

interatletikaTM

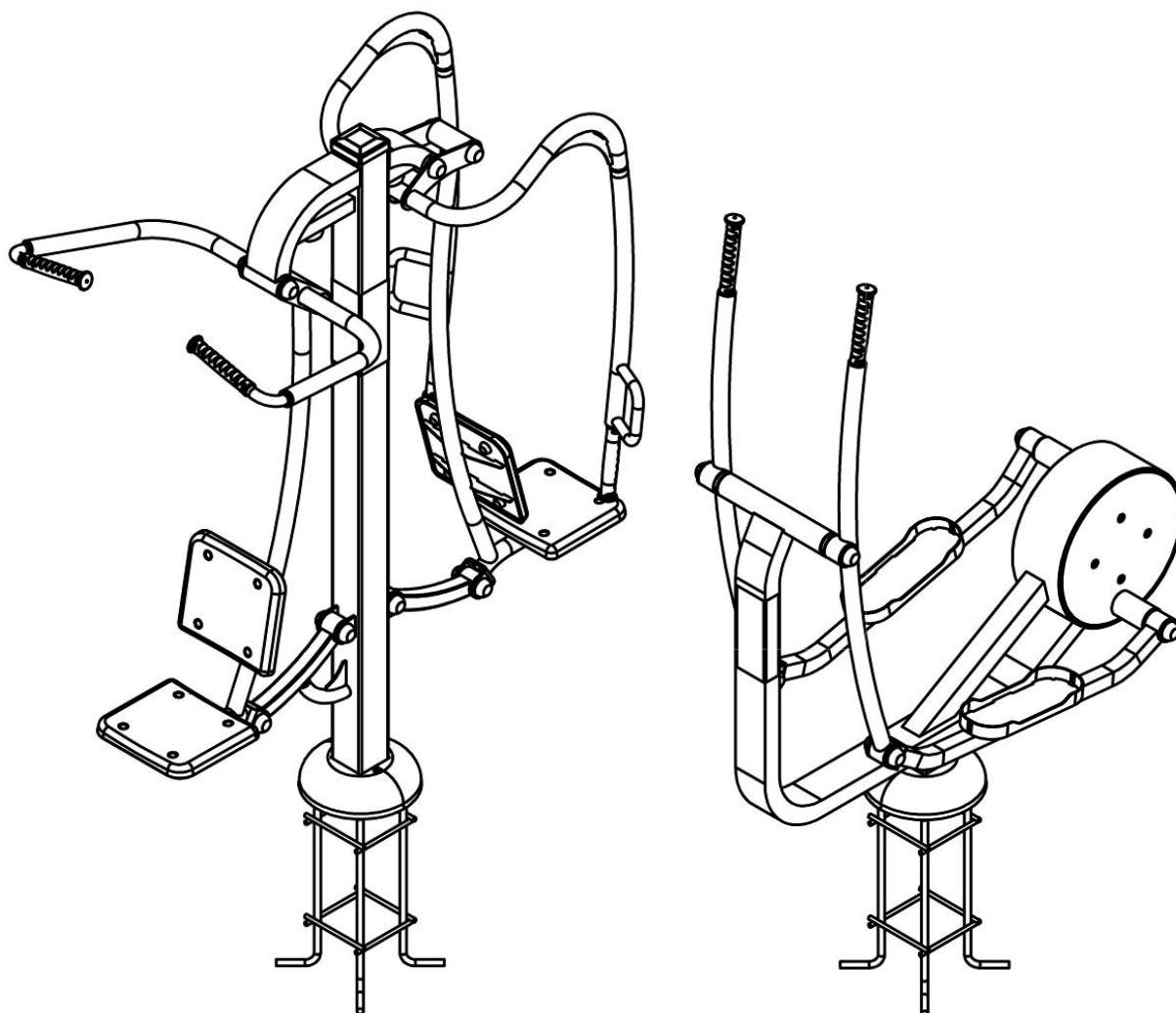
PRODUCTION AND SALE OF SPORTS GOODS

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

DATA SHEET

Sports equipment for outdoor activities SM

This product meets the requirements EN16630-2015.



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FOR NOTES

[illegible]

1. GENERAL INFORMATION

Manufactured by Sporttechnika Company LLC, Ukraine, Chernihiv, 24 Ushynskoho St.

Purpose and content of this document. This document contains a general description, information on installation, intended use of the product, maintenance, repair, and manufacturer's warranty.

The level of special training of the user of the equipment. 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 when training on exercise equipment.

Labeling and sealing. Each exercise machine of the line contains a special marking (product code, date of manufacture, mark of the "Quality Control Department"). The packaging of the simulators is not labeled.

Packaging. The machines are delivered in cardboard packaging to avoid damage during transportation. 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 retained by the Buyer (the equipment must be returned in its original packaging). There are no seals on the packaging.

This document does not apply to product modifications. The manufacturer may make changes to the product design aimed at improving its performance, changing the design, etc. This document may not be

2. MAIN TECHNICAL DATA AND CHARACTERISTICS

№ п/п	Article	Name	Dimensions			Маса, кг ²	Висота падіння, мм
			length, мм	Width, мм	Height мм		
1	SM100.1	Information stand	1160	300	2042	89,7	-
2	SM100.2	Information stand	952	300	1945	48,1	-
3	SM100.3	Information stand	697	300	1817	47,7	-
4	SM100.3-R	Information stand	800	350	1922	51,0	-
5	SM101	Chest press	1569	875	1918	102,2	518
6	SM101-102	Chest press - Lat pull down	1563	930	1918	95,6	518
7	SM102	Lat pull down	1565	930	1918	89,3	498
8	SM103	Leg press	1747	500	1508	62,9	384
9	SM103-126	Leg press - hip extension	1653	545	1508	73,5	675
10	SM103-129	Leg press - biceps	1654	1091	1516	69	392
11	SM104	Adductor - Abductor	1055	797	1426	60,3	209
12	SM104-114	Adductor - Abductor - Twister	1443	797	1426	75,2	209
13	SM105	Double parallel bars	1742	684	1728	68,6	1600
14	SM105-117-I	Pull-up bar - Double parallel bars	1942	1085	1808	58,1	1000
15	SM106	Anatomic press	1033	496	2051	74,5	2051
16	SM106.1	Bench for the press	1200	420	1154	42,8	1154
17	SM107	Shoulder training (2 wheels)	1236	1145	1524	65,2	0
18	SM108	Shoulder training (2 wheels)	646	845	1829	57	0
19	SM109	Abdominal muscles training	1654	1175	582	73,2	582
20	SM110	Horse rider	916	800	1119	44,7	660
21	SM112	Ladder with bar	1567	984	2413	92,6	2358
22	SM113	Multistation Max	2547	1636	2199	112	450
23	SM114	Twister	1830	564	1368	88,4	249
24	SM114-4	Four-seater twister	1830	1830	1368	148,9	249
25	SM114-S	Sitting twister	2000	557	1118	81,8	442
26	SM115	Air walker	489	1012	1429	59,5	318
27	SM115-T	Air walker	489	1000	1429	61,2	318
28	SM116	Single ellipse	1396	566	1779	96,7	480

29	SM117	Pull - up Rack	1125	1125	2508	69,7	2411
30	SM120	Chess table game	1365	680	715	43,0	408
31	SM125	Support for abdominal muscles	1340	722	1570	57,4	1382
32	SM126	Hip extension	1559	551	1108	78,0	675
33	SM126-136	Hip extension-Stepper	1455	548	1458	81,6	1458
34	SM128	Butterfly	1541	1230	2008	119,9	416
35	SM129	Biceps training	1561	1088	928	67	450
36	SM130	Bench with a canopy and bicycle parking	1898	1554	2554	256,8	446
37	SM130.1	Bench with a canopy	1898	1554	2554	240,6	446
38	SM130.2	Bench with a canopy	1898	1554	2554	261	446
39	SM130.3	Bench with a canopy and bicycle parking	2275	1554	2554	272,3	446
40	SM131	Rowing machine	1029	902	1982	72,6	503
41	SM134	Hyperextension	1000	653	743	32,6	743
42	SM135	Outdoor rower	987	824	902	46,9	623
43	SM136	Stepper	1352	564	1458	80,8	666
44	SM136-142	Stepper - Adductor-Abductor	1264	792	1458	85,1	666
45	SM139	Bicycle	1290	490	699	72,2	404
46	SM141-T	Skier	918	602	1582	63	296
47	SM144	Double Skier	1900	542	1668	75,0	270
48	SM144-T	Double Skier	1897	542	1662	101,4	223
49	SM145	Foot Massager	544	316	1498	34,7	0

1 - Height above ground level (cover).

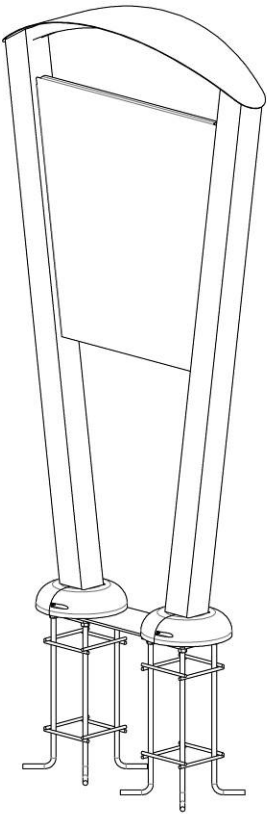
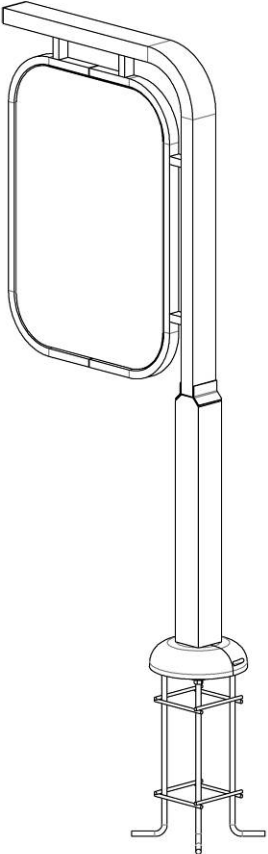
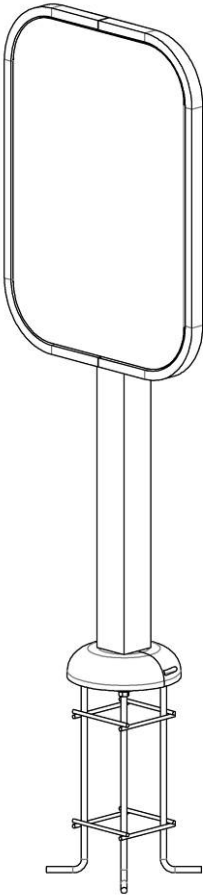
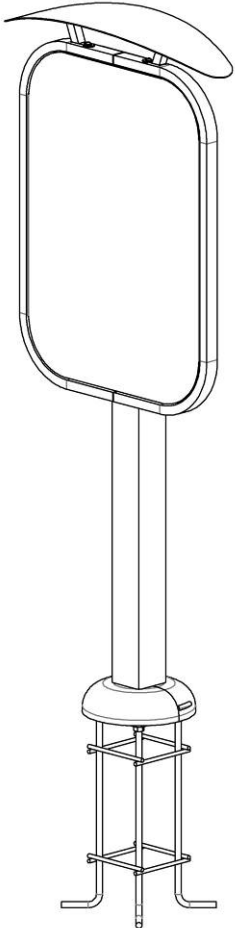
2 - The weight of the ZE and ZEC models is increased by 3%.

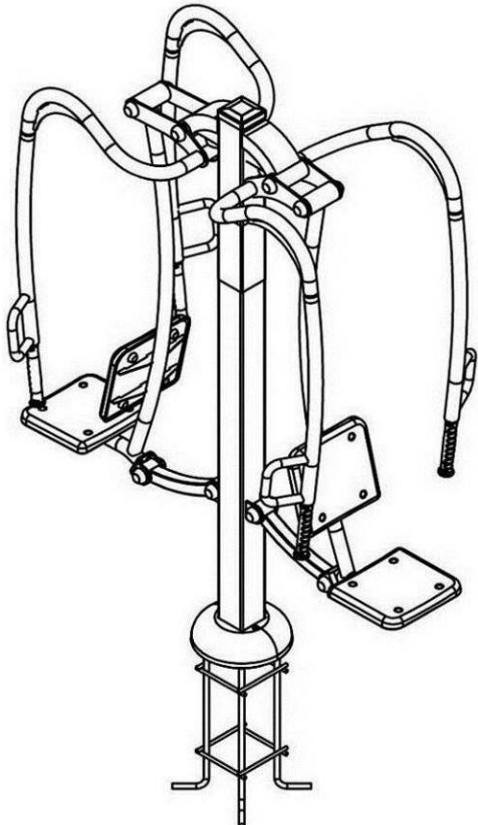
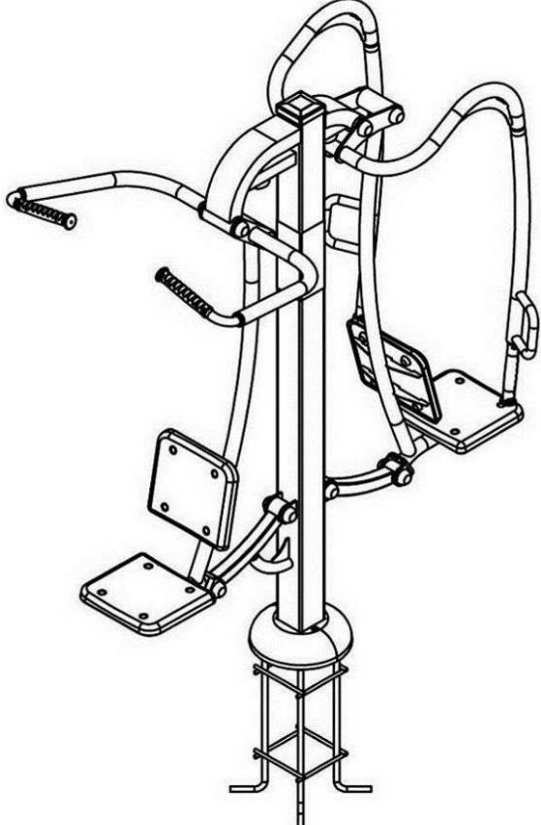
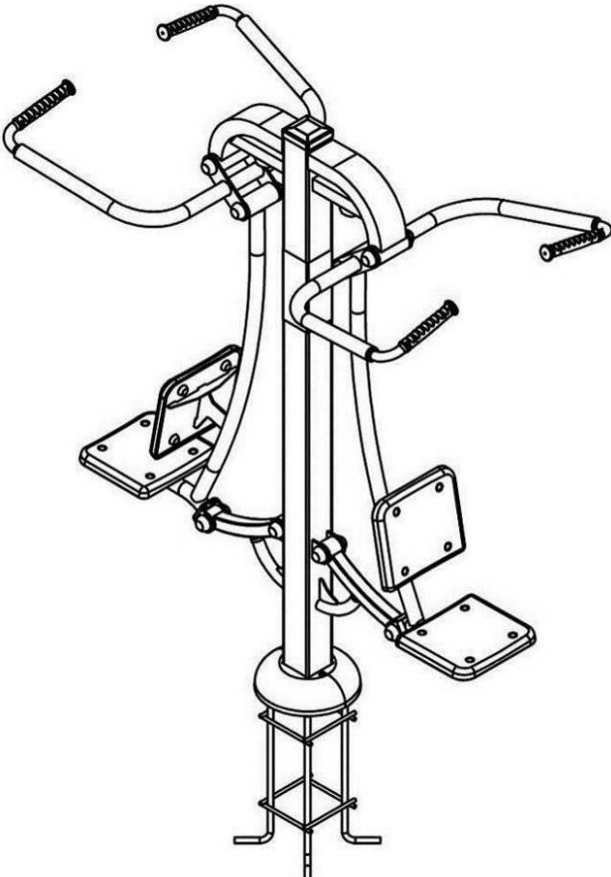
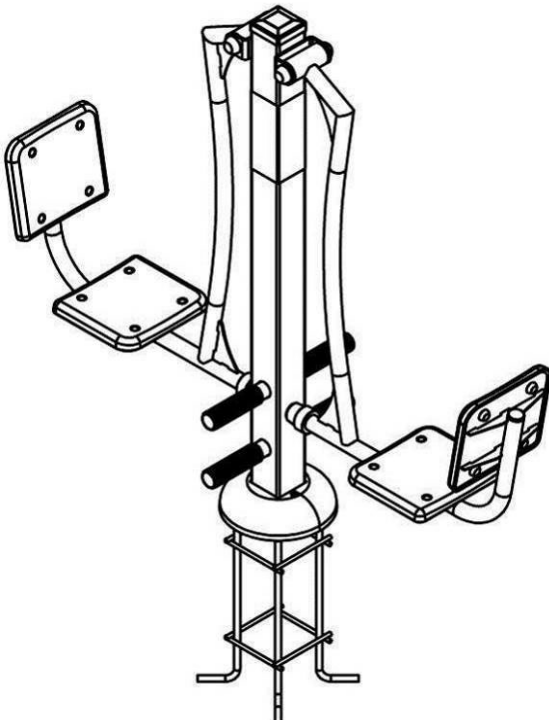
3 - This equipment can be used as rehabilitation equipment after consultation with a doctor. An individual complex of physical therapy prepared by a rehabilitation therapist helps to improve the general condition of the body, blood circulation and metabolism. Correctly selected exercises have high therapeutic effectiveness, contribute to the speedy restoration of lost functions, reduce pain and discomfort. (Example of designation in the plate - 1)

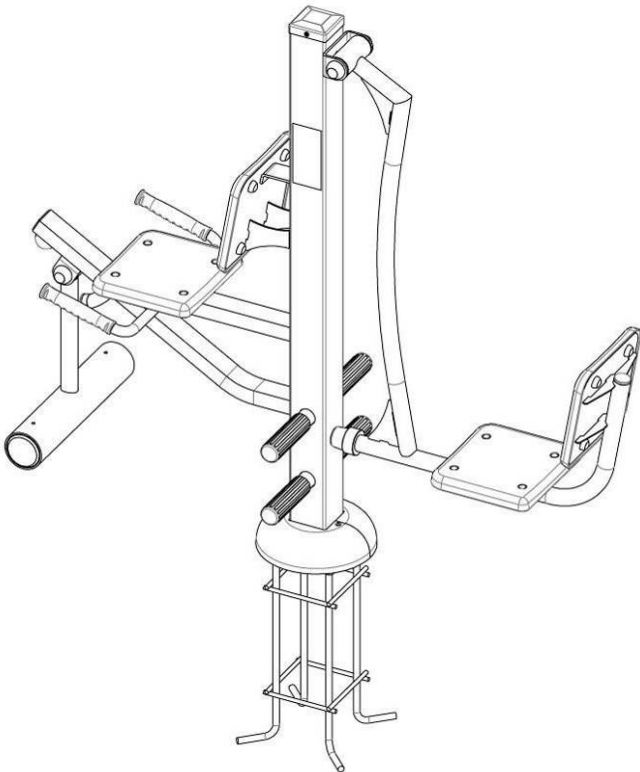
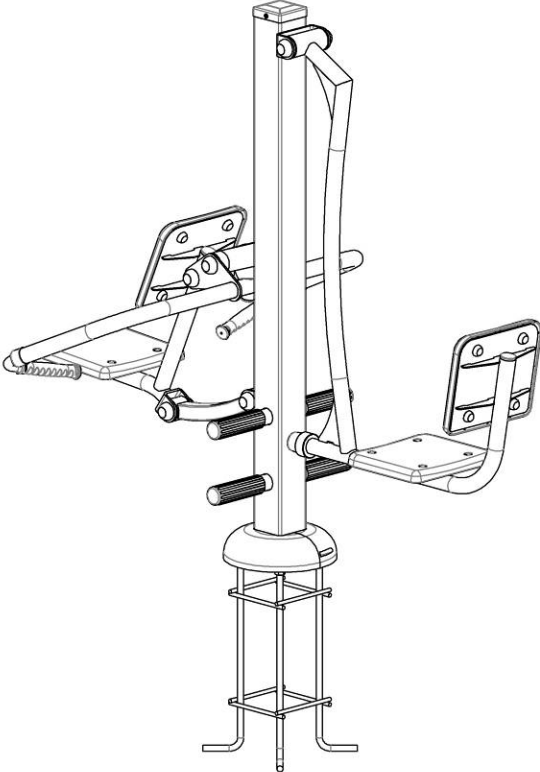
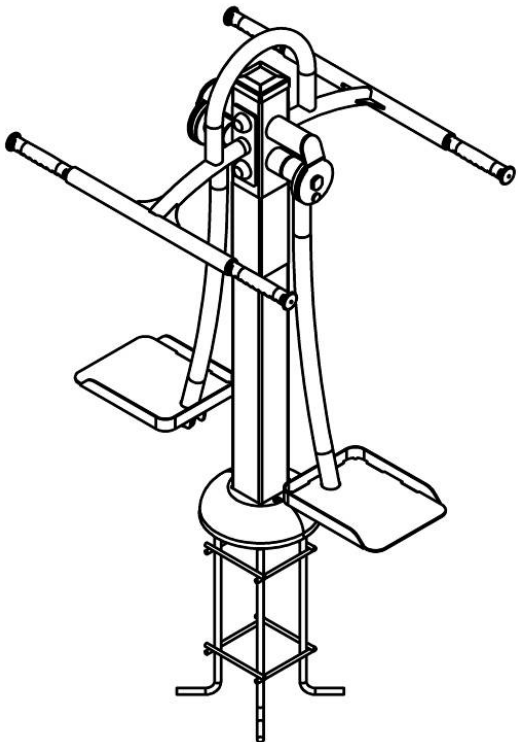
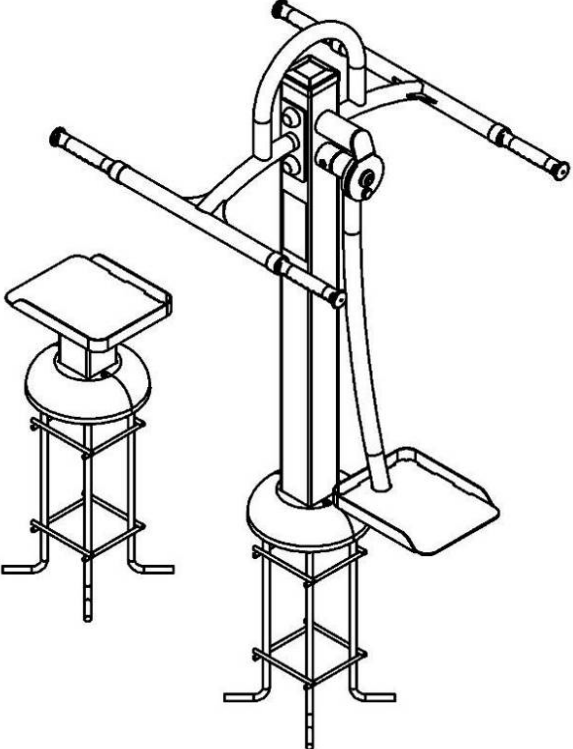
Загальні характеристики тренажерів:

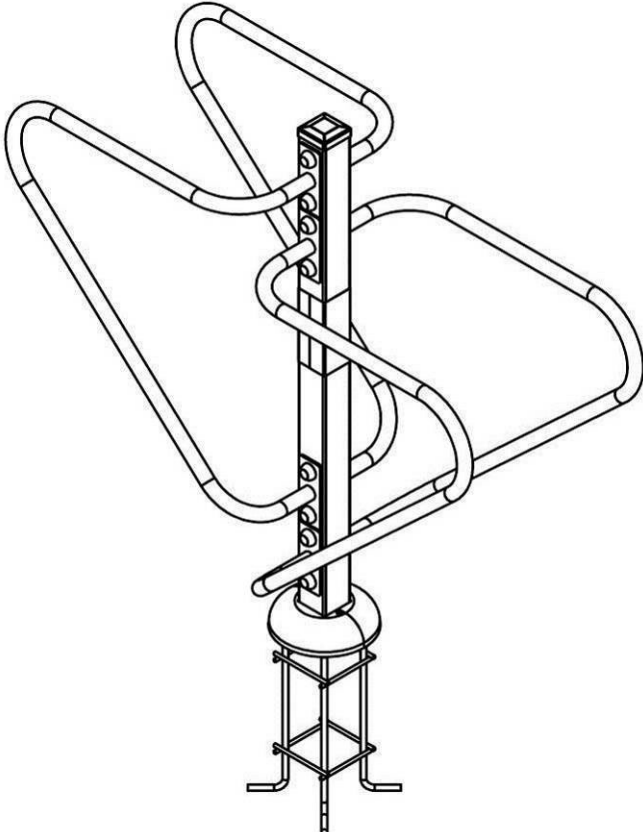
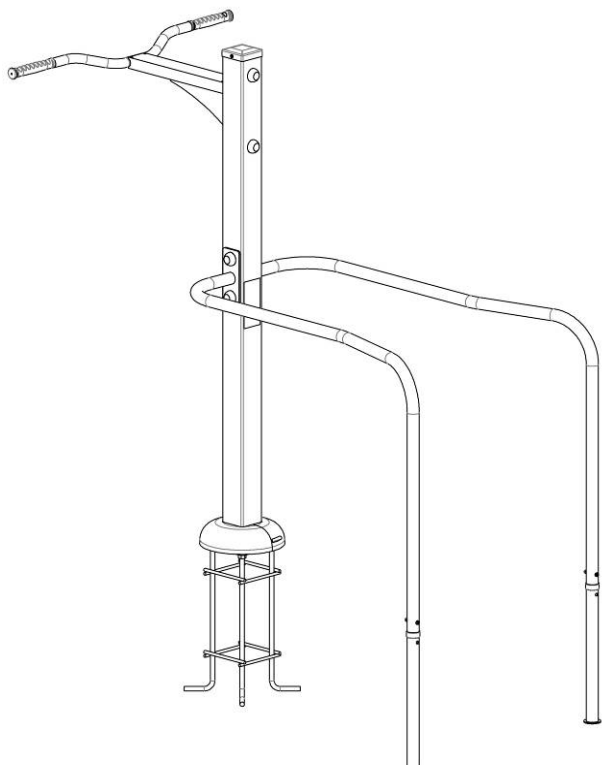
Maximum user weight
Country of manufacture
Operating temperature
User category

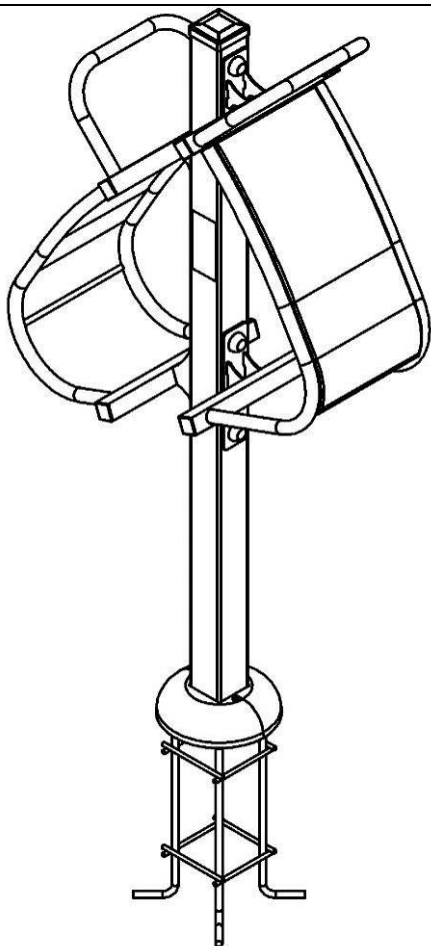
kg : **130**
----- : **Ukraine**
C° : **from -20 to +30**
cm : **from 140**

Information stand	SM100.1	Information stand	SM100.2
			
Information stand	SM100.3	Information stand	SM100.3-R
			

Chest press	SM101	Chest press - Lat pull down	SM101-102
			
Lat pull down	SM102	Leg press	SM103
			

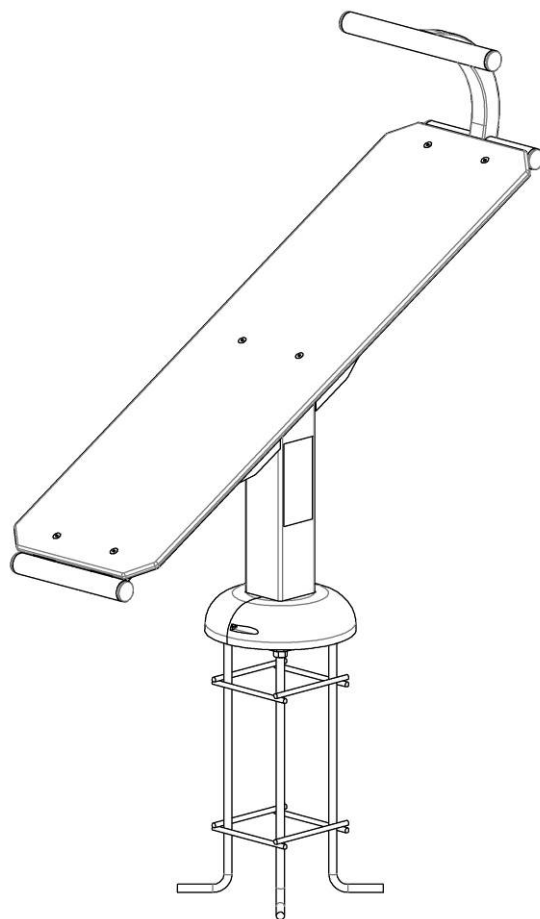
Leg press - hip extension	SM103-126	Leg press - biceps	SM103-129
			
Adductor - Abductor	SM104	Adductor – Abductor- Twister	SM104-114
			

Double parallel bars	SM105	Pull-up bar - Double parallel bars	SM105-117-I
			
Anatomic press	SM106	Bench for the press	SM106.1



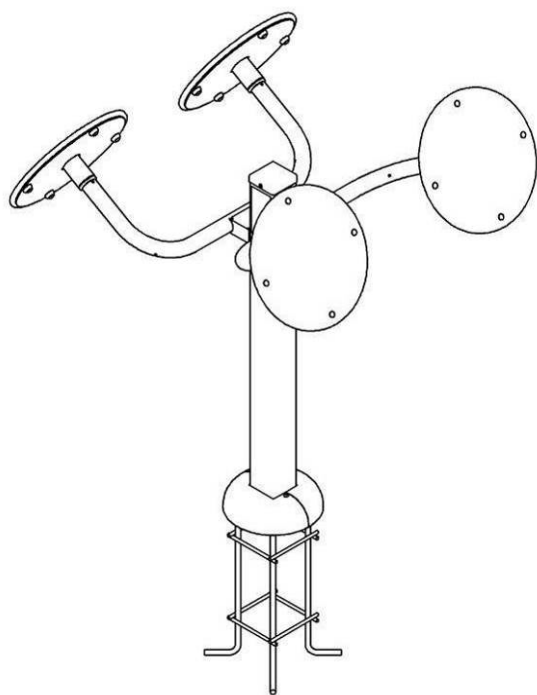
Shoulder training

SM107



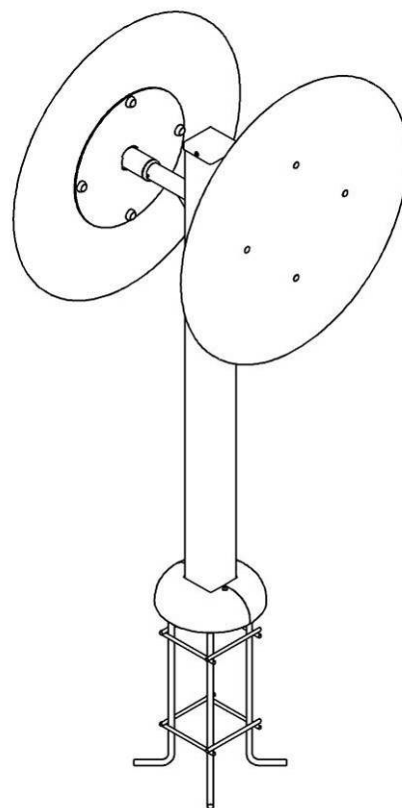
Shoulder training

SM108



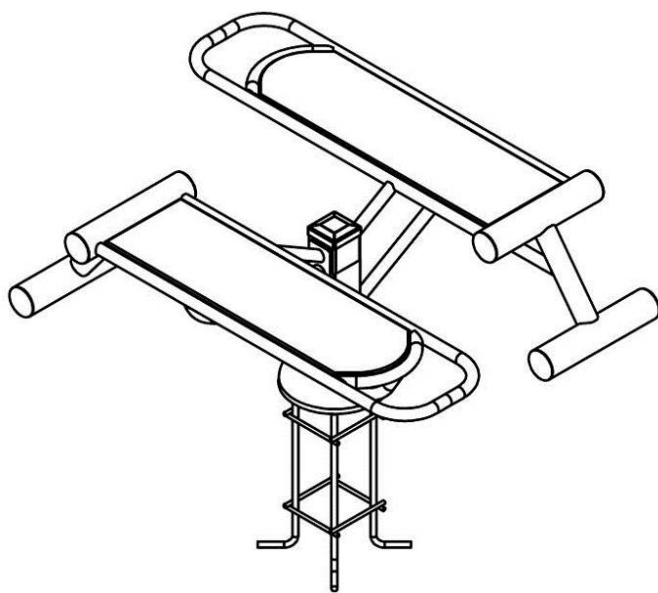
**Abdominal muscles
training**

SM109



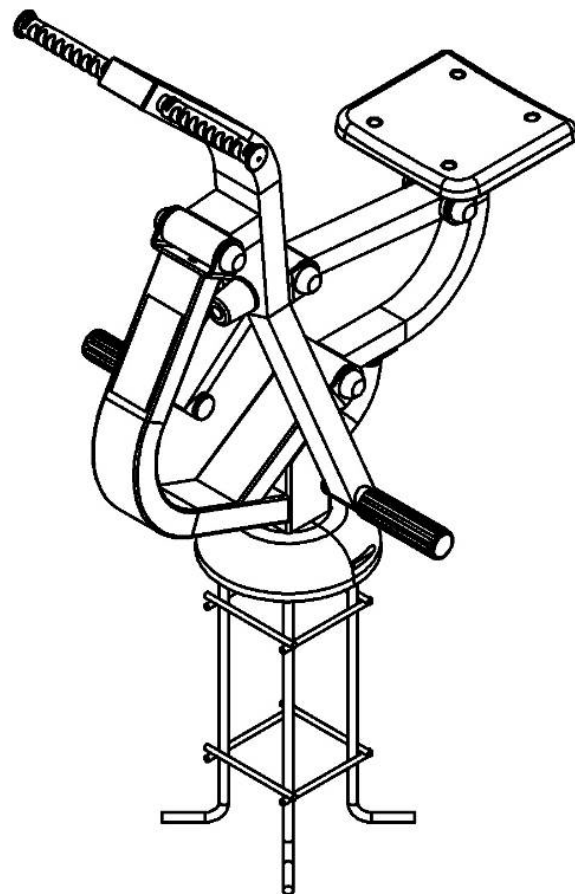
Horse rider

SM110



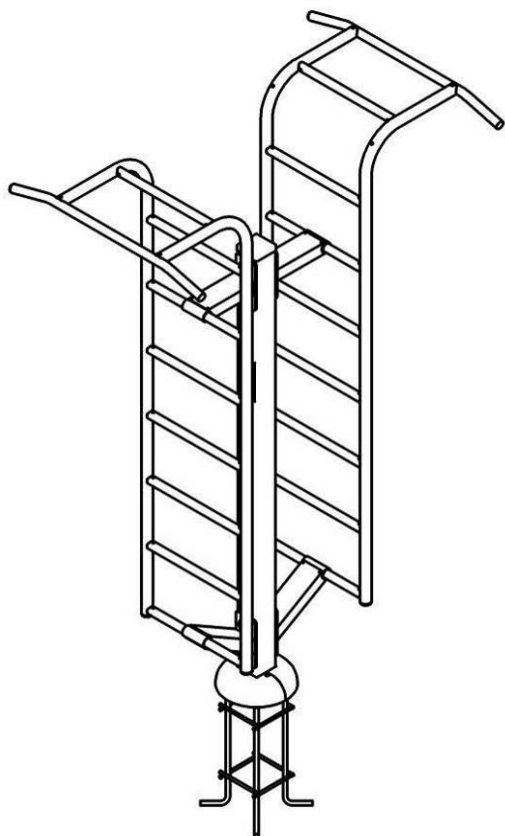
Ladder with bar

SM112



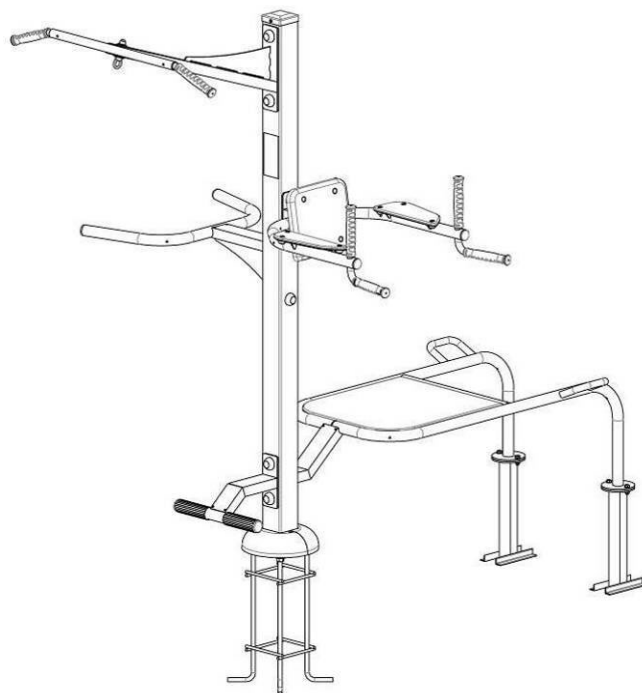
Multistation Max

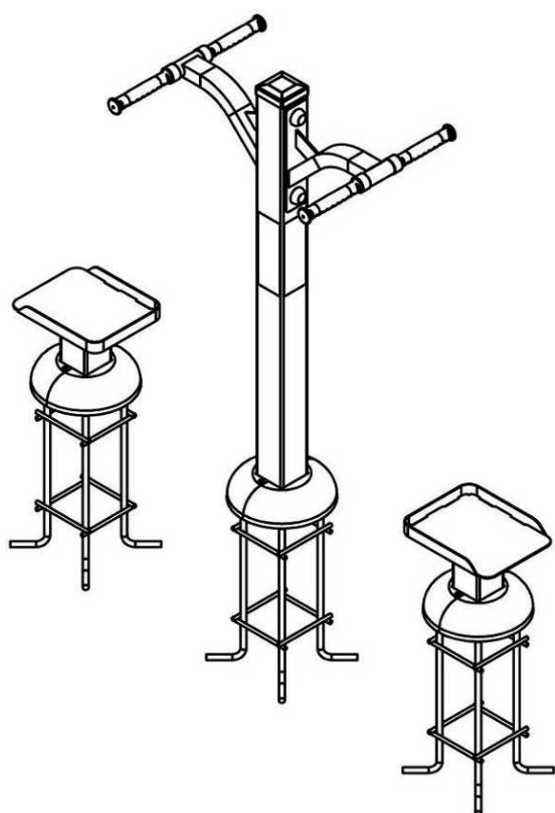
SM113



Twister

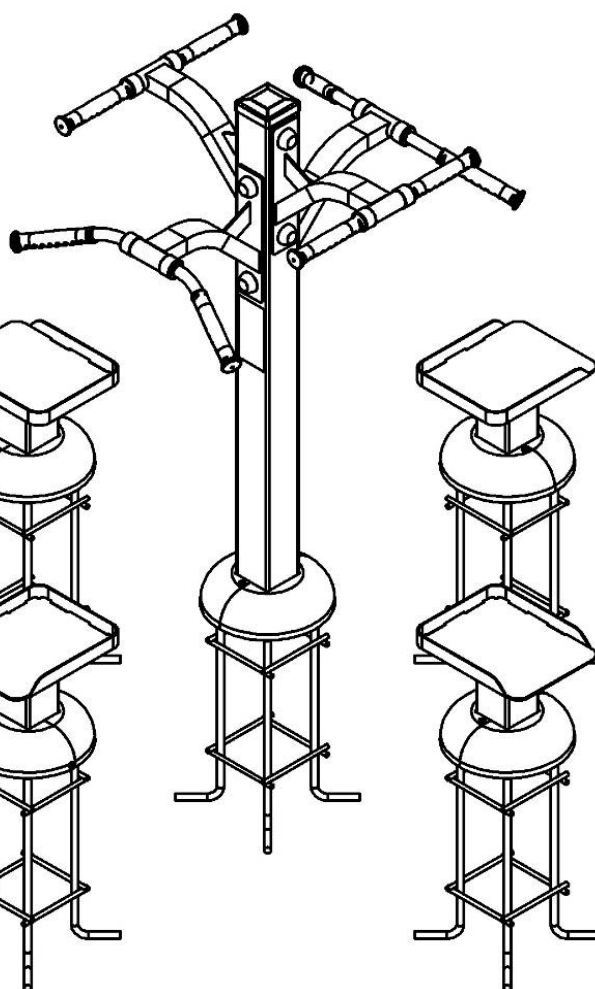
SM114





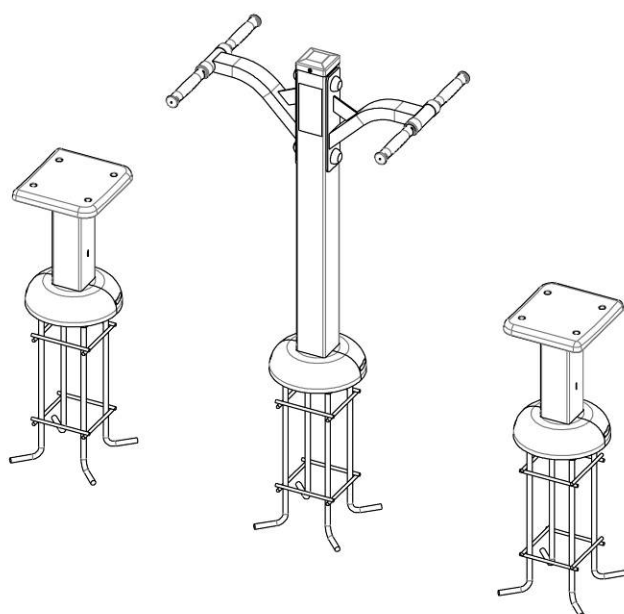
Sitting twister

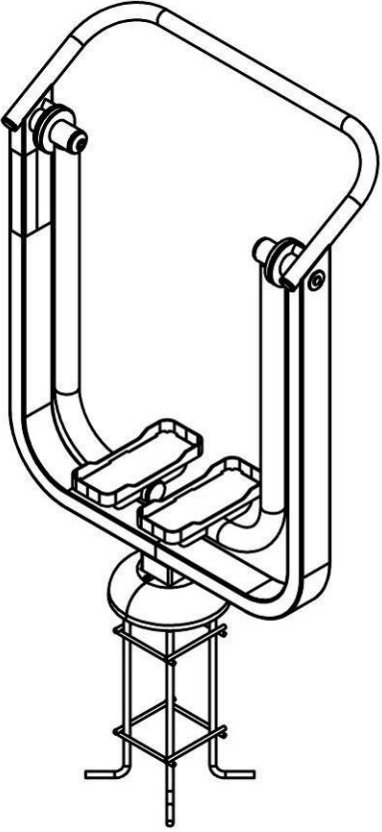
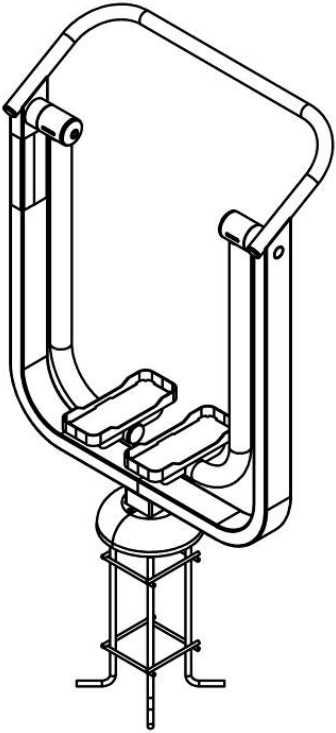
SM114-S

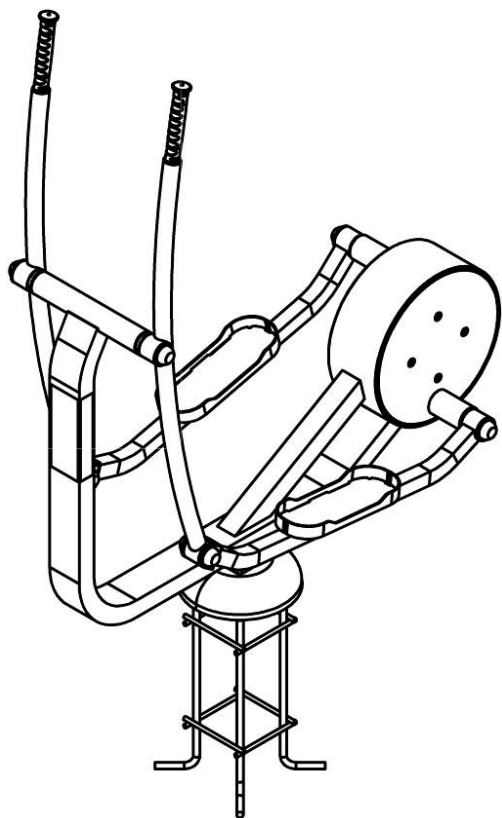


Four-seater twister

SM114-4

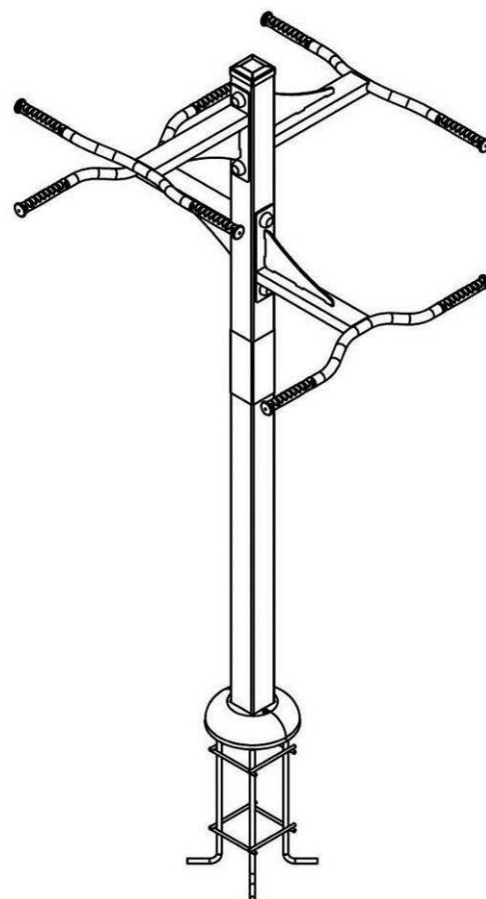


Single ellipse	SM115	Single ellipse	SM115-T
			
Single ellipse	SM116	Pull - up Rack	SM117



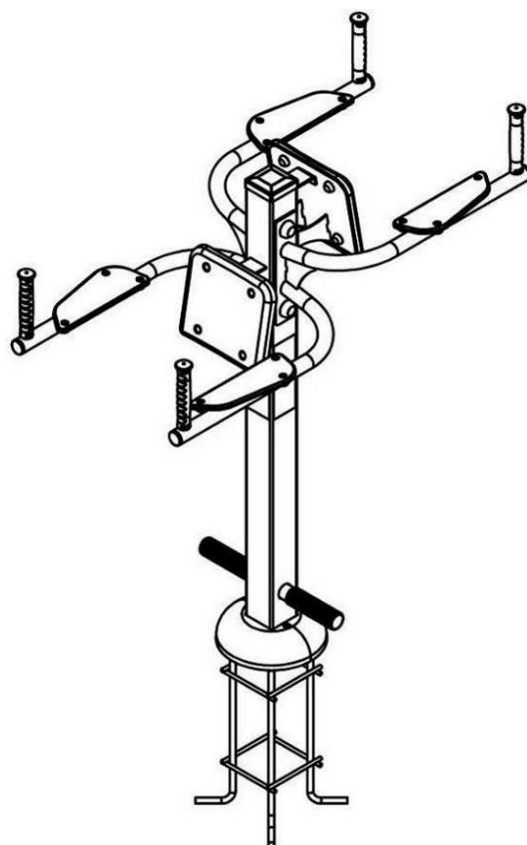
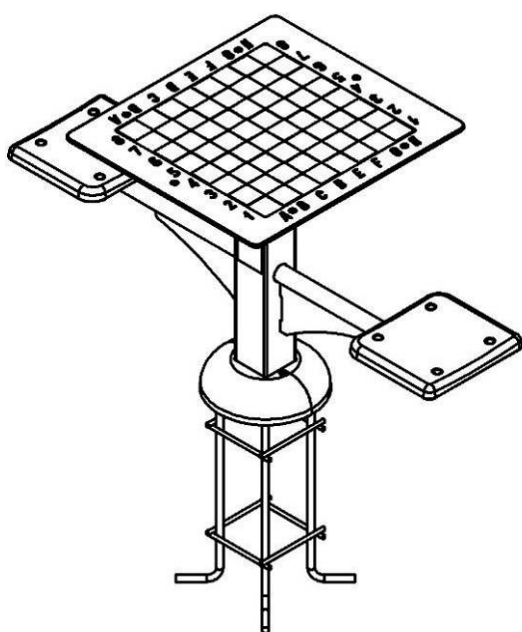
Chess table game

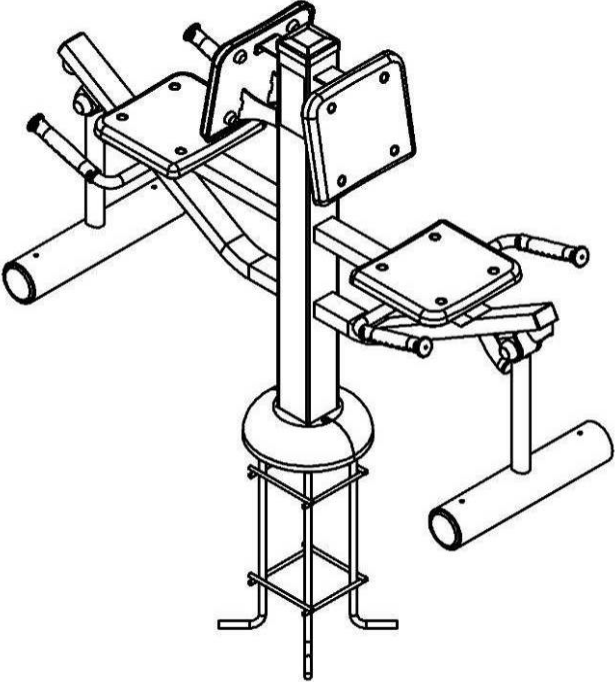
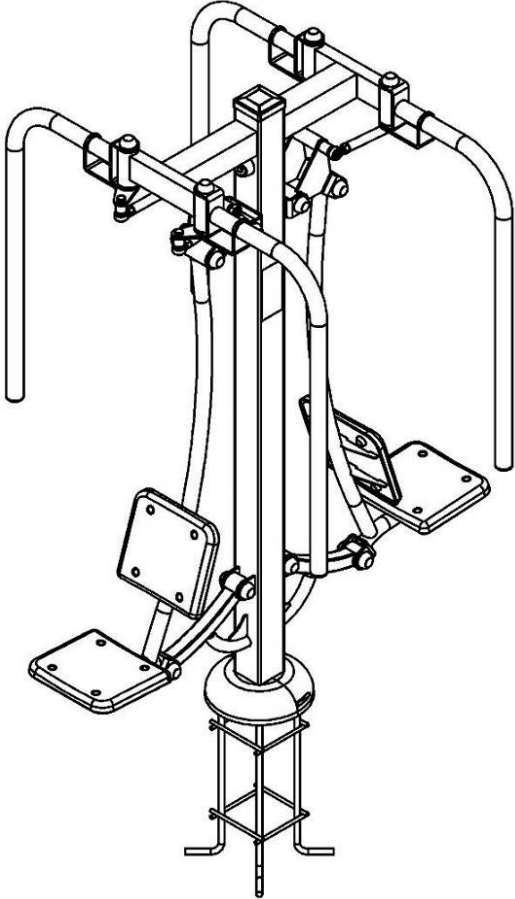
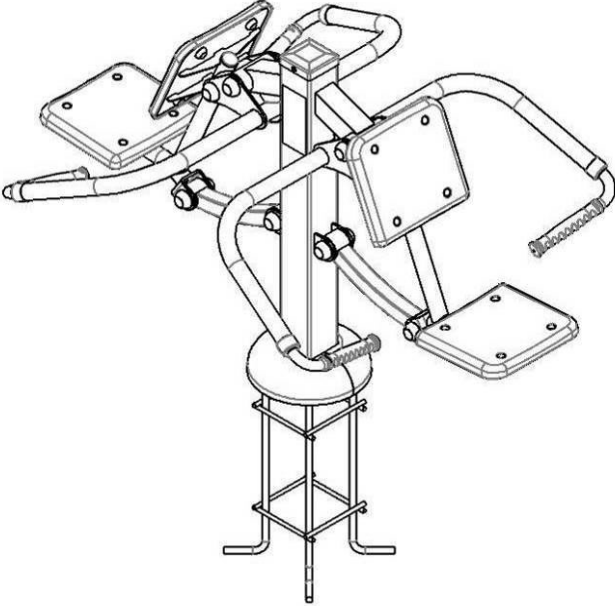
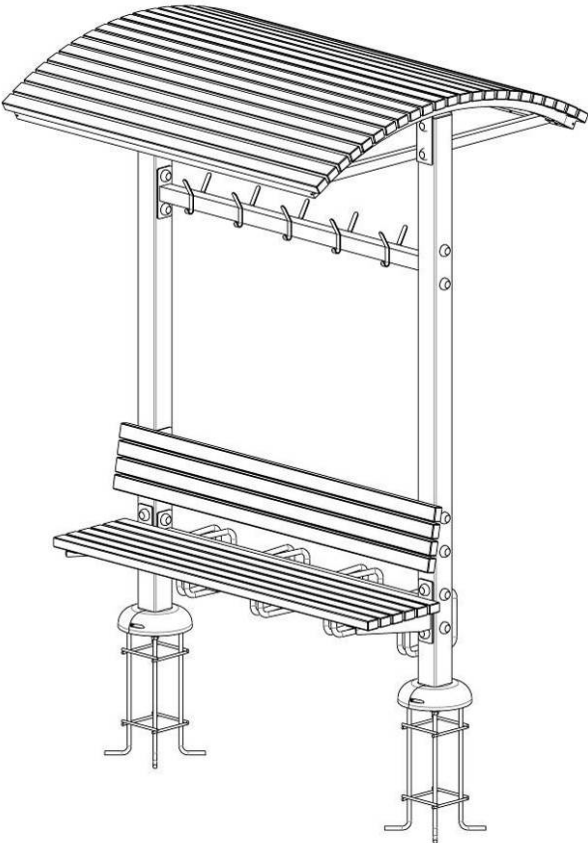
SM120

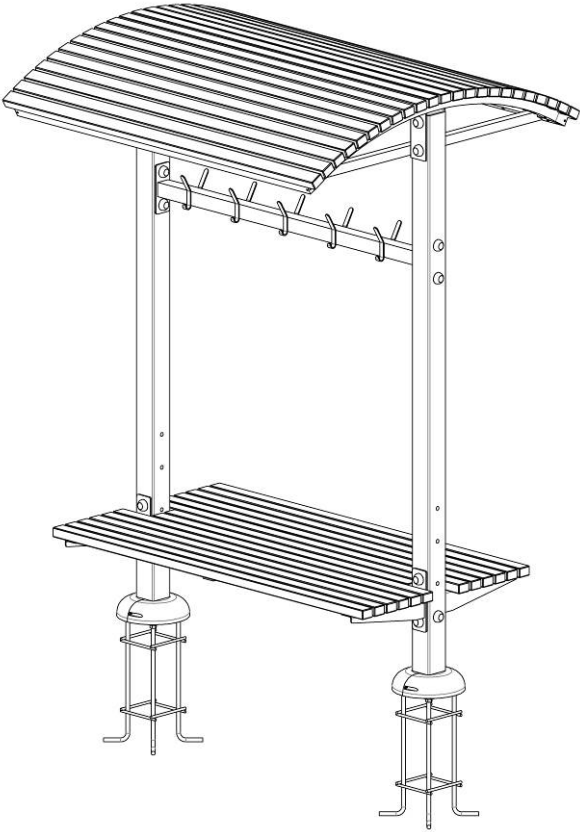
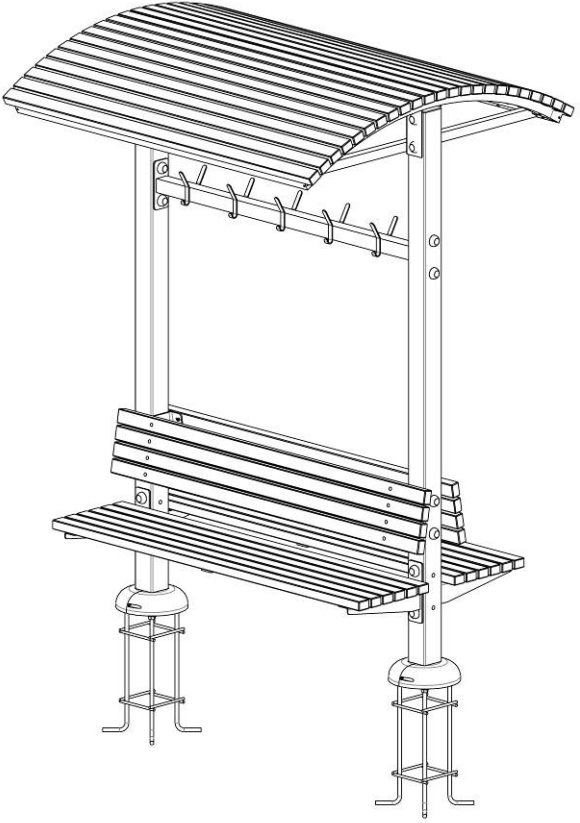
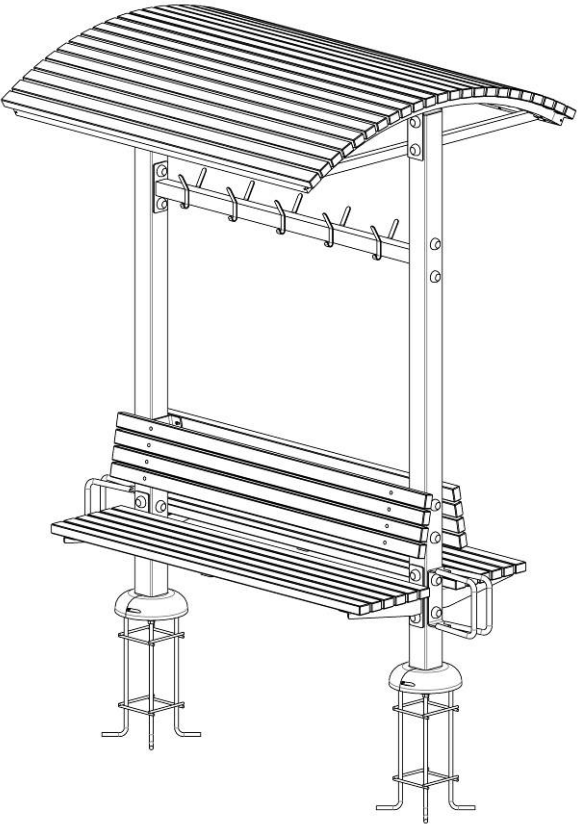


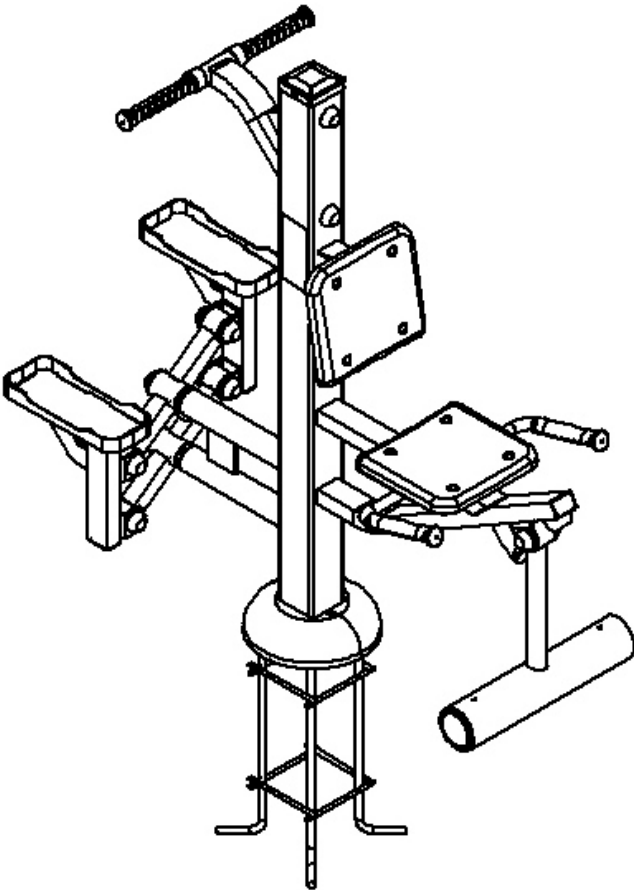
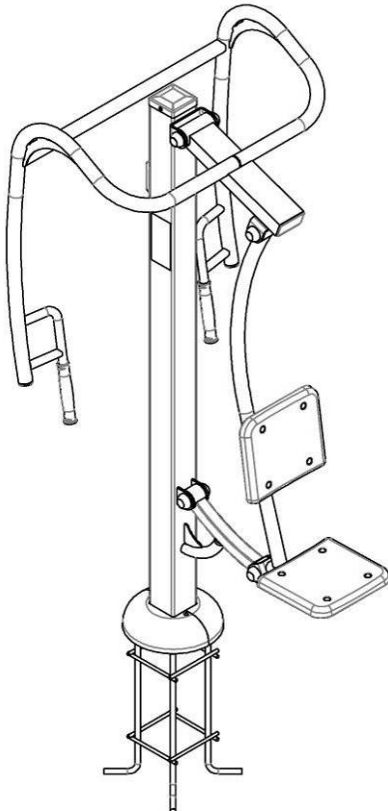
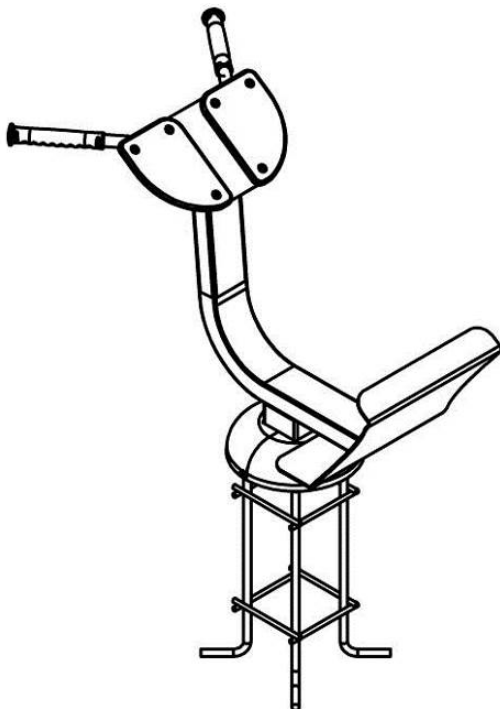
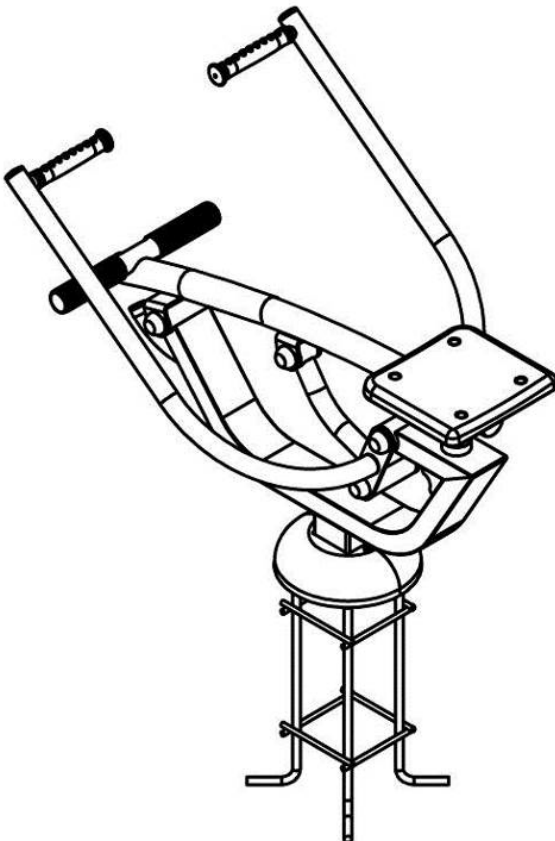
Support for abdominal muscles

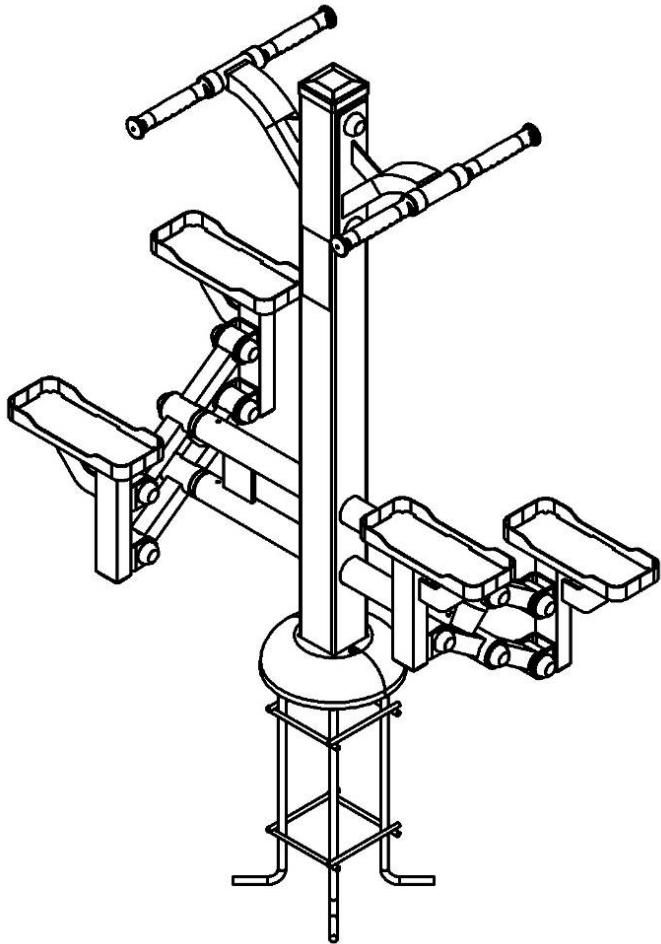
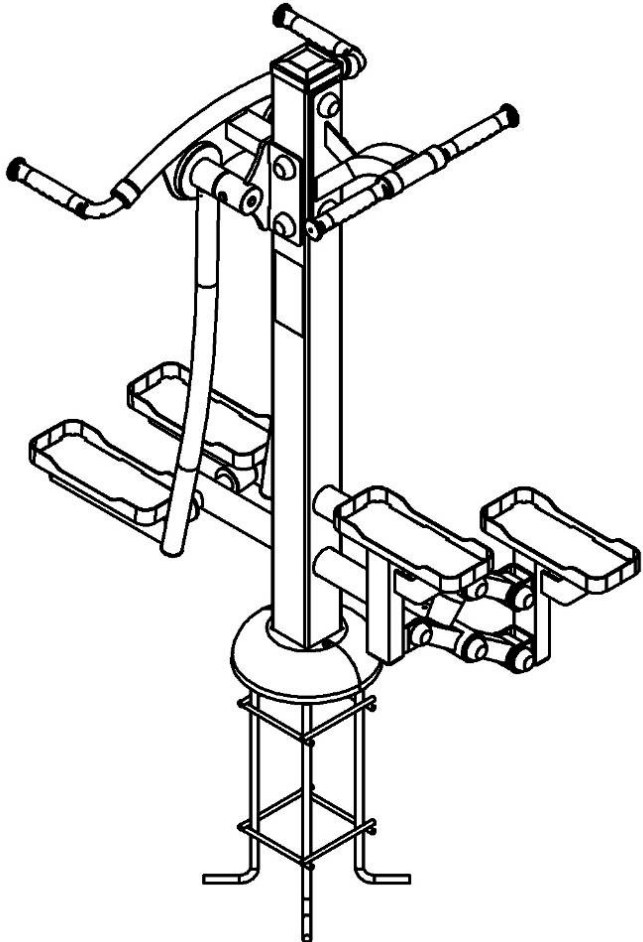
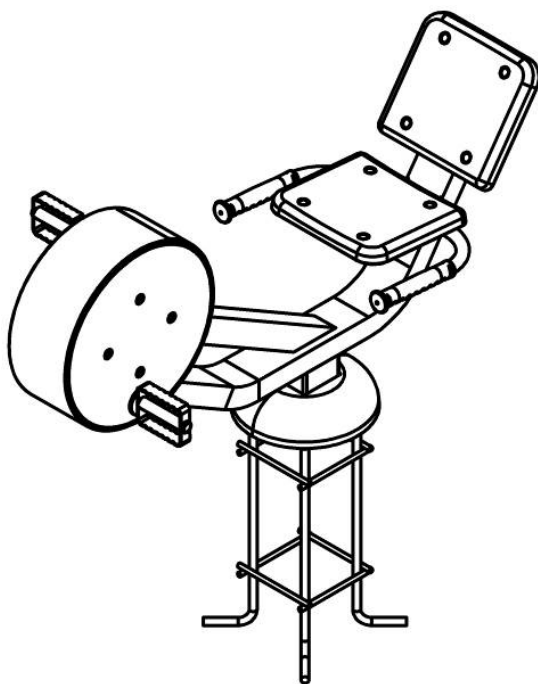
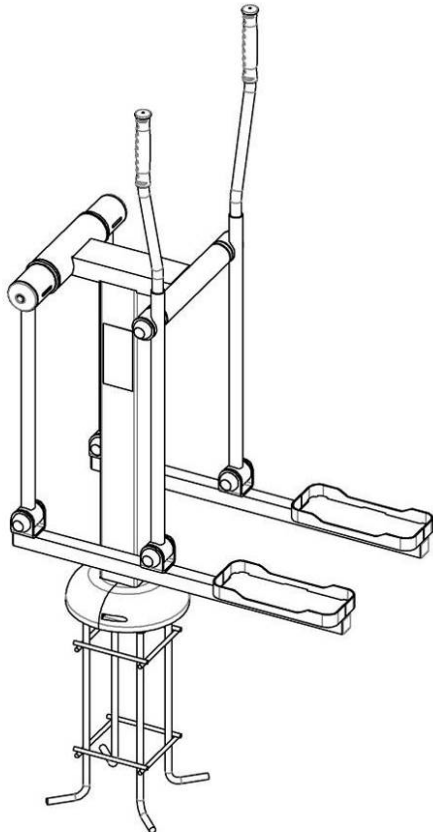
SM125

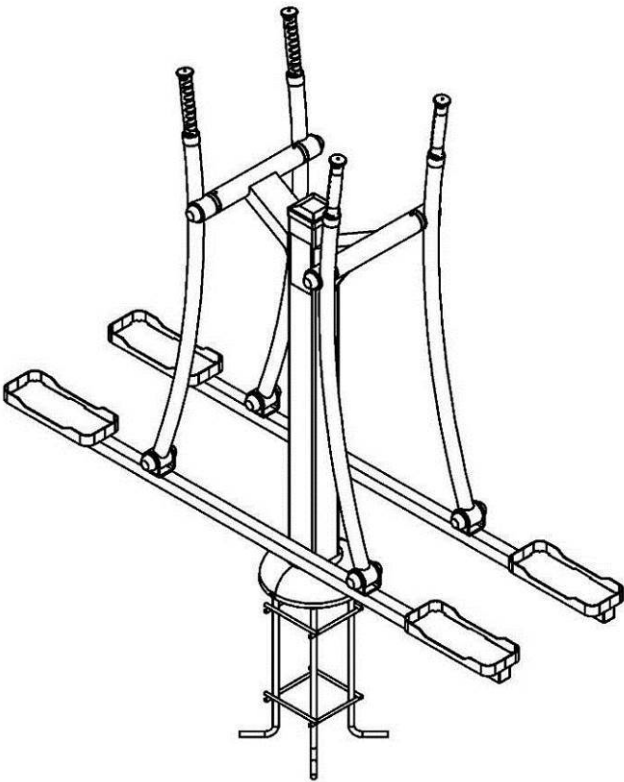
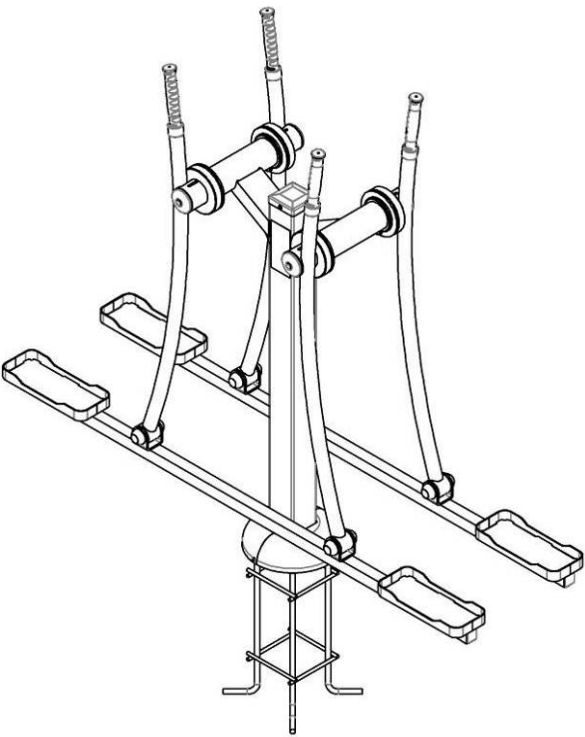
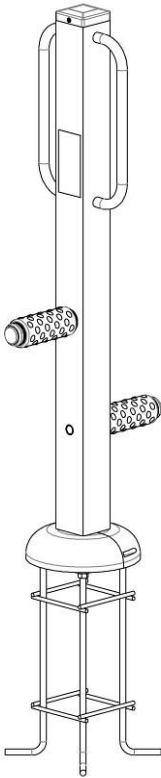


Hip extension	SM126	Butterfly	SM128
			
Biceps training	SM129	Bench with a canopy and bicycle parking	SM130
			

Bench with a canopy	SM130.1	Bench with a canopy	SM130.2
			
Bench with a canopy and bicycle parking	SM130.3		
			

Hip extension-Stepper		SM126-136		Rowing machine		SM131	
							
Hyperextension		SM134		Outdoor rower		SM135	
							

Stepper	SM136	Stepper - Adductor-Abductor	SM136-142
			
Bicycle	SM139	Skier	SM141-T
			

Double Skier	SM144	Double Skier	SM144-T
			
Foot Massager	SM145		
			

3. COMPLETION AND CHARACTERISTICS OF THE MAIN PARTS

The purpose of the exercisers . You can find the name, list of exercisers , their designation and appearance in Section 2. The equipment is intended for sports (physical training) in the open air.

Complete set of exercisers. The scope of delivery includes:

- the exercisers listed in section 1;
- cover
- a bond
- packaging;
- operating instructions.

Name of the main components of the simulators:Комплектація тренажерів.

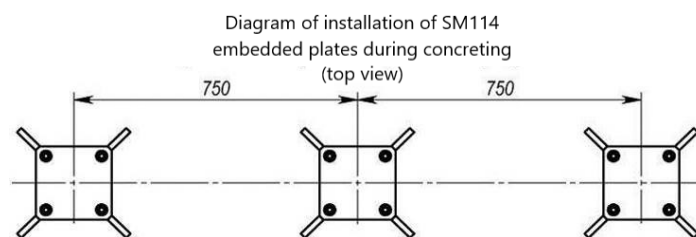
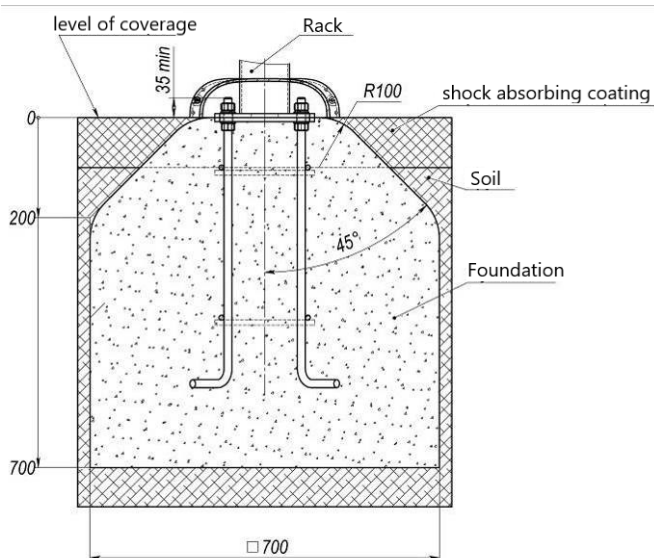
№	Description of the components
1	Iron welded frame
2	Component parts
3	Plastic handles, caps, protective elements, plastic seats, backrests, armrests
4	Connecting elements (bolts, nuts, washers, spring washers)

Design and operation. The principle of operation of the simulators is to transfer the load to the human muscles during training due to a special trajectory of movement of individual parts of the simulators.

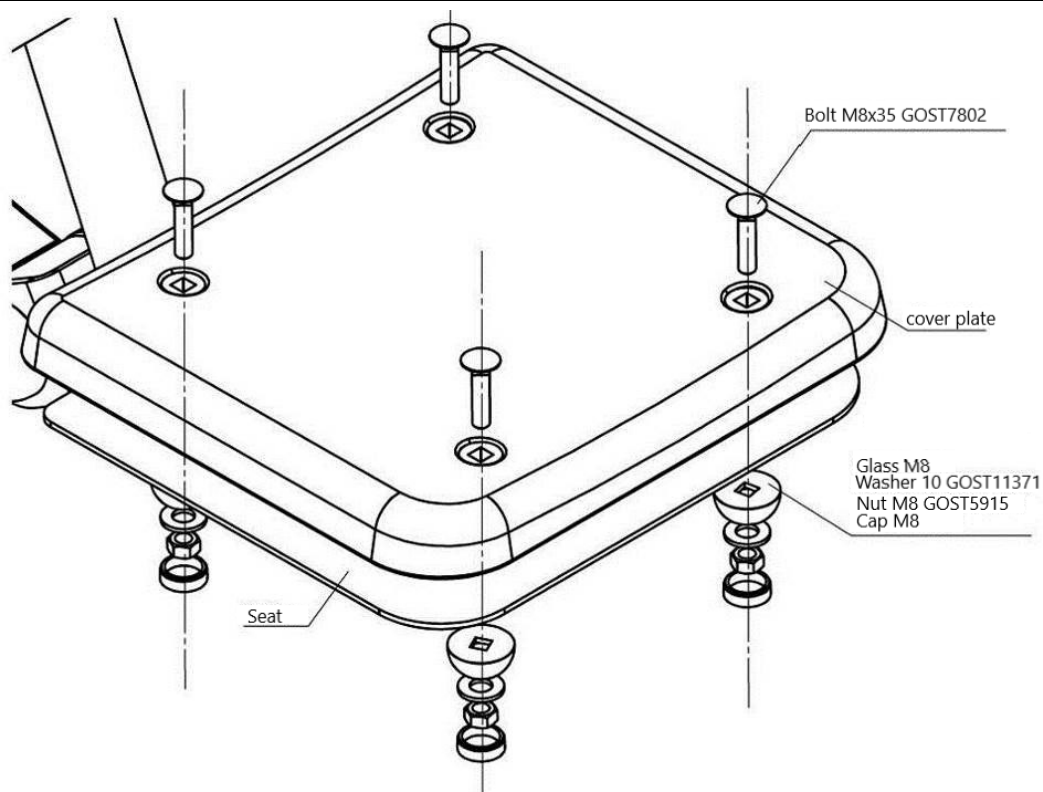
4. PRODUCT ASSEMBLY AND INSTALLATION PROCEDURE

Instruments and supplies. The product does not include the tools required for assembly and installation.

How to assemble and install the product
1. Prepare the ground (level it) and mark the location of the simulators, taking into account the safety zones (see Section 5).
2. Take the level of the impact-absorbing surface as 0.00.
3. Install the embedment according to the level and concrete (concrete class not lower than B15), according to the concreting scheme, maintaining its horizontal position with the help of a building level and taking into account the location of the simulator in the desired direction. The anchors must protrude at least 35 mm above the level of the base plate. When installing on sandy soil, the size of the foundation should be increased by 15-20%. For all simulators, 4 anchorages are used.
4. Install the equipment in 28 days (after the concrete has completely hardened in accordance with DBN). Installation of the equipment on the embedment: - unscrew the M16 nuts and remove the flat washers and grower washers; - install the simulator on the base plate and secure it with four M16 nuts, placing a flat washer and a grommet washer under them; - cover the fastening elements of the simulator with a decorative cover consisting of two parts and fastened with two bolts.
Concreting scheme of the bond



5. Install plastic covers on the metal plates.



Example of shock absorbing coating

№ п/п	Material – coating ¹	Description	Minimum thickness of the layer, mm	Max. height of the fall, mm
1	Concrete/stone	—	—	≤1 000
2	Bitumen-bonded surface	—	—	≤1 000
3	Natural soil	—	—	≤1 200
4	Lawn	—	—	≤1 500
5	Wooden mulch	Shredded coniferous bark,	200	≤2 000

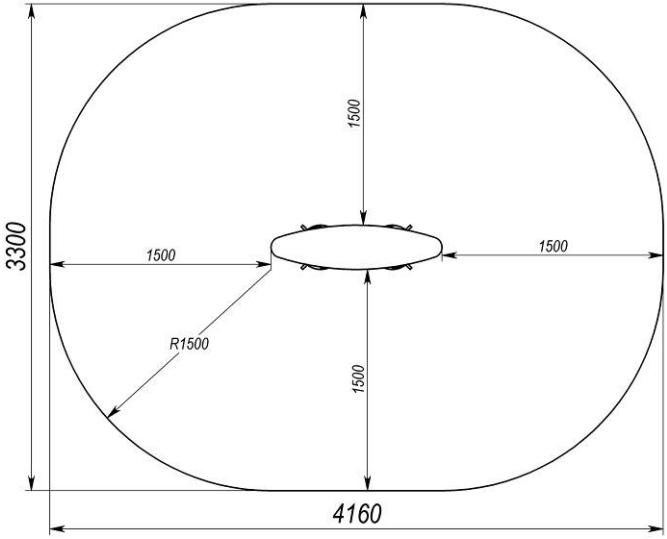
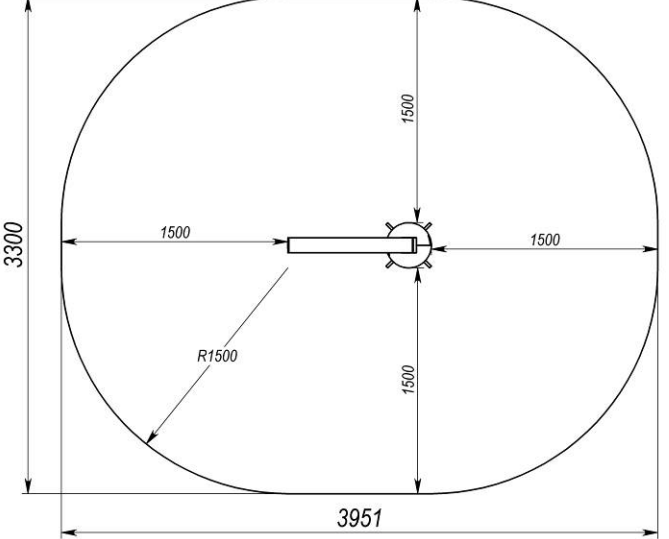
		particle size from 20 to 80 mm Particle size from 0.2 to 2 mm	300	$\leq 3\ 000$
6	Sawdust	Mechanically shredded wood (not wood-based materials), without bark and leaves, with a particle size of 5 to 30	200	$\leq 2\ 000$
			300	$\leq 3\ 000$
7	Sand ^{2, 3,}	Particle sizes from 0.2 to 2 mm	200	$\leq 2\ 000$
			300	$\leq 3\ 000$
8	Gravel ^{2, 3}	Particle sizes from 2 to 8 mm	200	$\leq 2\ 000$
			300	$\leq 3\ 000$
9	Other materials and layer thicknesses	HIC tested according to EN 1177		Critical drop height according to test results

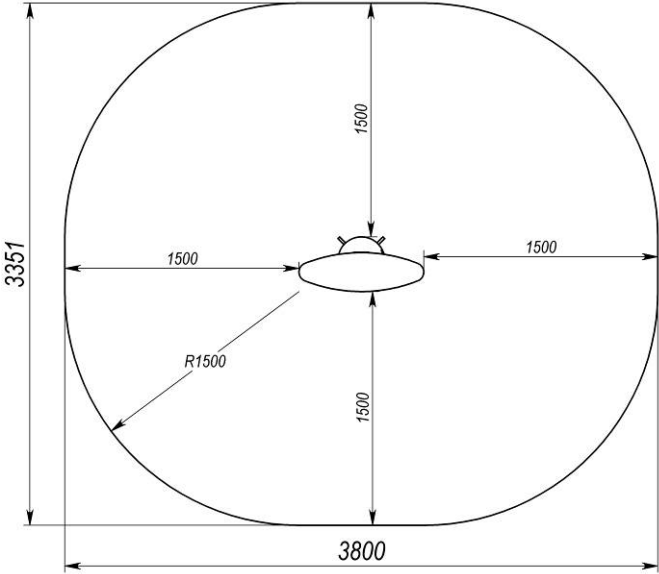
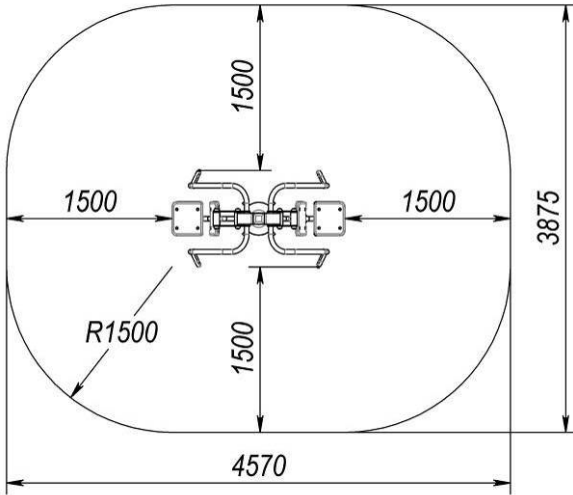
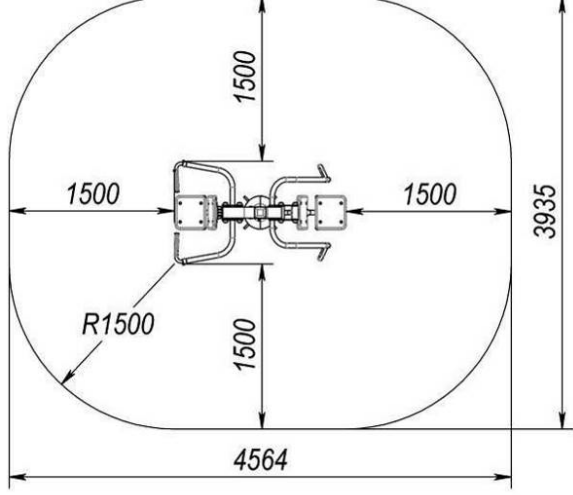
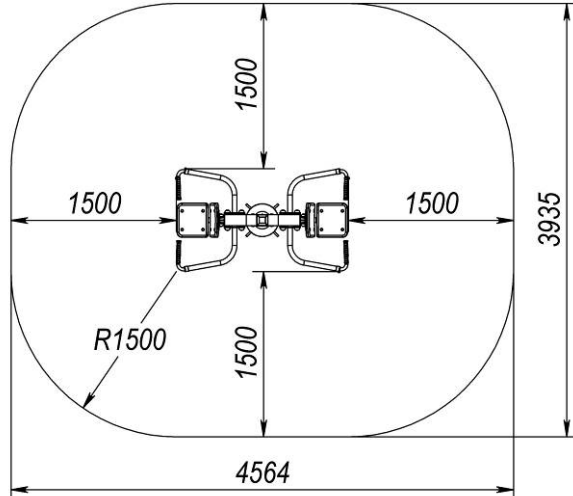
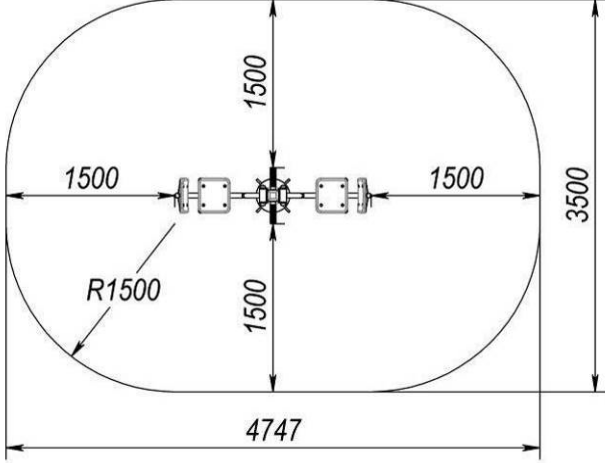
1 - Add 100 mm to the minimum ply thickness to cushion loose material.

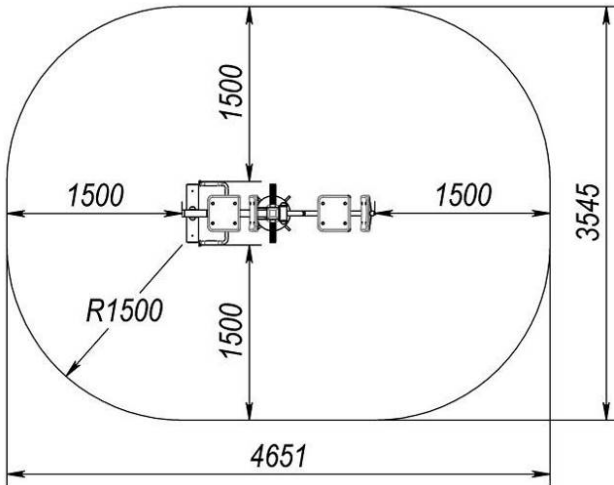
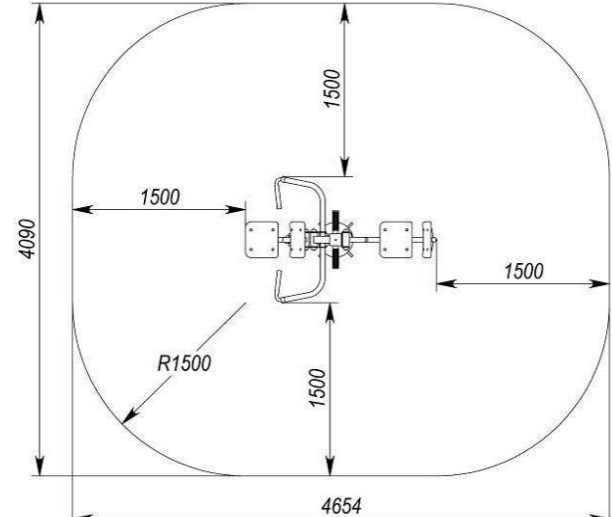
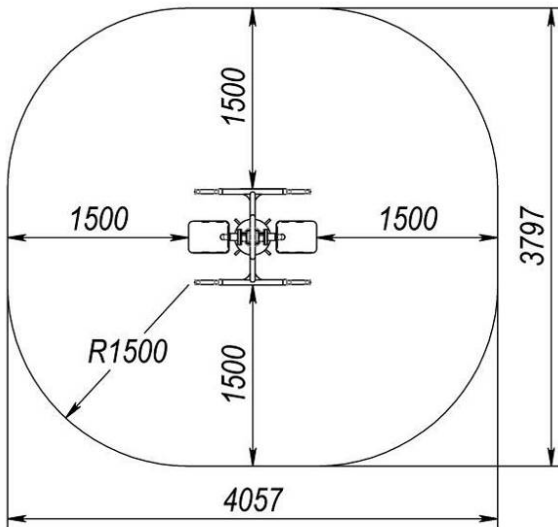
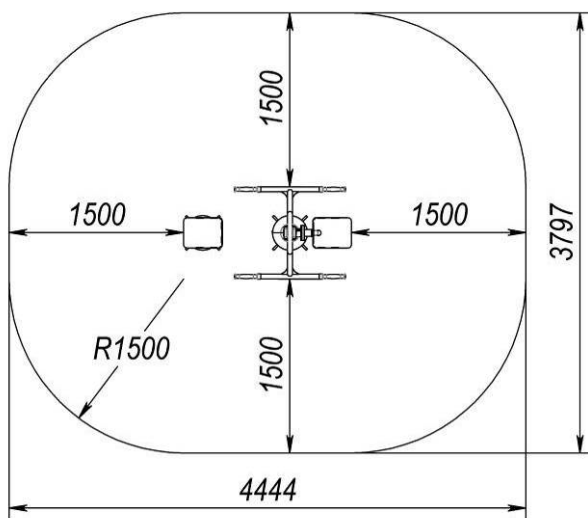
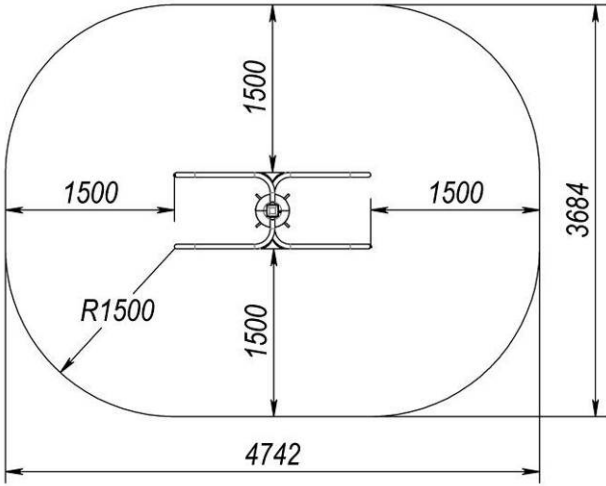
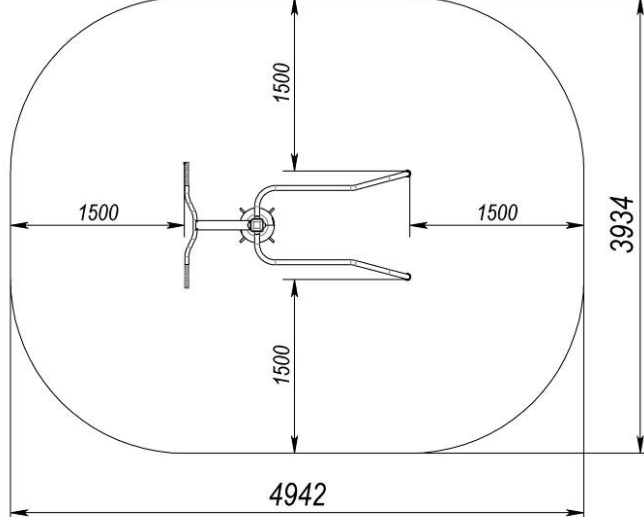
2 - No silt or clay fractions should be present; the particle size can be determined by sieve analysis according to EN 933-1.

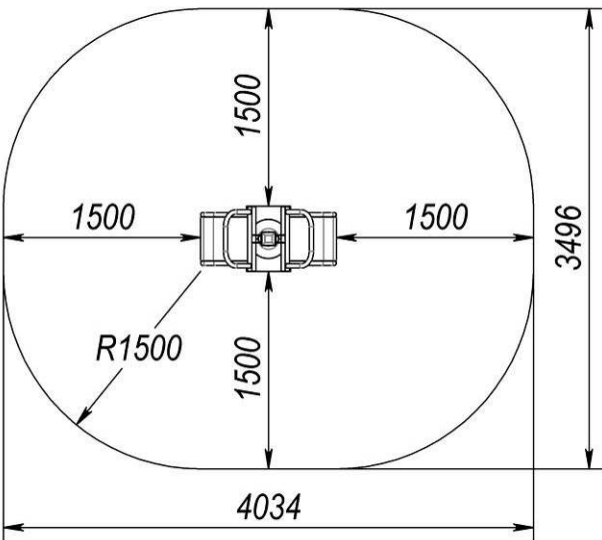
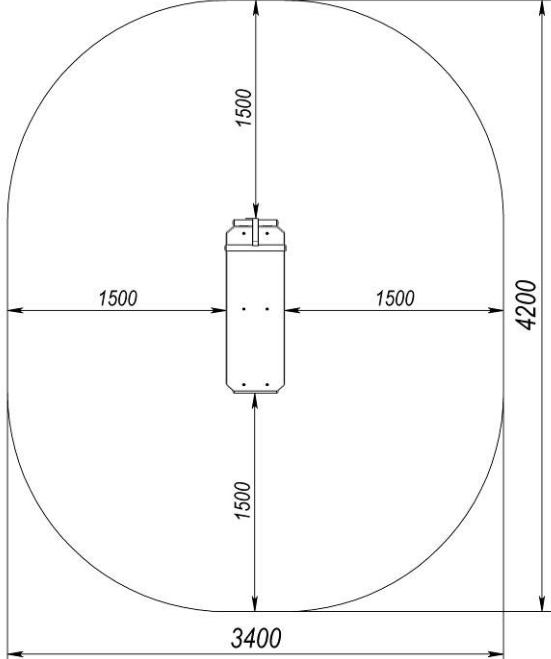
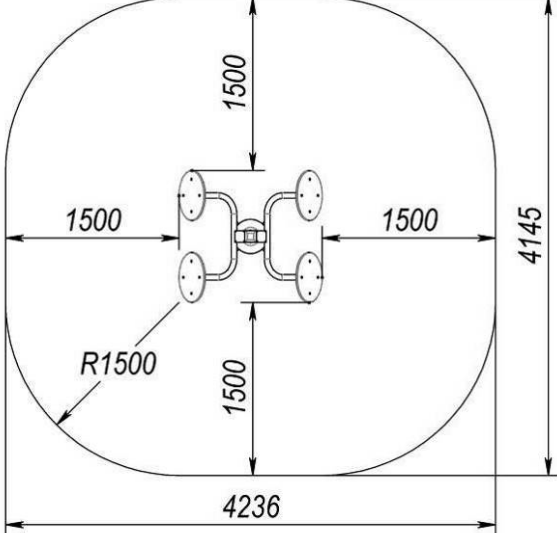
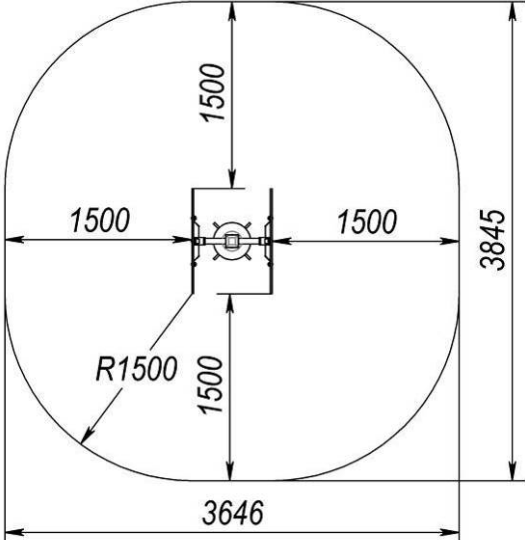
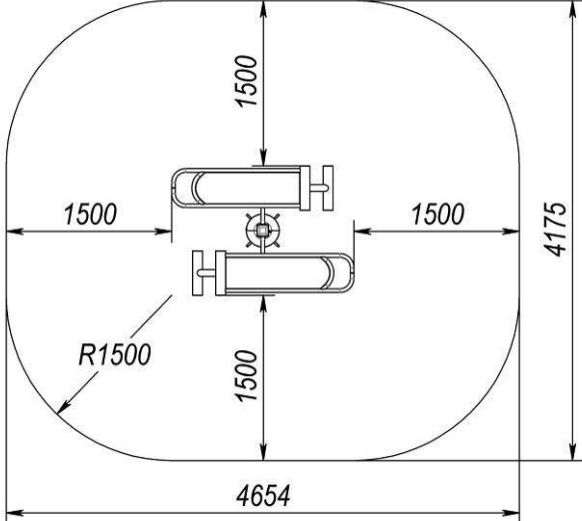
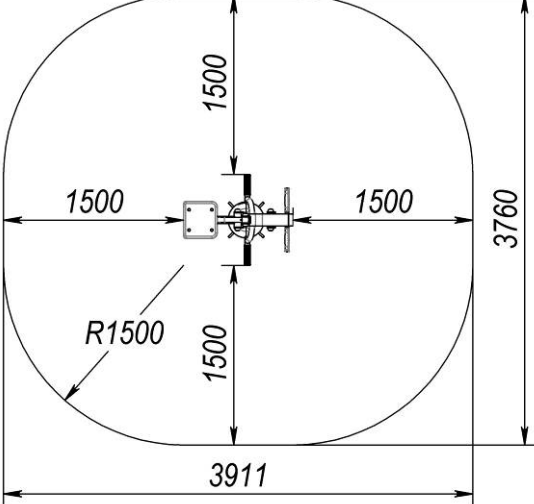
3 - Not suitable for exercise equipment where a firm, stable user position is required.

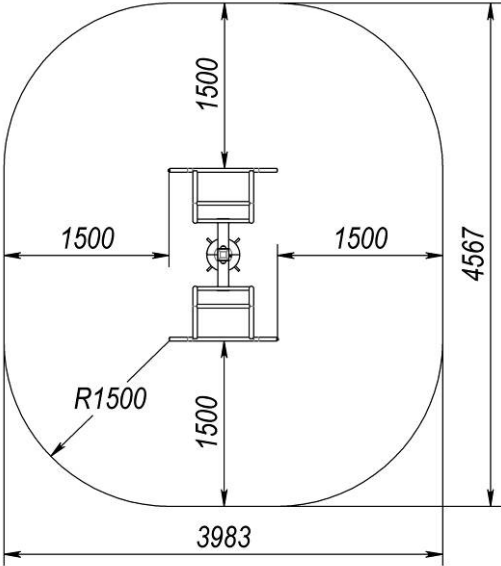
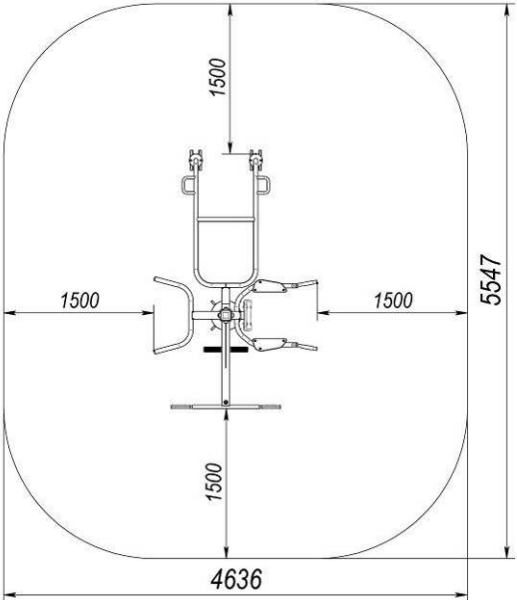
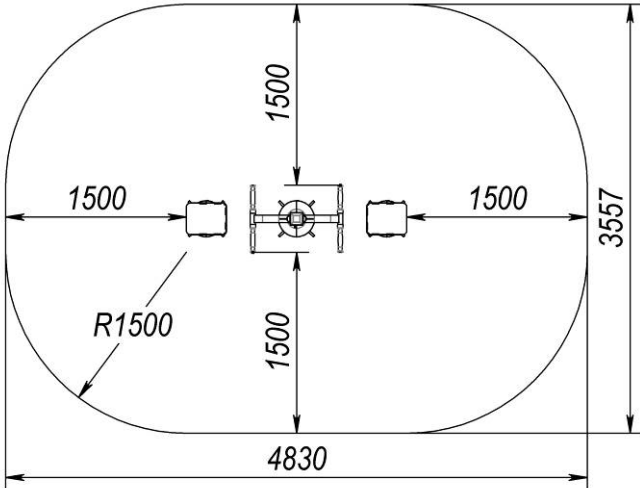
5. Installation scheme

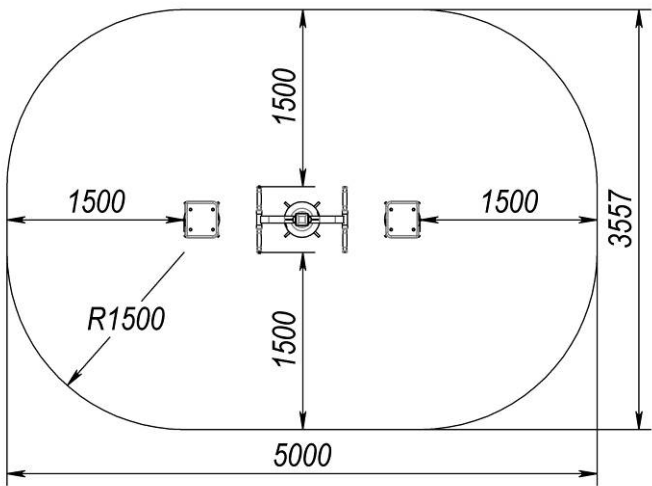
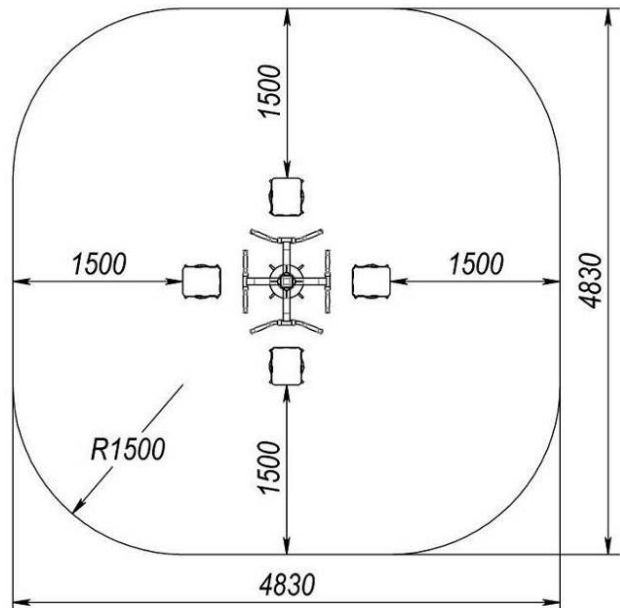
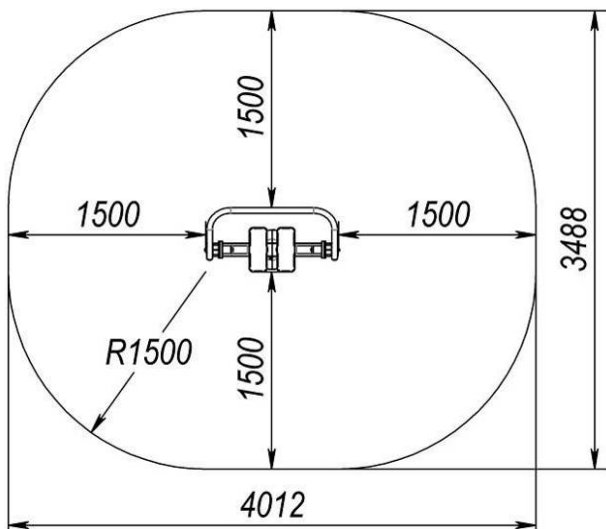
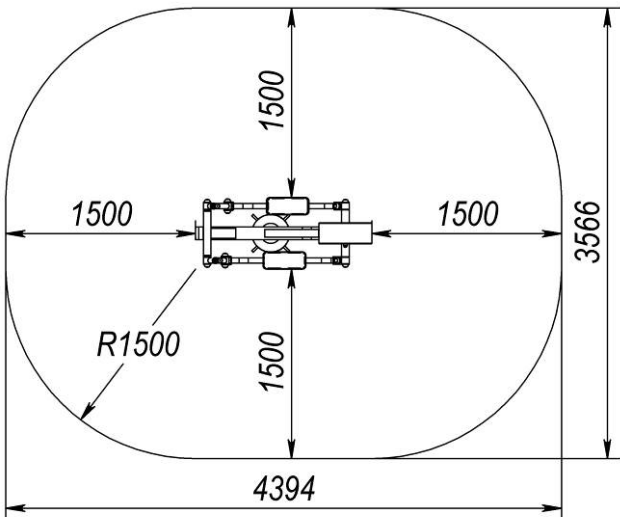
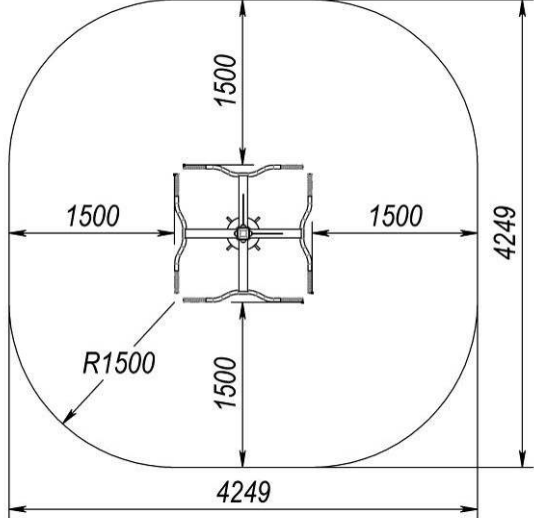
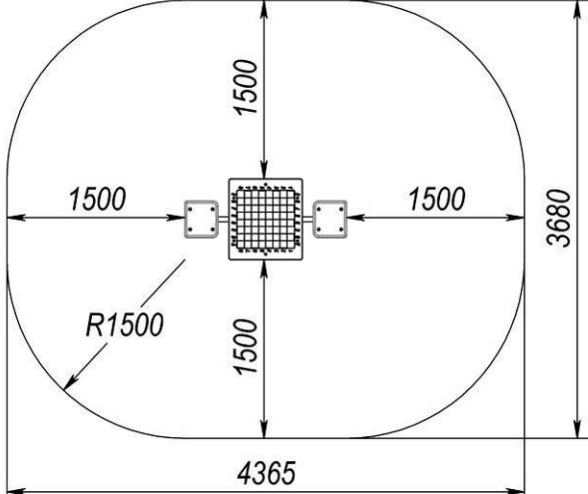
Safety zone			
Information stand	SM100.1	Information stand	SM100.2
			
Information stand	SM100.3, SM100.3-R		

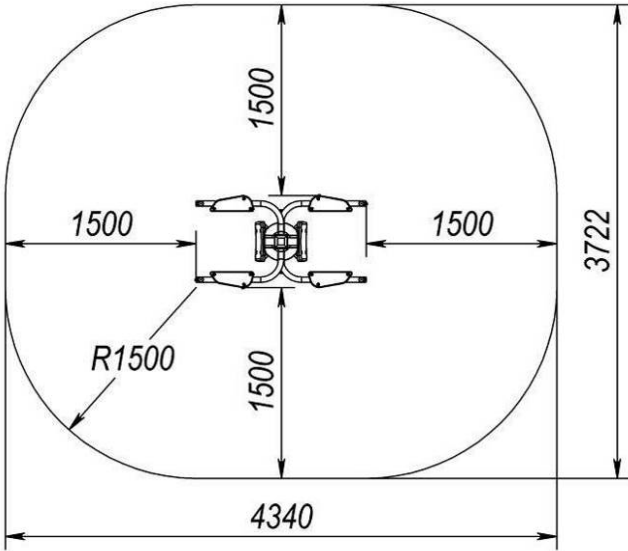
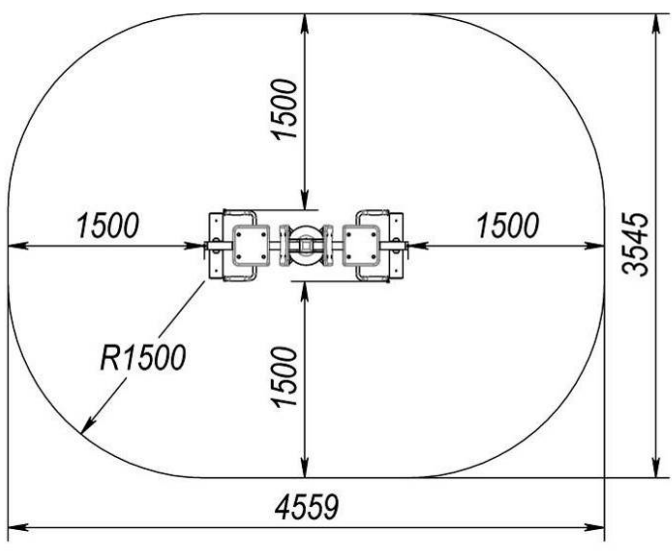
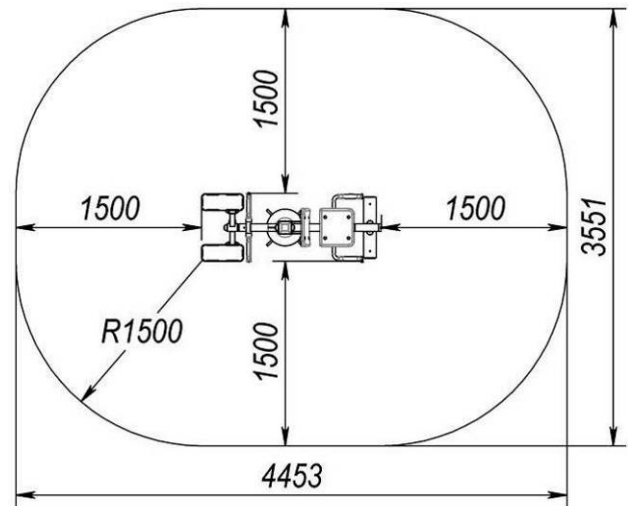
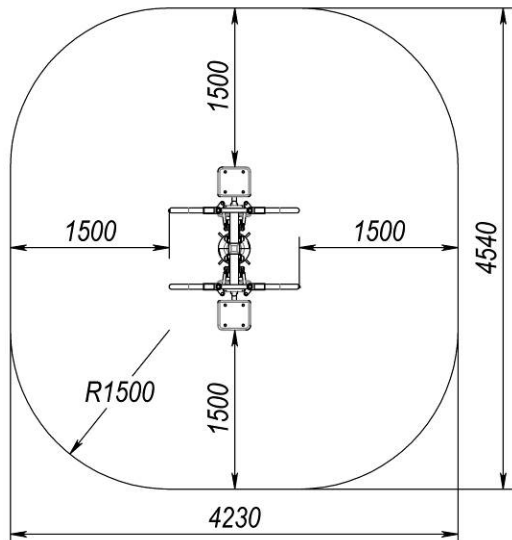
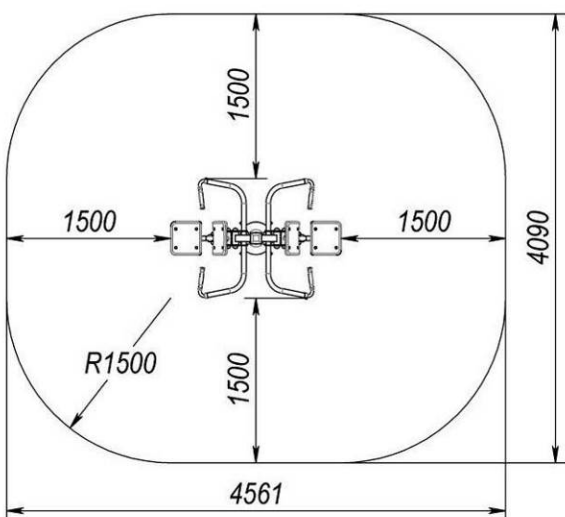
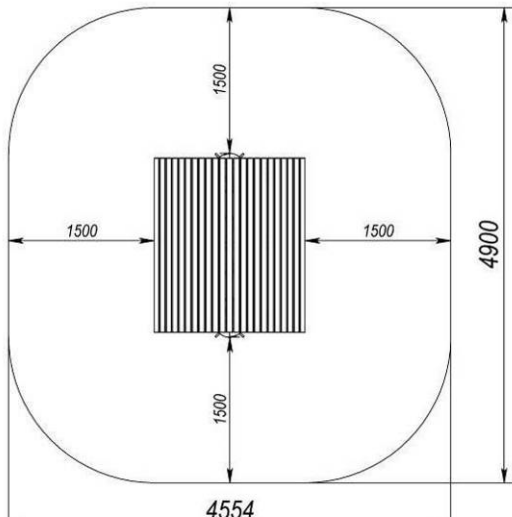
			
Chest press	SM101	Chest press - Lat pull down	SM101-102
			
Lat pull down	SM102	Leg press	SM103
			
Leg press - hip extension	SM103-126	Leg press - biceps	SM103-129

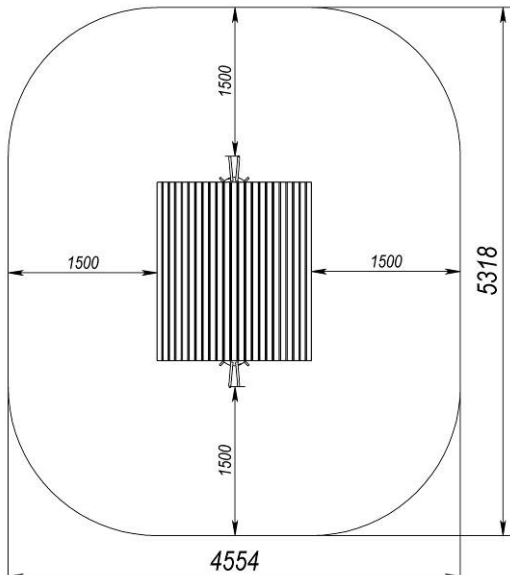
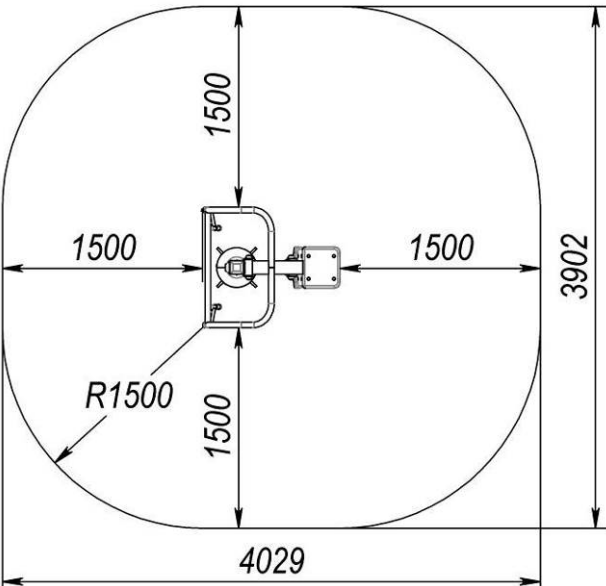
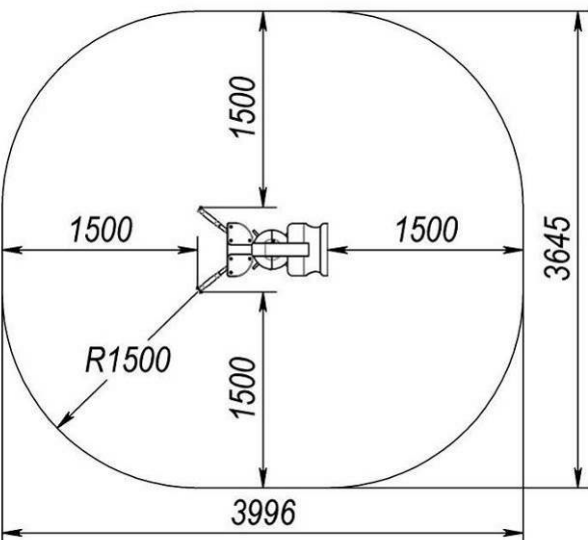
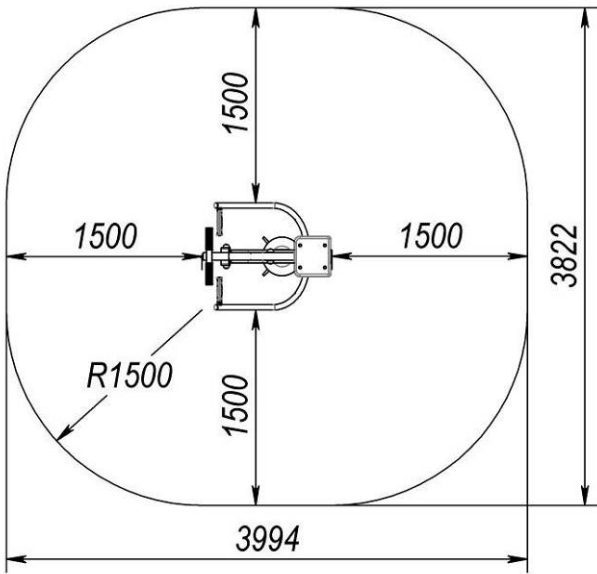
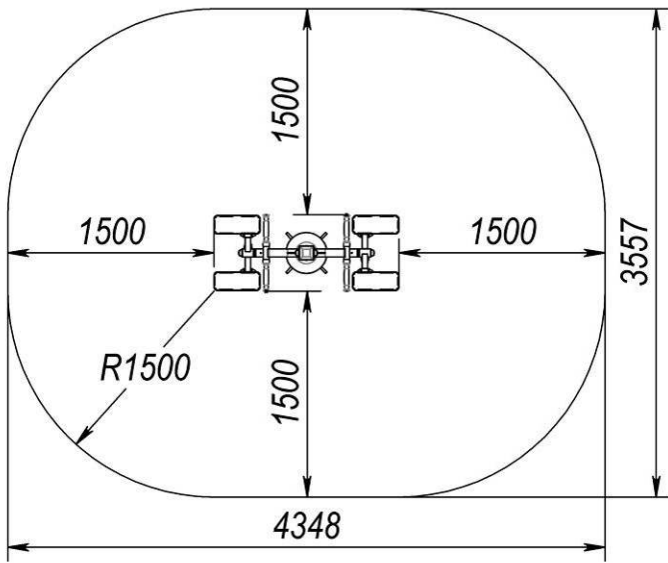
			
Adductor - Abductor	SM104	Adductor - Abductor - Twister	SM104-114
			
Double parallel bars	SM105	Pull-up bar - Double parallel bars	SM105-117-I
			
Anatomic press	SM106	Bench for the press	SM106.1

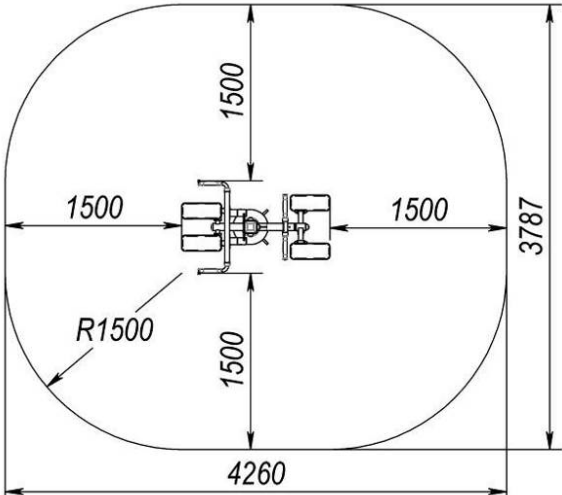
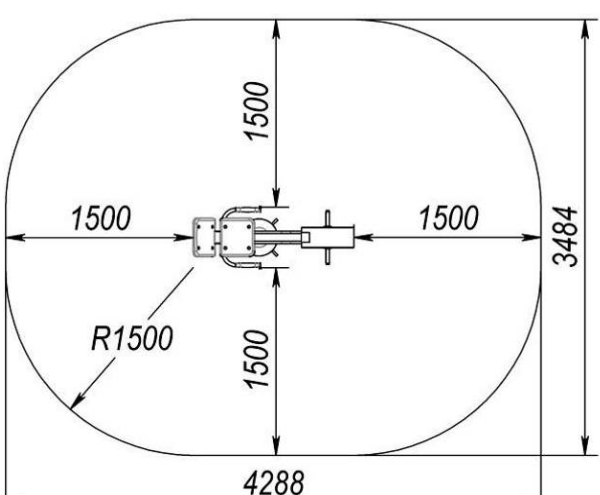
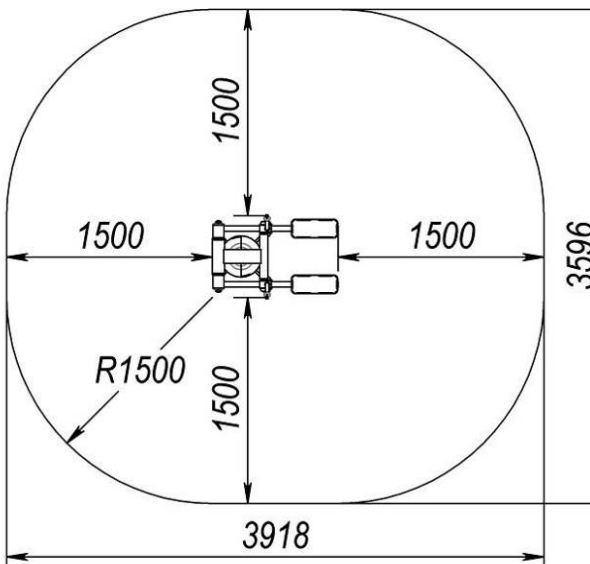
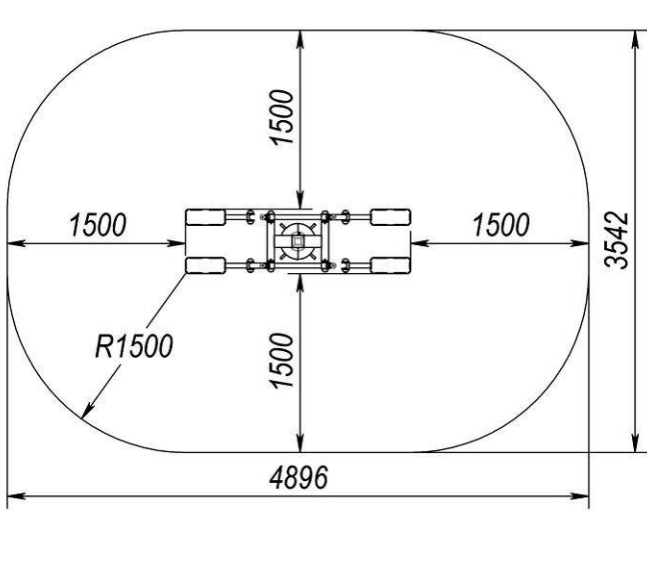
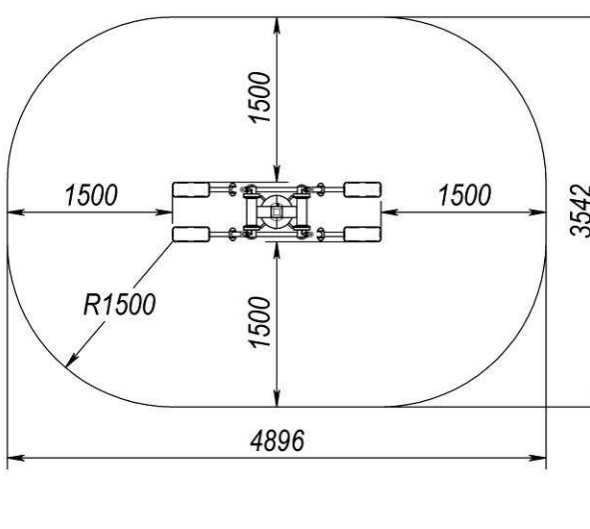
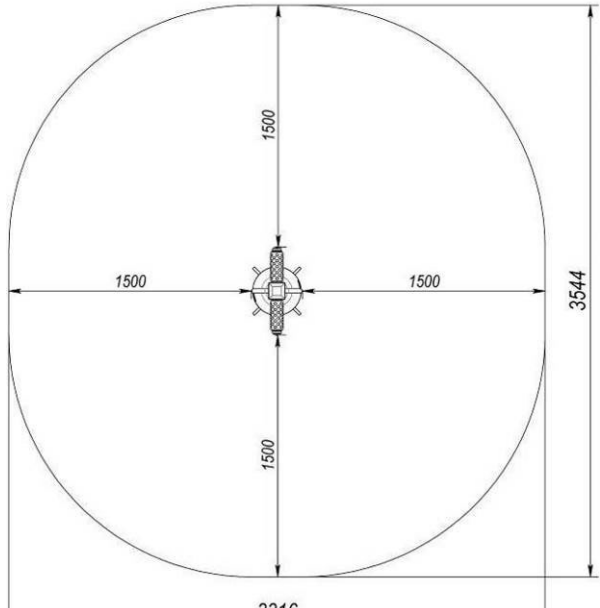
			
Shoulder training	SM107	Shoulder training	SM108
			
Abdominal muscles training	SM109	Horse rider	SM110
			

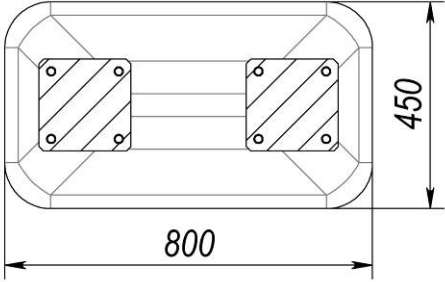
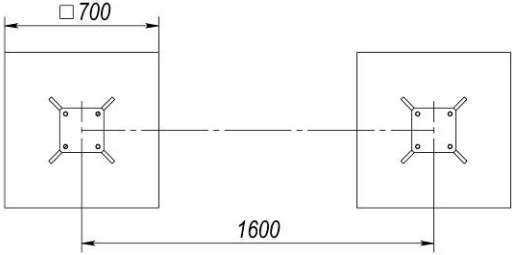
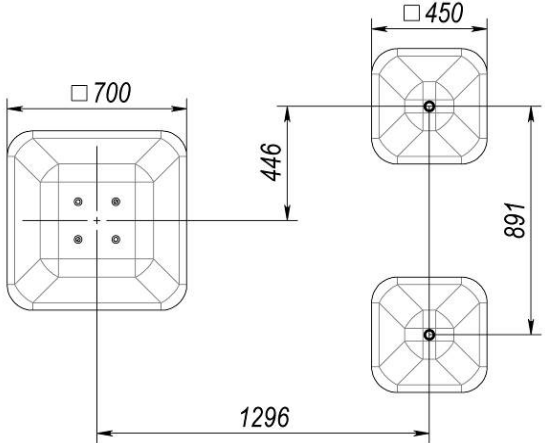
Ladder with bar	SM112	Multistation Max	SM113
			
Twister	SM114		
			
Sitting twister	SM114-S	Four-seater twister	SM114-4

			
Air walker	SM115; SM115-T	Single ellipse	SM116
			
Pull - up Rack	SM117	Chess table game	SM120
			
Support for abdominal	SM125	Hip extension	SM126

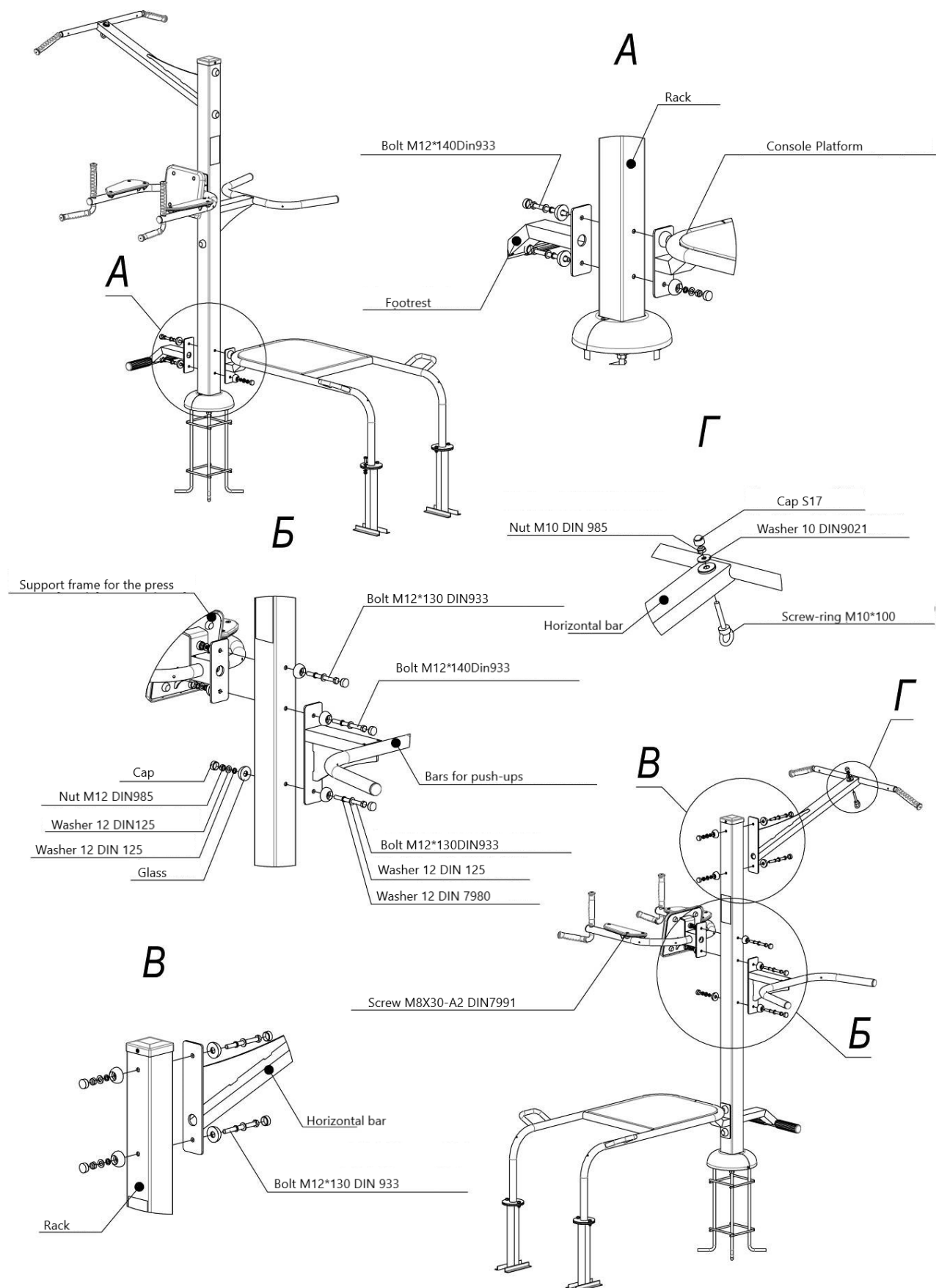
muscles			
			
Hip extension-Stepper	SM126-136	Butterfly	SM128
			
Biceps training	SM129	Bench with a canopy and bicycle parking	SM130, SM130.1, SM130.2
			
Bench with a canopy and bicycle parking	SM130.3		

			
Rowing machine	SM131	Hyperextension	SM134
			
Outdoor rower	SM135	Stepper	SM136
			
Stepper - Adductor-Abductor	SM136-142	Bicycle	SM139

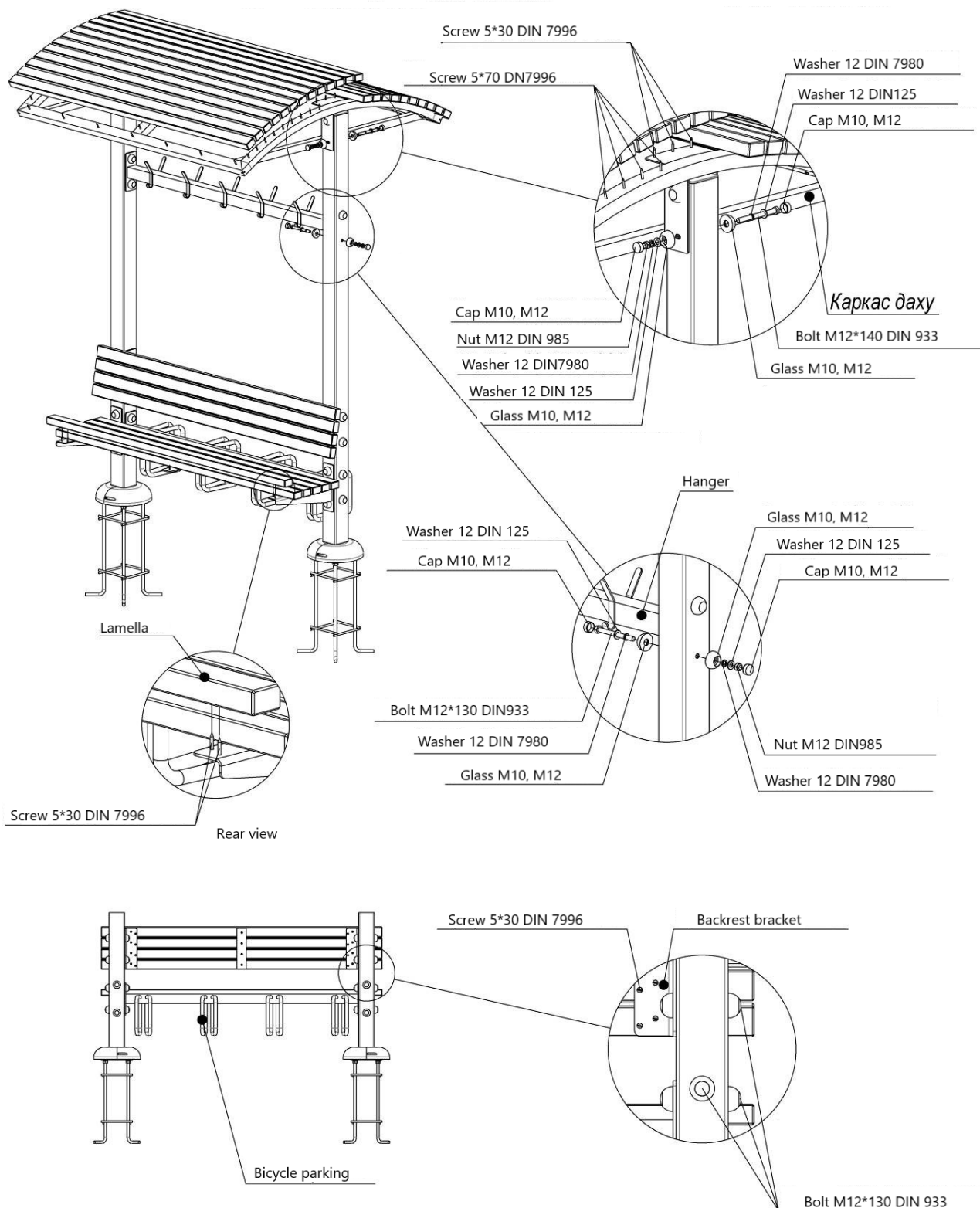
			
Skier	SM141-T	Double Skier	SM144
			
Skier	SM144 -T	Foot Massager	SM145
			

Concreting area	
SM100.1  Technical drawing of the SM100.1 component, showing a rectangular base with rounded corners. The overall width is 800 and the height is 450. The component features two internal rectangular sections with diagonal hatching, each containing four small circular holes arranged in a 2x2 grid.	
SM130, SM130.1, SM130.2, SM130.3  Technical drawing showing two SM130 components. Each component is a square base with a width of 700. The distance between the centers of the two components is 1600. Each component has a central cross-shaped structure with four small circular holes at the ends of the cross.	SM105-117-I  Technical drawing showing three SM105-117-I components. The components are arranged in a row. The first component on the left is a square base with a width of 700. The second and third components are smaller, square bases with a width of 450. The distance between the center of the first component and the center of the second component is 446. The distance between the center of the second component and the center of the third component is 891. The total distance between the center of the first component and the center of the third component is 1296.

Assembly diagram of the SM113



Assembly diagram of the SM130



The mounting scheme for SM130.1, SM130.2, SM130.3 is identical

6 PRODUCT USE

It is prohibited to use the product until it has been fully and completely installed.

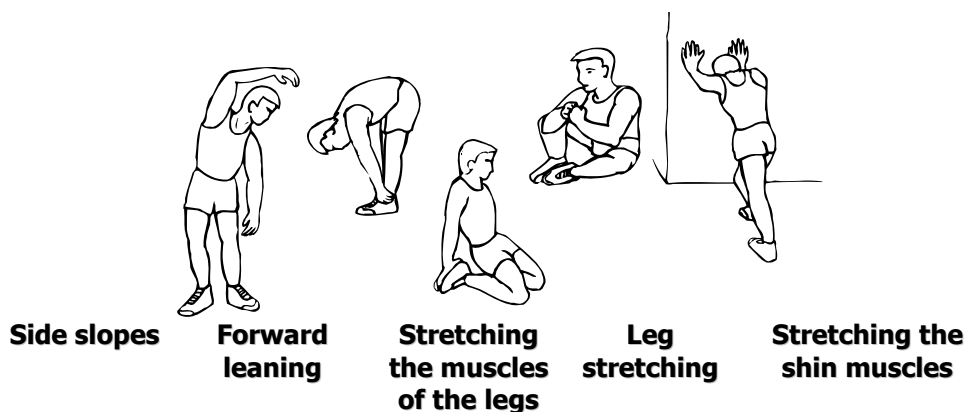
It is prohibited to use the product by users of a different age category.

It is prohibited to use the product by users of a different weight category.

Before using the product, clear the safety zone of unnecessary objects that could cause harm 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.) that may cause injury to the user.

Before you start exercising on the machines, you should warm up - a set of exercises to warm up your muscles to prevent injury and increase the effectiveness of your workout. We recommend that you perform the following set of exercises before each workout on the machines. Each exercise should be performed for at least 30 seconds. If you feel any pain or deterioration during the exercises, stop training.



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

1. Take the correct starting position on the machine.
2. Perform the exercise in accordance with 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.

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 physician before continuing to exercise.

Wear comfortable sportswear for training - getting your clothes caught in moving parts of the equipment can cause personal injury and equipment damage. Always hold the handles of the equipment firmly and do not lift off the seat (if the seat is provided by the design of the equipment).

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

7. PRODUCT MAINTENANCE

General instructions.

The maintenance of the product implies, first of all, the responsibility of the user to comply with all recommendations provided in this document, starting with a daily inspection of the external condition of the product before operation.

If you hear excessive noise in the external parts of the product or at the joints of parts, immediately notify the service center.

Before using the product, check its operability and absence of breakdowns (damage) - in case of product breakdowns, its complete or partial inoperability, the use of the product is prohibited.

Safety measures during maintenance.

Maintenance of the simulators must be carried out by a person with the appropriate technical education who has undergone safety training.

The procedure for maintaining the simulators.

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

Once a month, as well as when installing the simulators, their certification must be carried out by loading the simulators with a weight exceeding the maximum permissible weight by 1.5 times for several minutes. The date of certification shall be recorded in the Registration Journal, which is an integral part of this passport, and certified by the signature of the responsible person. It is also necessary to inspect bearing assemblies, threaded connections, replace failed parts, and lubricate them.

Every three months, a scheduled inspection should be carried out, which primarily concerns the foundation part, load-bearing elements and element connection points (their integrity and degree of wear). Щорічно повинен проводитись головний річний огляд уповноваженими спеціалістами фірми-виробника. During the inspection, the technical condition of the equipment is assessed to ensure that it meets safety requirements. Based on the results of the inspection, a maintenance procedure is carried out to eliminate the identified inconsistencies in the operation of the

product. This procedure includes assessing the condition of parts and assemblies, replacing worn parts, and restoring the integrity of protective coatings. The results of the inspections, as well as the procedures performed as a result of the inspection and maintenance of the product must be properly documented in the Registration Journal. The owner of the product must keep certificates of maintenance of the product, certificates of repair work.

