

interatletikaTM

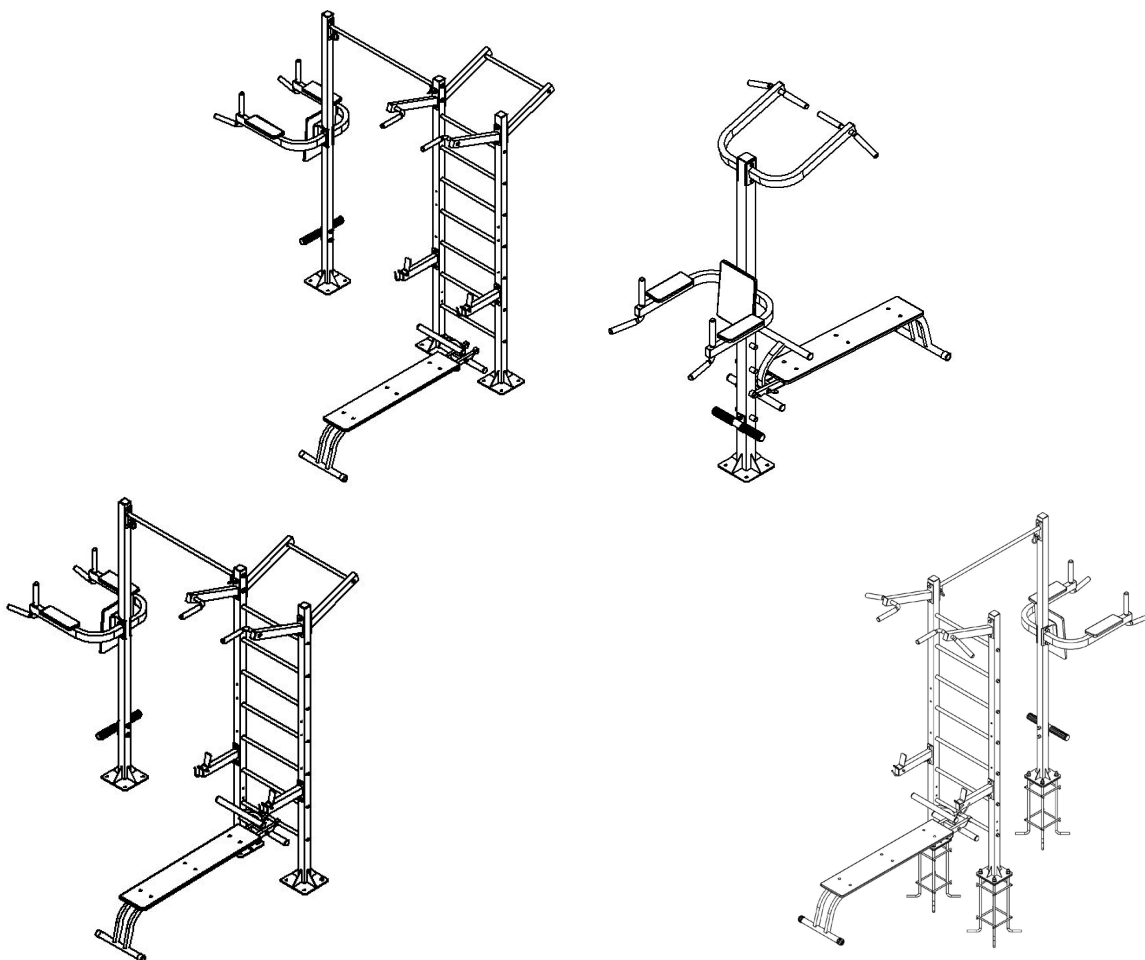
PRODUCTION AND SALE OF SPORTS GOODS

Customer support:
+38 095 273 81 53
play.interatletika.com
export.team@interatletika.com

DATA SHEET

SPORTS EQUIPMENT FOR OUTDOOR SPORTS

UT 101,101.1,102,102.9,103,105



CONTENT

Chapter 1	INTRODUCTION	3	<i>page</i>
Chapter 2	DESCRIPTION AND WORK	3	<i>page</i>
Chapter 3	USE FOR THE INTENDED PURPOSE	7	<i>page</i>
Chapter 4	INSTALLATION	8	<i>page</i>
Chapter 5	MAINTENANCE	9	<i>page</i>
Chapter 6	STORAGE	9	<i>page</i>
Chapter 7	TRANSPORTATION	9	<i>page</i>
Chapter 8	DISPOSAL	10	<i>page</i>

Chapter 1. INTRODUCTION

Purpose and content of this document. This document is unified operating document for sports equipment (document code according to GOST 2.601-95: RE) of the UT line and contains general description of the equipment and its operation, as well as information on installation, intended use, maintenance, current repair, transportation, storage of the equipment.

Special training level of the equipment user. Before using sports equipment, each user is obliged to:

- Read and understand this document in detail
- Strictly adhere to the requirements and recommendations of this document;
- know and strictly follow the general rules of sports (physical exercises) and training on sports equipment;
- consult a doctor regarding the possibility and safety for health during training on exercise equipment.

Distribution of this document for product modifications. Manufacturer can make modifications to the design of the equipment to improve its performance, change the design, etc. This document may not contain description of such changes, but applies to the following modified machines.

Chapter 2: DESCRIPTION AND OPERATION OF TRAINING MACHINES

Purpose of sports machines. The name of the product and its purpose are given on the cover page of this document. The products are intended for outdoor exercise.

Characteristics of sports machines. The individual characteristics of the machines are shown in Table 1.

General characteristics of the machines:

Maximal user weight	kg	:	150
Country of manufacture	-----	:	Ukraine
Operating temperature	C°	:	from -25 up to +40 C°

Components of the machines. The general view of the machines and their main components are shown in the corresponding pictures in Table 2. The delivery set includes:

- Sports machines mentioned in Table 1;
- Fasteners for equipment supplied disassembled;
- Packaging;
- Operating manual;

Names of the main components of the equipment:

Nº	Description of the parts
1	Ladder (depending on the type of machine)
2	Support rack (depending on the type of machine)
3	Bench for abdominals
4	Lever (2 pcs) for abdominals
5	Footrest
6	Barbell support (2 pcs.) (depending on the type of machine)
7	Horizontal bar (depending on the type of equipment)
8	Plastic handles, plugs, protective elements
9	Connecting elements (bolts, nuts, washers, spring washers)

Structure and operation. The principle of operation of the equipment is to transfer the load on the human muscles during training due to its own weight.

Tools and accessories. The equipment does not include the tools required for assembly.

Marking and sealing. Each machine in line is specially marked (product code, date of manufacture, and the mark of the Quality Control Department). The packaging of the machines is not marked.

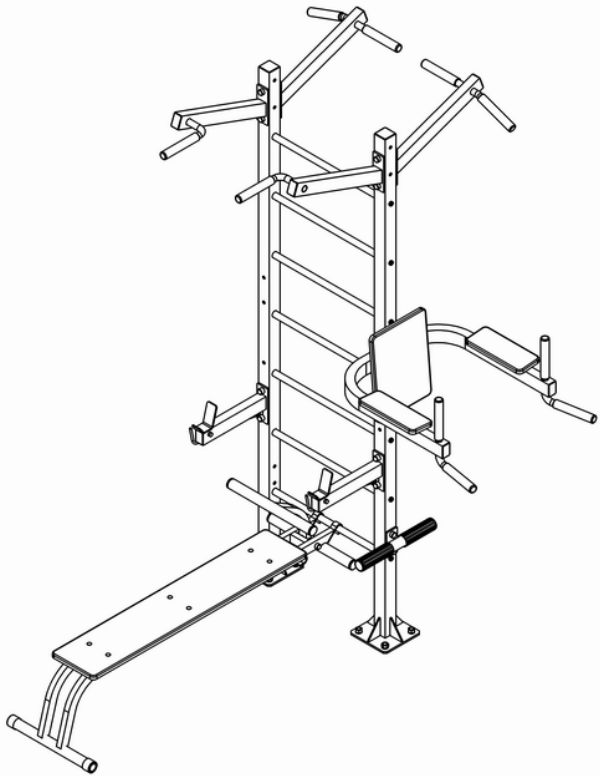
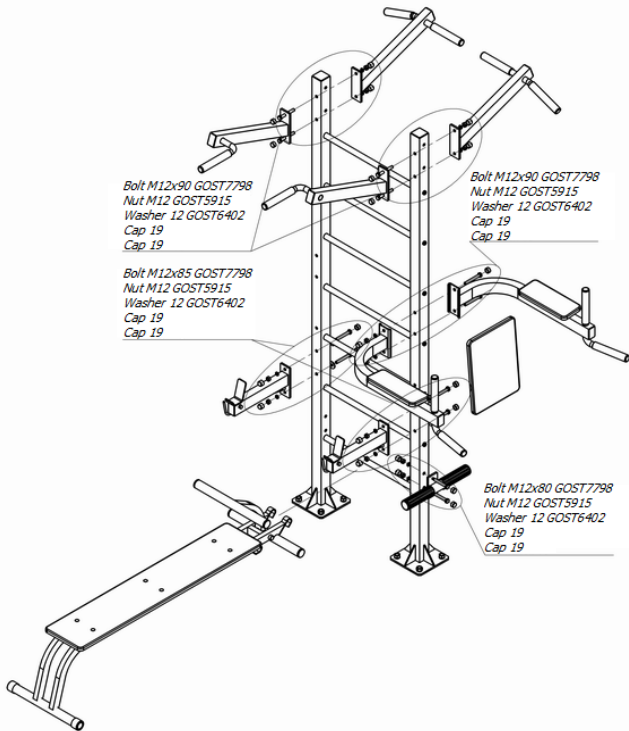
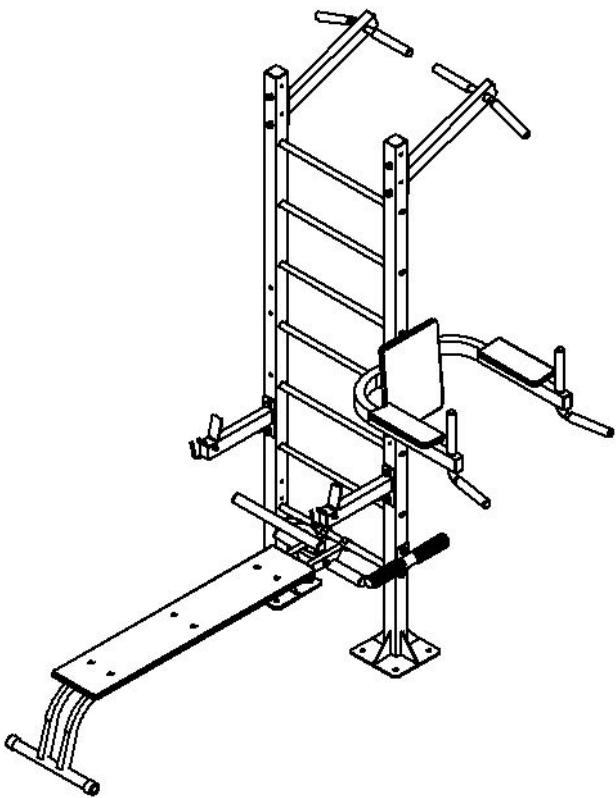
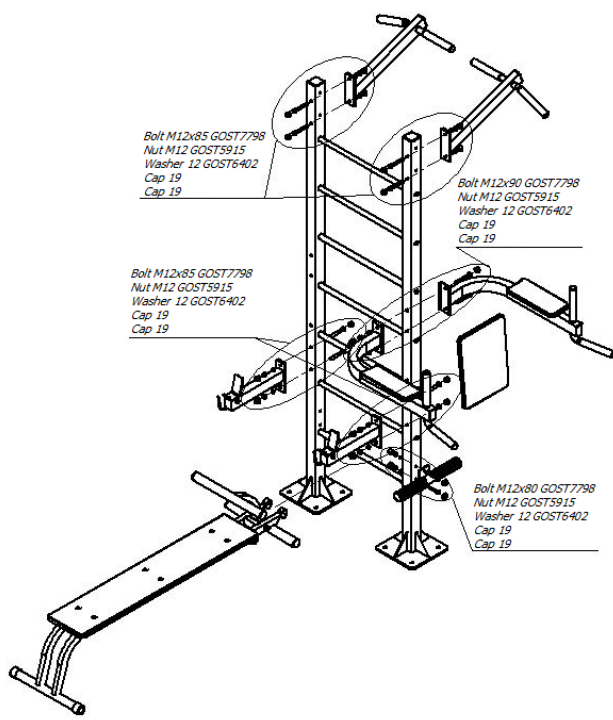
Packaging. The machines are supplied in cardboard packaging to prevent damage during transport. Depending on the model and type of the machine, individual parts of the machine may be additionally packed in polyethylene. The cardboard packaging must be kept by the Buyer (the machine can only be returned in the packaging). There are no seals on the packaging.

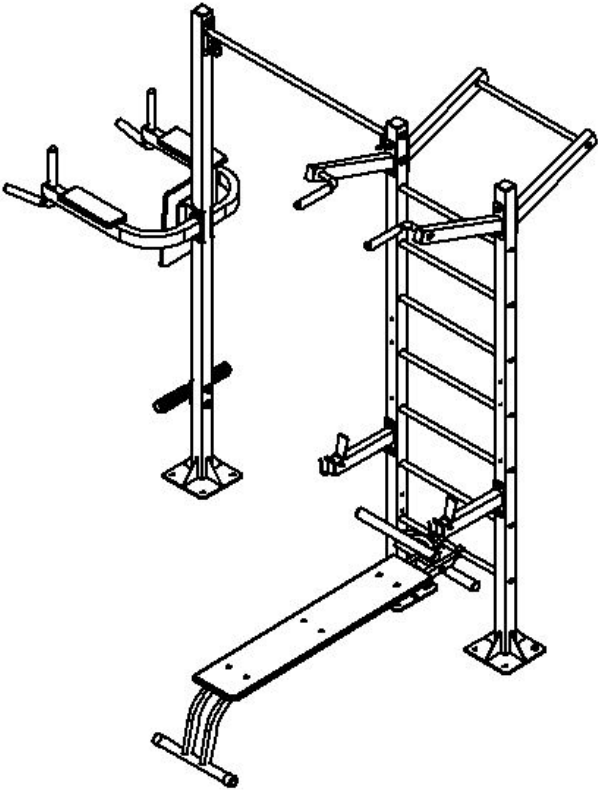
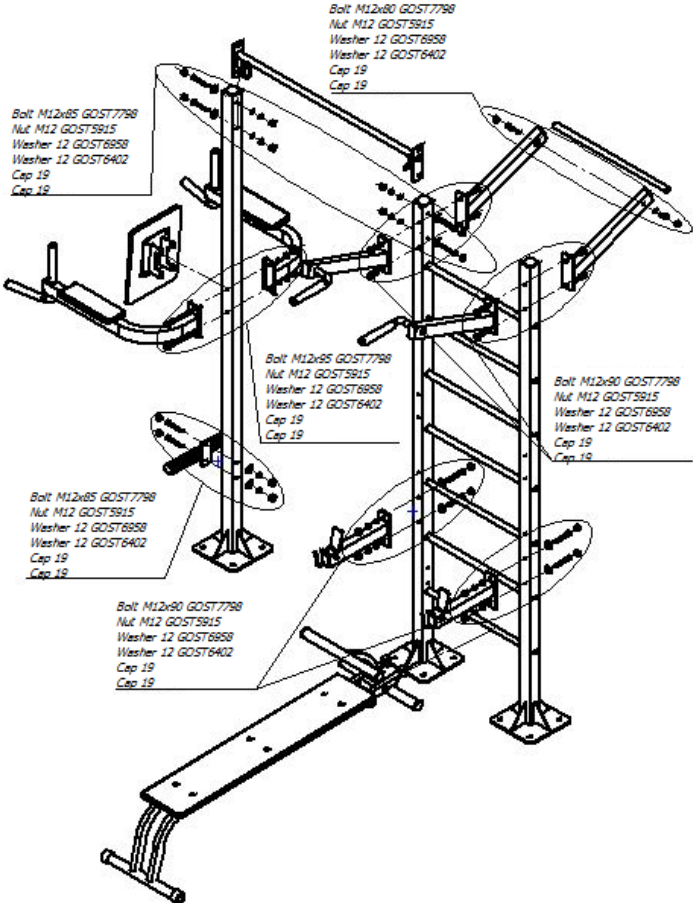
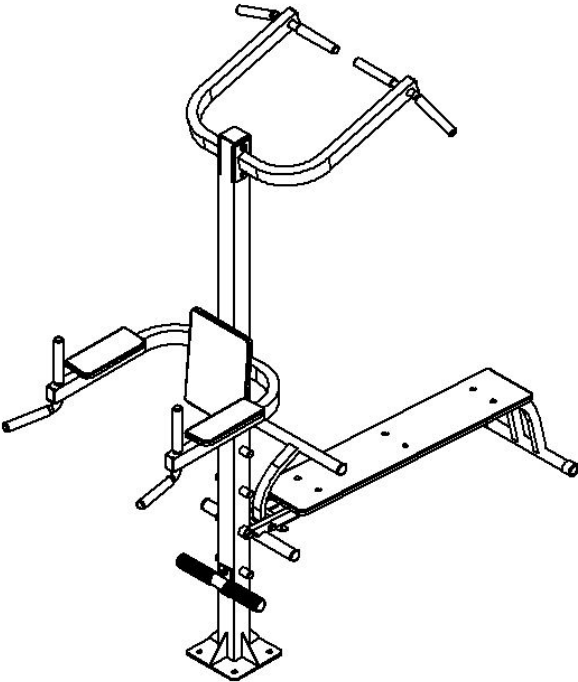
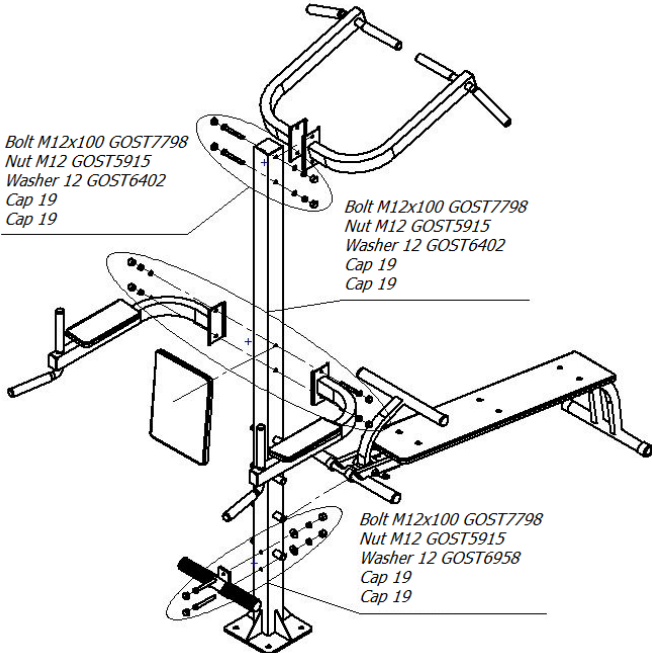
Description and functioning of the equipment components

Table 1: General list of machines with a list of their technical characteristics and a note on their availability (number).

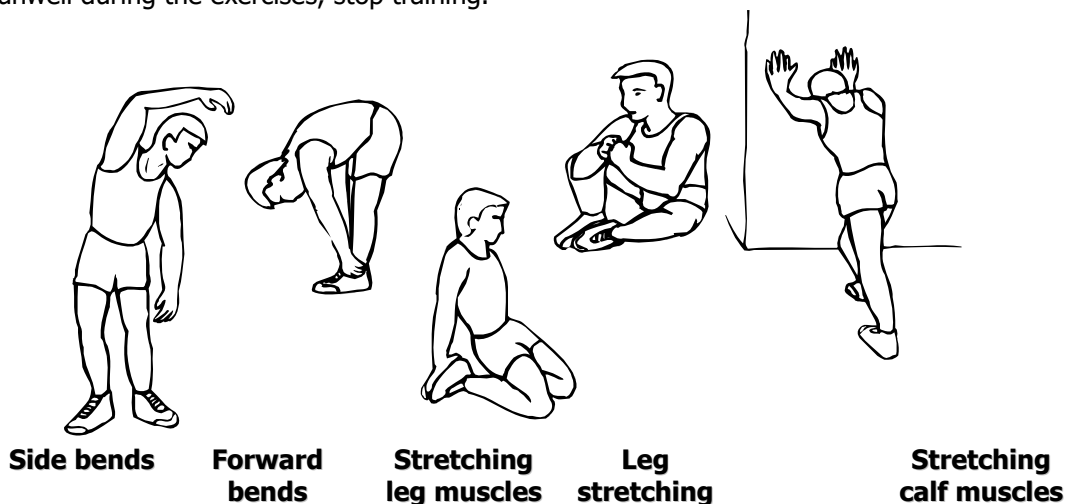
№	Name of the machine	Product code	Dimensions, mm			Weight of the machine, kg	Quantity (delivered to the consumer under the relevant agreement)
			Length	Width	Height		
1	Athletic Complex	UT101	2075	1725	2434	104,4	
2	Athletic Complex	UT101.1	2075	1725	2434	99,5	
3	Athletic Complex	UT102	2737	2075	2411	129,1	
4	Athletic Complex	UT103	2379	1109	2412	73,4	
5	Athletic Complex	UT105	3538	1253	2434	125,9	
6	Hang for punching bag	UT102.4	571	60	170	3,3	
7	Hang swings	UT102.5	948	150	1731	6,8	
8	Hyperextension	UT102.9	1390	680	875	23,4	

Table 2. External view of the equipment with the order of assembly

Athletic Complex	UT 101	Assembly scheme of the equipment
		 Bolt M12x90 GOST 7798 Nut M12 GOST 5915 Washer 12 GOST 6402 Cap 19 Cap 19 Bolt M12x85 GOST 7798 Nut M12 GOST 5915 Washer 12 GOST 6402 Cap 19 Cap 19 Bolt M12x90 GOST 7798 Nut M12 GOST 5915 Washer 12 GOST 6402 Cap 19 Cap 19 Bolt M12x80 GOST 7798 Nut M12 GOST 5915 Washer 12 GOST 6402 Cap 19 Cap 19 Install plugs in the free holes ZO D16
Athletic Complex	UT 101.1	Assembly scheme of the equipment
		 Bolt M12x85 GOST 7798 Nut M12 GOST 5915 Washer 12 GOST 6402 Cap 19 Cap 19 Bolt M12x85 GOST 7798 Nut M12 GOST 5915 Washer 12 GOST 6402 Cap 19 Cap 19 Bolt M12x90 GOST 7798 Nut M12 GOST 5915 Washer 12 GOST 6402 Cap 19 Cap 19 Bolt M12x80 GOST 7798 Nut M12 GOST 5915 Washer 12 GOST 6402 Cap 19 Cap 19 Install plugs in the free holes ZO D16

Athletic Complex	UT 102	Assembly scheme of the equipment
		 Bolt M12x80 GOST7798 Nut M12 GOST5915 Washer 12 GOST6958 Washer 12 GOST6402 Cap 19 Cap 19 Bolt M12x85 GOST7798 Nut M12 GOST5915 Washer 12 GOST6958 Washer 12 GOST6402 Cap 19 Cap 19 Bolt M12x90 GOST7798 Nut M12 GOST5915 Washer 12 GOST6958 Washer 12 GOST6402 Cap 19 Cap 19 Bolt M12x85 GOST7798 Nut M12 GOST5915 Washer 12 GOST6958 Washer 12 GOST6402 Cap 19 Cap 19 Bolt M12x90 GOST7798 Nut M12 GOST5915 Washer 12 GOST6958 Washer 12 GOST6402 Cap 19 Cap 19 Install plugs in the free holes ZO D16
Athletic Complex	UT 103	Assembly scheme of the equipment
		 Bolt M12x100 GOST7798 Nut M12 GOST5915 Washer 12 GOST6402 Cap 19 Cap 19 Bolt M12x100 GOST7798 Nut M12 GOST5915 Washer 12 GOST6402 Cap 19 Cap 19 Bolt M12x100 GOST7798 Nut M12 GOST5915 Washer 12 GOST6958 Cap 19 Cap 19

any pain or feel unwell during the exercises, stop training.



After warming up you can start training directly on the machines, following the next procedure and rules:

1. Take the correct starting position on the machine.
2. Perform the exercise according to the recommendations of the trainer (instructor).
3. At the end of the exercise, smoothly return the moving parts of the machine to the starting position.

Procedure of controlling the serviceability of equipment.

The equipment must be installed and tested in according to these operating instructions.

Before starting the training check the integrity of the training equipment components and the tightness of the threaded connections.

Safety measures during the intended use of the machine.

Please read this document carefully before assembling and using the machine. It is obligatory for all users of the equipment to read this document.

Do not train on unattested or faulty complex. Do not make any changes to the design of the equipment.

Safe and effective training on exercise equipment is only possible if the equipment is properly assembled and maintained in a timely and regular manner.

Before using the equipment consult your doctor to ensure that the equipment is safe for your health and to determine any physical conditions that may cause risk to your health and safety or prevent you from using the equipment effectively. Doctor's consultation is especially necessary if you are taking medications that affect your heart rate, blood pressure and cholesterol levels.

Watch your body's reaction! Improper use of the equipment or excessive loads can be harmful to your health. Stop exercising if you experience the following symptoms: pain, chest pressure, abnormal heartbeat or breathing, weakness or dizziness. If these symptoms occur regularly, consult a doctor before continuing to exercise.

For the normal and safe operation of the machines free space of at least 50 cm from the outermost parts of the machines is required at the maximum working position of their parts.

Before each use check the technical condition of the equipment and its serviceability, in particular, make sure that all studs and connections are securely fastened.

In order to avoid early wear and tear and breakdowns carry out regular maintenance checks on the machines.

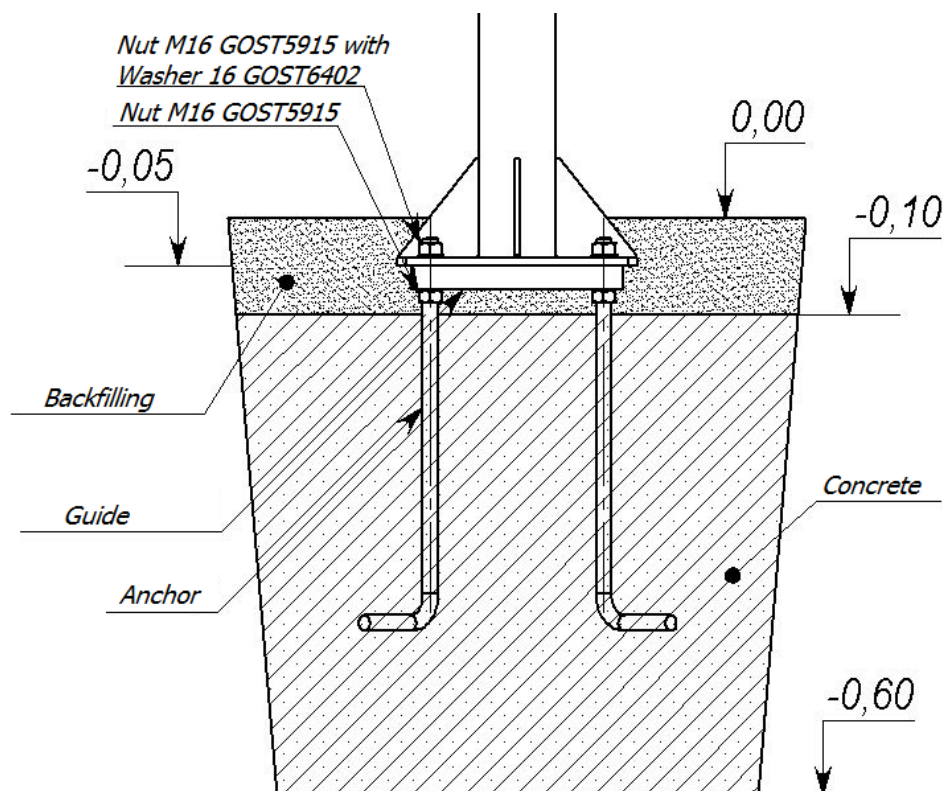
Make sure that the machines are placed on a firm, horizontal surface and that they are correctly levelled. Always use the equipment for its intended purpose. If you hear unnecessary noises (sounds) during use or notice malfunctioning of the equipment stop training until the fault is identified and eliminated..

Wear comfortable sportswear for training - getting your clothes caught in moving parts of the equipment can lead to personal injury and equipment damage.

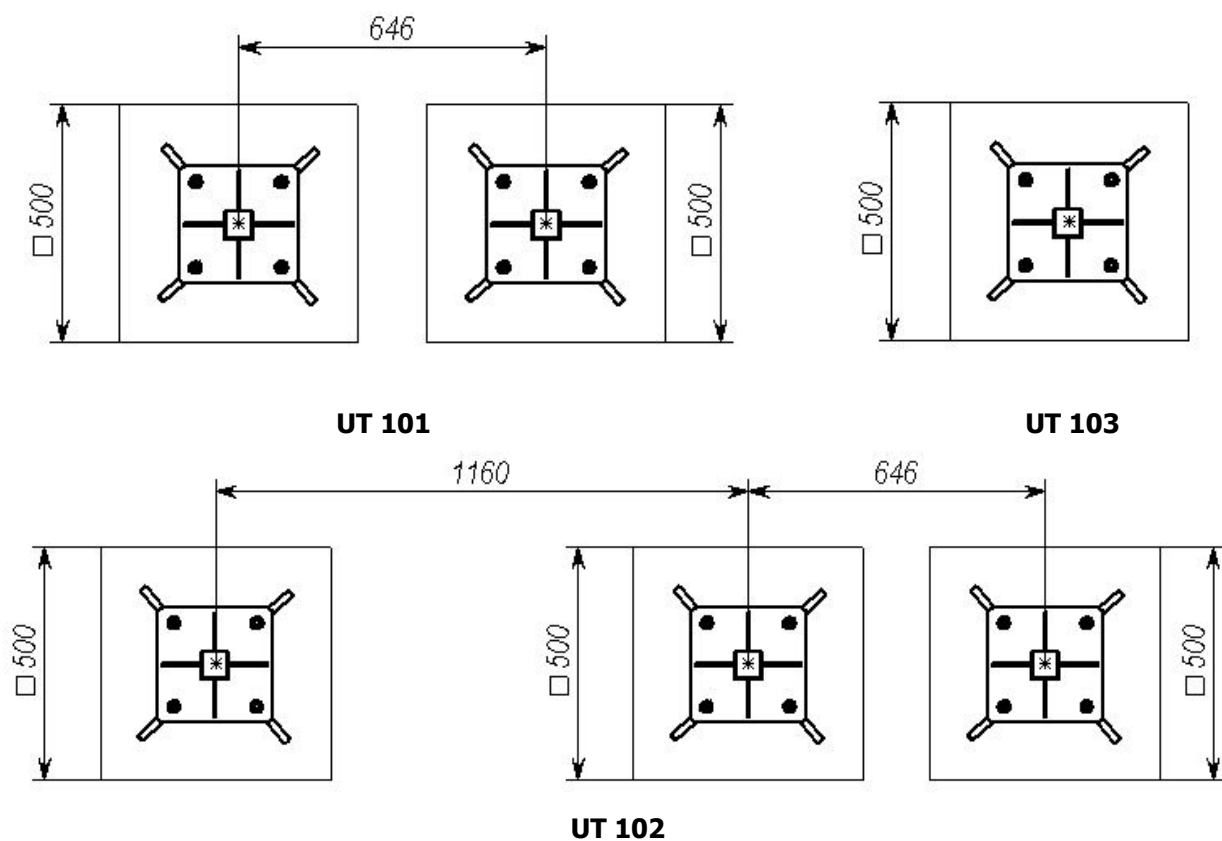
Do not exercise on the equipment after drinking alcohol or taking any medications.

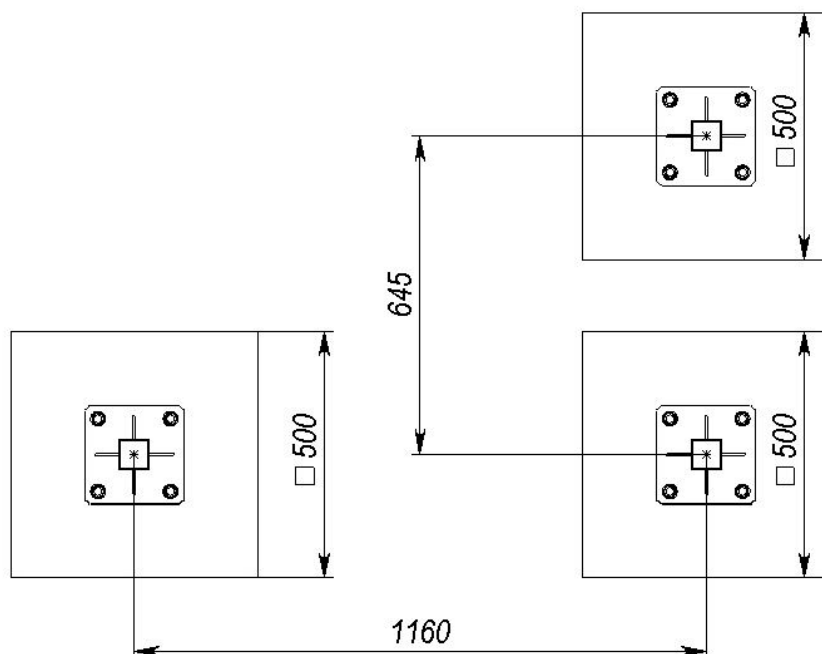
Chapter 4. INSTALLATION OF EQUIPMENT

1. Prepare a piece of land (level it) and mark it out (picture 2).
2. Take the ground level as 0.00.
3. Dig the pit(s). The dimensions are shown in picture 1 and picture 2.



Picture 1 - Installation of anchors





UT105

Picture 2 - Layout and parameters of the pits for the machines

4. Fill the pit with concrete of grade - Cl. B 15 small fraction.
5. Sink the anchors installed in the guide into the concrete, keeping the anchor block plate horizontal with a building level and taking into account the position of the machine in the needed direction. The anchors should protrude 8 cm above the concrete level (Picture 1).
6. Install the machine in one week (after the concrete has completely hardened).
Installation of the machine on anchors:
 - unscrew the upper nuts M16 GOST5915 and remove the washers GOST6402.
 - install the machine on the guide and fasten it with nuts M16 GOST5915 and pre-install washers 16 GOST6402 accordingly on each anchor (Picture 1).
 - set the vertical level of the machine in two planes using a building level, adjusting the height of the nuts M16 GOST5915 screwed on the anchors.
 - Fill the remaining pit cavity with previously excavated soil to ground level.

Chapter 5. MAINTENANCE

Maintenance involves daily inspection, checking the integrity of the product and the reliability of fastening of all its components and elements.

The maintenance of the product requires that the user complies with all recommendations in accordance with all recommendations provided in this document.

Operation of the product is forbidden in case of product breakdown, full or partial inoperability.

Chapter 6. STORAGE

Procedure for preparing equipment for storage and removing it from storage.

ATTENTION! The equipment is designed for continuous use for its intended purpose (taking into account the limitations specified in this document) after assembly. Due to this fact, it is not recommended to leave the equipment unused for a long time (more than 30 calendar days). During the downtime of the equipment, the effect of natural (physical) factors can lead to loss of appearance of the equipment (its parts), malfunction of individual parts and mechanisms, and as a result - breakdown of the equipment. Considering the above, the elimination of breakdowns caused by prolonged non-use of the equipment, as well as bringing the equipment into working condition after a long period of inactivity, is not included in the warranty repair (maintenance) of the equipment.

Follow the next recommendations during removing the equipment from storage and starting to use it:

- remove protective materials (polyethylene, paper, etc.) from the equipment;
- remove dust and other dirt from the surface of the equipment;
- check the reliability of all connections of the equipment;
- remove all grease used for preservation from the surface of the equipment;
- use the minimum load mode when you start using the equipment and check that all systems of the equipment are in good condition and function properly;

Chapter 7. TRANSPORTATION

The equipment is transported in the same condition as at the time of delivery by the manufacturer, in cardboard packaging. The method of packaging must be the same as the method of packaging used prior to the first assembly of the equipment. Transportation should be carried out in such a way as to protect the equipment in the package from external factors (rain, snow, sunlight, water, humidity, etc.).

Chapter 8. DISPOSAL

After the expiration date of the use of the equipment, if you decide to dispose the equipment, contact the manufacturer of the equipment or specialised organisations.

Notes:_____

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

