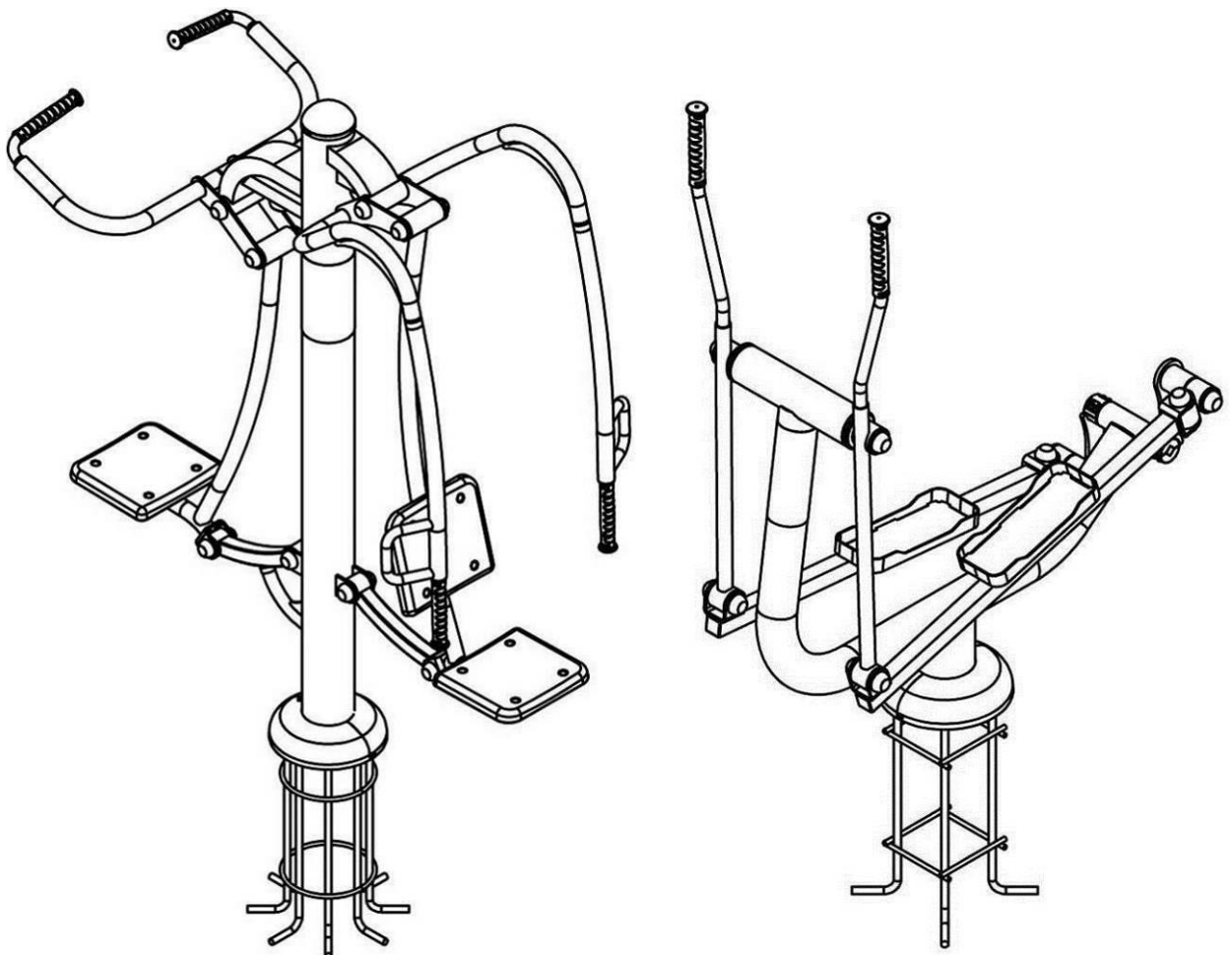


DATA SHEET

Sports equipment for outdoor sports
activities

SE

The product meets the requirements of EN16630-2015.



CONTENT

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2. MAIN TECHNICAL DATA AND CHARACTERISTICS.....	4
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FOR NOTES

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the paper.

1. GENERAL INFORMATION

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

Level of special training of the sports equipment user. Before using the 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.

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

Packaging. Sports equipment is supplied in cardboard packaging to prevent 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 machine can only be returned in the packaging). There are no seals on the packaging.

Distribution of this document for product modifications. The manufacturer can make changes to the design of the product, aimed at improving its characteristics, changing the design, etc. This document may not contain a description of such changes, but applies to such modified products.

2. MAIN TECHNICAL DATA AND CHARACTERISTICS							
№ p/n	Product code	Name	Dimensions			Weight, kg ²	Fall height, mm
			Length, mm	Width, mm	Height ¹ , mm		
1	SE100-A1	Information stand (format A1)	710	42	2210	26,3	-
2	SE100-A2	Information stand (format A2)	536	42	1970	19,9	-
3	SE100-A3	Information stand (format A3)	536	42	1970	16,9	-
4	SE100-INFO	Information stand 400*810 mm	492	42	2000	20,1	-
5	SE101	Chest press	1596	875	1948	107,3	511
6	SE101-102	Chest press – Lat pull down	1584	875	1948	97,1	521
7	SE102	Lat pull down	1578	874	1848	86,0	501
8	SE102-125-126	Lat pull down – Support for abdominal muscles – Leg extension	1520	1702	1952	106,8	675
9	SE103	Leg press	1777	500	1548	68,5	400
10	SE103-142	Leg press – Adductor-Abductor	1477	792	1548	80,8	400
11	SE104	Adductor-Abductor	1088	797	1426	60,8	205
12	SE104-114	Adductor-Abductor – Twister	1332	797	1426	75,6	246
13	SE104-136	Adductor-Abductor - Stepper	1152	797	1426	72,9	209
14	SE104-142	Double Adductor-Abductor	1131	784	1362	72,6	273
15	SE105	Double parallel bars	1742	685	1555	63	0
16	SE105-117	Double parallel bars - Horizontal bar	1453	907	2557	68,6	0
17	SE105-117-I	Horizontal bar - Double parallel bars	1899	968	1933	64,7	1000
18	SE106	Anatomic press	908	480	2013	66,1	2013
19	SE106.1	Press bench	1202	420	1155	43,5	1155
20	SE107	Shoulders training	1233	1145	1524	70,6	0
21	SE108	Shoulders training	680	845	1827	61,3	0
22	SE109	Abdominal muscles training	1280	1274	553	57,6	471
23	SE110	Horserider	928	725	1109	45	662
24	SE114	Twister	1283	1472	1353	111,6	246
25	SE114-S	Twister sitting position	1800	474	1162	80,3	450
26	SE115	Air walker	1071	481	1518	71,3	373
27	SE116	Single ellipse	1186	625	1658	68,9	532
28	SE117	Horizontal bars	1164	1164	2563	72,4	0
29	SE117-125-126	Horizontal bar – Support for abdominal muscles – Leg extension	1434	1548	2557	95	675
30	SE123	Multigym	2317	2104	1884	230,8	511
31	SE123.1	Multigym	1685	1567	1948	120	515
32	SE119	Air rotation	1951	387	2608	71,7	2200
33	SE125	Support for abdominal muscles	1328	721	1540	59,7	0
34	SE126	Hip extension	1510	544	1076	72,7	675
35	SE126-136	Hip extension – Stepper	1360	641	1435	78,9	675
36	SE128	Butterfly	1547	1230	2051	128,8	406
37	SE129	Biceps	1593	1088	998	68,2	453
38	SE130	Bench with canopy and bicycle parking	1900	1554	2544	256,3	446
39	SE130.1	Bench with canopy	1900	1554	2544	241	446
40	SE130.2	Bench with canopy	1900	1554	2544	261,2	446
41	SE130.3	Bench with canopy and bicycle parking	2318	1554	2544	272,7	446
42	SE131	Rowing machine	1027	902	1981	79,1	512
43	SE134	Hyperextension	1006	682	753	35,2	0
44	SE135	Outdoor rower	1123	824	887	48,5	601

45	SE136	Stepper	1213	553	1435	79,7	631
46	SE139	Bicycle	979	482	1382	49,4	972
47	SE140	Abdominal training	1083	815	1564	71,6	535
48	SE141-T	Skiman training	918	602	1517	66,1	196
49	SE142	Adductor-abductor training	1177	793	1358	83,4	277
50	SE143	Running track	1514	763	1548	110,2	270
51	SE145	Foot massager	577	349	1542	36,3	0
52	SE201	Chest press single	952	875	1948	72,6	508
53	SE202	Lat pull down single	942	935	1948	66,1	514
54	SE203	Leg press	1039	500	1548	52	400
55	SE204	Adductor-Abductor single	694	797	1426	46,9	209
56	SE209	Abdominal muscles training	1189	490	534	35,6	0
57	SE226	Hip extension	903	540	1076	46,9	675
58	SE228	Butterfly	927	1230	2051	85,1	413
59	SE236	Stepper	843	545	1435	55,9	628
60	SE242	Adductor-abductor training	738	792	1358	56,9	273

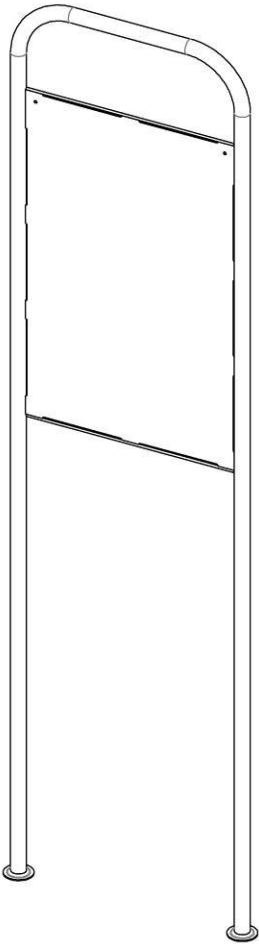
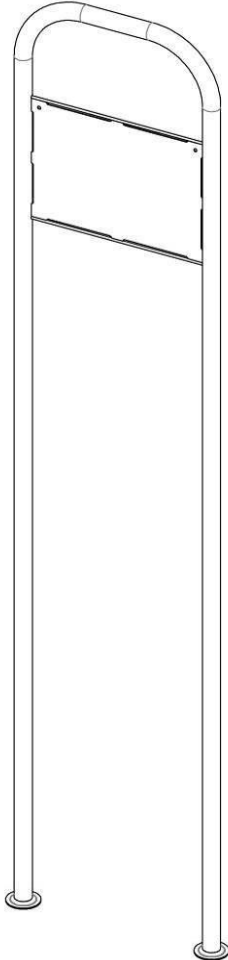
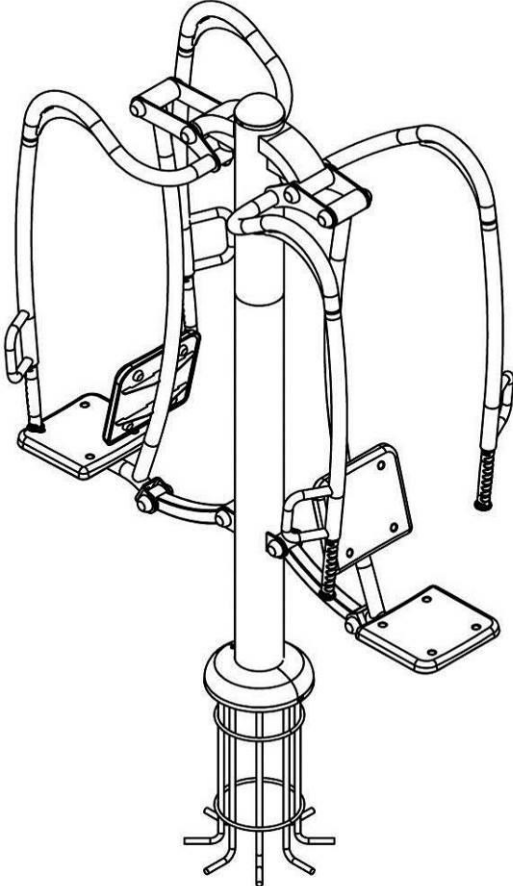
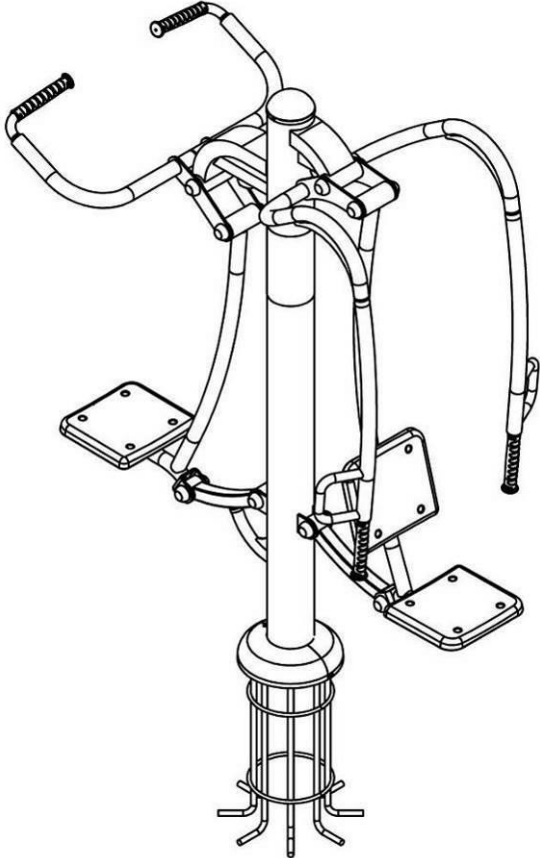
1 - Height above ground level (coverage).

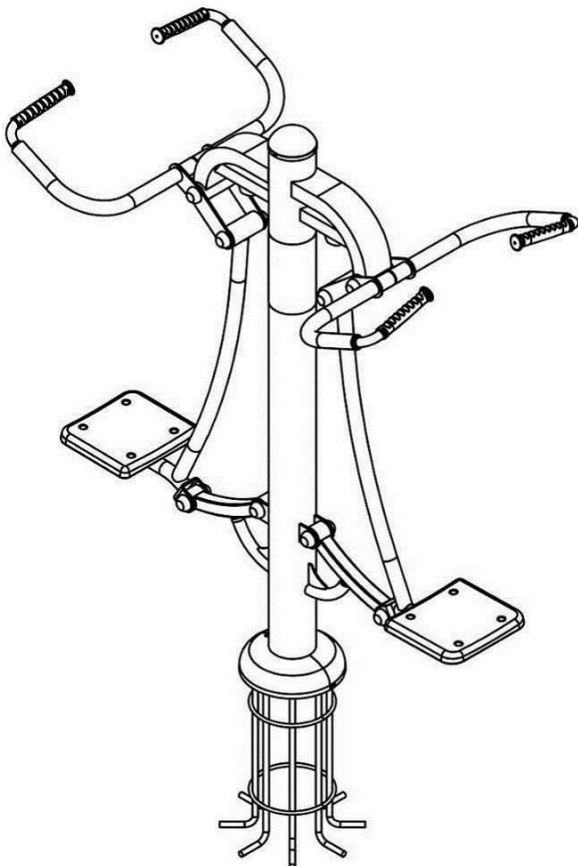
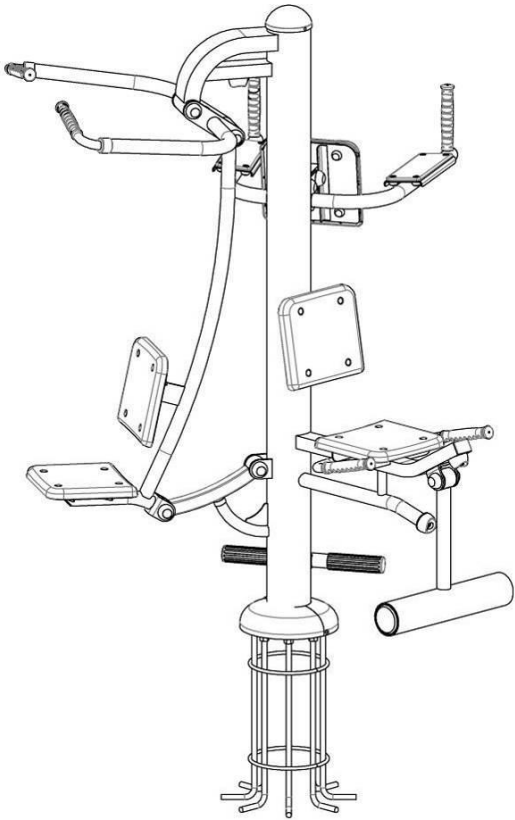
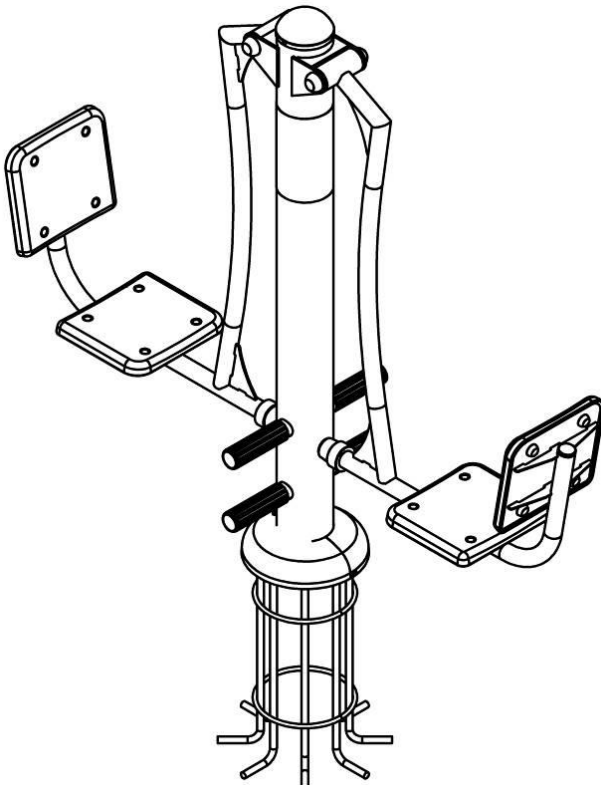
2 – The weight of the ZE and ZEC models has been increased by 3%

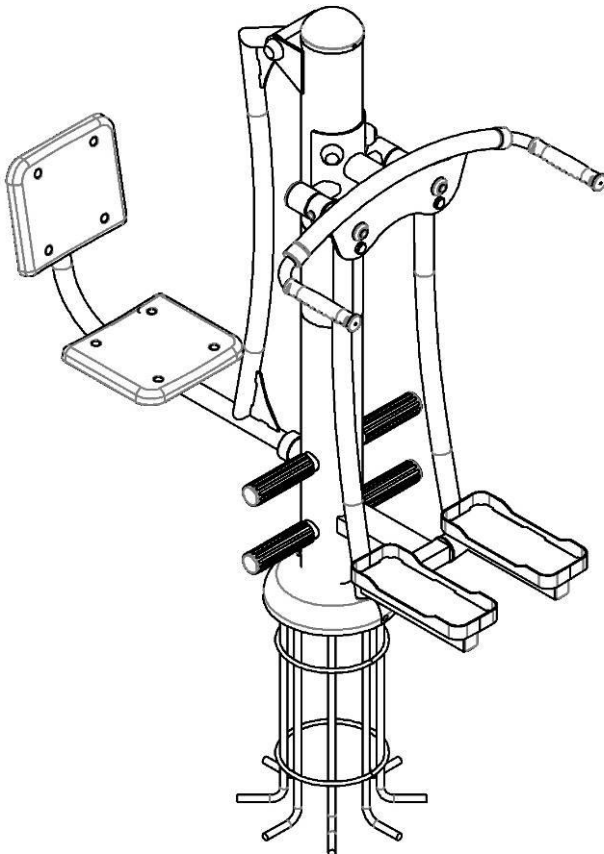
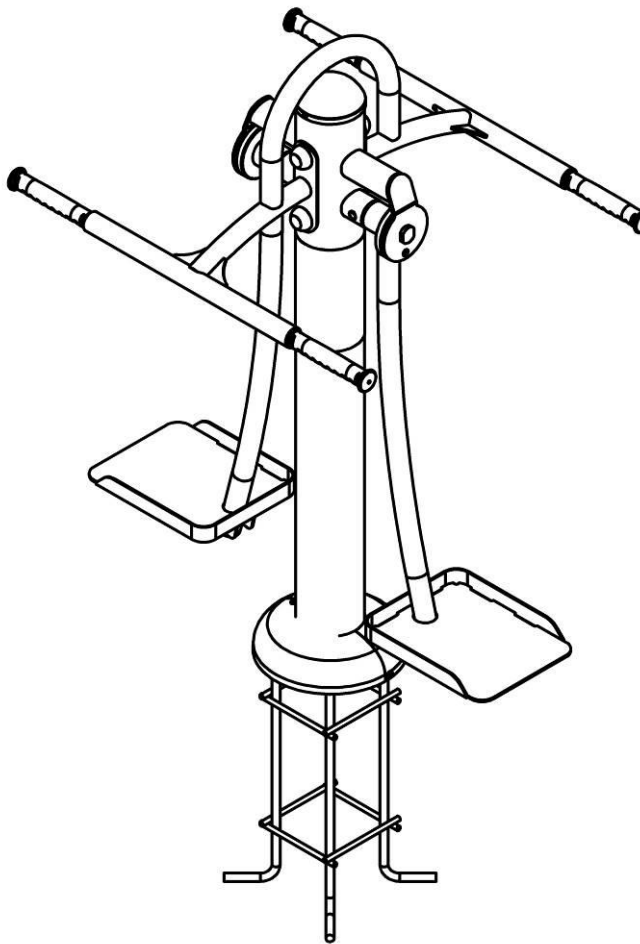
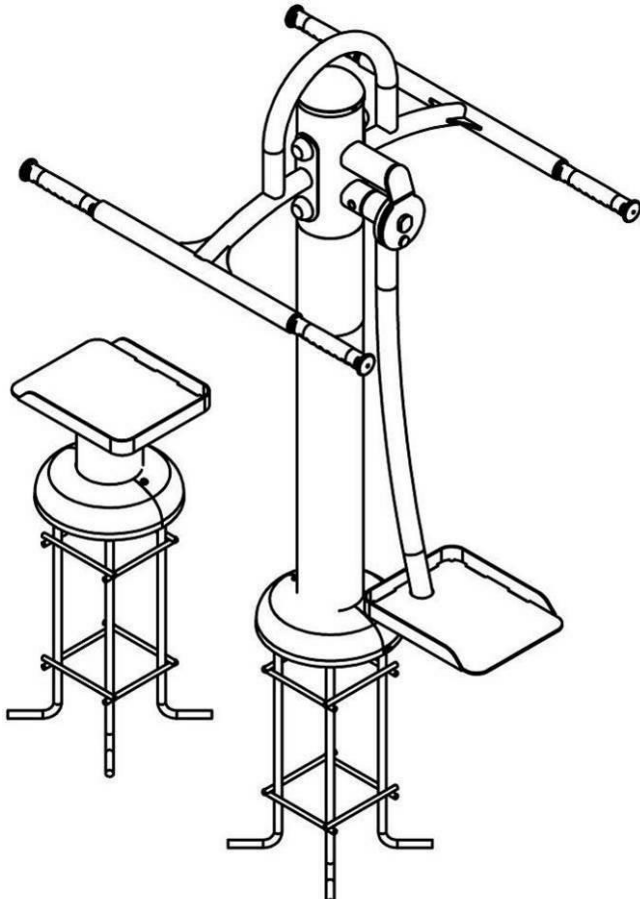
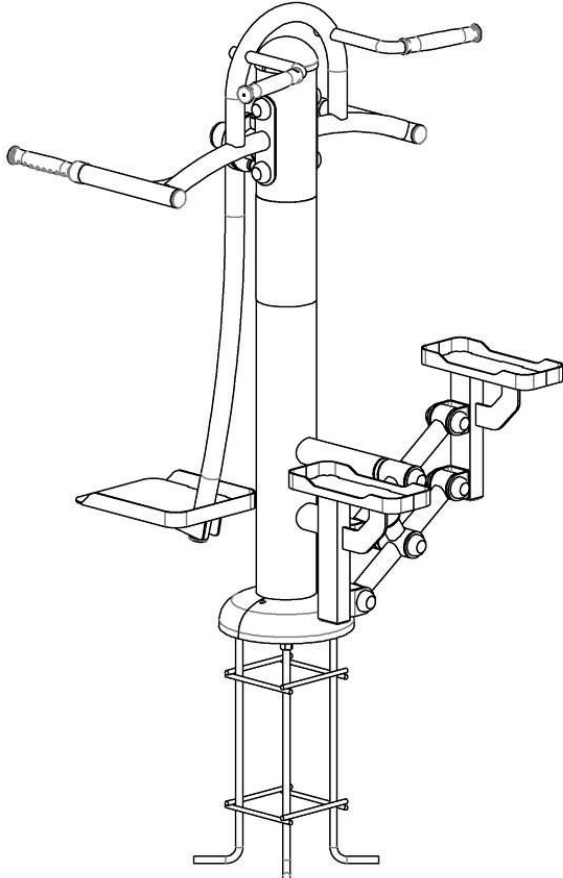
General characteristics of the sports equipment:

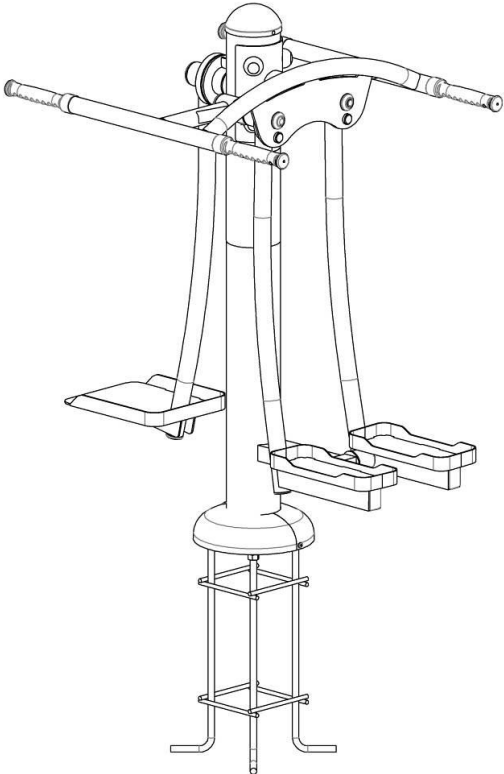
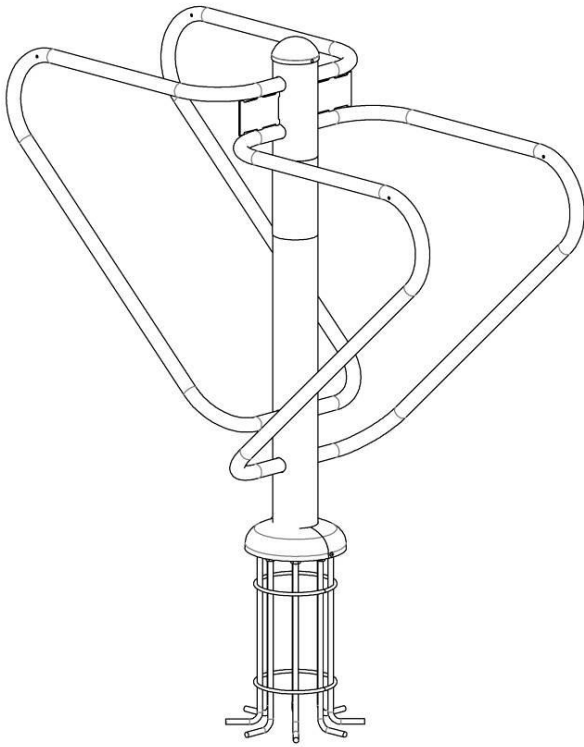
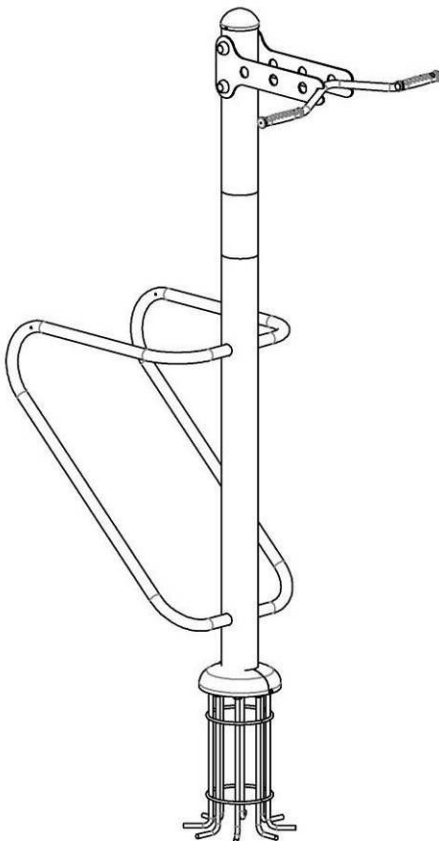
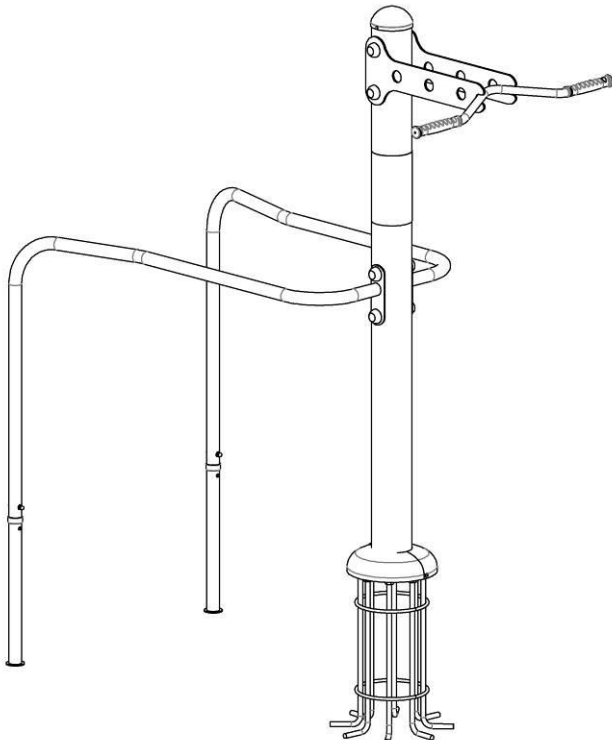
Maximum user weight
Country of manufacture
Operating temperature
User category

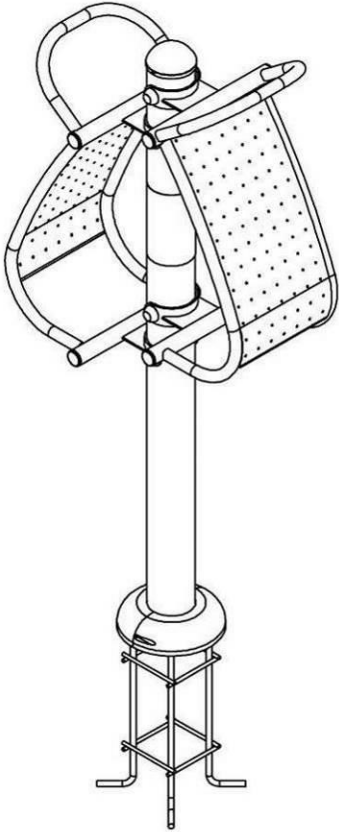
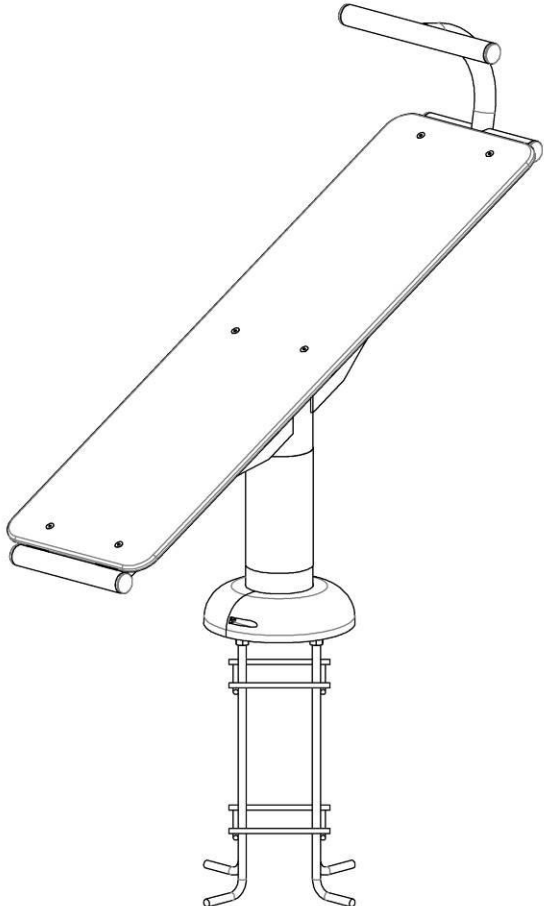
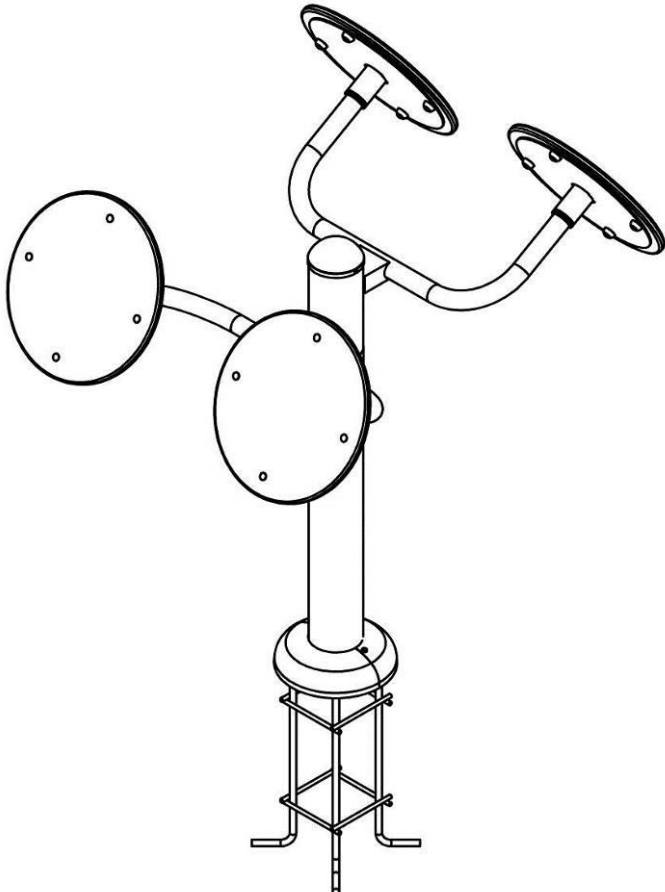
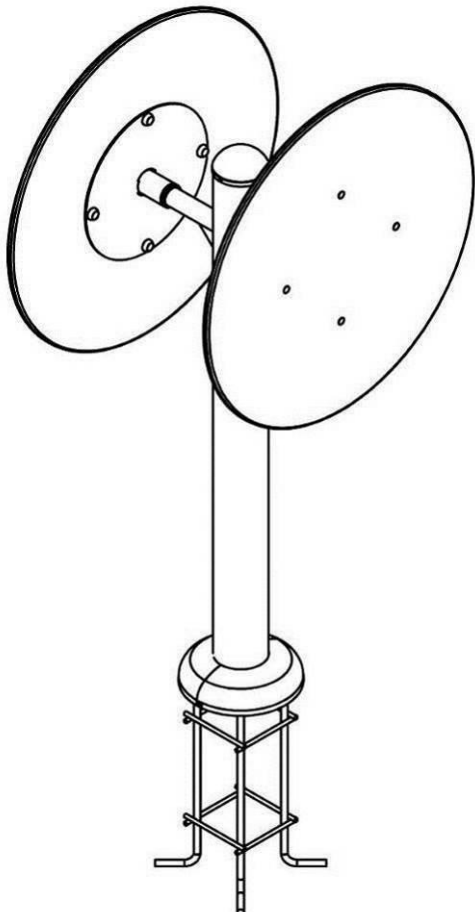
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----- : **Ukraine**
C° : **from -20 to +30**
CM : **from 140**

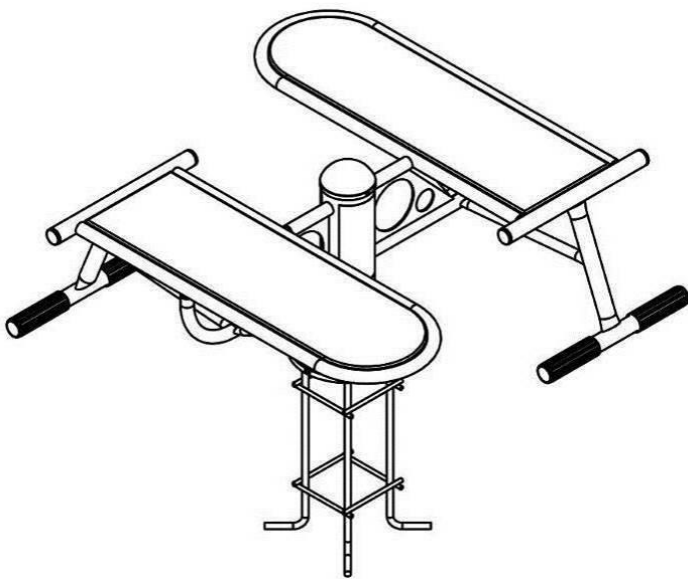
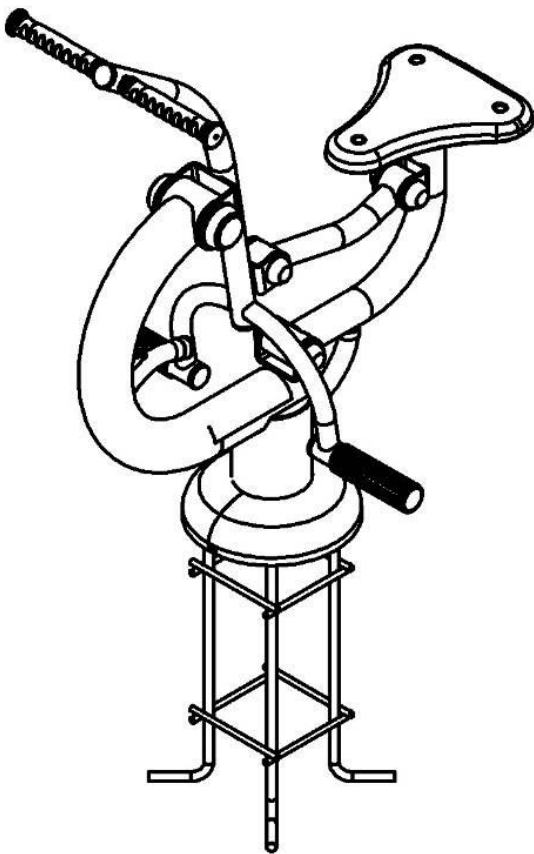
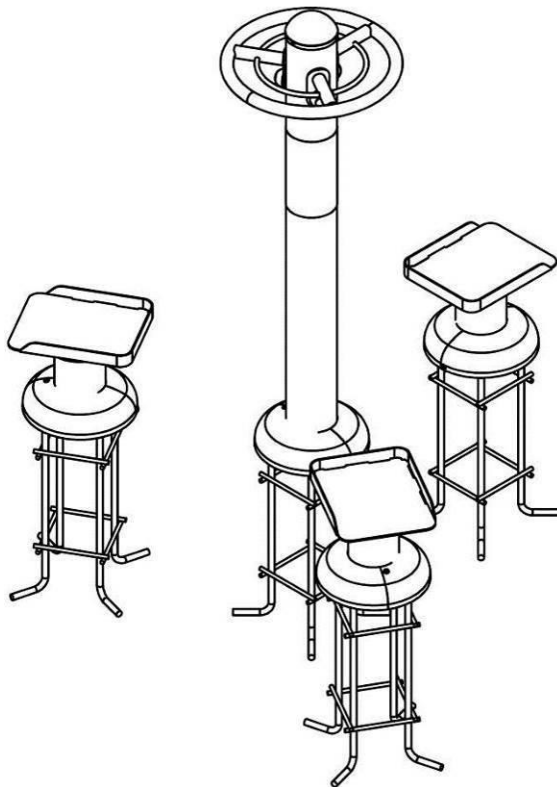
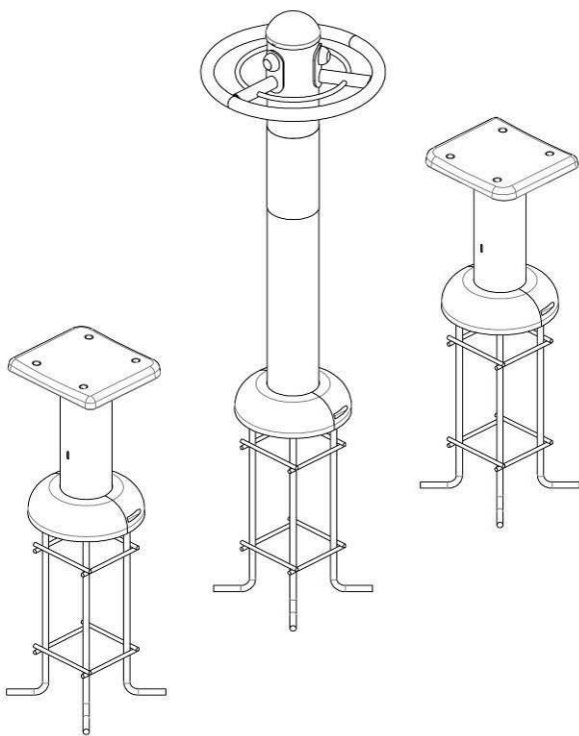
Information stand (format A1, A2)	SE100-A1, SE100-A2, SE100-INFO	Information stand (format A3)	SE100-A3
			
Chest press	SE101	Chest press – Lat pull down	SE101-102
			

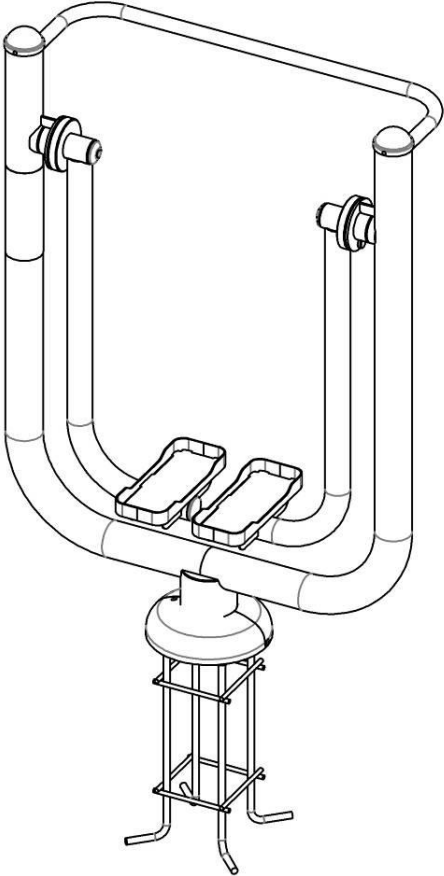
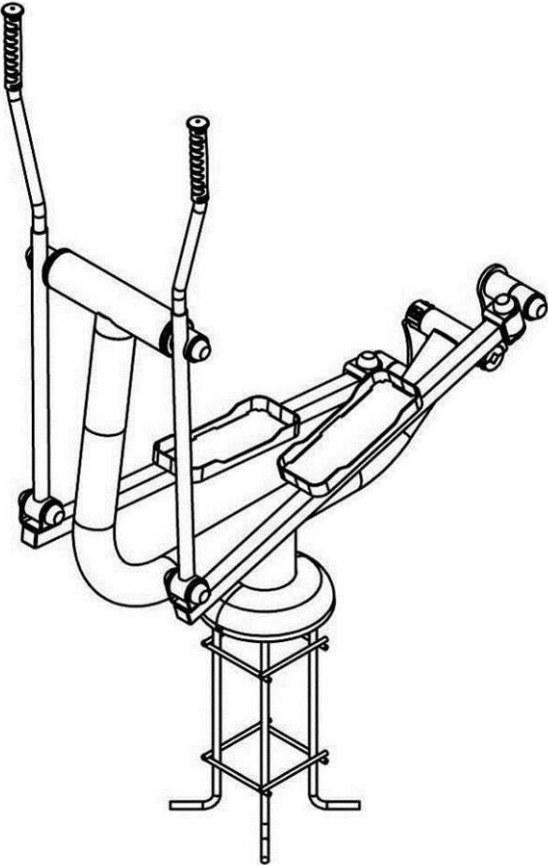
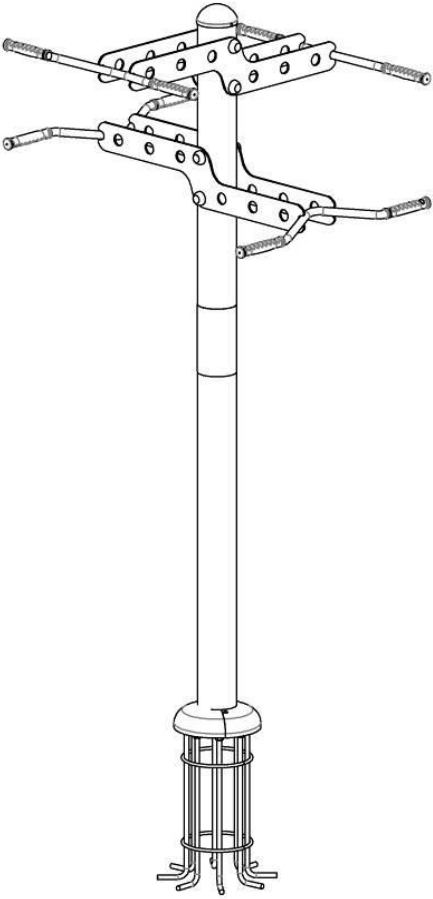
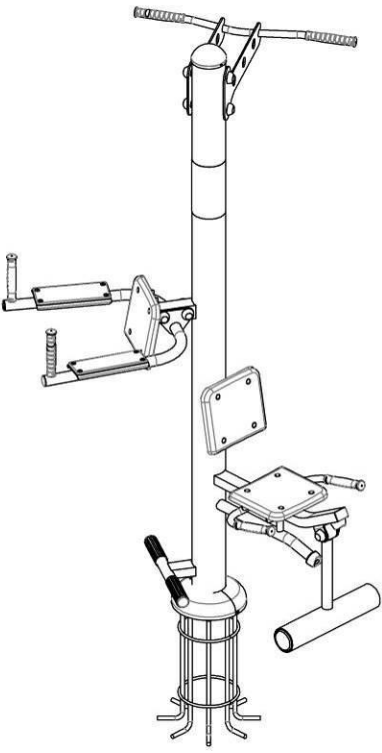
Lat pull down	SE102	Lat pull down - Support for abdominal muscles – Leg extension	SE102-125-126
			
Leg press	SE103		
			

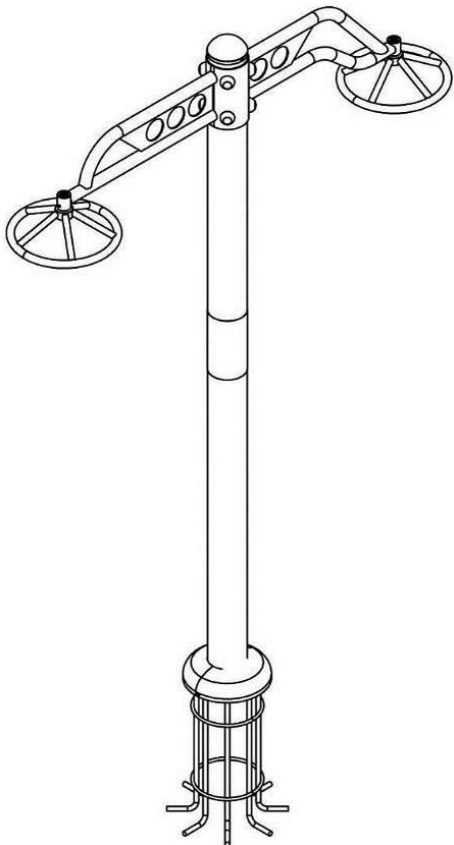
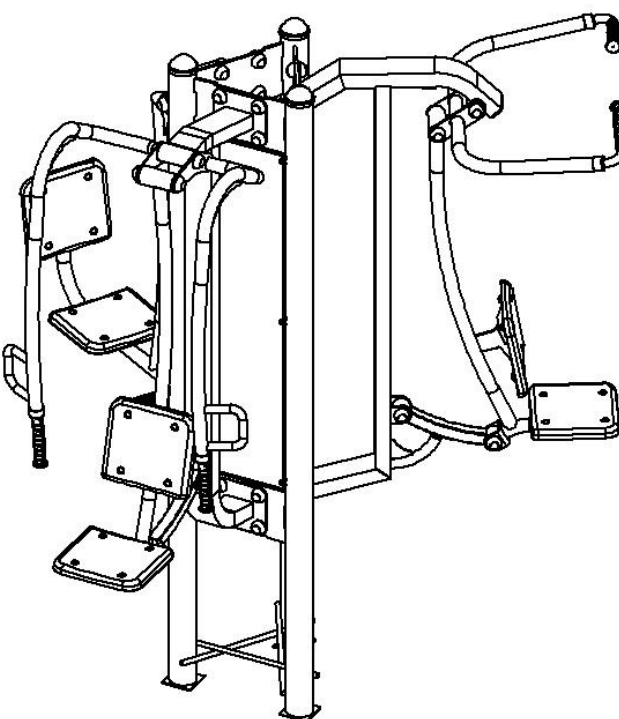
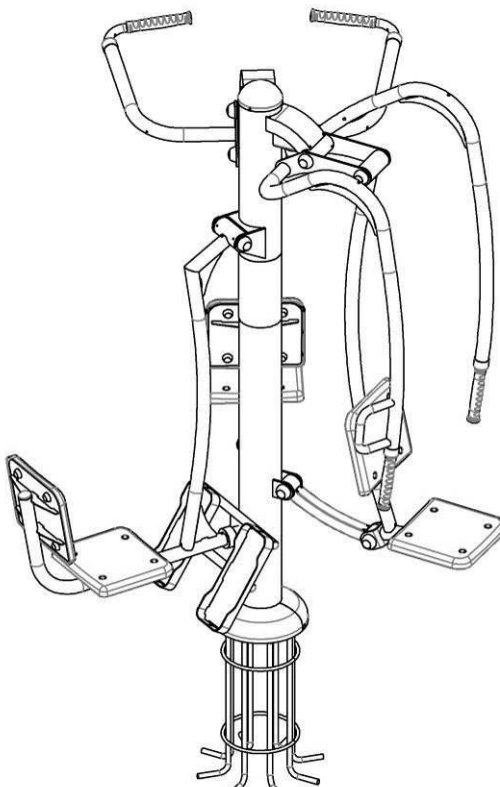
Leg press - Adductor-Abductor	SE103-142	Adductor-Abductor	SE104
			
Adductor-Abductor – Twister	SE104-114	Adductor-Abductor - Stepper	SE104-136
			

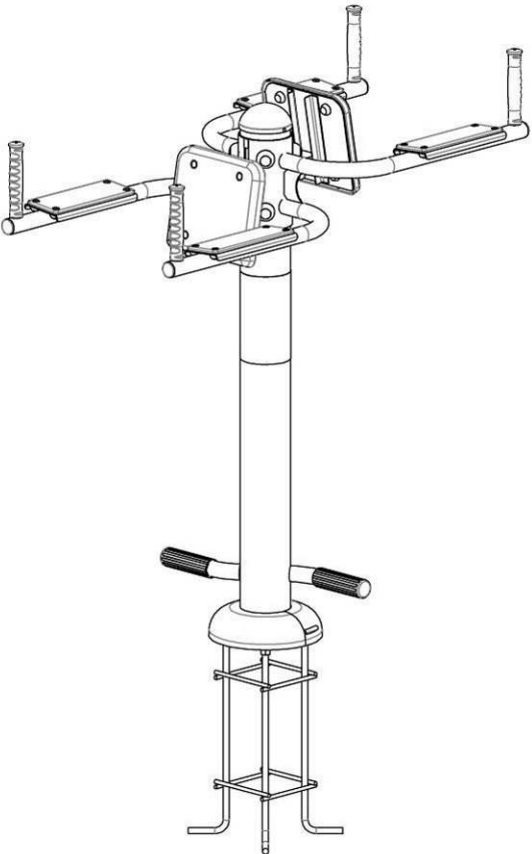
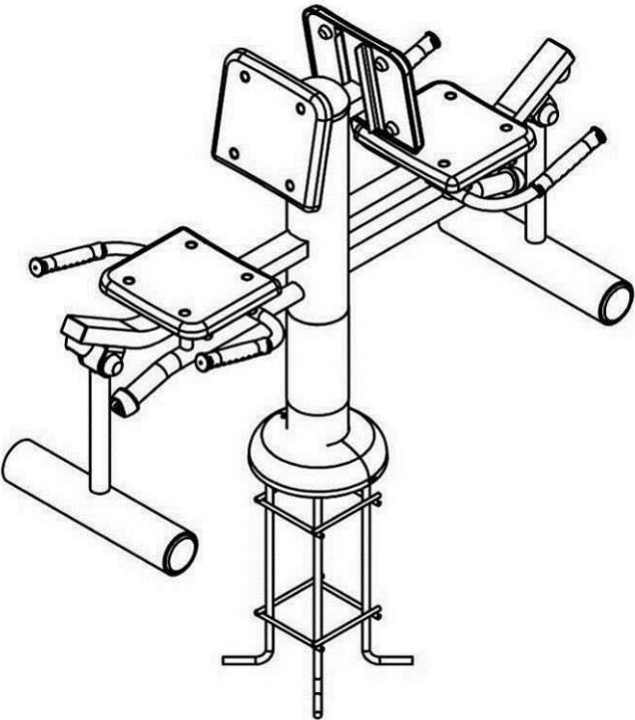
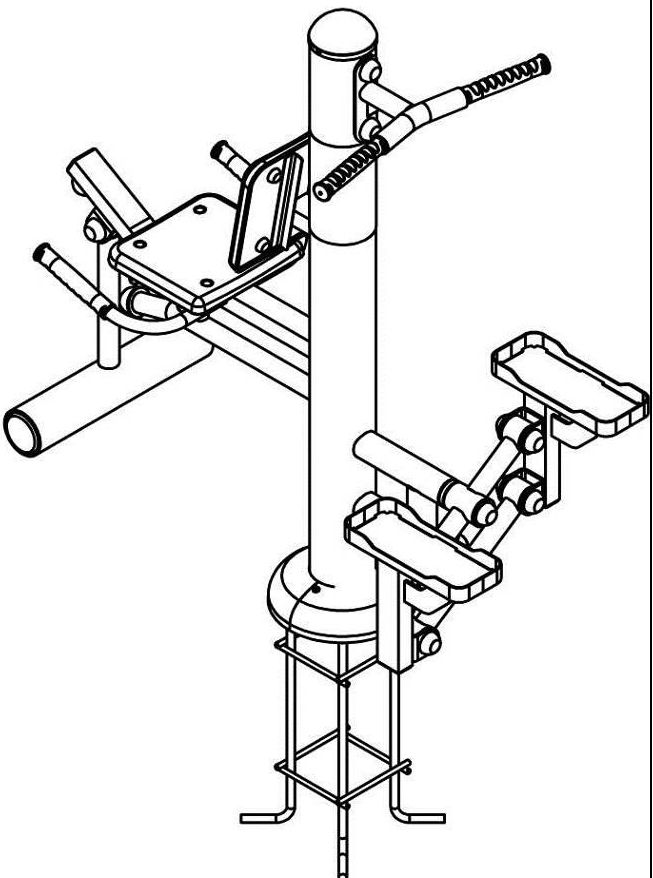
Double Adductor-Abductor		SE104-142	
		Double parallel bars	
		SE105	
			
Double parallel bars - Horizontal bar		SE105-117	
		Horizontal bar – Double parallel bars	
		SE105-117-I	
			

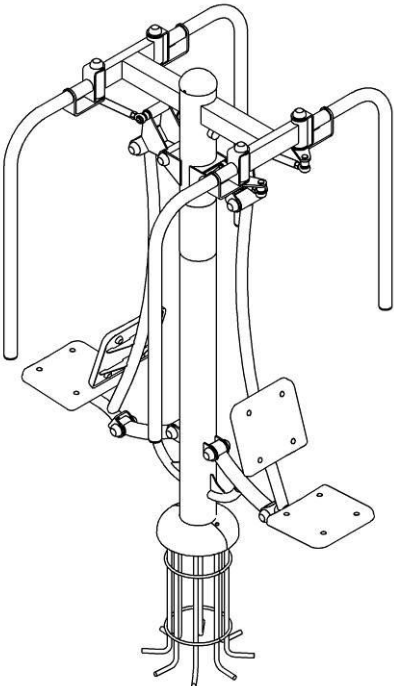
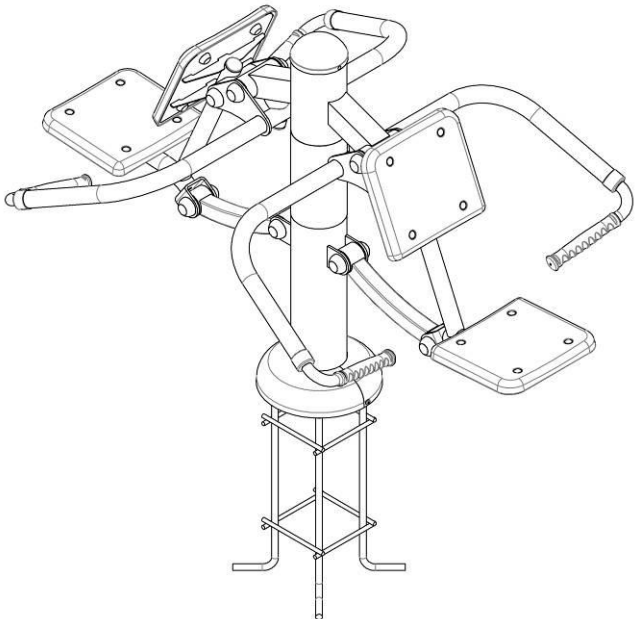
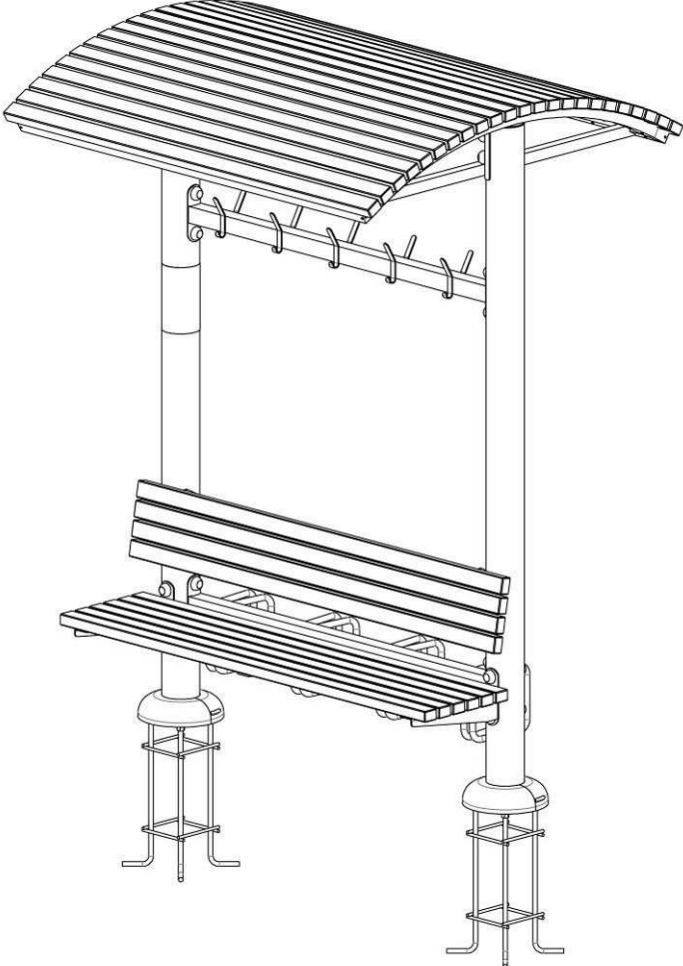
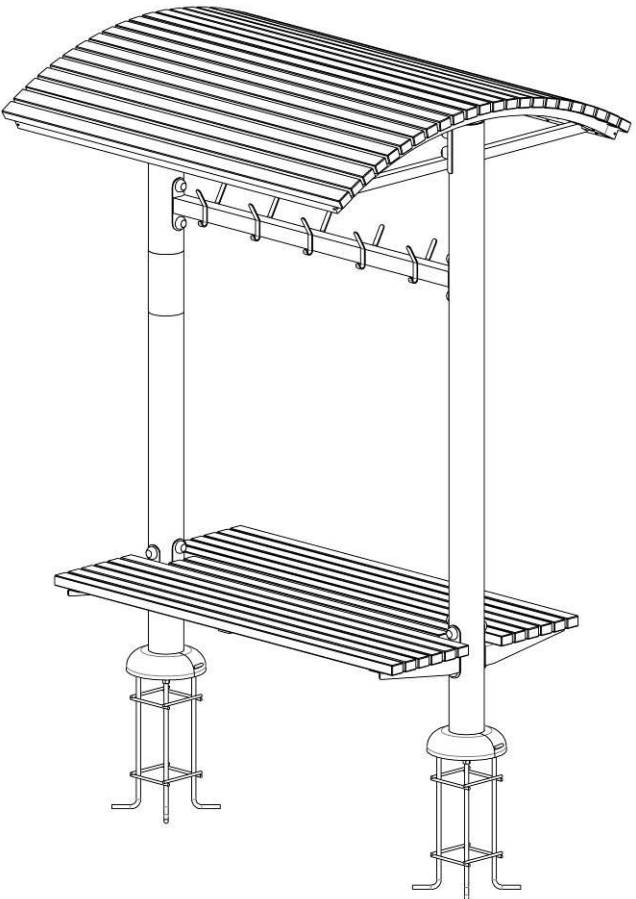
Anatomic press	SE106	Press bench	SE106.1
			
Shoulders training	SE107	Shoulders training	SE108
			

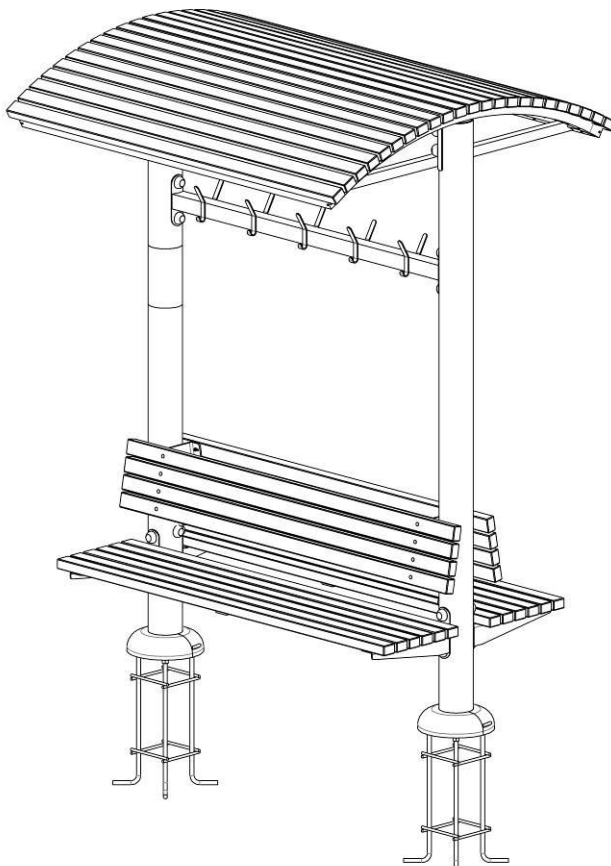
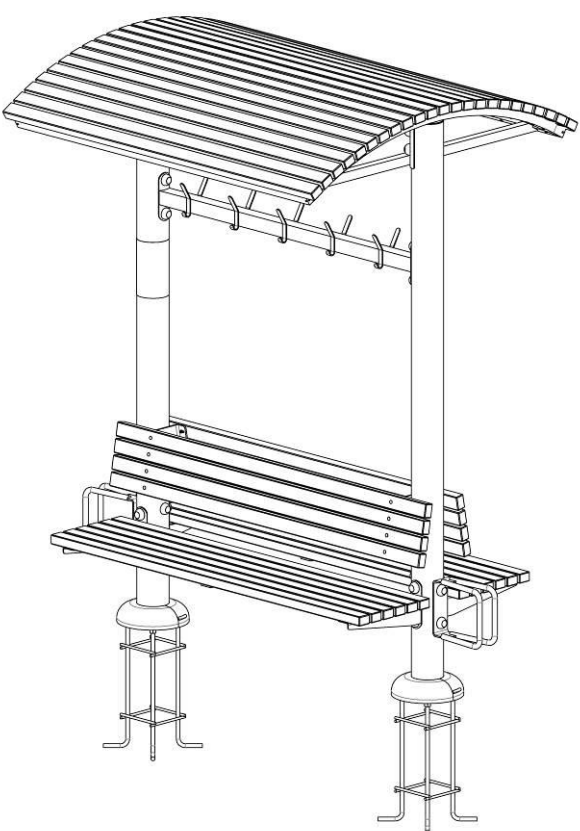
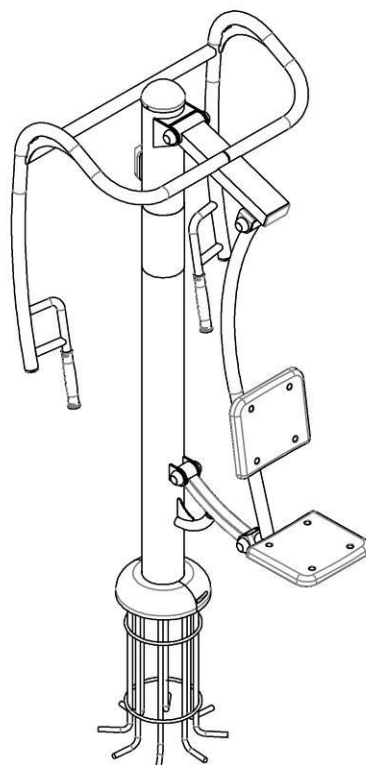
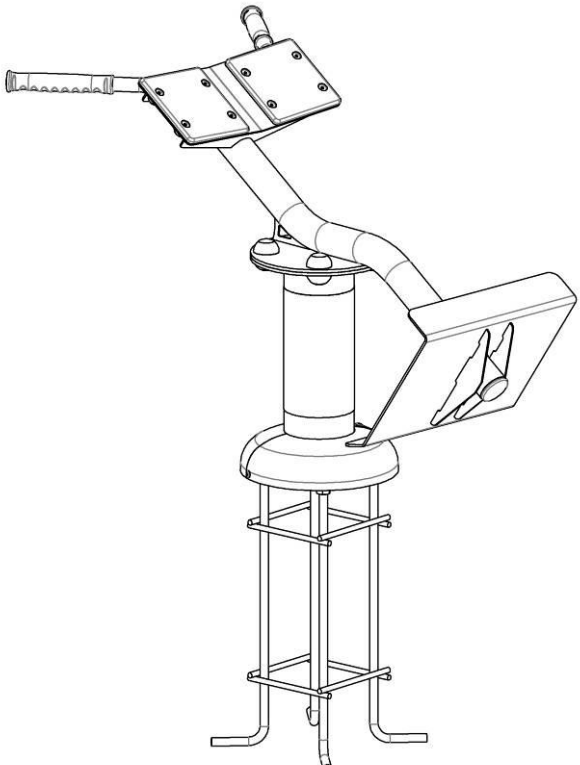
Abdominal muscles training	SE109	Horserider	SE110
			
Twister	SE114	Twister sitting position	SE114-S
			

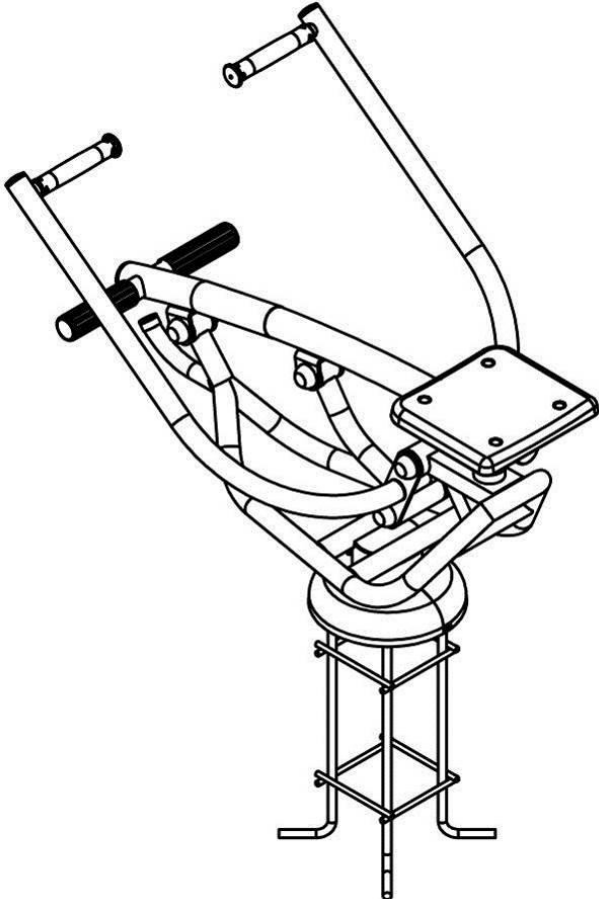
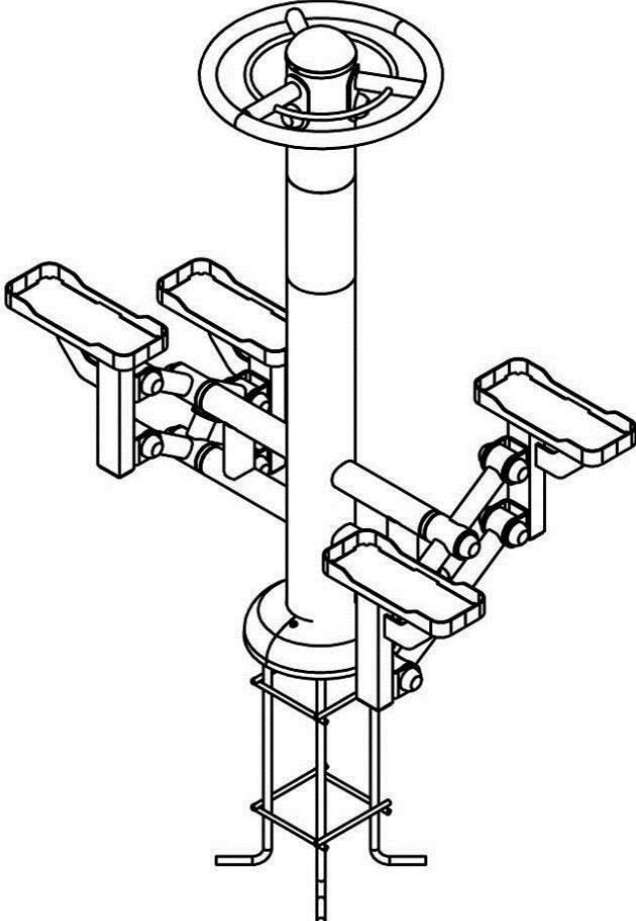
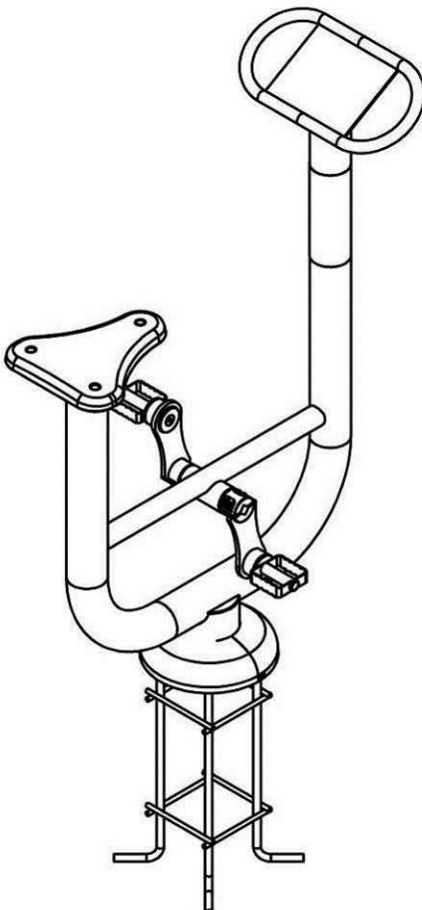
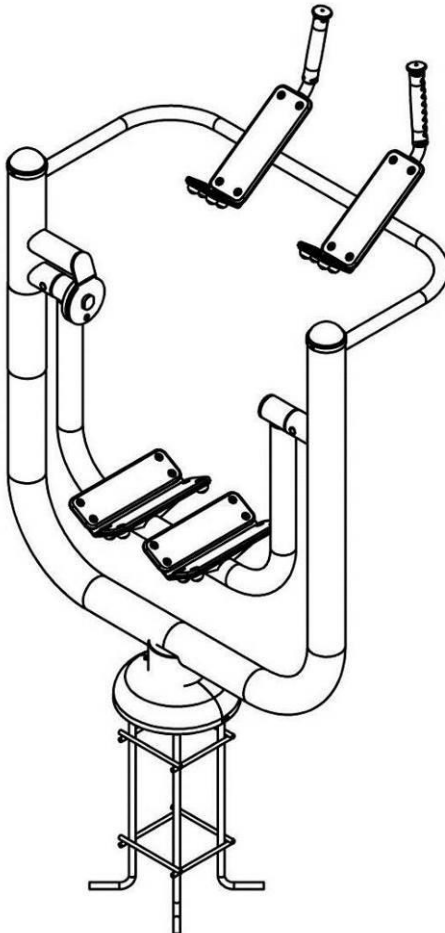
Air walker	SE115	Single ellipse	SE116
			
Horizontal bars	SE117	Horizontal bar – Support for abdominal muscles– Leg extension	SE117-125-126
			

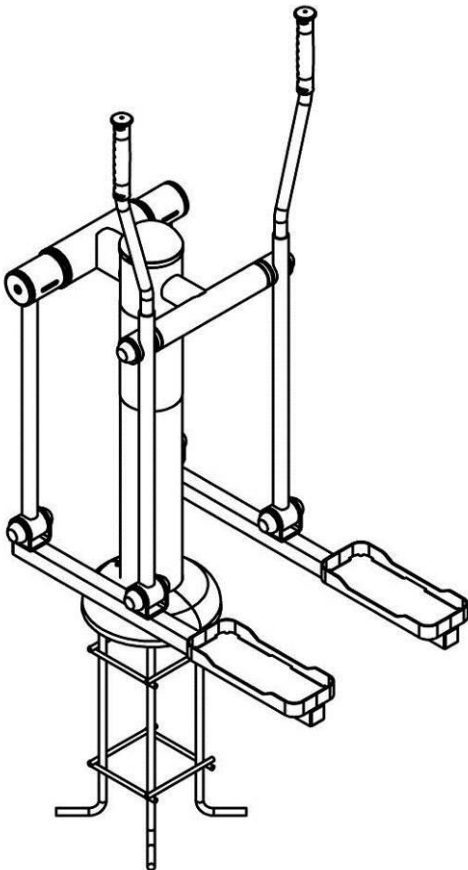
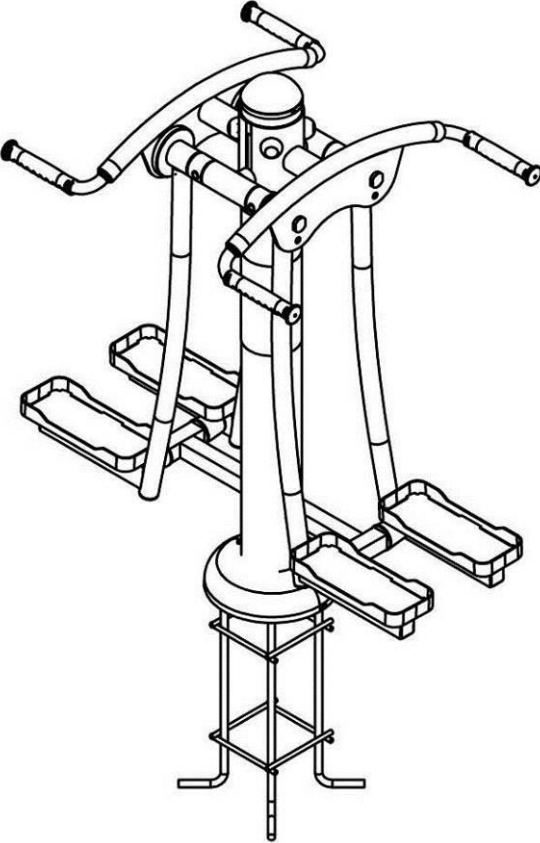
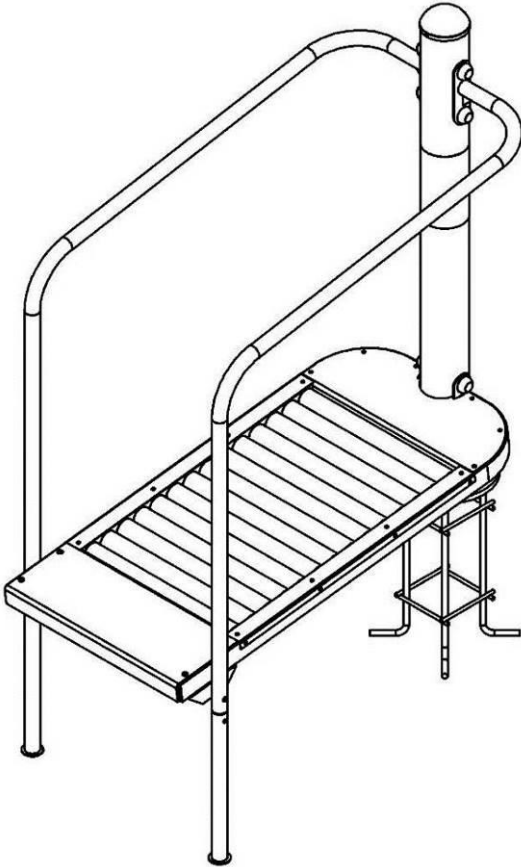
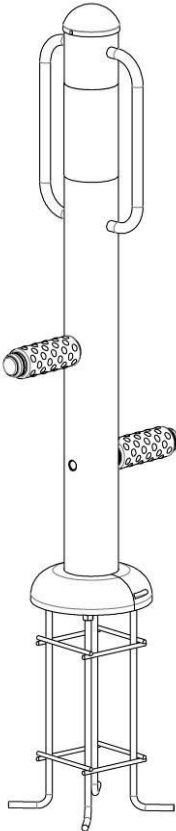
Air rotation		SE119	
			
Multigym	SE123	Multigym	SE123.1
			

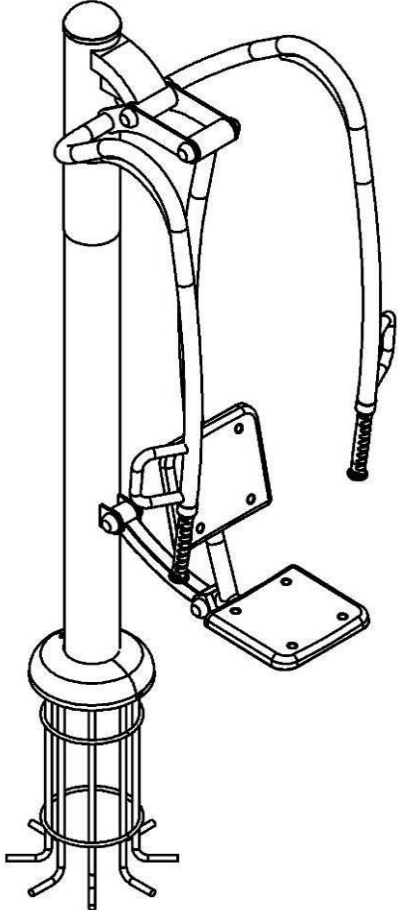
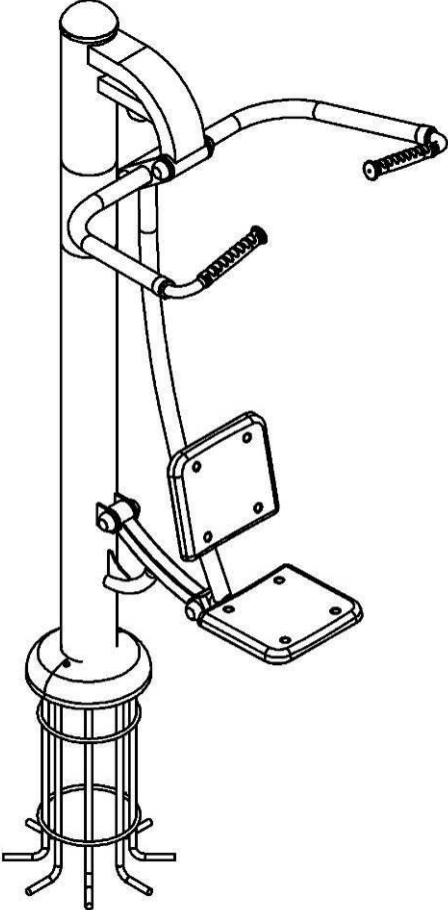
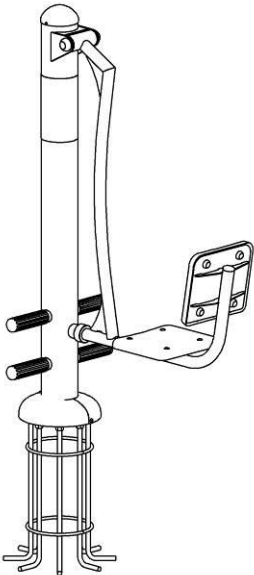
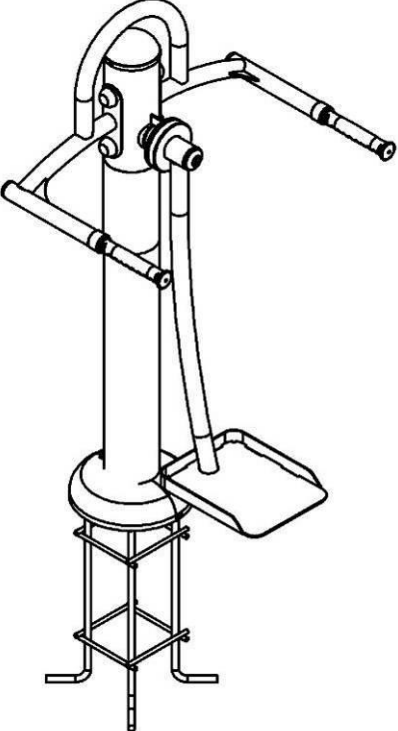
Support for abdominal muscles	SE125		
			
Hip extension	SE126	Hip extension – Stepper	SE126-136
			

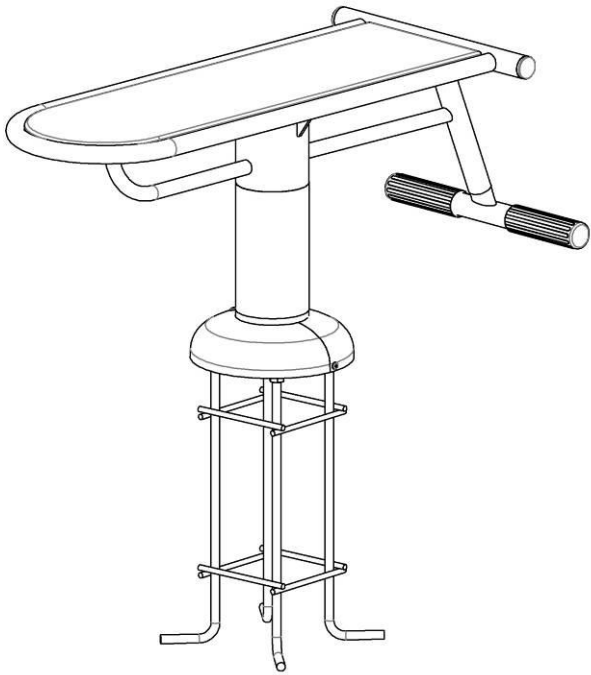
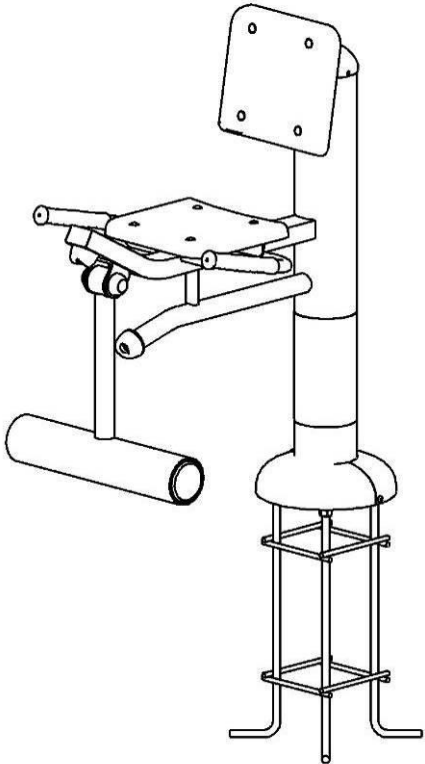
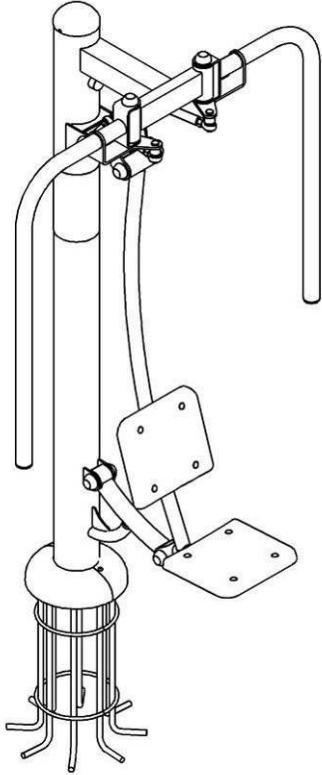
Butterfly	SE128	Biceps	SE129
			
Bench with canopy and bicycle parking	SE130	Bench with canopy	SE130.1
			

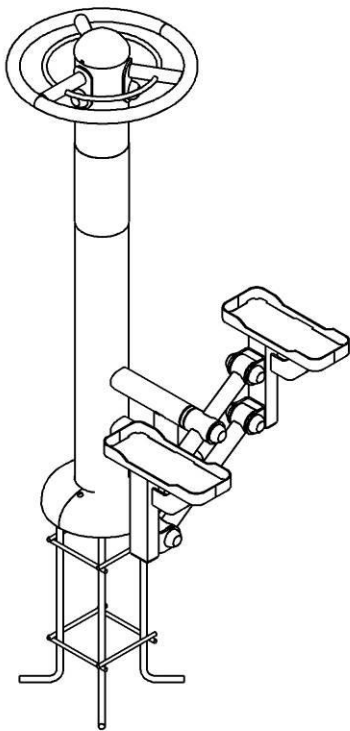
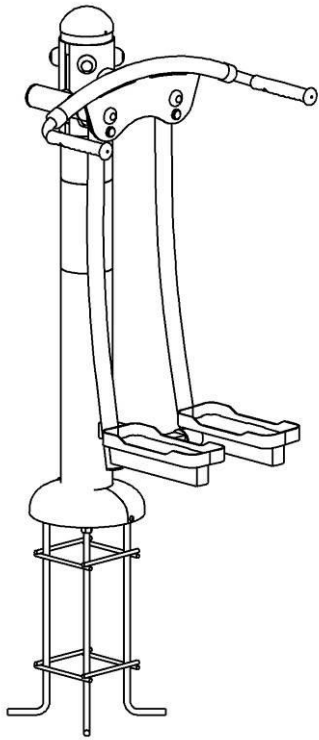
Bench with canopy	SE130.2	Bench with canopy and bicycle parking	SE130.3
			
Rowing machine	SE131	Hyperextension	SE134
			

Outdoor rower	SE135	Stepper	SE136
			
Bicycle	SE139	Abdominals training	SE140
			

Skiman training	SE141-T	Adductor-abductor training	SE142
			
Running track	SE143	Foot massager	SE145
			

Chest press single	SE201	Lat pull down single	SE202
			
Leg press	SE203	Adductor-Abductor single	SE204
			

Abdominal muscles training	SE209		
			
Hip extension	SE226	Butterfly	SE228
			

Stepper	SE236	Adductor-abductor training	SE242
			

3. COMPLETENESS AND OPERATION OF TRAINING EQUIPMENT

Purpose of sports equipment. The name, list of exercise machines, their designation and appearance are given in Chapter 2. The equipment is intended for sports (physical training) in the open air.

Complete set of sports equipment. The delivery set includes:

- training machines mentioned in chapter 1;
- cap (not used for SE123);
- embedment (for the SE123 the rack acts as an embedment);
- packaging;
- operating instructions.

The names of the main components of the exercise equipment:

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

Structure and work. The principle of operation of the exercise machines is to transfer the load to the human muscles during training due to the special trajectory of movement of individual parts of the machines.

4. PROCEDURE FOR ASSEMBLING AND INSTALLING THE PRODUCT

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

The procedure for assembling and installing the product.

1. Prepare the ground (level it) and mark the location of the training equipment, taking into account the safety zones (see chapter 5).

2. Take the level of the impact-absorbing coating as 0.00.

3. Set the embedment to the level and concrete (concrete class not less than B15), according to the concreting scheme, keeping it horizontal with help of building level and taking into account the location of the exerciser in the desired direction. The anchors must protrude at least 35 mm above the level of the base plate. In case of installation on sandy soil, the size of the foundation should be increased to 15-20%.

Complete set of embedded elements:

- SE101, SE101-102, SE102, SE103, SE119, SE131, SE201, SE202 – for 8 anchors;

- SE104, SE104-114, SE107, SE108, SE109, SE110, SE114, SE115-T, SE116, SE126, SE126-136, SE128, SE135, SE136, SE139, SE140, SE141-T, SE142, SE143, SE204 – for 4 anchors.

4. Install the equipment in 28 days (after the concrete has completely hardened according to SBC).

Installation of equipment on embedded element:

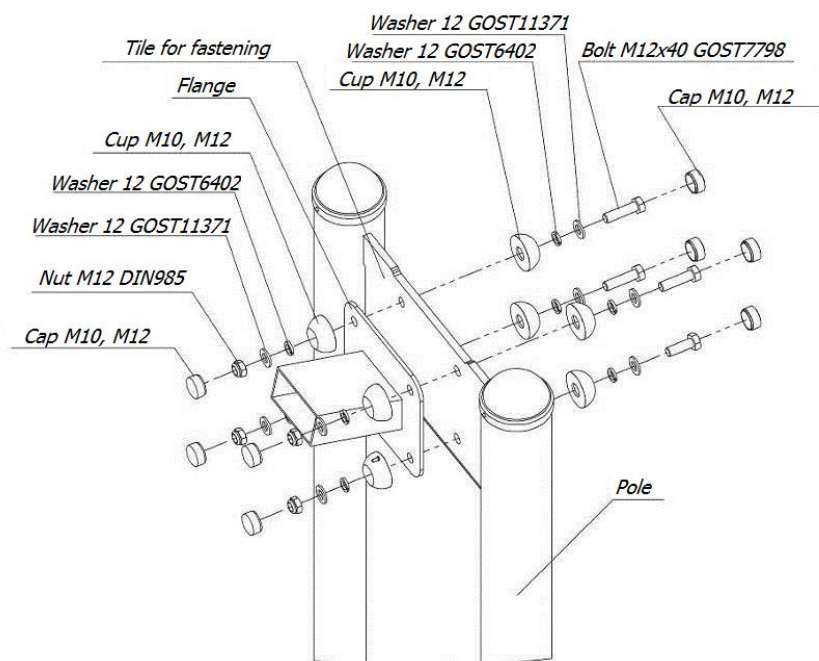
- unscrew the M16 nuts and remove the flat washers and grommet washers;

- place the exercise machine on the base plate and fasten it with four/eight M16 nuts, placing a flat washer and a grommet washer under them;

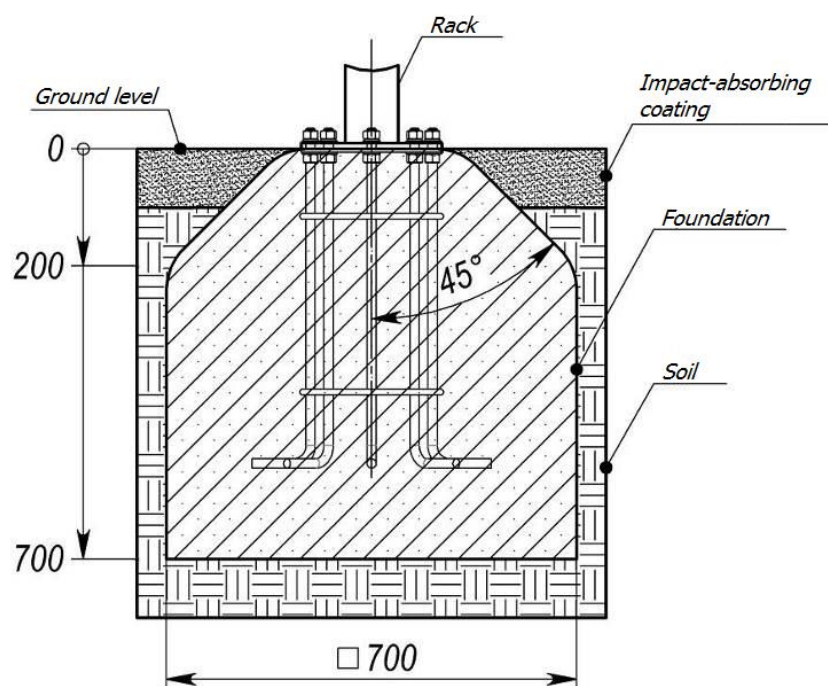
- cover the fastening elements of the training machine with a decorative cap consisting of two parts and fastened with two bolts.

Installation of the SE123 equipment:

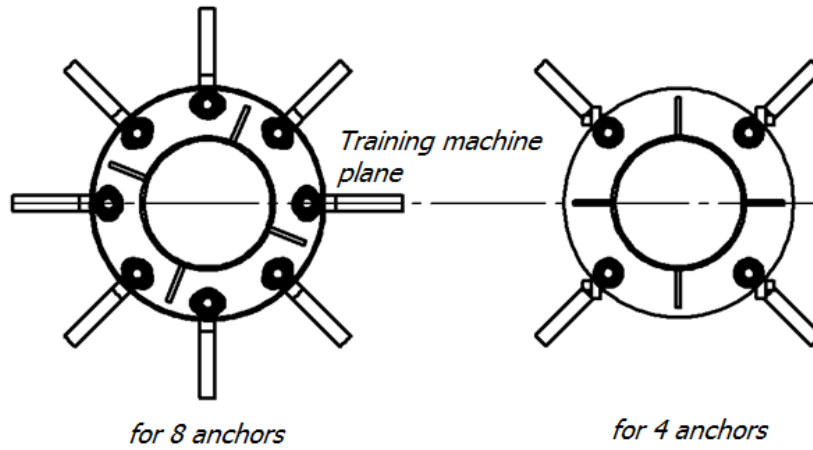
- Attach the flange of the console to the rack (pole) according to the picture.



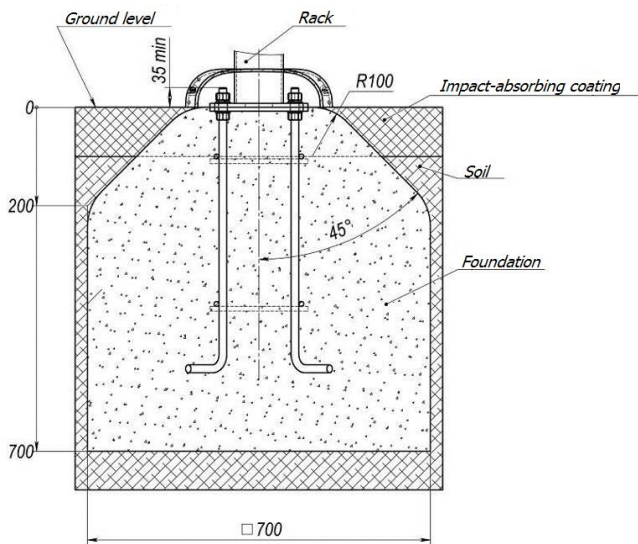
Concreting scheme for 8 anchor embedded element



Layout of anchors during concreting
(top view)

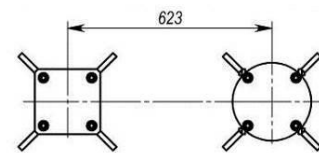


Concreting scheme for 4 anchor embedded element

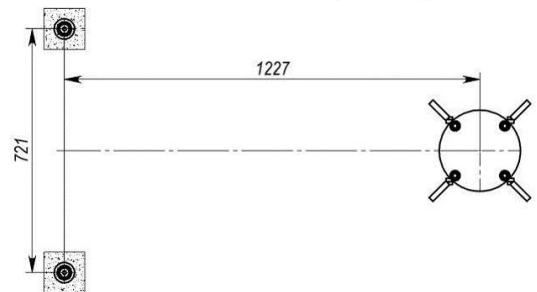


Concreting scheme for the SE143 embedded element

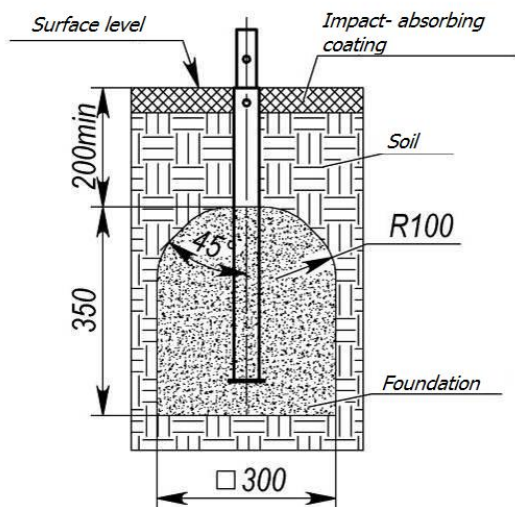
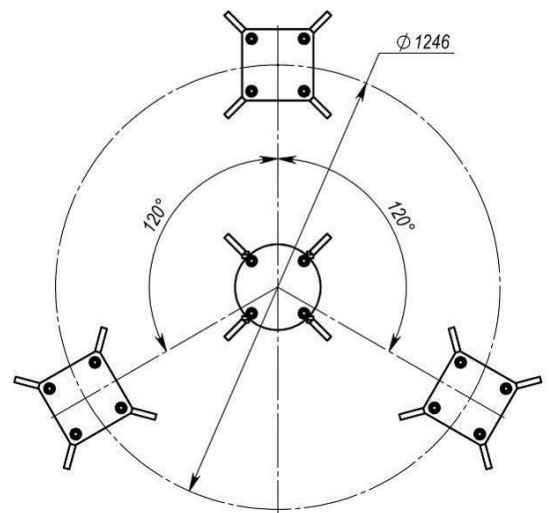
Layout of embedded elements for SE104-114 during concreting
(top view)



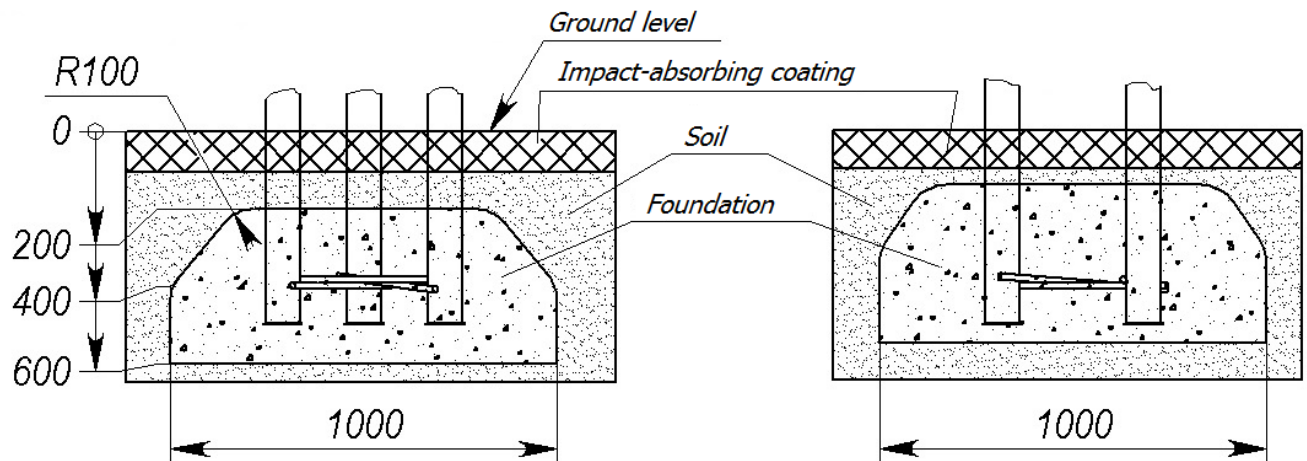
Layout of embedded elements for SE143 during concreting
(top view)



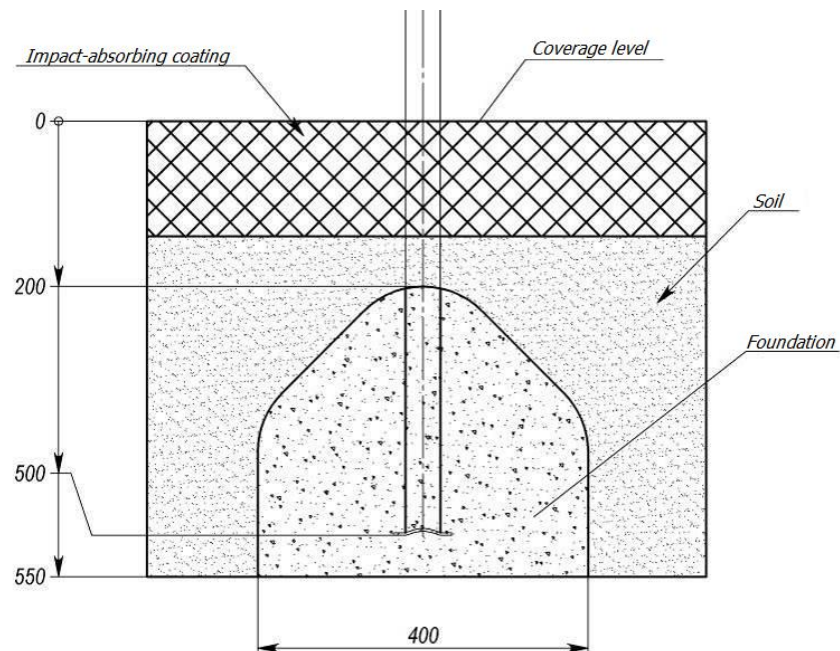
Layout of the SE114 embedded elements during concreting
(top view)



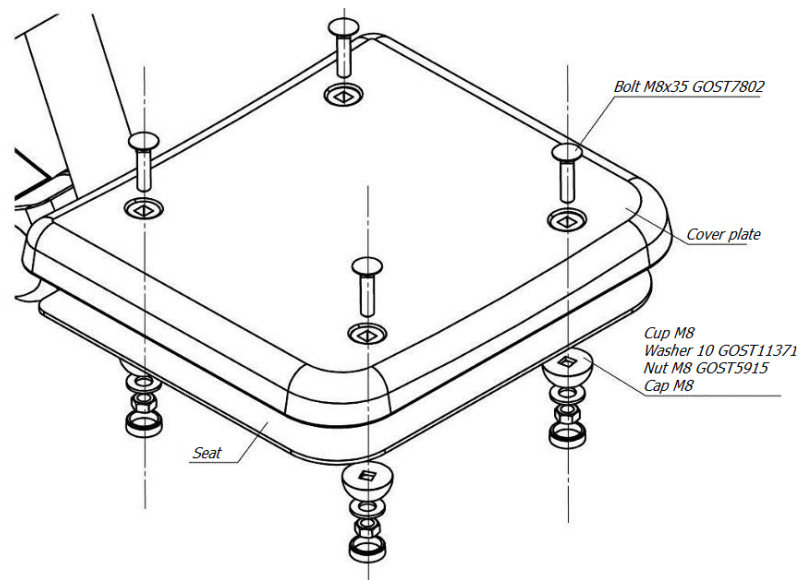
Concreting scheme of the embedded element SE123



Concreting scheme for an information stand



5. Place the plastic cover plates on the metal plates.



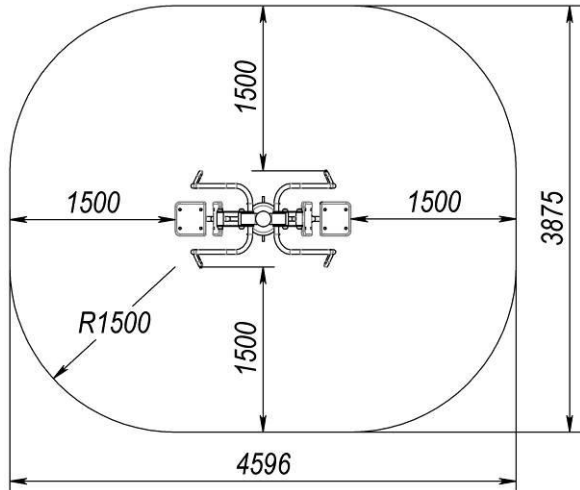
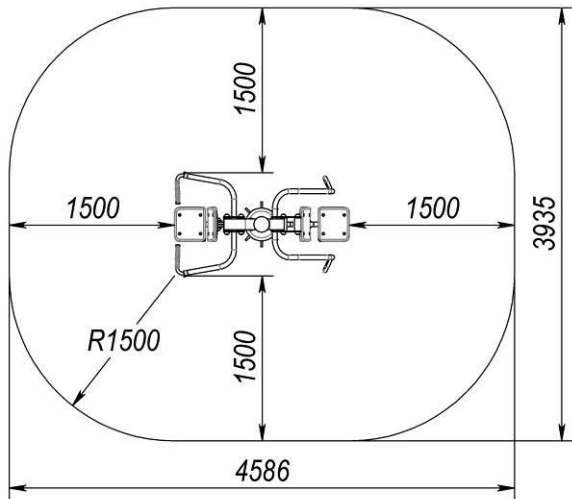
Example of an impact-absorbing coating				
Nº p/n	Material – covering ¹	Description	Minimum layer thickness ¹ , mm	Max. fall height, mm
1	Concrete/stone	—	—	≤1 000
2	Bitumen-bonded surface	—	—	≤1 000
3	Natural soil	—	—	≤1 200
4	Lawn	—	—	≤1 500
5	Wooden mulch	Shredded coniferous bark, particle size from 20 to 80 mm Particle size from 0.2 to 2 mm	200	≤2 000
			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
			300	≤3 000
7	Sand ^{2, 3} ,	Particle size from 0.2 to 2 mm	200	≤2 000
			300	≤3 000
8	Gravel ^{2, 3}	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 fall height according to test results

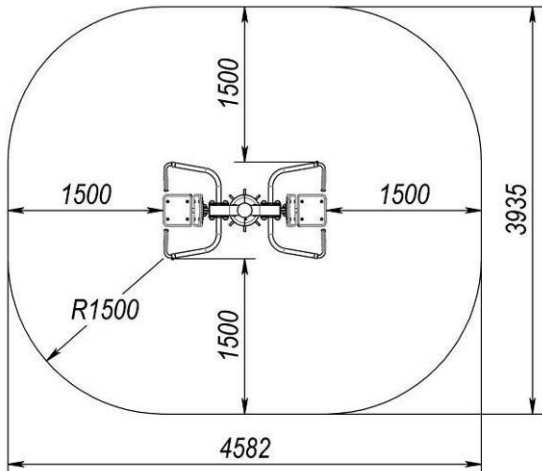
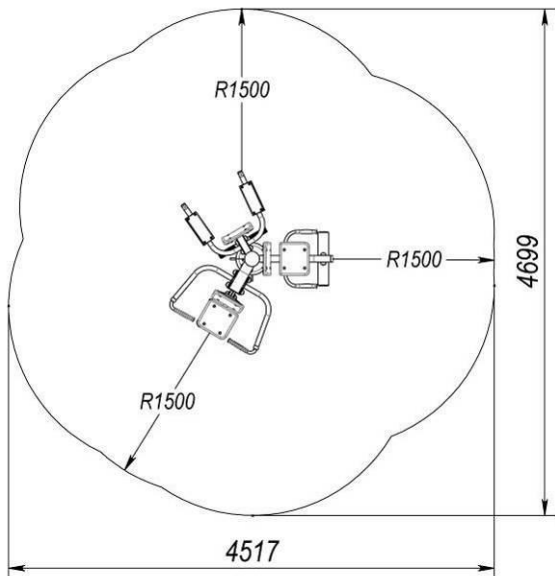
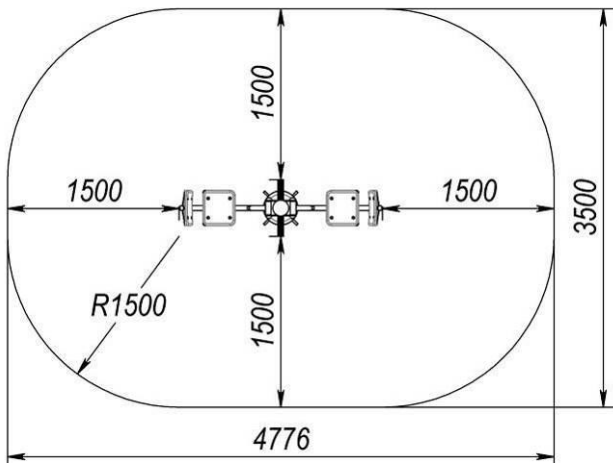
1 - Add 100 mm to the minimum layer thickness to cushion loose material.

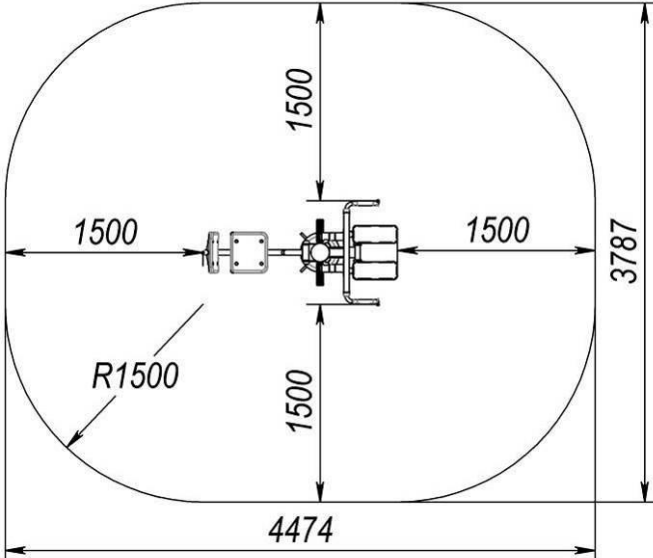
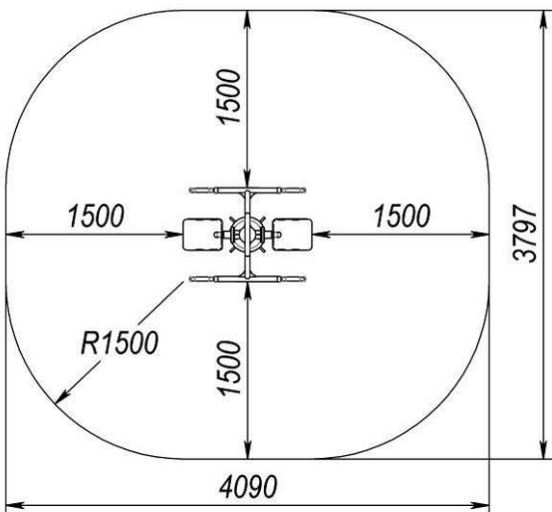
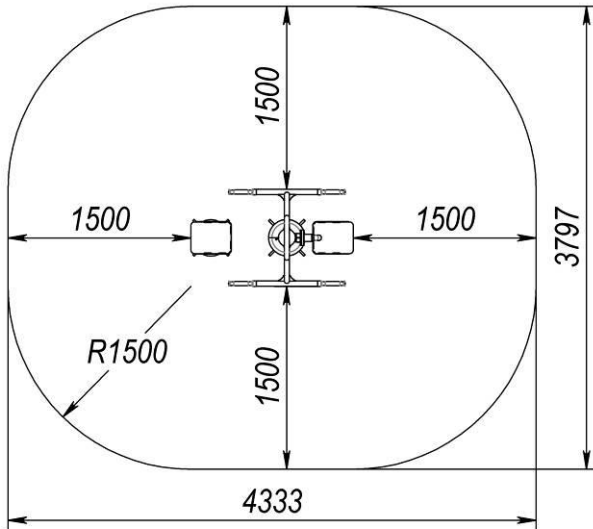
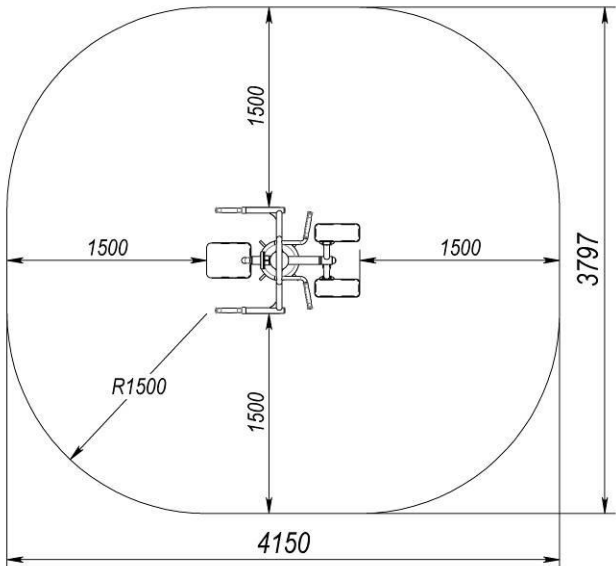
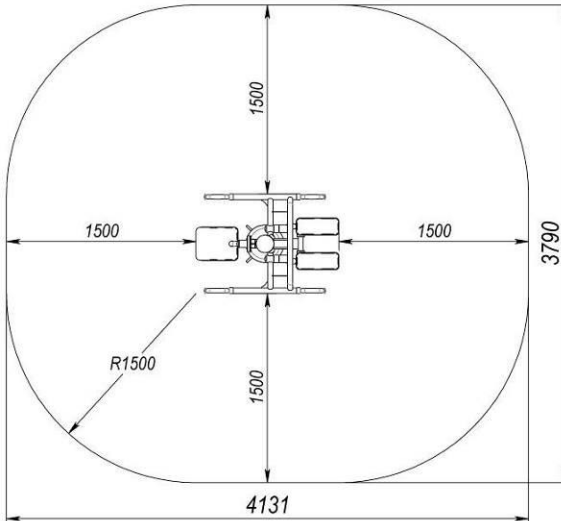
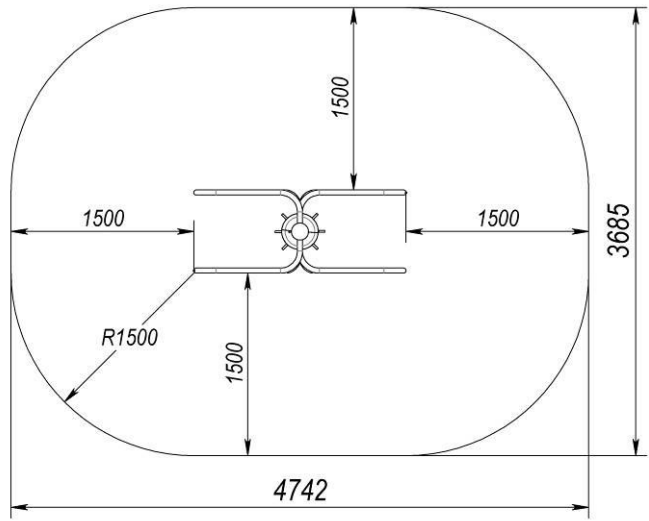
2 - There should not be any silt or clay fractions; the particle size can be determined by sieve analysis according to EN 933-1.

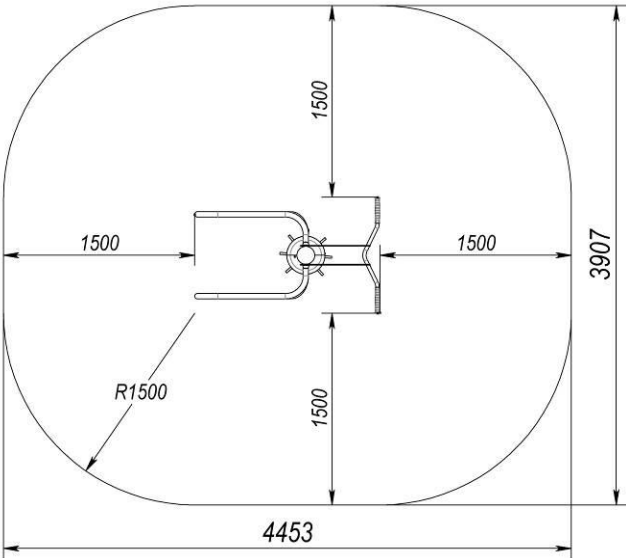
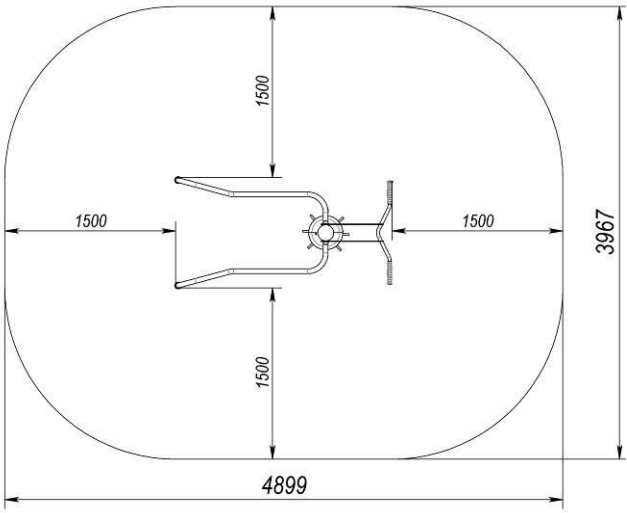
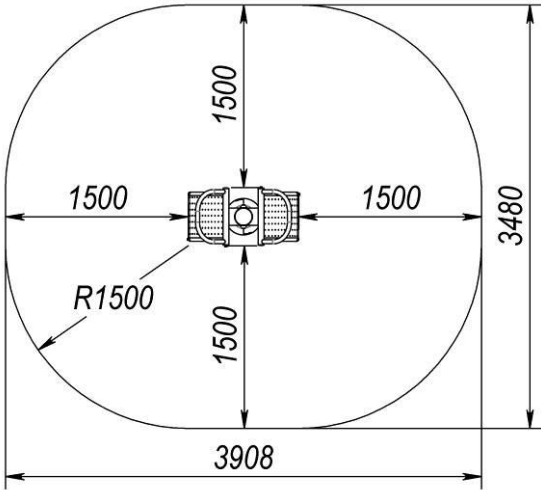
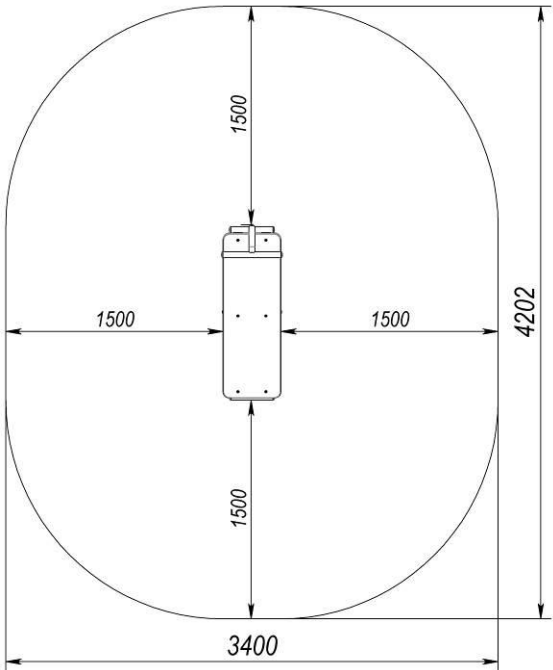
3 - Not suitable for machines that require a firm, stable user position.

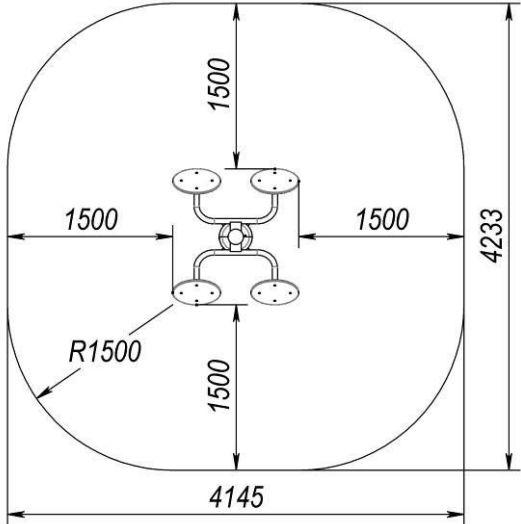
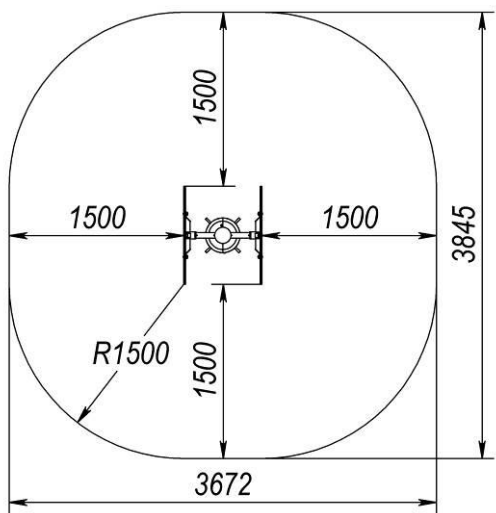
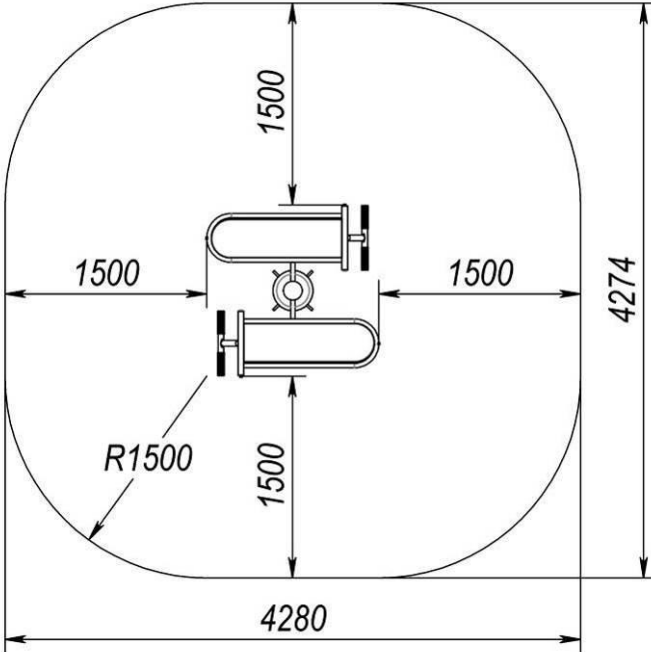
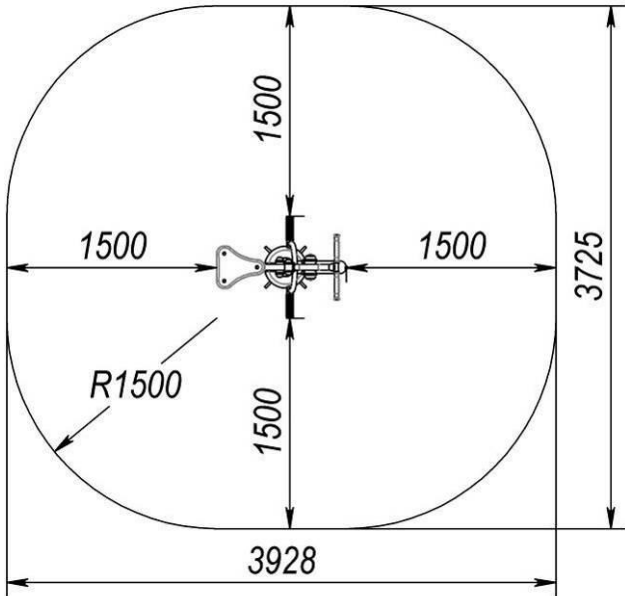
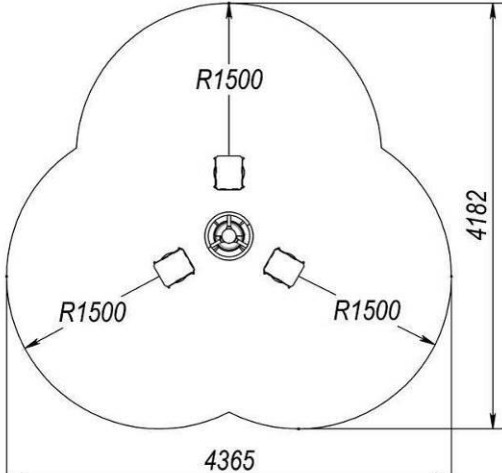
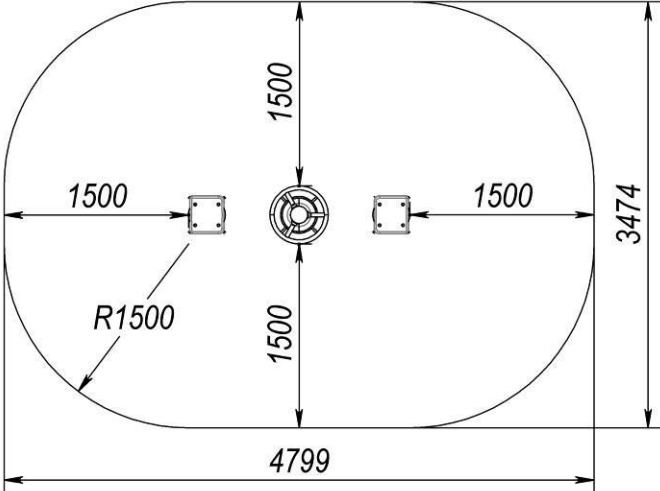
5. PRODUCT INSTALLATION SCHEME

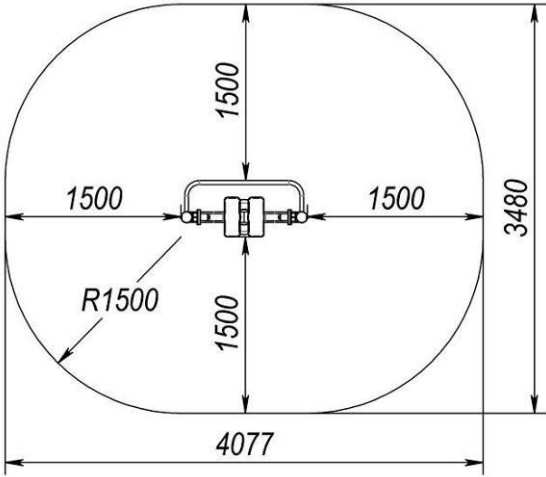
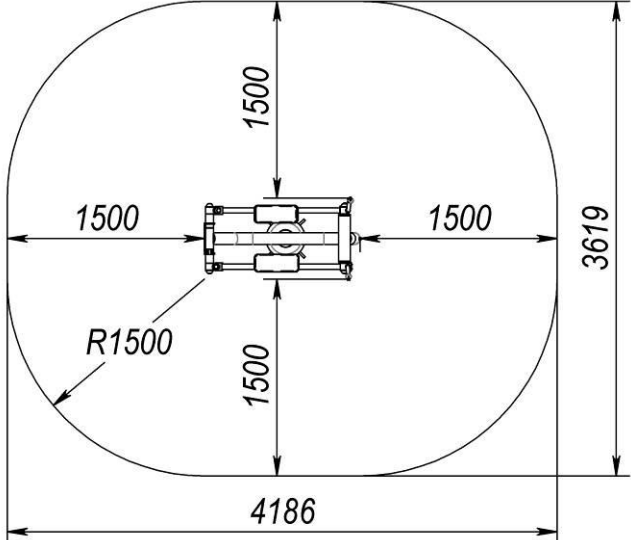
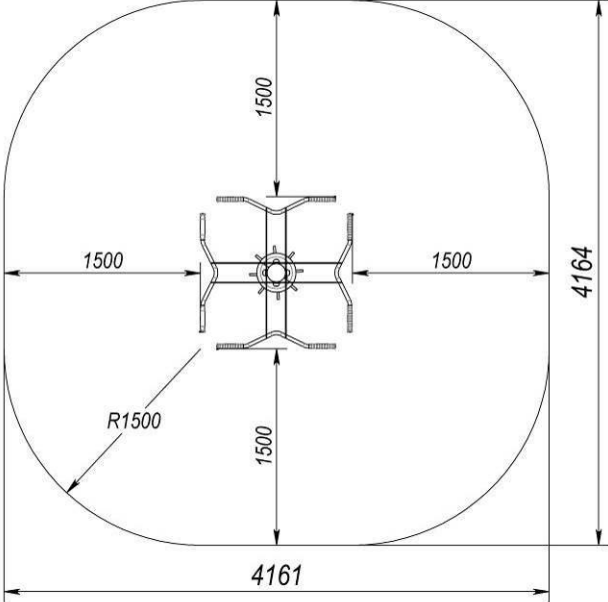
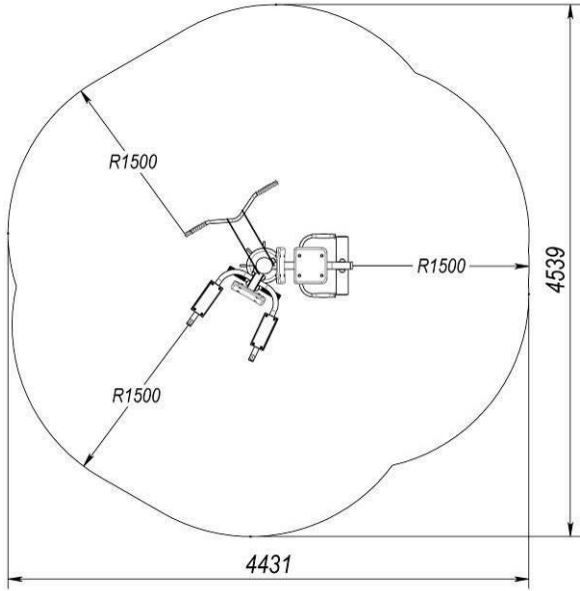
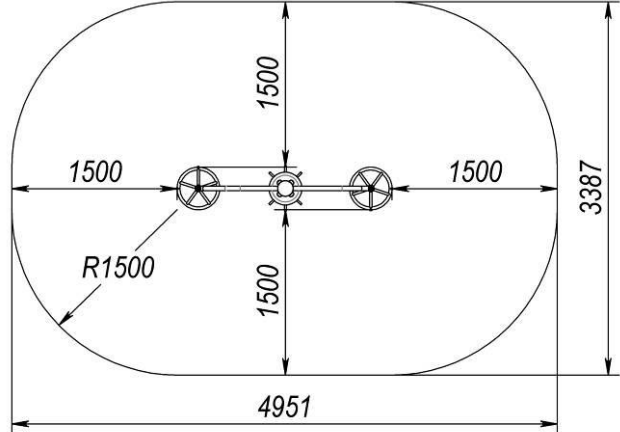
Safety zone			
Chest press	SE101	Chest press – Lat pull down	SE101-102
			

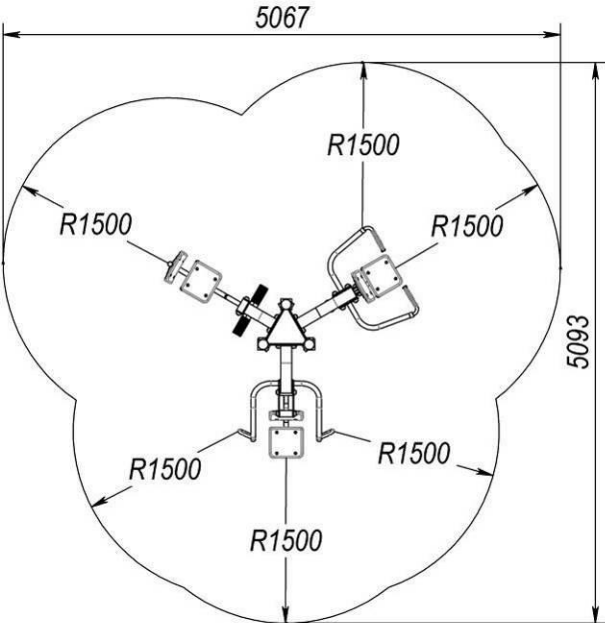
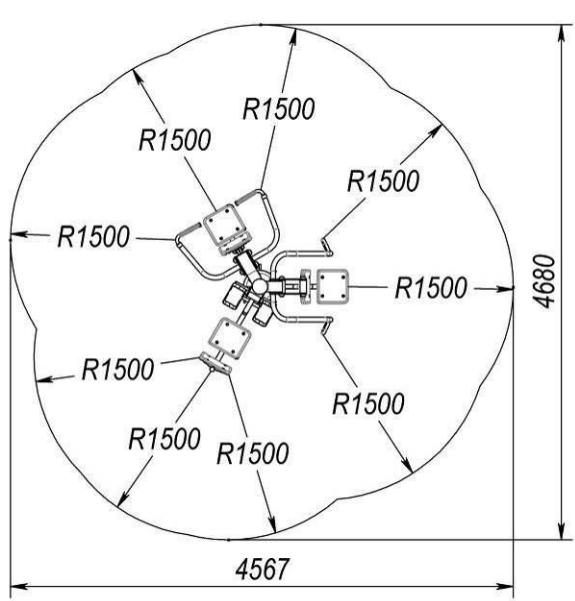
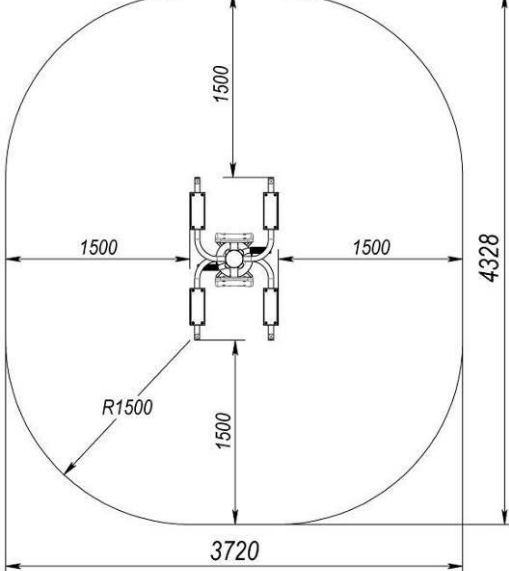
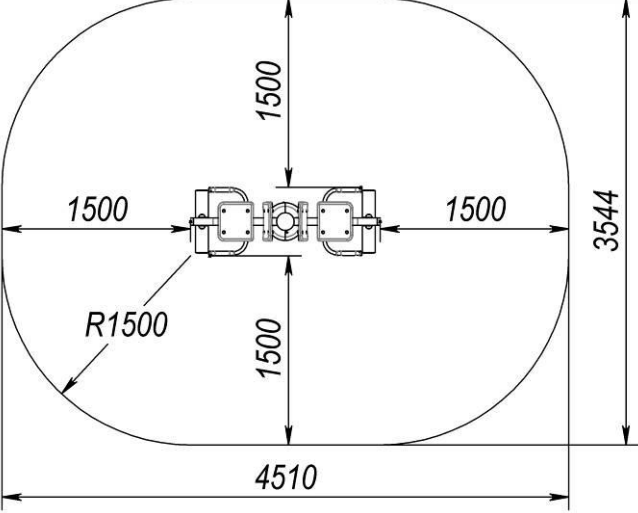
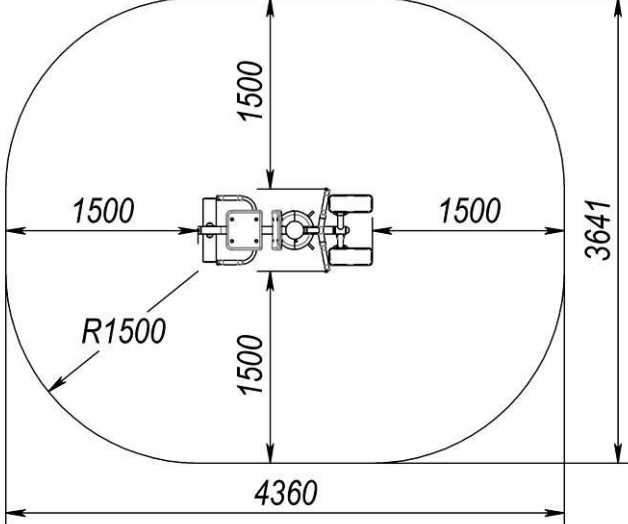
Lat pull down	SE102	Lat pull down – Support for abdominal muscles – Leg extension	SE102-125-126
			
Leg press	SE103		
			

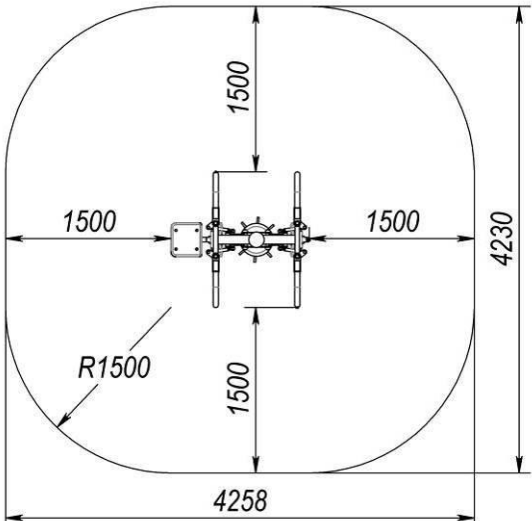
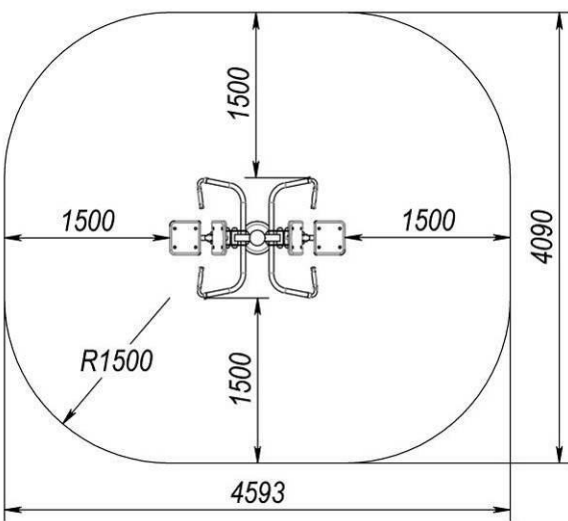
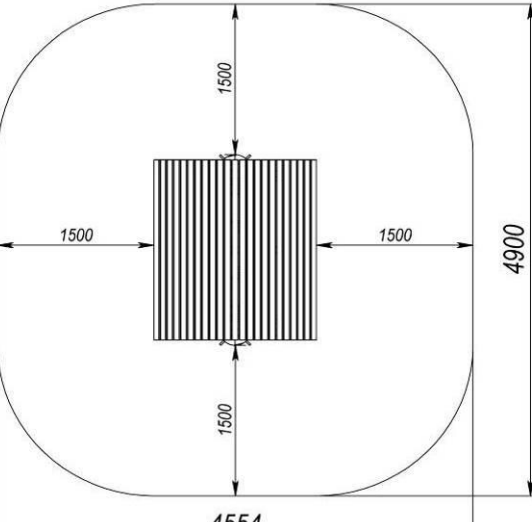
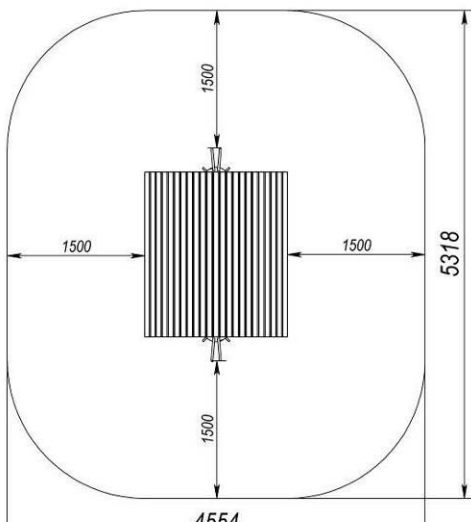
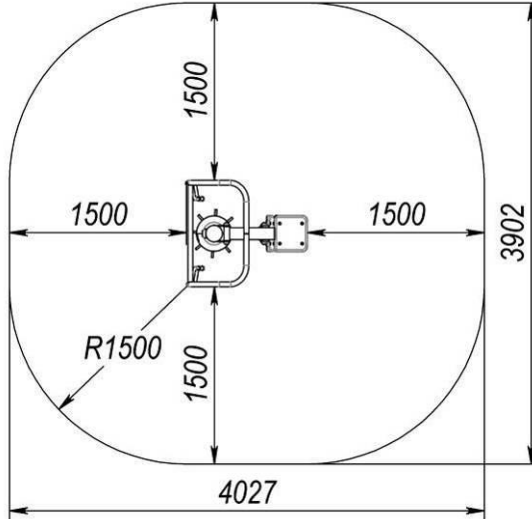
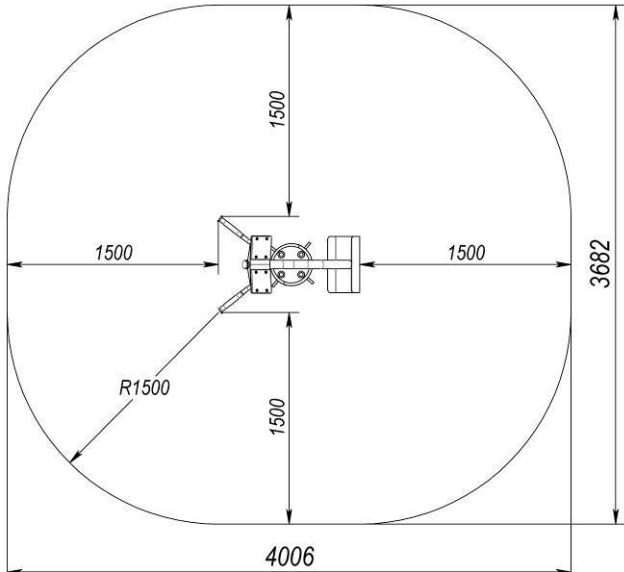
Leg press – Adductor-Abductor	SE103-142	Adductor-Abductor	SE104
			
Adductor-Abductor – Twister	SE104-114	Adductor-Abductor - Stepper	SE104-136
			
Double Adductor-Abductor	SE104-142	Double parallel bars	SE105
			

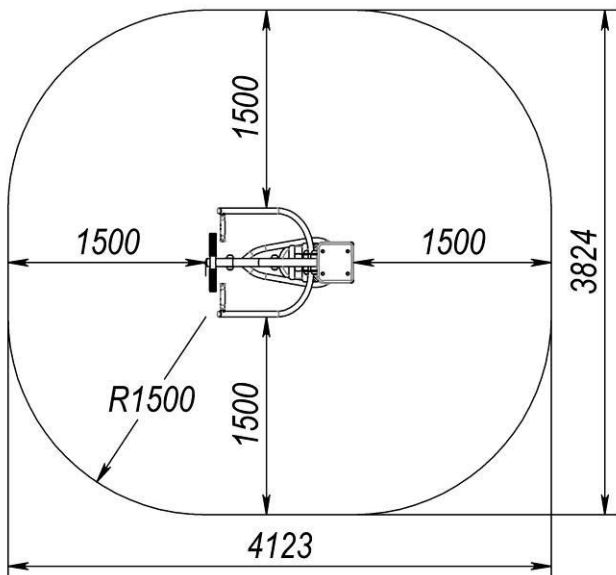
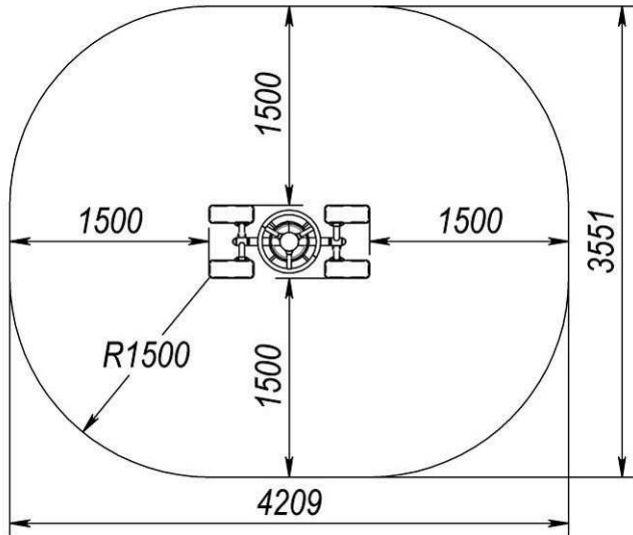
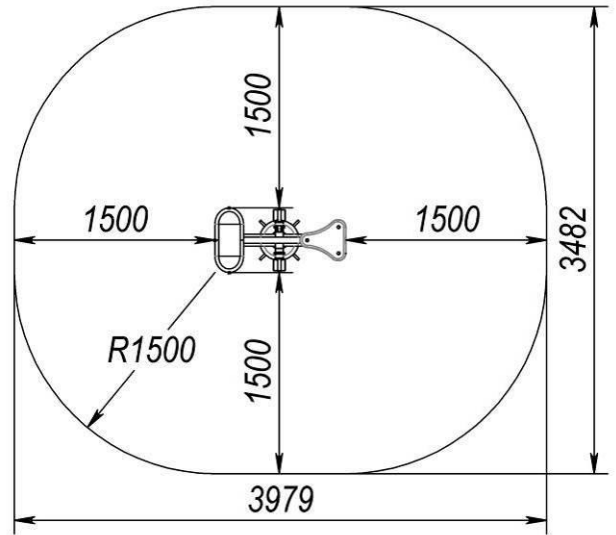
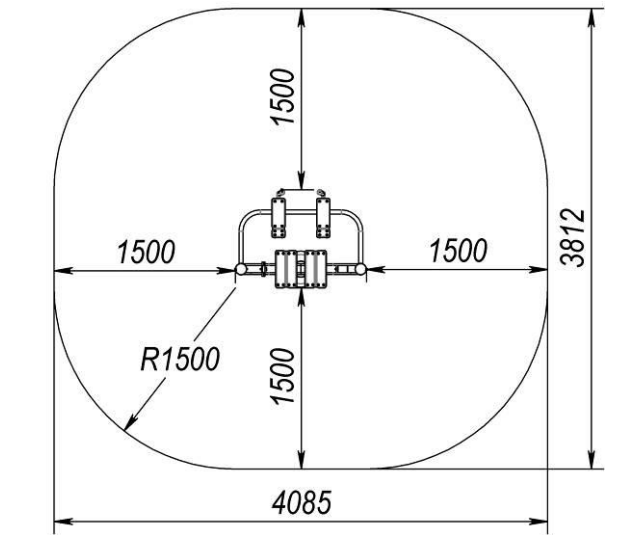
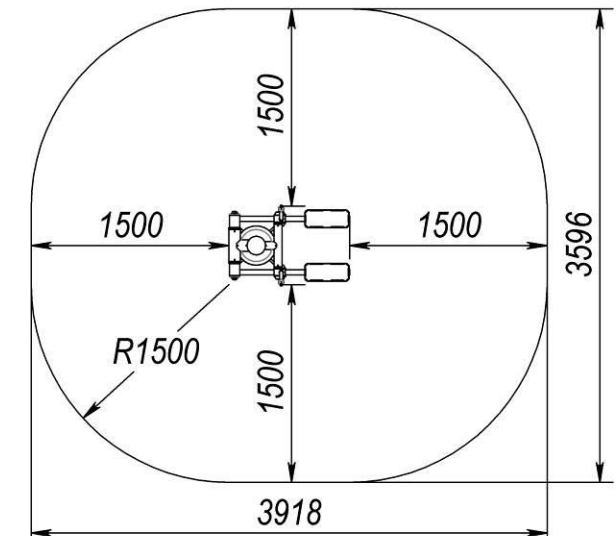
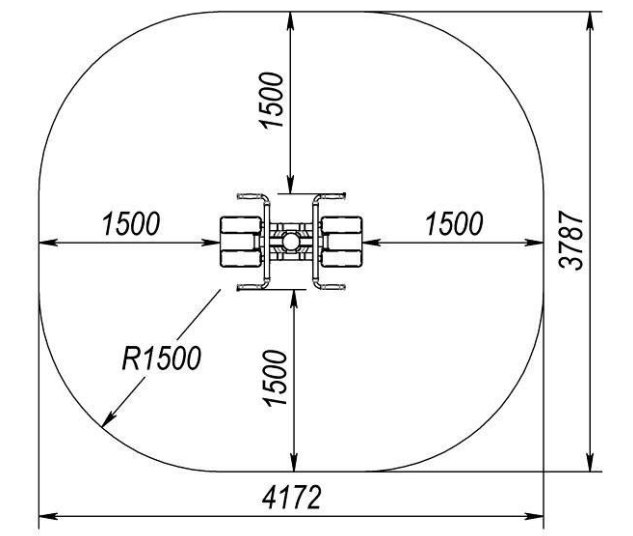
Double parallel bars - Horizontal bar	SE105-117	Horizontal bar - Double parallel bars	SE105-117-I
			
Anatomic press	SE106	Press bench	SE106.1
			

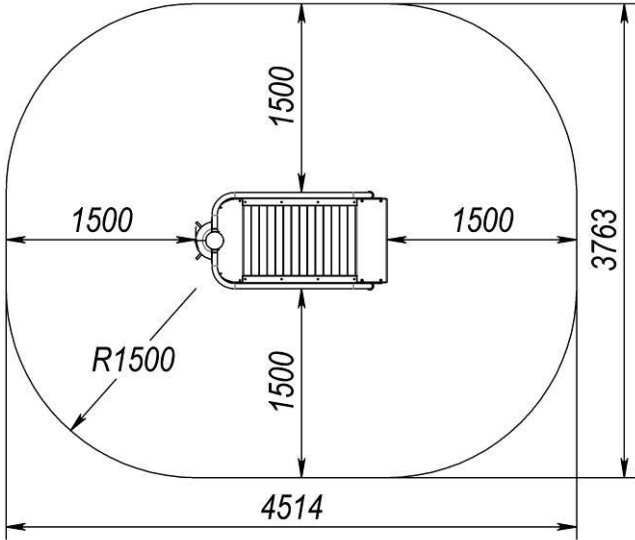
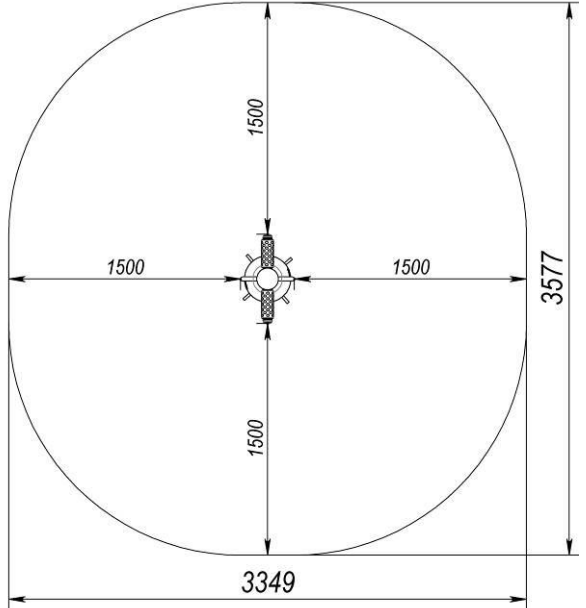
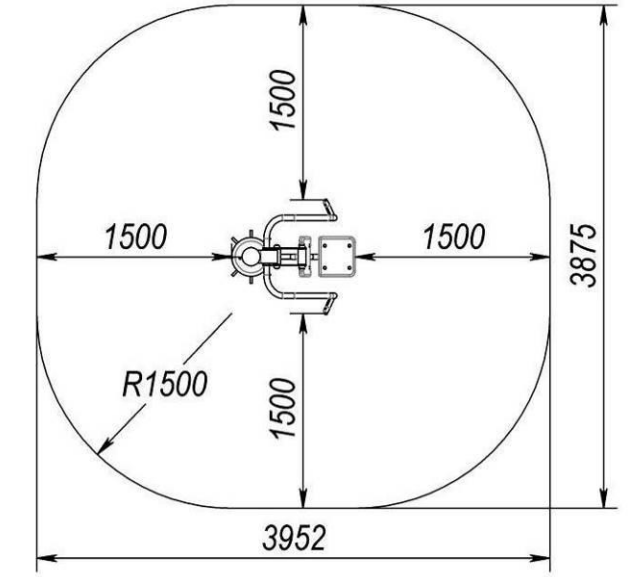
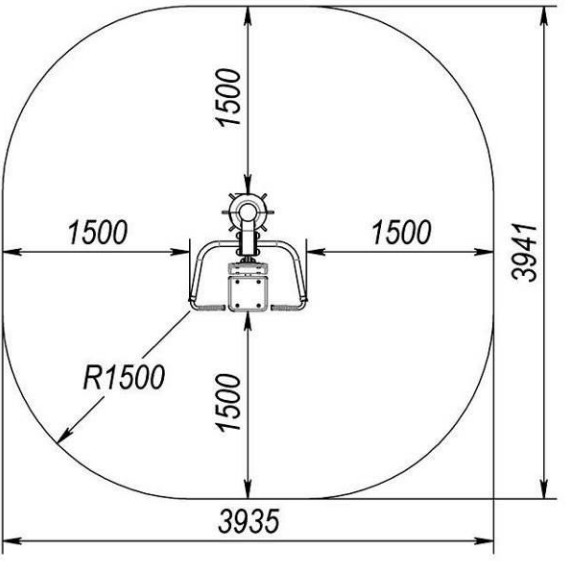
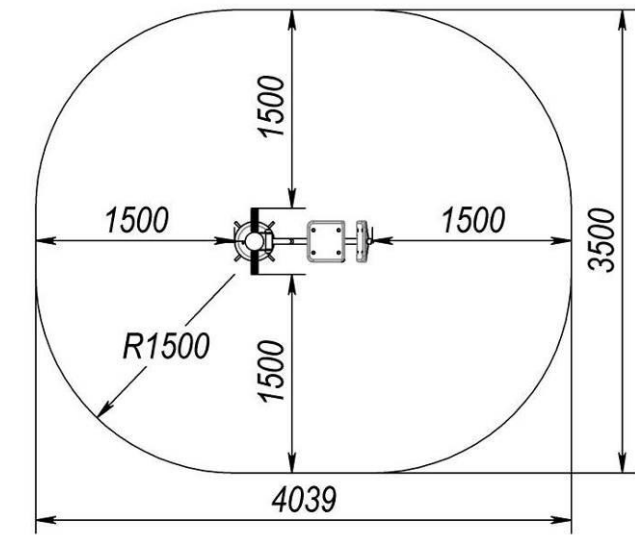
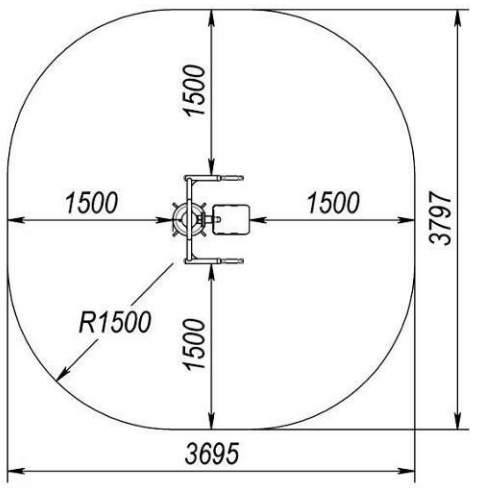
Shoulders training	SE107	Shoulders training	SE108
			
Abdominal muscles training	SE109	Horserider	SE110
			
Twister	SE114	Twister sitting position	SE114-S
			

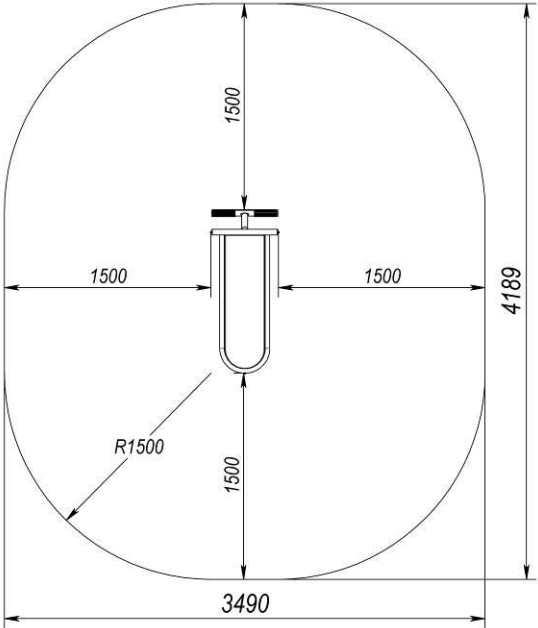
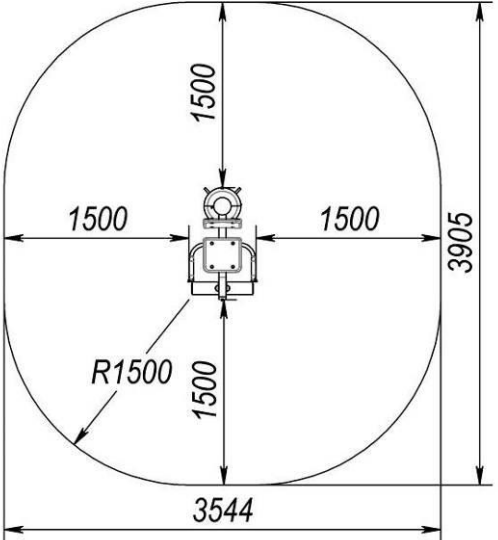
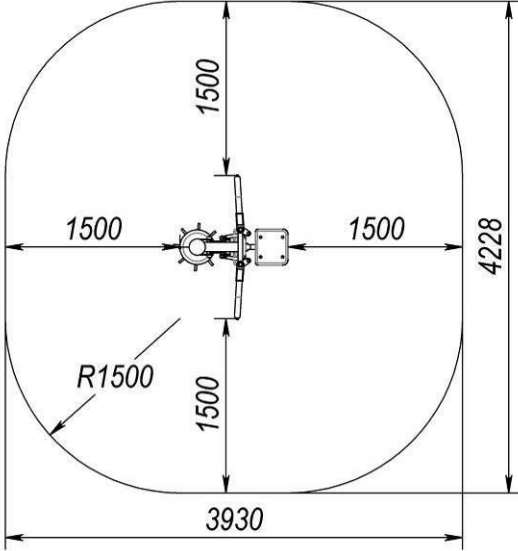
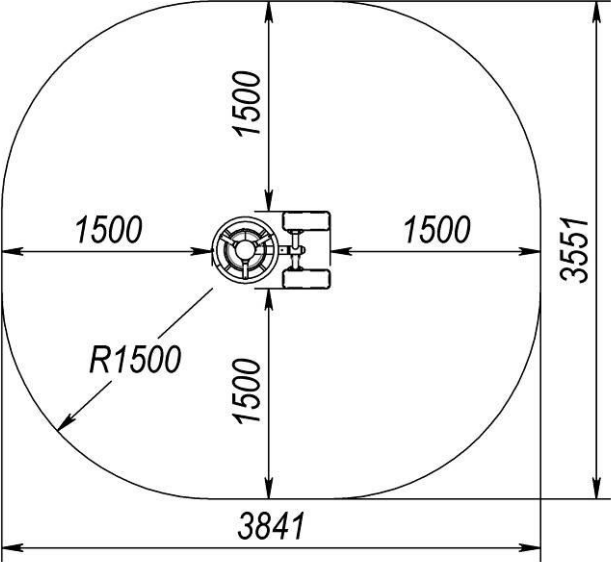
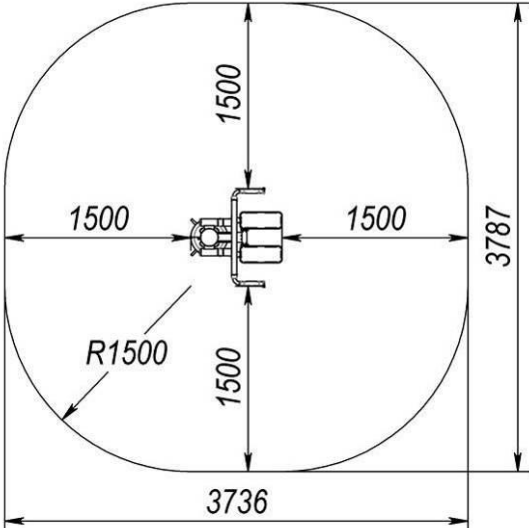
Air walker	SE115	Single ellipse	SE116
			
Horizontal bars	SE117	Horizontal bar – Support for abdominal muscles – Leg extension	SE117-125-126
			
		Air rotation	SE119
			

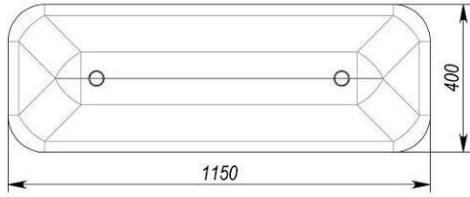
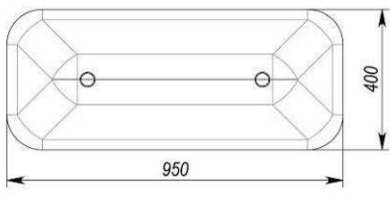
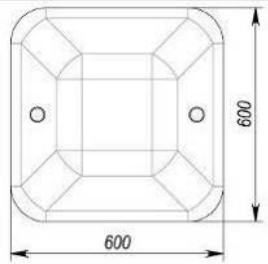
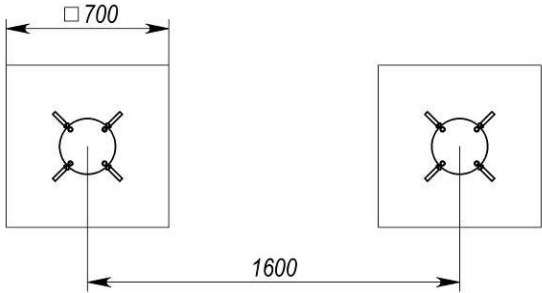
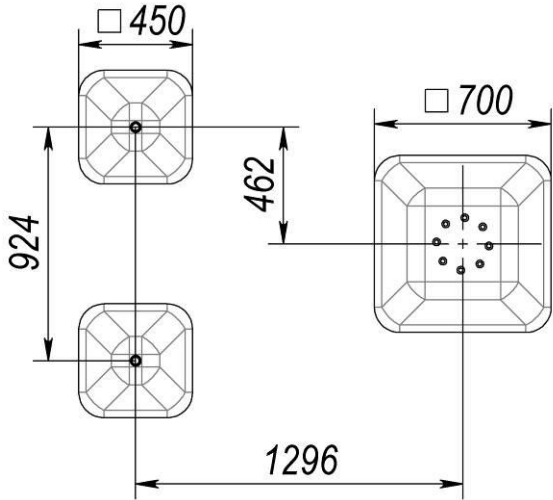
Multigym	SE123	Multigym	SE123.1
			
		Support for abdominal muscles	SE125
			
Hip extension	SE126	Hip extension – Stepper	SE126-136
			

Butterfly	SE128	Biceps	SE129
			
Bench with canopy and bicycle parking, Bench with canopy	SE130, SE130.1, SE130.2	Bench with canopy and bicycle parking	SE130.3
			
Rowing machine	SE131	Hyperextension	SE134
			

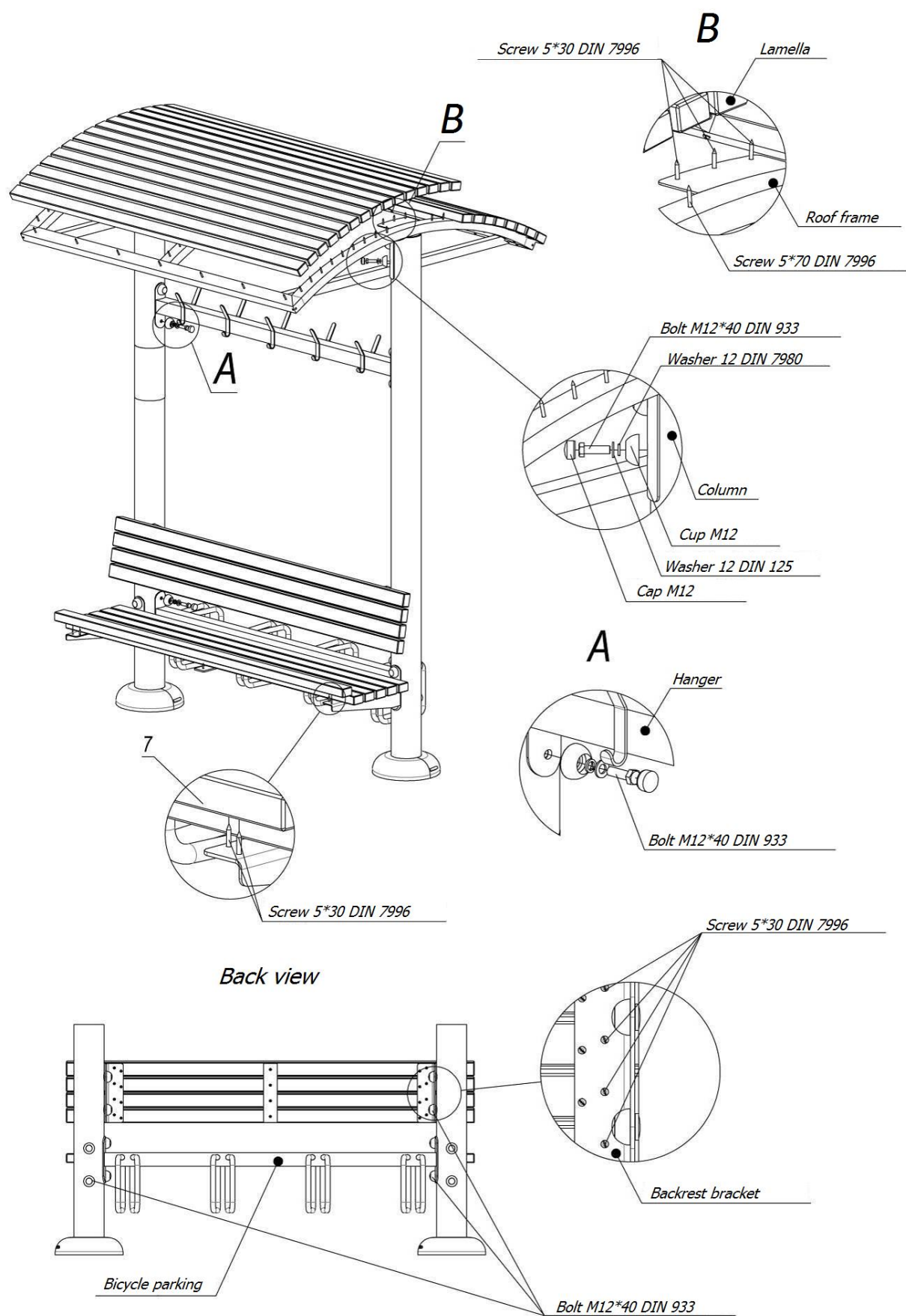
Outdoor rower	SE135	Stepper	SE136
			
Bicycle	SE139	Abdominal training	SE140
			
Skiman training	SE141-T	Adductor-abductor training	SE142
			

Running track	SE143	Foot massager	SE145
			
Chest press single	SE201	Lat pull down single	SE202
			
Leg press	SE203	Adductor-Abductor single	SE204
			

Abdominal muscles training	SE209		
			
Hip extension	SE226	Butterfly	SE228
			
Stepper	SE236	Adductor-abductor training	SE242
			

Concreting zones	
SE100-A1	SE100-A2, SE100-A3
	
SE100-INFO	SE130, SE130.1, SE130.2, SE130.3
	
SE105-117-I	
	

Assembly scheme for SE130



Fastening scheme for SE130.1, SE130.2, SE130.3 is identical

6. PRODUCT USE

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

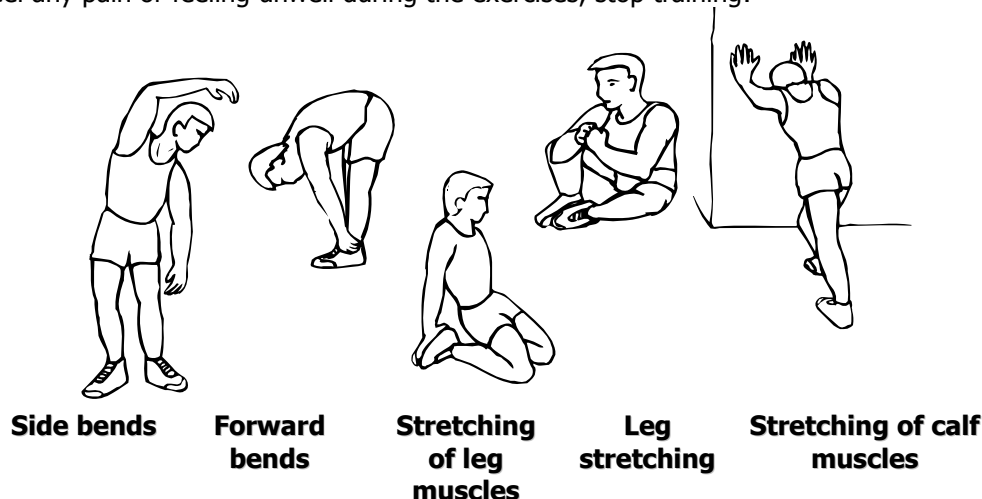
The product must not be used by users of a different age category.

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

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

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

Before you start exercising on the machines, you should warm up - a set of exercises to warm up your muscles, to prevent injury and to increase the effectiveness of your workout. We recommend you to 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 feeling 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. Do the exercise according to the recommendations of your trainer (instructor).
3. At the end of the exercise, smoothly return the moving parts of the machine to the starting position.

Watch how your body reacts! Incorrect 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.

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

Do not exercise on the equipment after drinking 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 excessive noise occurs in the external parts of the product or at the joints notify the service centre immediately.

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

Safety precautions during maintenance.

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

Procedure for maintenance of sports equipment.

Daily inspection of the product is a very important procedure. It will help you 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 welds, and lack of fastening of product parts, etc.).

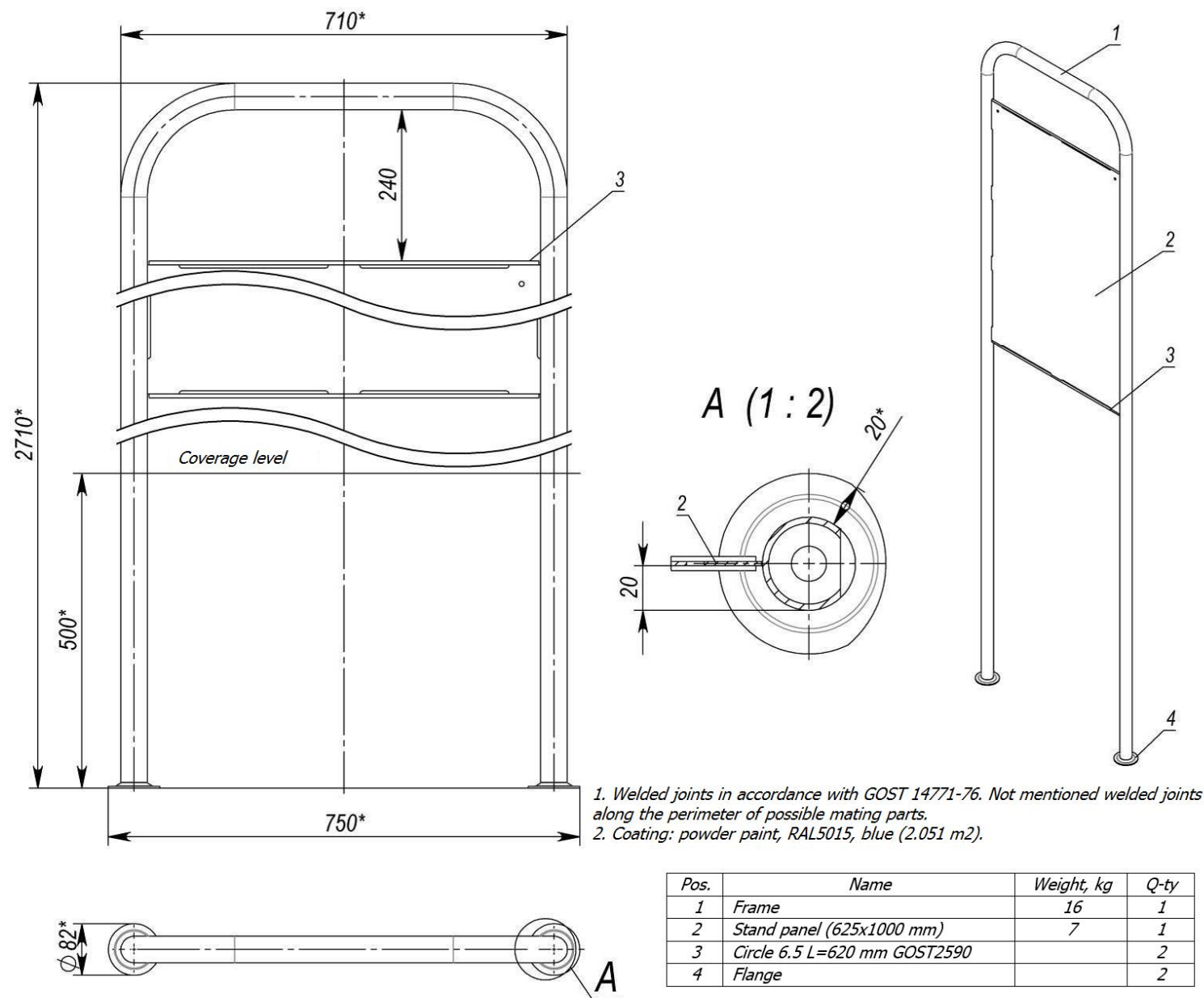
Once a month, as well as when installing the equipment, their certification should be carried out by loading the equipment with a weight exceeding the maximum permissible weight by 1.5 times for several minutes. The date of certification should be recorded in the Registration Journal, which is an integral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

Every three months, a routine inspection should be carried out, primarily of the foundation part, load-bearing elements and element connection points (their integrity and degree of wear and tear).

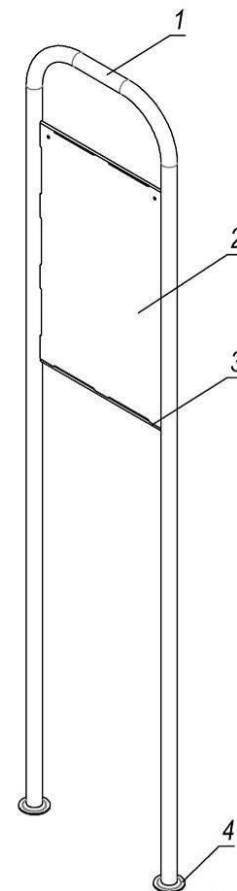
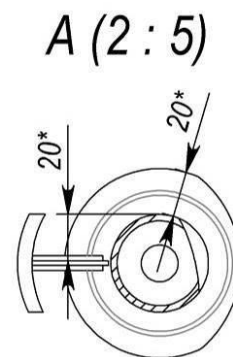
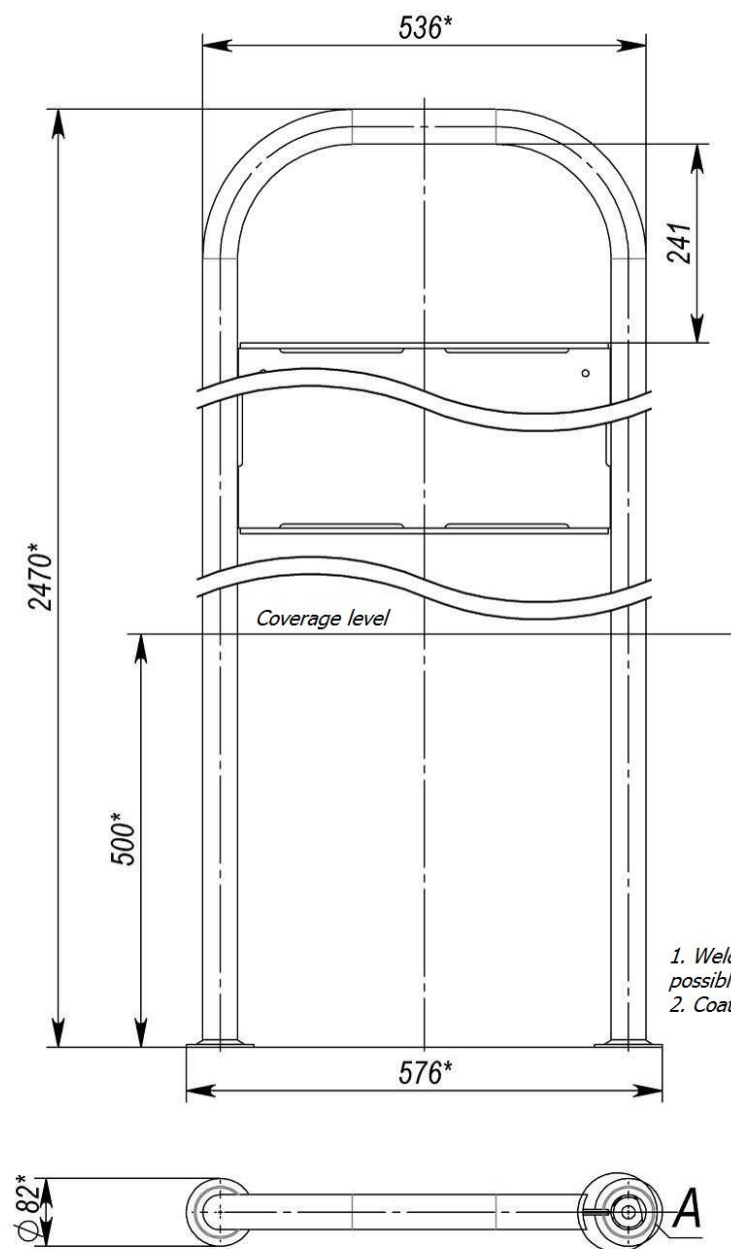
The main annual inspection must be carried out annually by authorised specialists of the manufacturer. During the inspection, the technical condition of the equipment is assessed to ensure that it meets safety requirements. Based on the results of the inspection, a maintenance procedure is carried out to eliminate the identified discrepancies 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 carried out 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.



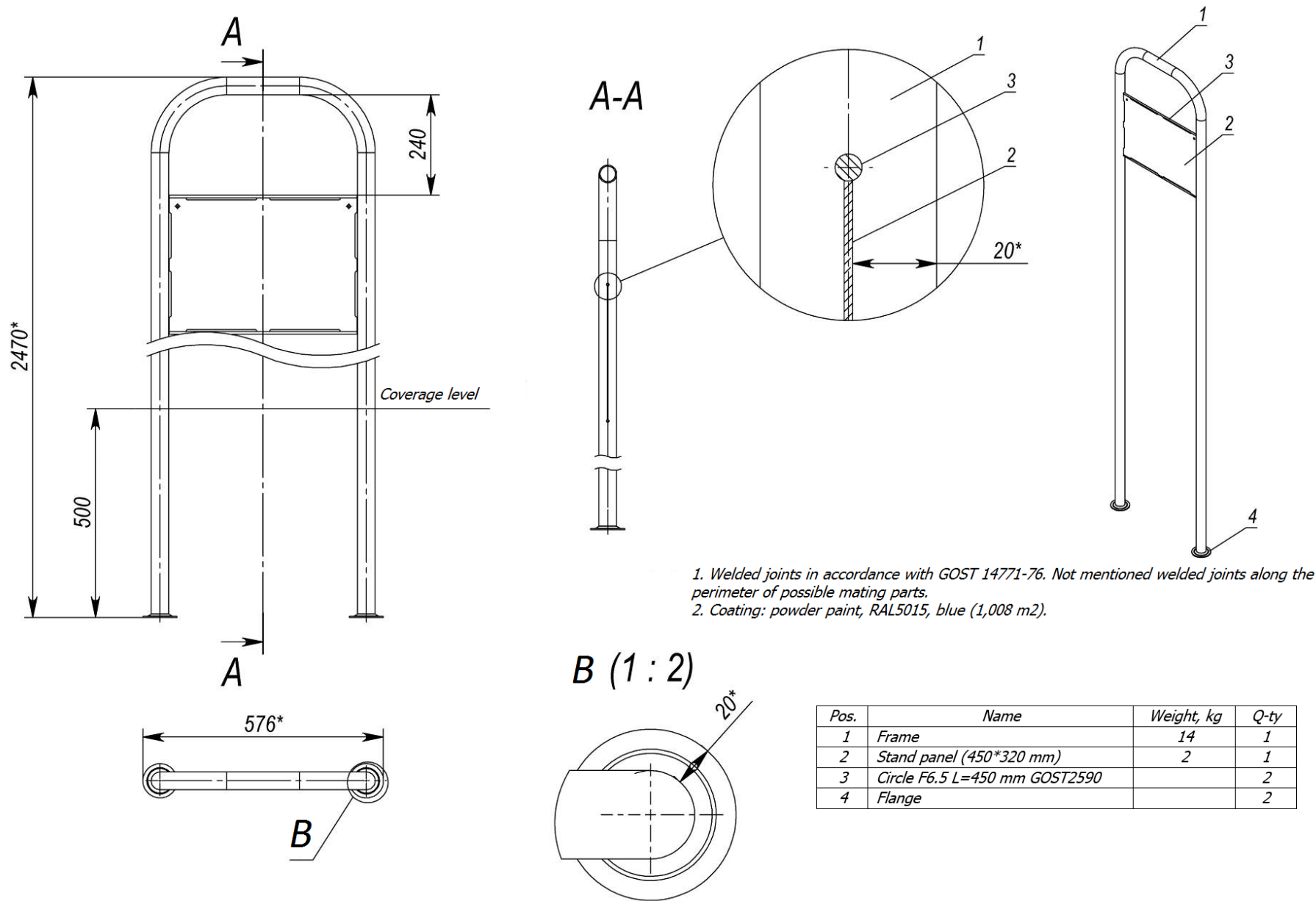
Picture 1 - Information stand (format A1)



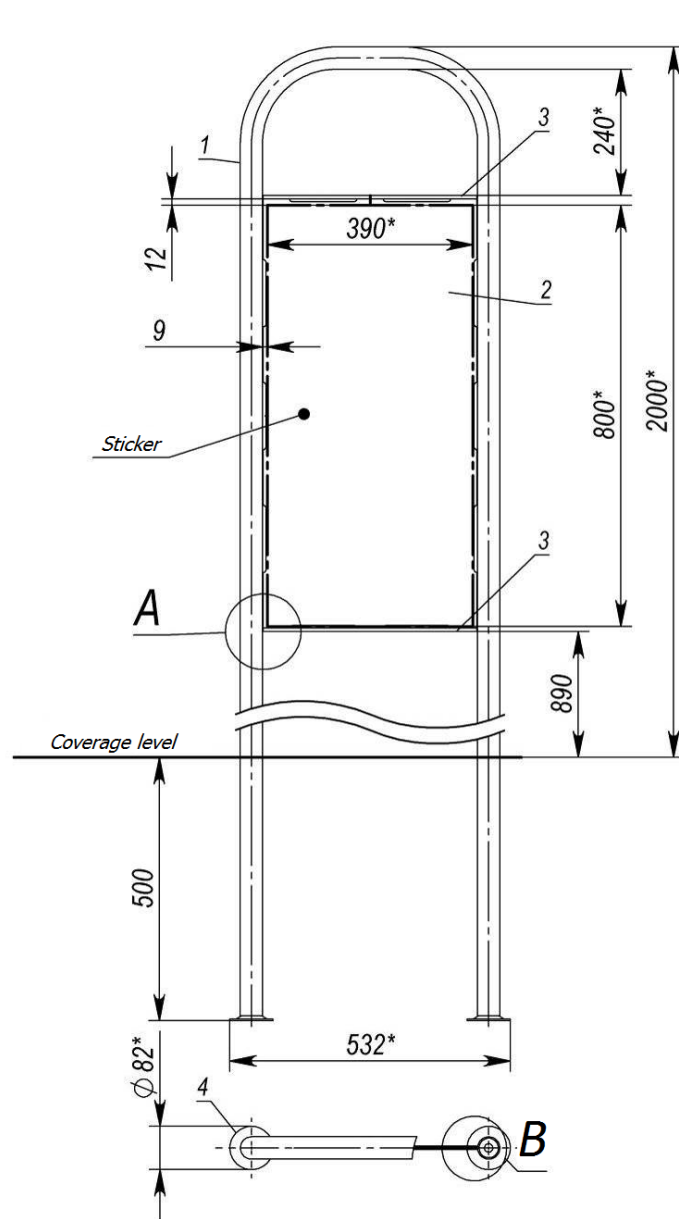
1. Welded joints in accordance with GOST 14771-76. Not mentioned welded joints along the perimeter of possible mating parts.
2. Coating: powder paint, RAL5015, blue (1.391 m²).

Pos.	Name	Weight, kg	Q-ty
1	Frame	14	1
2	Stand panel (450*750 mm)	5	1
3	Circle 6.5 L=445mm GOST2590		2
4	Flange		2

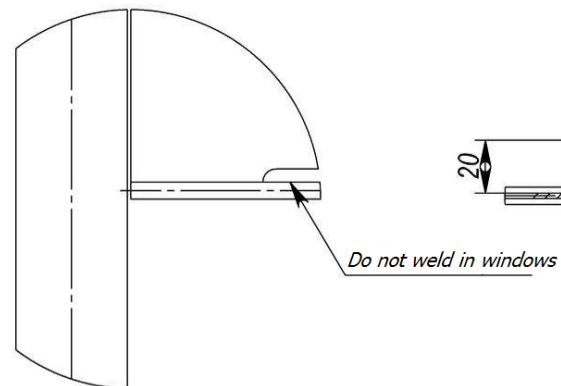
Picture 2 - Information stand (format A2)



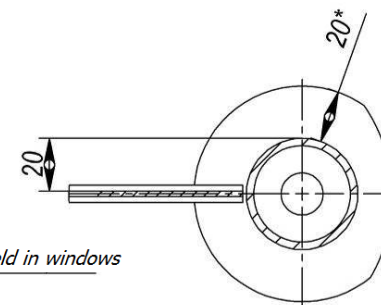
Picture 3 - Information stand (format A3)



A (1 : 2)



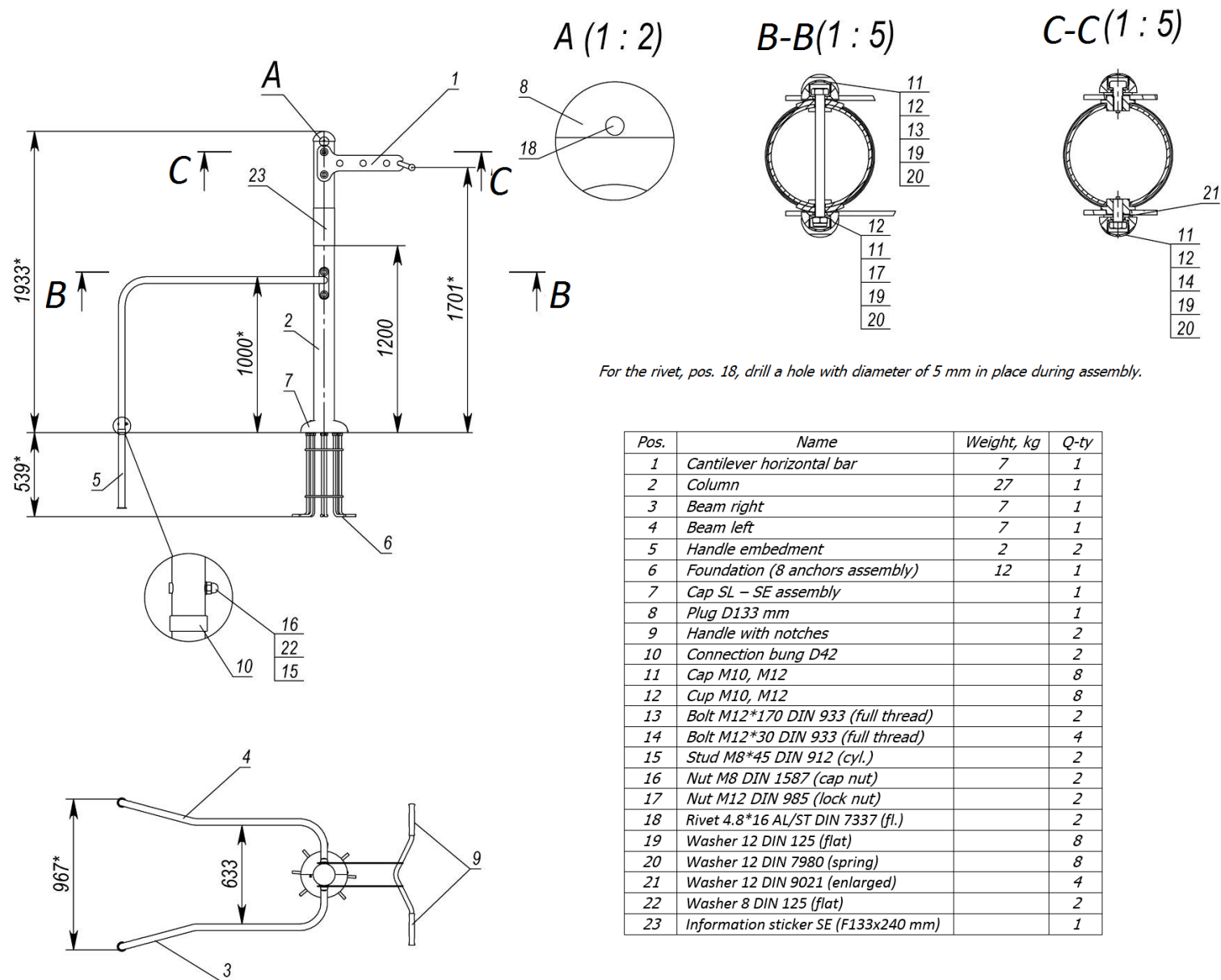
B (1 : 2)



1. Welded joints in accordance with GOST 14771-76. not mentioned welded joints along the perimeter of possible mating parts.
2. Coating: powder paint, RAL5015, blue (1.378 m²).

Pos.	Name	Weight, kg	Q-ty
1	Frame	14	1
2	Stand panel (405*815 mm)	5	1
3	Circle 6.5 L=405 mm GOST2590		2
4	Flange		2
5	Information sticker 390*800		1

Picture 4 - Information stand 400*810 mm



Picture 4 - Horizontal bar - Double parallel bars (SE105-117-I)