

interatletika™

PRODUCTION AND SALE OF SPORTS GOODS

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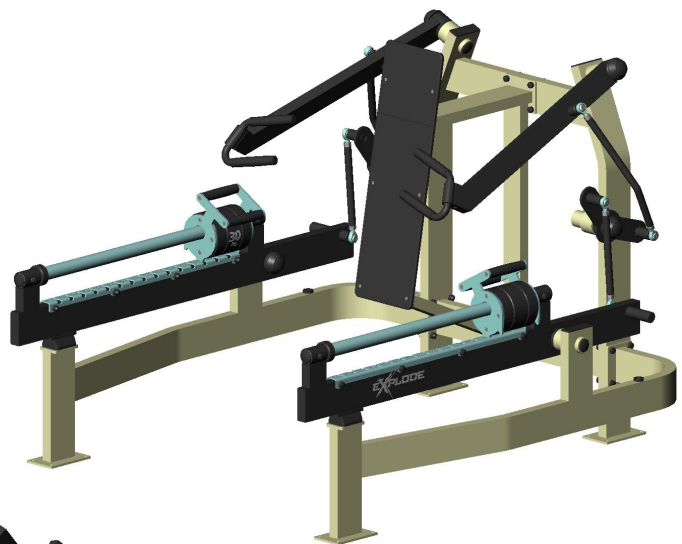
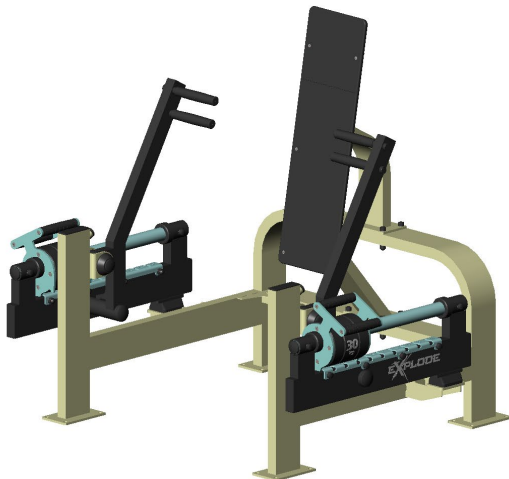
Supine press (inclusive)
Shoulder press (inclusive)
Lat pull down (inclusive)

KF801.1(-ZEC)

KF802.1(-ZEC)

KF805.1(-ZEC)

DATA SHEET



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FOR NOTES

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THANK YOU!

The company thanks you for purchasing our products. We carefully monitor the quality and reliability of our products. Purchasing our equipment, you can be completely confident that you have acquired a truly high-quality product. All our products are manufactured from reliable, wear-resistant materials that meet the highest standards.

1. GENERAL INFORMATION

Purpose and content of this document. This document contains a general description of the equipment, information on installation, intended use, maintenance.

Level of special user preparation. 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 your doctor about the possibility and safety of training for your health.

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

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

Table 1 – Technical characteristics

№	Product code	Name	Overall dimensions, mm			Weight, kg ²	Cargo weight, kg	Load min. kg	Load max. kg
			Length, mm	Width, mm	Height ¹ , mm				
1	KF801.1(-ZEC)	Supine press (inclusive)	1213	1656	1421	178	2x30	2x5	2x22
2	KF802.1(-ZEC)	Shoulder press (inclusive)	1920	1722	1438	275	2x30	2x5	2x25
5	KF805.1(-ZEC)	Lat pull down (inclusive)	1920	1722	2022	252	2x30	2x5	2x25

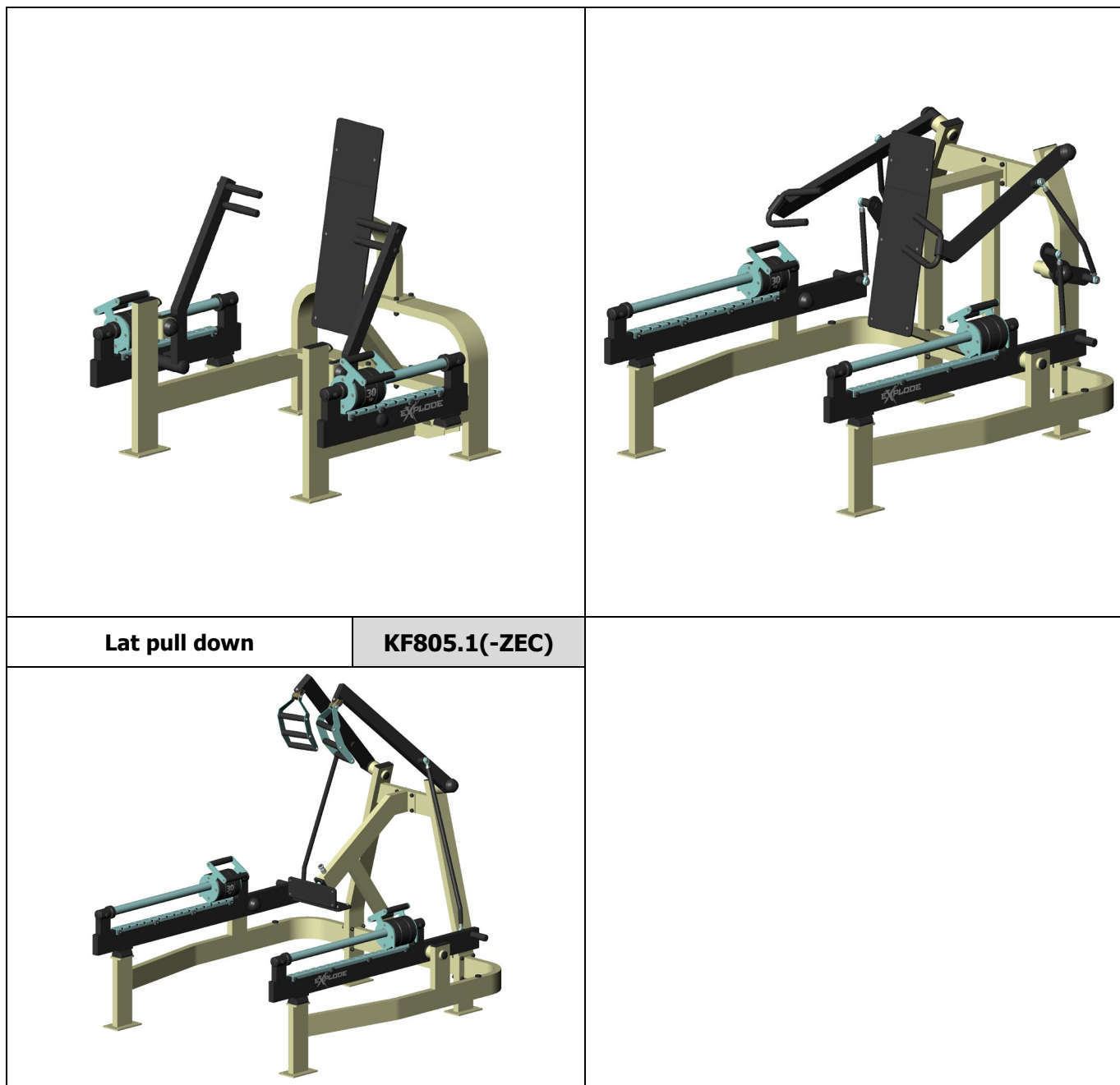
1– Height above ground level (covering).

2– The weight of ZEC exercise machines is greater by 3%.

Maximum user weight
Operating temperature
User category
Country of manufacture

kg : **120**
C° : **from -20 to +30**
cm : **from 160**
---- : **Ukraine**

Supine press	KF801.1(-ZEC)	Shoulder press	KF802.1(-ZEC)
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Lat pull down

KF805.1(-ZEC)

3. COMPLETENESS AND PURPOSE

Purpose. The equipment is designed for sports (physical training) on outdoor sports areas with 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

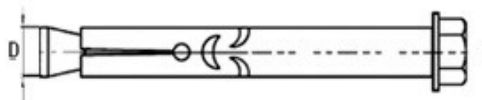
Nº	Component names
1	Iron frame (welded; connected by bolt fastening)
2	Movable levers with variable load
3	Connecting elements (bolts, nuts, washers, spring washers).

4. INSTALLATION

Tools and accessories. The product does not include the tools required for assembly and installation, for installation of equipment to the ground.

Depending on the model, the equipment is supplied in assembled or partially assembled condition.

Installation of the equipment must be carried out on a flat concrete surface with the help of anchor bolts with a diameter of 10 mm and a length of at least 80 mm.



Picture 1 - Schematic drawing of the recommended anchor bolt.

Installation sequence:

1. Prepare an even concreted are.
2. For a mark of 0,0 accept the level of impact absorbing coating.
3. Install on the site, mark the holes on the supports, make holes to the depth of the anchor. The distance between the equipment shall 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 ¹	Description	Min. thickness of the layer ¹ , mm	Max. height of fall, mm
1	Concrete/stone	—	—	≤1 000
2	Surface bonded with bitumen	—	—	≤1 000
3	Natural soil	—	—	≤1 200
4	Lawn	—	—	≤1 500
5	Wood mulch	Crushed bark of coniferous trees, 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 materials), without bark or leaves, with particle sizes ranging from 5 to 30 mm Particle sizes ranging from 2 to 8 mm	200	≤2 000
			300	≤3 000
7	Sand ^{2, 3} ,	Particle sizes 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 thicknesses of layers	HIC tested according to EN 1177		Critical height of fall according to test results

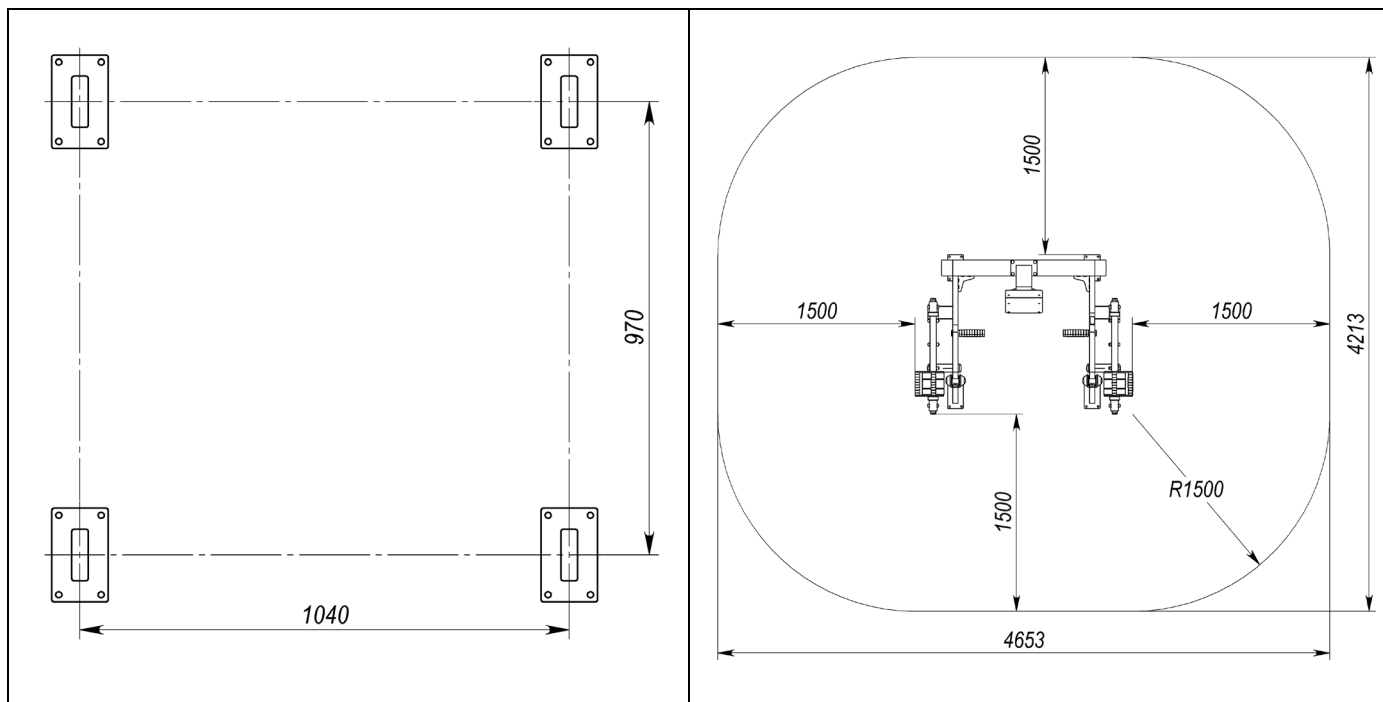
1 - To cushion loose material, add 100 mm to the minimum layer thickness.

2 - There should be no silty or clayey fractions; the particle size can be determined by sieve analysis in accordance with EN 933-1.

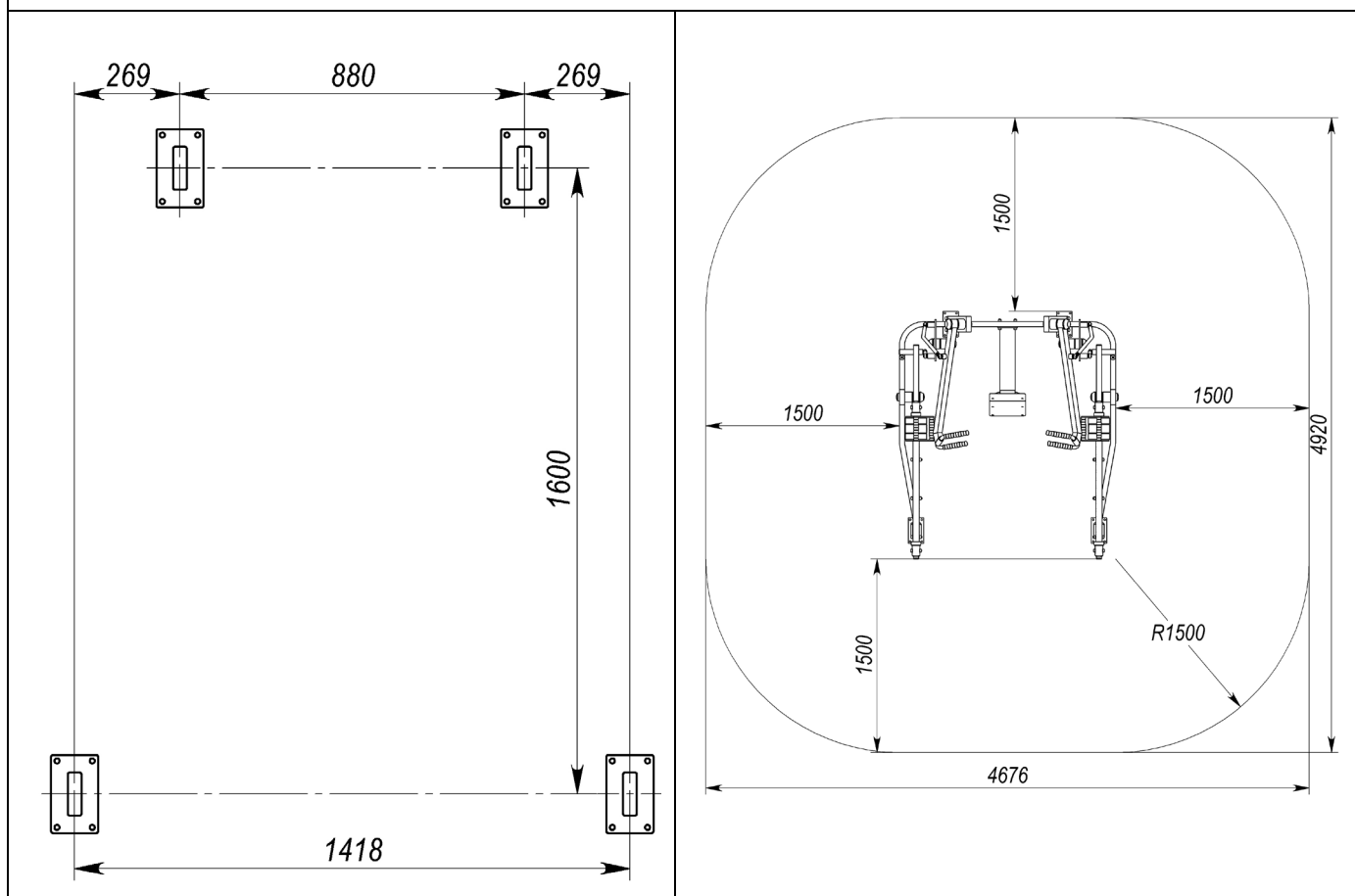
3 - Not suitable for exercise equipment where a firm, stable position for the user is required.

Installation dimensions and safety zone

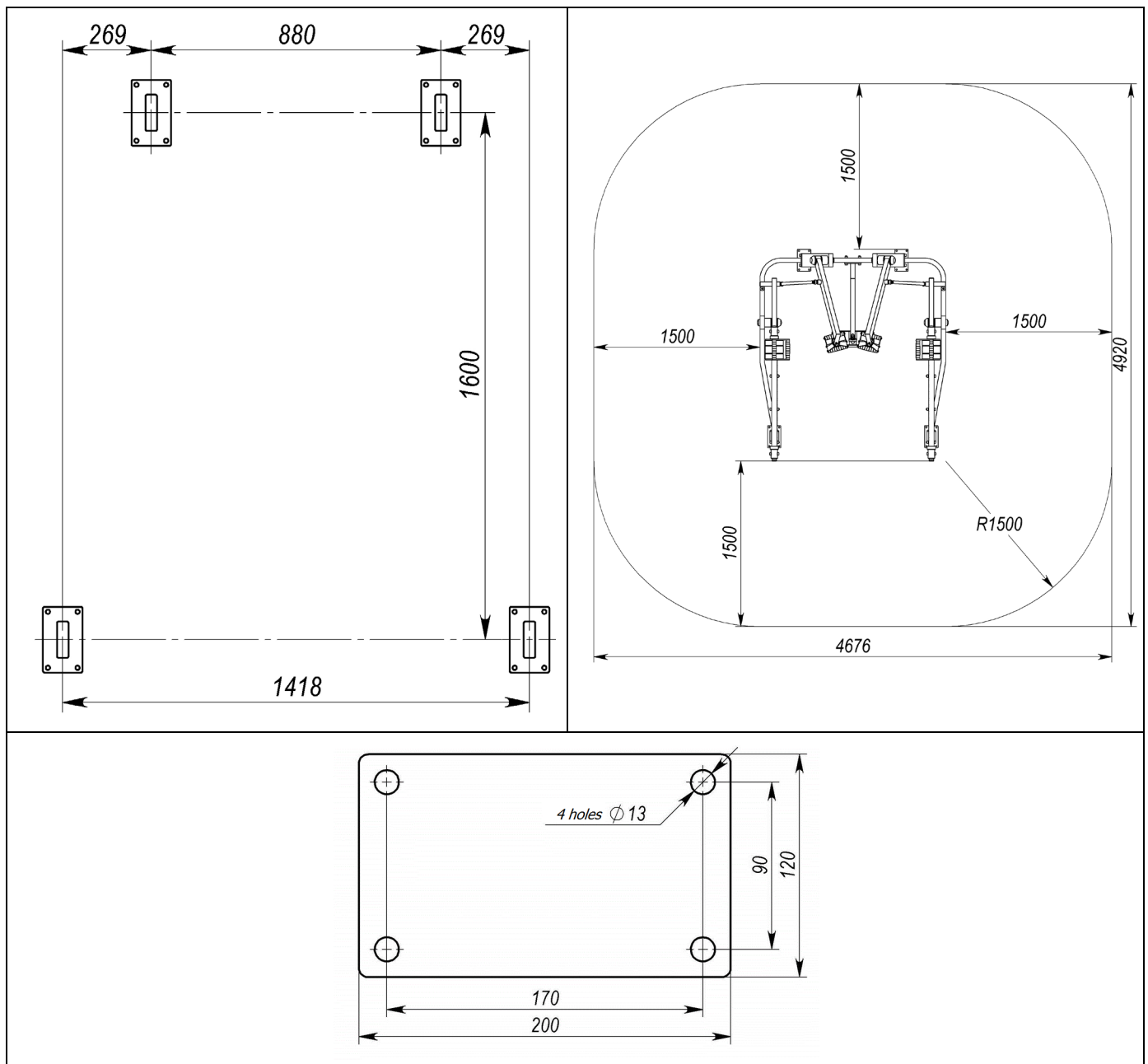
Supine press KF801.1(-ZEC)



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5. USE

Before starting exercises, it is necessary to warm up - a complex of exercises to warm up the muscles, in order to prevent injuries and increase the effectiveness of the training. We recommend you to perform the following set of exercises before each training session on the equipment. Each exercise must be performed for at least 30 seconds. If you feel pain or feel unwell during exercising – stop training.

After warming-up you can start training directly on the equipment, following the next order and rules:

1. Take the right starting position.
2. Perform the exercises according to the instructions on the equipment.

Watch your body's reaction! Improper use of the equipment or excessive loads can be harmful to your health. Stop exercising if you experience the following symptoms: pain, chest pressure, abnormal heartbeat or breathing, weakness, or dizziness. If these symptoms occur regularly, consult a physician before continuing to exercise.

Wear comfortable sportswear for training - clothing caught in moving parts of the equipment can cause personal injury and equipment damage. Always hold the handles firmly.

Do not exercise after drinking alcohol or taking any medications.

It is **FORBIDDEN** to use the equipment until its installation and arrangement of the site is completed.

DO NOT use the KF802.1(-ZEC) if the user's weight exceeds the maximum weight (section 2) and the user's trolley does not support a weight of 250 kg.

Before use clear the area around the equipment from 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.

In case of excessive noise in the mechanisms or connection points, immediately notify the service center.

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

Maintenance is performed by a specialist with appropriate technical education.

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

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 construction as a whole or its parts, damage to parts, cracks in welds, and lack of fasteners, etc.)

Once a month, as well as during the installation of the equipment, they must be certified by loading with a weight exceeding the maximum permissible weight by 1.5 times for several minutes. The date of certification shall be recorded in the Registration Journal with the signature of the responsible person. Inspect bearing assemblies, threaded connections, lubricate surfaces, and replace failed parts.

Every three months, a scheduled inspection should be carried out, which primarily concerns the foundation base, load-bearing elements and connection units (their integrity and degree of wear).

The main annual inspection must be carried out annually by authorized 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 operation. This procedure includes assessing the condition of parts and assemblies, replacing worn parts, and restoring the integrity of protective coatings. The results of the inspections, as well as the procedures performed based on the inspection results, must be reflected in the Registration Log.

The owner of the equipment must keep acts of maintenance and repair work performed.