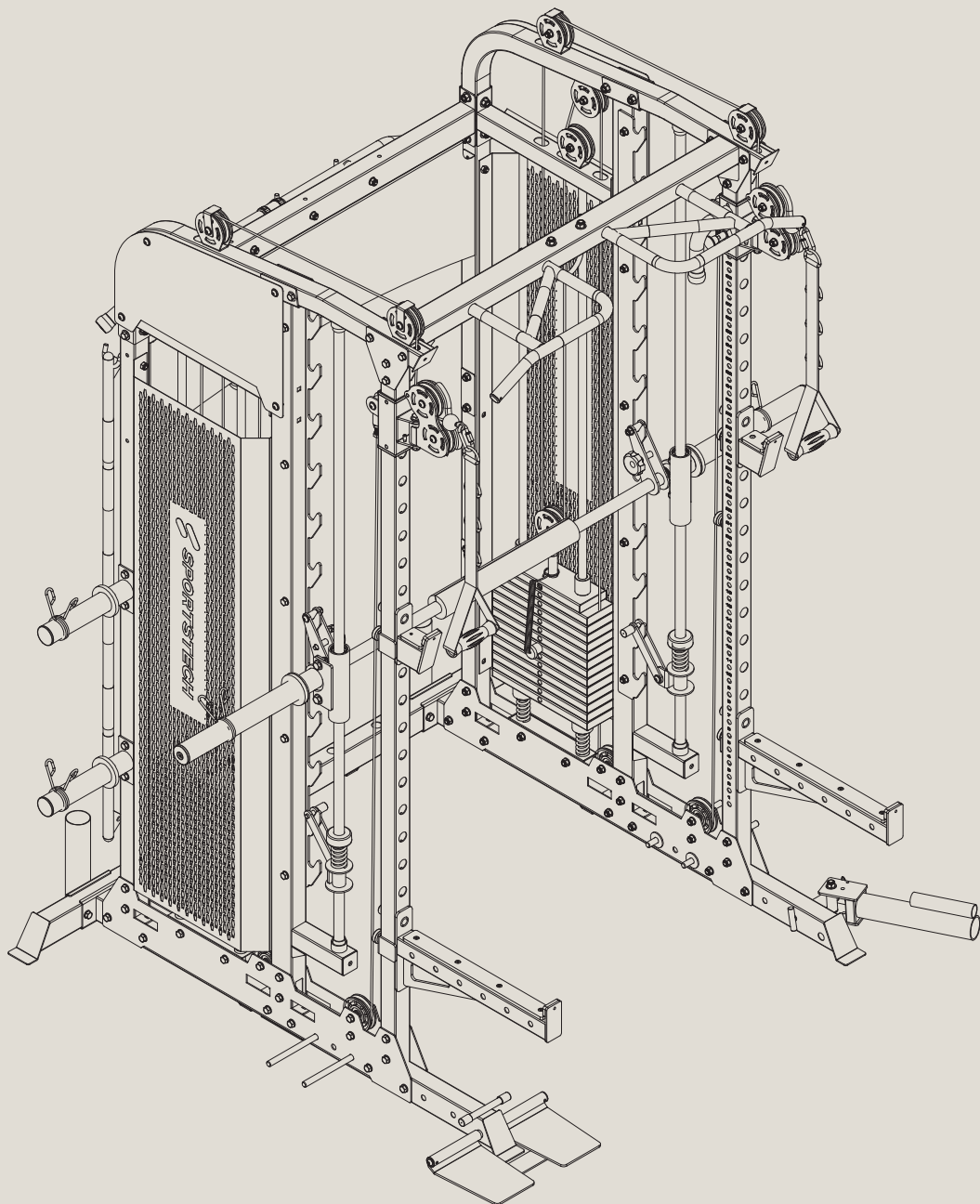


SXM200

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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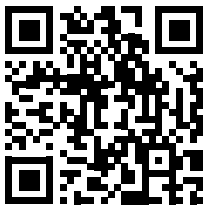
Lieferumfang

1	SXM200 POWER RACK	2	Betriebsanleitung
3	Inbusschlüssel	4	Schraubenschlüssel
5	Langhantel-Landmine	6	2 x Sicherheitsstopper
6	2 x J-Haken	7	Lat-Stange
8	V-förmiger Griff	9	Knöchelriemen
10	Kurze Stange	11	Trizeps-Seil
12	2 x Verstellbarer Griff	13	4 x Abnehmbare Verankerung
13	V-Stange		

Technische Daten

Produkt-Abmessungen (LxBxH)	164 × 213 × 230 cm
Nettogewicht des Geräts	356,4 kg
Maximales Benutzergewicht	150 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/sxm200_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 **150 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").



ZUSAMMENBAU

- Überprüfen Sie, ob Sie alle Komponenten und Werkzeuge gemäß der Teileliste haben, da einige Teile zur Erleichterung der Montage vormontiert sind.
- Halten Sie Kinder und Tiere vom Trainingsbereich fern, da kleine Teile eine Erstickungsgefahr darstellen könnten, wenn sie verschluckt werden.
- Stellen Sie sicher, dass Sie genügend Platz haben, um die Teile auszulegen.
- Montieren Sie das Produkt möglichst nah an seinem endgültigen Standort.
- Das Produkt muss auf einer stabilen und ebenen Fläche installiert werden.
- Entsorgen Sie alle Verpackungen sorgfältig und verantwortungsvoll.



VERWENDUNG

- Halten Sie unbeaufsichtigte Kinder vom Gerät fern.
- Gesundheitsschäden können durch falsches oder übermäßiges Training entstehen.
- Wenn Einstellvorrichtungen herausragen, könnten sie die Bewegungen des Benutzers beeinträchtigen.
- Es liegt in der Verantwortung des Besitzers, dafür zu sorgen, dass alle Benutzer wissen, wie das Gerät sicher zu verwenden ist.
- Dieses Produkt ist nur für den privaten Gebrauch bestimmt.
- Nicht in einer kommerziellen, vermieteten oder institutionellen Umgebung verwenden.
- Vor dem Training stets Dehnübungen durchführen, um sich richtig aufzuwärmen.
- Wenn der Benutzer Schwindel, Übelkeit, Brustschmerzen oder andere ungewöhnliche Symptome verspürt, das Training abbrechen und sofort medizinische Hilfe suchen.
- Das Gerät darf nur von einer Person gleichzeitig benutzt werden.
- Hände von allen beweglichen Teilen fernhalten.
- Beim Training immer geeignete Sportkleidung tragen. Keine weite oder lose Kleidung tragen, da diese sich im Gerät verfangen kann. Turnschuhe tragen, um die Füße beim Training zu schützen.
- Keine scharfen Gegenstände in der Nähe des Geräts platzieren.
- Personen mit Behinderungen sollten das Gerät nicht ohne eine qualifizierte Person oder Arzt benutzen.
- Bewahren Sie dieses Gerät im Innenbereich, fern von Feuchtigkeit und Staub auf. Stellen Sie das Gerät nicht in eine Garage, ein Nebengebäude, eine überdachte Terrasse oder in die Nähe von Wasser.
- Wenn Kinder das Gerät unter Aufsicht benutzen dürfen, sollte ihre geistige und körperliche Entwicklung berücksichtigt werden. Sie sollten angeleitet und in der richtigen Benutzung des Geräts unterwiesen werden. Das Gerät ist unter keinen Umständen als Spielzeug geeignet.
- Dieses Produkt ist für ein maximales Benutzergewicht von: 150 kg geeignet.
- Dieses Produkt ist nicht für therapeutische Zwecke geeignet.
- Der freie Bereich sollte mindestens 0,6 m größer sein als der Trainingsbereich in den Richtungen, aus denen auf das Gerät zugegriffen wird. Der freie Bereich muss auch den Bereich für ein Notabsteigen umfassen. Wenn Geräte nebeneinander platziert werden, kann der freie Bereich gemeinsam genutzt werden. Halten Sie unbeaufsichtigte Kinder vom Gerät fern.
- Stellen Sie das Gerät niemals auf eine Oberfläche, wenn diese die Lüftungsöffnungen blockiert.

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



Warnung: Eltern und andere, die für Kinder verantwortlich sind, sollten sich ihrer Verantwortung bewusst sein, da der natürliche Spielinstinkt und die Experimentierfreude von Kindern zu Situationen und Verhaltensweisen führen können, für die die Trainingsgeräte nicht vorgesehen sind.

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

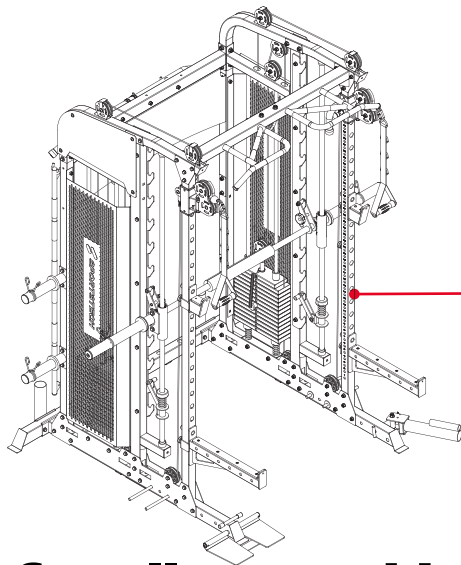


SICHERHEITS-AUFKLEBER

DE

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: **SXM200**
Construction year: **2024**
Class HC - For consumer use only!



Made in China

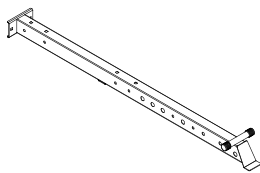
2. Aufstellen und Lagern

2.1 AUFSTELLORT

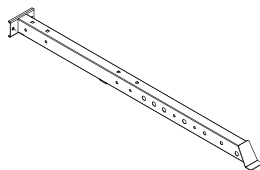
Suchen Sie einen Aufstellort für das Gerät, der folgende Voraussetzungen erfüllt:

- 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.

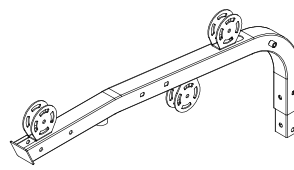
2.2 KOMPONENTEN



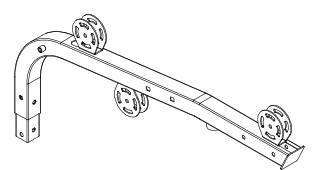
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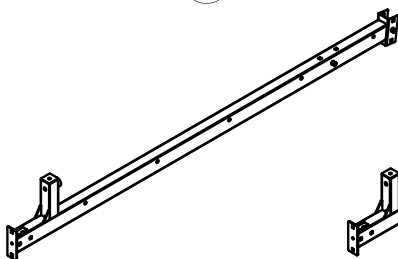
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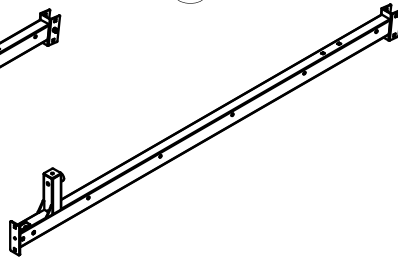
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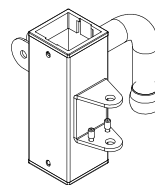
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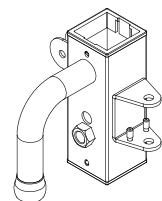
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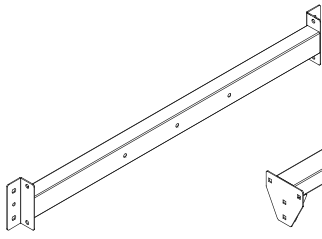
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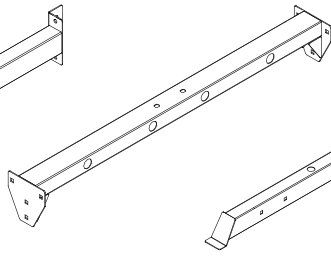
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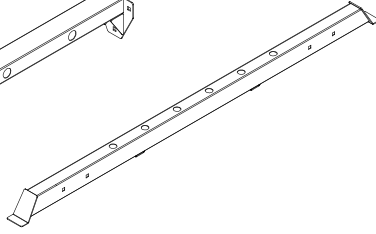
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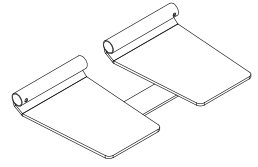
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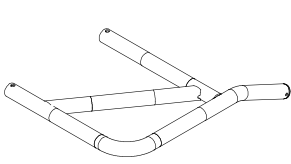
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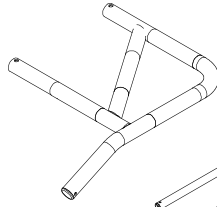
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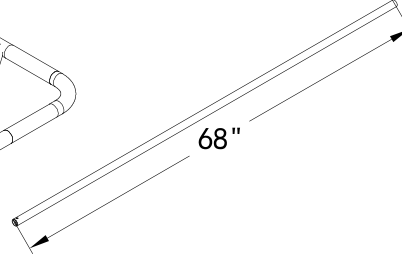
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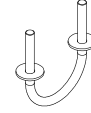
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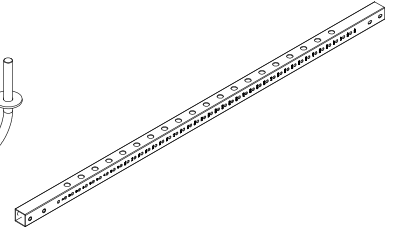
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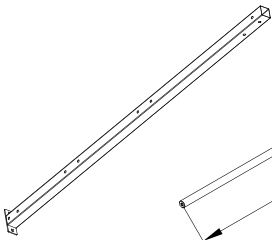
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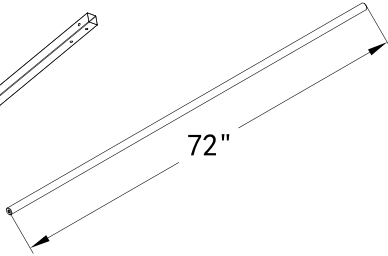
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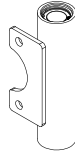
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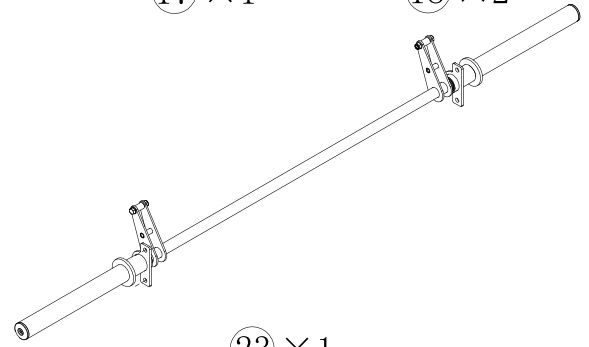
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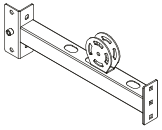
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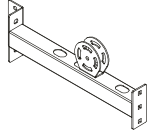
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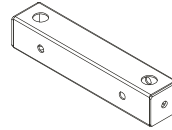
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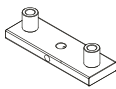
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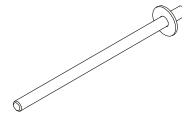
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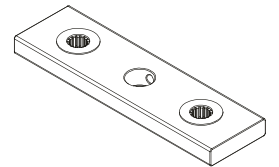
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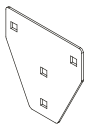
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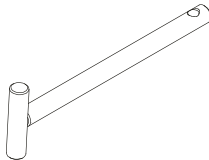
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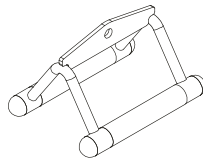
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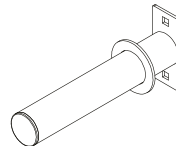
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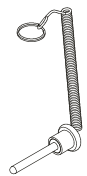
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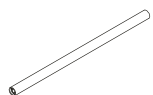
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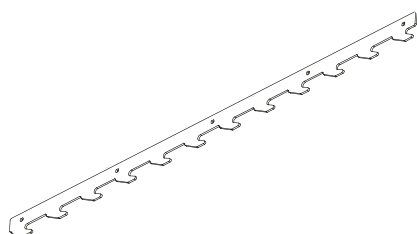
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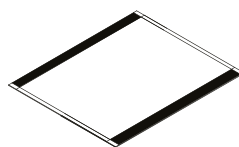
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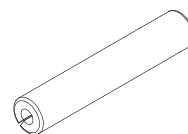
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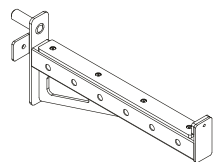
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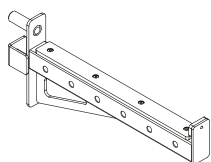
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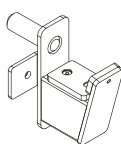
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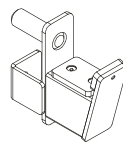
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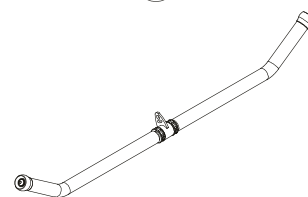
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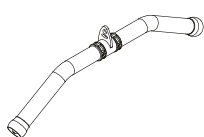
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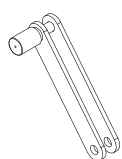
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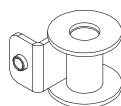
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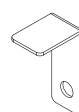
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⑤②×2



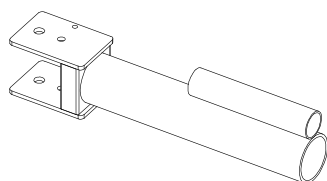
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⑤④×6



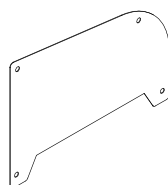
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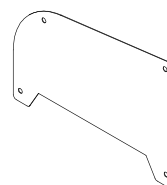
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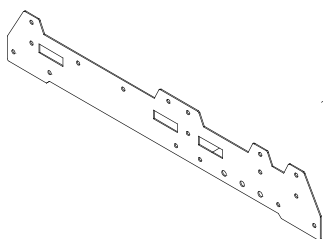
⑤⑧×1



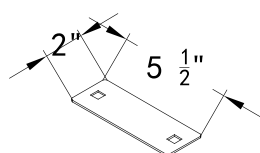
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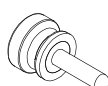
⑥①×8



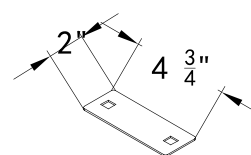
⑥②×4



⑥③×2



⑥④×4



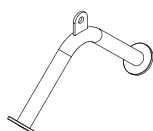
⑥⑤×8



⑥⑥×4



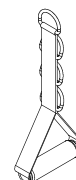
⑥⑨×4



⑦①×1



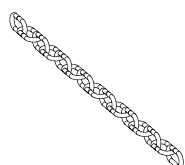
⑦②×1



⑦③×2



⑦④×2



⑦⑤×2



⑦⑥×6



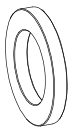
⑦⑦×1



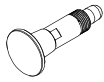
⑦⑧×18



⑦⑨×2



80 × 6



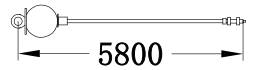
82 × 2



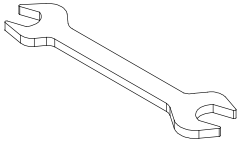
83 × 1



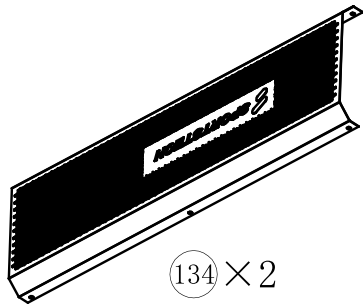
84 × 6



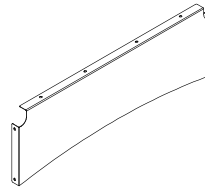
89 × 2



132 × 2



134 × 2



134 × 1



141 × 2

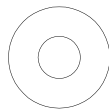
2.3 BEFESTIGUNGSKOMPONENTEN



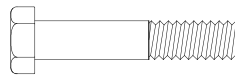
67 × 25



81 × 9



112 × 6



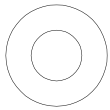
117 × 8



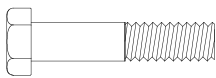
118 × 219



119 × 104



131 × 18



121 × 8



122 × 5



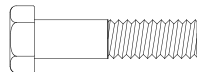
123 × 76



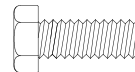
124 × 2



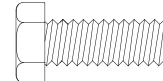
125 × 3



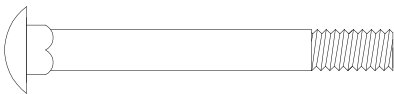
126 × 2



127 × 10



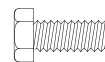
128 × 4



129 × 12



130 × 8



136 × 10



137 × 4



138 × 4



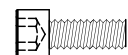
139 × 26



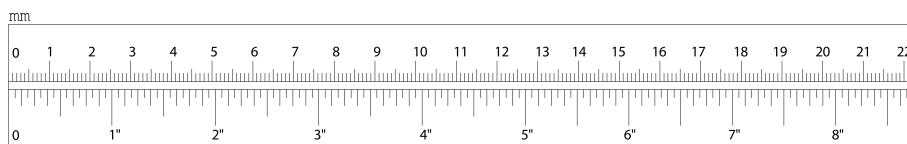
140 × 8



142 × 2

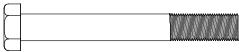


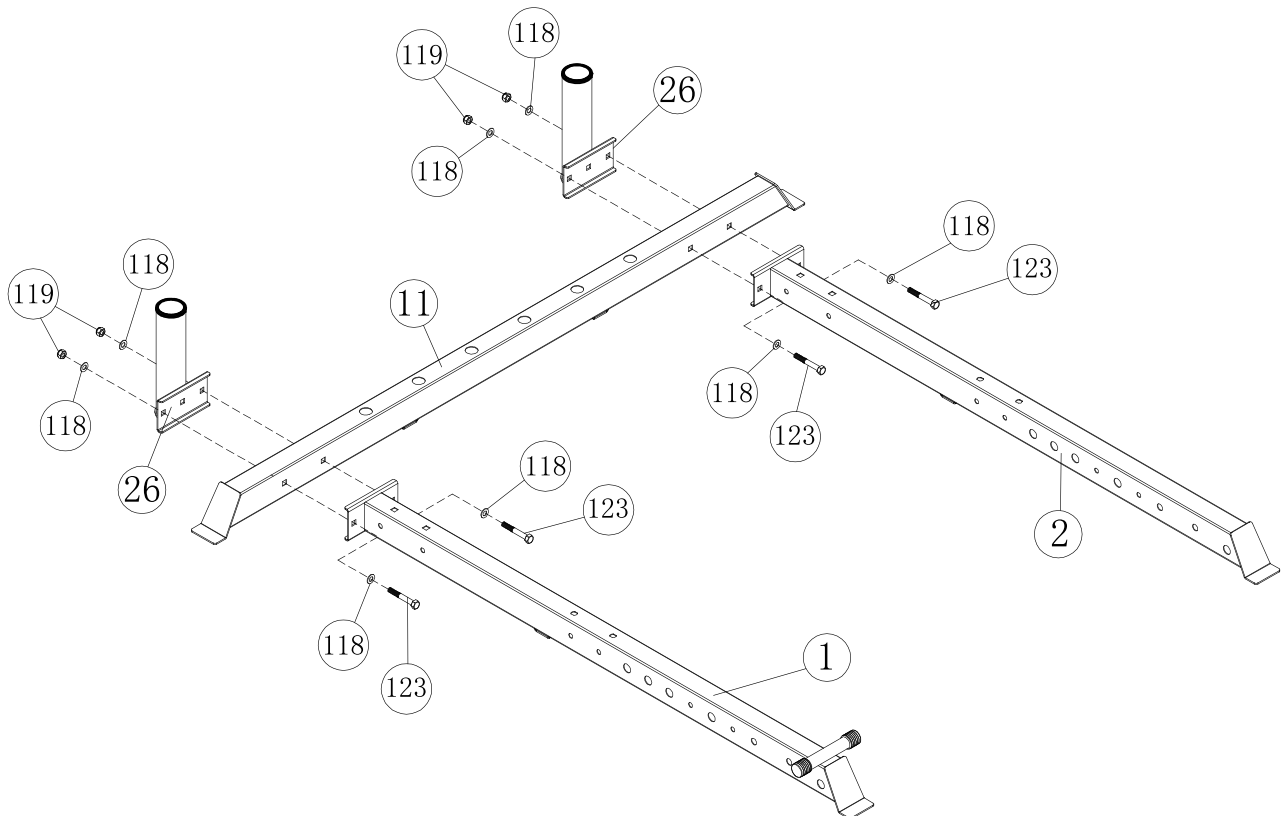
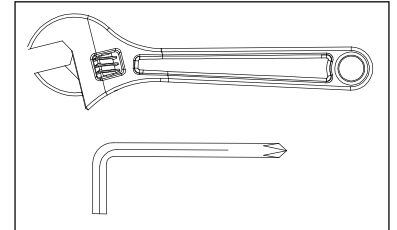
120 × 4



SCHRITT 1

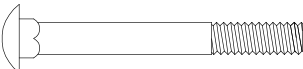
- Befestigen Sie den rechten Basisrahmen (#1) und den Langhantelablage (#26) am hinteren Basisrahmen (#11) mit 2 x M10×70mm Sechskantschrauben (123#), 4 × 10mm Unterlegscheiben (118#) und 2 x M10 Flugmutter (119#).
- Befestigen Sie den linken Basisrahmen (#2) und den Langhantelablage (#26) am hinteren Basisrahmen (#11) mit 2 x M10×70mm Sechskantschrauben (123#), 4 × 10mm Unterlegscheiben (118#) und 2 x M10 Flugmutter (119#).

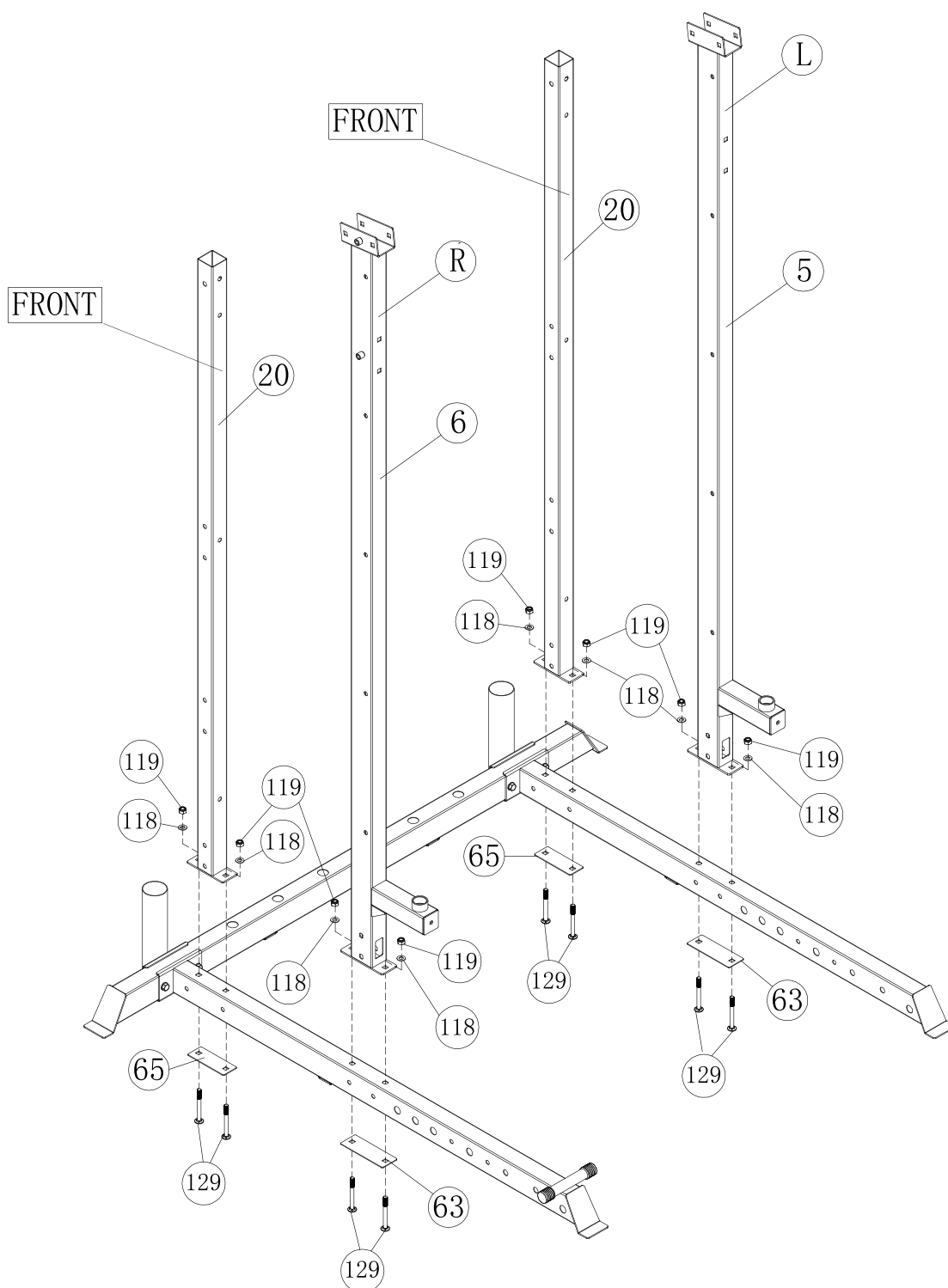
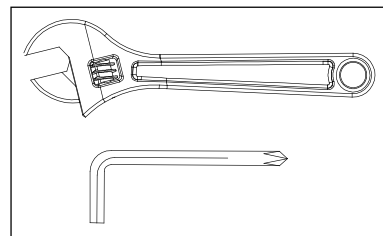
123		4	M10×70mm
118		8	Ø10
119		4	M10



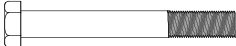
SCHRITT 2

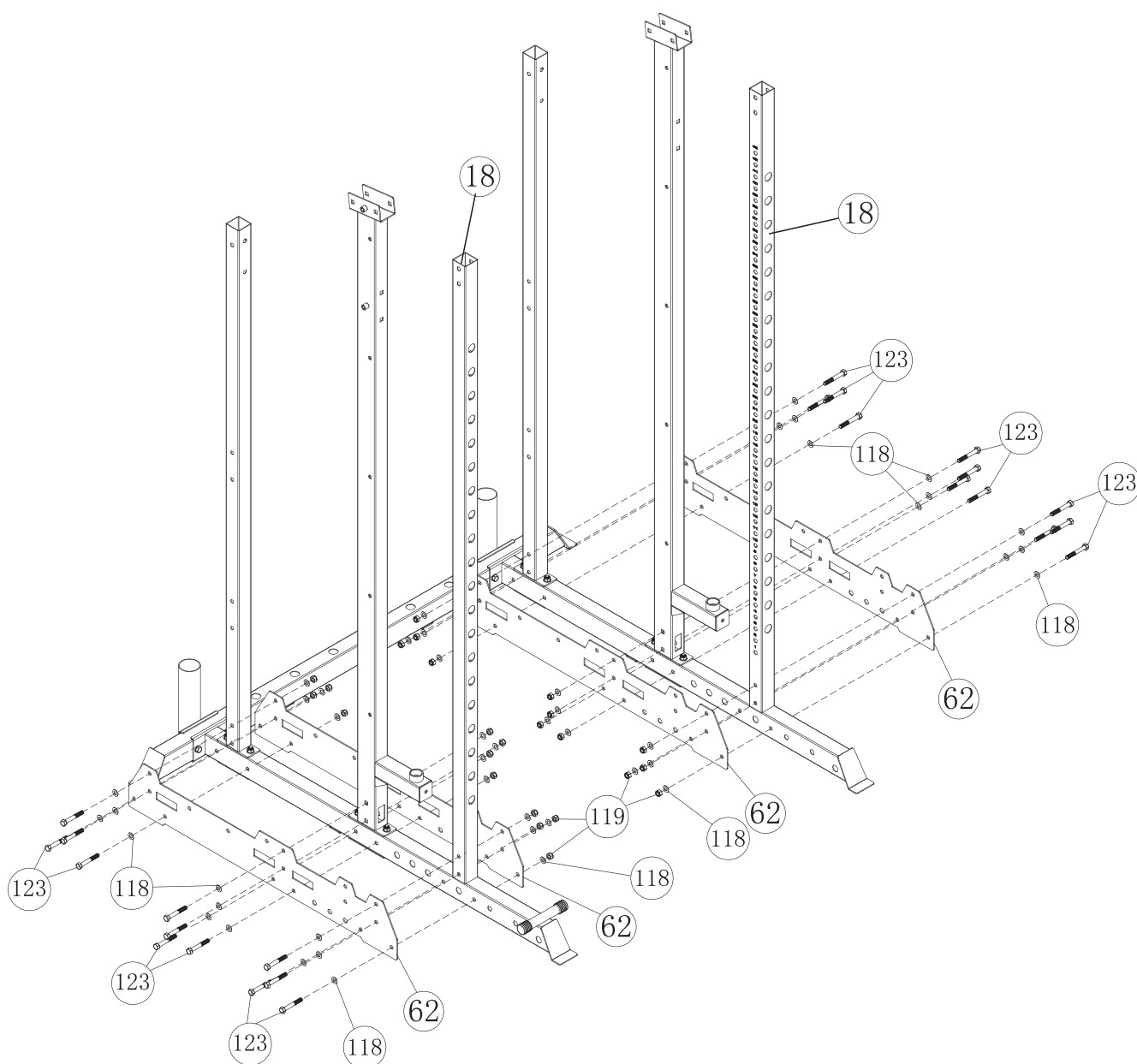
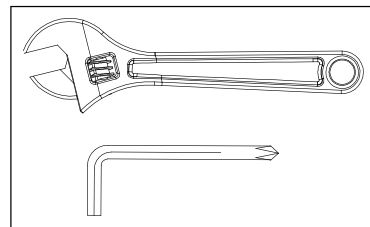
- Befestigen Sie den linken und rechten mittleren vertikalen Balken (5# und 6#) am linken und rechten Basisrahmen (#1 und #2) mit 4 x M10×90mm Karoserieschrauben (129#), 4 x 10mm Unterlegscheiben (118#), 4 x M10 Flugmuttern (119#) und 2 x Halterungen (63#).
- Befestigen Sie zwei hintere vertikale Balken (20#) am linken und rechten Basisrahmen (#1 und #2) mit 4 x M10×90mm Karoserieschrauben (129#), 4 x 10mm Unterlegscheiben (118#), 4 x M10 Flugmuttern (119#) und 2 x Halterungen (65#).

129		8	M10 × 90mm
118		8	Ø10
119		8	M10



- Befestigen Sie den vorderen vertikalen Balken (#18) am linken Basisrahmen (#2) mit 12 x M10×70mm Sechskantschrauben (#123), 24 × 10mm Unterlegscheiben (#118), 12 x M10 Flugmuttern (#119) und 2 x Halterungen für den Basisrahmen (#62).
- Befestigen Sie den vorderen vertikalen Balken (#18) am rechten Basisrahmen (#1) mit 12 x M10×70mm Sechskantschrauben (#123), 24 × 10mm Unterlegscheiben (#118), 12 x M10 Flugmuttern (#119) und 2 x Halterungen für den Basisrahmen (#62).

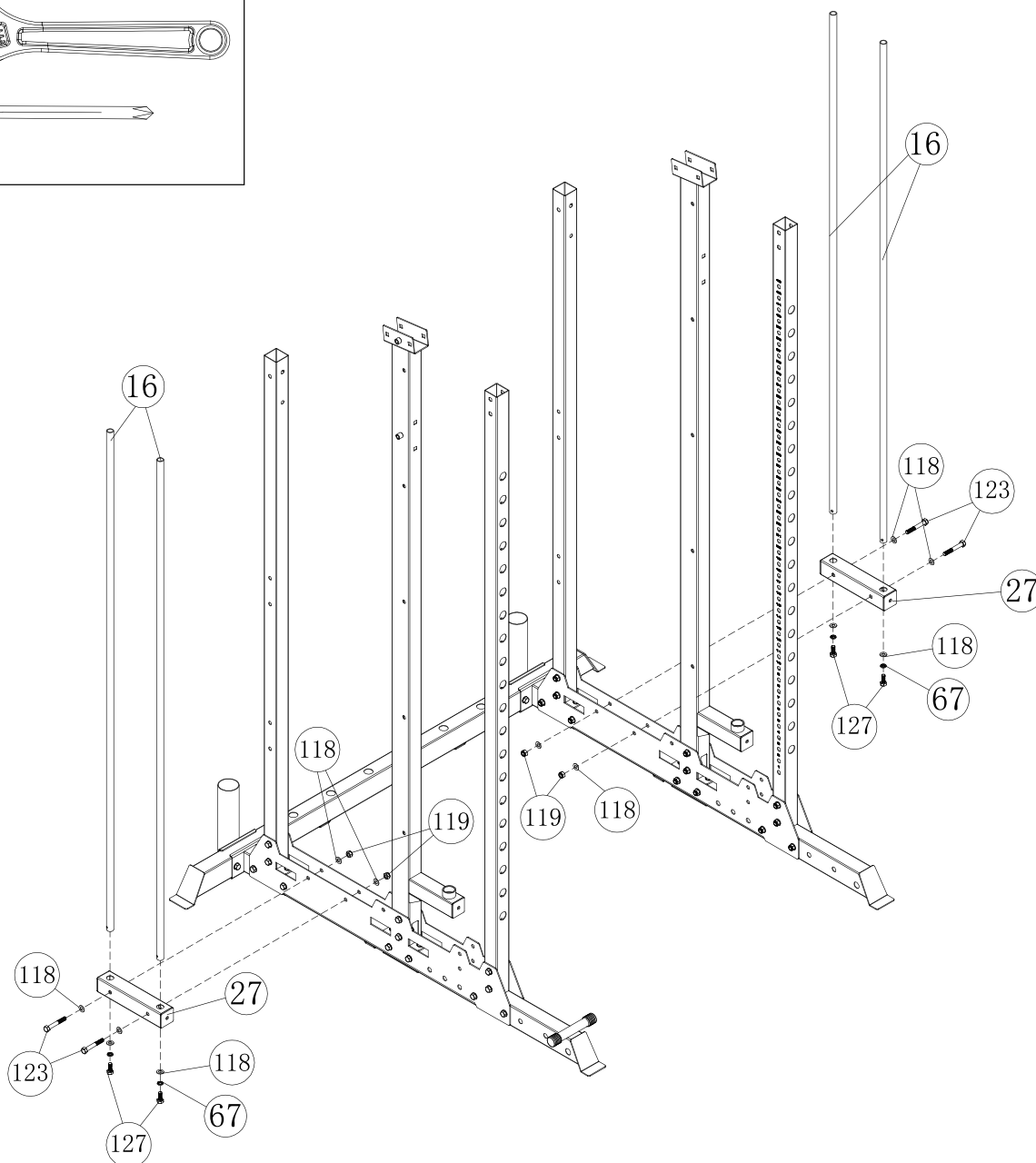
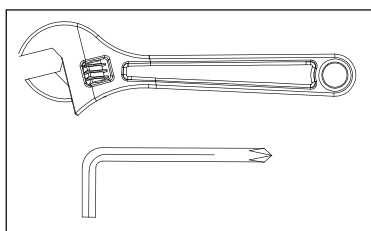
123		24	M10×70mm
118		48	Ø10
119		24	M10



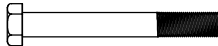
SCHRITT 4

- Befestigen Sie 4 x Führungsstangen (#16) an 2 x Wagenbasisrahmen (#27) mit 4 x M10×25mm Waggenschrauben (127#), 4 × 10mm Unterlegscheiben (#118) und 4 × 10mm Federscheiben (67#).
- Befestigen Sie 2 x Wagenbasisrahmen (#27) am Basisrahmen mit 4 x M10×70mm Waggenschrauben (123#), 8 × 10mm Unterlegscheiben (#118) und 4 × 10mm Federscheiben (67#).

(123)		4	M10×70mm	(127)		4	M10×25
(118)		12	Ø10	(67)		4	Ø10
(119)		4	M10	Spring Washer			

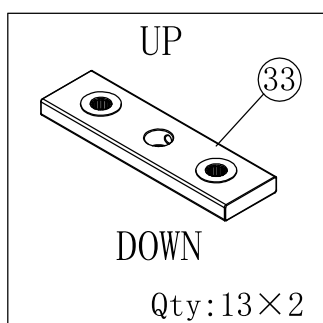
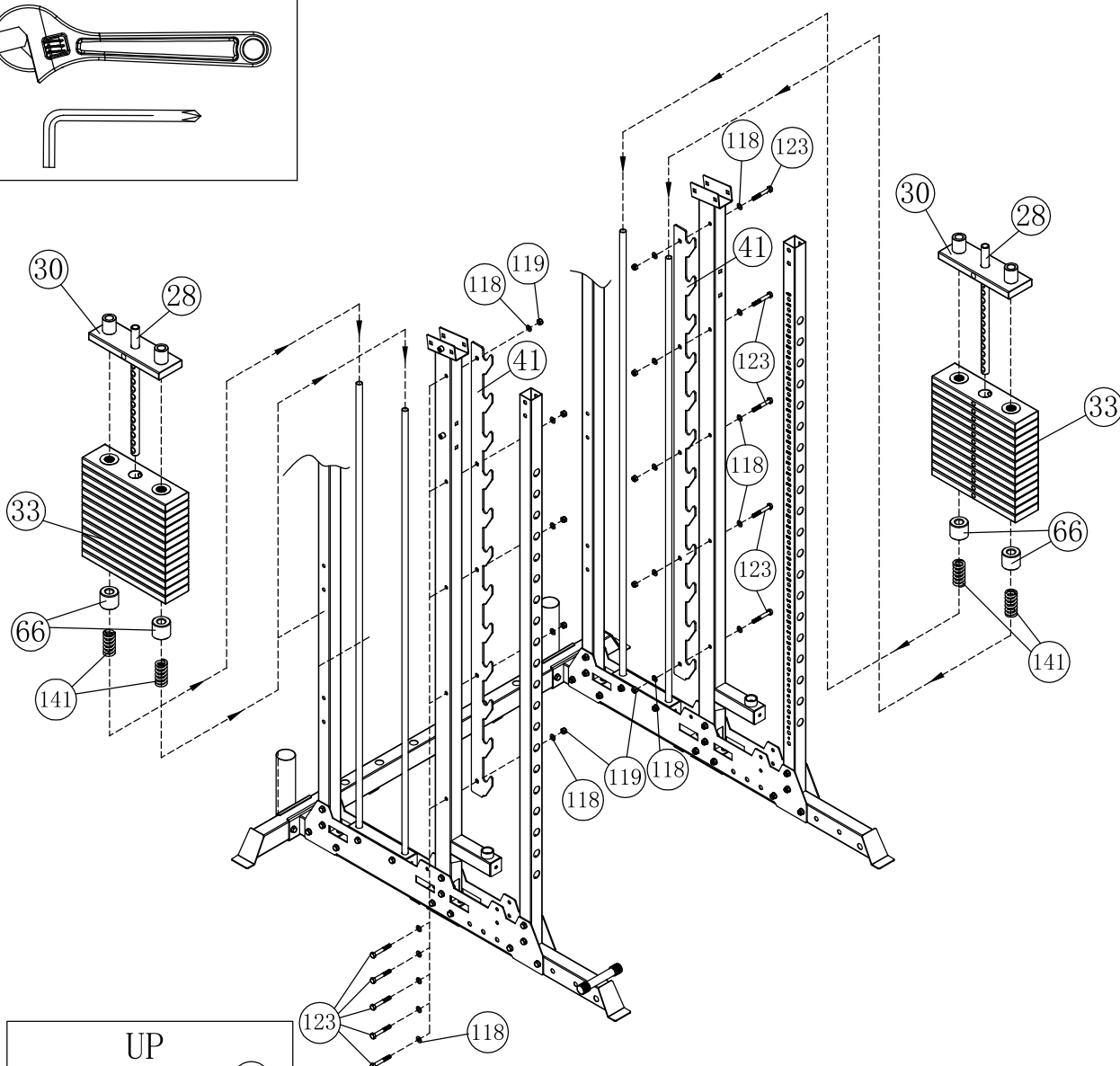
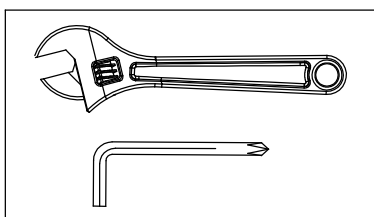


- Setzen Sie 4 x Gewichtsscheibenfedern (#141) und 4 x Führungsstangenstopper (#66) auf die vier Führungsstangen (#16).
- Setzen Sie zwei Gruppen von 13 x Gewichtsscheiben (#33) auf die Führungsstangen (#16), beachten Sie bitte die Installationsrichtung der Gewichtsscheiben, der Stift ist innen.
- Setze die beiden Auswahlstangen (#30) auf beiden Seiten der Führungsstangen.
- Befestigen Sie zwei Sägezahnsicherheitsfänge (#41) an beiden Seiten des mittleren vertikalen Rohres mit 10 x M10×70mm Sechskantschrauben (#123), 20 × 10mm Unterlegscheiben (#118) und 10 x M10 Flugzeugmuttern (#119).

(123)  10 M10×70mm

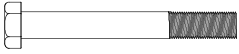
(118)  20 Ø10

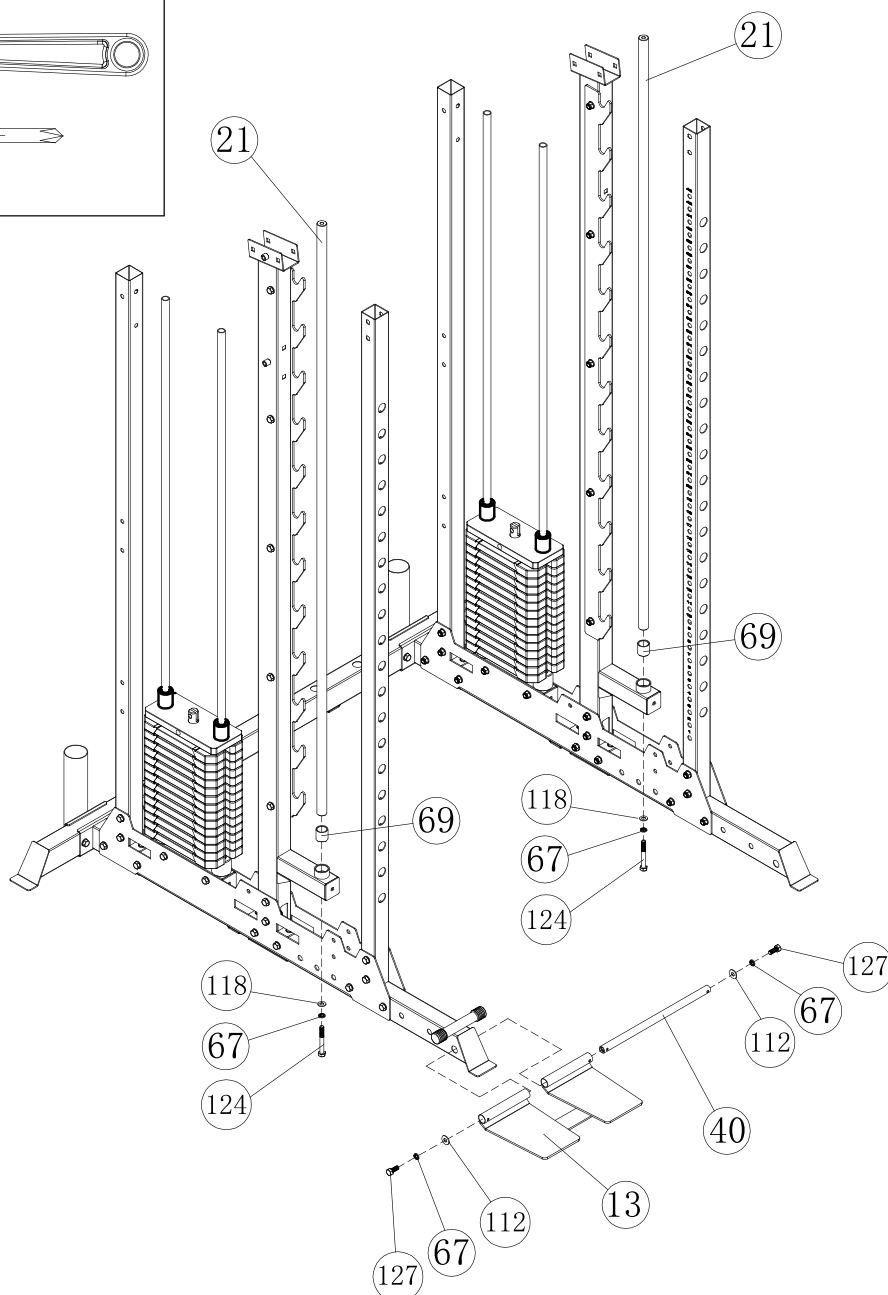
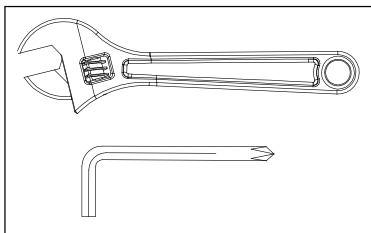
(119)  10 M10



SCHRITT 6

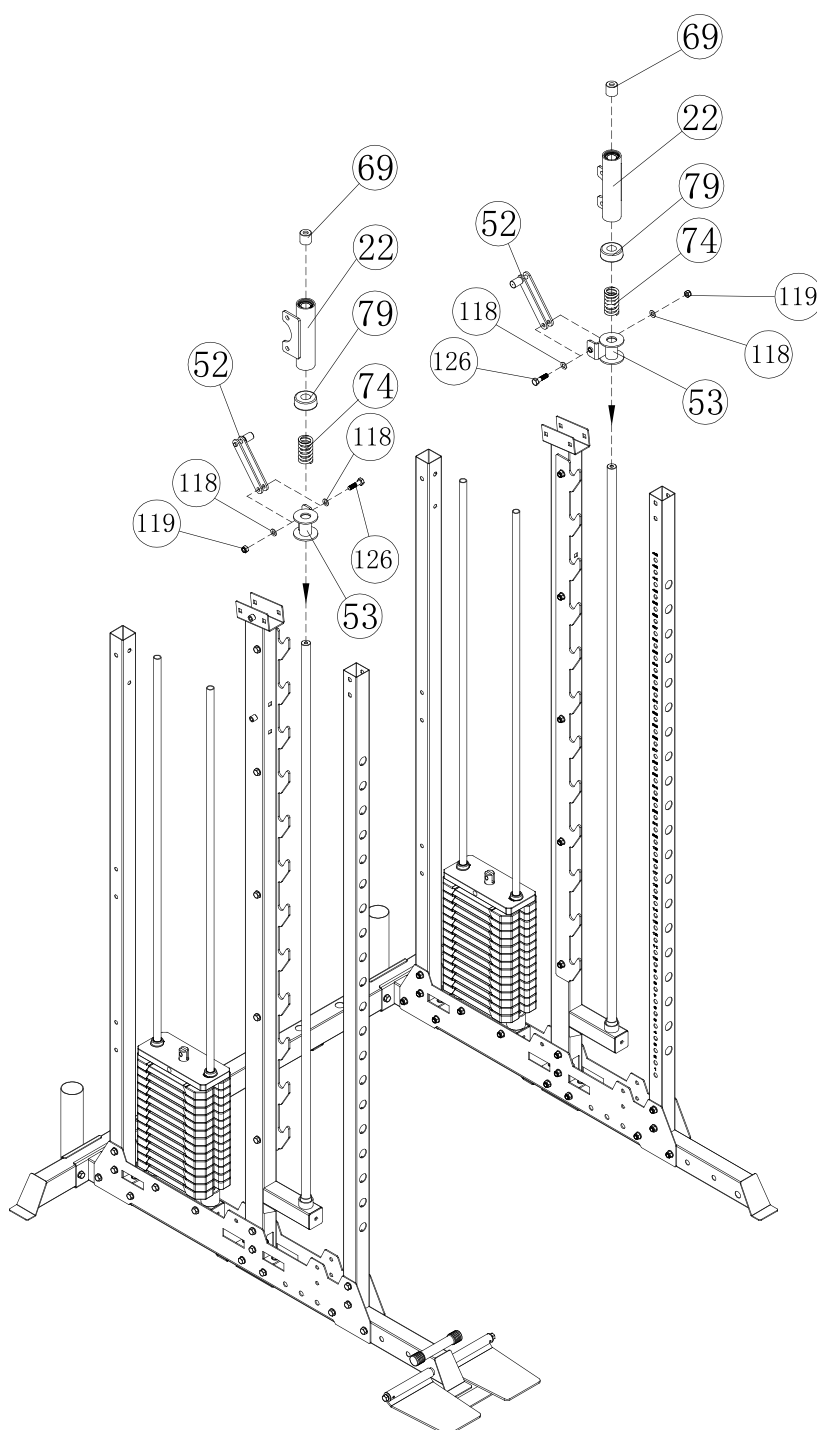
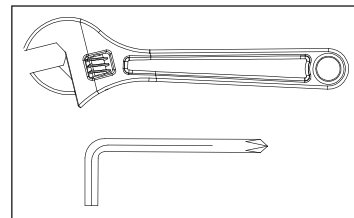
- Befestigen Sie zwei Gummi-Puffer an der Unterseite der Führungsstange (#21).
- Befestigen Sie 2 x Führungsstangen (#21) an den beiden mittleren vertikalen Rohren mit 2 x M10×80mm Sechskantschrauben (#127), 2 x 10mm Unterlegscheiben (#118) und 2 x 10mm Federriegel (#67).
- Befestigen Sie die Fußplatte (#13) am rechten Basisrahmen mit 1 x Fußplattentube (#40), 2 x M10×25mm Sechskantschrauben (#127) und 2 x 10mm großen Unterlegscheiben (#112).

124		2	M10×80mm	127		2	M10×25
118		2	Ø10	112		2	Ø10×Ø25
67		4	Ø10				



- Befestigen Sie jeweils 2 x untere Sicherheitsstophaken (#52) am unteren Sicherheitsstoprahmen (#53) mit 2 x M10×40mm Sechskantschrauben (126#), 4 × 10mm Unterlegscheiben (118#) und 2 x M10-Flugmuttern.
- Befestigen Sie 2 x Stoßfedern (#74) und 2 x Führungsstangenstopper (#79) an der Führungsstange (#21).
- Setzen Sie jeweils 2 x Führungsstangenschläuche (#22) auf die Führungsstange (#21).
- Befestigen Sie 2 x Gummi-Puffer (#69) oben an der Führungsstange (#21).

126		2	M10×40mm
118		4	Ø10
119		2	M10



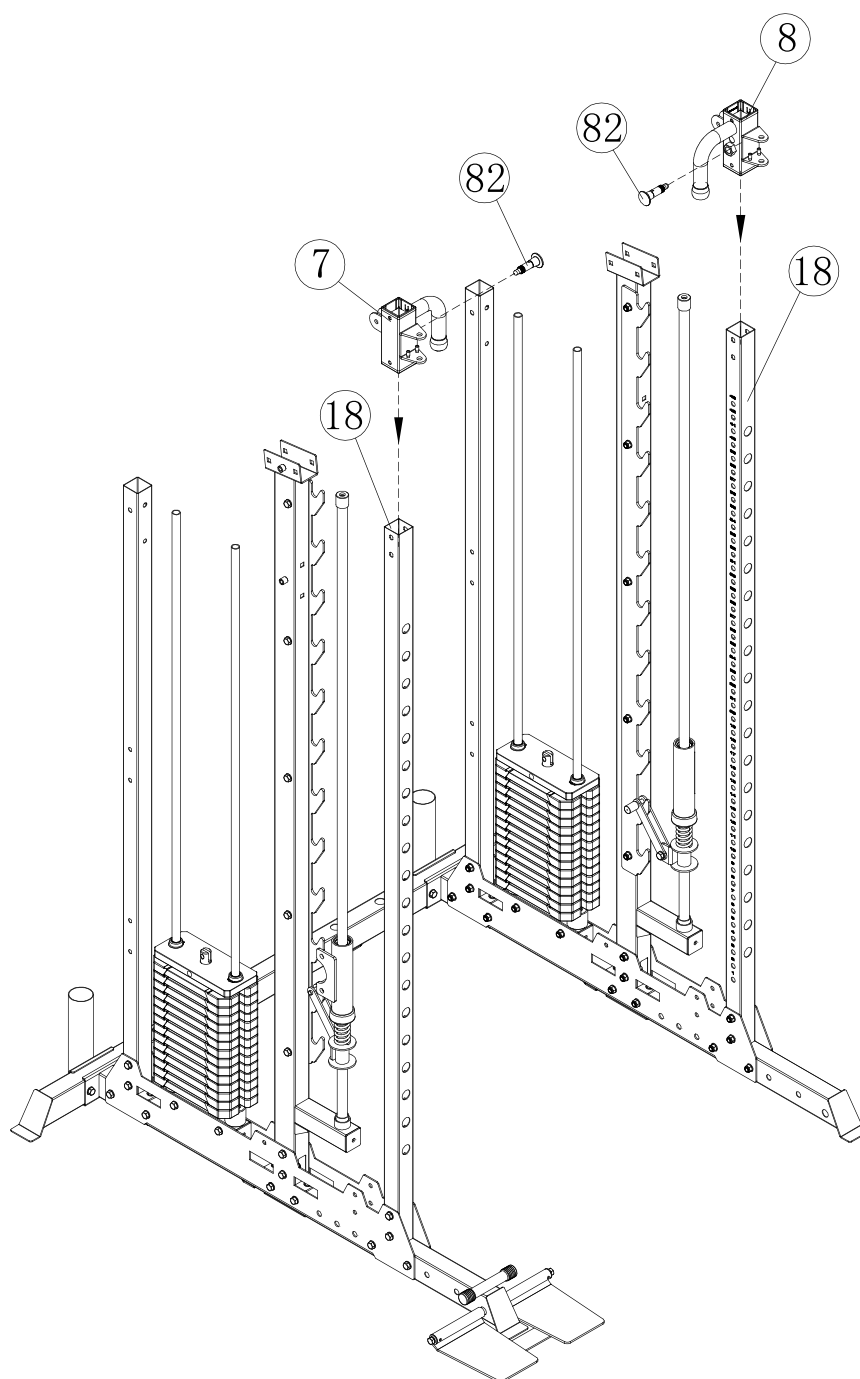
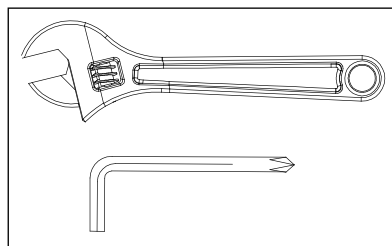
SCHRITT 8

- Befestigen Sie die linke Kabelrollenbaugruppe (#8) am linken vertikalen Rohr und sichern Sie sie mit dem Kabelrollen-Sicherungspinne (#82).
- Befestigen Sie die rechte Kabelrollenbaugruppe (#7) am linken vertikalen Rohr und sichern Sie sie mit dem Kabelrollen-Sicherungspinne (#82).

82

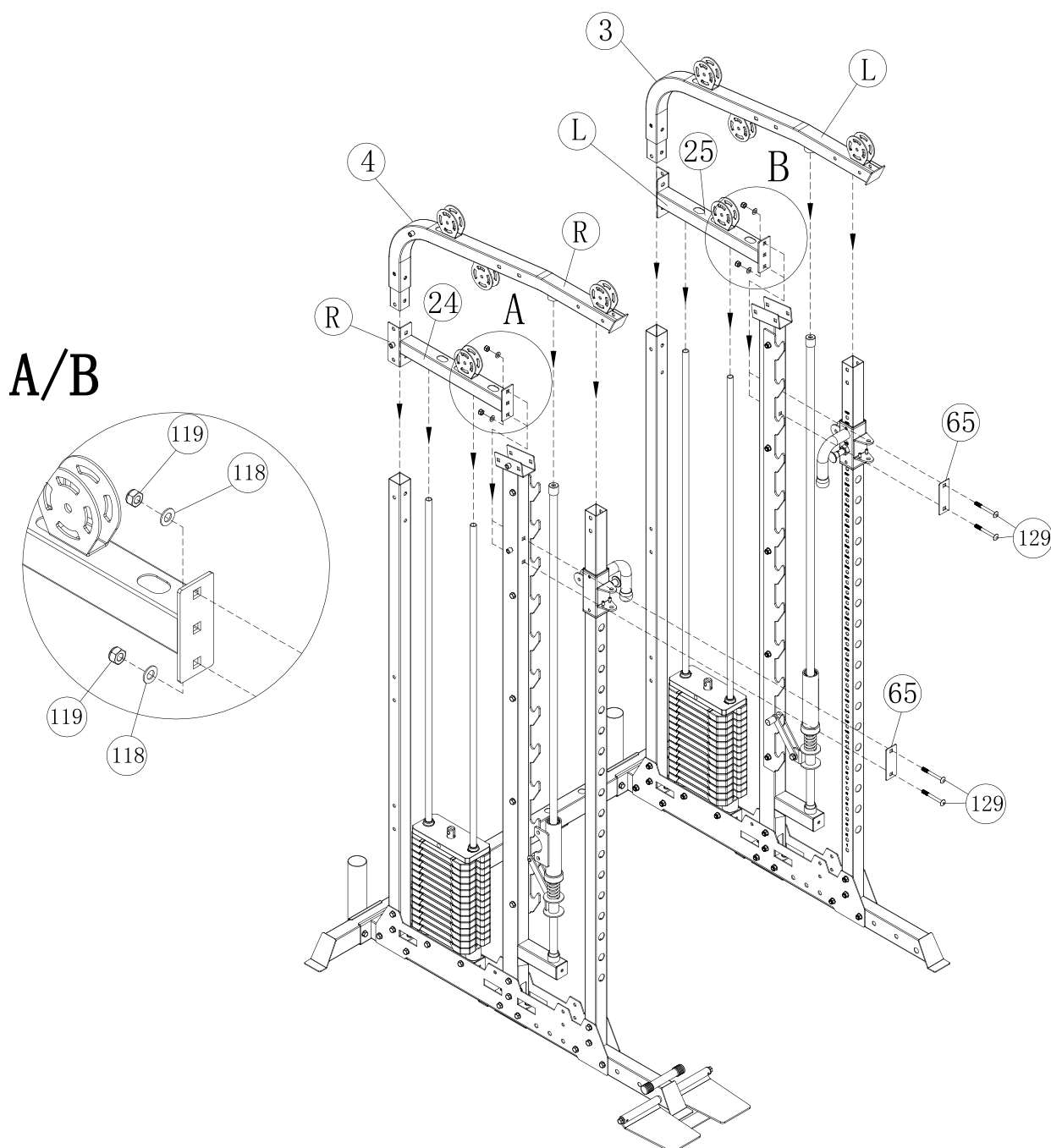
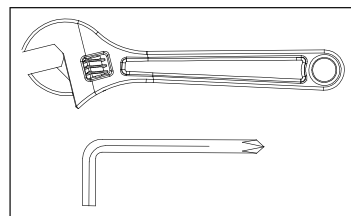


2



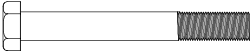
- Befestigen Sie den linken oberen Rahmen (#3) am linken mittleren vertikalen Rohr und am hinteren vertikalen Rohr.
- Befestigen Sie den rechten oberen Rahmen (#4) am rechten mittleren vertikalen Rohr und am hinteren vertikalen Rohr.
- Befestigen Sie die linke obere hintere Stütze (#25) am mittleren vertikalen Rohr und am hinteren vertikalen Rohr mit 2 x M10×90mm Wagenbolzen (#129), 2 x 10mm Unterlegscheiben (#118), 2 x M10 Flugzeugmuttern (#119) und Halterung (#65).
- Befestigen Sie die rechte obere hintere Stütze (#24) am mittleren vertikalen Rohr und am hinteren vertikalen Rohr mit 2 x M10×90mm Wagenbolzen (#129), 2 x 10mm Unterlegscheiben (#118), 2 x M10 Flugzeugmuttern (#119) und Halterung (#65).

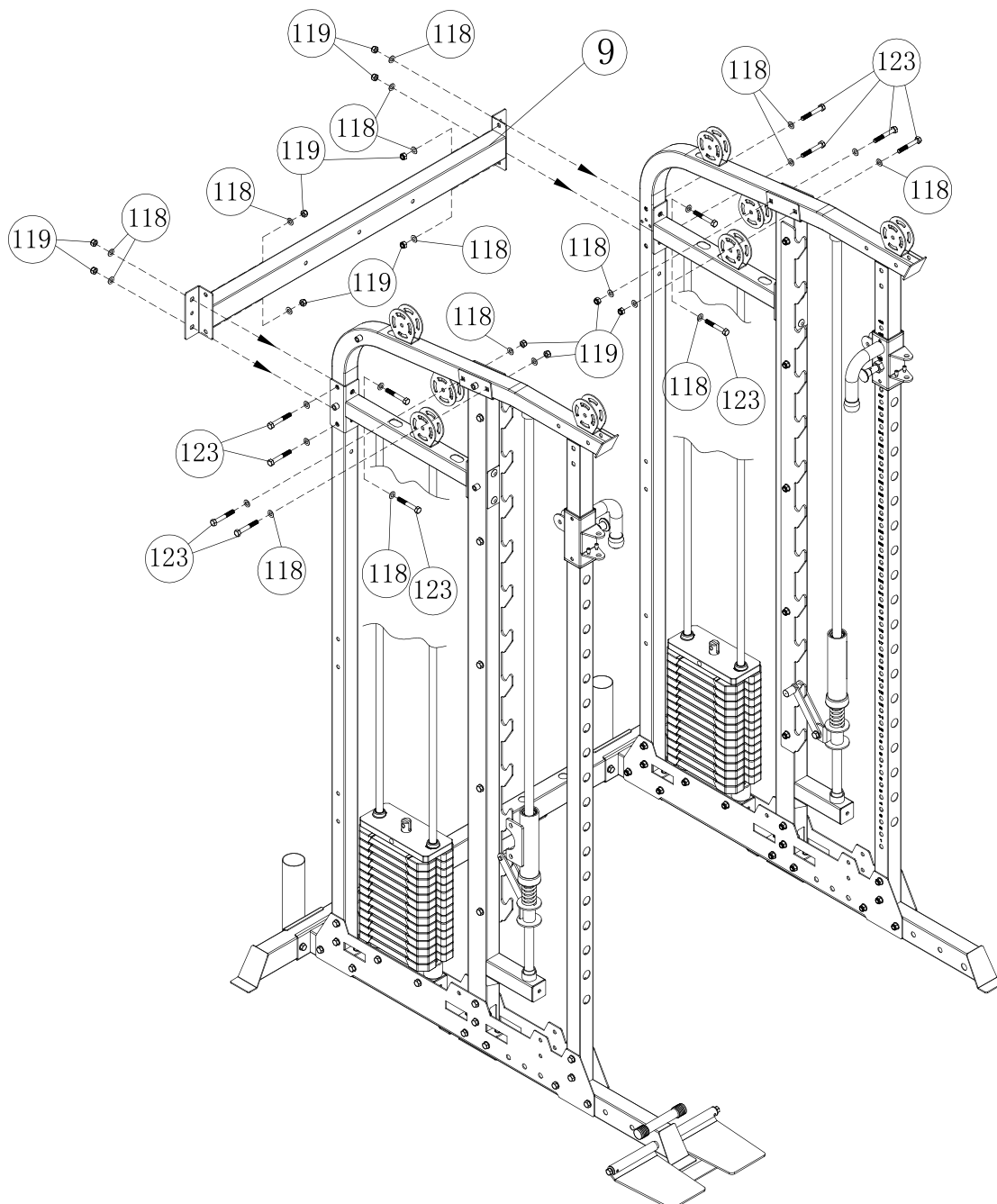
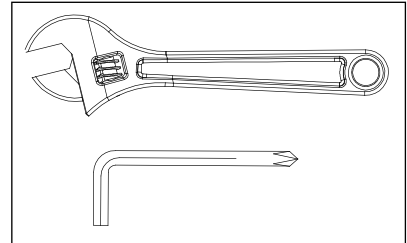
(129)		4	M10×90mm
(118)		4	Ø10
(119)		4	M10



SCHRITT 10

- Befestigen Sie die obere Querverstrebung (#9) am hinteren vertikalen Rohr mit 4 x M10×70mm Sechskantschrauben (#123), 8 x 10mm Unterlegscheiben (#118) und 8 x M10 Flugzeugmuttern (#119).
- Fixieren Sie den linken oberen Rahmen (#3) und den rechten oberen Rahmen (#4) mit 4 x M10×70mm Sechskantschrauben (#123), 8 x 10mm Unterlegscheiben (#118) und 8 x M10 Flugzeugmuttern (#119).

123		12	M10×70mm
118		24	Ø10
119		12	M10

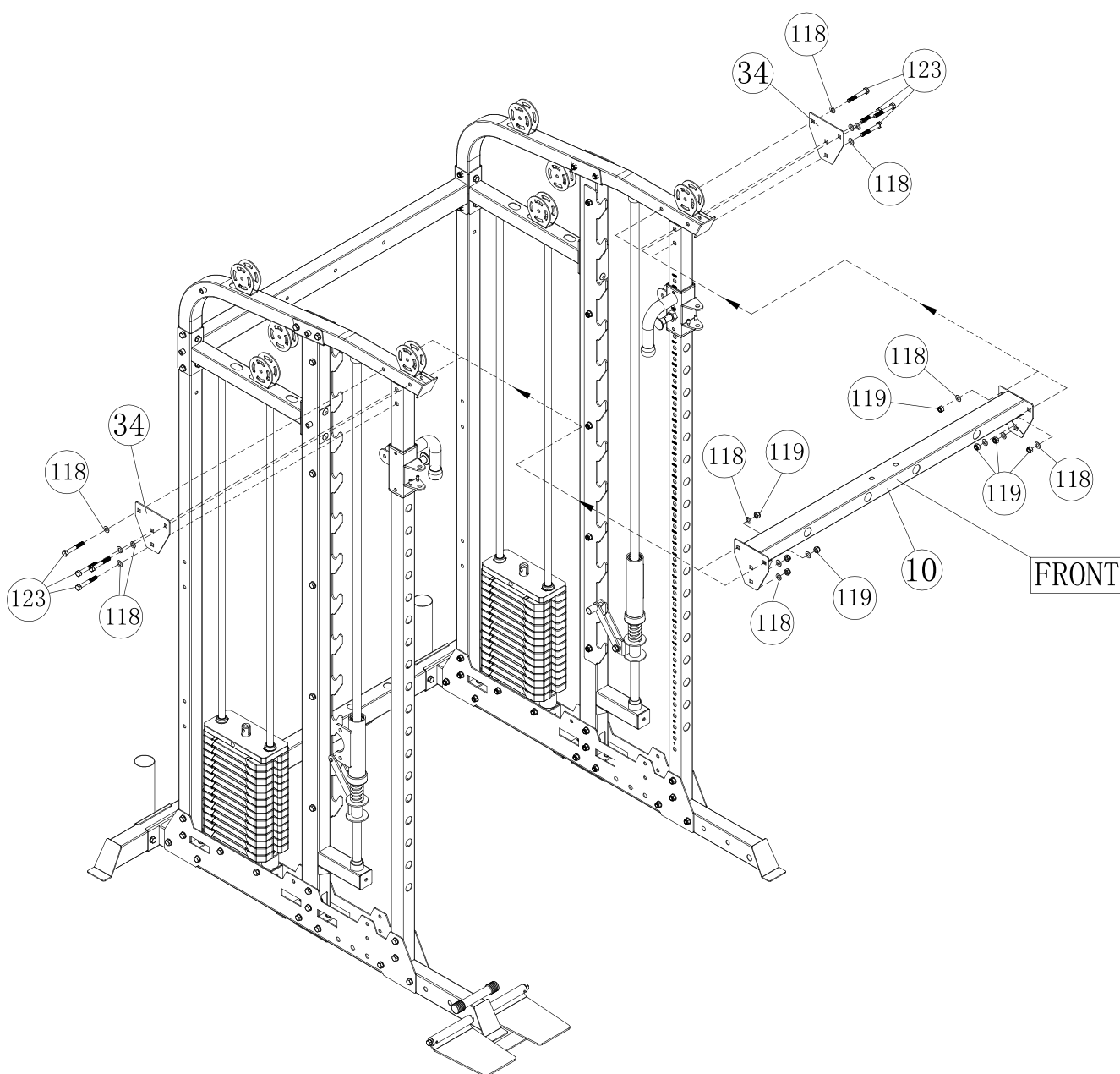
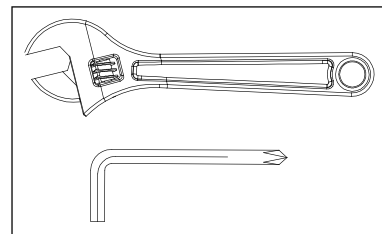


- Befestigen Sie die Multi-Grip Klimmzugstange (#10) am linken oberen Rahmen (#3) und am rechten oberen Rahmen (#4) mit 8 x M10×70mm Sechskantschrauben (#123), 16 x 10mm Unterlegscheiben (#118), 8 x M10 Flugzeugmuttern (#119) und 2 x Dreieckige Halterungen (#34).

123 8 M10×70mm

118 16 Ø10

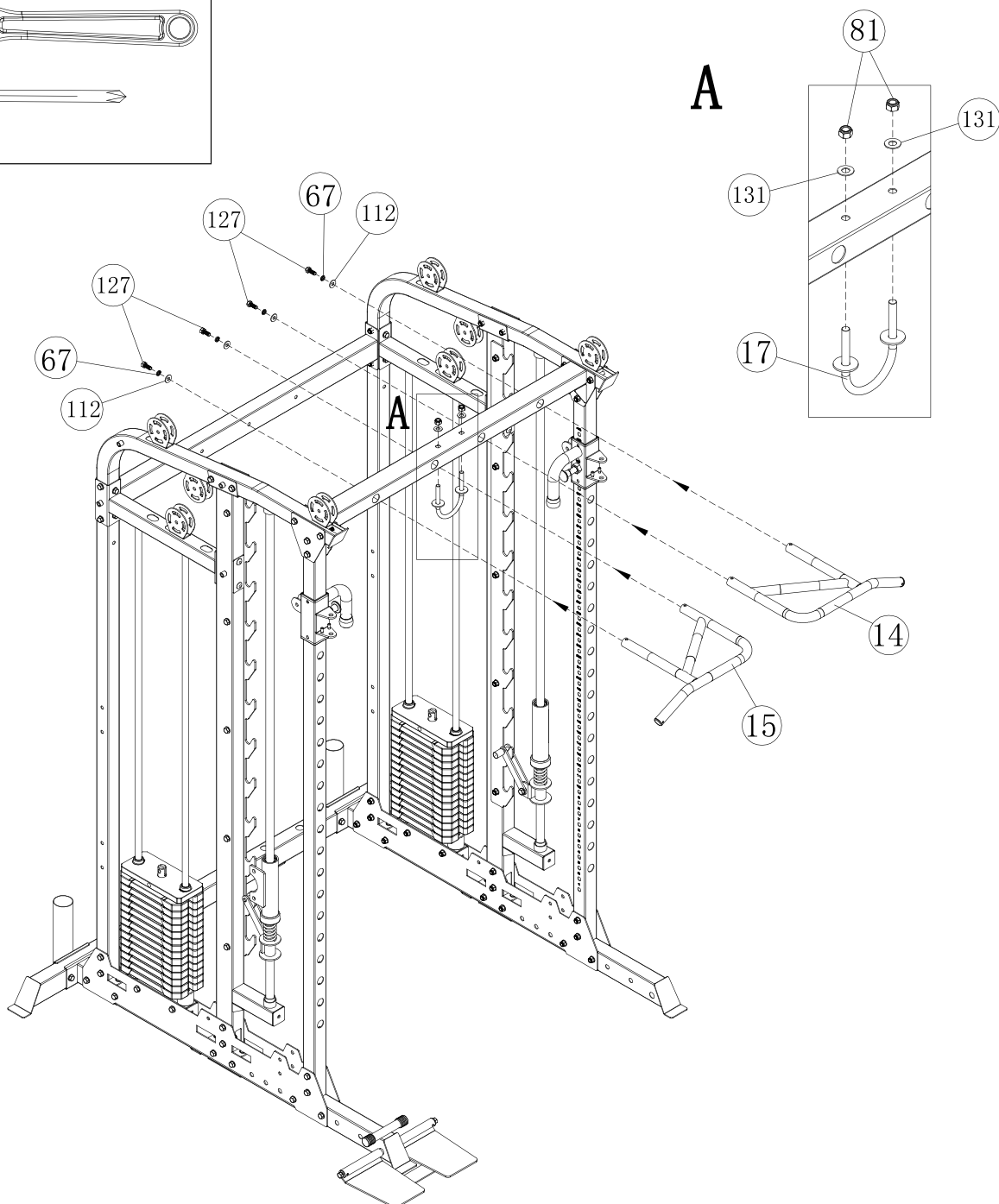
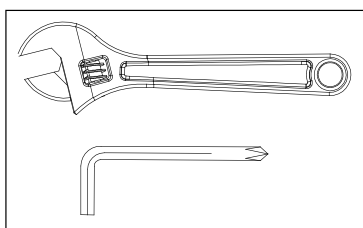
119 8 M10



SCHRITT 12

- Setzen Sie die linke Klimmzugstange (#14) in die Multi-Grip Klimmzugstange (#10) ein und sichern Sie sie mit 2 x M10×25mm Sechskantschrauben (#127), 2 x 10mm großen Unterlegscheiben (#112) und 2 x 10mm Federscheiben (#67).
- Setzen Sie die rechte Klimmzugstange (#15) in die Multi-Grip Klimmzugstange (#10) ein und sichern Sie sie mit 2 x M10×25mm Sechskantschrauben (#127), 2 x 10mm großen Unterlegscheiben (#112) und 2 x 10mm Federscheiben (#67).
- Setzen Sie den U-förmigen Haken (#17) in die Multi-Grip Klimmzugstange (#10) ein und sichern Sie ihn mit 2 x 12mm Unterlegscheiben (#131) und 2 x M12 Flugzeugmuttern (#81).

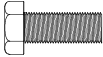
67		Spring Washer	4	Ø10	131		2	Ø12
127			4	M10×25	81		2	M12
112			4	Ø10×Ø25				

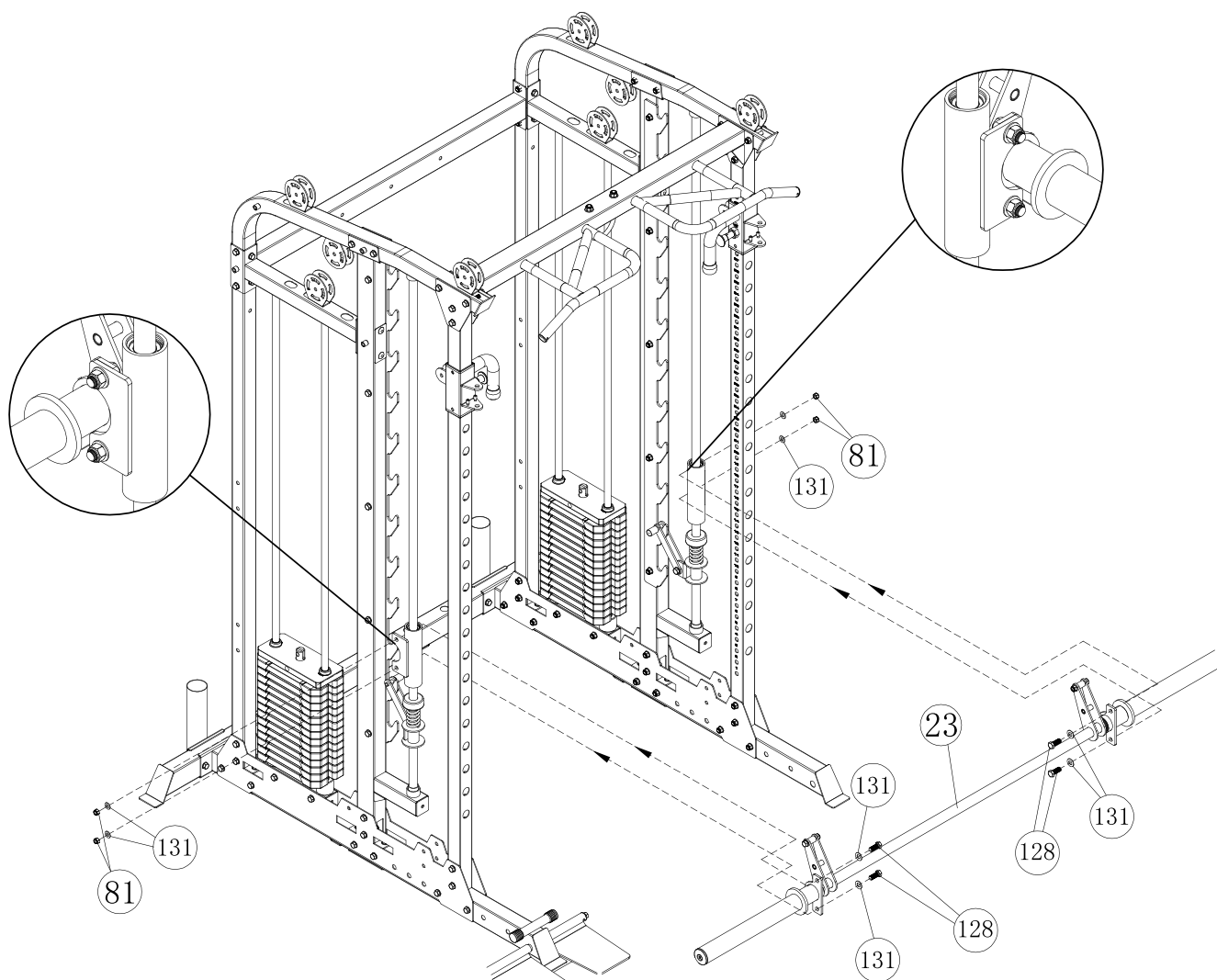
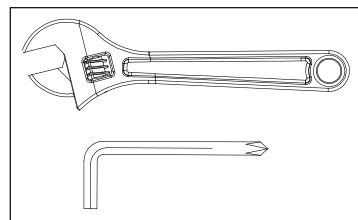


SCHRITT 13

DE

- Befestigen Sie die Gewichtsstange (#23) an der Führungrohrhülse (#22) und sichern Sie sie mit 4 x M12×30mm Sechskantschrauben (#128), 8 x 12mm großen Unterlegscheiben (#131) und 4 x M12 Flugzeugmuttern (#81).

128		4	M12×30mm
131		8	Ø12
81		4	M12

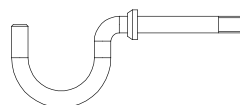


SCHRITT 14

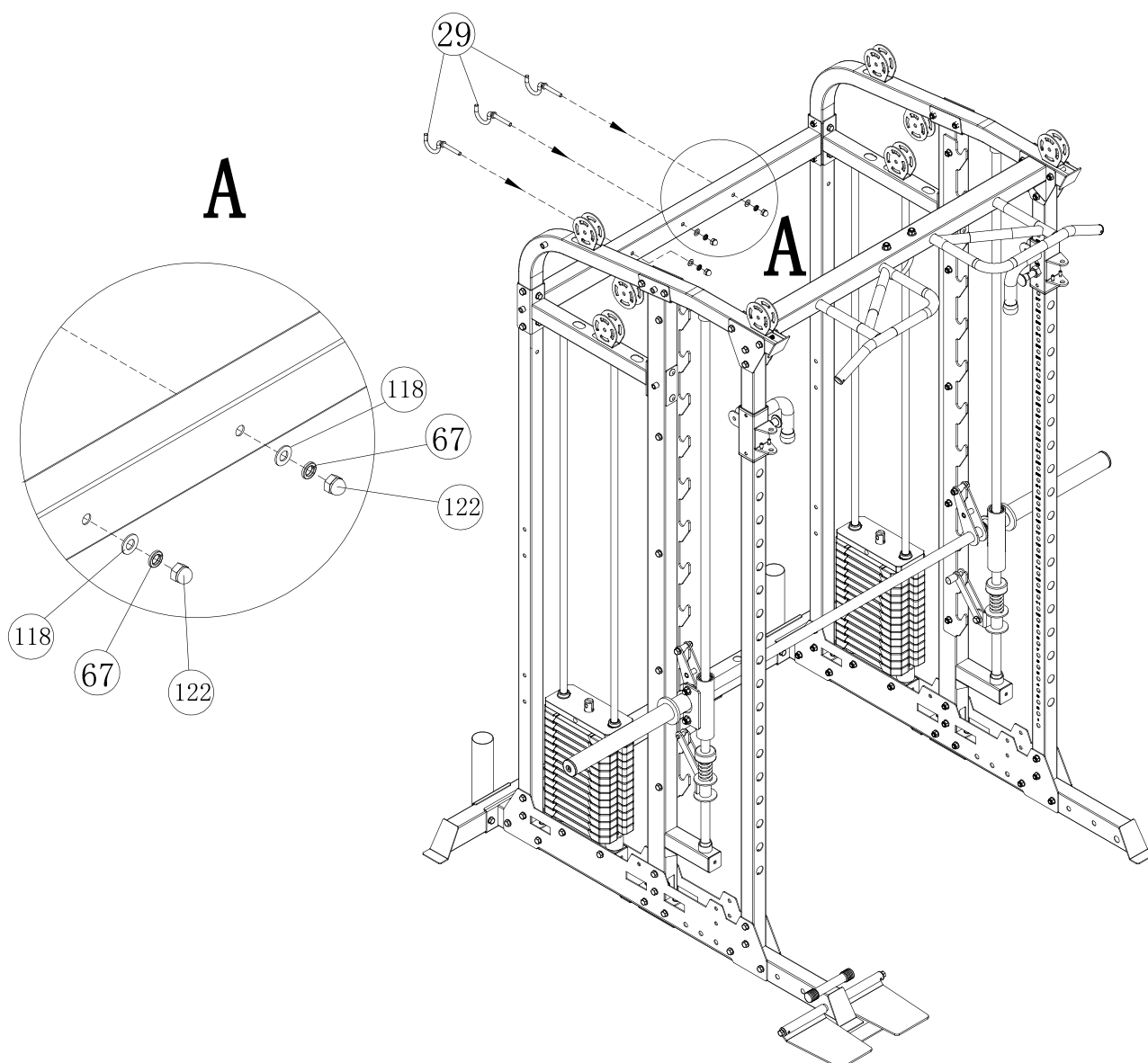
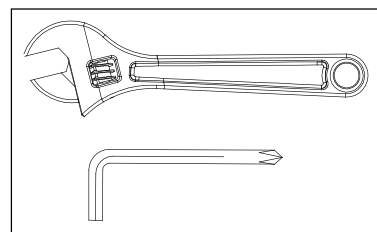
- Befestigen Sie den J-förmigen Haken (#29) an der oberen Querstrebe (#9) und sichern Sie ihn mit 3 x M10 Kappenmuttern (#122), 3 x 10mm Unterlegscheiben (#118) und 3 x 10mm Federriegel (#67).

67		Spring Washer	3	Ø10
118			3	Ø10
122			3	M10

29



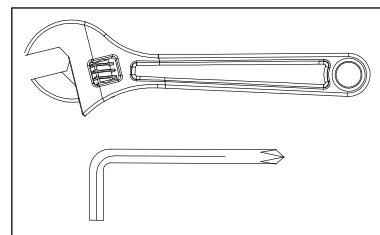
3



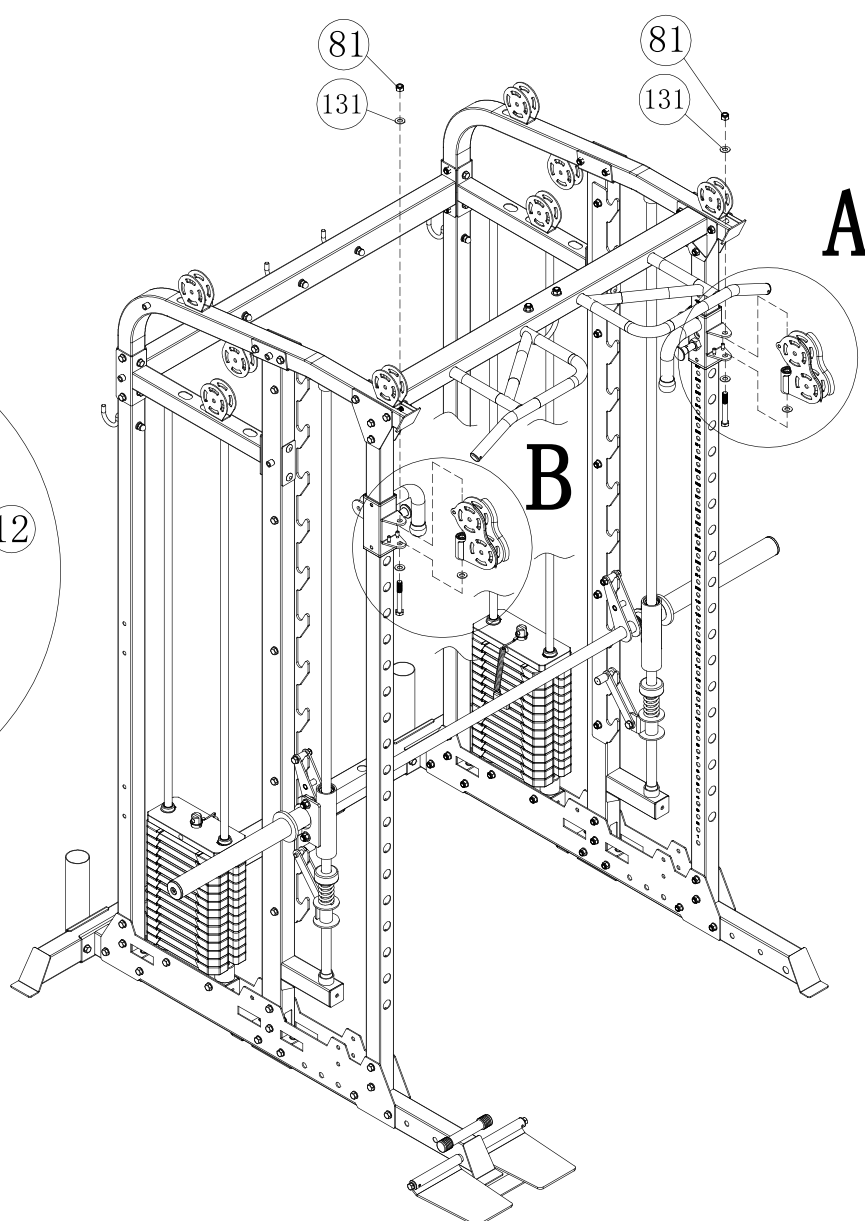
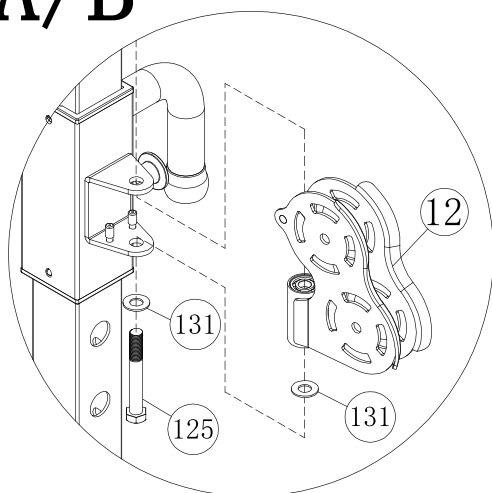
- Befestigen Sie zwei Doppel-Riemenscheiben-Baugruppen (#12) an der linken und rechten Riemenscheibenbaugruppe (#7 und #8) mit 2 x M12×90mm Sechskantschrauben (#125), 6 × 12mm großen Unterlegscheiben (#131) und 2 x M12 Flugzeugmuttern (#81).

Hinweis: Legen Sie eine 12-mm-Unterlegscheibe in die U-förmige Halterung.

125		2	M12 × 90mm
131		6	Ø12
81		2	M12

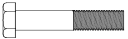
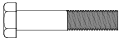
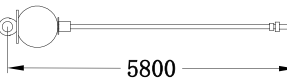


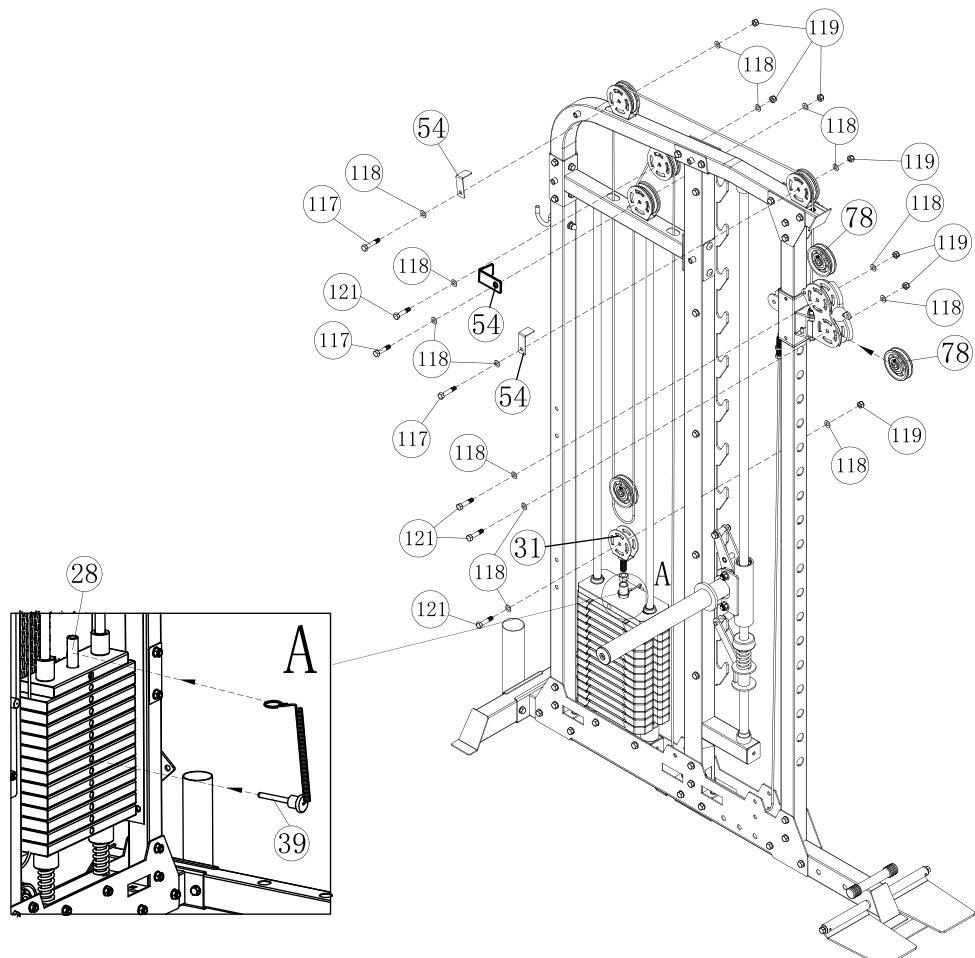
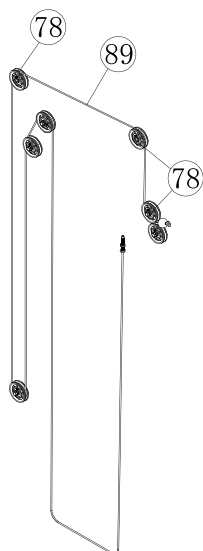
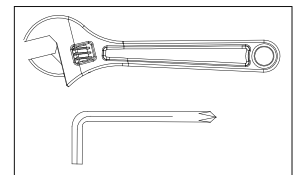
A/B



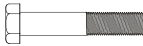
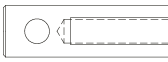
SCHRITT 16

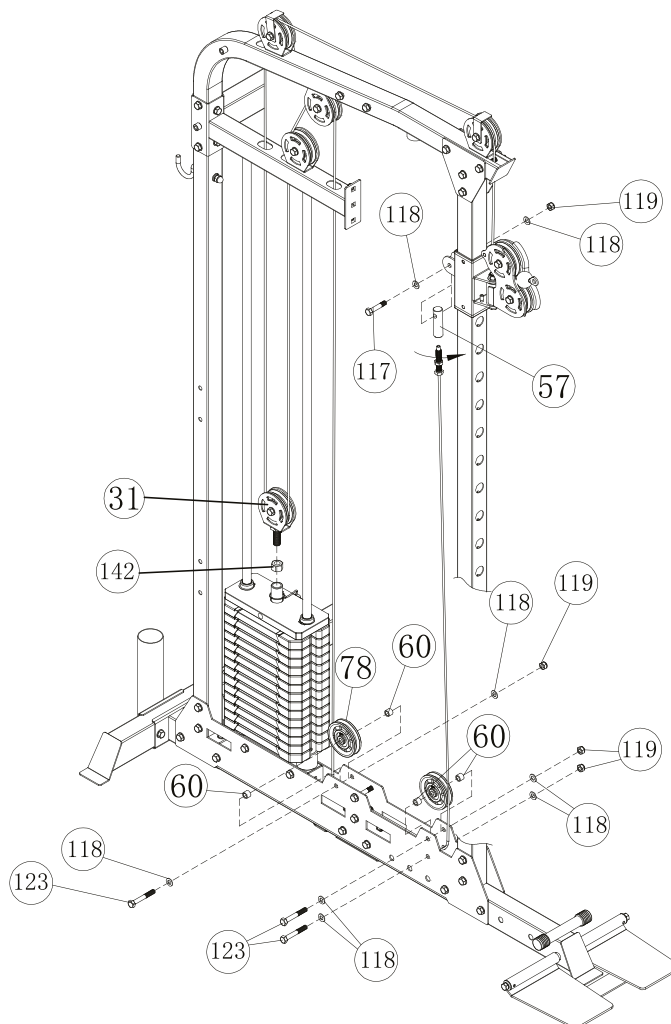
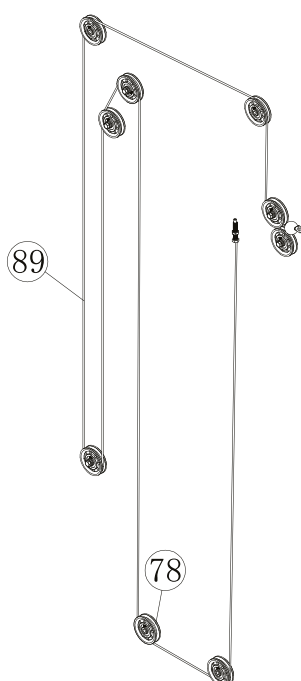
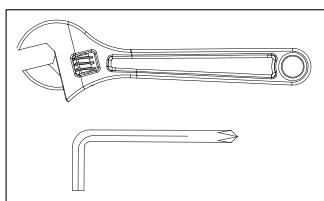
- Führen Sie das Kabel (89#) gemäß dem Diagramm durch die Maschine.
- Befestigen Sie 2 x Rollen (#78) an der Doppelseilzugmontage und sichern Sie sie mit 2 x M10×45mm Sechskantschrauben (#121), 4 x 10mm Unterlegscheiben (#118) und 2 x M10 Flügelmutter (#119); das Kabel sollte sich zwischen den beiden Rollen befinden.
- Befestigen Sie eine Rolle (#78) an der Riemenrahmen vorne am rechten oberen Rahmen (#4) und sichern Sie sie mit 1 x M10 x 50mm Sechskantschraube (#117), 2 x 10mm Unterlegscheiben (#118), 1 x M10 Flügelmutter (#119) und 1 x Kabelhalter (#54).
- Befestigen Sie eine Rolle (#78) an der Riemenrahmen hinten am rechten oberen Rahmen (#4) und sichern Sie sie mit 1 x M10 x 50mm Sechskantschraube (#117), 2 x 10mm Unterlegscheiben (#118), 1 x M10 Flügelmutter (#119) und 1 x Kabelhalter (#54).
- Befestigen Sie eine Rolle (#78) an der Einzelrollenhalterung (#31) und sichern Sie sie mit 1 x M10 x 45mm Sechskantschraube (#121), 2 x 10mm Unterlegscheiben (#118) und 1 x M10 Flügelmutter (#119).
- Befestigen Sie eine Rolle (#78) am linken oberen Rückenteil (#25) und sichern Sie sie mit 1 x M10 x 50mm Sechskantschraube (#117), 2 x 10mm Unterlegscheiben (#118), 1 x M10 Flügelmutter (#119) und 1 x Kabelhalter (#54).
- Befestigen Sie eine Rolle (#78) am Riemenrahmen unten am rechten oberen Rahmen (#4) und sichern Sie sie mit 1 x M10 x 45mm Sechskantschraube (#121), 2 x 10mm Unterlegscheiben (#118) und 1 x M10 Flügelmutter (#119).
- Setzen Sie ein Ende des Gewichtswahlstifts (#39) auf die Selektorstange (#28) und stecken Sie das andere Ende in das Loch an den Gewichten.
- Wiederholen Sie die oben genannten Schritte, um die linke Seil- und Rollenmontage zu montieren.

117		6	M10 × 50mm	121		8	M10 × 45mm
118		28	Ø10	89		2	
119		14	M10				



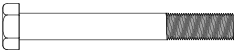
- Befestigen Sie die Einzelrollenhalterung (#31) an der Selektorstange (#28) und sichern Sie sie mit M16 Sechskantschrauben.
- Befestigen Sie eine Rolle (#78) an der Mittelposition der Basisrahmenhalterung (#62) und sichern Sie sie mit 1 x M10×70mm Sechskantschraube (#123), 2 x 10mm Unterlegscheiben (#118), 1 x M10 Flügelmutter (#119) und 2 x Rollenbuchsen (#60).
- Befestigen Sie eine Rolle (#78) an der Mittelposition der Basisrahmenhalterung (#62) und sichern Sie sie mit 2 x M10×70mm Sechskantschrauben (#123), 4 x 10mm Unterlegscheiben (#118), 2 x M10 Flügelmutter (#119) und 2 x Rollenbuchsen (#60).
- Befestigen Sie den Kabeljustierrahmen (#57) an der Seilzugmontage und sichern Sie ihn mit 1 x M10×50mm Sechskantschraube (#117), 2 x 10mm Unterlegscheiben (#118), 1 x M10 Flügelmutter (#119) und 2 x Rollenbuchsen (#60).
- Schrauben Sie das Ende des Kabels im Kabeljustierrahmen (#57) fest, um die Kabelspannung einzustellen.
- Wiederholen Sie die Schritte 1-5, um die linke Seil- und Rollenmontage zu montieren.

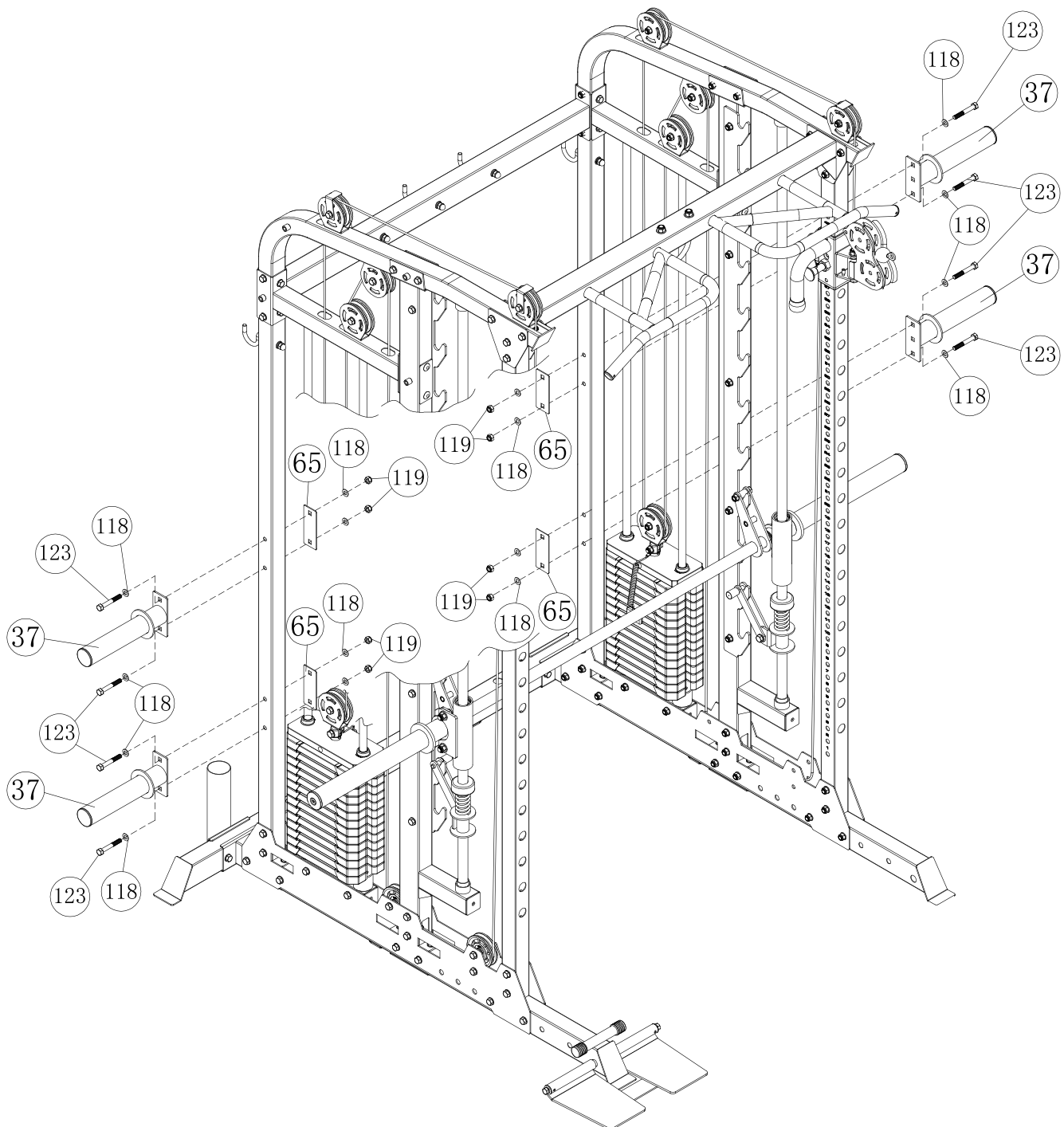
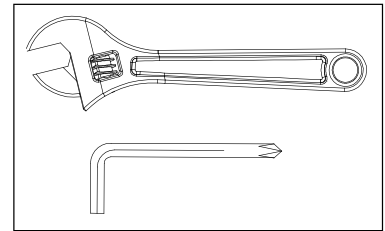
117		2	M10×50mm	57		2	Ø22×75×M12
123		6	M10×70mm	60		8	Ø11×Ø16×13
142		2	M16	118		16	Ø10
				119		8	M10



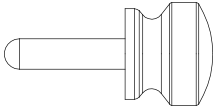
SCHRITT 18

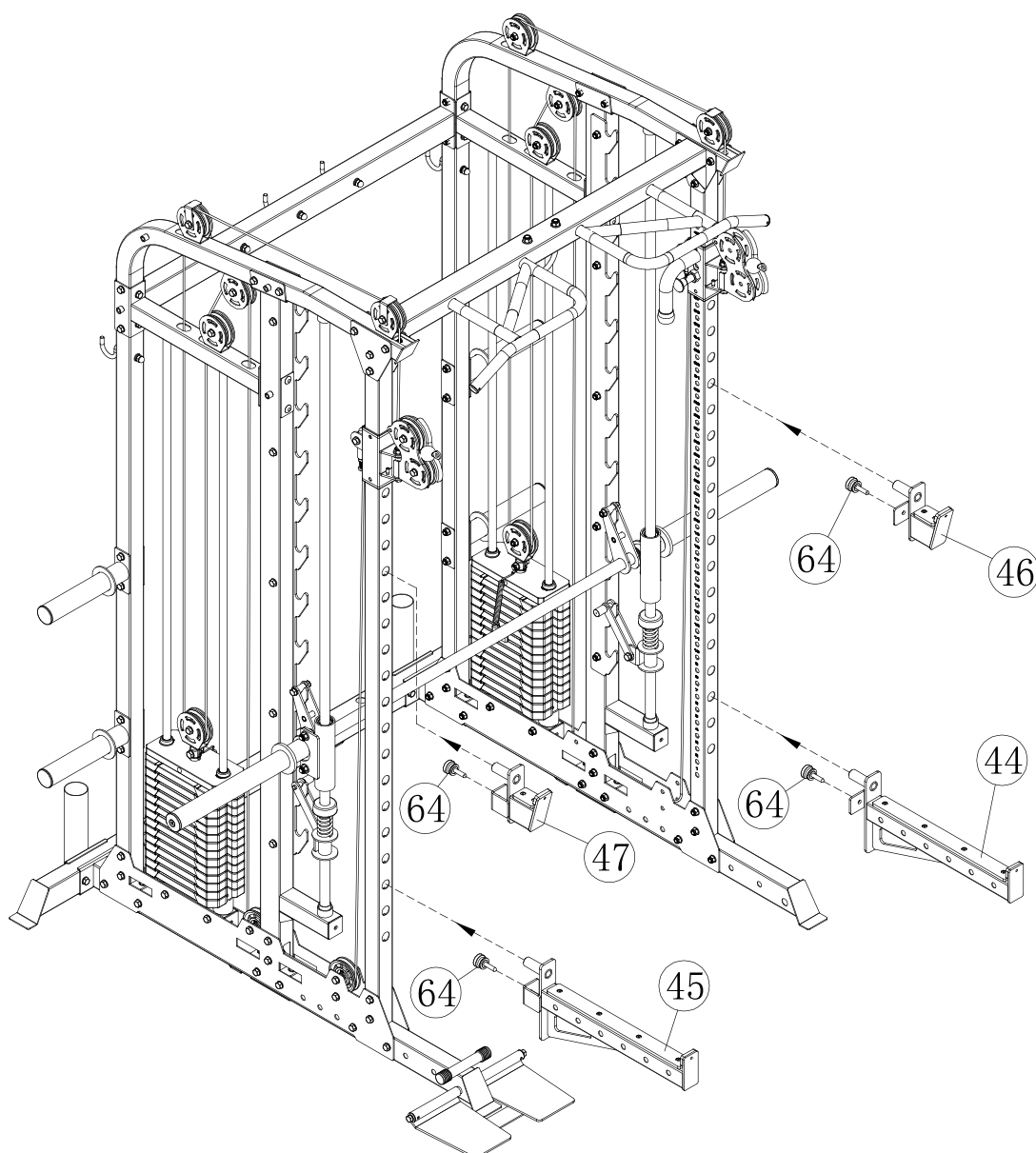
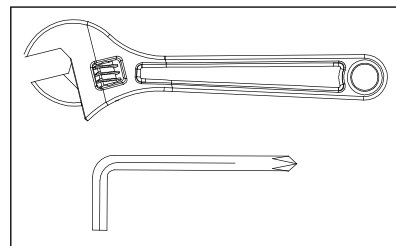
- Befestigen Sie 4 x Gewichtplattenträger (#37) an beiden Seiten des hinteren vertikalen Rohrs mit 8 x M10×70mm Sechskantschrauben (#123), 16 × 10mm Unterlegscheiben (#118), 8 x M10 Flügelmuttern (#119) und 4 x Halterungen (#65).

123		8	M10×70mm
118		16	Ø10
119		8	M10



- Befestigen Sie die linken und rechten Bar-Catch (#46 und #47) am vertikalen Rohr und sichern Sie sie mit dem Sperrstift/Rot (#64).
- Befestigen Sie die linken und rechten Sicherheitsstopper (#44 und #45) am vertikalen Rohr und sichern Sie sie mit dem Sperrstift/Rot (#64).

64  4 Ø35×Ø10×70



SCHRITT 20

- Befestigen Sie 2 x rechte Logo-Platten (#59) am linken und rechten Basisrahmen (#3 und #4) mit 8 x M10×12mm Innensechskantschrauben (#130), 8 × 10mm Unterlegscheiben (#118) und 8 × 10mm Federriegel (#67).
- Befestigen Sie 2 x verstellbare Einzelgriffe (#76) am Kabel mit 2 x Sperrclips (#76).

130



8

M10 × 12mm

76



2

118



8

Ø10

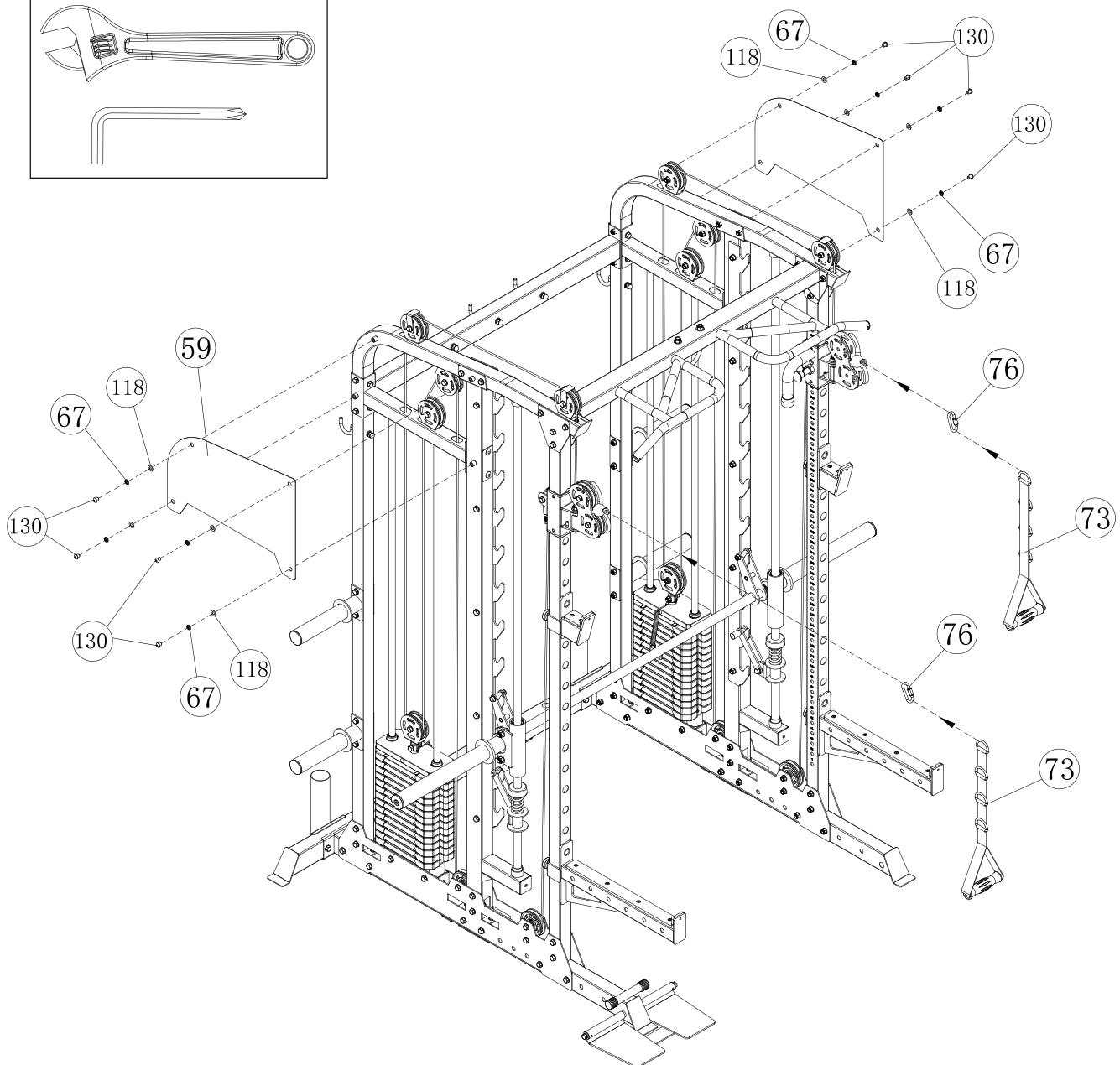
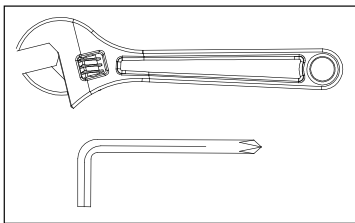
Locking Carabiner Clip

67

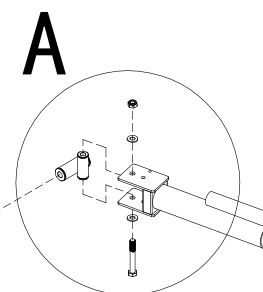
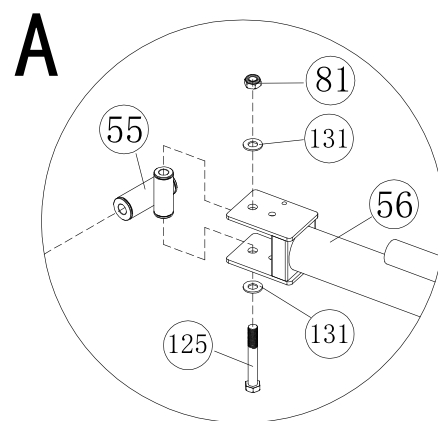
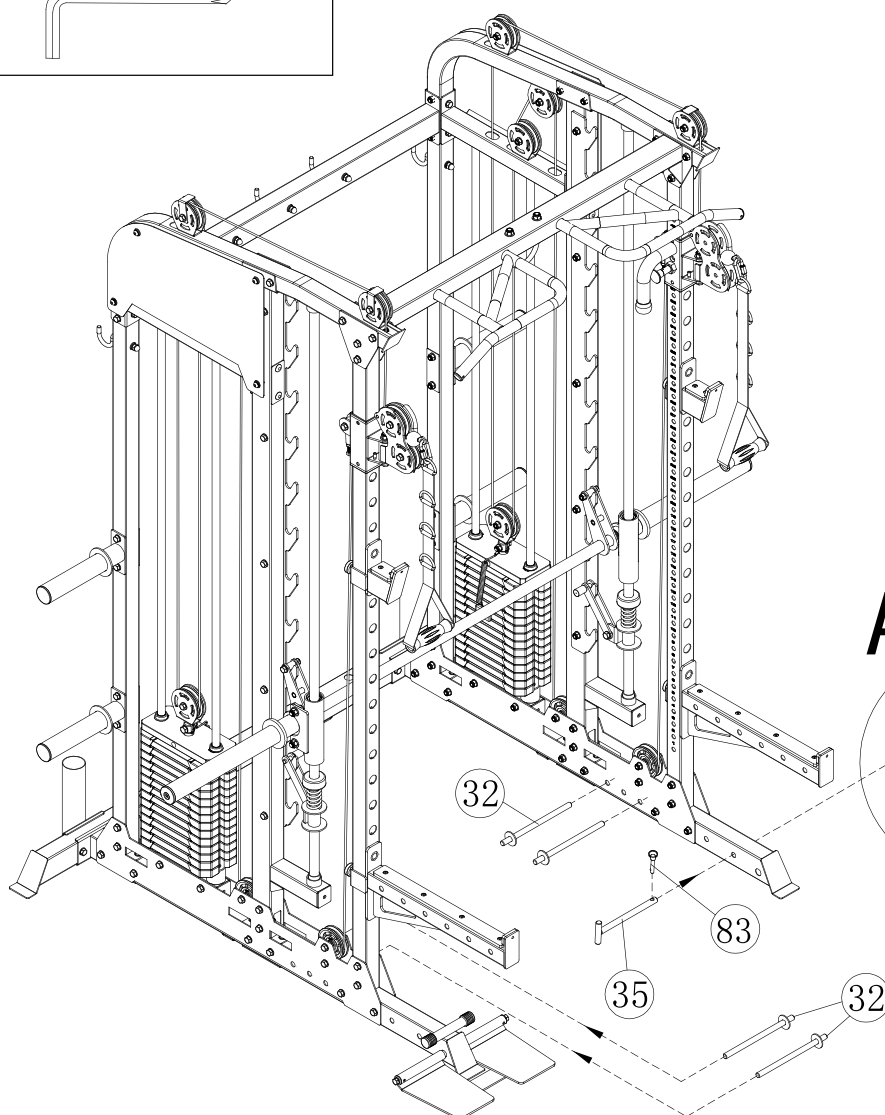
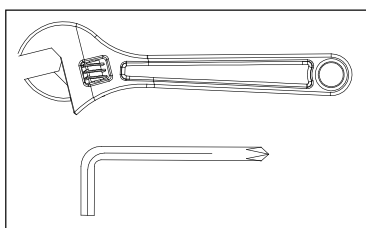
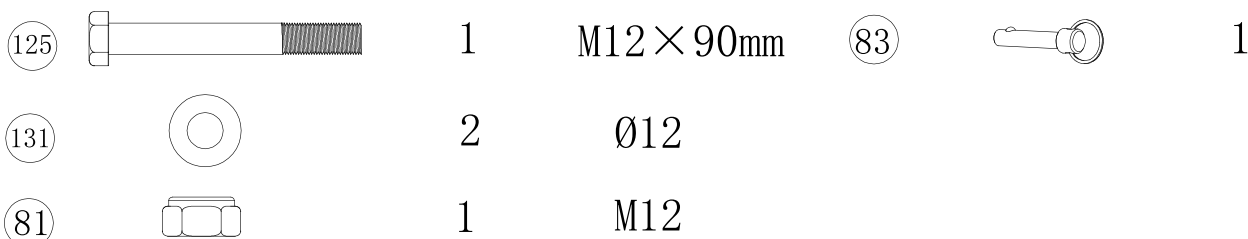


8

Ø10 Spring Washer



- Setzen Sie 4 x Verriegelungsstangen (#32) in die Löcher am Boden des Basisrahmenhalters (#62) ein.
- Befestigen Sie den Drehgelenkaufsatz (#55) am Landmine-Aufsatz (#56) mit 1 x M12 × 90mm Sechskantschraube (#125), 2 × 12mm Unterlegscheiben (#131) und 1 x M12 Flugzeugmutter (#81).
- Setzen Sie eine T-Verriegelungsstange (#35) entlang der gepunkteten Linie ein, schrauben Sie die linke T-Verriegelungsstange (#35) im Drehgelenkaufsatz (#55) fest.
- Setzen Sie einen Verriegelungsstift (#83) in das Loch der T-Verriegelungsstange (#35) ein, um zu verhindern, dass der Drehgelenkaufsatz (#55) während der Bewegung abfällt.



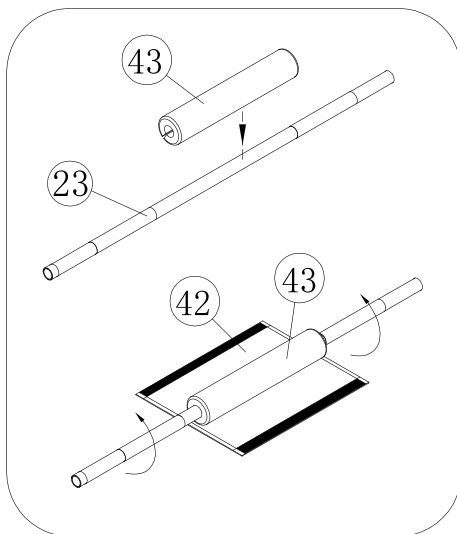
SCHRITT 22

- Setzen Sie 4 x Gummipuffer (#80) und 4 x Federklammern (#84) an beiden Seiten des Gewichtsscheibenposters (#37) ein.
- Setzen Sie 2 x Gummipuffer (#80) und 2 x Federklammern (#84) an den Smith Bar Olympic Sleeves (#38) ein.
- Legen Sie die Hantelpolster (#43) an die Mittelposition der Gewichtstange (#23).
- Verwenden Sie den Hantelpolsterbezug, um den Schaumstoffrollen zu umwickeln und mit dem Klettverschluss an beiden Seiten zu befestigen.

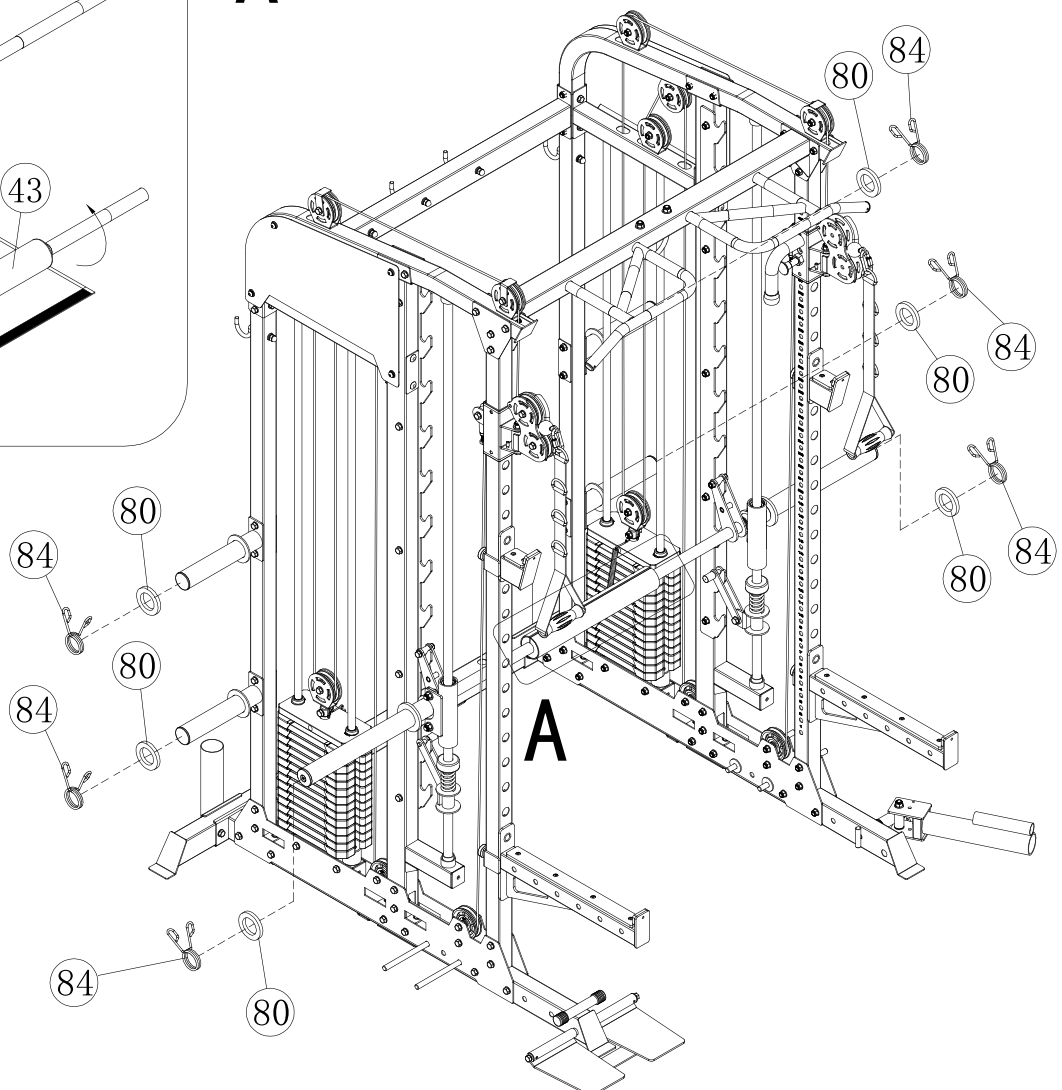
84



6

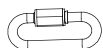


A



- Hängen Sie die Lat-Bar und die untere Stange an die Haken.
- Befestigen Sie den Knöchelriemen (#72), die V-Stange (#36), den V-Griff (#71), das Trizepsseil (#77), zwei Ketten (#75) und vier Verriegelungsklammern (#76) an den Haken.

76



4

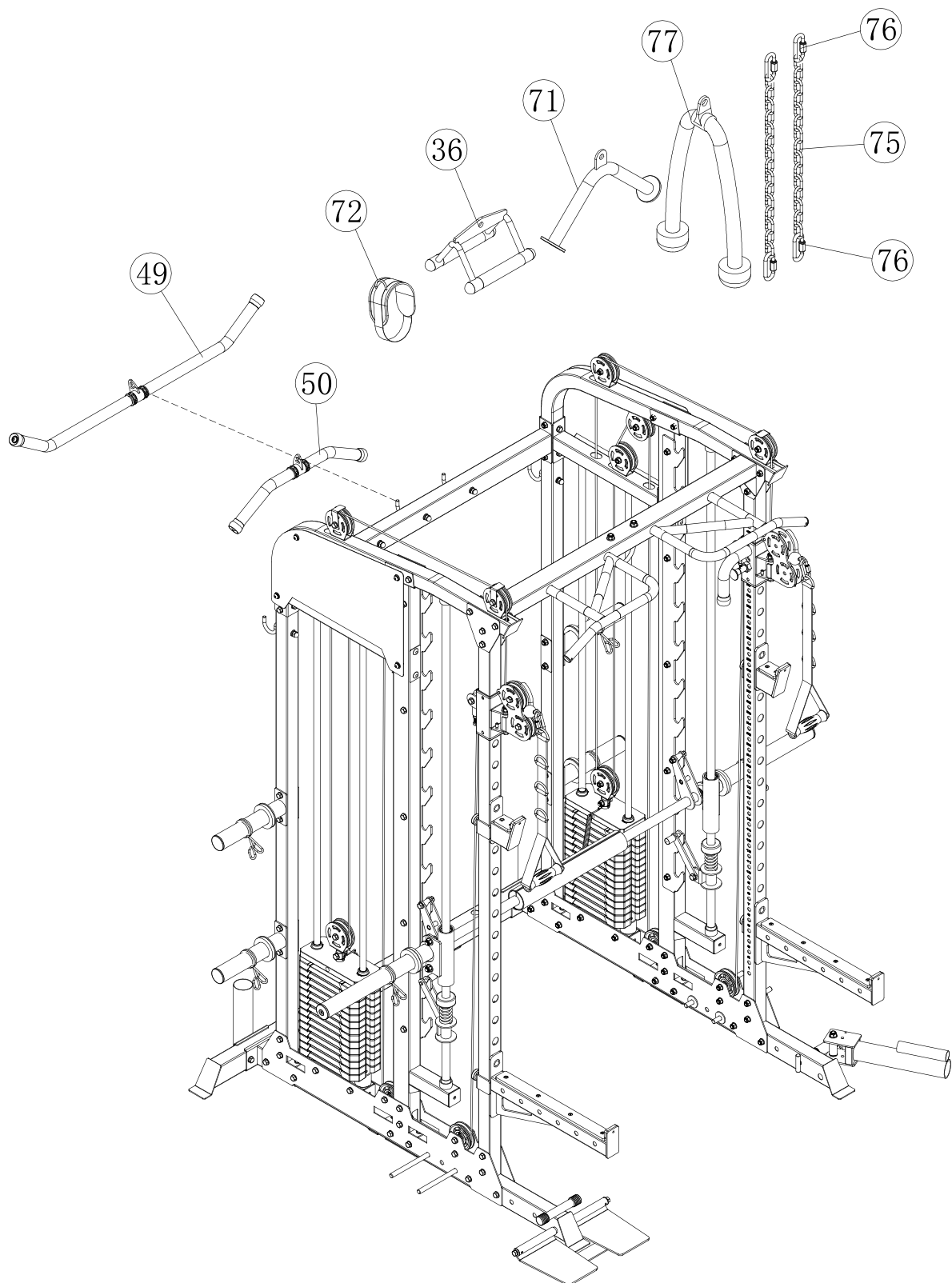
Locking Carabiner Clip

75



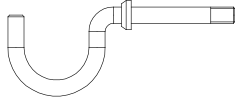
2

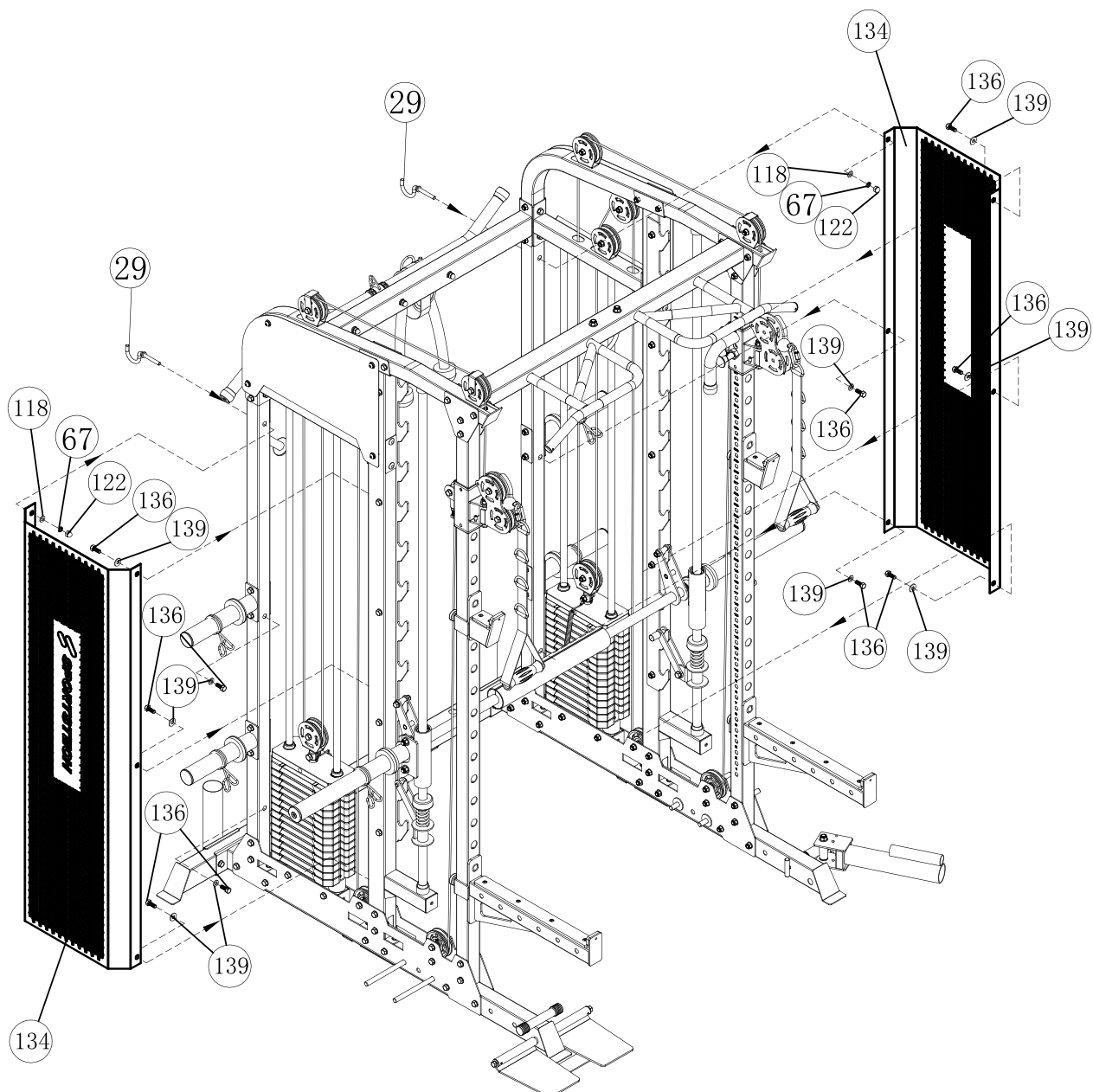
Chain



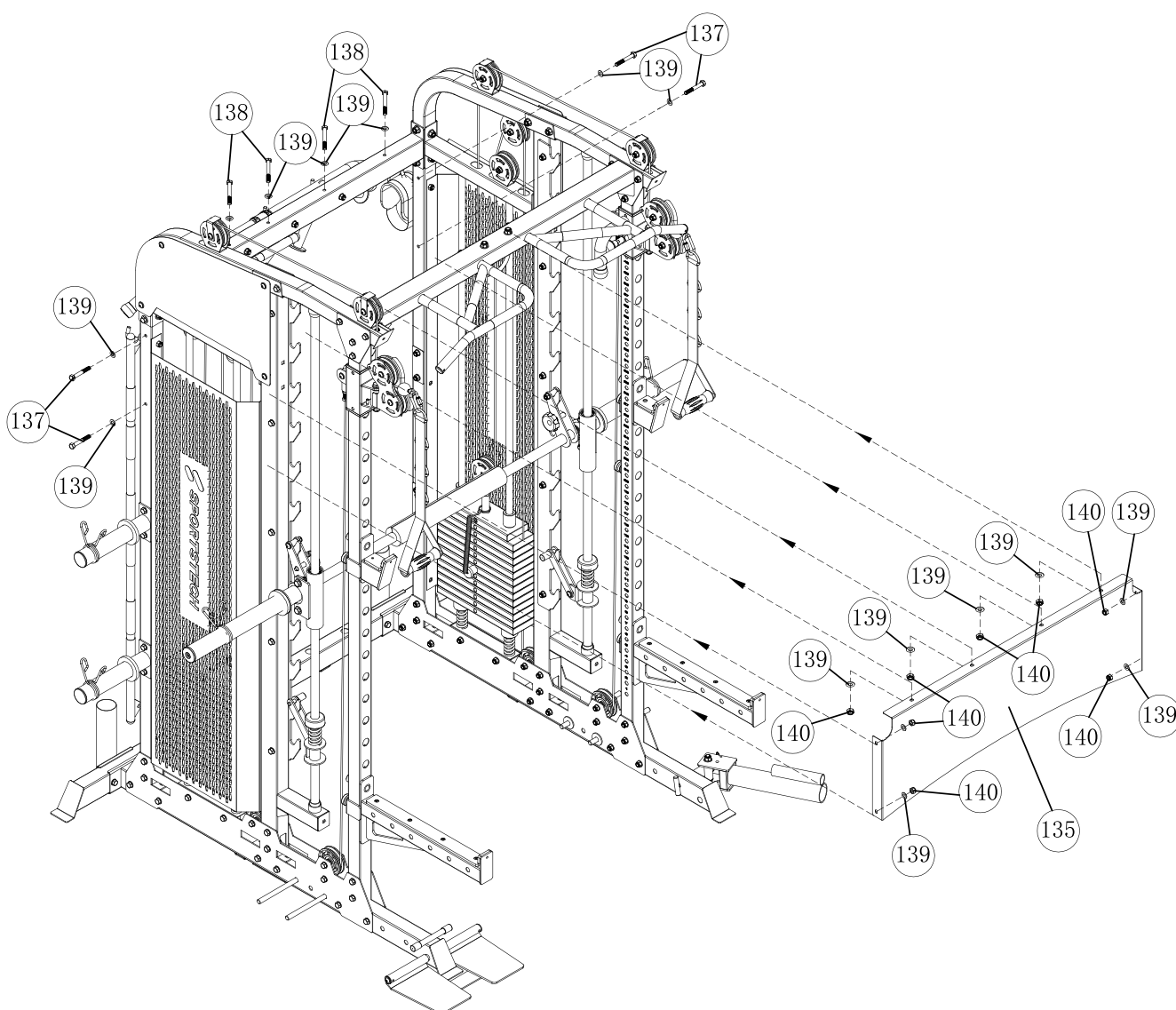
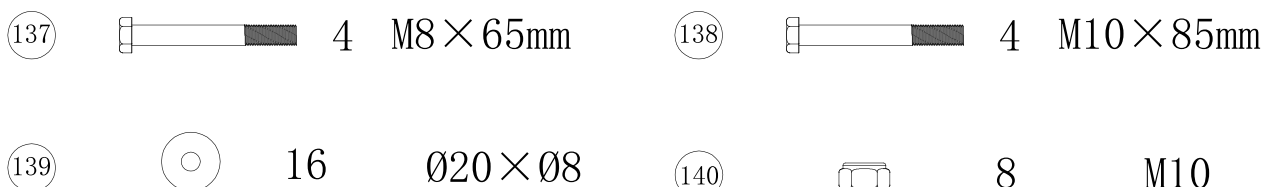
SCHRITT 24

- Befestigen Sie eine Seite der Gewichtsscheibenabdeckung (#134) an dem mittleren vertikalen Rohr mit 3 x M8×18mm Sechskantschrauben (#136) und 3 × 8mm Unterlegscheiben (#139).
- Befestigen Sie die andere Seite der Gewichtsscheibenabdeckung (#134) am hinteren vertikalen Rohr mit 3 x M8×18mm Sechskantschrauben (#136) und 3 × 8mm Unterlegscheiben (#139).
- Befestigen Sie die Gewichtsscheibenabdeckung (#134) am hinteren vertikalen Rohr mit 1 x J-förmigem Haken (#29), 1 x M10-Kappenmutter (#122), 1 × 19mm Unterlegscheibe (#118) und 1 × 10mm Federriegel (#67).
- Wiederholen Sie die obigen Schritte, um die andere Seite der Gewichtsscheibenabdeckung (#134) zu montieren.

(67)		2	Ø10	(29)		2
(118)		2	Ø10	(139)		10 Ø20 × Ø8
(122)		2	M10	(136)		10 M8 × 18mm



- Befestigen Sie beide Seiten des Trainingsposterboards (#135) am hinteren vertikalen Rohr mit 4 x M8×65mm Sechskantschrauben (#137), 8 x 8mm Unterlegscheiben (#139) und 4 x M8 Flugzeugmuttern (#140).
- Befestigen Sie die oberen Seiten des Trainingsposterboards (#135) mit 4 x M8×85mm Sechskantschrauben (#138), 8 x 8mm Unterlegscheiben (#139) und 4 x M8 Flugzeugmuttern (#140).



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 und Wartung

4.1 REINIGUNG

- El nivel de seguridad del equipo se mantiene mediante inspecciones regulares para detectar daños y desgaste, especialmente en los puntos de conexión.
- Lubrique las partes móviles con aceite ligero para prevenir el desgaste.
- Inspeccione y apriete todas las partes antes de usarlas, reemplazando cualquier parte defectuosa de inmediato.
- Limpie con un paño húmedo y detergente suave; evite los disolventes.
- No intente reparaciones; contacte al minorista para problemas de ensamblaje u operación.

5. Entsorgung



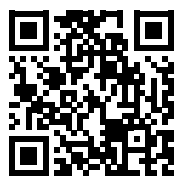
RECYCLINGKREISLAUF

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.

Weitere Informationen

Unsere **Video-Tutorials** für Sie!

Montage, Verwendung, Demontage.

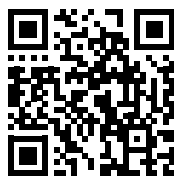


Link zu den Videos:

https://sportstech.link/SXM200_video

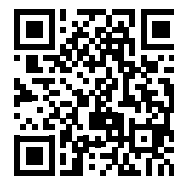
Uns gibt es auch auf **Social Media!**

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



Instagram-Seite

<https://sportstech.link/instagram>



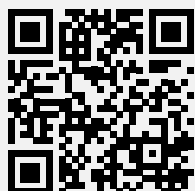
Facebook-Seite

<https://sportstech.link/facebook>

SPORTSTECH **LIVE** APP

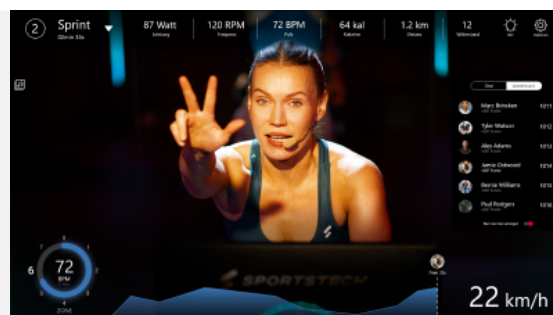
Die Sportstech LIVE App bietet Ihnen unter anderem:

- 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>



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.

Table of contents

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1. Important Safety Notes	41
2. Setting up.....	43
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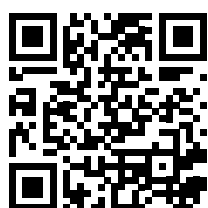
Scope of delivery

1	SXM200 POWER RACK	2	Operating manual
3	Allen key	4	Wrench
5	Landmine	6	2 x Safety Stopper
6	2 x J-Hook	7	Lat Bar
8	V-Shaped Handle	9	Ankle Strap
10	Short Bar	11	Triceps Rope
12	2 x Adjustable Handle Grip	13	4 x Removable Anchor
13	V-Bar		

Technical data

Product dimensions (LxWxH)	164 × 213 × 230 cm
Net weight of the device	356,4 kg
Maximum permitted user weight	150 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/sxm200_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 and at low speed.

Weight and age requirements

- **Only adult** persons are allowed to use the device.
- **The maximum permissible user weight is 150 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**.
- 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: 150 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.

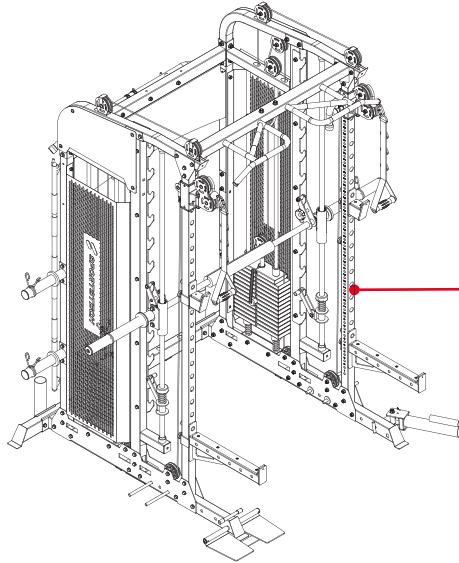
Please note that this product can have a weight tolerance of about 4%.



SAFETY STICKERS

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: SXM200
Construction year: 2024
Class HC - For consumer use only!



Made in China

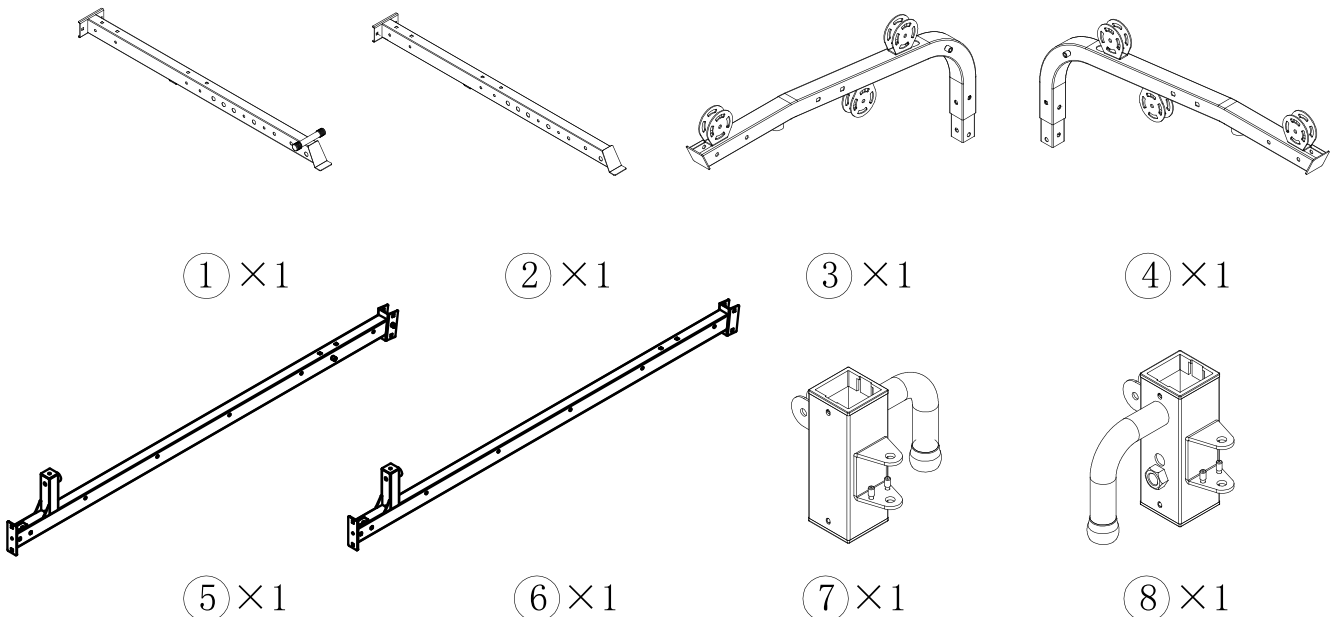
2. Setting up

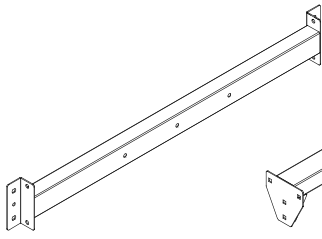
2.1 SETTING-UP

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

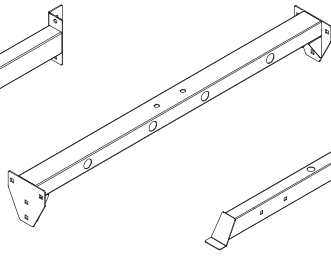
- Dry interior
- Device does not cover any ventilation openings.
- Heat-resistant robust base; use floor protection mat if necessary
- Clearance of at least 2 m (6.6 ft) behind the device.
- Clearance of at least 1 m (3.3 ft) on both sides of the device.
- Clearance of at least 30 cm (1.0 ft) in front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

2.2 COMPONENTS

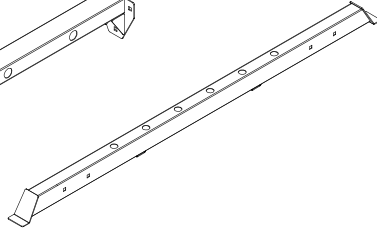




⑨ × 1



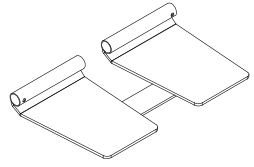
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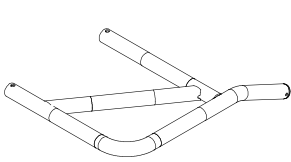
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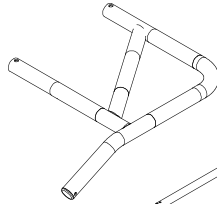
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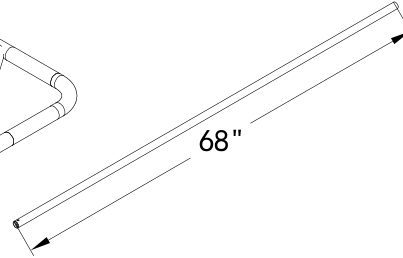
⑬ × 1



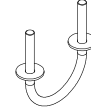
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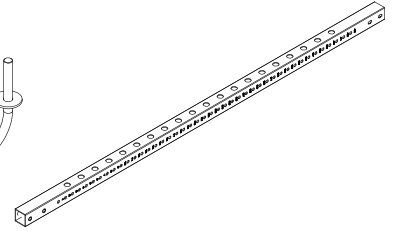
⑮ × 1



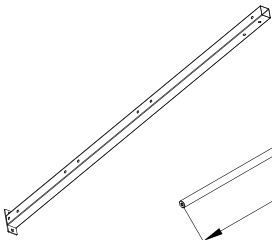
⑯ × 4



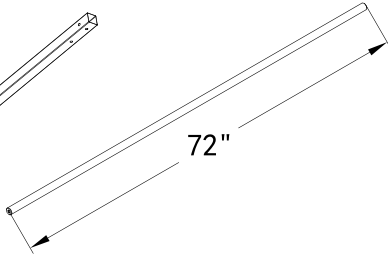
⑰ × 1



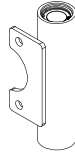
⑱ × 2



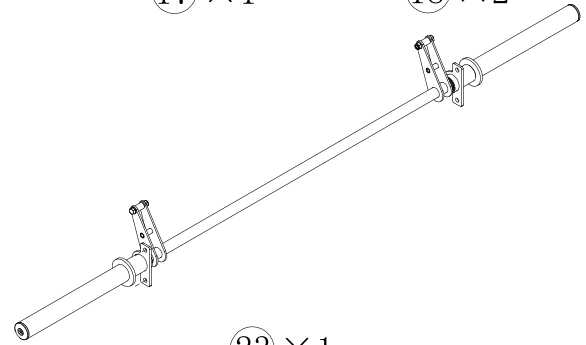
⑳ × 2



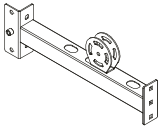
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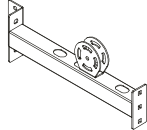
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㉓ × 1



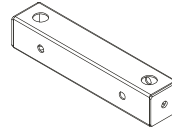
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㉕ × 1



㉖ × 2



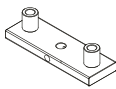
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㉙ × 5



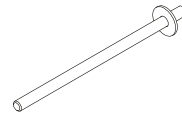
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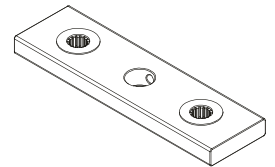
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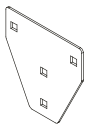
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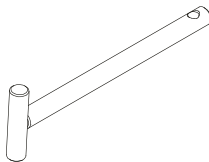
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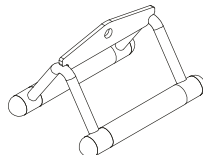
㉝ × 28



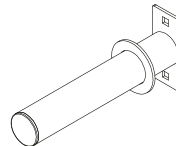
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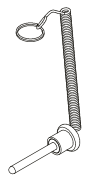
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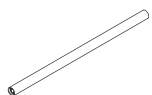
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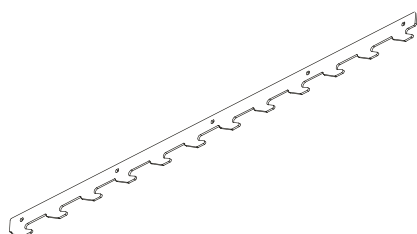
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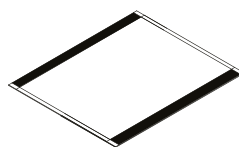
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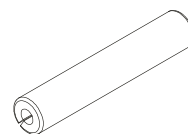
④①×1



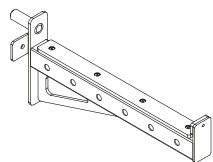
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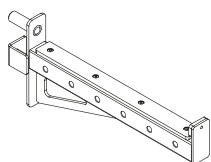
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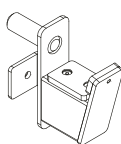
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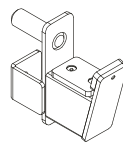
④④×1



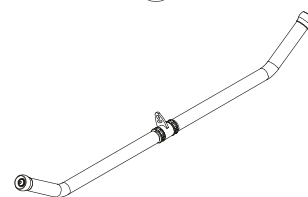
④⑤×1



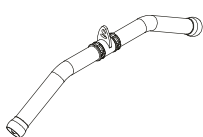
④⑥×1



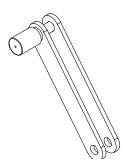
④⑦×1



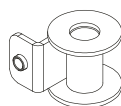
④⑨×1



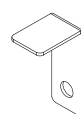
⑤①×1



⑤②×2



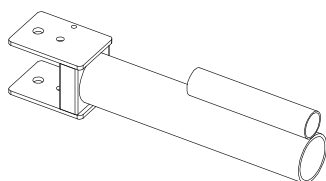
⑤③×2



⑤④×6



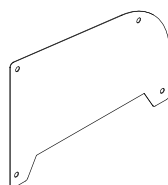
⑤⑤×1



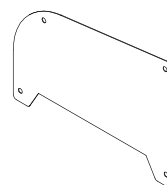
⑤⑥×1



⑤⑦×2



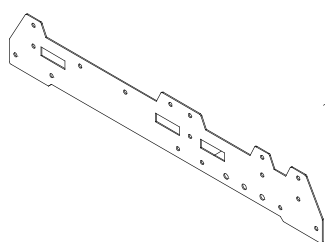
⑤⑧×1



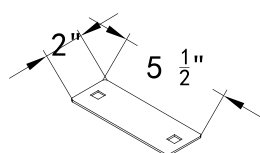
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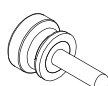
⑥①×8



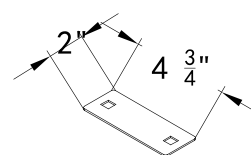
⑥②×4



⑥③×2



⑥④×4



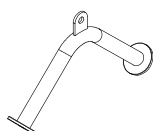
⑥⑤×8



⑥⑥×4



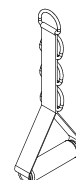
⑥⑨×4



⑦①×1



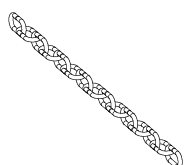
⑦②×1



⑦③×2



⑦④×2



⑦⑤×2



⑦⑥×6



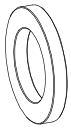
⑦⑦×1



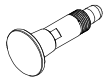
⑦⑧×18



⑦⑨×2



80×6



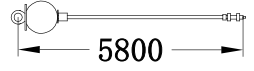
82×2



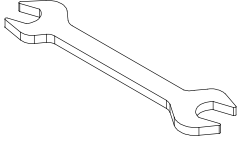
83×1



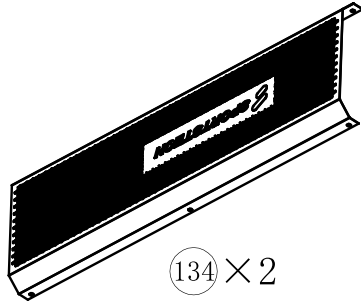
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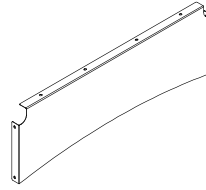
89×2



132×2



134×2



134×1



141×2

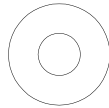
2.3 FIXING COMPONENTS



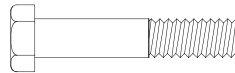
67×25



81×9



112×6



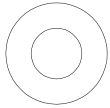
117×8



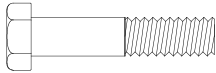
118×219



119×104



131×18



121×8



122×5



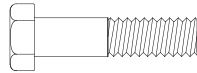
123×76



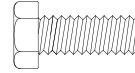
124×2



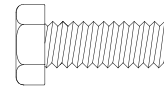
125×3



126×2



127×10



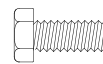
128×4



129×12



130×8



136×10



137×4



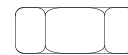
138×4



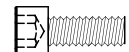
139×26



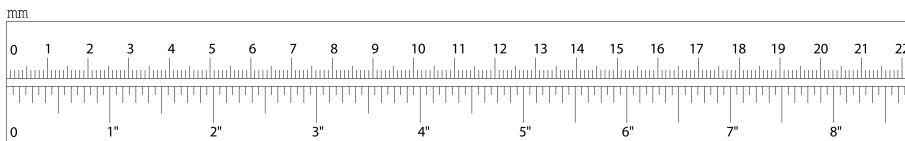
140×8



142×2

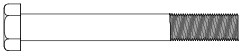


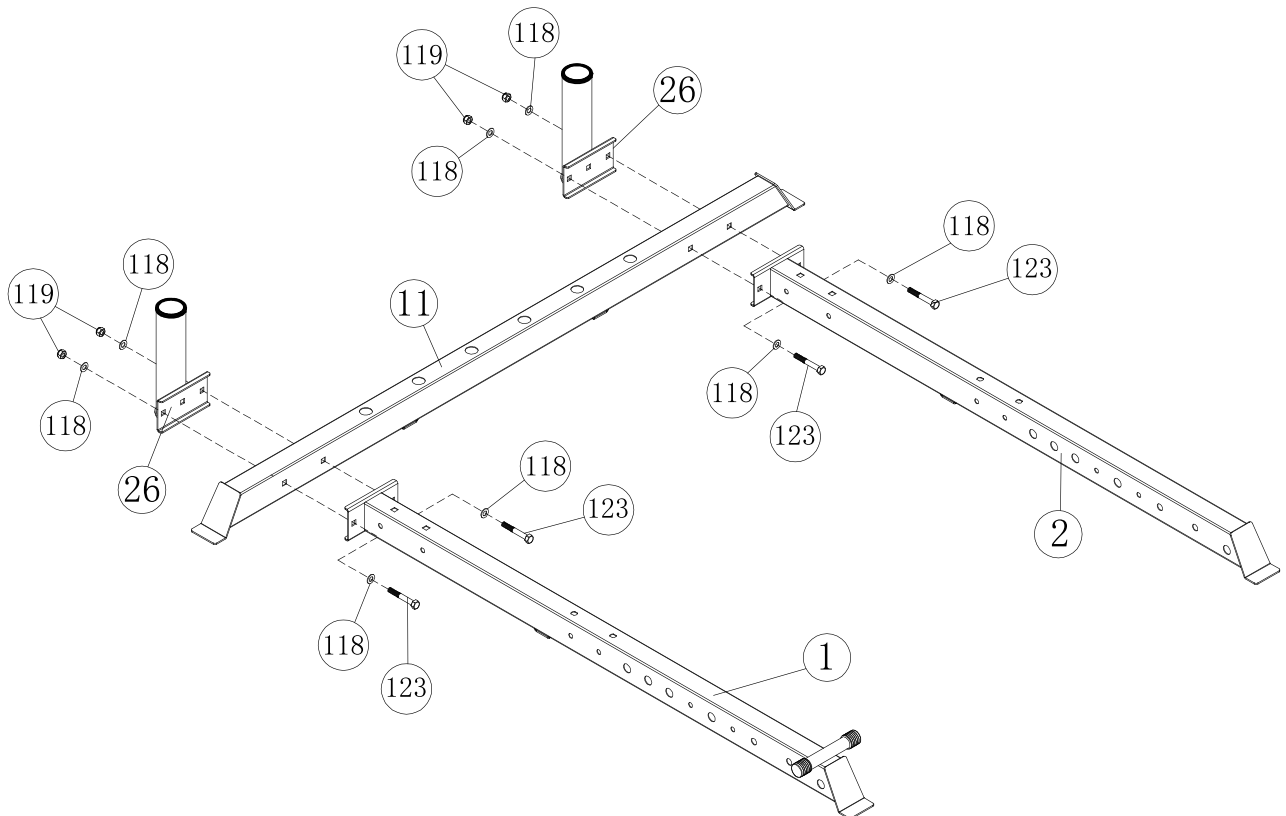
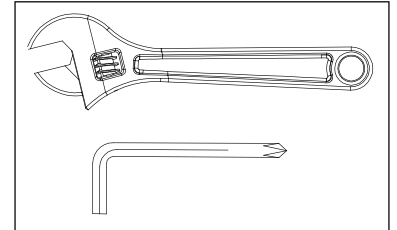
120×4



STEP 1

- Attach the Right Base Frame (#1) and Barbell Storage Support (#26) to the Rear Base Frame (#11) using 2 x M10×70mm Hex Bolts (123#), 4×10mm Washers(118#)and 2 x M10 Aircraft Nus(119#).
- Attach the Left Base Frame (#2) and Barbell Storage Support (#26) to the Rear Base Frame (#11) using 2 x M10×70mm Hex Bolts (123#), 4×10mm Washers(118#)and 2 x M10 Aircraft Nus(119#).

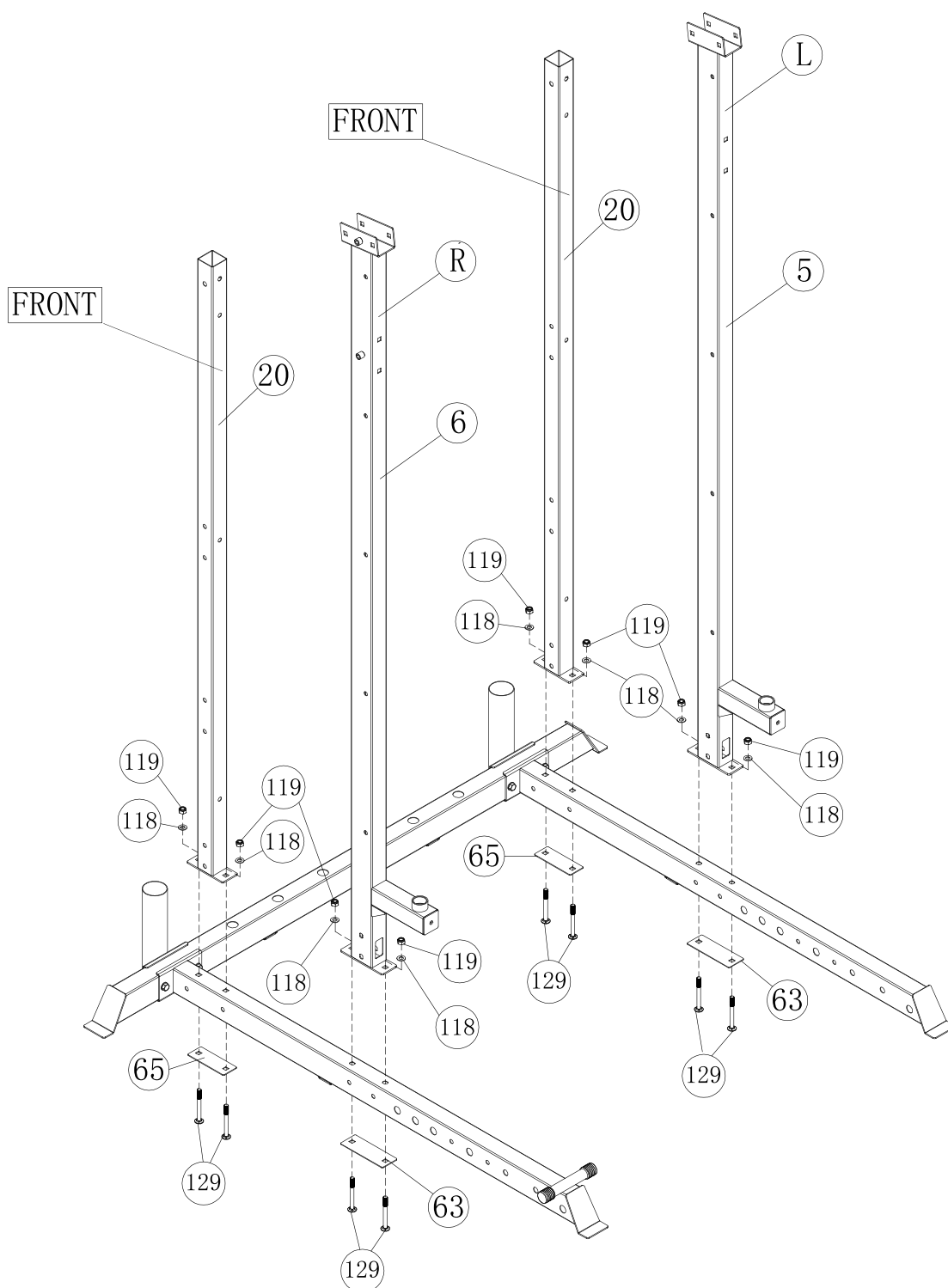
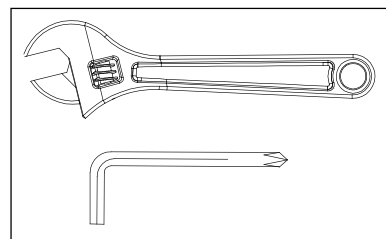
123		4	M10×70mm
118		8	Ø10
119		4	M10



STEP 2

- Attach the Left & Right Middle Vertical Beam (5#&6#) to the Left & Right Base Frame (#1) using 4 x M10×90mm Carriage Bolts (129#), 4×10mm Washers (118#), 4xM10 Aircraft Nuts (119#) and 2xBrackets(63#).
- Attach two Rear Vertical Beams (20#) to the Left & Right Base Frame (#1) using 4 x M10×90mm Carriage Bolts (129#), 4×10mm Washers (118#), 4xM10 Aircraft Nuts (119#) and 2xBrackets(65#).

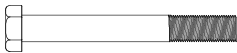
129		8	M10×90mm
118		8	Ø10
119		8	M10

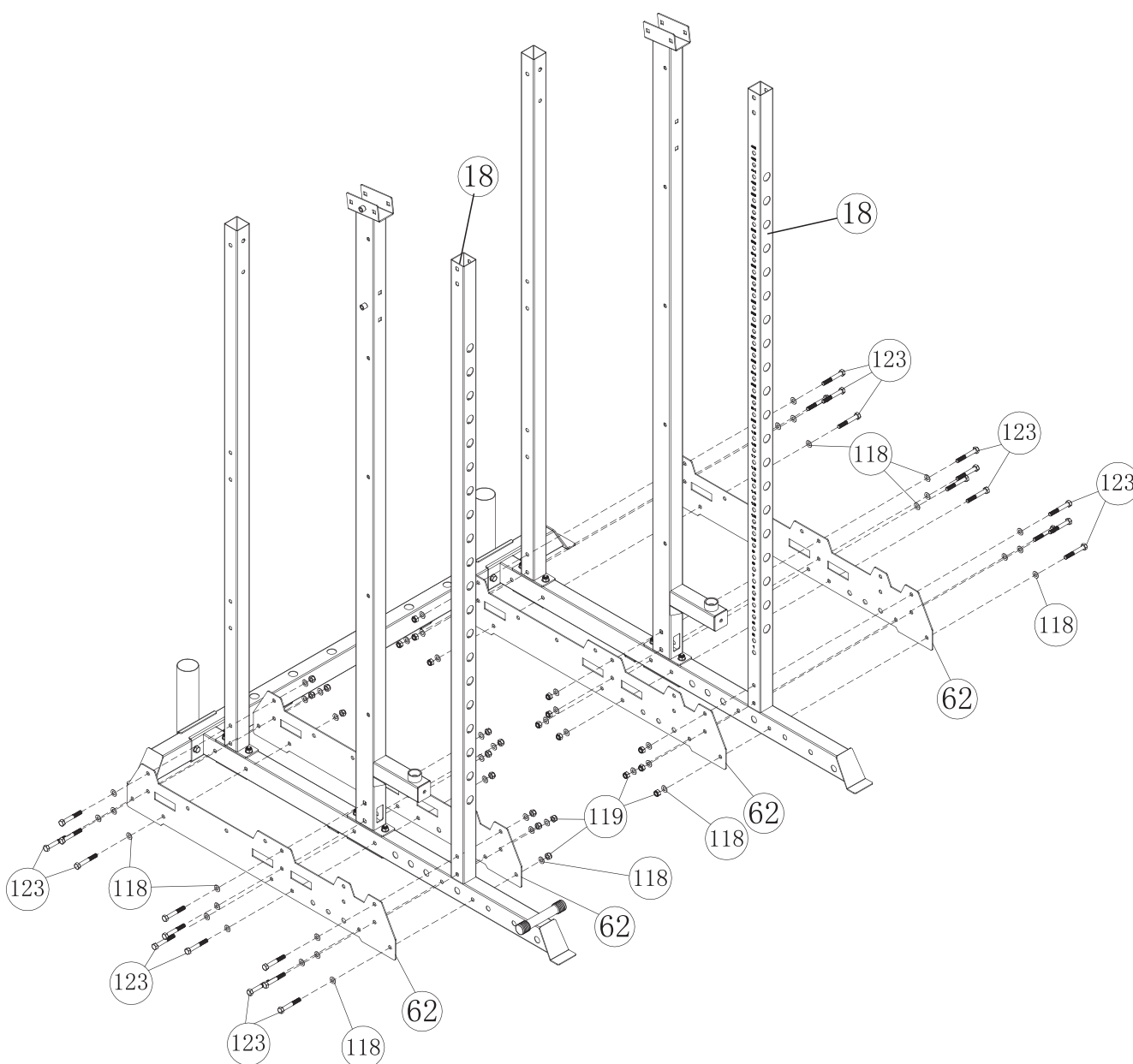
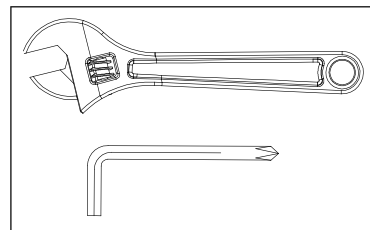


STEP 3

EN

- Attach the Front Vertical Beam (#18) to the Left Base Frame (#2) using 12 x M10×70mm Hex Bolts (#123), 24 × 10mm Washers (#118), 12 x M10 Aircraft Nuts (#119) and 2 x Base Frame Brackets (#62).
- Attach the Front Vertical Beam (#18) to the Right Base Frame (#1) using 12 x M10×70mm Hex Bolts (#123), 24 × 10mm Washers (#118), 12 x M10 Aircraft Nuts (#119) and 2 x Base Frame Brackets (#62).

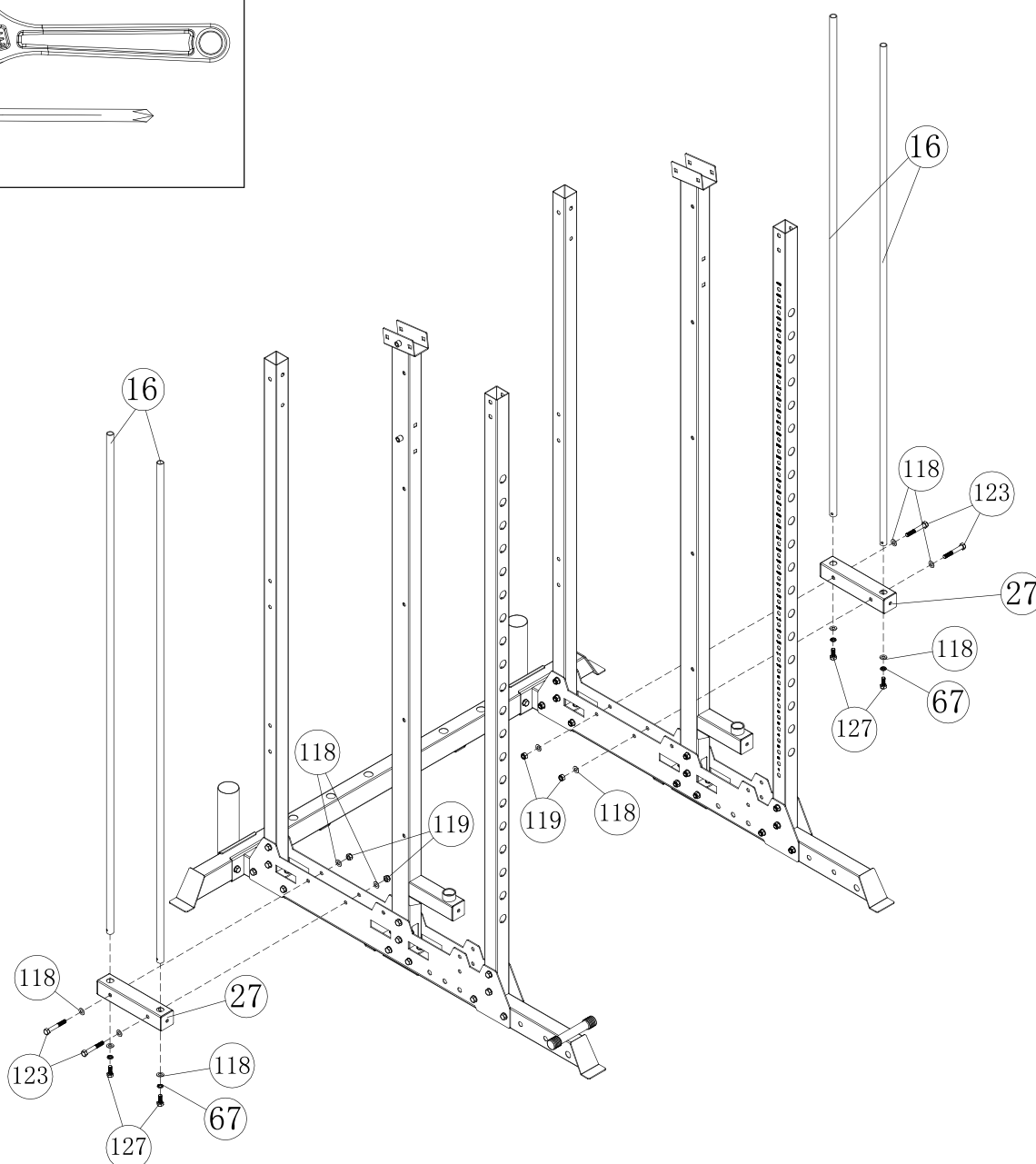
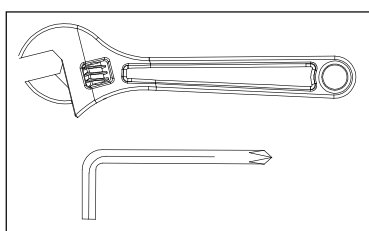
123		24	M10×70mm
118		48	Ø10
119		24	M10



STEP 4

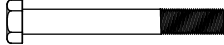
- Attach 4 x Guide Rods (#16) to 2 x Trolley Base Frames (#27) using 4 x M10×25mm Carriage Bolts (127#), 4 x10mm Washers (#118) and 4 × 10mm Spring Washers (67#).
- Attach 2 x Trolley Base Frames (#27) to the Base frame using 4 x M10×70mm Carriage Bolts(123#), 8 x10mm Washers (#118) and 4 × 10mm Spring Washers (67#).

(123)		4	M10×70mm	(127)		4	M10×25
(118)		12	Ø10	(67)		4	Ø10
(119)		4	M10	Spring Washer			



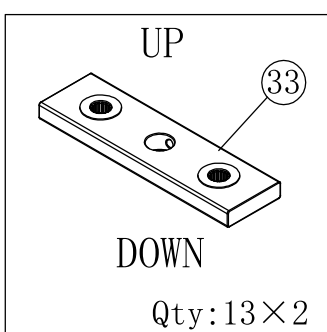
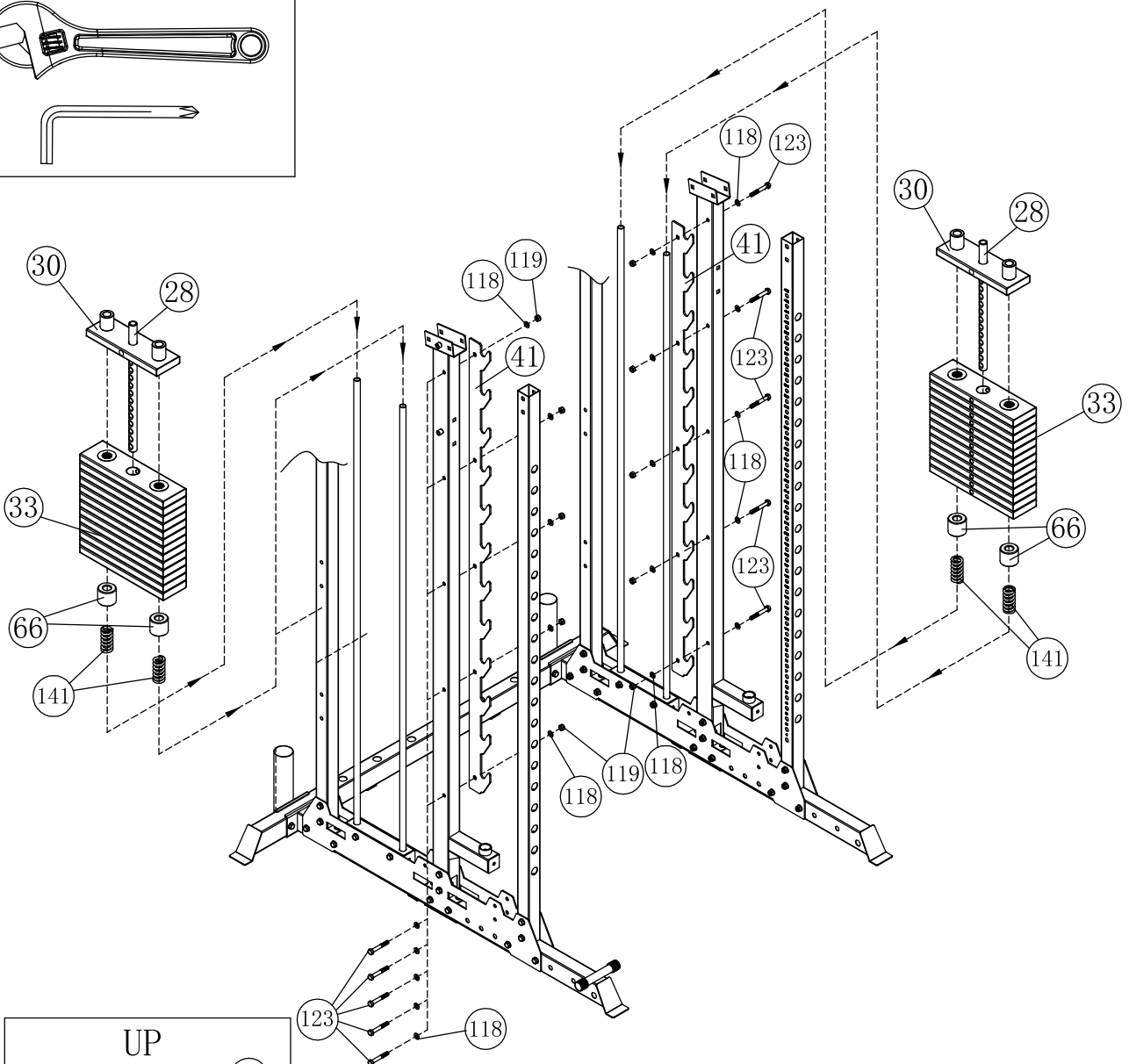
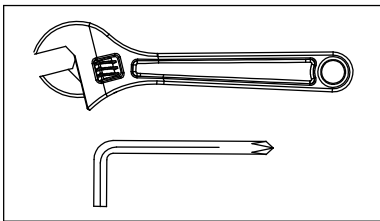
STEP 5

- Put 4 x Weight Plate Springs (#141) and 4 x Guide Rod Stoppers (#66) to the Four Guide Rods (#16).
- Put two groups of 13 x Weight Plates (#33) on the Guide Rods (#16), please take note the weight plates installation direction, the pin is inside.
- Put the two Selector Stem (#30) on both sides of the Guide Rods.
- Fix two Saw tooth Safety Catches (#41) to both sides of the middle vertical tube using 10 x M10×70mm Hex Bolts (#123), 20 × 10mm Washers (#118) and 10 x M10 Aircraft Nuts (#119).

(123)  10 M10×70mm

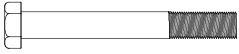
(118)  20 Ø10

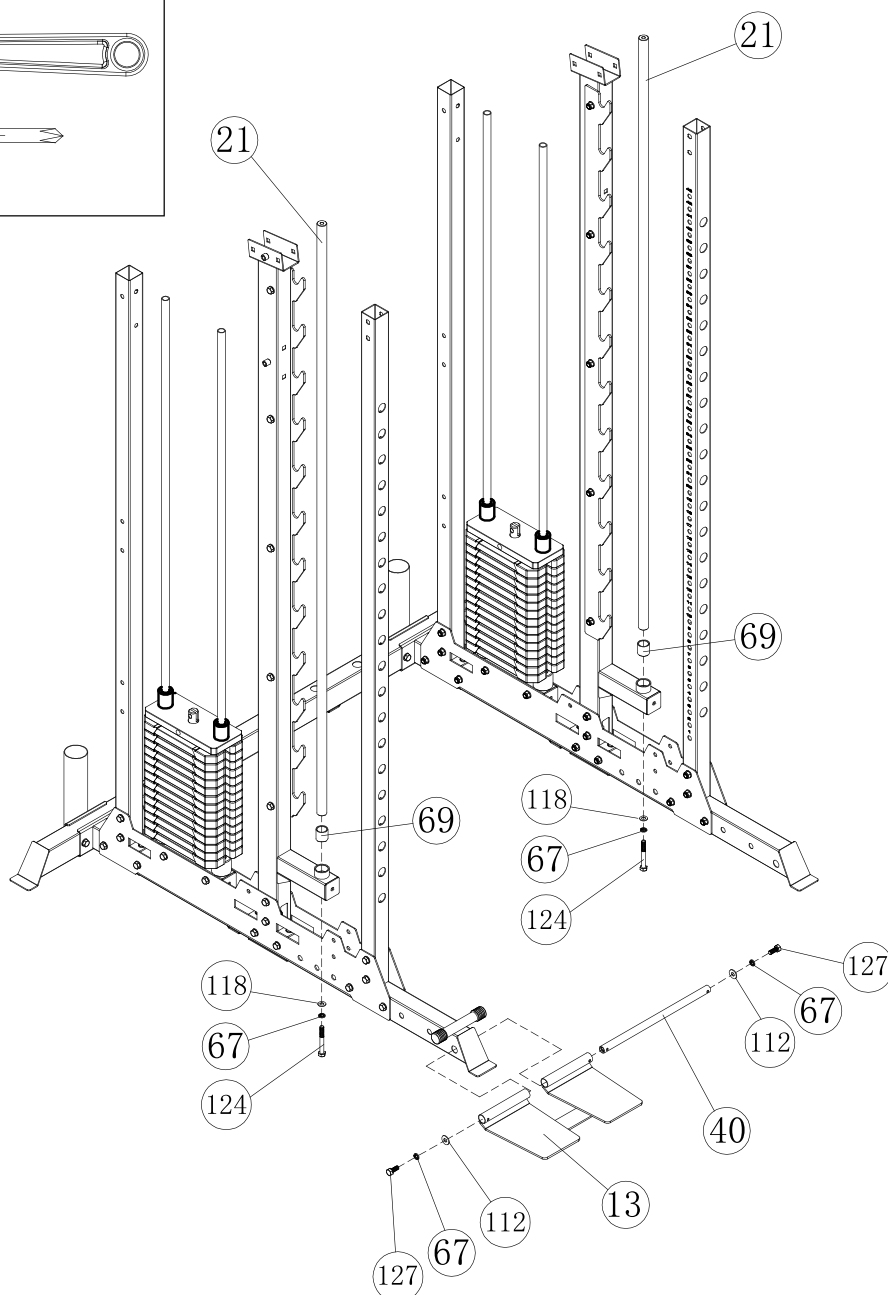
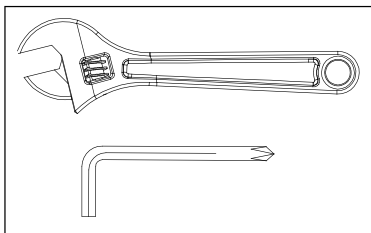
(119)  10 M10



STEP 6

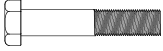
- Attach two Guide Rubber Bumpers to the bottom of the Guide Rod (#21).
- Fix 2 x Guide Rods (#21) to the two middle vertical tube using 2 x M10×80mm Hex Bolts (#127), 2 x 10mm Washers (#118) and 2 x 10mm Spring Washers (#67) .
- Fix the Footplate (#13) to the Right base frame using 1 x Foot plate Tube (#40), 2 x M10×25mm Hex Bolts (#127), 2 x 10mm Large Washers (#112)Foot plate Tube.

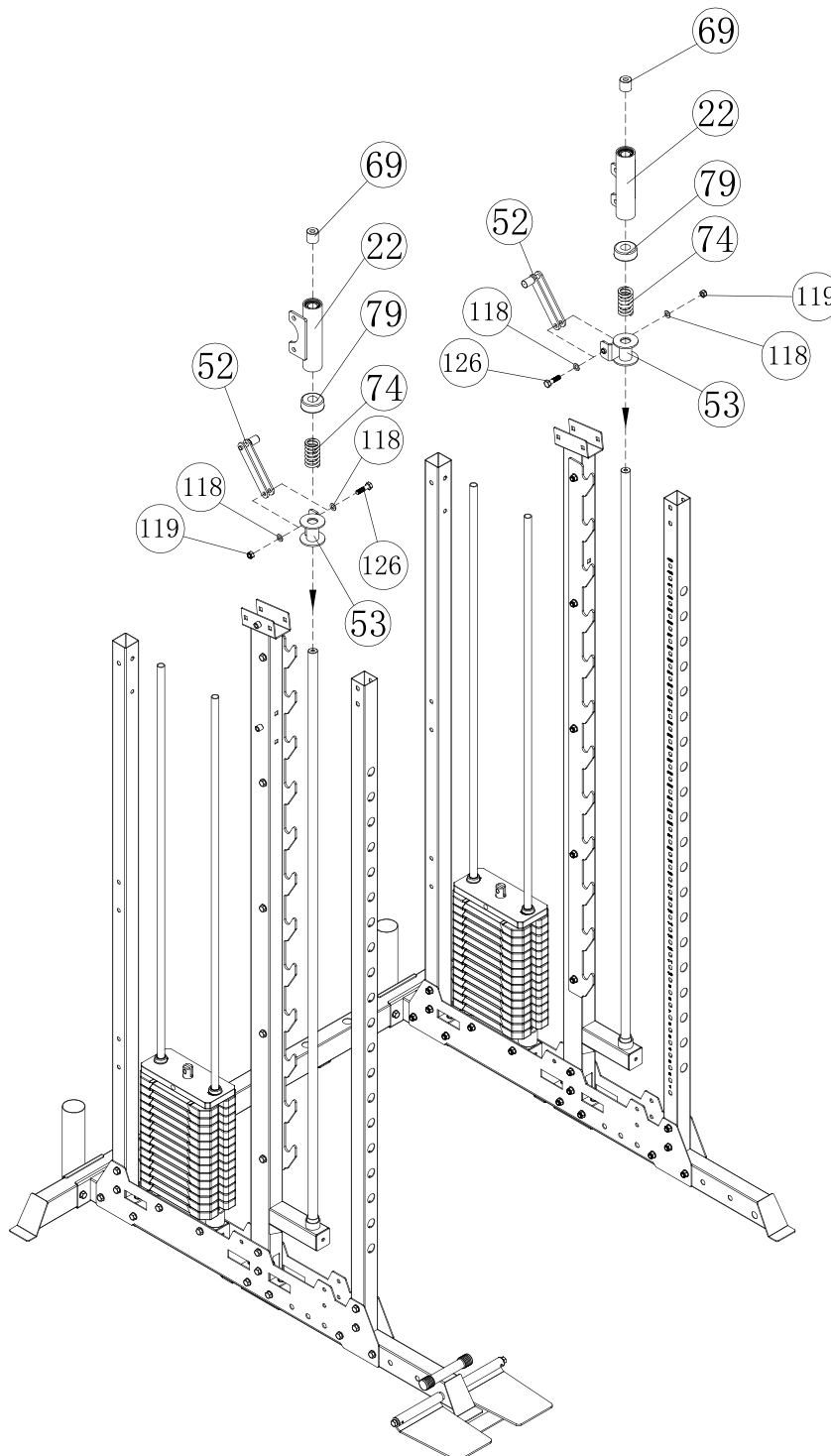
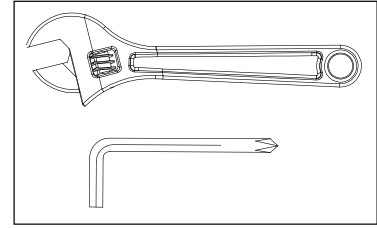
124		2	M10×80mm	127		2	M10×25
118		2	Ø10	112		2	Ø10×Ø25
67		Spring Washer 4	Ø10				



STEP 7

- Respectively attach 2 x Lower Safety Stop Hooks (#52) to the Lower Safety Stop Frame (#53) using 2 x M10×40mm Hex Bolts(126#), 4 x10mm Washers(118#) and 2 x M10 Aircraft Nuts.
- Attach 2 x Shock Springs (#74) and 2 x Guide Rod Stoppers (#79) to the Guide Rod (#21).
- Respectively put 2 x Guide Rod Sleeves (#22) to the Guide Rod (#21).
- Attach 2 x Guide Rubber Bumpers (#69) to the top of the Guide Rod (#21).

126		2	M10×40mm
118		4	Ø10
119		2	M10



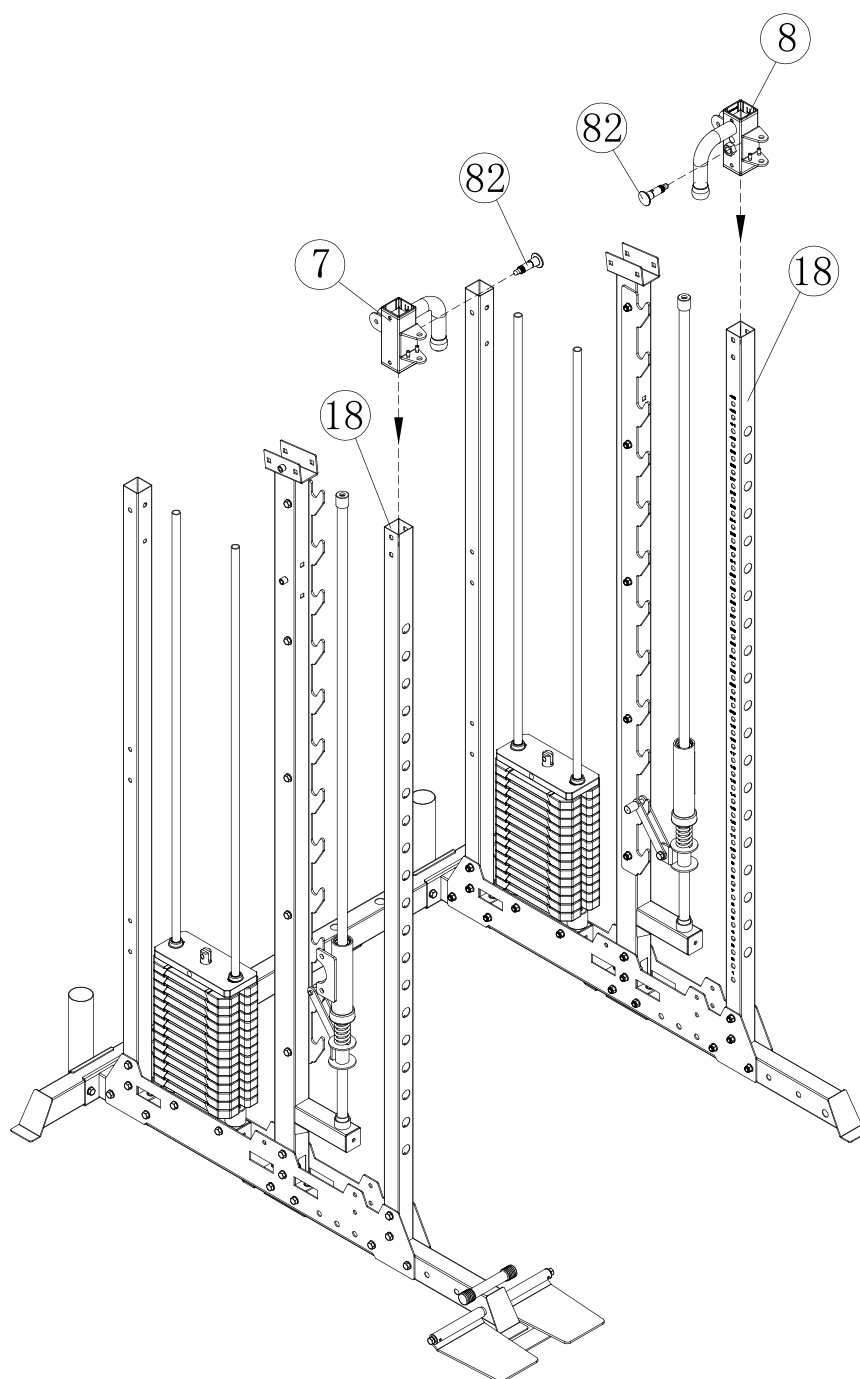
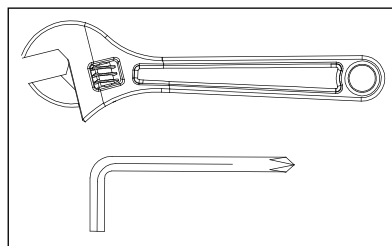
STEP 8

- Attach the Left Cable Pulley Assembly (#8) to the left vertical tube and secure with Cable Pulley Locking Pin (#82).
- Attach the Right Cable Pulley Assembly (#7) to the left vertical tube and secure with Cable Pulley Locking Pin (#82).

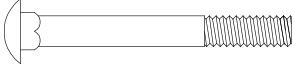
82

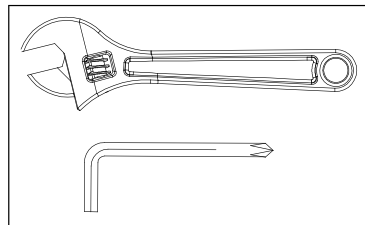


2

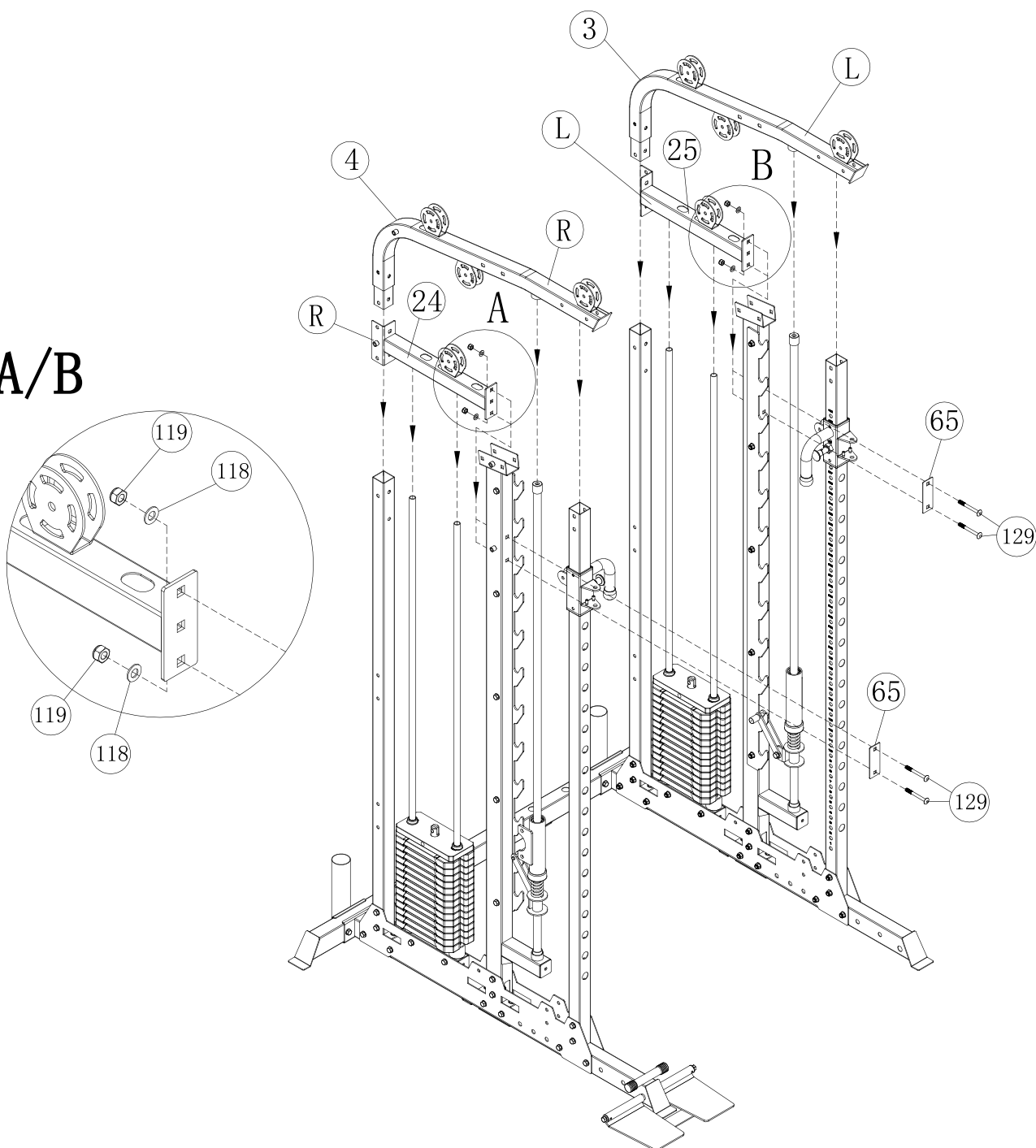


- Attach the Left Upper Frame (#3) to the left middle vertical tube and rear vertical tube.
- Attach the Right Upper Frame (#4) to the right middle vertical tube and rear vertical tube.
- Attach the Left Upper Rear Support (25#) to the middle vertical tube and rear vertical tube using 2 x M10×90mm Carriage Bolts(129#), 2 x 10mm Washers (118#), 2 x M10 Aircraft Nuts(119#) and Bracket (65#).
- Attach the Right Upper Rear Support (24#) to the middle vertical tube and rear vertical tube using 2 x M10×90mm Carriage Bolts(129#), 2 x 10mm Washers (118#), 2 x M10 Aircraft Nuts(119#) and Bracket (65#).

129		4	M10×90mm
118		4	Ø10
119		4	M10



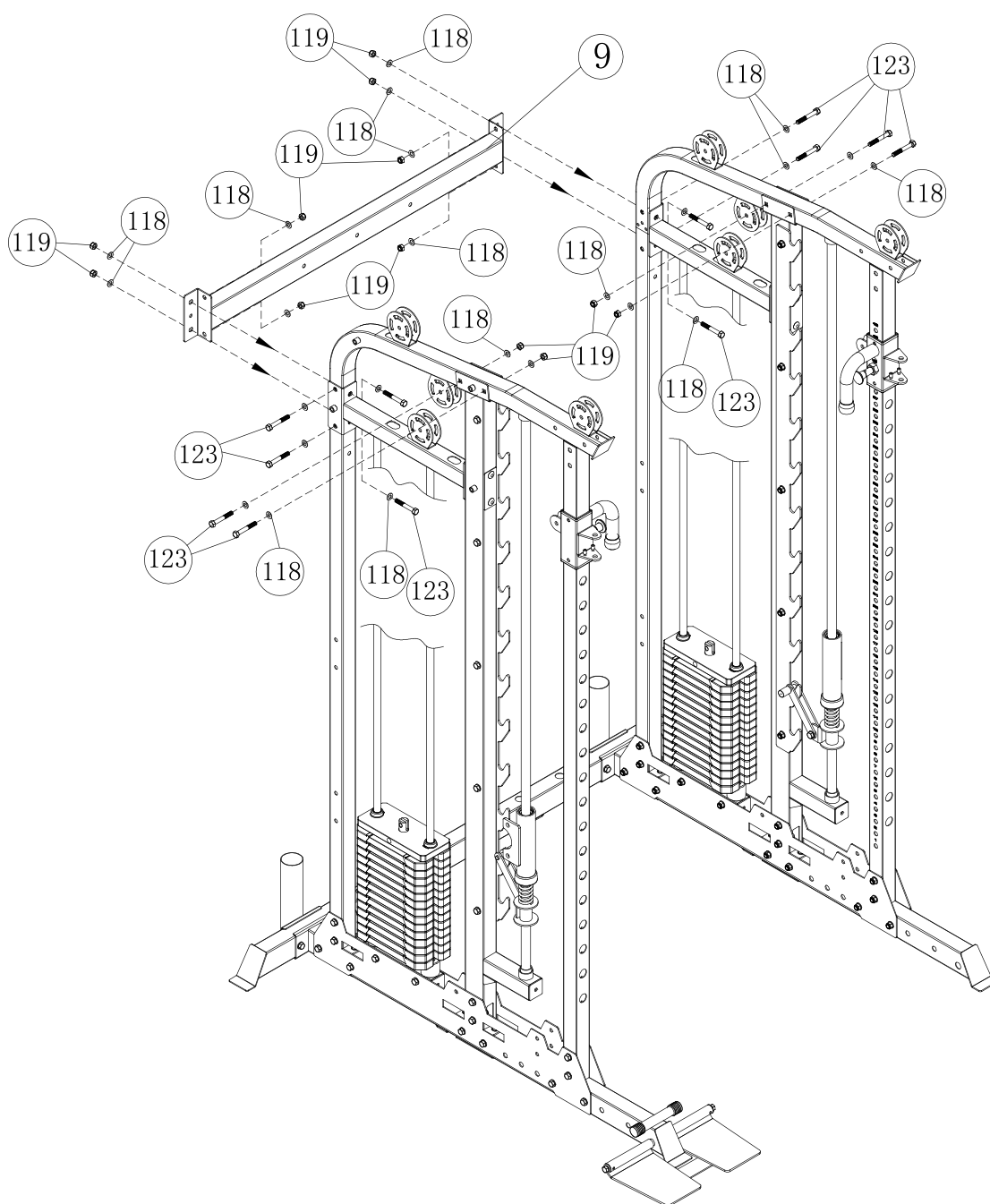
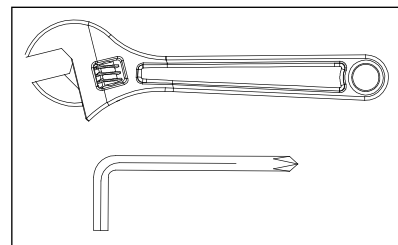
A/B



STEP 10

- Attach the Upper Cross Brace (#9) to the rear vertical tube using 4 x M10×70mm Hex Bolts (#123), 8 x 10mm Washers (#118) and 8 x M10 Aircraft Nuts (#119).
- Fix the Left Upper Frame (#3) and Right Upper Frame (#4) using 4 x M10×70mm Hex Bolts (#123), 8 x 10mm Washers (#118) and 8 x M10 Aircraft Nuts (#119).

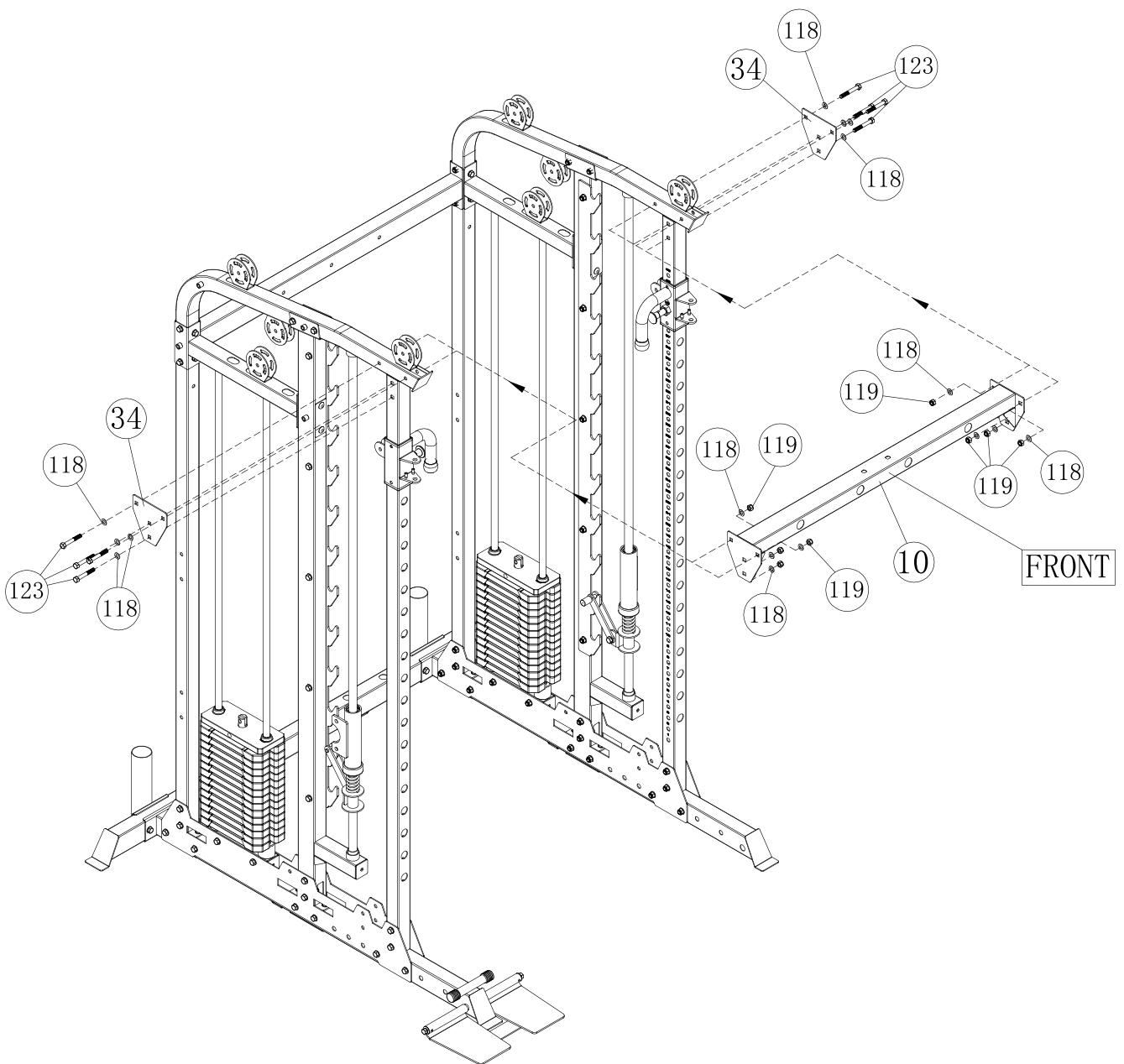
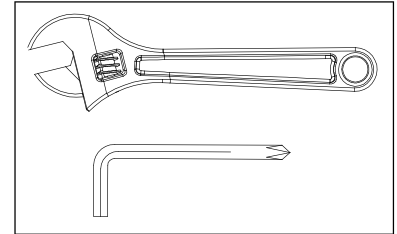
123		12	M10×70mm
118		24	Ø10
119		12	M10



STEP 11

- Attach the Multi-Grip Pull up Rack (#10) to the Left Upper Frame (#3) and Right Upper Frame (#4) using 8 x M10×70mm Hex Bolts (#123), 16 x 10mm Washers (#118) and 8 x M10 Aircraft Nuts (#119) and 2 x Triangular Brackets (#34).

123		8	M10×70mm
118		16	Ø10
119		8	M10



STEP 12

- Insert the Left Pull up Bar (#14) into the Multi-Grip Pull up Rack (#10) and secure with 2 x M10×25mm Hex Bolts (#127), 2 × 10mm Large Washers (#112) and 2 x10mm Spring Washers (#67).
- Insert the Right Pull up Bar (#15) into the Multi-Grip Pull up Rack (#10) and secure with 2 x M10×25mm Hex Bolts (#127), 2 × 10mm Large Washers (#112) and 2 x10mm Spring Washers (#67).
- Insert the U-shape Hook (#17) into the Multi-Grip Pull up Rack (#10) and secure with 2 × 12mm Washers (#131) and 2 x M12 Aircraft Nuts (#81).

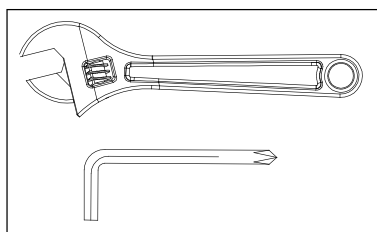
67 Spring Washer 4 Ø10

131 2 Ø12

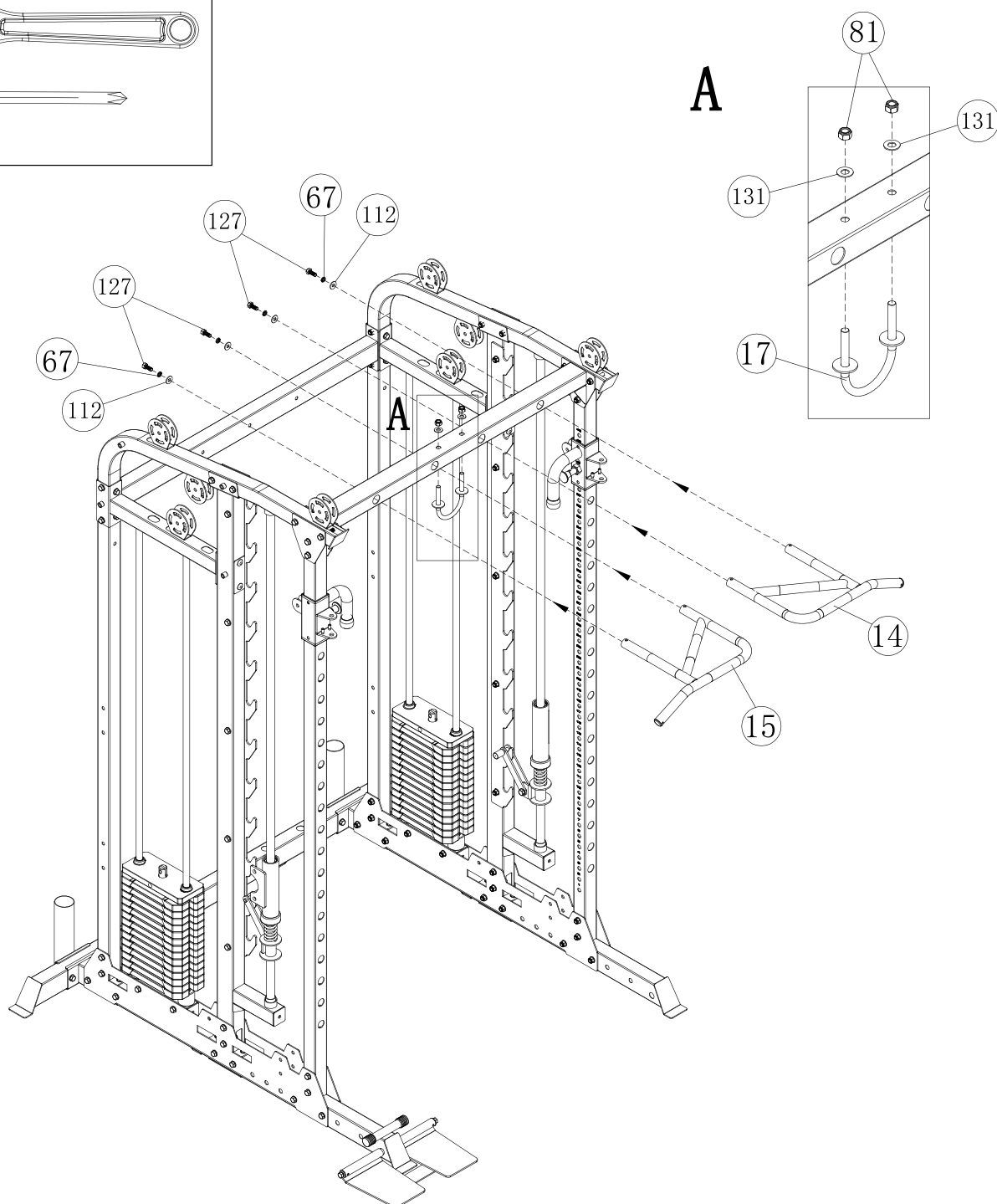
127 4 M10×25

81 2 M12

112 4 Ø10×Ø25



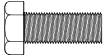
A

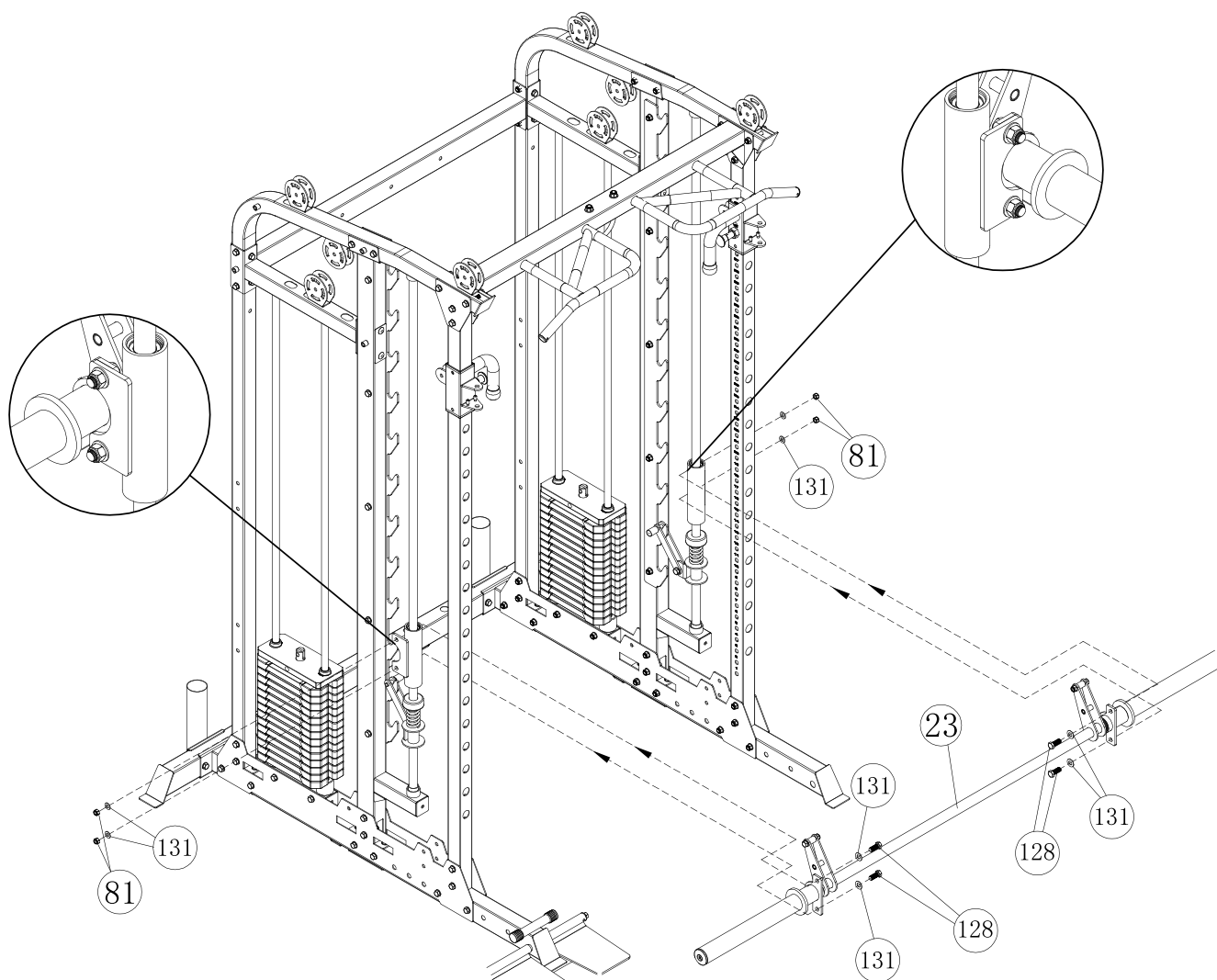
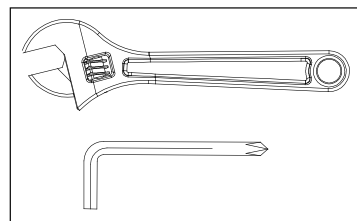


STEP 13

EN

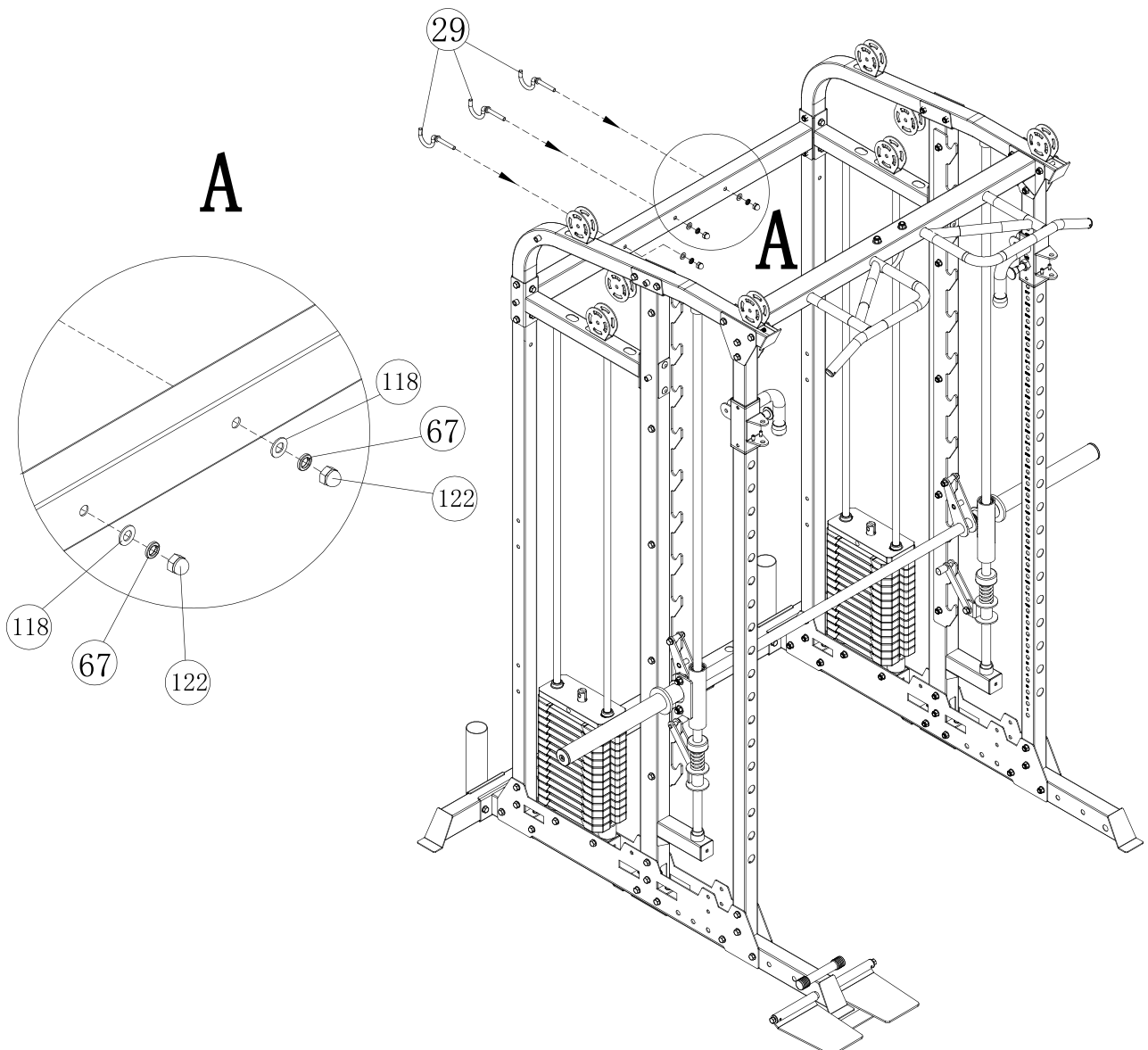
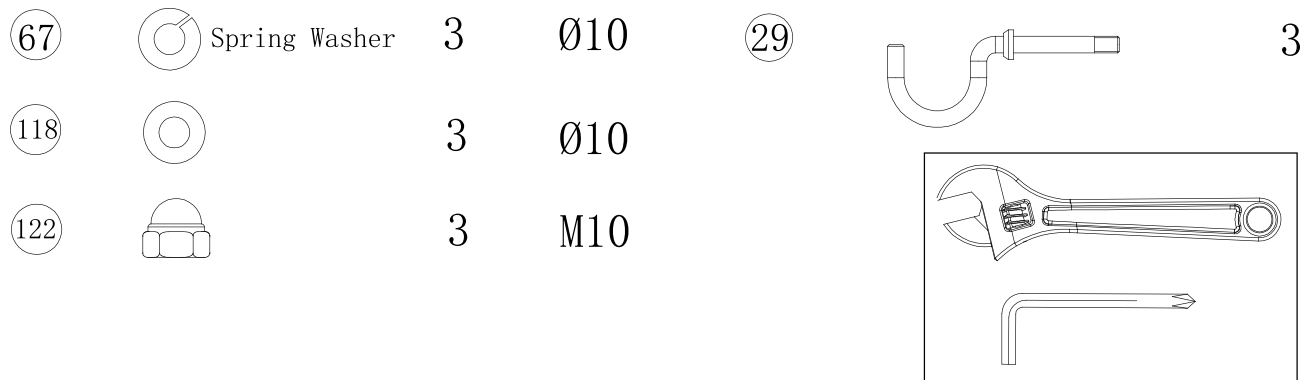
- Attach the Weight Bar (#23) to the Guide Rod Sleeve (#22) and secure with 4 x M12×30mm Hex Bolts (#128), 8 × 12mm Large Washers (#131) and 4 x M12 Aircraft Nuts (#81).

128		4	M12×30mm
131		8	Ø12
81		4	M12



STEP 14

- Attach the J-shape hook (#29) to the Upper Cross Brace (#9) and secure with 3 x M10 Cap nuts (#122), 3 x 10mm Washers (#118) and 3 x 10mm Spring Washers (#67).

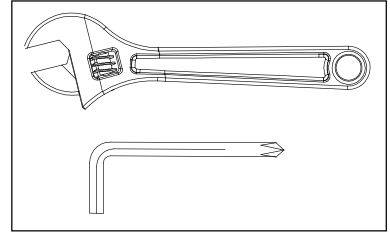


STEP 15

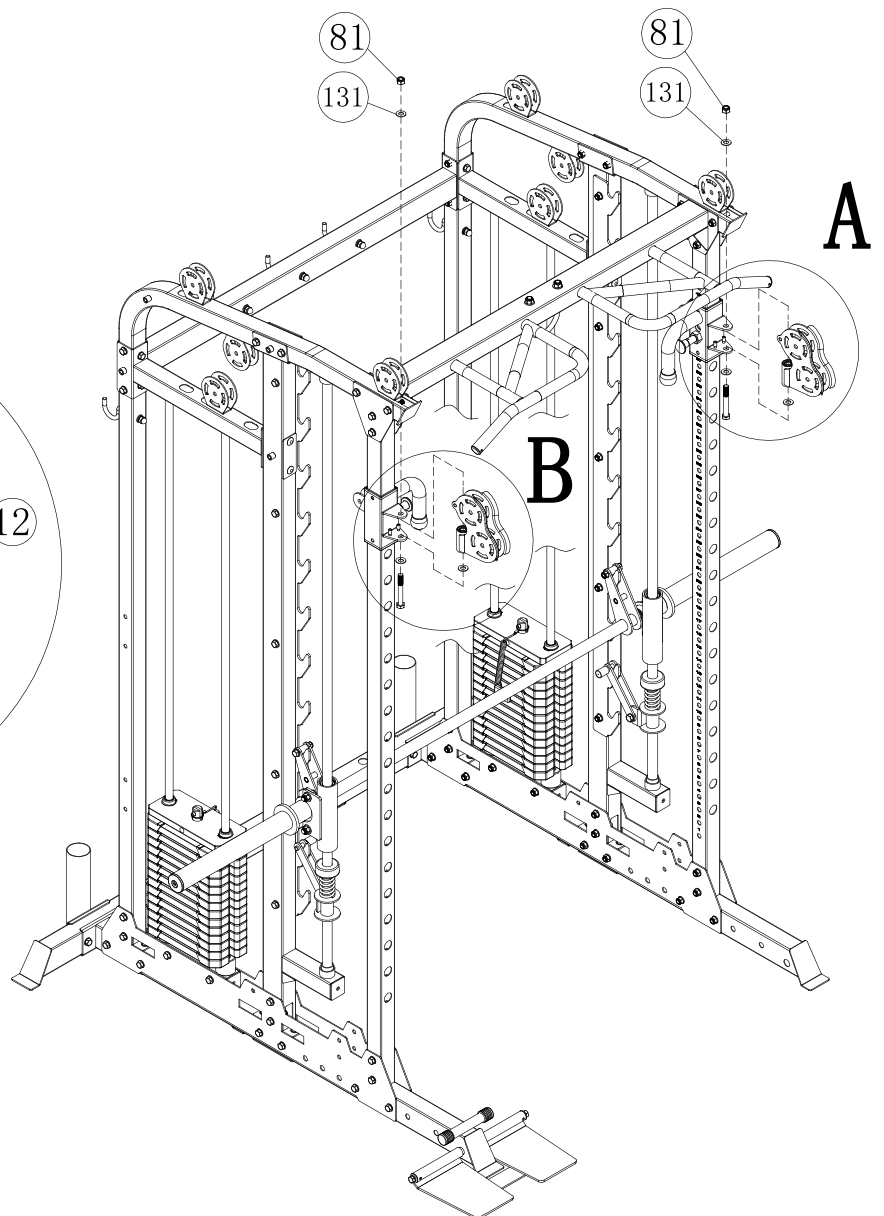
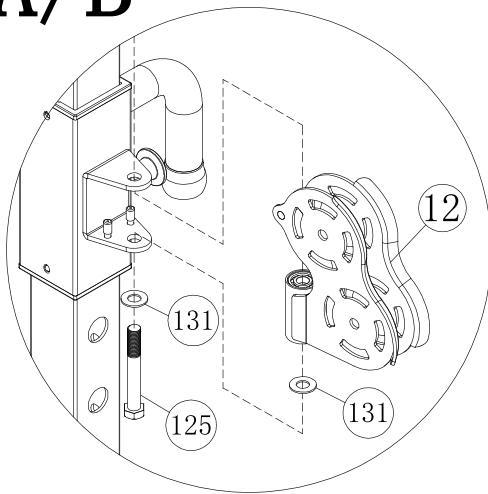
- Attach two Double Pulley Assembly (#12) to the Left & Right Cable Pulley Assembly (#7) using 2 x M12×90mm Hex Bolts (#125), 6 x 12mm Large Washers (#131) and 2 x M12 Aircraft Nuts (#81).

Notes: place one 12mm Washer in the U-shape Bracket.

125		2	M12 × 90mm
131		6	Ø12
81		2	M12

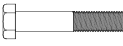
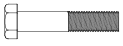
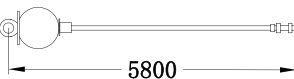


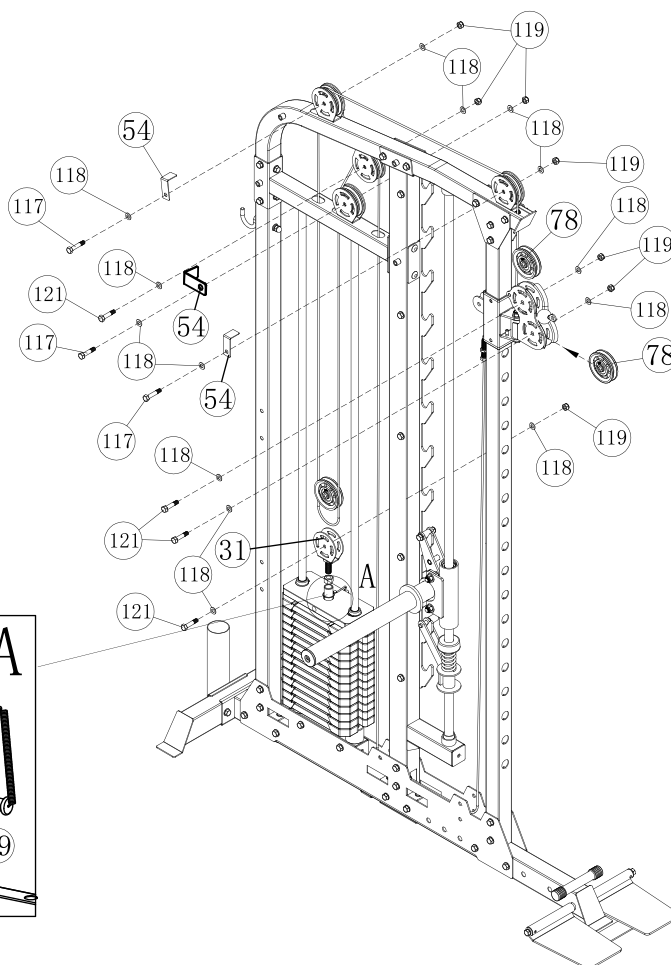
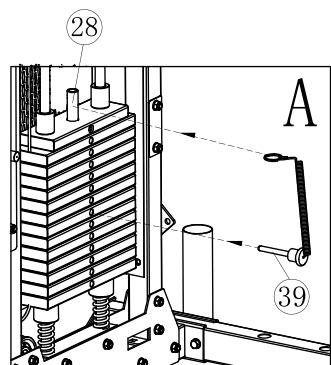
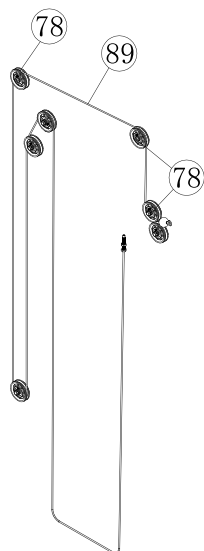
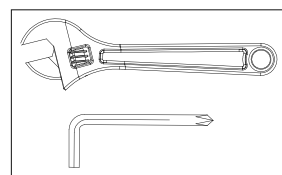
A/B



STEP 16

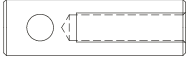
- Pass the cable (89#) through the machine as shown in the diagram.
- Attach 2 x Pulleys (#78) to the Double Pulley Assembly and secure with 2 x M10×45mm Hex Bolts (#121), 4 x 10mm Washers (#118) and 2 x M10 Aircraft Nuts (#119), the cable should be in the middle of two pulley.
- Fix one Pulley (#78) to the pulley frame on the front of the Right Upper Frame (#4) and secure with 1 x M10 × 50mm Hex Bolt (#117), 2 × 10mm Washers (#118) , 1 x M10 Aircraft Nut (#119) and 1 x Cable Retainer (#54).
- Fix one Pulley (#78) to the pulley frame on the back of the Right Upper Frame (#4) and secure with 1 x M10 × 50mm Hex Bolt (#117), 2 × 10mm Washers (#118), 1 x M10 Aircraft Nut (#119) and 1 x Cable Retainer (#54).
- Fix one Pulley (#78) to the Single Pulley Bracket (#31) and secure with 1 x M10 × 45mm Hex Bolt (#121), 2 × 10mm Washers (#118) , 1 x M10 Aircraft Nut (#119).
- Fix one Pulley (#78) to the Left Upper Rear Support (#25) and secure with 1 x M10 × 50mm Hex Bolt (#117), 2 × 10mm Washers (#118) , 1 x M10 Aircraft Nut (#119) and 1 x Cable Retainer (#54).
- Fix one Pulley (#78) to the pulley frame on the bottom of the Right Upper Frame (#4) and secure with 1 x M10 × 45mm Hex Bolt (#121), 2 × 10mm Washers (#118) and 1 x M10 Aircraft Nut (#119).
- Put on end of the Weight Selector Pin (#39) on the Selector Rod (#28), insert another end into the hole on the weight plates.
- Repeat above steps to assemble left cable and pulley assembly.

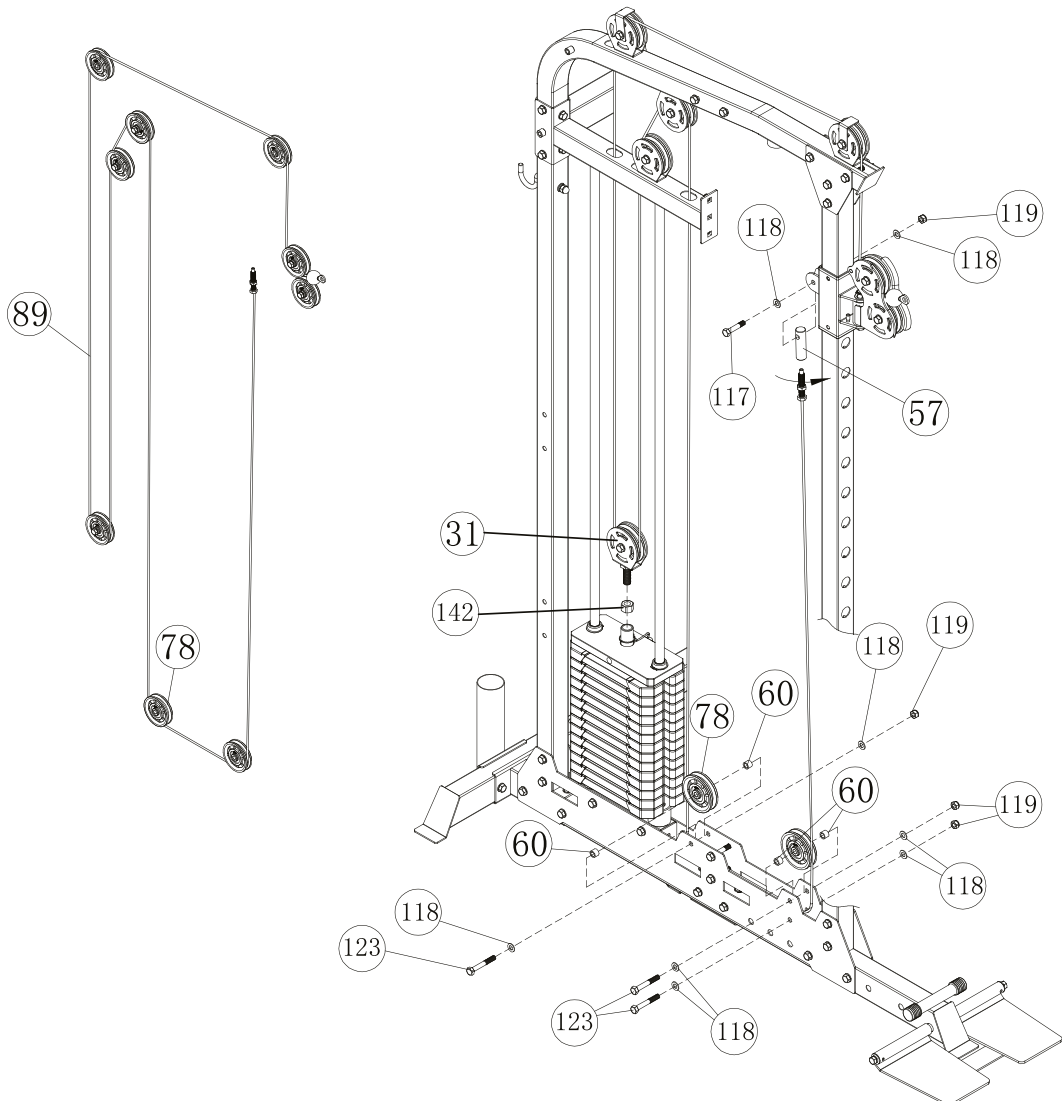
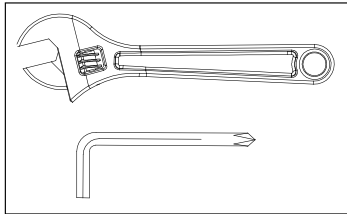
117		6	M10×50mm	121		8	M10×45mm
118		28	Ø10	89		2	
119		14	M10				



STEP 17

- Screw the Single Pulley Bracket (#31) in the Selector Rod (#28) and secure with M16 Hex Nuts.
- Fix one Pulley (#78) to the middle position of the Base Frame Bracket (#62) and secure with 1 x M10×70mm Hex Bolts (#123), 2 × 10mm Washers (#118), 1 x M10 Aircraft Nut (#119) and 2 x Pulley Bushings (#60).
- Fix one Pulley (#78) to the middle position of the Base Frame Bracket (#62) and secure with 2 x M10×70mm Hex Bolts (#123), 4 × 10mm Washers (#118), 2 x M10 Aircraft Nut (#119) and 2 x Pulley Bushings (#60).
- Fix Cable adjusting frame (#57) to the Cable Pulley Assembly and secure with 1 x M10×50mm Hex Bolt (#117), 2 × 10mm Washers (#118), 1 x M10 Aircraft Nut (#119) and 2 x Pulley Bushings (#60).
- Screw the end of the cable in the Cable adjusting frame (#57) to adjust cable tightness.
- Repeat above 1-5 steps to assemble left cable and pulley assembly.

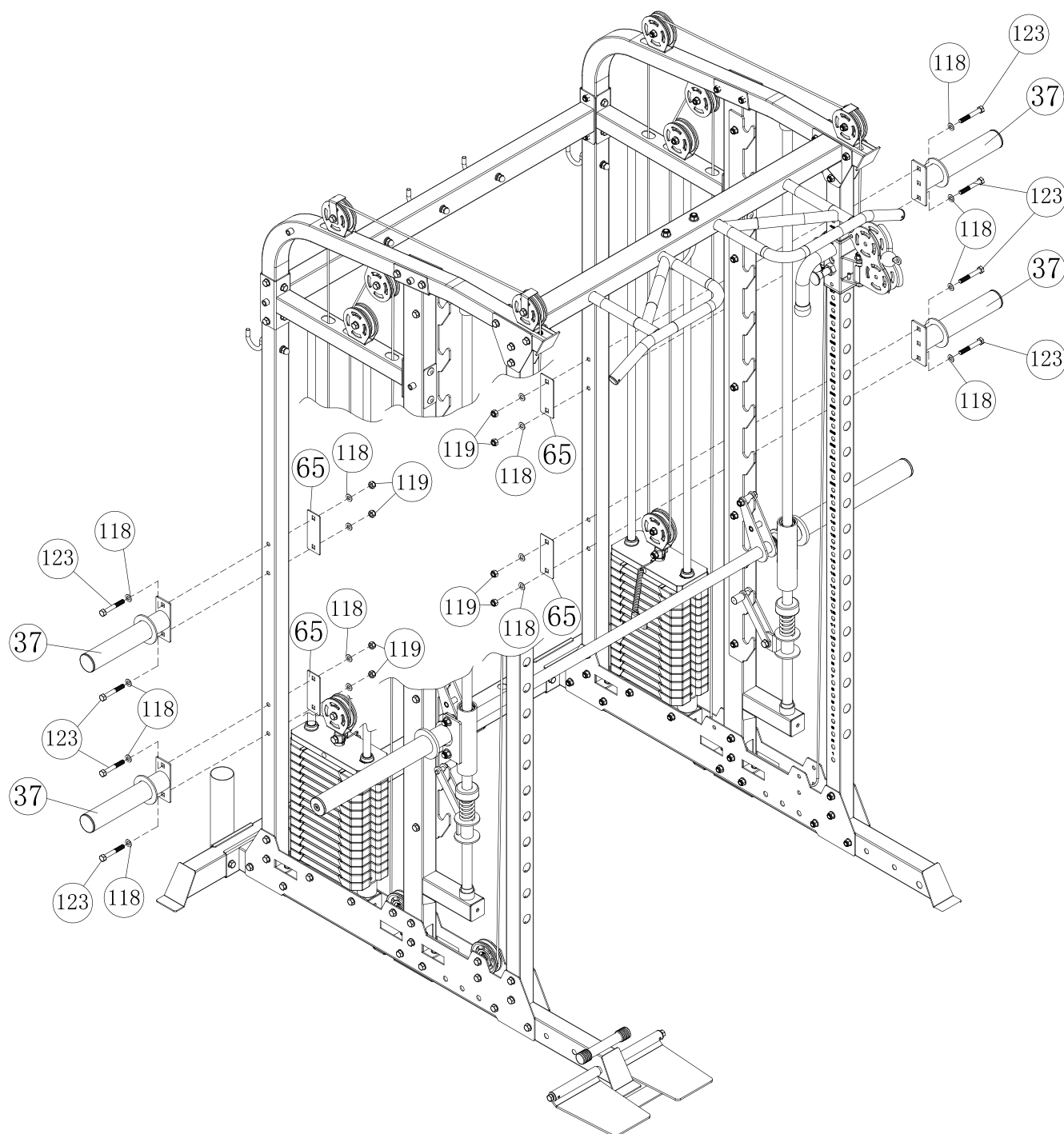
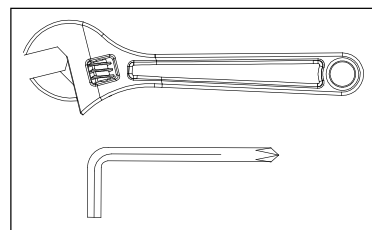
117		2	M10×50mm	57		2	Ø22×75×M12
123		6	M10×70mm	60		8	Ø11×Ø16×13
142		2	M16	118		16	Ø10
				119		8	M10



STEP 18

- Attach 4 x Weight Plate Posters (#37) to both sides of rear vertical tube using 8 x M10×70mm Hex Bolts (#123), 16 x 10mm Washers (#118), 8 x M10 Aircraft Nuts (#119) and 4 x Brackets (#65).

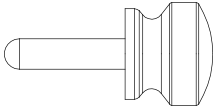
123		8	M10×70mm
118		16	Ø10
119		8	M10

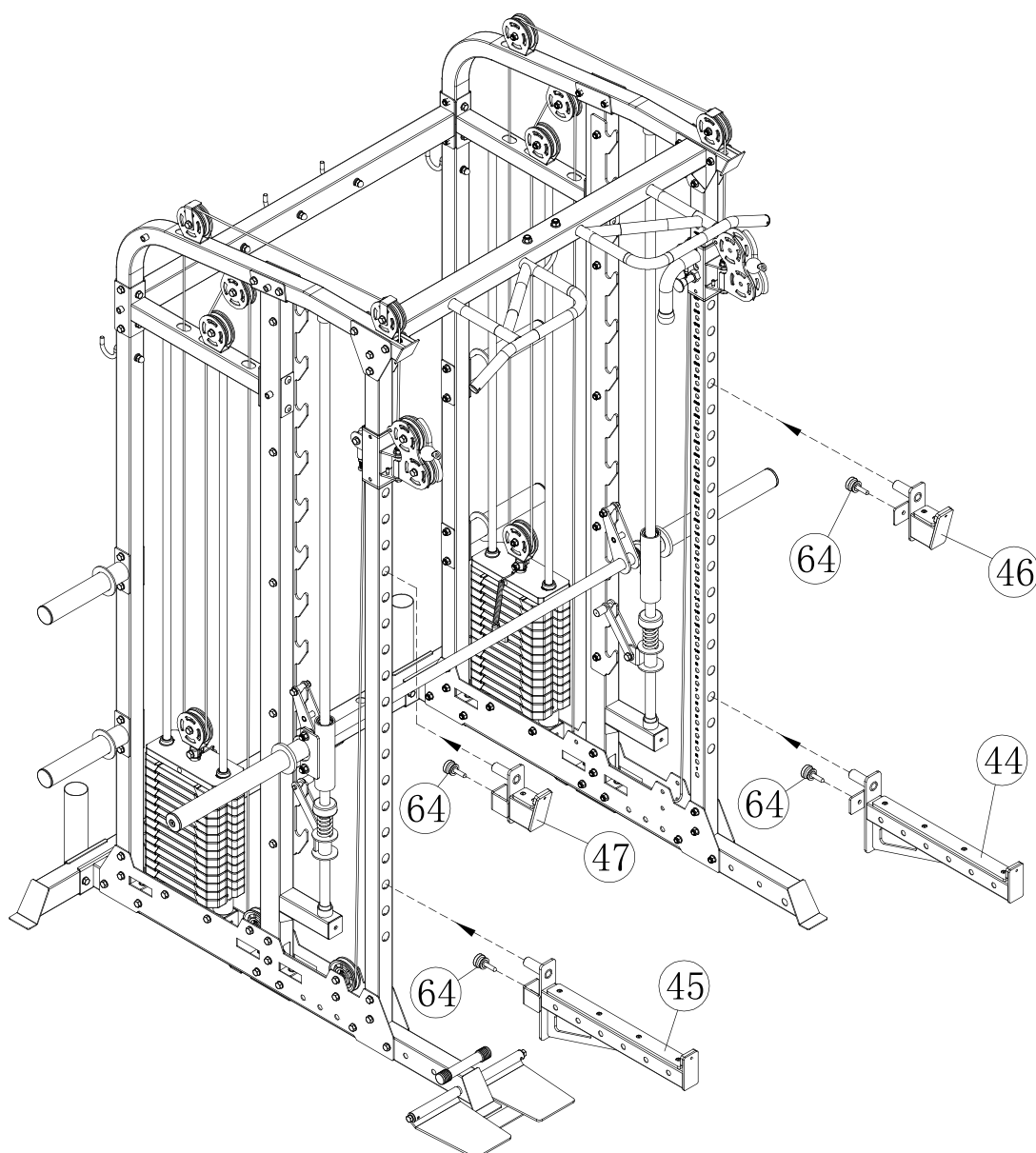
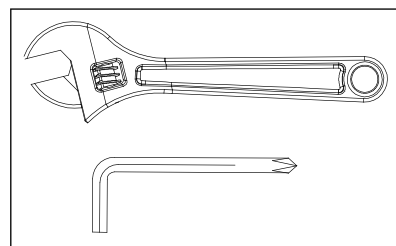


STEP 19

EN

- Fix the Left & Right Bar Catch (#46/) to the vertical tube and secure with Lock Pin/Red (#64).
- Fix the Left & Right Safety Catch (#44-) to the vertical tube and secure with Lock Pin/Red (#64).

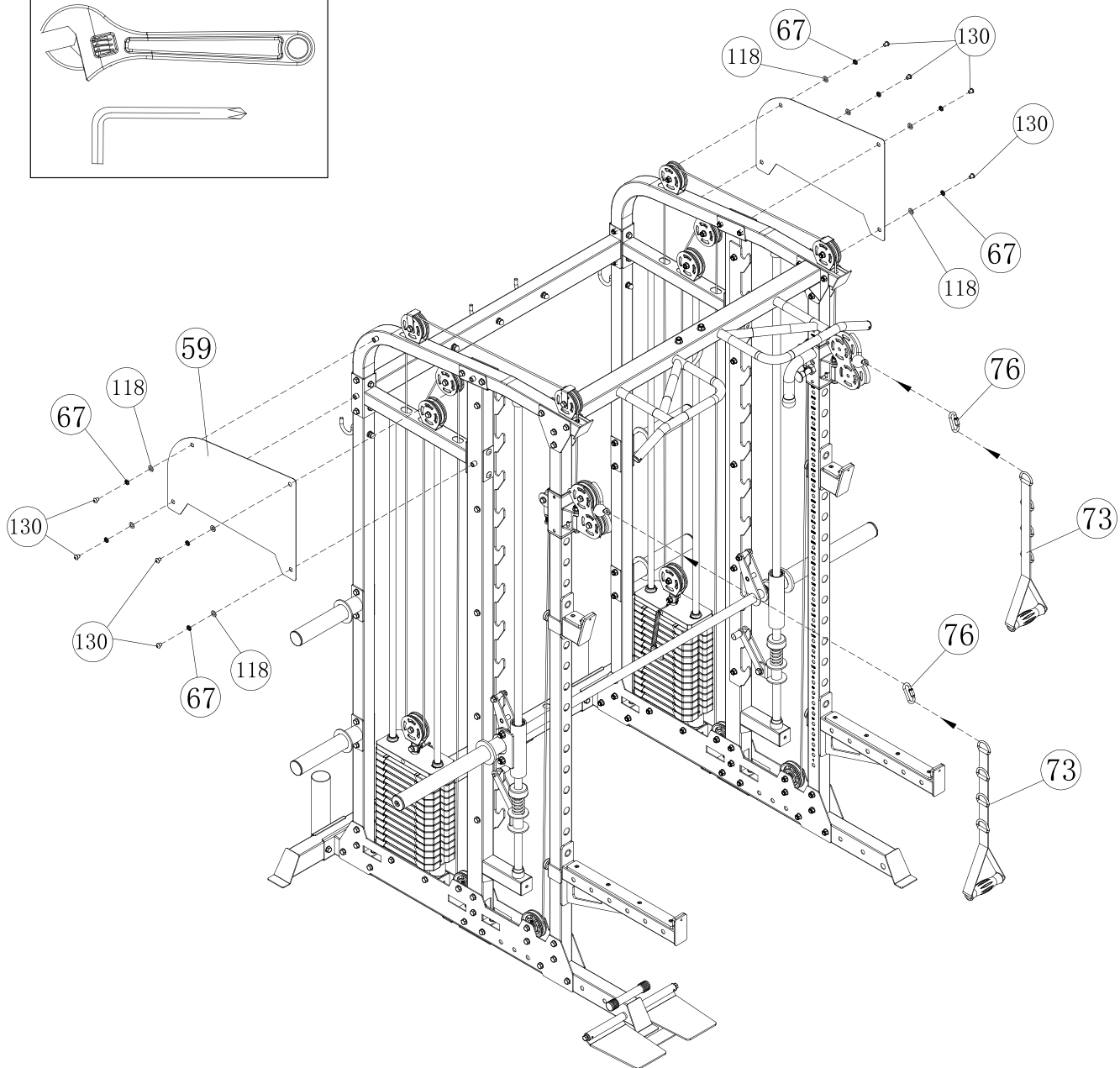
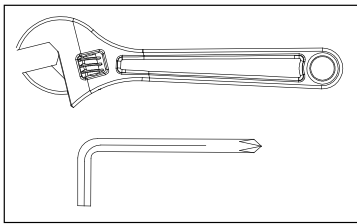
64  4 $\varnothing 35 \times \varnothing 10 \times 70$



STEP 20

- Attach 2 x Right Logo board (#59) to the Left & Right Base Frame (3#&4#) using 8 x M10×12mm Allen Bolts (#130), 8 × 10mm Washers (#118) and 8 × 10mm Spring Washers (#67).
- Fix 2 x Adjustable Single Handles (#76) to the cable using 2 x Locking Clips (#76).

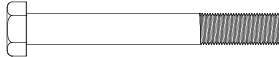
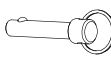
130		8	M10×12mm	76		2
118		8	Ø10	Locking Carabiner Clip		
67		8	Ø10 Spring Washer			

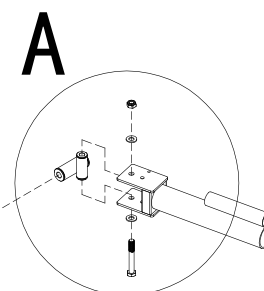
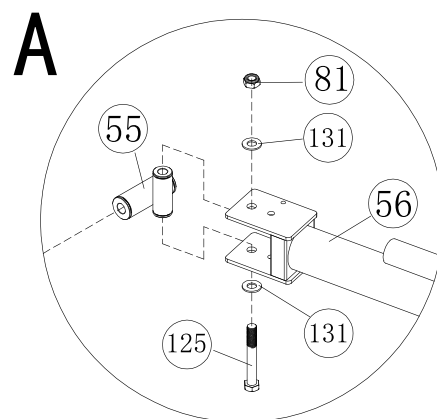
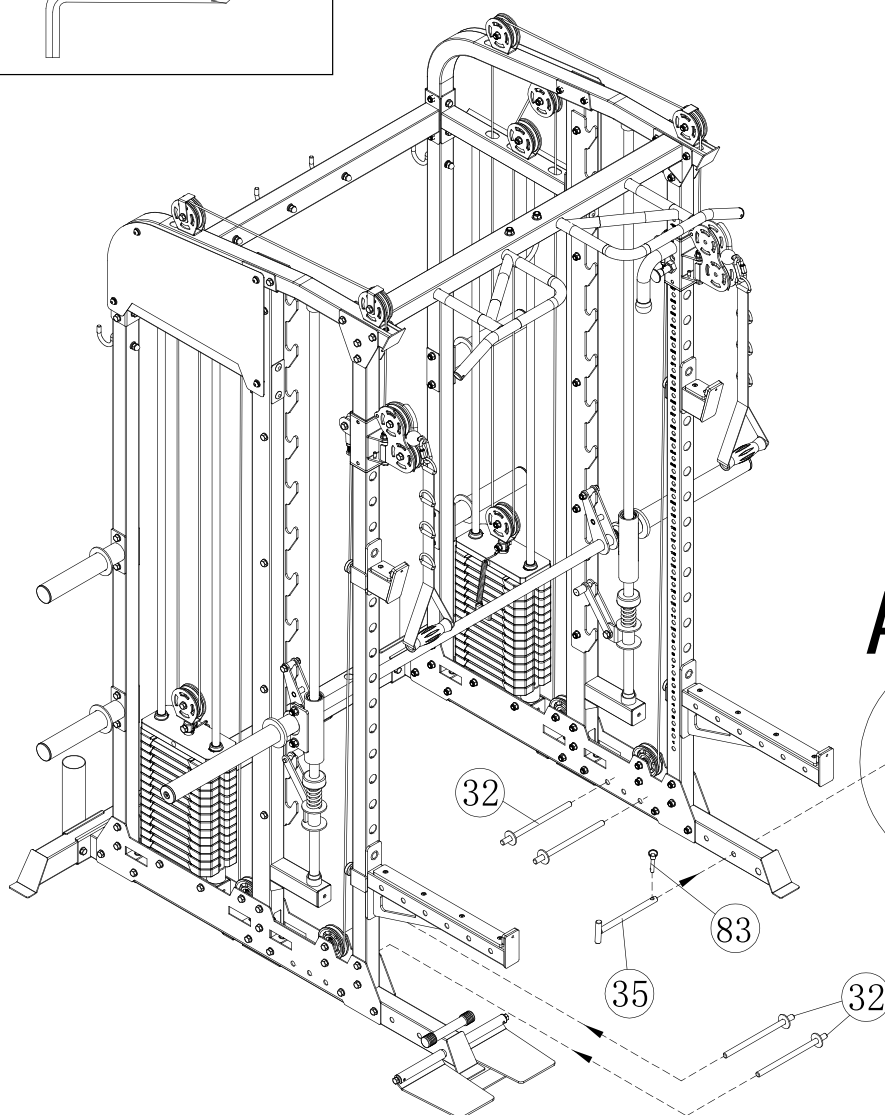
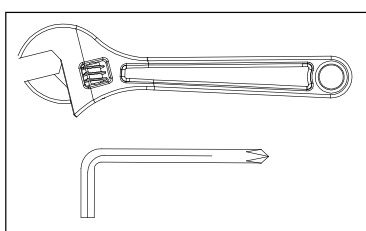


STEP 21

EN

- Insert 4 x Locking Bars (#32) into the holes on the bottom of Base Frame Bracket (#62).
- Attach the Swivel Attachment (#55) to the Landmine Attachment (#56) using 1 x M12 × 90mm Hex Bolts (#125), 2 × 12mm Washers (#131) and 1 x M12 Aircraft Nut (#81).
- Insert one T-Locking Bar (#35) along the dotted line, screw the left T-Locking Bar (#35) in the Swivel Attachment (#55).
- Insert one Locking Pin (#83) into the hole of T-Locking Bar (#35) to prevent the Swivel Attachment (#55) falling off during movement.

125		1	M12 × 90mm	83		1
131		2	Ø12			
81		1	M12			



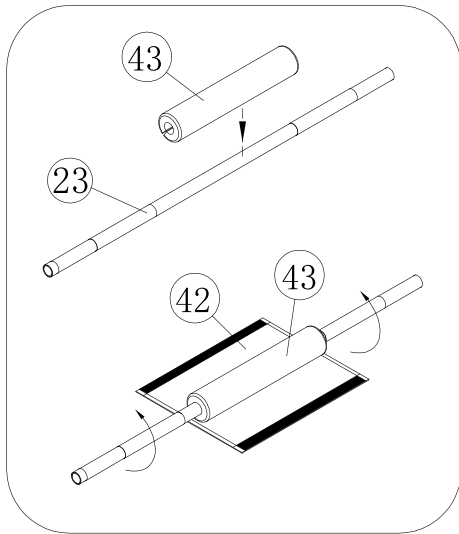
STEP 22

- Put 4 x Rubber Bumpers (#80) and 4 x Spring Clips (#84) on both sides of Weight Plate Poster (#37).
- Put 2 x Rubber Bumpers (#80) and 2 x Spring Clips (#84) on Smith Bar Olympic Sleeves (#38).
- Put the Barbell Pads (#43) on the middle position of Weight Bar (#23).
- Use Barbell Pad Cover to wrap up the foam roll and stick by the velcro on both sides.

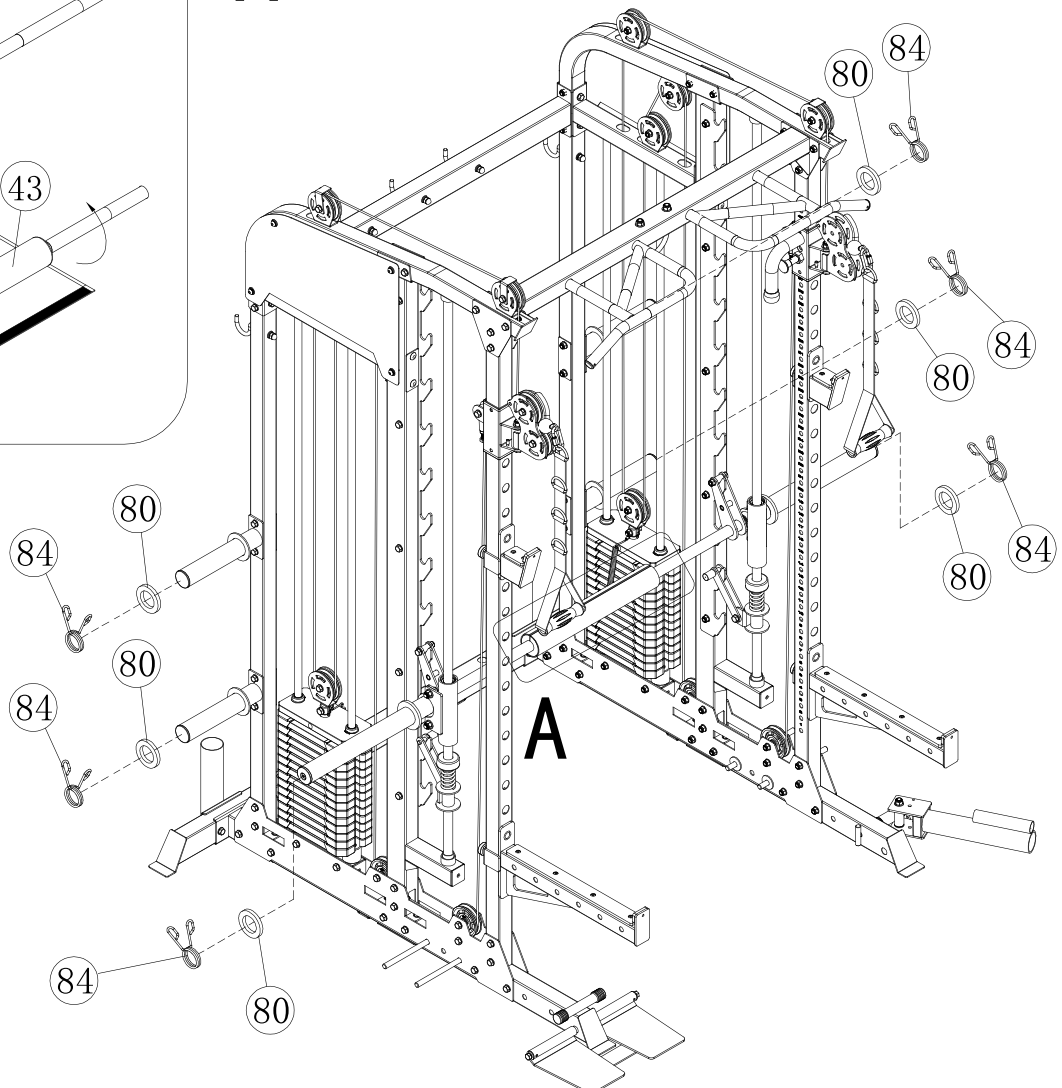
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6



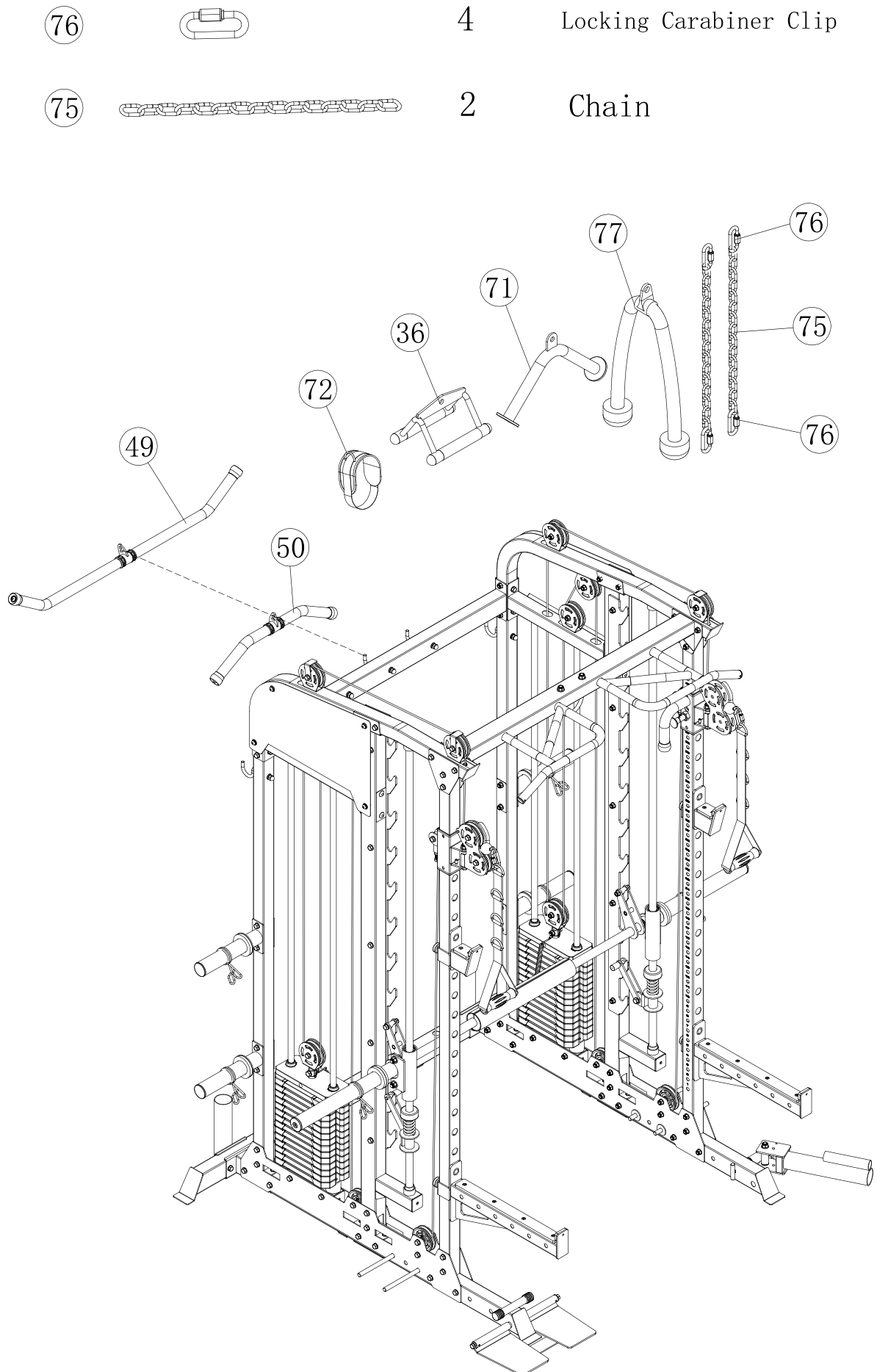
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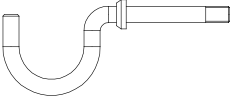
STEP 23

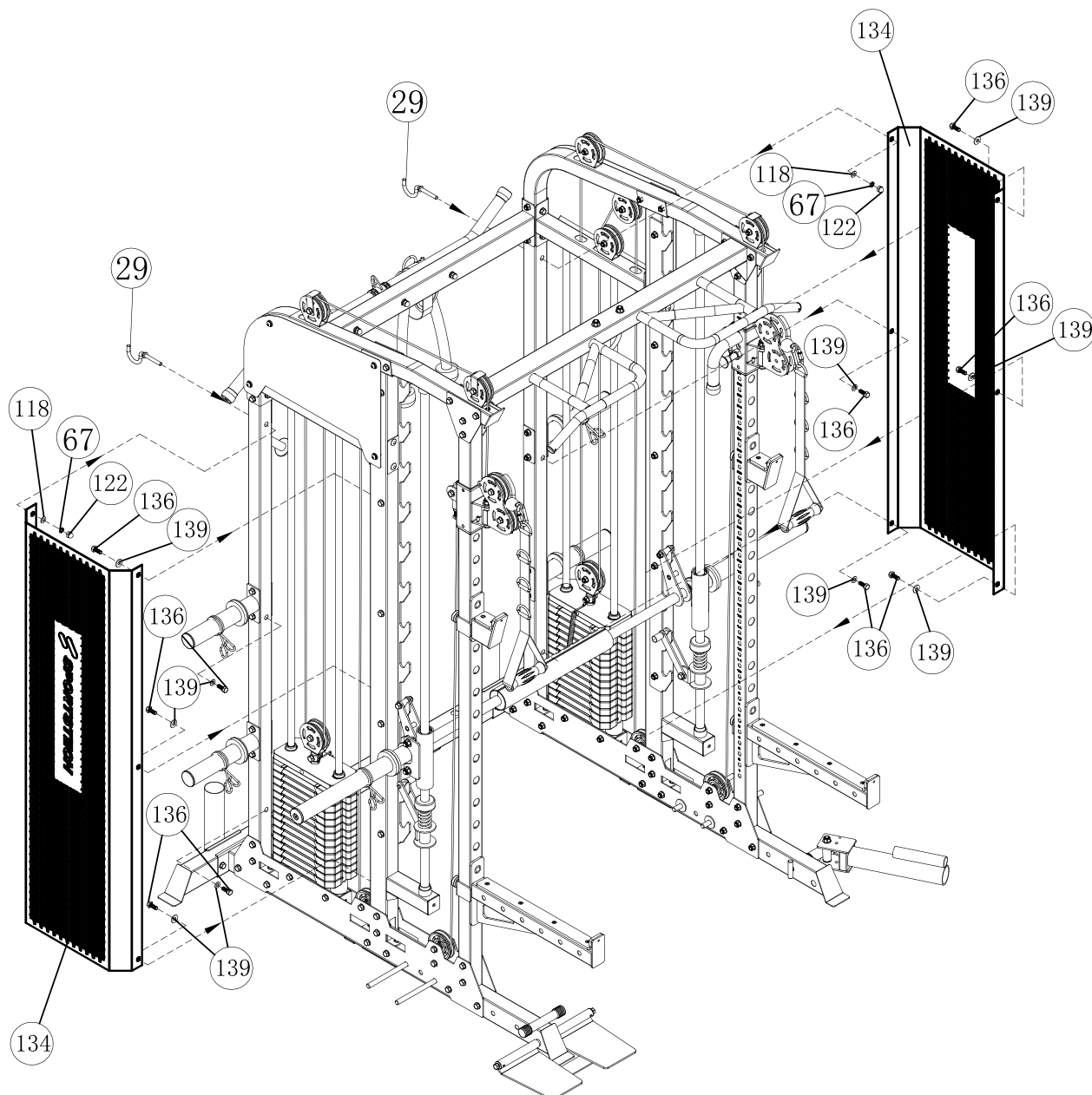
- Hang the Lat Bar and Lower Bar on the hooks.
- Attach the Ankle Strap (#72), V Bar (#36), V Handle (#71), Triceps Rope (#77), two Chains (#75) and four Locking Clips (#76) to the hooks



STEP 24

- Fix one side of the Weight Plate Cover (#134) to the middle vertical tube using 3 x M8×18mm Hex Bolts (#136) and 3 × 8mm Washers (#139).
- Fix another side of the Weight Plate Cover (#134) to the rear vertical tube using 3 x M8×18mm Hex Bolts (#136) and 3 × 8mm Washers (#139).
- Attach the Weight Plate Cover (#134) to the rear vertical tube using 1 x J-shape hook (#29), 1 x M10 Cap nut (#122), 1 × 19mm Washer (#118) and 1 × 10mm Spring Washers (#67).
- Repeat above steps to assembly another side Weight Plate Cover (#134).

(67)		2	Ø10	(29)		2
(118)		2	Ø10	(139)		10 Ø20×Ø8
(122)		2	M10	(136)		10 M8×18mm



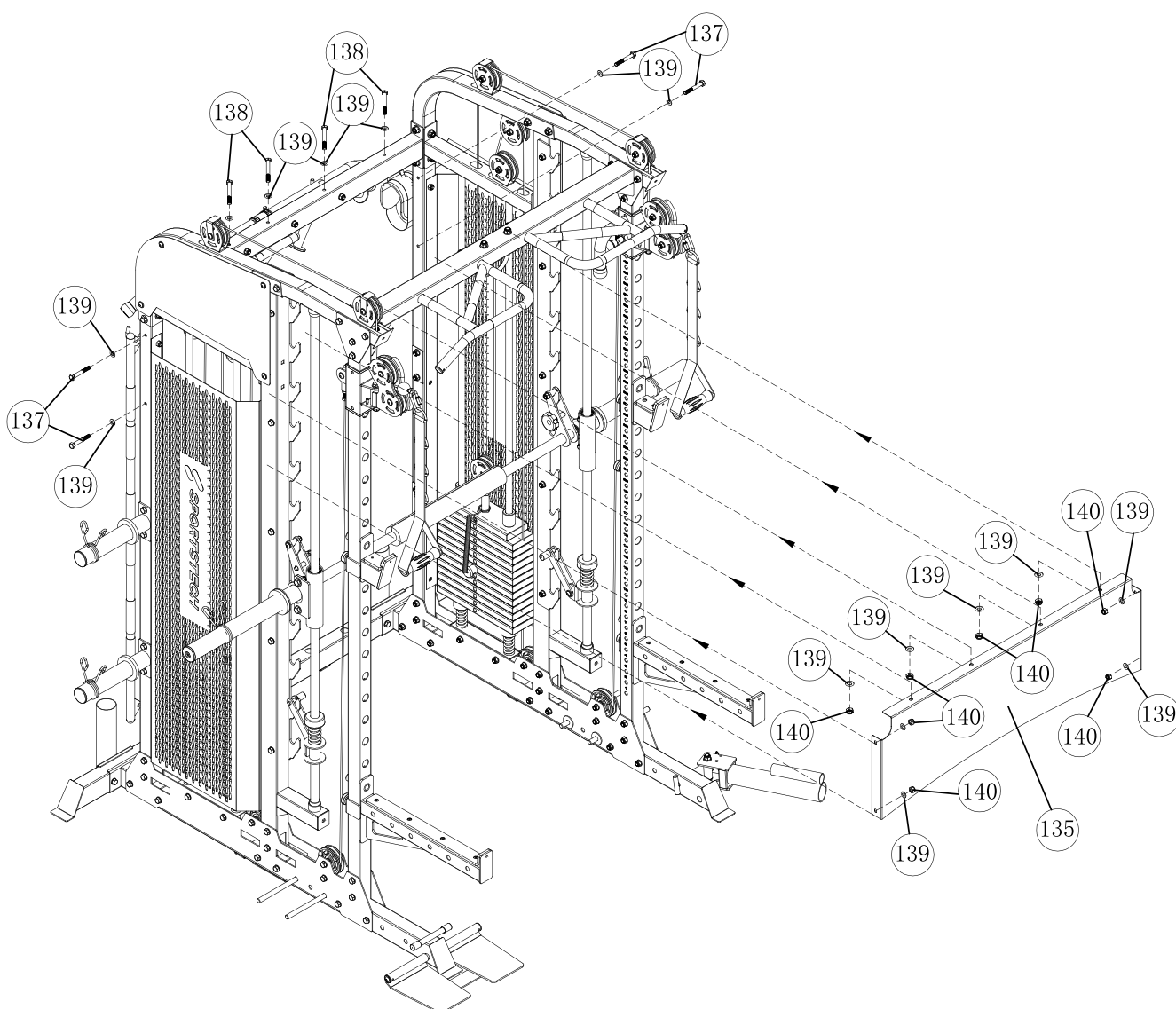
STEP 25

EN

- Fix both sides of the Training poster board (#135) to the rear vertical tube using 4 x M8×65mm Hex Bolts (#137), 8 × 8mm Washers (#139) and 4 x M8 Aircraft Nuts (#140).
- Fix upper sides of the Training poster board (#135) using 4 x M8×85mm Hex Bolts (#138), 8 × 8mm Washers (#139) and 4 x M8 Aircraft Nuts (#140).

137 4 M8×65mm 138 4 M10×85mm

139 16 Ø20×Ø8 140 8 M10



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/SXM200_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>

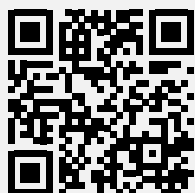


Facebook-page
<https://sportstech.link/facebook>

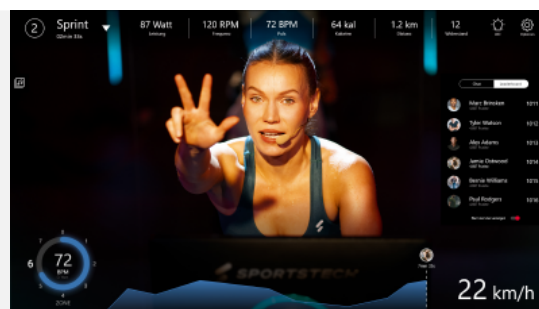
SPORTSTECH LIVE APP

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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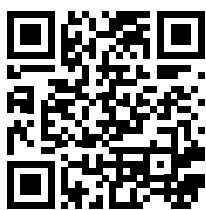
Contenido

1	SXM200 POWER RACK	2	Manual de operación
3	Llave Allen	4	Llave
5	Landmine	6	2 x Tope de seguridad
6	2 x J-Hook	7	Barra Lat
8	Mango en forma de V	9	Correa para tobillo
10	Barra corta	11	Cuerda para tríceps
12	2 x Empuñadura ajustable	13	4 x Anclaje extraíble
13	V-Bar		

Datos técnicos

Dimensiones del producto (LxWxH)	164 × 213 × 230 cm
Peso neto del dispositivo	356,4 kg
Peso máximo soportado	150 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/sxm200_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. Sígala 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.
- Las personas con capacidades limitadas deben utilizar el dispositivo únicamente con un supervisor adecuado y a baja velocidad.

Requisitos de peso y edad

- **Solo las personas adultas** pueden utilizar el dispositivo.
- **El peso máximo permitido para el usuario es de 150 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 enumerados en la lista de piezas, teniendo en cuenta que, para facilitar el montaje, algunos componentes están preensamblados.
- Mantenga a los niños y animales alejados del área de ejercicio, ya que las piezas pequeñas podrían representar un peligro de asfixia si se ingieren.
- Asegúrese de tener suficiente espacio para disponer las piezas antes de comenzar.
- Ensamble el artículo lo más cerca posible de su posición final (en la misma habitación).
- El producto debe instalarse sobre una superficie estable y nivelada.
- Deseche todo el embalaje con cuidado y responsabilidad.



USANDO

- Mantén a los niños sin supervisión alejados del equipo.
- Lesiones a la salud pueden resultar de un entrenamiento incorrecto o excesivo.
- Si algún dispositivo de ajuste queda sobresaliente, podría interferir con el movimiento del usuario.
- Es responsabilidad del propietario asegurar que todos los usuarios conozcan el uso seguro de este producto.
- Este producto está destinado solo para uso doméstico.
- No lo uses en entornos comerciales, de alquiler o institucionales.
-
- Realiza siempre ejercicios de estiramiento para calentarte antes de usar el equipo.
- Si el usuario experimenta mareos, náuseas, dolor en el pecho u otros síntomas anormales, detén el entrenamiento y busca atención médica inmediata.
- Solo una persona a la vez debe usar el equipo.
- Mantén las manos alejadas de todas las partes móviles.
- Usa ropa adecuada para hacer ejercicio, evitando ropa suelta que pueda quedar atrapada en el equipo, y utiliza zapatillas para proteger tus pies.
- No coloques objetos afilados alrededor del equipo.
- Las personas con discapacidades no deben usar el equipo sin la presencia de una persona cualificada o un médico.
-
- Mantén este equipo en interiores, lejos de la humedad y el polvo, y no lo pongas en garajes o patios cubiertos.
- Si los niños usan el equipo bajo supervisión, se debe tener en cuenta su desarrollo físico y mental, controlándolos e instruyéndolos en el uso correcto.
- El equipo no es adecuado como juguete.
- Este producto soporta un peso máximo de usuario de 150 kg y no es adecuado para fines terapéuticos.
- Debe haber un área libre de al menos 0.6 m mayor que el área de entrenamiento en las direcciones desde las cuales se accede al equipo.
- Nunca coloques la unidad en una superficie que bloquee las aberturas de ventilación.

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



Advertencia: Los padres y personas a cargo de los niños deben ser conscientes de su responsabilidad, ya que el instinto natural de juego y la tendencia a experimentar de los niños pueden provocar situaciones y comportamientos para los que el equipo de entrenamiento no está diseñado.

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 usar cualquier equipo de ejercicio.

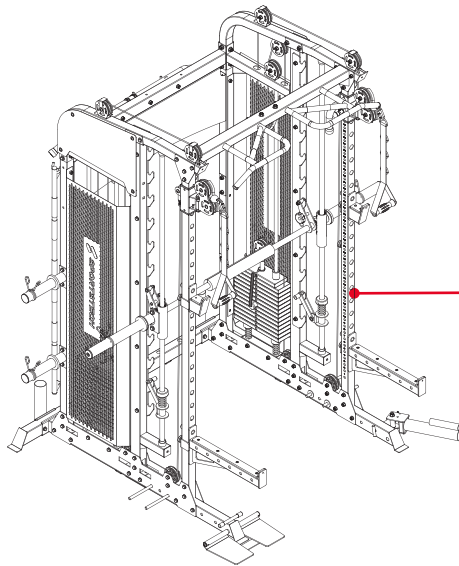
Ten en cuenta que este producto puede tener una tolerancia de peso de aproximadamente un 4%.



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.



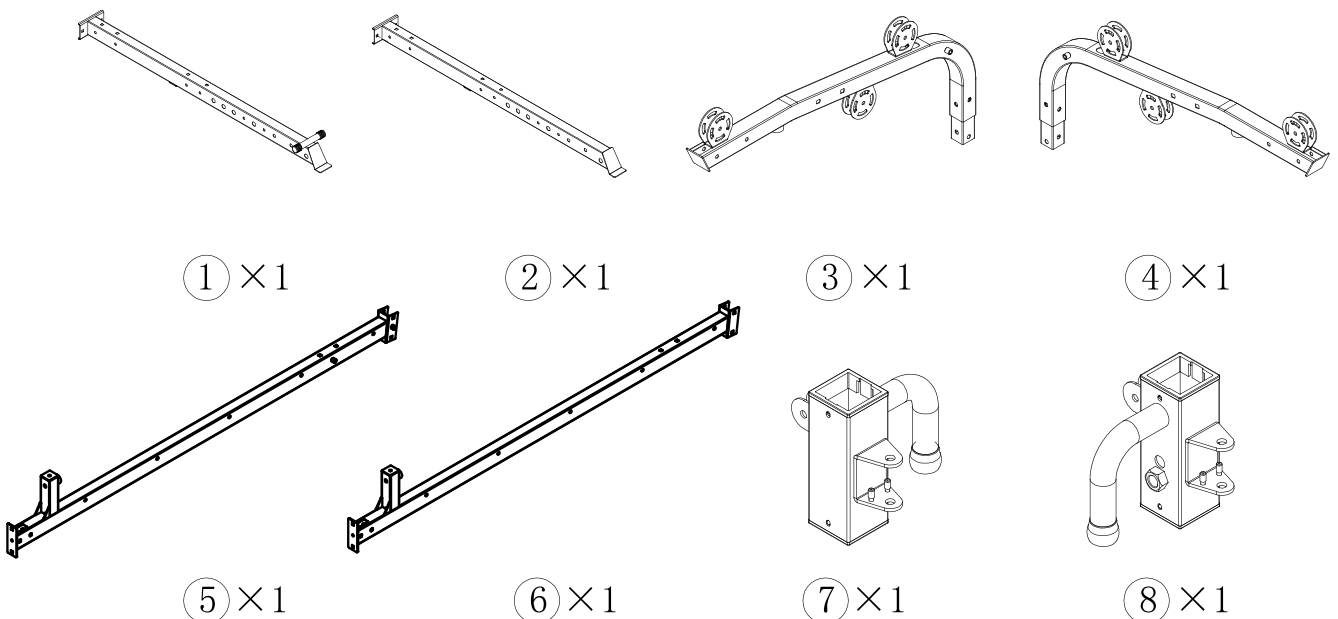
2. Colocación y almacenamiento

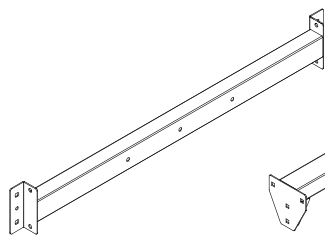
2.1 LUGAR DE INSTALACIÓN

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

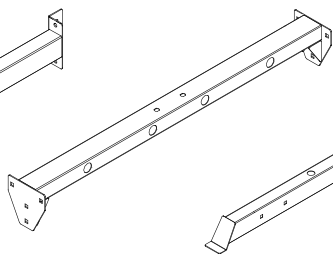
- Interior seco
- El dispositivo no oculta ninguna aberturas de ventilación.
- Suelos resistentes al calor; si es necesario, utilice una alfombrilla protectora
- Espacio libre de al menos 2 m (6.6 pies) detrás del dispositivo.
- Espacio libre de al menos 1 m (3.3 pies) a cada lado del dispositivo.
-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

2.2 COMPONENTE

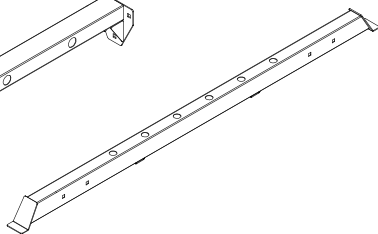




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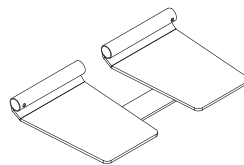
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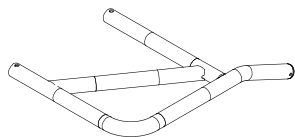
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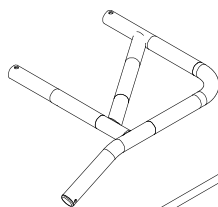
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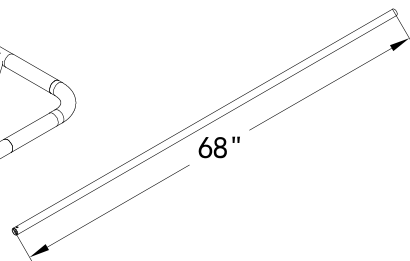
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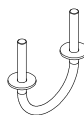
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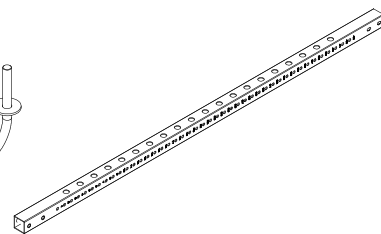
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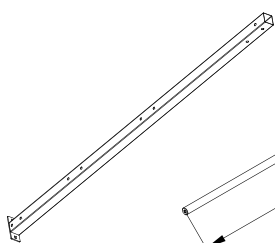
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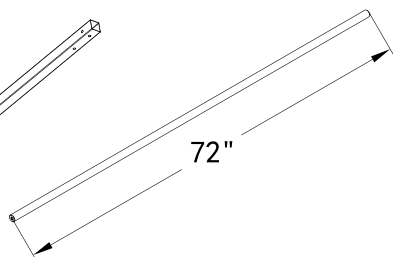
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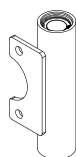
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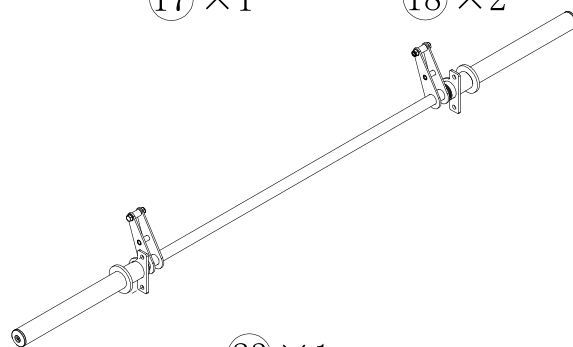
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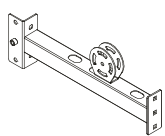
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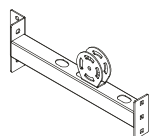
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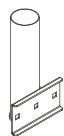
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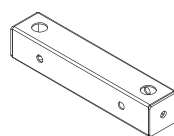
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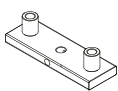
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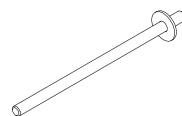
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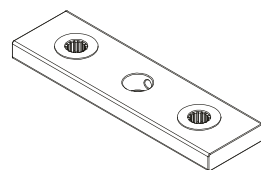
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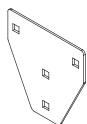
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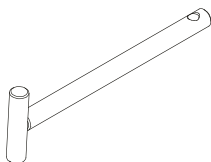
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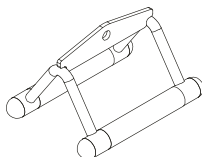
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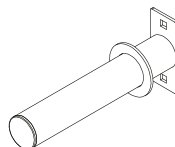
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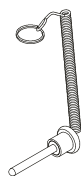
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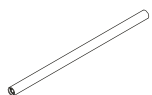
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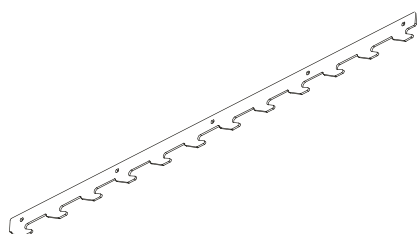
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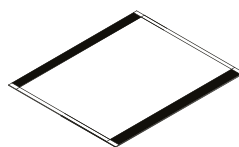
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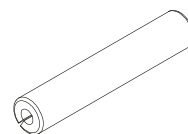
④①×1



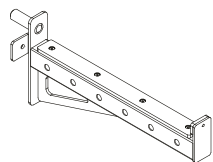
④①×2



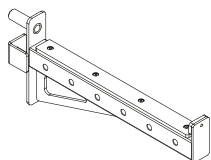
④②×1



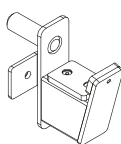
④③×1



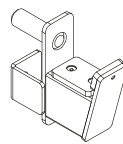
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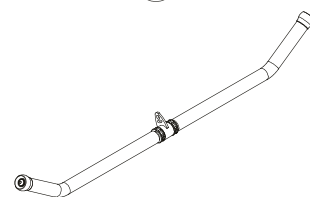
④⑤×1



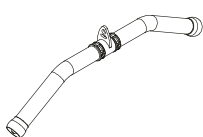
④⑥×1



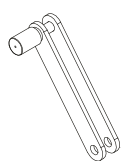
④⑦×1



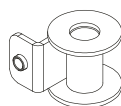
④⑨×1



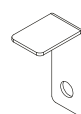
⑤①×1



⑤②×2



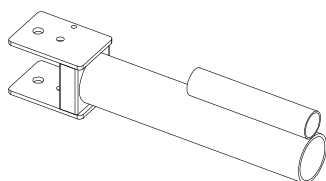
⑤③×2



⑤④×6



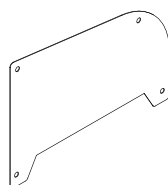
⑤⑤×1



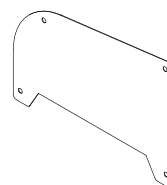
⑤⑥×1



⑤⑦×2



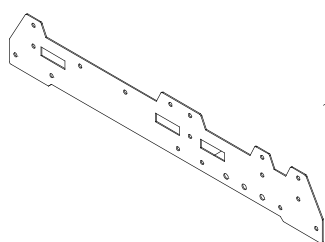
⑤⑧×1



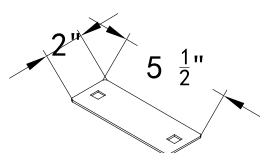
⑤⑨×1



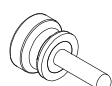
⑥①×8



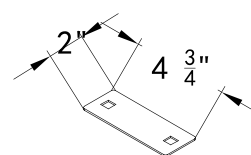
⑥②×4



⑥③×2



⑥④×4



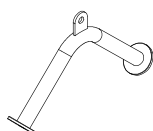
⑥⑤×8



⑥⑥×4



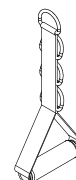
⑥⑨×4



⑦①×1



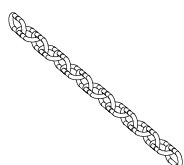
⑦②×1



⑦③×2



⑦④×2



⑦⑤×2



⑦⑥×6



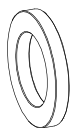
⑦⑦×1



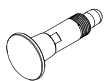
⑦⑧×18



⑦⑨×2



80 × 6



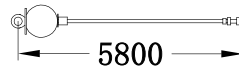
82 × 2



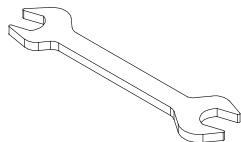
83 × 1



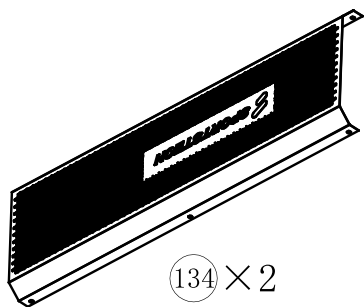
84 × 6



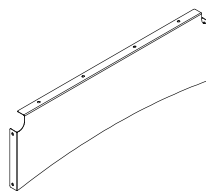
89 × 2



132 × 2



134 × 2



134 × 1



141 × 2

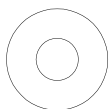
2.3 REPARACIÓN DE COMPONENTES



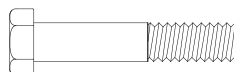
67 × 25



81 × 9



112 × 6



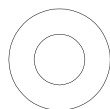
117 × 8



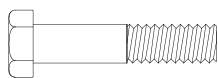
118 × 219



119 × 104



131 × 18



121 × 8



122 × 5



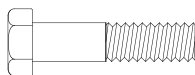
123 × 76



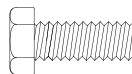
124 × 2



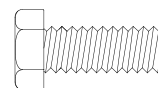
125 × 3



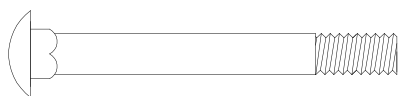
126 × 2



127 × 10



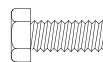
128 × 4



129 × 12



130 × 8



136 × 10



137 × 4



138 × 4



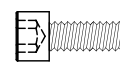
139 × 26



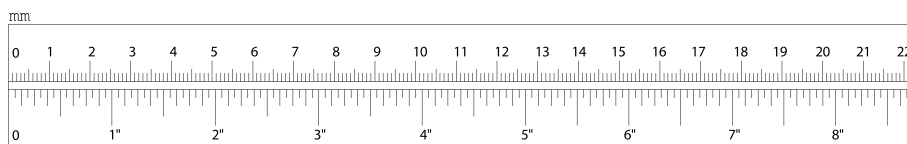
140 × 8



142 × 2

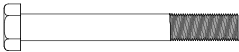


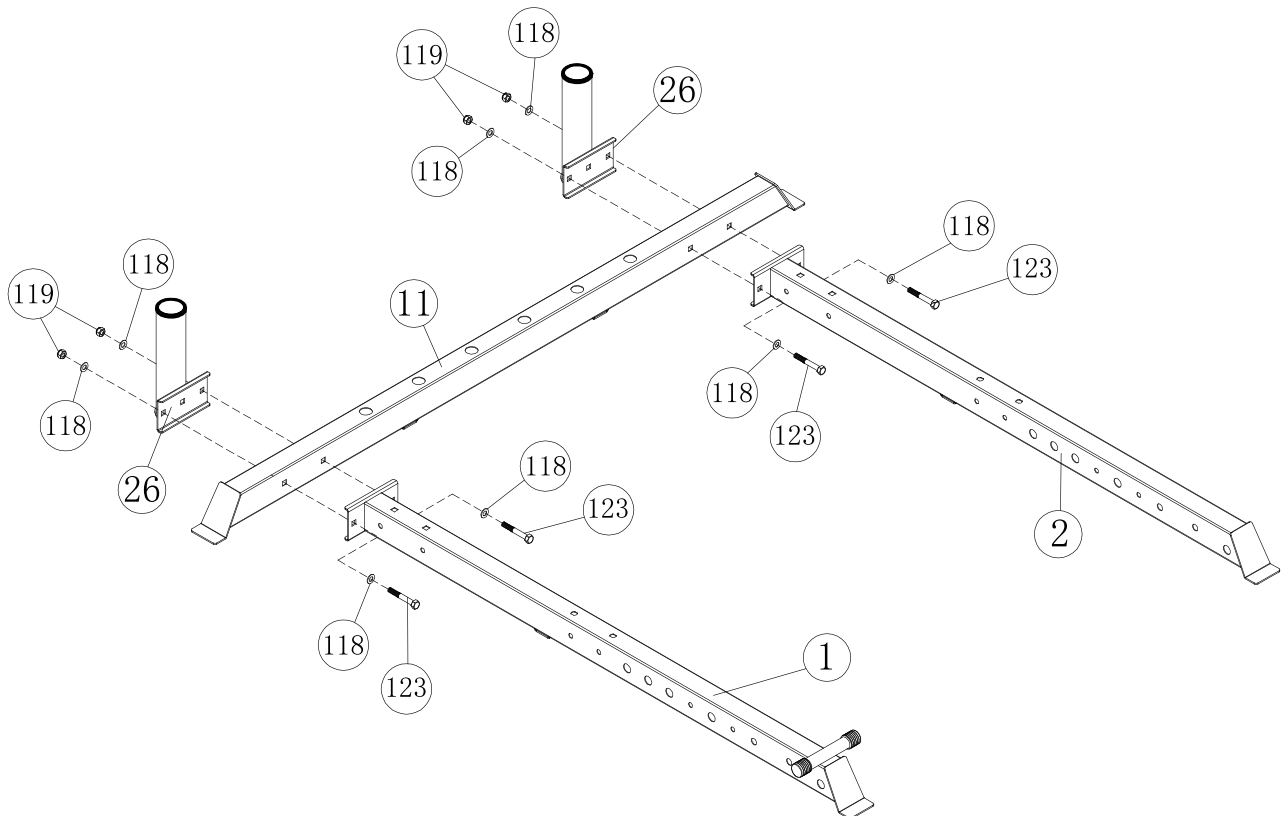
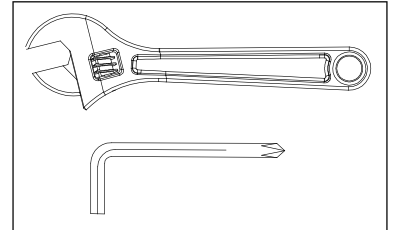
120 × 4



PASO 1

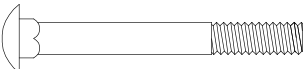
- Adjunte el Marco Base Derecho (#1) y el Soporte de Almacenamiento de Barra (#26) al Marco Base Trasero (#11) utilizando 2 x Tornillos Hexagonales M10×70mm (123#), 4 Arandelas de 10mm (118#) y 2 Tuercas Aeronáuticas M10 (119#).
- Adjunte el Marco Base Izquierdo (#2) y el Soporte de Almacenamiento de Barra (#26) al Marco Base Trasero (#11) utilizando 2 x Tornillos Hexagonales M10×70mm (123#), 4 Arandelas de 10mm (118#) y 2 Tuercas Aeronáuticas M10 (119#).

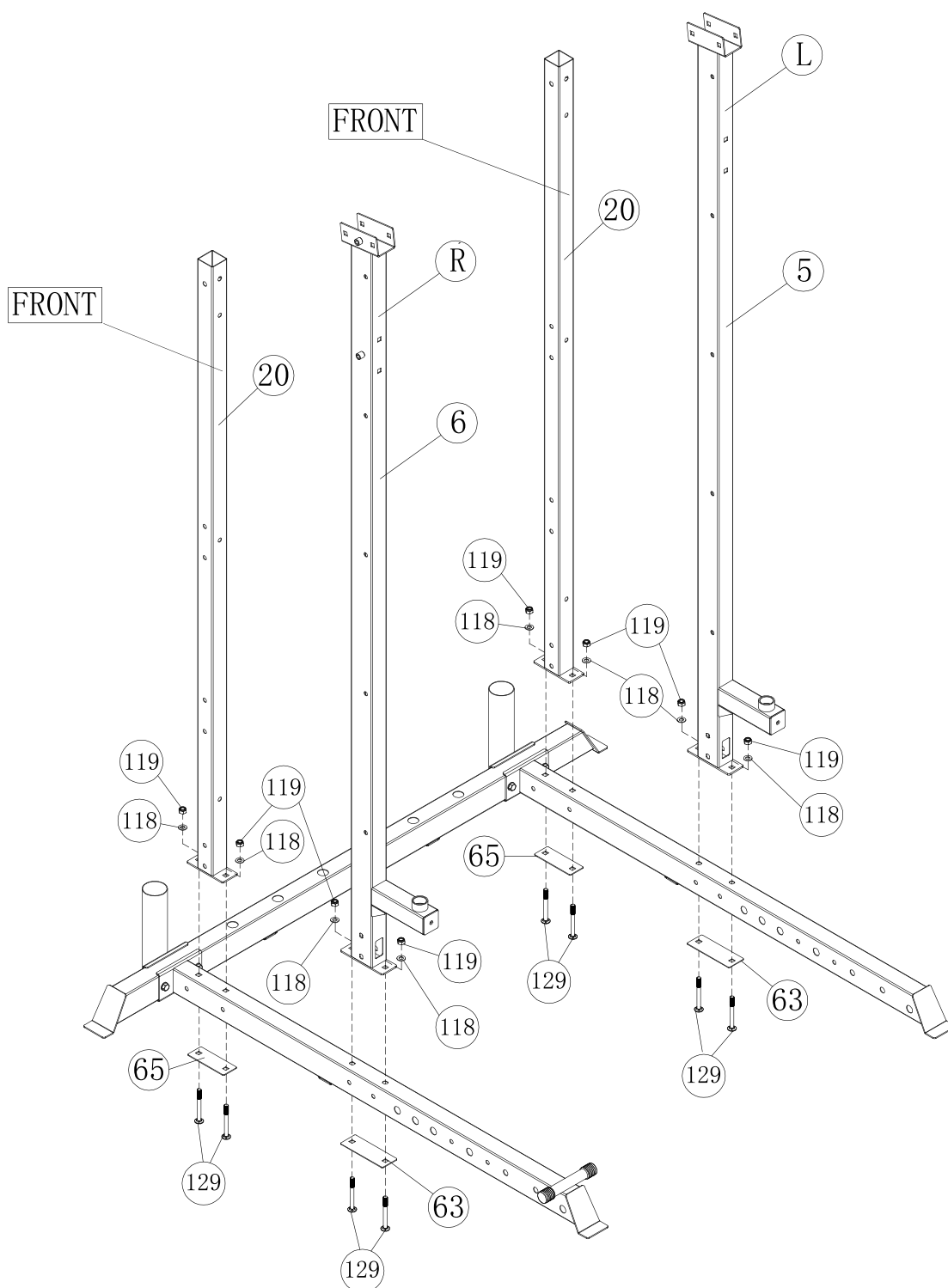
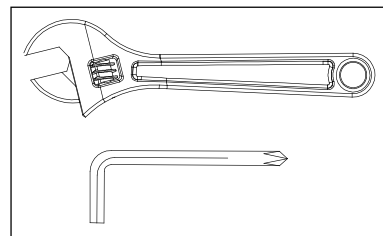
(123)		4	M10×70mm
(118)		8	Ø10
(119)		4	M10



PASO 2

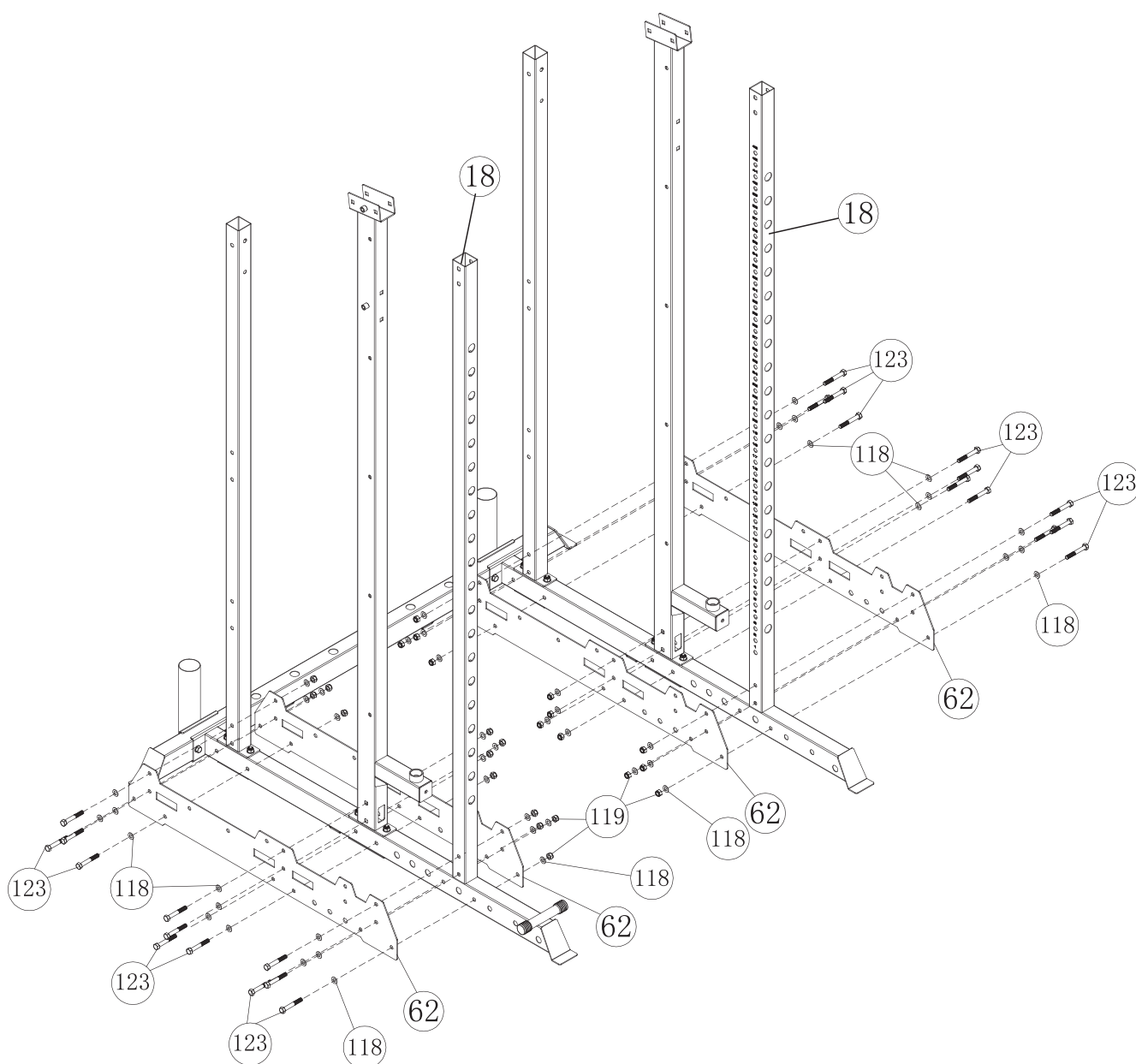
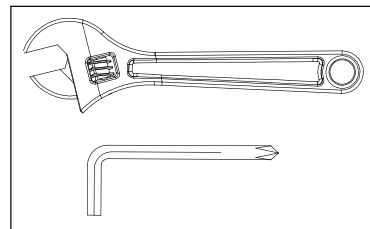
- Adjunte la Viga Vertical Media Izquierda y Derecha (5# y 6#) al Marco Base Izquierdo y Derecho (#1 y #2) utilizando 4 x Tornillos de Carro M10×90mm (129#), 4 Arandelas de 10mm (118#), 4 Tuercas Aeronáuticas M10 (119#) y 2 Soportes (63#).
- Adjunte dos Vigas Verticales Traseras (20#) al Marco Base Izquierdo y Derecho (#1 y #2) utilizando 4 x Tornillos de Carro M10×90mm (129#), 4 Arandelas de 10mm (118#), 4 Tuercas Aeronáuticas M10 (119#) y 2 Soportes (65#).

129		8	M10×90mm
118		8	Ø10
119		8	M10



- Adjunte la Viga Vertical Frontal (#18) al Marco Base Izquierdo (#2) utilizando 12 x Tornillos Hexagonales M10×70mm (#123), 24 x Arandelas de 10mm (#118), 12 x Tuercas Aeronáuticas M10 (#119) y 2 x Soportes de Marco Base (#62).
- Adjunte la Viga Vertical Frontal (#18) al Marco Base Derecho (#1) utilizando 12 x Tornillos Hexagonales M10×70mm (#123), 24 x Arandelas de 10mm (#118), 12 x Tuercas Aeronáuticas M10 (#119) y 2 x Soportes de Marco Base (#62).

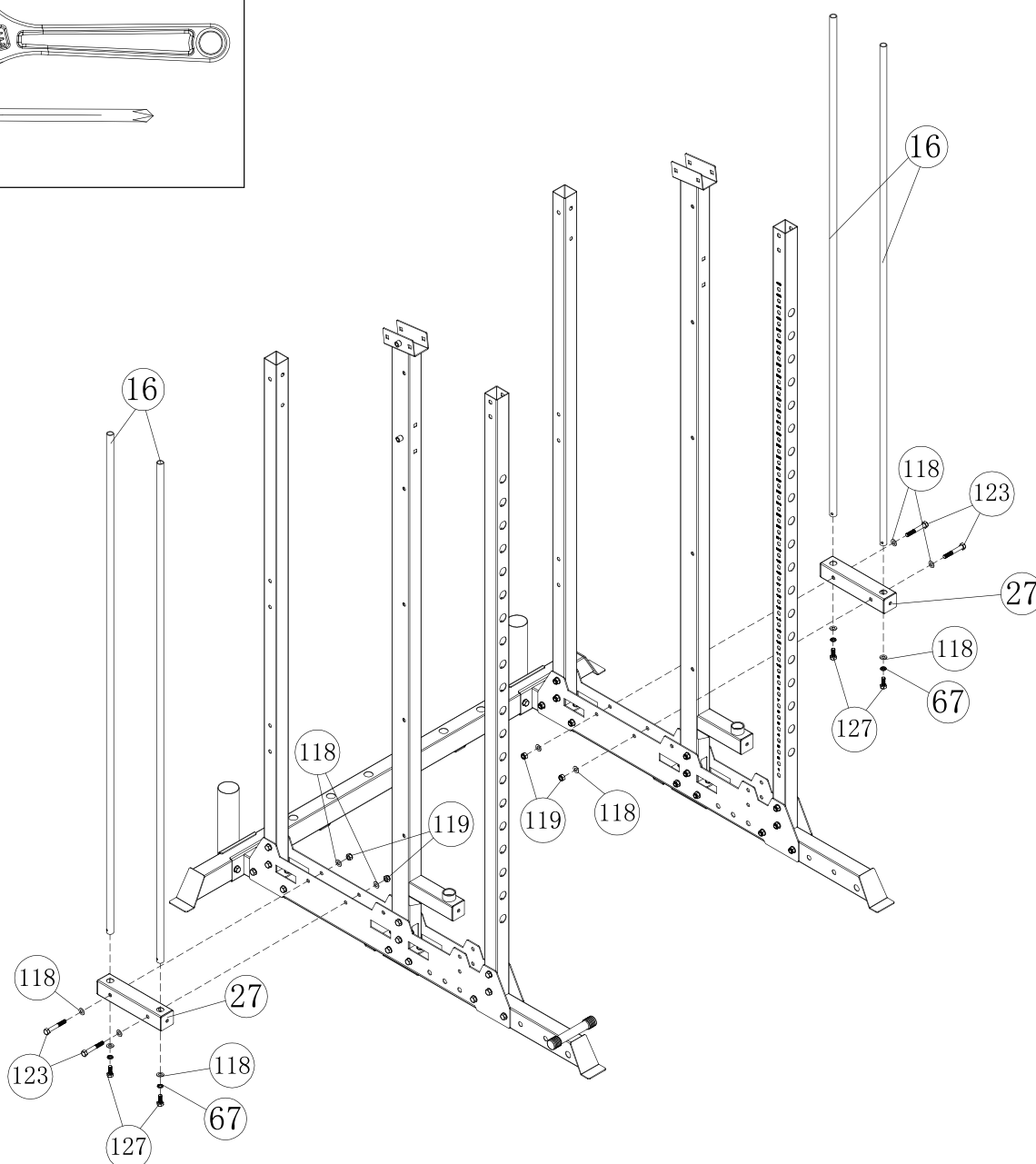
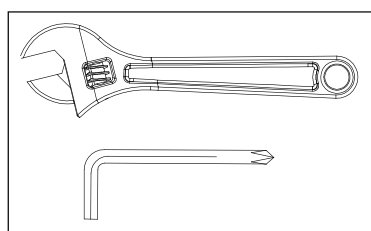
123		24	M10×70mm
118		48	Ø10
119		24	M10



PASO 4

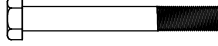
- Adjunte 4 x Varillas Guía (#16) a 2 x Marcos de Base del Carrito (#27) utilizando 4 x Tornillos de Carro M10×25mm (127#), 4 x Arandelas de 10mm (#118) y 4 x Arandelas de Resorte de 10mm (67#).
- Adjunte 2 x Marcos de Base del Carrito (#27) al Marco Base utilizando 4 x Tornillos de Carro M10×70mm (123#), 8 x Arandelas de 10mm (#118) y 4 x Arandelas de Resorte de 10mm (67#).

(123)		4	M10×70mm	(127)		4	M10×25
(118)		12	Ø10	(67)		4	Ø10
(119)		4	M10	Spring Washer			



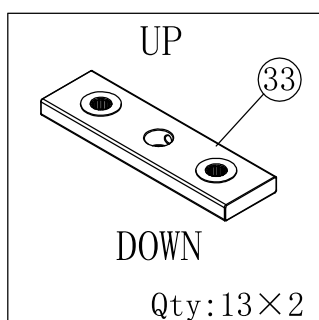
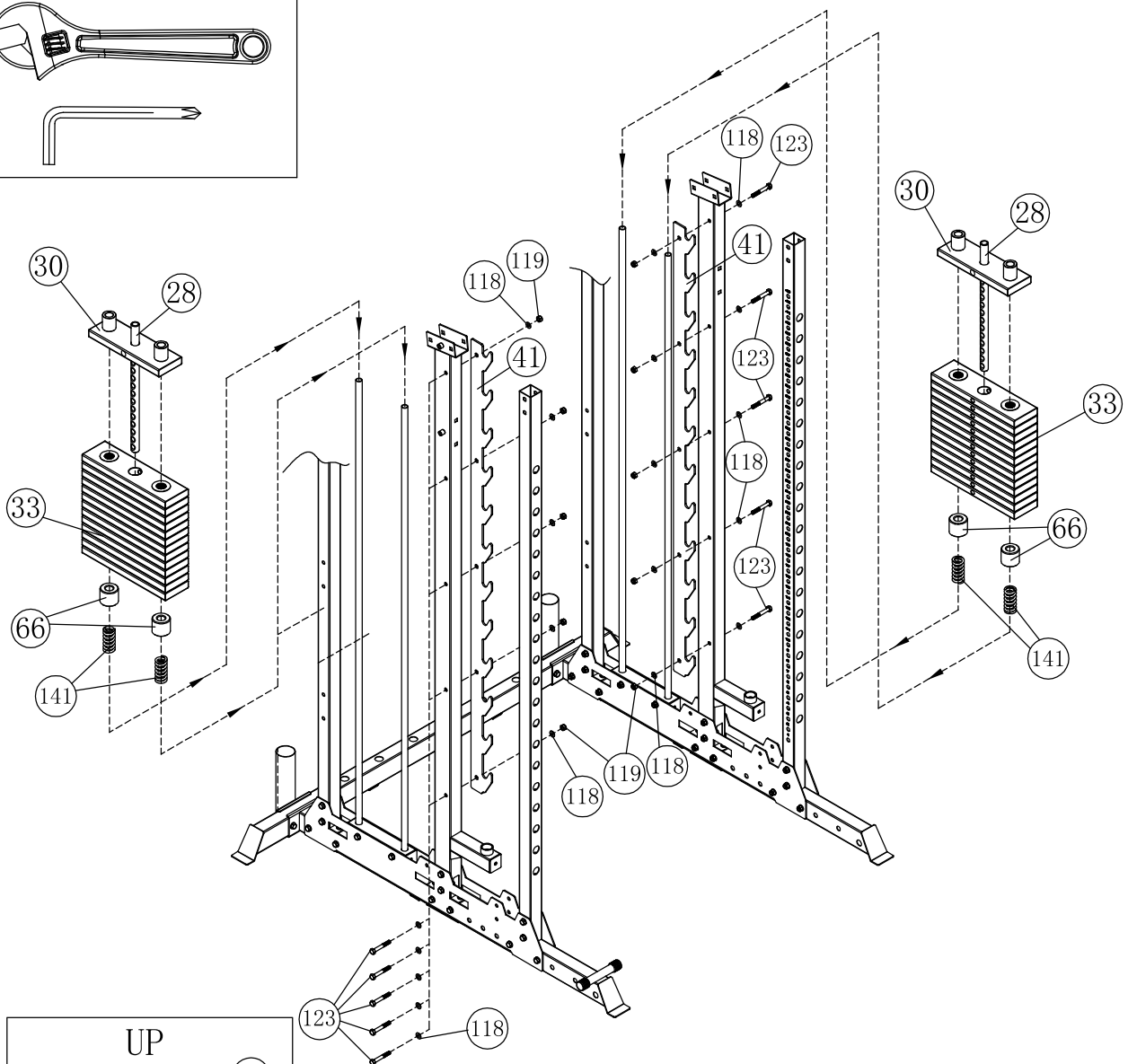
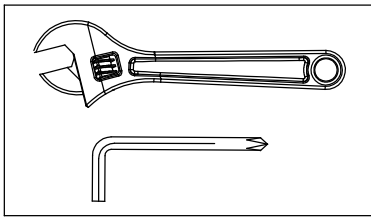
PASO 5

- Coloque 4 x Resortes para Placas de Peso (#141) y 4 x Tope para Varillas Guía (#66) en las Cuatro Varillas Guía (#16).
- Coloque dos grupos de 13 x Placas de Peso (#33) en las Varillas Guía (#16), tenga en cuenta la dirección de instalación de las placas de peso, el pasador debe estar hacia adentro.
- Coloque los dos vástagos selectores (#30) a ambos lados de las barras guía.
- Fije dos Trampillas de Seguridad en Diente de Serrar (#41) a ambos lados del tubo vertical medio utilizando 10 x Tornillos Hexagonales M10×70mm (#123), 20 x Arandelas de 10mm (#118) y 10 x Tuercas Aeronáuticas M10 (#119).

(123)  10 M10×70mm

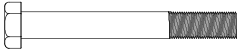
(118)  20 Ø10

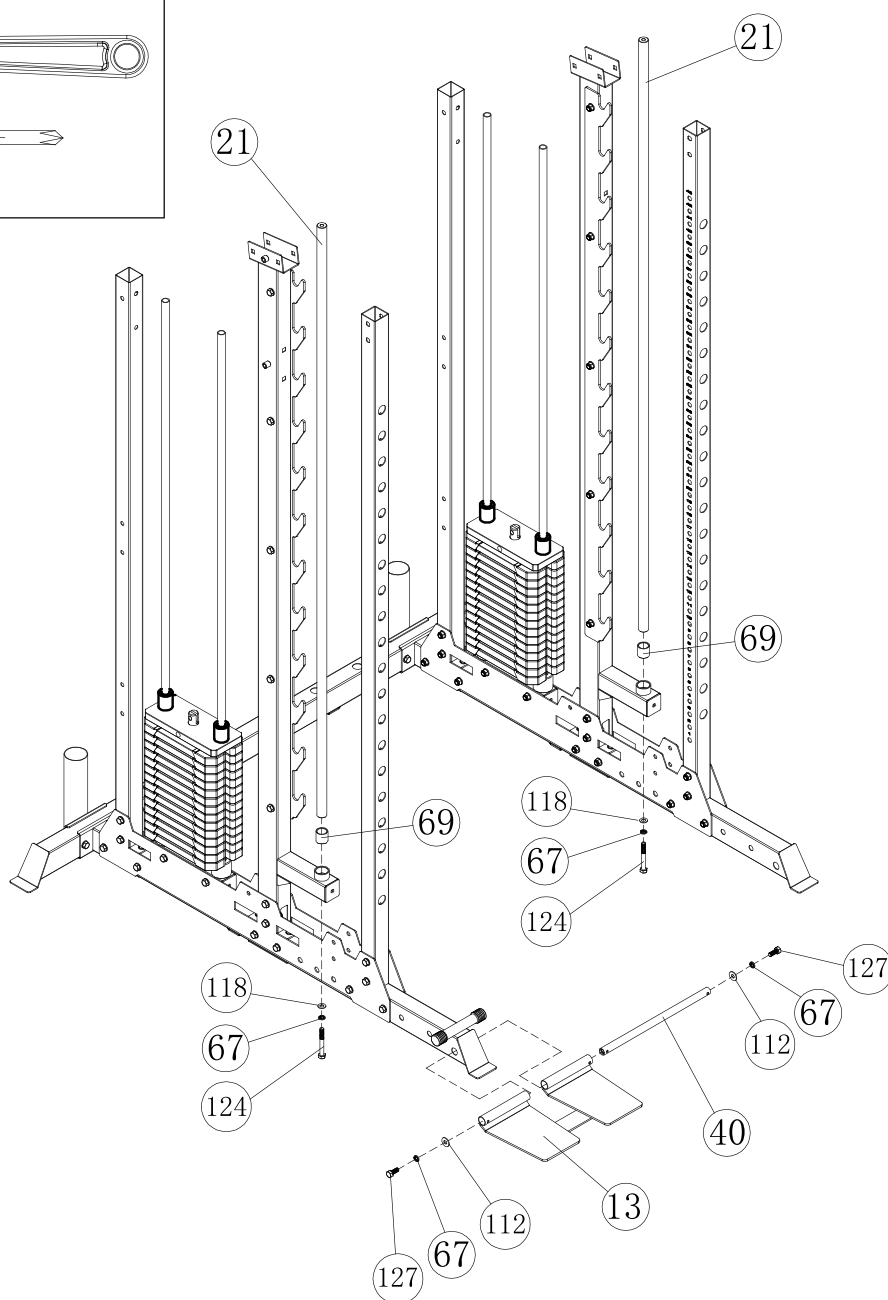
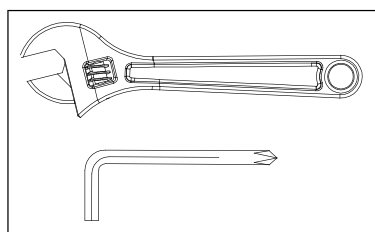
(119)  10 M10



PASO 6

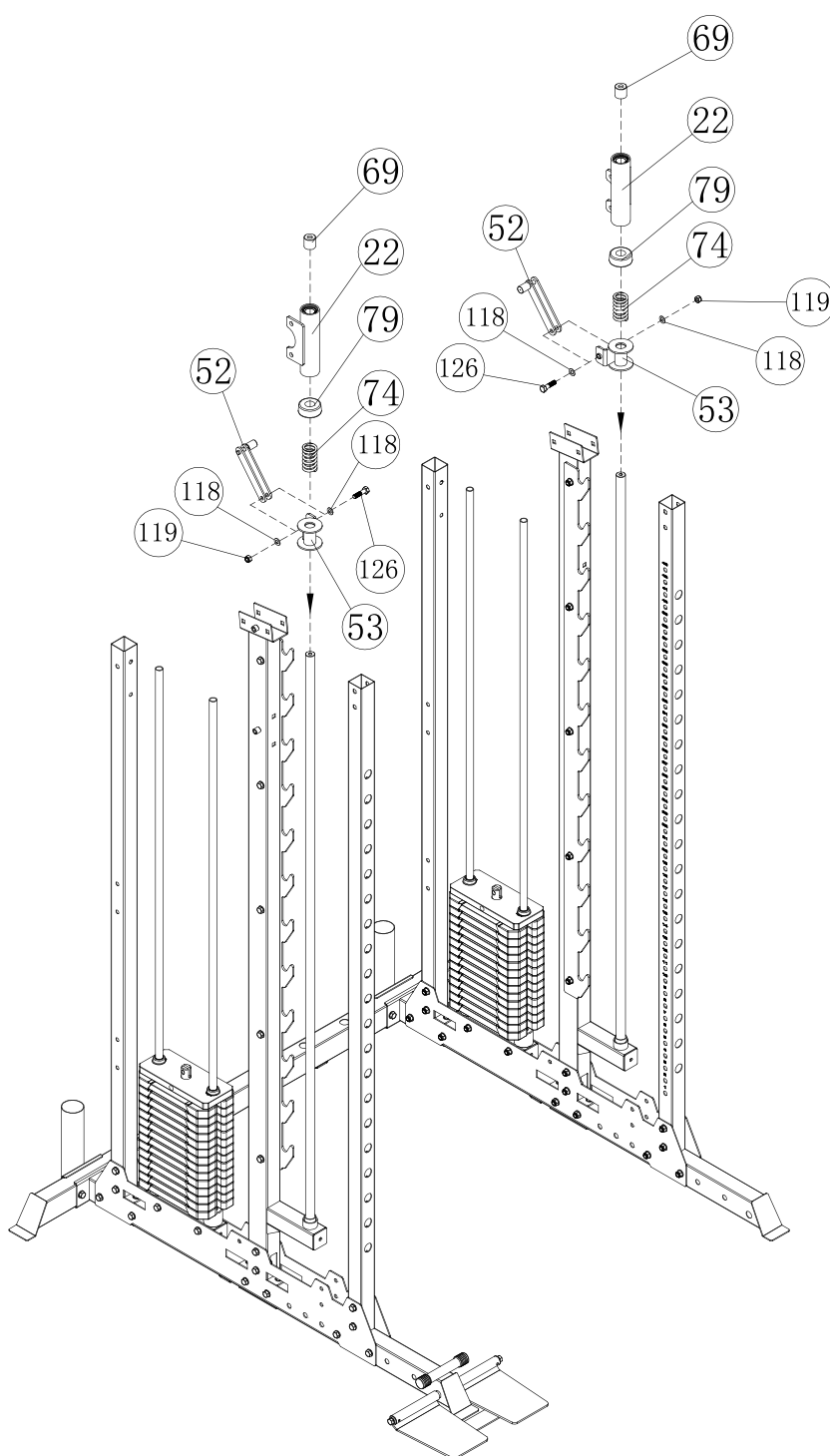
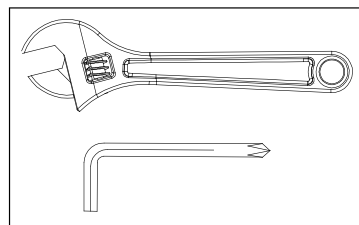
- Adjunte dos Amortiguadores de Goma Guía a la parte inferior de la Varilla Guía (#21).
- Fije 2 x Varillas Guía (#21) a los dos tubos verticales medios utilizando 2 x Tornillos Hexagonales M10×80mm (#127), 2 x Arandelas de 10mm (#118) y 2 x Arandelas de Resorte de 10mm (#67).
- Fije la Plataforma para Pies (#13) al marco base derecho utilizando 1 x Tubo de Plataforma para Pies (#40), 2 x Tornillos Hexagonales M10×25mm (#127) y 2 x Arandelas Grandes de 10mm (#112).

124		2	M10×80mm	127		2	M10×25
118		2	Ø10	112		2	Ø10×Ø25
67		Spring Washer 4	Ø10				



- Adjunte respectivamente 2 x Ganchos de Parada de Seguridad Inferior (#52) al Marco de Parada de Seguridad Inferior (#53) utilizando 2 x Tornillos Hexagonales M10×40mm (126#), 4 x Arandelas de 10mm (118#) y 2 x Tuercas Aeronáuticas M10.
- Adjunte 2 x Resortes de Amortiguación (#74) y 2 x Topes de Varilla Guía (#79) a la Varilla Guía (#21).
- Coloque respectivamente 2 x Manguitos de Varilla Guía (#22) en la Varilla Guía (#21).
- Adjunte 2 x Amortiguadores de Goma Guía (#69) a la parte superior de la Varilla Guía (#21).

126		2	M10×40mm
118		4	Ø10
119		2	M10



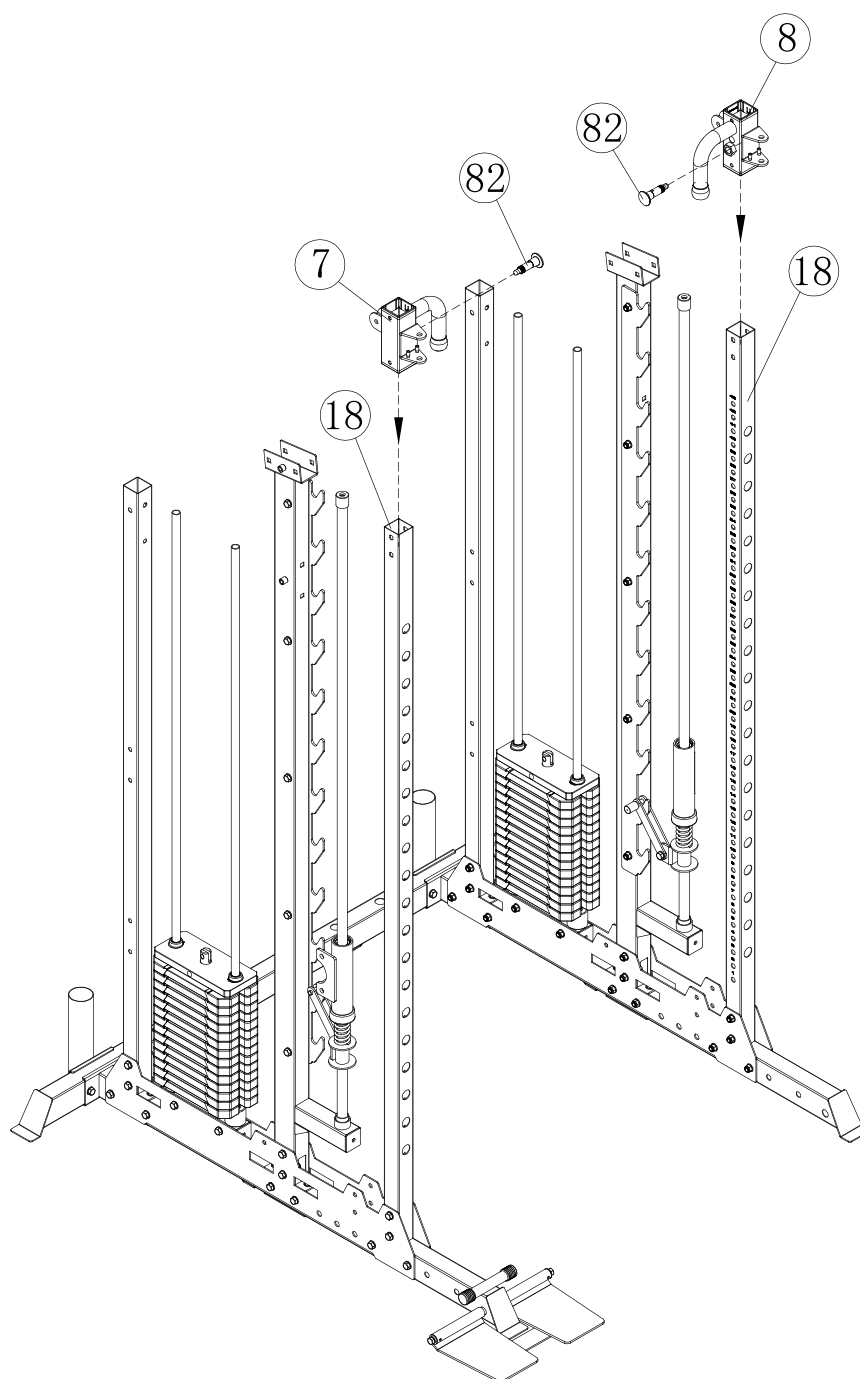
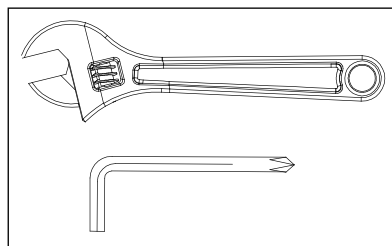
PASO 8

- Adjunte el Conjunto de Polea de Cable Izquierda (#8) al tubo vertical izquierdo y asegúrelo con el Pasador de Bloqueo de Polea de Cable (#82).
- Adjunte el Conjunto de Polea de Cable Derecho (#7) al tubo vertical izquierdo y asegúrelo con el Pasador de Bloqueo de Polea de Cable (#82).

82

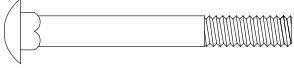


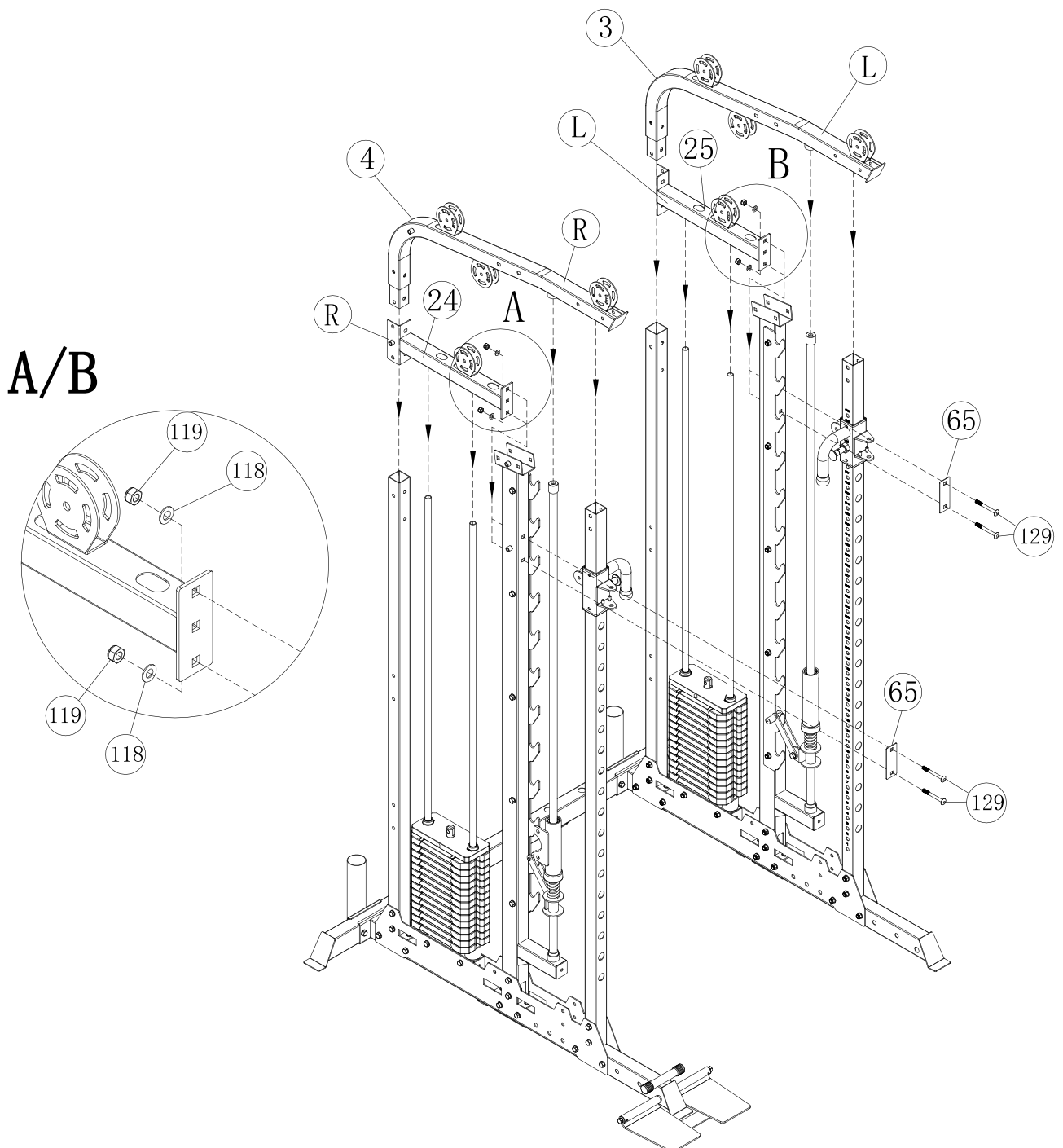
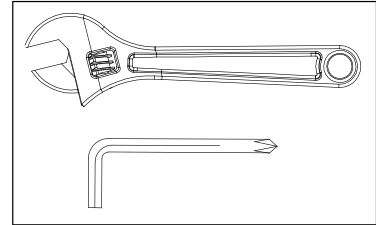
2



PASO 9

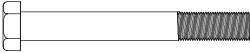
- Adjunte el Marco Superior Izquierdo (#3) al tubo vertical medio izquierdo y al tubo vertical trasero.
- Adjunte el Marco Superior Derecho (#4) al tubo vertical medio derecho y al tubo vertical trasero.
- Adjunte el Soporte Superior Trasero Izquierdo (25#) al tubo vertical medio y al tubo vertical trasero utilizando 2 x Tornillos de Carro M10×90mm (129#), 2 x Arandelas de 10mm (118#), 2 x Tuercas Aeronáuticas M10 (119#) y Soporte (65#).
- Adjunte el Soporte Superior Trasero Derecho (24#) al tubo vertical medio y al tubo vertical trasero utilizando 2 x Tornillos de Carro M10×90mm (129#), 2 x Arandelas de 10mm (118#), 2 x Tuercas Aeronáuticas M10 (119#) y Soporte (65#).

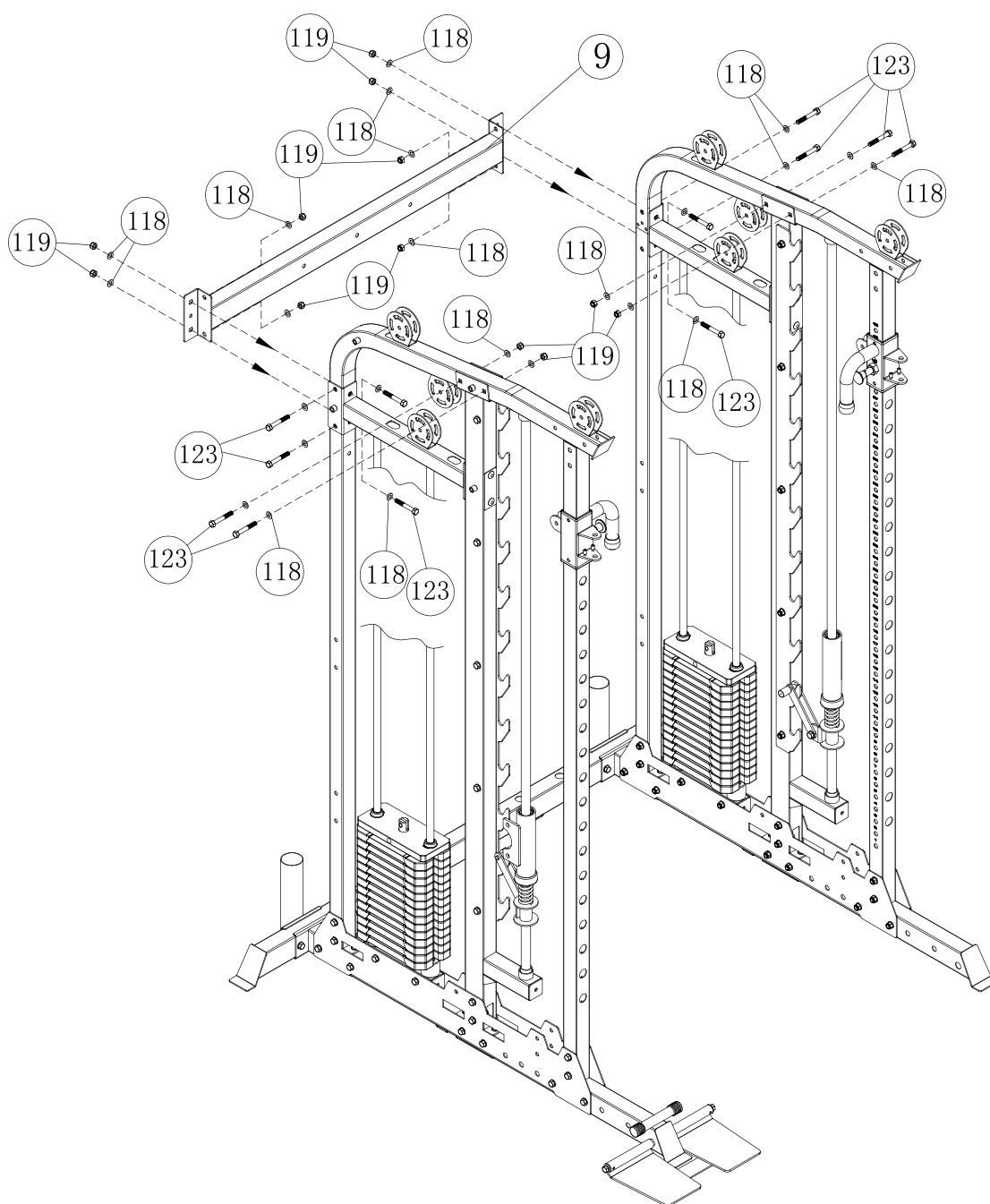
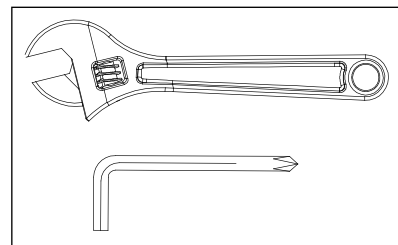
129		4	M10×90mm
118		4	Ø10
119		4	M10



PASO 10

- Adjunte el Refuerzo Cruzado Superior (#9) al tubo vertical trasero utilizando 4 x Tornillos Hexagonales M10×70mm (#123), 8 x Arandelas de 10mm (#118) y 8 x Tuercas Aeronáuticas M10 (#119).
- Fije el Marco Superior Izquierdo (#3) y el Marco Superior Derecho (#4) utilizando 4 x Tornillos Hexagonales M10×70mm (#123), 8 x Arandelas de 10mm (#118) y 8 x Tuercas Aeronáuticas M10 (#119).

123		12	M10×70mm
118		24	Ø10
119		12	M10

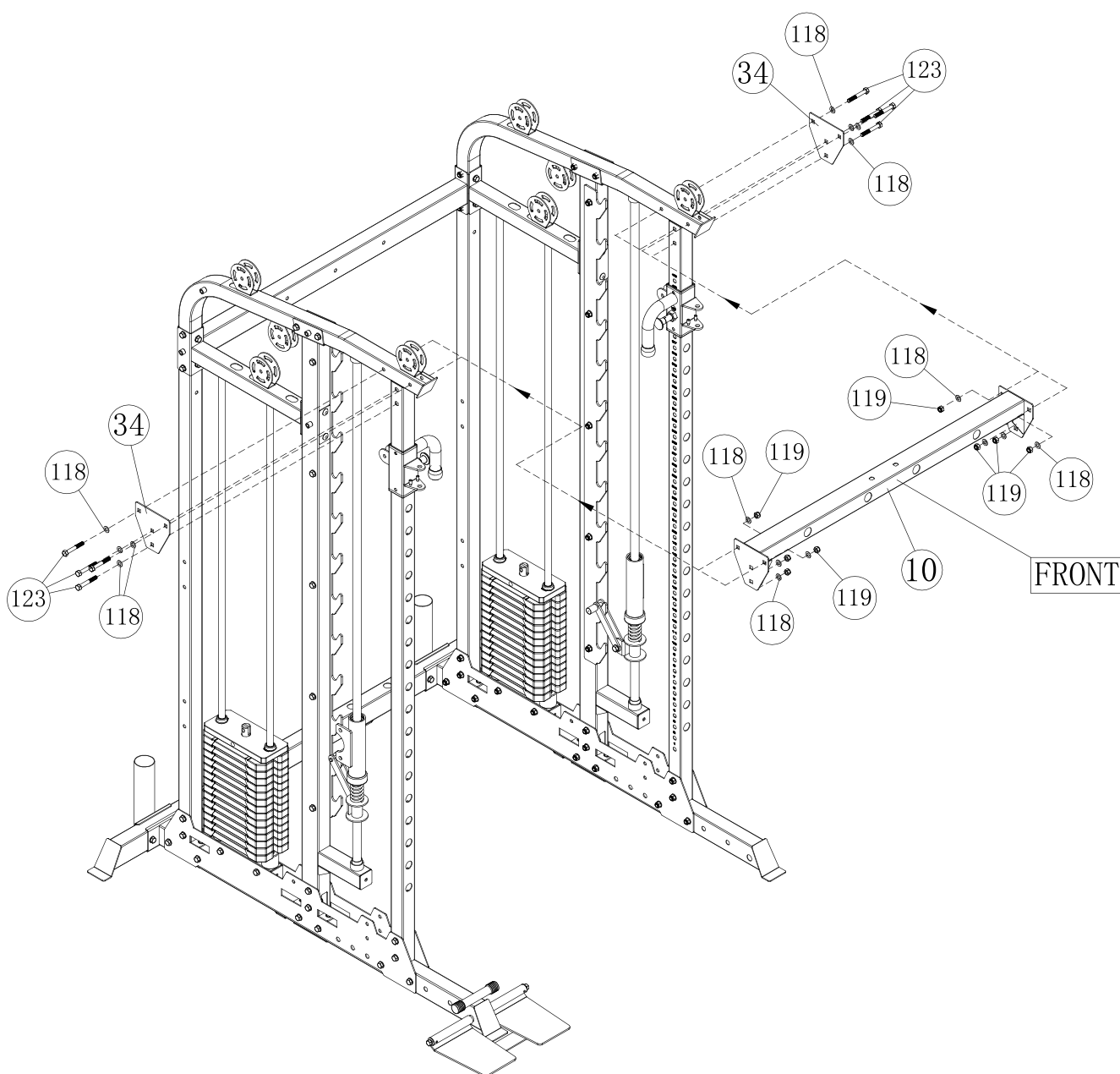
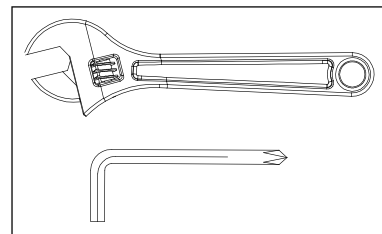


- Adjunte el Soporte para Dominadas de Multi-agarre (#10) al Marco Superior Izquierdo (#3) y al Marco Superior Derecho (#4) utilizando 8 x Tornillos Hexagonales M10×70mm (#123), 16 x Arandelas de 10mm (#118), 8 x Tuercas Aeronáuticas M10 (#119) y 2 x Soportes Triangulares (#34).

123 8 M10×70mm

118 16 Ø10

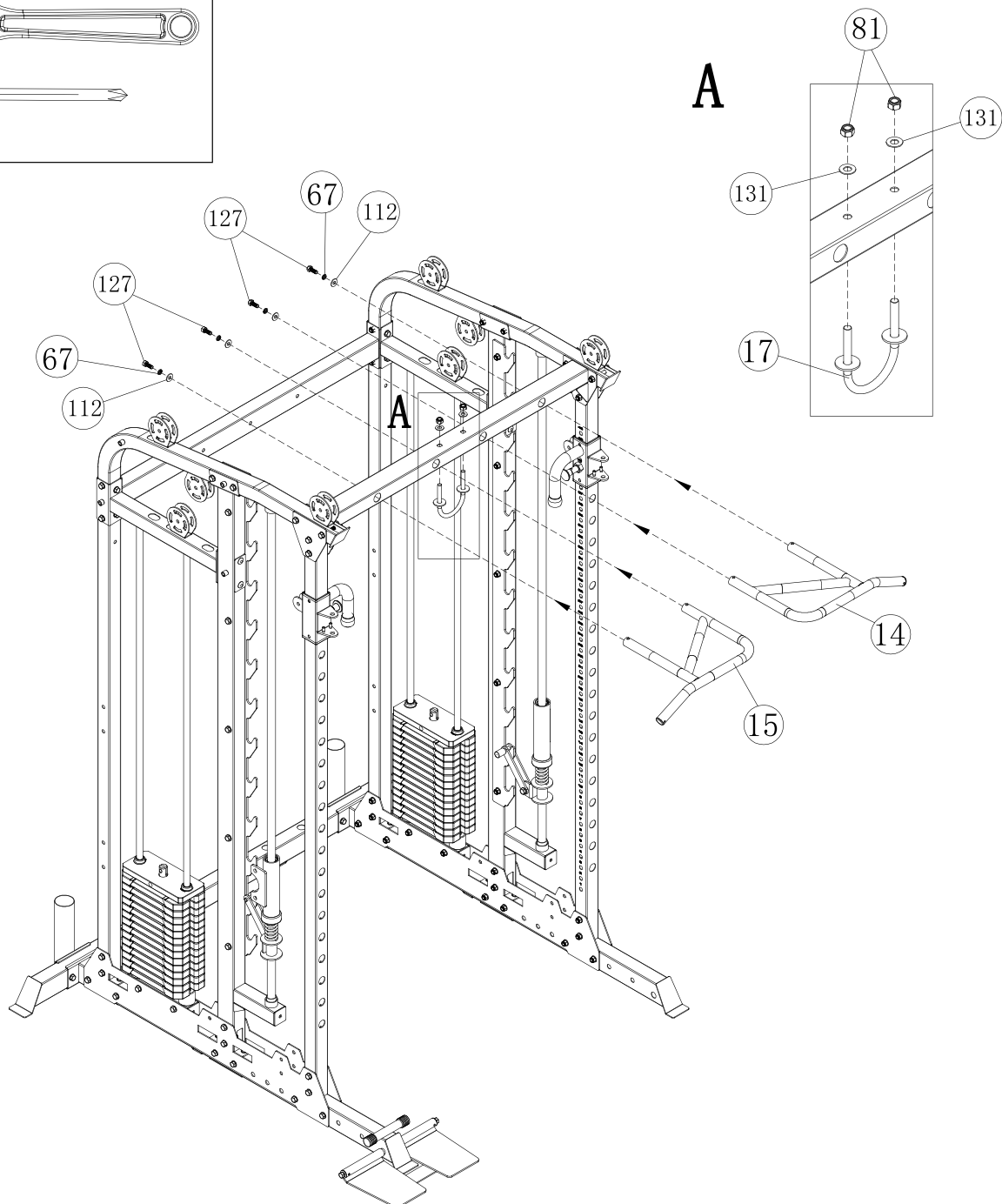
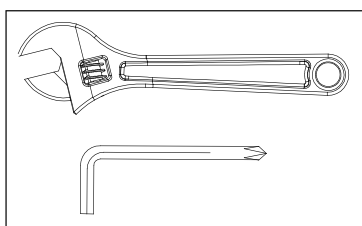
119 8 M10



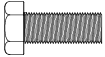
PASO 12

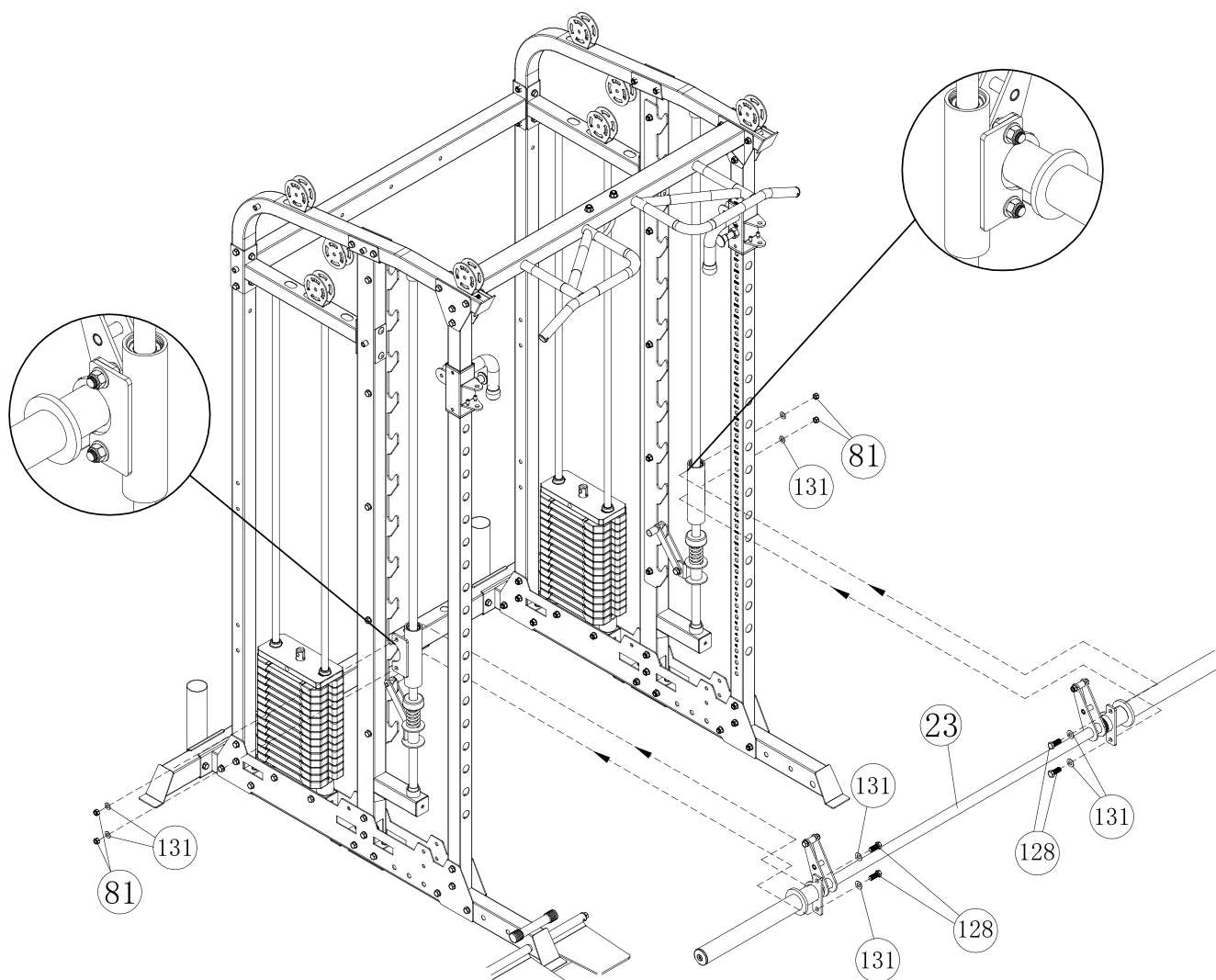
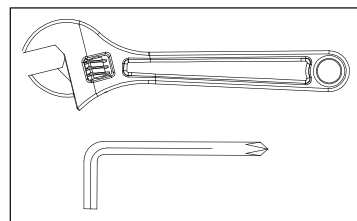
- Inserte la Barra de Dominadas Izquierda (#14) en el Soporte para Dominadas de Multi-agarre (#10) y asegúrela con 2 x Tornillos Hexagonales M10×25mm (#127), 2 x Arandelas Grandes de 10mm (#112) y 2 x Arandelas de Resorte de 10mm (#67).
- Inserte la Barra de Dominadas Derecha (#15) en el Soporte para Dominadas de Multi-agarre (#10) y asegúrela con 2 x Tornillos Hexagonales M10×25mm (#127), 2 x Arandelas Grandes de 10mm (#112) y 2 x Arandelas de Resorte de 10mm (#67).
- Inserte el Gancho en U (#17) en el Soporte para Dominadas de Multi-agarre (#10) y asegúrelo con 2 x Arandelas de 12mm (#131) y 2 x Tuercas Aeronáuticas M12 (#81).

67		Spring Washer	4	Ø10	131		2	Ø12
127			4	M10×25	81		2	M12
112			4	Ø10×Ø25				



- Adjunte la Barra de Peso (#23) al Manguito de Varilla Guía (#22) y asegúrela con 4 x Tornillos Hexagonales M12×30mm (#128), 8 x Arandelas Grandes de 12mm (#131) y 4 x Tuercas Aeronáuticas M12 (#81).

128		4	M12×30mm
131		8	Ø12
81		4	M12



PASO 14

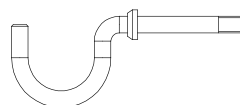
- Adjunte el Gancho en J (#29) al Refuerzo Cruzado Superior (#9) y asegúrelo con 3 x Tuercas de Cabeza M10 (#122), 3 x Arandelas de 10mm (#118) y 3 x Arandelas de Resorte de 10mm (#67).

(67)  Spring Washer 3 Ø10

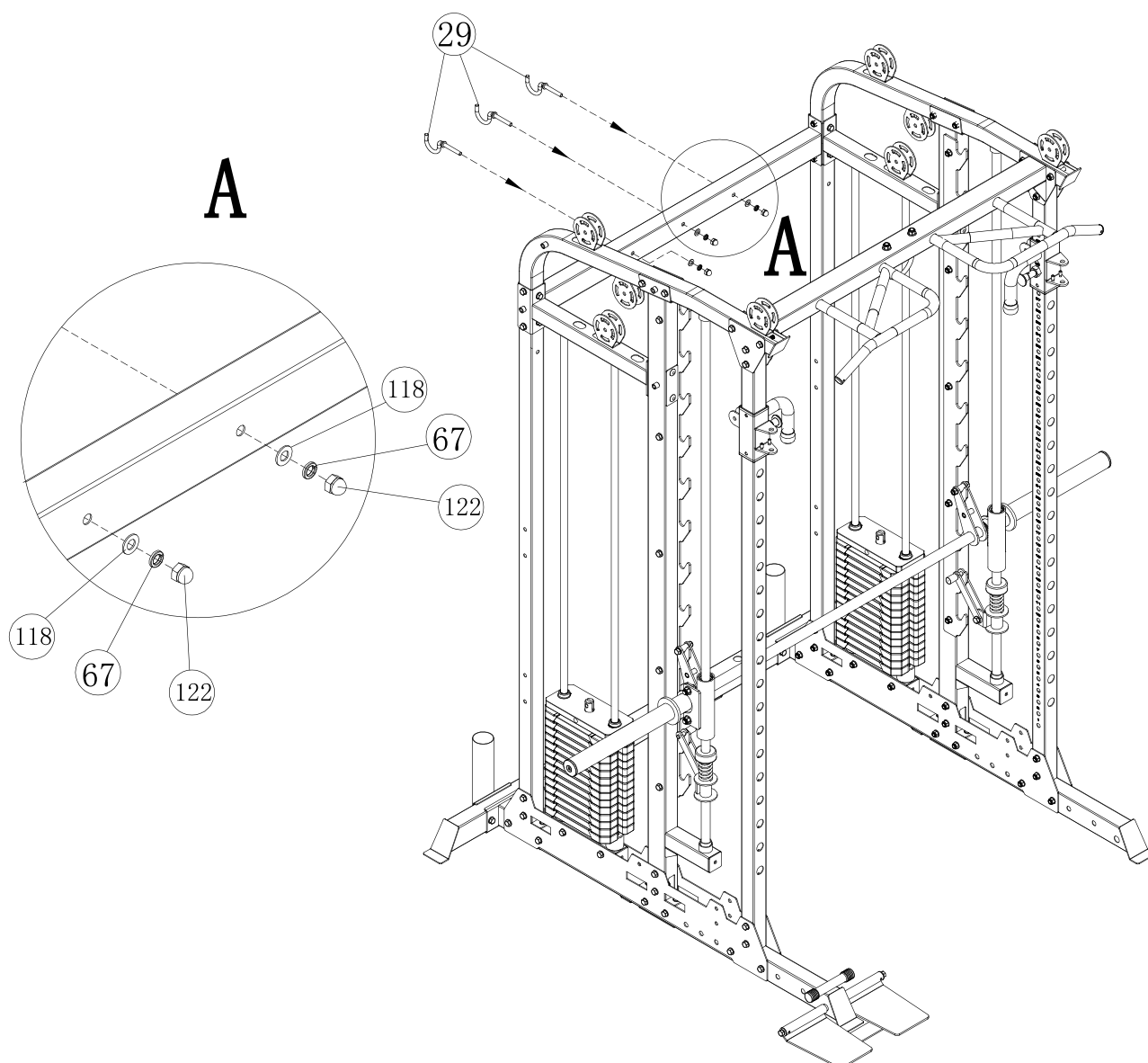
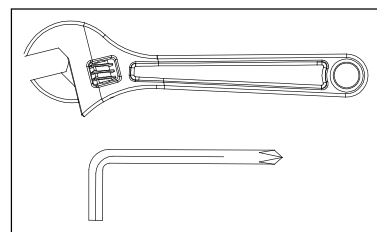
(118)  3 Ø10

(122)  3 M10

(29)



3

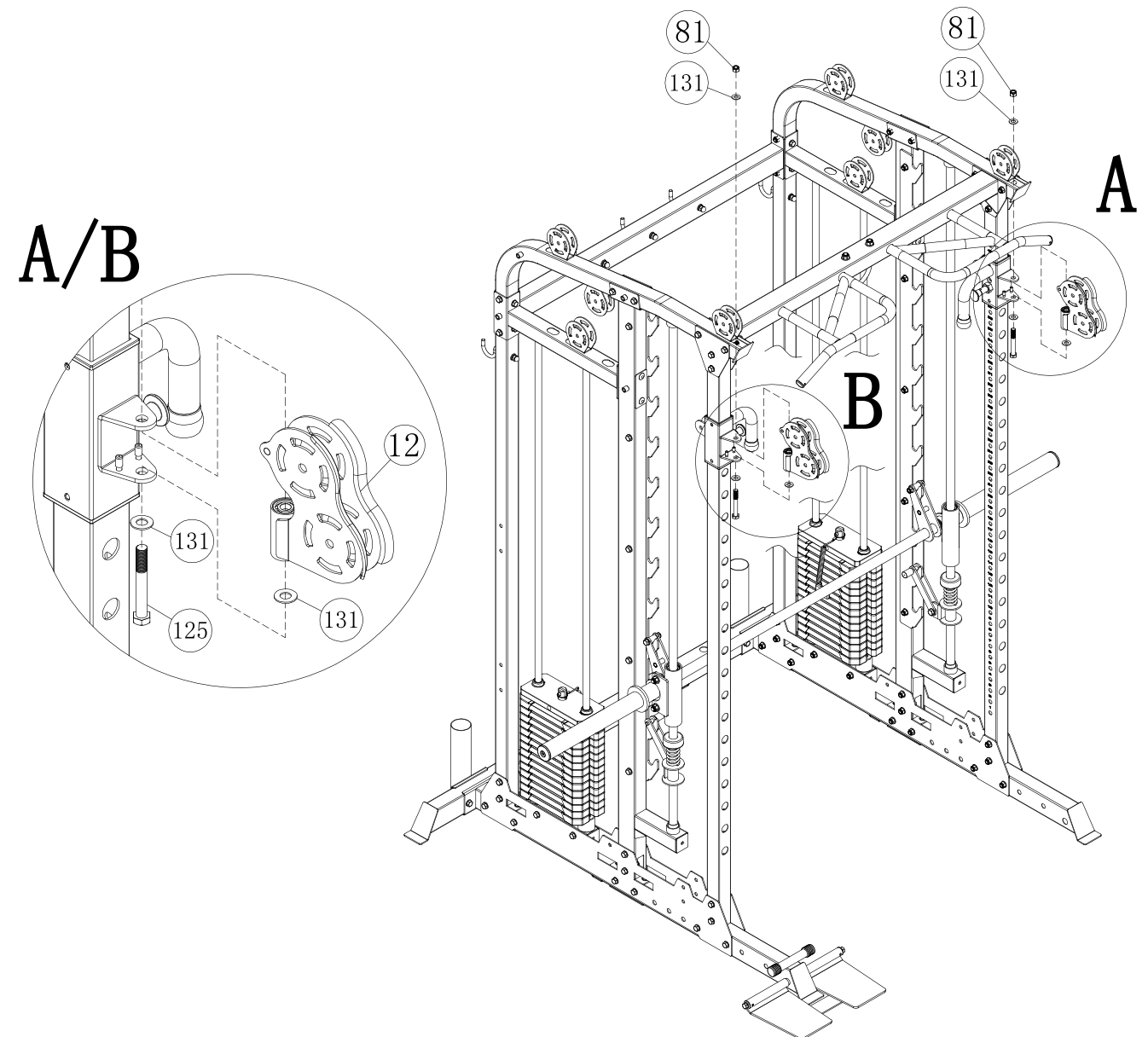
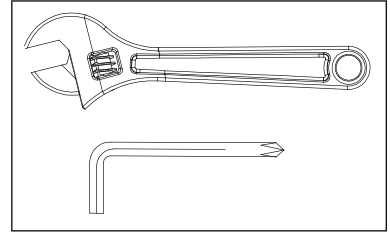


PASO 15

- Adjunte dos Conjuntos de Polea Doble (#12) al Conjunto de Polea de Cable Izquierda y Derecha (#7 y #8) utilizando 2 x Tornillos Hexagonales M12×90mm (#125), 6 x Arandelas Grandes de 12mm (#131) y 2 x Tuercas Aeronáuticas M12 (#81).

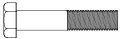
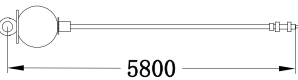
Notas: coloque una Arandela de 12mm en el Soporte en U.

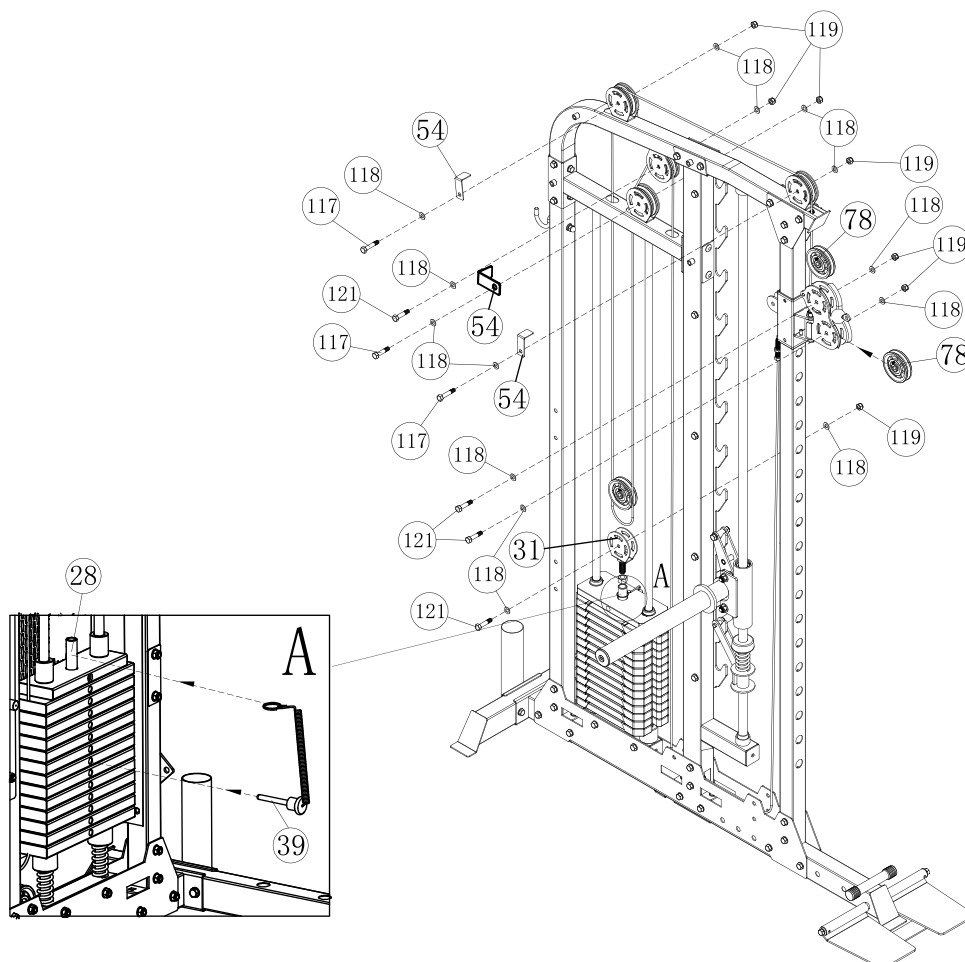
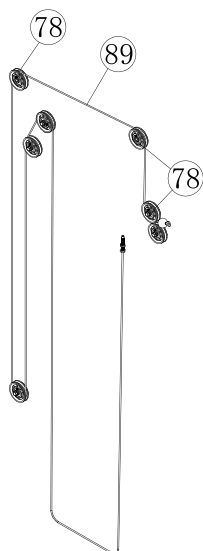
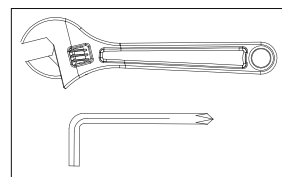
125		2	M12 × 90mm
131		6	Ø12
81		2	M12



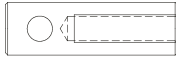
PASO 16

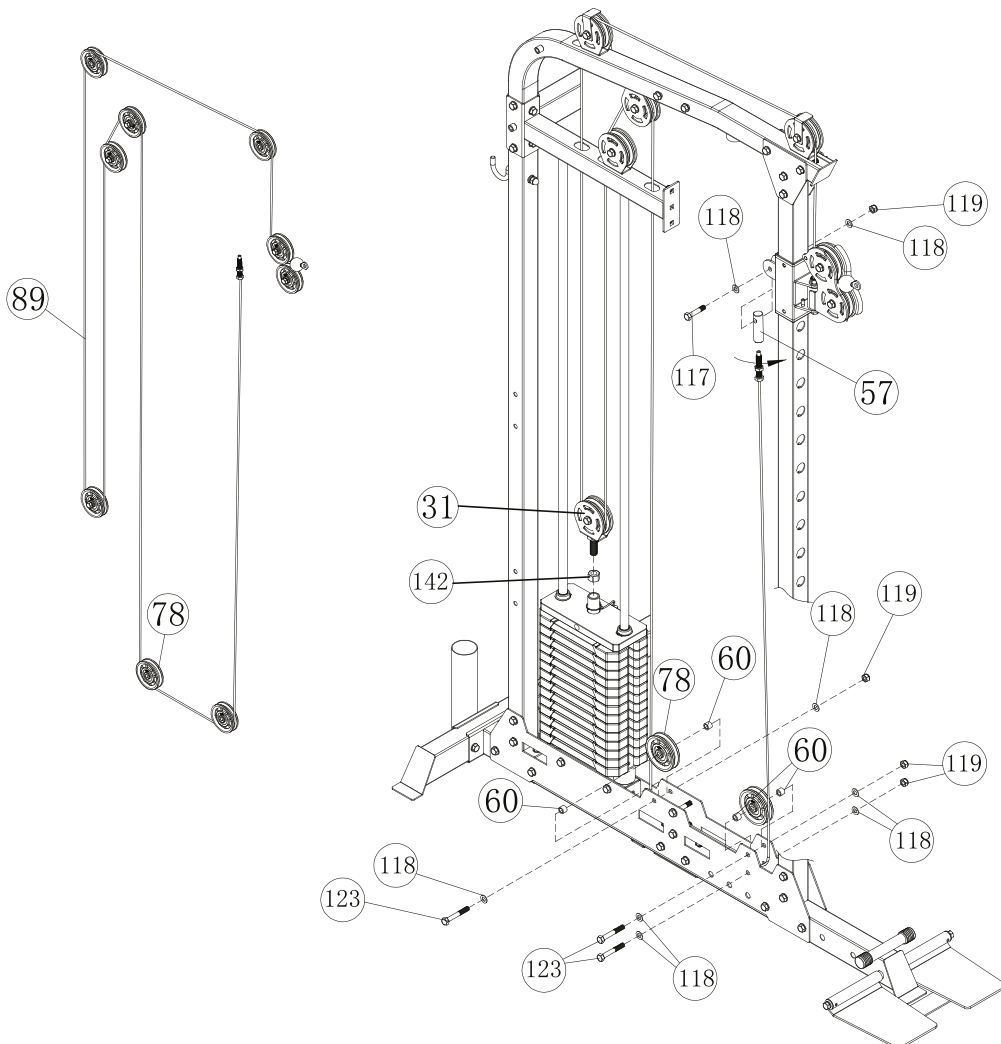
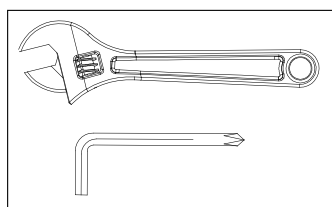
- Pase el cable (#89) a través de la máquina como se muestra en el diagrama.
- Adjunte 2 x Poleas (#78) al Conjunto de Polea Doble y asegúrelas con 2 x Tornillos Hexagonales M10×45mm (#121), 4 x Arandelas de 10mm (#118) y 2 x Tuercas Aeronáuticas M10 (#119); el cable debe estar en el medio de las dos poleas.
- Fije una Polea (#78) al marco de polea en la parte frontal del Marco Superior Derecho (#4) y asegúrela con 1 x Tornillo Hexagonal M10 × 50mm (#117), 2 x Arandelas de 10mm (#118), 1 x Tuerca Aeronáutica M10 (#119) y 1 x Sujetador de Cable (#54).
- Fije una Polea (#78) al marco de polea en la parte trasera del Marco Superior Derecho (#4) y asegúrela con 1 x Tornillo Hexagonal M10 × 50mm (#117), 2 x Arandelas de 10mm (#118), 1 x Tuerca Aeronáutica M10 (#119) y 1 x Sujetador de Cable (#54).
- Fije una Polea (#78) al Soporte de Polea Simple (#31) y asegúrela con 1 x Tornillo Hexagonal M10 x 45mm (#121), 2 x Arandelas de 10mm (#118) y 1 x Tuerca Aeronáutica M10 (#119).
- Fije una Polea (#78) al Soporte Superior Trasero Izquierdo (#25) y asegúrela con 1 x Tornillo Hexagonal M10 × 50mm (#117), 2 x Arandelas de 10mm (#118), 1 x Tuerca Aeronáutica M10 (#119) y 1 x Sujetador de Cable (#54).
- Fije una Polea (#78) al marco de polea en la parte inferior del Marco Superior Derecho (#4) y asegúrela con 1 x Tornillo Hexagonal M10 × 45mm (#121), 2 x Arandelas de 10mm (#118) y 1 x Tuerca Aeronáutica M10 (#119).
- Coloque un extremo del Pasador del Selector de Peso (#39) en la Varilla del Selector (#28) e inserte el otro extremo en el agujero de las placas de peso.
- Repita los pasos anteriores para ensamblar el conjunto de cable y polea izquierdo.

117		6	M10 × 50mm	121		8	M10 × 45mm
118		28	Ø10	89		2	
119		14	M10				



- Atornille el Soporte de Polea Simple (#31) en la Varilla del Selector (#28) y asegúrelo con Tuercas Hexagonales M16.
- Fije una Polea (#78) a la posición central del Soporte del Marco Base (#62) y asegúrela con 1 x Tornillo Hexagonal M10×70mm (#123), 2 x Arandelas de 10mm (#118), 1 x Tuerca Aeronáutica M10 (#119) y 2 x Cojinetes de Polea (#60).
- Fije una Polea (#78) a la posición central del Soporte del Marco Base (#62) y asegúrela con 2 x Tornillos Hexagonales M10×70mm (#123), 4 x Arandelas de 10mm (#118), 2 x Tuercas Aeronáuticas M10 (#119) y 2 x Cojinetes de Polea (#60).
- Fije el Marco de Ajuste del Cable (#57) al Conjunto de Polea de Cable y asegúrelo con 1 x Tornillo Hexagonal M10×50mm (#117), 2 x Arandelas de 10mm (#118), 1 x Tuerca Aeronáutica M10 (#119) y 2 x Cojinetes de Polea (#60).
- Atornille el extremo del cable en el Marco de Ajuste del Cable (#57) para ajustar la tensión del cable.
- Repita los pasos 1-5 anteriores para ensamblar el conjunto de cable y polea izquierdo.

117		2	M10×50mm	57		2	Ø22×75×M12
123		6	M10×70mm	60		8	Ø11×Ø16×13
142		2	M16	118		16	Ø10
				119		8	M10



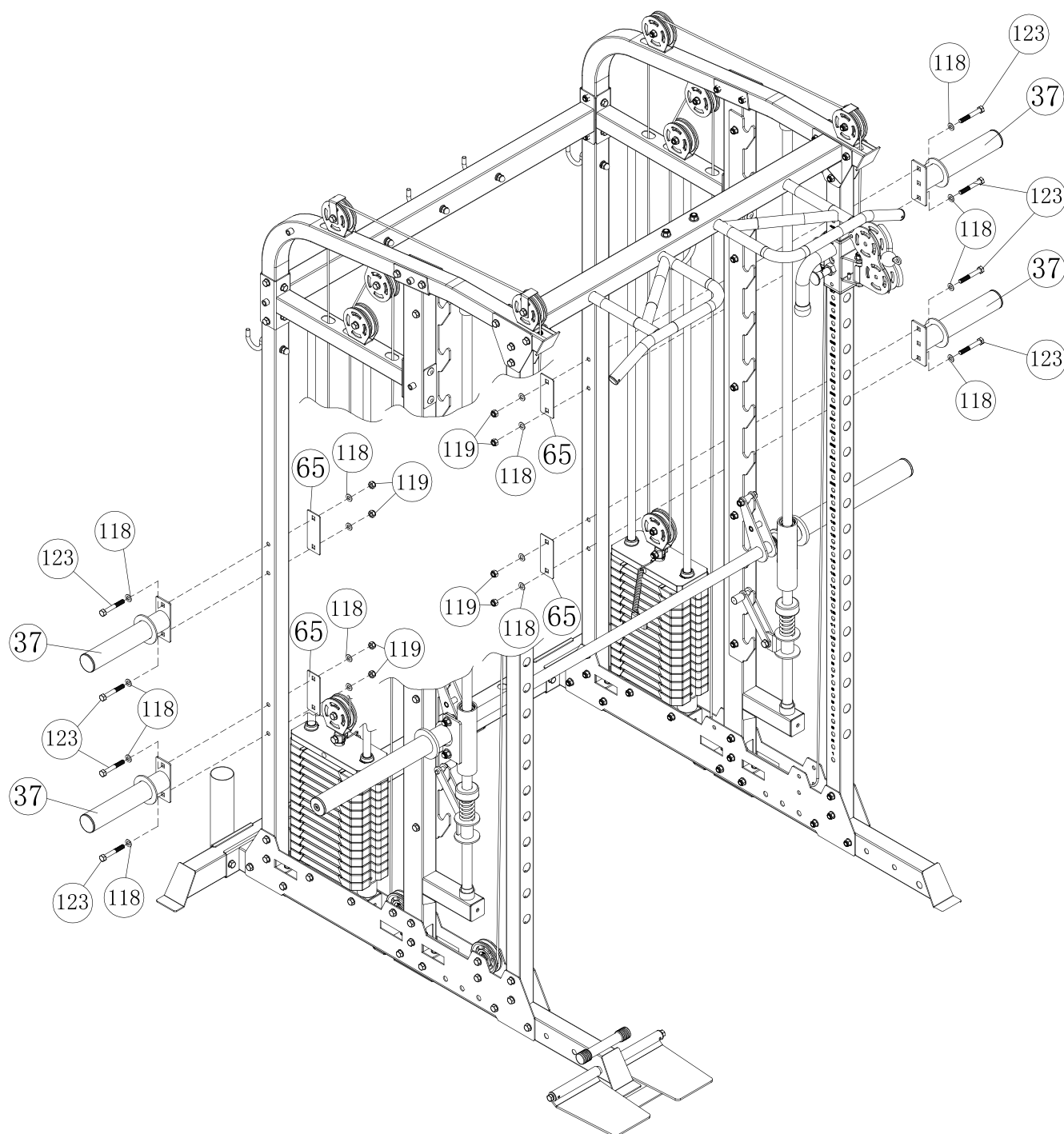
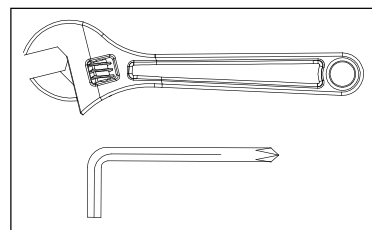
PASO 18

- Adjunte 4 x Postes para Placas de Peso (#37) a ambos lados del tubo vertical trasero utilizando 8 x Tornillos Hexagonales M10×70mm (#123), 16 x Arandelas de 10mm (#118), 8 x Tuercas Aeronáuticas M10 (#119) y 4 x Soportes (#65).

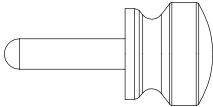
123 8 M10×70mm

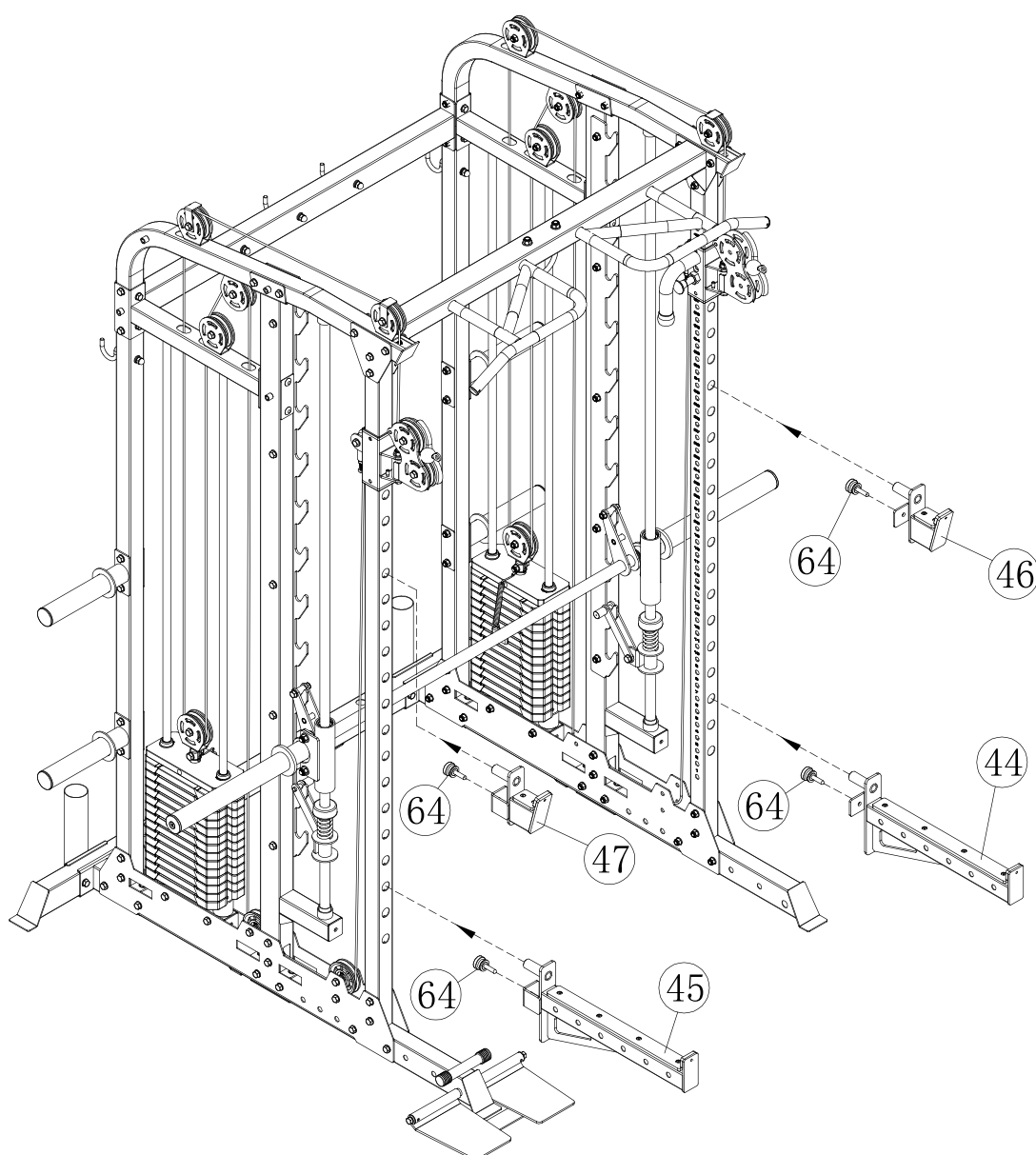
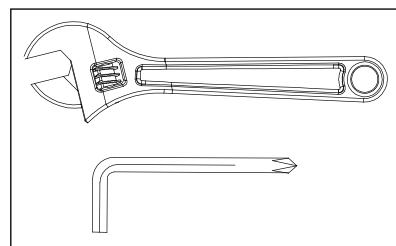
118 16 Ø10

119 8 M10



- Fije el Gancho de Barra Izquierda y Derecha (#46 y #47) al tubo vertical y asegúrelo con el Pasador de Bloqueo/Rojo (#64).
- Fije el Dispositivo de Seguridad Izquierdo y Derecho (#44 y #45) al tubo vertical y asegúrelo con el Pasador de Bloqueo/Rojo (#64).

64  4 $\varnothing 35 \times \varnothing 10 \times 70$



PASO 20

- Adjunte 2 x Tableros de Logo Derecho (#59) al Marco Base Izquierdo y Derecho (#3 y #4) utilizando 8 x Tornillos Allen M10×12mm (#130), 8 x Arandelas de 10mm (#118) y 8 x Arandelas de Resorte de 10mm (#67).
- Fije 2 x Mangos Simples Ajustables (#76) al cable utilizando 2 x Clips de Bloqueo (#76).

130



8

M10×12mm

76



2

118



8

Ø10

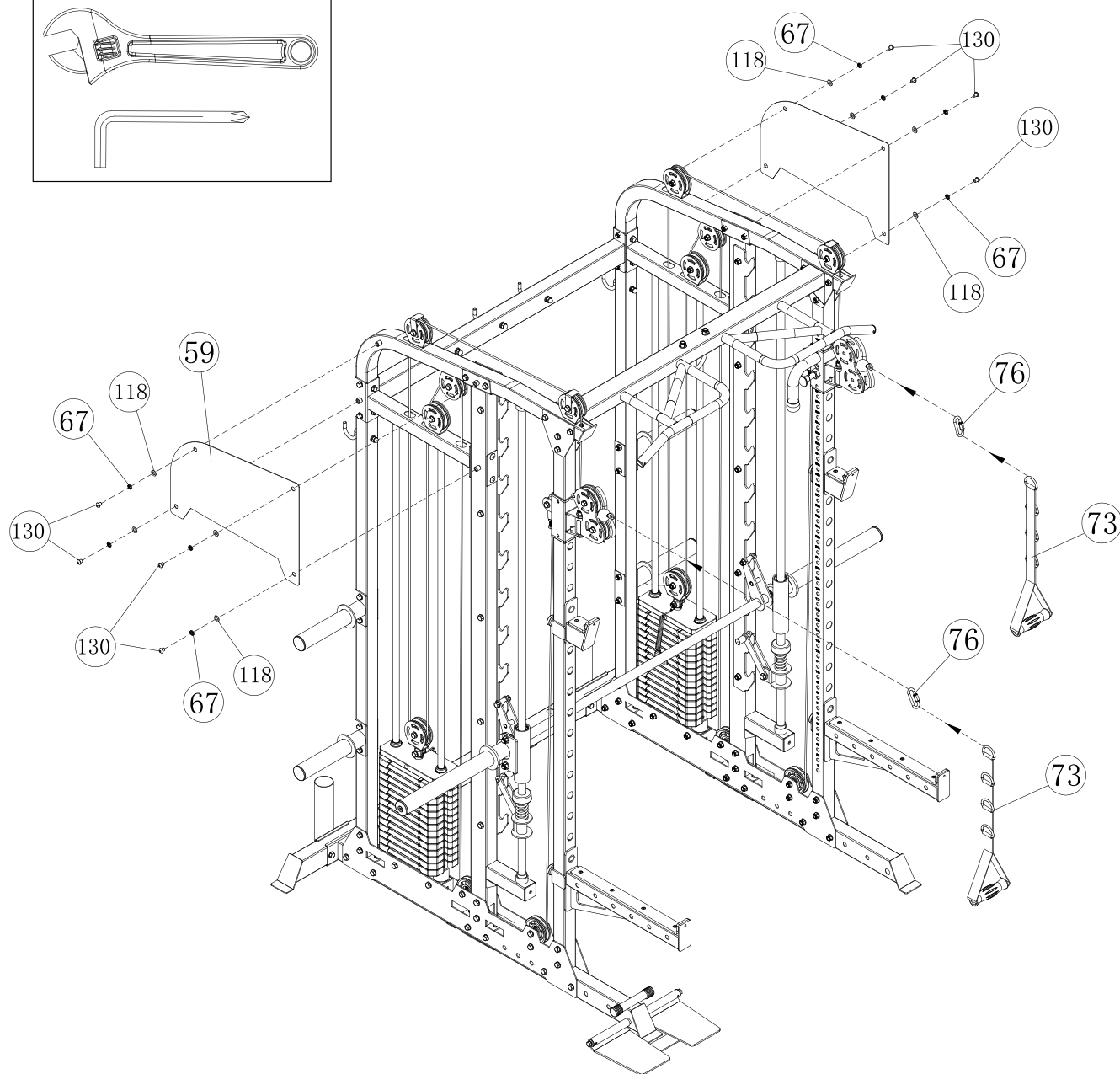
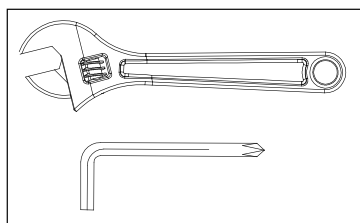
Locking Carabiner Clip

67



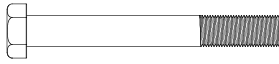
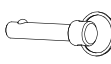
8

Ø10 Spring Washer



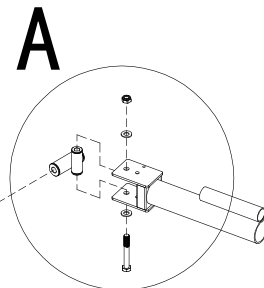
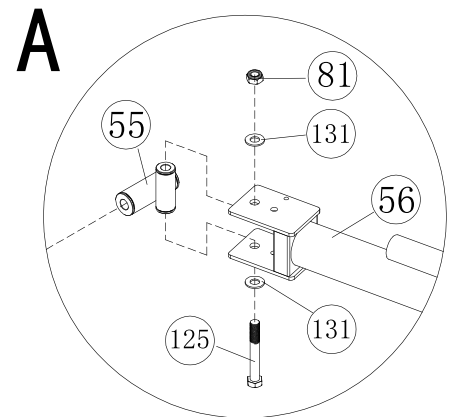
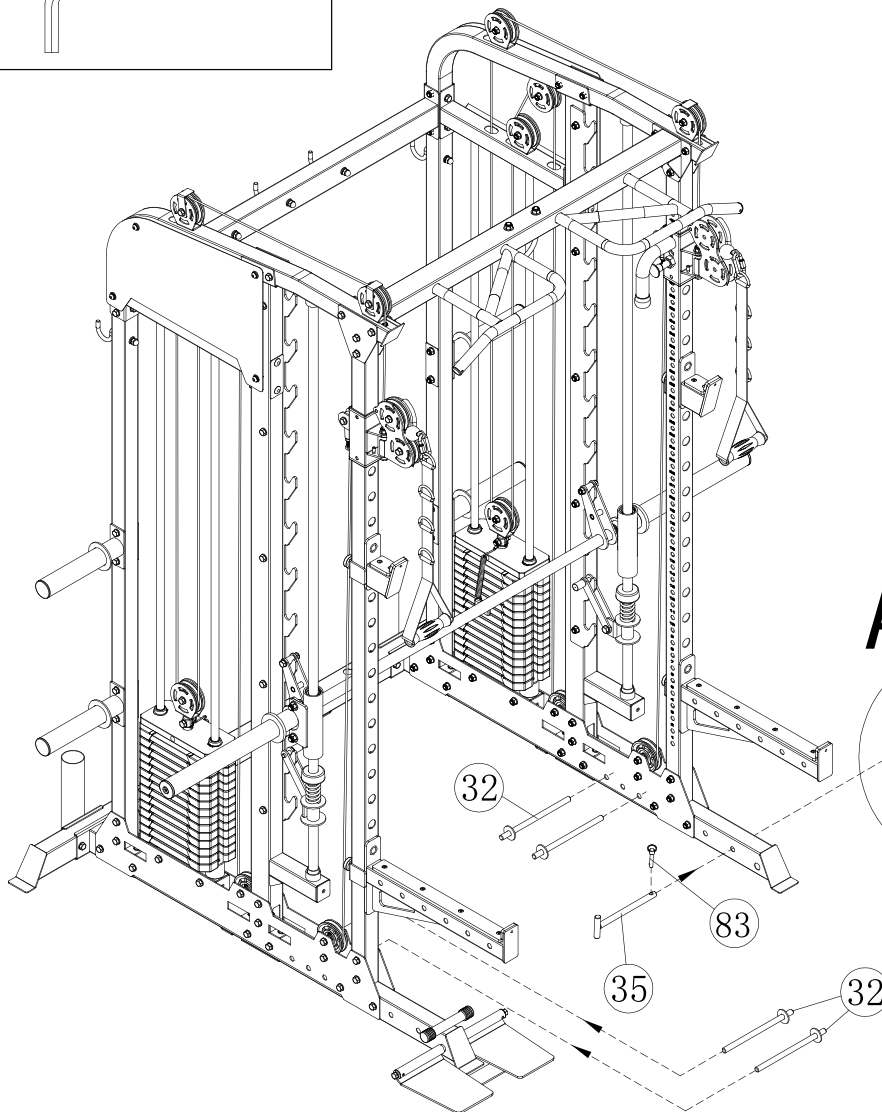
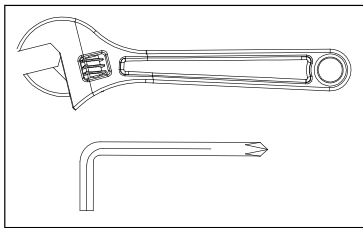
PASO 21

- Inserte 4 x Barras de Bloqueo (#32) en los orificios en la parte inferior del Soporte del Marco Base (#62).
- Adjunte el Accesorio Giratorio (#55) al Accesorio Landmine (#56) utilizando 1 x Tornillo Hexagonal M12 x 90mm (#125), 2 x Arandelas de 12mm (#131) y 1 x Tuerca Aeronáutica M12 (#81).
- Inserte una Barra de Bloqueo en T (#35) a lo largo de la línea punteada, atornille la Barra de Bloqueo en T izquierda (#35) en el Accesorio Giratorio (#55).
- Inserte un Pasador de Bloqueo (#83) en el orificio de la Barra de Bloqueo en T (#35) para evitar que el Accesorio Giratorio (#55) se caiga durante el movimiento.

(125)  1 M12 × 90mm (83)  1

(131)  2 Ø12

(81)  1 M12



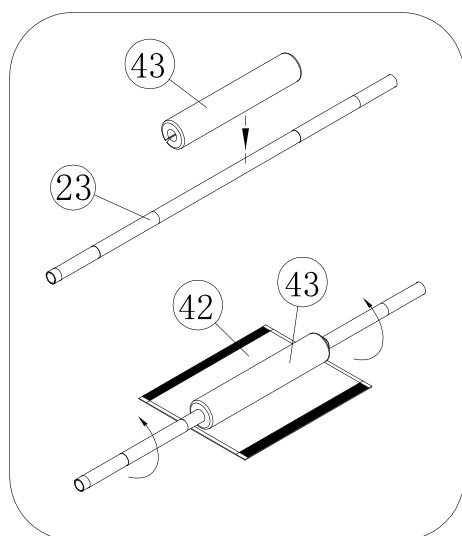
PASO 22

- Coloque 4 x Topes de Goma (#80) y 4 x Clips de Resorte (#84) a ambos lados del Poste de Placas de Peso (#37).
- Coloque 2 x Topes de Goma (#80) y 2 x Clips de Resorte (#84) en las Fundas Olímpicas de la Barra Smith (#38).
- Coloque las Almohadillas para Barra (#43) en la posición central de la Barra de Pesas (#23).
- Utilice la Funda de Almohadilla para Barra para envolver el rollo de espuma y asegúrelo con el velcro en ambos lados.

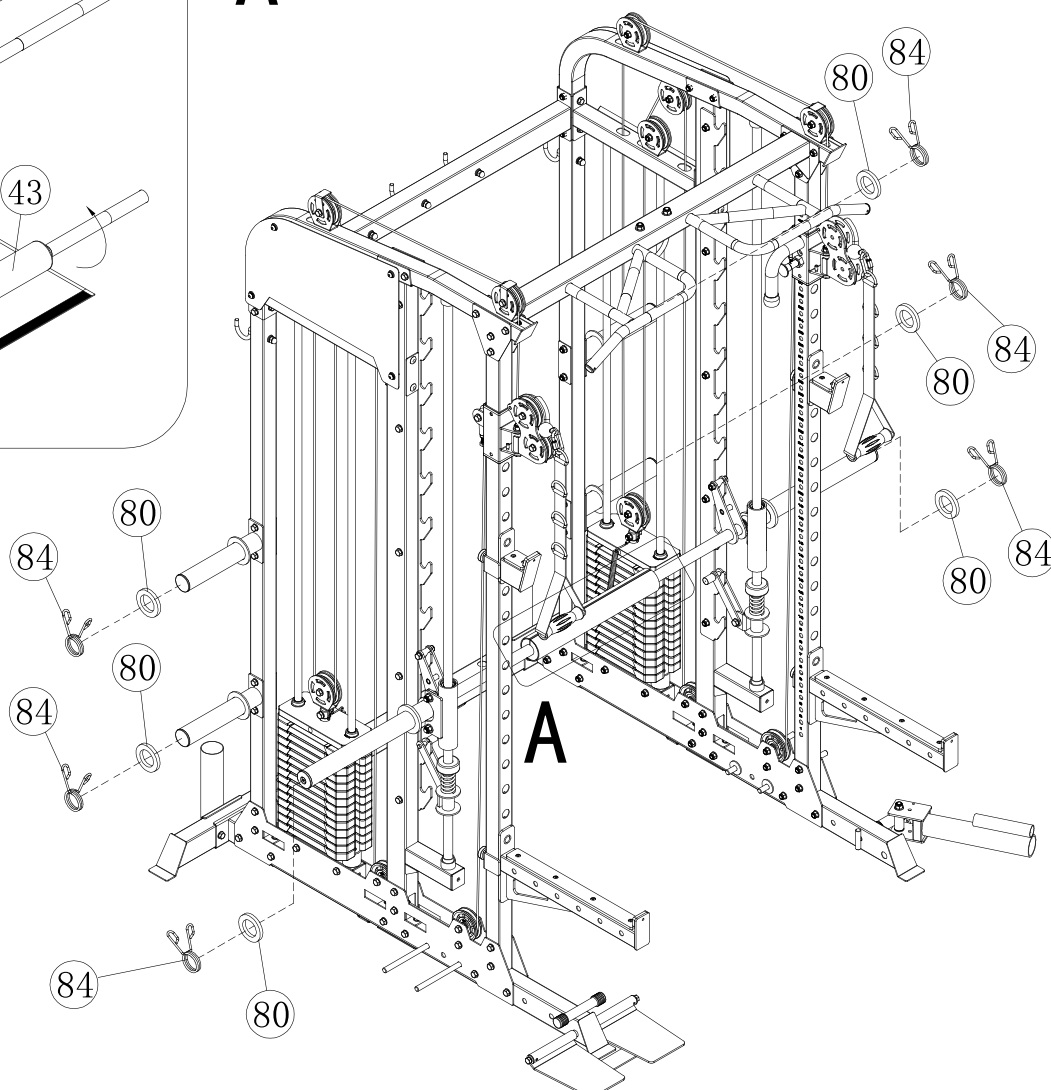
84



6



A

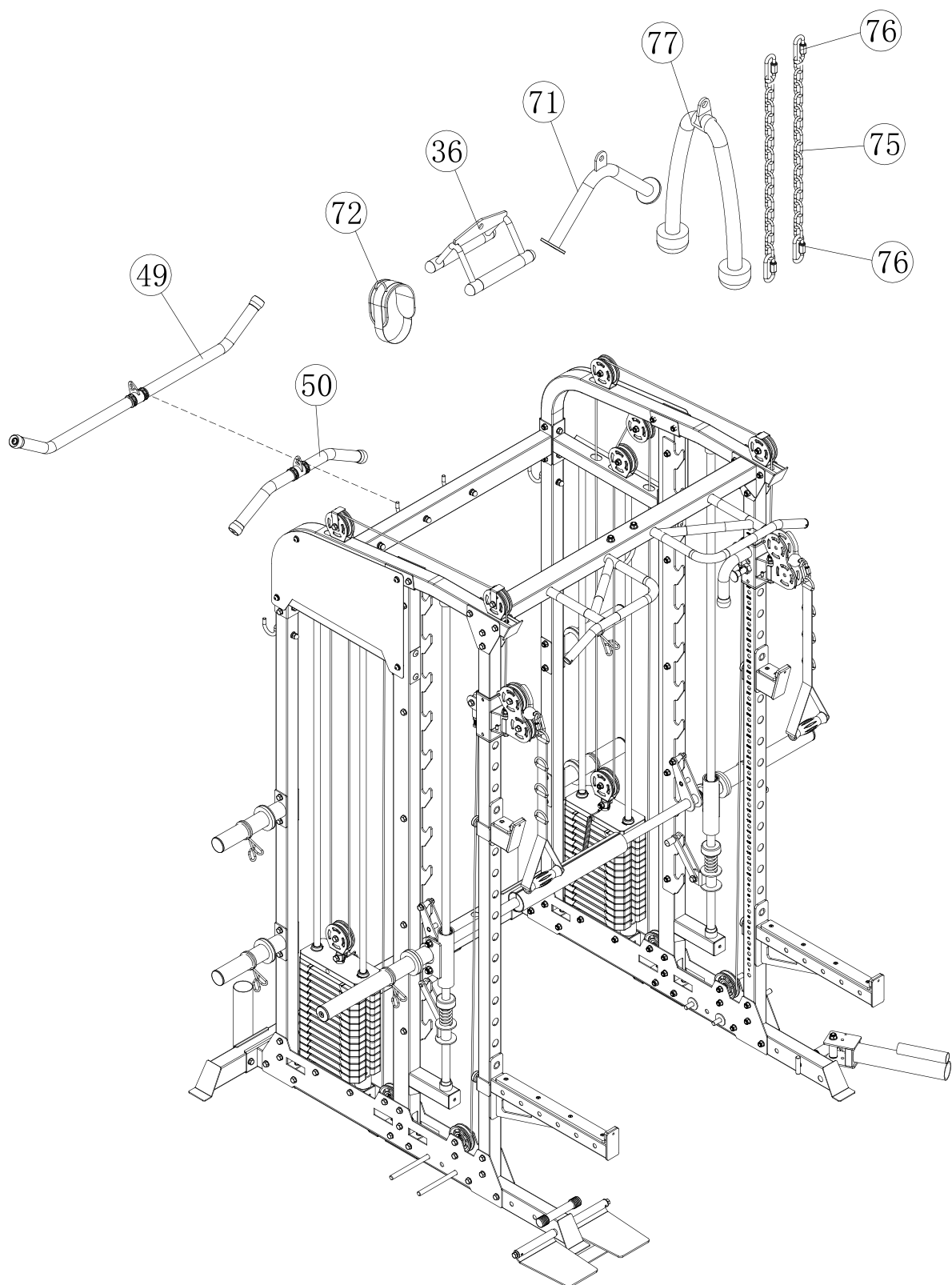


A

- Cuelgue la Barra de Espalda y la Barra Inferior en los ganchos.
- Adjunte la Correa para Tobillo (#72), la Barra en V (#36), el Mango en V (#71), la Cuerda para Tríceps (#77), dos Cadenas (#75) y cuatro Clips de Bloqueo (#76) a los ganchos.

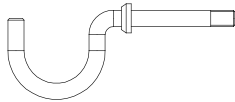
76  4 Locking Carabiner Clip

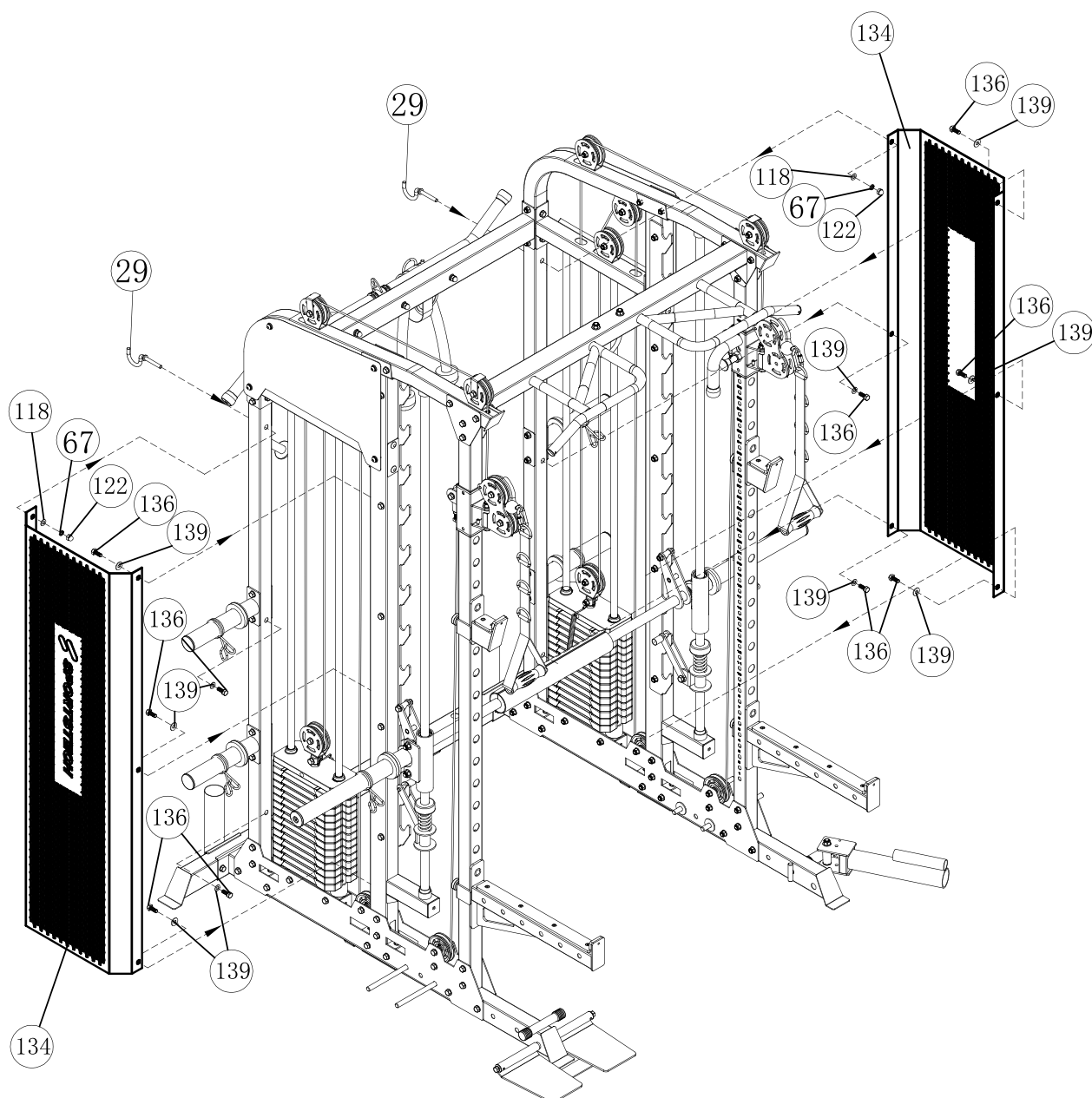
75  2 Chain



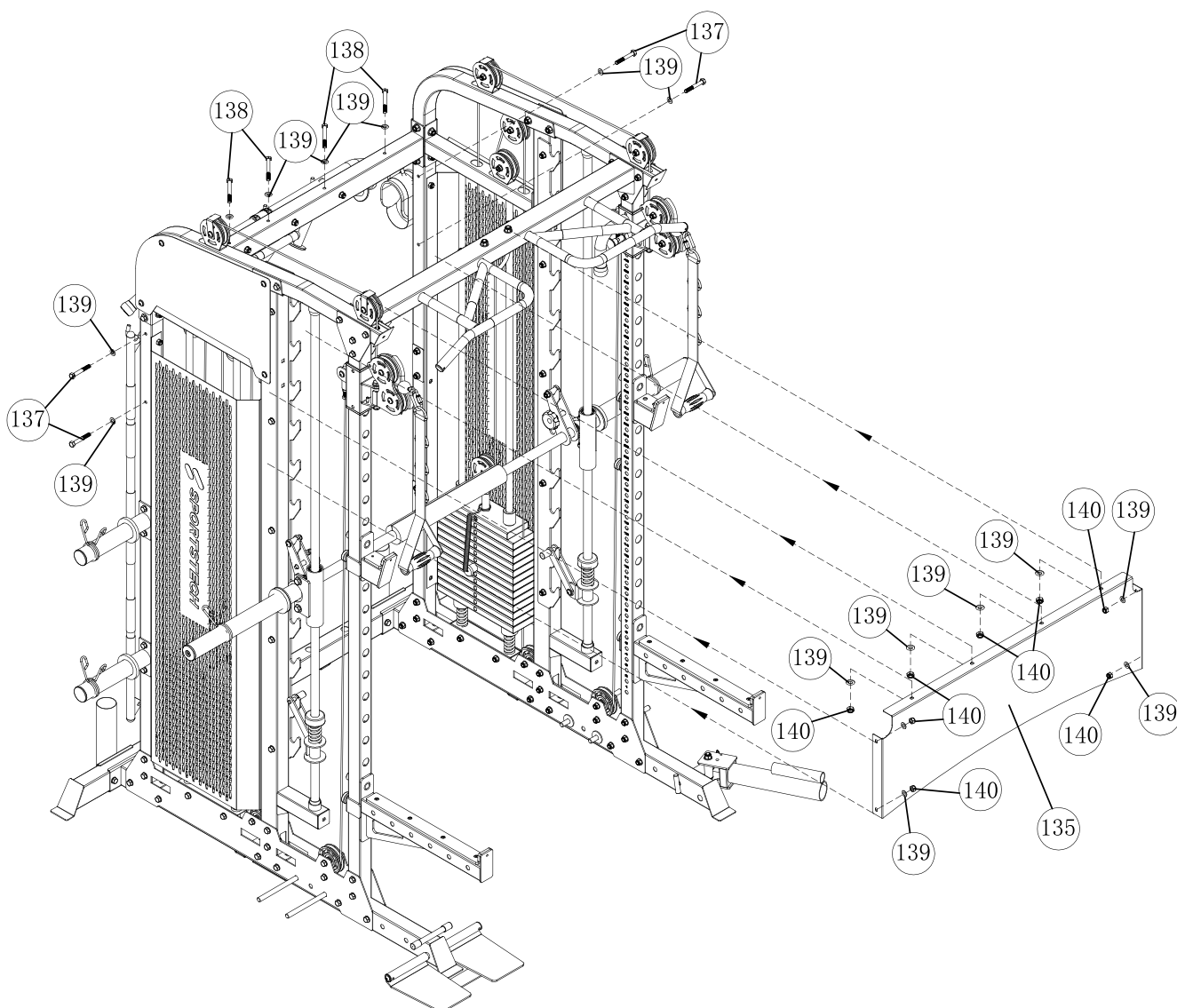
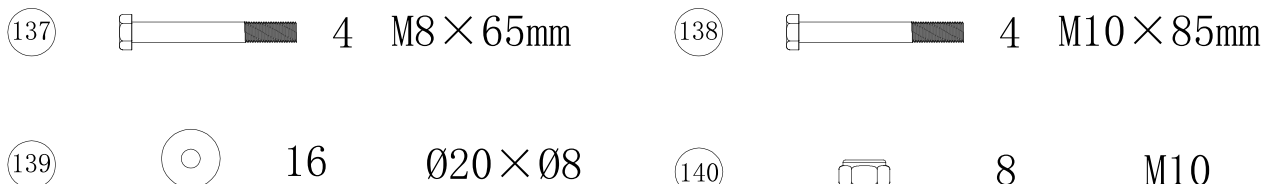
PASO 24

- Fije un lado de la Cubierta de Placas de Peso (#134) al tubo vertical central utilizando 3 x Tornillos Hexagonales M8×18mm (#136) y 3 x Arandelas de 8mm (#139).
- Fije el otro lado de la Cubierta de Placas de Peso (#134) al tubo vertical trasero utilizando 3 x Tornillos Hexagonales M8×18mm (#136) y 3 x Arandelas de 8mm (#139).
- Adjunte la Cubierta de Placas de Peso (#134) al tubo vertical trasero utilizando 1 x Gancho en J (#29), 1 x Tuerca de Cabeza M10 (#122), 1 x Arandela de 19mm (#118) y 1 x Arandela de Resorte de 10mm (#67).
- Repita los pasos anteriores para ensamblar el otro lado de la Cubierta de Placas de Peso (#134).

(67)		2	Ø10	(29)		2
(118)		2	Ø10	(139)		10 Ø20×Ø8
(122)		2	M10	(136)		10 M8×18mm



- Fije ambos lados de la tabla de carteles de entrenamiento (#135) al tubo vertical trasero utilizando 4 x Tornillos Hexagonales M8×65mm (#137), 8 x Arandelas de 8mm (#139) y 4 x Tuercas Aeronáuticas M8 (#140).
- Fije los lados superiores de la tabla de carteles de entrenamiento (#135) utilizando 4 x Tornillos Hexagonales M8×85mm (#138), 8 x Arandelas de 8mm (#139) y 4 x Tuercas Aeronáuticas M8 (#140).



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

4.1 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 partes móviles con aceite ligero periódicamente para evitar el desgaste prematuro.
- Inspeccione y ajuste todas las partes antes de usar el equipo, reemplace de inmediato cualquier parte defectuosa y no use el equipo nuevamente hasta que esté en perfecto estado de funcionamiento.
- El equipo se puede limpiar con un paño húmedo y un detergente suave no abrasivo. No utilice 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, comuníquese con el minorista.

5. Desecho

Recycling loop

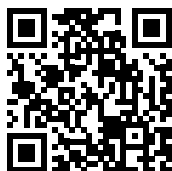


El material de empaque puede trasladarse de nuevo al ciclo de materias primas. Deshágase del material de embalaje de acuerdo a las normativas legales. Puede encontrar información en los sistemas de recogida y retorno de residuos de su comunidad.

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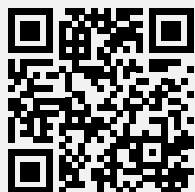


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<https://sportstech.link/facebook>

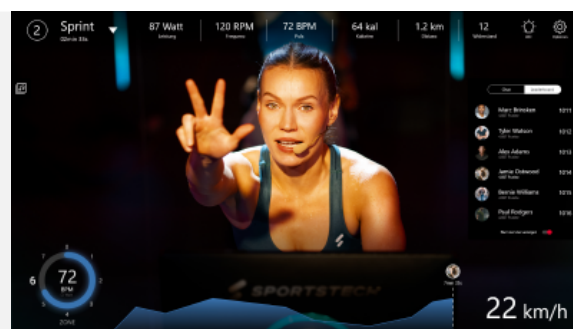
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Chère clientèle,

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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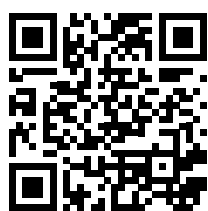
Contenu de l'emballage

1	SXM200 POWER RACK	2	Manuel d'utilisation
3	Clé Allen	4	Clé
5	Landmine	6	2 x Arrêt de sécurité
6	2 x J-Hook	7	Barre latérale
8	Poignée en V	9	Sangle de cheville
10	Barre courte	11	Corde triceps
12	2 x Poignée ajustable	13	4 x Ancre amovible
13	V-Bar		

Caractéristiques techniques

Dimensions du produit (LxlxH)	164 × 213 × 230 cm
Poids net de l'appareil	356,4 kg
Poids maximum autorisé de l'utilisateur	150 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/sxm200_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 150 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 énumérés dans la liste des pièces, en gardant à l'esprit que, pour faciliter l'assemblage, certains composants sont préassemblés.
- Maintenez les enfants et les animaux éloignés de la zone d'exercice, les petites pièces pourraient présenter un risque d'étouffement en cas d'ingestion.
- Assurez-vous d'avoir suffisamment d'espace pour disposer les pièces avant de commencer.
- Assemblez l'article aussi près que possible de sa position finale (dans la même pièce).
- Le produit doit être installé sur une surface stable et de niveau.
- Éliminez tous les emballages avec soin et de manière responsable.



UTILISATION

- Gardez les enfants non supervisés éloignés de l'équipement.
- Des blessures à la santé peuvent résulter d'un entraînement incorrect ou excessif.
- Si l'un des dispositifs de réglage dépasse, cela pourrait interférer avec le mouvement de l'utilisateur.
- Il incombe au propriétaire de s'assurer que tous les utilisateurs de ce produit sont correctement informés sur la façon de l'utiliser 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 s'entraîner, effectuez toujours des exercices d'étirement pour bien vous échauffer.
- Si l'utilisateur ressent des vertiges, des nausées, des douleurs thoraciques ou d'autres symptômes anormaux, arrêtez l'entraînement et demandez immédiatement une assistance médicale.
- Une seule personne à la fois doit utiliser l'équipement.
- Gardez les mains éloignées de toutes les pièces mobiles.
- Portez toujours des vêtements de sport appropriés lors de l'exercice. Ne portez pas de vêtements amples, car ils peuvent se coincer dans l'équipement. Portez des baskets pour protéger vos pieds pendant l'exercice.
- Ne placez aucun objet pointu 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 mettez pas l'équipement dans un garage, un bâtiment annexe, une terrasse couverte ou près de l'eau.
- Si des enfants sont autorisés à utiliser l'équipement sous surveillance, 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 convient pour un poids maximum de l'utilisateur de : 150 kg.
- Ce produit n'est pas adapté à des fins thérapeutiques.
- La zone libre doit être d'au moins 0,6 m plus grande que la zone d'entraînement dans les directions d'accès à l'équipement. La zone libre doit également inclure l'espace pour un démontage d'urgence. Lorsque l'équipement est positionné adjacent, la valeur de la zone libre peut être partagée. Gardez les enfants non supervisés éloignés de l'équipement.
- Ne placez jamais l'unité sur une surface si cela bloque les ouvertures de ventilation.

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



Avertissement : Les parents et autres responsables d'enfants doivent être conscients de leur responsabilité, car l'instinct de jeu naturel et la tendance des enfants à expérimenter peuvent conduire à des situations et à des comportements pour lesquels l'équipement d'entraînement n'est pas conçu.

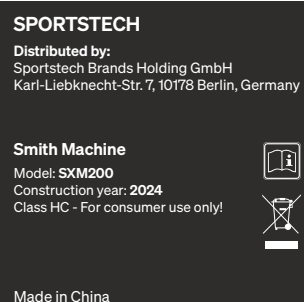
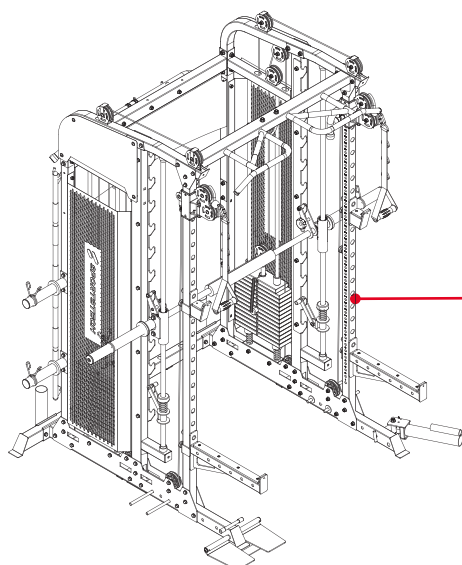
Avertissement : Avant de commencer tout programme d'exercice, consultez votre médecin. Cela est particulièrement important pour les personnes de plus de 35 ans ou celles ayant des problèmes de santé préexistants. Vous DEVEZ lire toutes les instructions avant d'utiliser tout équipement de fitness. Veuillez 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.



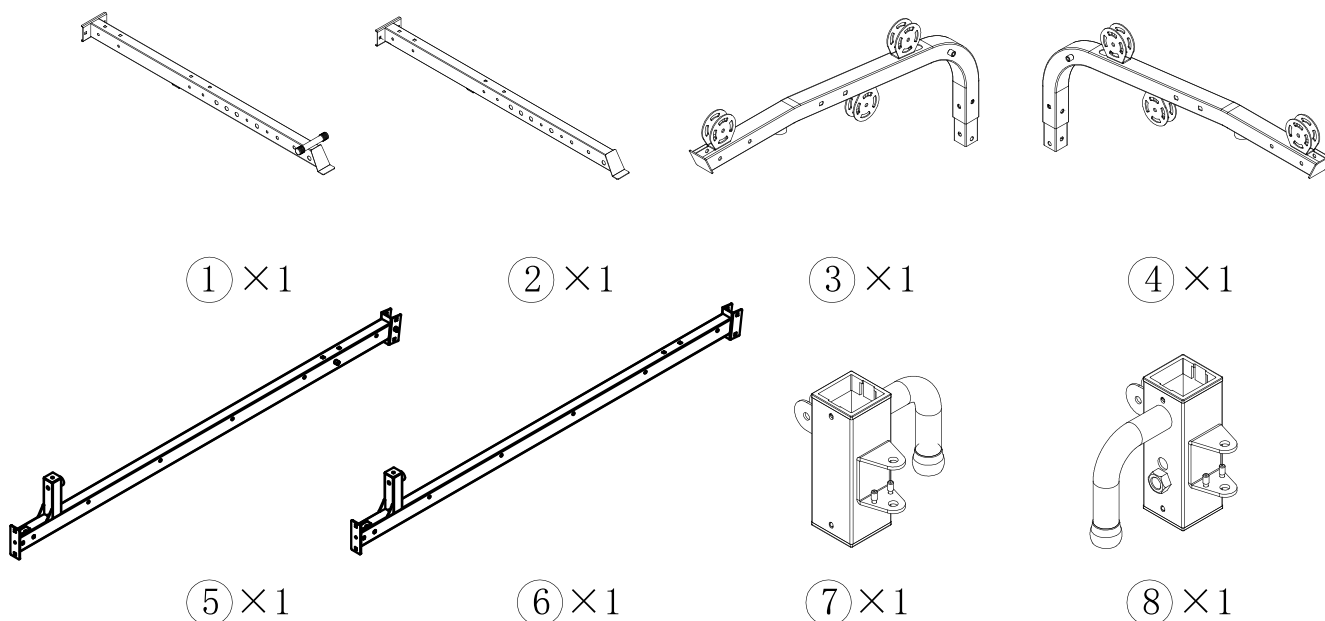
2. Installation, pliage et stockage

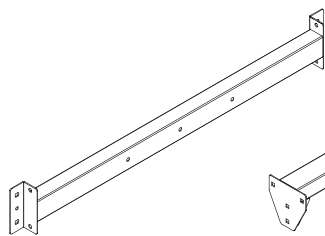
2.1 INSTALLATION

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

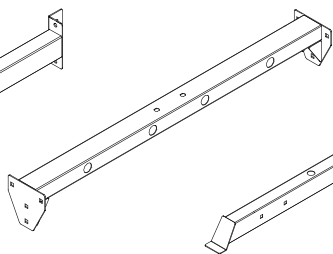
- Espace intérieur sec
- L'appareil n'obstrue pas les ouvertures de ventilation.
- Surface résistante à la chaleur ; si nécessaire, utilisez un tapis de sol.
- Espace libre d'au moins 2 m (6.6 ft) derrière l'appareil.
- Espace libre d'au moins 1 m (3.3 ft) de chaque côté de l'appareil.
- Espace libre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

2.2 COMPOSANTS

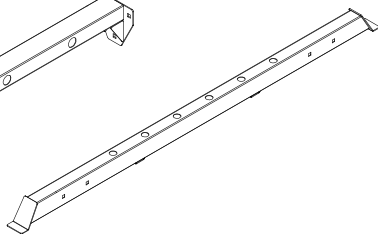




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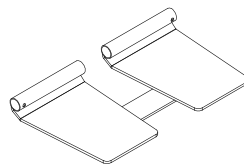
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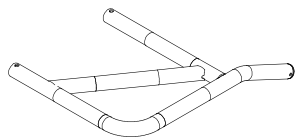
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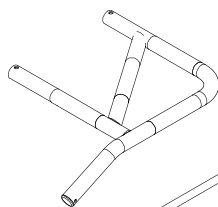
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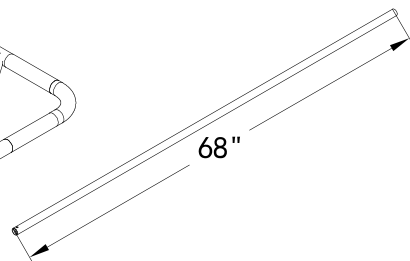
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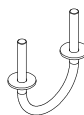
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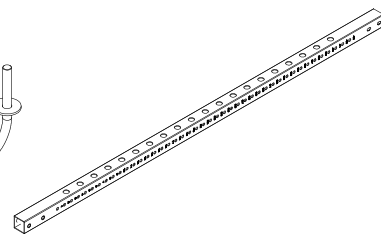
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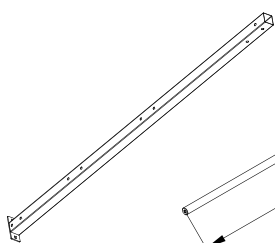
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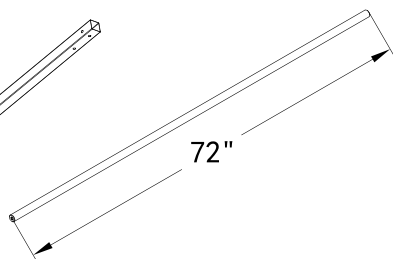
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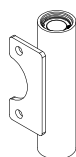
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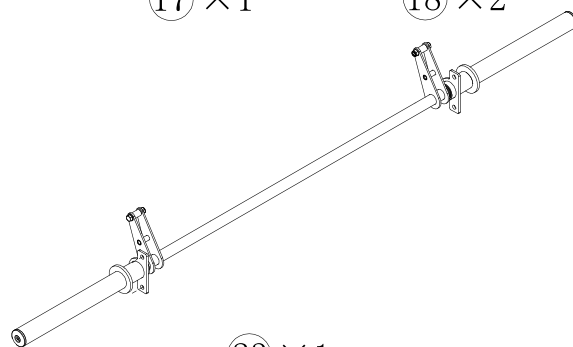
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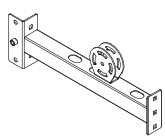
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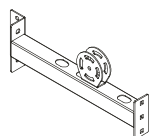
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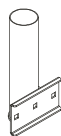
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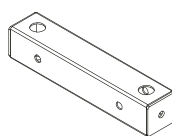
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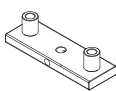
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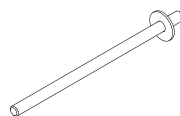
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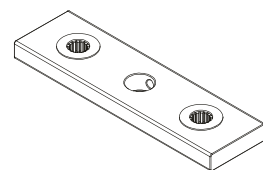
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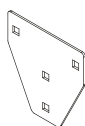
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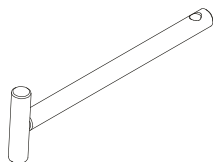
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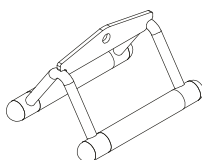
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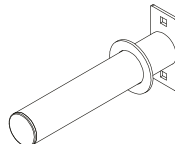
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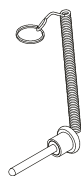
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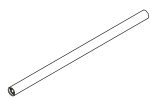
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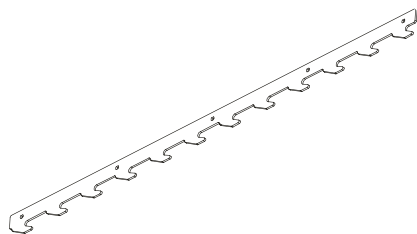
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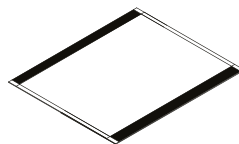
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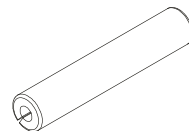
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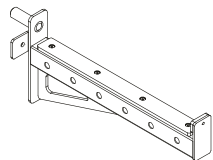
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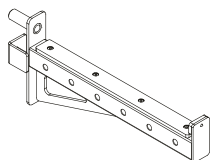
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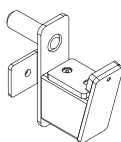
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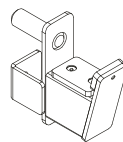
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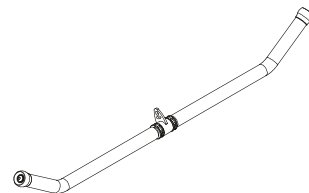
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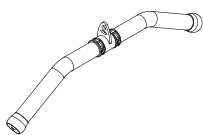
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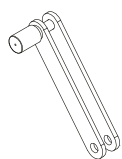
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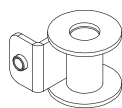
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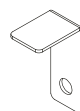
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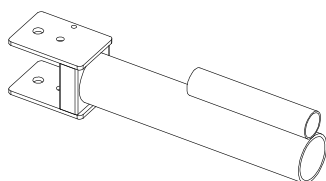
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⑤④×6



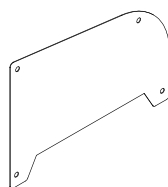
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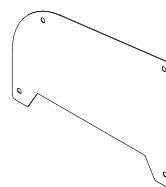
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⑤⑦×2



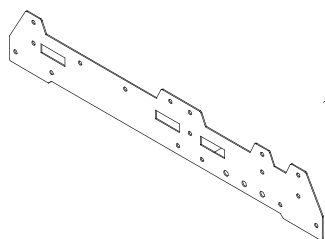
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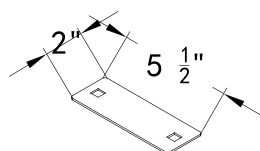
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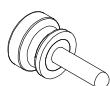
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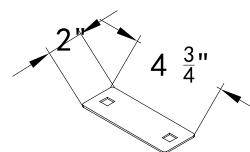
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⑥③×2



⑥④×4



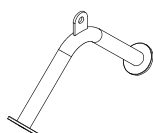
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⑥⑥×4



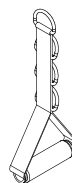
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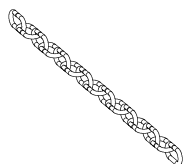
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⑦③×2



⑦④×2



⑦⑤×2



⑦⑥×6



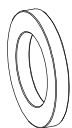
⑦⑦×1



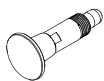
⑦⑧×18



⑦⑨×2



80 × 6



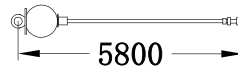
82 × 2



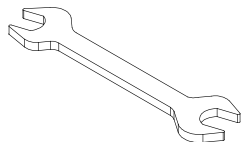
83 × 1



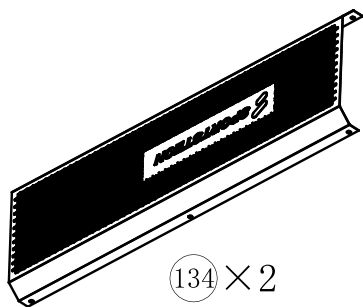
84 × 6



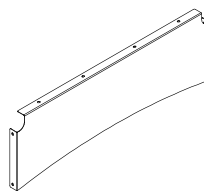
89 × 2



132 × 2



134 × 2



134 × 1



141 × 2

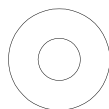
2.3 ÉLÉMENTS DE FIXATION



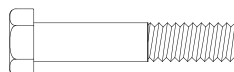
67 × 25



81 × 9



112 × 6



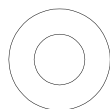
117 × 8



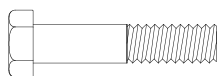
118 × 219



119 × 104



131 × 18



121 × 8



122 × 5



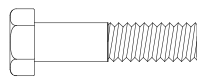
123 × 76



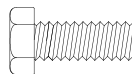
124 × 2



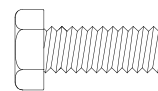
125 × 3



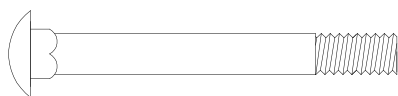
126 × 2



127 × 10



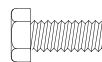
128 × 4



129 × 12



130 × 8



136 × 10



137 × 4



138 × 4



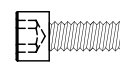
139 × 26



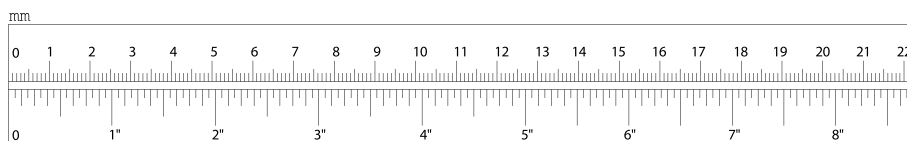
140 × 8



142 × 2

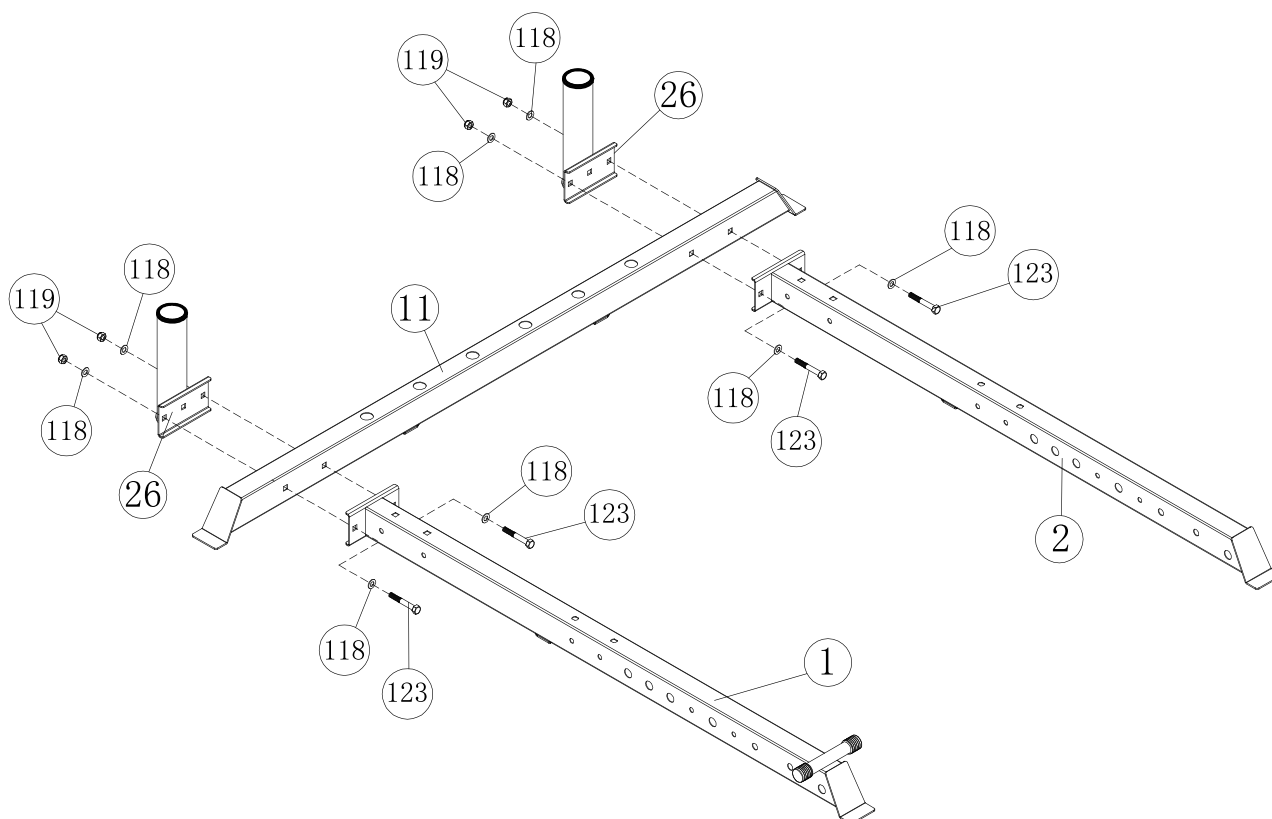
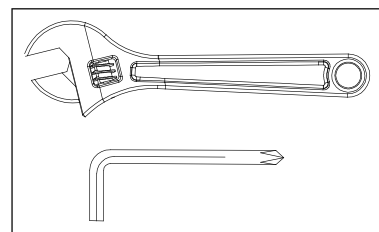


120 × 4



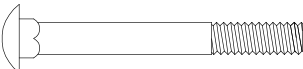
- Fixez le Cadre de Base Droit (#1) et le Support de Rangement pour Barbell (#26) au Cadre de Base Arrière (#11) en utilisant 2 x boulons hexagonaux M10×70mm (123#), 4 x rondelles de 10mm (118#) et 2 x écrous d'aéronautique M10 (119#).
- Fixez le Cadre de Base Gauche (#2) et le Support de Rangement pour Barbell (#26) au Cadre de Base Arrière (#11) en utilisant 2 x boulons hexagonaux M10×70mm (123#), 4 x rondelles de 10mm (118#) et 2 x écrous d'aéronautique M10 (119#).

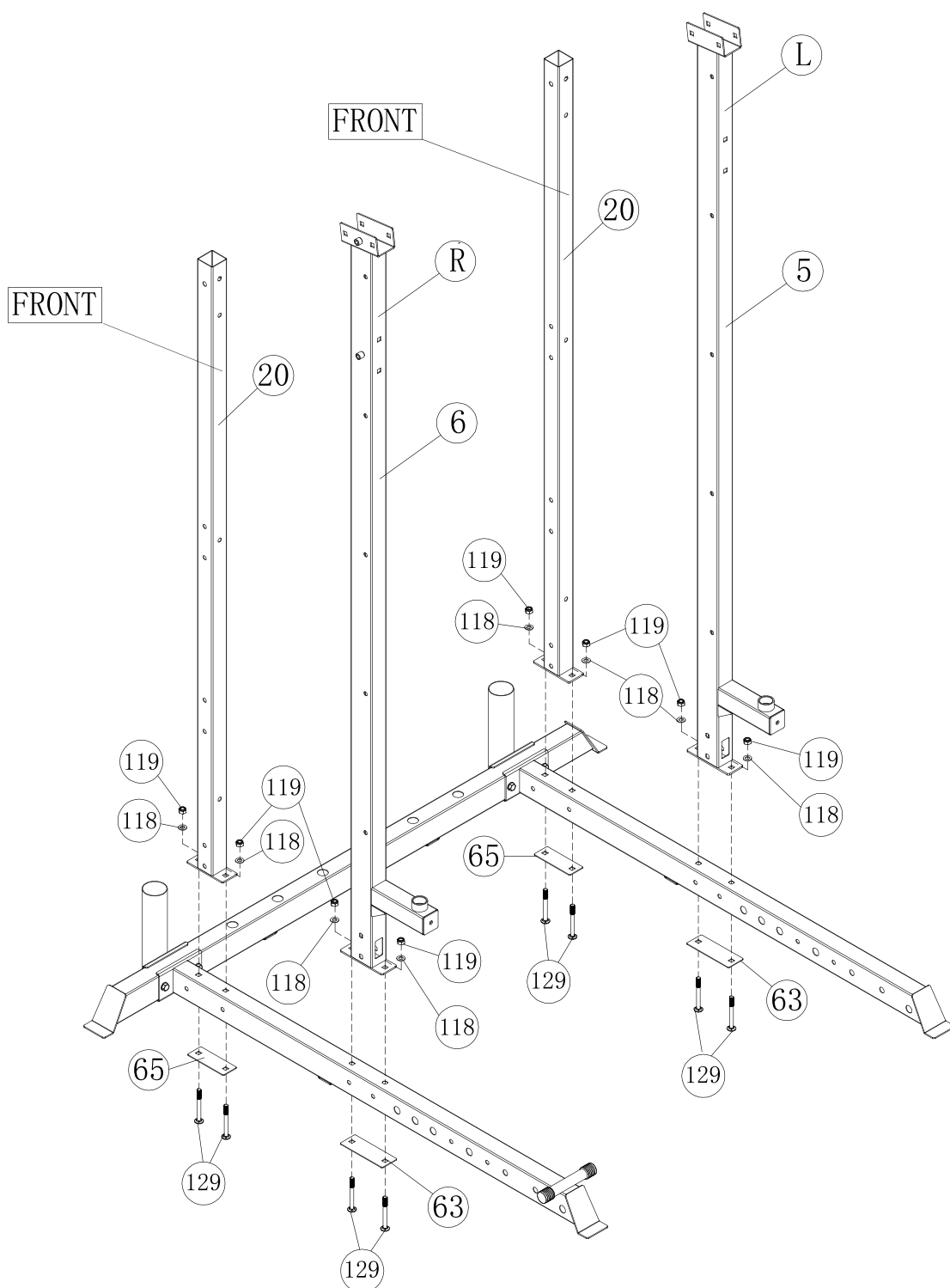
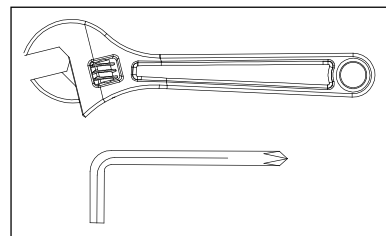
123		4	M10×70mm
118		8	Ø10
119		4	M10



ÉTAPE 2

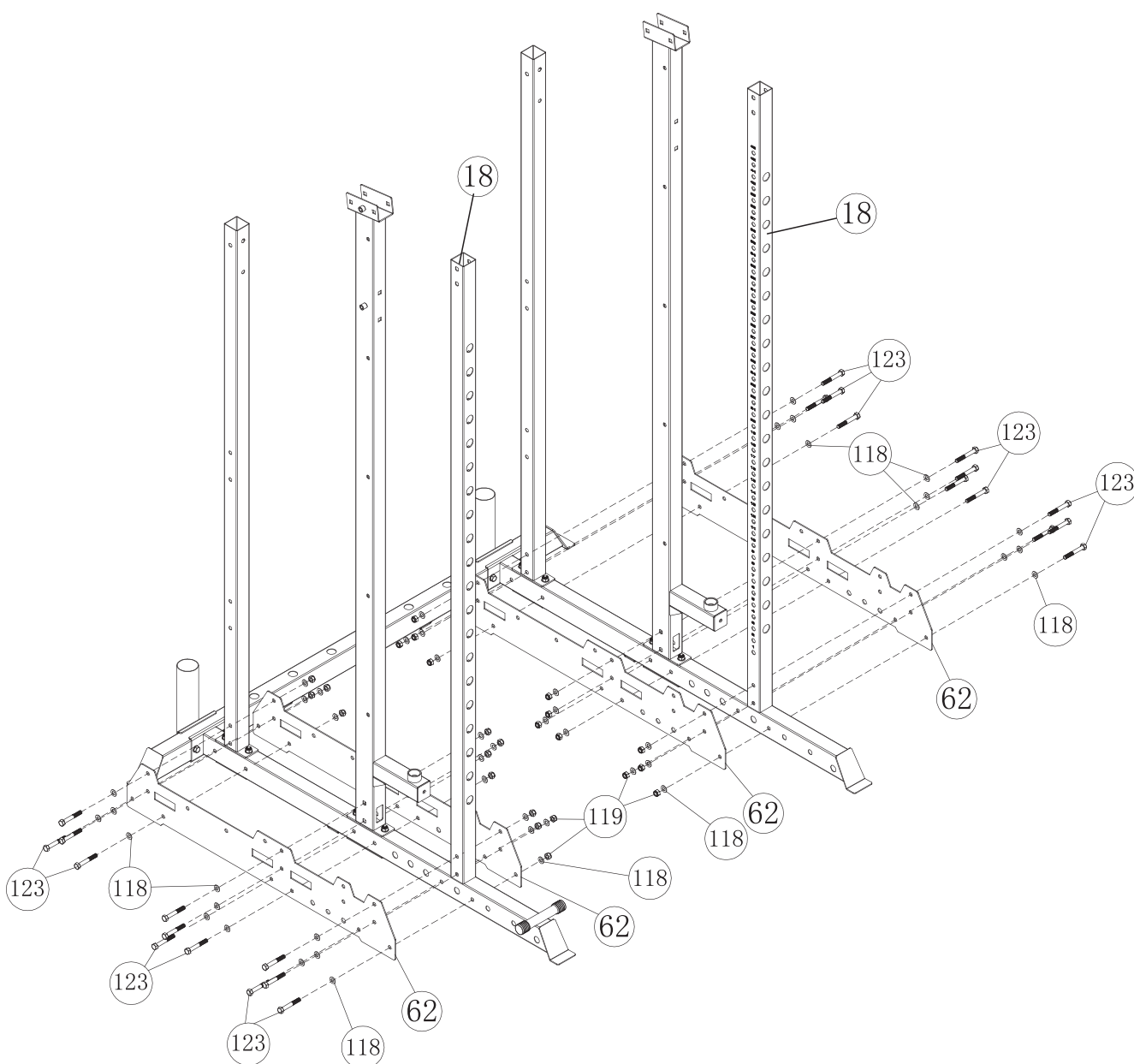
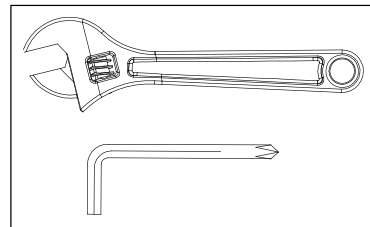
- Fixez le Poutre Verticale Moyenne Gauche et Droit (5# et 6#) au Cadre de Base Gauche et Droit (#1 et #2) en utilisant 4 x boulons de chariot M10×90mm (129#), 4 x rondelles de 10mm (118#), 4 x écrous d'aéronautique M10 (119#) et 2 x supports (63#).
- Fixez deux Poutres Verticales Arrières (20#) au Cadre de Base Gauche et Droit (#1 et #2) en utilisant 4 x boulons de chariot M10×90mm (129#), 4 x rondelles de 10mm (118#), 4 x écrous d'aéronautique M10 (119#) et 2 x supports (65#).

129		8	M10×90mm
118		8	Ø10
119		8	M10



- Fixez la Poutre Verticale Avant (#18) au Cadre de Base Gauche (#2) en utilisant 12 x boulons hexagonaux M10×70mm (#123), 24 x rondelles de 10mm (#118), 12 x écrous d'aéronautique M10 (#119) et 2 x supports de cadre de base (#62).
- Fixez la Poutre Verticale Avant (#18) au Cadre de Base Droit (#1) en utilisant 12 x boulons hexagonaux M10×70mm (#123), 24 x rondelles de 10mm (#118), 12 x écrous d'aéronautique M10 (#119) et 2 x supports de cadre de base (#62).

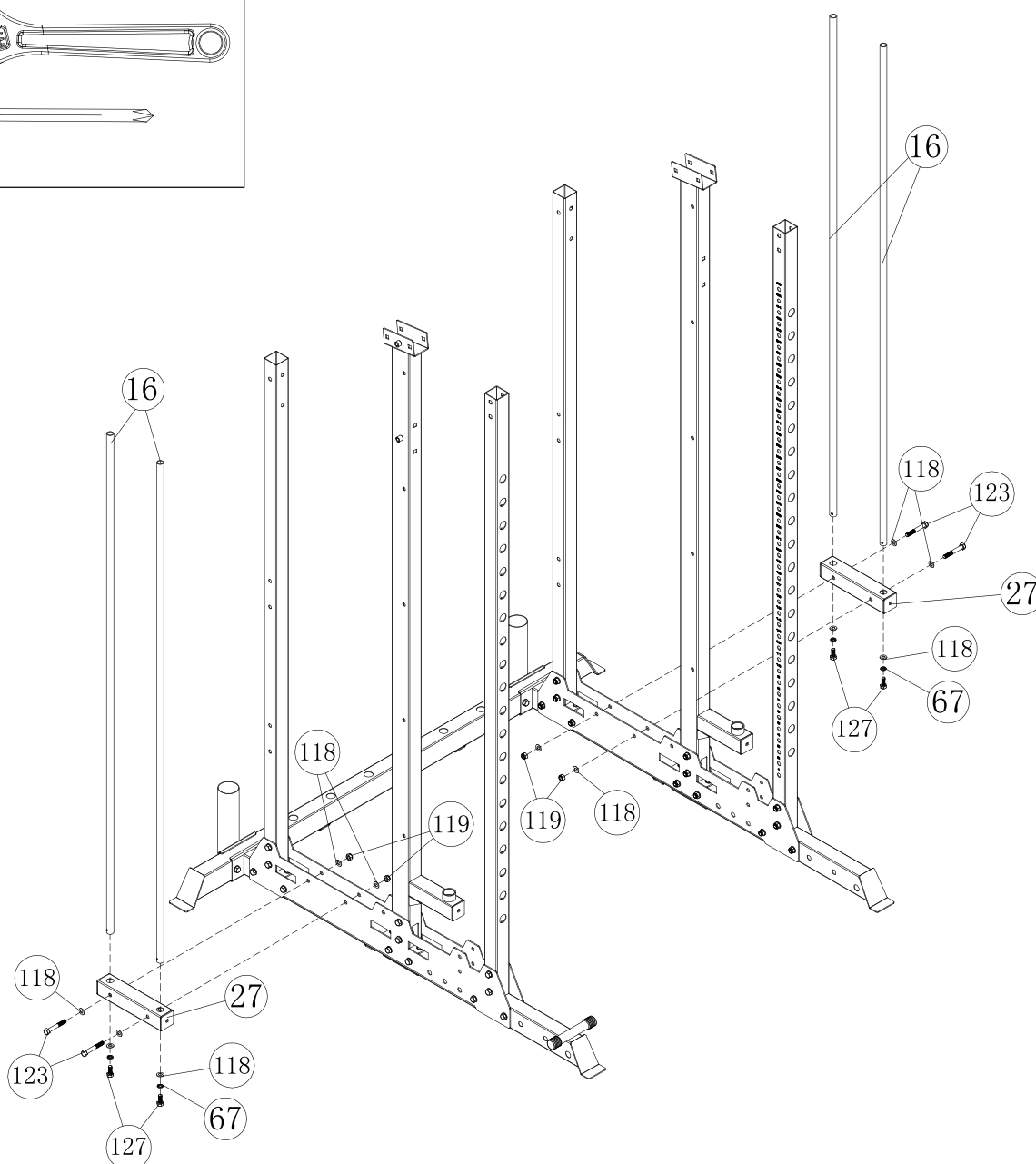
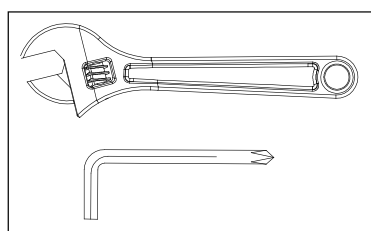
123		24	M10×70mm
118		48	Ø10
119		24	M10



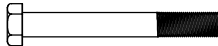
ÉTAPE 4

- Attach 4 x Guide Rods (#16) to 2 x Trolley Base Frames (#27) using 4 x M10×25mm Carriage Bolts (127#), 4 x10mm Washers (#118) and 4 × 10mm Spring Washers (67#).
- Attach 2 x Trolley Base Frames (#27) to the Base frame using 4 x M10×70mm Carriage Bolts(123#), 8 x10mm Washers (#118) and 4 × 10mm Spring Washers (67#).

(123)		4	M10×70mm	(127)		4	M10×25
(118)		12	Ø10	(67)		4	Ø10
(119)		4	M10	Spring Washer			

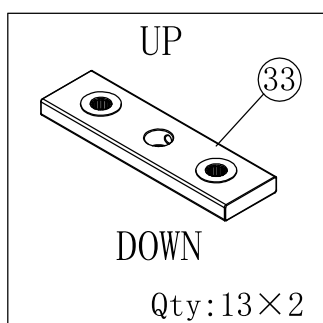
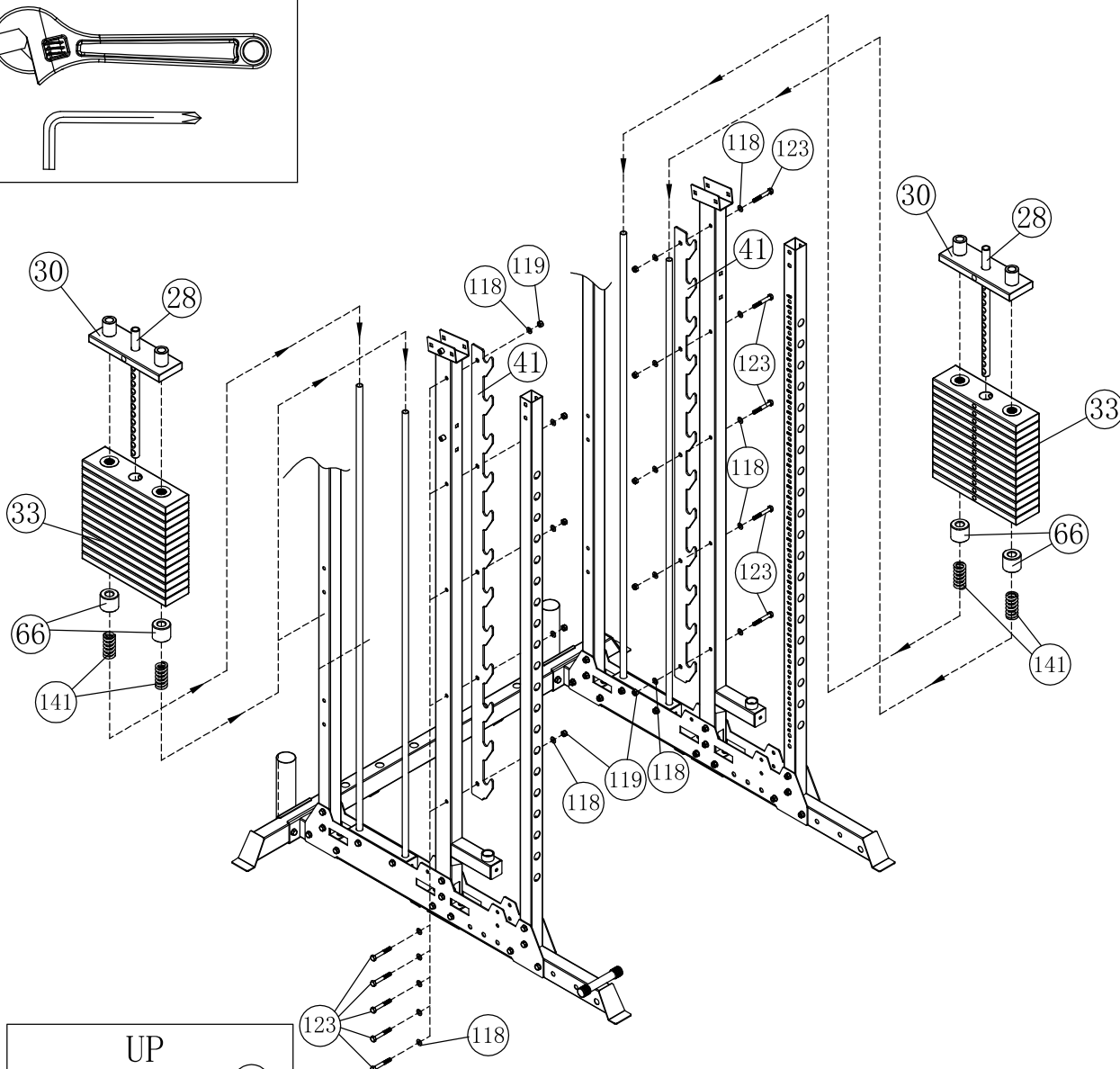
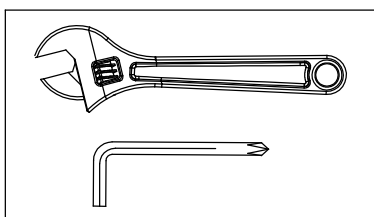


- Mettez 4 x Ressorts de Plaques de Poids (#141) et 4 x Butées de Tiges de Guidage (#66) sur les Quatre Tiges de Guidage (#16).
- Placez deux groupes de 13 x Plaques de Poids (#33) sur les Tiges de Guidage (#16), veuillez noter la direction d'installation des plaques de poids, la goupille est à l'intérieur.
- Placez les deux tiges de sélection (#30) de chaque côté des tiges de guidage.
- Fixez deux Verrous de Sécurité à Dent (#41) de chaque côté du tube vertical central en utilisant 10 x boulons à tête M10×70mm (#123), 20 x rondelles de 10mm (#118) et 10 x écrous d'avion M10 (#119).

(123)  10 M10×70mm

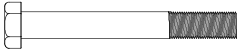
(118)  20 Ø10

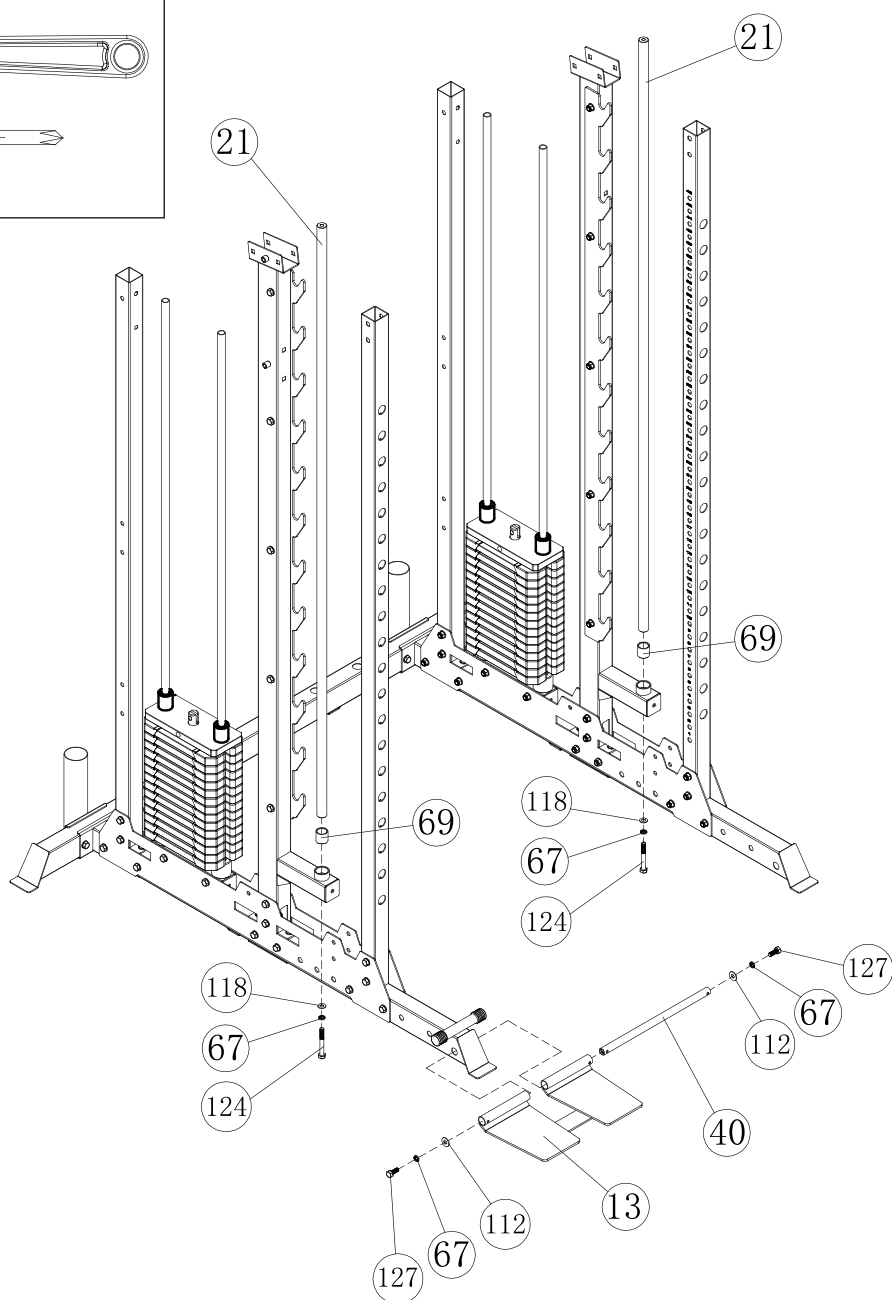
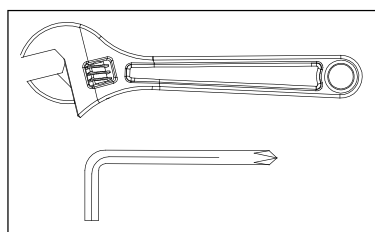
(119)  10 M10



ÉTAPE 6

- Fixez deux Amortisseurs en Caoutchouc de Guidage au bas de la Tige de Guidage (#21).
- Fixez 2 x Tiges de Guidage (#21) aux deux tubes verticaux centraux en utilisant 2 x boulons hexagonaux M10×80mm (#127), 2 x rondelles de 10mm (#118) et 2 x rondelles de compression de 10mm (#67).
- Fixez le Plateforme de Pied (#13) au cadre de base droit en utilisant 1 x Tube de Plateforme de Pied (#40), 2 x boulons hexagonaux M10×25mm (#127), 2 x Grandes Rondelles de 10mm (#112) et Tube de Plateforme de Pied.

124		2	M10×80mm	127		2	M10×25
118		2	Ø10	112		2	Ø10×Ø25
67		4	Ø10				

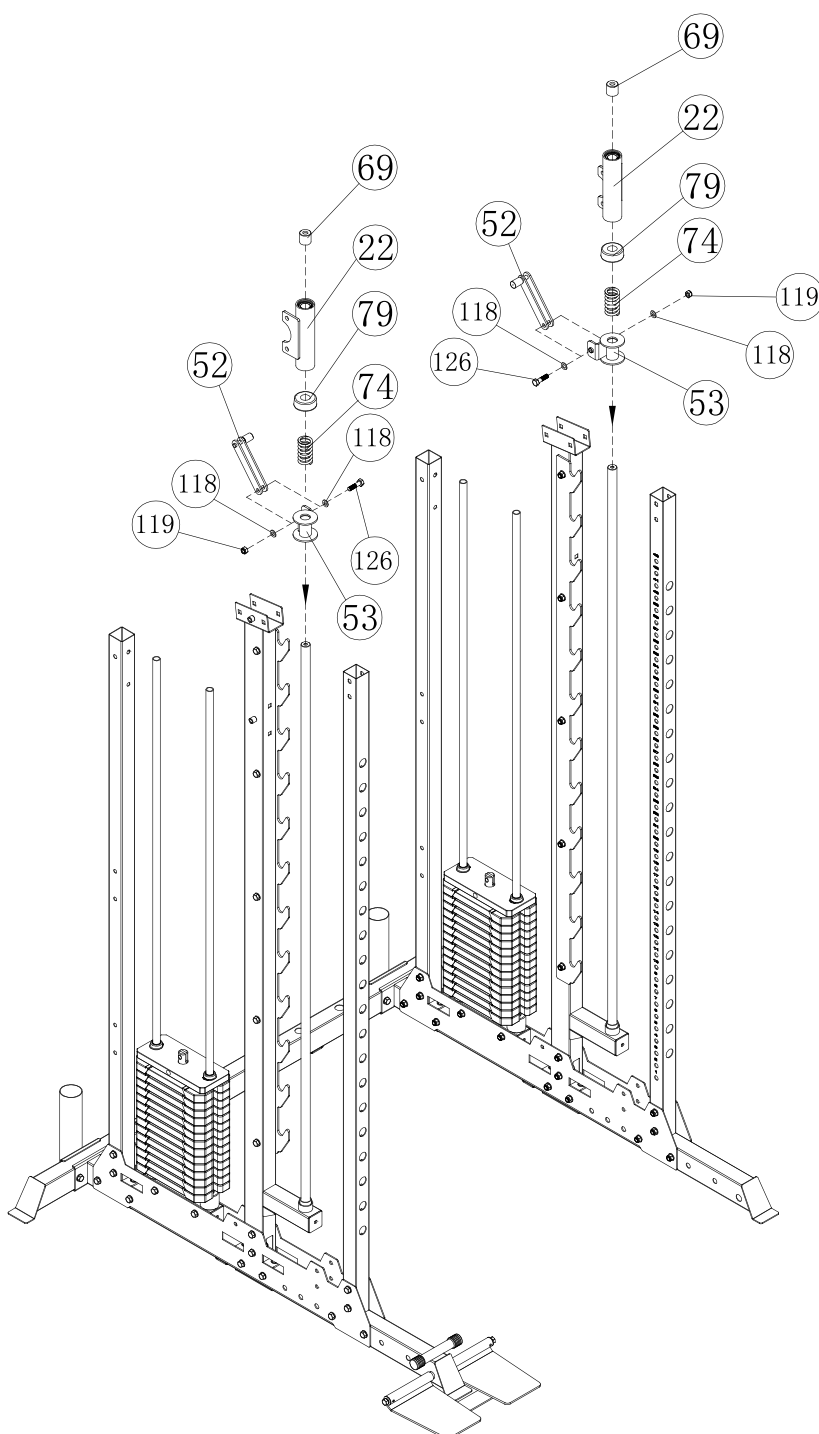
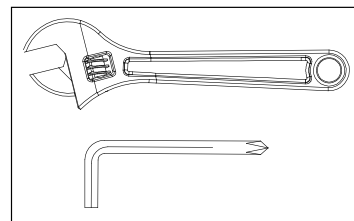


- Fixez respectivement 2 x Crochets de Sécurité Inférieurs (#52) au Cadre de Sécurité Inférieur (#53) en utilisant 2 x Boulons Hexagonaux M10×40mm (#126), 4 x Rondelles de 10mm (#118) et 2 x Écrous d'Avion M10.
- Fixez 2 x Ressorts Amortisseurs (#74) et 2 x Butées de Tige de Guidage (#79) à la Tige de Guidage (#21).
- Placez respectivement 2 x Manchons de Tige de Guidage (#22) sur la Tige de Guidage (#21).
- Fixez 2 x Amortisseurs en Caoutchouc de Guidage (#69) au sommet de la Tige de Guidage (#21).

(126)  2 M10×40mm

(118)  4 Ø10

(119)  2 M10



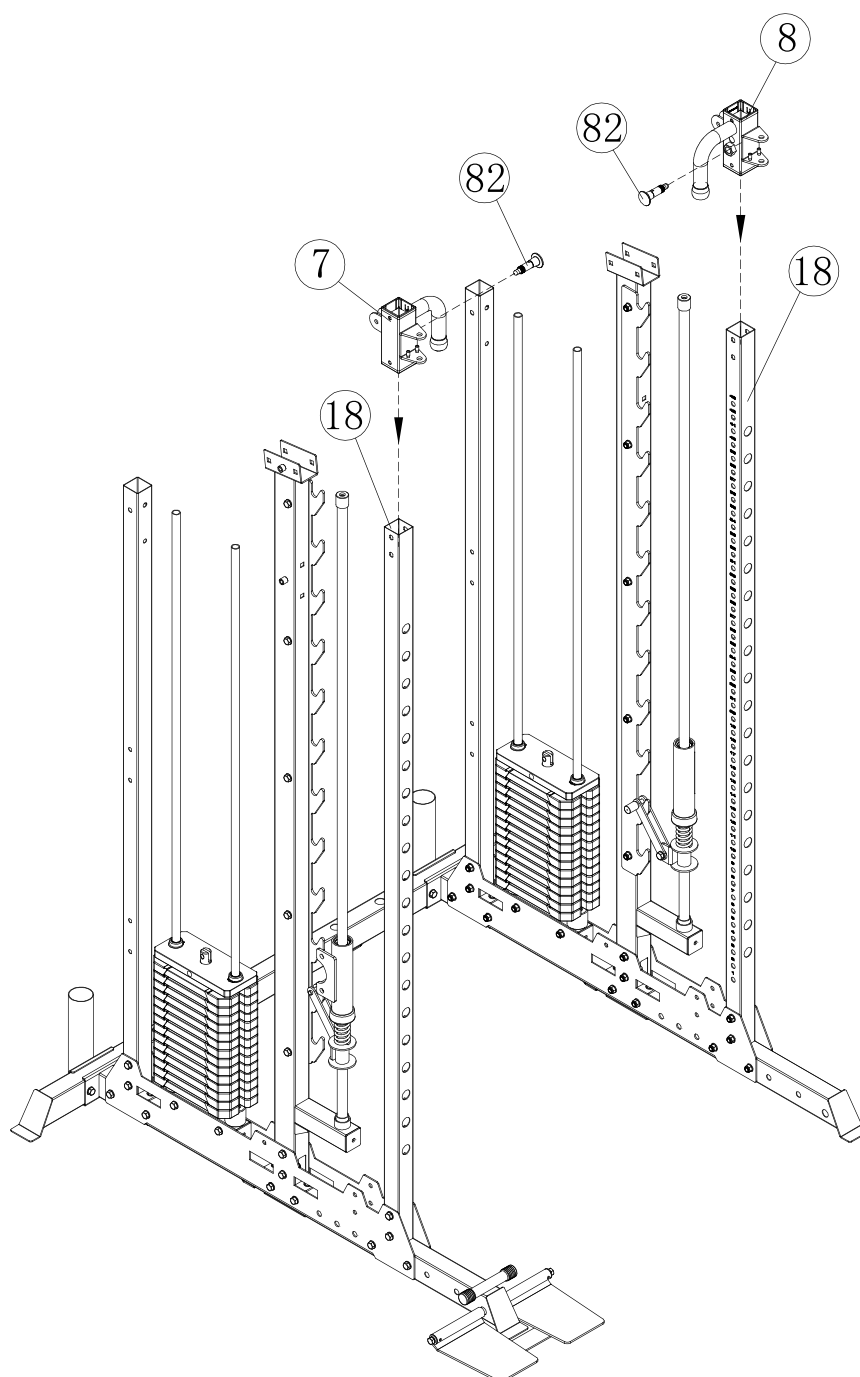
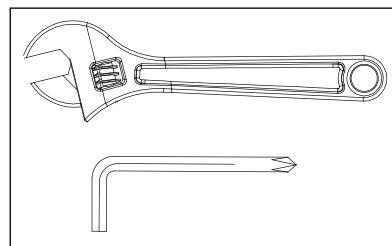
ÉTAPE 8

- Fixez l'Assemblage de Poulie de Câble Gauche (#8) au tube vertical gauche et sécurisez avec le Goupille de Verrouillage de Poulie de Câble (#82).
- Fixez l'Assemblage de Poulie de Câble Droit (#7) au tube vertical gauche et sécurisez avec le Goupille de Verrouillage de Poulie de Câble (#82).

82

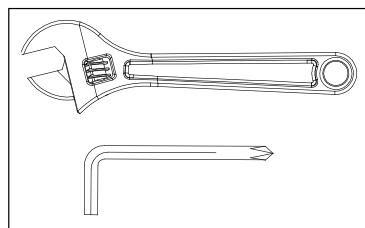


2

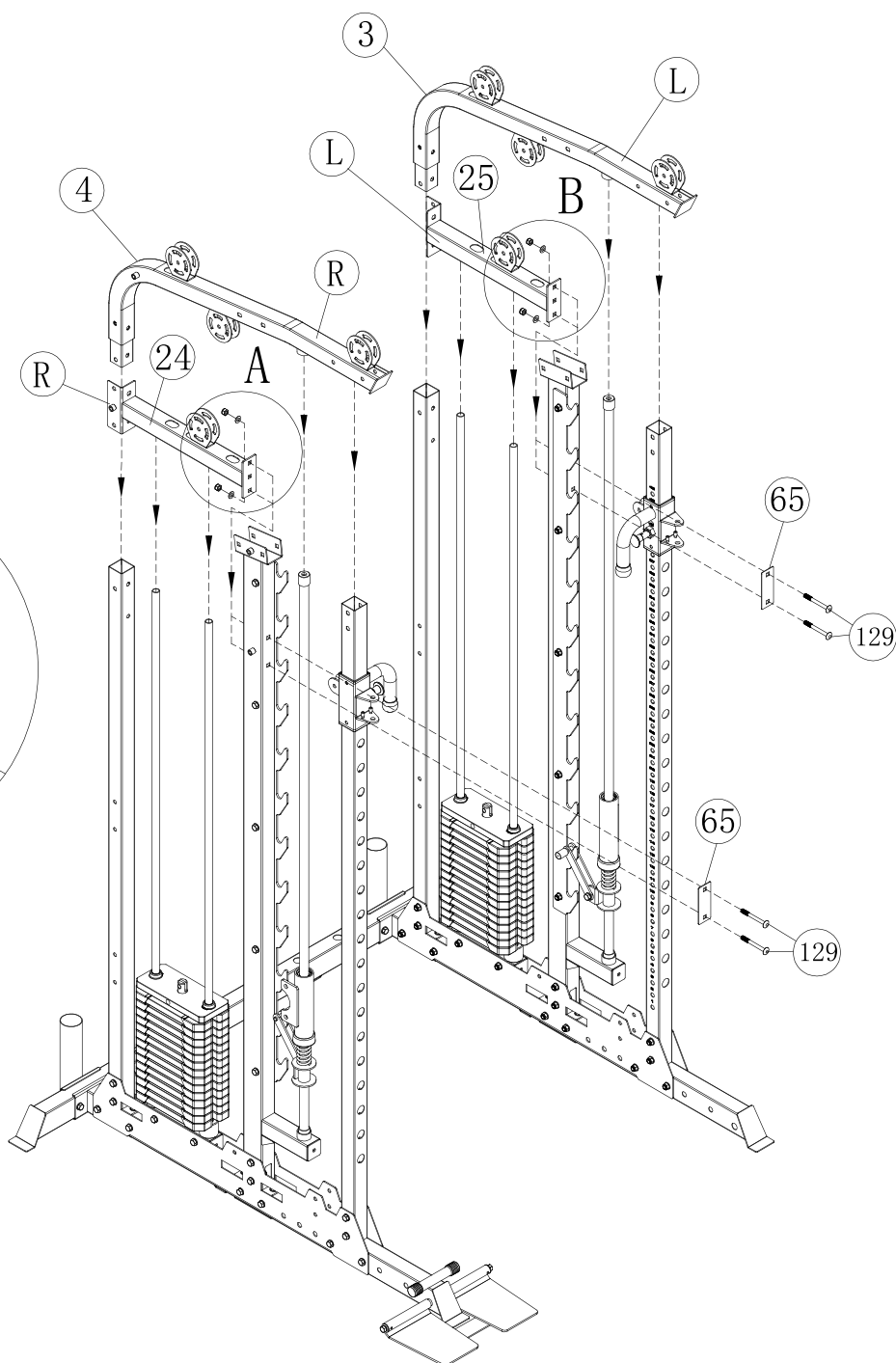
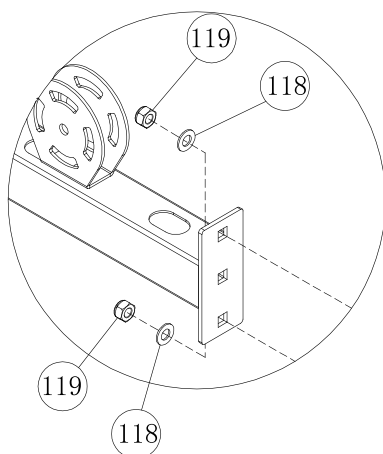


- Fixez le Cadre Supérieur Gauche (#3) au tube vertical médian gauche et au tube vertical arrière.
- Fixez le Cadre Supérieur Droit (#4) au tube vertical médian droit et au tube vertical arrière.
- Fixez le Support Arrière Supérieur Gauche (25#) au tube vertical médian et au tube vertical arrière en utilisant 2 x M10×90mm Boulons à Tête Ronde (129#), 2 x 10mm Rondelles (118#), 2 x Écrous Aéronautiques M10 (119#) et le Support (65#).
- Fixez le Support Arrière Supérieur Droit (24#) au tube vertical médian et au tube vertical arrière en utilisant 2 x M10×90mm Boulons à Tête Ronde (129#), 2 x 10mm Rondelles (118#), 2 x Écrous Aéronautiques M10 (119#) et le Support (65#).

129		4	M10 × 90mm
118		4	Ø10
119		4	M10



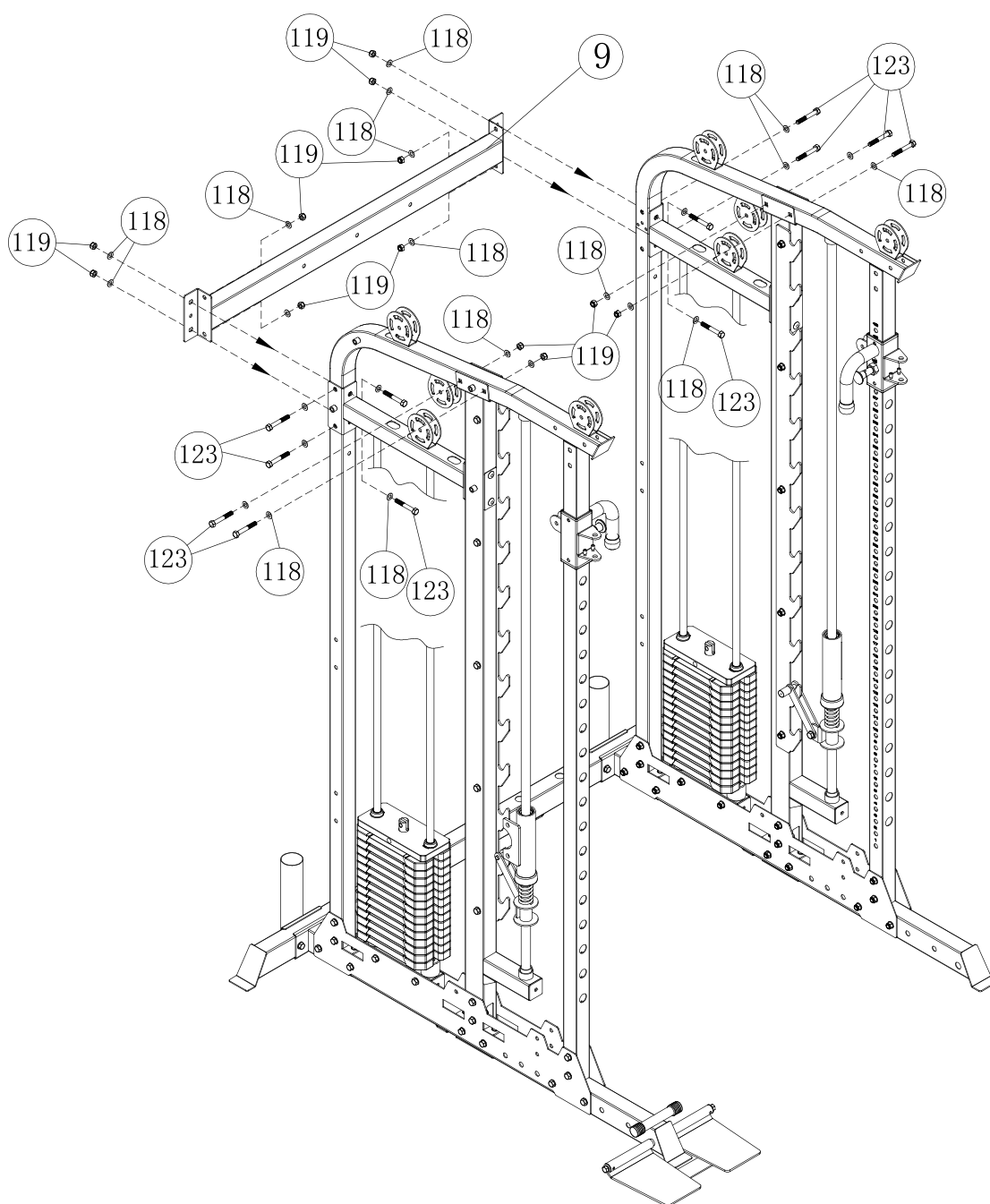
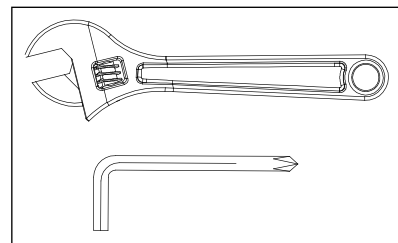
A/B



ÉTAPE 10

- Fixez le Brace Supérieur Transversal (#9) au tube vertical arrière en utilisant 4 x M10×70mm Boulons Hexagonaux (#123), 8 x Rondelles de 10mm (#118) et 8 x Écrous Aéronautiques M10 (#119).
- Fixez le Cadre Supérieur Gauche (#3) et le Cadre Supérieur Droit (#4) en utilisant 4 x M10×70mm Boulons Hexagonaux (#123), 8 x Rondelles de 10mm (#118) et 8 x Écrous Aéronautiques M10 (#119).

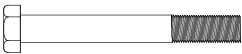
123		12	M10×70mm
118		24	Ø10
119		12	M10

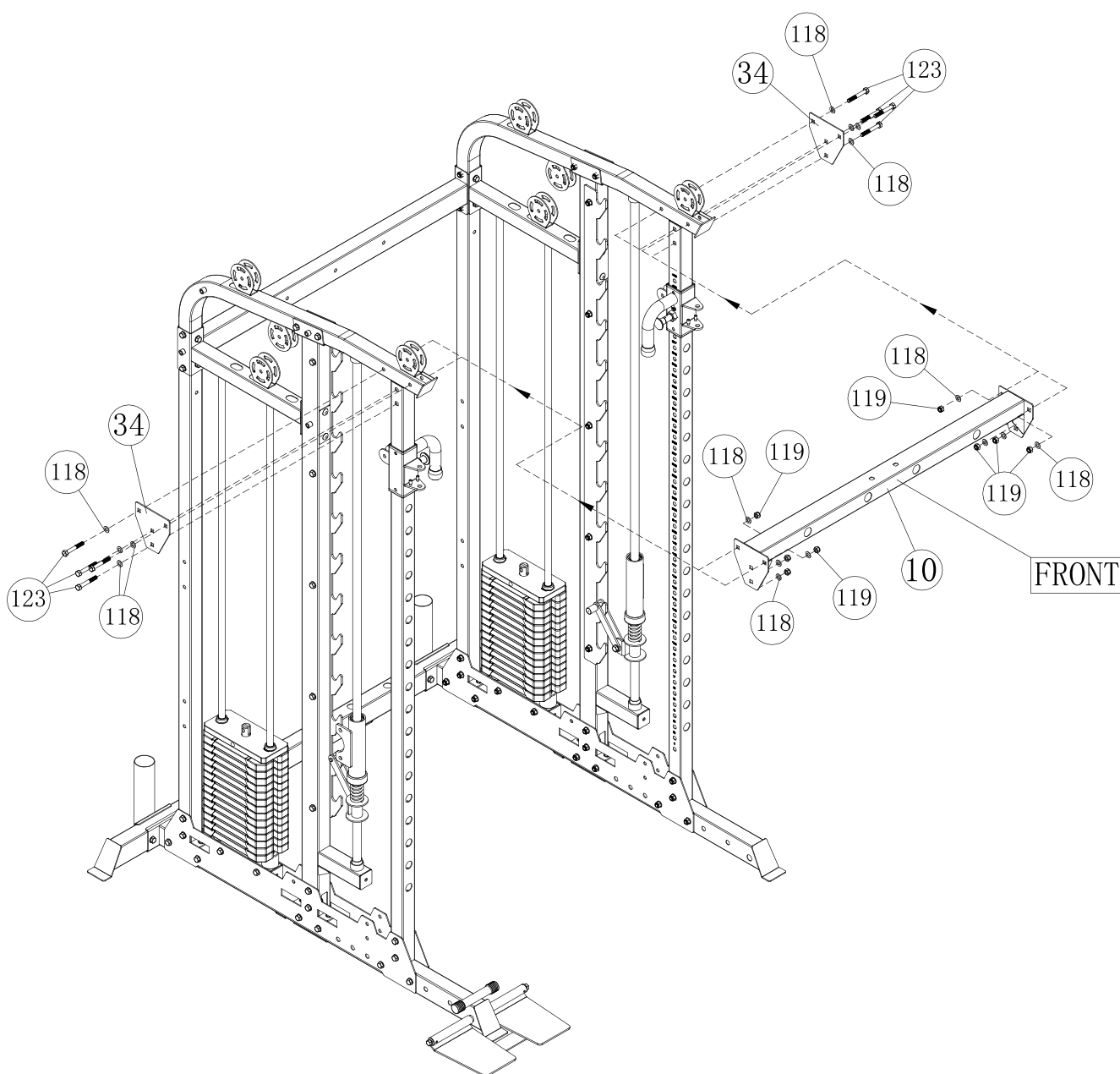
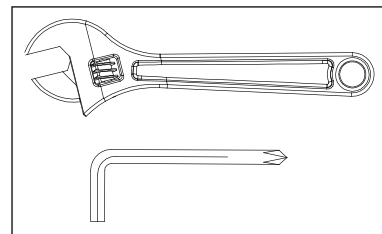


STEP 11

FR

- Fixez le Rack de Traction Multi-Prises (#10) au Cadre Supérieur Gauche (#3) et au Cadre Supérieur Droit (#4) en utilisant 8 x Boulons Hexagonaux M10×70mm (#123), 16 x Rondelles de 10mm (#118), 8 x Écrous Aéronautiques M10 (#119) et 2 x Équerres Triangulaires (#34).

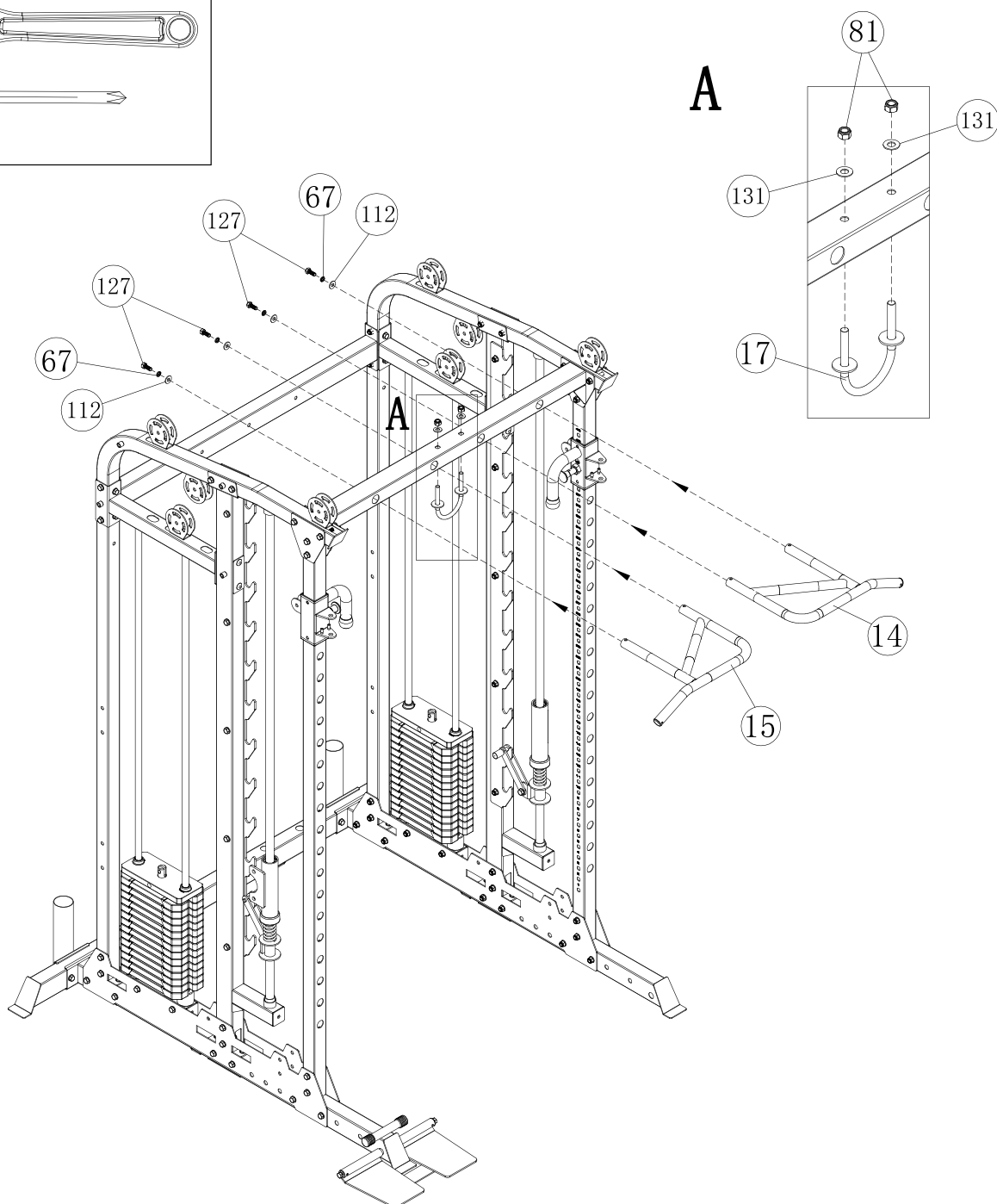
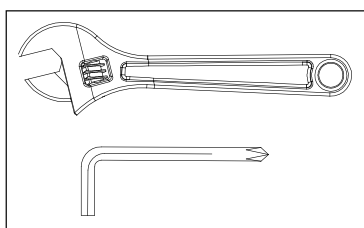
123		8	M10×70mm
118		16	Ø10
119		8	M10



ÉTAPE 12

- Insérez la Barre de Tractions Gauche (#14) dans le Rack de Tractions Multi-Prises (#10) et fixez-la avec 2 x Boulons Hexagonaux M10×25mm (#127), 2 x Rondelles de 10mm (#112) et 2 x Rondelles Ressort de 10mm (#67).
- Insérez la Barre de Tractions Droite (#15) dans le Rack de Tractions Multi-Prises (#10) et fixez-la avec 2 x Boulons Hexagonaux M10×25mm (#127), 2 x Rondelles de 10mm (#112) et 2 x Rondelles Ressort de 10mm (#67).
- Insérez le Crochet en U (#17) dans le Rack de Tractions Multi-Prises (#10) et fixez-le avec 2 x Rondelles de 12mm (#131) et 2 x Écrous Aéronautiques M12 (#81).

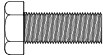
(67)		Spring Washer	4	Ø10	(131)		2	Ø12
(127)			4	M10×25	(81)		2	M12
(112)			4	Ø10×Ø25				

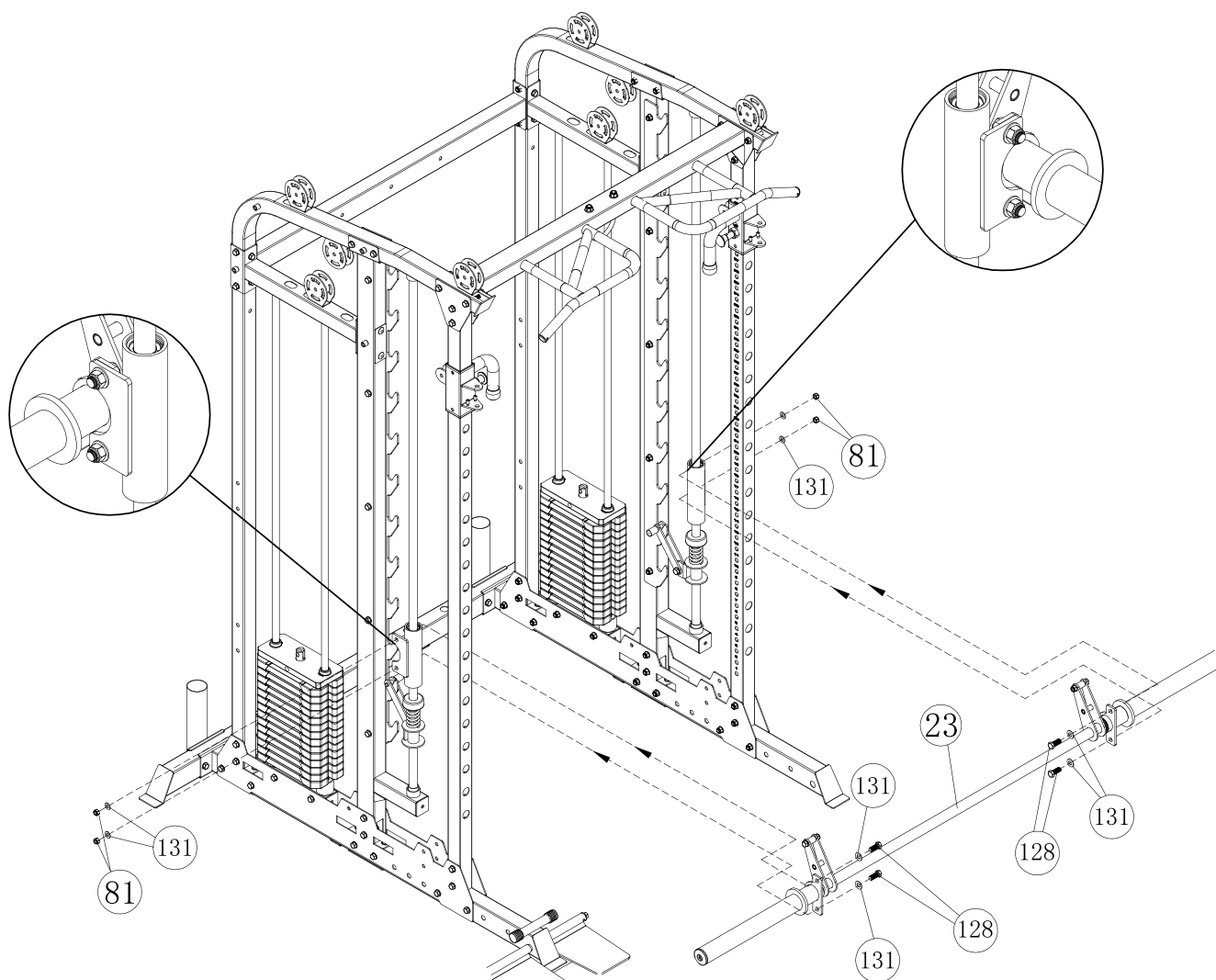
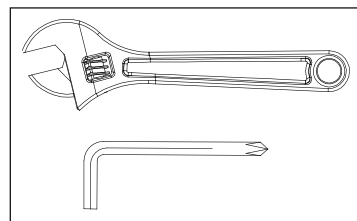


ÉTAPE 13

FR

- Fixez la Barre de Poids (#23) au Manchon de Guide (#22) et sécurisez avec 4 x Boulons Hexagonaux M12×30mm (#128), 8 x Grandes Rondelles de 12mm (#131) et 4 x Écrous Aéronautiques M12 (#81).

128		4	M12×30mm
131		8	Ø12
81		4	M12



ÉTAPE 14

- Fixez le crochet en J (#29) à la Traverse Supérieure (#9) et sécurisez avec 3 x Écrous Cap M10 (#122), 3 x Rondelles de 10mm (#118) et 3 x Rondelles de Compression de 10mm (#67).

67

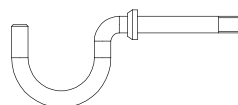


Spring Washer

3

Ø10

29



3

118



3

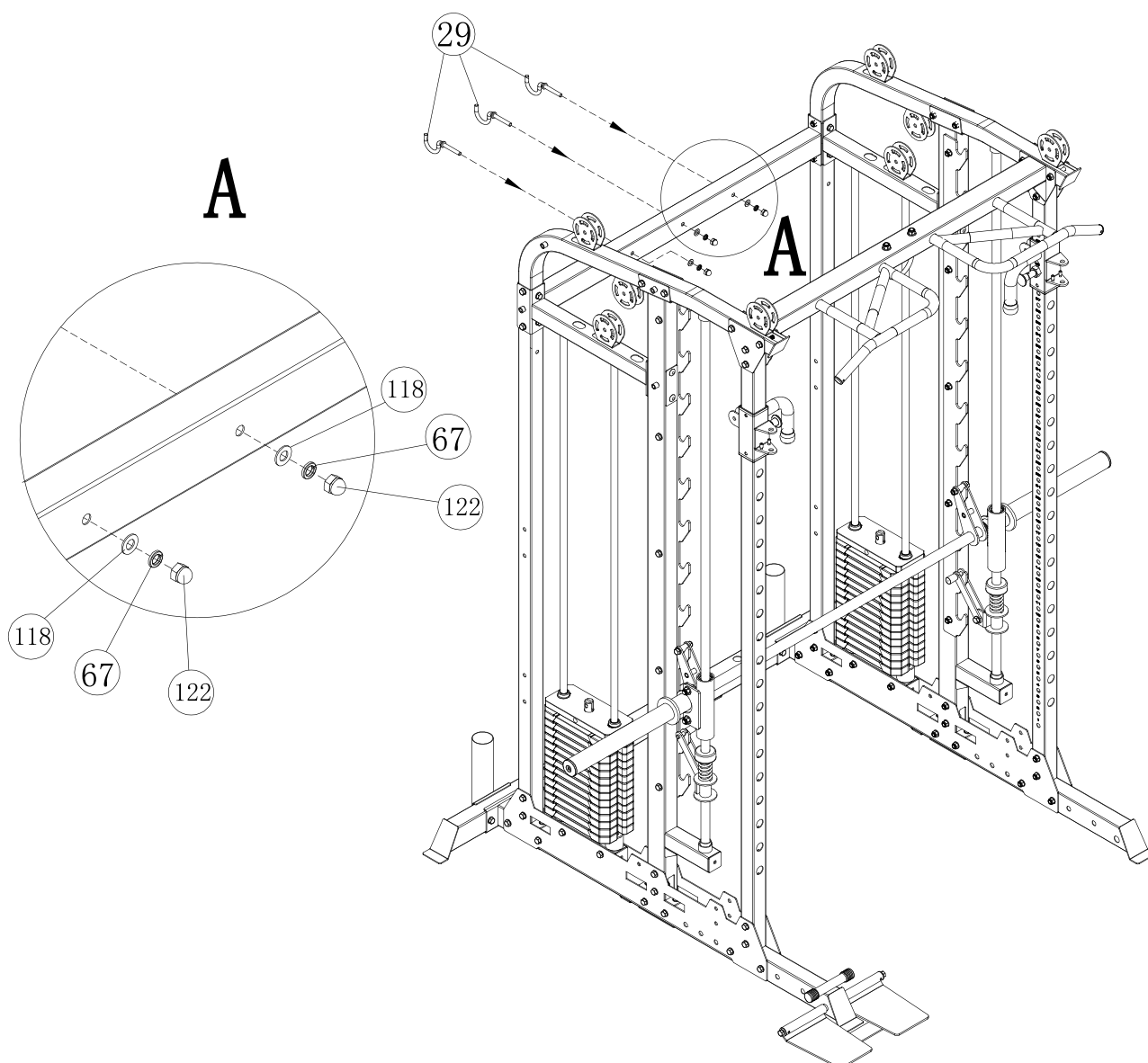
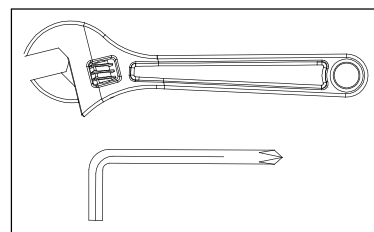
Ø10

122



3

M10



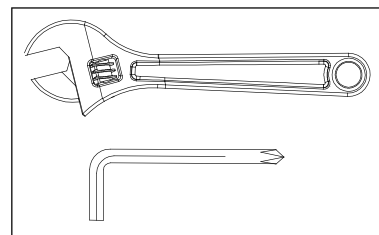
ÉTAPE 15

FR

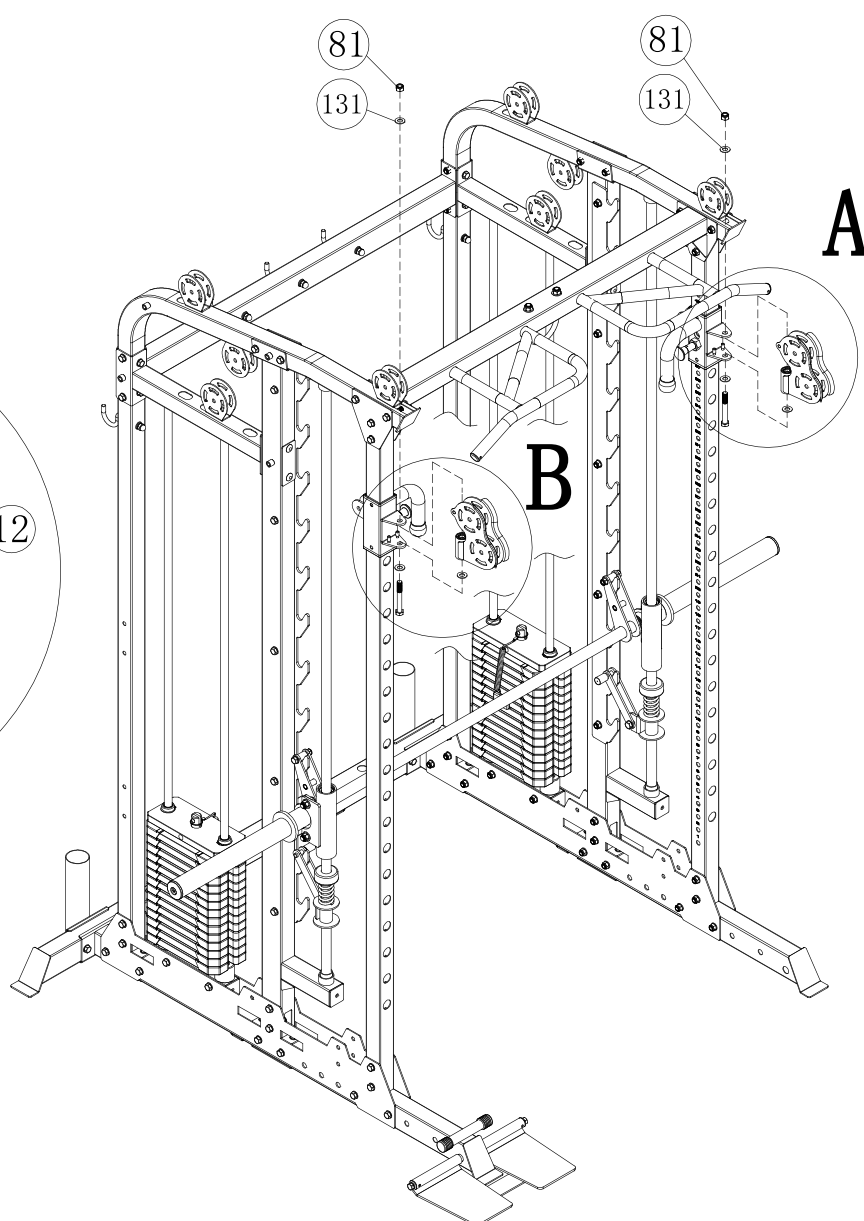
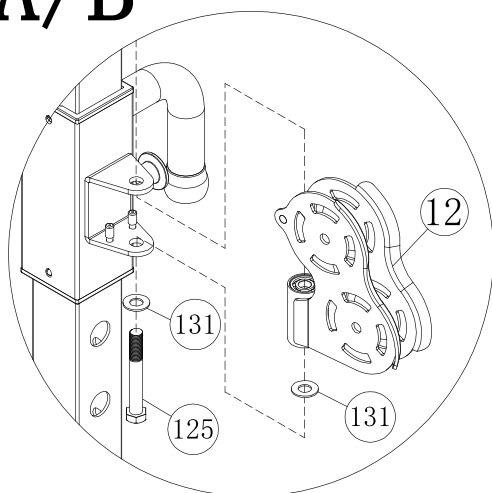
- Fixez deux Assemblages de Poulie Double (#12) aux Assemblages de Poulie de Câble Gauche et Droit (#7 et #8) en utilisant 2 x Boulons Hexagonaux M12×90mm (#125), 6 x Rondelles de 12mm (#131) et 2 x Écrous Aéronautiques M12 (#81).

Remarque : placez une Rondelle de 12mm dans le Support en U.

125		2	M12 × 90mm
131		6	Ø12
81		2	M12

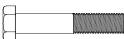
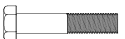
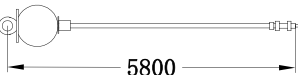


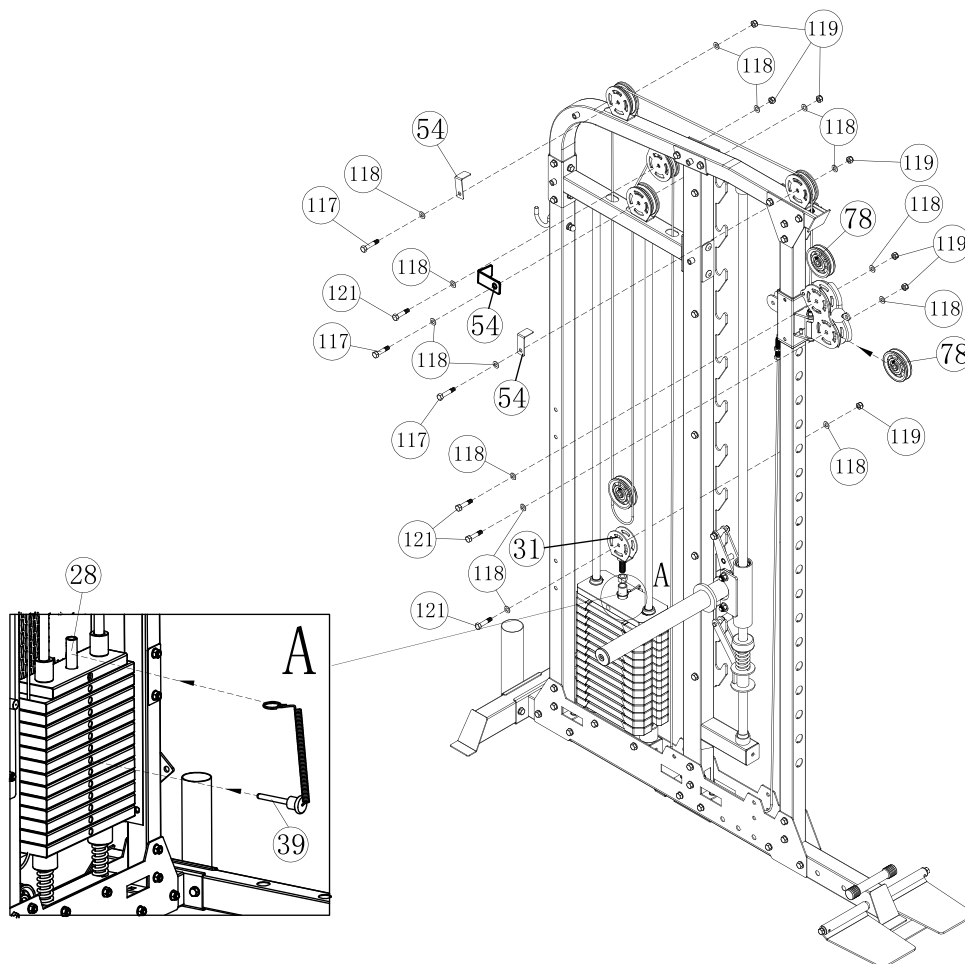
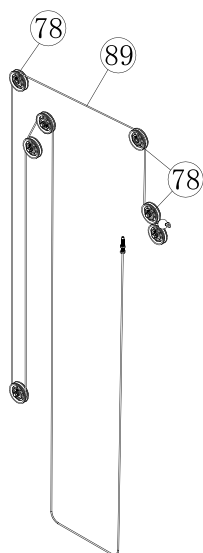
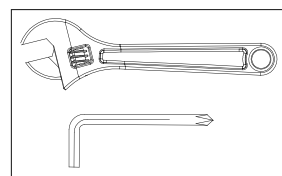
A/B



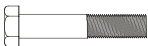
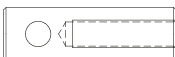
ÉTAPE 16

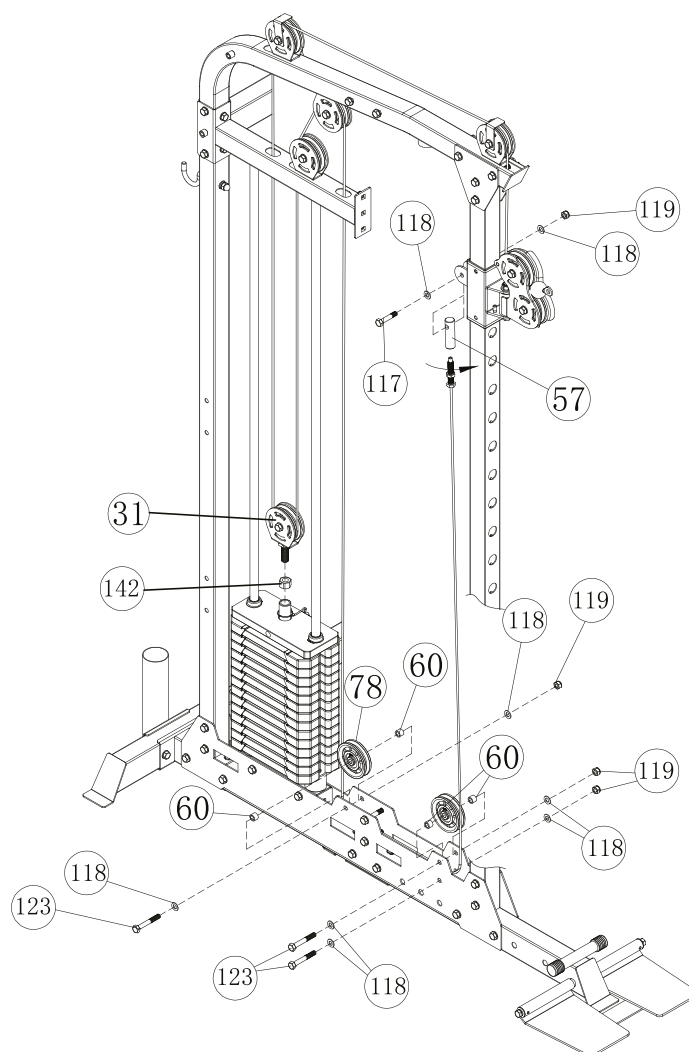
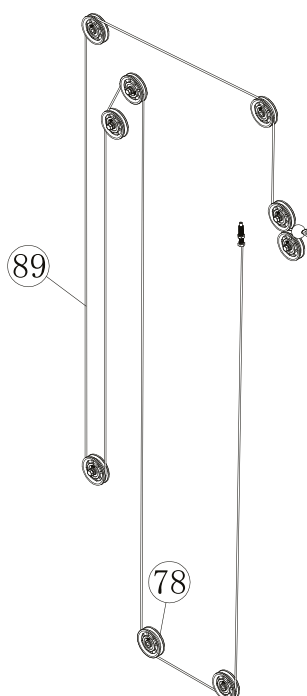
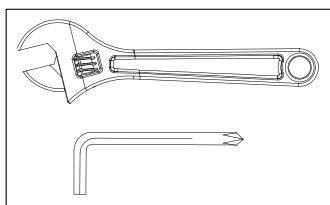
- Passez le câble (#89) à travers la machine comme indiqué dans le schéma.
- Fixez 2 x Poulies (#78) à l'Assemblage de Poulie Double et sécurisez avec 2 x Boulons Hexagonaux M10×45mm (#121), 4 x Rondelles de 10mm (#118) et 2 x Écrous Aéronautiques M10 (#119), le câble doit être au milieu des deux poulies.
- Fixez une Poulie (#78) au cadre de poulie à l'avant du Cadre Supérieur Droit (#4) et sécurisez avec 1 x Boulon Hexagonal M10 × 50mm (#117), 2 x Rondelles de 10mm (#118), 1 x Écrou Aéronautique M10 (#119) et 1 x Retenue de Câble (#54).
- Fixez une Poulie (#78) au cadre de poulie à l'arrière du Cadre Supérieur Droit (#4) et sécurisez avec 1 x Boulon Hexagonal M10 × 50mm (#117), 2 x Rondelles de 10mm (#118), 1 x Écrou Aéronautique M10 (#119) et 1 x Retenue de Câble (#54).
- Fixez une Poulie (#78) au Support de Poulie Simple (#31) et sécurisez avec 1 x Boulon Hexagonal M10 × 45mm (#121), 2 x Rondelles de 10mm (#118), 1 x Écrou Aéronautique M10 (#119).
- Fixez une Poulie (#78) au Support Supérieur Gauche Arrière (#25) et sécurisez avec 1 x Boulon Hexagonal M10 × 50mm (#117), 2 x Rondelles de 10mm (#118), 1 x Écrou Aéronautique M10 (#119) et 1 x Retenue de Câble (#54).
- Fixez une Poulie (#78) au cadre de poulie en bas du Cadre Supérieur Droit (#4) et sécurisez avec 1 x Boulon Hexagonal M10 × 45mm (#121), 2 x Rondelles de 10mm (#118) et 1 x Écrou Aéronautique M10 (#119).
- Placez une extrémité du Broche Sélecteur de Poids (#39) sur la Tige Sélectionneur (#28), insérez l'autre extrémité dans le trou des plaques de poids.
- Répétez les étapes ci-dessus pour assembler l'assemblage de câble et de poulie gauche.

(117)		6	M10×50mm	(121)		8	M10×45mm
(118)		28	Ø10	(89)		2	
(119)		14	M10				



- Vissez le Support de Poulie Simple (#31) dans la Tige Sélectionneur (#28) et sécurisez avec des Écrous Hexagonaux M16.
- Fixez une Poulie (#78) à la position centrale du Support de Cadre de Base (#62) et sécurisez avec 1 x Boulon Hexagonal M10×70mm (#123), 2 x Rondelles de 10mm (#118), 1 x Écrou Aéronautique M10 (#119) et 2 x Douilles de Poulie (#60).
- Fixez une Poulie (#78) à la position centrale du Support de Cadre de Base (#62) et sécurisez avec 2 x Boulons Hexagonaux M10×70mm (#123), 4 x Rondelles de 10mm (#118), 2 x Écrous Aéronautiques M10 (#119) et 2 x Douilles de Poulie (#60).
- Fixez le Cadre de Réglage de Câble (#57) à l'Assemblage de Poulie de Câble et sécurisez avec 1 x Boulon Hexagonal M10×50mm (#117), 2 x Rondelles de 10mm (#118), 1 x Écrou Aéronautique M10 (#119) et 2 x Douilles de Poulie (#60).
- Vissez l'extrémité du câble dans le Cadre de Réglage de Câble (#57) pour ajuster la tension du câble.
- Répétez les étapes 1 à 5 ci-dessus pour assembler l'assemblage de câble et de poulie gauche.

117		2	M10×50mm	57		2	Ø22×75×M12
123		6	M10×70mm	60		8	Ø11×Ø16×13
142		2	M16	118		16	Ø10
				119		8	M10



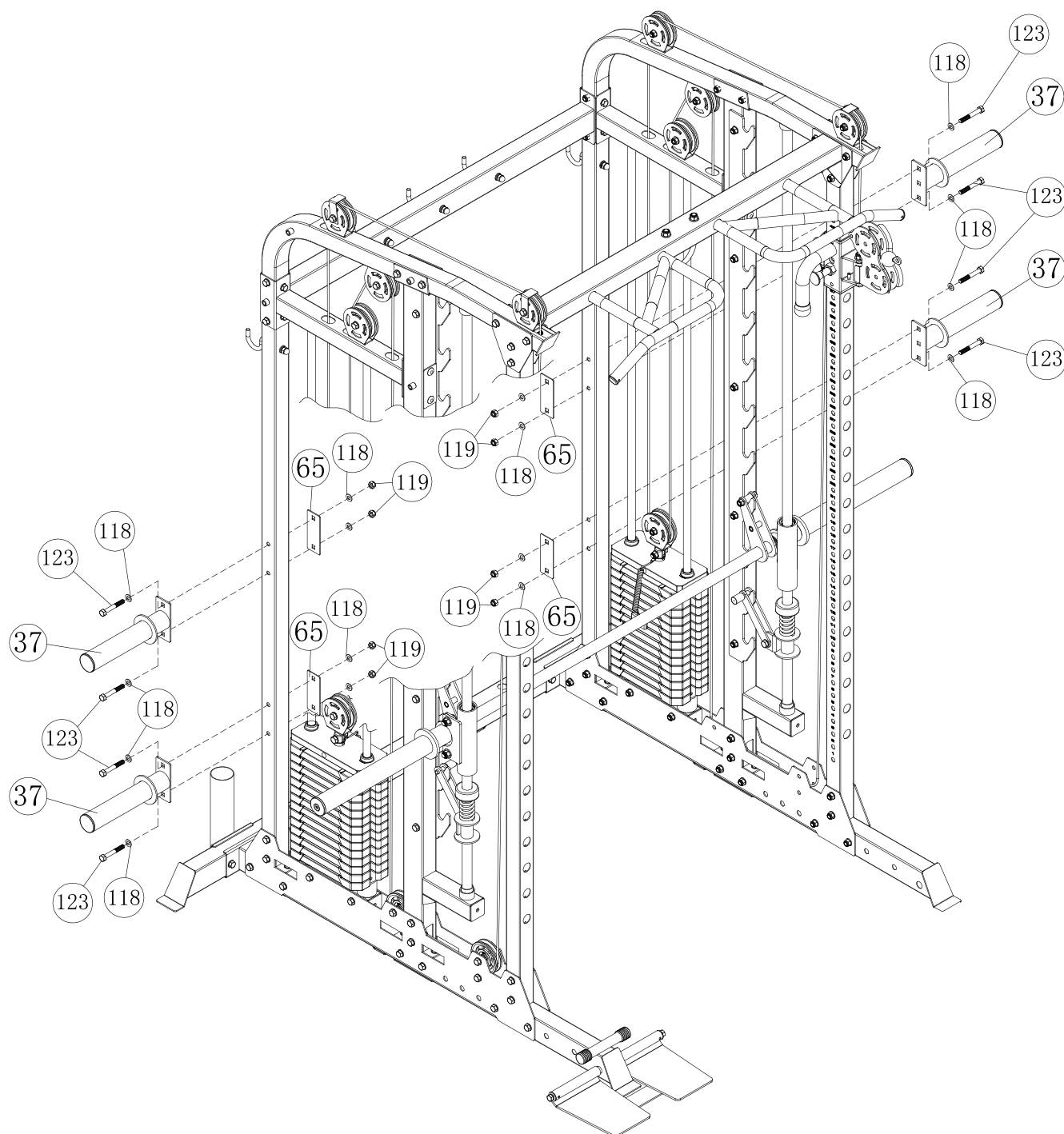
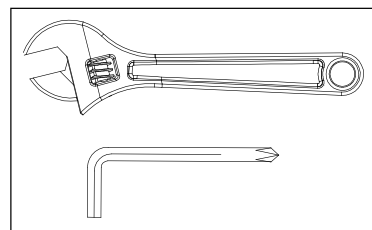
ÉTAPE 18

- Fixez 4 x Affiches de Plaques de Poids (#37) des deux côtés du tube vertical arrière en utilisant 8 x Boulons Hexagonaux M10×70mm (#123), 16 x Rondelles de 10mm (#118), 8 x Écrous Aéronautiques M10 (#119) et 4 x Supports (#65).

123 8 M10×70mm

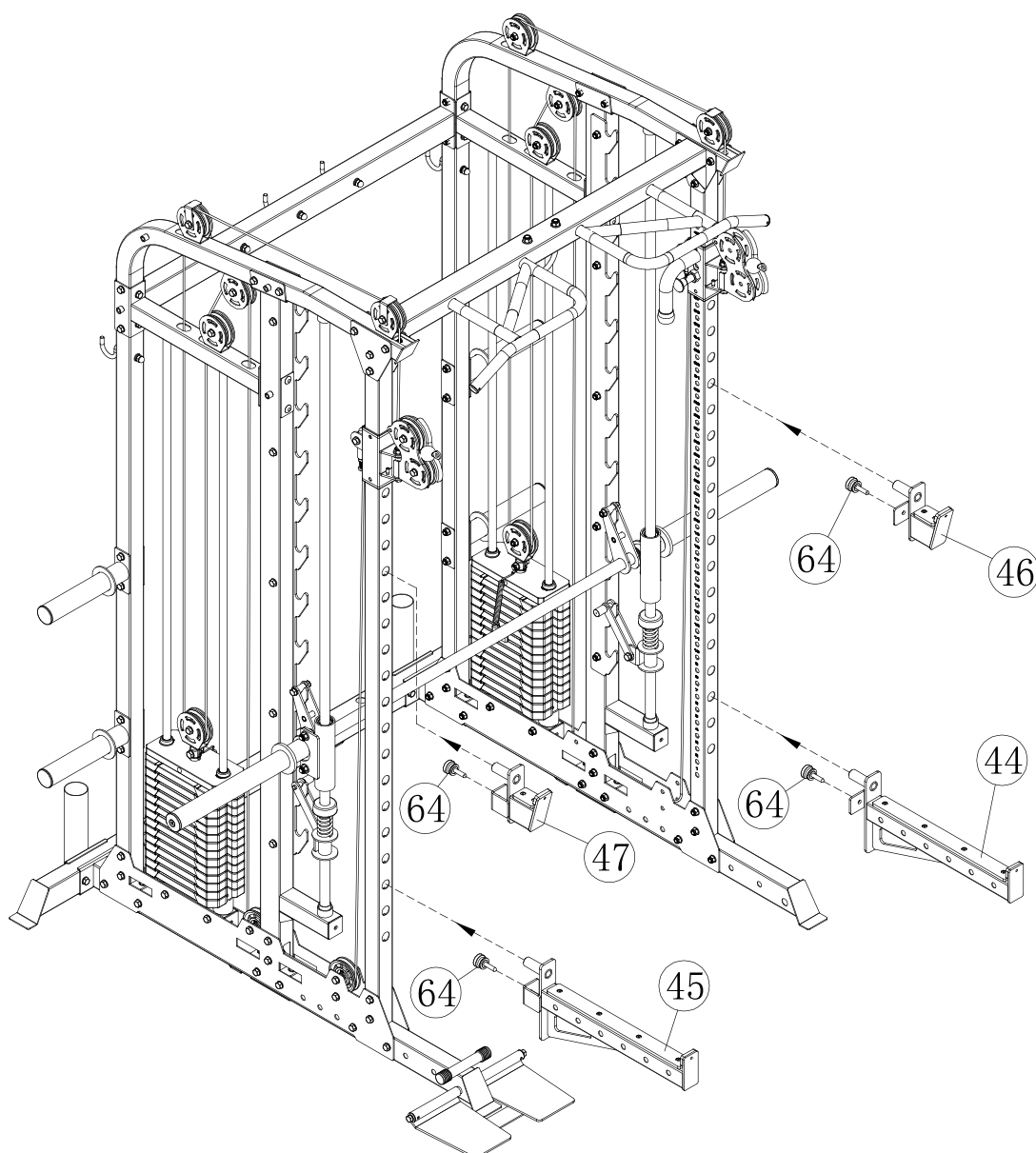
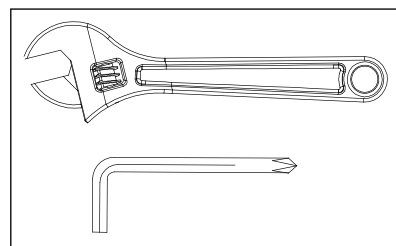
118 16 Ø10

119 8 M10



- Fixez le Support de Barre Gauche et Droit (#46/) au tube vertical et sécurisez avec le Goupille de Verrouillage/Rouge (#64).
- Fixez le Dispositif de Sécurité Gauche et Droit (#44-) au tube vertical et sécurisez avec le Goupille de Verrouillage/Rouge (#64).

64 4 Ø35×Ø10×70



ÉTAPE 20

- Fixez 2 x Panneaux de Logo Droit (#59) aux Cadres de Base Gauche et Droit (#3#&4#) en utilisant 8 x Boulons Allen M10×12mm (#130), 8 x Rondelles de 10mm (#118) et 8 x Rondelles Élastiques de 10mm (#67).
- Fixez 2 x Poignées Simples Réglables (#76) au câble en utilisant 2 x Clips de Verrouillage (#76).

130



8

M10×12mm

76



2

118



8

Ø10

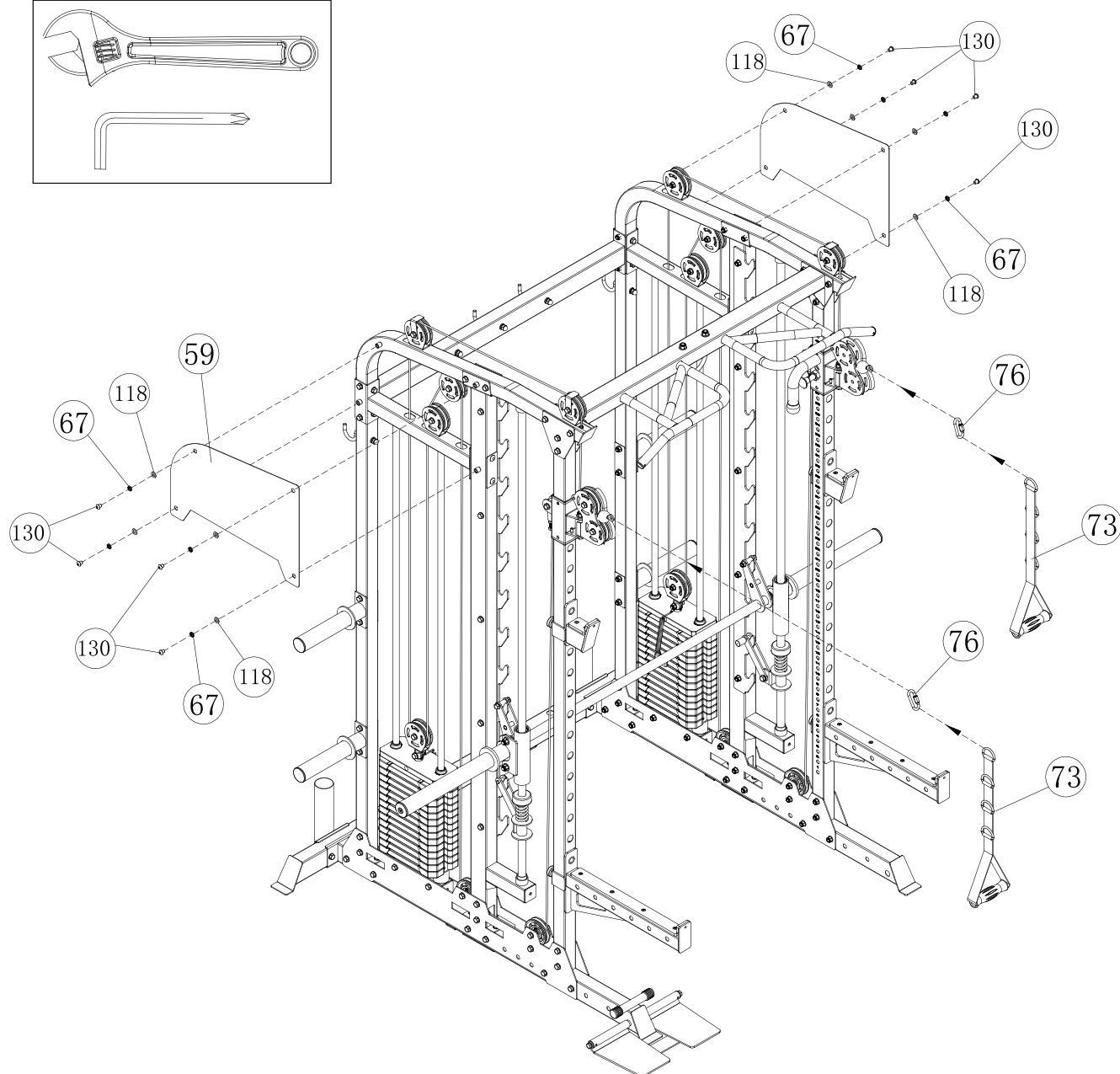
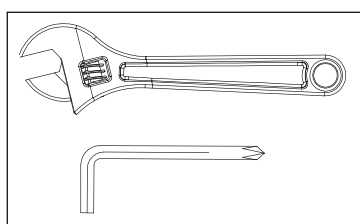
Locking Carabiner Clip

67

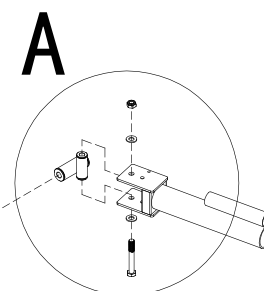
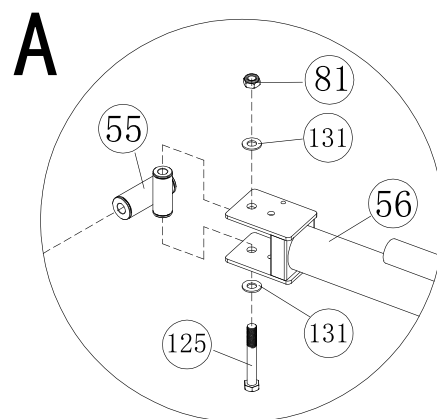
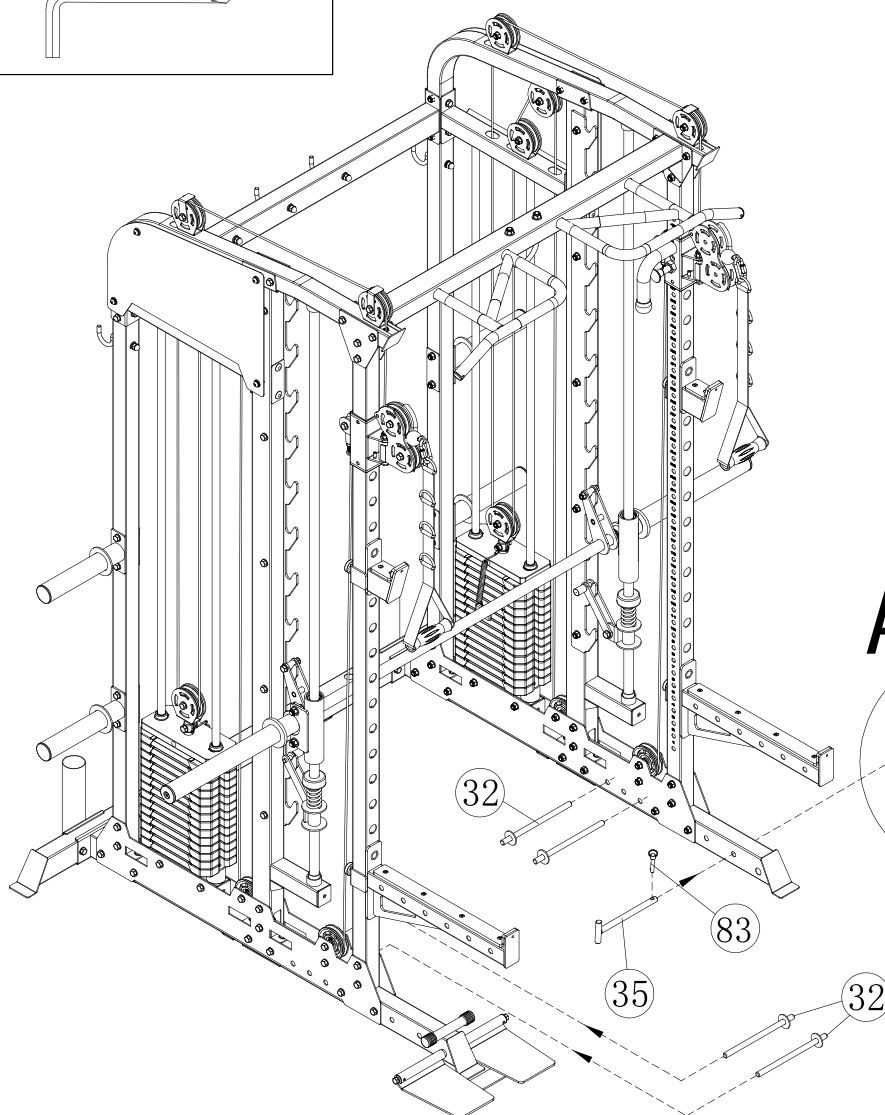
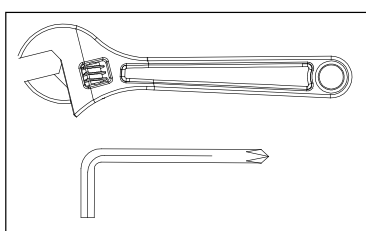
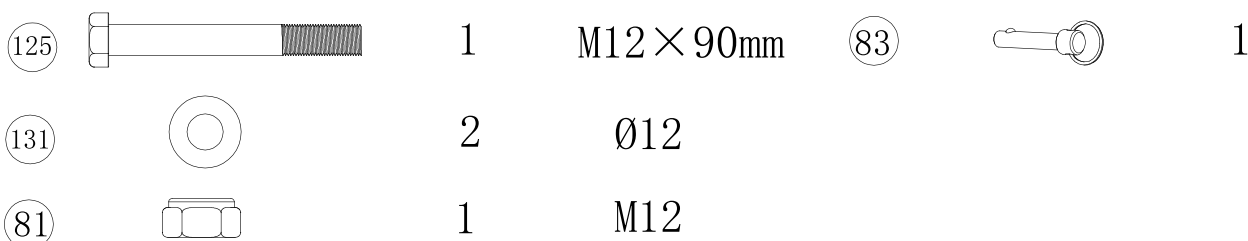


8

Ø10 Spring Washer

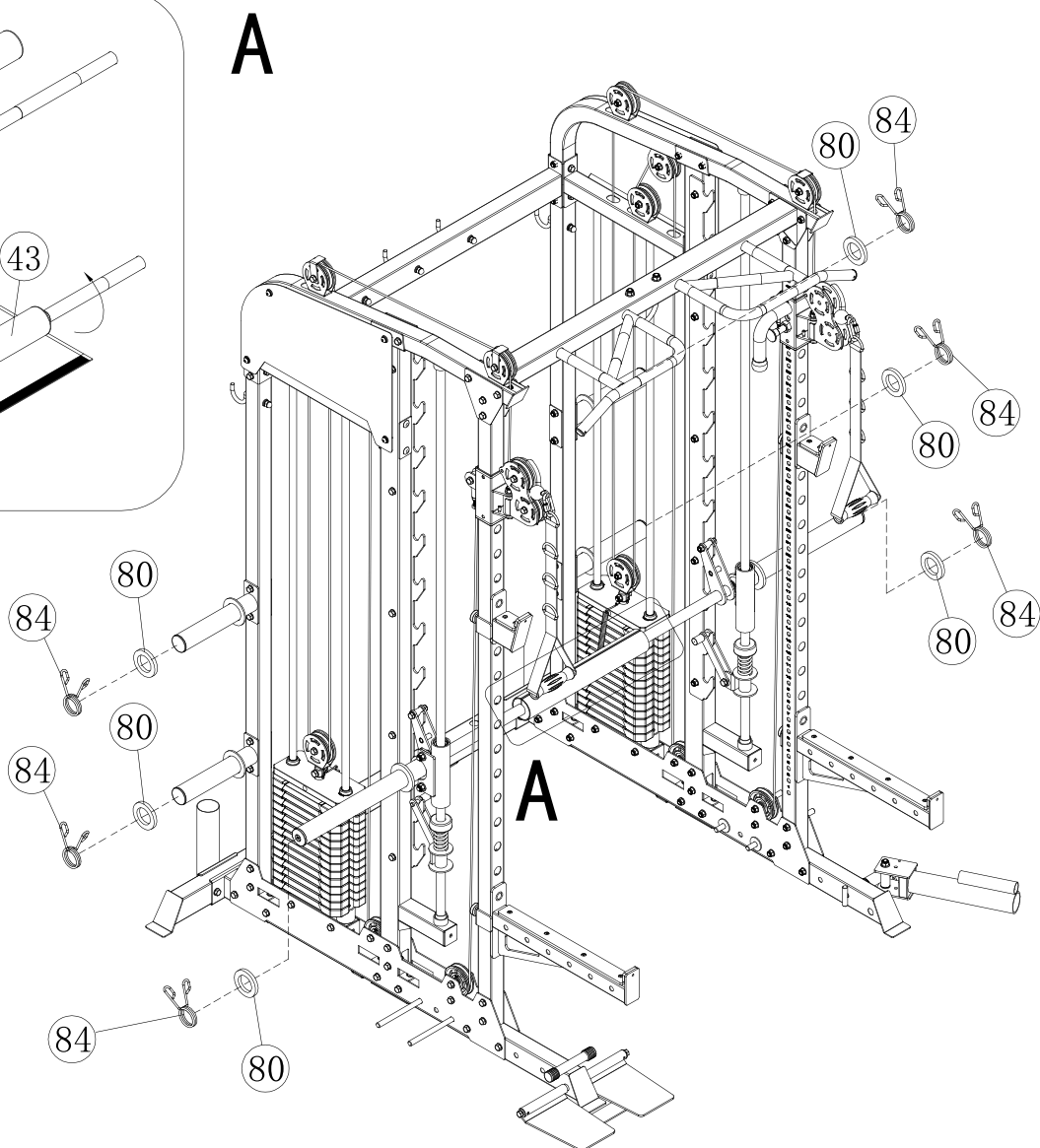
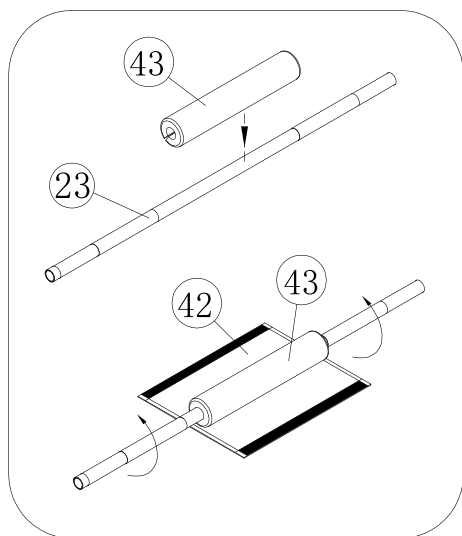
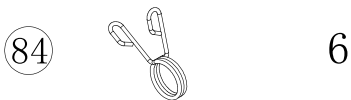


- Insérez 4 x Barres de Verrouillage (#32) dans les trous au bas du Support de Cadre de Base (#62).
- Fixez le Dispositif de Rotation (#55) à l'Accessoire Landmine (#56) en utilisant 1 x Boulon Hexagonal M12 × 90mm (#125), 2 x Rondelles de 12mm (#131) et 1 x Écrou Aéronautique M12 (#81).
- Insérez une Barre de Verrouillage en T (#35) le long de la ligne pointillée, vissez la Barre de Verrouillage en T gauche (#35) dans le Dispositif de Rotation (#55).
- Insérez une Goupille de Verrouillage (#83) dans le trou de la Barre de Verrouillage en T (#35) pour éviter que le Dispositif de Rotation (#55) ne tombe pendant le mouvement.



ÉTAPE 22

- Mettez 4 x Tampons en Caoutchouc (#80) et 4 x Clips à Ressort (#84) des deux côtés de l’Affiche de Plaque de Poids (#37).
- Mettez 2 x Tampons en Caoutchouc (#80) et 2 x Clips à Ressort (#84) sur les Manchons Olympiques de la Barre Smith (#38).
- Placez les Coussinets de Barre (#43) à la position médiane de la Barre de Poids (#23).
- Utilisez la Housse de Coussin de Barre pour envelopper le rouleau en mousse et fixez-le avec le velcro des deux côtés.

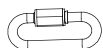


ÉTAPE 23

FR

- Accrochez la Barre Latérale et la Barre Inférieure sur les crochets.
- Fixez la Sangle de Cheville (#72), la Barre en V (#36), la Poignée en V (#71), la Corde à Triceps (#77), deux Chaînes (#75) et quatre Clips de Verrouillage (#76) sur les crochets.

76



4

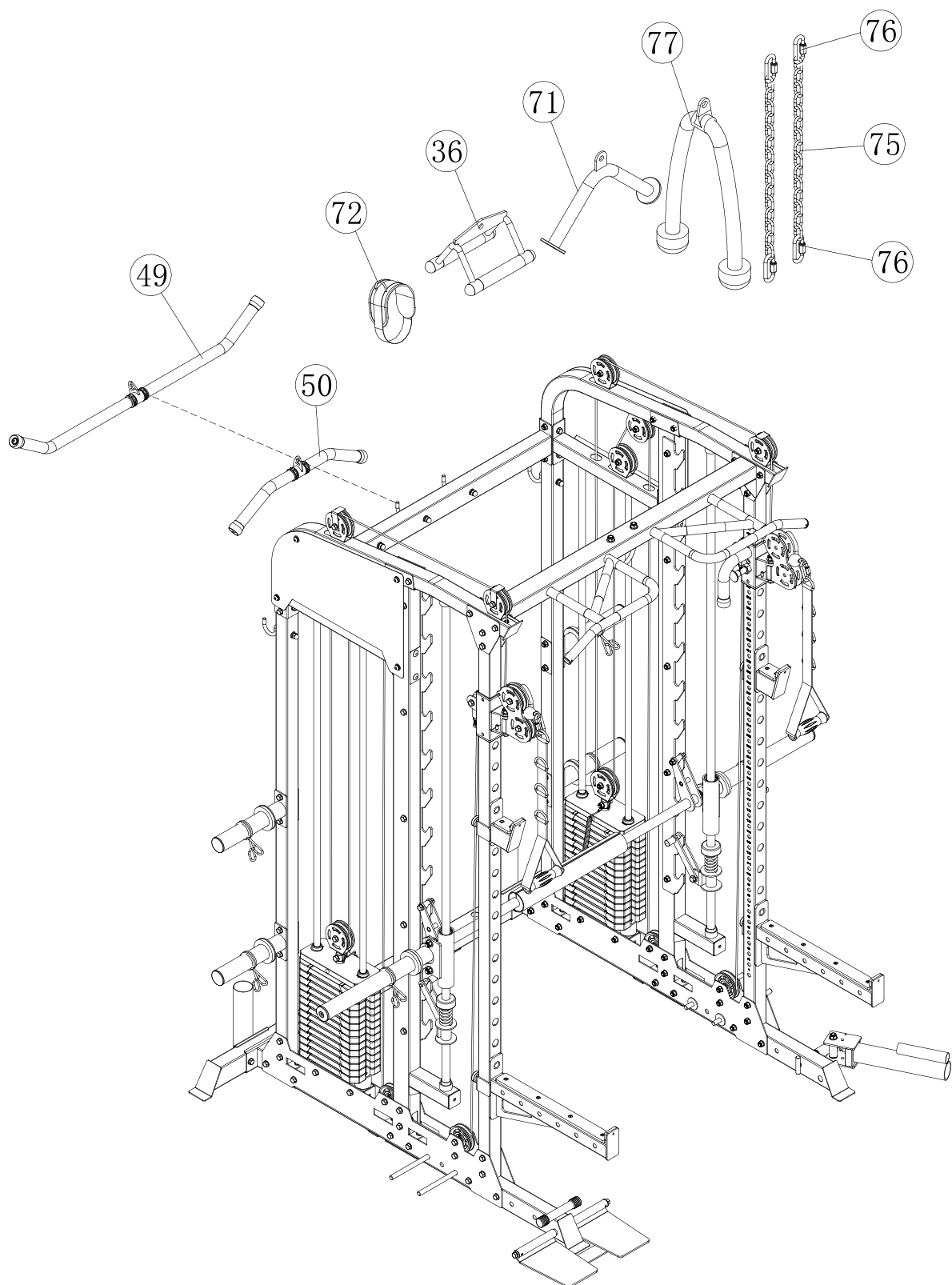
Locking Carabiner Clip

75



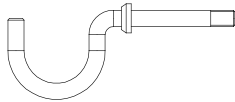
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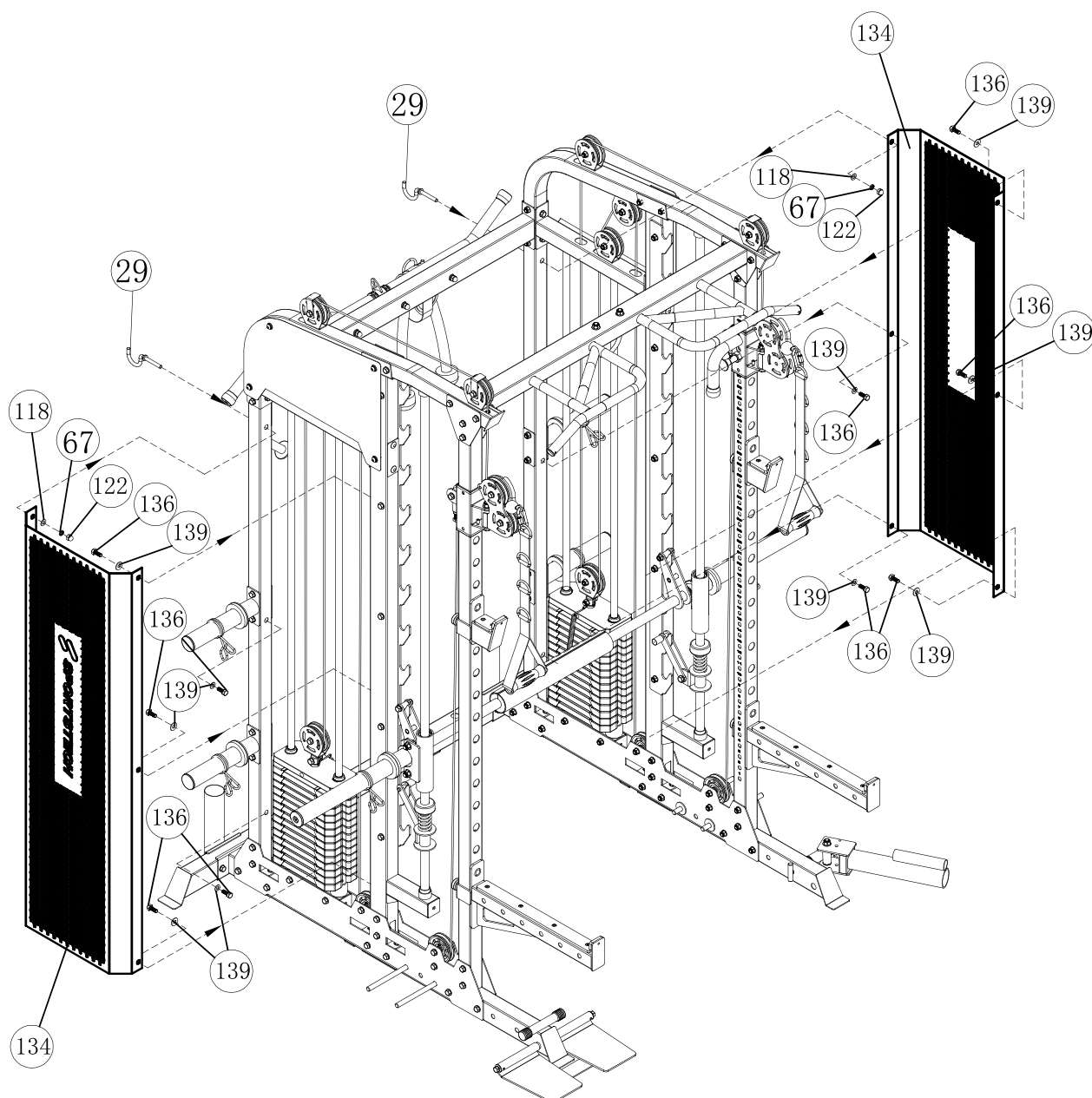
Chain



ÉTAPE 24

- Fixez un côté du Couvercle de Poids (#134) au tube vertical central en utilisant 3 x M8×18mm Boulons Hexagonaux (#136) et 3 x Rondelles de 8mm (#139).
- Fixez l'autre côté du Couvercle de Poids (#134) au tube vertical arrière en utilisant 3 x M8×18mm Boulons Hexagonaux (#136) et 3 x Rondelles de 8mm (#139).
- Attachez le Couvercle de Poids (#134) au tube vertical arrière en utilisant 1 x crochet en J (#29), 1 x écrou à capuchon M10 (#122), 1 x Rondelle de 19mm (#118) et 1 x Rondelle à ressort de 10mm (#67).
- Répétez les étapes ci-dessus pour assembler l'autre côté du Couvercle de Poids (#134).

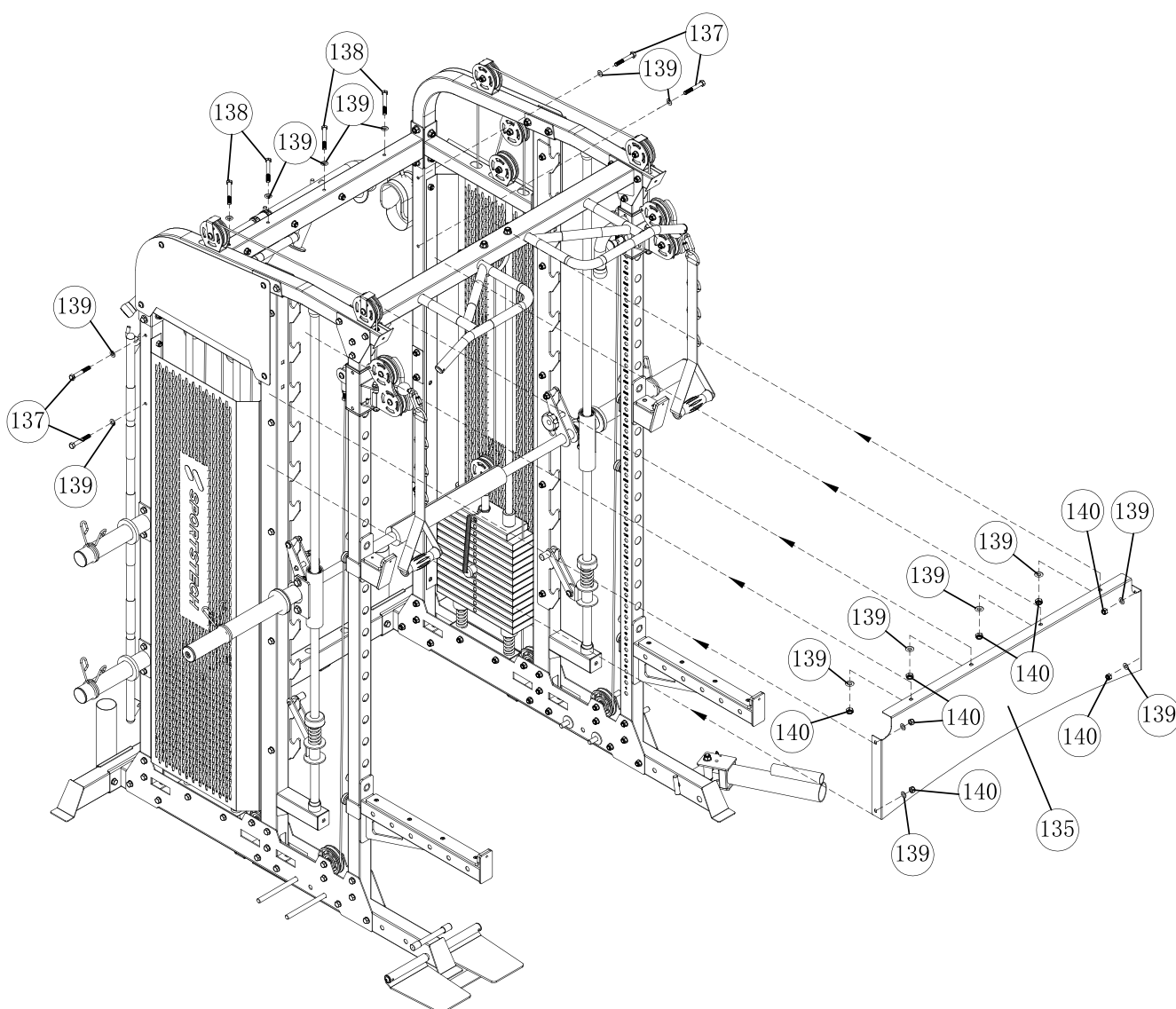
(67)		2	Ø10	(29)		2
(118)		2	Ø10	(139)		10 Ø20×Ø8
(122)		2	M10	(136)		10 M8×18mm



- Fixez les deux côtés du tableau d'affichage d'entraînement (#135) au tube vertical arrière en utilisant 4 x Boulons Hexagonaux M8×65mm (#137), 8 x Rondelles de 8mm (#139) et 4 x Écrous d'Avion M8 (#140).
- Fixez les côtés supérieurs du tableau d'affichage d'entraînement (#135) en utilisant 4 x Boulons Hexagonaux M8×85mm (#138), 8 x Rondelles de 8mm (#139) et 4 x Écrous d'Avion M8 (#140).

137 4 M8×65mm 138 4 M10×85mm

139 16 Ø20×Ø8 140 8 M10



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

4.1 NETTOYAGE

- Le niveau de sécurité de l'équipement ne peut être maintenu que s'il est examiné régulièrement pour détecter les dommages et l'usure, par exemple aux points de connexion.
- Lubrifiez les pièces mobiles avec de l'huile légère périodiquement pour éviter une usure prématurée.
- Inspectez et serrez toutes les pièces avant d'utiliser l'équipement, remplacez immédiatement les pièces défectueuses et n'utilisez 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 avec l'assemblage, le fonctionnement ou l'utilisation de votre produit d'exercice, ou si vous pensez que des pièces manquent, 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.

Informations complémentaires

Nos tutoriels vidéo pour vous !

Montage, utilisation, démontage.



Lien vers les vidéos :
https://sportstech.link/SXM200_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>

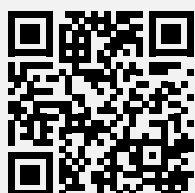


la page Facebook
<https://sportstech.link/facebook>

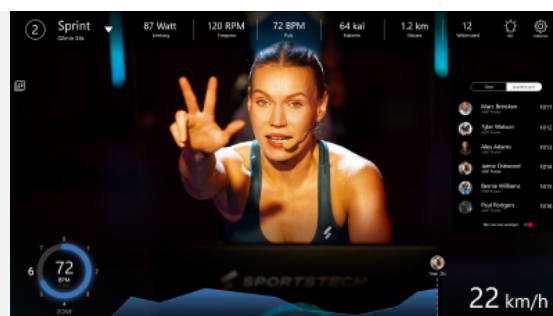
SPORTSTECH LIVE APP

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>



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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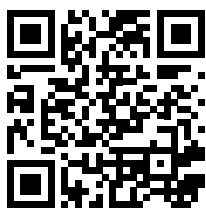
Ambito di consegna

1	SXM200 POWER RACK	2	Manuale operativo
3	Chiave a brugola	4	Chiave
5	Landmine	6	2 x Fermasicurezza
6	2 x J-Hook	7	Lat Bar
8	Manico a V	9	Cinghia per caviglia
10	Barra corta	11	Corda per tricipiti
12	2 x Impugnatura regolabile	13	4 x Ancoraggio rimovibile
13	V-Bar		

Dati tecnici

Dimensioni del prodotto (LxLxH)	164 × 213 × 230 cm
Peso netto dell'unità	356,4 kg
Peso massimo utilizzatore	150 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/sxm200_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 150 kg.**
- **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 dacă ai toate componentele și uneltele enumerate în lista de piese, având în vedere că, pentru a facilita asamblarea, unele componente sunt preasamblate.
- Ține copiii și animalele departe de zona de exerciții, piesele mici ar putea reprezenta un risc de sufocare dacă sunt înghițite.
- Asigură-te că ai suficient spațiu pentru a aranja piesele înainte de a începe.
- Asamblează produsul cât mai aproape de poziția sa finală (în aceeași cameră) posibil.
- Produsul trebuie instalat pe o suprafață stabilă și nivelată.
- Elimină toate ambalajele cu grijă și responsabilitate.



UTILIZZANDO

- Tenere coperti i bambini non supervisionati lontano dall'attrezzatura.
- Lesioni alla salute possono derivare da un allenamento scorretto o eccessivo.
- Se uno qualsiasi dei dispositivi di regolazione rimane 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 modo sicuro.
- Questo prodotto è destinato solo a uso domestico.
- Non utilizzare in nessun contesto commerciale, di affitto o istituzionale.
- Prima di utilizzare l'attrezzatura per esercitarsi, eseguire sempre esercizi di stretching per riscaldarsi adeguatamente.
- Se l'utente avverte vertigini, nausea, dolori al petto o altri sintomi anormali, interrompere immediatamente l'allenamento e richiedere assistenza medica.
- Solo una persona alla volta dovrebbe utilizzare l'attrezzatura.
- Tenere le mani lontane da tutte le parti mobili.
- Indossare sempre abbigliamento da allenamento appropriato durante l'esercizio. Non indossare abbigliamento largo o floscio, poiché potrebbe 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 chiuso, lontana da umidità e polvere. Non mettere l'attrezzatura in un garage, in un annesso, in un patio coperto o vicino all'acqua.
- Se ai bambini è consentito utilizzare l'attrezzatura sotto supervisione, devono essere considerati il loro sviluppo mentale e fisico. Devono essere controllati e istruiti sul corretto uso dell'attrezzatura. L'attrezzatura non è in alcun modo adatta come giocattolo.
- Questo prodotto è adatto per un peso massimo dell'utente di: 150 kg.
- Questo prodotto non è adatto a 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 tra loro, il valore dell'area libera può essere condiviso. Tenere coperti 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 scolorimento, posizionare un tappetino speciale sotto l'unità.



Attenzione: I genitori e gli altri responsabili dei bambini dovrebbero essere consapevoli della loro responsabilità, poiché l'istinto naturale di gioco e la voglia di sperimentare dei bambini possono portare a situazioni e comportamenti per cui l'attrezzatura per l'allenamento non è destinata.

Attenzione: Prima di iniziare qualsiasi programma di esercizio, 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.

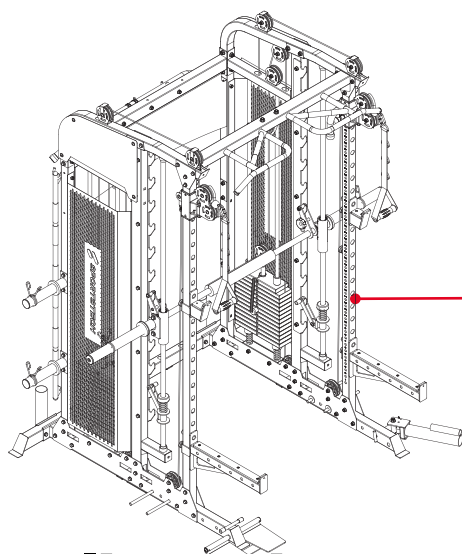
Si prega di notare che questo prodotto può avere una tolleranza di peso di circa il 4%.



ADESIVO DI SICUREZZA

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

- Assicurarsi che siano sempre intatti e perfettamente leggibili.



SPORTSTECH

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Smith Machine

Model: SXM200
Construction year: 2024
Class HC - For consumer use only!



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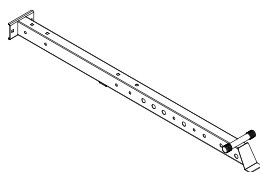
2. Localizzazione e stoccaggio

2.1 LOCALIZZAZIONE

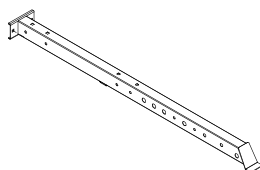
Trovare una posizione per l'unità che soddisfi i seguenti requisiti:

- 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.

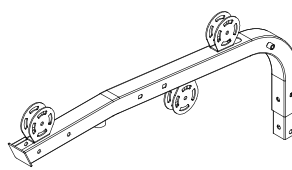
2.2 COMPONENTI



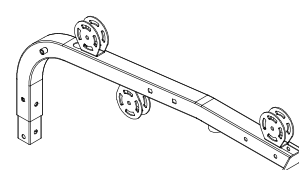
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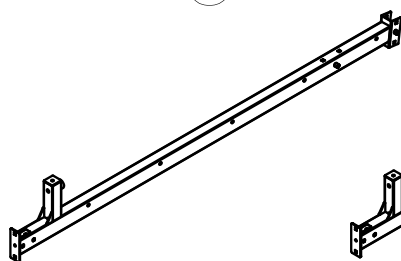
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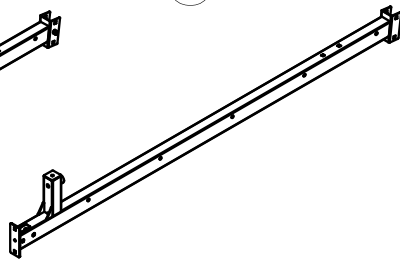
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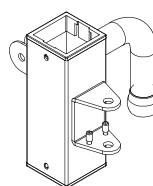
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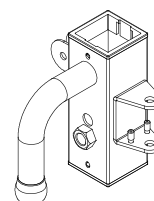
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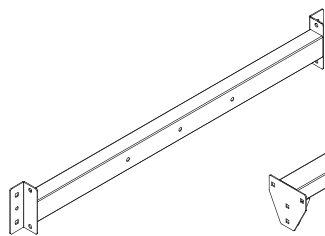
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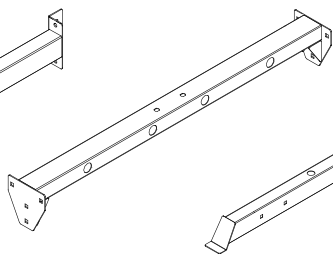
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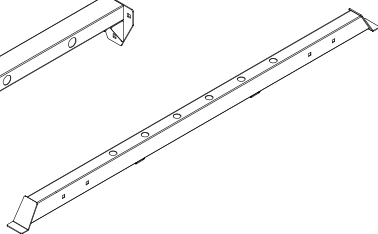
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⑨ × 1



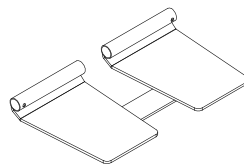
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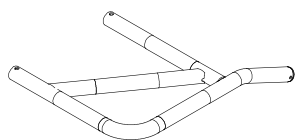
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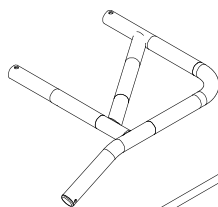
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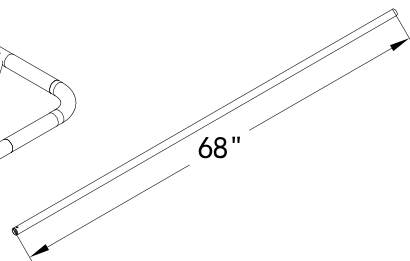
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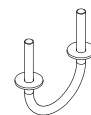
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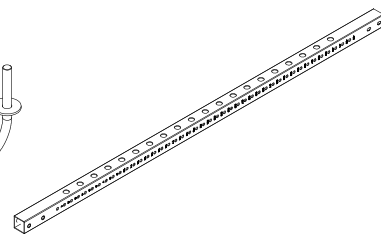
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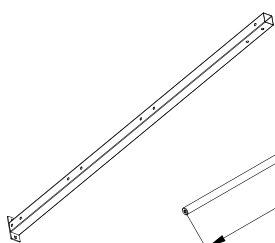
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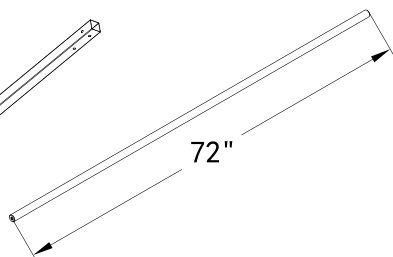
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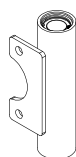
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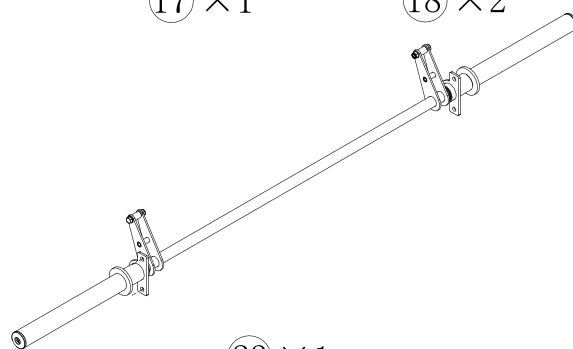
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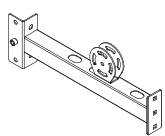
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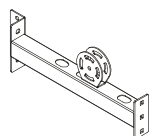
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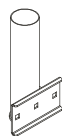
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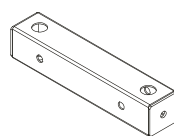
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㉕ × 1



㉖ × 2



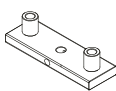
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㉙ × 5



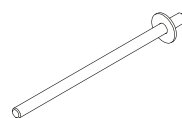
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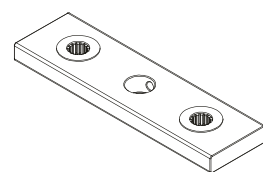
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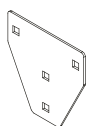
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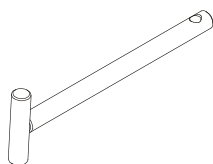
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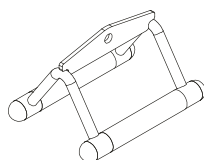
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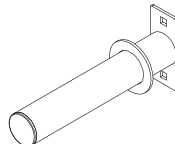
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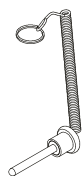
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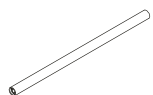
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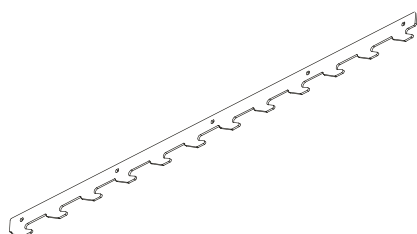
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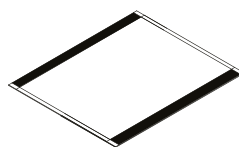
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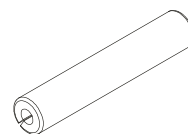
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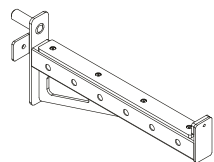
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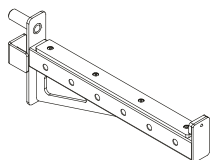
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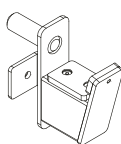
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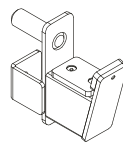
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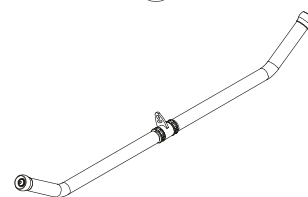
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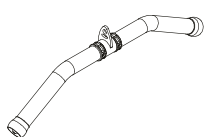
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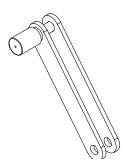
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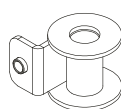
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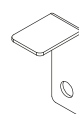
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⑤②×2



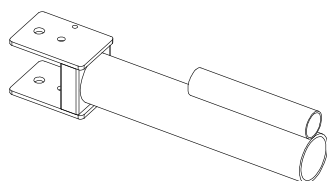
⑤③×2



⑤④×6



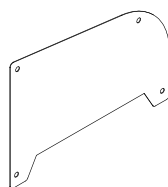
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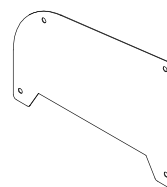
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⑤⑦×2



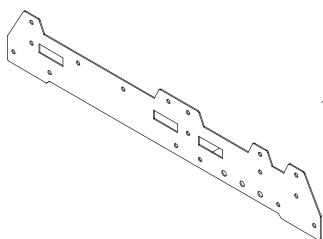
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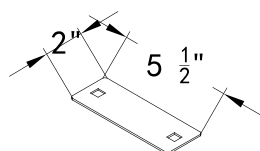
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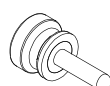
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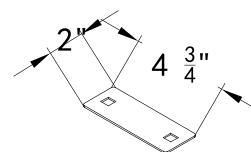
⑥②×4



⑥③×2



⑥④×4



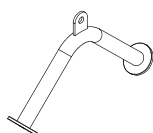
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⑥⑥×4



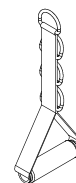
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⑦①×1



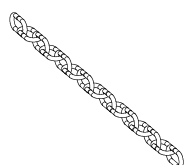
⑦②×1



⑦③×2



⑦④×2



⑦⑤×2



⑦⑥×6



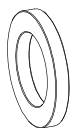
⑦⑦×1



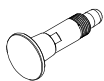
⑦⑧×18



⑦⑨×2



80 × 6



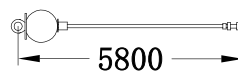
82 × 2



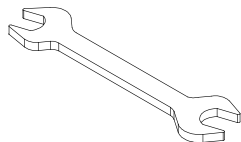
83 × 1



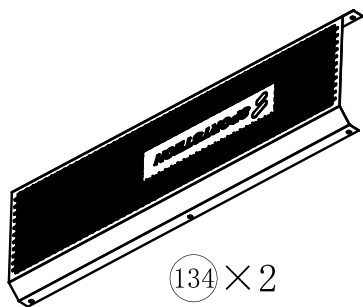
84 × 6



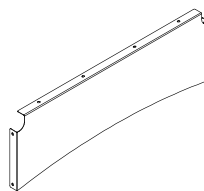
89 × 2



132 × 2



134 × 2



134 × 1



141 × 2

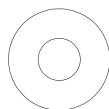
2.3 FISSARE COMPONENTE



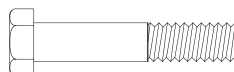
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81 × 9



112 × 6



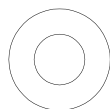
117 × 8



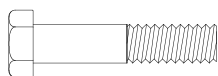
118 × 219



119 × 104



131 × 18



121 × 8



122 × 5



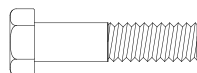
123 × 76



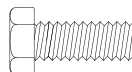
124 × 2



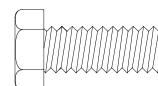
125 × 3



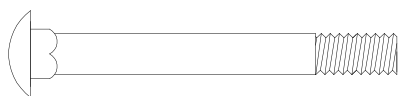
126 × 2



127 × 10



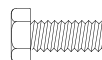
128 × 4



129 × 12



130 × 8



136 × 10



137 × 4



138 × 4



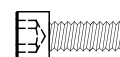
139 × 26



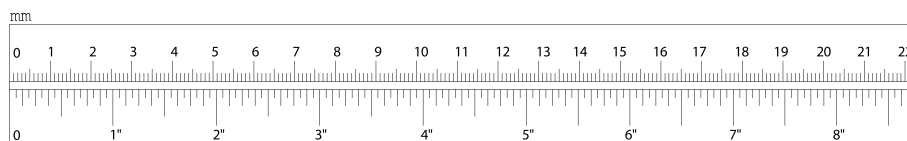
140 × 8



142 × 2

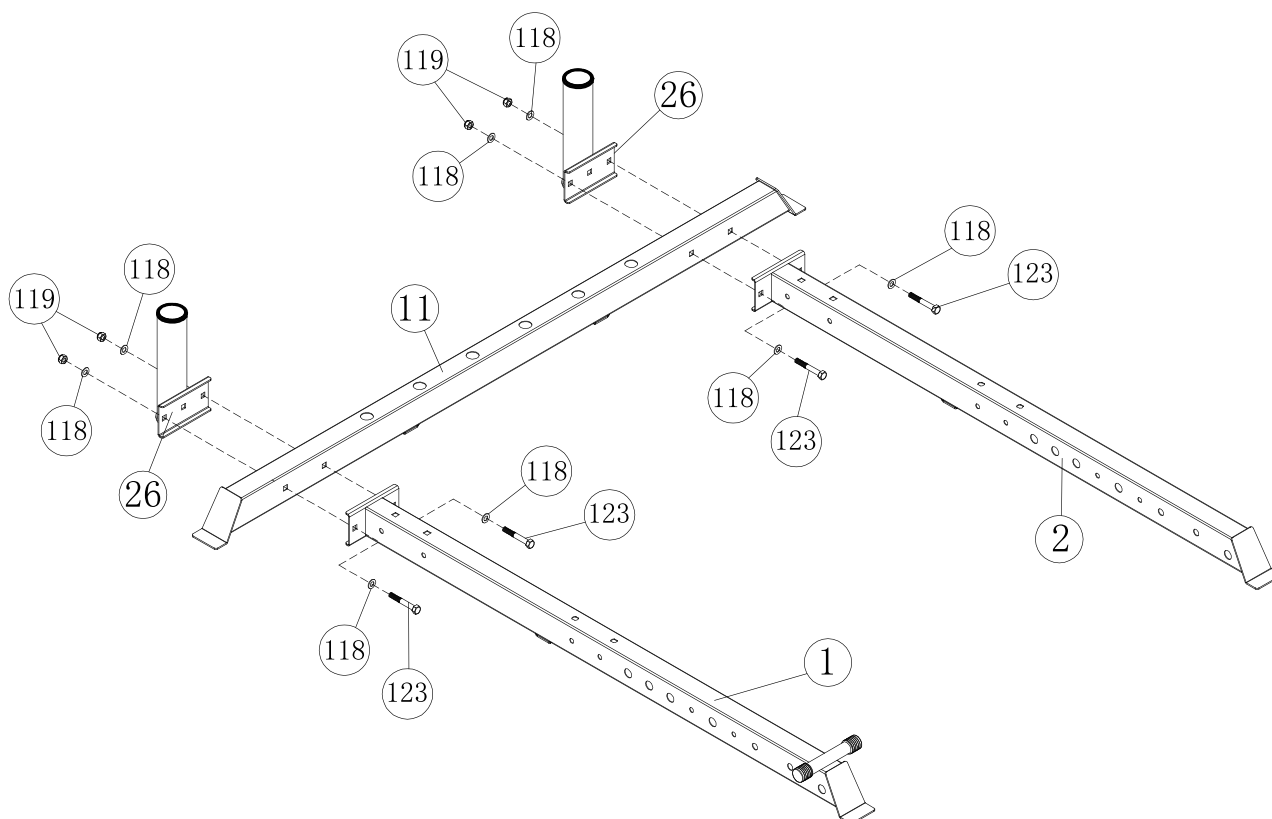
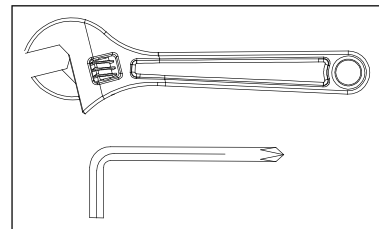


120 × 4



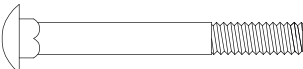
- Fissa il telaio della base destra (#1) e il supporto per il deposito delle bilancieri (#26) al telaio della base posteriore (#11) utilizzando 2 x bulloni esagonali M10×70 mm (123#), 4 x rondelle da 10 mm (118#) e 2 x dadi per aviazione M10 (119#).
- Fissa il telaio della base sinistra (#2) e il supporto per il deposito delle bilancieri (#26) al telaio della base posteriore (#11) utilizzando 2 x bulloni esagonali M10×70 mm (123#), 4 x rondelle da 10 mm (118#) e 2 x dadi per aviazione M10 (119#).

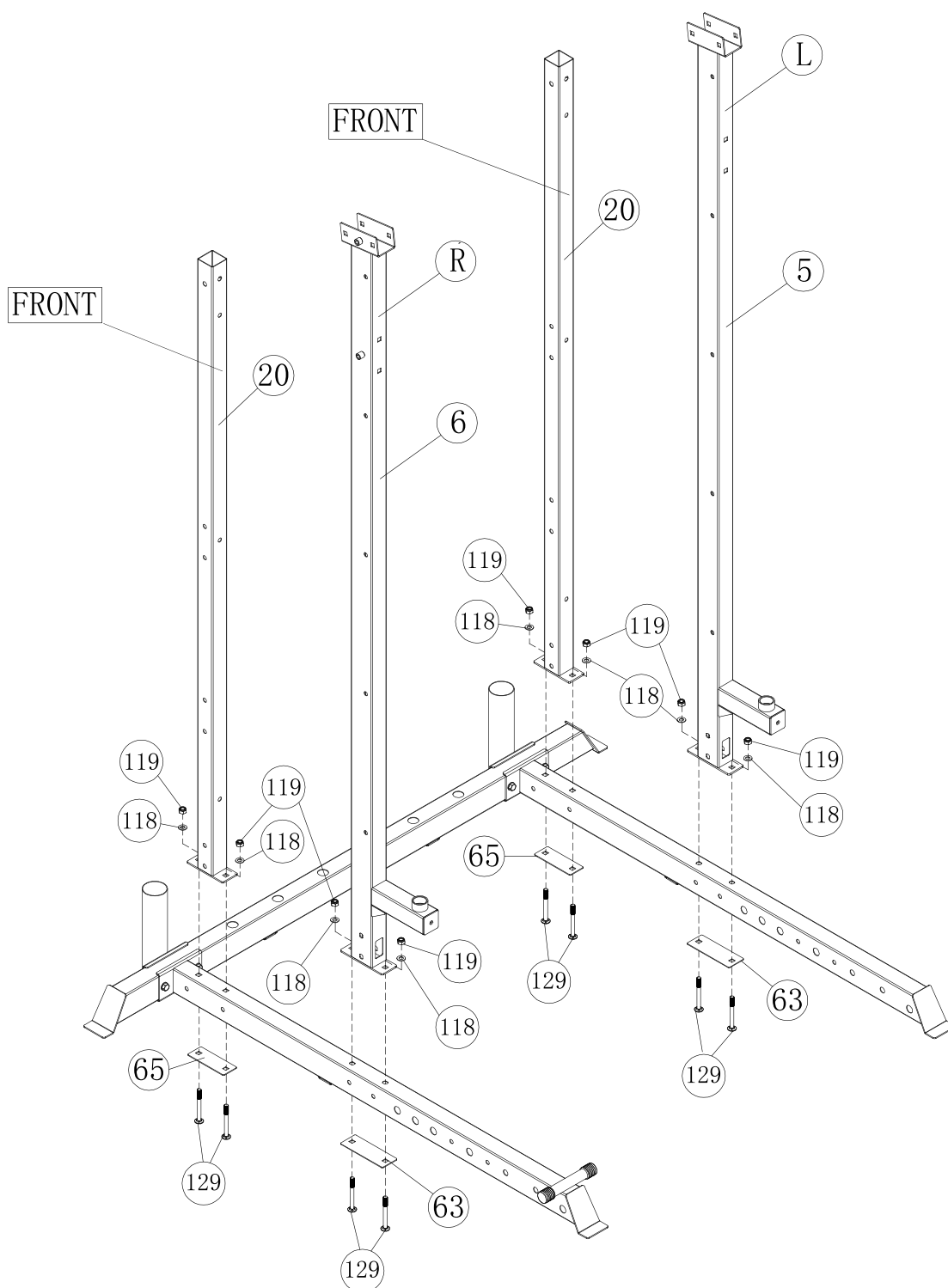
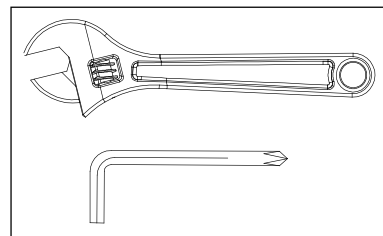
123		4	M10×70mm
118		8	Ø10
119		4	M10



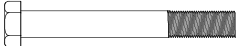
PASSO 2

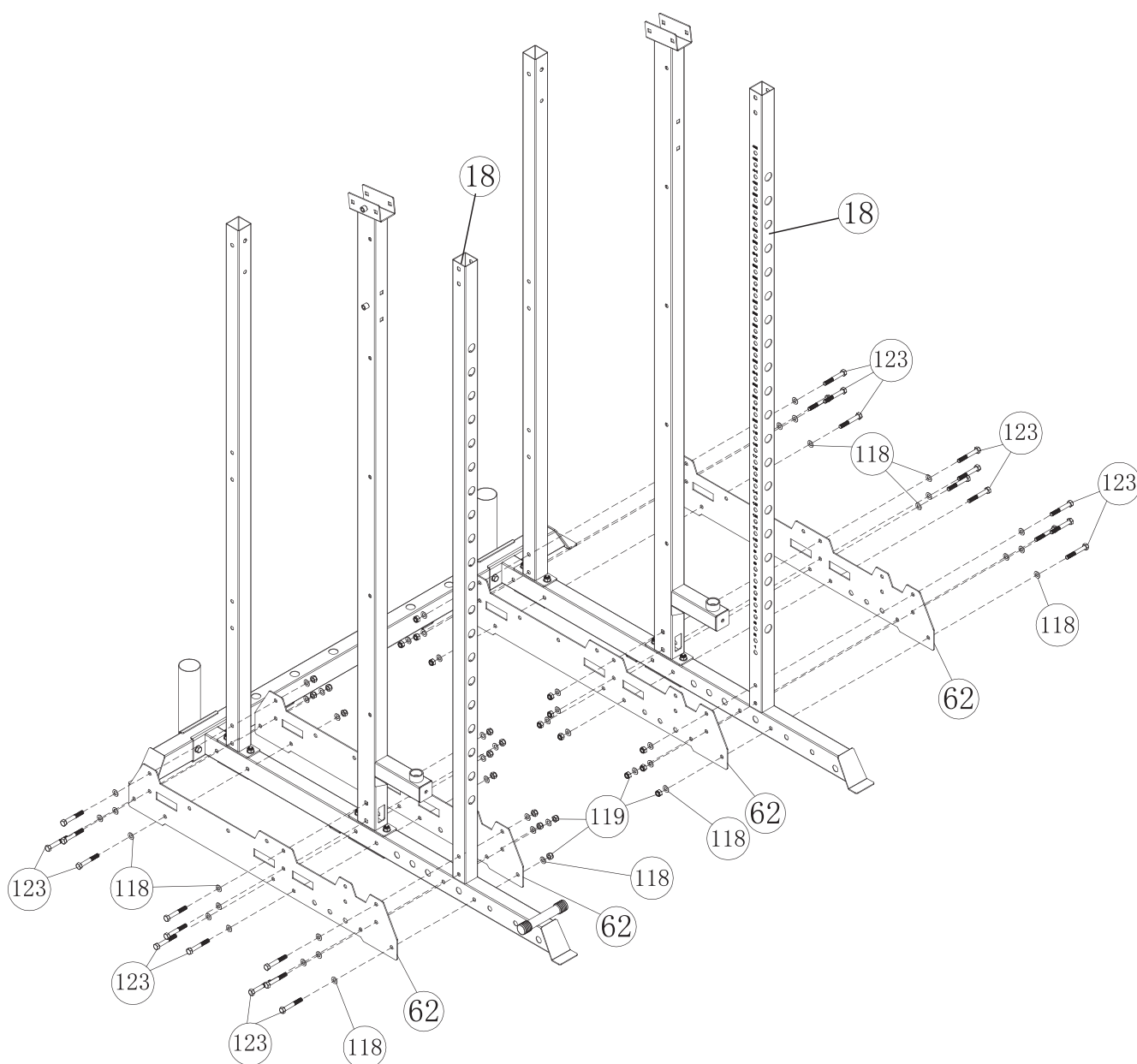
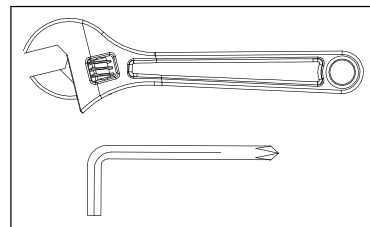
- Attacca I Beam Verticali Medi Sinistri e Destre (5# e 6#) ai Telai di Base Sinistro e Destro (#1 e #2) utilizzando 4 x Bulloni a Carriola M10×90mm (129#), 4 x Rondelle da 10mm (118#), 4 x Dadi Aeronautici M10 (119#) e 2 x Staffe (63#).
- Attacca due Beam Verticali Posteriori (20#) ai Telai di Base Sinistro e Destro (#1 e #2) utilizzando 4 x Bulloni a Carriola M10×90mm (129#), 4 x Rondelle da 10mm (118#), 4 x Dadi Aeronautici M10 (119#) e 2 x Staffe (65#).

129		8	M10×90mm
118		8	Ø10
119		8	M10



- Fissa la trave verticale anteriore (#18) al telaio della base sinistra (#2) utilizzando 12 x bulloni esagonali M10×70 mm (#123), 24 x rondelle da 10 mm (#118), 12 x dadi per aviazione M10 (#119) e 2 x supporti per il telaio della base (#62).
- Fissa la trave verticale anteriore (#18) al telaio della base destra (#1) utilizzando 12 x bulloni esagonali M10×70 mm (#123), 24 x rondelle da 10 mm (#118), 12 x dadi per aviazione M10 (#119) e 2 x supporti per il telaio della base (#62).

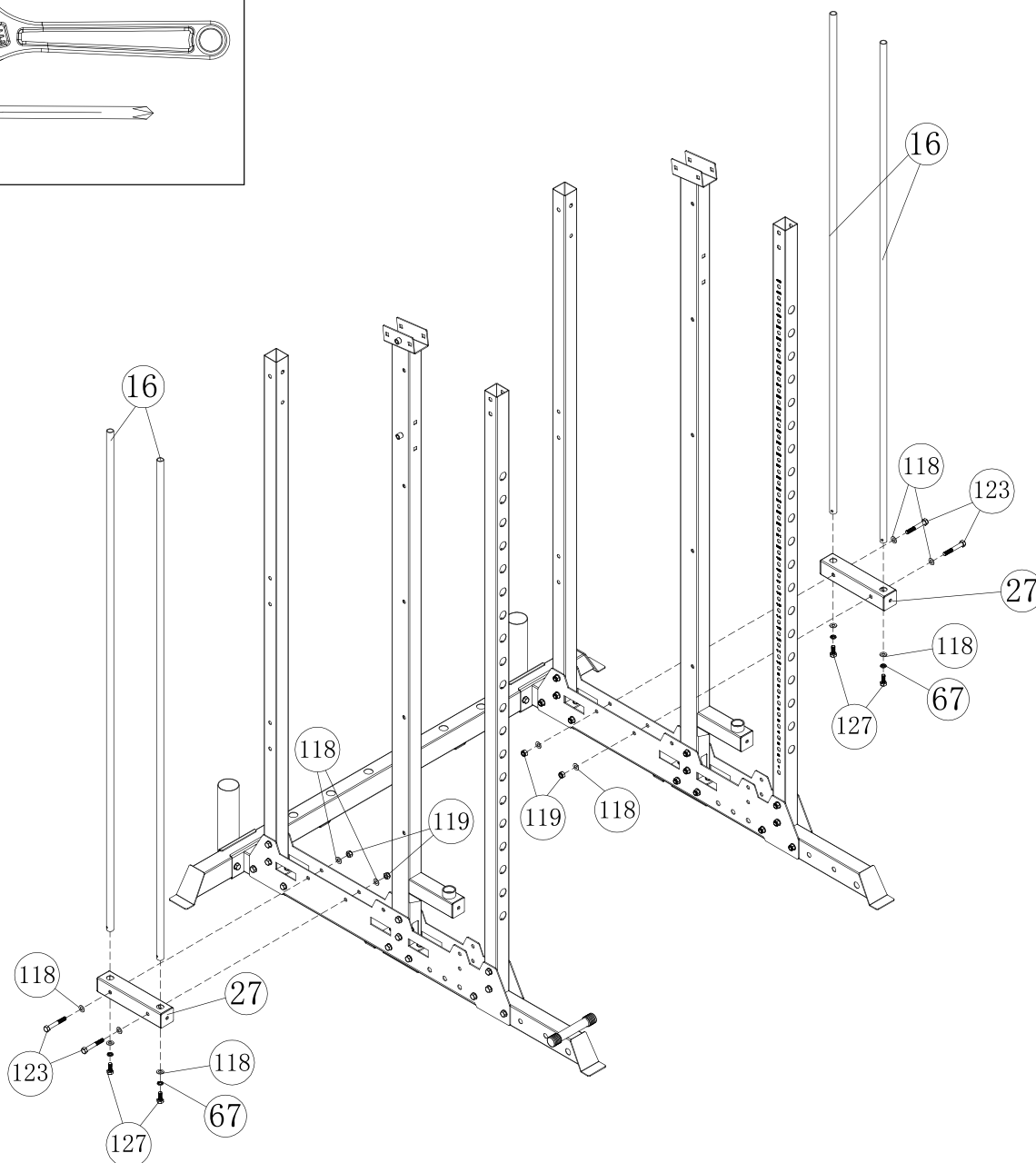
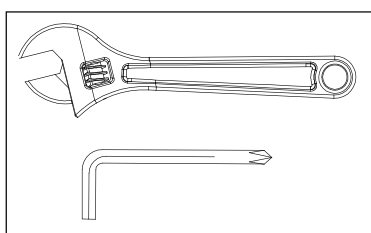
123		24	M10×70mm
118		48	Ø10
119		24	M10



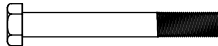
PASSO 4

- Attacca 4 x Guide Rods (#16) a 2 x Trolley Base Frames (#27) utilizzando 4 x M10×25mm Carriage Bolts (127#), 4 x 10mm Washers (#118) e 4 x 10mm Spring Washers (67#).
- Attacca 2 x Trolley Base Frames (#27) al Base Frame utilizzando 4 x M10×70mm Carriage Bolts (123#), 8 x 10mm Washers (#118) e 4 x 10mm Spring Washers (67#).

(123)		4	M10×70mm	(127)		4	M10×25
(118)		12	Ø10	(67)		4	Ø10
(119)		4	M10	Spring Washer			

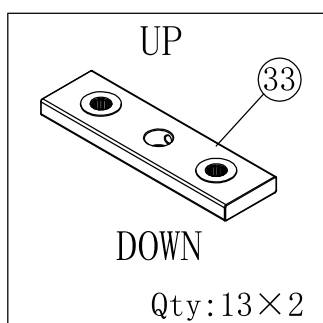
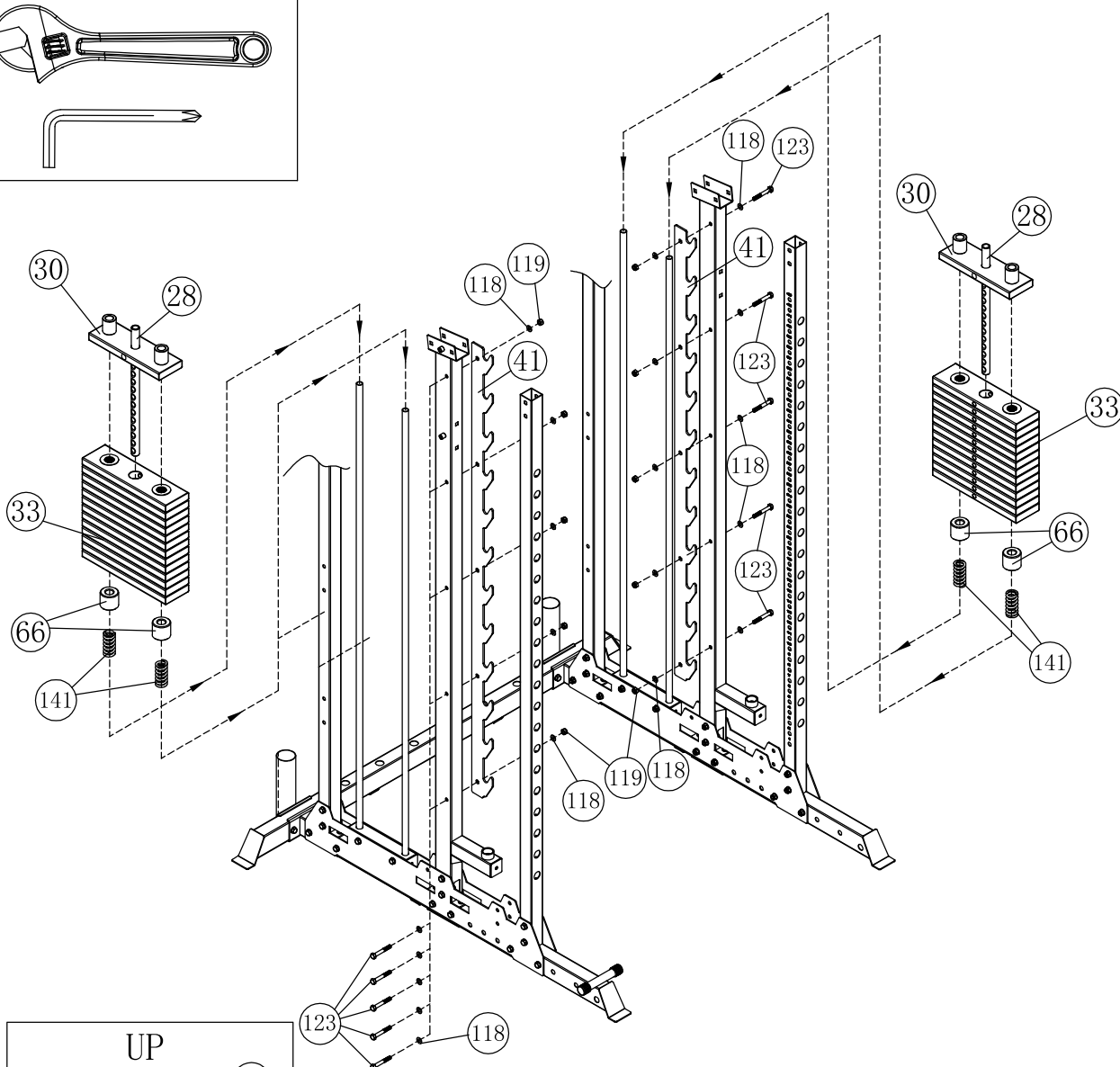
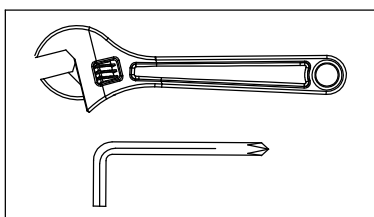


- Metti 4 x Weight Plate Springs (#141) e 4 x Guide Rod Stoppers (#66) sulle Quattro Guide Rods (#16).
- Metti due gruppi di 13 x Weight Plates (#33) sulle Guide Rods (#16), fai attenzione alla direzione di installazione delle weight plates, il perno deve essere all'interno.
- Posiziona i due steli di selezione (#30) su entrambi i lati delle aste di guida.
- Fissa due Saw Tooth Safety Catches (#41) su entrambi i lati del tubo verticale centrale utilizzando 10 x M10×70mm Hex Bolts (#123), 20 x 10mm Washers (#118) e 10 x M10 Aircraft Nuts (#119).

(123)  10 M10×70mm

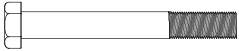
(118)  20 Ø10

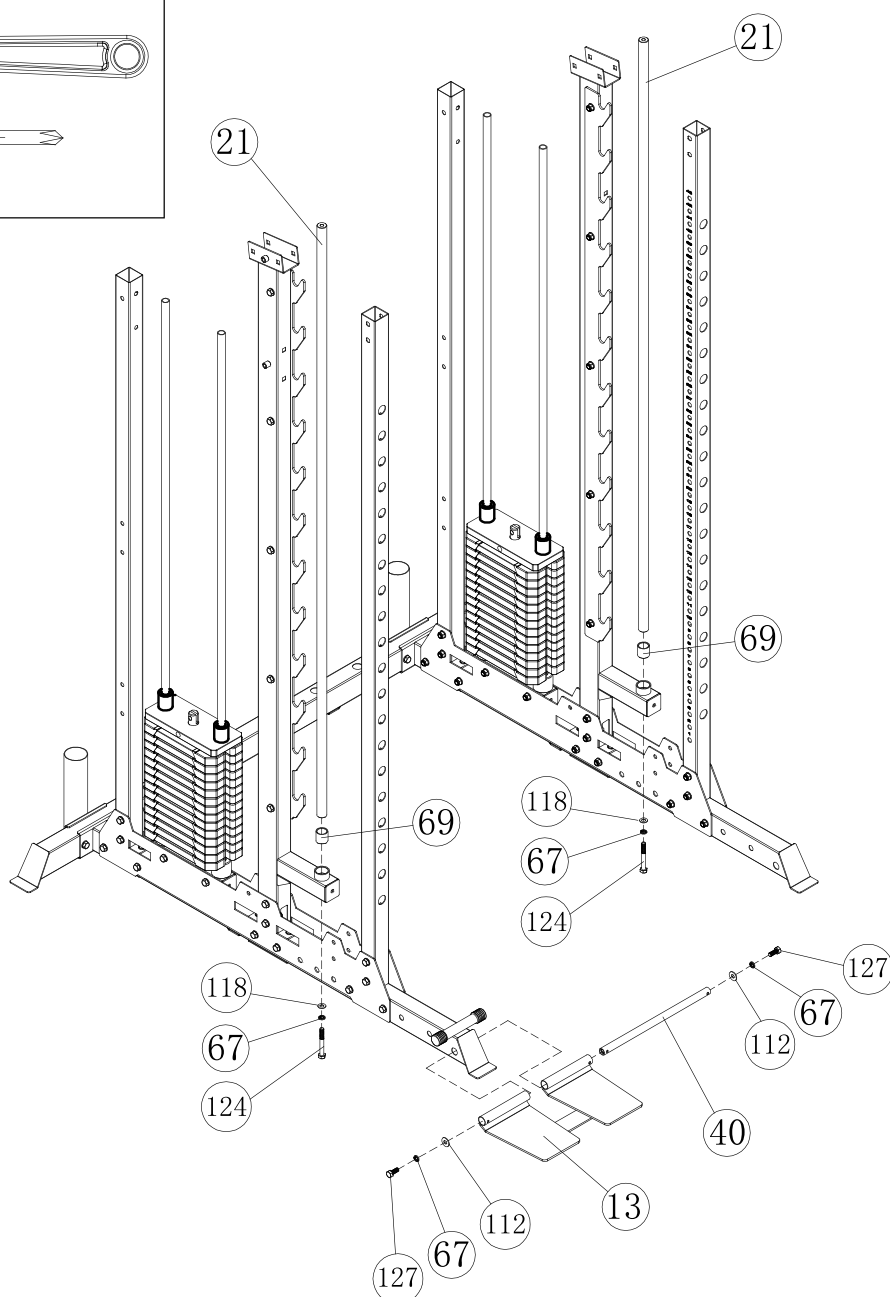
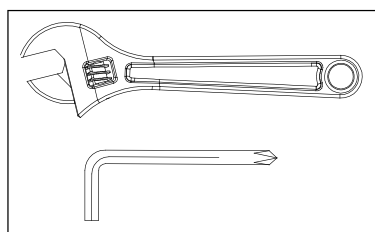
(119)  10 M10



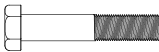
PASSO 6

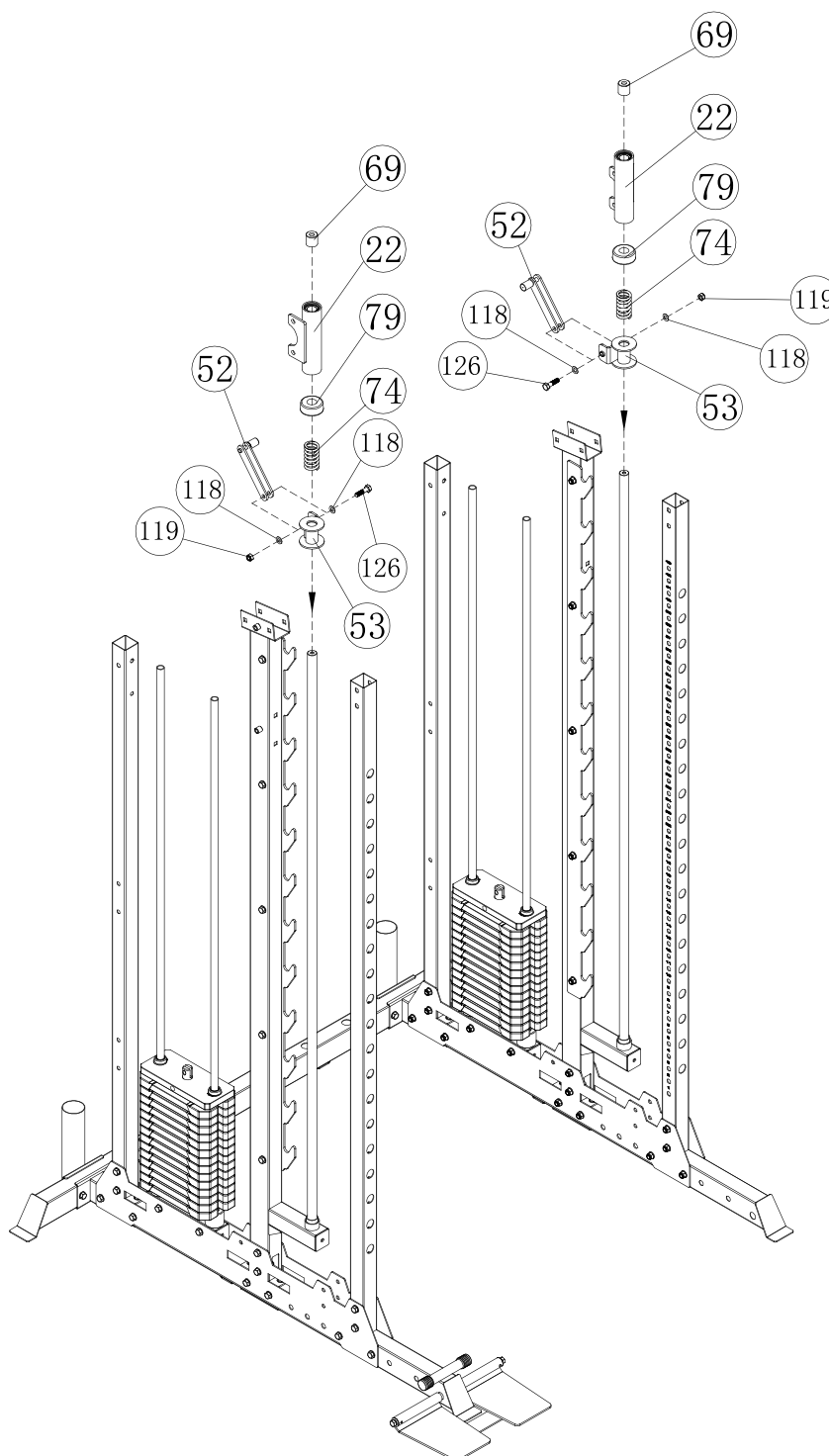
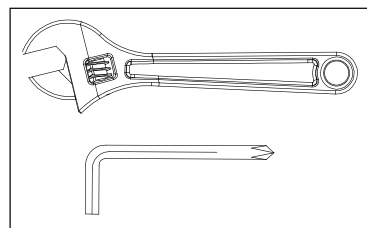
- Fissa due Guide Rubber Bumpers alla parte inferiore della Guide Rod (#21).
- Fissa 2 x Guide Rods (#21) ai due tubi verticali centrali utilizzando 2 x M10×80mm Hex Bolts (#127), 2 x 10mm Washers (#118) e 2 x 10mm Spring Washers (#67).
- Fissa il Footplate (#13) al telaio di base destro utilizzando 1 x Foot Plate Tube (#40), 2 x M10×25mm Hex Bolts (#127) e 2 x 10mm Large Washers (#112).

124		2	M10×80mm	127		2	M10×25
118		2	Ø10	112		2	Ø10×Ø25
67		Spring Washer 4	Ø10				



- Fissa rispettivamente 2 x Lower Safety Stop Hooks (#52) al Lower Safety Stop Frame (#53) utilizzando 2 x M10×40mm Hex Bolts (#126), 4 x 10mm Washers (#118) e 2 x M10 Aircraft Nuts.
- Fissa 2 x Shock Springs (#74) e 2 x Guide Rod Stoppers (#79) alla Guide Rod (#21).
- Posiziona rispettivamente 2 x Guide Rod Sleeves (#22) sulla Guide Rod (#21).
- Fissa 2 x Guide Rubber Bumpers (#69) alla parte superiore della Guide Rod (#21).

126		2	M10×40mm
118		4	Ø10
119		2	M10



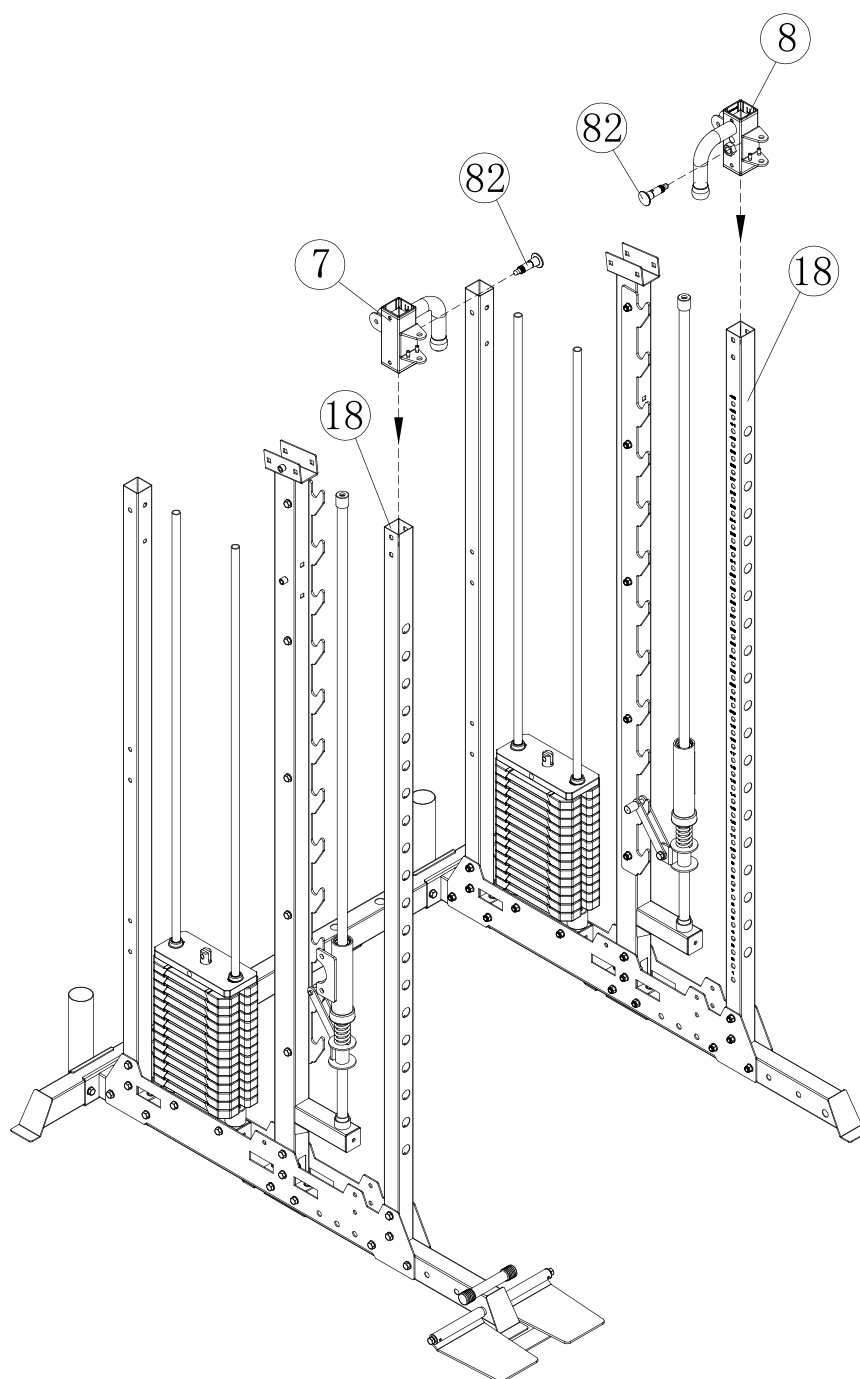
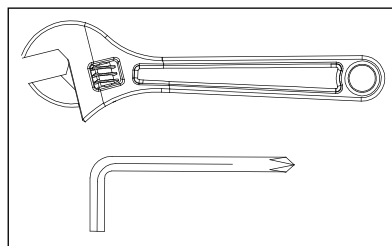
PASSO 8

- Fissa l'assemblaggio del cavo sinistro (#8) al tubo verticale sinistro e bloccalo con il pin di bloccaggio del cavo (#82).
- Fissa l'assemblaggio del cavo destro (#7) al tubo verticale sinistro e bloccalo con il pin di bloccaggio del cavo (#82).

82

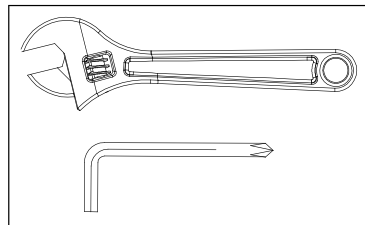


2

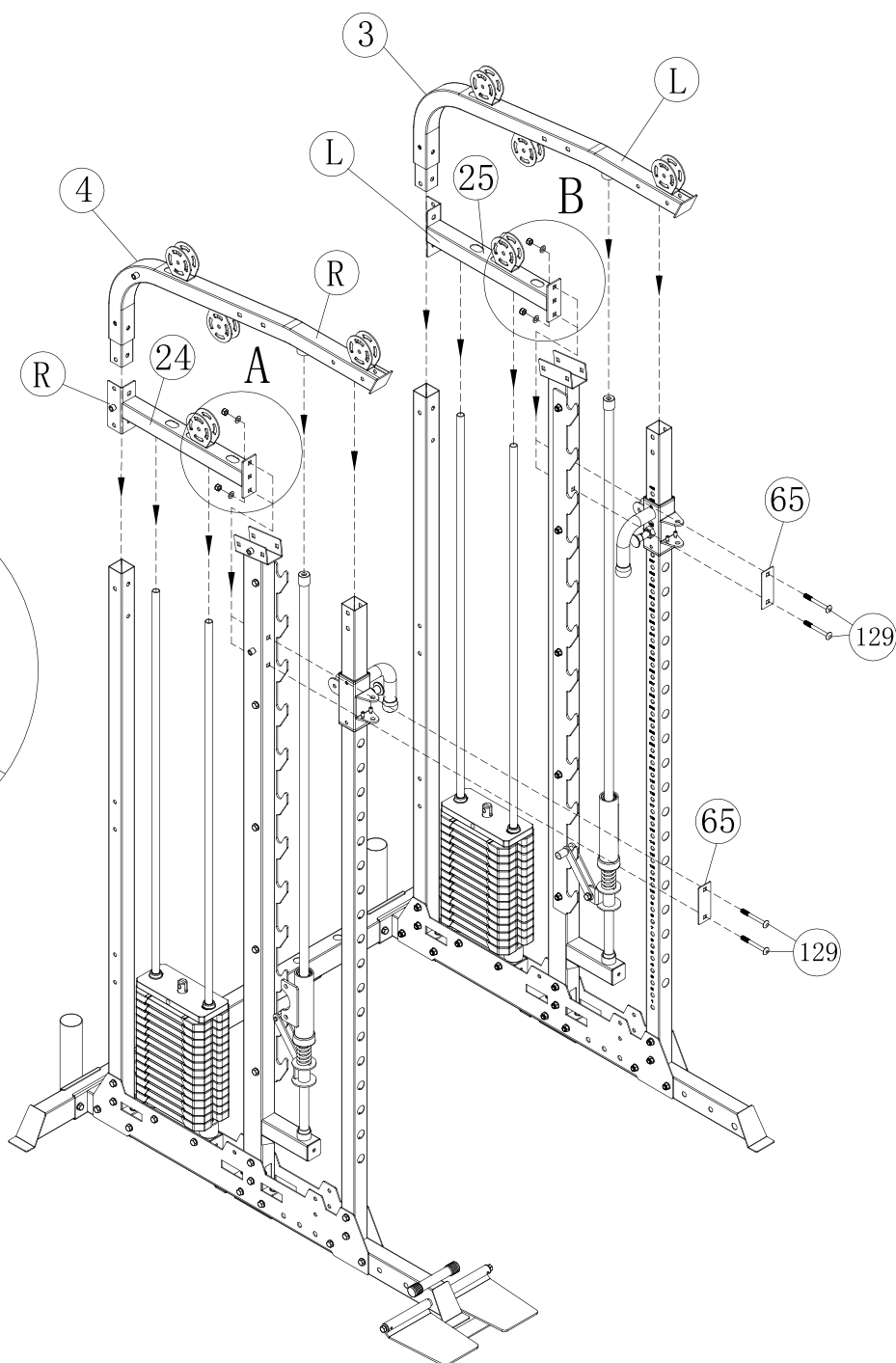
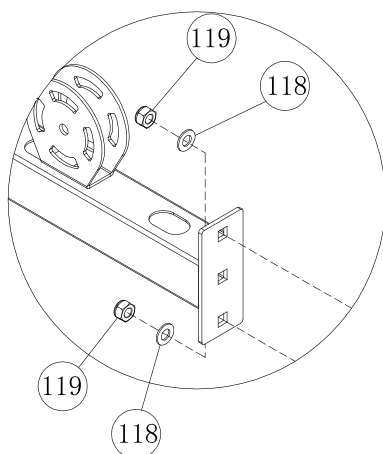


- Fissa il telaio superiore sinistro (#3) al tubo verticale centrale sinistro e al tubo verticale posteriore.
- Fissa il telaio superiore destro (#4) al tubo verticale centrale destro e al tubo verticale posteriore.
- Fissa il supporto posteriore superiore sinistro (#25) al tubo verticale centrale e al tubo verticale posteriore utilizzando 2 x bulloni a testa quadrata M10×90 mm (#129), 2 x rondelle da 10 mm (#118), 2 x dadi per aviazione M10 (#119) e un supporto (#65).
- Fissa il supporto posteriore superiore destro (#24) al tubo verticale centrale e al tubo verticale posteriore utilizzando 2 x bulloni a testa quadrata M10×90 mm (#129), 2 x rondelle da 10 mm (#118), 2 x dadi per aviazione M10 (#119) e un supporto (#65).

(129)		4	M10×90mm
(118)		4	Ø10
(119)		4	M10



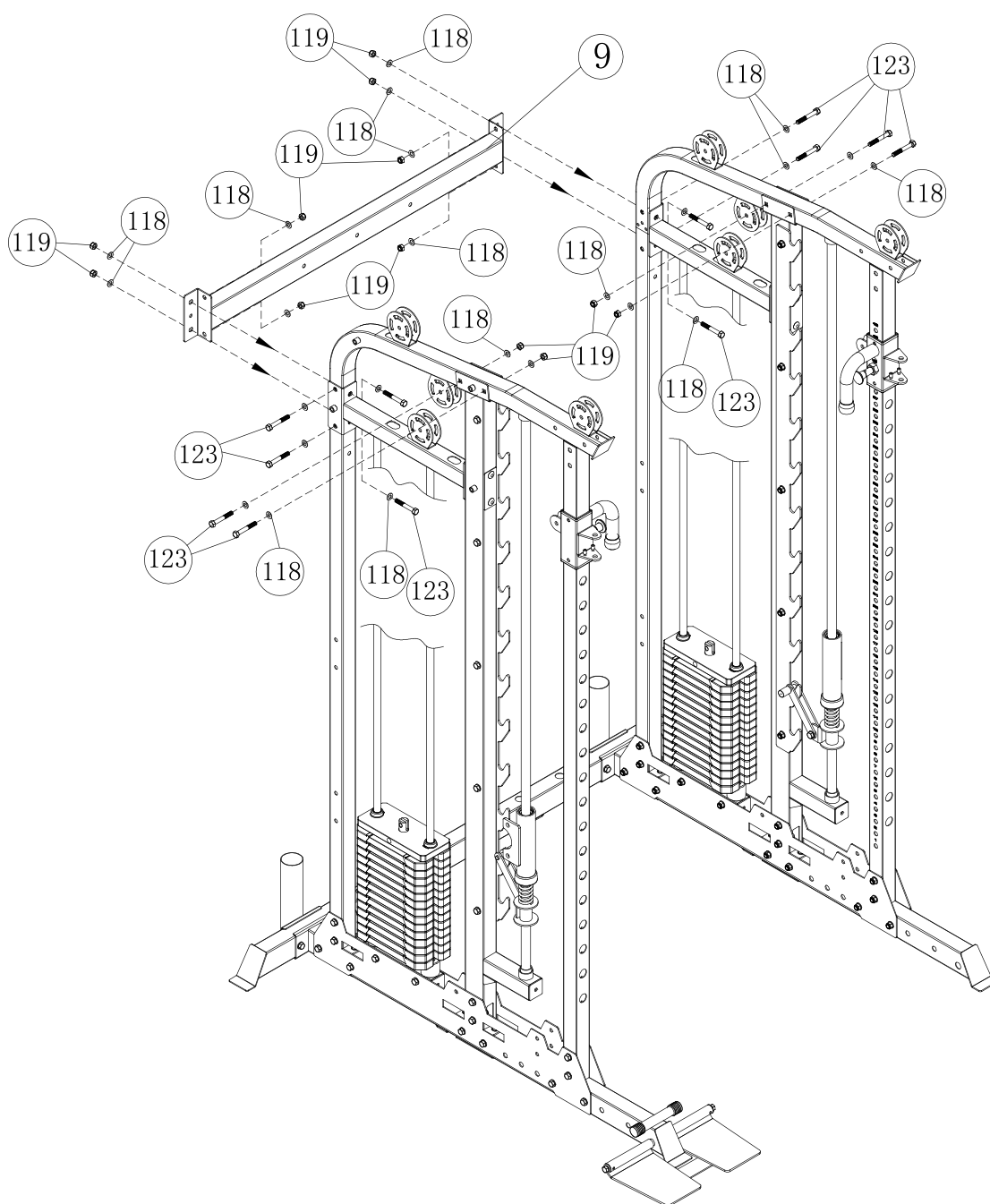
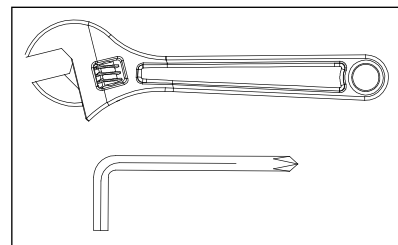
A/B



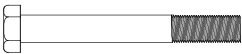
PASSO 10

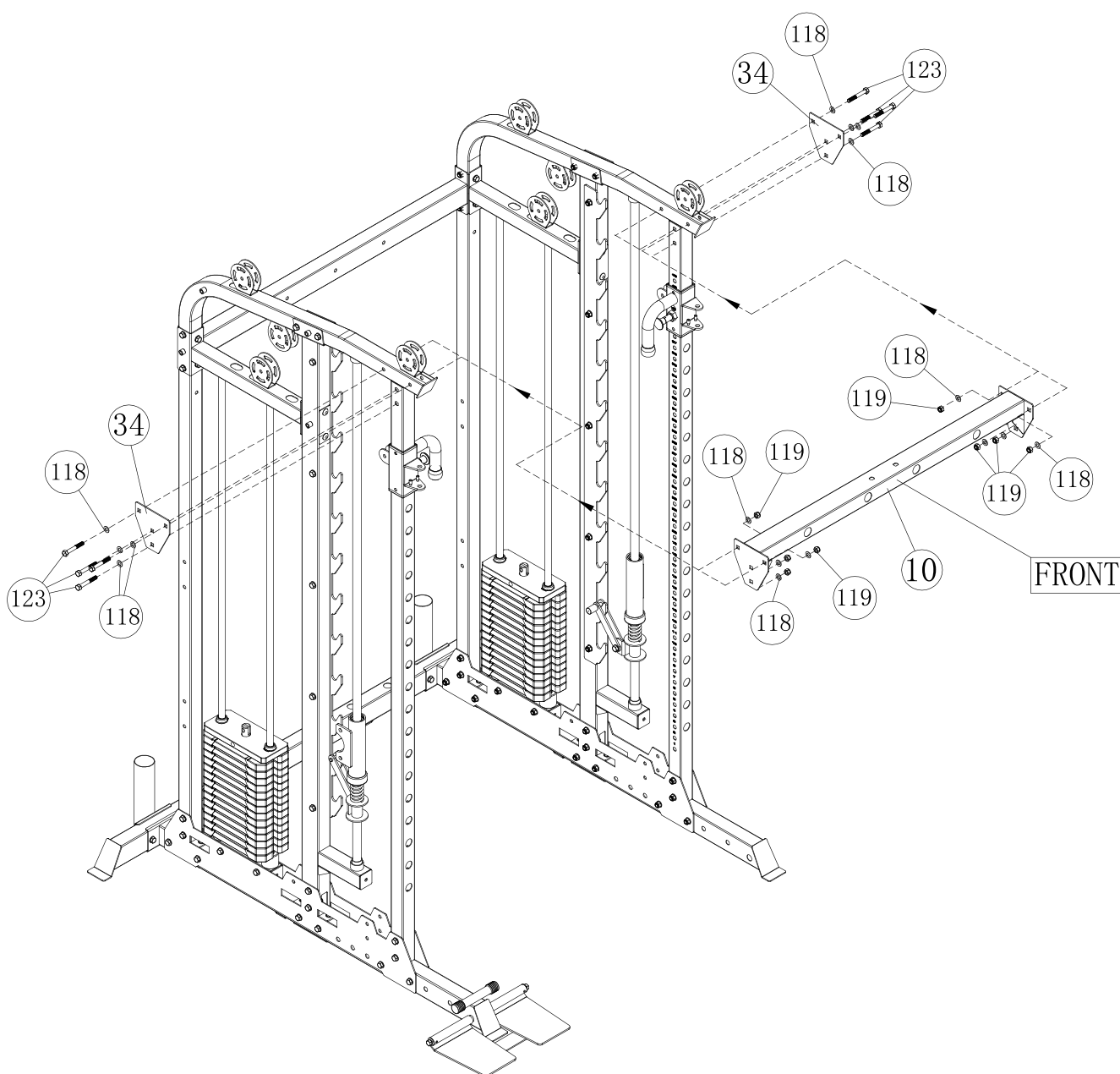
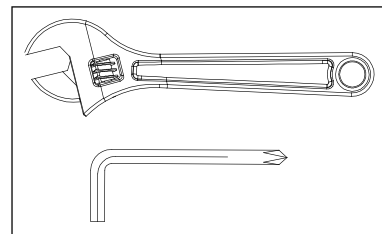
- Fissa la traversa superiore (#9) al tubo verticale posteriore utilizzando 4 x bulloni esagonali M10×70 mm (#123), 8 x rondelle da 10 mm (#118) e 8 x dadi per aviazione M10 (#119).
- Fissa il telaio superiore sinistro (#3) e il telaio superiore destro (#4) utilizzando 4 x bulloni esagonali M10×70 mm (#123), 8 x rondelle da 10 mm (#118) e 8 x dadi per aviazione M10 (#119).

123		12	M10×70mm
118		24	Ø10
119		12	M10



- Fissa il supporto per trazioni multi-grip (#10) al telaio superiore sinistro (#3) e al telaio superiore destro (#4) utilizzando 8 x bulloni esagonali M10×70 mm (#123), 16 x rondelle da 10 mm (#118), 8 x dadi per aviazione M10 (#119) e 2 x staffe triangolari (#34).

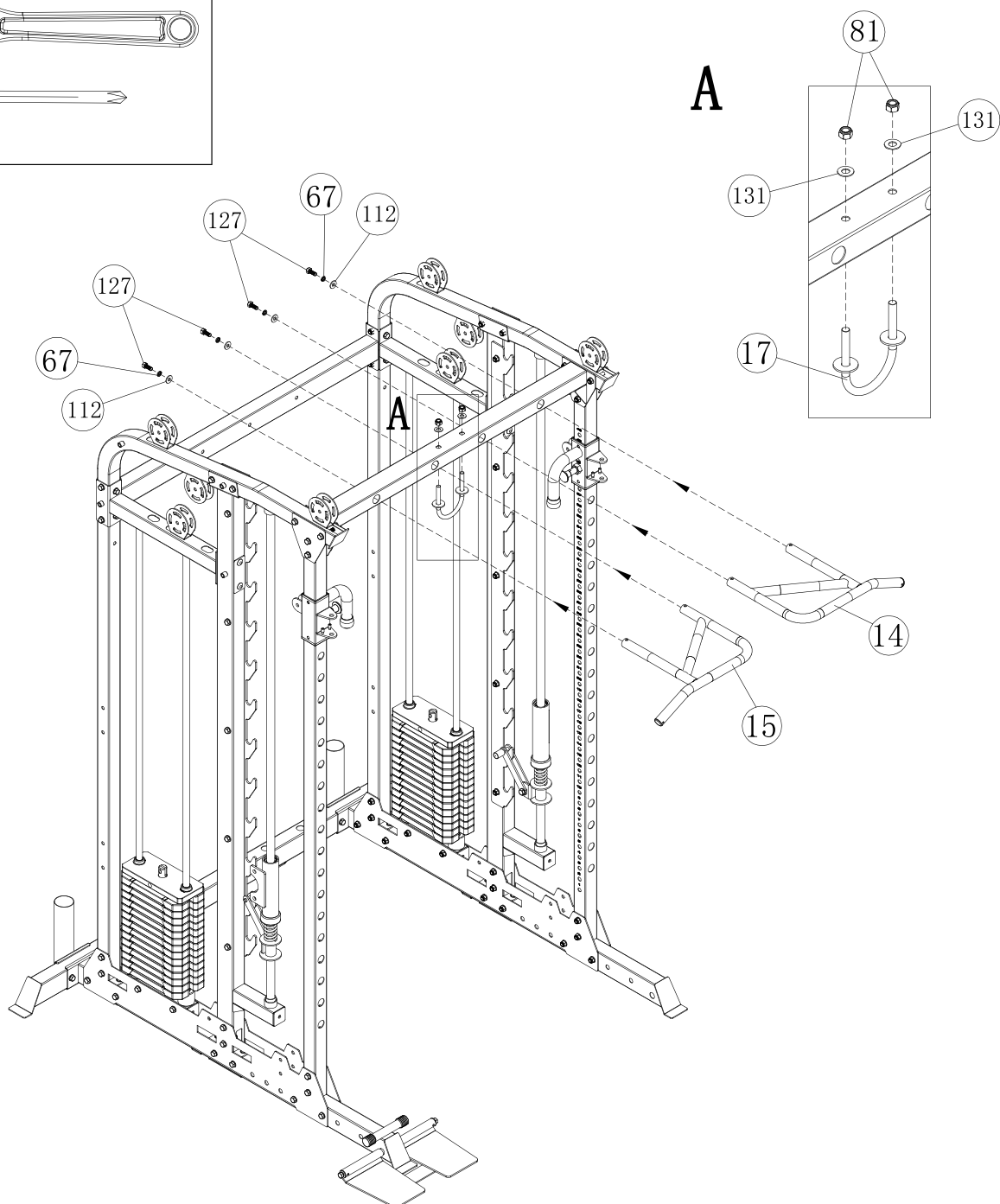
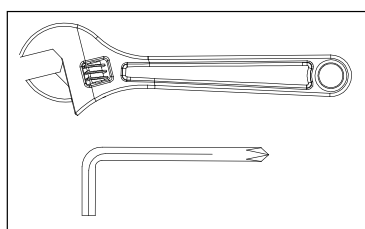
123		8	M10×70mm
118		16	Ø10
119		8	M10



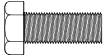
PASSO 12

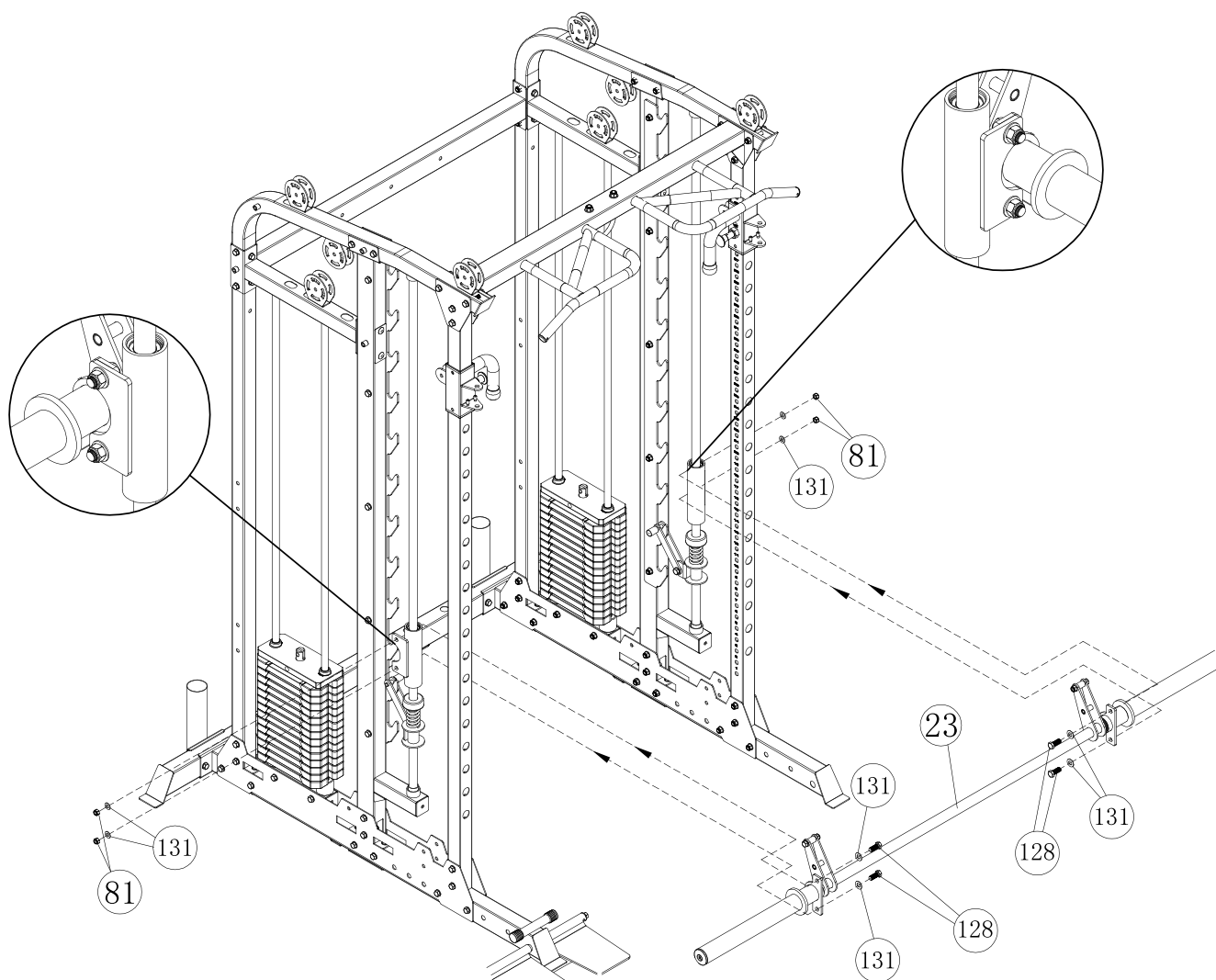
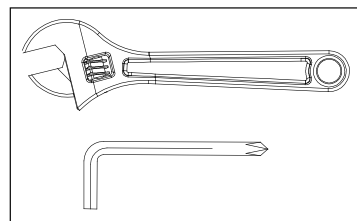
- Inserisci la barra per trazioni sinistra (#14) nel supporto per trazioni multi-grip (#10) e fissa con 2 x bulloni esagonali M10×25 mm (#127), 2 x rondelle grandi da 10 mm (#112) e 2 x rondelle a molla da 10 mm (#67).
- Inserisci la barra per trazioni destra (#15) nel supporto per trazioni multi-grip (#10) e fissa con 2 x bulloni esagonali M10×25 mm (#127), 2 x rondelle grandi da 10 mm (#112) e 2 x rondelle a molla da 10 mm (#67).
- Inserisci il gancio a U (#17) nel supporto per trazioni multi-grip (#10) e fissa con 2 x rondelle da 12 mm (#131) e 2 x dadi per aviazione M12 (#81).

67		Spring Washer	4	Ø10	131		2	Ø12
127			4	M10×25	81		2	M12
112			4	Ø10×Ø25				



- Collega la barra di pesi (#23) al manicotto della barra guida (#22) e fissa con 4 x bulloni esagonali M12×30 mm (#128), 8 x rondelle grandi da 12 mm (#131) e 4 x dadi per aviazione M12 (#81).

128		4	M12×30mm
131		8	Ø12
81		4	M12



PASSO 14

- Collega il gancio a forma di J (#29) alla traversa superiore (#9) e fissa con 3 x dadi a cappuccio M10 (#122), 3 x rondelle da 10 mm (#118) e 3 x rondelle a molla da 10 mm (#67).

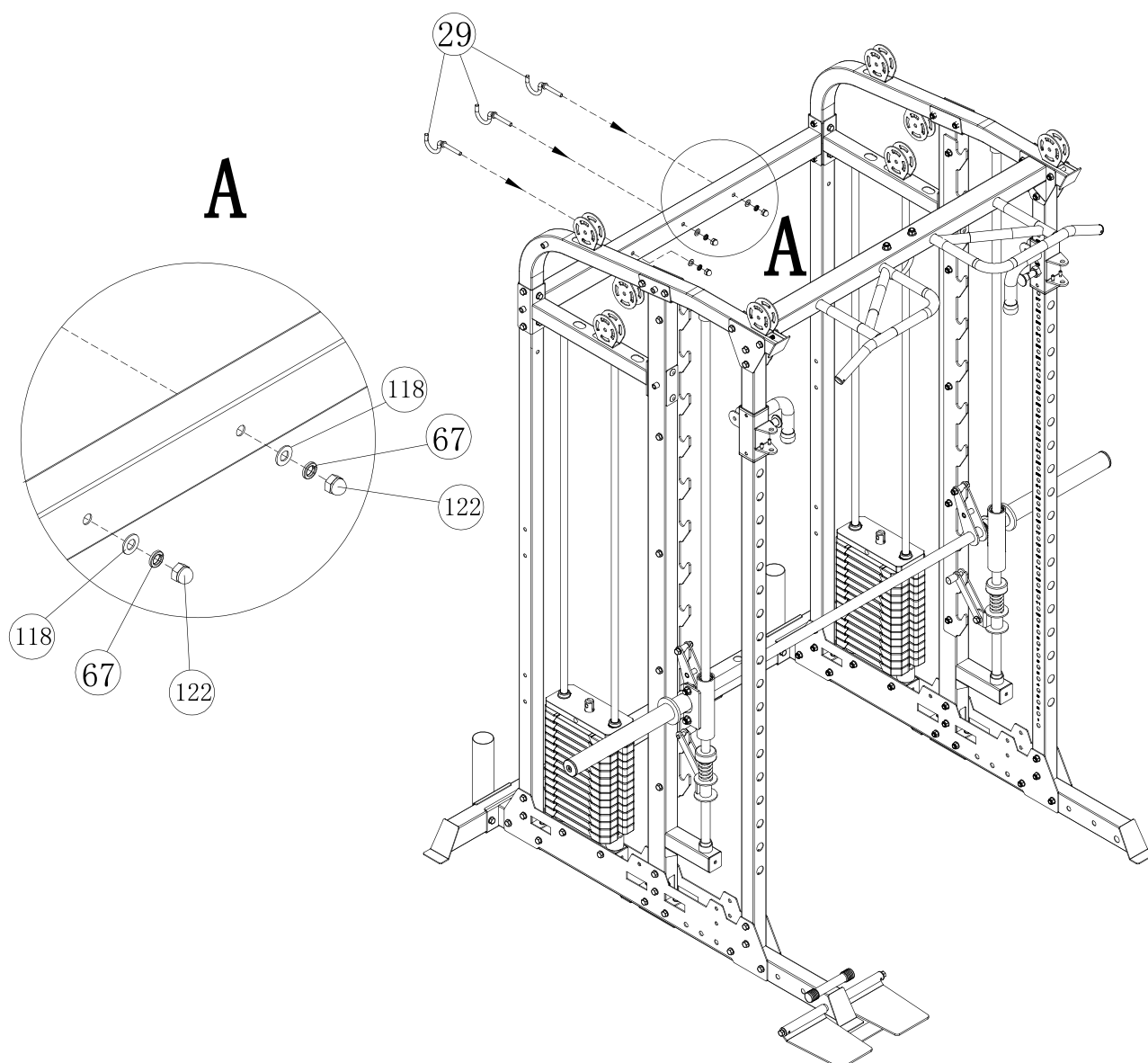
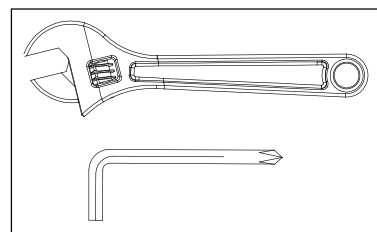
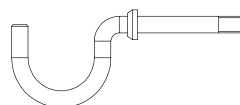
67 Spring Washer 3 Ø10

118 3 Ø10

122 3 M10

29

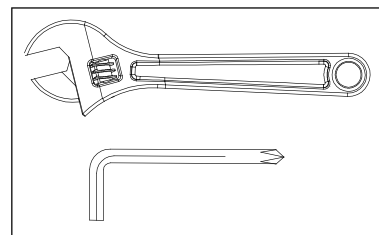
3



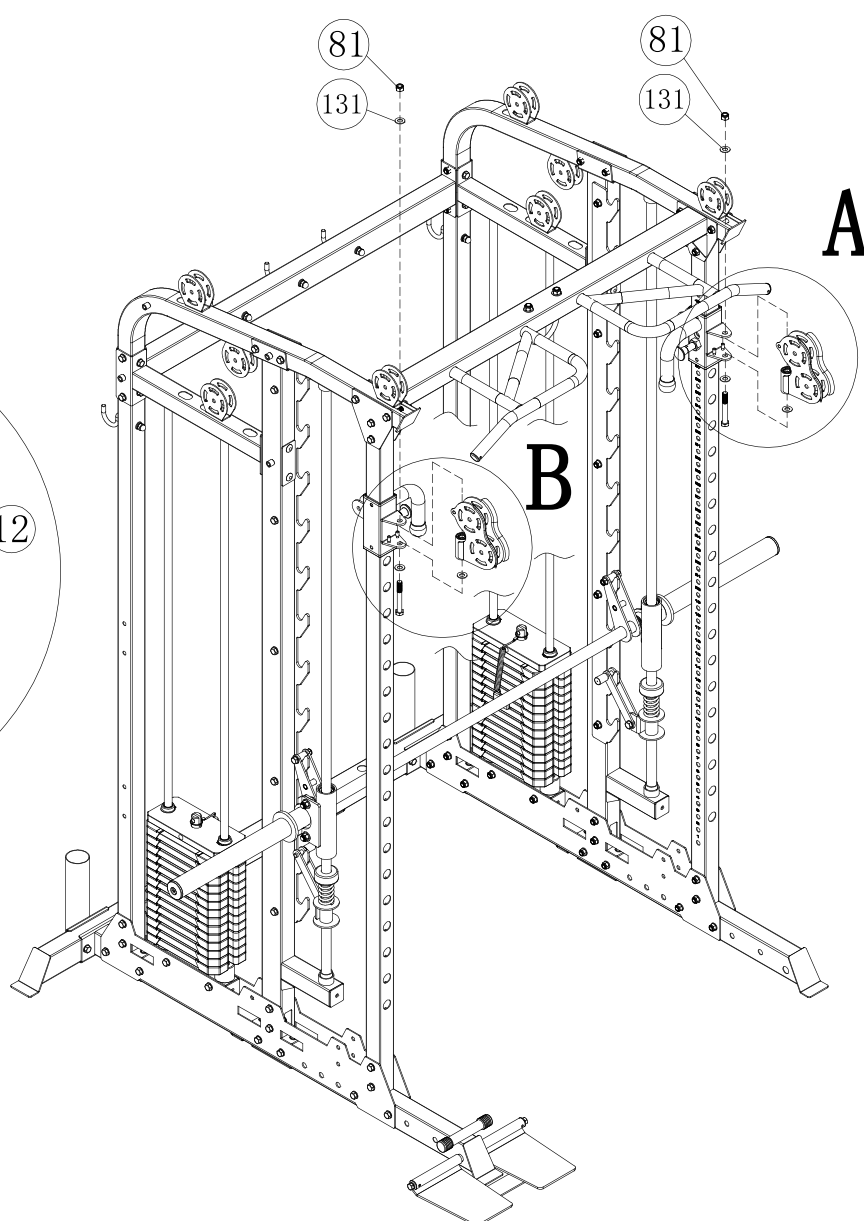
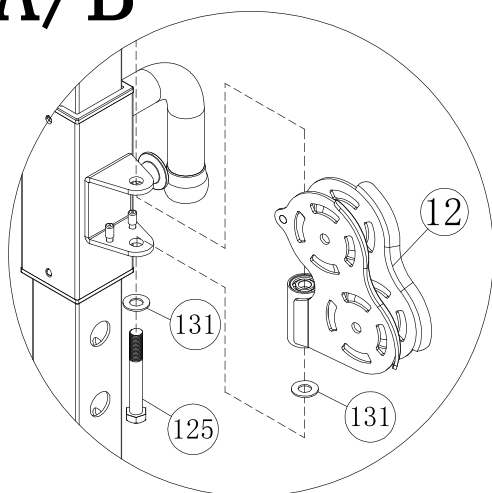
- Collega due assemblaggi a doppio puleggia (#12) agli assemblaggi per puleggia del cavo sinistro e destro (#7 e #8) utilizzando 2 x bulloni esagonali M12×90mm (#125), 6 x rondelle grandi da 12 mm (#131) e 2 x dadi per aviazione M12 (#81).

Note: inserire una rondella da 12 mm nel supporto a forma di U.

125		2	M12 × 90mm
131		6	Ø12
81		2	M12

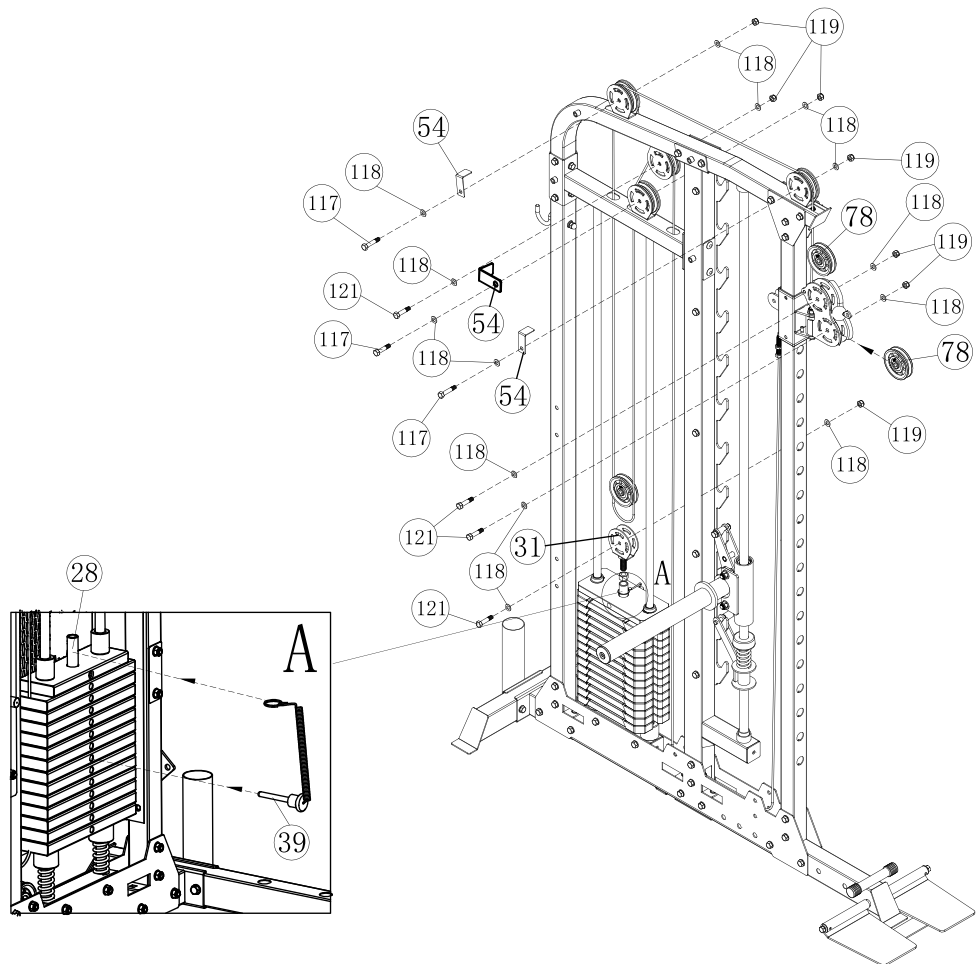
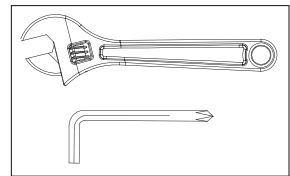


A/B

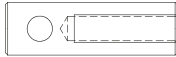


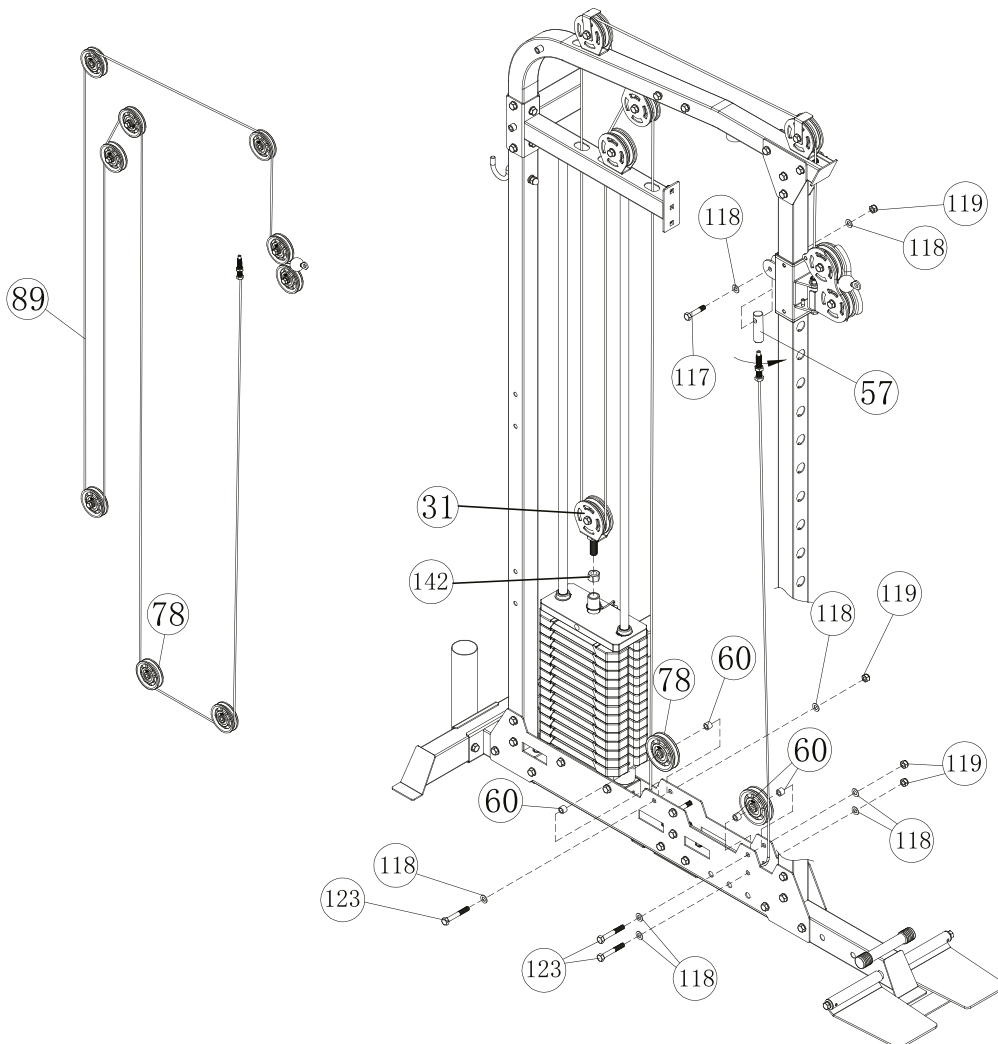
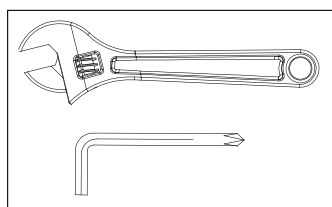
PASSO 16

- Ripeti i passaggi sopra per assemblare l'assemblaggio cavo e puleggia sinistro.



- Avvita il Supporto della Puleggia Singola (#31) sul Rod di Selezione (#28) e fissa con Dadi Esagonali M16.
- Fissa una Puleggia (#78) alla posizione centrale del Supporto del Telaio di Base (#62) e fissa con 1 x Vite Esagonale M10×70mm (#123), 2 x Rondelle da 10mm (#118), 1 x Dado per Aeromobili M10 (#119) e 2 x Boccole per Puleggia (#60).
- Fissa una Puleggia (#78) alla posizione centrale del Supporto del Telaio di Base (#62) e fissa con 2 x Viti Esagonali M10×70mm (#123), 4 x Rondelle da 10mm (#118), 2 x Dadi per Aeromobili M10 (#119) e 2 x Boccole per Puleggia (#60).
- Fissa il telaio di regolazione del cavo (#57) all'Assemblaggio della Puleggia del Cavo e fissa con 1 x Vite Esagonale M10×50mm (#117), 2 x Rondelle da 10mm (#118), 1 x Dado per Aeromobili M10 (#119) e 2 x Boccole per Puleggia (#60).
- Avvita l'estremità del cavo nel telaio di regolazione del cavo (#57) per regolare la tensione del cavo.
- Ripeti i passaggi 1-5 sopra per assemblare l'assemblaggio cavo e puleggia sinistro.

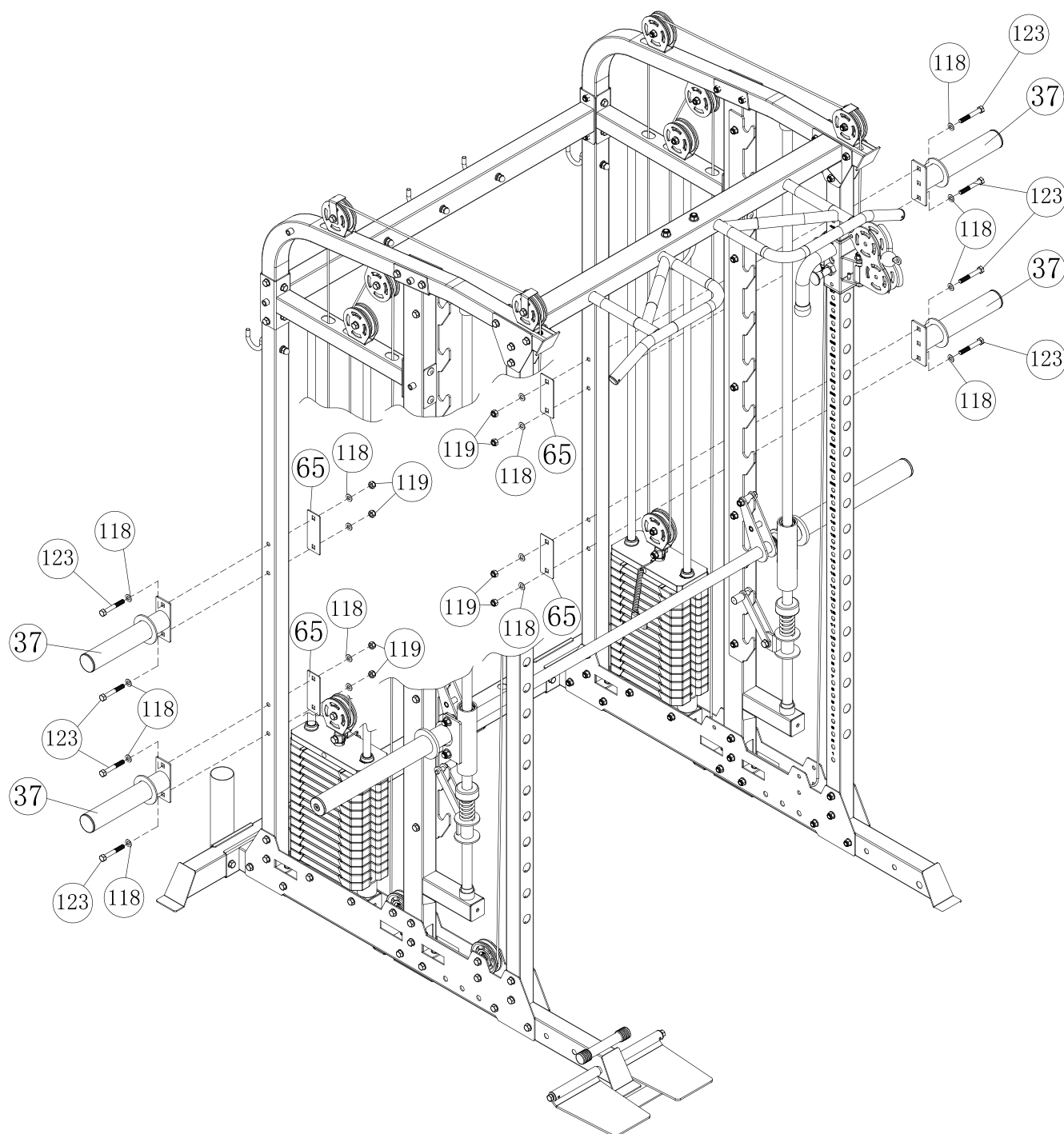
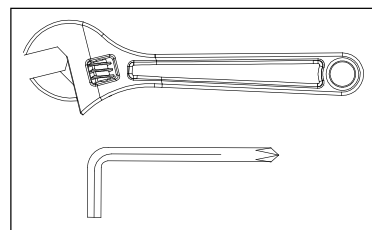
(117)		2	M10 × 50mm	(57)		2	Ø22 × 75 × M12
(123)		6	M10 × 70mm	(60)		8	Ø11 × Ø16 × 13
(142)		2	M16	(118)		16	Ø10
				(119)		8	M10



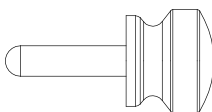
PASSO 18

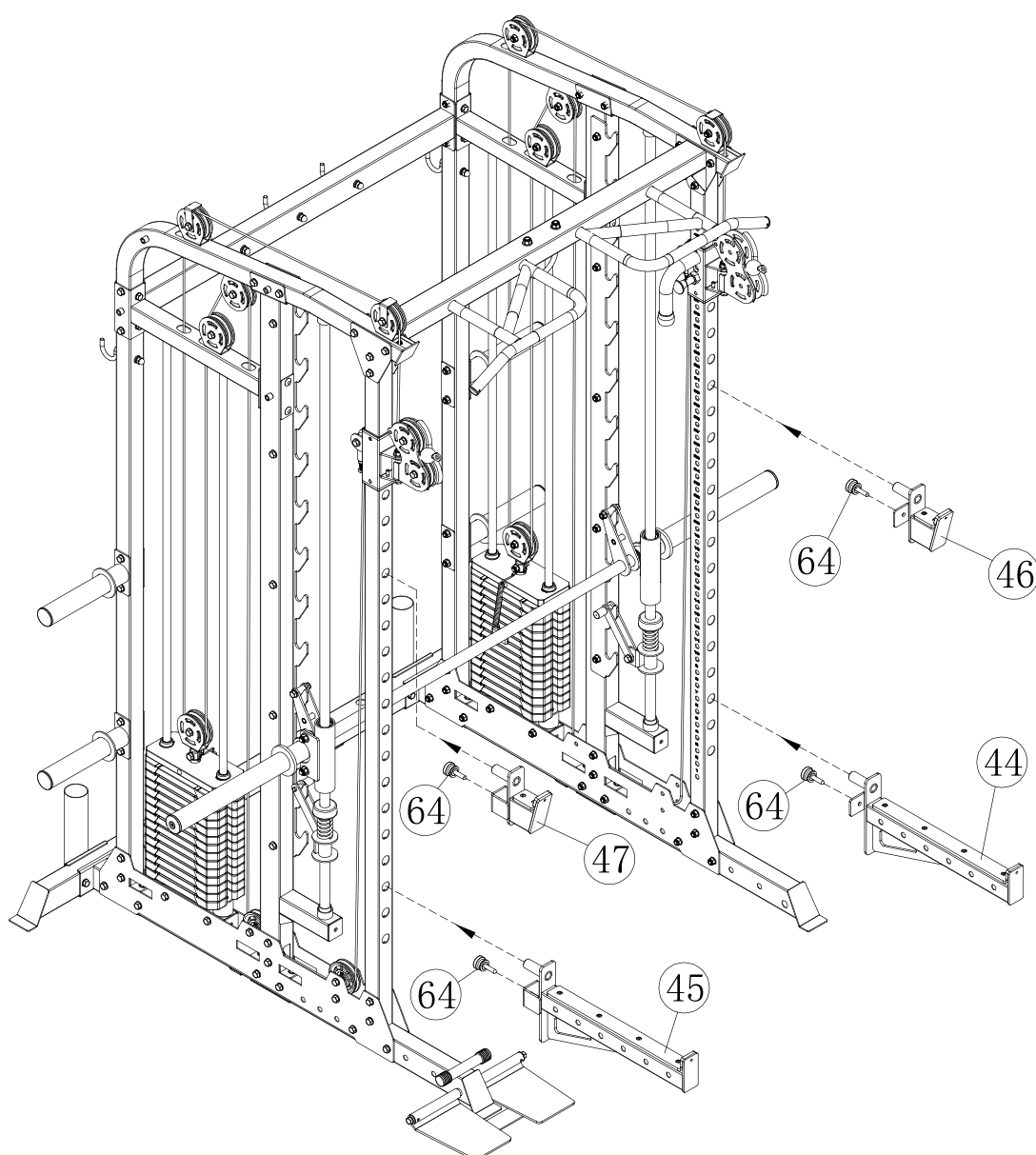
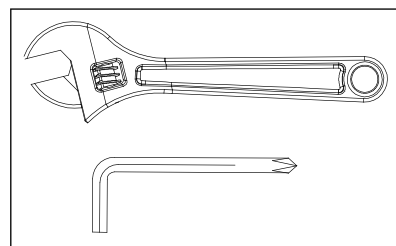
- Fissa 4 x Manifesti per Pesi (#37) su entrambi i lati del tubo verticale posteriore utilizzando 8 x Viti Esagonali M10×70mm (#123), 16 x Rondelle da 10mm (#118), 8 x Dadi per Aeromobili M10 (#119) e 4 x Supporti (#65).

123		8	M10×70mm
118		16	Ø10
119		8	M10



- Fissa il Gancio per Barra Sinistro e Destro (#46 e #47) al tubo verticale e blocca con il Pin di Blocco/Rosso (#64).
- Fissa il Gancio di Sicurezza Sinistro e Destro (#44 e #45) al tubo verticale e blocca con il Pin di Blocco/Rosso (#64).

64  4 Ø35×Ø10×70



PASSO 20

- Fissa 2 x Pannelli Logo Destro (#59) al Telaio di Base Sinistro e Destro (#3 e #4) utilizzando 8 x Viti Allen M10×12mm (#130), 8 x Rondelle da 10mm (#118) e 8 x Rondelle a Molla da 10mm (#67).
- Fissa 2 x Manici Singoli Regolabili (#76) al cavo utilizzando 2 x Clip di Bloccaggio (#76).

130



8

M10×12mm

76



2

118



8

Ø10

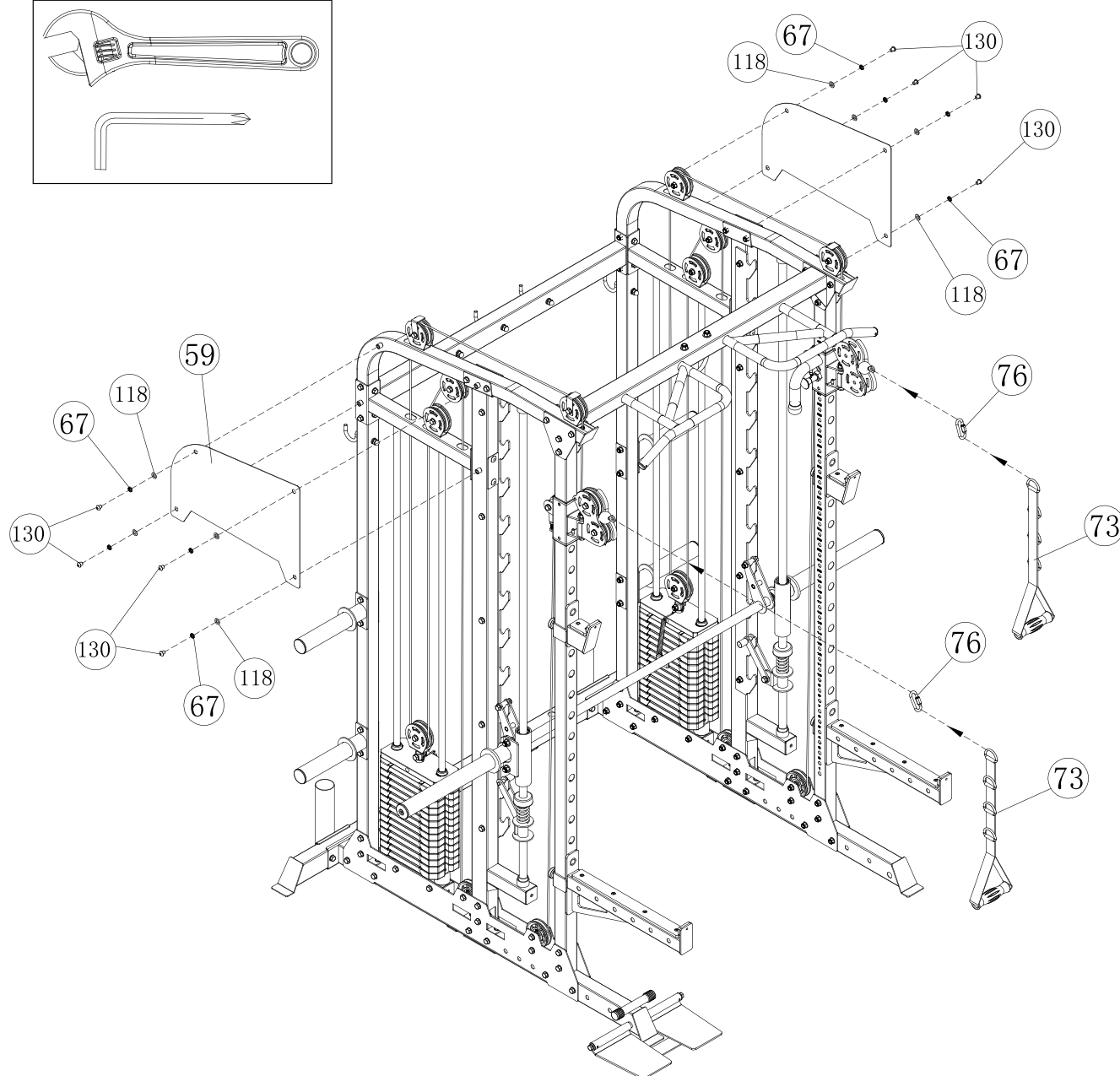
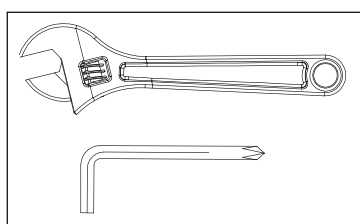
Locking Carabiner Clip

67



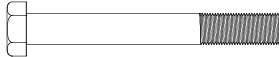
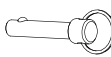
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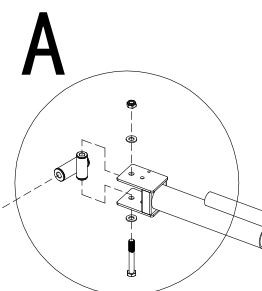
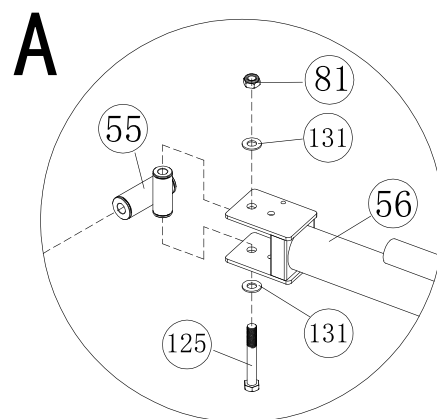
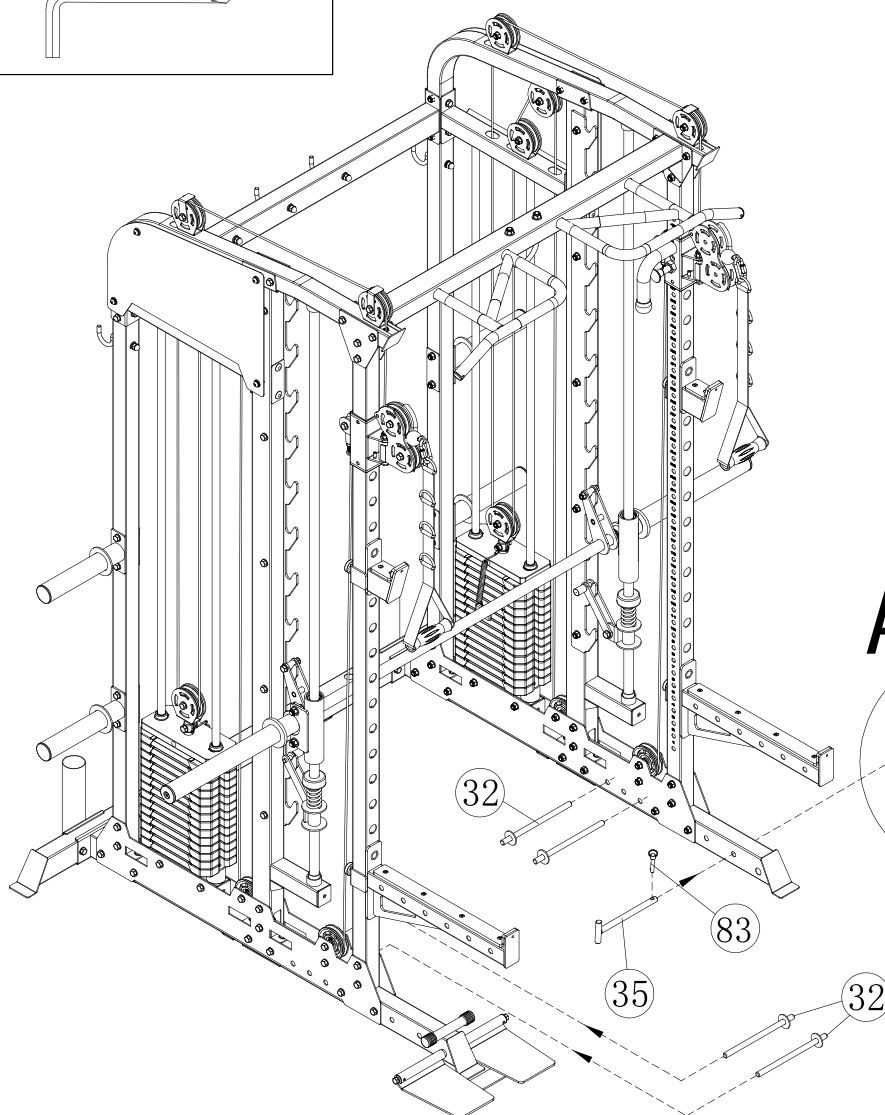
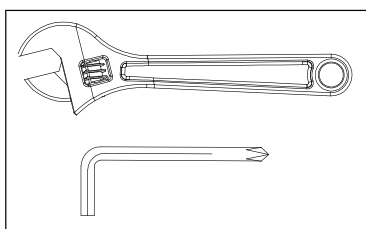
Ø10 Spring Washer



PASSO 21

- Inserisci 4 x Barre di Blocco (#32) nei fori sul fondo del Supporto del Telaio di Base (#62).
- Fissa l'Attacco Girevole (#55) all'Attacco Landmine (#56) utilizzando 1 x Vite Esagonale M12 × 90mm (#125), 2 x Rondelle da 12mm (#131) e 1 x Dadi per Aviazione M12 (#81).
- Inserisci una Barra di Blocco a T (#35) lungo la linea tratteggiata, avvita la Barra di Blocco a T sinistra (#35) nell'Attacco Girevole (#55).
- Inserisci un Perno di Blocco (#83) nel foro della Barra di Blocco a T (#35) per evitare che l'Attacco Girevole (#55) cada durante il movimento.

(125)		1	M12 × 90mm	(83)		1
(131)		2	Ø12			
(81)		1	M12			



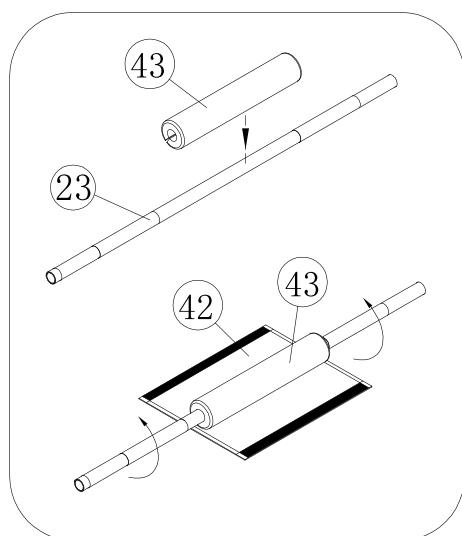
PASSO 22

- Metti 4 x Paraurti in Gomma (#80) e 4 x Clip a Molla (#84) su entrambi i lati del Poster per Piastra di Peso (#37).
- Metti 2 x Paraurti in Gomma (#80) e 2 x Clip a Molla (#84) sulle Maniche Olimpiche della Smith Bar (#38).
- Posiziona i Cuscinetti per Barbell (#43) nella posizione centrale della Barra di Peso (#23).
- Usa la Copertura per Cuscinetti per Barbell per avvolgere il rullo in schiuma e fissarlo con il velcro su entrambi i lati.

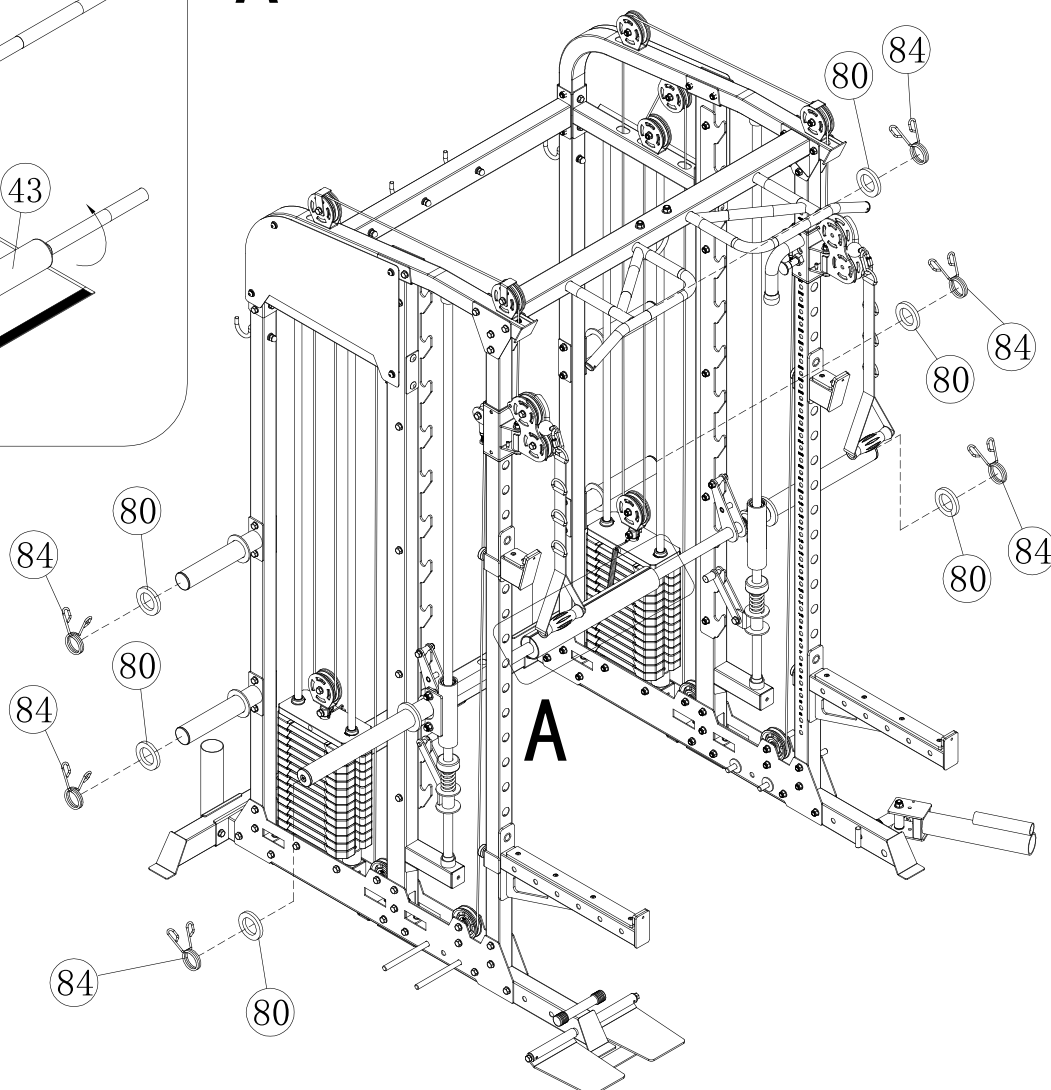
84



6



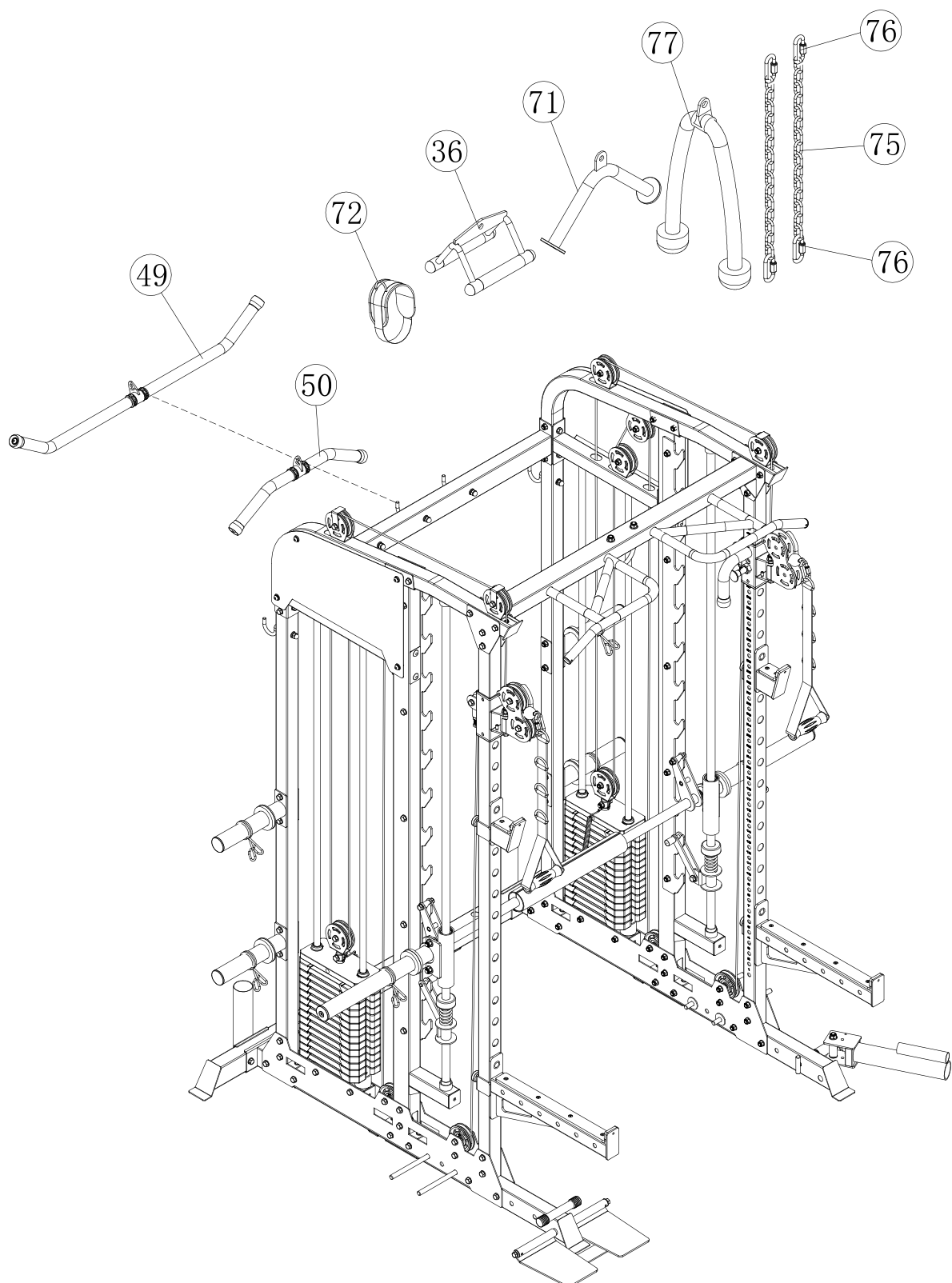
A



- Appendere la Barra Lat e la Barra Inferiore ai ganci.
- Attaccare la Cinghia per Caviglia (#72), la Barra a V (#36), la Maniglia a V (#71), la Corda per Tricipiti (#77), due Catene (#75) e quattro Clip di Blocco (#76) ai ganci.

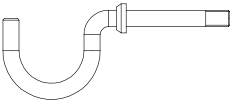
76  4 Locking Carabiner Clip

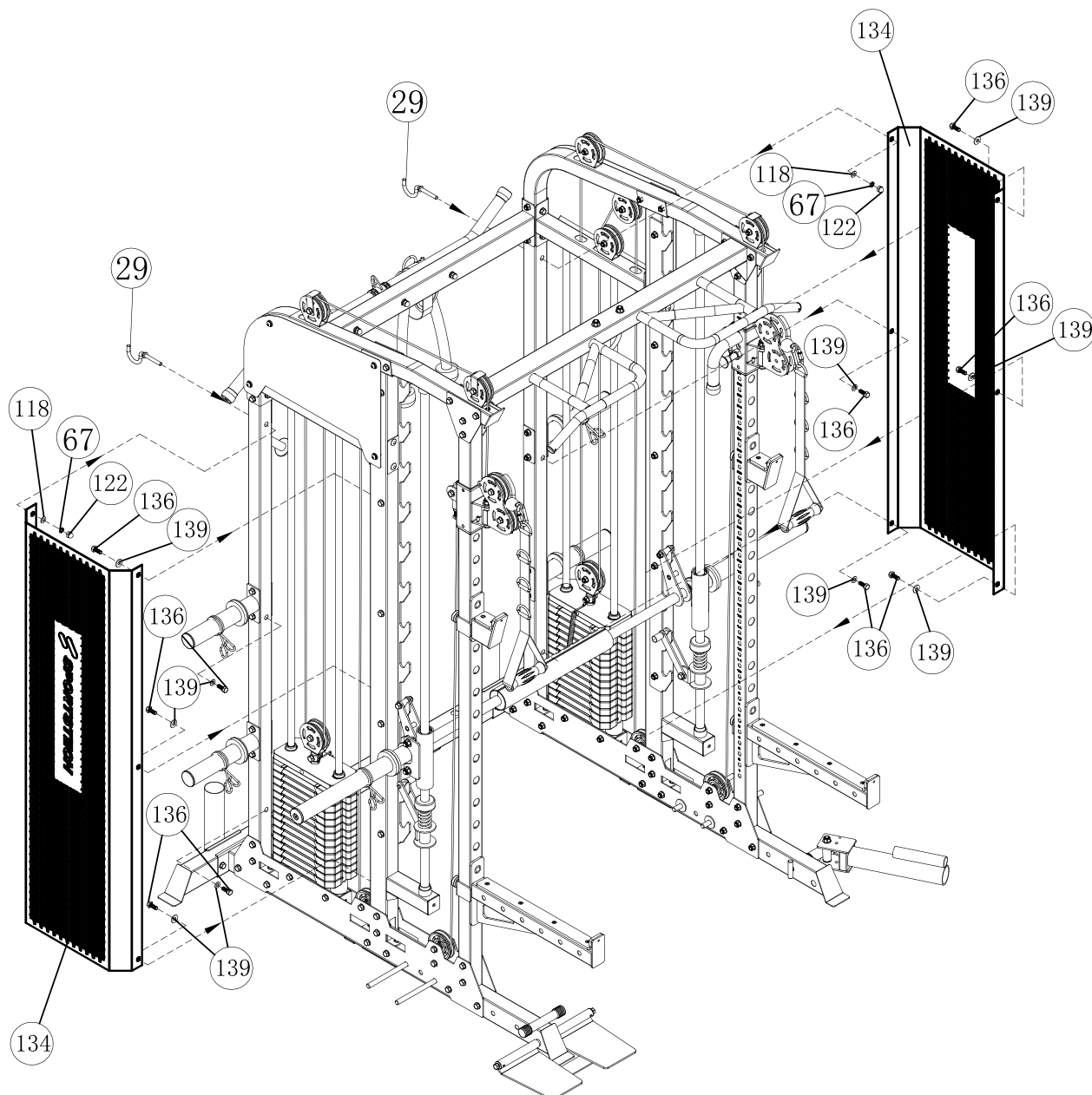
75  2 Chain



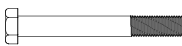
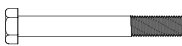
PASSO 24

- Fissare un lato al Copertura Piastra Pesante (#134) al tubo verticale centrale usando 3 x Viti Esagonali M8×18mm (#136) e 3 x Rondelle da 8mm (#139).
- Fissare l'altro lato del Copertura Piastra Pesante (#134) al tubo verticale posteriore usando 3 x Viti Esagonali M8×18mm (#136) e 3 x Rondelle da 8mm (#139).
- Attaccare la Copertura Piastra Pesante (#134) al tubo verticale posteriore usando 1 x gancio a J (#29), 1 x dado a cappello M10 (#122), 1 x Rondella da 19mm (#118) e 1 x Rondella a molla da 10mm (#67).
- Ripetere i passaggi sopra per assemblare l'altro lato del Copertura Piastra Pesante (#134).

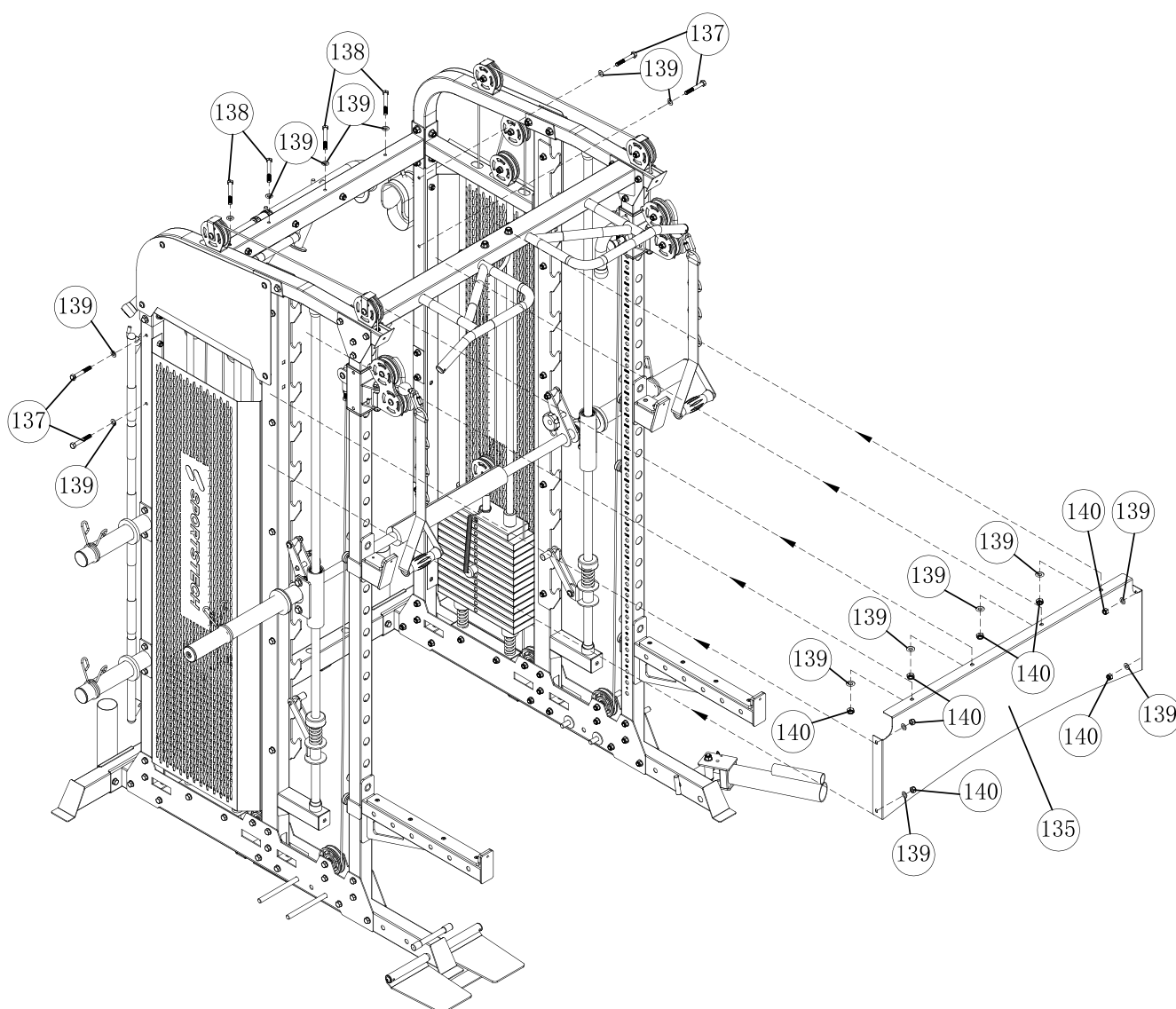
(67)		2	Ø10	(29)		2
(118)		2	Ø10	(139)		10 Ø20×Ø8
(122)		2	M10	(136)		10 M8×18mm



- Fissare entrambi i lati del Tabellone di Allenamento (#135) al tubo verticale posteriore usando 4 x Viti Esagonali M8×65mm (#137), 8 x Rondelle da 8mm (#139) e 4 x Dadi per Aeronautica M8 (#140).
- Fissare i lati superiori del Tabellone di Allenamento (#135) usando 4 x Viti Esagonali M8×85mm (#138), 8 x Rondelle da 8mm (#139) e 4 x Dadi per Aeronautica M8 (#140).

(137)  4 M8×65mm
 (138)  4 M10×85mm

(139)  16 Ø20×Ø8
 (140)  8 M10



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 esaminato regolarmente per danni e usura, ad esempio, nei punti di collegamento.
- Lubrificare periodicamente le parti mobili con olio leggero per prevenire un'usura prematura.
- Controllare e stringere tutte le parti prima di utilizzare l'attrezzatura, sostituire immediatamente eventuali parti difettose e non utilizzare l'attrezzatura finché 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 solo. Se hai difficoltà con il montaggio, il funzionamento o l'uso del tuo prodotto per esercizi, o se pensi di avere parti mancanti, contatta il rivenditore.

5. Smaltimento

Riciclaggio dei rifiuti

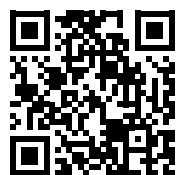


Il materiale di imballaggio può essere riciclato. Smaltire il materiale di imballaggio in conformità alle disposizioni di legge. Per informazioni dettagliati rivolgersi alla società addetta alla raccolta di rifiuti pubblici oppure ai centri di raccolta differenziata.

Ulteriori informazioni

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

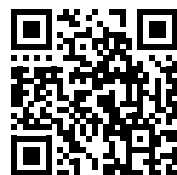
Montaggio, utilizzo, smontaggio.



Link ai video:
https://sportstech.link/SXM200_video

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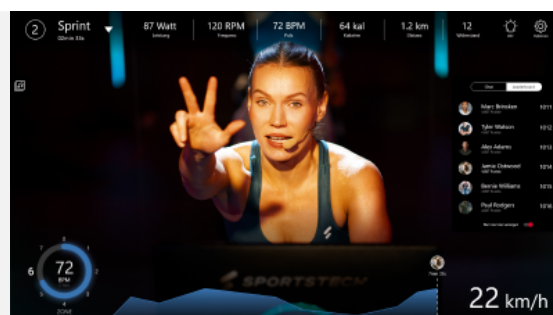
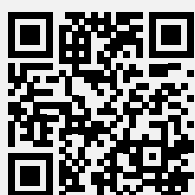


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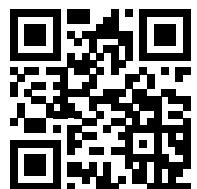
SPORTSTECH LIVE APP

L'App Sportstech LIVE, tra le altre cose, vi offre anche:

- Allenamenti personalizzati da e con allenatori professionisti
- Video emozionanti di paesaggi e attività all'aperto
- Allenamenti con determinati e precisi traguardi personali
- Dati dell'allenamento in tempo reale
- Cronologie e statistiche degli allenamenti
- Prove, gare e competizioni con o contro altri con accumulo di trofei in modalità classifica
- Allenamenti indipendenti dalle attrezzature come, ad esempio, Yoga
- Ricette di cucina deliziose e varie
- ...e molto altro ancora!



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