

# interatletika™

PRODUCTION AND SALES OF SPORTS GOODS

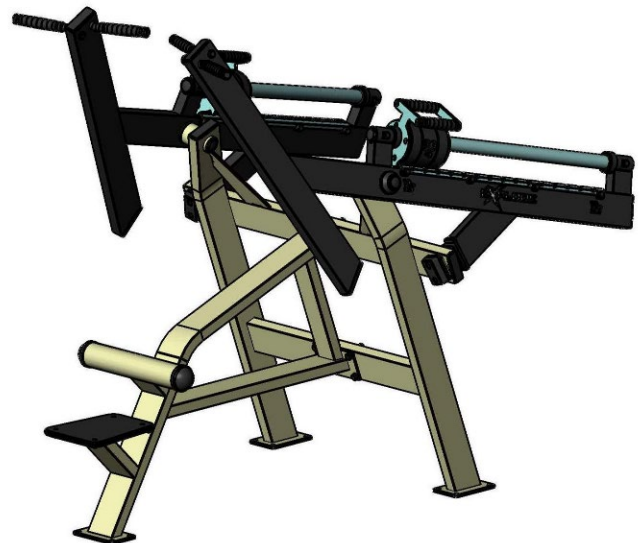
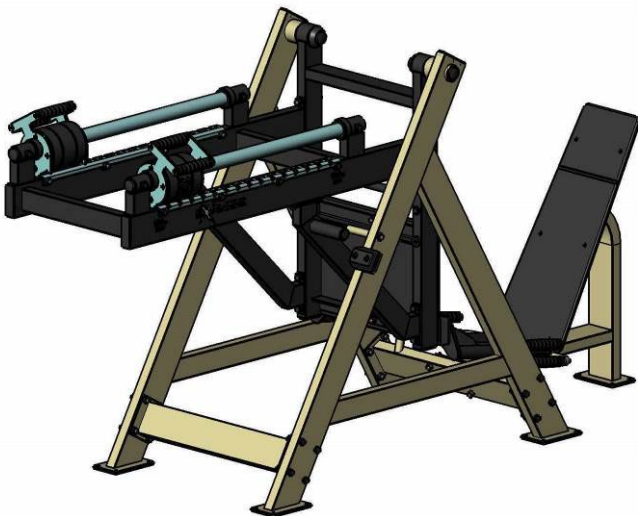
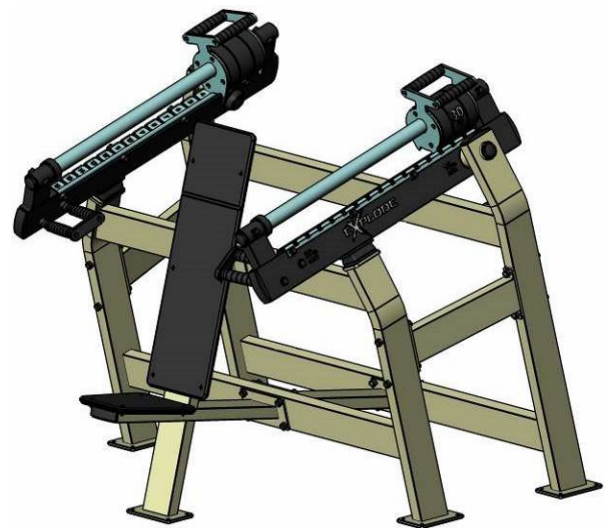
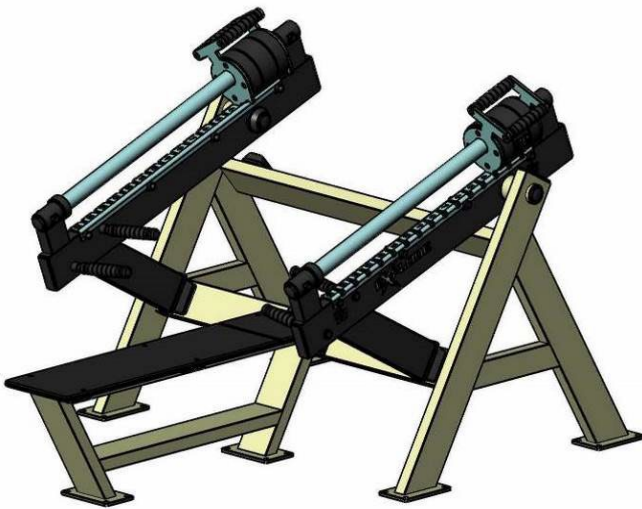
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## KF800-S (-ZEC) outdoor machines

### DATA SHEET



**FOR NOTES**

|                                         |           |
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[illegible]

## 1. GENERAL INFORMATION

**Purpose and content of this document.** This document contains information on installation, intended use of equipment, maintenance, routine repairs, and manufacturer's warranties..

**Level of special training of the user.** Before using sports equipment, each user is required to:

- carefully read and study this document;
- strictly adhere to the requirements and recommendations of this document;
- know and strictly adhere to the general rules for engaging in sports (physical exercise) and training on sports equipment (if you do not have such knowledge, you must seek the help of a specialist);
- consult with a doctor regarding the possibility and safety for your health during training.

**Marking.** The equipment is marked with the model and date of production. The packaging does not contain any markings..

**Packaging.** The equipment is delivered in polyethylene packaging to prevent damage during transport. Depending on the model and type of equipment, individual parts may be additionally packed in cardboard. The packaging must be retained by the customer (the product can only be returned in its original packaging)..

**Distribution of this document on product modifications.** The manufacturer can make changes to the equipment design to improve its performance, change its design, etc.

This document may not describe such changes, but it applies to such modified products.

## 2. TECHNICAL DATA

**Table 1 – Technical characteristics**

| №  | Product code  | Name                                               | Overall dimensions, mm |           |                          | Weight, kg <sup>2</sup> | Height of fall, mm | Cargo weight, kg       | Load min. kg           | Load max. kg           |
|----|---------------|----------------------------------------------------|------------------------|-----------|--------------------------|-------------------------|--------------------|------------------------|------------------------|------------------------|
|    |               |                                                    | Length, mm             | Width, mm | Height <sup>1</sup> , mm |                         |                    |                        |                        |                        |
| 1  | KF801-S       | Supine Press (prone position)                      | 1960                   | 1450      | 1220                     | 203                     | 400                | 2x30                   | 2x10                   | 2x35                   |
| 2  | KF802-S       | Shoulder Press                                     | 1600                   | 1630      | 1500                     | 238                     | 450                | 2x30                   | 2x10                   | 2x35                   |
| 3  | KF803-S       | Leg Press                                          | 2846                   | 938       | 1571                     | 285                     | 280                | 2x30                   | 100                    | 150                    |
| 4  | KF804-S       | Rowing Machine                                     | 1714                   | 1222      | 1103                     | 186                     | 640                | 2x30                   | 2x20                   | 2x50                   |
| 5  | KF805-S       | Lat Pull Down                                      | 2240                   | 1450      | 1910                     | 215                     | 415                | 2x30                   | 2x10                   | 2x40                   |
| 6  | KF806-S       | Deadlift                                           | 2390                   | 1718      | 1194                     | 294                     | 0                  | 4x30                   | 45                     | 80                     |
| 7  | KF807-S       | Squat Machine                                      | 1514                   | 1508      | 1403                     | 198                     | 0                  | 2x30                   | 40                     | 80                     |
| 8  | KF808-S       | Butterfly Machine                                  | 1870                   | 2150      | 720                      | 216                     | 400                | 2x30                   | 2x8                    | 2x15                   |
| 9  | KF809-S       | Deltoid Machine                                    | 858                    | 2160      | 1580                     | 220                     | 0                  | 2x30                   | 2x5                    | 2x10                   |
| 10 | KF810-S       | Biceps Machine                                     | 1247                   | 1187      | 1137                     | 128                     | 0                  | 30                     | 10                     | 30                     |
| 11 | KF811-S       | Triceps Dip                                        | 2570                   | 1000      | 1140                     | 226                     | 510                | 2x30                   | 2x15                   | 2x40                   |
| 12 | KF812-S       | Leg Extension                                      | 1437                   | 1581      | 1362                     | 248                     | 610                | 2x30                   | 2x10                   | 2x25                   |
| 13 | KF813-S       | Leg Curl                                           | 1335                   | 1782      | 1538                     | 215                     | 180                | 2x30                   | 2x10                   | 2x25                   |
| 14 | KF814-S       | Assisted Pull-Up/Dip Trainer                       | 1590                   | 1080      | 2485                     | 130                     | 1400               | -                      | -                      | -                      |
| 15 | KF815-S       | Scott Bench with dumbbells and bench (10-16-24 kg) | 1894                   | 2365      | 1055                     | 196                     | 400                | 2x10-2<br>x16-2x<br>24 | 2x10-2<br>x16-2x<br>24 | 2x10-2<br>x16-2x<br>24 |
| 16 | KF815.1-S     | Scott Bench with dumbbells (10-16-24 kg)           | 750                    | 2365      | 1055                     | 176                     | 0                  | 2x10-2<br>x16-2x<br>24 | 2x10-2<br>x16-2x<br>24 | 2x10-2<br>x16-2x<br>24 |
| 17 | KF816.1-1-S   | Hyperextension                                     | 826                    | 1127      | 920                      | 41                      | 920                | -                      | -                      | -                      |
| 18 | KF816.1-2-S   | Bench for abdominals                               | 826                    | 1187      | 1085                     | 37                      | 904                | -                      | -                      | -                      |
| 19 | KF816.1-3-S   | Reverse bench for abdominals                       | 826                    | 1250      | 862                      | 36                      | 862                | -                      | -                      | -                      |
| 20 | KF816.2-S     | Base (double)                                      | 1976                   | 200       | 451                      | 22                      | 0                  | -                      | --                     | -                      |
| 21 | KF816.2-12-S  | Hyperextension with bench for abdominals           | 1976                   | 1187      | 1086                     | 74                      | 932                | -                      | -                      | -                      |
| 22 | KF816.2-13-S  | Hyperextension with reverse bench for abdominals   | 1976                   | 1250      | 920                      | 73                      | 920                | -                      | -                      | -                      |
| 23 | KF816.2-23-S  | Benches for abdominals                             | 1976                   | 1250      | 1085                     | 69                      | 862                | -                      | -                      | -                      |
| 24 | KF816.3-S     | Base (triple)                                      | 826                    | 1127      | 920                      | 41                      | 0                  | -                      | -                      | -                      |
| 25 | KF816.3-123-S | Hyperextension-Abdominal-Abdominal reverse         | 2846                   | 1250      | 1086                     | 109                     | 920                | -                      | -                      | -                      |
| 26 | KF817-S       | Adductor machine                                   | 2155                   | 1641      | 1617                     | 194                     | 310                | 30                     | 10                     | 45                     |

|    |         |                  |      |      |      |     |     |    |    |    |
|----|---------|------------------|------|------|------|-----|-----|----|----|----|
| 27 | KF818-S | Abductor machine | 2469 | 1321 | 1617 | 196 | 310 | 30 | 10 | 45 |
|----|---------|------------------|------|------|------|-----|-----|----|----|----|

1 – Height above ground level (covering).

2 – Weight of galvanized machines (ZEC) is 3% bigger.

Maximum user's weight

Working temperature

User's category

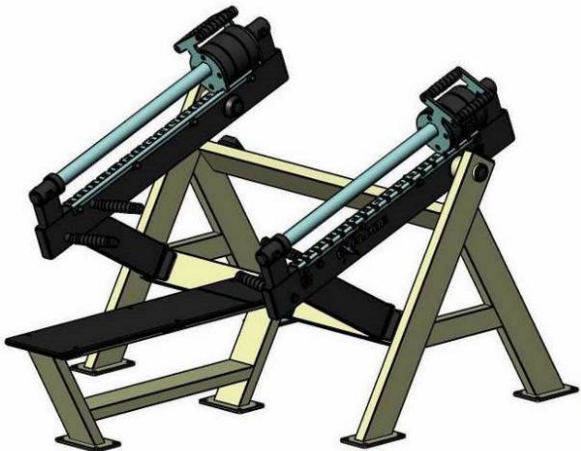
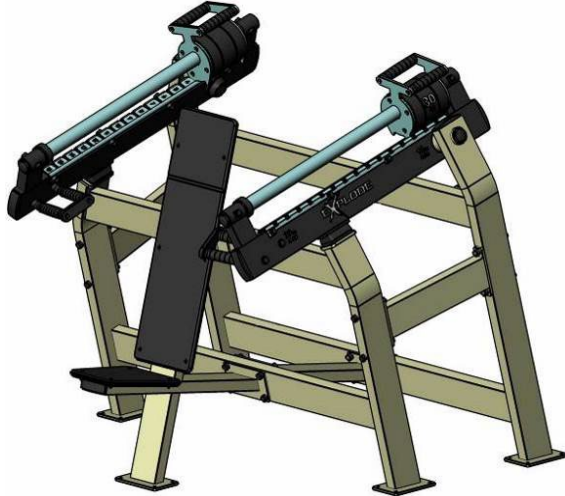
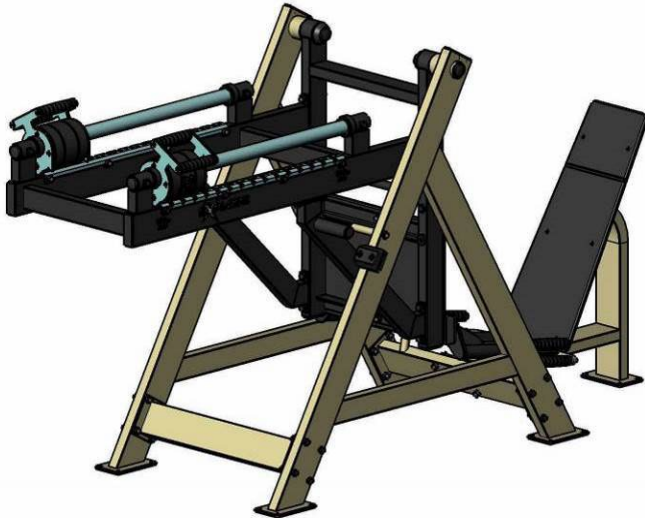
Country of origin

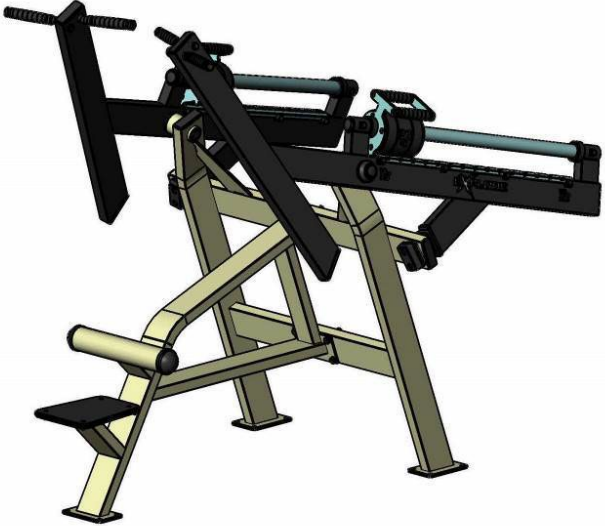
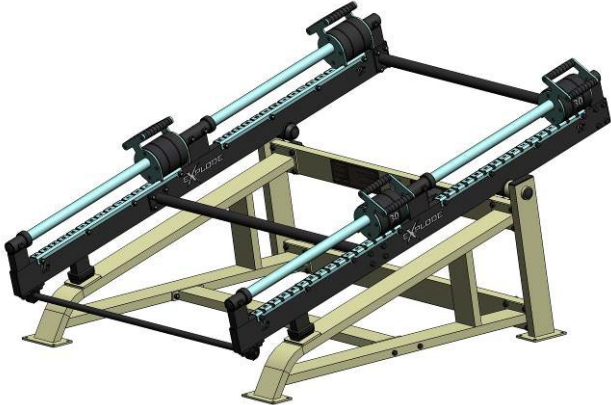
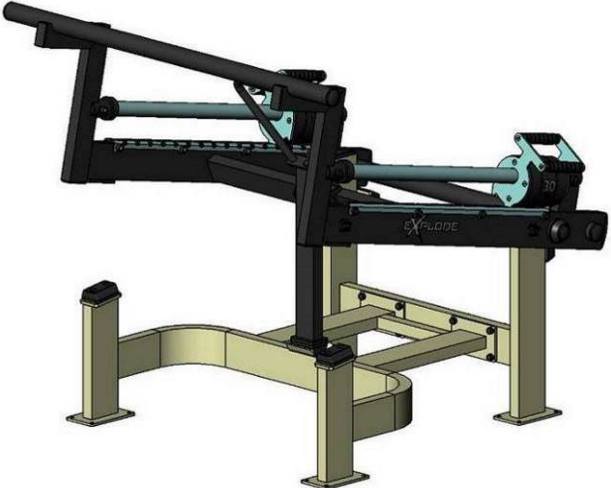
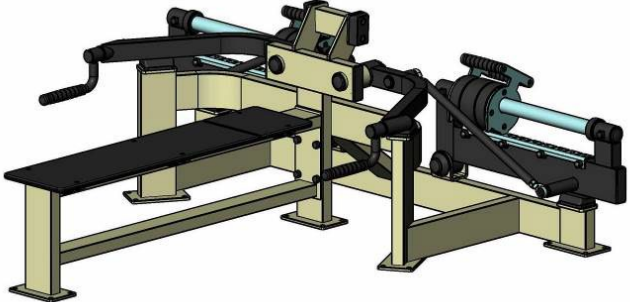
kg : **150**

C° : **from -20 to +30**

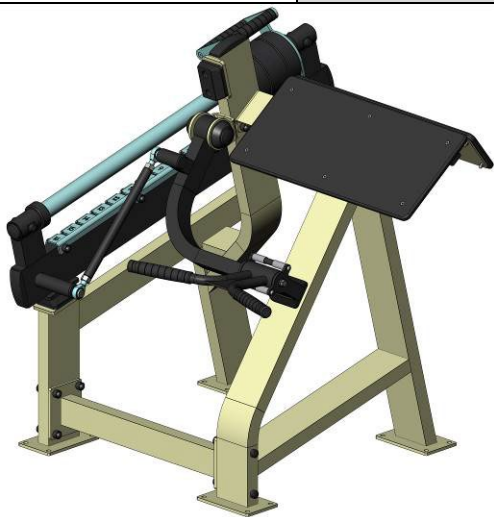
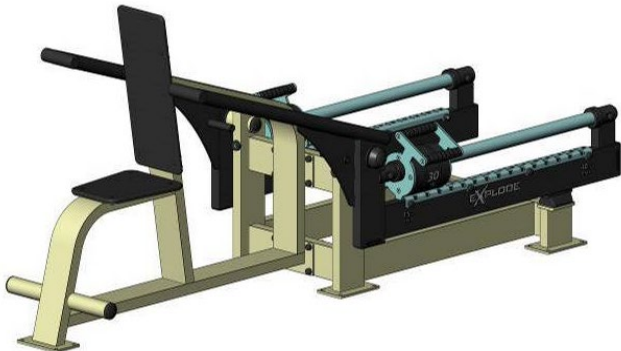
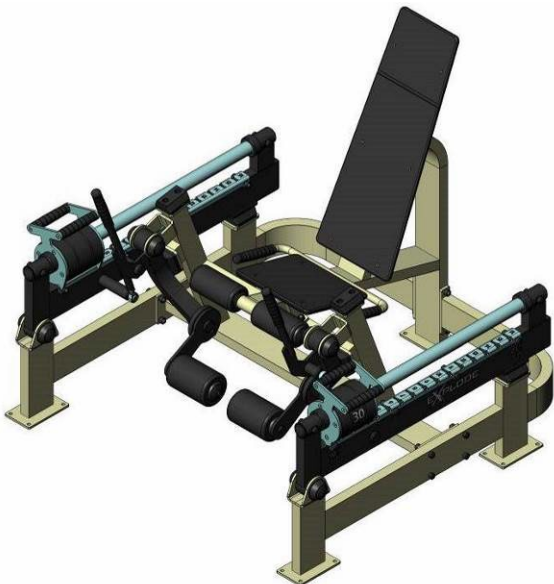
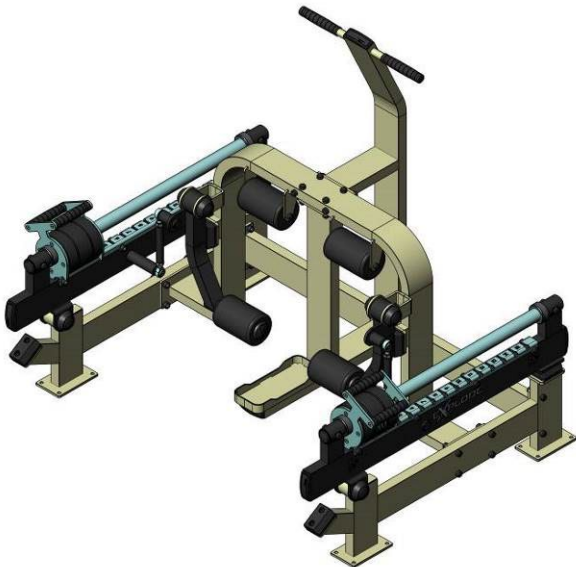
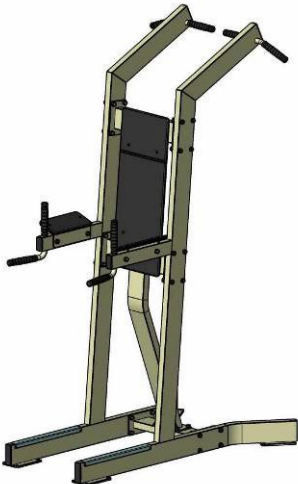
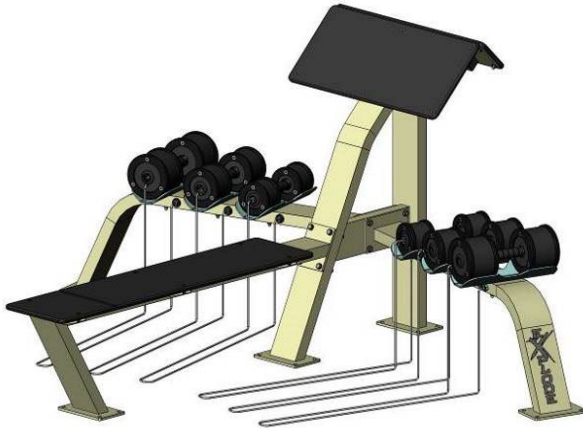
cm : **from 160**

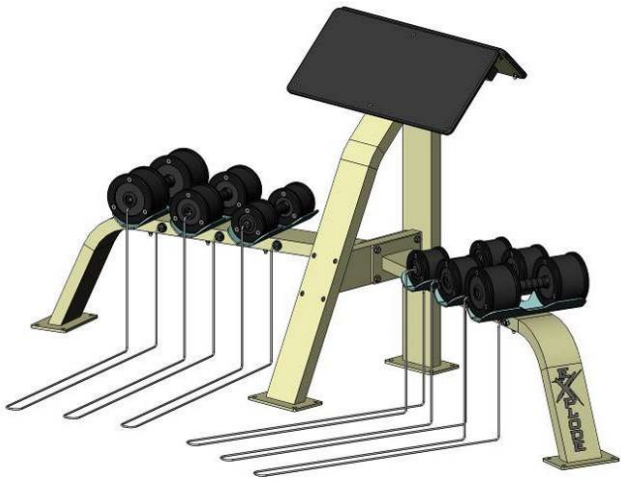
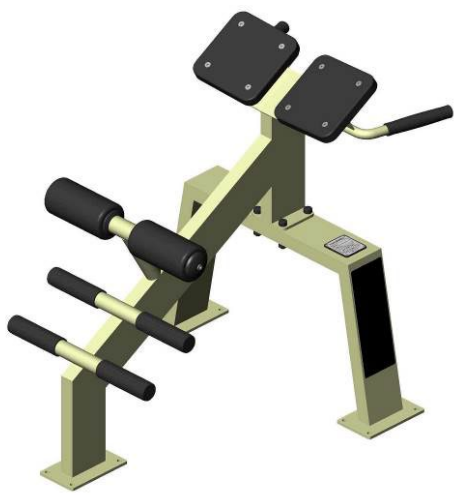
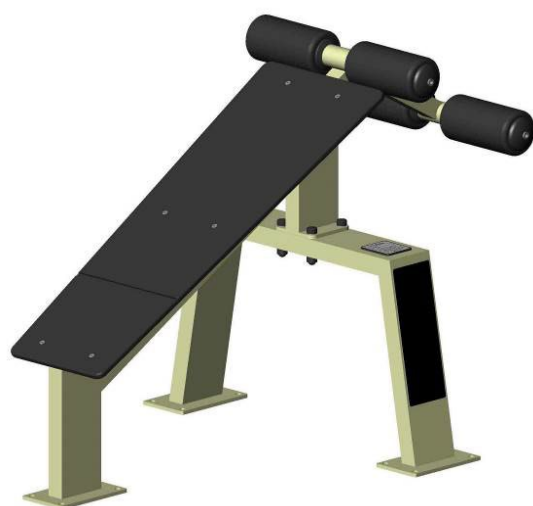
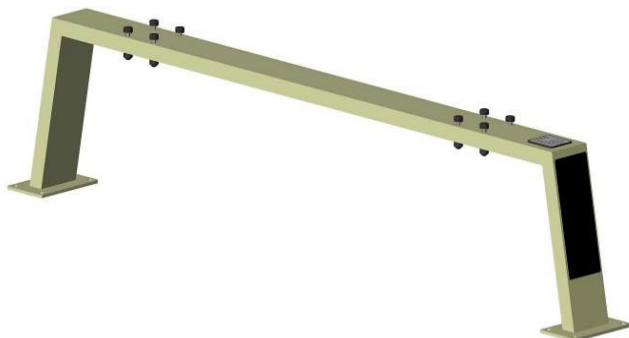
---- : **Ukraine**

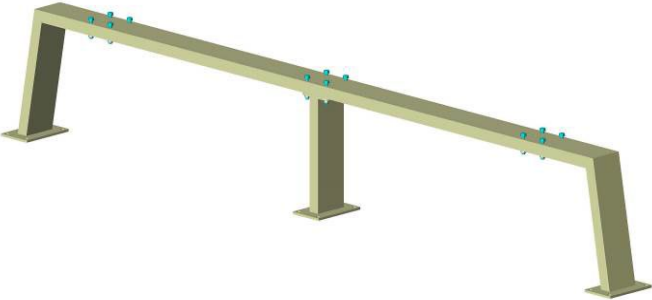
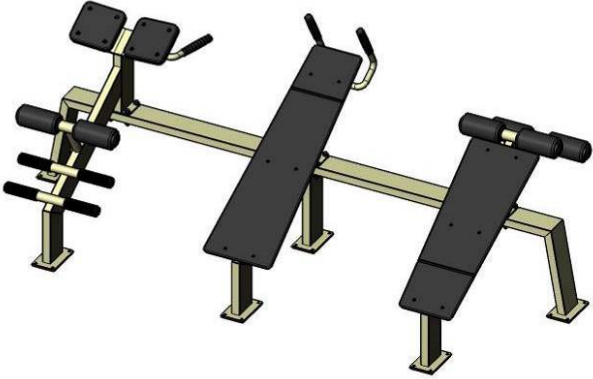
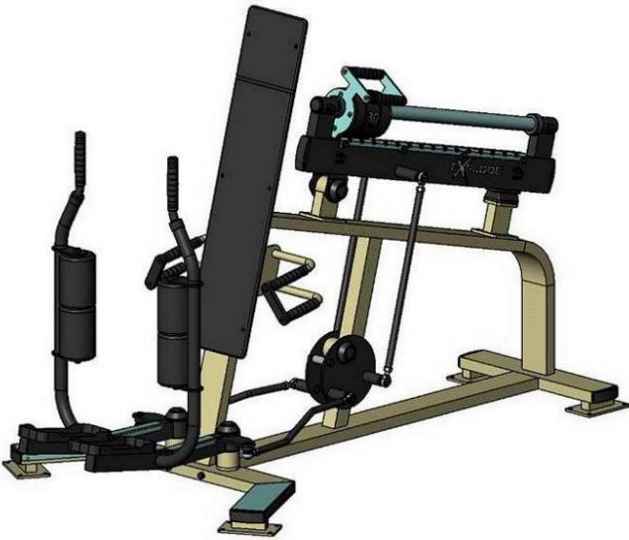
| Supine press (prone position)                                                       | KF801-S | Shoulder Press                                                                       | KF802-S |
|-------------------------------------------------------------------------------------|---------|--------------------------------------------------------------------------------------|---------|
|   |         |   |         |
| Leg press                                                                           | KF803-S | Rowing machine                                                                       | KF804-S |
|  |         |  |         |

|                                                                                     |         |                                                                                      |         |
|-------------------------------------------------------------------------------------|---------|--------------------------------------------------------------------------------------|---------|
| Lat pull down                                                                       | KF805-S | Deadlift                                                                             | KF806-S |
|    |         |    |         |
| Squat machine                                                                       | KF807-S |                                                                                      |         |
|   |         |                                                                                      |         |
| Butterfly machine                                                                   | KF808-S | Deltoid machine                                                                      | KF809-S |
|  |         |  |         |



|                                                                                     |                |                                                                                      |                |
|-------------------------------------------------------------------------------------|----------------|--------------------------------------------------------------------------------------|----------------|
| <b>Biceps machine</b>                                                               | <b>KF810-S</b> | <b>Triceps Dip</b>                                                                   | <b>KF811-S</b> |
|    |                |    |                |
| <b>Leg extension</b>                                                                | <b>KF812-S</b> | <b>Leg curl</b>                                                                      | <b>KF813-S</b> |
|   |                |   |                |
| <b>Assisted Pull-Up/Dip Trainer</b>                                                 | <b>KF814-S</b> | <b>Scott Bench with dumbbells and bench (10-16-24 kg)</b>                            | <b>KF815-S</b> |
|  |                |  |                |

|                                                                                     |                    |                                                                                      |                     |
|-------------------------------------------------------------------------------------|--------------------|--------------------------------------------------------------------------------------|---------------------|
| <b>Scott Bench with dumbbells<br/>(10-16-24 kg)</b>                                 | <b>KF815.1-S</b>   | <b>Hyperextension</b>                                                                | <b>KF816.1-1-S</b>  |
|    |                    |    |                     |
| <b>Bench for abdominals</b>                                                         | <b>KF816.1-2-S</b> | <b>Reverse bench for<br/>abdominals</b>                                              | <b>KF816.1-3-S</b>  |
|   |                    |   |                     |
| <b>Base (double)</b>                                                                | <b>KF816.2-S</b>   | <b>Hyperextension with<br/>bench for abdominals</b>                                  | <b>KF816.2-12-S</b> |
|  |                    |  |                     |

|                                                                                     |                     |                                                                                      |                      |
|-------------------------------------------------------------------------------------|---------------------|--------------------------------------------------------------------------------------|----------------------|
| <b>Hyperextension with reverse bench for abdominals</b>                             | <b>KF816.2-13-S</b> | <b>Benches for abdominals</b>                                                        | <b>KF816.2-23-S</b>  |
|    |                     |    |                      |
| <b>Base (triple)</b>                                                                | <b>KF816.3-S</b>    | <b>Hyperextension-Abdominal -Abdominal reverse</b>                                   | <b>KF816.3-123-S</b> |
|   |                     |   |                      |
| <b>Adductor Machine</b>                                                             | <b>KF817-S</b>      | <b>Abductor Machine</b>                                                              | <b>KF818-S</b>       |
|  |                     |  |                      |



### 3. COMPLETENESS AND PURPOSE

**Purpose.** The equipment is designed for sports (physical training) on outdoor sports areas for free access. The exercise machines are designed to develop strength and muscle mass, improve physical fitness and increase health levels..

**Completeness.** The delivery set includes:

- equipment according to Table 1;
- operating manual.

**Table 2 - Components**

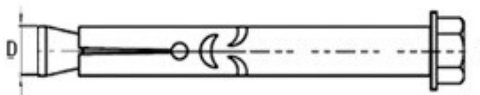
| Nº | Component parts                                             |
|----|-------------------------------------------------------------|
| 1  | Iron frame (welded; connected by bolted fasteners)          |
| 2  | Moving levers with variable load                            |
| 3  | Connecting elements (bolts, nuts, washers, spring washers). |

### 4. INSTALLATION

**Tools and accessories.** Assembly tools and mounting hardware are not included in the delivery set.

Depending on the model, the equipment is delivered assembled or partially assembled.

The equipment must be installed on a flat concrete surface using anchor bolts with a diameter of 10 mm and a length of at least 80 mm.



Picture 1 - Schematic representation of the recommended anchor bolt.

#### Installation sequence:

1. Prepare a flat concrete area.
2. Take the level of the impact-absorbing coating as 0.0.
3. Install on the site, mark the holes on the supports, make holes to the depth of the anchor. The distance between the equipment should be at least 1.5 m.
4. Securely fasten with anchors.
5. Arrange an impact-absorbing coating on the site.

**Table 3 – Types of impact-absorbing coating**

| Nº | Material – coating <sup>1</sup>       | Description                                                                                                        | Min. layer thickness <sup>1</sup> , mm | Max. height of 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, particle size from 20 to 80 mm                                                           | 200                                    | ≤2 000                                            |
|    |                                       | Particle size from 0.2 to 2 mm                                                                                     | 300                                    | ≤3 000                                            |
| 6  | Sawdust                               | Mechanically shredded wood (not wood-based materials), without bark and leaves, with a particle size of 5 to 30 mm | 200                                    | ≤2 000                                            |
|    |                                       | Particle size of 2 to 8 mm                                                                                         | 300                                    | ≤3 000                                            |
| 7  | Sand <sup>2, 3</sup> ,                | Particle size from 0.2 to 2 mm                                                                                     | 200                                    | ≤2 000                                            |
|    |                                       |                                                                                                                    | 300                                    | ≤3 000                                            |
| 8  | Gravel <sup>2, 3</sup>                | Particle sizes from 2 to 8 mm                                                                                      | 200                                    | ≤2 000                                            |
|    |                                       |                                                                                                                    | 300                                    | ≤3 000                                            |
| 9  | Other materials and layer thicknesses | HIC tested according to EN 1177                                                                                    |                                        | Critical height of fall according to test results |

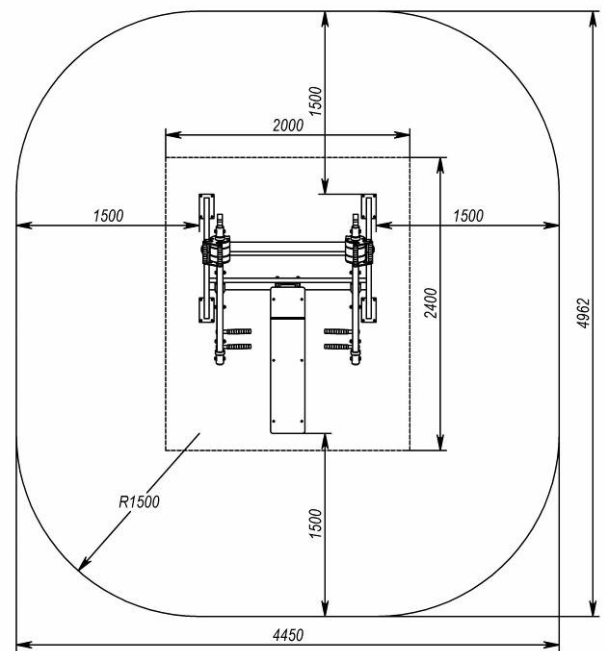
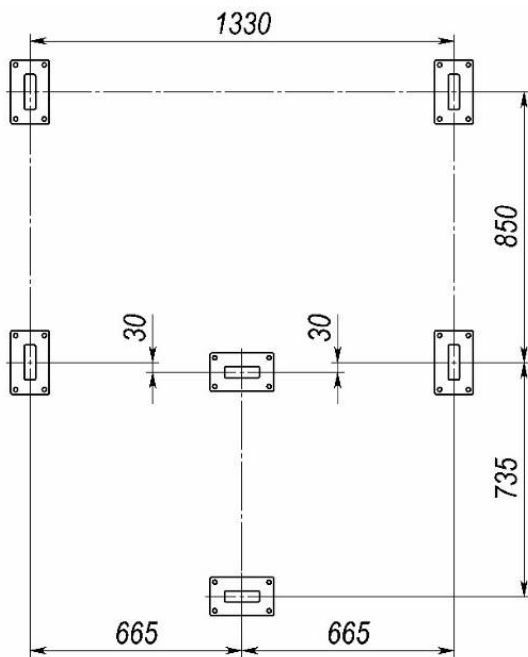
1 - To cushion loose material, add 100 mm to the minimum layer thickness.

2 - Must be free of any silt or clay fractions; particle size can be determined by sieve analysis according to EN 933-1.

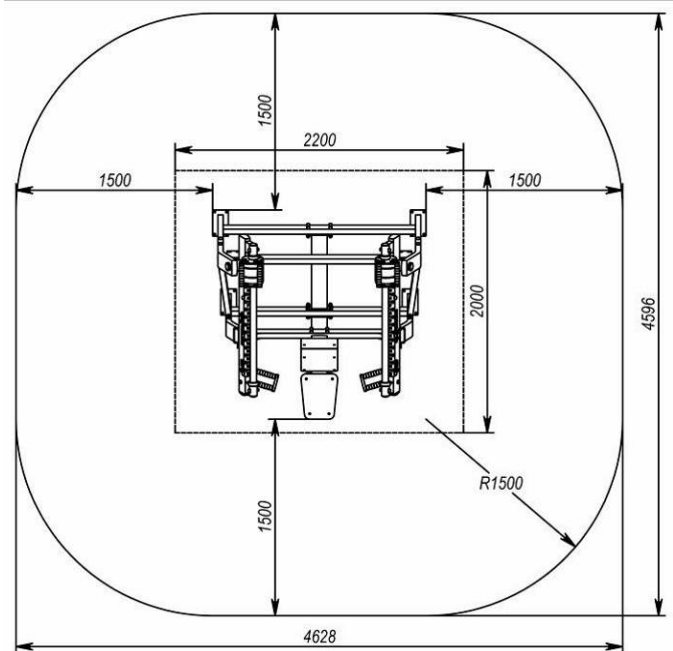
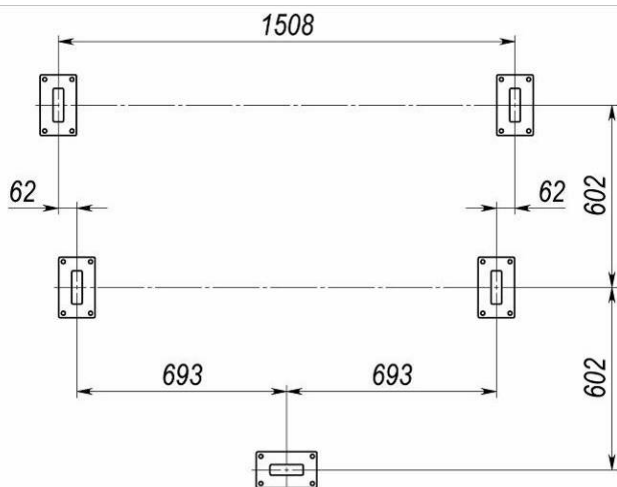
3 - Not suitable for exercise equipment where a firm, stable user position is required.

## Installation dimensions and safety zone

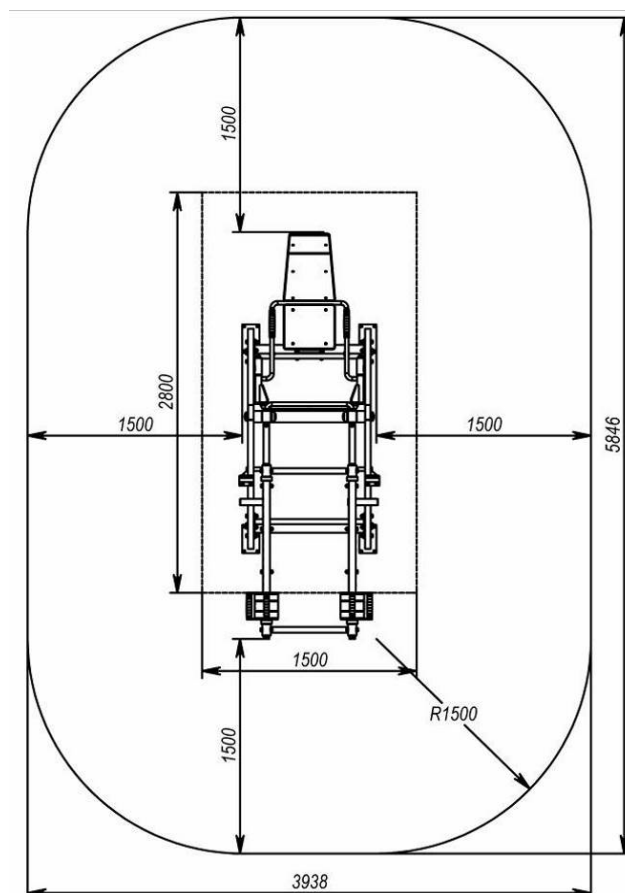
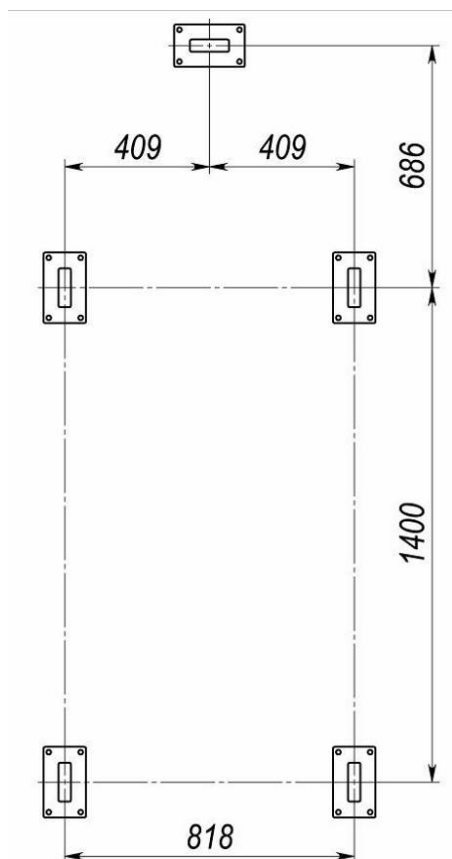
### Supine Press KF801-S



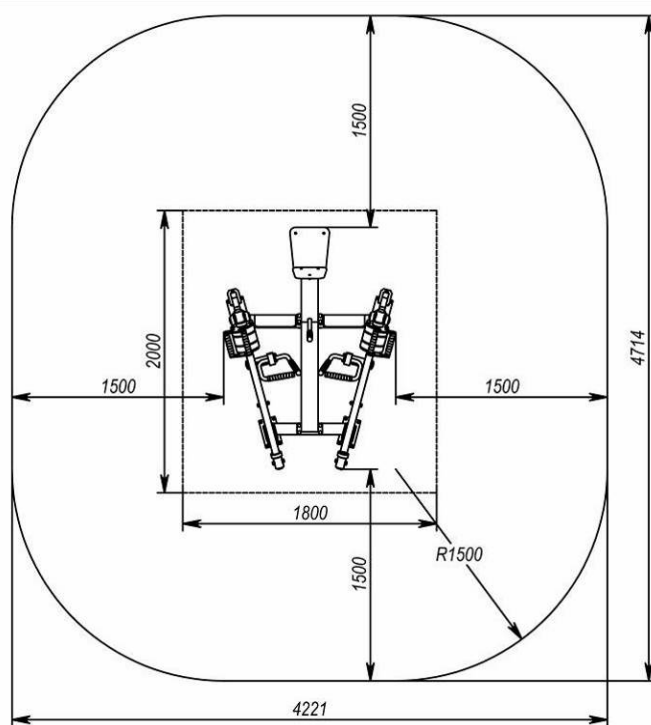
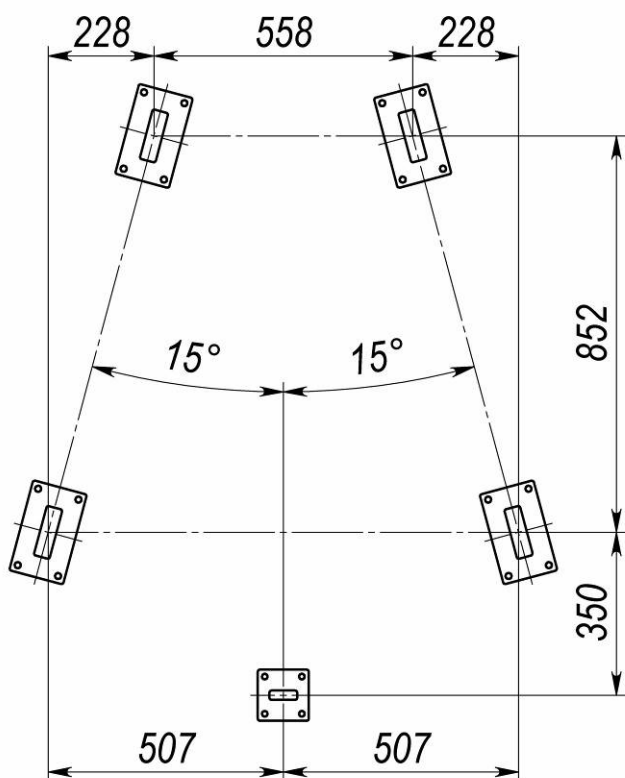
### Shoulder Press KF802-S



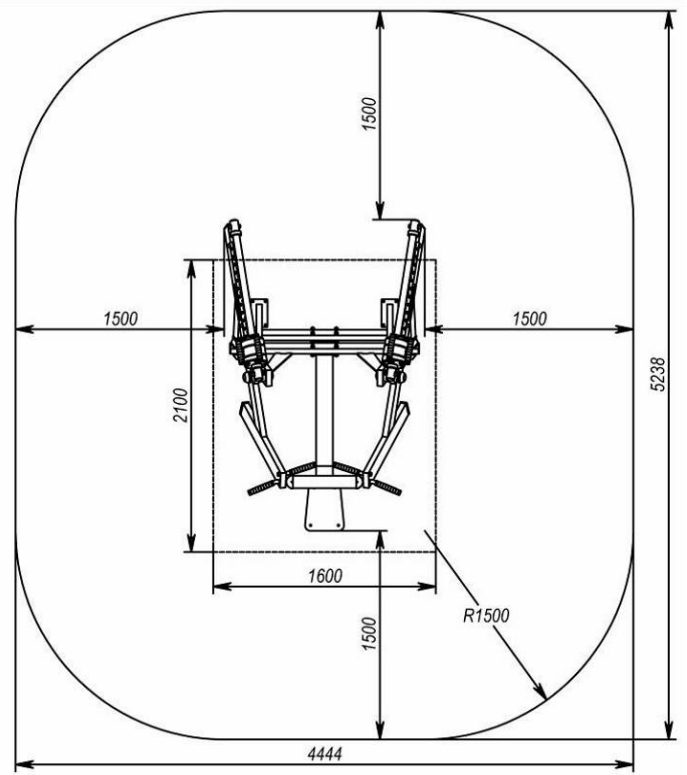
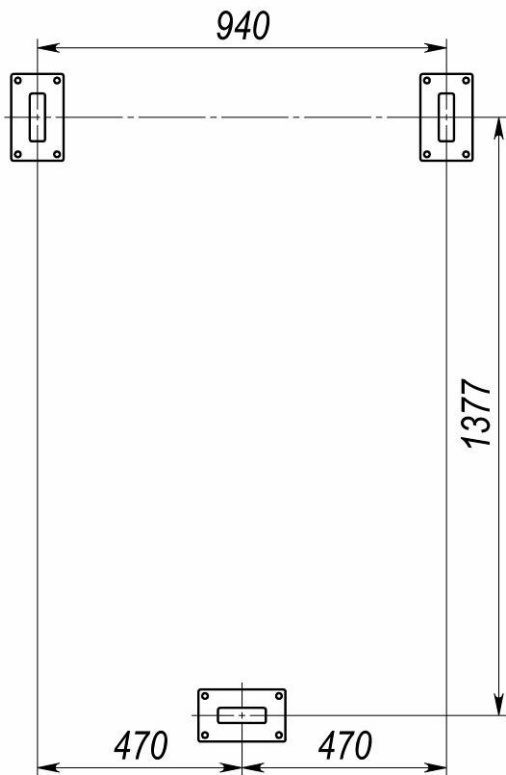
### Leg Press KF803-S



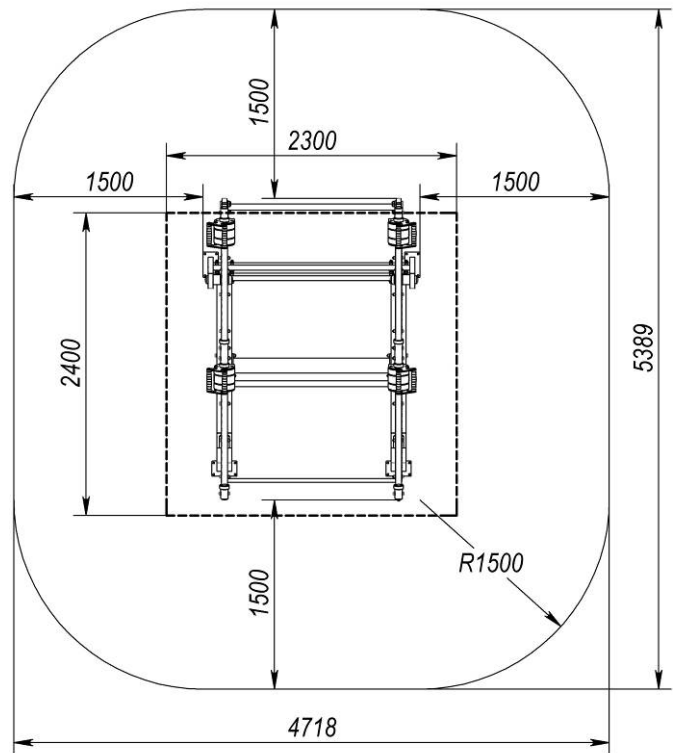
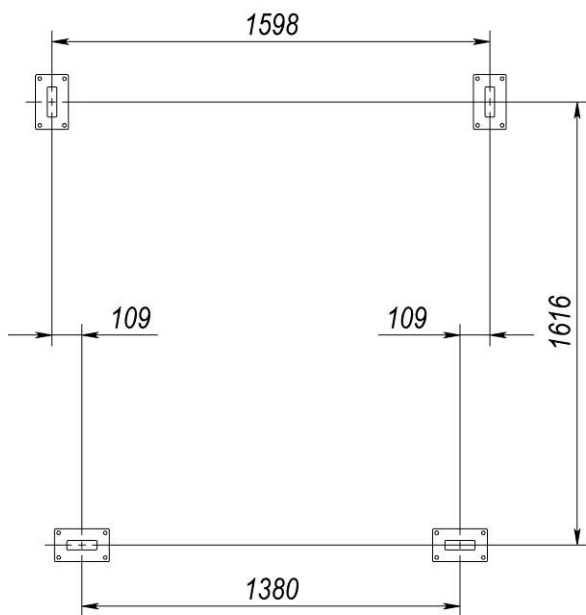
### Rowing Machine KF804-S



### Lat Pull Down KF805-S

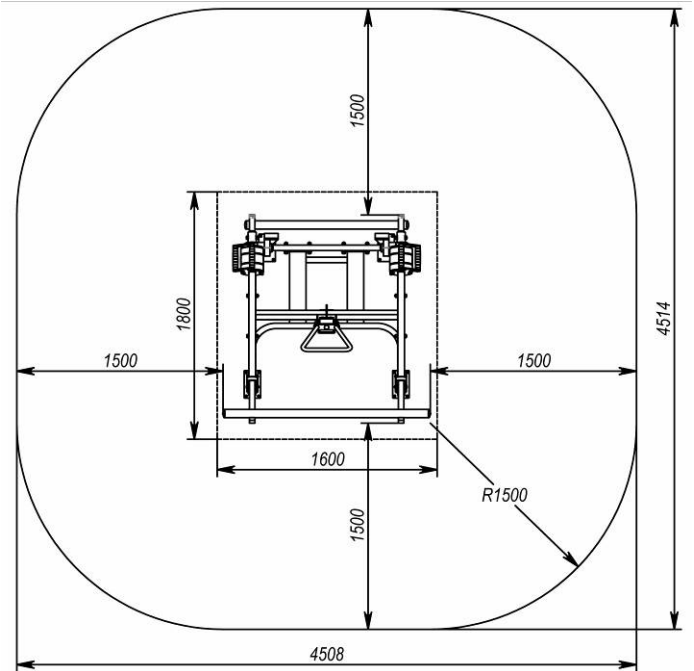
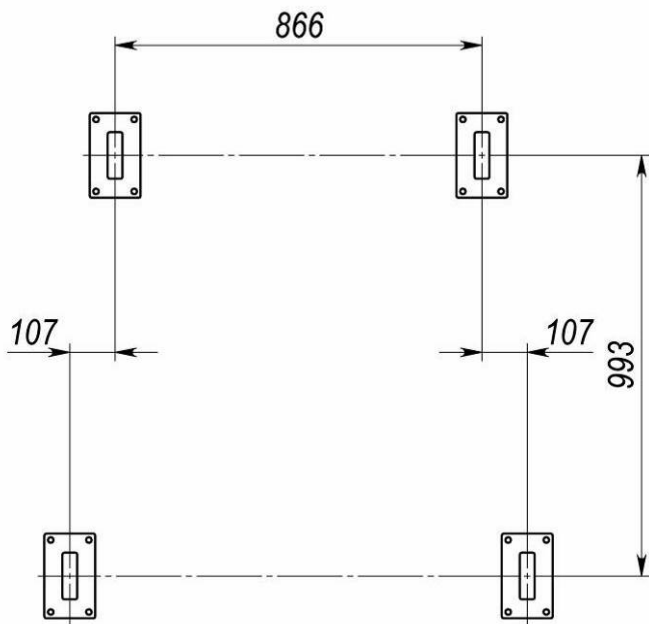


### Deadlift KF806-S

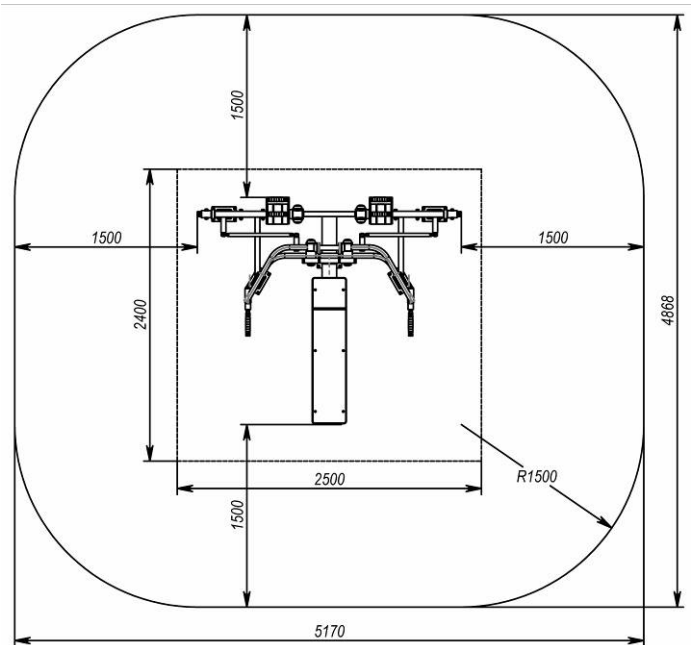
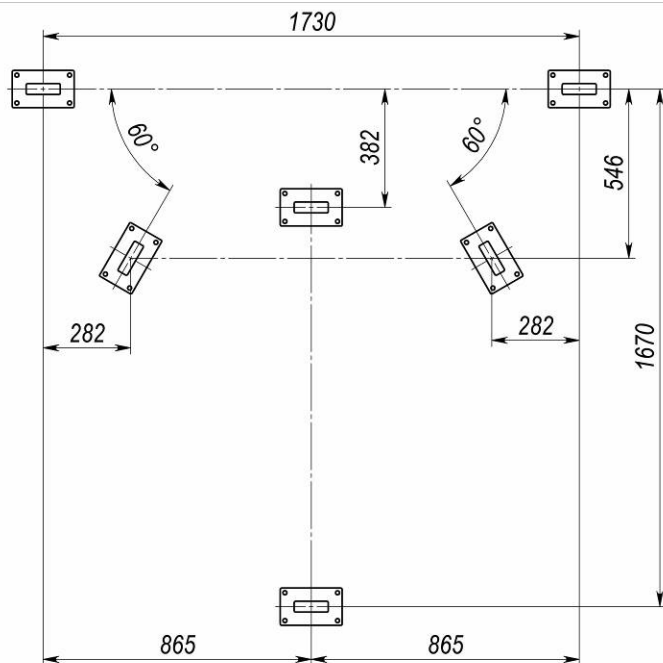




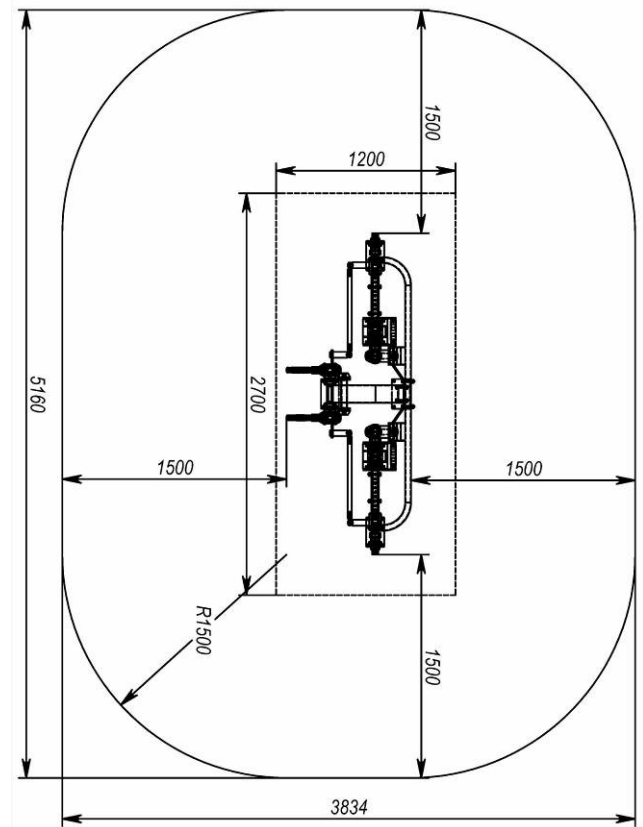
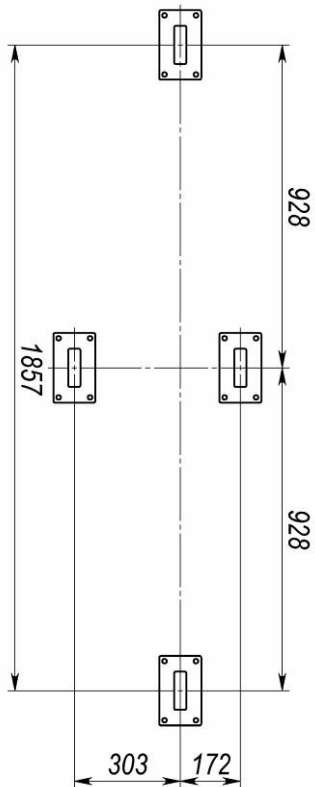
### Squat Machine KF807-S



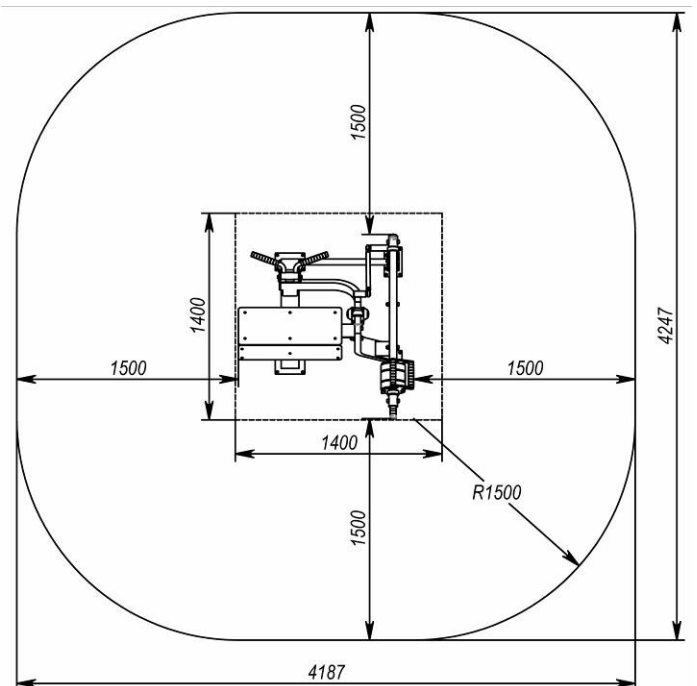
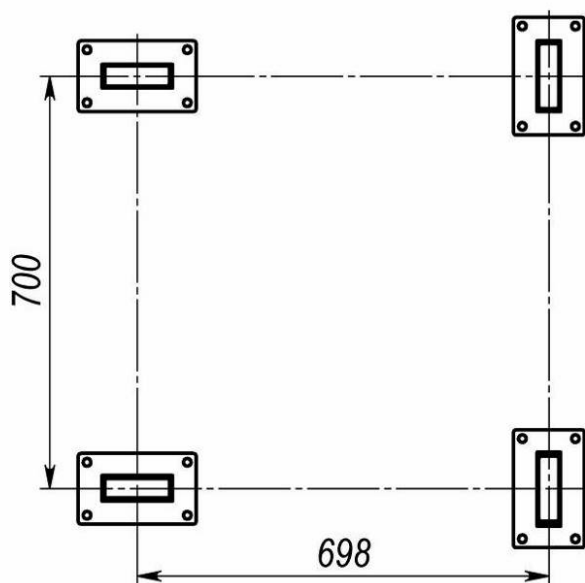
### Butterfly machine KF808-S



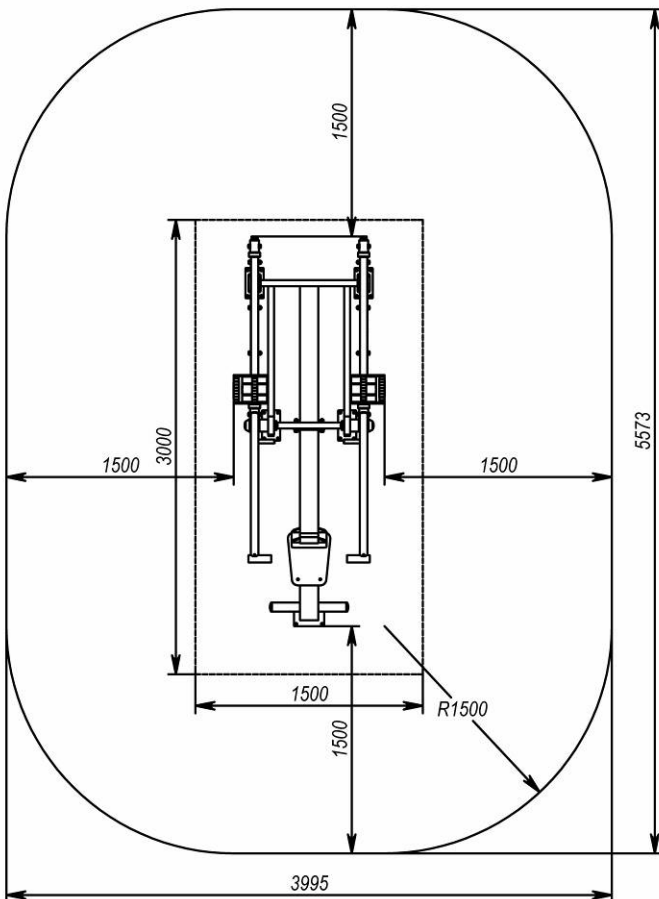
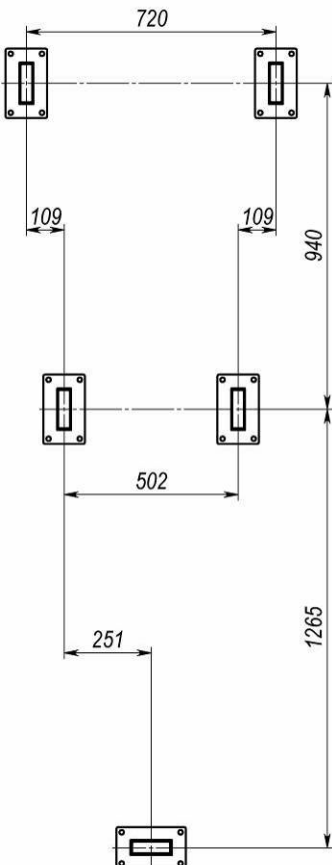
### Deltoid Machine KF809-S



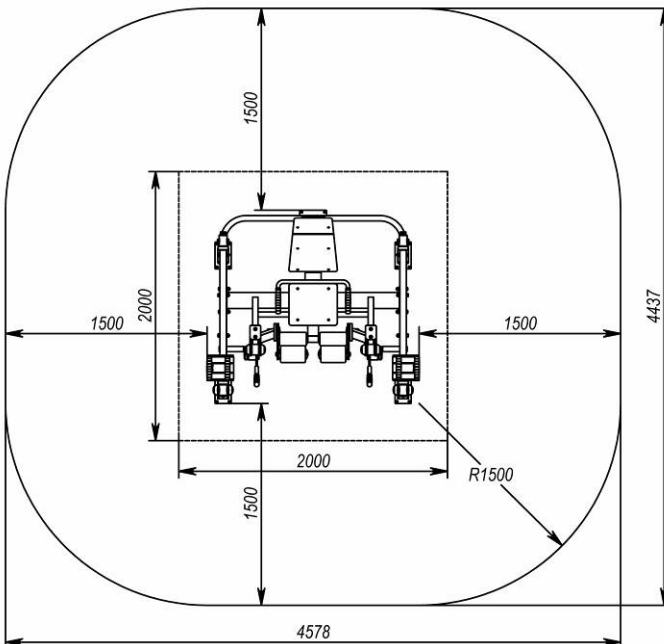
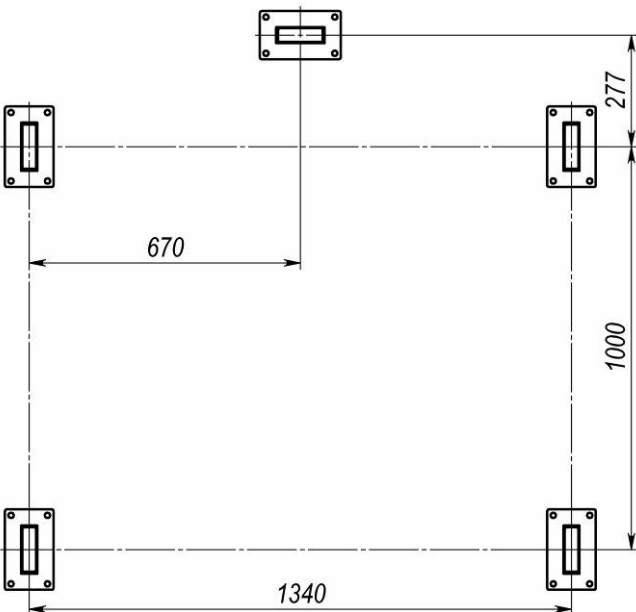
### Biceps Machine KF810-S



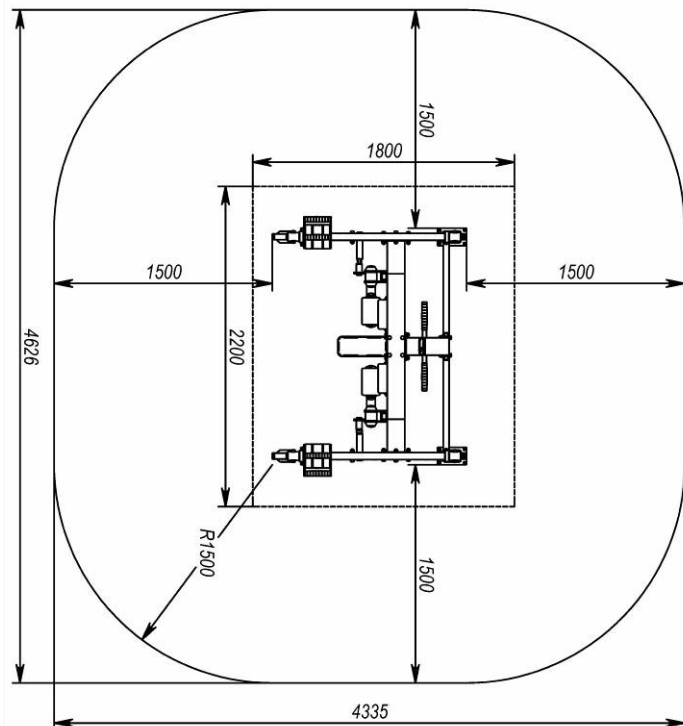
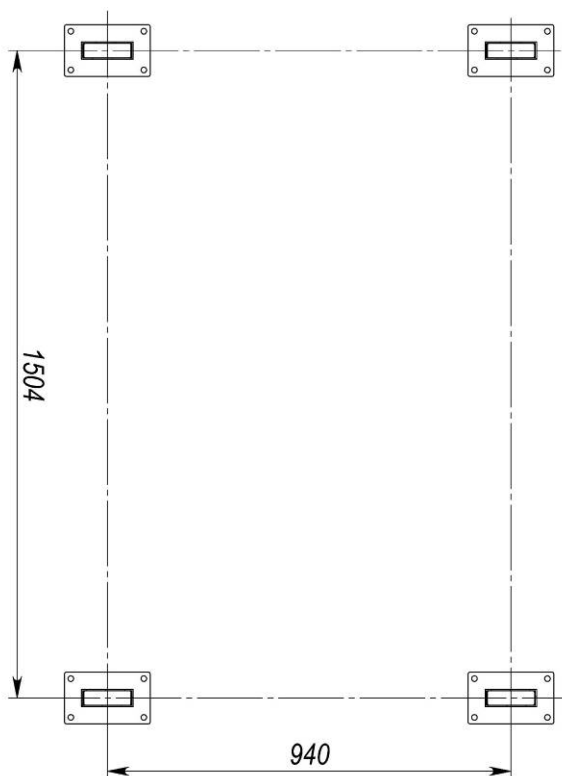
## Triceps Dip KF811-S



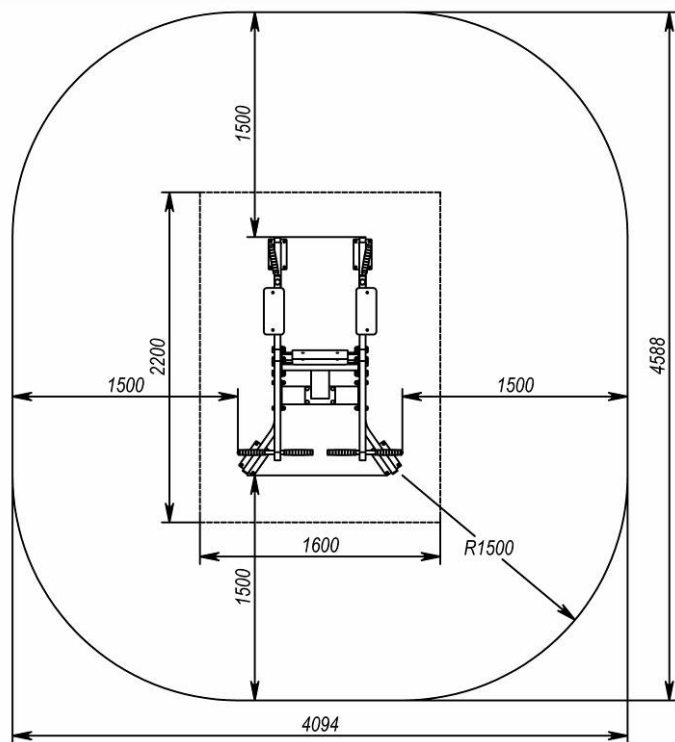
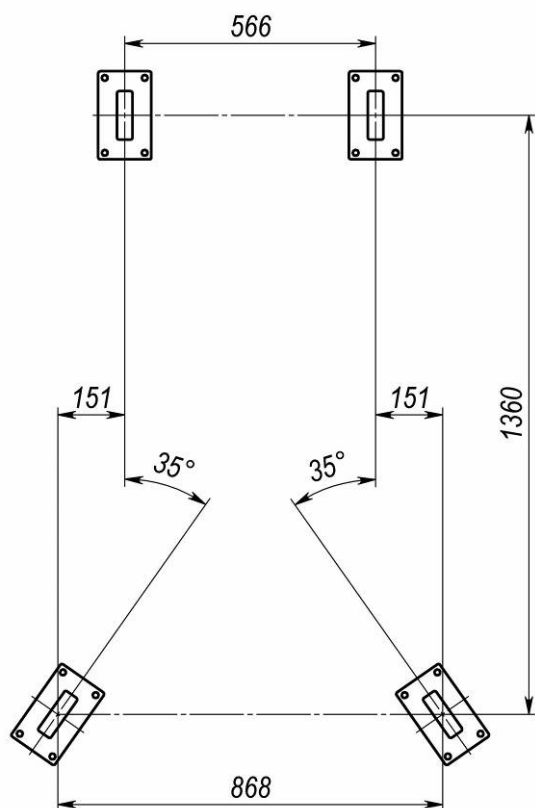
## Leg Extension KF812-S



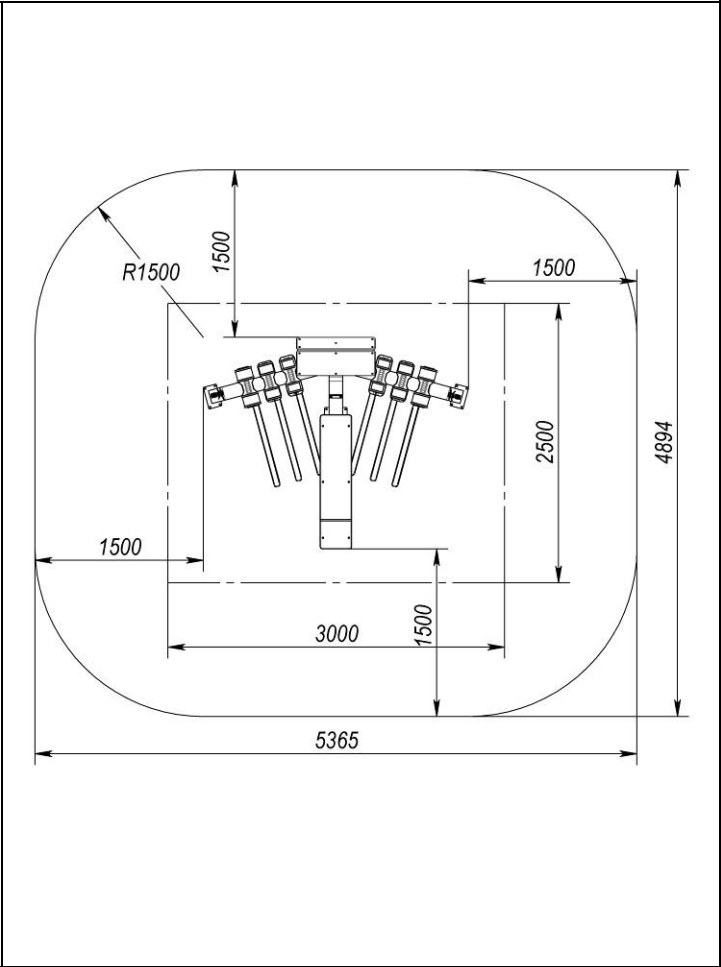
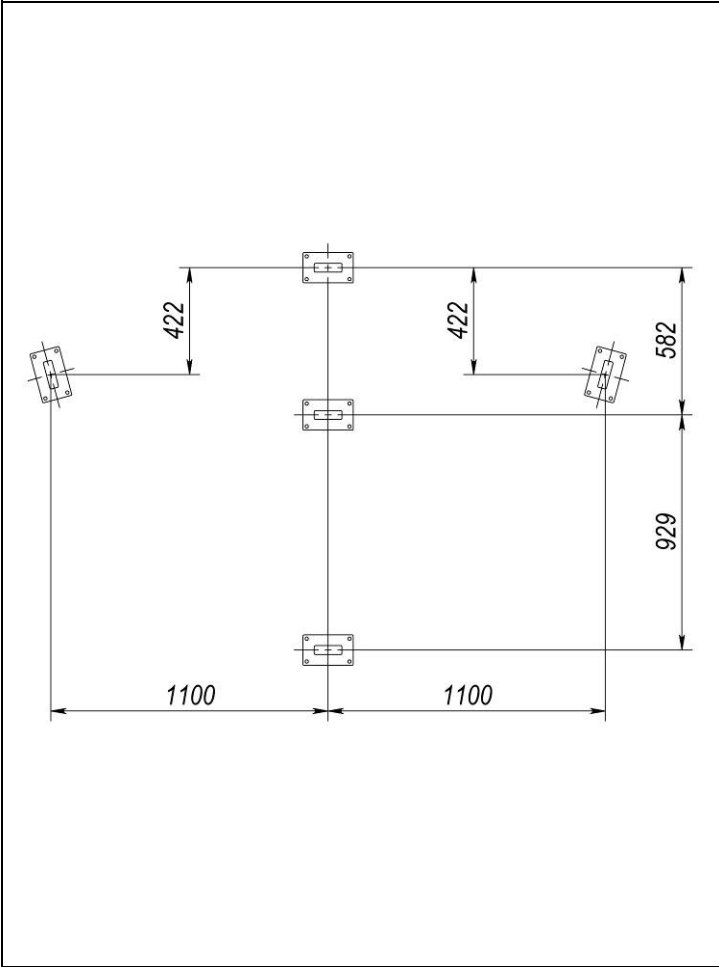
## Leg Curl KF813-S



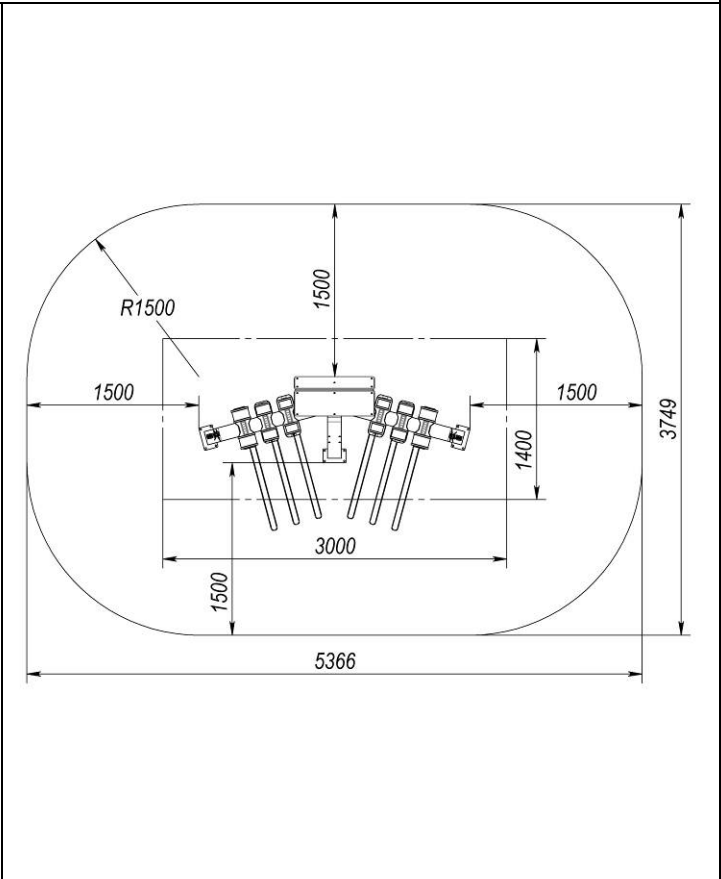
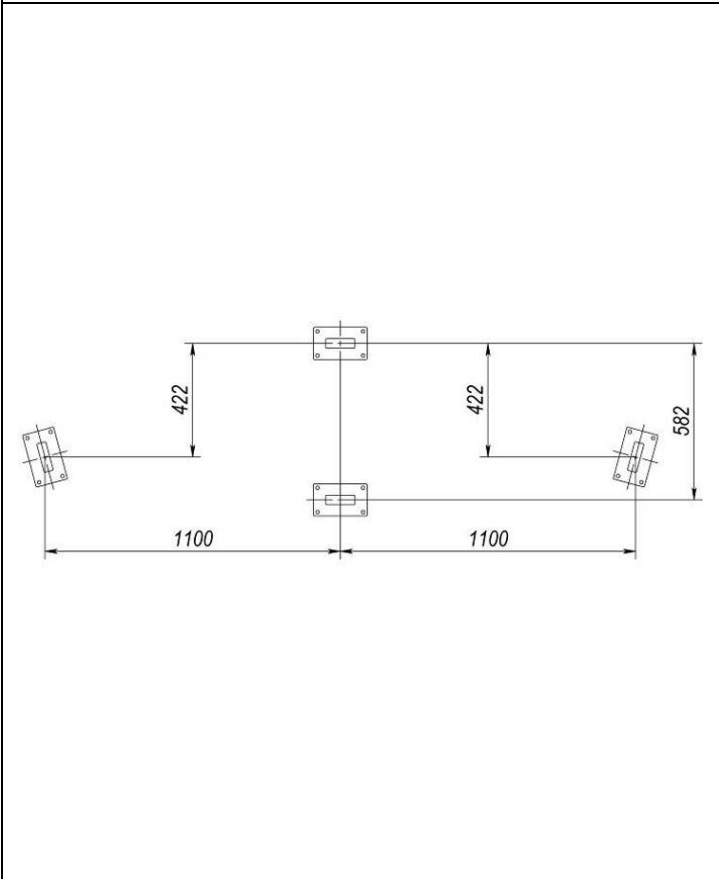
## Assisted Pull-Up/Dip Trainer KF814-S



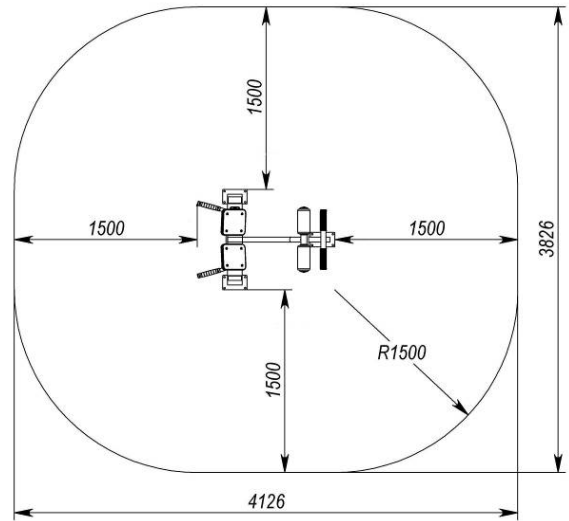
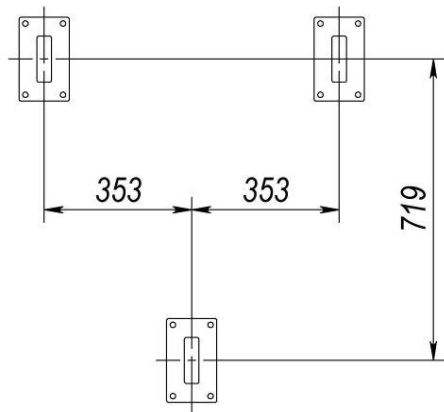
|                                                                          |
|--------------------------------------------------------------------------|
| <p><b>Scott Bench with dumbbells and bench (10-16-24 kg) KF815-S</b></p> |
|--------------------------------------------------------------------------|



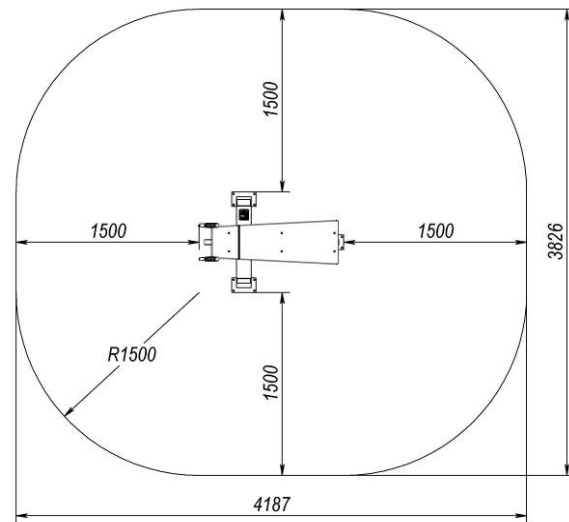
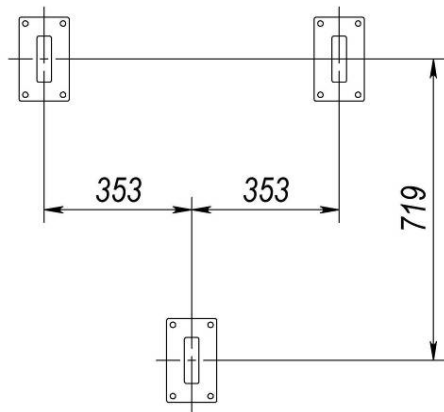
**Scott Bench with dumbbells (10-16-24 kg) KF815.1-S**



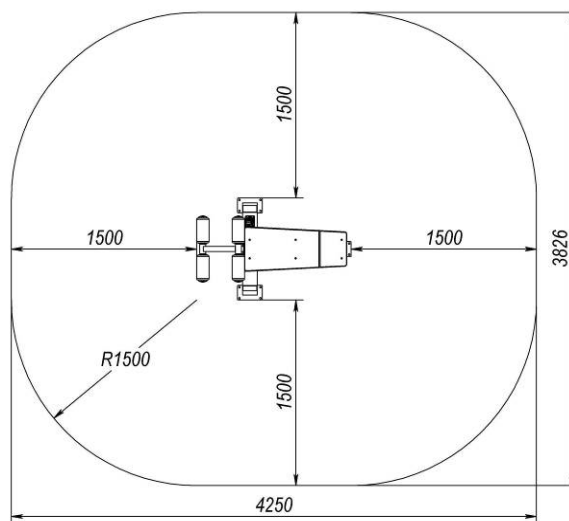
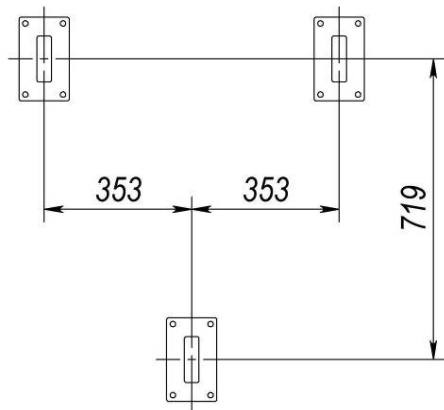
### KF816.1-1-S Hyperextension



### KF816.1-2-S Bench for abdominals

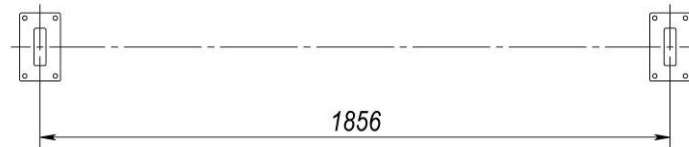


### KF816.1-3-S Reverse bench for abdominals

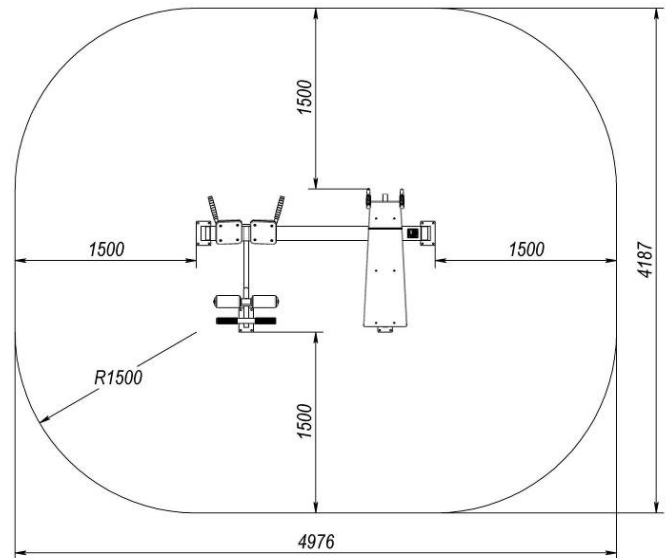
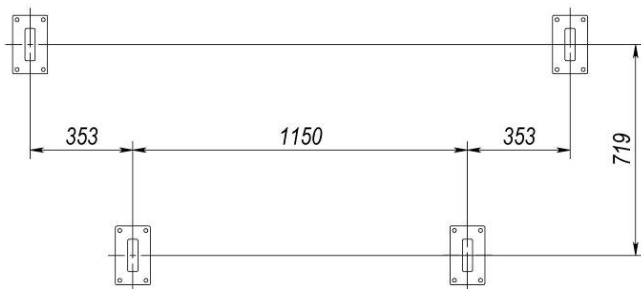




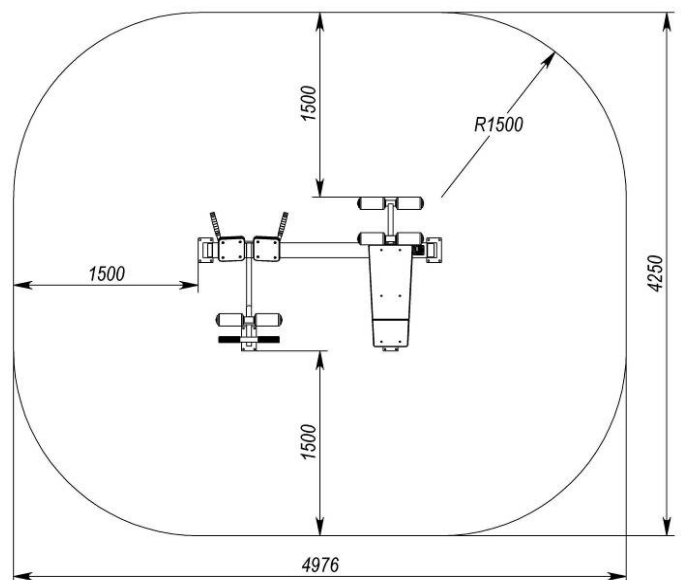
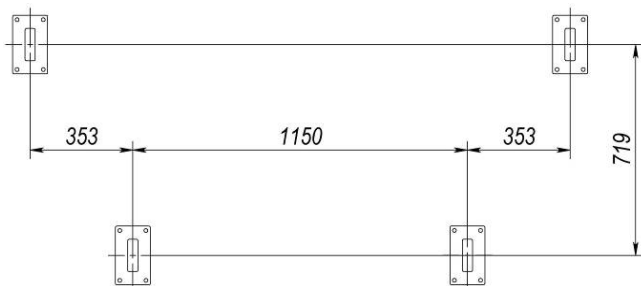
### KF816.2-S Base (double)



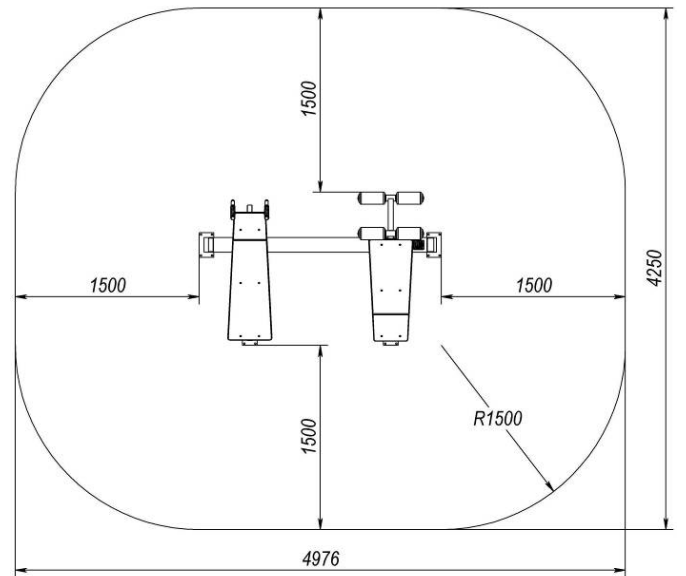
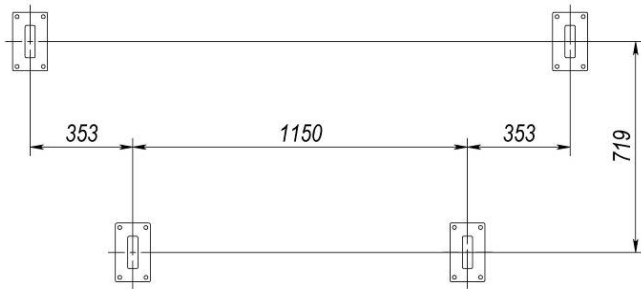
### KF816.2-12-S Hyperextension with bench for abdominals



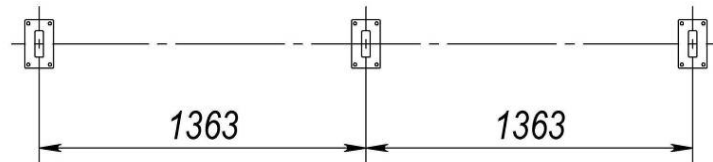
### KF816.2-13-S Hyperextension with reverse bench for abdominals



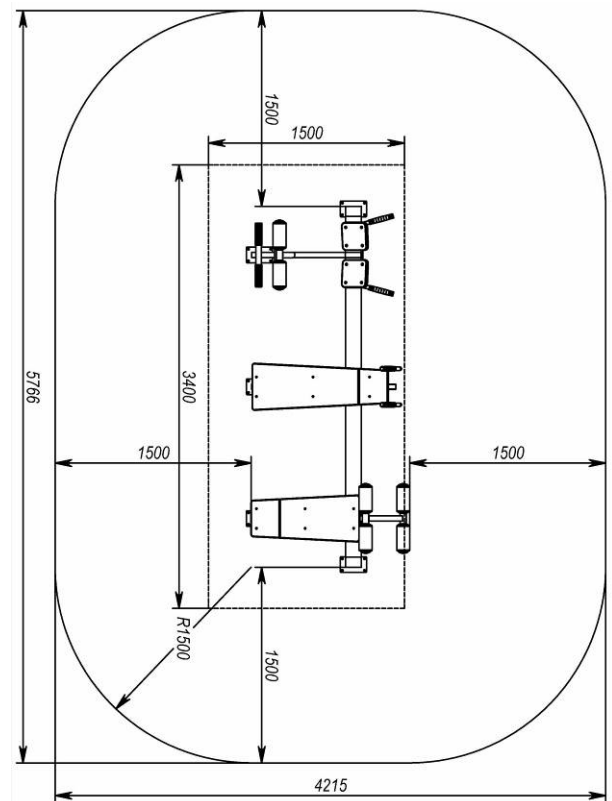
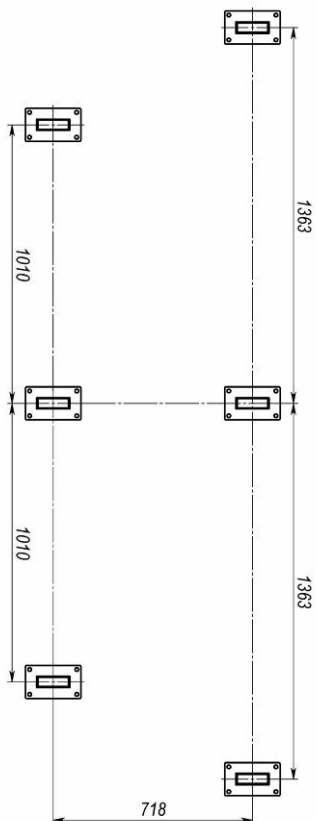
### KF816.2-23-S Benches for abdominals



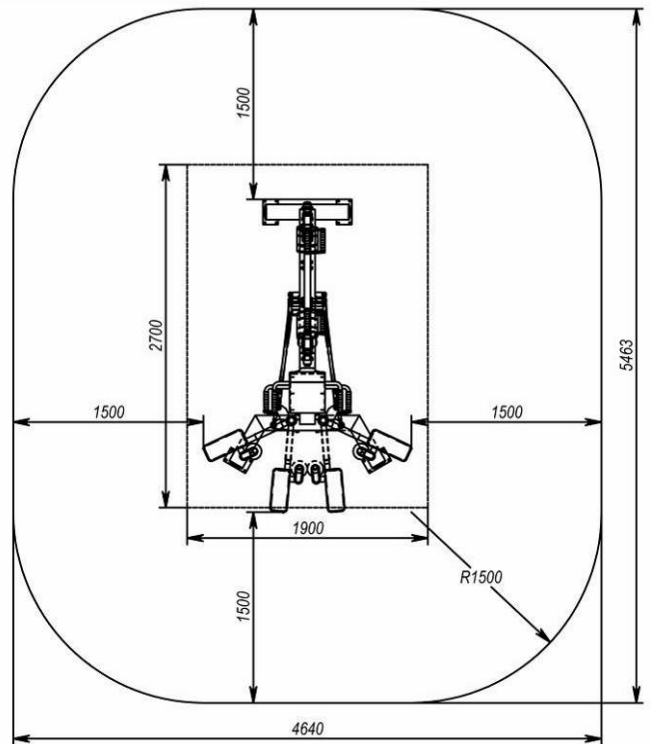
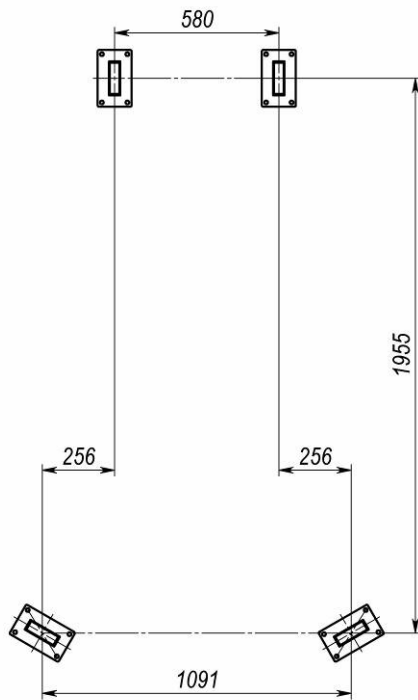
### KF816.3-S Base (triple)



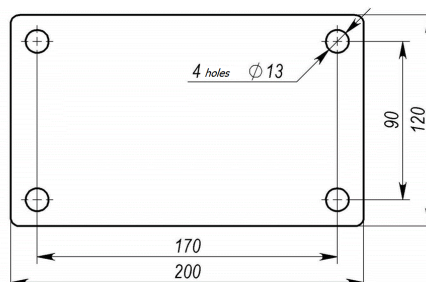
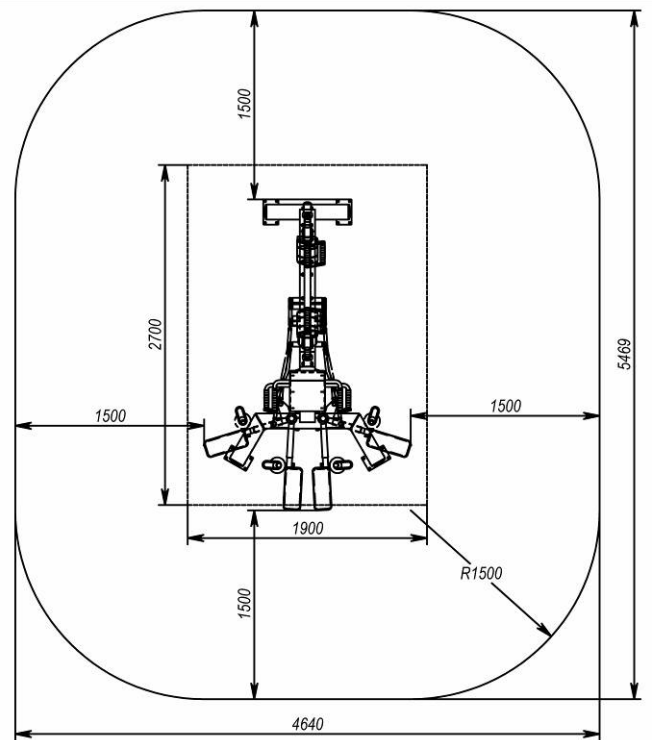
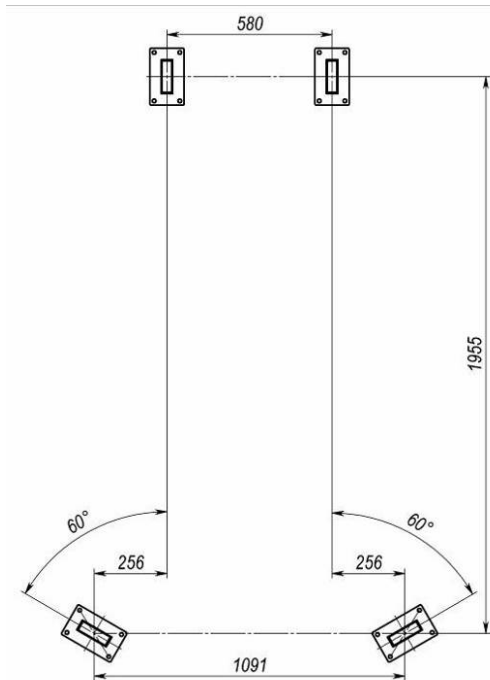
### Hyperextension-Abdominal-Abdominal reverse KF816.3-123-S



### Adductor Machine KF817-S



### Abductor Machine KF818-S



## 5. USE

**DO NOT USE** the equipment until its full installation and arrangement of the site.

**It is forbidden to use** the equipment for users with bigger weight and less height (chapter 2).

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

**DO NOT USE** the equipment in adverse weather conditions (ice, snow, rain, hail, strong winds, etc.), which may cause injury to the user.

## 6. MAINTENANCE

Maintenance involves, first of all, the responsibility of the user/owner to comply with all recommendations provided in this document, starting with a daily inspection of the external condition of the equipment.

Before use, check the integrity of the structure and the absence of breakdowns (damage) of the equipment. In case of any breakdowns or malfunctions, do not use the equipment.

The timeliness of maintenance is the responsibility of the buyer (or a responsible person) and provides for:

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