

interatletika™

PRODUCTION AND SALE OF CHILDREN'S
AND OUTDOOR EQUIPMENT

Customer support:

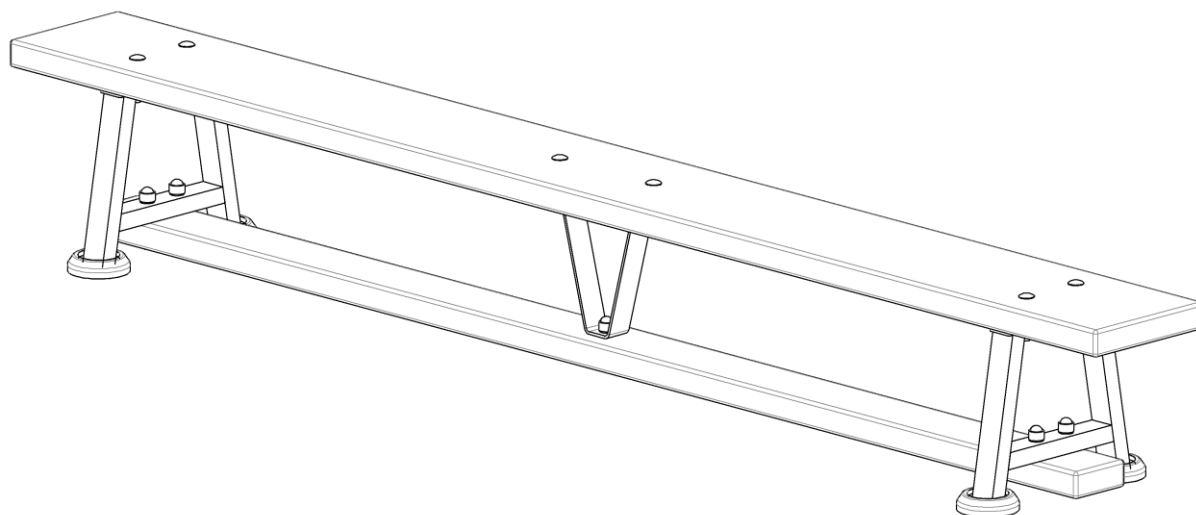
☎ +38 095 273 81 53

play.interatletika.com

✉ export.team@interatletika.com

DATA SHEET

UT211.3 – Gymnastic bench



CONTENT

1	GENERAL INFORMATION	3
2	TECHNICAL DATA AND COMPLETE SET	3
3	INFORMATION FOR SAFE USE	4
4	TECHNICAL MAINTENANCE	5
5	INFORMATION ON STORAGE, TRANSPORT AND DISPOSAL	5

FOR NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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.

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. TECHNICAL DATA AND COMPLETE SET

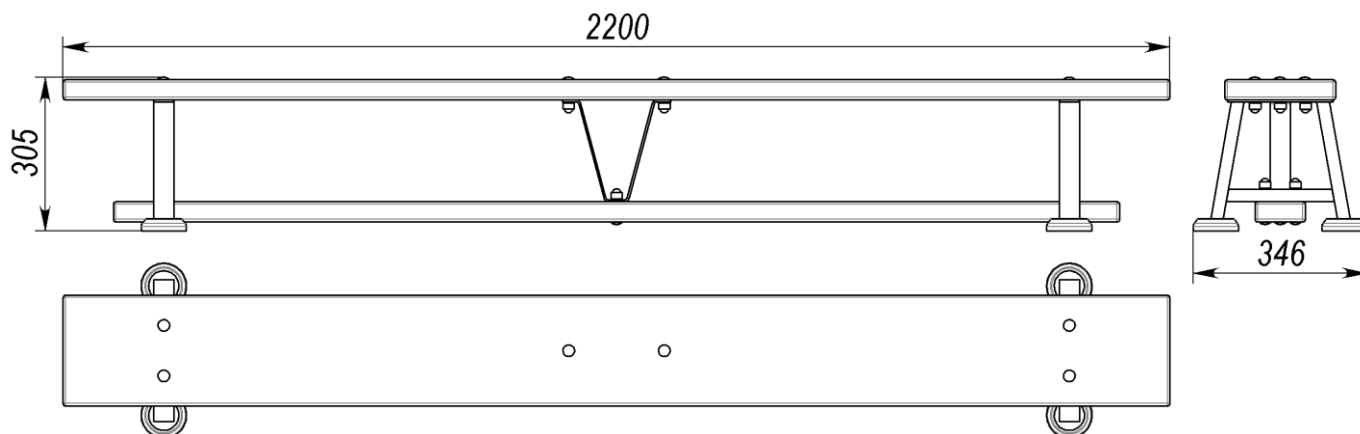
The purpose of the product. The name of the product, its usage are mentioned at the front page. The product is aimed to be used for sports (physical exercises) at home. By usage of this product the manufacturer means the usage the product indoors (safe from external factors, such as rain, snow, sun-rays, etc.) by the temperature mentioned in the product characteristics.

The characteristics of the product.

Length	mm	:	2200
Width	mm	:	346
Height	mm	:	305
Weight	kg	:	21 kg
Working environment	-----	:	
Max. weight of the user	kg	:	120 kg
Country of manufacturer	-----	:	Ukraine
Working temperature indoors	C°	:	from 10° C till 30° C
Moisture indoors	%	:	from 60 % till 80 %
Mains supply	V,Hz	:	
Power needed	W	:	
Electrical earthing	-----	:	

Product structure. General view of the product and its main parts are shown at picture 1.

The names of the main parts of the product (see picture 1; some parts can be identified in the table, but are not presented at the picture, that doesn't influence the complete set of the product):



Picture 1. General view and main overall dimensions of the product

Technical data and complete set. The operating principal of the product inheres in transferring load on the muscles during the trainings. The product can be regulated in accordance with the physical culture of a particular person.

Instrument and actions. Instrument needed to assemble the product is not the part of the set.

Marking and sealing. To avoid unapproved unpacking and to control the process of it the product has special plastic marks (seals). The main part of the product can be without any marking (such as the name of the model, or the product) in case it is a part of design solution, that doesn't influence its quality and it is not an evidence of not-official product. The packaging of the product contains of «Inter Atletika» logo and the code of the model of the product. Because of the all-time modernization of the product, the code at the packaging can differ from the code mentioned at the title page of this data sheet.

Packaging. The product is transported in carton packing. Depending on the model and the type of the

product some particular parts can be packed in polyethylene packaging.

3. INFORMATION FOR SAFE USE

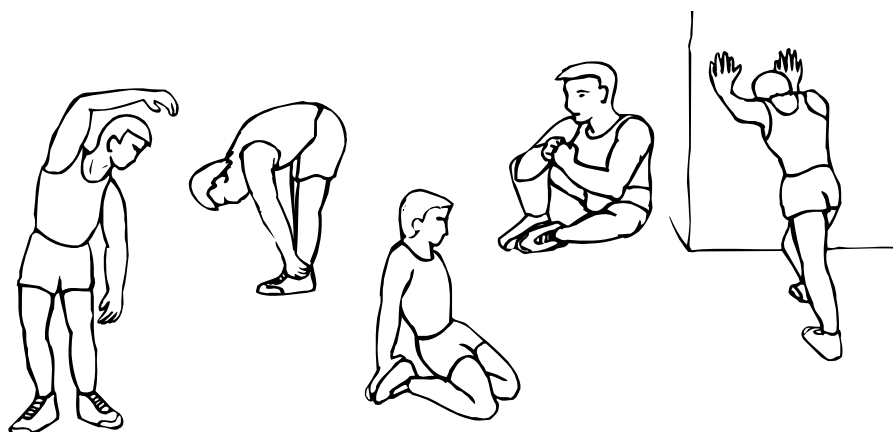
Working limits. The product is aimed to be used for sports (physical trainings) at home. The usage of the product in gyms, offices or other conditions, except homes (that are noted in the document) is forbidden. The violation of product usage and its requirements is not allowed.

Product preparation before usage. Before using the product, it is needed to be sure that it has been assembled in full taking into account all the requirements of this Data sheet and other documents (in case there are some added to the set of the product). The general view of the product is presented at picture 1.

Product assembly order.

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.

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.



Side body bend

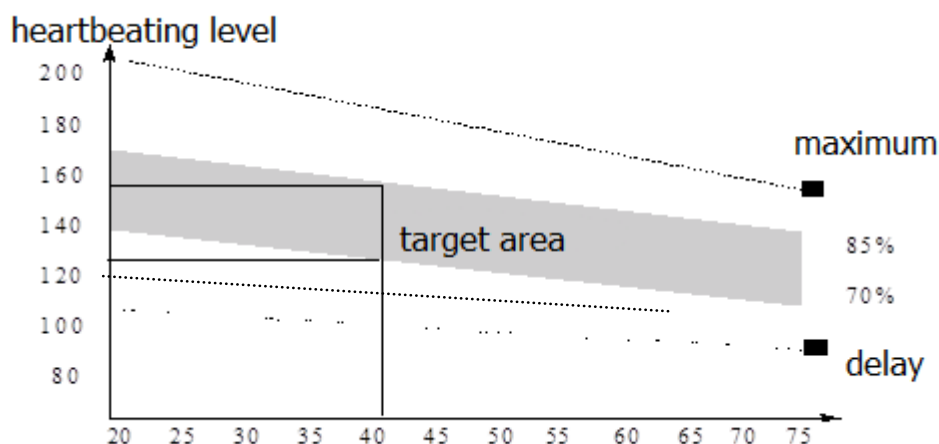
**Forward
bend**

**Leg muscles
stretching**

**Legs
stretching**

Calves muscles stretching

Recommendations for training. After regular trainings leg muscles will be stronger. Try to keep to a neutral temp of doing exercises during the training. Your pulse should be in the target area that is indicated at the picture during the training.



The training should be no shorter than 12 minutes, but some people start from 15-20 minutes.

Finalizing the training. Your pulse should become neutral and muscles should be calm during the training. It is recommended to do the exercises that were done during the warm up. Firstly, make the temp lower and continue training during 5 minutes. Continue doing stretching exercises. Stop training in case you feel pain or discomfort. You will be able to do trainings with higher temp in the future. It is recommended to do the trainings 3 times a week.

Musculature toning. It is necessary to indicate a high level of intensity for musculature toning. It will

make the intensity higher and will cut the time needed for the training. Training program is obligatory in case you want to make your physical condition better. Make higher intensity for the legs at the end of the training. In case your pulse is higher than target area, make the temp lower.

Decrease of weight. The most important factor of weight decreasing is your wish to do it. More often and longer you trainings are more calories you lose.

4. TECHNICAL MAINTENANCE

Technical maintenance presumes, first of all, the responsibility of the user to stick to all recommendations, that are mentioned in this document, beginning with every-day observation of the product and its technical order.

Before operating the product, conduct a visual inspection, check the fasteners and structural strength – in case of any damages, full or partial down state the product is forbidden to be used.

5. INFORMATION ON STORAGE, TRANSPORT AND DISPOSAL

Product storage and disposal orders. *WARNING!* The product is aimed to regular using according to its purpose (taking into account all the limits, that are mentioned in this document) after its installation. It is not recommended to leave the product without using (more than 30 calendar days). External (physical) factors can lead to losing the shop-front of the product (or its parts), wrong working on the product or its parts during a long-time down time, and as a result it might lead to breakage of the product.

If long-term storage of the product is required, the following storage rules must be observed (the list of conditions is not complete):

- place the product in a closed dry room with natural ventilation;
- protect the product from external factors (dust, water drops, etc.) with a large plastic bag, leaving space for free air circulation;

- take other measures to preserve the appearance and characteristics of the product during storage.

When removing the product from storage and preparing for installation, follow the next recommendations:

- remove the product from the packaging material (polyethylene, cardboard, other packaging materials);
- remove dust and other contaminants from the surface of the product;
- check completeness and absence of parts damage.

The product is transported unassembled in carton packing. Transporting should be accomplished by the way of protecting the product from external factors (rain, snow, sun-rays, water, moisture, etc.)

After the term of product use is over the Customer determine its further usage by themselves.