

interatletika™

PRODUCTION AND SALE OF SPORTS GOODS

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DATA SHEET

KF801.6 – Supine press

KF802.6 – Shoulder press

KF806.6 – Deadlift



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FOR NOTES

1. GENERAL INFORMATION

The purpose and content of this document. This document is a data sheet for sport and playing product for children's use (code of the document GOST 2.601-95) and contains a general description of the product and its maintenance, also information on safe use, technical maintenance, transport and disposal.

The level of proficiency of the user. To use the product each of the adult user should:

- Become acquainted with this document in details;
- Rigidly adhere to the requirements of this document.

Children should use the product under adult control.

This product has the same "unsafe" level as the others. This is the reason the Manufacturer (Deliverer) bears no responsibility by injuries.

Marking and sealing. To avoid unapproved unpacking and to control the process of it the product has special plastic marks (seals).

Packing. The product is transported in polyethylene packaging. Additional it can be packed in carton.

Reproduction of this document and product modification. The manufacturer can make changes to the product design to improve its performance, change the design, etc. This document may not contain a description of such changes, but applies to the following modified products.

2. MAIN TECHNICAL DATA AND CHARACTERISTICS

Table 1 – Technical characteristics

№	Product code	Name	Overall dimensions, mm			Weigh ¹ , kg ²
			Length, mm	Width, mm	Height ¹ , mm	
1	KF801.6	Supine press	1852	976	1166	194
2	KF802.6	Shoulder press	1974	960	1947	233,5
3	KF806.6	Deadlift	1959	960	1131	194

General characteristics of the machines:

Max. user's weight

kg : **150**

The country of manufacturer

----- : **Ukraine**

Working temperature

С° : **from -20 till +30**

Category of users

sm : **from 130**

Function principle. Function principle is intended for muscles gains, metabolic enhancement, and muscle definition formation as well. Machines can be adjusted to each user depends on their physical culture.

General view. General view, a model and a name of the product is presented in **table 2.**

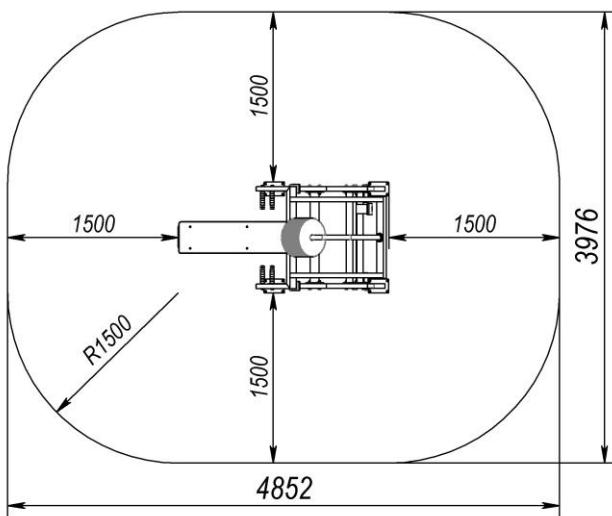
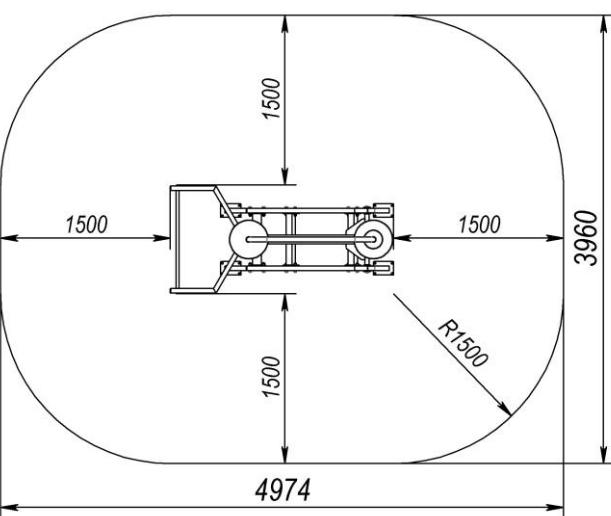
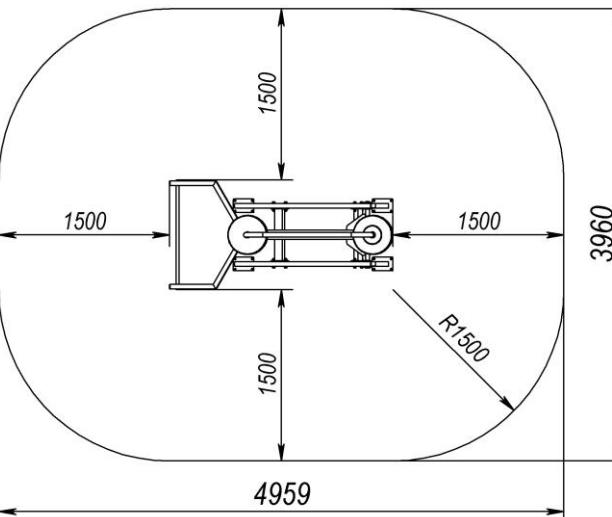
Table 2 – Product general view

Supine press	KF801.6	Shoulder press	KF802.6
			
Deadlift	KF806.6		
			

Table 3 – Overall dimensions

Supine press	KF801.6	Shoulder press	KF802.6
	<p>1166</p> <p>976</p> <p>1852</p>	<p>1947</p> <p>960</p> <p>1974</p>	
Deadlift	KF806.6		
	<p>1131</p> <p>960</p> <p>1959</p>		

Safety zone

Supine press	KF801.6	Shoulder press	KF802.6
			
Deadlift	KF806.6		
			

3. COMPLETE SET

The purpose of the machine. The name, the list, its markings and general view are presented in chapter 2. The equipment is intended for doing sports (physical trainings) at special playgrounds or in gyms.

Complete set. Complete set includes:

- the equipment, mentioned in chapter 2;
- data sheet.

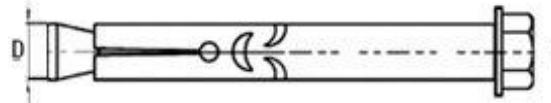
Table 3. The name of the main parts of the product:

Nº	Name
1	Iron rack (mended; with bolt connections)
2	Movable lever with varying loads
3	Connecting elements (bolts, nuts, washers, spring washers).

4. PRODUCT ASSEMBLY AND INSTALLATION PROCEDURE

Instrument and tools. No instrument needed with anchor bolts (needed for fixing product) for its assembling and installation is a part of a set.

Product installation must be done at the concrete surface with anchor bolts of 10 mm diameter and 80 mm length.



Picture 1. Anchor bolt schematic representation.

The machine is transported assembled or half-assembled depends on the model of the product.

Table 4. Product assembly and installation procedure.

1. Prepare a flat concreted surface.
2. Take 0,00 as a mark of surface for impact-absorbing coverage.
3. Install at the flat surface, mark the territory in accordance with the bores at the product racks, and make bores in depth that are needed for anchor installation. The distance between products should not be less than 1,5 m.
4. Fix with anchor bolts.
5. Cover the surface with impact-absorbing coverage. The examples of impact-absorbing coverage are [presented below].

Table 5. Impact-absorbing coverage

Nº	Material – coverage ¹	Description	Minimal layer thickness ¹ , mm	Max. height of fall, mm
1	Concrete/stone	—	—	≤1 000
2	Surface with bitumen	—	—	≤1 000
3	Natural soil	—	—	≤1 200
4	Grass-plot	—	—	≤1 500
5	Wooden mulch	Chopped fir-tree bark, grain size 20-80 mm Grain size 0,2-2 mm	200 300	≤2 000 ≤3 000
6	Sawdust	Mechanically chopped timber (not the materials of wood) without bark and leaves, grain size 5-30 mm Grain size 2-8 mm	200 300	≤2 000 ≤3 000
7	Sand ^{2, 3}	Grain size 0,2-2 mm	200 300	≤2 000 ≤3 000
8	Gravel ^{2, 3}	Grain size 2-8 mm	200 300	≤2 000 ≤3 000
9	Other materials and layer thickness	Tested by NIS in accordance with EN 1177		Critical height of fall based on test results

1 – Add 100 mm granular material to the minimal layer thickness to reach the amortization.

2 – No silt or clay fractions are to be found; grain size can be measured with mechanical analysis in accordance with EN 933-1.

3 – Is not appropriate for the machines where hard surface and firm user's attitude are needed.

5. INSTRUCTIONS FOR SAFE USE

Do not use the product until it has been fully and completely installed.

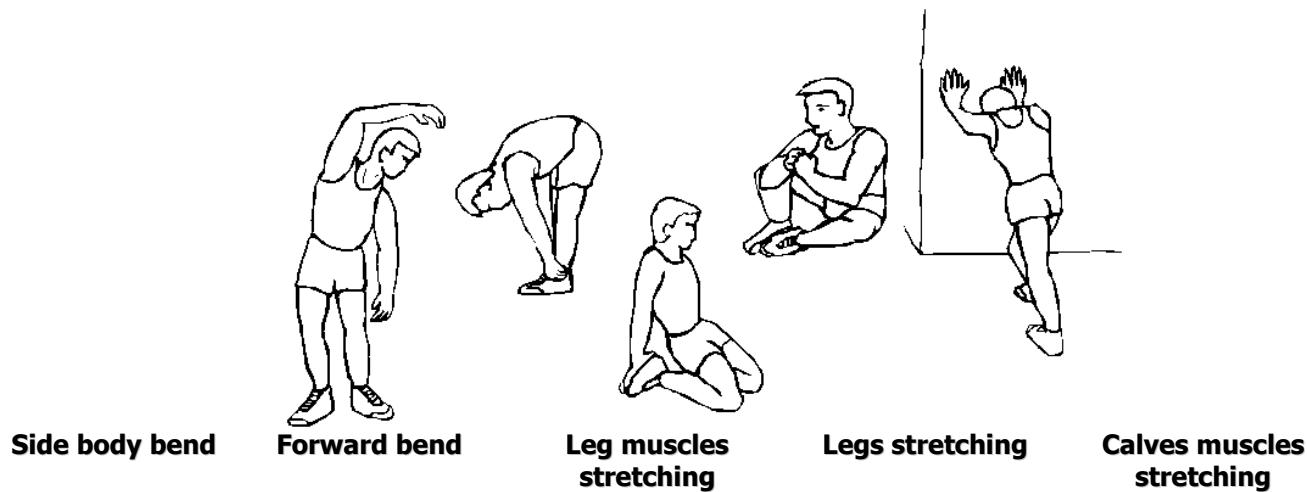
The product must not be used by users of a different age category.

The product must not be used by users of a different weight category.

Before using the product, clear the safety area of any unnecessary objects that may cause damage to the user (debris, tools left over from assembly and installation, etc.).

Do not use the product in adverse weather conditions (ice, snow, rain, hail, strong winds, etc.), which may cause injury to the user.

Warm up (do some exercises to warm up the muscles to avoid injuries and make the level of effectiveness higher) before starting doing exercises. It is recommended to do the complex of exercises provided below before every time the product is used. Each exercise should be done for 30 seconds or more. Stop training in case you feel pain or discomfort.



After warming up you can start training at the equipment in accordance with the procedure provided below:

1. Hold right starting position.

2. Do the exercise in accordance with coach's recommendations (instructor).

3. After the exercise is done turn movable parts back to their initial positions.

Watch your body reactions! Wrong product usage or overloading may cause harm to your health. Stop doing exercises in case you feel the symptoms mentioned below: pain, chest pressure, heartbeat or breath disorder, weakness or dizziness. In case such symptoms occur regularly, consult a doctor before continuing the training.

Use comfortable sport wear for doing sports – sticking the clothes in movable parts of the machine may cause the injuries of the user and damaging the product. Always firmly hold the hand cranks of the machines and do not stand up (in case the user is needed to be in seating position).

Do not do sports after drinking alcohol or any medicines.

6. TECHNICAL MAINTENANCE

General points.

Technical maintenance is intended for user's responsibility that are mentioned in this document starting with every-day overview of the product before doing sports.

Check working capacity and absence of breakages (defects) before the usage of the product – in case there are some breakages of the product or its partial or full down state the usage of the product is forbidden.

Daily inspection of the product is a very important procedure. With its help, you can timely detect any changes in the appearance of the product (deformation of individual parts, deformation of the structure as a whole or part of it, damage to parts, cracks of welds, as well as the absence of fastening of parts of the product, etc.).

Before using the product, check its operability, absence of damage, dirt on the product, sharp edges, reliability of fixing the structure, absence of unnecessary objects on the surface of the site. If the product is damaged, fully or partially inoperable, or has any other defects, do not use it.

During operation it is also necessary to inspect the condition of the product periodically - the current inspection. It includes an external inspection of the product, checking its operability (in the presence of moving elements - the smoothness of the movement of mechanisms, compliance with operating modes, etc.). Current inspection allows you to detect malfunctions caused by the operation of equipment, climatic conditions, acts of vandalism and other factors, until they reach a critical level and the destruction of the product. The current inspection is carried out in order to detect foreign objects that may threaten the user and lead to violations of the functioning of the product. The frequency of the

current inspection is set by the owner taking into account the operating conditions. If you do not have sufficient technical knowledge and skills to conduct such inspections, we recommend you to contact the authorized specialists of the manufacturer in order to obtain advice.

Every three months, a scheduled inspection should be carried out, which primarily concerns the foundation part, load-bearing elements and connection nodes of elements (their integrity and degree of deterioration).

The main annual inspection must be carried out annually by authorised specialists of the manufacturer. During the inspection, the technical condition of the equipment shall be assessed for compliance with safety requirements. The degree of deterioration and damage to wooden elements and their ability to withstand the applied loads, damage, corrosion of metal elements and the impact of these factors on the safety of the product are determined. The inspection also helps to identify the impact of repairs, if any, on the safety of the equipment.