

interatletika™

PRODUCTION AND SALE OF SPORTS GOODS

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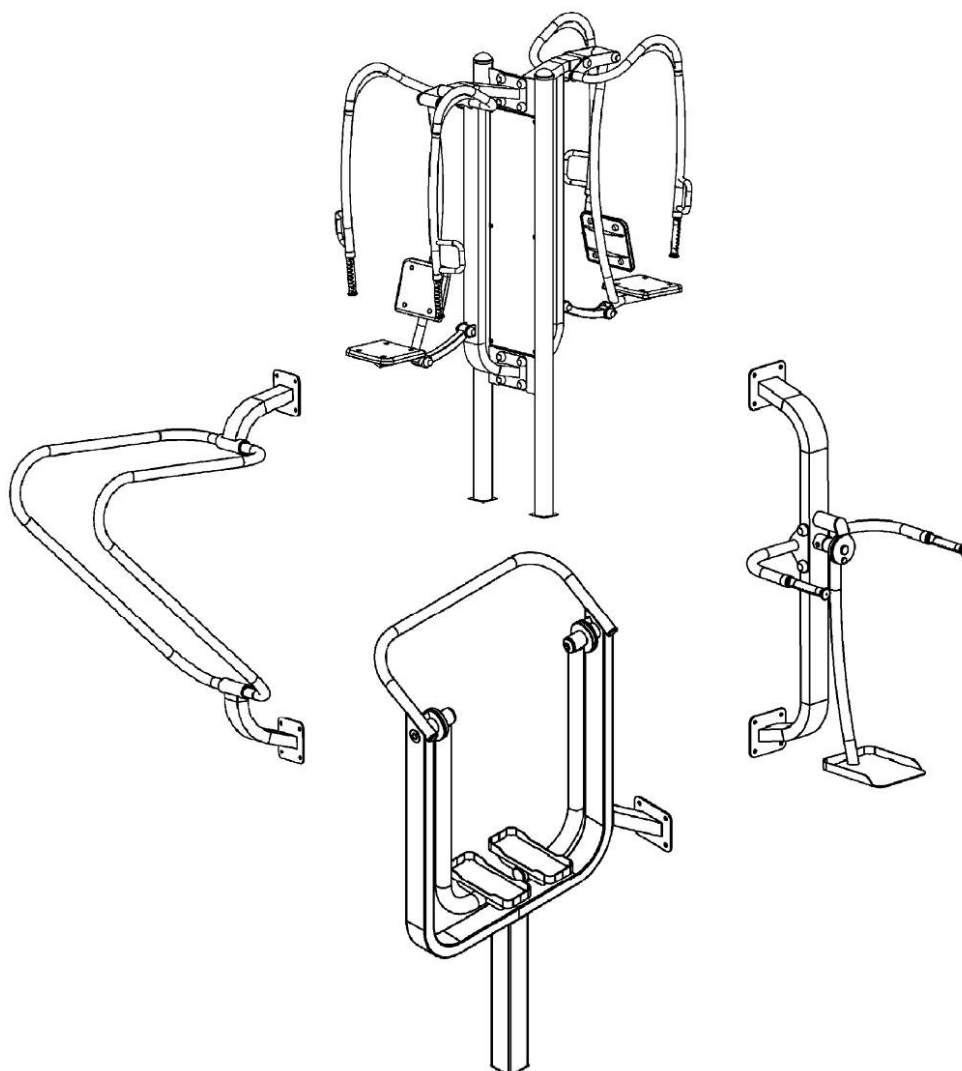
play.interatletika.com

DATA SHEET

Sports equipment for outdoor sports
activities

SMP

The product meets the requirements of EN16630-2015.



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FOR NOTES

This image shows a full page of blank, lined paper. It features approximately 28 horizontal black lines spaced evenly across the page, typical of notebook paper. The lines are thin and extend from the left edge to the right edge. There are no margins, text, or other markings on the page.

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.

The level of special training of the user of the sports 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.

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

Packaging. The machines are supplied in cardboard packaging to avoid damage during transport. Depending on the model and type of the simulator, individual parts of the simulator 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.

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

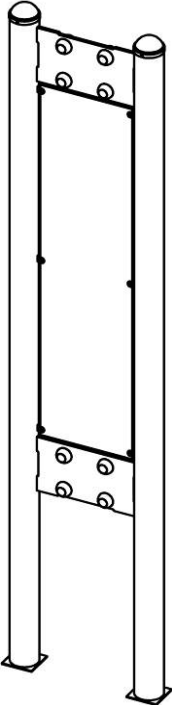
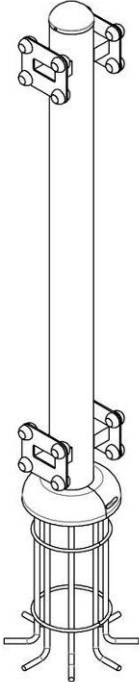
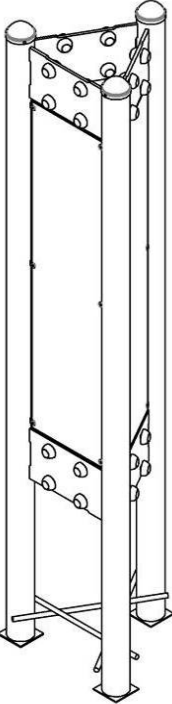
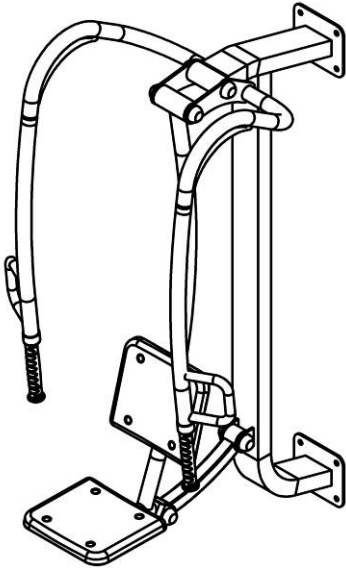
№	Product code	Name	Dimensions			Weight, kg ² Length, mm	Drop height, mm Width, mm
			Length, mm	Width, mm	Height ¹ , mm		
1	SMP000.1	Pylon posts	513	100	1827	56,5	-
2	SMP000.2	Pylon posts	300	300	1848	45,5	-
3	SMP000.3	Pylon posts	520	468	1827	112,2	-
4	SMP101.1	Chest press	875	1022	1756	46,8	496
5	SMP102.1	Lat pull down	935	1038	1647	40,8	489
6	SMP103.1	Leg press	1113	500	1620	31,1	396
7	SMP104.1	Abductor-adductor	792	767	1620	29,8	208
8	SMP105.1	Parallel bars	1136	685	1620	23,6	1500
9	SMP106.1	Anatomic press	757	496	1620	33,2	-
10	SMP107.1	Double wheels	872	1145	1620	34,7	-
11	SMP108.1	Wheels	567	845	1620	27,2	-
12	SMP109.1	Abdominal muscles training	1463	690	528	35,1	528
13	SMP110.1	Horse Rider	1187	800	1115	42,9	655
14	SMP112.1	Stairs with horizontal bar	732	983	2285	29,6	-
15	SMP113.1	Post	257	190	1669	17,3	-
16	SMP114.1	Twister	1156	564	1748	41,2	288
17	SMP114.1-S	Twister (sitting)	1292	557	1756	42	450
18	SMP115.1	Air walker	1269	489	1489	56,5	382
19	SMP116.1	Single ellipse	1605	566	1844	93,8	538
20	SMP125.1	Support for abdominal muscles	935	704	1620	26,3	1347
21	SMP128.1	Butterfly	1027	1230	2014	60,0	545
22	SMP134.1	Hyperextension	1129	653	803	29,5	803
23	SMP135.1	Outdoor rower	987	957	962	45,2	680
24	SMP136.1	Stepper	916	564	1620	39,7	644
25	SMP139.1	Bicycle	1536	490	699	67,7	404
26	SMP141.1-T	Skier	1409	602	1580	62,5	291
27	SMP142.1	Adductor - Abductor	824	792	1620	43,8	250

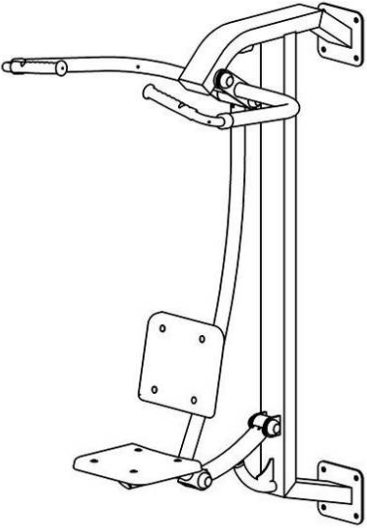
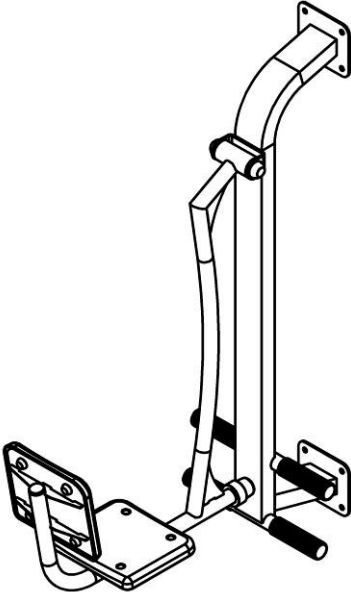
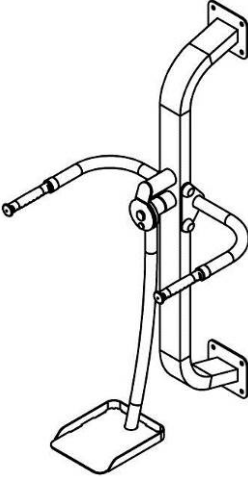
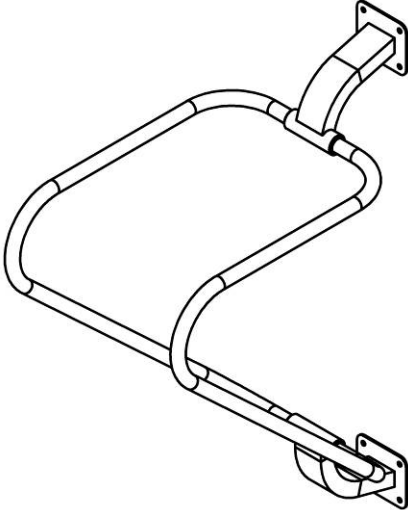
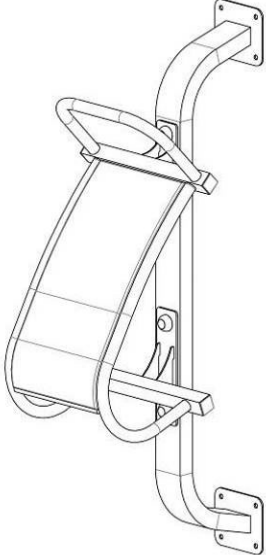
1 - Height above ground level (coverage).

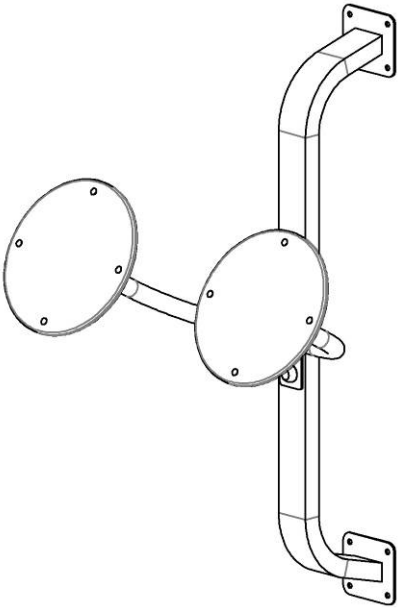
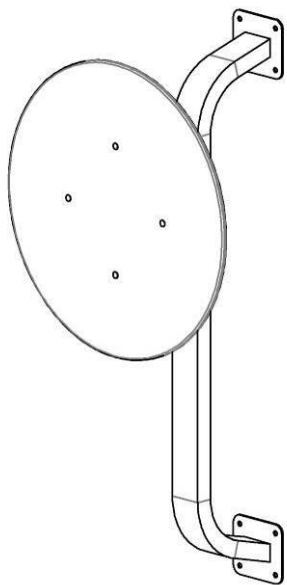
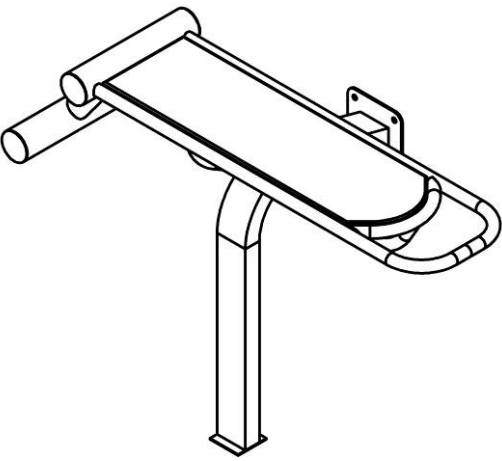
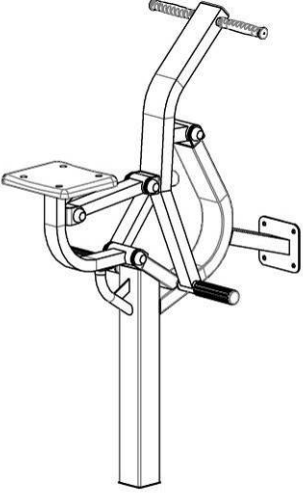
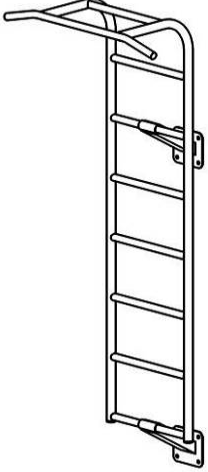
2 - The weight of the ZE and ZEC machines has been increased by 3%.

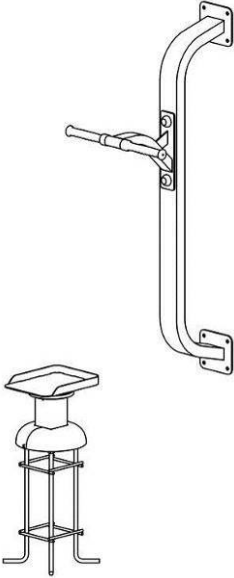
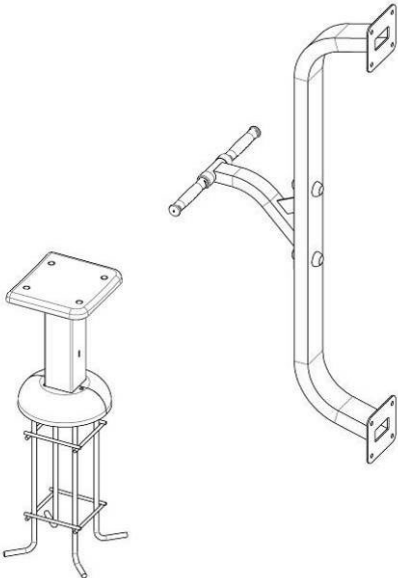
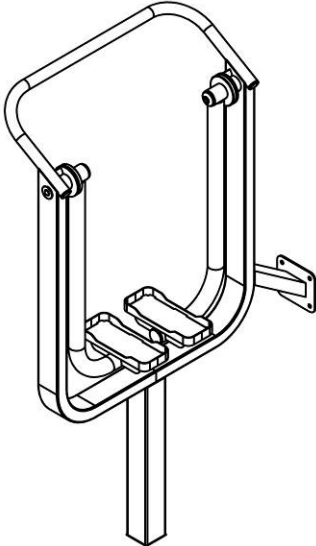
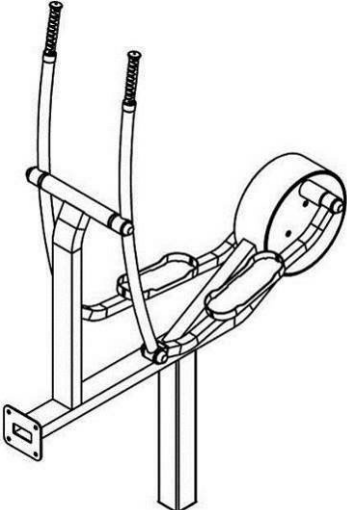
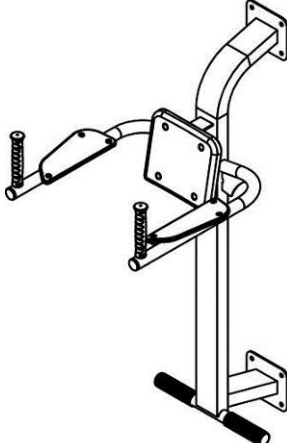
General characteristics of the machines:

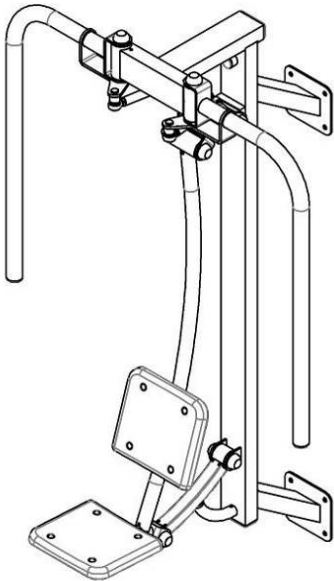
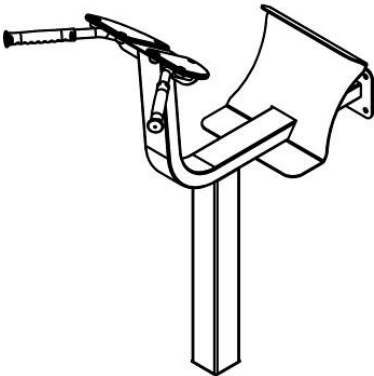
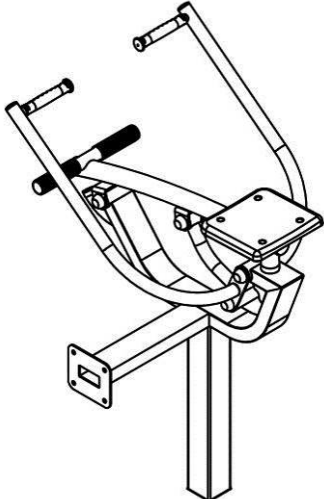
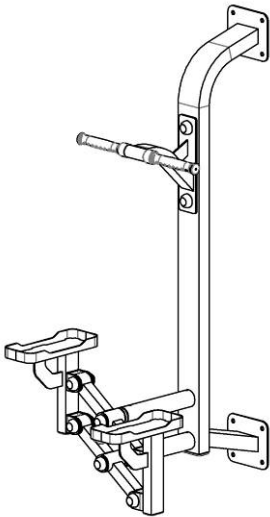
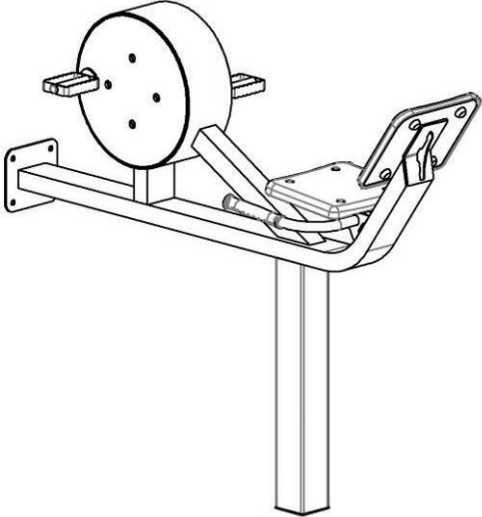
Maximum user weight	kg	:	130
Country of manufacture	-----	:	Ukraine
Operating temperature	C°	:	from -20 to +30
User category	cm	:	from 140

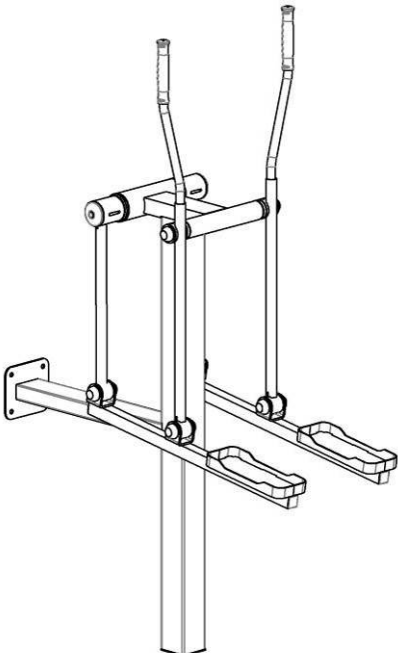
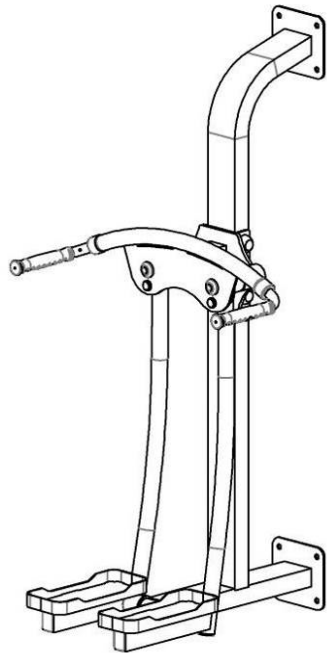
Pylon posts	SMP000.1	Pylon posts	SMP000.2
			
Pylon posts	SMP000.3	Chest press	SMP101.1
			

Lat pull down	SMP102.1	Leg press	SMP103.1
			
Abductor-adductor	SMP104.1	Parallel bars	SMP105.1
			
Anatomic press	SMP106.1		
			

Double wheels	SMP107.1	Wheels	SMP108.1
			
Abdominal muscles training	SMP109.1	Horse Rider	SMP110.1
			
Stairs with horizontal bar	SMP112.1	Post	SMP113.1
			

Twister	SMP114.1		
			
Twister (sitting)	SMP114.1-S	Air walker	SMP115.1
			
Single ellipse	SMP116.1	Support for abdominal muscles	SMP125.1
			

Butterfly	SMP128.1		
			
Hyperextension	SMP134.1	Outdoor rower	SMP135.1
			
Stepper	SMP136.1	Bicycle	SMP139.1
			

Skier	SMP141.1-T	Adductor - Abductor	SMP142.1
			

3. COMPONENTS AND OPERATION OF TRAINING MACHINES

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

Complete set of machines. The delivery set includes:

- training machines specified in chapter 1;
- cap;
- embedded element;
- packaging;
- operating instructions.

Name of the main components of the machine:

№	Description of the parts
1	Pole stand with connection elements (bolts, nuts, washers, spring washers)
2	Iron welded frame
3	Component parts
4	Plastic handles, plugs, protective elements, plastic seats, backrests, armrests

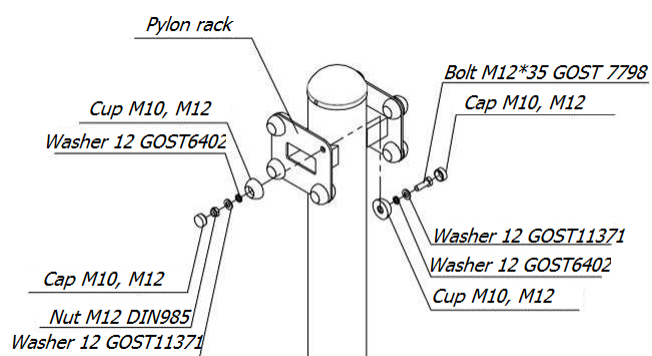
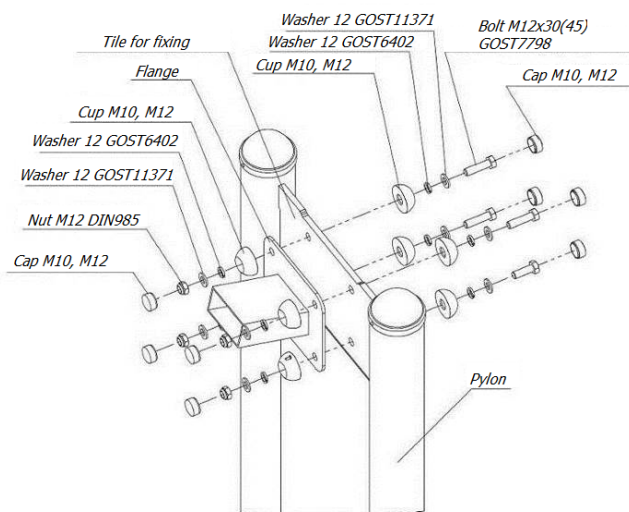
Structure and work. The principle of operation of the machines is to transfer the load to the human muscles during training due to a special trajectory of movement of individual parts of the machines.

4. PROCEDURE FOR ASSEMBLING AND INSTALLING THE PRODUCT

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

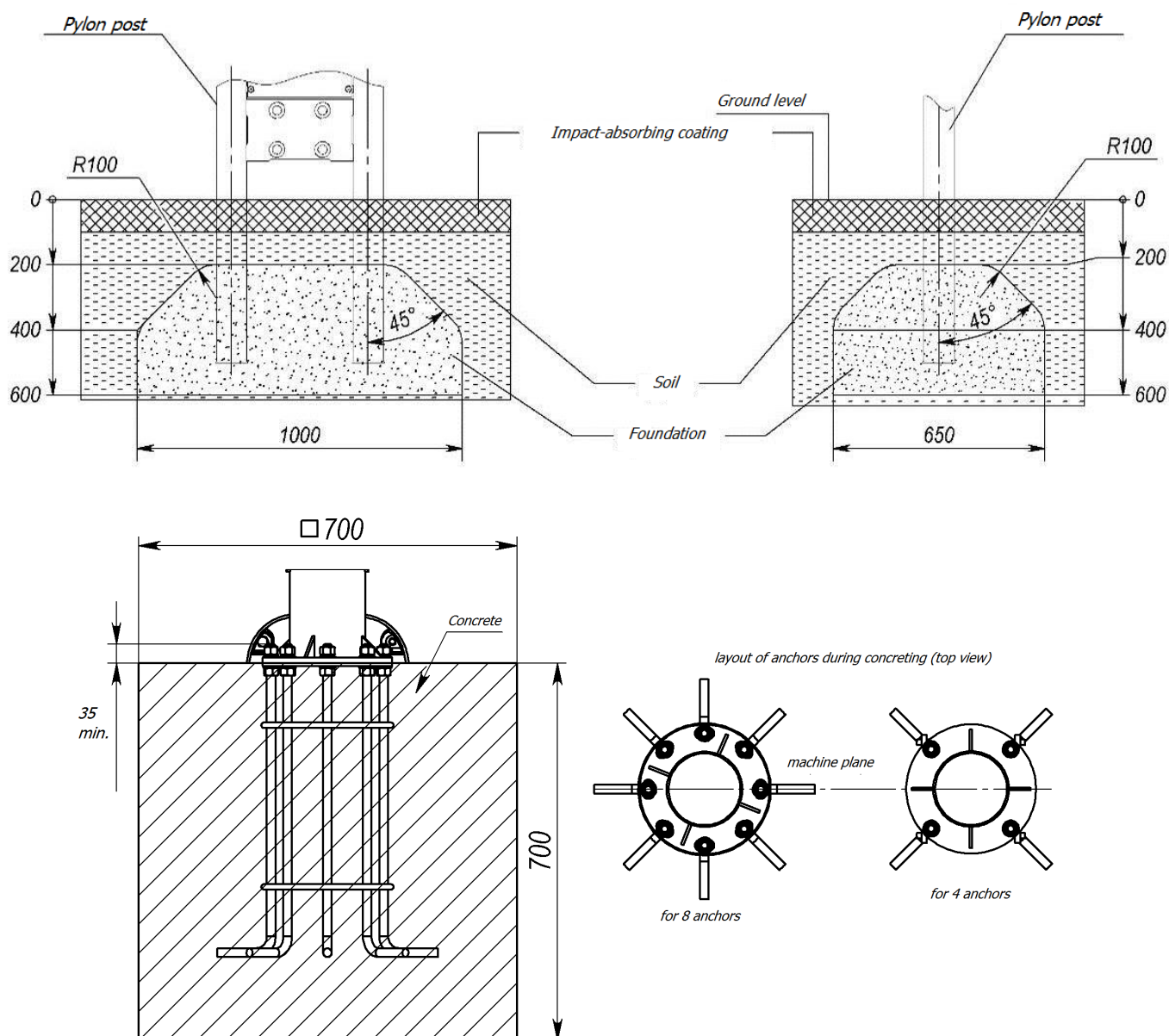
The procedure for assembling and installing the product.

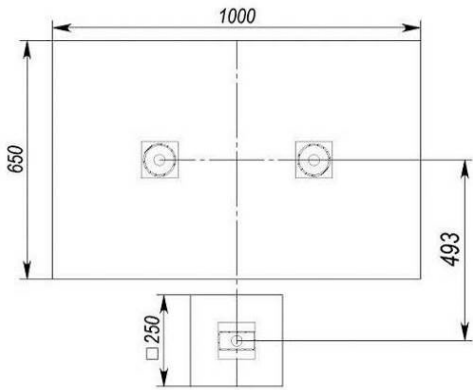
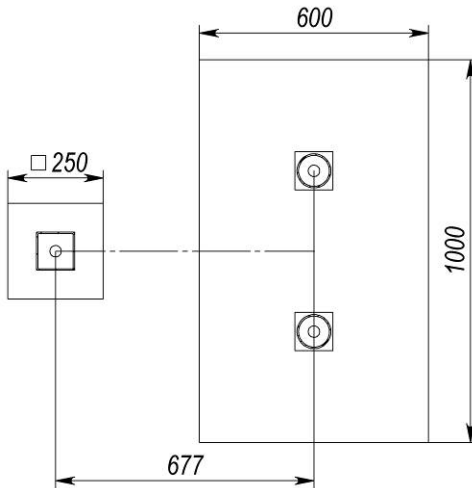
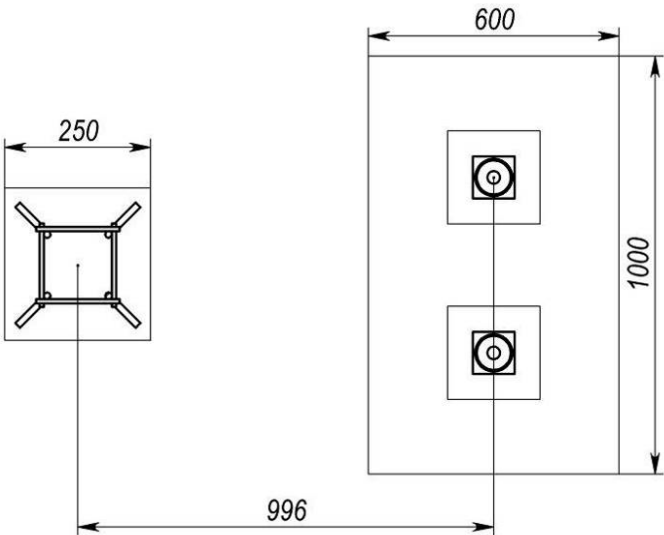
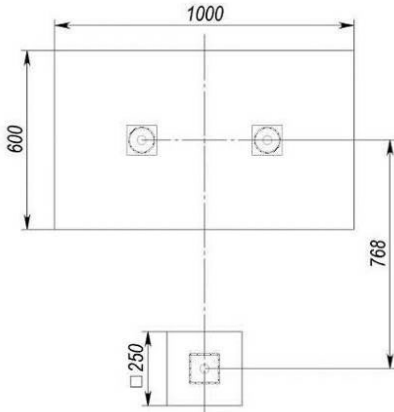
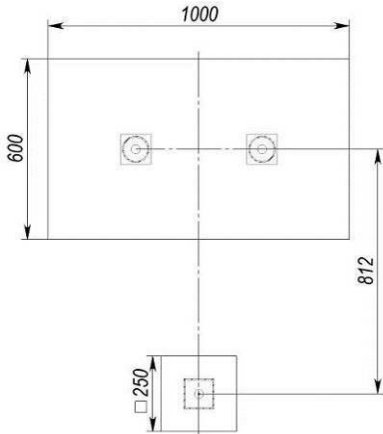
1. Prepare the ground (levelling it) and mark the location of the simulators, taking into account the safety zones (see section 5).
2. Take the level of the impact-absorbing coating as 0.00.
3. Set the pole stand to the level and concrete (concrete class not less than B15), according to the concreting scheme, keeping it horizontal with the help of a building level and taking into account the location of the simulator in the desired direction. If installed on sandy soil, the size of the foundation should be increased by 15-20%.
4. Make an additional pit, according to the concreting scheme and the foundation layout to depth of 500 mm, for the attachments: SM109.1; SM115.1 SM116.1; SM134.1; SM135.1.
5. Install the equipment in 28 days (after the concrete has completely hardened according to SBC).
Installation of equipment on the pylon:
 - Attach the flange of the set-top box to the pylon according to the picture. Bolt M12x30 GOST 7798 is for fixing one attachment, Bolt M12x45 GOST7798 is for fixing two attachments.

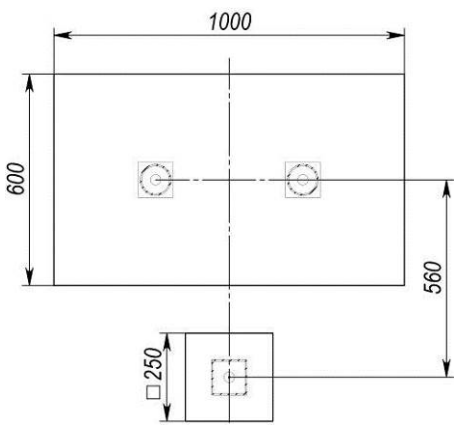
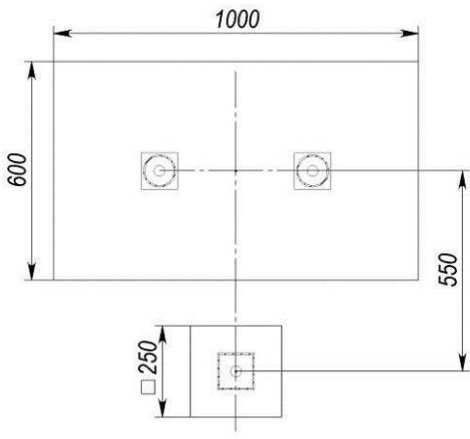
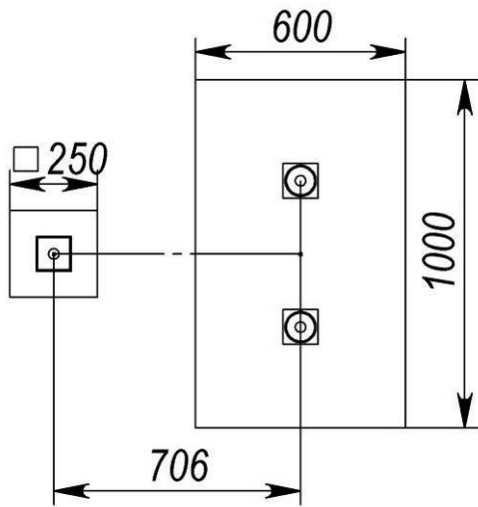


Single pylon post rack SMP000.2

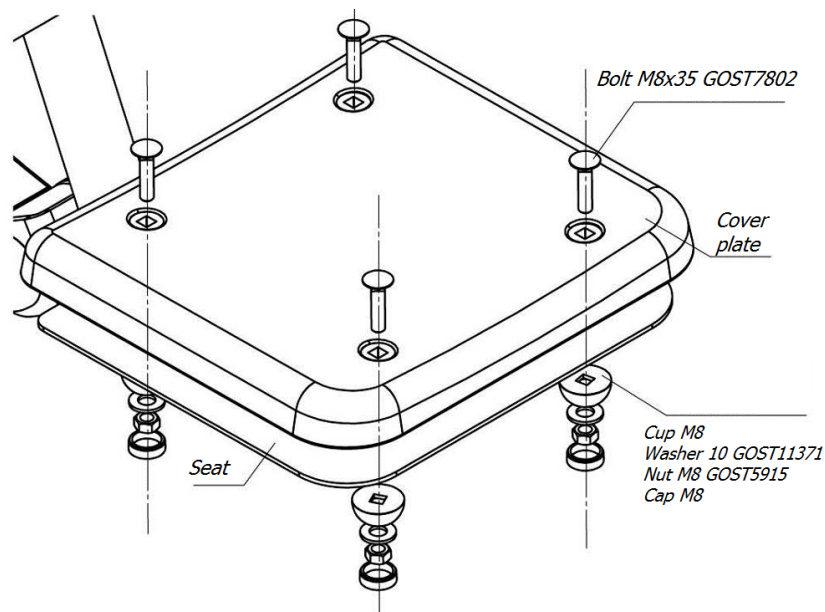
Scheme of concreting the pylon rack



Layout of the foundation			
Abdominal muscles training	SMP109.1	Horse Rider	SMP110.1
			
Twister	SMP114.1		
			
Air walker	SMP115.1	Single ellipse	SMP116.1
			

Hyperextension	SMP134.1	Outdoor rower	SMP135.1
			
Skier	SMP141.1-T		
			

6. Place plastic covers on the metal plates.



Example of impact-absorbing coating

Nº	Material - coating ¹	Description	Minimum layer thickness ¹ , mm	Max. fall height, mm
1	Concrete/stone	—	—	≤1 000
2	Surface bonded with bitumen	—	—	≤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
			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 drop height according to test results

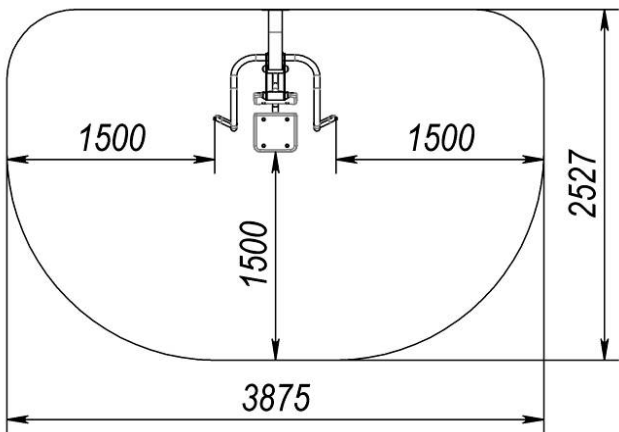
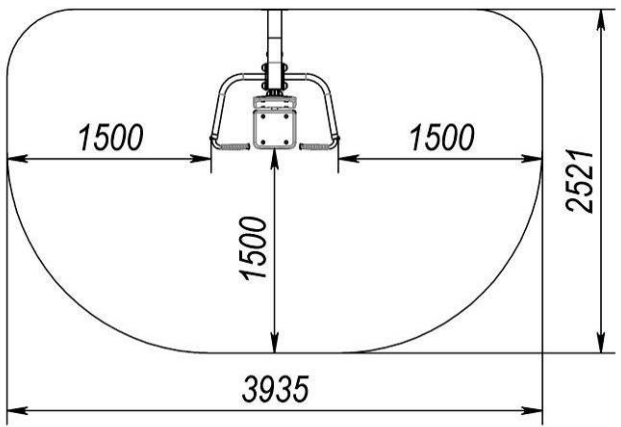
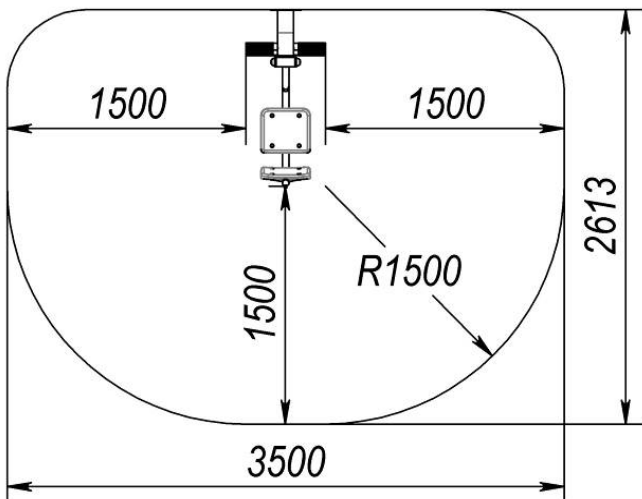
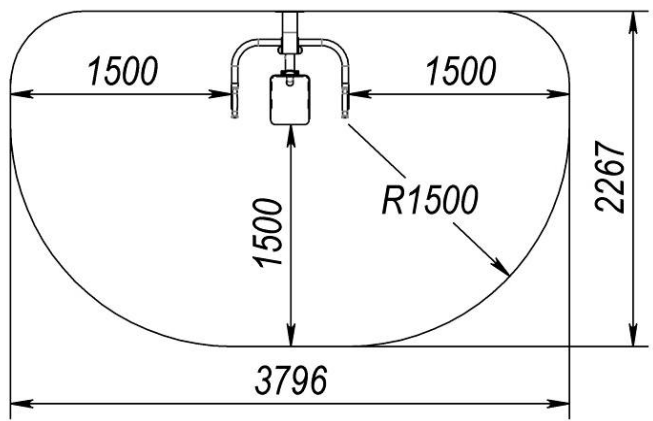
1 Add 100 mm to the minimum layer thickness to cushion loose material.

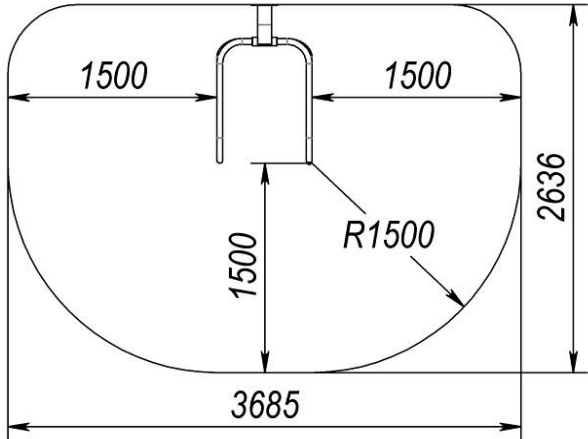
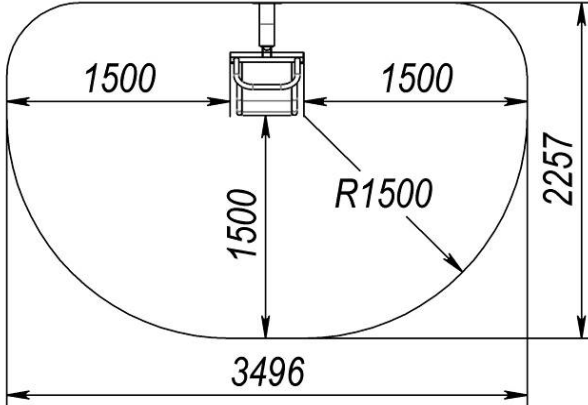
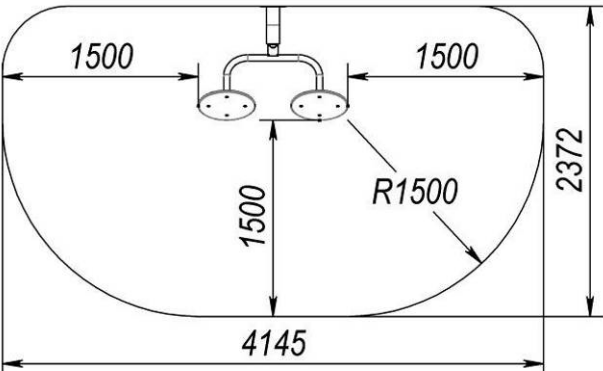
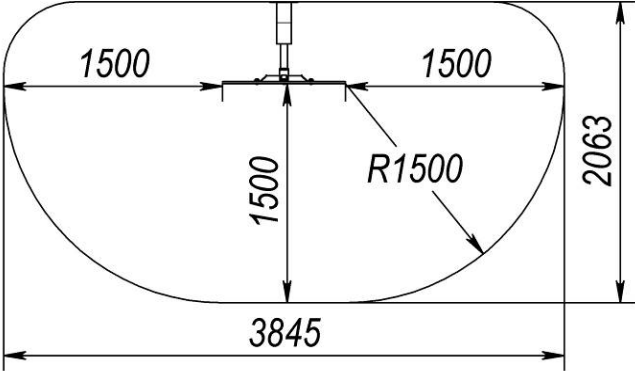
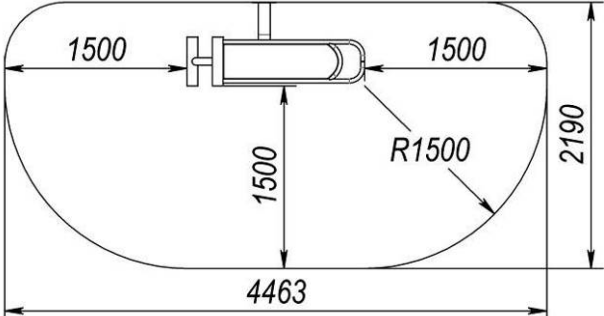
2 There should not be any silt or clay fractions; the particle size can be determined by sieve analysis according to EN 933-1.

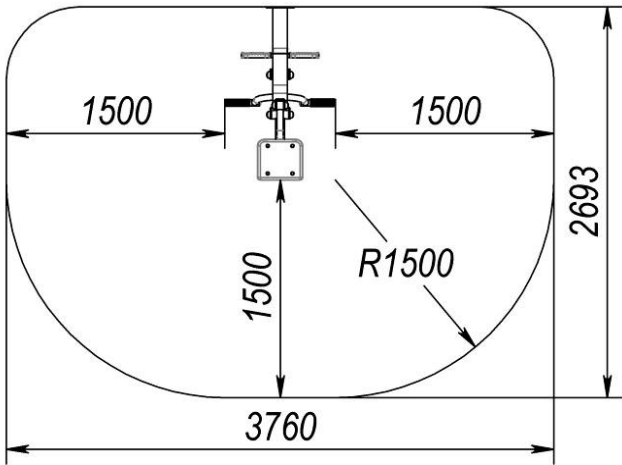
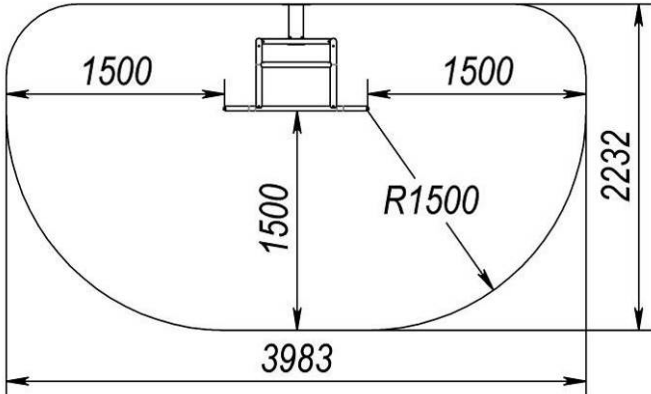
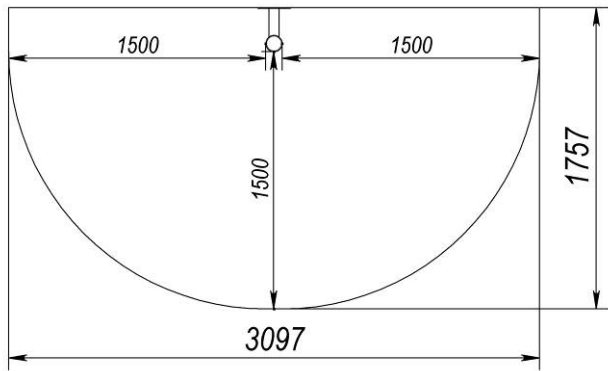
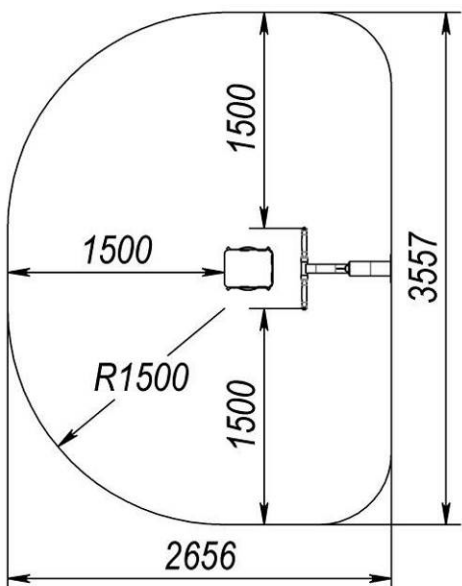
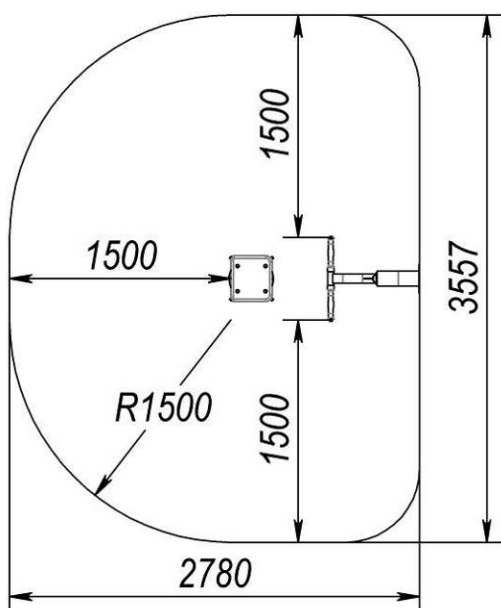
3 Not suitable for machines that require firm, stable user position.

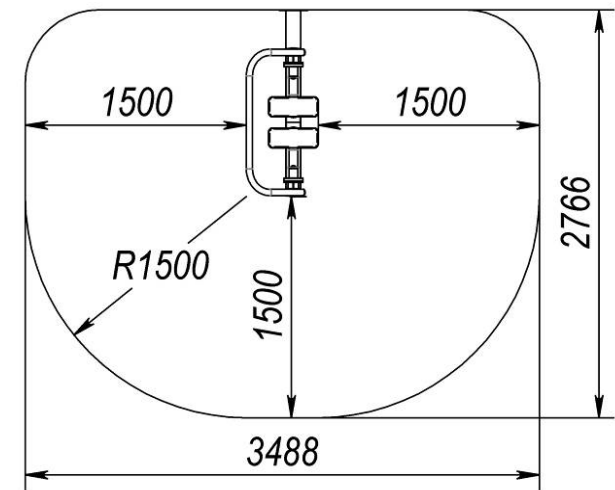
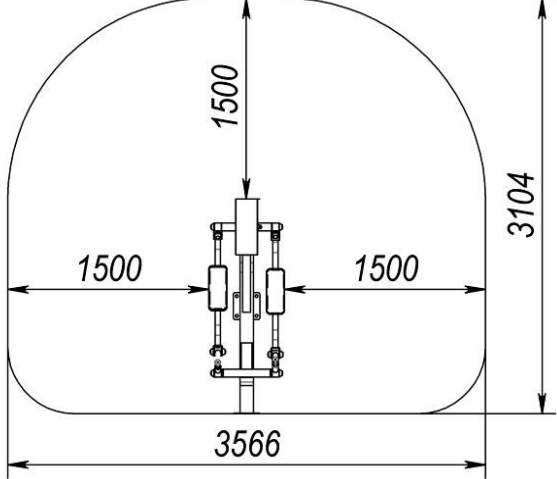
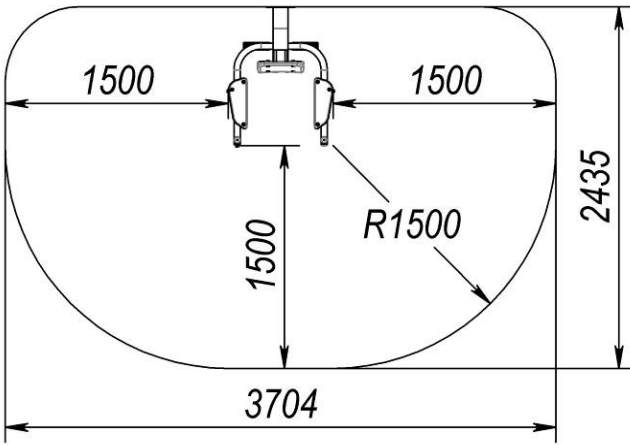
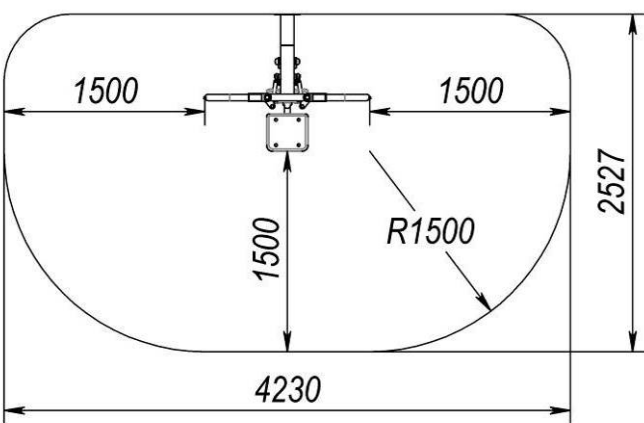
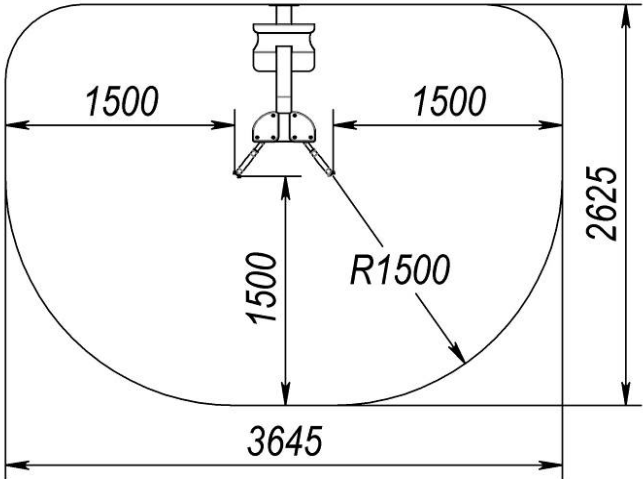
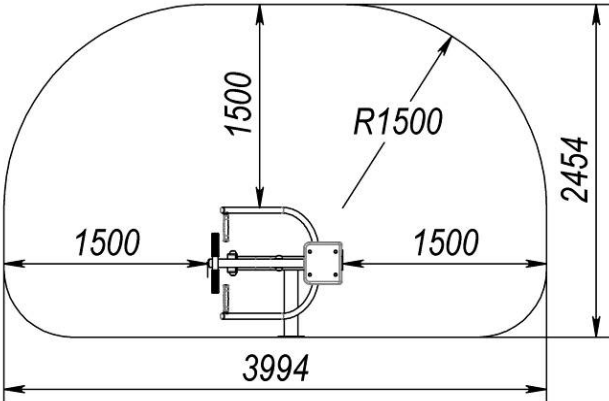
5 PRODUCT INSTALLATION SCHEME

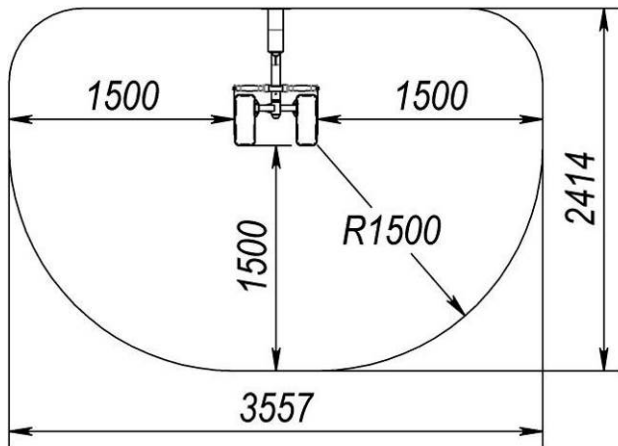
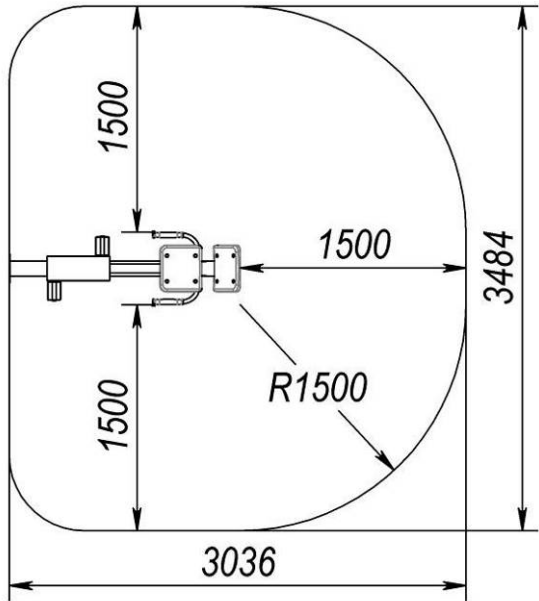
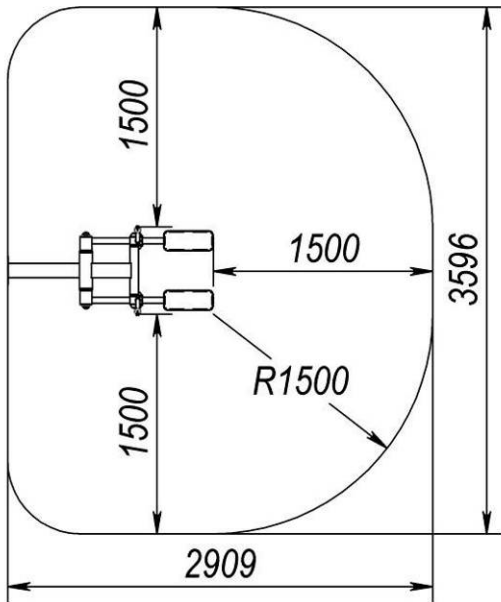
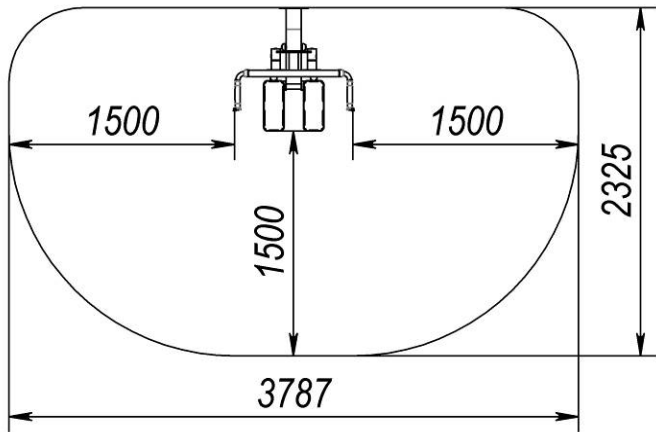
Safety zone

Chest press	SMP101.1	Lat pull down	SMP102.1
			
Leg press	SMP103.1	Abductor-adductor	SMP104.1
			

Parallel bars	SMP105.1	Anatomic press	SMP106.1
			
Double wheels	SMP107.1		
			
Wheels	SMP108.1	Abdominal muscles training	SMP109.1
			

Horse Rider	SMP110.1		
			
Stairs with horizontal bar	SMP112.1	Post	SMP113.1
			
Twister	SMP114.1	Twister (sitting)	SMP114.1-S
			

Air walker	SMP115.1	Single ellipse	SMP116.1
			
Support for abdominal muscles	SMP125.1	Butterfly	SMP128.1
			
Hyperextension	SMP134.1	Outdoor rower	SMP135.1
			

Stepper	SMP136.1	Bicycle	SMP139.1
			
Skier	SMP141.1-T	Adductor - Abductor	SMP142.1
			

6. PRODUCT USE

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

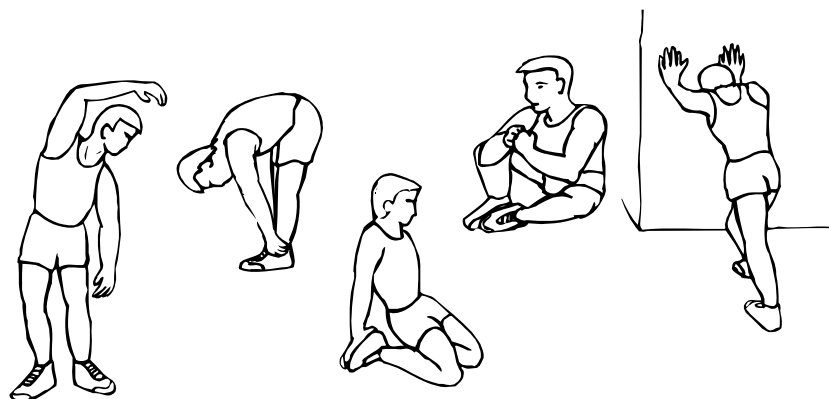
The product must not be used by users of a different age category.

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 not feeling well during the exercises, stop training.



Side bends

**Bending
forward**

**Stretching
leg muscles**

**Leg
stretching**

**Stretching calf
muscles**

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

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

Watch how your body reacts! 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 your doctor before continuing to exercise.

Wear comfortable sportswear during 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 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 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 centre

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 forbidden.

Safety precautions during maintenance.

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

Procedure for maintenance of exercise machines.

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 during installation of the machines, their certification should be carried out by loading the machines with weight exceeding the maximum permissible weight by 1.5 times for several minutes. The date of certification is recorded in the Registration Journal, which is 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, routine inspection must be carried out, focusing primarily on the foundation part, load-bearing elements and element connection points (their integrity and degree of wear).

The main annual inspection should be carried out annually by authorised specialists of the manufacturer. During the inspection, the technical condition of the equipment shall be assessed for compliance with 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 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 shall keep acts of performance of works on maintenance of the product, acts of repair works.

