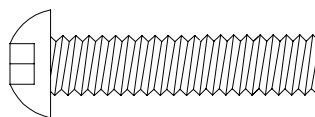
2.3 COMPONENTI DI FISSAGGIO



77 × 14



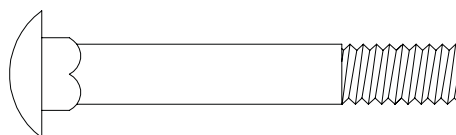
101 × 5



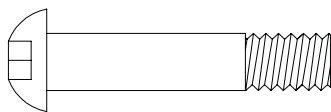
99 × 4



78 × 6



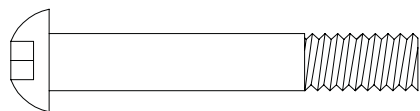
81 × 36



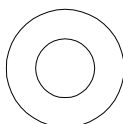
79 × 14



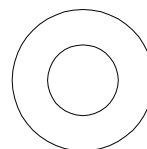
86 × 2



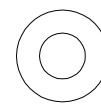
80 × 2



83 × 104



87 × 4



100 × 5



94 × 2



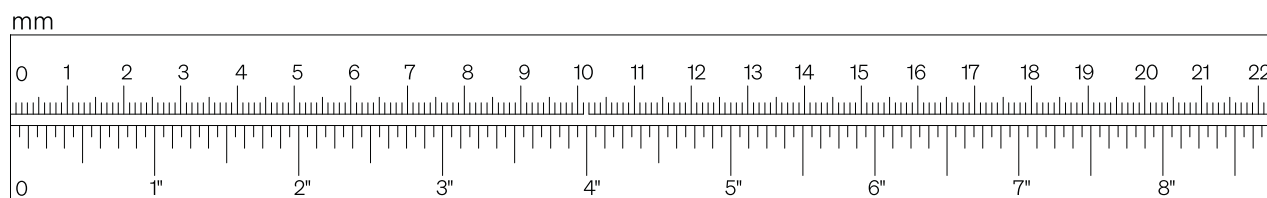
84 × 68



88 × 2

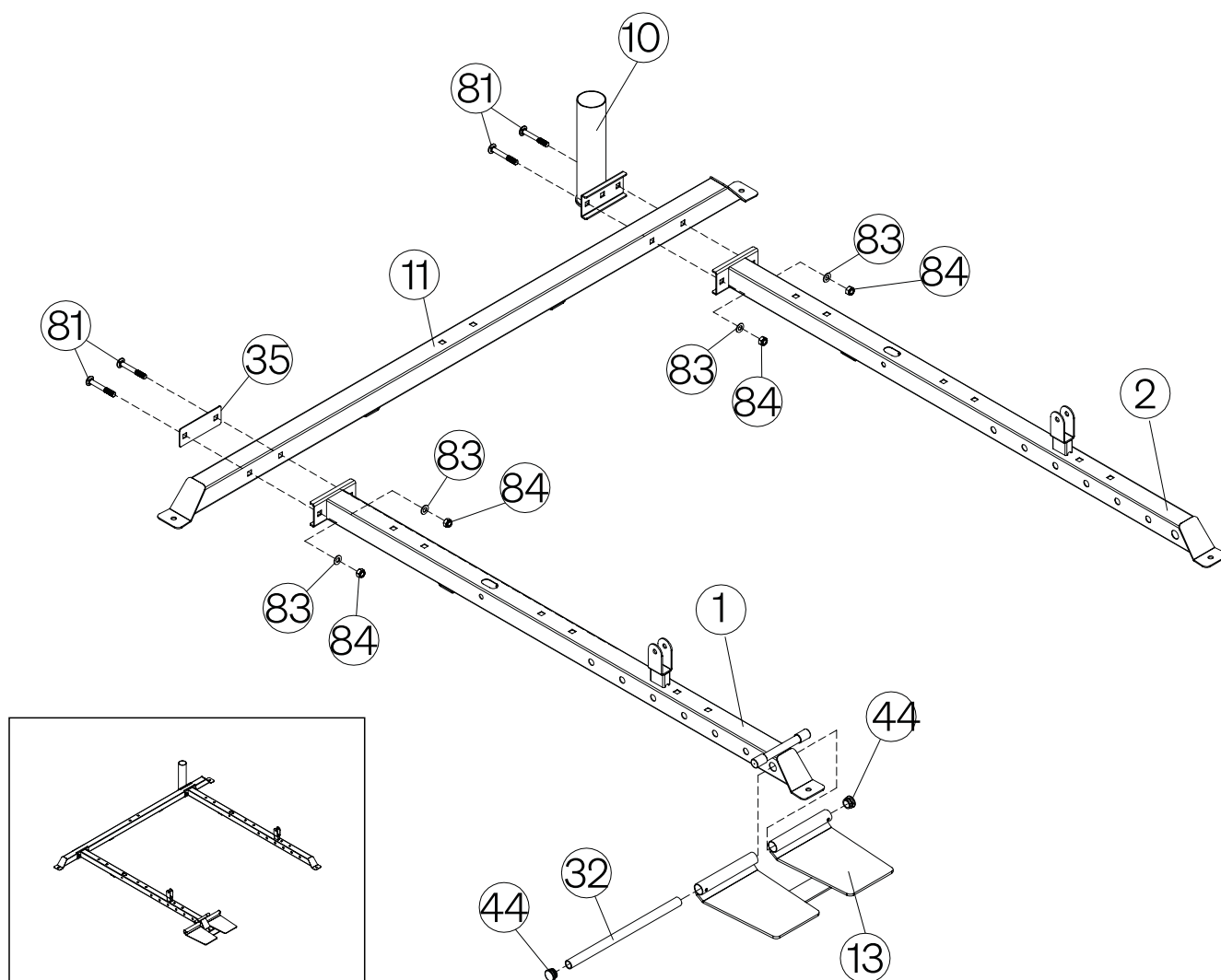
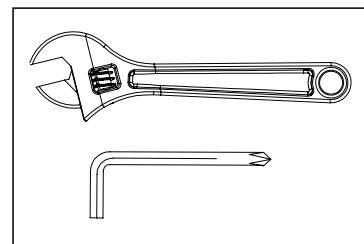
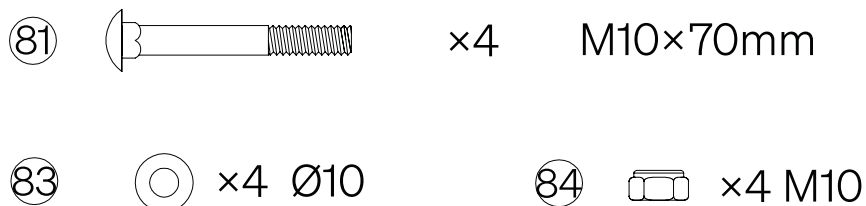


85 × 2



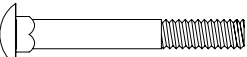
PASSO 1

- Attaccare il Telaio Posteriore di Base (#11) e 1 x Supporto (#35) al Telaio Destro di Base (#1) utilizzando 2 x Bulloni a Carrello M10×70mm (#81), 2 x Rondelle da 10mm (#83) e 2 x Dadi Aeronautici M10 (#84).
- Attaccare il Supporto per Pesi (#10) al Telaio Sinistro di Base (#2) utilizzando 2 x Bulloni a Carrello M10×70mm (#81), 2 x Rondelle da 10mm (#83) e 2 x Dadi Aeronautici M10 (#84).
- Attaccare il Piastra del Piede (#13) e il Tubo della Piastra del Piede (#32) al Telaio Destro di Base (#1) e fissare entrambe le estremità con 2 x Tappi di Estremità (#44).

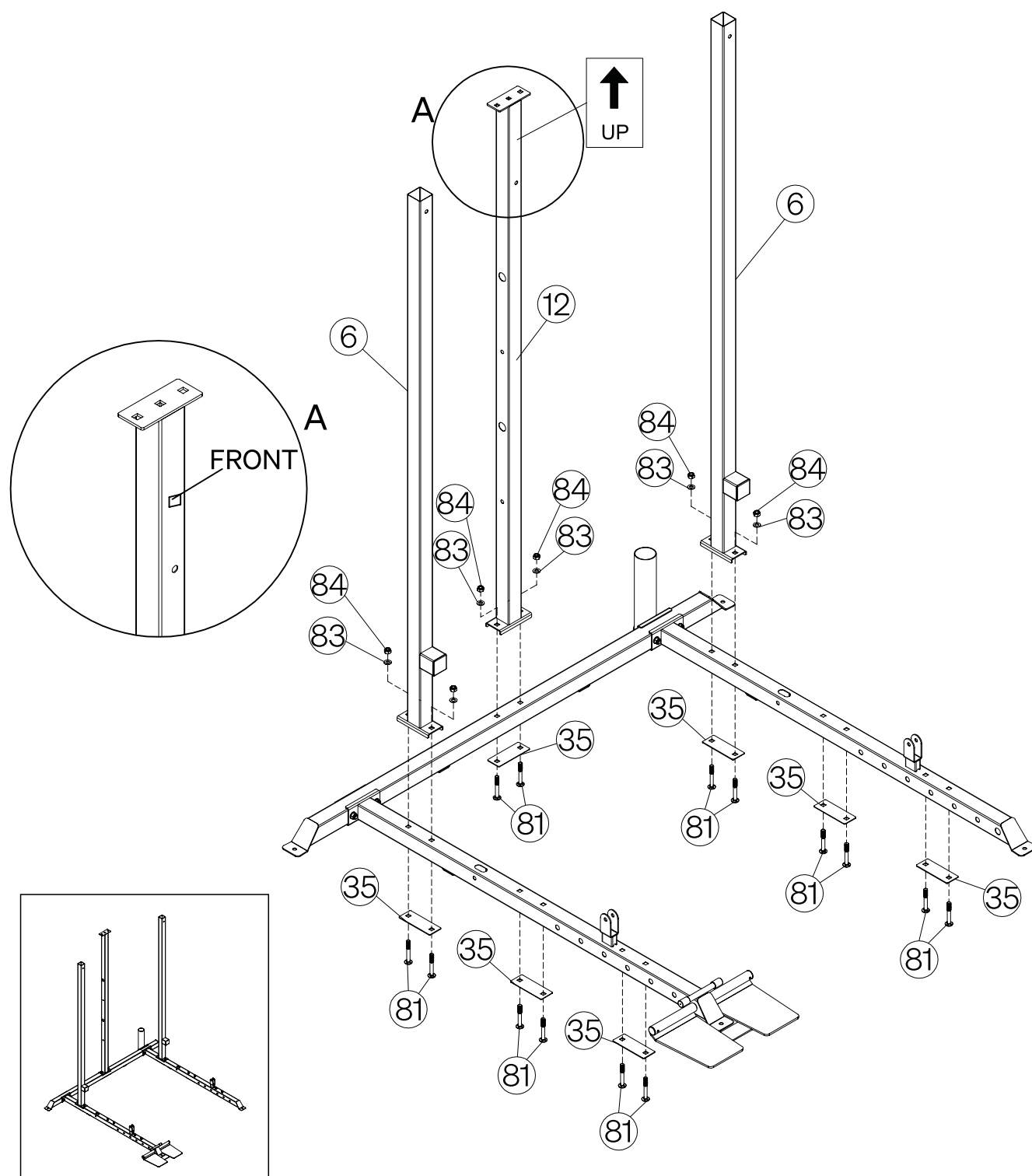
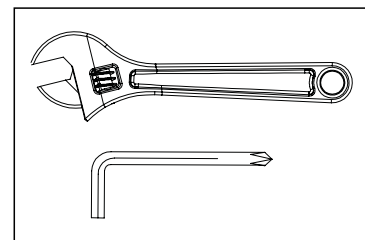


PASSO 2

- Attaccare 1x Tubo Verticale Posteriore (#6) e 3 x Supporti (#35) al Telaio Destro di Base (#1) utilizzando 6 x Bulloni a Carrello M10×70mm (#81), 2 x Rondelle da 10mm (#83) e 2 x Dadi Aeronautici M10 (#84).
- Attaccare 1x Tubo Verticale Posteriore (#6) e 3 x Supporti (#35) al Telaio Sinistro di Base (#2) utilizzando 6 x Bulloni a Carrello M10×70mm (#81), 2 x Rondelle da 10mm (#83) e 2 x Dadi Aeronautici M10 (#84).
- Attaccare il Telaio per Pesi (#12) al Telaio Posteriore di Base (#11) utilizzando 2 x Bulloni a Carrello M10×70mm (#81), 2 x Rondelle da 10mm (#83) e 2 x Dadi Aeronautici M10 (#84).

81  ×14 M10×70mm

83  ×6 Ø10 84  ×6 M10



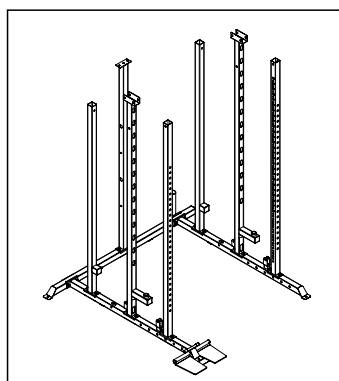
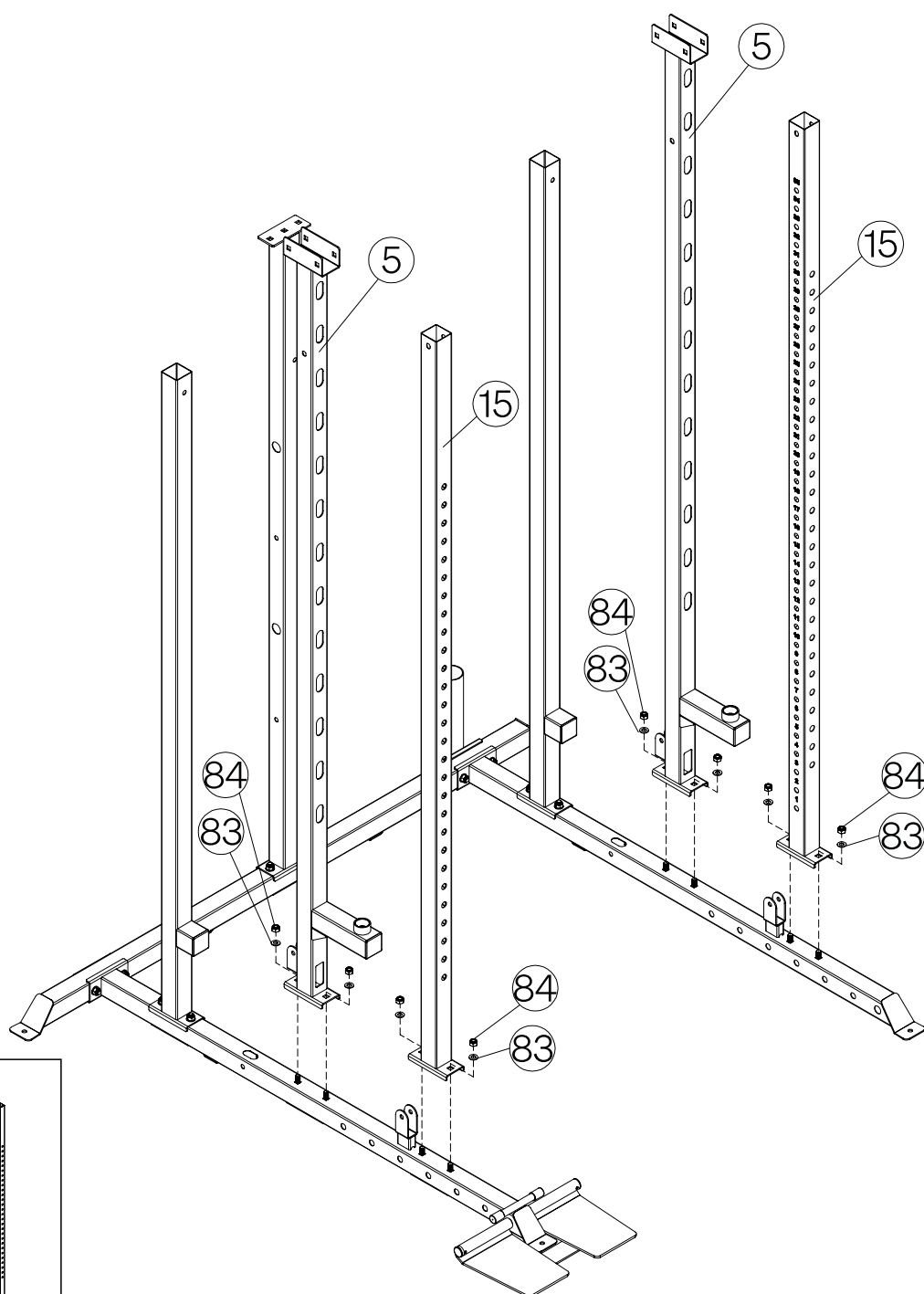
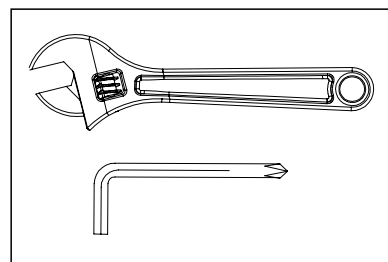
PASSO 3

IT

- Attaccare rispettivamente due Tubo Verticali Centrali (#5) al Telaio Destro di Base (#1) e al Telaio Sinistro di Base (#2) utilizzando 2 x Rondelle da 10mm (#83) e 2 x Dadi Aeronautici M10 (#84).
- Attaccare rispettivamente due Tubo Verticali Frontali (#15) al Telaio Destro di Base (#1) e al Telaio Sinistro di Base (#2) utilizzando 2 x Rondelle da 10mm (#83) e 2 x Dadi Aeronautici M10 (#84).

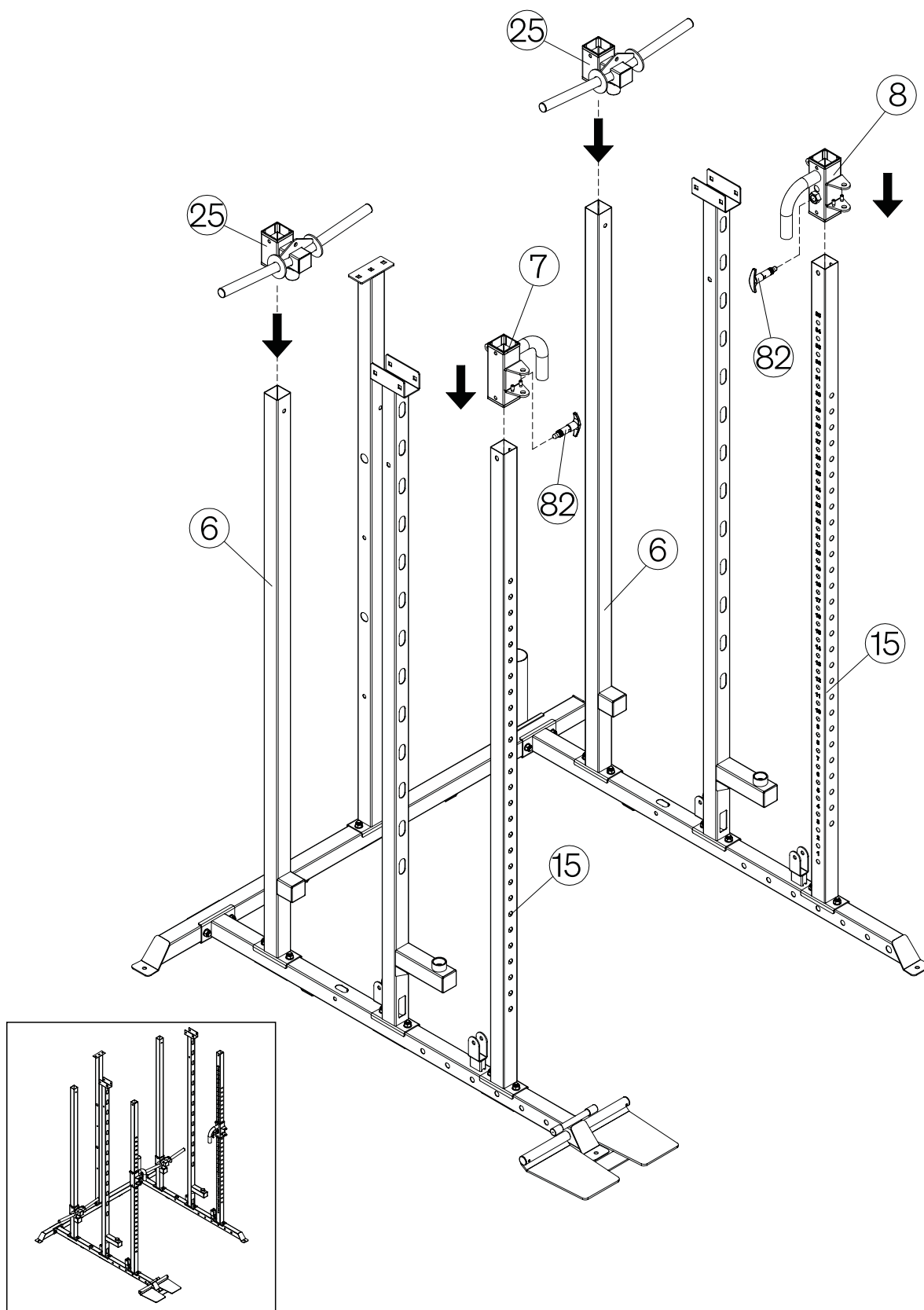
83  x8 Ø10

84  x8 M10

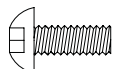


PASSO 4

- Posizionare rispettivamente due Carrelli per Pesi (#25) sui due Tubo Verticali Posteriori (#6).
- Attaccare l'Assemblaggio della Pulleys Cavo Destro (#7) al Telaio Destro di Base (#1) e fissare con il Pin di Blocco della Pulleys Cavo (#82).
- Attaccare l'Assemblaggio della Pulleys Cavo Sinistro (#8) al Telaio Sinistro di Base (#2) e fissare con il Pin di Blocco della Pulleys Cavo (#82).

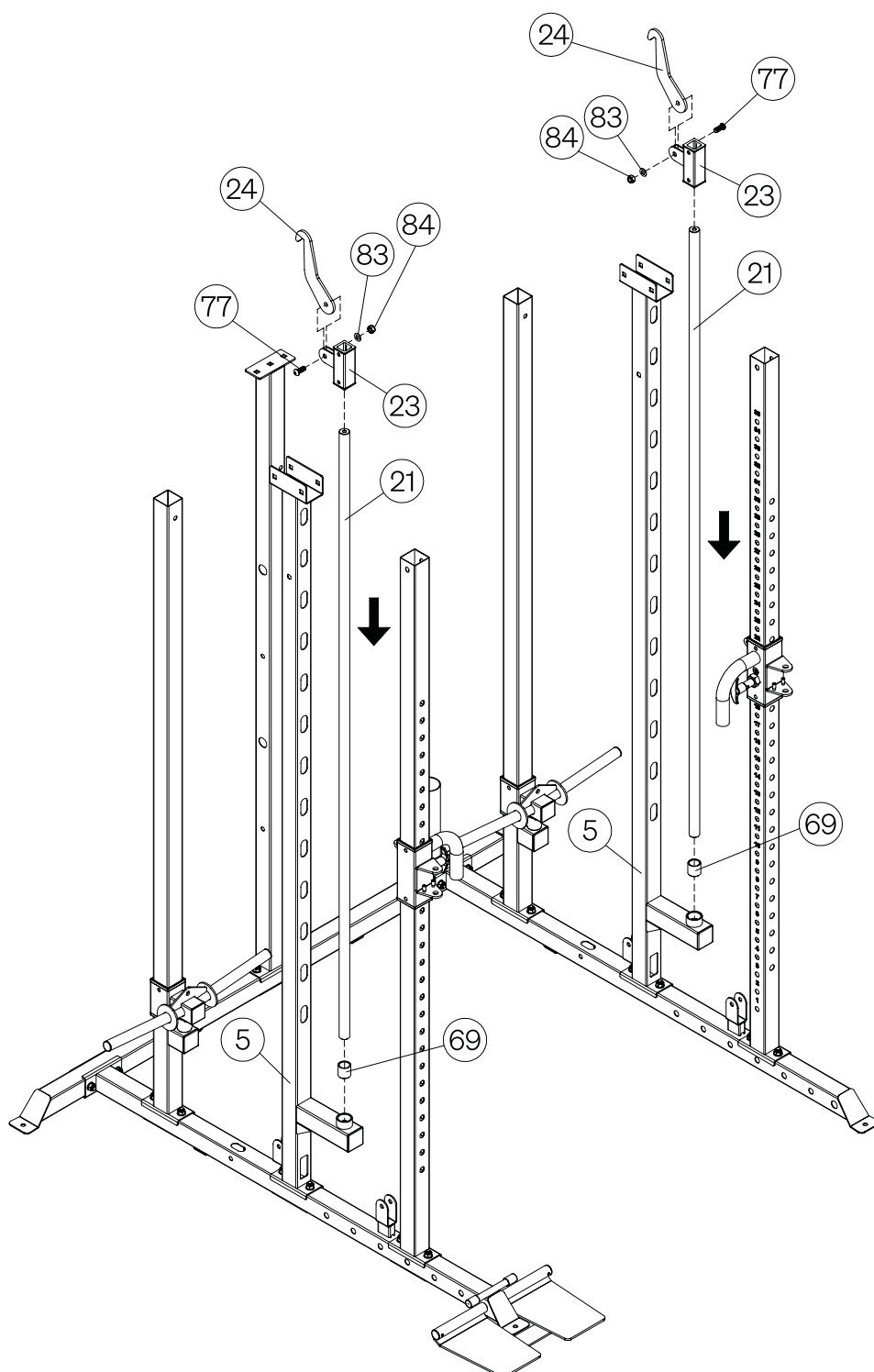
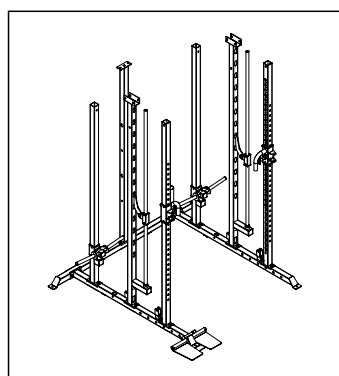
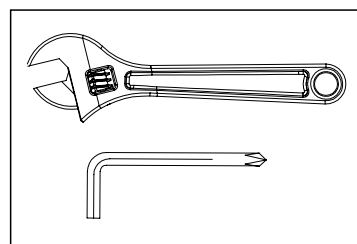


- Attaccare 1 x Paraurti in Gomma Guida (#69) e 1 x Tubo Guida (#21) al Tubo Verticale Centrale (#5), quindi attaccare 1 x Telaio di Arresto di Sicurezza Inferiore (#23) e 1 x Gancio di Sicurezza (#24) al Tubo Guida (#21) utilizzando 1 x Vite Allen M10×25mm (#77), 1 x Rondella da 10mm (#83) e 1 x Dado Aeronautico M10 (#84).
- Utilizzare lo stesso metodo per assemblare l'altro lato.

(77)  ×2 M10×25mm

(83)  ×2 Ø 10

(84)  ×2 M10



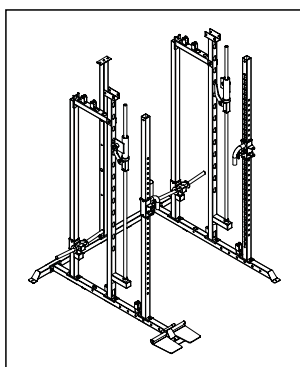
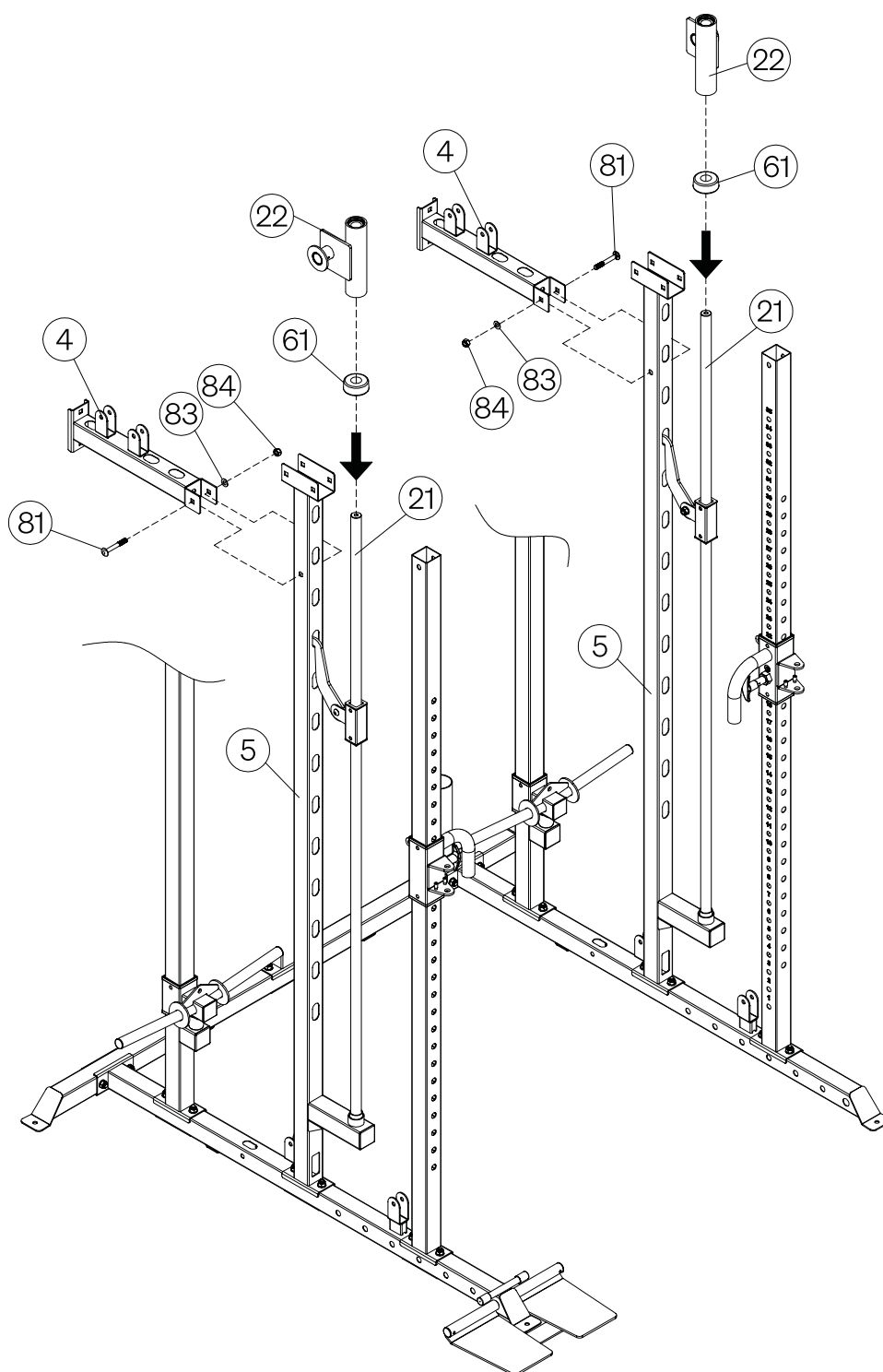
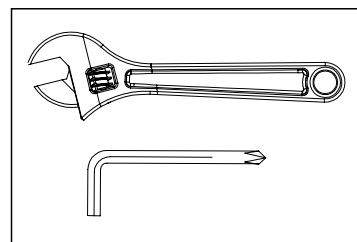
PASSO 6

- Attaccare il Supporto Posteriore Superiore (#4) al Tubo Verticale Centrale (#5) rispettivamente su entrambi i lati utilizzando 1 x Vite M10×70mm (#81), 1 x Rondella da 10mm (#83) e 1 x Dado Aeronautico M10 (#84).
- Posizionare 1 x Paraurti in Gomma (#61) e 1 x Manica del Tubo Guida (#22) sul Tubo Guida (#21) rispettivamente su entrambi i lati.

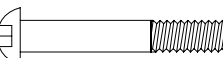
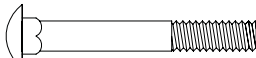
(81)  ×2 M10×70mm

(83)  ×2 Ø10

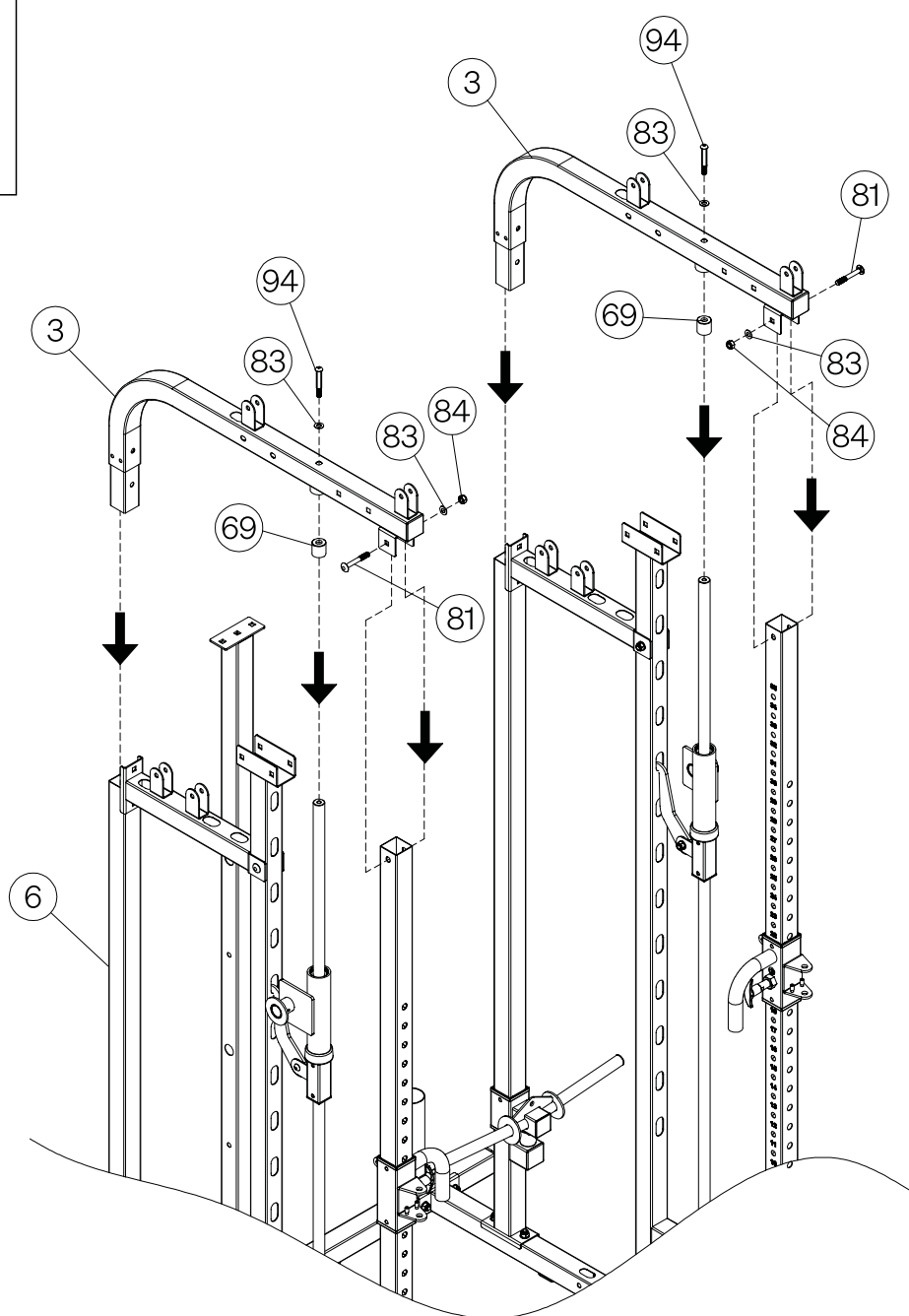
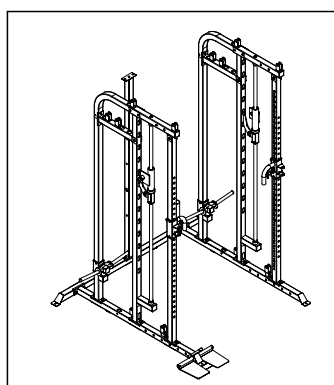
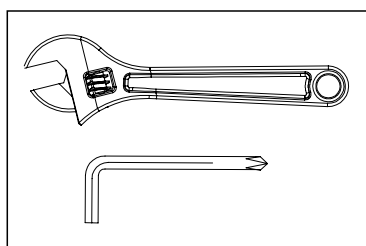
(84)  ×2 M10



- Attaccare il Telaio Superiore (#3) al Tubo Verticale Posteriore (#6) e al Tubo Verticale Anteriore (#15) rispettivamente utilizzando 1x Paraurti in Gomma Guida (#69), 1x Vite Allen M10×80mm (#94), 1x Vite M10×70 Carriage (#81), 2 x Rondelle da 10mm (#83) e 1x Dado Aeronautico M10 (#84) rispettivamente su entrambi i lati.

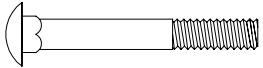
(94)  ×2 M10×80mm
 (81)  ×2 M10×70mm

(83)  ×4 Ø 10
 (84)  ×2 M10



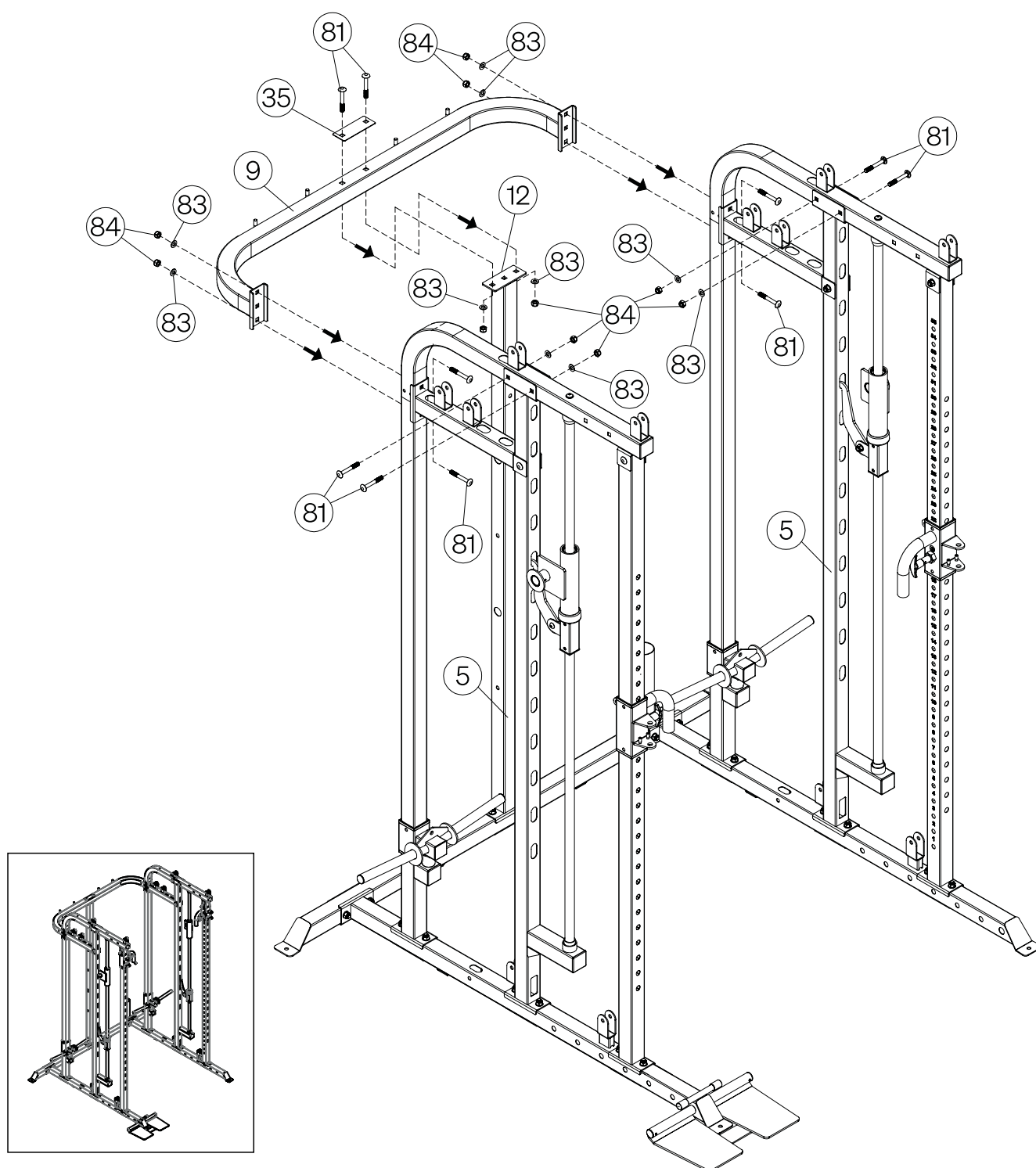
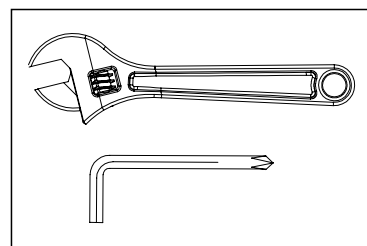
PASSO 8

- Attaccare il Braccio Trasversale Superiore (#9) al Telaio Superiore (#3) e fissare con 10 x Viti Allen M10×70mm (#81), 10 x Rondelle da 10mm (#83) e 10 x Dadi Aeronautici M10 (#84).

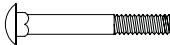
81  ×10 M10×70mm

83  ×10 Ø10

84  ×10 M10



- Attaccare il Rack per Pull-up Multi-Grip (#16) al Braccio Trasversale Superiore (#9) utilizzando 4 x Viti Allen M10×25mm (#77), 8 x Rondelle da 10mm (#83) e 8 x Dadi Aeronautici M10 (#84).
- Attaccare la Barra Laterale Sinistra (#17) al Telaio Superiore (#3) utilizzando 2 x Viti Allen M10×30mm (#102), 2 x Rondelle da 10mm (#83) e 2 x Dadi Aeronautici M10 (#84).
- Attaccare la Barra Laterale Destra (#18) al Telaio Superiore (#3) utilizzando 2 x Viti Allen M10×30mm (#102), 2 x Rondelle da 10mm (#83) e 2 x Dadi Aeronautici M10 (#84).

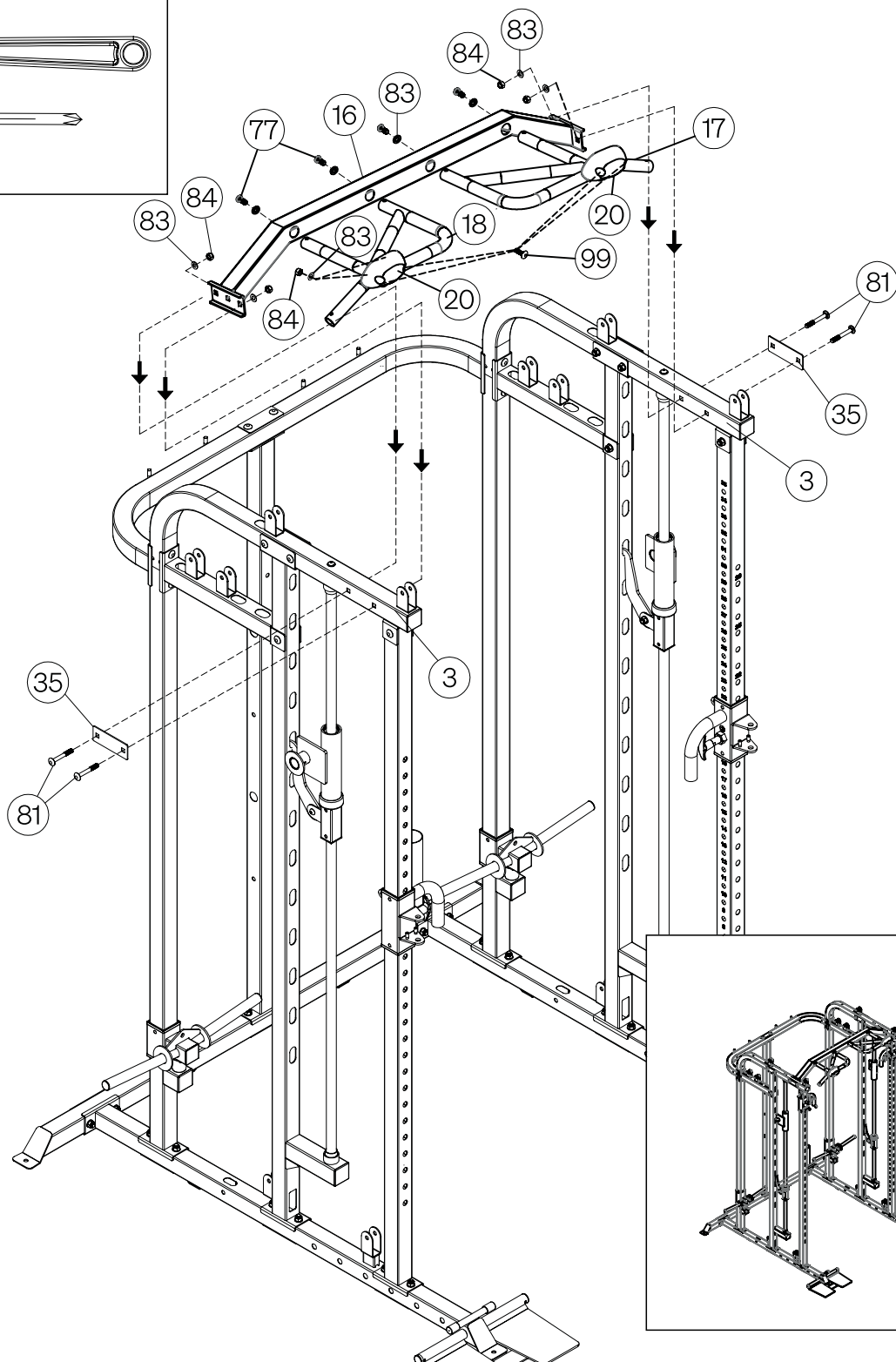
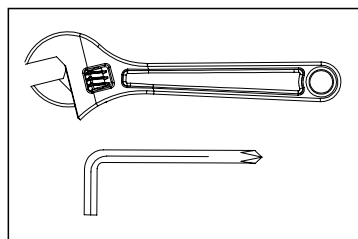
81  x4 M10×70mm

77  x4 M10×25mm

83  x12 Ø 10

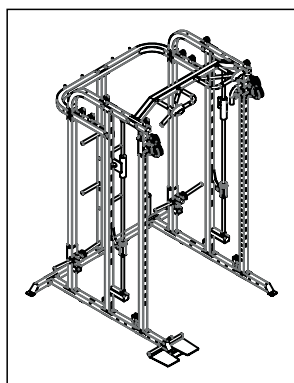
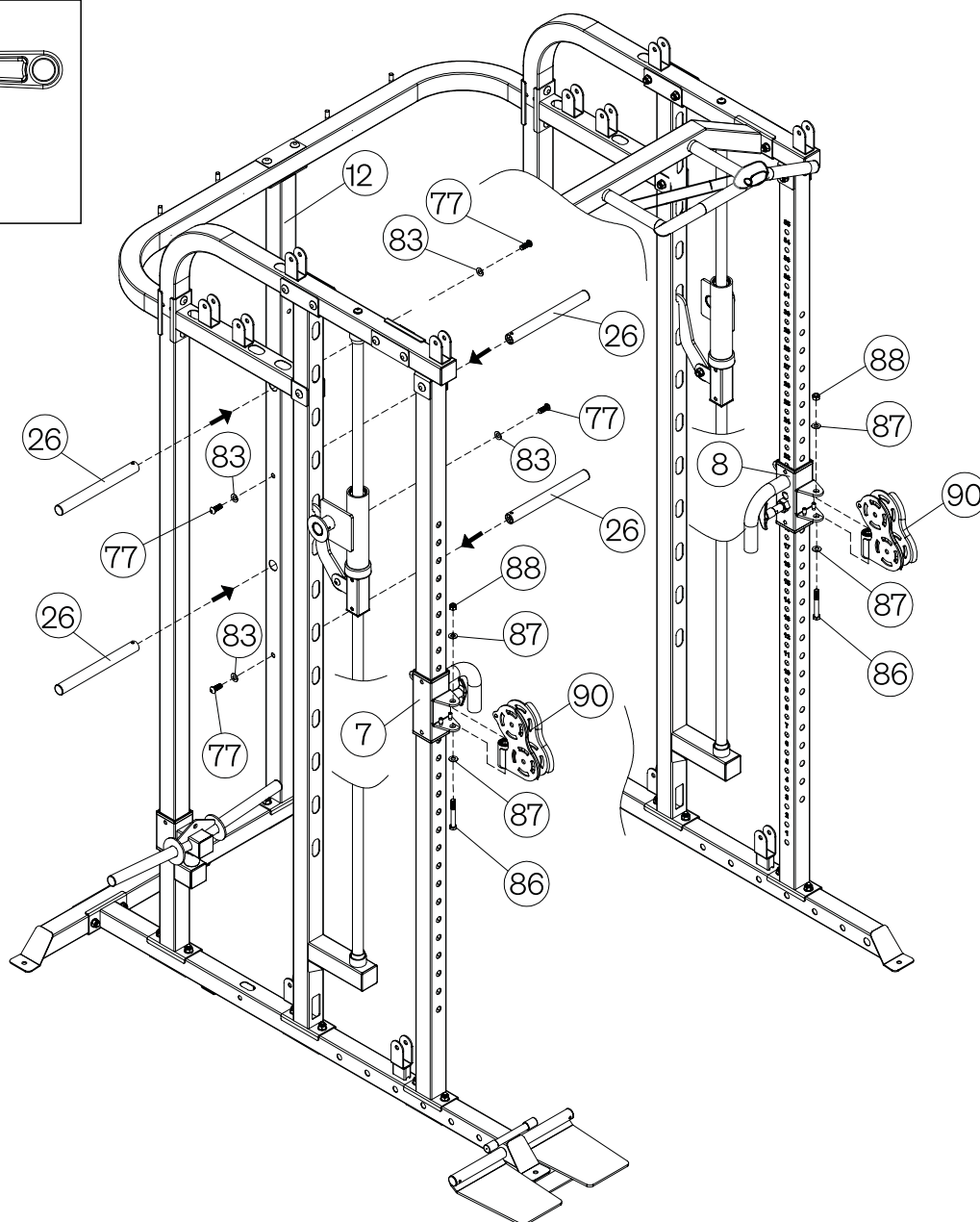
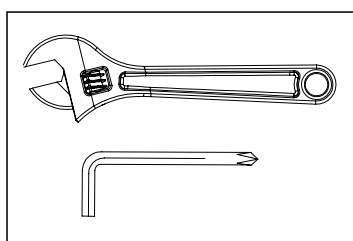
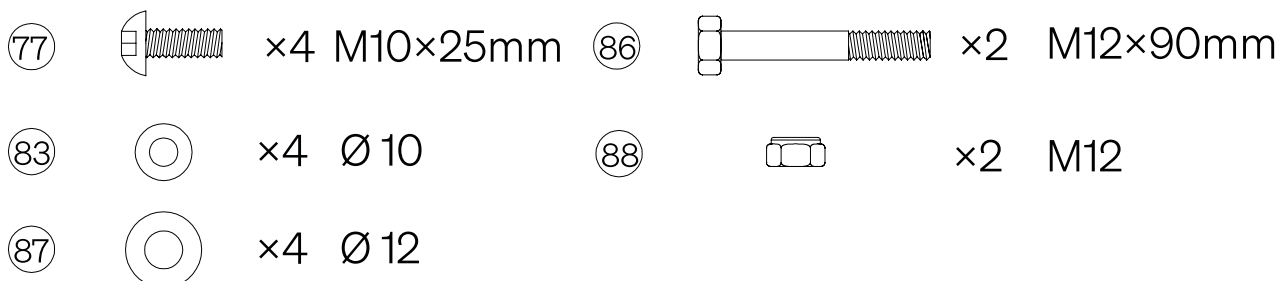
84  x8 M10

99  x4 M10×30mm



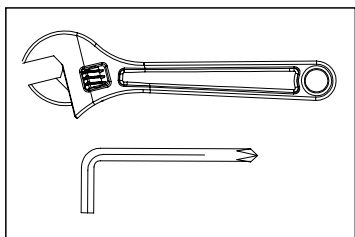
PASSO 10

- Inserire 4 x Tubo per Piastra di Peso (#26) nel Telaio per Piastra di Peso (#12) e fissare con 4 x Viti Allen M10×25mm (#77) e 4 x Rondelle da 10mm (#83).
- Attaccare 1 x Montaggio a Doppia Pulley (#90) all'Assemblaggio della Pulley Destra (#7) utilizzando 1 x Vite Allen M12×90mm (#86), 2 x Rondelle da 12mm (#87) e 1 x Dado Aeronautico M12 (#88).
- Attaccare 1 x Montaggio a Doppia Pulley (#90) all'Assemblaggio della Pulley Sinistra (#8) utilizzando 1 x Vite Allen M12×90mm (#86), 2 x Rondelle da 12mm (#87) e 1 x Dado Aeronautico M12 (#88).

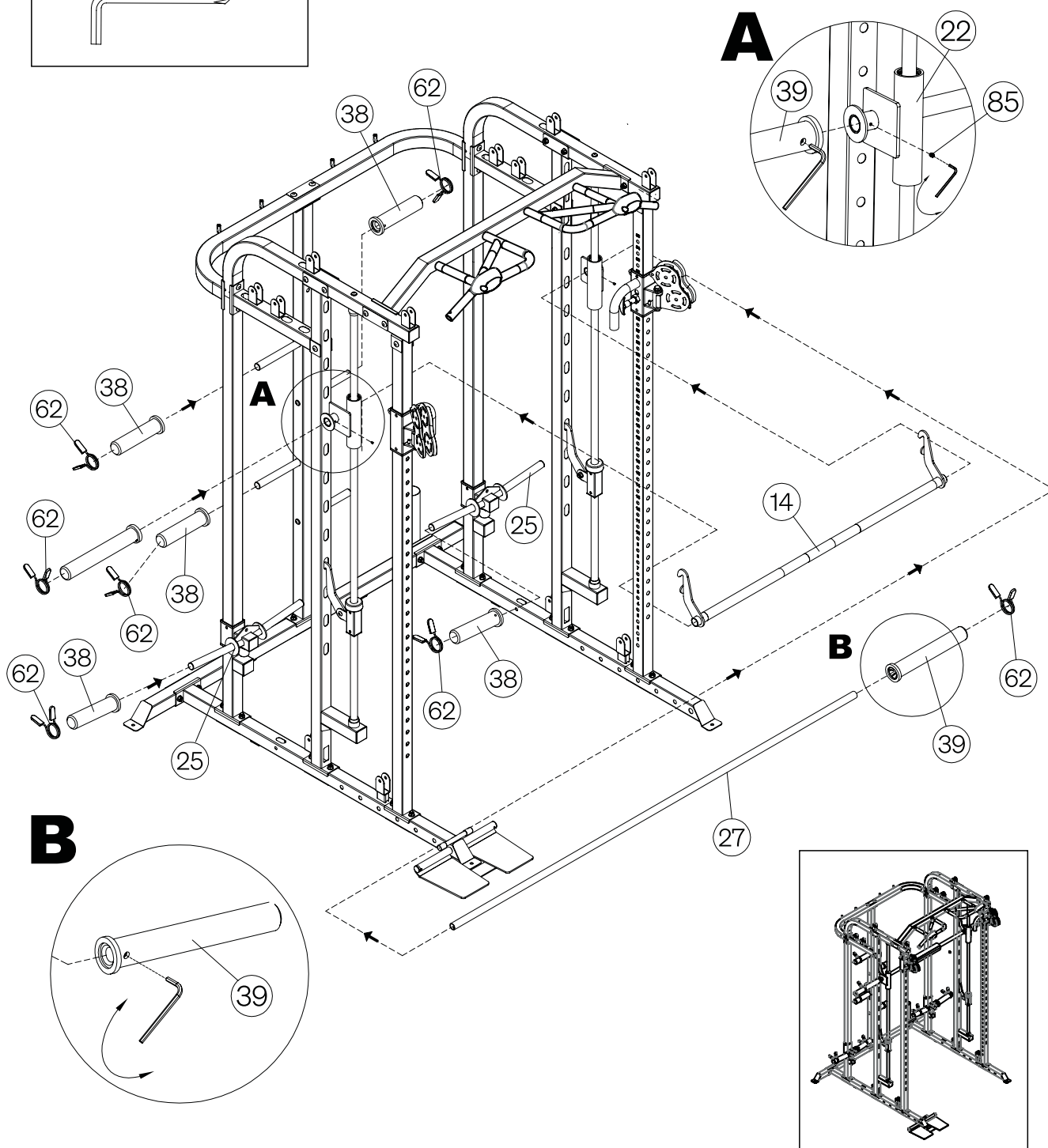


- Attaccare 5 x Manicotti Olimpici (#38) ai Tubo per Piastra di Peso (#26) e fissare con 5 x Clip a Molla (#62).
- Attaccare il Manicotto Olimpico Lungo (#39) al Bilanciere (#27) e fissare con Clip a Molla (#62).
- Nota nella Figura A che il Bilanciere (#27) deve essere spinto attraverso il Manicotto Olimpico Lungo (#39) e il Manicotto del Fusto Guida (#22).

(85)  × 2 M6× 1/4"



3# 4# Allen Wrench(Tool)

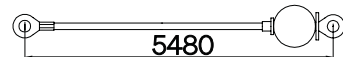


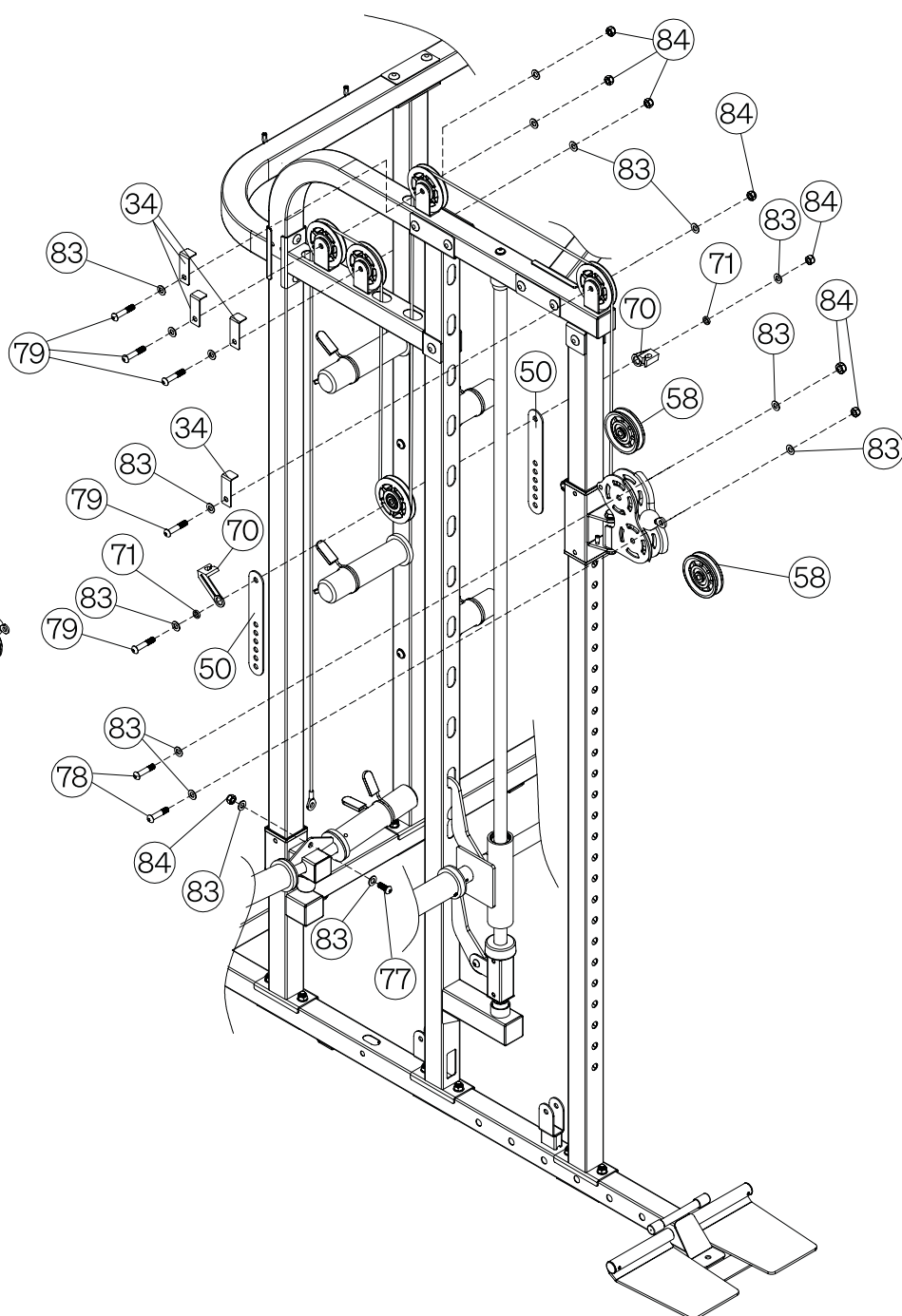
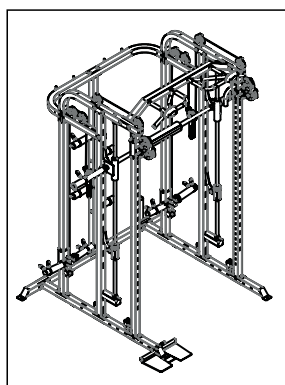
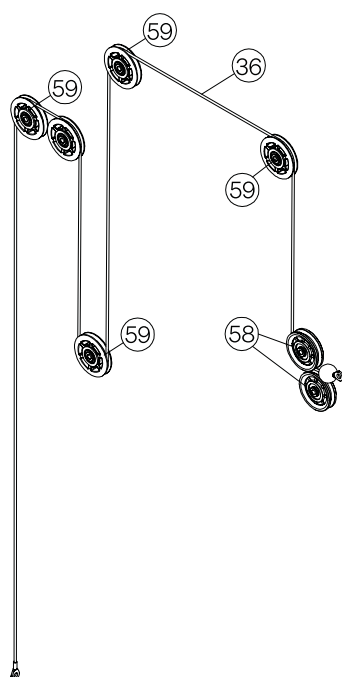
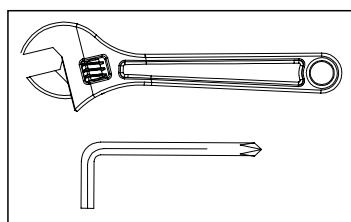
PASSO 12

- Installare il Cavo Superiore (#36) su entrambi i lati secondo il diagramma mostrato sopra utilizzando 4 x Pulegge (#90) (58), 10 x Pulegge (#97) (#59), 2 x Staffe per Pulegge Flottanti Doppie (#50), 4 x Fissaggi per Cavo (#70), 4 x Bushings per Fissaggio Cavo (#71), 8 x Fissaggi a L per Cavo (#34), 2 x Viti Allen M10×25mm (#77), 4 x Bushings per Fissaggio Cavo (#71), 8 x Fissaggi a L per Cavo (#34), 2 x Viti Allen M10×25mm (#77), 4 x Viti Allen M10×45mm (#78), 10 x Viti Allen M10×50mm (#79), 32 x Rondelle da 10mm (#83) e 16 x Dadi Aeronautici M10 (#84).

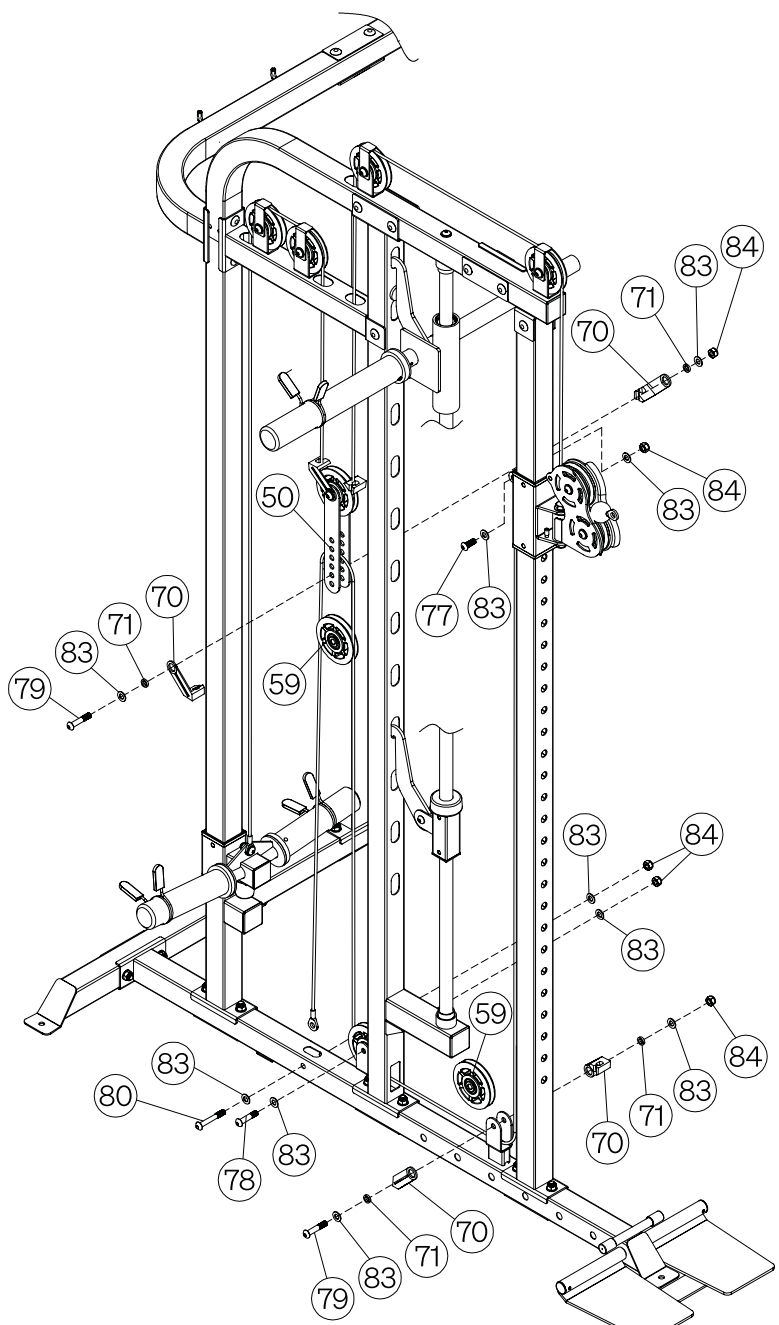
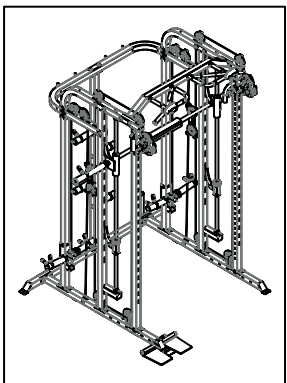
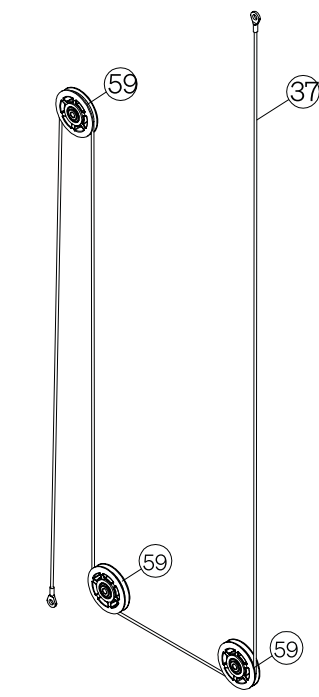
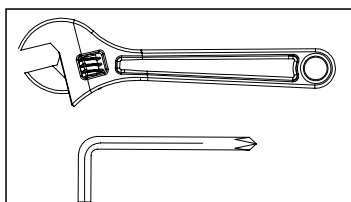
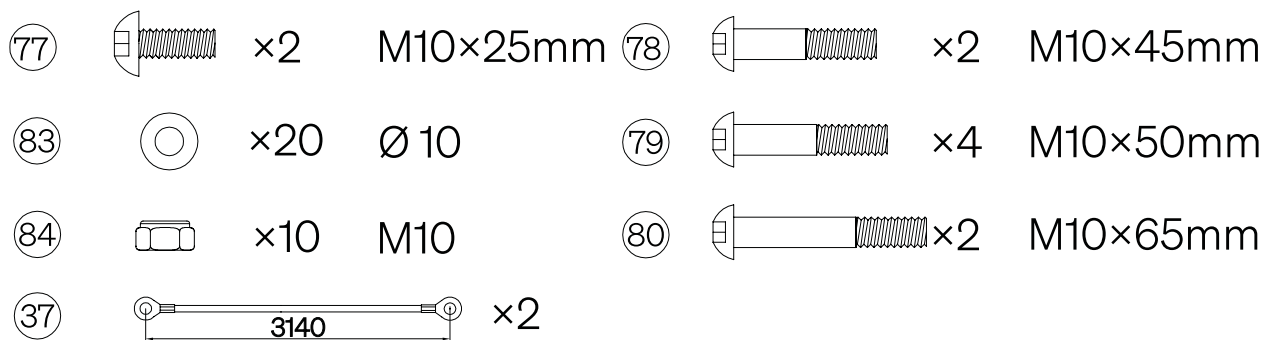
 ×2 M10×25mm
  ×4 M10×45mm

 ×32 Ø 10
  ×10 M10×50mm

 ×16 M10
  5480 ×2

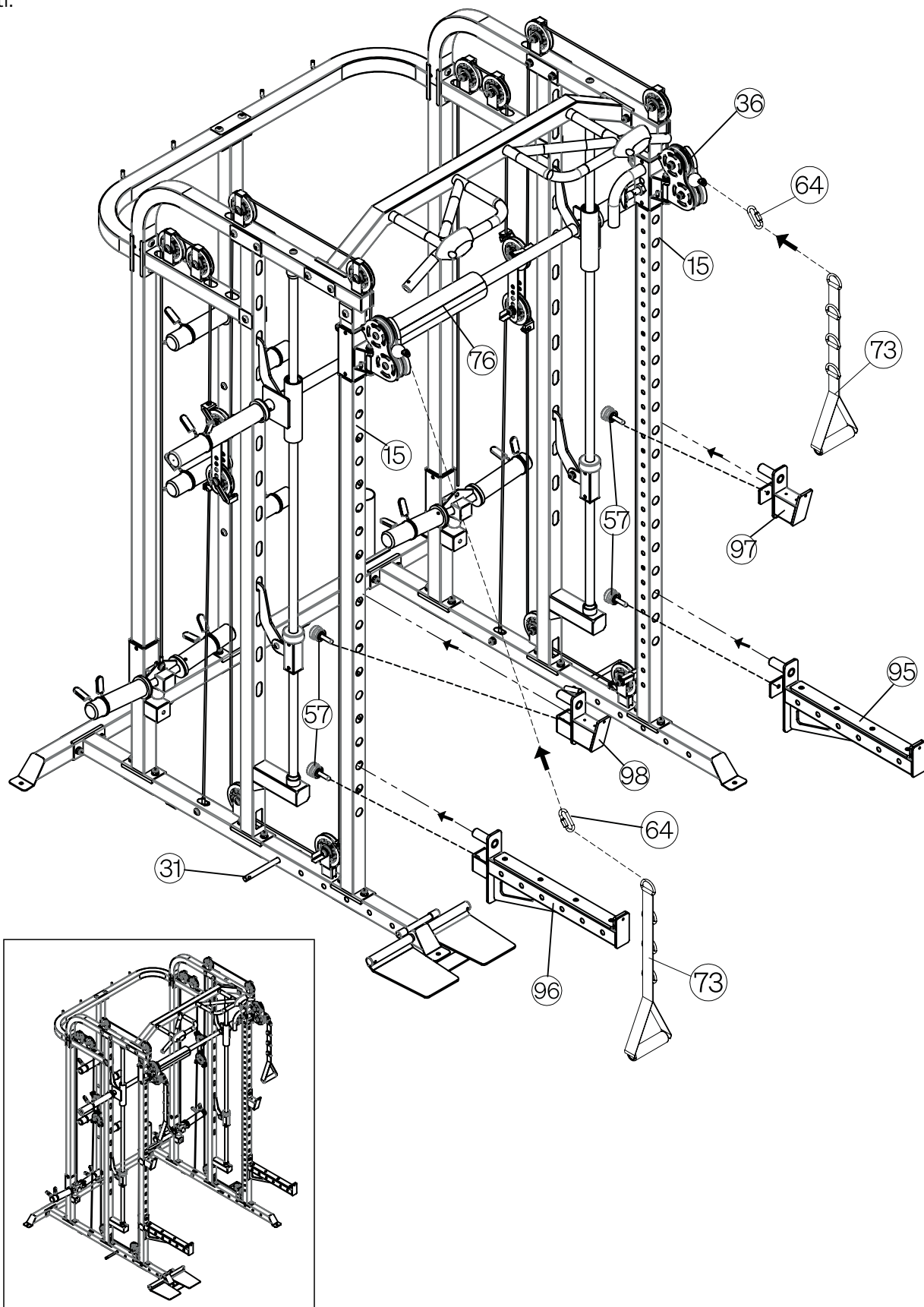


- Installare il Cavo Butterfly (#37) su entrambi i lati secondo il diagramma mostrato sopra utilizzando 6 x Pulegge (#97) (#59), 2 x Staffe per Pulegge Flottanti Doppie (#50), 8 x Fissaggi per Cavo (#70), 8 x Bushings per Fissaggio Cavo (#71), 2 x Viti Allen M10×25mm (#77), 2 x Viti Allen M10×45mm (#78), 4 x Viti Allen M10×50mm (#79), 2 x Viti Allen M10×65mm (#80), 20 x Rondelle da 10mm (#83) e 10 x Dadi Aeronautici M10 (#84).



PASSO 14

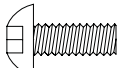
- Attaccare 2 x Cinghie per Maniglia Singola (#73) al Cavo Superiore (#36) su entrambi i lati utilizzando 2 x C-clip (#64).
- Attaccare la Barra Parallela Destra (#19) e la Barra Parallela Sinistra (#20) al Tubo Verticale Anteriore (#15) su entrambi i lati.
- Attaccare il Supporto di Sicurezza Sinistro (#95) e il Supporto di Sicurezza Destro (#96) al Tubo Verticale Anteriore (#15) su entrambi i lati.
- Attaccare il Rack Sinistro (#97) e il Rack Destro (#98) al Tubo Verticale Anteriore (#15) su entrambi i lati.

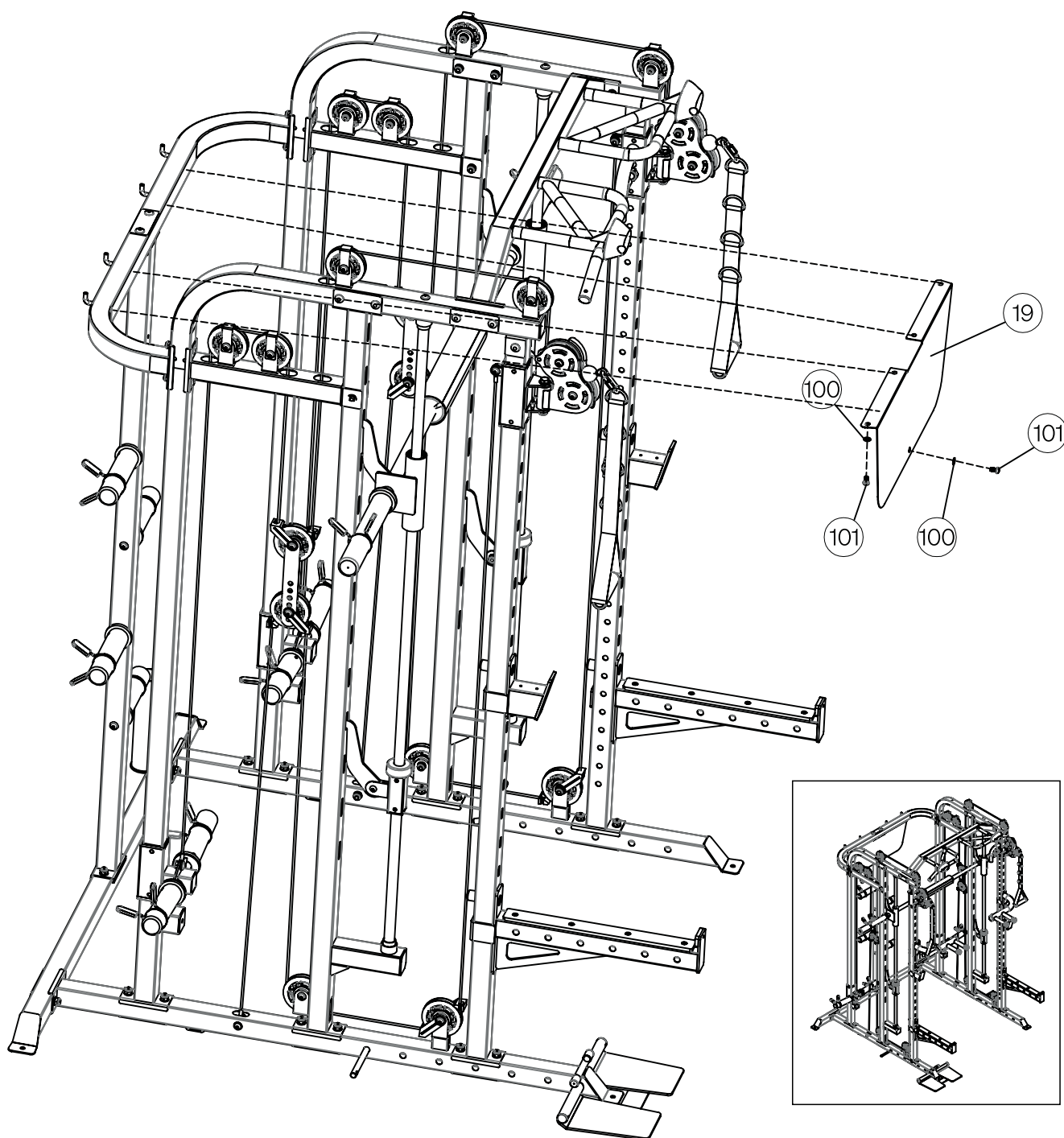


PASSO 15

IT

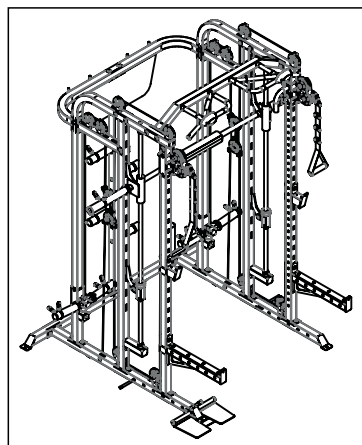
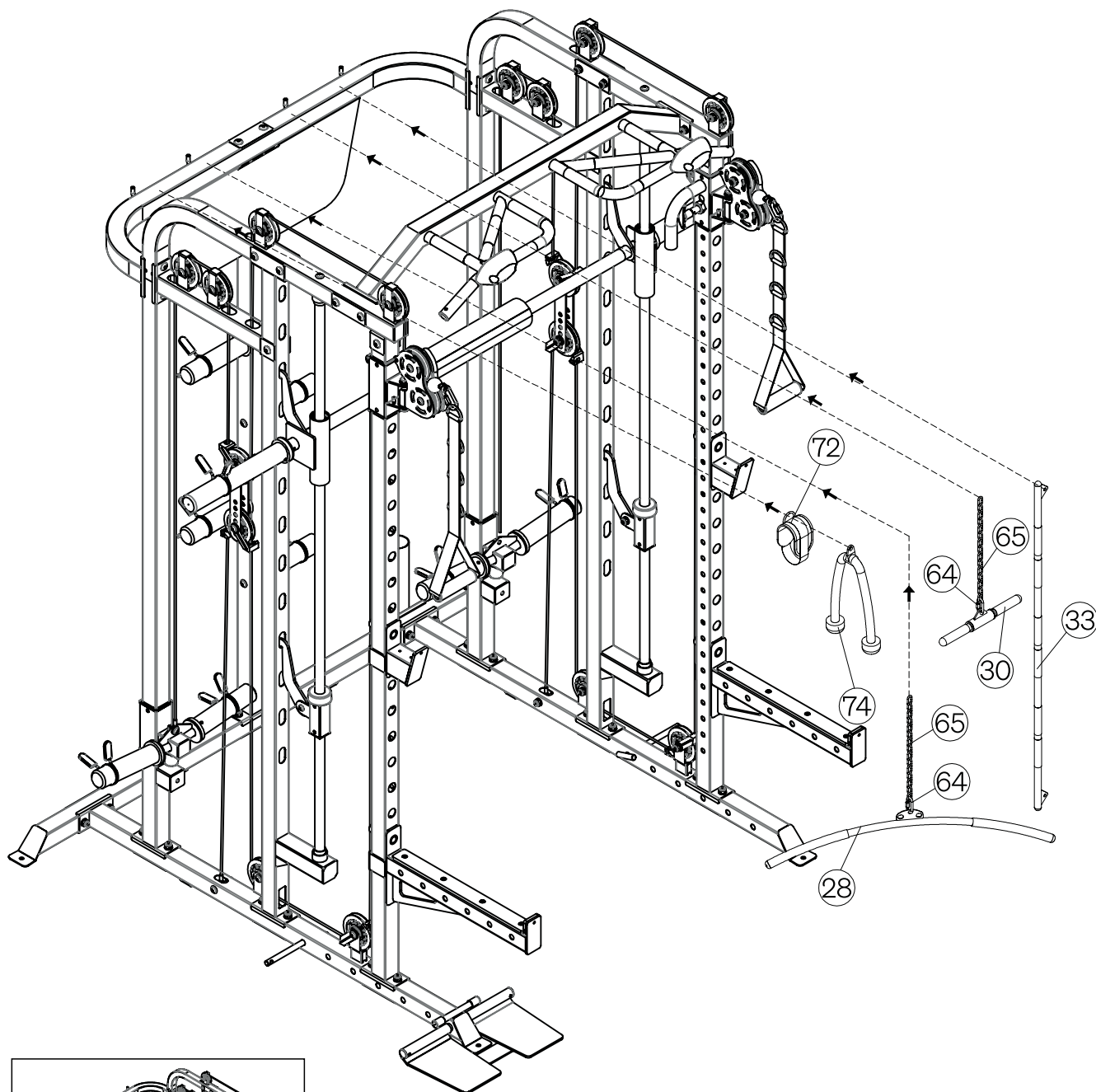
- Attaccare il Pannello Poster (#99) al Supporto Trasversale Superiore (#9) utilizzando 2 x Bulloni Allen M8×16 (#101) e 2 x Rondelle da 8 mm (#103).

(101)  x5 M8×16mm (100)  x5 Ø8



PASSO 16

- Metti la Barra Lat (#28), la Maniglia Curl (#30), la Barra Lunga (#33), la Fascia per Caviglia (#72) e la Corda Tricipiti (#74) sul Supporto Trasversale Superiore (#9).



3. Allenamento

3.1 STRETCHING PER IL RISCALDAMENTO E IL RAFFREDDAMENTO

- Fai qualche esercizio di stretching per iniziare l'allenamento. Non sforzare mai troppo i muscoli.
- Si consiglia di fare ciascuno dei seguenti esercizi 10 volte e di ripetere il ciclo completo fino a cinque volte. Poi progetta il tuo allenamento in base al tuo livello personale di fitness.
- Fate anche esercizi di stretching dopo l'allenamento per riscaldarvi adeguatamente.

1



RULLI PER LA TESTA

Ruotare la testa a destra, fino a sentir allungare il lato sinistro del collo, poi ruotare la testa indietro, allungando il mento verso il soffitto e aprendo la bocca. Ruotare la testa a sinistra, quindi abbassare la testa verso il petto per un conteggio.

2



SOLLEVAMENTO SPALLE

Sollevare la spalla destra verso l'orecchio. Quindi sollevare la spalla sinistra abbassando la spalla destra.

3



STRETCHING LATERALE

Aprire le braccia verso il lato e sollevarle fino a quando non si trovano sopra la testa. Allungare il braccio destro fino al soffitto quando più possibile e trattenere. Ripetere questa azione con il braccio sinistro.

4



STRETCHING DEI QUADRICIPITI

Con una mano contro un muro per mantenere l'equilibrio, andare verso l'indietro e sollevare il piede destro verso l'alto. Portare il tallone più vicino alle natiche possibile. Trattenere per 15 conteggi e ripetere con il piede sinistro..

5



STRETCHING INTERNO COSCIA

Sedersi con le suole dei piedi unite e le ginocchia che puntano verso l'esterno. Avvicinare i piedi all'inguine il più possibile. Spingere delicatamente le ginocchia verso il pavimento. Trattenere per 15 conteggi..

6



TOCCARE LE PUNTE

Lentamente, piegarsi in avanti dalla vita, rilassare le spalle e la schiena mentre ci si allunga verso le dita dei piedi. Allungarsi quanto più possibile e trattenere la posizione per 15 conteggi.

7



STRETCHING DEI TENDINI

Stendere la gamba destra. Riposare la suola del piede sinistro contro la coscia interna destra. Allungarsi verso il tuo piede per quanto possibile. Trattenere per 15 conteggi. Rilassarsi e ripetere con la gamba sinistra.

8



STRETCHING POLPACCIO/ TALLONE

Appoggiarsi contro un muro con la gamba sinistra di fronte alla destra e le braccia in avanti. Mantenere la gamba destra dritta e il piede sinistro sul pavimento; poi piegare la gamba sinistra e sporgersi in avanti spostando i fianchi verso la parete. Trattenere la posizione, poi ripetere dall'altra parte per 15 conteggi.

4. Pulizia

4.1 PULIZIA

- Il livello di sicurezza dell'attrezzatura può essere mantenuto solo se viene esaminata regolarmente per danni e usura, ad esempio nei punti di connessione.
- Lubrificare periodicamente le parti mobili con olio leggero per prevenire usura precoce.
- Ispezionare e stringere tutte le parti prima di utilizzare l'attrezzatura, sostituire immediatamente eventuali parti difettose e non utilizzare l'attrezzatura fino a quando non è in perfette condizioni di funzionamento.
- L'attrezzatura può essere pulita con un panno umido e un detergente delicato non abrasivo. Non utilizzare solventi.
- Non tentare di riparare l'attrezzatura da soli. In caso di difficoltà con il montaggio, il funzionamento o l'uso del prodotto o se si pensa che possano mancare delle parti, contattare il rivenditore.

5. Smaltimento

Riciclaggio dei rifiuti



Il materiale di imballaggio può essere riciclato. Smaltire il materiale di imballaggio in conformità alle disposizioni di legge. Per informazioni dettagliati rivolgersi alla società addetta alla raccolta di rifiuti pubblici oppure ai centri di raccolta differenziata.

Ulteriori informazioni

I nostri **video** **tutorial per voi!**

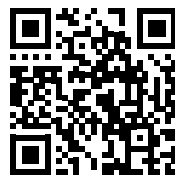
Montaggio, utilizzo, smontaggio.



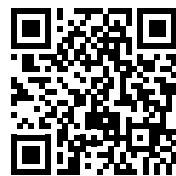
Link ai video:
https://sportstech.link/SXM150_video

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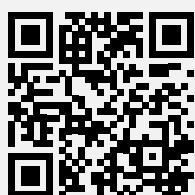


pagina Facebook
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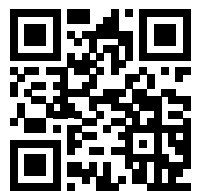
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- Cronologie e statistiche degli allenamenti
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- Ricette di cucina deliziose e varie
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