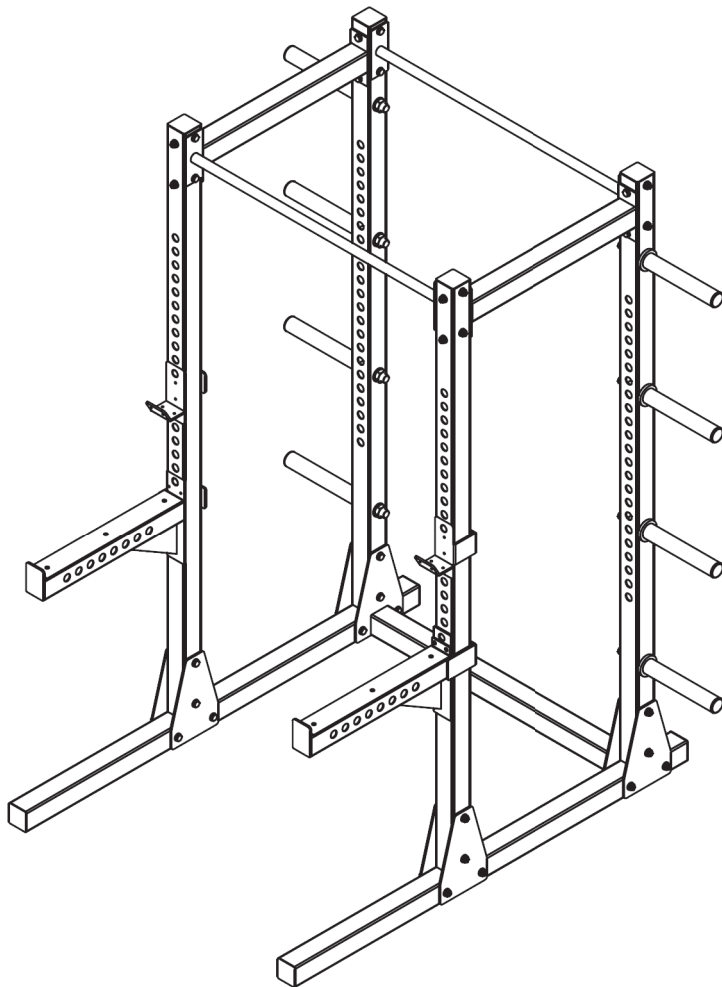


Power Rack



Sehr geehrter Kunde,

wir gratulieren Ihnen zum Erwerb Ihres Gerätes. Lesen Sie die folgenden Hinweise sorgfältig durch und befolgen Sie diese, um möglichen Schäden vorzubeugen. Für Schäden, die durch Missachtung der Hinweise und unsachgemäßen Gebrauch entstehen, übernehmen wir keine Haftung.


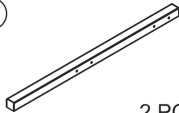
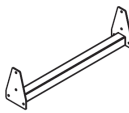
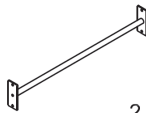
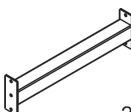
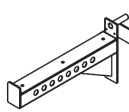
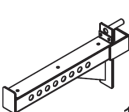
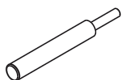


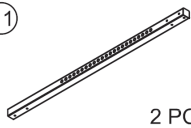
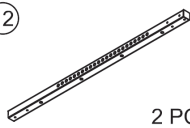

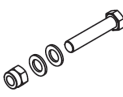
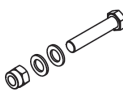

SICHERHEITSHINWEISE

- Bewahren Sie die Originalverpackung nach dem Zusammenbau auf.
- Überprüfen Sie regelmäßig, ob alle Schrauben fest sitzen.
- Stellen Sie das Gerät an einem geräumigen Ort auf.
- Stellen Sie das Gerät auf einen ebenen Untergrund und legen Sie eine Matte darunter, um Ihren Boden zu schützen.
- Konsultieren Sie Ihren Hausarzt, bevor Sie mit dem Training beginnen.
- Auf den Muttern befinden sich rutschsicherer Abdeckungen. Ziehen Sie sie mit einem Schraubenschlüssel fest.
- Das Gerät ist nicht für den kommerziellen Gebrauch, sondern nur für Gebrauch im Haushalt und in ähnlichen Umgebungen vorgesehen. Dazu zählen Küchen in Büros, Bauernhöfen, Hotels, Motels und Einrichtungen, die Bed & Breakfast anbieten.
- Ziehen Sie vor der Benutzung alle Schrauben fest an, andernfalls besteht eine Verletzungsgefahr.
- Modifizieren Sie das Gerät nicht und bauen Sie keine anderen, als die mitgelieferten Teile an.
- Stellen Sie das Gerät nur in trockenen Räumen, fern von Feuchtigkeit jeglicher Art auf.
- Reinigen Sie das Gerät mit trockenem Lappen und sauberem Wasser. Verwenden Sie zur Reinigung kein Benzin, Verdünner oder andere Chemikalien.
- Passen Sie auf, dass Sie Ihre Hände während dem Training nicht abquetschen.

HERSTELLER

Chal-Tec GmbH, Wallstraße 16, 10179 Berlin, Deutschland.

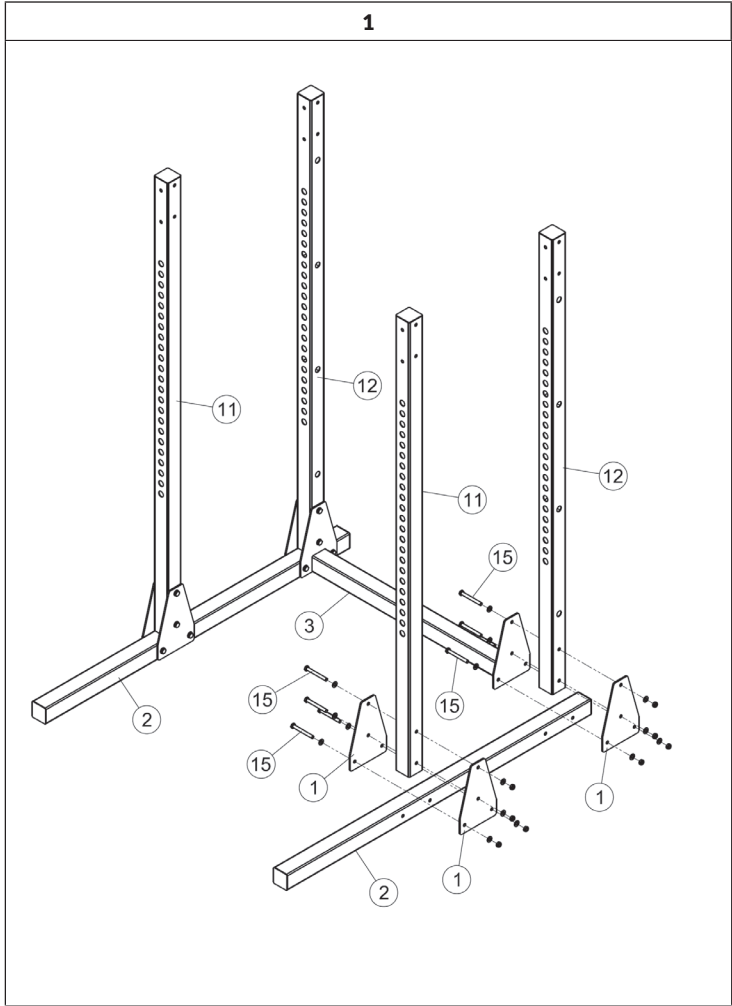
LIEFERUMFANG

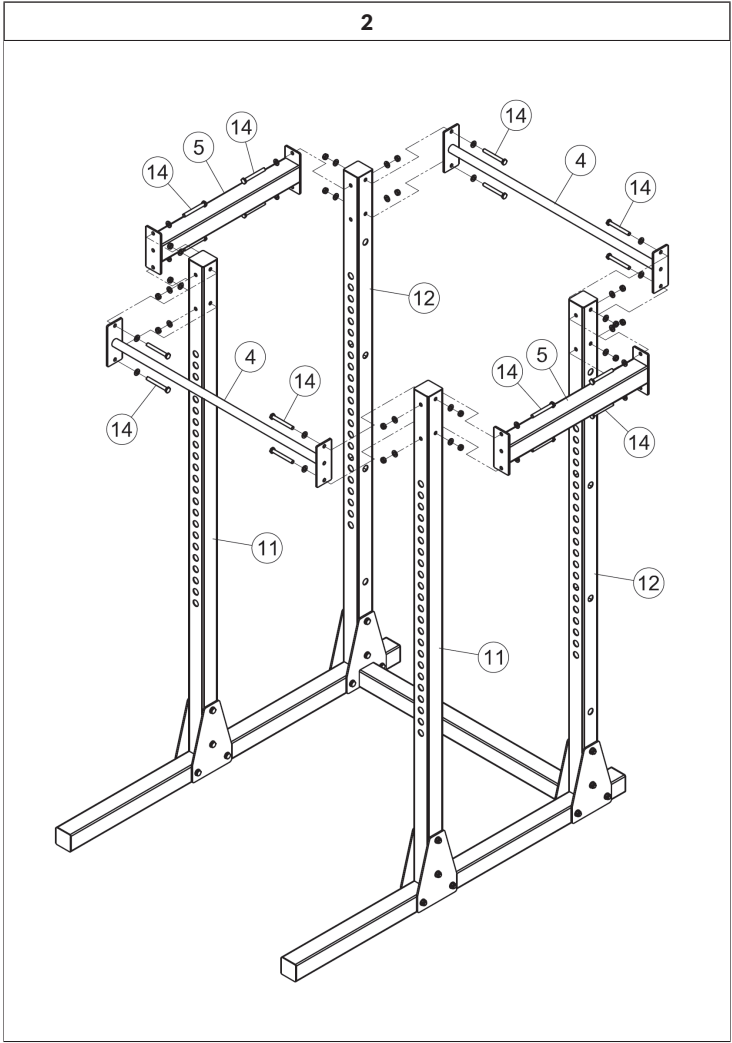
Schiene	Fuß	Hinterteil	Klimmzug
①  6 PCS	②  2 PCS	③  1 PC	④  2 PCS
obere Querstütze	linke Klammer	rechte Klammer	Gewichthalter
⑤  2 PCS	⑥  1 PC	⑦  1 PC	⑧  8 PCS
linker Haken	rechter Haken	Vorderpfosten	Hinterpfosten
⑨  1 PC	⑩  1 PC	⑪  2 PCS	⑫  2 PCS
Stoßfänger	M12*100 Bolzen*	M12*105 Bolzen*	M24 Mutter**
⑬  8 PCS	⑭  16 PCS	⑮  16 PCS	⑯  8 PCS

* mit Unterlegscheiben und Mutter

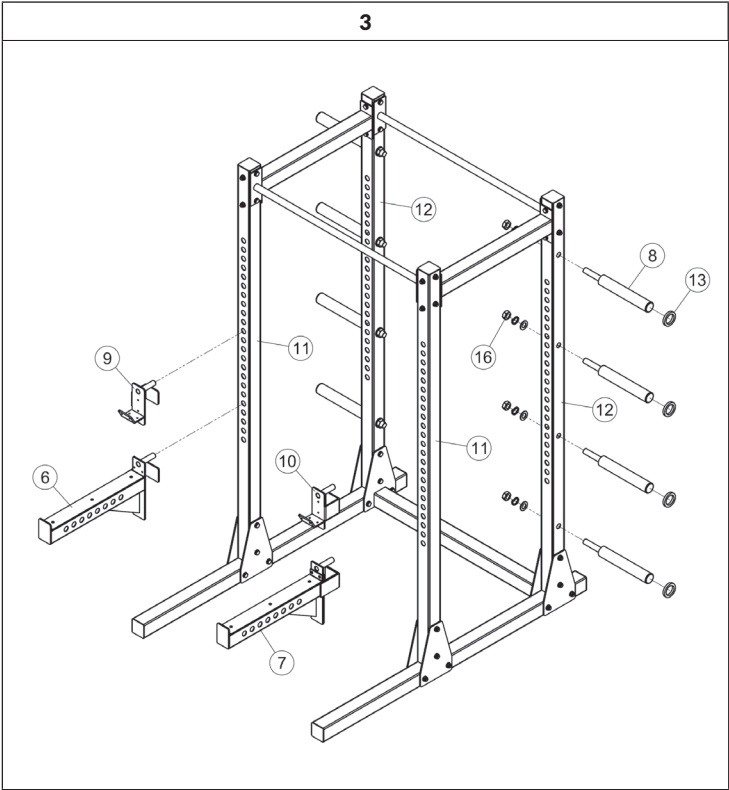
** mit Federscheibe und Unterlegscheibe

ZUSAMMENBAU

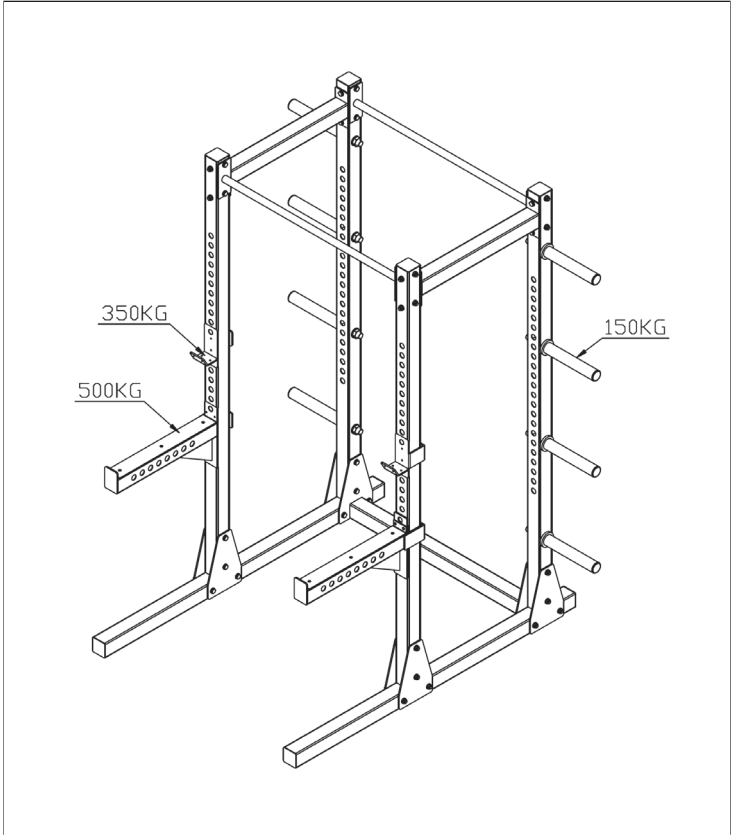




3



GEWICHTSVERHÄLTNISSSE



Dear Customer,

Congratulations on purchasing this equipment. Please read this manual carefully and take care of the following hints to avoid damages. Any failure caused by ignoring the mentioned items and cautions mentioned in the instruction manual are not covered by our warranty and any liability.


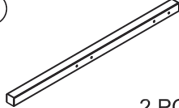
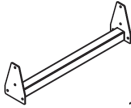
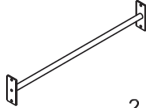
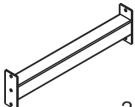
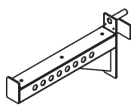
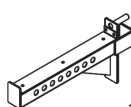
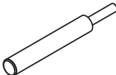


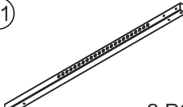
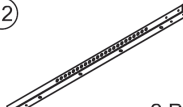

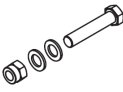
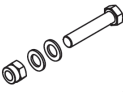

SAFETY INSTRUCTIONS

- Keep the box and the manual after installing the machine.
- Check the stability of the bolts regularly.
- Please install the machine in a commodious place.
- Put the machine on the level ground, and use a mat to protect the floor.
- Please consult to your doctor, physician before using any exercise equipments.
- There are slip proof cover on the nut (little nylon circle on the nut); please tighten them with wrench.
- The product is only for Domestic use not for Commercial purposes.
- Please tighten the screws; otherwise it might be dangerous to use.
- Please do not alter the machine in any way it might be dangerous to change and mend the machine.
- Store in the place where is away from moisture, salt (near Pool) high temperature and under sun.
- For maintenance and cleaning exercise machines, please clean the dirt with detergent scour, using dry rag and clean water (do not use gas, dilution and other chemicals).
- Do not put your hands in the moving part of the machine when you are doing exercise.

PRODUCER

Chal-Tec GmbH, Wallstraße 16, 10179 Berlin, Germany.

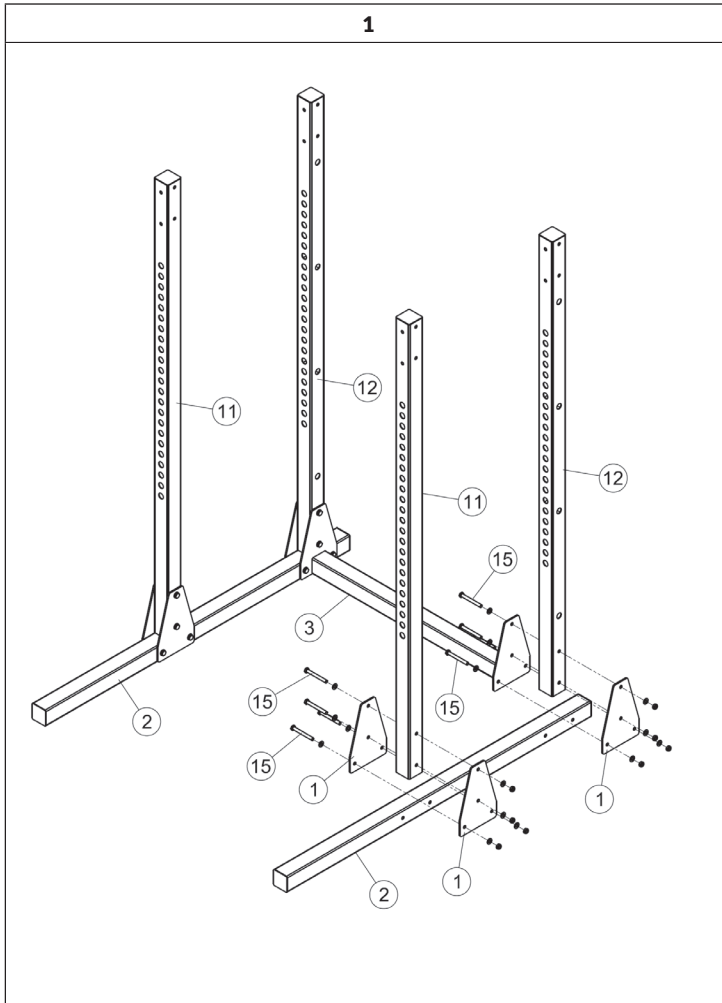
PACKING CONTENT

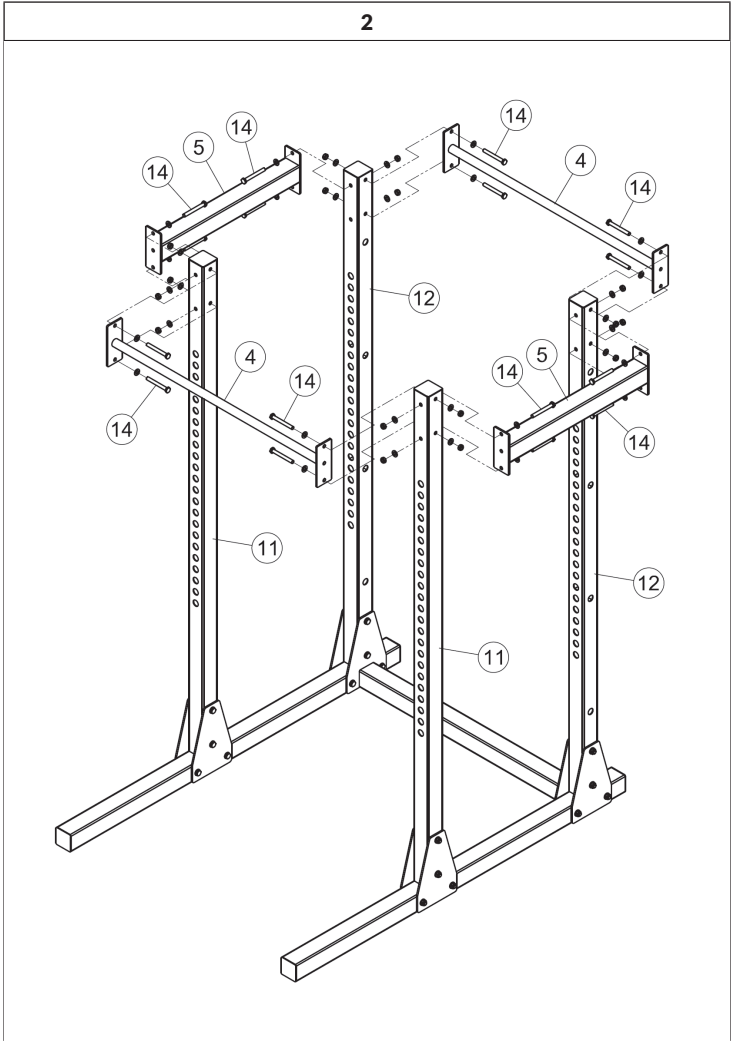
Splint  6 PCS	Base  2 PCS	Rear Base  1 PC	Chin Up Bar  2 PCS
Top Cross Support  2 PCS	Left Safety Bracket  1 PC	Right Safety Bracket  1 PC	Weight Holder  8 PCS
Left J-Hook  1 PC	Right J-Hook  1 PC	Front Upright Post  2 PCS	Rear Upright Post  2 PCS
Rubber Plate Bumper  8 PCS	M12*100 Bolt*  16 PCS	M12*105 Bolt*  16 PCS	M24 Nut**  8 PCS

* with washer and nut

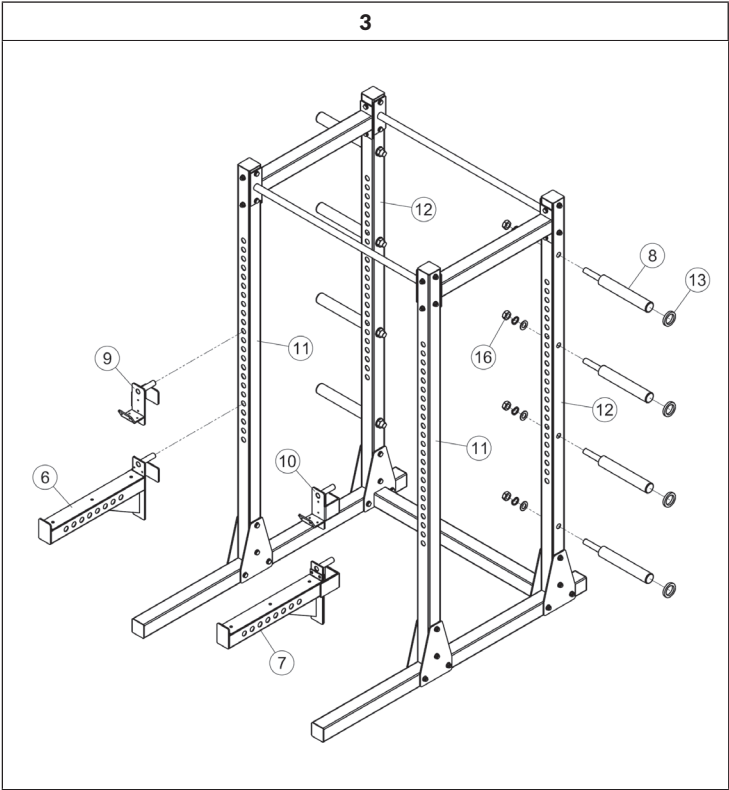
** with spring and washer

ASSEMBLY

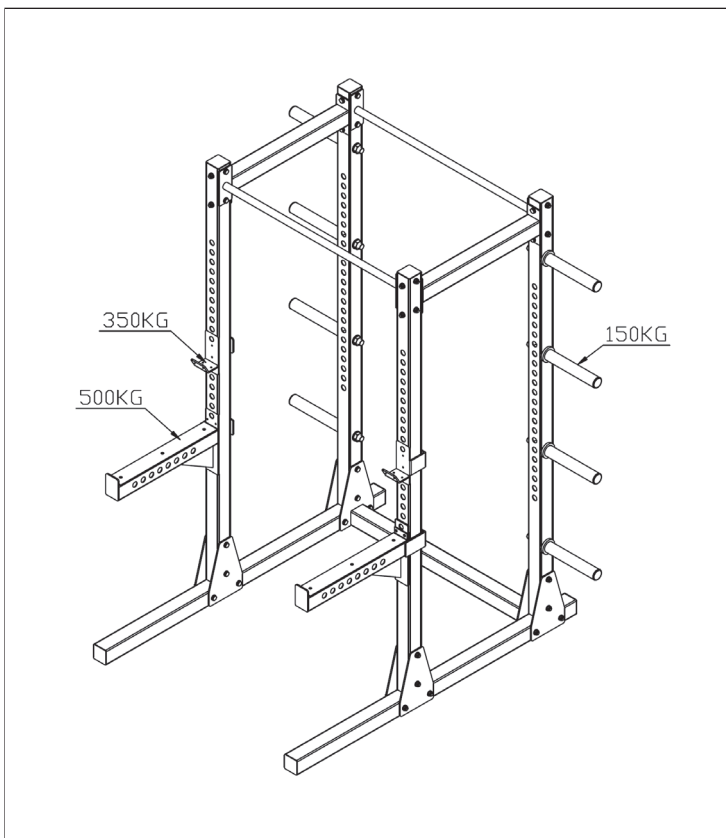




3



WEIGHT RATIOS



Estimado cliente:

Le felicitamos por la adquisición de este producto. Lea atentamente el siguiente manual y siga cuidadosamente las instrucciones de uso con el fin de evitar posibles daños. La empresa no se responsabiliza de los daños ocasionados por un uso indebido del producto o por haber desatendido las indicaciones de seguridad.


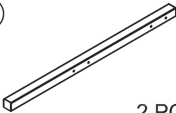
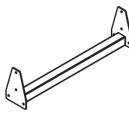
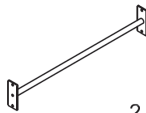
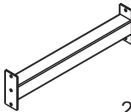
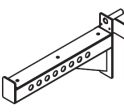
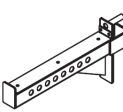
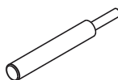


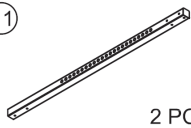
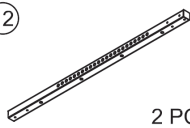

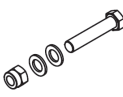
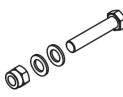

INDICACIONES DE SEGURIDAD

- Una vez montado el aparato, conserve el embalaje original.
- Asegúrese de que los tornillos están bien apretados.
- Coloque el aparato en una habitación amplia.
- Instale el aparato en una superficie plana y coloque una esterilla debajo para proteger el suelo.
- Antes de iniciar el entrenamiento en el aparato, se recomienda realizar un reconocimiento médico.
- Apriete las cubiertas antideslizantes de las tuercas con una llave.
- Este aparato no está indicado para un uso comercial, sino doméstico o para entornos similares. Entre estos se encuentran oficinas, granjas, hoteles, moteles e instalaciones que ofrecen servicio bed&breakfast.
- Antes de entrenar, apriete todos los tornillos para evitar producirse lesiones.
- No realice modificaciones en el aparato y no añada otras piezas que no sean las suministradas en la entrega.
- Instale el aparato en un lugar seco, lejos de cualquier tipo de humedad.
- Limpie el aparato con un paño seco y agua limpia. No utilice gasolina, sustancias diluyentes u otros químicos.
- Durante el entrenamiento, asegúrese de que los dedos no se quedan atrapados en ningún sitio.

FABRICANTE

Chal-Tec GmbH, Wallstraße 16, 10179 Berlín, Alemania.

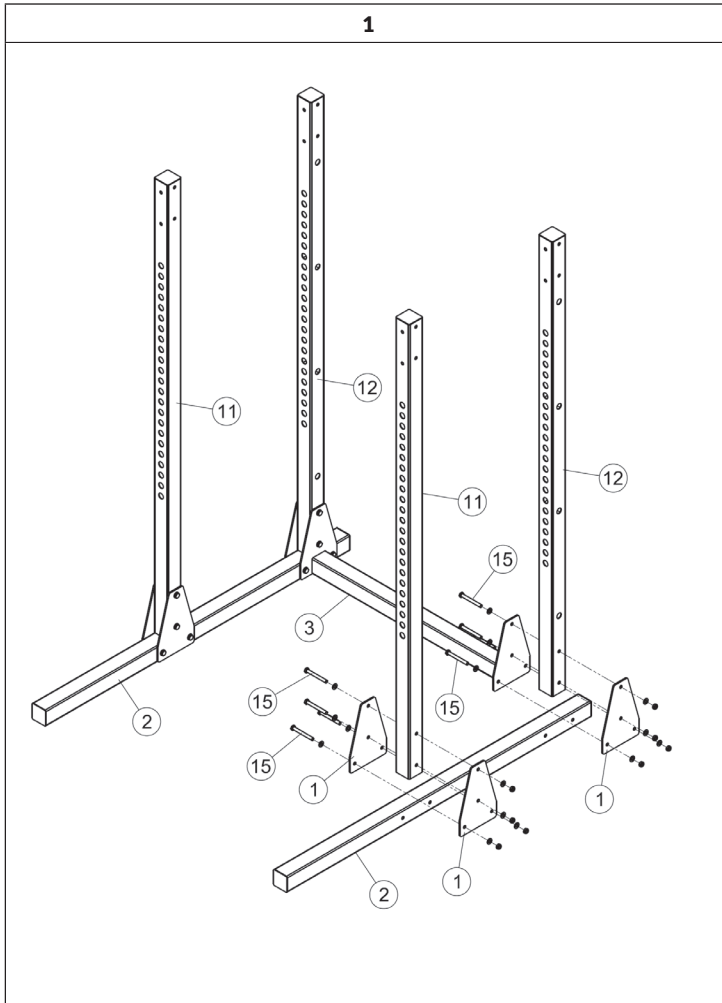
ENVÍO

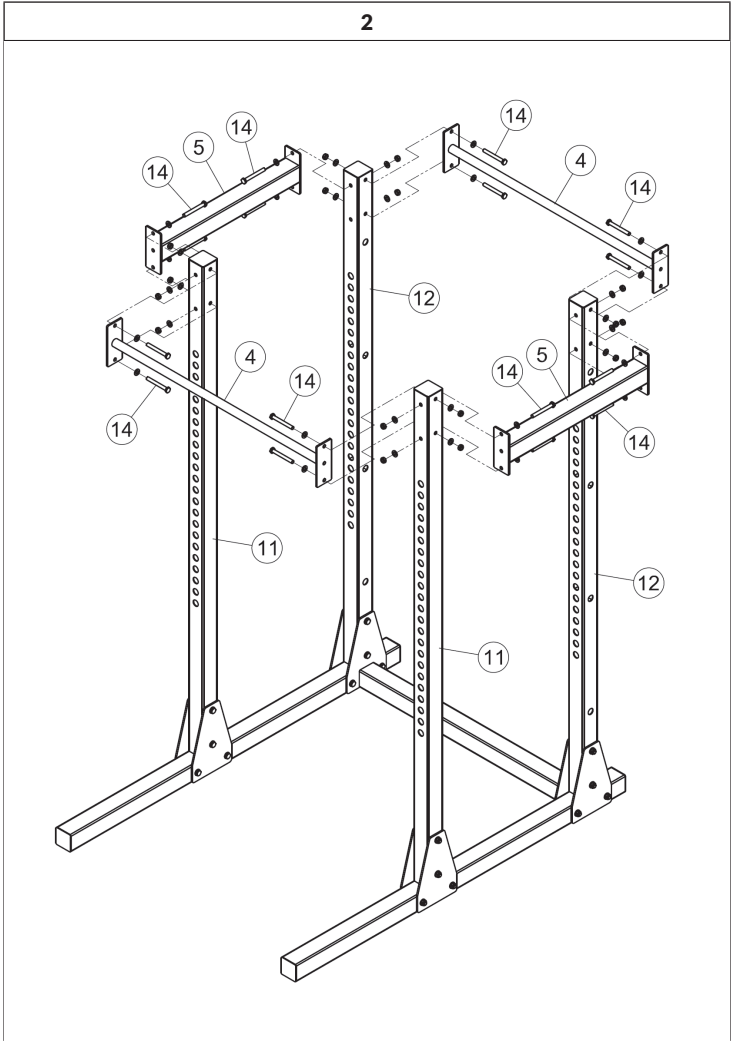
Tablilla	Base	Base posterior	Barra de dominadas
<p>①  6 PCS</p>	<p>②  2 PCS</p>	<p>③  1 PC</p>	<p>④  2 PCS</p>
<p>Soporte superior</p> <p>⑤  2 PCS</p>	<p>Soporte izquierdo</p> <p>⑥  1 PC</p>	<p>Soporte derecho</p> <p>⑦  1 PC</p>	<p>Soporte de peso</p> <p>⑧  8 PCS</p>
<p>Gancho izquierdo</p>	<p>Gancho derecho</p>	<p>Poste delantero</p>	<p>Poste trasero</p>
<p>⑨  1 PC</p>	<p>⑩  1 PC</p>	<p>⑪  2 PCS</p>	<p>⑫  2 PCS</p>
<p>Amortiguador</p> <p>⑬  8 PCS</p>	<p>M12*100 Pernos*</p> <p>⑭  16 PCS</p>	<p>M12*105 Pernos*</p> <p>⑮  16 PCS</p>	<p>M24 Tuerca**</p> <p>⑯  8 PCS</p>

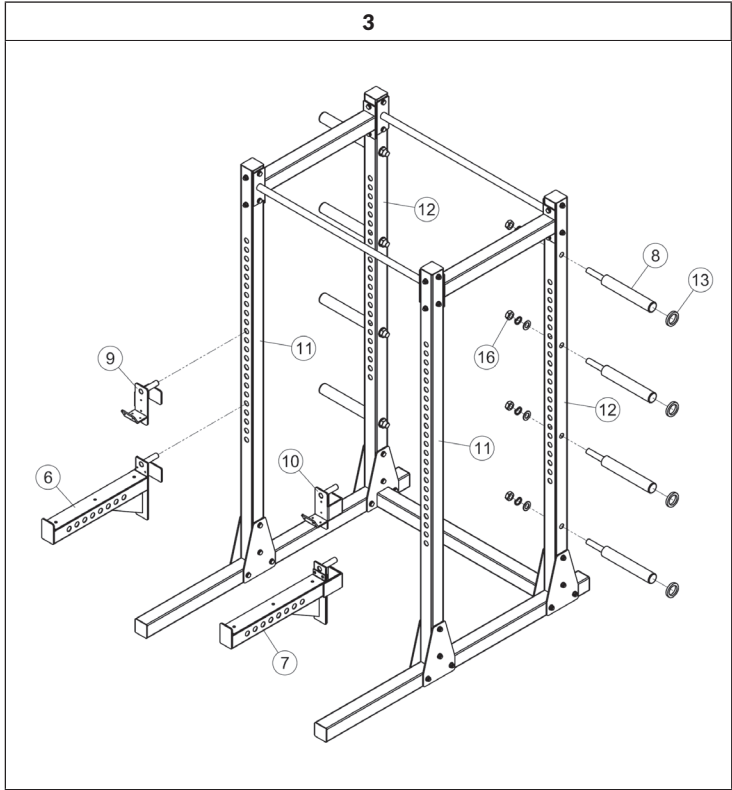
*con arandela y tuerca

**con arandela de muelle y arandela

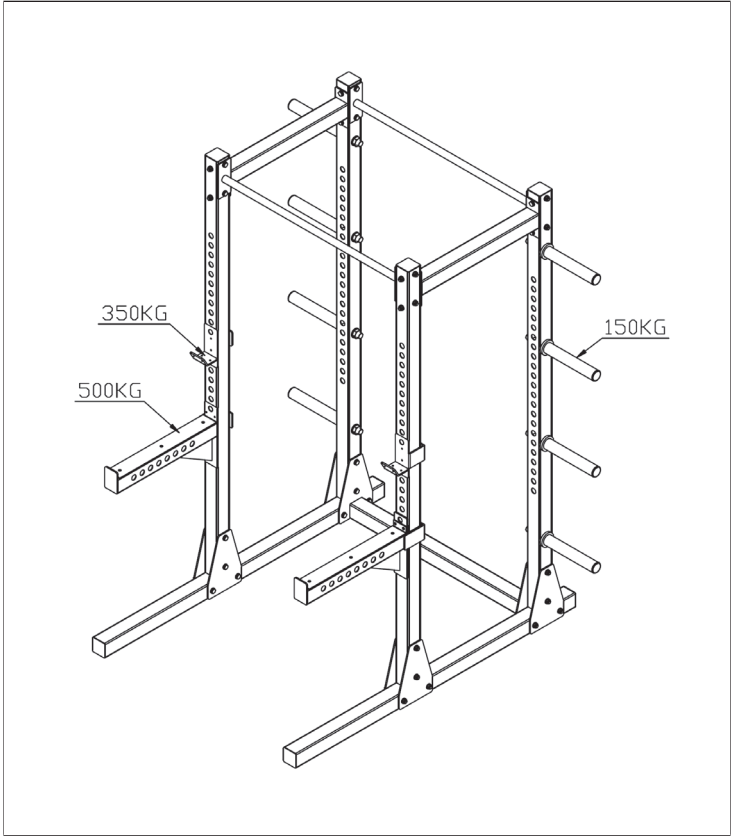
MONTAJE







PROPORCIÓN DE PESO



Cher client,

Toutes nos félicitations pour l'acquisition de ce nouvel appareil. Veuillez lire attentivement les instructions suivantes de branchement et d'utilisation afin d'éviter d'éventuels dommages. Le fabricant ne saurait être tenu pour responsable des dommages dus au non-respect des consignes de sécurité et à la mauvaise utilisation de l'appareil.


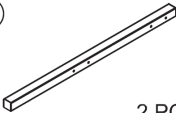
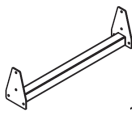
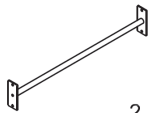
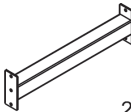
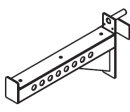
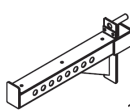
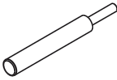


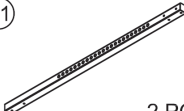
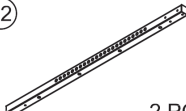

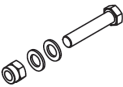
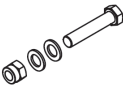

CONSIGNES DE SÉCURITÉ

- Conservez l'emballage d'origine après avoir assemblé l'appareil.
- Vérifiez régulièrement que toutes les vis sont bien serrées.
- Installez l'appareil dans un lieu spacieux.
- Placez l'appareil sur un support horizontal et installez-le sur un matelas pour protéger votre sol.
- Consultez votre médecin de famille avant de débiter l'entraînement.
- Les écrous sont recouverts d'un capuchon antidérapant. Serrez-les à l'aide d'une clé plate.
- L'appareil n'est pas destiné à une utilisation commerciale mais au cadre domestique et dans des conditions similaires. Cela comprend les cuisines de bureaux, les auberges, hôtels, motels et installations proposant des services de type Bed & Breakfast.
- Avant d'utiliser l'appareil, serrez bien toutes les vis pour ne pas risquer de vous blesser.
- Ne modifiez pas l'appareil et ne montez aucune autre pièce que celles qui sont fournies.
- Installez l'appareil dans un lieu sec uniquement, loin de toute sorte d'humidité.
- Nettoyez l'appareil avec un chiffon sec et de l'eau propre. Pour le nettoyage, n'utilisez pas d'essence, de solvant ou d'autre produit chimique.
- Faites attention à ne pas vous écraser les mains pendant l'entraînement.

FABRICANT

Chal-Tec GmbH, Wallstraße 16, 10179 Berlin, Allemagne.

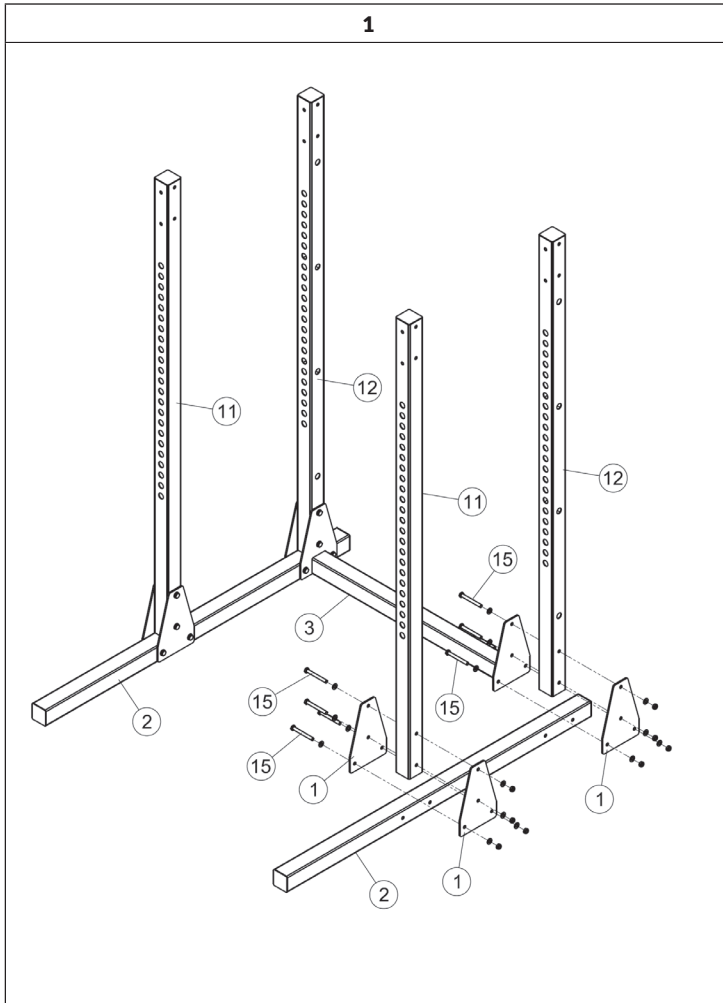
LIVRAISON

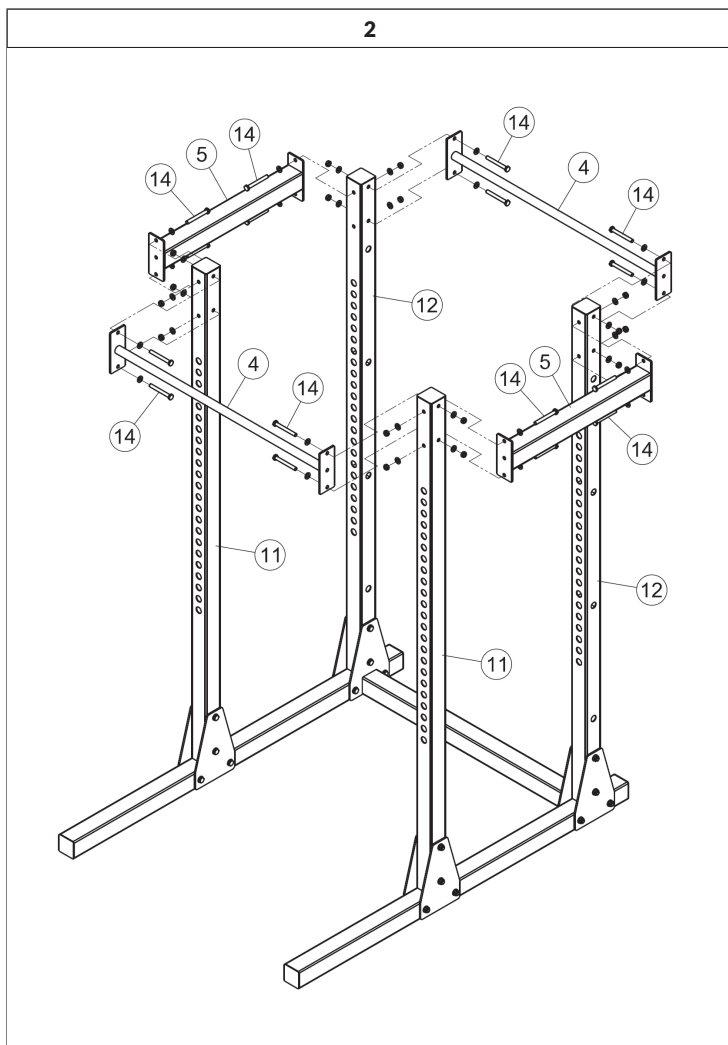
glissière	ped	partie arrière	traction
①  6 PCS	②  2 PCS	③  1 PC	④  2 PCS
support supérieur	attache de gauche	attache de droite	support de poids
⑤  2 PCS	⑥  1 PC	⑦  1 PC	⑧  8 PCS
crochet gauche	crochet droit	poteau avant	poteau arrière
⑨  1 PC	⑩  1 PC	⑪  2 PCS	⑫  2 PCS
pare-choc	boulon M12*100 (*)	boulon M12*105 (*)	écrou M24 (**)
⑬  8 PCS	⑭  16 PCS	⑮  16 PCS	⑯  8 PCS

* avec rondelles et écrous

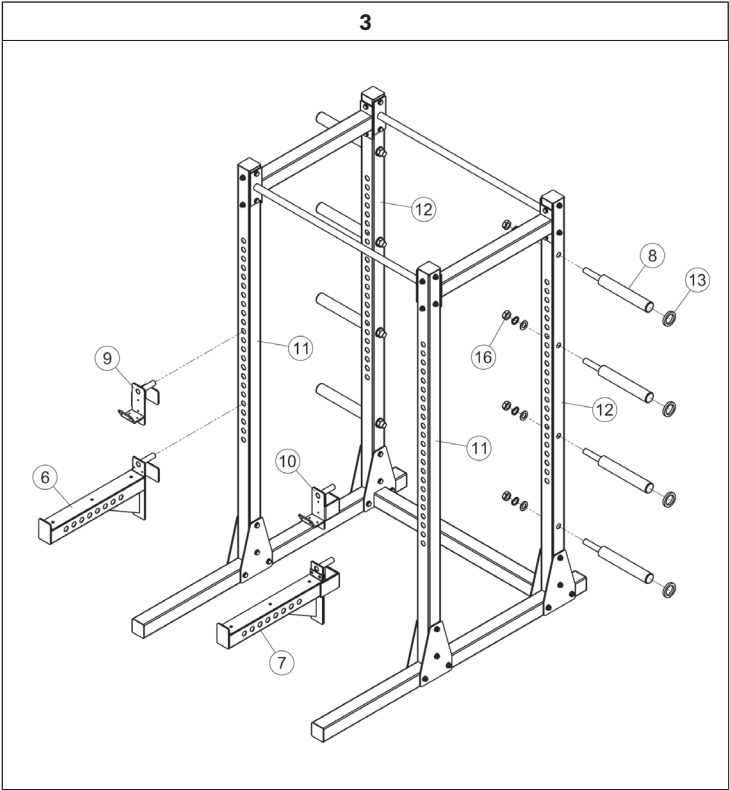
** avec rondelle de blocage et rondelle

ASSEMBLAGE

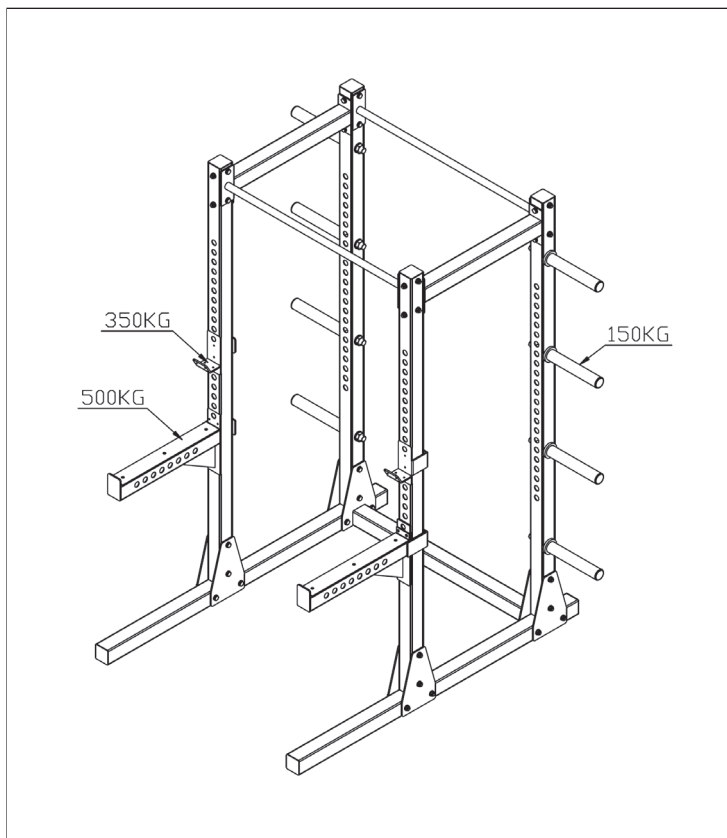




3



RÉPARTITION DES CHARGES



Gentile Cliente,

La ringraziamo per aver acquistato il dispositivo. La preghiamo di leggere attentamente le seguenti istruzioni per l'uso e di seguirle per evitare possibili danni tecnici. Non ci assumiamo alcuna responsabilità per danni scaturiti da una mancata osservazione delle avvertenze di sicurezza e da un uso improprio del dispositivo.


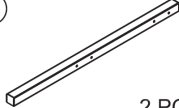
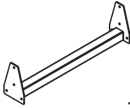
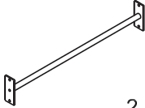
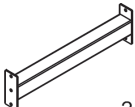
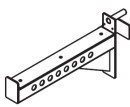
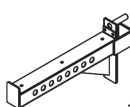
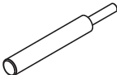


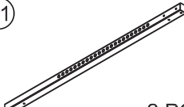
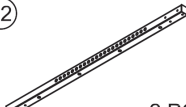

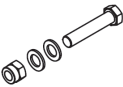
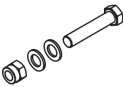

AVVERTENZE DI SICUREZZA

- Conservare l'imballaggio originale dopo il montaggio.
- Controllare regolarmente che le viti siano ben strette.
- Posizionare il dispositivo in un luogo spazioso.
- Posizionare il dispositivo su un fondo piano e porre un materassino al di sotto per proteggere il pavimento.
- Consultare un medico prima di iniziare l'allenamento.
- Sui dadi si trovano coperture antiscivolo. Stringerle con una chiave per dadi.
- Il dispositivo non è progettato per uso commerciale, ma solamente per un uso casalingo o in ambienti simili. Tra questi si trovano cucine presso uffici, corti, hotel, motel e bed & breakfast.
- Stringere per bene tutte le viti prima dell'utilizzo per evitare il rischio di lesioni.
- Non modificare il dispositivo e non aggiungere parti diverse da quelle incluse nel volume di consegna.
- Posizionare il dispositivo solo in ambienti asciutti, lontano da ogni tipo di umidità.
- Pulire il dispositivo con un panno asciutto e acqua pulita. Non utilizzare benzina, diluenti o prodotti chimici.
- Assicurarsi che le mani non rimangano schiacciate durante l'allenamento.

PRODUTTORE

Chal-Tec GmbH, Wallstraße 16, 10179 Berlino, Germania.

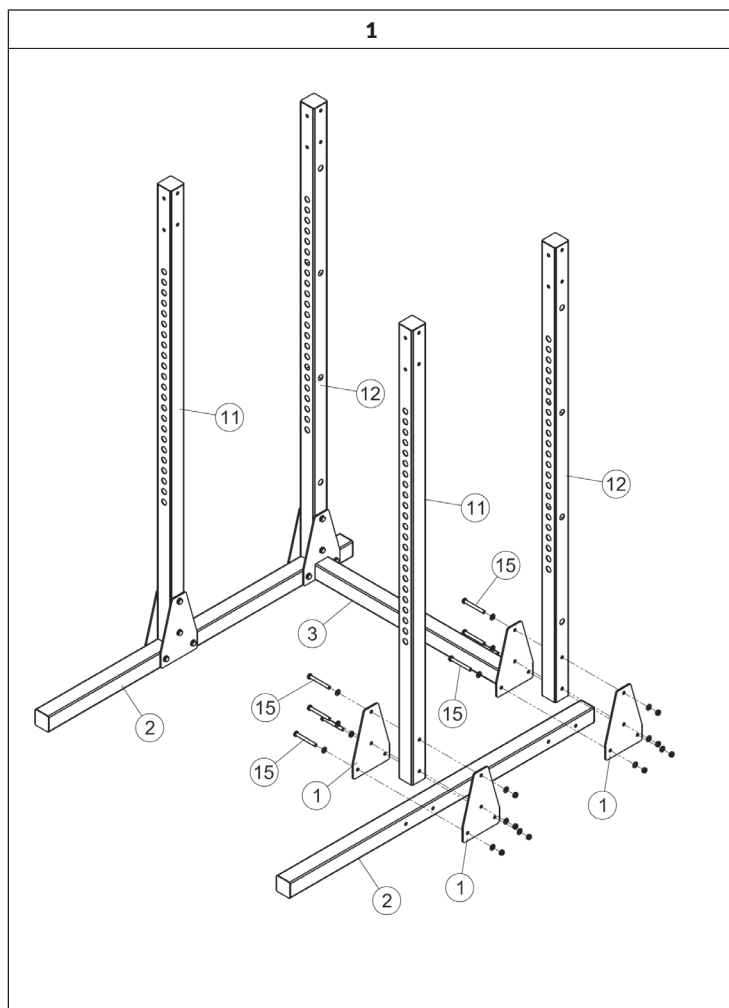
VOLUME DI CONSEGNA

1  6 PCS	2  2 PCS	3  1 PC	4  2 PCS
Placca	Piede	Elemento posteriore	Barra per trazioni
5  2 PCS	6  1 PC	7  1 PC	8  8 PCS
Supporto superiore	Morsetto sinistro	Morsetto destro	Supporto peso
9  1 PC	10  1 PC	11  2 PCS	12  2 PCS
Gancio sinistro	Gancio destro	Palo frontale	Palo posteriore
13  8 PCS	14  16 PCS	15  16 PCS	16  8 PCS
Paracolpi	Bulloni M12*100 (*)	Bulloni M12*105 (*)	Dadi M24 (**)

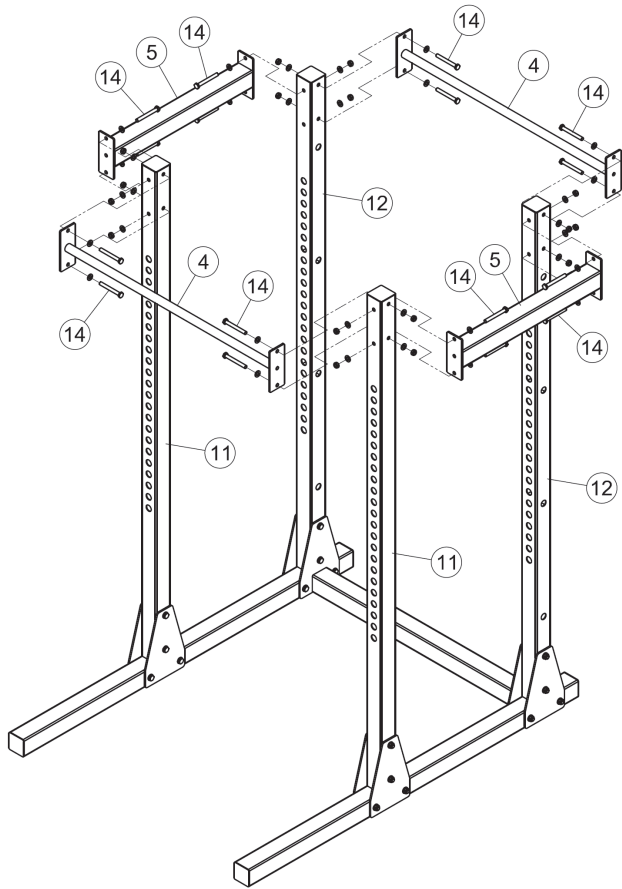
* con rondelle e dadi

** con dischi a molla e rondelle

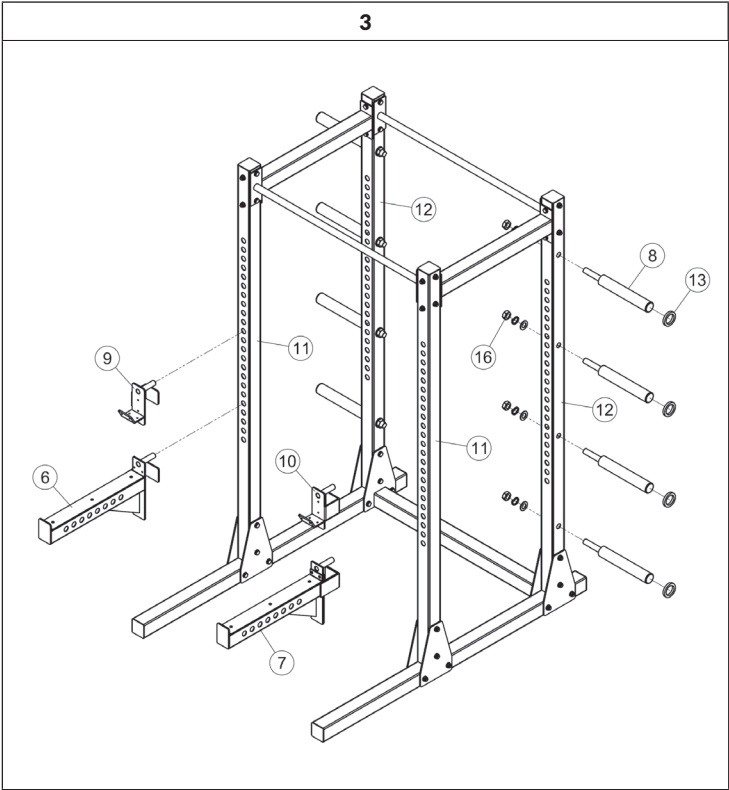
MONTAGGIO



2



3



RAPPORTI DI PESO

