

interatletika™

PRODUCTION AND SALES OF SPORTS GOODS

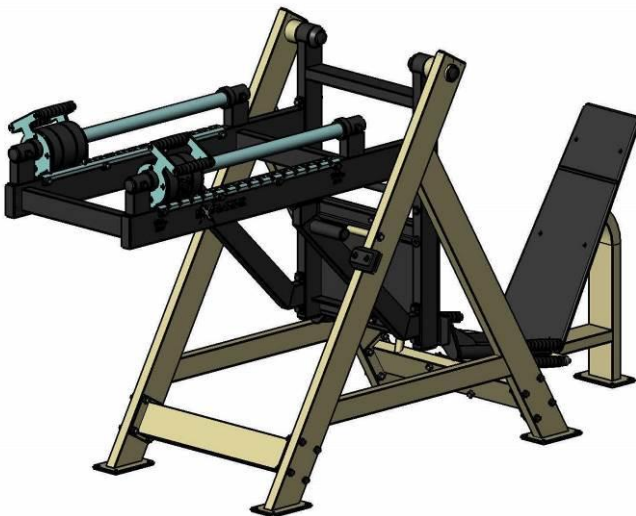
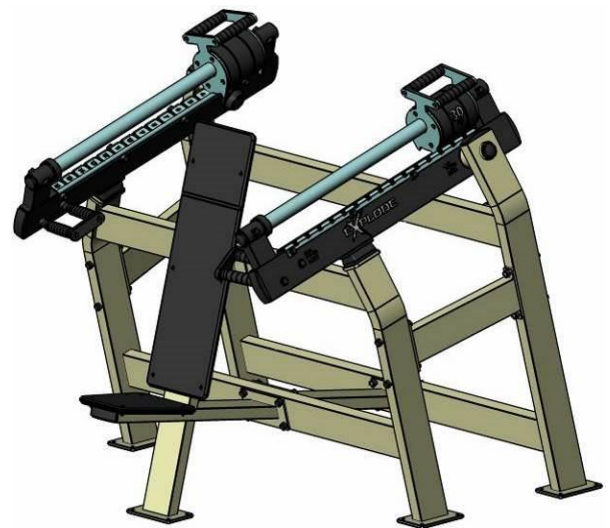
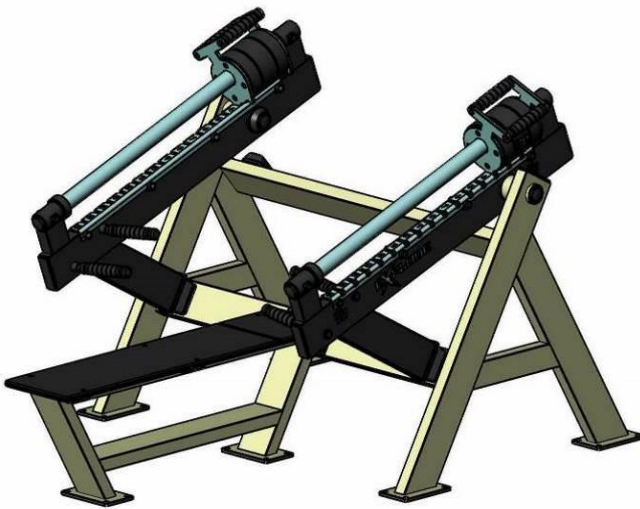
Customer support:

☎ +38 095 273 81 53

play.interatletika.com

KF800-S (-ZEC) outdoor machines

DATA SHEET



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FOR NOTES

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

1. GENERAL INFORMATION

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 ²	Height of fall, mm	Loading unit, kg	Load min. kg	Load max. kg
			Length, mm	Width, mm	Height ¹ , 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 x16-2x 24	2x10-2 x16-2x 24	2x10-2 x16-2x 24
16	KF815.1-S	Scott Bench with dumbbells (10-16-24 kg)	750	2365	1055	176	0	2x10-2 x16-2x 24	2x10-2 x16-2x 24	2x10-2 x16-2x 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
28	KF819-S	Abdominal machine	1344	1032	1418	137	540	30	2	12
29	KF820-S	Seated Back Extension	1304	1032	1089	133	540	30	10	35
30	KF821-S	Inclined Press	1857	1450	1432	217	620	2*30	2x10	2x35

1 – Height above ground level (covering).

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

Maximum user's weight

Working temperature

User's category

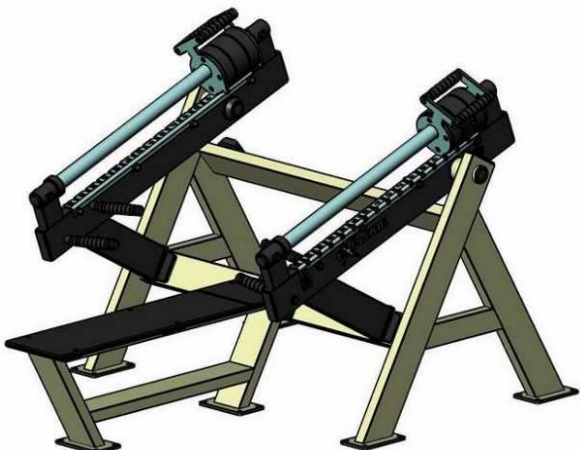
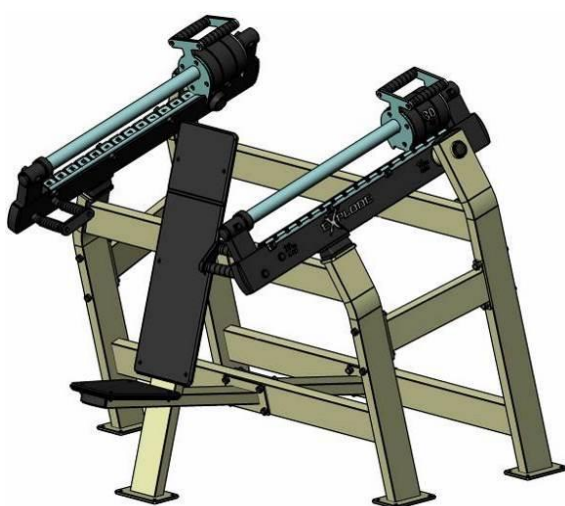
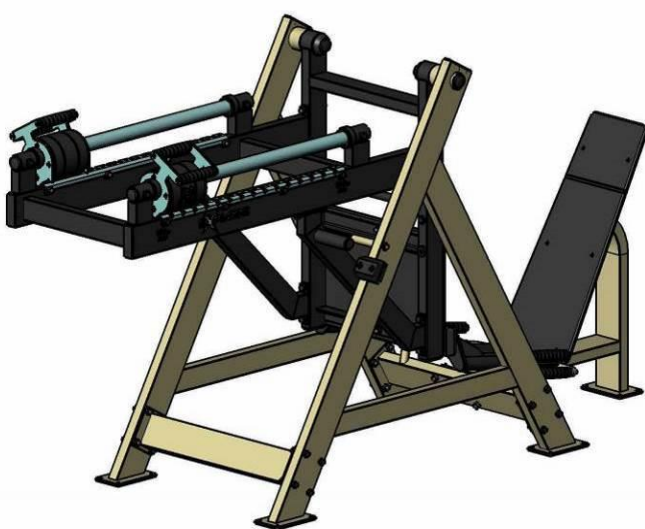
Country of origin

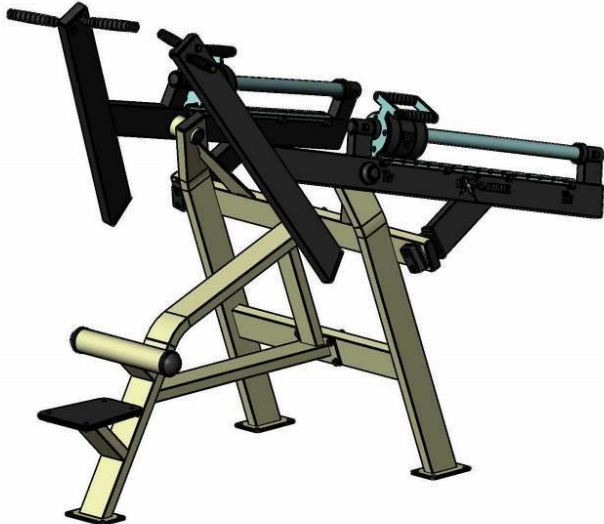
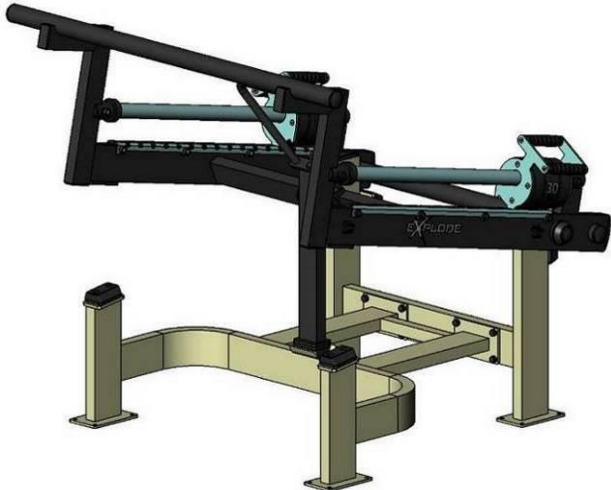
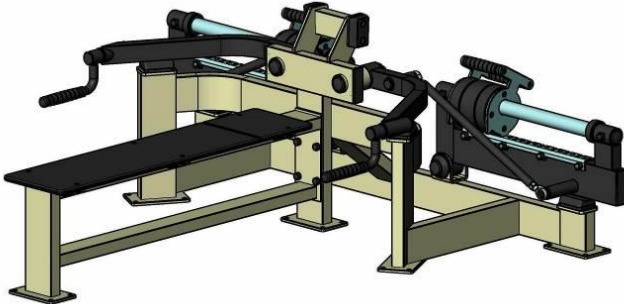
kg : **150**

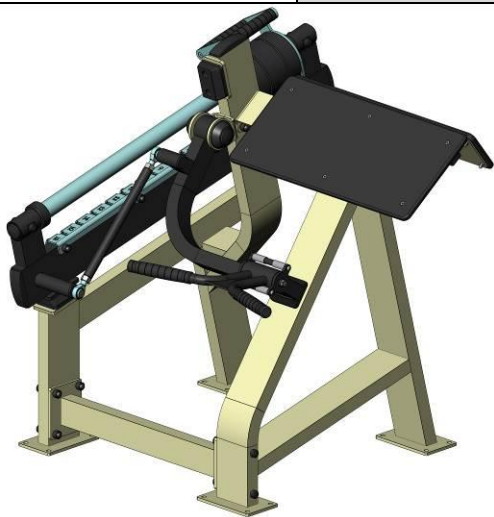
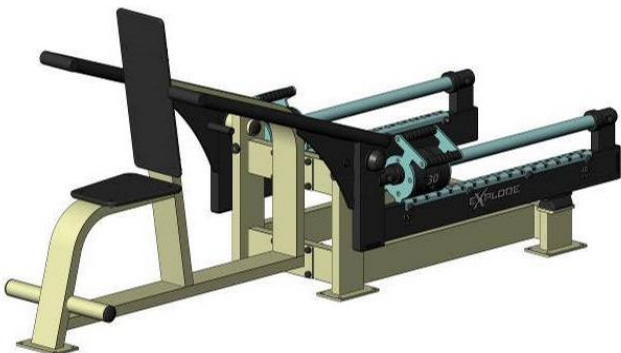
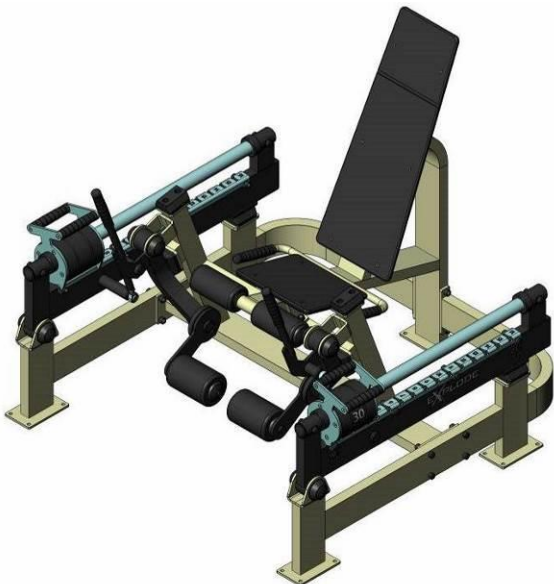
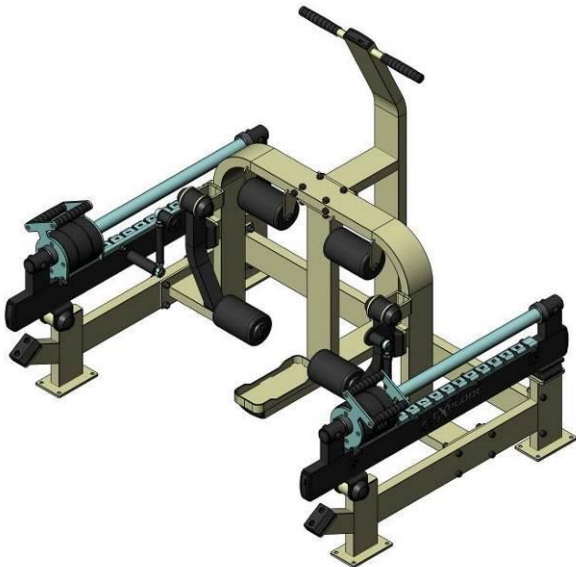
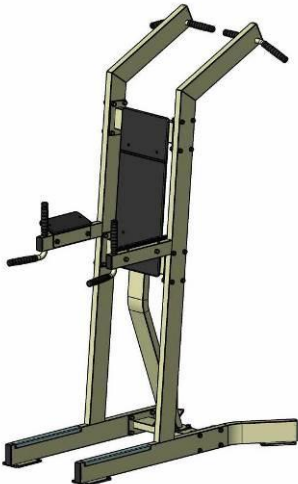
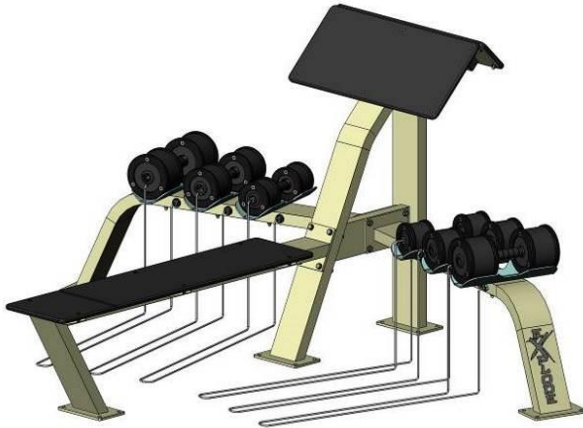
C° : **from -20 to +30**

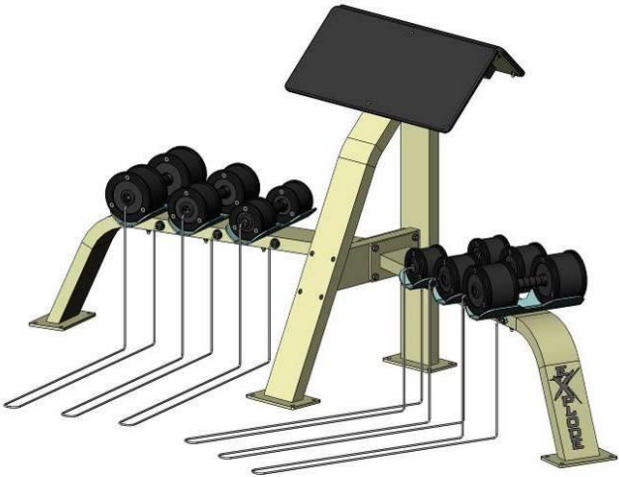
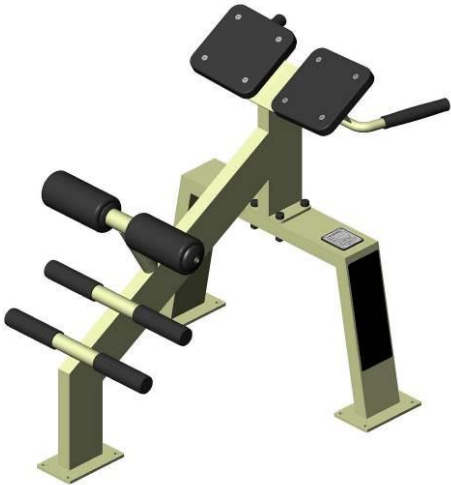
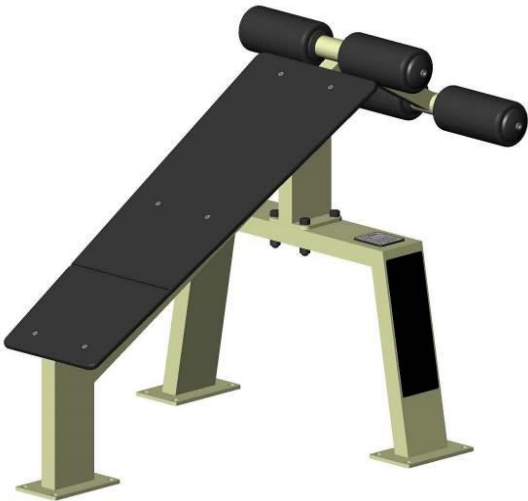
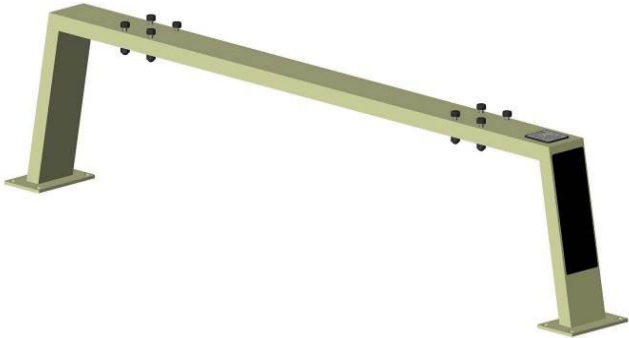
cm : **from 160**

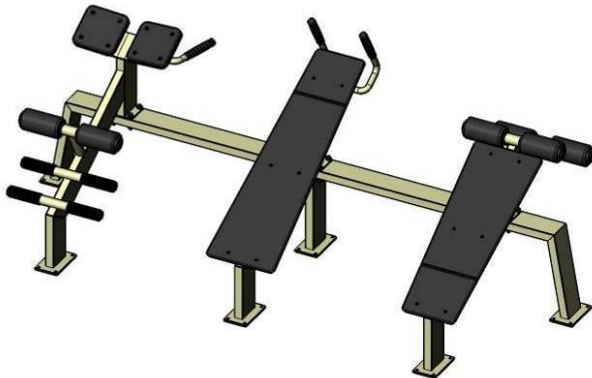
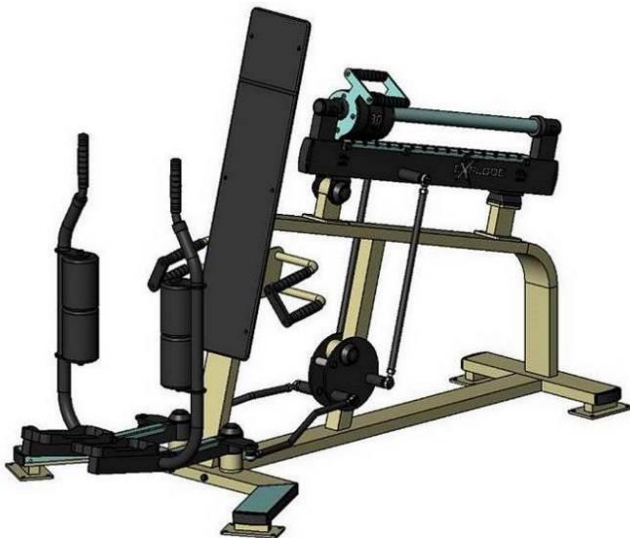
---- : **Ukraine**

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
			

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

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

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

Тренажер для м'язів пресу	KF819-S	Розгинач спини	KF820-S
			
Жим під кутом вгору	KF821-S		
			

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

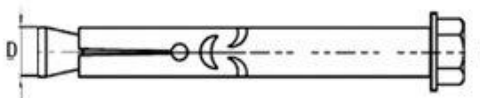
Nº	Component parts
1	Iron frame (welded; connected by bolted fasteners)
2	Moving levers with variable load
3	Connecting elements (bolts, nuts, washers, spring washers).

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.
- 6.

Table 3 – Types of impact-absorbing coating

Nº	Material – coating ¹	Description	Min. layer thickness ¹ , 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 ^{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 height of fall according to test results

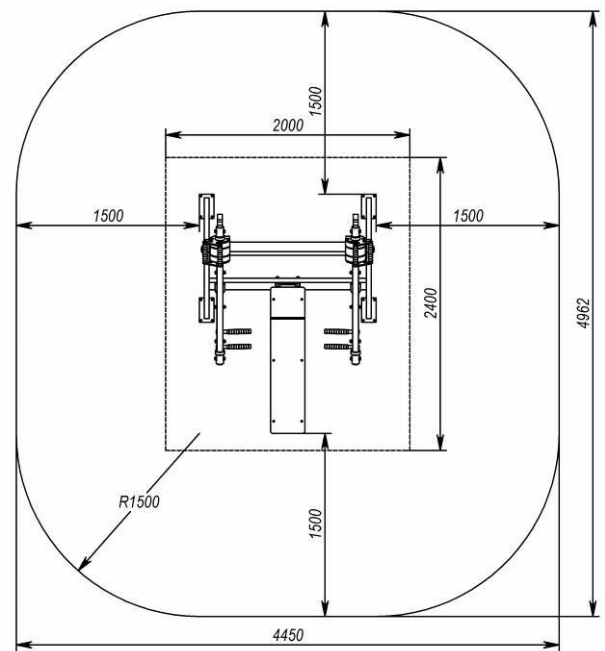
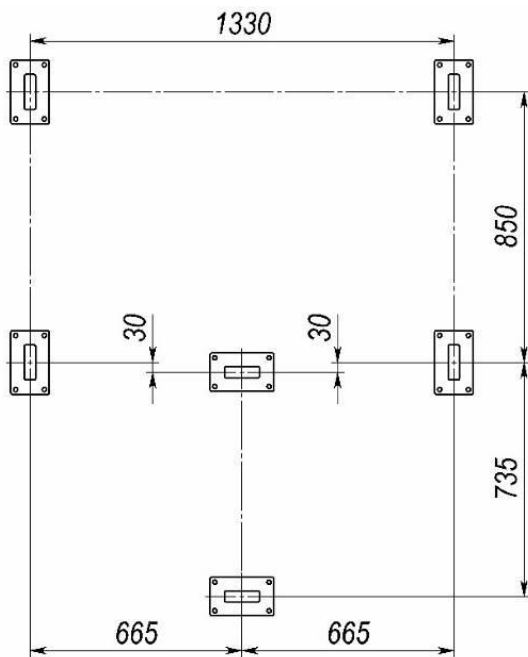
1 - To cushion loose material, add 100 mm to the minimum layer thickness.

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

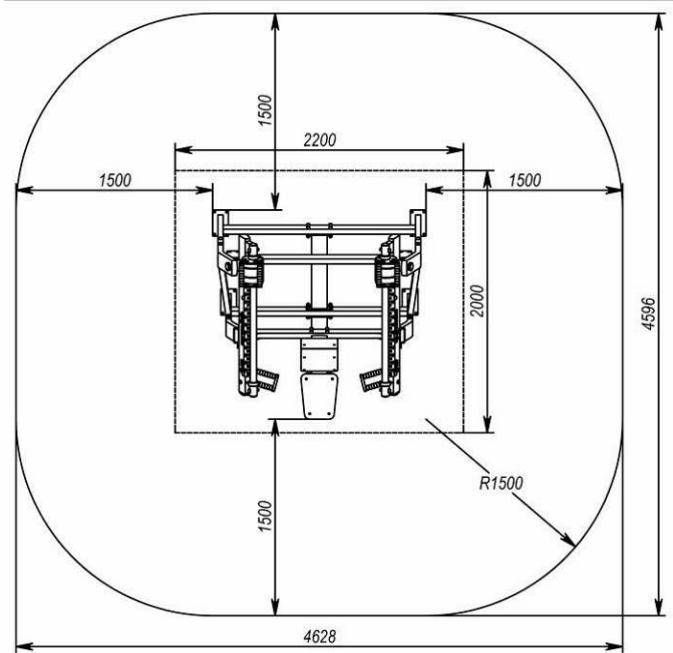
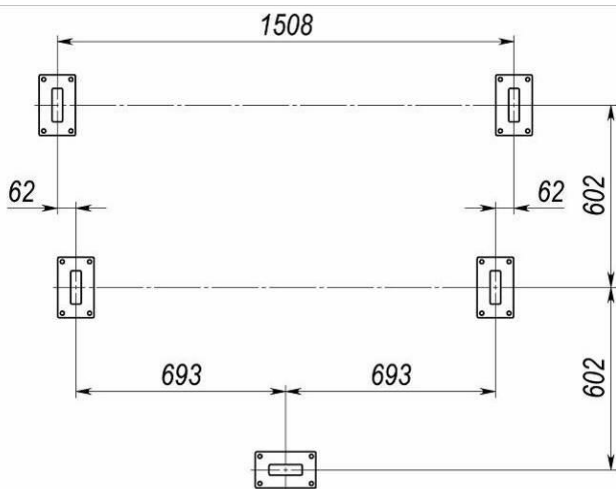
3 - Not suitable for exercise equipment where a firm, stable user position is required.

Installation dimensions and safety zone

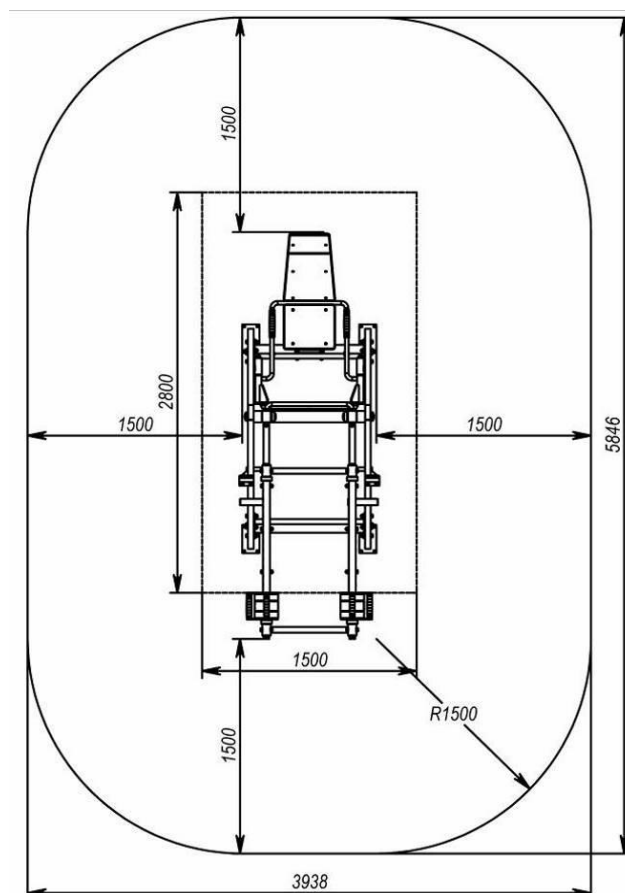
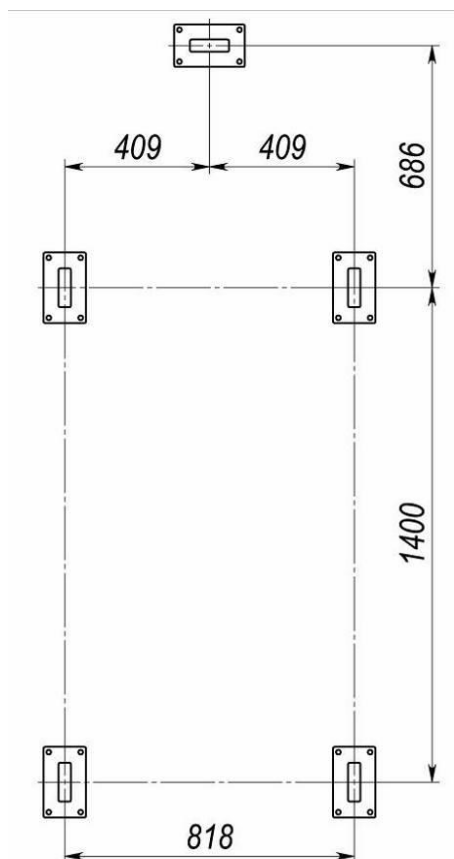
Supine Press KF801-S



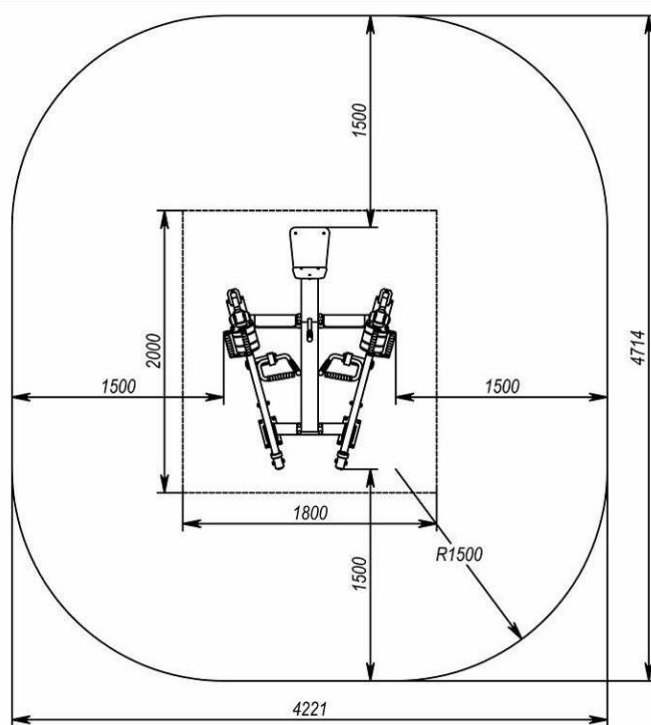
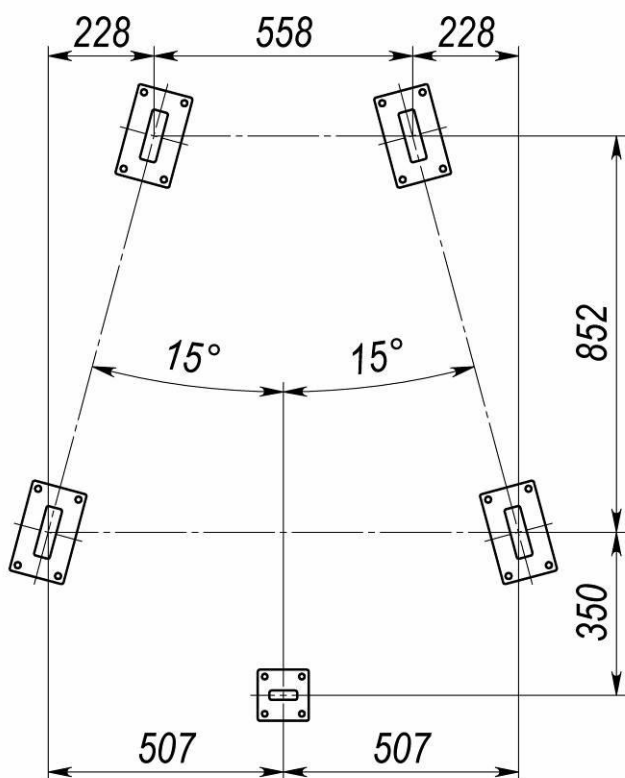
Shoulder Press KF802-S



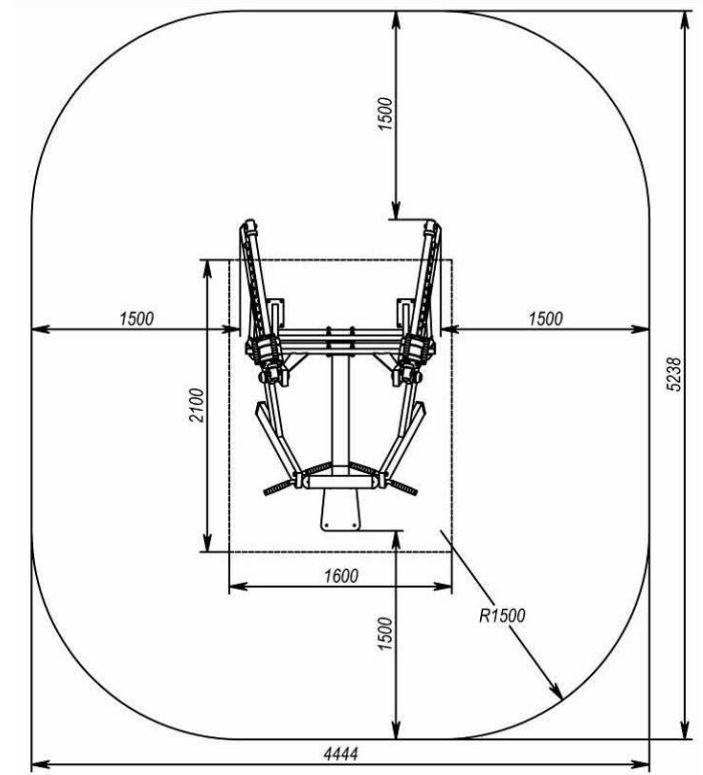
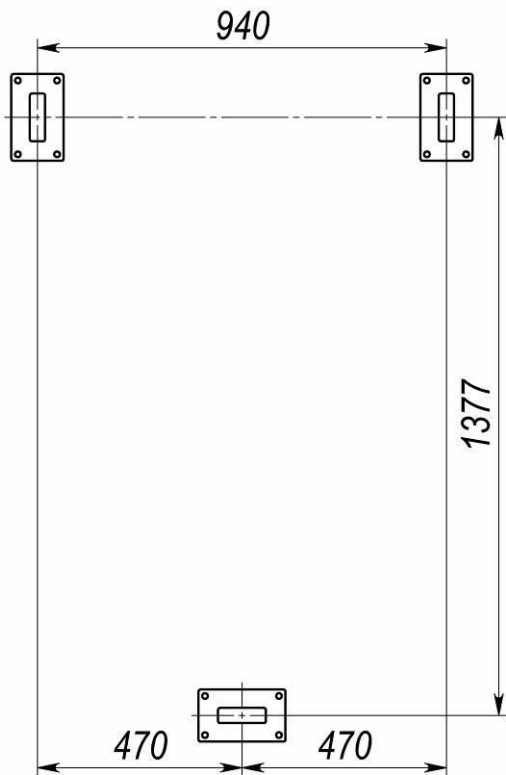
Leg Press KF803-S



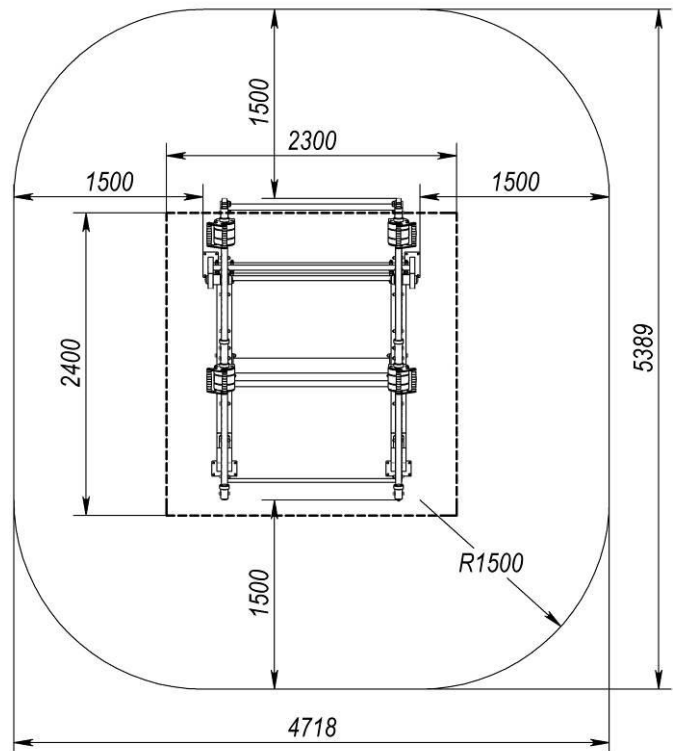
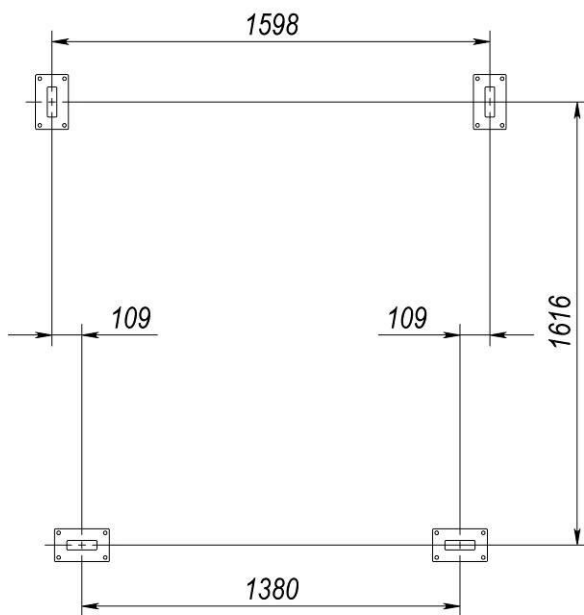
Rowing Machine KF804-S



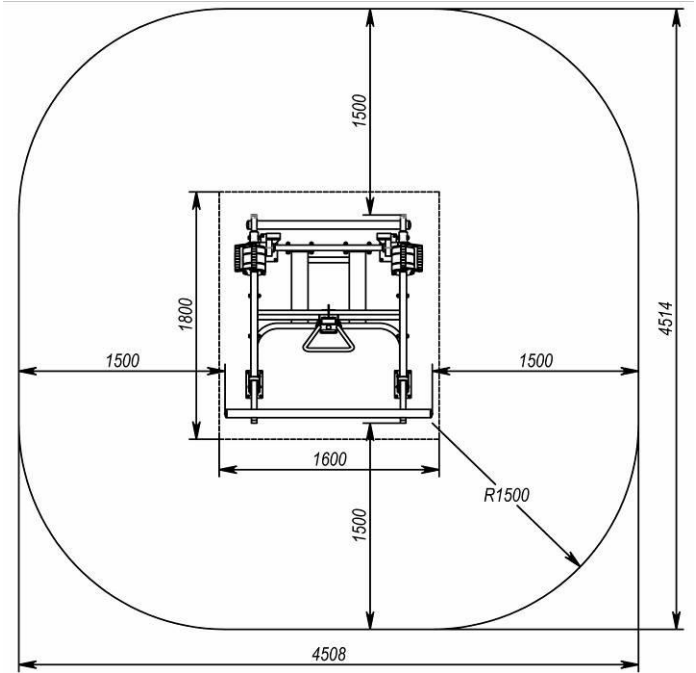
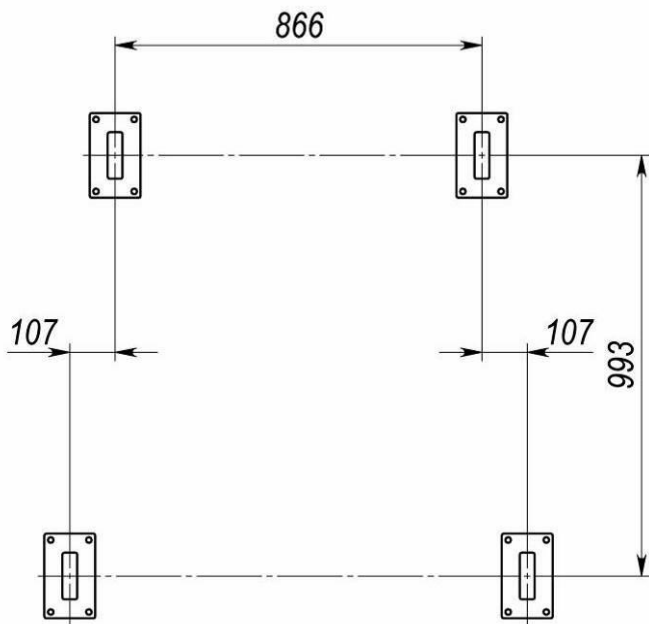
Lat Pull Down KF805-S



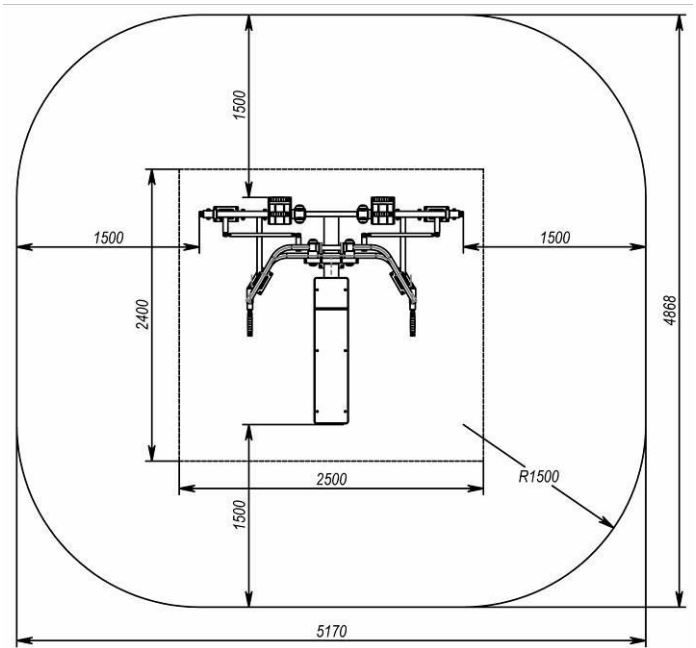
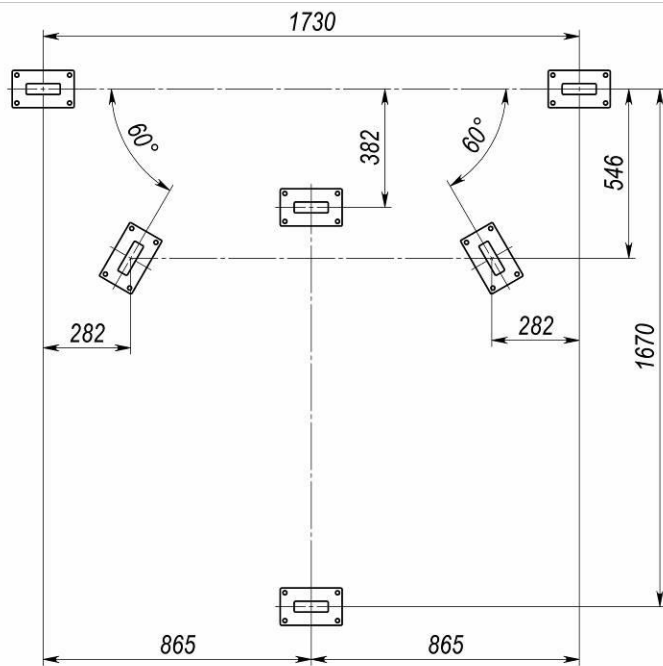
Deadlift KF806-S



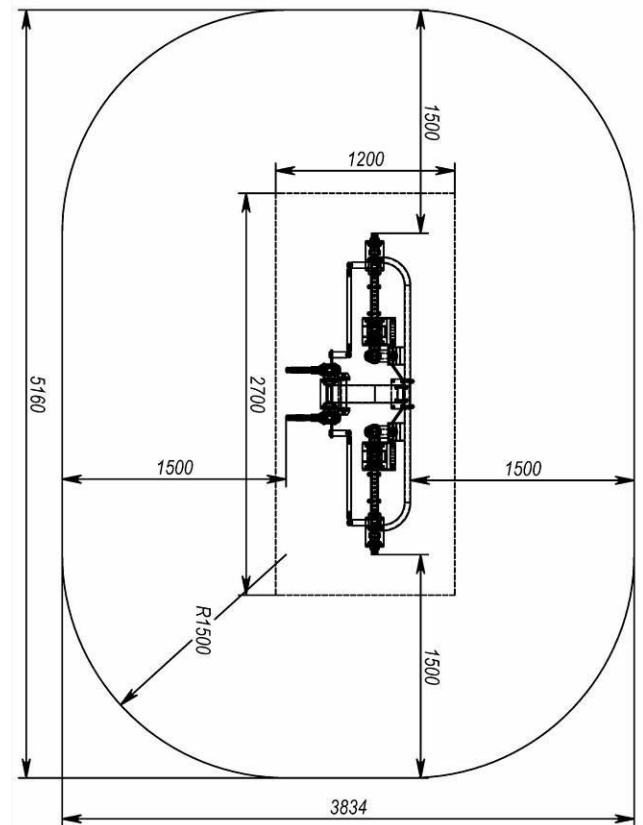
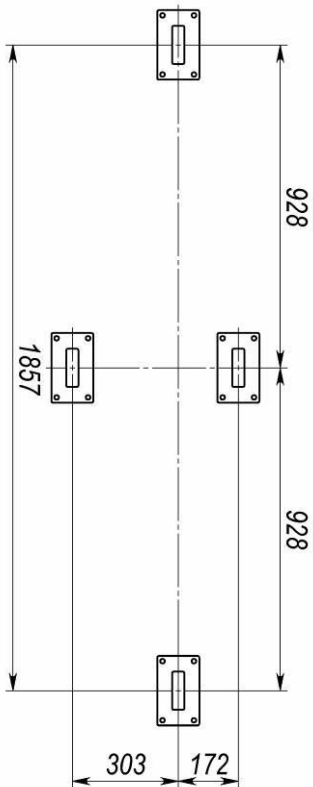
Squat Machine KF807-S



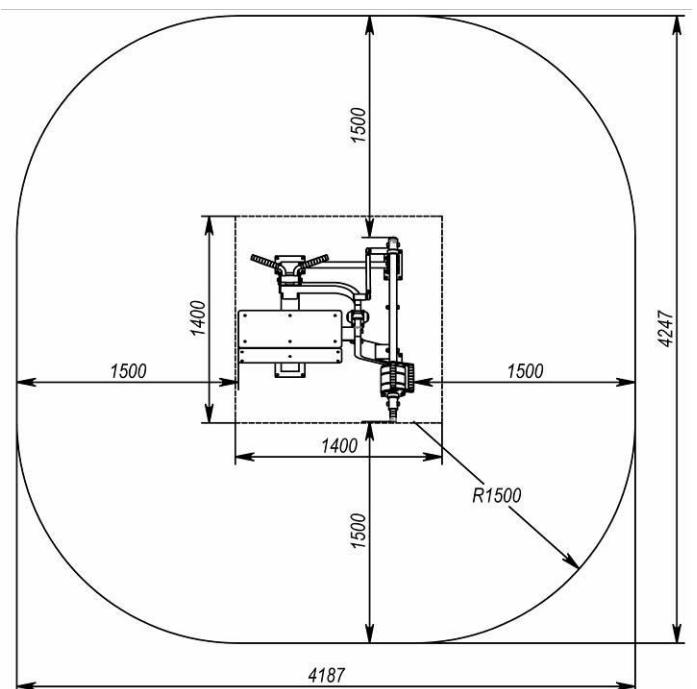
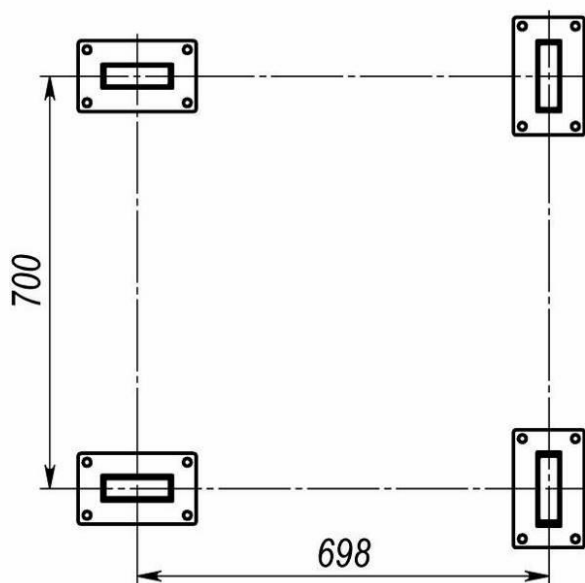
Butterfly machine KF808-S



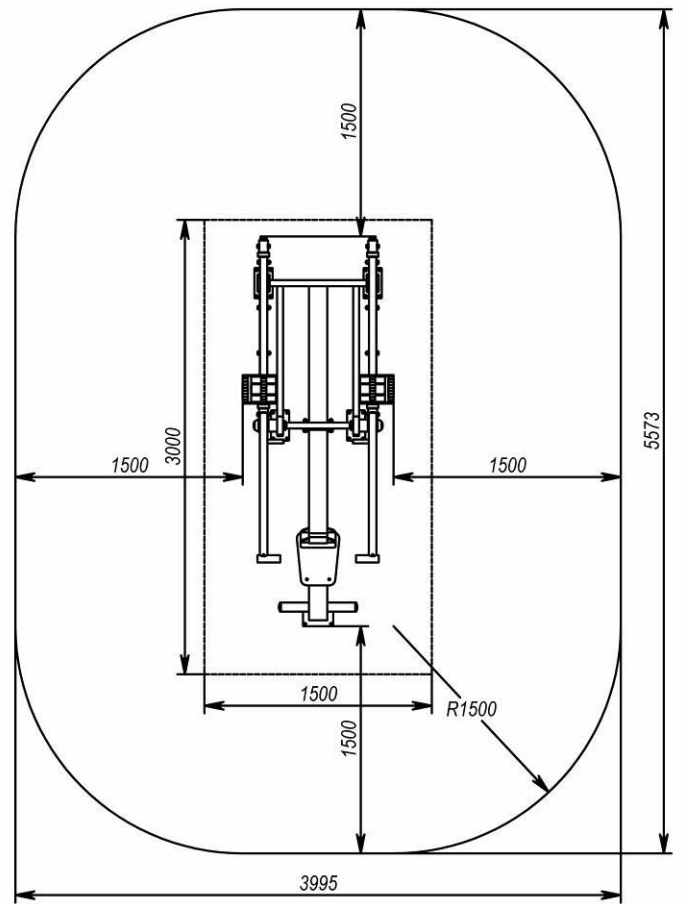
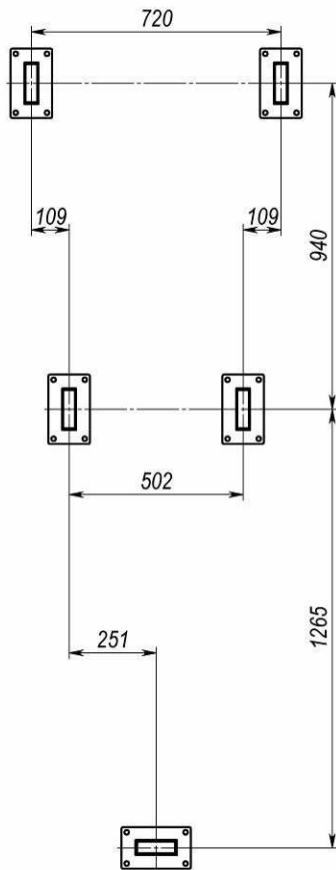
Deltoid Machine KF809-S



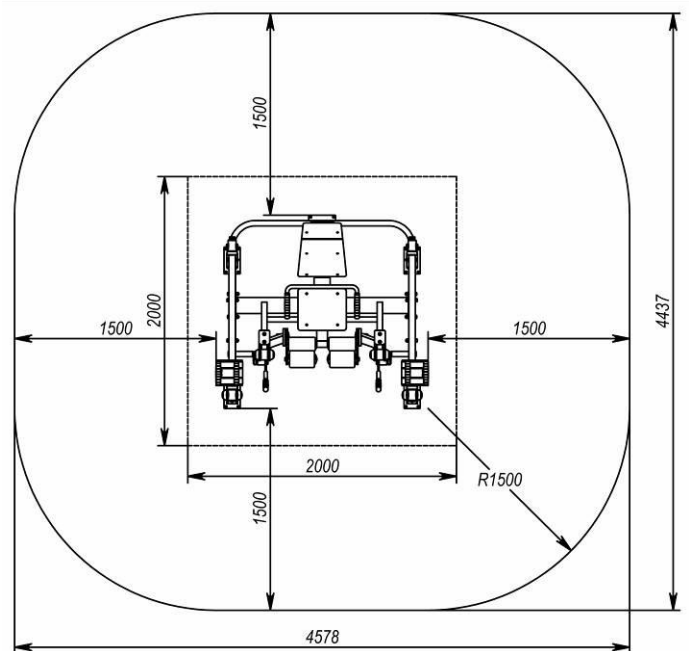
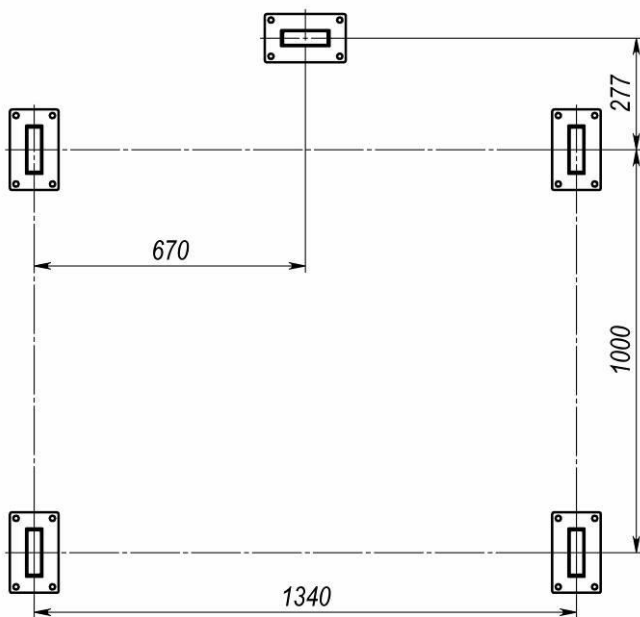
Biceps Machine KF810-S



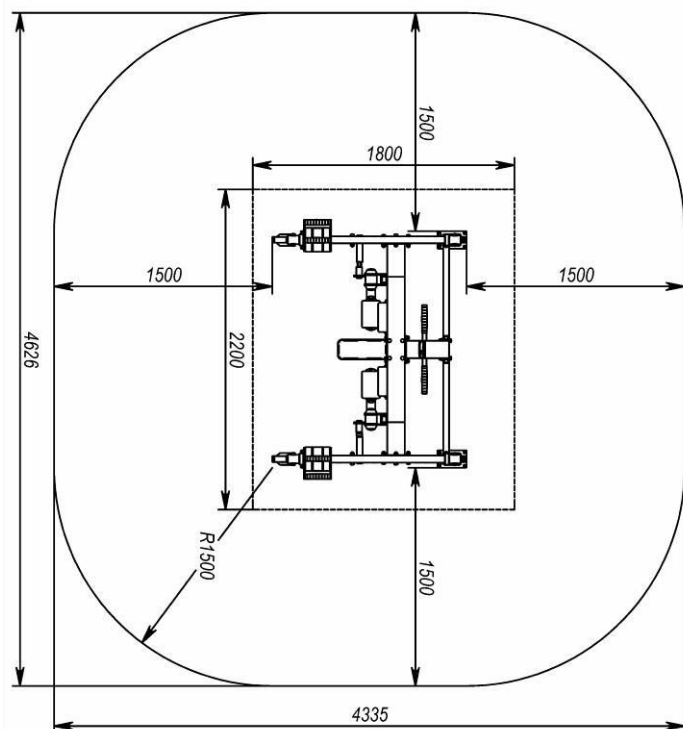
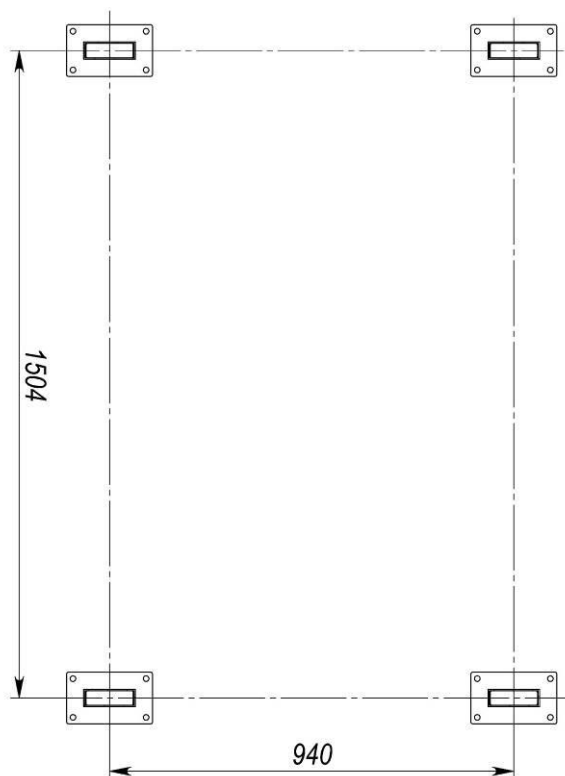
Triceps Dip KF811-S



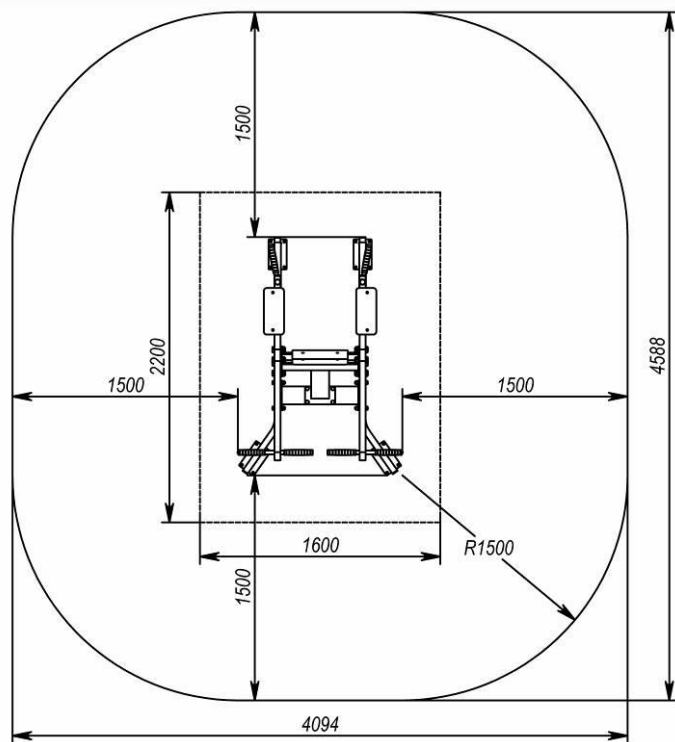
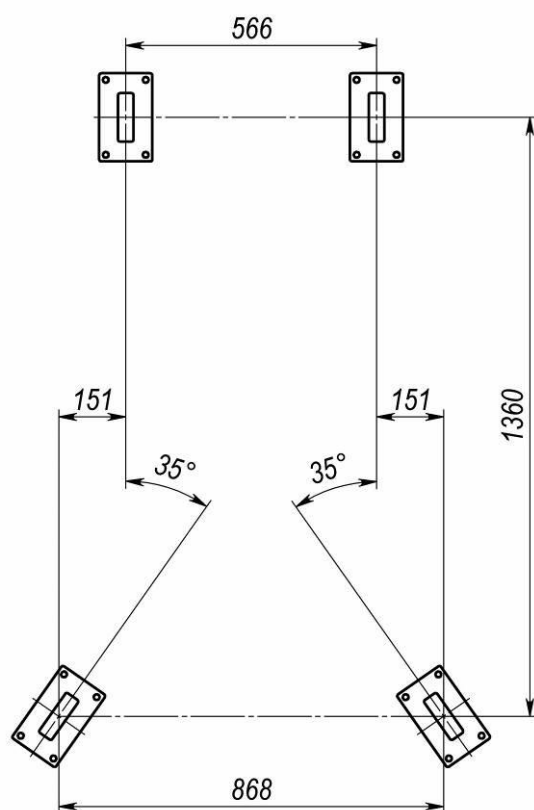
Leg Extension KF812-S



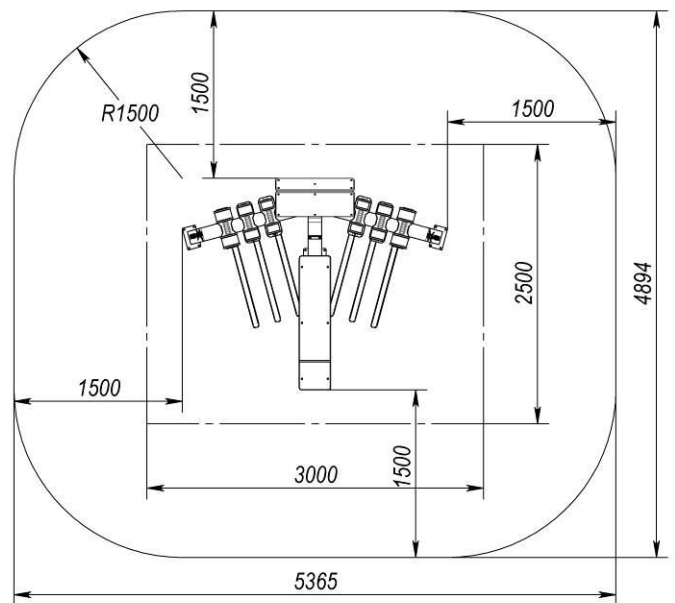
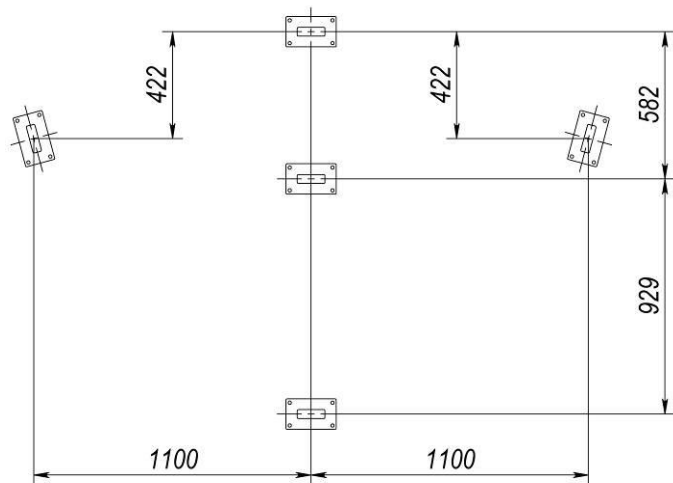
Leg Curl KF813-S



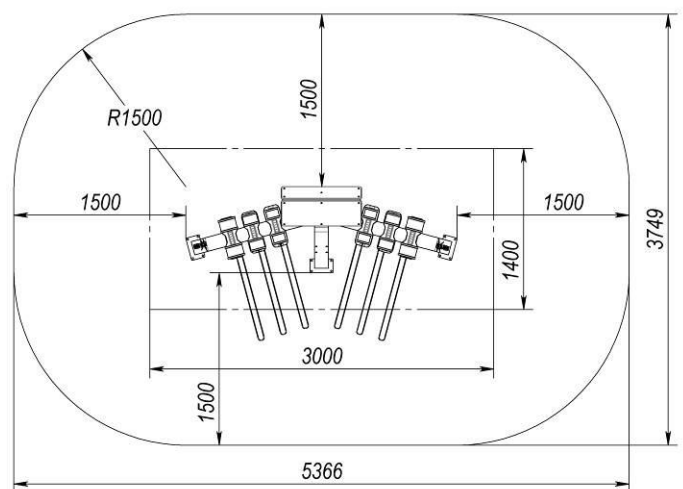
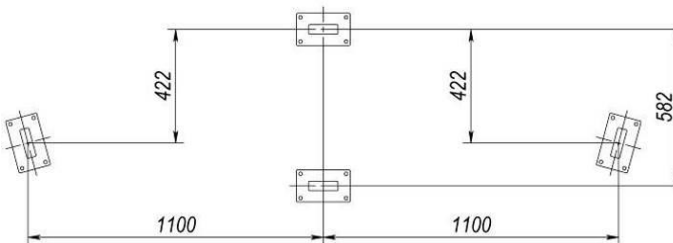
Assisted Pull-Up/Dip Trainer KF814-S



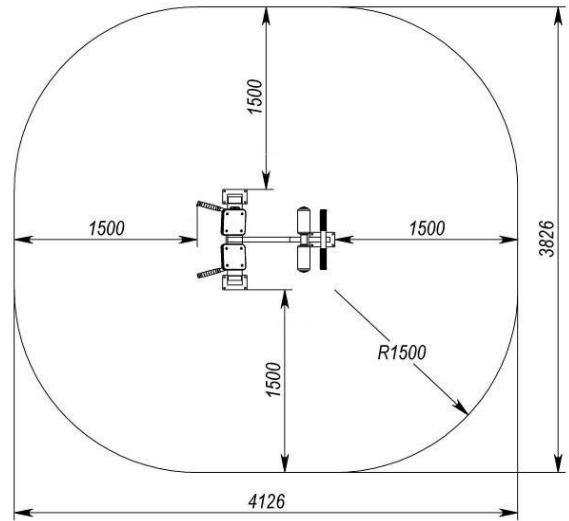
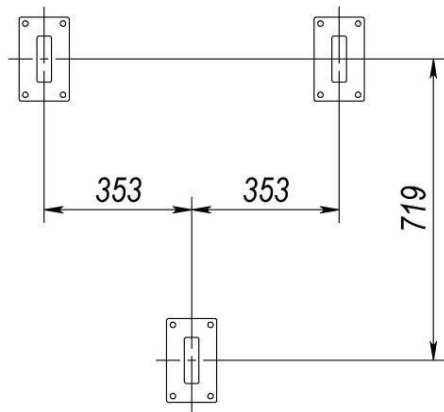
Scott Bench with dumbbells and bench (10-16-24 kg) KF815-S



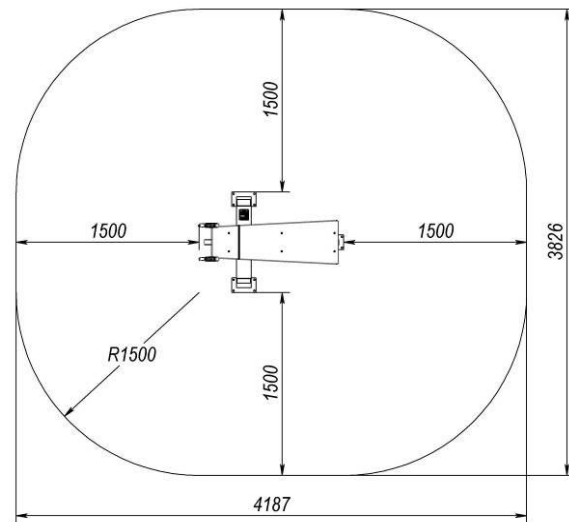
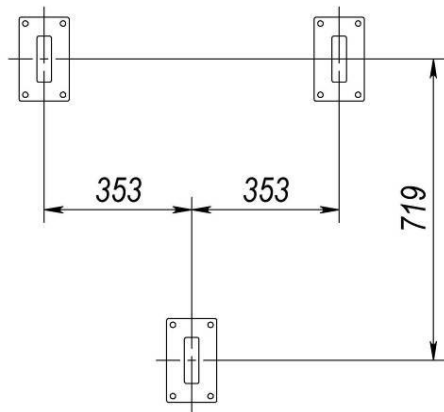
Scott Bench with dumbbells (10-16-24 kg) KF815.1-S



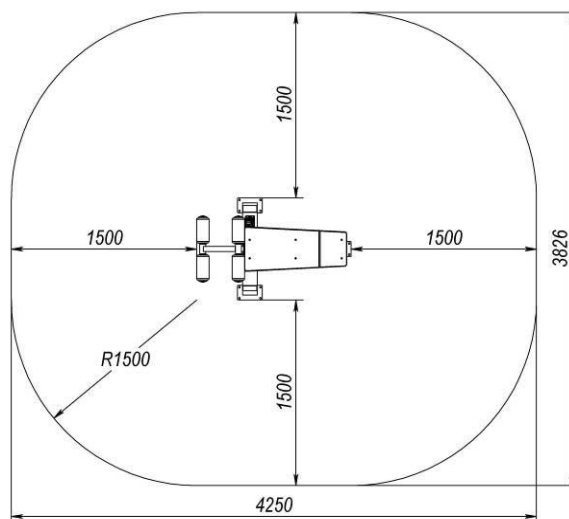
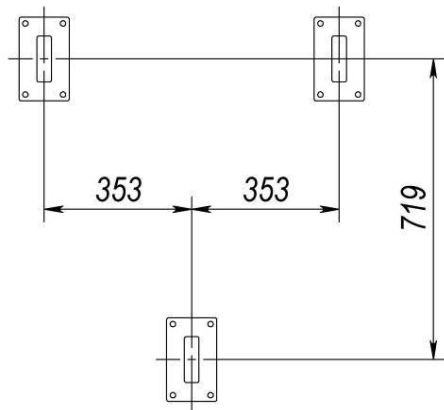
KF816.1-1-S Hyperextension



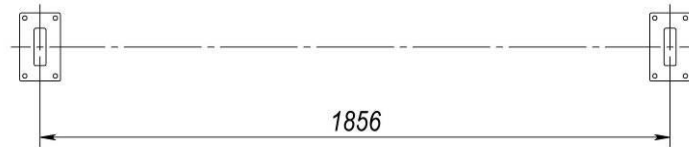
KF816.1-2-S Bench for abdominals



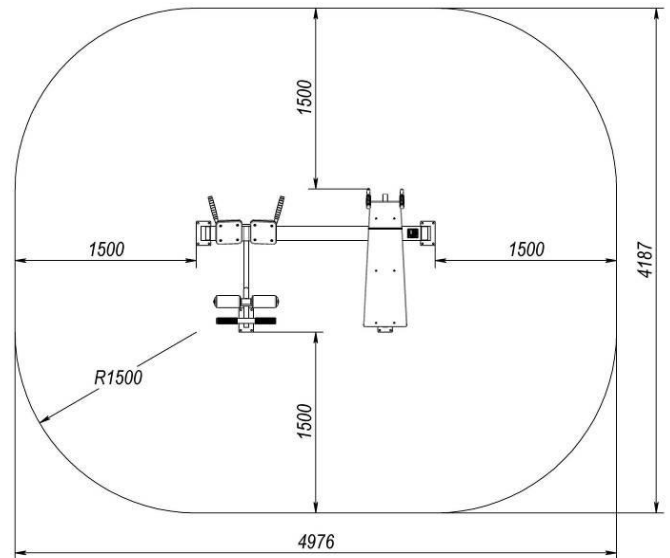
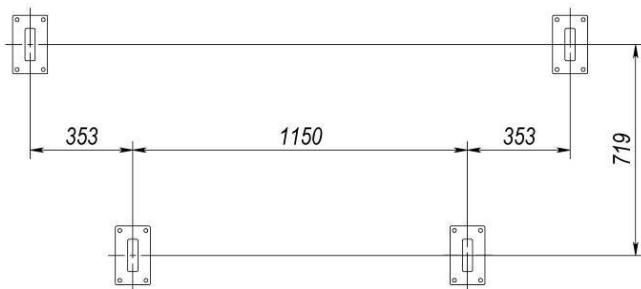
KF816.1-3-S Reverse bench for abdominals



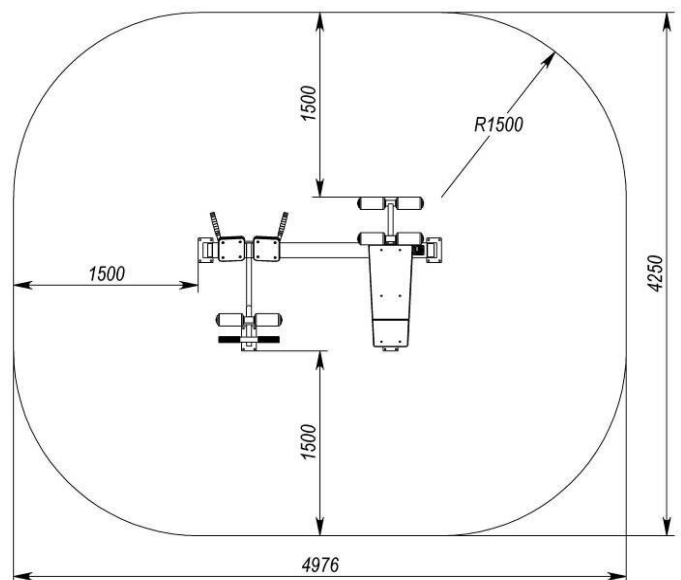
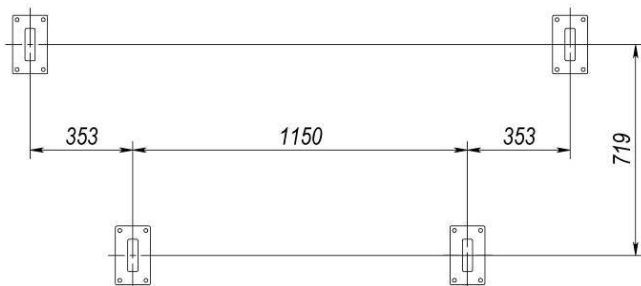
KF816.2-S Base (double)



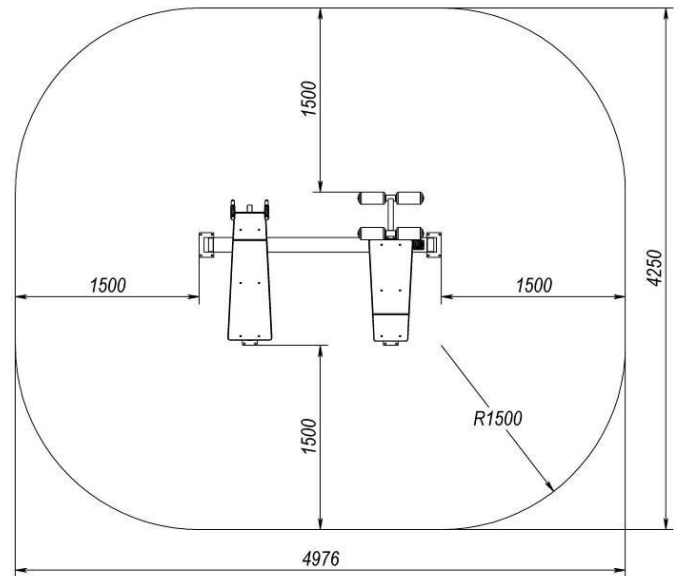
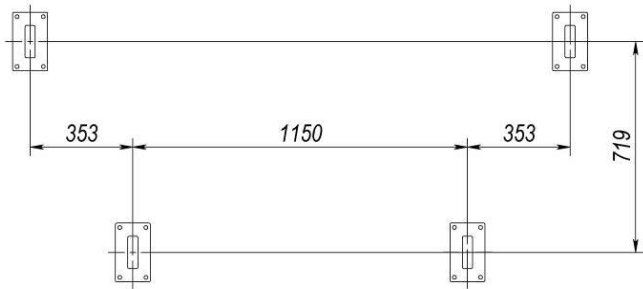
KF816.2-12-S Hyperextension with bench for abdominals



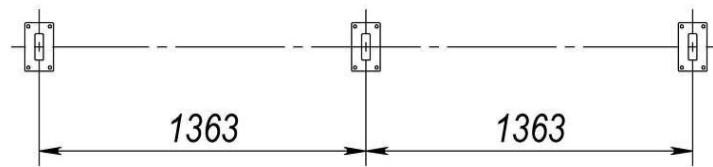
KF816.2-13-S Hyperextension with reverse bench for abdominals



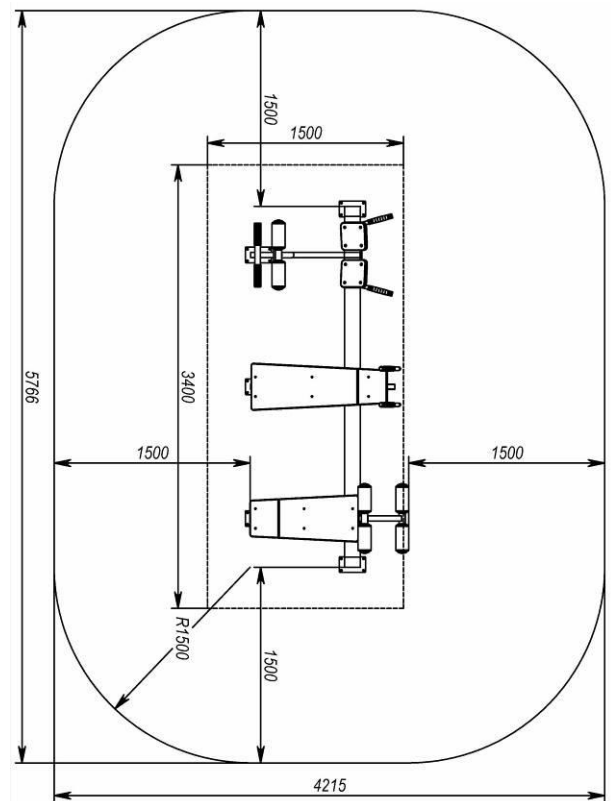
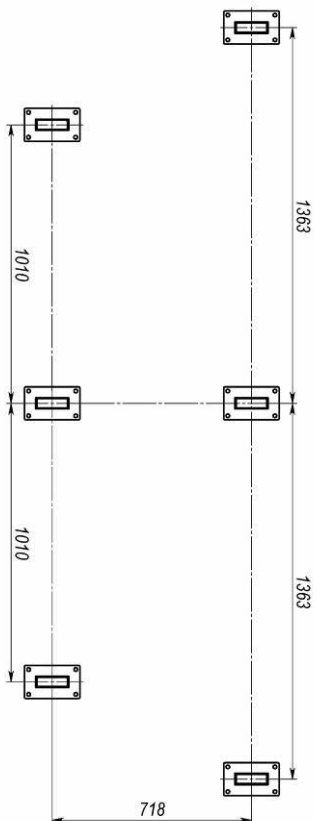
KF816.2-23-S Benches for abdominals



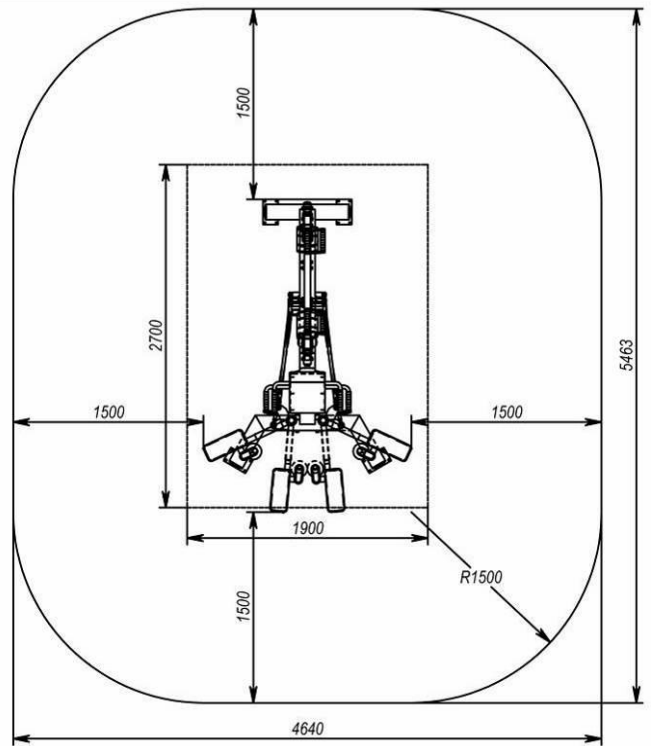
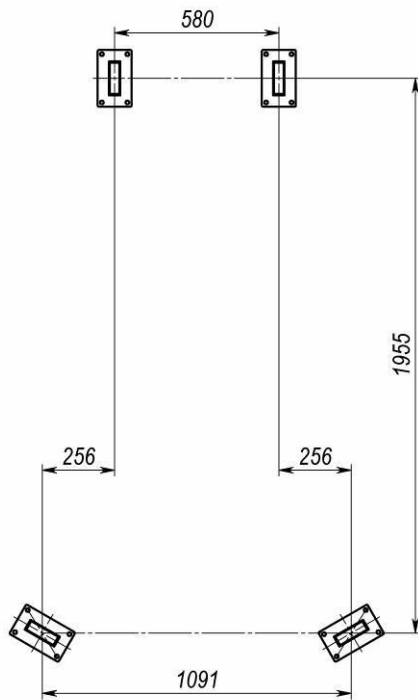
KF816.3-S Base (triple)



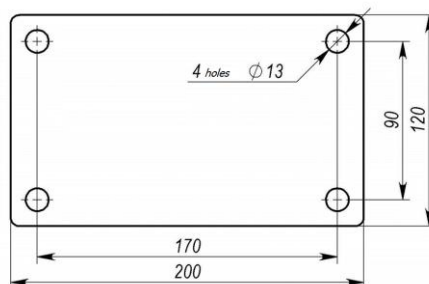
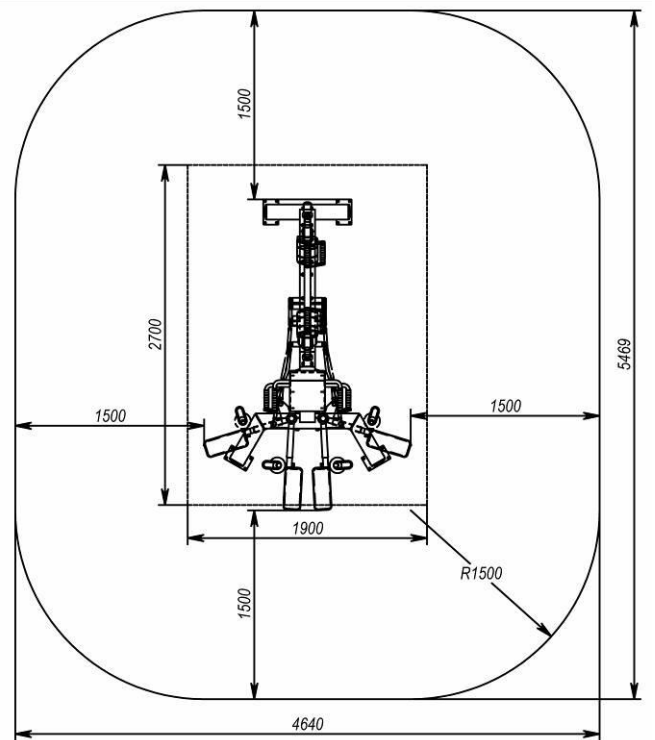
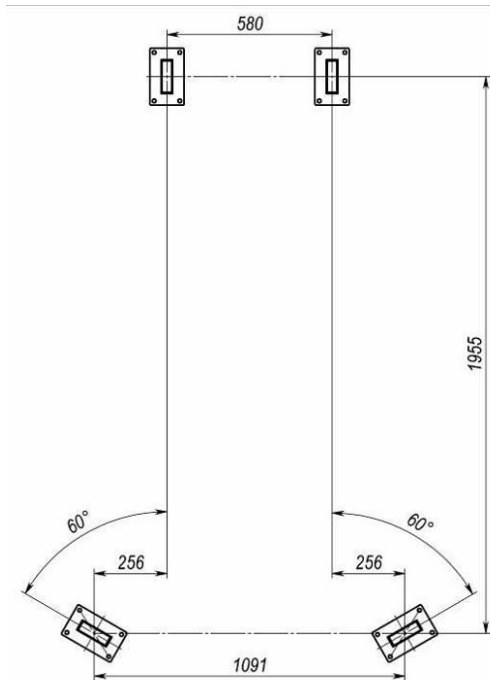
Hyperextension-Abdominal-Abdominal reverse KF816.3-123-S



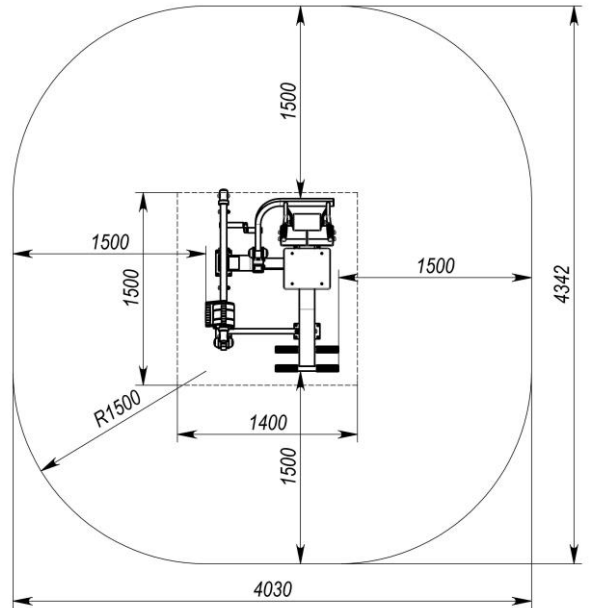
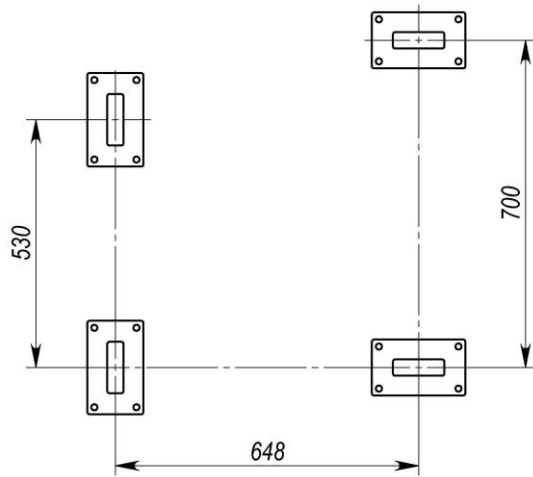
Adductor Machine KF817-S



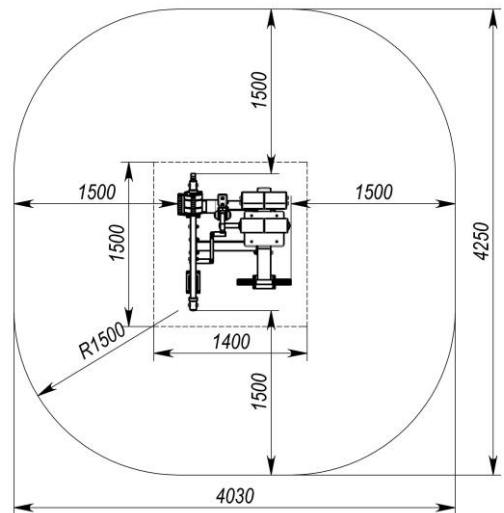
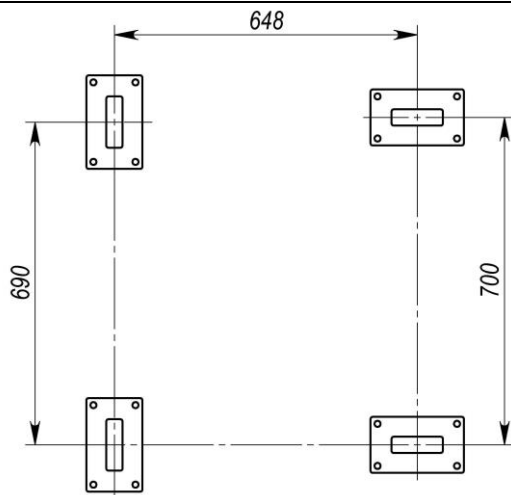
Abductor Machine KF818-S



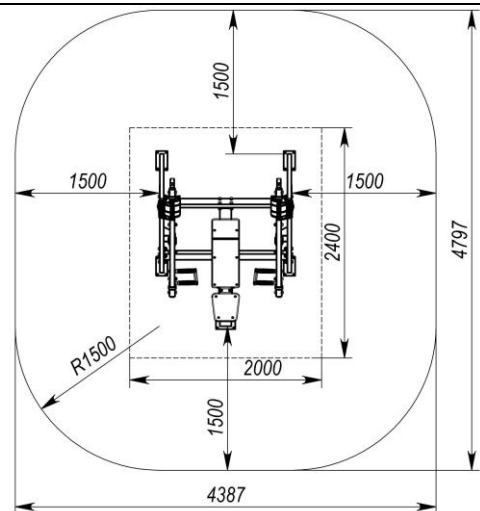
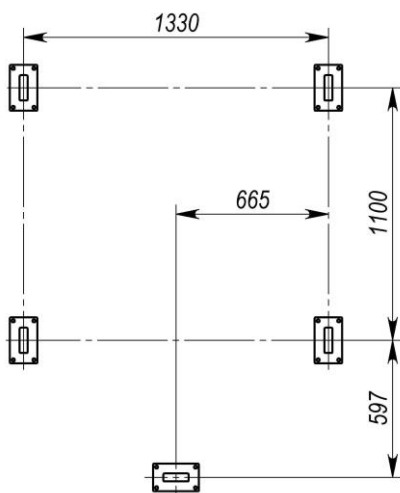
Abdominal machine KF819-S



Seated Back Extension KF820-S



Inclined Press KF821-S



5. USE

It is PROHIBITED to use the equipment until its installation and site setup are complete.

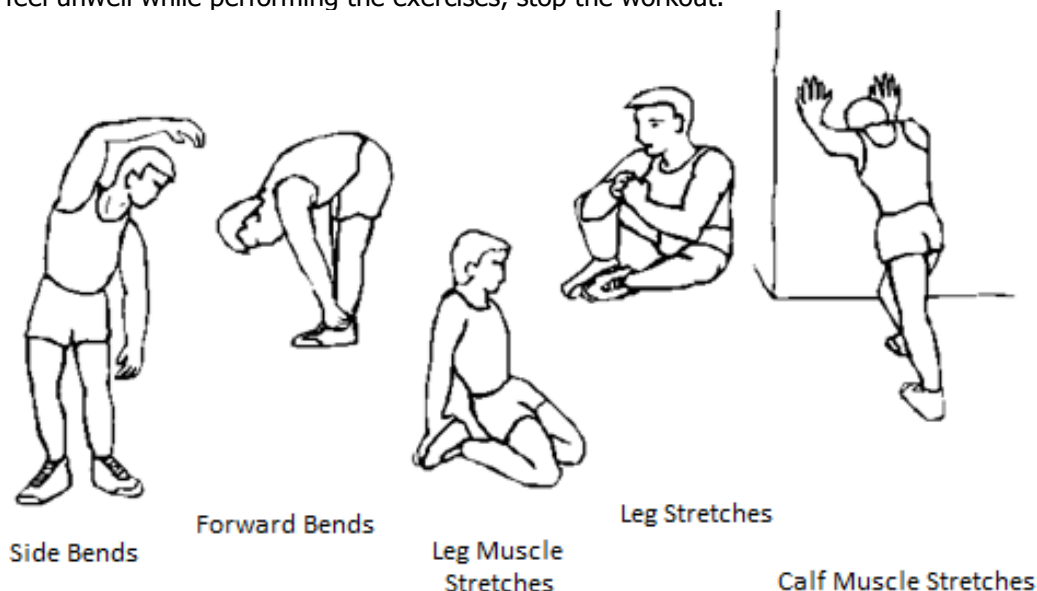
It is PROHIBITED for users who are heavier or shorter to use the equipment (Section 2).

It is PROHIBITED to use the KF806-S, KF815-S, and KF815.1-S equipment in open-access areas.

Before use, the area around the equipment must be cleared of any foreign objects that could cause harm to the user (trash, tools left over from assembly and installation, etc.).

It is PROHIBITED to use the equipment under adverse weather conditions (black ice, snowfall, rain, hail, strong winds, etc.) that could result in injury to the user.

Before starting your workout, you must perform a warm-up—a set of exercises to warm up your muscles—in order to prevent injuries and increase the effectiveness of your workout. We recommend that you perform the exercise routine listed below before each workout on the equipment. Each exercise must be performed for at least 30 seconds. If you experience pain or feel unwell while performing the exercises, stop the workout.



After warming up, you can begin your workout directly on the equipment, following these steps and rules:

1. Assume the correct starting position.
2. Perform the exercises according to the instructions on the equipment.

Pay attention to how your body responds! Improper use of the equipment or excessive strain can be harmful to your health. Stop your workout if you experience any of the following symptoms: pain, chest tightness, irregular heartbeat or breathing, weakness, or dizziness. If these symptoms occur regularly, consult a doctor before continuing your workouts.

Wear comfortable workout clothing—clothing caught in moving parts of the equipment can result in injury and equipment damage. Always hold the handles firmly and do not lift yourself off the seat (if the equipment is designed with a seat).

Do not exercise after consuming alcohol or any medications.

6. MAINTENANCE

Maintenance primarily entails the user's/owner's responsibility to follow all recommendations set forth in this document, starting with a daily visual inspection of the equipment's external condition.

If excessive noise is heard in the mechanisms or at connection points, service center technicians must be notified immediately.

Before use, check that the structure is intact and that the equipment shows no signs of damage. If any damage or malfunctions are found, use of the equipment is prohibited.

Maintenance must be performed by a specialist with appropriate technical training.

The buyer (or designated person) is responsible for ensuring that maintenance is performed in a timely manner, which includes:

Daily inspection—a very important procedure. This allows you to promptly detect any changes in appearance (deformation of individual parts, deformation of the structure as a whole or its parts, damage to parts, cracks in welds, as well as missing fasteners, etc.).

Once a month, as well as upon installation of the equipment, a load test must be conducted by applying a load 1.5 times the maximum allowable weight for several minutes. The date of the load test is recorded in the Logbook with the signature of the responsible person. Inspect bearing assemblies and threaded connections; lubricate surfaces; and replace any parts that have failed.

A routine inspection must be conducted every three months, focusing primarily on the foundation, load-bearing elements, and connection joints (their integrity and degree of wear).

A comprehensive annual inspection must be conducted by authorized specialists from the manufacturer. During the inspection, the technical condition of the equipment is assessed for compliance with safety requirements. Based on the

inspection results, a maintenance procedure is carried out to correct any identified operational issues. 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 based on those results, must be recorded in the Inspection Log.

The equipment owner must retain records of maintenance and repair work performed.