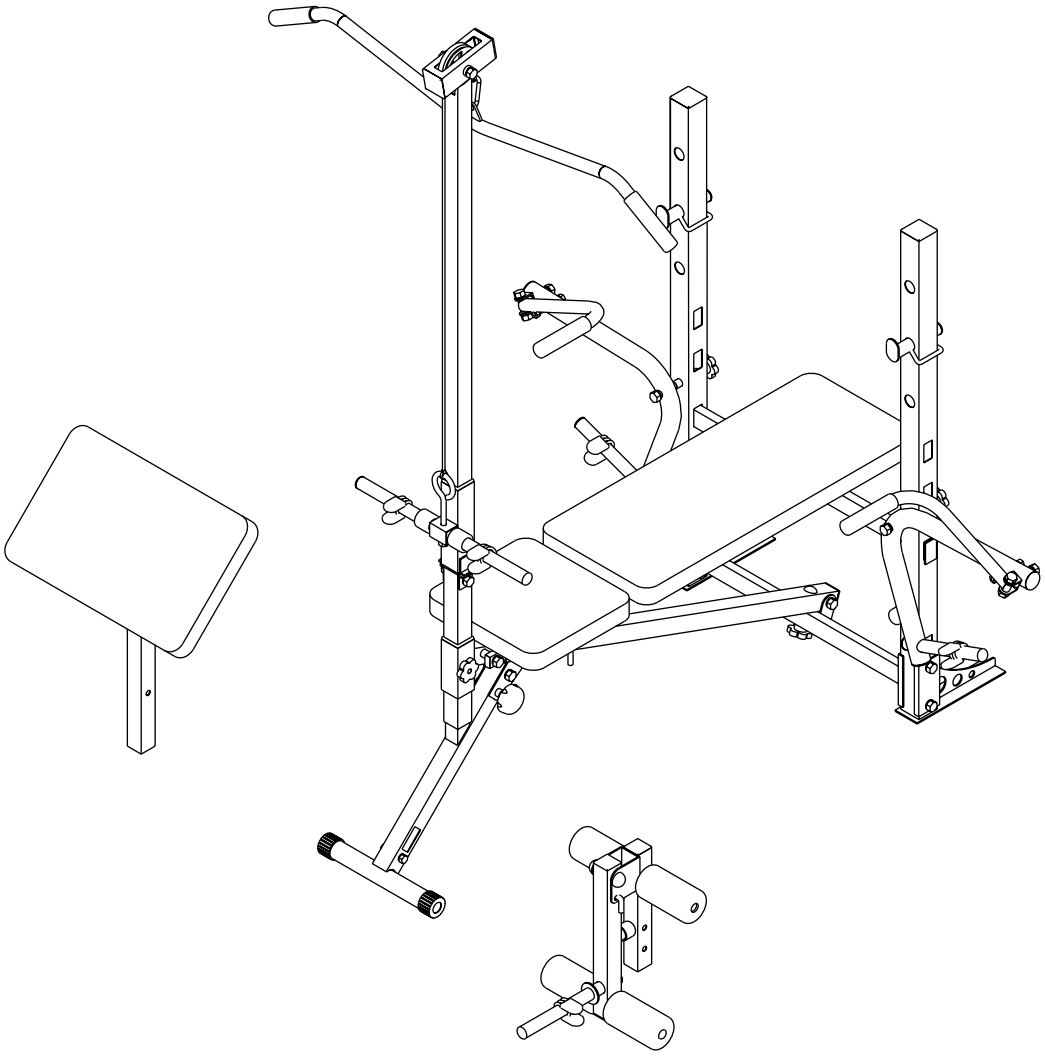
ADIDAS ESSENTIAL ELITE STATION

Assembly & User Instructions - Please keep for future reference | ADBE-10347

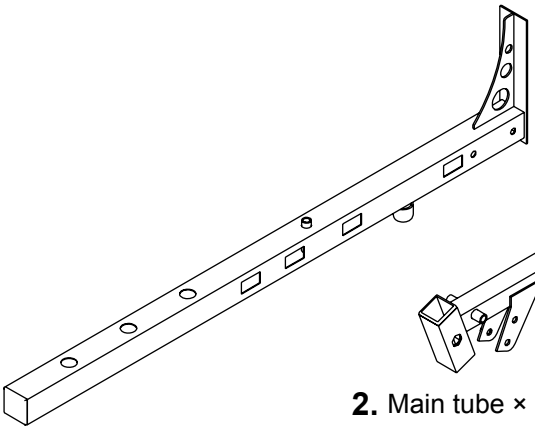


Important – Please read these instructions fully before assembly or using

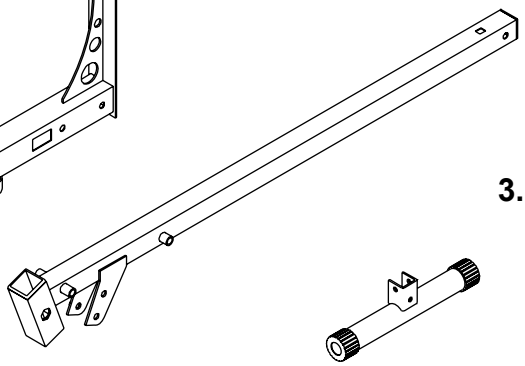
Components - Parts

Please check you have all the parts listed below

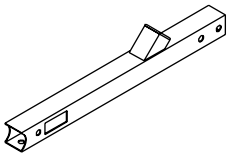
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



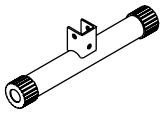
1. Main upright × 2



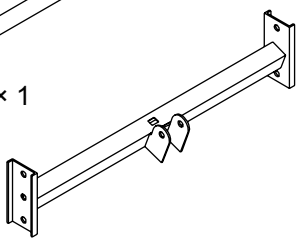
2. Main tube × 1



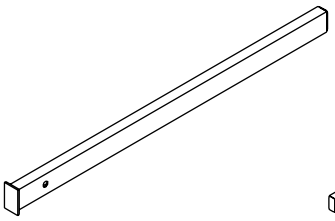
3. Front leg × 1



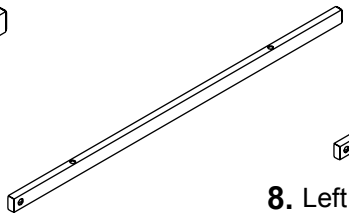
4. Front stabilizer × 1



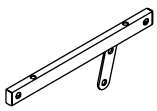
5. Crossbar × 1



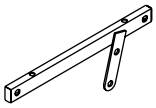
6. Support tube× 1



7. Mount tube × 2

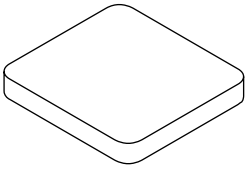


8. Left mount tube × 1

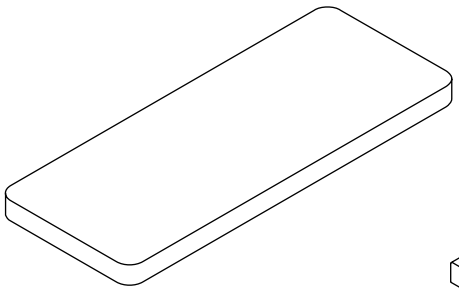


9. Right mount tube × 1

10. Bar holder × 2

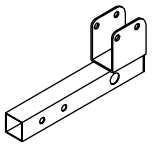


11. Seat upholstery × 1

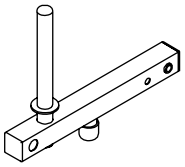


12. Rear upholstery × 1

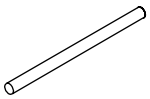
13. Support plate × 2



14. Leg mount assembly × 1



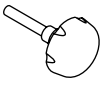
15. Leg pivot assembly × 1



16. Foam mount tube × 2

17. Foam roller × 4

40. Bolt cap × 2



41. Knob bolt M10×55 × 1

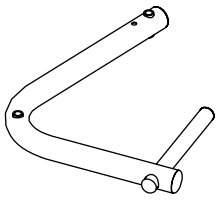
42. Knob bolt M10 × 5

43. Pull pin [L] (M10×90mm) × 1

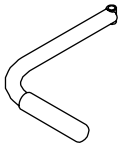
44. Pull pin [L] (M10×55mm) × 1

45. Pull pin [L] (M10×30mm) × 1

46. Bush × 1



34. Flye arm × 2

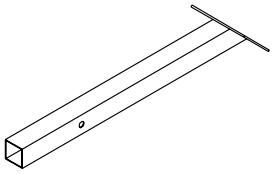


48. Flye handle × 2

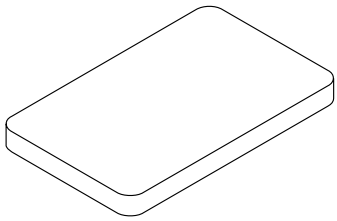
49. Pivot bracket × 2

57. M8×20mm Sleeve × 2

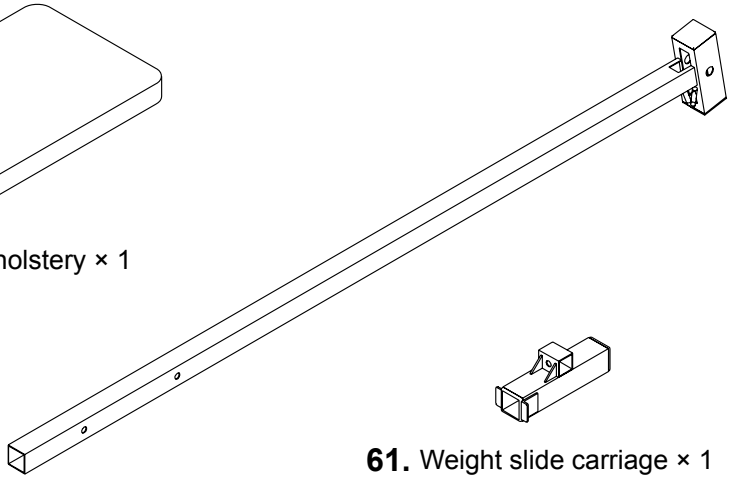
Components - Parts



58. Curl attachment tube × 1

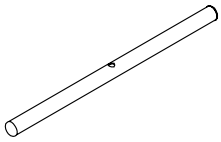


59. Curl upholstery × 1



60. Lat attachment tube × 1

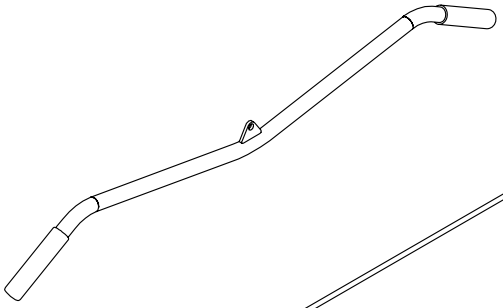
61. Weight slide carriage × 1



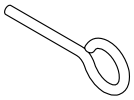
62. Weight mount bar × 1

65. Rubber bumper × 2

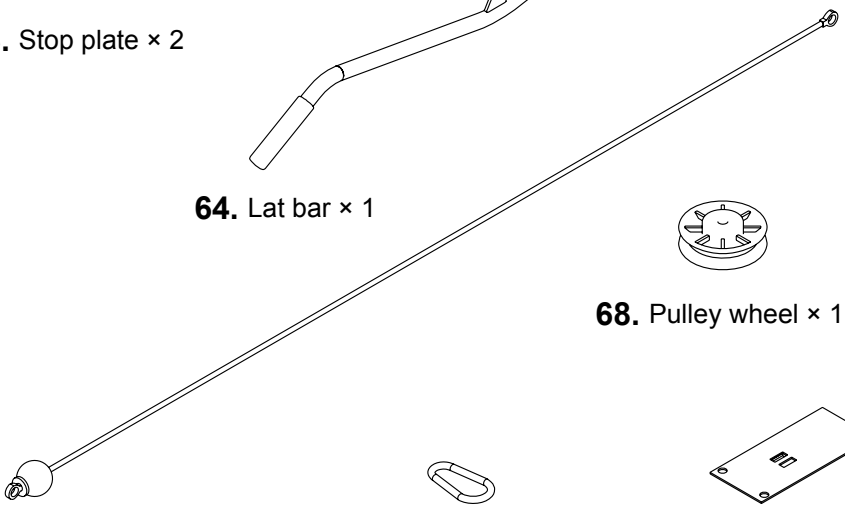
63. Stop plate × 2



64. Lat bar × 1



66. M10×115mm Eye bolt × 1

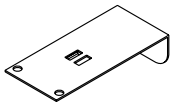


67. Lat cable × 1

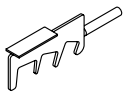
68. Pulley wheel × 1

69. Top hat bush × 2

70. Snap hook × 1



72. Back pad fixed piece × 1

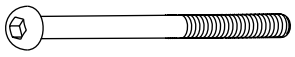
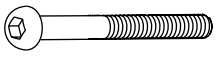
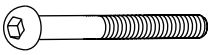
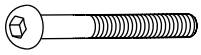
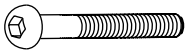
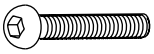
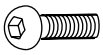
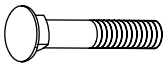
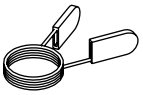
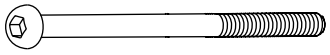
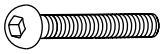
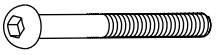
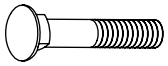
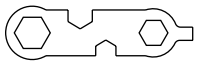


73. Back pad fixed adjustment × 1

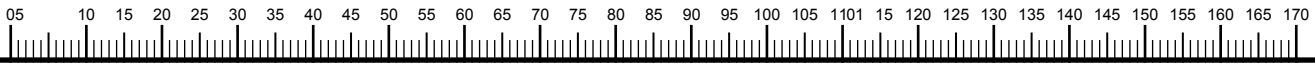
Components - Fixings

Please check you have all the fixings listed below

Note: Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.

18  M10 × 120mm Bolt × 2	**19**  M10 × 70mm Bolt × 5	**20**  M10 × 65mm Bolt × 1
21  M10 × 60mm Bolt × 3	**22**  M10 × 55mm Bolt × 2	**23**  M8 × 40mm Bolt × 8
24  M8 × 15mm Bolt × 5	**25**  M10 × 85mm Carriage bolt × 1	**26** M10 Nylon locknut × 16
27 M10 × Washer × 31	**28** M8 Washer × 17	**39**  Spring clips × 5
50  M10 × 135mm Bolt × 2	**51**  M10 × 45mm Bolt × 2	**52**  M8 × 70mm Bolt × 2
53  M10 × 60mm Carriage bolt × 2	**54** M8 Nylon locknut × 2	**71** Spring Washer × 2
 Multi hex tool × 1	Hex key tool × 1	

Ruler - Use this ruler to help correctly identify the hardware



Assembly Instructions

Step 1

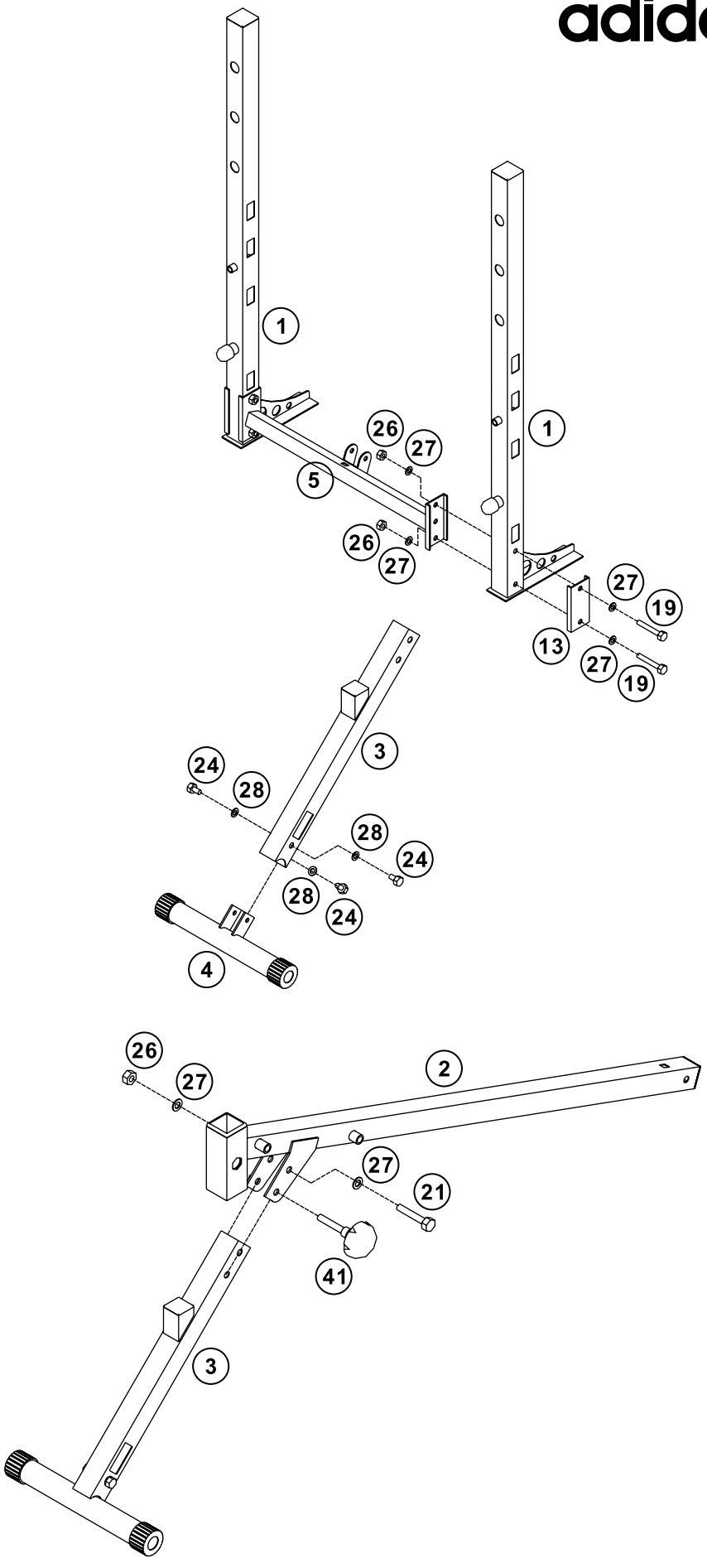
(**5**) (**1**) (**13**) M10×70mm Bolts (**19**) M10 Washers (**27**) M10 Nylon locknuts (**26**) (**1**).

Step 2

(**3**) (**4**) M8×15mm Bolts (**24**) M8 Washers (**28**).

Step 3

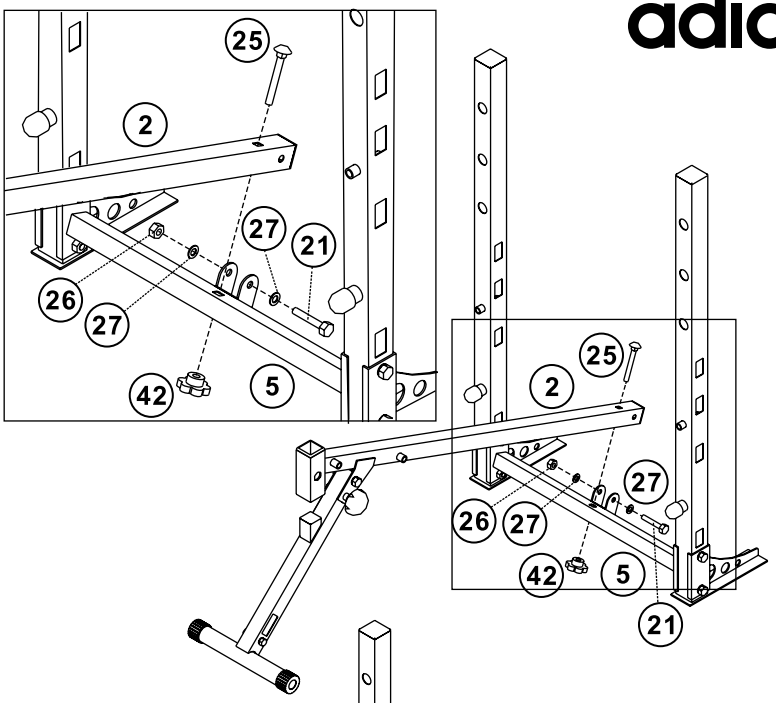
(**2**) (**3**) M10x60mm Bolt (**21**) M10 Washers (**27**) M10 Nylon locknut (**26**) bolt M10× 55 (**41**).



Assembly Instructions

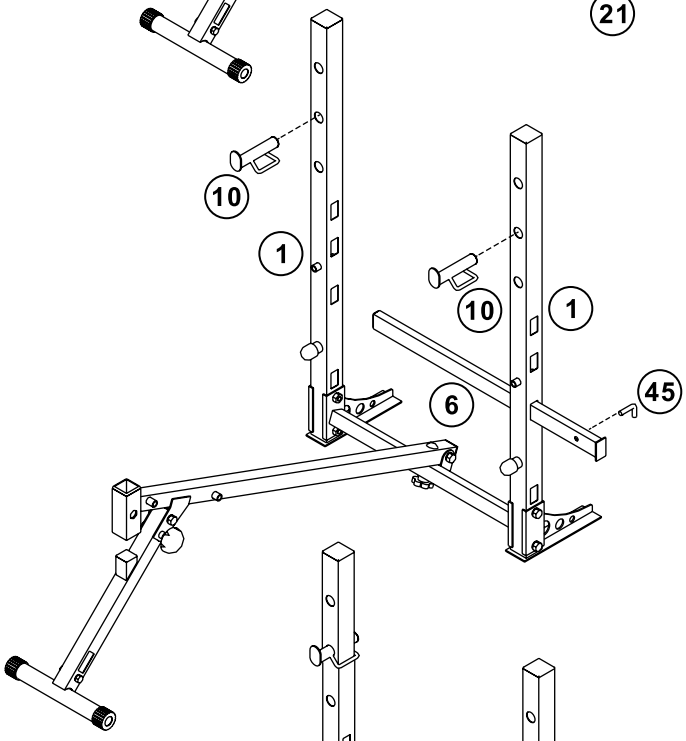
Step 4

(**2**) (**5**) M10×60mm Bolt (**21**) M10 Washers (**27**) M10 Nylon locknut (**26**). (**2**) (**5**) M10×85mm Carriage bolt (**25**) bolt M10 (**42**).



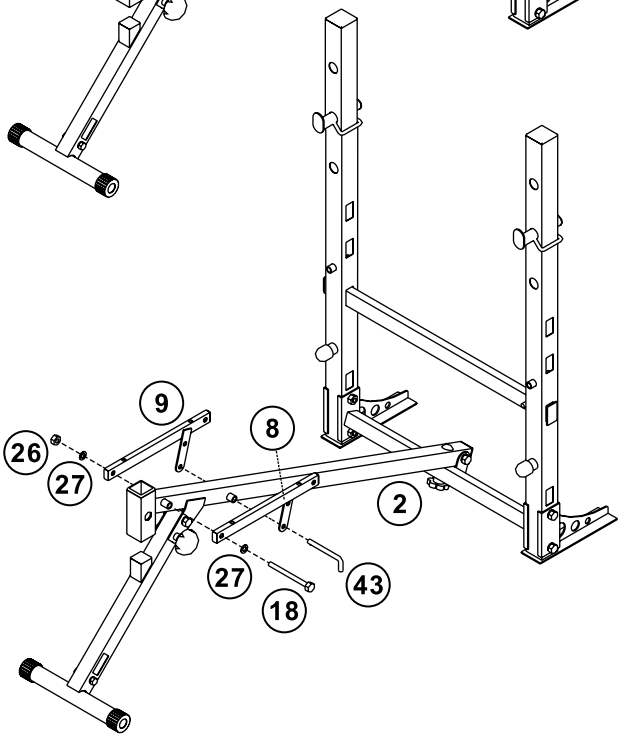
Step 5

(**6**) (**1**) (**45**) (**10**) (**1**).



Step 6

(**8**) (**9**) (**2**) M10×120mm Bolt (18) M10 Washers (**27**) M10 Nylon locknut (**26**) (**43**) (**8**) (**2**) (**9**).



Assembly Instructions

Step 7

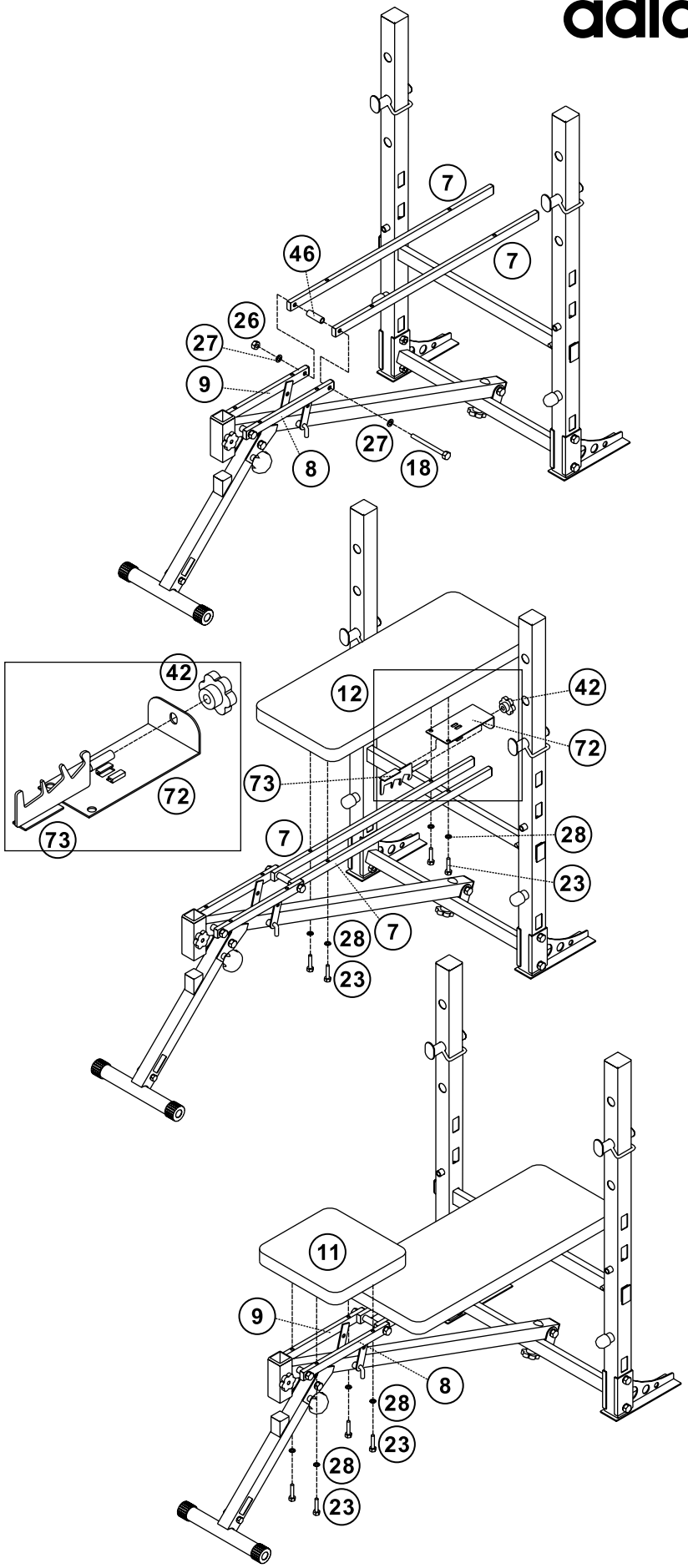
(**7**) (**8**) (**9**) M10×120mm Bolt (**18**) M10 Washers (**27**) (**46**) M10 Nylon locknut (**26**).

Step 8

(**12**) (**72**) (**7**) M8×40mm Bolts (**23**) M8 Washers (**28**) (**73**) (**72**) bolt M10 (**42**).

Step 9

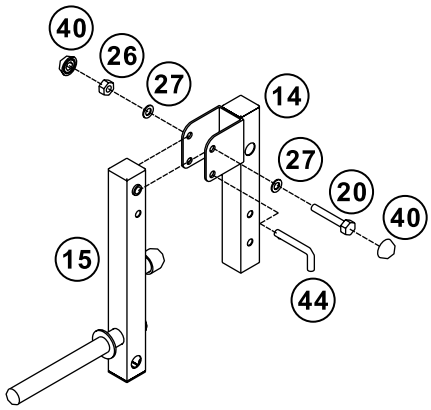
(**11**) (**8**) (**9**) M8×40mm Bolts (**23**) M8 Washers (**28**).



Assembly Instructions

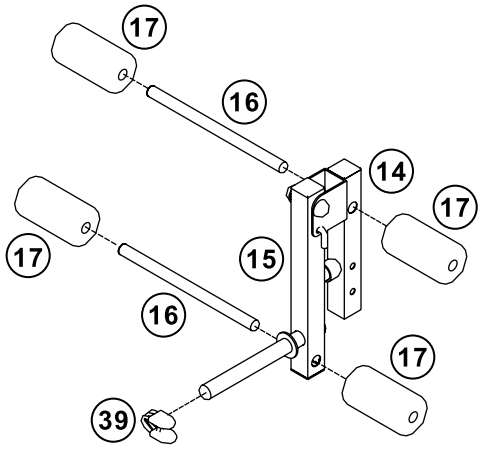
Step 10

(**14**) (**15**) M10×65mm Bolt (**20**) M10 Washers (**27**) M10 Nylon locknut (**26**). (**40**) 65mm Bolt (**20**) Nylon locknut (**26**) (**44**).



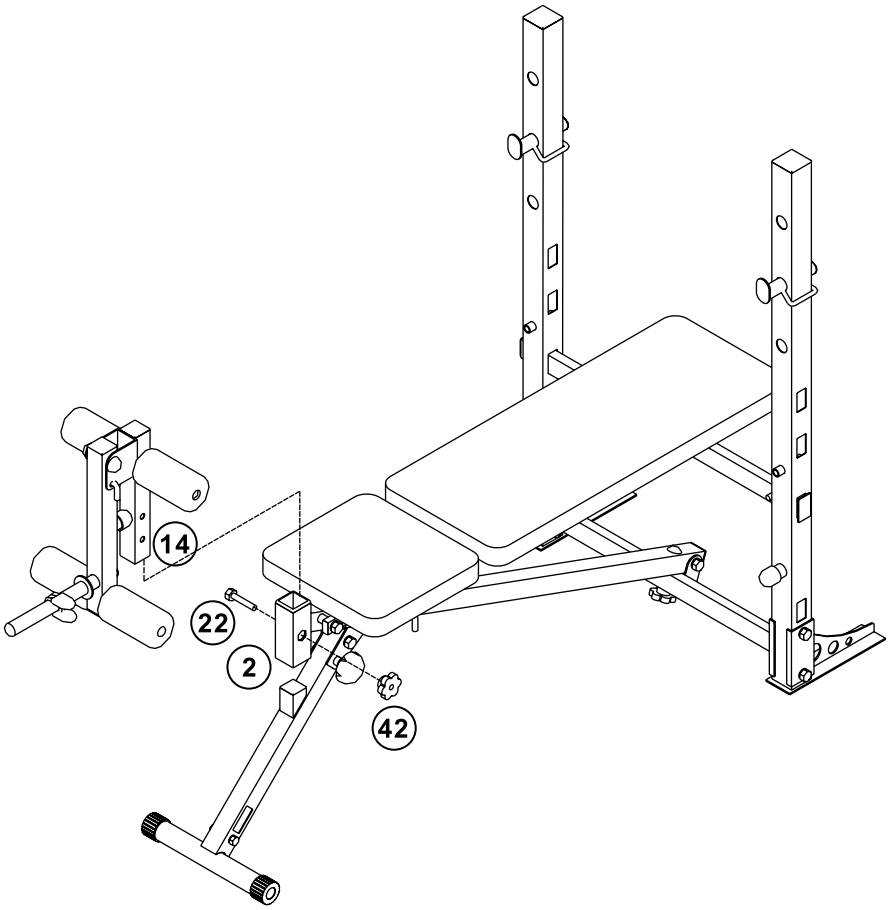
Step 11

(**16**) (**14**) (**15**) (**17**) (**16**) (**39**).



Step 12

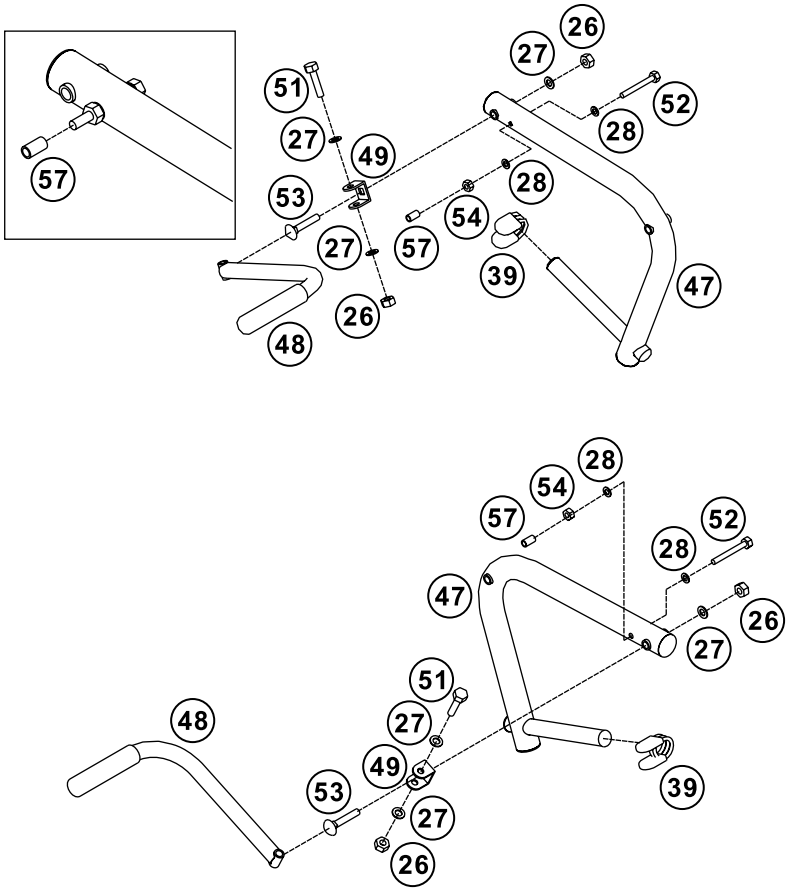
(**14**) (**2**) M10×55mm Bolt (**22**) bolt M10 (**42**).



Assembly Instructions

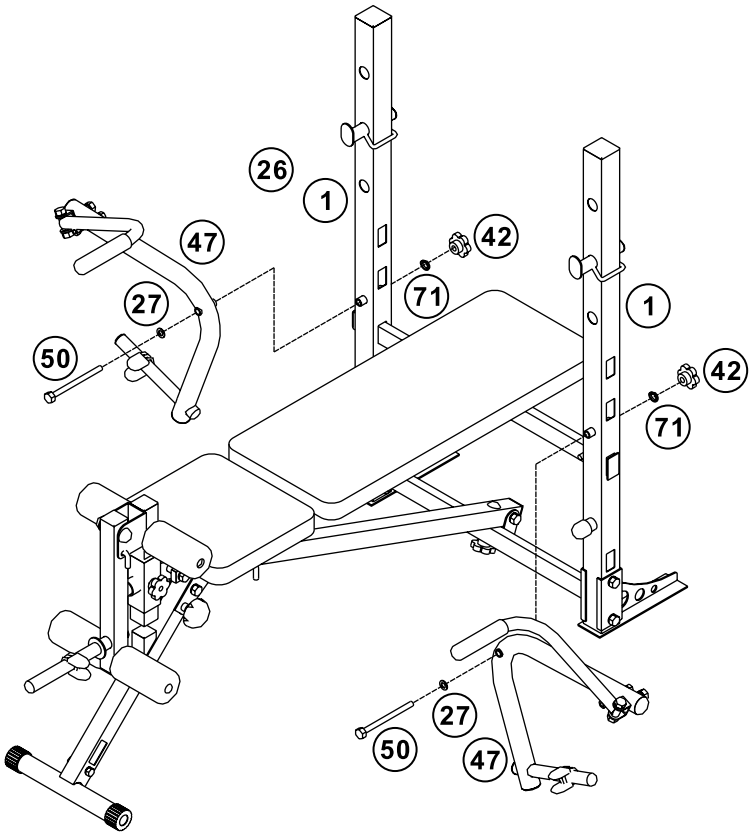
Step 13

M8×70mm Bolts (**52**), M8 Washers (**28**) M8 Nylon locknuts (**54**) (**47**). M8×20mm Sleeve (**57**) M8×70mm Bolt (**52**). (**49**) (**47**) M10×60mm Carriage bolts (**53**) M10 Washers (**27**) M10 Nylon locknuts (**26**). (**48**) (**49**) M10×45mm Bolts (**51**) M10 Washers (**27**) M10 Nylon locknuts (**26**) (**39**).



Step 14

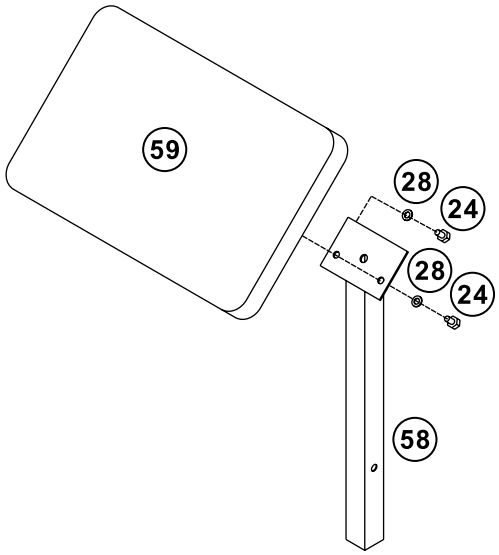
(**47**) (**1**) M10×135mm Bolts (**50**) M10 Washers (**27**) Spring washers (**71**) bolts M10 (**42**).



Assembly Instructions

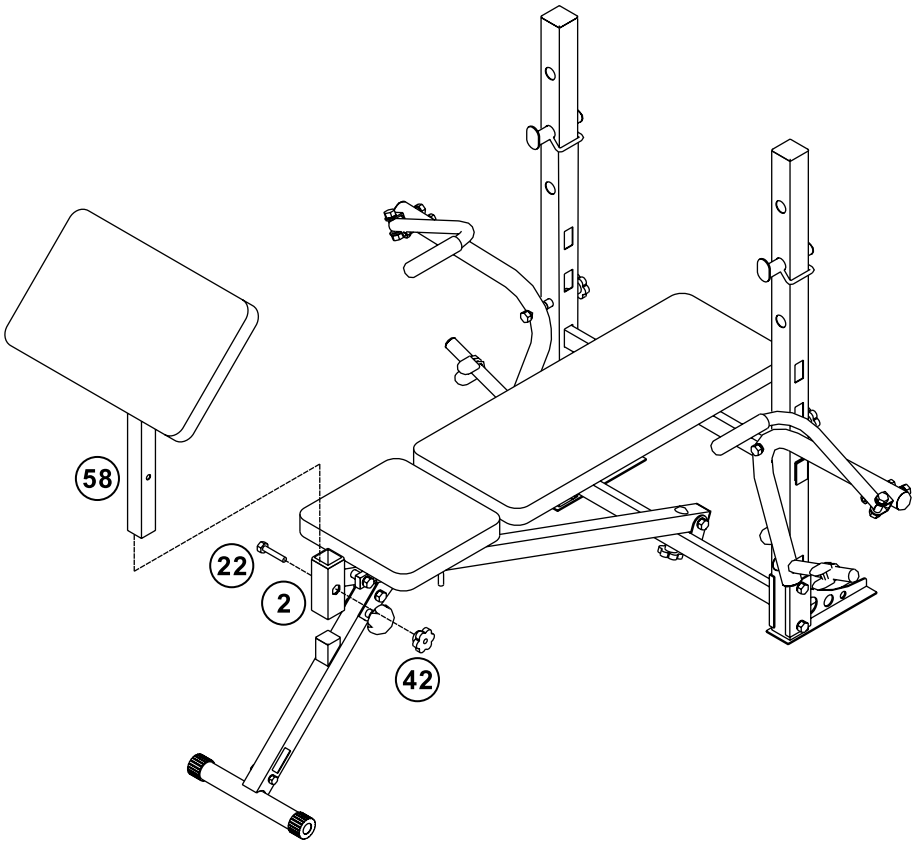
Step 15

(**59**) (**58**) M8×15mm Bolts (**24**) M8 Washers (28).



Step 16

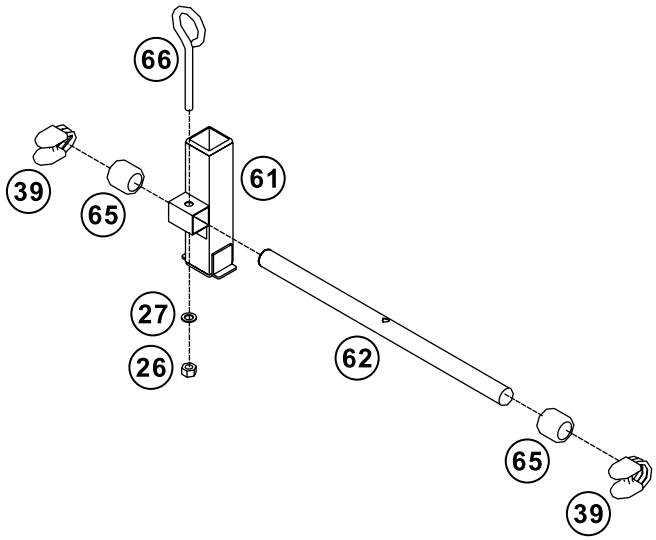
(**58**) (**2**) M10×55mm Bolt (**22**) Knob bolt M10 (**42**).



Assembly Instructions

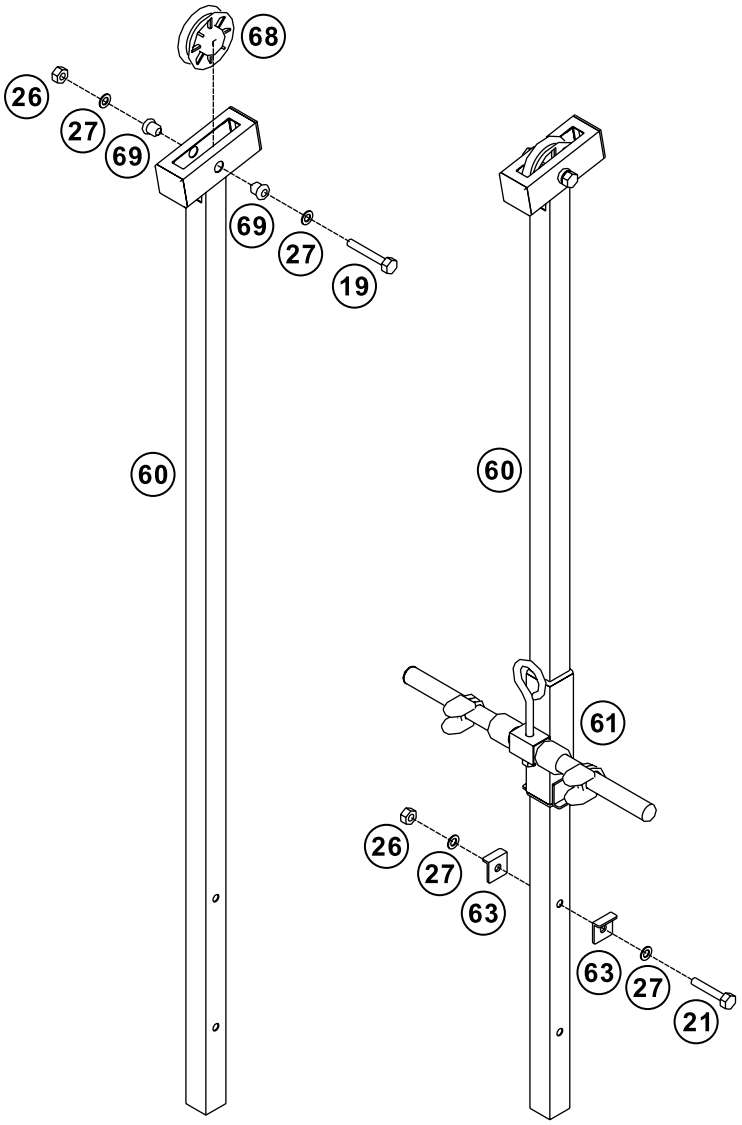
Step 17

(**62**) (**61**) (**65**) (**62**) (**39**) M10×115mm Eye bolt (**66**) M10 Washer (**27**) M10 Nylon locknut (**26**).



Step 18

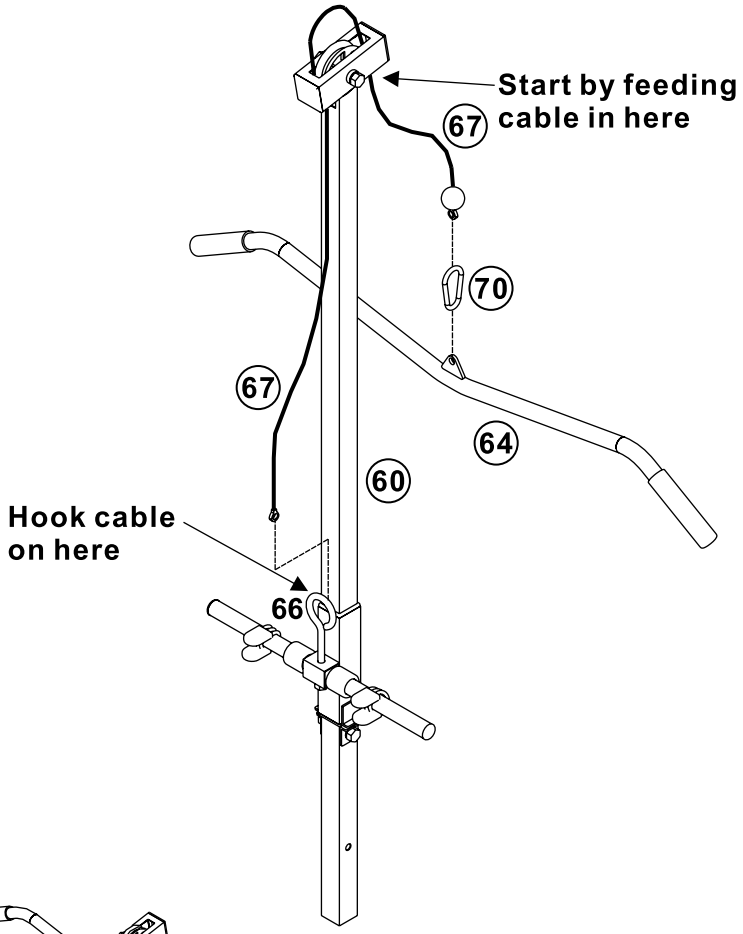
(**68**) (**60**) M10×70mm Bolt (**19**) M10 Washers (**27**) (**69**) M10 Nylon locknuts (**26**) (**61**) (**60**). M10 x 60mm Bolt (**21**) M10 Washers (**27**) (**63**) M10 Nylon locknut (**26**).



Assembly Instructions

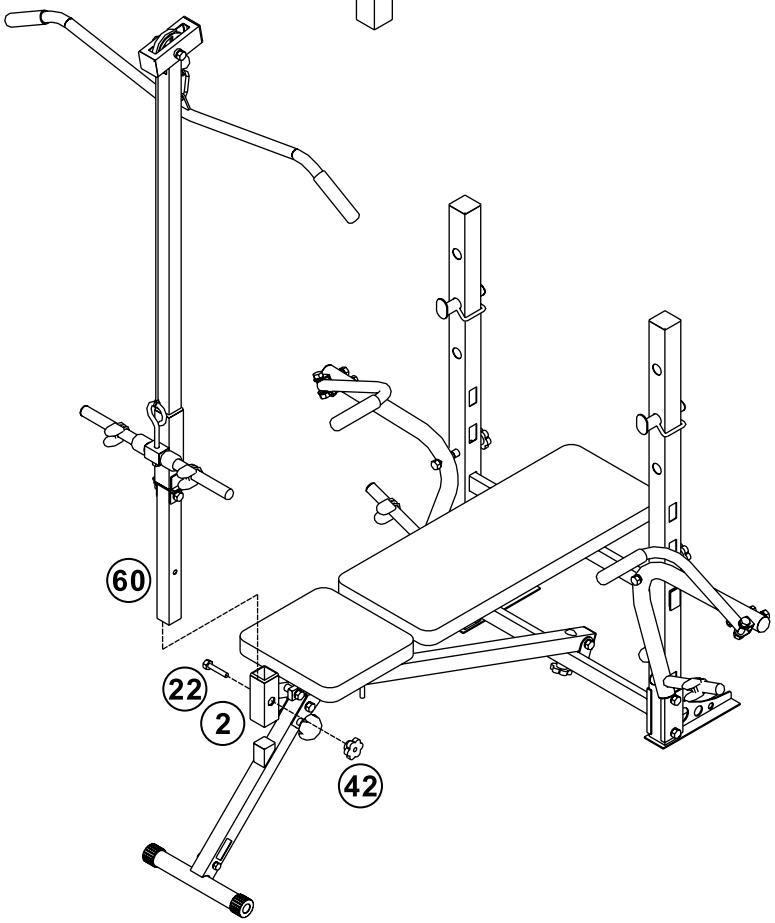
Step 19

(**67**) (**60**) (**70**) (**64**) M10×115mm Eye bolt (**66**).



Step 20

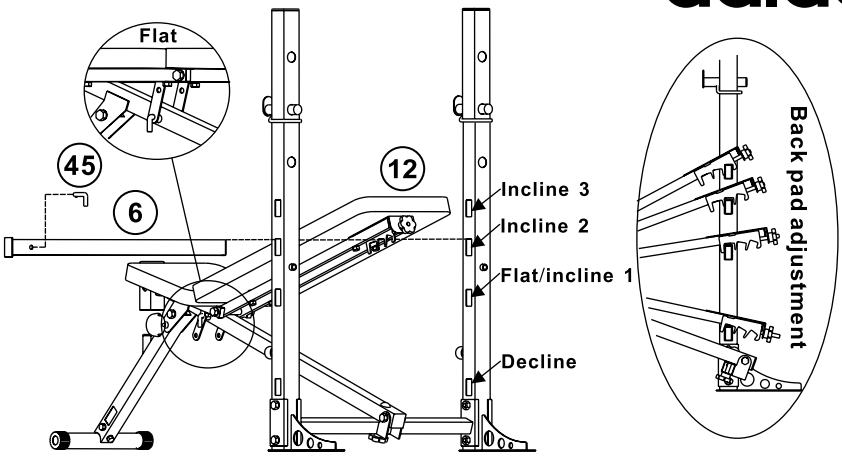
(**60**) (**2**) M10×55mm Bolt (**22**) bolt M10 (**42**).



User Information

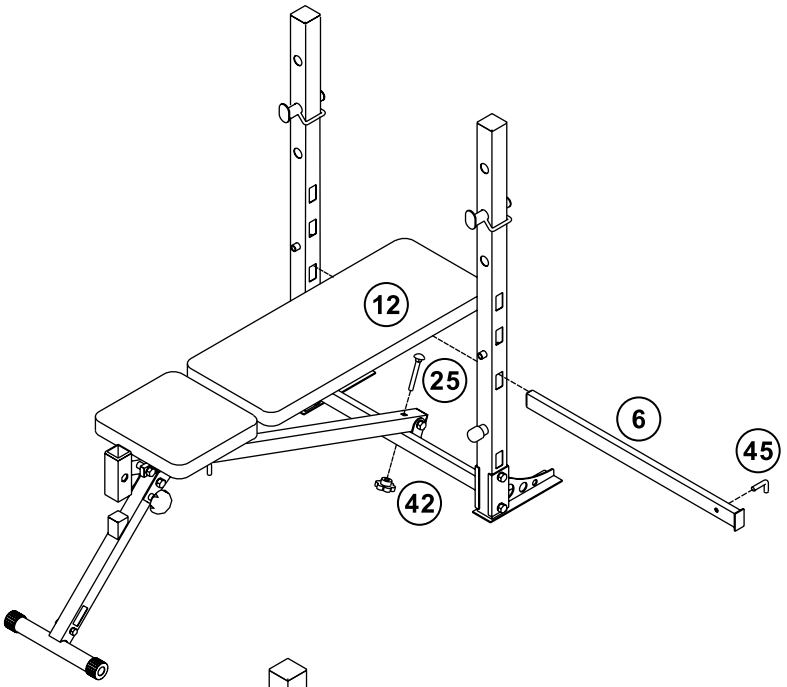
Adjustment

Lift rear upholstery (**12**) slightly and extract Pull pin (**45**) followed by Support tube (**6**). Refit support tube into required adjustment hole in Main uprights and refit Pull pin. Lower Mount tube back down onto support tube. Seat base should be raised for flat bench and drppped for all other positions.



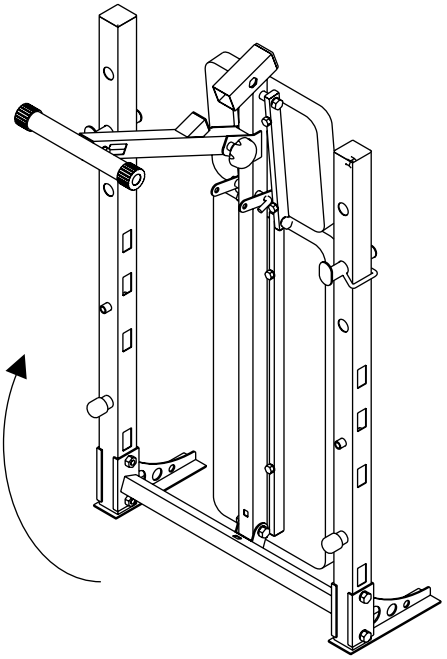
Folding for Storage 1

Fit leg attachment and ensure all other attachments are removed. Remove Knob bolt M10 (**42**) and bolt (**25**). Lift rear upholstery (**12**) slightly and extract Pull pin (**45**) followed by Support tube (**6**). Lower rear upholstery to base.



Folding for Storage 2

Rotate main tube to upright position.

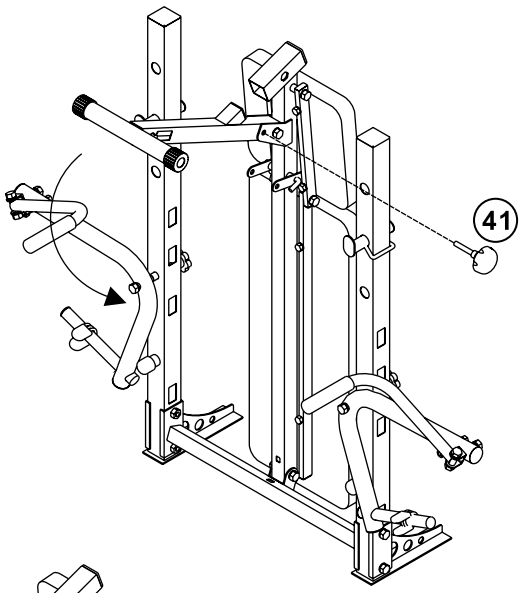


continued on next page.

User Information

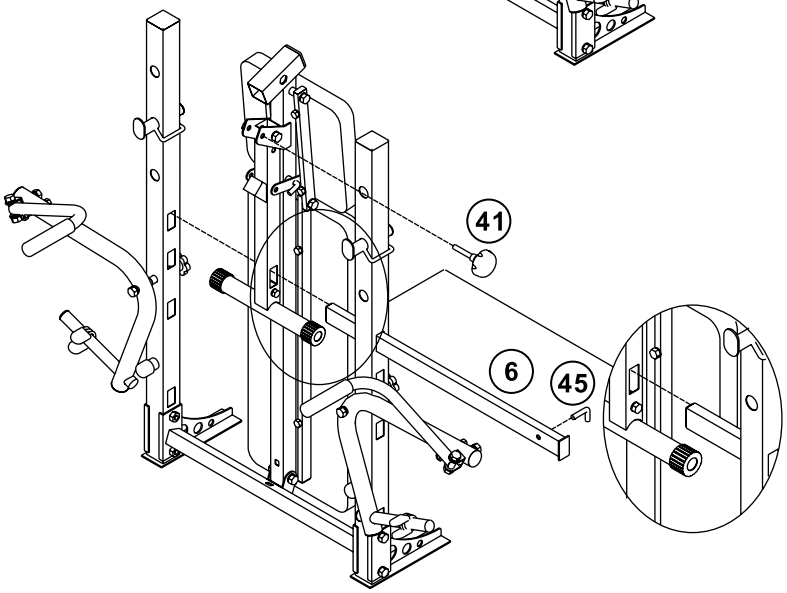
Folding for Storage 3

Remove Knob bolt (**41**). Fold front leg backward until it reaches main tube.



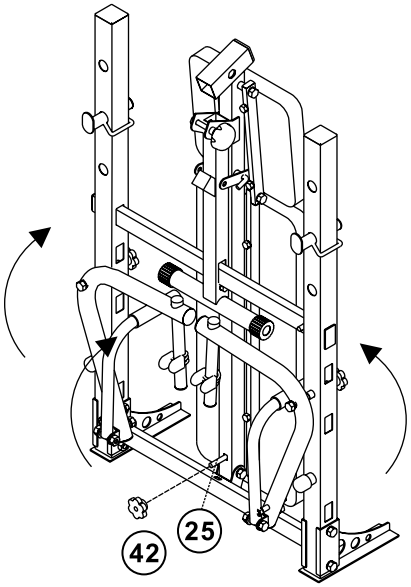
Folding for Storage 4

Refit Knob bolt (**41**) to top of front leg. Refit support tube (**6**) into Incline3 hole of main upright ensuring it also passes through the locking hole in front leg. Refit pull pin (**45**) to support tube (**6**).

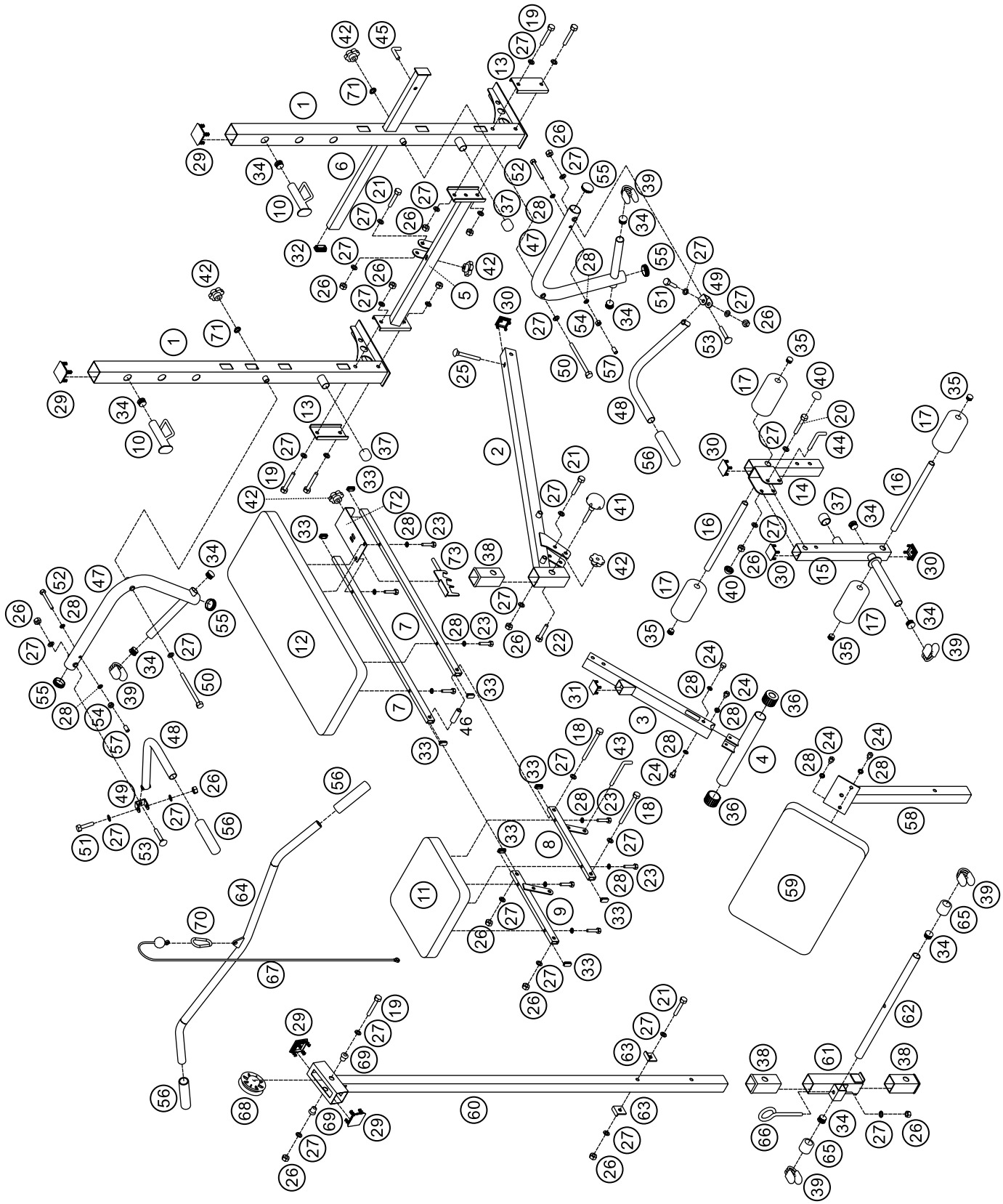


Folding for Storage 5

Refit Knob bolt M10 (**42**) and bolt (**25**). Rotate Fly arm and Fly handle to upright position.
Note: you will need to lift the rear upholstery to fit bolt.



Exploded Parts Diagram



Exploded Parts Diagram List

Part	Description	Qty	Part	Description	Qty
1	Main upright	2	38	45mm Square sleeve	3
2	Main tube	1	39	25mm Spring Lock	5
3	Front leg	1	40	Bolt cap	2
4	Front stabilizer	1	41	Knob bolt M10 x 55	1
5	Main Crossbar	1	42	Knob bolt M10	5
6	Support tube	1	43	Pull pin [L] (M10 x 90mm)	1
7	Mount tube	2	44	Pull pin [L] (M10 x 55mm)	1
8	Left mount tube	1	45	Pull pin [L] (M10 x 30mm)	1
9	Right mount tube	1	46	Bush	1
10	Bar holder	2	47	Fly arm	2
11	Seat upholstery	1	48	Fly handle	2
12	Rear upholstery	1	49	Pivot bracket	2
13	Support plate	2	50	M10 x 135mm Bolt	2
14	Leg mount assembly	1	51	M10 x 45mm Bolt	2
15	Leg pivot assembly	1	52	M8 x 70mm Bolt	2
16	Foam mount tube	2	53	M10 x 60mm Carriage bolt	2
17	Foam roller	4	54	M8 Nylon locknut	2
18	M10 x 120mm Bolt	2	55	38mm Round inner cap	4
19	M10 x 70mm Bolt	5	56	25 x 130mm Handle	4
20	M10 x 65mm Bolt	1	57	M8 x 20mm Sleeve	2
21	M10 x 60mm Bolt	3	58	Curl attachment tube	1
22	M10 x 55mm Bolt	1	59	Curl upholstery	1
23	M8 x 40mm Bolt	8	60	Lat attachment tube	1
24	M8 x 15mm Bolt	5	61	Weight slide carriage	1
25	M10 x 85mm Carriage bolt	1	62	Weight mount bar	1
26	M10 Nylon locknut	16	63	Stop plate	2
27	M10 Washer	31	64	Lat bar	1
28	M8 Washer	17	65	Rubber bumper	2
29	50mm Square inner cap	4	66	M10 x 115mm Eye bolt	1
30	38mm Square inner cap	4	67	Lat cable	1
31	33.4mm Square inner cap	1	68	Pulley wheel	1
32	20 x 40mm Square inner cap	1	69	Top hat bush	2
33	13 x 26mm Square inner cap	8	70	Snap hook	1
34	25mm Round inner cap	10	71	Spring washer	2
35	19mm Round inner cap	4	72	Back pad fixed piece	1
36	38mm Round external end cap	2	73	Back pad fixed adjustment	1
37	25mm Round external end cap	3			

Guarantee

Product Guarantee

This product is guaranteed against manufacturing defects for a period of

Year

This product is guaranteed for twelve months from the date of original purchase. Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purpose.
- The guarantee will be rendered invalided if the product is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal rights.

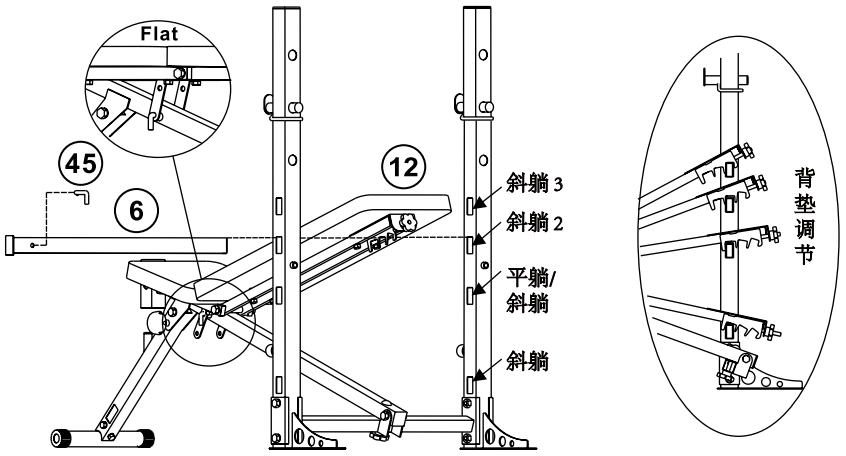
Email: Techsupport@RFEinternational.com.

Guarantor: RFE Europa Ltd
8 Clarendon Drive
Wymbush, Milton Keynes
MK8 8ED, UK

用户信息

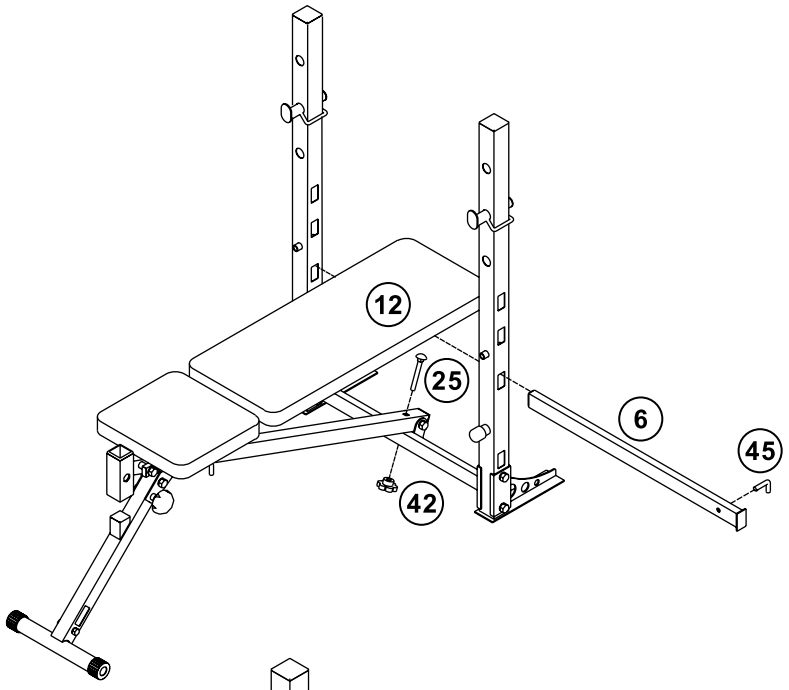
调节

轻轻地抬起后蒙皮 (**12**) 并依次抽出拉销 (**45**) 和支撑管 (**6**)。重新将支撑管装入主立柱上所需的调节孔中，并重新装好拉销。将装配管降回到支撑管上。对于平躺椅，应抬起座位基座，而对于所有其他位置，则应降落之。



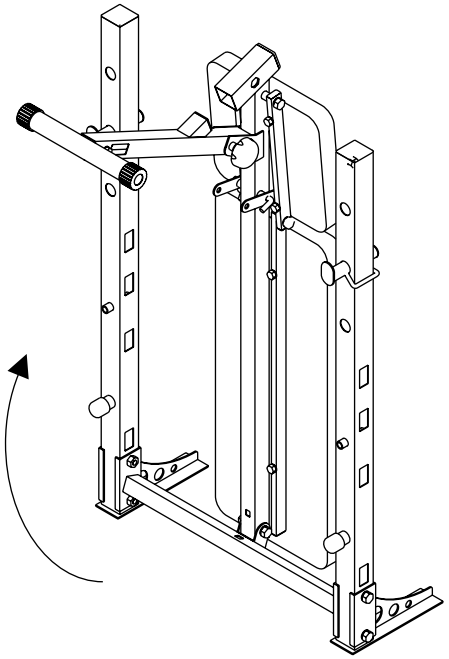
折叠存放 1

装好腿附件，并确保拆除所有其他附件。拆下旋钮螺栓 M10 (**42**) 和螺栓 (**25**)。轻轻地抬起后 (**12**) 蒙皮并依次抽出拉销 (**45**) 和支撑管 (**6**)。将后蒙皮降落到基座上。



折叠存放 2

将主管转动到直立为止。

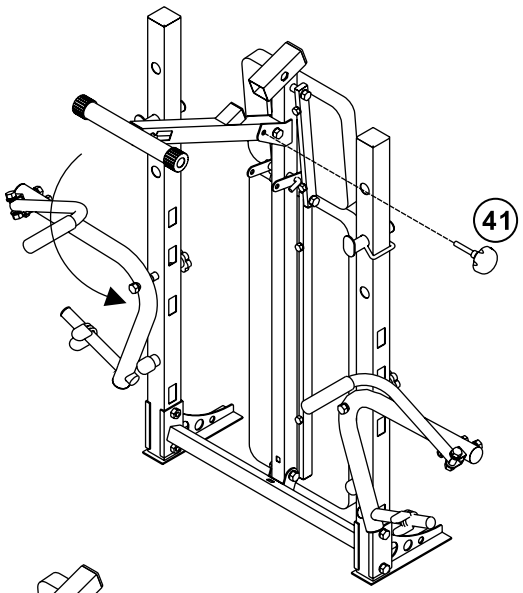


下页续

用户信息

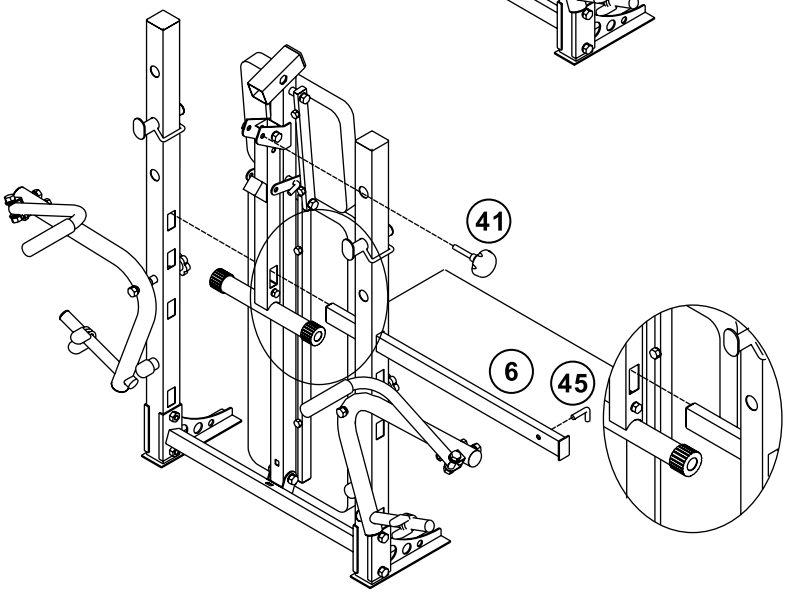
折叠存放 3

拆下旋钮螺栓 (**41**)。向后折叠前腿，直到到达主管为止。



折叠存放 4

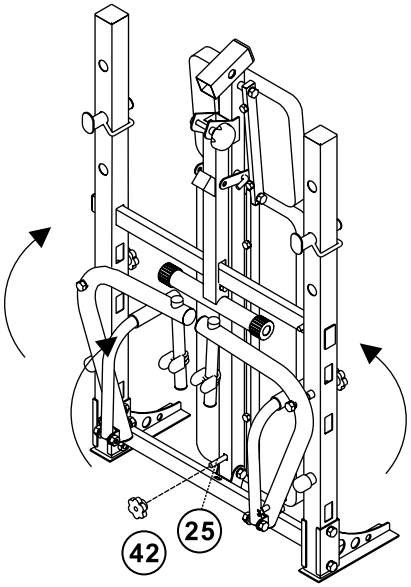
重新将旋钮螺栓 (**41**) 装到前腿顶部上。重新将支撑管 (**6**) 装入主立柱的 Incline3 孔中，确保其也穿过前腿中的锁定孔。重新将拉销 (**45**) 装到支撑管 (**6**) 上。



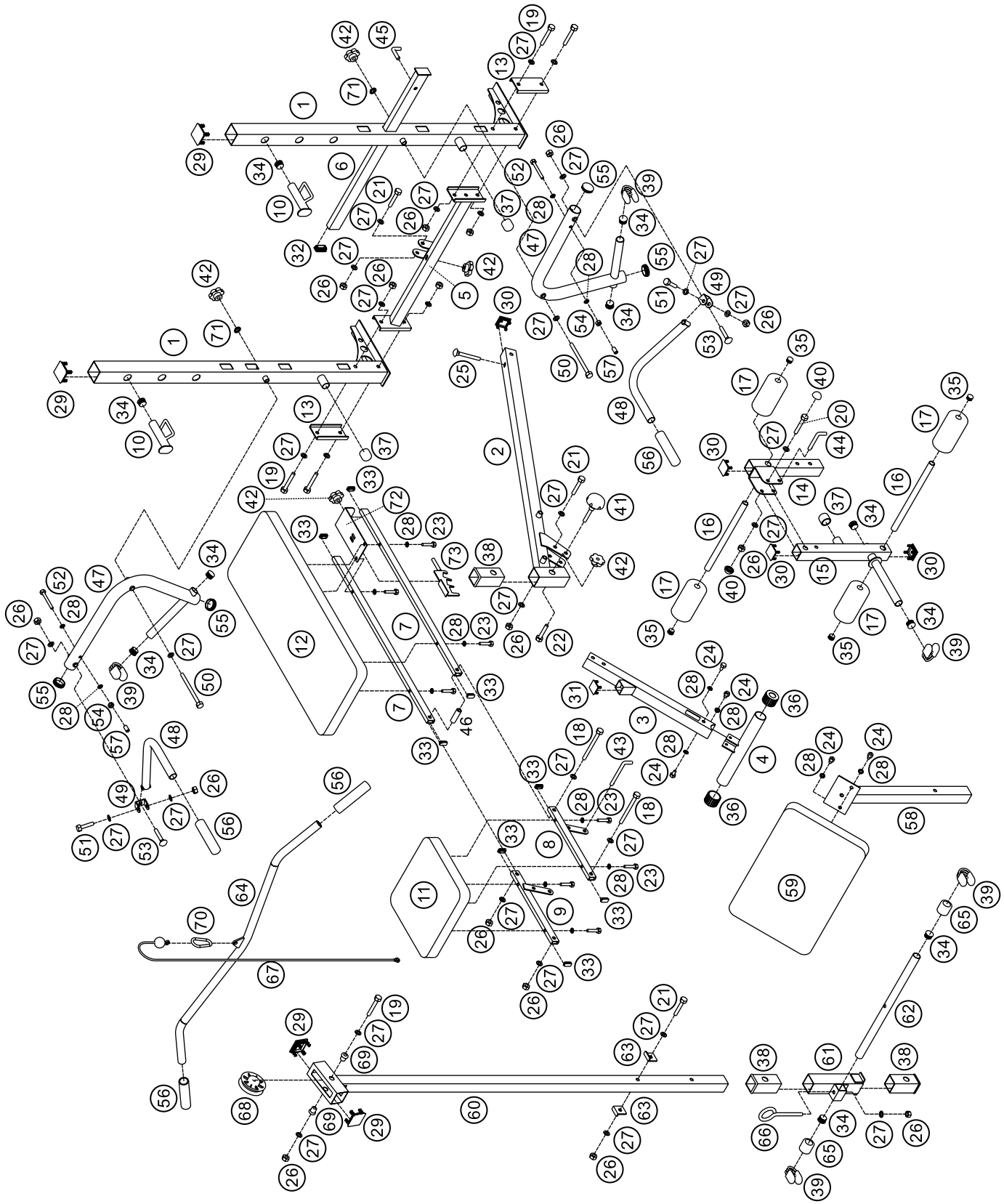
折叠存放 5

重新装好旋钮螺栓 M10 (**42**) 和螺栓 (**25**)。将飞臂和飞手柄转动到直立位置。

注： 您需要抬起后蒙皮以安装螺栓。



零件分解图



零件分解图一览表

零件	名称	数量	零件	名称	数量
1	主立柱	2	38	38 毫米方内帽	3
2	主管	1	39	25 毫米弹簧锁	5
3	前腿	1	40	螺栓帽	2
4	前稳定器	1	41	旋钮螺栓 M10 x 55	1
5	主横拉杆	1	42	旋钮螺栓 M10	5
6	支撑管	1	43	拉销 [L]（M10 x 90 毫米）	1
7	装配杆	2	44	拉销 [L]（M10 x 55 毫米）	1
8	左装配管	1	45	拉销 [L]（M10 x 30 毫米）	1
9	右装配管	1	46	衬套	1
10	杆保持架	2	47	飞臂	2
11	座蒙皮	1	48	飞手柄	2
12	后蒙皮	1	49	枢轴支架	2
13	支撑板	2	50	M10 x 135 毫米螺栓	2
14	腿装配总成	1	51	M10 x 45 毫米螺栓	2
15	腿枢轴总成	1	52	M8 x 70 毫米螺栓	2
16	泡沫装配管	2	53	M10 x 60 毫米机架螺栓	2
17	泡沫轴	4	54	M8 尼龙防松螺母	2
18	M10 x 120 毫米螺栓	2	55	38 毫米圆内帽	4
19	M10 x 70 毫米螺栓	5	56	25 x 130 毫米手柄	4
20	M10 x 65 毫米螺栓	1	57	M8 x 20 毫米套管	2
21	M10 x 60 毫米螺栓	3	58	卷翘加装管	1
22	M10 x 55 毫米螺栓	1	59	卷翘蒙皮	1
23	M8 x 40 毫米螺栓	8	60	拉力把手加装管	1
24	M8 x 15 毫米螺栓	5	61	配重滑架	1
25	M10 x 85 毫米机架螺栓	1	62	配重装配杆	1
26	M10 尼龙防松螺母	16	63	挡板	2
27	M10 垫片	31	64	拉力把手杆	1
28	M8 垫片	17	65	橡胶缓冲器	2
29	50 毫米方内帽	4	66	M10 x 115 毫米有眼螺栓	1
30	38 毫米方内帽	4	67	拉力把手缆线	1
31	33.4 毫米方内帽	1	68	滑轮	1
32	20 x 40 毫米方内帽	1	69	顶帽衬套	2
33	13 x 26 毫米方内帽	8	70	弹簧钩	1
34	25 毫米圆内帽	10	71	弹簧垫片	2
35	19 毫米圆内帽	4	72	背垫固定件	1
36	38 毫米圆外端帽	2	73	背垫固定调节	1
37	25 毫米圆外端帽	3			

质保

产品质保

本产品享受制造缺陷质保，期限为

年

本产品享受自购买日期起为期十二个月的质保。在此期限内，因材料或工艺不善而致的任何缺陷将由您从其购买本装置的经销商酌情予以免费更换、退款或修理。

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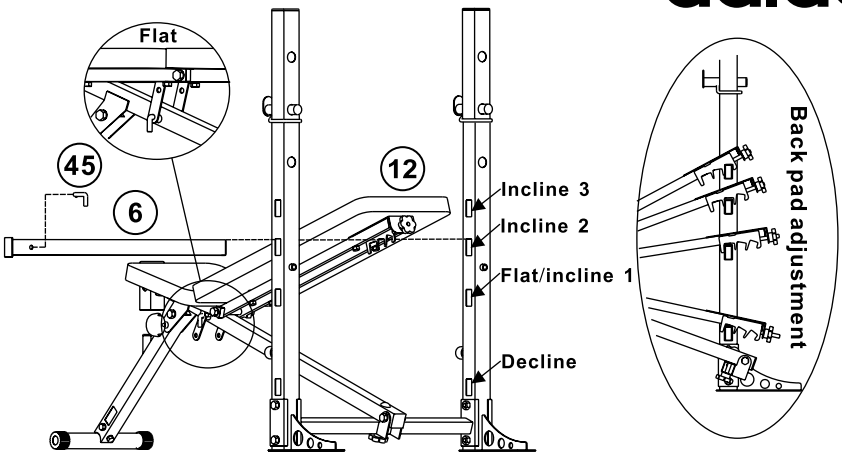
Brugeroplysninger

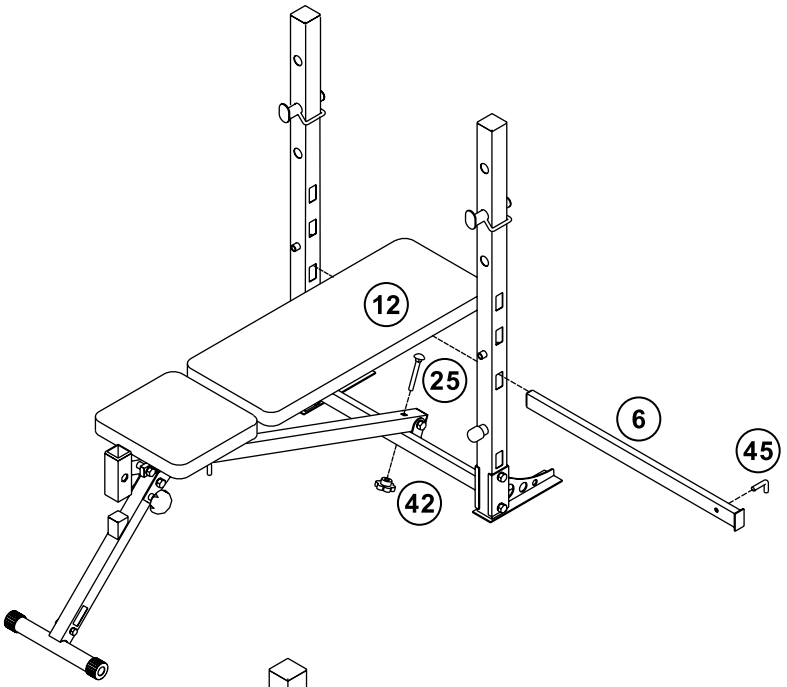
Justering

Løft ryglænet (**12**) en anelse, og træk trækstiften (**45**) ud efterfulgt af støtterøret (**6**). Genmonter støtterøret i det påkrævede justeringshul i de primære stolper, og genmonter trækstiften. Sænk atter monteringsstangen ned på støtterøret. Sædet skal hæves til bænkpres i liggende stilling, og sænkes til alle andre stillinger.



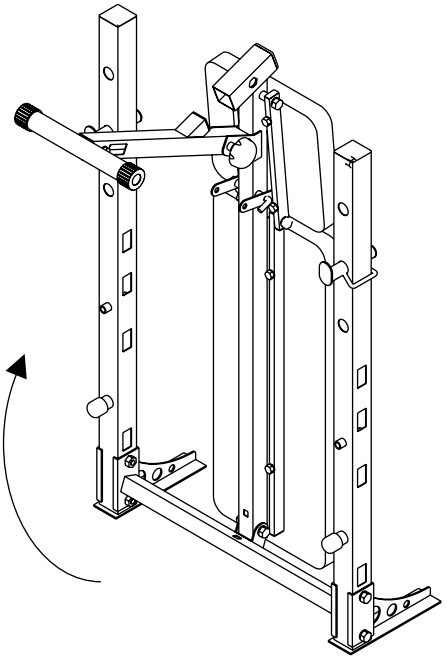
Sammenfoldning til opbevaring 1

Fastgør bentilbehøret, og sørg for, at alt andet tilbehør er fjernet. Fjern håndtagsbolt M10 (**42**) og bolten (**25**). Løft ryglænet (**12**) en anelse, og træk trækstiften (**45**) ud efterfulgt af støtterøret (**6**). Sænk ryglænet mod foden.



Sammenfoldning til opbevaring 2

Drej det primære rør til den lodrettte stilling.

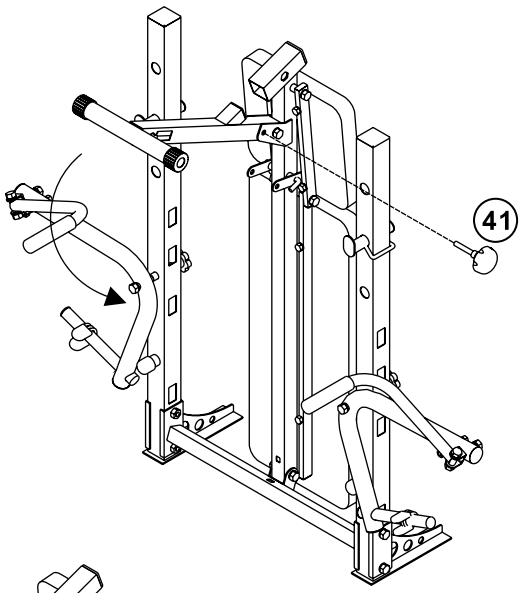


fortsættes på næste side.

Brugeroplysninger

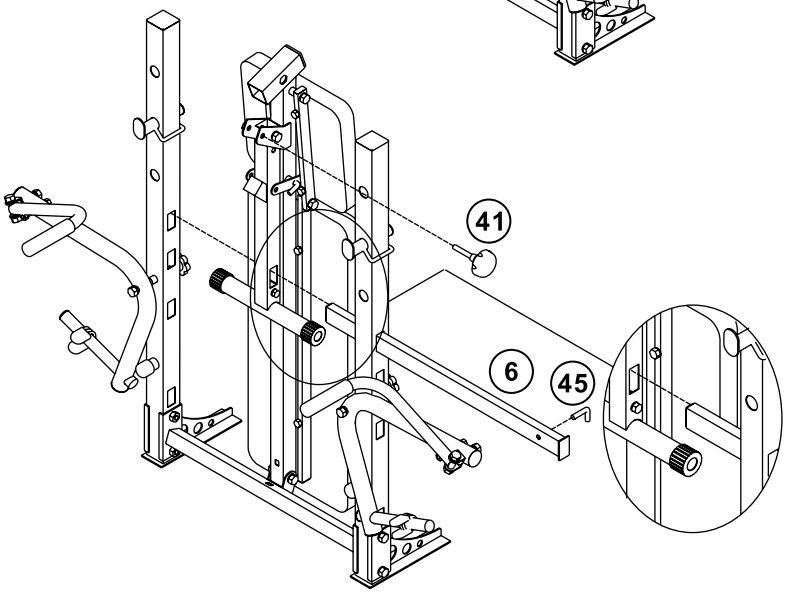
Sammenfoldning til opbevaring 3

Fjern håndtagsbolt (**41**). Fold det forreste ben bagud, til det når det primære rør.



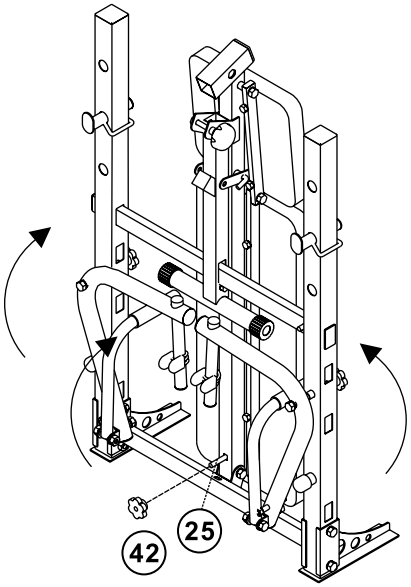
Sammenfoldning til opbevaring 24

Genmonter håndtagsbolten (**41**) i toppen af det forreste ben. Genmonter støtterøret (**6**) i hullet til hældning3 i den primære stolpe, mens der sørges for, at den også går gennem låsehullet i det forreste ben. Genmonter trækstiften (**45**) i støtterøret (**6**).

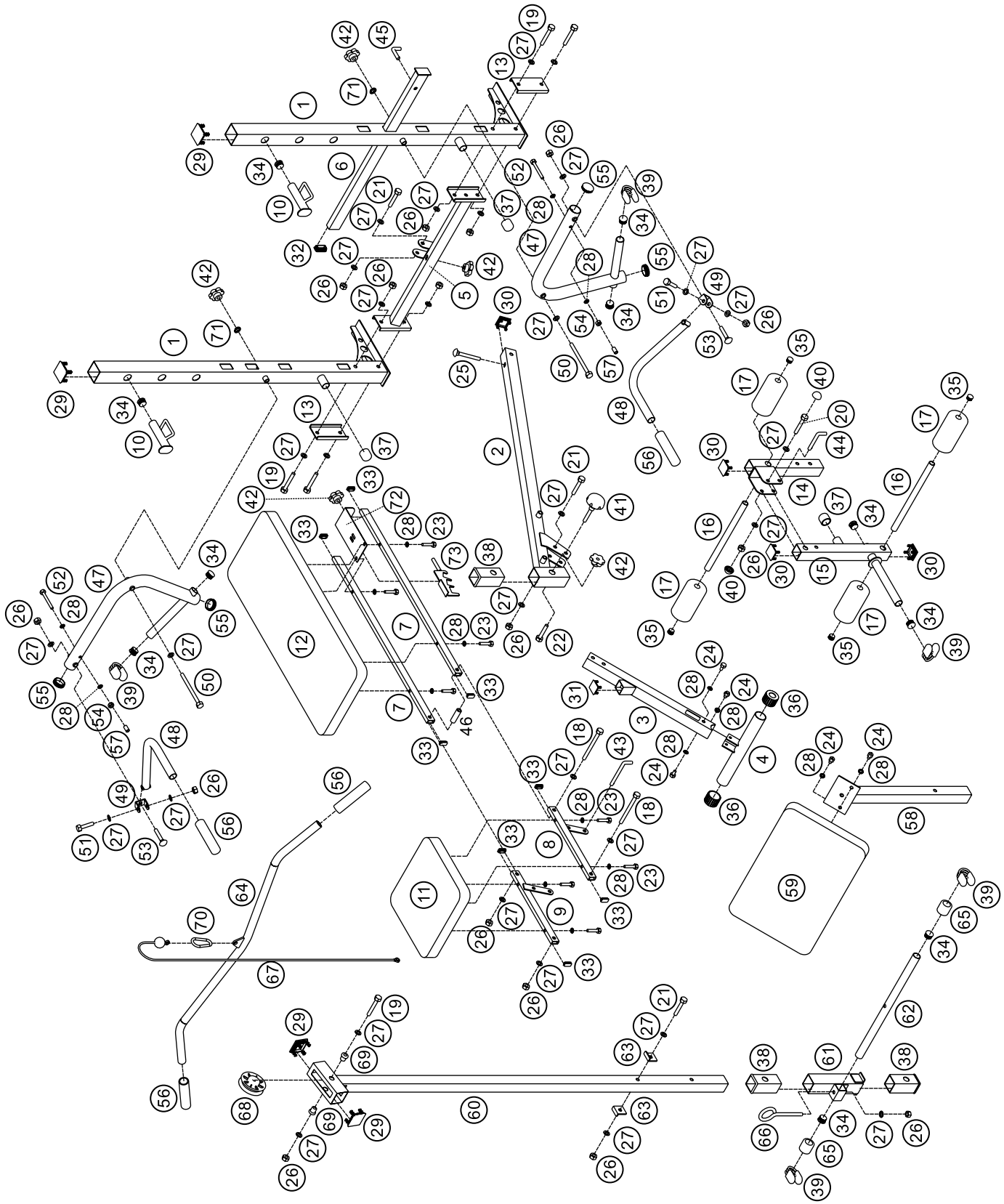


Sammenfoldning til opbevaring 5

Genmonter håndtagsbolt M10 (**42**) og bolten (**25**). Drej flye-armen og flye-håndtaget til den lodrette stilling.
Bemærk: Du vil skulle løfte ryglænet for at fastgøre bolten.



Eksplosionstegning over dele



Eksplosionstegning over dele

Del	Beskrivelse	Ant.	Del	Beskrivelse	Ant.
1	Primær stolpe	2	38	45 mm firkantet, indvendig prop	3
2	Primært rør	1	39	25 mm fjederlås	5
3	Forreste ben	1	40	Bolthætte	2
4	Forstabilisator	1	41	Håndtagsbolt M10*55	1
5	Primær tværstang	1	42	Håndtagsbolt M10	5
6	Støtterør	1	43	Trækstift [L] (M10 x 90 mm)	1
7	Monteringsstang	2	44	Trækstift [L] (M10 x 55 mm)	1
8	Venstre monteringsrør	1	45	Trækstift [L] (M10 x 30 mm)	1
9	Højre monteringsrør	1	46	Bøsning	1
10	Stangholder	2	47	Flye-arm	2
11	Sæde	1	48	Flye-håndtag	2
12	Ryglæn	1	49	Drejetapsbeslag	2
13	Støtteplade	2	50	M10 x 135 mm bolt	2
14	Benmonteringssamling	1	51	M10 x 45 mm bolt	2
15	Bendrejetapssamling	1	52	M8 x 70 mm bolt	2
16	Skummonteringsrør	2	53	M10 x 60 mm bræddebolt	2
17	Skumrulle	4	54	M8 nylonkontramøtrik	2
18	M10 x 120 mm bolt	2	55	38 mm rund, indvendig prop	4
19	M10 x 70 mm bolt	5	56	25 x 130 mm håndtag	4
20	M10 x 65 mm bolt	1	57	M8 x 20 mm kappe	2
21	M10 x 60 mm bolt	3	58	Rør til curl-tilbehør	1
22	M10 x 55 mm bolt	1	59	Curl-polstring	1
23	M8 x 40 mm bolt	8	60	Rør til lat-tilbehør	1
24	M8 x 15 mm bolt	5	61	Vægtslæde	1
25	M10 x 85 mm bræddebolt	1	62	Vægtmonteringsstang	1
26	M10 nylonkontramøtrik	16	63	Stopplade	2
27	M10 spændeskive	31	64	Lat-stang	1
28	M8 spændeskive	17	65	Gummistopper	2
29	50 mm firkantet, indvendig prop	4	66	M10 x 115 mm øjebolt	1
30	38 mm firkantet, indvendig prop	4	67	Lat-kabel	1
31	33,4 mm firkantet, indvendig prop	1	68	Taljehjul	1
32	20 x 40 mm firkantet, indvendig prop	1	69	Top hat-bøsning	2
33	13 x 26 mm firkantet, indvendig prop	8	70	Karabinhage	1
34	25 mm rund, indvendig prop	10	71	Fjederspændeskive	2
35	19 mm rund, indvendig prop	4	72	Fast bagstykke	1
36	38 mm rund, udvendig slutmuffe	2	73	Justering til fast bagstykke	1
37	25 mm rund, udvendig slutmuffe	3			

Garanti

Produktgaranti

Dette produkt er garanteret mod produktionsfejl i en periode på

år

Dette produkt er garanteret i tolv måneder fra den originale købsdato. Enhver fejl, der skyldes defekte materialer eller håndværk, vil, hvor det er muligt, enten blive ombyttet, refunderet eller repareret uden beregning i løbet af denne periode af forhandleren, hvorfra du købte enheden.

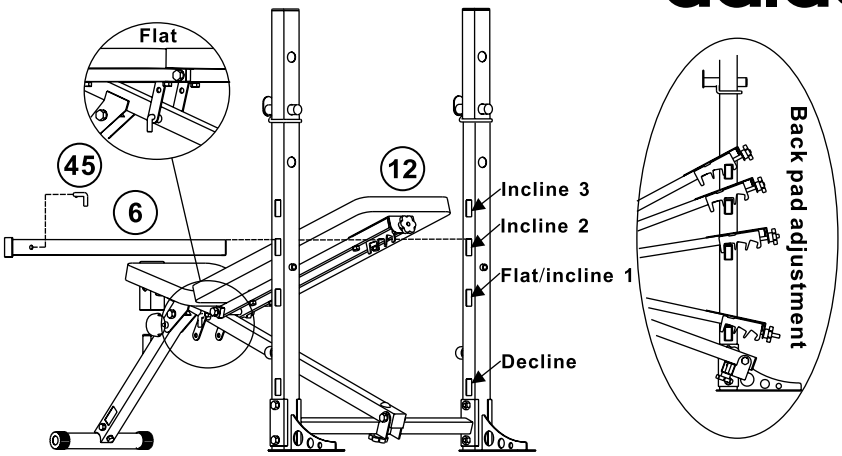
Garantien er underlagt følgende betingelser:
• Garantien dækker ikke utilsigtet skade, misbrug, kabinetdele, håndtag eller forbrugsvarer.
• Produktet skal være korrekt installeret og bruges i overensstemmelse med anvisningerne i denne manual.
• Den skal udelukkende bruges til hjemmeformål.
• Garantien vil blive ugyldig, hvis produktet videresælges eller er blevet beskadiget som følge af ukvalificeret reparation.
• Specifikationer kan ændres uden varsel.
• Producenten frasiger sig alt ansvar for indirekte eller følgeskader.
• Garantien er i tillæg til, og formindsker ikke dine lovbestemte eller juridiske rettigheder.
E-mail: Techsupport@RFEinternational.com.

Garant: RFE Europa Ltd
8 Clarendon Drive
Wymbush, Milton Keynes
MK8 8ED, UK

Käyttäjän ohjeet

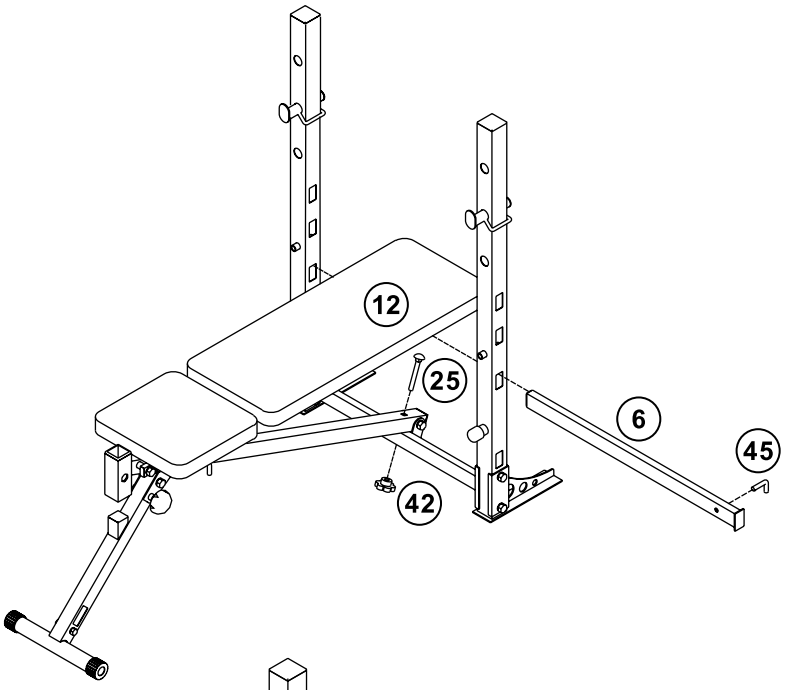
Säätö

Nosta hieman takapehmustetta (**12**), irrota vetotappi (**45**) ja sen jälkeen tukiputki (**6**). Asenna tukiputki takaisin pystytelineen sopivaan säätöreikään ja asenna vetotappi takaisin. Laske kiinnitysputki takaisin tukiputken päälle. Istuimen pohjaa tulee nostaa tasapenkkikäyttöön ja laskea kaikkiin muihin asentoihin.



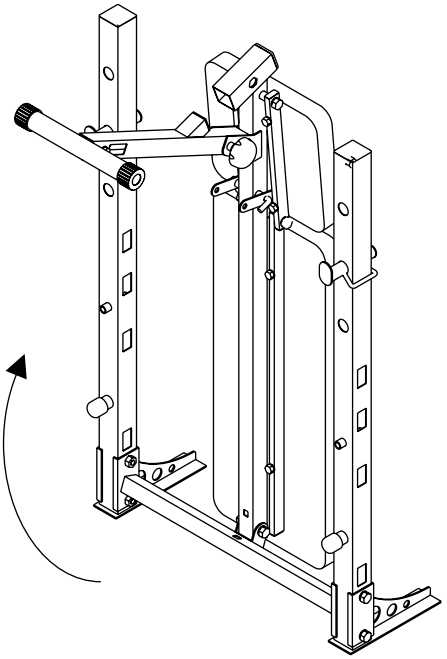
Säilytystä varten taittaminen 1

Asenna jalkalisävaruste ja varmista, että kaikki muut lisävarusteet on poistettu. Poista nuppipultti M10 (**42**) ja pultti (**25**). Nosta hieman takapehmustetta, (**12**) irrota vetotappi (**45**) ja sen jälkeen tukiputki (**6**). Laske takapehmuste pohjaan asti.



Säilytystä varten taittaminen 2

Käännä pääputki pystyasentoon.

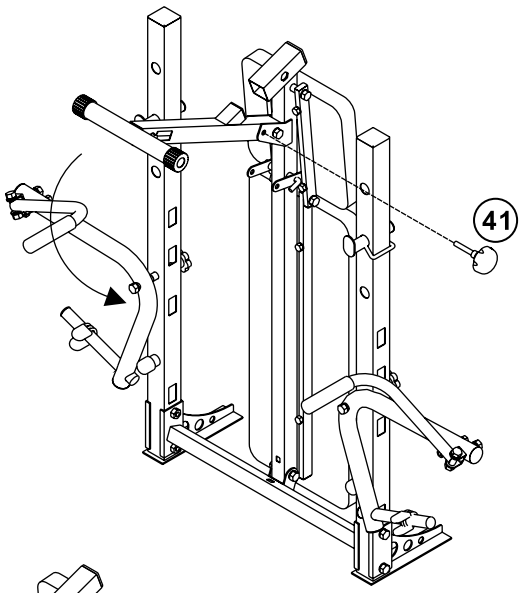


jatkuu seuraavalla sivulla.

Käyttäjän ohjeet

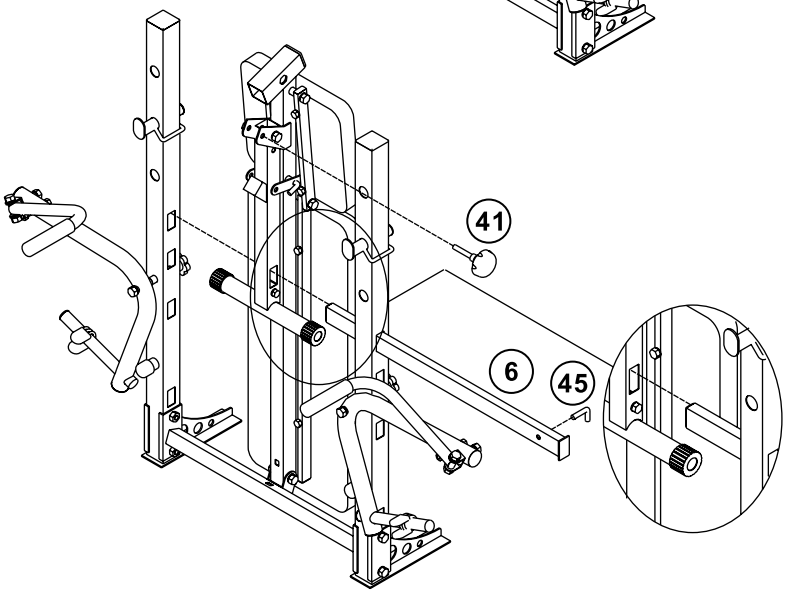
Säilytystä varten taittaminen 3

Poista nuppipultti(**41**). Taita etujalkaa taaksepäin, kunnes se koskettaa pääputkea.



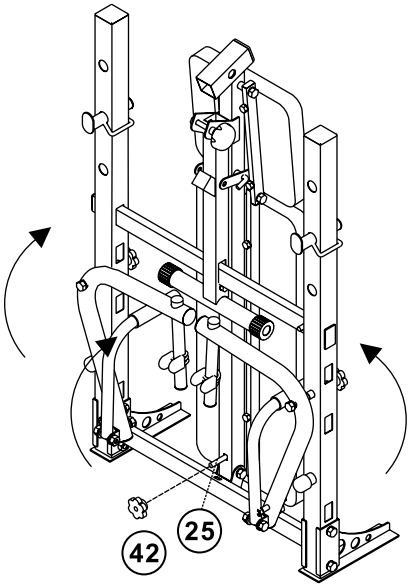
Säilytystä varten taittaminen 4

Asenna nuppipultti (**41**) takaisin etujalan yläosaan. Asenna tukiputki (**6**) takaisin pystytelineen Ylävino 3 -reikään varmistaen, että se menee myös etujalassa olevan lukitusreiän läpi. Asenna vetotappi (**45**) takaisin tukiputkeen (**6**).

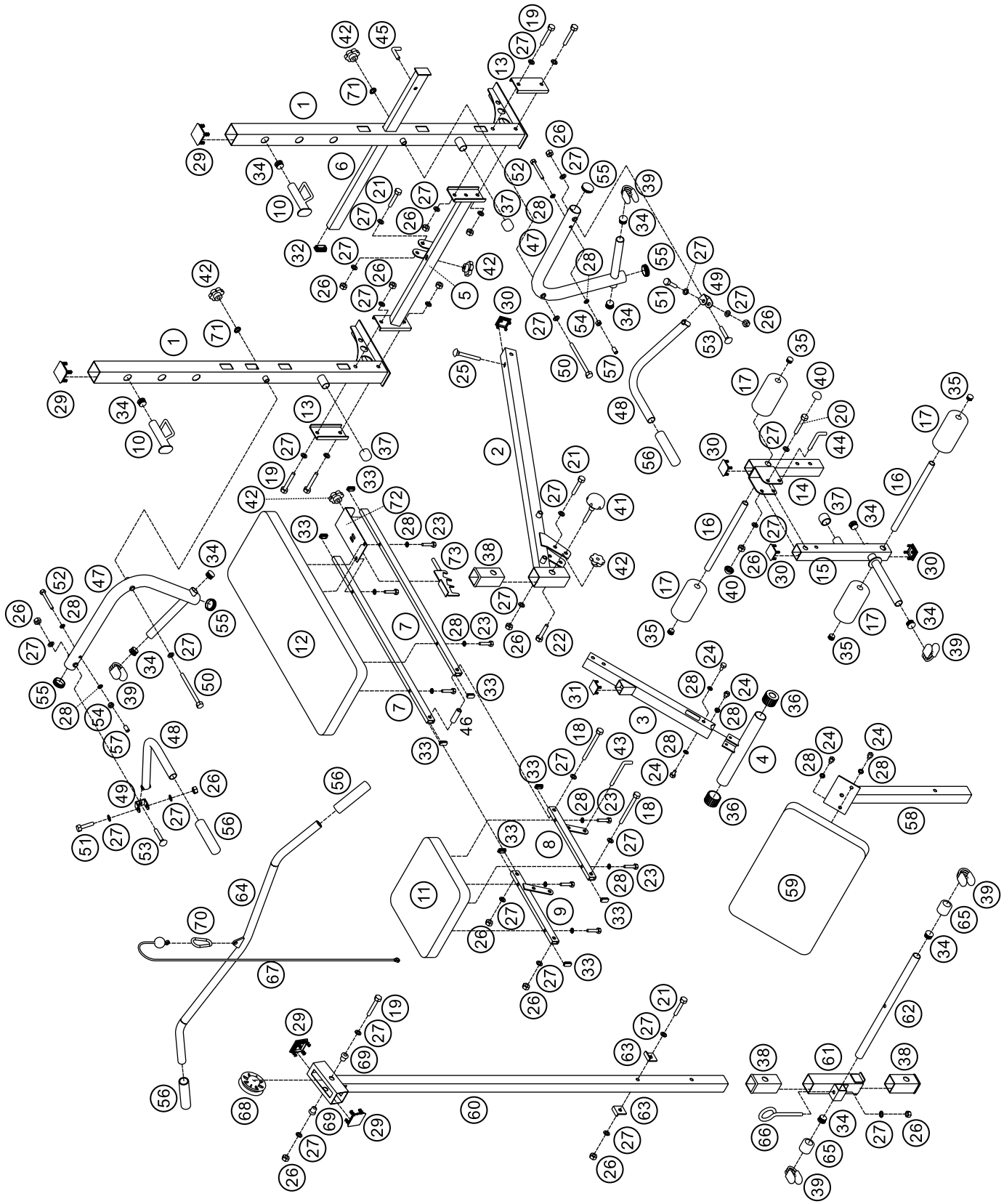


Säilytystä varten taittaminen 5

Asenna nuppipultti M10 (**42**) ja pultti (**25**) takaisin. Käännä perhosvarsi ja perhoskahva pystyasentoon.
Huom: takapehmustetta tarvitsee nostaa pultin asentamiseksi.



Osien räjäytyskaavio



Räjäytyskaavion osaluettelo

Osa	Kuvaus	Määrä	Osa	Kuvaus	Määrä
1	Pystyteline	2	38	45 mm neliöholkki	3
2	Pääputki	1	39	25 mm jousilukko	5
3	Etujalka	1	40	Pulttitulppa	2
4	Etuvakaaja	1	41	Nuppipultti M10 x 55	1
5	Poikkitanko	1	42	Nuppipultti M10	5
6	Tukiputki	1	43	Vetotappi [L] (M10 x 90 mm)	1
7	Kiinnitystanko	2	44	Vetotappi [L] (M10 x 55 mm)	1
8	Vasen kiinnitysputki	1	45	Vetotappi [L] (M10 x 30 mm)	1
9	Oikea kiinnitysputki	1	46	Hela	1
10	Tankopidike	2	47	Perhosvarsi	2
11	Istuinpehmuste	1	48	Perhoskahva	2
12	Takapehmuste	1	49	Nivelpidin	2
13	Tukilevy	2	50	M10 x 135 mm pultti	2
14	Jalkakiinnitys	1	51	M10 x 45 mm pultti	2
15	Jalkanivel	1	52	M8 x 70 mm pultti	2
16	Pehmusterullien kiinnitysputki	2	53	M10 x 60 mm lukkopultti	2
17	Pehmusterulla	4	54	M8 nailonlukkomutteri	2
18	M10 x 120 mm pultti	2	55	38 mm pyöreä sisätulppa	4
19	M10 x 70 mm pultti	5	56	25 x 130mm kahva	4
20	M10 x 65 mm pultti	1	57	M8 x 20 mm holkki	2
21	M10 x 60 mm pultti	3	58	Hauiskääntölisävarusteen putki	1
22	M10 x 55 mm pultti	1	59	Hauiskääntöpehmuste	1
23	M8 x 40 mm pultti	8	60	Ylätaljalisävarusteen putki	1
24	M8 x 15 mm pultti	5	61	Painojen liukukelkka	1
25	M10 x 85 mm lukkopultti	1	62	Painojen kiinnitystanko	1
26	M10 nailonlukkomutteri	16	63	Pysäytyslevy	2
27	M10 tiivisterengas	31	64	Ylätaljan tanko	1
28	M8 tiivisterengas	17	65	Kumipuskuri	2
29	50 mm nelikulmainen sisätulppa	4	66	M10x115 mm silmukkapultti	1
30	38 mm nelikulmainen sisätulppa	4	67	Ylätaljan vaijeri	1
31	33,4 mm nelikulmainen sisätulppa	1	68	Väkipyörä	1
32	20 x 40 mm nelikulmainen sisätulppa	1	69	Silinterihela	2
33	13 x 26 mm nelikulmainen sisätulppa	8	70	Karbiinihaka	1
34	25 mm pyöreä sisätulppa	10	71	Jousitiivisterengas	2
35	19 mm pyöreä sisätulppa	4	72	Selkäpehmusteen kiinteä kappale	1
36	38 mm pyöreä ulkoinen päätytulppa	2	73	Selkäpehmusteen kiinteä säätö	1
37	25 mm pyöreä ulkoinen päätytulppa	3			

Takuu

Tuotetakuu

Tämän tuotteen takuu kattaa valmistusvirheet ja kestää

vuoden

Tämän tuotteen takuuaika on 12 kuukautta alkuperäisestä ostopäivästä alkaen. Kaikki takuuaikana virheellisistä materiaaleista tai valmistusvirheestä johtuvat viat vaihtaa, hyvittää tai, mikäli mahdollista, korjaa veloituksetta se jälleenmyyjä, jolta tämä tuote on ostettu.

Takuuta koskevat seuraavat ehdot:

- Takuu ei kata tapaturmia, väärinkäyttöä, kotelon osia, nuppeja eikä kulutustarvikkeita.
- Tuote tulee asentaa asianmukaisesti ja sitä tulee käyttää tässä käsikirjassa olevien ohjeiden mukaisesti.
- Se on tarkoitettu vain kotikäyttöön.
- Takuu mitätöityy, mikäli tuote jälleenmyydään tai se on vahingoittunut epäammattimaisen korjaustyön seurauksena.
- Määritykset voivat muuttua ilman erillistä ilmoitusta.
- Valmistaja ei ota vastuuta mistään satunnaisista tai välillisistä vahingoista.
- Takuu ei vähennä ostajan lakisääteisiä tai laillisia oikeuksia vaan tulee niiden lisäksi.

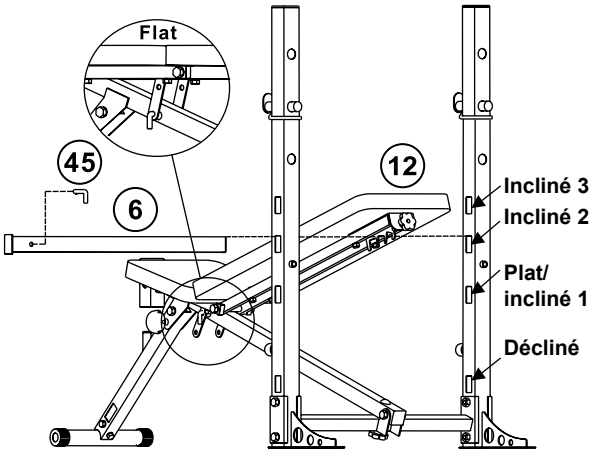
Sähköposti: Techsupport@RFEinternational.com.

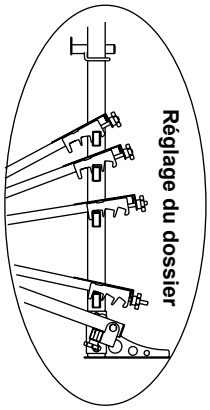
Takuun myöntäjä: RFE Europa Ltd
8 Clarendon Drive
Wymbush, Milton Keynes
MK8 8ED, Yhdistynyt kuningaskunta

Informations à l'attention de l'utilisateur

Réglage

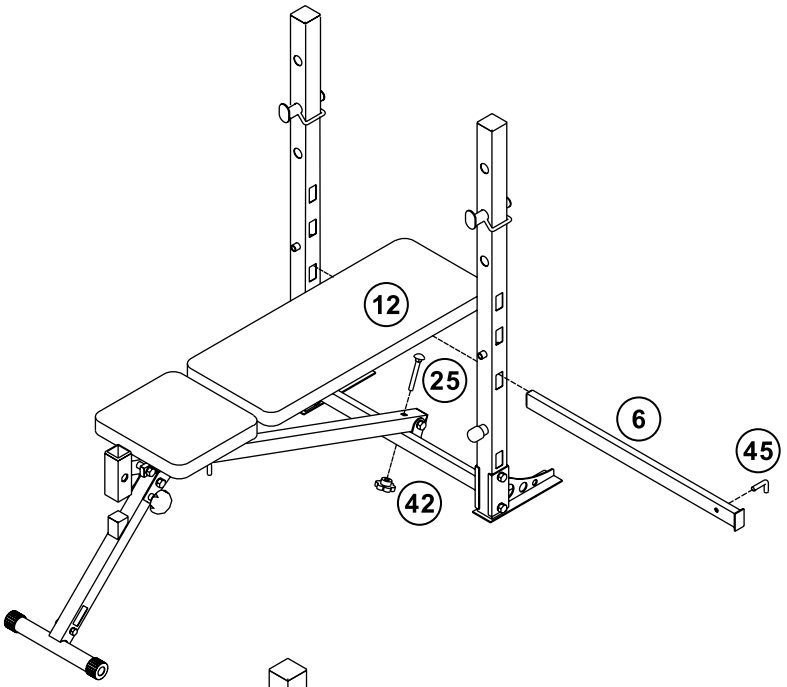
Soulever légèrement le dossier (**12**), extraire la goupille de verrouillage (**45**) puis le tube de soutien (**6**). Replacer le tube de soutien dans les trous de réglage souhaités dans les montants verticaux principaux et replacer la goupille de verrouillage. Abaisser le tube support en arrière sur le tube de soutien. Le siège doit être relevé pour une position du banc à plat et abaissé pour toutes les autres positions.





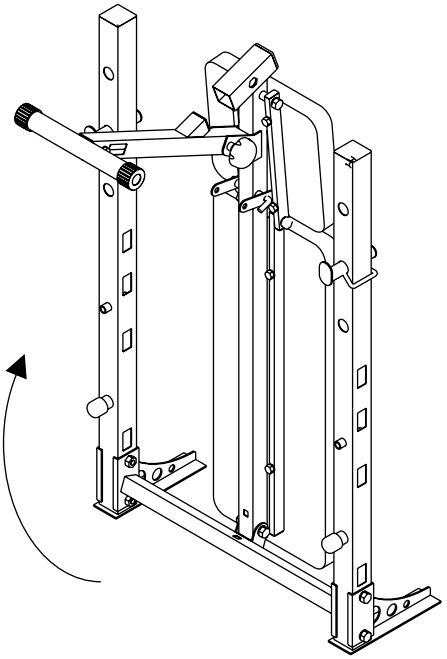
Pliage du banc : étape 1

Ajuster les attaches du pied et s'assurer que toutes les autres attaches ont été retirées. Retirer la vis de blocage M10 (**42**) et le boulon (**25**). Soulever légèrement le dossier, (**12**) extraire la goupille de verrouillage (**45**) puis le tube de soutien (**6**). Abaisser le dossier jusqu'au support.



Pliage du banc : étape 2

Faire pivoter le tube principal jusqu'en position verticale.

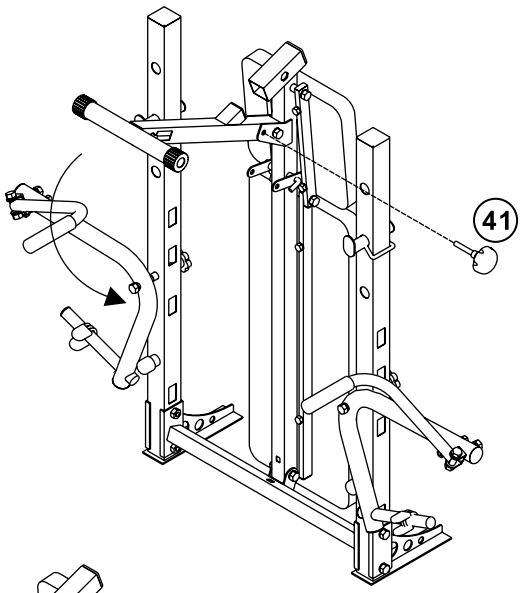


suite sur la page suivante.

Informations à l'attention de l'utilisateur

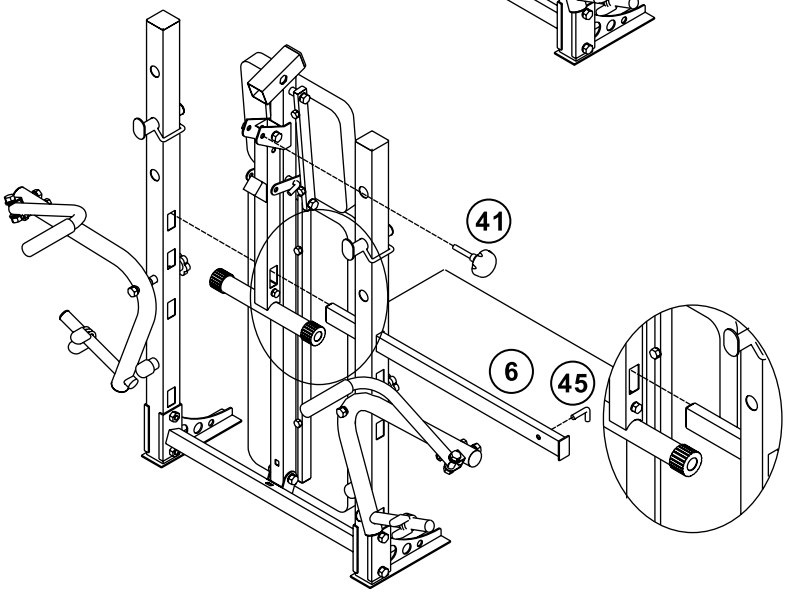
Pliage du banc : étape 3

Retirer la vis de blocage (**41**). Ramener le pied avant vers l'arrière jusqu'à ce qu'il touche le support principal.



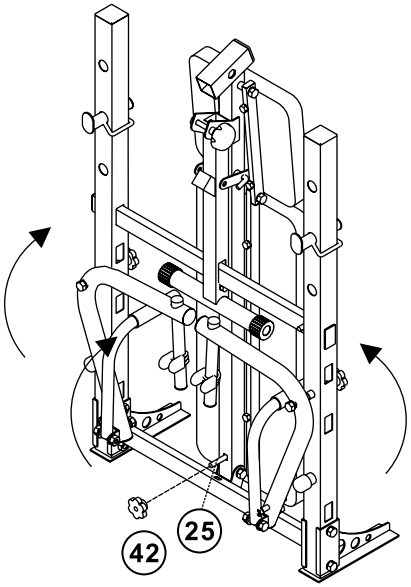
Pliage du banc : étape 4

Replacer la vis de blocage (**41**) dans le haut du pied avant. Replacer le tube de soutien (**6**) dans le trou d'inclinaison 3 du montant vertical principal et s'assurer qu'il passe à travers le trou de fixation du pied avant. Replacer la goupille (**45**) sur le tube de soutien (**6**).

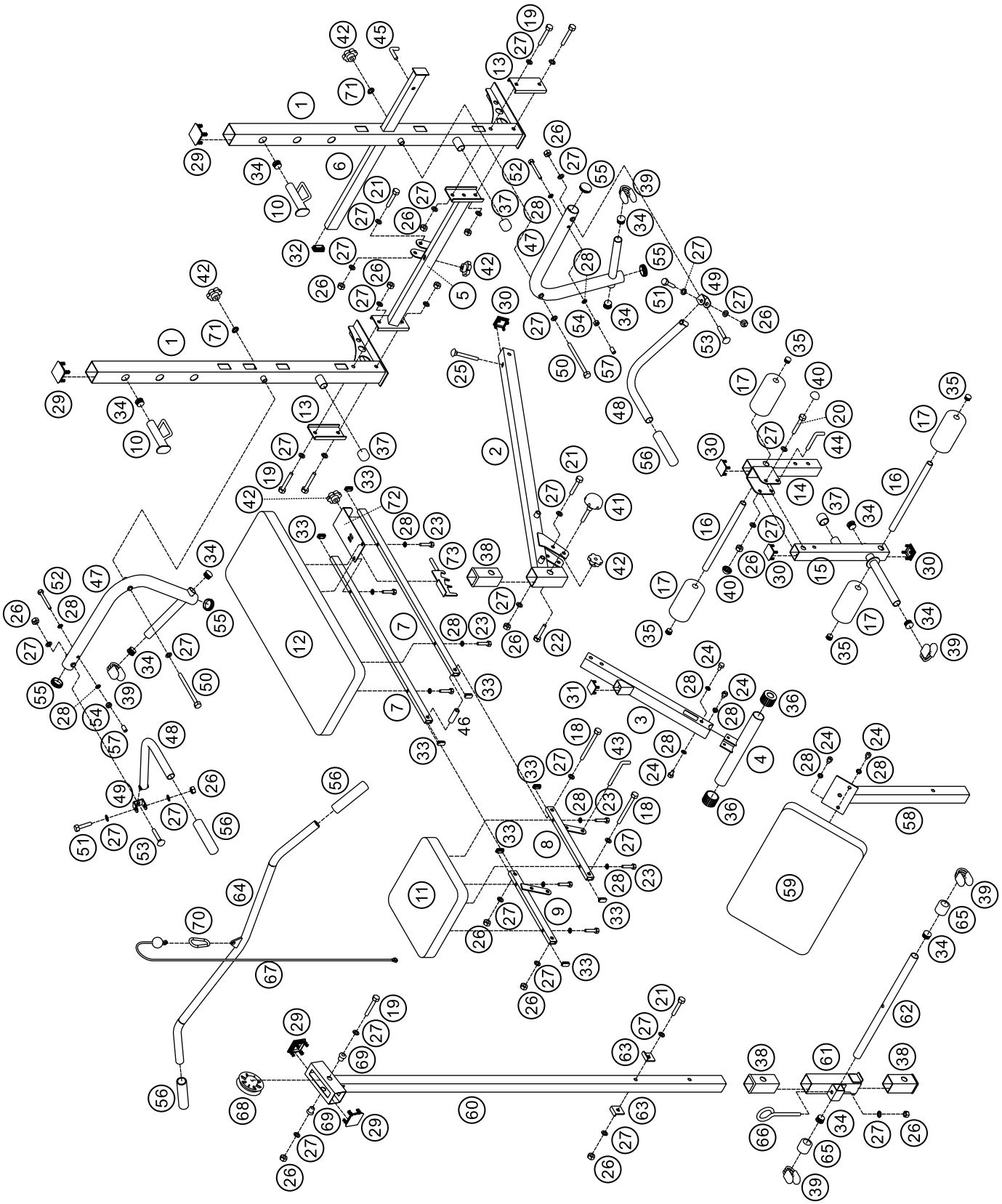


Pliage du banc : étape 5

Replacer la vis de blocage M10 (**42**) et le boulon (**25**). Faire pivoter le bras pivotant et la poignée pivotante jusqu'en position verticale.
Remarque : vous devrez soulever le dossier pour ajuster le boulon.



Vue éclatée des différentes pièces



Liste des différentes pièces

Pièce	Description	Qté	Pièce	Description	Qté
1	Montant vertical principal	2	38	Manchon carré 45 mm	3
2	Support principal	1	39	Attache rapide à ressort 25 mm	5
3	Pied avant	1	40	Cache boulon	2
4	Stabilisateur avant	1	41	Vis de blocage M10 x 55	1
5	Barre transversale principale	1	42	Vis de blocage M10	5
6	Tube de soutien	1	43	Goupille [L] (M10 x 90 mm)	1
7	Barre de support	2	44	Goupille [L] (M10 x 55 mm)	1
8	Tube support gauche	1	45	Goupille [L] (M10 x 30 mm)	1
9	Tube support droit	1	46	Bague	1
10	Support de barre	2	47	Bras pivotant	2
11	Siège	1	48	Poignée pivotante	2
12	Dossier	1	49	Console à pivot	2
13	Plaque de support	2	50	Boulon M10 x 135 mm	2
14	Support pour montant du pied	1	51	Boulon M10 x 45 mm	2
15	Support pour pivot du pied	1	52	Boulon M8 x 70 mm	2
16	Tube support des rouleaux en mousse	2	53	Boulon à tête ronde M10 x 60 mm	2
17	Rouleau en mousse	4	54	Écrou-frein en nylon M8	2
18	Boulon M10 x 120 mm	2	55	Embout intérieur rond 38 mm	4
19	Boulon M10 x 70 mm	5	56	Poignée 25 x 130 mm	4
20	Boulon M10 x 65 mm	1	57	Manchon M8 x 20 mm	2
21	Boulon M10 x 60 mm	3	58	Support pour pupitre	1
22	Boulon M10 x 55 mm	1	59	Pupitre à biceps	1
23	Boulon M8 x 40 mm	8	60	Tube de fixation dorsale	1
24	Boulon M8 x 15 mm	5	61	Chariot coulissant pour poids	1
25	Boulon à tête ronde M10 x 85 mm	1	62	Barre support de poids	1
26	Écrou-frein en nylon M10	16	63	Plaque de support	2
27	Rondelle M10	31	64	Barre dorsale	1
28	Rondelle M8	17	65	Butoir en caoutchouc	2
29	Embout intérieur carré 50 mm	4	66	Boulon à œil M10*115 mm	1
30	Embout intérieur carré 38 mm	4	67	Câble dorsal	1
31	Embout intérieur carré 33,4 mm	1	68	Poulie	1
32	Embout intérieur carré 20 x 40 mm	1	69	Bague avec embout chapeau	2
33	Embout intérieur carré 13 x 26 mm	8	70	Mousqueton	1
34	Embout intérieur rond 25 mm	10	71	Rondelle à ressort	2
35	Embout intérieur rond 19 mm	4	72	Pièce de fixation du dossier	1
36	Embout extérieur rond 38 mm	2	73	Pièce pour réglage fixe du dossier	1
37	Embout extérieur rond 25 mm	3			

Garantie

Garantie du produit

Ce produit est garanti contre les défauts de fabrication pour une période de

an

Ce produit est garanti pour une durée de douze mois à compter de sa date d'achat. Tout défaut résultant d'un vice de matériau ou de fabrication entraînera le remplacement, le remboursement ou, si cela est possible, la réparation gratuite au cours de cette période, auprès du vendeur chez qui vous avez acheté le produit.

La garantie est soumise aux dispositions suivantes :

- La garantie ne couvre pas les dommages accidentels, la mauvaise utilisation, les pièces du meuble, les écrous ou les pièces consommables.
- Le produit doit être correctement assemblé et utilisé conformément aux instructions contenues dans ce manuel.
- Il doit être utilisé à des fins domestiques uniquement.
- La garantie sera rendue invalide si le produit est revendu ou a été endommagé lors d'une réparation effectuée par un non spécialiste.
- Les caractéristiques sont sujettes à modification, et ce sans préavis.
- Le fabricant rejette toute responsabilité en cas de dommages accessoires ou indirects.
- La garantie s'ajoute à vos droits légaux ou statutaires, sans les diminuer.

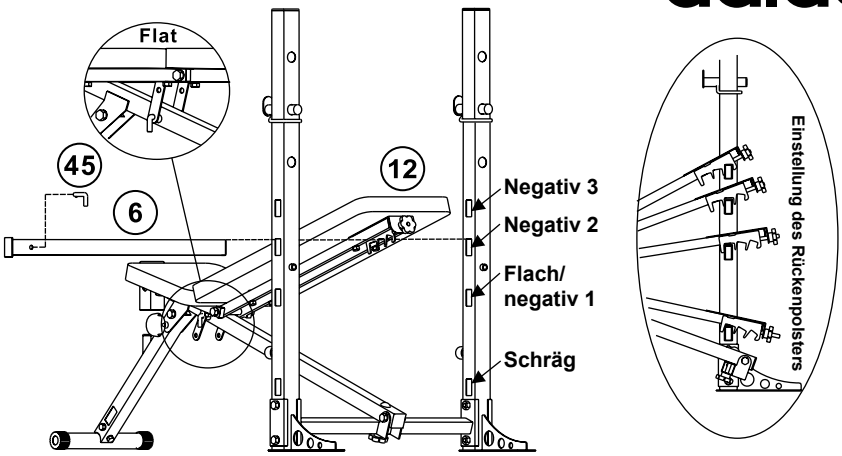
E-mail: Techsupport@RFEinternational.com.

Garant : RFE Europa Ltd,
8 Clarendon Drive
Wymbush, Milton Keynes
MK8 8ED, Royaume-Uni

Nutzerinformationen

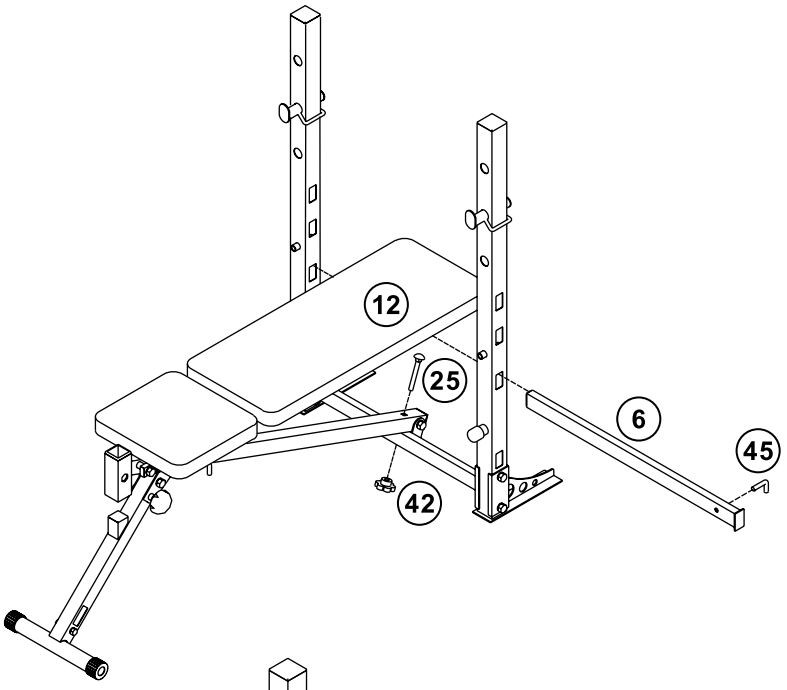
Einstellung

Heben Sie das hintere Polster (**12**) leicht an und ziehen Sie den Bolzen (**45**) gefolgt vom Stützrohr (**6**) heraus. Schieben Sie das Stützrohr in das erforderliche Einstellungsloch im Hauptpfosten und bringen Sie den Bolzen wieder an. Senken Sie das Befestigungsrohr wieder auf das Stützrohr ab. Die Sitzunterlage sollte für eine flache Bank angehoben und für alle anderen Positionen abgesenkt werden.



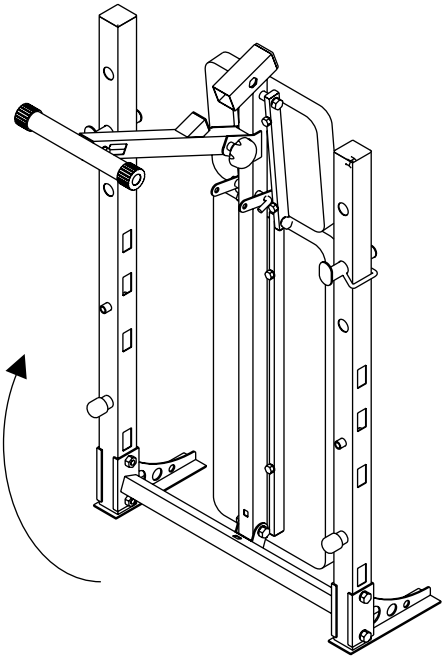
Zusammenklappen zur Lagerung 1

Befestigen Sie den Beinaufsatz und stellen Sie sicher, dass alle anderen Befestigungen entfernt wurden. Entfernen Sie den Sperrbolzen M10 (**42**) und den Bolzen (**25**). Heben Sie das hintere Polster (**12**) leicht an und ziehen Sie den Bolzen (**45**) gefolgt vom Stützrohr (**6**) heraus. Senken Sie das hintere Polster auf die Unterlage ab.



Zusammenklappen zur Lagerung 2

Drehen Sie das Hauptrohr in die aufrechte Position.



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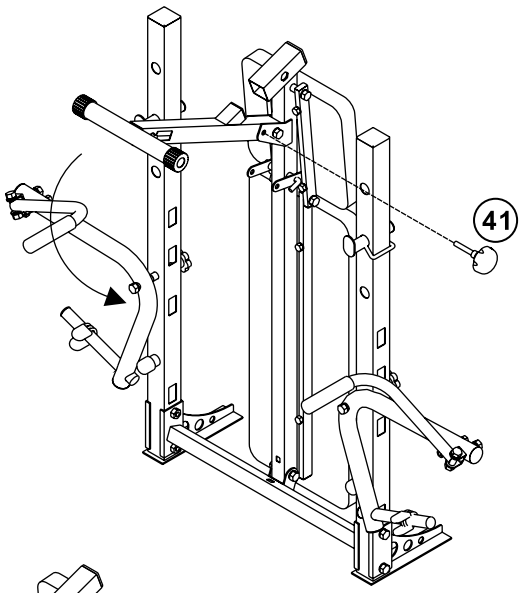
Nutzerinformationen

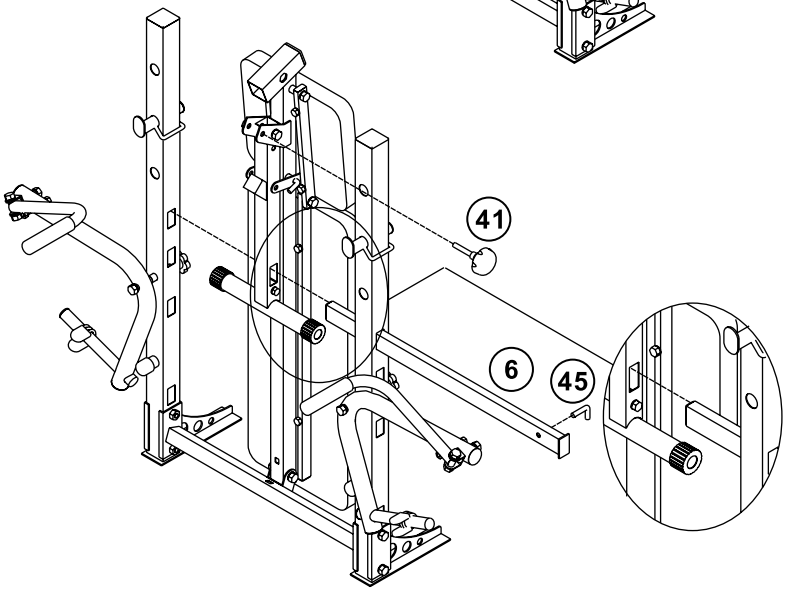
Zusammenklappen zur Lagerung 3

Entfernen Sie den Sperrbolzen (**41**). Drehen Sie das vordere Bein nach hinten, bis es das Hauptrohr berührt.



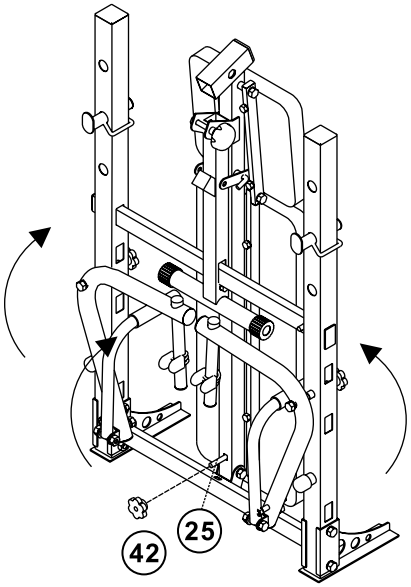
Zusammenklappen zur Lagerung 4

Bringen Sie den Sperrbolzen (**41**) erneut oben auf dem vorderen Standbein an. Schieben Sie das Stützrohr (**6**) in das Incline3-Loch des Hauptpfostens ein und stellen Sie sicher, dass es auch durch das Verriegelungsloch des vorderen Standbeins geführt wird. Bringen Sie den Zugstift (**45**) erneut am Stützrohr (**6**) an.

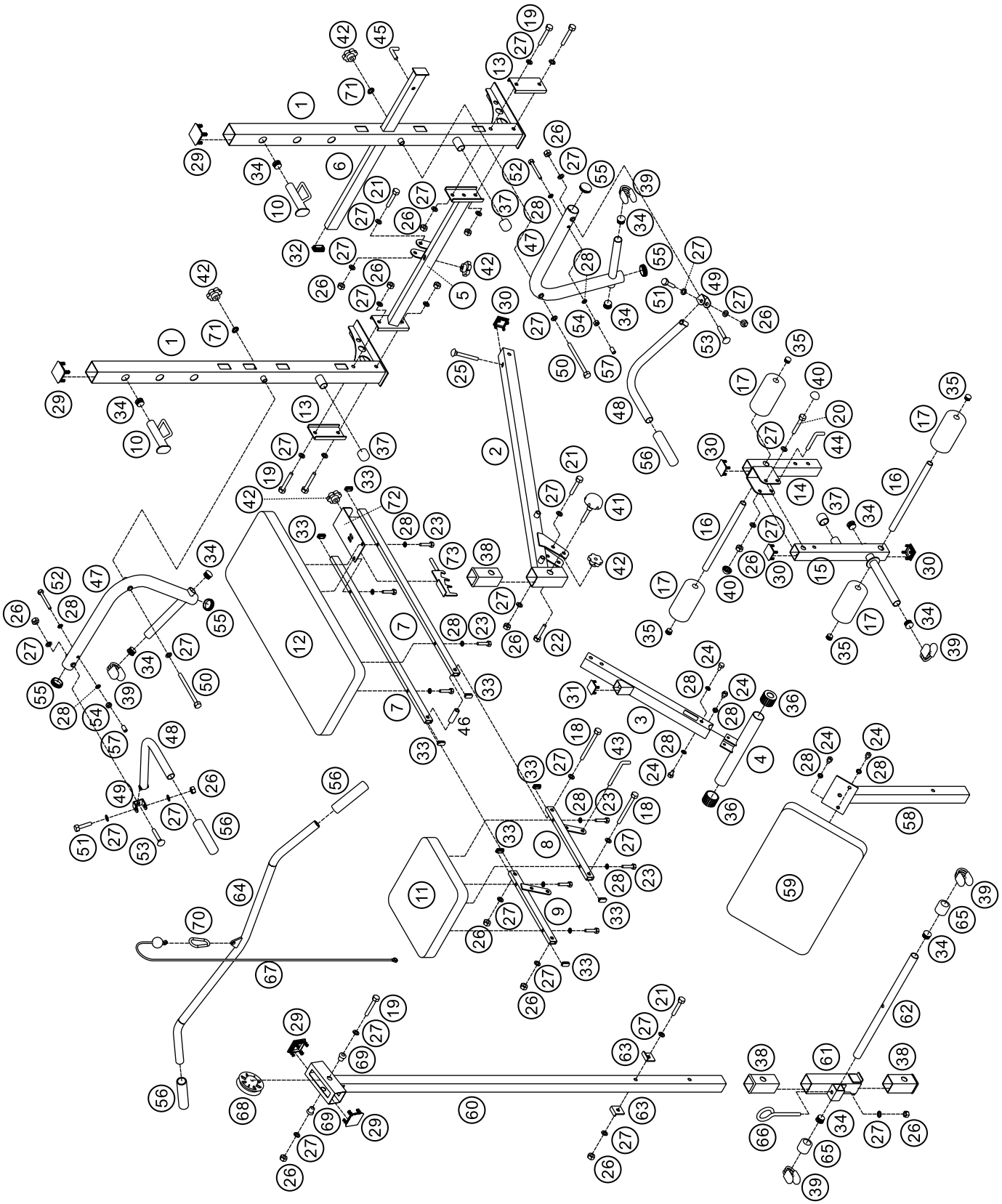


Zusammenklappen zur Lagerung 5

Bringen Sie den Sperrbolzen M10 (**42**) und den Bolzen erneut (**25**) an. Drehen Sie den Fly-Hebel und den Fly-Griff in eine aufrechte Position.
Anmerkung: Sie müssen das hintere Polster anheben, um den Bolzen anzubringen.



Explosionszeichnung



Teileübersicht

Teil	Beschreibung	Menge	Teil	Beschreibung	Menge
1	Hauptpfosten	2	38	45 mm eckige Muffe	3
2	Hauptrohr	1	39	25 mm Federverriegelung	5
3	Vorderes Standbein	1	40	Schraubenkappe	2
4	Vorderer Stabilisator	1	41	Sperrbolzen M10 x 55	1
5	Hauptquerstange	1	42	Sperrbolzen M10	5
6	Stützrohr	1	43	Zugstift [L] (M10 x 90 mm)	1
7	Montagestange	2	44	Zugstift [L] (M10 x 55 mm)	1
8	Linkes Montagerohr	1	45	Zugstift [L] (M10 x 30 mm)	1
9	Rechtes Montagerohr	1	46	Hülse	1
10	Stangenhalter	2	47	Fly-Hebel	2
11	Sitzpolster	1	48	Fly-Griff	2
12	Hinteres Polster	1	49	Drehwinkel	2
13	Stützteller	2	50	M10 x 135 mm Bolzen	2
14	Trägereinheit Bein	1	51	M10 x 45 mm Schraubbolzen	2
15	Knickgelenk des Standbeins	1	52	M10 x 70 mm Schraubbolzen	2
16	Schaumstoff-Montagerohr	2	53	M10 x 60 mm Schlossschraube	2
17	Schaumstoffrolle	4	54	M10 Nylon-Feststellmutter	2
18	M10 x 120 mm Schraubbolzen	2	55	38 mm runde innere Kappe	4
19	M10 x 70 mm Schraubbolzen	5	56	25 x 130 mm Griff	4
20	M10 x 65 mm Schraubbolzen	1	57	M8 x 20 mm Verbindungsmuffe	2
21	M10 x 60 mm Schraubbolzen	3	58	Befestigungsrohr für den Beuger	1
22	M10 x 55 mm Schraubbolzen	1	59	Polster Beuger	1
23	M8 x 40 mm Schraubbolzen	8	60	Lat-Befestigungsrohr	1
24	M8 x 15 mm Schraubbolzen	5	61	Gewichtsschiebeschlitten	1
25	M10 x 85 mm Schlossschraube	1	62	Gewichtsbefestigungsstange	1
26	M10 Nylon-Feststellmutter	16	63	Anschlagplatte	2
27	M10 Scheibe	31	64	Lat-Zugstange	1
28	M8 Scheibe	17	65	Gummipuffer	2
29	50 mm eckige innere Kappe	4	66	M10 x 115 mm Ringschraube	1
30	38 mm eckige innere Kappe	4	67	Lat-Zugkabel	1
31	33,4 mm eckige innere Kappe	1	68	Riemenscheibe	1
32	20 x 40 mm eckige innere Kappe	1	69	Zylinderhülse	2
33	13 x 26 mm eckige innere Kappe	8	70	Karabinerhaken	1
34	25 mm runde innere Kappe	10	71	Federscheibe	2
35	19 mm runde innere Kappe	4	72	Befestigungswinkel (festes Teil)	1
36	38 mm runder externer Verschlussdeckel	2	73	Befestigungswinkel, Einstellungsteil	1
37	38 mm runde externe Verschlusskappe	3			

Garantie

Produktgarantie

Dieses Produkt ist gegen Herstellungsfehler für den folgenden Zeitraum abgesichert

Jahr

Das Produkt ist ab dem Datum des ursprünglichen Kaufs für einen Zeitraum von zwölf Monaten abgesichert. Alle Schäden, die aufgrund von fehlerhaften Materialien oder fehlerhafter Verarbeitung entstehen, werden wenn möglich während dieser Zeitspanne entweder ersetzt, erstattet oder kostenfrei repariert. Dies wird von dem Händler, wo Sie das Gerät gekauft haben, durchgeführt.

Die Garantie unterliegt den folgenden Bestimmungen:

- Die Garantie umfasst keine versehentlichen Schäden, keinen Missbrauch, keine Teile des Gehäuses, Knöpfe oder verzehrbare Teile.
- Das Produkt muss korrekt in Übereinstimmung mit den in dieser Anleitung enthaltenen Anweisungen installiert und bedient werden.
- Dieses Gerät ist ausschließlich für die Nutzung zu nichtgewerblichen Zwecken bestimmt.
- Die Garantie wird ungültig, wenn das Produkt weiterverkauft oder durch nicht fachgerechte Reparaturen beschädigt wird.
- Spezifikationen können fristlos geändert werden.
- Der Hersteller lehnt jegliche Haftung für Schäden, die im direkten oder indirekten Zusammenhang hiermit entstehen, ab.
- Die Garantie gilt zusätzlich zu Ihren satzungsmäßigen und gesetzlichen Rechten und hat keinerlei Einfluss auf diese.

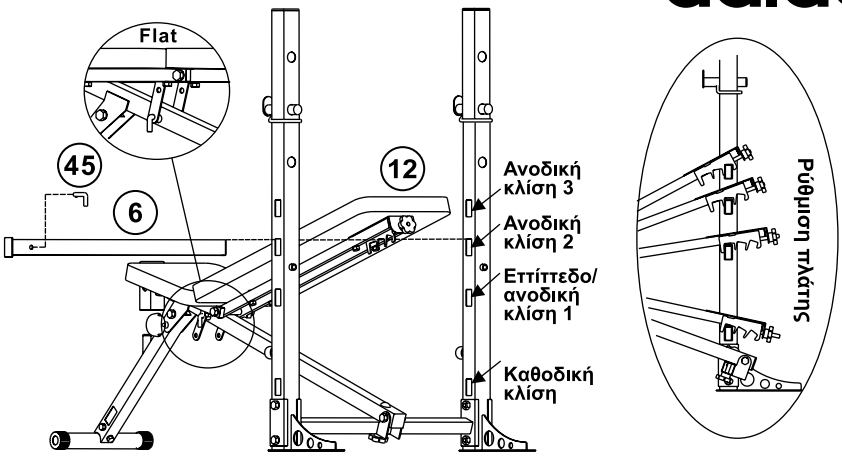
E-Mail: Techsupport@RFEinternational.com.

Garant: RFE Europa Ltd
8 Clarendon Drive
Wymbush, Milton Keynes
MK8 8ED, GB

Οδηγίες χρήσης

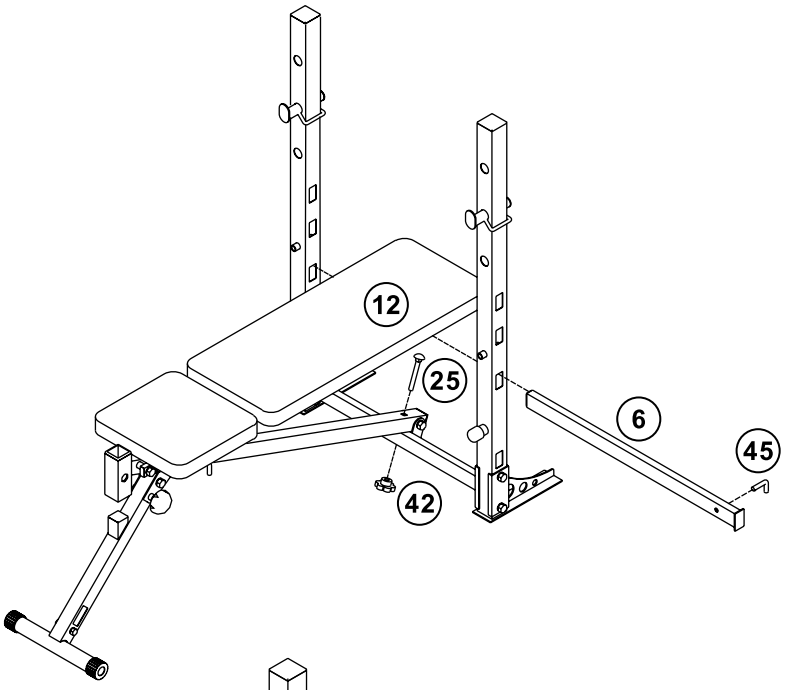
Ρύθμιση

Σηκώστε λίγο την επένδυση πλάτης (**12**) και αφαιρέστε την περόνη ασφάλισης (**45**) και στη συνέχεια τον σωλήνα του στηρίγματος (**6**). Τοποθετήστε ξανά τον σωλήνα του στηρίγματος στην απαιτούμενη οπή του κύριου όρθιου μέρους και τοποθετήστε ξανά την περόνη ασφάλισης. Κατεβάστε την μπάρα στερέωσης κάτω πάνω στον σωλήνα του στηρίγματος. Η βάση του καθίσματος θα πρέπει να είναι σηκωμένη για επίπεδο πάγκο και κατεβασμένη για όλες τις άλλες θέσεις.



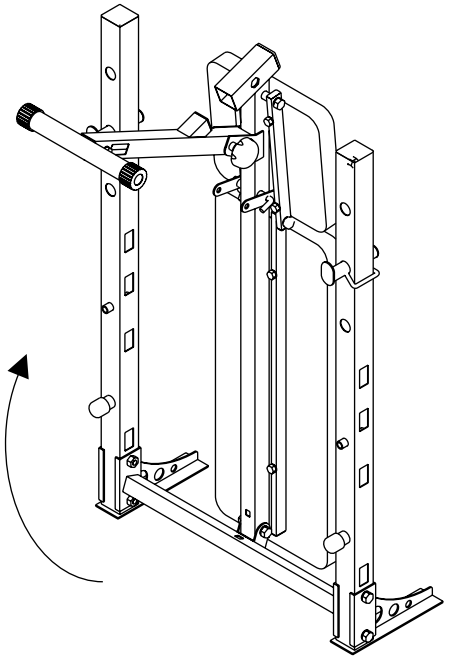
Δίπλωση για αποθήκευση 1

Τοποθετήστε το προσάρτημα ποδιών και βεβαιωθείτε ότι όλα τα άλλα προσαρτήματα έχουν αφαιρεθεί. Αφαιρέστε τον Πείρο μοχλού M10 (**42**) και τον πείρο (**25**). Σηκώστε λίγο την επένδυση πλάτης (**12**) και αφαιρέστε την περόνη ασφάλισης (**45**) και στη συνέχεια τον σωλήνα του στηρίγματος (**6**). Κατεβάστε την επένδυση πλάτης στη βάση.



Δίπλωση για αποθήκευση 2

Περιστρέψτε τον κύριο σωλήνα στην όρθια θέση.

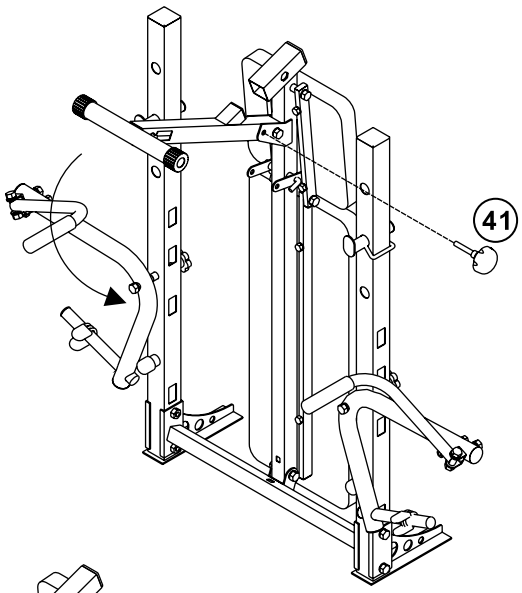


συνεχίζεται στην επόμενη σελίδα.

Οδηγίες χρήσης

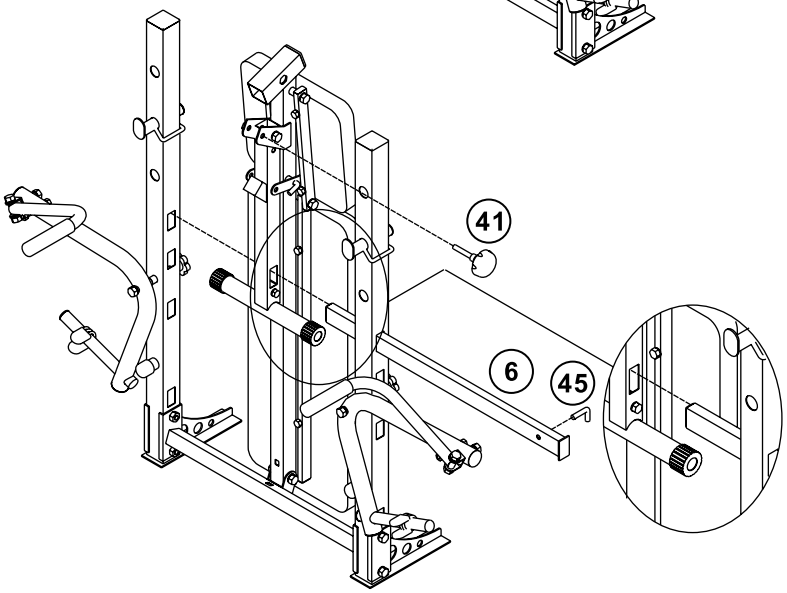
Δίπλωση για αποθήκευση 3

Αφαιρέστε τον Πείρο μοχλού (**41**). Διπλώστε το μπροστινό πόδι προς τα πίσω μέχρι να φτάσει στον κύριο σωλήνα.



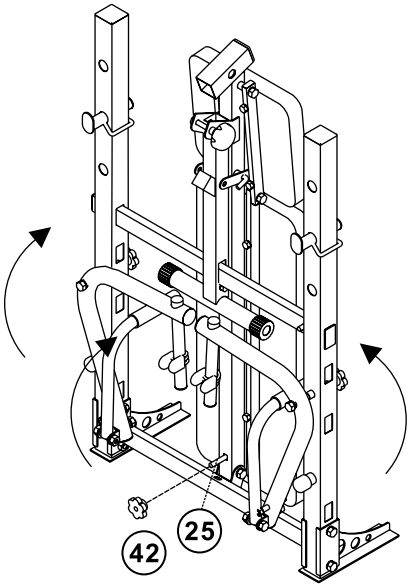
Δίπλωση για αποθήκευση 4

Τοποθετήστε ξανά τον Πείρο μοχλού (4**1**) στο επάνω μέρος του μπροστινού ποδιού. Τοποθετήστε ξανά τον σωλήνα του στηρίγματος (**6**) στην οπή ανοδικής κλίσης 3 του κύριου όρθιου μέρους διασφαλίζοντας ότι περνάει μέσα από την οπή ασφάλισης στο μπροστινό πόδι. Τοποθετήστε την περόνη έλξης (**45**) στον σωλήνα στηρίγματος (**6**).

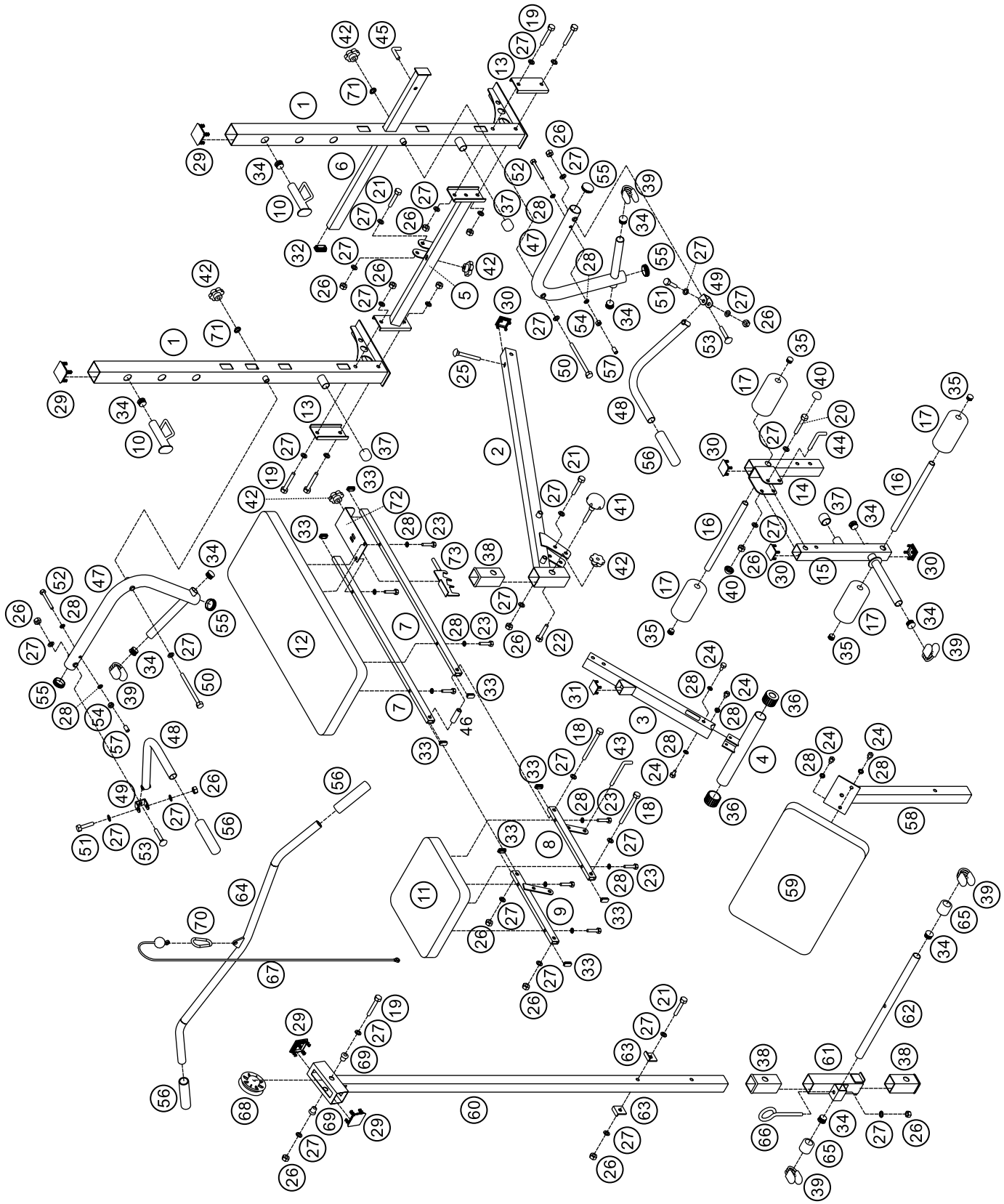


Δίπλωση για αποθήκευση 5

Τοποθετήστε ξανά τον Πείρο μοχλού M10 (**42**) και τον πείρο (**25**). Περιστρέψτε το κινούμενο μέρος του βραχίονα και τη λαβή στην όρθια θέση.
Σημείωση: θα πρέπει να σηκώσετε την επένδυση της πλάτης για να τοποθετήσετε τον πείρο.



Αναπτυγμένο διάγραμμα εξαρτημάτων



Λίστα αναπτυγμένου διαγράμματος εξαρτημάτων

Εξάρτημα	Περιγραφή	Ποσότητα
1	Κύριος όρθιο μέρος	2
2	Κύριος σωλήνας	1
3	Μπροστινό πόδι	1
4	Μπροστινός σταθεροποιητής	1
5	Κύρια σταυρωτή μπάρα	1
6	Σωλήνας στηρίγματος	1
7	Μπάρα στήριξης	2
8	Αριστερός σωλήνας στερέωσης	1
9	Δεξιός σωλήνας στερέωσης	1
10	Υποδοχή μπάρας	2
11	Επένδυση καθίσματος	1
12	Επένδυση πλάτης	1
13	Πλάκα στήριξης	2
14	Κατασκευή στερέωσης ποδιών	1
15	Κατασκευή άξονα ποδιών	1
16	Αφρώδης σωλήνας στήριξης	2
17	Ρολό αφρού	4
18	Πείρος M10 x 120mm	2
19	Πείρος M10 x 70mm	5
20	Πείρος M10 x 65mm	1
21	Πείρος M10 x 60mm	3
22	Πείρος M10 x 55mm	1
23	Πείρος M8 x 40mm	8
24	Πείρος M8 x 15mm	5
25	Πείρος μεταφοράς M10 x 85mm	1
26	Νάιλον παξιμάδι ασφάλισης M10	16
27	Ροδέλα M10	31
28	Ροδέλα M8	17
29	Τετράγωνο εσωτερικό καπάκι 50mm	4
30	Τετράγωνο εσωτερικό καπάκι 38mm	4
31	Τετράγωνο εσωτερικό καπάκι 33,4mm	1
32	Τετράγωνο εσωτερικό καπάκι 20 x 40mm	1
33	Τετράγωνο εσωτερικό καπάκι 13 x 26mm	8
34	Στρογγυλό εσωτερικό καπάκι 25mm	10
35	Στρογγυλό εσωτερικό καπάκι 19mm	4
36	Στρογγυλό εξωτερικό καπάκι 38mm	2
37	Στρογγυλό εξωτερικό καπάκι 25mm	3
38	Τετράγωνη θήκη 45mm	3
39	Ασφάλεια ελατηρίου 25mm	5
40	Καπάκι πείρου	2
41	Πείρος μοχλού M10 x 55	1
42	Πείρος μοχλού M10	5
43	Περόνη έλξης [L] (M10 x 90mm)	1
44	Περόνη έλξης [L] (M10 x 55mm)	1
45	Περόνη έλξης [L] (M10 x 30mm)	1
46	Αντιτριβικός δακτύλιος	1
47	Κινούμενο μέρος βραχίονα	2
48	Λαβή κινούμενου μέρους βραχίονα	2
49	Στήριγμα άξονα	2
50	Πείρος M10 x 135mm	2
51	Πείρος M10 x 45mm	2
52	Πείρος M8 x 70mm	2
53	Πείρος μεταφοράς M10 x 60mm	2
54	Νάιλον παξιμάδι ασφάλισης M8	2
55	Στρογγυλό εσωτερικό καπάκι 38mm	4
56	Λαβή 25 x 130mm	4
57	Θήκη M8 x 20mm	2
58	Προσάρτημα σωλήνα κάμψεων	1
59	Επένδυση προσαρτήματος κάμψεων	1
60	Προσάρτημα σωλήνα έλξεων πλάτης	1
61	Ολισθητήρας βαρών	1
62	Μπάρα στερέωσης βαρών	1
63	Πλάκα στήριξης	2
64	Μπάρα έλξεων πλάτης	1
65	Λαστιχένιος προσκρουστήρας	2
66	Πείρος δακτυλίου M10*115mm	1
67	Συρματόσχοινο έλξεων πλάτης	1
68	Τροχός τροχαλίας	1
69	Άνω αντιτριβικός δακτύλιος	2
70	Άγκιστρο	1
71	Ροδέλα ελατηρίου	2
72	Σταθερό μέρος πλάτης	1
73	Ρύθμιση σταθερού μέρους πλάτης	1

Εγγύηση

Εγγύηση προϊόντος

Αυτό το προϊόν έχει εγγύηση η οποία καλύπτει κατασκευαστικά ελαττώματα για περίοδο

έτος

Αυτό το προϊόν έχει εγγύηση δώδεκα μηνών από την ημερομηνία της αρχικής αγοράς. Σε περίπτωση ελαττώματος που προκύπτει εξαιτίας ελαττωματικών υλικών ή κακοτεχνίας, παρέχεται αντικατάσταση, επιστροφή χρημάτων ή επισκευή χωρίς χρέωση, εάν αυτό είναι δυνατό, κατά τη διάρκεια αυτής της περιόδου από τον αντιπρόσωπο από τον οποίο αγοράσατε το προϊόν.

Η εγγύηση υπόκειται στις ακόλουθες διατάξεις:

- Η εγγύηση δεν καλύπτει ζημιά από ατύχημα, κακή χρήση, εξαρτήματα προθήκης, μοχλούς ή αναλώσιμα είδη.
- Το προϊόν πρέπει να είναι εγκατεστημένο σωστά και ο χειρισμός του να γίνεται σύμφωνα με τις οδηγίες που περιλαμβάνονται στο παρόν εγχειρίδιο.
- Προορίζεται αποκλειστικά για οικιακή χρήση.
- Η εγγύηση δεν ισχύει στην περίπτωση μεταπώλησης του προϊόντος ή σε περίπτωση ζημιάς από επισκευή από μη-ειδικό.
- Οι προδιαγραφές ενδέχεται να αλλάξουν χωρίς ειδοποίηση.
- Ο κατασκευαστής αποποιείται οποιασδήποτε ευθύνης σχετικά με δευτερεύουσες ή επακόλουθες ζημιές.
- Η εγγύηση λειτουργεί συμπληρωματικά, χωρίς να περιορίζει τα νόμιμα δικαιώματά σας.

Email: Techsupport@RFEinternational.com.

Εγγυητής: RFE Europa Ltd
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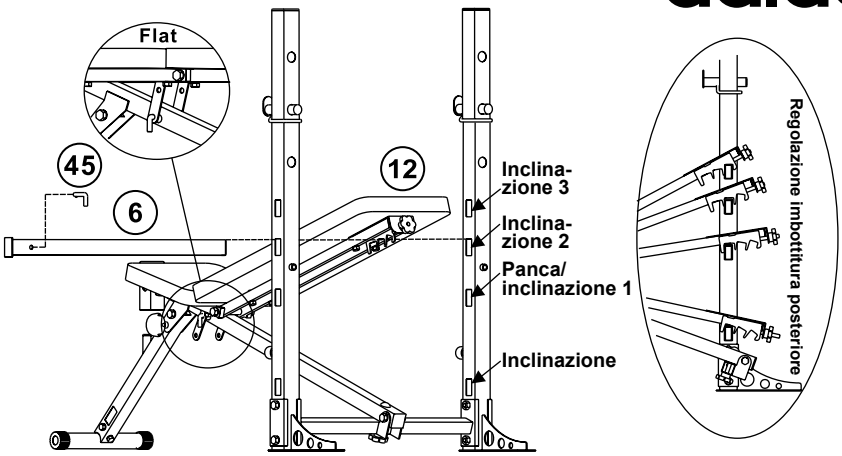
Wymbush, Milton Keynes
MK8 8ED, Ηνωμένο Βασίλειο

Informazioni per l’utente

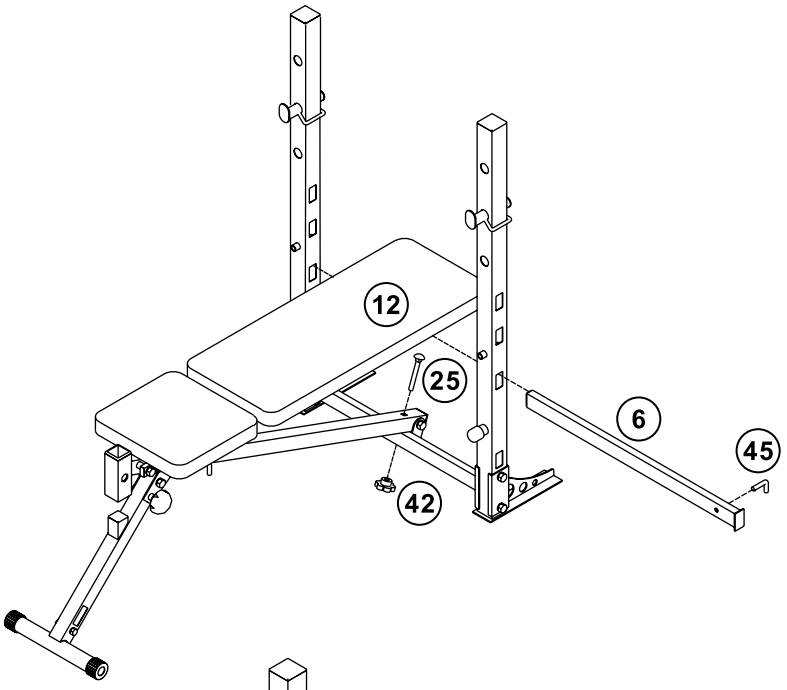
Regolazione

Sollevare leggermente l’imbottitura posteriore (**12**), quindi estrarre il perno estraibile (**45**) e il tubo di supporto (**6**). Reinserire il tubo di supporto nel foro di regolazione pertinente sulle aste principali e reinserire il perno estraibile. Abbassare il tubo di montaggio fino a toccare il tubo di supporto. La base del sedile deve essere sollevata per collocare la panca in piano oppure abbassata per tutte le altre posizioni.



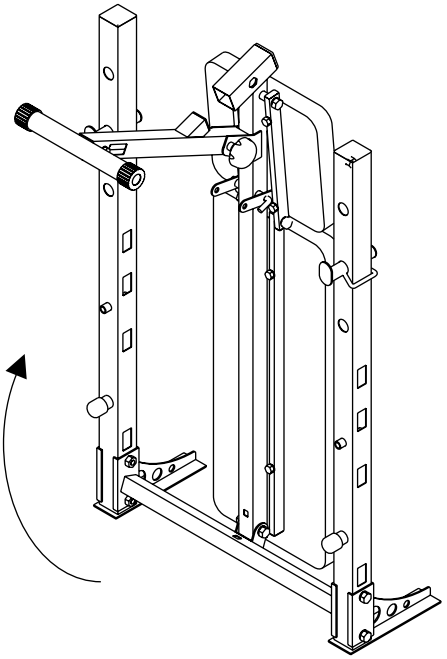
Säilytystä varten taittaminen 1

Montare l’accessorio per le gambe verificando che tutti gli altri accessori siano stati rimossi. Rimuovere il pomello di fissaggio M10 (**42**) e il bullone (**25**). Sollevare leggermente l’imbottitura posteriore (**12**) quindi estrarre il perno estraibile (**45**) e il tubo di supporto (**6**). Abbassare l’imbottitura posteriore fino a toccare la base.



Säilytystä varten taittaminen 2

Ruotare il tubo principale collocandolo in posizione verticale.

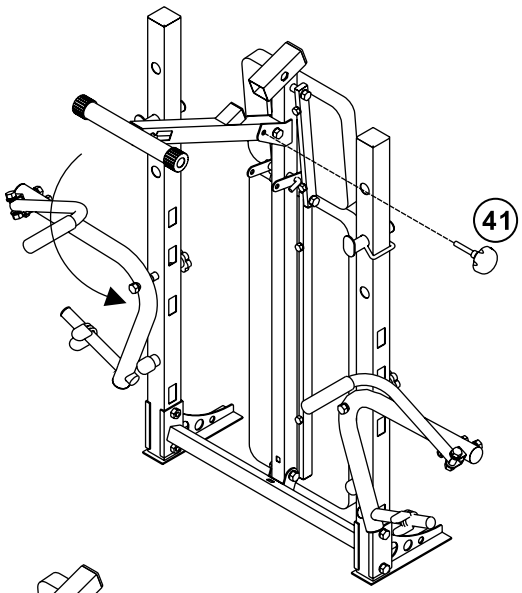


continua alla pagina seguente.

Informazioni per l'utente

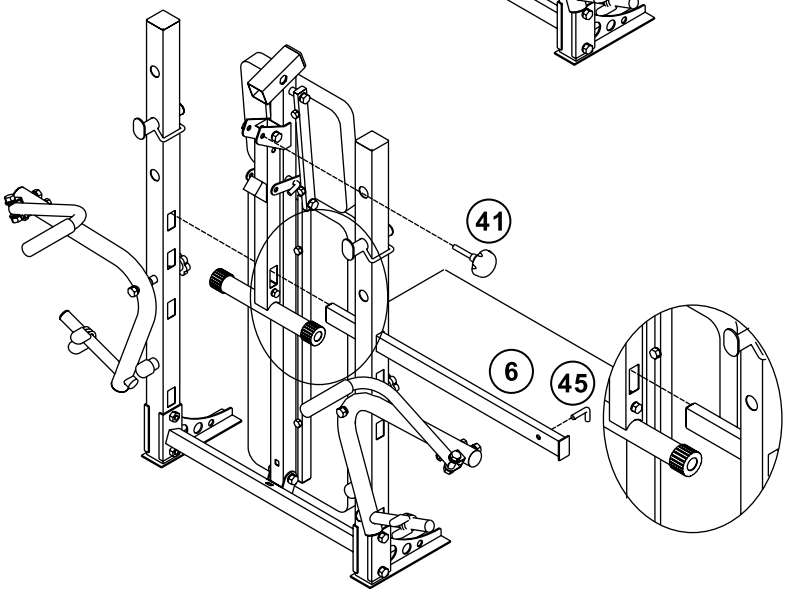
Come richiudere l'attrezzatura prima di riporla 3

Rimuovere il pomello di fissaggio (**41**). Piegare la staffa anteriore all'indietro fino a toccare il tubo principale.



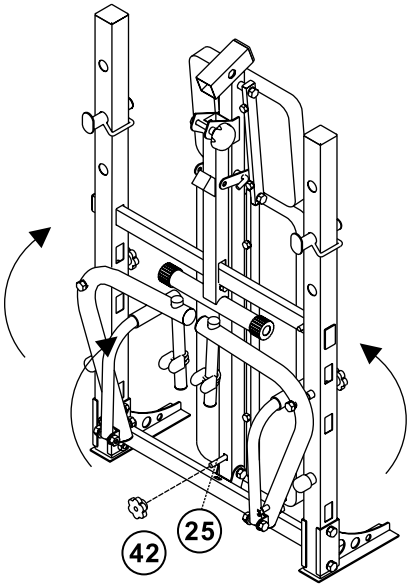
Come richiudere l'attrezzatura prima di riporla 4

Reinserire il pomello di fissaggio (**41**) sul lato superiore della gamba anteriore. Reinserire il tubo di supporto (**6**) nel foro Inclinazione 3 dell'asta principale verificando che attraversi il foro di bloccaggio nella staffa anteriore. Reinserire il perno estraibile (**45**) nel tubo di supporto (**6**).

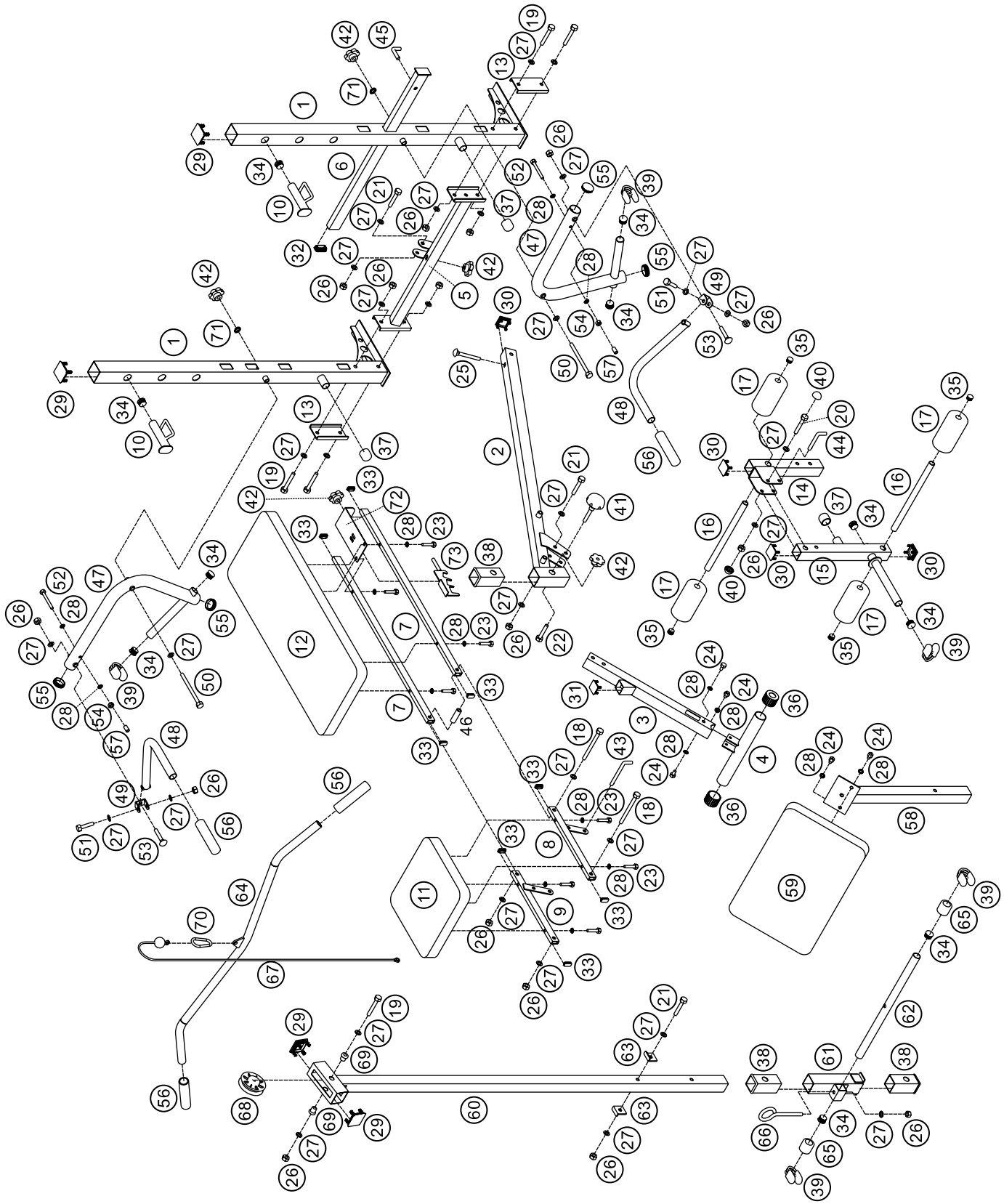


Come richiudere l'attrezzatura prima di riporla 5

Reinserire il pomello di fissaggio M10 (**42**) e il bullone (**25**). Ruotare il Fly arm e la maniglia Fly collocandoli in posizione verticale.
Nota: è necessario sollevare l'imbottitura posteriore per inserire il bullone.



Disegno esploso delle parti di ricambio



Disegno esploso e lista delle parti di ricambio

Parte	Descrizione	Quantità
1	Asta principale	2
2	Tubo principale	1
3	Staffa anteriore	1
4	Stabilizzatore anteriore	1
5	Traversa principale	1
6	Tubo di supporto	1
7	Staffa di montaggio	2
8	Tubo di montaggio lato sinistro	1
9	Tubo di montaggio lato destro	1
10	Supporto sbarra	2
11	Imbottitura del sedile	1
12	Imbottitura posteriore	1
13	Piastra di supporto	2
14	Gruppo montante gamba	1
15	Gruppo perno gamba	1
16	Tubo di montaggio in spuma	2
17	Rullo in spuma	4
18	Bullone M10 x 120 mm	2
19	Bullone M10 x 70 mm	5
20	Bullone M10 x 65 mm	1
21	Bullone M10 x 60 mm	3
22	Bullone M10 x 55 mm	1
23	Bullone M8 x 40 mm	8
24	Bullone M8 x 15 mm	5
25	Bullone carrello M10 x 85 mm	1
26	Dado di bloccaggio con inserto in nylon M10	16
27	Rondella M10	31
28	Rondella M8	17
29	Tappo interno quadrato 50 mm	4
30	Tappo interno quadrato 38 mm	4
31	Tappo interno quadrato 33,4 mm	1
32	Tappo interno quadrato 20 x 40 mm	1
33	Tappo interno quadrato 13 x 26 mm	8
34	Tappo interno di forma circolare 25 mm	10
35	Tappo interno circolare 19 mm	4
36	Tappo terminale esterno di forma circolare 38 mm	2
37	Tappo terminale esterno di forma circolare 25 mm	3
38	Manicotto quadrato 45 mm	3
39	Chiusura a scatto 25 mm	5
40	Tappo del bullone	2
41	Pomello di fissaggio M10 x 55	1
42	Pomello di fissaggio M10	5
43	Perno estraibile [L] (M10 x 90 mm)	1
44	Perno estraibile [L] (M10 x 55 mm)	1
45	Perno estraibile [L] (M10 x 30 mm)	1
46	Cuscinetto	1
47	Fly arm	2
48	Maniglia Fly	2
49	Staffa perno	2
50	Bullone M10 x 135 mm	2
51	Bullone M10 x 45 mm	2
52	Bullone M8 x 70 mm	2
53	Bullone carrello M10 x 60 mm	2
54	Dado di bloccaggio con inserto in nylon M8	2
55	Tappo interno di forma circolare 38 mm	4
56	Maniglia 25 x 130 mm	4
57	Manicotto M8 x 20 mm	2
58	Tubo di collegamento arricciato	1
59	Cuscino di appoggio	1
60	Tubo di collegamento manubrio	1
61	Carrello scorrevole per i pesi	1
62	Sbarra di montaggio per i pesi	1
63	Piatto di arresto	2
64	Manubrio	1
65	Paraurti in gomma	2
66	Bullone a occhiello M10 x 115 mm	1
67	Cavo manubrio	1
68	Puleggia	1
69	Cuscinetto cilindrico	2
70	Moschettone	1
71	Rondella a scatto	2
72	Sezione fissa imbottitura posteriore	1
73	Regolazione fissa imbottitura posteriore	1

Garanzia

Garanzia del prodotto

Questo prodotto è coperto da una garanzia sui difetti di fabbricazione per un periodo di

anno

Questo prodotto è coperto da una garanzia valida per dodici mesi dalla data di acquisto iniziale. A fronte di qualsiasi problema derivante da materiali difettosi o difetti di lavorazione, durante questo periodo è prevista la sostituzione dei pezzi interessati, il rimborso o la riparazione gratuita, se possibile, da parte del rivenditore presso il quale è stata acquistata l'unità.

La garanzia è soggetta alle seguenti condizioni:

- La garanzia non copre danni accidentali, danni derivanti da uso improprio, parti dell'armadietto, manopole o materiali di consumo.
- Il prodotto deve essere installato e messo in funzione correttamente seguendo le istruzioni contenute in questo manuale.
- Il prodotto è destinato unicamente all'utilizzo domestico.
- La garanzia sarà invalidata se il prodotto viene rivenduto o viene danneggiato a seguito di riparazioni non eseguite in modo professionale.
- Le specifiche sono soggette a modifiche senza preavviso.
- Il produttore declina qualsiasi responsabilità per danni accidentali o conseguenti.
- La garanzia è da considerarsi un'integrazione e non limita i diritti legali o giuridici dell'utente.

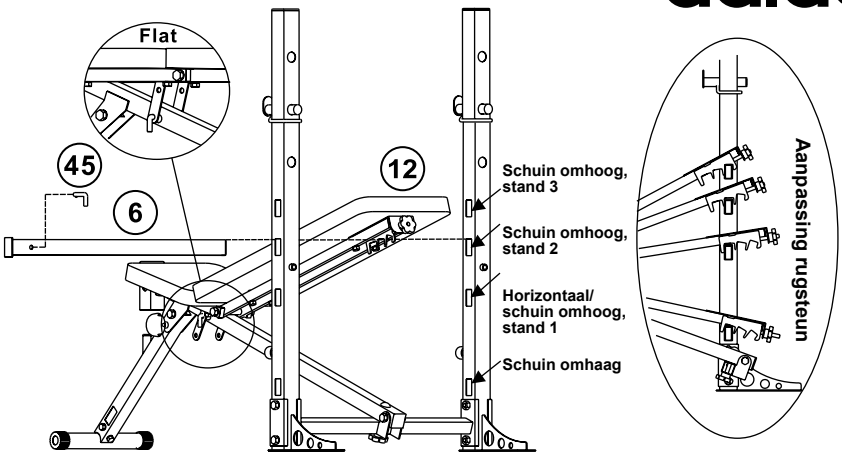
E-mail: Techsupport@RFEinternational.com.

Garante: RFE Europa Ltd
8 Clarendon Drive
Wymbush, Milton Keynes
MK8 8ED, Regno Unito

Gebruikersinformatie

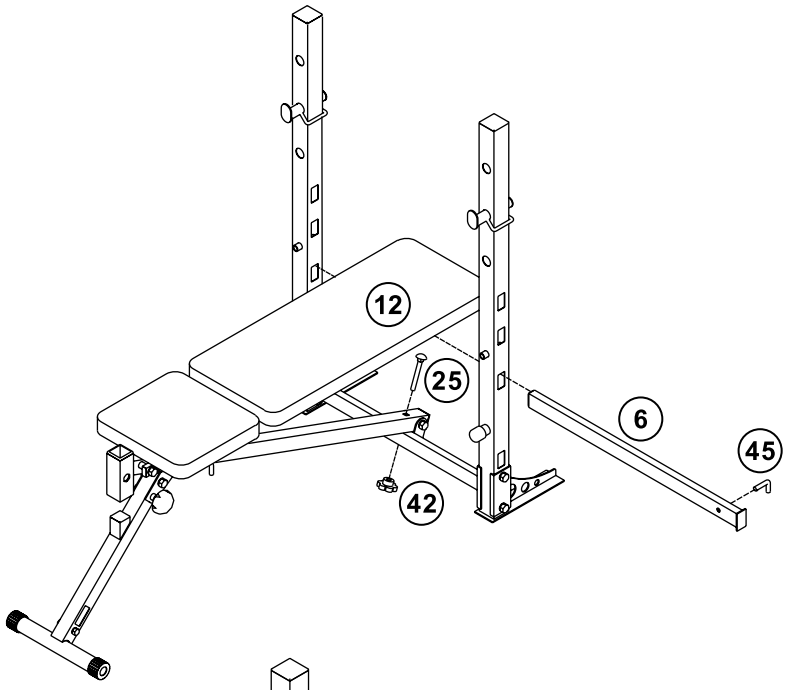
Aanpassing

Til de rugsteun (**12**) een klein beetje op, trek de borgpin (**45**) eruit en daarna de steunstang (**6**). Plaats de steunstang terug op de gewenste hoogte van de hoofdstaanders en zet de borgpen terug. Laat de rugsteunstang terugzakken op de steunstang. De zitting moet omhoog staan bij een horizontale opdrukbank en omlaag voor alle andere posities.



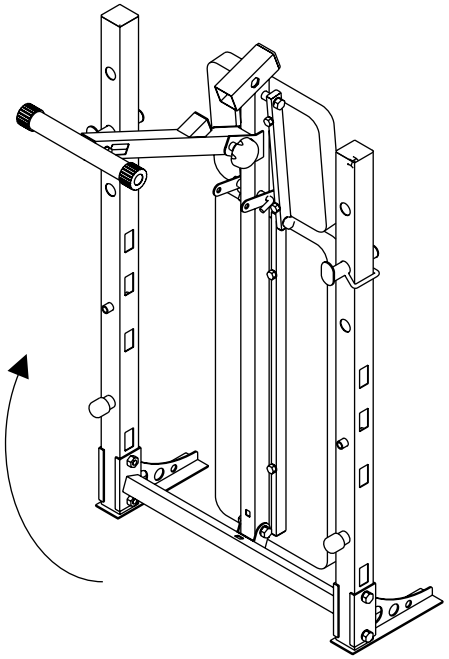
Opvouwen voor opslag 1

Plaats het draagframe en zorg dat alle andere hulpstukken verwijderd zijn. Verwijder knopbout M10 (**42**) en bout (**25**). Til de rugsteun (**12**) een klein beetje op, trek de borgpen (**45**) eruit en daarna de steunstang (**6**). Laat de rugsteun zakken tot op het frame.



Opvouwen voor opslag 2

Draai het hoofdframe in verticale positie.

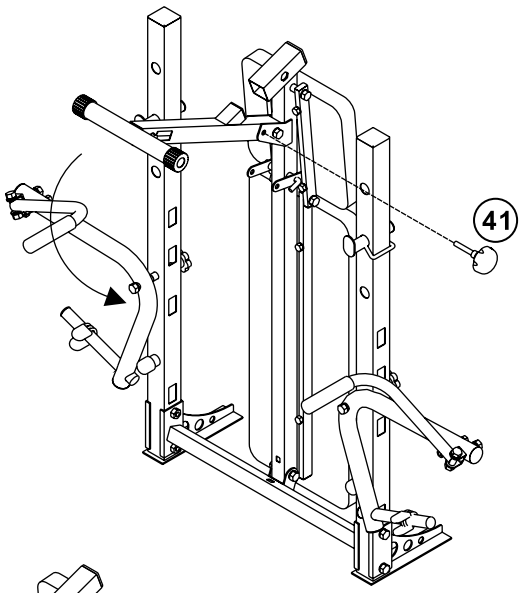


lees verder op de volgende pagina.

Gebruikersinformatie

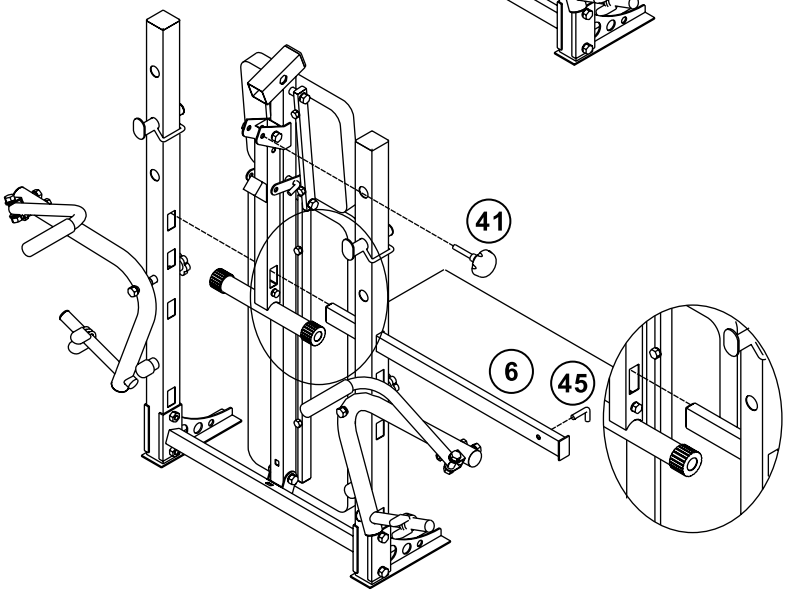
Opvouwen voor opslag 3

Verwijder knopbout (**41**). Vouw het draagframe terug tegen het hoofdframe aan.



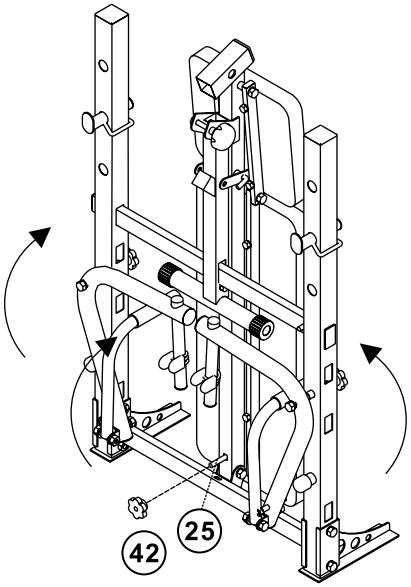
Opvouwen voor opslag 4

Plaats knopbout (**41**) aan de bovenkant van het draagframe. Zet de steunstang (**6**) in hellingsgaten 3 van de hoofstaanders en verzeker u ervan dat de stang ook door het sluitgat van het draagframe gaat. Zet de borgpen (**45**) terug in de steunstang (**6**).

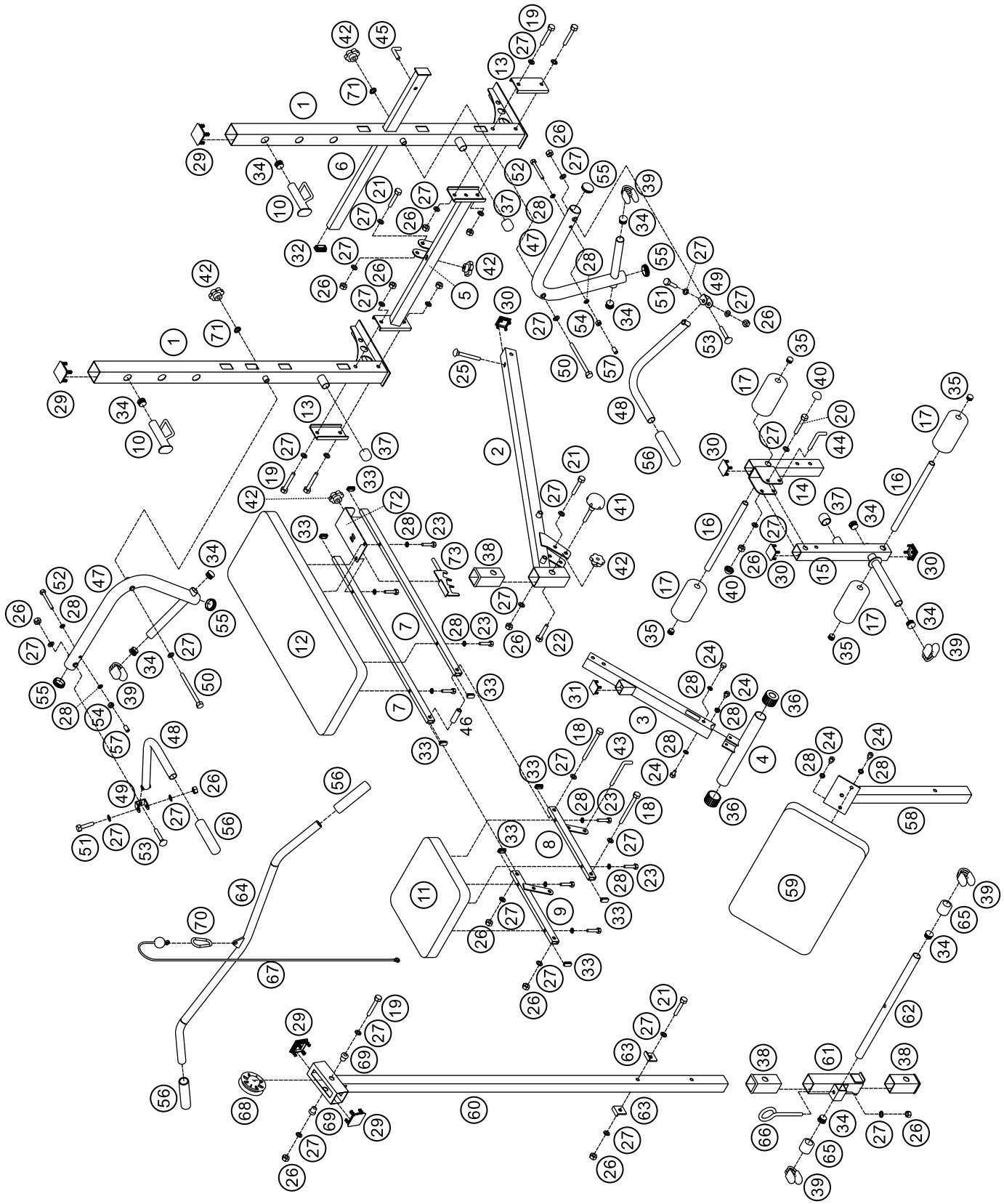


Opvouwen voor opslag 5

Plaats knopbout M10 (**42**) en bout (**25**) terug. Draai de pectoraalarm en de pectoraalarmgreep rechtop.
NB: u moet de rugsteun optillen om de bout te kunnen bevestigen.



Overzichtstekening



Onderdelenlijst

Onderdeel	Omschrijving	Aantal	Onderdeel	Omschrijving	Aantal
1	Hoofdstaander	2	38	45mm vierkante koppelbus	3
2	Hoofdframe	1	39	25mm veerslot	5
3	Draagframe	1	40	Boutkap	2
4	Standvoet voor	1	41	Knopbout M10 x 55	1
5	Hoofdkruisstang	1	42	Knopbout M10	5
6	Steunstang	1	43	Borgpen [L] (M10 x 90mm)	1
7	Draagstang	2	44	Borgpen [L] (M10 x 55mm)	1
8	Linker draagstang	1	45	Borgpen [L] (M10 x 30mm)	1
9	Rechter draagstang	1	46	Loopbus	1
10	Halterhouder	2	47	Pectoraalarm	2
11	Zitting	1	48	Pectoraalarmgreep	2
12	Rugsteun	1	49	Scharniersteun	2
13	Steunplaat	2	50	M10 x 135mm bout	2
14	Voetsteunstelsel	1	51	M10 x 45mm bout	2
15	Voetscharnierstelsel	1	52	M8 x 70mm bout	2
16	Foamgreep	2	53	M10 x 60mm slotbout	2
17	Foamrol	4	54	M8 nylon borgmoer	2
18	M10 x 120mm bout	2	55	38 mm rond afdekkapje	4
19	M10 x 70mm bout	5	56	25-130mm handgreep	4
20	M10 x 65mm bout	1	57	M8 x 20mm koppelbus	2
21	M10 x 60mm bout	3	58	Curl-steunstang	1
22	M10 x 55mm bout	1	59	Curl-steun	1
23	M8 x 40mm bout	8	60	Trekstangbevestigingsstang	1
24	M8 x 15mm bout	5	61	Gewichtsbehuizing	1
25	M10 x 85mm slotbout	1	62	Gewichtsdraagstang	1
26	M10 nylon borgmoer	16	63	Aanslagplaat	2
27	M10 sluitring	31	64	Trekstang	1
28	M8 Sluitring	17	65	Rubber stopper	2
29	50mm vierkant afdekkapje	4	66	M10 x 115mm oogbout	1
30	38mm vierkant afdekkapje	4	67	Trekstangkabel	1
31	33,4mm vierkant afdekkapje	1	68	Katrolschijf	1
32	20 x 40mm vierkant afdekkapje	1	69	Bevestigingsbus	2
33	13 x 26mm vierkant afdekkapje	8	70	Carabiner	1
34	25mm ronde antislipvoet	10	71	Verende borgring	2
35	19mm rond afdekkapje	4	72	Vaste rugsteun	1
36	38mm ronde antislipvoet	2	73	Verstelstang vaste rugsteun	1
37	25mm ronde antislipvoet	3			

Garantie

Productgarantie

Dit product heeft een garantie op fabrieksfouten gedurende

jaar

Dit product heeft een garantie van 12 maanden vanaf de datum van de eerste aankoop. Elk defect dat, binnen deze periode, veroorzaakt wordt door materiaalfouten of productiefouten zal waar mogelijk kosteloos vervangen, vergoed of gerepareerd worden door de dealer waar u het product hebt gekocht.

De garantie is onderhevig aan de volgende bepalingen:

- De garantie geldt niet voor schade door ongeval, verkeerd gebruik, kastonderdelen, knoppen of verbruiksartikelen.
- Het product moet correct worden gemonteerd en gebruikt in overeenstemming met de instructies in deze handleiding.
- Het moet uitsluitend worden ingezet voor thuisgebruik.
- De garantie vervalt als het product wordt doorverkocht of is beschadigd door ondeskundige reparatie.
- De specificaties kunnen zonder voorafgaande kennisgeving worden gewijzigd.
- De fabrikant wijst elke aansprakelijkheid voor de incidentele of gevolgschade af.
- De garantie is een aanvulling op, en neemt niet de plaats in van uw wettelijke rechten.

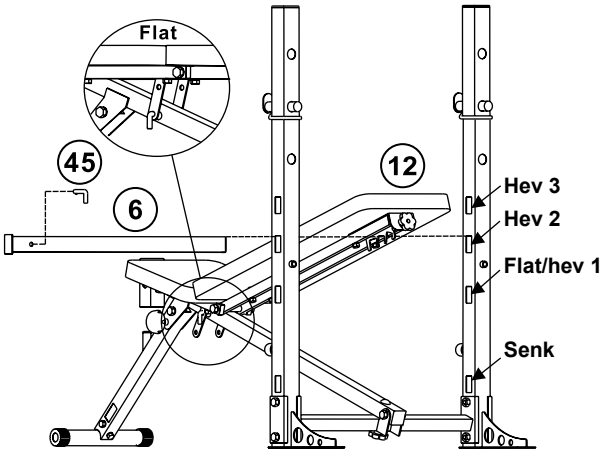
Email: Techsupport@RFEinternational.com.

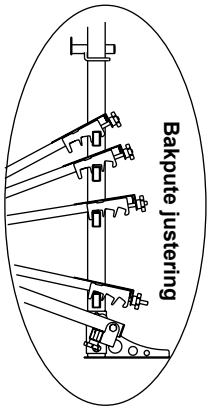
Garantieverlener: RFE Europa Ltd
8 Clarendon Drive
Wymbush, Milton Keynes
MK8 8ED, Verenigd Koninkrijk

Brukerinformasjon

Justering

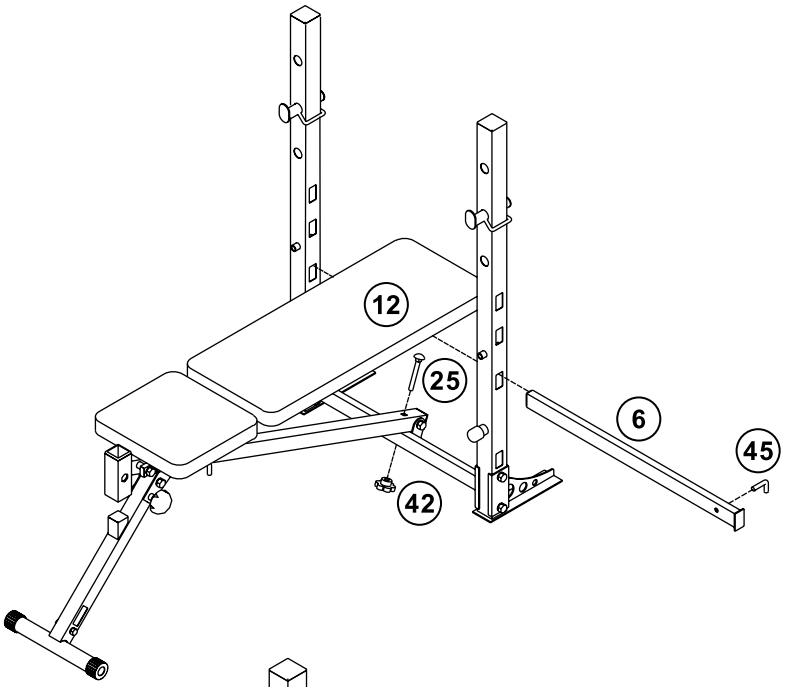
Løft baksete/seteryggen (**12**) litt opp og ta ut låsepinnen (**45**) etterfulgt av støtterøret (**6**). Remonter støtterøret inn i de ønskede justeringshull i de stående hovedstolpene og remonter låsepinnen. Senk monteringsstangen tilbake ned på støtterøret. Setebunnen skal heves for flatbenk og senkes for alle andre posisjoner.





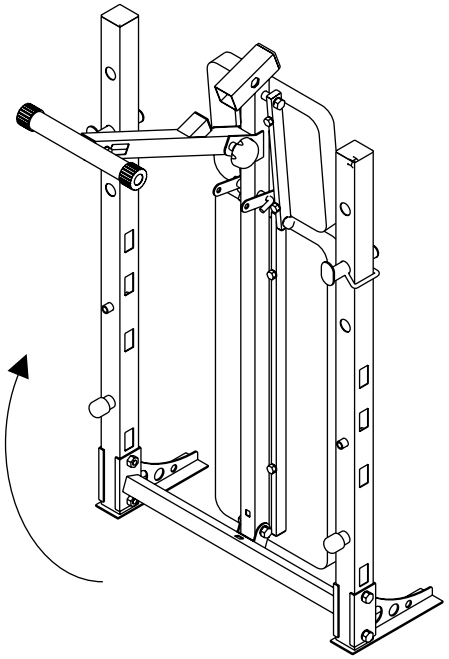
Legg sammen for lagring 1

Monter benfestet og påse at alle andre fester er fjernet. Ta av fingerbolt M10(**42**) og bolt (**25**). Løft baksete/seteryggen (**12**) litt opp og ta ut låsepinnen (**45**) etterfulgt av støtterøret (**6**). Senk baksete/seteryggen til bunnen.



Legg sammen for lagring 2

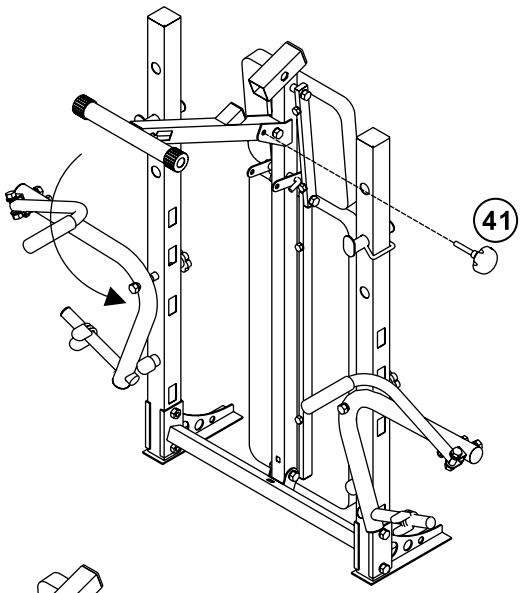
Roter hovedrøret til oppreist stilling.



fortsatt på neste side.

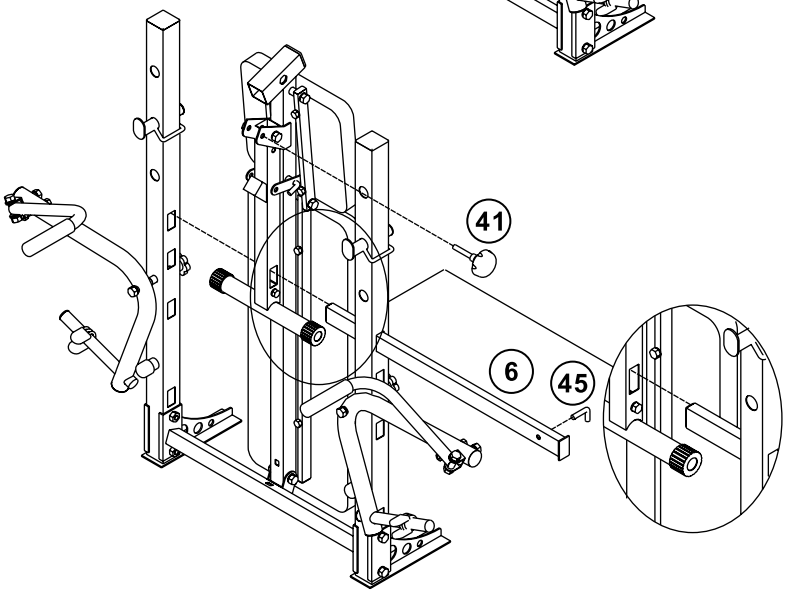
Legg sammen for lagring 3

Ta av fingerbolt (**41**). Brett fremre ben bakover til det når hovedrøret.



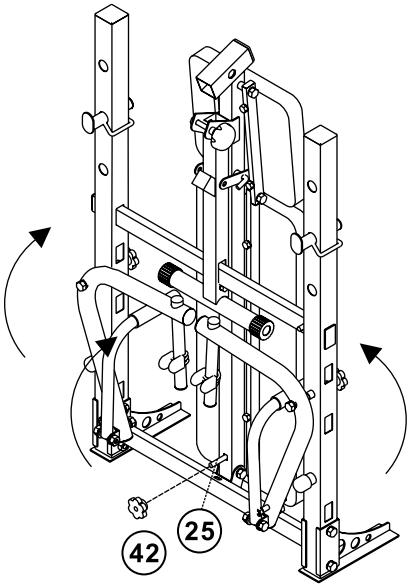
Legg sammen for lagring 4

Remonter fingerbolten (**41**) inn i toppen av forbenet. Remonter støtterøret (**6**) inn i hevehull 3 av den stående hovedstolpen, påse at det også går igjennom låsehullet i forbenet. Remonter dra-pinnen (**45**) til støtterøret (**6**).

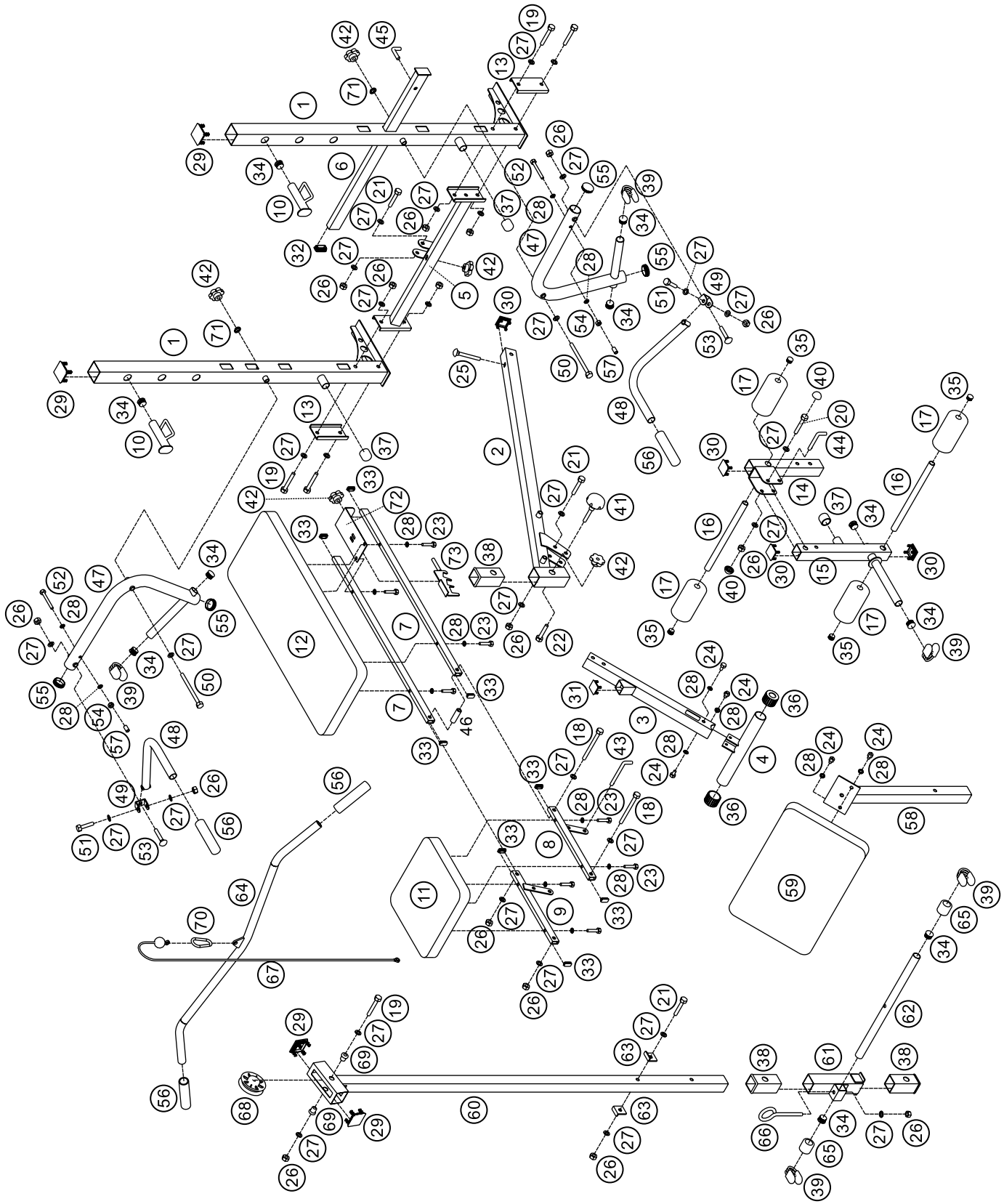


Legg sammen for lagring 5

Remonter fingerbolt M10 (**42**) og bolt (**25**). Roter fly-arm og fly-håndtak til oppreist posisjon.
Merk: du må løfte baksete/seteryggen for å montere bolten.



Splittegning deler



Splittegning deleliste

Del	Beskrivelse	Antall	Del	Beskrivelse	Stk.
1	Hovedstolpe	2	38	45 mm firkantet indre hette	3
2	Hovedrør	1	39	25 mm fjærlås	5
3	Ben foran	1	40	Bolthette	2
4	Fremre stabilisator	1	41	Fingerbolt M10 x 55	1
5	Hovedtverrstang	1	42	Fingerbolt M10	5
6	Støtterør	1	43	Dra-pinne [L] (M10 x 90 mm)	1
7	Monteringsstang	2	44	Dra-pinne [L] (M10 x 55 mm)	1
8	Venstre skum monteringsrør	1	45	Dra-pinne [L] (M10 x 30 mm)	1
9	Høyre skum monteringsrør	1	46	Foring	1
10	Stangholder	2	47	Fly-arm	2
11	Sete	1	48	Fly-håndtak	2
12	Baksete/seterygg	1	49	Dreiebrakett	2
13	Støtteplate	2	50	M10 x 135 mm bolt	2
14	Benfestemontering	1	51	M10 x 45 mm bolt	2
15	Bendreiemontering	1	52	M8 x 70 mm bolt	2
16	Skum monteringsstang	2	53	M10 x 60 mm vognbolt	2
17	Skumvalse	4	54	M8 nylon låsebolt	2
18	M10 x 120 mm bolt	2	55	38 mm rund indre hette	4
19	M10 x 70 mm bolt	5	56	25 x 130 mm håndtak	4
20	M10 x 65 mm bolt	1	57	M8 x 20 mm mansjett	2
21	M10 x 60 mm bolt	3	58	Curl-festerør	1
22	M10 x 55 mm bolt	1	59	Curl-sete	1
23	M8 x 40 mm bolt	8	60	Lat-festerør	1
24	M8 x 15 mm bolt	5	61	Vekt-føringsvogn	1
25	M10 x 85 mm vognbolt	1	62	Vekt-monteringsstang	1
26	M10 nylon låsebolt	16	63	Stopp-plate	2
27	M10 skive	31	64	Lat-stang	1
28	M8 skive	17	65	Støtfanger i gummi	2
29	50 mm firkantet indre hette	4	66	M10 x 115 mm øyebolt	1
30	38 mm firkantet indre hette	4	67	Lat-kabel	1
31	33,4 mm firkantet indre hette	1	68	Trinsehjul	1
32	20 x 40 mm firkantet indre hette	1	69	Top-hat foring	2
33	13 x 26 mm firkantet indre hette	8	70	Karabinkrok	1
34	25 mm rund indre hette	10	71	Fjærskive	2
35	19 mm rund indre hette	4	72	Bakpute festet del	1
36	38 mm rund utvendig endestykke	2	73	Bakpute festet justering	1
37	25 mm rund utvendig endestykke	3			

Garanti

Produktgaranti

Dette produktet er garantert mot produksjonsfeil for en periode på

Ett år

Dette produktet er garantert i tolv måneder fra den opprinnelige kjøpsdatoen. Enhver defekt som oppstår grunnet feil i materialer eller utførelse vil enten bli erstattet, refundert eller reparert gratis, der det er mulig i denne perioden, av forhandleren der du kjøpte apparatet.

Denne garantien er underlagt følgende vilkår:

- Denne garantien dekker ikke skader som skyldes uhell, misbruk, kabinettdeler, Knotter eller forbruksvarer.
- Produktet må installeres riktig og betjenes i samsvar med anvisningene i denne håndboken.
- Det må brukes kun til hjemmebruk.
- Garantien ugyldiggjøres hvis produktet selges videre eller har fått skader av ukyndig reparasjon.
- Spesifikasjoner kan endres uten forvarsel.
- Produsenten fraskriver seg ethvert ansvar for tilfeldige eller følgeskader.
- Garantien kommer i tillegg til, og reduserer ikke dine lovbestemte eller juridiske rettigheter.

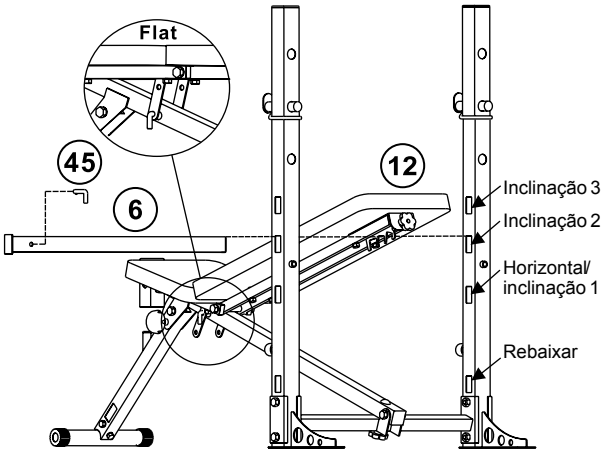
E-post: Techsupport@RFEinternational.com.

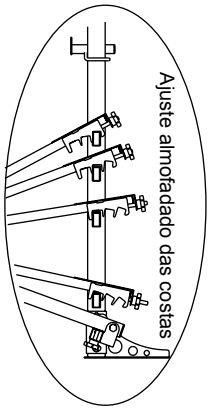
Garantist: RFE Europa Ltd
8 Clarendon Drive
Wymbush, Milton Keynes
MK8 8ED, UK

Informação do utilizador

Ajuste

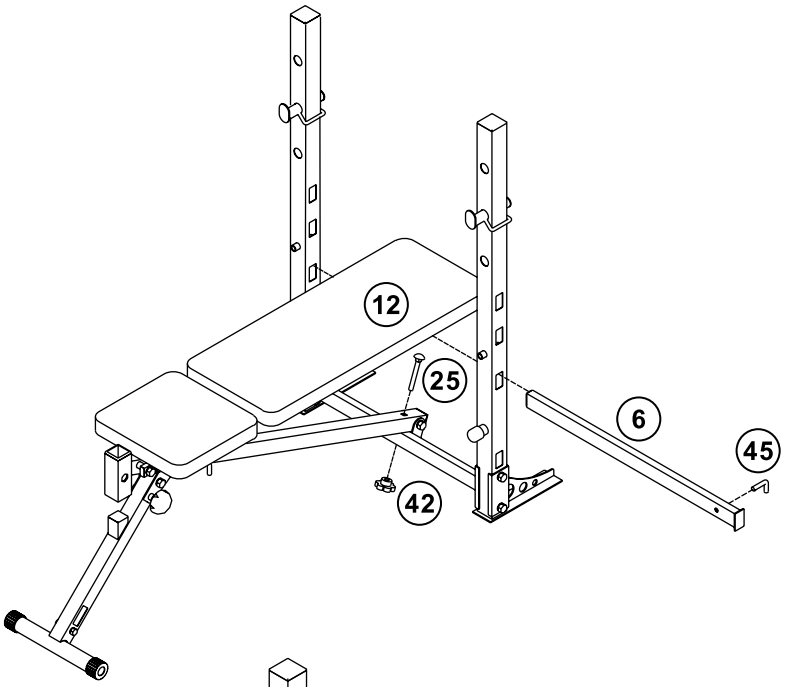
Levante o revestimento traseiro (**12**) ligeiramente e extraia o pino de bloqueio (**45**) seguido do tubo de suporte (**6**). Volte a colocar o tubo de suporte no orifício de ajuste necessário no tubo principal vertical e volte a colocar o pino de bloqueio. Baixe o revestimento traseiro sobre o tubo de suporte. A base do assento deve ser levantada para obter um banco vertical e descida para todas as outras posições.





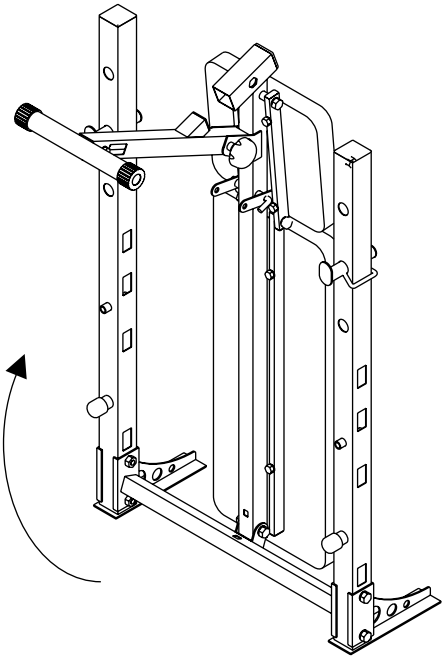
Dobrar para armazenamento 1

Encaixe a perna e certifique-se de que todos os outros encaixes são retirados. Retire a porca M10 (**42**) e o parafuso (**25**). Levante o revestimento traseiro (**12**) ligeiramente e extraia o pino de bloqueio (**45**) seguido do tubo de suporte (**6**). Baixe o revestimento traseiro sobre a base.



Dobrar para armazenamento 2

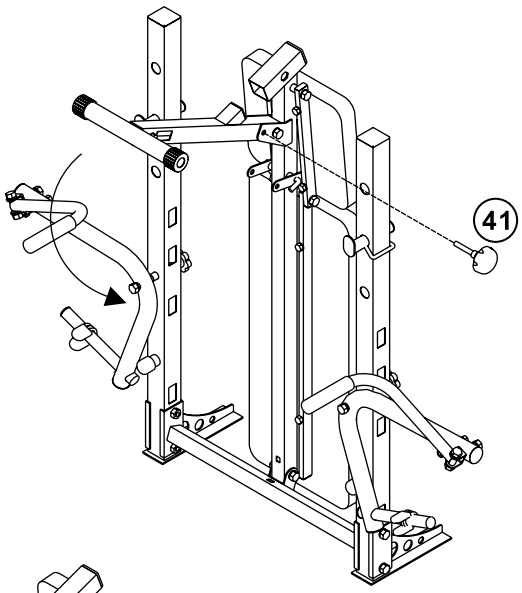
Rode o tubo principalpara a posição vertical.



Continua na página seguinte.

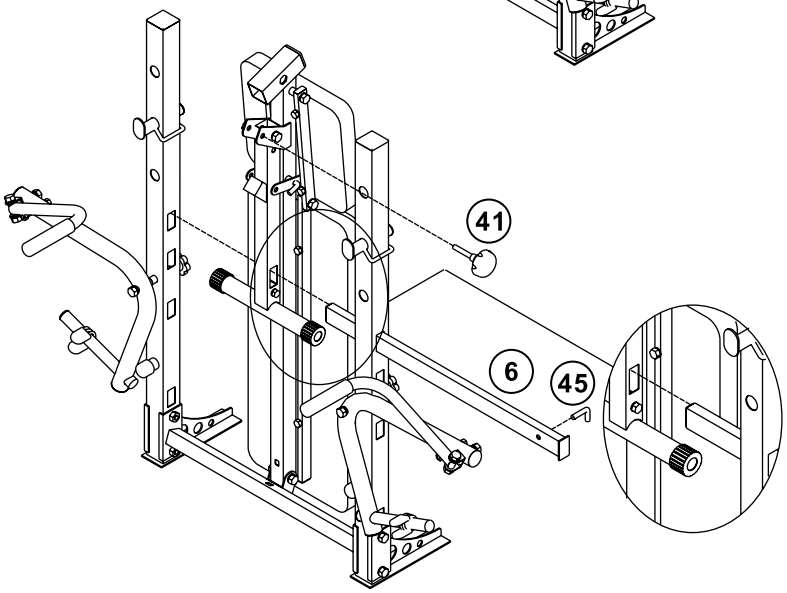
Dobrar para armazenamento 3

Retire o Parafuso de aperto manual (**41**). Dobre a perna frontal para trás até esta atingir o tubo principal.



Dobrar para armazenamento 4

Volte a colocar os parafusos de aperto manual (**41**) na parte superior da perna frontal. Volte a colocar o tubo de suporte (**6**) no orifício de nclinação 3 do tubo vertical principal certificando-se de que também passa pelo orifício de bloqueio na perna frontal. Volte a colocar o pino de puxar (**45**) para suportar o tubo (**6**).



Dobrar para armazenamento 5

Retire a porca M10 (**42**) e o parafuso (**25**). Rode o tubo com curva e Pega com curva para a posição vertical.
Nota: precisará de levantar o revestimento traseiro para colocar o parafuso.

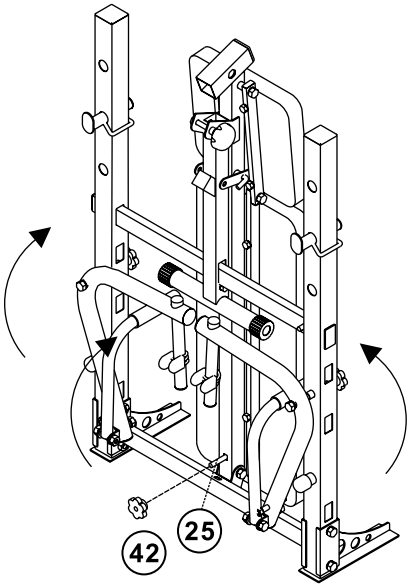
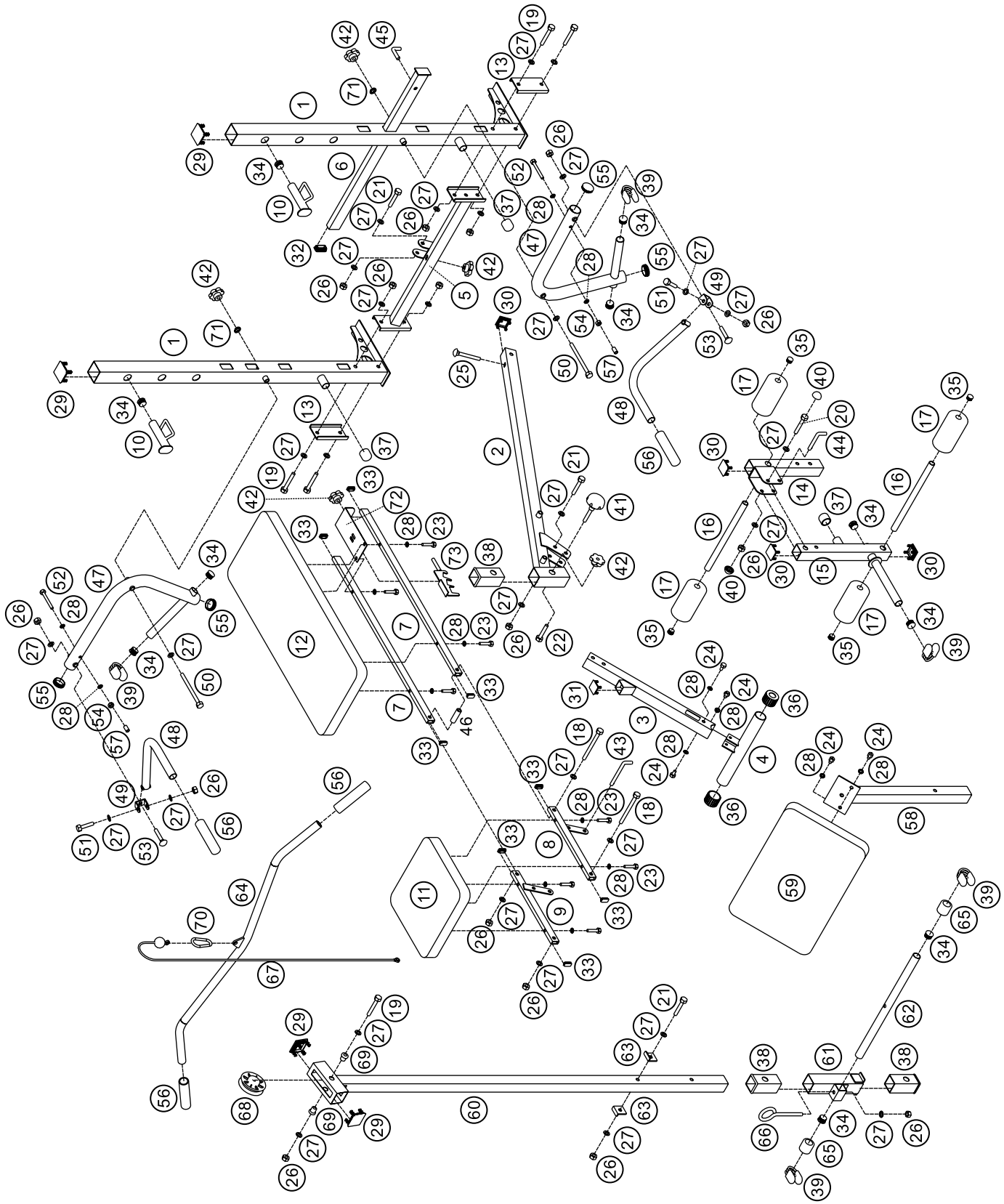


Diagrama de peças em detalhado



Lista do diagrama de peças em detalhado

Peça	Descrição	Qtd	Peça	Descrição	Qtd
1	Estrutura principal	2	38	Tubo quadrado 45mm	3
2	Tubo principal	1	39	Anilha de bloqueio 25mm	5
3	Perna frontal	1	40	Tampa para parafuso	2
4	Estabilizador frontal	1	41	Parafuso de aperto manual M10*55	1
5	Barra transversal principal	1	42	Porca M10	5
6	Tubo de suporte	1	43	Pino de puxar [E] (M10 x 90mm)	1
7	Tubo de montagem	2	44	Pino de puxar [E] (M10 x 55mm)	1
8	Tubo de montagem esquerdo	1	45	Pino de puxar [E] (M10 x 30mm)	1
9	Tubo de montagem direito	1	46	Bucha metálica simples	1
10	Suporte da barra	2	47	Tubo com curva	2
11	Revestimento do assento	1	48	Pega com curva	2
12	Revestimento traseiro	1	49	Suporte articulado	2
13	Placa de suporte	2	50	Parafuso M10 x 135mm	2
14	Conjunto para montagem da perna	1	51	Parafuso M10 x 45mm	2
15	Conjunto articulado da perna	1	52	Parafuso M8 x 70mm	2
16	Tubo de montagem em espuma	2	53	Parafuso M10 x 60mm	2
17	Rolo de espuma	4	54	M8 Porca de segurança em Nylon	2
18	Parafuso M10 x 120mm	2	55	Tampa interior redonda 38mm	4
19	Parafuso M10 x 70mm	5	56	Pega 25 x 130 mm	4
20	Parafuso M10 x 65mm	1	57	Tubo M8 x 20mm	2
21	Parafuso M10 x 60mm	3	58	Tubo de ligação ondulado	1
22	Parafuso M10 x 55mm	1	59	Revestimento ondulado	1
23	Parafuso M8 x 40mm	8	60	Tubo de ligação lat	1
24	Parafuso M8 x 15mm	5	61	Tubo de deslize de peso	1
25	Parafuso M10 x 85mm	1	62	Barra de montagem do peso	1
26	M10 Porca de segurança em Nylon	16	63	Placa de paragem	2
27	Anilha M10	31	64	Barra lateral	1
28	Anilha M8	17	65	Protecção em borracha	2
29	Tampa interior quadrada 50mm	4	66	Olhal macho M10 X 115 mm	1
30	Tampa interior quadrada 38mm	4	67	Cabo lateral	1
31	Tampa interior quadrada 33,4mm	1	68	Roda de roldana	1
32	Tampa interior quadrada 20 x 40mm	1	69	Tubo de ligação	2
33	Tampa interior quadrada 13 x 26mm	8	70	Gancho em metal	1
34	Tampa interior redonda 25mm	10	71	Anilha M8	2
35	Tampa interior redonda 19mm	4	72	Peça fixa e almofadada do encosto	1
36	Tampa exterior redonda 38mm	2	73	Ajuste fixo e almofadado do encosto	1
37	Tampa exterior redonda 25mm	3			

Garantia

Garantia do produto

Este produto tem garantia contra defeitos de fabrico durante um período de

ano

Este produto tem a garantia de doze meses a partir da data original da compra. Qualquer defeito que surja devido a materiais defeituosos ou fabrico defeituoso será substituído, reembolsado ou reparado gratuitamente sempre que possível durante este período pelo vendedor a quem adquiriu a unidade.

A garantia está sujeita às seguintes disposições:

- A garantia não abrange danos acidentais, uso incorrecto, peças do gabinete, puxadores ou itens consumíveis.
- O produto deve ser correctamente instalado e operado de acordo com as instruções deste manual.
- Deve ser usado apenas para fins domésticos.
- A garantia será considerada inválida se o produto for novamente vendido ou tiver sido danificado numa reparação indevida.
- As especificações são sujeitas a alterações sem aviso prévio.
- O fabricante rejeita a responsabilidade por danos incidentais ou indirectos.
- A garantia complementa e não afecta os seus direitos legais.

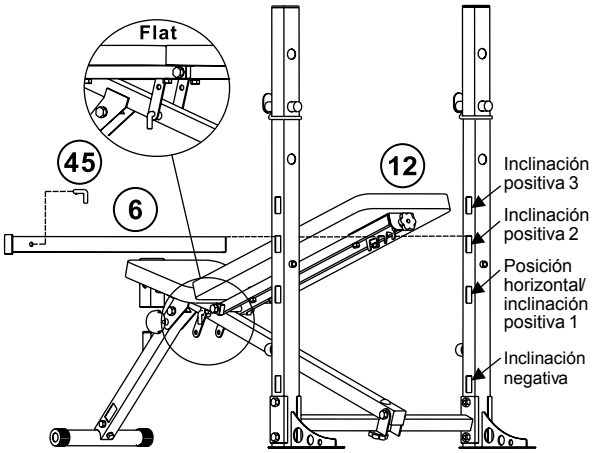
Email: Techsupport@RFEinternational.com.

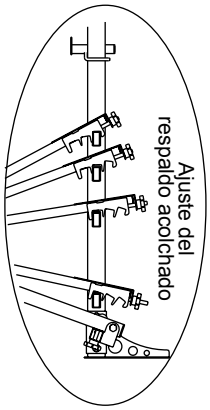
Garante: RFE Europa Ltd
8 Clarendon Drive
Wymbush, Milton Keynes
MK8 8ED, Reino Unido

Información para el usuario

Ajuste

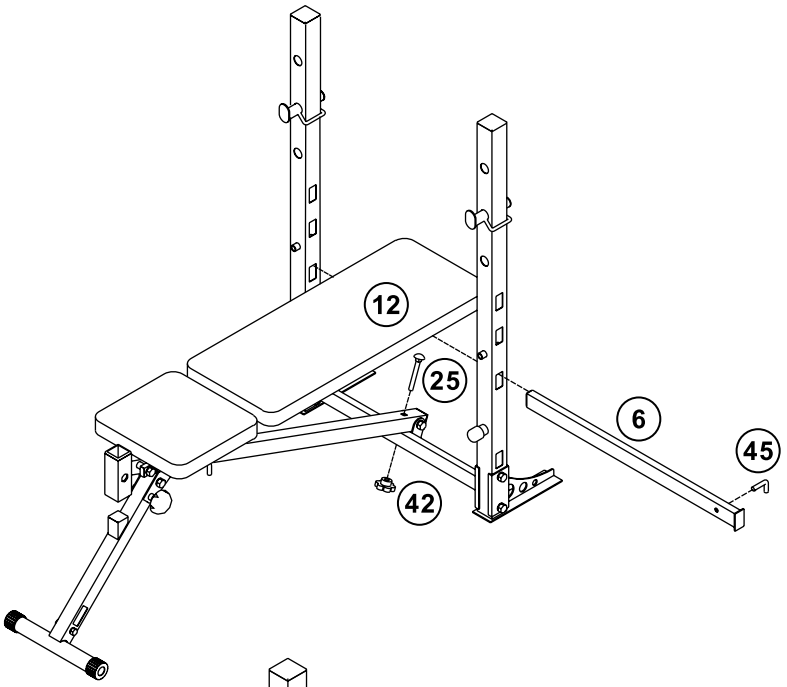
Levante ligeramente el respaldo acolchado (**12**) y extraiga el pasador de bloqueo (**45**) y la barra de soporte (**6**). Coloque la barra de soporte en el orificio de ajuste de las columnas que desee y vuelva a insertar el pasador de bloqueo. Baje la barra del respaldo hasta que descanse sobre la barra de soporte. La base del asiento debe subirse para formar un banco plano y bajarse para el resto de posiciones.





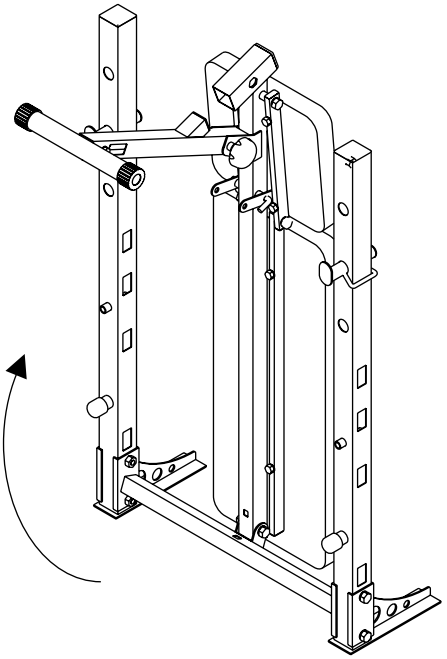
Plegado y almacenamiento 1

Monte la pata y compruebe que el resto de elementos se hayan quitado. Extraiga la perilla M10 (**42**) y el tornillo (**25**). Levante ligeramente el respaldo acolchado (**12**) y extraiga el pasador de bloqueo (**45**) y la barra de soporte (**6**). Baje el respaldo acolchado hasta que descanse sobre la base.



Plegado y almacenamiento 2

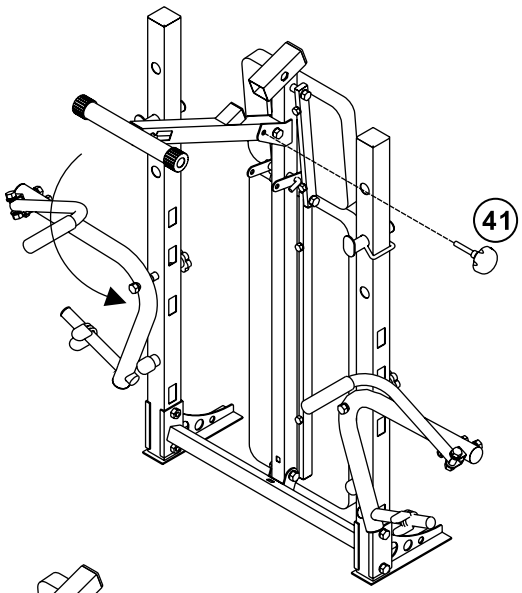
Coloque la barra principal en posición vertical.



Continúa en la página siguiente.

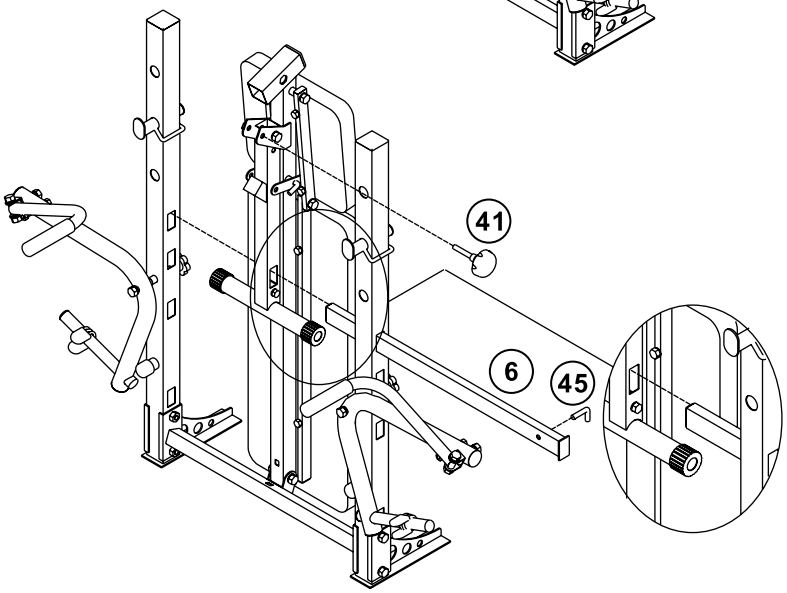
Plegado y almacenamiento 3

Extraiga la perilla con tornillo(**41**). Pliegue la pata frontal hacia atrás hasta la barra principal.



Plegado y almacenamiento 4

Vuelva a colocar la perilla con tornillo (**41**) en la parte superior de la pata frontal. Vuelva a colocar la barra de soporte (**6**) en el orifico de inclinación positiva 3 de la columna, asegurándose de que también pase por el orificio de bloqueo de la pata principal. Vuelva a colocar el pasador de bloqueo (**45**) en la barra de soporte (**6**).



Plegado y almacenamiento 5

Vuelva a colocar la perilla M10 (**42**) y el tornillo (**25**). Coloque el brazo en voladizo y el asidero en voladizo en posición vertical.
Nota: para colocar el tornillo debe levantarse el respaldo acolchado.

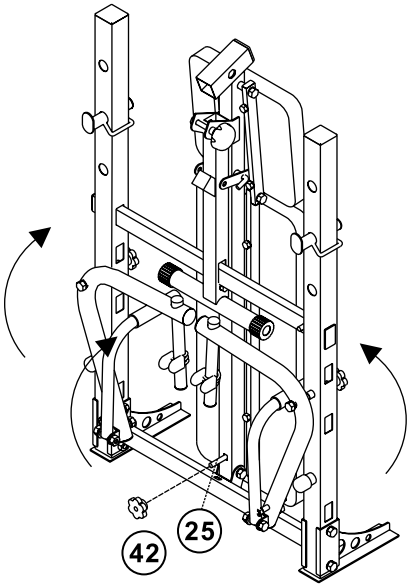
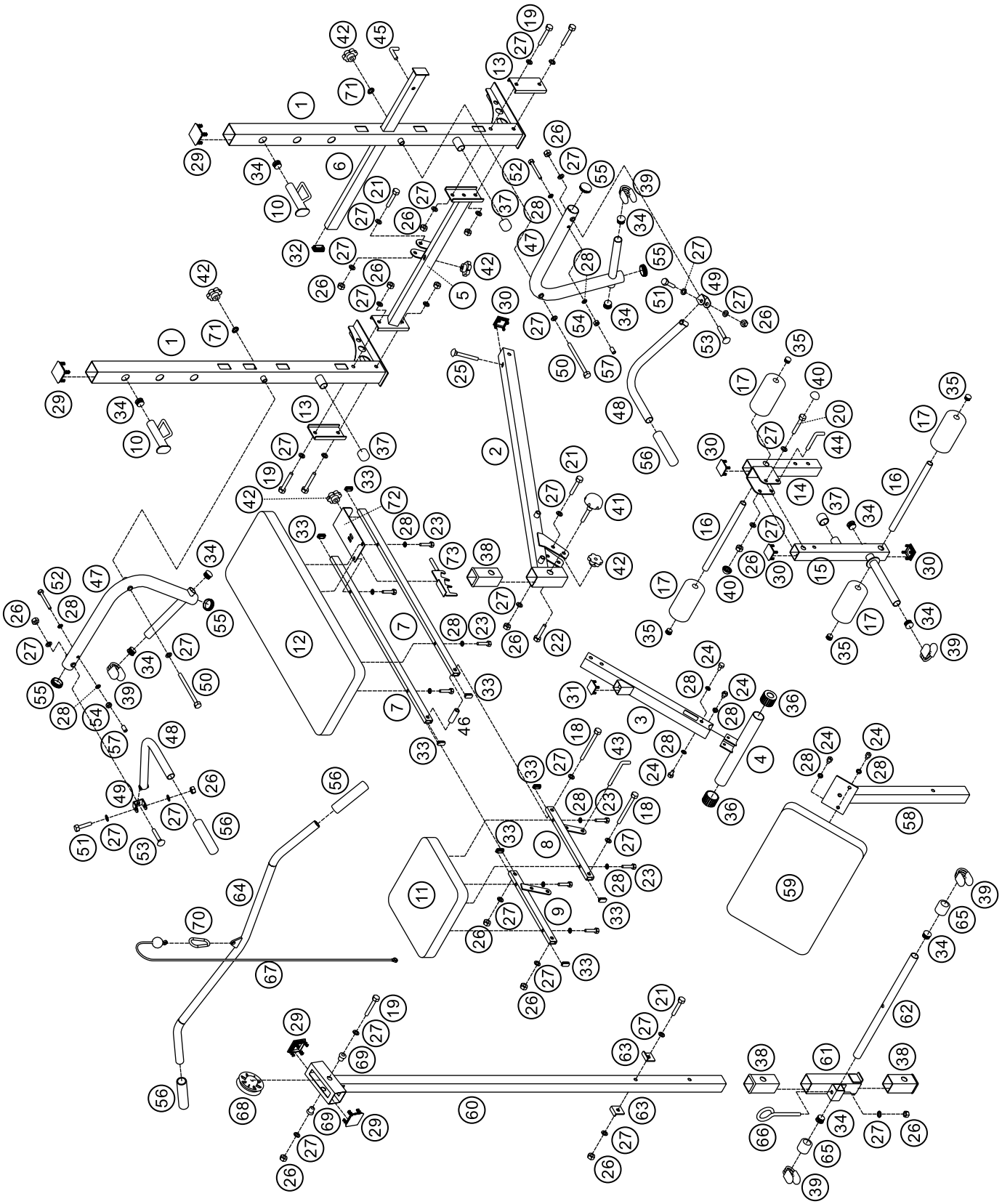


Diagrama de despiece



Leyenda del diagrama de despiece

Pieza	Descripción	Cantidad
1	Barra principal	2
2	Pata frontal	1
3	Estabilizador frontal	1
4	Travesaño principal	1
5	Barra de soporte	1
6	Barra del respaldo	1
7	Barra izquierda del asiento	2
8	Barra derecha del asiento	1
9	Soporte para la barra de pesas	1
10	Asiento acolchado	2
11	Respaldo acolchado	1
12	Placa de soporte	1
13	Eje de la barra de la pata	2
14	Eje del pivote de la pata	1
15	Barra de los rodillos de apoyo	1
16	Rodillo de espuma	2
17	Tornillo M10 de 120 mm	4
18	Tornillo M10 de 70 mm	2
19	Tornillo M10 de 65 mm	5
20	Tornillo M10 de 60 mm	1
21	Tornillo M10 de 55 mm	3
22	Tornillo M8 de 40 mm	1
23	Tornillo M8 de 15 mm	8
24	Tornillo de fijación M10 de 85 mm	5
25	Contratuerca M10 de nailon	1
26	Arandela M10	16
27	Arandela M8	31
28	Tapa interior cuadrada de 50 mm	17
29	Tapa interior cuadrada de 38 mm	4
30	Tapa interior cuadrada de 33,4 mm	4
31	Tapa interior cuadrada de 20 x 40 mm	1
32	Tapa interior cuadrada de 13 x 26 mm	1
33	Tapa interior redonda de 25 mm	8
34	Tapa interior redonda de 19 mm	10
35	Tapa terminal exterior redonda de 38 mm	4
36	Tapa terminal exterior redonda de 25 mm	2
37	Tapa terminal exterior redonda de 25 mm	3
38	Tapa interior cuadrada de 45 mm	3
39	Bloqueador de resorte de 25 mm	5
40	Tapa del tornillo	2
41	Perilla con tornillo M10 de 55 mm	1
42	Perilla M10	5
43	Pasador de bloqueo [I] (M10 x 90 mm)	1
44	Pasador de bloqueo [I] (M10 x 55 mm)	1
45	Pasador de bloqueo [I] (M10 x 30 mm)	1
46	Casquillo	1
47	Brazo en voladizo	2
48	Asidero en voladizo	2
49	Soporte pivotante	2
50	Tornillo M10 de 135 mm	2
51	Tornillo M10 de 45 mm	2
52	Tornillo M8 de 70 mm	2
53	Tornillo de fijación M10 de 60 mm	2
54	Contratuerca M8 de nailon	2
55	Tapa interior redonda de 38 mm	4
56	Empuñadura de 25 x 130 mm	4
57	Manguito M8 de 20 mm	2
58	Barra de sujeción del apoyo para la pantorrilla	1
59	Apoyo acolchado para la pantorrilla	1
60	Barra de sujeción para jalón en polea	1
61	Tubo de deslizamiento de las pesas	1
62	Barra de colocación de las pesas	1
63	Placa de tope	2
64	Barra de jalón	1
65	Tope de goma	2
66	Armella M10 de 115 mm	1
67	Cable de jalón	1
68	Polea	1
69	Casquillo del alojamiento superior	2
70	Mosquetón	1
71	Arandela partida	2
72	Pieza de fijación del respaldo acolchado	1
73	Pieza de ajuste del respaldo acolchado	1

Garantía

Garantía del producto

Este producto cuenta con una garantía para defectos de fabricación de

año

La garantía del producto tiene una validez de doce meses a partir de la fecha de compra original. Si durante este periodo se encuentra algún desperfecto provocado por el uso de materiales defectuosos o por un error de fabricación, siempre que sea posible, el comercio donde adquirió esta unidad se encargará de tramitar su sustitución o reparación gratuitas, o le reembolsará el importe original.

La garantía se rige por las condiciones que se indican a continuación:

- La garantía no cubre los daños accidentales o por uso indebido, las piezas de ferretería, las perillas ni las piezas de desgaste.
- El producto se debe montar y utilizar correctamente y respetando las instrucciones contenidas en el presente manual.
- Debe emplearse únicamente para uso doméstico.
- La reventa del producto y la reparación por parte de personal no cualificado invalidarán la garantía.
- Las especificaciones podrían cambiar sin previo aviso.
- El fabricante no asume ninguna responsabilidad con respecto a posibles daños derivados o consecuentes.
- Esta garantía complementa sus derechos legales, y no los limita en ningún aspecto.

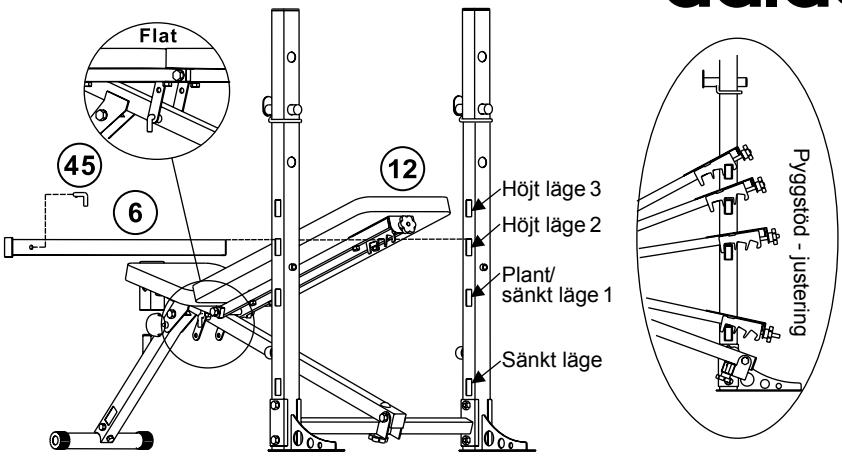
Correo electrónico: Techsupport@RFEinternational.com.

Garante: RFE Europa Ltd
8 Clarendon Drive
Wymbush, Milton Keynes
MK8 8ED, Reino Unido

Användarinformation

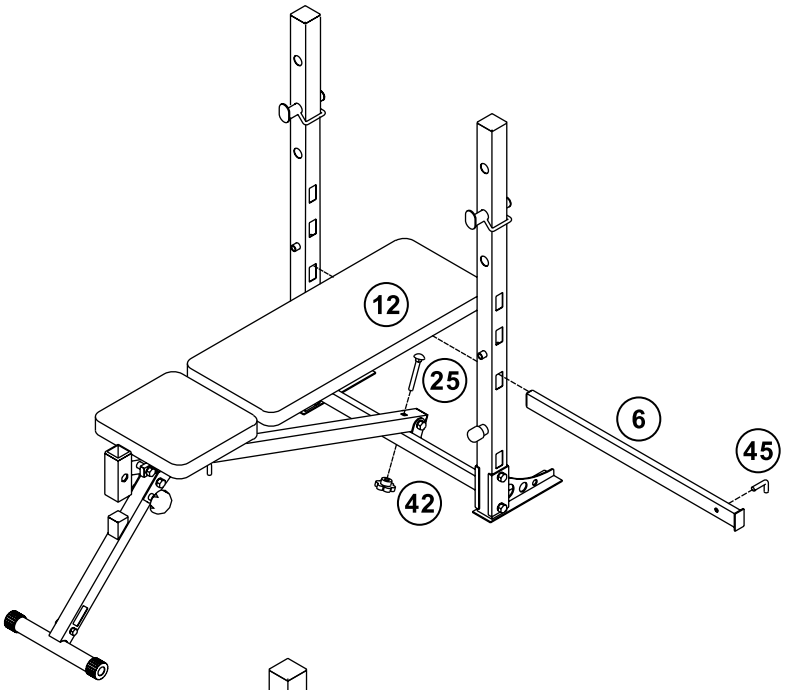
Justering

Lyft ryggdynan (**12**) en aning och lossa låstappen (**45**) och sedan stödstången (**6**). Montera tillbaka stödstången i önskat justeringshål i upprätt läge och montera tillbaka låstappen. Sänk fäststången tillbaka på stödstången. Sätesbasen ska vara höjd för en flat bänk och ligga ned för alla andra lägen.



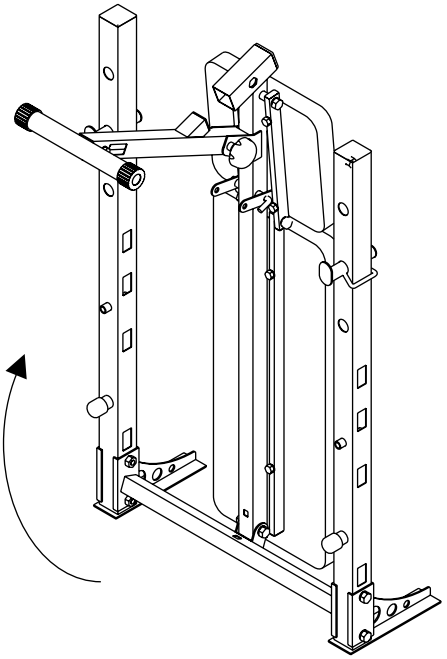
Att fälla ihop för förvaring 1

Montera benfästet och säkerställ att alla andra fästen avlägsnas. Avlägsna rattbult M10 (**42**) och bult (**25**). Lyft ryggdynan (**12**) en aning och lossa låstappen (45) och sedan stödstången (**6**). Sänk ryggdynan hela vägen ner.



Att fälla ihop för förvaring 2

Vrid huvudstången till upprätt läge.

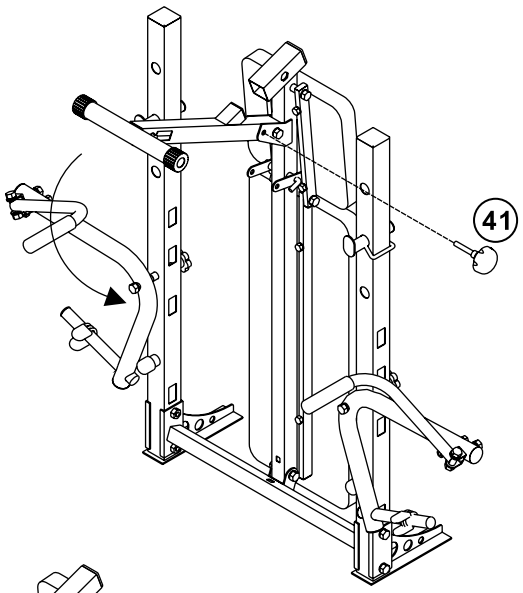


fortsättning på nästa sida.

Användarinformation

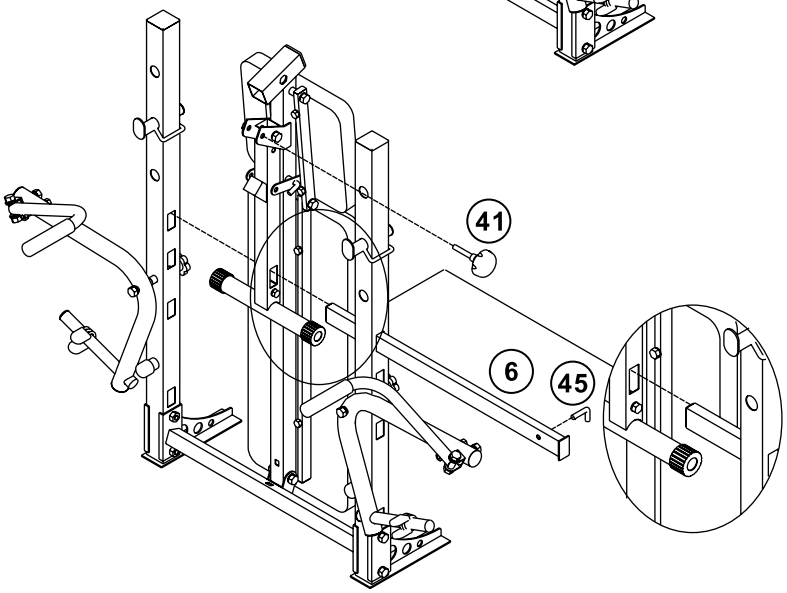
Att fälla ihop för förvaring 3

Avlägsna rattbult (**41**). Vik frambenet bakåt tills det når huvudstången.



Att fälla ihop för förvaring 4

Montera tillbaka rattbult (**41**) i frambenets överdel. Montera tillbaka stödstången (**6**) i tredje hålet av höjt läge och se till att det även passerar genom låshålet i frambenet. Montera tillbaka låsstiftet (**45**) i stödstången (**6**).



Att fälla ihop för förvaring 5

Montera tillbakarattbult M10 (**42**) och bult (**25**). Vrid den vinklade armen och det vinklade handtaget till upprätt läge.
Obs! Du måste lyfta på ryggdynan för att montera bulten.

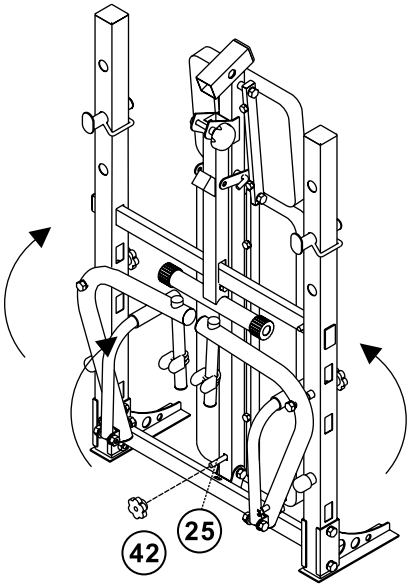


Diagram: artiklar i förstoring

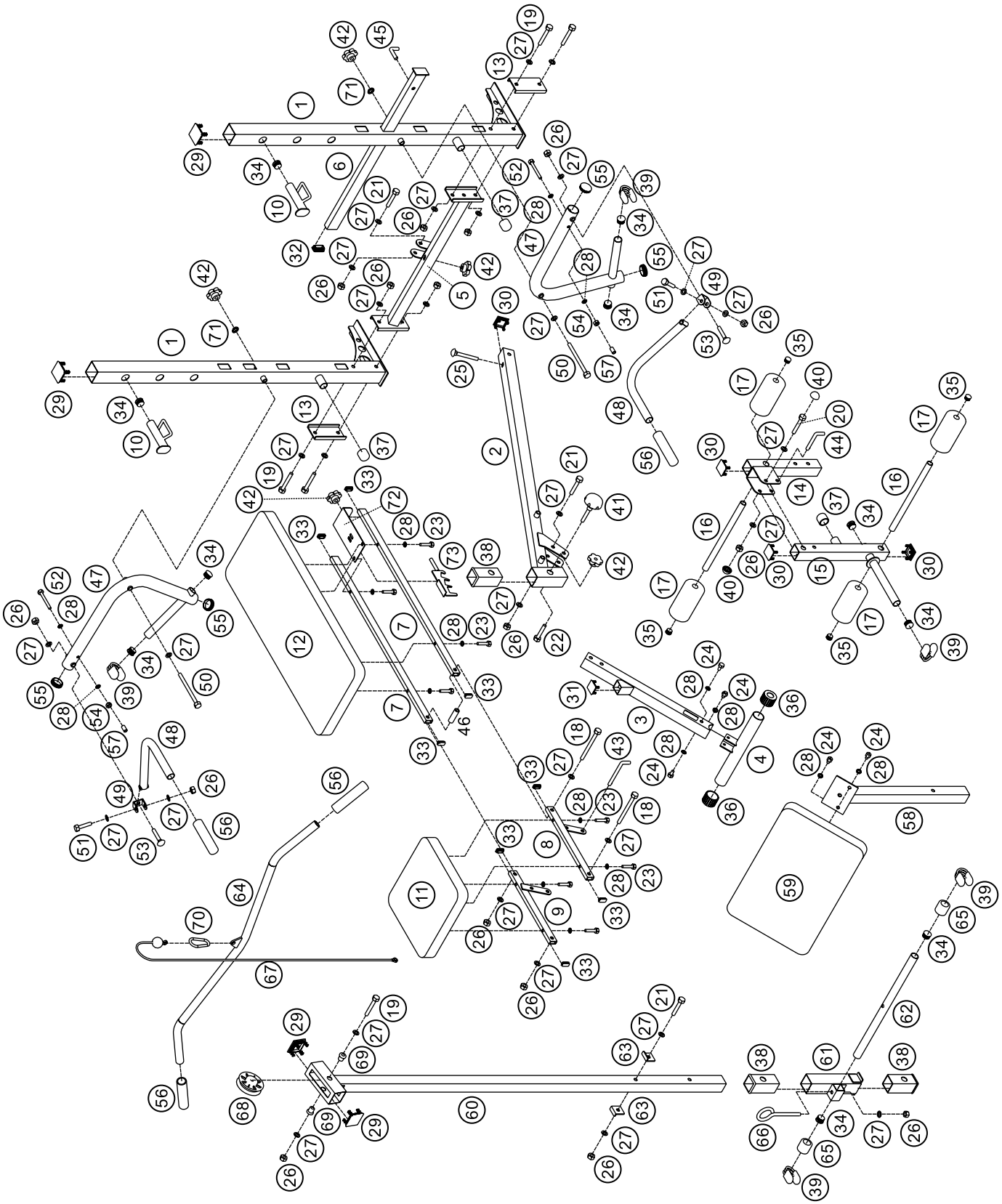


Diagram: lista på artiklar i förstoring

Artikel	Beskrivning	Antal	Artikel	Beskrivning	Antal
1	Upprätt läge	2	38	45 mm fyrkantig innerkåpa	3
2	Huvudstång	1	39	25 mm fjäderlås	5
3	Framben	1	40	Bultkåpa	2
4	Främre stabilisator	1	41	Rattbult M10 x 55	1
5	Huvudtvärstång	1	42	Rattbult M10	5
6	Stödstång	1	43	Låsstift [L] (M10 x 30 mm)	1
7	Fäststång	2	44	Låsstift [L] (M10 x 30 mm)	1
8	Vänster fäststång	1	45	Låsstift [L] (M10 x 30 mm)	1
9	Höger fäststång	1	46	Hylsa	1
10	Skivstångsställning	2	47	Vinklad arm	2
11	Sittdyna	1	48	Vinklat handtag	2
12	Ryggdyna	1	49	Vinkelkonsol	2
13	Stödplatta	2	50	M10 x 135 mm bult	2
14	Fästanordning - ben	1	51	M10 x 45 mm bult	2
15	Vinkelmontering - ben	1	52	M8 x 70 mm bult	2
16	Fäströr för skumrulle	2	53	M10 x 60 mm vagnsbult	2
17	Skumrulle	4	54	M8 nylonlåsmutter	2
18	M10 x 120 mm bult	2	55	38 mm rund innerkåpa	4
19	M10 x 70 mm bult	5	56	25 x 130 mm handtag	4
20	M10 x 65 mm bult	1	57	M8 x 20 mm hylsa	2
21	M10 x 60 mm bult	3	58	Curl - fäststång	1
22	M10 x 55 mm bult	1	59	Dyna - curl	1
23	M8 x 40 mm bult	8	60	Fäststång - lat	1
24	M8 x 15 mm bult	5	61	Glidanordning - vikter	1
25	M10 x 85 mm vagnsbult	1	62	Fäststång - vikter	1
26	M10 nylonlåsmutter	16	63	Stopplatta	2
27	M10 bricka	31	64	Latstång	1
28	M8 bricka	17	65	Stötfångare i gummi	2
29	50 mm fyrkantig innerkåpa	4	66	M10 x 115 mm öglebult	1
30	38 mm fyrkantig innerkåpa	4	67	Latkabel	1
31	33,4 mm fyrkantig innerkåpa	1	68	Brythjul	1
32	20 x 40 mm fyrkantig innerkåpa	1	69	Cylinderhatt	2
33	13 x 26 mm fyrkantigt innerlock	8	70	Karbinhake	1
34	25 mm rund innerkåpa	10	71	Fjäderbricka	2
35	19 mm rund innerkåpa	4	72	Ryggdyna - fixerad del	1
36	38 mm rund, yttre ändkåpa	2	73	Ryggdyna - fixerad justering	1
37	25 mm rund, yttre ändkåpa	3			

Garanti

Produktgaranti

Denna produkt är garanterad för tillverkningsfel i

år

Denna produkt är garanterad i 12 månader efter ursprungligt försäljningsdatum. Defekter som uppstår på grund av felaktiga material eller tillverkningsfel kommer antingen att bytas ut, återbetalas eller repareras kostnadsfritt när så är möjligt under denna period, av den återförsäljare som du köpte enheten från.

Garantin omfattas av följande bestämmelser:

- Garantin täcker inte skador, missbruk, skåpdelar, vreden, eller förbrukningsartiklar.
- Produkten måste vara korrekt installerad och användas i enlighet med instruktionerna i denna handbok.
- Den får endast användas för hemmabruk.
- Garantin ogiltiggörs om produkten säljs vidare eller har skadats vid reparation av osakkunnig person.
- Specifikationerna kan ändras utan föregående avisering.
- Tillverkaren frånsäger sig allt ansvar för skador eller följdskador.
- Garantin är i tillägg till, och minskar inte, dina lagstadgade eller juridiska rättigheter.

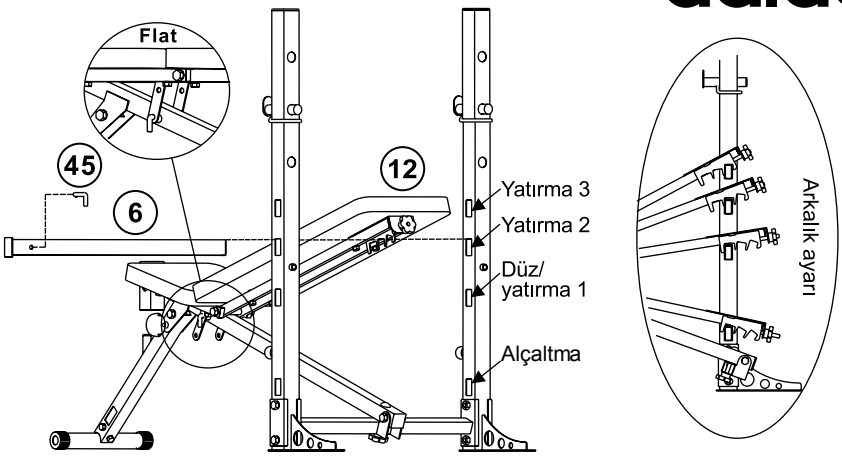
E-post: Techsupport@RFEinternational.com.

Garantör: RFE Europa Ltd
8 Clarendon Drive
Wymbush, Milton Keynes
MK8 8ED, Storbritannien

Kullanıcı Bilgileri

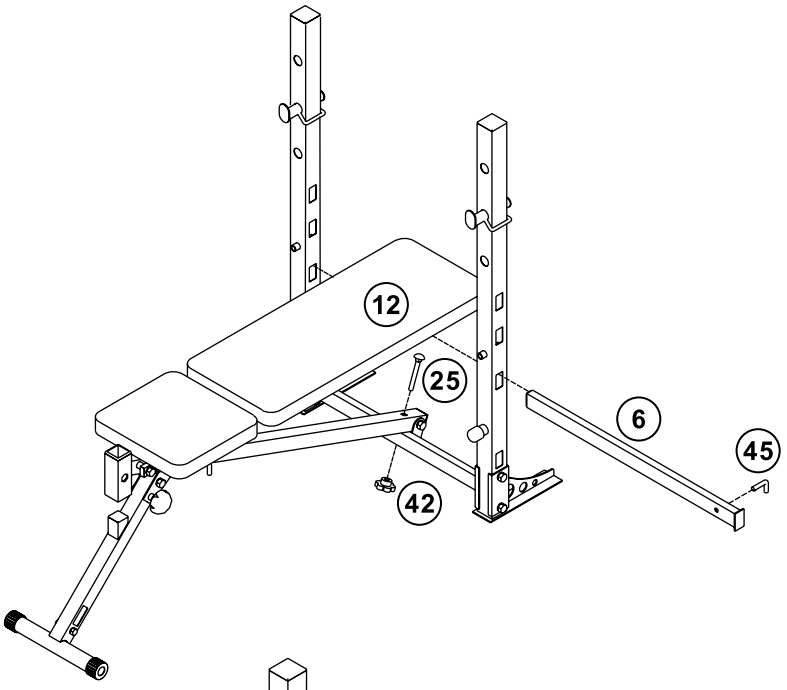
Ayarlama

Arka kaplamayı (**12**) hafifçe kaldırın ve destek borusunu (**6**), sonra da çekmeli pini (**45**) çıkarın. Destek borusunu ana dik parçadaki gereken ayar deliğine tekrar yerleştirin ve çekmeli pini yeniden takın. Montaj borusunu destek borusuna doğru alçaltın. Koltuk tabanı düz koltuk için kaldırılmalı ve tüm diğer pozisyonlar için indirilmelidir.



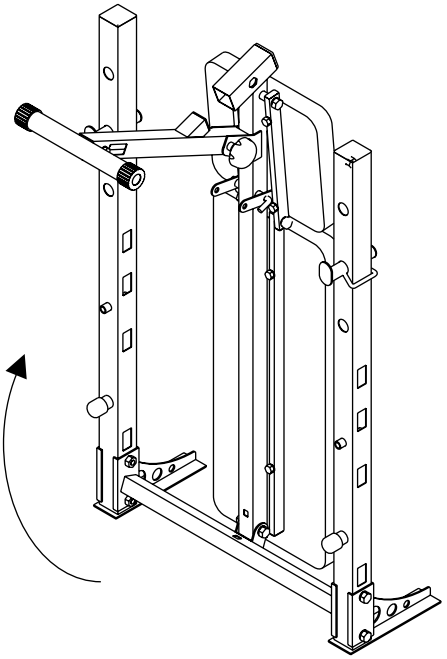
Saklamak için Katla-ma İşlemi 1

Bacak bağlantısını takın ve tüm diğer bağlantıların çıkarıldığından emin olun. Topuzlu cıvata M10 (**42**) ve cıvatayı (**25**) çıkarın. Arka kaplamayı hafifçe kaldırın ve destek borusunu (**6**), sonra da çekmeli pini (**45**) çıkarın. Arka kaplamayı tabana doğru alçaltın.



Saklamak için Katla-ma İşlemi 2

Ana boruyu dik konuma çevirin.

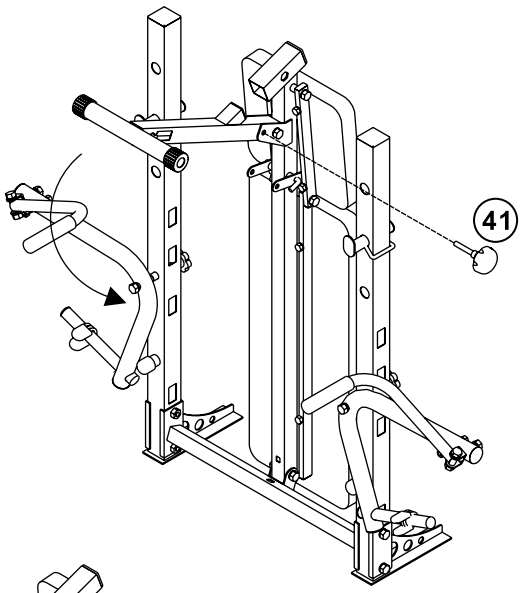


Devamı bir sonraki sayfada.

Kullanıcı Bilgileri

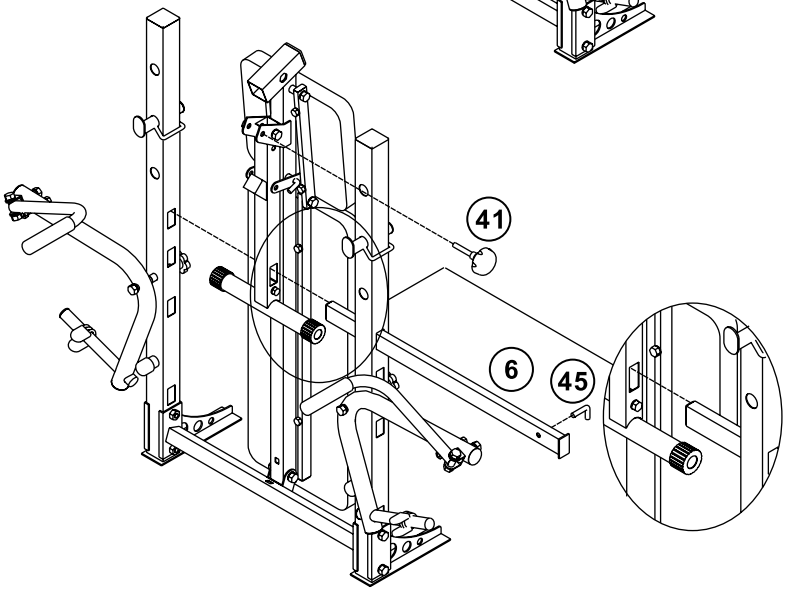
Saklamak için Katla-ma İşlemi 3

Topuzlu cıvatayı (**41**) çıkarın. Ana boruya ulaşıncaya kadar ön bacağı arkaya doğru katlayın.



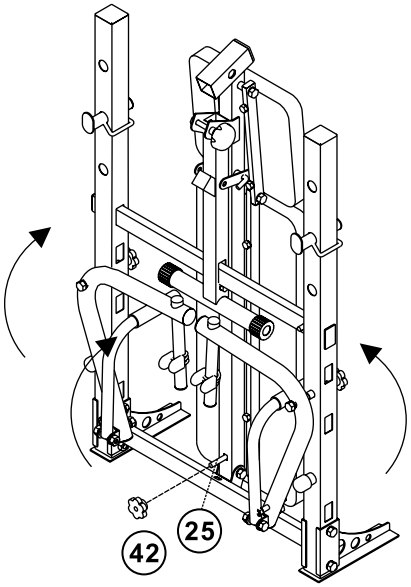
Saklamak için Katla-ma İşlemi 4

Topuzlu cıvatayı (**41**) ön bacağın üstüne tekrar yerleştirin. Ön bacaktaki kilitleme deliği arasından da geçtiğinden emin olarak destek borusunu (**6**) ana dik parçanın Yatırma3 deliğine tekrar takın. Çekmeli pini (**45**) destek borusuna (**6**) tekrar yerleştirin.

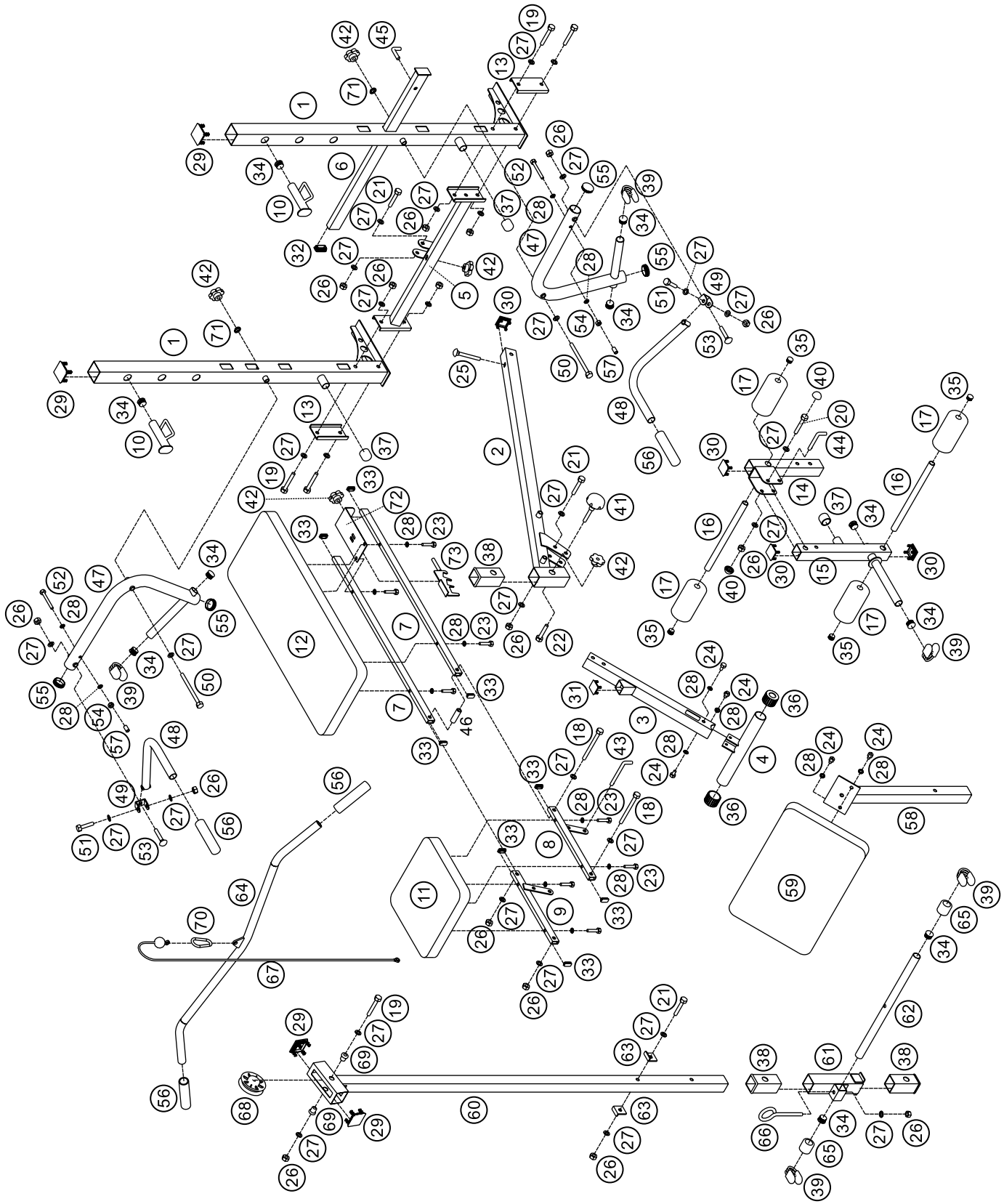


Saklamak için Katla-ma İşlemi 5

Topuzlu cıvata M10 (**42**) ve cıvatayı (**25**) tekrar yerleştirin. Kıvrımlı kol ve kıvrımlı sapı dik konuma çevirin.
Dikkat: Cıvataya uyması için arka kaplamayı yukarı kaldırmanız gerekecektir.



Parça Şeması



Parça Şeması Listesi

Parça	Açıklama	Miktar	Parça	Açıklama	Miktar
1	Ana dik parça	2	38	45 mm Kare manşon	3
2	Ana boru	1	39	25 mm Yaylı Kilit	5
3	Ön bacak	1	40	Yuvarlak başlı cıvata	2
4	Ön sabitleyici	1	41	Topuzlu cıvata M10 x 55	1
5	Ana çapraz bar	1	42	Topuzlu cıvata M10	5
6	Destek borusu	1	43	Çekmeli pin [L] (M10 x 90 mm)	1
7	Montaj barı	2	44	Çekmeli pin [L] (M10 x 55 mm)	1
8	Sol montaj borusu	1	45	Çekmeli pin [L] (M10 x 30 mm)	1
9	Sağ montaj borusu	1	46	Mil yatağı	1
10	Bar tutucu	2	47	Kıvrımlı kol	2
11	Koltuk kaplaması	1	48	Kıvrımlı sap	2
12	Arka kaplama	1	49	Pivot braketi	2
13	Destek plakası	2	50	M10 x 135 mm Cıvata	2
14	Bacak montajı düzeneği	1	51	M10 x 45 mm Cıvata	2
15	Bacak montajı düzeneği	1	52	M8 x 70 mm Cıvata	2
16	Köpük montaj borusu	2	53	M10 x 60 mm Ağaç cıvatası	2
17	Köpük silindir	4	54	M8 Naylon kilit somunu	2
18	M10 x 120 mm Cıvata	2	55	38 mm Yuvarlak gömülü kapak	4
19	M10 x 70 mm Cıvata	5	56	25 x 130 mm Sap	4
20	M10 x 65 mm Cıvata	1	57	M8 x 20 mm Manşon	2
21	M10 x 60 mm Cıvata	3	58	Kıvrımlı bağlantı borusu	1
22	M10 x 55 mm Cıvata	1	59	Kıvrımlı kaplama	1
23	M8 x 40 mm Cıvata	8	60	Lat bağlantı borusu	1
24	M8 x 15 mm Cıvata	5	61	Ağırlık kaydırma taşıyıcısı	1
25	M10 x 85 mm Ağaç cıvatası	1	62	Ağırlık montaj barı	1
26	M10 Naylon kilit somunu	16	63	Tespit plakası	2
27	M10 Conta	31	64	Lat çubuk	1
28	M8 Conta	17	65	Kauçuk tampon	2
29	50 mm Kare gömülü kapak	4	66	M10 x 115 mm Delikli cıvata	1
30	38 mm Kare gömülü kapak	4	67	Lat kablo	1
31	33,4 mm Kare gömülü kapak	1	68	Makara	1
32	20 x 40 mm Kare gömülü kapak	1	69	Silindir şapka mil yatağı	2
33	13 x 26 mm Kare gömülü kapak	8	70	Yaylı kanca	1
34	25 mm Yuvarlak gömülü kapak	10	71	Yaylı rondela	2
35	19 mm Yuvarlak gömülü kapak	4	72	Arkalık sabit parça	1
36	38 mm Yuvarlak dış uç kapak	2	73	Arkalık sabit ayarı	1
37	25 mm Yuvarlak dış uç kapak	3			

Garanti

Ürün Garantisi

This product is guaranteed against manufacturing defects for a period of

yıl

Bu ürün, satın alınma tarihinden itibaren on iki ay boyunca garanti kapsamındadır. Kusurlu malzemeler veya işçilik nedeniyle oluşan herhangi bir kusur, mümkün olan durumlarda üniteyi satın aldığınız bayi tarafından bu süre içerisinde ücretsiz olarak değiştirilecek, para iadesi yapılacak veya tamir edilecektir.

Garanti, aşağıdaki koşullara tabidir:

- Bu garanti, kazayla oluşan hasar, hatalı kullanım, dolap parçaları, topuz veya sarf malzemelerini kapsamaz.
- Ürün, bu kitapçıkta yer alan talimatlara uygun olarak düzgünce kurulmalı ve çalıştırılmalıdır.
- Sadece evde kullanım içindir.
- Ürünün tekrar satılması veya deneyimsiz bir onarma işlemi yüzünden hasar görmesi durumunda garanti geçersiz hale gelecektir.
- Özellikler, haber vermeden değişime tabidir.
- Üretici, kazara veya dolaylı hasar için herhangi bir yükümlülüğü reddeder.
- Garanti, yasal veya kanuni haklarınıza ek olarak sunulur ve yasal veya kanuni Haklarınızı azaltmaz.

E-posta: Techsupport@RFEinternational.com.

Garantör: RFE Europa Ltd
8 Clarendon Drive
Wymbush, Milton Keynes
MK8 8ED, UK

- In the event of a problem with the product with in the guarantee period call the **Customer Helpline: 0800 440 2459.**

- 质保期内，一旦产品出现问题，请拨打
  客户热线：**0086-411-82766207**。

- I tilfælde af et problem med produktet inden for garantien kan du ringe til **Kundehjælpelinjen: +45 2859 1998.**

- Mikäli tuotteessa ilmenee ongelma takuuajan kuluessa, soita **Asiakaspalveluun: +45 2859 1998.**

- Si vous rencontrez un problème avec le produit pendant la période de garantie, veuillez appeler notre **Assistance téléphonique client : +33 (0)171 82 84 99.**

- Im Falle eines Problems mit dem Produkt innerhalb des Garantiezeitraums rufen Sie bitte folgende Nummer an **Kundendienst: +49 (0) 6431 58463-0.**

- Σε περίπτωση προβλήματος με το προϊόν εντός της περιόδου εγγύησης, τηλεφωνήστε στη **Γραμμή Βοήθειας Πελατών: +30 210 2758228.**

- In caso di problemi con il prodotto durante il periodo di garanzia, contattare il numero di **Assistenza Clienti: +49 (0) 6431 58463 13.**

- In het geval van een probleem met het product binnen de garantieperiode, neemt u Contact op met **de klantenservice: +49 (0)6 431 58 4630.**

- Ved et problem med produktet innen garantiperioden ring **Kundeservice: +45 2859 1998.**

- Caso ocorra algum problema com o produto durante a garantia, contacte a **Linha de Apoio a Clientes: +35 1 96 10 14 778.**

- Si experimenta algún problema con el producto dentro del plazo de garantía, puede contactar con nosotros a través de: **Teléfono de atención al cliente: +34 800 600 816.**

- Om problem med produkten uppstår under garantiperioden, kontakta **Kundtjänst: +46 (0)40-303144.**

- Garanti süresi içinde ürünle ilgili herhangi bir sorun yaşanması durumunda, şu Numarayı arayınız: **Müşteri Yardım Hattı: +90 212 8757901.**